

# W19

## Ilford – Leytonstone – Walthamstow

W19	Mondays to Fridays																	
Ilford High Road <i>Hainault Street</i>	0555	0625	0645	0654	0703	0712	0721	0731	0741	0749	0758	0806	0815	0823	0832	0840	0850	0900
Manor Park Station	0604	0637	0658	0708	0718	0727	0736	0746	0756	0804	0813	0822	0831	0839	0848	0856	0906	0916
Aldersbrook <i>Park Road</i>	0609	0642	0703	0714	0724	0733	0742	0752	0802	0810	0819	0828	0837	0845	0854	0902	0912	0922
Leytonstone Station <i>Plaza</i>	0618	0651	0712	0723	0733	0742	0751	0801	0811	0819	0828	0839	0848	0856	0905	0913	0923	0933
Whipps Cross Hospital <i>Outpatients</i>	0624	0658	0719	0730	0740	0749	0758	0808	0818	0826	0835	0846	0855	0903	0912	0920	0930	0940
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	0633	0708	0729	0740	0750	0759	0809	0819	0829	0837	0846	0857	0906	0914	0923	0931	0941	0951
Walthamstow Central Station	0642	0715	0736	0747	0757	0807	0817	0827	0837	0845	0854	0905	0914	0922	0931	0939	0949	0959
Walthamstow <i>South Grove</i>	0647	0720	0741	0752	0802	0812	0822	0832	0842	0850	0859	0910	0919	0927	0936	0944	0954	1004
Argall Avenue Industrial Estate	0652	0724	0745	0756	0807	0817	0827	0837	0847	0855	0904	0915	0924	0932	0941	0949	0959	1009
Ilford High Road <i>Hainault Street</i>	0910	0920	0930	0940	0950	1000	1010	Then every 10 minutes until	1150	1200	1210	1220	1229	1237	1247	1257	1308	
Manor Park Station	0926	0936	0946	0956	1006	1016	1026		1206	1216	1226	1236	1245	1253	1303	1313	1323	
Aldersbrook <i>Park Road</i>	0932	0942	0952	1002	1011	1021	1031		1211	1221	1231	1241	1250	1258	1308	1318	1328	
Leytonstone Station <i>Plaza</i>	0943	0953	1003	1013	1022	1031	1040		1220	1230	1240	1250	1259	1309	1319	1329	1338	
Whipps Cross Hospital <i>Outpatients</i>	0950	1000	1010	1020	1029	1038	1047		1227	1237	1247	1257	1306	1316	1326	1336	1345	
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	1001	1011	1021	1031	1039	1047	1056		1236	1246	1256	1306	1316	1326	1336	1346	1355	
Walthamstow Central Station	1009	1019	1029	1038	1046	1054	1103		1243	1253	1303	1313	1323	1333	1343	1353	1404	
Walthamstow <i>South Grove</i>	1014	1024	1034	1043	1051	1059	1108		1248	1300	1311	1322	1333	1343	1353	1403	1414	
Argall Avenue Industrial Estate	1019	1029	1039	1048	1056	1104	1113		1253	1305	1317	1328	1339	1349	1359	1409	1418	
Ilford High Road <i>Hainault Street</i>	1318	1328	1338	1348	1358	1408	1417	1426	1435	1444	1453	1503	1513	1523	1533	1543	1553	1603
Manor Park Station	1333	1343	1353	1403	1413	1423	1432	1441	1450	1459	1511	1521	1531	1541	1551	1601	1611	1621
Aldersbrook <i>Park Road</i>	1338	1348	1358	1408	1418	1428	1437	1446	1455	1504	1516	1526	1536	1546	1556	1606	1616	1626
Leytonstone Station <i>Plaza</i>	1348	1358	1408	1418	1428	1438	1447	1456	1505	1515	1528	1538	1548	1558	1608	1618	1628	1637
Whipps Cross Hospital <i>Outpatients</i>	1355	1405	1415	1425	1435	1445	1454	1503	1513	1523	1536	1546	1556	1606	1616	1626	1636	1645
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	1405	1415	1425	1435	1445	1455	1504	1513	1523	1533	1546	1556	1606	1616	1626	1636	1646	1655
Walthamstow Central Station	1414	1424	1434	1444	1454	1504	1512	1521	1533	1543	1556	1606	1616	1626	1636	1646	1656	1706
Walthamstow <i>South Grove</i>	1424	1434	1444	1454	1504	1514	1522	1531	1543	1553	1606	1616	1626	1636	1646	1656	1705	1713
