

179	Mondays to Fridays																	
Chingford Station	0455	0515	0535	0555	0615	0632	0644	0655	0705	0715	0727	0739	0751	0803	0817	0830	0843	0855
Kings Road Friday Hill	0458	0518	0538	0558	0618	0636	0648	0700	0710	0720	0732	0745	0758	0810	0824	0837	0849	0901
Woodford Wells St Thomas Church	0502	0522	0542	0602	0622	0641	0653	0705	0716	0728	0741	0754	0807	0819	0833	0845	0856	0908
Woodford Green The Castle	0503	0523	0543	0603	0623	0643	0655	0709	0721	0733	0746	0800	0813	0826	0840	0851	0902	0913
South Woodford Station Cowslip Rd.	0509	0529	0549	0610	0630	0651	0704	0718	0731	0744	0757	0811	0824	0837	0851	0902	0913	0924
Charlie Brown's Roundabout S. Side	0511	0531	0551	0612	0632	0653	0707	0721	0734	0747	0800	0814	0827	0840	0855	0906	0917	0928
Gants Hill Station Cranbrook Road (S)	0519	0539	0559	0621	0642	0704	0720	0735	0748	0802	0815	0829	0841	0854	0908	0919	0929	0940
Ilford Station	0523	0543	0604	0627	0649	0712	0729	0746	0800	0814	0827	0840	0852	0904	0917	0927	0937	0947
Ilford High Road Hainault Street	0526	0546	0607	0630	0653	0716	0733	0750	0804	0818	0831	0844	0856	0908	0921	0931	0941	0951
Chingford Station	0907	0919	0931	0943	0955	1007	Then every 12 minutes until	1355	1407	1418	1428	1438	1448	1458	1510	1521	1532	1544
Kings Road Friday Hill	0913	0924	0936	0948	1000	1012		1400	1412	1423	1433	1443	1453	1503	1515	1526	1537	1549
Woodford Wells St Thomas Church	0920	0930	0941	0953	1005	1017		1405	1417	1428	1439	1449	1459	1509	1521	1532	1544	1556
Woodford Green The Castle	0924	0934	0945	0956	1008	1019		1407	1419	1430	1441	1452	1501	1513	1526	1538	1550	1602
South Woodford Station Cowslip Rd.	0934	0944	0955	1006	1018	1029		1417	1429	1440	1451	1502	1511	1523	1536	1548	1601	1613
Charlie Brown's Roundabout S. Side	0938	0948	0959	1010	1021	1032		1420	1432	1443	1454	1505	1517	1529	1542	1554	1607	1619
Gants Hill Station Cranbrook Road (S)	0950	1000	1010	1021	1032	1043		1431	1443	1454	1506	1518	1531	1543	1556	1608	1621	1633
Ilford Station	0957	1007	1017	1028	1039	1051		1439	1452	1504	1516	1528	1540	1552	1605	1617	1630	1642
Ilford High Road Hainault Street	1001	1011	1021	1032	1043	1055		1443	1456	1508	1520	1533	1545	1557	1610	1622	1635	1647
Chingford Station	1543	1553	1606	1619	1632	1645	1657	1710	1722	1734	1746	1758	1810	1822	1834	1846	1858	1910
Kings Road Friday Hill	1549	1600	1613	1625	1637	1650	1702	1715	1727	1739	1751	1803	1815	1827	1839	1851	1903	1914
Woodford Wells St Thomas Church	1556	1607	1619	1631	1643	1656	1708	1721	1733	1745	1757	1809	1821	1833	1844	1856	1907	1918
Woodford Green The Castle	1602	1613	1625	1637	1649	1702	1714	1727	1739	1750	1801	1813	1825	1836	1846	1858	1909	1920
South Woodford Station Cowslip Rd.	1613	1624	1635	1646	1658	1711	1723	1736	1748	1759	1810	1822	1834	1845	1855	1907	1918	1928
Charlie Brown's Roundabout S. Side	1619	1631	1643	1654	1706	1719	1731	1744	1756	1806	1817	1829	1839	1849	1859	1910	1921	1931
