

179		Mondays to Fridays																					
Chingford Station	0455	0515	0535	0555	0615	0630	0645	0655	0708	0722	0735	0748	0803	0818	0834	0850	0905	0920	0935	0949	1004		
Woodford Wells Horse & Well	0501	0521	0541	0601	0621	0636	0651	0702	0715	0730	0743	0756	0811	0826	0842	0858	0913	0928	0943	0957	1012		
Woodford Green Castle	0503	0523	0543	0603	0623	0638	0653	0705	0718	0733	0747	0800	0815	0830	0846	0902	0916	0931	0946	1000	1015		
Sth Woodford Stn. Cowslip Rd.	0510	0530	0550	0610	0630	0645	0700	0712	0726	0741	0755	0809	0824	0839	0855	0911	0925	0939	0954	1008	1023		
Charlie Brown's Roundabout	0513	0533	0553	0613	0633	0648	0704	0716	0730	0745	0759	0813	0828	0843	0859	0915	0929	0943	0958	1012	1027		
Gants Hill Station	0521	0543	0605	0626	0648	0705	0724	0738	0753	0808	0823	0837	0852	0907	0923	0938	0951	1004	1019	1033	1048		
Ilford Station	0529	0551	0613	0635	0658	0718	0736	0751	0806	0821	0836	0850	0905	0920	0936	0951	1004	1017	1032	1046	1101		
Ilford Lane Loxford Lane	0534	0556	0618	0640	0704	0724	0743	0758	0813	0828	0844	0858	0913	0928	0943	0958	1011	1024	1039	1053	1108		
Barking Station	0538	0600	0622	0644	0708	0728	0747	0802	0817	0832	0848	0902	0917	0932	0947	1002	1015	1028	1043	1057	1112		
Barking London Road	0540	0602	0624	0646	0710	0730	0750	0805	0820	0835	0851	0905	0920	0935	0949	1004	1017	1030	1045	1059	1114		
Chingford Station	1019			1204	1219	1234	1249	1304	1319	1334	1349	1405		1450	1505	1520	1535	1550	1604		1719		
Woodford Wells Horse & Well	1027			1212	1227	1242	1257	1312	1327	1343	1358	1414		1459	1514	1529	1544	1559	1613		1728		
Woodford Green Castle	1030			1215	1230	1245	1300	1315	1330	1346	1401	1417	Then every 15 mins. until	1502	1517	1532	1547	1602	1616	Then every 15 mins. until	1731		
Sth Woodford Stn. Cowslip Rd.	1038	Then every 15 minutes until		1223	1238	1253	1308	1323	1338	1354	1409	1425		1510	1525	1541	1556	1611	1625	every 15 mins. until	1740		
Charlie Brown's Roundabout	1042			1227	1242	1257	1312	1327	1342	1358	1413	1429		1514	1529	1545	1600	1615	1630		1745		
Gants Hill Station	1103			1248	1303	1318	1333	1349	1404	1420	1435	1451		1536	1551	1607	1623	1638	1653		1808		
Ilford Station	1116			1301	1316	1331	1346	1402	1417	1433	1448	1504		1549	1604	1620	1636	1651	1706	until	1821		
Ilford Lane Loxford Lane	1123			1308	1323	1338	1353	1409	1424	1440	1455	1511		1556	1612	1628	1644	1659	1714		1829		
Barking Station	1127			1312	1328	1343	1358	1414	1429	1445	1500	1516		1601	1617	1633	1649	1704	1719		1834		
Barking London Road	1129			1314	1330	1345	1400	1416	1431	1447	1502	1518		1603	1619	1635	1651	1706	1721		1836		
Chingford Station	1734	1749	1806	1823	1840	1855	1910	1925	1940	2000	2020	2040		2140	2200	2220	2240		0000	0020	0040		
Woodford Wells Horse & Well	1743	1758	1815	1832	1848	1902	1917	1931	1946	2006	2026	2046		2146	2206	2226	2246		0006	0025	0045		
Woodford Green Castle	1746	1801	1818	1835	1850	1904	1919	1933	1948	2008	2028	2048	Then every 20 mins. until	2148	2208	2228	2248	Then every 20 mins. until	0008	0027	0047		
Sth Woodford Stn. Cowslip Rd.	1755	1810	1826	1843	1857	1911	1926	1939	1954	2014	2034	2054		2154	2214	2234	2254	every 20 mins. until	0014	0033	0053		
