

# EL1

## Barking Reach – Barking – Ilford

EL1	Mondays to Fridays																		
Barking Reach Mallards Road	0005	0015	0025	0050	Then every 30 minutes until	0350	0420	0455	0525	0535	0545	0553	0601	0609	0617	0625	0633		
Thames View Estate Abridge Way	0008	0018	0028	0053		0353	0423	0459	0529	0539	0549	0557	0605	0613	0621	0629	0637		
River Road Barking By-Pass	0012	0022	0032	0057		0357	0427	0504	0535	0545	0555	0603	0611	0619	0627	0635	0643		
Barking Station	0017	0027	0037	0102		0402	0433	0510	0541	0551	0601	0610	0618	0626	0635	0643	0651		
Ilford Lane Loxford Lane	0020	0030	0040	0105	0405	0436	0513	0544	0554	0604	0613	0621	0629	0638	0646	0654			
Ilford Ilford Hill	0024	0034	0044	0109	0409	0440	0517	0549	0559	0609	0618	0626	0634	0644	0652	0700			
Barking Reach Mallards Road	0639	0645	0650	0656	0701	0707	0713	0718	0723	0729	0734	0740	0746	0752	0757	0803	0808	0814	
Thames View Estate Abridge Way	0643	0649	0654	0700	0706	0712	0718	0723	0728	0734	0739	0745	0751	0757	0802	0808	0813	0819	
River Road Barking By-Pass	0649	0655	0700	0706	0712	0718	0724	0729	0734	0740	0745	0751	0757	0803	0809	0815	0820	0826	
Barking Station	0657	0703	0709	0715	0721	0727	0733	0738	0744	0750	0756	0802	0808	0814	0820	0826	0831	0837	
Ilford Lane Loxford Lane	0700	0707	0713	0719	0725	0731	0737	0742	0748	0754	0800	0806	0812	0818	0824	0830	0835	0841	
Ilford Ilford Hill	0706	0714	0720	0727	0733	0739	0746	0752	0758	0804	0811	0818	0824	0830	0836	0842	0847	0853	
Barking Reach Mallards Road	0820	0826	0832	0838	0844	0850	0856	0902	0908	0915	0922	0928	Then every 6 minutes until	1358	1403	1409	1415		
Thames View Estate Abridge Way	0825	0831	0837	0843	0849	0855	0901	0907	0913	0920	0926	0932		1402	1407	1413	1419		
River Road Barking By-Pass	0832	0838	0844	0850	0856	0902	0908	0914	0920	0926	0932	0938		1408	1413	1419	1425		
Barking Station	0843	0849	0855	0901	0907	0912	0918	0924	0930	0936	0942	0947		1417	1422	1428	1434		
Ilford Lane Loxford Lane	0847	0853	0859	0905	0911	0916	0922	0928	0934	0940	0946	0951	1421	1426	1432	1438			
Ilford Ilford Hill	0858	0903	0908	0913	0919	0924	0930	0936	0942	0948	0954	0959	1429	1435	1441	1447			
Barking Reach Mallards Road	1420	1425	1431	1437	1443	1449	1454	1459	1504	1509	Then every 6 minutes until	1557	1603	Then every 6 minutes until	1657	1703			
Thames View Estate Abridge Way	1424	1429	1435	1441	1447	1453	1458	1503	1508	1514		1602	1608		1702	1707			
River Road Barking By-Pass	1430	1435	1441	1447	1453	1459	1504	1509	1515	1521		1609	1614		1708	1713			
Barking Station	1439	1444	1450	1456	1502	1508	1513	1519	1525	1531		1619	1624		1718	1723			
Ilford Lane Loxford Lane	1443	1448	1454	1500	1506	1512	1517	1523	1529	1535	1623	1628	1722	1727					
Ilford Ilford Hill	1452	1457	1503	1509	1515	1521	1526	1532	1538	1544	1632	1637	1731	1736					
