

| 179                                   | Mondays to Fridays (school days) |      |      |      |      |      |                                      |      |      |      |      |      |      |      |      |      |      |      |      |
|---------------------------------------|----------------------------------|------|------|------|------|------|--------------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|
| 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 Wells St Thomas Church       | 0502                             | 0522 | 0542 | 0602 | 0622 | 0641 | 0653                                 | 0705 | 0716 | 0728 | 0741 | 0754 | 0807 | 0819 | 0833 | 0845 | 0856 | 0908 |      |
| 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 | Then<br>every 12<br>minutes<br>until | 1355 | 1407 | 1418 | 1428 | 1438 | 1448 | 1458 | 1510 | 1521 | 1532 | 1532 | 1537 |
| Kings Road Friday Hill                | 0913                             | 0924 | 0936 | 0948 | 1000 | 1012 |                                      | 1400 | 1412 | 1423 | 1433 | 1443 | 1453 | 1503 | 1515 | 1526 | 1537 | 1537 | 1544 |
| Woodford Wells St Thomas Church       | 0920                             | 0930 | 0941 | 0953 | 1005 | 1017 |                                      | 1405 | 1417 | 1428 | 1439 | 1449 | 1459 | 1509 | 1521 | 1532 | 1544 | 1544 | 1550 |
| Woodford Green The Castle             | 0924                             | 0934 | 0945 | 0956 | 1008 | 1019 |                                      | 1407 | 1419 | 1430 | 1441 | 1452 | 1501 | 1513 | 1526 | 1538 | 1550 | 1550 | 1601 |
| South Woodford Station Cowslip Rd.    | 0934                             | 0944 | 0955 | 1006 | 1018 | 1029 |                                      | 1417 | 1429 | 1440 | 1451 | 1502 | 1511 | 1523 | 1536 | 1548 | 1601 | 1601 | 1607 |
| Charlie Brown's Roundabout S. Side    | 0938                             | 0948 | 0959 | 1010 | 1021 | 1032 |                                      | 1420 | 1432 | 1443 | 1454 | 1505 | 1517 | 1529 | 1542 | 1554 | 1607 | 1607 | 1621 |
| Gants Hill Station Cranbrook Road (S) | 0950                             | 1000 | 1010 | 1021 | 1032 | 1043 |                                      | 1431 | 1443 | 1454 | 1506 | 1518 | 1531 | 1543 | 1556 | 1608 | 1621 | 1621 | 1630 |
| Ilford Station                        | 0957                             | 1007 | 1017 | 1028 | 1039 | 1051 |                                      | 1439 | 1452 | 1504 | 1516 | 1528 | 1540 | 1552 | 1605 | 1617 | 1630 | 1630 | 1635 |
| Ilford High Road Hainault Street      | 1001                             | 1011 | 1021 | 1032 | 1043 | 1055 | 1443                                 | 1456 | 1508 | 1520 | 1533 | 1545 | 1557 | 1610 | 1622 | 1635 | 1635 | 1635 |      |
| Chingford Station                     | 1543                             | 1553 | 1606 | 1619 | 1632 | 1645 | 1657                                 | 1710 | 1722 | 1734 | 1746 | 1758 | 1810 | 1822 | 1834 | 1846 | 1858 | 1910 |      |
| Kings Road Friday Hill                | 1549                             | 1600 | 1613 | 1625 | 1637 | 1650 | 1702                                 | 1715 | 1727 | 1739 | 1751 | 1803 | 1815 | 1827 | 1839 | 1851 | 1903 | 1914 |      |
| Woodford Wells St Thomas Church       | 1556                             | 1607 | 1619 | 1631 | 1643 | 1656 | 1708                                 | 1721 | 1733 | 1745 | 1757 | 1809 | 1821 | 1833 | 1844 | 1856 | 1907 | 1918 |      |
| Woodford Green The Castle             | 1602                             | 1613 | 1625 | 1637 | 1649 | 1702 | 1714                                 | 1727 | 1739 | 1750 | 1801 | 1813 | 1825 | 1836 | 1846 | 1858 | 1909 | 1920 |      |
| South Woodford Station Cowslip Rd.    | 1613                             | 1624 | 1635 | 1646 | 1658 | 1711 | 1723                                 | 1736 | 1748 | 1759 | 1810 | 1822 | 1834 | 1845 | 1855 | 1907 | 1918 | 1928 |      |
| Charlie Brown's Roundabout S. Side    | 1619                             | 1631 | 1643 | 1654 | 1706 | 1719 | 1731                                 | 1744 | 1756 | 1806 | 1817 | 1829 | 1839 | 1849 | 1859 | 1910 | 1921 | 1931 |      |
| Gants Hill Station Cranbrook Road (S) | 1633                             | 1646 | 1658 | 1709 | 1721 | 1734 | 1746                                 | 1759 | 1811 | 1821 | 1832 | 1843 | 1853 | 1902 | 1912 | 1923 | 1933 | 1943 |      |
| Ilford Station                        | 1642                             | 1655 | 1707 | 1718 | 1730 | 1743 | 1755                                 | 1808 | 1820 | 1830 | 1840 | 1851 | 1901 | 1910 | 1920 | 1930 | 1940 | 1950 |      |
| Ilford High Road Hainault Street      | 1647                             | 1700 | 1712 | 1723 | 1735 | 1748 | 1800                                 | 1813 | 1825 | 1835 | 1845 | 1856 | 1906 | 1915 | 1924 | 1934 | 1944 | 1954 |      |
| Chingford Station                     | 1922                             | 1935 | 1950 | 2005 | 2025 | 2045 | 2105                                 | 2125 | 2145 | 2205 | 2225 | 2245 | 2305 | 2325 | 2345 | 0005 | 0025 | 0045 |      |
| Kings Road Friday Hill                | 1926                             | 1939 | 1954 | 2009 | 2029 | 2049 | 2109                                 | 2128 | 2148 | 2208 | 2228 | 2248 | 2308 | 2328 | 2348 | 0008 | 0028 | 0048 |      |
| Woodford Wells St Thomas Church       | 1930                             | 1943 | 1958 | 2013 | 2033 | 2053 | 2113                                 | 2132 | 2152 | 2212 | 2232 | 2252 | 2312 | 2332 | 2352 | 0012 | 0032 | 0052 |      |
| Woodford Green The Castle             | 1932                             | 1945 | 2000 | 2015 | 2035 | 2055 | 2115                                 | 2134 | 2154 | 2214 | 2234 | 2254 | 2313 | 2333 | 2353 | 0013 | 0033 | 0053 |      |
| South Woodford Station Cowslip Rd.    | 1940                             | 1953 | 2008 | 2023 | 2043 | 2103 | 2123                                 | 2142 | 2202 | 2222 | 2242 | 2301 | 2320 | 2339 | 2359 | 0019 | 0039 | 0059 |      |
| Charlie Brown's Roundabout S. Side    | 1943                             | 1955 | 2010 | 2025 | 2045 | 2105 | 2125                                 | 2144 | 2204 | 2224 | 2244 | 2303 | 2322 | 2341 | 0001 | 0021 | 0041 | 0101 |      |
| Gants Hill Station Cranbrook Road (S) | 1955                             | 2006 | 2020 | 2035 | 2055 | 2115 | 2134                                 | 2153 | 2213 | 2233 | 2252 | 2311 | 2330 | 2349 | 0009 | 0029 | 0049 | 0109 |      |
| Ilford Station                        | 2001                             | 2012 | 2026 | 2041 | 2100 | 2120 | 2139                                 | 2158 | 2218 | 2237 | 2256 | 2315 | 2334 | 2353 | 0013 | 0033 | 0053 | 0113 |      |
| Ilford High Road Hainault Street      | 2005                             | 2016 | 2030 | 2045 | 2104 | 2123 | 2142                                 | 2201 | 2221 | 2240 | 2259 | 2318 | 2337 | 2356 | 0016 | 0036 | 0056 | 0116 |      |

| 179                                   |      | Mondays to Fridays (school holidays) |          |      |      |      |      |      |      |      |      |      |      |      |      |      |          |                |
