

396		Mondays to Fridays (school days, half term and Christmas)																
Little Heath King George Hospital	0545	0615	0643	0702	0720	0739	0758	0818	0839	0901	0923	Then every 20 minutes until	1243	1303	1323	1343	1402	
Newbury Park Station	0551	0622	0651	0710	0729	0749	0809	0829	0849	0910	0931		1251	1311	1331	1351	1411	
Gants Hill Station Cranbrook Road (S)	0556	0628	0658	0718	0737	0757	0817	0837	0857	0917	0938		1258	1318	1338	1358	1418	
Ilford Station	0601	0634	0705	0728	0749	0809	0829	0848	0906	0926	0946		1306	1327	1347	1407	1427	
Ilford Sainsbury's	0602	0635	0706	0729	0751	0811	0831	0849	0907	0927	0947		1307	1328	1348	1408	1428	
Little Heath King George Hospital	1422	1441	1459	1517	1538	1558	1618	1638	1658	1718	1740	1801	1821	1843	1904	1924	1944	2004
Newbury Park Station	1431	1451	1510	1530	1550	1610	1630	1650	1710	1730	1751	1811	1831	1852	1912	1931	1951	2010
Gants Hill Station Cranbrook Road (S)	1438	1458	1518	1538	1558	1618	1638	1658	1718	1738	1759	1819	1839	1900	1920	1938	1957	2016
Ilford Station	1447	1508	1530	1549	1609	1628	1648	1708	1728	1748	1808	1828	1848	1908	1928	1946	2004	2023
Ilford Sainsbury's	1448	1509	1531	1550	1610	1629	1649	1709	1729	1749	1809	1829	1849	1909	1929	1947	2005	2024
Little Heath King George Hospital	2034	2104	2134	2205	2235	2305	2335	0005										
Newbury Park Station	2040	2110	2140	2210	2240	2310	2340	0010										
Gants Hill Station Cranbrook Road (S)	2045	2115	2145	2215	2245	2315	2344	0014										
Ilford Station	2051	2121	2151	2220	2250	2320	2349	0018										
Ilford Sainsbury's	2052	2122	2152	2221	2251	2321	2350	0019										
396		Mondays to Fridays (Summer and Easter school holidays)																
Little Heath King George Hospital	0545	0615	0644	0702	0720	0740	0800	0820	0840	0900	0922	Then every 20 minutes until	1322	1342	1402	1422	1441	
Newbury Park Station	0551	0622	0651	0709	0728	0748	0808	0828	0848	0908	0930		1330	1350	1410	1430	1450	
Gants Hill Station Cranbrook Road (S)	0556	0628	0657	0716	0736	0756	0816	0836	0856	0916	0937		1337	1357	1417	1437	1457	
Ilford Station	0601	0634	0704	0724	0745	0806	0826	0846	0905	0925	0945		1345	1405	1425	1446	1506	
Ilford Sainsbury's	0602	0635	0705	0725	0747	0808	0828	0848	0907	0926	0946		1346	1407	1427	1448	1508	
Little Heath King George Hospital	1459	1518	1537	1557	1617	1637	1657	1718	1739	1800	1821	1841	1902	1923	1944	2004	2034	2104
Newbury Park Station	1509	1528	1548	1608	1628	1648	1708	1729	1750	1810	1830	1850	1910	1930	1951	2010	2040	2110
Gants Hill Station Cranbrook Road (S)	1517	1537	1557	1617	1637	1657	1717	1737	1758	1818	1838	1858	1918	1937	1957	2016	2045	2115
Ilford Station	1526	1547	1607	1626	1646	1706	1726	1746	1806	1826	1846	1906	1925	1944	2003	2022	2051	2121
Ilford Sainsbury's	1528	1549	1609	1628	1648	1708	1728	1748	1808	1828	1848	1908	1927	1946	2005	2024	2052	2122
Little Heath King George Hospital	2134	2205	2235	2305	2335	0005												
Newbury Park Station	2140	2210	2240	2310	2340	0010												
Gants Hill Station Cranbrook Road (S)	2145	2215	2245	2315	2344	0014												
Ilford Station	2151	2220	2250	2320	2349	0018												
Ilford Sainsbury's	2152	2221	2251	2321	2350	0019												
396		Saturdays (also Good Friday)																
