

368		Saturdays (also Good Friday)																	
Chadwell Heath Wangey Road	0510	0530	0550	0610	0630	0650	0710	0730	0745	0800	0812	0824	0836	0847	0858	0909	0920	0932	
Green Lane Bennetts Castle Lane	0513	0533	0553	0613	0633	0654	0714	0734	0749	0804	0816	0828	0840	0851	0902	0913	0925	0937	
Becontree Avenue Longbridge Road	0516	0537	0557	0617	0637	0658	0718	0738	0753	0808	0820	0832	0844	0855	0906	0918	0930	0942	
Mayesbrook Park The Roundhouse	0519	0541	0601	0621	0641	0702	0722	0742	0757	0812	0824	0836	0848	0859	0910	0922	0934	0946	
Lodge Ave. Flyover Junc. (West Side)	0523	0545	0605	0625	0645	0706	0726	0746	0801	0816	0828	0840	0852	0904	0915	0927	0939	0951	
Barking London Road	0529	0551	0612	0632	0652	0714	0734	0754	0809	0824	0837	0849	0901	0913	0925	0937	0949	1001	
Barking Station	0531	0553	0614	0634	0654	0716	0736	0756	0811	0826	0839	0851	0903	0915	0927	0939	0951	1003	
Barking Harts Lane Estate	0534	0556	0617	0637	0657	0719	0739	0759	0814	0829	0843	0855	0907	0919	0931	0943	0955	1007	
Chadwell Heath Wangey Road	0943	0955	1006	1017	1029	1041	1052	1104	1116	1128	1140	1151	1203	1214	Then every 12 minutes until	1314	1325		
Green Lane Bennetts Castle Lane	0948	1000	1011	1022	1034	1046	1057	1109	1121	1133	1145	1156	1208	1219		1319	1331		
Becontree Avenue Longbridge Road	0953	1005	1016	1027	1039	1051	1102	1114	1126	1138	1150	1201	1213	1224		1324	1336		
Mayesbrook Park The Roundhouse	0958	1010	1021	1032	1044	1056	1107	1119	1131	1143	1155	1206	1218	1229		1329	1341		
Lodge Ave. Flyover Junc. (West Side)	1003	1015	1026	1038	1050	1102	1113	1125	1137	1149	1201	1213	1225	1237		1337	1349		
Barking London Road	1013	1025	1037	1050	1102	1114	1125	1137	1149	1201	1213	1225	1237	1249		1349	1401		
Barking Station	1015	1027	1039	1052	1104	1116	1128	1140	1152	1204	1216	1228	1240	1252		1352	1404		
Barking Harts Lane Estate	1019	1031	1043	1056	1108	1120	1132	1144	1156	1208	1220	1232	1245	1257		1357	1409		
Chadwell Heath Wangey Road	1337	1349	1401	1413	Then every 12 minutes until	1513	1525	Then every 12 minutes until	1713	1725	1737	1749	1801	1816	1835	1855			
Green Lane Bennetts Castle Lane	1343	1355	1407	1419		1519	1531		1719	1731	1743	1755	1807	1821	1840	1900			
Becontree Avenue Longbridge Road	1348	1400	1412	1424		1524	1536		1724	1736	1748	1800	1812	1826	1845	1905			
Mayesbrook Park The Roundhouse	1353	1405	1417	1429		1529	1541		1729	1741	1753	1805	1817	1831	1850	1910			
Lodge Ave. Flyover Junc. (West Side)	1401	1413	1425	1436		1536	1547		1735	1747	1759	1811	1823	1837	1856	1916			
Barking London Road	1413	1425	1436	1447		1547	1558		1746	1757	1809	1821	1833	1847	1906	1926			
Barking Station	1416	1428	1439	1450		1550	1601		1749	1800	1812	1824	1836	1850	1909	1929			
Barking Harts Lane Estate	1421	1433	1444	1455		1555	1606		1754	1805	1817	1829	1840	1854	1913	1933			
Chadwell Heath Wangey Road	1915	1935	1955	2015	2035	2055	2115	2135	2155	2215	2235	2255	2315	2335	2355	0015			
Green Lane Bennetts Castle Lane	1920	1940	2000	2020	2040	2100	2120	2140	2200	2220	2240	2259	2319	2339	2359	0019			
Becontree Avenue Longbridge Road	1925	1945	2005	2025	2044	2104	2124	2144	2204	2224	2244	2303	2323	2343	0003	0023			
Mayesbrook Park The Roundhouse	1929	1949	2009	2029	2048	2107	2127	2147	2207	2227	2247	2306	2326	2346	0006	0026			
