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Romford – Barking – Canning Town

5																		Mondays to Fridays (school days)																																																												
Romford Market St Edward's Way	0447	0502	0517	0527	0537	0545	0553	0559	0605	0610	0615	0620	0625	0630	0635	0639	0644	0649	Romford Station	0450	0505	0520	0530	0540	0548	0556	0602	0608	0613	0618	0623	0628	0634	0639	0643	0648	0653	Rush Green Road Roneo Corner	0453	0508	0523	0533	0543	0551	0559	0605	0611	0616	0621	0627	0632	0639	0644	0648	0653	0658																						
Becontree Heath Ship & Anchor	0459	0514	0529	0539	0549	0557	0605	0611	0617	0622	0628	0634	0640	0646	0652	0657	0702	0707	Five Elms	0502	0517	0532	0542	0552	0600	0608	0614	0620	0625	0631	0638	0644	0650	0656	0701	0706	0711	Becontree Martins Corner	0505	0520	0535	0545	0555	0604	0612	0618	0624	0629	0635	0642	0648	0654	0700	0705	0710	0715																						
Faircross Barking Bus Garage	0511	0526	0541	0551	0601	0610	0618	0625	0632	0639	0645	0652	0658	0704	0710	0715	0720	0725	Barking Station	0515	0530	0545	0555	0605	0614	0622	0630	0638	0646	0652	0659	0705	0711	0717	0722	0727	0732	Barking London Road	0517	0532	0547	0557	0607	0616	0624	0632	0640	0648	0654	0701	0707	0713	0719	0724	0729	0735																						
East Ham Newham Town Hall	0521	0536	0551	0601	0611	0621	0629	0638	0646	0654	0700	0707	0713	0719	0725	0730	0736	0742	Upton Park The Boleyn (Barking Road)	0525	0540	0555	0605	0615	0625	0633	0643	0651	0659	0705	0712	0718	0725	0731	0737	0743	0749	Plaiستow Greengate	0528	0543	0558	0608	0618	0628	0637	0647	0655	0703	0709	0716	0722	0729	0735	0741	0747	0753																						
Canning Town Barking Rd./Hermit Rd.	0532	0547	0602	0612	0622	0632	0641	0651	0659	0707	0713	0720	0726	0733	0739	0746	0752	0758	Canning Town Bus Station	0535	0550	0605	0615	0625	0635	0645	0655	0703	0711	0717	0724	0730	0737	0743	0750	0756	0802	Romford Market St Edward's Way	0654	0659	0703	0708	0712	--	0716	0720	0724	0728	0733	0738	0742	--	0747	0752	0756	0801																						
Romford Station	0658	0703	0707	0712	0716	--	0720	0724	0728	0732	0737	0742	0746	--	0751	0756	0800	0805	Rush Green Road Roneo Corner	0703	0708	0712	0717	0721	--	0725	0729	0734	0738	0743	0748	0752	--	0757	0802	0806	0811	Becontree Heath Ship & Anchor	0712	0717	0721	0726	0730	0733	0734	0739	0744	0748	0753	0758	0802	0803	0807	0812	0816	0821																						
Five Elms	0716	0721	0725	0730	0735	0738	0739	0744	0749	0753	0758	0803	0807	0808	0812	0817	0821	0826	Becontree Martins Corner	0720	0725	0729	0734	0739	0742	0743	0748	0753	0757	0802	0807	0811	0812	0816	0821	0825	0830	Faircross Barking Bus Garage	0730	0735	0739	0744	0749	0752	0753	0758	0803	0807	0812	0817	0821	0822	0826	0831	0835	0840																						
Barking Station	0738	0743	0747	0752	0757	0800	0801	0806	0811	0815	0820	0825	0829	0830	0834	0839	0843	0848	Barking London Road	0741	0746	0750	0755	0800	0803	0804	0809	0814	0818	0823	0828	0832	0833	0837	0842	0846	0851	East Ham Newham Town Hall	0748	0753	0757	0802	0807	0810	0811	0816	0821	0825	0830	0835	0839	0840	0844	0849	0853	0858																						
Upton Park The Boleyn (Barking Road)	0755	0800	0804	0809	0814	0817	0818	0823	0828	0832	0837	0842	0846	0847	0851	0856	0900	0905	Plaiستow Greengate	0759	0804	0808	0813	0818	0821	0822	0827	0832	0836	0841	0846	0850	0851	0855	0900	0904	0909	Canning Town Barking Rd./Hermit Rd.	0804	0809	0813	0818	0823	0826	0827	0832	0837	0841	0846	0851	0855	0856	0900	0905	0909	0914																						
Canning Town Bus Station	0808	0813	0817	0822	0827	0830	0831	0836	0841	0845	0850	0855	0859	0900	0904	0909	0913	0918	Romford Market St Edward's Way	0806	0811	0816	0821	0827	0833	0839	0846	0852	0859	0906	0913	0919	0926				0956	1003	Romford Station	0810	0815	0820	0825	0831	0837	0843	0850	0856	0903	0911	0918	0924	0931				1001	1008																				
Rush Green Road Roneo Corner	0816	0821	0826	0831	0837	0843	0849	0856	0902	0908	0916	0923	0929	0936				1006	1013	Becontree Heath Ship & Anchor	0826	0831	0836	0841	0847	0853	0859	0906	0912	0918	0924	0931	0937	0944				1014	1021	Five Elms	0831	0836	0841	0846	0852	0858	0904	0910	0916	0922	0928	0935	0941	0948				1018	1025																			
Becontree Martins Corner	0835	0840	0845	0850	0856	0902	0908	0914	0920	0926	0932	0939	0945	0952				1022	1029	Faircross Barking Bus Garage	0845	0850	0855	0900	0906	0911	0917	0923	0929	0935	0941	0948	0954	1001				1031	1038	Barking Station	0853	0858	0903	0908	0913	0918	0924	0930	0936	0942	0948	0955	1001	1008				1038	1045																			
Barking London Road	0856	0901	0906	0911	0916	0921	0927	0933	0939	0945	0951	0958	1004	1011				1041	1048	East Ham Newham Town Hall	0903	0908	0913	0918	0923	0928	0934	0940	0946	0952	0958	1005	1011	1018				1048	1055	Upton Park The Boleyn (Barking Road)	0910	0915	0920	0925	0930	0935	0941	0947	0953	0959	1005	1012	1018	1025				1055	1102																			
Plaiستow Greengate	0914	0919	0924	0929	0934	0939	0945	0951	0957	1003	1009	1016	1022	1029				1059	1106	Canning Town Barking Rd./Hermit Rd.	0919	0924	0929	0934	0939	0944	0950	0956	1002	1008	1014	1021	1027	1034				1104	1111	Canning Town Bus Station	0923	0928	0933	0938	0943	0948	0954	1000	1006	1012	1018	1025	1031	1038				1108	1115																			
Romford Market St Edward's Way	1009			16	23	29	36	43	49	56	03	09						1349	1355	1401	1408	1415	1421	1428	1435	1441	Romford Station	1014			21	28	34	41	48	54	01	08	14					1354	1400	1406	1413	1420	1426	1433	1440	1446	Rush Green Road Roneo Corner	1019			26	33	39	46	53	59	06	13	19					1359	1405	1411	1418	1425	1431	1438	1445	1451
Becontree Heath Ship & Anchor	1027	Then		34	41	47	54	01	07	14	21	27						1407	1413	1419	1426	1433	1439	1446	1453	1459	Five Elms	1031	every 6-7		38	45	51	58	05	11	18	25	31					1411	1417	1423	1430	1437	1443	1450	1457	1503	Becontree Martins Corner	1035	minutes		42	49	55	02	09	15	22	29	35					1415	1421	1427	1434	1441	1447	1454	1501	1507
Faircross Barking Bus Garage	1044	at these		51	58	04	11	18	24	31	38	44	until					1424	1430	1436	1443	1450	1457	1504	1511	1517	Barking Station	1051	minutes		58	05	11	18	25	31	38	45	51					1431	1437	1443	1450	1457	1504	1511	1518	1524	Barking London Road	1054	past		01	08	14	21	28	34	41	48	54					1434	1440	1446	1453	1500	1507	1514	1521	1527
East Ham Newham Town Hall	1101	the hour		08	15	21	28	35	41	48	55	01						1441	1447	1453	1500	1507	1514	1521	1528	1534	Upton Park The Boleyn (Barking Road)	1108			15	22	28	35	42	48	55	02	08					1448	1454	1500	1507	1514	1521	1528	1535	1541	Plaiستow Greengate	1112			19	26	32	39	46	52	59	06	12					1452	1458	1504	1511	1518	1525	1532	1539	1545
Canning Town Barking Rd./Hermit Rd.	1117			24	31	37	44	51	57	04	11	17						1457	1503	1509	1516	1523	1530	1537	1544	1550	Canning Town Bus Station	1121			28	35	41	48	55	01	08	15	21					1501	1508	1514	1521	1528	1535	1542	1549	1555																										

