150 Chigwell Row – Ilford – Becontree Heath

150	Mondays to Thursdays (school days)																		
Chigwell Row *Maypole*	0505	0525	0545	0605	0620	0633	0645	0655	0705	0715	0725	0735	0743	0750	0759	0808	0821	0834	
Hainault Station	0513	0533	0554	0614	0630	0643	0655	0705	0715	0725	0735	0746	0754	0801	0810	0819	0832	0845	
Barkingside *Chequers*	0519	0539	0600	0620	0637	0650	0702	0712	0723	0733	0744	0755	0804	0813	0822	0831	0843	0855	
Gants Hill Station *Cranbrook Road (S)*	0524	0544	0606	0626	0643	0656	0708	0718	0730	0740	0751	0803	0812	0821	0831	0840	0852	0904	
Ilford Station	0528	0549	0611	0631	0648	0702	0714	0725	0738	0749	0801	0813	0822	0831	0841	0850	0902	0913	
Ilford High Road *Hainault Street*	0532	0553	0615	0635	0652	0707	0719	0731	0743	0755	0807	0819	0828	0837	0846	0855	0907	0918	
Goodmayes *Lord Napier*	0538	0559	0621	0642	0659	0714	0726	0739	0751	0804	0816	0828	0837	0846	0855	0904	0915	0926	
Becontree Heath *Ship & Anchor*	0545	0606	0628	0650	0708	0723	0735	0749	0802	0817	0830	0842	0851	0858	0907	0915	0925	0936	
Chigwell Row *Maypole*	0847	0900	0913	0926	0939	0951	1003	1015	1027	1039			1139	1151	1203	1215	1227	1239	
Hainault Station	0857	0910	0923	0935	0948	1000	1012	1024	1036	1048			1148	1200	1212	1224	1236	1248	
Barkingside *Chequers*	0907	0920	0932	0944	0957	1009	1021	1033	1045	1057			1157	1209	1222	1234	1246	1258	
Gants Hill Station *Cranbrook Road (S)*	0916	0929	0941	0953	1005	1017	1029	1041	1053	1105	*Then every 12 minutes until*		1205	1217	1230	1242	1255	1307	
Ilford Station	0925	0937	0949	1000	1012	1024	1036	1048	1100	1112			1212	1224	1237	1250	1303	1315	
Ilford High Road *Hainault Street*	0930	0942	0954	1006	1018	1030	1042	1054	1106	1118			1218	1230	1243	1256	1309	1321	
Goodmayes *Lord Napier*	0938	0950	1002	1014	1026	1038	1050	1102	1114	1127			1227	1239	1252	1305	1318	1330	
Becontree Heath *Ship & Anchor*	0948	1000	1012	1024	1036	1048	1100	1112	1124	1137			1237	1250	1303	1316	1329	1341	
Chigwell Row *Maypole*	1251	1303	1315	1327	1339	1351	1403	1415	1426	1437	1448	1458	1510	1522	1535	1547	1600	1612	
Hainault Station	1300	1312	1324	1336	1348	1400	1412	1424	1435	1446	1457	1508	1520	1532	1545	1556	1609	1621	
Barkingside *Chequers*	1310	1322	1334	1346	1358	1410	1422	1434	1445	1457	1508	1519	1531	1543	1556	1606	1619	1631	
Gants Hill Station *Cranbrook Road (S)*	1319	1331	1343	1355	1407	1419	1431	1443	1454	1506	1517	1529	1541	1553	1606	1616	1628	1640	
Ilford Station	1327	1339	1351	1403	1415	1427	1439	1451	1503	1515	1527	1539	1551	1603	1615	1625	1637	1649	
Ilford High Road *Hainault Street*	1333	1345	1357	1409	1421	1433	1445	1457	1509	1521	1533	1545	1557	1609	1621	1631	1643	1655	
Goodmayes *Lord Napier*	1342	1354	1406	1419	1431	1444	1456	1508	1520	1533	1545	1557	1609	1621	1633	1643	1655	1707	
Becontree Heath *Ship & Anchor*	1353	1405	1417	1430	1443	1456	1509	1523	1536	1549	1559	1610	1622	1634	1646	1656	1708	1720	
Chigwell Row *Maypole*	1624	1636	1648	1700	1712	1724	1736	1748	1800	1812	1824	1836	1848	1900	1912	1927	1942	1959	
Hainault Station	1633	1645	1657	1709	1721	1733	1745	1757	1808	1820	1832	1844	1856	1908	1920	1935	1950	2007	
Barkingside *Chequers*	1643	1655	1707	1719	1731	1743	1754	1806	1817	1829	1841	1853	1905	1917	1928	1943	1958	2015	
Gants Hill Station *Cranbrook Road (S)*	1652	1704	1716	1728	1740	1752	1803	1815	1826	1838	1850	1902	1913	1925	1936	1951	2006	2022	
Ilford Station	1701	1713	1725	1737	1749	1801	1812	1823	1834	1846	1858	1910	1921	1932	1943	1958	2013	2028	
Ilford High Road *Hainault Street*	1707	1719	1731	1743	1755	1807	1818	1829	1840	1852	1904	1916	1927	1938	1948	2003	2018	2033	
Goodmayes *Lord Napier*	1719	1731	1743	1755	1807	1819	1830	1840	1851	1902	1914	1925	1936	1947	1957	2011	2026	2041	
Becontree Heath *Ship & Anchor*	1732	1744	1755	1807	1819	1830	1841	1851	1902	1913	1924	1935	1946	1957	2007	2020	2035	2050	
Chigwell Row *Maypole*	2019	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340	0000							
Hainault Station	2026	2047	2107	2126	2146	2206	2226	2246	2306	2325	2345	0005							
Barkingside *Chequers*	2033	2054	2114	2133	2152	2212	2232	2252	2312	2331	2350	0010							
Gants Hill Station *Cranbrook Road (S)*	2040	2101	2120	2139	2158	2218	2237	2257	2317	2336	2355	0014							
Ilford Station	2046	2107	2126	2145	2204	2223	2242	2302	2322	2341	0000	0019							
Ilford High Road *Hainault Street*	2051	2112	2131	2150	2209	2228	2247	2306	2326	2345	0004	0023							
Goodmayes *Lord Napier*	2059	2119	2138	2157	2216	2235	2253	2312	2332	2351	0010	0029							
Becontree Heath *Ship & Anchor*	2108	2128	2147	2205	2224	2243	2301	2320	2339	2358	0017	0036							

