

179		Mondays to Fridays										SD	NSD	NSD	SD	NSD			
Chingford Station	0455	0515	0535	0555	0615	0632	0644	0655	0705	0715	0727	0739	0751	0803	0804	0817	0817	0830	
Kings Road Friday Hill	0458	0518	0538	0558	0618	0636	0648	0700	0710	0720	0732	0745	0758	0810	0811	0824	0824	0837	
Woodford Wells St Thomas Church	0502	0522	0542	0602	0622	0641	0653	0705	0716	0728	0741	0754	0807	0819	0820	0833	0833	0845	
Woodford Green The Castle	0503	0523	0543	0603	0623	0643	0655	0709	0721	0733	0746	0800	0813	0826	0826	0839	0840	0851	
South Woodford Station Cowslip Rd.	0509	0529	0549	0610	0630	0651	0704	0718	0731	0744	0757	0811	0824	0837	0837	0850	0851	0902	
Charlie Brown's Roundabout S. Side	0511	0531	0551	0612	0632	0653	0707	0721	0734	0747	0800	0814	0827	0840	0840	0853	0854	0905	
Gants Hill Station Cranbrook Road (S)	0519	0539	0559	0620	0642	0704	0720	0735	0748	0802	0815	0829	0841	0854	0854	0906	0907	0918	
Ilford Station	0523	0543	0604	0626	0649	0712	0729	0746	0800	0814	0827	0840	0852	0904	0904	0915	0916	0926	
Ilford High Road Hainault Street	0526	0546	0607	0629	0653	0716	0733	0750	0804	0818	0831	0844	0856	0908	0908	0919	0920	0930	
	SD																		
Chingford Station	0830	0843	0855	0908	0920	0932	0944	0956	1007			1219	1231			1355	1406	1417	
Kings Road Friday Hill	0837	0849	0901	0914	0925	0937	0949	1001	1012			1224	1236			1400	1411	1422	
Woodford Wells St Thomas Church	0845	0856	0908	0921	0931	0942	0954	1006	1017	Then every 12 minutes until		1229	1241	Then every 12 minutes until		1405	1416	1427	
Woodford Green The Castle	0851	0902	0913	0925	0935	0945	0957	1009	1019			1231	1243			1407	1418	1429	
South Woodford Station Cowslip Rd.	0902	0913	0924	0935	0945	0955	1007	1019	1029			1241	1252			1416	1427	1438	
Charlie Brown's Roundabout S. Side	0906	0917	0928	0939	0949	0959	1010	1022	1032			1244	1255			1419	1430	1441	
Gants Hill Station Cranbrook Road (S)	0919	0930	0940	0950	1000	1010	1021	1033	1043			1255	1307			1431	1442	1453	
Ilford Station	0927	0937	0947	0957	1007	1017	1028	1040	1051			1303	1315			1439	1451	1503	
Ilford High Road Hainault Street	0931	0941	0951	1001	1011	1021	1032	1044	1055		1307	1319		1443	1455	1507			
Chingford Station	1429	1439	1449	1459	1511	1522	1532	1542	1552	1604	1616	1628	1640	1652	1704	1716	1728	1740	
Kings Road Friday Hill	1434	1444	1454	1504	1516	1527	1537	1548	1559	1611	1622	1633	1645	1657	1709	1721	1733	1745	
Woodford Wells St Thomas Church	1440	1450	1500	1510	1522	1533	1543	1555	1606	1617	1628	1639	1651	1703	1715	1727	1739	1751	
Woodford Green The Castle	1442	1452	1503	1514	1526	1538	1549	1601	1612	1623	1634	1645	1657	1709	1721	1733	1744	1755	
South Woodford Station Cowslip Rd.	1451	1501	1512	1524	1536	1548	1600	1612	1623	1633	1643	1654	1706	1718	1730	1742	1753	1804	
Charlie Brown's Roundabout S. Side	1454	1505	1517	1530	1542	1554	1606	1618	1630	1640	1651	1702	1714	1726	1738	1750	1800	1811	
Gants Hill Station Cranbrook Road (S)	1506	1518	1531	1544	1556	1608	1620	1632	1645	1655	1706	1717	1729	1741	1753	1805	1815	1826	
Ilford Station	1516	1528	1540	1553	1605	1617	1629	1641	1654	1704	1715	1726	1738	1750	1802	1814	1824	1834	
