

169		Mondays to Fridays															
Clayhall The Glade	0449	0519	0539	0559	0619	0633	0646	0658	0708	0718	0728	Then every 10 minutes until	0838	0848	0858	0908	0918
Barkingside Fullwell Cross	0453	0523	0543	0603	0623	0638	0652	0704	0715	0725	0735		0845	0855	0905	0915	0925
Newbury Park Ley St./Eastern Avenue	0458	0528	0548	0608	0628	0644	0658	0712	0723	0734	0746		0856	0906	0916	0926	0935
Ilford High Road Hainault Street	0503	0533	0553	0613	0633	0650	0704	0719	0731	0743	0755		0905	0915	0925	0935	0943
Ilford Broadway Chapel Road	0505	0535	0555	0615	0635	0653	0707	0722	0734	0746	0758		0908	0918	0928	0938	0947
Barking Station	0513	0543	0603	0623	0643	0701	0717	0732	0746	0758	0810		0920	0930	0939	0948	0957
Barking London Road	0515	0545	0605	0625	0645	0703	0720	0735	0749	0801	0813		0923	0932	0941	0950	0959
Clayhall The Glade	0929	0940	0950	Then every 10 minutes until	1430	1440	1449	1459	1509	1519	1529	1539	1549	Then every 10 minutes until	1759	1809	
Barkingside Fullwell Cross	0936	0946	0956		1436	1446	1455	1506	1516	1526	1536	1546	1556		1806	1816	
Newbury Park Ley St./Eastern Avenue	0946	0956	1006		1446	1456	1505	1516	1527	1537	1547	1557	1607		1817	1827	
Ilford High Road Hainault Street	0953	1003	1013		1453	1503	1513	1524	1535	1545	1555	1605	1615		1825	1835	
Ilford Broadway Chapel Road	0957	1007	1017		1457	1507	1518	1529	1540	1550	1600	1610	1619		1829	1838	
Barking Station	1007	1017	1027		1507	1517	1528	1540	1552	1602	1612	1622	1631		1841	1849	
Barking London Road	1009	1019	1029		1509	1520	1531	1543	1553	1603	1613	1623	1633		1843	1851	
Clayhall The Glade	1819	1831	1843	1855	1910	1925	1940	Then every 20 minutes until	2200	2220	2240	2300	2320	2350	0020		
Barkingside Fullwell Cross	1826	1837	1849	1901	1916	1931	1945		2205	2225	2245	2304	2324	2354	0024		
Newbury Park Ley St./Eastern Avenue	1837	1847	1859	1911	1924	1937	1951		2211	2231	2251	2309	2329	2359	0029		
Ilford High Road Hainault Street	1844	1854	1906	1918	1931	1943	1957		2217	2236	2256	2314	2334	0004	0034		
Ilford Broadway Chapel Road	1847	1857	1909	1921	1934	1946	2000		2220	2239	2258	2316	2336	0006	0036		
Barking Station	1857	1907	1919	1931	1943	1955	2009		2229	2248	2306	2324	2344	0014	0044		
Barking London Road	1859	1909	1921	1933	1945	1957	2011		2231	2250	2308	2326	2346	0016	0046		
169		Saturdays (also Good Friday)															
Clayhall The Glade	0449	0519	0539	0559	0619	0639	0659	0719	0739	0757	0812	0827	0839	0851	0901	Then every 10 minutes until	1031
Barkingside Fullwell Cross	0453	0523	0543	0603	0623	0643	0703	0723	0743	0802	0817	0832	0844	0856	0906		1036
Newbury Park Ley St./Eastern Avenue	0458	0528	0548	0608	0628	0648	0708	0728	0748	0808	0823	0838	0850	0902	0914		1044
Ilford High Road Hainault Street	0503	0533	0553	0613	0633	0653	0713	0734	0756	0816	0831	0846	0858	0910	0922		1052
Ilford Broadway Chapel Road	0505	0535	0555	0615	0635	0655	0715	0736	0758	0818	0833	0848	0900	0914	0926		1056
Barking Station	0513	0543	0603	0623	0643	0703	0723	0745	0807	0827	0842	0857	0910	0924	0936		1106
Barking London Road	0515	0545	0605	0625	0645	0705	0725	0747	0809	0829	0844	0859	0912	0926	0938		1108
Clayhall The Glade	1039	1049	1059	1109	Then every 10 minutes until	1329	1339	Then every 10 minutes until	1729	1740	1751	1803	1815	1830	1845	1900	