|---------------------------------------|------|--------------------------------------|----------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------|----------------|
| Chingford Station                     | 0455 | 0515                                 | 0535     | 0555 | 0615 | 0635 | 0650 | 0705 | 0717 | 0729 | 0741 | 0752 | 0803 | 0815 | 0827 | 0839 |          | 0951           |
| Kings Road Friday Hill                | 0458 | 0519                                 | 0539     | 0559 | 0619 | 0639 | 0654 | 0710 | 0722 | 0734 | 0746 | 0757 | 0808 | 0820 | 0832 | 0844 |          | 0956           |
| Woodford Wells St Thomas Church       | 0502 | 0523                                 | 0543     | 0603 | 0624 | 0644 | 0659 | 0716 | 0728 | 0740 | 0752 | 0803 | 0814 | 0826 | 0838 | 0850 | Then     | 1002           |
| Woodford Green The Castle             | 0503 | 0524                                 | 0544     | 0605 | 0626 | 0646 | 0701 | 0718 | 0731 | 0743 | 0755 | 0806 | 0817 | 0829 | 0841 | 0853 | every    | 1005           |
| South Woodford Station Cowslip Rd.    | 0510 | 0531                                 | 0551     | 0613 | 0634 | 0654 | 0710 | 0727 | 0740 | 0752 | 0804 | 0816 | 0828 | 0840 | 0852 | 0904 | 12       | 1016           |
| Charlie Brown's Roundabout S. Side    | 0512 | 0533                                 | 0553     | 0615 | 0636 | 0656 | 0713 | 0730 | 0743 | 0755 | 0807 | 0819 | 0831 | 0843 | 0855 | 0907 | mins.    | 1019           |
| Gants Hill Station Cranbrook Road (S) | 0520 | 0541                                 | 0603     | 0625 | 0646 | 0706 | 0724 | 0741 | 0755 | 0807 | 0820 | 0832 | 0844 | 0856 | 0908 | 0919 | until    | 1031           |
| Ilford Station                        | 0524 | 0545                                 | 0607     | 0629 | 0651 | 0712 | 0730 | 0747 | 0801 | 0814 | 0827 | 0839 | 0851 | 0903 | 0914 | 0925 |          | 1037           |
| Ilford High Road Hainault Street      | 0527 | 0548                                 | 0610     | 0632 | 0654 | 0716 | 0734 | 0751 | 0805 | 0819 | 0832 | 0844 | 0856 | 0907 | 0918 | 0929 |          | 1041           |
| Chingford Station                     | 1002 |                                      |          | 1426 | 1438 | 1450 | 1502 | 1514 | 1526 | 1538 | 1550 | 1602 | 1614 |      |      |      | Then     | 1726 1738 1751 |
| Kings Road Friday Hill                | 1008 |                                      |          | 1432 | 1444 | 1456 | 1508 | 1520 | 1532 | 1544 | 1556 | 1608 | 1620 |      |      |      | Then     | 1732 1744 1756 |
| Woodford Wells St Thomas Church       | 1014 | Then                                 |          | 1438 | 1450 | 1502 | 1514 | 1526 | 1538 | 1550 | 1602 | 1614 | 1626 |      |      |      | Then     | 1738 1750 1802 |
| Woodford Green The Castle             | 1017 | every 12                             |          | 1441 | 1453 | 1505 | 1517 | 1529 | 1541 | 1553 | 1605 | 1617 | 1629 |      |      |      | every 12 | 1741 1753 1805 |
| South Woodford Station Cowslip Rd.    | 1028 | minutes                              |          | 1452 | 1504 | 1516 | 1528 | 1540 | 1552 | 1604 | 1616 | 1628 | 1640 |      |      |      | minutes  | 1752 1804 1816 |
| Charlie Brown's Roundabout S. Side    | 1031 | until                                |          | 1455 | 1507 | 1519 | 1531 | 1543 | 1555 | 1607 | 1619 | 1631 | 1643 |      |      |      | until    | 1755 1807 1819 |
| Gants Hill Station Cranbrook Road (S) | 1043 |                                      |          | 1507 | 1519 | 1531 | 1543 | 1555 | 1608 | 1621 | 1633 | 1646 | 1659 |      |      |      |          | 1811 1822 1834 |
| Ilford Station                        | 1049 |                                      |          | 1513 | 1525 | 1537 | 1549 | 1601 | 1614 | 1627 | 1640 | 1653 | 1706 |      |      |      |          | 1818 1830 1842 |
| Ilford High Road Hainault Street      | 1053 |                                      |          | 1517 | 1530 | 1542 | 1554 | 1606 | 1619 | 1632 | 1645 | 1658 | 1711 |      |      |      |          | 1823 1835 1847 |
| Chingford Station                     | 1803 | 1815                                 | 1827     | 1839 | 1851 | 1903 | 1915 | 1927 | 1939 | 1952 | 2007 | 2025 | 2045 | 2105 | 2125 | 2145 | 2205     | 2225           |
| Kings Road Friday Hill                | 1808 | 1820                                 | 1832     | 1844 | 1856 | 1908 | 1920 | 1932 | 1944 | 1957 | 2011 | 2029 | 2049 | 2109 | 2129 | 2149 | 2209     | 2229           |
| Woodford Wells St Thomas Church       | 1814 | 1826                                 | 1838     | 1850 | 1901 | 1913 | 1925 | 1937 | 1949 | 2002 | 2016 | 2034 | 2054 | 2114 | 2134 | 2154 | 2213     | 2233           |
| Woodford Green The Castle             | 1817 | 1829                                 | 1841     | 1852 | 1903 | 1915 | 1927 | 1939 | 1951 | 2004 | 2018 | 2036 | 2056 | 2116 | 2136 | 2156 | 2215     | 2235           |
| South Woodford Station Cowslip Rd.    | 1827 | 1839                                 | 1851     | 1902 | 1913 | 1925 | 1936 | 1948 | 2000 | 2012 | 2026 | 2044 | 2104 | 2123 | 2143 | 2203 | 2222     | 2242           |
| Charlie Brown's Roundabout S. Side    | 1831 | 1843                                 | 1855     | 1906 | 1917 | 1929 | 1940 | 1952 | 2004 | 2016 | 2029 | 2047 | 2106 | 2125 | 2145 | 2205 | 2224     | 2244           |
| Gants Hill Station Cranbrook Road (S) | 1845 | 1856                                 | 1908     | 1919 | 1930 | 1941 | 1952 | 2003 | 2014 | 2026 | 2039 | 2056 | 2115 | 2134 | 2154 | 2213 | 2232     | 2252           |
| Ilford Station                        | 1853 | 1904                                 | 1915     | 1925 | 1936 | 1947 | 1958 | 2009 | 2020 | 2032 | 2045 | 2102 | 2120 | 2139 | 2159 | 2218 | 2237     | 2257           |
| Ilford High Road Hainault Street      | 1858 | 1908                                 | 1919     | 1929 | 1940 | 1951 | 2002 | 2013 | 2024 | 2036 | 2049 | 2105 | 2123 | 2142 | 2202 | 2221 | 2240     | 2300           |
| Chingford Station                     | 2245 | 2305                                 |          |      |      |      |      | 0045 |      |      |      |      |      |      |      |      |          |                |
| Kings Road Friday Hill                | 2249 | 2309                                 |          |      |      |      |      | 0049 |      |      |      |      |      |      |      |      |          |                |
| Woodford Wells St Thomas Church       | 2253 | 2313                                 | Then     |      |      |      |      | 0053 |      |      |      |      |      |      |      |      |          |                |
| Woodford Green The Castle             | 2255 | 2315                                 | every 20 |      |      |      |      | 0055 |      |      |      |      |      |      |      |      |          |                |
| South Woodford Station Cowslip Rd.    | 2302 | 2321                                 | minutes  |      |      |      |      | 0101 |      |      |      |      |      |      |      |      |          |                |
