

W19

Ilford – Leytonstone – Walthamstow

W19		Mondays to Fridays																
Ilford High Road <i>Hainault Street</i>	0555	0625	0645	0656	0707	0718	0729	0741	Then every 10 minutes until	0831	0842	0853	0904	0915	0927	0940	0952	
Manor Park Station	0605	0636	0659	0710	0722	0733	0744	0756		0846	0857	0908	0919	0930	0942	0955	1007	
Aldersbrook <i>Park Road</i>	0610	0641	0704	0716	0728	0739	0750	0802		0852	0903	0914	0925	0936	0948	1001	1013	
Leytonstone Station <i>Plaza</i>	0619	0650	0715	0727	0739	0750	0801	0813		0903	0914	0925	0936	0947	0959	1012	1024	
Whipps Cross Hospital <i>Outpatients</i>	0625	0657	0722	0734	0746	0757	0808	0820		0910	0921	0932	0943	0954	1006	1019	1031	
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	0634	0706	0732	0744	0756	0807	0819	0831		0921	0932	0943	0954	1005	1017	1030	1041	
Walthamstow Central Station	0644	0717	0743	0755	0807	0820	0832	0844		0934	0945	0956	1007	1018	1030	1042	1053	
Walthamstow <i>South Grove</i>	0649	0722	0748	0800	0812	0825	0837	0849	0939	0950	1001	1012	1023	1035	1047	1058		
Argall Avenue Industrial Estate	0654	0726	0752	0805	0817	0830	0842	0854	0944	0955	1006	1017	1028	1040	1052	1103		
Ilford High Road <i>Hainault Street</i>	1004	1017	1030	Then every 12 minutes until	1130	1142	1154	1206	1218	1230	1242	1253	Then every 12 minutes until	1353	1405	1417		
Manor Park Station	1019	1032	1045		1145	1157	1209	1221	1233	1245	1257	1308		1408	1420	1432		
Aldersbrook <i>Park Road</i>	1025	1037	1050		1150	1202	1214	1226	1238	1250	1302	1314		1414	1426	1438		
Leytonstone Station <i>Plaza</i>	1036	1047	1059		1159	1211	1223	1235	1247	1259	1312	1325		1425	1437	1449		
Whipps Cross Hospital <i>Outpatients</i>	1043	1054	1106		1206	1218	1230	1242	1254	1306	1319	1332		1432	1445	1457		
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	1053	1104	1116		1216	1228	1240	1252	1305	1318	1331	1344		1444	1457	1509		
Walthamstow Central Station	1105	1116	1128		1228	1240	1252	1304	1317	1330	1343	1356		1456	1509	1521		
Walthamstow <i>South Grove</i>	1110	1121	1133	1233	1246	1259	1312	1325	1338	1351	1404	1504	1517	1529				
Argall Avenue Industrial Estate	1115	1126	1138	1238	1251	1304	1318	1331	1344	1357	1410	1510	1523	1535				
Ilford High Road <i>Hainault Street</i>	1429	1440	1451	1502	1513	1525	1537	1549	1601	1613	1625	1637	1649	1701	1713	1725	1737	1749
Manor Park Station	1444	1455	1506	1517	1528	1540	1552	1604	1616	1628	1640	1652	1704	1716	1728	1740	1752	1804
Aldersbrook <i>Park Road</i>	1450	1501	1512	1523	1534	1546	1558	1610	1622	1634	1646	1658	1710	1722	1734	1746	1758	1810
Leytonstone Station <i>Plaza</i>	1501	1513	1524	1535	1546	1558	1610	1622	1634	1646	1658	1710	1722	1734	1746	1758	1810	1822
Whipps Cross Hospital <i>Outpatients</i>	1509	1521	1532	1543	1554	1606	1618	1630	1642	1654	1706	1718	1730	1742	1754	1806	1818	1830
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	1521	1533	1544	1555	1606	1618	1630	1642	1654	1706	1717	1729	1741	1753	1805	1817	1828	1840
Walthamstow Central Station	1533	1545	1556	1607	1618	1630	1642	1654	1706	1719	1730	1742	1754	1806	1818	1828	1839	1851
Walthamstow <i>South Grove</i>	1541	1553	1604	1615	1626	1638	1650	1702	1712	1725	1736	1748	1800	1812	1823	1833	1844	1856
Argall Avenue Industrial Estate	1547	1559	1610	1621	1632	1644	1656	1707	1717	1730	1741	1753	1805	1817	1828	1838	1849	1901
Ilford High Road <i>Hainault Street</i>	1802	1814	1826	1838	1850	1905	1920	1935	1950	2005	2024	2044	2104	2124	2144	2204	2224	2244