Little Heath King George Hospital	0545	0615	0645	0715	0735	0755	0815	0835	0854	0913	0932	0952	1011	1031	1051	1111	1130	1149
Newbury Park Station	0551	0621	0651	0721	0741	0801	0822	0842	0901	0920	0940	1000	1019	1039	1059	1119	1138	1157
Gants Hill Station Cranbrook Road (S)	0556	0626	0656	0726	0746	0806	0828	0848	0907	0927	0947	1007	1027	1047	1107	1127	1147	1206
Ilford Station	0601	0631	0701	0731	0751	0811	0833	0853	0914	0934	0954	1015	1035	1055	1116	1136	1156	1216
Ilford Sainsbury's	0602	0632	0702	0732	0752	0812	0834	0854	0915	0935	0955	1016	1036	1056	1117	1137	1157	1217
Little Heath King George Hospital	1209	1229	1249	1308	Then every 20 minutes until	1508	1529	1549	1609	1629	1649	1709	1729	1750	1810	1831	1851	
Newbury Park Station	1217	1237	1257	1317		1517	1538	1558	1618	1638	1658	1718	1738	1759	1819	1839	1859	
Gants Hill Station Cranbrook Road (S)	1226	1246	1306	1326		1526	1546	1606	1626	1646	1706	1727	1747	1808	1828	1847	1907	
Ilford Station	1236	1256	1317	1337		1537	1557	1617	1636	1656	1716	1736	1756	1816	1836	1855	1915	
Ilford Sainsbury's	1237	1257	1318	1338		1538	1558	1618	1637	1657	1717	1737	1757	1817	1837	1856	1916	
Little Heath King George Hospital	1911	1931	2003	2033	2105	2135	2205	2235	2305	2335	0005							
Newbury Park Station	1919	1939	2010	2040	2111	2141	2210	2240	2310	2340	0010							
Gants Hill Station Cranbrook Road (S)	1927	1946	2016	2046	2116	2146	2215	2245	2315	2344	0014							
Ilford Station	1935	1952	2022	2052	2122	2151	2220	2250	2320	2349	0019							
Ilford Sainsbury's	1936	1953	2023	2053	2123	2152	2221	2251	2321	2350	0020							
396		Sundays and other Public Holidays (except Christmas Day)																
Little Heath King George Hospital	0545	Then every 30 minutes until	0815	0845	0905	0925	0945	1005	1023	1043	1102	1121	1140	1200	1220	1240	1259	
Newbury Park Station	0551		0821	0852	0912	0932	0953	1013	1031	1051	1110	1129	1148	1208	1228	1248	1307	
Gants Hill Station Cranbrook Road (S)	0556		0826	0858	0918	0938	0959	1019	1038	1058	1118	1137	1157	1217	1237	1257	1317	
Ilford Station	0601		0831	0903	0923	0944	1005	1025	1045	1105	1125	1145	1205	1225	1245	1306	1326	
Ilford Sainsbury's	0602		0832	0904	0924	0945	1006	1026	1046	1106	1126	1146	1206	1226	1246	1307	1327	
Little Heath King George Hospital	1319	1339	1359	1419	1438	1459	1520	1540	1601	1621	1642	1702	1722	1742	1803	1823	1843	1904
Newbury Park Station	1327	1348	1408	1428	1448	1509	1528	1548	1609	1629	1650	1710	1730	1750	1811	1831	1851	1911
Gants Hill Station Cranbrook Road (S)	1337	1357	1417	1437	1457	1517	1536	1556	1616	1636	1657	1717	1737	1757	1817	1837	1857	1917
Ilford Station	1346	1406	1426	1446	1506	1526	1545	1605	1625	1645	1705	1725	1745	1805	1825	1845	1905	1924
Ilford Sainsbury's	1347	1407	1427	1447	1507	1527	1546	1606	1626	1646	1706	1726	1746	1806	1826	1846	1906	1925
Little Heath King George Hospital	1934	2004	2035	2105	2135	2205	2235	2305	2335	0005								
Newbury Park Station	1941	2011	2041	2111	2141	2210	2240	2310	2340	0010								
Gants Hill Station Cranbrook Road (S)	1947	2016	2046	2116	2146	2215	2244	2314	2344	0014								
Ilford Station	1954	2022	2052	2122	2151	2220	2249	2319	2349	0018								
