368 Chadwell Heath – Mayesbrook Park – Barking

368	Mondays to Fridays																	
Chadwell Heath *Wangey Road*	0510	0530	0550	0610	0629	0642	0653	0705	0719	0731	0743	0755	0809	0822	0836	0850	0905	0919
Green Lane *Bennetts Castle Lane*	0514	0534	0554	0614	0633	0647	0658	0710	0724	0737	0749	0802	0816	0829	0843	0856	0911	0924
Becontree Avenue *Longbridge Road*	0518	0539	0559	0619	0638	0652	0703	0715	0729	0742	0755	0808	0822	0835	0849	0902	0917	0930
Mayesbrook Park *The Roundhouse*	0521	0543	0603	0623	0642	0657	0708	0721	0735	0748	0801	0814	0828	0841	0855	0907	0921	0934
Lodge Ave. Flyover Junc. (West Side)	0525	0547	0608	0629	0649	0704	0716	0730	0745	0758	0811	0824	0838	0851	0904	0916	0930	0943
Barking *London Road*	0533	0555	0616	0637	0657	0713	0726	0741	0757	0812	0826	0840	0854	0907	0920	0931	0944	0957
Barking Station	0535	0557	0618	0639	0659	0715	0728	0743	0759	0814	0828	0842	0857	0910	0923	0934	0947	1000
Barking *Harts Lane Estate*	0538	0600	0621	0643	0703	0720	0734	0749	0805	0820	0834	0848	0902	0915	0928	0939	0951	1004
Chadwell Heath *Wangey Road*	0934	0948	1002	1016	1030	1043	1057	1110	1124	1137	1150	1202	1216	1229	1243	1256	1310	1323
Green Lane *Bennetts Castle Lane*	0939	0953	1007	1021	1035	1048	1102	1115	1129	1142	1155	1207	1221	1234	1248	1301	1315	1328
Becontree Avenue *Longbridge Road*	0944	0958	1012	1026	1040	1053	1107	1120	1134	1147	1200	1212	1226	1239	1253	1306	1320	1333
Mayesbrook Park *The Roundhouse*	0948	1002	1016	1030	1044	1057	1111	1124	1138	1151	1204	1216	1230	1243	1257	1310	1324	1337
Lodge Ave. Flyover Junc. (West Side)	0957	1009	1023	1037	1051	1104	1118	1131	1145	1158	1212	1224	1238	1251	1305	1318	1332	1345
Barking *London Road*	1011	1023	1037	1051	1105	1118	1132	1145	1159	1212	1226	1239	1253	1306	1320	1333	1347	1400
Barking Station	1014	1026	1040	1054	1108	1121	1135	1148	1202	1215	1229	1242	1256	1309	1323	1336	1350	1403
Barking *Harts Lane Estate*	1018	1030	1044	1058	1112	1125	1139	1152	1206	1219	1233	1246	1300	1313	1327	1340	1354	1407
Chadwell Heath *Wangey Road*	1337	1350	1404	1417	1431	1444	1458	1511	1525	1538	1551	1604	1618	1631	1645	1658	1712	1725
Green Lane *Bennetts Castle Lane*	1342	1355	1409	1422	1436	1449	1503	1517	1531	1544	1558	1611	1625	1638	1652	1705	1719	1732
Becontree Avenue *Longbridge Road*	1347	1400	1414	1427	1442	1455	1509	1523	1537	1550	1604	1617	1631	1644	1658	1711	1725	1738
Mayesbrook Park *The Roundhouse*	1351	1404	1418	1432	1447	1500	1514	1528	1542	1555	1609	1622	1636	1649	1703	1716	1730	1743
Lodge Ave. Flyover Junc. (West Side)	1359	1412	1426	1440	1455	1508	1522	1536	1550	1603	1617	1630	1644	1657	1711	1724	1738	1751
Barking *London Road*	1414	1427	1441	1455	1510	1523	1537	1551	1605	1618	1632	1645	1659	1712	1726	1739	1753	1806
Barking Station	1417	1430	1444	1458	1513	1526	1540	1554	1608	1621	1635	1648	1702	1715	1729	1742	1756	1809
Barking *Harts Lane Estate*	1421	1434	1449	1503	1518	1531	1545	1559	1613	1626	1640	1653	1707	1720	1734	1747	1801	1814
Chadwell Heath *Wangey Road*	1739	1752	1806	1819	1833	1846	1902	1918	1935	1955	2015	2035	2055	2115	2135	2155	2215	2235
Green Lane *Bennetts Castle Lane*	1746	1759	1813	1826	1840	1853	1908	1924	1941	2001	2021	2040	2100	2120	2140	2200	2220	2240
