

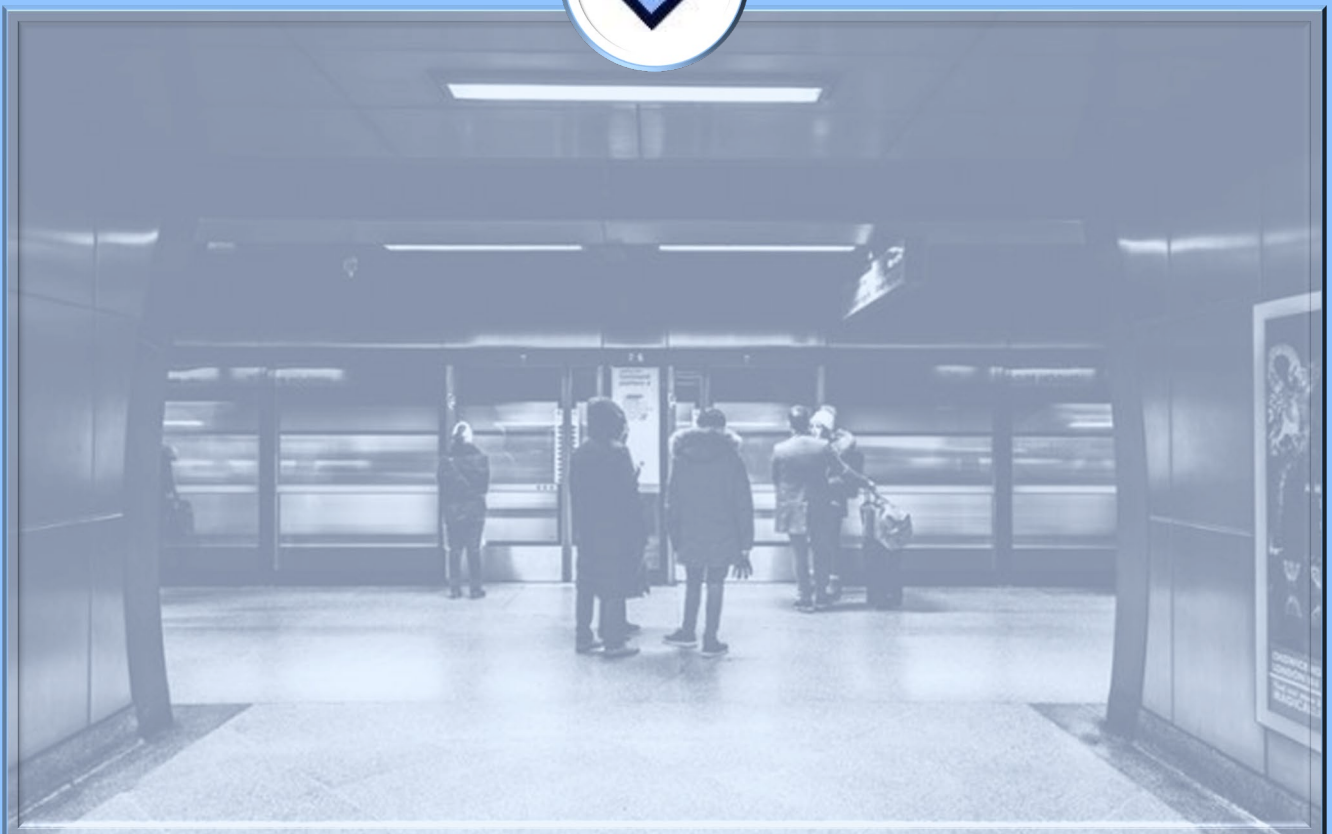
Meadow Road, Reading

Travel Plan

CBRE Investment Management and V7 Asset Management

June 2025

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QUALITY MANAGEMENT

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Issued by	Stunt Consulting Ltd Benville Farm Benville Lane Corscombe Dorset DT2 0NW	Tel: 01935 713234 info@stuntconsulting.co.uk www.stuntconsulting.co.uk	
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CONTENTS

1.	INTRODUCTION	1
1.1	BACKGROUND	1
2.	LOCAL AND NATIONAL PLANNING POLICY	3
2.1	OVERVIEW	3
2.2	NATIONAL PLANNING POLICY FRAMEWORK (NPPF)	3
2.3	PLANNING PRACTICE GUIDANCE	3
2.4	RBC LOCAL PLAN	4
3.	PROPOSED DEVELOPMENT	5
3.1	PREFACE	5
3.2	PROPOSED ACCESS ARRANGEMENTS	ERROR! BOOKMARK NOT DEFINED.
3.3	CAR PARKING	ERROR! BOOKMARK NOT DEFINED.
3.4	CYCLE PARKING	ERROR! BOOKMARK NOT DEFINED.
3.5	ELECTRIC VEHICLE CHARGING POINTS	ERROR! BOOKMARK NOT DEFINED.
4.	AIMS AND OBJECTIVES	5
4.1	AIM	7
4.2	OBJECTIVES	7
5.	BASELINE CONDITIONS	8
5.1	LOCAL ROAD NETWORK	8
5.2	LOCAL TRAVEL CHARACTERISTICS	8
5.3	EXISTING PEDESTRIAN PROVISION	9
5.4	EXISTING CYCLE PROVISION	10
5.5	ACCESSIBLE AMENITIES	11
5.6	PUBLIC TRANSPORT	12
5.7	ACCESSIBILITY INDEX	13
5.8	SUMMARY	14
6.	TARGETS	15
6.1	TARGETS	15
6.2	ACTION TARGETS	15
6.3	AIM TARGETS	15
6.4	MODE SHARE TARGETS	16

7.	MANAGEMENT AND COMMUNICATIONS STRATEGY	17
7.1	MANAGEMENT STRATEGY	17
7.2	ENFORCEMENT	17
7.3	TRAVEL PLAN COORDINATOR	17
7.4	STAFF TRAVEL PACK	18
7.5	STAFF NOTICE BOARDS	18
7.6	COMPANY WEBSITE / INTRANET	19
7.7	SUMMARY	19
8.	TRAVEL PLAN MEASURES	20
8.1	PREFACE	20
8.2	ENCOURAGING THE UPTAKE OF WALKING AND CYCLING	21
8.3	ENCOURAGING THE UPTAKE OF PUBLIC TRANSPORT	21
8.4	ENCOURAGING THE UPTAKE OF CAR SHARING	22
8.5	MOTORCYCLES	22
8.6	CAR PARKING	22
8.7	TAXIS AND MINICABS	22
8.8	ELECTRIC VEHICLE CHARGING POINTS	22
8.9	SUMMARY	22
9.	MONITORING AND REVIEW	23
10.	SUMMARY AND CONCLUSIONS	24

Figures

FIGURE 1	SITE LOCATION
FIGURE 2	PROPOSED SITE LAYOUT
FIGURE 3	3.2KM WALKING ISOCHRONE (WWW.OPENROUTESERVICE.CO.UK)
FIGURE 4	CYCLE ROUTE PLAN (SOURCE: OPENSTREETMAP.ORG)
FIGURE 5	5KM CYCLE ISOCHRONE (WWW.OPENROUTESERVICE.CO.UK)

Tables

TABLE 5.1	TABLE 5.1 – MODAL SPLIT OF WORKPLACE POPULATION (READING 007)
TABLE 5.2.....	EXISTING LOCAL BUS SERVICES
TABLE 6.1	ACTION TARGETS
TABLE 6.2	MODE SHARE TARGETS

Appendices

APPENDIX A	PROPOSED SITE LAYOUT PLAN
APPENDIX B	AI CALCULATION (INCLUDING CALCULATION INFORMATION / EVIDENCE)

1. INTRODUCTION

1.1 Background

- 1.1.1 This Travel Plan has been prepared on behalf of CBRE Investment Management and V7 Asset Management in relation to their proposal to redevelop the existing industrial site at Meadow Road, Reading, RG1 8LB. The local planning authority is Reading Borough Council (RBC). The site location on the northwest side of Reading Town Centre and on the eastern edge of the Richfield Avenue Employment Area is shown in **Figure 1**.

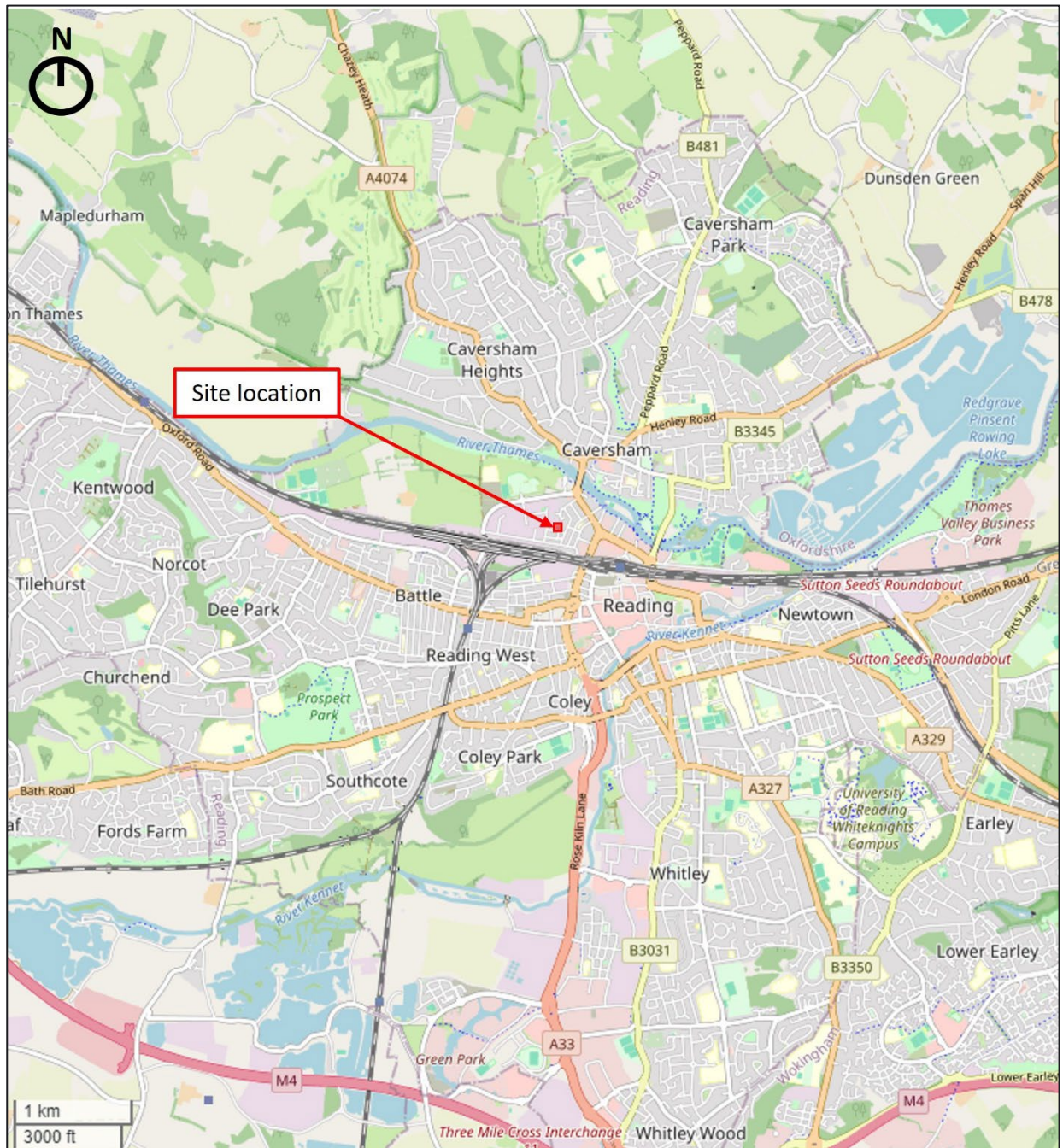


Figure 1 – Site Location

- 1.1.2 The development proposal is for the demolition of the existing buildings on site and the development of 4 buildings split into 11 units of varying sizes totalling 3,998sq.m GIA / 4,293sq.m GEA of modern flexible floor space. As such the applicant wishes to seek a flexible planning consent for use class E(g)(i) office, E(g)(ii) research and development, E(g)(iii) industrial process and B8 Storage and Distribution, meeting the demands of occupiers in the modern market.
- 1.1.3 RBC's validation requirements for all major planning applications states that a Travel Plan should be submitted in order to outline the way in which the transport implications of the new development will be managed in order to ensure the minimum environmental, social and economic impacts. Developers should state how new occupiers or customers of the development will use alternative means of travel, which do not involve private vehicle use. The Travel Plan should include details of targets and arrangements for monitoring.
- 1.1.4 At a national level, guidance on the production of Travel Plans was provided by the Department for Transport (DfT) within their document 'Good Practice Guidelines: Delivering Travel Plans through the Planning Process' in April 2009. This Travel Plan will adhere to the principles set out within this guidance.
- 1.1.5 Disabled access is also considered within this Travel Plan in accordance with the BREEAM guidance and the minimum criteria for developing Travel Plans has been considered as per the BREEAM methodology. All information demonstrating compliant nodes and safe pedestrian routes to bus stops and rail stations and all local amenities located within 500m of the site is included in Section 5 of this Travel Plan.
- 1.1.6 In line with national guidance, this Travel Plan is formatted into the following sections:
- » Section 2: National and Local Planning Policy
 - » Section 3: Proposed Development
 - » Section 4: Aims and Objectives,
 - » Section 5: Existing Site Accessibility,
 - » Section 6: Targets,
 - » Section 7: Management and Communication Strategy,
 - » Section 8: Travel Plan Measures,
 - » Section 9: Monitoring and Review; and,
 - » Section 10: Summary and Conclusions.

2. LOCAL AND NATIONAL PLANNING POLICY

2.1 Overview

2.1.1 The key policy documents which set the context for the development proposal are as follows:

- » National Planning Policy Framework – December 2024
- » National Planning Practice Guidance – March 2014
- » RBC Local Plan – Adopted November 2019

2.2 National Planning Policy Framework (NPPF)

2.2.1 The National Planning Policy Framework (NPPF) sets out the Government's planning policies for England and how they are expected to be applied.

2.2.2 Paragraph 118 states that *"All developments that will generate significant amounts of movement should be required to provide a travel plan, and the application should be supported by a vision-led transport statement or transport assessment so that the likely impacts of the proposal can be assessed."*

2.3 Planning Practice Guidance

2.3.1 The Planning Practice Guidance (PPG), which is available on the Ministry of Housing, Communities and Local Government (MHCLG) website, supports the overarching aims of the NPPF. Highways and transportation matters are dealt with at Section ID42 of the PPG under the heading of *"Travel plans, transport assessments and statements in decision taking"*.

2.3.2 Paragraph 11 of ID42 recommends that Travel Plans submitted in support of a planning application should, where possible to do so, include:

- a) *benchmark travel data including trip generation databases;*
- b) *information concerning the nature of the proposed development and the forecast level of trips by all modes of transport likely to be associated with the development;*
- c) *relevant information about existing travel habits in the surrounding area;*
- d) *proposals to reduce the need for travel to and from the site via all modes of transport; and*
- e) *provision of improved public transport services.*

2.3.3 With respect to Transport Assessments and Transport Statements paragraph 15 of ID42 notes a planning application should typically consider the following:

- a) *information about the proposed development, site layout, (particularly proposed transport access and layout across all modes of transport);*
- b) *information about neighbouring uses, amenity and character, existing functional classification of the nearby road network;*
- c) *data about existing public transport provision, including provision/frequency of services and proposed public transport changes;*

- d) a qualitative and quantitative description of the travel characteristics of the proposed development, including movements across all modes of transport that would result from the development and in the vicinity of the site;*
- e) an assessment of trips from all directly relevant committed development in the area (i.e. development that there is a reasonable degree of certainty will proceed within the next three years);*
- f) data about current traffic flows on links and at junctions (including by different modes of transport and the volume and type of vehicles) within the study area and identification of critical links and junctions on the highways network;*
- g) an analysis of the injury accident records on the public highway in the vicinity of the site access for the most recent three-year period, or five-year period if the proposed site has been identified as within a high accident area;*
- h) an assessment of the likely associated environmental impacts of transport related to the development, particularly in relation to proximity to environmentally sensitive areas (such as air quality management areas or noise sensitive areas);*
- i) measures to improve the accessibility of the location (such as provision/ enhancement of nearby footpath and cycle path linkages) where these are necessary to make the development acceptable in planning terms;*
- j) a description of parking facilities in the area and the parking strategy of the development;*
- k) ways of encouraging environmental sustainability by reducing the need to travel; and*
- l) measures to mitigate the residual impacts of development (such as improvements to the public transport network, introducing walking and cycling facilities, physical improvements to existing roads.*

2.4 RBC Local Plan

- 2.4.1 Reading Borough Local Plan was adopted on 4th November 2019. This document sets out RBC's planning policies for development in Reading up to 2036, and is the main consideration in deciding planning applications.
- 2.4.2 Policy 'TR1: ACHIEVING THE TRANSPORT STRATEGY' states that "*Planning permission will not be granted for major development proposals unless there is a commitment to implement measures to promote and improve sustainable transport facilities, such as through provision to encourage walking, cycling and the use of public transport; and through agreed travel plans, safe routes to local facilities and services, including schools and parks, and similar measures.*"

3. PROPOSED DEVELOPMENT

3.1 Preface

- 3.1.1 The proposals comprise the redevelopment of the existing industrial site for 3,998sq.m GIA / 4,293sq.m GEA of flexible industrial uses ranging from E(g)(i) office, E(g)(ii) research and development, E(g)(iii) industrial process and B8 Storage and Distribution, meeting the demands of occupiers in the modern market, provided alongside car parking and loading areas.
- 3.1.2 Access to the site will be retained from Meadow Road on its southern side and a new point of access from Milford Road on its western side. Raised bollards have been installed at the southern end of Milford Road and the eastern end of Meadow Road. This essentially prevents any through traffic from the industrial area to the residential areas located further south and to the east on Addison Road. No through movements
- 3.1.3 are permitted through the newly constructed residential development and via Printers Road. This blocks Milford and Meadow Road rendering them a cul de sac and preventing through movements. This would reduce the overall number of movements travelling along this road.
- 3.1.4 The access from Milford Road has been reduced to 10m in line with commentary provided by RBC. Footways have been provided which connects the land to the north and south and provides a linkage that previously was not available and used as informal parking blocking access. The access will require vehicles to reverse from the public highway into the site to enable them to exit in a forward gear. This arrangement is present elsewhere within the locality and, having reviewed the crash maps statistics, is operating without causing any road safety concerns.
- 3.1.5 In line with commentary provided by RBC, no access will be possible from Addison Road. A security gate will be locked and maintained only for emergency access. An extract of the latest proposed site layout plan is provided in **Figure 2**.



Figure 2 – Proposed Site Layout Plan (Extract)

3.1.6 When compared to the existing site, the proposals result in a decrease in floor area of 1,207sq.m. The full proposed site layout has been provided at **Appendix A**.

3.2 Car Parking

3.2.1 In accordance with comments provided by RBC through the Pre Application, the proposals will provide a total of 40 car parking spaces (including 11 disabled car parking spaces) which is in accordance with RBC's Parking Standards SPD and the maximum car parking standard for the proposed land uses within a 'Zone 2' location which are as follows:

- B1(a) Office = 1 space per 100sq.m GFA
- B1(b) Research & High Tech = 1 space per 100sq.m GFA
- B1(c) Light Industrial = 1 space per 125sq.m GFA
- B2 – B7 General & Specific Industrial = 1 space per 125sq.m GFA
- B8 Storage & Distribution = 1 space per 200sq.m GFA

3.2.2 Approximately 10% of car parking spaces will provide an active charging point in accordance with the Local Plan policy 'TR5: CAR AND CYCLE PARKING AND ELECTRIC VEHICLE CHARGING'.

3.2.3 Whilst the amount of car parking provided for the proposed land uses will be in accordance with RBC's parking standards SPD, a degree of flexibility is also applied to reflect different trip-generating characteristics of the proposed occupier(s). A trip generation assessment is undertaken in Section 5.

3.3 Cycle Parking

3.3.1 It is proposed that cycle parking will also be provided in line with RBC's parking standards SPD which requires a minimum of:

- B1(a) Office = 1 space per 200sq.m GFA
- B1(b) Research & High Tech = 1 space per 250sq.m GFA
- B1(c) Light Industrial = 1 space per 250sq.m GFA
- B2 – B7 General & Specific Industrial = 1 space per 350sq.m GFA
- B8 Storage & Distribution = 1 space per 450sq.m GFA

3.3.2 Cycle parking will take the form of Sheffield stands located within a suitable shelter. The cycle parking will be located conveniently close to building entrances in areas considered overlooked.

3.3.3 Provision will also be made for the parking of motorcycles/ mopeds in accordance with the RBC parking standards SPD. Like cycle parking, motorcycle parking provision will be visible, well lit and located close to pedestrian access points.

3.4 Electric Vehicle Charging Points

3.4.1 A total of 11 dual EV charging points will be provided (enabling 22 vehicles to charge). These will be located conveniently close to the building entrances to provide preferable parking locations to those using electric vehicles. The locations of the EV points will be shown on the proposed site layout plan included in the Transport Assessment.

4. AIMS AND OBJECTIVES

4.1 Aim

- 4.1.1 The aim of this Travel Plan is to reduce the number of vehicles travelling to the site on a daily basis and possible encourage staff to travel using more sustainable modes. In doing so the aim is shift travel movements away from vehicles in favour of walking, cycling and public transport.

4.2 Objectives

- 4.2.1 In order for the Travel Plan to meet the above aim it has set a number of objectives that will be used as steps to meet the overall aim. These comprise:
- » Reduce the number of single occupancy vehicles (SOVs) travelling to and from the site each day;
 - » Promote and endeavour to maximise the use of non-car modes of transport to the site such as walking, cycling and public transport;
 - » Work in line with the wider aspirations of RBC in shaping travel behaviour and the future of sustainable travel;
 - » Promote the health and environmental benefits associated with travel by foot and by bicycle;
 - » Establish the management of the Travel Plan by appointing a Travel Plan Coordinator who will be responsible for the operation of the Travel Plan, its day to day running and the monitoring of its progress;
 - » Assist in meeting the aims set out by the Council to reduce road traffic and congestion; and
 - » Set appropriate targets in consultation with the council to encourage the reduction of single occupancy vehicle trips and car use based upon results obtained from a staff travel survey.
- 4.2.2 The above objectives will be reviewed on an annual basis. If required, they can be altered by the Travel Plan Coordinator to offer clearer direction enabling them to evolve with the Travel Plan.

5. BASELINE CONDITIONS

5.1 Local Road Network

- 5.1.1 The site is located within the Richfield Avenue Employment Area. The surrounding local area is therefore predominantly of an industrial nature, most notably to the west of the site, adjacent to Milford Road where there are many neighbouring employment and industrial buildings of varying scales.
- 5.1.2 To the immediate north of the site are the rear gardens of residential properties and to the immediate east of the site are residential properties, with the rear gardens facing the site. The properties include several new terraced developments recently completed, known as The Printworks. The Printworks residential development wraps around the south of the site, fronting Meadow Road.
- 5.1.3 The site is bound by Meadow Road and Milford Road on its southern and western sides respectively. Meadow Road is a two-way single carriageway road with a 30mph speed limit and footways on both sides. It is effectively a cul-de-sac with bollards at its eastern end preventing vehicular access to / from Addison Road to the east of the site. Meadow Road forms a priority T-junction with Milford Road just beyond the southwest corner of the site.
- 5.1.4 Milford Road is also a two-way single carriageway road with a 30mph speed limit and footways on both sides. It is also an effective cul-de-sac with bollards at its southern end preventing vehicular access to / from Cardiff Road to the south of the site. To the north Milford Road leads onto Cremyll Road and Tessa Road which forms a roundabout junction with Richfield Avenue. Richfield Avenue subsequently provides vehicular route to the A4155 and A329 and A33 strategic highway network. Richmond Avenue to the north is therefore the only vehicular access route to / from the site. However, pedestrian and cycle connectivity to / from the site is possible from all directions, including via Milford Road, Addison Road and Cardiff Road.

5.2 Local Travel Characteristics

- 5.2.1 The National Census Database provides travel statistics for those who currently work within the local area. The Super Output Area (Mid layer) 'Reading 007' has been selected as the study area. **Table 5.1** below shows how those who work within the local area travel as part of their daily commute.

Mode of Travel	Census Data Response	Percentage Modal Split
All categories: Method of travel to work (2001 specification)	5,624	100%
Train, underground, metro, light rail, tram, bus, minibus or coach	748	13%
Driving a car or van	3,574	64%
Car / Van Passenger	278	5%
Motorcycle	60	1%
Bicycle	256	5%
On foot	688	12%
Taxi	20	0%

Table 5.1 – Modal Split of Workplace Population (Reading 007)

- 5.2.2 The above table show that approximately 64% of the people who work within the locality are choosing to drive to work. Approximately 13% are shown to use public transport. A total of 17% of people are walking or cycling to work.

5.3 Existing Pedestrian Provision

- 5.3.1 The site benefits from connection to the adjacent pedestrian infrastructure with footways provided on both sides of the local roads surrounding the site.
- 5.3.2 The Design Manual for Roads and Bridges (DMRB) sets out within TD91/05 para 2.3 that walking is generally considered an acceptable distance for journeys up to 2 miles or 3.2km. Isochrones have been plotted over a 3.2km catchment area with the site as the centroid. The isochrones show the area which can be accessed within a 3.2km journey (with 1km intervals). Based on an average walking speed of 80 meters per minute this catchment also reflects a 40-minute walk for most people.

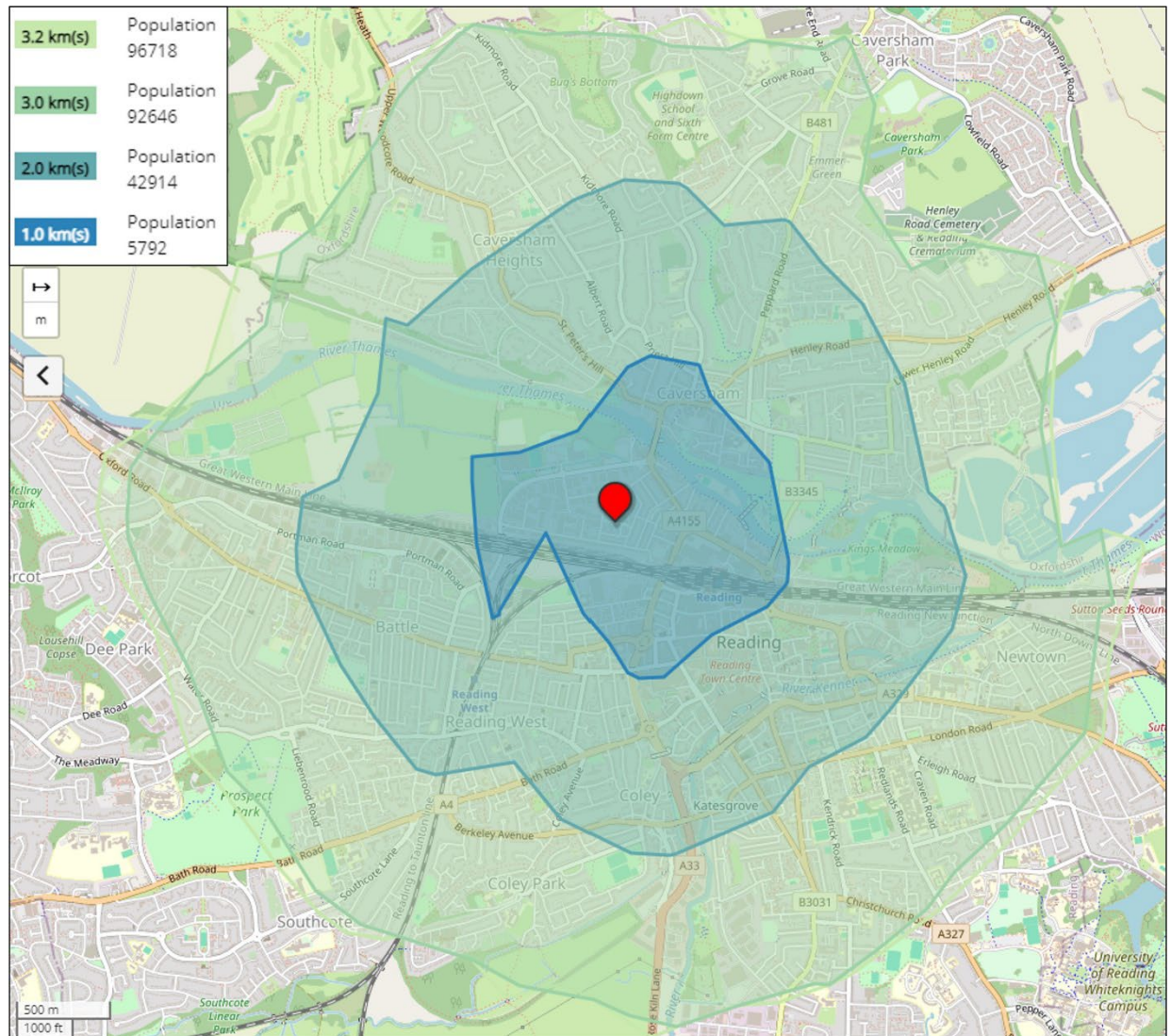


Figure 3 – 3.2km Walk Catchment (Source: maps.openrouteservice.org)

- 5.3.3 The above plan demonstrates that the site is surrounded by significant residential areas within a walk distance of 3.2km. Therefore, it is considered that a sizeable proportion of future site workers could reside within walking distance and thus not depend on a private motorcar to get to work. Reading Railway Station is located within the 1km isochrone to the southeast of the site (an approximate 12-minute walk), and this is walkable for those working at the site. The site is also therefore 1km walk distance of the shops and amenities located within Reading Town Centre.

5.3.4 Within proximity of the site, the quality of the pedestrian infrastructure along local roads is adequate to serve as a pedestrian route and trips to / from Reading Town Centre. Footways are provided on both sides of the carriageway on the local roads surrounding the site and, there are dropped kerbs provided across nearby accesses and local road junctions. It is considered that the existing pedestrian infrastructure surrounding the site meets the needs of those likely to walk to / from the site. Given the location and industrial nature of the site, it is not considered that children, elderly or disabled will undertake pedestrian trips to / from the site.

5.4 Existing Cycle Provision

5.4.1 A number of cycle routes can be found near the site (as illustrated in **Figure 4** below).

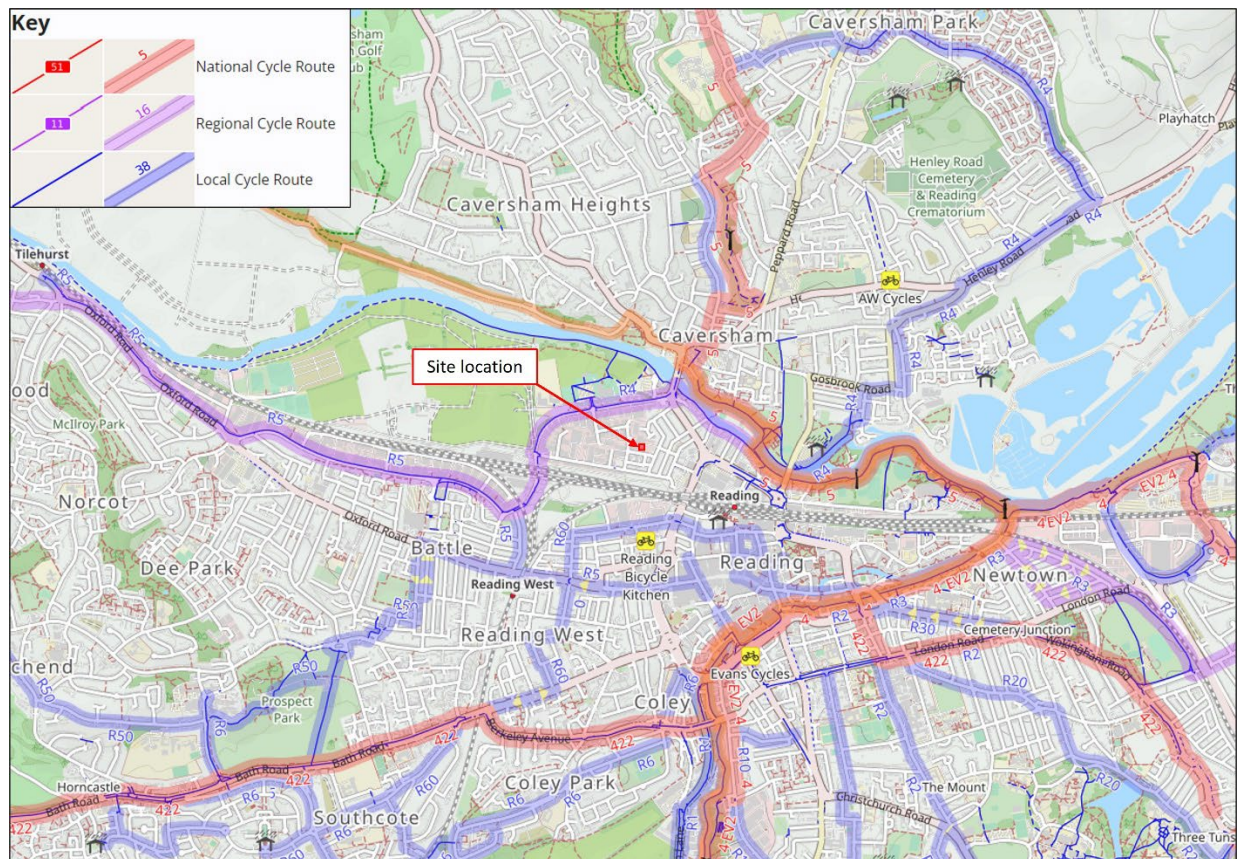


Figure 4 – Cycle Route Plan (Source: Openstreetmap.org)

5.4.2 The above plans shows that there is a shared footway / cycleway alongside Richfield Avenue to the north of the site which forms part of a wider Regional Cycle Routes R4 and R5. There is also National Cycle Routes 5 to the north of the site which connects to National Cycle Routes EV2, 422 and 23 within Reading Town Centre.

5.4.3 It is generally considered that cycling can be deemed an acceptable mode of travel for journeys up to 5km. A number of residential areas are located within an acceptable cycle distance suggesting potential future workers could reside within cycling distance. A 5km cycle catchment has been plotted below.

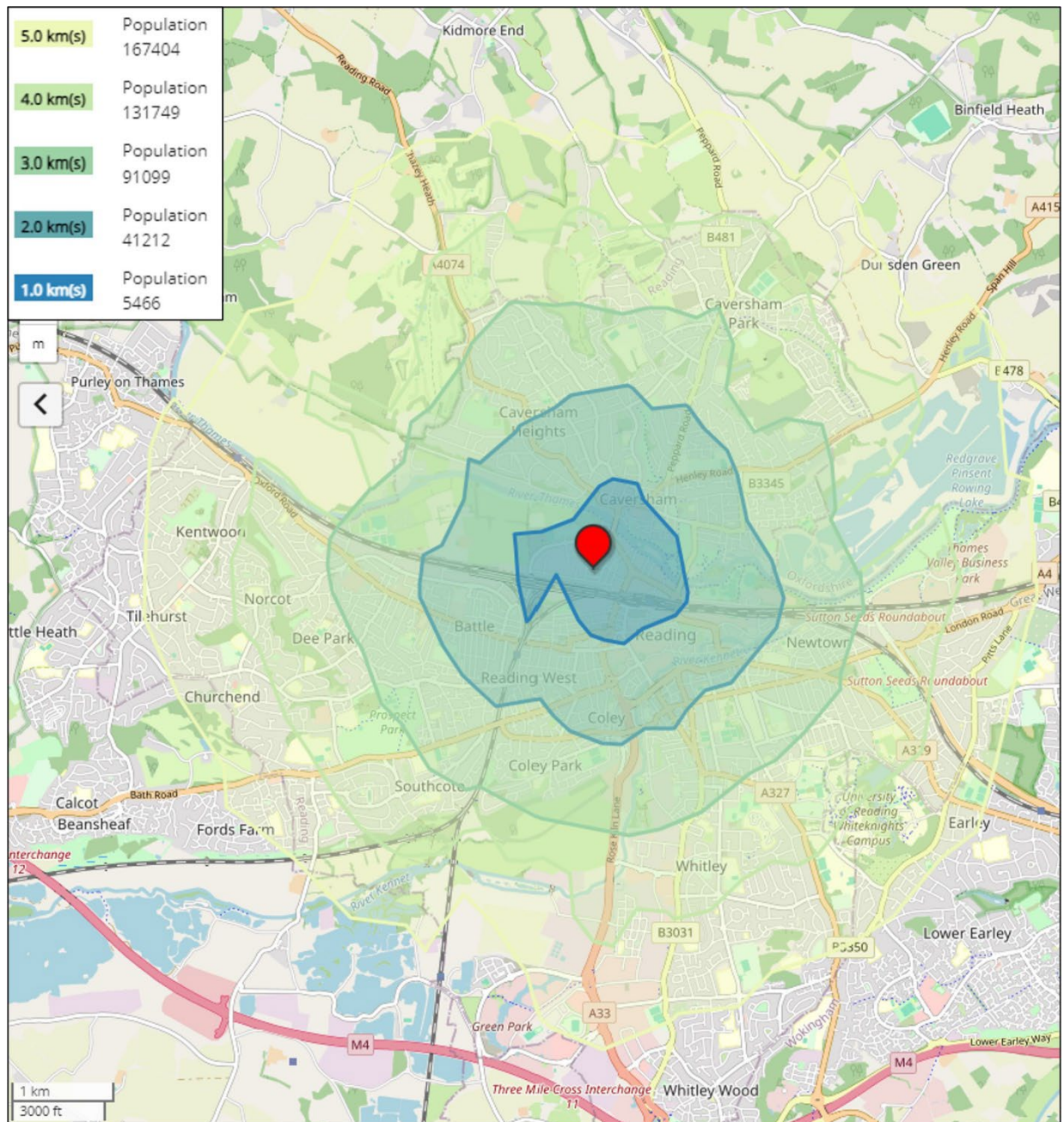


Figure 5 – 5km Cycle Catchment (Source: maps.openrouteservice.org)

5.5 Accessible Amenities

- 5.5.1 There are several local amenities located within 500 metres walk distance of the site, including at two main locations: The Station Shopping Park (500 metres walk distance) and the Caversham Local Centre (300 metres walk distance). The local amenities within 500 metres walk distance are therefore as listed below.

The Station Shopping Park

- » Aldi Supermarket
- » TGI Fridays
- » One Beyond Reading (Discount Shop)

- » Majestic Wine
- » The Range

Caversham Local Centre

- » Caversham Road Post Office
- » Nisa Local Convenience Store
- » Your Local Convenience Store
- » Mr Cod Fish & Chips Takeaway
- » Marmaris Kebab Shop
- » Bladez Barber Shop
- » Istanbul Barbers
- » D&A Barber Lounge
- » Paprika Indian Takeaway
- » Golden Bridge Chinese Take Away
- » Flavour of Mauritius Restaurant
- » Richfields Deli & Grill
- » Masakali Indian Restaurant
- » Kamal's Kitchen Nepalese Restaurant
- » The Moderation Gastro Pub

5.5.2 All the local amenities listed above are accessible using safe pedestrian friendly routes, including use of the existing footways along both sides of the local residential roads that surround the site., as well as dropped kerbs and tactile paving provided across local road junctions. In addition, the local residential roads surrounding the site all have a 20mph speed limit which increases the level of safety for pedestrians and the attractiveness of walking to / from the site. Furthermore, there is a dedicated signalised pedestrian crossing facility on Caversham Road on the key pedestrian route between the site and The Station Shopping Park / Reading Railway Station to the east of the site.

5.6 Public Transport

Local Bus Services

5.6.1 The site is situated within a well-established Richfield Avenue employment area. The local area therefore benefits from numerous transport links, including several nearby bus routes that provide convenient access to surrounding areas within Reading and other destinations further afield on the outskirts of Reading, and Oxford. The closest bus stops to the site are on the A4155 Caversham Road, approximately 305 metres walk distance to the east of the site. These bus stops are served by a total of five different bus routes. **Table 5.2** summarises the frequency and routing of the five local bus routes serving the site.

Bus Service No	Bus Service Route	Average Weekday Frequency
18 Buzz	Kenavon Drive – Central Reading – Tilehurst Triangle (via Forbury Retail Park, Rivermead, Portman Road & Kentwood Hill)	Every 40 minutes
22 pink	Central Reading – Caversham Heights (via Caversham Bridge, Caversham Centre & Albert Road)	Every 30 minutes
23/24 berry	Reading – Caversham Park – Emmer Green – Reading (via Reading Bridge, Henley Road, Kiln Road & Caversham Library)	Every 30 minutes
28 aqua	Henley – Shiplake – Caversham – Reading (via Lower Shiplake, Binfield Heath, Henley Road & Lower Caversham)	Every 30 minutes
Little berry 27/29	Lower Caversham (Amersham Road) - Central Reading via Caversham Centre, Caversham Bridge	Every 30 minutes
X40 River Rapids	Reading – Oxford (via Caversham, Woodcote, Wallingford & Berinsfield)	Every 30 minutes

Table 5.2 – Existing Local Bus Services (excluding school services)

- 5.6.2 The above table suggests bus travel forms a realistic and viable option for people accessing the site and with the town centre and Reading railway station located within such close proximity, a wide variety of buses can be accessed within a short walk from the site.

Rail Provision

- 5.6.3 Reading railway station lies within a walking distance of approximately 865 metres from the site, exceeding the generally accepted walking distance for commuting travel, but still falling within the distance many would be willing to walk (a walk time of approximately 12 minutes).
- 5.6.4 Reading railway station is managed by Network Rail and is served by four train operating companies (Great Western Railway, CrossCountry, South Western Railway and the Elizabeth line).
- 5.6.5 Reading railway station plays a key role in serving the Great Western Main Line, the line which runs between London Paddington station and Reading. There are typically 12 Great Western Railway trains an hour in each direction with a journey time of approximately 23 – 28 minutes, plus 2 Elizabeth Line trains an hour in each direction.
- 5.6.6 To the west of Reading, the Great Western Main Line splits into two branches, allowing it to serve a variety of communities in the West and South West of England and onward into South Wales. Other main lines connect Reading with Birmingham New Street, Birmingham International and northern England, and with Basingstoke, Winchester, Southampton Central and Bournemouth to the south. Through services from north to south on these lines are operated by CrossCountry, and all services stop at Reading, which requires the trains to reverse in the station. The main routes offered by CrossCountry are to Newcastle and Manchester Piccadilly to the north and Southampton Central and Bournemouth in the south.

5.7 Accessibility Index

- 5.7.1 The BREEAM sustainability assessment method requires that a public transport Accessibility Index (AI) is calculated for the site. The AI is calculated in a process similar to Transport for London's (TfL) Public Transport Accessibility Level (PTAL). It considers the proximity of local public transport nodes and the number of services that accessible via these nodes during the site's typical operating hours. Each of the transport nodes included within the AI assessment are 'compliant nodes' in accordance with the following BREEAM guidance:

“A compliant node includes any bus service with a stop within 650m and any railway station within 1000m of the assessed building’s main entrance, measured via a safe pedestrian route (not ‘as the crow flies’), but along the actual route. The service stopping at each node must provide transport from, or onward travel to, either an urban centre, major transport node or a community focal point, e.g. doctor’s surgery, library, school or village centre. Only local services should be assessed and any national public transport services should be excluded from the analysis, unless such a service can be said to provide a local commuter service...”

- 5.7.2 The site achieves an AI of 8.94, as demonstrated by the BREEAM 2018 Tra01/02 Accessibility Index Calculator included at **Appendix B**. (The bus timetables which validate the calculation are also included.) Notwithstanding the relatively low AI score, the existing bus accessibility provides a feasible alternative to car travel for staff and visitors associated with the proposed development site.

5.8 Summary

- 5.8.1 This section of the TP demonstrates that the site lies within an established industrial area close to Reading Town Centre and there are good opportunities to travel to / from the site using public transport for those willing to walk 1km to / from Reading train station or 350 metres to / from the local bus stops (with a total of six different bus routes available). The site is also readily accessible on foot and by bicycle using the existing pedestrian / cycling infrastructure in the vicinity of the site.

6. TARGETS

6.1 Targets

- 6.1.1 Travel Plans should have measurable outputs or targets against which the progress of the plan can be monitored. A suitable indicator of the success of the Travel Plan is the mode-split of employee travel.
- 6.1.2 There are two main types of targets associated with a Travel Plan. Action targets act as a checklist to ensure that the appropriate measures are carried out within a set time frame. Aim targets are quantitative targets which set a percentage allowance for people using a certain mode of transport.

6.2 Action Targets

- 6.2.1 The action targets are tabulated for simplicity and have been detailed below in Table 6.1.

