

W19 Mondays to Fridays																		
Ilford High Road <i>Hainault Street</i>	0555	0625	0645		0741		0840		1833	1844	1855	1909	1924	1939	1959			
Manor Park Station	0604	0637	0658		0756		0856		1850	1901	1912	1924	1939	1954	2012			
Aldersbrook <i>Park Road</i>	0609	0642	0703	Then	0802	Then	0902	Then	1855	1906	1917	1928	1943	1958	2016			
Leytonstone Station <i>Plaza</i>	0618	0651	0712	about	0811	about	0913	about	1906	1917	1927	1938	1953	2006	2024			
Whipps Cross Hospital <i>Outpatients</i>	0624	0658	0719	every 10	0818	every 8-9	0920	every 10	1914	1924	1934	1945	2000	2012	2030			
Leyton Baker's Arms <i>(High Rd. Leyton)</i>	0633	0708	0729	minutes	0829	minutes	0931	minutes	1923	1933	1943	1954	2007	2019	2037			
Walthamstow Central Station	0642	0715	0736	until	0837	until	0939	until	1931	1941	1951	2002	2014	2026	2044			
Walthamstow <i>South Grove</i>	0647	0720	0741		0842		0944		1936	1946	1956	2006	2018	2030	2048			
Argall Avenue Industrial Estate	0652	0724	0745		0847		0949		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 Baker's Arms <i>(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	1046		
Manor Park Station	0604	0634	0704	0734	0754	0806	0818	0830	0843	0853	0904	0916	0927	0938	0950	1100		
Aldersbrook <i>Park Road</i>	0609	0639	0710	0740	0800	0812	0824	0837	0850	0900	0911	0923	0934	0945	0957	1106		
Leytonstone Station <i>Plaza</i>	0614	0644	0716	0746	0806	0818	0830	0843	0856	0907	0917	0930	0941	0952	1005	1114		
Whipps Cross Hospital <i>Outpatients</i>	0620	0650	0722	0752	0812	0824	0836	0849	0902	0913	0923	0937	0948	0959	1012	1120		
Leyton Baker's Arms <i>(High Rd. Leyton)</i>	0627	0657	0729	0759	0819	0831	0844	0857	0910	0921	0931	0946	0957	1008	1021	1129		
Walthamstow Central Station	0633	0703	0735	0803	0823	0835	0848	0901	0914	0926	0935	0950	1001	1012	1026	1134		
Walthamstow <i>South Grove</i>	0638	0708	0740	0808	0828	0840	0853	0909	0922	0934	0942	0957	1008	1019	1035	1143		
Argall Avenue Industrial Estate	0640	0710	0743	0810	0830	0842	0855	0911	0924	0936	0944	0959	1010	1021	1037	1147		
Ilford High Road <i>Hainault Street</i>	1057		1855	1909	1924	1939	1959	2019	2039	2059	2119	2139	2159	2219	2239	2300	2320	2340
Manor Park Station	1112	Then	1913	1925	1940	1955	2014	2033	2053	2111	2130	2150	2210	2229	2249	2310	2330	2350
Aldersbrook <i>Park Road</i>	1118	about	1918	1931	1946	2001	2020	2039	2059	2117	2136	2156	2215	2234	2254	2315	2335	2355
Leytonstone Station <i>Plaza</i>	1127	every	1927	1939	1954	2008	2027	2046	2106	2124	2143	2203	2221	2240	2300	2321	2341	0001
Whipps Cross Hospital <i>Outpatients</i>	1133	12	1932	1945	2000	2014	2033	2052	2111	2129	2148	2207	2225	2244	2304	2325	2345	0005
Leyton Baker's Arms <i>(High Rd. Leyton)</i>	1142	mins.	1941	1954	2008	2022	2041	2100	2119	2137	2156	2214	2232	2251	2311	2332	2352	0012
Walthamstow Central Station	1149	until	1948	2002	2015	2029	2048	2107	2126	2144	2203	2221	2239	2258	2317	2339	2358	0018
Walthamstow <i>South Grove</i>	1159		1956	2009	2022	2036	2055	2113	2132	2150	2208	2226	2244	2302	2321	2343	0002	0022
Argall Avenue Industrial Estate	1203		2000	2012	2025	2039	2058	2116	2135	2153	2211	2229	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 Baker's Arms <i>(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			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	Then		1746	1807	1826	1846	1906	1924	1942	2002	2022
Leytonstone Station <i>Plaza</i>	1350	1410	1430	1450	1509	1528	1549	every 20		1749	1810	1829	1849	1909	1928	1946	2006	2026
Whipps Cross Hospital <i>Outpatients</i>	1356	1416	1436	1456	1515	1534	1555	minutes		1755	1815	1834	1854	1914	1934	1952	2011	2031
Leyton Baker's Arms <i>(High Rd. Leyton)</i>	1405	1425	1445	1505	1524	1543	1605	until		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 Baker's Arms <i>(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							

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Walthamstow – Leytonstone – Ilford