Gants Hill Station Cranbrook Road (S)	1633	1646	1658	1709	1721	1734	1746	1759	1811	1821	1832	1843	1853	1902	1912	1923	1933	1943
Ilford Station	1642	1655	1707	1718	1730	1743	1755	1808	1820	1830	1840	1851	1901	1910	1920	1930	1940	1950
Ilford High Road Hainault Street	1647	1700	1712	1723	1735	1748	1800	1813	1825	1835	1845	1856	1906	1915	1924	1934	1944	1954
Chingford Station	1922	1935	1950	2005	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325	2345	0005	0025	0045
Kings Road Friday Hill	1926	1939	1954	2009	2029	2049	2109	2128	2148	2208	2228	2248	2308	2328	2348	0008	0028	0048
Woodford Wells St Thomas Church	1930	1943	1958	2013	2033	2053	2113	2132	2152	2212	2232	2252	2312	2332	2352	0012	0032	0052
Woodford Green The Castle	1932	1945	2000	2015	2035	2055	2115	2134	2154	2214	2234	2254	2313	2333	2353	0013	0033	0053
South Woodford Station Cowslip Rd.	1940	1953	2008	2023	2043	2103	2123	2142	2202	2222	2242	2301	2320	2339	2359	0019	0039	0059
Charlie Brown's Roundabout S. Side	1943	1955	2010	2025	2045	2105	2125	2144	2204	2224	2244	2303	2322	2341	0001	0021	0041	0101
Gants Hill Station Cranbrook Road (S)	1955	2006	2020	2035	2055	2115	2134	2153	2213	2233	2252	2311	2330	2349	0009	0029	0049	0109
Ilford Station	2001	2012	2026	2041	2100	2120	2139	2158	2218	2237	2256	2315	2334	2353	0013	0033	0053	0113
Ilford High Road Hainault Street	2005	2016	2030	2045	2104	2123	2142	2201	2221	2240	2259	2318	2337	2356	0016	0036	0056	0116
179	Saturdays (also Good Friday)																	
Chingford Station	0455	0515	0535	0555	0615	0635	0655	0715	0735	0750	0805	0820	0831	0842	0853	0905	0917	0928
Kings Road Friday Hill	0458	0518	0538	0558	0618	0638	0658	0718	0738	0754	0809	0825	0836	0847	0858	0910	0922	0933
Woodford Wells St Thomas Church	0502	0522	0542	0602	0622	0642	0702	0722	0742	0758	0814	0830	0841	0852	0903	0915	0927	0938
Woodford Green The Castle	0503	0523	0543	0603	0623	0644	0704	0724	0744	0800	0816	0832	0843	0854	0905	0917	0929	0940
South Woodford Station Cowslip Rd.	0508	0528	0548	0609	0629	0650	0711	0731	0751	0807	0823	0839	0850	0901	0913	0925	0937	0948
Charlie Brown's Roundabout S. Side	0510	0530	0550	0611	0631	0652	0713	0733	0753	0809	0825	0841	0852	0904	0916	0928	0940	0952
Gants Hill Station Cranbrook Road (S)	0517	0537	0557	0619	0639	0700	0721	0741	0802	0818	0834	0850	0901	0914	0926	0938	0950	1002
Ilford Station	0521	0541	0601	0623	0643	0704	0725	0746	0807	0823	0839	0855	0907	0920	0932	0944	0956	1008
Ilford High Road Hainault Street	0524	0544	0604	0626	0646	0707	0728	0749	0810	0826	0842	0858	0911	0924	0936	0948	1000	1012
Chingford Station	0939	0950	1001	1013	1025	1037	1049	1101	1113	1125	1137	1149	1201	1213	1224	1235	1246	1258
Kings Road Friday Hill	0944	0955	1006	1018	1030	1042	1054	1107	1119	1131	1143	1155	1207	1219	1230	1241	1252	1304
Woodford Wells St Thomas Church	0949	1000	1011	1023	1035	1047	1059	1112	1124	1137	1150	1202	1214	1226	1237	1248	1259	1311
