

128		Mondays to Fridays																
	MX	MO																
Claybury Broadway	0010	0015	0040		10	40		0510	0530	0545	0600	0615	0627	0639	0649	0659	0709	0720
Barkingside Chequers	0015	0020	0045	<i>Then</i>	15	45		0515	0536	0551	0606	0621	0634	0646	0656	0706	0716	0728
Gants Hill Station Cranbrook Road (S)	0020	0025	0050	<i>every 30</i>	20	50		0520	0541	0557	0612	0627	0640	0652	0702	0713	0724	0736
Ilford Station	0025	0030	0055	<i>minutes</i>	25	55		0525	0546	0602	0618	0633	0647	0659	0709	0721	0733	0745
Ilford High Road Hainault Street	0029	0034	0059	<i>at these</i>	29	59	<i>until</i>	0529	0550	0606	0623	0638	0652	0704	0714	0726	0738	0750
Goodmayes Lord Napier	0035	0040	0105	<i>minutes</i>	35	05		0535	0556	0612	0629	0646	0700	0712	0724	0736	0748	0800
Becontree Heath Ship & Anchor	0042	0048	0112	<i>past</i>	42	12		0542	0604	0621	0638	0656	0711	0725	0737	0750	0802	0814
Queen's Hospital	0048	0054	0118	<i>the hour</i>	48	18		0548	0611	0628	0646	0705	0720	0735	0748	0801	0813	0825
Romford Station	0055	0100	0124		54	24		0554	0618	0636	0654	0713	0729	0745	0758	0811	0823	0835
Claybury Broadway	0731	0743	0754	0806	0817	0829	0841	0853	0905	0917	0929	0941	0953	<i>Then</i> <i>every 12</i> <i>minutes</i> <i>until</i>	1405	1415	1425	
Barkingside Chequers	0739	0751	0802	0814	0826	0838	0850	0902	0914	0926	0938	0949	1001		1413	1423	1433	
Gants Hill Station Cranbrook Road (S)	0747	0759	0811	0823	0835	0847	0859	0911	0923	0935	0946	0957	1009		1421	1431	1441	
Ilford Station	0757	0809	0821	0833	0845	0857	0909	0920	0932	0944	0955	1006	1017		1429	1439	1449	
Ilford High Road Hainault Street	0802	0814	0826	0838	0850	0902	0914	0925	0937	0949	1000	1011	1022		1434	1445	1455	
Goodmayes Lord Napier	0812	0824	0836	0848	0900	0912	0923	0934	0946	0958	1009	1020	1031		1443	1455	1506	
Becontree Heath Ship & Anchor	0826	0838	0850	0902	0914	0925	0936	0947	0959	1011	1022	1033	1044		1456	1509	1521	
Queen's Hospital	0837	0849	0901	0913	0924	0935	0946	0957	1009	1021	1032	1043	1054		1506	1519	1532	
Romford Station	0847	0859	0911	0923	0934	0945	0956	1007	1019	1031	1042	1053	1104	1516	1529	1542		
Claybury Broadway	1435	1445		<i>Then</i> <i>every 12</i> <i>minutes</i> <i>until</i>	1721	1734	1746	1758	1810	1822	1834	1846	1858	1914	1930	1950	2010	2030
Barkingside Chequers	1443	1453			1729	1742	1754	1806	1818	1830	1842	1854	1906	1921	1937	1957	2016	2036
Gants Hill Station Cranbrook Road (S)	1451	1502			1738	1751	1803	1815	1827	1839	1850	1902	1914	1929	1945	2004	2023	2043
Ilford Station	1500	1512			1748	1801	1813	1825	1837	1849	1859	1910	1922	1937	1953	2012	2030	2050
Ilford High Road Hainault Street	1506	1518			1754	1807	1819	1831	1843	1854	1904	1915	1927	1942	1958	2017	2035	2055
Goodmayes Lord Napier	1518	1530			1806	1819	1831	1843	1853	1903	1913	1924	1936	1951	2007	2025	2043	2102
Becontree Heath Ship & Anchor	1533	1545			1821	1834	1846	1856	1906	1916	1926	1936	1948	2003	2017	2035	2053	2112
Queen's Hospital	1544	1556			1832	1845	1855	1905	1915	1925	1935	1945	1956	2011	2025	2043	2101	2120