Argall Avenue Industrial Estate	1428	1438	1448	1458	1509	1519	1529	1538	1548	1558	1611	1621	1631	1641	1651	1700	1708	1718
Ilford High Road <i>Hainault Street</i>	1613	Then every 10 minutes until	1713	1723	1733	1743	1753	1803	1813	1823	1833	1844	1855	1909	1924	1939	1959	
Manor Park Station	1631		1731	1741	1751	1801	1811	1821	1831	1840	1850	1901	1912	1924	1939	1954	2012	
Aldersbrook <i>Park Road</i>	1636		1736	1746	1756	1806	1816	1826	1836	1845	1855	1906	1917	1928	1943	1958	2016	
Leytonstone Station <i>Plaza</i>	1647		1747	1757	1807	1817	1827	1837	1847	1856	1906	1917	1927	1938	1953	2006	2024	
Whipps Cross Hospital <i>Outpatients</i>	1655		1755	1805	1815	1825	1835	1845	1855	1904	1914	1924	1934	1945	2000	2012	2030	
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	1705		1805	1815	1824	1834	1844	1854	1904	1913	1923	1933	1943	1954	2007	2019	2037	
Walthamstow Central Station	1716		1816	1824	1833	1843	1853	1903	1913	1921	1931	1941	1951	2002	2014	2026	2044	
Walthamstow <i>South Grove</i>	1723		1823	1831	1840	1850	1900	1910	1918	1926	1936	1946	1956	2006	2018	2030	2048	
Argall Avenue Industrial Estate	1728		1828	1836	1845	1855	1905	1915	1923	1931	1941	1951	2001	2011	2023	2035	2053	
Ilford High Road <i>Hainault Street</i>	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340							
Manor Park Station	2033	2053	2111	2131	2151	2209	2229	2249	2309	2329	2349							
Aldersbrook <i>Park Road</i>	2038	2058	2116	2136	2156	2214	2234	2254	2313	2333	2353							
Leytonstone Station <i>Plaza</i>	2047	2107	2122	2142	2202	2222	2242	2300	2320	2340	0000							
Whipps Cross Hospital <i>Outpatients</i>	2053	2113	2128	2148	2207	2227	2247	2305	2325	2345	0005							
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	2101	2120	2135	2155	2214	2234	2254	2311	2331	2351	0011							
Walthamstow Central Station	2108	2127	2142	2202	2220	2240	2300	2317	2337	2357	0017							
Walthamstow <i>South Grove</i>	2112	2131	2146	2206	2224	2244	2304	2321	2341	0001	0021							
Argall Avenue Industrial Estate	2117	2136	2151	2211	2229	2249	2309	2326	2346	0006	0026							

W19		Saturdays (also Good Friday)																	
Ilford High Road <i>Hainault Street</i>	0555	0625	0655	0725	0745	0757	0808	0820	0831	0841	0852	0904	0915	0926	0937	0949	1000	1012	
Manor Park Station	0604	0634	0704	0734	0754	0806	0818	0830	0843	0853	0904	0916	0927	0938	0950	1002	1014	1026	
Aldersbrook <i>Park Road</i>	0609	0639	0710	0740	0800	0812	0824	0837	0850	0900	0911	0923	0934	0945	0957	1009	1020	1032	
Leytonstone Station <i>Plaza</i>	0614	0644	0716	0746	0806	0818	0830	0843	0856	0907	0917	0930	0941	0952	1005	1017	1028	1040	
Whipps Cross Hospital <i>Outpatients</i>	0620	0650	0722	0752	0812	0824	0836	0849	0902	0913	0923	0937	0948	0959	1012	1024	1034	1046	
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	0627	0657	0729	0759	0819	0831	0844	0857	0910	0921	0931	0946	0957	1008	1021	1033	1043	1055	
Walthamstow Central Station	0633	0703	0735	0803	0823	0835	0848	0901	0914	0926	0935	0950	1001	1012	1026	1038	1049	1101	
Walthamstow <i>South Grove</i>	0638	0708	0740	0808	0828	0840	0853	0909	0922	0934	0942	0957	1008	1019	1035	1047	1058	1111	
Argall Avenue Industrial Estate	0640	0710	0743	0810	0830	0842	0855	0911	0924	0936	0944	0959	1010	1021	1037	1049	1102	1115	
