

462		Mondays to Fridays																		
Hainault Manford Way/The Lowe	0620	0635	0650	0705	0718	0730	0744	0757	0811	0826	0841	0856	0911	0926	0941	Then every 15 minutes until	1441			
Grange Hill Station	0624	0639	0654	0709	0722	0734	0748	0801	0816	0831	0846	0901	0916	0931	0945		1445			
Limes Farm Copperfield	0628	0643	0658	0713	0726	0739	0753	0807	0822	0837	0852	0907	0921	0936	0950		1450			
Barkingside Fullwell Cross	0635	0650	0705	0720	0734	0749	0803	0818	0833	0848	0903	0918	0930	0945	0959		1459			
Longwood Gardens Doctor Johnson	0638	0653	0708	0723	0738	0753	0807	0822	0837	0852	0907	0922	0934	0949	1003		1503			
Gants Hill Station Woodford Avenue	0642	0657	0712	0727	0742	0757	0812	0827	0842	0857	0912	0927	0939	0954	1008		1508			
Beehive Lane Synagogue	0645	0700	0715	0731	0746	0801	0817	0832	0847	0902	0917	0932	0944	0959	1013		1513			
Ilford Station	0649	0704	0719	0736	0752	0807	0823	0838	0853	0908	0924	0939	0951	1006	1020		1520			
Ilford High Road Hainault Street	0652	0707	0722	0740	0756	0812	0828	0843	0858	0913	0928	0943	0955	1010	1024	1524				
Hainault Manford Way/The Lowe	1456	1511	1525	1539	1554	1609	1623	Then every 15 minutes until	1738	1755	1815	1835	1855	1915	1945	Then every 30 mins. until	2315			
Grange Hill Station	1500	1515	1529	1544	1559	1614	1628		1743	1800	1820	1840	1859	1919	1949		2319			
Limes Farm Copperfield	1505	1520	1534	1549	1604	1619	1633		1748	1805	1825	1845	1904	1924	1953		2323			
Barkingside Fullwell Cross	1514	1529	1544	1559	1614	1629	1644		1759	1816	1836	1854	1912	1932	2000		2330			
Longwood Gardens Doctor Johnson	1518	1533	1548	1603	1618	1633	1648		1803	1820	1840	1857	1915	1935	2003		2333			
Gants Hill Station Woodford Avenue	1523	1538	1553	1608	1623	1638	1653		1808	1825	1845	1901	1919	1938	2006		2336			
Beehive Lane Synagogue	1528	1543	1558	1613	1628	1643	1658		1813	1830	1848	1904	1922	1941	2009		2339			
Ilford Station	1535	1550	1605	1620	1636	1651	1706		1821	1838	1855	1911	1929	1946	2014		2344			
Ilford High Road Hainault Street	1540	1555	1610	1625	1641	1656	1711	1826	1843	1859	1915	1933	1950	2017	2347					
462		Saturdays (also Good Friday)																		
Hainault Manford Way/The Lowe	0620	Then every 20 minutes until	0820	0840	0900	0920	0935	0948	1002	Then every 15 minutes until	1632	1647	1702	1717	1735	1755				
Grange Hill Station	0624		0824	0844	0904	0924	0939	0952	1006		1636	1651	1706	1721	1739	1759				
Limes Farm Copperfield	0628		0828	0848	0908	0928	0943	0956	1011		1641	1656	1711	1725	1743	1803				
Barkingside Fullwell Cross	0635		0835	0855	0915	0935	0950	1004	1020		1650	1705	1719	1733	1751	1811				
Longwood Gardens Doctor Johnson	0638		0838	0859	0919	0939	0954	1008	1024		1654	1708	1722	1736	1754	1814				
Gants Hill Station Woodford Avenue	0642		0842	0903	0923	0943	0958	1012	1028		1658	1712	1726	1740	1758	1818				
Beehive Lane Synagogue	0645		0845	0907	0927	0947	1002	1017	1033		1703	1717	1731	1745	1803	1823				
Ilford Station	0649		0849	0912	0932	0952	1010	1025	1041		1711	1725	1739	1753	1811	1831				
Ilford High Road Hainault Street	0652	0852	0916	0936	0956	1015	1030	1046	1716	1730	1744	1758	1816	1835						
Hainault Manford Way/The Lowe	1815	1845	1915	1945	Then every 30 minutes at these past the hour	15	45	2315												
Grange Hill Station	1819	1849	1919	1949		19	49	2319												
Limes Farm Copperfield	1823	1853	1923	1953		23	53	2323												
Barkingside Fullwell Cross	1831	1901	1930	2000		30	00	2330												
Longwood Gardens Doctor Johnson	1834	1904	1933	2003		at these	33	03	until	2333										
Gants Hill Station Woodford Avenue	1838	1908	1936	2006		minutes	36	06	2336											
Beehive Lane Synagogue	1842	1912	1939	2009		past	39	09	2339											