Woodford Green The Castle	0952	1003	1014	1026	1038	1050	1102	1115	1127	1140	1153	1206	1218	1230	1241	1252	1303	1315
South Woodford Station Cowslip Rd.	1000	1012	1024	1036	1048	1100	1112	1125	1137	1150	1203	1216	1228	1240	1251	1303	1315	1327
Charlie Brown's Roundabout S. Side	1004	1016	1028	1040	1052	1104	1116	1129	1141	1154	1207	1220	1233	1245	1256	1308	1320	1332
Gants Hill Station Cranbrook Road (S)	1015	1027	1039	1051	1103	1116	1129	1142	1154	1207	1220	1233	1246	1259	1311	1323	1335	1347
Ilford Station	1021	1033	1045	1057	1110	1123	1136	1149	1202	1215	1228	1241	1254	1307	1320	1333	1346	1358
Ilford High Road Hainault Street	1025	1037	1049	1101	1114	1127	1140	1153	1206	1219	1232	1245	1258	1311	1324	1337	1350	1402

179	Saturdays (also Good Friday) (cont.)																	
Chingford Station	1310	1322	1334	1346	1358	1410	1422	1434	1446	1458	1510	1522	1534	1546	1558	1610	1622	1634
Kings Road Friday Hill	1316	1328	1340	1352	1404	1416	1428	1440	1452	1504	1515	1527	1539	1551	1603	1615	1627	1639
Woodford Wells St Thomas Church	1323	1335	1347	1359	1411	1423	1435	1446	1457	1509	1520	1532	1544	1556	1608	1620	1632	1644
Woodford Green The Castle	1327	1339	1351	1403	1415	1427	1439	1450	1500	1512	1523	1535	1547	1559	1611	1623	1635	1647
South Woodford Station Cowslip Rd.	1339	1351	1403	1415	1427	1439	1451	1501	1511	1523	1534	1545	1557	1609	1621	1633	1645	1657
Charlie Brown's Roundabout S. Side	1344	1356	1408	1420	1432	1444	1455	1505	1515	1527	1538	1549	1601	1613	1625	1637	1649	1701
Gants Hill Station Cranbrook Road (S)	1359	1411	1423	1435	1447	1458	1508	1518	1528	1540	1551	1602	1614	1626	1638	1650	1701	1712
Ilford Station	1410	1423	1435	1447	1459	1510	1520	1530	1540	1550	1600	1611	1623	1635	1647	1658	1709	1720
Ilford High Road Hainault Street	1414	1427	1439	1451	1503	1514	1524	1534	1544	1554	1604	1615	1627	1639	1651	1702	1713	1724
Chingford Station	1646	1658	1710	1722	1734	1747	1800	1812	1824	1837	1852	1907	1923	1939	1959	2019	2039	2059
Kings Road Friday Hill	1651	1703	1715	1727	1739	1752	1805	1817	1829	1842	1857	1912	1928	1944	2004	2024	2044	2104
Woodford Wells St Thomas Church	1656	1708	1720	1732	1744	1757	1810	1822	1834	1847	1901	1916	1932	1948	2008	2028	2048	2108
Woodford Green The Castle	1658	1710	1722	1734	1746	1759	1812	1824	1836	1849	1903	1918	1934	1950	2010	2030	2050	2110
South Woodford Station Cowslip Rd.	1707	1719	1731	1743	1755	1808	1821	1833	1845	1857	1911	1926	1942	1958	2018	2038	2058	2118
Charlie Brown's Roundabout S. Side	1711	1723	1735	1747	1759	1812	1824	1836	1848	1900	1914	1929	1945	2001	2021	2041	2101	2121
Gants Hill Station Cranbrook Road (S)	1722	1734	1746	1758	1810	1823	1835	1847	1859	1911	1925	1940	1956	2011	2031	2051	2110	2130
Ilford Station	1730	1742	1754	1806	1818	1830	1842	1854	1906	1918	1932	1947	2002	2017	2037	2057	2116	2136