Lodge Ave. Flyover Junc. (West Side)	1935	1954	2014	2034	2053	2111	2131	2151	2211	2231	2250	2309	2329	2349	0009	0029			
Barking London Road	1944	2003	2023	2043	2101	2119	2139	2159	2219	2239	2258	2315	2335	2355	0015	0035			
Barking Station	1947	2006	2026	2046	2104	2121	2141	2201	2221	2241	2300	2317	2337	2357	0017	0037			
Barking Harts Lane Estate	1951	2010	2030	2050	2108	2125	2145	2205	2225	2245	2304	2320	2340	0000	0020	0040			
368		Sundays and other Public Holidays (except Christmas Day)																	
Chadwell Heath Wangey Road	0600	0630	0700	0730	0759	0819	0839	0859	0919	0938	0957	1016	1036	1056	1116	1135	1153	1212	
Green Lane Bennetts Castle Lane	0603	0633	0703	0733	0803	0823	0843	0903	0923	0942	1002	1021	1041	1101	1121	1140	1158	1217	
Becontree Avenue Longbridge Road	0606	0636	0706	0736	0806	0827	0847	0907	0927	0947	1007	1026	1046	1106	1126	1145	1203	1223	
Mayesbrook Park The Roundhouse	0609	0639	0709	0739	0809	0830	0851	0911	0931	0951	1011	1030	1050	1110	1130	1150	1208	1228	
Lodge Ave. Flyover Junc. (West Side)	0613	0643	0713	0743	0813	0834	0855	0915	0936	0956	1016	1035	1055	1115	1135	1155	1214	1234	
Barking London Road	0620	0650	0720	0750	0820	0842	0903	0923	0944	1005	1025	1045	1105	1125	1145	1205	1225	1245	
Barking Station	0622	0652	0722	0752	0822	0844	0905	0925	0946	1007	1027	1047	1107	1127	1147	1207	1227	1247	
Barking Harts Lane Estate	0625	0655	0725	0755	0825	0848	0909	0929	0950	1011	1031	1051	1111	1132	1152	1212	1232	1252	
Chadwell Heath Wangey Road	1231	1250	1310	1331	1351	1411	1431	1451	1511	1531	1552	Then every 20 minutes until	1732	1753	1813	1833	1853		
Green Lane Bennetts Castle Lane	1236	1255	1315	1336	1356	1416	1436	1456	1516	1536	1557		1737	1758	1818	1838	1858		
Becontree Avenue Longbridge Road	1242	1301	1321	1341	1401	1421	1441	1501	1521	1541	1602		1742	1803	1823	1843	1903		
Mayesbrook Park The Roundhouse	1247	1306	1326	1346	1406	1426	1446	1506	1526	1546	1607		1747	1807	1827	1847	1907		
Lodge Ave. Flyover Junc. (West Side)	1254	1313	1333	1353	1413	1433	1452	1512	1532	1552	1612		1752	1812	1832	1852	1912		
Barking London Road	1305	1324	1344	1404	1424	1444	1503	1523	1542	1602	1622		1802	1822	1841	1901	1921		
Barking Station	1307	1326	1346	1406	1426	1446	1505	1525	1544	1604	1624		1804	1824	1843	1903	1923		
Barking Harts Lane Estate	1312	1332	1352	1412	1432	1451	1510	1530	1549	1608	1628		1808	1828	1847	1907	1927		
Chadwell Heath Wangey Road	1913	1933	1953	2013	2034	2055	2115	2135	2155	2215	2235	2255	2315	2335	2355	0015			
Green Lane Bennetts Castle Lane	1918	1938	1958	2018	2039	2059	2119	2139	2159	2219	2239	2259	2319	2338	2358	0018			
Becontree Avenue Longbridge Road	1923	1943	2003	2023	2043	2103	2123	2143	2203	2223	2243	2303	2323	2341	0001	0021			
Mayesbrook Park The Roundhouse	1927	1947	2007	2027	2047	2107	2127	2147	2207	2227	2247	2306	2326	2344	0004	0024			
Lodge Ave. Flyover Junc. (West Side)	1932	1952	2011	2031	2051	2111	2131	2151	2211	2231	2251	2309	2329	2347	0007	0027			
Barking London Road	1940	2000	2019	2039	2059	2118	2138	2158	2218	2238	2258	2315	2335	2353	0013	0033			
Barking Station	1942	2002	2021	2041	2101	2120	2140	2200	2220	2240	2300	2317	2337	2355	0015	0035			
