

128 Mondays to Fridays																
	MX	MO														
Claybury Broadway	0010	0015	0040		10	40	0510	0530	0545	0600	0615	0627	0639			
Barkingside Chequers	0015	0020	0045	Then	15	45	0515	0536	0551	0606	0621	0634	0646			
Gants Hill Station Cranbrook Road (S)	0020	0025	0050	every 30	20	50	0520	0541	0557	0612	0627	0640	0652	Then		
Ilford Station	0025	0030	0055	minutes	25	55	0525	0546	0602	0618	0633	0647	0659	about		
Ilford High Road Hainault Street	0029	0034	0059	at these	29	59	until	0529	0550	0606	0623	0638	0652	0704	every 12	
Goodmayes Lord Napier	0035	0040	0105	minutes	35	05		0535	0556	0612	0629	0646	0700	0712	minutes	
Becontree Heath Ship & Anchor	0042	0048	0112	past	42	12		0542	0604	0621	0638	0656	0711	0725	until	
Queen's Hospital	0048	0054	0118	the hour	48	18		0548	0611	0628	0646	0705	0720	0735		
Romford Station	0055	0100	0124		54	24		0554	0618	0636	0654	0713	0729	0745		
Claybury Broadway	1930	1950	2010	2030	2050	2110	2130	2150	2210	2230	2250	2310	2330	2350		
Barkingside Chequers	1937	1957	2016	2036	2056	2116	2136	2156	2216	2235	2255	2315	2335	2355		
Gants Hill Station Cranbrook Road (S)	1945	2004	2023	2043	2103	2122	2142	2202	2221	2240	2300	2320	2340	0000		
Ilford Station	1953	2012	2030	2050	2110	2129	2148	2208	2226	2245	2305	2325	2345	0005		
Ilford High Road Hainault Street	1958	2017	2035	2055	2114	2133	2152	2212	2230	2249	2309	2329	2349	0009		
Goodmayes Lord Napier	2007	2025	2043	2102	2121	2140	2159	2219	2237	2255	2315	2335	2355	0015		
Becontree Heath Ship & Anchor	2017	2035	2053	2112	2131	2150	2209	2228	2246	2304	2323	2343	0002	0022		
Queen's Hospital	2025	2043	2101	2120	2139	2158	2217	2236	2254	2312	2330	2349	0008	0028		
Romford Station	2033	2051	2109	2127	2146	2205	2224	2243	2301	2319	2337	2356	0015	0035		
128 Saturdays																
Claybury Broadway	0010	0040		0510	0530			0650	0705	0720	0735	0750	0805	0817	0829	
Barkingside Chequers	0015	0045		0515	0536			0656	0711	0726	0741	0756	0811	0824	0836	Then
Gants Hill Station Cranbrook Road (S)	0020	0050	Then	0520	0541	Then		0701	0716	0731	0747	0802	0817	0830	0842	about
Ilford Station	0025	0055	every	0525	0546	every 20		0706	0721	0737	0753	0808	0823	0836	0848	every
Ilford High Road Hainault Street	0029	0059	30	0529	0550	minutes		0710	0725	0741	0757	0812	0827	0840	0852	12
Goodmayes Lord Napier	0035	0105	mins.	0535	0556	until		0716	0732	0748	0804	0819	0834	0847	0859	mins.