Barkingside Fullwell Cross	1044	1054	1104	1115		1335	1345		1735	1746	1757	1809	1821	1836	1851	1906	
Newbury Park Ley St./Eastern Avenue	1052	1102	1113	1124		1344	1354		1744	1755	1806	1818	1830	1844	1859	1914	
Ilford High Road Hainault Street	1100	1110	1121	1132		1352	1402		1752	1803	1814	1826	1838	1851	1907	1922	
Ilford Broadway Chapel Road	1105	1115	1126	1137		1357	1407		1757	1807	1818	1830	1842	1855	1910	1925	
Barking Station	1116	1126	1137	1148		1408	1419		1809	1819	1829	1840	1852	1905	1919	1934	
Barking London Road	1118	1128	1139	1150		1410	1421		1811	1821	1831	1842	1854	1907	1921	1936	
Clayhall The Glade	1920	1940	2000	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2350	0020		
Barkingside Fullwell Cross	1925	1945	2005	2025	2045	2105	2125	2145	2205	2225	2245	2304	2324	2354	0024		
Newbury Park Ley St./Eastern Avenue	1931	1951	2011	2031	2051	2111	2131	2151	2211	2231	2251	2309	2329	2359	0029		
Ilford High Road Hainault Street	1937	1957	2017	2037	2057	2117	2137	2157	2217	2236	2256	2314	2334	0004	0034		
Ilford Broadway Chapel Road	1940	2000	2020	2040	2100	2120	2140	2200	2220	2239	2258	2316	2336	0006	0036		
Barking Station	1949	2009	2029	2049	2109	2129	2149	2209	2229	2248	2306	2324	2344	0014	0044		
Barking London Road	1951	2011	2031	2051	2111	2131	2151	2211	2231	2250	2308	2326	2346	0016	0046		
169		Sundays and other Public Holidays (except Christmas Day and Boxing Day)															
Clayhall The Glade	0449	Then every 30 minutes until	0749	0809	0829	0849	0909	0927	0942	0957	1012	1027	Then every 15 minutes until	1227	1242	1256	
Barkingside Fullwell Cross	0453		0753	0813	0833	0853	0913	0931	0946	1001	1016	1032		1232	1247	1301	
Newbury Park Ley St./Eastern Avenue	0458		0758	0819	0839	0859	0919	0937	0952	1007	1023	1039		1239	1254	1308	
Ilford High Road Hainault Street	0503		0803	0825	0845	0905	0925	0943	0958	1014	1030	1046		1246	1301	1316	
Ilford Broadway Chapel Road	0505		0805	0828	0848	0908	0928	0946	1001	1017	1033	1049		1249	1304	1319	
Barking Station	0513		0813	0837	0857	0917	0937	0955	1011	1027	1043	1059		1259	1315	1331	
Barking London Road	0515		0815	0839	0859	0919	0939	0957	1013	1029	1045	1101		1301	1317	1333	
Clayhall The Glade	1311	1326	Then every 15 minutes until	1656	1711	1726	1741	1756	1810	1824	1840	1900	Then every 20 minutes until	2200	2220	2240	
Barkingside Fullwell Cross	1316	1331		1701	1716	1731	1746	1801	1815	1829	1845	1905		2205	2225	2245	
Newbury Park Ley St./Eastern Avenue	1323	1339		1709	1724	1738	1752	1807	1821	1835	1851	1911		2211	2231	2251	
Ilford High Road Hainault Street	1332	1348		1718	1733	1747	1800	1814	1828	1842	1858	1917		2217	2236	2256	
Ilford Broadway Chapel Road	1335	1351		1721	1736	1750	1803	1817	1831	1845	1901	1920		2220	2239	2258	
Barking Station	1347	1403		1733	1747	1800	1813	1826	1840	1854	1910	1929		2229	2248	2306	
Barking London Road	1349	1405		1735	1749	1802	1815	1828	1842	1856	1912	1931		2231	2250	2308	
Clayhall The Glade	2300	2320	2350	0020													
Barkingside Fullwell Cross	2304	2324	2354	0024													
Newbury Park Ley St./Eastern Avenue	2309	2329	2359	0029													
Ilford High Road Hainault Street	2314	2334	0004	0034													
Ilford Broadway Chapel Road	2316	2336	0006	0036													
