

169		Mondays to Fridays																		
Clayhall The Glade	0450	0520	0540	0600	0620	0635	0650	0702	0713	0724				1815	1828	1840	1855	1910	1925	
Barkingside Fullwell Cross	0456	0526	0546	0606	0627	0642	0657	0709	0720	0731				1823	1835	1847	1902	1917	1932	
Newbury Park Ley St./Eastern Avenue	0501	0533	0553	0613	0634	0649	0705	0717	0728	0740				1834	1846	1858	1912	1927	1941	
Ilford High Road Hainault Street	0507	0540	0600	0620	0641	0657	0713	0725	0737	0749				1844	1856	1908	1921	1936	1950	
Ilford Broadway Chapel Road	0510	0543	0604	0625	0646	0702	0718	0730	0742	0754				1849	1901	1913	1926	1941	1955	
Ilford Lane Loxford Lane	0514	0547	0609	0630	0651	0708	0724	0736	0748	0800				1857	1909	1921	1934	1949	2002	
Barking Station	0517	0550	0612	0634	0655	0712	0728	0740	0752	0804				1902	1914	1925	1938	1953	2006	
Barking Abbey Green (London Road)	0521	0554	0616	0638	0659	0716	0732	0744	0756	0808				1906	1918	1929	1942	1957	2010	
Clayhall The Glade	1940	2000	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340	0000	0030					
Barkingside Fullwell Cross	1947	2007	2026	2046	2106	2126	2146	2206	2225	2245	2304	2324	2344	0004	0034					
Newbury Park Ley St./Eastern Avenue	1956	2016	2034	2054	2114	2133	2153	2213	2232	2251	2309	2329	2349	0009	0039					
Ilford High Road Hainault Street	2004	2024	2042	2102	2122	2141	2200	2220	2238	2256	2314	2334	2354	0014	0044					
Ilford Broadway Chapel Road	2008	2028	2046	2106	2126	2145	2204	2224	2242	2300	2318	2337	2357	0017	0047					
Ilford Lane Loxford Lane	2015	2035	2053	2113	2133	2152	2211	2230	2248	2306	2324	2342	0001	0021	0051					
Barking Station	2019	2039	2057	2117	2137	2156	2215	2233	2251	2309	2327	2345	0004	0024	0054					
Barking Abbey Green (London Road)	2023	2042	2101	2120	2140	2159	2218	2236	2254	2312	2330	2348	0007	0027	0057					
169		Saturdays (also Good Friday)																		
Clayhall The Glade	0450	0520	0540	0600	0620	0640	0700	0720	0740	0800	0815	0830	0845	0856	0907	0918			1750	
Barkingside Fullwell Cross	0456	0526	0546	0606	0626	0646	0706	0726	0746	0806	0822	0837	0852	0903	0914	0925			1757	
Newbury Park Ley St./Eastern Avenue	0501	0531	0551	0611	0631	0652	0712	0732	0753	0814	0830	0846	0901	0913	0925	0936			1808	
Ilford High Road Hainault Street	0507	0537	0557	0617	0637	0658	0718	0739	0800	0821	0837	0853	0909	0921	0933	0945			1818	
Ilford Broadway Chapel Road	0511	0541	0601	0621	0641	0702	0722	0743	0804	0825	0841	0857	0913	0925	0937	0949			1823	
Ilford Lane Loxford Lane	0515	0545	0605	0625	0645	0706	0726	0747	0808	0829	0845	0901	0918	0930	0942	0954			1833	
Barking Station	0518	0548	0608	0628	0648	0709	0729	0750	0811	0832	0848	0905	0922	0934	0946	0958			1837	
Barking Abbey Green (London Road)	0522	0552	0612	0632	0652	0713	0733	0754	0815	0836	0852	0909	0926	0938	0950	1002			1841	
Clayhall The Glade	1803	1815	1830	1845	1900	1920	1940	2000	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320		
Barkingside Fullwell Cross	1810	1822	1837	1852	1907	1927	1947	2007	2026	2046	2106	2126	2146	2206	2226	2245	2305	2325		