| Charlie Brown's Roundabout S. Side    | 2304 | 2323                                 | until    |      |      |      |      | 0103 |      |      |      |      |      |      |      |      |          |                |
| Gants Hill Station Cranbrook Road (S) | 2312 | 2331                                 |          |      |      |      |      | 0111 |      |      |      |      |      |      |      |      |          |                |
| Ilford Station                        | 2316 | 2335                                 |          |      |      |      |      | 0115 |      |      |      |      |      |      |      |      |          |                |
| Ilford High Road Hainault Street      | 2319 | 2338                                 |          |      |      |      |      | 0118 |      |      |      |      |      |      |      |      |          |                |
| 179                                   |      | Saturdays (also Good Friday)         |          |      |      |      |      |      |      |      |      |      |      |      |      |      |          |                |
| Chingford Station                     | 0455 | 0515                                 | 0535     | 0555 | 0615 | 0635 | 0655 | 0715 | 0735 | 0750 | 0805 | 0820 | 0831 | 0842 | 0853 | 0905 | 0917     | 0928           |
| Kings Road Friday Hill                | 0458 | 0518                                 | 0538     | 0558 | 0618 | 0638 | 0658 | 0718 | 0738 | 0754 | 0809 | 0825 | 0836 | 0847 | 0858 | 0910 | 0922     | 0933           |
| Woodford Wells St Thomas Church       | 0502 | 0522                                 | 0542     | 0602 | 0622 | 0642 | 0702 | 0722 | 0742 | 0758 | 0814 | 0830 | 0841 | 0852 | 0903 | 0915 | 0927     | 0938           |
| Woodford Green The Castle             | 0503 | 0523                                 | 0543     | 0603 | 0623 | 0644 | 0704 | 0724 | 0744 | 0800 | 0816 | 0832 | 0843 | 0854 | 0905 | 0917 | 0929     | 0940           |
| South Woodford Station Cowslip Rd.    | 0508 | 0528                                 | 0548     | 0609 | 0629 | 0650 | 0711 | 0731 | 0751 | 0807 | 0823 | 0839 | 0850 | 0901 | 0913 | 0925 | 0937     | 0948           |
| Charlie Brown's Roundabout S. Side    | 0510 | 0530                                 | 0550     | 0611 | 0631 | 0652 | 0713 | 0733 | 0753 | 0809 | 0825 | 0841 | 0852 | 0904 | 0916 | 0928 | 0940     | 0952           |
| Gants Hill Station Cranbrook Road (S) | 0517 | 0537                                 | 0557     | 0619 | 0639 | 0700 | 0721 | 0741 | 0802 | 0818 | 0834 | 0850 | 0901 | 0914 | 0926 | 0938 | 0950     | 1002           |
| Ilford Station                        | 0521 | 0541                                 | 0601     | 0623 | 0643 | 0704 | 0725 | 0746 | 0807 | 0823 | 0839 | 0855 | 0907 | 0920 | 0932 | 0944 | 0956     | 1008           |
| Ilford High Road Hainault Street      | 0524 | 0544                                 | 0604     | 0626 | 0646 | 0707 | 0728 | 0749 | 0810 | 0826 | 0842 | 0858 | 0911 | 0924 | 0936 | 0948 | 1000     | 1012           |
| Chingford Station                     | 0939 | 0950                                 | 1001     | 1013 | 1025 | 1037 | 1049 | 1101 | 1113 | 1125 | 1137 | 1149 | 1201 | 1213 | 1224 | 1235 | 1246     | 1258           |
| Kings Road Friday Hill                | 0944 | 0955                                 | 1006     | 1018 | 1030 | 1042 | 1054 | 1107 | 1119 | 1131 | 1143 | 1155 | 1207 | 1219 | 1230 | 1241 | 1252     | 1304           |
| Woodford Wells St Thomas Church       | 0949 | 1000                                 | 1011     | 1023 | 1035 | 1047 | 1059 | 1112 | 1124 | 1137 | 1150 | 1202 | 1214 | 1226 | 1237 | 1248 | 1259     | 1311           |
| Woodford Green The Castle             | 0952 | 1003                                 | 1014     | 1026 | 1038 | 1050 | 1102 | 1115 | 1127 | 1140 | 1153 | 1206 | 1218 | 1230 | 1241 | 1252 | 1303     | 1315           |
| South Woodford Station Cowslip Rd.    | 1000 | 1012                                 | 1024     | 1036 | 1048 | 1100 | 1112 | 1125 | 1137 | 1150 | 1203 | 1216 | 1228 | 1240 | 1251 | 1303 | 1315     | 1327           |
| Charlie Brown's Roundabout S. Side    | 1004 | 1016                                 | 1028     | 1040 | 1052 | 1104 | 1116 | 1129 | 1141 | 1154 | 1207 | 1220 | 1233 | 1245 | 1256 | 1308 | 1320     | 1332           |
| Gants Hill Station Cranbrook Road (S) | 1015 | 1027                                 | 1039     | 1051 | 1103 | 1116 | 1129 | 1142 | 1154 | 1207 | 1220 | 1233 | 1246 | 1259 | 1311 | 1323 | 1335     | 1347           |
| Ilford Station                        | 1021 | 1033                                 | 1045     | 1057 | 1110 | 1123 | 1136 | 1149 | 1202 | 1215 | 1228 | 1241 | 1254 | 1307 | 1320 | 1333 | 1346     | 1358           |
| Ilford High Road Hainault Street      | 1025 | 1037                                 | 1049     | 1101 | 1114 | 1127 | 1140 | 1153 | 1206 | 1219 | 1232 | 1245 | 1258 | 1311 | 1324 | 1337 | 1350     | 1402           |

| 179  | Saturdays (also Good Friday) (cont.)                     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
|--|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Chingford Station                            | 1310   | 1322 | 1334 | 1346 | 1358 | 1410 | 1422 | 1434 | 1446 | 1458 | 1510 | 1522 | 1534 | 1546 | 1558 | 1610 | 1622 | 1634 |
| Kings Road <i>Friday Hill</i>                | 1316   | 1328 | 1340 | 1352 | 1404 | 1416 | 1428 | 1440 | 1452 | 1504 | 1515 | 1527 | 1539 | 1551 | 1603 | 1615 | 1627 | 1639 |
| Woodford Wells <i>St Thomas Church</i>       | 1323   | 1335 | 1347 | 1359 | 1411 | 1423 | 1435 | 1446 | 1457 | 1509 | 1520 | 1532 | 1544 | 1556 | 1608 | 1620 | 1632 | 1644 |
| Woodford Green <i>The Castle</i>             | 1327   | 1339 | 1351 | 1403 | 1415 | 1427 | 1439 | 1450 | 1500 | 1512 | 1523 | 1535 | 1547 | 1559 | 1611 | 1623 | 1635 | 1647 |
| South Woodford Station <i>Cowslip Rd.</i>    | 1339   | 1351 | 1403 | 1415 | 1427 | 1439 | 1451 | 1501 | 1511 | 1523 | 1534 | 1545 | 1557 | 1609 | 1621 | 1633 | 1645 | 1657 |
| Charlie Brown's Roundabout <i>S. Side</i>    | 1344   | 1356 | 1408 | 1420 | 1432 | 1444 | 1455 | 1505 | 1515 | 1527 | 1538 | 1549 | 1601 | 1613 | 1625 | 1637 | 1649 | 1701 |
| Gants Hill Station <i>Cranbrook Road (S)</i> | 1359   | 1411 | 1423 | 1435 | 1447 | 1458 | 1508 | 1518 | 1528 | 1540 | 1551 | 1602 | 1614 | 1626 | 1638 | 1650 | 1701 | 1712 |
| Ilford Station                               | 1410   | 1423 | 1435 | 1447 | 1459 | 1510 | 1520 | 1530 | 1540 | 1550 | 1600 | 1611 | 1623 | 1635 | 1647 | 1658 | 1709 | 1720 |
| Ilford High Road <i>Hainault Street</i>      | 1414   | 1427 | 1439 | 1451 | 1503 | 1514 | 1524 | 1534 | 1544 | 1554 | 1604 | 1615 | 1627 | 1639 | 1651 | 1702 | 1713 | 1724 |
| Chingford Station                            | 1646   | 1658 | 1710 | 1722 | 1734 | 1747 | 1800 | 1812 | 1824 | 1837 | 1852 | 1907 | 1923 | 1939 | 1959 | 2019 | 2039 | 2059 |
| Kings Road <i>Friday Hill</i>                | 1651   | 1703 | 1715 | 1727 | 1739 | 1752 | 1805 | 1817 | 1829 | 1842 | 1857 | 1912 | 1928 | 1944 | 2004 | 2024 | 2044 | 2104 |
| Woodford Wells <i>St Thomas Church</i>       | 1656   | 1708 | 1720 | 1732 | 1744 | 1757 | 1810 | 1822 | 1834 | 1847 | 1901 | 1916 | 1932 | 1948 | 2008 | 2028 | 2048 | 2108 |