W19 Mondays to Fridays																			
Argall Avenue Industrial Estate	0555	0625	0655	0715	0735	0754			1621	1631			1831	1842	1853	1904	1915	1925	
Walthamstow South Grove	0600	0631	0701	0720	0740	0759			1627	1637			1836	1847	1858	1909	1920	1930	
Walthamstow Central Station	0604	0636	0706	0725	0745	0804	Then		1635	1645	Then		1843	1854	1904	1914	1925	1935	
Leyton Baker's Arms (Lea Bridge Road)	0610	0643	0714	0733	0753	0812	about		1644	1655	about		1851	1902	1912	1922	1933	1943	
Whipps Cross Hospital Outpatients	0617	0651	0722	0741	0801	0821	every 10		1654	1705	every 10		1900	1911	1921	1931	1942	1952	
Leytonstone Station Plaza	0624	0659	0731	0750	0810	0830	minutes		1703	1715	minutes		1907	1918	1928	1939	1950	2000	
Aldersbrook Park Road	0632	0708	0740	0800	0820	0840	until		1714	1726	until		1916	1927	1937	1948	1958	2007	
Manor Park Station	0637	0714	0746	0804	0824	0844			1718	1732			1922	1933	1943	1954	2004	2013	
Ilford High Road Hainault Street	0648	0726	0758	0816	0836	0856			1737	1752			1934	1945	1955	2006	2015	2024	
Argall Avenue Industrial Estate	1935	1945	1959	2016	2036	2056	2116	2136	2156	2216	2236	2256	2316	2336					
Walthamstow South Grove	1940	1950	2004	2021	2041	2101	2120	2140	2200	2220	2240	2300	2320	2340					
Walthamstow Central Station	1945	1955	2009	2026	2046	2105	2124	2144	2203	2223	2243	2303	2323	2345					
Leyton Baker's Arms (Lea Bridge Road)	1953	2003	2015	2034	2054	2113	2132	2152	2210	2230	2250	2310	2330	2352					
Whipps Cross Hospital Outpatients	2002	2012	2023	2042	2102	2120	2139	2159	2216	2236	2256	2315	2335	2357					
Leytonstone Station Plaza	2010	2020	2031	2050	2109	2127	2146	2206	2222	2242	2302	2320	2340	0002					
Aldersbrook Park Road	2017	2027	2038	2057	2116	2134	2153	2213	2229	2249	2308	2326	2346	0008					
Manor Park Station	2023	2033	2044	2102	2121	2139	2158	2218	2232	2252	2311	2329	2349	0011					
Ilford High Road Hainault Street	2034	2044	2055	2113	2131	2149	2208	2227	2241	2301	2319	2337	2357	0019					
W19 Saturdays (also Good Friday)																			
Argall Avenue Industrial Estate	0555	0625	0655	0715	0735	0755	0807	0819		1144	1155	1207		1355	1407			1655	
Walthamstow South Grove	0600	0631	0701	0721	0741	0801	0813	0825	Then	1150	1201	1213		1401	1413	Then		1701	
Walthamstow Central Station	0603	0634	0704	0724	0744	0804	0817	0829	about	1200	1211	1223	Then	1411	1423	Then		1711	
Leyton Baker's Arms (Lea Bridge Road)	0608	0639	0709	0729	0749	0809	0822	0834	every	1209	1218	1232	every 12	1420	1432	every		1720	
Whipps Cross Hospital Outpatients	0613	0645	0715	0735	0755	0815	0828	0840	12	1219	1228	1242	minutes	1430	1442	12		1730	
Leytonstone Station Plaza	0618	0651	0721	0741	0801	0821	0834	0846	mins.	1227	1235	1250	until	1438	1450	mins.		1738	
Aldersbrook Park Road	0622	0656	0726	0746	0806	0826	0839	0852	until	1236	1243	1259		1447	1459	until		1747	
Manor Park Station	0627	0701	0731	0750	0810	0831	0844	0858		1241	1248	1304		1452	1506			1754	
Ilford High Road Hainault Street	0635	0709	0739	0759	0819	0842	0854	0909		1255	1302	1318		1506	1523			1811	
Argall Avenue Industrial Estate	1707			1900	1915	1930	1945	2000	2015	2035	2055	2115	2135	2155	2215	2235	2255	2315	2335
Walthamstow South Grove	1713	Then		1905	1920	1934	1949	2005	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340
Walthamstow Central Station	1722	about		1913	1927	1942	1956	2011	2026	2046	2104	2124	2144	2203	2223	2243	2303	2323	2343
Leyton Baker's Arms (Lea Bridge Road)	1731	every		1922	1935	1949	2003	2019	2034	2054	2112	2132	2152	2210	2230	2250	2309	2329	2349
Whipps Cross Hospital Outpatients	1741	12		1931	1944	1957	2011	2027	2042	2102	2120	2140	2200	2216	2236	2256	2314	2334	2354
Leytonstone Station Plaza	1749	mins.		1938	1950	2003	2017	2035	2050	2110	2128	2148	2207	2223	2243	2303	2320	2340	0000
Aldersbrook Park Road	1758	until		1946	1958	2011	2025	2043	2058	2117	2135	2155	2214	2230	2250	2309	2326	2346	0006
Manor Park Station	1805			1951	2003	2015	2030	2047	2102	2121	2139	2159	2218	2234	2254	2312	2329	2349	0009
Ilford High Road Hainault Street	1822			2003	2016	2025	2042	2058	2112	2131	2149	2208	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			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	Then		1624	1646	1706	1724	1744	1805	1825	1845	1905	1925	1944	2004	2024	2044	2104	
Leyton Baker's Arms (Lea Bridge Road)	1414	every 20		1634	1658	1717	1735	1755	1813	1833	1853	1912	1932	1951	2011	2031	2051	2110	
Whipps Cross Hospital Outpatients	1421	minutes		1641	1705	1724	1742	1802	1820	1840	1900	1919	1939	1958	2018	2038	2058	2116	
Leytonstone Station Plaza	1431	until		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											