Romford Station	1554	1606		1842	1854	1904	1914	1924	1934	1944	1954	2004	2019	2033	2051	2109	2127	
Claybury Broadway	2050	2110	2130	2150	2210	2230	2250	2310	2330	2350								
Barkingside Chequers	2056	2116	2136	2156	2216	2235	2255	2315	2335	2355								
Gants Hill Station Cranbrook Road (S)	2103	2122	2142	2202	2221	2240	2300	2320	2340	0000								
Ilford Station	2110	2129	2148	2208	2226	2245	2305	2325	2345	0005								
Ilford High Road Hainault Street	2114	2133	2152	2212	2230	2249	2309	2329	2349	0009								
Goodmayes Lord Napier	2121	2140	2159	2219	2237	2255	2315	2335	2355	0015								
Becontree Heath Ship & Anchor	2131	2150	2209	2228	2246	2304	2323	2343	0002	0022								
Queen's Hospital	2139	2158	2217	2236	2254	2312	2330	2349	0008	0028								
Romford Station	2146	2205	2224	2243	2301	2319	2337	2356	0015	0035								
Notes:	MO - Operates on Mondays only						MX - Operates on Tuesdays to Fridays only											
128		Saturdays																
	MX	MO																
Claybury Broadway	0010	0040		10	40		0510	0530			0650	0705	0720	0735	0750	0805	0817	0829
Barkingside Chequers	0015	0045	<i>Then</i>	15	45		0515	0536			0656	0711	0726	0741	0756	0811	0824	0836
Gants Hill Station Cranbrook Road (S)	0020	0050	<i>every 30</i>	20	50		0520	0541	<i>Then</i>		0701	0716	0731	0747	0802	0817	0830	0842
Ilford Station	0025	0055	<i>minutes</i>	25	55		0525	0546	<i>every 20</i>		0706	0721	0737	0753	0808	0823	0836	0848
Ilford High Road Hainault Street	0029	0059	<i>at these</i>	29	59	<i>until</i>	0529	0550	<i>minutes</i>		0710	0725	0741	0757	0812	0827	0840	0852
Goodmayes Lord Napier	0035	0105	<i>minutes</i>	35	05		0535	0556	<i>until</i>		0716	0732	0748	0804	0819	0834	0847	0859
Becontree Heath Ship & Anchor	0042	0112	<i>past</i>	42	12		0542	0604			0724	0741	0757	0814	0829	0844	0857	0910
Queen's Hospital	0048	0118	<i>the hour</i>	48	18		0548	0611			0731	0749	0805	0822	0837	0852	0905	0919
Romford Station	0055	0124		54	24		0554	0618			0738	0756	0813	0830	0845	0900	0914	0928
Claybury Broadway	0839	0851	0902	0912	0923	0935	0946	0957	1008	1018	1029	1041	1053	1104	1115			1339
Barkingside Chequers	0846	0858	0910	0920	0931	0943	0954	1005	1016	1027	1038	1050	1102	1113	1124			1348
Gants Hill Station Cranbrook Road (S)	0853	0905	0917	0927	0938	0950	1001	1013	1024	1035	1046	1059	1111	1122	1133	<i>Then</i>		1357
Ilford Station	0859	0911	0923	0934	0946	0958	1009	1021	1032	1044	1055	1108	1121	1133	1144	<i>every 12</i>		1408
Ilford High Road Hainault Street	0903	0915	0927	0938	0950	1002	1014	1026	1037	1049	1100	1113	1126	1138	1150	<i>minutes</i>		1414
Goodmayes Lord Napier	0911	0923	0935	0947	0959	1011	1023	1035	1047	1059	1111	1124	1137	1149	1201	<i>until</i>		1425
Becontree Heath Ship & Anchor	0922	0934	0947	0959	1011	1023	1035	1047	1100	1112	1125	1138	1151	1203	1215			1439
Queen's Hospital	0931	0944	0957	1010	1022	1034	1046	1058	1111	1123	1136	1149	1202	1214	1226			1450
Romford Station	0941	0954	1007	1020	1032	1044	1056	1109	1122	1134	1147	1200	1213	1225	1237			1501

