

179		Mondays to Fridays																	
Chingford Station	0455	0515	0535	0555	0615	0632	0644	0655	0705	0715	0727	0739	0751	0803	0817	0830	0843	0855	
Kings Road Friday Hill	0458	0518	0538	0558	0618	0636	0648	0700	0710	0720	0732	0745	0758	0810	0824	0837	0849	0901	
Woodford Green The Castle	0503	0523	0543	0603	0623	0643	0655	0709	0721	0733	0746	0800	0813	0826	0840	0851	0902	0913	
South Woodford Station Cowslip Rd.	0509	0529	0549	0610	0630	0651	0704	0718	0731	0744	0757	0811	0824	0837	0851	0902	0913	0924	
Charlie Brown's Roundabout S. Side	0511	0531	0551	0612	0632	0653	0707	0721	0734	0747	0800	0814	0827	0840	0855	0906	0917	0928	
Gants Hill Station Cranbrook Road (S)	0519	0539	0559	0621	0642	0704	0720	0735	0748	0802	0815	0829	0841	0854	0908	0919	0929	0940	
Ilford Station	0523	0543	0604	0627	0649	0712	0729	0746	0800	0814	0827	0840	0852	0904	0917	0927	0937	0947	
Ilford High Road Hainault Street	0526	0546	0607	0630	0653	0716	0733	0750	0804	0818	0831	0844	0856	0908	0921	0931	0941	0951	
Chingford Station	0907	0919	0931	0943	0955	1007			1355			1935	1950	2005	2025	2045	2105	2125	
Kings Road Friday Hill	0913	0924	0936	0948	1000	1012			1400	Then	about	1939	1954	2009	2029	2049	2109	2128	
Woodford Green The Castle	0924	0934	0945	0956	1008	1019	Then		1407	every 12	minutes	1945	2000	2015	2035	2055	2115	2134	
South Woodford Station Cowslip Rd.	0934	0944	0955	1006	1018	1029	until		1417	every 12	minutes	1953	2008	2023	2043	2103	2123	2142	
Charlie Brown's Roundabout S. Side	0938	0948	0959	1010	1021	1032			1420	minutes	until	1955	2010	2025	2045	2105	2125	2144	
Gants Hill Station Cranbrook Road (S)	0950	1000	1010	1021	1032	1043			1431	minutes	until	2006	2020	2035	2055	2115	2134	2153	
Ilford Station	0957	1007	1017	1028	1039	1051			1439	minutes	until	2012	2026	2041	2100	2120	2139	2158	
Ilford High Road Hainault Street	1001	1011	1021	1032	1043	1055			1443	minutes	until	2016	2030	2045	2104	2123	2142	2201	
Chingford Station	2145	2205	2225	2245	2305	2325	2345	0005	0025	0045									
Kings Road Friday Hill	2148	2208	2228	2248	2308	2328	2348	0008	0028	0048									
Woodford Green The Castle	2154	2214	2234	2254	2313	2333	2353	0013	0033	0053									
South Woodford Station Cowslip Rd.	2202	2222	2242	2301	2320	2339	2359	0019	0039	0059									
Charlie Brown's Roundabout S. Side	2204	2224	2244	2303	2322	2341	0001	0021	0041	0101									
Gants Hill Station Cranbrook Road (S)	2213	2233	2252	2311	2330	2349	0009	0029	0049	0109									
Ilford Station	2218	2237	2256	2315	2334	2353	0013	0033	0053	0113									
Ilford High Road Hainault Street	2221	2240	2259	2318	2337	2356	0016	0036	0056	0116									
179		Saturdays (also Good Friday)																	
Chingford Station	0455	0515	0535	0555	0615	0635	0655	0715	0735	0750	0805	0820				1837	1852	1907	1923
Kings Road Friday Hill	0458	0518	0538	0558	0618	0638	0658	0718	0738	0754	0809	0825	Then			1842	1857	1912	1928
