

# 179

## Chingford – South Woodford – Ilford

179 Mondays to Fridays (school days)																		
Chingford Station	0455	0515	0535	0555	0615	0632	0644	0655	0705	0715		1007		1355		1935		
Kings Road Friday Hill	0458	0518	0538	0558	0618	0636	0648	0700	0710	0720	Then	1012	Then	1400	Then	1939		
Woodford Green The Castle	0503	0523	0543	0603	0623	0643	0655	0709	0721	0733	about	1019	every	1407	about	1945		
South Woodford Station Cowslip Rd.	0509	0529	0549	0610	0630	0651	0704	0718	0731	0744	every 12	1029	12	1417	every 12	1953		
Gants Hill Station Cranbrook Road (S)	0519	0539	0559	0621	0642	0704	0720	0735	0748	0802	minutes	1043	mins.	1431	minutes	2006		
Ilford Station	0523	0543	0604	0627	0649	0712	0729	0746	0800	0814	until	1051	until	1439	until	2012		
Ilford High Road Hainault Street	0526	0546	0607	0630	0653	0716	0733	0750	0804	0818		1055		1443		2016		
Chingford Station	1950	2005	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325	2345	0005	0025	0045		
Kings Road Friday Hill	1954	2009	2029	2049	2109	2128	2148	2208	2228	2248	2308	2328	2348	0008	0028	0048		
Woodford Green The Castle	2000	2015	2035	2055	2115	2134	2154	2214	2234	2254	2313	2333	2353	0013	0033	0053		
South Woodford Station Cowslip Rd.	2008	2023	2043	2103	2123	2142	2202	2222	2242	2301	2320	2339	2359	0019	0039	0059		
Gants Hill Station Cranbrook Road (S)	2020	2035	2055	2115	2134	2153	2213	2233	2252	2311	2330	2349	0009	0029	0049	0109		
Ilford Station	2026	2041	2100	2120	2139	2158	2218	2237	2256	2315	2334	2353	0013	0033	0053	0113		
Ilford High Road Hainault Street	2030	2045	2104	2123	2142	2201	2221	2240	2259	2318	2337	2356	0016	0036	0056	0116		
179 Mondays to Fridays (school holidays)																		
Chingford Station	0455	0515	0535	0555	0615	0635	0650	0705	0717	0729	0741	0752	0803	0815	0827	0839		
Kings Road Friday Hill	0458	0519	0539	0559	0619	0639	0654	0710	0722	0734	0746	0757	0808	0820	0832	0844		
Woodford Green The Castle	0503	0524	0544	0605	0626	0646	0701	0718	0731	0743	0755	0806	0817	0829	0841	0853		
South Woodford Station Cowslip Rd.	0510	0531	0551	0613	0634	0654	0710	0727	0740	0752	0804	0816	0828	0840	0852	0904		
Gants Hill Station Cranbrook Road (S)	0520	0541	0603	0625	0646	0706	0724	0741	0755	0807	0820	0832	0844	0856	0908	0919		
Ilford Station	0524	0545	0607	0629	0651	0712	0730	0747	0801	0814	0827	0839	0851	0903	0914	0925		
Ilford High Road Hainault Street	0527	0548	0610	0632	0654	0716	0734	0751	0805	0819	0832	0844	0856	0907	0918	0929		
Chingford Station	1002		1426	Then	1939	1952	2007	2025	2045	2105	2125	2145	2205	2225	2245	2305		
Kings Road Friday Hill	1008	Then	1432	about	1944	1957	2011	2029	2049	2109	2129	2149	2209	2229	2249	2309		
Woodford Green The Castle	1017	every	1441	every	1951	2004	2018	2036	2056	2116	2136	2156	2215	2235	2255	2315		
South Woodford Station Cowslip Rd.	1028	12	1452	12	2000	2012	2026	2044	2104	2123	2143	2203	2222	2242	2302	2321		
Gants Hill Station Cranbrook Road (S)	1043	mins.	1507	mins.	2014	2026	2039	2056	2115	2134	2154	2213	2232	2252	2312	2331		
Ilford Station	1049	until	1513	until	2020	2032	2045	2102	2120	2139	2159	2218	2237	2257	2316	2335		
Ilford High Road Hainault Street	1053		1517		2024	2036	2049	2105	2123	2142	2202	2221	2240	2300	2319	2338		
179 Saturdays (also Good Friday)																		