Ilford High Road Hainault Street	1520	1532	1545	1558	1610	1622	1634	1646	1659	1709	1720	1731	1743	1755	1807	1819	1829	1839	
Chingford Station	1752	1804	1817	1830	1842	1855	1908	1920	1932	1947	2005	2025	2045	2105	2125	2145	2205	2225	
Kings Road Friday Hill	1757	1809	1822	1835	1847	1900	1912	1924	1936	1951	2009	2029	2049	2109	2128	2148	2208	2228	
Woodford Wells St Thomas Church	1803	1815	1828	1840	1852	1904	1916	1928	1940	1955	2013	2033	2053	2113	2132	2152	2212	2232	
Woodford Green The Castle	1807	1819	1831	1842	1854	1906	1918	1930	1942	1957	2015	2035	2055	2115	2134	2154	2214	2234	
South Woodford Station Cowslip Rd.	1816	1828	1840	1851	1903	1915	1926	1938	1950	2005	2023	2043	2103	2123	2142	2202	2222	2242	
Charlie Brown's Roundabout S. Side	1823	1834	1844	1855	1906	1918	1929	1941	1953	2007	2025	2045	2105	2125	2144	2204	2224	2244	
Gants Hill Station Cranbrook Road (S)	1837	1847	1857	1908	1919	1930	1941	1953	2004	2017	2035	2055	2115	2134	2153	2213	2233	2252	
Ilford Station	1845	1855	1905	1916	1926	1937	1948	1959	2010	2023	2041	2100	2120	2139	2158	2218	2237	2256	
Ilford High Road Hainault Street	1850	1900	1910	1920	1930	1941	1952	2003	2014	2027	2045	2104	2123	2142	2201	2221	2240	2259	
Chingford Station	2245	2305	2325	2345	0005	0025	0045												
Kings Road Friday Hill	2248	2308	2328	2348	0008	0028	0048												
Woodford Wells St Thomas Church	2252	2312	2332	2352	0012	0032	0052												
Woodford Green The Castle	2254	2313	2333	2353	0013	0033	0053												
South Woodford Station Cowslip Rd.	2301	2320	2339	2359	0019	0039	0059												
Charlie Brown's Roundabout S. Side	2303	2322	2341	0001	0021	0041	0101												
Gants Hill Station Cranbrook Road (S)	2311	2330	2349	0009	0029	0049	0109												
Ilford Station	2315	2334	2353	0013	0033	0053	0113												
Ilford High Road Hainault Street	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	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	
Notes:	SD - Operates on school days only.									NSD - Operates during school holidays only.									

179	Saturdays (also Good Friday) (cont.)																	
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
Chingford Station	1310	1322	1334	1346	1358	1410	1422	1434	1446	1458	1510	1522	1534	1546	1558	1610	1622	1634
Kings Road Friday Hill	1316	1328	1340	1352	1404	1416	1428	1440	1452	1504	1515	1527	1539	1551	1603	1615	1627	1639
Woodford Wells St Thomas Church	1323	1335	1347	1359	1411	1423	1435	1446	1457	1509	1520	1532	1544	1556	1608	1620	1632	1644
Woodford Green The Castle	1327	1339	1351	1403	1415	1427	1439	1450	1500	1512	1523	1535	1547	1559	1611	1623	1635	1647
South Woodford Station Cowslip Rd.	1339	1351	1403	1415	1427	1439	1451	1501	1511	1523	1534	1545	1557	1609	1621	1633	1645	1657
Charlie Brown's Roundabout S. Side	1344	1356	1408	1420	1432	1444	1455	1505	1515	1527	1538	1549	1601	1613	1625	1637	1649	1701
Gants Hill Station Cranbrook Road (S)	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 Hainault Street	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 Friday Hill	1651	1703	1715	1727	1739	1752	1805	1817	1829	1842	1857	1912	1928	1944	2004	2024	2044	2104
