

169		Mondays to Fridays																
Clayhall The Glade	0450	0520	0540	0600	0620	0635	0650	0702	0713	0724	Then about every 10 minutes until	1820	1831	1843	1855	1910	1926	
Barkingside Fullwell Cross	0456	0526	0546	0606	0627	0642	0657	0709	0720	0731		1828	1839	1850	1902	1917	1933	
Newbury Park Ley St./Eastern Avenue	0501	0533	0553	0613	0634	0649	0705	0717	0728	0740		1838	1849	1900	1911	1926	1942	
Ilford High Road Hainault Street	0507	0540	0600	0620	0641	0657	0713	0725	0737	0749		1847	1858	1909	1920	1935	1950	
Ilford Broadway Chapel Road	0510	0543	0604	0624	0646	0702	0718	0730	0742	0754		1852	1903	1914	1925	1940	1955	
Ilford Lane Loxford Lane	0514	0547	0609	0630	0652	0709	0725	0737	0749	0801		1900	1911	1922	1933	1947	2002	
Barking Station	0517	0550	0612	0634	0656	0713	0729	0741	0754	0806	1905	1915	1926	1937	1951	2006		
Barking London Road	0519	0552	0614	0636	0658	0715	0731	0743	0756	0809	1908	1918	1929	1940	1954	2009		
Clayhall The Glade	1944	2002	2020	2038	2056	2114	2132	2150	2208	2228	2248	2304	2320	2340	0000	0030		
Barkingside Fullwell Cross	1951	2008	2026	2043	2101	2119	2137	2155	2213	2233	2252	2308	2324	2344	0004	0034		
Newbury Park Ley St./Eastern Avenue	2000	2016	2034	2051	2109	2126	2144	2202	2220	2238	2257	2313	2329	2349	0009	0039		
Ilford High Road Hainault Street	2008	2024	2042	2059	2117	2134	2151	2209	2226	2243	2302	2318	2334	2354	0014	0044		
Ilford Broadway Chapel Road	2013	2029	2047	2104	2122	2139	2156	2213	2230	2247	2305	2321	2337	2357	0017	0047		
Ilford Lane Loxford Lane	2020	2035	2052	2109	2127	2144	2200	2218	2235	2252	2309	2325	2341	0001	0021	0051		
Barking Station	2024	2039	2056	2113	2131	2148	2204	2221	2238	2255	2312	2328	2344	0004	0024	0054		
Barking London Road	2026	2041	2059	2115	2133	2150	2206	2223	2240	2257	2314	2330	2346	0006	0026	0056		
169		Saturdays (also Good Friday)																
Clayhall The Glade	0450	0520	Then every 20 mins. until	0620	0640	0700	0720	0740	0800	0815	0830	0842	0855	Then about every 10 mins. until	1806	1817	1831	1845
Barkingside Fullwell Cross	0456	0526		0626	0646	0706	0726	0746	0806	0822	0837	0849	0902		1812	1823	1837	1851
Newbury Park Ley St./Eastern Avenue	0501	0531		0631	0652	0712	0732	0753	0814	0831	0847	0900	0914		1822	1833	1846	1900
Ilford High Road Hainault Street	0507	0537		0637	0658	0718	0739	0800	0821	0838	0855	0909	0923		1830	1841	1854	1908
Ilford Broadway Chapel Road	0510	0540		0640	0701	0722	0743	0804	0825	0842	0859	0913	0927		1835	1846	1859	1913
Ilford Lane Loxford Lane	0514	0544		0644	0705	0726	0747	0808	0829	0846	0903	0918	0932		1844	1855	1908	1921
Barking Station	0517	0547	0647	0708	0729	0750	0811	0832	0849	0906	0921	0935	1849	1900	1913	1926		
Barking London Road	0519	0549	0649	0710	0731	0752	0813	0834	0851	0908	0923	0937	1851	1902	1915	1928		
Clayhall The Glade	1900	1920	1940	2000	2020	2040	2058	2116	2134	2152	2210	2228	2246	2304	2322	2340	0000	0030
Barkingside Fullwell Cross	1906	1926	1946	2006	2026	2046	2104	2122	2140	2158	2216	2233	2251	2309	2327	2345	0004	0034
