



															SD				
Chigwell Row <i>Maypole</i>	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 <i>Chequers</i>	0519	0539	0600	0620	0637	0650	0702	0712	0723	0733	0744	0755	0804	0813	0822	0831	0843	0855	
Gants Hill Station <i>Cranbrook Road (S)</i>	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 <i>Hainault Street</i>	0532	0553	0615	0635	0652	0707	0719	0731	0743	0755	0807	0819	0828	0837	0846	0855	0907	0918	
Goodmayes <i>Lord Napier</i>	0538	0559	0621	0642	0659	0714	0726	0739	0751	0804	0816	0828	0837	0846	0855	0904	0915	0926	
Becontree Heath <i>Ship &amp; Anchor</i>	0545	0606	0628	0650	0708	0723	0735	0749	0802	0817	0830	0842	0851	0858	0907	0915	0925	0936	
Chigwell Row <i>Maypole</i>	0847	0900	0913	0926	0939	0951	1003	1015	1027	1039	Then every 12 minutes until	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 <i>Chequers</i>	0907	0920	0932	0944	0957	1009	1021	1033	1046	1058		1158	1210	1222	1234	1246	1258		
Gants Hill Station <i>Cranbrook Road (S)</i>	0916	0929	0941	0953	1005	1017	1029	1041	1054	1106		1206	1218	1230	1242	1255	1307		
Ilford Station	0925	0937	0949	1000	1012	1024	1036	1048	1101	1113		1213	1225	1237	1250	1303	1315		
Ilford High Road <i>Hainault Street</i>	0930	0942	0954	1006	1018	1030	1042	1054	1107	1119		1219	1231	1243	1256	1309	1321		
Goodmayes <i>Lord Napier</i>	0938	0950	1002	1014	1026	1038	1050	1102	1115	1128		1228	1240	1252	1305	1318	1330		
Becontree Heath <i>Ship &amp; Anchor</i>	0948	1000	1012	1024	1036	1048	1100	1112	1125	1138	1238	1251	1303	1316	1329	1341			
Chigwell Row <i>Maypole</i>	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 <i>Chequers</i>	1310	1323	1335	1347	1359	1411	1423	1435	1446	1458	1509	1520	1532	1544	1557	1609	1621	1633	
Gants Hill Station <i>Cranbrook Road (S)</i>	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 <i>Hainault Street</i>	1333	1346	1358	1410	1422	1434	1446	1458	1510	1522	1534	1546	1558	1610	1622	1634	1645	1657	
Goodmayes <i>Lord Napier</i>	1342	1355	1407	1420	1432	1445	1457	1509	1521	1534	1546	1558	1610	1622	1634	1646	1657	1709	
Becontree Heath <i>Ship &amp; Anchor</i>	1353	1406	1418	1431	1444	1457	1510	1524	1537	1550	1600	1611	1623	1635	1647	1659	1710	1722	
Chigwell Row <i>Maypole</i>	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 <i>Chequers</i>	1645	1657	1709	1721	1733	1745	1757	1809	1820	1831	1843	1855	1907	1919	1931	1944	1958	2014	
Gants Hill Station <i>Cranbrook Road (S)</i>	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 <i>Hainault Street</i>	1709	1721	1733	1745	1757	1809	1821	1833	1844	1854	1906	1918	1930	1942	1953	2005	2018	2034	
Goodmayes <i>Lord Napier</i>	1721	1733	1745	1757	1809	1821	1833	1844	1855	1905	1916	1928	1940	1951	2002	2014	2026	2042	
Becontree Heath <i>Ship &amp; Anchor</i>	1734	1746	1757	1809	1821	1833	1845	1856	1907	1917	1927	1939	1950	2001	2012	2024	2036	2051	
Chigwell Row <i>Maypole</i>	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 <i>Chequers</i>	2034	2054	2114	2134	2153	2213	2232	2252	2312	2332	2351	0010							
Gants Hill Station <i>Cranbrook Road (S)</i>	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 <i>Hainault Street</i>	2054	2113	2132	2152	2210	2229	2248	2307	2326	2346	0005	0024							
Goodmayes <i>Lord Napier</i>	2102	2121	2140	2159	2217	2236	2255	2313	2332	2352	0011	0030							
Becontree Heath <i>Ship &amp; Anchor</i>	2111	2130	2149	2207	2225	2244	2303	2321	2340	2359	0018	0037							
Note:	SD - Operates on school days only																		

