

| EL 1 | | Saturdays (cont.) | | | | | | | | | | | | | | | | | | |
|---------------------------------------|------|-------------------|---------|----------|----------|------|---------|------|----------|------|------|------|----------|----------|----------|------|------|------|------|------|
| Barking Reach Marine Dr./Mallards Rd. | 1450 | 1457 | | | 1633 | 1639 | | | 1733 | 1740 | 1746 | 1753 | | | 1823 | 1829 | 1837 | 1845 | | |
| Thames View Estate Abridge Way | 1454 | 1501 | Then | | 1637 | 1643 | Then | | 1737 | 1744 | 1750 | 1757 | Then | | 1827 | 1833 | 1841 | 1849 | | |
| River Road Barking By-Pass | 1500 | 1506 | every 6 | | 1642 | 1648 | every 6 | | 1742 | 1749 | 1755 | 1802 | every 6 | | 1832 | 1838 | 1846 | 1854 | | |
| Barking Station | 1509 | 1515 | minutes | | 1651 | 1657 | minutes | | 1751 | 1758 | 1804 | 1810 | minutes | | 1840 | 1846 | 1854 | 1902 | | |
| Ilford Lane Loxford Lane | 1513 | 1519 | until | | 1655 | 1701 | until | | 1755 | 1802 | 1808 | 1814 | until | | 1844 | 1850 | 1858 | 1906 | | |
| Ilford Ilford Hill | 1525 | 1531 | | | 1707 | 1712 | | | 1806 | 1812 | 1818 | 1824 | | | 1854 | 1859 | 1907 | 1914 | | |
| Barking Reach Marine Dr./Mallards Rd. | 1855 | 1905 | 1915 | | 2015 | 2025 | 2035 | 2045 | | | 2205 | 2215 | 2225 | 2235 | 2245 | 2255 | 2305 | | | |
| Thames View Estate Abridge Way | 1859 | 1909 | 1919 | Then | 2019 | 2029 | 2039 | 2049 | Then | | 2209 | 2219 | 2229 | 2239 | 2249 | 2259 | 2309 | | | |
| River Road Barking By-Pass | 1904 | 1914 | 1924 | every 10 | 2024 | 2034 | 2044 | 2054 | every 10 | | 2214 | 2224 | 2234 | 2244 | 2254 | 2304 | 2313 | | | |
| Barking Station | 1912 | 1922 | 1932 | minutes | 2032 | 2041 | 2051 | 2101 | minutes | | 2221 | 2231 | 2240 | 2250 | 2300 | 2310 | 2319 | | | |
| Ilford Lane Loxford Lane | 1916 | 1926 | 1936 | until | 2036 | 2045 | 2055 | 2104 | until | | 2224 | 2234 | 2243 | 2253 | 2303 | 2313 | 2322 | | | |
| Ilford Ilford Hill | 1924 | 1934 | 1943 | | 2043 | 2052 | 2102 | 2110 | | | 2230 | 2239 | 2248 | 2258 | 2308 | 2318 | 2327 | | | |
| Barking Reach Marine Dr./Mallards Rd. | 2315 | 2325 | 2335 | 2345 | 2355 | | | | | | | | | | | | | | | |
| Thames View Estate Abridge Way | 2319 | 2329 | 2338 | 2348 | 2358 | | | | | | | | | | | | | | | |
| River Road Barking By-Pass | 2323 | 2333 | 2342 | 2352 | 0002 | | | | | | | | | | | | | | | |
| Barking Station | 2329 | 2339 | 2348 | 2358 | 0008 | | | | | | | | | | | | | | | |
| Ilford Lane Loxford Lane | 2332 | 2342 | 2351 | 0001 | 0011 | | | | | | | | | | | | | | | |
| Ilford Ilford Hill | 2337 | 2347 | 2356 | 0005 | 0015 | | | | | | | | | | | | | | | |
| EL 1 | | Sundays | | | | | | | | | | | | | | | | | | |
| Barking Reach Marine Dr./Mallards Rd. | 0005 | 0015 | 0025 | 0055 | | | | 0455 | 0525 | 0545 | 0605 | 0625 | 0645 | 0705 | 0725 | 0740 | 0755 | 0810 | 0825 | |