Ilford Sainsbury's	1955	2023	2053	2123	2152	2221	2250	2320	2350	0019								

396		Mondays to Fridays (school days, half term and Christmas)																
Ilford Sainsbury's	0520	0550	0620	0640	0700	0719	0737	0756	0816	0836	0857	0919	Then	1119	1139	1159	1219	
Ilford Station	0521	0551	0621	0641	0701	0720	0739	0758	0818	0838	0859	0921	every 20	1121	1141	1201	1221	
Gants Hill Station Cranbrook Road (S)	0526	0556	0626	0646	0707	0727	0746	0806	0826	0846	0906	0927	minutes	1127	1148	1208	1228	
Newbury Park Station	0531	0601	0632	0652	0714	0734	0754	0814	0834	0854	0914	0935	until	1135	1156	1216	1236	
Little Heath King George Hospital	0538	0608	0640	0701	0724	0745	0808	0829	0849	0907	0926	0945		1145	1206	1226	1246	
Ilford Sainsbury's	1239	1259	1319	1339	1359	1419	1438	1456	1516	1536	1556	1616	1636	1656	1716	1736	1757	1817
Ilford Station	1241	1301	1321	1341	1401	1421	1440	1458	1518	1538	1558	1618	1638	1658	1718	1738	1759	1819
Gants Hill Station Cranbrook Road (S)	1248	1308	1328	1348	1409	1429	1448	1507	1527	1547	1606	1626	1646	1706	1726	1746	1807	1827
Newbury Park Station	1256	1316	1336	1356	1417	1437	1457	1517	1537	1557	1616	1636	1656	1716	1736	1756	1816	1836
Little Heath King George Hospital	1306	1326	1346	1406	1427	1449	1511	1531	1551	1611	1630	1650	1709	1729	1749	1809	1828	1848
Ilford Sainsbury's	1838	1858	1919	1939	1959	2029	2100	2130	2200	2230	2300	2330	0000					
Ilford Station	1840	1900	1921	1941	2001	2031	2101	2131	2201	2231	2301	2331	0001					
Gants Hill Station Cranbrook Road (S)	1848	1908	1928	1948	2008	2037	2107	2137	2207	2237	2306	2336	0006					
Newbury Park Station	1856	1916	1935	1955	2015	2043	2113	2143	2212	2242	2311	2341	0011					
Little Heath King George Hospital	1908	1927	1945	2005	2025	2052	2122	2151	2220	2250	2318	2348	0018					
396		Mondays to Fridays (Summer and Easter school holidays)																
Ilford Sainsbury's	0520	0550	0620	0640	0700	0719	0737	Then	0857	0918	Then	1038	1058	Then	1338			
Ilford Station	0521	0551	0621	0641	0701	0720	0739	every 20	0859	0920	every 20	1040	1100	every 20	1340			
Gants Hill Station Cranbrook Road (S)	0526	0556	0626	0646	0706	0726	0745	minutes	0905	0926	minutes	1046	1107	minutes	1347			
Newbury Park Station	0531	0601	0632	0652	0713	0733	0753	until	0913	0934	until	1054	1115	until	1355			
Little Heath King George Hospital	0538	0608	0640	0701	0722	0743	0804		0924	0944		1104	1125		1405			
Ilford Sainsbury's	1358	1418	1437	1456	1516	1536	1556	Then	1736	1757	1817	1838	1858	1919	1939	1959	2029	
Ilford Station	1400	1420	1439	1458	1518	1538	1558	every 20	1738	1759	1819	1840	1900	1921	1941	2001	2031	
Gants Hill Station Cranbrook Road (S)	1408	1428	1448	1507	1527	1547	1606	minutes	1746	1807	1827	1848	1908	1928	1947	2007	2037	
Newbury Park Station	1416	1436	1456	1516	1536	1556	1615	until	1755	1816	1836	1856	1916	1936	1954	2014	2044	
Little Heath King George Hospital	1426	1446	1507	1528	1548	1608	1627		1807	1827	1847	1907	1926	1945	2003	2023	2053	
Ilford Sainsbury's	2059	2129	2200	2230	2300	2330	0000											
Ilford Station	2101	2131	2201	2231	2301	2331	0001											
Gants Hill Station Cranbrook Road (S)	2107	2137	2207	2237	2306	2336	0006											
Newbury Park Station	2113	2143	2212	2242	2311	2341	0011											