Ilford Station	1848	1918	1945	2014		the hour	44	14	2344											
Ilford High Road Hainault Street	1852	1922	1949	2017	47	17	2347													
462		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																		
Hainault Manford Way/The Lowe	0715	Then every 30 minutes at these minutes past the hour	45	15	1015	1045	1114	1142	Then every 30 minutes at these minutes past the hour	12	42	1612	1642	1713	1744	1815				
Grange Hill Station	0719		49	19	1019	1049	1118	1146		16	46	1616	1646	1717	1748	1819				
Limes Farm Copperfield	0723		53	23	1023	1053	1122	1151		21	51	1621	1651	1721	1752	1823				
Barkingside Fullwell Cross	0730		00	30	1030	1100	1129	1159		29	59	1629	1659	1729	1800	1830				
Longwood Gardens Doctor Johnson	0733		at these	03	33	until	1033	1103		1132	1202	at these	32	02	until	1632	1702	1732	1803	1833
Gants Hill Station Woodford Avenue	0736		minutes	06	36	1036	1106	1136		1206	minutes	36	06	1636	1706	1736	1807	1836		
Beehive Lane Synagogue	0739		past	09	39	1039	1110	1140		1210	past	40	10	1640	1710	1740	1810	1839		
Ilford Station	0743		the hour	13	43	1043	1115	1147		1217	the hour	47	17	1647	1716	1746	1815	1844		
Ilford High Road Hainault Street	0746	16	46	1046	1118	1151	1221	51	21	1651	1720	1750	1819	1847						
Hainault Manford Way/The Lowe	1845	15	45	2315																
Grange Hill Station	1849	Then	19	49	2319															
Limes Farm Copperfield	1853	every 30	23	53	2323															
Barkingside Fullwell Cross	1900	minutes	30	00	2330															
Longwood Gardens Doctor Johnson	1903	at these	33	03	until	2333														
Gants Hill Station Woodford Avenue	1906	minutes	36	06	2336															
Beehive Lane Synagogue	1909	past	39	09	2339															
Ilford Station	1914	the hour	44	14	2344															
Ilford High Road Hainault Street	1917	47	17	2347																

462 Mondays to Fridays																			
Ilford High Road Hainault Street	0620	0635	0650	0704	0717	0730	0742	0755	0810	0825	0840	0856	0912	1512	1526	1541			
Ilford Station	0623	0638	0653	0708	0722	0735	0747	0800	0815	0830	0845	0901	0917	1517	1531	1546			
Beehive Lane Synagogue	0627	0642	0657	0712	0726	0740	0753	0807	0822	0837	0852	0908	0924	1524	1538	1553			
Gants Hill Station Woodford Avenue	0630	0645	0700	0715	0729	0744	0758	0813	0828	0843	0858	0914	0929	1529	1544	1559			
Longwood Gardens Doctor Johnson	0633	0648	0703	0719	0733	0748	0803	0818	0833	0848	0903	0919	0933	1533	1548	1603			
Barkingside Fullwell Cross	0636	0651	0706	0722	0737	0752	0807	0822	0837	0852	0907	0923	0937	1537	1552	1607			
Limes Farm Copperfield	0643	0658	0713	0730	0746	0801	0816	0831	0846	0901	0916	0932	0946	1546	1601	1616			
Grange Hill Station	0649	0704	0719	0737	0753	0808	0823	0838	0853	0908	0923	0938	0952	1552	1608	1623			
Hainault Manford Way/The Lowe	0651	0706	0721	0740	0757	0812	0827	0842	0857	0912	0927	0942	0956	1556	1612	1627			
Ilford High Road Hainault Street	1555	1609	1623						1753	1808	1824	1844	1904	1924	1944	2009			
Ilford Station	1600	1614	1628						1758	1813	1829	1849	1908	1928	1948	2013			
Beehive Lane Synagogue	1607	1621	1635	Then					1805	1820	1836	1855	1914	1934	1954	2017			
Gants Hill Station Woodford Avenue	1613	1627	1642	every 15					1812	1827	1843	1901	1920	1938	1957	2020			
Longwood Gardens Doctor Johnson	1617	1632	1647	minutes					1817	1832	1848	1905	1924	1941	2000	2023			
Barkingside Fullwell Cross	1622	1637	1652	until					1822	1837	1853	1909	1927	1944	2003	2026			
Limes Farm Copperfield	1631	1646	1701						1831	1846	1901	1917	1934	1950	2009	2032			
Grange Hill Station	1638	1653	1708						1838	1852	1906	1922	1939	1955	2014	2037			
