

169		Mondays to Fridays																	
Clayhall The Glade	0450	0520	0540	0600	0620	0635	0650	0700	0711	0722	0733	Then about every 10 minutes until	1819	1830	1842	1854	1911		
Barkingside Fullwell Cross	0454	0524	0545	0605	0625	0640	0655	0706	0717	0728	0740		1826	1837	1848	1900	1917		
Newbury Park Ley St./Eastern Avenue	0459	0529	0550	0611	0631	0646	0701	0713	0725	0737	0749		1837	1847	1858	1910	1924		
Ilford High Road Hainault Street	0504	0534	0555	0617	0637	0652	0707	0722	0734	0746	0758		1846	1856	1907	1917	1931		
Ilford Broadway Chapel Road	0507	0537	0558	0620	0640	0655	0711	0726	0738	0750	0802		1850	1901	1911	1921	1935		
Barking Station	0513	0543	0604	0627	0647	0702	0719	0735	0748	0800	0812		1902	1912	1922	1932	1946		
Barking London Road	0515	0545	0606	0629	0649	0704	0721	0738	0751	0803	0815	1904	1914	1924	1934	1948			
Clayhall The Glade	1925	1944	2003	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2350	0020				
Barkingside Fullwell Cross	1931	1950	2008	2025	2045	2105	2125	2145	2205	2225	2245	2304	2324	2354	0024				
Newbury Park Ley St./Eastern Avenue	1938	1957	2014	2031	2051	2111	2131	2151	2210	2230	2250	2308	2328	2358	0028				
Ilford High Road Hainault Street	1945	2004	2021	2038	2058	2117	2137	2157	2216	2236	2256	2313	2333	0003	0033				
Ilford Broadway Chapel Road	1949	2007	2024	2041	2101	2120	2140	2200	2219	2239	2259	2316	2336	0006	0036				
Barking Station	1959	2016	2033	2050	2109	2128	2148	2207	2226	2246	2306	2322	2342	0012	0042				
Barking London Road	2001	2018	2035	2052	2111	2130	2150	2209	2228	2248	2308	2324	2344	0014	0044				
169		Saturdays (also Good Friday)																	
Clayhall The Glade	0450	0520	Then every 20 mins. until	0640	0700	0720	0736	0752	0808	0824	0837	0849	0901	Then about every 10 minutes until	1750	1802	1814		
Barkingside Fullwell Cross	0454	0524		0644	0705	0725	0741	0757	0813	0830	0843	0855	0907		1756	1808	1820		
Newbury Park Ley St./Eastern Avenue	0459	0529		0649	0710	0730	0746	0802	0819	0837	0850	0902	0915		1804	1816	1828		
Ilford High Road Hainault Street	0504	0534		0654	0715	0735	0752	0808	0826	0844	0858	0910	0923		1812	1824	1836		
Ilford Broadway Chapel Road	0507	0537		0657	0718	0738	0755	0812	0830	0848	0902	0914	0927		1816	1828	1840		
Barking Station	0513	0543		0703	0724	0744	0801	0819	0837	0855	0910	0922	0935		1829	1841	1853		
Barking London Road	0515	0545	0705	0726	0746	0803	0821	0839	0857	0912	0924	0937	1831	1843	1855				
Clayhall The Glade	1829	1844	1900	1920	1940	2000	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2350	0020	
Barkingside Fullwell Cross	1835	1850	1905	1925	1945	2005	2025	2045	2105	2125	2145	2205	2225	2245	2304	2324	2354	0024	
Newbury Park Ley St./Eastern Avenue	1843	1858	1913	1933	1953	2012	2031	2051	2111	2131	2151	2211	2231	2251	2309	2329	2359	0029	
Ilford High Road Hainault Street	1851	1906	1921	1941	2001	2020	2038	2058	2117	2137	2157	2216	2236	2256	2314	2334	0004	0034	
Ilford Broadway Chapel Road	1855	1910	1925	1945	2005	2024	2042	2102	2120	2140	2200	2219	2239	2259	2317	2337	0007	0037	
Barking Station	1908	1922	1937	1957	2016	2034	2052	2111	2129	2149	2208	2227	2247	2307	2324	2344	0013	0043	
Barking London Road	1910	1924	1939	1959	2018	2036	2054	2113	2131	2151	2210	2229	2249	2309	2326	2346	0015	0045	
169		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																	
Clayhall The Glade	0450	0520	0550	0619	0649	0719	0749	0810	0830	0850	0910	0926	0940	0953	1007	1022	1036	1051	
Barkingside Fullwell Cross	0454	0524	0554	0623	0653	0723	0753	0814	0835	0855	0915	0931	0945	0958	1013	1028	1042	1057	
