

W19		Mondays to Fridays																		
Ilford High Road <i>Hainault Street</i>	0555	0625	0645		0735		0835		0927		1321	1334	1347	1400	1413	1426		1715		
Manor Park Station	0605	0636	0657	<i>Then</i>	0752		0852	<i>Then</i>	0942		1336	1349	1402	1416	1429	1442		1731		
Aldersbrook <i>Park Road</i>	0609	0640	0702	<i>about</i>	0757	<i>Then</i>	0857	<i>about</i>	0947	<i>Then</i>	1341	1354	1408	1421	1435	1448	<i>Then</i>	1737		
Leytonstone Station <i>Plaza</i>	0617	0649	0711	<i>every</i>	0809	<i>every</i>	0909	<i>every</i>	0958	<i>every</i>	1352	1406	1420	1434	1448	1502	<i>every</i>	1751		
Whipps Cross Hospital <i>Outpatients</i>	0622	0654	0717	12	0816	10	0916	13	1005	13	1359	1413	1427	1442	1456	1510	13	1759		
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	0630	0703	0726	<i>mins.</i>	0826	<i>mins.</i>	0926	<i>mins.</i>	1015	<i>mins.</i>	1409	1424	1439	1453	1508	1523	<i>mins.</i>	1812		
Walthamstow Central Station	0637	0711	0735	<i>until</i>	0839	<i>until</i>	0939	<i>until</i>	1028	<i>until</i>	1422	1438	1453	1509	1524	1540	<i>until</i>	1829		
Walthamstow <i>South Grove</i>	0641	0715	0740		0844		0944		1034		1428	1444	1459	1515	1530	1546		1835		
Argall Avenue Industrial Estate	0645	0719	0744		0849		0949		1039		1433	1449	1505	1520	1536	1552		1841		
Ilford High Road <i>Hainault Street</i>	1728		1846	1859	1914	1929	1944	2004	2024	2044	2104	2124	2144	2204	2224	2244		2344		
Manor Park Station	1744	<i>Then</i>	1900	1913	1927	1942	1957	2017	2036	2056	2116	2135	2155	2215	2235	2254	<i>Then</i>	2354		
Aldersbrook <i>Park Road</i>	1750	<i>about</i>	1906	1919	1933	1948	2003	2022	2041	2100	2120	2139	2159	2219	2239	2258	<i>Then</i>	2358		
Leytonstone Station <i>Plaza</i>	1804	<i>every</i>	1920	1932	1946	2001	2015	2033	2050	2108	2128	2147	2207	2227	2247	2306	20	0006		
Whipps Cross Hospital <i>Outpatients</i>	1811	13	1927	1939	1953	2008	2022	2039	2057	2114	2134	2153	2213	2232	2252	2312	<i>mins.</i>	0011		
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	1824	<i>mins.</i>	1938	1950	2004	2018	2032	2049	2105	2122	2141	2201	2220	2240	2259	2319	<i>until</i>	0018		
Walthamstow Central Station	1840	<i>until</i>	1947	1958	2011	2025	2038	2055	2111	2128	2147	2207	2226	2246	2305	2325		0024		
Walthamstow <i>South Grove</i>	1846		1952	2003	2016	2029	2042	2058	2115	2131	2150	2210	2229	2249	2308	2328		0027		
Argall Avenue Industrial Estate	1852		1956	--	--	--	--	--	--	--	--	--	--	--	--	--		--		
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					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		<i>Then</i>			1643	1656	1709	1721	1734	1747	1800	1813	1826	1838
Leytonstone Station <i>Plaza</i>	1051	1103	1117	1131	1144	1158		<i>every 13</i>			1657	1710	1722	1734	1747	1759	1812	1824	1837	1849
Whipps Cross Hospital <i>Outpatients</i>	1057	1109	1123	1137	1150	1204		<i>minutes</i>			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		<i>until</i>			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			1557	1617	1637	
Manor Park Station	0715	0745	0815	0840	0907	0926	0946	1004	1021	1038	1058	1117	1134	1154			1614	1634	1654	
Aldersbrook <i>Park Road</i>	0718	0748	0818	0844	0911	0930	0950	1008	1025	1042	1102	1121	1138	1158	<i>Then</i>		1618	1638	1658	