150	Mondays to Thursdays (school holidays)																		
Chigwell Row *Maypole*	0505	0525	0545	0605	0620	0633	0643	0655	0704	0714	0724	0735	0745	0757	0809	0821	0834	0847	
Hainault Station	0513	0533	0554	0614	0630	0643	0653	0705	0714	0724	0734	0745	0756	0808	0820	0832	0845	0857	
Barkingside *Chequers*	0519	0539	0600	0620	0637	0650	0700	0712	0722	0732	0743	0754	0806	0818	0830	0842	0855	0907	
Gants Hill Station *Cranbrook Road (S)*	0524	0544	0606	0626	0643	0656	0706	0718	0729	0739	0750	0802	0814	0826	0838	0850	0903	0915	
Ilford Station	0528	0549	0611	0631	0648	0701	0712	0724	0736	0748	0800	0812	0824	0836	0848	0900	0912	0924	
Ilford High Road *Hainault Street*	0532	0553	0615	0635	0652	0705	0717	0729	0741	0753	0805	0817	0829	0841	0853	0905	0917	0929	
Goodmayes *Lord Napier*	0538	0559	0621	0642	0659	0712	0724	0737	0749	0802	0814	0826	0838	0850	0902	0914	0926	0938	
Becontree Heath *Ship & Anchor*	0545	0606	0628	0650	0708	0721	0733	0747	0800	0814	0826	0838	0850	0902	0913	0924	0936	0948	
Chigwell Row *Maypole*	0900	0913	0926	0939	0951	1003	1015	1027	1039			1139	1151	1203	1215	1227	1239	1251	
Hainault Station	0909	0922	0935	0948	1000	1012	1024	1036	1048			1148	1200	1212	1224	1236	1248	1300	
Barkingside *Chequers*	0919	0932	0944	0957	1009	1021	1033	1045	1057			1157	1209	1222	1234	1246	1258	1310	
Gants Hill Station *Cranbrook Road (S)*	0927	0940	0952	1005	1017	1029	1041	1053	1105	*Then every 12 minutes until*		1205	1217	1230	1242	1255	1307	1319	
Ilford Station	0936	0948	0959	1012	1024	1036	1048	1100	1112			1212	1224	1237	1250	1303	1315	1327	
Ilford High Road *Hainault Street*	0941	0953	1005	1018	1030	1042	1054	1106	1118			1218	1230	1243	1256	1309	1321	1333	
Goodmayes *Lord Napier*	0950	1002	1014	1026	1038	1050	1102	1114	1127			1227	1239	1252	1305	1318	1330	1342	
Becontree Heath *Ship & Anchor*	1000	1012	1024	1036	1048	1100	1112	1124	1137			1237	1250	1303	1316	1329	1341	1353	

150 Mondays to Thursdays (school holidays) (cont.)

Chigwell Row *Maypole*	1303	1315	1327	1339	1351	1403	1415	1427	1438	1450			1638	1650	1702	1714	1726	1739
Hainault Station	1312	1324	1336	1348	1400	1412	1424	1436	1447	1459			1647	1659	1711	1723	1735	1748
Barkingside *Chequers*	1322	1334	1346	1358	1410	1422	1434	1446	1457	1509	*Then*		1657	1709	1721	1733	1745	1757
Gants Hill Station *Cranbrook Road (S)*	1331	1343	1355	1407	1419	1431	1443	1455	1506	1518	*every 12*		1706	1718	1730	1742	1754	1806
Ilford Station	1339	1351	1403	1415	1427	1439	1451	1503	1515	1527	*minutes*		1715	1727	1739	1751	1803	1815
Ilford High Road *Hainault Street*	1345	1357	1409	1421	1433	1445	1457	1509	1521	1533	*until*		1721	1733	1745	1757	1809	1821
Goodmayes *Lord Napier*	1354	1406	1419	1431	1444	1456	1508	1520	1532	1545			1733	1745	1757	1809	1821	1833
Becontree Heath *Ship & Anchor*	1405	1417	1430	1443	1456	1509	1521	1533	1545	1558			1746	1757	1809	1821	1832	1844
Chigwell Row *Maypole*	1751	1803	1815	1827	1839	1851	1903	1915	1927	1942	1958	2019	2039	2100	2120	2140	2200	2220
Hainault Station	1800	1811	1823	1835	1847	1859	1911	1923	1935	1950	2006	2027	2046	2107	2126	2146	2206	2226
Barkingside *Chequers*	1809	1820	1832	1844	1856	1908	1920	1931	1943	1958	2014	2034	2053	2114	2133	2152	2212	2232
Gants Hill Station *Cranbrook Road (S)*	1818	1829	1841	1853	1905	1916	1928	1939	1951	2005	2021	2041	2100	2120	2139	2158	2218	2237
Ilford Station	1826	1837	1849	1901	1913	1924	1935	1946	1958	2012	2027	2047	2106	2126	2145	2204	2223	2242
Ilford High Road *Hainault Street*	1832	1843	1855	1907	1919	1930	1941	1951	2003	2017	2032	2052	2111	2131	2150	2209	2228	2247
Goodmayes *Lord Napier*	1843	1854	1905	1917	1928	1939	1950	2000	2011	2025	2040	2100	2118	2138	2157	2216	2235	2253
Becontree Heath *Ship & Anchor*	1854	1905	1916	1927	1938	1949	2000	2010	2020	2034	2049	2109	2127	2147	2205	2224	2243	2301
Chigwell Row *Maypole*	2240	2300	2320	2340	0000													
Hainault Station	2246	2305	2325	2345	0005													
Barkingside *Chequers*	2252	2311	2331	2350	0010													
Gants Hill Station *Cranbrook Road (S)*	2257	2316	2336	2355	0014													
Ilford Station	2302	2321	2341	0000	0019													
Ilford High Road *Hainault Street*	2306	2325	2345	0004	0023													
Goodmayes *Lord Napier*	2312	2331	2351	0010	0029													
Becontree Heath *Ship & Anchor*	2320	2338	2358	0017	0036													