128		Saturdays (cont.)																	
Claybury Broadway	1352	1405	1417	1429	1441	1453	1505	1517	1529	1541	1553	1605	1617	1629	1641	1653	1705	1717	
Barkingside Chequers	1401	1414	1426	1438	1450	1502	1514	1526	1538	1549	1601	1613	1625	1637	1649	1701	1713	1725	
Gants Hill Station Cranbrook Road (S)	1410	1423	1435	1447	1459	1511	1523	1535	1547	1558	1610	1622	1634	1646	1658	1710	1722	1734	
Ilford Station	1421	1434	1446	1458	1510	1521	1533	1545	1557	1608	1620	1632	1644	1656	1708	1720	1732	1744	
Ilford High Road Hainault Street	1427	1440	1452	1504	1516	1527	1539	1551	1603	1614	1626	1638	1650	1702	1714	1726	1738	1750	
Goodmayes Lord Napier	1438	1451	1503	1515	1527	1538	1550	1602	1614	1625	1637	1649	1701	1713	1725	1737	1749	1801	
Becontree Heath Ship & Anchor	1452	1505	1516	1528	1540	1551	1602	1614	1626	1637	1649	1701	1713	1725	1737	1749	1801	1812	
Queen's Hospital	1503	1515	1526	1538	1549	1600	1611	1623	1635	1646	1658	1710	1722	1734	1746	1758	1810	1821	
Romford Station	1513	1525	1536	1548	1559	1610	1621	1633	1645	1656	1708	1720	1732	1744	1755	1807	1819	1830	
Claybury Broadway	1729	1741	1753	1805	1820	1835	1850	1905	1920	1935	1955	2015	2035	2055	2115	2135	2155	2216	
Barkingside Chequers	1737	1749	1801	1812	1827	1842	1857	1912	1927	1942	2002	2022	2042	2101	2121	2141	2201	2221	
Gants Hill Station Cranbrook Road (S)	1746	1758	1810	1821	1836	1851	1906	1921	1936	1951	2011	2030	2050	2108	2127	2146	2206	2227	
Ilford Station	1755	1807	1818	1829	1844	1859	1914	1929	1944	1959	2019	2036	2056	2114	2133	2152	2212	2233	
Ilford High Road Hainault Street	1801	1812	1823	1834	1849	1904	1919	1934	1949	2004	2024	2041	2100	2118	2137	2156	2216	2237	
Goodmayes Lord Napier	1811	1822	1833	1844	1859	1913	1928	1943	1958	2013	2031	2049	2107	2125	2144	2203	2223	2243	
Becontree Heath Ship & Anchor	1823	1834	1845	1856	1911	1925	1939	1953	2008	2023	2041	2059	2117	2135	2153	2212	2232	2251	
Queen's Hospital	1832	1843	1854	1905	1920	1934	1948	2002	2016	2031	2049	2107	2125	2143	2201	2220	2240	2259	
Romford Station	1841	1852	1903	1914	1928	1942	1956	2010	2024	2039	2057	2115	2133	2151	2209	2227	2247	2306	
Claybury Broadway	2236	2256	2315	2335	2355														
Barkingside Chequers	2241	2301	2320	2340	0000														
Gants Hill Station Cranbrook Road (S)	2247	2307	2326	2345	0005														
Ilford Station	2252	2312	2331	2350	0010														
Ilford High Road Hainault Street	2256	2316	2335	2354	0014														
Goodmayes Lord Napier	2302	2322	2341	0000	0020														
Becontree Heath Ship & Anchor	2310	2330	2349	0008	0028														
Queen's Hospital	2318	2336	2355	0014	0034														
Romford Station	2325	2343	0002	0021	0041														
128		Sundays																	
