

368 Mondays to Fridays																			
Chadwell Heath <i>Wangey Road</i>	0510	0540	0600	0620	0640	0655	0707	0718				1005		1317	1329	1341	1353	1404	
Green Lane <i>Bennetts Castle Lane</i>	0513	0543	0603	0623	0644	0659	0711	0723		Then		1010	Then	1322	1334	1346	1358	1409	
Mayesbrook Park <i>The Roundhouse</i>	0521	0551	0611	0631	0652	0707	0720	0733		about		1020	every 12	1332	1344	1356	1408	1419	
Lodge Ave. <i>Flyover Junc. (West Side)</i>	0525	0555	0615	0637	0658	0713	0726	0739		every 12		1025	minutes	1337	1349	1401	1413	1424	
Barking <i>London Road</i>	0531	0601	0622	0645	0707	0723	0737	0750		minutes		1035	until	1347	1359	1411	1423	1434	
Barking Station	0533	0603	0624	0647	0709	0726	0740	0753		until		1038		1350	1402	1414	1426	1437	
Barking <i>Harts Lane Estate</i>	0536	0607	0628	0651	0714	0731	0745	0758				1042		1354	1407	1419	1431	1442	
Chadwell Heath <i>Wangey Road</i>	1414	1426	1437	1448	1459	1511	1523	1535	1547	1600				1736	1749	1802	1815	1828	1841
Green Lane <i>Bennetts Castle Lane</i>	1419	1431	1443	1454	1505	1518	1530	1542	1554	1607		Then		1744	1757	1809	1822	1835	1847
Mayesbrook Park <i>The Roundhouse</i>	1429	1441	1453	1504	1516	1529	1541	1553	1605	1617		about		1754	1807	1819	1832	1844	1856
Lodge Ave. <i>Flyover Junc. (West Side)</i>	1434	1446	1458	1510	1522	1535	1547	1559	1611	1623		every 12		1800	1812	1824	1837	1849	1901
Barking <i>London Road</i>	1444	1456	1509	1522	1534	1547	1559	1611	1622	1634		minutes		1810	1822	1834	1846	1858	1910
Barking Station	1447	1459	1512	1525	1537	1550	1602	1614	1625	1637		until		1813	1825	1837	1849	1901	1913
Barking <i>Harts Lane Estate</i>	1452	1504	1517	1530	1542	1555	1607	1619	1630	1642				1818	1830	1841	1853	1905	1917
Chadwell Heath <i>Wangey Road</i>	1853	1905	1920	1940	2000	2020	2040	2100	2120	2140	2200	2220	2240	2255	2315	2335	2355	0015	
Green Lane <i>Bennetts Castle Lane</i>	1859	1911	1926	1945	2005	2025	2045	2104	2124	2144	2204	2224	2244	2259	2319	2339	2359	0018	
Mayesbrook Park <i>The Roundhouse</i>	1908	1920	1935	1954	2013	2033	2053	2111	2131	2151	2211	2231	2250	2305	2325	2345	0005	0024	
Lodge Ave. <i>Flyover Junc. (West Side)</i>	1913	1925	1940	1959	2017	2037	2057	2115	2135	2155	2215	2234	2253	2308	2328	2348	0008	0027	
Barking <i>London Road</i>	1922	1934	1948	2007	2025	2045	2105	2122	2142	2202	2222	2240	2259	2314	2334	2354	0013	0032	
Barking Station	1925	1937	1951	2009	2027	2047	2106	2123	2143	2203	2223	2241	2300	2315	2335	2355	0014	0033	
Barking <i>Harts Lane Estate</i>	1929	1941	1955	2013	2031	2051	2110	2127	2147	2207	2227	2245	2304	2319	2339	2359	0018	0037	
368 Saturdays (also Good Friday)																			
Chadwell Heath <i>Wangey Road</i>	0510	0540	0600	0620	0640	0700	0720	0740	0800				1128	1140	1151	1202		1338	
Green Lane <i>Bennetts Castle Lane</i>	0513	0543	0603	0623	0643	0703	0723	0743	0804		Then		1133	1145	1156	1208	Then	1344	
Mayesbrook Park <i>The Roundhouse</i>	0520	0550	0610	0630	0650	0710	0730	0750	0811		about		1142	1154	1206	1218	every 12	1354	
