

# Adam Rail

## Duty: LO1

Day(s): Every Day

Start Time: 03:25 - End Time: 21:59

Break Times:

|                                                                                                   |                                                                                                    |                                                                                                    |
|---------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| <b>From:</b> Upminster<br><b>To:</b> Romford<br><b>Route:</b> ■<br>Depart: 03:25 - Arrive: 03:291 | <b>From:</b> Romford<br><b>To:</b> Upminster<br><b>Route:</b> ■<br>Depart: 05:35 - Arrive: 05:3910 | <b>From:</b> Upminster<br><b>To:</b> Romford<br><b>Route:</b> ■<br>Depart: 07:45 - Arrive: 07:4919 |
| <b>From:</b> Romford<br><b>To:</b> Upminster<br><b>Route:</b> ■<br>Depart: 03:35 - Arrive: 03:392 | <b>From:</b> Upminster<br><b>To:</b> Romford<br><b>Route:</b> ■<br>Depart: 05:45 - Arrive: 05:4911 | <b>From:</b> Romford<br><b>To:</b> Upminster<br><b>Route:</b> ■<br>Depart: 07:55 - Arrive: 07:5920 |
| <b>From:</b> Upminster<br><b>To:</b> Romford<br><b>Route:</b> ■<br>Depart: 03:45 - Arrive: 03:493 | <b>From:</b> Romford<br><b>To:</b> Upminster<br><b>Route:</b> ■<br>Depart: 05:55 - Arrive: 05:5912 | <b>From:</b> Upminster<br><b>To:</b> Romford<br><b>Route:</b> ■<br>Depart: 08:25 - Arrive: 08:2921 |
| <b>From:</b> Romford<br><b>To:</b> Upminster<br><b>Route:</b> ■<br>Depart: 03:55 - Arrive: 03:594 | <b>From:</b> Upminster<br><b>To:</b> Romford<br><b>Route:</b> ■<br>Depart: 06:25 - Arrive: 06:2913 | <b>From:</b> Romford<br><b>To:</b> Upminster<br><b>Route:</b> ■<br>Depart: 08:35 - Arrive: 08:3922 |
| <b>From:</b> Upminster<br><b>To:</b> Romford<br><b>Route:</b> ■<br>Depart: 04:25 - Arrive: 04:295 | <b>From:</b> Romford<br><b>To:</b> Upminster<br><b>Route:</b> ■<br>Depart: 06:35 - Arrive: 06:3914 | <b>From:</b> Upminster<br><b>To:</b> Romford<br><b>Route:</b> ■<br>Depart: 08:45 - Arrive: 08:4923 |
| <b>From:</b> Romford<br><b>To:</b> Upminster<br><b>Route:</b> ■<br>Depart: 04:35 - Arrive: 04:396 | <b>From:</b> Upminster<br><b>To:</b> Romford<br><b>Route:</b> ■<br>Depart: 06:45 - Arrive: 06:4915 | <b>From:</b> Romford<br><b>To:</b> Upminster<br><b>Route:</b> ■<br>Depart: 08:55 - Arrive: 08:5924 |
| <b>From:</b> Upminster<br><b>To:</b> Romford<br><b>Route:</b> ■<br>Depart: 04:45 - Arrive: 04:497 | <b>From:</b> Romford<br><b>To:</b> Upminster<br><b>Route:</b> ■<br>Depart: 06:55 - Arrive: 06:5916 | <b>From:</b> Upminster<br><b>To:</b> Romford<br><b>Route:</b> ■<br>Depart: 09:25 - Arrive: 09:2925 |
| <b>From:</b> Romford<br><b>To:</b> Upminster<br><b>Route:</b> ■<br>Depart: 04:55 - Arrive: 04:598 | <b>From:</b> Upminster<br><b>To:</b> Romford<br><b>Route:</b> ■<br>Depart: 07:25 - Arrive: 07:2917 | <b>From:</b> Romford<br><b>To:</b> Upminster<br><b>Route:</b> ■<br>Depart: 09:35 - Arrive: 09:3926 |
| <b>From:</b> Upminster<br><b>To:</b> Romford<br><b>Route:</b> ■<br>Depart: 05:25 - Arrive: 05:299 | <b>From:</b> Romford<br><b>To:</b> Upminster<br><b>Route:</b> ■<br>Depart: 07:35 - Arrive: 07:3918 | <b>From:</b> Upminster<br><b>To:</b> Romford<br><b>Route:</b> ■<br>Depart: 09:45 - Arrive: 09:4927 |