Woodford Wells St Thomas Church	1656	1708	1720	1732	1744	1757	1810	1822	1834	1847	1901	1916	1932	1948	2008	2028	2048	2108
Woodford Green The Castle	1658	1710	1722	1734	1746	1759	1812	1824	1836	1849	1903	1918	1934	1950	2010	2030	2050	2110
South Woodford Station Cowslip Rd.	1707	1719	1731	1743	1755	1808	1821	1833	1845	1857	1911	1926	1942	1958	2018	2038	2058	2118
Charlie Brown's Roundabout S. Side	1711	1723	1735	1747	1759	1812	1824	1836	1848	1900	1914	1929	1945	2001	2021	2041	2101	2121
Gants Hill Station Cranbrook Road (S)	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 Hainault Street	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	2320	2340	0000	0020	0040							
Kings Road Friday Hill	2124	2144	2203	2223	2243	2303	2324	2343	0003	0023	0043							
Woodford Wells St Thomas Church	2128	2148	2207	2227	2247	2307	2328	2347	0007	0027	0047							
Woodford Green The Castle	2130	2150	2209	2229	2249	2309	2330	2349	0009	0029	0049							
South Woodford Station Cowslip Rd.	2138	2158	2217	2237	2256	2316	2337	2356	0016	0036	0056							
Charlie Brown's Roundabout S. Side	2141	2200	2219	2239	2258	2318	2339	2358	0018	0038	0058							
Gants Hill Station Cranbrook Road (S)	2150	2209	2228	2248	2307	2327	2348	0007	0027	0047	0106							
Ilford Station	2155	2214	2233	2253	2312	2332	2353	0012	0032	0051	0110							
Ilford High Road Hainault Street	2159	2218	2237	2256	2315	2335	2356	0015	0035	0054	0113							
179	Sundays and other Public Holidays (except Christmas Day)																	
Chingford Station	0640	0710	0740	0810	0831	0852	0912	0932	0952	1012	1032	1052	1112	1132	1152	1211	1230	1249
Kings Road Friday Hill	0643	0713	0743	0813	0834	0855	0915	0936	0956	1016	1036	1056	1116	1137	1157	1216	1235	1254
Woodford Wells St Thomas Church	0647	0717	0747	0817	0838	0859	0919	0940	1000	1020	1040	1100	1120	1142	1202	1221	1240	1259
Woodford Green The Castle	0648	0718	0748	0818	0839	0900	0921	0942	1002	1022	1042	1102	1122	1144	1204	1223	1242	1301
South Woodford Station Cowslip Rd.	0654	0724	0755	0825	0846	0908	0929	0950	1011	1031	1051	1111	1131	1153	1213	1233	1252	1311
Charlie Brown's Roundabout S. Side	0656	0726	0757	0827	0848	0910	0931	0952	1014	1034	1054	1114	1134	1156	1216	1237	1256	1315
Gants Hill Station Cranbrook Road (S)	0703	0733	0804	0835	0857	0919	0940	1001	1023	1043	1103	1124	1145	1207	1228	1249	1308	1328
Ilford Station	0707	0737	0808	0839	0901	0924	0945	1006	1028	1048	1109	1130	1151	1213	1234	1255	1315	1335
Ilford High Road Hainault Street	0710	0740	0811	0842	0905	0928	0949	1010	1032	1052	1113	1134	1155	1217	1238	1259	1319	1339
Chingford Station	1309	1329	1349	1409	1429	1449	1509	1529	1549	1609	1629	1649	1709	1729	1749	1809	1830	1851
Kings Road Friday Hill	1314	1334	1354	1414	1434	1454	1514	1534	1553	1613	1633	1653	1713	1733	1753	1813	1834	1855
Woodford Wells St Thomas Church	1319	1339	1359	1419	1439	1459	1519	1539	1558	1618	1638	1658	1717	1737	1757	1817	1838	1859