Barking Harts Lane Estate	1946	2006	2025	2045	2105	2124	2144	2204	2224	2244	2303	2320	2340	2358	0018	0038			

368		Saturdays (also Good Friday)																	
Barking Harts Lane Estate	0510	0530	0550	0610	0630	0650	0710	0730	0750	0805	0820	0832	0843	0855	0907	0919	0931	0943	
Barking Station	0513	0533	0553	0614	0634	0654	0714	0734	0754	0809	0824	0836	0847	0859	0911	0923	0935	0947	
Barking London Road	0514	0534	0554	0615	0636	0656	0716	0736	0756	0811	0826	0838	0849	0901	0913	0925	0937	0949	
Lodge Ave. Flyover Junc. (West Side)	0520	0540	0600	0621	0642	0702	0723	0743	0803	0819	0834	0846	0858	0910	0922	0934	0946	0958	
Mayesbrook Park The Roundhouse	0523	0543	0603	0624	0645	0705	0726	0746	0806	0822	0838	0850	0902	0914	0926	0938	0950	1002	
Becontree Avenue Longbridge Road	0526	0546	0606	0627	0648	0708	0729	0750	0810	0826	0842	0854	0906	0918	0930	0942	0955	1007	
Green Lane Bennetts Castle Lane	0530	0550	0610	0631	0652	0712	0733	0754	0815	0831	0847	0859	0911	0923	0935	0947	1000	1012	
Chadwell Heath Wangey Road	0533	0553	0613	0635	0656	0716	0737	0758	0819	0835	0851	0903	0915	0927	0939	0951	1004	1016	
Barking Harts Lane Estate	0955	1006	1017	1028	1040	1052	1104	1116	1128	1140	1152	1204	1216	1228	1240	1252	1303	1315	
Barking Station	0959	1010	1021	1033	1045	1057	1109	1121	1133	1145	1157	1209	1221	1233	1245	1257	1309	1321	
Barking London Road	1001	1012	1023	1035	1047	1059	1111	1123	1135	1147	1159	1211	1223	1235	1247	1259	1311	1323	
Lodge Ave. Flyover Junc. (West Side)	1010	1022	1033	1045	1057	1109	1121	1133	1145	1158	1210	1223	1235	1247	1259	1311	1323	1335	
Mayesbrook Park The Roundhouse	1014	1026	1038	1050	1102	1114	1126	1138	1150	1203	1215	1228	1240	1252	1305	1317	1329	1341	
Becontree Avenue Longbridge Road	1019	1031	1043	1055	1107	1119	1131	1143	1156	1209	1221	1234	1246	1258	1311	1323	1335	1347	
Green Lane Bennetts Castle Lane	1024	1036	1048	1100	1112	1124	1136	1148	1201	1214	1226	1239	1251	1303	1316	1328	1340	1352	
Chadwell Heath Wangey Road	1028	1040	1052	1104	1116	1128	1140	1152	1205	1218	1230	1243	1255	1307	1320	1332	1344	1356	
Barking Harts Lane Estate	1327	1339	1351	1403	1414	1426	1438	1450	1503		1627	1639	1652		1752	1804	1816	1831	
Barking Station	1333	1345	1357	1409	1420	1432	1444	1456	1509	Then	1633	1645	1658	Then	1758	1810	1822	1836	
Barking London Road	1335	1347	1359	1411	1423	1435	1447	1459	1511	every	1635	1647	1700	every	1800	1812	1824	1838	
Lodge Ave. Flyover Junc. (West Side)	1347	1359	1411	1423	1435	1447	1459	1511	1523	12	1647	1659	1711	12	1811	1823	1834	1848	
Mayesbrook Park The Roundhouse	1353	1405	1417	1429	1441	1453	1505	1517	1529	mins.	1653	1704	1716	mins.	1816	1828	1839	1853	
Becontree Avenue Longbridge Road	1359	1411	1423	1435	1447	1459	1511	1523	1535	until	1659	1710	1722	until	1822	1833	1844	1858	
Green Lane Bennetts Castle Lane	1404	1416	1428	1440	1452	1504	1516	1528	1540		1704	1715	1727		1827	1838	1849	1903	
Chadwell Heath Wangey Road	1408	1420	1432	1444	1456	1508	1520	1532	1544		1708	1719	1731		1831	1842	1853	1907	
Barking Harts Lane Estate	1846	1905	1925	1945	2005	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325	2345	0005	0025	
Barking Station	1851	1910	1930	1950	2010	2030	2050	2110	2130	2149	2209	2229	2249	2309	2329	2349	0009	0029	