| Thames View Estate Abridge Way | 0008 | 0018 | 0028 | 0058 | Then | | | 0458 | 0529 | 0549 | 0609 | 0629 | 0649 | 0709 | 0729 | 0744 | 0759 | 0814 | 0829 | |
| River Road Barking By-Pass | 0012 | 0022 | 0032 | 0102 | every 30 | | | 0502 | 0535 | 0554 | 0614 | 0634 | 0654 | 0714 | 0734 | 0749 | 0804 | 0819 | 0834 | |
| Barking Station | 0018 | 0028 | 0038 | 0108 | minutes | | | 0508 | 0541 | 0600 | 0620 | 0640 | 0700 | 0721 | 0741 | 0756 | 0811 | 0826 | 0841 | |
| Ilford Lane Loxford Lane | 0021 | 0031 | 0041 | 0111 | until | | | 0511 | 0544 | 0603 | 0623 | 0643 | 0703 | 0724 | 0744 | 0759 | 0814 | 0829 | 0844 | |
| Ilford Ilford Hill | 0025 | 0035 | 0045 | 0115 | | | | 0515 | 0548 | 0607 | 0627 | 0647 | 0707 | 0728 | 0748 | 0803 | 0819 | 0834 | 0849 | |
| Barking Reach Marine Dr./Mallards Rd. | 0840 | 0855 | 0905 | 0915 | 0925 | 0935 | 0945 | 0954 | 1003 | 1013 | | | Then | | 1113 | 1123 | 1133 | 1143 | 1153 | 1203 |
| Thames View Estate Abridge Way | 0844 | 0859 | 0909 | 0919 | 0929 | 0939 | 0949 | 0958 | 1007 | 1017 | | | every 10 | | 1117 | 1127 | 1137 | 1147 | 1157 | 1207 |
| River Road Barking By-Pass | 0849 | 0904 | 0914 | 0924 | 0934 | 0944 | 0954 | 1003 | 1013 | 1023 | | | minutes | | 1123 | 1133 | 1143 | 1153 | 1203 | 1213 |
| Barking Station | 0856 | 0911 | 0921 | 0931 | 0941 | 0951 | 1001 | 1011 | 1021 | 1031 | | | until | | 1131 | 1142 | 1152 | 1202 | 1212 | 1222 |
| Ilford Lane Loxford Lane | 0859 | 0914 | 0924 | 0934 | 0944 | 0954 | 1005 | 1015 | 1025 | 1035 | | | | | 1135 | 1146 | 1156 | 1206 | 1216 | 1226 |
| Ilford Ilford Hill | 0904 | 0919 | 0929 | 0939 | 0949 | 0959 | 1011 | 1021 | 1031 | 1042 | | | | | 1142 | 1153 | 1203 | 1213 | 1223 | 1233 |
| Barking Reach Marine Dr./Mallards Rd. | 1213 | 1223 | 1233 | 1243 | 1253 | 1303 | 1313 | 1323 | | | 1453 | 1503 | Then | | 1603 | 1613 | 1623 | 1633 | | |
| Thames View Estate Abridge Way | 1217 | 1227 | 1238 | 1248 | 1258 | 1308 | 1318 | 1328 | | | 1458 | 1507 | every 10 | | 1607 | 1617 | 1627 | 1637 | | |
| River Road Barking By-Pass | 1223 | 1233 | 1244 | 1254 | 1304 | 1314 | 1324 | 1334 | | | 1504 | 1513 | minutes | Then | 1613 | 1623 | 1633 | 1643 | | |
| Barking Station | 1232 | 1242 | 1253 | 1303 | 1313 | 1323 | 1333 | 1343 | | | 1513 | 1522 | minutes | minutes | 1622 | 1632 | 1642 | 1652 | | |
| Ilford Lane Loxford Lane | 1236 | 1246 | 1257 | 1307 | 1317 | 1327 | 1337 | 1347 | | | 1517 | 1526 | until | until | 1626 | 1636 | 1646 | 1656 | | |
| Ilford Ilford Hill | 1244 | 1254 | 1305 | 1316 | 1326 | 1336 | 1346 | 1357 | | | 1527 | 1536 | | | 1636 | 1645 | 1655 | 1705 | | |
| Barking Reach Marine Dr./Mallards Rd. | 1643 | 1653 | 1703 | 1713 | 1723 | 1733 | 1743 | 1753 | 1803 | 1813 | 1823 | 1833 | 1843 | 1853 | 1903 | 1913 | 1923 | 1933 | | |
| Thames View Estate Abridge Way | 1647 | 1657 | 1707 | 1717 | 1727 | 1737 | 1747 | 1757 | 1807 | 1817 | 1827 | 1837 | 1847 | 1857 | 1907 | 1917 | 1927 | 1937 | | |