Woodford Green The Castle	1321	1341	1401	1421	1441	1501	1521	1541	1600	1620	1640	1700	1719	1739	1759	1819	1840	1901
South Woodford Station Cowslip Rd.	1331	1350	1410	1430	1450	1510	1530	1550	1609	1629	1649	1708	1727	1747	1807	1827	1848	1909
Charlie Brown's Roundabout S. Side	1335	1354	1414	1434	1454	1513	1533	1553	1612	1632	1652	1711	1730	1750	1810	1830	1851	1912
Gants Hill Station Cranbrook Road (S)	1348	1407	1427	1447	1506	1525	1545	1604	1623	1643	1702	1721	1740	1800	1820	1840	1901	1922
Ilford Station	1355	1415	1435	1455	1514	1533	1552	1611	1630	1649	1708	1727	1746	1806	1826	1846	1907	1928
Ilford High Road Hainault Street	1359	1419	1439	1459	1518	1537	1556	1615	1634	1653	1712	1731	1750	1810	1830	1850	1911	1932
Chingford Station	1912	1933	1954	2015	2036	2057	2118	2139	2159	2219	2239	2259	2320	2340	0000	0020	0040	
Kings Road Friday Hill	1916	1937	1958	2019	2040	2101	2122	2143	2203	2223	2243	2302	2323	2343	0003	0023	0043	
Woodford Wells St Thomas Church	1920	1941	2002	2023	2044	2105	2126	2147	2207	2227	2247	2306	2327	2347	0007	0027	0047	
Woodford Green The Castle	1922	1943	2004	2025	2046	2107	2128	2148	2208	2228	2248	2307	2328	2348	0008	0028	0048	
South Woodford Station Cowslip Rd.	1930	1951	2012	2033	2053	2114	2135	2155	2215	2235	2254	2313	2334	2354	0014	0034	0054	
Charlie Brown's Roundabout S. Side	1933	1954	2015	2035	2055	2116	2137	2157	2217	2237	2256	2315	2336	2356	0016	0036	0056	
Gants Hill Station Cranbrook Road (S)	1943	2003	2024	2044	2104	2125	2145	2205	2225	2245	2304	2323	2344	0004	0024	0044	0104	
Ilford Station	1949	2009	2029	2049	2109	2130	2150	2210	2230	2250	2309	2328	2348	0008	0028	0048	0108	
Ilford High Road Hainault Street	1953	2013	2033	2053	2113	2133	2153	2213	2233	2253	2312	2331	2351	0011	0031	0051	0111	

179		Mondays to Fridays																		
									SD	NSD	SD	NSD	SD	NSD	SD	NSD	SD	NSD	SD	
Ilford High Road <i>Hainault Street</i>	0515	0535	0555	0615	0631	0642	0653	0702	0703	0711	0714	0721	0725	0733	0737	0736	0750	0747		
Ilford Station	0518	0538	0558	0618	0634	0646	0657	0707	0708	0716	0719	0726	0730	0738	0742	0741	0755	0752		
Gants Hill Station <i>Cranbrook Road (S)</i>	0523	0543	0603	0623	0640	0653	0704	0714	0715	0723	0726	0734	0738	0747	0750	0750	0803	0801		
Charlie Brown's Roundabout <i>S. Side</i>	0529	0549	0609	0630	0648	0702	0715	0726	0727	0737	0738	0750	0751	0803	0804	0806	0817	0815		
South Woodford Station <i>George Lane</i>	0531	0551	0611	0633	0651	0705	0718	0729	0730	0740	0741	0753	0754	0806	0807	0810	0821	0819		
Woodford Green <i>The Castle</i>	0537	0557	0618	0640	0659	0714	0728	0739	0740	0751	0752	0804	0805	0817	0818	0823	0832	0832		
Woodford Wells <i>St Thomas Church</i>	0538	0558	0619	0642	0701	0716	0730	0742	0742	0754	0755	0807	0808	0820	0821	0828	0835	0836		
Kings Road <i>Friday Hill</i>	0542	0602	0624	0647	0707	0723	0738	0750	0750	0803	0803	0816	0816	0829	0828	0837	0841	0844		
Chingford Station	0545	0605	0628	0651	0711	0727	0743	0755	0756	0809	0809	0822	0822	0835	0834	0843	0846	0850		
		NSD	SD	SD	NSD	NSD	SD	NSD	SD											
