

EL 1		Mondays to Fridays (cont.)																
Barking Riverside Northgate Road	1606	1612	1617	1623	1628	1634	1639	1645	1651	1657	1702	1708	1713	1719	1724	1730	1736	1742
Barking Riverside Riverside Campus	1609	1615	1620	1626	1631	1637	1642	1648	1654	1700	1705	1711	1716	1722	1727	1733	1739	1745
Barking Reach Minter Road	1613	1619	1624	1630	1635	1641	1646	1652	1658	1704	1709	1715	1720	1726	1731	1737	1743	1749
Thames View Estate Abridge Way	1618	1624	1629	1635	1640	1646	1651	1657	1702	1708	1713	1719	1724	1730	1735	1741	1747	1753
River Road Barking By-Pass	1624	1630	1635	1641	1646	1652	1657	1703	1708	1714	1719	1725	1730	1736	1741	1747	1753	1759
Barking Station	1634	1640	1645	1651	1656	1702	1707	1713	1718	1724	1729	1735	1740	1746	1751	1757	1803	1809
Ilford Lane Loxford Lane	1638	1644	1649	1655	1700	1706	1711	1717	1722	1728	1733	1739	1744	1750	1755	1801	1807	1813
Ilford Ilford Hill	1647	1653	1658	1704	1709	1715	1720	1726	1731	1737	1742	1748	1753	1759	1804	1810	1815	1821
Barking Riverside Northgate Road	1748	1754	1759	1805	1810	1816	1821	1827	1832	1838	1843	1849	1856	1904	1912	1920	1928	1936
Barking Riverside Riverside Campus	1751	1757	1802	1808	1813	1819	1824	1830	1835	1841	1846	1852	1859	1907	1915	1923	1931	1939
Barking Reach Minter Road	1755	1801	1806	1812	1817	1823	1828	1834	1839	1845	1850	1856	1903	1911	1919	1927	1935	1943
Thames View Estate Abridge Way	1759	1805	1810	1816	1821	1827	1832	1838	1843	1849	1854	1900	1907	1915	1923	1931	1939	1947
River Road Barking By-Pass	1804	1810	1815	1821	1826	1832	1837	1843	1848	1854	1859	1905	1912	1920	1928	1936	1944	1952
Barking Station	1814	1820	1825	1831	1836	1842	1847	1853	1858	1904	1909	1915	1921	1928	1936	1944	1952	2000
Ilford Lane Loxford Lane	1818	1824	1829	1835	1840	1846	1851	1857	1902	1908	1913	1919	1925	1932	1940	1948	1956	2004
Ilford Ilford Hill	1826	1832	1837	1843	1848	1854	1859	1905	1910	1916	1921	1927	1933	1939	1947	1955	2003	2010
Barking Riverside Northgate Road	1944			2034	2044	2054	2105	2115	2125	2135	2145	2155	2205	2215	2225			2315
Barking Riverside Riverside Campus	1947			2037	2047	2057	2108	2118	2128	2138	2148	2158	2208	2218	2228			2318
Barking Reach Minter Road	1951	Then		2041	2051	2101	2111	2121	2131	2141	2151	2201	2211	2221	2231	Then		2321
Thames View Estate Abridge Way	1955	every 10		2045	2055	2105	2115	2125	2135	2145	2155	2204	2214	2224	2234	every 10		2324
River Road Barking By-Pass	2000	minutes		2050	2100	2110	2120	2130	2140	2150	2200	2209	2219	2229	2238	minutes		2328
Barking Station	2008	until		2058	2107	2117	2127	2137	2147	2157	2206	2215	2225	2235	2244	until		2334
Ilford Lane Loxford Lane	2012			2102	2111	2120	2130	2140	2150	2200	2209	2218	2228	2238	2247			2337
Ilford Ilford Hill	2018			2108	2117	2126	2136	2146	2156	2205	2214	2223	2233	2243	2252			2342
Barking Riverside Northgate Road	2325	2335	2345	2355														
Barking Riverside Riverside Campus	2328	2338	2348	2358														
Barking Reach Minter Road	2331	2341	2351	0001														
Thames View Estate Abridge Way	2334	2344	2354	0004														
River Road Barking By-Pass	2338	2348	2358	0008														
Barking Station	2343	2353	0003	0013														
Ilford Lane Loxford Lane	2346	2356	0006	0016														
Ilford Ilford Hill	2351	0001	0010	0020														
EL 1		Saturdays																
Barking Riverside Northgate Road	0005	0015	0025			0325	0355	0425	0455	0525	0537	0549	0601	0613	0625	0637	0649	0657