Newbury Park Ley St./Eastern Avenue	1820	1832	1847	1902	1917	1937	1957	2016	2035	2054	2114	2133	2153	2213	2233	2252	2312	2332		
Ilford High Road Hainault Street	1830	1841	1856	1911	1926	1946	2006	2025	2044	2102	2121	2140	2200	2220	2239	2258	2318	2338		
Ilford Broadway Chapel Road	1835	1846	1901	1916	1931	1951	2010	2029	2048	2106	2125	2144	2204	2224	2243	2302	2322	2342		
Ilford Lane Loxford Lane	1845	1856	1911	1926	1941	2000	2019	2038	2057	2115	2133	2152	2211	2231	2250	2309	2329	2348		
Barking Station	1849	1900	1915	1930	1945	2004	2023	2042	2101	2119	2137	2156	2215	2235	2254	2313	2333	2352		
Barking Abbey Green (London Road)	1853	1904	1919	1934	1949	2008	2027	2046	2105	2123	2141	2200	2219	2239	2258	2317	2337	2356		
169		Sats (cont.)			Sundays and other Public Holidays (except Christmas Day)															
Clayhall The Glade	2340	0000	0030	0450		0730	0750	0810	0830	0850	0910	0925	0940	0954	1009	1024	1039			
Barkingside Fullwell Cross	2344	0004	0034	0455		0735	0756	0817	0837	0857	0917	0932	0947	1002	1017	1032	1047			
Newbury Park Ley St./Eastern Avenue	2351	0011	0041	0501		0741	0803	0824	0845	0905	0926	0942	0957	1012	1027	1042	1057			
Ilford High Road Hainault Street	2357	0017	0047	0507		0747	0809	0831	0852	0913	0934	0950	1006	1021	1036	1051	1106			
Ilford Broadway Chapel Road	0001	0021	0051	0511		0751	0813	0835	0856	0917	0938	0954	1010	1025	1040	1055	1110			
Ilford Lane Loxford Lane	0007	0026	0056	0515		0755	0817	0839	0900	0922	0943	0959	1015	1030	1045	1100	1115			
Barking Station	0011	0030	0100	0518		0758	0820	0842	0904	0926	0947	1003	1019	1034	1049	1104	1119			
Barking Abbey Green (London Road)	0015	0034	0104	0522		0802	0824	0846	0908	0930	0951	1007	1023	1038	1053	1108	1123			
169		Sundays and other Public Holidays (except Christmas Day) (cont.)																		
Clayhall The Glade	1054	1109	1124	1139	1154	1208	1222	1237	1252	1307	1322	1337	1352	1408	1423	1438	1453	1508		
Barkingside Fullwell Cross	1102	1117	1132	1147	1202	1216	1230	1245	1300	1315	1330	1345	1400	1416	1431	1446	1501	1516		
Newbury Park Ley St./Eastern Avenue	1112	1127	1143	1158	1214	1229	1243	1259	1314	1330	1345	1400	1415	1430	1444	1459	1513	1528		
Ilford High Road Hainault Street	1121	1136	1152	1208	1224	1240	1254	1310	1325	1341	1356	1411	1425	1440	1454	1509	1523	1538		
Ilford Broadway Chapel Road	1125	1140	1156	1212	1228	1245	1259	1315	1330	1346	1401	1416	1430	1445	1459	1514	1528	1543		
Ilford Lane Loxford Lane	1131	1147	1203	1219	1235	1251	1306	1322	1338	1354	1409	1424	1439	1454	1509	1524	1538	1553		
Barking Station	1135	1151	1207	1224	1240	1256	1311	1327	1343	1359	1414	1429	1444	1459	1513	1528	1542	1557		
Barking Abbey Green (London Road)	1139	1155	1211	1228	1244	1300	1315	1331	1347	1403	1418	1433	1448	1503	1517	1532	1546	1601		
Clayhall The Glade	1523	1538	1553	1609	1625	1640	1655	1710	1725	1740	1755	1810	1825	1840	1900	1920	1940	2000		
Barkingside Fullwell Cross	1531	1546	1601	1616	1632	1647	1702	1717	1732	1747	1802	1817	1832	1846	1906	1926	1945	2005		