Chingford Station	0455	0515	0535	0555	0615	0635	0655	0715	0735	0750	0805	0820		1837	1852	1907	1923	
Kings Road Friday Hill	0458	0518	0538	0558	0618	0638	0658	0718	0738	0754	0809	0825	Then	1842	1857	1912	1928	
Woodford Green The Castle	0503	0523	0543	0603	0623	0644	0704	0724	0744	0800	0816	0832	about	1849	1903	1918	1934	
South Woodford Station Cowslip Rd.	0508	0528	0548	0609	0629	0650	0711	0731	0751	0807	0823	0839	every 12	1857	1911	1926	1942	
Gants Hill Station Cranbrook Road (S)	0517	0537	0557	0619	0639	0700	0721	0741	0802	0818	0834	0850	minutes	1911	1925	1940	1956	
Ilford Station	0521	0541	0601	0623	0643	0704	0725	0746	0807	0823	0839	0855	until	1918	1932	1947	2002	
Ilford High Road Hainault Street	0524	0544	0604	0626	0646	0707	0728	0749	0810	0826	0842	0858		1922	1936	1951	2006	
Chingford Station	1939	1959	2019	2039	2059	2119	2139	2159	2219	2239	2259	2319	2340	0000	0020	0040		
Kings Road Friday Hill	1944	2004	2024	2044	2104	2124	2144	2203	2223	2243	2303	2323	2343	0003	0023	0043		
Woodford Green The Castle	1950	2010	2030	2050	2110	2130	2150	2209	2229	2249	2309	2329	2349	0009	0029	0049		
South Woodford Station Cowslip Rd.	1958	2018	2038	2058	2118	2138	2158	2217	2237	2256	2316	2336	2356	0016	0036	0056		
Gants Hill Station Cranbrook Road (S)	2011	2031	2051	2110	2130	2150	2209	2228	2248	2307	2327	2347	0007	0027	0047	0106		
Ilford Station	2017	2037	2057	2116	2136	2155	2214	2233	2253	2312	2332	2352	0012	0032	0051	0110		
Ilford High Road Hainault Street	2021	2041	2101	2120	2140	2159	2218	2237	2256	2315	2335	2355	0015	0035	0054	0113		
179 Sundays and other Public Holidays (except Christmas Day)																		
Chingford Station	0640	0710	0740	0810	0830	0850	0910	0930	0949	1008	1027	1046	1106	1126	1146	1206	1226	1246
Kings Road Friday Hill	0643	0713	0743	0813	0833	0853	0914	0934	0953	1012	1031	1050	1111	1131	1151	1211	1231	1251
Woodford Green The Castle	0648	0718	0748	0818	0838	0858	0920	0940	0959	1019	1038	1057	1118	1138	1158	1218	1238	1258
South Woodford Station Cowslip Rd.	0654	0724	0754	0825	0845	0905	0928	0948	1007	1027	1047	1106	1127	1147	1207	1228	1248	1308
Gants Hill Station Cranbrook Road (S)	0703	0733	0803	0835	0855	0916	0939	0959	1019	1040	1100	1120	1141	1202	1223	1244	1304	1325
Ilford Station	0707	0737	0807	0839	0859	0921	0944	1004	1024	1045	1105	1126	1147	1208	1229	1250	1311	1332
Ilford High Road Hainault Street	0710	0740	0810	0842	0902	0925	0948	1008	1028	1049	1109	1130	1151	1212	1233	1254	1315	1336
Chingford Station	1306	1326	1346	1406	1427	1448	1509	1529	1549	1609	1629	1650	1711			1911	1932	1953
Kings Road Friday Hill	1311	1331	1351	1411	1432	1453	1514	1534	1553	1613	1633	1654	1715	Then		1915	1936	1957
Woodford Green The Castle	1318	1338	1358	1418	1439	1500	1521	1541	1600	1620	1640	1700	1721	every 20		1921	1942	2003
South Woodford Station Cowslip Rd.	1328	1348	1407	1427	1448	1509	1530	1550	1609	1629	1649	1709	1729	minutes		1929	1950	2011
Gants Hill Station Cranbrook Road (S)	1345	1405	1424	1444	1504	1524	1545	1604	1623	1643	1702	1722	1742	until		1942	2002	2023
Ilford Station	1352	1412	1432	1452	1512	1532	1552	1611	1630	1649	1708	1728	1748			1948	2008	2028
Ilford High Road Hainault Street	1356	1416	1436	1456	1516	1536	1556	1615	1634	1653	1712	1732	1752			1952	2012	2032
