



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	1657	1717	1737	1757	1817	1837	1900	Then every 20 minutes until	2040	2100	2120	2140	2200	2220	2240	2300
Manor Park Station	1654	1714	1733	1753	1813	1833	1853	1915		2055	2112	2132	2152	2212	2232	2252	2310
Aldersbrook <i>Park Road</i>	1658	1718	1737	1757	1817	1837	1857	1919		2059	2116	2136	2156	2216	2236	2256	2314
Leytonstone Station <i>Plaza</i>	1712	1731	1750	1810	1830	1850	1908	1929		2109	2124	2144	2204	2224	2244	2304	2322
Whipps Cross Hospital <i>Outpatients</i>	1718	1737	1756	1816	1836	1856	1914	1935		2115	2130	2150	2210	2230	2250	2309	2327
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	1727	1746	1805	1825	1845	1905	1923	1944		2124	2139	2159	2218	2238	2258	2316	2334
Walthamstow Central Station	1732	1751	1810	1830	1850	1910	1928	1948		2128	2143	2203	2222	2242	2302	2320	2338
Walthamstow <i>South Grove</i>	1738	1757	1816	1835	1855	1915	1933	1953	2133	2149	2208	2227	2247	2307	2325	2343	
Argall Avenue Industrial Estate	1742	1801	1820	1839	1859	1919	1936	--	--	--	--	--	--	--	--	--	
Ilford High Road <i>Hainault Street</i>	2320	2340															
Manor Park Station	2330	2350															
Aldersbrook <i>Park Road</i>	2334	2354															
Leytonstone Station <i>Plaza</i>	2342	0002															
Whipps Cross Hospital <i>Outpatients</i>	2347	0007															
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	2354	0014															
Walthamstow Central Station	2358	0018															
Walthamstow <i>South Grove</i>	0003	0023															
Argall Avenue Industrial Estate	--	--															

