

128		Mondays to Fridays															
Claybury Broadway	0015 0040	Then every 30 minutes until	0510	0529	0546	0603	0618	0628	0638	0649	0659	0709	0720	0731	0742	0753	
Barkingside Chequers	0020 0045		0515	0535	0552	0609	0625	0635	0645	0656	0706	0716	0728	0739	0750	0801	
Gants Hill Station Cranbrook Road (S)	0025 0050		0520	0540	0557	0615	0631	0641	0651	0702	0713	0724	0736	0747	0758	0810	
Ilford Station	0030 0055		0525	0545	0602	0620	0636	0646	0657	0708	0720	0731	0743	0755	0807	0819	
Ilford High Road Hainault Street	0034 0059		0529	0549	0606	0624	0640	0650	0702	0713	0725	0736	0748	0800	0812	0824	
Goodmayes Lord Napier	0040 0105	0535	0555	0612	0631	0648	0659	0711	0723	0735	0746	0758	0810	0822	0834		
Becontree Heath Ship & Anchor	0047 0112	0542	0603	0621	0640	0658	0710	0723	0735	0747	0759	0811	0823	0835	0847		
Queen's Hospital	0053 0118	0548	0610	0629	0649	0708	0720	0733	0746	0758	0810	0822	0834	0846	0858		
Romford Station	0059 0124	0554	0617	0637	0657	0717	0730	0743	0756	0808	0820	0832	0844	0856	0908		
Claybury Broadway	0805 0816 0828 0840	Then every 12 minutes until	0853	0906	0919	0932	0945	1357 1408 1419 1430 1440 1451 1503									
Barkingside Chequers	0813 0825 0837 0849		0902	0915	0928	0940	0953		1405 1416 1427 1438 1448 1459 1511								
Gants Hill Station Cranbrook Road (S)	0822 0834 0846 0858		0911	0924	0936	0948	1001		1413 1424 1435 1446 1457 1508 1520								
Ilford Station	0831 0843 0855 0907		0920	0933	0945	0957	1009		1421 1432 1443 1454 1505 1517 1529								
Ilford High Road Hainault Street	0836 0848 0900 0912		0925	0938	0950	1002	1014		1426 1437 1448 1459 1511 1523 1535								
Goodmayes Lord Napier	0846 0858 0910 0922	0934	0947	0959	1011	1023	1435 1447 1459 1511 1523 1535 1547										
Becontree Heath Ship & Anchor	0859 0911 0923 0935	0947	0959	1011	1023	1035	1447 1459 1511 1524 1536 1548 1600										
Queen's Hospital	0910 0921 0933 0945	0957	1009	1021	1033	1045	1457 1509 1522 1535 1547 1559 1611										
Romford Station	0920 0931 0943 0955	1007	1019	1031	1043	1055	1507 1519 1532 1545 1557 1609 1621										
Claybury Broadway	1515	Then every 12 minutes until	1715	1727	1739	1751	1803	1815	1827	1839	1851	1904	1919	1934	1953	2014	2034
Barkingside Chequers	1523		1723	1735	1747	1759	1811	1823	1835	1846	1858	1910	1925	1940	1959	2019	2039
Gants Hill Station Cranbrook Road (S)	1532		1732	1744	1756	1808	1820	1832	1843	1854	1906	1918	1933	1947	2006	2025	2045
Ilford Station	1541		1741	1753	1805	1817	1829	1841	1851	1902	1914	1926	1941	1955	2013	2032	2052
Ilford High Road Hainault Street	1547		1747	1759	1811	1823	1835	1846	1856	1907	1919	1931	1946	2000	2017	2036	2056
Goodmayes Lord Napier	1559	1759	1811	1823	1835	1845	1855	1905	1916	1928	1940	1955	2008	2025	2044	2104	
Becontree Heath Ship & Anchor	1612	1812	1824	1836	1846	1856	1906	1916	1927	1939	1951	2005	2018	2035	2054	2113	
Queen's Hospital	1623	1823	1835	1845	1855	1905	1915	1925	1936	1947	1959	2012	2025	2042	2101	2120	
Romford Station	1633	1833	1843	1853	1903	1913	1923	1933	1944	1955	2007	2020	2033	2050	2108	2127	
Claybury Broadway	2055 2115 2135 2155 2215 2235 2255 2315 2335 2355																
Barkingside Chequers	2100 2120 2140 2200 2220 2240 2300 2320 2340 0000																