Ilford High Road Hainault Street	1734	1746	1758	1810	1822	1834	1846	1858	1910	1922	1936	1951	2006	2021	2041	2101	2120	2140
Chingford Station	2119	2139	2159	2219	2239	2259	2319	2340	0000	0020	0040							
Kings Road Friday Hill	2124	2144	2203	2223	2243	2303	2323	2343	0003	0023	0043							
Woodford Wells St Thomas Church	2128	2148	2207	2227	2247	2307	2327	2347	0007	0027	0047							
Woodford Green The Castle	2130	2150	2209	2229	2249	2309	2329	2349	0009	0029	0049							
South Woodford Station Cowslip Rd.	2138	2158	2217	2237	2256	2316	2336	2356	0016	0036	0056							
Charlie Brown's Roundabout S. Side	2141	2200	2219	2239	2258	2318	2338	2358	0018	0038	0058							
Gants Hill Station Cranbrook Road (S)	2150	2209	2228	2248	2307	2327	2347	0007	0027	0047	0106							
Ilford Station	2155	2214	2233	2253	2312	2332	2352	0012	0032	0051	0110							
Ilford High Road Hainault Street	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 Wells St Thomas Church	0647	0717	0747	0817	0837	0857	0918	0938	0957	1017	1036	1055	1116	1136	1156	1216	1236	1256
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
Charlie Brown's Roundabout S. Side	0656	0726	0756	0827	0847	0907	0930	0950	1010	1030	1050	1109	1130	1150	1211	1232	1252	1312
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			1915	1936	1957
Woodford Wells St Thomas Church	1316	1336	1356	1416	1437	1458	1519	1539	1558	1618	1638	1658	1719			1919	1940	2001
Woodford Green The Castle	1318	1338	1358	1418	1439	1500	1521	1541	1600	1620	1640	1700	1721			1921	1942	2003
South Woodford Station Cowslip Rd.	1328	1348	1407	1427	1448	1509	1530	1550	1609	1629	1649	1709	1729			1929	1950	2011
Charlie Brown's Roundabout S. Side	1332	1352	1411	1431	1451	1512	1533	1553	1612	1632	1652	1712	1732			1932	1953	2014
Gants Hill Station Cranbrook Road (S)	1345	1405	1424	1444	1504	1524	1545	1604	1623	1643	1702	1722	1742			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 Wells St Thomas Church	2022	2043	2103	2124	2146	2206	2226	2246	2306	2327	2347	0007	0027	0047				
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				
Charlie Brown's Roundabout S. Side	2034	2054	2114	2135	2156	2216	2236	2255	2315	2336	2356	0016	0036	0056				
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		Mondays to Fridays										SD	NSD	SD				
Ilford High Road <i>Hainault Street</i>	0515	0535	0555	0615	0631	0642	0653	0702	0711	0721	0733	0736	0747	0747	0801	0815	0829	0842
Ilford Station	0518	0538	0558	0618	0634	0646	0657	0707	0716	0726	0738	0741	0752	0752	0806	0820	0834	0847
Gants Hill Station <i>Cranbrook Road (S)</i>	0523	0543	0603	0623	0640	0653	0704	0714	0723	0734	0747	0750	0801	0801	0814	0828	0841	0854
Charlie Brown's Roundabout <i>S. Side</i>	0529	0549	0609	0630	0648	0702	0715	0726	0737	0750	0803	0806	0815	0817	0828	0841	0853	0906
South Woodford Station <i>George Lane</i>	0531	0551	0611	0633	0651	0705	0718	0729	0740	0753	0806	0810	0819	0821	0832	0845	0857	0910