Charlie Brown's Roundabout	1800	1815	1830	1847	1901	1915	1930	1943	1957	2017	2037	2057		2157	2217	2237	2257	20 mins. until	0017	0036	0056		
Gants Hill Station	1823	1838	1853	1908	1921	1934	1948	2000	2013	2031	2051	2111		2211	2229	2247	2306	mins. until	0026	0044	0104		
Ilford Station	1836	1851	1906	1921	1933	1945	1958	2009	2021	2039	2059	2119		2219	2237	2255	2314	until	0034	0052	0112		
Ilford Lane Loxford Lane	1844	1859	1914	1929	1941	1952	2005	2016	2028	2046	2106	2125		2225	2243	2301	2320		0040	0057	0117		
Barking Station	1848	1903	1917	1932	1944	1955	2008	2019	2031	2049	2109	2128		2228	2246	2304	2323		0043	0100	0120		
Barking London Road	1850	1905	1919	1934	1946	1957	2010	2021	2033	2051	2111	2130		2230	2248	2306	2325		0045	0102	0122		
179		Saturdays (also Good Friday)																					
Chingford Station	0455			0655	0715	0735	0750	0805	0817	0829	0842	0854	0907	0919	0931	0942		1027	1041		1626	1641	
Woodford Wells Horse & Well	0501			0701	0721	0741	0756	0811	0824	0836	0849	0901	0914	0926	0938	0950		1035	1049		1634	1649	
Woodford Green Castle	0503	Then every 20 mins. until		0703	0723	0743	0758	0813	0826	0838	0851	0903	0916	0928	0941	0953	Then every 15 mins. until	1038	1052	Then every 15 mins. until	1637	1652	
Sth Woodford Stn. Cowslip Rd.	0510			0710	0730	0750	0805	0820	0833	0845	0858	0911	0924	0936	0949	1002	every 15 mins. until	1047	1101	every 15 mins. until	1646	1701	
Charlie Brown's Roundabout	0513			0713	0733	0753	0808	0823	0836	0849	0902	0915	0928	0940	0953	1006		1051	1105	15 mins. until	1650	1705	
Gants Hill Station	0521			0721	0741	0802	0818	0834	0848	0902	0916	0930	0945	1000	1015	1030	mins. until	1115	1129	mins. until	1714	1729	
Ilford Station	0529			0729	0749	0810	0826	0843	0858	0913	0928	0943	0958	1013	1028	1043		1128	1142	until	1727	1742	
Ilford Lane Loxford Lane	0534			0734	0755	0816	0832	0849	0904	0919	0934	0949	1005	1020	1035	1051		1136	1150		1735	1750	
Barking Station	0538			0738	0759	0820	0836	0853	0908	0923	0938	0953	1009	1024	1039	1055		1140	1154		1739	1753	
Barking London Road	0540			0740	0801	0822	0838	0855	0910	0925	0940	0956	1012	1027	1042	1058		1143	1157		1742	1755	
Chingford Station	1658	1714	1733	1751	1811	1829	1846	1902	1918	1934	1949	2004	2020		2140	2200	2220	2240		0000	0020		
Woodford Wells Horse & Well	1706	1722	1740	1758	1818	1836	1852	1908	1924	1940	1955	2010	2026		2146	2206	2226	2246		0006	0025		
Woodford Green Castle	1709	1725	1742	1800	1820	1838	1854	1910	1926	1942	1957	2012	2028	Then every 20 mins. until	2148	2208	2228	2248	Then every 20 mins. until	0008	0027		
Sth Woodford Stn. Cowslip Rd.	1718	1733	1750	1807	1827	1845	1900	1916	1932	1948	2003	2018	2034		2154	2214	2234	2254	every 20 mins. until	0014	0033		
Charlie Brown's Roundabout	1722	1737	1754	1811	1831	1849	1904	1919	1935	1951	2006	2021	2037		2157	2217	2237	2257	20 mins. until	0017	0036		
Gants Hill Station	1745	1800	1815	1830	1846	1902	1917	1932	1948	2004	2019	2034	2050		2210	2229	2247	2306	mins. until	0026	0044		
Ilford Station	1758	1813	1828	1843	1858	1913	1928	1943	1958	2013	2028	2043	2059	until	2219	2237	2255	2314	until	0034	0052		