5	Mondays to Fridays (school days) (cont.)																	
Romford Market St Edward's Way	1448	1454	1500	--	1506	--	1512	1518	1524	1530	1536	1543	1549	1556	1603	1610	1616	1623
Romford Station	1453	1459	1505	--	1511	--	1517	1523	1529	1535	1541	1548	1554	1601	1608	1615	1621	1628
Rush Green Road Roneo Corner	1458	1504	1510	--	1516	--	1522	1528	1534	1541	1547	1554	1600	1607	1614	1621	1627	1634
Becontree Heath Ship & Anchor	1506	1513	1519	1525	1525	1530	1532	1538	1544	1551	1557	1604	1610	1617	1624	1631	1637	1644
Five Elms	1510	1517	1524	1530	1530	1535	1537	1543	1549	1556	1602	1609	1615	1622	1629	1636	1642	1649
Becontree Martins Corner	1514	1521	1528	1534	1534	1539	1541	1547	1553	1600	1606	1613	1619	1626	1633	1640	1646	1653
Faircross Barking Bus Garage	1524	1530	1537	1543	1543	1548	1550	1556	1602	1609	1615	1622	1628	1635	1642	1649	1655	1702
Barking Station	1531	1537	1544	1550	1550	1555	1557	1603	1609	1616	1622	1629	1635	1642	1649	1656	1702	1709
Barking London Road	1534	1540	1547	1553	1553	1558	1600	1606	1612	1619	1625	1632	1638	1645	1652	1659	1705	1712
East Ham Newham Town Hall	1541	1547	1554	1600	1600	1605	1607	1613	1619	1626	1632	1639	1645	1652	1659	1706	1712	1719
Upton Park The Boleyn (Barking Road)	1548	1554	1601	1607	1607	1612	1614	1620	1626	1633	1639	1646	1652	1659	1706	1713	1719	1726
Plaistow Greengate	1552	1558	1605	1611	1611	1616	1618	1624	1630	1637	1643	1650	1656	1703	1710	1717	1723	1730
Canning Town Barking Rd./Hermit Rd.	1557	1603	1610	1616	1616	1621	1623	1629	1635	1642	1648	1655	1701	1708	1715	1722	1728	1735
Canning Town Bus Station	1602	1608	1615	1621	1621	1626	1628	1634	1640	1647	1653	1700	1706	1713	1720	1727	1733	1740
Romford Market St Edward's Way	1630	1636	1643	1650	1656	1703	1710	1716	1723	1730	1736	1743	1750	1756	1803	1810	1816	1823
Romford Station	1635	1641	1648	1655	1701	1708	1715	1721	1728	1735	1741	1748	1755	1801	1808	1815	1821	1828
Rush Green Road Roneo Corner	1641	1647	1654	1701	1707	1714	1721	1727	1734	1741	1747	1754	1801	1807	1814	1821	1827	1834
Becontree Heath Ship & Anchor	1651	1657	1704	1711	1717	1724	1731	1737	1744	1750	1756	1803	1810	1816	1823	1830	1836	1843
Five Elms	1656	1702	1709	1716	1722	1729	1735	1741	1748	1754	1800	1807	1814	1820	1827	1834	1840	1847
Becontree Martins Corner	1700	1706	1713	1720	1726	1733	1739	1745	1752	1758	1804	1811	1818	1824	1831	1837	1843	1850
Faircross Barking Bus Garage	1709	1715	1722	1729	1735	1742	1748	1754	1801	1807	1813	1820	1827	1833	1839	1845	1851	1858
Barking Station	1716	1722	1729	1736	1742	1748	1754	1800	1807	1813	1819	1826	1833	1839	1845	1851	1857	1904
Barking London Road	1719	1725	1732	1738	1744	1750	1756	1802	1809	1815	1821	1828	1835	1841	1847	1853	1859	1906
East Ham Newham Town Hall	1726	1732	1739	1745	1751	1757	1803	1809	1816	1822	1828	1835	1842	1848	1854	1900	1906	1913
Upton Park The Boleyn (Barking Road)	1733	1739	1746	1752	1758	1804	1810	1816	1823	1829	1835	1841	1848	1854	1900	1906	1912	1919
Plaistow Greengate	1737	1743	1750	1756	1802	1808	1814	1820	1827	1833	1839	1845	1852	1858	1904	1910	1916	1923
Canning Town Barking Rd./Hermit Rd.	1742	1748	1755	1801	1807	1813	1819	1825	1832	1838	1844	1850	1856	1902	1908	1914	1920	1927
Canning Town Bus Station	1746	1752	1759	1805	1811	1817	1823	1829	1836	1842	1848	1854	1900	1906	1912	1918	1924	1931
Romford Market St Edward's Way	1831	1839	1847	1854	1902	1910	1919	1929	1939	1949	1959	2009	2019	2029	2039	Then every 10 minutes until	2159	
Romford Station	1835	1843	1851	1858	1906	1914	1923	1933	1943	1953	2003	2013	2023	2033	2042		2202	
Rush Green Road Roneo Corner	1840	1848	1856	1903	1911	1919	1928	1937	1947	1957	2007	2017	2027	2037	2046		2206	
Becontree Heath Ship & Anchor	1849	1856	1903	1910	1918	1926	1935	1944	1954	2004	2014	2024	2034	2043	2052		2212	
Five Elms	1853	1900	1907	1914	1922	1930	1939	1948	1958	2008	2018	2028	2037	2046	2055		2215	
Becontree Martins Corner	1856	1903	1910	1917	1925	1933	1942	1951	2001	2011	2021	2031	2040	2049	2058		2218	
Faircross Barking Bus Garage	1904	1911	1918	1925	1933	1941	1950	1959	2009	2019	2029	2038	2047	2056	2105		2225	
Barking Station	1910	1917	1924	1931	1939	1947	1956	2005	2015	2025	2034	2042	2051	2100	2109		2229	
Barking London Road	1912	1919	1926	1933	1941	1949	1958	2007	2017	2027	2036	2044	2053	2102	2111		2231	
East Ham Newham Town Hall	1919	1926	1933	1940	1947	1955	2004	2013	2023	2033	2041	2049	2058	2107	2116		2236	
Upton Park The Boleyn (Barking Road)	1925	1932	1939	1946	1953	2001	2010	2019	2029	2038	2046	2054	2103	2112	2121	2241		
Plaistow Greengate	1929	1936	1943	1950	1957	2005	2014	2023	2032	2041	2049	2057	2106	2115	2124	2244		
Canning Town Barking Rd./Hermit Rd.	1933	1940	1947	1954	2001	2009	2018	2027	2036	2045	2053	2101	2110	2119	2128	2248		
Canning Town Bus Station	1937	1944	1951	1958	2005	2013	2022	2031	2040	2049	2057	2105	2114	2123	2132	2252		
Romford Market St Edward's Way	2209	2220	2231	2242	2253	2304	2314	2324	2334	2346	2358	0010						
Romford Station	2212	2223	2234	2245	2256	2307	2317	2327	2337	2349	0001	0013						
Rush Green Road Roneo Corner	2216	2227	2238	2249	2300	2310	2320	2330	2340	2352	0004	0016						
Becontree Heath Ship & Anchor	2222	2233	2244	2255	2306	2316	2326	2336	2346	2357	0009	0021						
Five Elms	2225	2236	2247	2258	2309	2319	2329	2339	2349	0000	0012	0024						
Becontree Martins Corner	2228	2239	2249	2301	2311	2321	2331	2341	2351	0002	0014	0026						
Faircross Barking Bus Garage	2235	2246	2256	2307	2317	2327	2337	2347	2357	0008	0019	0031						
Barking Station	2239	2250	2300	2311	2321	2331	2341	2351	0001	0012	0023	0035						
Barking London Road	2241	2252	2302	2313	2323	2333	2343	2353	0003	0014	0025	0037						
East Ham Newham Town Hall	2246	2257	2307	2317	2327	2337	2347	2357	0007	0018	0029	0041						
Upton Park The Boleyn (Barking Road)	2251	2301	2311	2321	2331	2341	2351	0001	0011	0022	0033	0045						
Plaistow Greengate	2254	2304	2314	2324	2334	2344	2354	0004	0014	0025	0036	0048						
Canning Town Barking Rd./Hermit Rd.	2258	2308	2318	2328	2338	2348	2358	0008	0018	0029	0040	0052						
Canning Town Bus Station	2301	2311	2321	2331	2341	2351	0001	0011	0021	0031	0042	0054						

5 Mondays to Fridays (school holidays)																				
Romford Market St Edward's Way	0447	0502	0517	0527	0537	0545	0553	0559	0605	0610	0615	0620	0625	0630	0635	0639	0644	0649		
Romford Station	0450	0505	0520	0530	0540	0548	0556	0602	0608	0613	0618	0623	0628	0634	0639	0643	0648	0653		
Rush Green Road Dagenham Road	0455	0510	0525	0535	0545	0553	0601	0607	0613	0618	0623	0629	0634	0640	0646	0650	0655	0700		
Becontree Heath Ship & Anchor	0459	0514	0529	0539	0549	0557	0605	0611	0617	0622	0628	0634	0640	0646	0652	0657	0702	0707		
Becontree Martins Corner	0505	0520	0535	0545	0555	0604	0612	0618	0624	0629	0635	0642	0648	0654	0700	0705	0710	0715		
Faircross Barking Bus Garage	0511	0526	0541	0551	0601	0610	0618	0625	0632	0639	0645	0652	0658	0704	0710	0715	0720	0725		
Barking Station	0515	0530	0545	0555	0605	0614	0622	0630	0638	0646	0652	0659	0705	0711	0717	0722	0727	0732		
East Ham Newham Town Hall	0521	0536	0551	0601	0611	0621	0629	0638	0646	0654	0700	0707	0713	0719	0725	0730	0736	0742		
Upton Park The Boleyn (Barking Road)	0525	0540	0555	0605	0615	0625	0633	0643	0651	0659	0705	0712	0718	0725	0731	0737	0743	0749		
Plaistow Greengate	0528	0543	0558	0608	0618	0628	0637	0647	0655	0703	0709	0716	0722	0729	0735	0741	0747	0753		
Canning Town Bus Station	0535	0550	0605	0615	0625	0635	0645	0655	0703	0711	0717	0724	0730	0737	0743	0750	0756	0802		
Romford Market St Edward's Way	0654	0659	0704	0709	0713	--	0718	0722	0726	0731	0736	0741	--	0746	Then every 5 minutes until	0821	0827			