Claybury Broadway	0015	0040			10 40	0510	0530	0600	0630	0700	0730	0749	0808	0827	0846	0905	0924		
Barkingside Chequers	0020	0045			Then 15 45	0515	0536	0606	0636	0706	0737	0756	0815	0834	0853	0913	0932		
Gants Hill Station Cranbrook Road (S)	0025	0050			every 30 20 50	0520	0541	0611	0641	0711	0742	0801	0820	0840	0859	0919	0938		
Ilford Station	0030	0055			minutes 25 55	0525	0546	0616	0646	0716	0747	0806	0825	0845	0905	0925	0944		
Ilford High Road Hainault Street	0034	0059			at these 29 59 until	0529	0550	0620	0650	0720	0751	0810	0829	0849	0909	0929	0948		
Goodmayes Lord Napier	0040	0105			minutes 35 05	0535	0555	0625	0655	0726	0757	0816	0835	0855	0916	0936	0956		
Becontree Heath Ship & Anchor	0048	0112			past 42 12	0542	0603	0633	0703	0734	0805	0824	0844	0905	0926	0946	1007		
Queen's Hospital	0054	0118			the hour 48 18	0548	0610	0640	0710	0741	0812	0832	0852	0913	0934	0954	1015		
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	1703	1723	
Barkingside Chequers	0952	1010	1028	1047	1106	1127	1147	1207			1507	1528	1549	1610	1630	1651	1710	1730	
Gants Hill Station Cranbrook Road (S)	0958	1016	1035	1054	1114	1135	1155	1216		Then	1516	1537	1558	1619	1639	1700	1719	1739	
Ilford Station	1004	1023	1042	1102	1122	1143	1203	1225		every 20	1525	1546	1607	1627	1647	1708	1727	1746	
Ilford High Road Hainault Street	1008	1027	1047	1107	1127	1148	1209	1231		minutes	1531	1552	1613	1633	1653	1713	1732	1751	
Goodmayes Lord Napier	1016	1036	1056	1116	1136	1157	1219	1241		until	1541	1602	1622	1642	1702	1722	1741	1800	
Becontree Heath Ship & Anchor	1027	1047	1107	1128	1148	1210	1232	1254			1554	1615	1635	1655	1714	1734	1753	1811	
Queen's Hospital	1036	1056	1116	1137	1157	1219	1241	1303			1603	1624	1644	1704	1723	1743	1801	1819	
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	2335	2355
Barkingside Chequers	1750	1810	1829	1848	1907	1926	1945	2004	2022	2041	2101	2121	2140			2300	2320	2340	0000
Gants Hill Station Cranbrook Road (S)	1759	1818	1837	1856	1915	1934	1952	2011	2029	2048	2107	2127	2146		Then	2306	2326	2345	0005
Ilford Station	1806	1825	1844	1903	1922	1941	1959	2017	2035	2054	2113	2132	2151		every	2311	2331	2350	0010
Ilford High Road Hainault Street	1811	1830	1849	1908	1927	1946	2004	2022	2039	2058	2117	2136	2155		20	2315	2335	2354	0014
Goodmayes Lord Napier	1819	1838	1857	1916	1935	1954	2012	2030	2047	2105	2123	2142	2201		mins.	2321	2341	0000	0020
Becontree Heath Ship & Anchor	1829	1848	1907	1926	1945	2004	2022	2040	2057	2114	2132	2150	2209		until	2329	2349	0008	0028
Queen's Hospital	1837	1856	1915	1934	1953	2012	2030	2047	2104	2121	2139	2157	2216			2336	2355	0014	0034
Romford Station	1845	1904	1923	1942	2001	2019	2037	2054	2111	2128	2146	2204	2222			2342	0001	0020	0040