Chingford Station	2014	2035	2055	2116	2138	2158	2218	2238	2259	2320	2340	0000	0020	0040				
Kings Road Friday Hill	2018	2039	2059	2120	2142	2202	2222	2242	2302	2323	2343	0003	0023	0043				
Woodford Green The Castle	2024	2045	2105	2126	2147	2207	2227	2247	2307	2328	2348	0008	0028	0048				
South Woodford Station Cowslip Rd.	2032	2052	2112	2133	2154	2214	2234	2253	2313	2334	2354	0014	0034	0054				
Gants Hill Station Cranbrook Road (S)	2043	2103	2123	2144	2204	2224	2244	2303	2323	2344	0004	0024	0044	0104				
Ilford Station	2048	2108	2128	2149	2209	2229	2249	2308	2328	2348	0008	0028	0048	0108				
Ilford High Road Hainault Street	2052	2112	2132	2152	2212	2232	2252	2311	2331	2351	0011	0031	0051	0111				

179

## Ilford – South Woodford – Chingford

179		Mondays to Fridays (school days)																
Ilford High Road Hainault Street	0515 0535 0555 0615 0631 0642 0653	Then about every 12 mins. until	0747 0801 0815 0829	Then about every 12 mins. until	1131 1136 1144 1156 1206 1214 1219	Then about every 12 mins. until	1355 1400 1408 1420 1430 1443	Then about every 12 mins. until	1940 1944 1951 2003 2012 2019 2023									
Ilford Station	0518 0538 0558 0618 0634 0646 0657		0752 0806 0820 0834															
Gants Hill Station Cranbrook Road (S)	0523 0543 0603 0623 0640 0653 0704		0801 0814 0828 0841															
South Woodford Station George Lane	0531 0551 0611 0633 0651 0705 0718		0821 0832 0845 0857															
Woodford Green The Castle	0537 0557 0618 0640 0659 0714 0728		0834 0845 0857 0908															
Kings Road Friday Hill	0542 0602 0624 0647 0707 0723 0738		0846 0857 0908 0918															
Chingford Station	0545 0605 0628 0651 0711 0727 0743		0852 0903 0913 0923															
Ilford High Road Hainault Street	1955 2015 2035 2055 2115 2135 2155 2215		2235 2255 2315 2335 2355		0015 0035 0055													
Ilford Station	1959 2019 2039 2059 2119 2139 2159 2219		2239 2259 2318 2338 2358		0018 0038 0058													
Gants Hill Station Cranbrook Road (S)	2006 2026 2046 2106 2126 2146 2205 2225		2244 2304 2323 2343 0003		0023 0043 0103													
South Woodford Station George Lane	2018 2038 2057 2116 2136 2156 2215 2235		2254 2313 2332 2352		0011 0031 0051 0111													
Woodford Green The Castle	2026 2046 2105 2124 2143 2203 2222 2241		2300 2319 2338 2358		0017 0037 0057 0117													
Kings Road Friday Hill	2033 2052 2111 2130 2149 2209 2228 2247		2306 2325 2344 0003		0022 0042 0102 0122													
Chingford Station	2037 2055 2114 2133 2152 2212 2231 2250		2309 2328 2347 0006		0025 0045 0105 0125													
179		Mondays to Fridays (school holidays)																
Ilford High Road Hainault Street	0515 0535 0555 0615 0635 0650 0705 0717 0729 0741 0753 0804	Then about every 12 mins. until	0804 0808 0815 0829 0839	Then about every 12 mins. until	1004 1009 1016 1029 1039 1047 1052	Then about every 12 mins. until	1128 1140 1152 1204 1217 1228 1235 1240		1152									
Ilford Station	0518 0538 0558 0619 0639 0654 0709 0721 0733 0745 0757 0808		0808 0815 0829 0839						1157									
Gants Hill Station Cranbrook Road (S)	0523 0543 0603 0624 0645 0700 0715 0727 0739 0751 0803 0815		0815 0829 0839						1204									
South Woodford Station George Lane	0532 0552 0613 0634 0655 0714 0729 0741 0753 0805 0817 0829		0829 0839						1217									
