





EL1	Sundays																	
Barking Riverside Northgate Road	0005	0015	0025	0055	0125	0155	0225	0255	0325	0355	0425	0455	0525	0545	0605	0625	0640	0655
Barking Riverside Riverside Campus	0007	0017	0027	0057	0127	0157	0227	0257	0327	0357	0427	0457	0527	0547	0607	0627	0642	0657
Barking Reach Minter Road	0010	0020	0030	0100	0130	0200	0230	0300	0330	0400	0430	0500	0530	0550	0610	0630	0645	0700
Thames View Estate Abridge Way	0013	0023	0033	0104	0134	0204	0234	0304	0334	0404	0434	0504	0534	0554	0614	0634	0649	0704
River Road Barking By-Pass	0016	0026	0036	0108	0138	0208	0238	0308	0338	0408	0438	0508	0538	0558	0618	0638	0654	0709
Barking Station	0022	0032	0042	0114	0144	0214	0244	0314	0344	0414	0443	0513	0544	0604	0624	0644	0700	0715
Ilford Lane Loxford Lane	0025	0035	0045	0117	0147	0217	0247	0317	0346	0416	0445	0516	0547	0607	0627	0647	0703	0718
Ilford Ilford Hill	0030	0040	0050	0122	0152	0221	0251	0321	0350	0420	0450	0521	0551	0611	0631	0651	0707	0723
Barking Riverside Northgate Road	0715			0845	0857	0907	0917	0927	0937	0947	0956	1006	1016	1026	1036	1046	1056	1106
Barking Riverside Riverside Campus	0717			0847	0859	0909	0919	0929	0939	0949	0958	1008	1018	1028	1038	1048	1058	1108
Barking Reach Minter Road	0720	Then		0850	0902	0912	0922	0932	0942	0952	1001	1011	1021	1031	1041	1051	1101	1111
Thames View Estate Abridge Way	0724	every 15		0854	0906	0916	0926	0936	0946	0956	1005	1015	1025	1035	1045	1055	1105	1115
River Road Barking By-Pass	0729	minutes		0859	0911	0921	0931	0941	0951	1001	1010	1020	1030	1040	1051	1101	1112	1122
Barking Station	0736	until		0906	0918	0928	0938	0948	0958	1008	1018	1028	1038	1048	1059	1110	1121	1132
Ilford Lane Loxford Lane	0739			0909	0921	0931	0941	0951	1001	1012	1022	1032	1042	1052	1103	1114	1125	1136
Ilford Ilford Hill	0744			0914	0926	0936	0946	0956	1007	1018	1028	1038	1048	1058	1109	1120	1131	1143
Barking Riverside Northgate Road	1115	1126	1137	1148	1159			1243	1254			1517	1527	1538	1550			1645
Barking Riverside Riverside Campus	1117	1128	1139	1150	1201			1245	1256			1519	1529	1540	1552			1647
Barking Reach Minter Road	1120	1131	1142	1153	1204	Then		1248	1259	Then		1522	1532	1543	1555	Then		1650
Thames View Estate Abridge Way	1124	1135	1146	1157	1208	every 11		1252	1303	every 11		1526	1536	1547	1559	every 11		1654
River Road Barking By-Pass	1132	1143	1154	1206	1217	minutes		1301	1312	minutes		1535	1545	1556	1608	minutes		1703
Barking Station	1143	1154	1205	1217	1228	until		1312	1323	until		1546	1556	1607	1619	until		1714
Ilford Lane Loxford Lane	1147	1158	1209	1221	1232			1316	1327			1550	1600	1611	1623			1718
Ilford Ilford Hill	1154	1205	1216	1228	1240			1324	1336			1559	1609	1620	1632			1727
Barking Riverside Northgate Road	1656	1707	1718	1729	1740	1751	1802	1813	1824	1835	1845	1855	1905	1915	1925			2005
Barking Riverside Riverside Campus	1658	1709	1720	1731	1742	1753	1804	1815	1826	1837	1847	1857	1907	1917	1927			2007
Barking Reach Minter Road	1701	1712	1723	1734	1745	1756	1807	1818	1829	1840	1850	1900	1910	1920	1930	Then		2010
Thames View Estate Abridge Way	1705	1716	1727	1738	1749	1800	1811	1822	1833	1844	1854	1904	1914	1924	1934	every 10		2014