Romford Station	0658	0703	0708	0713	0717	--	0722	0726	0730	0735	0740	0745	--	0750		0825	0831			
Rush Green Road Dagenham Road	0705	0710	0715	0720	0724	--	0729	0734	0738	0743	0748	0753	--	0758		0833	0839			
Becontree Heath Ship & Anchor	0712	0717	0722	0727	0731	0733	0736	0741	0746	0751	0756	0801	0803	0806		0841	0847			
Becontree Martins Corner	0720	0725	0730	0735	0740	0742	0745	0750	0755	0800	0805	0810	0812	0815		0850	0856			
Faircross Barking Bus Garage	0730	0735	0740	0745	0750	0752	0755	0800	0805	0810	0815	0820	0822	0825		0900	0906			
Barking Station	0738	0743	0748	0753	0758	0800	0803	0808	0813	0818	0823	0828	0830	0833		0908	0913			
East Ham Newham Town Hall	0748	0753	0758	0803	0808	0810	0813	0818	0823	0828	0833	0838	0840	0843		0918	0923			
Upton Park The Boleyn (Barking Road)	0755	0800	0805	0810	0815	0817	0820	0825	0830	0835	0840	0845	0847	0850		0925	0930			
Plaistow Greengate	0759	0804	0809	0814	0819	0821	0824	0829	0834	0839	0844	0849	0851	0854		0929	0934			
Canning Town Bus Station	0808	0813	0818	0823	0828	0830	0833	0838	0843	0848	0853	0858	0900	0903	0938	0943				
Romford Market St Edward's Way	0833	0839	0846	0852	0859	0906	0913	0919	0926	Then every 6 minutes until	0956	1003	1009	1016	1023	1029	1036			
Romford Station	0837	0843	0850	0856	0903	0911	0918	0924	0931		1001	1008	1014	1021	1028	1034	1041			
Rush Green Road Dagenham Road	0845	0851	0858	0904	0911	0918	0925	0931	0938		1008	1015	1021	1028	1035	1041	1048			
Becontree Heath Ship & Anchor	0853	0859	0906	0912	0918	0924	0931	0937	0944		1014	1021	1027	1034	1041	1047	1054			
Becontree Martins Corner	0902	0908	0914	0920	0926	0932	0939	0945	0952		1022	1029	1035	1042	1049	1055	1102			
Faircross Barking Bus Garage	0911	0917	0923	0929	0935	0941	0948	0954	1001		1031	1038	1044	1051	1058	1104	1111			
Barking Station	0918	0924	0930	0936	0942	0948	0955	1001	1008		1038	1045	1051	1058	1105	1111	1118			
East Ham Newham Town Hall	0928	0934	0940	0946	0952	0958	1005	1011	1018		1048	1055	1101	1108	1115	1121	1128			
Upton Park The Boleyn (Barking Road)	0935	0941	0947	0953	0959	1005	1012	1018	1025		1055	1102	1108	1115	1122	1128	1135			
Plaistow Greengate	0939	0945	0951	0957	1003	1009	1016	1022	1029		1059	1106	1112	1119	1126	1132	1139			
Canning Town Bus Station	0948	0954	1000	1006	1012	1018	1025	1031	1038	1108	1115	1121	1128	1135	1141	1148				
Romford Market St Edward's Way	1043	Then every 6-7 minutes at these minutes past the hour	49	56	03	09	16	23	29	36	43	1349	1355	1401	1408	1415	1421	1428	1435	1441
Romford Station	1048		54	01	08	14	21	28	34	41	48	1354	1400	1406	1413	1420	1426	1433	1440	1446
Rush Green Road Dagenham Road	1055		01	08	15	21	28	35	41	48	55	1401	1407	1413	1420	1427	1433	1440	1447	1453
Becontree Heath Ship & Anchor	1101		07	14	21	27	34	41	47	54	01	1407	1413	1419	1426	1433	1439	1446	1453	1459
Becontree Martins Corner	1109		15	22	29	35	42	49	55	02	09	1415	1421	1427	1434	1441	1447	1454	1501	1507
Faircross Barking Bus Garage	1118		24	31	38	44	51	58	04	11	18	1424	1430	1436	1443	1450	1457	1504	1511	1517
Barking Station	1125		31	38	45	51	58	05	11	18	25	1431	1437	1443	1450	1457	1504	1511	1518	1524
East Ham Newham Town Hall	1135		41	48	55	01	08	15	21	28	35	1441	1447	1453	1500	1507	1514	1521	1528	1534
Upton Park The Boleyn (Barking Road)	1142		48	55	02	08	15	22	28	35	42	1448	1454	1500	1507	1514	1521	1528	1535	1541
Plaistow Greengate	1146		52	59	06	12	19	26	32	39	46	1452	1458	1504	1511	1518	1525	1532	1539	1545
Canning Town Bus Station	1155	01	08	15	21	28	35	41	48	55	1501	1508	1514	1521	1528	1535	1542	1549	1555	
Romford Market St Edward's Way	1448	1454	1500	--	1506	--	1512	1518	1524	1530	1536	1543	1550	1556	1603	1610	1616	1623		
Romford Station	1453	1459	1505	--	1511	--	1517	1523	1529	1535	1541	1548	1555	1601	1608	1615	1621	1628		
Rush Green Road Dagenham Road	1500	1506	1512	--	1518	--	1525	1531	1537	1543	1549	1556	1603	1609	1616	1623	1629	1636		
Becontree Heath Ship & Anchor	1506	1513	1519	1525	1525	1530	1532	1538	1544	1551	1557	1604	1611	1617	1624	1631	1637	1644		
Becontree Martins Corner	1514	1521	1528	1534	1534	1539	1541	1547	1553	1600	1606	1613	1620	1626	1633	1640	1646	1653		
Faircross Barking Bus Garage	1524	1530	1537	1543	1543	1548	1550	1556	1602	1609	1615	1622	1629	1635	1642	1649	1655	1702		
Barking Station	1531	1537	1544	1550	1550	1555	1557	1603	1609	1616	1622	1629	1636	1642	1649	1656	1702	1709		
East Ham Newham Town Hall	1541	1547	1554	1600	1600	1605	1607	1613	1619	1626	1632	1639	1646	1652	1659	1706	1712	1719		
Upton Park The Boleyn (Barking Road)	1548	1554	1601	1607	1607	1612	1614	1620	1626	1633	1639	1646	1653	1659	1706	1713	1719	1726		
Plaistow Greengate	1552	1558	1605	1611	1611	1616	1618	1624	1630	1637	1643	1650	1657	1703	1710	1717	1723	1730		
Canning Town Bus Station	1602	1608	1615	1621	1621	1626	1628	1634	1640	1647	1653	1700	1707	1713	1720	1727	1733	1740		
Romford Market St Edward's Way	1630	1636	1643	1650	1656	1703	1710	1716	1723	1730	1736	1743	1750	1756	1803	1810	1816	1823		
Romford Station	1635	1641	1648	1655	1701	1708	1715	1721	1728	1735	1741	1748	1755	1801	1808	1815	1821	1828		
Rush Green Road Dagenham Road	1643	1649	1656	1703	1709	1716	1723	1729	1736	1743	1749	1756	1803	1809	1816	1823	1829	1836		
Becontree Heath Ship & Anchor	1651	1657	1704	1711	1717	1724	1731	1737	1744	1750	1756	1803	1810	1816	1823	1830	1836	1843		
Becontree Martins Corner	1700	1706	1713	1720	1726	1733	1739	1745	1752	1758	1804	1811	1818	1824	1831	1837	1843	1850		
Faircross Barking Bus Garage	1709	1715	1722	1729	1735	1742	1748	1754	1801	1807	1813	1820	1827	1833	1839	1845	1851	1858		
Barking Station	1716	1722	1729	1736	1742	1748	1754	1800	1807	1813	1819	1826	1833	1839	1845	1851	1857	1904		
East Ham Newham Town Hall	1726	1732	1739	1745	1751	1757	1803	1809	1816	1822	1828	1835	1842	1848	1854	1900	1906	1913		
Upton Park The Boleyn (Barking Road)	1733	1739	1746	1752	1758	1804	1810	1816	1823	1829	1835	1841	1848	1854	1900	1906	1912	1919		
Plaistow Greengate	1737	1743	1750	1756	1802	1808	1814	1820	1827	1833	1839	1845	1852	1858	1904	1910	1916	1923		
Canning Town Bus Station	1746	1752	1759	1805	1811	1817	1823	1829	1836	1842	1848	1854	1900	1906	1912	1918	1924	1931		

5		Mondays to Fridays (school holidays) (cont.)																
Romford Market St Edward's Way	1831	1839	1847	1854	1902	1910	1919	1929	1939	1949	1959	2009	2019	2029	2039	Then every 10 minutes until	2159	
Romford Station	1835	1843	1851	1858	1906	1914	1923	1933	1943	1953	2003	2013	2023	2033	2042		2202	
Rush Green Road Dagenham Road	1842	1850	1857	1904	1912	1920	1929	1939	1949	1959	2009	2019	2029	2038	2047		2207	
Becontree Heath Ship & Anchor	1849	1856	1903	1910	1918	1926	1935	1944	1954	2004	2014	2024	2034	2043	2052		2212	
Becontree Martins Corner	1856	1903	1910	1917	1925	1933	1942	1951	2001	2011	2021	2031	2040	2049	2058		2218	
Faircross Barking Bus Garage	1904	1911	1918	1925	1933	1941	1950	1959	2009	2019	2029	2038	2047	2056	2105		2225	
Barking Station	1910	1917	1924	1931	1939	1947	1956	2005	2015	2025	2034	2042	2051	2100	2109		2229	
East Ham Newham Town Hall	1919	1926	1933	1940	1947	1955	2004	2013	2023	2033	2041	2049	2058	2107	2116		2236	
Upton Park The Boleyn (Barking Road)	1925	1932	1939	1946	1953	2001	2010	2019	2029	2038	2046	2054	2103	2112	2121		2241	
Plaistow Greengate	1929	1936	1943	1950	1957	2005	2014	2023	2032	2041	2049	2057	2106	2115	2124		2244	
Canning Town Bus Station	1937	1944	1951	1958	2005	2013	2022	2031	2040	2049	2057	2105	2114	2123	2132	2252		
Romford Market St Edward's Way	2209	2220	2231	2242	2253	2304	2314	2324	2334	2346	2358	0010						
Romford Station	2212	2223	2234	2245	2256	2307	2317	2327	2337	2349	0001	0013						
