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Chigwell Row – Ilford – Becontree Heath

150		Mondays to Fridays																	
Chigwell Row <i>Maypole</i>	0505	0525	0545	0605	0625	0635	0645	0655	0705	0715	0725	0736	0747	0758	0810	0822	0834	0846	
Hainault Station	0512	0532	0553	0613	0633	0643	0654	0704	0714	0724	0734	0746	0757	0808	0820	0832	0844	0856	
Barkingside <i>Chequers</i>	0518	0538	0559	0619	0640	0650	0701	0711	0722	0732	0742	0754	0805	0817	0829	0841	0853	0905	
Gants Hill Station <i>Cranbrook Road (S)</i>	0523	0543	0604	0625	0646	0656	0708	0718	0729	0740	0750	0802	0814	0826	0838	0850	0902	0913	
Ilford Station	0528	0548	0609	0630	0651	0702	0714	0726	0738	0749	0759	0811	0823	0835	0847	0859	0910	0920	
Ilford High Road <i>Hainault Street</i>	0532	0552	0613	0634	0655	0707	0719	0731	0743	0754	0804	0816	0828	0840	0852	0904	0915	0925	
Goodmayes <i>Lord Napier</i>	0538	0558	0619	0641	0703	0716	0728	0740	0752	0803	0814	0826	0838	0850	0902	0914	0924	0934	
Becontree Heath <i>Ship & Anchor</i>	0546	0606	0628	0650	0713	0727	0740	0753	0805	0817	0828	0840	0852	0903	0914	0925	0935	0945	
Chigwell Row <i>Maypole</i>	0858	0909	0920	0931	0942	0953				1305	1317	1329	1341	1353	1405	1416	1427	1438	1449
Hainault Station	0907	0918	0929	0940	0950	1001				1313	1325	1337	1349	1401	1413	1424	1435	1446	1457
Barkingside <i>Chequers</i>	0916	0927	0938	0949	0959	1010		Then		1322	1334	1346	1358	1410	1422	1433	1444	1455	1506
Gants Hill Station <i>Cranbrook Road (S)</i>	0924	0935	0946	0957	1007	1018		every 12		1330	1342	1354	1406	1418	1430	1441	1452	1503	1515
Ilford Station	0931	0942	0953	1004	1014	1025		minutes		1337	1349	1401	1413	1425	1437	1448	1500	1512	1524
Ilford High Road <i>Hainault Street</i>	0936	0947	0958	1009	1019	1030		until		1342	1354	1406	1419	1431	1443	1454	1506	1518	1530
Goodmayes <i>Lord Napier</i>	0945	0956	1007	1018	1028	1039				1351	1403	1416	1429	1442	1454	1505	1517	1529	1541
Becontree Heath <i>Ship & Anchor</i>	0956	1007	1018	1029	1039	1050				1402	1415	1428	1441	1454	1507	1519	1531	1543	1555
Chigwell Row <i>Maypole</i>	1500			1624	1636	1648	1700	1712	1724	1736	1748	1800	1812	1825	1837	1849	1902	1915	
Hainault Station	1509			1633	1645	1657	1709	1720	1732	1744	1756	1808	1820	1833	1845	1857	1909	1922	
Barkingside <i>Chequers</i>	1518		Then	1642	1654	1706	1718	1729	1741	1753	1805	1817	1828	1841	1853	1905	1917	1929	
Gants Hill Station <i>Cranbrook Road (S)</i>	1527		every 12	1651	1703	1714	1726	1737	1749	1801	1813	1825	1835	1848	1900	1912	1924	1936	
Ilford Station	1536		minutes	1700	1712	1723	1735	1746	1758	1810	1821	1833	1843	1856	1907	1919	1931	1943	
Ilford High Road <i>Hainault Street</i>	1542		until	1706	1718	1729	1741	1752	1804	1816	1827	1838	1848	1901	1912	1924	1936	1948	
Goodmayes <i>Lord Napier</i>	1553			1717	1729	1740	1752	1803	1815	1826	1837	1848	1858	1911	1921	1933	1944	1956	
Becontree Heath <i>Ship & Anchor</i>	1607			1731	1742	1753	1805	1816	1827	1838	1849	1900	1910	1922	1932	1943	1954	2006	
Chigwell Row <i>Maypole</i>	1927	1942	1957	2017	2038	2058	2118	2138	2158	2220	2238	2258	2318	2338	2358				
Hainault Station	1934	1949	2004	2024	2044	2104	2124	2144	2204	2226	2244	2304	2324	2344	0004				
Barkingside <i>Chequers</i>	1941	1956	2011	2030	2050	2110	2130	2150	2210	2232	2250	2310	2330	2350	0010				
