

150		Mondays to Thursdays																
Chigwell Row Maypole	0505	0525	0545	0605	0620	0633	Then about every 12 minutes until	1912	1927	1942	1959	2019	2040	2100	2120	2140	2200	
Hainault Station	0513	0533	0554	0614	0630	0643		1920	1935	1950	2007	2026	2047	2107	2126	2146	2206	
Barkingside Chequers	0519	0539	0600	0620	0637	0650		1928	1943	1958	2015	2033	2054	2114	2133	2152	2212	
Gants Hill Station Cranbrook Road (S)	0524	0544	0606	0626	0643	0656		1936	1951	2006	2022	2040	2101	2120	2139	2158	2218	
Ilford Station	0528	0549	0611	0631	0648	0702		1943	1958	2013	2028	2046	2107	2126	2145	2204	2223	
Goodmayes Lord Napier	0538	0559	0621	0642	0659	0714	1957	2011	2026	2041	2059	2119	2138	2157	2216	2235		
Becontree Heath Ship & Anchor	0545	0606	0628	0650	0708	0723	2007	2020	2035	2050	2108	2128	2147	2205	2224	2243		
Chigwell Row Maypole	2220	2240	2300	2320	2340	0000												
Hainault Station	2226	2246	2306	2325	2345	0005												
Barkingside Chequers	2232	2252	2312	2331	2350	0010												
Gants Hill Station Cranbrook Road (S)	2237	2257	2317	2336	2355	0014												
Ilford Station	2242	2302	2322	2341	0000	0019												
Goodmayes Lord Napier	2253	2312	2332	2351	0010	0029												
Becontree Heath Ship & Anchor	2301	2320	2339	2358	0017	0036												
150		Fridays																
Chigwell Row Maypole	0505	0525	0545	0605	0620	0633	Then about every 12 minutes until	1914	1927	1942	1958	2019	2040	2100	2120	2140	2200	
Hainault Station	0513	0533	0554	0614	0630	0643		1922	1935	1950	2006	2027	2047	2107	2127	2146	2206	
Barkingside Chequers	0519	0539	0600	0620	0637	0650		1931	1944	1958	2014	2034	2054	2114	2134	2153	2213	
Gants Hill Station Cranbrook Road (S)	0524	0544	0606	0626	0643	0656		1940	1952	2006	2022	2042	2102	2121	2141	2159	2219	
Ilford Station	0528	0549	0611	0631	0648	0702		1948	2000	2013	2029	2049	2108	2127	2147	2205	2224	
Goodmayes Lord Napier	0538	0559	0621	0642	0659	0714	2002	2014	2026	2042	2102	2121	2140	2159	2217	2236		
Becontree Heath Ship & Anchor	0545	0606	0628	0650	0708	0723	2012	2024	2036	2051	2111	2130	2149	2207	2225	2244		
Chigwell Row Maypole	2220	2240	2300	2320	2340	0000												
Hainault Station	2226	2246	2306	2326	2345	0005												
Barkingside Chequers	2232	2252	2312	2332	2351	0010												
Gants Hill Station Cranbrook Road (S)	2238	2258	2317	2337	2356	0015												
Ilford Station	2243	2303	2322	2342	0001	0020												
Goodmayes Lord Napier	2255	2313	2332	2352	0011	0030												
Becontree Heath Ship & Anchor	2303	2321	2340	2359	0018	0037												
150		Saturdays (also Good Friday)																
Chigwell Row Maypole	0505	0525	0545	0605	0625	0645	0700	0715	0730	0745	0800	0815	0828	Then about every 12 minutes until	1749	1804	1819	
Hainault Station	0512	0532	0552	0613	0633	0653	0708	0723	0738	0753	0808	0823	0836		1757	1812	1827	
Barkingside Chequers	0518	0538	0558	0619	0639	0659	0714	0729	0744	0759	0815	0830	0843		1806	1821	1836	
Gants Hill Station Cranbrook Road (S)	0523	0543	0603	0624	0644	0704	0719	0734	0750	0805	0821	0836	0849		1815	1830	1845	
Ilford Station	0527	0547	0607	0629	0649	0709	0724	0739	0755	0810	0826	0842	0855		1823	1838	1853	
Goodmayes Lord Napier	0536	0556	0616	0638	0659	0719	0734	0749	0805	0821	0837	0853	0907	1838	1853	1908		
Becontree Heath Ship & Anchor	0543	0603	0623	0645	0706	0727	0742	0757	0813	0829	0845	0902	0916	1848	1903	1918		