| River Road Barking By-Pass | 1653 | 1703 | 1712 | 1722 | 1732 | 1742 | 1752 | 1802 | 1812 | 1822 | 1832 | 1842 | 1852 | 1902 | 1912 | 1922 | 1932 | 1942 | | |
| Barking Station | 1702 | 1712 | 1721 | 1731 | 1741 | 1751 | 1801 | 1810 | 1820 | 1830 | 1840 | 1850 | 1900 | 1909 | 1919 | 1929 | 1939 | 1949 | | |
| Ilford Lane Loxford Lane | 1706 | 1716 | 1725 | 1735 | 1745 | 1755 | 1805 | 1814 | 1824 | 1834 | 1844 | 1854 | 1904 | 1913 | 1923 | 1933 | 1943 | 1953 | | |
| Ilford Ilford Hill | 1715 | 1725 | 1734 | 1744 | 1754 | 1804 | 1813 | 1822 | 1832 | 1842 | 1852 | 1902 | 1911 | 1920 | 1930 | 1940 | 1950 | 2000 | | |
| Barking Reach Marine Dr./Mallards Rd. | 1943 | 1953 | 2003 | 2013 | 2023 | 2033 | 2043 | 2053 | 2104 | | | 2154 | 2205 | Then | | 2255 | 2305 | 2315 | | |
| Thames View Estate Abridge Way | 1947 | 1957 | 2007 | 2017 | 2027 | 2037 | 2047 | 2057 | 2108 | | | 2158 | 2208 | every 10 | Then | 2258 | 2308 | 2318 | | |
| River Road Barking By-Pass | 1952 | 2002 | 2012 | 2022 | 2032 | 2042 | 2052 | 2102 | 2112 | | | 2202 | 2212 | minutes | every 10 | 2302 | 2311 | 2321 | | |
| Barking Station | 1959 | 2009 | 2019 | 2029 | 2039 | 2049 | 2059 | 2108 | 2118 | | | 2208 | 2218 | minutes | minutes | 2308 | 2317 | 2327 | | |
| Ilford Lane Loxford Lane | 2003 | 2013 | 2023 | 2032 | 2042 | 2052 | 2102 | 2111 | 2121 | | | 2211 | 2221 | until | until | 2311 | 2320 | 2330 | | |
| Ilford Ilford Hill | 2009 | 2019 | 2029 | 2038 | 2048 | 2058 | 2107 | 2116 | 2126 | | | 2216 | 2226 | | | 2316 | 2325 | 2335 | | |
| Barking Reach Marine Dr./Mallards Rd. | 2325 | 2335 | 2345 | 2355 | | | | | | | | | | | | | | | | |
| Thames View Estate Abridge Way | 2328 | 2338 | 2348 | 2358 | | | | | | | | | | | | | | | | |
| River Road Barking By-Pass | 2331 | 2341 | 2351 | 0001 | | | | | | | | | | | | | | | | |
| Barking Station | 2337 | 2347 | 2357 | 0006 | | | | | | | | | | | | | | | | |
| Ilford Lane Loxford Lane | 2340 | 2350 | 0000 | 0009 | | | | | | | | | | | | | | | | |
| Ilford Ilford Hill | 2345 | 2355 | 0005 | 0013 | | | | | | | | | | | | | | | | |

EL1

Ilford – Barking – Barking Reach

| EL1 | | Mondays to Fridays | | | | | | | | | | | | | | | | |
|---------------------------------------|-----------------|--------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| | | MO | | MX | | | | | | | | | | | | | | |
| Ilford Ilford Hill | 0030 | 0100 | 0130 | 0130 | 0200 | | | 0500 | 0530 | 0540 | 0550 | 0600 | 0610 | 0620 | 0630 | 0638 | 0646 | 0654 |
| Ilford Lane Loxford Lane | 0035 | 0105 | 0134 | 0135 | 0204 | | | 0504 | 0535 | 0545 | 0555 | 0606 | 0616 | 0626 | 0637 | 0645 | 0653 | 0701 |
| Barking Station | 0038 | 0108 | 0137 | 0138 | 0207 | | | 0507 | 0538 | 0548 | 0558 | 0610 | 0620 | 0630 | 0641 | 0649 | 0657 | 0705 |
| River Road Barking By-Pass | 0043 | 0113 | 0141 | 0142 | 0211 | | | 0511 | 0543 | 0553 | 0603 | 0615 | 0625 | 0636 | 0647 | 0655 | 0703 | 0711 |