128		Mondays to Fridays																		
	MO	MX																		
Romford Station	0000	0000	0020		50	20		0520	0540	0600	0620	0633	0644	0654	0703	0713	0724	0735		
Queen's Hospital	0006	0006	0026	<i>Then</i>	56	26		0526	0546	0606	0627	0640	0651	0701	0711	0721	0732	0743		
Becontree Heath Ship & Anchor	0013	0014	0032	<i>every 30</i>	02	32		0532	0554	0615	0636	0649	0701	0712	0723	0734	0745	0757		
Goodmayes Lord Napier	0019	0020	0039	<i>minutes</i>	09	39		0539	0602	0624	0645	0659	0711	0723	0734	0745	0756	0808		
Ilford High Road Hainault Street	0025	0026	0045	<i>at these</i>	15	45	<i>until</i>	0545	0611	0633	0654	0708	0721	0733	0744	0756	0808	0820		
Ilford Station	0029	0030	0049	<i>minutes</i>	19	49		0549	0615	0637	0658	0712	0726	0738	0750	0802	0814	0826		
Gants Hill Station Cranbrook Road (S)	0033	0035	0054	<i>past</i>	24	54		0554	0621	0643	0704	0719	0734	0746	0758	0810	0822	0834		
Barkingside Chequers	0038	0040	0059	<i>the hour</i>	29	59		0559	0627	0649	0710	0725	0740	0755	0806	0818	0830	0842		
Claybury Broadway	0043	0045	0104		34	04		0604	0633	0655	0717	0732	0747	0802	0814	0826	0838	0850		
Romford Station	0747	0759	0810	0822	0834	0846	0858	0910												
Queen's Hospital	0755	0807	0819	0831	0843	0855	0907	0919												
Becontree Heath Ship & Anchor	0809	0821	0833	0845	0857	0909	0920	0931	<i>Then</i>											
Goodmayes Lord Napier	0820	0832	0844	0856	0908	0920	0931	0942	<i>every 12</i>											
Ilford High Road Hainault Street	0832	0844	0856	0908	0919	0931	0942	0953	<i>minutes</i>											
Ilford Station	0838	0850	0902	0914	0925	0937	0948	0959	<i>until</i>											
Gants Hill Station Cranbrook Road (S)	0846	0858	0910	0922	0933	0945	0956	1007												
Barkingside Chequers	0854	0906	0918	0930	0941	0953	1004	1015												
Claybury Broadway	0902	0914	0925	0937	0948	1000	1011	1022												
Romford Station	1443	1454	1505																	
Queen's Hospital	1452	1503	1515																	
Becontree Heath Ship & Anchor	1504	1516	1528	<i>Then</i>																
Goodmayes Lord Napier	1516	1528	1540	<i>every 12</i>																
Ilford High Road Hainault Street	1528	1540	1552	<i>minutes</i>																
Ilford Station	1535	1547	1559	<i>until</i>																
Gants Hill Station Cranbrook Road (S)	1544	1556	1608																	
Barkingside Chequers	1553	1605	1617																	
Claybury Broadway	1601	1613	1625																	
Romford Station	2040	2100	2120	2140	2200	2219	2239	2259	2319	2339	0000									
Queen's Hospital	2048	2107	2127	2147	2206	2225	2245	2305	2325	2345	0006									
Becontree Heath Ship & Anchor	2057	2115	2135	2155	2214	2233	2253	2313	2333	2353	0014									
