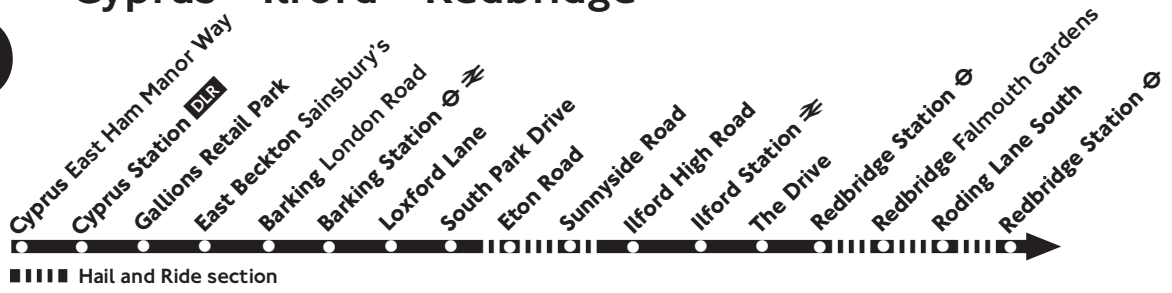


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Cyprus - Ilford - Redbridge

Daily



----- Hail and Ride section

Monday - Friday

Cyprus East Ham Manor Way	0436	0456	0516	0536	0556	0609	0621	0633			1814	1828	1844	1859	1914	1930	1946	2003
East Beckton Sainsbury's	0445	0505	0525	0545	0605	0618	0630	0642			1828	1842	1855	1910	1925	1941	1957	2012
East Beckton Showcase Cinemas	0449	0509	0529	0549	0609	0622	0634	0646			1832	1846	1859	1914	1929	1945	2001	2016
Barking London Road	0454	0514	0534	0554	0614	0627	0639	0651	Then		1840	1852	1905	1920	1935	1951	2006	2021
Barking Station	0456	0516	0536	0556	0616	0629	0641	0653	about		1842	1854	1907	1922	1937	1953	2008	2023
South Park Drive Loxford Lane	0500	0520	0540	0600	0620	0633	0645	0657	every		1846	1858	1911	1926	1941	1957	2012	2027
Sunnyside Road Mortlake Road	0503	0523	0543	0603	0623	0636	0648	0700	12		1849	1901	1914	1929	1944	2000	2015	2030
Ilford High Road Hainault Street	0507	0527	0547	0607	0627	0640	0652	0704	minutes		1854	1906	1919	1934	1949	2004	2019	2034
Ilford Station	0512	0532	0552	0612	0632	0645	0657	0709	until		1859	1911	1924	1939	1954	2009	2024	2039
Redbridge Station	0521	0541	0601	0621	0641	0654	0706	0720			1911	1923	1936	1951	2006	2020	2034	2048
Redbridge Falmouth Gardens	0525	0545	0605	0625	0645	0658	0710	0724			1915	1927	1940	1955	2010	2024	2038	2052
Redbridge Station	0534	0554	0614	0634	0654	0707	0719	0740			1927	1939	1952	2008	2025	2043	---	2101

Cyprus East Ham Manor Way	2022			2302	2322	2342												
East Beckton Sainsbury's	2031			2311	2331	2351												
East Beckton Showcase Cinemas	2035			2315	2335	2355												
Barking London Road	2040	Then		2320	2340	2400												
Barking Station	2042	every		2322	2342	0002												
South Park Drive Loxford Lane	2046	20		2326	2346	0006												
Sunnyside Road Mortlake Road	2049	minutes		2329	2349	0009												
Ilford High Road Hainault Street	2053	until		2333	2353	0013												
Ilford Station	2058			2338	2358	0018												
Redbridge Station	2107			2347	0007	0027												
Redbridge Falmouth Gardens	2111			2351	0011	0031												
Redbridge Station	2121			0001	0015	0035												

Saturday (also Good Friday)

Cyprus East Ham Manor Way	0436	0501		0721	0741	0756	0811	0826	0841			1805	1818	1833	1851	1909	1927
East Beckton Sainsbury's	0445	0510		0730	0750	0805	0820	0832	0850			1814	1827	1842	1900	1918	1936
East Beckton Showcase Cinemas	0449	0514		0734	0754	0809	0824	0839	0854			1818	1831	1846	1904	1922	1940
Barking London Road	0454	0519	Then	0739	0759	0814	0829	0844	0859	Then		1823	1836	1851	1909	1927	1945
Barking Station	0456	0521	every	0741	0801	0816	0831	0846	0901	about		1825	1838	1853	1911	1929	1947
South Park Drive Loxford Lane	0500	0525	20	0745	0805	0820	0835	0850	0905	every		1829	1842	1857	1915	1933	1951
Sunnyside Road Mortlake Road	0503	0528	minutes	0748	0808	0823	0838	0853	0908	12		1832	1845	1900	1918	1936	1954
Ilford High Road Hainault Street	0507	0532	until	0752	0812	0827	0842	0857	0912	minutes		1836	1849	1904	1922	1940	1958
Ilford Station	0512	0537		0757	0817	0832	0847	0902	0917	until		1841	1854	1908	1927	1945	2003
Redbridge Station	0521	0546		0806	0826	0841	0857	0912	0927			1853	1906	1921	1939	1957	2014
Redbridge Falmouth Gardens	0525	0550		0810	0830	0845	0901	0916	0931			1857	1910	1925	1943	2001	2018
Redbridge Station	0534	0559		0819	0848	0901	0914	0935	0946			1907	1923	1941	2001	2021	2041