Manor Park Station	1817	1829	1841	1853	1905	1920	1935	1950	2005	2019	2038	2058	2117	2136	2155	2214	2234	2254
Aldersbrook <i>Park Road</i>	1822	1834	1846	1858	1910	1925	1940	1955	2009	2023	2042	2102	2121	2140	2159	2218	2238	2258
Leytonstone Station <i>Plaza</i>	1834	1846	1858	1910	1922	1936	1951	2006	2018	2032	2051	2110	2129	2148	2207	2226	2246	2306
Whipps Cross Hospital <i>Outpatients</i>	1842	1854	1906	1918	1929	1943	1958	2012	2024	2038	2057	2116	2135	2154	2212	2231	2251	2311
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	1852	1904	1916	1928	1939	1953	2007	2020	2032	2046	2105	2123	2142	2201	2219	2238	2258	2317
Walthamstow Central Station	1903	1914	1925	1937	1948	2002	2016	2028	2040	2054	2112	2130	2149	2207	2225	2244	2304	2323
Walthamstow <i>South Grove</i>	1908	1919	1930	1942	1953	2006	2020	2032	2044	2058	2116	2134	2153	2211	2229	2248	2307	2326
Argall Avenue Industrial Estate	1913	1924	1935	1947	--	--	--	--	--	--	--	--	--	--	--	--	--	--
Ilford High Road <i>Hainault Street</i>	2304	2324	2344															
Manor Park Station	2314	2334	2354															
Aldersbrook <i>Park Road</i>	2317	2337	2357															
Leytonstone Station <i>Plaza</i>	2324	2344	0004															
Whipps Cross Hospital <i>Outpatients</i>	2329	2349	0009															
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	2335	2355	0015															
Walthamstow Central Station	2341	0001	0021															
Walthamstow <i>South Grove</i>	2344	0004	0024															
Argall Avenue Industrial Estate	--	--	--															

W19		Saturdays (also Good Friday)																	
Ilford High Road <i>Hainault Street</i>	0555	0625	0655	0725	0745	0756	0807	0818	0829	0840	0851	0902	0913	0924	0935	0946	0957	1008	
Manor Park Station	0604	0634	0704	0734	0754	0806	0817	0829	0840	0851	0903	0914	0926	0937	0949	1000	1011	1023	
Aldersbrook <i>Park Road</i>	0608	0638	0708	0738	0758	0810	0821	0833	0844	0856	0907	0919	0930	0942	0953	1005	1016	1028	
Leytonstone Station <i>Plaza</i>	0615	0645	0715	0745	0806	0818	0830	0841	0853	0905	0917	0929	0941	0952	1004	1016	1028	1040	
Whipps Cross Hospital <i>Outpatients</i>	0620	0650	0720	0750	0811	0823	0835	0847	0859	0910	0922	0934	0946	0958	1010	1022	1033	1045	
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	0627	0657	0727	0757	0818	0830	0842	0854	0906	0918	0930	0942	0954	1006	1018	1030	1042	1054	
Walthamstow Central Station	0632	0702	0732	0803	0824	0836	0850	0902	0915	0927	0940	0952	1005	1017	1030	1042	1055	1107	
Walthamstow <i>South Grove</i>	0636	0706	0736	0807	0828	0840	0854	0906	0919	0932	0945	0957	1010	1023	1035	1048	1101	1113	
Argall Avenue Industrial Estate	0639	0709	0739	0810	0831	0844	0857	0909	0923	0936	0949	1001	1014	1027	1040	1052	1105	1118	
Ilford High Road <i>Hainault Street</i>	1019	1030	1043	1056	1109	1122	Then every 13 minutes until	1621	1634	1647	1700	1714	1727	1740	1753	1806	1820		
Manor Park Station	1034	1046	1059	1112	1126	1139		1638	1651	1704	1717	1730	1742	1755	1808	1821	1834		
Aldersbrook <i>Park Road</i>	1039	1051	1104	1117	1131	1144		1643	1656	1709	1721	1734	1747	1800	1813	1826	1838		
Leytonstone Station <i>Plaza</i>	1051	1103	1117	1131	1144	1158		1657	1710	1722	1734	1747	1759	1812	1824	1837	1849		
Whipps Cross Hospital <i>Outpatients</i>	1057	1109	1123	1137	1150	1204		1703	1716	1728	1740	1753	1805	1818	1830	1843	1855		
