

W19 Mondays to Fridays																		
Ilford High Road <i>Hainault Street</i>	0555	0625	0645		0742		0841		1856	1910	1925	1940	2000	2020	2040			
Manor Park Station	0604	0637	0658		0757		0857		1911	1925	1940	1955	2013	2033	2053			
Aldersbrook <i>Park Road</i>	0609	0642	0703	Then	0803	Then	0903	Then	1917	1930	1945	2000	2018	2038	2058			
Leytonstone Station <i>Plaza</i>	0618	0653	0714	about	0814	about	0914	about	1928	1941	1956	2009	2027	2047	2107			
Whipps Cross Hospital <i>Outpatients</i>	0624	0700	0721	every 10	0821	every 8-9	0921	every 10	1935	1948	2003	2015	2033	2053	2113			
Leyton Baker's Arms <i>(High Rd. Leyton)</i>	0633	0710	0731	minutes	0832	minutes	0932	minutes	1945	1958	2011	2023	2041	2101	2120			
Walthamstow Central Station	0642	0720	0741	until	0843	until	0943	until	1954	2007	2019	2031	2049	2108	2127			
Walthamstow <i>South Grove</i>	0647	0725	0746		0848		0948		1959	2011	2023	2035	2053	2112	2131			
Argall Avenue <i>Industrial Estate</i>	0652	0729	0750		0853		0953		2004	2016	2028	2040	2058	2117	2136			
Ilford High Road <i>Hainault Street</i>	2100	2120	2140	2200	2220	2240	2300	2320	2340									
Manor Park Station	2111	2131	2151	2209	2229	2249	2309	2329	2349									
Aldersbrook <i>Park Road</i>	2116	2136	2156	2214	2234	2254	2313	2333	2353									
Leytonstone Station <i>Plaza</i>	2124	2144	2204	2222	2242	2302	2320	2340	0000									
Whipps Cross Hospital <i>Outpatients</i>	2130	2150	2209	2227	2247	2307	2325	2345	0005									
Leyton Baker's Arms <i>(High Rd. Leyton)</i>	2137	2157	2216	2234	2254	2313	2331	2351	0011									
Walthamstow Central Station	2144	2204	2222	2240	2300	2319	2337	2357	0017									
Walthamstow <i>South Grove</i>	2148	2208	2226	2244	2304	2323	2341	0001	0021									
Argall Avenue <i>Industrial Estate</i>	2153	2213	2231	2249	2309	2328	2346	0006	0026									
W19 Saturdays (also Good Friday)																		
Ilford High Road <i>Hainault Street</i>	0555	0625	0655	0725	0745		1144		1456	1508		1656	1708	1720	1732	1744	1756	1808
Manor Park Station	0604	0634	0704	0734	0754	Then	1201	Then	1513	1526		1714	1726	1738	1750	1802	1814	1826
Aldersbrook <i>Park Road</i>	0609	0639	0710	0740	0800	about	1208	about	1520	1533	Then	1721	1733	1745	1757	1808	1820	1832
Leytonstone Station <i>Plaza</i>	0615	0645	0717	0747	0807	every	1218	every	1530	1543	every	1731	1743	1755	1807	1817	1829	1841
Whipps Cross Hospital <i>Outpatients</i>	0621	0651	0723	0753	0813	12-13	1225	12	1537	1550	12	1738	1750	1802	1813	1823	1835	1847
Leyton Baker's Arms <i>(High Rd. Leyton)</i>	0628	0658	0730	0800	0821	mins.	1235	mins.	1547	1600	mins.	1748	1800	1811	1822	1832	1844	1856
Walthamstow Central Station	0634	0704	0736	0807	0828	until	1246	until	1556	1609	until	1757	1808	1819	1830	1840	1852	1904
Walthamstow <i>South Grove</i>	0639	0709	0741	0812	0834		1256		1605	1618		1806	1816	1827	1838	1848	1900	1912
Argall Avenue <i>Industrial Estate</i>	0643	0713	0745	0816	0838		1300		1609	1622		1810	1820	1831	1842	1852	1903	1915
Ilford High Road <i>Hainault Street</i>	1820	1832	1844	1856	1910	1925	1940	2000	2020	2040	2100	2120	2140	2200	2220	2240		2340
Manor Park Station	1838	1850	1902	1914	1926	1941	1956	2015	2034	2054	2112	2131	2151	2211	2230	2250		2350
Aldersbrook <i>Park Road</i>	1844	1856	1908	1920	1932	1947	2002	2021	2040	2100	2118	2137	2157	2216	2235	2255	Then	2355
Leytonstone Station <i>Plaza</i>	1853	1905	1916	1928	1940	1955	2009	2028	2047	2107	2125	2144	2204	2222	2241	2301	every	0001
Whipps Cross Hospital <i>Outpatients</i>	1859	1911	1922	1934	1946	2001	2015	2034	2053	2112	2130	2149	2208	2226	2245	2305	20	0005