Leytonstone Station <i>Plaza</i>	0726	0756	0826	0852	0919	0938	0958	1016	1033	1053	1113	1132	1152	1212	<i>every</i>		1632	1652	1712	
Whipps Cross Hospital <i>Outpatients</i>	0731	0801	0831	0857	0924	0943	1003	1021	1039	1059	1119	1138	1158	1218	20		1638	1658	1718	
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	0738	0808	0838	0904	0931	0951	1011	1029	1048	1108	1128	1148	1208	1228	<i>mins.</i>		1648	1708	1727	
Walthamstow Central Station	0741	0811	0842	0908	0936	0956	1016	1034	1054	1114	1134	1154	1214	1234	<i>until</i>		1654	1714	1732	
Walthamstow <i>South Grove</i>	0746	0816	0847	0913	0942	1002	1022	1041	1101	1121	1141	1201	1221	1241			1701	1720	1738	
Argall Avenue Industrial Estate	0749	0819	0851	0917	0946	1006	1026	1046	1106	1126	1146	1206	1226	1246			1706	1724	1742	
Ilford High Road <i>Hainault Street</i>	1658	1719		1819	1841	1903	1924	1944	2004	2024	2044	2104			2224	2244	2304	2324	2344	
Manor Park Station	1715	1735		1835	1857	1918	1939	1959	2019	2038	2057	2116			2236	2256	2314	2334	2354	
Aldersbrook <i>Park Road</i>	1719	1739	<i>about</i>	1839	1901	1922	1943	2003	2023	2042	2101	2120		<i>Then</i>	2240	2300	2318	2338	2358	
Leytonstone Station <i>Plaza</i>	1732	1752	<i>every</i>	1852	1912	1933	1953	2013	2032	2050	2109	2128		<i>every</i>	2248	2308	2326	2346	0006	
Whipps Cross Hospital <i>Outpatients</i>	1738	1758	20	1858	1918	1939	1959	2019	2038	2056	2115	2134		20	2254	2313	2331	2351	0011	
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	1747	1807	<i>mins.</i>	1907	1927	1948	2008	2028	2046	2104	2123	2142		<i>mins.</i>	2302	2320	2338	2358	0018	
Walthamstow Central Station	1752	1812	<i>until</i>	1912	1932	1952	2012	2032	2050	2108	21									

W19		Mondays to Fridays																	
Argall Avenue Industrial Estate	0555	0625	0655	0711	0727	0747		0911	0923	0935	0947		1328	1341	1354	1407	1419		
Walthamstow South Grove	0600	0630	0700	0717	0733	0753		0917	0929	0941	0953		1334	1347	1400	1413	1426		
Walthamstow Central Station	0603	0633	0704	0721	0738	0758	<i>Then</i>	0922	0934	0947	0959	<i>Then</i>	1340	1353	1407	1420	1433		
Leyton Baker's Arms (Lea Bridge Road)	0608	0639	0711	0728	0746	0806	<i>every</i>	0930	0943	0956	1009	<i>every 13</i>	1350	1404	1417	1431	1444		
Whipps Cross Hospital Outpatients	0614	0646	0718	0736	0754	0814	<i>12</i>	0938	0951	1005	1018	<i>minutes</i>	1359	1413	1427	1441	1455		
Leytonstone Station Plaza	0621	0653	0726	0744	0803	0823	<i>mins.</i>	0947	1000	1014	1027	<i>until</i>	1408	1423	1437	1452	1506		
Aldersbrook Park Road	0628	0701	0734	0754	0813	0833	<i>until</i>	0957	1010	1024	1037		1418	1433	1448	1503	1518		
Manor Park Station	0632	0705	0739	0759	0819	0839		1003	1016	1030	1043		1424	1439	1454	1509	1524		
Ilford High Road Hainault Street	0641	0715	0750	0811	0832	0852		1016	1029	1042	1055		1436	1452	1509	1525	1541		

Argall Avenue Industrial Estate	1432		1721		1800		2000	--	--	--	--	--	--	--	--	--	--	
Walthamstow South Grove	1439		1728	<i>Then</i>	1807	<i>Then</i>	2005	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340
Walthamstow Central Station	1446	<i>Then</i>	1735	<i>about</i>	1813	<i>about</i>	2009	2024	2044	2104	2124	2144	2204	2224	2244	2304	2324	2344
Leyton Baker's Arms (Lea Bridge Road)	1458	<i>every</i>	1747	<i>every</i>	1824	<i>every</i>	2017	2031	2051	2111	2130	2150	2210	2230	2250	2310	2329	2349