Gants Hill Station Cranbrook Road (S)	2105 2125 2145 2205 2225 2245 2305 2325 2345 0005																
Ilford Station	2112 2131 2150 2210 2230 2250 2310 2330 2350 0010																
Ilford High Road Hainault Street	2116 2135 2154 2214 2234 2254 2314 2334 2354 0014																
Goodmayes Lord Napier	2124 2143 2202 2221 2241 2300 2320 2340 0000 0020																
Becontree Heath Ship & Anchor	2132 2151 2210 2229 2249 2308 2328 2347 0007 0027																
Queen's Hospital	2139 2158 2217 2236 2255 2314 2334 2353 0013 0033																
Romford Station	2146 2205 2224 2242 2301 2320 2340 2359 0019 0039																

128		Saturdays															
Claybury Broadway	0015	0040		0510	0530	0550	0610	0630	0650	0705	0720	0735	0750	0805	0817	0829	0841
Barkingside Chequers	0020	0045		0515	0535	0555	0615	0635	0655	0710	0725	0740	0756	0811	0823	0835	0847
Gants Hill Station Cranbrook Road (S)	0025	0050	Then	0520	0540	0600	0620	0640	0700	0715	0730	0746	0802	0817	0829	0841	0854
Ilford Station	0030	0055	every 30	0525	0545	0605	0625	0645	0705	0720	0736	0752	0809	0823	0835	0847	0900
Ilford High Road Hainault Street	0034	0059	minutes	0529	0549	0609	0629	0649	0709	0724	0740	0756	0813	0827	0839	0851	0904
Goodmayes Lord Napier	0040	0105	until	0535	0554	0614	0634	0654	0714	0730	0746	0802	0820	0834	0846	0858	0911
Becontree Heath Ship & Anchor	0047	0112		0542	0602	0622	0642	0702	0722	0738	0754	0811	0829	0844	0856	0909	0922
Queen's Hospital	0053	0118		0548	0609	0629	0649	0709	0729	0745	0801	0818	0836	0852	0904	0917	0930
Romford Station	0059	0124		0554	0616	0636	0656	0716	0736	0752	0808	0826	0844	0900	0913	0926	0940
Claybury Broadway	0852	0903	0914	0925	0936	0947	0958	1009	1019	1030	1041	1053		1341	1353	1405	1417
Barkingside Chequers	0859	0910	0921	0932	0944	0955	1006	1018	1028	1039	1050	1102		1350	1402	1414	1426
Gants Hill Station Cranbrook Road (S)	0906	0917	0928	0939	0951	1002	1013	1025	1035	1046	1058	1111	Then	1359	1411	1423	1435
Ilford Station	0912	0924	0935	0947	0959	1010	1021	1033	1044	1055	1108	1121	every 12	1409	1421	1433	1445
Ilford High Road Hainault Street	0916	0928	0939	0951	1003	1015	1026	1038	1049	1100	1113	1126	minutes	1414	1426	1438	1450
Goodmayes Lord Napier	0923	0935	0947	0959	1011	1023	1035	1047	1059	1111	1124	1137	until	1425	1437	1449	1501
Becontree Heath Ship & Anchor	0934	0946	0958	1010	1022	1034	1046	1059	1111	1123	1136	1149		1437	1449	1501	1512
Queen's Hospital	0944	0957	1009	1021	1033	1045	1057	1110	1122	1134	1147	1200		1448	1500	1510	1521
Romford Station	0954	1007	1019	1031	1043	1055	1107	1120	1132	1144	1157	1210		1458	1509	1519	1530
Claybury Broadway	1429	1441	1453	1505	1517	1529	1541						Then	1653	1705	1717	1729
Barkingside Chequers	1438	1450	1502	1514	1526	1538	1549						every 12	1701	1713	1725	1737
Gants Hill Station Cranbrook Road (S)	1447	1459	1511	1523	1535	1547	1558						minutes	1710	1722	1734	1746
Ilford Station	1457	1509	1520	1532	1544	1556	1607						until	1719	1731	1743	1755
Ilford High Road Hainault Street	1502	1514	1525	1537	1549	1601	1612							1724	1736	1748	1800
Goodmayes Lord Napier	1513	1525	1536	1548	1600	1612	1623							1735	1747	1759	1810
Becontree Heath Ship & Anchor	1524	1536	1547	1559	1611	1623	1634							1746	1758	1810	1821