Ilford High Road <i>Hainault Street</i>	1024	1035	1046	1057	1108	1120	1132	1143	1155	1207	Then every 12 minutes until	1455	1507	Then every 12 minutes until	1655	1707			
Manor Park Station	1038	1049	1100	1112	1124	1136	1148	1200	1212	1228		1516	1529		1717	1725			
Aldersbrook <i>Park Road</i>	1044	1055	1106	1118	1130	1142	1154	1206	1218	1234		1522	1535		1723	1731			
Leytonstone Station <i>Plaza</i>	1052	1103	1114	1127	1139	1151	1203	1215	1227	1244		1532	1545		1733	1741			
Whipps Cross Hospital <i>Outpatients</i>	1058	1109	1120	1133	1145	1157	1209	1221	1233	1250		1538	1551		1739	1747			
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	1107	1118	1129	1142	1154	1206	1218	1230	1242	1259		1547	1600		1748	1756			
Walthamstow Central Station	1113	1123	1134	1149	1201	1213	1225	1237	1249	1306		1554	1608		1756	1804			
Walthamstow <i>South Grove</i>	1123	1132	1143	1159	1211	1223	1235	1247	1259	1316		1604	1617		1805	1813			
Argall Avenue Industrial Estate	1127	1136	1147	1203	1215	1227	1239	1251	1303	1320	1608	1621	1809	1817					
Ilford High Road <i>Hainault Street</i>	1719	1731	1743	1755	1807	1819	1831	1843	1855	1909	1924	1939	1959	2019	2039	2059	2119	2139	
Manor Park Station	1737	1749	1801	1813	1825	1837	1849	1901	1913	1925	1940	1955	2014	2033	2053	2111	2130	2150	
Aldersbrook <i>Park Road</i>	1743	1755	1807	1819	1830	1842	1854	1906	1918	1931	1946	2001	2020	2039	2059	2117	2136	2156	
Leytonstone Station <i>Plaza</i>	1753	1805	1817	1829	1839	1851	1903	1915	1927	1939	1954	2008	2027	2046	2106	2124	2143	2203	
Whipps Cross Hospital <i>Outpatients</i>	1759	1811	1823	1835	1844	1856	1908	1920	1932	1945	2000	2014	2033	2052	2111	2129	2148	2207	
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	1808	1820	1832	1844	1853	1905	1917	1929	1941	1954	2008	2022	2041	2100	2119	2137	2156	2214	
Walthamstow Central Station	1816	1828	1840	1852	1900	1912	1924	1936	1948	2002	2015	2029	2048	2107	2126	2144	2203	2221	
Walthamstow <i>South Grove</i>	1825	1837	1849	1901	1908	1920	1932	1944	1956	2009	2022	2036	2055	2113	2132	2150	2208	2226	
Argall Avenue Industrial Estate	1829	1841	1853	1905	1912	1924	1936	1948	2000	2012	2025	2039	2058	2116	2135	2153	2211	2229	
Ilford High Road <i>Hainault Street</i>	2159	2219	2239	2300	2320	2340													
Manor Park Station	2210	2229	2249	2310	2330	2350													
Aldersbrook <i>Park Road</i>	2215	2234	2254	2315	2335	2355													
Leytonstone Station <i>Plaza</i>	2221	2240	2300	2321	2341	0001													
Whipps Cross Hospital <i>Outpatients</i>	2225	2244	2304	2325	2345	0005													
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	2232	2251	2311	2332	2352	0012													
Walthamstow Central Station	2239	2258	2317	2339	2358	0018													
Walthamstow <i>South Grove</i>	2244	2302	2321	2343	0002	0022													
Argall Avenue Industrial Estate	2247	2305	2324	2346	0005	0025													
W19		Sundays and other Public Holidays (except Christmas Day)																	
Ilford High Road <i>Hainault Street</i>	0705	0735	0804	0834	0854	0913	0931	0949	1007	1026	1045	1103	1122	1140	1158	1216	1236	1256	
Manor Park Station	0714	0744	0814	0844	0904	0924	0942	1000	1019	1038	1058	1118	1137	1155	1214	1234	1254	1314	
Aldersbrook <i>Park Road</i>	0721	0751	0821	0851	0912	0932	0950	1009	1028	1047	1107	1127	1147	1206	1226	1246	1306	1326	
