

Platform number or line name (trains per day) D=Down U=Up B=Both directions

V: 1-10 min, X: 11 - 20 min, L: 21-40 min, M: 41-59 min, H: 60 min

00:00 01:00 02:00 03:00 04:00 05:00 06:00 07:00 08:00 09:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00 22:00 23:00
 00:59 01:59 02:59 03:59 04:59 05:59 06:59 07:59 08:59 09:59 10:59 11:59 12:59 13:59 14:59 15:59 16:59 17:59 18:59 19:59 20:59 21:59 22:59 23:59

LOCATION	London Fields																						
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1 H
 2 H

LOCATION	Reading Lane Jn																						
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Up S H
 Down S H
 Up H
 Down H

LOCATION	Hackney Downs																						
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1 H
 2 H
 3 H
 4 H

Platform number or line name (trains per day) D=Down U=Up B=Both directions

V: 1-10 min, X: 11 - 20 min, L: 21-40 min, M: 41-59 min, H: 60 min

00:00 01:00 02:00 03:00 04:00 05:00 06:00 07:00 08:00 09:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00 22:00 23:00
 00:59 01:59 02:59 03:59 04:59 05:59 06:59 07:59 08:59 09:59 10:59 11:59 12:59 13:59 14:59 15:59 16:59 17:59 18:59 19:59 20:59 21:59 22:59 23:59

LOCATION Stratford London End Jn

Up ML H
 Down ML H

LOCATION Stratford

0 H
 1 H
 10 H
 11 H
 12 H
 2 H
 5 H
 6 H
 8 H
 9 H

LOCATION Maryland

1 H
 2 H
 3 H
 4 H

LOCATION Maryland East Junction

Up DEL H
 Down DEL H
 Up ML H
 Down ML H

LOCATION Forest Gate

1 H
 2 H
 3 H
 4 H

Platform number or line name (trains per day) D=Down U=Up B=Both directions

V: 1-10 min, X: 11 - 20 min, L: 21-40 min, M: 41-59 min, H: 60 min

00:00 01:00 02:00 03:00 04:00 05:00 06:00 07:00 08:00 09:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00 22:00 23:00
 00:59 01:59 02:59 03:59 04:59 05:59 06:59 07:59 08:59 09:59 10:59 11:59 12:59 13:59 14:59 15:59 16:59 17:59 18:59 19:59 20:59 21:59 22:59 23:59

LOCATION Ingatestone

1 H
 2 H

LOCATION Church Lane L Xing

Up H
 Down H
 Up ML H
 Down ML H
 Up UML H
 Down UML H
 Up DML H
 Down DML H

LOCATION Chelmsford

1 H
 2 H

LOCATION Chelmsford DGL

Up H
 Down H
 Up ML H
 Down ML H

LOCATION Chelmsford Arbour Lane

Up H
 Down H
 Up DML H
 Down DML H

Platform number or line name (trains per day) D=Down U=Up B=Both directions

V: 1-10 min, X: 11 - 20 min, L: 21-40 min, M: 41-59 min, H: 60 min

00:00 01:00 02:00 03:00 04:00 05:00 06:00 07:00 08:00 09:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00 22:00 23:00
 00:59 01:59 02:59 03:59 04:59 05:59 06:59 07:59 08:59 09:59 10:59 11:59 12:59 13:59 14:59 15:59 16:59 17:59 18:59 19:59 20:59 21:59 22:59 23:59

LOCATION Stansted North Junction

Up H
 Down H

LOCATION Elsenham

Up H
 Down H

LOCATION Newport (Essex)

Up H
 Down H

LOCATION Audley End

1 H
 2 H

LOCATION Great Chesterford

Up H
 Down H

LOCATION Shelford

Up H
 Down H

LOCATION Foxton

Up H
 Down H

Platform number or line name (trains per day) D=Down U=Up B=Both directions

V: 1-10 min, X: 11 - 20 min, L: 21-40 min, M: 41-59 min, H: 60 min

00:00 01:00 02:00 03:00 04:00 05:00 06:00 07:00 08:00 09:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00 22:00 23:00
 00:59 01:59 02:59 03:59 04:59 05:59 06:59 07:59 08:59 09:59 10:59 11:59 12:59 13:59 14:59 15:59 16:59 17:59 18:59 19:59 20:59 21:59 22:59 23:59

LOCATION Coppermill Junction

Up H
 Down H

LOCATION Seven Sisters

1 H
 2 H

LOCATION Navarino Road Jn

Up H
 Down H

LOCATION Bruce Grove

Up H
 Down H

LOCATION White Hart Lane

Up H
 Down H

LOCATION Silver Street

Up H
 Down H

LOCATION Edmonton Green

Up H
 Down H

Platform number or line name (trains per day) D=Down U=Up B=Both directions

V: 1-10 min, X: 11 - 20 min, L: 21-40 min, M: 41-59 min, H: 60 min

00:00 01:00 02:00 03:00 04:00 05:00 06:00 07:00 08:00 09:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00 22:00 23:00
 00:59 01:59 02:59 03:59 04:59 05:59 06:59 07:59 08:59 09:59 10:59 11:59 12:59 13:59 14:59 15:59 16:59 17:59 18:59 19:59 20:59 21:59 22:59 23:59