Ilford Lane Loxford Lane	1806	1821	1836	1851	1905	1920	1935	1950	2005	2020	2034	2049	2105		2225	2243	2301	2320		0040	0057		
Barking Station	1809	1824	1839	1854	1908	1923	1938	1953	2008	2023	2037	2052	2108		2228	2246	2304	2323		0043	0100		
Barking London Road	1811	1826	1841	1856	1910	1925	1940	1955	2010	2025	2039	2054	2110		2230	2248	2306	2325		0045	0102		
179		Sat. Sundays and other Public Holidays (except Christmas Day and Boxing Day)																					
Chingford Station	0040	0631			0801	0828	0845	0903	0920	0937	0954	1014	1034	1054					1634	1654	1714	1734	1756
Woodford Wells Horse & Well	0045	0637			0807	0834	0851	0909	0926	0943	1000	1020	1041	1101					1641	1701	1721	1741	1803
Woodford Green Castle	0047	0639			0809	0836	0853	0911	0928	0945	1002	1022	1043	1103					1643	1703	1723	1743	1805
Sth Woodford Stn. Cowslip Rd.	0053	0646	Then every 30 minutes until		0816	0843	0900	0918	0935	0952	1009	1029	1050	1111	Then every 20 minutes until				1651	1711	1730	1750	1812
Charlie Brown's Roundabout	0056	0649			0819	0846	0903	0921	0938	0955	1012	1033	1054	1115					1655	1715	1734	1754	1815
Gants Hill Station	0104	0657			0827	0854	0914	0933	0952	1010	1029	1050	1111	1132					1712	1732	1751	1811	1830
Ilford Station	0112	0705			0835	0902	0922	0942	1002	1022	1042	1103	1124	1145					1725	1745	1804	1823	1842
Ilford Lane Loxford Lane	0117	0710			0840	0908	0928	0949	1009	1029	1049	1110	1131	1152					1732	1752	1811	1830	1849
Barking Station	0120	0714			0844	0912	0932	0953	1013	1033	1053	1114	1135	1156					1736	1755	1814	1833	1852
Barking London Road	0122	0716			0846	0914	0934	0955	1015	1035	1055	1116	1137	1158					1738	1757	1816	1835	1854
Chingford Station	1818	1840	1900	1920	1940				2140	2200	2220	2240							0000	0020	0040		
Woodford Wells Horse & Well	1824	1846	1906	1926	1946				2146	2206	2226	2246							0006	0025	0045		
Woodford Green Castle																							

179		Mondays to Fridays																			
Barking London Road	0500	0520	0540	0600	0620	0635	0645	0656	0709	0722	0736	0749	0803	0818	0834	0850	0906	0922	Then every 15 minutes until	1152	
Barking Station	0502	0522	0542	0602	0622	0637	0647	0658	0711	0725	0739	0752	0806	0821	0837	0853	0909	0925		1155	
Ilford Lane Loxford Lane	0505	0525	0545	0605	0625	0640	0650	0701	0714	0728	0742	0756	0810	0825	0841	0857	0912	0928		1158	
Ilford Station	0510	0530	0550	0610	0630	0645	0656	0708	0722	0736	0751	0805	0819	0834	0850	0906	0921	0936		1206	
Gants Hill Station	0520	0541	0603	0625	0646	0704	0716	0730	0744	0758	0813	0828	0842	0857	0913	0928	0943	0958		1228	
Charlie Brown's Roundabout	0527	0548	0610	0632	0654	0714	0728	0742	0757	0811	0826	0841	0855	0910	0925	0941	0956	1011		1241	
Sth Woodford Stn. George Lane	0530	0551	0613	0635	0657	0717	0731	0746	0801	0815	0830	0845	0900	0915	0930	0945	1000	1015		1245	
Woodford Green Castle	0535	0556	0618	0640	0702	0722	0737	0752	0807	0822	0837	0852	0907	0922	0937	0952	1007	1022		1252	
Woodford Wells Horse & Well	0537	0558	0620	0642	0704	0724	0739	0754	0809	0824	0840	0855	0910	0925	0940	0955	1010	1025		1255	
Chingford Station	0543	0604	0626	0648	0710	0731	0746	0801	0816	0832	0848	0903	0918	0933	0947	1002	1017	1032		1302	