Leytonstone Station <i>Plaza</i>	0724	0754	0824	0854	0915	0935	0953	1012	1031	1051	1111	1130	1150	1210	1230	1250	1310	1330	
Whipps Cross Hospital <i>Outpatients</i>	0730	0800	0830	0900	0922	0942	1000	1019	1037	1057	1117	1136	1156	1216	1236	1256	1316	1336	
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	0737	0807	0837	0908	0930	0949	1008	1027	1046	1106	1126	1145	1205	1225	1245	1305	1325	1345	
Walthamstow Central Station	0741	0811	0841	0912	0934	0953	1014	1034	1054	1114	1134	1153	1212	1232	1252	1312	1332	1352	
Walthamstow <i>South Grove</i>	0745	0816	0846	0918	0940	0959	1020	1041	1101	1121	1141	1200	1219	1239	1259	1319	1339	1359	
Argall Avenue Industrial Estate	0747	0818	0848	0920	0942	1001	1022	1044	1104	1124	1144	1203	1222	1242	1302	1322	1342	1402	
Ilford High Road <i>Hainault Street</i>	1316	1336	1356	1416	1436	1456	1517	Then every 20 minutes until	1717	1739	1801	1821	1841	1903	1921	1941	2002		
Manor Park Station	1334	1354	1414	1434	1454	1514	1535		1735	1757	1817	1837	1857	1917	1935	1955	2016		
Aldersbrook <i>Park Road</i>	1346	1406	1426	1446	1506	1525	1546		1746	1807	1826	1846	1906	1924	1942	2002	2022		
Leytonstone Station <i>Plaza</i>	1350	1410	1430	1450	1509	1528	1549		1749	1810	1829	1849	1909	1928	1946	2006	2026		
Whipps Cross Hospital <i>Outpatients</i>	1356	1416	1436	1456	1515	1534	1555		1755	1815	1834	1854	1914	1934	1952	2011	2031		
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	1405	1425	1445	1505	1524	1543	1605		1805	1825	1843	1903	1923	1943	2001	2019	2039		
Walthamstow Central Station	1412	1432	1452	1512	1531	1550	1612		1812	1832	1850	1909	1929	1949	2007	2025	2045		
Walthamstow <i>South Grove</i>	1419	1439	1459	1518	1537	1556	1618		1818	1838	1856	1915	1935	1955	2012	2030	2050		
Argall Avenue Industrial Estate	1422	1442	1502	1523	1542	1601	1623	1823	1843	1901	1920	1940	2000	2017	2035	2055			
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>	2043	2103	2121	2140	2200	2219	2239	2259	2317	2337	2357								
Whipps Cross Hospital <i>Outpatients</i>	2048	2108	2126	2145	2204	2223	2243	2303	2321	2341	0001								
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	2056	2115	2133	2152	2211	2230	2250	2310	2328	2348	0008								
Walthamstow Central Station	2102	2121	2139	2158	2217	2236	2256	2316	2334	2354	0014								
Walthamstow <i>South Grove</i>	2107	2126	2144	2203	2222	2241	2301	2320	2338	2358	0018								
Argall Avenue Industrial Estate	2112	2131	2149	2208	2227	2246	2306	2325	2343	0003	0023								

# W19

## Walthamstow – Leytonstone – Ilford

W19	Mondays to Fridays																	
Argall Avenue Industrial Estate	0555	0625	0655	0715	0735	0754	0803	0813	0823	0833	0843	0853	Then every 10 minutes until	0953	1002	1012	1021	
Walthamstow South Grove	0600	0631	0701	0720	0740	0759	0809	0819	0829	0839	0849	0859		0959	1008	1018	1027	
Walthamstow Central Station	0604	0636	0706	0725	0745	0804	0814	0824	0834	0844	0854	0904		1004	1013	1023	1032	
Leyton Baker's Arms (Lea Bridge Road)	0610	0643	0714	0733	0753	0812	0822	0832	0842	0852	0902	0911		1011	1020	1030	1039	
Whipps Cross Hospital Outpatients	0617	0651	0722	0741	0801	0821	0831	0841	0851	0901	0911	0920		1020	1029	1039	1048	
Leytonstone Station Plaza	0624	0659	0731	0750	0810	0830	0840	0850	0900	0910	0920	0928		1028	1036	1046	1055	