Woodford Green <i>The Castle</i>	0537	0557	0618	0640	0659	0714	0728	0739	0751	0804	0817	0823	0832	0834	0845	0857	0908	0920
Woodford Wells <i>St Thomas Church</i>	0538	0558	0619	0642	0701	0716	0730	0742	0754	0807	0820	0828	0835	0838	0849	0901	0911	0922
Kings Road <i>Friday Hill</i>	0542	0602	0624	0647	0707	0723	0738	0750	0803	0816	0829	0837	0843	0846	0857	0908	0918	0928
Chingford Station	0545	0605	0628	0651	0711	0727	0743	0756	0809	0822	0835	0843	0849	0852	0903	0913	0923	0933
Ilford High Road <i>Hainault Street</i>	0855	0908	0920	0932	0944	0955			1055	1107	1119	1131			1355	1407	1418	1428
Ilford Station	0900	0913	0925	0937	0949	1000			1100	1112	1124	1136			1400	1412	1423	1433
Gants Hill Station <i>Cranbrook Road (S)</i>	0907	0920	0932	0944	0956	1008			1108	1120	1132	1144			1408	1420	1431	1442
Charlie Brown's Roundabout <i>S. Side</i>	0919	0930	0942	0954	1005	1017			1117	1129	1141	1153			1417	1429	1441	1452
South Woodford Station <i>George Lane</i>	0923	0934	0946	0957	1008	1020			1120	1132	1144	1156			1420	1432	1444	1455
Woodford Green <i>The Castle</i>	0932	0943	0955	1006	1017	1029			1129	1142	1154	1206			1430	1442	1454	1505
Woodford Wells <i>St Thomas Church</i>	0934	0945	0957	1008	1019	1031			1131	1144	1156	1208			1432	1444	1456	1507
Kings Road <i>Friday Hill</i>	0939	0950	1002	1013	1024	1036			1136	1149	1201	1214			1438	1450	1502	1514
Chingford Station	0944	0955	1007	1018	1029	1041			1141	1154	1206	1219			1443	1456	1508	1520
Ilford High Road <i>Hainault Street</i>	1438	1448	1458	1509	1522	1534	1546	1558	1610	1623	1635	1648	1700	1713	1725	1738	1751	1804
Ilford Station	1443	1453	1503	1514	1527	1539	1552	1604	1616	1629	1641	1654	1706	1719	1731	1744	1757	1810
Gants Hill Station <i>Cranbrook Road (S)</i>	1452	1502	1513	1524	1537	1549	1602	1614	1626	1639	1651	1704	1716	1729	1741	1754	1807	1820
Charlie Brown's Roundabout <i>S. Side</i>	1502	1513	1524	1536	1549	1601	1614	1626	1638	1651	1703	1716	1728	1741	1753	1806	1819	1832
South Woodford Station <i>George Lane</i>	1506	1517	1528	1540	1552	1604	1617	1629	1641	1654	1706	1719	1731	1744	1756	1809	1822	1835
Woodford Green <i>The Castle</i>	1517	1528	1540	1553	1605	1617	1629	1641	1653	1706	1718	1731	1743	1756	1808	1820	1833	1845
Woodford Wells <i>St Thomas Church</i>	1519	1531	1543	1556	1608	1619	1631	1643	1655	1708	1720	1733	1745	1758	1810	1822	1835	1847
Kings Road <i>Friday Hill</i>	1526	1538	1551	1604	1615	1625	1637	1649	1701	1714	1726	1739	1751	1804	1816	1828	1840	1852
Chingford Station	1532	1544	1557	1610	1621	1631	1643	1655	1707	1720	1732	1745	1757	1809	1821	1833	1845	1857
Ilford High Road <i>Hainault Street</i>	1817	1829	1841	1853	1904	1916	1928	1940	1955	2015	2035	2055	2115	2135	2155	2215	2235	2255
Ilford Station	1823	1835	1847	1858	1909	1921	1933	1944	1959	2019	2039	2059	2119	2139	2159	2219	2239	2259