Woodford Green The Castle	0538 0600 0621 0642 0703 0723 0738 0750 0802 0815 0827 0839		0839 0848						1228									
Kings Road Friday Hill	0544 0606 0628 0649 0710 0731 0746 0758 0811 0824 0836 0848		0848 0853						1235									
Chingford Station	0547 0609 0631 0652 0714 0735 0750 0803 0816 0829 0841 0853		0853 0914						1240									
Ilford High Road Hainault Street	1203	Then every 12 mins. until	1427 1432 1440 1453 1504 1511 1516	Then about every 12 mins. until	1938 1952 2012 2033 2053 2113 2134 2154 2214 2234 2254 2315	Then about every 12 mins. until	2318 2338 2358 0003 0023 0043 0103		0055									
Ilford Station	1208		1432 1440 1453 1504 1511 1516		1942 1956 2016 2037 2057 2117 2138 2158 2218 2238 2258 2318		2318 2338 2358 0003 0023 0043 0103	Then about every 12 mins. until	0058									
Gants Hill Station Cranbrook Road (S)	1216		1440 1453 1504 1511 1516		1950 2004 2024 2044 2104 2124 2144 2204 2224 2244 2304 2323		2323 2343 2363 0003 0023 0043 0103		0103									
South Woodford Station George Lane	1229		1453 1504 1511 1516		2003 2015 2034 2054 2114 2134 2154 2214 2234 2254 2313 2332		2332 2352 2372 0003 0023 0043 0103		0112									
Woodford Green The Castle	1240		1504 1511 1516		2013 2025 2043 2102 2122 2142 2202 2222 2242 2301 2320 2339		2339 2359 2379 0003 0023 0043 0103	Then about every 12 mins. until	0119									
Kings Road Friday Hill	1247		1511 1516		2020 2032 2050 2109 2129 2149 2209 2229 2248 2307 2326 2345		2345 2365 2385 0003 0023 0043 0103		0125									
Chingford Station	1252		1516		2024 2036 2054 2113 2133 2153 2212 2232 2251 2310 2329 2348		2348 2368 2388 0003 0023 0043 0103		0128									
179		Saturdays (also Good Friday)																
Ilford High Road Hainault Street	0515 0535 0555 0615 0635 0655 0715 0735 0750 0805 0820 0835		0835 0855 0909 0914	Then about every 12 minutes until	1855 1909 1924 1939													
Ilford Station	0518 0538 0558 0618 0638 0658 0719 0739 0754 0809 0824 0839		0839 0855 0909 0914															
Gants Hill Station Cranbrook Road (S)	0522 0542 0602 0623 0643 0703 0724 0744 0759 0815 0830 0845		0845 0855 0909 0914															
South Woodford Station George Lane	0530 0551 0611 0632 0653 0713 0734 0754 0809 0825 0840 0855		0855 0909 0914															
Woodford Green The Castle	0535 0556 0616 0637 0658 0719 0740 0800 0816 0832 0847 0902		0902 0914															
Kings Road Friday Hill	0540 0601 0622 0643 0704 0725 0746 0807 0823 0839 0854 0909		0909 0914															
Chingford Station	0543 0604 0625 0646 0707 0728 0749 0811 0827 0843 0858 0914		0914 0914															
Ilford High Road Hainault Street	1954 2011 2032 2053 2114 2135 2155 2215 2235 2255 2315 2335 2355		0015 0035 0055															
Ilford Station	1958 2015 2036 2057 2118 2139 2159 2219 2239 2259 2318 2338 2358		0018 0038 0058															
Gants Hill Station Cranbrook Road (S)	2006 2023 2044 2104 2125 2146 2205 2225 2245 2305 2324 2344 0003		0023 0043 0103															
South Woodford Station George Lane	2018 2034 2054 2114 2135 2156 2215 2235 2255 2315 2334 2353		0012 0032 0052 0108															
Woodford Green The Castle	2026 2042 2102 2122 2143 2203 2222 2242 2302 2322 2341 0000		0019 0039 0058 0114															