| Thames View Estate Abridge Way | 0048 | 0118 | 0145 | 0146 | 0215 | | | 0515 | 0547 | 0557 | 0607 | 0619 | 0629 | 0640 | 0651 | 0659 | 0707 | 0715 |
| Barking Reach Mallards Rd./Marine Dr. | 0051 | 0121 | 0148 | 0149 | 0218 | | | 0518 | 0550 | 0600 | 0610 | 0622 | 0633 | 0644 | 0655 | 0703 | 0711 | 0719 |
| Barking Riverside Riverside Campus | -- | -- | -- | -- | -- | | | -- | -- | 0603 | 0613 | 0625 | 0636 | 0647 | 0658 | 0706 | 0714 | 0722 |
| Ilford Ilford Hill | 0700 | 0706 | 0712 | 0718 | 0723 | 0728 | 0733 | 0739 | 0745 | 0750 | 0755 | 0801 | 0807 | 0813 | 0818 | 0824 | 0830 | 0836 |
| Ilford Lane Loxford Lane | 0707 | 0713 | 0719 | 0725 | 0730 | 0735 | 0741 | 0747 | 0753 | 0758 | 0803 | 0809 | 0815 | 0821 | 0826 | 0832 | 0839 | 0845 |
| Barking Station | 0711 | 0717 | 0723 | 0729 | 0735 | 0740 | 0746 | 0752 | 0758 | 0803 | 0809 | 0815 | 0821 | 0827 | 0832 | 0838 | 0844 | 0850 |
| River Road Barking By-Pass | 0717 | 0723 | 0729 | 0735 | 0741 | 0747 | 0753 | 0759 | 0805 | 0811 | 0817 | 0823 | 0829 | 0835 | 0841 | 0847 | 0853 | 0859 |
| Thames View Estate Abridge Way | 0721 | 0727 | 0734 | 0740 | 0746 | 0752 | 0758 | 0805 | 0811 | 0817 | 0823 | 0829 | 0835 | 0841 | 0847 | 0853 | 0859 | 0905 |
| Barking Reach Mallards Rd./Marine Dr. | 0725 | 0731 | 0738 | 0744 | 0750 | 0756 | 0802 | 0809 | 0815 | 0821 | 0827 | 0833 | 0839 | 0845 | 0851 | 0857 | 0903 | 0909 |
| Barking Riverside Riverside Campus | 0728 | 0734 | 0741 | 0747 | 0753 | 0759 | 0806 | 0813 | 0819 | 0825 | 0831 | 0837 | 0843 | 0849 | 0855 | 0901 | 0907 | 0913 |
| Ilford Ilford Hill | 0842 | 0848 | 0854 | 0900 | 0906 | 0912 | 0918 | 0924 | 0930 | | | 1054 | 1100 | | | 1224 | 1230 | 1236 |
| Ilford Lane Loxford Lane | 0851 | 0857 | 0903 | 0908 | 0914 | 0920 | 0926 | 0932 | 0937 | | | 1101 | 1108 | | | 1232 | 1239 | 1245 |
| Barking Station | 0856 | 0902 | 0908 | 0913 | 0919 | 0925 | 0931 | 0936 | 0941 | | | 1105 | 1112 | | | 1236 | 1243 | 1249 |
| River Road Barking By-Pass | 0905 | 0911 | 0917 | 0922 | 0928 | 0934 | 0939 | 0944 | 0949 | | | 1113 | 1120 | | | 1244 | 1251 | 1257 |
| Thames View Estate Abridge Way | 0910 | 0916 | 0922 | 0927 | 0933 | 0939 | 0944 | 0949 | 0954 | | | 1118 | 1125 | | | 1249 | 1256 | 1302 |
| Barking Reach Mallards Rd./Marine Dr. | 0914 | 0920 | 0926 | 0931 | 0937 | 0943 | 0948 | 0953 | 0958 | | | 1122 | 1129 | | | 1253 | 1300 | 1306 |
| Barking Riverside Riverside Campus | 0918 | 0924 | 0930 | 0934 | 0940 | 0946 | 0951 | 0956 | 1001 | | | 1125 | 1132 | | | 1256 | 1303 | 1309 |
| Ilford Ilford Hill | 1242 | | | 1348 | 1354 | 1400 | | | 1436 | 1442 | 1447 | 1453 | 1459 | 1504 | 1510 | 1515 | 1521 | 1527 |
| Ilford Lane Loxford Lane | 1251 | | | 1357 | 1403 | 1410 | | | 1446 | 1452 | 1457 | 1503 | 1509 | 1514 | 1520 | 1526 | 1532 | 1538 |
| Barking Station | 1255 | | | 1401 | 1408 | 1415 | | | 1451 | 1457 | 1502 | 1508 | 1514 | 1519 | 1525 | 1531 | 1537 | 1543 |
