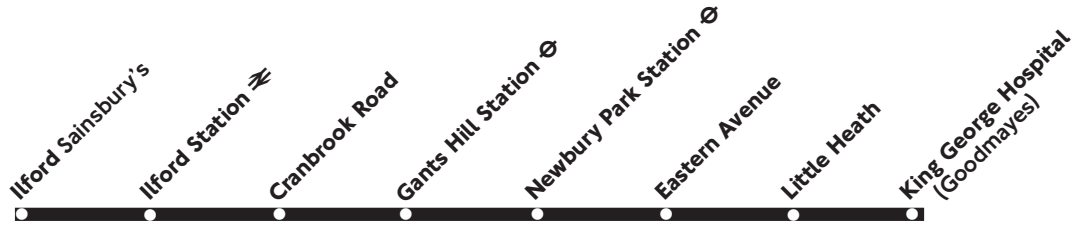


# 396

## Ilford - Gants Hill - King George Hospital

Daily



### Monday - Friday

Ilford Sainsbury's	0520	0550	0620	0642	0702	0720	0738	0758	0818	0838	0858	0918	0938	0958	1018	1038	1058	1118
Ilford Station	0521	0551	0621	0643	0703	0722	0740	0800	0820	0840	0900	0920	0940	1000	1020	1040	1100	1120
Gants Hill Station	0527	0557	0627	0649	0709	0728	0747	0807	0827	0847	0907	0927	0947	1007	1027	1047	1107	1127
Newbury Park Station	0531	0601	0631	0653	0714	0733	0753	0813	0833	0853	0913	0933	0953	1013	1033	1053	1113	1133
Little Heath Barley Lane	0534	0604	0634	0656	0718	0737	0757	0817	0837	0857	0917	0937	0958	1018	1038	1058	1118	1138
King George Hospital (Goodmayes)	0537	0607	0637	0659	0721	0741	0801	0821	0841	0901	0921	0941	1002	1022	1042	1102	1122	1142

Ilford Sainsbury's	1138	1158	Then	18	38	58		1418	1438	1458	1517	1536	1555	1614	1634	1654	1714	1734
Ilford Station	1140	1200	every	20	40	00		1420	1440	1500	1519	1538	1557	1616	1636	1656	1716	1736
Gants Hill Station	1147	1207	20 minutes,	27	47	07	until	1427	1447	1507	1526	1545	1604	1623	1643	1703	1723	1743
Newbury Park Station	1153	1213	at these	33	53	13		1433	1453	1513	1532	1552	1611	1630	1650	1710	1730	1750
Little Heath Barley Lane	1158	1218	minutes past	38	58	18		1438	1458	1518	1538	1558	1617	1636	1656	1716	1736	1756
King George Hospital (Goodmayes)	1202	1222	the hour	42	02	22		1442	1502	1522	1542	1602	1621	1640	1700	1720	1740	1800

Ilford Sainsbury's	1754	1815	1837	1858	1916	1932	2000	2030	2100	2130	2200	2231	2301	2331	0001			
Ilford Station	1756	1817	1838	1859	1917	1933	2001	2031	2101	2131	2201	2232	2302	2332	0002			
Gants Hill Station	1803	1824	1845	1906	1924	1940	2008	2038	2108	2138	2208	2238	2308	2338	0008			
Newbury Park Station	1810	1831	1852	1912	1930	1945	2013	2043	2113	2143	2213	2242	2312	2342	0012			
Little Heath Barley Lane	1816	1836	1857	1917	1934	1949	2017	2047	2117	2147	2216	2245	2315	2345	0015			
King George Hospital (Goodmayes)	1820	1840	1901	1921	1938	1953	2021	2051	2121	2151	2219	2248	2318	2348	0018			

### Saturday (also Good Friday)

Ilford Sainsbury's	0520	0550	0620	0650	0710	0730	0750	0810	0830	0850	0908	0926	0944	1002	1022	1042	1102	1122
Ilford Station	0521	0551	0621	0651	0711	0731	0751	0811	0831	0851	0909	0927	0945	1004	1024	1044	1104	1124
Gants Hill Station	0527	0557	0627	0657	0717	0737	0757	0817	0838	0858	0916	0934	0952	1012	1032	1052	1112	1132
Newbury Park Station	0531	0601	0631	0701	0721	0741	0801	0822	0844	0904	0922	0940	0958	1018	1038	1058	1118	1138
Little Heath Barley Lane	0534	0604	0634	0704	0724	0744	0804	0826	0848	0908	0926	0944	1003	1023	1043	1103	1123	1143
King George Hospital (Goodmayes)	0537	0607	0637	0707	0727	0747	0807	0829	0851	0911	0929	0947	1007	1027	1047	1107	1127	1147