Queen's Hospital	1533	1545	1556	1608	1620	1632	1643							1755	1807	1818	1829
Romford Station	1542	1554	1605	1617	1629	1641	1652							1804	1815	1826	1837
Claybury Broadway	1848	1903	1919	1934	1954	2015	2035	2055	2115	2135	2155	2215	2235	2255	2315	2335	2355
Barkingside Chequers	1854	1909	1925	1940	2000	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340	0000
Gants Hill Station Cranbrook Road (S)	1903	1918	1934	1949	2009	2028	2048	2107	2127	2147	2206	2226	2246	2305	2325	2345	0005
Ilford Station	1911	1925	1941	1956	2016	2034	2054	2113	2133	2153	2212	2232	2251	2310	2330	2350	0010
Ilford High Road Hainault Street	1916	1930	1946	2001	2020	2038	2058	2117	2137	2157	2216	2236	2255	2314	2334	2354	0014
Goodmayes Lord Napier	1925	1939	1955	2010	2028	2046	2105	2124	2144	2204	2223	2242	2301	2320	2340	0000	0020
Becontree Heath Ship & Anchor	1936	1950	2006	2020	2038	2056	2114	2133	2153	2213	2232	2250	2309	2328	2347	0007	0027
Queen's Hospital	1943	1957	2013	2027	2045	2103	2121	2140	2200	2220	2239	2256	2315	2334	2353	0013	0033
Romford Station	1950	2004	2020	2034	2052	2110	2128	2147	2207	2227	2245	2302	2321	2340	2359	0019	0039
128		Sundays															
Claybury Broadway	0015	0040		0510	0530	0600	0630	0700	0727	0747	0807	0826	0845	0905	0924	0943	1001
Barkingside Chequers	0020	0045		0515	0535	0605	0635	0705	0732	0752	0812	0831	0850	0911	0930	0950	1008
Gants Hill Station Cranbrook Road (S)	0025	0050	Then	0520	0540	0610	0640	0710	0737	0757	0817	0836	0855	0917	0936	0956	1015
Ilford Station	0030	0055	every 30	0525	0545	0615	0645	0715	0742	0802	0822	0841	0901	0923	0942	1002	1021
Ilford High Road Hainault Street	0034	0059	minutes	0529	0549	0619	0649	0719	0746	0806	0826	0845	0905	0927	0946	1006	1025
Goodmayes Lord Napier	0040	0105	until	0535	0554	0624	0654	0725	0752	0812	0832	0851	0912	0934	0954	1014	1034
Becontree Heath Ship & Anchor	0047	0112		0542	0602	0632	0702	0733	0800	0820	0841	0901	0922	0944	1005	1025	1045
Queen's Hospital	0053	0118		0548	0609	0639	0709	0740	0807	0828	0849	0909	0930	0952	1013	1034	1054
Romford Station	0059	0124		0554	0616	0646	0716	0747	0814	0835	0856	0917	0938	1000	1021	1042	1102
Claybury Broadway	1020	1039	1057	1116	1135												
Barkingside Chequers	1027	1046	1104	1123	1142												
Gants Hill Station Cranbrook Road (S)	1034	1053	1112	1131	1150	Then	1455	1515	1535	1555	1615	1635	1655	1715	1735	1755	1815
Ilford Station	1041	1101	1120	1140	1159	every 20	1502	1522	1542	1602	1622	1642	1701	1721	1741	1801	1821
Ilford High Road Hainault Street	1045	1105	1125	1145	1204	minutes	1510	1530	1550	1610	1630	1650	1709	1729	1749	1808	1828
Goodmayes Lord Napier	1054	1114	1134	1154	1214	until	1519	1539	1559	1618	1638	1658	1717	1736	1756	1815	1835
Becontree Heath Ship & Anchor	1105	1125	1145	1205	1226		1524	1544	1604	1623	1643	1703	1722	1741	1801	1820	1840
Queen's Hospital	1114	1134	1154	1214	1235		1534	1554	1614	1633	1653	1712	1731	1750	1809	1828	1848
Romford Station	1123	1143	1203	1224	1245		1546	1606	1625	1644	1704	1723	1742	1801	1819	1838	1858
Claybury Broadway	1835	1855	1915	1935	1955	2015	2035	2055	2115								
Barkingside Chequers	1841	1901	1921	1941	2001	2021	2041	2101	2120								
Gants Hill Station Cranbrook Road (S)	1848	1908	1928	1948	2007	2027	2047	2106	2125	Then	2255	2315	2335	2355			
