

W19		Saturdays (also Good Friday)																
Ilford High Road <i>Hainault Street</i>	0555	0625	0655	0725	0745	0757	0809	0821	0832	0842	0853	0905	0916	0927	0938	0950	1001	1013
Manor Park Station	0604	0634	0704	0734	0754	0806	0819	0831	0844	0854	0905	0917	0928	0939	0951	1003	1015	1027
Aldersbrook <i>Park Road</i>	0609	0639	0710	0740	0800	0812	0825	0838	0851	0901	0912	0924	0935	0946	0958	1010	1022	1034
Leytonstone <i>Station Plaza</i>	0615	0645	0717	0747	0807	0819	0832	0845	0858	0909	0920	0932	0944	0955	1007	1019	1031	1043
Whipps Cross <i>Hospital Outpatients</i>	0621	0651	0723	0753	0813	0825	0838	0851	0904	0916	0927	0939	0951	1002	1014	1026	1038	1050
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	0628	0658	0730	0800	0821	0833	0846	0859	0912	0924	0936	0948	1000	1012	1024	1036	1048	1100
Walthamstow <i>Central Station</i>	0634	0704	0736	0807	0828	0840	0853	0906	0919	0932	0944	0956	1009	1021	1033	1045	1058	1110
Walthamstow <i>South Grove</i>	0639	0709	0741	0812	0834	0847	0900	0914	0927	0940	0953	1005	1018	1030	1042	1054	1107	1120
Argall Avenue <i>Industrial Estate</i>	0643	0713	0745	0816	0838	0851	0904	0918	0931	0944	0957	1009	1022	1034	1046	1058	1111	1124
Ilford High Road <i>Hainault Street</i>	1025	1036	1047	1058	1109	1121	1133	1144	Then every 12 minutes until	1356	1408	1420	1432	1444	1456	1508	1520	
Manor Park Station	1039	1050	1101	1113	1125	1137	1149	1201		1413	1425	1437	1449	1501	1513	1526	1538	
Aldersbrook <i>Park Road</i>	1046	1057	1108	1120	1132	1144	1156	1208		1420	1432	1444	1456	1508	1520	1533	1545	
Leytonstone <i>Station Plaza</i>	1055	1106	1118	1130	1142	1154	1206	1218		1430	1442	1454	1506	1518	1530	1543	1555	
Whipps Cross <i>Hospital Outpatients</i>	1102	1113	1125	1137	1149	1201	1213	1225		1437	1449	1501	1513	1525	1537	1550	1602	
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	1112	1123	1135	1147	1159	1211	1223	1235		1447	1459	1511	1523	1535	1547	1600	1612	
Walthamstow <i>Central Station</i>	1122	1134	1146	1158	1210	1222	1234	1246		1458	1510	1520	1532	1544	1556	1609	1621	
Walthamstow <i>South Grove</i>	1132	1144	1156	1208	1220	1232	1244	1256		1508	1519	1529	1541	1553	1605	1618	1630	
Argall Avenue <i>Industrial Estate</i>	1136	1148	1200	1212	1224	1236	1248	1300		1512	1523	1533	1545	1557	1609	1622	1634	
Ilford High Road <i>Hainault Street</i>	1532	Then every 12 minutes until	1656	1708	1720	1732	1744	1756	1808	1820	1832	1844	1856	1910	1925	1940	2000	
Manor Park Station	1550		1714	1726	1738	1750	1802	1814	1826	1838	1850	1902	1914	1926	1941	1956	2015	
Aldersbrook <i>Park Road</i>	1557		1721	1733	1745	1757	1808	1820	1832	1844	1856	1908	1920	1932	1947	2002	2021	
Leytonstone <i>Station Plaza</i>	1607		1731	1743	1755	1807	1817	1829	1841	1853	1905	1916	1928	1940	1955	2009	2028	
Whipps Cross <i>Hospital Outpatients</i>	1614		1738	1750	1802	1813	1823	1835	1847	1859	1911	1922	1934	1946	2001	2015	2034	
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	1624		1748	1800	1811	1822	1832	1844	1856	1908	1920	1931	1943	1955	2009	2023	2042	
Walthamstow <i>Central Station</i>	1633		1757	1808	1819	1830	1840	1852	1904	1916	1928	1939	1951	2003	2016	2030	2049	
