



EL1		Saturdays																
Barking Riverside Northgate Road	0005	0015	0025	0055		0325	0355	0425	0455	0525	0537	0549	0601	0613	0625	0637	0649	
Thames View Estate Abridge Way	0014	0024	0034	0104	Then every 30 minutes	0334	0405	0435	0505	0535	0547	0559	0611	0623	0635	0647	0659	
River Road Barking By-Pass	0018	0028	0038	0108		0338	0409	0439	0509	0539	0551	0603	0616	0628	0640	0652	0704	
Barking Station	0024	0034	0044	0113	until	0343	0414	0444	0514	0545	0557	0609	0623	0635	0647	0659	0711	
Ilford Lane Loxford Lane	0027	0037	0047	0116		0346	0417	0447	0517	0548	0600	0612	0626	0638	0650	0702	0714	
Ilford Ilford Hill	0032	0042	0052	0120		0350	0421	0451	0521	0552	0605	0617	0631	0643	0655	0707	0719	
Barking Riverside Northgate Road	0657			0753	0800	0806	0812	0818	0824	0829	0835	0841	0847	0853	Then every 6 minutes	0929	0935	
Thames View Estate Abridge Way	0707	Then every 8 minutes		0803	0811	0817	0823	0829	0835	0840	0846	0852	0858	0904		0940	0946	
River Road Barking By-Pass	0712			0808	0816	0822	0828	0834	0840	0845	0851	0857	0903	0909	0945	0951		
Barking Station	0719	until		0815	0823	0829	0835	0841	0847	0853	0859	0905	0911	0917	0953	0959		
Ilford Lane Loxford Lane	0722			0818	0826	0832	0838	0844	0850	0856	0902	0908	0914	0921	0957	1003		
Ilford Ilford Hill	0727			0823	0832	0838	0844	0850	0856	0902	0908	0914	0920	0927	1003	1010		
Barking Riverside Northgate Road	0941	0947	0952	0958	1004	1010	1015	1021	1027	1033	Then every 6 minutes	1121	1126	1131	1136	1141	1147	
Thames View Estate Abridge Way	0952	0958	1003	1009	1015	1021	1026	1032	1038	1044		1132	1137	1142	1147	1152	1158	
River Road Barking By-Pass	0957	1003	1009	1015	1021	1027	1032	1038	1044	1050	1138	1143	1148	1153	1158	1204		
Barking Station	1005	1011	1017	1023	1029	1035	1041	1047	1053	1059	1147	1152	1157	1202	1208	1214		
Ilford Lane Loxford Lane	1009	1015	1021	1027	1033	1039	1045	1051	1057	1103	1151	1156	1201	1206	1212	1218		
Ilford Ilford Hill	1016	1022	1028	1034	1040	1046	1052	1058	1105	1112	1200	1206	1212	1217	1223	1229		
Barking Riverside Northgate Road	1153			1323	1329			1441	1447	1453	Then every 6 minutes	1629	1635	Then every 6 minutes	1729	1735		
Thames View Estate Abridge Way	1204	Then every 6 minutes		1334	1340	Then every 6 minutes		1452	1458	1504		Then every 6 minutes	1640		1646	Then every 6 minutes	1740	1746
River Road Barking By-Pass	1210			1340	1346	1508	1513	1518	1508	1513	1518	1645	1651	1754	1800			
Barking Station	1220	until		1350	1356	1512	1517	1522	1512	1517	1522	1654	1700	1758	1804			
Ilford Lane Loxford Lane	1224			1354	1400	1512	1517	1522	1512	1517	1522	1658	1704	1758	1804			
Ilford Ilford Hill	1235			1405	1412	1524	1529	1534	1524	1529	1534	1710	1715	1809	1814			
Barking Riverside Northgate Road	1741	1747		1817	1823	1829	1837	1845	1854	1904	Then every 10 minutes	1954	2004	2014	2024	2034		
Thames View Estate Abridge Way	1752	1758	Then every 6 minutes	1828	1834	1840	1848	1856	1905	1915		2005	2014	2024	2034	2044		
River Road Barking By-Pass	1757	1803			1833	1839	1845	1853	1901	1910	1920	2010	2019	2029	2039	2049		