Ilford Station	1855	1915	1935	1955	2013	2033	2053	2112	2130	every 20	2300	2320	2340	0000			
Ilford High Road Hainault Street	1900	1920	1940	2000	2018	2037	2057	2116	2134	minutes	2305	2325	2345	0005			
Goodmayes Lord Napier	1908	1928	1948	2008	2026	2044	2104	2122	2140	until	2310	2330	2350	0010			
Becontree Heath Ship & Anchor	1918	1938	1958	2017	2035	2053	2112	2130	2148		2314	2334	2354	0014			
Queen's Hospital	1926	1945	2005	2024	2042	2100	2118	2136	2154		2320	2340	0000	0020			
Romford Station	1933	1952	2011	2030	2048	2106	2124	2142	2200		2328	2347	0007	0027			
											2334	2353	0013	0033			
											2340	2359	0019	0039			

128		Mondays to Fridays																	
	MO	MX																	
Romford Station	0000	0000	0020		0520	0537	0556	0614	0626	0637	0647	0657	0707	0717	0727	0739	0751		
Queen's Hospital	0006	0006	0026		0526	0543	0602	0621	0633	0644	0654	0705	0715	0725	0735	0747	0759		
Becontree Heath Ship & Anchor	0013	0013	0032	Then every 30 minutes until	0532	0550	0610	0629	0641	0653	0703	0714	0725	0735	0745	0757	0809		
Goodmayes Lord Napier	0019	0019	0039		0539	0558	0618	0638	0650	0702	0714	0725	0736	0746	0756	0808	0820		
Ilford High Road Hainault Street	0025	0025	0045		0545	0606	0627	0647	0659	0711	0723	0734	0746	0757	0808	0820	0832		
Ilford Station	0029	0029	0049		0549	0610	0631	0651	0703	0716	0728	0740	0752	0803	0814	0826	0838		
Gants Hill Station Cranbrook Road (S)	0033	0034	0054		0554	0616	0637	0657	0710	0724	0736	0748	0800	0811	0822	0834	0846		
Barkingside Chequers	0038	0039	0059		0559	0621	0642	0702	0716	0731	0744	0756	0808	0819	0830	0842	0854		
Claybury Broadway	0043	0044	0104		0604	0626	0648	0709	0724	0739	0752	0804	0816	0827	0838	0850	0902		
Romford Station	0802	0814	0826	0838	0851	Then every 12 minutes until	1315	1327	1339	1351	1403	1414	1425	1436	1447	1458	1510		
Queen's Hospital	0811	0823	0835	0847	0900		1324	1336	1348	1400	1412	1423	1434	1445	1457	1508	1520		
Becontree Heath Ship & Anchor	0821	0833	0845	0857	0910		1334	1346	1358	1410	1422	1433	1444	1456	1508	1520	1532		
Goodmayes Lord Napier	0832	0844	0856	0908	0920		1344	1356	1408	1420	1432	1444	1455	1507	1519	1531	1543		
Ilford High Road Hainault Street	0844	0856	0908	0918	0930		1354	1406	1418	1430	1443	1455	1507	1519	1531	1543	1555		
Ilford Station	0850	0902	0914	0924	0936		1400	1412	1424	1437	1450	1502	1514	1526	1538	1550	1602		
Gants Hill Station Cranbrook Road (S)	0858	0909	0921	0931	0943		1407	1419	1432	1445	1458	1510	1522	1534	1546	1558	1610		
Barkingside Chequers	0906	0917	0929	0939	0951	1415	1427	1440	1453	1506	1518	1530	1542	1554	1606	1618			
Claybury Broadway	0913	0924	0936	0946	0958	1422	1435	1448	1501	1515	1527	1539	1551	1603	1615	1627			
Romford Station	1522			Then every 12 minutes until	1710	1722	1734	1746	1758	1810	1823	1835	1847	1859	1912	1925	1940	2000	2020
Queen's Hospital	1532				1720	1732	1744	1756	1808	1820	1833	1845	1857	1909	1920	1933	1947	2007	2027
Becontree Heath Ship & Anchor	1544				1732	1744	1756	1808	1820	1832	1844	1856	1908	1919	1929	1942	1956	2015	2035
Goodmayes Lord Napier	1555				1743	1755	1807	1819	1831	1841	1852	1904	1916	1927	1937	1950	2004	2023	2042
Ilford High Road Hainault Street	1607				1755	1807	1819	1831	1842	1852	1903	1915	1927	1938	1949	2001	2014	2032	2051