Barking London Road	1206	1221	1236	1251	1306	1320	Then every 15 minutes until	1450	1504	1518	1532	1546	1600	Then every 15 minutes until	1730	1746	1801	1820	1835		
Barking Station	1209	1224	1239	1254	1309	1323		1453	1507	1521	1535	1549	1603		1733	1749	1804	1823	1838		
Ilford Lane Loxford Lane	1212	1227	1242	1257	1312	1326		1456	1510	1524	1538	1552	1607		1737	1753	1808	1826	1841		
Ilford Station	1221	1236	1251	1306	1321	1335		1505	1519	1533	1547	1602	1617		1747	1802	1817	1834	1849		
Gants Hill Station	1243	1258	1313	1328	1343	1358		1528	1542	1556	1610	1625	1640		1810	1825	1840	1857	1912		
Charlie Brown's Roundabout	1256	1311	1326	1341	1356	1411		1541	1555	1609	1624	1639	1654		1824	1839	1854	1910	1925		
Sth Woodford Stn. George Lane	1300	1315	1330	1345	1400	1415		1545	1559	1613	1628	1643	1658		1828	1843	1858	1914	1929		
Woodford Green Castle	1307	1322	1337	1352	1407	1422		1552	1607	1622	1637	1652	1707		1837	1852	1907	1922	1937		
Woodford Wells Horse & Well	1310	1325	1340	1355	1410	1425		1555	1610	1625	1640	1655	1710		1840	1855	1909	1924	1939		
Chingford Station	1317	1332	1347	1403	1418	1433		1603	1618	1633	1648	1703	1718		1848	1902	1916	1931	1946		
Barking London Road	1857	1916	1933	1953	2013	2030	2050	2110	2130	2150	2210	Then every 20 minutes until	2350	0010	0030	0050	Then every 20 minutes until	0001	0020	0040	0100
Barking Station	1859	1918	1935	1955	2015	2032	2052	2112	2132	2152	2212		2352	0012	0032	0052		0002	0012	0032	0052
Ilford Lane Loxford Lane	1902	1921	1938	1958	2018	2034	2054	2114	2134	2154	2214		2354	0014	0034	0054		0003	0014	0034	0054
Ilford Station	1910	1929	1945	2005	2025	2041	2101	2121	2141	2201	2221		0001	0020	0040	0100		0001	0020	0040	0100
Gants Hill Station	1930	1948	2004	2022	2040	2056	2116	2136	2155	2213	2231		0011	0029	0049	0109		0011	0029	0049	0109
Charlie Brown's Roundabout	1941	1957	2013	2030	2048	2104	2124	2144	2203	2221	2239		0019	0036	0056	0116		0019	0036	0056	0116
Sth Woodford Stn. George Lane	1945	2001	2016	2033	2051	2107	2127	2147	2206	2224	2242		0022	0039	0059	0119		0022	0039	0059	0119
Woodford Green Castle	1952	2007	2022	2038	2056	2112	2132	2152	2211	2229	2247		0027	0044	0104	0124		0027	0044	0104	0124
Woodford Wells Horse & Well	1954	2009	2024	2040	2058	2114	2134	2154	2213	2231	2249		0029	0046	0106	0126		0029	0046	0106	0126
Chingford Station	2000	2015	2030	2046	2104	2120	2140	2200	2219	2237	2255		0035	0052	0112	0132		0035	0052	0112	0132
179		Saturdays (also Good Friday)																			
Barking London Road	0500	Then every 20 minutes until	0700	0719	0733	0747	0801	0815	0828	0841	0855	0904	0916	0928	0940	Then every 15 minutes until	1640	1655	1710		
Barking Station	0502		0702	0721	0735	0749	0803	0817	0830	0844	0858	0907	0919	0931	0943		1643	1658	1713		
Ilford Lane Loxford Lane	0505		0705	0724	0738	0752	0806	0820	0833	0847	0901	0910	0922	0934	0946		1646	1701	1716		
Ilford Station	0510		0710	0730	0744	0758	0813	0827	0840	0854	0908	0918	0930	0943	0956		1656	1711	1726		
Gants Hill Station	0520		0720	0740	0756	0811	0827	0841	0855	0910	0924	0937	0951	1005	1019		1719	1734	1749		
