

179		Mondays to Fridays										SD	NSD	SD	NSD	SD	NSD	
Chingford Station	0455	0515	0535	0555	0615	0632	0644	0655	0705	0715	0727	0739	0751	0752	0803	0805	0817	0818
Kings Road Friday Hill	0458	0518	0538	0558	0618	0636	0648	0700	0710	0720	0732	0745	0757	0758	0810	0812	0824	0825
Woodford Wells Horse & Well	0502	0522	0542	0602	0622	0641	0653	0705	0716	0727	0740	0753	0805	0806	0818	0820	0832	0833
Woodford Green The Castle	0503	0523	0543	0603	0623	0643	0655	0709	0721	0732	0745	0758	0810	0811	0824	0825	0838	0838
South Woodford Station Cowslip Rd.	0509	0529	0549	0610	0630	0651	0704	0718	0731	0743	0756	0810	0823	0823	0837	0837	0850	0850
Charlie Brown's Roundabout S. Side	0511	0531	0551	0612	0632	0653	0707	0721	0734	0746	0759	0813	0826	0826	0840	0840	0854	0854
Gants Hill Station Cranbrook Road (S)	0519	0539	0559	0620	0642	0704	0720	0735	0748	0801	0814	0827	0840	0840	0853	0853	0907	0907
Ilford Station	0523	0543	0603	0626	0649	0712	0729	0746	0800	0813	0826	0838	0850	0850	0902	0902	0914	0914
Ilford High Road Hainault Street	0526	0546	0606	0629	0653	0716	0733	0750	0804	0817	0830	0842	0854	0854	0906	0906	0918	0918
Chingford Station	0831	0844	0856	0908	0920	0932	0944	0956	1007	Then every 12 minutes until	1219	1231	Then every 12 minutes until	1343	1355	1406		
Kings Road Friday Hill	0838	0850	0902	0914	0925	0937	0949	1001	1012		1224	1236		1348	1400	1411		
Woodford Wells Horse & Well	0845	0856	0908	0920	0930	0942	0954	1006	1017		1229	1241		1353	1405	1416		
Woodford Green The Castle	0850	0901	0912	0924	0934	0945	0957	1008	1019		1231	1243		1355	1407	1418		
South Woodford Station Cowslip Rd.	0901	0912	0923	0934	0944	0955	1007	1018	1029		1241	1252		1404	1416	1427		
Charlie Brown's Roundabout S. Side	0905	0916	0927	0938	0948	0959	1010	1021	1032		1244	1255		1407	1419	1430		
Gants Hill Station Cranbrook Road (S)	0918	0929	0939	0949	0959	1010	1021	1032	1043		1255	1306		1418	1430	1441		
Ilford Station	0925	0936	0946	0956	1006	1017	1028	1039	1050	1302	1313	1425	1438	1450				
Ilford High Road Hainault Street	0929	0940	0950	1000	1010	1021	1032	1043	1054	1306	1317	1429	1442	1454				
Chingford Station	1417	1428	1438	1448	1458	1508	1519	1530	1542	1555	1607	1619	1630	1641	1653	1705	1717	1729
Kings Road Friday Hill	1422	1433	1443	1453	1503	1513	1524	1535	1547	1600	1612	1624	1635	1646	1658	1710	1722	1734
Woodford Wells Horse & Well	1427	1439	1449	1459	1509	1519	1530	1542	1554	1606	1618	1630	1641	1652	1704	1716	1727	1739
Woodford Green The Castle	1429	1441	1451	1501	1512	1522	1534	1546	1558	1610	1621	1633	1644	1655	1707	1719	1730	1742
South Woodford Station Cowslip Rd.	1438	1450	1500	1511	1522	1533	1545	1557	1608	1620	1631	1642	1653	1704	1716	1728	1739	1751
Charlie Brown's Roundabout S. Side	1441	1453	1504	1516	1528	1539	1551	1603	1615	1627	1638	1649	1700	1712	1724	1736	1747	1758
Gants Hill Station Cranbrook Road (S)	1453	1505	1517	1529	1541	1553	1605	1617	1629	1641	1652	1703	1714	1726	1738	1749	1800	1811
Ilford Station	1502	1515	1527	1538	1550	1602	1614	1626	1638	1650	1701	1712	1723	1735	1747	1758	1808	1818
Ilford High Road Hainault Street	1506	1519	1531	1543	1555	1607	1619	1631	1643	1655	1706	1717	1728	1740	1752	1803	1813	1823
Chingford Station	1741	1753	1805	1817	1829	1842	1855	1908	1921	1934	1949	2005	2025	2045	2105	2125	2145	2205
Kings Road Friday Hill	1746	1758	1810	1822	1834	1847	1900	1912	1925	1938	1953	2009	2029	2048	2108	2128	2148	2208