|                                                                                                      |    |                                                                                                      |    |                                                                                                      |    |
|------------------------------------------------------------------------------------------------------|----|------------------------------------------------------------------------------------------------------|----|------------------------------------------------------------------------------------------------------|----|
| <b>From:</b> Romford<br><b>To:</b> Upminster<br><br><b>Route:</b> ■<br>Depart: 09:55 - Arrive: 09:59 | 28 | <b>From:</b> Upminster<br><b>To:</b> Romford<br><br><b>Route:</b> ■<br>Depart: 12:25 - Arrive: 12:29 | 37 | <b>From:</b> Romford<br><b>To:</b> Upminster<br><br><b>Route:</b> ■<br>Depart: 14:35 - Arrive: 14:39 | 46 |
| <b>From:</b> Upminster<br><b>To:</b> Romford<br><br><b>Route:</b> ■<br>Depart: 10:25 - Arrive: 10:29 | 29 | <b>From:</b> Romford<br><b>To:</b> Upminster<br><br><b>Route:</b> ■<br>Depart: 12:35 - Arrive: 12:39 | 38 | <b>From:</b> Upminster<br><b>To:</b> Romford<br><br><b>Route:</b> ■<br>Depart: 14:45 - Arrive: 14:49 | 47 |
| <b>From:</b> Romford<br><b>To:</b> Upminster<br><br><b>Route:</b> ■<br>Depart: 10:35 - Arrive: 10:39 | 30 | <b>From:</b> Upminster<br><b>To:</b> Romford<br><br><b>Route:</b> ■<br>Depart: 12:45 - Arrive: 12:49 | 39 | <b>From:</b> Romford<br><b>To:</b> Upminster<br><br><b>Route:</b> ■<br>Depart: 14:55 - Arrive: 14:59 | 48 |
| <b>From:</b> Upminster<br><b>To:</b> Romford<br><br><b>Route:</b> ■<br>Depart: 10:45 - Arrive: 10:49 | 31 | <b>From:</b> Romford<br><b>To:</b> Upminster<br><br><b>Route:</b> ■<br>Depart: 12:55 - Arrive: 12:59 | 40 | <b>From:</b> Upminster<br><b>To:</b> Romford<br><br><b>Route:</b> ■<br>Depart: 15:25 - Arrive: 15:29 | 49 |
| <b>From:</b> Romford<br><b>To:</b> Upminster<br><br><b>Route:</b> ■<br>Depart: 10:55 - Arrive: 10:59 | 32 | <b>From:</b> Upminster<br><b>To:</b> Romford<br><br><b>Route:</b> ■<br>Depart: 13:25 - Arrive: 13:29 | 41 | <b>From:</b> Romford<br><b>To:</b> Upminster<br><br><b>Route:</b> ■<br>Depart: 15:35 - Arrive: 15:39 | 50 |
| <b>From:</b> Upminster<br><b>To:</b> Romford<br><br><b>Route:</b> ■<br>Depart: 11:25 - Arrive: 11:29 | 33 | <b>From:</b> Romford<br><b>To:</b> Upminster<br><br><b>Route:</b> ■<br>Depart: 13:35 - Arrive: 13:39 | 42 | <b>From:</b> Upminster<br><b>To:</b> Romford<br><br><b>Route:</b> ■<br>Depart: 15:45 - Arrive: 15:49 | 51 |
| <b>From:</b> Romford<br><b>To:</b> Upminster<br><br><b>Route:</b> ■<br>Depart: 11:35 - Arrive: 11:39 | 34 | <b>From:</b> Upminster<br><b>To:</b> Romford<br><br><b>Route:</b> ■<br>Depart: 13:45 - Arrive: 13:49 | 43 | <b>From:</b> Romford<br><b>To:</b> Upminster<br><br><b>Route:</b> ■<br>Depart: 15:55 - Arrive: 15:59 | 52 |
| <b>From:</b> Upminster<br><b>To:</b> Romford<br><br><b>Route:</b> ■<br>Depart: 11:45 - Arrive: 11:49 | 35 | <b>From:</b> Romford<br><b>To:</b> Upminster<br><br><b>Route:</b> ■<br>Depart: 13:55 - Arrive: 13:59 | 44 | <b>From:</b> Upminster<br><b>To:</b> Romford<br><br><b>Route:</b> ■<br>Depart: 16:25 - Arrive: 16:29 | 53 |
| <b>From:</b> Romford<br><b>To:</b> Upminster<br><br><b>Route:</b> ■<br>Depart: 11:55 - Arrive: 11:59 | 36 | <b>From:</b> Upminster<br><b>To:</b> Romford<br><br><b>Route:</b> ■<br>Depart: 14:25 - Arrive: 14:29 | 45 | <b>From:</b> Romford<br><b>To:</b> Upminster<br><br><b>Route:</b> ■<br>Depart: 16:35 - Arrive: 16:39 | 54 |