Barking Station	1806	1811	until	1841	1847	1853	1901	1909	1918	1928	2018	2027	2036	2046	2056			
Ilford Lane Loxford Lane	1810	1815			1845	1851	1857	1905	1913	1922	1932	2022	2031	2040	2050	2100		
Ilford Ilford Hill	1820	1825			1855	1900	1906	1913	1921	1930	1939	2029	2038	2047	2057	2106		
Barking Riverside Northgate Road	2044	2054	2104	2114	2125			2205	2215	2225	2235	2245	2255	Then every 10 minutes	2335	2345	2355	
Thames View Estate Abridge Way	2054	2104	2114	2124	2134	Then every 10 minutes		2214	2224	2234	2244	2254	2304		2344	2354	0004	
River Road Barking By-Pass	2059	2109	2119	2129	2139	2219	2229	2239	2249	2259	2308	2348	2358	0008				
Barking Station	2106	2116	2126	2136	2146	2226	2236	2245	2255	2305	2314	2354	0004	0014				
Ilford Lane Loxford Lane	2109	2119	2129	2139	2149	2229	2239	2248	2258	2308	2317	2357	0007	0017				
Ilford Ilford Hill	2115	2125	2135	2145	2155	2235	2244	2253	2303	2313	2322	0002	0011	0021				
EL1		Sundays																
Barking Riverside Northgate Road	0005	0015	0025	0055	0125	0155	Then every 30 minutes	0425	0455	0525	0545	0605	0625	0645	0705	0725	0740	
Thames View Estate Abridge Way	0014	0024	0034	0104	0134	0204		0434	0504	0534	0554	0615	0635	0655	0715	0735	0750	
River Road Barking By-Pass	0018	0028	0038	0108	0138	0208	0438	0508	0538	0558	0620	0640	0700	0720	0740	0755		
Barking Station	0024	0034	0044	0114	0144	0213	0443	0514	0544	0604	0626	0646	0707	0727	0747	0802		
Ilford Lane Loxford Lane	0027	0037	0047	0117	0147	0216	0446	0517	0547	0607	0629	0649	0710	0730	0750	0805		
Ilford Ilford Hill	0031	0041	0051	0121	0151	0220	0450	0521	0551	0611	0633	0653	0714	0734	0754	0810		
Barking Riverside Northgate Road	0755	0810	0825			0925	0935	0944	0953	1003	Then every 10 minutes	1103	1112	1122	1132	1142	1152	
Thames View Estate Abridge Way	0805	0820	0835	Then every 10 minutes		0935	0946	0955	1004	1014		1114	1123	1133	1143	1153	1204	
River Road Barking By-Pass	0810	0825	0840	0940	0951	1000	1010	1020	1120	1129	1139	1149	1159	1210				
Barking Station	0817	0832	0847	0947	0958	1008	1018	1028	1128	1138	1148	1158	1208	1219				
Ilford Lane Loxford Lane	0820	0835	0850	0950	1001	1012	1022	1032	1132	1142	1152	1202	1212	1223				
Ilford Ilford Hill	0825	0840	0855	0955	1007	1018	1028	1039	1139	1149	1159	1209	1219	1230				
Barking Riverside Northgate Road	1202	1212	1222	1232	1242	1252	1302	1312	Then every 10 minutes	1452	1502	Then every 10 minutes	1552	1602	1612	1622		
Thames View Estate Abridge Way	1214	1224	1234	1244	1254	1304	1314	1324		1504	1513		1603	1613	1623	1633		
River Road Barking By-Pass	1220	1230	1240	1250	1300	1310	1320	1330	1510	1519	1609	1619	1629	1639				
Barking Station	1229	1239	1249	1259	1309	1319	1329	1339	1519	1528	1618	1628	1638	1648				
Ilford Lane Loxford Lane	1233	1243	1253	1303	1313	1323	1333	1343	1523	1532	1622	1632	1642	1652				
Ilford Ilford Hill	1241	1251	1301	1312	1322	1332	1342	1353	1533	1542	1632	1641	1651	1701				
Barking Riverside Northgate Road	1632	1642	1652	1702	1712	1722	1732	1742	1752	1802	1812	1822	1832	1842	1852	1902	1912	1922