Barking Reach Mallards Road	1709	1715	1721	1727	1733	1739	1745	1751	1757	1803	Then every 6 minutes until	1851	1859	1907	1915	1923	1931		
Thames View Estate Abridge Way	1713	1719	1725	1731	1737	1743	1749	1755	1801	1807		1855	1903	1911	1919	1927	1935		
River Road Barking By-Pass	1719	1725	1731	1737	1743	1749	1755	1801	1807	1812		1900	1908	1916	1924	1932	1940		
Barking Station	1729	1735	1741	1747	1753	1759	1805	1811	1817	1822		1910	1918	1925	1932	1940	1948		
Ilford Lane Loxford Lane	1733	1739	1745	1751	1757	1803	1809	1815	1821	1826	1914	1922	1929	1936	1944	1952			
Ilford Ilford Hill	1742	1748	1754	1800	1806	1811	1817	1823	1829	1834	1922	1930	1936	1943	1951	1959			
Barking Reach Mallards Road	1939	1947	1955	2005	2015	2025	2035	2045	2055	2105	2115	2125	2135	2145	2155	2205	2215	2225	
Thames View Estate Abridge Way	1943	1951	1959	2009	2019	2029	2039	2049	2059	2109	2119	2129	2139	2149	2159	2209	2219	2229	
River Road Barking By-Pass	1948	1956	2004	2014	2024	2034	2044	2054	2104	2114	2124	2134	2144	2154	2204	2214	2224	2234	
Barking Station	1956	2004	2012	2022	2032	2042	2052	2102	2111	2121	2131	2141	2151	2201	2210	2220	2230	2240	
Ilford Lane Loxford Lane	2000	2008	2016	2026	2036	2046	2056	2106	2115	2124	2134	2144	2154	2204	2213	2223	2233	2243	
Ilford Ilford Hill	2006	2014	2022	2032	2042	2052	2102	2112	2121	2130	2140	2150	2200	2209	2218	2228	2238	2248	
Barking Reach Mallards Road	2235	2245	2255	2305	2315	2325	2335	2345	2355										
Thames View Estate Abridge Way	2239	2249	2259	2308	2318	2328	2338	2348	2358										
River Road Barking By-Pass	2243	2253	2303	2312	2322	2332	2342	2352	0002										
Barking Station	2249	2259	2309	2318	2328	2337	2347	2357	0007										
Ilford Lane Loxford Lane	2252	2302	2312	2321	2331	2340	2350	0000	0010										
Ilford Ilford Hill	2257	2307	2317	2326	2336	2345	2355	0005	0014										

EL1 Saturdays (also Good Friday)																			
Barking Reach Mallards Road	0005	0015	0025	0050		0420	0455	0525	0537	0549		0649		0801	0807				
Thames View Estate Abridge Way	0008	0018	0028	0053	Then	0423	0459	0529	0541	0553	Then	0653	Then	0805	0811				
River Road Barking By-Pass	0012	0022	0032	0057	every 30	0427	0504	0534	0546	0558	every 12	0658	every 8	0810	0816				
Barking Station	0017	0027	0037	0102	minutes	0432	0510	0540	0552	0605	minutes	0705	minutes	0817	0823				
Ilford Lane Loxford Lane	0020	0030	0040	0105	until	0435	0513	0543	0555	0608	until	0708	until	0820	0826				
Ilford Ilford Hill	0024	0034	0044	0109		0439	0517	0548	0600	0613		0713		0825	0832				
Barking Reach Mallards Road	0813	0819	0825	0831	0836	0842	0848	0853	0858	0903	0909	0915	0921	0927	0933	0938	0944	0950	
Thames View Estate Abridge Way	0817	0823	0829	0835	0840	0846	0852	0857	0902	0907	0913	0919	0925	0931	0937	0942	0948	0954	
River Road Barking By-Pass	0822	0828	0834	0840	0845	0851	0857	0902	0907	0913	0919	0925	0931	0937	0943	0948	0954	1000	
