

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										