Lodge Ave. <i>Flyover Junc. (West Side)</i>	0523	0553	0614	0634	0654	0714	0734	0754	0815		every 12		1148	1200	1212	1224	minutes	1400	
Barking <i>London Road</i>	0530	0600	0621	0641	0701	0722	0742	0802	0823		minutes		1159	1211	1223	1235	until	1411	
Barking Station	0532	0602	0623	0643	0703	0724	0744	0804	0825		until		1201	1213	1225	1237		1413	
Barking <i>Harts Lane Estate</i>	0535	0606	0627	0647	0707	0728	0748	0808	0829				1206	1218	1230	1242		1418	
Chadwell Heath <i>Wangey Road</i>	1350	1403	1416		1540	1552	1604	1616	1628					1740	1753	1808	1823	1841	1901
Green Lane <i>Bennetts Castle Lane</i>	1356	1409	1421	Then	1545	1557	1609	1621	1633		Then			1745	1758	1813	1828	1846	1906
Mayesbrook Park <i>The Roundhouse</i>	1406	1418	1430	every 12	1554	1606	1618	1630	1642		every 12			1754	1807	1822	1837	1855	1915
Lodge Ave. <i>Flyover Junc. (West Side)</i>	1412	1424	1436	minutes	1600	1611	1623	1635	1647		minutes			1759	1812	1827	1842	1900	1920
Barking <i>London Road</i>	1422	1434	1446	until	1610	1621	1633	1645	1657		until			1809	1821	1836	1851	1909	1929
Barking Station	1424	1436	1448		1612	1623	1635	1647	1700					1812	1824	1839	1854	1911	1931
Barking <i>Harts Lane Estate</i>	1429	1441	1453		1617	1628	1640	1652	1705					1817	1829	1844	1859	1915	1935
Chadwell Heath <i>Wangey Road</i>	1921	1941	2001	2021	2041	2101	2117	2134	2154	2214	2234	2254	2315	2335	2355	0015			
Green Lane <i>Bennetts Castle Lane</i>	1926	1946	2006	2026	2046	2105	2121	2138	2158	2218	2238	2258	2319	2339	2359	0019			
Mayesbrook Park <i>The Roundhouse</i>	1935	1955	2014	2034	2054	2112	2128	2145	2205	2225	2245	2305	2325	2345	0005	0025			
Lodge Ave. <i>Flyover Junc. (West Side)</i>	1940	2000	2018	2038	2058	2116	2132	2149	2209	2229	2249	2309	2329	2349	0008	0028			
Barking <i>London Road</i>	1949	2008	2026	2046	2106	2123	2139	2156	2216	2236	2256	2315	2335	2355	0014	0034			
Barking Station	1951	2010	2028	2048	2107	2124	2140	2157	2217	2237	2257	2316	2336	2356	0015	0035			
Barking <i>Harts Lane Estate</i>	1955	2014	2032	2052	2111	2128	2144	2201	2221	2241	2301	2320	2340	0000	0019	0039			
368 Sundays and other Public Holidays (except Christmas Day)																			
Chadwell Heath <i>Wangey Road</i>	0600	0630	0659	0729	0759	0829	0859	0919	0939	0959	1019	1039	1058	1117	1136	1155	1215	1234	
Green Lane <i>Bennetts Castle Lane</i>	0603	0633	0702	0732	0802	0833	0903	0923	0943	1003	1023	1043	1102	1122	1141	1200	1220	1239	
Mayesbrook Park <i>The Roundhouse</i>	0609	0639	0709	0739	0809	0840	0911	0931	0951	1012	1032	1052	1111	1131	1150	1209	1229	1248	
Lodge Ave. <i>Flyover Junc. (West Side)</i>	0612	0642	0712	0742	0813	0844	0915	0935	0955	1016	1036	1056	1116	1136	1155	1214	1234	1253	
Barking <i>London Road</i>	0619	0649	0719	0749	0820	0851	0923	0944	1004	1026	1046	1106	1126	1146	1205	1224	1244	1303	
Barking Station	0621	0651	0721	0751	0822	0853	0925	0946	1006	1028	1048	1108	1128	1148	1207	1226	1246	1306	
Barking <i>Harts Lane Estate</i>	0624	0654	0725	0755	0826	0857	0929	0950	1010	1032	1052	1113	1133	1153	1212	1231	1251	1311	