Barking Station	0829	0835	0841	0847	0852	0859	0905	0910	0915	0921	0927	0933	0939	0945	0951	0956	1002	1008	
Ilford Lane Loxford Lane	0832	0838	0844	0850	0855	0902	0908	0913	0918	0925	0931	0937	0943	0949	0955	1000	1006	1012	
Ilford Ilford Hill	0838	0844	0850	0856	0901	0908	0914	0919	0925	0932	0938	0944	0950	0956	1002	1007	1014	1020	
Barking Reach Mallards Road	0955	1000	1006	1011	1017	1022				1104	1110	1116	1122			1152	1158	1204	1210
Thames View Estate Abridge Way	0959	1004	1010	1015	1021	1026	Then			1108	1114	1120	1126	Then		1156	1202	1208	1214
River Road Barking By-Pass	1005	1010	1016	1021	1027	1032	every 6			1114	1120	1126	1132	every 6		1202	1208	1214	1220
Barking Station	1013	1018	1024	1029	1035	1041	minutes			1123	1129	1135	1142	minutes		1212	1218	1224	1230
Ilford Lane Loxford Lane	1017	1022	1028	1033	1039	1045	until			1127	1133	1139	1146	until		1216	1222	1228	1234
Ilford Ilford Hill	1025	1030	1036	1041	1047	1053				1135	1142	1148	1155			1225	1232	1238	1244
Barking Reach Mallards Road	1216	1222	1227	1233			1351	1357			1615	1621			1751	1757	1803	1809	
Thames View Estate Abridge Way	1220	1226	1231	1237	Then		1355	1401	Then		1619	1625	Then		1755	1801	1807	1813	
River Road Barking By-Pass	1226	1232	1237	1243	every 6		1401	1407	every 6		1625	1631	every 6		1801	1806	1812	1818	
Barking Station	1236	1242	1247	1253	minutes		1411	1417	minutes		1635	1640	minutes		1810	1815	1821	1827	
Ilford Lane Loxford Lane	1240	1246	1251	1257	until		1415	1421	until		1639	1644	until		1814	1819	1825	1831	
Ilford Ilford Hill	1250	1256	1301	1308			1426	1433			1651	1656			1826	1831	1837	1843	
Barking Reach Mallards Road	1815	1821	1827	1835	1843	1853	1903	1913	1923	1933	1943	1953	2003	2013	2023	2033	2043	2053	
Thames View Estate Abridge Way	1819	1825	1831	1839	1847	1857	1907	1917	1927	1937	1947	1957	2007	2017	2027	2037	2047	2057	
River Road Barking By-Pass	1824	1830	1836	1844	1852	1902	1912	1922	1932	1942	1952	2002	2012	2022	2032	2042	2052	2102	
Barking Station	1833	1839	1845	1853	1900	1910	1920	1930	1940	1950	2000	2010	2020	2030	2040	2049	2059	2109	
Ilford Lane Loxford Lane	1837	1843	1849	1857	1904	1914	1924	1934	1944	1954	2004	2014	2024	2034	2044	2053	2103	2113	
Ilford Ilford Hill	1849	1855	1901	1909	1915	1925	1934	1943	1952	2002	2012	2021	2031	2041	2050	2059	2109	2119	
Barking Reach Mallards Road	2103	2113	2123	2134	2144	2154	2204	2214	2224	2235			2355						
Thames View Estate Abridge Way	2107	2117	2127	2138	2147	2157	2207	2217	2227	2238	Then		2358						
River Road Barking By-Pass	2112	2122	2132	2143	2152	2202	2212	2222	2232	2242	every 10		0002						
Barking Station	2119	2129	2139	2150	2159	2209	2219	2229	2239	2248	minutes		0008						
Ilford Lane Loxford Lane	2123	2133	2143	2154	2203	2213	2223	2233	2242	2251	until		0011						
Ilford Ilford Hill	2129	2139	2149	2200	2209	2219	2229	2239	2247	2256			0016						
