

179 Mondays to Fridays																		
Chingford Station	0455	0515	0535	0555	0615	0632	0644	0655	0705	0715	0727	Then about every 12 minutes until	1829	1842	1855	1908	1921	
Kings Road <i>Friday Hill</i>	0458	0518	0538	0558	0618	0636	0648	0700	0710	0720	0732		1834	1847	1900	1912	1925	
Woodford Wells <i>Horse & Well</i>	0502	0522	0542	0602	0622	0641	0653	0705	0716	0727	0740		1839	1852	1904	1916	1929	
Woodford Green <i>The Castle</i>	0503	0523	0543	0603	0623	0643	0655	0709	0721	0732	0745		1841	1854	1906	1918	1931	
South Woodford Station <i>Cowslip Rd.</i>	0509	0529	0549	0610	0630	0651	0704	0718	0731	0743	0756		1850	1903	1914	1926	1939	
Charlie Brown's Roundabout <i>S. Side</i>	0511	0531	0551	0612	0632	0653	0707	0721	0734	0746	0759		1854	1906	1917	1929	1942	
Gants Hill Station <i>Cranbrook Road (S)</i>	0519	0539	0559	0620	0642	0704	0720	0735	0748	0801	0814		1904	1916	1927	1939	1951	
Ilford Station	0523	0543	0603	0626	0649	0712	0729	0746	0800	0813	0826		1910	1922	1933	1944	1956	
Ilford High Road <i>Hainault Street</i>	0526	0546	0606	0629	0653	0716	0733	0750	0804	0817	0830		1914	1926	1937	1948	2000	
Chingford Station	1934	1949	2005	2025	2045	2105	2125	2145	2205	2225	2245	2305	Then every 20 minutes until	0045				
Kings Road <i>Friday Hill</i>	1938	1953	2009	2029	2048	2108	2128	2148	2208	2228	2248	2308		0048				
Woodford Wells <i>Horse & Well</i>	1942	1957	2013	2033	2052	2112	2132	2152	2212	2232	2252	2312		0052				
Woodford Green <i>The Castle</i>	1944	1959	2015	2035	2054	2114	2134	2154	2213	2233	2253	2313		0053				
South Woodford Station <i>Cowslip Rd.</i>	1952	2007	2023	2043	2102	2122	2141	2201	2220	2240	2300	2319		0059				
Charlie Brown's Roundabout <i>S. Side</i>	1955	2009	2025	2045	2104	2124	2143	2203	2222	2242	2302	2321		0101				
Gants Hill Station <i>Cranbrook Road (S)</i>	2004	2018	2034	2054	2113	2132	2151	2211	2230	2250	2310	2329		0109				
Ilford Station	2009	2023	2039	2059	2118	2137	2156	2215	2234	2254	2314	2333		0113				
Ilford High Road <i>Hainault Street</i>	2013	2027	2043	2103	2121	2140	2159	2218	2237	2257	2317	2336		0116				
179 Saturdays (also Good Friday)																		
Chingford Station	0455	0515	0535	0555	0615	0635	0655	0715	0735	0750	0805	0820	Then about every 12 minutes until	1824	1837	1852	1907	
Kings Road <i>Friday Hill</i>	0458	0518	0538	0558	0618	0638	0658	0718	0738	0754	0809	0825		1829	1842	1857	1912	
Woodford Wells <i>Horse & Well</i>	0502	0522	0542	0602	0622	0642	0702	0722	0742	0758	0814	0830		1834	1847	1901	1916	
Woodford Green <i>The Castle</i>	0503	0523	0543	0603	0623	0644	0704	0724	0744	0800	0816	0832		1836	1849	1903	1918	
South Woodford Station <i>Cowslip Rd.</i>	0508	0528	0548	0609	0629	0650	0711	0731	0751	0807	0823	0839		1845	1857	1911	1926	
Charlie Brown's Roundabout <i>S. Side</i>	0510	0530	0550	0611	0631	0652	0713	0733	0753	0809	0825	0841		1848	1900	1914	1929	
Gants Hill Station <i>Cranbrook Road (S)</i>	0517	0537	0557	0619	0639	0700	0721	0741	0802	0818	0834	0850		1859	1911	1925	1940	
Ilford Station	0521	0541	0601	0623	0643	0704	0725	0746	0807	0823	0839	0855		1906	1918	1932	1947	
Ilford High Road <i>Hainault Street</i>	0524	0544	0604	0626	0646	0707	0728	0749	0810	0826	0842	0858		1910	1922	1936	1951	