Gants Hill Station <i>Cranbrook Road (S)</i>	1948	2003	2018	2036	2056	2116	2136	2156	2216	2237	2255	2315	2335	2355	0015				
Ilford Station	1955	2009	2024	2042	2102	2122	2141	2201	2221	2242	2300	2320	2340	0000	0020				
Ilford High Road <i>Hainault Street</i>	2000	2014	2029	2047	2106	2126	2145	2205	2225	2246	2304	2324	2344	0004	0024				
Goodmayes <i>Lord Napier</i>	2008	2022	2036	2054	2113	2133	2152	2212	2231	2252	2310	2330	2350	0010	0030				
Becontree Heath <i>Ship & Anchor</i>	2018	2032	2045	2103	2122	2141	2200	2220	2239	2259	2317	2337	2357	0017	0037				

150		Saturdays (also Good Friday)																
Chigwell Row Maypole	0505	0535	0555	0615	0635	0655	0715	0730	0745	0800	0815	0827	0838	0849	0900	0911	0922	0934
Hainault Station	0511	0541	0601	0622	0642	0702	0722	0737	0752	0807	0822	0834	0846	0857	0908	0919	0930	0942
Barkingside Chequers	0517	0547	0607	0628	0648	0708	0728	0743	0758	0813	0829	0841	0853	0905	0916	0927	0938	0950
Gants Hill Station Cranbrook Road (S)	0522	0552	0612	0633	0653	0713	0733	0749	0804	0819	0835	0847	0859	0911	0922	0934	0945	0957
Ilford Station	0527	0557	0617	0638	0658	0718	0738	0754	0810	0825	0841	0853	0905	0917	0929	0941	0952	1004
Ilford High Road Hainault Street	0531	0601	0621	0642	0702	0722	0742	0758	0814	0829	0845	0857	0909	0921	0933	0945	0957	1009
Goodmayes Lord Napier	0537	0607	0627	0648	0708	0728	0749	0805	0821	0836	0852	0904	0916	0928	0941	0953	1005	1017
Becontree Heath Ship & Anchor	0545	0615	0635	0656	0716	0736	0757	0813	0829	0845	0901	0913	0925	0938	0951	1003	1015	1027
Chigwell Row Maypole	0946	0957	1008	1019	1029	1039	1049	1100	1111	1123	1135	Then every 12 minutes until	1411	1423	1435	1447	1459	
Hainault Station	0954	1005	1016	1027	1037	1047	1057	1108	1119	1131	1143		1419	1431	1443	1455	1507	
Barkingside Chequers	1002	1014	1025	1036	1046	1056	1107	1118	1129	1141	1153		1429	1440	1452	1504	1516	
Gants Hill Station Cranbrook Road (S)	1009	1021	1032	1043	1054	1104	1115	1126	1137	1149	1201		1437	1448	1500	1512	1524	
Ilford Station	1016	1028	1039	1051	1102	1113	1124	1135	1146	1158	1210		1446	1457	1509	1521	1533	
Ilford High Road Hainault Street	1021	1033	1044	1056	1107	1118	1129	1140	1151	1203	1216		1452	1503	1515	1527	1539	
Goodmayes Lord Napier	1029	1042	1053	1105	1116	1127	1138	1149	1201	1213	1226		1502	1513	1525	1537	1549	
Becontree Heath Ship & Anchor	1039	1052	1104	1116	1127	1138	1149	1201	1213	1225	1238		1514	1525	1537	1549	1601	
Chigwell Row Maypole	1511	Then every 12 minutes until	1659	1711	1724	1736	1748	1802	1817	1832	1847	1902	1918	1938	1958	2018	2038	
Hainault Station	1519		1707	1719	1732	1744	1756	1810	1825	1840	1855	1910	1925	1945	2005	2025	2044	
Barkingside Chequers	1528		1716	1728	1740	1752	1804	1818	1833	1848	1902	1917	1932	1952	2012	2031	2050	
Gants Hill Station Cranbrook Road (S)	1536		1724	1736	1748	1800	1812	1826	1841	1855	1908	1924	1939	1959	2018	2037	2056	
Ilford Station	1545		1733	1744	1756	1807	1820	1834	1848	1902	1915	1931	1946	2005	2024	2043	2102	
Ilford High Road Hainault Street	1551		1739	1750	1802	1813	1826	1839	1853	1907	1920	1936	1951	2010	2029	2048	2107	
Goodmayes Lord Napier	1601		1749	1800	1812	1823	1835	1848	1902	1915	1928	1944	1959	2018	2036	2055	2114	
Becontree Heath Ship & Anchor	1612		1800	1811	1823	1833	1845	1858	1911	1925	1938	1953	2008	2027	2045	2104	2122	
Chigwell Row Maypole	2058	2118	2138	2158	2218	Then every 20 minutes until	2358											