Newbury Park Ley St./Eastern Avenue	0458	0528	0558	0628	0658	0728	0758	0820	0841	0901	0922	0938	0952	1005	1020	1035	1049	1104	
Ilford High Road Hainault Street	0503	0533	0603	0633	0703	0733	0803	0826	0847	0908	0929	0945	0959	1013	1028	1043	1057	1112	
Ilford Broadway Chapel Road	0506	0536	0606	0636	0706	0736	0806	0829	0850	0911	0932	0948	1002	1017	1032	1047	1101	1116	
Barking Station	0512	0542	0612	0642	0712	0742	0813	0836	0857	0918	0939	0955	1010	1025	1040	1055	1110	1125	
Barking London Road	0514	0544	0614	0644	0714	0744	0815	0838	0859	0920	0941	0957	1012	1027	1042	1057	1112	1127	
Clayhall The Glade	1106	1121	1136	1151	1206	1221	1236	1251	1306	Then every 15 minutes until	1421	1436	1451	1506	1521	1536	1551		
Barkingside Fullwell Cross	1112	1127	1142	1157	1212	1227	1242	1257	1312		1427	1442	1457	1512	1527	1542	1557		
Newbury Park Ley St./Eastern Avenue	1120	1135	1150	1205	1220	1235	1250	1305	1321		1436	1451	1506	1520	1535	1550	1605		
Ilford High Road Hainault Street	1128	1143	1158	1213	1229	1244	1259	1314	1330		1445	1500	1514	1528	1543	1558	1613		
Ilford Broadway Chapel Road	1132	1147	1202	1217	1233	1248	1303	1318	1334		1449	1504	1518	1532	1547	1602	1617		
Barking Station	1141	1156	1211	1227	1243	1258	1315	1330	1346		1501	1517	1531	1545	1600	1616	1631		
Barking London Road	1143	1158	1213	1229	1245	1300	1317	1332	1348	1503	1519	1533	1547	1602	1618	1633			
Clayhall The Glade	1606	1621	1636	1651	1706	1721	1736	1751	1806	1821	1840	1900	1920	1940	2000	2020	2040	2100	
Barkingside Fullwell Cross	1612	1627	1642	1657	1711	1726	1741	1756	1811	1826	1845	1905	1925	1945	2005	2025	2045	2105	
Newbury Park Ley St./Eastern Avenue	1619	1634	1649	1704	1718	1733	1748	1803	1817	1832	1851	1911	1931	1951	2010	2030	2050	2110	
Ilford High Road Hainault Street	1627	1642	1657	1712	1726	1741	1756	1810	1824	1839	1857	1917	1937	1957	2016	2036	2056	2116	
Ilford Broadway Chapel Road	1631	1646	1701	1716	1730	1745	1800	1813	1827	1842	1900	1920	1940	2000	2019	2039	2059	2119	
Barking Station	1645	1700	1713	1728	1742	1757	1811	1824	1838	1853	1911	1930	1950	2009	2028	2048	2108	2127	
Barking London Road	1647	1702	1715	1730	1744	1759	1813	1826	1840	1855	1913	1932	1952	2011	2030	2050	2110	2129	
Clayhall The Glade	2120	2140	2200	2220	2240	2300	2320	2350	0020										
Barkingside Fullwell Cross	2125	2145	2205	2225	2245	2304	2324	2354	0024										
Newbury Park Ley St./Eastern Avenue	2130	2150	2210	2230	2250	2308	2328	2358	0028										
Ilford High Road Hainault Street	2136	2156	2215	2235	2255	2313	2333	0003	0033										
Ilford Broadway Chapel Road	2139	2159	2218	2238	2258	2316	2336	0006	0036										
Barking Station	2147	2207	2225	2245	2305	2322	2342	0012	0042										
Barking London Road	2149	2209	2227	2247	2307	2324	2344	0014	0044										

169		Mondays to Fridays																	
Barking London Road	0420	0450	0510	0530	0550	0606	0621	0636	0649	0657	0705	0717	0728	Then about every 10 minutes until	1800	1812	1825		
Barking Station	0421	0451	0511	0531	0551	0608	0623	0638	0651	0659	0708	0720	0731		1804	1816	1829		
Ilford Ilford Hill	0427	0457	0517	0538	0558	0617	0632	0647	0700	0709	0721	0733	0744		1817	1829	1842		
Ilford High Road Hainault Street	0430	0500	0520	0541	0601	0620	0635	0650	0703	0713	0725	0737	0748		1822	1834	1847		
Newbury Park Ley St./Eastern Avenue	0434	0504	0524	0545	0605	0625	0640	0655	0709	0719	0731	0743	0754		1831	1843	1855		
Barkingside Fullwell Cross	0439	0509	0530	0551	0611	0631	0646	0701	0716	0728	0740	0752	0803	1842	1853	1905			