Thames View Estate Abridge Way	1643	1653	1703	1713	1723	1733	1743	1753	1803	1813	1823	1833	1843	1853	1903	1913	1923	1933
River Road Barking By-Pass	1649	1659	1708	1718	1728	1738	1748	1758	1808	1818	1828	1838	1848	1858	1908	1918	1928	1938
Barking Station	1658	1708	1717	1727	1737	1747	1757	1807	1816	1826	1836	1846	1856	1906	1915	1925	1935	1945
Ilford Lane Loxford Lane	1702	1712	1721	1731	1741	1751	1801	1811	1820	1830	1840	1850	1900	1910	1919	1929	1939	1949
Ilford Ilford Hill	1711	1721	1730	1740	1750	1800	1809	1819	1828	1838	1848	1858	1907	1917	1926	1936	1946	1956
Barking Riverside Northgate Road	1933	1943	1953	2003	2013	2023	2033	2043	2053	2103	Then every 10 minutes	2243	2254	Then every 10 mins.	2334	2344	2355	
Thames View Estate Abridge Way	1943	1953	2003	2013	2023	2033	2043	2053	2103	2112		2252	2303		2343	2353	0004	
River Road Barking By-Pass	1948	1958	2008	2018	2028	2038	2048	2058	2107	2116	2256	2306	2346	2356	0007			
Barking Station	1955	2005	2015	2025	2035	2045	2055	2105	2113	2122	2302	2312	2352	0002	0012			
Ilford Lane Loxford Lane	1959	2009	2019	2029	2038	2048	2058	2108	2116	2125	2305	2315	2355	0005	0015			
Ilford Ilford Hill	2006	2015	2025	2035	2044	2054	2104	2113	2121	2130	2310	2320	0000	0009	0019			

# EL1

## Ilford – Barking – Barking Riverside

EL1		Mondays to Fridays																
Ilford Ilford Hill	0015	0045	0115	0145	Then every 30 minutes until	0415	0445	0515	0530	0540	0550	0600	0610	0620	0628	0636	0644	
Ilford Lane Loxford Lane	0020	0050	0120	0149		0419	0450	0520	0535	0545	0555	0606	0616	0626	0634	0643	0651	
Barking Station	0023	0053	0123	0152		0422	0453	0523	0538	0548	0558	0610	0620	0630	0638	0647	0655	
River Road Barking By-Pass	0028	0058	0128	0157		0427	0458	0527	0543	0553	0603	0615	0625	0636	0644	0653	0701	
Thames View Estate Abridge Way	0033	0103	0132	0201	0431	0502	0531	0547	0557	0607	0619	0629	0640	0648	0657	0705		
Barking Riverside Northgate Road	0042	0112	0141	0210	0440	0511	0540	0556	0607	0617	0629	0639	0650	0658	0707	0715		
Ilford Ilford Hill	0650	0656	0702	0708	0714	0720	0725	0730	0735	0740	0746	0751	0756	0802	0808	0814	0819	0825
Ilford Lane Loxford Lane	0657	0703	0709	0715	0721	0727	0732	0737	0743	0748	0754	0759	0804	0810	0816	0822	0827	0833
Barking Station	0701	0707	0713	0719	0725	0731	0737	0742	0748	0753	0759	0804	0810	0816	0822	0828	0833	0839
River Road Barking By-Pass	0707	0713	0719	0725	0731	0737	0743	0749	0755	0800	0806	0812	0818	0824	0830	0836	0842	0848
Thames View Estate Abridge Way	0711	0717	0723	0729	0736	0742	0748	0754	0800	0806	0812	0818	0824	0830	0836	0842	0848	0854
Barking Riverside Northgate Road	0721	0727	0733	0739	0747	0753	0759	0805	0812	0818	0824	0830	0836	0842	0848	0854	0900	0906
Ilford Ilford Hill	0831	0837	0843	0849	0855	0902	0908	0914	0920	0926	0933	Then every 6 minutes until	1057	1102	Then every 6 minutes until	1226		
Ilford Lane Loxford Lane	0840	0846	0852	0858	0904	0910	0916	0922	0928	0934	0940		1104	1110		1234		
Barking Station	0845	0851	0857	0903	0909	0915	0921	0927	0933	0938	0944		1108	1114		1238		
River Road Barking By-Pass	0854	0900	0906	0912	0918	0924	0930	0936	0941	0946	0952		1116	1122		1246		