Timing	Action Target	Responsibility	Target Date
Prior to Occupation	Agree Action targets	Travel Plan Coordinator (TPC)	Planning submission
	Agree monitoring and review program	TPC	Planning submission
	Implementation of Physical Measures (Cycle parking)	Developer	During Construction
	Appoint Travel Plan Coordinator	Developer	Prior to initial occupation
	Establish a timeline for the implementation of soft measures	TPC	Prior to initial occupation
Upon Occupation	Launch of Travel Plan	TPC	On opening
	Provide staff with starter packs indicating required information	TPC	On opening
	Implementation of Travel Plan Measures	TPC	On opening
	Display Travel Plan	TPC	On opening
	Initial site audit	TPC	Complete
	Initial Survey of Staff Travel Patterns (Baseline Survey)	TPC	Within 3 months of opening
	Submission of results of 1st Travel Survey to client / Council	TPC	Within 1 month of completing the survey.
	Review of findings with Council and setting of modal share (aim) targets	TPC	Within 3 months of the survey.
	Repeat Travel Surveys	TPC	Years 1, 3 and 5

Table 6.1 - Action Targets

6.3 Aim Targets

- 6.3.1 Upon completion of the baseline survey, aim targets will be set and agreed in consultation with RBC. It is envisaged that the Travel Plan will seek a 20% reduction in SOV usage over the 5-year period.
- 6.3.2 The only travel to work information currently available at the planning submission stage is from the National Census. It is therefore proposed that the SOV reduction target is set upon completion of the first set of travel surveys. This would be provided to RBC within the travel surveys finding report. As set out within Table 6.1 above, this would be within 3 months of the initial site survey.

6.4 Mode Share Targets

- 6.4.1 A breakdown of mode share targets is provided below. The baseline is currently derived from census data, which will be updated after the first survey. The targets reflect a minimum 20% reduction in single-occupancy vehicle trips over 5 years (with an interim reduction of 10% at Year 3).

Mode of Travel	Census Data Baseline	Year 3 Target (-10% reduction in SOV)	Year 5 Target (-20% reduction in SOV)
Train and Bus	13%	17%	20%
Motorcycle	1%	1%	2%
Car Driver	64%	54%	44%
Car Passenger	5%	6%	8%
Bicycle	5%	6%	8%
On foot	12%	15%	19%
Taxi	0%	0%	0%

Table 6.2 – Mode Share Targets

7. MANAGEMENT AND COMMUNICATIONS STRATEGY

7.1 Management Strategy

- 7.1.1 The Travel Plan will be managed internally by a Travel Plan Coordinator (TPC). The TPC will therefore be responsible for the Travel Plan's day to day implementation as well as its formal monitoring requirements (detailed later within this document).
- 7.1.2 The implementation and ongoing management of the Travel Plan will be done in consultation with the council and communications will be maintained throughout the lifetime of the Travel Plan.
- 7.1.3 The TPC will ensure sufficient time is given to undertake the role. Staff will also be given sufficient time to fill in surveys at the required time.
- 7.1.4 The TPC will be the 'face' of the Travel Plan and a point of contact for the occupants.

7.2 Enforcement

- 7.2.1 This Travel Plan will be secured by way of a Condition in relation to the proposed development. This version of the travel plan (submitted with the planning application) sets out a framework for implementing a Travel Plan at the proposed site with further details to follow in an updated / full Travel Plan once the end users of the proposed site are known.

7.3 Travel Plan Coordinator

- 7.3.1 The Travel Plan Coordinator (TPC) will be responsible for the day-to-day management and implementation of the Travel Plan.
- 7.3.2 Up to date details for the TPC will be provided to the council on appointment. If the role changes new details will be provided.
- 7.3.3 The individual should be interested in sustainable travel issues. They will be keen to promote sustainable travel issues and raise awareness overtime, thus encouraging the uptake of these modes facilitating the required modal shift.
- 7.3.4 The TPC will market the personalised travel planning services. This service will be freely provided to all staff. They will undertake a meet and greet exercise when the Travel Plan is formally launched where they will introduce themselves making themselves known as the 'face' of the Travel Plan. At this point, they will make the offer of the free personalised travel planning services.
- 7.3.5 The TPC will provide a link between the staff and the council who have a number of sustainable travel information sources, initiatives and updates available. They will ensure that all latest updates are communicated to staff highlighting a positive and proactive approach with regard to sustainable travel in and around the council.
- 7.3.6 The main duties of the TPC will consist of the following;
 - » Be a contact point and 'face' of the Travel Plan;
 - » Ensure their contact details are within the main information sources (discussed later within this document), these being the staff travel packs, development website and staff notice boards;
 - » Establish good communications/relations between themselves and the relevant contact at the council upon their appointment;

- » Ensure they are fully aware of all the sustainable travel options to and from the site and provide personalised travel planning to all staff;
- » Ensure that they are fully up to date with the current sustainable travel initiatives provided by the council so that these can be further promoted throughout the site;
- » Be up to date on nationwide events such as 'bike to work week', 'national lift share day' and 'sustainable travel week' so that these events can be promoted throughout the site;
- » Look at the feasibility of setting up a 'Bike User Group' (BUG) and, if demand dictates, manage it; and
- » Organise the monitoring surveys and compile the review report.

7.4 Staff Travel Pack

7.4.1 A Staff Travel Pack (STP) will be provided as part of the information provided to all new staff upon commencing employment.

7.4.2 The STP will include the following;

- » A mission statement detailing the aim and objectives of the Travel Plan;
- » Contact details of the TPC and brief introduction about them such as their commitment to promoting sustainable travel. The duties the TPC is responsible for such as personalised travel planning services will also be detailed;
- » Site location plan highlighting its proximity to local transport provisions, walking and cycle routes;
- » Examples of walking or cycling journeys to destinations such as the train station or other local destinations such as banks and post offices will be provided;
- » Health, environmental and economic benefits of travelling via sustainable modes;
- » Public Transport routes, spider maps and timetables;
- » Details of cycling initiatives provided by council; and,
- » Details of local taxi services.

7.4.3 An update of the STP detailing timetables and route maps will be sent out on an annual basis to ensure all information is kept up to date.

7.4.4 A copy of the proposed STP will be provided to RBC.

7.5 Staff Notice Boards

7.5.1 Staff notice boards will be located in the communal areas which are highly frequented by staff. The notice boards will hold the following information:

- » A mission statement of the Travel Plan;
- » Contact details of the TPC and brief introduction about them such as their commitment to promoting sustainable travel. The duties the TPC is responsible for such as personalised travel planning services will also be detailed;
- » A location plan of the site and the local facilities and public transport services;
- » Public transport route maps and timetables;
- » Local cycling routes;
- » Details of local taxi services; and,

- » An area will be provided for promotional material to be clearly displayed. This material will be nationwide promotional material such as 'bike to work week' posters (many of which can be obtained from the internet) and local promotional events.

7.6 Company Website / Intranet

7.6.1 This will provide an online version of the Staff Notice Board. However in addition to the above it will provide the following;

- » An electronic Travel Pack that can be downloaded by people wishing to visit the site;
- » An opportunity to register ones email address to receive promotional material and updates via email.

7.6.2 Most of the above information will require updating as and when details change, such as timetable changes. The TPC will ultimately be responsible for the provision of up to date and relevant information on all the communication methods set out within this section.

7.6.3 The promotional material will be more frequently updated and this will be communicated via the following mediums:

- » Staff Notice boards;
- » Development Website; and,
- » Email.

7.7 Summary

7.7.1 This section highlights that a firm management structure will be put in place at the development. The appointed management company will be responsible for the implementation of the Travel Plan.

8. TRAVEL PLAN MEASURES

8.1 Preface

8.1.1 The main aim of sustainable transport policy is to reduce single occupancy car use by promoting a choice of alternative means of transport. The main alternatives are as follows:

- » Walking,
- » Cycling,
- » Motorcycle,
- » Car Sharing,
- » Train,
- » Taxi / Minicab; and,
- » Bus.

8.1.2 This section will set out the proposed package of measures which will be implemented across the site. In accordance with the BREEAM guidance, the following measures have been considered when developing the travel plan:

- Negotiation with local bus, train or tram companies an increase in the local service provision for the development (see Tra 02 Sustainable transport measures: option 2)
- Provision of a public transport information system in a publicly accessible area (see Tra 02 Sustainable transport measures: option 3)
- Provision of electric recharging stations (see Tra 02 Sustainable transport measures: option 4)
- Provision of parking priority spaces for car sharers (see Tra 02 Sustainable transport measures: option 5)
- Consultation with the local authority on the state of the local cycling network and on improvements (see Tra 02 Sustainable transport measures: option 6)
- Provision of dedicated and convenient cycle storage (see Tra 02 Sustainable transport measures: option 7)
- Provision of cyclists' facilities (see Tra 02 Sustainable transport measures: option 8)
- Lighting, landscaping and shelter to create pleasant pedestrian and public transport waiting areas
- Restrictions or charging for car parking
- Pedestrian and cyclist friendly (for all types of user regardless of the level of mobility or visual impairment) with the provision of cycle lanes, safe crossing points, direct routes, appropriate tactile surfaces, good lighting and signposting to other amenities, public transport nodes and adjoining off-site pedestrian and cycle routes
- Provision of suitable taxi drop-off or waiting areas
- Ensure rural buildings have appropriate access to transport to serve the local community adequately (where procured to do so, e.g. community centre)

8.2 Encouraging the uptake of Walking and Cycling

- 8.2.1 The proposed development has been designed to encourage walking and cycling. Maps will be provided detailing the local pedestrian and cycle routes in the vicinity of the area. Examples such as journey times to certain locations will be detailed on the maps.
- 8.2.2 The internal site areas will provide suitable lighting as well footways between parking areas and the building entrances. Dropped kerbs and tactile paving will be provided across vehicle site access points onto the public highway.
- 8.2.3 Information on the health, economic and environmental benefits of walking and cycling will be detailed. Examples of the number of calories burned on a 10 minute walk or 20 minute cycle ride will be provided. Information of the savings on petrol by substituting the car for walking or cycling will also be provided. By providing examples, it offers some perspective on the actual benefits of travelling using these modes.
- 8.2.4 Cycle use is encouraged by the provision of secure cycle parking facilities at the site. The proposals include secure, sheltered and well-lit cycle parking provision in excess of the minimum standards. Showers will also be provided along with suitable changing areas with lockers to secure cycle equipment.
- 8.2.5 The TPC will investigate the feasibility of implementing a cycle to work scheme which enables staff to take a loan from the company to purchase a bicycle. The repayment of this loan is then subtracted from the employee's salary before tax enabling them to make a saving as well as distribute the cost of the cycle over a period of time. Further details on this are provided at www.gov.uk/government/publications/cycle-to-work-scheme-implementation-guidance.
- 8.2.6 The TPC will be required to locate local cycle shops and where possible negotiate discounts on cycles and cycle equipment for staff of the development.
- 8.2.7 Promotional events will be held. This could be a site wide event 'cycle to work week' or be a part of a nationwide event such as the national 'Bike Week' which is usually held in June and currently sponsored by Halfords. Posters can be downloaded and displayed throughout the site to encourage those who don't usually cycle to work to make a change for one week or even one day within that week.

8.3 Encouraging the uptake of Public Transport

- 8.3.1 A number of buses serve the local area surrounding the site. It is proposed that public transport will be well used but measures will be made available to further incentivise this mode.
- 8.3.2 Details of the bus routes as well as the location of the Train Station and the available services will be included within the staff travel pack.
- 8.3.3 The TPC will investigate the feasibility of future occupants offering season ticket loans for bus and train tickets. This enables employees to stagger the payment over a number of months and in turn enables them to make the cost saving associated with purchasing a season ticket as opposed to a daily ticket.
- 8.3.4 Public transport information will be made available in communal areas so that both staff and visitors can access the information. Timetables and maps will be kept up to date and a list of websites for further information will be listed such as www.traveline.org.uk provides national bus, rail and coach travel information and timetables.

8.4 Encouraging the uptake of Car Sharing

- 8.4.1 Car sharing is an excellent way to reduce the overall numbers of cars travelling to a site. The TPC will provide an email address to all staff interested in finding a car share partner. The TPC will then introduce potential partners.
- 8.4.2 In terms of the marketing of the car sharing scheme for staff, the following will be promoted:
 - » Guaranteed parking space every day;
 - » Guaranteed ride home in the event of an emergency and it is expected that this will be secured with a local taxi firm. This provides reassurance that staff will not be stranded in the event of an emergency;
 - » Benefits of car sharing in terms of reduced fuel costs, an important issue given recent increases in fuel costs ([www. liftshare.com](http://www.liftshare.com)); and,
 - » Members will be made aware of the benefits of car sharing with other employees.

8.5 Motorcycles

- 8.5.1 Motorcycles are considered to be more efficient than other private motorised forms of transport as they require less road space; generally use less fuel and their emissions tend to be lower than those of the private car.

8.6 Car Parking

- 8.6.1 Car parking is provided in line with the London Plan although a lower level (of their scale) is provided to further encourage non car modes of travel.
- 8.6.2 There are no restrictions or charging on site for parking.

8.7 Taxis and Minicabs

- 8.7.1 Taxis can play an important role for staff and visitors at times when other modes of public transport may not be convenient or available. The car parking areas provide sufficient areas within which taxis or mini cabs can drop visitors to the site. Contact details of local taxi companies would therefore be made available on-site.
- 8.7.2 It may also be possible to negotiate special staff rates with a local taxi firm and this will be explored by the TPC. By contracting to one firm, higher discounts might be arranged and promoting a commendable and reliable firm will also be reassuring to employees. This is to be investigated by the TPC.

8.8 Electric Vehicle Charging Points

- 8.8.1 Dual EV charging points will be provided in line with the Council's standards with a total of 10% of spaces providing EV charging points.

8.9 Summary

- 8.9.1 The above section details the wide variety of measures that will be implemented throughout the site. The measures will be reviewed on an annual basis in line with the monitoring and review timetable, discussed within Section 6, and where appropriate amended to reflect the travel patterns observed on site.

9. MONITORING AND REVIEW

- 9.1.1 Regular travel surveys will monitor the success of the Travel Plan in its ability to influence staff travel behaviour. The modal split of how employees travel will be recorded to ensure that the number of staff driving to work in their own private vehicle will reduce in favour of more sustainable modes. An employee travel questionnaire will be disseminated to staff working at the proposed site.
- 9.1.2 In order to ensure an effective monitoring strategy is in place the following activities will be undertaken as part of a Travel Plan:
- » A baseline survey will be undertaken within 6 months of each unit becoming occupied to establish the baseline modal split,
 - » Periodic monitoring surveys will be undertaken in years 1 (baseline), 3 and 5 of the lifetime of the Travel Plan. This enables modal shift to be identified; and,
 - » The answers to the main mode question should be used to identify the mode split for the site.
- 9.1.3 Other data collected might include:
- » Personal information such as home postcode, job type, nature of work and working hours,
 - » Reasons for choice of travel mode and barriers to travel by sustainable modes,
 - » Additional information about measures which are likely to encourage a switch to sustainable alternatives; and,
 - » The amount of business travel undertaken during the working day and opportunities for switching to alternatives.
- 9.1.4 Surveys will be undertaken at a similar time each year and in a 'neutral' month, avoiding school holidays.
- 9.1.5 Surveys may be undertaken online or via hard copy, whichever is considered to be most appropriate for the nature of the organisation to ensure a good and representative response. Organisations should aim to achieve a response rate of at least 30% for baseline surveys, or at least be able to provide assurance to the local authority that the sample is representative if this response rate is not achieved.
- 9.1.6 If the survey highlights that the site is not meeting its targets a number of remedial measures will needed to be implemented on site to rectify the situation. These will be devised in consultation with PBC. A number of potential remedial measures are listed below:
- » Run awareness campaign reinforcing alternatives to car travel;
 - » Allocation of additional resources to promote non-car modes of transport.

10. SUMMARY AND CONCLUSIONS

- 10.1.1 This Travel Plan has been prepared on behalf of CBRE Investment Management and V7 Asset Management in relation to their proposal to redevelop the existing industrial site at Meadow Road, Reading, RG1 8LB. The site lies within the administrative boundary of Reading Borough Council (RBC).
- 10.1.2 The development proposal is for the demolition of the existing buildings on site and the development of 4 buildings split into 11 units of varying sizes totalling 3,985sq.m GIA / 4,297sq.m GEA of modern flexible floor space. As such the applicant wishes to seek a flexible planning consent for use class E(g)(i)office, E(g)(ii) research and development, E(g)(iii) industrial process and B8 Storage and Distribution, meeting the demands of occupiers in the modern market.
- 10.1.3 RBC's validation requirements for all major planning applications states that a Travel Plan should be submitted in order to outline the way in which the transport implications of the new development will be managed in order to ensure the minimum environmental, social and economic impacts. Developers should state how new occupiers or customers of the development will use alternative means of travel, which do not involve private vehicle use. The Travel Plan should include details of targets and arrangements for monitoring.
- 10.1.4 This document forms the Travel Planning framework that sets out the principles that will be applied at the proposed site to encourage the use of sustainable travel. Upon occupation of each unit, individual detailed Travel Plans, tailored to the individual site occupiers of each unit will be submitted to RBC for approval. This can be secured by way of a pre-occupation planning condition.
- 10.1.5 A Travel Plan Coordinator will implement the plan and control the day to day management of the Travel Plan for the overall site, which will include consultation with RBC.
- 10.1.6 This document sets out how site users will travel to and from the development by modes other than private car and has indicated that these opportunities, as well as accompanying benefits will be set out within marketing material which will be prepared in respect to this development.
- 10.1.7 It can therefore be concluded that the framework established by this Travel Plan is sufficiently robust to deliver more sustainable travel choices in relation to the site. At the same time, it maintains a degree of flexibility to enable the Travel Plan to respond to changing circumstances and continue to deliver more sustainable transport choices into the future.

Appendix A Proposed Site Layout Plan

Figured dimensions only are to be used. All Dimensions to be checked onsite. Differences between drawings and between drawings and specification or bills of quantities to be reported to the PRC Group.

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Revisions: Drawn/Chkd: Date:

KEY

- Application area
- 2.4m High black weldmesh security swing gate with fence
- 2.4m High black weldmesh security fence with gates
- Proposed soft landscape
- Brushed concrete service yard
- Tarmac
- Well consolidated gravel
- Natural block paving to vehicle areas
- Charcoal block paving to pedestrian areas
- Tactile paving to dropped kerb areas
- Brushed concrete footpaths
- Car parking space
- Accessible parking
- Cycle shelters
- DK Drop kerb
- B Bollards
- Double EV charging
Total provided:
- Proposed trees
- Proposed raised arm barrier
- Existing substation
- New substation
- AC Condenser Compound on concrete base to M&E specification. To be provided with gully drainage

Architecture

Landscape

Town Planning

Masterplanning

Urban Design

PRC

London 0203 5953540
info@prc-group.com

Milton Keynes 01908 305246
prc-group.com

Client: V7 ASSET MANAGEMENT

Project Name: MEADOW ROAD, READING

Drawing Title: PROPOSED SITE PLAN

Job No: 11677 Status: Project Stage: PL

First Issue Date: 20-JAN-25 Scale: As indicated Lead/Checked: ME

Project: Originator: Zone: Level: Type: Role: Drg No: Rev:

MEAD - PRC - / - / - / - / - PL010

BIM File Name: MEAD-PRC-ZZ-ZZ-M3-A-000000



Area Schedule							
Unit	GIA GF sqm	GIA FF sqm	Total GIA sqm / sqft	Total GEA sqm / sqft	CIH M	FF%	Car Parking
1	165	-	165 / 1,776	184 / 1,980	7	-	2
2	175	-	175 / 1,883	188 / 2,023	7	-	2
3	263	-	263 / 2,830	287 / 3,089	7	-	3
4	186	-	186 / 2,002	206 / 2,217	7	-	3
5	177	-	177 / 1,905	192 / 2,066	7	-	2
6	189	-	189 / 2,034	205 / 2,206	7	-	3
7	203	-	203 / 2,185	225 / 2,421	7	-	3
8	390	70	460 / 4,951	499 / 5,371	7.5	15	4
9	431	77	508 / 5,468	551 / 5,930	7.5	15	5
10	658	116	774 / 8,331	820 / 8,826	7.5	15	7
11	750	132	882 / 9,493	936 / 10,075	7.5	15	7
Total	-	-	3,998 / 43,034	4,293 / 46,209			40

Site Area: 2.2 acres / 0.89 hectare
Site density: 44% based on Total GIA

NOTES:

Car Parking:

A total provision of 40 car parking spaces are proposed throughout the development.

This includes:

- 29 no. Standard marked car parking spaces
- 11no. Disabled bays

Electric Car Charging:

A total provision of 11 double electric vehicle charging points are provided to serve 22 vehicles.

All remaining car parking spaces are to be provided with ducting for the future provision of charging points, providing 100% of spaces with active and future electric vehicle charging facilities.

Cycle Parking:

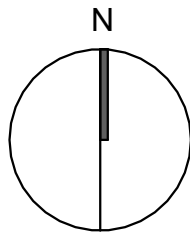
A total provision of 24 cycle parking spaces are proposed throughout the development, provided in secured and covered shelters.

This is broken down as:

- Units 1-9 are provided with 2no. secure covered cycle shelters each with 4no. Sheffield cycle stands, providing a total of 16 cycle parking space
- Unit 10 is provided with 4 cycle parking spaces provided by 2 Sheffield cycle stands in a secure covered shelter
- Unit 11 is provided with 4 cycle parking spaces provided by 2 Sheffield cycle stands in a secure covered shelter

Service Yards:

All service yards to be concrete laid on prepared sub base



0 10 20 30 40 50m
Scale 1:500

Appendix B AI Calculation (including calculation information / evidence)

Using the drop down boxes make the relevant selections and press the 'Select' button

Building type

No. nodes required

2

Select

NODE 1

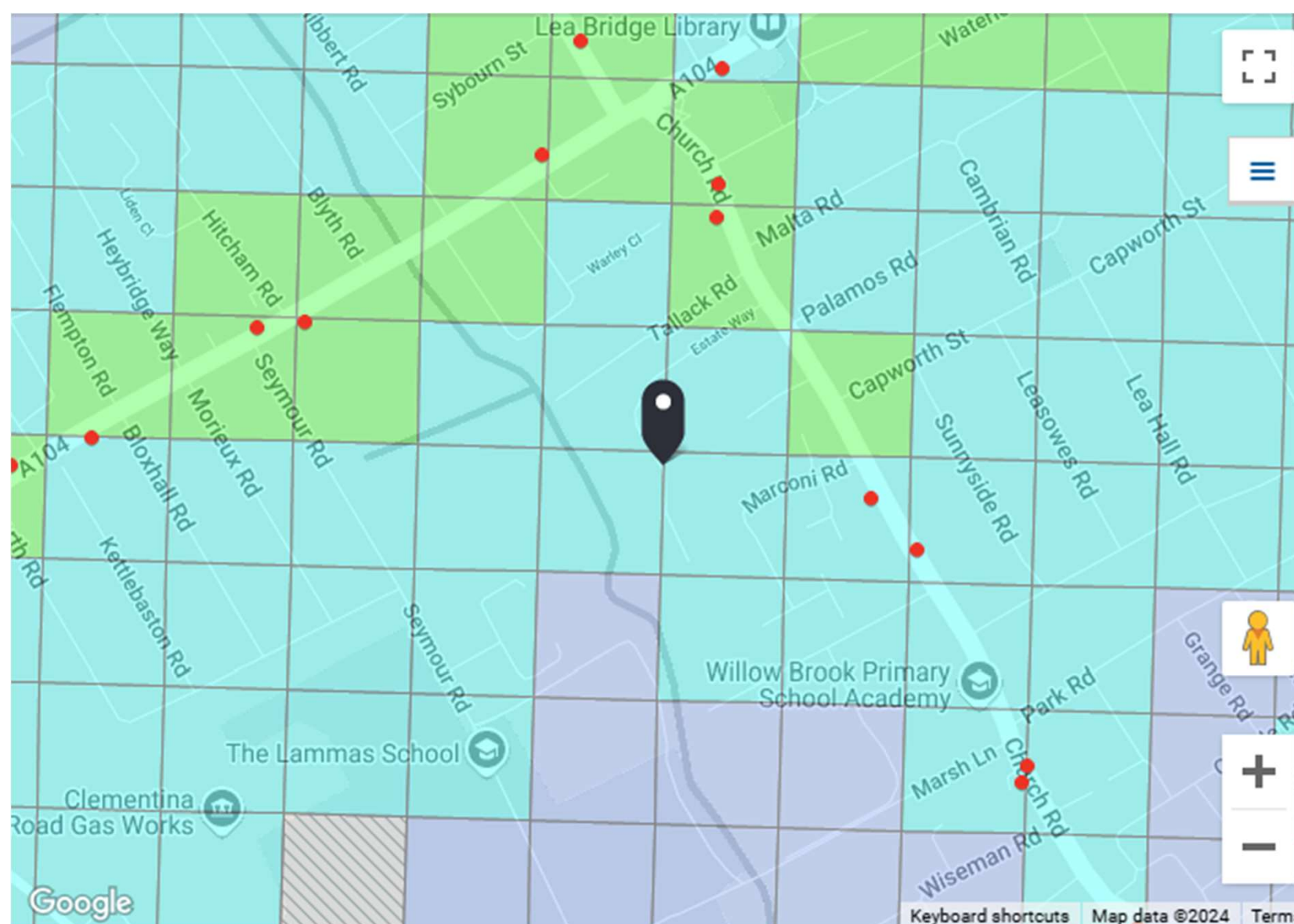
Public transport type	Bus									
Distance to node (m)	275									
Average frequency per hour	Service 1	Service 2	Service 3	Service 4	Service 5	Service 6	Service 7	Service 8	Service 9	Service 10
	9	10								

NODE 2

Public transport type	Bus									
Distance to node (m)	100									
Average frequency per hour	Service 1	Service 2	Service 3	Service 4	Service 5	Service 6	Service 7	Service 8	Service 9	Service 10
	6	6								

Accessibility Index

8.94



You can click anywhere on the map to change the selected location.

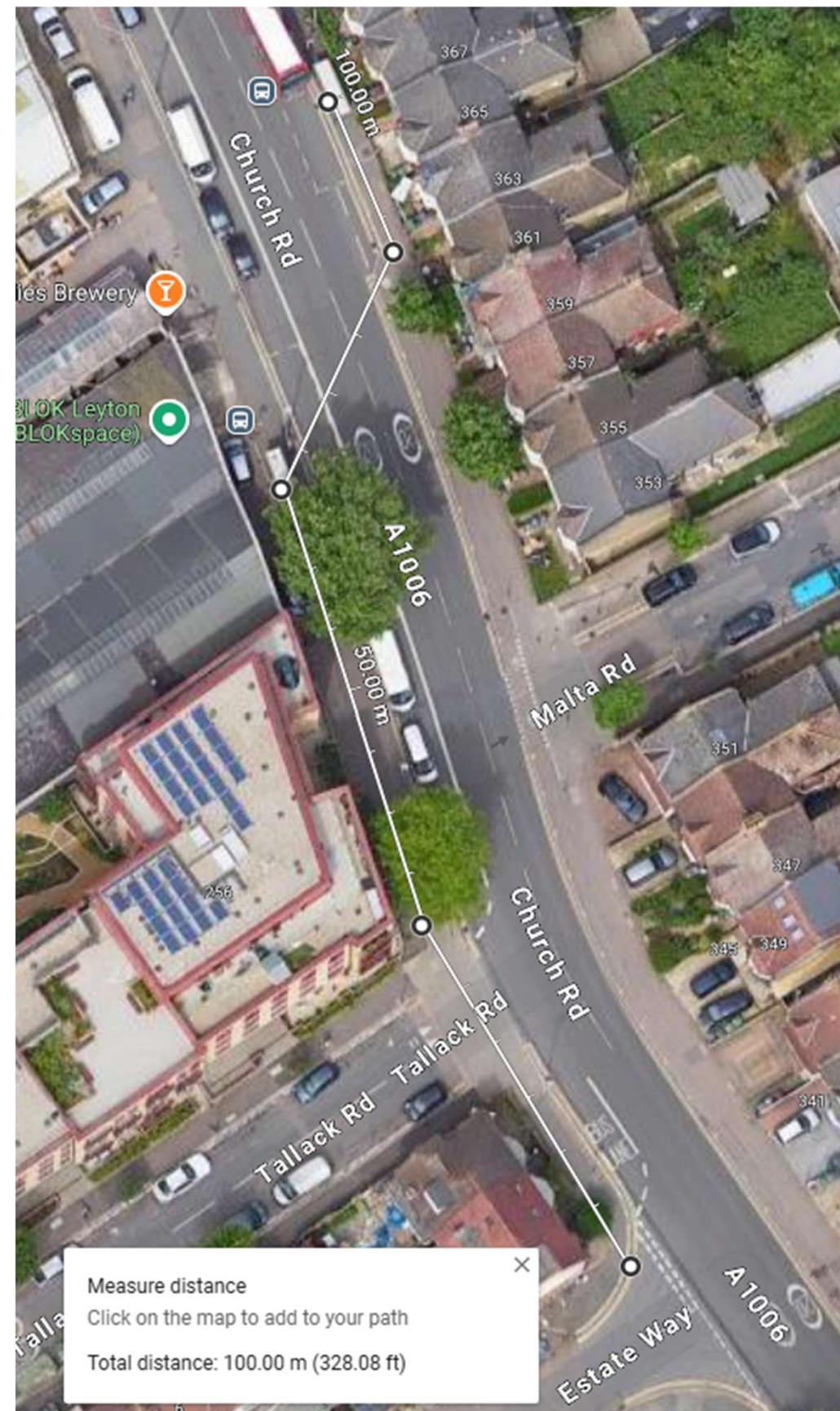
PTAL output for Base Year

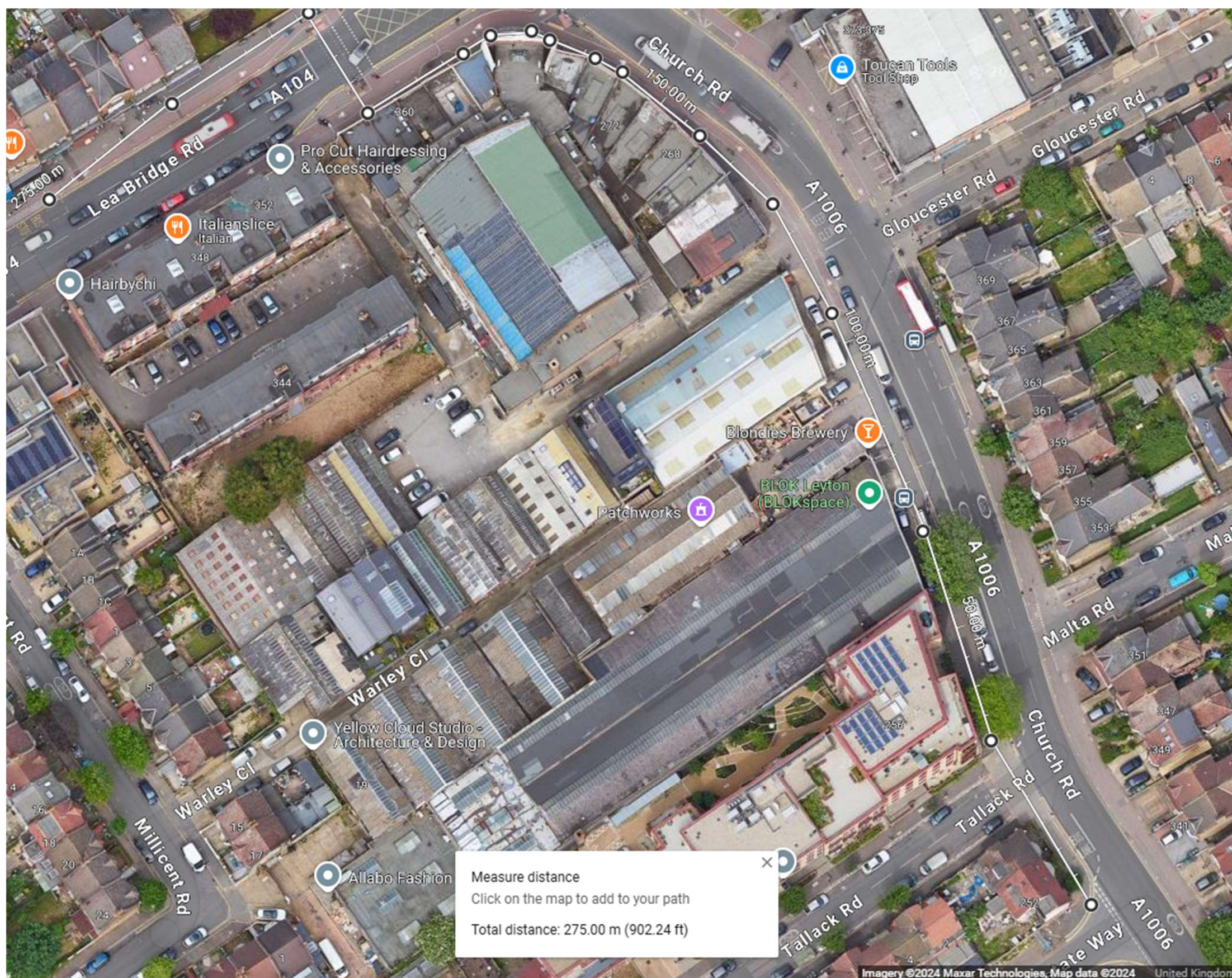
2

Estate Way

Estate Way, London E10, UK

Easting: **536995**, Northing: **187282**





55	Mondays to Thursdays																	
Walthamstow Central Station	0355	0425	0454	0506	0518	0530	0540	0550	0559	0606	0612	0618	0624	0630	0635	0640	0646	0651
Leyton Baker's Arms	0401	0431	0500	0512	0524	0536	0546	0556	0606	0613	0619	0625	0631	0637	0642	0647	0653	0658
Lea Bridge Road Markhouse Road	0403	0433	0502	0514	0526	0538	0548	0558	0609	0616	0622	0628	0634	0640	0645	0651	0657	0702
Clapton Pond	0409	0439	0508	0521	0533	0545	0555	0605	0616	0624	0630	0636	0642	0648	0654	0701	0708	0715
Hackney Central Station Amhurst Rd.	0413	0443	0513	0526	0538	0550	0600	0610	0622	0630	0636	0642	0648	0655	0702	0710	0718	0725
Cambridge Heath Station	0419	0449	0520	0533	0545	0557	0608	0619	0631	0639	0645	0651	0658	0705	0712	0720	0728	0735
Shoreditch Church (Hackney Road)	0423	0454	0525	0538	0550	0602	0614	0625	0637	0645	0651	0657	0704	0712	0719	0727	0735	0742
Old Street Station Old Street	0426	0457	0528	0541	0553	0606	0618	0629	0641	0649	0655	0701	0708	0716	0723	0731	0739	0746
Clerkenwell Green	0431	0502	0533	0546	0558	0611	0623	0634	0646	0654	0701	0708	0715	0723	0730	0738	0746	0753
Holborn Bloomsbury Square	0435	0506	0537	0550	0604	0617	0629	0640	0652	0701	0709	0717	0724	0732	0739	0747	0755	0802
Tottenham Ct.Rd.Stn.New Oxford St.	0438	0509	0540	0553	0607	0620	0632	0643	0655	0704	0712	0720	0727	0735	0742	0750	0758	0806
Oxford Circus Oxford St./Gt. T'fld St.	0442	0513	0544	0558	0612	0625	0637	0648	0700	0709	0717	0725	0732	0740	0747	0755	0803	0811
Walthamstow Central Station	0656	0701	0707	0712	0718	0724	0730	0735	0741	0746	0752	0759	0806	0813	0819	0826	0833	0840
Leyton Baker's Arms	0704	0710	0716	0721	0727	0733	0739	0745	0751	0756	0803	0810	0817	0824	0830	0837	0844	0851
Lea Bridge Road Markhouse Road	0708	0714	0720	0725	0731	0737	0743	0749	0755	0800	0807	0814	0821	0828	0834	0841	0848	0855
Clapton Pond	0722	0729	0735	0740	0746	0752	0758	0804	0810	0817	0824	0831	0838	0845	0851	0858	0904	0911
Hackney Central Station Amhurst Rd.	0732	0739	0745	0750	0756	0802	0808	0814	0820	0827	0834	0841	0848	0855	0901	0908	0914	0921
Cambridge Heath Station	0742	0749	0755	0800	0807	0813	0819	0825	0831	0838	0845	0852	0859	0906	0912	0919	0925	0932
Shoreditch Church (Hackney Road)	0749	0756	0802	0808	0815	0821	0827	0833	0839	0846	0853	0900	0907	0914	0920	0927	0933	0940
Old Street Station Old Street	0753	0800	0806	0812	0819	0825	0831	0837	0843	0850	0857	0904	0911	0918	0924	0931	0937	0944
Clerkenwell Green	0800	0807	0814	0821	0828	0834	0840	0846	0852	0859	0906	0913	0920	0927	0933	0940	0946	0953
Holborn Bloomsbury Square	0810	0818	0825	0832	0839	0845	0851	0857	0903	0910	0917	0924	0931	0938	0944	0951	0957	1004
Tottenham Ct.Rd.Stn.New Oxford St.	0814	0822	0829	0836	0843	0849	0855	0901	0908	0915	0922	0929	0936	0943	0949	0956	1001	1008
Oxford Circus Oxford St./Gt. T'fld St.	0819	0827	0834	0841	0848	0854	0901	0908	0915	0921	0928	0935	0942	0949	0955	1002	1008	1015
Walthamstow Central Station	0846	0853	0900	0907	0913	0920	0927	0933	0939	0946	0953	0959	1006	1013	1019	1026	1032	1039
Leyton Baker's Arms	0857	0904	0911	0918	0924	0931	0938	0944	0950	0957	1004	1011	1018	1025	1031	1038	1044	1051
Lea Bridge Road Markhouse Road	0901	0908	0914	0921	0927	0934	0941	0947	0953	1000	1007	1014	1021	1028	1034	1041	1047	1054
Clapton Pond	0917	0923	0928	0935	0941	0948	0955	1000	1006	1012	1019	1025	1032	1039	1045	1052	1058	1105
Hackney Central Station Amhurst Rd.	0927	0933	0938	0945	0951	0958	1005	1010	1016	1022	1029	1035	1042	1049	1055	1102	1108	1115
Cambridge Heath Station	0938	0944	0949	0956	1002	1009	1015	1020	1026	1032	1039	1045	1052	1059	1105	1112	1118	1125
Shoreditch Church (Hackney Road)	0946	0952	0957	1004	1009	1015	1021	1026	1032	1038	1045	1051	1058	1105	1111	1118	1124	1131
Old Street Station Old Street	0950	0956	1001	1008	1013	1019	1025	1030	1036	1042	1049	1055	1102	1109	1115	1122	1128	1135
Clerkenwell Green	0959	1005	1010	1017	1022	1028	1034	1039	1045	1051	1058	1104	1111	1118	1124	1131	1137	1144
Holborn Bloomsbury Square	1010	1016	1021	1028	1033	1039	1045	1050	1056	1102	1109	1115	1122	1129	1135	1142	1148	1155
Tottenham Ct.Rd.Stn.New Oxford St.	1014	1020	1025	1032	1037	1043	1049	1054	1100	1106	1113	1119	1126	1133	1139	1146	1152	1159
Oxford Circus Oxford St./Gt. T'fld St.	1021	1028	1034	1041	1047	1053	1058	1103	1108	1114	1121	1127	1134	1141	1147	1154	1201	1208
Walthamstow Central Station	1045	1052	1058	1105	1112	1118	1125	1132	1139	1146	1153	1159	1206	1212	1219	1226	1232	1239
Leyton Baker's Arms	1057	1104	1110	1117	1124	1130	1137	1144	1151	1158	1205	1211	1218	1224	1231	1238	1244	1251
Lea Bridge Road Markhouse Road	1100	1107	1113	1120	1127	1133	1140	1147	1154	1201	1208	1214	1221	1227	1234	1241	1247	1254
Clapton Pond	1111	1118	1124	1131	1138	1144	1151	1158	1205	1212	1219	1225	1232	1238	1245	1252	1258	1305
Hackney Central Station Amhurst Rd.	1121	1128	1134	1141	1148	1154	1201	1208	1215	1222	1229	1235	1242	1248	1255	1302	1308	1315
Cambridge Heath Station	1131	1138	1144	1151	1158	1204	1211	1218	1225	1232	1239	1245	1252	1258	1305	1312	1318	1325
Shoreditch Church (Hackney Road)	1137	1144	1150	1157	1204	1210	1217	1224	1231	1238	1245	1251	1258	1304	1311	1318	1324	1331
Old Street Station Old Street	1141	1148	1154	1201	1208	1214	1221	1228	1235	1242	1249	1255	1302	1308	1315	1322	1328	1335
Clerkenwell Green	1150	1157	1203	1210	1217	1223	1230	1237	1244	1251	1258	1304	1311	1317	1324	1331	1337	1344
Holborn Bloomsbury Square	1201	1208	1215	1222	1229	1235	1242	1249	1256	1303	1310	1316	1323	1329	1336	1343	1349	1356
Tottenham Ct.Rd.Stn.New Oxford St.	1205	1212	1219	1226	1233	1239	1246	1253	1300	1307	1314	1320	1327	1333	1340	1347	1353	1400
Oxford Circus Oxford St./Gt. T'fld St.	1214	1221	1228	1235	1242	1248	1255	1302	1308	1315	1322	1328	1335	1341	1348	1355	1401	1408
Walthamstow Central Station	1246	1253	1259	1306	1313	1319	1326	1333	1340	1346	1353	1400	1406	1413	1420	1426	1433	1440
Leyton Baker's Arms	1258	1305	1311	1318	1325	1331	1338	1345	1352	1358	1405	1412	1418	1425	1432	1438	1445	1452
Lea Bridge Road Markhouse Road	1301	1308	1314	1321	1328	1334	1341	1348	1355	1401	1409	1416	1422	1429	1436	1442	1449	1456
Clapton Pond	1312	1319	1325	1332	1339	1345	1352	1359	1406	1412	1420	1427	1433	1440	1447	1453	1500	1507
Hackney Central Station Amhurst Rd.	1322	1329	1335	1342	1349	1355	1402	1409	1416	1422	1430	1437	1443	1450	1457	1503	1510	1517
Cambridge Heath Station	1332	1339	1345	1352	1359	1405	1412	1419	1426	1432	1440	1447	1453	1500	1507	1513	1520	1527
Shoreditch Church (Hackney Road)	1338	1345	1351	1358	1405	1411	1418	1425	1432	1438	1446	1453	1459	1506	1513	1520	1527	1534
Old Street Station Old Street	1342	1349	1355	1402	1409	1415	1422	1429	1436	1442	1450	1457	1503	1510	1517	1524	1531	1538
Clerkenwell Green	1351	1358	1404	1411	1418	1424	1431	1437	1444	1450	1458	1505	1511	1518	1525	1532	1539	1546
Holborn Bloomsbury Square	1403	1409	1415	1422	1429	1435	1442	1448	1455	1501	1508	1515	1521	1528	1535	1542	1549	1556
Tottenham Ct.Rd.Stn.New Oxford St.	1406	1412	1418	1425	1432	1438	1445	1451	1458	1505	1512	1519	1525	1532	1539	1546	1553	1600
Oxford Circus Oxford St./Gt. T'fld St.	1414	1420	1426	1434	1440	1446	1453	1459	1506	1513	1520	1527	1533	1540	1547	1554	1601	1608