Walthamstow <i>South Grove</i>	1642		1806	1816	1827	1838	1848	1900	1912	1924	1936	1947	1959	2010	2023	2037	2056	
Argall Avenue <i>Industrial Estate</i>	1646		1810	1820	1831	1842	1852	1903	1915	1927	1939	1950	--	--	--	--	--	
Ilford High Road <i>Hainault Street</i>	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340							
Manor Park Station	2034	2054	2112	2131	2151	2211	2230	2250	2310	2330	2350							
Aldersbrook <i>Park Road</i>	2040	2100	2118	2137	2157	2216	2235	2255	2315	2335	2355							
Leytonstone <i>Station Plaza</i>	2047	2107	2125	2144	2204	2222	2241	2301	2321	2341	0001							
Whipps Cross <i>Hospital Outpatients</i>	2053	2112	2130	2149	2208	2226	2245	2305	2325	2345	0005							
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	2101	2120	2138	2157	2215	2233	2252	2312	2332	2352	0012							
Walthamstow <i>Central Station</i>	2108	2127	2145	2204	2222	2240	2259	2318	2338	2358	0018							
Walthamstow <i>South Grove</i>	2114	2133	2151	2209	2227	2245	2303	2322	2342	0002	0022							
Argall Avenue <i>Industrial Estate</i>	--	--	--	--	--	--	--	--	--	--	--							
W19		Sundays and other Public Holidays (except Christmas Day)																
Ilford High Road <i>Hainault Street</i>	0705	0735	0805	0835	0855	0914	0932	0950	1008	1027	1046	1104	1123	1141	1159	1217	1237	1257
Manor Park Station	0714	0744	0815	0845	0905	0925	0943	1001	1020	1039	1059	1119	1138	1156	1215	1235	1255	1315
Aldersbrook <i>Park Road</i>	0721	0751	0822	0852	0913	0933	0951	1010	1029	1048	1108	1128	1148	1207	1227	1247	1307	1327
Leytonstone <i>Station Plaza</i>	0725	0755	0826	0856	0917	0937	0955	1014	1033	1053	1113	1133	1153	1213	1233	1253	1313	1333
Whipps Cross <i>Hospital Outpatients</i>	0731	0801	0832	0902	0924	0944	1002	1021	1040	1100	1120	1140	1200	1220	1240	1300	1320	1340
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	0738	0808	0839	0910	0932	0952	1011	1030	1050	1110	1130	1150	1210	1230	1250	1310	1330	1350
Walthamstow <i>Central Station</i>	0743	0813	0844	0915	0937	0957	1018	1038	1058	1118	1138	1158	1217	1237	1257	1317	1337	1357
Walthamstow <i>South Grove</i>	0747	0818	0849	0921	0943	1003	1024	1045	1105	1125	1145	1205	1224	1244	1304	1324	1344	1404
Argall Avenue <i>Industrial Estate</i>	0751	0822	0853	0925	0947	1007	1028	1050	1110	1130	1150	1210	1229	1249	1309	1329	1349	1409
Ilford High Road <i>Hainault Street</i>	1317	1337	1357	1417	1437	1457	1518	Then every 20 minutes until	1718	1740	1802	1822	1842	1904	1922	1942	2002	
Manor Park Station	1335	1355	1415	1435	1455	1515	1534		1734	1756	1818	1838	1858	1918	1936	1956	2016	
Aldersbrook <i>Park Road</i>	1347	1407	1427	1447	1507	1526	1545		1745	1806	1827	1847	1907	1925	1943	2003	2022	
Leytonstone <i>Station Plaza</i>	1353	1413	1433	1453	1512	1531	1550		1750	1811	1832	1852	1912	1930	1948	2008	2027	
Whipps Cross <i>Hospital Outpatients</i>	1400	1420	1440	1500	1519	1538	1557		1757	1817	1838	1858	1918	1936	1954	2013	2032	
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	1410	1430	1450	1510	1529	1548	1607		1807	1827	1847	1907	1927	1945	2003	2021	2040	
Walthamstow <i>Central Station</i>	1417	1437	1457	1517	1536	1555	1614		1814	1834	1854	1913	1933	1951	2009	2027	2046	