Newbury Park Ley St./Eastern Avenue	1915	1934	1954	2014	2034	2054	2112	2129	2147	2205	2223	2240	2258	2315	2333	2351	0009	0039
Ilford High Road Hainault Street	1923	1942	2002	2022	2042	2102	2119	2136	2154	2212	2229	2246	2304	2321	2339	2357	0015	0045
Ilford Broadway Chapel Road	1928	1947	2006	2026	2046	2106	2123	2140	2158	2216	2233	2250	2308	2325	2343	0000	0018	0048
Ilford Lane Loxford Lane	1936	1954	2012	2032	2052	2112	2129	2146	2203	2221	2238	2255	2313	2330	2347	0004	0022	0052
Barking Station	1941	1958	2016	2036	2056	2115	2132	2149	2206	2224	2241	2258	2316	2333	2350	0007	0025	0055
Barking London Road	1943	2000	2018	2038	2058	2117	2134	2151	2208	2226	2243	2300	2318	2335	2352	0009	0027	0057
169		Sundays and other Public Holidays (except Christmas Day)																
Clayhall The Glade	0450	0520	0550	0620	0650	0720	0750	0810	0830	0850	0910	0930	0945	1000	1015	1030	1045	1100
Barkingside Fullwell Cross	0455	0525	0555	0625	0655	0725	0756	0816	0836	0856	0916	0937	0952	1007	1022	1037	1052	1107
Newbury Park Ley St./Eastern Avenue	0459	0529	0559	0629	0659	0730	0802	0822	0844	0904	0925	0946	1001	1016	1031	1046	1101	1116
Ilford High Road Hainault Street	0504	0534	0604	0634	0705	0736	0808	0829	0851	0911	0933	0954	1009	1024	1039	1054	1109	1124
Ilford Broadway Chapel Road	0507	0537	0607	0637	0708	0739	0811	0833	0855	0915	0937	0958	1013	1028	1043	1058	1113	1128
Ilford Lane Loxford Lane	0510	0540	0610	0640	0712	0743	0815	0837	0859	0920	0942	1003	1018	1033	1048	1103	1119	1134
Barking Station	0513	0543	0613	0643	0715	0746	0818	0840	0902	0924	0946	1007	1022	1037	1052	1107	1123	1138
Barking London Road	0515	0545	0615	0645	0717	0748	0820	0842	0904	0926	0948	1009	1024	1039	1054	1109	1125	1140
Clayhall The Glade	1115	1130	1145	1200	1215	1230	1245	1300	1315	1330	1345	1400	1415	1430	1445	1500	1515	1530
Barkingside Fullwell Cross	1122	1137	1152	1207	1222	1237	1252	1307	1322	1337	1352	1407	1422	1437	1452	1507	1522	1537
Newbury Park Ley St./Eastern Avenue	1132	1147	1203	1219	1234	1249	1304	1320	1335	1350	1405	1420	1434	1448	1502	1517	1532	1547
Ilford High Road Hainault Street	1140	1156	1212	1229	1244	1259	1314	1330	1345	1400	1415	1430	1444	1458	1512	1527	1542	1557
Ilford Broadway Chapel Road	1144	1200	1216	1233	1248	1303	1318	1334	1349	1404	1420	1435	1449	1503	1517	1532	1547	1602
Ilford Lane Loxford Lane	1150	1206	1223	1240	1255	1310	1325	1341	1356	1411	1427	1442	1457	1511	1525	1540	1555	1610
Barking Station	1154	1210	1227	1244	1259	1314	1329	1345	1400	1415	1431	1446	1501	1515	1529	1544	1559	1614
Barking London Road	1156	1212	1229	1246	1301	1316	1331	1347	1402	1417	1433	1448	1503	1517	1531	1546	1601	1616
Clayhall The Glade	1545	1600	1616	1632	1648	1704	1720	1736	1752	1808	1824	1840	1900	1920	1940	2000	2018	2036
Barkingside Fullwell Cross	1552	1607	1622	1638	1654	1710	1726	1742	1758	1814	1830	1846	1906	1926	1945	2005	2023	2041