Newbury Park Ley St./Eastern Avenue	1543	1558	1613	1627	1642	1657	1712	1726	1740	1755	1810	1825	1840	1854	1914	1934	1953	2012		
Ilford High Road Hainault Street	1553	1608	1622	1636	1651	1706	1721	1735	1749	1804	1818	1833	1848	1902	1922	1942	2001	2020		
Ilford Broadway Chapel Road	1558	1613	1627	1641	1656	1711	1726	1740	1754	1808	1822	1837	1852	1906	1926	1946	2005	2024		
Ilford Lane Loxford Lane	1608	1623	1638	1652	1707	1722	1737	1751	1805	1819	1833	1847	1901	1915	1935	1955	2014	2032		
Barking Station	1612	1627	1642	1656	1711	1726	1741	1755	1809	1823	1837	1851	1905	1919	1939	1959	2018	2036		
Barking Abbey Green (London Road)	1616	1631	1646	1700	1715	1730	1745	1759	1813	1827	1841	1855	1909	1923	1943	2003	2022	2040		
Clayhall The Glade	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340	0000	0030							
Barkingside Fullwell Cross	2025	2045	2105	2125	2145	2205	2225	2245	2304	2324	2344	0004	0034							
Newbury Park Ley St./Eastern Avenue	2032	2052	2112	2131	2151	2211	2231	2250	2309	2329	2349	0009	0039							
Ilford High Road Hainault Street	2039	2059	2119	2138	2157	2217	2237	2256	2315	2335	2354	0014	0044							
Ilford Broadway Chapel Road	2043	2103	2123	2142	2201	2221	2241	2300	2319	2339	2358	0018	0048							
Ilford Lane Loxford Lane	2051	2111	2130	2149																

169		Mondays to Fridays																
Barking London Road	0420	0450	0510	0530	0550	0605	0620	0635	0647	0658	Then about every 10 minutes until	1750	1802	1815	1827	1842	1857	
Barking Station	0423	0453	0513	0533	0553	0608	0624	0639	0651	0702		1757	1809	1822	1834	1849	1904	
Ilford Lane Loxford Lane	0426	0456	0516	0536	0556	0611	0627	0642	0654	0705		1801	1813	1826	1838	1853	1908	
Ilford Ilford Hill	0429	0500	0521	0541	0601	0616	0632	0648	0700	0712		1811	1823	1836	1848	1903	1918	
Ilford High Road Hainault Street	0432	0503	0524	0544	0605	0620	0636	0652	0704	0716		1816	1828	1841	1853	1908	1923	
Newbury Park Ley St./Eastern Avenue	0436	0508	0529	0549	0610	0625	0642	0658	0711	0723		1827	1839	1852	1904	1919	1933	
Barkingside Fullwell Cross	0442	0514	0536	0557	0618	0634	0651	0707	0721	0733		1839	1851	1903	1915	1930	1944	
Clayhall The Glade	0445	0518	0540	0601	0622	0638	0655	0711	0725	0738	1845	1857	1909	1921	1936	1950		
Barking London Road	1911	1925	1945	2005	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325	2355	0025		
Barking Station	1918	1932	1952	2011	2031	2050	2109	2129	2149	2209	2229	2249	2308	2328	2358	0028		
Ilford Lane Loxford Lane	1922	1936	1956	2015	2035	2054	2113	2133	2153	2213	2233	2252	2311	2331	0001	0031		
Ilford Ilford Hill	1932	1946	2005	2024	2043	2102	2121	2141	2200	2220	2240	2259	2317	2337	0007	0037		
Ilford High Road Hainault Street	1937	1951	2010	2029	2048	2107	2126	2145	2204	2224	2244	2303	2321	2341	0010	0040		
Newbury Park Ley St./Eastern Avenue	1947	2000	2019	2037	2056	2114	2133	2151	2210	2230	2250	2309	2327	2346	0015	0045		
Barkingside Fullwell Cross	1958	2011	2030	2048	2106	2124	2142	2200	2218	2238	2257	2315	2333	2352	0021	0051		