150 Fridays (school days)

Chigwell Row *Maypole*	0505	0525	0545	0605	0620	0633	0645	0655	0705	0715	0725	0735	0743	0750	0759	0808	0821	0834
Hainault Station	0513	0533	0554	0614	0630	0643	0655	0705	0715	0725	0735	0746	0754	0801	0810	0819	0832	0845
Barkingside *Chequers*	0519	0539	0600	0620	0637	0650	0702	0712	0723	0733	0744	0755	0804	0813	0822	0831	0843	0855
Gants Hill Station *Cranbrook Road (S)*	0524	0544	0606	0626	0643	0656	0708	0718	0730	0740	0751	0803	0812	0821	0831	0840	0852	0904
Ilford Station	0528	0549	0611	0631	0648	0702	0714	0725	0738	0749	0801	0813	0822	0831	0841	0850	0902	0913
Ilford High Road *Hainault Street*	0532	0553	0615	0635	0652	0707	0719	0731	0743	0755	0807	0819	0828	0837	0846	0855	0907	0918
Goodmayes *Lord Napier*	0538	0559	0621	0642	0659	0714	0726	0739	0751	0804	0816	0828	0837	0846	0855	0904	0915	0926
Becontree Heath *Ship & Anchor*	0545	0606	0628	0650	0708	0723	0735	0749	0802	0817	0830	0842	0851	0858	0907	0915	0925	0936
Chigwell Row *Maypole*	0847	0900	0913	0926	0939	0951	1003	1015	1027	1039			1139	1151	1203	1215	1227	1239
Hainault Station	0857	0910	0923	0935	0948	1000	1012	1024	1036	1048			1148	1200	1212	1224	1236	1248
Barkingside *Chequers*	0907	0920	0932	0944	0957	1009	1021	1033	1046	1058	*Then*		1158	1210	1222	1234	1246	1258
Gants Hill Station *Cranbrook Road (S)*	0916	0929	0941	0953	1005	1017	1029	1041	1054	1106	*every 12*		1206	1218	1230	1242	1255	1307
Ilford Station	0925	0937	0949	1000	1012	1024	1036	1048	1101	1113	*minutes*		1213	1225	1237	1250	1303	1315
Ilford High Road *Hainault Street*	0930	0942	0954	1006	1018	1030	1042	1054	1107	1119	*until*		1219	1231	1243	1256	1309	1321
Goodmayes *Lord Napier*	0938	0950	1002	1014	1026	1038	1050	1102	1115	1128			1228	1240	1252	1305	1318	1330
Becontree Heath *Ship & Anchor*	0948	1000	1012	1024	1036	1048	1100	1112	1125	1138			1238	1251	1303	1316	1329	1341
Chigwell Row *Maypole*	1251	1303	1315	1327	1339	1351	1403	1415	1426	1437	1448	1459	1511	1523	1536	1549	1602	1614
Hainault Station	1300	1312	1324	1336	1348	1400	1412	1424	1435	1447	1458	1509	1521	1533	1546	1559	1611	1623
Barkingside *Chequers*	1310	1323	1335	1347	1359	1411	1423	1435	1446	1458	1509	1520	1532	1544	1557	1609	1621	1633
Gants Hill Station *Cranbrook Road (S)*	1319	1332	1344	1356	1408	1420	1432	1444	1455	1507	1518	1530	1542	1554	1607	1619	1630	1642
Ilford Station	1327	1340	1352	1404	1416	1428	1440	1452	1504	1516	1528	1540	1552	1604	1616	1628	1639	1651
Ilford High Road *Hainault Street*	1333	1346	1358	1410	1422	1434	1446	1458	1510	1522	1534	1546	1558	1610	1622	1634	1645	1657
Goodmayes *Lord Napier*	1342	1355	1407	1420	1432	1445	1457	1509	1521	1534	1546	1558	1610	1622	1634	1646	1657	1709
Becontree Heath *Ship & Anchor*	1353	1406	1418	1431	1444	1457	1510	1524	1537	1550	1600	1611	1623	1635	1647	1659	1710	1722
Chigwell Row *Maypole*	1626	1638	1650	1702	1714	1726	1738	1750	1802	1814	1826	1838	1850	1902	1914	1927	1942	1958
Hainault Station	1635	1647	1659	1711	1723	1735	1747	1759	1810	1822	1834	1846	1858	1910	1922	1935	1950	2006
Barkingside *Chequers*	1645	1657	1709	1721	1733	1745	1757	1809	1820	1831	1843	1855	1907	1919	1931	1944	1958	2014
Gants Hill Station *Cranbrook Road (S)*	1654	1706	1718	1730	1742	1754	1806	1818	1829	1840	1852	1904	1916	1928	1940	1952	2006	2022
Ilford Station	1703	1715	1727	1739	1751	1803	1815	1827	1838	1848	1900	1912	1924	1936	1948	2000	2013	2029
Ilford High Road *Hainault Street*	1709	1721	1733	1745	1757	1809	1821	1833	1844	1854	1906	1918	1930	1942	1953	2005	2018	2034
Goodmayes *Lord Napier*	1721	1733	1745	1757	1809	1821	1833	1844	1855	1905	1916	1928	1940	1951	2002	2014	2026	2042
Becontree Heath *Ship & Anchor*	1734	1746	1757	1809	1821	1833	1845	1856	1907	1917	1927	1939	1950	2001	2012	2024	2036	2051
Chigwell Row *Maypole*	2019	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340	0000						
Hainault Station	2027	2047	2107	2127	2146	2206	2226	2246	2306	2326	2345	0005						
Barkingside *Chequers*	2034	2054	2114	2134	2153	2213	2232	2252	2312	2332	2351	0010						
Gants Hill Station *Cranbrook Road (S)*	2042	2102	2121	2141	2159	2219	2238	2258	2317	2337	2356	0015						
Ilford Station	2049	2108	2127	2147	2205	2224	2243	2303	2322	2342	0001	0020						
Ilford High Road *Hainault Street*	2054	2113	2132	2152	2210	2229	2248	2307	2326	2346	0005	0024						
Goodmayes *Lord Napier*	2102	2121	2140	2159	2217	2236	2255	2313	2332	2352	0011	0030						
Becontree Heath *Ship & Anchor*	2111	2130	2149	2207	2225	2244	2303	2321	2340	2359	0018	0037						