| River Road Barking By-Pass | 1303 | | | 1409 | 1416 | 1423 | | | 1459 | 1505 | 1511 | 1517 | 1523 | 1529 | 1535 | 1541 | 1547 | 1553 |
| Thames View Estate Abridge Way | 1308 | | | 1414 | 1421 | 1428 | | | 1504 | 1511 | 1517 | 1524 | 1530 | 1536 | 1542 | 1548 | 1554 | 1600 |
| Barking Reach Mallards Rd./Marine Dr. | 1311 | | | 1418 | 1425 | 1432 | | | 1508 | 1515 | 1521 | 1528 | 1534 | 1540 | 1546 | 1552 | 1558 | 1604 |
| Barking Riverside Riverside Campus | 1315 | | | 1421 | 1428 | 1436 | | | 1512 | 1519 | 1525 | 1532 | 1538 | 1544 | 1550 | 1556 | 1602 | 1607 |
| Ilford Ilford Hill | 1533 | 1539 | 1545 | 1551 | 1557 | 1603 | | | 1645 | 1651 | | | 1809 | 1815 | | | 1857 | 1905 |
| Ilford Lane Loxford Lane | 1544 | 1550 | 1556 | 1602 | 1608 | 1613 | | | 1655 | 1701 | | | 1819 | 1825 | | | 1907 | 1915 |
| Barking Station | 1549 | 1555 | 1601 | 1607 | 1613 | 1618 | | | 1700 | 1707 | | | 1825 | 1831 | | | 1913 | 1921 |
| River Road Barking By-Pass | 1559 | 1605 | 1610 | 1616 | 1622 | 1627 | | | 1709 | 1716 | | | 1834 | 1839 | | | 1921 | 1929 |
| Thames View Estate Abridge Way | 1606 | 1611 | 1616 | 1622 | 1628 | 1633 | | | 1715 | 1722 | | | 1840 | 1845 | | | 1927 | 1935 |
| Barking Reach Mallards Rd./Marine Dr. | 1610 | 1615 | 1620 | 1626 | 1632 | 1637 | | | 1719 | 1726 | | | 1844 | 1849 | | | 1931 | 1939 |
| Barking Riverside Riverside Campus | 1613 | 1618 | 1623 | 1629 | 1635 | 1640 | | | 1722 | 1729 | | | 1847 | 1852 | | | 1934 | 1942 |
| Ilford Ilford Hill | 1913 | 1922 | 1930 | 1938 | 1946 | 1954 | 2003 | 2013 | 2023 | 2033 | 2043 | 2054 | 2105 | 2115 | | | 2355 | |
| Ilford Lane Loxford Lane | 1923 | 1932 | 1939 | 1947 | 1955 | 2003 | 2011 | 2021 | 2030 | 2040 | 2050 | 2101 | 2111 | 2121 | | | 0001 | |
| Barking Station | 1929 | 1937 | 1944 | 1952 | 2000 | 2008 | 2016 | 2026 | 2034 | 2044 | 2054 | 2105 | 2115 | 2125 | | | 0005 | |
| River Road Barking By-Pass | 1937 | 1944 | 1951 | 1959 | 2007 | 2015 | 2023 | 2033 | 2041 | 2051 | 2101 | 2111 | 2121 | 2131 | | | 0011 | |
| Thames View Estate Abridge Way | 1943 | 1950 | 1957 | 2005 | 2013 | 2021 | 2029 | 2039 | 2047 | 2057 | 2107 | 2117 | 2127 | 2136 | | | 0016 | |
| Barking Reach Mallards Rd./Marine Dr. | 1947 | 1954 | 2001 | 2009 | 2017 | 2025 | 2033 | 2043 | 2051 | 2101 | 2110 | 2120 | 2130 | 2139 | | | 0019 | |
| Barking Riverside Riverside Campus | 1950 | 1957 | 2004 | 2012 | 2020 | 2028 | 2036 | 2046 | -- | -- | -- | -- | -- | -- | | | -- | |

| EL 1 | | Saturdays | | | | | | | | | | | | | | | | |
|---------------------------------------|------|-----------|------|------|----------|----------|------|----------|------|---------|---------|----------|---------|------|------|----------|------|------|
| Ilford Ilford Hill | 0030 | 0100 | 0130 | 0200 | | 0500 | 0530 | | 0730 | 0738 | 0746 | 0754 | 0802 | 0810 | 0818 | 0827 | | |