| Woodford Green <i>The Castle</i>             | 1658   | 1710 | 1722 | 1734 | 1746 | 1759 | 1812 | 1824 | 1836 | 1849 | 1903 | 1918 | 1934 | 1950 | 2010 | 2030 | 2050 | 2110 |
| South Woodford Station <i>Cowslip Rd.</i>    | 1707   | 1719 | 1731 | 1743 | 1755 | 1808 | 1821 | 1833 | 1845 | 1857 | 1911 | 1926 | 1942 | 1958 | 2018 | 2038 | 2058 | 2118 |
| Charlie Brown's Roundabout <i>S. Side</i>    | 1711   | 1723 | 1735 | 1747 | 1759 | 1812 | 1824 | 1836 | 1848 | 1900 | 1914 | 1929 | 1945 | 2001 | 2021 | 2041 | 2101 | 2121 |
| Gants Hill Station <i>Cranbrook Road (S)</i> | 1722   | 1734 | 1746 | 1758 | 1810 | 1823 | 1835 | 1847 | 1859 | 1911 | 1925 | 1940 | 1956 | 2011 | 2031 | 2051 | 2110 | 2130 |
| Ilford Station                               | 1730   | 1742 | 1754 | 1806 | 1818 | 1830 | 1842 | 1854 | 1906 | 1918 | 1932 | 1947 | 2002 | 2017 | 2037 | 2057 | 2116 | 2136 |
| Ilford High Road <i>Hainault Street</i>      | 1734   | 1746 | 1758 | 1810 | 1822 | 1834 | 1846 | 1858 | 1910 | 1922 | 1936 | 1951 | 2006 | 2021 | 2041 | 2101 | 2120 | 2140 |
| Chingford Station                            | 2119   | 2139 | 2159 | 2219 | 2239 | 2259 | 2319 | 2340 | 0000 | 0020 | 0040 |      |      |      |      |      |      |      |
| Kings Road <i>Friday Hill</i>                | 2124   | 2144 | 2203 | 2223 | 2243 | 2303 | 2323 | 2343 | 0003 | 0023 | 0043 |      |      |      |      |      |      |      |
| Woodford Wells <i>St Thomas Church</i>       | 2128   | 2148 | 2207 | 2227 | 2247 | 2307 | 2327 | 2347 | 0007 | 0027 | 0047 |      |      |      |      |      |      |      |
| Woodford Green <i>The Castle</i>             | 2130   | 2150 | 2209 | 2229 | 2249 | 2309 | 2329 | 2349 | 0009 | 0029 | 0049 |      |      |      |      |      |      |      |
| South Woodford Station <i>Cowslip Rd.</i>    | 2138   | 2158 | 2217 | 2237 | 2256 | 2316 | 2336 | 2356 | 0016 | 0036 | 0056 |      |      |      |      |      |      |      |
| Charlie Brown's Roundabout <i>S. Side</i>    | 2141   | 2200 | 2219 | 2239 | 2258 | 2318 | 2338 | 2358 | 0018 | 0038 | 0058 |      |      |      |      |      |      |      |
| Gants Hill Station <i>Cranbrook Road (S)</i> | 2150   | 2209 | 2228 | 2248 | 2307 | 2327 | 2347 | 0007 | 0027 | 0047 | 0106 |      |      |      |      |      |      |      |
| Ilford Station                               | 2155   | 2214 | 2233 | 2253 | 2312 | 2332 | 2352 | 0012 | 0032 | 0051 | 0110 |      |      |      |      |      |      |      |
| Ilford High Road <i>Hainault Street</i>      | 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 <i>Friday Hill</i>                | 0643   | 0713 | 0743 | 0813 | 0833 | 0853 | 0914 | 0934 | 0953 | 1012 | 1031 | 1050 | 1111 | 1131 | 1151 | 1211 | 1231 | 1251 |
| Woodford Wells <i>St Thomas Church</i>       | 0647   | 0717 | 0747 | 0817 | 0837 | 0857 | 0918 | 0938 | 0957 | 1017 | 1036 | 1055 | 1116 | 1136 | 1156 | 1216 | 1236 | 1256 |
| Woodford Green <i>The Castle</i>             | 0648   | 0718 | 0748 | 0818 | 0838 | 0858 | 0920 | 0940 | 0959 | 1019 | 1038 | 1057 | 1118 | 1138 | 1158 | 1218 | 1238 | 1258 |
| South Woodford Station <i>Cowslip Rd.</i>    | 0654   | 0724 | 0754 | 0825 | 0845 | 0905 | 0928 | 0948 | 1007 | 1027 | 1047 | 1106 | 1127 | 1147 | 1207 | 1228 | 1248 | 1308 |
| Charlie Brown's Roundabout <i>S. Side</i>    | 0656   | 0726 | 0756 | 0827 | 0847 | 0907 | 0930 | 0950 | 1010 | 1030 | 1050 | 1109 | 1130 | 1150 | 1211 | 1232 | 1252 | 1312 |
| Gants Hill Station <i>Cranbrook Road (S)</i> | 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 <i>Hainault Street</i>      | 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 |      |      | 1911 | 1932 | 1953 |
| Kings Road <i>Friday Hill</i>                | 1311   | 1331 | 1351 | 1411 | 1432 | 1453 | 1514 | 1534 | 1553 | 1613 | 1633 | 1654 | 1715 |      |      | 1915 | 1936 | 1957 |
| Woodford Wells <i>St Thomas Church</i>       | 1316   | 1336 | 1356 | 1416 | 1437 | 1458 | 1519 | 1539 | 1558 | 1618 | 1638 | 1658 | 1719 |      |      | 1919 | 1940 | 2001 |
| Woodford Green <i>The Castle</i>             | 1318   | 1338 | 1358 | 1418 | 1439 | 1500 | 1521 | 1541 | 1600 | 1620 | 1640 | 1700 | 1721 |      |      | 1921 | 1942 | 2003 |
| South Woodford Station <i>Cowslip Rd.</i>    | 1328   | 1348 | 1407 | 1427 | 1448 | 1509 | 1530 | 1550 | 1609 | 1629 | 1649 | 1709 | 1729 |      |      | 1929 | 1950 | 2011 |
| Charlie Brown's Roundabout <i>S. Side</i>    | 1332   | 1352 | 1411 | 1431 | 1451 | 1512 | 1533 | 1553 | 1612 | 1632 | 1652 | 1712 | 1732 |      |      | 1932 | 1953 | 2014 |
| Gants Hill Station <i>Cranbrook Road (S)</i> | 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 <i>Hainault Street</i>      | 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 <i>Friday Hill</i>                | 2018   | 2039 | 2059 | 2120 | 2142 | 2202 | 2222 | 2242 | 2302 | 2323 | 2343 | 0003 | 0023 | 0043 |      |      |      |      |
| Woodford Wells <i>St Thomas Church</i>       | 2022   | 2043 | 2103 | 2124 | 2146 | 2206 | 2226 | 2246 | 2306 | 2327 | 2347 | 0007 | 0027 | 0047 |      |      |      |      |
| Woodford Green <i>The Castle</i>             | 2024   | 2045 | 2105 | 2126 | 2147 | 2207 | 2227 | 2247 | 2307 | 2328 | 2348 | 0008 | 0028 | 0048 |      |      |      |      |
| South Woodford Station <i>Cowslip Rd.</i>    | 2032   | 2052 | 2112 | 2133 | 2154 | 2214 | 2234 | 2253 | 2313 | 2334 | 2354 | 0014 | 0034 | 0054 |      |      |      |      |
| Charlie Brown's Roundabout <i>S. Side</i>    | 2034   | 2054 | 2114 | 2135 | 2156 | 2216 | 2236 | 2255 | 2315 | 2336 | 2356 | 0016 | 0036 | 0056 |      |      |      |      |
| Gants Hill Station <i>Cranbrook Road (S)</i> | 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 <i>Hainault Street</i>      | 2052   | 2112 | 2132 | 2152 | 2212 | 2232 | 2252 | 2311 | 2331 | 2351 | 0011 | 0031 | 0051 | 0111 |      |      |      |      |

| 179  | Mondays to Fridays (school days) |      |      |      |      |                                      |      |      |      |      |                                      |      |      |      |      |      |      |      |
|--|----------------------------------|------|------|------|------|--------------------------------------|------|------|------|------|--------------------------------------|------|------|------|------|------|------|------|
| Ilford High Road <i>Hainault Street</i>      | 0515                             | 0535 | 0555 | 0615 | 0631 | 0642                                 | 0653 | 0702 | 0711 | 0721 | 0733                                 | 0736 | 0747 | 0801 | 0815 | 0829 | 0842 | 0855 |
| Ilford Station                               | 0518                             | 0538 | 0558 | 0618 | 0634 | 0646                                 | 0657 | 0707 | 0716 | 0726 | 0738                                 | 0741 | 0752 | 0806 | 0820 | 0834 | 0847 | 0900 |
| Gants Hill Station <i>Cranbrook Road (S)</i> | 0523                             | 0543 | 0603 | 0623 | 0640 | 0653                                 | 0704 | 0714 | 0723 | 0734 | 0747                                 | 0750 | 0801 | 0814 | 0828 | 0841 | 0854 | 0907 |
