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Chigwell Row – Ilford – Becontree Heath

150		Mondays to Fridays																SD		
Chigwell Row <i>Maypole</i>	0505	0525	0545	0605	0625	0640	0651	0701	0711	0721	0731	0741	0749	0758	0806	0816	0827	0839		
Hainault Station	0513	0533	0553	0614	0634	0649	0700	0711	0721	0731	0741	0751	0759	0808	0816	0826	0837	0848		
Barkingside <i>Chequers</i>	0518	0538	0558	0619	0640	0655	0706	0718	0729	0740	0751	0803	0811	0820	0828	0838	0849	0900		
Gants Hill Station <i>Cranbrook Road (S)</i>	0523	0543	0603	0625	0646	0701	0713	0725	0737	0748	0800	0812	0820	0829	0837	0847	0858	0909		
Ilford Station	0528	0548	0608	0630	0652	0707	0720	0733	0745	0757	0809	0821	0829	0838	0846	0856	0907	0917		
Ilford High Road <i>Hainault Street</i>	0532	0552	0612	0634	0656	0712	0725	0738	0750	0802	0814	0826	0834	0843	0851	0901	0912	0922		
Goodmayes <i>Lord Napier</i>	0537	0557	0618	0640	0703	0719	0733	0746	0759	0811	0823	0835	0843	0852	0900	0910	0921	0931		
Becontree Heath <i>Ship & Anchor</i>	0545	0605	0627	0650	0713	0731	0746	0800	0813	0825	0837	0849	0857	0906	0913	0922	0932	0942		
Chigwell Row <i>Maypole</i>	0851	0903	0915	Then every 12 minutes until	1215	1227	1239	1251	1303	1315	1327	1339	1351	1403	1415	Then every 12 mins. until	1539			
Hainault Station	0900	0911	0923		1223	1235	1247	1300	1312	1324	1336	1348	1400	1412	1424		1548			
Barkingside <i>Chequers</i>	0912	0923	0934		1234	1246	1258	1311	1323	1335	1347	1359	1411	1423	1435		1559			
Gants Hill Station <i>Cranbrook Road (S)</i>	0921	0931	0942		1242	1254	1306	1319	1331	1343	1355	1407	1419	1432	1445		1609			
Ilford Station	0929	0939	0950		1250	1302	1314	1327	1339	1351	1403	1415	1428	1441	1454		1618			
Ilford High Road <i>Hainault Street</i>	0934	0944	0955		1255	1307	1319	1332	1344	1357	1409	1421	1434	1447	1500		1624			
Goodmayes <i>Lord Napier</i>	0943	0953	1004		1304	1316	1329	1342	1355	1408	1421	1433	1446	1459	1512		1636			
Becontree Heath <i>Ship & Anchor</i>	0954	1004	1015	1315	1328	1341	1354	1407	1420	1433	1446	1459	1512	1525	1649					
Chigwell Row <i>Maypole</i>	1551	1603	1615	1627	1639	1651	1703	1715	1727	1739	1751	1803	1815	1827	1839	1851	1903	1915		
Hainault Station	1600	1612	1624	1636	1648	1700	1711	1723	1735	1747	1759	1811	1823	1835	1847	1858	1910	1922		
Barkingside <i>Chequers</i>	1611	1622	1634	1646	1658	1710	1721	1733	1745	1757	1809	1821	1833	1845	1856	1907	1919	1931		
Gants Hill Station <i>Cranbrook Road (S)</i>	1620	1631	1643	1655	1707	1719	1730	1742	1754	1806	1818	1830	1841	1853	1904	1915	1927	1938		
Ilford Station	1629	1640	1652	1704	1716	1728	1739	1751	1803	1815	1827	1839	1850	1902	1912	1923	1935	1946		
Ilford High Road <i>Hainault Street</i>	1635	1646	1658	1710	1722	1734	1745	1757	1809	1821	1833	1845	1856	1907	1917	1928	1940	1951		
Goodmayes <i>Lord Napier</i>	1647	1658	1710	1722	1734	1746	1757	1809	1821	1833	1844	1856	1907	1917	1927	1938	1948	1959		
Becontree Heath <i>Ship & Anchor</i>	1700	1711	1723	1735	1747	1759	1810	1822	1834	1845	1856	1907	1918	1928	1938	1948	1958	2009		
Chigwell Row <i>Maypole</i>	1927	1942	1958	2019	2040	2100	2120	2140	Then every 20 minutes until	0000										
Hainault Station	1935	1949	2005	2025	2046	2106	2126	2145		0005										
Barkingside <i>Chequers</i>	1943	1957	2012	2032	2053	2113	2133	2151		0011										