150	Fridays (school holidays)																		
Chigwell Row *Maypole*	0505	0525	0545	0605	0620	0633	0643	0655	0704	0714	0724	0735	0745	0757	0809	0821	0834	0847
Hainault Station	0513	0533	0554	0614	0630	0643	0653	0705	0714	0724	0734	0745	0756	0808	0820	0832	0845	0857
Barkingside *Chequers*	0519	0539	0600	0620	0637	0650	0700	0712	0722	0732	0743	0754	0806	0818	0830	0842	0855	0907
Gants Hill Station *Cranbrook Road (S)*	0524	0544	0606	0626	0643	0656	0706	0718	0729	0739	0750	0802	0814	0826	0838	0850	0903	0915
Ilford Station	0528	0549	0611	0631	0648	0701	0712	0724	0736	0748	0800	0812	0824	0836	0848	0900	0912	0924
Ilford High Road *Hainault Street*	0532	0553	0615	0635	0652	0705	0717	0729	0741	0753	0805	0817	0829	0841	0853	0905	0917	0929
Goodmayes *Lord Napier*	0538	0559	0621	0642	0659	0712	0724	0737	0749	0802	0814	0826	0838	0850	0902	0914	0926	0938
Becontree Heath *Ship & Anchor*	0545	0606	0628	0650	0708	0721	0733	0747	0800	0814	0826	0838	0850	0902	0913	0924	0936	0948
Chigwell Row *Maypole*	0900	0913	0926	0939	0951	1003	1015	1027	1039			1139	1151	1203	1215	1227	1239	1251
Hainault Station	0909	0922	0935	0948	1000	1012	1024	1036	1048			1148	1200	1212	1224	1236	1248	1300
Barkingside *Chequers*	0919	0932	0944	0957	1009	1021	1033	1046	1058	*Then*		1158	1210	1222	1234	1246	1258	1310
Gants Hill Station *Cranbrook Road (S)*	0927	0940	0952	1005	1017	1029	1041	1054	1106	*every 12*		1206	1218	1230	1242	1255	1307	1319
Ilford Station	0936	0948	0959	1012	1024	1036	1048	1101	1113	*minutes*		1213	1225	1237	1250	1303	1315	1327
Ilford High Road *Hainault Street*	0941	0953	1005	1018	1030	1042	1054	1107	1119	*until*		1219	1231	1243	1256	1309	1321	1333
Goodmayes *Lord Napier*	0950	1002	1014	1026	1038	1050	1102	1115	1128			1228	1240	1252	1305	1318	1330	1342
Becontree Heath *Ship & Anchor*	1000	1012	1024	1036	1048	1100	1112	1125	1138			1238	1251	1303	1316	1329	1341	1353
Chigwell Row *Maypole*	1303	1315	1327	1339	1351	1403	1415	1427	1439	1451			1639	1651	1703	1715	1727	1739
Hainault Station	1312	1324	1336	1348	1400	1412	1424	1436	1448	1500			1648	1700	1712	1724	1736	1748
Barkingside *Chequers*	1323	1335	1347	1359	1411	1423	1435	1447	1458	1510	*Then*		1658	1710	1722	1734	1746	1758
Gants Hill Station *Cranbrook Road (S)*	1332	1344	1356	1408	1420	1432	1444	1456	1507	1519	*every 12*		1707	1719	1731	1743	1755	1807
Ilford Station	1340	1352	1404	1416	1428	1440	1452	1504	1516	1528	*minutes*		1716	1728	1740	1752	1804	1816
Ilford High Road *Hainault Street*	1346	1358	1410	1422	1434	1446	1458	1510	1522	1534	*until*		1722	1734	1746	1758	1810	1822
Goodmayes *Lord Napier*	1355	1407	1420	1432	1445	1457	1509	1521	1533	1546			1734	1746	1758	1810	1822	1834
Becontree Heath *Ship & Anchor*	1406	1418	1431	1444	1457	1510	1522	1534	1546	1559			1747	1758	1810	1822	1834	1846
Chigwell Row *Maypole*	1751	1803	1815	1827	1839	1851	1903	1915	1927	1942	1958	2019	2039	2100	2120	2140	2200	2220
Hainault Station	1800	1811	1823	1835	1847	1859	1911	1923	1935	1950	2006	2027	2046	2107	2127	2146	2206	2226
Barkingside *Chequers*	1810	1821	1832	1844	1856	1908	1920	1932	1943	1958	2014	2034	2053	2114	2134	2153	2213	2232
Gants Hill Station *Cranbrook Road (S)*	1819	1830	1841	1853	1905	1917	1929	1941	1951	2006	2022	2042	2101	2121	2141	2159	2219	2238
Ilford Station	1828	1839	1849	1901	1913	1925	1937	1949	1959	2013	2029	2049	2107	2127	2147	2205	2224	2243
Ilford High Road *Hainault Street*	1834	1845	1855	1907	1919	1931	1943	1954	2004	2018	2034	2054	2112	2132	2152	2210	2229	2248
Goodmayes *Lord Napier*	1845	1856	1906	1917	1929	1941	1952	2003	2013	2026	2042	2102	2120	2140	2159	2217	2236	2255
Becontree Heath *Ship & Anchor*	1857	1908	1918	1928	1940	1951	2002	2013	2023	2036	2051	2111	2129	2149	2207	2225	2244	2303
Chigwell Row *Maypole*	2240	2300	2320	2340	0000													
Hainault Station	2246	2306	2326	2345	0005													
Barkingside *Chequers*	2252	2312	2332	2351	0010													
Gants Hill Station *Cranbrook Road (S)*	2258	2317	2337	2356	0015													
Ilford Station	2303	2322	2342	0001	0020													
Ilford High Road *Hainault Street*	2307	2326	2346	0005	0024													
Goodmayes *Lord Napier*	2313	2332	2352	0011	0030													
Becontree Heath *Ship & Anchor*	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	0839	0850	0901	0913	0925	
Hainault Station	0512	0532	0552	0613	0633	0653	0708	0723	0738	0753	0808	0823	0836	0847	0858	0909	0921	0933	
Barkingside *Chequers*	0518	0538	0558	0619	0639	0659	0714	0729	0744	0759	0815	0830	0843	0855	0906	0917	0929	0941	
Gants Hill Station *Cranbrook Road (S)*	0523	0543	0603	0624	0644	0704	0719	0734	0750	0805	0821	0836	0849	0901	0912	0924	0936	0948	
Ilford Station	0527	0547	0607	0629	0649	0709	0724	0739	0755	0810	0826	0842	0855	0907	0919	0931	0943	0955	
Ilford High Road *Hainault Street*	0531	0551	0611	0633	0653	0713	0728	0743	0759	0814	0830	0846	0900	0912	0924	0936	0948	1000	
Goodmayes *Lord Napier*	0536	0556	0616	0638	0659	0719	0734	0749	0805	0821	0837	0853	0907	0919	0931	0943	0956	1008	
Becontree Heath *Ship & Anchor*	0543	0603	0623	0645	0706	0727	0742	0757	0813	0829	0845	0902	0916	0928	0940	0952	1005	1018	
Chigwell Row *Maypole*	0935	0946	0957	1008	1018	1028	1038	1049	1101	1113	1125			1237	1249			1413	
Hainault Station	0943	0954	1005	1016	1026	1036	1046	1058	1110	1122	1134			1246	1258			1422	
Barkingside *Chequers*	0952	1003	1014	1025	1035	1046	1056	1108	1120	1132	1144	*Then*		1256	1308	*Then*		1432	
Gants Hill Station *Cranbrook Road (S)*	1000	1011	1022	1033	1043	1054	1104	1116	1128	1140	1153	*every 12*		1305	1317	*every 12*		1441	
Ilford Station	1007	1018	1029	1040	1050	1102	1113	1125	1137	1149	1202	*minutes*		1314	1327	*minutes*		1451	
Ilford High Road *Hainault Street*	1012	1023	1034	1045	1056	1108	1119	1131	1143	1155	1208	*until*		1320	1333	*until*		1457	
Goodmayes *Lord Napier*	1020	1031	1042	1054	1105	1117	1128	1140	1152	1204	1218			1330	1343			1507	
Becontree Heath *Ship & Anchor*	1030	1041	1053	1105	1116	1128	1139	1151	1203	1216	1230			1342	1355			1519	
Chigwell Row *Maypole*	1425	1437	1449	1501	1513	1525	1537	1549	1601	1613	1625	1637	1649	1701	1713	1725	1737	1749	
Hainault Station	1434	1446	1458	1510	1522	1534	1546	1558	1609	1621	1633	1645	1657	1709	1721	1733	1745	1757	
Barkingside *Chequers*	1444	1456	1508	1520	1532	1544	1556	1608	1619	1631	1643	1654	1706	1718	1730	1742	1754	1806	
Gants Hill Station *Cranbrook Road (S)*	1453	1505	1517	1529	1541	1553	1605	1617	1628	1640	1652	1703	1715	1727	1739	1751	1803	1815	
Ilford Station	1503	1514	1526	1538	1550	1601	1613	1625	1636	1648	1700	1711	1723	1735	1747	1759	1811	1823	
Ilford High Road *Hainault Street*	1509	1520	1532	1544	1556	1607	1619	1631	1642	1654	1706	1717	1729	1741	1753	1805	1817	1829	
Goodmayes *Lord Napier*	1519	1530	1542	1554	1606	1617	1629	1641	1652	1704	1716	1727	1739	1751	1803	1815	1826	1838	
Becontree Heath *Ship & Anchor*	1530	1541	1553	1605	1617	1628	1640	1652	1703	1715	1727	1738	1750	1802	1813	1825	1836	1848	
Chigwell Row *Maypole*	1804	1819	1834	1849	1904	1919	1939	1959	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	
Hainault Station	1812	1827	1842	1857	1912	1927	1946	2006	2027	2047	2107	2127	2146	2206	2226	2246	2306	2325	
Barkingside *Chequers*	1821	1836	1851	1906	1921	1935	1954	2014	2034	2054	2114	2134	2153	2213	2232	2252	2312	2331	
Gants Hill Station *Cranbrook Road (S)*	1830	1845	1900	1915	1930	1944	2003	2022	2042	2101	2121	2141	2200	2219	2238	2258	2318	2336	
Ilford Station	1838	1853	1908	1923	1938	1952	2011	2029	2049	2108	2127	2147	2206	2225	2244	2303	2323	2341	
Ilford High Road *Hainault Street*	1844	1859	1914	1928	1943	1957	2016	2034	2054	2113	2132	2152	2211	2230	2248	2307	2327	2345	
Goodmayes *Lord Napier*	1853	1908	1923	1937	1951	2005	2024	2042	2102	2121	2139	2159	2218	2237	2255	2314	2333	2351	
Becontree Heath *Ship & Anchor*	1903	1918	1933	1947	2001	2015	2033	2051	2111	2130	2148	2207	2226	2245	2303	2322	2341	2358	
Chigwell Row *Maypole*	2340	0000																	
Hainault Station	2345	0005																	
Barkingside *Chequers*	2351	0010																	
Gants Hill Station *Cranbrook Road (S)*	2356	0015																	
Ilford Station	0001	0020																	
Ilford High Road *Hainault Street*	0005	0024																	
Goodmayes *Lord Napier*	0011	0030																	
Becontree Heath *Ship & Anchor*	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	
Ilford High Road *Hainault Street*	0528	0558	0630	0702	0722	0742	0802	0823	0841	0901	0920	0940	1000	1020	1040	1100	1120	1140	
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		1358	1418	1438	1458	1518	1538	1558	1618	1638	1658	1718	1738	1758	
Hainault Station	1130	1149	1208	1227	*Then*	1407	1426	1446	1506	1526	1546	1606	1626	1646	1706	1726	1746	1805	
Barkingside *Chequers*	1140	1159	1218	1237	*every*	1417	1436	1455	1515	1535	1555	1615	1635	1654	1714	1734	1754	1813	
Gants Hill Station *Cranbrook Road (S)*	1148	1207	1227	1246	*20*	1426	1445	1504	1524	1544	1604	1624	1643	1702	1722	1742	1802	1821	
Ilford Station	1155	1215	1235	1254	*mins.*	1434	1453	1512	1532	1552	1612	1632	1650	1709	1729	1749	1809	1828	
Ilford High Road *Hainault Street*	1201	1221	1241	1300	*until*	1440	1459	1518	1538	1558	1618	1638	1656	1715	1734	1754	1814	1833	
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	
Ilford High Road *Hainault Street*	1853	1913	1932	1952	2012	2032	2051	2111	2131	2149	2208	2227	2246	2305	2325	2345	0004	0023	
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 Becontree Heath – Ilford – Chigwell Row

