

179 Mondays to Fridays																					
										NSD	SD	NSD	SD								
Chingford Station	0455	0515	0535	0555	0615	0634	0649	0702	0704	0713	0715	Then about every 12 minutes until	SD	NSD	NSD	SD					
Woodford Wells Horse & Well	0501	0521	0541	0601	0621	0641	0656	0709	0712	0720	0723		1844	1844	1859	1914	1914				
Woodford Green Castle	0502	0523	0543	0603	0623	0643	0658	0712	0715	0723	0726		1855	1855	1909	1924	1924				
South Woodford Station Cowslip Rd.	0508	0529	0550	0610	0630	0650	0705	0719	0722	0731	0734		1902	1902	1916	1930	1931				
South Woodford Charlie Brown's Rbt.	0511	0532	0553	0613	0633	0653	0709	0723	0726	0735	0738		1906	1906	1920	1934	1935				
Gants Hill Station	0517	0538	0559	0619	0639	0700	0716	0731	0734	0743	0746		1913	1913	1927	1941	1942				
Ilford Station	0522	0543	0604	0624	0645	0707	0723	0738	0741	0751	0754		1920	1920	1934	1948	1949				
Ilford High Road Hainault Street	0525	0546	0607	0627	0648	0710	0726	0741	0744	0755	0758	1924	1924	1938	1952	1953					
														NSD	SD						
Chingford Station	1929	1929	1944	2000	2020	2040	2100	2120	2140	2200	2220	Then every 20 minutes until	0040								
Woodford Wells Horse & Well	1936	1936	1951	2007	2027	2047	2107	2127	2146	2206	2226		0046								
Woodford Green Castle	1938	1938	1953	2009	2029	2049	2109	2129	2148	2208	2228		0048								
South Woodford Station Cowslip Rd.	1944	1945	2000	2016	2036	2056	2116	2136	2155	2215	2234		0054								
South Woodford Charlie Brown's Rbt.	1948	1949	2003	2019	2039	2059	2119	2139	2158	2218	2237		0057								
Gants Hill Station	1955	1956	2010	2026	2045	2105	2125	2145	2204	2224	2243		0103								
Ilford Station	2002	2003	2017	2032	2051	2111	2131	2151	2210	2230	2249		0109								
Ilford High Road Hainault Street	2006	2007	2021	2036	2055	2115	2135	2155	2214	2234	2253	0113									
179 Saturdays (also Good Friday)																					
Chingford Station	0455	0515	0535	Then every 20 mins. until	0655	0715	0735	0750	0805	0819	0830	0842	0852	0904	0915	0926	0936	0947			
Woodford Wells Horse & Well	0501	0521	0541		0701	0721	0741	0756	0811	0826	0837	0849	0900	0912	0923	0934	0945	0957			
Woodford Green Castle	0502	0523	0543		0703	0723	0743	0758	0813	0828	0839	0851	0902	0914	0925	0937	0948	1000			
South Woodford Station Cowslip Rd.	0508	0529	0550		0710	0730	0750	0805	0820	0835	0847	0859	0911	0923	0935	0947	0959	1011			
South Woodford Charlie Brown's Rbt.	0511	0532	0553		0713	0733	0753	0808	0823	0838	0851	0903	0915	0927	0939	0951	1003	1015			
Gants Hill Station	0517	0538	0559		0719	0739	0759	0815	0830	0845	0858	0910	0922	0935	0947	0959	1011	1023			
Ilford Station	0522	0543	0604		0724	0744	0805	0821	0837	0852	0905	0918	0930	0943	0956	1008	1020	1032			
Ilford High Road Hainault Street	0525	0546	0607	0727	0748	0809	0825	0841	0856	0909	0922	0934	0947	1000	1012	1024	1036				
Chingford Station	0959	Then every 12 mins. until	1211	1223	Then every 12 mins. until	1323	1336	Then every 12 mins. until	1424	1436	1448	1500	1513	Then every 12 mins. until	1649	1701	1713	1725			