Goodmayes Lord Napier	2105	2123	2142	2202	2221	2239	2259	2319	2339	2359	0020									
Ilford High Road Hainault Street	2113	2131	2150	2209	2228	2246	2306	2326	2346	0006	0026									
Ilford Station	2118	2136	2154	2213	2232	2250	2310	2330	2350	0010	0030									
Gants Hill Station Cranbrook Road (S)	2124	2142	2200	2219	2237	2255	2315	2335	2355	0015	0035									
Barkingside Chequers	2130	2148	2206	2224	2242	2300	2320	2340	0000	0020	0040									
Claybury Broadway	2135	2153	2211	2229	2247	2305	2325	2345	0005	0025	0045									
Notes:	MO - Operates on Mondays only										MX - Operates on Tuesdays to Fridays only									
128		Saturdays																		
Romford Station	0000	0020		50	20		0520	0540	0600	0620	0640	0700	0720	0735	0750	0805	0820	0831		
Queen's Hospital	0006	0026	<i>Then</i>	56	26		0526	0546	0606	0626	0646	0706	0726	0741	0756	0812	0827	0838		
Becontree Heath Ship & Anchor	0014	0032	<i>every 30</i>	02	32		0532	0554	0614	0634	0654	0714	0734	0749	0804	0821	0836	0847		
Goodmayes Lord Napier	0020	0039	<i>minutes</i>	09	39		0539	0601	0621	0641	0701	0721	0742	0757	0812	0830	0845	0856		
Ilford High Road Hainault Street	0026	0045	<i>at these</i>	15	45	<i>until</i>	0545	0608	0628	0648	0708	0728	0750	0805	0820	0838	0853	0904		
Ilford Station	0030	0049	<i>minutes</i>	19	49		0549	0612	0632	0652	0712	0732	0754	0809	0824	0842	0857	0909		
Gants Hill Station Cranbrook Road (S)	0035	0054	<i>past</i>	24	54		0554	0618	0638	0658	0718	0738	0800	0815	0830	0848	0903	0915		
Barkingside Chequers	0040	0059	<i>the hour</i>	29	59		0559	0624	0644	0704	0724	0744	0806	0821	0836	0854	0910	0922		
Claybury Broadway	0045	0104		34	04		0604	0629	0649	0709	0729	0749	0811	0826	0841	0859	0916	0928		
Romford Station	0843	0853	0904	0915	0926	0937	0948	0959	1010	1021	1033	1044	1054	1105	1117	1128	1139	1150		
Queen's Hospital	0850	0900	0911	0922	0933	0944	0955	1006	1018	1029	1041	1053	1103	1114	1126	1137	1148	1159		
Becontree Heath Ship & Anchor	0859	0909	0920	0932	0943	0954	1005	1016	1028	1040	1052	1104	1114	1125	1137	1148	1159	1211		
Goodmayes Lord Napier	0908	0918	0929	0941	0952	1003	1015	1026	1038	1050	1102	1114	1124	1135	1147	1158	1210	1222		
Ilford High Road Hainault Street	0916	0927	0939	0951	1003	1014	1026	1038	1050	1102	1114	1126	1136	1147	1159	1211	1223	1235		
Ilford Station	0921	0932	0944	0956	1008	1020	1032	1044	1056	1108	1120	1132	1142	1153	1205	1217	1229	1241		
Gants Hill Station Cranbrook Road (S)	0927	0939	0951	1003	1015	1027	1039	1051	1103	1115	1127	1139	1150	1201	1213	1225	1237	1249		
Barkingside Chequers	0934	0946	0958	1011	1023	1035	1047	1059	1111	1123	1135	1147	1159	1210	1222	1234	1246	1258		
Claybury Broadway	0940	0952	1005	1018	1030	1042	1054	1106	1118	1130	1142	1154	1206	1218	1230	1242	1254	1306		