Barking Riverside Riverside Campus	0008	0018	0028			0328	0358	0428	0458	0528	0540	0552	0604	0616	0628	0640	0652	0700
Barking Reach Minter Road	0011	0021	0031	Then		0331	0401	0431	0501	0531	0543	0555	0607	0619	0631	0643	0655	0703
Thames View Estate Abridge Way	0014	0024	0034	every 30		0334	0405	0435	0505	0535	0547	0559	0611	0623	0635	0647	0659	0707
River Road Barking By-Pass	0018	0028	0038	minutes		0338	0409	0439	0509	0539	0551	0603	0616	0628	0640	0652	0704	0712
Barking Station	0023	0033	0043	until		0343	0414	0444	0514	0545	0557	0609	0623	0635	0647	0659	0711	0719
Ilford Lane Loxford Lane	0026	0036	0046			0346	0417	0447	0517	0548	0600	0612	0626	0638	0650	0702	0714	0722
Ilford Ilford Hill	0030	0040	0050			0350	0421	0451	0521	0552	0605	0617	0631	0643	0655	0707	0719	0727
Barking Riverside Northgate Road	0705			0753	0800	0806	0812	0818	0824	0829	0835	0841	0847	0853			0929	0935
Barking Riverside Riverside Campus	0708			0756	0803	0809	0815	0821	0827	0832	0838	0844	0850	0856			0932	0938
Barking Reach Minter Road	0711	Then		0759	0807	0813	0819	0825	0831	0836	0842	0848	0854	0900	Then		0936	0942
Thames View Estate Abridge Way	0715	every 8		0803	0811	0817	0823	0829	0835	0840	0846	0852	0858	0904	every 6		0940	0946
River Road Barking By-Pass	0720	minutes		0808	0816	0822	0828	0834	0840	0845	0851	0857	0903	0909	minutes		0945	0951
Barking Station	0727	until		0815	0823	0829	0835	0841	0847	0853	0859	0905	0911	0917	until		0953	0959
Ilford Lane Loxford Lane	0730			0818	0826	0832	0838	0844	0850	0856	0902	0908	0914	0921			0957	1003
Ilford Ilford Hill	0735			0823	0832	0838	0844	0850	0856	0902	0908	0914	0920	0927			1003	1010
Barking Riverside Northgate Road	0941	0947	0952	0958	1004	1010	1015	1021	1027	1033			1121	1126	1131	1136	1141	1147
Barking Riverside Riverside Campus	0944	0950	0955	1001	1007	1013	1018	1024	1030	1036			1124	1129	1134	1139	1144	1150
Barking Reach Minter Road	0948	0954	0959	1005	1011	1017	1022	1028	1034	1040	Then		1128	1133	1138	1143	1148	1154
Thames View Estate Abridge Way	0952	0958	1003	1009	1015	1021	1026	1032	1038	1044	every 6		1132	1137	1142	1147	1152	1158
River Road Barking By-Pass	0957	1003	1009	1015	1021	1027	1032	1038	1044	1050	minutes		1138	1143	1148	1153	1158	1204
Barking Station	1005	1011	1017	1023	1029	1035	1041	1047	1053	1059	until		1147	1152	1157	1202	1208	1214
Ilford Lane Loxford Lane	1009	1015	1021	1027	1033	1039	1045	1051	1057	1103			1151	1156	1201	1206	1212	1218
Ilford Ilford Hill	1016	1022	1028	1034	1040	1046	1052	1058	1105	1112			1200	1206	1212	1217	1223	1229
Barking Riverside Northgate Road	1153			1323	1329			1441	1447	1453			1629	1635			1729	1735
Barking Riverside Riverside Campus	1156			1326	1332			1444	1450	1456			1632	1638			1732	1738
Barking Reach Minter Road	1200	Then		1330	1336	Then		1448	1454	1500	Then		1636	1642	Then		1736	1742
Thames View Estate Abridge Way	1204	every 6		1334	1340	every 6		1452	1458	1504	every 6		1640	1646	every 6		1740	1746
River Road Barking By-Pass	1210	minutes		1340	1346	minutes		1458	1504	1509	minutes		1645	1651	minutes		1745	1751
Barking Station	1220	until		1350	1356	until		1508	1513	1518	until		1654	1700	until		1754	1800
Ilford Lane Loxford Lane	1224			1354	1400			1512	1517	1522			1658	1704			1758	1804
Ilford Ilford Hill	1235			1405	1412			1524	1529	1534			1710	1715			1809	1814

EL 1		Saturdays (cont.)																			