Ilford Station	1614				1802	1814	1826	1836	1847	1857	1908	1920	1932	1943	1954	2006	2019	2037	2056
Gants Hill Station Cranbrook Road (S)	1622				1810	1822	1834	1844	1855	1905	1916	1928	1940	1950	2001	2013	2026	2044	2103
Barkingside Chequers	1630			1818	1830	1842	1852	1903	1913	1924	1936	1947	1957	2008	2020	2033	2051	2109	
Claybury Broadway	1639			1827	1838	1849	1859	1910	1920	1931	1942	1953	2003	2014	2026	2039	2057	2115	
Romford Station	2040	2100	2120	2140	2200	Then every 20 minutes until	2340												
Queen's Hospital	2047	2106	2126	2146	2206		2346												
Becontree Heath Ship & Anchor	2055	2114	2134	2154	2213		2353												
Goodmayes Lord Napier	2102	2121	2140	2200	2219		2359												
Ilford High Road Hainault Street	2110	2129	2148	2207	2226		0006												
Ilford Station	2115	2133	2152	2211	2230		0010												
Gants Hill Station Cranbrook Road (S)	2121	2139	2158	2217	2235		0015												
Barkingside Chequers	2127	2145	2204	2222	2240	0020													
Claybury Broadway	2133	2151	2209	2227	2245	0025													
128		Saturdays																	
Romford Station	0000	0020		Then every 30 minutes until	0520	0538	0558	0618	0638	0658	0716	0731	0746	0801	0816	0830	0842	0852	
Queen's Hospital	0006	0026			0526	0544	0604	0624	0644	0704	0722	0737	0752	0808	0823	0837	0849	0859	
Becontree Heath Ship & Anchor	0013	0032			0532	0551	0611	0631	0651	0711	0729	0744	0759	0816	0832	0846	0858	0908	
Goodmayes Lord Napier	0019	0039			0539	0558	0618	0638	0658	0718	0737	0752	0807	0824	0840	0854	0906	0916	
Ilford High Road Hainault Street	0025	0045			0545	0605	0625	0645	0705	0725	0744	0759	0815	0832	0848	0902	0914	0925	
Ilford Station	0029	0049			0549	0609	0629	0649	0709	0729	0748	0803	0819	0836	0852	0907	0919	0930	
Gants Hill Station Cranbrook Road (S)	0034	0054			0554	0614	0634	0654	0715	0735	0754	0809	0825	0842	0858	0913	0925	0937	
Barkingside Chequers	0039	0059		0559	0619	0639	0659	0720	0740	0759	0815	0831	0848	0904	0919	0931	0943		
Claybury Broadway	0044	0104		0604	0624	0644	0704	0725	0745	0804	0820	0836	0853	0909	0924	0937	0949		
Romford Station	0903	0915	0926	0937	0948	0959	1010	1021	1033	1045	1057	1109	1120	1132	1144	1155	1206	1217	
Queen's Hospital	0910	0922	0933	0944	0955	1006	1018	1029	1041	1053	1105	1117	1128	1140	1152	1203	1215	1226	
Becontree Heath Ship & Anchor	0919	0931	0942	0953	1004	1015	1027	1039	1051	1103	1115	1127	1138	1150	1202	1214	1226	1237	
Goodmayes Lord Napier	0927	0939	0951	1002	1013	1024	1036	1048	1100	1112	1124	1136	1147	1159	1212	1224	1236	1247	
Ilford High Road Hainault Street	0937	0949	1001	1013	1024	1036	1048	1100	1112	1124	1136	1148	1159	1212	1225	1237	1249	1300	
Ilford Station	0942	0954	1006	1018	1030	1042	1054	1106	1118	1130	1142	1154	1205	1218	1231	1243	1255	1306	
Gants Hill Station Cranbrook Road (S)	0949	1001	1013	1025	1037	1049	1101	1113	1125	1137	1149	1202	1214	1227	1240	1252	1304	1315	
Barkingside Chequers	0955	1008	1020	1032	1045	1057	1109	1121	1133	1145	1157	1210	1222	1235	1248	1300	1312	1323	
Claybury Broadway	1001	1014	1026	1039	1052	1104	1116	1128	1140	1152	1204	1217	1229	1242	1255	1307	1319	1330	
Notes:	MO - Operates on Mondays only					MX - Operates on Tuesdays to Fridays only													