Gants Hill Station <i>Cranbrook Road (S)</i>	1950	2004	2019	2039	2059	2119	2139	2156		0016										
Ilford Station	1957	2011	2026	2046	2106	2125	2144	2201		0021										
Ilford High Road <i>Hainault Street</i>	2001	2015	2030	2050	2110	2129	2148	2205		0025										
Goodmayes <i>Lord Napier</i>	2009	2023	2038	2058	2117	2135	2154	2211		0031										
Becontree Heath <i>Ship & Anchor</i>	2019	2033	2048	2108	2126	2143	2202	2219	0039											
Note:	SD - Operates on school days only																			

150		Saturdays (also Good Friday)																	
Chigwell Row Maypole	0505	0530	0550	0610	0630	0650	0705	0720	0735	0750	0805	0817	0829	0840	0851	0902	0913	0923	
Hainault Station	0511	0536	0556	0616	0636	0656	0711	0726	0741	0757	0813	0825	0837	0848	0859	0910	0921	0931	
Barkingside Chequers	0516	0541	0601	0621	0641	0701	0717	0732	0747	0803	0820	0832	0844	0855	0907	0918	0930	0941	
Gants Hill Station Cranbrook Road (S)	0521	0546	0606	0626	0646	0706	0722	0737	0752	0809	0826	0838	0850	0902	0914	0925	0937	0948	
Ilford Station	0526	0551	0611	0631	0651	0711	0728	0743	0758	0815	0832	0844	0856	0908	0920	0932	0944	0956	
Ilford High Road Hainault Street	0530	0555	0615	0635	0655	0715	0732	0747	0802	0819	0836	0848	0900	0912	0924	0936	0948	1000	
Goodmayes Lord Napier	0535	0600	0620	0640	0700	0720	0738	0753	0809	0826	0843	0855	0907	0919	0931	0944	0956	1008	
Becontree Heath Ship & Anchor	0543	0608	0628	0648	0708	0728	0746	0802	0818	0835	0852	0904	0917	0929	0941	0954	1007	1019	
Chigwell Row Maypole	0934	0945	0956	1007	1017	1027	1038	1049	Then every 12 minutes until	1401	1413	1425	1437	1449	1501	1513	1525		
Hainault Station	0942	0953	1004	1015	1025	1035	1046	1057		1409	1421	1433	1445	1457	1509	1521	1533		
Barkingside Chequers	0952	1003	1014	1026	1036	1046	1057	1109		1421	1433	1445	1457	1509	1520	1531	1543		
Gants Hill Station Cranbrook Road (S)	0959	1010	1021	1033	1043	1054	1106	1118		1430	1442	1454	1506	1518	1529	1540	1552		
Ilford Station	1007	1018	1029	1041	1052	1104	1116	1128		1440	1452	1504	1515	1527	1538	1549	1601		
Ilford High Road Hainault Street	1012	1023	1034	1046	1057	1109	1121	1133		1445	1457	1509	1520	1532	1543	1554	1606		
Goodmayes Lord Napier	1020	1032	1043	1056	1108	1120	1132	1144		1456	1508	1520	1531	1543	1554	1605	1617		
Becontree Heath Ship & Anchor	1031	1043	1055	1108	1120	1132	1144	1156		1508	1519	1531	1542	1554	1605	1616	1628		
Chigwell Row Maypole	1537	1549	1601	Then every 12 minutes until	1713	1725	1737	1749	1804	1819	1834	1849	1904	1919	1939	1959	2019		
Hainault Station	1545	1557	1609		1721	1733	1745	1757	1812	1826	1841	1856	1911	1926	1946	2006	2026		
Barkingside Chequers	1555	1607	1618		1730	1742	1754	1806	1821	1835	1850	1905	1919	1934	1954	2014	2033		
Gants Hill Station Cranbrook Road (S)	1604	1616	1627		1739	1751	1803	1815	1830	1844	1859	1914	1928	1943	2003	2022	2041		
Ilford Station	1613	1625	1636		1748	1800	1811	1823	1838	1852	1907	1921	1935	1950	2010	2028	2047		
Ilford High Road Hainault Street	1618	1630	1641		1753	1805	1816	1828	1843	1857	1912	1926	1940	1955	2014	2032	2051		
Goodmayes Lord Napier	1629	1641	1652		1804	1815	1826	1838	1853	1907	1921	1935	1949	2004	2022	2040	2059		
Becontree Heath Ship & Anchor	1640	1652	1703		1815	1826	1837	1849	1904	1918	1932	1946	2000	2014	2032	2050	2108		