Chingford Station	1923	1939	1959	2019	2039	2059	2119	2139	2159	2219	2239	2259	2320	2340	0000	0020	0040	
Kings Road <i>Friday Hill</i>	1928	1944	2004	2024	2044	2104	2124	2144	2203	2223	2243	2303	2324	2343	0003	0023	0043	
Woodford Wells <i>Horse & Well</i>	1932	1948	2008	2028	2048	2108	2128	2148	2207	2227	2247	2307	2328	2347	0007	0027	0047	
Woodford Green <i>The Castle</i>	1934	1950	2010	2030	2050	2110	2130	2150	2209	2229	2249	2309	2330	2349	0009	0029	0049	
South Woodford Station <i>Cowslip Rd.</i>	1942	1958	2018	2038	2058	2118	2138	2158	2217	2237	2256	2316	2337	2356	0016	0036	0056	
Charlie Brown's Roundabout <i>S. Side</i>	1945	2001	2021	2041	2101	2121	2141	2200	2219	2239	2258	2318	2339	2358	0018	0038	0058	
Gants Hill Station <i>Cranbrook Road (S)</i>	1956	2011	2031	2051	2110	2130	2150	2209	2228	2248	2307	2327	2348	0007	0027	0047	0106	
Ilford Station	2002	2017	2037	2057	2116	2136	2155	2214	2233	2253	2312	2332	2353	0012	0032	0051	0110	
Ilford High Road <i>Hainault Street</i>	2006	2021	2041	2101	2120	2140	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 <i>Friday Hill</i>	0643	0713	0743	0813	0834	0855	0915	0936	0956	1016	1036	1056	1116	1137	1157	1216	1235	1254
Woodford Wells <i>Horse & Well</i>	0647	0717	0747	0817	0838	0859	0919	0940	1000	1020	1040	1100	1120	1142	1202	1221	1240	1259
Woodford Green <i>The Castle</i>	0648	0718	0748	0818	0839	0900	0921	0942	1002	1022	1042	1102	1122	1144	1204	1223	1242	1301
South Woodford Station <i>Cowslip Rd.</i>	0654	0724	0755	0825	0846	0908	0929	0950	1011	1031	1051	1111	1131	1153	1213	1233	1252	1311
Charlie Brown's Roundabout <i>S. Side</i>	0656	0726	0757	0827	0848	0910	0931	0952	1014	1034	1054	1114	1134	1156	1216	1237	1256	1315
Gants Hill Station <i>Cranbrook Road (S)</i>	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 <i>Hainault Street</i>	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 <i>Friday Hill</i>	1314	1334	1354	1414	1434	1454	1514	1534	1553	1613	1633	1653	1713	1733	1753	1813	1834	1855
Woodford Wells <i>Horse & Well</i>	1319	1339	1359	1419	1439	1459	1519	1539	1558	1618	1638	1658	1717	1737	1757	1817	1838	1859
Woodford Green <i>The Castle</i>	1321	1341	1401	1421	1441	1501	1521	1541	1600	1620	1640	1700	1719	1739	1759	1819	1840	1901
South Woodford Station <i>Cowslip Rd.</i>	1331	1350	1410	1430	1450	1510	1530	1550	1609	1629	1649	1708	1727	1747	1807	1827	1848	1909
Charlie Brown's Roundabout <i>S. Side</i>	1335	1354	1414	1434	1454	1513	1533	1553	1612	1632	1652	1711	1730	1750	1810	1830	1851	1912
Gants Hill Station <i>Cranbrook Road (S)</i>	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 <i>Hainault Street</i>	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 <i>Friday Hill</i>	1916	1937	1958	2019	2040	2101	2122	2143	2203	2223	2243	2302	2323	2343	0003	0023	0043	
Woodford Wells <i>Horse & Well</i>	1920	1941	2002	2023	2044	2105	2126	2147	2207	2227	2247	2306	2327	2347	0007	0027	0047	
Woodford Green <i>The Castle</i>	1922	1943	2004	2025	2046	2107	2128	2148	2208	2228	2248	2307	2328	2348	0008	0028	0048	
South Woodford Station <i>Cowslip Rd.</i>	1930	1951	2012	2033	2053	2114	2135	2155	2215	2235	2254	2313	2334	2354	0014	0034	0054	