Woodford Green The Castle	0503	0523	0543	0603	0623	0644	0704	0724	0744	0800	0816	0832	about			1849	1903	1918	1934
South Woodford Station Cowslip Rd.	0508	0528	0548	0609	0629	0650	0711	0731	0751	0807	0823	0839	every 12			1857	1911	1926	1942
Charlie Brown's Roundabout S. Side	0510	0530	0550	0611	0631	0652	0713	0733	0753	0809	0825	0841	minutes			1900	1914	1929	1945
Gants Hill Station Cranbrook Road (S)	0517	0537	0557	0619	0639	0700	0721	0741	0802	0818	0834	0850	until			1911	1925	1940	1956
Ilford Station	0521	0541	0601	0623	0643	0704	0725	0746	0807	0823	0839	0855				1918	1932	1947	2002
Ilford High Road Hainault Street	0524	0544	0604	0626	0646	0707	0728	0749	0810	0826	0842	0858				1922	1936	1951	2006
Chingford Station	1939	1959	2019	2039	2059	2119	2139	2159	2219	2239	2259	2319	2340	0000	0020	0040			
Kings Road Friday Hill	1944	2004	2024	2044	2104	2124	2144	2203	2223	2243	2303	2323	2343	0003	0023	0043			
Woodford Green The Castle	1950	2010	2030	2050	2110	2130	2150	2209	2229	2249	2309	2329	2349	0009	0029	0049			
South Woodford Station Cowslip Rd.	1958	2018	2038	2058	2118	2138	2158	2217	2237	2256	2316	2336	2356	0016	0036	0056			
Charlie Brown's Roundabout S. Side	2001	2021	2041	2101	2121	2141	2200	2219	2239	2258	2318	2338	2358	0018	0038	0058			
Gants Hill Station Cranbrook Road (S)	2011	2031	2051	2110	2130	2150	2209	2228	2248	2307	2327	2347	0007	0027	0047	0106			
Ilford Station	2017	2037	2057	2116	2136	2155	2214	2233	2253	2312	2332	2352	0012	0032	0051	0110			
Ilford High Road Hainault Street	2021	2041	2101	2120	2140	2159	2218	2237	2256	2315	2335	2355	0015	0035	0054	0113			
179		Sundays and other Public Holidays (except Christmas Day)																	
Chingford Station	0640	0710	0740	0810	0830	0850	0910	0930	0949	1008	1027	1046	1106	1126	1146	1206	1226	1246	
Kings Road Friday Hill	0643	0713	0743	0813	0833	0853	0914	0934	0953	1012	1031	1050	1111	1131	1151	1211	1231	1251	
Woodford Green The Castle	0648	0718	0748	0818	0838	0858	0920	0940	0959	1019	1038	1057	1118	1138	1158	1218	1238	1258	
South Woodford Station Cowslip Rd.	0654	0724	0754	0825	0845	0905	0928	0948	1007	1027	1047	1106	1127	1147	1207	1228	1248	1308	
Charlie Brown's Roundabout S. Side	0656	0726	0756	0827	0847	0907	0930	0950	1010	1030	1050	1109	1130	1150	1211	1232	1252	1312	
Gants Hill Station Cranbrook Road (S)	0703	0733	0803	0835	0855	0916	0939	0959	1019	1040	1100	1120	1141	1202	1223	1244	1304	1325	
Ilford Station	0707	0737	0807	0839	0859	0921	0944	1004	1024	1045	1105	1126	1147	1208	1229	1250	1311	1332	
Ilford High Road Hainault Street	0710	0740	0810	0842	0902	0925	0948	1008	1028	1049	1109	1130	1151	1212	1233	1254	1315	1336	
Chingford Station	1306	1326	1346	1406	1427	1448	1509	1529	1549	1609	1629	1650	1711	Then		1911	1932	1953	
Kings Road Friday Hill	1311	1331	1351	1411	1432	1453	1514	1534	1553	1613	1633	1654	1715	every 20		1915	1936	1957	
Woodford Green The Castle	1318	1338	1358	1418	1439	1500	1521	1541	1600	1620	1640	1700	1721	minutes		1921	1942	2003	