| Charlie Brown's Roundabout <i>S. Side</i>    | 0529                             | 0549 | 0609 | 0630 | 0648 | 0702                                 | 0715 | 0726 | 0737 | 0750 | 0803                                 | 0806 | 0817 | 0828 | 0841 | 0853 | 0906 | 0919 |
| South Woodford Station <i>George Lane</i>    | 0531                             | 0551 | 0611 | 0633 | 0651 | 0705                                 | 0718 | 0729 | 0740 | 0753 | 0806                                 | 0810 | 0821 | 0832 | 0845 | 0857 | 0910 | 0923 |
| Woodford Green <i>The Castle</i>             | 0537                             | 0557 | 0618 | 0640 | 0659 | 0714                                 | 0728 | 0739 | 0751 | 0804 | 0817                                 | 0823 | 0834 | 0845 | 0857 | 0908 | 0920 | 0932 |
| Woodford Wells <i>St Thomas Church</i>       | 0538                             | 0558 | 0619 | 0642 | 0701 | 0716                                 | 0730 | 0742 | 0754 | 0807 | 0820                                 | 0828 | 0838 | 0849 | 0901 | 0911 | 0922 | 0934 |
| Kings Road <i>Friday Hill</i>                | 0542                             | 0602 | 0624 | 0647 | 0707 | 0723                                 | 0738 | 0750 | 0803 | 0816 | 0829                                 | 0837 | 0846 | 0857 | 0908 | 0918 | 0928 | 0939 |
| Chingford Station                            | 0545                             | 0605 | 0628 | 0651 | 0711 | 0727                                 | 0743 | 0756 | 0809 | 0822 | 0835                                 | 0843 | 0852 | 0903 | 0913 | 0923 | 0933 | 0944 |
| Ilford High Road <i>Hainault Street</i>      | 0908                             | 0920 | 0932 | 0944 | 0955 | Then<br>every 12<br>minutes<br>until | 1055 | 1107 | 1119 | 1131 | Then<br>every 12<br>minutes<br>until | 1355 | 1407 | 1418 | 1428 | 1438 |      |      |
| Ilford Station                               | 0913                             | 0925 | 0937 | 0949 | 1000 |                                      | 1100 | 1112 | 1124 | 1136 |                                      | 1400 | 1412 | 1423 | 1433 | 1443 |      |      |
| Gants Hill Station <i>Cranbrook Road (S)</i> | 0920                             | 0932 | 0944 | 0956 | 1008 |                                      | 1108 | 1120 | 1132 | 1144 |                                      | 1408 | 1420 | 1431 | 1442 | 1452 |      |      |
| Charlie Brown's Roundabout <i>S. Side</i>    | 0930                             | 0942 | 0954 | 1005 | 1017 |                                      | 1117 | 1129 | 1141 | 1153 |                                      | 1417 | 1429 | 1441 | 1452 | 1502 |      |      |
| South Woodford Station <i>George Lane</i>    | 0934                             | 0946 | 0957 | 1008 | 1020 |                                      | 1120 | 1132 | 1144 | 1156 |                                      | 1420 | 1432 | 1444 | 1455 | 1506 |      |      |
| Woodford Green <i>The Castle</i>             | 0943                             | 0955 | 1006 | 1017 | 1029 |                                      | 1129 | 1142 | 1154 | 1206 |                                      | 1430 | 1442 | 1454 | 1505 | 1517 |      |      |
| Woodford Wells <i>St Thomas Church</i>       | 0945                             | 0957 | 1008 | 1019 | 1031 |                                      | 1131 | 1144 | 1156 | 1208 |                                      | 1432 | 1444 | 1456 | 1507 | 1519 |      |      |
| Kings Road <i>Friday Hill</i>                | 0950                             | 1002 | 1013 | 1024 | 1036 |                                      | 1136 | 1149 | 1201 | 1214 |                                      | 1438 | 1450 | 1502 | 1514 | 1526 |      |      |
| Chingford Station                            | 0955                             | 1007 | 1018 | 1029 | 1041 | 1141                                 | 1154 | 1206 | 1219 | 1443 | 1456                                 | 1508 | 1520 | 1532 |      |      |      |      |
| Ilford High Road <i>Hainault Street</i>      | 1448                             | 1458 | 1509 | 1522 | 1534 | 1546                                 | 1558 | 1610 | 1623 | 1635 | 1648                                 | 1700 | 1713 | 1725 | 1738 | 1751 | 1804 | 1817 |
| Ilford Station                               | 1453                             | 1503 | 1514 | 1527 | 1539 | 1552                                 | 1604 | 1616 | 1629 | 1641 | 1654                                 | 1706 | 1719 | 1731 | 1744 | 1757 | 1810 | 1823 |
| Gants Hill Station <i>Cranbrook Road (S)</i> | 1502                             | 1513 | 1524 | 1537 | 1549 | 1602                                 | 1614 | 1626 | 1639 | 1651 | 1704                                 | 1716 | 1729 | 1741 | 1754 | 1807 | 1820 | 1833 |
| Charlie Brown's Roundabout <i>S. Side</i>    | 1513                             | 1524 | 1536 | 1549 | 1601 | 1614                                 | 1626 | 1638 | 1651 | 1703 | 1716                                 | 1728 | 1741 | 1753 | 1806 | 1819 | 1832 | 1844 |
| South Woodford Station <i>George Lane</i>    | 1517                             | 1528 | 1540 | 1552 | 1604 | 1617                                 | 1629 | 1641 | 1654 | 1706 | 1719                                 | 1731 | 1744 | 1756 | 1809 | 1822 | 1835 | 1847 |
| Woodford Green <i>The Castle</i>             | 1528                             | 1540 | 1553 | 1605 | 1617 | 1629                                 | 1641 | 1653 | 1706 | 1718 | 1731                                 | 1743 | 1756 | 1808 | 1820 | 1833 | 1845 | 1857 |
| Woodford Wells <i>St Thomas Church</i>       | 1531                             | 1543 | 1556 | 1608 | 1619 | 1631                                 | 1643 | 1655 | 1708 | 1720 | 1733                                 | 1745 | 1758 | 1810 | 1822 | 1835 | 1847 | 1859 |
| Kings Road <i>Friday Hill</i>                | 1538                             | 1551 | 1604 | 1615 | 1625 | 1637                                 | 1649 | 1701 | 1714 | 1726 | 1739                                 | 1751 | 1804 | 1816 | 1828 | 1840 | 1852 | 1904 |
| Chingford Station                            | 1544                             | 1557 | 1610 | 1621 | 1631 | 1643                                 | 1655 | 1707 | 1720 | 1732 | 1745                                 | 1757 | 1809 | 1821 | 1833 | 1845 | 1857 | 1908 |
| Ilford High Road <i>Hainault Street</i>      | 1829                             | 1841 | 1853 | 1904 | 1916 | 1928                                 | 1940 | 1955 | 2015 | 2035 | 2055                                 | 2115 | 2135 | 2155 | 2215 | 2235 | 2255 | 2315 |
| Ilford Station                               | 1835                             | 1847 | 1858 | 1909 | 1921 | 1933                                 | 1944 | 1959 | 2019 | 2039 | 2059                                 | 2119 | 2139 | 2159 | 2219 | 2239 | 2259 | 2318 |
| Gants Hill Station <i>Cranbrook Road (S)</i> | 1845                             | 1857 | 1908 | 1918 | 1929 | 1940                                 | 1951 | 2006 | 2026 | 2046 | 2106                                 | 2126 | 2146 | 2205 | 2225 | 2244 | 2304 | 2323 |