Becontree Avenue *Longbridge Road*	1752	1805	1819	1831	1845	1858	1913	1929	1946	2006	2026	2045	2105	2125	2144	2204	2224	2244
Mayesbrook Park *The Roundhouse*	1757	1810	1824	1836	1850	1902	1917	1933	1950	2010	2030	2049	2109	2129	2148	2208	2228	2248
Lodge Ave. Flyover Junc. (West Side)	1805	1818	1832	1844	1858	1909	1923	1939	1955	2015	2035	2054	2113	2133	2152	2212	2232	2252
Barking *London Road*	1820	1833	1847	1857	1910	1920	1933	1948	2004	2024	2043	2102	2121	2141	2159	2219	2239	2259
Barking Station	1823	1836	1850	1900	1913	1923	1935	1950	2006	2026	2045	2104	2123	2143	2201	2221	2241	2301
Barking *Harts Lane Estate*	1828	1841	1855	1905	1917	1927	1939	1954	2010	2030	2049	2108	2127	2147	2205	2225	2245	2305
Chadwell Heath *Wangey Road*	2255	2315	2335	2355	0015													
Green Lane *Bennetts Castle Lane*	2300	2319	2339	2359	0018													
Becontree Avenue *Longbridge Road*	2304	2322	2342	0002	0021													
Mayesbrook Park *The Roundhouse*	2308	2325	2345	0005	0024													
Lodge Ave. Flyover Junc. (West Side)	2312	2328	2348	0008	0027													
Barking *London Road*	2319	2334	2354	0014	0033													
Barking Station	2321	2336	2356	0016	0035													
Barking *Harts Lane Estate*	2325	2340	0000	0019	0038													

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	1007	1020	1033	1047	1059	1113	1126	1140	1152	1206	1218	1232	1245	1259	1312	1325
Green Lane *Bennetts Castle Lane*	0948	1000	1012	1025	1038	1052	1104	1118	1131	1145	1157	1211	1223	1237	1250	1304	1317	1331
Becontree Avenue *Longbridge Road*	0953	1005	1017	1030	1043	1057	1109	1123	1136	1150	1202	1216	1228	1242	1255	1309	1322	1336
Mayesbrook Park *The Roundhouse*	0958	1010	1022	1035	1048	1102	1114	1128	1141	1155	1207	1221	1233	1247	1300	1314	1327	1341
Lodge Ave. Flyover Junc. (West Side)	1003	1015	1028	1042	1056	1110	1122	1136	1149	1203	1216	1230	1243	1257	1310	1324	1337	1351
Barking *London Road*	1014	1027	1040	1055	1110	1125	1138	1152	1205	1219	1232	1246	1259	1313	1326	1340	1353	1407
Barking Station	1016	1029	1042	1057	1112	1127	1141	1155	1208	1222	1235	1249	1302	1316	1329	1343	1356	1410
Barking *Harts Lane Estate*	1020	1033	1046	1101	1116	1131	1145	1159	1212	1226	1239	1254	1307	1321	1334	1348	1401	1415

Chadwell Heath *Wangey Road*	1338	1352	1405	1419	1432	1446	1459	1513	1526	1540	1553	1607	1620	1634	1647	1701	1714	1728
Green Lane *Bennetts Castle Lane*	1344	1358	1411	1425	1438	1452	1505	1519	1532	1546	1559	1613	1626	1640	1653	1707	1720	1734
Becontree Avenue *Longbridge Road*	1349	1403	1416	1430	1443	1457	1510	1524	1537	1551	1604	1618	1631	1645	1658	1712	1725	1739
Mayesbrook Park *The Roundhouse*	1354	1408	1421	1435	1448	1502	1515	1529	1542	1556	1609	1623	1636	1650	1703	1717	1730	1744
Lodge Ave. Flyover Junc. (West Side)	1404	1418	1431	1444	1457	1511	1524	1538	1550	1604	1617	1631	1644	1658	1711	1725	1738	1752
Barking *London Road*	1420	1434	1446	1459	1512	1526	1539	1553	1605	1619	1632	1646	1659	1713	1726	1740	1753	1806
Barking Station	1423	1437	1449	1502	1515	1529	1542	1556	1608	1622	1635	1649	1702	1716	1729	1743	1756	1809
Barking *Harts Lane Estate*	1428	1442	1454	1507	1520	1534	1547	1601	1613	1627	1640	1654	1707	1721	1734	1748	1801	1814