Woodford Wells Horse & Well	1751	1803	1815	1827	1839	1852	1904	1916	1929	1942	1957	2013	2033	2052	2112	2132	2152	2212
Woodford Green The Castle	1754	1806	1818	1829	1841	1854	1906	1918	1931	1944	1959	2015	2035	2054	2114	2134	2154	2213
South Woodford Station Cowslip Rd.	1803	1815	1827	1838	1850	1903	1914	1926	1939	1952	2007	2023	2043	2102	2122	2141	2201	2220
Charlie Brown's Roundabout S. Side	1809	1820	1831	1842	1854	1906	1917	1929	1942	1955	2009	2025	2045	2104	2124	2143	2203	2222
Gants Hill Station Cranbrook Road (S)	1821	1832	1843	1853	1904	1916	1927	1939	1951	2004	2018	2034	2054	2113	2132	2151	2211	2230
Ilford Station	1828	1839	1850	1900	1910	1922	1933	1944	1956	2009	2023	2039	2059	2118	2137	2156	2215	2234
Ilford High Road Hainault Street	1833	1843	1854	1904	1914	1926	1937	1948	2000	2013	2027	2043	2103	2121	2140	2159	2218	2237
Chingford Station	2225	2245	2305	Then every 20 minutes until	0045													
Kings Road Friday Hill	2228	2248	2308		0048													
Woodford Wells Horse & Well	2232	2252	2312		0052													
Woodford Green The Castle	2233	2253	2313		0053													
South Woodford Station Cowslip Rd.	2240	2300	2319		0059													
Charlie Brown's Roundabout S. Side	2242	2302	2321		0101													
Gants Hill Station Cranbrook Road (S)	2250	2310	2329		0109													
Ilford Station	2254	2314	2333	0113														
Ilford High Road Hainault Street	2257	2317	2336	0116														
Notes:	SD - Operates on school days only.										NSD - Operates during school holidays only.							
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 Horse & Well	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

179		Mondays to Fridays																			
								SD	NSD	SD	NSD	SD	NSD	SD	NSD	SD	NSD	SD	NSD		
Ilford High Road Hainault Street		0515	0535	0555	0614	0631	0642	0653	0702	0703	0711	0714	0721	0725	0733	0737	0736	0747	0750		
Ilford Station		0518	0538	0558	0617	0634	0646	0657	0707	0708	0716	0719	0726	0730	0738	0742	0741	0752	0755		
Gants Hill Station Cranbrook Road (S)		0523	0543	0603	0622	0640	0653	0704	0714	0715	0723	0726	0734	0738	0747	0751	0750	0801	0804		
Charlie Brown's Roundabout S. Side		0529	0549	0609	0628	0648	0702	0715	0726	0727	0737	0739	0750	0752	0803	0805	0806	0815	0817		
South Woodford Station George Lane		0531	0551	0611	0631	0651	0705	0718	0729	0730	0740	0742	0753	0755	0806	0808	0810	0819	0820		
Woodford Green The Castle		0537	0557	0617	0638	0659	0714	0728	0739	0740	0751	0752	0804	0805	0817	0819	0822	0831	0831		
Woodford Wells Horse & Well		0538	0558	0618	0640	0701	0716	0730	0742	0743	0754	0755	0807	0808	0820	0821	0825	0833	0833		
Kings Road Friday Hill		0542	0602	0623	0645	0707	0723	0738	0750	0751	0803	0803	0816	0816	0829	0829	0834	0841	0841		
Chingford Station		0545	0605	0627	0649	0711	0727	0743	0755	0756	0809	0809	0822	0822	0835	0835	0840	0847	0847		
		SD	NSD	SD	NSD																
Ilford High Road Hainault Street		0801	0803	0815	0816	0829	0842	0855	0907	0919	0931	0943	0955	1007	1019	Then every 12 minutes until	1207	1219			
Ilford Station		0806	0808	0820	0821	0834	0847	0900	0912	0924	0936	0948	1000	1012	1024		1212	1224			
Gants Hill Station Cranbrook Road (S)		0814	0816	0828	0829	0841	0854	0907	0919	0931	0943	0955	1008	1020	1032		1220	1232			
Charlie Brown's Roundabout S. Side		0828	0828	0841	0841	0853	0905	0918	0929	0941	0953	1005	1017	1029	1040		1228	1240			
South Woodford Station George Lane		0832	0832	0845	0845	0857	0909	0922	0933	0944	0956	1008	1020	1032	1043		1231	1243			