Whipps Cross Hospital Outpatients	1509	<i>13</i>	1758	<i>13</i>	1834	<i>12</i>	2026	2039	2059	2118	2138	2158	2217	2237	2256	2316	2336	2355
Leytonstone Station Plaza	1521	<i>mins.</i>	1810	<i>mins.</i>	1846	<i>mins.</i>	2034	2047	2106	2126	2145	2205	2224	2244	2303	2323	2342	0002
Aldersbrook Park Road	1533	<i>until</i>	1822	<i>until</i>	1857	<i>until</i>	2043	2055	2114	2134	2153	2212	2232	2251	2311	2330	2349	0009
Manor Park Station	1539		1828		1902		2047	2059	2118	2138	2157	2216	2235	2255	2314	2333	2352	0012
Ilford High Road Hainault Street	1557		1846		1919		2059	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		1656	1709	1722	1735	1748	1800	1812	1824
Walthamstow South Grove	1023	1034	1045	1057	1110	1123	1136	1149	1203		1702	1714	1727	1740	1753	1805	1817	1829
Walthamstow Central Station	1030	1041	1052	1104	1118	1131	1144	1157	1211	<i>Then</i>	1710	1722	1735	1748	1800	1812	1824	1836
Leyton Baker's Arms (Lea Bridge Road)	1039	1050	1102	1114	1128	1141	1155	1208	1222	<i>every</i>	1721	1733	1746	1758	1811	1822	1834	1845
Whipps Cross Hospital Outpatients	1047	1058	1110	1122	1136	1150	1203	1217	1231	<i>13</i>	1730	1742	1754	1807	1819	1830	1842	1853
Leytonstone Station Plaza	1054	1105	1117	1130	1144	1157	1211	1225	1239	<i>mins.</i>	1738	1750	1802	1814	1827	1838	1849	1901
Aldersbrook Park Road	1103	1115	1127	1140	1154	1208	1222	1236	1250	<i>until</i>	1749	1801	1813	1825	1837	1848	1859	1911
Manor Park Station	1108	1120	1132	1145	1159	1213	1227	1241	1255		1754	1806	1818	1830	1842	1853	1904	1915
Ilford High Road Hainault Street	1120	1132	1144	1157	1212	1226	1240	1254	1309		1808	1819	1831	1843	1855	1906	1917	1928

Argall Avenue Industrial Estate	1836	1848	1900	1915	1930	1945	2000	--	--	--	--	--	--	--	--	--	--	--
Walthamstow South Grove	1841	1853	1905	1920	1935	1950	2005	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340
Walthamstow Central Station	1847	1859	1911	1925	1940	1955	2010	2025	2044	2104	2124	2144	2204	2224	2244	2304	2324	2344
Leyton Baker's Arms (Lea Bridge Road)	1857	1908	1920	1934	1949	2003	2018	2033	2052	2112	2132	2151	2211	2231	2250	2310	2330	2350
Whipps Cross Hospital Outpatients	1904	1916	1927	1941	1956	2010	2025	2040	2059	2119	2138	2158	2218	2237	2257	2316	2336	2356
Leytonstone Station Plaza	1912	1923	1934	1949	2003	2017	2032	2047	2106	2126	2145	2205	2224	2244	2303	2323	2342	0002
Aldersbrook Park Road	1922	1933	1944	1958	2012	2026	2041	2056	2115	2134	2153	2213	2232	2251	2311	2330	2349	0009
Manor Park Station	1926	1937	1948	2002	2016	2030	2045	2100	2119	2138	2157	2216	2236	2255	2314	2333	2352	0012
Ilford High Road Hainault Street	1938	1949	2000	2014	2028	2042	2056	2111	2130	2149	2208	2227	2246	2305	2324	2343	0002	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		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	<i>Then</i>	1648	1708	1728	1748		
Leyton Baker's Arms (Lea Bridge Road)	0748	0818	0848	0917	0943	1001	1019	1039	1058	1116	1136	1156	<i>every 20</i>	1656	1716	1736	1756		
Whipps Cross Hospital Outpatients	0753	0823	0853	0922	0949	1007	1026	1046	1105	1123	1143	1203	<i>minutes</i>	1703	1723	1743	1803		
Leytonstone Station Plaza	0759	0829	0859	0928	0955	1014	1034	1054	1113	1131	1151	1211	<i>until</i>	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												