Thames View Estate Abridge Way	0900	0906	0911	0917	0923	0929	0935	0941	0946	0951	0957	1121	1127	1251				
Barking Riverside Northgate Road	0910	0916	0921	0927	0933	0939	0945	0951	0956	1001	1007	1131	1137	1301				
Ilford Ilford Hill	1232	Then every 6 minutes until	1350	1356	1401	1407	1413	1419	1425	1431	1437	1442	1447	1453	1459	1504	1510	
Ilford Lane Loxford Lane	1241		1359	1405	1411	1417	1423	1429	1435	1441	1447	1452	1457	1503	1509	1514	1520	
Barking Station	1245		1403	1410	1416	1422	1428	1434	1440	1446	1452	1457	1502	1508	1514	1519	1525	
River Road Barking By-Pass	1253		1411	1418	1424	1430	1436	1442	1448	1454	1500	1505	1511	1517	1523	1529	1535	
Thames View Estate Abridge Way	1258	1416	1423	1429	1435	1441	1447	1453	1459	1505	1511	1517	1524	1530	1536	1542		
Barking Riverside Northgate Road	1308	1426	1433	1439	1446	1452	1458	1504	1511	1517	1523	1529	1536	1542	1548	1554		
Ilford Ilford Hill	1515	1521	1527	1533	1539	1545	1551	1557	1603	Then every 6 minutes until	1645	1651	Then every 6 minutes until	1809	1815	1821		
Ilford Lane Loxford Lane	1526	1532	1538	1544	1550	1556	1602	1608	1613		1655	1701		1819	1825	1831		
Barking Station	1531	1537	1543	1549	1555	1601	1607	1613	1618		1700	1707		1825	1831	1837		
River Road Barking By-Pass	1541	1547	1553	1559	1605	1610	1616	1622	1627		1709	1716		1834	1839	1845		
Thames View Estate Abridge Way	1548	1554	1600	1606	1611	1616	1622	1628	1633	1715	1722	1840	1845	1851				
Barking Riverside Northgate Road	1600	1606	1611	1617	1622	1627	1633	1639	1644	1726	1733	1851	1856	1902				
Ilford Ilford Hill	1827	1833	1839	1845	1853	1901	1909	1917	1925	1934	1942	1951	2002	2012	2023	2034	2044	2054
Ilford Lane Loxford Lane	1837	1843	1849	1855	1903	1911	1919	1927	1935	1943	1951	2000	2010	2020	2030	2041	2051	2101
Barking Station	1843	1849	1855	1901	1909	1917	1925	1933	1940	1948	1956	2005	2015	2025	2035	2045	2055	2105
River Road Barking By-Pass	1851	1857	1903	1909	1917	1925	1933	1940	1947	1955	2003	2012	2022	2032	2042	2052	2102	2111
Thames View Estate Abridge Way	1857	1903	1909	1915	1923	1931	1939	1946	1953	2001	2009	2018	2028	2038	2048	2058	2108	2117
Barking Riverside Northgate Road	1908	1914	1920	1926	1934	1942	1950	1957	2004	2012	2020	2029	2039	2049	2059	2108	2118	2127
Ilford Ilford Hill	2105	2115	Then every 10 minutes until	2205	2215	Then every 10 minutes until	2345											
Ilford Lane Loxford Lane	2111	2121		2211	2221		2351											
Barking Station	2115	2125		2215	2225		2355											
River Road Barking By-Pass	2121	2131		2221	2231		0001											
Thames View Estate Abridge Way	2127	2136	2226	2236	0006													
Barking Riverside Northgate Road	2137	2146	2236	2245	0015													

EL 1		Saturdays																
Ilford Ilford Hill	0015	0045	0115	0145	0215	0245	0315	0345	0415	0445	0515	0529	Then every 12 minutes until	0717	0727	0735	0743	
Ilford Lane Loxford Lane	0020	0050	0120	0150	0220	0250	0320	0349	0419	0449	0519	0534		0722	0732	0740	0748	
Barking Station	0024	0054	0124	0153	0223	0253	0323	0352	0422	0452	0522	0537		0725	0735	0743	0751	