Chadwell Heath <i>Wangey Road</i>	1254	1314	1334	1354	1414	1434	1455	1515	1535				1835	1855	1915	1935	1955	2015	2034
Green Lane <i>Bennetts Castle Lane</i>	1259	1319	1339	1359	1419	1439	1500	1520	1540		Then		1840	1900	1919	1939	1959	2019	2038
Mayesbrook Park <i>The Roundhouse</i>	1308	1328	1348	1408	1428	1448	1509	1529	1549		every 20		1849	1908	1927	1947	2007	2026	2045
Lodge Ave. <i>Flyover Junc. (West Side)</i>	1314	1334	1354	1413	1433	1453	1513	1533	1553		minutes		1853	1912	1931	1951	2011	2030	2049
Barking <i>London Road</i>	1324	1344	1404	1422	1442	1502	1522	1542	1602		until		1902	1920	1939	1959	2018	2037	2056
Barking Station	1327	1347	1407	1425	1445	1505	1525	1545	1605				1905	1923	1942	2001	2019	2038	2057
Barking <i>Harts Lane Estate</i>	1332	1352	1412	1430	1450	1510	1530	1550	1609				1909	1927	1946	2005	2023	2042	2101
Chadwell Heath <i>Wangey Road</i>	2053	2113	2133	2153	2213	2233	2254	2315	2335	2355	0015								
Green Lane <i>Bennetts Castle Lane</i>	2057	2117	2137	2157	2217	2237	2258	2318	2338	2358	0018								
Mayesbrook Park <i>The Roundhouse</i>	2104	2123	2143	2203	2223	2243	2304	2324	2344	0004	0024								
Lodge Ave. <i>Flyover Junc. (West Side)</i>	2108	2127	2147	2207	2227	2247	2307	2327	2347	0007	0027								
Barking <i>London Road</i>	2114	2133	2153	2213	2233	2253	2313	2333	2353	0012	0032								
Barking Station	2115	2134	2154	2214	2234	2254	2314	2334	2354	0013	0033								
Barking <i>Harts Lane Estate</i>	2119	2138	2158	2218	2238	2258	2318	2338	2358	0017	0037								

368		Mondays to Fridays																				
Barking Harts Lane Estate	0510	0530	0550	0609	0628	0643	0657	0709			0950	1002		1326	1337	1349	1401					
Barking Station	0514	0534	0554	0613	0632	0647	0701	0714	Then		0955	1007	Then	1331	1342	1354	1406					
Barking London Road	0515	0535	0555	0615	0634	0649	0703	0716	about		0958	1011	every 12	1335	1346	1358	1409					
Lodge Ave. Flyover Junc. (West Side)	0521	0541	0601	0621	0641	0656	0710	0724	every 12		1008	1021	minutes	1345	1356	1408	1420					
Mayesbrook Park The Roundhouse	0524	0544	0604	0624	0644	0659	0714	0728	minutes		1012	1025	until	1349	1400	1412	1424					
Green Lane Bennetts Castle Lane	0530	0550	0610	0630	0651	0707	0724	0738	until		1021	1034		1358	1410	1422	1434					
Chadwell Heath Wangey Road	0533	0553	0614	0635	0656	0712	0729	0743			1025	1038		1402	1414	1426	1438					
Barking Harts Lane Estate	1413	1425	1437	1447	1458	1510	1522	1535	1548			1724	1737	1750	1803	1815	1827	1840				
Barking Station	1418	1430	1442	1452	1503	1516	1528	1541	1554	Then		1730	1743	1756	1809	1821	1833	1845				
Barking London Road	1421	1433	1445	1455	1506	1519	1531	1544	1557	every 12		1733	1746	1759	1812	1824	1835	1847				
Lodge Ave. Flyover Junc. (West Side)	1432	1444	1456	1508	1520	1533	1545	1558	1611	minutes		1747	1800	1812	1824	1836	1846	1858				
Mayesbrook Park The Roundhouse	1437	1449	1501	1514	1526	1539	1551	1604	1616	until		1752	1805	1817	1829	1841	1851	1903				
Green Lane Bennetts Castle Lane	1447	1459	1512	1525	1537	1550	1602	1614	1626			1802	1814	1826	1838	1850	1900	1912				