55	Mondays to Thursdays (cont.)																	
Walthamstow Central Station	1446	1453	1500	1506	1513	1520	1526	1533	1540	1546	1553	1559	1606	1612	1619	1626	1632	1639
Leyton Baker's Arms	1458	1505	1512	1518	1525	1532	1538	1545	1552	1558	1605	1611	1618	1624	1631	1638	1644	1651
Lea Bridge Road Markhouse Road	1502	1509	1516	1522	1529	1536	1542	1549	1556	1602	1609	1615	1622	1628	1635	1642	1648	1655
Clapton Pond	1514	1521	1528	1534	1541	1548	1554	1601	1608	1614	1621	1627	1634	1640	1647	1654	1700	1708
Hackney Central Station Amhurst Rd.	1524	1531	1538	1544	1551	1558	1604	1611	1618	1624	1631	1637	1644	1650	1657	1704	1710	1718
Cambridge Heath Station	1534	1541	1548	1554	1601	1608	1614	1621	1629	1635	1642	1648	1655	1701	1708	1715	1721	1728
Shoreditch Church (Hackney Road)	1541	1548	1555	1601	1608	1615	1621	1628	1636	1642	1649	1655	1702	1708	1715	1722	1728	1735
Old Street Station Old Street	1545	1552	1559	1605	1612	1619	1625	1632	1640	1646	1653	1659	1706	1712	1719	1726	1732	1739
Clerkenwell Green	1553	1600	1607	1613	1620	1627	1633	1640	1648	1654	1701	1707	1714	1720	1727	1734	1740	1747
Holborn Bloomsbury Square	1603	1610	1617	1623	1630	1637	1643	1650	1658	1704	1711	1717	1724	1730	1737	1744	1750	1757
Tottenham Ct.Rd.Stn.New Oxford St.	1607	1614	1621	1627	1634	1641	1647	1654	1701	1707	1714	1720	1727	1733	1740	1747	1753	1800
Oxford Circus Oxford St./Gt. T'fld St.	1615	1622	1629	1635	1642	1649	1655	1702	1709	1715	1722	1728	1735	1741	1748	1755	1800	1808
Walthamstow Central Station	1646	1652	1659	1706	1713	1719	1726	1732	1739	1746	1753	1801	1808	1816	1823	1831	1839	1847
Leyton Baker's Arms	1658	1704	1711	1718	1725	1731	1738	1744	1751	1758	1804	1812	1819	1827	1834	1842	1850	1858
Lea Bridge Road Markhouse Road	1702	1708	1715	1722	1729	1735	1742	1748	1755	1802	1808	1816	1823	1831	1838	1846	1854	1902
Clapton Pond	1715	1721	1728	1735	1742	1748	1755	1801	1808	1815	1822	1830	1837	1845	1852	1900	1907	1914
Hackney Central Station Amhurst Rd.	1725	1731	1738	1745	1752	1758	1805	1811	1818	1824	1831	1839	1846	1854	1901	1907	1914	1921
Cambridge Heath Station	1735	1741	1748	1755	1802	1808	1815	1821	1828	1834	1841	1849	1856	1904	1910	1916	1923	1930
Shoreditch Church (Hackney Road)	1742	1748	1755	1802	1809	1815	1822	1828	1835	1841	1848	1856	1903	1911	1917	1923	1930	1937
Old Street Station Old Street	1746	1752	1759	1806	1813	1819	1826	1832	1839	1845	1852	1900	1907	1915	1921	1927	1934	1941
Clerkenwell Green	1754	1800	1807	1814	1821	1827	1834	1840	1847	1853	1900	1908	1915	1923	1929	1935	1942	1949
Holborn Bloomsbury Square	1804	1810	1817	1824	1831	1837	1844	1850	1857	1903	1910	1918	1925	1933	1939	1945	1952	1959
Tottenham Ct.Rd.Stn.New Oxford St.	1807	1813	1820	1827	1834	1840	1847	1853	1900	1906	1913	1921	1928	1936	1942	1948	1955	2002
Oxford Circus Oxford St./Gt. T'fld St.	1815	1821	1828	1835	1842	1848	1855	1901	1908	1914	1921	1928	1935	1943	1949	1955	2002	2008
Walthamstow Central Station	1856	1904	1913	1922	1930	1938	1946	1954	2002	2012	2022	2032	2043	2054	2104	2114	2125	2136
Leyton Baker's Arms	1907	1915	1924	1932	1940	1948	1956	2004	2012	2022	2032	2042	2052	2103	2113	2123	2134	2145
Lea Bridge Road Markhouse Road	1910	1918	1927	1935	1943	1951	1959	2006	2014	2024	2034	2044	2054	2105	2115	2125	2136	2147
Clapton Pond	1920	1928	1937	1945	1953	2001	2008	2015	2022	2032	2042	2052	2102	2113	2123	2133	2143	2154
Hackney Central Station Amhurst Rd.	1927	1935	1944	1952	2000	2007	2014	2021	2028	2038	2048	2058	2108	2118	2128	2138	2148	2159
Cambridge Heath Station	1936	1944	1953	2001	2008	2015	2022	2029	2036	2046	2056	2106	2116	2126	2136	2146	2156	2206
Shoreditch Church (Hackney Road)	1943	1951	2000	2007	2014	2021	2028	2035	2042	2052	2102	2112	2122	2132	2142	2152	2202	2212
Old Street Station Old Street	1947	1955	2004	2011	2018	2025	2032	2039	2046	2056	2106	2116	2126	2136	2146	2156	2206	2216
Clerkenwell Green	1955	2003	2011	2018	2025	2032	2039	2046	2053	2103	2113	2123	2133	2143	2153	2203	2213	2223
Holborn Bloomsbury Square	2005	2011	2017	2024	2031	2038	2045	2052	2059	2109	2119	2129	2139	2149	2159	2209	2219	2229
Tottenham Ct.Rd.Stn.New Oxford St.	2008	2014	2020	2027	2034	2041	2048	2055	2102	2112	2122	2132	2142	2152	2202	2212	2222	2232
Oxford Circus Oxford St./Gt. T'fld St.	2014	2020	2026	2033	2040	2047	2054	2101	2108	2118	2128	2138	2148	2158	2208	2218	2228	2238
Walthamstow Central Station	2147	2158	2209	2220	2231	2242	2253	2304	2315	2326	2337	2348	2359					
Leyton Baker's Arms	2156	2206	2216	2227	2238	2249	2300	2311	2322	2333	2344	2355	0006					
Lea Bridge Road Markhouse Road	2158	2208	2218	2229	2240	2251	2302	2313	2324	2335	2346	2357	0008					
Clapton Pond	2205	2215	2225	2236	2247	2258	2308	2319	2330	2341	2352	0003	0013					
Hackney Central Station Amhurst Rd.	2210	2220	2230	2241	2252	2302	2312	2323	2334	2345	2356	0007	0017					
Cambridge Heath Station	2217	2227	2237	2248	2259	2309	2319	2330	2341	2352	0003	0013	0023					
Shoreditch Church (Hackney Road)	2223	2233	2243	2254	2305	2315	2325	2336	2347	2358	0008	0018	0028					
Old Street Station Old Street	2227	2237	2247	2258	2309	2319	2329	2340	2351	0002	0011	0021	0031					
Clerkenwell Green	2234	2244	2254	2305	2315	2325	2335	2345	2356	0006	0015	0025	0035					
Holborn Bloomsbury Square	2240	2250	2300	2310	2320	2330	2340	2350	0001	0010	0019	0029	0039					
Tottenham Ct.Rd.Stn.New Oxford St.	2243	2253	2303	2313	2323	2333	2343	2353	0004	0013	0022	0032	0042					
Oxford Circus Oxford St./Gt. T'fld St.	2249	2259	2308	2318	2328	2338	2348	2358	0008	0017	0026	0036	0046					

55	Fridays																	
Walthamstow Central Station	0355	0425	0454	0506	0518	0530	0540	0550	0559	0607	0613	0619	0625	0631	0636	0641	0646	0651
Leyton Baker's Arms	0401	0431	0500	0512	0524	0536	0546	0556	0605	0613	0619	0625	0631	0637	0642	0648	0653	0658
Lea Bridge Road Markhouse Road	0403	0433	0502	0514	0526	0538	0548	0558	0608	0616	0622	0628	0634	0640	0645	0651	0657	0702
Clapton Pond	0409	0439	0508	0521	0533	0545	0555	0605	0615	0624	0630	0636	0642	0648	0654	0701	0708	0715
Hackney Central Station Amhurst Rd.	0413	0443	0513	0526	0538	0550	0600	0610	0621	0630	0636	0642	0648	0654	0702	0710	0718	0725
Cambridge Heath Station	0419	0449	0520	0533	0545	0557	0608	0619	0630	0639	0645	0651	0658	0704	0712	0720	0728	0735
Shoreditch Church (Hackney Road)	0423	0454	0525	0538	0550	0602	0614	0626	0637	0646	0652	0658	0705	0711	0719	0727	0735	0742
Old Street Station Old Street	0426	0457	0528	0541	0553	0606	0618	0630	0641	0650	0656	0702	0709	0715	0723	0731	0739	0746
Clerkenwell Green	0431	0502	0533	0546	0558	0611	0623	0635	0646	0655	0702	0708	0716	0722	0730	0738	0746	0753
Holborn Bloomsbury Square	0435	0506	0537	0550	0604	0617	0629	0641	0652	0703	0711	0717	0725	0731	0739	0747	0755	0802
Tottenham Ct.Rd.Stn.New Oxford St.	0438	0509	0540	0553	0607	0620	0632	0644	0655	0706	0714	0720	0728	0734	0742	0750	0758	0806
Oxford Circus Oxford St./Gt. T'fld St.	0442	0513	0544	0558	0612	0625	0637	0649	0700	0711	0719	0725	0733	0739	0747	0755	0803	0811
Walthamstow Central Station	0656	0701	0706	0712	0718	0724	0730	0736	0742	0748	0754	0801	0808	0814	0821	0827	0834	0841
Leyton Baker's Arms	0704	0710	0715	0721	0727	0733	0739	0745	0751	0757	0803	0810	0817	0823	0830	0837	0844	0851
Lea Bridge Road Markhouse Road	0708	0714	0719	0725	0731	0737	0743	0749	0755	0801	0807	0814	0821	0827	0834	0841	0848	0855
Clapton Pond	0722	0729	0734	0740	0746	0752	0758	0804	0810	0817	0824	0831	0838	0844	0851	0858	0905	0911
Hackney Central Station Amhurst Rd.	0732	0739	0744	0750	0756	0802	0808	0814	0820	0827	0834	0841	0848	0854	0901	0908	0915	0921
Cambridge Heath Station	0742	0749	0754	0800	0806	0813	0819	0825	0831	0838	0845	0852	0859	0905	0912	0919	0926	0932
Shoreditch Church (Hackney Road)	0749	0756	0801	0807	0814	0821	0827	0833	0839	0846	0853	0900	0907	0913	0920	0927	0934	0940
Old Street Station Old Street	0753	0800	0805	0811	0818	0825	0831	0837	0843	0850	0857	0904	0911	0917	0924	0931	0938	0944
Clerkenwell Green	0800	0807	0813	0820	0827	0834	0840	0846	0852	0859	0906	0913	0920	0926	0933	0940	0947	0953
Holborn Bloomsbury Square	0811	0818	0824	0831	0838	0845	0851	0857	0903	0910	0917	0924	0931	0937	0944	0951	0958	1004
Tottenham Ct.Rd.Stn.New Oxford St.	0815	0822	0828	0835	0842	0849	0855	0901	0908	0915	0922	0929	0936	0942	0949	0956	1002	1008
Oxford Circus Oxford St./Gt. T'fld St.	0820	0827	0833	0840	0847	0854	0901	0907	0914	0921	0928	0935	0942	0948	0955	1002	1009	1015
Walthamstow Central Station	0847	0854	0901	0907	0914	0921	0927	0934	0941	0947	0954	1001	1008	1015	1021	1028	1035	1041
Leyton Baker's Arms	0857	0904	0911	0917	0924	0931	0937	0944	0951	0957	1004	1011	1018	1025	1031	1038	1045	1051
Lea Bridge Road Markhouse Road	0901	0907	0914	0920	0927	0934	0940	0947	0954	1000	1007	1014	1021	1028	1034	1041	1048	1054
Clapton Pond	0916	0922	0928	0934	0941	0947	0953	1000	1007	1012	1018	1025	1032	1039	1045	1052	1059	1105
Hackney Central Station Amhurst Rd.	0926	0932	0938	0944	0951	0957	1003	1010	1017	1022	1028	1035	1042	1049	1055	1102	1109	1115
Cambridge Heath Station	0937	0943	0949	0955	1002	1007	1013	1020	1027	1032	1038	1045	1052	1059	1105	1112	1119	1125
Shoreditch Church (Hackney Road)	0945	0951	0957	1002	1008	1013	1019	1026	1033	1038	1044	1051	1058	1105	1111	1118	1125	1131
Old Street Station Old Street	0949	0955	1001	1006	1012	1017	1023	1030	1037	1042	1048	1055	1102	1109	1115	1122	1129	1135
Clerkenwell Green	0958	1004	1010	1015	1021	1026	1032	1039	1046	1051	1057	1104	1111	1118	1124	1131	1138	1144
Holborn Bloomsbury Square	1009	1015	1021	1026	1032	1037	1043	1050	1057	1102	1108	1115	1122	1129	1135	1142	1149	1155
Tottenham Ct.Rd.Stn.New Oxford St.	1013	1019	1025	1030	1036	1041	1047	1054	1101	1106	1112	1119	1126	1133	1139	1146	1153	1159
Oxford Circus Oxford St./Gt. T'fld St.	1020	1026	1032	1037	1043	1048	1054	1101	1108	1114	1120	1127	1134	1141	1147	1154	1201	1208
Walthamstow Central Station	1047	1054	1100	1107	1114	1120	1127	1134	1141	1148	1154	1201	1208	1214	1221	1227	1234	1241
Leyton Baker's Arms	1057	1104	1110	1117	1124	1130	1137	1144	1151	1158	1204	1211	1218	1224	1231	1237	1244	1251
Lea Bridge Road Markhouse Road	1100	1107	1113	1120	1127	1133	1140	1147	1154	1201	1207	1214	1221	1227	1234	1240	1247	1254
Clapton Pond	1111	1118	1124	1131	1138	1144	1151	1158	1205	1212	1218	1225	1232	1238	1245	1251	1258	1305
Hackney Central Station Amhurst Rd.	1121	1128	1134	1141	1148	1154	1201	1208	1215	1222	1228	1235	1242	1248	1255	1301	1308	1315
Cambridge Heath Station	1131	1138	1144	1151	1158	1204	1211	1218	1225	1232	1238	1245	1252	1258	1305	1311	1318	1325
Shoreditch Church (Hackney Road)	1137	1144	1150	1157	1204	1210	1217	1224	1231	1238	1244	1251	1258	1304	1311	1317	1324	1331
Old Street Station Old Street	1141	1148	1154	1201	1208	1214	1221	1228	1235	1242	1248	1255	1302	1308	1315	1321	1328	1335
Clerkenwell Green	1150	1157	1203	1210	1217	1223	1230	1237	1244	1251	1257	1304	1311	1317	1324	1330	1337	1344
Holborn Bloomsbury Square	1201	1208	1215	1222	1229	1235	1242	1249	1256	1303	1309	1316	1323	1329	1336	1342	1349	1356
Tottenham Ct.Rd.Stn.New Oxford St.	1205	1212	1219	1226	1233	1239	1246	1253	1300	1307	1313	1320	1327	1333	1340	1346	1353	1359
Oxford Circus Oxford St./Gt. T'fld St.	1214	1221	1228	1235	1242	1248	1255	1301	1308	1315	1321	1328	1335	1341	1349	1355	1402	1408
Walthamstow Central Station	1247	1254	1301	1308	1314	1321	1328	1335	1342	1348	1354	1401	1408	1414	1420	1427	1434	1441
Leyton Baker's Arms	1257	1304	1311	1318	1324	1331	1338	1345	1352	1359	1405	1413	1420	1426	1432	1439	1446	1453
Lea Bridge Road Markhouse Road	1300	1307	1314	1321	1327	1334	1341	1348	1355	1403	1409	1417	1424	1430	1436	1443	1450	1457
Clapton Pond	1311	1318	1325	1332	1338	1345	1352	1359	1406	1414	1420	1428	1435	1441	1447	1454	1501	1508
Hackney Central Station Amhurst Rd.	1321	1328	1335	1342	1348	1355	1402	1409	1416	1424	1430	1438	1445	1451	1457	1504	1511	1518
Cambridge Heath Station	1331	1338	1345	1352	1358	1405	1412	1419	1426	1434	1440	1448	1455	1501	1507	1514	1521	1528
Shoreditch Church (Hackney Road)	1337	1344	1351	1358	1404	1411	1418	1425	1432	1440	1446	1454	1501	1508	1514	1521	1528	1535
Old Street Station Old Street	1341	1348	1355	1402	1408	1415	1422	1429	1436	1444	1450	1458	1505	1512	1518	1525	1532	1539
Clerkenwell Green	1350	1357	1404	1411	1417	1424	1431	1438	1445	1453	1459	1507	1514	1520	1526	1533	1540	1547
Holborn Bloomsbury Square	1402	1408	1415	1422	1428	1435	1442	1449	1456	1504	1509	1517	1524	1530	1536	1543	1550	1557
Tottenham Ct.Rd.Stn.New Oxford St.	1405	1411	1418	1425	1431	1438	1445	1452	1459	1507	1513	1521	1528	1534	1540	1547	1554	1601
Oxford Circus Oxford St./Gt. T'fld St.	1413	1419	1426	1433	1439	1446	1453	1500	1507	1515	1521	1529	1536	1542	1548	1555	1602	1609

55	Fridays (cont.)																	
Walthamstow Central Station	1447	1453	1500	1506	1513	1520	1526	1533	1540	1546	1553	1559	1606	1612	1619	1626	1632	1639
Leyton Baker's Arms	1459	1505	1512	1518	1525	1532	1538	1545	1552	1558	1605	1611	1618	1624	1631	1638	1644	1651
Lea Bridge Road Markhouse Road	1503	1509	1516	1522	1529	1536	1542	1549	1556	1602	1609	1615	1622	1628	1635	1642	1648	1655
Clapton Pond	1515	1521	1528	1534	1541	1548	1554	1601	1608	1614	1621	1627	1634	1640	1647	1654	1700	1708
Hackney Central Station Amhurst Rd.	1525	1531	1538	1544	1551	1558	1604	1611	1618	1624	1631	1637	1644	1650	1657	1704	1710	1718
Cambridge Heath Station	1535	1541	1548	1554	1601	1608	1614	1621	1629	1635	1642	1648	1655	1701	1708	1715	1721	1728
Shoreditch Church (Hackney Road)	1542	1548	1555	1601	1608	1615	1621	1628	1636	1642	1649	1655	1702	1708	1715	1722	1728	1735
Old Street Station Old Street	1546	1552	1559	1605	1612	1619	1625	1632	1640	1646	1653	1659	1706	1712	1719	1726	1732	1739
Clerkenwell Green	1553	1559	1606	1612	1619	1626	1632	1639	1647	1653	1700	1706	1714	1720	1727	1734	1740	1747
Holborn Bloomsbury Square	1603	1609	1616	1622	1629	1636	1642	1649	1657	1703	1710	1716	1724	1730	1737	1744	1750	1757
Tottenham Ct.Rd.Stn.New Oxford St.	1607	1613	1620	1626	1633	1640	1646	1653	1700	1706	1713	1719	1727	1733	1740	1747	1753	1800
Oxford Circus Oxford St./Gt. T'fld St.	1615	1621	1628	1634	1641	1648	1654	1701	1708	1714	1721	1727	1736	1741	1748	1755	1801	1808
Walthamstow Central Station	1645	1652	1659	1706	1713	1719	1726	1733	1740	1747	1753	1800	1807	1814	1820	1827	1834	1841
Leyton Baker's Arms	1657	1704	1711	1718	1725	1731	1738	1745	1752	1759	1805	1812	1819	1826	1832	1839	1846	1853
Lea Bridge Road Markhouse Road	1701	1708	1715	1722	1729	1735	1742	1749	1756	1803	1809	1816	1823	1830	1836	1843	1850	1857
Clapton Pond	1714	1721	1728	1735	1742	1748	1755	1802	1809	1817	1823	1830	1837	1844	1850	1857	1904	1909
Hackney Central Station Amhurst Rd.	1724	1731	1738	1745	1752	1758	1805	1812	1818	1826	1832	1839	1846	1853	1859	1906	1913	1918
Cambridge Heath Station	1734	1741	1748	1755	1802	1808	1815	1822	1828	1836	1842	1849	1856	1903	1909	1916	1923	1928
Shoreditch Church (Hackney Road)	1741	1748	1755	1802	1809	1815	1822	1829	1835	1843	1849	1856	1903	1911	1917	1924	1931	1936
Old Street Station Old Street	1745	1752	1759	1806	1813	1819	1826	1834	1840	1848	1854	1901	1908	1916	1922	1929	1936	1941
Clerkenwell Green	1753	1800	1807	1814	1821	1827	1834	1842	1848	1856	1902	1909	1916	1924	1930	1937	1944	1949
Holborn Bloomsbury Square	1803	1810	1817	1824	1831	1837	1844	1852	1858	1906	1912	1919	1926	1934	1940	1947	1954	1959
Tottenham Ct.Rd.Stn.New Oxford St.	1806	1813	1820	1827	1834	1840	1847	1855	1901	1909	1915	1922	1929	1937	1943	1950	1957	2002
Oxford Circus Oxford St./Gt. T'fld St.	1814	1821	1828	1835	1842	1848	1855	1903	1909	1917	1923	1929	1937	1944	1950	1957	2004	2009
Walthamstow Central Station	1849	1857	1905	1913	1921	1929	1937	1945	1955	2005	2016	2026	2036	2046	2057	2107	2117	2127
Leyton Baker's Arms	1901	1909	1917	1925	1933	1941	1949	1957	2006	2016	2026	2036	2046	2056	2106	2116	2126	2136
Lea Bridge Road Markhouse Road	1905	1912	1920	1928	1936	1944	1952	2000	2008	2018	2028	2038	2048	2058	2108	2118	2128	2138
Clapton Pond	1915	1922	1930	1938	1946	1954	2001	2009	2017	2027	2037	2047	2057	2107	2116	2126	2136	2146
Hackney Central Station Amhurst Rd.	1924	1931	1939	1947	1955	2003	2010	2018	2026	2036	2046	2056	2106	2115	2124	2133	2143	2153
Cambridge Heath Station	1934	1941	1949	1957	2004	2011	2018	2026	2034	2044	2054	2104	2114	2123	2132	2141	2151	2201
Shoreditch Church (Hackney Road)	1942	1949	1957	2005	2012	2019	2026	2034	2042	2052	2102	2112	2122	2131	2140	2149	2159	2209
Old Street Station Old Street	1947	1954	2002	2010	2017	2024	2031	2039	2047	2057	2107	2117	2127	2136	2145	2154	2204	2214
Clerkenwell Green	1955	2002	2009	2017	2024	2031	2038	2046	2054	2104	2114	2124	2134	2143	2152	2201	2211	2221
Holborn Bloomsbury Square	2005	2011	2018	2025	2032	2039	2046	2054	2102	2112	2122	2132	2142	2151	2200	2209	2219	2229
Tottenham Ct.Rd.Stn.New Oxford St.	2008	2014	2021	2028	2035	2042	2049	2057	2105	2115	2125	2135	2145	2154	2203	2212	2222	2232
Oxford Circus Oxford St./Gt. T'fld St.	2015	2021	2028	2035	2042	2049	2056	2104	2112	2121	2131	2141	2151	2200	2209	2219	2229	2239
Walthamstow Central Station	2137	2148	2159	2210	2220	2230	2240	2251	2302	2313	2324	2335	2347	2358				
Leyton Baker's Arms	2146	2157	2207	2218	2228	2238	2248	2259	2310	2320	2331	2342	2354	0005				
Lea Bridge Road Markhouse Road	2148	2159	2209	2220	2230	2240	2250	2301	2312	2322	2333	2344	2356	0007				
Clapton Pond	2156	2206	2216	2227	2237	2247	2257	2307	2318	2328	2339	2350	0002	0012				
Hackney Central Station Amhurst Rd.	2203	2213	2223	2234	2244	2254	2304	2314	2325	2335	2346	2357	0007	0017				
Cambridge Heath Station	2211	2221	2231	2242	2252	2302	2312	2322	2333	2343	2353	0003	0013	0023				
Shoreditch Church (Hackney Road)	2219	2229	2239	2250	2300	2310	2320	2330	2341	2351	0001	0011	0021	0031				
Old Street Station Old Street	2224	2234	2244	2255	2305	2315	2325	2335	2346	2356	0006	0016	0026	0036				
Clerkenwell Green	2231	2241	2251	2302	2311	2321	2331	2341	2352	0002	0012	0022	0032	0042				
Holborn Bloomsbury Square	2239	2249	2259	2309	2318	2328	2338	2348	2358	0008	0018	0028	0038	0048				
Tottenham Ct.Rd.Stn.New Oxford St.	2242	2252	2302	2312	2321	2331	2341	2351	0001	0011	0021	0031	0041	0051				
Oxford Circus Oxford St./Gt. T'fld St.	2249	2259	2308	2318	2327	2337	2347	2357	0007	0017	0027	0037	0047	0057				

55	Saturdays (also Good Friday)																	
Walthamstow Central Station	0450	0505	0520	0535	0550	0602	0614	0626	0636	0646	0656	0706	0716	0726	0736	0746	0751	0759
Leyton Baker's Arms	0455	0510	0525	0541	0556	0608	0620	0632	0642	0652	0702	0712	0722	0732	0742	0752	0759	0807
Lea Bridge Road Markhouse Road	0457	0512	0527	0543	0558	0610	0622	0634	0644	0654	0704	0714	0724	0734	0744	0754	0801	0809
Clapton Pond	0503	0518	0533	0549	0605	0617	0629	0641	0651	0701	0711	0721	0731	0741	0751	0801	0808	0816
Hackney Central Station Amhurst Rd.	0508	0523	0538	0554	0610	0622	0634	0646	0656	0706	0717	0727	0737	0747	0757	0807	0815	0823
Cambridge Heath Station	0514	0529	0544	0600	0616	0628	0640	0652	0702	0712	0723	0733	0743	0753	0804	0815	0823	0831
Shoreditch Church (Hackney Road)	0519	0534	0549	0605	0621	0633	0645	0657	0707	0718	0729	0739	0749	0759	0810	0821	0829	0837
Old Street Station Old Street	0522	0537	0552	0608	0624	0636	0648	0700	0710	0721	0732	0742	0752	0802	0813	0824	0832	0840
Clerkenwell Green	0526	0541	0556	0613	0629	0641	0653	0705	0715	0726	0737	0747	0757	0808	0819	0830	0838	0846
Holborn Bloomsbury Square	0530	0545	0601	0618	0634	0646	0658	0710	0720	0731	0742	0753	0804	0815	0826	0837	0845	0853
Tottenham Ct.Rd.Stn.New Oxford St.	0533	0548	0604	0621	0637	0649	0701	0713	0723	0734	0745	0756	0807	0818	0829	0840	0848	0857
Oxford Circus Oxford St./Gt. T'fld St.	0536	0551	0607	0624	0640	0652	0705	0717	0727	0738	0749	0800	0811	0822	0833	0844	0853	0902
Walthamstow Central Station	0807	0814	0822	0829	0837	0844	0851	0859	0906	0914	0921	0928	0936	0943	0950	0957	1005	1012
Leyton Baker's Arms	0815	0822	0830	0837	0845	0852	0859	0907	0914	0922	0929	0936	0944	0952	0959	1007	1015	1022
Lea Bridge Road Markhouse Road	0817	0824	0832	0839	0847	0854	0901	0909	0916	0924	0931	0938	0946	0954	1001	1009	1017	1024
Clapton Pond	0824	0831	0839	0846	0854	0902	0909	0917	0924	0932	0939	0946	0954	1002	1010	1018	1026	1033
Hackney Central Station Amhurst Rd.	0831	0838	0846	0854	0902	0910	0917	0925	0932	0940	0947	0954	1002	1010	1018	1026	1034	1041
Cambridge Heath Station	0839	0846	0854	0902	0910	0918	0925	0933	0940	0948	0955	1003	1011	1019	1027	1035	1043	1050
Shoreditch Church (Hackney Road)	0845	0853	0901	0909	0917	0925	0932	0940	0947	0955	1002	1010	1018	1026	1034	1042	1050	1057
Old Street Station Old Street	0848	0856	0905	0913	0921	0929	0936	0944	0951	0959	1006	1014	1022	1030	1038	1046	1054	1101
Clerkenwell Green	0854	0902	0911	0919	0927	0935	0942	0950	0957	1006	1013	1021	1029	1037	1045	1053	1101	1108
Holborn Bloomsbury Square	0902	0911	0920	0928	0936	0944	0951	0959	1006	1015	1022	1030	1038	1046	1054	1102	1110	1117
Tottenham Ct.Rd.Stn.New Oxford St.	0906	0915	0924	0932	0940	0948	0955	1003	1010	1019	1026	1034	1042	1050	1058	1107	1115	1122
Oxford Circus Oxford St./Gt. T'fld St.	0911	0920	0929	0937	0945	0953	1000	1009	1016	1025	1032	1040	1048	1056	1105	1114	1122	1129
Walthamstow Central Station	1019	1027	1034	1042	1048	1055	1102	1109	1116	1124	1131	1139	1146	1154	1201	1209	1216	1224
Leyton Baker's Arms	1029	1037	1044	1052	1059	1106	1113	1120	1127	1135	1142	1150	1157	1205	1212	1220	1227	1235
Lea Bridge Road Markhouse Road	1031	1039	1046	1054	1101	1108	1115	1122	1129	1137	1144	1152	1159	1207	1214	1222	1229	1237
Clapton Pond	1040	1048	1055	1103	1110	1118	1125	1132	1139	1147	1154	1203	1210	1218	1225	1233	1240	1248
Hackney Central Station Amhurst Rd.	1048	1056	1104	1112	1119	1127	1134	1141	1148	1156	1203	1212	1219	1227	1234	1242	1249	1257
Cambridge Heath Station	1057	1105	1113	1121	1128	1136	1143	1150	1157	1205	1212	1221	1228	1236	1243	1251	1258	1306
Shoreditch Church (Hackney Road)	1105	1113	1121	1129	1136	1144	1151	1158	1205	1213	1220	1229	1236	1244	1251	1259	1306	1315
Old Street Station Old Street	1109	1117	1125	1133	1140	1148	1155	1202	1209	1217	1224	1233	1240	1248	1255	1303	1310	1319
Clerkenwell Green	1116	1124	1132	1140	1147	1155	1202	1210	1217	1225	1232	1241	1248	1256	1303	1311	1318	1327
Holborn Bloomsbury Square	1125	1133	1141	1149	1156	1204	1211	1219	1226	1234	1241	1250	1257	1305	1312	1320	1327	1336
Tottenham Ct.Rd.Stn.New Oxford St.	1130	1138	1146	1154	1201	1209	1216	1224	1231	1239	1246	1255	1302	1310	1317	1325	1332	1341
Oxford Circus Oxford St./Gt. T'fld St.	1137	1145	1153	1202	1209	1217	1224	1232	1239	1247	1254	1303	1310	1318	1325	1333	1340	1349
Walthamstow Central Station	1231	1239	1245	1253	1300	1308	1315	1323	1330	1337	1345	1352	1359	1406	1414	1421	1429	1436
Leyton Baker's Arms	1242	1250	1257	1305	1312	1320	1327	1335	1342	1349	1357	1404	1412	1419	1427	1434	1442	1449
Lea Bridge Road Markhouse Road	1244	1252	1259	1307	1314	1322	1329	1337	1344	1351	1359	1406	1414	1421	1429	1436	1444	1451
Clapton Pond	1255	1303	1310	1318	1325	1333	1340	1348	1355	1402	1410	1417	1425	1432	1440	1447	1455	1502
Hackney Central Station Amhurst Rd.	1304	1312	1319	1327	1334	1342	1349	1357	1404	1411	1419	1426	1434	1441	1449	1456	1504	1511
Cambridge Heath Station	1313	1321	1328	1336	1343	1351	1358	1406	1413	1420	1428	1435	1443	1450	1458	1505	1513	1520
Shoreditch Church (Hackney Road)	1322	1330	1337	1345	1352	1400	1407	1415	1422	1429	1437	1444	1452	1459	1507	1514	1522	1529
Old Street Station Old Street	1326	1334	1341	1349	1356	1404	1411	1419	1426	1433	1441	1448	1456	1503	1511	1518	1526	1533
Clerkenwell Green	1334	1342	1349	1357	1403	1411	1418	1426	1433	1440	1448	1455	1503	1510	1518	1525	1533	1540
Holborn Bloomsbury Square	1343	1351	1358	1406	1412	1420	1427	1435	1442	1449	1457	1504	1512	1519	1527	1534	1542	1549
Tottenham Ct.Rd.Stn.New Oxford St.	1348	1356	1403	1411	1417	1425	1432	1440	1447	1454	1502	1509	1517	1524	1532	1539	1547	1554
Oxford Circus Oxford St./Gt. T'fld St.	1356	1404	1411	1420	1427	1435	1442	1450	1457	1504	1512	1519	1527	1534	1542	1549	1557	1604
Walthamstow Central Station	1444	1451	1459	1506	1514	1521	1529	1537	1544	1551	1559	1606	1614	1621	1629	1636	1644	1651
Leyton Baker's Arms	1457	1504	1512	1519	1527	1534	1542	1549	1557	1604	1612	1619	1627	1634	1642	1649	1657	1704
Lea Bridge Road Markhouse Road	1459	1506	1514	1521	1529	1536	1544	1551	1559	1606	1614	1621	1629	1636	1644	1651	1659	1706
Clapton Pond	1510	1517	1525	1532	1540	1547	1555	1602	1610	1617	1625	1632	1640	1647	1655	1702	1710	1717
Hackney Central Station Amhurst Rd.	1519	1526	1534	1541	1549	1556	1604	1611	1619	1626	1634	1641	1649	1656	1704	1711	1719	1726
Cambridge Heath Station	1528	1535	1543	1550	1558	1605	1613	1620	1628	1635	1643	1650	1658	1705	1713	1720	1728	1735
Shoreditch Church (Hackney Road)	1537	1544	1552	1559	1607	1614	1622	1629	1637	1644	1652	1659	1707	1714	1722	1729	1737	1744
Old Street Station Old Street	1541	1548	1556	1603	1611	1618	1626	1633	1641	1648	1656	1703	1711	1718	1726	1733	1741	1748
Clerkenwell Green	1548	1555	1603	1610	1618	1625	1633	1640	1648	1655	1703	1710	1718	1725	1733	1740	1748	1755
Holborn Bloomsbury Square	1557	1604	1612	1619	1627	1634	1642	1649	1657	1704	1712	1719	1727	1734	1742	1749	1757	1804
Tottenham Ct.Rd.Stn.New Oxford St.	1602	1609	1617	1624	1632	1639	1647	1654	1702	1709	1717	1724	1732	1739	1747	1754	1802	1809
Oxford Circus Oxford St./Gt. T'fld St.	1612	1619	1627	1634	1642	1649	1657	1704	1712	1719	1727	1734	1742	1749	1757	1804	1812	1819

55	Saturdays (also Good Friday) (cont.)																	
Walthamstow Central Station	1659	1706	1714	1721	1729	1736	1744	1752	1800	1808	1816	1824	1832	1840	1850	1901	1912	1922
Leyton Baker's Arms	1712	1719	1727	1734	1742	1749	1757	1805	1813	1821	1829	1837	1845	1853	1903	1913	1923	1933
Lea Bridge Road Markhouse Road	1714	1721	1729	1736	1744	1751	1759	1807	1815	1823	1831	1839	1847	1855	1905	1915	1925	1935
Clapton Pond	1725	1732	1740	1747	1755	1802	1810	1818	1826	1834	1842	1850	1858	1906	1916	1926	1936	1946
Hackney Central Station Amhurst Rd.	1734	1741	1749	1756	1804	1811	1819	1827	1835	1843	1851	1859	1907	1915	1925	1935	1945	1955
Cambridge Heath Station	1743	1750	1758	1805	1813	1820	1828	1836	1844	1852	1900	1908	1916	1924	1934	1944	1954	2004
Shoreditch Church (Hackney Road)	1752	1759	1807	1814	1821	1828	1836	1844	1852	1900	1908	1916	1924	1932	1942	1952	2002	2011
Old Street Station Old Street	1756	1803	1811	1818	1825	1832	1840	1848	1856	1904	1912	1920	1928	1936	1946	1956	2006	2015
Clerkenwell Green	1803	1810	1818	1825	1832	1839	1847	1855	1903	1911	1919	1927	1935	1943	1953	2003	2013	2022
Holborn Bloomsbury Square	1812	1819	1827	1834	1841	1848	1856	1904	1912	1920	1928	1936	1944	1952	2002	2012	2022	2031
Tottenham Ct.Rd.Stn.New Oxford St.	1817	1824	1832	1839	1846	1853	1901	1909	1917	1925	1933	1941	1949	1957	2007	2017	2027	2036
Oxford Circus Oxford St./Gt. T'fld St.	1827	1834	1841	1848	1855	1902	1910	1918	1926	1934	1942	1949	1958	2005	2015	2025	2035	2044
Walthamstow Central Station	1932	1942	1952	2002	2013	2023	2033	2043	2053	2103	2113	2123	2133	2143	2153	2203	2213	2223
Leyton Baker's Arms	1943	1953	2003	2013	2023	2033	2043	2053	2103	2113	2123	2133	2143	2152	2202	2212	2222	2232
Lea Bridge Road Markhouse Road	1945	1955	2005	2015	2025	2035	2045	2055	2105	2115	2125	2135	2145	2154	2204	2214	2224	2234
Clapton Pond	1956	2005	2015	2025	2035	2045	2054	2104	2113	2122	2132	2142	2152	2201	2211	2221	2231	2241
Hackney Central Station Amhurst Rd.	2004	2013	2023	2033	2043	2053	2102	2112	2121	2130	2140	2150	2200	2209	2219	2229	2239	2249
Cambridge Heath Station	2013	2022	2032	2042	2052	2102	2111	2121	2130	2139	2149	2159	2209	2218	2228	2238	2248	2258
Shoreditch Church (Hackney Road)	2020	2029	2039	2049	2059	2109	2118	2128	2137	2146	2156	2206	2216	2225	2235	2245	2255	2305
Old Street Station Old Street	2024	2033	2043	2053	2103	2113	2122	2132	2141	2150	2200	2210	2220	2229	2239	2249	2300	2310
Clerkenwell Green	2031	2040	2050	2100	2110	2120	2129	2139	2148	2157	2207	2217	2227	2236	2246	2256	2307	2317
Holborn Bloomsbury Square	2040	2049	2059	2108	2118	2128	2137	2147	2156	2205	2215	2225	2235	2244	2254	2304	2315	2325
Tottenham Ct.Rd.Stn.New Oxford St.	2045	2054	2103	2112	2122	2131	2140	2150	2159	2208	2218	2228	2238	2247	2257	2307	2318	2328
Oxford Circus Oxford St./Gt. T'fld St.	2053	2102	2111	2120	2130	2139	2148	2158	2207	2216	2226	2236	2246	2255	2305	2315	2326	2336
Walthamstow Central Station	2233	2243	2253	2303	2313	2324	2334	2345	2355									
Leyton Baker's Arms	2242	2252	2302	2311	2321	2331	2341	2351	0000									
Lea Bridge Road Markhouse Road	2244	2254	2304	2313	2323	2333	2343	2353	0002									
Clapton Pond	2251	2301	2311	2320	2330	2340	2350	2359	0008									
Hackney Central Station Amhurst Rd.	2259	2309	2319	2328	2338	2348	2357	0006	0015									
Cambridge Heath Station	2308	2318	2328	2337	2347	2357	0006	0015	0024									
Shoreditch Church (Hackney Road)	2316	2326	2336	2345	2355	0006	0015	0024	0033									
Old Street Station Old Street	2321	2331	2341	2350	0000	0011	0020	0029	0038									
Clerkenwell Green	2328	2338	2348	2357	0007	0017	0026	0035	0044									
Holborn Bloomsbury Square	2336	2346	2356	0004	0014	0024	0033	0042	0051									
Tottenham Ct.Rd.Stn.New Oxford St.	2339	2349	2359	0007	0017	0027	0036	0045	0054									
Oxford Circus Oxford St./Gt. T'fld St.	2347	2357	0007	0015	0025	0035	0044	0053	0101									
55	Sundays and other Public Holidays (except Christmas Day)																	
Walthamstow Central Station	0450	0505	0520	0535	0550	0604	0619	0631	0643	0655	0706	0717	0728	0740	0751	0801	0811	0820
Leyton Baker's Arms	0455	0510	0525	0540	0555	0610	0625	0637	0649	0701	0712	0723	0734	0746	0757	0807	0817	0826
Lea Bridge Road Markhouse Road	0457	0512	0527	0542	0557	0612	0627	0639	0651	0703	0714	0725	0736	0748	0800	0810	0820	0829
Clapton Pond	0502	0517	0532	0547	0603	0618	0633	0645	0657	0709	0720	0731	0742	0754	0807	0817	0827	0836
Hackney Central Station Amhurst Rd.	0506	0521	0536	0551	0607	0622	0637	0649	0701	0713	0724	0735	0746	0759	0812	0822	0832	0842
Cambridge Heath Station	0512	0527	0542	0557	0613	0628	0643	0655	0707	0719	0730	0742	0754	0807	0820	0830	0840	0850
Shoreditch Church (Hackney Road)	0517	0532	0547	0602	0618	0633	0648	0700	0712	0724	0736	0748	0800	0813	0826	0836	0846	0856
Old Street Station Old Street	0520	0535	0550	0606	0622	0637	0652	0704	0716	0728	0740	0752	0804	0817	0830	0840	0850	0859
Clerkenwell Green	0525	0540	0555	0610	0626	0641	0656	0708	0720	0733	0745	0757	0809	0822	0835	0845	0855	0905
Holborn Bloomsbury Square	0529	0544	0600	0615	0631	0646	0701	0713	0725	0738	0750	0802	0814	0827	0840	0850	0901	0912
Tottenham Ct.Rd.Stn.New Oxford St.	0532	0547	0603	0618	0634	0649	0704	0716	0728	0741	0753	0805	0817	0830	0843	0853	0905	0916
Oxford Circus Oxford St./Gt. T'fld St.	0535	0550	0606	0621	0637	0652	0707	0719	0731	0744	0756	0808	0820	0833	0846	0858	0911	0922
Walthamstow Central Station	0829	0837	0846	0856	0906	0916	0925	0934	0943	0951	1000	1010	1019	1029	1037	1046	1055	1105
Leyton Baker's Arms	0835	0844	0853	0903	0913	0923	0932	0941	0950	0959	1009	1019	1028	1038	1046	1055	1105	1115
Lea Bridge Road Markhouse Road	0838	0847	0856	0906	0916	0926	0935	0944	0953	1002	1012	1022	1031	1041	1049	1058	1108	1118
Clapton Pond	0845	0854	0904	0914	0924	0934	0943	0952	1001	1010	1020	1030	1039	1049	1058	1107	1117	1127
Hackney Central Station Amhurst Rd.	0851	0901	0911	0921	0931	0941	0950	0959	1008	1017	1027	1037	1046	1056	1106	1115	1125	1135
Cambridge Heath Station	0859	0909	0919	0929	0939	0949	0958	1008	1017	1026	1036	1046	1055	1105	1115	1124	1134	1144
Shoreditch Church (Hackney Road)	0906	0916	0926	0936	0946	0956	1006	1016	1025	1034	1044	1054	1104	1114	1124	1133	1143	1153
Old Street Station Old Street	0909	0919	0929	0939	0949	0959	1010	1020	1029	1038	1048	1058	1108	1118	1128	1137	1147	1157
Clerkenwell Green	0915	0925	0935	0945	0956	1006	1017	1027	1036	1045	1055	1105	1115	1125	1135	1144	1154	1205
Holborn Bloomsbury Square	0922	0932	0942	0952	1004	1015	1026	1036	1045	1054	1104	1114	1124	1134	1144	1153	1204	1215
Tottenham Ct.Rd.Stn.New Oxford St.	0926	0936	0946	0956	1008	1019	1030	1040	1049	1058	1108	1118	1128	1138	1148	1157	1208	1219
Oxford Circus Oxford St./Gt. T'fld St.	0932	0942	0952	1003	1015	1026	1037	1047	1056	1106	1116	1126	1136	1146	1156	1206	1217	1228