Chigwell Row Maypole	1834	1849	1904	1919	1939	1959	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340	0000
Hainault Station	1842	1857	1912	1927	1946	2006	2027	2047	2107	2127	2146	2206	2226	2246	2306	2325	2345	0005
Barkingside Chequers	1851	1906	1921	1935	1954	2014	2034	2054	2114	2134	2153	2213	2232	2252	2312	2331	2351	0010
Gants Hill Station Cranbrook Road (S)	1900	1915	1930	1944	2003	2022	2042	2101	2121	2141	2200	2219	2238	2258	2318	2336	2356	0015
Ilford Station	1908	1923	1938	1952	2011	2029	2049	2108	2127	2147	2206	2225	2244	2303	2323	2341	0001	0020
Goodmayes Lord Napier	1923	1937	1951	2005	2024	2042	2102	2121	2139	2159	2218	2237	2255	2314	2333	2351	0011	0030
Becontree Heath Ship & Anchor	1933	1947	2001	2015	2033	2051	2111	2130	2148	2207	2226	2245	2303	2322	2341	2358	0018	0037
150		Sundays and other Public Holidays (except Christmas Day)																
Chigwell Row Maypole	0505	0535	0605	0635	0655	0715	0735	0755	0813	0831	0849	0908	0926	0945	1004	1023	1042	1102
Hainault Station	0511	0541	0612	0642	0702	0722	0742	0802	0820	0838	0856	0916	0934	0954	1013	1032	1051	1111
Barkingside Chequers	0516	0546	0617	0648	0708	0728	0748	0808	0826	0845	0903	0923	0942	1002	1021	1041	1100	1120
Gants Hill Station Cranbrook Road (S)	0520	0550	0622	0653	0713	0733	0753	0814	0832	0851	0909	0929	0949	1009	1028	1048	1108	1128
Ilford Station	0524	0554	0626	0658	0718	0738	0758	0819	0837	0857	0915	0935	0955	1015	1035	1055	1115	1135
Goodmayes Lord Napier	0533	0603	0635	0707	0728	0748	0808	0829	0847	0907	0927	0947	1007	1027	1047	1107	1128	1148
Becontree Heath Ship & Anchor	0540	0610	0642	0714	0735	0756	0816	0837	0855	0915	0936	0956	1016	1036	1056	1117	1138	1159
Chigwell Row Maypole	1121	1140	1159	1218	Then every 20 mins. until	1358	1418	1438	1458	1518	1538	1558	1618	1638	1658	1718	1738	1758
Hainault Station	1130	1149	1208	1227		1407	1426	1446	1506	1526	1546	1606	1626	1646	1706	1726	1746	1805
Barkingside Chequers	1140	1159	1218	1237		1417	1436	1455	1515	1535	1555	1615	1635	1654	1714	1734	1754	1813
Gants Hill Station Cranbrook Road (S)	1148	1207	1227	1246		1426	1445	1504	1524	1544	1604	1624	1643	1702	1722	1742	1802	1821
Ilford Station	1155	1215	1235	1254		1434	1453	1512	1532	1552	1612	1632	1650	1709	1729	1749	1809	1828
Goodmayes Lord Napier	1209	1230	1250	1309	1449	1508	1527	1547	1607	1627	1647	1705	1724	1743	1802	1822	1841	
Becontree Heath Ship & Anchor	1220	1241	1301	1320	1500	1519	1538	1557	1617	1637	1657	1715	1734	1753	1812	1832	1851	
Chigwell Row Maypole	1818	1838	1858	1918	1938	1959	2019	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340	0000
Hainault Station	1825	1845	1905	1925	1945	2006	2026	2047	2107	2127	2146	2206	2226	2245	2305	2325	2345	0005
Barkingside Chequers	1833	1853	1912	1932	1952	2013	2033	2053	2113	2133	2152	2212	2232	2251	2311	2331	2350	0010
Gants Hill Station Cranbrook Road (S)	1841	1901	1920	1940	2000	2020	2040	2100	2120	2139	2158	2217	2237	2256	2316	2336	2355	0014
Ilford Station	1848	1908	1927	1947	2007	2027	2046	2106	2126	2145	2204	2223	2242	2301	2321	2341	0000	0019
Goodmayes Lord Napier	1901	1921	1940	2000	2020	2040	2058	2118	2138	2156	2215	2234	2253	2311	2331	2351	0010	0029
Becontree Heath Ship & Anchor	1910	1930	1949	2009	2029	2049	2107	2127	2146	2204	2223	2242	2300	2318	2338	2358	0017	0036

150		Mondays to Thursdays																
