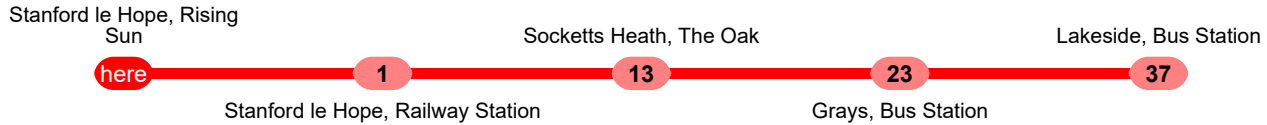


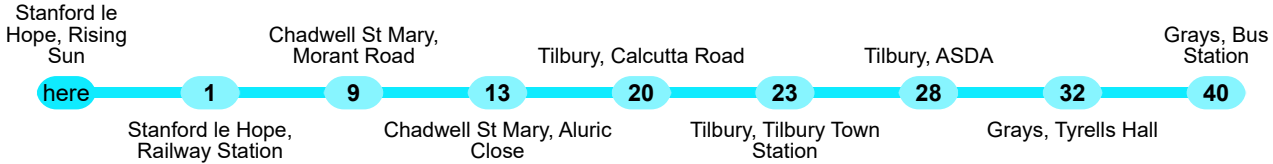
Stanford le Hope, Rising Sun, Opp

Effective from 30 August 2026

100 Basildon - Grays - Lakeside



200 Basildon - Chadwell - Tilbury - Grays



Monday to Friday

0532	200	0833	100	1142	100	1443	100	1756	100
0537	100	0859	100	1202	100	1500	100	1824	100
0557	100	0918	200	1218	200	1521	100	1827	200
0617	100	0920	100	1222	100	1522	200	1853	100
0617	200	0943	100	1242	100	1542	100	1924	100
0637	100	1003	100	1302	100	1606	100	1949	100
0655	100	1018	200	1318	200	1621	200	2022	100
0710	100	1023	100	1322	100	1632	100	2052	100
0719	200	1042	100	1343	100	1651	100	2120	100
0725	100	1102	100	1403	100	1710	100	2149	100
0745	100	1118	200	1419	200	1730	200	2219	100
0811	100	1122	100	1423	100	1733	100	2249	100
0830	200								

Saturday

0617	100	0951	100	1247	200	1532	100	1837	200
0646	200	1021	100	1303	100	1547	200	1850	100
0648	100	1042	100	1322	100	1602	100	1925	100
0725	100	1046	200	1341	100	1632	100	1950	100
0746	200	1103	100	1347	200	1647	200	2024	100
0801	100	1123	100	1402	100	1701	100	2054	100
0833	100	1143	100	1422	100	1731	100	2121	100
0846	200	1146	200	1443	100	1747	200	2150	100
0904	100	1203	100	1447	200	1758	100	2220	100
0929	100	1223	100	1506	100	1826	100	2250	100
0946	200	1242	100						

Sunday

0825	100	1055	100	1257	200	1524	100	1727	200
0826	200	1126	100	1326	100	1554	100	1752	100
0925	100	1126	200	1356	100	1557	200	1852	100
0955	100	1156	100	1424	100	1624	100	1952	100
0956	200	1225	100	1427	200	1654	100	2053	100
1025	100	1255	100	1454	100				