

368		Mondays to Fridays																				
Chadwell Heath Wangey Road	0510	0530	0550	0610	0630	0650	0705						0950					1502				
Green Lane Bennetts Castle Lane	0513	0533	0553	0613	0634	0654	0709						0955					1509				
Becontree Avenue Longbridge Road	0517	0537	0558	0618	0639	0659	0714						1000					1515				
Mayesbrook Park The Roundhouse	0520	0540	0602	0622	0643	0703	0719						1005	every 10-11				1520	every 11			
Lodge Ave. Flyover Junc. (West Side)	0524	0544	0606	0627	0650	0710	0726						1011	minutes				1527	minutes			
Barking London Road	0531	0551	0613	0634	0658	0719	0736						1021	until				1538	until			
Barking Station	0533	0553	0615	0636	0700	0722	0739						1024					1541				
Barking Harts Lane Estate	0536	0556	0618	0640	0704	0727	0745						1028					1546				
Chadwell Heath Wangey Road	2000	2020	2040	2100	2120	2140	2200	2220	2240	2255	2315	2335	2355	0015								
Green Lane Bennetts Castle Lane	2004	2024	2044	2104	2124	2144	2204	2224	2244	2258	2318	2338	2358	0018								
Becontree Avenue Longbridge Road	2009	2029	2049	2109	2128	2148	2208	2228	2248	2302	2322	2342	0002	0022								
Mayesbrook Park The Roundhouse	2013	2033	2053	2113	2132	2152	2212	2232	2252	2305	2325	2345	0005	0025								
Lodge Ave. Flyover Junc. (West Side)	2018	2038	2058	2117	2136	2156	2216	2236	2256	2308	2328	2348	0008	0028								
Barking London Road	2026	2046	2106	2124	2143	2203	2223	2243	2302	2314	2334	2354	0014	0034								
Barking Station	2028	2048	2108	2126	2145	2205	2225	2245	2303	2315	2335	2355	0015	0035								
Barking Harts Lane Estate	2033	2053	2112	2130	2149	2209	2229	2249	2307	2319	2339	2359	0019	0039								
368		Saturdays (also Good Friday)																				
Chadwell Heath Wangey Road	0510	0530	0550	0610	0630	0650	0710	0730	0750	0805						1820	1835	1850	1905	1920	1940	
Green Lane Bennetts Castle Lane	0513	0533	0553	0613	0633	0653	0713	0734	0754	0809						1825	1840	1855	1910	1925	1945	
Becontree Avenue Longbridge Road	0517	0537	0557	0617	0637	0657	0717	0738	0758	0813						1830	1845	1900	1915	1929	1949	
Mayesbrook Park The Roundhouse	0520	0540	0600	0621	0641	0701	0721	0742	0802	0817						1835	1850	1905	1919	1933	1953	
Lodge Ave. Flyover Junc. (West Side)	0524	0544	0604	0625	0645	0705	0725	0746	0806	0821						1841	1856	1911	1924	1938	1958	
Barking London Road	0531	0551	0611	0632	0652	0712	0733	0754	0814	0829						1850	1905	1920	1932	1946	2006	
Barking Station	0533	0553	0613	0634	0654	0714	0735	0756	0816	0831						1852	1907	1922	1934	1948	2008	
Barking Harts Lane Estate	0536	0556	0616	0637	0657	0717	0738	0759	0820	0835						1857	1912	1927	1939	1953	2013	
Chadwell Heath Wangey Road	2000	2020	2040	2100	2120	2140	2200	2220	2240	2255	2315	2335	2355	0015								
Green Lane Bennetts Castle Lane	2005	2025	2045	2105	2124	2144	2204	2224	2244	2258	2318	2338	2358	0018								
Becontree Avenue Longbridge Road	2009	2029	2049	2109	2128	2148	2208	2228	2248	2302	2322	2342	0002	0022								
Mayesbrook Park The Roundhouse	2013	2033	2053	2113	2132	2152	2212	2232	2252	2305	2325	2345	0005	0025								
Lodge Ave. Flyover Junc. (West Side)	2018	2037	2057	2117	2136	2156	2216	2236	2256	2308	2328	2348	0008	0028								