| Ilford Lane Loxford Lane | 0035 | 0105 | 0135 | 0204 | Then | 0504 | 0535 | Then | 0735 | 0743 | 0751 | 0759 | 0808 | 0816 | 0824 | 0833 | | |
| Barking Station | 0039 | 0109 | 0139 | 0208 | every 30 | 0508 | 0538 | every 12 | 0738 | 0746 | 0754 | 0802 | 0812 | 0820 | 0828 | 0837 | | |
| River Road Barking By-Pass | 0044 | 0114 | 0143 | 0212 | minutes | 0512 | 0543 | minutes | 0743 | 0752 | 0800 | 0808 | 0818 | 0826 | 0834 | 0843 | | |
| Thames View Estate Abridge Way | 0049 | 0119 | 0147 | 0216 | until | 0516 | 0547 | until | 0747 | 0756 | 0804 | 0812 | 0822 | 0830 | 0838 | 0847 | | |
| Barking Reach Mallards Rd./Marine Dr. | 0052 | 0122 | 0150 | 0219 | | 0519 | 0550 | | 0750 | 0759 | 0807 | 0815 | 0825 | 0833 | 0841 | 0850 | | |
| Ilford Ilford Hill | 0834 | 0840 | 0846 | 0852 | 0858 | 0904 | 0909 | | 0957 | 1002 | | 1056 | 1101 | 1107 | 1112 | 1118 | | |
| Ilford Lane Loxford Lane | 0840 | 0846 | 0852 | 0858 | 0904 | 0910 | 0915 | Then | 1003 | 1009 | Then | 1103 | 1109 | 1115 | 1120 | 1126 | | |
| Barking Station | 0844 | 0850 | 0856 | 0902 | 0908 | 0914 | 0919 | every 6 | 1007 | 1013 | every 6 | 1107 | 1113 | 1119 | 1124 | 1130 | | |
| River Road Barking By-Pass | 0850 | 0856 | 0902 | 0908 | 0914 | 0920 | 0926 | minutes | 1014 | 1020 | minutes | 1114 | 1120 | 1126 | 1131 | 1137 | | |
| Thames View Estate Abridge Way | 0854 | 0901 | 0907 | 0913 | 0919 | 0925 | 0931 | until | 1019 | 1025 | until | 1119 | 1125 | 1131 | 1136 | 1142 | | |
| Barking Reach Mallards Rd./Marine Dr. | 0857 | 0904 | 0910 | 0916 | 0922 | 0928 | 0934 | | 1022 | 1028 | | 1122 | 1128 | 1134 | 1139 | 1145 | | |
| Ilford Ilford Hill | 1124 | 1130 | 1136 | 1142 | 1148 | 1154 | 1200 | 1206 | 1212 | | 1418 | 1424 | | 1742 | 1748 | 1754 | | |
| Ilford Lane Loxford Lane | 1132 | 1138 | 1144 | 1150 | 1156 | 1202 | 1209 | 1215 | 1222 | Then | 1428 | 1435 | Then | 1753 | 1759 | 1805 | | |
| Barking Station | 1137 | 1143 | 1149 | 1155 | 1201 | 1207 | 1214 | 1220 | 1227 | every 6 | 1433 | 1440 | every 6 | 1758 | 1804 | 1810 | | |
| River Road Barking By-Pass | 1144 | 1150 | 1156 | 1202 | 1209 | 1215 | 1222 | 1228 | 1235 | minutes | 1441 | 1448 | minutes | 1806 | 1811 | 1817 | | |
| Thames View Estate Abridge Way | 1149 | 1155 | 1201 | 1207 | 1214 | 1220 | 1227 | 1233 | 1241 | until | 1447 | 1454 | until | 1812 | 1817 | 1823 | | |
| Barking Reach Mallards Rd./Marine Dr. | 1152 | 1158 | 1204 | 1210 | 1217 | 1223 | 1230 | 1236 | 1244 | | 1450 | 1457 | | 1815 | 1820 | 1826 | | |
| Ilford Ilford Hill | 1800 | | | 1836 | 1844 | 1852 | 1900 | 1908 | 1916 | 1924 | 1932 | 1940 | 1950 | 2001 | 2011 | 2021 | 2032 | 2042 |
| Ilford Lane Loxford Lane | 1811 | Then | | 1847 | 1855 | 1903 | 1911 | 1919 | 1926 | 1934 | 1942 | 1950 | 1959 | 2009 | 2019 | 2029 | 2039 | 2049 |
| Barking Station | 1816 | every 6 | | 1852 | 1900 | 1908 | 1916 | 1924 | 1931 | 1939 | 1947 | 1955 | 2004 | 2014 | 2024 | 2034 | 2044 | 2054 |