River Road Barking By-Pass	0029	0059	0129	0158	0228	0258	0328	0357	0427	0457	0527	0542		0730	0740	0749	0757	
Thames View Estate Abridge Way	0034	0104	0133	0202	0232	0302	0332	0401	0431	0501	0531	0546	0734	0744	0753	0801		
Barking Riverside Northgate Road	0043	0113	0142	0211	0241	0311	0341	0410	0440	0510	0540	0555	0743	0753	0802	0811		
Ilford Ilford Hill	0751	0759	0807	0815	0823	0829	0835	0840	0846	0852	0858	0904	0909	Then every 6 minutes until	0957	1002	1008	
Ilford Lane Loxford Lane	0756	0804	0813	0821	0829	0835	0841	0846	0852	0858	0904	0910	0915		1003	1009	1015	
Barking Station	0759	0808	0817	0825	0833	0839	0845	0850	0856	0902	0908	0914	0919		1007	1013	1019	
River Road Barking By-Pass	0805	0814	0823	0831	0839	0845	0851	0856	0902	0908	0914	0920	0926		1014	1020	1026	
Thames View Estate Abridge Way	0809	0818	0827	0835	0843	0849	0855	0901	0907	0913	0919	0925	0931	1019	1025	1031		
Barking Riverside Northgate Road	0819	0828	0837	0845	0853	0859	0905	0911	0917	0923	0929	0935	0941	1029	1035	1041		
Ilford Ilford Hill	1014	Then every 6 minutes until	1056	1101	1107	1113	1119	1125	1131	1137	1143	1148	1154	1200	1205	1211	1216	
Ilford Lane Loxford Lane	1021		1103	1109	1115	1121	1127	1133	1139	1145	1151	1156	1202	1208	1214	1220	1226	
Barking Station	1025		1107	1113	1119	1125	1131	1138	1144	1150	1156	1201	1207	1213	1219	1225	1231	
River Road Barking By-Pass	1032		1114	1120	1126	1132	1138	1145	1151	1157	1203	1209	1215	1221	1227	1233	1239	
Thames View Estate Abridge Way	1037	1119	1125	1131	1137	1143	1150	1156	1202	1208	1214	1220	1226	1232	1239	1245		
Barking Riverside Northgate Road	1047	1129	1135	1141	1147	1153	1200	1206	1213	1219	1225	1231	1237	1243	1250	1256		
Ilford Ilford Hill	1222	Then every 6 minutes until	1416	1421	Then every 6 minutes until	1739	1745	Then every 6 minutes until	1827	Then every 8 minutes until	1907	1915	1923	1933				
Ilford Lane Loxford Lane	1232		1426	1432		1750	1756		1838		1918	1925	1933	1943				
Barking Station	1237		1431	1437		1755	1801		1843		1923	1930	1938	1948				
River Road Barking By-Pass	1245		1439	1445		1803	1808		1850		1930	1937	1945	1955				
Thames View Estate Abridge Way	1251	1445	1451	1809	1814	1856	1936	1943	1951	2001								
Barking Riverside Northgate Road	1302	1456	1502	1820	1825	1907	1947	1954	2002	2011								
Ilford Ilford Hill	1943	1954	2004	2014	2024	2035	Then every 10 minutes until	2145	2155	2205	2215	Then every 10 minutes until	2315	2325	2335	2345		
Ilford Lane Loxford Lane	1953	2003	2012	2022	2032	2042		2152	2202	2212	2222		2322	2331	2340	2350		
Barking Station	1958	2008	2017	2027	2037	2047		2157	2206	2216	2226		2326	2335	2344	2354		
River Road Barking By-Pass	2005	2015	2024	2034	2043	2053		2203	2212	2222	2232		2332	2341	2350	0000		
Thames View Estate Abridge Way	2010	2020	2029	2039	2048	2058	2208	2217	2227	2237	2337	2346	2355	0005				
Barking Riverside Northgate Road	2020	2030	2039	2049	2058	2108	2218	2227	2237	2246	2346	2355	0004	0014				
EL 1		Sundays																
Ilford Ilford Hill	0015	0045	0115	0145	0215	0245	Then every 30 minutes until	0515	0535	0555	0615	0634	0654	0714	0729	0744	0755	