Little Heath King George Hospital	2122	2151	2220	2250	2318	2348	0018											
396		Saturdays (also Good Friday)																
Ilford Sainsbury's	0520	0550	0620	0649	0708	0728	0748	0808	0828	0848	0908	0928	0947	1006	1026	1046	1106	1126
Ilford Station	0521	0551	0621	0650	0709	0729	0749	0809	0830	0850	0910	0930	0949	1008	1028	1048	1108	1128
Gants Hill Station Cranbrook Road (S)	0526	0556	0626	0656	0715	0735	0755	0815	0836	0856	0916	0936	0956	1015	1035	1055	1115	1135
Newbury Park Station	0530	0601	0631	0701	0721	0741	0801	0821	0842	0903	0923	0943	1003	1023	1043	1103	1123	1144
Little Heath King George Hospital	0537	0608	0638	0709	0729	0749	0809	0829	0851	0912	0932	0952	1012	1033	1053	1113	1133	1155
Ilford Sainsbury's	1146	1206	Then	1346	1407	1427	1448	Then	1708	1728	1748	1808	1828	1848	1908	1928		
Ilford Station	1148	1208	every 20	1348	1409	1429	1450	every 20	1710	1730	1750	1810	1830	1850	1910	1930		
Gants Hill Station Cranbrook Road (S)	1156	1216	minutes	1356	1417	1437	1458	minutes	1718	1738	1758	1818	1838	1858	1918	1938		
Newbury Park Station	1205	1226	until	1406	1426	1446	1507	until	1727	1746	1806	1826	1846	1906	1926	1946		
Little Heath King George Hospital	1217	1238		1418	1438	1458	1518		1738	1758	1818	1838	1858	1917	1937	1957		
Ilford Sainsbury's	1958	2029	2100	2130	2200	2230	2300	2330	0000									
Ilford Station	2000	2031	2102	2132	2202	2232	2302	2332	0001									
Gants Hill Station Cranbrook Road (S)	2008	2038	2108	2138	2208	2238	2307	2337	0006									
Newbury Park Station	2015	2045	2114	2144	2214	2244	2313	2343	0011									
Little Heath King George Hospital	2025	2055	2124	2153	2223	2253	2321	2351	0018									
396		Sundays and other Public Holidays (except Christmas Day)																
Ilford Sainsbury's	0520	0550	0620	0650	0720	0749	0818	0838	0858	0918	0938	0958	1018	1038	1057	1117	1137	1157
Ilford Station	0521	0551	0621	0651	0721	0750	0819	0839	0859	0919	0939	1000	1020	1040	1059	1119	1139	1159
Gants Hill Station Cranbrook Road (S)	0526	0556	0626	0657	0727	0756	0825	0845	0905	0925	0945	1006	1026	1046	1106	1126	1146	1207
Newbury Park Station	0530	0600	0630	0702	0732	0802	0831	0851	0911	0931	0951	1012	1033	1053	1113	1133	1153	1215
Little Heath King George Hospital	0537	0607	0637	0709	0739	0809	0839	0859	0919	0939	0959	1020	1042	1102	1122	1142	1203	1225
Ilford Sainsbury's	1217	1237	Then	1517	1537	Then	1717	1738	1758	1819	1840	1900	1930	2000	2030	2100		
Ilford Station	1219	1239	every 20	1519	1539	every 20	1719	1740	1800	1821	1842	1902	1932	2002	2032	2102		
Gants Hill Station Cranbrook Road (S)	1227	1247	minutes	1527	1547	minutes	1727	1747	1807	1828	1849	1909	1938	2008	2038	2108		
Newbury Park Station	1235	1256	until	1536	1555	until	1735	1755	1815	1836	1856	1916	1945	2015	2044	2114		
Little Heath King George Hospital	1246	1307		1547	1606		1746	1806	1826	1846	1906	1926	1955	2025	2054	2123		
Ilford Sainsbury's	2130	2200	2230	2300	2330	0000												
Ilford Station	2131	2201	2231	2301	2331	0001												
Gants Hill Station Cranbrook Road (S)	2137	2207	2237	2307	2336	0006												
Newbury Park Station	2142	2212	2242	2312	2341	0011												
Little Heath King George Hospital	2151	2220	2250	2320	2348	0018												