Rush Green Road Dagenham Road	2217	2228	2239	2250	2301	2312	2322	2332	2342	2353	0005	0017						
Becontree Heath Ship & Anchor	2222	2233	2244	2255	2306	2316	2326	2336	2346	2357	0009	0021						
Becontree Martins Corner	2228	2239	2250	2301	2311	2321	2331	2341	2351	0002	0014	0026						
Faircross Barking Bus Garage	2235	2246	2257	2307	2317	2327	2337	2347	2357	0008	0019	0031						
Barking Station	2239	2250	2301	2311	2321	2331	2341	2351	0001	0012	0023	0035						
East Ham Newham Town Hall	2246	2257	2307	2317	2327	2337	2347	2357	0007	0018	0029	0041						
Upton Park The Boleyn (Barking Road)	2251	2301	2311	2321	2331	2341	2351	0001	0011	0022	0033	0045						
Plaistow Greengate	2254	2304	2314	2324	2334	2344	2354	0004	0014	0025	0036	0048						
Canning Town Bus Station	2301	2311	2321	2331	2341	2351	0001	0011	0021	0031	0042	0054						
5		Saturdays (also Good Friday)																
Romford Market St Edward's Way	0447	Then every 12 minutes until	0635	0646	0656	0704	0712	Then every 8 minutes until	0816	0823	0829	0835	0841	0847	0853	0859		
Romford Station	0450		0638	0649	0659	0707	0715		0819	0826	0832	0838	0844	0850	0856	0902		
Rush Green Road Dagenham Road	0455		0643	0654	0704	0712	0720		0824	0831	0837	0843	0849	0855	0901	0907		
Becontree Heath Ship & Anchor	0459		0647	0658	0708	0716	0724		0828	0835	0841	0847	0853	0859	0905	0912		
Becontree Martins Corner	0504		0652	0703	0713	0722	0730		0834	0841	0847	0853	0859	0905	0912	0919		
Faircross Barking Bus Garage	0510		0658	0709	0719	0728	0737		0841	0848	0854	0900	0906	0913	0920	0927		
Barking Station	0514		0702	0713	0723	0732	0741		0845	0852	0858	0905	0912	0919	0926	0933		
East Ham Newham Town Hall	0520		0708	0719	0729	0739	0748		0852	0859	0906	0913	0920	0927	0934	0941		
Upton Park The Boleyn (Barking Road)	0524		0712	0723	0733	0743	0753		0857	0904	0911	0918	0925	0932	0939	0946		
Plaistow Greengate	0527		0715	0726	0736	0746	0756		0900	0908	0915	0922	0929	0936	0943	0950		
Canning Town Bus Station	0534	0722	0734	0744	0754	0804	0908	0916	0923	0930	0937	0944	0951	0958				
Romford Market St Edward's Way	0905	0910	0915	0920	0925	0931	0937	0943	0949	0954	0959	1004	1010	1016	1022	1028	1035	1042
Romford Station	0908	0913	0918	0923	0928	0934	0940	0946	0952	0957	1002	1009	1015	1021	1027	1033	1040	1047
Rush Green Road Dagenham Road	0914	0919	0924	0929	0934	0940	0946	0952	0958	1003	1009	1016	1022	1028	1034	1040	1047	1054
Becontree Heath Ship & Anchor	0919	0924	0929	0934	0939	0945	0951	0957	1003	1009	1016	1022	1028	1034	1040	1046	1053	1100
Becontree Martins Corner	0926	0931	0936	0941	0946	0952	0958	1004	1011	1017	1024	1030	1036	1042	1048	1054	1101	1108
Faircross Barking Bus Garage	0934	0939	0944	0949	0954	1000	1006	1013	1020	1026	1033	1039	1045	1051	1057	1103	1110	1117
Barking Station	0940	0945	0950	0955	1000	1007	1013	1020	1027	1033	1040	1046	1052	1058	1104	1110	1117	1124
East Ham Newham Town Hall	0948	0953	0958	1003	1010	1017	1023	1030	1037	1043	1050	1057	1103	1110	1117	1123	1130	1137
Upton Park The Boleyn (Barking Road)	0953	0958	1004	1010	1017	1024	1030	1037	1044	1050	1057	1104	1110	1117	1124	1130	1137	1144
Plaistow Greengate	0957	1002	1008	1014	1021	1028	1034	1041	1048	1054	1101	1108	1114	1121	1128	1134	1141	1148
Canning Town Bus Station	1005	1011	1018	1024	1031	1038	1044	1051	1058	1104	1111	1118	1124	1131	1138	1144	1151	1158
Romford Market St Edward's Way	1048	1055	1101	1108	1115	1121	1128	1135	1141	1148	1155	1201	1208	1215	1221	1228	1235	1241
Romford Station	1053	1100	1107	1114	1121	1127	1134	1141	1147	1154	1201	1207	1214	1221	1227	1234	1241	1247
Rush Green Road Dagenham Road	1100	1107	1114	1121	1128	1134	1141	1148	1154	1201	1208	1215	1222	1229	1235	1242	1249	1255
Becontree Heath Ship & Anchor	1106	1113	1120	1127	1134	1140	1147	1154	1201	1208	1215	1222	1229	1236	1242	1249	1256	1302
Becontree Martins Corner	1114	1121	1128	1135	1142	1148	1155	1202	1209	1216	1223	1230	1237	1244	1250	1257	1304	1310
Faircross Barking Bus Garage	1123	1130	1137	1144	1151	1157	1204	1211	1218	1225	1232	1239	1246	1253	1259	1306	1313	1319
Barking Station	1130	1137	1144	1151	1158	1204	1211	1218	1225	1232	1239	1246	1253	1300	1306	1313	1320	1326
East Ham Newham Town Hall	1143	1150	1157	1204	1211	1217	1224	1231	1238	1245	1252	1259	1306	1313	1319	1326	1333	1339
Upton Park The Boleyn (Barking Road)	1150	1157	1204	1211	1218	1224	1231	1238	1245	1252	1259	1306	1313	1320	1326	1333	1340	1346
Plaistow Greengate	1154	1201	1208	1215	1222	1228	1235	1242	1249	1256	1303	1310	1317	1324	1330	1337	1344	1350
Canning Town Bus Station	1204	1211	1218	1225	1232	1238	1245	1252	1259	1306	1313	1320	1327	1334	1340	1347	1354	1400
Romford Market St Edward's Way	1248	1255	1301	1308	1315	1321	1328	1335	1341	1348	1355	1401	1408	1415	1421	1428	1435	1441
Romford Station	1254	1301	1307	1314	1321	1327	1334	1341	1347	1354	1401	1407	1414	1421	1427	1434	1441	1447
Rush Green Road Dagenham Road	1302	1309	1315	1322	1329	1335	1342	1348	1355	1402	1409	1415	1421	1428	1434	1441	1448	1454
Becontree Heath Ship & Anchor	1309	1316	1322	1329	1336	1342	1349	1356	1402	1409	1416	1422	1428	1434	1440	1447	1454	1500
Becontree Martins Corner	1317	1324	1330	1337	1344	1350	1357	1404	1410	1417	1424	1430	1436	1442	1448	1455	1502	1508
Faircross Barking Bus Garage	1326	1333	1339	1346	1353	1359	1406	1413	1419	1426	1433	1439	1445	1451	1457	1504	1511	1517
Barking Station	1333	1340	1346	1353	1400	1406	1413	1420	1426	1433	1440	1446	1452	1458	1504	1511	1518	1524
East Ham Newham Town Hall	1346	1353	1359	1406	1413	1419	1426	1433	1439	1446	1453	1459	1505	1511	1517	1524	1531	1537
Upton Park The Boleyn (Barking Road)	1353	1400	1406	1413	1420	1426	1433	1440	1446	1453	1500	1506	1512	1518	1524	1531	1538	1544
Plaistow Greengate	1357	1404	1410	1417	1424	1430	1437	1444	1450	1457	1504	1510	1516	1522	1528	1535	1542	1548
Canning Town Bus Station	1407	1414	1420	1427	1434	1440	1447	1454	1500	1507	1514	1520	1526	1532	1538	1545	1552	1558

5 Saturdays (also Good Friday) (cont.)																		
Romford Market <i>St Edward's Way</i>	1448	1455	1501	1508	1515	1521	1528	1535	1541	1548	1555	1601	1608	1615	1622	1629	1636	1643
Romford Station	1454	1501	1507	1514	1521	1527	1534	1541	1547	1554	1601	1607	1614	1621	1628	1635	1642	1649
Rush Green Road <i>Dagenham Road</i>	1501	1508	1514	1521	1528	1534	1541	1548	1554	1601	1608	1614	1621	1628	1635	1642	1649	1656
Becontree Heath <i>Ship & Anchor</i>	1507	1514	1520	1527	1534	1540	1547	1554	1600	1607	1614	1620	1627	1634	1641	1648	1655	1702
Becontree <i>Martins Corner</i>	1515	1522	1528	1535	1542	1548	1555	1602	1608	1615	1622	1628	1635	1642	1649	1656	1703	1710
Faircross <i>Barking Bus Garage</i>	1524	1531	1537	1544	1551	1557	1604	1611	1617	1624	1631	1637	1644	1651	1658	1705	1712	1719
Barking Station	1531	1538	1544	1551	1558	1604	1611	1618	1624	1631	1638	1644	1651	1658	1705	1712	1719	1726
East Ham <i>Newham Town Hall</i>	1544	1551	1557	1604	1611	1617	1624	1631	1637	1644	1651	1657	1704	1710	1716	1722	1729	1736
Upton Park <i>The Boleyn (Barking Road)</i>	1551	1558	1604	1611	1618	1624	1631	1638	1644	1651	1658	1704	1711	1717	1723	1729	1736	1743
Plaistow <i>Greengate</i>	1555	1602	1608	1615	1622	1628	1635	1642	1648	1655	1702	1708	1715	1721	1727	1733	1740	1747
Canning Town <i>Bus Station</i>	1605	1612	1618	1625	1632	1638	1645	1652	1658	1705	1712	1718	1725	1731	1737	1743	1750	1757
Romford Market <i>St Edward's Way</i>	1650	1657	1703	1710	1717	1724	1731	1738	1745	1752	1759	1807	1815	1823	1831	1839	1849	1859
Romford Station	1656	1703	1708	1715	1722	1729	1736	1743	1750	1757	1804	1811	1819	1827	1835	1843	1853	1903