Woodford Wells Horse & Well	1009		1221	1233		1333	1345		1433	1445	1457	1509	1521		1657	1709	1721	1733			
Woodford Green Castle	1012		1224	1236		1336	1348		1436	1448	1500	1512	1524		1700	1712	1724	1736			
South Woodford Station Cowslip Rd.	1023		1235	1246		1346	1358		1446	1457	1509	1521	1533		1709	1721	1733	1745			
South Woodford Charlie Brown's Rbt.	1027		1239	1250		1350	1402		1450	1501	1513	1525	1537		1713	1725	1737	1749			
Gants Hill Station	1035		1247	1258		1358	1410		1458	1509	1521	1533	1545		1721	1733	1745	1757			
Ilford Station	1044		1256	1307		1407	1419		1507	1518	1530	1542	1554		1730	1741	1753	1805			
Ilford High Road Hainault Street	1049	1301	1312	1412	1424	1512	1523	1535	1547	1559	1735	1746	1758	1810							
Chingford Station	1737	1750	1802	1814	1827	1840	1855	1910	1925	1940	2000	2020	2040	Then every 20 mins. until	2200	2220	Then every 20 mins. until	0040			
Woodford Wells Horse & Well	1745	1758	1810	1822	1835	1848	1902	1917	1932	1947	2007	2027	2046		2206	2226		0046			
Woodford Green Castle	1747	1800	1812	1824	1837	1850	1904	1919	1934	1949	2009	2029	2048		2208	2228		0048			
South Woodford Station Cowslip Rd.	1756	1808	1820	1832	1845	1857	1911	1926	1941	1956	2016	2036	2055		2215	2234		0054			
South Woodford Charlie Brown's Rbt.	1800	1812	1824	1836	1849	1901	1915	1929	1944	1959	2019	2039	2058		2218	2237		0057			
Gants Hill Station	1808	1820	1831	1843	1856	1908	1922	1936	1950	2005	2025	2045	2104		2224	2243		0103			
Ilford Station	1816	1828	1839	1851	1903	1915	1929	1943	1957	2011	2031	2051	2110		2230	2249		0109			
Ilford High Road Hainault Street	1821	1833	1844	1855	1907	1919	1933	1947	2001	2015	2035	2055	2114	2234	2253	0113					
179 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																					
Chingford Station	0638	0708	0738	0808	0828	0846	0905	0924	0942	1001	1020	1039	Then every 20 minutes until	1719	1739	1759	1819				
Woodford Wells Horse & Well	0644	0714	0744	0814	0834	0853	0912	0931	0949	1008	1027	1047		1727	1747	1807	1826				
Woodford Green Castle	0646	0716	0746	0816	0836	0855	0914	0933	0951	1010	1029	1049		1729	1749	1809	1828				
South Woodford Station Cowslip Rd.	0653	0723	0753	0823	0843	0902	0921	0940	0959	1018	1037	1057		1737	1757	1817	1836				
South Woodford Charlie Brown's Rbt.	0656	0726	0756	0826	0846	0905	0924	0943	1002	1021	1041	1101		1741	1801	1820	1839				
Gants Hill Station	0702	0732	0802	0832	0852	0911	0930	0949	1009	1028	1048	1108		1748	1808	1827	1846				
Ilford Station	0707	0737	0807	0837	0857	0917	0936	0956	1016	1036	1056	1116		1756	1815	1834	1853				
Ilford High Road Hainault Street	0710	0740	0810	0840	0900	0920	0940	1000	1020	1040	1100	1120	1800	1819	1838	1857					
Chingford Station	1839	1859	1919	1940	2000	Then every 20 minutes until	0040														
Woodford Wells Horse & Well	1846	1906	1926	1946	2006		0046														
Woodford Green Castle	1848	1908	1928	1948	2008		0048														
South Woodford Station Cowslip Rd.	1855	1915	1935	1955	2014		0054														
South Woodford Charlie Brown's Rbt.	1858	1918	1938	1958	2017		0057														
Gants Hill Station	1905	1924	1944	2004	2023		0103														