Chadwell Heath *Wangey Road*	1741	1755	1811	1832	1853	1915	1935	1955	2015	2035	2055	2115	2135	2155	2215	2235	2255	2315
Green Lane *Bennetts Castle Lane*	1747	1801	1816	1837	1858	1920	1940	2000	2020	2040	2100	2120	2140	2200	2220	2240	2259	2319
Becontree Avenue *Longbridge Road*	1752	1806	1821	1842	1903	1925	1945	2005	2025	2044	2104	2124	2144	2204	2224	2244	2303	2323
Mayesbrook Park *The Roundhouse*	1757	1811	1826	1847	1908	1929	1949	2009	2029	2048	2107	2127	2147	2207	2227	2247	2306	2326
Lodge Ave. Flyover Junc. (West Side)	1805	1819	1834	1855	1915	1935	1954	2014	2034	2053	2111	2131	2151	2211	2231	2250	2309	2329
Barking *London Road*	1819	1833	1847	1907	1926	1945	2003	2023	2043	2101	2119	2139	2159	2219	2239	2258	2315	2335
Barking Station	1822	1836	1850	1910	1929	1948	2006	2026	2046	2104	2121	2141	2201	2221	2241	2300	2317	2337
Barking *Harts Lane Estate*	1827	1841	1854	1914	1933	1952	2010	2030	2050	2108	2125	2145	2205	2225	2245	2304	2320	2340

Chadwell Heath *Wangey Road*	2335	2355	0015
Green Lane *Bennetts Castle Lane*	2339	2359	0019
Becontree Avenue *Longbridge Road*	2343	0003	0023
Mayesbrook Park *The Roundhouse*	2346	0006	0026
Lodge Ave. Flyover Junc. (West Side)	2349	0009	0029
Barking *London Road*	2355	0015	0035
Barking Station	2357	0017	0037
Barking *Harts Lane Estate*	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 Barking – Mayesbrook Park – Chadwell Heath

368	Mondays to Fridays																	
Barking *Harts Lane Estate*	0510	0530	0550	0610	0630	0650	0705	0720	0733	0746	0759	0813	0826	0840	0853	0907	0920	0934
Barking Station	0514	0534	0554	0614	0634	0654	0710	0725	0738	0751	0804	0818	0831	0845	0858	0912	0925	0939
Barking *London Road*	0515	0535	0555	0616	0636	0656	0712	0727	0740	0753	0806	0820	0833	0847	0900	0914	0927	0941
Lodge Ave. Flyover Junc. (West Side)	0521	0541	0602	0623	0643	0703	0720	0736	0751	0805	0820	0835	0849	0903	0916	0930	0943	0957
Mayesbrook Park *The Roundhouse*	0524	0544	0606	0627	0647	0707	0724	0740	0755	0810	0825	0840	0854	0908	0921	0935	0948	1002
Becontree Avenue *Longbridge Road*	0527	0547	0609	0630	0651	0711	0728	0745	0800	0815	0830	0845	0859	0913	0926	0940	0953	1007
Green Lane *Bennetts Castle Lane*	0531	0551	0613	0634	0656	0716	0733	0751	0806	0821	0836	0851	0905	0919	0931	0945	0958	1012
Chadwell Heath *Wangey Road*	0534	0554	0616	0638	0700	0720	0738	0756	0812	0827	0842	0857	0910	0924	0935	0949	1002	1016
Barking *Harts Lane Estate*	0948	1002	1015	1029	1042	1056	1109	1123	1136	1150	1203	1217	1230	1244	1257	1311	1324	1338
Barking Station	0953	1007	1020	1034	1047	1101	1114	1128	1141	1155	1208	1222	1235	1249	1302	1316	1329	1343
Barking *London Road*	0955	1009	1022	1036	1049	1103	1116	1130	1143	1157	1211	1225	1238	1252	1305	1319	1332	1346
Lodge Ave. Flyover Junc. (West Side)	1011	1025	1038	1052	1105	1119	1132	1146	1159	1214	1228	1242	1255	1309	1322	1336	1349	1403
Mayesbrook Park *The Roundhouse*	1015	1029	1042	1056	1109	1123	1136	1150	1203	1218	1233	1247	1300	1314	1327	1341	1354	1408
Becontree Avenue *Longbridge Road*	1020	1034	1047	1101	1114	1128	1141	1155	1208	1223	1238	1252	1305	1319	1332	1346	1359	1413
Green Lane *Bennetts Castle Lane*	1025	1039	1052	1106	1119	1133	1146	1200	1213	1228	1243	1257	1310	1324	1337	1351	1404	1418