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	Then every 12 minutes until	1237	1249	Then every 12 minutes until	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		1256	1308		1432			
Gants Hill Station Cranbrook Road (S)	1000	1011	1022	1033	1043	1054	1104	1116	1128	1140	1153		1305	1317		1441			
Ilford Station	1007	1018	1029	1040	1050	1102	1113	1125	1137	1149	1202		1314	1327		1451			
Ilford High Road Hainault Street	1012	1023	1034	1045	1056	1108	1119	1131	1143	1155	1208		1320	1333		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	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	
Ilford High Road Hainault Street	1201	1221	1241	1300		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	

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## Becontree Heath – Ilford – Chigwell Row

150		Mondays to Thursdays																		
Becontree Heath <i>Ship &amp; Anchor</i>	0520	0540	0600	0620	0634	0646	0656	0707	0717	0728	0739	0750	0801	0813	0825	0837	0849	0901		
Goodmayes <i>Lord Napier</i>	0528	0548	0608	0628	0643	0655	0705	0716	0726	0738	0749	0801	0812	0824	0836	0848	0900	0911		
Ilford High Road <i>Hainault Street</i>	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 <i>Cranbrook Road (S)</i>	0545	0605	0626	0648	0703	0717	0728	0740	0751	0803	0815	0827	0839	0851	0903	0915	0926	0937		
Barkingside <i>Chequers</i>	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 <i>Maypole</i>	0601	0623	0645	0708	0724	0739	0751	0804	0818	0830	0843	0854	0905	0917	0928	0939	0950	1001		
Becontree Heath <i>Ship &amp; Anchor</i>	0913	0926			1126	1137	1149					1313	1324	1336	1347	1359	1410	1421	1432	1443
Goodmayes <i>Lord Napier</i>	0922	0935			1135	1146	1158					1322	1333	1345	1356	1408	1419	1431	1442	1453
Ilford High Road <i>Hainault Street</i>	0933	0945	Then every 12 minutes until		1145	1156	1208	Then every 12 minutes until				1332	1343	1355	1406	1418	1430	1442	1453	1505
Ilford Station	0938	0950		1150	1201	1213	1337		1348	1400	1411	1423	1435	1447	1458	1510				
Gants Hill Station <i>Cranbrook Road (S)</i>	0948	1000		1200	1211	1223	1347		1359	1411	1422	1434	1446	1458	1509	1521				
Barkingside <i>Chequers</i>	0956	1008		1208	1219	1231	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 <i>Maypole</i>	1012	1024		1224	1236	1249	1413		1425	1437	1448	1500	1512	1525	1538	1551				
				SD																
Becontree Heath <i>Ship &amp; Anchor</i>	1453	1504	1510	1516	1528	1540	1552					1716	1728	1740	1753	1805	1817	1829	1841	1853
Goodmayes <i>Lord Napier</i>	1504	1516	1522	1528	1540	1551	1602					1726	1738	1750	1803	1814	1826	1838	1850	1902
Ilford High Road <i>Hainault Street</i>	1517	1529	1535	1541	1552	1603	1614	Then every 12 minutes until				1738	1750	1802	1815	1826	1838	1849	1901	1913
Ilford Station	1522	1534	1540	1546	1557	1608	1619		1743	1755	1807	1820	1831	1843	1854	1905	1917			
Gants Hill Station <i>Cranbrook Road (S)</i>	1533	1545	1551	1557	1608	1619	1630		1754	1806	1818	1831	1842	1854	1905	1916	1928			
Barkingside <i>Chequers</i>	1542	1554	--	1606	1617	1628	1639		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 <i>Maypole</i>	1603	1615	--	1626	1637	1648	1659		1823	1834	1846	1858	1909	1920	1931	1942	1952			
Becontree Heath <i>Ship &amp; Anchor</i>	1905	1920	1935	1950	2005	2025	2045		2105	2125	2145	2205	2225	2245	2305	2325	2345	0005	0025	
Goodmayes <i>Lord Napier</i>	1914	1928	1943	1958	2013	2033	2053	2112	2132	2152	2212	2231	2251	2311	2331	2351	0011	0030		
Ilford High Road <i>Hainault Street</i>	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 <i>Cranbrook Road (S)</i>	1938	1951	2006	2020	2035	2055	2112	2131	2151	2210	2229	2248	2307	2326	2346	0006	0026	0045		
Barkingside <i>Chequers</i>	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 <i>Maypole</i>	2001	2013	2028	2042	2057	2117	2134	2152	2211	2229	2248	2307	2326	2345	0004	0023	0042	0101		
Note:	SD - Operates on school days only																			