Aldersbrook Park Road	0632	0708	0740	0800	0820	0840	0850	0900	0910	0919	0928	0936		1036	1044	1054	1103	
Manor Park Station	0637	0714	0746	0804	0824	0844	0854	0904	0914	0923	0932	0940	1040	1048	1058	1107		
Ilford High Road Hainault Street	0648	0726	0758	0816	0836	0856	0906	0916	0925	0934	0943	0951	1051	1100	1110	1120		
Argall Avenue Industrial Estate	1030	1039	1048	1057	1106	1115	1125	1135	1144	1154	1203	1213	1223	1233	1243	1253	1303	1313
Walthamstow South Grove	1036	1045	1054	1103	1112	1121	1131	1141	1150	1200	1209	1219	1229	1239	1249	1259	1309	1319
Walthamstow Central Station	1041	1050	1100	1110	1119	1128	1138	1148	1157	1207	1216	1226	1236	1246	1256	1306	1316	1326
Leyton Baker's Arms (Lea Bridge Road)	1048	1057	1107	1116	1125	1134	1144	1154	1203	1213	1222	1232	1242	1252	1302	1312	1322	1332
Whipps Cross Hospital Outpatients	1057	1106	1116	1125	1134	1143	1153	1203	1212	1222	1231	1241	1251	1301	1311	1321	1331	1342
Leytonstone Station Plaza	1104	1113	1123	1132	1141	1150	1200	1210	1219	1229	1239	1249	1259	1309	1319	1329	1339	1350
Aldersbrook Park Road	1113	1122	1132	1141	1150	1159	1209	1219	1229	1239	1249	1259	1309	1319	1329	1340	1350	1401
Manor Park Station	1117	1126	1136	1145	1154	1203	1213	1223	1233	1243	1253	1303	1313	1323	1333	1344	1354	1405
Ilford High Road Hainault Street	1130	1139	1149	1157	1206	1215	1225	1236	1247	1257	1307	1317	1327	1338	1349	1400	1410	1421
Argall Avenue Industrial Estate	1323	1333	1343	1352	1401	Then every 10 minutes until	1621	1631	1641	1651	1701	1711	1721	1731	1741	1751	1801	
Walthamstow South Grove	1329	1339	1349	1358	1407		1627	1637	1647	1657	1707	1717	1727	1737	1747	1757	1806	
Walthamstow Central Station	1336	1346	1356	1406	1415		1635	1645	1655	1705	1715	1725	1734	1744	1754	1804	1813	
Leyton Baker's Arms (Lea Bridge Road)	1343	1354	1404	1415	1424		1644	1655	1705	1715	1725	1735	1744	1754	1804	1813	1821	
Whipps Cross Hospital Outpatients	1353	1404	1414	1425	1434		1654	1705	1715	1725	1735	1745	1754	1804	1813	1822	1830	
Leytonstone Station Plaza	1401	1412	1423	1434	1443		1703	1715	1725	1735	1744	1754	1803	1813	1822	1831	1838	
Aldersbrook Park Road	1412	1423	1434	1445	1454		1714	1726	1736	1746	1755	1805	1814	1824	1833	1842	1849	
Manor Park Station	1416	1427	1438	1449	1458	1718	1732	1742	1752	1801	1811	1820	1830	1839	1848	1855		
Ilford High Road Hainault Street	1432	1442	1454	1508	1517	1737	1752	1802	1812	1819	1829	1838	1848	1857	1906	1910		
Argall Avenue Industrial Estate	1811	1821	1831	1842	1853	1904	1915	1925	1935	1945	1959	2016	2036	2056	2116	2136	2156	2216
Walthamstow South Grove	1816	1826	1836	1847	1858	1909	1920	1930	1940	1950	2004	2021	2041	2101	2120	2140	2200	2220
Walthamstow Central Station	1823	1833	1843	1854	1904	1914	1925	1935	1945	1955	2009	2026	2046	2105	2124	2144	2203	2223
Leyton Baker's Arms (Lea Bridge Road)	1831	1841	1851	1902	1912	1922	1933	1943	1953	2003	2015	2034	2054	2113	2132	2152	2210	2230
Whipps Cross Hospital Outpatients	1840	1850	1900	1911	1921	1931	1942	1952	2002	2012	2023	2042	2102	2120	2139	2159	2216	2236
Leytonstone Station Plaza	1848	1858	1907	1918	1928	1939	1950	2000	2010	2020	2031	2050	2109	2127	2146	2206	2222	2242
Aldersbrook Park Road	1859	1907	1916	1927	1937	1948	1958	2007	2017	2027	2038	2057	2116	2134	2153	2213	2229	2249