55	Sundays and other Public Holidays (except Christmas Day) (cont.)																		
Walthamstow Central Station	1114	1122	1130	1138	1148	1157	1207	1217	1226	1235	1245	1255	1305	1316	1326	1336	1346	1357	
Leyton Baker's Arms	1124	1132	1140	1148	1158	1208	1218	1228	1237	1246	1256	1306	1316	1327	1337	1347	1357	1408	
Lea Bridge Road Markhouse Road	1127	1135	1143	1151	1201	1211	1221	1231	1240	1249	1259	1309	1319	1330	1340	1350	1400	1411	
Clapton Pond	1136	1144	1152	1200	1210	1220	1230	1240	1250	1300	1310	1320	1330	1341	1351	1401	1411	1422	
Hackney Central Station Amhurst Rd.	1144	1152	1200	1209	1219	1229	1239	1249	1259	1309	1319	1329	1339	1350	1400	1410	1420	1431	
Cambridge Heath Station	1153	1201	1210	1219	1229	1239	1249	1259	1309	1319	1329	1339	1349	1400	1410	1420	1430	1441	
Shoreditch Church (Hackney Road)	1202	1211	1220	1229	1239	1249	1259	1309	1319	1329	1339	1349	1359	1410	1420	1430	1440	1451	
Old Street Station Old Street	1206	1215	1224	1233	1243	1253	1303	1313	1323	1333	1343	1353	1403	1414	1424	1434	1444	1455	
Clerkenwell Green	1214	1223	1232	1241	1251	1301	1311	1321	1331	1341	1351	1401	1411	1422	1432	1442	1452	1502	
Holborn Bloomsbury Square	1224	1233	1242	1251	1301	1311	1321	1331	1341	1351	1401	1411	1421	1432	1442	1452	1502	1512	
Tottenham Ct.Rd.Stn.New Oxford St.	1228	1237	1246	1255	1305	1315	1325	1335	1345	1355	1405	1415	1425	1436	1446	1456	1506	1516	
Oxford Circus Oxford St./Gt. T'fld St.	1237	1246	1255	1304	1314	1324	1334	1344	1354	1404	1414	1424	1434	1445	1455	1505	1515	1525	
Walthamstow Central Station	1407	Then every 10 minutes until	1537 1547 1558 1609 1620 1631 1641 1651 1701 1712 1723 1734 1745 1756 1807																
Leyton Baker's Arms	1418		1548 1558 1609 1620 1631 1642 1652 1702 1712 1722 1732 1743 1754 1805 1816																
Lea Bridge Road Markhouse Road	1421		1551 1601 1612 1623 1634 1645 1655 1705 1715 1725 1736 1747 1757 1808 1819																
Clapton Pond	1432		1602 1613 1624 1635 1646 1657 1707 1717 1727 1737 1748 1758 1807 1818 1829																
Hackney Central Station Amhurst Rd.	1441		1611 1622 1633 1644 1655 1706 1716 1726 1736 1746 1756 1806 1815 1826 1837																
Cambridge Heath Station	1451		1621 1632 1643 1654 1704 1715 1725 1735 1745 1755 1805 1815 1824 1835 1846																
Shoreditch Church (Hackney Road)	1501		1631 1642 1652 1702 1712 1723 1733 1743 1753 1803 1813 1823 1832 1843 1854																
Old Street Station Old Street	1505		1635 1646 1656 1706 1716 1727 1737 1747 1757 1807 1817 1827 1836 1847 1857																
Clerkenwell Green	1512		1642 1653 1703 1713 1723 1734 1744 1754 1804 1814 1824 1834 1843 1854 1903																
Holborn Bloomsbury Square	1522		1652 1702 1712 1722 1732 1743 1753 1803 1813 1823 1833 1843 1852 1901 1910																
Tottenham Ct.Rd.Stn.New Oxford St.	1526		1656 1706 1716 1726 1736 1747 1757 1807 1817 1827 1837 1847 1856 1905 1914																
Oxford Circus Oxford St./Gt. T'fld St.	1535		1705 1715 1725 1735 1745 1755 1805 1815 1825 1835 1845 1855 1903 1912 1921																
Walthamstow Central Station	1818	1829	1840	1850	1900	1910	1920	1930	1940	1951	2002	2012	2022	2032	2042	2052	2102	2112	
Leyton Baker's Arms	1827	1838	1849	1859	1909	1919	1929	1939	1949	1959	2010	2020	2030	2040	2050	2100	2110	2120	
Lea Bridge Road Markhouse Road	1830	1841	1852	1902	1912	1922	1932	1942	1952	2002	2013	2023	2033	2043	2053	2103	2113	2123	
Clapton Pond	1840	1851	1902	1912	1922	1932	1942	1952	2002	2010	2021	2031	2041	2051	2101	2110	2120	2130	
Hackney Central Station Amhurst Rd.	1848	1859	1909	1919	1929	1939	1949	1959	2007	2015	2026	2036	2046	2056	2106	2115	2125	2135	
Cambridge Heath Station	1857	1907	1917	1927	1937	1947	1957	2007	2015	2023	2034	2044	2054	2104	2114	2123	2133	2143	
Shoreditch Church (Hackney Road)	1904	1914	1924	1934	1944	1954	2003	2013	2021	2029	2040	2050	2100	2110	2120	2129	2139	2149	
Old Street Station Old Street	1907	1917	1927	1937	1947	1957	2006	2016	2024	2032	2043	2053	2103	2113	2123	2132	2142	2152	
Clerkenwell Green	1913	1923	1933	1943	1953	2002	2011	2021	2029	2037	2048	2058	2108	2118	2128	2137	2147	2157	
Holborn Bloomsbury Square	1920	1930	1940	1950	1959	2008	2017	2027	2035	2043	2054	2103	2112	2122	2132	2141	2151	2201	
Tottenham Ct.Rd.Stn.New Oxford St.	1924	1934	1944	1954	2003	2012	2021	2031	2039	2047	2057	2106	2115	2125	2135	2144	2154	2204	
Oxford Circus Oxford St./Gt. T'fld St.	1931	1941	1951	2001	2010	2019	2028	2037	2045	2053	2102	2110	2119	2129	2139	2149	2159	2209	
Walthamstow Central Station	2122	2132	2142	2152	2202	2212	2222	2232	2243	2253	2304	2314	2324	2335	2345	2355			
Leyton Baker's Arms	2129	2139	2149	2159	2209	2219	2229	2239	2250	2300	2310	2320	2330	2340	2350	0000			
Lea Bridge Road Markhouse Road	2132	2142	2152	2201	2211	2221	2231	2241	2252	2302	2312	2322	2332	2342	2352	0002			
Clapton Pond	2139	2149	2158	2207	2217	2227	2237	2247	2258	2308	2318	2328	2338	2348	2358	0008			
Hackney Central Station Amhurst Rd.	2144	2154	2203	2212	2222	2232	2242	2252	2302	2312	2322	2332	2342	2352	0002	0012			
Cambridge Heath Station	2152	2201	2210	2219	2229	2239	2249	2259	2308	2318	2328	2338	2348	2358	0008	0018			
Shoreditch Church (Hackney Road)	2158	2207	2216	2225	2235	2245	2255	2305	2314	2324	2334	2344	2354	0004	0014	0024			
Old Street Station Old Street	2201	2210	2219	2228	2238	2248	2258	2308	2317	2327	2337	2347	2357	0007	0017	0027			
Clerkenwell Green	2206	2215	2224	2233	2243	2253	2303	2313	2322	2332	2342	2352	0002	0012	0022	0032			
Holborn Bloomsbury Square	2210	2220	2229	2238	2248	2258	2307	2317	2326	2336	2346	2356	0006	0016	0026	0036			
Tottenham Ct.Rd.Stn.New Oxford St.	2213	2223	2232	2241	2251	2301	2310	2320	2329	2339	2349	2359	0009	0019	0029	0039			
Oxford Circus Oxford St./Gt. T'fld St.	2218	2228	2237	2246	2255	2305	2314	2324	2333	2343	2353	0003	0013	0023	0033	0043			

55	Mondays to Thursdays																	
Oxford Circus Holles Street	0455	0510	0525	0540	0555	0610	0620	0629	0639	0647	0653	0659	0706	0712	0718	0725	0730	0735
Tottenham Ct.Rd.Stn.New Oxford St.	0459	0514	0529	0544	0559	0615	0625	0634	0644	0652	0658	0704	0711	0717	0723	0730	0735	0740
Holborn Bloomsbury Square	0502	0517	0532	0547	0602	0618	0628	0637	0647	0655	0702	0708	0715	0721	0727	0734	0739	0744
Clerkenwell Road St John's Square	0507	0522	0537	0552	0607	0624	0634	0643	0653	0701	0709	0715	0722	0728	0734	0741	0746	0751
Old Street Station Old Street	0511	0526	0541	0556	0612	0629	0639	0648	0658	0707	0715	0721	0728	0734	0740	0747	0752	0757
Shoreditch Church (Old Street)	0513	0528	0543	0558	0614	0631	0641	0650	0701	0710	0718	0724	0731	0737	0743	0750	0755	0800
Cambridge Heath Station	0517	0532	0548	0603	0619	0636	0646	0655	0706	0715	0723	0729	0736	0742	0748	0755	0801	0807
Hackney Central Station Amhurst Rd.	0523	0538	0554	0610	0626	0643	0653	0702	0714	0723	0731	0737	0744	0750	0756	0803	0810	0816
Clapton Pond	0528	0543	0559	0615	0631	0648	0658	0709	0721	0730	0738	0744	0751	0757	0804	0811	0818	0824
Lea Bridge Road Markhouse Road	0534	0550	0606	0622	0638	0655	0706	0718	0730	0739	0747	0753	0800	0807	0814	0821	0828	0834
Leyton Baker's Arms	0536	0552	0608	0624	0640	0657	0710	0722	0734	0743	0751	0757	0804	0811	0818	0825	0832	0838
Walthamstow Central Station	0541	0557	0614	0630	0647	0704	0717	0729	0742	0751	0800	0806	0813	0820	0827	0834	0841	0847
Oxford Circus Holles Street	0741	0746	0752	0758	0803	0809	0814	0820	0827	0833	0840	0846	0853	0900	0906	0913	0920	0926
Tottenham Ct.Rd.Stn.New Oxford St.	0746	0751	0757	0803	0809	0816	0822	0828	0835	0841	0848	0854	0901	0908	0915	0923	0930	0936
Holborn Bloomsbury Square	0750	0755	0801	0807	0813	0820	0826	0832	0839	0845	0852	0859	0906	0913	0920	0928	0935	0942
Clerkenwell Road St John's Square	0757	0803	0810	0817	0823	0830	0836	0842	0849	0856	0903	0910	0917	0924	0931	0939	0946	0953
Old Street Station Old Street	0804	0810	0817	0824	0830	0837	0843	0849	0856	0903	0910	0917	0924	0931	0938	0946	0953	1000
Shoreditch Church (Old Street)	0807	0813	0820	0827	0833	0840	0846	0852	0859	0906	0913	0920	0927	0934	0941	0949	0956	1003
Cambridge Heath Station	0814	0820	0827	0834	0840	0847	0853	0859	0906	0913	0920	0927	0934	0941	0948	0956	1003	1010
Hackney Central Station Amhurst Rd.	0823	0829	0836	0843	0849	0856	0902	0909	0916	0923	0930	0937	0944	0951	0958	1006	1013	1020
Clapton Pond	0831	0837	0844	0851	0857	0904	0910	0917	0924	0931	0938	0945	0952	0959	1006	1014	1021	1028
Lea Bridge Road Markhouse Road	0841	0847	0854	0901	0907	0914	0920	0926	0933	0940	0947	0954	1001	1008	1014	1022	1029	1036
Leyton Baker's Arms	0845	0851	0858	0905	0911	0918	0924	0930	0937	0944	0951	0958	1005	1012	1018	1026	1033	1040
Walthamstow Central Station	0854	0900	0907	0914	0920	0927	0933	0939	0946	0953	1000	1007	1014	1021	1027	1035	1042	1049
Oxford Circus Holles Street	0933	0940	0947	0954	1001	1007	1013	1020	1026	1033	1040	1046	1053	1100	1106	1113	1120	1126
Tottenham Ct.Rd.Stn.New Oxford St.	0943	0951	0959	1006	1014	1021	1027	1034	1040	1047	1054	1100	1107	1114	1120	1127	1134	1140
Holborn Bloomsbury Square	0949	0957	1005	1012	1020	1027	1033	1040	1046	1053	1100	1106	1113	1120	1126	1133	1140	1146
Clerkenwell Road St John's Square	1000	1007	1015	1022	1030	1037	1043	1050	1056	1103	1110	1116	1123	1130	1136	1143	1150	1156
Old Street Station Old Street	1007	1015	1023	1030	1038	1045	1051	1058	1104	1111	1118	1124	1131	1138	1144	1151	1158	1204
Shoreditch Church (Old Street)	1010	1018	1026	1033	1041	1048	1054	1101	1107	1114	1121	1127	1134	1141	1147	1154	1201	1208
Cambridge Heath Station	1017	1024	1032	1039	1047	1054	1100	1108	1114	1121	1128	1134	1141	1148	1154	1201	1208	1215
Hackney Central Station Amhurst Rd.	1027	1034	1042	1049	1057	1104	1110	1118	1124	1131	1138	1144	1151	1158	1204	1211	1219	1226
Clapton Pond	1035	1042	1050	1057	1105	1112	1118	1126	1132	1139	1146	1152	1159	1206	1212	1219	1227	1234
Lea Bridge Road Markhouse Road	1043	1050	1058	1105	1113	1120	1126	1134	1140	1147	1154	1200	1207	1214	1221	1228	1236	1243
Leyton Baker's Arms	1047	1054	1102	1109	1117	1124	1130	1138	1145	1152	1159	1205	1212	1219	1226	1233	1241	1248
Walthamstow Central Station	1056	1103	1111	1118	1126	1133	1139	1147	1154	1201	1208	1214	1221	1228	1235	1242	1250	1257
Oxford Circus Holles Street	1133	1140	1146	1153	1200	1206	1213	1220	1226	1233	1240	1247	1254	1301	1307	1314	1321	1327
Tottenham Ct.Rd.Stn.New Oxford St.	1147	1154	1200	1207	1215	1222	1229	1236	1242	1249	1256	1303	1310	1316	1322	1329	1336	1342
Holborn Bloomsbury Square	1153	1200	1207	1214	1222	1229	1236	1243	1249	1256	1303	1310	1317	1323	1329	1336	1343	1349
Clerkenwell Road St John's Square	1203	1210	1217	1224	1232	1239	1246	1253	1259	1306	1313	1320	1327	1333	1339	1346	1353	1359
Old Street Station Old Street	1211	1218	1225	1232	1240	1247	1254	1301	1307	1314	1321	1328	1335	1341	1347	1354	1401	1407
Shoreditch Church (Old Street)	1215	1222	1229	1236	1244	1251	1258	1305	1311	1318	1325	1332	1339	1345	1351	1358	1405	1411
Cambridge Heath Station	1222	1229	1236	1243	1251	1258	1305	1312	1318	1325	1332	1339	1346	1352	1359	1406	1413	1419
Hackney Central Station Amhurst Rd.	1233	1240	1247	1254	1302	1309	1316	1323	1329	1336	1343	1350	1357	1404	1411	1418	1425	1431
Clapton Pond	1241	1248	1255	1302	1310	1317	1324	1331	1337	1344	1351	1358	1405	1412	1419	1426	1433	1439
Lea Bridge Road Markhouse Road	1250	1257	1304	1311	1319	1326	1333	1340	1347	1354	1401	1408	1415	1422	1429	1436	1443	1450
Leyton Baker's Arms	1255	1302	1309	1316	1324	1331	1338	1345	1352	1359	1406	1414	1421	1428	1435	1442	1449	1456
Walthamstow Central Station	1304	1311	1318	1325	1333	1340	1347	1355	1402	1409	1416	1424	1431	1439	1446	1453	1501	1508
Oxford Circus Holles Street	1334	1341	1347	1354	1400	1406	1413	1419	1426	1432	1439	1445	1452	1458	1505	1512	1518	1525
Tottenham Ct.Rd.Stn.New Oxford St.	1349	1356	1402	1409	1415	1421	1428	1434	1441	1447	1454	1500	1507	1513	1520	1527	1533	1540
Holborn Bloomsbury Square	1356	1402	1408	1415	1421	1427	1434	1440	1447	1453	1500	1505	1512	1518	1525	1532	1538	1545
Clerkenwell Road St John's Square	1406	1413	1419	1426	1432	1438	1445	1451	1458	1504	1511	1516	1523	1529	1536	1543	1549	1556
Old Street Station Old Street	1414	1421	1427	1434	1440	1446	1453	1459	1506	1512	1519	1524	1531	1537	1544	1551	1557	1604
Shoreditch Church (Old Street)	1418	1425	1431	1438	1444	1450	1457	1503	1510	1517	1524	1529	1536	1542	1549	1556	1602	1609
Cambridge Heath Station	1426	1433	1439	1446	1452	1458	1505	1512	1519	1526	1533	1538	1545	1551	1558	1605	1612	1619
Hackney Central Station Amhurst Rd.	1438	1445	1451	1458	1505	1511	1518	1525	1532	1539	1546	1551	1558	1605	1612	1619	1626	1633
Clapton Pond	1446	1453	1500	1507	1514	1520	1527	1534	1541	1548	1555	1600	1607	1614	1621	1628	1635	1642
Lea Bridge Road Markhouse Road	1457	1504	1511	1518	1525	1531	1538	1545	1552	1559	1606	1612	1619	1626	1633	1640	1647	1654
Leyton Baker's Arms	1503	1510	1517	1524	1531	1537	1544	1551	1558	1605	1612	1619	1626	1633	1640	1647	1654	1701
Walthamstow Central Station	1515	1522	1529	1536	1543	1550	1557	1604	1611	1618	1625	1632	1639	1646	1653	1700	1707	1713

55	Mondays to Thursdays (cont.)																	
Oxford Circus <i>Holles Street</i>	1531	1538	1545	1552	1559	1605	1612	1619	1626	1633	1639	1646	1653	1700	1706	1713	1720	1726
Tottenham Ct.Rd.Stn. <i>New Oxford St.</i>	1546	1553	1559	1606	1612	1618	1624	1631	1638	1645	1651	1658	1705	1712	1719	1726	1733	1739
Holborn <i>Bloomsbury Square</i>	1551	1558	1604	1611	1617	1623	1629	1636	1643	1650	1656	1703	1710	1717	1724	1731	1738	1744
Clerkenwell Road <i>St John's Square</i>	1601	1608	1614	1621	1627	1633	1639	1646	1653	1701	1707	1715	1722	1729	1736	1743	1750	1756
Old Street Station <i>Old Street</i>	1609	1616	1622	1629	1635	1641	1647	1654	1701	1709	1715	1723	1730	1737	1744	1751	1758	1804
Shoreditch Church <i>(Old Street)</i>	1614	1621	1627	1634	1640	1646	1652	1659	1706	1714	1720	1728	1735	1742	1749	1756	1803	1809
Cambridge Heath Station	1624	1631	1637	1644	1650	1656	1702	1709	1716	1724	1730	1738	1745	1752	1758	1805	1811	1817
Hackney Central Station <i>Amhurst Rd.</i>	1638	1645	1651	1658	1704	1710	1716	1723	1730	1738	1744	1752	1758	1805	1811	1818	1824	1830
Clapton Pond	1648	1655	1701	1708	1714	1720	1726	1733	1740	1748	1754	1801	1807	1814	1820	1827	1833	1839
Lea Bridge Road <i>Markhouse Road</i>	1700	1707	1713	1720	1726	1732	1738	1745	1752	1800	1806	1813	1819	1826	1832	1839	1845	1851
Leyton Baker's Arms	1707	1714	1720	1727	1733	1739	1745	1752	1759	1806	1812	1819	1825	1832	1838	1845	1851	1857
Walthamstow Central Station	1719	1725	1731	1737	1743	1749	1755	1802	1809	1815	1821	1828	1834	1841	1847	1853	1859	1905
Oxford Circus <i>Holles Street</i>	1733	1740	1746	1753	1800	1806	1813	1820	1826	1833	1840	1846	1853	1901	1909	1917	1924	1931
Tottenham Ct.Rd.Stn. <i>New Oxford St.</i>	1746	1753	1759	1806	1814	1821	1828	1835	1841	1848	1855	1901	1908	1916	1924	1932	1939	1946
Holborn <i>Bloomsbury Square</i>	1751	1758	1804	1811	1819	1826	1833	1840	1846	1853	1900	1906	1913	1921	1929	1937	1944	1951
Clerkenwell Road <i>St John's Square</i>	1803	1810	1816	1823	1831	1838	1845	1852	1858	1904	1910	1916	1923	1931	1939	1947	1954	2001
Old Street Station <i>Old Street</i>	1811	1818	1824	1831	1839	1846	1853	1900	1906	1912	1918	1924	1931	1939	1947	1955	2002	2008
Shoreditch Church <i>(Old Street)</i>	1816	1823	1829	1836	1844	1851	1858	1905	1911	1917	1923	1929	1936	1944	1952	2000	2006	2012
Cambridge Heath Station	1824	1831	1837	1844	1852	1859	1906	1913	1919	1925	1931	1937	1944	1952	2000	2007	2013	2019
Hackney Central Station <i>Amhurst Rd.</i>	1837	1844	1850	1857	1903	1910	1916	1923	1929	1935	1941	1947	1954	2002	2010	2017	2023	2029
Clapton Pond	1846	1853	1859	1906	1912	1919	1925	1932	1938	1944	1950	1956	2003	2010	2018	2025	2031	2037
Lea Bridge Road <i>Markhouse Road</i>	1858	1904	1910	1916	1922	1929	1935	1942	1948	1954	2000	2005	2012	2019	2026	2033	2039	2045
Leyton Baker's Arms	1903	1909	1915	1921	1926	1933	1939	1946	1952	1958	2004	2009	2016	2023	2030	2037	2043	2049
Walthamstow Central Station	1911	1917	1923	1929	1934	1941	1947	1954	2000	2006	2012	2017	2024	2031	2037	2044	2050	2056
Oxford Circus <i>Holles Street</i>	1938	1945	1953	2001	2008	2016	2024	2032	2040	2048	2056	2106	2116	2126	2136	2146	2156	2206
Tottenham Ct.Rd.Stn. <i>New Oxford St.</i>	1953	2000	2006	2012	2019	2027	2035	2043	2051	2059	2107	2116	2126	2136	2146	2156	2206	2216
Holborn <i>Bloomsbury Square</i>	1958	2005	2011	2017	2024	2032	2040	2048	2056	2104	2112	2121	2131	2141	2151	2201	2210	2220
Clerkenwell Road <i>St John's Square</i>	2008	2014	2020	2026	2033	2041	2049	2057	2105	2112	2120	2129	2139	2149	2159	2209	2218	2228
Old Street Station <i>Old Street</i>	2015	2021	2027	2033	2040	2048	2056	2104	2112	2119	2127	2136	2146	2156	2206	2216	2225	2235
Shoreditch Church <i>(Old Street)</i>	2018	2024	2030	2036	2043	2051	2059	2107	2115	2122	2130	2139	2149	2159	2209	2219	2228	2238
Cambridge Heath Station	2025	2031	2037	2043	2050	2058	2106	2114	2122	2129	2137	2146	2156	2206	2215	2225	2234	2244
Hackney Central Station <i>Amhurst Rd.</i>	2035	2041	2047	2053	2100	2108	2115	2123	2131	2138	2146	2155	2205	2214	2223	2233	2242	2252
Clapton Pond	2043	2049	2055	2100	2107	2114	2121	2129	2137	2144	2152	2201	2211	2220	2229	2239	2248	2258
Lea Bridge Road <i>Markhouse Road</i>	2051	2057	2103	2107	2114	2121	2128	2136	2144	2151	2159	2208	2217	2226	2235	2245	2254	2304
Leyton Baker's Arms	2055	2101	2106	2111	2117	2124	2131	2139	2147	2154	2202	2211	2220	2229	2238	2248	2257	2307
Walthamstow Central Station	2102	2108	2113	2118	2124	2131	2138	2145	2153	2200	2208	2217	2226	2235	2244	2254	2303	2313
Oxford Circus <i>Holles Street</i>	2216	2226	2236	2246	2256	2306	2316	2326	2336	2346	2356	0006	0016	0027	0038	0049	0100	
Tottenham Ct.Rd.Stn. <i>New Oxford St.</i>	2226	2236	2246	2256	2306	2316	2326	2336	2346	2356	0006	0016	0026	0036	0046	0058	0108	
Holborn <i>Bloomsbury Square</i>	2230	2240	2250	2300	2310	2320	2330	2340	2350	0000	0009	0019	0029	0039	0049	0101	0111	
Clerkenwell Road <i>St John's Square</i>	2238	2248	2258	2307	2317	2327	2337	2347	2357	0006	0015	0025	0035	0045	0055	0106	0116	
Old Street Station <i>Old Street</i>	2245	2255	2305	2314	2324	2334	2344	2354	0004	0013	0022	0032	0042	0052	0102	0111	0120	
Shoreditch Church <i>(Old Street)</i>	2248	2258	2308	2317	2327	2337	2347	2357	0007	0016	0025	0035	0045	0055	0105	0114	0123	
Cambridge Heath Station	2254	2304	2313	2322	2332	2342	2352	0002	0011	0020	0029	0039	0049	0059	0109	0118	0127	
Hackney Central Station <i>Amhurst Rd.</i>	2302	2312	2321	2330	2340	2350	0000	0008	0017	0026	0035	0045	0055	0105	0115	0124	0133	
Clapton Pond	2308	2318	2327	2336	2346	2356	0005	0013	0022	0031	0040	0050	0100	0110	0120	0129	0138	
Lea Bridge Road <i>Markhouse Road</i>	2314	2324	2333	2342	2352	0002	0010	0018	0027	0036	0045	0055	0105	0115	0125	0134	0143	
Leyton Baker's Arms	2317	2327	2336	2345	2355	0004	0012	0020	0029	0038	0047	0057	0107	0117	0127	0136	0145	
Walthamstow Central Station	2323	2333	2342	2351	0001	0010	0018	0026	0035	0044	0053	0103	0113	0123	0133	0142	0151	

55	Fridays																	
Oxford Circus Holles Street	0455	0510	0525	0540	0555	0610	0620	0630	0640	0648	0653	0700	0707	0713	0720	0725	0730	0736
Tottenham Ct.Rd.Stn.New Oxford St.	0459	0514	0529	0544	0559	0615	0625	0635	0645	0653	0658	0705	0712	0718	0725	0730	0735	0741
Holborn Bloomsbury Square	0502	0517	0532	0547	0602	0618	0628	0638	0648	0656	0702	0709	0716	0722	0729	0734	0739	0745
Clerkenwell Road St John's Square	0507	0522	0537	0552	0607	0624	0634	0644	0654	0702	0709	0716	0723	0729	0736	0741	0746	0752
Old Street Station Old Street	0511	0526	0541	0556	0612	0629	0639	0649	0659	0708	0715	0722	0729	0735	0742	0747	0752	0758
Shoreditch Church (Old Street)	0513	0528	0543	0558	0614	0631	0641	0651	0702	0711	0718	0725	0732	0738	0745	0750	0755	0801
Cambridge Heath Station	0517	0532	0547	0602	0619	0636	0646	0656	0707	0716	0723	0730	0737	0743	0750	0755	0801	0808
Hackney Central Station Amhurst Rd.	0523	0538	0553	0609	0626	0643	0653	0703	0715	0724	0731	0738	0745	0751	0758	0803	0810	0817
Clapton Pond	0528	0543	0558	0614	0631	0648	0658	0710	0722	0731	0738	0745	0752	0758	0805	0811	0818	0825
Lea Bridge Road Markhouse Road	0534	0549	0604	0621	0638	0655	0706	0719	0731	0740	0747	0754	0801	0808	0815	0821	0828	0835
Leyton Baker's Arms	0536	0551	0606	0623	0640	0657	0710	0723	0735	0744	0751	0758	0805	0812	0819	0825	0832	0839
Walthamstow Central Station	0541	0556	0611	0628	0646	0703	0717	0730	0743	0752	0800	0807	0814	0821	0828	0834	0841	0848
Oxford Circus Holles Street	0741	0747	0753	0759	0805	0811	0817	0822	0828	0834	0840	0847	0853	0859	0906	0913	0920	0927
Tottenham Ct.Rd.Stn.New Oxford St.	0746	0752	0758	0804	0811	0818	0825	0830	0836	0842	0848	0855	0902	0909	0916	0923	0930	0937
Holborn Bloomsbury Square	0750	0756	0802	0808	0815	0822	0829	0834	0840	0846	0852	0859	0907	0914	0921	0928	0935	0942
Clerkenwell Road St John's Square	0757	0804	0811	0818	0825	0832	0839	0844	0850	0856	0903	0910	0918	0925	0932	0939	0946	0953
Old Street Station Old Street	0804	0811	0818	0825	0832	0839	0846	0851	0857	0903	0910	0917	0925	0932	0939	0946	0953	1000
Shoreditch Church (Old Street)	0807	0814	0821	0828	0835	0842	0849	0854	0900	0906	0913	0920	0928	0935	0942	0949	0956	1003
Cambridge Heath Station	0814	0821	0828	0835	0842	0849	0856	0901	0907	0913	0920	0927	0935	0942	0949	0956	1003	1010
Hackney Central Station Amhurst Rd.	0823	0830	0837	0844	0851	0858	0905	0911	0917	0923	0930	0937	0945	0952	0959	1006	1013	1020
Clapton Pond	0831	0838	0845	0852	0859	0906	0913	0919	0925	0931	0938	0945	0953	1000	1007	1014	1021	1028
Lea Bridge Road Markhouse Road	0841	0848	0855	0902	0908	0915	0922	0928	0934	0940	0947	0954	1001	1008	1015	1022	1029	1036
Leyton Baker's Arms	0845	0852	0859	0906	0912	0919	0926	0932	0938	0944	0951	0958	1005	1012	1019	1026	1033	1040
Walthamstow Central Station	0854	0901	0908	0915	0921	0928	0935	0941	0947	0953	1000	1007	1014	1021	1028	1035	1042	1049
Oxford Circus Holles Street	0934	0941	0947	0953	1000	1007	1013	1020	1026	1033	1040	1046	1053	1100	1106	1113	1120	1127
Tottenham Ct.Rd.Stn.New Oxford St.	0944	0951	0958	1005	1013	1020	1027	1034	1040	1047	1054	1100	1107	1114	1120	1127	1134	1141
Holborn Bloomsbury Square	0949	0957	1004	1011	1019	1026	1033	1040	1046	1053	1100	1106	1113	1120	1126	1133	1140	1147
Clerkenwell Road St John's Square	1000	1007	1014	1021	1029	1036	1043	1050	1056	1103	1110	1116	1123	1130	1136	1143	1150	1157
Old Street Station Old Street	1008	1015	1022	1029	1037	1044	1051	1058	1104	1111	1118	1124	1131	1138	1144	1151	1158	1205
Shoreditch Church (Old Street)	1011	1018	1025	1032	1040	1047	1054	1101	1107	1114	1121	1127	1134	1141	1147	1154	1201	1208
Cambridge Heath Station	1017	1024	1031	1038	1046	1053	1100	1108	1114	1121	1128	1134	1141	1148	1154	1201	1208	1215
Hackney Central Station Amhurst Rd.	1027	1034	1041	1048	1056	1103	1110	1118	1124	1131	1138	1144	1151	1158	1204	1211	1219	1226
Clapton Pond	1035	1042	1049	1056	1104	1111	1118	1126	1132	1139	1146	1152	1159	1206	1212	1219	1227	1234
Lea Bridge Road Markhouse Road	1043	1050	1057	1104	1112	1119	1126	1134	1140	1147	1154	1200	1207	1214	1221	1228	1236	1243
Leyton Baker's Arms	1047	1054	1101	1108	1116	1123	1130	1138	1145	1152	1159	1205	1212	1219	1226	1233	1241	1248
Walthamstow Central Station	1056	1103	1110	1117	1125	1132	1139	1147	1154	1201	1208	1214	1221	1228	1235	1242	1250	1257
Oxford Circus Holles Street	1133	1140	1146	1153	1200	1207	1213	1220	1226	1233	1240	1246	1253	1300	1307	1312	1320	1326
Tottenham Ct.Rd.Stn.New Oxford St.	1147	1154	1200	1207	1215	1222	1229	1236	1242	1249	1256	1302	1309	1315	1322	1327	1335	1341
Holborn Bloomsbury Square	1153	1200	1207	1214	1222	1229	1236	1243	1249	1256	1303	1309	1316	1322	1329	1334	1342	1348
Clerkenwell Road St John's Square	1203	1211	1218	1225	1233	1240	1247	1254	1300	1306	1313	1319	1326	1332	1339	1344	1352	1358
Old Street Station Old Street	1211	1219	1226	1233	1241	1248	1255	1302	1308	1314	1321	1327	1334	1340	1347	1352	1400	1406
Shoreditch Church (Old Street)	1215	1223	1230	1237	1245	1252	1259	1306	1312	1318	1325	1331	1338	1344	1351	1356	1404	1410
Cambridge Heath Station	1222	1230	1237	1244	1252	1259	1306	1313	1319	1325	1332	1338	1345	1351	1358	1404	1412	1418
Hackney Central Station Amhurst Rd.	1233	1241	1248	1255	1303	1310	1317	1324	1330	1336	1343	1349	1356	1403	1410	1416	1424	1430
Clapton Pond	1241	1249	1256	1303	1311	1318	1325	1332	1338	1344	1351	1357	1404	1411	1418	1424	1432	1438
Lea Bridge Road Markhouse Road	1250	1258	1305	1312	1320	1327	1334	1341	1347	1353	1400	1407	1414	1421	1428	1434	1442	1449
Leyton Baker's Arms	1255	1303	1310	1317	1325	1332	1339	1346	1352	1359	1406	1413	1420	1427	1434	1440	1448	1455
Walthamstow Central Station	1304	1312	1319	1326	1334	1341	1348	1355	1402	1409	1416	1423	1430	1438	1445	1451	1500	1507
Oxford Circus Holles Street	1333	1340	1346	1353	1400	1407	1413	1419	1425	1431	1438	1445	1452	1459	1504	1511	1519	1526
Tottenham Ct.Rd.Stn.New Oxford St.	1348	1355	1401	1408	1415	1422	1428	1434	1440	1446	1453	1500	1507	1514	1519	1526	1534	1541
Holborn Bloomsbury Square	1355	1402	1407	1414	1421	1428	1434	1440	1446	1451	1458	1505	1512	1519	1524	1531	1539	1546
Clerkenwell Road St John's Square	1405	1412	1418	1425	1432	1439	1445	1451	1457	1502	1509	1516	1523	1530	1535	1542	1550	1557
Old Street Station Old Street	1413	1420	1426	1433	1440	1447	1453	1459	1505	1510	1517	1524	1531	1538	1543	1550	1558	1605
Shoreditch Church (Old Street)	1417	1424	1430	1437	1444	1451	1457	1503	1510	1515	1522	1529	1536	1543	1548	1555	1603	1610
Cambridge Heath Station	1425	1432	1438	1445	1452	1459	1505	1512	1519	1524	1531	1538	1545	1552	1558	1605	1613	1620
Hackney Central Station Amhurst Rd.	1437	1444	1450	1457	1504	1511	1518	1525	1532	1538	1545	1552	1559	1606	1613	1620	1627	1634
Clapton Pond	1445	1452	1459	1506	1513	1520	1527	1534	1541	1547	1554	1601	1608	1615	1622	1629	1636	1643
Lea Bridge Road Markhouse Road	1456	1503	1510	1517	1524	1531	1538	1545	1552	1559	1606	1613	1620	1627	1634	1641	1648	1655
Leyton Baker's Arms	1502	1509	1516	1523	1530	1537	1544	1551	1558	1606	1613	1620	1627	1634	1641	1648	1655	1702
Walthamstow Central Station	1514	1521	1528	1535	1542	1550	1557	1604	1611	1619	1626	1633	1640	1647	1654	1701	1708	1715

55	Fridays (cont.)																	
Oxford Circus <i>Holles Street</i>	1533	1540	1548	1555	1602	1609	1616	1622	1627	1633	1639	1646	1652	1659	1705	1712	1719	1725
Tottenham Ct. <i>Rd.Stn.New Oxford St.</i>	1548	1555	1602	1609	1615	1622	1628	1634	1639	1645	1651	1658	1704	1712	1718	1725	1732	1738
Holborn <i>Bloomsbury Square</i>	1553	1600	1607	1614	1620	1627	1633	1639	1644	1650	1656	1703	1709	1717	1723	1730	1737	1743
Clerkenwell Road <i>St John's Square</i>	1603	1610	1617	1624	1630	1637	1643	1649	1654	1701	1707	1715	1721	1729	1735	1742	1749	1755
Old Street Station <i>Old Street</i>	1611	1618	1625	1632	1638	1645	1651	1657	1702	1709	1715	1723	1729	1737	1743	1750	1757	1803
Shoreditch Church <i>(Old Street)</i>	1616	1623	1630	1637	1643	1650	1656	1702	1707	1714	1720	1728	1734	1742	1748	1755	1802	1808
Cambridge Heath Station	1626	1633	1640	1647	1653	1700	1706	1712	1717	1724	1730	1738	1744	1752	1758	1804	1810	1816
Hackney Central Station <i>Amhurst Rd.</i>	1640	1647	1654	1701	1707	1714	1720	1726	1731	1738	1744	1752	1758	1805	1811	1817	1823	1829
Clapton Pond	1650	1657	1704	1711	1717	1724	1730	1736	1741	1748	1754	1801	1807	1814	1820	1826	1832	1838
Lea Bridge Road <i>Markhouse Road</i>	1702	1709	1716	1723	1729	1736	1742	1748	1753	1800	1806	1813	1819	1826	1832	1838	1844	1850
Leyton Baker's Arms	1709	1716	1723	1730	1736	1743	1749	1755	1800	1806	1812	1819	1825	1832	1838	1844	1850	1856
Walthamstow Central Station	1720	1727	1733	1740	1746	1753	1759	1805	1809	1815	1821	1828	1834	1841	1846	1852	1858	1904
Oxford Circus <i>Holles Street</i>	1732	1739	1745	1752	1759	1805	1812	1819	1825	1832	1839	1845	1852	1859	1906	1913	1921	1929
Tottenham Ct. <i>Rd.Stn.New Oxford St.</i>	1745	1752	1758	1806	1814	1820	1827	1834	1840	1847	1854	1900	1907	1914	1921	1928	1936	1944
Holborn <i>Bloomsbury Square</i>	1750	1757	1803	1811	1819	1825	1832	1839	1845	1852	1859	1905	1912	1919	1926	1933	1941	1949
Clerkenwell Road <i>St John's Square</i>	1802	1809	1815	1823	1831	1837	1844	1851	1857	1904	1911	1917	1923	1930	1937	1944	1952	2000
Old Street Station <i>Old Street</i>	1810	1817	1823	1832	1840	1846	1853	1900	1906	1913	1920	1926	1932	1939	1946	1953	2001	2009
Shoreditch Church <i>(Old Street)</i>	1815	1822	1828	1837	1845	1851	1858	1905	1911	1918	1925	1931	1937	1944	1951	1958	2006	2014
Cambridge Heath Station	1823	1830	1836	1845	1853	1859	1906	1913	1919	1926	1933	1939	1945	1952	1959	2006	2013	2021
Hackney Central Station <i>Amhurst Rd.</i>	1836	1843	1849	1858	1905	1911	1918	1924	1930	1937	1944	1950	1956	2003	2010	2017	2024	2032
Clapton Pond	1845	1852	1858	1907	1914	1920	1927	1933	1939	1946	1953	1959	2006	2013	2020	2027	2034	2042
Lea Bridge Road <i>Markhouse Road</i>	1857	1903	1909	1917	1924	1930	1937	1943	1949	1956	2003	2009	2015	2022	2028	2035	2042	2050
Leyton Baker's Arms	1902	1908	1914	1922	1929	1935	1942	1948	1954	2001	2008	2014	2020	2026	2032	2039	2046	2054
Walthamstow Central Station	1910	1916	1922	1930	1937	1943	1950	1956	2002	2009	2016	2022	2028	2034	2040	2047	2053	2101
Oxford Circus <i>Holles Street</i>	1936	1944	1953	2001	2008	2016	2024	2032	2040	2049	2058	2108	2118	2128	2138	2148	2158	2208
Tottenham Ct. <i>Rd.Stn.New Oxford St.</i>	1951	1959	2008	2016	2023	2031	2039	2047	2055	2104	2112	2122	2132	2142	2151	2201	2211	2221
Holborn <i>Bloomsbury Square</i>	1956	2004	2013	2021	2028	2036	2044	2052	2100	2109	2117	2127	2137	2147	2156	2207	2217	2227
Clerkenwell Road <i>St John's Square</i>	2007	2014	2023	2031	2038	2046	2054	2102	2110	2119	2127	2136	2146	2156	2205	2215	2225	2235
Old Street Station <i>Old Street</i>	2016	2023	2032	2040	2047	2055	2103	2111	2119	2128	2136	2145	2155	2205	2215	2225	2235	2245
Shoreditch Church <i>(Old Street)</i>	2021	2028	2037	2045	2052	2100	2108	2116	2124	2133	2141	2150	2200	2211	2221	2231	2241	2251
Cambridge Heath Station	2028	2035	2044	2052	2059	2107	2115	2123	2131	2140	2148	2158	2209	2220	2230	2240	2250	2300
Hackney Central Station <i>Amhurst Rd.</i>	2039	2046	2055	2103	2110	2118	2125	2133	2141	2150	2158	2208	2219	2229	2239	2249	2259	2309
Clapton Pond	2049	2056	2105	2112	2119	2126	2133	2141	2149	2158	2206	2216	2226	2236	2246	2256	2306	2316
Lea Bridge Road <i>Markhouse Road</i>	2057	2104	2112	2119	2126	2133	2140	2148	2156	2205	2213	2223	2233	2243	2253	2303	2313	2323
Leyton Baker's Arms	2101	2108	2116	2123	2129	2136	2143	2151	2159	2208	2216	2226	2236	2246	2256	2306	2316	2326
Walthamstow Central Station	2108	2115	2123	2130	2136	2143	2150	2158	2206	2215	2223	2233	2243	2253	2303	2313	2322	2332
Oxford Circus <i>Holles Street</i>	2218	2228	2238	2249	2300	2310	2320	2330	2340	2350	0001	0011	0021	0031	0041	0051	0101	
Tottenham Ct. <i>Rd.Stn.New Oxford St.</i>	2231	2241	2251	2302	2313	2323	2333	2343	2353	0003	0012	0022	0032	0042	0052	0102	0112	
Holborn <i>Bloomsbury Square</i>	2237	2247	2257	2308	2319	2329	2339	2349	2359	0008	0017	0027	0037	0047	0057	0107	0117	
Clerkenwell Road <i>St John's Square</i>	2245	2255	2305	2316	2326	2336	2346	2356	0006	0014	0023	0033	0043	0053	0103	0113	0122	
Old Street Station <i>Old Street</i>	2255	2305	2315	2325	2335	2345	2355	0005	0014	0022	0031	0041	0051	0101	0111	0120	0129	
Shoreditch Church <i>(Old Street)</i>	2301	2311	2321	2331	2341	2351	0001	0010	0019	0027	0036	0046	0056	0106	0116	0125	0134	
Cambridge Heath Station	2310	2319	2329	2339	2349	2359	0008	0017	0026	0034	0043	0053	0103	0113	0123	0132	0141	
Hackney Central Station <i>Amhurst Rd.</i>	2319	2328	2338	2348	2358	0008	0016	0025	0034	0042	0051	0101	0111	0121	0131	0140	0149	
Clapton Pond	2326	2335	2345	2355	0005	0014	0022	0031	0040	0048	0057	0107	0117	0127	0137	0146	0155	
Lea Bridge Road <i>Markhouse Road</i>	2333	2342	2352	0002	0011	0020	0028	0037	0046	0054	0103	0113	0123	0133	0143	0152	0201	
Leyton Baker's Arms	2336	2345	2355	0004	0013	0022	0030	0039	0048	0056	0105	0115	0125	0135	0145	0154	0203	
Walthamstow Central Station	2342	2351	0001	0010	0019	0028	0036	0045	0054	0102	0111	0121	0131	0141	0151	0200	0209	