128		Saturdays (cont.)																		
Romford Station	1201	1212		1336	1348	1400	1412	1424	1436	1448	1500	1512		1648	1700	1712				
Queen's Hospital	1210	1222		1346	1358	1410	1422	1434	1446	1458	1510	1521		1657	1709	1721				
Becontree Heath Ship & Anchor	1223	1235	<i>Then</i>	1359	1411	1423	1435	1447	1459	1511	1523	1534	<i>Then</i>	1710	1721	1733				
Goodmayes Lord Napier	1234	1246	<i>every 12</i>	1410	1422	1434	1446	1458	1510	1522	1534	1545	<i>every 12</i>	1721	1732	1744				
Ilford High Road Hainault Street	1247	1259	<i>minutes</i>	1423	1435	1447	1459	1511	1523	1534	1546	1557	<i>minutes</i>	1733	1744	1756				
Ilford Station	1253	1305	<i>until</i>	1429	1441	1453	1505	1517	1529	1540	1552	1603	<i>until</i>	1739	1750	1802				
Gants Hill Station Cranbrook Road (S)	1301	1313		1437	1449	1501	1513	1525	1537	1548	1600	1611		1747	1758	1810				
Barkingside Chequers	1310	1322		1446	1457	1509	1521	1533	1545	1556	1608	1619		1755	1806	1818				
Claybury Broadway	1318	1330		1454	1504	1516	1528	1540	1552	1603	1615	1626		1802	1813	1825				
Romford Station	1724	1736	1748	1800	1815	1830	1845	1900	1920	1940	2000	2020	2040	2100	2120	2140	2200	2220		
Queen's Hospital	1733	1745	1757	1809	1823	1838	1853	1908	1928	1948	2008	2027	2047	2107	2127	2147	2207	2226		
Becontree Heath Ship & Anchor	1745	1757	1808	1820	1834	1848	1903	1918	1938	1958	2018	2037	2056	2116	2135	2155	2215	2234		
Goodmayes Lord Napier	1756	1808	1818	1830	1844	1858	1913	1928	1948	2008	2028	2046	2104	2124	2143	2203	2223	2242		
Ilford High Road Hainault Street	1808	1820	1830	1841	1855	1909	1923	1938	1958	2017	2037	2055	2113	2132	2151	2210	2230	2249		
Ilford Station	1814	1826	1836	1846	1900	1914	1928	1943	2003	2022	2041	2059	2117	2136	2155	2214	2234	2253		
Gants Hill Station Cranbrook Road (S)	1822	1834	1844	1854	1908	1922	1936	1951	2011	2030	2048	2106	2124	2143	2202	2220	2240	2259		
Barkingside Chequers	1830	1842	1852	1902	1916	1930	1944	1958	2018	2037	2055	2113	2131	2149	2208	2226	2246	2305		
Claybury Broadway	1837	1848	1858	1908	1922	1936	1950	2004	2024	2043	2101	2119	2137	2155	2213	2231	2251	2310		
Romford Station	2240	2300	2320	2340	0000															
Queen's Hospital	2246	2306	2326	2346	0006															
Becontree Heath Ship & Anchor	2254	2314	2334	2354	0013															
Goodmayes Lord Napier	2302	2322	2341	0001	0019															
Ilford High Road Hainault Street	2309	2329	2348	0007	0025															
Ilford Station	2313	2333	2352	0011	0029															
Gants Hill Station Cranbrook Road (S)	2319	2339	2358	0016	0034															
Barkingside Chequers	2325	2345	0004	0022	0040															
Claybury Broadway	2330	2350	0009	0027	0045															
128		Sundays																		
Romford Station	0000	0020		50	20				0520	0540	0610	0640	0700	0720	0740	0800	0820	0840	0900	0920
Queen's Hospital	0006	0026	<i>Then</i>	56	26				0526	0546	0616	0646	0706	0726	0746	0806	0826	0846	0906	0926
Becontree Heath Ship & Anchor	0013	0032	<i>every 30</i>	02	32				0532	0554	0624	0654	0714	0734	0754	0814	0835	0855	0915	0935
Goodmayes Lord Napier	0019	0039	<i>minutes</i>	09	39				0539	0601	0631	0701	0721	0741	0801	0822	0843	0903	0924	0944