Rush Green Road <i>Dagenham Road</i>	1703	1710	1715	1722	1729	1736	1743	1750	1757	1804	1810	1817	1826	1833	1841	1849	1859	1909
Becontree Heath <i>Ship & Anchor</i>	1709	1716	1721	1728	1735	1742	1749	1756	1803	1810	1816	1823	1831	1839	1847	1855	1905	1914
Becontree <i>Martins Corner</i>	1717	1724	1729	1736	1743	1750	1757	1804	1811	1818	1824	1831	1839	1847	1855	1903	1912	1921
Faircross <i>Barking Bus Garage</i>	1726	1733	1738	1745	1752	1759	1806	1812	1819	1826	1832	1839	1847	1855	1903	1911	1920	1929
Barking Station	1733	1740	1745	1752	1759	1806	1813	1819	1826	1833	1839	1846	1854	1902	1909	1917	1926	1935
East Ham <i>Newham Town Hall</i>	1743	1750	1755	1802	1808	1815	1822	1828	1835	1842	1848	1855	1903	1910	1917	1925	1934	1943
Upton Park <i>The Boleyn (Barking Road)</i>	1750	1757	1802	1809	1815	1822	1829	1835	1842	1849	1855	1902	1909	1916	1923	1931	1940	1949
Plaistow <i>Greengate</i>	1754	1801	1806	1813	1819	1826	1833	1839	1846	1853	1859	1906	1913	1920	1927	1935	1944	1953
Canning Town <i>Bus Station</i>	1804	1811	1816	1823	1829	1836	1843	1849	1856	1903	1909	1915	1922	1929	1936	1944	1953	2002
Romford Market <i>St Edward's Way</i>	1909	1919	1929	1939	1949	1959	2009	Then every 10 minutes until	2209	2220	2231	2242	2253	2304	2314	2324	2334	
Romford Station	1913	1923	1933	1943	1953	2003	2012		2212	2223	2234	2245	2256	2307	2317	2327	2337	
Rush Green Road <i>Dagenham Road</i>	1919	1929	1939	1949	1959	2008	2017		2217	2228	2239	2250	2301	2312	2322	2332	2342	
Becontree Heath <i>Ship & Anchor</i>	1924	1934	1944	1954	2004	2013	2022		2222	2233	2244	2255	2306	2316	2326	2336	2346	
Becontree <i>Martins Corner</i>	1931	1941	1951	2001	2010	2019	2028		2228	2239	2250	2301	2312	2322	2332	2342	2352	
Faircross <i>Barking Bus Garage</i>	1939	1949	1959	2008	2017	2026	2035		2235	2246	2257	2307	2318	2328	2338	2348	2358	
Barking Station	1945	1955	2004	2012	2021	2030	2039		2239	2250	2301	2311	2322	2332	2342	2352	0002	
East Ham <i>Newham Town Hall</i>	1953	2003	2011	2019	2028	2037	2046		2246	2257	2308	2318	2328	2338	2348	2358	0008	
Upton Park <i>The Boleyn (Barking Road)</i>	1959	2008	2016	2024	2033	2042	2051		2251	2301	2312	2322	2332	2342	2352	0002	0012	
Plaistow <i>Greengate</i>	2003	2011	2019	2027	2036	2045	2054		2254	2304	2315	2325	2335	2345	2355	0005	0015	
Canning Town <i>Bus Station</i>	2011	2019	2027	2035	2044	2053	2102	2302	2312	2322	2332	2342	2352	0002	0012	0022		
Romford Market <i>St Edward's Way</i>	2346	2358	0010															
Romford Station	2349	0001	0013															
Rush Green Road <i>Dagenham Road</i>	2353	0005	0017															
Becontree Heath <i>Ship & Anchor</i>	2357	0009	0021															
Becontree <i>Martins Corner</i>	0003	0015	0027															
Faircross <i>Barking Bus Garage</i>	0009	0020	0032															
Barking Station	0013	0024	0036															
East Ham <i>Newham Town Hall</i>	0019	0030	0042															
Upton Park <i>The Boleyn (Barking Road)</i>	0023	0034	0046															
Plaistow <i>Greengate</i>	0026	0037	0049															
Canning Town <i>Bus Station</i>	0033	0044	0055															

5 Sundays and other Public Holidays (except Christmas Day)																			
Romford Market St Edward's Way	0447			0723	0733	0743	0753	0803	0813	0821			0901	0909	0917	0924	0931	0938	
Romford Station	0450			0726	0736	0746	0756	0806	0816	0824			0904	0912	0920	0927	0934	0941	
Rush Green Road Dagenham Road	0454			0730	0740	0750	0800	0810	0820	0829			0909	0917	0925	0932	0939	0946	
Becontree Heath Ship & Anchor	0458	Then		0734	0744	0754	0804	0814	0824	0833	Then		0913	0921	0929	0936	0943	0950	
Becontree Martins Corner	0503	every 12		0739	0750	0800	0810	0820	0830	0839	every 8		0919	0927	0935	0942	0949	0956	
Faircross Barking Bus Garage	0509	minutes		0745	0756	0806	0817	0827	0837	0846	minutes		0926	0934	0942	0949	0956	1003	
Barking Station	0513	until		0749	0800	0810	0821	0831	0841	0850	until		0930	0938	0946	0953	1001	1009	
East Ham Newham Town Hall	0519			0755	0807	0817	0828	0838	0848	0857			0937	0945	0953	1001	1009	1017	
Upton Park The Boleyn (Barking Road)	0523			0759	0811	0822	0833	0843	0853	0902			0942	0950	0959	1007	1015	1023	
Plaistow Greengate	0526			0802	0814	0825	0836	0846	0856	0905			0945	0954	1003	1011	1019	1027	
Canning Town Bus Station	0533			0809	0821	0833	0844	0854	0904	0913			0953	1002	1011	1019	1027	1035	
Romford Market St Edward's Way	0945	0952	0958	1005	1012	1019	1026	1033	1040	1048	1055	1103	1111				1503	1512	1520
Romford Station	0948	0955	1001	1009	1016	1023	1030	1037	1044	1052	1059	1108	1116				1508	1517	1525
Rush Green Road Dagenham Road	0953	1000	1006	1014	1021	1028	1035	1042	1049	1057	1105	1114	1122				1514	1523	1531
Becontree Heath Ship & Anchor	0957	1004	1011	1019	1026	1033	1040	1047	1054	1102	1110	1119	1128	Then			1520	1529	1537
Becontree Martins Corner	1003	1011	1019	1027	1034	1041	1048	1055	1102	1110	1118	1127	1136	every 8			1528	1537	1544
Faircross Barking Bus Garage	1011	1019	1027	1035	1042	1049	1056	1103	1111	1119	1127	1136	1145	minutes			1537	1545	1552
Barking Station	1017	1025	1033	1041	1048	1055	1102	1110	1118	1126	1134	1143	1152	until			1544	1552	1559
East Ham Newham Town Hall	1025	1033	1041	1049	1056	1103	1111	1119	1127	1135	1143	1152	1201				1553	1601	1608
Upton Park The Boleyn (Barking Road)	1031	1039	1047	1055	1102	1110	1118	1126	1134	1142	1150	1159	1208				1600	1608	1615
Plaistow Greengate	1035	1043	1051	1059	1106	1114	1122	1130	1138	1146	1154	1203	1212				1604	1612	1619
Canning Town Bus Station	1043	1051	1059	1107	1115	1123	1131	1139	1147	1155	1203	1212	1221				1613	1621	1628
Romford Market St Edward's Way	1529			1625	1633	1641	1649	1658	1707	1715	1724	1733	1742	1751	1801	1811	1821	1831	
Romford Station	1534			1630	1638	1646	1654	1703	1712	1720	1729	1737	1746	1755	1805	1815	1825	1835	
Rush Green Road Dagenham Road	1540			1636	1644	1652	1700	1709	1718	1726	1735	1743	1752	1801	1810	1820	1830	1840	
Becontree Heath Ship & Anchor	1545	Then		1641	1649	1657	1705	1714	1723	1731	1740	1748	1757	1806	1815	1825	1835	1845	
Becontree Martins Corner	1552	every 8		1648	1656	1704	1712	1721	1730	1738	1746	1754	1803	1812	1821	1831	1841	1851	
Faircross Barking Bus Garage	1600	minutes		1656	1704	1712	1720	1729	1738	1746	1754	1802	1811	1819	1828	1838	1848	1858	
Barking Station	1607	until		1703	1711	1719	1727	1736	1744	1752	1800	1808	1817	1825	1834	1844	1854	1904	
East Ham Newham Town Hall	1616			1712	1720	1728	1736	1744	1752	1800	1808	1816	1825	1833	1842	1852	1902	1912	
Upton Park The Boleyn (Barking Road)	1623			1719	1727	1734	1742	1750	1758	1806	1814	1822	1831	1839	1848	1858	1908	1918	
Plaistow Greengate	1627			1723	1731	1738	1746	1754	1802	1810	1818	1826	1835	1843	1852	1902	1912	1922	
Canning Town Bus Station	1636			1732	1739	1746	1754	1802	1810	1818	1826	1834	1843	1851	1900	1910	1920	1930	
Romford Market St Edward's Way	1841	1851	1901	1911	1921	1931			2201	2211	2221	2231	2242	2253	2304	2314	2324	2334	
Romford Station	1845	1855	1905	1915	1925	1934			2204	2214	2224	2234	2245	2256	2307	2317	2327	2337	
Rush Green Road Dagenham Road	1850	1900	1910	1920	1930	1939			2209	2219	2229	2239	2250	2301	2311	2321	2331	2341	
Becontree Heath Ship & Anchor	1855	1905	1915	1925	1934	1943	Then		2213	2223	2233	2243	2254	2305	2315	2325	2335	2345	
Becontree Martins Corner	1901	1911	1921	1931	1940	1949	every 10		2219	2229	2239	2249	2300	2310	2320	2330	2340	2350	
Faircross Barking Bus Garage	1908	1918	1928	1938	1947	1956	minutes		2226	2236	2246	2256	2306	2316	2326	2336	2346	2356	
Barking Station	1914	1924	1933	1942	1951	2000	until		2230	2240	2250	2300	2310	2320	2330	2340	2350	0000	
East Ham Newham Town Hall	1922	1932	1940	1949	1958	2007			2237	2247	2257	2306	2316	2326	2336	2346	2356	0006	