Barking London Road	2026	2045	2105	2125	2144	2203	2223	2243	2302	2314	2334	2354	0014	0034								
Barking Station	2028	2047	2107	2127	2146	2205	2225	2244	2303	2315	2335	2355	0015	0035								
Barking Harts Lane Estate	2032	2051	2111	2131	2150	2209	2229	2248	2307	2319	2339	2359	0019	0039								
368		Sundays and other Public Holidays (except Christmas Day)																				
Chadwell Heath Wangey Road	0600	0630	0700	0730	0758	0823	0843	0903	0923	0941	0959	1018	1038	1058	1118	1137	1156	1214				
Green Lane Bennetts Castle Lane	0603	0633	0703	0733	0801	0827	0847	0907	0927	0945	1003	1022	1042	1102	1122	1141	1200	1219				
Becontree Avenue Longbridge Road	0607	0637	0707	0737	0805	0831	0851	0911	0931	0950	1008	1027	1047	1107	1127	1146	1205	1224				
Mayesbrook Park The Roundhouse	0610	0640	0710	0740	0809	0835	0855	0915	0935	0954	1012	1031	1051	1111	1131	1150	1210	1229				
Lodge Ave. Flyover Junc. (West Side)	0614	0644	0714	0744	0813	0839	0859	0919	0939	0958	1018	1037	1057	1117	1137	1156	1216	1236				
Barking London Road	0621	0651	0721	0751	0820	0847	0907	0927	0947	1007	1027	1047	1107	1127	1147	1206	1226	1246				
Barking Station	0623	0653	0723	0753	0822	0849	0909	0929	0949	1009	1029	1049	1109	1129	1149	1208	1228	1248				
Barking Harts Lane Estate	0626	0656	0726	0756	0826	0853	0913	0933	0953	1013	1033	1053	1113	1133	1153	1213	1233	1253				
Chadwell Heath Wangey Road	1233				1453	1514	1535				1735	1756	1817	1837	1858	1919	1940	2000	2020	2040		
Green Lane Bennetts Castle Lane	1238				1458	1519	1540				1740	1801	1821	1841	1902	1923	1944	2004	2024	2044		
Becontree Avenue Longbridge Road	1244	Then			1504	1525	1545	Then			1745	1806	1826	1846	1907	1928	1949	2009	2028	2048		
Mayesbrook Park The Roundhouse	1249	every 20			1509	1530	1550	every 20			1750	1810	1830	1850	1911	1932	1953	2013	2032	2052		
Lodge Ave. Flyover Junc. (West Side)	1256	minutes			1516	1536	1555	minutes			1755	1815	1835	1855	1916	1937	1957	2017	2036	2056		
Barking London Road	1306	until			1526	1546	1605	until			1805	1824	1844	1904	1925	1945	2005	2025	2044	2103		
Barking Station	1308				1528	1548	1607				1807	1826	1846	1906	1927	1947	2007	2027	2046	2105		
Barking Harts Lane Estate	1313				1533	1553	1612				1812	1831	1851	1911	1931	1951	2011	2031	2050	2109		
Chadwell Heath Wangey Road	2100	2120	2140	2200	2220	2240	2255	2315	2335	2355	0015											
Green Lane Bennetts Castle Lane	2104	2124	2144	2204	2224	2244	2258	2318	2338	2358	0018											
Becontree Avenue Longbridge Road	2108	2128	2148	2208	2228	2248	2302	2322	2342	0002	0022											
Mayesbrook Park The Roundhouse	2112	2132	2152	2212	2232	2252	2305	2325	2345	0005	0025											
Lodge Ave. Flyover Junc. (West Side)	2116	2136	2156	2216	2236	2256	2308	2328	2348	0008	0028											
Barking London Road	2123	2143	2203	2223	2243	2302	2314	2334	2354	0014	0034											
Barking Station	2125	2145	2205	2225	2245	2303	2315	2335	2355	0015	0035											
Barking Harts Lane Estate	2129	2149	2209	2229	2249	2307	2319	2339	2359	0019	0039											

368 Mondays to Fridays																					
Barking Harts Lane Estate	0500	0520	0540	0600	0615	0630	0645	0658					0943		1426	1437	1448	1459	1510		