Ilford Sainsbury's	1142	Then	02	22	42		1802	1822	1844	1901	1919	1937	2000	2030	2100	2130	2200	2231
Ilford Station	1144	every	04	24	44		1804	1824	1846	1902	1920	1938	2001	2031	2101	2131	2201	2232
Gants Hill Station	1152	20 minutes,	12	32	52	until	1812	1832	1854	1909	1927	1945	2008	2038	2108	2138	2208	2238
Newbury Park Station	1158	at these	18	38	58		1818	1838	1900	1915	1933	1950	2013	2043	2113	2143	2213	2242
Little Heath Barley Lane	1203	minutes past	23	43	03		1823	1843	1905	1920	1937	1954	2017	2047	2117	2147	2216	2245
King George Hospital (Goodmayes)	1207	the hour	27	47	07		1827	1847	1909	1924	1941	1958	2021	2051	2121	2151	2219	2248

Ilford Sainsbury's	2301	2331	0001															
Ilford Station	2302	2332	0002															
Gants Hill Station	2308	2338	0008															
Newbury Park Station	2312	2342	0012															
Little Heath Barley Lane	2315	2345	0015															
King George Hospital (Goodmayes)	2318	2348	0018															

### Sunday and other Public Holidays

Ilford Sainsbury's	0520	0550	0620	0650	0720	0750	0820	0840	0900	0920	0940	0959	Then	19	39	59		1619
Ilford Station	0521	0551	0621	0651	0721	0751	0821	0841	0901	0921	0941	1000	every	20	40	00		1620
Gants Hill Station	0527	0557	0627	0657	0727	0757	0827	0847	0907	0927	0947	1007	20 minutes,	27	47	07	until	1627
Newbury Park Station	0531	0601	0631	0701	0731	0801	0831	0851	0911	0931	0952	1012	at these	32	52	12		1632
Little Heath Barley Lane	0534	0604	0634	0704	0734	0804	0834	0854	0914	0935	0956	1016	minutes past	36	56	16		1636
King George Hospital (Goodmayes)	0537	0607	0637	0707	0737	0807	0837	0857	0918	0939	1000	1020	the hour	40	00	20		1640

Ilford Sainsbury's	1639	1659	1720	1740	1800	1820	1840	1900	1930	2000	2030	2100	2130	2200	2231	2301	2331	0001
Ilford Station	1640	1700	1721	1741	1801	1821	1841	1901	1931	2001	2031	2101	2131	2201	2232	2302	2332	0002
Gants Hill Station	1647	1707	1728	1748	1808	1828	1848	1908	1938	2008	2038	2108	2138	2208	2238	2308	2338	0008
Newbury Park Station	1652	1712	1733	1753	1813	1833	1853	1913	1943	2013	2043	2113	2143	2213	2242	2312	2342	0012
Little Heath Barley Lane	1656	1716	1737	1757	1817	1837	1857	1917	1947	2017	2047	2117	2147	2216	2245	2315	2345	0015
King George Hospital (Goodmayes)	1700	1720	1741	1801	1821	1841	1901	1921	1951	2021	2051	2121	2151	2219	2248	2318	2348	0018

26.4.03(A) T48600



# 396

## King George Hospital - Gants Hill - Ilford

Daily



### Monday - Friday

King George Hospital (Goodmayes)	0548	0618	0643	0703	0720	0737	0756	0815	0835	0855	0915	0933	0951	Then	11	31	51	u	1511
Little Heath Barley Lane	0551	0621	0646	0706	0723	0741	0800	0819	0839	0859	0919	0937	0955	every	15	35	55	n	1515
Newbury Park Station	0554	0624	0649	0711	0728	0748	0807	0826	0846	0906	0926	0943	1000	20 mins,	20	40	00	t	1520
Gants Hill Station	0558	0628	0654	0716	0734	0754	0813	0832	0852	0912	0932	0948	1005	at these	25	45	05	i	1525
Ilford Station	0603	0633	0700	0722	0741	0801	0820	0839	0859	0919	0939	0955	1012	mins past	32	52	12	l	1532
Ilford Sainsbury's	0604	0634	0702	0724	0744	0804	0823	0842	0902	0922	0942	0958	1015	the hour	35	55	15		1535