South Woodford Station Cowslip Rd.	1328	1348	1407	1427	1448	1509	1530	1550	1609	1629	1649	1709	1729	until		1929	1950	2011	
Charlie Brown's Roundabout S. Side	1332	1352	1411	1431	1451	1512	1533	1553	1612	1632	1652	1712	1732			1932	1953	2014	
Gants Hill Station Cranbrook Road (S)	1345	1405	1424	1444	1504	1524	1545	1604	1623	1643	1702	1722	1742			1942	2002	2023	
Ilford Station	1352	1412	1432	1452	1512	1532	1552	1611	1630	1649	1708	1728	1748			1948	2008	2028	
Ilford High Road Hainault Street	1356	1416	1436	1456	1516	1536	1556	1615	1634	1653	1712	1732	1752			1952	2012	2032	
Chingford Station	2014	2035	2055	2116	2138	2158	2218	2238	2259	2320	2340	0000	0020	0040					
Kings Road Friday Hill	2018	2039	2059	2120	2142	2202	2222	2242	2302	2323	2343	0003	0023	0043					
Woodford Green The Castle	2024	2045	2105	2126	2147	2207	2227	2247	2307	2328	2348	0008	0028	0048					
South Woodford Station Cowslip Rd.	2032	2052	2112	2133	2154	2214	2234	2253	2313	2334	2354	0014	0034	0054					
Charlie Brown's Roundabout S. Side	2034	2054	2114	2135	2156	2216	2236	2255	2315	2336	2356	0016	0036	0056					
Gants Hill Station Cranbrook Road (S)	2043	2103	2123	2144	2204	2224	2244	2303	2323	2344	0004	0024	0044	0104					
Ilford Station	2048	2108	2128	2149	2209	2229	2249	2308	2328	2348	0008	0028	0048	0108					
Ilford High Road Hainault Street	2052	2112	2132	2152	2212	2232	2252	2311	2331	2351	0011	0031	0051	0111					

179		Mondays to Fridays										SD	NSD	SD				
Ilford High Road Hainault Street	0515	0535	0555	0615	0631	0642	0653	0702	0711	0721	0733	0736	0747	0747	0801	0815	0829	0842
Ilford Station	0518	0538	0558	0618	0634	0646	0657	0707	0716	0726	0738	0741	0752	0752	0806	0820	0834	0847
Gants Hill Station Cranbrook Road (S)	0523	0543	0603	0623	0640	0653	0704	0714	0723	0734	0747	0750	0801	0801	0814	0828	0841	0854
Charlie Brown's Roundabout S. Side	0529	0549	0609	0630	0648	0702	0715	0726	0737	0750	0803	0806	0815	0817	0828	0841	0853	0906
South Woodford Station George Lane	0531	0551	0611	0633	0651	0705	0718	0729	0740	0753	0806	0810	0819	0821	0832	0845	0857	0910
Woodford Green The Castle	0537	0557	0618	0640	0659	0714	0728	0739	0751	0804	0817	0823	0832	0834	0845	0857	0908	0920
Kings Road Friday Hill	0542	0602	0624	0647	0707	0723	0738	0750	0803	0816	0829	0837	0843	0846	0857	0908	0918	0928
Chingford Station	0545	0605	0628	0651	0711	0727	0743	0756	0809	0822	0835	0843	0849	0852	0903	0913	0923	0933
Ilford High Road Hainault Street	0855	0908	0920	0932	0944	0955	Then every 12 minutes until		1055	1107	1119	1131	Then every 12 minutes until		1355	Then about every 12-13 minutes until		1940
Ilford Station	0900	0913	0925	0937	0949	1000			1100	1112	1124	1136			1400			
Gants Hill Station Cranbrook Road (S)	0907	0920	0932	0944	0956	1008			1108	1120	1132	1144			1408			
Charlie Brown's Roundabout S. Side	0919	0930	0942	0954	1005	1017			1117	1129	1141	1153			1417			