Ilford High Road <i>Hainault Street</i>	0803	0801	0815	0816	0829	0829	0842	0842	0855	0908	0920	0932	0944	0955	1007	1019	1031	1043		
Ilford Station	0808	0806	0820	0821	0834	0834	0847	0847	0900	0913	0925	0937	0949	1000	1012	1024	1036	1048		
Gants Hill Station <i>Cranbrook Road (S)</i>	0816	0814	0828	0829	0841	0841	0854	0854	0907	0920	0932	0944	0956	1008	1020	1032	1044	1056		
Charlie Brown's Roundabout <i>S. Side</i>	0830	0828	0841	0842	0853	0853	0906	0906	0918	0930	0942	0954	1006	1017	1029	1040	1052	1104		
South Woodford Station <i>George Lane</i>	0834	0832	0845	0846	0857	0857	0910	0910	0922	0934	0946	0957	1009	1020	1032	1043	1055	1107		
Woodford Green <i>The Castle</i>	0844	0845	0857	0856	0907	0908	0919	0920	0931	0943	0955	1006	1018	1029	1041	1052	1104	1116		
Woodford Wells <i>St Thomas Church</i>	0847	0849	0901	0859	0910	0911	0921	0922	0933	0945	0957	1008	1020	1031	1043	1054	1106	1118		
Kings Road <i>Friday Hill</i>	0853	0857	0908	0904	0915	0918	0926	0928	0938	0950	1002	1013	1025	1036	1048	1059	1111	1123		
Chingford Station	0858	0903	0913	0909	0920	0923	0931	0933	0943	0955	1007	1018	1030	1041	1053	1104	1116	1128		
Ilford High Road <i>Hainault Street</i>	1055	1107	1119	1131				1331	1342	1354	1405	1416	1426	1436	1446	1456	1507	1520	1533	
Ilford Station	1100	1112	1124	1136				1336	1347	1359	1410	1421	1431	1441	1451	1501	1512	1525	1539	
Gants Hill Station <i>Cranbrook Road (S)</i>	1108	1120	1132	1144				1344	1355	1407	1418	1429	1440	1450	1500	1511	1522	1535	1549	
Charlie Brown's Roundabout <i>S. Side</i>	1117	1129	1141	1153				1353	1404	1416	1427	1438	1450	1500	1511	1522	1534	1547	1601	
South Woodford Station <i>George Lane</i>	1120	1132	1144	1156				1356	1407	1419	1430	1441	1453	1504	1515	1526	1537	1550	1604	
Woodford Green <i>The Castle</i>	1129	1142	1154	1206				1406	1417	1429	1440	1451	1503	1515	1526	1538	1550	1603	1616	
Woodford Wells <i>St Thomas Church</i>	1131	1144	1156	1208				1408	1419	1431	1442	1453	1505	1517	1529	1541	1554	1606	1617	
Kings Road <i>Friday Hill</i>	1136	1149	1201	1214				1414	1425	1437	1448	1459	1512	1524	1536	1549	1602	1613	1624	
Chingford Station	1141	1154	1206	1219				1419	1430	1442	1453	1505	1518	1530	1542	1555	1608	1619	1630	
Ilford High Road <i>Hainault Street</i>	1545	1557	1609	1621	1633	1645	1657	1709	1721	1733	1745	1757	1809	1821	1834	1847	1900	1912		
Ilford Station	1551	1603	1615	1627	1639	1651	1703	1715	1727	1739	1751	1803	1815	1827	1840	1852	1905	1917		
Gants Hill Station <i>Cranbrook Road (S)</i>	1601	1613	1625	1637	1649	1701	1713	1725	1737	1749	1801	1813	1825	1837	1850	1902	1914	1925		
Charlie Brown's Roundabout <i>S. Side</i>	1613	1625	1637	1649	1701	1713	1725	1737	1749	1801	1813	1825	1836	1848	1900	1912	1923	1934		
South Woodford Station <i>George Lane</i>	1616	1628	1640	1652	1704	1716	1728	1740	1752	1804	1816	1828	1839	1851	1903	1915	1926	1937		
Woodford Green <i>The Castle</i>	1627	1639	1651	1703	1715	1728	1740	1752	1804	1815	1827	1838	1849	1901	1912	1924	1935	1946		
Woodford Wells <i>St Thomas Church</i>	1629	1641	1653	1705	1717	1730	1742	1753	1806	1817	1829	1840	1851	1903	1914	1926	1937	1948		