128		Saturdays (cont.)																
Romford Station	1229	1241	1253	1304	1316		1428	1440	1452	1504		1628	1640	1652	1704	1716		
Queen's Hospital	1238	1250	1302	1313	1325		1437	1449	1502	1515		1639	1651	1703	1715	1727		
Becontree Heath Ship & Anchor	1249	1301	1313	1324	1336	Then every 12 minutes until	1448	1501	1514	1527	Then every 12 minutes until	1651	1703	1715	1727	1739		
Goodmayes Lord Napier	1259	1311	1323	1334	1346		1458	1511	1524	1537		1701	1712	1724	1736	1748		
Ilford High Road Hainault Street	1312	1324	1336	1347	1359		1511	1523	1536	1549		1713	1724	1736	1748	1800		
Ilford Station	1318	1330	1342	1353	1405		1517	1529	1542	1555		1719	1730	1742	1754	1805		
Gants Hill Station Cranbrook Road (S)	1327	1339	1351	1402	1414		1526	1538	1551	1604		1728	1739	1750	1802	1813		
Barkingside Chequers	1335	1347	1359	1410	1422	1534	1546	1559	1612	1736	1747	1758	1810	1821				
Claybury Broadway	1342	1354	1406	1417	1429	1541	1553	1606	1619	1743	1754	1805	1817	1828				
Romford Station	1728	1740	1751	1804	1817	1830	1845	1900	1920	1940	2000	2020	2040	2100	2120	2140	2200	2220
Queen's Hospital	1739	1751	1802	1814	1826	1838	1853	1908	1927	1947	2007	2027	2047	2106	2126	2146	2206	2226
Becontree Heath Ship & Anchor	1751	1802	1812	1823	1835	1847	1902	1917	1935	1955	2015	2035	2055	2114	2134	2154	2213	2233
Goodmayes Lord Napier	1800	1811	1821	1832	1844	1856	1911	1925	1943	2003	2023	2042	2102	2121	2141	2201	2220	2240
Ilford High Road Hainault Street	1811	1822	1832	1843	1855	1907	1921	1934	1952	2011	2031	2050	2110	2129	2149	2208	2227	2247
Ilford Station	1817	1828	1838	1849	1901	1913	1926	1939	1957	2016	2035	2054	2114	2133	2153	2212	2231	2251
Gants Hill Station Cranbrook Road (S)	1825	1836	1846	1857	1909	1921	1934	1947	2005	2023	2041	2100	2120	2139	2159	2218	2237	2256
Barkingside Chequers	1833	1844	1854	1905	1916	1927	1940	1953	2011	2029	2047	2106	2126	2145	2205	2224	2243	2302
Claybury Broadway	1839	1850	1900	1911	1922	1933	1946	1959	2017	2035	2053	2112	2131	2150	2210	2229	2248	2307
Romford Station	2240	2300	2320	2340														
Queen's Hospital	2246	2306	2326	2346														
Becontree Heath Ship & Anchor	2253	2313	2333	2353														
Goodmayes Lord Napier	2300	2320	2340	0000														
Ilford High Road Hainault Street	2307	2327	2347	0006														
Ilford Station	2311	2331	2351	0010														
Gants Hill Station Cranbrook Road (S)	2316	2336	2356	0015														
Barkingside Chequers	2321	2341	0001	0020														
Claybury Broadway	2326	2346	0006	0025														
128		Sundays																
Romford Station	0000	0020		0520	0537	0607	0634	0654	0714	0734	0753	0812	0831	0849	0909	0927	0945	
Queen's Hospital	0006	0026		0526	0543	0613	0640	0700	0720	0740	0759	0818	0838	0856	0916	0935	0953	