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	1106	1118	1132	1146	1200	1214		1713	1725	1737	1750	1802	1814	1827	1839	1851	1903		
Walthamstow Central Station	1120	1132	1147	1201	1216	1230		1729	1741	1753	1805	1817	1828	1840	1852	1904	1916		
Walthamstow <i>South Grove</i>	1126	1138	1153	1208	1223	1237		1736	1748	1800	1812	1824	1835	1847	1859	1911	1923		
Argall Avenue Industrial Estate	1131	1143	1158	1213	1228	1242	1741	1753	1805	1816	1828	1840	1852	1904	1916	1927			
Ilford High Road <i>Hainault Street</i>	1833	1846	1859	1914	1929	1944	2004	2024	2044	2104	2124	2144	2204	2224	2244	2304	2324	2344	
Manor Park Station	1847	1900	1913	1928	1942	1957	2017	2037	2056	2116	2136	2155	2215	2235	2254	2314	2334	2354	
Aldersbrook <i>Park Road</i>	1851	1904	1917	1932	1946	2001	2021	2041	2100	2120	2140	2159	2219	2239	2258	2318	2338	2358	
Leytonstone Station <i>Plaza</i>	1902	1914	1927	1942	1956	2011	2030	2050	2109	2129	2148	2208	2227	2247	2307	2326	2346	0006	
Whipps Cross Hospital <i>Outpatients</i>	1908	1920	1933	1948	2002	2016	2036	2055	2115	2134	2154	2213	2233	2252	2312	2331	2351	0011	
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	1916	1928	1941	1956	2010	2024	2044	2103	2122	2142	2201	2221	2240	2259	2319	2338	2358	0018	
Walthamstow Central Station	1928	1940	1953	2007	2021	2035	2054	2113	2132	2151	2209	2228	2247	2306	2325	2344	0004	0024	
Walthamstow <i>South Grove</i>	1935	1947	2000	2013	2027	2041	2100	2119	2137	2156	2215	2233	2252	2311	2329	2348	0008	0028	
Argall Avenue Industrial Estate	1939	1951	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	
W19		Sundays and other Public Holidays (except Christmas Day)																	
Ilford High Road <i>Hainault Street</i>	0705	0735	0805	0830	0857	0916	0935	0953	1010	1027	1046	1103	1120	1137	Then every 20 minutes until	1557	1617		
Manor Park Station	0715	0745	0815	0840	0907	0926	0946	1004	1021	1038	1058	1117	1134	1154		1614	1634		
Aldersbrook <i>Park Road</i>	0718	0748	0818	0844	0911	0930	0950	1008	1025	1042	1102	1121	1138	1158		1618	1638		
Leytonstone Station <i>Plaza</i>	0726	0756	0826	0852	0919	0938	0958	1016	1033	1053	1113	1132	1152	1212		1632	1652		
Whipps Cross Hospital <i>Outpatients</i>	0731	0801	0831	0857	0924	0943	1003	1021	1039	1059	1119	1138	1158	1218		1638	1658		
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	0738	0808	0838	0904	0931	0951	1011	1029	1048	1108	1128	1148	1208	1228		1648	1708		
Walthamstow Central Station	0741	0811	0842	0908	0936	0956	1016	1034	1054	1114	1134	1154	1214	1234		1654	1714		
Walthamstow <i>South Grove</i>	0746	0816	0847	0913	0942	1002	1022	1041	1101	1121	1141	1201	1221	1241		1701	1720		
Argall Avenue Industrial Estate	0749	0819	0851	0917	0946	1006	1026	1046	1106	1126	1146	1206	1226	1246	1706	1724			
Ilford High Road <i>Hainault Street</i>	1637	1658	1719	1739	1759	1819	1841	1903	1924	1944	2004	2024	2044	2104	2124	2144	2204	2224	
Manor Park Station	1654	1715	1735	1755	1815	1835	1857	1918	1939	1959	2019	2038	2057	2116	2136	2156	2216	2236	
Aldersbrook <i>Park Road</i>	1658	1719	1739	1759	1819	1839	1901	1922	1943	2003	2023	2042	2101	2120	2140	2200	2220	2240	
Leytonstone Station <i>Plaza</i>	1712	1732	1752	1812	1832	1852	1912	1933	1953	2013	2032	2050	2109	2128	2148	2208	2228	2248	
Whipps Cross Hospital <i>Outpatients</i>	1718	1738	1758	1818	1838	1858	1918	1939	1959	2019	2038	2056	2115	2134	2154	2214	2234	2254	
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	1727	1747	1807	1827	1847	1907	1927	1948	2008	2028	2046	2104	2123	2142	2202	2222	2242	2302	