Barking Riverside Northgate Road	1741	1747			1817	1823	1829	1837	1845	1854	1904			1954	2004	2014	2024	2034			
Barking Riverside Riverside Campus	1744	1750			1820	1826	1832	1840	1848	1857	1907			1957	2007	2017	2027	2037			
Barking Reach Minter Road	1748	1754			1824	1830	1836	1844	1852	1901	1911			2001	2010	2020	2030	2040			
Thames View Estate Abridge Way	1752	1758			1828	1834	1840	1848	1856	1905	1915			2005	2014	2024	2034	2044			
River Road Barking By-Pass	1757	1803			1833	1839	1845	1853	1901	1910	1920			2010	2019	2029	2039	2049			
Barking Station	1806	1811			1841	1847	1853	1901	1909	1918	1928			2018	2027	2036	2046	2056			
Ilford Lane Loxford Lane	1810	1815			1845	1851	1857	1905	1913	1922	1932			2022	2031	2040	2050	2100			
Ilford Ilford Hill	1820	1825			1855	1900	1906	1913	1921	1930	1939			2029	2038	2047	2057	2106			
Barking Riverside Northgate Road	2044	2054	2104	2114	2125				2205	2215	2225	2235	2245	2255				2335	2345	2355	
Barking Riverside Riverside Campus	2047	2057	2107	2117	2128				2208	2218	2228	2238	2248	2258				2338	2348	2358	
Barking Reach Minter Road	2050	2100	2110	2120	2131				2211	2221	2231	2241	2251	2301				2341	2351	0001	
Thames View Estate Abridge Way	2054	2104	2114	2124	2134				2214	2224	2234	2244	2254	2304				2344	2354	0004	
River Road Barking By-Pass	2059	2109	2119	2129	2139				2219	2229	2239	2249	2259	2308				2348	2358	0008	
Barking Station	2106	2116	2126	2136	2146				2226	2236	2245	2255	2305	2314				2354	0004	0014	
Ilford Lane Loxford Lane	2109	2119	2129	2139	2149				2229	2239	2248	2258	2308	2317				2357	0007	0017	
Ilford Ilford Hill	2115	2125	2135	2145	2155				2235	2244	2253	2303	2313	2322				0002	0011	0021	
EL 1		Sundays																			
Barking Riverside Northgate Road	0005	0015	0025	0055	0125	0155			0425	0455	0525	0545	0605	0625	0645	0705	0725	0740			
Barking Riverside Riverside Campus	0008	0018	0028	0058	0128	0158			0428	0458	0528	0548	0608	0628	0648	0708	0728	0743			
Barking Reach Minter Road	0011	0021	0031	0101	0131	0201			0431	0501	0531	0551	0611	0631	0651	0711	0731	0746			
Thames View Estate Abridge Way	0014	0024	0034	0104	0134	0204			0434	0504	0534	0554	0615	0635	0655	0715	0735	0750			
River Road Barking By-Pass	0018	0028	0038	0108	0138	0208			0438	0508	0538	0558	0620	0640	0700	0720	0740	0755			
Barking Station	0024	0034	0044	0114	0144	0213			0443	0514	0544	0604	0626	0646	0707	0727	0747	0802			
Ilford Lane Loxford Lane	0027	0037	0047	0117	0147	0216			0446	0517	0547	0607	0629	0649	0710	0730	0750	0805			
Ilford Ilford Hill	0031	0041	0051	0121	0151	0220			0450	0521	0551	0611	0633	0653	0714	0734	0754	0810			
Barking Riverside Northgate Road	0755	0810	0825			0925	0935	0944	0953	1003				1103	1112	1122	1132	1142	1152		
Barking Riverside Riverside Campus	0758	0813	0828			0928	0938	0947	0956	1006				1106	1115	1125	1135	1145	1155		
Barking Reach Minter Road	0801	0816	0831			0931	0942	0951	1000	1010				1110	1119	1129	1139	1149	1159		
Thames View Estate Abridge Way	0805	0820	0835			0935	0946	0955	1004	1014				1114	1123	1133	1143	1153	1204		
River Road Barking By-Pass	0810	0825	0840			0940	0951	1000	1010	1020				1120	1129	1139	1149	1159	1210		
Barking Station	0817	0832	0847			0947	0958	1008	1018	1028				1128	1138	1148	1158	1208	1219		
Ilford Lane Loxford Lane	0820	0835	0850			0950	1001	1012	1022	1032				1132	1142	1152	1202	1212	1223		
Ilford Ilford Hill	0825	0840	0855			0955	1007	1018	1028	1039				1139	1149	1159	1209	1219	1230		
Barking Riverside Northgate Road	1202	1212	1222	1232	1242	1252	1302	1312					1452	1502				1552	1602	1612	1622
Barking Riverside Riverside Campus	1205	1215	1225	1235	1245	1255	1305	1315					1455	1505				1555	1605	1615	1625
Barking Reach Minter Road	1209	1219	1229	1239	1249	1259	1309	1319					1459	1509				1559	1609	1619	1629
Thames View Estate Abridge Way	1214	1224	1234	1244	1254	1304	1314	1324					1504	1513				1603	1613	1623	1633
River Road Barking By-Pass	1220	1230	1240	1250	1300	1310	1320	1330					1510	1519				1609	1619	1629	1639
Barking Station	1229	1239	1249	1259	1309	1319	1329	1339					1519	1528				1618	1628	1638	1648
Ilford Lane Loxford Lane	1233	1243	1253	1303	1313	1323	1333	1343					1523	1532				1622	1632	1642	1652
Ilford Ilford Hill	1241	1251	1301	1312	1322	1332	1342	1353					1533	1542				1632	1641	1651	1701