Chadwell Heath *Wangey Road*	1029	1043	1056	1110	1123	1137	1150	1204	1217	1232	1247	1301	1314	1328	1341	1355	1408	1422
Barking *Harts Lane Estate*	1351	1405	1418	1431	1443	1457	1510	1524	1537	1551	1604	1618	1631	1645	1658	1712	1725	1739
Barking Station	1356	1410	1423	1437	1449	1503	1516	1530	1543	1557	1610	1624	1637	1651	1704	1718	1731	1745
Barking *London Road*	1359	1413	1426	1440	1452	1506	1519	1533	1546	1600	1613	1627	1640	1654	1707	1721	1734	1748
Lodge Ave. Flyover Junc. (West Side)	1416	1430	1444	1458	1510	1524	1537	1551	1604	1618	1631	1645	1658	1712	1725	1739	1752	1806
Mayesbrook Park *The Roundhouse*	1421	1435	1449	1503	1516	1530	1543	1557	1610	1624	1637	1651	1704	1718	1731	1745	1758	1812
Becontree Avenue *Longbridge Road*	1426	1440	1454	1508	1521	1535	1548	1602	1615	1629	1642	1656	1709	1723	1736	1750	1803	1817
Green Lane *Bennetts Castle Lane*	1431	1446	1500	1514	1527	1541	1554	1608	1621	1635	1648	1702	1715	1729	1742	1756	1809	1823
Chadwell Heath *Wangey Road*	1435	1450	1504	1518	1532	1546	1559	1613	1626	1640	1653	1707	1720	1734	1747	1801	1814	1828
Barking *Harts Lane Estate*	1752	1807	1820	1834	1847	1901	1914	1929	1944	2004	2025	2045	2105	2125	2145	2205	2225	2245
Barking Station	1758	1813	1826	1840	1853	1906	1919	1934	1949	2009	2030	2050	2110	2129	2149	2209	2229	2249
Barking *London Road*	1801	1815	1828	1842	1855	1908	1921	1936	1951	2011	2032	2052	2112	2131	2151	2211	2231	2251
Lodge Ave. Flyover Junc. (West Side)	1819	1832	1844	1857	1908	1919	1931	1946	2000	2020	2041	2101	2121	2139	2159	2219	2238	2258
Mayesbrook Park *The Roundhouse*	1825	1838	1850	1903	1914	1925	1936	1951	2005	2025	2045	2105	2125	2143	2203	2222	2241	2301
Becontree Avenue *Longbridge Road*	1830	1843	1855	1908	1919	1930	1941	1956	2010	2029	2049	2109	2129	2147	2206	2225	2244	2304
Green Lane *Bennetts Castle Lane*	1836	1848	1900	1913	1924	1935	1946	2001	2015	2034	2054	2114	2133	2151	2210	2229	2247	2307
Chadwell Heath *Wangey Road*	1841	1853	1904	1917	1928	1939	1950	2005	2019	2038	2058	2117	2136	2154	2213	2232	2250	2310
Barking *Harts Lane Estate*	2305	2325	2345	0005	0025													
Barking Station	2309	2329	2349	0009	0029													
Barking *London Road*	2311	2331	2350	0010	0030													
Lodge Ave. Flyover Junc. (West Side)	2318	2338	2357	0016	0036													
Mayesbrook Park *The Roundhouse*	2321	2341	0000	0019	0039													
Becontree Avenue *Longbridge Road*	2324	2344	0003	0022	0042													
Green Lane *Bennetts Castle Lane*	2327	2347	0006	0025	0045													
Chadwell Heath *Wangey Road*	2330	2350	0009	0028	0048													

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	1007	1020	1032	1046	1059	1113	1126	1140	1153	1207	1220	1234	1247	1300	1313	1327	1340
Barking Station	0959	1011	1024	1037	1051	1104	1118	1131	1145	1158	1212	1225	1239	1252	1306	1319	1333	1346
Barking *London Road*	1001	1013	1026	1039	1053	1106	1120	1133	1147	1200	1214	1227	1241	1254	1308	1321	1335	1348
Lodge Ave. Flyover Junc. (West Side)	1011	1024	1038	1052	1107	1121	1136	1149	1204	1217	1232	1245	1259	1312	1326	1339	1353	1406
Mayesbrook Park *The Roundhouse*	1015	1028	1043	1057	1112	1126	1141	1154	1209	1222	1237	1250	1304	1318	1332	1345	1359	1412
Becontree Avenue *Longbridge Road*	1020	1033	1048	1102	1117	1131	1146	1200	1215	1228	1243	1256	1310	1324	1338	1351	1405	1418