Charlie Brown's Roundabout <i>S. Side</i>	1933	1954	2015	2035	2055	2116	2137	2157	2217	2237	2256	2315	2336	2356	0016	0036	0056	
Gants Hill Station <i>Cranbrook Road (S)</i>	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 <i>Hainault Street</i>	1953	2013	2033	2053	2113	2133	2153	2213	2233	2253	2312	2331	2351	0011	0031	0051	0111	

179 Mondays to Fridays																															
Ilford High Road <i>Hainault Street</i>	0515	0535	0555	0614	0631	0642	0653						1910	1925	1940	1955	2015	2035	2055	2115	2135										
Ilford Station	0518	0538	0558	0617	0634	0646	0657						1915	1930	1944	1959	2019	2039	2059	2119	2139										
Gants Hill Station <i>Cranbrook Road (S)</i>	0523	0543	0603	0622	0640	0653	0704						1923	1937	1951	2006	2026	2045	2105	2125	2145										
Charlie Brown's Roundabout <i>S. Side</i>	0529	0549	0609	0628	0648	0702	0715						1932	1946	2000	2015	2035	2053	2113	2133	2153										
South Woodford Station <i>George Lane</i>	0531	0551	0611	0631	0651	0705	0718						1935	1949	2003	2018	2037	2055	2115	2135	2155										
Woodford Green <i>The Castle</i>	0537	0557	0617	0638	0659	0714	0728						1944	1958	2012	2026	2045	2103	2123	2142	2202										
Woodford Wells <i>Horse & Well</i>	0538	0558	0618	0640	0701	0716	0730						1946	2000	2014	2028	2047	2105	2125	2144	2203										
Kings Road <i>Friday Hill</i>	0542	0602	0623	0645	0707	0723	0738						1951	2005	2019	2033	2051	2109	2129	2148	2207										
Chingford Station	0545	0605	0627	0649	0711	0727	0743						1955	2009	2023	2037	2054	2112	2132	2151	2210										
Ilford High Road <i>Hainault Street</i>	2155	2215	2235	2255	2315								0055																		
Ilford Station	2159	2219	2239	2259	2318								0058																		
Gants Hill Station <i>Cranbrook Road (S)</i>	2204	2224	2244	2304	2323								0103																		
Charlie Brown's Roundabout <i>S. Side</i>	2211	2231	2251	2310	2329								0109																		
South Woodford Station <i>George Lane</i>	2213	2233	2253	2312	2331								0111																		
Woodford Green <i>The Castle</i>	2220	2239	2259	2318	2337								0117																		
Woodford Wells <i>Horse & Well</i>	2221	2240	2300	2319	2338								0118																		
Kings Road <i>Friday Hill</i>	2225	2244	2304	2323	2342								0122																		
Chingford Station	2228	2247	2307	2326	2345								0125																		
179 Saturdays (also Good Friday)																															
Ilford High Road <i>Hainault Street</i>	0515	0535	0555	0615	0635	0655	0715	0735	0750	0805	0820	0835								1855	1909	1924	1939								
Ilford Station	0518	0538	0558	0618	0638	0658	0719	0739	0754	0809	0824	0839								1900	1914	1929	1944								
Gants Hill Station <i>Cranbrook Road (S)</i>	0522	0542	0602	0623	0643	0703	0724	0744	0759	0815	0830	0845								1909	1922	1937	1952								
Charlie Brown's Roundabout <i>S. Side</i>	0528	0549	0609	0630	0651	0711	0732	0752	0807	0823	0838	0853								1919	1932	1947	2001								
South Woodford Station <i>George Lane</i>	0530	0551	0611	0632	0653	0713	0734	0754	0809	0825	0840	0855								1922	1935	1950	2004								
Woodford Green <i>The Castle</i>	0535	0556	0616	0637	0658	0719	0740	0800	0816	0832	0847	0902								1931	1944	1958	2012								