Chigwell Row Maypole	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340	0000								
Hainault Station	2046	2106	2126	2146	2206	2226	2245	2305	2325	2345	0005								
Barkingside Chequers	2053	2113	2133	2152	2212	2232	2251	2311	2331	2351	0011								
Gants Hill Station Cranbrook Road (S)	2100	2120	2140	2159	2218	2237	2256	2316	2336	2356	0016								
Ilford Station	2106	2126	2146	2205	2224	2242	2301	2321	2341	0001	0021								
Ilford High Road Hainault Street	2110	2130	2150	2209	2228	2246	2305	2325	2345	0005	0025								
Goodmayes Lord Napier	2118	2137	2157	2216	2235	2252	2311	2331	2351	0011	0031								
Becontree Heath Ship & Anchor	2127	2146	2206	2225	2243	2300	2319	2339	2359	0019	0039								
150		Sundays and other Public Holidays (except Christmas Day)																	
Chigwell Row Maypole	0530	0605	0635	0655	0715	0735	0755	0813	0831	0849	0908	0927	0945	1003	1021	1039	1057	1116	
Hainault Station	0536	0611	0641	0701	0721	0741	0801	0820	0838	0856	0916	0935	0953	1011	1029	1047	1105	1124	
Barkingside Chequers	0541	0616	0646	0706	0726	0746	0806	0826	0844	0903	0923	0942	1001	1019	1038	1057	1115	1134	
Gants Hill Station Cranbrook Road (S)	0546	0621	0651	0711	0731	0751	0811	0831	0849	0909	0929	0949	1008	1026	1045	1104	1123	1142	
Ilford Station	0551	0626	0656	0716	0736	0756	0816	0836	0855	0915	0935	0955	1014	1033	1053	1112	1132	1151	
Ilford High Road Hainault Street	0555	0630	0700	0720	0740	0800	0820	0840	0859	0919	0939	0959	1018	1037	1057	1117	1137	1156	
Goodmayes Lord Napier	0559	0635	0706	0726	0746	0806	0826	0846	0906	0926	0946	1006	1026	1046	1106	1126	1146	1205	
Becontree Heath Ship & Anchor	0607	0643	0714	0734	0754	0815	0835	0855	0916	0936	0957	1017	1037	1057	1117	1137	1157	1217	
Chigwell Row Maypole	1135	Then every 20 minutes until	1455	1515	1535	1556	1617	1637	1657	1717	1737	1757	1817	1837	1857	1917	1937		
Hainault Station	1143		1503	1523	1543	1604	1624	1644	1704	1724	1744	1804	1824	1844	1904	1924	1944		
Barkingside Chequers	1153		1513	1533	1553	1612	1632	1652	1712	1732	1752	1811	1831	1851	1911	1931	1951		
Gants Hill Station Cranbrook Road (S)	1201		1521	1541	1601	1620	1640	1700	1720	1740	1800	1819	1839	1859	1918	1938	1958		
Ilford Station	1210		1530	1550	1609	1628	1648	1708	1727	1747	1807	1826	1846	1906	1925	1945	2005		
Ilford High Road Hainault Street	1215		1535	1555	1614	1633	1653	1713	1732	1752	1812	1831	1851	1911	1930	1950	2009		
Goodmayes Lord Napier	1225		1545	1605	1624	1643	1703	1722	1741	1801	1820	1839	1859	1919	1938	1958	2017		
Becontree Heath Ship & Anchor	1237		1557	1616	1635	1654	1714	1733	1752	1811	1831	1850	1910	1929	1948	2008	2026		
Chigwell Row Maypole	1958	2019	2040	2100	Then every 20 minutes until	0000													
Hainault Station	2005	2025	2046	2105		0005													
Barkingside Chequers	2012	2032	2053	2111		0011													
Gants Hill Station Cranbrook Road (S)	2018	2038	2058	2116		0016													
Ilford Station	2024	2044	2104	2121		0021													
Ilford High Road Hainault Street	2028	2048	2108	2125		0025													
Goodmayes Lord Napier	2036	2055	2114	2131		0031													
Becontree Heath Ship & Anchor	2045	2104	2122	2139		0039													

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Becontree Heath – Ilford – Chigwell Row