55	Saturdays (also Good Friday)																	
Oxford Circus Holles Street	0455	0510	0525	0540	0555	0610	0625	0640	0655	0707	0719	0729	0739	0749	0759	0809	0819	0827
Tottenham Ct.Rd.Stn.New Oxford St.	0459	0514	0529	0544	0559	0614	0629	0644	0659	0711	0723	0733	0743	0753	0804	0814	0824	0832
Holborn Bloomsbury Square	0502	0517	0532	0547	0602	0617	0632	0647	0702	0714	0726	0736	0746	0756	0807	0817	0827	0835
Clerkenwell Road St John's Square	0507	0522	0537	0552	0607	0622	0637	0652	0707	0719	0731	0741	0751	0801	0813	0823	0833	0841
Old Street Station Old Street	0511	0526	0541	0556	0612	0627	0642	0657	0712	0724	0736	0746	0756	0806	0818	0828	0838	0846
Shoreditch Church (Old Street)	0513	0528	0543	0558	0614	0629	0644	0659	0714	0726	0738	0748	0758	0808	0820	0830	0840	0848
Cambridge Heath Station	0517	0532	0547	0602	0618	0633	0648	0703	0719	0731	0743	0753	0803	0813	0825	0835	0845	0853
Hackney Central Station Amhurst Rd.	0523	0538	0553	0609	0625	0640	0655	0710	0726	0738	0750	0800	0810	0820	0832	0842	0852	0900
Clapton Pond	0528	0543	0558	0614	0630	0645	0700	0716	0732	0744	0756	0806	0816	0826	0838	0848	0858	0906
Lea Bridge Road Markhouse Road	0533	0548	0604	0620	0636	0651	0706	0722	0738	0750	0802	0813	0823	0833	0845	0855	0906	0914
Leyton Baker's Arms	0535	0550	0606	0622	0638	0653	0708	0724	0740	0752	0805	0816	0826	0836	0848	0858	0909	0917
Walthamstow Central Station	0540	0555	0611	0628	0644	0659	0714	0730	0746	0758	0811	0822	0832	0842	0855	0905	0916	0924
Oxford Circus Holles Street	0834	0841	0848	0854	0900	0906	0914	0921	0928	0935	0943	0950	0957	1005	1013	1021	1028	1036
Tottenham Ct.Rd.Stn.New Oxford St.	0839	0846	0853	0859	0907	0914	0922	0929	0936	0943	0951	0958	1006	1014	1022	1030	1037	1045
Holborn Bloomsbury Square	0842	0849	0856	0902	0910	0918	0926	0933	0940	0947	0955	1003	1011	1019	1027	1035	1042	1050
Clerkenwell Road St John's Square	0848	0855	0902	0910	0918	0926	0934	0941	0948	0955	1003	1011	1019	1027	1035	1043	1050	1058
Old Street Station Old Street	0853	0900	0908	0916	0924	0932	0940	0947	0954	1001	1009	1017	1025	1033	1041	1049	1056	1104
Shoreditch Church (Old Street)	0855	0903	0911	0919	0927	0935	0943	0950	0957	1004	1012	1020	1028	1036	1044	1052	1059	1107
Cambridge Heath Station	0900	0908	0916	0924	0932	0940	0948	0955	1002	1010	1018	1026	1034	1042	1050	1058	1105	1113
Hackney Central Station Amhurst Rd.	0908	0916	0924	0932	0940	0948	0956	1003	1011	1019	1027	1035	1043	1051	1059	1107	1115	1123
Clapton Pond	0914	0922	0930	0938	0946	0954	1002	1010	1018	1026	1034	1042	1050	1058	1107	1115	1123	1131
Lea Bridge Road Markhouse Road	0922	0930	0938	0946	0954	1002	1010	1018	1026	1034	1042	1050	1058	1106	1115	1123	1131	1139
Leyton Baker's Arms	0925	0933	0941	0949	0957	1006	1014	1022	1030	1038	1046	1054	1102	1110	1119	1127	1135	1143
Walthamstow Central Station	0933	0941	0949	0957	1006	1015	1023	1031	1039	1047	1055	1104	1112	1120	1129	1137	1145	1154
Oxford Circus Holles Street	1043	1049	1056	1102	1109	1116	1124	1131	1138	1145	1153	1200	1208	1216	1224	1232	1240	1247
Tottenham Ct.Rd.Stn.New Oxford St.	1052	1058	1106	1112	1119	1126	1134	1141	1148	1155	1203	1212	1220	1228	1236	1244	1252	1259
Holborn Bloomsbury Square	1057	1103	1111	1117	1124	1131	1139	1146	1153	1200	1209	1218	1226	1234	1242	1250	1258	1305
Clerkenwell Road St John's Square	1105	1111	1119	1125	1132	1139	1147	1154	1202	1209	1218	1227	1235	1243	1251	1259	1307	1314
Old Street Station Old Street	1112	1118	1126	1132	1139	1146	1154	1201	1209	1216	1225	1234	1242	1250	1258	1306	1314	1321
Shoreditch Church (Old Street)	1115	1121	1129	1135	1142	1149	1157	1204	1212	1219	1228	1237	1245	1253	1301	1309	1317	1324
Cambridge Heath Station	1121	1127	1135	1141	1148	1155	1203	1210	1218	1225	1234	1243	1251	1259	1307	1315	1323	1330
Hackney Central Station Amhurst Rd.	1131	1137	1145	1151	1158	1205	1213	1220	1228	1235	1244	1253	1301	1309	1317	1325	1333	1340
Clapton Pond	1139	1145	1153	1159	1206	1213	1221	1228	1236	1243	1252	1301	1309	1317	1325	1333	1341	1348
Lea Bridge Road Markhouse Road	1147	1153	1201	1207	1214	1221	1229	1236	1244	1251	1300	1309	1317	1325	1333	1341	1349	1356
Leyton Baker's Arms	1151	1157	1205	1211	1218	1225	1233	1240	1248	1255	1304	1313	1321	1329	1337	1345	1353	1400
Walthamstow Central Station	1202	1208	1216	1222	1229	1237	1245	1252	1300	1307	1316	1325	1333	1341	1350	1358	1406	1413
Oxford Circus Holles Street	1255	1302	1310	1317	1325	1332	1340	1347	1355	1402	1410	1417	1425	1432	1440	1447	1455	1502
Tottenham Ct.Rd.Stn.New Oxford St.	1307	1314	1322	1329	1337	1344	1352	1359	1407	1414	1422	1429	1437	1444	1452	1459	1507	1514
Holborn Bloomsbury Square	1313	1320	1328	1335	1343	1350	1358	1405	1413	1420	1428	1435	1443	1450	1458	1505	1513	1520
Clerkenwell Road St John's Square	1322	1329	1337	1344	1352	1359	1407	1414	1422	1429	1437	1444	1452	1459	1507	1514	1522	1529
Old Street Station Old Street	1329	1336	1344	1351	1359	1406	1414	1421	1429	1436	1444	1451	1500	1507	1515	1522	1530	1537
Shoreditch Church (Old Street)	1332	1339	1347	1354	1402	1409	1417	1424	1432	1440	1448	1455	1504	1511	1519	1526	1534	1541
Cambridge Heath Station	1338	1345	1353	1400	1408	1415	1423	1430	1438	1446	1454	1501	1510	1517	1525	1532	1540	1547
Hackney Central Station Amhurst Rd.	1348	1355	1403	1410	1418	1425	1434	1441	1449	1457	1505	1512	1521	1528	1536	1543	1551	1558
Clapton Pond	1356	1403	1411	1418	1426	1433	1442	1449	1457	1505	1513	1520	1529	1536	1544	1551	1559	1606
Lea Bridge Road Markhouse Road	1404	1411	1419	1426	1434	1441	1450	1457	1505	1513	1521	1528	1537	1544	1552	1559	1607	1614
Leyton Baker's Arms	1408	1415	1423	1430	1438	1445	1454	1501	1509	1517	1525	1532	1541	1548	1556	1603	1611	1618
Walthamstow Central Station	1421	1428	1436	1443	1451	1458	1507	1514	1522	1529	1537	1544	1552	1559	1607	1614	1621	1628
Oxford Circus Holles Street	1510	1517	1525	1532	1540	1547	1555	1602	1610	1618	1625	1633	1640	1648	1655	1703	1710	1718
Tottenham Ct.Rd.Stn.New Oxford St.	1522	1529	1537	1544	1552	1559	1607	1614	1622	1630	1637	1645	1652	1700	1707	1715	1722	1730
Holborn Bloomsbury Square	1528	1535	1543	1550	1558	1605	1613	1620	1628	1636	1643	1651	1658	1706	1713	1721	1728	1736
Clerkenwell Road St John's Square	1537	1544	1552	1559	1607	1614	1622	1629	1637	1645	1652	1700	1707	1715	1722	1730	1737	1745
Old Street Station Old Street	1545	1552	1600	1607	1615	1622	1630	1637	1645	1653	1700	1708	1715	1723	1730	1738	1745	1753
Shoreditch Church (Old Street)	1549	1556	1604	1611	1619	1626	1634	1641	1649	1657	1704	1712	1719	1727	1734	1742	1749	1757
Cambridge Heath Station	1555	1602	1610	1617	1625	1632	1640	1647	1655	1703	1710	1718	1725	1733	1740	1748	1755	1803
Hackney Central Station Amhurst Rd.	1606	1613	1621	1628	1636	1643	1651	1658	1706	1714	1721	1729	1736	1744	1751	1759	1806	1814
Clapton Pond	1614	1621	1629	1636	1644	1651	1659	1706	1714	1722	1729	1737	1744	1752	1759	1807	1814	1822
Lea Bridge Road Markhouse Road	1622	1629	1637	1644	1652	1659	1707	1714	1722	1730	1737	1745	1752	1800	1807	1815	1822	1830
Leyton Baker's Arms	1626	1633	1641	1648	1656	1703	1711	1718	1726	1734	1741	1749	1756	1804	1811	1819	1826	1834
Walthamstow Central Station	1636	1643	1651	1658	1706	1713	1721	1728	1736	1744	1751	1759	1806	1813	1820	1828	1835	1843

55	Saturdays (also Good Friday) (cont.)																	
Oxford Circus Holles Street	1725	1733	1740	1748	1755	1803	1810	1818	1825	1833	1840	1848	1856	1904	1912	1920	1928	1936
Tottenham Ct.Rd.Stn.New Oxford St.	1737	1745	1752	1800	1807	1815	1822	1830	1837	1845	1852	1900	1908	1916	1924	1932	1940	1948
Holborn Bloomsbury Square	1743	1751	1758	1806	1813	1821	1828	1836	1843	1851	1858	1906	1914	1922	1930	1938	1946	1954
Clerkenwell Road St John's Square	1752	1800	1807	1815	1822	1830	1837	1845	1852	1900	1907	1915	1923	1931	1939	1947	1955	2003
Old Street Station Old Street	1800	1808	1815	1823	1830	1838	1845	1853	1900	1908	1915	1923	1931	1939	1947	1955	2003	2011
Shoreditch Church (Old Street)	1804	1812	1819	1827	1834	1842	1849	1857	1904	1912	1919	1927	1935	1943	1951	1959	2007	2015
Cambridge Heath Station	1811	1819	1826	1834	1841	1849	1856	1904	1912	1920	1927	1935	1943	1951	1959	2007	2016	2024
Hackney Central Station Amhurst Rd.	1822	1830	1837	1845	1852	1900	1907	1914	1922	1930	1937	1945	1953	2001	2008	2016	2025	2033
Clapton Pond	1830	1838	1845	1853	1900	1908	1915	1922	1930	1938	1945	1953	2001	2009	2016	2024	2033	2041
Lea Bridge Road Markhouse Road	1838	1846	1853	1901	1908	1916	1923	1930	1938	1946	1953	2001	2009	2017	2024	2032	2041	2049
Leyton Baker's Arms	1842	1850	1857	1905	1912	1920	1927	1934	1942	1950	1957	2004	2012	2020	2027	2035	2044	2052
Walthamstow Central Station	1851	1859	1906	1914	1921	1928	1935	1942	1950	1958	2004	2011	2019	2027	2034	2042	2051	2059
Oxford Circus Holles Street	1944	1952	2000	2008	2017	2027	2037	2047	2057	2107	2117	2128	2138	2148	2158	2208	2218	2228
Tottenham Ct.Rd.Stn.New Oxford St.	1956	2005	2014	2023	2032	2042	2052	2102	2112	2121	2130	2140	2150	2200	2210	2220	2230	2240
Holborn Bloomsbury Square	2002	2011	2020	2029	2038	2048	2057	2107	2117	2126	2135	2145	2155	2205	2215	2225	2235	2245
Clerkenwell Road St John's Square	2011	2020	2029	2038	2047	2056	2105	2115	2125	2134	2143	2153	2203	2213	2222	2232	2242	2252
Old Street Station Old Street	2019	2028	2037	2046	2055	2104	2113	2123	2133	2142	2151	2201	2211	2221	2230	2240	2250	2300
Shoreditch Church (Old Street)	2023	2032	2041	2050	2059	2108	2117	2127	2137	2146	2155	2205	2215	2225	2234	2244	2254	2304
Cambridge Heath Station	2032	2041	2050	2059	2107	2116	2125	2135	2145	2154	2203	2213	2223	2233	2242	2252	2302	2312
Hackney Central Station Amhurst Rd.	2041	2050	2059	2108	2116	2125	2134	2144	2154	2203	2212	2222	2232	2242	2251	2301	2311	2321
Clapton Pond	2049	2058	2106	2115	2123	2132	2141	2151	2201	2210	2219	2229	2239	2249	2258	2307	2317	2327
Lea Bridge Road Markhouse Road	2057	2105	2112	2120	2128	2137	2146	2156	2206	2215	2224	2234	2244	2254	2303	2312	2322	2332
Leyton Baker's Arms	2100	2108	2115	2123	2131	2140	2149	2159	2209	2218	2227	2237	2247	2257	2306	2315	2325	2335
Walthamstow Central Station	2107	2115	2122	2130	2138	2147	2156	2206	2216	2225	2234	2244	2254	2304	2313	2322	2332	2342
Oxford Circus Holles Street	2238	2248	2259	2309	2320	2330	2340	Then every 10 minutes until	0100									
Tottenham Ct.Rd.Stn.New Oxford St.	2250	2300	2312	2322	2333	2343	2353		0113									
Holborn Bloomsbury Square	2255	2305	2317	2327	2338	2348	2358		0118									
Clerkenwell Road St John's Square	2302	2312	2324	2334	2345	2355	0005		0125									
Old Street Station Old Street	2310	2320	2332	2342	2353	0003	0012		0132									
Shoreditch Church (Old Street)	2314	2324	2336	2346	2358	0008	0017		0137									
Cambridge Heath Station	2322	2332	2344	2354	0007	0017	0027		0147									
Hackney Central Station Amhurst Rd.	2331	2341	2353	0003	0013	0022	0032		0152									
Clapton Pond	2337	2347	2359	0009	0019	0028	0038		0158									
Lea Bridge Road Markhouse Road	2342	2352	0004	0014	0024	0033	0043		0203									
Leyton Baker's Arms	2345	2355	0006	0016	0026	0035	0045	0205										
Walthamstow Central Station	2352	0001	0011	0021	0031	0040	0050	0210										
55	Sundays and other Public Holidays (except Christmas Day)																	
Oxford Circus Holles Street	0455	0510	0525	0540	0555	0610	0625	0640	0655	0710	0725	0737	0749	0801	0813	0825	0837	0849
Tottenham Ct.Rd.Stn.New Oxford St.	0500	0515	0530	0545	0600	0615	0630	0645	0700	0714	0729	0741	0753	0805	0817	0829	0841	0853
Holborn Bloomsbury Square	0503	0518	0533	0548	0603	0618	0633	0648	0703	0717	0732	0744	0756	0808	0820	0832	0844	0856
Clerkenwell Road St John's Square	0508	0523	0538	0553	0608	0623	0638	0653	0708	0722	0737	0749	0801	0814	0826	0838	0850	0903
Old Street Station Old Street	0512	0527	0542	0557	0612	0627	0642	0657	0712	0726	0741	0753	0805	0818	0830	0842	0854	0908
Shoreditch Church (Old Street)	0514	0529	0544	0559	0614	0629	0644	0659	0714	0728	0743	0755	0807	0820	0832	0844	0857	0911
Cambridge Heath Station	0518	0533	0548	0603	0618	0633	0648	0703	0718	0732	0747	0759	0812	0825	0837	0849	0902	0916
Hackney Central Station Amhurst Rd.	0525	0540	0555	0610	0625	0640	0655	0710	0725	0739	0754	0806	0819	0832	0844	0856	0910	0924
Clapton Pond	0529	0544	0559	0615	0630	0645	0700	0715	0730	0744	0759	0811	0824	0837	0849	0902	0916	0930
Lea Bridge Road Markhouse Road	0534	0549	0604	0620	0635	0650	0706	0721	0736	0750	0805	0817	0830	0843	0856	0909	0923	0937
Leyton Baker's Arms	0536	0551	0606	0622	0637	0652	0708	0723	0738	0752	0807	0820	0833	0846	0859	0912	0926	0940
Walthamstow Central Station	0541	0556	0611	0627	0642	0657	0713	0728	0743	0758	0813	0826	0839	0852	0905	0918	0932	0946
Oxford Circus Holles Street	0902	0914	0926	0934	0942	0950	0959	1009	1018	1027	1036	1046	1056	1106	1116	1126	1136	1146
Tottenham Ct.Rd.Stn.New Oxford St.	0907	0920	0933	0941	0949	0958	1008	1018	1027	1036	1045	1055	1105	1115	1125	1135	1145	1155
Holborn Bloomsbury Square	0910	0923	0936	0944	0952	1002	1012	1022	1031	1040	1049	1059	1109	1119	1129	1139	1149	1159
Clerkenwell Road St John's Square	0917	0931	0945	0953	1001	1011	1021	1031	1040	1049	1058	1108	1118	1128	1138	1148	1158	1209
Old Street Station Old Street	0922	0936	0950	0958	1008	1018	1028	1038	1047	1056	1105	1115	1125	1135	1145	1155	1206	1217
Shoreditch Church (Old Street)	0925	0939	0953	1001	1011	1021	1031	1041	1050	1059	1108	1118	1128	1138	1148	1158	1209	1220
Cambridge Heath Station	0930	0944	0958	1007	1017	1027	1037	1047	1056	1105	1115	1125	1135	1145	1155	1206	1217	1228
Hackney Central Station Amhurst Rd.	0938	0952	1006	1016	1026	1036	1046	1056	1105	1115	1125	1135	1145	1155	1205	1216	1227	1238
Clapton Pond	0944	0958	1012	1022	1032	1042	1052	1102	1112	1122	1132	1142	1152	1202	1212	1223	1234	1245
Lea Bridge Road Markhouse Road	0951	1005	1020	1030	1040	1050	1100	1110	1120	1130	1140	1150	1201	1212	1222	1233	1244	1255
Leyton Baker's Arms	0954	1008	1023	1033	1043	1053	1103	1114	1124	1134	1144	1154	1205	1216	1226	1237	1248	1259
Walthamstow Central Station	1001	1016	1031	1041	1051	1101	1112	1123	1133	1143	1153	1203	1214	1225	1235	1246	1257	1308

55		Sundays and other Public Holidays (except Christmas Day) (cont.)																					
Oxford Circus <i>Holles Street</i>	1156	1206	1216	1226	1236	1246	1256	1306	1316	1326	1336	1346	1356	1406	1416	1426	1436	1446					
Tottenham Ct.Rd.Stn. <i>New Oxford St.</i>	1205	1216	1226	1236	1246	1256	1306	1317	1327	1337	1347	1357	1408	1419	1429	1439	1449	1459					
Holborn <i>Bloomsbury Square</i>	1210	1221	1231	1241	1251	1301	1311	1322	1332	1342	1352	1402	1413	1424	1434	1444	1454	1504					
Clerkenwell Road <i>St John's Square</i>	1220	1231	1241	1251	1301	1311	1321	1332	1342	1352	1402	1412	1423	1434	1444	1454	1504	1514					
Old Street Station <i>Old Street</i>	1228	1239	1249	1259	1309	1319	1329	1340	1350	1400	1410	1420	1431	1442	1452	1502	1512	1522					
Shoreditch Church <i>(Old Street)</i>	1231	1242	1252	1302	1312	1322	1332	1343	1353	1403	1413	1423	1434	1445	1455	1505	1515	1525					
Cambridge Heath Station	1239	1250	1300	1310	1320	1330	1340	1351	1402	1412	1422	1432	1443	1454	1504	1514	1524	1534					
Hackney Central Station <i>Amhurst Rd.</i>	1249	1300	1310	1320	1330	1340	1350	1401	1412	1422	1432	1442	1453	1504	1514	1524	1534	1544					
Clapton Pond	1256	1307	1318	1328	1338	1348	1358	1408	1419	1429	1439	1449	1500	1511	1522	1532	1542	1552					
Lea Bridge Road <i>Markhouse Road</i>	1306	1317	1328	1338	1348	1358	1408	1418	1429	1439	1449	1459	1510	1521	1532	1542	1552	1602					
Leyton Baker's Arms	1310	1321	1332	1342	1352	1402	1412	1422	1433	1443	1453	1503	1514	1525	1536	1546	1556	1606					
Walthamstow Central Station	1319	1330	1341	1351	1401	1411	1421	1431	1442	1452	1502	1512	1523	1534	1545	1555	1605	1615					
Oxford Circus <i>Holles Street</i>	1456	1506	1516	1526	1536	1546	1556	1606	1616	1626	1636	1646	Then every 10 minutes until							1736	1747	1757	1807
Tottenham Ct.Rd.Stn. <i>New Oxford St.</i>	1509	1519	1529	1539	1549	1559	1609	1619	1629	1639	1649	1659								1749	1800	1810	1820
Holborn <i>Bloomsbury Square</i>	1514	1524	1534	1544	1554	1604	1614	1624	1634	1644	1654	1704								1754	1805	1815	1825
Clerkenwell Road <i>St John's Square</i>	1524	1534	1544	1554	1604	1615	1625	1635	1645	1655	1705	1715								1805	1816	1826	1836
Old Street Station <i>Old Street</i>	1532	1543	1553	1603	1613	1624	1634	1643	1653	1703	1713	1723								1813	1824	1834	1844
Shoreditch Church <i>(Old Street)</i>	1535	1546	1556	1606	1616	1627	1637	1646	1656	1706	1716	1726								1816	1827	1837	1847
Cambridge Heath Station	1544	1555	1605	1615	1625	1636	1646	1655	1705	1715	1725	1735								1825	1836	1846	1856
Hackney Central Station <i>Amhurst Rd.</i>	1554	1605	1615	1625	1635	1646	1656	1705	1715	1725	1735	1745								1835	1846	1856	1906
Clapton Pond	1602	1612	1622	1632	1642	1653	1703	1713	1723	1733	1743	1753								1843	1854	1904	1914
Lea Bridge Road <i>Markhouse Road</i>	1612	1622	1632	1642	1652	1703	1713	1723	1733	1743	1753	1803								1853	1904	1913	1922
Leyton Baker's Arms	1616	1626	1636	1646	1656	1707	1717	1727	1737	1747	1757	1807								1857	1907	1916	1925
Walthamstow Central Station	1625	1635	1645	1655	1705	1716	1726	1736	1746	1756	1806	1815								1905	1915	1924	1933
Oxford Circus <i>Holles Street</i>	1817	1827	1837	1847	1857	1907	1917	1927	1937	1947	1957	2007	2017	2028	2038	2048	2058	2109					
Tottenham Ct.Rd.Stn. <i>New Oxford St.</i>	1830	1840	1850	1900	1909	1918	1927	1937	1947	1957	2007	2015	2025	2036	2046	2056	2106	2116					
Holborn <i>Bloomsbury Square</i>	1835	1845	1855	1905	1914	1923	1932	1942	1952	2002	2011	2019	2029	2040	2050	2100	2110	2119					
Clerkenwell Road <i>St John's Square</i>	1846	1856	1905	1914	1923	1932	1941	1951	2001	2010	2019	2027	2037	2048	2058	2107	2116	2125					
Old Street Station <i>Old Street</i>	1854	1904	1913	1922	1931	1940	1949	1959	2008	2017	2026	2034	2044	2054	2104	2113	2122	2131					
Shoreditch Church <i>(Old Street)</i>	1857	1907	1916	1925	1934	1943	1952	2002	2011	2020	2029	2037	2047	2057	2107	2116	2125	2134					
Cambridge Heath Station	1906	1915	1924	1933	1942	1951	2000	2009	2017	2026	2035	2043	2053	2102	2112	2121	2130	2139					
Hackney Central Station <i>Amhurst Rd.</i>	1916	1925	1934	1943	1952	2001	2009	2017	2025	2034	2043	2051	2101	2110	2120	2129	2138	2147					
Clapton Pond	1924	1933	1942	1951	2000	2008	2016	2024	2032	2041	2050	2058	2107	2116	2126	2135	2144	2153					
Lea Bridge Road <i>Markhouse Road</i>	1932	1941	1950	1959	2008	2016	2024	2032	2040	2049	2058	2106	2115	2123	2133	2142	2151	2200					
Leyton Baker's Arms	1935	1944	1953	2002	2011	2019	2027	2035	2043	2052	2101	2109	2118	2126	2136	2145	2154	2203					
Walthamstow Central Station	1943	1952	2001	2010	2019	2026	2034	2042	2050	2059	2108	2116	2125	2133	2143	2151	2200	2209					
Oxford Circus <i>Holles Street</i>	2120	Then every 10 minutes until				2220	2230	2240	2250	2300	Then every 10 minutes until									0100			
Tottenham Ct.Rd.Stn. <i>New Oxford St.</i>	2127					2227	2238	2248	2258	2308										0108			
Holborn <i>Bloomsbury Square</i>	2130					2230	2241	2251	2301	2312										0112			
Clerkenwell Road <i>St John's Square</i>	2136					2236	2247	2257	2307	2317										0117			
Old Street Station <i>Old Street</i>	2142					2242	2253	2303	2312	2322										0122			
Shoreditch Church <i>(Old Street)</i>	2145					2245	2256	2306	2315	2325										0125			
Cambridge Heath Station	2150					2250	2301	2311	2320	2330										0130			
Hackney Central Station <i>Amhurst Rd.</i>	2158					2258	2308	2318	2327	2337										0137			
Clapton Pond	2204					2304	2314	2324	2333	2343										0143			
Lea Bridge Road <i>Markhouse Road</i>	2210					2310	2320	2330	2339	2349										0149			
Leyton Baker's Arms	2212					2312	2322	2332	2341	2351									0151				
Walthamstow Central Station	2218					2318	2328	2338	2347	2357									0157				

Whipps Cross – Dalston – St Bartholomew's Hospital

56	Mondays to Fridays																		
Whipps Cross Bus Station	0405	0425	0445	0505	0520	0533	0543	0553	0600	0607	0614	0622	0629	0636	0642	0649	0656	0703	
Leyton Baker's Arms	0409	0429	0449	0510	0526	0539	0549	0559	0607	0614	0621	0629	0636	0643	0649	0656	0703	0710	
Lea Bridge Road Markhouse Road	0411	0431	0451	0512	0528	0541	0551	0601	0609	0616	0623	0631	0638	0645	0651	0658	0706	0713	
Clapton Pond	0417	0437	0457	0518	0534	0547	0557	0608	0617	0625	0633	0641	0648	0655	0701	0709	0717	0725	
Dalston Junction Dalston Lane	0423	0443	0503	0525	0541	0555	0605	0617	0627	0636	0644	0652	0659	0706	0713	0721	0729	0737	
Islington Angel (Upper Street)	0431	0451	0512	0535	0551	0605	0616	0629	0639	0648	0656	0704	0712	0720	0728	0736	0744	0752	
Barbican Station	0437	0457	0519	0542	0558	0613	0624	0637	0647	0656	0704	0712	0720	0728	0736	0744	0752	0800	
St Bartholomew's Hospital	0440	0500	0523	0546	0602	0618	0630	0643	0653	0702	0710	0718	0726	0734	0742	0750	0758	0806	
Whipps Cross Bus Station	0709	0715	0722	0730	0737	0744	0751	0758	0806	0814	0823	0831	0840	0848	0856	0904	0912	0920	
Leyton Baker's Arms	0716	0722	0729	0737	0744	0751	0758	0806	0814	0822	0831	0839	0848	0856	0904	0913	0921	0929	
Lea Bridge Road Markhouse Road	0719	0725	0732	0740	0747	0754	0801	0809	0817	0825	0834	0842	0851	0859	0907	0916	0924	0932	
Clapton Pond	0732	0739	0746	0754	0801	0808	0816	0824	0832	0840	0849	0857	0906	0914	0921	0930	0938	0946	
Dalston Junction Dalston Lane	0744	0751	0758	0806	0814	0822	0830	0838	0846	0854	0903	0911	0919	0927	0934	0943	0951	0959	
Islington Angel (Upper Street)	0759	0806	0814	0822	0830	0838	0846	0854	0902	0910	0918	0926	0934	0942	0949	0958	1006	1014	
Barbican Station	0808	0816	0824	0832	0840	0848	0856	0904	0912	0920	0928	0936	0944	0952	0959	1008	1015	1023	
St Bartholomew's Hospital	0814	0822	0830	0838	0846	0854	0902	0910	0918	0926	0934	0942	0950	0958	1005	1014	1021	1029	
Whipps Cross Bus Station	0928	0936	0944	0952	1000	1008	1016	1024	1032	1041	Then every 8 minutes until	1217	1226	1234	1242	1250	1258		
Leyton Baker's Arms	0937	0945	0953	1001	1010	1018	1026	1034	1042	1051		1227	1236	1244	1252	1300	1308		
Lea Bridge Road Markhouse Road	0940	0948	0956	1004	1013	1021	1029	1037	1045	1054		1230	1239	1247	1255	1303	1311		
Clapton Pond	0954	1002	1010	1017	1026	1034	1042	1050	1058	1107		1243	1252	1300	1308	1316	1324		
Dalston Junction Dalston Lane	1007	1015	1023	1030	1039	1047	1055	1103	1111	1119		1255	1304	1312	1320	1328	1336		
Islington Angel (Upper Street)	1022	1030	1038	1045	1054	1102	1110	1118	1126	1134		1310	1318	1326	1334	1342	1350		
Barbican Station	1031	1039	1047	1054	1103	1111	1119	1127	1135	1143		1319	1327	1335	1343	1351	1359		
St Bartholomew's Hospital	1037	1045	1053	1100	1109	1117	1125	1133	1141	1149	1325	1333	1341	1349	1357	1405			
Whipps Cross Bus Station	1307	1316	1325	1334	1343	1351	1400	1408	1417	1425	1433	1442	1451	1500	Then every 9 minutes until	1630	1639		
Leyton Baker's Arms	1317	1326	1335	1344	1353	1401	1410	1418	1427	1435	1443	1452	1501	1510		1640	1649		
Lea Bridge Road Markhouse Road	1320	1329	1338	1347	1356	1404	1413	1421	1430	1438	1446	1455	1504	1513		1643	1652		
Clapton Pond	1333	1342	1351	1400	1409	1418	1427	1435	1444	1452	1500	1509	1518	1527		1657	1706		
Dalston Junction Dalston Lane	1345	1354	1403	1412	1421	1430	1439	1447	1456	1504	1513	1522	1531	1540		1710	1718		
Islington Angel (Upper Street)	1359	1408	1417	1426	1435	1444	1453	1501	1510	1519	1528	1537	1546	1555		1725	1733		
Barbican Station	1408	1417	1426	1435	1444	1453	1502	1511	1520	1529	1538	1547	1556	1605		1735	1743		
St Bartholomew's Hospital	1414	1423	1432	1441	1450	1459	1508	1517	1526	1535	1544	1553	1602	1610	1740	1748			
Whipps Cross Bus Station	1648	Then every 9 minutes until	1800	1809	1818	1827	1836	1845	1854	1903	1912	1921	1930	1938	1946	1954	2002		
Leyton Baker's Arms	1658		1810	1819	1828	1837	1846	1855	1904	1912	1921	1930	1939	1947	1955	2003	2010		
Lea Bridge Road Markhouse Road	1701		1813	1822	1831	1840	1849	1858	1907	1915	1924	1933	1942	1950	1958	2005	2012		
Clapton Pond	1715		1827	1836	1845	1854	1903	1912	1920	1927	1936	1945	1954	2002	2009	2016	2023		
Dalston Junction Dalston Lane	1727		1839	1848	1857	1906	1914	1923	1931	1938	1947	1956	2005	2011	2018	2025	2032		
Islington Angel (Upper Street)	1742		1854	1903	1912	1920	1927	1936	1944	1951	2000	2009	2017	2023	2030	2037	2044		
Barbican Station	1752		1904	1912	1920	1928	1935	1944	1952	1959	2007	2016	2024	2030	2037	2044	2051		
St Bartholomew's Hospital	1757	1909	1917	1925	1933	1940	1949	1957	2004	2011	2020	2028	2034	2041	2048	2055			
Whipps Cross Bus Station	2010	2018	2026	2034	2043	2051	2059	2107	2115	2123	2131	2139	2147	2155	2203	2211	2219	2227	
Leyton Baker's Arms	2017	2024	2032	2040	2049	2057	2105	2113	2121	2129	2137	2145	2153	2201	2208	2216	2224	2232	
Lea Bridge Road Markhouse Road	2019	2026	2034	2042	2051	2059	2107	2115	2123	2131	2139	2147	2155	2203	2210	2218	2226	2234	
Clapton Pond	2030	2037	2044	2052	2100	2108	2116	2124	2132	2140	2148	2156	2204	2212	2219	2227	2235	2243	
Dalston Junction Dalston Lane	2039	2046	2053	2101	2109	2117	2125	2133	2141	2149	2157	2205	2212	2220	2227	2235	2243	2251	
Islington Angel (Upper Street)	2051	2058	2105	2112	2120	2128	2136	2144	2152	2200	2208	2216	2223	2231	2238	2246	2254	2302	
Barbican Station	2058	2105	2112	2119	2127	2135	2143	2151	2159	2206	2214	2222	2229	2237	2244	2252	2300	2308	
St Bartholomew's Hospital	2102	2109	2116	2123	2131	2139	2147	2155	2203	2210	2218	2226	2233	2241	2248	2256	2303	2311	
Whipps Cross Bus Station	2235	2243	2251	2259	2307	2315	2323	2331	2339	2347	2355								
Leyton Baker's Arms	2240	2248	2256	2304	2311	2319	2327	2335	2343	2351	2359								
Lea Bridge Road Markhouse Road	2242	2250	2258	2305	2312	2320	2328	2336	2344	2352	0000								
Clapton Pond	2251	2259	2306	2313	2320	2327	2334	2342	2350	2358	0006								
Dalston Junction Dalston Lane	2259	2307	2314	2321	2328	2335	2342	2349	2357	0005	0013								
Islington Angel (Upper Street)	2310	2316	2323	2330	2337	2344	2351	2358	0006	0014	0022								
Barbican Station	2316	2322	2329	2336	2343	2350	2357	0004	0012	0020	0028								
St Bartholomew's Hospital	2319	2325	2332	2339	2346	2353	0000	0007	0015	0023	0031								

56	Saturdays (also Good Friday)																			
Whipps Cross Bus Station	0405	0425	0445	0505	0525	0545	0600	0615	0627	0639	0651	Then every 10 minutes until	0731	0741	0751	0801	0809			
Leyton Baker's Arms	0410	0430	0450	0510	0530	0550	0605	0620	0632	0644	0656		0736	0746	0756	0807	0815			
Lea Bridge Road Markhouse Road	0411	0431	0451	0511	0531	0551	0607	0622	0634	0646	0658		0738	0748	0758	0809	0817			
Clapton Pond	0417	0437	0457	0517	0537	0557	0614	0629	0641	0653	0705		0745	0755	0806	0818	0826			
Dalston Junction Dalston Lane	0424	0444	0504	0523	0544	0604	0621	0636	0648	0700	0713		0753	0803	0815	0827	0835			
Islington Angel (Upper Street)	0432	0452	0512	0531	0552	0613	0630	0645	0657	0710	0723		0803	0814	0826	0838	0846			
Barbican Station	0437	0457	0517	0536	0557	0618	0636	0651	0703	0716	0729	0809	0820	0832	0844	0852				
St Bartholomew's Hospital	0440	0500	0520	0539	0600	0621	0640	0655	0707	0720	0733	0813	0824	0836	0848	0856				
Whipps Cross Bus Station	0817	0825	0833	0840	0847	0854	0901	0908	0915	0923	0930	0938	0946	0954	1001	1009	1017			
Leyton Baker's Arms	0823	0831	0839	0846	0853	0900	0908	0915	0922	0930	0937	0945	0953	1001	1009	1017	1025			
Lea Bridge Road Markhouse Road	0825	0833	0841	0848	0855	0902	0910	0917	0924	0932	0939	0947	0955	1003	1011	1019	1027			
Clapton Pond	0834	0842	0850	0857	0904	0912	0920	0928	0935	0943	0950	0958	1006	1014	1022	1030	1038			
Dalston Junction Dalston Lane	0843	0851	0859	0906	0914	0922	0930	0938	0945	0953	1000	1008	1017	1025	1033	1041	1049			
Islington Angel (Upper Street)	0854	0902	0910	0918	0926	0934	0942	0950	0958	1006	1014	1022	1031	1039	1047	1055	1103			
Barbican Station	0900	0909	0917	0925	0933	0941	0949	0957	1005	1013	1021	1029	1038	1046	1054	1102	1110			
St Bartholomew's Hospital	0904	0913	0921	0929	0937	0945	0953	1001	1009	1018	1026	1034	1043	1051	1059	1107	1115			
Whipps Cross Bus Station	1033	1040	1048	1055	1102	1109	1116	1124	1132	1140	1147	Then every 8 minutes until	1243	1250	Then every 8 minutes until	1458				
Leyton Baker's Arms	1041	1048	1056	1103	1111	1119	1126	1134	1142	1150	1157		1253	1300		1508				
Lea Bridge Road Markhouse Road	1043	1050	1058	1105	1113	1121	1128	1136	1144	1152	1159		1255	1302		1510				
Clapton Pond	1054	1101	1109	1117	1125	1133	1141	1149	1157	1205	1213		1309	1317		1525				
Dalston Junction Dalston Lane	1105	1113	1121	1129	1137	1145	1153	1201	1209	1217	1225		1321	1329		1537				
Islington Angel (Upper Street)	1119	1127	1135	1143	1151	1159	1207	1215	1223	1231	1239		1335	1343		1551				
Barbican Station	1126	1134	1142	1150	1158	1206	1214	1223	1231	1239	1247	1343	1351	Then every 8 minutes until	1559					
St Bartholomew's Hospital	1131	1139	1147	1155	1203	1211	1219	1228	1236	1244	1252	1348	1356		1604					
Whipps Cross Bus Station	1506	Then every 8 minutes until	1642 1651		Then every 8 minutes until	1827 1836 1845 1853 1902 1911 1920 1929 1938 1946 1955						Then every 8 minutes until	2003 2011 2019 2027 2036 2044 2052 2101 2109							
Leyton Baker's Arms	1515		1651 1700			1836 1845 1854 1902 1910 1919 1928 1937 1946 1954 2003							2015 2023 2031 2039 2047							
Lea Bridge Road Markhouse Road	1517		1653 1702			1838 1847 1856 1904 1912 1921 1930 1939 1948 1956 2005							2019 2027 2035 2043 2051							
Clapton Pond	1532		1708 1716			1852 1901 1909 1917 1925 1934 1943 1952 2001 2009 2017							2025 2033 2041 2050 2058 2105 2113 2120							
Dalston Junction Dalston Lane	1544		1720 1728			1904 1912 1920 1928 1936 1945 1954 2003 2011 2019 2027							2037 2045 2053 2101 2109 2117 2125 2130							
Islington Angel (Upper Street)	1558		1734 1742			1918 1926 1934 1942 1950 1959 2008 2016 2024 2032 2040							2047 2055 2103 2111 2119 2127 2135 2142							
Barbican Station	1606	Then every 8 minutes until	1742 1750		Then every 8 minutes until	1926 1934 1942 1950 1958 2007 2015 2023 2031 2039 2047							Then every 8 minutes until	2059 2107 2115 2123 2131 2138 2146 2153						
St Bartholomew's Hospital	1611		1747 1755			1931 1939 1947 1955 2003 2011 2019 2027 2035 2043 2051								2159 2207 2215 2223 2231 2240 2248 2256 2264 2272 2280 2288 2296 2304 2312 2320 2328 2336 2344 2352 2360 2368 2376 2384 2392 2400 2408 2416 2424 2432 2440 2448 2456 2464 2472 2480 2488 2496 2504 2512 2520 2528 2536 2544 2552 2560 2568 2576 2584 2592 2600 2608 2616 2624 2632 2640 2648 2656 2664 2672 2680 2688 2696 2704 2712 2720 2728 2736 2744 2752 2760 2768 2776 2784 2792 2800 2808 2816 2824 2832 2840 2848 2856 2864 2872 2880 2888 2896 2904 2912 2920 2928 2936 2944 2952 2960 2968 2976 2984 2992 3000 3008 3016 3024 3032 3040 3048 3056 3064 3072 3080 3088 3096 3104 3112 3120 3128 3136 3144 3152 3160 3168 3176 3184 3192 3200 3208 3216 3224 3232 3240 3248 3256 3264 3272 3280 3288 3296 3304 3312 3320 3328 3336 3344 3352 3360 3368 3376 3384 3392 3400 3408 3416 3424 3432 3440 3448 3456 3464 3472 3480 3488 3496 3504 3512 3520 3528 3536 3544 3552 3560 3568 3576 3584 3592 3600 3608 3616 3624 3632 3640 3648 3656 3664 3672 3680 3688 3696 3704 3712 3720 3728 3736 3744 3752 3760 3768 3776 3784 3792 3800 3808 3816 3824 3832 3840 3848 3856 3864 3872 3880 3888 3896 3904 3912 3920 3928 3936 3944 3952 3960 3968 3976 3984 3992 4000 4008 4016 4024 4032 4040 4048 4056 4064 4072 4080 4088 4096 4104 4112 4120 4128 4136 4144 4152 4160 4168 4176 4184 4192 4200 4208 4216 4224 4232 4240 4248 4256 4264 4272 4280 4288 4296 4304 4312 4320 4328 4336 4344 4352 4360 4368 4376 4384 4392 4400 4408 4416 4424 4432 4440 4448 4456 4464 4472 4480 4488 4496 4504 4512 4520 4528 4536 4544 4552 4560 4568 4576 4584 4592 4600 4608 4616 4624 4632 4640 4648 4656 4664 4672 4680 4688 4696 4704 4712 4720 4728 4736 4744 4752 4760 4768 4776 4784 4792 4800 4808 4816 4824 4832 4840 4848 4856 4864 4872 4880 4888 4896 4904 4912 4920 4928 4936 4944 4952 4960 4968 4976 4984 4992 5000 5008 5016 5024 5032 5040 5048 5056 5064 5072 5080 5088 5096 5104 5112 5120 5128 5136 5144 5152 5160 5168 5176 5184 5192 5200 5208 5216 5224 5232 5240 5248 5256 5264 5272 5280 5288 5296 5304 5312 5320 5328 5336 5344 5352 5360 5368 5376 5384 5392 5400 5408 5416 5424 5432 5440 5448 5456 5464 5472 5480 5488 5496 5504 5512 5520 5528 5536 5544 5552 5560 5568 5576 5584 5592 5600 5608 5616 5624 5632 5640 5648 5656 5664 5672 5680 5688 5696 5704 5712 5720 5728 5736 5744 5752 5760 5768 5776 5784 5792 5800 5808 5816 5824 5832 5840 5848 5856 5864 5872 5880 5888 5896 5904 5912 5920 5928 5936 5944 5952 5960 5968 5976 5984 5992 6000 6008 6016 6024 6032 6040 6048 6056 6064 6072 6080 6088 6096 6104 6112 6120 6128 6136 6144 6152 6160 6168 6176 6184 6192 6200 6208 6216 6224 6232 6240 6248 6256 6264 6272 6280 6288 6296 6304 6312 6320 6328 6336 6344 6352 6360 6368 6376 6384 6392 6400 6408 6416 6424 6432 6440 6448 6456 6464 6472 6480 6488 6496 6504 6512 6520 6528 6536 6544 6552 6560 6568 6576 6584 6592 6600 6608 6616 6624 6632 6640 6648 6656 6664 6672 6680 6688 6696 6704 6712 6720 6728 6736 6744 6752 6760 6768 6776 6784 6792 6800 6808 6816 6824 6832 6840 6848 6856 6864 6872 6880 6888 6896 6904 6912 6920 6928 6936 6944 6952 6960 6968 6976 6984 6992 7000 7008 7016 7024 7032 7040 7048 7056 7064 7072 7080 7088 7096 7104 7112 7120 7128 7136 7144 7152 7160 7168 7176 7184 7192 7200 7208 7216 7224 7232 7240 7248 7256 7264 7272 7280 7288 7296 7304 7312 7320 7328 7336 7344 7352 7360 7368 7376 7384 7392 7400 7408 7416 7424 7432 7440 7448 7456 7464 7472 7480 7488 7496 7504 7512 7520 7528 7536 7544 7552 7560 7568 7576 7584 7592 7600 7608 7616 7624 7632 7640 7648 7656 7664 7672 7680 7688 7696 7704 7712 7720 7728 7736 7744 7752 7760 7768 7776 7784 7792 7800 7808 7816 7824 7832 7840 7848 7856 7864 7872 7880 7888 7896 7904 7912 7920 7928 7936 7944 7952 7960 7968 7976 7984 7992 8000 8008 8016 8024 8032 8040 8048 8056 8064 8072 8080 8088 8096 8104 8112 8120 8128 8136 8144 8152 8160 8168 8176 8184 8192 8200 8208 8216 8224 8232 8240 8248 8256 8264 8272 8280 8288 8296 8304 8312 8320 8328 8336 8344 8352 8360 8368 8376 8384 8392 8400 8408 8416 8424 8432 8440 8448 8456 8464 8472 8480 8488 8496 8504 8512 8520 8528 8536 8544 8552 8560 8568 8576 8584 8592 8600 8608 8616 8624 8632 8640 8648 8656 8664 8672 8680 8688 8696 8704 8712 8720 8728 8736 8744 8752 8760 8768 8776 8784 8792 8800 8808 8816 8824 8832 8840 8848 8856 8864 8872 8880 8888 8896 8904 8912 8920 8928 8936 8944 8952 8960 8968 8976 8984 8992 9000 9008 9016 9024 9032 9040 9048 9056 9064 9072 9080 9088 9096 9104 9112 9120 9128 9136 9144 9152 9160 9168 9176 9184 9192 9200 9208 9216 9224 9232 9240 9248 9256 9264 9272 9280 9288 9296 9304 9312 9320 9328 9336 9344 9352 9360 9368 9376 9384 9392 9400 9408 9416 9424 9432 9440 9448 9456 9464 9472 9480 9488 9496 9504 9512 9520 9528 9536 9544 9552 9560 9568 9576 9584 9592 9600 9608 9616 9624 9632 9640 9648 9656 9664 9672 9680 9688 9696 9704 9712 9720 9728 9736 9744 9752 9760 9768 9776 9784 9792 9800 9808 9816 9824 9832 9840 9848 9856 9864 9872 9880 9888 9896 9904 9912 9920 9928 9936 9944 9952 9960 9968 9976 9984 9992 10000 10008 10016 10024 10032 10040 10048 10056 10064 10072 10080 10088 10096 10104 10112 10120 10128 10136 10144 10152 10160 10168 10176 10184 10192 10200 10208 10216 10224 10232 10240 10248 10256 10264 10272 10280 10288 10296 10304 10312 10320 10328 10336 10344 10352 10360 10368 10376 10384 10392 10400 10408 10416 10424 10432 10440 10448 10456 10464 10472 10480 10488 10496 10504 10512 10520 10528 10536 10544 10552 10560 10568 10576 10584 10592 10600 10608 10616 10624 10632 10640 10648 10656 10664 10672 10680 10688 10696 10704 10712 10720 10728 10736 10744 10752 10760 10768 10776 10784 10792 10800 10808 10816 10824 10832 10840 10848 10856 10864 10872 10880 10888 10896 10904 10912 10920 10928 10936 10944 10952 10960 10968 10976 10984 10992 11000 11008 11016 11024 11032 11040 11048 11056 11064 11072 11080 11088 11096 11104 11112 11120 11128 11136 11144 11152 11160 11168 11176 11184 11192 11200 11208 11216 11224 11232 11240 11248 11256 11264 11272 11280 11288 11296 11304 11312 11320 11328 11336 11344 11352 11360 11368 11376 11384 11392 11400 11408 11416 11424 11432 11440 11448 11456 11464 11472 11480 11488 11496 11504 11512 11520 11528 11536 11544 11552 11560 11568 11576 11584 11592 11600 11608 11616 11624 11632 11640 11648 11656 11664 11672 11680 11688 11696 11704 11712 11720 11728 11736 11744 11752 11760 11768 11776 11784 11792 11800 11808 11816 11824 11832 11840 11848 11856 11864 11872 11880 11888 11896 11904 11912 11920 11928 11936 11944 11952 11960 11968 11976 11984 11992 12000 12008 12016 12024 12032 12040 12048 12056 12064 12072 12080 12						