Kings Road <i>Friday Hill</i>	1635	1647	1659	1711	1723	1736	1748	1759	1812	1823	1834	1845	1856	1908	1919	1931	1942	1953		
Chingford Station	1641	1653	1705	1717	1729	1742	1754	1805	1817	1828	1839	1850	1901	1912	1923	1935	1946	1957		
Ilford High Road <i>Hainault Street</i>	1925	1940	1955	2015	2035	2055	2115	2135	2155	2215	2235	2255	2315	2335	2355	0015	0035	0055		
Ilford Station	1930	1944	1959	2019	2039	2059	2119	2139	2159	2219	2239	2259	2318	2338	2358	0018	0038	0058		
Gants Hill Station <i>Cranbrook Road (S)</i>	1937	1951	2006	2026	2046	2106	2126	2146	2205	2225	2244	2304	2323	2343	0003	0023	0043	0103		
Charlie Brown's Roundabout <i>S. Side</i>	1946	2000	2015	2035	2055	2114	2134	2154	2213	2233	2252	2311	2330	2350	0009	0029	0049	0109		
South Woodford Station <i>George Lane</i>	1949	2003	2018	2038	2057	2116	2136	2156	2215	2235	2254	2313	2332	2352	0011	0031	0051	0111		
Woodford Green <i>The Castle</i>	1958	2012	2026	2046	2105	2124	2143	2203	2222	2241	2300	2319	2338	2358	0017	0037	0057	0117		
Woodford Wells <i>St Thomas Church</i>	2000	2014	2028	2048	2107	2126	2145	2205	2224	2243	2302	2321	2340	2359	0018	0038	0058	0118		
Kings Road <i>Friday Hill</i>	2005	2019	2033	2052	2111	2130	2149	2209	2228	2247	2306	2325	2344	0003	0022	0042	0102	0122		
Chingford Station	2009	2023	2037	2055	2114	2133	2152	2212	2231	2250	2309	2328	2347	0006	0025	0045	0105	0125		
Notes:	SD - Operates on school days only.							NSD - Operates during school holidays only.												

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	1118	1130	1144	1156	1208	1221	1233	1245	1257	1309	1321	1333		
Charlie Brown's Roundabout S. Side	1014	1026	1038	1050	1102	1115	1128	1140	1154	1206	1219	1232	1244	1256	1308	1320	1332	1344		
South Woodford Station George Lane	1017	1029	1041	1053	1105	1118	1131	1143	1157	1209	1222	1235	1247	1259	1311	1323	1335	1347		
Woodford Green The Castle	1026	1038	1050	1102	1115	1128	1141	1153	1207	1220	1233	1246	1258	1310	1322	1334	1346	1358		
Woodford Wells St Thomas Church	1028	1040	1052	1104	1117	1130	1143	1155	1209	1222	1235	1248	1300	1312	1324	1336	1348	1400		
Kings Road Friday Hill	1033	1045	1057	1109	1122	1135	1148	1200	1214	1227	1240	1253	1305	1317	1329	1341	1353	1405		
Chingford Station	1038	1050	1102	1115	1128	1141	1154	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	2013	2033	2053	2114	2135	2155	2215	2235	2255	2315	2335	2355	0015	0035	0055				
Ilford Station	1958	2017	2037	2057	2118	2139	2159	2219	2239	2259	2318	2338	2358	0018	0038	0058				
Gants Hill Station Cranbrook Road (S)	2006	2025	2044	2104	2125	2146	2205	2225	2245	2305	2324	2344	0003	0023	0043	0103				
Charlie Brown's Roundabout S. Side	2015	2033	2052	2112	2133	2154	2213	2233	2253	2313	2332	2351	0010	0030	0050	0107				
South Woodford Station George Lane	2018	2036	2054	2114	2135	2156	2215	2235	2255	2315	2334	2353	0012	0032	0052	0108				
Woodford Green The Castle	2026	2044	2102	2122	2143	2203	2222	2242	2302	2322	2341	0000	0019	0039	0058	0114				
Woodford Wells St Thomas Church	2028	2046	2104	2124	2145	2205	2224	2244	2304	2324	2343	0002	0021	0041	0059	0115				