South Woodford Station George Lane	0923	0934	0946	0957	1008	1020			1120	1132	1144	1156			1420			
Woodford Green The Castle	0932	0943	0955	1006	1017	1029			1129	1142	1154	1206			1430			
Kings Road Friday Hill	0939	0950	1002	1013	1024	1036			1136	1149	1201	1214			1438			
Chingford Station	0944	0955	1007	1018	1029	1041	1141	1154	1206	1219	1443	2023						
Ilford High Road Hainault Street	1955	2015	2035	2055	2115	2135	2155	2215	2235	2255	2315	2335	2355	0015	0035	0055		
Ilford Station	1959	2019	2039	2059	2119	2139	2159	2219	2239	2259	2318	2338	2358	0018	0038	0058		
Gants Hill Station Cranbrook Road (S)	2006	2026	2046	2106	2126	2146	2205	2225	2244	2304	2323	2343	0003	0023	0043	0103		
Charlie Brown's Roundabout S. Side	2015	2035	2055	2114	2134	2154	2213	2233	2252	2311	2330	2350	0009	0029	0049	0109		
South Woodford Station George Lane	2018	2038	2057	2116	2136	2156	2215	2235	2254	2313	2332	2352	0011	0031	0051	0111		
Woodford Green The Castle	2026	2046	2105	2124	2143	2203	2222	2241	2300	2319	2338	2358	0017	0037	0057	0117		
Kings Road Friday Hill	2033	2052	2111	2130	2149	2209	2228	2247	2306	2325	2344	0003	0022	0042	0102	0122		
Chingford Station	2037	2055	2114	2133	2152	2212	2231	2250	2309	2328	2347	0006	0025	0045	0105	0125		
179		Saturdays (also Good Friday)																
Ilford High Road Hainault Street	0515	0535	0555	0615	0635	0655	0715	0735	0750	0805	0820	0835	Then about every 12 minutes until		1855	1909	1924	1939
Ilford Station	0518	0538	0558	0618	0638	0658	0719	0739	0754	0809	0824	0839			1900	1914	1929	1944
Gants Hill Station Cranbrook Road (S)	0522	0542	0602	0623	0643	0703	0724	0744	0759	0815	0830	0845			1909	1922	1937	1952
Charlie Brown's Roundabout S. Side	0528	0549	0609	0630	0651	0711	0732	0752	0807	0823	0838	0853			1919	1932	1947	2001
South Woodford Station George Lane	0530	0551	0611	0632	0653	0713	0734	0754	0809	0825	0840	0855			1922	1935	1950	2004
Woodford Green The Castle	0535	0556	0616	0637	0658	0719	0740	0800	0816	0832	0847	0902			1931	1944	1958	2012
Kings Road Friday Hill	0540	0601	0622	0643	0704	0725	0746	0807	0823	0839	0854	0909			1938	1950	2004	2018
Chingford Station	0543	0604	0625	0646	0707	0728	0749	0811	0827	0843	0858	0914	1942	1954	2008	2022		
Ilford High Road Hainault Street	1954	2011	2032	2053	2114	2135	2155	2215	2235	2255	2315	2335	2355	0015	0035	0055		
Ilford Station	1958	2015	2036	2057	2118	2139	2159	2219	2239	2259	2318	2338	2358	0018	0038	0058		
Gants Hill Station Cranbrook Road (S)	2006	2023	2044	2104	2125	2146	2205	2225	2245	2305	2324	2344	0003	0023	0043	0103		
Charlie Brown's Roundabout S. Side	2015	2032	2052	2112	2133	2154	2213	2233	2253	2313	2332	2351	0010	0030	0050	0107		
South Woodford Station George Lane	2018	2034	2054	2114	2135	2156	2215	2235	2255	2315	2334	2353	0012	0032	0052	0108		
Woodford Green The Castle	2026	2042	2102	2122	2143	2203	2222	2242	2302	2322	2341	0000	0019	0039	0058	0114		