Route EA1230 Route Description ROYSTON TO SHEPRETH BRANCH JN

LOCATION Royston

1 H
 2 H

LOCATION Meldreth

Up H
 Down H

LOCATION Shepreth

Up H
 Down H

LOCATION Foxton

Up H
 Down H

LOCATION Shelford

Up H
 Down H

LOCATION Shepreth Branch Jn

Up H
 Down H
 Up DSL H
 Down DSL H
 Up RL H
 Down RL H

Platform number or line name (trains per day) D=Down U=Up B=Both directions

V: 1-10 min, X: 11 - 20 min, L: 21-40 min, M: 41-59 min, H: 60 min

00:00 01:00 02:00 03:00 04:00 05:00 06:00 07:00 08:00 09:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00 22:00 23:00
 00:59 01:59 02:59 03:59 04:59 05:59 06:59 07:59 08:59 09:59 10:59 11:59 12:59 13:59 14:59 15:59 16:59 17:59 18:59 19:59 20:59 21:59 22:59 23:59

Route EA1310 Route Description CAMDEN ROAD WEST JN TO RICHMOND

LOCATION Camden Road Jn

Up H
 Down H

LOCATION Kentish Town West

1 H
 2 H

LOCATION Gospel Oak

1 H
 2 H
 3 H
 4 H

LOCATION Junction Road Jn

Up H
 Down H

LOCATION Hampstead Heath

1 H
 2 H

LOCATION Finchley Road & Frognal

1 H
 2 H

Platform number or line name (trains per day) D=Down U=Up B=Both directions

V: 1-10 min, X: 11 - 20 min, L: 21-40 min, M: 41-59 min, H: 60 min

00:00 01:00 02:00 03:00 04:00 05:00 06:00 07:00 08:00 09:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00 22:00 23:00
 00:59 01:59 02:59 03:59 04:59 05:59 06:59 07:59 08:59 09:59 10:59 11:59 12:59 13:59 14:59 15:59 16:59 17:59 18:59 19:59 20:59 21:59 22:59 23:59

LOCATION	Gunnersbury																						
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1 H
 2 H

LOCATION	Kew Gardens																						
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1 H
 2 H

LOCATION	Richmond																						
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1 H
 2 H

Platform number or line name (trains per day) D=Down U=Up B=Both directions

V: 1-10 min, X: 11 - 20 min, L: 21-40 min, M: 41-59 min, H: 60 min

00:00 01:00 02:00 03:00 04:00 05:00 06:00 07:00 08:00 09:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00 22:00 23:00
 00:59 01:59 02:59 03:59 04:59 05:59 06:59 07:59 08:59 09:59 10:59 11:59 12:59 13:59 14:59 15:59 16:59 17:59 18:59 19:59 20:59 21:59 22:59 23:59

Route EA1325 Route Description Highbury & Islington and New Cross Gate / New Cross

LOCATION Haggerston

1 H
 2 H

LOCATION Hoxton

1 H
 2 H

LOCATION Shoreditch High Street

1 H
 2 H

LOCATION Whitechapel

5 H
 6 H

LOCATION Shadwell

1 H
 2 H

LOCATION Wapping

1 H
 2 H

Platform number or line name (trains per day) D=Down U=Up B=Both directions

V: 1-10 min, X: 11 - 20 min, L: 21-40 min, M: 41-59 min, H: 60 min

00:00 01:00 02:00 03:00 04:00 05:00 06:00 07:00 08:00 09:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00 22:00 23:00
 00:59 01:59 02:59 03:59 04:59 05:59 06:59 07:59 08:59 09:59 10:59 11:59 12:59 13:59 14:59 15:59 16:59 17:59 18:59 19:59 20:59 21:59 22:59 23:59

Route EA1370 Route Description GOSPEL OAK JN TO BARKING TILBURY LINE JN WEST

LOCATION Primrose Hill

LOCATION Junction Road Jn

Up H
 Down H

LOCATION Upper Holloway

1 H
 2 H

LOCATION Carlton Road Jn

Up H
 Down H
 Up DSL H
 Down DSL H
 Up FL H
 Down FL H
 Up SL H
 Down SL H

LOCATION Hampstead Heath

1 H
 2 H

LOCATION Crouch Hill

1 H
 2 H

Platform number or line name (trains per day) D=Down U=Up B=Both directions

V: 1-10 min, X: 11 - 20 min, L: 21-40 min, M: 41-59 min, H: 60 min

00:00 01:00 02:00 03:00 04:00 05:00 06:00 07:00 08:00 09:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00 22:00 23:00
 00:59 01:59 02:59 03:59 04:59 05:59 06:59 07:59 08:59 09:59 10:59 11:59 12:59 13:59 14:59 15:59 16:59 17:59 18:59 19:59 20:59 21:59 22:59 23:59