Barking Station	2324	2344	0014	0044													
Barking London Road	2326	2346	0016	0046													

169 Mondays to Fridays																	
Barking London Road	0420	0450	0510	0530	0550	0610	0625	0638	0651	0702	0713	0723	0733	Then every 10 minutes until	0853	0903	0913
Barking Station	0421	0451	0511	0531	0551	0611	0626	0640	0653	0705	0716	0726	0736		0856	0906	0916
Ilford Ilford Hill	0428	0458	0518	0538	0558	0618	0634	0651	0704	0716	0727	0740	0752		0912	0922	0932
Ilford High Road Hainault Street	0431	0501	0521	0541	0601	0621	0637	0654	0707	0719	0731	0744	0756		0916	0926	0936
Newbury Park Ley St./Eastern Avenue	0435	0505	0525	0545	0605	0625	0643	0700	0713	0725	0738	0751	0803		0923	0933	0943
Barkingside Fullwell Cross	0440	0510	0530	0550	0610	0630	0649	0707	0721	0734	0747	0800	0812		0932	0941	0951
Clayhall The Glade	0444	0514	0534	0554	0614	0634	0654	0712	0727	0740	0753	0806	0818	0938	0947	0957	
Barking London Road	0923	0934	0944	Then every 10 minutes until	1424	1434	1444	1454	1504	1514	1524	1534	1543	1553	1603	1613	1623
Barking Station	0926	0937	0947		1427	1437	1447	1457	1507	1517	1527	1537	1546	1556	1606	1616	1627
Ilford Ilford Hill	0942	0951	1001		1441	1451	1501	1511	1521	1532	1542	1552	1601	1611	1621	1631	1642
Ilford High Road Hainault Street	0946	0955	1005		1445	1455	1505	1515	1525	1536	1546	1556	1605	1615	1625	1635	1646
Newbury Park Ley St./Eastern Avenue	0953	1002	1012		1452	1502	1514	1525	1535	1546	1556	1606	1615	1625	1635	1645	1656
Barkingside Fullwell Cross	1001	1010	1020		1500	1511	1523	1535	1545	1556	1606	1616	1624	1634	1644	1654	1705
Clayhall The Glade	1007	1016	1026	1506	1517	1529	1541	1551	1602	1612	1622	1630	1640	1650	1700	1711	
Barking London Road	1633	Then every 10 minutes until	1753	1805	1818	1830	1843	1858	1910	1924	1947	Then every 20 minutes until	2207	2229	2252	2310	
Barking Station	1637		1757	1809	1822	1834	1846	1901	1913	1927	1949		2209	2231	2254	2311	
Ilford Ilford Hill	1652		1812	1824	1837	1847	1859	1914	1926	1937	1958		2218	2240	2303	2318	
Ilford High Road Hainault Street	1656		1816	1828	1841	1851	1903	1918	1930	1941	2001		2221	2243	2306	2321	
Newbury Park Ley St./Eastern Avenue	1706		1826	1838	1849	1859	1911	1926	1937	1948	2008		2228	2250	2310	2325	
Barkingside Fullwell Cross	1715		1835	1846	1857	1907	1919	1934	1943	1954	2014		2234	2255	2315	2330	
Clayhall The Glade	1721	1841	1852	1903	1913	1924	1939	1948	1959	2019	2239	2259	2319	2334			
Barking London Road	2325	2355	0021														
Barking Station	2326	2356	0022														
Ilford Ilford Hill	2333	0003	0029														
Ilford High Road Hainault Street	2336	0006	0032														
Newbury Park Ley St./Eastern Avenue	2340	0010	0036														
Barkingside Fullwell Cross	2345	0015	0041														
Clayhall The Glade	2349	0019	0045														
169 Saturdays (also Good Friday)																	
Barking London Road	0420	0450	Then every 20 minutes until	0710	0725	0740	0755	0808	0822	0836	0848	0900	0910	Then every 10 minutes until	1020	1030	
Barking Station	0421	0451		0711	0726	0741	0757	0810	0824	0838	0850	0902	0912		1022	1032	
Ilford Ilford Hill	0428	0458		0718	0733	0748	0804	0818	0832	0846	0858	0911	0922		1032	1042	
Ilford High Road Hainault Street	0431	0501		0721	0736	0751	0807	0821	0835	0849	0901	0915	0926		1036	1046	