Becontree Heath Ship & Anchor	0042	0112	until	0542	0604			0724	0741	0757	0814	0829	0844	0857	0910	until
Queen's Hospital	0048	0118		0548	0611			0731	0749	0805	0822	0837	0852	0905	0919	
Romford Station	0055	0124		0554	0618			0738	0756	0813	0830	0845	0900	0914	0928	
Claybury Broadway	1835	1850	1905	1920	1935	1955	2015	2035	2055	2115	2135	2155	2216	2236	2256	2315
Barkingside Chequers	1842	1857	1912	1927	1942	2002	2022	2042	2101	2121	2141	2201	2221	2241	2301	2320
Gants Hill Station Cranbrook Road (S)	1851	1906	1921	1936	1951	2011	2030	2050	2108	2127	2146	2206	2227	2247	2307	2326
Ilford Station	1859	1914	1929	1944	1959	2019	2036	2056	2114	2133	2152	2212	2233	2252	2312	2331
Ilford High Road Hainault Street	1904	1919	1934	1949	2004	2024	2041	2100	2118	2137	2156	2216	2237	2256	2316	2335
Goodmayes Lord Napier	1913	1928	1943	1958	2013	2031	2049	2107	2125	2144	2203	2223	2243	2302	2322	2341
Becontree Heath Ship & Anchor	1925	1939	1953	2008	2023	2041	2059	2117	2135	2153	2212	2232	2251	2310	2330	2349
Queen's Hospital	1934	1948	2002	2016	2031	2049	2107	2125	2143	2201	2220	2240	2259	2318	2336	2355
Romford Station	1942	1956	2010	2024	2039	2057	2115	2133	2151	2209	2227	2247	2306	2325	2343	0002
0021	0041															
128 Sundays																
Claybury Broadway	0015	0040		10	40	0510	0530	0600	0630	0700	0730	0749	0808	0827	0846	0905
Barkingside Chequers	0020	0045	Then	15	45	0515	0536	0606	0636	0706	0737	0756	0815	0834	0853	0913
Gants Hill Station Cranbrook Road (S)	0025	0050	every 30	20	50	0520	0541	0611	0641	0711	0742	0801	0820	0840	0859	0919
Ilford Station	0030	0055	minutes	25	55	0525	0546	0616	0646	0716	0747	0806	0825	0845	0905	0925
Ilford High Road Hainault Street	0034	0059	at these	29	59	until	0529	0550	0620	0650	0720	0751	0810	0829	0849	0909
Goodmayes Lord Napier	0040	0105	minutes	35	05		0535	0555	0625	0655	0726	0757	0816	0835	0855	0916
Becontree Heath Ship & Anchor	0048	0112	past	42	12		0542	0603	0633	0703	0734	0805	0824	0844	0905	0926
Queen's Hospital	0054	0118	the hour	48	18		0548	0610	0640	0710	0741	0812	0832	0852	0913	0934
Romford Station	0101	0124		54	24		0554	0617	0647	0717	0748	0819	0839	0900	0921	0942
1003	1024															
Claybury Broadway	0944	1002	1020	1039	1058	1118	1138	1158			1458	1519	1540	1601	1622	1643
Barkingside Chequers	0952	1010	1028	1047	1106	1127	1147	1207			1507	1528	1549	1610	1630	1651
Gants Hill Station Cranbrook Road (S)	0958	1016	1035	1054	1114	1135	1155	1216	Then		1516	1537	1558	1619	1639	1700
Ilford Station	1004	1023	1042	1102	1122	1143	1203	1225	every 20		1525	1546	1607	1627	1647	1708
Ilford High Road Hainault Street	1008	1027	1047	1107	1127	1148	1209	1231	minutes		1531	1552	1613	1633	1653	1713
Goodmayes Lord Napier	1016	1036	1056	1116	1136	1157	1219	1241	until		1541	1602	1622	1642	1702	1722
Becontree Heath Ship & Anchor	1027	1047	1107	1128	1148	1210	1232	1254			1554	1615	1635	1655	1714	1734
Queen's Hospital	1036	1056	1116	1137	1157	1219	1241	1303			1603	1624	1644	1704	1723	1743
Romford Station	1045	1105	1126	1147	1207	1229	1251	1313			1613	1633	1653	1713	1732	1751
1809	1827															
Claybury Broadway	1743	1803	1822	1841	1900	1919	1938	1957	2016	2035	2055	2115	2135		2255	2315
Barkingside Chequers	1750	1810	1829	1848	1907	1926	1945	2004	2022	2041	2101	2121	2140		2300	2320
Gants Hill Station Cranbrook Road (S)	1759	1818	1837	1856	1915	1934	1952	2011	2029	2048	2107	2127	2146	Then	2306	2326
Ilford Station	1806	1825	1844	1903	1922	1941	1959	2017	2035	2054	2113	2132	2151	every	2311	2331
Ilford High Road Hainault Street	1811	1830	1849	1908	1927	1946	2004	2022	2039	2058	2117	2136	2155	20	2315	2335
Goodmayes Lord Napier	1819	1838	1857	1916	1935	1954	2012	2030	2047	2105	2123	2142	2201	mins.	2321	2341