150		Mondays to Fridays																
Becontree Heath Ship & Anchor	0520	0540	0600	0620	0633	0643	0653	0703	0713	0723	0734	0745	0757	0809	0821	0833	0846	0859
Goodmayes Lord Napier	0528	0548	0608	0629	0642	0652	0702	0712	0722	0733	0744	0756	0808	0820	0832	0844	0857	0910
Ilford High Road Hainault Street	0535	0555	0616	0637	0651	0702	0712	0723	0733	0744	0756	0808	0820	0832	0844	0856	0909	0921
Ilford Station	0539	0559	0620	0641	0655	0707	0717	0728	0738	0750	0802	0814	0826	0838	0850	0902	0915	0927
Gants Hill Station Cranbrook Road (S)	0544	0604	0626	0647	0701	0714	0724	0735	0746	0758	0810	0822	0834	0846	0858	0910	0923	0935
Barkingside Chequers	0549	0609	0631	0653	0707	0720	0731	0742	0754	0806	0818	0830	0842	0854	0906	0918	0931	0943
Hainault Station	0554	0615	0637	0659	0713	0727	0739	0751	0803	0815	0827	0839	0851	0903	0915	0927	0939	0951
Chigwell Row Maypole	0600	0622	0644	0706	0721	0736	0748	0800	0812	0824	0836	0847	0859	0911	0923	0935	0947	0959
Becontree Heath Ship & Anchor	0912	0925	0938	0950	1002	1014	1026	1038	1050	1102	1114	1126	1137	Then every 12 minutes until	1313	1324	1335	
Goodmayes Lord Napier	0923	0936	0948	1000	1012	1024	1036	1048	1100	1112	1124	1136	1147		1323	1334	1345	
Ilford High Road Hainault Street	0934	0946	0958	1010	1022	1034	1046	1058	1110	1122	1134	1146	1157		1333	1344	1355	
Ilford Station	0940	0952	1004	1016	1028	1040	1052	1104	1116	1128	1140	1152	1203		1339	1350	1401	
Gants Hill Station Cranbrook Road (S)	0947	0959	1011	1023	1035	1047	1059	1111	1123	1135	1147	1159	1211		1347	1358	1409	
Barkingside Chequers	0955	1007	1019	1031	1043	1055	1107	1119	1131	1143	1155	1207	1219		1355	1406	1417	
Hainault Station	1003	1015	1027	1039	1051	1103	1115	1128	1140	1152	1204	1216	1228		1404	1416	1427	
Chigwell Row Maypole	1011	1023	1035	1047	1059	1111	1123	1136	1148	1200	1212	1224	1236		1412	1424	1436	
	SD																	
Becontree Heath Ship & Anchor	1346	1356	1406	1417	1428	1440	1452	1504	1510	1516	Then every 12 minutes until	1652	1705	Then every 12 minutes until	1817	1829		
Goodmayes Lord Napier	1356	1406	1417	1428	1439	1451	1503	1515	1521	1527		1703	1715		1827	1839		
Ilford High Road Hainault Street	1407	1417	1428	1439	1451	1503	1515	1527	1533	1539		1715	1727		1839	1851		
Ilford Station	1413	1424	1435	1446	1458	1510	1522	1534	1540	1546		1722	1734		1846	1857		
Gants Hill Station Cranbrook Road (S)	1421	1432	1443	1454	1506	1518	1530	1542	1548	1554		1730	1742		1854	1905		
Barkingside Chequers	1429	1440	1451	1502	1514	1526	1538	1550	1602	1602		1738	1750		1902	1913		
Hainault Station	1439	1450	1501	1513	1525	1537	1549	1601	1613	1613		1749	1801		1913	1924		
Chigwell Row Maypole	1448	1459	1510	1522	1534	1546	1558	1610	1622	1622		1758	1810		1922	1933		
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	1851	1903	1915	1928	1943	1957	2012	2032	2052	2112	2132	2152	2212	2232	2252	2312	2331	2351
Ilford High Road Hainault Street	1903	1915	1927	1939	1953	2007	2021	2041	2101	2120	2140	2200	2219	2238	2258	2318	2337	2357
Ilford Station	1909	1921	1933	1944	1958	2012	2026	2046	2106	2125	2144	2204	2223	2242	2302	2322	2341	0001
Gants Hill Station Cranbrook Road (S)	1917	1929	1940	1952	2005	2019	2033	2053	2112	2131	2150	2209	2228	2247	2306	2326	2345	0005