Newbury Park Ley St./Eastern Avenue	1602	1617	1632	1647	1703	1719	1734	1749	1805	1821	1837	1853	1912	1932	1951	2011	2029	2047
Ilford High Road Hainault Street	1611	1626	1641	1656	1712	1727	1742	1757	1813	1829	1844	1900	1919	1939	1958	2018	2036	2054
Ilford Broadway Chapel Road	1616	1631	1646	1701	1716	1731	1746	1801	1817	1833	1848	1904	1923	1943	2002	2022	2040	2058
Ilford Lane Loxford Lane	1625	1640	1655	1710	1725	1740	1755	1810	1825	1840	1855	1910	1929	1949	2008	2027	2045	2103
Barking Station	1629	1644	1659	1714	1729	1744	1759	1814	1829	1844	1859	1914	1933	1952	2011	2030	2048	2106
Barking London Road	1631	1646	1701	1716	1731	1746	1801	1816	1831	1846	1901	1916	1935	1954	2013	2032	2050	2108
Clayhall The Glade	2054	2112	2130	2148	2206	2224	2242	2300	2320	2340	0000	0030						
Barkingside Fullwell Cross	2059	2117	2135	2153	2211	2229	2247	2305	2325	2345	0005	0035						
Newbury Park Ley St./Eastern Avenue	2105	2122	2140	2158	2216	2234	2252	2310	2330	2350	0010	0040						
Ilford High Road Hainault Street	2112	2129	2146	2204	2221	2239	2257	2315	2335	2355	0015	0045						
Ilford Broadway Chapel Road	2116	2133	2150	2207	2224	2242	2300	2318	2338	2358	0018	0048						
Ilford Lane Loxford Lane	2121	2138	2155	2212	2229	2246	2304	2322	2342	0002	0022	0052						
Barking Station	2124	2141	2158	2215	2232	2249	2307	2325	2345	0005	0025	0055						
Barking London Road	2126	2143	2200	2217	2234	2251	2309	2327	2347	0007	0027	0057						

169		Mondays to Fridays																		
Barking London Road	0420	0450	0510	0530	0550	0607	0622	0637	0649	0700	0711	0721	0731	Then about every 10 minutes until	1751	Then every 12 mins.	1839			
Barking Station	0422	0452	0512	0532	0552	0609	0625	0640	0652	0703	0714	0724	0734		1757		1845			
Ilford Lane Loxford Lane	0425	0455	0515	0535	0555	0612	0628	0643	0655	0706	0717	0727	0737		1801		1849			
Ilford Ilford Hill	0429	0459	0520	0540	0600	0617	0634	0649	0701	0712	0723	0734	0745		1810		1858			
Ilford High Road Hainault Street	0432	0502	0523	0543	0604	0621	0638	0653	0705	0716	0727	0738	0749		1815		1903			
Newbury Park Ley St./Eastern Avenue	0436	0507	0528	0548	0609	0626	0643	0659	0712	0724	0736	0748	0800		1826		1914			
Barkingside Fullwell Cross	0442	0513	0535	0556	0617	0634	0651	0708	0721	0733	0745	0757	0809	1837	1925					
Clayhall The Glade	0445	0517	0539	0600	0621	0638	0655	0712	0725	0737	0749	0801	0813	1843	1931					
Barking London Road	1854	1909	1925	1945	2005	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325	2355	0025			
Barking Station	1900	1914	1930	1950	2010	2029	2049	2108	2128	2148	2208	2228	2248	2307	2327	2357	0027			
Ilford Lane Loxford Lane	1904	1918	1934	1954	2014	2033	2053	2112	2132	2152	2212	2232	2251	2310	2330	0000	0030			
Ilford Ilford Hill	1913	1927	1943	2003	2023	2041	2100	2119	2139	2158	2218	2237	2256	2315	2335	0005	0035			
Ilford High Road Hainault Street	1918	1932	1948	2008	2028	2046	2105	2124	2143	2202	2222	2240	2259	2318	2338	0008	0038			
Newbury Park Ley St./Eastern Avenue	1928	1942	1957	2017	2036	2054	2112	2131	2149	2208	2227	2245	2304	2323	2343	0013	0043			