LOCATION	Wanstead Park																						
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1 H
 2 H

LOCATION	Woodgrange Park																						
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1 H
 2 H

LOCATION	Barking Station Junction																						
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Up H
 Down H

LOCATION	Barking																						
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1 H
 4 H
 5 H
 7 H
 8 H

LOCATION	Dagenham Dock																						
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Up ML H
 Down ML H
 Up H
 Down H
 Up GL H
 Down GL H

Platform number or line name (trains per day) D=Down U=Up B=Both directions

V: 1-10 min, X: 11 - 20 min, L: 21-40 min, M: 41-59 min, H: 60 min

00:00 01:00 02:00 03:00 04:00 05:00 06:00 07:00 08:00 09:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00 22:00 23:00
 00:59 01:59 02:59 03:59 04:59 05:59 06:59 07:59 08:59 09:59 10:59 11:59 12:59 13:59 14:59 15:59 16:59 17:59 18:59 19:59 20:59 21:59 22:59 23:59

LOCATION	Stanford-le-Hope																						
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1 H
 2 H

LOCATION	West Thurrock Jn																						
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Up H
 Down H
 Up RVL H
 Down RVL H

LOCATION	West Horndon																						
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Up H
 Down H

LOCATION	Laindon																						
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1 H
 2 H
 3 H

LOCATION	Basildon																						
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1 H
 2 H

LOCATION	Pitsea																						
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1 H
 2 H
 3 H
 4 H

Platform number or line name (trains per day) D=Down U=Up B=Both directions

V: 1-10 min, X: 11 - 20 min, L: 21-40 min, M: 41-59 min, H: 60 min

00:00 01:00 02:00 03:00 04:00 05:00 06:00 07:00 08:00 09:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00 22:00 23:00
 00:59 01:59 02:59 03:59 04:59 05:59 06:59 07:59 08:59 09:59 10:59 11:59 12:59 13:59 14:59 15:59 16:59 17:59 18:59 19:59 20:59 21:59 22:59 23:59

Route EA1410 Route Description UPMINSTER TO WEST THURROCK JN

LOCATION	Upminster																						
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1 H
 2 H

LOCATION	Ockendon																						
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1 H
 2 H

LOCATION	Chafford Hundred																						
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1 H

LOCATION	West Thurrock Jn																						
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Up H
 Down H
 Up RVL H
 Down RVL H

LOCATION	Grays																						
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1 H
 2 H
 3 H

Platform number or line name (trains per day) D=Down U=Up B=Both directions

V: 1-10 min, X: 11 - 20 min, L: 21-40 min, M: 41-59 min, H: 60 min

00:00 01:00 02:00 03:00 04:00 05:00 06:00 07:00 08:00 09:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00 22:00 23:00
 00:59 01:59 02:59 03:59 04:59 05:59 06:59 07:59 08:59 09:59 10:59 11:59 12:59 13:59 14:59 15:59 16:59 17:59 18:59 19:59 20:59 21:59 22:59 23:59

Route EA1420 Route Description THAMES HAVEN JN TO THAMES HAVEN

LOCATION East Tilbury

1 H
 2 H

LOCATION Thames Haven Jn

Up H
 Down H
 Up Def H
 Down Def H

LOCATION Stanford-le-Hope

1 H
 2 H

LOCATION Thames Haven T.C.

Up H
 Down H

Platform number or line name (trains per day) D=Down U=Up B=Both directions

V: 1-10 min, X: 11 - 20 min, L: 21-40 min, M: 41-59 min, H: 60 min

00:00 01:00 02:00 03:00 04:00 05:00 06:00 07:00 08:00 09:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00 22:00 23:00
 00:59 01:59 02:59 03:59 04:59 05:59 06:59 07:59 08:59 09:59 10:59 11:59 12:59 13:59 14:59 15:59 16:59 17:59 18:59 19:59 20:59 21:59 22:59 23:59

Route EA1490 Route Description CROMER TO SHERINGHAM

LOCATION	Cromer																						
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1 H
 2 H

LOCATION	Sheringham																						
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Up H
 Down H

Platform number or line name (trains per day) D=Down U=Up B=Both directions

V: 1-10 min, X: 11 - 20 min, L: 21-40 min, M: 41-59 min, H: 60 min

00:00 01:00 02:00 03:00 04:00 05:00 06:00 07:00 08:00 09:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00 22:00 23:00
 00:59 01:59 02:59 03:59 04:59 05:59 06:59 07:59 08:59 09:59 10:59 11:59 12:59 13:59 14:59 15:59 16:59 17:59 18:59 19:59 20:59 21:59 22:59 23:59

Route EA1540 Route Description CHIPPENHAM JN TO ELY DOCK JN

LOCATION Chippenham Jn

Up H
 Down H

LOCATION Soham

Up H
 Down H

LOCATION Ely Dock Jn

Up H
 Down H
 Up DL H
 Down DL H
 Up UL H
 Down UL H

LOCATION Dullingham

1 H
 2 H

LOCATION Bury St Edmunds

1 H
 2 H