Green Lane *Bennetts Castle Lane*	1025	1038	1053	1107	1122	1136	1151	1205	1220	1233	1248	1301	1315	1329	1343	1356	1410	1423
Chadwell Heath *Wangey Road*	1029	1042	1057	1111	1126	1140	1155	1209	1224	1237	1252	1305	1319	1333	1347	1400	1414	1427
Barking *Harts Lane Estate*	1354	1407	1420	1433	1447	1501	1515	1528	1542	1555	1609	1622	1636	1650	1704	1717	1731	1744
Barking Station	1400	1413	1426	1439	1453	1507	1521	1534	1548	1601	1615	1628	1642	1656	1710	1723	1737	1750
Barking *London Road*	1402	1415	1429	1442	1456	1509	1523	1536	1550	1603	1617	1630	1644	1658	1712	1725	1739	1752
Lodge Ave. Flyover Junc. (West Side)	1420	1433	1447	1500	1514	1527	1541	1554	1608	1621	1635	1648	1702	1715	1729	1742	1756	1809
Mayesbrook Park *The Roundhouse*	1426	1439	1453	1506	1520	1533	1547	1600	1614	1627	1641	1654	1707	1720	1734	1747	1801	1814
Becontree Avenue *Longbridge Road*	1432	1445	1459	1512	1526	1539	1553	1606	1620	1633	1647	1700	1713	1726	1740	1753	1807	1820
Green Lane *Bennetts Castle Lane*	1437	1450	1504	1517	1531	1544	1558	1611	1625	1638	1652	1705	1718	1731	1745	1758	1812	1825
Chadwell Heath *Wangey Road*	1441	1454	1508	1521	1535	1548	1602	1615	1629	1642	1656	1709	1722	1735	1749	1802	1816	1829
Barking *Harts Lane Estate*	1758	1811	1828	1844	1905	1925	1945	2005	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325
Barking Station	1804	1817	1833	1849	1910	1930	1950	2010	2030	2050	2110	2130	2149	2209	2229	2249	2309	2329
Barking *London Road*	1806	1819	1835	1851	1912	1932	1952	2012	2032	2052	2112	2132	2151	2211	2231	2250	2310	2330
Lodge Ave. Flyover Junc. (West Side)	1822	1833	1848	1903	1923	1942	2001	2021	2040	2100	2120	2140	2158	2218	2238	2257	2317	2337
Mayesbrook Park *The Roundhouse*	1827	1838	1853	1908	1928	1947	2006	2026	2044	2104	2124	2144	2202	2221	2241	2300	2320	2340
Becontree Avenue *Longbridge Road*	1833	1843	1858	1913	1933	1952	2011	2030	2048	2108	2128	2148	2205	2224	2244	2303	2323	2343
Green Lane *Bennetts Castle Lane*	1838	1848	1903	1918	1938	1957	2016	2035	2053	2113	2133	2153	2210	2228	2248	2307	2327	2347
Chadwell Heath *Wangey Road*	1842	1852	1907	1922	1942	2001	2020	2039	2057	2117	2136	2156	2213	2231	2251	2310	2330	2350
Barking *Harts Lane Estate*	2345	0005	0025															
Barking Station	2349	0009	0029															
Barking *London Road*	2350	0010	0030															
Lodge Ave. Flyover Junc. (West Side)	2357	0016	0036															
Mayesbrook Park *The Roundhouse*	0000	0019	0039															
Becontree Avenue *Longbridge Road*	0003	0022	0042															
Green Lane *Bennetts Castle Lane*	0007	0026	0046															
Chadwell Heath *Wangey Road*	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	*Then every 20 minutes until*		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			1737	1757	1817	1837	1856	1916	1936	1956	2016	2036	2056	2116	2136	2156	2216
Mayesbrook Park *The Roundhouse*	1342			1742	1802	1822	1842	1900	1920	1940	2000	2020	2040	2100	2120	2140	2200	2220
Becontree Avenue *Longbridge Road*	1347			1747	1807	1826	1846	1904	1924	1944	2004	2024	2044	2104	2124	2144	2203	2223
Green Lane *Bennetts Castle Lane*	1352			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											