Barkingside Fullwell Cross	1939	1953	2007	2026	2045	2103	2121	2139	2157	2215	2234	2252	2310	2329	2349	0019	0049			
Clayhall The Glade	1945	1959	2013	2031	2050	2108	2126	2144	2202	2220	2238	2256	2314	2333	2353	0023	0053			
169		Saturdays (also Good Friday)																		
Barking London Road	0420	0450	0510	0530	0550	0610	0630	0650	0710	0725	0740	0755	0809	0823	0837	0849	0900	0911		
Barking Station	0422	0452	0512	0532	0552	0612	0632	0652	0712	0727	0742	0757	0812	0826	0840	0852	0903	0914		
Ilford Lane Loxford Lane	0425	0455	0515	0535	0555	0615	0635	0655	0715	0730	0745	0800	0815	0830	0844	0856	0907	0918		
Ilford Ilford Hill	0429	0459	0519	0539	0600	0620	0640	0700	0720	0735	0750	0805	0820	0835	0849	0902	0914	0925		
Ilford High Road Hainault Street	0432	0502	0522	0542	0603	0623	0643	0703	0723	0738	0753	0809	0824	0839	0853	0906	0918	0929		
Newbury Park Ley St./Eastern Avenue	0436	0506	0526	0546	0607	0628	0648	0708	0728	0744	0759	0815	0830	0845	0859	0912	0925	0936		
Barkingside Fullwell Cross	0441	0512	0532	0552	0613	0635	0655	0715	0735	0751	0807	0824	0840	0855	0909	0922	0935	0946		
Clayhall The Glade	0444	0515	0535	0555	0616	0638	0659	0719	0739	0755	0811	0828	0844	0859	0914	0927	0940	0952		
Barking London Road	0921	Then about every 10 minutes until	1311	1322	1333	1344	1354	1405	1416	Then about every 10 minutes until	1731	1743	1755	1807	1821	1835				
Barking Station	0924		1315	1326	1337	1348	1359	1411	1422		1736	1748	1800	1811	1825	1839				
Ilford Lane Loxford Lane	0928		1319	1330	1341	1352	1403	1415	1426		1740	1752	1804	1815	1829	1843				
Ilford Ilford Hill	0935		1332	1343	1355	1407	1418	1430	1441		1754	1806	1817	1828	1842	1855				
Ilford High Road Hainault Street	0939		1337	1348	1400	1412	1423	1435	1446		1759	1811	1822	1833	1847	1900				
Newbury Park Ley St./Eastern Avenue	0946		1348	1359	1411	1423	1434	1446	1457		1809	1820	1831	1842	1856	1909				
Barkingside Fullwell Cross	0957	1400	1411	1423	1435	1446	1458	1509	1819	1830	1841	1852	1906	1919						
Clayhall The Glade	1003	1406	1417	1429	1441	1452	1504	1515	1825	1836	1847	1858	1911	1924						
Barking London Road	1850	1905	1925	1945	2005	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325	2355	0025			
Barking Station	1854	1909	1929	1949	2008	2028	2048	2108	2128	2148	2208	2228	2248	2308	2328	2358	0028			
Ilford Lane Loxford Lane	1858	1913	1933	1953	2012	2032	2052	2112	2132	2152	2212	2232	2251	2311	2331	0001	0031			
Ilford Ilford Hill	1910	1924	1943	2003	2022	2041	2100	2120	2140	2200	2219	2238	2256	2316	2336	0006	0036			
Ilford High Road Hainault Street	1914	1928	1947	2007	2026	2045	2104	2124	2144	2204	2223	2242	2300	2319	2339	0009	0039			
Newbury Park Ley St./Eastern Avenue	1922	1936	1955	2015	2034	2053	2112	2132	2151	2211	2230	2248	2306	2324	2344	0014	0044			
Barkingside Fullwell Cross	1932	1946	2005	2024	2043	2102	2121	2140	2159	2219	2237	2255	2313	2331	2351	0021	0051			