Ilford High Road Hainault Street	0025	0045	<i>at these</i>	15	45	<i>until</i>			0545	0608	0638	0708	0728	0748	0808	0830	0851	0911	0933	0953
Ilford Station	0029	0049	<i>minutes</i>	19	49				0549	0612	0642	0712	0732	0752	0812	0834	0855	0916	0938	0958
Gants Hill Station Cranbrook Road (S)	0034	0054	<i>past</i>	24	54				0554	0617	0647	0717	0737	0757	0818	0840	0901	0922	0944	1005
Barkingside Chequers	0040	0059	<i>the hour</i>	29	59				0559	0622	0652	0722	0742	0802	0824	0846	0907	0929	0951	1012
Claybury Broadway	0045	0104		34	04				0604	0627	0657	0727	0747	0807	0829	0851	0913	0935	0957	1018
Romford Station	0939	0957	1015	1034	1052	1110	1128	1148	1208	1228				1448	1509	1530	1551	1613	1635	
Queen's Hospital	0945	1004	1022	1042	1100	1119	1137	1157	1217	1238				1458	1519	1540	1601	1622	1644	
Becontree Heath Ship & Anchor	0955	1014	1032	1052	1111	1130	1148	1208	1229	1250				1510	1531	1552	1613	1633	1655	
Goodmayes Lord Napier	1004	1023	1042	1102	1121	1140	1158	1219	1240	1301				1521	1542	1603	1623	1643	1705	
Ilford High Road Hainault Street	1013	1033	1053	1113	1132	1152	1210	1231	1252	1313				1533	1554	1614	1634	1654	1715	
Ilford Station	1018	1038	1058	1118	1137	1157	1216	1237	1258	1319				1539	1600	1620	1640	1700	1720	
Gants Hill Station Cranbrook Road (S)	1025	1045	1105	1125	1144	1204	1224	1245	1306	1327				1547	1608	1628	1648	1708	1728	
Barkingside Chequers	1032	1052	1113	1133	1152	1212	1233	1254	1315	1336				1556	1616	1636	1656	1716	1736	
Claybury Broadway	1038	1058	1119	1139	1159	1219	1240	1301	1322	1343				1603	1623	1643	1703	1723	1743	
Romford Station	1657	1718	1738	1759	1820	1840	1900	1920	1940	2000	2020	2040	2100	2120	2140	2200	2220	2240		
Queen's Hospital	1705	1726	1746	1807	1827	1847	1907	1927	1947	2007	2027	2047	2107	2126	2146	2206	2226	2246		
Becontree Heath Ship & Anchor	1715	1736	1756	1816	1836	1856	1916	1936	1955	2015	2035	2055	2115	2134	2154	2213	2233	2253		
Goodmayes Lord Napier	1725	1746	1806	1825	1845	1905	1924	1944	2003	2023	2043	2103	2122	2141	2201	2220	2240	2300		
Ilford High Road Hainault Street	1735	1756	1816	1835	1855	1914	1933	1952	2011	2031	2051	2110	2129	2148	2208	2227	2247	2307		
Ilford Station	1740	1801	1821	1840	1900	1919	1938	1957	2016	2035	2055	2114	2133	2152	2212	2231	2251	2311		
Gants Hill Station Cranbrook Road (S)	1748	1808	1828	1847	1907	1926	1945	2004	2023	2042	2102	2120	2139	2158	2218	2237	2257	2317		
Barkingside Chequers	1756	1815	1835	1854	1914	1933	1952	2011	2030	2049	2108	2126	2145	2204	2223	2242	2302	2322		
Claybury Broadway	1803	1822	1842	1901	1920	1939	1958	2017	2036	2055	2114	2132	2150	2209	2228	2247	2307	2327		
Romford Station	2300	2320	2340	0000																
Queen's Hospital	2306	2326	2346	0006																
Becontree Heath Ship & Anchor	2313	2333	2353	0013																
Goodmayes Lord Napier	2320	2340	0000	0019																
Ilford High Road Hainault Street	2327	2347	0006	0025																
Ilford Station	2331	2351	0010	0029																
Gants Hill Station Cranbrook Road (S)	2336	2355	0014	0033																
Barkingside Chequers	2341	0000	0019	0038																
Claybury Broadway	2346	0005	0024	0043																