Kings Road Friday Hill	2032 2048 2108 2128 2149 2209 2228 2248 2308 2328 2347 0006		0025 0045 0103 0119															
Chingford Station	2036 2052 2112 2132 2152 2212 2231 2251 2311 2331 2350 0009		0028 0048 0106 0122															
179		Sundays and other Public Holidays (except Christmas Day)																
Ilford High Road Hainault Street	0655 0725 0755 0825 0854 0914 0934 0954 1014 1034 1051 1110 1130 1149 1209 1229 1249 1309		1309 1314 1322 1335 1344 1355 1408 1420 1430 1443 1455 1504 1511 1516															
Ilford Station	0659 0729 0759 0829 0858 0918 0938 0958 1018 1038 1055 1114 1134 1153 1213 1233 1253 1314		1314 1322 1335 1344 1355 1408 1420 1430 1443 1455 1504 1511 1516															
Gants Hill Station Cranbrook Road (S)	0704 0734 0804 0834 0903 0924 0944 1004 1024 1044 1101 1121 1141 1200 1221 1241 1301 1322		1322 1335 1344 1355 1408 1420 1430 1443 1455 1504 1511 1516															
South Woodford Station George Lane	0713 0743 0813 0843 0913 0934 0954 1014 1034 1054 1113 1133 1153 1213 1234 1254 1314 1335		1335 1344 1355 1408 1420 1430 1443 1455 1504 1511 1516															
Woodford Green The Castle	0719 0749 0820 0850 0920 0941 1001 1022 1042 1102 1122 1142 1202 1222 1243 1303 1323 1344		1344 1355 1408 1420 1430 1443 1455 1504 1511 1516															
Kings Road Friday Hill	0725 0755 0826 0856 0927 0948 1008 1029 1049 1109 1129 1149 1209 1229 1250 1310 1330 1351		1351 1364 1376 1388 1400 1412 1424 1436 1448 1460 1472 1484 1496 1508 1520 1540 1560 1580															
Chingford Station	0728 0758 0829 0900 0931 0952 1012 1033 1053 1113 1133 1153 1213 1233 1254 1314 1334 1355		1355 1364 1376 1388 1400 1412 1424 1436 1448 1460 1472 1484 1496 1508 1520 1540 1560 1580															
Ilford High Road Hainault Street	1329 1349 1409 1429	Then every 20 minutes until	1629 1649 1709 1729 1748 1808 1828 1848 1908 1928 1948 2008															
Ilford Station	1334 1354 1414 1434		1634 1653 1713 1733 1752 1812 1832 1852 1912 1932 1952 2012															
Gants Hill Station Cranbrook Road (S)	1342 1402 1422 1443		1643 1701 1721 1741 1800 1820 1840 1859 1919 1939 1959 2019															
South Woodford Station George Lane	1355 1415 1435 1455		1655 1713 1733 1753 1812 1832 1852 1911 1931 1950 2009 2029															
Woodford Green The Castle	1404 1424 1444 1504		1704 1722 1742 1801 1820 1840 1900 1919 1939 1957 2016 2036															
Kings Road Friday Hill	1411 1431 1451 1511		1711 1729 1749 1808 1827 1847 1907 1926 1945 2003 2022 2042															
Chingford Station	1415 1435 1455 1515		1715 1733 1753 1812 1831 1851 1911 1930 1949 2007 2026 2046															
Ilford High Road Hainault Street	2029 2050 2111 2132 2153 2213 2234 2255		2255 2258	Then every 20 minutes until	0055 0058													
Ilford Station	2033 2054 2115 2136 2156 2216 2237 2258		2258 2303															
Gants Hill Station Cranbrook Road (S)	2040 2100 2121 2142 2202 2222 2243 2303		2303 2312															
South Woodford Station George Lane	2050 2110 2131 2151 2211 2231 2252 2312		2312 2318															
Woodford Green The Castle	2057 2117 2138 2158 2218 2238 2258 2318		2318 2323															
Kings Road Friday Hill	2102 2122 2143 2203 2223 2243 2303 2323		2323 2326															
Chingford Station	2106 2126 2146 2206 2226 2246 2306 2326		2326 2331															