Hainault Station	2104	2124	2144	2204	2224		0004											
Barkingside Chequers	2110	2130	2150	2210	2230		0010											
Gants Hill Station Cranbrook Road (S)	2116	2136	2156	2216	2235		0015											
Ilford Station	2122	2141	2201	2221	2240		0020											
Ilford High Road Hainault Street	2126	2145	2205	2225	2244		0024											
Goodmayes Lord Napier	2133	2152	2212	2231	2250		0030											
Becontree Heath Ship & Anchor	2141	2200	2220	2238	2257		0037											
150		Sundays and other Public Holidays (except Christmas Day)																
Chigwell Row Maypole	0535	0605	0635	0703	0728	0748	0808	0827	0846	0905	0924	0943	1001	1020	1038	1058	1117	1136
Hainault Station	0542	0612	0642	0710	0735	0755	0815	0834	0853	0912	0931	0950	1008	1028	1046	1106	1125	1144
Barkingside Chequers	0547	0617	0647	0715	0740	0800	0820	0839	0858	0917	0937	0956	1015	1035	1054	1114	1133	1153
Gants Hill Station Cranbrook Road (S)	0552	0622	0652	0720	0745	0805	0825	0845	0904	0923	0943	1003	1022	1042	1101	1121	1141	1201
Ilford Station	0557	0627	0657	0725	0750	0810	0830	0850	0909	0929	0949	1009	1028	1048	1108	1128	1148	1208
Ilford High Road Hainault Street	0601	0631	0701	0729	0754	0814	0834	0854	0914	0934	0954	1014	1033	1053	1113	1133	1154	1214
Goodmayes Lord Napier	0607	0637	0707	0735	0800	0820	0841	0901	0921	0942	1002	1022	1041	1101	1121	1142	1203	1223
Becontree Heath Ship & Anchor	0615	0645	0715	0743	0809	0829	0850	0911	0931	0952	1012	1032	1052	1112	1133	1154	1215	1235
Chigwell Row Maypole	1156	Then every 20 minutes until	1436	1456	1516	1536	1556	1616	1636	1657	1717	1737	1757	1817	1837	1857	1917	
Hainault Station	1204		1444	1504	1524	1543	1603	1623	1643	1704	1724	1744	1804	1824	1844	1904	1924	
Barkingside Chequers	1213		1453	1512	1532	1551	1611	1631	1651	1711	1731	1751	1811	1831	1851	1911	1930	
Gants Hill Station Cranbrook Road (S)	1221		1501	1520	1540	1559	1619	1638	1658	1718	1738	1758	1818	1838	1858	1918	1937	
Ilford Station	1229		1509	1528	1548	1607	1627	1646	1706	1726	1745	1805	1825	1845	1904	1924	1943	
Ilford High Road Hainault Street	1235		1515	1534	1554	1613	1633	1652	1712	1732	1751	1810	1830	1850	1909	1929	1948	
Goodmayes Lord Napier	1244		1524	1543	1603	1622	1642	1701	1721	1741	1800	1819	1839	1858	1917	1937	1955	
Becontree Heath Ship & Anchor	1256		1536	1555	1615	1634	1654	1713	1732	1752	1810	1829	1848	1907	1926	1946	2004	
Chigwell Row Maypole	1937	1958	2018	2038	2058	2118	2138	2158	Then every 20 minutes until	2358								
Hainault Station	1944	2004	2024	2044	2104	2124	2144	2204		0004								
Barkingside Chequers	1950	2010	2030	2050	2110	2130	2150	2210		0010								
Gants Hill Station Cranbrook Road (S)	1956	2016	2036	2055	2115	2135	2155	2215		0015								
Ilford Station	2002	2022	2042	2101	2121	2140	2200	2220		0020								
Ilford High Road Hainault Street	2007	2027	2046	2105	2125	2144	2204	2224		0024								
Goodmayes Lord Napier	2014	2034	2053	2112	2132	2151	2211	2230		0030								
Becontree Heath Ship & Anchor	2023	2042	2101	2120	2140	2159	2219	2237		0037								

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Becontree Heath – Ilford – Chigwell Row

150		Mondays to Fridays																
Becontree Heath Ship & Anchor	0520	0540	0600	0618	0628	0639	0649	0659	0709	0719	0729	0741	0752	0803	0815	0827	0839	0852