Walthamstow <i>South Grove</i>	1424	1444	1504	1523	1542	1601	1620		1820	1840	1900	1919	1939	1957	2014	2032	2051	
Argall Avenue <i>Industrial Estate</i>	1429	1449	1509	1528	1547	1606	1625		1825	1845	1905	1924	1944	--	--	--	--	
Ilford High Road <i>Hainault Street</i>	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340							
Manor Park Station	2033	2053	2111	2130	2150	2210	2230	2250	2308	2328	2348							
Aldersbrook <i>Park Road</i>	2039	2059	2117	2136	2156	2215	2235	2255	2313	2333	2353							
Leytonstone <i>Station Plaza</i>	2044	2104	2122	2141	2201	2220	2240	2300	2318	2338	2358							
Whipps Cross <i>Hospital Outpatients</i>	2049	2109	2127	2146	2205	2224	2244	2304	2322	2342	0002							
Leyton <i>Baker's Arms (High Rd. Leyton)</i>	2057	2116	2134	2153	2212	2231	2251	2311	2329	2349	0009							
Walthamstow <i>Central Station</i>	2103	2122	2140	2159	2218	2237	2257	2317	2335	2355	0015							
Walthamstow <i>South Grove</i>	2108	2127	2145	2204	2223	2242	2302	2321	2339	2359	0019							
Argall Avenue <i>Industrial Estate</i>	--	--	--	--	--	--	--	--	--	--	--							

W19

Walthamstow – Leytonstone – Ilford

W19	Mondays to Fridays																	
Argall Avenue Industrial Estate	0555	0625	0655	0715	0735	0754	0803	0813	0823	0833	0843	0853	Then every 10 minutes until	0953	1002	1012	1021	
Walthamstow South Grove	0600	0631	0701	0721	0741	0800	0810	0820	0830	0840	0850	0900		1000	1009	1019	1028	
Walthamstow Central Station	0604	0636	0706	0726	0746	0805	0815	0825	0835	0845	0855	0905		1005	1014	1024	1033	
Leyton Baker's Arms (Lea Bridge Road)	0610	0643	0714	0734	0754	0813	0823	0833	0843	0853	0903	0913		1013	1022	1032	1041	
Whipps Cross Hospital Outpatients	0617	0651	0722	0742	0802	0822	0832	0842	0852	0902	0912	0922		1022	1031	1041	1050	
Leytonstone Station Plaza	0624	0659	0731	0751	0811	0831	0841	0851	0901	0911	0921	0930		1030	1039	1049	1058	
Aldersbrook Park Road	0632	0708	0740	0801	0821	0841	0851	0901	0911	0920	0929	0938		1038	1047	1057	1106	
Manor Park Station	0637	0714	0746	0806	0826	0846	0856	0906	0916	0925	0934	0943		1043	1052	1102	1111	
Ilford High Road Hainault Street	0648	0726	0758	0818	0838	0858	0908	0918	0927	0936	0945	0954	1054	1105	1115	1125		
Argall Avenue Industrial Estate	1030	1039	1048	1057	1106	1115	1125	1135	1144	1154	1203	1213	1223	1233	1243	1253	1303	1313
Walthamstow South Grove	1037	1046	1055	1104	1113	1122	1132	1142	1151	1201	1210	1220	1230	1240	1250	1300	1310	1320
Walthamstow Central Station	1042	1051	1101	1111	1120	1129	1139	1149	1158	1208	1217	1227	1237	1247	1257	1307	1317	1327
Leyton Baker's Arms (Lea Bridge Road)	1050	1059	1109	1119	1128	1137	1147	1157	1206	1216	1225	1235	1245	1255	1305	1315	1325	1335
Whipps Cross Hospital Outpatients	1059	1108	1118	1128	1137	1146	1156	1206	1215	1225	1234	1244	1254	1304	1314	1324	1334	1345
Leytonstone Station Plaza	1107	1116	1126	1136	1145	1154	1204	1214	1223	1233	1243	1253	1303	1313	1323	1333	1343	1354
Aldersbrook Park Road	1116	1125	1135	1145	1154	1203	1213	1223	1233	1243	1253	1303	1313	1323	1333	1344	1354	1405
Manor Park Station	1121	1130	1140	1150	1159	1208	1218	1228	1238	1248	1258	1308	1318	1328	1338	1349	1359	1410