Ilford Station	1912	1931	1950	2010	2029		0109														
Ilford High Road Hainault Street	1916	1935	1954	2014	2033	0113															
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179		Mondays to Fridays																			
Ilford High Road Hainault Street	0515	0535	0555	0615	0635	0650	Then about every 12 minutes until	NSD	SD	NSD						SD					
Ilford Station	0518	0538	0558	0618	0638	0653		1855	1858	1910	1925	1940	1940	1955	2015	2035	2055				
Gants Hill Station	0524	0544	0604	0624	0644	0659		1859	1902	1914	1929	1944	1944	1959	2019	2039	2059				
South Woodford Charlie Brown's Rbt.	0530	0550	0610	0630	0650	0706		1907	1909	1921	1936	1951	1951	2006	2025	2045	2105				
South Woodford Station George Lane	0533	0553	0613	0633	0653	0709		1915	1917	1929	1943	1958	1958	2013	2032	2052	2112				
Woodford Green Castle	0538	0558	0618	0639	0659	0715		1919	1921	1933	1947	2001	2001	2016	2035	2055	2115				
Woodford Wells Horse & Well	0540	0600	0620	0641	0701	0717		1928	1930	1942	1955	2008	2009	2023	2042	2101	2121				
Chingford Station	0546	0606	0626	0647	0707	0724	1930	1932	1944	1957	2010	2011	2025	2044	2103	2123					
Ilford High Road Hainault Street	2115	2135	2155	2215			Then every 20 minutes until	0055													
Ilford Station	2119	2139	2159	2219				0059													
Gants Hill Station	2125	2145	2205	2225				0105													
South Woodford Charlie Brown's Rbt.	2132	2152	2212	2232				0112													
South Woodford Station George Lane	2135	2155	2215	2235				0115													
Woodford Green Castle	2141	2201	2221	2240				0120													
Woodford Wells Horse & Well	2143	2203	2223	2242				0122													
Chingford Station	2149	2209	2229	2248			0128														
179		Saturdays (also Good Friday)																			
Ilford High Road Hainault Street	0515	Then every 20 minutes until	0635	0655	0715	0735	0750	0805	0818	0831	0845	0856	0908	0919	0930	0942	0953				
Ilford Station	0518		0638	0658	0718	0738	0753	0808	0822	0835	0849	0900	0912	0923	0934	0946	0958				
Gants Hill Station	0524		0644	0704	0724	0744	0800	0815	0829	0842	0856	0907	0919	0930	0942	0954	1006				
South Woodford Charlie Brown's Rbt.	0530		0650	0710	0730	0750	0806	0821	0835	0848	0902	0914	0926	0938	0950	1002	1014				
South Woodford Station George Lane	0533		0653	0713	0733	0753	0809	0824	0838	0852	0906	0918	0930	0942	0954	1006	1018				
Woodford Green Castle	0538		0658	0719	0739	0759	0815	0831	0846	0900	0914	0926	0938	0950	1002	1014	1026				
Woodford Wells Horse & Well	0540		0700	0721	0741	0801	0817	0833	0848	0902	0916	0928	0940	0952	1004	1017	1029				
Chingford Station	0546	0706	0727	0747	0807	0824	0840	0855	0909	0923	0935	0948	1000	1012	1025	1037					
Ilford High Road Hainault Street	1004	Then every 12 minutes until	1704	1716	1728	1740	1752	1805	1818	1831	1843	1855	1910	1925	1940	1955	2015				
Ilford Station	1009		1709	1721	1732	1744	1756	1809	1822	1835	1847	1859	1914	1929	1944	1959	2019				
Gants Hill Station	1017		1717	1729	1740	1752	1804	1817	1830	1843	1854	1906	1921	1935	1950	2005	2025				