Barkingside Chequers	1925	1937	1948	1959	2012	2026	2040	2100	2118	2137	2156	2215	2234	2253	2312	2331	2350	0010
Hainault Station	1934	1944	1955	2006	2019	2032	2046	2106	2124	2143	2202	2221	2240	2259	2318	2337	2356	0015
Chigwell Row Maypole	1943	1953	2003	2014	2027	2040	2054	2113	2131	2150	2209	2228	2247	2306	2325	2344	0003	0022
Becontree Heath Ship & Anchor	0005	0025																
Goodmayes Lord Napier	0011	0031																
Ilford High Road Hainault Street	0017	0037																
Ilford Station	0021	0041																
Gants Hill Station Cranbrook Road (S)	0025	0045																
Barkingside Chequers	0030	0050																
Hainault Station	0035	0055																
Chigwell Row Maypole	0042	0102																
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	0855	0905	0916	0927	0938
Goodmayes Lord Napier	0527	0547	0607	0627	0647	0707	0723	0738	0753	0808	0823	0838	0852	0903	0913	0924	0935	0947
Ilford High Road Hainault Street	0534	0554	0614	0634	0654	0714	0730	0745	0800	0816	0831	0846	0900	0912	0922	0934	0945	0957
Ilford Station	0538	0558	0618	0638	0658	0718	0734	0749	0804	0820	0835	0850	0905	0917	0927	0939	0950	1002
Gants Hill Station Cranbrook Road (S)	0543	0603	0623	0643	0704	0724	0740	0755	0810	0826	0841	0856	0911	0923	0934	0946	0957	1009
Barkingside Chequers	0548	0608	0628	0648	0709	0729	0745	0800	0816	0832	0847	0902	0917	0929	0941	0953	1004	1016
Hainault Station	0553	0613	0633	0653	0714	0735	0751	0807	0823	0839	0854	0910	0925	0937	0949	1001	1013	1025
Chigwell Row Maypole	0559	0619	0639	0659	0721	0742	0758	0814	0830	0846	0901	0917	0932	0945	0957	1009	1021	1033
Becontree Heath Ship & Anchor	0949	1000	1011	1022	Then every 12 minutes until	1110	1122	1133	1145	1156	1208	Then every 12 minutes until	1444	1456	Then every 12 mins. until	1644		
Goodmayes Lord Napier	0958	1009	1020	1031		1119	1131	1142	1154	1205	1218		1454	1506		1654		
Ilford High Road Hainault Street	1009	1020	1031	1043		1131	1143	1154	1206	1218	1231		1507	1518		1706		
Ilford Station	1014	1025	1037	1049		1137	1149	1200	1212	1224	1237		1513	1524		1712		
Gants Hill Station Cranbrook Road (S)	1021	1032	1044	1056		1144	1157	1209	1221	1233	1246		1522	1533		1721		
Barkingside Chequers	1028	1040	1052	1104		1152	1205	1217	1229	1241	1254		1530	1541		1729		
Hainault Station	1037	1049	1101	1113		1201	1214	1226	1238	1250	1303		1539	1550		1738		
Chigwell Row Maypole	1045	1057	1109	1121		1209	1222	1234	1246	1258	1311		1547	1558		1746		
Becontree Heath Ship & Anchor	1656	1708	1720	1732	1744	1756	1809	1824	1839	1854	1909	1925	1945	2005	2025	2045	2105	2125
Goodmayes Lord Napier	1705	1717	1729	1741	1753	1805	1818	1833	1848	1903	1918	1933	1953	2013	2033	2053	2112	2132
Ilford High Road Hainault Street	1717	1729	1741	1753	1805	1817	1829	1844	1859	1913	1927	1942	2002	2021	2041	2101	2120	2140
Ilford Station	1723	1735	1747	1759	1811	1823	1835	1850	1905	1918	1932	1947	2007	2026	2046	2106	2125	2145
Gants Hill Station Cranbrook Road (S)	1732	1743	1755	1807	1819	1831	1843	1858	1913	1926	1940	1955	2014	2033	2053	2112	2131	2151
Barkingside Chequers	1740	1751	1803	1815	1827	1839	1851	1906	1920	1933	1947	2002	2020	2039	2059	2118	2137	2157
Hainault Station	1749	1800	1812	1824	1836	1848	1900	1913	1927	1940	1954	2009	2027	2046	2106	2125	2144	2203