Ilford High Road Hainault Street	1135	1144	1154	1204	1213	1222	1232	1243	1254	1304	1314	1324	1334	1345	1356	1407	1417	1428
Argall Avenue Industrial Estate	1323	1333	1343	1353	1403	Then every 10 minutes until	1623	1633	1643	1653	1703	1713	1723	1733	1743	1753	1803	
Walthamstow South Grove	1330	1340	1350	1400	1410		1630	1640	1650	1700	1710	1720	1730	1740	1750	1800	1809	
Walthamstow Central Station	1337	1347	1357	1408	1418		1638	1648	1658	1708	1718	1728	1737	1747	1757	1807	1816	
Leyton Baker's Arms (Lea Bridge Road)	1346	1357	1407	1418	1429		1649	1659	1709	1719	1729	1739	1748	1758	1808	1817	1826	
Whipps Cross Hospital Outpatients	1356	1407	1417	1428	1439		1659	1709	1719	1729	1739	1749	1758	1808	1817	1826	1835	
Leytonstone Station Plaza	1405	1416	1427	1438	1449		1709	1719	1729	1739	1748	1758	1807	1817	1826	1835	1844	
Aldersbrook Park Road	1416	1427	1438	1449	1500		1720	1730	1740	1750	1759	1809	1818	1828	1837	1846	1855	
Manor Park Station	1421	1432	1443	1454	1505		1725	1735	1745	1755	1804	1814	1823	1833	1842	1851	1900	
Ilford High Road Hainault Street	1439	1450	1501	1512	1523	1743	1752	1802	1812	1820	1829	1838	1848	1857	1906	1912		
Argall Avenue Industrial Estate	1813	1823	1833	1843	1854	1905	1915	1925	1935	1945	--	--	--	--	--	--	--	
Walthamstow South Grove	1819	1829	1839	1849	1900	1911	1921	1931	1941	1951	2005	2020	2040	2100	2120	2140	2200	2220
Walthamstow Central Station	1826	1836	1846	1856	1906	1916	1926	1936	1946	1956	2010	2025	2045	2104	2124	2144	2203	2223
Leyton Baker's Arms (Lea Bridge Road)	1836	1846	1856	1906	1916	1926	1936	1946	1956	2006	2018	2033	2053	2112	2132	2152	2210	2230
Whipps Cross Hospital Outpatients	1845	1855	1905	1915	1925	1935	1945	1955	2005	2015	2026	2041	2101	2119	2139	2159	2216	2236
Leytonstone Station Plaza	1854	1904	1913	1923	1933	1943	1953	2003	2013	2023	2034	2049	2108	2126	2146	2206	2223	2242
Aldersbrook Park Road	1905	1913	1922	1932	1942	1952	2001	2010	2020	2030	2041	2056	2115	2133	2153	2213	2230	2249
Manor Park Station	1910	1918	1927	1937	1947	1957	2006	2015	2025	2035	2046	2101	2119	2137	2157	2217	2234	2253
Ilford High Road Hainault Street	1922	1930	1939	1949	1959	2009	2017	2026	2036	2046	2057	2111	2129	2147	2207	2226	2243	2302
Argall Avenue Industrial Estate	--	--	--	--														
Walthamstow South Grove	2240	2300	2320	2340														
Walthamstow Central Station	2243	2303	2323	2343														
Leyton Baker's Arms (Lea Bridge Road)	2250	2310	2330	2350														
Whipps Cross Hospital Outpatients	2256	2315	2335	2355														
Leytonstone Station Plaza	2302	2320	2340	0000														
Aldersbrook Park Road	2308	2326	2346	0006														
Manor Park Station	2312	2330	2350	0010														
Ilford High Road Hainault Street	2320	2338	2358	0018														

W19		Saturdays (also Good Friday)																	
Argall Avenue Industrial Estate	0555	0625	0655	0715	0735	0755	0807	0819	0830	0841	0852	0903	0914	0925	0936	0947	0958	1009	
Walthamstow South Grove	0600	0631	0701	0721	0741	0801	0813	0825	0836	0847	0858	0909	0920	0931	0942	0953	1004	1015	
Walthamstow Central Station	0603	0634	0704	0724	0744	0804	0817	0829	0841	0852	0903	0914	0925	0936	0947	0958	1010	1021	