EL1 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																			
Barking Reach Mallards Road	0005	0015	0025	0050		0420	0455	0525	0545	0605	0625	0645	0705	0725	0740	0755	0810		
Thames View Estate Abridge Way	0008	0018	0028	0053	Then	0423	0458	0528	0548	0609	0629	0649	0709	0729	0744	0759	0814		
River Road Barking By-Pass	0012	0022	0032	0057	every 30	0427	0502	0532	0552	0614	0634	0654	0714	0734	0749	0804	0819		
Barking Station	0018	0028	0038	0103	minutes	0433	0508	0538	0558	0620	0640	0700	0721	0741	0756	0811	0826		
Ilford Lane Loxford Lane	0021	0031	0041	0106	until	0436	0511	0541	0601	0623	0643	0703	0724	0744	0759	0814	0829		
Ilford Ilford Hill	0026	0036	0046	0110		0440	0515	0545	0605	0627	0647	0707	0728	0748	0803	0819	0834		
Barking Reach Mallards Road	0825			0915	0925	0935	0945	0954	1003	1013	1022	1032			1152	1201	1210	1219	
Thames View Estate Abridge Way	0829	Then		0919	0929	0939	0949	0958	1007	1017	1026	1036	Then		1156	1205	1215	1224	
River Road Barking By-Pass	0834	every 10		0924	0934	0944	0954	1003	1013	1023	1032	1042	every 10		1202	1211	1221	1230	
Barking Station	0841	minutes		0931	0942	0952	1002	1011	1021	1031	1040	1051	minutes		1211	1220	1230	1240	
Ilford Lane Loxford Lane	0844	until		0934	0945	0955	1005	1015	1025	1035	1044	1055	until		1215	1224	1234	1244	
Ilford Ilford Hill	0849			0939	0950	1001	1011	1021	1031	1041	1050	1102			1222	1231	1241	1252	
Barking Reach Mallards Road	1229	1238	1248	1258	1308	1318			1458	1508	1518	1528	1538	1548	1558	1608	1618	1628	
Thames View Estate Abridge Way	1234	1243	1253	1303	1313	1323	Then		1503	1512	1522	1532	1542	1552	1602	1612	1622	1632	
River Road Barking By-Pass	1240	1249	1259	1309	1319	1329	every 10		1509	1518	1528	1538	1548	1558	1608	1618	1628	1638	
Barking Station	1250	1259	1309	1319	1329	1339	minutes		1519	1528	1538	1548	1558	1607	1617	1627	1637	1647	
Ilford Lane Loxford Lane	1254	1303	1313	1323	1333	1343	until		1523	1532	1542	1552	1602	1611	1621	1631	1641	1651	
Ilford Ilford Hill	1302	1311	1322	1332	1342	1353			1533	1542	1552	1602	1612	1621	1631	1641	1651	1701	
Barking Reach Mallards Road	1638			1728	1738	1748	1758	1808	1818	1828	1838	1848	1858	1908	1919	1929	1939	1949	
Thames View Estate Abridge Way	1642	Then		1732	1742	1752	1802	1812	1822	1832	1842	1852	1902	1912	1923	1933	1943	1953	
River Road Barking By-Pass	1647	every 10		1737	1747	1757	1807	1817	1827	1837	1847	1857	1907	1917	1928	1938	1948	1958	
Barking Station	1656	minutes		1746	1756	1806	1815	1825	1835	1845	1855	1905	1915	1925	1935	1945	1955	2005	
Ilford Lane Loxford Lane	1700	until		1750	1800	1810	1819	1829	1839	1849	1859	1909	1919	1929	1939	1949	1959	2009	
Ilford Ilford Hill	1710			1800	1809	1818	1827	1837	1847	1857	1906	1916	1926	1936	1946	1956	2006	2015	
Barking Reach Mallards Road	2000			2050	2101	2112	2123			2243	2254	2304	2314	2324	2334	2345	2355		