Clayhall The Glade	2004	2017	2035	2053	2111	2129	2147	2205	2223	2242	2301	2319	2337	2356	0025	0055		
169		Saturdays (also Good Friday)																
Barking London Road	0420	0450	0510	0530	0550	0610	Then about every 20 mins. until	0710	0725	0740	0755	0809	0824	0836	0848	0859	Then about every 10 mins. until	1447
Barking Station	0423	0453	0513	0533	0553	0613		0713	0728	0743	0758	0813	0828	0840	0852	0903		1454
Ilford Lane Loxford Lane	0426	0456	0516	0536	0556	0616		0716	0731	0746	0801	0816	0832	0844	0856	0907		1458
Ilford Ilford Hill	0430	0500	0520	0540	0601	0621		0721	0736	0751	0806	0821	0837	0849	0901	0913		1510
Ilford High Road Hainault Street	0433	0503	0523	0543	0604	0624		0724	0739	0754	0810	0825	0841	0853	0905	0917		1515
Newbury Park Ley St./Eastern Avenue	0437	0507	0527	0547	0608	0629		0729	0745	0800	0816	0831	0847	0859	0911	0923		1525
Barkingside Fullwell Cross	0443	0513	0533	0553	0614	0636		0736	0752	0808	0825	0841	0857	0909	0921	0933		1537
Clayhall The Glade	0445	0515	0535	0555	0618	0640	0741	0757	0813	0830	0846	0902	0914	0926	0938	1543		
Barking London Road	1459	Then about every 10 mins. until	1720	1732	1745	1800	1815	1830	1845	1905	1925	1945	2005	2025	2044	2104	2124	2144
Barking Station	1506		1726	1738	1751	1806	1820	1835	1850	1910	1930	1950	2010	2029	2048	2108	2128	2148
Ilford Lane Loxford Lane	1510		1730	1742	1755	1810	1824	1839	1854	1914	1934	1954	2014	2033	2052	2112	2132	2152
Ilford Ilford Hill	1522		1742	1754	1807	1822	1836	1851	1906	1925	1945	2005	2024	2042	2101	2121	2141	2201
Ilford High Road Hainault Street	1527		1747	1759	1812	1827	1841	1856	1911	1930	1950	2010	2029	2047	2106	2125	2145	2204
Newbury Park Ley St./Eastern Avenue	1537		1757	1809	1821	1836	1850	1905	1920	1939	1959	2018	2037	2055	2114	2133	2152	2211
Barkingside Fullwell Cross	1549		1809	1820	1832	1847	1901	1916	1930	1949	2009	2028	2046	2104	2123	2142	2200	2219
Clayhall The Glade	1555	1815	1826	1838	1853	1907	1922	1936	1955	2015	2034	2052	2110	2128	2147	2205	2224	
169		Saturdays (also Good Friday) (cont.)										Sundays and other Public Hols (except Christmas Day)						
Barking London Road	2204	2223	2243	2304	2325	2355	0025	0420	0439	0459	0519	0538	0558	0617	0636	0656	0716	0736
Barking Station	2208	2227	2246	2306	2327	2357	0027	0424	0443	0503	0523	0542	0602	0621	0639	0659	0719	0739
Ilford Lane Loxford Lane	2212	2231	2249	2309	2330	0000	0030	0427	0446	0506	0526	0545	0605	0624	0642	0702	0722	0742
Ilford Ilford Hill	2220	2238	2256	2316	2337	0007	0037	0431	0450	0510	0530	0549	0609	0628	0647	0706	0727	0747
Ilford High Road Hainault Street	2223	2241	2259	2319	2340	0010	0040	0434	0453	0513	0533	0552	0612	0631	0650	0709	0730	0750
Newbury Park Ley St./Eastern Avenue	2230	2247	2305	2324	2344	0014	0044	0438	0457	0517	0537	0556	0616	0635	0655	0714	0735	0755
Barkingside Fullwell Cross	2237	2254	2312	2331	2351	0021	0051	0442	0502	0522	0542	0601	0621	0641	0701	0721	0741	0801
Clayhall The Glade	2242	2259	2317	2335	2355	0025	0055	0445	0505	0525	0545	0605	0625	0645	0705	0725	0745	0805