Upton Park The Boleyn (Barking Road)	1928	1937	1945	1954	2003	2012			2242	2252	2301	2310	2320	2330	2340	2350	0000	0010	
Plaistow Greengate	1931	1940	1948	1957	2006	2015			2245	2255	2304	2313	2323	2333	2343	2353	0003	0013	
Canning Town Bus Station	1939	1948	1956	2005	2014	2023			2253	2302	2311	2320	2330	2340	2350	0000	0010	0020	
Romford Market St Edward's Way	2346	2358	0010																
Romford Station	2349	0001	0013																
Rush Green Road Dagenham Road	2353	0005	0017																
Becontree Heath Ship & Anchor	2357	0009	0021																
Becontree Martins Corner	0002	0014	0026																
Faircross Barking Bus Garage	0007	0019	0031																
Barking Station	0011	0023	0035																
East Ham Newham Town Hall	0017	0029	0041																
Upton Park The Boleyn (Barking Road)	0021	0033	0045																
Plaistow Greengate	0024	0036	0048																
Canning Town Bus Station	0031	0042	0053																

5	Mondays to Fridays (school days)																				
Canning Town Bus Station	0606	0616	0626	0636	0645	0654	0703	0710	0716	0722	0728	0734	0740	0747	0753	0800	0806	0812			
Canning Town Barking Rd./Hermit Rd.	0609	0619	0629	0639	0649	0658	0707	0714	0720	0726	0732	0738	0745	0752	0758	0805	0811	0817			
Plaistow Greengate	0613	0623	0633	0643	0653	0702	0711	0718	0724	0730	0737	0743	0750	0757	0803	0810	0816	0822			
Upton Park The Boleyn (Barking Road)	0615	0625	0635	0645	0655	0704	0713	0720	0726	0733	0740	0746	0753	0800	0806	0813	0819	0825			
East Ham Newham Town Hall	0620	0630	0641	0651	0701	0710	0719	0726	0733	0741	0748	0754	0801	0808	0814	0821	0827	0833			
Barking London Road	0625	0636	0647	0657	0707	0716	0725	0732	0740	0748	0755	0801	0808	0815	0821	0828	0834	0840			
Barking Station	0627	0638	0649	0659	0709	0718	0727	0735	0743	0751	0758	0804	0811	0818	0824	0831	0837	0843			
Faircross Barking Bus Garage	0631	0642	0653	0704	0714	0723	0732	0740	0748	0756	0803	0809	0816	0823	0829	0836	0842	0848			
Becontree Martins Corner	0637	0648	0700	0712	0722	0731	0740	0748	0756	0804	0811	0817	0824	0831	0837	0844	0850	0856			
Five Elms	0640	0651	0703	0715	0725	0734	0743	0751	0759	0807	0814	0820	0827	0834	0840	0847	0853	0859			
Becontree Heath Ship & Anchor	0643	0656	0708	0720	0730	0740	0749	0757	0805	0813	0820	0826	0833	0840	0846	0853	0859	0906			
Rush Green Road Roneo Corner	0651	0704	0716	0728	0739	0749	0758	0806	0814	0822	0829	0835	0842	0849	0855	0902	0908	0914			
Romford Station	0653	0708	0721	0733	0744	0754	0803	0811	0819	0827	0834	0840	0847	0854	0900	0906	0912	0918			
Romford Market St Edward's Way	0655	0710	0723	0735	0746	0756	0806	0814	0822	0830	0837	0843	0850	0857	0903	0909	0915	0921			
Canning Town Bus Station	0818	0824	0829	0835	0841	0846	0852	0858	0903	0909			15	22	29	35	42	49	55	02	1209
Canning Town Barking Rd./Hermit Rd.	0823	0829	0834	0840	0846	0851	0857	0903	0908	0914			20	27	34	40	47	54	00	07	1214
Plaistow Greengate	0828	0834	0839	0845	0851	0856	0902	0908	0914	0920	Then		26	33	40	46	53	00	06	13	1220
Upton Park The Boleyn (Barking Road)	0831	0837	0842	0848	0854	0859	0905	0911	0917	0923	every		29	36	43	49	56	03	09	16	1223
East Ham Newham Town Hall	0839	0845	0850	0856	0902	0908	0914	0920	0926	0932	6-7		38	45	52	58	05	12	18	25	1232
Barking London Road	0846	0852	0857	0903	0909	0915	0921	0927	0933	0939	mins.		45	52	59	05	12	19	25	32	1239
Barking Station	0849	0855	0900	0906	0912	0918	0924	0930	0936	0942	at		48	55	02	08	15	22	28	35	until 1242
Faircross Barking Bus Garage	0854	0901	0907	0913	0919	0925	0931	0937	0943	0949	these		55	02	09	15	22	29	35	42	1249
Becontree Martins Corner	0902	0909	0915	0921	0927	0933	0939	0945	0951	0957	mins.		03	10	17	23	30	37	43	50	1257
Five Elms	0905	0912	0918	0924	0930	0936	0942	0948	0954	1000	past		06	13	20	26	33	40	46	53	1300
Becontree Heath Ship & Anchor	0912	0919	0925	0931	0937	0943	0949	0955	1001	1007	the		13	20	27	33	40	47	53	00	1307
Rush Green Road Roneo Corner	0920	0927	0933	0939	0945	0951	0957	1003	1009	1015	hour		21	28	35	41	48	55	01	08	1315
Romford Station	0924	0931	0937	0943	0949	0955	1001	1007	1013	1019			25	32	39	45	52	59	05	12	1319
Romford Market St Edward's Way	0927	0934	0940	0946	0952	0958	1004	1010	1016	1022			28	35	42	48	55	02	08	15	1322
Canning Town Bus Station	1216	1223	1230	1236	1243	1250	1256	1303	1310	1316	1323	1329	1336	1342	1349	1355	1402	1408			
Canning Town Barking Rd./Hermit Rd.	1221	1228	1235	1241	1248	1255	1301	1308	1315	1321	1328	1334	1341	1347	1354	1400	1407	1413			
Plaistow Greengate	1227	1234	1241	1247	1254	1301	1307	1314	1321	1327	1334	1340	1347	1353	1400	1406	1413	1419			
Upton Park The Boleyn (Barking Road)	1230	1237	1244	1250	1257	1304	1310	1317	1324	1330	1337	1343	1350	1356	1403	1409	1416	1422			
East Ham Newham Town Hall	1239	1246	1253	1259	1306	1313	1319	1326	1333	1339	1346	1352	1359	1405	1412	1418	1425	1431			
Barking London Road	1246	1253	1300	1306	1313	1320	1326	1333	1340	1346	1353	1359	1406	1412	1419	1425	1432	1438			
Barking Station	1249	1256	1303	1309	1316	1323	1329	1336	1343	1349	1356	1402	1409	1415	1422	1428	1435	1441			
Faircross Barking Bus Garage	1256	1303	1310	1316	1323	1330	1336	1343	1350	1356	1403	1409	1416	1422	1429	1435	1442	1448			
Becontree Martins Corner	1304	1311	1318	1324	1331	1338	1344	1351	1358	1404	1411	1417	1424	1430	1437	1443	1450	1456			
Five Elms	1307	1314	1321	1327	1334	1341	1347	1354	1401	1407	1414	1420	1427	1433	1440	1447	1454	1500			
Becontree Heath Ship & Anchor	1314	1321	1328	1334	1341	1348	1354	1401	1408	1414	1421	1427	1434	1441	1448	1455	1502	1508			
Rush Green Road Roneo Corner	1322	1329	1336	1342	1349	1356	1402	1409	1416	1422	1429	1435	1442	1449	1456	1503	1510	1516			
Romford Station	1326	1333	1340	1346	1353	1400	1406	1413	1420	1426	1433	1439	1446	1453	1500	1507	1514	1520			
Romford Market St Edward's Way	1329	1336	1343	1349	1356	1403	1409	1416	1423	1429	1436	1442	1449	1456	1503	1510	1517	1523			
Canning Town Bus Station	1414	1421	1427	1433	1439	1445	1451	1458	1504	1510	1515	1521	1527	1533	1539	1546	1553	1559			
Canning Town Barking Rd./Hermit Rd.	1419	1426	1432	1438	1444	1450	1456	1503	1509	1515	1520	1526	1532	1539	1545	1552	1559	1605			
Plaistow Greengate	1425	1432	1438	1444	1450	1456	1502	1509	1515	1521	1526	1532	1538	1545	1551	1558	1605	1611			
Upton Park The Boleyn (Barking Road)	1428	1435	1441	1447	1453	1459	1505	1512	1518	1524	1529	1535	1542	1549	1555	1602	1609	1615			
East Ham Newham Town Hall	1437	1444	1450	1456	1502	1508	1514	1521	1527	1534	1539	1546	1553	1600	1606	1613	1620	1626			
Barking London Road	1444	1451	1457	1503	1509	1515	1521	1528	1535	1542	1549	1556	1603	1610	1616	1623	1630	1636			
Barking Station	1447	1454	1500	1506	1512	1518	1524	1531	1539	1546	1553	1600	1607	1614	1620	1627	1634	1640			
Faircross Barking Bus Garage	1454	1501	1507	1513	1519	1525	1531	1539	1547	1554	1601	1608	1614	1621	1627	1634	1641	1647			
Becontree Martins Corner	1502	1509	1515	1521	1527	1533	1539	1547	1555	1602	1609	1616	1622	1629	1635	1642	1649	1655			
Five Elms	1506	1513	1519	1525	1531	1537	1543	1551	1559	1605	1612	1619	1625	1632	1638	1645	1652	1658			
Becontree Heath Ship & Anchor	1514	1521	1527	1533	1539	1545	1551	1558	1605	1611	1618	1625	1631	1638	1644	1651	1658	1704			
Rush Green Road Roneo Corner	1522	1529	1535	1542	1548	1554	1600	1607	1614	1620	1627	1634	1640	1647	1653	1700	1707	1713			
Romford Station	1526	1533	1540	1547	1553	1559	1605	1612	1619	1625	1632	1639	1645	1652	1658	1705	1712	1718			
Romford Market St Edward's Way	1529	1536	1543	1550	1556	1602	1608	1615	1622	1628	1635	1642	1648	1655	1701	1708	1715	1721			