150 Mondays to Thursdays (school days)

Becontree Heath *Ship & Anchor*	0520	0540	0600	0620	0634	0646	0656	0707	0717	0728	0739	0750	0801	0813	0825	0837	0849	0901
Goodmayes *Lord Napier*	0528	0548	0608	0628	0643	0655	0705	0716	0726	0738	0749	0801	0812	0824	0836	0848	0900	0911
Ilford High Road *Hainault Street*	0535	0555	0616	0637	0652	0705	0715	0726	0736	0748	0800	0812	0824	0837	0849	0901	0912	0922
Ilford Station	0538	0558	0619	0640	0655	0708	0719	0730	0740	0752	0804	0816	0828	0841	0853	0905	0916	0927
Gants Hill Station *Cranbrook Road (S)*	0545	0605	0626	0648	0703	0717	0728	0740	0751	0803	0815	0827	0839	0851	0903	0915	0926	0937
Barkingside *Chequers*	0550	0610	0632	0654	0709	0724	0735	0747	0759	0811	0823	0835	0847	0859	0911	0923	0934	0945
Hainault Station	0555	0616	0638	0700	0716	0731	0742	0755	0808	0820	0833	0844	0856	0908	0920	0931	0942	0953
Chigwell Row *Maypole*	0601	0623	0645	0708	0724	0739	0751	0804	0818	0830	0843	0854	0905	0917	0928	0939	0950	1001
Becontree Heath *Ship & Anchor*	0913	0926			1126	1137	1149			1313	1324	1336	1347	1359	1410	1421	1432	1443
Goodmayes *Lord Napier*	0922	0935			1135	1146	1158			1322	1333	1345	1356	1408	1419	1431	1442	1453
Ilford High Road *Hainault Street*	0933	0945	*Then*		1145	1156	1208	*Then*		1332	1343	1355	1406	1418	1430	1442	1453	1505
Ilford Station	0938	0950	*every 12*		1150	1201	1213	*every 12*		1337	1348	1400	1411	1423	1435	1447	1458	1510
Gants Hill Station *Cranbrook Road (S)*	0948	1000	*minutes*		1200	1211	1223	*minutes*		1347	1359	1411	1422	1434	1446	1458	1509	1521
Barkingside *Chequers*	0956	1008	*until*		1208	1219	1231	*until*		1355	1407	1419	1430	1442	1454	1506	1518	1530
Hainault Station	1004	1016			1216	1228	1240			1404	1416	1428	1439	1451	1503	1515	1528	1541
Chigwell Row *Maypole*	1012	1024			1224	1236	1249			1413	1425	1437	1448	1500	1512	1525	1538	1551
Becontree Heath *Ship & Anchor*	1453	1504	1510	1516	1528	1540	1552			1716	1728	1740	1753	1805	1817	1829	1841	1853
Goodmayes *Lord Napier*	1504	1516	1522	1528	1540	1551	1602			1726	1738	1750	1803	1814	1826	1838	1850	1902
Ilford High Road *Hainault Street*	1517	1529	1535	1541	1552	1603	1614	*Then*		1738	1750	1802	1815	1826	1838	1849	1901	1913
Ilford Station	1522	1534	1540	1546	1557	1608	1619	*every 12*		1743	1755	1807	1820	1831	1843	1854	1905	1917
Gants Hill Station *Cranbrook Road (S)*	1533	1545	1551	1557	1608	1619	1630	*minutes*		1754	1806	1818	1831	1842	1854	1905	1916	1928
Barkingside *Chequers*	1542	1554	--	1606	1617	1628	1639	*until*		1803	1814	1826	1839	1850	1902	1913	1924	1936
Hainault Station	1553	1605	--	1616	1627	1638	1649			1813	1824	1836	1849	1900	1911	1922	1933	1944
Chigwell Row *Maypole*	1603	1615	--	1626	1637	1648	1659			1823	1834	1846	1858	1909	1920	1931	1942	1952
Becontree Heath *Ship & Anchor*	1905	1920	1935	1950	2005	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325	2345	0005	0025
Goodmayes *Lord Napier*	1914	1928	1943	1958	2013	2033	2053	2112	2132	2152	2212	2231	2251	2311	2331	2351	0011	0030
Ilford High Road *Hainault Street*	1924	1937	1952	2007	2022	2042	2101	2120	2140	2159	2219	2238	2258	2317	2337	2357	0017	0036
Ilford Station	1928	1941	1956	2011	2026	2046	2104	2123	2143	2202	2222	2241	2301	2320	2340	0000	0020	0039
Gants Hill Station *Cranbrook Road (S)*	1938	1951	2006	2020	2035	2055	2112	2131	2151	2210	2229	2248	2307	2326	2346	0006	0026	0045
Barkingside *Chequers*	1945	1958	2013	2027	2042	2102	2119	2138	2157	2216	2235	2254	2313	2332	2352	0011	0031	0050
Hainault Station	1953	2005	2020	2034	2049	2109	2126	2145	2204	2222	2241	2300	2319	2338	2357	0016	0036	0055
Chigwell Row *Maypole*	2001	2013	2028	2042	2057	2117	2134	2152	2211	2229	2248	2307	2326	2345	0004	0023	0042	0101