Becontree Heath Ship & Anchor	0520	0540	0600	0620	0634	0646			1905	1920	1935	1950	2005	2025	2045	2105	2125	2145
Goodmayes Lord Napier	0528	0548	0608	0628	0643	0655	Then about every 12 minutes until		1914	1928	1943	1958	2013	2033	2053	2112	2132	2152
Ilford Station	0538	0558	0619	0640	0655	0708		1928	1941	1956	2011	2026	2046	2104	2123	2143	2202	
Gants Hill Station Cranbrook Road (S)	0545	0605	0626	0648	0703	0717		1938	1951	2006	2020	2035	2055	2112	2131	2151	2210	
Barkingside Chequers	0550	0610	0632	0654	0709	0724		1945	1958	2013	2027	2042	2102	2119	2138	2157	2216	
Hainault Station	0555	0616	0638	0700	0716	0731		1953	2005	2020	2034	2049	2109	2126	2145	2204	2222	
Chigwell Row Maypole	0601	0623	0645	0708	0724	0739		2001	2013	2028	2042	2057	2117	2134	2152	2211	2229	
Becontree Heath Ship & Anchor	2205	2225	2245	2305	2325	2345	0005	0025										
Goodmayes Lord Napier	2212	2231	2251	2311	2331	2351	0011	0030										
Ilford Station	2222	2241	2301	2320	2340	0000	0020	0039										
Gants Hill Station Cranbrook Road (S)	2229	2248	2307	2326	2346	0006	0026	0045										
Barkingside Chequers	2235	2254	2313	2332	2352	0011	0031	0050										
Hainault Station	2241	2300	2319	2338	2357	0016	0036	0055										
Chigwell Row Maypole	2248	2307	2326	2345	0004	0023	0042	0101										
150		Fridays																
Becontree Heath Ship & Anchor	0520	0540	0600	0620	0634	0646			1905	1920	1935	1950	2005	2025	2045	2105	2125	2145
Goodmayes Lord Napier	0528	0548	0608	0628	0643	0655	Then about every 12 minutes until		1914	1929	1944	1958	2013	2033	2053	2112	2132	2152
Ilford Station	0538	0558	0619	0640	0655	0708		1929	1944	1958	2012	2025	2045	2104	2123	2143	2203	
Gants Hill Station Cranbrook Road (S)	0545	0605	0626	0648	0703	0717		1940	1954	2008	2022	2035	2055	2112	2131	2151	2211	
Barkingside Chequers	0550	0610	0632	0654	0709	0724		1948	2001	2015	2029	2042	2102	2119	2138	2158	2217	
Hainault Station	0555	0616	0638	0700	0716	0731		1956	2009	2023	2036	2049	2109	2126	2145	2205	2223	
Chigwell Row Maypole	0601	0623	0645	0708	0724	0739		2004	2017	2031	2044	2057	2117	2134	2152	2212	2230	
Becontree Heath Ship & Anchor	2205	2225	2245	2305	2325	2345	0005	0025										
Goodmayes Lord Napier	2212	2232	2251	2311	2331	2351	0011	0031										
Ilford Station	2222	2242	2301	2320	2340	0000	0020	0040										
Gants Hill Station Cranbrook Road (S)	2230	2249	2308	2327	2347	0007	0027	0047										
Barkingside Chequers	2236	2255	2314	2333	2353	0012	0032	0052										
Hainault Station	2242	2301	2320	2339	2358	0017	0037	0057										
Chigwell Row Maypole	2249	2308	2327	2346	0005	0024	0044	0104										
150		Saturdays (also Good Friday)																
Becontree Heath Ship & Anchor	0520	0540	0600	0620	0640	0700	0715	0730	0745	0800	0815	0830	0844	Then about every 12 minutes until	1811	1826	1841	
Goodmayes Lord Napier	0526	0547	0607	0627	0647	0707	0723	0738	0753	0808	0823	0838	0852		1820	1835	1849	
Ilford Station	0536	0557	0617	0637	0657	0717	0733	0749	0804	0819	0834	0849	0903		1835	1850	1904	
Gants Hill Station Cranbrook Road (S)	0543	0604	0625	0645	0705	0725	0741	0757	0812	0827	0842	0857	0912		1846	1901	1915	
Barkingside Chequers	0548	0609	0630	0650	0710	0731	0747	0803	0818	0833	0848	0903	0918		1854	1908	1922	
Hainault Station	0553	0614	0635	0655	0716	0737	0753	0809	0824	0839	0855	0910	0925		1902	1916	1930	