Chadwell Heath Wangey Road	1451	1503	1517	1530	1542	1555	1607	1619	1631			1807	1819	1831	1843	1855	1905	1916				
Barking Harts Lane Estate	1852	1907	1924	1940	2000	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340	0000	0020				
Barking Station	1857	1912	1929	1945	2005	2025	2045	2104	2124	2144	2204	2224	2244	2304	2324	2344	0004	0024				
Barking London Road	1859	1914	1931	1947	2007	2027	2047	2106	2126	2146	2206	2226	2245	2305	2325	2345	0005	0025				
Lodge Ave. Flyover Junc. (West Side)	1910	1924	1941	1956	2015	2035	2055	2113	2133	2153	2213	2233	2251	2311	2331	2351	0010	0030				
Mayesbrook Park The Roundhouse	1915	1929	1945	2000	2019	2039	2059	2116	2136	2156	2216	2236	2254	2314	2334	2354	0013	0033				
Green Lane Bennetts Castle Lane	1924	1938	1954	2008	2027	2047	2107	2123	2143	2203	2223	2242	2300	2320	2340	0000	0018	0038				
Chadwell Heath Wangey Road	1928	1942	1958	2012	2031	2051	2111	2127	2147	2207	2227	2246	2304	2324	2344	0003	0021	0041				
368		Saturdays (also Good Friday)																				
Barking Harts Lane Estate	0510	0530	0550	0610							0750	0805	0816	0828	0840	0852	0904	0916	0928	0940	0952	1003
Barking Station	0514	0534	0554	0614							0754	0809	0820	0832	0844	0856	0908	0920	0932	0944	0956	1008
Barking London Road	0515	0535	0555	0615							0755	0811	0822	0834	0846	0858	0910	0922	0934	0946	0958	1010
Lodge Ave. Flyover Junc. (West Side)	0520	0540	0601	0622							0802	0818	0829	0841	0853	0905	0917	0929	0942	0954	1006	1018
Mayesbrook Park The Roundhouse	0523	0543	0604	0625							0805	0821	0832	0844	0856	0908	0920	0932	0945	0957	1010	1022
Green Lane Bennetts Castle Lane	0529	0549	0611	0632							0812	0828	0840	0852	0904	0917	0929	0941	0954	1006	1019	1031
Chadwell Heath Wangey Road	0532	0552	0614	0635							0815	0831	0844	0856	0908	0921	0933	0945	0958	1010	1023	1035
Barking Harts Lane Estate	1015		1051	1103	1115	1127	1139	1150	1201			1249	1301	1313	1325	1337					1737	1749
Barking Station	1020	Then	1056	1108	1120	1132	1144	1155	1206	Then		1254	1306	1318	1330	1342	Then				1742	1754
Barking London Road	1022	every	1058	1110	1122	1134	1146	1157	1209	every		1257	1309	1321	1333	1345	every				1745	1757
Lodge Ave. Flyover Junc. (West Side)	1030	12	1106	1119	1131	1143	1155	1206	1219	12		1307	1320	1332	1344	1356	12			1756	1808	
Mayesbrook Park The Roundhouse	1034	mins.	1110	1123	1135	1147	1159	1211	1224	mins.		1312	1325	1337	1349	1401	mins.			1801	1812	
Green Lane Bennetts Castle Lane	1043	until	1119	1132	1144	1156	1208	1221	1234	until		1322	1335	1347	1359	1410	until			1810	1821	
Chadwell Heath Wangey Road	1047		1123	1136	1148	1200	1212	1225	1238			1326	1339	1351	1403	1414				1814	1825	
Barking Harts Lane Estate	1804	1822	1842	1902	1922	1942	2002	2022	2042	2102			2242	2302	2322	2342	0001	0020				
Barking Station	1809	1827	1847	1907	1927	1947	2007	2027	2047	2106	Then		2246	2306	2326	2346	0005	0024				
Barking London Road	1812	1830	1849	1909	1929	1949	2009	2029	2049	2108	every 20		2248	2308	2328	2348	0006	0025				