King George Hospital (Goodmayes)	1530	1549	1609	1629	1649	1709	1729	1749	1809	1829	1849	1910	1930	2000	2030	2100	2130	2200
Little Heath Barley Lane	1534	1554	1614	1634	1654	1714	1734	1754	1814	1833	1852	1913	1933	2003	2033	2103	2133	2203
Newbury Park Station	1540	1600	1620	1640	1700	1720	1740	1800	1820	1839	1858	1917	1937	2007	2037	2107	2137	2206
Gants Hill Station	1545	1605	1625	1645	1705	1725	1745	1805	1825	1844	1903	1922	1942	2012	2042	2112	2142	2211
Ilford Station	1552	1612	1632	1652	1712	1732	1752	1812	1832	1851	1910	1929	1949	2019	2049	2119	2149	2217
Ilford Sainsbury's	1555	1615	1635	1655	1715	1735	1755	1815	1834	1853	1912	1931	1951	2021	2051	2121	2151	2219

King George Hospital (Goodmayes)	2230	2300	2330	2400
Little Heath Barley Lane	2233	2303	2333	0003
Newbury Park Station	2236	2306	2336	0006
Gants Hill Station	2240	2310	2340	0010
Ilford Station	2246	2316	2346	0016
Ilford Sainsbury's	2247	2317	2347	0017

### Saturday (also Good Friday)

King George Hospital (Goodmayes)	0548	0618	0648	0718	0738	0758	0818	0838	0858	0918	0938	0957	Then	17	37	57		1717
Little Heath Barley Lane	0551	0621	0651	0721	0741	0801	0821	0841	0901	0921	0941	1001	every	21	41	01		1721
Newbury Park Station	0554	0624	0654	0724	0744	0804	0824	0846	0906	0926	0946	1006	20 minutes,	26	46	06	until	1726
Gants Hill Station	0558	0628	0658	0728	0748	0808	0828	0851	0911	0931	0952	1012	at these	32	52	12		1732
Ilford Station	0603	0633	0703	0733	0753	0813	0835	0858	0918	0939	1000	1020	minutes past	40	00	20		1740
Ilford Sainsbury's	0604	0634	0704	0734	0754	0814	0837	0900	0921	0942	1003	1023	the hour	43	03	23		1743

King George Hospital (Goodmayes)	1737	1757	1818	1838	1900	1930	2000	2030	2100	2130	2200	2230	2300	2330	2400
Little Heath Barley Lane	1741	1801	1822	1842	1903	1933	2003	2033	2103	2133	2203	2233	2303	2333	0003
Newbury Park Station	1746	1806	1827	1847	1907	1937	2007	2037	2107	2137	2206	2236	2306	2336	0006
Gants Hill Station	1752	1812	1832	1852	1912	1942	2012	2042	2112	2142	2211	2240	2310	2340	0010
Ilford Station	1800	1820	1839	1859	1919	1949	2019	2049	2119	2149	2217	2246	2316	2346	0016
Ilford Sainsbury's	1802	1822	1841	1901	1921	1951	2021	2051	2121	2151	2219	2247	2317	2347	0017

### Sunday and other Public Holidays

King George Hospital (Goodmayes)	0548	0618	0648	0718	0748	0818	0848	0910	0930	0950	Then	10	30	50	1910	1930	2000	
Little Heath Barley Lane	0551	0621	0651	0721	0751	0821	0851	0913	0933	0953	every	13	33	53	1913	1933	2003	
Newbury Park Station	0554	0624	0654	0724	0754	0824	0854	0916	0936	0957	20 minutes,	17	37	57	until	1917	1937	2007
Gants Hill Station	0558	0628	0658	0728	0758	0828	0858	0920	0940	1002	at these	22	42	02	1922	1942	2012	
Ilford Station	0603	0633	0703	0733	0803	0833	0903	0925	0946	1009	minutes past	29	49	09	1929	1949	2019	
Ilford Sainsbury's	0604	0634	0704	0734	0804	0834	0904	0926	0948	1011	the hour	31	51	11	1931	1951	2021	

King George Hospital (Goodmayes)	2030	2100	2130	2200	2230	2300	2330	2400
Little Heath Barley Lane	2033	2103	2133	2203	2233	2303	2333	0003
Newbury Park Station	2037	2107	2137	2206	2236	2306	2336	0006
Gants Hill Station	2042	2112	2142	2211	2240	2310	2340	0010
Ilford Station	2049	2119	2149	2217	2246	2316	2346	0016
Ilford Sainsbury's	2051	2121	2151	2219	2247	2317	2347	0017

26.4.03(A) T4860T