Manor Park Station	1905	1913	1922	1933	1943	1954	2004	2013	2023	2033	2044	2102	2121	2139	2158	2218	2232	2252
Ilford High Road Hainault Street	1917	1925	1934	1945	1955	2006	2015	2024	2034	2044	2055	2113	2131	2149	2208	2227	2241	2301
Argall Avenue Industrial Estate	2236	2256	2316	2336														
Walthamstow South Grove	2240	2300	2320	2340														
Walthamstow Central Station	2243	2303	2323	2345														
Leyton Baker's Arms (Lea Bridge Road)	2250	2310	2330	2352														
Whipps Cross Hospital Outpatients	2256	2315	2335	2357														
Leytonstone Station Plaza	2302	2320	2340	0002														
Aldersbrook Park Road	2308	2326	2346	0008														
Manor Park Station	2311	2329	2349	0011														
Ilford High Road Hainault Street	2319	2337	2357	0019														

W19		Saturdays (also Good Friday)																	
Argall Avenue Industrial Estate	0555	0625	0655	0715	0735	0755	0807	0819	0830	0841	0852	0903	0914	0925	0936	0947	0958	1009	
Walthamstow South Grove	0600	0631	0701	0721	0741	0801	0813	0825	0836	0847	0858	0909	0920	0931	0942	0953	1004	1015	
Walthamstow Central Station	0603	0634	0704	0724	0744	0804	0817	0829	0841	0852	0903	0915	0926	0937	0948	0959	1010	1022	
Leyton Baker's Arms (Lea Bridge Road)	0608	0639	0709	0729	0749	0809	0822	0834	0847	0858	0910	0922	0933	0944	0955	1006	1017	1028	
Whipps Cross Hospital Outpatients	0613	0645	0715	0735	0755	0815	0828	0840	0853	0905	0917	0930	0941	0952	1003	1014	1025	1036	
Leytonstone Station Plaza	0618	0651	0721	0741	0801	0821	0834	0846	0859	0912	0924	0937	0948	0959	1011	1021	1032	1043	
Aldersbrook Park Road	0622	0656	0726	0746	0806	0826	0839	0852	0905	0918	0930	0943	0954	1006	1018	1027	1038	1051	
Manor Park Station	0627	0701	0731	0750	0810	0831	0844	0858	0911	0923	0936	0949	1000	1011	1023	1032	1043	1056	
Ilford High Road Hainault Street	0635	0709	0739	0759	0819	0842	0854	0909	0923	0935	0948	1000	1012	1023	1035	1043	1054	1109	
Argall Avenue Industrial Estate	1021	1033	1043	1053	1103	1113	1124	1134	1144	1155	1207	Then every 12 minutes until	1355	1407	Then every 12 minutes until	1655			
Walthamstow South Grove	1027	1039	1049	1059	1109	1119	1130	1140	1150	1201	1213		1401	1413		1701			
Walthamstow Central Station	1034	1046	1056	1107	1118	1128	1139	1150	1200	1211	1223		1411	1423		1711			
Leyton Baker's Arms (Lea Bridge Road)	1040	1052	1102	1114	1125	1135	1146	1157	1209	1218	1232		1420	1432		1720			
Whipps Cross Hospital Outpatients	1048	1100	1111	1123	1134	1145	1155	1207	1219	1228	1242		1430	1442		1730			
Leytonstone Station Plaza	1055	1107	1118	1130	1141	1152	1202	1214	1227	1235	1250		1438	1450		1738			
Aldersbrook Park Road	1103	1114	1125	1137	1148	1201	1209	1222	1236	1243	1259		1447	1459		1747			
Manor Park Station	1108	1119	1130	1142	1153	1206	1214	1227	1241	1248	1304		1452	1506		1754			
Ilford High Road Hainault Street	1120	1132	1144	1156	1206	1220	1227	1241	1255	1302	1318		1506	1523		1811			
Argall Avenue Industrial Estate	1707	1719	1731	1743	1756	1809	1822	1834	1847	1900	1915	1930	1945	2000	2015	2035	2055	2115	
Walthamstow South Grove	1713	1725	1737	1749	1802	1815	1828	1840	1853	1905	1920	1934	1949	2005	2020	2040	2100	2120	
Walthamstow Central Station	1722	1734	1746	1758	1811	1824	1837	1849	1901	1913	1927	1942	1956	2011	2026	2046	2104	2124	