Goodmayes Lord Napier	0527	0548	0608	0626	0636	0647	0657	0707	0717	0728	0739	0752	0803	0814	0826	0838	0850	0903
Ilford High Road Hainault Street	0534	0555	0616	0634	0644	0655	0706	0716	0727	0739	0750	0803	0815	0826	0838	0850	0902	0914
Ilford Station	0538	0559	0620	0638	0649	0700	0711	0721	0733	0745	0756	0809	0821	0832	0844	0856	0908	0920
Gants Hill Station Cranbrook Road (S)	0543	0604	0625	0644	0655	0707	0718	0729	0741	0753	0804	0817	0829	0840	0852	0904	0915	0927
Barkingside Chequers	0548	0609	0630	0649	0701	0714	0725	0736	0748	0800	0811	0824	0836	0847	0859	0911	0922	0934
Hainault Station	0553	0614	0636	0655	0708	0721	0733	0744	0756	0808	0819	0832	0844	0855	0907	0919	0930	0942
Chigwell Row Maypole	0559	0621	0643	0703	0716	0729	0742	0753	0805	0817	0828	0841	0853	0904	0915	0927	0938	0950
SD																		
Becontree Heath Ship & Anchor	0904	0917																
Goodmayes Lord Napier	0914	0927																
Ilford High Road Hainault Street	0925	0937	Then every 12 minutes until	1317	1328	1338	1348	1358	1408	1418	1429	1440	1451	1503	1510	1515	1527	
Ilford Station	0931	0943		1327	1338	1348	1358	1408	1418	1428	1439	1450	1502	1514	1523	1526	1538	
Gants Hill Station Cranbrook Road (S)	0938	0950		1337	1348	1358	1408	1418	1428	1438	1449	1501	1513	1525	1537	1537	1549	
Barkingside Chequers	0945	0957		1343	1354	1404	1414	1424	1434	1444	1455	1507	1519	1531	1543	1543	1555	
Hainault Station	0953	1005		1350	1401	1412	1422	1432	1442	1452	1504	1516	1528	1540	1551	1552	1604	
Chigwell Row Maypole	1001	1013		1357	1408	1419	1429	1439	1449	1500	1512	1524	1536	1548	--	1600	1612	
				1405	1416	1427	1437	1448	1458	1510	1522	1534	1546	1558	--	1610	1622	
				1413	1424	1435	1445	1456	1507	1519	1531	1543	1555	1607	--	1619	1631	
Becontree Heath Ship & Anchor	1539		Then every 12 minutes until	1739	1751	1803	1815	1827	1839	1852	1905	1920	1935	1950	2005	2025	2045	2105
Goodmayes Lord Napier	1550			1750	1801	1813	1825	1837	1848	1901	1914	1929	1943	1958	2013	2033	2053	2113
Ilford High Road Hainault Street	1601			1801	1812	1823	1835	1847	1858	1910	1923	1937	1951	2006	2021	2040	2100	2120
Ilford Station	1607			1807	1818	1829	1841	1853	1904	1915	1928	1942	1956	2011	2026	2044	2104	2124
Gants Hill Station Cranbrook Road (S)	1616			1816	1827	1838	1850	1902	1912	1923	1935	1949	2003	2018	2033	2051	2110	2130
Barkingside Chequers	1624			1824	1835	1846	1858	1910	1920	1930	1942	1956	2010	2025	2039	2057	2116	2136
Hainault Station	1634			1834	1844	1855	1907	1918	1928	1938	1949	2003	2017	2032	2045	2103	2122	2142
Chigwell Row Maypole	1643			1843	1853	1904	1915	1926	1936	1946	1957	2011	2025	2039	2052	2110	2129	2149
Becontree Heath Ship & Anchor	2125	2145	2205	2225	2245	2305	2325	2345	0005	0025								
Goodmayes Lord Napier	2132	2152	2212	2232	2252	2311	2331	2351	0011	0031								
Ilford High Road Hainault Street	2139	2159	2219	2239	2258	2317	2337	2357	0017	0037								
Ilford Station	2143	2203	2223	2243	2302	2321	2341	0001	0021	0041								
Gants Hill Station Cranbrook Road (S)	2149	2209	2229	2248	2307	2326	2346	0006	0026	0046								
Barkingside Chequers	2155	2215	2234	2253	2312	2331	2351	0011	0031	0051								
Hainault Station	2201	2221	2240	2259	2318	2337	2357	0017	0037	0057								
Chigwell Row Maypole	2208	2228	2247	2306	2325	2344	0004	0024	0044	0104								
Note:	SD - Operates on school days only. Operated by Blue Triangle.																	