| River Road Barking By-Pass | 1823 | minutes | | 1859 | 1907 | 1915 | 1923 | 1931 | 1938 | 1946 | 1954 | 2002 | 2011 | 2021 | 2031 | 2040 | 2050 | 2100 |
| Thames View Estate Abridge Way | 1829 | until | | 1905 | 1913 | 1921 | 1929 | 1937 | 1944 | 1952 | 2000 | 2007 | 2016 | 2026 | 2036 | 2045 | 2055 | 2105 |
| Barking Reach Mallards Rd./Marine Dr. | 1832 | | | 1908 | 1916 | 1924 | 1932 | 1940 | 1947 | 1955 | 2003 | 2010 | 2019 | 2029 | 2039 | 2048 | 2058 | 2108 |
| Ilford Ilford Hill | 2052 | | | 2152 | 2203 | | | 2313 | 2324 | 2335 | 2345 | 2355 | | | | | | |
| Ilford Lane Loxford Lane | 2059 | Then | | 2159 | 2210 | Then | | 2320 | 2330 | 2340 | 2350 | 0000 | | | | | | |
| Barking Station | 2104 | every 10 | | 2204 | 2214 | every 10 | | 2324 | 2334 | 2344 | 2354 | 0004 | | | | | | |
| River Road Barking By-Pass | 2110 | minutes | | 2210 | 2220 | minutes | | 2330 | 2340 | 2350 | 0000 | 0010 | | | | | | |
| Thames View Estate Abridge Way | 2115 | until | | 2215 | 2225 | until | | 2335 | 2345 | 2355 | 0005 | 0015 | | | | | | |
| Barking Reach Mallards Rd./Marine Dr. | 2118 | | | 2218 | 2228 | | | 2338 | 2348 | 2358 | 0008 | 0018 | | | | | | |
| EL 1 | | Sundays | | | | | | | | | | | | | | | | |
| Ilford Ilford Hill | 0030 | 0100 | 0130 | 0200 | 0230 | 0300 | 0330 | 0400 | 0430 | 0500 | 0530 | 0550 | 0610 | 0630 | 0650 | 0710 | 0725 | 0740 |
| Ilford Lane Loxford Lane | 0035 | 0105 | 0135 | 0205 | 0235 | 0305 | 0334 | 0404 | 0434 | 0504 | 0534 | 0554 | 0615 | 0635 | 0655 | 0715 | 0730 | 0745 |
| Barking Station | 0039 | 0109 | 0138 | 0208 | 0238 | 0308 | 0337 | 0407 | 0437 | 0507 | 0537 | 0557 | 0618 | 0638 | 0658 | 0718 | 0733 | 0748 |
| River Road Barking By-Pass | 0045 | 0114 | 0143 | 0213 | 0243 | 0313 | 0342 | 0412 | 0442 | 0512 | 0542 | 0602 | 0623 | 0643 | 0703 | 0723 | 0738 | 0753 |
| Thames View Estate Abridge Way | 0050 | 0119 | 0147 | 0217 | 0247 | 0317 | 0346 | 0416 | 0446 | 0516 | 0546 | 0606 | 0627 | 0647 | 0707 | 0727 | 0742 | 0757 |
| Barking Reach Mallards Rd./Marine Dr. | 0053 | 0122 | 0150 | 0220 | 0250 | 0320 | 0349 | 0419 | 0449 | 0519 | 0549 | 0609 | 0630 | 0650 | 0710 | 0730 | 0745 | 0800 |
| Ilford Ilford Hill | 0755 | 0805 | 0815 | 0825 | 0835 | 0844 | 0853 | 0903 | 0913 | 0923 | 0933 | 0943 | 0953 | 1003 | 1012 | 1022 | 1030 | 1040 |
| Ilford Lane Loxford Lane | 0800 | 0810 | 0820 | 0830 | 0840 | 0850 | 0859 | 0909 | 0919 | 0929 | 0939 | 0949 | 0959 | 1009 | 1018 | 1028 | 1037 | 1047 |
| Barking Station | 0804 | 0814 | 0824 | 0834 | 0844 | 0854 | 0903 | 0913 | 0923 | 0933 | 0943 | 0953 | 1003 | 1013 | 1022 | 1032 | 1041 | 1051 |
| River Road Barking By-Pass | 0809 | 0819 | 0829 | 0839 | 0849 | 0859 | 0909 | 0919 | 0929 | 0939 | 0949 | 0959 | 1009 | 1019 | 1028 | 1038 | 1047 | 1057 |