Barking Riverside Northgate Road	1632	1642	1652	1702	1712	1722	1732	1742	1752	1802	1812	1822	1832	1842	1852	1902	1912	1922			
Barking Riverside Riverside Campus	1635	1645	1655	1705	1715	1725	1735	1745	1755	1805	1815	1825	1835	1845	1855	1905	1915	1925			
Barking Reach Minter Road	1639	1649	1659	1709	1719	1729	1739	1749	1759	1809	1819	1829	1839	1849	1859	1909	1919	1929			
Thames View Estate Abridge Way	1643	1653	1703	1713	1723	1733	1743	1753	1803	1813	1823	1833	1843	1853	1903	1913	1923	1933			
River Road Barking By-Pass	1649	1659	1708	1718	1728	1738	1748	1758	1808	1818	1828	1838	1848	1858	1908	1918	1928	1938			
Barking Station	1658	1708	1717	1727	1737	1747	1757	1807	1816	1826	1836	1846	1856	1906	1915	1925	1935	1945			
Ilford Lane Loxford Lane	1702	1712	1721	1731	1741	1751	1801	1811	1820	1830	1840	1850	1900	1910	1919	1929	1939	1949			
Ilford Ilford Hill	1711	1721	1730	1740	1750	1800	1809	1819	1828	1838	1848	1858	1907	1917	1926	1936	1946	1956			
Barking Riverside Northgate Road	1933	1943	1953	2003	2013	2023	2033	2043	2053	2103				2243	2254			2334	2344	2355	
Barking Riverside Riverside Campus	1936	1946	1956	2006	2016	2026	2036	2046	2056	2106				2246	2257			2337	2347	2358	
Barking Reach Minter Road	1939	1949	1959	2009	2019	2029	2039	2049	2059	2109				2249	2300			2340	2350	0001	
Thames View Estate Abridge Way	1943	1953	2003	2013	2023	2033	2043	2053	2103	2112				2252	2303			2343	2353	0004	
River Road Barking By-Pass	1948	1958	2008	2018	2028	2038	2048	2058	2107	2116				2256	2306			2346	2356	0007	
Barking Station	1955	2005	2015	2025	2035	2045	2055	2105	2113	2122				2302	2312			2352	0002	0012	
Ilford Lane Loxford Lane	1959	2009	2019	2029	2038	2048	2058	2108	2116	2125				2305	2315			2355	0005	0015	
Ilford Ilford Hill	2006	2015	2025	2035	2044	2054	2104	2113	2121	2130				2310	2320			0000	0009	0019	

EL1

Ilford – Barking – Barking Riverside

EL1	Mondays to Fridays																	
Ilford Ilford Hill	0015	0045	0115	0145	Then every 30 minutes until	0415	0445	0515	0530	0540	0550	0600	0610	0620	0628	0636	0644	
Ilford Lane Loxford Lane	0020	0050	0120	0149		0419	0450	0520	0536	0546	0556	0606	0616	0626	0634	0642	0650	
Barking Station	0023	0053	0123	0152		0422	0453	0523	0539	0549	0559	0610	0620	0630	0638	0646	0654	
River Road Barking By-Pass	0028	0058	0128	0157		0427	0458	0527	0544	0554	0604	0615	0625	0635	0643	0651	0659	
Thames View Estate Abridge Way	0033	0103	0132	0201		0431	0502	0532	0549	0559	0609	0620	0630	0640	0648	0656	0704	
Barking Reach Rivergate Centre	0036	0106	0135	0204		0434	0505	0535	0552	0602	0612	0623	0633	0643	0651	0659	0707	
Barking Riverside Riverside Campus	0039	0109	0138	0207	0437	0508	0538	0555	0606	0616	0627	0637	0647	0655	0703	0711		
Barking Riverside Northgate Road	0042	0112	0141	0210	0440	0511	0541	0558	0609	0619	0630	0640	0650	0658	0706	0714		
Ilford Ilford Hill	0649	0655	0700	0705	0710	0716	0721	0726	0731	0737	0742	0747	0752	0755	0758	0803	0809	0815
Ilford Lane Loxford Lane	0655	0701	0706	0711	0716	0722	0727	0732	0738	0744	0750	0755	0800	0803	0806	0811	0817	0823
Barking Station	0659	0705	0710	0715	0720	0726	0731	0737	0743	0749	0755	0800	0806	0809	0812	0817	0823	0829
River Road Barking By-Pass	0705	0711	0716	0721	0726	0732	0738	0744	0750	0756	0802	0808	0814	0817	0820	0825	0831	0837
Thames View Estate Abridge Way	0710	0716	0721	0726	0731	0737	0743	0749	0755	0801	0808	0814	0820	0823	0826	0831	0837	0843
Barking Reach Rivergate Centre	0713	0719	0724	0729	0735	0741	0747	0753	0759	0805	0812	0818	0824	0827	0830	0835	0841	0847
Barking Riverside Riverside Campus	0717	0723	0728	0733	0739	0745	0751	0757	0804	0810	0817	0823	0829	0832	0835	0840	0846	0852
Barking Riverside Northgate Road	0720	0726	0731	0736	0742	0748	0754	0800	0807	0813	0820	0826	0832	0835	0838	0843	0849	0855
Ilford Ilford Hill	0821	0827	0833	0839	0844	0850	0856	0901	0907	0912	0917	0923	0929	0934	0940	0945	0951	0956
Ilford Lane Loxford Lane	0829	0835	0841	0847	0852	0858	0904	0909	0915	0920	0925	0931	0937	0942	0948	0953	0959	1004
Barking Station	0835	0841	0847	0853	0858	0904	0909	0914	0920	0925	0930	0936	0942	0947	0953	0958	1004	1009
River Road Barking By-Pass	0843	0849	0855	0901	0906	0912	0917	0922	0928	0933	0938	0943	0949	0954	1000	1005	1011	1016