Clayhall The Glade	0442	0512	0533	0554	0615	0635	0650	0706	0721	0733	0745	0757	0809	1848	1859	1910			
Barking London Road	1837	1849	1904	1921	1941	2003	2024	2046	2107	2127	2148	2209	2229	2250	2307	2324	2354	0024	
Barking Station	1841	1853	1907	1924	1944	2005	2026	2048	2109	2129	2150	2211	2231	2252	2309	2325	2355	0025	
Ilford Ilford Hill	1854	1906	1918	1935	1955	2016	2036	2058	2118	2138	2159	2219	2239	2300	2316	2332	0002	0032	
Ilford High Road Hainault Street	1858	1910	1922	1939	1959	2019	2039	2101	2121	2141	2202	2222	2242	2303	2319	2335	0005	0035	
Newbury Park Ley St./Eastern Avenue	1906	1917	1929	1946	2006	2026	2046	2107	2127	2147	2208	2228	2248	2309	2324	2339	0009	0039	
Barkingside Fullwell Cross	1915	1926	1938	1955	2014	2034	2054	2114	2134	2154	2215	2235	2255	2315	2330	2345	0015	0045	
Clayhall The Glade	1920	1931	1943	2000	2019	2039	2059	2119	2139	2159	2219	2239	2259	2319	2334	2349	0019	0049	
169		Saturdays (also Good Friday)																	
Barking London Road	0420	0450	0510	0530	0550	0610	0630	0650	0709	0725	0740	0755	0810	0825	0840	0851	0902	0915	
Barking Station	0421	0451	0511	0531	0551	0611	0631	0651	0711	0727	0742	0757	0812	0827	0842	0853	0904	0917	
Ilford Ilford Hill	0427	0457	0517	0538	0558	0618	0638	0658	0718	0735	0750	0805	0820	0835	0850	0901	0913	0926	
Ilford High Road Hainault Street	0430	0500	0520	0541	0601	0621	0641	0701	0721	0738	0753	0808	0823	0838	0853	0905	0917	0930	
Newbury Park Ley St./Eastern Avenue	0434	0504	0524	0545	0605	0625	0645	0705	0726	0743	0758	0813	0828	0843	0858	0911	0923	0936	
Barkingside Fullwell Cross	0439	0509	0529	0550	0610	0631	0651	0712	0733	0750	0805	0821	0836	0851	0906	0919	0932	0945	
Clayhall The Glade	0442	0512	0532	0553	0613	0634	0654	0715	0737	0754	0809	0825	0840	0855	0910	0923	0936	0949	
Barking London Road	0925	Then about every 10 minutes until	1725	1737	1749	1801	1815	1830	1845	1900	1920	1941	2003	2024	2045	2106	2126		
Barking Station	0927		1728	1740	1752	1804	1818	1833	1848	1903	1923	1944	2006	2026	2047	2108	2128		
Ilford Ilford Hill	0937		1743	1755	1806	1817	1830	1845	1900	1915	1935	1956	2017	2037	2058	2118	2138		
Ilford High Road Hainault Street	0941		1747	1759	1810	1821	1834	1849	1904	1918	1938	1959	2020	2040	2101	2121	2141		
Newbury Park Ley St./Eastern Avenue	0947		1754	1806	1817	1828	1841	1856	1911	1925	1945	2006	2027	2047	2107	2127	2147		
Barkingside Fullwell Cross	0956	1804	1816	1827	1838	1851	1906	1920	1934	1954	2014	2034	2054	2114	2134	2154			
Clayhall The Glade	1000	1809	1821	1832	1843	1856	1911	1925	1939	1959	2019	2039	2059	2119	2139	2159			
169		Saturdays (also Good Friday) (cont.)								Sundays and other Public Holidays									
Barking London Road	2147	2208	2228	2249	2307	2324	2354	0024	0420	0450	0520	0549	0619	0649	0719	0738	0757	0816	
Barking Station	2149	2210	2230	2251	2309	2325	2355	0025	0421	0451	0521	0550	0620	0650	0720	0739	0758	0818	
Ilford Ilford Hill	2159	2219	2239	2300	2316	2332	0002	0032	0428	0458	0528	0557	0627	0657	0727	0747	0806	0826	
Ilford High Road Hainault Street	2202	2222	2242	2303	2319	2335	0005	0035	0431	0501	0531	0600	0630	0700	0730	0750	0809	0829	
Newbury Park Ley St./Eastern Avenue	2208	2228	2248	2309	2324	2339	0009	0039	0435	0505	0535	0604	0634	0704	0734	0754	0814	0834	
Barkingside Fullwell Cross	2215	2235	2255	2315	2330	2345	0015	0045	0440	0510	0540	0610	0640	0710	0740	0800	0821	0841	
Clayhall The Glade	2219	2239	2259	2319	2334	2349	0019	0049	0443	0513	0543	0613	0643	0714	0744	0804	0825	0845	