# W19

## Walthamstow – Leytonstone – Ilford

W19		Mondays to Fridays																
Argall Avenue Industrial Estate	0555	0625	0650	0705	0720	0735	0746	0758	0810	0822	0834	0846	0858	0909	0920	0932	0944	0956
Walthamstow South Grove	0600	0630	0655	0710	0726	0741	0752	0804	0816	0828	0840	0852	0904	0915	0926	0938	0950	1002
Walthamstow Central Station	0603	0633	0658	0714	0730	0745	0757	0809	0821	0833	0845	0857	0909	0920	0931	0943	0955	1007
Leyton Baker's Arms (Lea Bridge Road)	0608	0638	0703	0719	0737	0753	0805	0817	0829	0841	0853	0905	0917	0928	0939	0951	1003	1015
Whipps Cross Hospital Outpatients	0614	0644	0709	0726	0745	0801	0813	0825	0837	0849	0901	0913	0925	0936	0947	0958	1010	1022
Leytonstone Station Plaza	0620	0650	0716	0734	0753	0810	0822	0834	0846	0858	0910	0922	0934	0944	0955	1006	1018	1030
Aldersbrook Park Road	0626	0656	0724	0743	0803	0820	0832	0844	0856	0908	0920	0932	0943	0953	1004	1015	1027	1039
Manor Park Station	0629	0659	0729	0749	0809	0826	0838	0850	0902	0914	0926	0938	0948	0958	1009	1020	1032	1044
Ilford High Road Hainault Street	0638	0709	0740	0802	0822	0839	0851	0903	0915	0927	0939	0950	1000	1010	1021	1032	1044	1056
Argall Avenue Industrial Estate	1007	1019	1030	Then every 12 minutes until	1254	1306	1317	1329	1341	1353	1405	1417	1428	1439	Then every 12 minutes until	1751		
Walthamstow South Grove	1013	1025	1036		1300	1312	1323	1335	1347	1359	1411	1423	1434	1445		1757		
Walthamstow Central Station	1018	1030	1041		1305	1317	1328	1340	1352	1404	1416	1428	1439	1450		1802		
Leyton Baker's Arms (Lea Bridge Road)	1026	1038	1049		1313	1325	1336	1348	1400	1412	1424	1436	1447	1459		1811		
Whipps Cross Hospital Outpatients	1033	1045	1056		1320	1332	1343	1355	1407	1419	1431	1443	1455	1507		1819		
Leytonstone Station Plaza	1041	1053	1104		1328	1340	1351	1403	1415	1428	1440	1452	1504	1516		1828		
Aldersbrook Park Road	1050	1102	1113		1337	1349	1401	1413	1426	1439	1451	1503	1515	1527		1839		
Manor Park Station	1055	1107	1118	1342	1353	1405	1417	1430	1443	1455	1507	1519	1531	1843				
Ilford High Road Hainault Street	1107	1119	1130	1354	1406	1418	1431	1445	1459	1511	1523	1535	1547	1859				
Argall Avenue Industrial Estate	1803	1815	1827	1839	1851	1903	1915	1928	1941	1957	--	--	--	--	--	--	--	--
Walthamstow South Grove	1809	1821	1833	1845	1857	1909	1921	1934	1947	2003	2020	2040	2100	2120	2140	2200	2220	2240
Walthamstow Central Station	1814	1826	1838	1850	1902	1914	1925	1938	1951	2006	2023	2043	2103	2123	2143	2203	2223	2243
Leyton Baker's Arms (Lea Bridge Road)	1823	1835	1846	1858	1910	1922	1933	1946	1958	2013	2030	2050	2110	2130	2150	2210	2230	2250
Whipps Cross Hospital Outpatients	1831	1843	1854	1906	1918	1929	1940	1953	2005	2019	2036	2056	2116	2136	2156	2216	2236	2256
Leytonstone Station Plaza	1840	1852	1903	1914	1925	1936	1947	2000	2011	2025	2042	2102	2122	2142	2202	2222	2242	2302
Aldersbrook Park Road	1851	1903	1913	1925	1935	1945	1955	2008	2019	2033	2050	2110	2130	2150	2210	2230	2250	2309
Manor Park Station	1855	1907	1917	1929	1939	1949	1959	2012	2023	2037	2054	2114	2134	2154	2214	2233	2253	2312
Ilford High Road Hainault Street	1909	1920	1930	1941	1951	2000	2010	2023	2034	2048	2105	2125	2144	2204	2224	2242	2302	2321
Argall Avenue Industrial Estate	--	--	--															
Walthamstow South Grove	2300	2320	2340															
Walthamstow Central Station	2303	2323	2343															
Leyton Baker's Arms (Lea Bridge Road)	2309	2329	2349															
Whipps Cross Hospital Outpatients	2315	2335	2355															
Leytonstone Station Plaza	2321	2341	0001															
Aldersbrook Park Road	2328	2348	0008															
Manor Park Station	2331	2351	0011															
Ilford High Road Hainault Street	2340	0000	0020															