| Thames View Estate Abridge Way | 0814 | 0824 | 0834 | 0844 | 0854 | 0904 | 0914 | 0924 | 0934 | 0944 | 0954 | 1004 | 1014 | 1024 | 1033 | 1043 | 1052 | 1102 |
| Barking Reach Mallards Rd./Marine Dr. | 0817 | 0827 | 0837 | 0847 | 0857 | 0907 | 0917 | 0927 | 0937 | 0947 | 0957 | 1008 | 1018 | 1028 | 1037 | 1047 | 1056 | 1106 |
| Ilford Ilford Hill | 1049 | 1059 | 1109 | 1119 | 1129 | 1139 | 1149 | 1159 | 1209 | 1219 | 1229 | 1239 | 1249 | 1259 | | Then | 1419 | 1429 |
| Ilford Lane Loxford Lane | 1056 | 1106 | 1116 | 1126 | 1136 | 1146 | 1157 | 1208 | 1218 | 1228 | 1238 | 1248 | 1258 | 1309 | | every 10 | 1429 | 1440 |
| Barking Station | 1100 | 1110 | 1120 | 1130 | 1140 | 1150 | 1201 | 1212 | 1222 | 1232 | 1242 | 1252 | 1303 | 1314 | | minutes | 1434 | 1445 |
| River Road Barking By-Pass | 1107 | 1117 | 1127 | 1137 | 1147 | 1157 | 1209 | 1220 | 1230 | 1240 | 1250 | 1300 | 1311 | 1322 | | until | 1442 | 1453 |
| Thames View Estate Abridge Way | 1112 | 1122 | 1132 | 1142 | 1152 | 1203 | 1215 | 1226 | 1236 | 1246 | 1256 | 1306 | 1317 | 1328 | | | 1448 | 1459 |
| Barking Reach Mallards Rd./Marine Dr. | 1116 | 1126 | 1136 | 1146 | 1156 | 1207 | 1219 | 1230 | 1240 | 1250 | 1300 | 1310 | 1321 | 1332 | | | 1452 | 1503 |
| Ilford Ilford Hill | 1439 | | | 1609 | 1619 | | | 1719 | 1730 | 1740 | 1751 | | | 1831 | 1841 | 1851 | 1902 | 1912 |
| Ilford Lane Loxford Lane | 1450 | Then | | 1620 | 1630 | Then | | 1730 | 1740 | 1750 | 1800 | Then | | 1840 | 1850 | 1900 | 1910 | 1920 |
| Barking Station | 1455 | every 10 | | 1625 | 1635 | every 10 | | 1735 | 1745 | 1755 | 1805 | every 10 | | 1845 | 1855 | 1905 | 1915 | 1925 |
| River Road Barking By-Pass | 1503 | minutes | | 1633 | 1642 | minutes | | 1742 | 1752 | 1802 | 1812 | minutes | | 1852 | 1902 | 1912 | 1922 | 1932 |
| Thames View Estate Abridge Way | 1509 | until | | 1639 | 1648 | until | | 1748 | 1758 | 1807 | 1817 | until | | 1857 | 1907 | 1917 | 1927 | 1937 |
| Barking Reach Mallards Rd./Marine Dr. | 1513 | | | 1643 | 1652 | | | 1752 | 1802 | 1811 | 1821 | | | 1901 | 1910 | 1920 | 1930 | 1940 |
| Ilford Ilford Hill | 1922 | 1932 | 1942 | 1953 | 2003 | 2013 | 2023 | 2034 | 2044 | 2054 | 2105 | | | 2145 | 2155 | | | 2355 |
| Ilford Lane Loxford Lane | 1930 | 1940 | 1950 | 2001 | 2011 | 2021 | 2031 | 2041 | 2051 | 2101 | 2111 | Then | | 2151 | 2201 | Then | | 0001 |
| Barking Station | 1935 | 1945 | 1955 | 2005 | 2015 | 2025 | 2035 | 2045 | 2055 | 2105 | 2115 | every 10 | | 2155 | 2205 | every 10 | | 0005 |
| River Road Barking By-Pass | 1941 | 1951 | 2001 | 2011 | 2021 | 2031 | 2041 | 2051 | 2101 | 2111 | 2121 | minutes | | 2201 | 2210 | minutes | | 0010 |
| Thames View Estate Abridge Way | 1946 | 1956 | 2006 | 2016 | 2026 | 2036 | 2046 | 2056 | 2106 | 2116 | 2126 | until | | 2206 | 2215 | until | | 0015 |
| Barking Reach Mallards Rd./Marine Dr. | 1949 | 1959 | 2009 | 2019 | 2029 | 2039 | 2049 | 2059 | 2109 | 2119 | 2129 | | | 2209 | 2218 | | | 0018 |