150 Mondays to Thursdays (school holidays)

Becontree Heath *Ship & Anchor*	0520	0540	0600	0620	0634	0646	0657	0708	0719	0729	0739	0750	0801	0813	0825	0837	0849	0901
Goodmayes *Lord Napier*	0528	0548	0608	0628	0643	0655	0706	0717	0728	0739	0749	0800	0811	0823	0835	0847	0859	0911
Ilford High Road *Hainault Street*	0535	0555	0616	0637	0652	0705	0716	0727	0738	0750	0800	0811	0823	0835	0847	0859	0911	0922
Ilford Station	0538	0558	0619	0640	0655	0708	0720	0731	0742	0754	0804	0815	0827	0839	0851	0903	0915	0927
Gants Hill Station *Cranbrook Road (S)*	0545	0605	0626	0648	0703	0717	0729	0741	0752	0804	0814	0825	0837	0849	0901	0913	0925	0937
Barkingside *Chequers*	0550	0610	0632	0654	0709	0724	0736	0748	0800	0812	0822	0833	0845	0857	0909	0921	0933	0945
Hainault Station	0555	0616	0638	0700	0716	0731	0744	0756	0809	0821	0831	0842	0854	0906	0918	0929	0941	0953
Chigwell Row *Maypole*	0601	0623	0645	0708	0724	0739	0753	0805	0818	0830	0840	0851	0902	0914	0926	0937	0949	1001
Becontree Heath *Ship & Anchor*	0913	0926			1126	1137	1149			1313	1324	1336	1347	1359	1410	1421	1432	1443
Goodmayes *Lord Napier*	0922	0935			1135	1146	1158			1322	1333	1345	1356	1408	1419	1431	1442	1453
Ilford High Road *Hainault Street*	0933	0945	*Then*		1145	1156	1208	*Then*		1332	1343	1355	1406	1418	1430	1442	1453	1505
Ilford Station	0938	0950	*every 12*		1150	1201	1213	*every 12*		1337	1348	1400	1411	1423	1435	1447	1458	1510
Gants Hill Station *Cranbrook Road (S)*	0948	1000	*minutes*		1200	1211	1223	*minutes*		1347	1359	1411	1422	1434	1446	1458	1509	1521
Barkingside *Chequers*	0956	1008	*until*		1208	1219	1231	*until*		1355	1407	1419	1430	1442	1454	1506	1518	1530
Hainault Station	1004	1016			1216	1228	1240			1404	1416	1428	1439	1451	1503	1515	1528	1540
Chigwell Row *Maypole*	1012	1024			1224	1236	1249			1413	1425	1437	1448	1500	1512	1525	1538	1550
Becontree Heath *Ship & Anchor*	1453		1805	1817	1829	1841	1853	1905		1917	1929	1941	1955	2010	2025	2045	2105	2125
Goodmayes *Lord Napier*	1503		1815	1827	1838	1850	1902	1914		1925	1937	1949	2003	2018	2033	2053	2112	2132
Ilford High Road *Hainault Street*	1515	*Then*	1827	1839	1849	1901	1913	1924		1934	1946	1958	2012	2027	2042	2101	2120	2140
Ilford Station	1520	*every 12*	1832	1844	1854	1905	1917	1928		1938	1950	2002	2016	2031	2046	2104	2123	2143
Gants Hill Station *Cranbrook Road (S)*	1531	*minutes*	1843	1855	1905	1916	1928	1938		1948	2000	2012	2025	2040	2055	2112	2131	2151
Barkingside *Chequers*	1540	*until*	1852	1903	1913	1924	1936	1945		1955	2007	2019	2032	2047	2102	2119	2138	2157
Hainault Station	1550		1902	1912	1922	1933	1944	1953		2002	2014	2026	2039	2054	2109	2126	2145	2204
Chigwell Row *Maypole*	1600		1912	1921	1931	1942	1952	2001		2010	2022	2034	2047	2102	2117	2134	2152	2211
Becontree Heath *Ship & Anchor*	2145	2205	2225	2245	2305	2325	2345	0005	0025									
Goodmayes *Lord Napier*	2152	2212	2231	2251	2311	2331	2351	0011	0030									
Ilford High Road *Hainault Street*	2159	2219	2238	2258	2317	2337	2357	0017	0036									
Ilford Station	2202	2222	2241	2301	2320	2340	0000	0020	0039									
Gants Hill Station *Cranbrook Road (S)*	2210	2229	2248	2307	2326	2346	0006	0026	0045									
Barkingside *Chequers*	2216	2235	2254	2313	2332	2352	0011	0031	0050									
Hainault Station	2222	2241	2300	2319	2338	2357	0016	0036	0055									
Chigwell Row *Maypole*	2229	2248	2307	2326	2345	0004	0023	0042	0101									

150 Fridays (school days)

Becontree Heath *Ship & Anchor*	0520	0540	0600	0620	0634	0646	0656	0707	0717	0728	0739	0750	0801	0813	0825	0837	0849	0901
Goodmayes *Lord Napier*	0528	0548	0608	0628	0643	0655	0705	0716	0726	0738	0749	0801	0812	0824	0836	0848	0900	0911
Ilford High Road *Hainault Street*	0535	0555	0616	0637	0652	0705	0715	0726	0736	0748	0800	0812	0824	0837	0849	0901	0912	0922
Ilford Station	0538	0558	0619	0640	0655	0708	0719	0730	0740	0752	0804	0816	0828	0841	0853	0905	0916	0927
Gants Hill Station *Cranbrook Road (S)*	0545	0605	0626	0648	0703	0717	0728	0740	0751	0803	0815	0827	0839	0851	0903	0915	0926	0937
Barkingside *Chequers*	0550	0610	0632	0654	0709	0724	0735	0747	0759	0811	0823	0835	0847	0859	0911	0923	0934	0945
Hainault Station	0555	0616	0638	0700	0716	0731	0742	0755	0808	0820	0833	0844	0856	0908	0920	0931	0942	0953
Chigwell Row *Maypole*	0601	0623	0645	0708	0724	0739	0751	0804	0818	0830	0843	0854	0905	0917	0928	0939	0950	1001
Becontree Heath *Ship & Anchor*	0913	0926		1126	1137	1149		1313	1324	1336	1348	1359	1410	1421	1432	1443	1453	1504
Goodmayes *Lord Napier*	0922	0935	*Then*	1135	1146	1158	*Then*	1322	1333	1345	1357	1408	1419	1431	1442	1453	1504	1516
Ilford High Road *Hainault Street*	0933	0945	*every*	1145	1156	1208	*every*	1332	1343	1355	1407	1418	1430	1442	1453	1505	1517	1529
Ilford Station	0938	0950	*12*	1150	1201	1213	*12*	1337	1348	1400	1412	1423	1435	1447	1458	1510	1522	1534
Gants Hill Station *Cranbrook Road (S)*	0948	1000	*mins.*	1200	1211	1223	*mins.*	1347	1359	1411	1423	1434	1446	1458	1509	1521	1533	1545
Barkingside *Chequers*	0956	1008	*until*	1208	1219	1231	*until*	1355	1407	1419	1431	1442	1454	1506	1518	1530	1542	1554
Hainault Station	1004	1016		1216	1228	1240		1404	1416	1428	1440	1451	1503	1515	1528	1541	1553	1605
Chigwell Row *Maypole*	1012	1024		1224	1236	1249		1413	1425	1437	1449	1500	1512	1525	1538	1551	1603	1615
Becontree Heath *Ship & Anchor*	1510	1516	1528	1540	1552			1652	1705	1717	1729	1741	1753	1805	1817	1829	1841	1853
Goodmayes *Lord Napier*	1522	1528	1540	1551	1602			1702	1715	1727	1739	1751	1803	1815	1827	1838	1850	1902
Ilford High Road *Hainault Street*	1535	1541	1552	1603	1614	*Then*		1714	1727	1739	1751	1803	1815	1827	1839	1850	1902	1914
Ilford Station	1540	1546	1557	1608	1619	*every 12*		1719	1732	1744	1756	1808	1820	1832	1844	1855	1906	1918
Gants Hill Station *Cranbrook Road (S)*	1551	1557	1608	1619	1630	*minutes*		1730	1743	1755	1807	1819	1831	1843	1855	1906	1917	1929
Barkingside *Chequers*	--	1606	1617	1628	1639	*until*		1739	1752	1804	1815	1827	1839	1851	1903	1914	1925	1937
Hainault Station	--	1616	1627	1638	1649			1749	1802	1814	1825	1837	1849	1901	1912	1923	1934	1945
Chigwell Row *Maypole*	--	1626	1637	1648	1659			1759	1812	1824	1835	1847	1859	1911	1921	1932	1943	1953
Becontree Heath *Ship & Anchor*	1905	1920	1935	1950	2005	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325	2345	0005	0025
Goodmayes *Lord Napier*	1914	1929	1944	1958	2013	2033	2053	2112	2132	2152	2212	2232	2251	2311	2331	2351	0011	0031
Ilford High Road *Hainault Street*	1925	1940	1954	2008	2022	2042	2101	2120	2140	2200	2219	2239	2258	2317	2337	2357	0017	0037
Ilford Station	1929	1944	1958	2012	2025	2045	2104	2123	2143	2203	2222	2242	2301	2320	2340	0000	0020	0040
Gants Hill Station *Cranbrook Road (S)*	1940	1954	2008	2022	2035	2055	2112	2131	2151	2211	2230	2249	2308	2327	2347	0007	0027	0047
Barkingside *Chequers*	1948	2001	2015	2029	2042	2102	2119	2138	2158	2217	2236	2255	2314	2333	2353	0012	0032	0052
Hainault Station	1956	2009	2023	2036	2049	2109	2126	2145	2205	2223	2242	2301	2320	2339	2358	0017	0037	0057
Chigwell Row *Maypole*	2004	2017	2031	2044	2057	2117	2134	2152	2212	2230	2249	2308	2327	2346	0005	0024	0044	0104