Woodford Wells <i>Horse & Well</i>	0536	0557	0618	0639	0700	0721	0742	0802	0818	0834	0849	0904								1933	1946	2000	2014								
Kings Road <i>Friday Hill</i>	0540	0601	0622	0643	0704	0725	0746	0807	0823	0839	0854	0909								1938	1950	2004	2018								
Chingford Station	0543	0604	0625	0646	0707	0728	0749	0811	0827	0843	0858	0914								1942	1954	2008	2022								
Ilford High Road <i>Hainault Street</i>	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 <i>Cranbrook Road (S)</i>	2006	2025	2044	2104	2125	2146	2205	2225	2245	2305	2324	2344	0003	0023	0043	0103															
Charlie Brown's Roundabout <i>S. Side</i>	2015	2033	2052	2112	2133	2154	2213	2233	2253	2313	2332	2351	0010	0030	0050	0107															
South Woodford Station <i>George Lane</i>	2018	2036	2054	2114	2135	2156	2215	2235	2255	2315	2334	2353	0012	0032	0052	0108															
Woodford Green <i>The Castle</i>	2026	2044	2102	2122	2143	2203	2222	2242	2302	2322	2341	0000	0019	0039	0058	0114															
Woodford Wells <i>Horse & Well</i>	2028	2046	2104	2124	2145	2205	2224	2244	2304	2324	2343	0002	0021	0041	0059	0115															
Kings Road <i>Friday Hill</i>	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 <i>Hainault Street</i>	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 <i>Cranbrook Road (S)</i>	0704	0734	0804	0834	0904	0924	0945	1004	1024	1044	1101	1122	1142	1203	1223	1243	1303	1324													
Charlie Brown's Roundabout <i>S. Side</i>	0711	0741	0811	0841	0911	0932	0953	1012	1032	1052	1110	1131	1151	1213	1233	1253	1313	1334													
South Woodford Station <i>George Lane</i>	0713	0743	0813	0843	0913	0934	0955	1014	1034	1054	1113	1134	1154	1216	1236	1256	1316	1337													
Woodford Green <i>The Castle</i>	0719	0749	0820	0850	0920	0941	1002	1022	1042	1102	1122	1143	1203	1225	1245	1305	1325	1346													
Woodford Wells <i>Horse & Well</i>	0721	0751	0822	0852	0922	0943	1004	1024	1044	1104	1124	1145	1205	1227	1247	1307	1327	1348													
Kings Road <i>Friday Hill</i>	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 <i>Hainault Street</i>	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 <i>Cranbrook Road (S)</i>	1344	1404	1425	1445																1645	1704	1723	1743	1802	1821	1840	1859	1919	1939	1959	2020
Charlie Brown's Roundabout <i>S. Side</i>	1354	1414	1435	1454																1654	1713	1732	1752	1811	1830	1849	1908	1928	1948	2008	2028
South Woodford Station <i>George Lane</i>	1357	1417	1437	1457																1657	1716	1735	1755	1814	1833	1852	1911	1930	1950	2010	2030
Woodford Green <i>The Castle</i>	1406	1426	1446	1506																1706	1725	1744	1803	1822	1841	1900	1919	1937	1957	2017	2037
Woodford Wells <i>Horse & Well</i>	1408	1428	1448	1508																1708	1727	1746	1805	1824	1843	1902	1921	1939	1959	2019	2039
Kings Road <i>Friday Hill</i>	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 <i>Hainault Street</i>	2030	2051	2111	2132	2153	2213	2234	2255												0055											
Ilford Station	2034	2055	2115	2136	2156	2216	2237	2258												0058											
Gants Hill Station <i>Cranbrook Road (S)</i>	2041	2101	2121	2142	2202	2222	2243	2303																							