Cyprus East Ham Manor Way	1945	2003	2022		2302	2322	2342										
East Beckton Sainsbury's	1954	2012	2031		2311	2331	2351										
East Beckton Showcase Cinemas	1958	2016	2035		2315	2335	2355										
Barking London Road	2003	2021	2040	Then	2320	2340	2400										
Barking Station	2005	2023	2042	every	2322	2342	0002										
South Park Drive Loxford Lane	2009	2027	2046	20	2326	2346	0006										
Sunnyside Road Mortlake Road	2012	2030	2049	minutes	2329	2349	0009										
Ilford High Road Hainault Street	2016	2034	2053	until	2333	2353	0013										
Ilford Station	2021	2039	2058		2338	2358	0018										
Redbridge Station	2031	2048	2107		2347	0007	0027										
Redbridge Falmouth Gardens	2035	2052	2111		2351	0011	0031										
Redbridge Station	---	2101	2121		0001	0015	0035										

Sunday and other Public Holidays

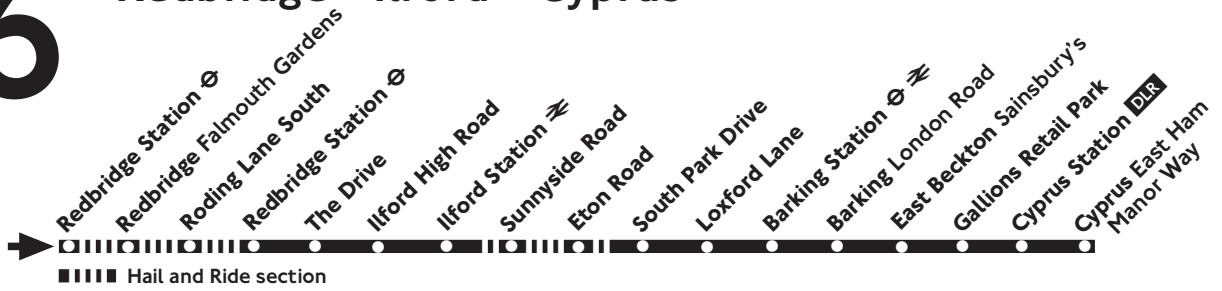
Cyprus East Ham Manor Way	0652	0722	0752	0822	0842	0901	0921	0941	0959	1017	1035		1555	1614	1632	1651	1709
East Beckton Sainsbury's	0701	0731	0801	0831	0851	0910	0930	0950	1008	1027	1045		1605	1624	1642	1701	1718
East Beckton Showcase Cinemas	0705	0735	0805	0835	0855	0914	0934	0954	1012	1031	1049		1609	1628	1646	1705	1722
Barking London Road	0710	0740	0810	0840	0900	0919	0939	0959	1018	1037	1055	Then	1615	1634	1652	1710	1727
Barking Station	0712	0742	0812	0842	0902	0921	0941	1001	1021	1040	1058	every	1618	1637	1655	1712	1729
South Park Drive Loxford Lane	0716	0746	0816	0846	0906	0925	0945	1005	1025	1044	1102	20	1622	1641	1659	1716	1733
Sunnyside Road Mortlake Road	0719	0749	0819	0849	0909	0928	0948	1008	1028	1047	1105	minutes	1625	1644	1702	1719	1736
Ilford High Road Hainault Street	0723	0753	0823	0853	0913	0932	0952	1012	1032	1051	1109	until	1629	1648	1706	1723	1740
Ilford Station	0728	0758	0828	0858	0918	0937	0957	1017	1037	1056	1115		1635	1654	1711	1728	1745
Redbridge Station	0737	0807	0837	0907	0927	0946	1006	1027	1047	1106	1127		1647	1706	1722	1738	1755
Redbridge Falmouth Gardens	0740	0810	0840	0910	0930	0950	1010	1031	1051	1110	1131		1651	1710	1726	1742	1759
Redbridge Station	0753	0823	0853	0919	0939	1000	1021	1042	1102	1122	1142		1702	1721	1741	1801	1821