Kings Road Friday Hill	2032	2050	2108	2128	2149	2209	2228	2248	2308	2328	2347	0006	0025	0045	0103	0119				
Chingford Station	2036	2054	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	0855	0915	0935	0954	1014	1034	1051	1111	1131	1151	1211	1231	1251	1311		
Ilford Station	0659	0729	0759	0829	0859	0919	0939	0958	1018	1038	1055	1115	1135	1155	1215	1235	1255	1316		
Gants Hill Station Cranbrook Road (S)	0704	0734	0804	0834	0904	0924	0945	1004	1024	1044	1101	1122	1142	1203	1223	1243	1303	1324		
Charlie Brown's Roundabout S. Side	0711	0741	0811	0841	0911	0932	0953	1012	1032	1052	1110	1131	1151	1213	1233	1253	1313	1334		
South Woodford Station George Lane	0713	0743	0813	0843	0913	0934	0955	1014	1034	1054	1113	1134	1154	1216	1236	1256	1316	1337		
Woodford Green The Castle	0719	0749	0820	0850	0920	0941	1002	1022	1042	1102	1122	1143	1203	1225	1245	1305	1325	1346		
Woodford Wells St Thomas Church	0721	0751	0822	0852	0922	0943	1004	1024	1044	1104	1124	1145	1205	1227	1247	1307	1327	1348		
Kings Road Friday Hill	0725	0755	0826	0856	0927	0948	1009	1029	1049	1109	1129	1150	1210	1232	1252	1312	1332	1353		
Chingford Station	0728	0758	0829	0900	0931	0952	1013	1033	1053	1113	1133	1154	1215	1236	1256	1316	1336	1357		
Ilford High Road Hainault Street	1331	1351	1411	1431					1631	1650	1709	1729	1749	1809	1828	1848	1908	1928	1948	2009
Ilford Station	1336	1356	1416	1436					1636	1655	1714	1734	1754	1813	1832	1852	1912	1932	1952	2013
Gants Hill Station Cranbrook Road (S)	1344	1404	1425	1445	Then				1645	1704	1723	1743	1802	1821	1840	1859	1919	1939	1959	2020
Charlie Brown's Roundabout S. Side	1354	1414	1435	1454	every 20				1654	1713	1732	1752	1811	1830	1849	1908	1928	1948	2008	2028
South Woodford Station George Lane	1357	1417	1437	1457	minutes				1657	1716	1735	1755	1814	1833	1852	1911	1930	1950	2010	2030
Woodford Green The Castle	1406	1426	1446	1506	until				1706	1725	1744	1803	1822	1841	1900	1919	1937	1957	2017	2037
Woodford Wells St Thomas Church	1408	1428	1448	1508					1708	1727	1746	1805	1824	1843	1902	1921	1939	1959	2019	2039
Kings Road Friday Hill	1413	1433	1453	1513					1713	1732	1751	1810	1829	1848	1907	1925	1943	2003	2023	2043
Chingford Station	1417	1437	1457	1517					1717	1736	1755	1814	1833	1852	1911	1929	1947	2007	2027	2047
Ilford High Road Hainault Street	2030	2051	2111	2132	2153	2213	2234	2255					Then		0055					
Ilford Station	2034	2055	2115	2136	2156	2216	2237	2258					every 20		0058					
Gants Hill Station Cranbrook Road (S)	2041	2101	2121	2142	2202	2222	2243	2303					minutes		0103					
Charlie Brown's Roundabout S. Side	2049	2109	2129	2149	2209	2229	2250	2310					until		0110					
South Woodford Station George Lane	2051	2111	2131	2151	2211	2231	2252	2312							0112					
Woodford Green The Castle	2058	2118	2138	2158	2218	2238	2258	2318							0118					
Woodford Wells St Thomas Church	2059	2119	2139	2159	2219	2239	2259	2319							0119					
Kings Road Friday Hill	2103	2123	2143	2203	2223	2243	2303	2323							0123					
Chingford Station	2106	2126	2146	2206	2226	2246	2306	2326							0126					