150		Saturdays (also Good Friday)																	
Becontree Heath Ship & Anchor	0520	0540	0600	0620	0640	0700	0715	0730	0745	0800	0815	0830	0845	0856	0906	0917	0928	0939	
Goodmayes Lord Napier	0527	0547	0607	0627	0647	0707	0722	0737	0752	0808	0823	0838	0853	0905	0915	0926	0937	0948	
Ilford High Road Hainault Street	0534	0554	0614	0634	0654	0714	0729	0744	0759	0815	0831	0846	0901	0913	0923	0935	0946	0957	
Ilford Station	0538	0558	0618	0638	0658	0718	0733	0748	0803	0819	0835	0850	0905	0917	0928	0940	0951	1002	
Gants Hill Station Cranbrook Road (S)	0543	0603	0623	0643	0703	0723	0738	0753	0808	0825	0841	0856	0911	0923	0935	0947	0958	1009	
Barkingside Chequers	0548	0608	0628	0649	0709	0729	0744	0759	0814	0831	0847	0902	0917	0929	0941	0954	1005	1016	
Hainault Station	0553	0613	0634	0655	0715	0735	0750	0805	0821	0838	0854	0909	0924	0936	0948	1001	1013	1024	
Chigwell Row Maypole	0559	0619	0641	0702	0722	0742	0757	0812	0828	0845	0901	0916	0931	0943	0955	1008	1020	1032	
Becontree Heath Ship & Anchor	0950	1001	1012	1024	1036	1047	1058	1110	1122	1134	1145	1157	1208	Then every 12 minutes until	1656	1708	1720		
Goodmayes Lord Napier	0959	1010	1021	1033	1045	1056	1107	1119	1131	1143	1154	1206	1217		1705	1717	1729		
Ilford High Road Hainault Street	1009	1020	1031	1043	1055	1106	1117	1129	1141	1153	1205	1217	1228		1716	1728	1740		
Ilford Station	1014	1025	1036	1048	1100	1112	1123	1135	1147	1159	1211	1223	1234		1722	1734	1746		
Gants Hill Station Cranbrook Road (S)	1021	1032	1043	1055	1107	1119	1131	1143	1155	1207	1219	1231	1243		1731	1742	1754		
Barkingside Chequers	1028	1039	1051	1103	1115	1127	1139	1151	1203	1215	1227	1239	1251		1739	1750	1802		
Hainault Station	1036	1047	1059	1111	1123	1135	1147	1159	1211	1223	1235	1247	1259		1747	1758	1810		
Chigwell Row Maypole	1044	1055	1107	1119	1131	1143	1155	1207	1219	1231	1243	1255	1307	1755	1806	1818			
Becontree Heath Ship & Anchor	1732	1744	1756	1808	1824	1839	1854	1909	1924	1944	2004	2025	2045	2105	2125	2145	2205	2225	
Goodmayes Lord Napier	1741	1753	1805	1817	1832	1847	1902	1917	1932	1952	2012	2033	2052	2112	2132	2152	2212	2232	
Ilford High Road Hainault Street	1752	1804	1815	1827	1842	1857	1911	1926	1940	2000	2020	2040	2059	2119	2139	2159	2219	2239	
Ilford Station	1758	1810	1821	1832	1847	1902	1916	1931	1945	2005	2025	2044	2103	2123	2143	2203	2223	2243	
Gants Hill Station Cranbrook Road (S)	1806	1818	1829	1840	1855	1910	1924	1938	1952	2012	2032	2051	2109	2129	2149	2209	2229	2248	
Barkingside Chequers	1813	1825	1836	1847	1902	1917	1930	1944	1958	2018	2038	2057	2115	2135	2155	2215	2234	2253	
Hainault Station	1821	1833	1843	1854	1909	1924	1937	1951	2004	2024	2044	2103	2121	2141	2201	2221	2240	2259	
Chigwell Row Maypole	1829	1841	1851	1902	1917	1931	1944	1958	2011	2031	2051	2110	2128	2148	2208	2228	2247	2306	
Becontree Heath Ship & Anchor	2245	2305	2325	2345	0005	0025													
Goodmayes Lord Napier	2252	2311	2331	2351	0011	0031													
Ilford High Road Hainault Street	2258	2317	2337	2357	0017	0037													