Thames View Estate Abridge Way	2004	Then		2054	2105	2115	2126	Then		2246	2257	2307	2317	2327	2337	2348	2358		
River Road Barking By-Pass	2009	every 10		2059	2109	2119	2130	every 10		2250	2301	2311	2321	2331	2341	2352	0002		
Barking Station	2016	minutes		2106	2116	2126	2136	minutes		2256	2306	2316	2326	2336	2346	2357	0007		
Ilford Lane Loxford Lane	2020	until		2110	2120	2130	2139	until		2259	2309	2319	2329	2339	2349	0000	0010		
Ilford Ilford Hill	2026			2116	2126	2135	2144			2304	2314	2324	2334	2344	2354	0004	0014		

# EL1

## Ilford – Barking – Barking Reach

EL1		Mondays to Fridays																
Ilford Ilford Hill	0017	0047	0118	0150		0450	0520	0530	0540	0550	0600	0610	0620	0628	0636	0644	0649	
Ilford Lane Loxford Lane	0022	0052	0123	0154	Then every 30 minutes until	0454	0525	0536	0546	0556	0606	0616	0626	0634	0642	0650	0655	
Barking Station	0025	0055	0126	0157		0457	0528	0539	0549	0559	0610	0620	0630	0638	0646	0654	0659	
River Road Barking By-Pass	0030	0100	0131	0201		0501	0532	0544	0554	0604	0615	0625	0635	0643	0651	0659	0705	
Thames View Estate Abridge Way	0035	0105	0135	0205		0505	0537	0549	0559	0609	0620	0630	0640	0648	0656	0704	0710	
Barking Reach Mallards Road	0038	0108	0138	0208		0508	0540	0552	0602	0612	0623	0633	0643	0651	0659	0707	0713	
Ilford Ilford Hill	0655	0700	0706	0712	0717	0722	0728	0733	0739	0745	0750	0755		Then every 6 minutes until	0907	0913	0919	0925
Ilford Lane Loxford Lane	0701	0707	0713	0719	0724	0729	0735	0741	0747	0753	0758	0803			0915	0921	0927	0933
Barking Station	0705	0711	0717	0723	0729	0734	0740	0746	0752	0758	0803	0809			0921	0927	0932	0938
River Road Barking By-Pass	0711	0717	0723	0729	0735	0741	0747	0753	0759	0805	0811	0817		0929	0935	0940	0946	
Thames View Estate Abridge Way	0716	0722	0728	0734	0740	0746	0752	0758	0805	0811	0817	0823		0935	0940	0945	0951	
Barking Reach Mallards Road	0719	0725	0731	0738	0744	0750	0756	0802	0809	0815	0821	0827		0939	0944	0948	0954	
Ilford Ilford Hill	0931	Then every 6 minutes until	1337	1343	1349	1355	1400	1406	Then every 6 minutes until	1436	1442	1447	1453	1459	1504	1509		
Ilford Lane Loxford Lane	0939		1345	1351	1357	1403	1409	1415		1445	1451	1456	1502	1508	1513	1518		
Barking Station	0944		1350	1356	1402	1408	1414	1420		1450	1456	1501	1507	1513	1518	1524		
River Road Barking By-Pass	0952		1358	1404	1410	1416	1422	1428		1458	1504	1510	1516	1522	1528	1534		
Thames View Estate Abridge Way	0957		1403	1410	1416	1422	1428	1434		1504	1511	1517	1523	1529	1535	1541		
Barking Reach Mallards Road	1000		1406	1413	1419	1425	1431	1438		1508	1515	1521	1527	1533	1539	1545		
Ilford Ilford Hill	1514	1520	1526	1532	1538	1544		1626	1633		1815	1821	1827	1833	1839	1845		
Ilford Lane Loxford Lane	1524	1530	1536	1542	1548	1554	Then every 6 minutes until	1636	1642	Then every 6 minutes until	1824	1830	1836	1842	1848	1854		
Barking Station	1530	1536	1542	1548	1554	1600		1642	1648		1830	1836	1842	1848	1854	1900		