Leyton Baker's Arms (Lea Bridge Road)	0608	0639	0709	0729	0749	0809	0822	0834	0847	0858	0910	0921	0932	0943	0954	1005	1017	1028	
Whipps Cross Hospital Outpatients	0614	0645	0715	0735	0755	0815	0828	0840	0853	0905	0917	0929	0940	0951	1002	1013	1025	1036	
Leytonstone Station Plaza	0620	0651	0721	0741	0801	0821	0834	0846	0859	0912	0924	0936	0947	0958	1010	1021	1033	1044	
Aldersbrook Park Road	0625	0656	0726	0746	0806	0826	0840	0852	0905	0918	0930	0942	0953	1005	1017	1029	1041	1052	
Manor Park Station	0630	0701	0731	0751	0812	0832	0846	0859	0912	0924	0937	0949	1000	1011	1023	1035	1047	1058	
Ilford High Road Hainault Street	0638	0710	0740	0800	0822	0843	0857	0910	0924	0936	0949	1001	1013	1024	1036	1048	1100	1112	
Argall Avenue Industrial Estate	1021	1033	1043	1053	1103	1113	1124	1134	1144	1155	Then every 12 minutes until	1643	1655	1707	1719	1731	1743		
Walthamstow South Grove	1027	1039	1049	1059	1109	1119	1130	1140	1150	1201		1649	1701	1713	1725	1737	1749		
Walthamstow Central Station	1033	1045	1055	1106	1117	1127	1139	1149	1159	1211		1659	1711	1723	1735	1747	1759		
Leyton Baker's Arms (Lea Bridge Road)	1040	1052	1102	1114	1125	1135	1147	1157	1209	1221		1709	1721	1733	1745	1757	1809		
Whipps Cross Hospital Outpatients	1048	1100	1111	1123	1134	1145	1157	1207	1219	1231		1719	1731	1743	1755	1807	1819		
Leytonstone Station Plaza	1056	1108	1119	1131	1142	1153	1205	1216	1228	1240		1728	1739	1751	1803	1815	1827		
Aldersbrook Park Road	1104	1115	1126	1138	1150	1202	1214	1225	1237	1249		1737	1747	1759	1811	1823	1835		
Manor Park Station	1110	1121	1132	1144	1156	1208	1220	1231	1243	1255		1743	1753	1805	1817	1829	1841		
Ilford High Road Hainault Street	1124	1135	1147	1159	1211	1223	1235	1246	1258	1310	1758	1808	1820	1832	1844	1855			
Argall Avenue Industrial Estate	1756	1809	1822	1834	1847	1900	1915	1930	1945	--	--	--	--	--	--	--	--		
Walthamstow South Grove	1802	1815	1828	1840	1853	1905	1920	1934	1949	2005	2020	2040	2100	2120	2140	2200	2220	2240	
Walthamstow Central Station	1812	1825	1837	1849	1901	1913	1928	1942	1957	2011	2026	2046	2104	2124	2144	2203	2223	2243	
Leyton Baker's Arms (Lea Bridge Road)	1822	1835	1846	1858	1910	1922	1937	1949	2004	2019	2034	2054	2112	2132	2152	2210	2230	2250	
Whipps Cross Hospital Outpatients	1832	1844	1855	1907	1919	1931	1945	1957	2012	2027	2042	2102	2120	2140	2200	2216	2236	2256	
Leytonstone Station Plaza	1839	1851	1902	1914	1926	1938	1951	2003	2020	2035	2050	2110	2128	2148	2207	2223	2243	2303	
Aldersbrook Park Road	1847	1859	1910	1922	1934	1946	1959	2011	2028	2043	2058	2117	2135	2155	2214	2230	2250	2309	
Manor Park Station	1853	1905	1916	1928	1940	1952	2005	2016	2033	2048	2103	2122	2140	2200	2219	2235	2255	2313	
Ilford High Road Hainault Street	1907	1919	1930	1942	1953	2005	2016	2027	2044	2059	2113	2132	2150	2209	2228	2244	2304	2321	
Argall Avenue Industrial Estate	--	--	--																
Walthamstow South Grove	2300	2320	2340																
Walthamstow Central Station	2303	2323	2343																
Leyton Baker's Arms (Lea Bridge Road)	2309	2329	2349																
Whipps Cross Hospital Outpatients	2314	2334	2354																