Thames View Estate Abridge Way	0849	0855	0901	0906	0911	0917	0922	0927	0933	0938	0943	0948	0954	0959	1005	1010	1016	1021
Barking Reach Rivergate Centre	0853	0859	0904	0909	0914	0920	0925	0930	0936	0941	0946	0951	0957	1002	1008	1013	1019	1024
Barking Riverside Riverside Campus	0858	0903	0908	0913	0918	0924	0929	0934	0940	0945	0950	0955	1001	1006	1012	1017	1023	1028
Barking Riverside Northgate Road	0901	0906	0911	0916	0921	0927	0932	0937	0943	0948	0953	0958	1004	1009	1015	1020	1026	1031
Ilford Ilford Hill	1002	1007	1013	1018	1024	1029	1035	1040	1046	1051	1057	1102	1108	1113	1119	1124	1130	1135
Ilford Lane Loxford Lane	1010	1015	1021	1026	1032	1037	1043	1048	1054	1059	1105	1110	1116	1121	1127	1132	1138	1143
Barking Station	1014	1019	1025	1030	1036	1041	1047	1052	1058	1103	1109	1114	1120	1125	1131	1136	1142	1147
River Road Barking By-Pass	1021	1026	1032	1037	1043	1048	1054	1059	1105	1110	1116	1121	1127	1132	1138	1143	1149	1154
Thames View Estate Abridge Way	1026	1031	1037	1042	1048	1053	1059	1104	1110	1115	1121	1126	1132	1137	1143	1148	1154	1159
Barking Reach Rivergate Centre	1029	1034	1040	1045	1051	1056	1102	1107	1113	1118	1124	1129	1135	1140	1146	1151	1157	1202
Barking Riverside Riverside Campus	1033	1038	1044	1049	1055	1100	1106	1111	1117	1122	1128	1133	1139	1144	1150	1155	1201	1206
Barking Riverside Northgate Road	1036	1041	1047	1052	1058	1103	1109	1114	1120	1125	1131	1136	1142	1147	1153	1158	1204	1209
Ilford Ilford Hill	1141	1146	1152	1157	1203	1208	1214	1219	1225	1230	1236	1241	1247	1252	1258	1303	1309	1314
Ilford Lane Loxford Lane	1149	1154	1200	1205	1211	1216	1222	1227	1233	1238	1244	1249	1255	1300	1306	1311	1317	1322
Barking Station	1153	1158	1204	1209	1215	1220	1226	1231	1237	1242	1248	1253	1259	1304	1310	1315	1321	1326
River Road Barking By-Pass	1200	1205	1212	1217	1223	1228	1234	1239	1245	1250	1256	1301	1307	1312	1318	1323	1329	1334
Thames View Estate Abridge Way	1205	1210	1217	1222	1228	1233	1239	1244	1250	1255	1301	1306	1312	1317	1323	1328	1334	1339
Barking Reach Rivergate Centre	1208	1213	1220	1225	1231	1236	1242	1247	1253	1258	1304	1309	1315	1320	1326	1331	1337	1342
Barking Riverside Riverside Campus	1212	1217	1224	1229	1235	1240	1246	1251	1257	1302	1308	1313	1319	1324	1330	1335	1341	1346
Barking Riverside Northgate Road	1215	1220	1227	1232	1238	1243	1249	1254	1300	1305	1311	1316	1322	1327	1333	1338	1344	1349
Ilford Ilford Hill	1320	1325	1331	1336	1342	1347	1353	1358	1404	1410	1416	1421	1427	1432	1437	1443	1448	1454
Ilford Lane Loxford Lane	1328	1333	1339	1344	1350	1355	1401	1406	1413	1419	1425	1430	1436	1441	1446	1452	1457	1503
Barking Station	1332	1337	1343	1348	1354	1359	1405	1411	1418	1424	1430	1435	1441	1446	1451	1457	1502	1508
River Road Barking By-Pass	1340	1345	1351	1356	1402	1407	1413	1419	1426	1432	1438	1443	1449	1454	1459	1505	1511	1517
Thames View Estate Abridge Way	1345	1350	1356	1401	1407	1413	1419	1425	1432	1438	1444	1449	1455	1500	1505	1511	1517	1523
Barking Reach Rivergate Centre	1348	1353	1359	1404	1410	1416	1422	1428	1435	1442	1448	1453	1459	1504	1509	1515	1521	1527
Barking Riverside Riverside Campus	1352	1357	1403	1408	1414	1420	1426	1432	1439	1446	1452	1457	1503	1509	1514	1520	1526	1532
Barking Riverside Northgate Road	1355	1400	1406	1411	1417	1423	1429	1435	1442	1449	1455	1500	1506	1512	1517	1523	1529	1535
Ilford Ilford Hill	1500	1505	1510	1515	1521	1527	1533	1538	1544	1550	1556	1601	1607	1612	1618	1623	1629	1635
Ilford Lane Loxford Lane	1509	1514	1519	1525	1531	1537	1543	1548	1554	1600	1606	1611	1617	1622	1628	1633	1639	1644
Barking Station	1514	1519	1525	1531	1537	1543	1549	1554	1600	1606	1612	1617	1623	1628	1634	1639	1645	1650
River Road Barking By-Pass	1523	1529	1535	1541	1547	1553	1559	1604	1609	1615	1621	1626	1632	1637	1643	1648	1654	1659
Thames View Estate Abridge Way	1529	1535	1541	1547	1553	1559	1605	1610	1615	1621	1627	1632	1638	1643	1649	1654	1700	1705
Barking Reach Rivergate Centre	1533	1539	1545	1551	1557	1603	1609	1614	1619	1625	1631	1636	1642	1647	1653	1658	1704	1709
Barking Riverside Riverside Campus	1538	1544	1550	1556	1602	1607	1613	1618	1623	1629	1635	1640	1646	1651	1657	1702	1708	1713
Barking Riverside Northgate Road	1541	1547	1553	1559	1605	1610	1616	1621	1626	1632	1638	1643	1649	1654	1700	1705	1711	1716

EL 1		Mondays to Fridays (cont.)																	