Cyprus East Ham Manor Way	1728	1745	1802		2302	2322	2342										
East Beckton Sainsbury's	1737	1754	1811		2311	2331	2351										
East Beckton Showcase Cinemas	1741	1758	1815		2315	2335	2355										
Barking London Road	1746	1803	1820	Then	2320	2340	2400										
Barking Station	1748	1805	1822	every	2322	2342	0002										
South Park Drive Loxford Lane	1752	1809	1826	20	2326	2346	0006										
Sunnyside Road Mortlake Road	1755	1812	1829	minutes	2329	2349	0009										
Ilford High Road Hainault Street	1759	1816	1833	until	2333	2353	0013										
Ilford Station	1804	1821	1838		2338	2358	0018										
Redbridge Station	1814	1830	1847		2347	0007	0027										
Redbridge Falmouth Gardens	1818	1834	1851		2351	0011	0031										
Redbridge Station	1841	---	1901		0001	0015	0035										

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Redbridge - Ilford - Cyprus

Daily



Monday - Friday

Redbridge Station	0521	0541	0601	0621	0641	0654	0706	---	0720	0734	0748		1936	1951	2006	2020	2048
Redbridge Falmouth Gardens (arr)	0525	0545	0605	0625	0645	0658	0710	---	0724	0738	0752		1940	1955	2010	2024	2052
Redbridge Falmouth Gardens (dep)	0530	0550	0610	0630	0650	0703	0715	0726	0736	0748	0759		1948	2004	2021	2039	2057
Redbridge Station	0534	0554	0614	0634	0654	0707	0719	0730	0740	0752	0804	Then	1952	2008	2025	2043	2101
Ilford Station	0542	0602	0622	0642	0702	0717	0729	0741	0751	0803	0816	about	2001	2016	2033	2051	2109
Ilford High Road Hainault Street	0546	0606	0626	0646	0706	0721	0733	0747	0757	0809	0822	every	2005	2020	2037	2055	2113
Sunnyside Road Mortlake Road	0550	0610	0630	0650	0710	0725	0737	0751	0802	0814	0827	12	2009	2024	2041	2059	2117
South Park Drive Loxford Lane	0555	0613	0633	0653	0713	0728	0740	0754	0806	0818	0831	minutes	2012	2027	2044	2102	2120
Barking Station	0558	0618	0638	0658	0718	0733	0746	0800	0812	0824	0837	until	2017	2032	2049	2107	2125
Barking London Road	0600	0620	0640	0700	0720	0736	0749	0803	0815	0827	0840		2019	2034	2051	2109	2127
East Beckton Showcase Cinemas	0605	0625	0645	0705	0726	0743	0756	0810	0822	0834	0847		2024	2039	2056	2114	2132
East Beckton Sainsbury's	0609	0629	0649	0709	0730	0747	0800	0814	0826	0838	0851		2028	2043	2100	2118	2136
Cyprus East Ham Manor Way	0616	0636	0656	0717	0738	0755	0809	0823	0835	0847	0900		2035	2050	2107	2125	2143

Redbridge Station	2107		2347	
Redbridge Falmouth Gardens (arr)	2111		2351	
Redbridge Falmouth Gardens (dep)	2117		2357	
Redbridge Station	2121		0001	
Ilford Station	2129	Then	0009	
Ilford High Road Hainault Street	2133	every	0013	
Sunnyside Road Mortlake Road	2137	20	0017	
South Park Drive Loxford Lane	2140	minutes	0020	
Barking Station	2145	until	0025	
Barking London Road	2147		0027	
East Beckton Showcase Cinemas	2152		0032	
East Beckton Sainsbury's	2156		0036	
Cyprus East Ham Manor Way	2203		0043	

Saturday (also Good Friday)

Redbridge Station	0521	0546		0806	---	0826	0841	0857	---	0912	0927		1833	1853	1906	1921
Redbridge Falmouth Gardens (arr)	0525	0550		0810	---	0830	0845	0901	---	0916	0931		1837	1857	1910	1925
Redbridge Falmouth Gardens (dep)	0530	0555		0815	0831	0844	0857	0910	0920	0930	0941		1850	1903	1919	1937
Redbridge Station	0534	0559		0819	0835	0848	0901	0914	0924	0935	0946	Then	1854	1907	1923	1941
Ilford Station	0542	0607	Then	0827	0843	0856	0909	0922	0933	0945	0956	about	1903	1916	1932	1950
Ilford High Road Hainault Street	0546	0611	every	0831	0847	0900	0913	0926	0937	0949	1000	every	1908	1921	1937	1955
Sunnyside Road Mortlake Road	0550	0615	20	0835	0851	0904	0917	0930	0941	0953	1005	12	1912	1925	1941	1959
South Park Drive Loxford Lane	0553	0618	minutes	0838	0854	0907	0920	0933	0944	0956	1009	minutes	1915	1928	1944	2002
Barking Station	0558	0623	until	0843	0859	0912	0925	0938	0949	1001	1014	until	1920	1933	1949	2007
Barking London Road	0600	0625		0845	0901	0914	0927	0940	0951	1004	1017		1922	1935	1951	2009
East Beckton Showcase Cinemas	0605	0630		0850	0906	0919	0932	0945	0957	1010	1023		1927	1940	1956	2014
East Beckton Sainsbury's	0609	0634		0854	0910	0923	0936	0949	1001	1014	1027		1931	1944	2000	2018
Cyprus East Ham Manor Way	0616	0641		0901	0917	0931	0945	0958	1011	1024	1037		1938	1951	2007	2025