Ilford Lane Loxford Lane	0020	0050	0120	0150	0220	0249		0519	0539	0559	0620	0639	0659	0719	0734	0749	0800	
Barking Station	0024	0054	0123	0153	0223	0252		0522	0542	0602	0623	0642	0702	0722	0737	0752	0804	
River Road Barking By-Pass	0030	0059	0128	0158	0228	0257		0527	0547	0607	0628	0647	0707	0727	0742	0757	0809	
Thames View Estate Abridge Way	0035	0104	0133	0203	0233	0301	0531	0551	0611	0632	0651	0711	0731	0746	0801	0814		
Barking Riverside Northgate Road	0044	0113	0142	0212	0242	0310	0540	0600	0620	0641	0700	0720	0740	0755	0810	0823		
Ilford Ilford Hill	0805	0815	0825	0835	0845	0855	0905	Then every 10 minutes until	1025	1034	1044	1053	1103	1113	1123	1133	1143	
Ilford Lane Loxford Lane	0810	0820	0830	0840	0851	0901	0911		1031	1041	1051	1100	1110	1120	1130	1140	1150	
Barking Station	0814	0824	0834	0844	0855	0905	0915		1035	1045	1055	1104	1114	1124	1134	1144	1154	
River Road Barking By-Pass	0819	0829	0839	0849	0900	0911	0921		1041	1051	1101	1111	1121	1131	1141	1151	1202	
Thames View Estate Abridge Way	0824	0834	0844	0854	0905	0916	0926	1046	1056	1106	1116	1126	1136	1146	1157	1208		
Barking Riverside Northgate Road	0833	0843	0853	0903	0915	0926	0937	1057	1107	1117	1127	1137	1147	1157	1208	1219		
Ilford Ilford Hill	1153	1203	Then every 10 minutes until	1243	1253	1303	Then every 10 minutes until	1423	1432	Then every 10 minutes until	1612	1622	Then every 10 minutes until	1722				
Ilford Lane Loxford Lane	1201	1212		1252	1302	1313		1433	1443		1623	1633		1733				
Barking Station	1205	1216		1256	1307	1318		1438	1448		1628	1638		1738				
River Road Barking By-Pass	1213	1224		1304	1315	1326		1446	1456		1636	1645		1745				
Thames View Estate Abridge Way	1219	1230	1310	1321	1332	1452	1502	1642	1651	1751								
Barking Riverside Northgate Road	1230	1241	1321	1332	1343	1503	1513	1653	1702	1802								
Ilford Ilford Hill	1732	1742	1753	1803	1813	1823	1833	1843	1853	1904	1914	1924	1934	1944	1954	2004	2014	2024
Ilford Lane Loxford Lane	1742	1752	1802	1812	1822	1832	1842	1852	1902	1912	1922	1932	1942	1952	2002	2012	2022	2032
Barking Station	1747	1757	1807	1817	1827	1837	1847	1857	1907	1917	1927	1937	1947	1957	2006	2016	2026	2036
River Road Barking By-Pass	1754	1804	1814	1824	1834	1844	1854	1904	1914	1924	1934	1943	1953	2003	2012	2022	2032	2042
Thames View Estate Abridge Way	1800	1809	1819	1829	1839	1849	1859	1909	1919	1929	1939	1948	1958	2008	2017	2027	2037	2047
Barking Riverside Northgate Road	1811	1820	1830	1840	1850	1900	1909	1919	1929	1939	1948	1957	2007	2017	2026	2036	2046	2056
Ilford Ilford Hill	2035	2045	2055	2106	2116	2126	2136	2146	2157	Then every 10 minutes until	2347							
Ilford Lane Loxford Lane	2042	2052	2102	2112	2122	2132	2142	2152	2203		2353							
Barking Station	2046	2056	2106	2116	2126	2136	2146	2156	2207		2357							
River Road Barking By-Pass	2052	2102	2112	2122	2132	2142	2152	2202	2212		0002							
Thames View Estate Abridge Way	2057	2107	2117	2127	2137	2147	2157	2207	2217	0007								
Barking Riverside Northgate Road	2106	2116	2126	2136	2146	2156	2206	2216	2226	0016								