5 Mondays to Fridays (school days) (cont.)																		
Canning Town Bus Station	1606	1613	1619	1625	1630	1632	1635	1640	1645	1648	1650	1655	1700	1706	1711	1717	1724	1732
Canning Town Barking Rd./Hermit Rd.	1612	1619	1625	1631	1636	1638	1641	1646	1651	1654	1656	1701	1706	1712	1717	1723	1730	1738
Plaistow Greengate	1618	1625	1631	1637	1642	1644	1647	1652	1657	1700	1702	1707	1712	1718	1723	1729	1736	1744
Upton Park The Boleyn (Barking Road)	1622	1629	1635	1641	1646	1648	1651	1656	1701	1704	1706	1711	1716	1722	1727	1733	1740	1747
East Ham Newham Town Hall	1633	1640	1646	1652	1657	1659	1702	1707	1712	1715	1717	1722	1727	1733	1738	1744	1751	1757
Barking London Road	1643	1650	1656	1702	1707	1709	1712	1717	1722	1725	1727	1732	1737	1742	1747	1753	1800	1806
Barking Station	1647	1654	1700	1706	1711	1713	1716	1721	1726	1729	1731	1736	1741	1746	1751	1757	1804	1810
Faircross Barking Bus Garage	1654	1701	1707	1713	1718	1720	1723	1728	1733	1736	1738	1743	1748	1753	1758	1804	1811	1817
Becontree Martins Corner	1702	1709	1715	1721	1726	1728	1731	1736	1741	1744	1746	1751	1756	1801	1806	1812	1819	1825
Five Elms	1705	1712	1718	1724	1729	1731	1734	1739	1744	1747	1749	1754	1759	1804	1809	1815	1822	1828
Becontree Heath Ship & Anchor	1711	1718	1724	1730	1735	1737	1740	1745	1750	1753	1755	1800	1805	1810	1815	1821	1828	1834
Rush Green Road Roneo Corner	1720	1727	1733	1738	1743	1745	1748	1753	1758	1801	1803	1808	1813	1818	1823	1829	1836	1841
Romford Station	1725	1732	1738	1743	1748	1750	1753	1758	1803	1806	1808	1813	1818	1823	1828	1834	1841	1846
Romford Market St Edward's Way	1728	1735	1741	1746	1751	1753	1756	1801	1806	1809	1811	1816	1821	1826	1831	1837	1843	1848
Canning Town Bus Station	1739	1747	1754	1802	1809	1817	1824	1832	1839	1846	1853	1900	1907	1914	1921	1929	1937	1945
Canning Town Barking Rd./Hermit Rd.	1745	1752	1759	1807	1814	1822	1829	1837	1844	1851	1858	1905	1912	1919	1926	1934	1941	1949
Plaistow Greengate	1751	1758	1805	1813	1820	1828	1835	1842	1849	1856	1903	1910	1917	1924	1931	1938	1946	1954
Upton Park The Boleyn (Barking Road)	1754	1801	1808	1816	1823	1831	1838	1845	1852	1859	1906	1913	1920	1927	1934	1941	1949	1957
East Ham Newham Town Hall	1804	1810	1817	1825	1832	1840	1847	1853	1900	1907	1914	1921	1928	1935	1942	1949	1957	2005
Barking London Road	1813	1819	1826	1834	1841	1847	1854	1900	1907	1914	1921	1928	1935	1941	1948	1955	2003	2011
Barking Station	1817	1823	1830	1837	1844	1850	1857	1903	1910	1917	1924	1931	1938	1944	1951	1958	2006	2014
Faircross Barking Bus Garage	1824	1830	1837	1843	1850	1856	1903	1909	1916	1923	1930	1936	1943	1949	1956	2003	2011	2019
Becontree Martins Corner	1832	1838	1844	1850	1857	1903	1910	1916	1923	1930	1937	1943	1950	1956	2003	2010	2018	2026
Five Elms	1835	1841	1847	1853	1900	1906	1913	1919	1926	1933	1940	1946	1953	1959	2006	2013	2021	2029
Becontree Heath Ship & Anchor	1841	1846	1851	1857	1904	1910	1917	1923	1930	1937	1944	1950	1957	2003	2010	2017	2025	2033
Rush Green Road Roneo Corner	1848	1853	1858	1904	1911	1917	1924	1930	1937	1944	1951	1957	2004	2010	2017	2024	2032	2039
Romford Station	1852	1857	1902	1908	1915	1921	1928	1934	1941	1947	1954	2000	2007	2013	2020	2027	2035	2042
Romford Market St Edward's Way	1854	1859	1904	1910	1917	1923	1930	1936	1943	1949	1956	2002	2009	2015	2022	2029	2037	2044
Canning Town Bus Station	1953	2001	2009	2017	2026	2035	2045	Then every 10 minutes until	2145	2155	2205	2215	2226	2236	2246	Then every 10 mins. until	0006	
Canning Town Barking Rd./Hermit Rd.	1957	2005	2013	2021	2030	2039	2049		2149	2159	2209	2219	2230	2240	2249		0009	
Plaistow Greengate	2002	2010	2018	2026	2034	2044	2053		2153	2203	2213	2223	2234	2244	2253		0013	
Upton Park The Boleyn (Barking Road)	2005	2013	2021	2029	2036	2046	2055		2155	2205	2215	2225	2236	2246	2255		0015	
East Ham Newham Town Hall	2013	2021	2029	2037	2045	2053	2102		2202	2212	2222	2232	2243	2252	2301		0021	
Barking London Road	2019	2027	2035	2043	2051	2059	2108		2208	2218	2228	2238	2249	2257	2306		0026	
Barking Station	2022	2030	2038	2046	2054	2102	2111		2211	2221	2231	2241	2251	2259	2308		0028	
Faircross Barking Bus Garage	2027	2035	2043	2051	2059	2107	2116		2216	2226	2236	2246	2255	2303	2312		0032	
Becontree Martins Corner	2034	2042	2050	2058	2106	2114	2123		2223	2233	2243	2252	2301	2309	2318		0038	
Five Elms	2037	2045	2053	2101	2109	2117	2126		2226	2236	2245	2254	2303	2311	2320		0040	
Becontree Heath Ship & Anchor	2041	2049	2057	2105	2113	2121	2130		2230	2239	2248	2257	2306	2314	2323		0043	
Rush Green Road Roneo Corner	2047	2055	2103	2111	2119	2127	2136		2236	2245	2254	2303	2312	2320	2329		0049	
Romford Station	2050	2058	2106	2114	2122	2130	2139		2239	2248	2257	2306	2315	2323	2332		0052	
Romford Market St Edward's Way	2052	2100	2108	2116	2124	2132	2141	2241	2250	2259	2308	2317	2325	2334	0054			
Canning Town Bus Station	0017	0028	0039	0050	0102													
Canning Town Barking Rd./Hermit Rd.	0020	0031	0042	0053	0105													
Plaistow Greengate	0024	0035	0046	0057	0109													
Upton Park The Boleyn (Barking Road)	0026	0037	0048	0059	0111													
East Ham Newham Town Hall	0031	0042	0053	0104	0116													
Barking London Road	0036	0047	0058	0109	0121													
Barking Station	0038	0049	0100	0111	0122													
Faircross Barking Bus Garage	0042	0053	0104	0115	0126													
Becontree Martins Corner	0048	0059	0110	0120	0131													
Five Elms	0050	0101	0112	0122	0133													
Becontree Heath Ship & Anchor	0053	0104	0115	0125	0135													
Rush Green Road Roneo Corner	0059	0110	0121	0131	0141													
Romford Station	0102	0112	0122	0132	0142													
Romford Market St Edward's Way	0104	0114	0124	0134	0144													

5 Mondays to Fridays (school holidays)																					
Canning Town Bus Station	0606	0616	0626	0636	0645	0654	0703	0710	0716	0722	0728	0734	0740	0747	0753	0800	0806	0812			
Plaistow Greengate	0613	0623	0633	0643	0653	0702	0711	0718	0724	0730	0737	0743	0750	0757	0803	0810	0816	0822			
Upton Park The Boleyn (Barking Road)	0615	0625	0635	0645	0655	0704	0713	0720	0726	0733	0740	0746	0753	0800	0806	0813	0819	0825			
East Ham Newham Town Hall	0620	0630	0641	0651	0701	0710	0719	0726	0733	0741	0748	0754	0801	0808	0814	0821	0827	0833			
Barking Station	0627	0638	0649	0659	0709	0718	0727	0735	0743	0751	0758	0804	0811	0818	0824	0831	0837	0843			
Faircross Barking Bus Garage	0631	0642	0653	0704	0714	0723	0732	0740	0748	0756	0803	0809	0816	0823	0829	0836	0842	0848			
Becontree Martins Corner	0637	0648	0700	0712	0722	0731	0740	0748	0756	0804	0811	0817	0824	0831	0837	0844	0850	0856			
Becontree Heath Ship & Anchor	0643	0656	0708	0720	0730	0740	0749	0757	0805	0813	0820	0826	0833	0840	0846	0853	0859	0906			
Rush Green Road Dagenham Road	0648	0702	0715	0727	0737	0747	0756	0804	0812	0820	0827	0833	0840	0847	0853	0900	0906	0912			
Romford Station	0653	0708	0721	0733	0744	0754	0803	0811	0819	0827	0834	0840	0847	0854	0900	0906	0912	0918			
Romford Market St Edward's Way	0655	0710	0723	0735	0746	0756	0806	0814	0822	0830	0837	0843	0850	0857	0903	0909	0915	0921			
Canning Town Bus Station	0818	0824	0829	0835	0841	0846	0852	0858	0903	0909	Then	15	22	29	35	42	49	55	02	1209	
Plaistow Greengate	0828	0834	0839	0845	0851	0856	0902	0908	0914	0920	every	26	33	40	46	53	00	06	13	1220	
Upton Park The Boleyn (Barking Road)	0831	0837	0842	0848	0854	0859	0905	0911	0917	0923	6-7	29	36	43	49	56	03	09	16	1223	
East Ham Newham Town Hall	0839	0845	0850	0856	0902	0908	0914	0920	0926	0932	mins.	38	45	52	58	05	12	18	25	1232	
Barking Station	0849	0855	0900	0906	0912	0918	0924	0930	0936	0942	at	48	55	02	08	15	22	28	35	1242	
Faircross Barking Bus Garage	0854	0901	0907	0913	0919	0925	0931	0937	0943	0949	these	55	02	09	15	22	29	35	42	until	1249
Becontree Martins Corner	0902	0909	0915	0921	0927	0933	0939	0945	0951	0957	mins.	03	10	17	23	30	37	43	50	1257	
Becontree Heath Ship & Anchor	0912	0919	0925	0931	0937	0943	0949	0955	1001	1007	past	13	20	27	33	40	47	53	00	1307	
Rush Green Road Dagenham Road	0918	0925	0931	0937	0943	0949	0955	1001	1007	1013	the	19	26	33	39	46	53	59	06	1313	
Romford Station	0924	0931	0937	0943	0949	0955	1001	1007	1013	1019	hour	25	32	39	45	52	59	05	12	1319	
Romford Market St Edward's Way	0927	0934	0940	0946	0952	0958	1004	1010	1016	1022		28	35	42	48	55	02	08	15	1322	