W19		Saturdays (also Good Friday)																
Argall Avenue Industrial Estate	0555	0625	0655	0715	0735	0755	0805	0815	0825	0836	0848	0859	0910	0922	0934	0945	0957	1007
Walthamstow South Grove	0600	0630	0700	0720	0740	0800	0810	0820	0830	0841	0853	0904	0915	0927	0939	0950	1002	1012
Walthamstow Central Station	0603	0633	0703	0723	0743	0803	0813	0824	0834	0847	0857	0908	0920	0932	0944	0955	1007	1017
Leyton Baker's Arms (Lea Bridge Road)	0608	0638	0708	0728	0748	0808	0818	0829	0839	0851	0903	0914	0926	0938	0950	1001	1013	1024
Whipps Cross Hospital Outpatients	0613	0643	0713	0733	0753	0813	0824	0835	0845	0857	0909	0920	0932	0944	0956	1007	1019	1031
Leytonstone Station Plaza	0619	0649	0719	0739	0759	0819	0831	0842	0852	0904	0916	0928	0940	0952	1004	1015	1027	1039
Aldersbrook Park Road	0625	0655	0726	0746	0806	0826	0838	0849	0901	0913	0925	0937	0949	1001	1013	1025	1037	1049
Manor Park Station	0628	0658	0730	0750	0810	0830	0842	0854	0906	0918	0930	0942	0954	1006	1018	1030	1042	1054
Ilford High Road Hainault Street	0636	0706	0739	0759	0819	0840	0852	0905	0917	0929	0942	0954	1006	1018	1030	1042	1054	1106
Argall Avenue Industrial Estate	1018	1030	1042	1054	1106	1117	1128	1139	1150	Then every 12 minutes until	1626	1638	1650	1702	1714	1726	1738	
Walthamstow South Grove	1024	1036	1048	1100	1112	1123	1134	1145	1156		1632	1644	1656	1708	1720	1732	1744	
Walthamstow Central Station	1029	1041	1055	1107	1117	1128	1142	1154	1203		1639	1653	1705	1717	1729	1738	1750	
Leyton Baker's Arms (Lea Bridge Road)	1036	1048	1100	1112	1124	1135	1147	1159	1211		1647	1659	1711	1723	1735	1746	1758	
Whipps Cross Hospital Outpatients	1043	1055	1107	1119	1131	1142	1154	1206	1218		1654	1706	1718	1730	1742	1753	1805	
Leytonstone Station Plaza	1051	1103	1115	1127	1139	1150	1202	1214	1226		1702	1714	1725	1737	1749	1800	1812	
Aldersbrook Park Road	1101	1113	1125	1137	1149	1201	1213	1225	1237		1713	1725	1736	1748	1800	1811	1823	
Manor Park Station	1106	1118	1130	1142	1154	1206	1218	1230	1242		1718	1730	1741	1753	1805	1815	1827	
Ilford High Road Hainault Street	1118	1130	1143	1155	1208	1220	1232	1244	1256		1732	1744	1755	1807	1819	1829	1841	
Argall Avenue Industrial Estate	1750	1802	1814	1826	1838	1850	1902	1915	1930	1945	--	--	--	--	--	--	--	
Walthamstow South Grove	1756	1808	1820	1832	1844	1855	1907	1920	1935	1951	2005	2020	2040	2100	2120	2140	2200	2220
Walthamstow Central Station	1802	1814	1826	1838	1850	1900	1914	1925	1940	1955	2008	2023	2043	2103	2123	2144	2204	2224
Leyton Baker's Arms (Lea Bridge Road)	1810	1822	1834	1846	1857	1907	1919	1932	1947	2002	2014	2029	2049	2109	2129	2150	2210	2230
Whipps Cross Hospital Outpatients	1817	1829	1841	1853	1904	1914	1926	1939	1954	2008	2020	2035	2055	2115	2135	2156	2216	2236
Leytonstone Station Plaza	1824	1836	1848	1900	1911	1921	1933	1946	2001	2015	2027	2042	2102	2122	2141	2202	2222	2242
Aldersbrook Park Road	1835	1847	1858	1910	1921	1931	1943	1954	2009	2023	2035	2050	2110	2130	2149	2210	2230	2250
Manor Park Station	1839	1851	1902	1914	1925	1935	1947	1958	2013	2027	2039	2054	2114	2134	2153	2214	2233	2253
Ilford High Road Hainault Street	1853	1905	1916	1928	1939	1949	1959	2009	2024	2038	2050	2105	2125	2144	2203	2224	2242	2302
Argall Avenue Industrial Estate	--	--	--	--														
Walthamstow South Grove	2240	2300	2320	2340														
Walthamstow Central Station	2244	2304	2324	2344														
Leyton Baker's Arms (Lea Bridge Road)	2250	2309	2329	2349														
Whipps Cross Hospital Outpatients	2256	2315	2335	2355														
Leytonstone Station Plaza	2302	2321	2341	0001														
Aldersbrook Park Road	2309	2328	2348	0008														
Manor Park Station	2312	2331	2351	0011														
Ilford High Road Hainault Street	2321	2340	0000	0020														
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