Becontree Heath Ship & Anchor	0013	0032	Then every 30 minutes until	0532	0550	0620	0647	0707	0727	0747	0806	0826	0846	0904	0924	0943	1001	
Goodmayes Lord Napier	0019	0039		0539	0557	0627	0654	0714	0734	0754	0814	0834	0854	0913	0933	0952	1010	
Ilford High Road Hainault Street	0025	0045		0545	0604	0634	0701	0721	0741	0801	0821	0841	0901	0921	0941	1001	1020	
Ilford Station	0029	0049		0549	0608	0638	0705	0725	0745	0805	0825	0845	0906	0926	0946	1006	1025	
Gants Hill Station Cranbrook Road (S)	0033	0054		0554	0613	0643	0710	0730	0750	0810	0830	0850	0911	0931	0951	1012	1032	
Barkingside Chequers	0038	0059	0559	0618	0648	0715	0735	0755	0815	0835	0855	0917	0937	0958	1019	1039		
Claybury Broadway	0043	0104	0604	0623	0653	0720	0740	0800	0820	0840	0900	0922	0943	1004	1025	1045		
Romford Station	1005	1024	1042	1101	1120	1139	1158	1217	Then every 20 minutes until	1457	1517	1537	1557	1617	1638	1658	1718	
Queen's Hospital	1013	1032	1050	1109	1128	1147	1206	1226		1506	1526	1546	1606	1626	1646	1706	1726	
Becontree Heath Ship & Anchor	1021	1040	1100	1118	1137	1156	1216	1236		1516	1536	1556	1616	1636	1656	1715	1735	
Goodmayes Lord Napier	1030	1049	1109	1128	1147	1206	1226	1246		1526	1546	1606	1625	1645	1705	1724	1744	
Ilford High Road Hainault Street	1041	1100	1120	1140	1159	1218	1238	1258		1538	1558	1617	1636	1655	1715	1734	1754	
Ilford Station	1046	1105	1125	1145	1204	1224	1244	1304	1544	1604	1623	1642	1701	1721	1740	1800		
Gants Hill Station Cranbrook Road (S)	1053	1113	1133	1153	1212	1232	1252	1312	1552	1612	1631	1650	1709	1729	1748	1807		
Barkingside Chequers	1100	1120	1140	1200	1220	1240	1300	1320	1600	1619	1638	1657	1716	1736	1755	1814		
Claybury Broadway	1106	1126	1146	1207	1227	1247	1307	1327	1607	1626	1645	1704	1723	1743	1802	1821		
Romford Station	1738	1758	1819	1839	1900	1920	1940	2000	2020	2040	2100	2120	Then every 20 minutes until	2320	2340			
Queen's Hospital	1746	1806	1826	1846	1906	1926	1946	2006	2026	2046	2106	2126		2326	2346			
Becontree Heath Ship & Anchor	1755	1814	1834	1854	1914	1934	1954	2014	2034	2054	2113	2133		2333	2353			
Goodmayes Lord Napier	1804	1823	1843	1903	1922	1942	2002	2021	2041	2101	2120	2140		2340	0000			
Ilford High Road Hainault Street	1813	1832	1852	1912	1931	1950	2010	2029	2049	2108	2127	2147		2347	0006			
Ilford Station	1819	1838	1858	1917	1936	1955	2014	2033	2053	2112	2131	2151	2351	0010				
Gants Hill Station Cranbrook Road (S)	1826	1845	1905	1924	1943	2002	2021	2040	2100	2118	2137	2156	2356	0015				
Barkingside Chequers	1833	1852	1911	1930	1949	2008	2027	2046	2105	2123	2142	2201	0001	0020				
Claybury Broadway	1840	1858	1917	1936	1955	2014	2033	2052	2110	2128	2147	2206	0006	0025				