Leyton Baker's Arms (Lea Bridge Road)	1731	1743	1755	1807	1820	1833	1846	1857	1909	1922	1935	1949	2003	2019	2034	2054	2112	2132	
Whipps Cross Hospital Outpatients	1741	1753	1805	1817	1830	1843	1856	1906	1918	1931	1944	1957	2011	2027	2042	2102	2120	2140	
Leytonstone Station Plaza	1749	1801	1812	1824	1837	1850	1903	1912	1924	1938	1950	2003	2017	2035	2050	2110	2128	2148	
Aldersbrook Park Road	1758	1810	1820	1832	1845	1858	1911	1920	1932	1946	1958	2011	2025	2043	2058	2117	2135	2155	
Manor Park Station	1805	1817	1827	1839	1852	1903	1916	1925	1937	1951	2003	2015	2030	2047	2102	2121	2139	2159	
Ilford High Road Hainault Street	1822	1834	1844	1856	1909	1917	1930	1938	1949	2003	2016	2025	2042	2058	2112	2131	2149	2208	
Argall Avenue Industrial Estate	2135	2155	2215	2235	2255	2315	2335												
Walthamstow South Grove	2140	2200	2220	2240	2300	2320	2340												
Walthamstow Central Station	2144	2203	2223	2243	2303	2323	2343												
Leyton Baker's Arms (Lea Bridge Road)	2152	2210	2230	2250	2309	2329	2349												
Whipps Cross Hospital Outpatients	2200	2216	2236	2256	2314	2334	2354												
Leytonstone Station Plaza	2207	2223	2243	2303	2320	2340	0000												
Aldersbrook Park Road	2214	2230	2250	2309	2326	2346	0006												
Manor Park Station	2218	2234	2254	2312	2329	2349	0009												
Ilford High Road Hainault Street	2227	2243	2303	2320	2337	2357	0017												
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	1010	1028	1048	1107	1126	1143	1202	1224	1244	1304	1324	1344	
Leyton Baker's Arms (Lea Bridge Road)	0748	0818	0848	0918	0943	1000	1015	1034	1054	1114	1133	1150	1210	1234	1254	1314	1334	1354	
Whipps Cross Hospital Outpatients	0754	0825	0855	0925	0950	1007	1022	1042	1102	1122	1141	1158	1218	1242	1302	1322	1342	1402	
Leytonstone Station Plaza	0759	0830	0900	0930	0955	1014	1029	1049	1109	1129	1148	1206	1226	1252	1312	1332	1352	1412	
Aldersbrook Park Road	0805	0836	0907	0937	1002	1022	1038	1058	1118	1138	1157	1217	1237	1303	1323	1343	1403	1421	
Manor Park Station	0809	0840	0911	0941	1006	1026	1042	1102	1122	1142	1201	1221	1241	1307	1327	1347	1407	1425	
Ilford High Road Hainault Street	0818	0849	0920	0950	1017	1036	1054	1116	1137	1158	1215	1235	1255	1321	1341	1401	1421	1439	
Argall Avenue Industrial Estate	1350	Then every 20 minutes until	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	1646	1706	1724	1744	1805	1825	1845	1905	1925	1944	2004	2024	2044	2104		
Leyton Baker's Arms (Lea Bridge Road)	1414		1634	1658	1717	1735	1755	1813	1833	1853	1912	1932	1951	2011	2031	2051	2110		
Whipps Cross Hospital Outpatients	1421		1641	1705	1724	1742	1802	1820	1840	1900	1919	1939	1958	2018	2038	2058	2116		
Leytonstone Station Plaza	1431		1651	1715	1734	1752	1811	1827	1847	1907	1926	1946	2005	2025	2045	2105	2122		
Aldersbrook Park Road	1440		1700	1723	1742	1800	1818	1834	1854	1913	1932	1952	2011	2031	2051	2111	2128		
Manor Park Station	1444		1704	1727	1746	1804	1822	1840	1900	1919	1938	1958	2017	2037	2057	2117	2134		
Ilford High Road Hainault Street	1458		1718	1741	1800	1818	1836	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	2154	2212	2232	2250	2309	2329	2349	0010											
Ilford High Road Hainault Street	2203	2221	2239	2258	2317	2337	2357	0018											