Becontree Heath Ship & Anchor	1829	1848	1907	1926	1945	2004	2022	2040	2057	2114	2132	2150	2209	until	2329	2349
Queen's Hospital	1837	1856	1915	1934	1953	2012	2030	2047	2104	2121	2139	2157	2216		2336	2355
Romford Station	1845	1904	1923	1942	2001	2019	2037	2054	2111	2128	2146	2204	2222		2342	0001
0020	0040															

Notes: MO - Operates on Mondays only MX - Operates on Tuesdays to Fridays only

128 Mondays to Fridays																						
	MO	MX																				
Romford Station	0000	0000	0020					50	20	0520	0540	0600	0620	0633	0644	0654			1900	1915		
Queen's Hospital	0006	0006	0026	<i>Then</i>				56	26	0526	0546	0606	0627	0640	0651	0701			1909	1923		
Becontree Heath Ship & Anchor	0013	0014	0032	<i>every 30</i>				02	32	0532	0554	0615	0636	0649	0701	0712	<i>Then</i>		1919	1933		
Goodmayes Lord Napier	0019	0020	0039	<i>minutes</i>				09	39	0539	0602	0624	0645	0659	0711	0723	<i>about</i>		1929	1943		
Ilford High Road Hainault Street	0025	0026	0045	<i>at these</i>				15	45	0545	0611	0633	0654	0708	0721	0733	<i>every 12</i>		1939	1953		
Ilford Station	0029	0030	0049	<i>minutes</i>				19	49	0549	0615	0637	0658	0712	0726	0738	<i>minutes</i>		1945	1958		
Gants Hill Station Cranbrook Road (S)	0033	0035	0054	<i>past</i>				24	54	0554	0621	0643	0704	0719	0734	0746	<i>until</i>		1952	2005		
Barkingside Chequers	0038	0040	0059	<i>the hour</i>				29	59	0559	0627	0649	0710	0725	0740	0755			2000	2013		
Claybury Broadway	0043	0045	0104					34	04	0604	0633	0655	0717	0732	0747	0802			2007	2020		
Romford Station	1930	1945	2000	2020	2040	2100	2120	2140	2200	2219	2239	2259	2319	2339	2359	0000						
Queen's Hospital	1938	1953	2008	2028	2048	2107	2127	2147	2206	2225	2245	2305	2325	2345	2359	0006						
Becontree Heath Ship & Anchor	1948	2003	2018	2038	2057	2115	2135	2155	2214	2233	2253	2313	2333	2353	0014							
Goodmayes Lord Napier	1957	2011	2026	2046	2105	2123	2142	2202	2221	2239	2259	2319	2339	2359	0020							
Ilford High Road Hainault Street	2006	2020	2035	2055	2113	2131	2150	2209	2228	2246	2306	2326	2346	0006	0026							
Ilford Station	2011	2025	2040	2100	2118	2136	2154	2213	2232	2250	2310	2330	2350	0010	0030							
Gants Hill Station Cranbrook Road (S)	2018	2032	2047	2106	2124	2142	2200	2219	2237	2255	2315	2335	2355	0015	0035							
Barkingside Chequers	2026	2039	2054	2112	2130	2148	2206	2224	2242	2300	2320	2340	0000	0020	0040							
Claybury Broadway	2033	2046	2059	2117	2135	2153	2211	2229	2247	2305	2325	2345	0005	0025	0045							
128 Saturdays																						
Romford Station	0000	0020						0520	0540				0700	0720	0735	0750	0805	0820			1800	1815
Queen's Hospital	0006	0026						0526	0546				0706	0726	0741	0756	0812	0827			1809	1823
Becontree Heath Ship & Anchor	0014	0032	<i>Then</i>					0532	0554	<i>Then</i>			0714	0734	0749	0804	0821	0836	<i>Then</i>		1820	1834
Goodmayes Lord Napier	0020	0039	<i>every 30</i>					0539	0601	<i>every 20</i>			0721	0742	0757	0812	0830	0845	<i>about</i>		1830	1844
Ilford High Road Hainault Street	0026	0045	<i>minutes</i>					0545	0608	<i>minutes</i>			0728	0750	0805	0820	0838	0853	<i>every 12</i>		1841	1855
Ilford Station	0030	0049	<i>until</i>					0549	0612	<i>until</i>			0732	0754	0809	0824	0842	0857	<i>minutes</i>		1846	1900
Gants Hill Station Cranbrook Road (S)	0035	0054						0554	0618				0738	0800	0815	0830	0848	0903	<i>until</i>		1854	1908
Barkingside Chequers	0040	0059						0559	0624				0744	0806	0821	0836	0854	0910			1902	1916
Claybury Broadway	0045	0104						0604	0629				0749	0811	0826	0841	0859	0916			1908	1922
Romford Station	1830	1845	1900	1920	1940	2000	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340	0000				