Kings Road Friday Hill	2032	2048	2108	2128	2149	2209	2228	2248	2308	2328	2347	0006	0025	0045	0103	0119		
Chingford Station	2036	2052	2112	2132	2152	2212	2231	2251	2311	2331	2350	0009	0028	0048	0106	0122		
179		Sundays and other Public Holidays (except Christmas Day)																
Ilford High Road Hainault Street	0655	0725	0755	0825	0854	0914	0934	0954	1014	1034	1051	1110	1130	1149	1209	1229	1249	1309
Ilford Station	0659	0729	0759	0829	0858	0918	0938	0958	1018	1038	1055	1114	1134	1153	1213	1233	1253	1314
Gants Hill Station Cranbrook Road (S)	0704	0734	0804	0834	0903	0924	0944	1004	1024	1044	1101	1121	1141	1200	1221	1241	1301	1322
Charlie Brown's Roundabout S. Side	0711	0741	0811	0841	0911	0932	0952	1012	1032	1052	1110	1130	1150	1210	1231	1251	1311	1332
South Woodford Station George Lane	0713	0743	0813	0843	0913	0934	0954	1014	1034	1054	1113	1133	1153	1213	1234	1254	1314	1335
Woodford Green The Castle	0719	0749	0820	0850	0920	0941	1001	1022	1042	1102	1122	1142	1202	1222	1243	1303	1323	1344
Kings Road Friday Hill	0725	0755	0826	0856	0927	0948	1008	1029	1049	1109	1129	1149	1209	1229	1250	1310	1330	1351
Chingford Station	0728	0758	0829	0900	0931	0952	1012	1033	1053	1113	1133	1153	1213	1233	1254	1314	1334	1355
Ilford High Road Hainault Street	1329	1349	1409	1429	Then every 20 minutes until		1629	1649	1709	1729	1748	1808	1828	1848	1908	1928	1948	2008
Ilford Station	1334	1354	1414	1434			1634	1653	1713	1733	1752	1812	1832	1852	1912	1932	1952	2012
Gants Hill Station Cranbrook Road (S)	1342	1402	1422	1443			1643	1701	1721	1741	1800	1820	1840	1859	1919	1939	1959	2019
Charlie Brown's Roundabout S. Side	1352	1412	1432	1452			1652	1710	1730	1750	1809	1829	1849	1908	1928	1948	2007	2027
South Woodford Station George Lane	1355	1415	1435	1455			1655	1713	1733	1753	1812	1832	1852	1911	1931	1950	2009	2029
Woodford Green The Castle	1404	1424	1444	1504			1704	1722	1742	1801	1820	1840	1900	1919	1939	1957	2016	2036
Kings Road Friday Hill	1411	1431	1451	1511			1711	1729	1749	1808	1827	1847	1907	1926	1945	2003	2022	2042
Chingford Station	1415	1435	1455	1515	1715	1733	1753	1812	1831	1851	1911	1930	1949	2007	2026	2046		
Ilford High Road Hainault Street	2029	2050	2111	2132	2153	2213	2234	2255	Then every 20 minutes until		0055							
Ilford Station	2033	2054	2115	2136	2156	2216	2237	2258			0058							
Gants Hill Station Cranbrook Road (S)	2040	2100	2121	2142	2202	2222	2243	2303			0103							
Charlie Brown's Roundabout S. Side	2048	2108	2129	2149	2209	2229	2250	2310			0110							
South Woodford Station George Lane	2050	2110	2131	2151	2211	2231	2252	2312			0112							
Woodford Green The Castle	2057	2117	2138	2158	2218	2238	2258	2318			0118							
Kings Road Friday Hill	2102	2122	2143	2203	2223	2243	2303	2323			0123							
Chingford Station	2106	2126	2146	2206	2226	2246	2306	2326	0126									
Note	SD - Operates on school days only										NSD - Operates during school holidays only							