169		Sundays and other Public Holidays (except Christmas Day) (cont.)																
Barking London Road	0756	0816	0836	0851	0906	0921	0936	0951	1006	Then every 15 mins. until	1051	1106	1121	1136	1151	1206	1221	1236
Barking Station	0759	0819	0840	0855	0910	0925	0940	0955	1010		1055	1110	1125	1141	1156	1211	1226	1241
Ilford Lane Loxford Lane	0802	0822	0843	0858	0913	0929	0944	0959	1014		1059	1114	1129	1145	1200	1215	1230	1245
Ilford Ilford Hill	0807	0827	0849	0904	0919	0935	0950	1006	1021		1106	1121	1136	1152	1208	1224	1239	1254
Ilford High Road Hainault Street	0810	0831	0853	0908	0923	0939	0954	1010	1025		1110	1125	1140	1156	1212	1228	1244	1259
Newbury Park Ley St./Eastern Avenue	0815	0837	0859	0914	0930	0946	1001	1017	1032		1117	1132	1148	1204	1221	1238	1254	1310
Barkingside Fullwell Cross	0821	0844	0907	0923	0939	0955	1010	1027	1042		1127	1143	1159	1215	1232	1249	1306	1322
Clayhall The Glade	0825	0848	0912	0928	0945	1001	1015	1032	1048	1133	1149	1205	1221	1238	1255	1312	1328	
Barking London Road	1251	1306	1321	1336	1352	1407	Then every 15 mins. until	1522	1538	1553	1609	1624	1639	1654	1710	1725	1745	1805
Barking Station	1256	1311	1326	1341	1357	1412		1527	1543	1558	1613	1628	1643	1658	1714	1729	1749	1809
Ilford Lane Loxford Lane	1300	1315	1330	1345	1401	1416		1531	1547	1602	1617	1632	1647	1702	1718	1733	1753	1813
Ilford Ilford Hill	1310	1325	1341	1356	1412	1428		1543	1559	1614	1629	1644	1659	1714	1730	1745	1805	1824
Ilford High Road Hainault Street	1315	1330	1346	1401	1417	1433		1548	1604	1619	1634	1649	1704	1719	1735	1750	1810	1829
Newbury Park Ley St./Eastern Avenue	1326	1341	1357	1412	1427	1443		1558	1614	1629	1644	1659	1714	1729	1744	1759	1819	1837
Barkingside Fullwell Cross	1338	1353	1409	1424	1439	1455		1610	1625	1640	1655	1710	1724	1739	1754	1809	1828	1846
Clayhall The Glade	1344	1359	1415	1430	1445	1501	1616	1631	1646	1701	1716	1730	1745	1800	1815	1834	1852	
Barking London Road	1825	1845	1905	1925	1945	2005	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325	2355	0025
Barking Station	1829	1849	1909	1929	1949	2009	2029	2049	2109	2129	2149	2209	2229	2249	2308	2328	2358	0028
Ilford Lane Loxford Lane	1833	1853	1913	1933	1953	2013	2033	2053	2113	2132	2152	2212	2232	2252	2311	2331	0001	0031
Ilford Ilford Hill	1844	1903	1923	1942	2002	2022	2042	2101	2121	2140	2159	2219	2239	2259	2318	2338	0008	0038
Ilford High Road Hainault Street	1848	1907	1927	1946	2006	2026	2046	2105	2125	2144	2203	2223	2243	2302	2321	2341	0011	0041
Newbury Park Ley St./Eastern Avenue	1856	1915	1934	1953	2013	2033	2053	2112	2131	2150	2209	2229	2249	2308	2327	2346	0016	0046
Barkingside Fullwell Cross	1905	1924	1943	2002	2021	2041	2101	2120	2139	2158	2217	2236	2256	2315	2334	2352	0022	0052
Clayhall The Glade	1911	1930	1949	2008	2027	2046	2106	2125	2144	2203	2222	2240	23					