River Road Barking By-Pass	1540	1546	1552	1558	1604	1609		1651	1657		1839	1844	1850	1856	1902	1908		
Thames View Estate Abridge Way	1546	1552	1558	1604	1610	1615	1657	1703	1845	1850	1856	1902	1908	1914				
Barking Reach Mallards Road	1550	1556	1602	1608	1614	1619	1701	1707	1849	1854	1900	1906	1912	1918				
Ilford Ilford Hill	1853	1901	1909	1917	1925	1934	1942	1951	2001	2011	2021	2031	2042	Then every 01 minutes until	2132	2143	2153	
Ilford Lane Loxford Lane	1902	1910	1918	1926	1934	1942	1950	1959	2009	2019	2029	2039	2049		2139	2149	2159	
Barking Station	1908	1916	1924	1932	1940	1948	1956	2005	2014	2024	2034	2044	2054		2144	2154	2204	
River Road Barking By-Pass	1916	1924	1932	1940	1947	1955	2003	2012	2021	2031	2041	2051	2101	2151	2201	2211		
Thames View Estate Abridge Way	1922	1930	1938	1946	1953	2001	2009	2018	2027	2037	2047	2057	2107	2157	2207	2217		
Barking Reach Mallards Road	1926	1934	1942	1950	1957	2005	2013	2022	2031	2041	2051	2101	2111	2201	2211	2221		
Ilford Ilford Hill	2204	2214	2224	2234	2244	2254	2304	2315	2325	2335	2345							
Ilford Lane Loxford Lane	2210	2220	2230	2240	2250	2300	2310	2320	2330	2340	2350							
Barking Station	2214	2224	2234	2244	2254	2304	2314	2324	2334	2344	2354							
River Road Barking By-Pass	2220	2230	2240	2250	2300	2310	2320	2330	2339	2349	2359							
Thames View Estate Abridge Way	2226	2236	2245	2255	2305	2315	2325	2335	2344	2354	0004							
Barking Reach Mallards Road	2230	2240	2249	2259	2309	2319	2329	2339	2347	2357	0007							

EL 1															Saturdays (also Good Friday)									
Ilford Ilford Hill	0017	0047	0118	0150	0220	0250	0320	0350	0420	0450	0520	Then every 12 minutes until	0608	0620	0632	0644	0656							
Ilford Lane Loxford Lane	0022	0052	0123	0155	0225	0255	0324	0354	0424	0454	0525		0613	0625	0638	0650	0702							
Barking Station	0026	0056	0127	0158	0228	0258	0327	0357	0427	0457	0528		0616	0628	0641	0653	0705							
River Road Barking By-Pass	0032	0102	0133	0203	0233	0303	0332	0402	0432	0502	0533		0621	0633	0646	0658	0710							
Thames View Estate Abridge Way	0037	0107	0137	0207	0237	0307	0336	0406	0436	0506	0537		0625	0638	0651	0703	0715							
Barking Reach Mallards Road	0040	0110	0140	0210	0240	0310	0339	0409	0439	0509	0540	0628	0641	0654	0706	0718								
Ilford Ilford Hill	0708	0720	0728	0736	0744	0752	0800	0808	0816	0824	Then every 6 minutes until	0936	0941	0946	Then every 6 minutes until	1052								
Ilford Lane Loxford Lane	0714	0726	0734	0742	0750	0758	0806	0814	0822	0830		0942	0947	0953		1059								
Barking Station	0717	0729	0737	0745	0753	0801	0810	0818	0826	0834		0946	0951	0957		1103								
River Road Barking By-Pass	0722	0734	0742	0751	0759	0807	0816	0824	0832	0840		0952	0958	1004		1110								
Thames View Estate Abridge Way	0727	0739	0747	0756	0804	0812	0821	0829	0837	0845		0957	1003	1009		1115								