150		Fridays																			
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	
Goodmayes Lord Napier	0922	0935			1135	1146	1158					1322	1333	1345	1357	1408	1419	1431	1442	1453	
Ilford High Road Hainault Street	0933	0945	Then		1145	1156	1208	Then				1332	1343	1355	1407	1418	1430	1442	1453	1505	
Ilford Station	0938	0950	every 12		1150	1201	1213	every 12				1337	1348	1400	1412	1423	1435	1447	1458	1510	
Gants Hill Station Cranbrook Road (S)	0948	1000	minutes		1200	1211	1223	minutes				1347	1359	1411	1423	1434	1446	1458	1509	1521	
Barkingside Chequers	0956	1008	until		1208	1219	1231	until				1355	1407	1419	1431	1442	1454	1506	1518	1530	
Hainault Station	1004	1016			1216	1228	1240					1404	1416	1428	1440	1451	1503	1515	1528	1541	
Chigwell Row Maypole	1012	1024			1224	1236	1249					1413	1425	1437	1449	1500	1512	1525	1538	1551	
SD																					
Becontree Heath Ship & Anchor	1453	1504	1510	1516	1528	1540	1552														
Goodmayes Lord Napier	1504	1516	1522	1528	1540	1551	1602														
Ilford High Road Hainault Street	1517	1529	1535	1541	1552	1603	1614	Then													
Ilford Station	1522	1534	1540	1546	1557	1608	1619	every 12													
Gants Hill Station Cranbrook Road (S)	1533	1545	1551	1557	1608	1619	1630	minutes													
Barkingside Chequers	1542	1554	--	1606	1617	1628	1639	until													
Hainault Station	1553	1605	--	1616	1627	1638	1649														
Chigwell Row Maypole	1603	1615	--	1626	1637	1648	1659														
Becontree Heath Ship & Anchor	1841	1853	1905	1920	1935	1950	2005	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325	2345			
Goodmayes Lord Napier	1850	1902	1914	1929	1944	1958	2013	2033	2053	2112	2132	2152	2212	2232	2251	2311	2331	2351			
Ilford High Road Hainault Street	1902	1914	1925	1940	1954	2008	2022	2042	2101	2120	2140	2200	2219	2239	2258	2317	2337	2357			
Ilford Station	1906	1918	1929	1944	1958	2012	2025	2045	2104	2123	2143	2203	2222	2242	2301	2320	2340	0000			
Gants Hill Station Cranbrook Road (S)	1917	1929	1940	1954	2008	2022	2035	2055	2112	2131	2151	2211	2230	2249	2308	2327	2347	0007			
Barkingside Chequers	1925	1937	1948	2001	2015	2029	2042	2102	2119	2138	2158	2217	2236	2255	2314	2333	2353	0012			
Hainault Station	1934	1945	1956	2009	2023	2036	2049	2109	2126	2145	2205	2223	2242	2301	2320	2339	2358	0017			
Chigwell Row Maypole	1943	1953	2004	2017	2031	2044	2057	2117	2134	2152	2212	2230	2249	2308	2327	2346	0005	0024			
Becontree Heath Ship & Anchor	0005	0025																			
Goodmayes Lord Napier	0011	0031																			
Ilford High Road Hainault Street	0017	0037																			
Ilford Station	0020	0040																			
Gants Hill Station Cranbrook Road (S)	0027	0047																			
Barkingside Chequers	0032	0052																			
Hainault Station	0037	0057																			
Chigwell Row Maypole	0044	0104																			
Note:	SD - Operates on school days only																				

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	Then every 12 minutes until	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		1442	1453			
Ilford Station	1014	1026	1038	1049	1101	1113	1124	1135	1146	1159	1211	1223	1235	1247		1447	1458			
Gants Hill Station Cranbrook Road (S)	1023	1035	1047	1058	1111	1123	1134	1145	1157	1210	1222	1234	1246	1258		1458	1509			
Barkingside Chequers	1030	1042	1054	1105	1118	1130	1142	1153	1205	1218	1230	1242	1254	1306		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	Then every 12 minutes until	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		1740	1753	1806	1819	1831	1846	1900	1915	1929	1943	2002	2022	2042	2100			
Ilford Station	1510	1521		1745	1758	1811	1823	1835	1850	1904	1919	1933	1947	2006	2026	2046	2103			
Gants Hill Station Cranbrook Road (S)	1521	1532		1756	1809	1822	1834	1846	1901	1915	1930	1944	1958	2016	2035	2055	2112			
Barkingside Chequers	1529	1540		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																	