River Road Barking By-Pass	1713	1724	1735	1746	1757	1808	1818	1829	1840	1850	1900	1909	1918	1928	1938	minutes		2018
Barking Station	1724	1735	1746	1757	1807	1818	1828	1838	1849	1859	1908	1917	1926	1936	1945	until		2025
Ilford Lane Loxford Lane	1728	1739	1750	1801	1811	1822	1832	1842	1853	1903	1912	1921	1930	1940	1949			2029
Ilford Ilford Hill	1737	1748	1759	1810	1820	1831	1841	1851	1901	1911	1920	1929	1938	1948	1957			2037
Barking Riverside Northgate Road	2015	2025	2035	2045	2055	2105	2115			2205	2215	2225	2235	2245	2255			2355
Barking Riverside Riverside Campus	2017	2027	2037	2047	2057	2107	2117			2207	2217	2227	2237	2247	2257			2357
Barking Reach Minter Road	2020	2030	2040	2050	2100	2110	2120	Then		2210	2220	2230	2240	2250	2300	Then		0000
Thames View Estate Abridge Way	2024	2034	2044	2054	2104	2114	2124	every 10		2214	2224	2233	2243	2253	2303	every 10		0003
River Road Barking By-Pass	2028	2038	2048	2058	2108	2118	2128	minutes		2218	2228	2237	2247	2257	2306	minutes		0006
Barking Station	2035	2045	2055	2105	2114	2124	2134	until		2224	2234	2243	2253	2303	2312	until		0012
Ilford Lane Loxford Lane	2039	2049	2059	2109	2118	2128	2137			2227	2237	2246	2256	2306	2315			0015
Ilford Ilford Hill	2046	2056	2106	2116	2125	2134	2143			2233	2242	2251	2301	2311	2320			0020





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Ilford Ilford Hill	0020	0050	0120	0150	0220	0250	0320	0350	0420	0450	0520	0540	0559	0619	0639	0659	0714	0729
Ilford Lane Loxford Lane	0026	0056	0125	0155	0225	0255	0325	0354	0424	0454	0524	0544	0604	0624	0644	0704	0719	0734
Barking Station	0030	0100	0129	0158	0228	0258	0328	0357	0427	0457	0527	0547	0607	0627	0647	0707	0722	0737
River Road Barking By-Pass	0036	0105	0134	0203	0233	0303	0333	0402	0432	0502	0532	0552	0612	0632	0652	0712	0727	0742
Thames View Estate Abridge Way	0041	0110	0139	0207	0237	0307	0337	0406	0436	0506	0536	0556	0616	0636	0656	0716	0731	0746
Barking Reach Rivergate Centre	0044	0113	0142	0210	0240	0310	0340	0409	0439	0509	0539	0559	0619	0639	0659	0719	0734	0749
Barking Riverside Riverside Campus	0047	0116	0145	0213	0243	0313	0343	0412	0442	0512	0542	0602	0622	0642	0702	0722	0737	0752
Barking Riverside Northgate Road	0050	0119	0148	0216	0246	0316	0346	0415	0445	0515	0545	0605	0625	0645	0705	0725	0740	0755
Ilford Ilford Hill	0744	0754	0804	0813	0823			0913	0923	0932	0942	0952	1003	1013	1022	1031	1041	1050
Ilford Lane Loxford Lane	0749	0759	0809	0819	0829			0919	0929	0938	0948	0958	1009	1019	1029	1038	1048	1057
Barking Station	0752	0802	0812	0822	0832	Then		0922	0932	0942	0952	1002	1013	1024	1034	1044	1054	1104
River Road Barking By-Pass	0757	0808	0818	0828	0838	every 10		0928	0938	0948	0958	1008	1019	1030	1041	1051	1102	1112
Thames View Estate Abridge Way	0801	0812	0822	0832	0842	minutes		0932	0943	0953	1003	1013	1024	1035	1046	1056	1107	1117
Barking Reach Rivergate Centre	0804	0815	0825	0835	0845	until		0935	0946	0956	1006	1016	1027	1038	1049	1059	1110	1120
Barking Riverside Riverside Campus	0807	0818	0828	0838	0849			0939	0950	1000	1010	1020	1031	1042	1053	1103	1114	1124
Barking Riverside Northgate Road	0810	0821	0831	0841	0852			0942	0953	1003	1013	1023	1034	1045	1056	1106	1117	1127