Barking Reach Mallards Road	0730	0742	0750	0759	0807	0815	0824	0832	0840	0848	1000	1006	1012	1118										
Ilford Ilford Hill	1058	1103	1109	1115	1121	1127	1132	1138	1144	Then every 6 minutes until	1220	1225	1230	Then every 6 minutes until	1412	1418								
Ilford Lane Loxford Lane	1105	1111	1117	1123	1129	1135	1140	1146	1153		1229	1234	1240		1422	1429								
Barking Station	1110	1116	1122	1128	1134	1140	1145	1151	1158		1234	1240	1246		1428	1435								
River Road Barking By-Pass	1117	1123	1129	1135	1141	1147	1153	1159	1206		1242	1248	1254		1436	1443								
Thames View Estate Abridge Way	1122	1128	1134	1140	1146	1152	1158	1205	1212		1248	1254	1300		1442	1449								
Barking Reach Mallards Road	1125	1131	1137	1143	1149	1155	1201	1209	1216	1252	1258	1304	1446	1453										
Ilford Ilford Hill	1424	Then every 6 minutes until	1736	1743	Then every 6 minutes until	1831	1838	1845	1853	1901	1909	1917	1925	1935	1945	1955								
Ilford Lane Loxford Lane	1435		1747	1754		1842	1849	1856	1904	1912	1920	1927	1935	1945	1954	2004								
Barking Station	1441		1753	1800		1848	1855	1902	1910	1918	1926	1933	1941	1951	2000	2009								
River Road Barking By-Pass	1449		1801	1807		1855	1902	1909	1917	1925	1933	1940	1948	1958	2007	2016								
Thames View Estate Abridge Way	1455		1807	1813		1901	1908	1915	1923	1931	1939	1946	1954	2004	2013	2022								
Barking Reach Mallards Road	1459	1811	1817	1905	1912	1919	1927	1935	1943	1950	1958	2008	2017	2026										
Ilford Ilford Hill	2005	2015	2025	2035	2045	2055	2105	Then every 10 minutes until	2145	2155	2205	2215	2225	2235	Then every 10 minutes until	2345								
Ilford Lane Loxford Lane	2014	2024	2034	2043	2053	2103	2112		2152	2202	2212	2222	2232	2241		2351								
Barking Station	2019	2029	2039	2048	2058	2108	2117		2157	2206	2216	2226	2236	2245		2355								
River Road Barking By-Pass	2026	2036	2046	2055	2105	2114	2123		2203	2212	2222	2232	2242	2251		0001								
Thames View Estate Abridge Way	2032	2042	2052	2101	2111	2120	2129		2209	2218	2228	2237	2247	2256		0006								
Barking Reach Mallards Road	2036	2046	2056	2105	2115	2124	2133	2213	2222	2232	2240	2250	2259	0009										
EL 1															Sundays and other Public Holidays (except Christmas Day and Boxing Day)									
Ilford Ilford Hill	0017	0047	0117	0149	0219	0249	0320	0350	0420	0450	0520	0539	0558	0617	0636	0655	0710	0725						
Ilford Lane Loxford Lane	0022	0052	0122	0154	0224	0254	0325	0355	0425	0455	0524	0543	0603	0622	0641	0700	0715	0730						
Barking Station	0026	0056	0126	0157	0227	0257	0328	0358	0428	0458	0527	0546	0606	0625	0644	0703	0718	0733						
River Road Barking By-Pass	0032	0102	0132	0202	0232	0302	0333	0403	0433	0503	0532	0551	0611	0630	0649	0708	0723	0738						
Thames View Estate Abridge Way	0037	0107	0137	0207	0237	0307	0337	0407	0437	0507	0536	0555	0615	0634	0653	0712	0727	0742						