Newbury Park Ley St./Eastern Avenue	0435	0505		0725	0740	0756	0812	0827	0841	0855	0908	0922	0933		1043	1053	
Barkingside Fullwell Cross	0440	0510		0730	0746	0802	0818	0833	0847	0901	0914	0928	0940		1050	1100	
Clayhall The Glade	0444	0514	0734	0750	0806	0822	0837	0851	0905	0919	0933	0945	1055	1106			
Barking London Road	1040	1050	1100	Then every 10 minutes until	1340	1350	1400	Then every 10 minutes until	1720	1730	1742	1754	1806	1821	1839	1852	
Barking Station	1042	1052	1103		1343	1353	1403		1723	1733	1745	1757	1809	1824	1841	1854	
Ilford Ilford Hill	1052	1104	1116		1356	1406	1418		1738	1748	1759	1811	1823	1838	1855	1907	
Ilford High Road Hainault Street	1056	1108	1120		1400	1411	1422		1742	1752	1803	1815	1827	1842	1859	1910	
Newbury Park Ley St./Eastern Avenue	1103	1115	1127		1407	1418	1429		1749	1759	1810	1822	1834	1849	1906	1917	
Barkingside Fullwell Cross	1111	1123	1135		1415	1426	1437		1757	1808	1818	1830	1842	1857	1914	1924	
Clayhall The Glade	1117	1129	1141	1421	1432	1443	1803	1813	1823	1835	1847	1902	1919	1929			
Barking London Road	1905	1927	Then every 20 minutes until	2207	2229	2252	2310	2325	2355	0021							
Barking Station	1907	1929		2209	2231	2254	2311	2326	2356	0022							
Ilford Ilford Hill	1918	1938		2218	2240	2303	2318	2333	0003	0029							
Ilford High Road Hainault Street	1921	1941		2221	2243	2306	2321	2336	0006	0032							
Newbury Park Ley St./Eastern Avenue	1928	1948		2228	2250	2310	2325	2340	0010	0036							
Barkingside Fullwell Cross	1934	1954		2234	2255	2315	2330	2345	0015	0041							
Clayhall The Glade	1939	1959	2239	2259	2319	2334	2349	0019	0045								
169 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																	
Barking London Road	0450	Then every 30 minutes until	0720	0740	0758	0815	0832	0849	Then every 15 mins. until	0949	1002	1015	1028	Then every 15 mins. until	1228	1242	1255
Barking Station	0451		0721	0741	0759	0816	0834	0851		0951	1004	1017	1030		1230	1244	1257
Ilford Ilford Hill	0458		0728	0748	0806	0825	0843	0900		1000	1013	1026	1041		1241	1255	1308
Ilford High Road Hainault Street	0501		0731	0751	0809	0828	0846	0903		1003	1016	1030	1045		1245	1259	1312
Newbury Park Ley St./Eastern Avenue	0505		0735	0755	0814	0834	0852	0909		1009	1022	1037	1052		1252	1306	1321
Barkingside Fullwell Cross	0510		0740	0800	0820	0840	0858	0915		1015	1029	1044	1059		1259	1314	1329
Clayhall The Glade	0514	0744	0804	0824	0844	0902	0919	1019	1034	1049	1104	1304	1319	1334			
Barking London Road	1308	Then every 15 mins. until	1653	1711	1728	1746	1806	1826	1846	1907	2207	2229	2252	2310	2325	2355	0021
Barking Station	1310		1655	1713	1730	1748	1808	1828	1848	1909	2209	2231	2254	2311	2326	2356	0022
Ilford Ilford Hill	1323		1708	1726	1742	1758	1818	1838	1858	1918	2218	2240	2303	2318	2333	0003	0029
Ilford High Road Hainault Street	1327		1712	1730	1745	1801	1821	1841	1901	1921	2221	2243	2306	2321	2336	0006	0032
Newbury Park Ley St./Eastern Avenue	1336		1721	1737	1753	1808	1828	1848	1908	1928	2228	2250	2310	2325	2340	0010	0036
Barkingside Fullwell Cross	1344		1729	1744	1759	1814	1834	1854	1914	1934	2234	2255	2315	2330	2345	0015	0041
Clayhall The Glade	1349	1734	1749	1804	1819	1839	1859	1919	1939	2239	2259	2319	2334	2349	0019	0045	