Ilford Ilford Hill	1101	1110	1120	1131	1142	1153	1204	1214	1224	1234	1244	1255	1306	1316			1411	1422
Ilford Lane Loxford Lane	1108	1117	1128	1139	1150	1201	1212	1222	1232	1242	1253	1304	1315	1326			1421	1433
Barking Station	1115	1124	1135	1146	1157	1208	1219	1229	1239	1250	1301	1312	1323	1334	Then		1429	1441
River Road Barking By-Pass	1123	1133	1144	1155	1206	1217	1228	1239	1249	1300	1311	1322	1333	1344	every 11		1439	1450
Thames View Estate Abridge Way	1128	1138	1149	1200	1211	1222	1233	1244	1254	1305	1316	1327	1338	1349	minutes		1444	1455
Barking Reach Rivergate Centre	1132	1142	1153	1204	1215	1226	1237	1248	1258	1309	1320	1331	1342	1353	until		1448	1459
Barking Riverside Riverside Campus	1136	1146	1157	1208	1219	1230	1241	1252	1302	1313	1324	1335	1346	1357			1452	1503
Barking Riverside Northgate Road	1139	1149	1200	1211	1222	1233	1244	1255	1305	1316	1327	1338	1349	1400			1455	1506
Ilford Ilford Hill	1433			1517	1527	1538	1548			1727	1738	1749	1800	1811	1822	1833	1843	1853
Ilford Lane Loxford Lane	1444			1528	1539	1550	1600			1739	1749	1800	1810	1821	1832	1843	1853	1903
Barking Station	1452	Then		1536	1547	1558	1608	Then		1747	1757	1808	1818	1829	1839	1850	1859	1909
River Road Barking By-Pass	1501	every 11		1545	1556	1607	1618	every 11		1757	1807	1817	1827	1837	1847	1857	1906	1915
Thames View Estate Abridge Way	1506	minutes		1550	1601	1612	1623	minutes		1802	1812	1822	1832	1842	1852	1902	1911	1920
Barking Reach Rivergate Centre	1510	until		1554	1605	1616	1627	until		1806	1816	1826	1836	1846	1856	1906	1915	1924
Barking Riverside Riverside Campus	1514			1558	1609	1620	1631			1810	1820	1830	1840	1850	1900	1910	1919	1928
Barking Riverside Northgate Road	1517			1601	1612	1623	1634			1813	1823	1833	1843	1853	1903	1913	1922	1931
Ilford Ilford Hill	1903	1913	1923	1934	1944	1954	2004	2014	2024	2035	2045	2055	2105	2115	2125			2215
Ilford Lane Loxford Lane	1913	1923	1933	1943	1953	2003	2013	2023	2033	2043	2053	2103	2113	2122	2132			2222
Barking Station	1918	1928	1937	1947	1957	2007	2017	2027	2037	2047	2057	2107	2117	2126	2136	Then		2226
River Road Barking By-Pass	1924	1934	1943	1953	2003	2013	2023	2033	2043	2053	2103	2113	2123	2132	2141	every 10		2231
Thames View Estate Abridge Way	1929	1939	1948	1958	2008	2018	2028	2038	2048	2058	2107	2117	2127	2136	2145	minutes		2235
Barking Reach Rivergate Centre	1933	1943	1952	2002	2012	2022	2032	2041	2051	2101	2110	2120	2130	2139	2148	until		2238
Barking Riverside Riverside Campus	1937	1947	1956	2006	2016	2026	2036	2045	2055	2104	2113	2123	2133	2142	2151			2241
Barking Riverside Northgate Road	1940	1950	1959	2009	2019	2029	2039	2048	2058	2107	2116	2126	2136	2145	2154			2244
Ilford Ilford Hill	2225			2315	2325	2335	2350											
Ilford Lane Loxford Lane	2231			2321	2330	2340	2355											
Barking Station	2235	Then		2325	2334	2344	2359											
River Road Barking By-Pass	2240	every 10		2330	2339	2349	0004											
Thames View Estate Abridge Way	2244	minutes		2334	2343	2353	0008											
Barking Reach Rivergate Centre	2247	until		2337	2346	2356	0011											
Barking Riverside Riverside Campus	2250			2340	2349	2359	0014											
Barking Riverside Northgate Road	2253			2343	2352	0002	0017											