Lodge Ave. Flyover Junc. (West Side)	1822	1840	1859	1918	1938	1958	2017	2037	2057	2115	minutes		2255	2314	2334	2354	0012	0031				
Mayesbrook Park The Roundhouse	1826	1844	1903	1922	1942	2002	2021	2041	2101	2119	until		2259	2317	2337	2357	0015	0034				
Green Lane Bennetts Castle Lane	1835	1853	1912	1931	1951	2010	2029	2049	2109	2126			2306	2324	2344	0004	0021	0040				
Chadwell Heath Wangey Road	1839	1857	1916	1935	1955	2013	2032	2052	2112	2129			2309	2327	2347	0007	0024	0043				
368		Sundays and other Public Holidays (except Christmas Day)																				
Barking Harts Lane Estate	0630	0700	0729	0758	0827	0847	0906	0925	0943	1001	1021	1041	1100	1120	1140	1159	1219	1239				
Barking Station	0634	0704	0733	0802	0831	0851	0910	0929	0947	1005	1025	1045	1104	1124	1144	1204	1224	1244				
Barking London Road	0635	0705	0734	0803	0832	0852	0911	0930	0949	1007	1027	1047	1106	1126	1146	1206	1226	1246				
Lodge Ave. Flyover Junc. (West Side)	0641	0711	0740	0810	0839	0859	0918	0937	0956	1015	1035	1055	1114	1134	1154	1215	1235	1255				
Mayesbrook Park The Roundhouse	0644	0714	0743	0813	0842	0902	0921	0940	0959	1019	1039	1059	1118	1138	1158	1219	1239	1259				
Green Lane Bennetts Castle Lane	0650	0720	0749	0820	0849	0909	0928	0948	1007	1027	1047	1107	1127	1147	1207	1228	1248	1308				
Chadwell Heath Wangey Road	0654	0724	0753	0825	0854	0914	0933	0953	1013	1033	1053	1113	1133	1153	1213	1234	1254	1314				
Barking Harts Lane Estate	1258		1438	1458	1518	1538	1558	1618	1637	1657	1717	1737	1757	1817	1837	1857	1917					
Barking Station	1303	Then	1443	1503	1523	1543	1603	1623	1642	1702	1722	1742	1802	1822	1842	1902	1922					
Barking London Road	1305	every 20	1445	1505	1525	1545	1605	1625	1644	1704	1724	1744	1804	1824	1844	1904	1924					
Lodge Ave. Flyover Junc. (West Side)	1314	minutes	1454	1514	1534	1554	1614	1634	1653	1712	1732	1752	1812	1832	1852	1911	1931					
Mayesbrook Park The Roundhouse	1319	until	1459	1518	1538	1558	1618	1638	1657	1716	1736	1756	1816	1836	1856	1915	1935					
Green Lane Bennetts Castle Lane	1328		1508	1527	1547	1607	1627	1647	1706	1725	1745	1805	1824	1844	1904	1923	1943					
Chadwell Heath Wangey Road	1334		1514	1533	1553	1612	1632	1652	1711	1730	1750	1810	1829	1849	1909	1928	1948					
Barking Harts Lane Estate	1937	1958	2019	2039	2100	2120	2140	2200	2220	2240	2300	2320	2340	0000	0020							
Barking Station	1942	2003	2023	2043	2104	2124	2144	2204	2224	2244	2304	2324	2344	0004	0024							
Barking London Road	1944	2005	2025	2045	2106	2126	2146	2206	2226	2246	2305	2325	2345	0005	0025							
Lodge Ave. Flyover Junc. (West Side)	1951	2012	2032	2052	2112	2132	2152	2212	2232	2252	2311	2331	2351	0010	0030							
Mayesbrook Park The Roundhouse	1955	2015	2035	2055	2115	2135	2155	2215	2235	2255	2314	2334	2354	0013	0033							
Green Lane Bennetts Castle Lane	2003	2023	2043	2103	2122	2142	2202	2222	2242	2302	2320	2340	0000	0018	0038							
Chadwell Heath Wangey Road	2008	2028	2048	2108	2127	2147	2207	2227	2247	2306	2324	2344	0003	0021	0041							