Queen's Hospital	1838	1853	1908	1928	1948	2008	2027	2047	2107	2127	2147	2207	2226	2246	2306	2326	2346	0006				
Becontree Heath Ship & Anchor	1848	1903	1918	1938	1958	2018	2037	2056	2116	2135	2155	2215	2234	2254	2314	2334	2354	0013				
Goodmayes Lord Napier	1858	1913	1928	1948	2008	2028	2046	2104	2124	2143	2203	2223	2242	2302	2322	2341	0001	0019				
Ilford High Road Hainault Street	1909	1923	1938	1958	2017	2037	2055	2113	2132	2151	2210	2230	2249	2309	2329	2348	0007	0025				
Ilford Station	1914	1928	1943	2003	2022	2041	2059	2117	2136	2155	2214	2234	2253	2313	2333	2352	0011	0029				
Gants Hill Station Cranbrook Road (S)	1922	1936	1951	2011	2030	2048	2106	2124	2143	2202	2220	2240	2259	2319	2339	2358	0016	0034				
Barkingside Chequers	1930	1944	1958	2018	2037	2055	2113	2131	2149	2208	2226	2246	2305	2325	2345	0004	0022	0040				
Claybury Broadway	1936	1950	2004	2024	2043	2101	2119	2137	2155	2213	2231	2251	2310	2330	2350	0009	0027	0045				
128 Sundays																						
Romford Station	0000	0020						0520	0540	0610	0640	0700	0720	0740	0800	0820	0840	0900	0920	0939	0957	1015
Queen's Hospital	0006	0026						0526	0546	0616	0646	0706	0726	0746	0806	0826	0846	0906	0926	0945	1004	1022
Becontree Heath Ship & Anchor	0013	0032	<i>Then</i>					0532	0554	0624	0654	0714	0734	0754	0814	0835	0855	0915	0935	0955	1014	1032
Goodmayes Lord Napier	0019	0039	<i>every 30</i>					0539	0601	0631	0701	0721	0741	0801	0822	0843	0903	0924	0944	1004	1023	1042
Ilford High Road Hainault Street	0025	0045	<i>mins.</i>					0545	0608	0638	0708	0728	0748	0808	0830	0851	0911	0933	0953	1013	1033	1053
Ilford Station	0029	0049	<i>until</i>					0549	0612	0642	0712	0732	0752	0812	0834	0855	0916	0938	0958	1018	1038	1058
Gants Hill Station Cranbrook Road (S)	0034	0054						0554	0617	0647	0717	0737	0757	0818	0840	0901	0922	0944	1005	1025	1045	1105
Barkingside Chequers	0040	0059						0559	0622	0652	0722	0742	0802	0824	0846	0907	0929	0951	1012	1032	1052	1113
Claybury Broadway	0045	0104						0604	0627	0657	0727	0747	0807	0829	0851	0913	0935	0957	1018	1038	1058	1119
Romford Station	1034	1052	1110	1128	1148	1208	1228						1448	1509	1530	1551	1613	1635	1657	1718	1738	1759
Queen's Hospital	1042	1100	1119	1137	1157	1217	1238						1458	1519	1540	1601	1622	1644	1705	1726	1746	1807
Becontree Heath Ship & Anchor	1052	1111	1130	1148	1208	1229	1250	<i>Then</i>					1510	1531	1552	1613	1633	1655	1715	1736	1756	1816
Goodmayes Lord Napier	1102	1121	1140	1158	1219	1240	1301	<i>every 20</i>					1521	1542	1603	1623	1643	1705	1725	1746	1806	1825
Ilford High Road Hainault Street	1113	1132	1152	1210	1231	1252	1313	<i>mins.</i>					1533	1554	1614	1634	1654	1715	1735	1756	1816	1835
Ilford Station	1118	1137	1157	1216	1237	1258	1319	<i>until</i>					1539	1600	1620	1640	1700	1720	1740	1801	1821	1840
Gants Hill Station Cranbrook Road (S)	1125	1144	1204	1224	1245	1306	1327						1547	1608	1628	1648	1708	1728	1748	1808	1828	1847
Barkingside Chequers	1133	1152	1212	1233	1254	1315	1336						1556	1616	1636	1656	1716	1736	1756	1815	1835	1854
Claybury Broadway	1139	1159	1219	1240	1301	1322	1343						1603	1623	1643	1703	1723	1743	1803	1822	1842	1901
Romford Station	1820	1840	1900	1920	1940	2000	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340	0000				
Queen's Hospital	1827	1847	1907	1927	1947	2007	2027	2047	2107	2126	2146	2206	2226	2246	2306	2326	2346	0006				
Becontree Heath Ship & Anchor	1836	1856	1916	1936	1955	2015	2035	2055	2115	2134	2154	2213	2233	2253	2313	2333	2353	0013				
Goodmayes Lord Napier	1845	1905	1924	1944	2003	2023	2043	2103	2122	2141	2201	2220	2240	2300	2320	2340	0000	0019				
Ilford High Road Hainault Street	1855	1914	1933	1952	2011	2031	2051	2110	2129	2148	22											