Hainault Manford Way/The Lowe	1642	1657	1712						1842	1855	1909	1925	1942	1958	2017	2040			
Ilford High Road Hainault Street	0620					0740	0800	0820	0839	0853	0908	0923	0938	0951	1003	1618	1633	1648	
Ilford Station	0623					0743	0804	0824	0843	0857	0912	0927	0942	0955	1009	1624	1639	1654	
Beehive Lane Synagogue	0627	Then				0747	0808	0828	0847	0902	0918	0933	0948	1001	1016	1631	1646	1701	
Gants Hill Station Woodford Avenue	0630	every 20				0750	0811	0831	0850	0906	0922	0937	0952	1006	1021	1636	1651	1706	
Longwood Gardens Doctor Johnson	0633	minutes				0753	0814	0834	0853	0909	0925	0940	0955	1010	1025	1640	1655	1710	
Barkingside Fullwell Cross	0636	until				0756	0817	0837	0856	0913	0929	0944	0959	1015	1030	1645	1659	1713	
Limes Farm Copperfield	0643					0803	0824	0844	0903	0921	0937	0952	1008	1024	1039	1654	1708	1721	
Grange Hill Station	0649					0809	0830	0850	0909	0927	0943	0959	1015	1031	1046	1701	1714	1727	
Hainault Manford Way/The Lowe	0651					0811	0832	0852	0912	0930	0946	1002	1018	1034	1049	1704	1717	1730	
Ilford High Road Hainault Street	1703	1718	1738	1758	1818	1838	1908	1939			09 39			2239	2310	2340			
Ilford Station	1708	1723	1743	1803	1823	1843	1912	1943	Then		13 43			2243	2314	2344			
Beehive Lane Synagogue	1714	1729	1749	1809	1829	1848	1916	1947	every 30		17 47			2247	2318	2348			
Gants Hill Station Woodford Avenue	1719	1734	1754	1814	1833	1852	1920	1950	minutes		20 50			2250	2321	2351			
Longwood Gardens Doctor Johnson	1723	1738	1758	1818	1836	1855	1923	1953	at these		23 53 until			2253	2324	2354			
Barkingside Fullwell Cross	1726	1741	1801	1821	1839	1858	1926	1956	minutes		26 56			2256	2327	2357			
Limes Farm Copperfield	1733	1748	1808	1828	1845	1904	1932	2002	past		32 02			2302	2333	0003			
Grange Hill Station	1739	1754	1814	1833	1850	1909	1937	2007	the hour		37 07			2307	2338	0008			
Hainault Manford Way/The Lowe	1742	1757	1817	1836	1853	1912	1940	2010			40 10			2310	2341	0011			
Ilford High Road Hainault Street	0740	0810	0840	0910	0940	1010	1040	1108	1137	1206				36 06		1636	1707	1737	1809
Ilford Station	0743	0813	0843	0913	0943	1014	1044	1112	1141	1210	Then			40 10		1640	1711	1741	1813
Beehive Lane Synagogue	0747	0817	0847	0917	0947	1018	1048	1117	1147	1216	every 30			46 16		1646	1716	1746	1817
Gants Hill Station Woodford Avenue	0750	0820	0850	0920	0950	1021	1051	1121	1151	1220	minutes			50 20		1650	1720	1750	1820
Longwood Gardens Doctor Johnson	0753	0823	0853	0923	0953	1024	1054	1124	1154	1224	at these			54 24 until		1654	1723	1753	1823
Barkingside Fullwell Cross	0756	0826	0856	0926	0956	1027	1057	1127	1157	1227	minutes			57 27		1657	1726	1756	1826
Limes Farm Copperfield	0802	0832	0902	0932	1002	1033	1103	1134	1204	1234	past			04 34		1704	1733	1802	1832
Grange Hill Station	0807	0837	0907	0937	1007	1038	1108	1140	1210	1240	the hour			10 40		1710	1738	1807	1837
Hainault Manford Way/The Lowe	0810	0840	0910	0940	1010	1041	1111	1143	1213	1243				13 43		1713	1741	1810	1840
Ilford High Road Hainault Street	1839					09 39					Then			13 43		2243	2314	2344	
Ilford Station	1843	Then				17 47					every 30			20 50		2247	2318	2348	
Beehive Lane Synagogue	1847	every 30				23 53 until					minutes			26 56		2250	2321	2351	
Gants Hill Station Woodford Avenue	1850	minutes				32 02					at these			37 07		2253	2324	2354	
Longwood Gardens Doctor Johnson	1853	at these				40 10					minutes			46 16		2256	2327	2357	
Barkingside Fullwell Cross	1856	minutes				09 39					past			50 20		2302	2333	0003	
Limes Farm Copperfield	1902	past				10 40					the hour			54 24 until		2307	2338	0008	
Grange Hill Station	1907	the hour				2310	2341	0011						57 27		2310	2341	0011	
Hainault Manford Way/The Lowe	1910													04 34					