169		Sundays and other Public Holidays (except Christmas Day and Boxing Day) (cont.)																	
Barking London Road	0836	0851	0906	0923	0938	0953	1008	1023	1038	1052	1106	1121	1136	1151	1205	1220	1234	1249	
Barking Station	0838	0853	0908	0925	0940	0955	1010	1025	1040	1054	1108	1123	1138	1153	1207	1222	1236	1251	
Ilford Ilford Hill	0846	0901	0916	0933	0949	1004	1020	1035	1050	1104	1119	1134	1149	1204	1219	1234	1248	1303	
Ilford High Road Hainault Street	0849	0904	0919	0936	0952	1007	1023	1038	1053	1107	1123	1138	1153	1208	1223	1238	1252	1307	
Newbury Park Ley St./Eastern Avenue	0854	0909	0924	0941	0957	1013	1029	1044	1059	1114	1130	1145	1200	1215	1231	1246	1300	1315	
Barkingside Fullwell Cross	0901	0916	0931	0948	1005	1021	1037	1052	1107	1123	1139	1154	1209	1224	1240	1255	1310	1325	
Clayhall The Glade	0905	0920	0935	0952	1009	1025	1041	1056	1112	1128	1144	1159	1214	1229	1245	1300	1315	1330	
Barking London Road	1303	1317	Then every 15 minutes until	1532	1548	1603	1618	1633	1649	1704	1720	1740	1801	1822	1842	1903	1924		
Barking Station	1305	1320		1535	1551	1606	1621	1636	1652	1707	1723	1743	1804	1825	1845	1906	1926		
Ilford Ilford Hill	1318	1333		1548	1604	1619	1634	1649	1705	1720	1736	1756	1816	1837	1857	1918	1938		
Ilford High Road Hainault Street	1322	1337		1552	1608	1623	1638	1653	1709	1724	1740	1800	1820	1840	1900	1921	1941		
Newbury Park Ley St./Eastern Avenue	1330	1345		1600	1616	1631	1646	1701	1716	1731	1747	1806	1826	1846	1906	1927	1947		
Barkingside Fullwell Cross	1340	1355	1610	1625	1640	1655	1710	1725	1740	1756	1814	1834	1854	1914	1934	1954			
Clayhall The Glade	1345	1400	1615	1630	1645	1700	1715	1730	1745	1801	1819	1839	1859	1919	1939	1959			
Barking London Road	1945	2006	2027	2047	2107	2128	2149	2210	2230	2250	2307	2324	2354	0024					
Barking Station	1947	2008	2029	2049	2109	2130	2151	2212	2232	2252	2309	2325	2355	0025					
Ilford Ilford Hill	1959	2019	2039	2059	2119	2139	2200	2220	2240	2300	2316	2332	0002	0032					
Ilford High Road Hainault Street	2002	2022	2042	2102	2122	2142	2203	2223	2243	2303	2319	2335	0005	0035					
Newbury Park Ley St./Eastern Avenue	2008	2028	2048	2108	2128	2148	2209	2229	2249	2309	2324	2339	0009	0039					
Barkingside Fullwell Cross	2015	2035	2055	2115	2135	2155	2215	2235	2255	2315	2330	2345	0015	0045					
Clayhall The Glade	2019	2039	2059	2119	2139	2159	2219	2239	2259	2319	2334	2349	0019	0049					