Woodford Green The Castle		0843	0843	0855	0855	0907	0918	0931	0942	0953	1005	1017	1029	1041	1052		1240	1253			
Woodford Wells Horse & Well		0845	0845	0857	0857	0909	0920	0933	0944	0955	1007	1019	1031	1043	1054		1242	1255			
Kings Road Friday Hill		0852	0852	0904	0904	0915	0926	0938	0949	1000	1012	1024	1036	1048	1059		1247	1300			
Chingford Station		0858	0858	0909	0909	0920	0931	0943	0954	1005	1017	1029	1041	1053	1104	1252	1305				
Ilford High Road Hainault Street		1231	1243	1255	1307	1319	1331	1342	1354	1405	1416	1426	1436	1447	1457	1509	1521	1533	1545		
Ilford Station		1236	1248	1300	1312	1324	1336	1347	1359	1410	1421	1431	1441	1452	1502	1514	1526	1539	1551		
Gants Hill Station Cranbrook Road (S)		1244	1256	1308	1320	1332	1344	1355	1407	1418	1429	1440	1450	1501	1512	1524	1536	1549	1601		
Charlie Brown's Roundabout S. Side		1252	1304	1316	1328	1340	1352	1403	1415	1427	1438	1450	1500	1512	1523	1535	1547	1600	1613		
South Woodford Station George Lane		1255	1307	1319	1331	1343	1355	1406	1418	1430	1441	1453	1504	1516	1527	1538	1550	1603	1616		
Woodford Green The Castle		1305	1317	1329	1341	1353	1405	1416	1428	1440	1451	1503	1515	1527	1539	1551	1603	1615	1627		
Woodford Wells Horse & Well		1307	1319	1331	1343	1355	1407	1418	1430	1442	1453	1505	1517	1530	1542	1554	1605	1617	1629		
Kings Road Friday Hill		1312	1324	1336	1348	1400	1412	1424	1436	1448	1459	1512	1524	1537	1550	1602	1612	1623	1635		
Chingford Station		1317	1329	1341	1353	1405	1417	1429	1441	1453	1505	1518	1530	1543	1556	1608	1618	1629	1641		
Ilford High Road Hainault Street		1557	Then every 12 minutes until	1709	1721	1733	1745	1757	1809	1822	1834	1846	1858	1910	1925	1940	1955	2015			
Ilford Station		1603		1715	1727	1739	1751	1803	1814	1827	1839	1851	1903	1915	1930	1944	1959	2019			
Gants Hill Station Cranbrook Road (S)		1613		1725	1737	1749	1801	1812	1823	1835	1847	1859	1911	1923	1937	1951	2006	2026			
Charlie Brown's Roundabout S. Side		1625		1737	1749	1801	1812	1823	1833	1845	1857	1909	1921	1932	1946	2000	2015	2035			
South Woodford Station George Lane		1628		1740	1752	1804	1815	1826	1836	1848	1900	1912	1924	1935	1949	2003	2018	2037			
Woodford Green The Castle		1639		1751	1803	1815	1826	1836	1846	1858	1909	1921	1933	1944	1958	2012	2026	2045			
Woodford Wells Horse & Well		1641		1753	1805	1817	1828	1838	1848	1900	1911	1923	1935	1946	2000	2014	2028	2047			
Kings Road Friday Hill		1647		1759	1811	1823	1833	1843	1853	1905	1916	1928	1940	1951	2005	2019	2033	2051			
Chingford Station		1653	1805	1816	1828	1838	1848	1858	1909	1920	1932	1944	1955	2009	2023	2037	2054				
Ilford High Road Hainault Street		2035	2055	2115	2135	2155	2215	2235	2255	2315	Then every 20 minutes until	0055									
Ilford Station		2039	2059	2119	2139	2159	2219	2239	2259	2318		0058									
Gants Hill Station Cranbrook Road (S)		2045	2105	2125	2145	2204	2224	2244	2304	2323		0103									
Charlie Brown's Roundabout S. Side		2053	2113	2133	2153	2211	2231	2251	2310	2329		0109									
South Woodford Station George Lane		2055	2115	2135	2155	2213	2233	2253	2312	2331		0111									
Woodford Green The Castle		2103	2123	2142	2202	2220	2239	2259	2318	2337		0117									
Woodford Wells Horse & Well		2105	2125	2144	2203	2221	2240	2300	2319	2338		0118									
Kings Road Friday Hill		2109	2129	2148	2207	2225	2244	2304	2323	2342		0122									
Chingford Station		2112	2132	2151	2210	2228	2247	2307	2326	2345	0125										
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