South Woodford Charlie Brown's Rbt.	1025		1725	1737	1748	1800	1812	1824	1837	1850	1901	1913	1928	1942	1957	2012	2032				
South Woodford Station George Lane	1029		1729	1741	1752	1804	1816	1828	1841	1854	1905	1916	1931	1945	2000	2015	2035				
Woodford Green Castle	1038		1738	1750	1801	1812	1823	1835	1848	1901	1912	1923	1938	1952	2007	2022	2041				
Woodford Wells Horse & Well	1041		1741	1752	1803	1814	1825	1837	1850	1903	1914	1925	1940	1954	2009	2024	2043				
Chingford Station	1049	1749	1800	1811	1822	1832	1844	1857	1910	1921	1932	1947	2001	2016	2031	2050					
Ilford High Road Hainault Street	2035	2055	2115	2135	2155	2215	Then every 20 minutes until	0055													
Ilford Station	2039	2059	2119	2139	2159	2219		0059													
Gants Hill Station	2045	2105	2125	2145	2205	2225		0105													
South Woodford Charlie Brown's Rbt.	2052	2112	2132	2152	2212	2232		0112													
South Woodford Station George Lane	2055	2115	2135	2155	2215	2235		0115													
Woodford Green Castle	2101	2121	2141	2201	2221	2240		0120													
Woodford Wells Horse & Well	2103	2123	2143	2203	2223	2242		0122													
Chingford Station	2110	2129	2149	2209	2229	2248	0128														
179		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																			
Ilford High Road Hainault Street	0658	0727	0756	0826	0856	0915	0934	0953	1012	1031	1050	1110	1129	Then every 20 minutes until	1609	1629	1650				
Ilford Station	0701	0730	0759	0829	0859	0918	0938	0957	1016	1035	1055	1115	1134		1614	1634	1655				
Gants Hill Station	0707	0736	0805	0835	0905	0924	0944	1004	1023	1042	1102	1123	1142		1622	1642	1703				
South Woodford Charlie Brown's Rbt.	0713	0742	0811	0841	0911	0930	0950	1010	1030	1049	1109	1130	1149		1629	1649	1710				
South Woodford Station George Lane	0716	0745	0814	0844	0914	0933	0953	1013	1033	1052	1112	1133	1153		1633	1653	1714				
Woodford Green Castle	0721	0750	0820	0850	0920	0940	1000	1020	1040	1100	1120	1141	1201		1641	1701	1721				
Woodford Wells Horse & Well	0723	0752	0822	0852	0922	0942	1002	1022	1042	1102	1122	1143	1203		1643	1703	1723				
Chingford Station	0729	0759	0829	0859	0929	0949	1009	1029	1050	1110	1130	1151	1211	1651	1710	1730					
Ilford High Road Hainault Street	1710	1731	1752	1813	1833	1854	1914	1935	1955	Then every 20 minutes until	2155	2215	Then every 20 minutes until	0055							
Ilford Station	1715	1736	1756	1817	1837	1858	1918	1939	1959		2159	2219		0059							
Gants Hill Station	1723	1744	1804	1824	1844	1905	1925	1946	2005		2205	2225		0105							
South Woodford Charlie Brown's Rbt.	1730	1751	1811	1831	1851	1912	1932	1953	2012		2212	2232		0112							
South Woodford Station George Lane	1734	1754	1814	1834	1854	1915	1935	1956	2015		2215	2235		0115							
Woodford Green Castle	1741	1801	1821	1841	1901	1921	1941	2002	2021		2221	2240		0120							
Woodford Wells Horse & Well	1743	1803	1823	1843	1903	1923	1943	2004	2023		2223	2242		0122							
Chingford Station	1750	1810	1830	1850	1910	1930	1950	2010	2029	2229	2248	0128									
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