| Charlie Brown's Roundabout <i>S. Side</i>    | 1856                             | 1907 | 1918 | 1928 | 1938 | 1949                                 | 2000 | 2015 | 2035 | 2055 | 2114                                 | 2134 | 2154 | 2213 | 2233 | 2252 | 2311 | 2330 |
| South Woodford Station <i>George Lane</i>    | 1859                             | 1910 | 1921 | 1931 | 1941 | 1952                                 | 2003 | 2018 | 2038 | 2057 | 2116                                 | 2136 | 2156 | 2215 | 2235 | 2254 | 2313 | 2332 |
| Woodford Green <i>The Castle</i>             | 1909                             | 1919 | 1930 | 1940 | 1950 | 2001                                 | 2012 | 2026 | 2046 | 2105 | 2124                                 | 2143 | 2203 | 2222 | 2241 | 2300 | 2319 | 2338 |
| Woodford Wells <i>St Thomas Church</i>       | 1911                             | 1921 | 1932 | 1942 | 1952 | 2003                                 | 2014 | 2028 | 2048 | 2107 | 2126                                 | 2145 | 2205 | 2224 | 2243 | 2302 | 2321 | 2340 |
| Kings Road <i>Friday Hill</i>                | 1916                             | 1926 | 1937 | 1947 | 1957 | 2008                                 | 2019 | 2033 | 2052 | 2111 | 2130                                 | 2149 | 2209 | 2228 | 2247 | 2306 | 2325 | 2344 |
| Chingford Station                            | 1920                             | 1930 | 1941 | 1951 | 2001 | 2012                                 | 2023 | 2037 | 2055 | 2114 | 2133                                 | 2152 | 2212 | 2231 | 2250 | 2309 | 2328 | 2347 |
| Ilford High Road <i>Hainault Street</i>      | 2335                             | 2355 | 0015 | 0035 | 0055 |                                      |      |      |      |      |                                      |      |      |      |      |      |      |      |
| Ilford Station                               | 2338                             | 2358 | 0018 | 0038 | 0058 |                                      |      |      |      |      |                                      |      |      |      |      |      |      |      |
| Gants Hill Station <i>Cranbrook Road (S)</i> | 2343                             | 0003 | 0023 | 0043 | 0103 |                                      |      |      |      |      |                                      |      |      |      |      |      |      |      |
| Charlie Brown's Roundabout <i>S. Side</i>    | 2350                             | 0009 | 0029 | 0049 | 0109 |                                      |      |      |      |      |                                      |      |      |      |      |      |      |      |
| South Woodford Station <i>George Lane</i>    | 2352                             | 0011 | 0031 | 0051 | 0111 |                                      |      |      |      |      |                                      |      |      |      |      |      |      |      |
| Woodford Green <i>The Castle</i>             | 2358                             | 0017 | 0037 | 0057 | 0117 |                                      |      |      |      |      |                                      |      |      |      |      |      |      |      |
| Woodford Wells <i>St Thomas Church</i>       | 2359                             | 0018 | 0038 | 0058 | 0118 |                                      |      |      |      |      |                                      |      |      |      |      |      |      |      |
| Kings Road <i>Friday Hill</i>                | 0003                             | 0022 | 0042 | 0102 | 0122 |                                      |      |      |      |      |                                      |      |      |      |      |      |      |      |
| Chingford Station                            | 0006                             | 0025 | 0045 | 0105 | 0125 |                                      |      |      |      |      |                                      |      |      |      |      |      |      |      |

| 179  |      | Mondays to Fridays (school holidays) |      |      |      |      |      |          |      |      |      |      |      |      |                                      |      |      |      |
|--|------|--------------------------------------|------|------|------|------|------|----------|------|------|------|------|------|------|--------------------------------------|------|------|------|
| Ilford High Road <i>Hainault Street</i>      | 0515 | 0535                                 | 0555 | 0615 | 0635 | 0650 | 0705 | 0717     | 0729 | 0741 | 0753 | 0804 | 0816 | 0828 | Then<br>every 12<br>minutes<br>until | 0952 | 1004 |      |
| Ilford Station                               | 0518 | 0538                                 | 0558 | 0619 | 0639 | 0654 | 0709 | 0721     | 0733 | 0745 | 0757 | 0808 | 0820 | 0832 |                                      | 0956 | 1009 |      |
| Gants Hill Station <i>Cranbrook Road (S)</i> | 0523 | 0543                                 | 0603 | 0624 | 0645 | 0700 | 0715 | 0727     | 0739 | 0751 | 0803 | 0815 | 0827 | 0839 |                                      | 1003 | 1016 |      |
| Charlie Brown's Roundabout <i>S. Side</i>    | 0530 | 0550                                 | 0611 | 0632 | 0653 | 0711 | 0726 | 0738     | 0750 | 0802 | 0814 | 0826 | 0838 | 0850 |                                      | 1014 | 1026 |      |
| South Woodford Station <i>George Lane</i>    | 0532 | 0552                                 | 0613 | 0634 | 0655 | 0714 | 0729 | 0741     | 0753 | 0805 | 0817 | 0829 | 0841 | 0853 |                                      | 1017 | 1029 |      |
| Woodford Green <i>The Castle</i>             | 0538 | 0600                                 | 0621 | 0642 | 0703 | 0723 | 0738 | 0750     | 0802 | 0815 | 0827 | 0839 | 0851 | 0903 |                                      | 1027 | 1039 |      |
| Woodford Wells <i>St Thomas Church</i>       | 0539 | 0601                                 | 0623 | 0644 | 0705 | 0725 | 0740 | 0752     | 0804 | 0817 | 0829 | 0841 | 0853 | 0905 |                                      | 1029 | 1041 |      |
| Kings Road <i>Friday Hill</i>                | 0544 | 0606                                 | 0628 | 0649 | 0710 | 0731 | 0746 | 0758     | 0811 | 0824 | 0836 | 0848 | 0900 | 0911 | 1035                                 | 1047 |      |      |
| Chingford Station                            | 0547 | 0609                                 | 0631 | 0652 | 0714 | 0735 | 0750 | 0803     | 0816 | 0829 | 0841 | 0853 | 0905 | 0916 | 1040                                 | 1052 |      |      |
| Ilford High Road <i>Hainault Street</i>      | 1016 |                                      |      | 1128 | 1140 | 1152 | 1203 |          |      | 1427 | 1439 | 1451 | 1503 | 1515 | 1527                                 | 1539 | 1550 | 1601 |
| Ilford Station                               | 1021 |                                      |      | 1133 | 1145 | 1157 | 1208 |          |      | 1432 | 1444 | 1456 | 1508 | 1520 | 1532                                 | 1544 | 1555 | 1607 |
| Gants Hill Station <i>Cranbrook Road (S)</i> | 1028 | Then                                 |      | 1140 | 1152 | 1204 | 1216 | Then     |      | 1440 | 1452 | 1504 | 1516 | 1528 | 1540                                 | 1552 | 1603 | 1615 |