Gants Hill Station <i>Cranbrook Road (S)</i>	1833	1845	1857	1908	1918	1929	1940	1951	2006	2026	2046	2106	2126	2146	2205	2225	2244	2304
Charlie Brown's Roundabout <i>S. Side</i>	1844	1856	1907	1918	1928	1938	1949	2000	2015	2035	2055	2114	2134	2154	2213	2233	2252	2311
South Woodford Station <i>George Lane</i>	1847	1859	1910	1921	1931	1941	1952	2003	2018	2038	2057	2116	2136	2156	2215	2235	2254	2313
Woodford Green <i>The Castle</i>	1857	1909	1919	1930	1940	1950	2001	2012	2026	2046	2105	2124	2143	2203	2222	2241	2300	2319
Woodford Wells <i>St Thomas Church</i>	1859	1911	1921	1932	1942	1952	2003	2014	2028	2048	2107	2126	2145	2205	2224	2243	2302	2321
Kings Road <i>Friday Hill</i>	1904	1916	1926	1937	1947	1957	2008	2019	2033	2052	2111	2130	2149	2209	2228	2247	2306	2325
Chingford Station	1908	1920	1930	1941	1951	2001	2012	2023	2037	2055	2114	2133	2152	2212	2231	2250	2309	2328
Ilford High Road <i>Hainault Street</i>	2315	2335	2355	0015	0035	0055												
Ilford Station	2318	2338	2358	0018	0038	0058												
Gants Hill Station <i>Cranbrook Road (S)</i>	2323	2343	0003	0023	0043	0103												
Charlie Brown's Roundabout <i>S. Side</i>	2330	2350	0009	0029	0049	0109												
South Woodford Station <i>George Lane</i>	2332	2352	0011	0031	0051	0111												
Woodford Green <i>The Castle</i>	2338	2358	0017	0037	0057	0117												
Woodford Wells <i>St Thomas Church</i>	2340	2359	0018	0038	0058	0118												
Kings Road <i>Friday Hill</i>	2344	0003	0022	0042	0102	0122												
Chingford Station	2347	0006	0025	0045	0105	0125												
Note	SD - Operates on school days only										NSD - Operates during school holidays only							

179	Saturdays (also Good Friday)																				
Ilford High Road <i>Hainault Street</i>	0515	0535	0555	0615	0635	0655	0715	0735	0750	0805	0820	0835	0845	0856	0908	0920	0932	0943			
Ilford Station	0518	0538	0558	0618	0638	0658	0719	0739	0754	0809	0824	0839	0849	0900	0912	0924	0936	0947			
Gants Hill Station <i>Cranbrook Road (S)</i>	0522	0542	0602	0623	0643	0703	0724	0744	0759	0815	0830	0845	0855	0906	0918	0930	0942	0953			
Charlie Brown's Roundabout <i>S. Side</i>	0528	0549	0609	0630	0651	0711	0732	0752	0807	0823	0838	0853	0903	0915	0927	0939	0951	1002			
South Woodford Station <i>George Lane</i>	0530	0551	0611	0632	0653	0713	0734	0754	0809	0825	0840	0855	0906	0918	0930	0942	0954	1005			
Woodford Green <i>The Castle</i>	0535	0556	0616	0637	0658	0719	0740	0800	0816	0832	0847	0902	0914	0926	0938	0950	1002	1014			
Woodford Wells <i>St Thomas Church</i>	0536	0557	0618	0639	0700	0721	0742	0802	0818	0834	0849	0904	0916	0928	0940	0952	1004	1016			
Kings Road <i>Friday Hill</i>	0540	0601	0622	0643	0704	0725	0746	0807	0823	0839	0854	0909	0921	0933	0945	0957	1009	1021			
Chingford Station	0543	0604	0625	0646	0707	0728	0749	0811	0827	0843	0858	0914	0926	0938	0950	1002	1014	1026			
Ilford High Road <i>Hainault Street</i>	0955	1007	1019	1031	1043	1055	1107	1119	1131	1143	1155	1207	1219	1231	1243	1255	1307	1319			