Ilford Ilford Hill	1641	1646	1652	1657	1703	1708	1714	1719	1725	1730	1736	1741	1747	1752	1758	1803	1809	1814	
Ilford Lane Loxford Lane	1650	1655	1701	1706	1712	1717	1723	1728	1734	1739	1745	1750	1756	1801	1807	1812	1818	1823	
Barking Station	1656	1701	1707	1712	1718	1723	1729	1734	1740	1745	1751	1756	1802	1807	1813	1818	1824	1829	
River Road Barking By-Pass	1705	1710	1716	1721	1727	1732	1738	1743	1749	1754	1800	1805	1811	1816	1822	1827	1833	1838	
Thames View Estate Abridge Way	1711	1716	1722	1727	1733	1738	1744	1749	1755	1800	1806	1811	1817	1822	1828	1833	1839	1844	
Barking Reach Rivergate Centre	1715	1720	1726	1731	1737	1742	1748	1753	1759	1804	1810	1815	1821	1826	1832	1837	1843	1848	
Barking Riverside Riverside Campus	1719	1724	1730	1735	1741	1746	1752	1757	1803	1808	1814	1819	1825	1830	1836	1841	1847	1852	
Barking Riverside Northgate Road	1722	1727	1733	1738	1744	1749	1755	1800	1806	1811	1817	1822	1828	1833	1839	1844	1850	1855	
Ilford Ilford Hill	1820	1826	1831	1837	1842	1848	1856	1904	1912	1920	1928	1937	1945	1955	2005	2015	2025	2035	
Ilford Lane Loxford Lane	1829	1835	1840	1846	1851	1857	1905	1913	1921	1929	1937	1945	1953	2003	2013	2023	2033	2042	
Barking Station	1835	1841	1846	1852	1857	1903	1911	1919	1927	1935	1943	1951	1959	2008	2018	2028	2038	2047	
River Road Barking By-Pass	1843	1849	1854	1900	1905	1911	1919	1927	1935	1942	1950	1958	2006	2015	2025	2035	2045	2054	
Thames View Estate Abridge Way	1849	1855	1900	1906	1911	1917	1925	1933	1941	1948	1956	2004	2012	2021	2031	2041	2051	2100	
Barking Reach Rivergate Centre	1853	1859	1904	1910	1915	1921	1929	1937	1945	1952	2000	2008	2016	2025	2035	2045	2055	2104	
Barking Riverside Riverside Campus	1857	1903	1908	1914	1919	1925	1933	1941	1949	1956	2004	2012	2020	2029	2039	2049	2059	2107	
Barking Riverside Northgate Road	1900	1906	1911	1917	1922	1928	1936	1944	1952	1959	2007	2015	2023	2032	2042	2052	2102	2110	
Ilford Ilford Hill	2045	Then every 10 minutes until	2125	2135	2145	2155	2205	2215	2225	2235	2245	2255	2305	2315	2325	2335	2345		
Ilford Lane Loxford Lane	2052		2132	2141	2151	2201	2211	2221	2231	2241	2251	2301	2310	2320	2330	2340	2350		
Barking Station	2057		2137	2146	2156	2205	2215	2225	2235	2245	2255	2305	2314	2324	2334	2344	2354		
River Road Barking By-Pass	2104		2144	2153	2203	2211	2221	2231	2241	2251	2301	2310	2319	2329	2339	2349	2359		
Thames View Estate Abridge Way	2110		2150	2159	2209	2217	2227	2236	2246	2256	2306	2315	2324	2334	2344	2354	0004		
Barking Reach Rivergate Centre	2114		2154	2203	2213	2221	2231	2239	2249	2259	2309	2318	2327	2337	2347	2357	0007		
Barking Riverside Riverside Campus	2117		2157	2206	2216	2224	2234	2242	2252	2302	2312	2321	2330	2340	2350	0000	0010		
Barking Riverside Northgate Road	2120		2200	2209	2219	2227	2237	2245	2255	2305	2315	2324	2333	2343	2353	0003	0013		
EL 1	Saturdays																		
Ilford Ilford Hill	0015	0045	0115	0145	0215	0245	0315	0345	0415	0445	0515	0529	Then every 12 minutes until	0717	0727	0735	0743		
Ilford Lane Loxford Lane	0020	0050	0120	0150	0220	0250	0320	0349	0419	0449	0519	0534		0722	0732	0740	0748		
Barking Station	0024	0054	0124	0153	0223	0253	0323	0352	0422	0452	0522	0537		0725	0735	0743	0751		
River Road Barking By-Pass	0029	0059	0129	0158	0228	0258	0328	0357	0427	0457	0527	0542		0730	0740	0749	0757		
Thames View Estate Abridge Way	0034	0104	0133	0202	0232	0302	0332	0401	0431	0501	0531	0546		0734	0744	0753	0801		
Barking Reach Rivergate Centre	0037	0107	0136	0205	0235	0305	0335	0404	0434	0504	0534	0549		0737	0747	0756	0804		
Barking Riverside Riverside Campus	0040	0110	0139	0208	0238	0308	0338	0407	0437	0507	0537	0552		0740	0750	0759	0808		
Barking Riverside Northgate Road	0043	0113	0142	0211	0241	0311	0341	0410	0440	0510	0540	0555		0743	0753	0802	0811		
Ilford Ilford Hill	0751	0759	0807	0815	0823	0829	0835	0840	0846	0852	0858	0904		0909	Then every 6 minutes until	0957	1002	1008	