Chigwell Row Maypole	0558	0620	0642	0702	0723	0744	0800	0816	0831	0846	0902	0917	0933	1910	1924	1938		
Becontree Heath Ship & Anchor	1856	1911	1926	1945	2005	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325	2345	0005	0025
Goodmayes Lord Napier	1904	1919	1934	1953	2013	2033	2052	2112	2132	2152	2212	2232	2251	2311	2331	2351	0011	0031
Ilford Station	1919	1933	1947	2006	2026	2046	2103	2123	2143	2203	2222	2242	2301	2320	2340	0000	0020	0040
Gants Hill Station Cranbrook Road (S)	1930	1944	1958	2016	2035	2055	2112	2132	2152	2211	2230	2249	2308	2327	2347	0007	0027	0047
Barkingside Chequers	1937	1951	2005	2023	2042	2102	2119	2138	2158	2217	2236	2255	2314	2333	2353	0012	0032	0052
Hainault Station	1945	1959	2013	2030	2049	2109	2126	2145	2205	2223	2242	2301	2320	2339	2358	0017	0037	0057
Chigwell Row Maypole	1953	2007	2021	2038	2057	2117	2133	2152	2212	2230	2249	2308	2327	2346	0005	0024	0044	0104
150		Sundays and other Public Holidays (except Christmas Day)																
Becontree Heath Ship & Anchor	0520	0550	0620	0650	Then every 20 mins. until	0750	0810	0830	0850	0910	0930	0950	1010	1029	1048	1107	1126	1145
Goodmayes Lord Napier	0526	0556	0627	0657		0757	0817	0837	0858	0919	0939	0959	1019	1038	1057	1116	1136	1155
Ilford Station	0536	0606	0637	0707		0807	0827	0849	0910	0932	0952	1012	1032	1052	1111	1130	1150	1210
Gants Hill Station Cranbrook Road (S)	0543	0613	0644	0714		0814	0835	0857	0918	0940	1001	1021	1041	1101	1120	1140	1200	1220
Barkingside Chequers	0548	0618	0649	0719		0819	0841	0903	0924	0947	1008	1028	1048	1108	1128	1148	1208	1228
Hainault Station	0553	0623	0654	0725		0825	0847	0909	0931	0954	1015	1035	1056	1116	1136	1156	1217	1237
Chigwell Row Maypole	0558	0628	0700	0732	0832	0854	0916	0938	1001	1022	1043	1104	1124	1144	1204	1225	1246	
Becontree Heath Ship & Anchor	1204	1223	1242	Then every 20 mins. until	1402	1422	1442	1502	1522	1542	1602	1622	1642	1702	1722	1742	1803	1824
Goodmayes Lord Napier	1214	1233	1252		1412	1431	1451	1511	1531	1551	1611	1631	1651	1711	1731	1750	1811	1832
Ilford Station	1229	1249	1308		1428	1448	1508	1527	1547	1607	1626	1646	1706	1726	1745	1804	1824	1845
Gants Hill Station Cranbrook Road (S)	1240	1300	1319		1439	1459	1519	1538	1558	1618	1637	1657	1717	1736	1755	1814	1834	1855
Barkingside Chequers	1248	1308	1327		1447	1507	1527	1546	1606	1626	1645	1705	1724	1743	1802	1821	1841	1902
Hainault Station	1257	1317	1336		1456	1516	1536	1555	1615	1634	1653	1713	1732	1751	1810	1829	1849	1909
Chigwell Row Maypole	1306	1326	1345	1505	1525	1545	1604	1624	1643	1702	1722	1741	1759	1818	1837	1857	1917	
Becontree Heath Ship & Anchor	1844	1905	1925	1945	2005	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325	2345	0005	0025
Goodmayes Lord Napier	1852	1913	1933	1952	2012	2032	2052	2112	2132	2152	2212	2231	2251	2311	2331	2351	0010	0030
Ilford Station	1905	1925	1944	2003	2023	2043	2103	2123	2142	2202	2222	2241	2301	2320	2340	0000	0019	0039
Gants Hill Station Cranbrook Road (S)	1915	1935	1954	2012	2032	2052	2111	2131	2150	2209	2229	2248	2307	2326	2346	0006	0025	0045
Barkingside Chequers	1922	1942	2001	2018	2038	2058	2117	2137	2156	2215	2234	2253	2312	2331	2351	0011	0030	0050
Hainault Station	1929	1949	2008	2025	2045	2104	2123	2143	2202	2221	2240	2259	2318	2337	2356	0016	0035	0055
Chigwell Row Maypole	1937	1957	2015	2032	2052	2111	2130	2150	2209	2228	2247	2306	2325	2344	0003	0022	0041	0101