Leyton Baker's Arms <i>(High Rd. Leyton)</i>	1908	1920	1931	1943	1955	2009	2023	2042	2101	2120	2138	2157	2215	2233	2252	2312	mins.	0012
Walthamstow Central Station	1916	1928	1939	1951	2003	2016	2030	2049	2108	2127	2145	2204	2222	2240	2259	2318	until	0018
Walthamstow <i>South Grove</i>	1924	1936	1947	1959	2010	2023	2037	2056	2114	2133	2151	2209	2227	2245	2303	2322		0022
Argall Avenue <i>Industrial Estate</i>	1927	1939	1950	2002	2013	2026	2040	2059	2117	2136	2151	2212	2230	2248	2306	2325		0025
W19 Sundays and other Public Holidays (except Christmas Day)																		
Ilford High Road <i>Hainault Street</i>	0705	0735	0805	0835	0855	0914	0932	0950	1008	1027	1046	1104	1123	1141	1159	1217	1237	1257
Manor Park Station	0714	0744	0815	0845	0905	0925	0943	1001	1020	1039	1059	1119	1138	1156	1215	1235	1255	1315
Aldersbrook <i>Park Road</i>	0721	0751	0822	0852	0913	0933	0951	1010	1029	1048	1108	1128	1148	1207	1227	1247	1307	1327
Leytonstone Station <i>Plaza</i>	0725	0755	0826	0856	0917	0937	0955	1014	1033	1053	1113	1133	1153	1213	1233	1253	1313	1333
Whipps Cross Hospital <i>Outpatients</i>	0731	0801	0832	0902	0924	0944	1002	1021	1040	1100	1120	1140	1200	1220	1240	1300	1320	1340
Leyton Baker's Arms <i>(High Rd. Leyton)</i>	0738	0808	0839	0910	0932	0952	1011	1030	1050	1110	1130	1150	1210	1230	1250	1310	1330	1350
Walthamstow Central Station	0743	0813	0844	0915	0937	0957	1018	1038	1058	1118	1138	1158	1217	1237	1257	1317	1337	1357
Walthamstow <i>South Grove</i>	0747	0818	0849	0921	0943	1003	1024	1045	1105	1125	1145	1205	1224	1244	1304	1324	1344	1404
Argall Avenue <i>Industrial Estate</i>	0751	0822	0853	0925	0947	1007	1028	1050	1110	1130	1150	1210	1229	1249	1309	1329	1349	1409
Ilford High Road <i>Hainault Street</i>	1317	1337	1357	1417	1437	1457	1518			1718	1740	1802	1822	1842	1904	1922	1942	2002
Manor Park Station	1335	1355	1415	1435	1455	1515	1534			1734	1756	1818	1838	1858	1918	1936	1956	2016
Aldersbrook <i>Park Road</i>	1347	1407	1427	1447	1507	1526	1545	Then		1745	1806	1827	1847	1907	1925	1943	2003	2022
Leytonstone Station <i>Plaza</i>	1353	1413	1433	1453	1512	1531	1550	every 20		1750	1811	1832	1852	1912	1930	1948	2008	2027
Whipps Cross Hospital <i>Outpatients</i>	1400	1420	1440	1500	1519	1538	1557	minutes		1757	1817	1838	1858	1918	1936	1954	2013	2032
Leyton Baker's Arms <i>(High Rd. Leyton)</i>	1410	1430	1450	1510	1529	1548	1607	until		1807	1827	1847	1907	1927	1945	2003	2021	2040
Walthamstow Central Station	1417	1437	1457	1517	1536	1555	1614			1814	1834	1854	1913	1933	1951	2009	2027	2046
Walthamstow <i>South Grove</i>	1424	1444	1504	1523	1542	1601	1620			1820	1840	1900	1919	1939	1957	2014	2032	2051
Argall Avenue <i>Industrial Estate</i>	1429	1449	1509	1528	1547	1606	1625			1825	1845	1905	1924	1944	2002	2019	2037	2056
Ilford High Road <i>Hainault Street</i>	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340							
Manor Park Station	2033	2053	2111	2130	2150	2210	2230	2250	2308	2328	2348							
Aldersbrook <i>Park Road</i>	2039	2059	2117	2136	2156	2215	2235	2255	2313	2333	2353							
Leytonstone Station <i>Plaza</i>	2044	2104	2122	2141	2201	2220	2240	2300	2318	2338	2358							
Whipps Cross Hospital <i>Outpatients</i>	2049	2109	2127	2146	2205	2224	2244	2304	2322	2342	0002							
Leyton Baker's Arms <i>(High Rd. Leyton)</i>	2057	2116	2134	2153	2212	2231	2251	2311	2329	2349	0009							
Walthamstow Central Station	2103	2122	2140	2159	2218	2237	2257	2317	2335	2355	0015							