| Charlie Brown's Roundabout <i>S. Side</i>    | 1038 | every 12                             |      | 1150 | 1202 | 1214 | 1226 | every 12 |      | 1450 | 1502 | 1514 | 1526 | 1538 | 1550                                 | 1602 | 1614 | 1626 |
| South Woodford Station <i>George Lane</i>    | 1041 | minutes                              |      | 1153 | 1205 | 1217 | 1229 | minutes  |      | 1453 | 1505 | 1517 | 1529 | 1541 | 1553                                 | 1605 | 1617 | 1629 |
| Woodford Green <i>The Castle</i>             | 1051 | until                                |      | 1203 | 1216 | 1228 | 1240 | until    |      | 1504 | 1517 | 1529 | 1541 | 1553 | 1605                                 | 1617 | 1629 | 1641 |
| Woodford Wells <i>St Thomas Church</i>       | 1053 |                                      |      | 1205 | 1218 | 1230 | 1242 |          |      | 1506 | 1519 | 1531 | 1543 | 1555 | 1607                                 | 1619 | 1631 | 1643 |
| Kings Road <i>Friday Hill</i>                | 1059 |                                      |      | 1211 | 1223 | 1235 | 1247 |          |      | 1511 | 1524 | 1536 | 1548 | 1600 | 1613                                 | 1625 | 1637 | 1649 |
| Chingford Station                            | 1104 |                                      |      | 1216 | 1228 | 1240 | 1252 |          |      | 1516 | 1529 | 1541 | 1553 | 1605 | 1618                                 | 1630 | 1642 | 1654 |
| Ilford High Road <i>Hainault Street</i>      | 1613 | 1625                                 | 1637 | 1649 | 1701 | 1713 | 1725 | 1737     | 1749 | 1801 | 1814 | 1826 | 1838 | 1850 | 1902                                 | 1914 | 1926 | 1938 |
| Ilford Station                               | 1619 | 1631                                 | 1643 | 1655 | 1706 | 1718 | 1730 | 1742     | 1754 | 1806 | 1818 | 1830 | 1842 | 1854 | 1906                                 | 1918 | 1930 | 1942 |
| Gants Hill Station <i>Cranbrook Road (S)</i> | 1627 | 1639                                 | 1651 | 1703 | 1715 | 1727 | 1739 | 1751     | 1803 | 1815 | 1827 | 1839 | 1851 | 1903 | 1914                                 | 1926 | 1938 | 1950 |
| Charlie Brown's Roundabout <i>S. Side</i>    | 1638 | 1650                                 | 1702 | 1714 | 1726 | 1738 | 1750 | 1802     | 1814 | 1826 | 1838 | 1850 | 1902 | 1913 | 1924                                 | 1936 | 1948 | 2000 |
| South Woodford Station <i>George Lane</i>    | 1641 | 1653                                 | 1705 | 1717 | 1729 | 1741 | 1753 | 1806     | 1818 | 1830 | 1842 | 1854 | 1905 | 1916 | 1927                                 | 1939 | 1951 | 2003 |
| Woodford Green <i>The Castle</i>             | 1653 | 1705                                 | 1717 | 1729 | 1741 | 1753 | 1805 | 1817     | 1829 | 1841 | 1852 | 1904 | 1915 | 1926 | 1937                                 | 1949 | 2001 | 2013 |
| Woodford Wells <i>St Thomas Church</i>       | 1655 | 1707                                 | 1719 | 1731 | 1743 | 1755 | 1807 | 1819     | 1831 | 1843 | 1854 | 1906 | 1917 | 1928 | 1939                                 | 1951 | 2003 | 2015 |
| Kings Road <i>Friday Hill</i>                | 1701 | 1713                                 | 1725 | 1737 | 1749 | 1801 | 1813 | 1825     | 1837 | 1849 | 1900 | 1911 | 1922 | 1933 | 1944                                 | 1956 | 2008 | 2020 |
| Chingford Station                            | 1706 | 1718                                 | 1730 | 1742 | 1754 | 1806 | 1818 | 1830     | 1842 | 1853 | 1904 | 1915 | 1926 | 1937 | 1948                                 | 2000 | 2012 | 2024 |
| Ilford High Road <i>Hainault Street</i>      | 1952 | 2012                                 | 2033 | 2053 | 2113 | 2134 | 2154 | 2214     | 2234 | 2254 | 2315 |      |      |      | 0055                                 |      |      |      |
| Ilford Station                               | 1956 | 2016                                 | 2037 | 2057 | 2117 | 2138 | 2158 | 2218     | 2238 | 2258 | 2318 |      |      |      | 0058                                 |      |      |      |
| Gants Hill Station <i>Cranbrook Road (S)</i> | 2004 | 2024                                 | 2044 | 2104 | 2124 | 2144 | 2204 | 2224     | 2244 | 2304 | 2323 |      |      |      | 0103                                 |      |      |      |
| Charlie Brown's Roundabout <i>S. Side</i>    | 2013 | 2032                                 | 2052 | 2112 | 2132 | 2152 | 2212 | 2232     | 2252 | 2311 | 2330 |      |      |      | 0110                                 |      |      |      |
| South Woodford Station <i>George Lane</i>    | 2015 | 2034                                 | 2054 | 2114 | 2134 | 2154 | 2214 | 2234     | 2254 | 2313 | 2332 |      |      |      | 0112                                 |      |      |      |
| Woodford Green <i>The Castle</i>             | 2025 | 2043                                 | 2102 | 2122 | 2142 | 2202 | 2222 | 2242     | 2301 | 2320 | 2339 |      |      |      | 0119                                 |      |      |      |
| Woodford Wells <i>St Thomas Church</i>       | 2027 | 2045                                 | 2104 | 2124 | 2144 | 2204 | 2224 | 2244     | 2303 | 2322 | 2341 |      |      |      | 0121                                 |      |      |      |
| Kings Road <i>Friday Hill</i>                | 2032 | 2050                                 | 2109 | 2129 | 2149 | 2209 | 2229 | 2248     | 2307 | 2326 | 2345 |      |      |      | 0125                                 |      |      |      |
| Chingford Station                            | 2036 | 2054                                 | 2113 | 2133 | 2153 | 2212 | 2232 | 2251     | 2310 | 2329 | 2348 |      |      |      | 0128                                 |      |      |      |

| 179                                   |      | Saturdays (also Good Friday)                             |      |      |          |          |      |      |      |      |      |      |          |      |      |      |      |      |      |      |
|---------------------------------------|------|--|------|------|----------|----------|------|------|------|------|------|------|----------|------|------|------|------|------|------|------|
| Ilford High Road Hainault Street      | 0515 | 0535   | 0555 | 0615 | 0635     | 0655     | 0715 | 0735 | 0750 | 0805 | 0820 | 0835 | 0845     | 0856 | 0908 | 0920 | 0932 | 0943 |      |      |
| Ilford Station                        | 0518 | 0538   | 0558 | 0618 | 0638     | 0658     | 0719 | 0739 | 0754 | 0809 | 0824 | 0839 | 0849     | 0900 | 0912 | 0924 | 0936 | 0947 |      |      |
| Gants Hill Station Cranbrook Road (S) | 0522 | 0542   | 0602 | 0623 | 0643     | 0703     | 0724 | 0744 | 0759 | 0815 | 0830 | 0845 | 0855     | 0906 | 0918 | 0930 | 0942 | 0953 |      |      |
| Charlie Brown's Roundabout S. Side    | 0528 | 0549   | 0609 | 0630 | 0651     | 0711     | 0732 | 0752 | 0807 | 0823 | 0838 | 0853 | 0903     | 0915 | 0927 | 0939 | 0951 | 1002 |      |      |
| South Woodford Station George Lane    | 0530 | 0551   | 0611 | 0632 | 0653     | 0713     | 0734 | 0754 | 0809 | 0825 | 0840 | 0855 | 0906     | 0918 | 0930 | 0942 | 0954 | 1005 |      |      |