Redbridge Station	1939	1957	2014	2048	2107		2347	
Redbridge Falmouth Gardens (arr)	1943	2001	2018	2052	2111		2351	
Redbridge Falmouth Gardens (dep)	1957	2017	2037	2057	2117		2357	
Redbridge Station	2001	2021	2041	2101	2121		0001	
Ilford Station	2009	2029	2049	2109	2129	Then	0009	
Ilford High Road Hainault Street	2013	2033	2053	2113	2133	every	0013	
Sunnyside Road Mortlake Road	2017	2037	2057	2117	2137	20	0017	
South Park Drive Loxford Lane	2020	2040	2100	2120	2140	minutes	0020	
Barking Station	2025	2045	2105	2125	2145	until	0025	
Barking London Road	2027	2047	2107	2127	2147		0027	
East Beckton Showcase Cinemas	2032	2052	2112	2132	2152		0032	
East Beckton Sainsbury's	2036	2056	2116	2136	2156		0036	
Cyprus East Ham Manor Way	2043	2103	2123	2143	2203		0043	

Sunday and other Public Holidays

Redbridge Station	---	0737	0807	0837	0907	0927	0946	1006	1027	1047	1106	1127		1627	1647	1706	1722
Redbridge Falmouth Gardens (arr)	---	0740	0810	0840	0910	0930	0950	1010	1031	1051	1110	1131		1631	1651	1710	1726
Redbridge Falmouth Gardens (dep)	0720	0750	0820	0850	0915	0936	0957	1017	1038	1058	1118	1138		1638	1658	1717	1737
Redbridge Station	0723	0753	0823	0853	0918	0939	1000	1021	1042	1102	1122	1142		1642	1702	1721	1741
Ilford Station	0731	0801	0831	0901	0926	0947	1009	1030	1051	1111	1132	1152	Then	1652	1711	1729	1749
Ilford High Road Hainault Street	0735	0805	0835	0905	0930	0951	1013	1034	1055	1116	1137	1157	every	1657	1716	1733	1753
Sunnyside Road Mortlake Road	0739	0809	0839	0909	0934	0955	1017	1038	1059	1120	1141	1201	20	1701	1720	1737	1757
South Park Drive Loxford Lane	0742	0812	0842	0912	0937	0958	1020	1041	1102	1123	1144	1204	minutes	1704	1723	1740	1800
Barking Station	0747	0817	0847	0917	0942	1003	1025	1046	1107	1128	1149	1209	until	1709	1728	1745	1805
Barking London Road	0749	0819	0849	0919	0944	1006	1028	1049	1110	1131	1152	1212		1712	1730	1747	1807
East Beckton Showcase Cinemas	0754	0824	0854	0924	0949	1012	1034	1055	1116	1137	1158	1218		1718	1735	1752	1812
East Beckton Sainsbury's	0758	0828	0858	0928	0953	1016	1038	1059	1120	1141	1202	1222		1722	1739	1756	1816
Cyprus East Ham Manor Way	0805	0835	0905	0935	1000	1024	1046	1107	1128	1149	1210	1230		1730	1747	1803	1823

Redbridge Station	1738	1755	1814	1847		2347	
Redbridge Falmouth Gardens (arr)	1742	1759	1818	1851		2351	
Redbridge Falmouth Gardens (dep)	1757	1817	1837	1857		2357	
Redbridge Station	1801	1821	1841	1901		0001	
Ilford Station	1809	1829	1849	1909	Then	0009	
Ilford High Road Hainault Street	1813	1833	1853	1913	every	0013	
Sunnyside Road Mortlake Road	1817	1837	1857	1917	20	0017	
South Park Drive Loxford Lane	1820	1840	1900	1920	minutes	0020	
Barking Station	1825	1845	1905	1925	until	0025	
Barking London Road	1827	1847	1907	1927		0027	
East Beckton Showcase Cinemas	1832	1852	1912	1932		0032	
East Beckton Sainsbury's	1836	1856	1916	1936		0036	
Cyprus East Ham Manor Way	1843	1903	1923	1943		0043	