Ilford Station	0959	1011	1023	1035	1047	1059	1111	1123	1136	1148	1200	1212	1224	1236	1248	1300	1312	1324			
Gants Hill Station <i>Cranbrook Road (S)</i>	1005	1017	1029	1041	1053	1105	1117	1130	1144	1156	1208	1221	1233	1245	1257	1309	1321	1333			
Charlie Brown's Roundabout <i>S. Side</i>	1014	1026	1038	1050	1102	1114	1127	1140	1154	1206	1219	1232	1244	1256	1308	1320	1332	1344			
South Woodford Station <i>George Lane</i>	1017	1029	1041	1053	1105	1117	1130	1143	1157	1209	1222	1235	1247	1259	1311	1323	1335	1347			
Woodford Green <i>The Castle</i>	1026	1038	1050	1102	1115	1127	1140	1153	1207	1220	1233	1246	1258	1310	1322	1334	1346	1358			
Woodford Wells <i>St Thomas Church</i>	1028	1040	1052	1104	1117	1129	1142	1155	1209	1222	1235	1248	1300	1312	1324	1336	1348	1400			
Kings Road <i>Friday Hill</i>	1033	1045	1057	1109	1122	1134	1147	1200	1214	1227	1240	1253	1305	1317	1329	1341	1353	1405			
Chingford Station	1038	1050	1102	1115	1128	1140	1153	1206	1220	1233	1246	1259	1311	1323	1335	1347	1358	1410			
Ilford High Road <i>Hainault Street</i>	1332			1544	1556				1732	1744	1755	1807	1819	1831	1843	1855	1909	1924	1939		
Ilford Station	1337			1549	1601				1737	1749	1800	1812	1824	1836	1848	1900	1914	1929	1944		
Gants Hill Station <i>Cranbrook Road (S)</i>	1346	<i>Then every 12 minutes until</i>		1558	1611	<i>Then every 12 minutes until</i>			1747	1758	1809	1821	1833	1845	1857	1909	1922	1937	1952		
Charlie Brown's Roundabout <i>S. Side</i>	1357			1609	1621				1757	1808	1819	1831	1843	1855	1907	1919	1932	1947	2001		
South Woodford Station <i>George Lane</i>	1400			1612	1624				1800	1811	1822	1834	1846	1858	1910	1922	1935	1950	2004		
Woodford Green <i>The Castle</i>	1410			1622	1634				1810	1821	1832	1844	1855	1907	1919	1931	1944	1958	2012		
Woodford Wells <i>St Thomas Church</i>	1412			1624	1636				1812	1823	1834	1846	1857	1909	1921	1933	1946	2000	2014		
Kings Road <i>Friday Hill</i>	1417			1629	1641				1817	1828	1839	1851	1902	1914	1926	1938	1950	2004	2018		
Chingford Station	1422			1634	1646				1822	1833	1844	1855	1906	1918	1930	1942	1954	2008	2022		
Ilford High Road <i>Hainault Street</i>	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 <i>Cranbrook Road (S)</i>	2006	2023	2044	2104	2125	2146	2205	2225	2245	2305	2324	2344	0003	0023	0043	0103					
Charlie Brown's Roundabout <i>S. Side</i>	2015	2032	2052	2112	2133	2154	2213	2233	2253	2313	2332	2351	0010	0030	0050	0107					
South Woodford Station <i>George Lane</i>	2018	2034	2054	2114	2135	2156	2215	2235	2255	2315	2334	2353	0012	0032	0052	0108					
Woodford Green <i>The Castle</i>	2026	2042	2102	2122	2143	2203	2222	2242	2302	2322	2341	0000	0019	0039	0058	0114					
Woodford Wells <i>St Thomas Church</i>	2028	2044	2104	2124	2145	2205	2224	2244	2304	2324	2343	0002	0021	0041	0059	0115					