|                                              |    |                                              |    |                                              |    |
|----------------------------------------------|----|----------------------------------------------|----|----------------------------------------------|----|
| <b>From:</b> Upminster<br><b>To:</b> Romford |    | <b>From:</b> Romford<br><b>To:</b> Upminster |    | <b>From:</b> Upminster<br><b>To:</b> Romford |    |
| <b>Route:</b> ■                              |    | <b>Route:</b> ■                              |    | <b>Route:</b> ■                              |    |
| Depart: 16:45 - Arrive: 16:49                | 55 | Depart: 18:55 - Arrive: 18:59                | 64 | Depart: 21:25 - Arrive: 21:29                | 73 |
| <b>From:</b> Romford<br><b>To:</b> Upminster |    | <b>From:</b> Upminster<br><b>To:</b> Romford |    | <b>From:</b> Romford<br><b>To:</b> Upminster |    |
| <b>Route:</b> ■                              |    | <b>Route:</b> ■                              |    | <b>Route:</b> ■                              |    |
| Depart: 16:55 - Arrive: 16:59                | 56 | Depart: 19:25 - Arrive: 19:29                | 65 | Depart: 21:35 - Arrive: 21:39                | 74 |
| <b>From:</b> Upminster<br><b>To:</b> Romford |    | <b>From:</b> Romford<br><b>To:</b> Upminster |    | <b>From:</b> Upminster<br><b>To:</b> Romford |    |
| <b>Route:</b> ■                              |    | <b>Route:</b> ■                              |    | <b>Route:</b> ■                              |    |
| Depart: 17:25 - Arrive: 17:29                | 57 | Depart: 19:35 - Arrive: 19:39                | 66 | Depart: 21:45 - Arrive: 21:49                | 75 |
| <b>From:</b> Romford<br><b>To:</b> Upminster |    | <b>From:</b> Upminster<br><b>To:</b> Romford |    | <b>From:</b> Romford<br><b>To:</b> Upminster |    |
| <b>Route:</b> ■                              |    | <b>Route:</b> ■                              |    | <b>Route:</b> ■                              |    |
| Depart: 17:35 - Arrive: 17:39                | 58 | Depart: 19:45 - Arrive: 19:49                | 67 | Depart: 21:55 - Arrive: 21:59                | 76 |
| <b>From:</b> Upminster<br><b>To:</b> Romford |    | <b>From:</b> Romford<br><b>To:</b> Upminster |    |                                              |    |
| <b>Route:</b> ■                              |    | <b>Route:</b> ■                              |    |                                              |    |
| Depart: 17:45 - Arrive: 17:49                | 59 | Depart: 19:55 - Arrive: 19:59                | 68 |                                              |    |
| <b>From:</b> Romford<br><b>To:</b> Upminster |    | <b>From:</b> Upminster<br><b>To:</b> Romford |    |                                              |    |
| <b>Route:</b> ■                              |    | <b>Route:</b> ■                              |    |                                              |    |
| Depart: 17:55 - Arrive: 17:59                | 60 | Depart: 20:25 - Arrive: 20:29                | 69 |                                              |    |
| <b>From:</b> Upminster<br><b>To:</b> Romford |    | <b>From:</b> Romford<br><b>To:</b> Upminster |    |                                              |    |
| <b>Route:</b> ■                              |    | <b>Route:</b> ■                              |    |                                              |    |
| Depart: 18:25 - Arrive: 18:29                | 61 | Depart: 20:35 - Arrive: 20:39                | 70 |                                              |    |
| <b>From:</b> Romford<br><b>To:</b> Upminster |    | <b>From:</b> Upminster<br><b>To:</b> Romford |    |                                              |    |
| <b>Route:</b> ■                              |    | <b>Route:</b> ■                              |    |                                              |    |
| Depart: 18:35 - Arrive: 18:39                | 62 | Depart: 20:45 - Arrive: 20:49                | 71 |                                              |    |
| <b>From:</b> Upminster<br><b>To:</b> Romford |    | <b>From:</b> Romford<br><b>To:</b> Upminster |    |                                              |    |
| <b>Route:</b> ■                              |    | <b>Route:</b> ■                              |    |                                              |    |
| Depart: 18:45 - Arrive: 18:49                | 63 | Depart: 20:55 - Arrive: 20:59                | 72 |                                              |    |