Barking London Road	1853	1912	1932	1952	2012	2032	2052	2112	2132	2151	2211	2231	2250	2310	2330	2350	0010	0030	
Lodge Ave. Flyover Junc. (West Side)	1903	1922	1942	2001	2021	2040	2100	2120	2140	2158	2218	2238	2257	2317	2337	2357	0016	0036	
Mayesbrook Park The Roundhouse	1908	1927	1947	2006	2026	2044	2104	2124	2144	2202	2221	2241	2300	2320	2340	0000	0019	0039	
Becontree Avenue Longbridge Road	1913	1932	1952	2011	2030	2048	2108	2128	2148	2205	2224	2244	2303	2323	2343	0003	0022	0042	
Green Lane Bennetts Castle Lane	1918	1937	1957	2016	2035	2053	2113	2133	2153	2210	2228	2248	2307	2327	2347	0007	0026	0046	
Chadwell Heath Wangey Road	1922	1941	2001	2020	2039	2057	2117	2136	2156	2213	2231	2251	2310	2330	2350	0010	0029	0049	
368		Sundays and other Public Holidays (except Christmas Day)																	
Barking Harts Lane Estate	0630	0700	0730	0800	0830	0900	0920	0940	1000	1019	1039	1059	1119	1139	1159	1219	1239	1259	
Barking Station	0634	0704	0734	0804	0834	0904	0924	0944	1004	1024	1044	1104	1124	1144	1204	1224	1245	1305	
Barking London Road	0636	0706	0736	0806	0836	0906	0926	0946	1006	1026	1046	1106	1126	1146	1206	1226	1247	1307	
Lodge Ave. Flyover Junc. (West Side)	0643	0713	0743	0814	0844	0914	0934	0954	1014	1034	1054	1114	1134	1155	1216	1236	1257	1317	
Mayesbrook Park The Roundhouse	0646	0716	0746	0817	0848	0918	0938	0958	1018	1038	1058	1118	1138	1200	1221	1241	1302	1322	
Becontree Avenue Longbridge Road	0649	0719	0749	0820	0851	0922	0942	1002	1022	1042	1103	1123	1143	1205	1226	1246	1307	1327	
Green Lane Bennetts Castle Lane	0652	0722	0752	0824	0855	0927	0947	1007	1027	1047	1108	1128	1148	1210	1231	1251	1312	1332	
Chadwell Heath Wangey Road	0655	0725	0755	0827	0859	0931	0951	1011	1031	1051	1112	1132	1152	1214	1235	1255	1316	1336	
Barking Harts Lane Estate	1319			1719	1740	1800	1821	1841	1901	1921	1941	2001	2021	2041	2101	2122	2143	2203	
Barking Station	1325			1725	1746	1806	1826	1846	1906	1926	1946	2006	2026	2046	2106	2126	2147	2207	
Barking London Road	1327			1727	1748	1808	1828	1848	1908	1928	1948	2008	2028	2048	2108	2128	2149	2209	
Lodge Ave. Flyover Junc. (West Side)	1337	Then		1737	1757	1817	1837	1856	1916	1936	1956	2016	2036	2056	2116	2136	2156	2216	
Mayesbrook Park The Roundhouse	1342	every 20		1742	1802	1822	1842	1900	1920	1940	2000	2020	2040	2100	2120	2140	2200	2220	
Becontree Avenue Longbridge Road	1347	minutes		1747	1807	1826	1846	1904	1924	1944	2004	2024	2044	2104	2124	2144	2203	2223	
Green Lane Bennetts Castle Lane	1352	until		1752	1812	1831	1851	1909	1929	1949	2009	2028	2048	2108	2128	2148	2207	2227	
Chadwell Heath Wangey Road	1356			1756	1816	1835	1855	1913	1933	1953	2012	2031	2051	2111	2131	2151	2210	2230	
Barking Harts Lane Estate	2224	2244	2304	2325	2345	0005	0025												
Barking Station	2228	2248	2308	2329	2349	0009	0029												
Barking London Road	2230	2250	2310	2330	2350	0010	0030												
Lodge Ave. Flyover Junc. (West Side)	2236	2256	2316	2336	2356	0016	0036												
Mayesbrook Park The Roundhouse	2240	2259	2319	2339	2359	0019	0039												
Becontree Avenue Longbridge Road	2243	2302	2322	2342	0002	0022	0042												
Green Lane Bennetts Castle Lane	2247	2306	2325	2345	0005	0025	0045												
Chadwell Heath Wangey Road	2250	2309	2328	2348	0008	0028	0048												