Kings Road <i>Friday Hill</i>	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 <i>Hainault Street</i>	0655	0725	0755	0825	0854	0914	0934	0954	1014	1034	1051	1110	1130	1149	1209	1229	1249	1309			
Ilford Station	0659	0729	0759	0829	0858	0918	0938	0958	1018	1038	1055	1114	1134	1153	1213	1233	1253	1314			
Gants Hill Station <i>Cranbrook Road (S)</i>	0704	0734	0804	0834	0903	0924	0944	1004	1024	1044	1101	1121	1141	1200	1221	1241	1301	1322			
Charlie Brown's Roundabout <i>S. Side</i>	0711	0741	0811	0841	0911	0932	0952	1012	1032	1052	1110	1130	1150	1210	1231	1251	1311	1332			
South Woodford Station <i>George Lane</i>	0713	0743	0813	0843	0913	0934	0954	1014	1034	1054	1113	1133	1153	1213	1234	1254	1314	1335			
Woodford Green <i>The Castle</i>	0719	0749	0820	0850	0920	0941	1001	1022	1042	1102	1122	1142	1202	1222	1243	1303	1323	1344			
Woodford Wells <i>St Thomas Church</i>	0721	0751	0822	0852	0922	0943	1003	1024	1044	1104	1124	1144	1204	1224	1245	1305	1325	1346			
Kings Road <i>Friday Hill</i>	0725	0755	0826	0856	0927	0948	1008	1029	1049	1109	1129	1149	1209	1229	1250	1310	1330	1351			
Chingford Station	0728	0758	0829	0900	0931	0952	1012	1033	1053	1113	1133	1153	1213	1233	1254	1314	1334	1355			
Ilford High Road <i>Hainault Street</i>	1329	1349	1409	1429					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 <i>Cranbrook Road (S)</i>	1342	1402	1422	1443	<i>Then every 20 minutes until</i>				1643	1701	1721	1741	1800	1820	1840	1859	1919	1939	1959	2019	
Charlie Brown's Roundabout <i>S. Side</i>	1352	1412	1432	1452						1652	1710	1730	1750	1809	1829	1849	1908	1928	1948	2007	2027
South Woodford Station <i>George Lane</i>	1355	1415	1435	1455						1655	1713	1733	1753	1812	1832	1852	1911	1931	1950	2009	2029
Woodford Green <i>The Castle</i>	1404	1424	1444	1504						1704	1722	1742	1801	1820	1840	1900	1919	1939	1957	2016	2036
Woodford Wells <i>St Thomas Church</i>	1406	1426	1446	1506						1706	1724	1744	1803	1822	1842	1902	1921	1941	1959	2018	2038
Kings Road <i>Friday Hill</i>	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 <i>Hainault Street</i>	2029	2050	2111	2132	2153	2213	2234	2255	<i>Then every 20 minutes until</i>				0055								
Ilford Station	2033	2054	2115	2136	2156	2216	2237	2258						0058							
Gants Hill Station <i>Cranbrook Road (S)</i>	2040	2100	2121	2142	2202	2222	2243	2303						0103							
Charlie Brown's Roundabout <i>S. Side</i>	2048	2108	2129	2149	2209	2229	2250	2310						0110							
South Woodford Station <i>George Lane</i>	2050	2110	2131	2151	2211	2231	2252	2312						0112							
Woodford Green <i>The Castle</i>	2057	2117	2138	2158	2218	2238	2258	2318						0118							
Woodford Wells <i>St Thomas Church</i>	2058	2118	2139	2159	2219	2239	2259	2319						0119							
Kings Road <i>Friday Hill</i>	2102	2122	2143	2203	2223	2243	2303	2323						0123							
Chingford Station	2106	2126	2146	2206	2226	2246	2306	2326						0126							