Charlie Brown's Roundabout	0527		0727	0747	0803	0818	0834	0848	0902	0917	0932	0947	1002	1017	1032		1732	1747	1802		
Sth Woodford Stn. George Lane	0530		0730	0750	0806	0821	0837	0852	0906	0921	0936	0951	1006	1021	1036		1736	1751	1806		
Woodford Green Castle	0535		0735	0755	0811	0827	0843	0858	0913	0928	0943	0958	1013	1028	1043		1743	1758	1813		
Woodford Wells Horse & Well	0537		0737	0757	0813	0829	0845	0900	0915	0930	0945	1001	1016	1031	1046		1746	1801	1815		
Chingford Station	0543		0743	0803	0819	0835	0851	0906	0921	0936	0952	1008	1023	1039	1054		1754	1808	1822		
Barking London Road	1727	1742	1800	1822	1843	1859	1915	1931	1950	Then every 20 minutes until	2110	2130	2150	2210	Then every 20 minutes until	2350	0010	0030	0050		
Barking Station	1730	1745	1803	1824	1845	1901	1917	1933	1952		2112	2132	2152	2212		2352	0012	0032	0052		
Ilford Lane Loxford Lane	1733	1748	1806	1827	1848	1904	1920	1935	1954		2114	2134	2154	2214		2354	0014	0034	0054		
Ilford Station	1742	1757	1815	1835	1855	1911	1927	1942	2001		2121	2141	2201	2221		0001	0020	0040	0100		
Gants Hill Station	1805	1820	1837	1855	1911	1927	1942	1957	2016		2136	2155	2213	2231		0011	0029	0049	0109		
Charlie Brown's Roundabout	1818	1833	1848	1903	1919	1935	1950	2005	2024		2144	2203	2221	2239		0019	0036	0056	0116		
Sth Woodford Stn. George Lane	1822	1837	1852	1907	1922	1938	1953	2008	2027		2147	2206	2224	2242		0022	0039	0059	0119		
Woodford Green Castle	1828	1843	1858	1913	1928	1943	1958	2013	2032		2152	2211	2229	2247		0027	0044	0104	0124		
Woodford Wells Horse & Well	1830	1845	1900	1915	1930	1945	2000	2015	2034		2154	2213	2231	2249		0029	0046	0106	0126		
Chingford Station	1837	1851	1906	1921	1936	1951	2006	2021	2040		2200	2219	2237	2255		0035	0052	0112	0132		
179		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																			
Barking London Road	0647	0717	0747	0817	0847	0907	0927	0947	1005	1023	1041	1100	1119	1138	1157	Then every 20 minutes until	1617	1638	1658	1718	
Barking Station	0649	0719	0749	0819	0849	0909	0929	0949	1007	1025	1043	1102	1121	1141	1200		1620	1641	1701	1721	
Ilford Lane Loxford Lane	0652	0722	0752	0822	0852	0912	0932	0952	1010	1028	1046	1105	1124	1144	1203		1623	1644	1704	1724	
Ilford Station	0657	0727	0757	0827	0858	0918	0939	0959	1017	1035	1054	1113	1132	1152	1212		1632	1653	1713	1733	
Gants Hill Station	0707	0737	0808	0839	0911	0932	0954	1015	1034	1053	1113	1133	1152	1212	1232		1652	1713	1733	1753	
Charlie Brown's Roundabout	0714	0744	0815	0847	0919	0940	1002	1024	1044	1103	1123	1143	1202	1222	1242		1702	1723	1743	1803	
Sth Woodford Stn. George Lane	0717	0747	0818	0850	0922	0943	1005	1027	1047	1106	1126	1146	1206	1226	1246		1706	1727	1747	1806	
Woodford Green Castle	0722	0752	0823	0855	0927	0949	1011	1033	1053	1113	1133	1153	1213	1233	1253		1713	1733	1753	1812	
Woodford Wells Horse & Well	0724	0754	0825	0857	0929	0951	1013	1035	1055	1115	1135	1155	1215	1235	1255		1715	1735	1755	1814	
Chingford Station	0730	0800	0831	0903	0935	0957	1019	1041	1102	1122	1142	1202	1222	1242	1302		1722	1742	1801	1820	
Barking London Road	1738	1758	1818	1838	1858	1914	1930	Then every 20 minutes until	2110</												