Barking Station	0504	0524	0544	0604	0619	0634	0649	0702	Then				0948	Then	1431	1442	1453	1504	1516		
Barking London Road	0505	0525	0545	0605	0620	0636	0651	0704	about				0951	about	1434	1445	1456	1507	1519		
Lodge Ave. Flyover Junc. (West Side)	0511	0531	0551	0611	0627	0643	0658	0711	every 11 minutes until				1001	every 10-11 minutes until	1445	1457	1508	1520	1532		
Mayesbrook Park The Roundhouse	0514	0534	0554	0614	0631	0647	0702	0715		1005	1450	1502	1514		1526	1538					
Becontree Avenue Longbridge Road	0517	0537	0557	0617	0635	0651	0706	0719		1010	1455	1507	1520		1533	1545					
Green Lane Bennetts Castle Lane	0520	0540	0600	0621	0639	0655	0710	0724		1015	1501	1513	1526		1539	1551					
Chadwell Heath Wangey Road	0523	0543	0603	0625	0643	0659	0714	0728					1019		1506	1518	1531	1544	1556		
Barking Harts Lane Estate	1521			1923	1940	2000	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340	0000	0020		
Barking Station	1527	Then about		1928	1945	2005	2025	2045	2105	2125	2145	2204	2224	2244	2304	2324	2344	0004	0024		
Barking London Road	1530			1931	1947	2007	2027	2047	2107	2127	2147	2206	2226	2246	2305	2325	2345	0005	0025		
Lodge Ave. Flyover Junc. (West Side)	1543		every		1940	1956	2016	2036	2056	2116	2136	2155	2214	2234	2254	2312	2332	2351	0011	0031	
Mayesbrook Park The Roundhouse	1549	11		1944	2000	2020	2040	2100	2119	2139	2158	2217	2237	2257	2315	2335	2354	0014	0034		
Becontree Avenue Longbridge Road	1556	mins.		1949	2005	2025	2044	2104	2123	2143	2202	2221	2241	2301	2319	2338	2357	0017	0037		
Green Lane Bennetts Castle Lane	1602	until		1954	2010	2030	2049	2109	2128	2147	2206	2225	2245	2304	2322	2341	0000	0020	0040		
Chadwell Heath Wangey Road	1607			1958	2014	2034	2053	2112	2131	2150	2209	2228	2248	2307	2325	2344	0003	0023	0043		
368 Saturdays (also Good Friday)																					
Barking Harts Lane Estate	0500	0520	0540	0600	0620	0640	0700	0720	0740	0755	0810				1735	1745	1800	1820	1840		
Barking Station	0504	0524	0544	0604	0624	0644	0704	0724	0744	0759	0814	Then about			1741	1751	1806	1826	1846		
Barking London Road	0505	0525	0545	0605	0626	0646	0706	0726	0746	0801	0816		every 10			1744	1754	1809	1829	1849	
Lodge Ave. Flyover Junc. (West Side)	0511	0531	0551	0611	0632	0653	0713	0733	0753	0808	0823		minutes			1754	1804	1819	1839	1858	
Mayesbrook Park The Roundhouse	0514	0534	0554	0614	0635	0656	0716	0736	0756	0811	0826		until			1759	1809	1824	1844	1903	
Becontree Avenue Longbridge Road	0517	0537	0557	0617	0638	0659	0719	0739	0800	0815	0830				1804	1814	1829	1849	1907		
Green Lane Bennetts Castle Lane	0520	0540	0600	0621	0642	0703	0723	0743	0804	0819	0834				1809	1819	1834	1854	1912		
Chadwell Heath Wangey Road	0523	0543	0603	0624	0645	0706	0726	0747	0808	0823	0838				1813	1823	1838	1857	1915		
Barking Harts Lane Estate	1900			2100	2120	2140	2200	2220	2240	2300	2320	2340	0000	0020							
Barking Station	1906	Then about		2106	2126	2145	2205	2225	2245	2304	2324	2344	0004	0024							
Barking London Road	1908			2108	2128	2147	2207	2227	2247	2305	2325	2345	0005	0025							
Lodge Ave. Flyover Junc. (West Side)	1917		every 20		2117	2137	2155	2215	2235	2255	2312	2332	2351	0011	0031						
