

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

Walthamstow – Leytonstone – Ilford

W19		Mondays to Fridays																
Argall Avenue Industrial Estate	0555	0625	0655	0711	0727	0747		0911	0923	0935	0947		1328	1341	1354	1407		
Walthamstow South Grove	0600	0630	0700	0717	0733	0753		0917	0929	0941	0953		1334	1347	1400	1413		
Walthamstow Central Station	0603	0633	0704	0721	0738	0758	Then	0922	0934	0947	0959	Then	1340	1353	1407	1420		
Leyton Baker's Arms (Lea Bridge Road)	0608	0639	0711	0728	0746	0806	every 12	0930	0943	0956	1009	every 13	1350	1404	1417	1431		
Whipps Cross Hospital Outpatients	0614	0646	0718	0736	0754	0814	minutes	0938	0951	1005	1018	minutes	1359	1413	1427	1441		
Leytonstone Station Plaza	0621	0653	0726	0744	0803	0823	until	0947	1000	1014	1027	until	1408	1423	1437	1452		
Aldersbrook Park Road	0628	0701	0734	0754	0813	0833		0957	1010	1024	1037		1418	1433	1448	1503		
Manor Park Station	0632	0705	0739	0759	0819	0839		1003	1016	1030	1043		1424	1439	1454	1509		
Ilford High Road Hainault Street	0641	0715	0750	0811	0832	0852		1016	1029	1042	1055		1436	1452	1509	1525		
Argall Avenue Industrial Estate	1419	1432			1721	1734	1747	1800	1812	1824	1836	1848	1900	1912	1924	1936	1948	2000
Walthamstow South Grove	1426	1439			1728	1741	1754	1807	1818	1830	1842	1854	1906	1918	1929	1941	1953	2005
Walthamstow Central Station	1433	1446	Then		1735	1748	1800	1813	1824	1836	1848	1859	1911	1923	1934	1946	1957	2009
Leyton Baker's Arms (Lea Bridge Road)	1444	1458	every 13		1747	1759	1812	1824	1835	1847	1858	1909	1920	1932	1943	1954	2006	2017
Whipps Cross Hospital Outpatients	1455	1509	minutes		1758	1810	1822	1834	1846	1857	1908	1919	1930	1941	1953	2004	2015	2026
Leytonstone Station Plaza	1506	1521	until		1810	1822	1834	1846	1856	1907	1918	1929	1940	1951	2001	2012	2023	2034
Aldersbrook Park Road	1518	1533			1822	1834	1845	1857	1907	1918	1929	1939	1950	2001	2011	2022	2032	2043
Manor Park Station	1524	1539			1828	1839	1851	1902	1913	1923	1934	1944	1955	2005	2016	2026	2037	2047
Ilford High Road Hainault Street	1541	1557			1846	1857	1908	1919	1929	1939	1949	1959	2009	2019	2029	2039	2049	2059
Argall Avenue Industrial Estate	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
Walthamstow South Grove	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340							
Walthamstow Central Station	2024	2044	2104	2124	2144	2204	2224	2244	2304	2324	2344							
Leyton Baker's Arms (Lea Bridge Road)	2031	2051	2111	2130	2150	2210	2230	2250	2310	2329	2349							
Whipps Cross Hospital Outpatients	2039	2059	2118	2138	2158	2217	2237	2256	2316	2336	2355							
Leytonstone Station Plaza	2047	2106	2126	2145	2205	2224	2244	2303	2323	2342	0002							
Aldersbrook Park Road	2055	2114	2134	2153	2212	2232	2251	2311	2330	2349	0009							
Manor Park Station	2059	2118	2138	2157	2216	2235	2255	2314	2333	2352	0012							
Ilford High Road Hainault Street	2111	2130	2149	2208	2227	2246	2305	2324	2343	0002	0021							

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