Ilford Lane Loxford Lane	0756	0804	0813	0821	0829	0835	0841	0846	0852	0858	0904	0910	0915	1003		1009	1015		
Barking Station	0759	0808	0817	0825	0833	0839	0845	0850	0856	0902	0908	0914	0919	1007		1013	1019		
River Road Barking By-Pass	0805	0814	0823	0831	0839	0845	0851	0856	0902	0908	0914	0920	0926	1014		1020	1026		
Thames View Estate Abridge Way	0809	0818	0827	0835	0843	0849	0855	0901	0907	0913	0919	0925	0931	1019		1025	1031		
Barking Reach Rivergate Centre	0812	0821	0830	0838	0846	0852	0858	0904	0910	0916	0922	0928	0934	1022		1028	1034		
Barking Riverside Riverside Campus	0816	0825	0834	0842	0850	0856	0902	0908	0914	0920	0926	0932	0938	1026		1032	1038		
Barking Riverside Northgate Road	0819	0828	0837	0845	0853	0859	0905	0911	0917	0923	0929	0935	0941	1029		1035	1041		
Ilford Ilford Hill	1014	Then every 6 minutes until	1056	1101	1107	1113	1119	1125	1131	1137	1143	1148	1154	1200		1205	1211	1216	
Ilford Lane Loxford Lane	1021		1103	1109	1115	1121	1127	1133	1139	1145	1151	1156	1202	1208	1214	1220	1226		
Barking Station	1025		1107	1113	1119	1125	1131	1138	1144	1150	1156	1201	1207	1213	1219	1225	1231		
River Road Barking By-Pass	1032		1114	1120	1126	1132	1138	1145	1151	1157	1203	1209	1215	1221	1227	1233	1239		
Thames View Estate Abridge Way	1037		1119	1125	1131	1137	1143	1150	1156	1202	1208	1214	1220	1226	1232	1239	1245		
Barking Reach Rivergate Centre	1040		1122	1128	1134	1140	1146	1153	1159	1206	1212	1218	1224	1230	1236	1243	1249		
Barking Riverside Riverside Campus	1044		1126	1132	1138	1144	1150	1157	1203	1210	1216	1222	1228	1234	1240	1247	1253		
Barking Riverside Northgate Road	1047		1129	1135	1141	1147	1153	1200	1206	1213	1219	1225	1231	1237	1243	1250	1256		
Ilford Ilford Hill	1222		Then every 6 minutes until	1416	1421	Then every 6 minutes until	1739	1745	Then every 6 minutes until	1827	Then every 8 minutes until	1907	1915	1923	1933				
Ilford Lane Loxford Lane	1232	1426		1432	1750		1756	1838		1918		1925	1933	1943					
Barking Station	1237	1431		1437	1755		1801	1843		1923		1930	1938	1948					
River Road Barking By-Pass	1245	1439		1445	1803		1808	1850		1930		1937	1945	1955					
Thames View Estate Abridge Way	1251	1445		1451	1809		1814	1856		1936		1943	1951	2001					
Barking Reach Rivergate Centre	1255	1449		1455	1813		1818	1900		1940		1947	1955	2005					
Barking Riverside Riverside Campus	1259	1453		1459	1817		1822	1904		1944		1951	1959	2008					
Barking Riverside Northgate Road	1302	1456		1502	1820		1825	1907		1947		1954	2002	2011					
Ilford Ilford Hill	1943	1954		2004	2014		2024	2035		Then every 10 minutes until		2145	2155	2205	2215	Then every 10 minutes until	2315	2325	2335
Ilford Lane Loxford Lane	1953	2003	2012	2022	2032	2042	2152	2202	2212		2222	2322	2331	2340	2350				
Barking Station	1958	2008	2017	2027	2037	2047	2157	2206	2216		2226	2326	2335	2344	2354				
River Road Barking By-Pass	2005	2015	2024	2034	2043	2053	2203	2212	2222		2232	2332	2341	2350	0000				
Thames View Estate Abridge Way	2010	2020	2029	2039	2048	2058	2208	2217	2227		2237	2337	2346	2355	0005				
Barking Reach Rivergate Centre	2014	2024	2033	2043	2052	2102	2212	2221	2231		2240	2340	2349	2358	0008				
Barking Riverside Riverside Campus	2017	2027	2036	2046	2055	2105	2215	2224	2234		2243	2343	2352	0001	0011				
Barking Riverside Northgate Road	2020	2030	2039	2049	2058	2108	2218	2227	2237		2246	2346	2355	0004	0014				

EL 1		Sundays																				
Ilford Ilford Hill	0015	0045	0115	0145	0215	0245			0515	0535	0555	0615	0634	0654	0714	0729	0744	0755				
Ilford Lane Loxford Lane	0020	0050	0120	0150	0220	0249			0519	0539	0559	0620	0639	0659	0719	0734	0749	0800				
Barking Station	0024	0054	0123	0153	0223	0252		Then	0522	0542	0602	0623	0642	0702	0722	0737	0752	0804				
River Road Barking By-Pass	0030	0059	0128	0158	0228	0257		every 30	0527	0547	0607	0628	0647	0707	0727	0742	0757	0809				