150 Fridays (school holidays)

Becontree Heath *Ship & Anchor*	0520	0540	0600	0620	0634	0646	0657	0708	0719	0729	0739	0750	0801	0813	0825	0837	0849	0901
Goodmayes *Lord Napier*	0528	0548	0608	0628	0643	0655	0706	0717	0728	0739	0749	0800	0811	0823	0835	0847	0859	0911
Ilford High Road *Hainault Street*	0535	0555	0616	0637	0652	0705	0716	0727	0738	0750	0800	0811	0823	0835	0847	0859	0911	0922
Ilford Station	0538	0558	0619	0640	0655	0708	0720	0731	0742	0754	0804	0815	0827	0839	0851	0903	0915	0927
Gants Hill Station *Cranbrook Road (S)*	0545	0605	0626	0648	0703	0717	0729	0741	0752	0804	0814	0825	0837	0849	0901	0913	0925	0937
Barkingside *Chequers*	0550	0610	0632	0654	0709	0724	0736	0748	0800	0812	0822	0833	0845	0857	0909	0921	0933	0945
Hainault Station	0555	0616	0638	0700	0716	0731	0744	0756	0809	0821	0831	0842	0854	0906	0918	0929	0941	0953
Chigwell Row *Maypole*	0601	0623	0645	0708	0724	0739	0753	0805	0818	0830	0840	0851	0902	0914	0926	0937	0949	1001
Becontree Heath *Ship & Anchor*	0913	0926			1126	1137	1149			1313	1325	1336	1348	1359	1410	1421	1432	1443
Goodmayes *Lord Napier*	0922	0935			1135	1146	1158			1322	1334	1345	1357	1408	1419	1431	1442	1453
Ilford High Road *Hainault Street*	0933	0945	*Then*		1145	1156	1208	*Then*		1332	1344	1355	1407	1418	1430	1442	1453	1505
Ilford Station	0938	0950	*every 12*		1150	1201	1213	*every 12*		1337	1349	1400	1412	1423	1435	1447	1458	1510
Gants Hill Station *Cranbrook Road (S)*	0948	1000	*minutes*		1200	1211	1223	*minutes*		1347	1400	1411	1423	1434	1446	1458	1509	1521
Barkingside *Chequers*	0956	1008	*until*		1208	1219	1231	*until*		1355	1408	1419	1431	1442	1454	1506	1518	1530
Hainault Station	1004	1016			1216	1228	1240			1404	1417	1428	1440	1451	1503	1515	1528	1540
Chigwell Row *Maypole*	1012	1024			1224	1236	1249			1413	1426	1437	1449	1500	1512	1525	1538	1550
Becontree Heath *Ship & Anchor*	1455			1719	1731	1743	1755	1807	1819	1830	1842	1854	1906	1918	1930	1943	1955	2010
Goodmayes *Lord Napier*	1505			1729	1741	1753	1805	1817	1829	1839	1851	1903	1915	1927	1939	1951	2003	2018
Ilford High Road *Hainault Street*	1517	*Then*		1741	1753	1805	1817	1829	1841	1851	1903	1915	1926	1938	1949	2001	2013	2027
Ilford Station	1522	*every 12*		1746	1758	1810	1822	1834	1846	1856	1907	1919	1930	1942	1953	2005	2017	2030
Gants Hill Station *Cranbrook Road (S)*	1533	*minutes*		1757	1809	1821	1833	1845	1857	1907	1918	1930	1941	1952	2003	2015	2027	2040
Barkingside *Chequers*	1542	*until*		1806	1817	1829	1841	1853	1905	1915	1926	1938	1949	1959	2010	2022	2034	2047
Hainault Station	1552			1816	1827	1839	1851	1903	1914	1924	1935	1946	1957	2007	2018	2030	2041	2054
Chigwell Row *Maypole*	1602			1826	1837	1849	1900	1912	1923	1933	1944	1954	2005	2015	2026	2038	2049	2102
Becontree Heath *Ship & Anchor*	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325	2345	0005	0025					
Goodmayes *Lord Napier*	2033	2053	2112	2132	2152	2212	2232	2251	2311	2331	2351	0011	0031					
Ilford High Road *Hainault Street*	2042	2101	2120	2140	2200	2219	2239	2258	2317	2337	2357	0017	0037					
Ilford Station	2045	2104	2123	2143	2203	2222	2242	2301	2320	2340	0000	0020	0040					
Gants Hill Station *Cranbrook Road (S)*	2055	2112	2131	2151	2211	2230	2249	2308	2327	2347	0007	0027	0047					
Barkingside *Chequers*	2102	2119	2138	2158	2217	2236	2255	2314	2333	2353	0012	0032	0052					
Hainault Station	2109	2126	2145	2205	2223	2242	2301	2320	2339	2358	0017	0037	0057					
Chigwell Row *Maypole*	2117	2134	2152	2212	2230	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	0854	0905	0917	0929	0940
Goodmayes *Lord Napier*	0526	0547	0607	0627	0647	0707	0723	0738	0753	0808	0823	0838	0852	0902	0913	0925	0937	0949
Ilford High Road *Hainault Street*	0533	0554	0614	0634	0654	0714	0730	0746	0801	0816	0831	0846	0900	0911	0922	0934	0946	0958
Ilford Station	0536	0557	0617	0637	0657	0717	0733	0749	0804	0819	0834	0849	0903	0914	0926	0938	0950	1002
Gants Hill Station *Cranbrook Road (S)*	0543	0604	0625	0645	0705	0725	0741	0757	0812	0827	0842	0857	0912	0923	0935	0947	0959	1011
Barkingside *Chequers*	0548	0609	0630	0650	0710	0731	0747	0803	0818	0833	0848	0903	0918	0930	0942	0954	1006	1018
Hainault Station	0553	0614	0635	0655	0716	0737	0753	0809	0824	0839	0855	0910	0925	0937	0950	1002	1014	1027
Chigwell Row *Maypole*	0558	0620	0642	0702	0723	0744	0800	0816	0831	0846	0902	0917	0933	0945	0958	1010	1022	1035
Becontree Heath *Ship & Anchor*	0952	1003	1015	1026	1037	1048	1059	1110	1121	1133	1145	1157	1208	1220			1420	1432
Goodmayes *Lord Napier*	1001	1012	1024	1035	1046	1057	1108	1119	1130	1142	1154	1206	1218	1230			1430	1441
Ilford High Road *Hainault Street*	1010	1022	1034	1045	1057	1108	1119	1130	1141	1154	1206	1218	1230	1242	*Then*		1442	1453
Ilford Station	1014	1026	1038	1049	1101	1113	1124	1135	1146	1159	1211	1223	1235	1247	*every 12*		1447	1458
Gants Hill Station *Cranbrook Road (S)*	1023	1035	1047	1058	1111	1123	1134	1145	1157	1210	1222	1234	1246	1258	*minutes*		1458	1509
Barkingside *Chequers*	1030	1042	1054	1105	1118	1130	1142	1153	1205	1218	1230	1242	1254	1306	*until*		1506	1517