Ilford Station	2302	2321	2341	0001	0021	0041													
Gants Hill Station Cranbrook Road (S)	2307	2326	2346	0006	0026	0046													
Barkingside Chequers	2312	2331	2351	0011	0031	0051													
Hainault Station	2318	2337	2357	0017	0037	0057													
Chigwell Row Maypole	2325	2344	0004	0024	0044	0104													
150		Sundays and other Public Holidays (except Christmas Day)																	
Becontree Heath Ship & Anchor	0540	0610	0640	0710	0730	0750	0810	0830	0850	0909	0929	0949	1007	1027	1047	1106	1126	1146	
Goodmayes Lord Napier	0547	0617	0647	0717	0737	0757	0817	0837	0857	0917	0937	0957	1016	1036	1056	1115	1135	1155	
Ilford High Road Hainault Street	0554	0624	0654	0724	0744	0804	0824	0844	0904	0925	0945	1006	1025	1045	1105	1125	1145	1205	
Ilford Station	0558	0628	0658	0728	0748	0808	0828	0848	0908	0929	0950	1011	1030	1050	1110	1130	1150	1210	
Gants Hill Station Cranbrook Road (S)	0603	0633	0703	0733	0753	0813	0833	0854	0914	0935	0956	1018	1037	1057	1117	1137	1157	1218	
Barkingside Chequers	0608	0638	0708	0738	0758	0818	0839	0900	0920	0941	1002	1024	1044	1104	1125	1145	1205	1226	
Hainault Station	0613	0644	0714	0744	0804	0824	0845	0906	0926	0947	1008	1030	1050	1111	1133	1153	1213	1234	
Chigwell Row Maypole	0619	0650	0720	0750	0810	0830	0851	0912	0933	0954	1015	1037	1057	1118	1140	1200	1221	1242	
Becontree Heath Ship & Anchor	1206	Then every 20 minutes until	1526	1546	1606	1626	1646	1706	1726	1746	1806	1826	1846	1906	1925	1945	2005		
Goodmayes Lord Napier	1215		1535	1555	1615	1635	1655	1715	1735	1755	1815	1835	1855	1914	1933	1953	2012		
Ilford High Road Hainault Street	1225		1545	1605	1625	1645	1705	1725	1745	1805	1825	1844	1904	1922	1941	2001	2020		
Ilford Station	1230		1550	1610	1630	1650	1710	1730	1750	1810	1830	1849	1909	1927	1945	2005	2024		
Gants Hill Station Cranbrook Road (S)	1238		1558	1618	1638	1658	1718	1738	1758	1817	1837	1856	1916	1934	1952	2011	2030		
Barkingside Chequers	1246		1606	1625	1645	1705	1725	1745	1805	1824	1844	1903	1922	1940	1958	2017	2036		
Hainault Station	1254		1614	1633	1652	1712	1732	1752	1812	1831	1850	1909	1928	1946	2004	2023	2042		
Chigwell Row Maypole	1302	1622	1641	1700	1720	1740	1800	1820	1838	1857	1916	1935	1953	2011	2030	2049			
Becontree Heath Ship & Anchor	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325	2345	0005	0025						
Goodmayes Lord Napier	2032	2052	2112	2132	2152	2212	2232	2252	2311	2331	2351	0011	0031						
Ilford High Road Hainault Street	2039	2059	2119	2139	2159	2219	2239	2258	2317	2337	2357	0017	0037						
Ilford Station	2043	2103	2123	2143	2203	2223	2243	2302	2321	2341	0001	0021	0041						
Gants Hill Station Cranbrook Road (S)	2049	2109	2129	2149	2209	2229	2248	2307	2326	2346	0006	0026	0046						
Barkingside Chequers	2055	2115	2135	2155	2215	2234	2253	2312	2331	2351	0011	0031	0051						
Hainault Station	2101	2121	2141	2201	2221	2240	2259	2318	2337	2357	0017	0037	0057						
Chigwell Row Maypole	2108	2128	2148	2208	2228	2247	2306	2325	2344	0003	0023	0043	0103						