Barking Reach Mallards Road	0041	0111	0141	0211	0241	0311	0340	0410	0440	0510	0539	0558	0618	0637	0656	0715	0730	0745						
Ilford Ilford Hill	0740	0750	0800	0810	0820	0830	0840	0850	0900	Then every 10 minutes until	1010	1019	1028	1038	1048	1058	1108							
Ilford Lane Loxford Lane	0745	0755	0805	0815	0825	0835	0845	0855	0906		1016	1025	1034	1045	1055	1105	1115							
Barking Station	0748	0759	0809	0819	0829	0839	0849	0859	0910		1020	1029	1038	1049	1059	1109	1119							
River Road Barking By-Pass	0753	0804	0814	0824	0834	0844	0854	0905	0916		1026	1036	1045	1056	1106	1116	1126							
Thames View Estate Abridge Way	0757	0809	0819	0829	0839	0849	0859	0910	0921		1031	1041	1050	1101	1111	1121	1131							
Barking Reach Mallards Road	0800	0812	0822	0832	0842	0852	0903	0914	0925	1035	1045	1054	1105	1115	1125	1135								
Ilford Ilford Hill	1118	1128	1138	1148	1158	1208	1218	1227	1237	1247	1256	1306	1315	1324	Then every 10 minutes until	1534	1545							
Ilford Lane Loxford Lane	1125	1136	1146	1156	1206	1216	1226	1236	1246	1256	1306	1316	1325	1335		1545	1556							
Barking Station	1129	1140	1150	1201	1211	1221	1231	1241	1251	1301	1311	1321	1331	1341		1551	1601							
River Road Barking By-Pass	1136	1147	1157	1209	1219	1229	1239	1249	1259	1309	1319	1329	1339	1349		1559	1609							
Thames View Estate Abridge Way	1141	1152	1202	1214	1224	1235	1245	1255	1305	1315	1325	1335	1345	1355		1605	1615							
Barking Reach Mallards Road	1145	1156	1206	1218	1228	1239	1249	1259	1309	1319	1329	1339	1349	1359	1609	1619								
Ilford Ilford Hill	1555	Then every 10 minutes until	1705	1716	1726	1736	1747	1758	Then every 10 minutes until	1848	1859	1911	1921	1931	1941	1953								
Ilford Lane Loxford Lane	1606		1716	1727	1737	1747	1757	1807		1857	1907	1919	1929	1939	1949	2001								
Barking Station	1611		1721	1732	1742	1752	1802	1812		1902	1912	1924	1934	1944	1954	2005								
River Road Barking By-Pass	1619		1729	1739	1749	1759	1809	1819		1909	1919	1931	1941	1951	2001	2011								
Thames View Estate Abridge Way	1625		1735	1745	1755	1805	1815	1825		1915	1925	1936	1946	1956	2006	2016								
Barking Reach Mallards Road	1629	1739	1749	1759	1809	1819	1829	1919	1929	1939	1949	1959	2009	2019										
Ilford Ilford Hill	2004	Then every 10 minutes until	2054	2105	Then every 10 minutes until	2235	2245	2255	2305	2315	2325	2335	2345											
Ilford Lane Loxford Lane	2011		2101	2111		2241	2251	2301	2311	2321	2331	2341	2351											
Barking Station	2015		2105	2115		2245	2255	2305	2314	2324	2334	2344	2354											
River Road Barking By-Pass	2021		2111	2121		2251	2300	2310	2319	2329	2339	2349	2359											
Thames View Estate Abridge Way	2026		2116	2126		2256	2305	2315	2324	2334	2344	2354	0004											
Barking Reach Mallards Road	2029	2119	2129	2259	2308	2318	2327	2337	2347	2357	0007													