Hainault Station	1039	1051	1103	1114	1127	1139	1151	1202	1214	1227	1239	1251	1303	1315			1515	1526
Chigwell Row *Maypole*	1047	1059	1111	1122	1135	1147	1159	1210	1222	1235	1247	1259	1311	1324			1524	1535
Becontree Heath *Ship & Anchor*	1444	1456			1720	1733	1746	1759	1811	1826	1841	1856	1911	1926	1945	2005	2025	2045
Goodmayes *Lord Napier*	1453	1505			1729	1742	1755	1808	1820	1835	1849	1904	1919	1934	1953	2013	2033	2052
Ilford High Road *Hainault Street*	1505	1516	*Then*		1740	1753	1806	1819	1831	1846	1900	1915	1929	1943	2002	2022	2042	2100
Ilford Station	1510	1521	*every 12*		1745	1758	1811	1823	1835	1850	1904	1919	1933	1947	2006	2026	2046	2103
Gants Hill Station *Cranbrook Road (S)*	1521	1532	*minutes*		1756	1809	1822	1834	1846	1901	1915	1930	1944	1958	2016	2035	2055	2112
Barkingside *Chequers*	1529	1540	*until*		1804	1817	1830	1842	1854	1908	1922	1937	1951	2005	2023	2042	2102	2119
Hainault Station	1538	1549			1813	1826	1838	1850	1902	1916	1930	1945	1959	2013	2030	2049	2109	2126
Chigwell Row *Maypole*	1547	1558			1822	1834	1846	1858	1910	1924	1938	1953	2007	2021	2038	2057	2117	2133
Becontree Heath *Ship & Anchor*	2105	2125	2145	2205	2225	2245	2305	2325	2345	0005	0025							
Goodmayes *Lord Napier*	2112	2132	2152	2212	2232	2251	2311	2331	2351	0011	0031							
Ilford High Road *Hainault Street*	2120	2140	2200	2219	2239	2258	2317	2337	2357	0017	0037							
Ilford Station	2123	2143	2203	2222	2242	2301	2320	2340	0000	0020	0040							
Gants Hill Station *Cranbrook Road (S)*	2132	2152	2211	2230	2249	2308	2327	2347	0007	0027	0047							
Barkingside *Chequers*	2138	2158	2217	2236	2255	2314	2333	2353	0012	0032	0052							
Hainault Station	2145	2205	2223	2242	2301	2320	2339	2358	0017	0037	0057							
Chigwell Row *Maypole*	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	0710	0730	0750	0810	0830	0850	0910	0930	0950	1010	1029	1048	1107	1126
Goodmayes *Lord Napier*	0526	0556	0627	0657	0717	0737	0757	0817	0837	0858	0919	0939	0959	1019	1038	1057	1116	1136
Ilford High Road *Hainault Street*	0533	0603	0634	0704	0724	0744	0804	0824	0845	0906	0928	0948	1008	1028	1048	1107	1126	1146
Ilford Station	0536	0606	0637	0707	0727	0747	0807	0827	0849	0910	0932	0952	1012	1032	1052	1111	1130	1150
Gants Hill Station *Cranbrook Road (S)*	0543	0613	0644	0714	0734	0754	0814	0835	0857	0918	0940	1001	1021	1041	1101	1120	1140	1200
Barkingside *Chequers*	0548	0618	0649	0719	0739	0759	0819	0841	0903	0924	0947	1008	1028	1048	1108	1128	1148	1208
Hainault Station	0553	0623	0654	0725	0745	0805	0825	0847	0909	0931	0954	1015	1035	1056	1116	1136	1156	1217
Chigwell Row *Maypole*	0558	0628	0700	0732	0752	0812	0832	0854	0916	0938	1001	1022	1043	1104	1124	1144	1204	1225
Becontree Heath *Ship & Anchor*	1145	1204	1223	1242	1302	1322	1342	1402	1422	1442	1502	1522	1542	1602	1622	1642	1702	1722
Goodmayes *Lord Napier*	1155	1214	1233	1252	1312	1332	1352	1412	1431	1451	1511	1531	1551	1611	1631	1651	1711	1731
Ilford High Road *Hainault Street*	1206	1225	1245	1304	1324	1344	1404	1424	1443	1503	1522	1542	1602	1621	1641	1701	1721	1741
Ilford Station	1210	1229	1249	1308	1328	1348	1408	1428	1448	1508	1527	1547	1607	1626	1646	1706	1726	1745
Gants Hill Station *Cranbrook Road (S)*	1220	1240	1300	1319	1339	1359	1419	1439	1459	1519	1538	1558	1618	1637	1657	1717	1736	1755
Barkingside *Chequers*	1228	1248	1308	1327	1347	1407	1427	1447	1507	1527	1546	1606	1626	1645	1705	1724	1743	1802
Hainault Station	1237	1257	1317	1336	1356	1416	1436	1456	1516	1536	1555	1615	1634	1653	1713	1732	1751	1810
Chigwell Row *Maypole*	1246	1306	1326	1345	1405	1425	1445	1505	1525	1545	1604	1624	1643	1702	1722	1741	1759	1818
Becontree Heath *Ship & Anchor*	1742	1803	1824	1844	1905	1925	1945	2005	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325
Goodmayes *Lord Napier*	1750	1811	1832	1852	1913	1933	1952	2012	2032	2052	2112	2132	2152	2212	2231	2251	2311	2331
Ilford High Road *Hainault Street*	1800	1820	1841	1901	1922	1941	2000	2020	2040	2100	2120	2139	2159	2219	2238	2258	2317	2337
Ilford Station	1804	1824	1845	1905	1925	1944	2003	2023	2043	2103	2123	2142	2202	2222	2241	2301	2320	2340
Gants Hill Station *Cranbrook Road (S)*	1814	1834	1855	1915	1935	1954	2012	2032	2052	2111	2131	2150	2209	2229	2248	2307	2326	2346
Barkingside *Chequers*	1821	1841	1902	1922	1942	2001	2018	2038	2058	2117	2137	2156	2215	2234	2253	2312	2331	2351
Hainault Station	1829	1849	1909	1929	1949	2008	2025	2045	2104	2123	2143	2202	2221	2240	2259	2318	2337	2356
Chigwell Row *Maypole*	1837	1857	1917	1937	1957	2015	2032	2052	2111	2130	2150	2209	2228	2247	2306	2325	2344	0003
Becontree Heath *Ship & Anchor*	2345	0005	0025															
Goodmayes *Lord Napier*	2351	0010	0030															
Ilford High Road *Hainault Street*	2357	0016	0036															
Ilford Station	0000	0019	0039															
Gants Hill Station *Cranbrook Road (S)*	0006	0025	0045															
Barkingside *Chequers*	0011	0030	0050															
Hainault Station	0016	0035	0055															
Chigwell Row *Maypole*	0022	0041	0101															