Leytonstone Station Plaza	2320	2340	0000																
Aldersbrook Park Road	2326	2346	0006																
Manor Park Station	2330	2350	0010																
Ilford High Road Hainault Street	2338	2358	0018																
W19		Sundays and other Public Holidays (except Christmas Day)																	
Argall Avenue Industrial Estate	0735	0805	0835	0903	0928	0945	1003	1021	1039	1056	1115	1132	1150	1210	1230	1250	1310	1330	
Walthamstow South Grove	0740	0810	0840	0908	0933	0950	1008	1026	1044	1101	1120	1137	1155	1215	1235	1255	1315	1335	
Walthamstow Central Station	0743	0813	0843	0912	0937	0954	1012	1030	1050	1109	1128	1145	1204	1224	1244	1304	1324	1344	
Leyton Baker's Arms (Lea Bridge Road)	0748	0818	0848	0918	0943	1000	1019	1038	1058	1118	1137	1154	1214	1234	1254	1314	1334	1354	
Whipps Cross Hospital Outpatients	0754	0825	0855	0925	0950	1007	1026	1046	1106	1126	1145	1202	1222	1242	1302	1322	1342	1402	
Leytonstone Station Plaza	0759	0830	0900	0930	0955	1014	1033	1053	1113	1133	1152	1210	1230	1250	1310	1330	1350	1410	
Aldersbrook Park Road	0805	0836	0907	0937	1002	1022	1042	1102	1122	1142	1201	1221	1241	1301	1321	1341	1401	1419	
Manor Park Station	0810	0841	0912	0942	1007	1027	1047	1107	1127	1147	1206	1226	1246	1306	1326	1346	1406	1424	
Ilford High Road Hainault Street	0819	0850	0921	0951	1018	1038	1101	1123	1144	1205	1226	1246	1306	1326	1346	1406	1422	1440	
Argall Avenue Industrial Estate	1350	Then every 20 minutes until	1610	1630	1650	1712	1732	1754	1814	1834	1856	1916	1936	1956	--	--	--		
Walthamstow South Grove	1355		1615	1635	1655	1717	1737	1759	1819	1839	1901	1921	1941	2001	2020	2040	2100		
Walthamstow Central Station	1404		1624	1644	1704	1724	1744	1805	1825	1845	1905	1925	1945	2005	2024	2044	2104		
Leyton Baker's Arms (Lea Bridge Road)	1414		1634	1654	1713	1733	1753	1813	1833	1853	1912	1932	1952	2012	2031	2051	2110		
Whipps Cross Hospital Outpatients	1421		1641	1701	1720	1740	1800	1820	1840	1900	1919	1939	1959	2019	2038	2058	2116		
Leytonstone Station Plaza	1429		1649	1709	1728	1748	1807	1827	1847	1907	1926	1946	2006	2026	2045	2105	2122		
Aldersbrook Park Road	1438		1658	1717	1736	1756	1814	1834	1854	1913	1932	1952	2012	2032	2051	2111	2128		
Manor Park Station	1443		1703	1722	1741	1801	1819	1839	1859	1918	1937	1957	2017	2037	2056	2116	2133		
Ilford High Road Hainault Street	1459	1719	1738	1757	1816	1834	1854	1914	1931	1950	2010	2028	2048	2107	2126	2143			
Argall Avenue Industrial Estate	--	--	--	--	--	--	--												
Walthamstow South Grove	2120	2140	2200	2220	2240	2300	2320	2340											
Walthamstow Central Station	2124	2144	2204	2224	2243	2303	2323	2343											
Leyton Baker's Arms (Lea Bridge Road)	2130	2150	2210	2230	2249	2309	2329	2349											
Whipps Cross Hospital Outpatients	2136	2156	2216	2235	2254	2314	2334	2354											
Leytonstone Station Plaza	2142	2202	2222	2241	2300	2320	2340	0000											
Aldersbrook Park Road	2148	2208	2228	2247	2306	2326	2346	0006											
Manor Park Station	2153	2213	2233	2251	2310	2330	2350	0010											
Ilford High Road Hainault Street	2203	2223	2241	2259	2318	2338	2358	0018											