| Woodford Green The Castle             | 0535 | 0556   | 0616 | 0637 | 0658     | 0719     | 0740 | 0800 | 0816 | 0832 | 0847 | 0902 | 0914     | 0926 | 0938 | 0950 | 1002 | 1014 |      |      |
| Woodford Wells St Thomas Church       | 0536 | 0557   | 0618 | 0639 | 0700     | 0721     | 0742 | 0802 | 0818 | 0834 | 0849 | 0904 | 0916     | 0928 | 0940 | 0952 | 1004 | 1016 |      |      |
| Kings Road Friday Hill                | 0540 | 0601   | 0622 | 0643 | 0704     | 0725     | 0746 | 0807 | 0823 | 0839 | 0854 | 0909 | 0921     | 0933 | 0945 | 0957 | 1009 | 1021 |      |      |
| Chingford Station                     | 0543 | 0604   | 0625 | 0646 | 0707     | 0728     | 0749 | 0811 | 0827 | 0843 | 0858 | 0914 | 0926     | 0938 | 0950 | 1002 | 1014 | 1026 |      |      |
| Ilford High Road Hainault Street      | 0955 | 1007   | 1019 | 1031 | 1043     | 1055     | 1107 | 1119 | 1131 | 1143 | 1155 | 1207 | 1219     | 1231 | 1243 | 1255 | 1307 | 1319 |      |      |
| Ilford Station                        | 0959 | 1011   | 1023 | 1035 | 1047     | 1059     | 1111 | 1123 | 1136 | 1148 | 1200 | 1212 | 1224     | 1236 | 1248 | 1300 | 1312 | 1324 |      |      |
| Gants Hill Station Cranbrook Road (S) | 1005 | 1017   | 1029 | 1041 | 1053     | 1105     | 1117 | 1130 | 1144 | 1156 | 1208 | 1221 | 1233     | 1245 | 1257 | 1309 | 1321 | 1333 |      |      |
| Charlie Brown's Roundabout S. Side    | 1014 | 1026   | 1038 | 1050 | 1102     | 1114     | 1127 | 1140 | 1154 | 1206 | 1219 | 1232 | 1244     | 1256 | 1308 | 1320 | 1332 | 1344 |      |      |
| South Woodford Station George Lane    | 1017 | 1029   | 1041 | 1053 | 1105     | 1117     | 1130 | 1143 | 1157 | 1209 | 1222 | 1235 | 1247     | 1259 | 1311 | 1323 | 1335 | 1347 |      |      |
| Woodford Green The Castle             | 1026 | 1038   | 1050 | 1102 | 1115     | 1127     | 1140 | 1153 | 1207 | 1220 | 1233 | 1246 | 1258     | 1310 | 1322 | 1334 | 1346 | 1358 |      |      |
| Woodford Wells St Thomas Church       | 1028 | 1040   | 1052 | 1104 | 1117     | 1129     | 1142 | 1155 | 1209 | 1222 | 1235 | 1248 | 1300     | 1312 | 1324 | 1336 | 1348 | 1400 |      |      |
| Kings Road Friday Hill                | 1033 | 1045   | 1057 | 1109 | 1122     | 1134     | 1147 | 1200 | 1214 | 1227 | 1240 | 1253 | 1305     | 1317 | 1329 | 1341 | 1353 | 1405 |      |      |
| Chingford Station                     | 1038 | 1050   | 1102 | 1115 | 1128     | 1140     | 1153 | 1206 | 1220 | 1233 | 1246 | 1259 | 1311     | 1323 | 1335 | 1347 | 1358 | 1410 |      |      |
| Ilford High Road Hainault Street      | 1332 |  |      | 1544 | 1556     |          |      |      | 1732 | 1744 | 1755 | 1807 | 1819     | 1831 | 1843 | 1855 | 1909 | 1924 | 1939 |      |
| Ilford Station                        | 1337 |  |      | 1549 | 1601     |          |      |      | 1737 | 1749 | 1800 | 1812 | 1824     | 1836 | 1848 | 1900 | 1914 | 1929 | 1944 |      |
| Gants Hill Station Cranbrook Road (S) | 1346 | Then   |      | 1558 | 1611     | Then     |      |      | 1747 | 1758 | 1809 | 1821 | 1833     | 1845 | 1857 | 1909 | 1922 | 1937 | 1952 |      |
| Charlie Brown's Roundabout S. Side    | 1357 | every 12   |      | 1609 | 1621     | every 12 |      |      | 1757 | 1808 | 1819 | 1831 | 1843     | 1855 | 1907 | 1919 | 1932 | 1947 | 2001 |      |
| South Woodford Station George Lane    | 1400 | minutes  |      | 1612 | 1624     | minutes  |      |      | 1800 | 1811 | 1822 | 1834 | 1846     | 1858 | 1910 | 1922 | 1935 | 1950 | 2004 |      |
| Woodford Green The Castle             | 1410 | until  |      | 1622 | 1634     | until    |      |      | 1810 | 1821 | 1832 | 1844 | 1855     | 1907 | 1919 | 1931 | 1944 | 1958 | 2012 |      |
| Woodford Wells St Thomas Church       | 1412 |  |      | 1624 | 1636     |          |      |      | 1812 | 1823 | 1834 | 1846 | 1857     | 1909 | 1921 | 1933 | 1946 | 2000 | 2014 |      |
| Kings Road Friday Hill                | 1417 |  |      | 1629 | 1641     |          |      |      | 1817 | 1828 | 1839 | 1851 | 1902     | 1914 | 1926 | 1938 | 1950 | 2004 | 2018 |      |
| Chingford Station                     | 1422 |  |      | 1634 | 1646     |          |      |      | 1822 | 1833 | 1844 | 1855 | 1906     | 1918 | 1930 | 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 |      |      |      |      |
| Woodford Wells St Thomas Church       | 2028 | 2044   | 2104 | 2124 | 2145     | 2205     | 2224 | 2244 | 2304 | 2324 | 2343 | 0002 | 0021     | 0041 | 0059 | 0115 |      |      |      |      |
| 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 |      |      |
| Woodford Wells St Thomas Church       | 0721 | 0751   | 0822 | 0852 | 0922     | 0943     | 1003 | 1024 | 1044 | 1104 | 1124 | 1144 | 1204     | 1224 | 1245 | 1305 | 1325 | 1346 |      |      |
| 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 |          |          |      |      | 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 | Then     |          |      |      | 1643 | 1701 | 1721 | 1741 | 1800     | 1820 | 1840 | 1859 | 1919 | 1939 | 1959 | 2019 |
| Charlie Brown's Roundabout S. Side    | 1352 | 1412   | 1432 | 1452 | every 20 |          |      |      | 1652 | 1710 | 1730 | 1750 | 1809     | 1829 | 1849 | 1908 | 1928 | 1948 | 2007 | 2027 |
| South Woodford Station George Lane    | 1355 | 1415   | 1435 | 1455 | minutes  |          |      |      | 1655 | 1713 | 1733 | 1753 | 1812     | 1832 | 1852 | 1911 | 1931 | 1950 | 2009 | 2029 |
| Woodford Green The Castle             | 1404 | 1424   | 1444 | 1504 | until    |          |      |      | 1704 | 1722 | 1742 | 1801 | 1820     | 1840 | 1900 | 1919 | 1939 | 1957 | 2016 | 2036 |
| Woodford Wells St Thomas Church       | 1406 | 1426   | 1446 | 1506 |          |          |      |      | 1706 | 1724 | 1744 | 1803 | 1822     | 1842 | 1902 | 1921 | 1941 | 1959 | 2018 | 2038 |
| 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     |      | 0055 |      |      |      |      |      |
| Ilford Station                        | 2033 | 2054   | 2115 | 2136 | 2156     | 2216     | 2237 | 2258 |      |      |      |      | every 20 |      | 0058 |      |      |      |      |      |
| Gants Hill Station Cranbrook Road (S) | 2040 | 2100   | 2121 | 2142 | 2202     | 2222     | 2243 | 2303 |      |      |      |      | minutes  |      | 0103 |      |      |      |      |      |
| Charlie Brown's Roundabout S. Side    | 2048 | 2108   | 2129 | 2149 | 2209     | 2229     | 2250 | 2310 |      |      |      |      | until    |      | 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 |      |      |      |      |      |
| Woodford Wells St Thomas Church       | 2058 | 2118   | 2139 | 2159 | 2219     | 2239     | 2259 | 2319 |      |      |      |      |          |      | 0119 |      |      |      |      |      |
| Kings Road Friday Hill                | 2102 | 2122   | 2143 | 2203 | 2223     | 2243     | 2303 | 2323 |      |      |      |      |          |      | 0123 |      |      |      |      |      |
| Chingford Station                     | 2106 | 2126   | 2146 | 2206 | 2226     | 2246     | 2306 | 2326 |      |      |      |      |          |      | 0126 |      |      |      |      |      |