56	Sundays and other Public Holidays (except Christmas Day)																			
Whipps Cross Bus Station	0405	0425	0445	0505	0525	0545	0605	0620	0635	0650	0702	0714	0726	0738	0750	0800	0810	0820		
Leyton Baker's Arms	0410	0430	0450	0510	0530	0550	0610	0625	0640	0655	0708	0720	0732	0744	0756	0806	0816	0826		
Lea Bridge Road Markhouse Road	0411	0431	0451	0511	0531	0551	0612	0627	0642	0657	0710	0722	0734	0746	0758	0808	0818	0828		
Clapton Pond	0416	0436	0456	0516	0536	0556	0617	0633	0648	0703	0716	0729	0741	0753	0805	0816	0826	0836		
Dalston Junction Dalston Lane	0423	0443	0503	0523	0543	0603	0624	0640	0655	0710	0723	0736	0748	0800	0813	0824	0834	0844		
Islington Angel (Upper Street)	0430	0450	0510	0530	0550	0611	0632	0648	0703	0719	0732	0745	0757	0810	0823	0834	0844	0854		
Barbican Station	0435	0455	0515	0535	0555	0616	0637	0653	0708	0724	0737	0750	0802	0816	0829	0840	0850	0900		
St Bartholomew's Hospital	0438	0458	0518	0538	0558	0619	0640	0656	0712	0728	0741	0754	0806	0820	0833	0844	0854	0904		
Whipps Cross Bus Station	0830	0839	0848	0857	0905	0913	0921	0929	0936	0944	0952	0959	1006	1014	1022	1030	1038	1046		
Leyton Baker's Arms	0836	0845	0854	0903	0911	0919	0927	0935	0942	0950	0958	1005	1013	1021	1029	1037	1045	1053		
Lea Bridge Road Markhouse Road	0838	0847	0856	0905	0913	0921	0929	0937	0944	0952	1000	1007	1015	1023	1031	1039	1047	1055		
Clapton Pond	0846	0855	0904	0914	0922	0930	0938	0946	0953	1001	1010	1017	1025	1033	1041	1049	1057	1105		
Dalston Junction Dalston Lane	0854	0903	0913	0923	0931	0939	0947	0955	1002	1011	1020	1028	1036	1044	1052	1100	1108	1116		
Islington Angel (Upper Street)	0904	0914	0924	0934	0942	0950	0958	1006	1014	1023	1032	1040	1048	1056	1105	1114	1122	1130		
Barbican Station	0910	0920	0930	0940	0948	0956	1004	1013	1021	1030	1039	1047	1055	1103	1112	1121	1129	1137		
St Bartholomew's Hospital	0914	0924	0934	0944	0952	1000	1008	1017	1025	1034	1043	1051	1059	1107	1116	1125	1133	1141		
Whipps Cross Bus Station	1054	1102	1110	1118	1126	1134	1141	1149	1156	1203	Then every 8 minutes until	1243	1250	1257	Then every 8 minutes until	1441				
Leyton Baker's Arms	1101	1110	1118	1126	1134	1142	1149	1157	1204	1212		1252	1259	1306		1450				
Lea Bridge Road Markhouse Road	1103	1112	1120	1128	1136	1144	1151	1159	1206	1214		1254	1301	1308		1452				
Clapton Pond	1114	1123	1131	1139	1147	1155	1202	1210	1218	1227		1307	1315	1323		1507				
Dalston Junction Dalston Lane	1125	1134	1142	1150	1158	1206	1214	1222	1230	1239		1319	1327	1335		1519				
Islington Angel (Upper Street)	1139	1148	1156	1204	1212	1220	1228	1236	1244	1253		1333	1341	1349		1533				
Barbican Station	1146	1155	1203	1211	1219	1227	1235	1243	1251	1300		1340	1348	1356		1540				
St Bartholomew's Hospital	1150	1159	1207	1215	1223	1231	1239	1247	1255	1304		1344	1352	1400		1544				
Whipps Cross Bus Station	1450	Then every 8 minutes until	1546	1555	Then every 8 minutes until	1723	1731	1739	1747	1755	1803	1811	1819	1827	1835	1843				
Leyton Baker's Arms	1459		1555	1604		1732	1740	1748	1756	1804	1811	1819	1827	1835	1843	1851				
Lea Bridge Road Markhouse Road	1501		1557	1606		1734	1742	1750	1758	1806	1813	1821	1829	1837	1845	1853				
Clapton Pond	1515		1611	1619		1747	1755	1803	1811	1818	1825	1833	1841	1849	1857	1905				
Dalston Junction Dalston Lane	1527		1623	1631		1759	1807	1815	1823	1830	1837	1845	1853	1901	1909	1916				
Islington Angel (Upper Street)	1541		1637	1645		1813	1820	1828	1836	1843	1850	1858	1906	1914	1922	1929				
Barbican Station	1548		1644	1652		1820	1827	1835	1843	1850	1857	1905	1913	1921	1929	1936				
St Bartholomew's Hospital	1552		1648	1656		1824	1831	1839	1847	1854	1901	1909	1917	1925	1933	1940				
Whipps Cross Bus Station	1851	1859	1908	1916	1924	1933	1942	1951	1959	2008	2016	2024	2032	2041	2050	2059	2107	2115		
Leyton Baker's Arms	1859	1907	1915	1923	1931	1940	1949	1958	2006	2015	2023	2031	2039	2048	2057	2106	2113	2121		
Lea Bridge Road Markhouse Road	1901	1909	1917	1925	1933	1942	1951	2000	2008	2017	2025	2033	2041	2050	2059	2108	2115	2123		
Clapton Pond	1912	1920	1928	1936	1944	1953	2002	2010	2018	2027	2035	2043	2051	2100	2109	2115	2122	2130		
Dalston Junction Dalston Lane	1923	1931	1939	1947	1955	2004	2012	2020	2027	2036	2044	2052	2100	2108	2117	2123	2130	2138		
Islington Angel (Upper Street)	1936	1944	1952	2000	2008	2016	2023	2031	2038	2047	2055	2103	2111	2119	2128	2134	2141	2149		
Barbican Station	1943	1951	1959	2006	2014	2022	2029	2037	2044	2053	2101	2109	2117	2125	2134	2140	2147	2155		
St Bartholomew's Hospital	1947	1955	2003	2010	2018	2026	2033	2041	2048	2057	2105	2113	2121	2129	2138	2144	2151	2159		
Whipps Cross Bus Station	2123	2131	2140	2149	2158	2207	2215	2223	2232	2241	2249	2257	2306	Then every 8 minutes until	2346	2355				
Leyton Baker's Arms	2129	2137	2146	2155	2204	2212	2220	2228	2237	2246	2254	2302	2310		2350	2359				
Lea Bridge Road Markhouse Road	2131	2139	2148	2157	2205	2213	2221	2229	2238	2247	2255	2303	2311		2351	0000				
Clapton Pond	2138	2146	2155	2204	2212	2220	2227	2235	2244	2253	2301	2309	2317		2357	0006				
Dalston Junction Dalston Lane	2146	2154	2203	2211	2219	2227	2234	2242	2251	2300	2308	2316	2324		0004	0013				
Islington Angel (Upper Street)	2157	2205	2213	2221	2229	2237	2244	2252	2301	2309	2317	2325	2333		0013	0022				
Barbican Station	2203	2211	2219	2227	2235	2243	2250	2258	2306	2314	2322	2330	2338		0018	0027				
St Bartholomew's Hospital	2206	2214	2222	2230	2238	2246	2253	2301	2309	2317	2325	2333	2341		0021	0030				

St Bartholomew's Hospital – Dalston – Whipps Cross

56	Mondays to Fridays																	
St Bartholomew's Hospital	0450	0510	0530	0550	0605	0620	0630	0640	0648	0655	0702	0709	0716	0724	0731	0738	0746	0753
Barbican Station	0454	0514	0534	0554	0609	0624	0634	0644	0652	0659	0707	0714	0721	0729	0736	0743	0751	0758
Islington Angel (Upper Street)	0500	0520	0540	0600	0616	0631	0641	0651	0659	0706	0714	0722	0729	0737	0744	0751	0759	0806
Dalston Junction Dalston Lane	0508	0528	0548	0609	0625	0641	0652	0703	0711	0719	0727	0735	0743	0751	0758	0805	0813	0821
Clapton Pond	0514	0534	0554	0616	0633	0649	0700	0712	0720	0728	0736	0744	0752	0800	0807	0814	0822	0830
Lea Bridge Road Markhouse Road	0520	0540	0600	0623	0641	0657	0709	0721	0729	0737	0745	0753	0801	0809	0817	0825	0833	0841
Leyton Baker's Arms	0522	0542	0603	0626	0644	0700	0712	0724	0732	0740	0748	0756	0805	0813	0821	0829	0837	0845
Whipps Cross Bus Station	0528	0548	0609	0632	0650	0707	0719	0731	0739	0747	0755	0803	0812	0821	0830	0838	0847	0855
St Bartholomew's Hospital	0800	0807	0814	0821	Then every 8 minutes until	0957	1005	1013	1021	1029	1037	1045	1053	1101	1109	1117	1125	
Barbican Station	0806	0813	0820	0827		1003	1011	1019	1027	1035	1043	1051	1059	1107	1115	1123	113	
Islington Angel (Upper Street)	0814	0822	0830	0837		1013	1021	1029	1037	1045	1053	1101	1109	1117	1125	1133	114	
Dalston Junction Dalston Lane	0829	0837	0845	0853		1029	1037	1045	1053	1101	1109	1118	1126	1134	1142	1150	1158	
Clapton Pond	0838	0846	0854	0902		1038	1046	1054	1102	1111	1119	1128	1136	1144	1152	1200	1208	
Lea Bridge Road Markhouse Road	0849	0857	0905	0913		1049	1057	1105	1113	1122	1130	1139	1147	1155	1203	1211	1219	
Leyton Baker's Arms	0853	0901	0909	0917		1053	1101	1109	1117	1126	1134	1143	1151	1159	1208	1216	1224	
Whipps Cross Bus Station	0903	0910	0917	0925		1101	1110	1118	1126	1135	1143	1152	1200	1208	1217	1225	1233	
St Bartholomew's Hospital	1133	1141	1148	1156	1204	1212	1220	1228	1236	1244	1253	1302	1311	1320	1329	1338	1346	1354
Barbican Station	1139	1147	1154	1202	1210	1218	1226	1234	1242	1250	1259	1308	1317	1326	1335	1344	1352	1400
Islington Angel (Upper Street)	1149	1157	1204	1212	1220	1228	1236	1244	1252	1300	1309	1318	1327	1336	1345	1354	1402	1410
Dalston Junction Dalston Lane	1206	1214	1222	1230	1238	1246	1254	1302	1310	1319	1328	1337	1346	1355	1404	1413	1422	1430
Clapton Pond	1216	1224	1232	1240	1248	1256	1304	1313	1321	1330	1339	1348	1357	1406	1415	1424	1433	1441
Lea Bridge Road Markhouse Road	1227	1235	1243	1251	1259	1307	1316	1325	1333	1342	1351	1400	1409	1419	1429	1438	1447	1455
Leyton Baker's Arms	1232	1240	1248	1256	1304	1313	1322	1331	1339	1348	1357	1405	1414	1424	1434	1443	1452	1500
Whipps Cross Bus Station	1241	1249	1257	1305	1314	1323	1332	1341	1349	1358	1407	1415	1424	1434	1444	1453	1502	1511
St Bartholomew's Hospital	1401	1410	1418	1426	1434	1442	1451	1459	1508	1516	1525	1534	1543	1551	1600	1609	1618	1627
Barbican Station	1407	1416	1424	1432	1440	1448	1457	1505	1514	1522	1531	1540	1549	1557	1606	1615	1624	1633
Islington Angel (Upper Street)	1417	1426	1434	1442	1450	1458	1507	1516	1525	1533	1542	1551	1600	1608	1617	1626	1635	1644
Dalston Junction Dalston Lane	1437	1446	1454	1502	1510	1519	1528	1537	1546	1554	1603	1612	1621	1629	1638	1647	1656	1705
Clapton Pond	1448	1457	1505	1514	1523	1532	1541	1550	1559	1607	1616	1625	1634	1642	1651	1700	1709	1718
Lea Bridge Road Markhouse Road	1502	1511	1520	1529	1538	1547	1556	1605	1614	1623	1632	1641	1650	1658	1707	1715	1724	1733
Leyton Baker's Arms	1508	1517	1526	1535	1544	1553	1602	1611	1620	1629	1638	1647	1656	1704	1713	1721	1730	1739
Whipps Cross Bus Station	1520	1529	1538	1547	1556	1605	1614	1623	1632	1641	1650	1659	1708	1717	1726	1735	1744	1753
St Bartholomew's Hospital	1636	1645	1654	1703	1713	1723	1732	1741	1750	1759	1808	1817	1826	1835	1844	1853	1902	1911
Barbican Station	1642	1651	1700	1709	1719	1729	1738	1747	1756	1805	1814	1823	1832	1841	1850	1859	1907	1916
Islington Angel (Upper Street)	1653	1702	1712	1721	1731	1741	1750	1759	1808	1817	1826	1835	1844	1853	1902	1911	1919	1927
Dalston Junction Dalston Lane	1714	1723	1733	1742	1752	1802	1811	1820	1829	1838	1847	1856	1905	1914	1922	1930	1938	1946
Clapton Pond	1727	1736	1746	1755	1805	1814	1823	1832	1841	1850	1859	1908	1916	1924	1932	1940	1948	1956
Lea Bridge Road Markhouse Road	1742	1751	1801	1810	1819	1828	1837	1846	1855	1904	1913	1921	1928	1935	1943	1951	1959	2007
Leyton Baker's Arms	1748	1757	1807	1816	1825	1834	1843	1852	1901	1908	1917	1925	1932	1939	1947	1955	2003	2011
Whipps Cross Bus Station	1802	1811	1819	1828	1837	1846	1855	1903	1910	1917	1926	1934	1941	1948	1956	2004	2010	2018
St Bartholomew's Hospital	1920	1929	1938	1947	1955	2003	2011	2019	2027	2035	2043	2051	2059	2107	2115	2123	2131	2139
Barbican Station	1925	1934	1943	1952	2000	2008	2016	2024	2032	2040	2048	2056	2104	2112	2120	2128	2136	2144
Islington Angel (Upper Street)	1935	1944	1953	2002	2009	2016	2024	2032	2040	2048	2056	2104	2112	2120	2128	2136	2144	2152
Dalston Junction Dalston Lane	1954	2002	2010	2018	2025	2032	2039	2047	2055	2103	2111	2118	2126	2134	2142	2150	2158	2206
Clapton Pond	2004	2011	2019	2027	2034	2041	2048	2056	2104	2111	2119	2126	2134	2142	2150	2158	2206	2214
Lea Bridge Road Markhouse Road	2015	2022	2029	2036	2043	2050	2057	2105	2112	2119	2127	2134	2142	2150	2158	2206	2213	2221
Leyton Baker's Arms	2019	2026	2033	2040	2047	2054	2101	2109	2116	2123	2131	2138	2146	2154	2202	2209	2216	2224
Whipps Cross Bus Station	2026	2033	2040	2047	2054	2101	2108	2115	2122	2129	2137	2144	2152	2200	2208	2215	2222	2230
St Bartholomew's Hospital	2147	2155	2203	2211	2219	2227	2235	2243	2252	2300	2308	2316	2324	2332	2340	2348	2356	0005
Barbican Station	2152	2200	2207	2215	2223	2231	2239	2247	2256	2305	2313	2321	2329	2337	2345	2353	0001	0010
Islington Angel (Upper Street)	2200	2208	2215	2223	2231	2239	2247	2255	2304	2312	2320	2328	2336	2344	2352	0000	0007	0016
Dalston Junction Dalston Lane	2213	2221	2228	2236	2244	2252	2300	2308	2316	2324	2332	2340	2348	2356	0004	0011	0018	0026
Clapton Pond	2221	2229	2236	2244	2252	2300	2307	2315	2324	2331	2339	2347	2355	0003	0010	0017	0024	0032
Lea Bridge Road Markhouse Road	2228	2236	2243	2251	2259	2307	2314	2322	2331	2338	2346	2354	0002	0009	0016	0023	0030	0038
Leyton Baker's Arms	2231	2239	2246	2254	2302	2309	2316	2324	2333	2340	2348	2356	0004	0011	0018	0025	0032	0040
Whipps Cross Bus Station	2237	2245	2252	2300	2308	2315	2322	2330	2339	2346	2354	0002	0009	0016	0023	0030	0037	0045
St Bartholomew's Hospital	0014	0022	0030															
Barbican Station	0019	0027	0035															
Islington Angel (Upper Street)	0025	0033	0041															
Dalston Junction Dalston Lane	0034	0042	0050															
Clapton Pond	0040	0048	0056															
Lea Bridge Road Markhouse Road	0046	0054	0102															
Leyton Baker's Arms	0048	0056	0104															
Whipps Cross Bus Station	0053	0101	0109															

56	Saturdays (also Good Friday)																	
St Bartholomew's Hospital	0450	0510	0530	0550	0610	0630	0645	0700	0712	0724	0736	0746	0756	0806	0816	0826	0835	0842
Barbican Station	0453	0513	0533	0553	0613	0633	0648	0704	0716	0728	0740	0750	0800	0811	0821	0831	0840	0847
Islington Angel (Upper Street)	0459	0519	0539	0559	0619	0639	0654	0710	0722	0734	0746	0756	0806	0817	0827	0837	0846	0853
Dalston Junction Dalston Lane	0507	0527	0547	0607	0628	0648	0703	0720	0732	0744	0756	0806	0818	0829	0839	0849	0858	0906
Clapton Pond	0513	0533	0553	0613	0634	0654	0710	0727	0739	0751	0803	0814	0826	0837	0847	0857	0906	0914
Lea Bridge Road Markhouse Road	0519	0539	0559	0619	0640	0700	0717	0734	0746	0758	0811	0822	0834	0845	0855	0905	0915	0923
Leyton Baker's Arms	0520	0540	0600	0621	0642	0703	0720	0737	0749	0801	0815	0826	0838	0849	0859	0909	0919	0927
Whipps Cross Bus Station	0524	0544	0604	0625	0646	0707	0724	0741	0753	0806	0820	0831	0843	0854	0904	0914	0924	0932
St Bartholomew's Hospital	0849	0856	0904	0912	0920	0927	0934	0941	0948	0955	1003	1011	1019	1026	1033	1041	1048	1055
Barbican Station	0854	0901	0909	0917	0925	0932	0939	0946	0953	1000	1008	1016	1024	1031	1038	1046	1053	1100
Islington Angel (Upper Street)	0900	0908	0916	0924	0932	0939	0946	0953	1000	1008	1016	1024	1032	1039	1046	1054	1101	1108
Dalston Junction Dalston Lane	0914	0922	0930	0938	0946	0953	1000	1007	1015	1023	1031	1039	1047	1054	1101	1109	1117	1125
Clapton Pond	0922	0930	0938	0946	0954	1001	1009	1016	1024	1032	1040	1048	1056	1103	1111	1119	1127	1135
Lea Bridge Road Markhouse Road	0931	0939	0947	0955	1003	1011	1019	1027	1035	1043	1051	1059	1108	1116	1124	1132	1140	1148
Leyton Baker's Arms	0935	0943	0951	0959	1008	1016	1024	1032	1040	1048	1056	1104	1113	1121	1129	1137	1145	1153
Whipps Cross Bus Station	0940	0948	0956	1005	1014	1022	1030	1038	1046	1054	1102	1110	1119	1127	1135	1143	1151	1159
St Bartholomew's Hospital	1103	Then every 8 minutes until	1143	1150	1157	Then every 8 minutes until	1357	1405	Then every 8 minutes until	1613	1622	1631	1639	1647	1655			
Barbican Station	1108		1148	1155	1202		1402	1410		1618	1627	1636	1644	1652	1700			
Islington Angel (Upper Street)	1116		1156	1203	1211		1411	1419		1627	1636	1645	1653	1701	1709			
Dalston Junction Dalston Lane	1133		1213	1221	1229		1429	1437		1645	1654	1703	1711	1719	1727			
Clapton Pond	1143		1223	1231	1239		1439	1447		1655	1704	1713	1721	1729	1737			
Lea Bridge Road Markhouse Road	1156		1236	1244	1252		1452	1500		1708	1716	1724	1732	1740	1748			
Leyton Baker's Arms	1201		1241	1249	1257		1457	1505		1713	1721	1729	1737	1745	1753			
Whipps Cross Bus Station	1208		1248	1256	1304		1504	1511		1719	1727	1735	1743	1751	1759			
St Bartholomew's Hospital	1704	1712	1720	Then every 8 minutes until	1840	1849	1857	1905	1914	1923	1932	1940	1949	1958	2007	2016	2025	
Barbican Station	1709	1717	1725		1845	1854	1902	1910	1919	1928	1937	1945	1954	2003	2012	2021	2030	
Islington Angel (Upper Street)	1718	1726	1734		1854	1903	1911	1919	1928	1937	1946	1954	2003	2011	2020	2029	2038	
Dalston Junction Dalston Lane	1736	1744	1752		1912	1920	1928	1936	1945	1954	2003	2011	2019	2027	2036	2045	2054	
Clapton Pond	1746	1754	1802		1922	1930	1938	1946	1955	2004	2012	2020	2028	2036	2045	2054	2103	
Lea Bridge Road Markhouse Road	1757	1805	1812		1932	1940	1948	1956	2005	2013	2021	2029	2037	2045	2054	2103	2111	
Leyton Baker's Arms	1802	1810	1817		1937	1945	1953	2001	2010	2018	2026	2034	2042	2050	2059	2106	2114	
Whipps Cross Bus Station	1807	1815	1822		1942	1950	1958	2006	2015	2023	2031	2039	2047	2055	2103	2110	2118	
St Bartholomew's Hospital	2034	2042	2051	2059	2107	2115	2124	Then every 8 minutes until	2252	2301	2309	2317	2325	2334	Then every 8 minutes until	0030		
Barbican Station	2039	2047	2056	2104	2112	2120	2129		2257	2306	2314	2322	2330	2339		0035		
Islington Angel (Upper Street)	2047	2055	2104	2112	2120	2128	2137		2305	2313	2321	2329	2337	2346		0042		
Dalston Junction Dalston Lane	2103	2111	2119	2127	2135	2143	2152		2320	2328	2336	2344	2352	0001		0057		
Clapton Pond	2111	2119	2127	2135	2143	2151	2200		2328	2336	2344	2352	0000	0009		0105		
Lea Bridge Road Markhouse Road	2119	2127	2135	2143	2151	2159	2208		2336	2344	2352	0000	0008	0017		0113		
Leyton Baker's Arms	2122	2130	2138	2146	2154	2202	2210		2338	2346	2354	0002	0010	0019		0115		
Whipps Cross Bus Station	2126	2134	2142	2150	2158	2206	2214		2342	2350	2358	0006	0014	0023		0119		

56	Sundays and other Public Holidays (except Christmas Day)																			
St Bartholomew's Hospital	0450	0510	0530	0550	0610	0630	0650	0705	0720	0735	0747	0759	0811	0821	0831	0841	0851	0900		
Barbican Station	0454	0513	0533	0553	0613	0633	0653	0708	0723	0738	0750	0802	0814	0824	0834	0844	0854	0903		
Islington Angel (Upper Street)	0500	0519	0539	0559	0619	0639	0659	0714	0729	0744	0756	0808	0820	0830	0840	0850	0900	0909		
Dalston Junction Dalston Lane	0508	0527	0547	0607	0628	0648	0708	0723	0738	0753	0805	0818	0830	0840	0850	0900	0910	0920		
Clapton Pond	0514	0533	0553	0614	0635	0655	0715	0730	0745	0800	0812	0825	0837	0847	0857	0907	0917	0927		
Lea Bridge Road Markhouse Road	0520	0539	0559	0621	0642	0702	0722	0737	0752	0807	0819	0832	0844	0854	0904	0914	0924	0934		
Leyton Baker's Arms	0522	0541	0601	0623	0644	0705	0725	0740	0755	0810	0822	0835	0847	0857	0907	0917	0927	0937		
Whipps Cross Bus Station	0526	0545	0606	0628	0649	0710	0730	0745	0800	0816	0828	0841	0853	0903	0913	0923	0933	0943		
St Bartholomew's Hospital	0908	0916	0924	0931	0938	0946	0953	1000	1008	1016	1024	1031	1039	1047	1055	1103	1111	1119		
Barbican Station	0911	0919	0927	0934	0941	0949	0956	1004	1012	1020	1028	1035	1043	1051	1059	1107	1115	1123		
Islington Angel (Upper Street)	0917	0925	0933	0940	0947	0955	1002	1010	1019	1027	1035	1042	1050	1058	1106	1114	1122	1130		
Dalston Junction Dalston Lane	0928	0936	0944	0951	0958	1006	1014	1023	1032	1040	1048	1055	1103	1111	1120	1129	1137	1145		
Clapton Pond	0935	0943	0951	0959	1006	1014	1022	1031	1040	1048	1056	1104	1112	1120	1129	1138	1146	1154		
Lea Bridge Road Markhouse Road	0942	0950	0958	1006	1014	1022	1031	1040	1049	1057	1105	1113	1121	1129	1138	1147	1155	1204		
Leyton Baker's Arms	0945	0953	1001	1010	1018	1026	1035	1044	1053	1101	1109	1117	1125	1133	1142	1151	1159	1208		
Whipps Cross Bus Station	0951	0959	1008	1017	1025	1033	1042	1051	1100	1109	1117	1125	1133	1141	1150	1159	1208	1217		
St Bartholomew's Hospital	1127	1135	1143	1151	1159	1207	1215	1223	1231	1239	1247	1255	Then every 8 minutes until	1503	1511	1519	1527			
Barbican Station	1131	1139	1147	1155	1203	1211	1219	1227	1235	1243	1251	1259		1507	1515	1523	1531			
Islington Angel (Upper Street)	1138	1146	1154	1202	1211	1219	1227	1235	1243	1251	1259	1307		1515	1523	1531	1539			
Dalston Junction Dalston Lane	1153	1201	1209	1218	1227	1236	1244	1252	1300	1308	1316	1325		1533	1541	1549	1557			
Clapton Pond	1202	1211	1219	1228	1237	1246	1254	1302	1310	1318	1326	1335		1543	1551	1559	1607			
Lea Bridge Road Markhouse Road	1213	1222	1230	1239	1248	1257	1305	1313	1321	1329	1337	1346		1554	1602	1610	1617			
Leyton Baker's Arms	1217	1226	1234	1243	1252	1301	1309	1317	1325	1333	1341	1350		1558	1606	1614	1621			
Whipps Cross Bus Station	1226	1235	1243	1252	1301	1310	1319	1328	1336	1344	1352	1401		1609	1615	1623	1630			
St Bartholomew's Hospital	1535	1543	1551	Then every 8 minutes until	1727	1736	1744	1752	1800	1808	1816	1824	1833	1842	1850	1858	1906			
Barbican Station	1539	1547	1555		1731	1740	1748	1756	1804	1812	1820	1828	1837	1846	1854	1902	1910			
Islington Angel (Upper Street)	1547	1555	1603		1739	1748	1756	1804	1812	1820	1828	1836	1845	1854	1902	1910	1918			
Dalston Junction Dalston Lane	1605	1613	1620		1756	1805	1813	1821	1829	1837	1845	1853	1902	1910	1918	1926	1934			
Clapton Pond	1615	1623	1630		1806	1815	1823	1831	1839	1847	1855	1903	1911	1919	1927	1935	1943			
Lea Bridge Road Markhouse Road	1625	1633	1640		1816	1824	1832	1840	1848	1856	1904	1912	1920	1928	1936	1944	1952			
Leyton Baker's Arms	1629	1637	1644		1820	1828	1836	1844	1852	1900	1908	1916	1924	1932	1940	1948	1956			
Whipps Cross Bus Station	1638	1646	1653		1829	1837	1845	1853	1901	1908	1916	1924	1932	1940	1948	1956	2004			
St Bartholomew's Hospital	1914	1922	1930	1938	1946	1954	2002	2010	2019	2027	2036	2044	2053	2101	2110	2118	2127	2135		
Barbican Station	1918	1926	1934	1942	1950	1958	2006	2014	2023	2031	2040	2048	2057	2105	2114	2122	2131	2139		
Islington Angel (Upper Street)	1926	1934	1942	1950	1958	2006	2013	2021	2030	2038	2047	2055	2104	2112	2121	2129	2138	2146		
Dalston Junction Dalston Lane	1942	1950	1958	2006	2013	2020	2027	2035	2044	2052	2101	2109	2117	2125	2133	2141	2150	2158		
Clapton Pond	1951	1959	2007	2015	2022	2029	2036	2044	2053	2101	2109	2117	2125	2133	2141	2149	2158	2206		
Lea Bridge Road Markhouse Road	2000	2008	2015	2023	2030	2037	2044	2052	2101	2109	2117	2125	2133	2141	2149	2157	2206	2214		
Leyton Baker's Arms	2004	2012	2019	2027	2034	2041	2048	2056	2104	2112	2120	2128	2136	2144	2152	2200	2208	2216		
Whipps Cross Bus Station	2011	2019	2026	2034	2041	2048	2055	2103	2110	2118	2126	2134	2142	2150	2158	2206	2214	2222		
St Bartholomew's Hospital	2144	2153	2202	2210	2218	2226	2235	2243	2252	Then every 8 minutes until	2332	2340	2349	2358	Then every 8 minutes until	0030				
Barbican Station	2148	2157	2206	2214	2222	2230	2239	2247	2256		2336	2344	2353	0002		0034				
Islington Angel (Upper Street)	2155	2204	2212	2220	2228	2236	2245	2253	2302		2342	2350	2359	0008		0040				
Dalston Junction Dalston Lane	2207	2215	2223	2231	2239	2247	2256	2304	2313		2353	0001	0010	0019		0051				
Clapton Pond	2215	2223	2231	2239	2247	2255	2304	2312	2320		0000	0007	0015	0023		0055				
Lea Bridge Road Markhouse Road	2223	2231	2239	2247	2255	2303	2311	2318	2325		0005	0012	0020	0028		0100				
Leyton Baker's Arms	2225	2233	2241	2249	2257	2305	2313	2320	2327		0007	0014	0022	0030		0102				
Whipps Cross Bus Station	2231	2239	2247	2255	2303	2310	2318	2325	2332		0012	0019	0027	0035		0107				

58	Mondays to Fridays																		
East Ham White Horse	0440	0500	0520	0540	0600	0615	0629	0641	0651	0702	0714	0726	0736	0747	0756	0806	0818	0832	
East Ham Newham Town Hall	0441	0501	0521	0541	0601	0616	0630	0642	0652	0703	0715	0727	0737	0748	0757	0808	0820	0834	
Upton Park The Boleyn (Green Street)	0446	0506	0526	0546	0607	0622	0636	0648	0658	0710	0722	0734	0744	0755	0804	0816	0828	0842	
Forest Gate Police Station (Green St.)	0451	0511	0531	0551	0612	0629	0643	0655	0705	0717	0729	0741	0751	0802	0814	0826	0838	0852	
Forest Gate Station	0455	0515	0535	0555	0616	0633	0647	0659	0710	0722	0734	0746	0756	0808	0820	0832	0844	0858	
Dames Road Wanstead Flats	0458	0518	0538	0558	0619	0637	0651	0703	0715	0727	0739	0751	0801	0813	0825	0837	0849	0903	
Leytonstone Thatched House	0503	0523	0543	0603	0625	0643	0657	0709	0721	0733	0745	0757	0808	0820	0832	0844	0856	0909	
Leyton Station	0507	0527	0547	0608	0630	0648	0702	0714	0726	0738	0750	0802	0814	0826	0838	0850	0902	0914	
Markhouse Road Lea Bridge Road	0514	0534	0554	0615	0637	0655	0711	0723	0735	0747	0759	0812	0824	0836	0848	0900	0912	0924	
Walthamstow South Grove	0519	0539	0559	0621	0643	0701	0719	0731	0743	0755	0807	0820	0833	0846	0857	0908	0920	0931	
Walthamstow Central Station	0521	0541	0601	0623	0645	0704	0722	0734	0746	0758	0810	0823	0837	0850	0901	0912	0924	0934	
East Ham White Horse	0844	0856	0908	0920	0932	0944	0956	1008	1020	1031	1043	1055	1107	1119	1130	1140	1152	1204	
East Ham Newham Town Hall	0846	0858	0910	0922	0934	0946	0958	1010	1022	1033	1045	1057	1109	1121	1132	1142	1154	1206	
Upton Park The Boleyn (Green Street)	0854	0906	0918	0930	0942	0954	1006	1018	1030	1041	1053	1105	1117	1129	1140	1150	1202	1214	
Forest Gate Police Station (Green St.)	0904	0916	0928	0940	0952	1004	1016	1028	1040	1051	1103	1115	1127	1139	1150	1200	1212	1224	
Forest Gate Station	0910	0922	0934	0946	0958	1010	1022	1034	1046	1057	1109	1121	1133	1145	1156	1207	1219	1231	
Dames Road Wanstead Flats	0915	0927	0939	0951	1003	1015	1027	1039	1051	1102	1114	1126	1138	1150	1201	1213	1225	1237	
Leytonstone Thatched House	0921	0933	0945	0957	1009	1021	1033	1045	1057	1108	1120	1132	1144	1156	1208	1220	1232	1244	
Leyton Station	0926	0938	0950	1002	1014	1026	1038	1050	1102	1114	1126	1138	1150	1202	1214	1226	1238	1250	
Markhouse Road Lea Bridge Road	0936	0948	1000	1013	1025	1037	1049	1101	1113	1125	1137	1149	1201	1214	1226	1238	1250	1302	
Walthamstow South Grove	0943	0955	1007	1020	1032	1044	1056	1108	1120	1132	1144	1156	1208	1221	1233	1245	1257	1309	
Walthamstow Central Station	0946	0958	1010	1023	1035	1047	1059	1112	1124	1136	1148	1200	1212	1225	1237	1249	1301	1313	
East Ham White Horse	1216	1227	1239	1251	1303	1315	1328	1340	1351	1402	1414	1424	1436	1447	1458	1510	1521	1534	
East Ham Newham Town Hall	1218	1229	1241	1253	1305	1317	1330	1342	1353	1404	1416	1426	1438	1449	1500	1512	1523	1536	
Upton Park The Boleyn (Green Street)	1226	1237	1249	1301	1313	1325	1338	1350	1401	1413	1425	1435	1447	1458	1509	1521	1532	1545	
Forest Gate Police Station (Green St.)	1236	1247	1259	1311	1323	1335	1348	1400	1412	1424	1436	1446	1458	1509	1521	1533	1544	1557	
Forest Gate Station	1243	1254	1306	1318	1330	1342	1355	1407	1419	1431	1443	1453	1505	1517	1529	1541	1552	1605	
Dames Road Wanstead Flats	1249	1300	1312	1324	1336	1348	1401	1413	1425	1437	1449	1459	1511	1523	1535	1547	1558	1611	
Leytonstone Thatched House	1256	1307	1319	1331	1343	1355	1408	1420	1432	1444	1456	1507	1519	1531	1543	1555	1606	1618	
Leyton Station	1302	1314	1326	1338	1350	1402	1414	1426	1438	1450	1502	1514	1526	1538	1550	1602	1614	1626	
Markhouse Road Lea Bridge Road	1314	1326	1338	1350	1402	1414	1426	1438	1450	1502	1514	1526	1538	1550	1602	1616	1628	1640	
Walthamstow South Grove	1321	1333	1345	1357	1409	1421	1433	1445	1457	1511	1523	1535	1547	1559	1611	1625	1637	1649	
Walthamstow Central Station	1325	1337	1349	1401	1413	1425	1437	1449	1501	1515	1527	1539	1551	1603	1615	1629	1641	1653	
East Ham White Horse	1546	1559	1611	Then every 12 minutes until	1659 1711 1723 1735 1748 1802 1814 1826 1838 1850 1902 1914 1926														
East Ham Newham Town Hall	1548	1601	1613		1701 1713 1725 1737 1750 1803 1815 1827 1839 1851 1903 1915 1927														
Upton Park The Boleyn (Green Street)	1557	1610	1622		1710 1722 1734 1746 1759 1811 1823 1835 1847 1859 1911 1923 1935														
Forest Gate Police Station (Green St.)	1609	1621	1633		1721 1733 1745 1757 1810 1822 1834 1846 1858 1910 1921 1933 1945														
Forest Gate Station	1617	1629	1641		1729 1741 1753 1805 1817 1829 1841 1853 1905 1917 1928 1940 1952														
Dames Road Wanstead Flats	1623	1635	1647		1735 1747 1759 1811 1823 1835 1847 1859 1911 1923 1934 1946 1958														
Leytonstone Thatched House	1630	1642	1654		1742 1754 1806 1818 1830 1842 1854 1906 1918 1930 1941 1953 2005														
Leyton Station	1638	1650	1702		1750 1802 1814 1826 1838 1850 1902 1913 1925 1937 1948 2000 2011														
Markhouse Road Lea Bridge Road	1652	1704	1715		1803 1814 1826 1838 1850 1902 1913 1924 1936 1948 1959 2010 2021														
Walthamstow South Grove	1701	1713	1724		1812 1823 1835 1847 1859 1909 1920 1931 1943 1955 2006 2017 2028														
Walthamstow Central Station	1705	1717	1728		1816 1827 1839 1851 1903 1913 1924 1935 1947 1959 2009 2020 2031														
East Ham White Horse	1938	1950	2002	2015	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300	Then every 15 minutes until	0045		
East Ham Newham Town Hall	1939	1951	2003	2016	2031	2046	2101	2116	2131	2146	2201	2216	2231	2246	2301		0046		
Upton Park The Boleyn (Green Street)	1947	1959	2010	2023	2038	2053	2107	2122	2137	2152	2206	2221	2236	2251	2306		0051		
Forest Gate Police Station (Green St.)	1957	2009	2019	2032	2047	2102	2115	2130	2145	2200	2213	2228	2243	2258	2312		0057		
Forest Gate Station	2004	2015	2025	2038	2053	2107	2120	2135	2150	2204	2217	2232	2247	2302	2316		0101		
Dames Road Wanstead Flats	2009	2020	2030	2043	2058	2112	2125	2140	2155	2208	2221	2236	2251	2306	2320		0105		
Leytonstone Thatched House	2015	2026	2036	2049	2104	2117	2130	2145	2200	2213	2226	2241	2256	2310	2324		0109		
Leyton Station	2021	2032	2042	2055	2110	2123	2136	2151	2205	2218	2231	2246	2301	2314	2328		0113		
Markhouse Road Lea Bridge Road	2031	2042	2052	2105	2120	2133	2146	2201	2213	2226	2239	2254	2308	2321	2335		0120		
Walthamstow South Grove	2038	2049	2059	2112	2127	2140	2153	2207	2219	2232	2245	2300	2313	2326	2340		0125		
Walthamstow Central Station	2041	2052	2102	2115	2130	2143	2156	2210	2222	2235	2248	2303	2316	2329	2343		0128		

58	Saturdays (also Good Friday)																	
East Ham White Horse	0440	0500	0520	0540	0600	0620	0640	0700	0720	0740	0800	0815	0830	0841	0852	0903	0915	0927
East Ham Newham Town Hall	0441	0501	0521	0541	0601	0621	0641	0701	0721	0741	0801	0816	0831	0842	0853	0904	0916	0928
Upton Park The Boleyn (Green Street)	0446	0506	0526	0546	0606	0626	0646	0707	0727	0747	0807	0822	0837	0848	0859	0911	0923	0935
Forest Gate Police Station (Green St.)	0451	0511	0531	0551	0612	0632	0652	0714	0734	0754	0814	0829	0844	0855	0907	0919	0931	0943
Forest Gate Station	0454	0514	0534	0554	0616	0636	0656	0718	0738	0758	0819	0834	0849	0900	0912	0924	0936	0948
Dames Road Wanstead Flats	0457	0517	0537	0557	0620	0640	0700	0722	0742	0802	0823	0838	0853	0905	0917	0929	0941	0953
Leytonstone Thatched House	0502	0522	0542	0602	0625	0645	0705	0727	0747	0808	0829	0844	0859	0911	0923	0935	0947	0959
Leyton Station	0506	0526	0546	0606	0629	0649	0709	0731	0751	0813	0834	0849	0904	0916	0928	0940	0952	1004
Markhouse Road Lea Bridge Road	0512	0532	0552	0613	0636	0656	0718	0740	0800	0821	0842	0857	0913	0925	0937	0949	1001	1014
Walthamstow South Grove	0517	0537	0557	0619	0642	0702	0724	0746	0806	0827	0848	0903	0920	0932	0944	0956	1009	1022
Walthamstow Central Station	0519	0539	0559	0622	0645	0705	0727	0749	0809	0830	0851	0906	0923	0935	0947	0959	1013	1026
East Ham White Horse	0938	0949	1000	1012	1024	1035	1047	1058	1110	1122	1134	1146	1158	1210	1222	1234	1246	1258
East Ham Newham Town Hall	0939	0950	1001	1013	1025	1036	1048	1059	1112	1124	1136	1148	1200	1212	1224	1236	1248	1300
Upton Park The Boleyn (Green Street)	0946	0957	1008	1020	1032	1043	1055	1106	1120	1132	1144	1156	1209	1221	1233	1245	1257	1309
Forest Gate Police Station (Green St.)	0954	1005	1017	1029	1041	1052	1104	1117	1131	1143	1155	1207	1221	1233	1245	1257	1309	1321
Forest Gate Station	0959	1011	1023	1035	1047	1058	1110	1123	1137	1149	1201	1214	1228	1240	1252	1304	1317	1329
Dames Road Wanstead Flats	1004	1016	1028	1040	1052	1103	1116	1129	1143	1155	1207	1220	1234	1246	1258	1311	1324	1336
Leytonstone Thatched House	1011	1023	1035	1047	1059	1110	1123	1136	1150	1202	1215	1228	1242	1254	1306	1319	1332	1344
Leyton Station	1016	1028	1040	1052	1104	1116	1129	1142	1156	1210	1223	1236	1250	1302	1314	1327	1340	1352
Markhouse Road Lea Bridge Road	1026	1038	1050	1102	1115	1127	1140	1153	1207	1222	1235	1248	1302	1314	1326	1339	1352	1404
Walthamstow South Grove	1034	1046	1058	1110	1123	1135	1148	1201	1215	1230	1243	1256	1310	1322	1334	1347	1400	1412
Walthamstow Central Station	1038	1050	1102	1114	1127	1139	1152	1205	1219	1234	1247	1300	1315	1327	1339	1352	1405	1417
East Ham White Horse	1309	1321	1333	1345	1357	1409	1421	1433	1445	1457	1509	1521	1533	1545	1557	1609	1621	1633
East Ham Newham Town Hall	1311	1323	1335	1347	1359	1411	1423	1435	1447	1459	1511	1523	1535	1547	1559	1611	1623	1635
Upton Park The Boleyn (Green Street)	1320	1332	1344	1356	1408	1420	1432	1444	1456	1508	1520	1532	1544	1556	1608	1620	1632	1644
Forest Gate Police Station (Green St.)	1332	1344	1356	1408	1421	1433	1445	1457	1509	1521	1533	1545	1557	1609	1621	1633	1645	1657
Forest Gate Station	1340	1352	1404	1416	1429	1441	1453	1505	1516	1528	1540	1552	1604	1616	1628	1640	1652	1704
Dames Road Wanstead Flats	1347	1359	1411	1423	1436	1448	1500	1511	1522	1534	1546	1558	1610	1622	1634	1646	1658	1710
Leytonstone Thatched House	1355	1407	1419	1431	1444	1456	1507	1518	1529	1541	1553	1605	1617	1629	1641	1653	1705	1717
Leyton Station	1403	1415	1427	1439	1452	1504	1515	1526	1537	1549	1601	1613	1625	1637	1649	1701	1712	1724
Markhouse Road Lea Bridge Road	1416	1428	1440	1452	1505	1517	1528	1539	1550	1602	1614	1626	1638	1650	1702	1714	1725	1737
Walthamstow South Grove	1424	1436	1448	1500	1514	1526	1537	1548	1559	1610	1622	1634	1646	1658	1710	1722	1733	1745
Walthamstow Central Station	1429	1441	1453	1506	1520	1532	1543	1554	1605	1616	1628	1640	1652	1704	1715	1727	1738	1750
East Ham White Horse	1645	1657	1709	1721	1733	1745	1757	1809	1821	1833	1845	1900	1915	1930	1945	2000	2015	2030
East Ham Newham Town Hall	1647	1659	1711	1723	1735	1747	1759	1811	1823	1835	1847	1902	1917	1932	1947	2001	2016	2031
Upton Park The Boleyn (Green Street)	1656	1708	1720	1732	1744	1756	1808	1820	1832	1844	1856	1911	1926	1941	1956	2009	2024	2039
Forest Gate Police Station (Green St.)	1709	1721	1733	1745	1757	1809	1820	1832	1844	1856	1908	1922	1937	1952	2007	2018	2033	2048
Forest Gate Station	1716	1728	1740	1752	1804	1816	1827	1839	1851	1903	1915	1929	1944	1959	2014	2025	2040	2055
Dames Road Wanstead Flats	1722	1734	1746	1758	1810	1822	1833	1845	1857	1908	1920	1934	1949	2004	2019	2030	2045	2100
Leytonstone Thatched House	1729	1741	1753	1805	1817	1829	1840	1852	1904	1914	1926	1940	1955	2010	2025	2036	2051	2105
Leyton Station	1736	1748	1800	1812	1824	1836	1847	1859	1911	1921	1933	1947	2002	2017	2032	2043	2058	2112
Markhouse Road Lea Bridge Road	1749	1801	1812	1823	1835	1847	1858	1910	1921	1931	1943	1957	2013	2028	2043	2054	2109	2122
Walthamstow South Grove	1757	1809	1820	1831	1843	1855	1906	1918	1929	1939	1951	2005	2021	2036	2051	2102	2115	2128
Walthamstow Central Station	1802	1813	1824	1835	1847	1859	1910	1922	1933	1943	1955	2008	2024	2039	2054	2105	2118	2131
East Ham White Horse	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300	Then every 15 minutes until	0045						
East Ham Newham Town Hall	2046	2101	2116	2131	2146	2201	2216	2231	2246	2301		0046						
Upton Park The Boleyn (Green Street)	2054	2108	2123	2138	2153	2207	2222	2237	2252	2306		0051						
Forest Gate Police Station (Green St.)	2103	2116	2131	2146	2201	2214	2229	2244	2259	2312		0057						
Forest Gate Station	2109	2122	2137	2152	2206	2219	2234	2249	2304	2317		0102						
Dames Road Wanstead Flats	2114	2127	2142	2157	2210	2223	2238	2253	2308	2321		0106						
Leytonstone Thatched House	2119	2132	2147	2202	2215	2228	2243	2258	2313	2326		0111						
Leyton Station	2126	2139	2154	2208	2221	2234	2249	2304	2318	2331		0116						
Markhouse Road Lea Bridge Road	2136	2149	2204	2217	2230	2243	2258	2312	2326	2339	0124							
Walthamstow South Grove	2142	2155	2210	2223	2236	2249	2304	2318	2332	2345	0130							
Walthamstow Central Station	2145	2158	2213	2226	2239	2252	2306	2320	2334	2347	0132							