Thames View Estate Abridge Way	0035	0104	0133	0203	0233	0301		minutes	0531	0551	0611	0632	0651	0711	0731	0746	0801	0814				
Barking Reach Rivergate Centre	0038	0107	0136	0206	0236	0304		until	0534	0554	0614	0635	0654	0714	0734	0749	0804	0817				
Barking Riverside Riverside Campus	0041	0110	0139	0209	0239	0307			0537	0557	0617	0638	0657	0717	0737	0752	0807	0820				
Barking Riverside Northgate Road	0044	0113	0142	0212	0242	0310			0540	0600	0620	0641	0700	0720	0740	0755	0810	0823				
Ilford Ilford Hill	0805	0815	0825	0835	0845	0855	0905			1025	1034	1044	1053	1103	1113	1123	1133	1143				
Ilford Lane Loxford Lane	0810	0820	0830	0840	0851	0901	0911			1031	1041	1051	1100	1110	1120	1130	1140	1150				
Barking Station	0814	0824	0834	0844	0855	0905	0915		Then	1035	1045	1055	1104	1114	1124	1134	1144	1154				
River Road Barking By-Pass	0819	0829	0839	0849	0900	0911	0921		every 10	1041	1051	1101	1111	1121	1131	1141	1151	1202				
Thames View Estate Abridge Way	0824	0834	0844	0854	0905	0916	0926		minutes	1046	1056	1106	1116	1126	1136	1146	1157	1208				
Barking Reach Rivergate Centre	0827	0837	0847	0857	0909	0920	0930		until	1050	1100	1110	1120	1130	1140	1150	1201	1212				
Barking Riverside Riverside Campus	0830	0840	0850	0900	0912	0923	0934			1054	1104	1114	1124	1134	1144	1154	1205	1216				
Barking Riverside Northgate Road	0833	0843	0853	0903	0915	0926	0937			1057	1107	1117	1127	1137	1147	1157	1208	1219				
Ilford Ilford Hill	1153	1203		1243	1253	1303				1423	1432		1612	1622				1722				
Ilford Lane Loxford Lane	1201	1212		1252	1302	1313				1433	1443		1623	1633				1733				
Barking Station	1205	1216	Then	1256	1307	1318		Then	1438	1448	Then	1628	1638	Then				1738				
River Road Barking By-Pass	1213	1224	every 10	1304	1315	1326		every 10	1446	1456	every 10	1636	1645	every 10				1745				
Thames View Estate Abridge Way	1219	1230	minutes	1310	1321	1332		minutes	1452	1502	minutes	1642	1651	minutes				1751				
Barking Reach Rivergate Centre	1223	1234	until	1314	1325	1336		until	1456	1506	until	1646	1655	until				1755				
Barking Riverside Riverside Campus	1227	1238		1318	1329	1340			1500	1510		1650	1659					1759				
Barking Riverside Northgate Road	1230	1241		1321	1332	1343			1503	1513		1653	1702					1802				
Ilford Ilford Hill	1732	1742	1753	1803	1813	1823	1833	1843	1853	1904	1914	1924	1934	1944	1954	2004	2014	2024				
Ilford Lane Loxford Lane	1742	1752	1802	1812	1822	1832	1842	1852	1902	1912	1922	1932	1942	1952	2002	2012	2022	2032				
Barking Station	1747	1757	1807	1817	1827	1837	1847	1857	1907	1917	1927	1937	1947	1957	2006	2016	2026	2036				
River Road Barking By-Pass	1754	1804	1814	1824	1834	1844	1854	1904	1914	1924	1934	1943	1953	2003	2012	2022	2032	2042				
Thames View Estate Abridge Way	1800	1809	1819	1829	1839	1849	1859	1909	1919	1929	1939	1948	1958	2008	2017	2027	2037	2047				
Barking Reach Rivergate Centre	1804	1813	1823	1833	1843	1853	1903	1913	1923	1933	1942	1951	2001	2011	2020	2030	2040	2050				
Barking Riverside Riverside Campus	1808	1817	1827	1837	1847	1857	1906	1916	1926	1936	1945	1954	2004	2014	2023	2033	2043	2053				
Barking Riverside Northgate Road	1811	1820	1830	1840	1850	1900	1909	1919	1929	1939	1948	1957	2007	2017	2026	2036	2046	2056				
Ilford Ilford Hill	2035	2045	2055	2106	2116	2126	2136	2146	2157			2347										
Ilford Lane Loxford Lane	2042	2052	2102	2112	2122	2132	2142	2152	2203			2353										
Barking Station	2046	2056	2106	2116	2126	2136	2146	2156	2207		Then	2357										
River Road Barking By-Pass	2052	2102	2112	2122	2132	2142	2152	2202	2212		every 10	0002										
Thames View Estate Abridge Way	2057	2107	2117	2127	2137	2147	2157	2207	2217		minutes	0007										
Barking Reach Rivergate Centre	2100	2110	2120	2130	2140	2150	2200	2210	2220		until	0010										
Barking Riverside Riverside Campus	2103	2113	2123	2133	2143	2153	2203	2213	2223			0013										
Barking Riverside Northgate Road	2106	2116	2126	2136	2146	2156	2206	2216	2226			0016										