Chigwell Row Maypole	1757	1808	1820	1832	1844	1856	1908	1921	1935	1948	2002	2017	2035	2054	2113	2132	2151	2210
Becontree Heath Ship & Anchor	2145	2205	2225	2245	2305	2325	2345	0005	0025									
Goodmayes Lord Napier	2152	2212	2232	2251	2311	2331	2351	0011	0031									
Ilford High Road Hainault Street	2200	2219	2238	2257	2318	2337	2357	0017	0037									
Ilford Station	2204	2223	2242	2301	2322	2341	0001	0021	0041									
Gants Hill Station Cranbrook Road (S)	2210	2229	2247	2306	2327	2345	0005	0025	0045									
Barkingside Chequers	2216	2235	2253	2312	2332	2350	0010	0030	0050									
Hainault Station	2222	2240	2258	2317	2337	2355	0015	0035	0055									
Chigwell Row Maypole	2229	2247	2305	2324	2344	0002	0022	0042	0102									
150 Sundays and other Public Holidays (except Christmas Day)																		
Becontree Heath Ship & Anchor	0540	0610	0640	0700	0720	0740	0759	0818	0837	0856	0914	0933	0951	1009	1028	1047	1106	1125
Goodmayes Lord Napier	0547	0617	0647	0707	0727	0747	0807	0826	0845	0904	0923	0942	1000	1018	1037	1056	1115	1135
Ilford High Road Hainault Street	0554	0624	0654	0714	0734	0754	0814	0833	0852	0912	0931	0951	1010	1028	1048	1107	1127	1147
Ilford Station	0558	0628	0658	0718	0738	0758	0818	0838	0857	0917	0936	0956	1015	1033	1053	1112	1132	1152
Gants Hill Station Cranbrook Road (S)	0603	0633	0703	0723	0743	0803	0823	0843	0902	0922	0941	1001	1021	1040	1100	1120	1140	1200
Barkingside Chequers	0608	0638	0708	0728	0748	0808	0828	0848	0908	0928	0948	1008	1028	1047	1107	1127	1147	1208
Hainault Station	0612	0642	0713	0733	0754	0814	0834	0855	0915	0935	0955	1015	1035	1055	1115	1135	1155	1216
Chigwell Row Maypole	0618	0648	0719	0740	0801	0821	0841	0902	0922	0942	1002	1023	1043	1103	1123	1143	1203	1224
Becontree Heath Ship & Anchor	1145	Then every 20 minutes until	1505	1525	1545	1605	1625	1645	1705	1725	1745	1805	1825	1845	1905	1925	1945	
Goodmayes Lord Napier	1155		1515	1535	1555	1614	1634	1654	1714	1734	1754	1814	1834	1854	1913	1933	1953	
Ilford High Road Hainault Street	1207		1527	1547	1607	1625	1644	1704	1724	1744	1804	1823	1843	1903	1922	1941	2001	
Ilford Station	1213		1533	1553	1613	1631	1650	1710	1730	1750	1810	1829	1849	1908	1927	1946	2005	
Gants Hill Station Cranbrook Road (S)	1221		1541	1601	1621	1639	1658	1718	1738	1758	1817	1836	1856	1915	1934	1953	2012	
Barkingside Chequers	1229		1549	1608	1628	1646	1705	1725	1745	1805	1824	1843	1903	1921	1940	1959	2018	
Hainault Station	1237		1557	1616	1636	1654	1713	1733	1753	1812	1831	1850	1910	1928	1947	2006	2025	
Chigwell Row Maypole	1245		1605	1624	1644	1702	1721	1741	1801	1820	1839	1858	1917	1935	1954	2013	2032	
Becontree Heath Ship & Anchor	2005	2025	2045	2105	2125	2145	2205	2225	2245	Then every 20 minutes until	0025							
Goodmayes Lord Napier	2012	2032	2052	2112	2132	2151	2211	2231	2251		0031							
Ilford High Road Hainault Street	2020	2040	2100	2119	2139	2158	2218	2237	2257		0037							
Ilford Station	2024	2044	2104	2123	2143	2202	2222	2241	2301		0041							
Gants Hill Station Cranbrook Road (S)	2031	2051	2110	2129	2148	2207	2227	2246	2305		0045							
Barkingside Chequers	2037	2057	2115	2134	2153	2212	2232	2251	2310		0050							
Hainault Station	2044	2103	2121	2140	2159	2218	2237	2256	2315		0055							
Chigwell Row Maypole	2051	2110	2128	2147	2206	2225	2244	2303	2322		0102							