58	Sundays and other Public Holidays (except Christmas Day)																							
East Ham White Horse	0440	0500	0520	0540	0600	0620	0640	0655	0710	0725	0740	0755	0810	0825	0840	0855	0910	0925						
East Ham Newham Town Hall	0441	0501	0521	0541	0601	0621	0641	0656	0711	0726	0741	0756	0811	0826	0841	0856	0911	0926						
Upton Park The Boleyn (Green Street)	0446	0506	0526	0546	0606	0626	0646	0701	0716	0731	0746	0801	0817	0832	0847	0902	0917	0932						
Forest Gate Police Station (Green St.)	0451	0511	0531	0551	0611	0631	0651	0707	0722	0737	0752	0807	0823	0838	0853	0909	0924	0939						
Forest Gate Station	0454	0514	0534	0554	0615	0635	0655	0711	0726	0741	0756	0811	0827	0842	0857	0913	0928	0943						
Dames Road Wanstead Flats	0457	0517	0537	0557	0619	0639	0659	0715	0730	0745	0800	0815	0831	0846	0901	0917	0932	0947						
Leytonstone Thatched House	0501	0521	0541	0601	0624	0644	0704	0720	0735	0750	0805	0820	0836	0851	0907	0923	0938	0953						
Leyton Station	0504	0524	0544	0604	0627	0647	0708	0724	0739	0754	0810	0825	0841	0856	0912	0928	0943	0958						
Markhouse Road Lea Bridge Road	0510	0530	0550	0610	0633	0653	0715	0731	0746	0801	0818	0833	0849	0904	0921	0937	0952	1008						
Walthamstow South Grove	0515	0535	0555	0615	0638	0658	0720	0736	0751	0806	0823	0838	0854	0910	0927	0943	0958	1015						
Walthamstow Central Station	0518	0538	0558	0618	0641	0701	0723	0739	0754	0809	0826	0841	0857	0913	0930	0946	1001	1018						
East Ham White Horse	0940	0953	1006	1021	1034	1048	1101	1116	1131	1146	1201	1216	1231	1245	1300	1315	1330	1345						
East Ham Newham Town Hall	0941	0954	1008	1023	1036	1050	1103	1118	1133	1148	1203	1218	1233	1247	1302	1317	1332	1347						
Upton Park The Boleyn (Green Street)	0947	1000	1015	1030	1043	1057	1111	1126	1141	1156	1211	1226	1241	1255	1311	1326	1341	1356						
Forest Gate Police Station (Green St.)	0954	1008	1023	1038	1051	1105	1120	1135	1150	1205	1222	1237	1252	1306	1322	1337	1352	1407						
Forest Gate Station	0958	1013	1028	1043	1056	1110	1125	1140	1155	1211	1228	1243	1258	1313	1329	1344	1359	1414						
Dames Road Wanstead Flats	1002	1017	1032	1047	1100	1115	1130	1145	1200	1216	1233	1248	1303	1319	1335	1350	1405	1420						
Leytonstone Thatched House	1008	1023	1038	1053	1107	1122	1137	1152	1207	1223	1240	1255	1310	1326	1342	1357	1412	1427						
Leyton Station	1013	1028	1043	1058	1113	1128	1143	1158	1214	1230	1247	1302	1317	1333	1349	1404	1419	1434						
Markhouse Road Lea Bridge Road	1023	1038	1053	1108	1123	1138	1153	1208	1225	1241	1258	1314	1329	1345	1401	1416	1431	1446						
Walthamstow South Grove	1030	1045	1100	1115	1130	1145	1200	1216	1233	1249	1306	1321	1336	1352	1409	1424	1439	1454						
Walthamstow Central Station	1033	1048	1103	1118	1133	1148	1203	1219	1236	1252	1309	1324	1339	1355	1413	1428	1443	1458						
East Ham White Horse	1400	1415	1430	1445	1500	1515	1530	1545	1600	1615	1630	1645	1700	1715	1730	1745	1800	1815						
East Ham Newham Town Hall	1402	1417	1432	1447	1502	1517	1532	1547	1602	1617	1632	1647	1702	1717	1732	1747	1802	1817						
Upton Park The Boleyn (Green Street)	1411	1426	1441	1456	1511	1526	1541	1556	1610	1625	1640	1655	1710	1725	1740	1755	1810	1825						
Forest Gate Police Station (Green St.)	1423	1438	1453	1508	1523	1538	1553	1608	1622	1637	1652	1707	1721	1736	1751	1806	1820	1835						
Forest Gate Station	1430	1445	1500	1515	1530	1545	1600	1615	1629	1644	1659	1714	1728	1743	1758	1812	1826	1841						
Dames Road Wanstead Flats	1436	1451	1506	1521	1536	1551	1606	1621	1635	1650	1705	1720	1734	1749	1804	1818	1832	1847						
Leytonstone Thatched House	1443	1458	1513	1528	1543	1558	1613	1628	1642	1657	1711	1726	1740	1755	1810	1824	1838	1853						
Leyton Station	1450	1505	1520	1535	1550	1605	1619	1634	1648	1703	1717	1732	1746	1801	1816	1830	1844	1859						
Markhouse Road Lea Bridge Road	1502	1517	1532	1547	1602	1616	1630	1645	1659	1714	1728	1743	1757	1811	1826	1840	1854	1909						
Walthamstow South Grove	1510	1525	1540	1555	1609	1623	1637	1652	1706	1721	1735	1750	1804	1818	1833	1847	1901	1916						
Walthamstow Central Station	1514	1529	1544	1559	1613	1627	1641	1656	1710	1724	1738	1753	1807	1821	1836	1850	1904	1919						
East Ham White Horse	1830	1845	1900	1915	1930	1945	2000	2015	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245						
East Ham Newham Town Hall	1832	1847	1901	1916	1931	1946	2001	2016	2031	2046	2101	2116	2131	2146	2201	2216	2231	2246						
Upton Park The Boleyn (Green Street)	1840	1855	1909	1924	1939	1954	2008	2023	2038	2053	2107	2122	2137	2152	2207	2222	2237	2252						
Forest Gate Police Station (Green St.)	1850	1905	1918	1933	1948	2003	2017	2032	2047	2102	2115	2130	2145	2200	2214	2229	2244	2259						
Forest Gate Station	1856	1911	1924	1939	1954	2008	2022	2037	2052	2107	2120	2135	2150	2204	2218	2233	2248	2303						
Dames Road Wanstead Flats	1902	1916	1929	1944	1959	2013	2027	2042	2057	2111	2124	2139	2154	2208	2222	2237	2252	2307						
Leytonstone Thatched House	1908	1922	1935	1950	2005	2018	2032	2047	2102	2116	2129	2144	2159	2213	2227	2242	2257	2311						
Leyton Station	1913	1927	1940	1955	2010	2023	2037	2052	2107	2121	2134	2149	2204	2217	2231	2246	2301	2315						
Markhouse Road Lea Bridge Road	1924	1938	1951	2006	2019	2032	2046	2101	2115	2129	2142	2157	2212	2225	2239	2254	2308	2322						
Walthamstow South Grove	1931	1945	1958	2013	2026	2039	2053	2107	2121	2135	2148	2203	2217	2230	2244	2259	2313	2327						
Walthamstow Central Station	1934	1948	2001	2016	2029	2042	2056	2110	2124	2138	2151	2206	2220	2233	2247	2302	2315	2329						
East Ham White Horse	2300	Then every 15 minutes until	0045																					
East Ham Newham Town Hall	2301		0046																					
Upton Park The Boleyn (Green Street)	2306		0051																					
Forest Gate Police Station (Green St.)	2312		0057																					
Forest Gate Station	2316		0101																					
Dames Road Wanstead Flats	2320		0105																					
Leytonstone Thatched House	2324		0109																					
Leyton Station	2328		0113																					
Markhouse Road Lea Bridge Road	2335		0120																					
Walthamstow South Grove	2340		0125																					
Walthamstow Central Station	2342		0127																					

58	Mondays to Fridays																		
Walthamstow Central Station	0500	0520	0540	0555	0608	0618	0629	0637	0646	0657	0707	0718	0728	0737	0747	0758	0810	0823	
Walthamstow South Grove	0502	0522	0542	0557	0610	0620	0631	0639	0648	0659	0710	0721	0731	0740	0750	0801	0813	0826	
Markhouse Road Lea Bridge Road	0506	0526	0546	0601	0615	0625	0636	0646	0657	0708	0720	0731	0741	0750	0800	0812	0824	0837	
Leyton Station	0513	0533	0553	0610	0624	0634	0645	0655	0706	0718	0730	0741	0751	0800	0812	0824	0836	0849	
Leytonstone Thatched House	0516	0536	0556	0613	0627	0637	0648	0658	0710	0722	0734	0745	0755	0805	0817	0829	0841	0854	
Dames Road Wanstead Flats	0520	0540	0600	0618	0632	0642	0653	0703	0715	0727	0739	0750	0800	0812	0824	0836	0848	0901	
Forest Gate Station	0524	0544	0604	0622	0636	0646	0657	0708	0720	0732	0744	0755	0806	0818	0830	0842	0854	0907	
Forest Gate Police Station (Green St.)	0526	0546	0607	0625	0639	0649	0700	0712	0724	0736	0748	0759	0810	0822	0834	0846	0858	0911	
Upton Park The Boleyn (Green Street)	0531	0551	0613	0631	0645	0655	0707	0719	0731	0743	0755	0807	0819	0831	0843	0855	0907	0919	
East Ham Newham Town Hall	0536	0556	0618	0636	0650	0700	0714	0726	0738	0750	0802	0814	0826	0838	0850	0902	0914	0926	
East Ham White Horse	0537	0557	0619	0637	0651	0701	0715	0727	0739	0751	0803	0815	0827	0839	0851	0903	0915	0927	
Walthamstow Central Station	0836	0847	0901	0913	0925	0938	0951	1005	1017	1027	1038	1050	1101	1113	1124	1136	1148	1200	
Walthamstow South Grove	0839	0850	0904	0916	0928	0941	0954	1008	1020	1030	1041	1053	1104	1116	1127	1139	1151	1203	
Markhouse Road Lea Bridge Road	0850	0901	0913	0925	0937	0950	1003	1015	1027	1037	1048	1100	1111	1123	1134	1146	1158	1210	
Leyton Station	0902	0914	0926	0938	0950	1002	1014	1026	1038	1048	1059	1111	1123	1135	1146	1158	1210	1222	
Leytonstone Thatched House	0907	0919	0931	0943	0955	1007	1019	1031	1043	1053	1104	1116	1128	1140	1151	1203	1215	1227	
Dames Road Wanstead Flats	0913	0925	0937	0949	1001	1013	1025	1037	1049	1059	1110	1122	1134	1146	1157	1209	1221	1233	
Forest Gate Station	0919	0931	0943	0955	1007	1019	1031	1043	1055	1105	1117	1129	1141	1153	1204	1216	1228	1240	
Forest Gate Police Station (Green St.)	0923	0935	0947	0959	1011	1023	1035	1047	1059	1110	1122	1134	1146	1158	1209	1221	1233	1245	
Upton Park The Boleyn (Green Street)	0931	0943	0955	1007	1019	1031	1043	1055	1107	1119	1131	1143	1155	1207	1219	1231	1243	1255	
East Ham Newham Town Hall	0938	0950	1002	1015	1027	1039	1051	1103	1115	1127	1139	1151	1203	1215	1227	1239	1251	1303	
East Ham White Horse	0939	0951	1003	1016	1028	1040	1052	1104	1116	1128	1140	1152	1204	1216	1228	1240	1252	1304	
Walthamstow Central Station	1211	1224	Then every 12 mins. until	1312	1323	1335	1346	1358	1410	1420	1431	1442	1451	1501	1514	1526	1538	1551	
Walthamstow South Grove	1215	1228		1316	1327	1339	1350	1402	1414	1424	1435	1446	1455	1505	1518	1530	1542	1555	
Markhouse Road Lea Bridge Road	1222	1235		1323	1334	1346	1357	1409	1421	1431	1442	1453	1502	1514	1527	1539	1551	1604	
Leyton Station	1234	1247		1335	1346	1358	1410	1422	1434	1444	1455	1506	1518	1530	1543	1555	1607	1619	
Leytonstone Thatched House	1239	1252		1340	1351	1403	1415	1427	1439	1449	1500	1512	1524	1536	1549	1601	1613	1625	
Dames Road Wanstead Flats	1245	1258		1346	1357	1409	1421	1433	1445	1455	1507	1519	1531	1543	1556	1608	1620	1632	
Forest Gate Station	1252	1305		1353	1404	1416	1428	1440	1452	1502	1514	1526	1538	1550	1603	1615	1627	1639	
Forest Gate Police Station (Green St.)	1257	1310		1358	1409	1421	1433	1445	1457	1507	1519	1531	1543	1555	1608	1620	1632	1644	
Upton Park The Boleyn (Green Street)	1307	1319		1407	1419	1431	1443	1455	1507	1519	1531	1543	1555	1607	1619	1631	1643	1655	
East Ham Newham Town Hall	1315	1327	1415	1427	1439	1451	1503	1516	1528	1540	1552	1604	1617	1629	1641	1653	1705		
East Ham White Horse	1316	1328	1416	1428	1440	1452	1504	1517	1529	1541	1553	1605	1618	1630	1642	1654	1706		
Walthamstow Central Station	1605	1618	1630	1642	1654	1707	1719	1732	1744	1757	1809	1821	1833	1845	1857	1908	1920	1932	
Walthamstow South Grove	1609	1622	1634	1646	1658	1711	1723	1736	1748	1801	1813	1825	1837	1849	1901	1911	1923	1935	
Markhouse Road Lea Bridge Road	1616	1629	1641	1653	1705	1719	1731	1744	1756	1808	1820	1832	1844	1856	1907	1917	1929	1941	
Leyton Station	1631	1644	1656	1708	1720	1733	1745	1758	1810	1821	1833	1845	1857	1909	1920	1930	1942	1954	
Leytonstone Thatched House	1637	1650	1702	1714	1726	1739	1751	1804	1816	1827	1839	1851	1903	1914	1925	1935	1947	1959	
Dames Road Wanstead Flats	1644	1657	1709	1721	1733	1746	1758	1811	1823	1834	1846	1858	1909	1920	1931	1941	1953	2005	
Forest Gate Station	1651	1704	1717	1729	1741	1754	1806	1818	1830	1841	1853	1905	1916	1927	1938	1948	2000	2011	
Forest Gate Police Station (Green St.)	1656	1709	1722	1734	1746	1759	1811	1823	1835	1846	1858	1910	1921	1932	1943	1953	2004	2015	
Upton Park The Boleyn (Green Street)	1707	1719	1732	1744	1756	1809	1821	1833	1845	1856	1908	1920	1931	1942	1953	2003	2013	2024	
East Ham Newham Town Hall	1717	1729	1742	1754	1806	1818	1830	1842	1854	1905	1916	1928	1939	1950	2001	2011	2021	2032	
East Ham White Horse	1718	1730	1743	1755	1808	1820	1832	1844	1856	1906	1917	1929	1940	1951	2002	2012	2022	2033	
Walthamstow Central Station	1944	1956	2010	2025	2040	2055	2110	2125	2140	2155	2210	2225	2240	2255	2310	Then every 15 minutes until		0110	
Walthamstow South Grove	1947	1959	2013	2028	2043	2058	2113	2128	2143	2158	2212	2227	2242	2257	2312			0112	
Markhouse Road Lea Bridge Road	1953	2005	2018	2033	2048	2103	2118	2133	2148	2203	2217	2232	2247	2302	2316			0116	
Leyton Station	2006	2018	2031	2046	2101	2114	2129	2144	2159	2211	2225	2240	2255	2310	2324			0124	
Leytonstone Thatched House	2011	2023	2036	2051	2105	2118	2133	2148	2203	2215	2229	2244	2259	2313	2327			0127	
Dames Road Wanstead Flats	2017	2029	2042	2057	2110	2123	2138	2153	2208	2220	2234	2249	2304	2318	2332			0132	
Forest Gate Station	2023	2035	2048	2103	2115	2128	2143	2158	2213	2225	2239	2254	2308	2322	2336			0136	
Forest Gate Police Station (Green St.)	2027	2039	2052	2107	2119	2132	2147	2202	2217	2229	2243	2258	2311	2325	2339			0139	
Upton Park The Boleyn (Green Street)	2036	2048	2101	2115	2127	2140	2155	2209	2224	2236	2250	2305	2317	2331	2345			0145	
East Ham Newham Town Hall	2044	2056	2108	2122	2134	2147	2201	2215	2230	2242	2256	2311	2323	2337	2351		0151		
East Ham White Horse	2045	2057	2109	2123	2135	2148	2202	2216	2231	2243	2257	2312	2324	2338	2352		0152		

58	Saturdays (also Good Friday)																	
Walthamstow Central Station	0500	0520	0540	0600	0620	0640	0700	0720	0740	0800	0815	0829	0840	0852	0904	0916	0928	0939
Walthamstow South Grove	0502	0522	0542	0602	0622	0642	0702	0722	0742	0803	0818	0832	0843	0855	0907	0919	0931	0942
Markhouse Road Lea Bridge Road	0506	0526	0546	0606	0626	0646	0707	0727	0747	0808	0823	0837	0848	0900	0912	0924	0936	0947
Leyton Station	0512	0532	0552	0614	0634	0654	0715	0735	0755	0818	0833	0847	0858	0910	0922	0934	0946	0957
Leytonstone Thatched House	0515	0535	0555	0617	0637	0657	0718	0738	0758	0822	0837	0851	0902	0914	0926	0938	0950	1001
Dames Road Wanstead Flats	0519	0539	0559	0622	0642	0702	0723	0743	0803	0827	0842	0856	0908	0920	0932	0944	0956	1007
Forest Gate Station	0523	0543	0603	0626	0646	0706	0727	0747	0808	0832	0847	0901	0913	0925	0937	0949	1001	1013
Forest Gate Police Station (Green St.)	0525	0545	0606	0629	0649	0709	0730	0750	0811	0835	0850	0905	0917	0929	0941	0953	1005	1017
Upton Park The Boleyn (Green Street)	0530	0550	0612	0635	0655	0715	0736	0756	0818	0842	0857	0913	0925	0937	0949	1001	1013	1025
East Ham Newham Town Hall	0534	0554	0616	0639	0659	0720	0741	0801	0823	0847	0902	0920	0932	0944	0956	1008	1020	1032
East Ham White Horse	0535	0555	0617	0640	0700	0721	0742	0802	0824	0848	0903	0921	0933	0945	0957	1009	1021	1033
Walthamstow Central Station	0950	1000	1011	1022	1034	1046	1058	1110	1122	1134	1146	1158	1210	1222	1233	1245	1256	1307
Walthamstow South Grove	0953	1003	1014	1025	1037	1049	1101	1113	1125	1137	1149	1201	1214	1226	1237	1249	1300	1311
Markhouse Road Lea Bridge Road	0958	1009	1020	1031	1043	1055	1107	1119	1131	1143	1155	1208	1221	1233	1244	1256	1307	1318
Leyton Station	1008	1020	1031	1042	1054	1107	1120	1132	1144	1156	1208	1223	1236	1248	1259	1311	1322	1333
Leytonstone Thatched House	1013	1025	1036	1047	1059	1112	1125	1137	1149	1201	1213	1228	1241	1253	1305	1317	1328	1339
Dames Road Wanstead Flats	1019	1031	1042	1053	1105	1118	1131	1143	1155	1208	1220	1235	1248	1300	1312	1324	1335	1346
Forest Gate Station	1025	1037	1048	1059	1111	1124	1137	1149	1201	1215	1227	1242	1255	1307	1319	1331	1342	1353
Forest Gate Police Station (Green St.)	1029	1041	1052	1103	1116	1129	1142	1154	1206	1220	1232	1247	1300	1312	1324	1336	1347	1358
Upton Park The Boleyn (Green Street)	1037	1049	1101	1113	1126	1139	1152	1204	1216	1230	1242	1257	1311	1323	1335	1347	1358	1409
East Ham Newham Town Hall	1044	1056	1109	1121	1134	1147	1200	1213	1225	1239	1251	1306	1320	1332	1344	1356	1407	1419
East Ham White Horse	1045	1057	1110	1122	1135	1148	1201	1214	1226	1240	1252	1307	1321	1333	1345	1357	1408	1420
Walthamstow Central Station	1319	1330	1341	Then every 12 minutes until	1517	1530	1542	1554	1606	1618	1630	1642	1655	1707	1720	1732	1744	
Walthamstow South Grove	1323	1334	1345		1521	1534	1546	1558	1610	1622	1634	1646	1659	1711	1724	1736	1748	
Markhouse Road Lea Bridge Road	1330	1341	1352		1528	1541	1553	1605	1617	1629	1641	1653	1706	1718	1731	1743	1755	
Leyton Station	1345	1356	1407		1543	1556	1608	1620	1632	1644	1656	1708	1720	1732	1745	1757	1809	
Leytonstone Thatched House	1351	1402	1413		1549	1602	1614	1626	1638	1650	1702	1714	1726	1738	1751	1803	1815	
Dames Road Wanstead Flats	1358	1409	1420		1556	1609	1621	1633	1645	1657	1709	1721	1733	1745	1757	1809	1821	
Forest Gate Station	1405	1416	1427		1603	1616	1628	1640	1652	1704	1716	1728	1740	1752	1804	1816	1828	
Forest Gate Police Station (Green St.)	1410	1421	1432		1608	1621	1633	1645	1657	1709	1721	1733	1745	1757	1809	1821	1833	
Upton Park The Boleyn (Green Street)	1422	1433	1444		1620	1633	1645	1657	1709	1720	1732	1744	1756	1808	1820	1832	1844	
East Ham Newham Town Hall	1432	1443	1454	1630	1643	1655	1707	1719	1730	1742	1754	1806	1818	1830	1842	1854		
East Ham White Horse	1433	1444	1455	1631	1644	1656	1708	1720	1731	1743	1755	1807	1819	1831	1843	1855		
Walthamstow Central Station	1757	1811	1825	1840	1855	1910	1925	1940	1955	2010	2025	2040	2055	2110	2125	2140	2155	2210
Walthamstow South Grove	1801	1815	1829	1844	1859	1913	1928	1943	1958	2013	2028	2043	2058	2113	2128	2143	2158	2212
Markhouse Road Lea Bridge Road	1808	1822	1836	1851	1906	1920	1935	1950	2004	2019	2034	2049	2104	2118	2133	2148	2203	2217
Leyton Station	1821	1835	1849	1904	1919	1933	1948	2003	2016	2031	2046	2101	2115	2129	2144	2159	2212	2226
Leytonstone Thatched House	1827	1841	1855	1909	1924	1938	1953	2008	2021	2036	2051	2105	2119	2133	2148	2203	2216	2230
Dames Road Wanstead Flats	1833	1847	1901	1915	1930	1944	1959	2014	2027	2042	2057	2111	2125	2139	2154	2208	2221	2235
Forest Gate Station	1840	1854	1907	1921	1936	1950	2005	2020	2033	2048	2103	2116	2130	2144	2159	2213	2226	2240
Forest Gate Police Station (Green St.)	1845	1859	1912	1926	1941	1955	2010	2025	2038	2053	2108	2121	2135	2149	2204	2217	2230	2244
Upton Park The Boleyn (Green Street)	1856	1910	1922	1936	1951	2005	2018	2033	2046	2101	2116	2129	2143	2157	2211	2224	2237	2251
East Ham Newham Town Hall	1906	1919	1931	1945	2000	2013	2026	2041	2054	2108	2123	2136	2150	2204	2218	2231	2244	2258
East Ham White Horse	1907	1920	1932	1946	2001	2014	2027	2042	2055	2109	2124	2137	2151	2205	2219	2232	2245	2259
Walthamstow Central Station	2225	2240	2255	Then every 15 minutes until	0110													
Walthamstow South Grove	2227	2242	2257		0112													
Markhouse Road Lea Bridge Road	2232	2247	2302		0117													
Leyton Station	2241	2256	2310		0125													
Leytonstone Thatched House	2245	2300	2313		0128													
Dames Road Wanstead Flats	2250	2305	2318		0133													
Forest Gate Station	2255	2309	2322		0137													
Forest Gate Police Station (Green St.)	2259	2313	2326		0141													
Upton Park The Boleyn (Green Street)	2306	2320	2333		0148													
East Ham Newham Town Hall	2312	2326	2339	0154														
East Ham White Horse	2313	2327	2340	0155														

58	Sundays and other Public Holidays (except Christmas Day)																		
Walthamstow Central Station	0500	0520	0540	0600	0620	0640	0700	0720	0740	0755	0810	0825	0840	0855	0910	0925	0940	0954	
Walthamstow South Grove	0502	0522	0542	0602	0622	0642	0702	0722	0742	0757	0812	0827	0842	0857	0912	0927	0942	0956	
Markhouse Road Lea Bridge Road	0506	0526	0546	0606	0626	0646	0706	0726	0746	0801	0816	0831	0846	0901	0917	0932	0947	1001	
Leyton Station	0512	0532	0552	0612	0632	0652	0715	0735	0755	0810	0825	0840	0855	0910	0926	0941	0956	1011	
Leytonstone Thatched House	0515	0535	0555	0615	0635	0655	0718	0738	0758	0813	0828	0843	0858	0914	0930	0945	1000	1015	
Dames Road Wanstead Flats	0519	0539	0559	0619	0639	0659	0722	0742	0802	0818	0833	0848	0903	0920	0936	0951	1005	1020	
Forest Gate Station	0523	0543	0603	0623	0643	0703	0726	0746	0806	0822	0837	0852	0908	0925	0941	0956	1010	1025	
Forest Gate Police Station (Green St.)	0525	0545	0606	0626	0646	0706	0729	0749	0809	0825	0840	0855	0911	0928	0944	0959	1014	1029	
Upton Park The Boleyn (Green Street)	0530	0550	0611	0631	0651	0712	0735	0755	0816	0832	0847	0902	0918	0935	0951	1006	1022	1037	
East Ham Newham Town Hall	0535	0555	0616	0636	0656	0717	0740	0800	0821	0837	0852	0908	0924	0941	0957	1013	1029	1044	
East Ham White Horse	0536	0556	0617	0637	0657	0718	0741	0801	0822	0838	0853	0909	0925	0942	0958	1014	1030	1045	
Walthamstow Central Station	1007	1022	1036	1049	1104	1119	1132	1145	1157	1211	1225	1239	1254	1309	1324	1338	1354	1407	
Walthamstow South Grove	1010	1025	1039	1052	1107	1122	1135	1148	1200	1214	1228	1242	1257	1313	1328	1342	1358	1412	
Markhouse Road Lea Bridge Road	1016	1031	1045	1058	1113	1128	1141	1154	1207	1221	1235	1249	1304	1320	1335	1349	1405	1419	
Leyton Station	1026	1041	1055	1108	1123	1138	1151	1206	1221	1235	1249	1303	1318	1334	1349	1403	1419	1433	
Leytonstone Thatched House	1030	1045	1059	1113	1128	1143	1156	1211	1226	1240	1254	1309	1324	1340	1355	1409	1425	1439	
Dames Road Wanstead Flats	1035	1050	1104	1119	1134	1149	1202	1217	1232	1246	1300	1315	1330	1346	1401	1415	1431	1445	
Forest Gate Station	1040	1055	1109	1124	1139	1154	1208	1223	1238	1252	1306	1321	1336	1352	1407	1421	1437	1451	
Forest Gate Police Station (Green St.)	1044	1059	1113	1128	1143	1158	1213	1228	1243	1257	1311	1326	1341	1357	1412	1426	1442	1456	
Upton Park The Boleyn (Green Street)	1052	1107	1122	1137	1152	1207	1222	1237	1252	1306	1321	1336	1351	1407	1423	1437	1453	1507	
East Ham Newham Town Hall	1059	1115	1130	1145	1200	1215	1230	1245	1300	1315	1330	1345	1400	1416	1432	1446	1502	1516	
East Ham White Horse	1100	1116	1131	1146	1201	1216	1231	1246	1301	1316	1331	1346	1401	1417	1433	1447	1503	1517	
Walthamstow Central Station	1422	1437	1452	1508	1524	1539	1555	1610	1625	1640	1655	1710	1725	1740	1755	1810	1825	1840	
Walthamstow South Grove	1427	1442	1457	1513	1529	1544	1600	1615	1630	1645	1700	1714	1729	1744	1759	1814	1829	1844	
Markhouse Road Lea Bridge Road	1434	1449	1504	1520	1536	1551	1606	1621	1636	1651	1706	1720	1735	1750	1805	1820	1835	1850	
Leyton Station	1448	1503	1518	1534	1550	1605	1619	1634	1649	1704	1719	1733	1748	1802	1817	1832	1847	1902	
Leytonstone Thatched House	1454	1508	1523	1539	1555	1610	1624	1639	1654	1709	1724	1738	1753	1807	1822	1837	1852	1907	
Dames Road Wanstead Flats	1500	1514	1529	1545	1601	1616	1630	1645	1700	1715	1730	1744	1759	1813	1828	1843	1858	1913	
Forest Gate Station	1506	1520	1535	1551	1607	1622	1636	1651	1706	1721	1736	1750	1805	1819	1834	1849	1904	1919	
Forest Gate Police Station (Green St.)	1511	1525	1540	1556	1612	1627	1641	1656	1711	1726	1741	1755	1809	1823	1838	1853	1908	1923	
Upton Park The Boleyn (Green Street)	1522	1536	1551	1607	1622	1637	1651	1706	1721	1736	1751	1805	1819	1833	1848	1903	1917	1932	
East Ham Newham Town Hall	1531	1545	1600	1616	1631	1646	1700	1715	1730	1745	1800	1813	1827	1841	1856	1911	1925	1940	
East Ham White Horse	1532	1546	1601	1617	1632	1647	1701	1716	1731	1746	1801	1814	1828	1842	1857	1912	1926	1941	
Walthamstow Central Station	1855	1910	1925	1940	1955	2010	2025	2040	2055	2110	2125	2140	2155	2210	2225	2240	2255	2310	
Walthamstow South Grove	1859	1914	1929	1944	1959	2013	2028	2043	2058	2113	2128	2143	2158	2213	2228	2243	2258	2313	
Markhouse Road Lea Bridge Road	1905	1919	1934	1949	2004	2018	2033	2048	2103	2118	2133	2148	2203	2217	2232	2247	2302	2317	
Leyton Station	1917	1931	1946	2001	2016	2030	2045	2100	2113	2128	2143	2158	2212	2226	2241	2256	2310	2325	
Leytonstone Thatched House	1922	1936	1951	2005	2020	2034	2049	2104	2117	2132	2147	2202	2216	2230	2245	2300	2313	2328	
Dames Road Wanstead Flats	1928	1942	1957	2011	2026	2040	2055	2109	2122	2137	2152	2207	2221	2235	2250	2304	2318	2333	
Forest Gate Station	1934	1948	2003	2017	2032	2046	2101	2114	2127	2142	2157	2211	2225	2239	2254	2308	2322	2337	
Forest Gate Police Station (Green St.)	1938	1952	2007	2021	2036	2050	2105	2118	2131	2146	2201	2215	2229	2243	2258	2311	2325	2340	
Upton Park The Boleyn (Green Street)	1947	2001	2016	2030	2045	2059	2112	2125	2138	2153	2208	2222	2236	2250	2305	2318	2331	2346	
East Ham Newham Town Hall	1955	2008	2023	2037	2052	2106	2118	2131	2144	2159	2214	2228	2242	2256	2310	2323	2336	2351	
East Ham White Horse	1956	2009	2024	2038	2053	2107	2119	2132	2145	2200	2215	2229	2243	2257	2311	2324	2337	2352	
Walthamstow Central Station	2325	Then every 15 minutes until	0110																
Walthamstow South Grove	2328		0113																
Markhouse Road Lea Bridge Road	2332		0117																
Leyton Station	2340		0125																
Leytonstone Thatched House	2343		0128																
Dames Road Wanstead Flats	2348		0133																
Forest Gate Station	2352		0137																
Forest Gate Police Station (Green St.)	2355		0140																
Upton Park The Boleyn (Green Street)	0001		0146																
East Ham Newham Town Hall	0006	0151																	
East Ham White Horse	0007	0152																	

158	Mondays to Fridays																			
	MO	MX	MO	MX	MO	MX	MO	MX												
Chingford Mount <i>Albert Crescent</i>	0008	0009	0020	0021	0032	0033	0045	0045	0120	0150	0220	0250	0320	0355	0410	0425	0438	0450		
Crooked Billet Roundabout <i>West Side</i>	0013	0015	0025	0026	0037	0038	0050	0050	0125	0155	0225	0255	0325	0400	0415	0430	0443	0456		
Billet Road <i>Higham Hill Road</i>	0016	0018	0028	0029	0039	0040	0052	0052	0127	0157	0227	0257	0327	0403	0418	0433	0446	0459		
Blackhorse Road Station	0020	0023	0032	0033	0043	0044	0056	0056	0131	0201	0231	0301	0331	0408	0423	0438	0451	0505		
St James Street Stn. <i>St James's St.</i>	0022	0025	0034	0035	0045	0046	0058	0058	0133	0203	0233	0303	0333	0410	0425	0440	0453	0507		
Markhouse Road <i>Lea Bridge Road</i>	0026	0029	0038	0039	0049	0050	0101	0101	0136	0206	0236	0306	0336	0414	0429	0444	0457	0511		
Leyton Station	0033	0036	0045	0046	0056	0057	0108	0108	0143	0213	0243	0313	0343	0421	0436	0451	0505	0519		
Stratford Bus Station	0039	0042	0051	0052	0102	0103	0114	0114	0149	0219	0249	0319	0349	0427	0442	0457	0512	0526		
Chingford Mount <i>Albert Crescent</i>	0502	0513	0524	0536	0546	0556	0603	0609	0615	0621	0627	0633	0639	0645	0651	0656	0701	0706		
Crooked Billet Roundabout <i>West Side</i>	0508	0519	0530	0542	0552	0602	0610	0616	0622	0628	0635	0641	0647	0653	0659	0705	0710	0715		
Billet Road <i>Higham Hill Road</i>	0511	0523	0534	0546	0557	0607	0615	0621	0627	0633	0640	0646	0652	0658	0704	0710	0715	0720		
Blackhorse Road Station	0518	0530	0541	0553	0604	0615	0623	0629	0635	0641	0648	0654	0700	0706	0712	0718	0723	0728		
St James Street Stn. <i>St James's St.</i>	0520	0532	0544	0556	0607	0618	0626	0632	0638	0644	0651	0657	0703	0709	0715	0721	0726	0732		
Markhouse Road <i>Lea Bridge Road</i>	0524	0536	0548	0600	0612	0623	0631	0637	0643	0649	0656	0702	0709	0715	0721	0727	0733	0739		
Leyton Station	0532	0544	0557	0610	0623	0634	0642	0648	0655	0701	0708	0714	0721	0727	0734	0740	0746	0752		
Stratford Bus Station	0539	0551	0604	0618	0631	0643	0651	0657	0704	0710	0717	0723	0730	0737	0744	0750	0757	0803		
Chingford Mount <i>Albert Crescent</i>	0711	0716	0721	0726	0731	0736	0741	0746	0751	0757	0803	0808	0814	0820	0826	0832	0838	0844		
Crooked Billet Roundabout <i>West Side</i>	0720	0726	0731	0737	0742	0747	0753	0759	0805	0811	0817	0822	0828	0834	0840	0845	0851	0857		
Billet Road <i>Higham Hill Road</i>	0725	0731	0737	0743	0748	0754	0800	0806	0812	0818	0824	0829	0835	0841	0847	0852	0858	0903		
Blackhorse Road Station	0734	0740	0746	0752	0757	0803	0809	0815	0821	0827	0833	0838	0844	0850	0855	0900	0906	0911		
St James Street Stn. <i>St James's St.</i>	0738	0744	0750	0756	0801	0807	0813	0819	0825	0831	0837	0842	0848	0854	0859	0904	0910	0915		
Markhouse Road <i>Lea Bridge Road</i>	0745	0751	0757	0803	0809	0815	0821	0827	0833	0839	0845	0851	0857	0903	0908	0913	0919	0924		
Leyton Station	0759	0805	0811	0817	0823	0829	0835	0841	0847	0853	0859	0905	0910	0916	0921	0926	0932	0937		
Stratford Bus Station	0810	0817	0823	0829	0835	0841	0847	0853	0858	0904	0910	0915	0920	0926	0931	0936	0942	0947		
Chingford Mount <i>Albert Crescent</i>	0850	0856	0902	0908	0914	0920	0926	0932	0938	0944	0951	Then every 6 minutes until	1027	1034	Then every 6 minutes until				1116	
Crooked Billet Roundabout <i>West Side</i>	0903	0909	0914	0919	0925	0930	0936	0942	0948	0954	1001		1037	1044					1126	
Billet Road <i>Higham Hill Road</i>	0909	0915	0920	0925	0930	0935	0941	0947	0953	0959	1006		1042	1049					1131	
Blackhorse Road Station	0917	0923	0928	0933	0938	0943	0949	0955	1001	1007	1014		1050	1057					1139	
St James Street Stn. <i>St James's St.</i>	0921	0927	0932	0937	0942	0947	0953	0959	1005	1011	1018		1054	1101					1143	
Markhouse Road <i>Lea Bridge Road</i>	0929	0935	0940	0945	0950	0955	1001	1006	1011	1017	1024		1100	1106					1148	
Leyton Station	0942	0948	0953	0958	1003	1008	1014	1019	1024	1030	1036			1112	1118				1200	
Stratford Bus Station	0952	0958	1003	1008	1013	1018	1024	1029	1034	1040	1046			1122	1128				1210	
Chingford Mount <i>Albert Crescent</i>	1121	1127	1133	1139	1145	Then every 6 minutes until		1239	1245	1251	1257	1303	1309	1315	1321	Then every 6 minutes until				1415
Crooked Billet Roundabout <i>West Side</i>	1131	1137	1143	1149	1155			1249	1256	1302	1308	1314	1320	1326	1332					1426
Billet Road <i>Higham Hill Road</i>	1136	1142	1148	1154	1200			1254	1301	1307	1313	1319	1325	1331	1337					1431
Blackhorse Road Station	1144	1150	1156	1202	1208			1302	1309	1315	1321	1327	1333	1339	1345					1439
St James Street Stn. <i>St James's St.</i>	1148	1154	1200	1206	1212			1306	1313	1319	1325	1331	1337	1343	1349					1443
Markhouse Road <i>Lea Bridge Road</i>	1153	1159	1205	1211	1218			1312	1319	1325	1331	1337	1343	1349	1355					1449
Leyton Station	1206	1212	1218	1224	1231			1325	1332	1338	1344	1350	1356	1402	1409				1503	
Stratford Bus Station	1216	1222	1228	1234	1241			1335	1342	1349	1355	1401	1407	1413	1420				1514	
Chingford Mount <i>Albert Crescent</i>	1421	1427	1432	1438	1443	1448	1453	Then every 6 minutes until		1529	1536	Then every 6 minutes until		1606	1613	Then every 6 minutes until				1649
Crooked Billet Roundabout <i>West Side</i>	1432	1438	1443	1449	1455	1500	1505			1541	1548			1618	1625					1701
Billet Road <i>Higham Hill Road</i>	1437	1443	1448	1454	1500	1505	1511			1547	1554			1624	1630					1706
Blackhorse Road Station	1445	1451	1456	1502	1508	1514	1520			1556	1603			1633	1639					1715
St James Street Stn. <i>St James's St.</i>	1449	1455	1500	1506	1512	1518	1524			1600	1607			1637	1643					1719
Markhouse Road <i>Lea Bridge Road</i>	1455	1502	1508	1514	1520	1526	1532			1608	1614			1644	1650					1726
Leyton Station	1509	1516	1522	1528	1534	1540	1546			1622	1628			1658	1704				1740	
Stratford Bus Station	1521	1528	1534	1540	1546	1552	1558			1634	1640			1710	1716				1752	
Chingford Mount <i>Albert Crescent</i>	1655	1701	1707	1713	1719	1725	1731	1737	1743	1749	1755	1801	1807	1813	1819	1826	1832	1838		
Crooked Billet Roundabout <i>West Side</i>	1706	1712	1718	1724	1730	1736	1742	1748	1754	1800	1806	1811	1817	1823	1829	1836	1842	1848		
Billet Road <i>Higham Hill Road</i>	1711	1717	1723	1729	1735	1741	1747	1753	1759	1805	1811	1816	1822	1828	1834	1841	1847	1853		
Blackhorse Road Station	1720	1726	1732	1738	1744	1749	1755	1801	1807	1813	1819	1824	1830	1836	1842	1849	1855	1901		
St James Street Stn. <i>St James's St.</i>	1724	1730	1736	1742	1748	1753	1759	1805	1811	1817	1823	1828	1834	1840	1846	1853	1859	1905		
Markhouse Road <i>Lea Bridge Road</i>	1731	1737	1743	1749	1755	1800	1806	1811	1817	1823	1829	1834	1840	1846	1852	1859	1905	1910		
Leyton Station	1744	1750	1756	1802	1808	1813	1819	1824	1830	1836	1842	1847	1852	1858	1904	1911	1917	1922		
Stratford Bus Station	1756	1802	1808	1814	1820	1825	1831	1835	1841	1847	1853	1858	1903	1909	1915	1921	1927	1932		
Notes:	MO - Operates on Mondays only								MX - Operates on Tuesdays to Fridays only											