Walthamstow <i>South Grove</i>	2108	2127	2145	2204	2223	2242	2302	2321	2339	2359	0019							
Argall Avenue <i>Industrial Estate</i>	2113	2132	2150	2209	2228	2247	2307	2326	2344	0004	0024							

# W19

## Walthamstow – Leytonstone – Ilford

W19		Mondays to Fridays																				
Argall Avenue Industrial Estate	0555	0625	0655	0715	0735	0754						1945	1959	2016	2036	2056	2116	2136	2156	2216	2236	
Walthamstow South Grove	0600	0631	0701	0721	0741	0800						1951	2005	2021	2041	2101	2120	2140	2200	2220	2240	
Walthamstow Central Station	0604	0636	0706	0726	0746	0805						1956	2010	2026	2046	2105	2124	2144	2203	2223	2243	
Leyton Baker's Arms (Lea Bridge Road)	0610	0643	0714	0734	0754	0813						2006	2018	2034	2054	2113	2132	2152	2210	2230	2250	
Whipps Cross Hospital Outpatients	0617	0651	0722	0742	0802	0822						2015	2026	2042	2102	2120	2139	2159	2216	2236	2256	
Leytonstone Station Plaza	0624	0659	0731	0751	0811	0831						2023	2034	2050	2109	2127	2146	2206	2222	2242	2302	
Aldersbrook Park Road	0632	0708	0740	0801	0821	0841						2030	2041	2057	2116	2134	2153	2213	2229	2249	2308	
Manor Park Station	0637	0714	0746	0806	0826	0846						2035	2046	2102	2120	2138	2157	2217	2233	2253	2312	
Ilford High Road Hainault Street	0648	0726	0758	0818	0838	0858						2046	2057	2113	2130	2148	2207	2226	2242	2302	2320	
Argall Avenue Industrial Estate	2256	2316	2336																			
Walthamstow South Grove	2300	2320	2340																			
Walthamstow Central Station	2303	2323	2345																			
Leyton Baker's Arms (Lea Bridge Road)	2310	2330	2352																			
Whipps Cross Hospital Outpatients	2315	2335	2357																			
Leytonstone Station Plaza	2320	2340	0002																			
Aldersbrook Park Road	2326	2346	0008																			
Manor Park Station	2330	2350	0012																			
Ilford High Road Hainault Street	2338	2358	0020																			
W19		Saturdays (also Good Friday)																				
Argall Avenue Industrial Estate	0555	0625	0655	0715	0735	0755		1155				1643	1655	1707	1719	1731	1743	1756	1809	1822		
Walthamstow South Grove	0600	0631	0701	0721	0741	0801		1201				1649	1701	1713	1725	1737	1749	1802	1815	1828		
Walthamstow Central Station	0603	0634	0704	0724	0744	0804		1211				1659	1711	1723	1735	1747	1759	1812	1825	1837		
Leyton Baker's Arms (Lea Bridge Road)	0608	0639	0709	0729	0749	0809		1221				1709	1721	1733	1745	1757	1809	1822	1835	1846		
Whipps Cross Hospital Outpatients	0614	0645	0715	0735	0755	0815		1231				1719	1731	1743	1755	1807	1819	1832	1844	1855		
Leytonstone Station Plaza	0620	0651	0721	0741	0801	0821		1240				1728	1739	1751	1803	1815	1827	1839	1851	1902		
Aldersbrook Park Road	0625	0656	0726	0746	0806	0826		1249				1737	1747	1759	1811	1823	1835	1847	1859	1910		
Manor Park Station	0630	0701	0731	0751	0812	0832		1255				1743	1753	1805	1817	1829	1841	1853	1905	1916		
Ilford High Road Hainault Street	0638	0710	0740	0800	0822	0843		1310				1758	1808	1820	1832	1844	1855	1907	1919	1930		
Argall Avenue Industrial Estate	1834	1847	1900	1915	1930	1945	2001	2016	2036	2056	2116	2136	2156	2216	2236	2256	2316	2336				
Walthamstow South Grove	1840	1853	1905	1920	1934	1949	2005	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340				
Walthamstow Central Station	1849	1901	1913	1928	1942	1957	2011	2026	2046	2104	2124	2144	2203	2223	2243	2303	2323	2343				
Leyton Baker's Arms (Lea Bridge Road)	1858	1910	1922	1937	1949	2004	2019	2034	2054	2112	2132	2152	2210	2230	2250	2309	2329	2349				