Mayesbrook Park The Roundhouse	1922		minutes		2122	2141	2159	2219	2239	2259	2316	2335	2354	0014	0034						
Becontree Avenue Longbridge Road	1926		until		2126	2145	2203	2223	2243	2303	2320	2338	2357	0017	0037						
Green Lane Bennetts Castle Lane	1931				2131	2149	2207	2227	2247	2306	2323	2341	0000	0020	0040						
Chadwell Heath Wangey Road	1934			2134	2152	2210	2230	2250	2309	2326	2344	0003	0023	0043							
368 Sundays and other Public Holidays (except Christmas Day)																					
Barking Harts Lane Estate	0630	0700	0730	0800	0830	0900	0920	0940	1000	1020	1040	1100	1120	1140	1200	1220	1240	1300			
Barking Station	0634	0704	0734	0804	0834	0904	0924	0944	1005	1025	1045	1105	1125	1145	1205	1225	1246	1306			
Barking London Road	0635	0705	0735	0805	0836	0906	0926	0946	1007	1027	1047	1107	1127	1147	1207	1227	1248	1308			
Lodge Ave. Flyover Junc. (West Side)	0641	0711	0741	0812	0843	0914	0934	0954	1016	1036	1056	1116	1136	1157	1217	1237	1258	1318			
Mayesbrook Park The Roundhouse	0644	0714	0744	0815	0846	0917	0937	0958	1020	1040	1100	1120	1140	1201	1221	1242	1303	1323			
Becontree Avenue Longbridge Road	0647	0717	0747	0819	0850	0921	0941	1002	1024	1044	1104	1124	1144	1205	1226	1247	1308	1328			
Green Lane Bennetts Castle Lane	0650	0720	0750	0823	0854	0925	0946	1007	1029	1049	1109	1129	1149	1210	1231	1252	1313	1333			
Chadwell Heath Wangey Road	0653	0723	0753	0826	0857	0929	0950	1011	1033	1053	1113	1133	1153	1214	1236	1257	1318	1338			
Barking Harts Lane Estate	1320	1340	1400	1420	1440	1500	1520	1540	Then about				1720	1740	1800	1820	1840	1900	1920	1940	
Barking Station	1326	1346	1406	1426	1446	1506	1526	1546		1726	1746	1805	1825	1845	1905	1925	1945				
Barking London Road	1328	1348	1408	1428	1448	1508	1528	1548		1728	1748	1807	1827	1847	1907	1927	1947				
Lodge Ave. Flyover Junc. (West Side)	1338	1358	1418	1438	1458	1518	1538	1557		1737	1757	1816	1836	1856	1916	1936	1956				
Mayesbrook Park The Roundhouse	1343	1403	1423	1443	1503	1523	1543	1602		1742	1802	1820	1840	1900	1920	1940	2000				
Becontree Avenue Longbridge Road	1348	1408	1428	1448	1508	1528	1548	1607		1747	1806	1824	1844	1904	1924	1944	2004				
Green Lane Bennetts Castle Lane	1353	1413	1433	1453	1513	1533	1553	1612		1752	1811	1829	1849	1909	1929	1949	2009				
Chadwell Heath Wangey Road	1358	1418	1438	1458	1518	1537	1557	1616		1756	1815	1833	1853	1913	1933	1953	2012				
Barking Harts Lane Estate	2000	2020	2040	2100	2120	2140	2200	2220		2240	2300	2320	2340	0000	0020						
Barking Station	2005	2025	2045	2104	2124	2144	2204	2224	2244	2304	2324	2344	0004	0024							
Barking London Road	2007	2027	2047	2106	2126	2146	2206	2226	2246	2305	2325	2345	0005	0025							
Lodge Ave. Flyover Junc. (West Side)	2016	2036	2055	2114	2134	2154	2214	2234	2254	2312	2332	2351	0011	0031							
Mayesbrook Park The Roundhouse	2020	2039	2058	2117	2137	2157	2217	2237	2257	2315	2335	2354	0014	0034							
Becontree Avenue Longbridge Road	2024	2043	2102	2121	2141	2201	2221	2241	2301	2319	2338	2357	0017	0037							
Green Lane Bennetts Castle Lane	2028	2047	2106	2125	2145	2205	2225	2245	2304	2322	2341	0000	0020	0040							
Chadwell Heath Wangey Road	2031	2050	2109	2128	2148	2208	2228	2248	2307	2325	2344	0003	0023	0043							