158	Mondays to Fridays (cont.)																			
Chingford Mount <i>Albert Crescent</i>	1844	1850	1856	1902	1908	1914	1921	1931	1941	1953	2005	2017	2029	2041	2053	2105	2117	2129		
Crooked Billet Roundabout <i>West Side</i>	1853	1859	1905	1911	1917	1923	1930	1940	1950	2002	2014	2026	2037	2049	2101	2113	2125	2137		
Billet Road <i>Higham Hill Road</i>	1858	1903	1909	1915	1921	1927	1934	1944	1954	2006	2018	2030	2041	2053	2105	2117	2129	2140		
Blackhorse Road Station	1906	1911	1917	1922	1928	1934	1941	1951	2001	2013	2025	2037	2048	2100	2112	2124	2135	2146		
St James Street Stn. <i>St James's St.</i>	1910	1915	1921	1926	1931	1937	1944	1954	2004	2016	2028	2040	2051	2103	2115	2127	2138	2149		
Markhouse Road <i>Lea Bridge Road</i>	1915	1920	1926	1931	1936	1942	1949	1959	2009	2021	2033	2045	2056	2108	2119	2131	2142	2153		
Leyton Station	1927	1932	1938	1943	1948	1953	2000	2010	2020	2032	2044	2056	2107	2118	2129	2141	2152	2203		
Stratford Bus Station	1937	1942	1948	1953	1958	2003	2009	2019	2029	2041	2053	2105	2116	2127	2137	2149	2200	2211		
Chingford Mount <i>Albert Crescent</i>	2141	2153	2206	2218	2231	2243	2255	2307	2319	2331	2344	2357								
Crooked Billet Roundabout <i>West Side</i>	2149	2201	2213	2225	2238	2249	2301	2313	2325	2337	2350	0003								
Billet Road <i>Higham Hill Road</i>	2152	2204	2216	2228	2241	2252	2304	2316	2328	2340	2353	0006								
Blackhorse Road Station	2158	2210	2222	2234	2247	2258	2309	2321	2333	2345	2358	0011								
St James Street Stn. <i>St James's St.</i>	2201	2213	2225	2237	2250	2301	2312	2324	2336	2348	0001	0013								
Markhouse Road <i>Lea Bridge Road</i>	2205	2217	2229	2241	2254	2305	2316	2328	2340	2352	0005	0017								
Leyton Station	2214	2226	2238	2250	2302	2313	2324	2336	2348	2359	0012	0024								
Stratford Bus Station	2222	2234	2246	2257	2309	2320	2331	2343	2355	0006	0018	0030								
158	Saturdays (also Good Friday)																			
Chingford Mount <i>Albert Crescent</i>	0009	0021	0033	0045	0120	0150	0220	0250	0320	0355	0410	0425	0440	0455	0510	0525	0540	0555		
Crooked Billet Roundabout <i>West Side</i>	0015	0026	0038	0050	0125	0155	0225	0255	0325	0400	0415	0430	0445	0501	0516	0531	0546	0601		
Billet Road <i>Higham Hill Road</i>	0018	0029	0040	0052	0127	0157	0227	0257	0327	0403	0418	0433	0448	0504	0519	0534	0549	0605		
Blackhorse Road Station	0023	0033	0044	0056	0131	0201	0231	0301	0331	0408	0423	0438	0453	0509	0524	0540	0555	0611		
St James Street Stn. <i>St James's St.</i>	0025	0035	0046	0058	0133	0203	0233	0303	0333	0410	0425	0440	0455	0511	0526	0542	0557	0614		
Markhouse Road <i>Lea Bridge Road</i>	0029	0039	0050	0101	0136	0206	0236	0306	0336	0413	0428	0443	0458	0514	0529	0545	0601	0618		
Leyton Station	0036	0046	0057	0108	0143	0213	0243	0313	0343	0420	0435	0450	0505	0521	0537	0553	0610	0627		
Stratford Bus Station	0042	0052	0103	0114	0149	0219	0249	0319	0349	0426	0441	0456	0512	0528	0544	0600	0617	0634		
Chingford Mount <i>Albert Crescent</i>	0610	0625	0640	0655	0710	0725	0739	0753	0807	0820	0830	0837	0844	0850	0857	0903	0910	0917		
Crooked Billet Roundabout <i>West Side</i>	0616	0631	0646	0701	0717	0732	0746	0800	0815	0828	0838	0845	0852	0858	0905	0911	0918	0925		
Billet Road <i>Higham Hill Road</i>	0620	0635	0650	0705	0721	0736	0750	0804	0819	0832	0842	0850	0857	0903	0910	0916	0923	0930		
Blackhorse Road Station	0627	0642	0657	0712	0728	0743	0757	0811	0826	0839	0849	0858	0905	0911	0918	0924	0931	0938		
St James Street Stn. <i>St James's St.</i>	0630	0645	0700	0715	0731	0746	0800	0814	0829	0842	0852	0901	0908	0914	0921	0927	0934	0942		
Markhouse Road <i>Lea Bridge Road</i>	0634	0649	0704	0719	0735	0750	0804	0818	0833	0847	0857	0906	0913	0919	0926	0932	0939	0947		
Leyton Station	0644	0659	0714	0729	0745	0800	0814	0829	0844	0858	0908	0917	0924	0930	0937	0944	0951	0959		
Stratford Bus Station	0651	0706	0722	0737	0753	0808	0823	0838	0853	0907	0917	0926	0933	0940	0947	0954	1001	1009		
Chingford Mount <i>Albert Crescent</i>	0924	0931	0937	0943	0949	0955	1001	1006	1012	1018	1024	1029	1034	1040	1045	1051	1057	1103		
Crooked Billet Roundabout <i>West Side</i>	0932	0940	0947	0953	0959	1005	1011	1017	1023	1029	1035	1040	1046	1052	1058	1104	1110	1116		
Billet Road <i>Higham Hill Road</i>	0937	0945	0952	0958	1004	1010	1016	1022	1028	1034	1040	1045	1051	1057	1103	1109	1115	1121		
Blackhorse Road Station	0945	0953	1000	1006	1012	1018	1024	1030	1036	1042	1048	1053	1059	1105	1111	1117	1123	1129		
St James Street Stn. <i>St James's St.</i>	0949	0957	1004	1010	1016	1022	1028	1034	1040	1046	1052	1057	1103	1109	1115	1121	1127	1133		
Markhouse Road <i>Lea Bridge Road</i>	0954	1002	1009	1015	1021	1027	1033	1039	1045	1051	1057	1103	1109	1115	1121	1127	1133	1139		
Leyton Station	1006	1014	1021	1027	1033	1040	1046	1052	1058	1104	1110	1116	1122	1128	1134	1140	1147	1154		
Stratford Bus Station	1016	1024	1031	1038	1044	1051	1057	1103	1109	1115	1121	1127	1133	1139	1145	1151	1158	1205		
Chingford Mount <i>Albert Crescent</i>	1109	1115	1121	1127	1132	1138	1144	1149	1154	Then every 6 minutes until	1300	1306	1312	1318	1325	Then every 6 mins. until	1355			
Crooked Billet Roundabout <i>West Side</i>	1122	1129	1135	1141	1147	1153	1159	1204	1209		1315	1320	1326	1332	1338		Then	1408		
Billet Road <i>Higham Hill Road</i>	1127	1134	1140	1146	1152	1158	1204	1209	1214		1320	1325	1331	1337	1343		every	1413		
Blackhorse Road Station	1135	1142	1148	1154	1200	1206	1212	1217	1222		1328	1333	1339	1345	1351		6	1421		
St James Street Stn. <i>St James's St.</i>	1139	1146	1152	1158	1204	1210	1216	1221	1226		1332	1337	1343	1349	1355		mins.	1425		
Markhouse Road <i>Lea Bridge Road</i>	1145	1152	1158	1204	1210	1216	1222	1227	1232		1338	1343	1349	1355	1401		until	1431		
Leyton Station	1200	1207	1213	1219	1225	1232	1238	1243	1248		1354	1359	1404	1410	1416			1446		
Stratford Bus Station	1211	1218	1225	1231	1237	1244	1250	1256	1302		1408	1413	1418	1424	1430			1500		
Chingford Mount <i>Albert Crescent</i>	1402	Then every 6 minutes until	1508 1514		Then every 6 minutes until	1544	1551	1557	1604	1610	1616	Then every 6 minutes until				1722	1728	1734		
Crooked Billet Roundabout <i>West Side</i>	1414		1520 1526			1556	1602	1608	1614	1620	1626					1732	1738	1744		
Billet Road <i>Higham Hill Road</i>	1419		1525 1531			1601	1607	1613	1619	1625	1631					1737	1743	1749		
Blackhorse Road Station	1427		1533 1539			1609	1615	1621	1627	1633	1639					1745	1751	1757		
St James Street Stn. <i>St James's St.</i>	1431		1537 1543			1613	1619	1625	1631	1637	1643					1749	1755	1801		
Markhouse Road <i>Lea Bridge Road</i>	1437		1543 1549			1619	1625	1631	1637	1643	1649					1755	1801	1807		
Leyton Station	1452		1558 1603			1633	1639	1645	1651	1657	1703					1809	1814	1820		
Stratford Bus Station	1506		1612 1618			1648	1654	1700	1706	1712	1717					1823	1828	1834		
Chingford Mount <i>Albert Crescent</i>	1740	1746	1752	1758	1804	1810	1816	1822	1831	1841	1853	1905	1917	1929	1941	1953	2005	2017		
Crooked Billet Roundabout <i>West Side</i>	1750	1756	1801	1807	1813	1819	1825	1831	1840	1850	1902	1914	1926	1938	1950	2002	2014	2026		
Billet Road <i>Higham Hill Road</i>	1755	1801	1806	1812	1818	1824	1830	1835	1844	1854	1906	1918	1930	1942	1954	2006	2018	2030		
Blackhorse Road Station	1803	1809	1813	1819	1825	1831	1837	1842	1851	1901	1913	1925	1937	1949	2001	2013	2025	2037		
St James Street Stn. <i>St James's St.</i>	1807	1813	1817	1823	1829	1835	1841	1846	1855	1905	1917	1928	1940	1952	2004	2016	2028	2040		
Markhouse Road <i>Lea Bridge Road</i>	1813	181																		

158	Saturdays (also Good Friday) (cont.)																							
Chingford Mount <i>Albert Crescent</i>	2029	2041	2053	2105	2117	2129	2141	2153	2205	2218	2230	2242	2255	2307	2319	2332	2344	2357						
Crooked Billet Roundabout <i>West Side</i>	2038	2049	2101	2113	2125	2137	2149	2201	2213	2226	2237	2249	2302	2314	2326	2338	2350	0003						
Billet Road <i>Higham Hill Road</i>	2042	2053	2105	2117	2129	2141	2153	2205	2217	2230	2241	2253	2305	2317	2329	2341	2353	0006						
Blackhorse Road Station	2048	2059	2111	2123	2135	2147	2159	2211	2223	2235	2247	2259	2310	2322	2334	2346	2358	0011						
St James Street Stn. <i>St James's St.</i>	2051	2102	2114	2126	2138	2150	2202	2214	2226	2238	2250	2302	2313	2325	2337	2349	0001	0013						
Markhouse Road <i>Lea Bridge Road</i>	2056	2107	2119	2131	2143	2155	2206	2218	2230	2242	2254	2306	2317	2329	2341	2353	0005	0017						
Leyton Station	2107	2118	2130	2142	2153	2205	2216	2227	2239	2251	2303	2315	2326	2338	2349	0001	0013	0025						
Stratford Bus Station	2117	2128	2139	2151	2202	2213	2224	2235	2247	2259	2311	2323	2334	2346	2357	0009	0020	0032						
158	Sundays and other Public Holidays (except Christmas Day and Boxing Day)																							
Chingford Mount <i>Albert Crescent</i>	0009	0021	0033	0045	0120	0150	0220	0250	0320	0350	0420	0459	0513	0528	0542	0556	0610	0624						
Crooked Billet Roundabout <i>West Side</i>	0014	0026	0038	0050	0125	0155	0225	0255	0325	0355	0425	0504	0519	0534	0548	0602	0616	0630						
Billet Road <i>Higham Hill Road</i>	0017	0029	0041	0053	0128	0158	0228	0258	0328	0358	0428	0507	0522	0537	0551	0605	0619	0634						
Blackhorse Road Station	0022	0034	0046	0058	0133	0203	0233	0303	0333	0403	0433	0512	0527	0542	0556	0610	0625	0640						
St James Street Stn. <i>St James's St.</i>	0024	0036	0048	0100	0135	0205	0235	0305	0335	0405	0435	0514	0529	0544	0558	0612	0627	0642						
Markhouse Road <i>Lea Bridge Road</i>	0028	0040	0052	0103	0138	0208	0238	0308	0338	0408	0438	0517	0532	0547	0601	0616	0631	0646						
Leyton Station	0036	0048	0059	0110	0145	0215	0245	0315	0345	0415	0445	0524	0539	0554	0609	0624	0639	0654						
Stratford Bus Station	0043	0055	0106	0117	0152	0222	0251	0321	0351	0421	0451	0530	0545	0600	0615	0630	0645	0700						
Chingford Mount <i>Albert Crescent</i>	0638	0653	0707	0721	0735	0749	0804	0819	0833	0846	0900	0912	0923	0934	0944	0954	1003	1013						
Crooked Billet Roundabout <i>West Side</i>	0644	0659	0713	0727	0741	0755	0810	0825	0839	0853	0907	0920	0931	0942	0952	1002	1012	1022						
Billet Road <i>Higham Hill Road</i>	0648	0703	0717	0731	0745	0759	0814	0829	0843	0857	0911	0924	0935	0946	0956	1006	1016	1026						
Blackhorse Road Station	0654	0709	0723	0737	0751	0806	0821	0836	0850	0904	0918	0931	0942	0953	1003	1013	1023	1033						
St James Street Stn. <i>St James's St.</i>	0656	0711	0725	0740	0754	0809	0824	0839	0853	0907	0921	0934	0945	0956	1006	1016	1026	1036						
Markhouse Road <i>Lea Bridge Road</i>	0700	0715	0729	0744	0758	0813	0828	0843	0857	0912	0926	0939	0950	1001	1011	1021	1031	1041						
Leyton Station	0709	0724	0738	0753	0807	0822	0837	0852	0907	0922	0936	0949	1001	1012	1023	1033	1043	1053						
Stratford Bus Station	0715	0730	0745	0800	0815	0830	0845	0900	0915	0930	0945	0958	1010	1021	1032	1042	1052	1103						
Chingford Mount <i>Albert Crescent</i>	1022	1031	1040	1050	1100	1110	1120	1130	1140	1150	1200	1210	Then every 10 minutes until		1350	1400	1410	1420						
Crooked Billet Roundabout <i>West Side</i>	1032	1041	1050	1100	1110	1120	1130	1140	1150	1200	1210	1221			1401	1410	1420	1430						
Billet Road <i>Higham Hill Road</i>	1036	1045	1055	1105	1115	1125	1135	1145	1155	1205	1215	1226			1406	1415	1425	1435						
Blackhorse Road Station	1043	1053	1103	1113	1123	1133	1143	1153	1203	1213	1223	1234			1414	1423	1433	1443						
St James Street Stn. <i>St James's St.</i>	1046	1056	1106	1116	1126	1136	1146	1157	1207	1217	1227	1238			1418	1427	1436	1446						
Markhouse Road <i>Lea Bridge Road</i>	1051	1101	1111	1121	1131	1141	1151	1202	1212	1223	1233	1244			1424	1433	1442	1452						
Leyton Station	1103	1113	1123	1133	1144	1154	1204	1215	1226	1237	1247	1258			1438	1447	1456	1505						
Stratford Bus Station	1113	1123	1133	1143	1154	1204	1215	1226	1237	1248	1258	1309			1449	1458	1507	1516						
Chingford Mount <i>Albert Crescent</i>	1430	1440	1450	1500	Then every 10 minutes until		1550	1600	1610	1620	1630	1640	1650	1700	1710	1720	1730	1740						
Crooked Billet Roundabout <i>West Side</i>	1440	1450	1500	1510			1600	1610	1619	1629	1638	1648	1658	1708	1718	1728	1738	1748						
Billet Road <i>Higham Hill Road</i>	1445	1455	1505	1514			1604	1614	1623	1633	1642	1652	1702	1712	1722	1732	1742	1752						
Blackhorse Road Station	1453	1502	1512	1521			1611	1621	1630	1640	1649	1659	1709	1719	1729	1739	1749	1759						
St James Street Stn. <i>St James's St.</i>	1456	1505	1515	1524			1614	1624	1633	1643	1652	1702	1712	1722	1732	1742	1752	1802						
Markhouse Road <i>Lea Bridge Road</i>	1501	1510	1520	1529			1619	1629	1638	1648	1657	1707	1717	1727	1737	1747	1757	1807						
Leyton Station	1514	1523	1533	1542			1632	1641	1650	1700	1709	1719	1729	1739	1749	1758	1808	1818						
Stratford Bus Station	1525	1534	1544	1553			1643	1652	1701	1711	1720	1730	1740	1750	1800	1809	1819	1829						
Chingford Mount <i>Albert Crescent</i>	1750	1800	1810	1821	1832	1844	1856	1908	1920	1932	1944	1956	2008	2020	2032	2044	2056	2108						
Crooked Billet Roundabout <i>West Side</i>	1758	1808	1818	1829	1840	1852	1904	1916	1928	1940	1952	2004	2016	2028	2040	2052	2104	2116						
Billet Road <i>Higham Hill Road</i>	1802	1812	1822	1833	1844	1856	1908	1920	1932	1944	1956	2008	2020	2032	2044	2056	2108	2120						
Blackhorse Road Station	1809	1819	1829	1840	1851	1903	1915	1927	1939	1951	2003	2015	2027	2039	2051	2102	2114	2126						
St James Street Stn. <i>St James's St.</i>	1812	1822	1832	1843	1854	1906	1918	1930	1942	1954	2006	2018	2030	2042	2054	2105	2117	2129						
Markhouse Road <i>Lea Bridge Road</i>	1817	1827	1837	1848	1859	1911	1923	1935	1946	1958	2010	2022	2034	2046	2058	2109	2121	2133						
Leyton Station	1828	1838	1848	1859	1910	1922	1934	1946	1957	2009	2020	2032	2044	2056	2108	2119	2130	2142						
Stratford Bus Station	1839	1848	1858	1909	1920	1931	1942	1954	2005	2017	2028	2040	2052	2104	2116	2127	2138	2149						
Chingford Mount <i>Albert Crescent</i>	2120	2132	2144	2156	2208	2220	2232	2244	2256	2308	2320	2332	2344	2356										
Crooked Billet Roundabout <i>West Side</i>	2128	2140	2151	2203	2215	2227	2238	2250	2302	2314	2326	2338	2350	0002										
Billet Road <i>Higham Hill Road</i>	2132	2143	2154	2206	2218	2230	2241	2253	2305	2317	2329	2341	2353	0005										
Blackhorse Road Station	2138	2149	2200	2212	2223	2235	2246	2258	2309	2321	2333	2345	2357	0009										
St James Street Stn. <i>St James's St.</i>	2141	2152	2203	2215	2226	2238	2249	2301	2312	2324	2336	2348	0000	0011										
Markhouse Road <i>Lea Bridge Road</i>	2145	2156	2207	2219	2230	2242	2253	2305	2316	2328	2340	2352	0004	0015										
Leyton Station	2154	2205	2216	2227	2238	2250	2301	2313	2324	2335	2347	2359	0011	0022										
Stratford Bus Station	2201	2212	2223	2234	2245	2257	2308	2320	2331	2342	2354	0006	0018	0028										

Stratford – Leyton – Chingford Mount

158																			
Mondays to Fridays																			
	MX	MO	MX	MO	MX	MO	MX	MO	MX	MO	MX	MO	MX			MO	MX		
Stratford Bus Station	0000	0011	0012	0023	0024	0035	0036	0047	0048	0059	0100	0111	0112	0135	0205	0235	0235	0305	
Leyton Station	0006	0017	0018	0029	0030	0041	0042	0053	0054	0105	0106	0117	0118	0141	0211	0240	0240	0310	
Markhouse Road Lea Bridge Road	0014	0024	0026	0036	0038	0048	0050	0100	0102	0112	0113	0124	0125	0148	0218	0247	0248	0317	
St James Street Stn. St James's St.	0017	0027	0029	0039	0041	0051	0053	0103	0105	0115	0116	0127	0128	0151	0221	0250	0251	0320	
Blackhorse Road Station	0020	0029	0031	0041	0043	0053	0055	0105	0107	0117	0118	0129	0130	0153	0223	0252	0253	0322	
Billet Road Higham Hill Road	0026	0034	0037	0046	0048	0058	0100	0110	0112	0122	0123	0134	0135	0158	0228	0257	0258	0327	
Crooked Billet Roundabout West Side	0029	0037	0040	0049	0051	0101	0103	0113	0115	0125	0126	0137	0138	0201	0231	0300	0301	0330	
Chingford Mount Old Church Road	0034	0041	0044	0053	0055	0105	0107	0117	0119	0129	0130	0141	0142	0205	0235	0304	0305	0334	
	MX	MO	MX	MO															
Stratford Bus Station	0335	0335	0405	0405	0435	0450	0505	0520	0535	0550	0602	0614	0624	0630	0636	0642	0648	0654	
Leyton Station	0340	0340	0410	0410	0440	0455	0510	0525	0540	0555	0607	0620	0630	0636	0642	0648	0655	0701	
Markhouse Road Lea Bridge Road	0347	0347	0417	0417	0447	0503	0518	0533	0548	0604	0617	0630	0640	0646	0652	0658	0705	0711	
St James Street Stn. St James's St.	0350	0350	0420	0420	0451	0507	0522	0537	0552	0609	0622	0635	0645	0651	0657	0703	0710	0716	
Blackhorse Road Station	0352	0352	0422	0422	0453	0509	0524	0540	0555	0612	0625	0638	0649	0655	0701	0707	0714	0720	
Billet Road Higham Hill Road	0356	0357	0426	0427	0458	0514	0529	0545	0601	0618	0631	0644	0655	0701	0708	0714	0721	0727	
Crooked Billet Roundabout West Side	0359	0400	0429	0430	0501	0517	0532	0548	0604	0621	0634	0648	0659	0705	0712	0718	0725	0732	
Chingford Mount Old Church Road	0403	0404	0433	0434	0506	0522	0537	0553	0609	0626	0640	0654	0705	0711	0718	0724	0731	0738	
Stratford Bus Station	0700	0706	0711	0716	0721	0727	0732	0737	0742	Then every 6 minutes until	0812	0818	0824	0830	0836	0843	0849		
Leyton Station	0707	0713	0718	0723	0728	0734	0740	0745	0750		0820	0826	0832	0838	0844	0851	0857		
Markhouse Road Lea Bridge Road	0718	0724	0729	0734	0740	0746	0752	0758	0804		0834	0840	0846	0852	0858	0904	0910		
St James Street Stn. St James's St.	0723	0729	0735	0740	0746	0752	0758	0804	0810		0840	0846	0852	0858	0904	0910	0915		
Blackhorse Road Station	0727	0733	0739	0745	0751	0757	0803	0809	0815		0845	0851	0857	0903	0909	0915	0920		
Billet Road Higham Hill Road	0734	0740	0746	0752	0758	0804	0810	0816	0822		0852	0858	0904	0910	0916	0922	0927		
Crooked Billet Roundabout West Side	0739	0745	0752	0758	0804	0810	0816	0822	0828		0858	0904	0909	0914	0920	0926	0931		
Chingford Mount Old Church Road	0745	0752	0759	0805	0811	0818	0824	0830	0836	0906	0911	0916	0921	0927	0933	0938			
Stratford Bus Station	0855	0901	0907	0913	0919	0925	0931	Then every 6 minutes until	1049	1055	1101	Then every 6 minutes until	1131	1137	1143	1149			
Leyton Station	0903	0909	0915	0921	0926	0932	0938		1056	1102	1108		1138	1145	1151	1157			
Markhouse Road Lea Bridge Road	0916	0922	0928	0934	0939	0945	0951		1109	1115	1121		1151	1158	1204	1210			
St James Street Stn. St James's St.	0921	0927	0933	0939	0944	0950	0956		1114	1120	1126		1156	1203	1209	1215			
Blackhorse Road Station	0926	0932	0938	0944	0948	0954	1000		1118	1124	1130		1200	1207	1213	1219			
Billet Road Higham Hill Road	0933	0939	0945	0951	0955	1001	1006		1124	1130	1137		1207	1214	1220	1226			
Crooked Billet Roundabout West Side	0937	0943	0949	0955	0959	1005	1010		1128	1134	1141		1211	1218	1224	1230			
Chingford Mount Old Church Road	0944	0950	0956	1002	1006	1012	1018	1136	1143	1150	1220	1227	1233	1239					
Stratford Bus Station	1155	1201	Then every 6 minutes until		1255	1300	1306	1312	1318	1324	1330	1335	1341	1346	1352	1358	1404	1410	
Leyton Station	1203	1209		1303	1308	1314	1320	1326	1332	1338	1343	1349	1354	1400	1406	1412	1418		
Markhouse Road Lea Bridge Road	1216	1222		1316	1322	1328	1334	1340	1346	1352	1358	1404	1409	1415	1421	1427	1433		
St James Street Stn. St James's St.	1221	1227		1321	1327	1333	1339	1345	1351	1357	1403	1409	1414	1420	1426	1432	1438		
Blackhorse Road Station	1225	1231		1325	1331	1337	1343	1349	1355	1401	1407	1413	1419	1425	1431	1437	1443		
Billet Road Higham Hill Road	1232	1238		1332	1338	1344	1350	1356	1402	1408	1414	1420	1426	1432	1438	1444	1450		
Crooked Billet Roundabout West Side	1236	1243		1337	1343	1349	1355	1401	1407	1413	1419	1425	1431	1437	1443	1449	1455		
Chingford Mount Old Church Road	1245	1252	1346	1352	1358	1404	1410	1416	1423	1429	1435	1441	1447	1453	1459	1506			
Stratford Bus Station	1416	1421	1426	1432	1437	1442	1448	1453	Then every 6 minutes until	1529	1535	Then every 6 minutes until	1617	1623	1629	1635			
Leyton Station	1424	1429	1434	1440	1445	1450	1457	1502		1538	1545		1627	1633	1639	1645			
Markhouse Road Lea Bridge Road	1439	1444	1449	1455	1500	1505	1512	1517		1553	1600		1642	1648	1654	1700			
St James Street Stn. St James's St.	1444	1449	1455	1501	1506	1512	1519	1524		1600	1606		1648	1654	1700	1706			
Blackhorse Road Station	1449	1454	1500	1506	1511	1517	1524	1530		1606	1612		1654	1700	1706	1712			
Billet Road Higham Hill Road	1456	1502	1508	1514	1519	1525	1532	1538		1614	1620		1702	1708	1714	1720			
Crooked Billet Roundabout West Side	1502	1508	1514	1521	1527	1533	1540	1546		1622	1628		1710	1716	1721	1726			
Chingford Mount Old Church Road	1513	1519	1525	1532	1538	1544	1551	1557	1633	1639	1721	1726	1731	1736					
Stratford Bus Station	1641	1647	1653	1659	1705	1711	1717	1723	1729	1735	1741	1747	Then every 6 minutes until	1817	1823	1829	1835		
Leyton Station	1651	1657	1703	1709	1715	1721	1727	1733	1739	1745	1751	1757		1827	1833	1839	1845		
Markhouse Road Lea Bridge Road	1706	1712	1718	1724	1730	1736	1742	1748	1754	1800	1806	1812		1842	1848	1854	1900		
St James Street Stn. St James's St.	1712	1718	1724	1730	1736	1742	1748	1754	1800	1806	1811	1817		1847	1853	1859	1905		
Blackhorse Road Station	1718	1724	1730	1736	1742	1748	1754	1800	1806	1812	1817	1822		1852	1858	1904	1909		
Billet Road Higham Hill Road	1726	1732	1738	1744	1750	1756	1802	1808	1814	1820	1825	1830		1900	1906	1912	1917		
Crooked Billet Roundabout West Side	1732	1738	1744	1750	1756	1802	1808	1814	1820	1825	1830	1835		1905	1911	1917	1922		
Chingford Mount Old Church Road	1742	1748	1754	1800	1806	1811	1817	1823	1829	1834	1839	1844	1914	1919	1925	1930			
Notes:	MO - Operates on Mondays only																		

158		Mondays to Fridays (cont.)																											
Stratford Bus Station		1841	1847	1854	1900	1907	1914	1922	1929	1937	1948	2000	2012	2024	2036	2048	2100	2112	2124										
Leyton Station		1851	1857	1904	1910	1917	1924	1932	1938	1946	1957	2009	2020	2032	2044	2056	2108	2120	2132										
Markhouse Road	Lea Bridge Road	1906	1912	1919	1925	1931	1938	1946	1952	2000	2010	2022	2033	2045	2056	2108	2120	2131	2143										
St James Street Stn.	St James's St.	1911	1917	1924	1930	1936	1943	1951	1957	2005	2015	2027	2038	2049	2100	2112	2124	2135	2147										
Blackhorse Road Station		1915	1921	1928	1934	1940	1947	1955	2001	2009	2019	2031	2041	2052	2103	2115	2127	2138	2150										
Billet Road	Higham Hill Road	1923	1929	1936	1941	1947	1954	2002	2008	2016	2026	2038	2048	2059	2110	2122	2134	2145	2157										
Crooked Billet Roundabout	West Side	1928	1934	1941	1946	1952	1959	2007	2013	2021	2031	2042	2052	2103	2114	2126	2138	2149	2201										
Chingford Mount	Old Church Road	1936	1942	1949	1954	2000	2007	2014	2020	2028	2038	2049	2059	2109	2120	2132	2144	2155	2207										
Stratford Bus Station		2136	2148	2200	2212	2224	2236	2248	2300	2312	2324	2336	2348																
Leyton Station		2144	2156	2208	2219	2231	2243	2255	2307	2319	2331	2343	2355																
Markhouse Road	Lea Bridge Road	2155	2207	2218	2229	2241	2253	2305	2316	2328	2340	2352	0003																
St James Street Stn.	St James's St.	2159	2211	2222	2233	2245	2257	2309	2320	2332	2343	2355	0006																
Blackhorse Road Station		2202	2214	2225	2236	2248	2300	2312	2323	2335	2346	2358	0009																
Billet Road	Higham Hill Road	2208	2220	2231	2242	2254	2306	2318	2329	2341	2352	0004	0015																
Crooked Billet Roundabout	West Side	2212	2224	2235	2246	2258	2310	2322	2333	2345	2356	0007	0018																
Chingford Mount	Old Church Road	2218	2229	2240	2251	2303	2315	2327	2338	2350	0001	0012	0023																
158		Saturdays (also Good Friday)																											
Stratford Bus Station		0000	0012	0024	0036	0048	0100	0112	0135	0205	0235	0305	0335	0405	0435	0450	0505	0520	0535										
Leyton Station		0006	0018	0030	0042	0054	0106	0118	0141	0211	0240	0310	0340	0410	0440	0455	0510	0525	0540										
Markhouse Road	Lea Bridge Road	0014	0026	0038	0050	0102	0113	0125	0148	0218	0248	0317	0347	0417	0447	0502	0517	0532	0547										
St James Street Stn.	St James's St.	0017	0029	0041	0053	0105	0116	0128	0151	0221	0251	0320	0350	0420	0450	0505	0520	0536	0551										
Blackhorse Road Station		0020	0031	0043	0055	0107	0118	0130	0153	0223	0253	0322	0352	0422	0452	0507	0522	0538	0553										
Billet Road	Higham Hill Road	0026	0037	0048	0100	0112	0123	0135	0158	0228	0258	0327	0356	0426	0456	0511	0526	0542	0558										
Crooked Billet Roundabout	West Side	0029	0040	0051	0103	0115	0126	0138	0201	0231	0301	0330	0359	0429	0459	0514	0529	0545	0601										
Chingford Mount	Old Church Road	0034	0044	0055	0107	0119	0130	0142	0205	0235	0305	0334	0403	0433	0504	0519	0534	0550	0606										
Stratford Bus Station		0550	0605	0620	0635	0650	0705	0720	0735	0750	0805	0820	0835	0847	0859	0908	0915	0923	0929										
Leyton Station		0555	0610	0625	0641	0656	0711	0726	0741	0756	0811	0826	0842	0854	0906	0915	0922	0930	0936										
Markhouse Road	Lea Bridge Road	0603	0618	0633	0649	0704	0720	0735	0750	0806	0821	0836	0852	0905	0917	0927	0935	0943	0950										
St James Street Stn.	St James's St.	0607	0622	0637	0653	0708	0724	0739	0754	0810	0826	0841	0857	0910	0922	0932	0940	0948	0955										
Blackhorse Road Station		0609	0624	0640	0656	0711	0727	0742	0757	0813	0829	0844	0900	0913	0925	0935	0943	0951	0958										
Billet Road	Higham Hill Road	0614	0629	0645	0701	0717	0733	0748	0803	0819	0835	0850	0906	0919	0931	0941	0949	0957	1004										
Crooked Billet Roundabout	West Side	0617	0632	0648	0704	0720	0736	0751	0807	0823	0839	0854	0910	0923	0935	0945	0953	1001	1008										
Chingford Mount	Old Church Road	0622	0637	0653	0709	0725	0741	0757	0813	0829	0845	0901	0917	0931	0943	0953	1001	1009	1016										
Stratford Bus Station		0935	0940	0946	0952	0958	1004	1010	1016	1022	1028	1034	1040	1046	1052	1058	1104	1110	1116										
Leyton Station		0942	0947	0953	0959	1005	1011	1017	1023	1029	1035	1041	1047	1053	1059	1106	1112	1118	1124										
Markhouse Road	Lea Bridge Road	0956	1001	1007	1013	1019	1025	1031	1037	1043	1050	1056	1102	1108	1114	1121	1127	1133	1139										
St James Street Stn.	St James's St.	1001	1006	1012	1018	1024	1030	1036	1042	1048	1055	1101	1107	1113	1119	1126	1132	1138	1145										
Blackhorse Road Station		1004	1010	1016	1022	1028	1034	1040	1046	1052	1059	1105	1111	1117	1123	1130	1136	1142	1149										
Billet Road	Higham Hill Road	1010	1016	1022	1028	1034	1040	1046	1052	1058	1105	1111	1117	1123	1129	1136	1142	1148	1155										
Crooked Billet Roundabout	West Side	1014	1020	1027	1033	1039	1045	1051	1057	1103	1110	1116	1122	1128	1134	1141	1147	1153	1200										
Chingford Mount	Old Church Road	1022	1028	1035	1041	1047	1053	1059	1106	1112	1119	1125	1131	1137	1143	1150	1157	1203	1210										
Stratford Bus Station		1122	1128	Then every 6 minutes until	1216	1222	1228	Then every 6 minutes until	1258 1304		1307 1314		1322 1329		1332 1335		1333 1340		1340 1347		1345 1352		1354 1401		1510	1516	1522	1528	1534
Leyton Station		1130	1136		1224	1231	1237																		1520	1526	1532	1538	1544
Markhouse Road	Lea Bridge Road	1145	1151		1239	1246	1252																		1535	1541	1547	1552	1558
St James Street Stn.	St James's St.	1151	1157		1245	1252	1258																		1541	1547	1553	1558	1604
Blackhorse Road Station		1155	1201		1249	1256	1303																		1546	1552	1558	1603	1609
Billet Road	Higham Hill Road	1201	1208		1256	1303	1310																		1553	1559	1605	1610	1616
Crooked Billet Roundabout	West Side	1206	1213		1301	1308	1315																		1558	1604	1610	1615	1621
Chingford Mount	Old Church Road	1216	1223		1311	1318	1324																		1607	1612	1618	1623	1629
Stratford Bus Station		1540	Then every 6 mins. until	1658	1704	1710	1716	1723	Then every 6 mins. until	1829	1836	1842	1852	1902	1912	1924	1936	1948	2000										
Leyton Station		1550		1708	1714	1720	1726	1733		1839	1846	1852	1902	1911	1921	1932	1944	1956	2008										
Markhouse Road	Lea Bridge Road	1604		1722	1728	1734	1740	1747		1853	1900	1906	1916	1925	1935	1946	1957	2009	2021										
St James Street Stn.	St James's St.	1610		1728	1733	1739	1745	1752		1858	1905	1911	1921	1930	1940	1951	2002	2014	2026										
Blackhorse Road Station		1615		1733	1738	1744	1749	1756		1902	1909	1915	1925	1934	1944	1955	2006	2018	2029										
Billet Road	Higham Hill Road	1622		1740	1745	1751	1756	1803		1909	1916	1922	1932	1941	1951	2002	2013	2025	2036										
Crooked Billet Roundabout	West Side	1627		1745	1750	1756	1801	1808		1914	1920	1926	1936	1945	1955	2006	2017	2029	2040										
Chingford Mount	Old Church Road	1635		1753	1758	1804	1809	1816		1922	1928	1934	1943	1952	2002	2013	2024	2036	2047										
Stratford Bus Station		2012	2024	2036	2048	2100	2112	Then every 12 mins. until	2148	2200	2212	2224	2236	2248	2300	2312	2324	2336	2348										
Leyton Station		2020	2032	2044	2056	2108	2120		2156	2208	2220	2232	2244	2256	2307	2319	2331	2343	2355										
Markhouse Road	Lea Bridge Road	2033	2045	2057	2109	2121	2132		2208	2219	2231	2243	2255	2307	2318	2329	2340	2352	0004										
St James Street Stn.	St James's St.	2038	2050	2102	2114	2125	2136		2212	2223	2235	2247	2259	2311	2322	2333	2344	2356	0008										
Blackhorse Road Station		2041	2053	2105	2117	2128	2139		2215	2226	2238	2250	2302	2314	2325	2336	2347	2359	0011										
Billet Road	Higham Hill Road	2048	2100	2111	2123	2134	2145		2221	2232	2244	2256	2308	2320	2331	2342	2353	0005	0017										
Crooked Billet Roundabout	West Side	2052	2104	2115	2127	2138	2149		2225	2236	2248	2300	2312	2324	2335	2346	2357	0008	0020										
Chingford Mount	Old Church Road	2059	2110	2121	2133	2144	2155		2231	2242	2254	2306	2317	2329	2340	2351	0002	0013	0025										

158	Sundays and other Public Holidays (except Christmas Day and Boxing Day)																		
Stratford Bus Station	0000	0012	0024	0036	0048	0100	0112	0135	0205	0235	0305	0335	0405	0435	0505	0525	0540	0555	
Leyton Station	0006	0018	0030	0042	0054	0106	0118	0141	0211	0240	0310	0340	0410	0440	0510	0530	0545	0600	
Markhouse Road Lea Bridge Road	0015	0027	0038	0050	0102	0114	0126	0149	0219	0248	0317	0347	0417	0447	0517	0537	0552	0607	
St James Street Stn. St James's St.	0019	0031	0042	0054	0106	0117	0129	0152	0222	0251	0320	0350	0420	0450	0520	0540	0556	0611	
Blackhorse Road Station	0022	0033	0044	0056	0108	0119	0131	0154	0224	0253	0322	0352	0422	0452	0522	0542	0558	0613	
Billet Road Higham Hill Road	0028	0039	0050	0101	0113	0124	0136	0159	0229	0259	0328	0357	0427	0457	0527	0547	0603	0618	
Crooked Billet Roundabout West Side	0031	0042	0053	0104	0116	0127	0139	0202	0232	0302	0331	0400	0430	0500	0530	0550	0606	0621	
Chingford Mount Old Church Road	0036	0047	0058	0109	0121	0132	0144	0207	0237	0307	0336	0405	0435	0505	0535	0555	0611	0626	
Stratford Bus Station	0610	0625	0640	0655	0710	0725	0740	0755	0810	0825	0840	0852	0904	0914	0924	0934	0944	0953	
Leyton Station	0615	0630	0645	0700	0715	0730	0745	0800	0816	0831	0846	0858	0910	0920	0930	0941	0951	1000	
Markhouse Road Lea Bridge Road	0622	0637	0652	0707	0722	0737	0752	0808	0824	0839	0854	0907	0919	0930	0940	0951	1001	1011	
St James Street Stn. St James's St.	0626	0641	0656	0711	0726	0741	0756	0812	0828	0843	0858	0911	0923	0934	0945	0956	1006	1016	
Blackhorse Road Station	0628	0643	0658	0713	0728	0744	0759	0815	0831	0846	0901	0914	0926	0937	0948	0959	1009	1019	
Billet Road Higham Hill Road	0633	0648	0703	0718	0733	0749	0804	0820	0836	0851	0906	0919	0931	0942	0954	1005	1015	1025	
Crooked Billet Roundabout West Side	0636	0651	0706	0721	0736	0752	0807	0823	0839	0854	0909	0922	0935	0946	0958	1009	1019	1029	
Chingford Mount Old Church Road	0641	0656	0711	0726	0741	0757	0812	0828	0844	0859	0915	0928	0941	0952	1004	1015	1026	1036	
Stratford Bus Station	1002	1012	1022	1032	1042	1052	1101	1111	1121	1131	1141	1151	1201	1211	1221	Then every 10 minutes until		1311	
Leyton Station	1009	1019	1029	1039	1049	1059	1108	1118	1128	1138	1148	1158	1208	1219	1229			1319	
Markhouse Road Lea Bridge Road	1021	1031	1041	1051	1101	1111	1121	1131	1141	1151	1202	1212	1223	1234	1244			1334	
St James Street Stn. St James's St.	1026	1036	1046	1056	1106	1116	1126	1136	1146	1156	1207	1218	1229	1240	1250			1340	
Blackhorse Road Station	1029	1039	1049	1059	1109	1119	1129	1140	1150	1200	1211	1222	1233	1244	1254			1344	
Billet Road Higham Hill Road	1035	1045	1055	1105	1115	1125	1135	1146	1156	1206	1217	1228	1239	1250	1301			1351	
Crooked Billet Roundabout West Side	1039	1049	1059	1109	1119	1129	1139	1150	1200	1211	1222	1233	1244	1255	1306			1356	
Chingford Mount Old Church Road	1046	1056	1106	1116	1127	1137	1147	1158	1209	1220	1231	1242	1253	1304	1315			1405	
Stratford Bus Station	1321	Then every 10 minutes until		1441	1451	1501	1511	1521	1531	1541	1551	1601	1611	1621	1631	1641	1651	1701	
Leyton Station	1330			1450	1500	1510	1520	1530	1540	1550	1600	1610	1620	1630	1640	1650	1700	1709	
Markhouse Road Lea Bridge Road	1345			1505	1515	1524	1534	1544	1554	1604	1614	1624	1634	1644	1654	1704	1714	1723	
St James Street Stn. St James's St.	1351			1511	1520	1529	1539	1549	1559	1609	1619	1629	1639	1649	1659	1709	1719	1728	
Blackhorse Road Station	1355			1515	1524	1533	1543	1553	1603	1613	1623	1633	1643	1653	1703	1713	1723	1732	
Billet Road Higham Hill Road	1402			1522	1531	1540	1550	1600	1610	1620	1630	1640	1650	1700	1710	1720	1730	1739	
Crooked Billet Roundabout West Side	1407			1527	1536	1545	1555	1605	1615	1625	1635	1645	1655	1704	1714	1724	1734	1743	
Chingford Mount Old Church Road	1415			1535	1544	1553	1603	1613	1622	1632	1642	1652	1702	1711	1721	1731	1741	1750	
Stratford Bus Station	1711	Then every 10 minutes until		1831	1841	1851	1901	1912	1924	1936	1948	2000	2012	2024	2036	2048	2100	2112	
Leyton Station	1719			1839	1849	1859	1909	1920	1932	1944	1956	2008	2020	2032	2043	2055	2107	2119	
Markhouse Road Lea Bridge Road	1733			1853	1903	1912	1922	1933	1945	1957	2008	2020	2032	2043	2054	2106	2118	2129	
St James Street Stn. St James's St.	1738			1858	1908	1917	1927	1938	1949	2001	2012	2024	2036	2047	2058	2110	2122	2133	
Blackhorse Road Station	1742			1902	1911	1920	1930	1941	1952	2004	2015	2027	2039	2050	2101	2113	2125	2136	
Billet Road Higham Hill Road	1749			1909	1918	1927	1937	1948	1959	2011	2022	2034	2046	2057	2108	2119	2131	2142	
Crooked Billet Roundabout West Side	1753			1913	1922	1931	1941	1952	2003	2015	2026	2038	2050	2101	2112	2123	2135	2146	
Chingford Mount Old Church Road	1800			1920	1929	1938	1948	1959	2010	2022	2033	2045	2056	2107	2118	2129	2141	2152	
Stratford Bus Station	2124	2136	2148	2200	2212	2224	2236	2248	2300	2311	2323	2335	2347	2359					
Leyton Station	2131	2143	2155	2207	2219	2231	2243	2255	2306	2317	2329	2341	2353	0005					
Markhouse Road Lea Bridge Road	2141	2153	2205	2217	2229	2240	2252	2304	2315	2326	2337	2349	0001	0012					
St James Street Stn. St James's St.	2145	2157	2209	2221	2233	2244	2256	2308	2319	2330	2341	2352	0004	0015					
Blackhorse Road Station	2148	2200	2212	2224	2235	2246	2258	2310	2321	2332	2343	2354	0006	0017					
Billet Road Higham Hill Road	2154	2206	2218	2230	2241	2252	2304	2316	2327	2337	2348	2359	0011	0022					
Crooked Billet Roundabout West Side	2158	2210	2222	2233	2244	2255	2307	2319	2330	2340	2351	0002	0014	0025					
Chingford Mount Old Church Road	2204	2215	2227	2238	2249	2300	2312	2324	2335	2345	2356	0007	0019	0030					