Walthamstow Central Station	1732	1752	1812	1832	1852	1912	1932	1952	2012	2032	2050	2108	2127	2146	2206	2226	2246	2306	
Walthamstow <i>South Grove</i>	1738	1758	1818	1837	1857	1917	1937	1957	2017	2037	2055	2113	2132	2151	2211	2231	2251	2311	
Argall Avenue Industrial Estate	1742	1802	1822	1841	1901	1921	--	--	--	--	--	--	--	--	--	--	--	--	
Ilford High Road <i>Hainault Street</i>	2244	2304	2324	2344															
Manor Park Station	2256	2314	2334	2354															
Aldersbrook <i>Park Road</i>	2300	2318	2338	2358															
Leytonstone Station <i>Plaza</i>	2308	2326	2346	0006															
Whipps Cross Hospital <i>Outpatients</i>	2313	2331	2351	0011															
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	2320	2338	2358	0018															
Walthamstow Central Station	2324	2342	0002	0022															
Walthamstow <i>South Grove</i>	2329	2347	0007	0027															
Argall Avenue Industrial Estate	--	--	--	--															

W19		Saturdays (also Good Friday)																
Argall Avenue Industrial Estate	0555	0625	0655	0715	0735	0755	0806	0817	0828	0839	0850	0901	0912	0923	0934	0945	0956	1007
Walthamstow South Grove	0600	0630	0700	0720	0740	0800	0811	0822	0833	0844	0855	0906	0917	0928	0939	0950	1001	1012
Walthamstow Central Station	0603	0633	0703	0723	0743	0804	0815	0826	0837	0849	0900	0911	0922	0934	0945	0956	1007	1018
Leyton Baker's Arms (Lea Bridge Road)	0608	0638	0708	0729	0749	0810	0821	0833	0844	0856	0907	0919	0930	0942	0953	1004	1016	1027
Whipps Cross Hospital Outpatients	0613	0643	0713	0734	0755	0816	0827	0839	0850	0902	0914	0925	0937	0949	1000	1012	1023	1035
Leytonstone Station Plaza	0618	0648	0718	0740	0800	0821	0833	0845	0856	0908	0920	0932	0943	0955	1007	1018	1030	1042
Aldersbrook Park Road	0624	0654	0724	0746	0807	0828	0840	0852	0904	0916	0928	0940	0952	1004	1015	1027	1039	1051
Manor Park Station	0627	0658	0728	0750	0811	0832	0844	0856	0908	0920	0932	0944	0956	1008	1020	1032	1044	1056
Ilford High Road Hainault Street	0635	0706	0736	0758	0819	0841	0853	0905	0917	0930	0942	0954	1006	1019	1031	1043	1055	1107
Argall Avenue Industrial Estate	1018	1029	1040	1052	1105	1118	1131	1144	1157	Then every 13 minutes until	1656	1709	1722	1735	1748	1800	1812	
Walthamstow South Grove	1023	1034	1045	1057	1110	1123	1136	1149	1203		1702	1714	1727	1740	1753	1805	1817	
Walthamstow Central Station	1030	1041	1052	1104	1118	1131	1144	1157	1211		1710	1722	1735	1748	1800	1812	1824	
Leyton Baker's Arms (Lea Bridge Road)	1039	1050	1102	1114	1128	1141	1155	1208	1222		1721	1733	1746	1758	1811	1822	1834	
Whipps Cross Hospital Outpatients	1047	1058	1110	1122	1136	1150	1203	1217	1231		1730	1742	1754	1807	1819	1830	1842	
Leytonstone Station Plaza	1054	1105	1117	1130	1144	1157	1211	1225	1239		1738	1750	1802	1814	1827	1838	1849	
Aldersbrook Park Road	1103	1115	1127	1140	1154	1208	1222	1236	1250		1749	1801	1813	1825	1837	1848	1859	
Manor Park Station	1108	1120	1132	1145	1159	1213	1227	1241	1255		1754	1806	1818	1830	1842	1853	1904	
Ilford High Road Hainault Street	1120	1132	1144	1157	1212	1226	1240	1254	1309		1808	1819	1831	1843	1855	1906	1917	
Argall Avenue Industrial Estate	1824	1836	1848	1900	1915	1930	1945	2000	--	--	--	--	--	--	--	--	--	
Walthamstow South Grove	1829	1841	1853	1905	1920	1935	1950	2005	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320