Clayhall The Glade	1937	1951	2010	2029	2048	2107	2126	2145	2204	2223	2241	2259	2317	2335	2355	0025	0055			
169		Sundays and other Public Holidays (except Christmas Day)																		
Barking London Road	0420	0450	Then every 30 mins. until	0650	0716	0738	0759	0819	0839	0855	0910	0925	0940	Then about every 15 mins. until	1110	1124	1138	1153		
Barking Station	0422	0452		0652	0718	0740	0801	0822	0842	0858	0913	0928	0943		1113	1128	1142	1157		
Ilford Lane Loxford Lane	0425	0455		0655	0721	0743	0804	0825	0845	0901	0917	0932	0947		1117	1132	1146	1201		
Ilford Ilford Hill	0429	0459		0659	0726	0748	0809	0831	0851	0907	0924	0939	0954		1124	1139	1153	1208		
Ilford High Road Hainault Street	0432	0502		0702	0729	0751	0812	0834	0854	0911	0928	0943	0958		1128	1143	1157	1212		
Newbury Park Ley St./Eastern Avenue	0436	0507		0707	0734	0756	0818	0840	0900	0917	0935	0950	1005		1135	1151	1206	1222		
Barkingside Fullwell Cross	0441	0512	0712	0741	0803	0825	0847	0907	0925	0943	0958	1014	1145	1201	1216	1233				
Clayhall The Glade	0444	0515	0715	0745	0807	0829	0851	0911	0929	0947	1003	1019	1151	1207	1222	1239				
Barking London Road	1208	1223	1238	1253	1308	Then every 15 mins. until	1353	1408	Then every 15 mins. until	1538	1553	1608	1623	1638	1653	1708	1723	1744		
Barking Station	1212	1227	1242	1257	1312		1357	1412		1542	1557	1611	1626	1641	1656	1711	1726	1747		
Ilford Lane Loxford Lane	1216	1231	1246	1302	1317		1402	1416		1546	1601	1615	1630	1645	1700	1715	1730	1751		
Ilford Ilford Hill	1224	1239	1255	1311	1327		1412	1427		1557	1612	1626	1641	1656	1711	1726	1740	1801		
Ilford High Road Hainault Street	1228	1244	1300	1316	1332		1417	1432		1602	1617	1631	1646	1701	1715	1730	1744	1805		
Newbury Park Ley St./Eastern Avenue	1239	1255	1311	1327	1343		1428	1443		1613	1627	1641	1656	1711	1725	1739	1753	1814		
Barkingside Fullwell Cross	1250	1306	1322	1338	1354	1439	1454	1624	1638	1652	1707	1721	1735	1749	1803	1823				
Clayhall The Glade	1256	1312	1328	1344	1400	1445	1500	1630	1644	1658	1712	1726	1740	1754	1808	1828				
Barking London Road	1805	1825	1845	1905	1925	1945	2005	2025	2045	2105	2125	2145	2205	2225	Then every 20 mins. until	2325	2355	0025		
Barking Station	1808	1828	1848	1908	1928	1948	2008	2028	2048	2108	2128	2148	2208	2227		2327	2357	0027		
Ilford Lane Loxford Lane	1812	1832	1852	1912	1932	1952	2012	2032	2052	2112	2132	2152	2211	2230		2330	0000	0030		
Ilford Ilford Hill	1821	1841	1901	1921	1940	2000	2019	2038	2058	2118	2138	2157	2216	2235		2335	0005	0035		
Ilford High Road Hainault Street	1825	1845	1905	1925	1944	2004	2023	2042	2102	2122	2141	2200	2219	2238		2338	0008	0038		
Newbury Park Ley St./Eastern Avenue	1834	1853	1913	1932	1951	2010	2029	2048	2108	2128	2147	2206	2224	2243		2343	0013	0043		
Barkingside Fullwell Cross	1843	1902	1921	1940	1959	2018	2037	2056	2116	2135	2154	2213	2231	2249	2349	0019	0049			
Clayhall The Glade	1848	1907	1926	1945	2004	2023	2042	2101	2120	2139	2158	2217	2235	2253	2353	0023	0053			