Whipps Cross Hospital Outpatients	1907	1919	1931	1945	1957	2012	2027	2042	2102	2120	2140	2200	2216	2236	2256	2314	2334	2354				
Leytonstone Station Plaza	1914	1926	1938	1951	2003	2020	2035	2050	2110	2128	2148	2207	2223	2243	2303	2320	2340	0000				
Aldersbrook Park Road	1922	1934	1946	1959	2011	2028	2043	2058	2117	2135	2155	2214	2230	2250	2309	2326	2346	0006				
Manor Park Station	1928	1940	1952	2005	2016	2033	2048	2103	2122	2140	2200	2219	2235	2255	2313	2330	2350	0010				
Ilford High Road Hainault Street	1942	1953	2005	2016	2027	2044	2059	2113	2132	2150	2209	2228	2244	2304	2321	2338	2358	0018				
W19		Sundays and other Public Holidays (except Christmas Day)																				
Argall Avenue Industrial Estate	0735	0805	0835	0903	0928	0945	1003	1021	1039	1056	1115	1132	1150	1210	1230	1250	1310	1330				
Walthamstow South Grove	0740	0810	0840	0908	0933	0950	1008	1026	1044	1101	1120	1137	1155	1215	1235	1255	1315	1335				
Walthamstow Central Station	0743	0813	0843	0912	0937	0954	1012	1030	1050	1109	1128	1145	1204	1224	1244	1304	1324	1344				
Leyton Baker's Arms (Lea Bridge Road)	0748	0818	0848	0918	0943	1000	1019	1038	1058	1118	1137	1154	1214	1234	1254	1314	1334	1354				
Whipps Cross Hospital Outpatients	0754	0825	0855	0925	0950	1007	1026	1046	1106	1126	1145	1202	1222	1242	1302	1322	1342	1402				
Leytonstone Station Plaza	0759	0830	0900	0930	0955	1014	1033	1053	1113	1133	1152	1210	1230	1250	1310	1330	1350	1410				
Aldersbrook Park Road	0805	0836	0907	0937	1002	1022	1042	1102	1122	1142	1201	1221	1241	1301	1321	1341	1401	1419				
Manor Park Station	0810	0841	0912	0942	1007	1027	1047	1107	1127	1147	1206	1226	1246	1306	1326	1346	1406	1424				
Ilford High Road Hainault Street	0819	0850	0921	0951	1018	1038	1101	1123	1144	1205	1226	1246	1306	1326	1346	1406	1422	1440				
Argall Avenue Industrial Estate	1350			1610	1630	1650	1712	1732	1754	1814	1834	1856	1916	1936	1956	2016	2036	2056				
Walthamstow South Grove	1355			1615	1635	1655	1717	1737	1759	1819	1839	1901	1921	1940	2000	2020	2040	2100				
Walthamstow Central Station	1404			1624	1644	1704	1724	1744	1805	1825	1845	1905	1925	1944	2004	2024	2044	2104				
Leyton Baker's Arms (Lea Bridge Road)	1414			1634	1654	1713	1733	1753	1813	1833	1853	1912	1932	1951	2011	2031	2051	2110				
Whipps Cross Hospital Outpatients	1421			1641	1701	1720	1740	1800	1820	1840	1900	1919	1939	1958	2018	2038	2058	2116				
Leytonstone Station Plaza	1429			1649	1709	1728	1748	1807	1827	1847	1907	1926	1946	2005	2025	2045	2105	2122				
Aldersbrook Park Road	1438			1658	1717	1736	1756	1814	1834	1854	1913	1932	1952	2011	2031	2051	2111	2128				
Manor Park Station	1443			1703	1722	1741	1801	1819	1839	1859	1918	1937	1957	2016	2036	2056	2116	2133				
Ilford High Road Hainault Street	1459			1719	1738	1757	1816	1834	1854	1914	1931	1950	2010	2027	2047	2107	2126	2143				
Argall Avenue Industrial Estate	2116	2136	2156	2216	2236	2256	2316	2336														
Walthamstow South Grove	2120	2140	2200	2220	2240	2300	2320	2340														
Walthamstow Central Station	2124	2144	2204	2224	2243	2303	2323	2344														
Leyton Baker's Arms (Lea Bridge Road)	2130	2150	2210	2230	2249	2309	2329	2350														
Whipps Cross Hospital Outpatients	2136	2156	2216	2235	2254	2314	2334	2355														
Leytonstone Station Plaza	2142	2202	2222	2241	2300	2320	2340	0001														
Aldersbrook Park Road	2148	2208	2228	2247	2306	2326	2346	0007														
Manor Park Station	2153	2213	2233	2251	2310	2330	2350	0011														
Ilford High Road Hainault Street	2203	2223	2241	2259	2318	2338	2358	0019														