Walthamstow Central Station	1836	1847	1859	1911	1925	1940	1955	2010	2025	2044	2104	2124	2144	2204	2224	2244	2304	2324
Leyton Baker's Arms (Lea Bridge Road)	1845	1857	1908	1920	1934	1949	2003	2018	2033	2052	2112	2132	2151	2211	2231	2250	2310	2330
Whipps Cross Hospital Outpatients	1853	1904	1916	1927	1941	1956	2010	2025	2040	2059	2119	2138	2158	2218	2237	2257	2316	2336
Leytonstone Station Plaza	1901	1912	1923	1934	1949	2003	2017	2032	2047	2106	2126	2145	2205	2224	2244	2303	2323	2342
Aldersbrook Park Road	1911	1922	1933	1944	1958	2012	2026	2041	2056	2115	2134	2153	2213	2232	2251	2311	2330	2349
Manor Park Station	1915	1926	1937	1948	2002	2016	2030	2045	2100	2119	2138	2157	2216	2236	2255	2314	2333	2352
Ilford High Road Hainault Street	1928	1938	1949	2000	2014	2028	2042	2056	2111	2130	2149	2208	2227	2246	2305	2324	2343	0002
Argall Avenue Industrial Estate	--																	
Walthamstow South Grove	2340																	
Walthamstow Central Station	2344																	
Leyton Baker's Arms (Lea Bridge Road)	2350																	
Whipps Cross Hospital Outpatients	2356																	
Leytonstone Station Plaza	0002																	
Aldersbrook Park Road	0009																	
Manor Park Station	0012																	
Ilford High Road Hainault Street	0021																	
W19		Sundays and other Public Holidays (except Christmas Day)																
Argall Avenue Industrial Estate	0735	0805	0835	0903	0928	0946	1004	1021	1040	1058	1117	1135	Then every 20 minutes until	1635	1655	1715	1736	
Walthamstow South Grove	0740	0810	0840	0908	0933	0951	1009	1027	1046	1104	1123	1141		1641	1701	1721	1742	
Walthamstow Central Station	0743	0813	0843	0912	0939	0957	1013	1032	1053	1109	1130	1148		1648	1708	1728	1748	
Leyton Baker's Arms (Lea Bridge Road)	0748	0818	0848	0917	0943	1001	1019	1039	1058	1116	1136	1156		1656	1716	1736	1756	
Whipps Cross Hospital Outpatients	0753	0823	0853	0922	0949	1007	1026	1046	1105	1123	1143	1203		1703	1723	1743	1803	
Leytonstone Station Plaza	0759	0829	0859	0928	0955	1014	1034	1054	1113	1131	1151	1211		1711	1731	1750	1810	
Aldersbrook Park Road	0805	0835	0906	0935	1004	1024	1044	1104	1123	1142	1202	1222		1722	1742	1801	1821	
Manor Park Station	0808	0838	0910	0940	1009	1029	1049	1109	1128	1147	1207	1227		1727	1746	1805	1825	
Ilford High Road Hainault Street	0816	0846	0920	0951	1020	1041	1101	1121	1141	1201	1221	1241		1741	1800	1819	1839	
Argall Avenue Industrial Estate	1756	1816	1837	1857	1917	1937	--	--	--	--	--	--	--	--	--	--	--	
Walthamstow South Grove	1801	1821	1842	1902	1922	1942	2000	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340
Walthamstow Central Station	1808	1828	1846	1906	1926	1946	2005	2024	2044	2104	2124	2144	2204	2224	2244	2304	2324	2344
Leyton Baker's Arms (Lea Bridge Road)	1814	1834	1853	1913	1933	1953	2009	2029	2049	2109	2130	2150	2210	2230	2250	2309	2329	2349
Whipps Cross Hospital Outpatients	1821	1841	1900	1920	1940	2000	2015	2035	2055	2115	2136	2156	2216	2236	2256	2315	2335	2355
Leytonstone Station Plaza	1828	1848	1907	1927	1947	2007	2022	2042	2102	2122	2142	2202	2222	2242	2302	2321	2341	0001
Aldersbrook Park Road	1839	1857	1916	1936	1956	2015	2030	2050	2110	2130	2150	2210	2230	2250	2309	2328	2348	0008
Manor Park Station	1843	1901	1920	1940	2000	2019	2034	2054	2114	2134	2154	2214	2233	2253	2312	2331	2351	0011
Ilford High Road Hainault Street	1855	1913	1932	1952	2011	2030	2045	2105	2125	2144	2204	2224	2242	2302	2321	2340	0000	0020