Canning Town Bus Station	1216	1223	1230	1236	1243	1250	1256	1303	1310	1316	1323	1329	1336	1342	1349	1355	1402	1408			
Plaistow Greengate	1227	1234	1241	1247	1254	1301	1307	1314	1321	1327	1334	1340	1347	1353	1400	1406	1413	1419			
Upton Park The Boleyn (Barking Road)	1230	1237	1244	1250	1257	1304	1310	1317	1324	1330	1337	1343	1350	1356	1403	1409	1416	1422			
East Ham Newham Town Hall	1239	1246	1253	1259	1306	1313	1319	1326	1333	1339	1346	1352	1359	1405	1412	1418	1425	1431			
Barking Station	1249	1256	1303	1309	1316	1323	1329	1336	1343	1349	1356	1402	1409	1415	1422	1428	1435	1441			
Faircross Barking Bus Garage	1256	1303	1310	1316	1323	1330	1336	1343	1350	1356	1403	1409	1416	1422	1429	1435	1442	1448			
Becontree Martins Corner	1304	1311	1318	1324	1331	1338	1344	1351	1358	1404	1411	1417	1424	1430	1437	1443	1450	1456			
Becontree Heath Ship & Anchor	1314	1321	1328	1334	1341	1348	1354	1401	1408	1414	1421	1427	1434	1441	1448	1455	1502	1508			
Rush Green Road Dagenham Road	1320	1327	1333	1340	1347	1354	1400	1407	1414	1420	1427	1433	1440	1447	1454	1501	1508	1514			
Romford Station	1326	1333	1340	1346	1353	1400	1406	1413	1420	1426	1433	1439	1446	1453	1500	1507	1514	1520			
Romford Market St Edward's Way	1329	1336	1343	1349	1356	1403	1409	1416	1423	1429	1436	1442	1449	1456	1503	1510	1517	1523			
Canning Town Bus Station	1414	1421	1427	1433	1439	1445	1451	1458	1504	1510	1515	1521	1527	1533	1539	1546	1553	1559			
Plaistow Greengate	1425	1432	1438	1444	1450	1456	1502	1509	1515	1521	1526	1532	1538	1545	1551	1558	1605	1611			
Upton Park The Boleyn (Barking Road)	1428	1435	1441	1447	1453	1459	1505	1512	1518	1524	1529	1535	1542	1549	1555	1602	1609	1615			
East Ham Newham Town Hall	1437	1444	1450	1456	1502	1508	1514	1521	1527	1534	1539	1546	1553	1600	1606	1613	1620	1626			
Barking Station	1447	1454	1500	1506	1512	1518	1524	1531	1539	1546	1553	1600	1607	1614	1620	1627	1634	1640			
Faircross Barking Bus Garage	1454	1501	1507	1513	1519	1525	1531	1539	1547	1554	1601	1608	1614	1621	1627	1634	1641	1647			
Becontree Martins Corner	1502	1509	1515	1521	1527	1533	1539	1547	1555	1602	1609	1616	1622	1629	1635	1642	1649	1655			
Becontree Heath Ship & Anchor	1514	1521	1527	1533	1539	1545	1551	1558	1605	1611	1618	1625	1631	1638	1644	1651	1658	1704			
Rush Green Road Dagenham Road	1520	1527	1534	1540	1546	1552	1558	1605	1612	1618	1625	1632	1638	1645	1651	1658	1705	1711			
Romford Station	1526	1533	1540	1547	1553	1559	1605	1612	1619	1625	1632	1639	1645	1652	1658	1705	1712	1718			
Romford Market St Edward's Way	1529	1536	1543	1550	1556	1602	1608	1615	1622	1628	1635	1642	1648	1655	1701	1708	1715	1721			
Canning Town Bus Station	1606	1613	1619	1626	1632	1633	1639	1646	1648	1652	1657	1702	1707	1712	1718	1725	1731	1738			
Plaistow Greengate	1618	1625	1631	1638	1644	1645	1651	1658	1700	1704	1709	1714	1719	1724	1730	1737	1743	1750			
Upton Park The Boleyn (Barking Road)	1622	1629	1635	1642	1648	1649	1655	1702	1704	1708	1713	1718	1723	1728	1734	1740	1746	1753			
East Ham Newham Town Hall	1633	1640	1646	1653	1659	1700	1706	1713	1715	1719	1724	1729	1734	1739	1745	1750	1756	1802			
Barking Station	1647	1654	1700	1707	1713	1714	1720	1727	1729	1733	1738	1743	1747	1752	1758	1803	1809	1815			
Faircross Barking Bus Garage	1654	1701	1707	1714	1720	1721	1727	1734	1736	1740	1745	1750	1754	1759	1805	1810	1816	1822			
Becontree Martins Corner	1702	1709	1715	1722	1728	1729	1735	1742	1744	1748	1753	1758	1802	1807	1813	1818	1824	1830			
Becontree Heath Ship & Anchor	1711	1718	1724	1731	1737	1738	1744	1751	1753	1757	1802	1807	1811	1816	1822	1827	1833	1839			
Rush Green Road Dagenham Road	1718	1725	1731	1738	1744	1745	1751	1758	1800	1804	1809	1814	1818	1823	1829	1834	1839	1845			
Romford Station	1725	1732	1738	1744	1750	1751	1757	1804	1806	1810	1815	1820	1824	1829	1835	1840	1845	1850			
Romford Market St Edward's Way	1728	1735	1741	1747	1753	1754	1800	1807	1809	1813	1818	1823	1827	1832	1837	1842	1847	1852			

5		Mondays to Fridays (school holidays) (cont.)																		
Canning Town Bus Station	1745	1752	1759	1806	1813	1820	1827	1834	1840	1847	1853	1900	1907	1914	1921	1929	1937	1945		
Plaistow Greengate	1756	1803	1810	1817	1824	1831	1838	1844	1850	1857	1903	1910	1917	1924	1931	1939	1946	1954		
Upton Park The Boleyn (Barking Road)	1759	1806	1813	1820	1827	1834	1841	1847	1853	1900	1906	1913	1920	1927	1934	1942	1949	1957		
East Ham Newham Town Hall	1808	1815	1822	1829	1836	1842	1849	1855	1901	1908	1914	1921	1928	1935	1942	1950	1957	2005		
Barking Station	1821	1828	1835	1841	1847	1853	1859	1905	1911	1918	1924	1931	1938	1944	1951	1959	2006	2014		
Faircross Barking Bus Garage	1828	1835	1841	1847	1853	1859	1905	1911	1917	1923	1929	1936	1943	1949	1956	2004	2011	2019		
Becontree Martins Corner	1836	1842	1848	1854	1900	1906	1912	1918	1924	1930	1936	1943	1950	1956	2003	2011	2018	2026		
Becontree Heath Ship & Anchor	1844	1849	1855	1901	1907	1913	1919	1925	1931	1937	1943	1950	1957	2003	2010	2018	2025	2033		
Rush Green Road Dagenham Road	1850	1855	1901	1907	1913	1919	1925	1931	1937	1942	1948	1955	2002	2008	2015	2023	2030	2038		
Romford Station	1855	1900	1906	1912	1918	1924	1930	1936	1942	1947	1953	2000	2007	2013	2020	2028	2035	2042		
Romford Market St Edward's Way	1857	1902	1908	1914	1920	1926	1932	1938	1944	1949	1955	2002	2009	2015	2022	2030	2037	2044		
Canning Town Bus Station	1953	2001	2009	2017	2026	2035	2045	Then every 10 mins. until	2135	2145	2155	2205	2215	2225	2235	2246	Then every 10 mins. until	0006		
Plaistow Greengate	2002	2010	2018	2026	2035	2044	2053		2143	2153	2203	2213	2223	2233	2243	2253		0013		
Upton Park The Boleyn (Barking Road)	2005	2013	2021	2029	2037	2046	2055		2145	2155	2205	2215	2225	2235	2245	2255		0015		
East Ham Newham Town Hall	2013	2021	2029	2037	2045	2053	2102		2152	2202	2212	2222	2232	2242	2251	2301		0021		
Barking Station	2022	2030	2038	2046	2054	2102	2111		2201	2211	2221	2231	2241	2250	2259	2308		0028		
Faircross Barking Bus Garage	2027	2035	2043	2051	2059	2107	2116		2206	2216	2226	2236	2246	2255	2303	2312		0032		
Becontree Martins Corner	2034	2042	2050	2058	2106	2114	2123		2213	2223	2233	2243	2252	2301	2309	2318		0038		
Becontree Heath Ship & Anchor	2041	2049	2057	2105	2113	2121	2130		2220	2230	2239	2248	2257	2306	2314	2323		0043		
Rush Green Road Dagenham Road	2046	2054	2102	2110	2118	2126	2135		2225	2235	2244	2253	2302	2311	2319	2328		0048		
Romford Station	2050	2058	2106	2114	2122	2130	2139		2229	2239	2248	2257	2306	2315	2323	2332		0052		
Romford Market St Edward's Way	2052	2100	2108	2116	2124	2132	2141		2231	2241	2250	2259	2308	2317	2325	2334		0054		
Canning Town Bus Station	0017	0028	0039	0050	0102															
Plaistow Greengate	0024	0035	0046	0057	0109															
Upton Park The Boleyn (Barking Road)	0026	0037	0048	0059	0111															
East Ham Newham Town Hall	0031	0042	0053	0104	0116															
Barking Station	0038	0049	0100	0111	0122															
Faircross Barking Bus Garage	0042	0053	0104	0115	0126															
Becontree Martins Corner	0048	0059	0110	0120	0131															
Becontree Heath Ship & Anchor	0053	0104	0115	0125	0135															
Rush Green Road Dagenham Road	0058	0108	0119	0129	0139															
Romford Station	0102	0112	0122	0132	0142															
Romford Market St Edward's Way	0104	0114	0124	0134	0144															
5		Saturdays (also Good Friday)																		
Canning Town Bus Station	0607	0622	0634	0646	0657	0707	0717	0726	0734	0742	0750	0758	0805	0812	0819	0826	0833	0839		
Plaistow Greengate	0614	0629	0641	0653	0704	0714	0724	0733	0742	0750	0758	0806	0813	0820	0827	0834	0841	0847		
Upton Park The Boleyn (Barking Road)	0616	0631	0643	0655	0706	0716	0726	0735	0744	0752	0800	0808	0815	0822	0829	0836	0843	0849		
East Ham Newham Town Hall	0621	0636	0648	0700	0711	0721	0731	0740	0750	0758	0806	0814	0821	0828	0835	0842	0849	0855		
Barking Station	0628	0643	0655	0707	0718	0728	0738	0748	0758	0806	0814	0822	0829	0836	0843	0850	0857	0904		
Faircross Barking Bus Garage	0632	0647	0659	0711	0722	0732	0742	0752	0802	0810	0818	0826	0833	0840	0847	0854	0901	0909		
Becontree Martins Corner	0638	0653	0705	0717	0728	0738	0748	0758	0808	0816	0824	0832	0839	0846	0853	0900	0908	0916		
Becontree Heath Ship & Anchor	0644	0659	0711	0723	0734	0745	0755	0805	0815	0823	0831	0839	0846	0853	0900	0908	0916	0924		
Rush Green Road Dagenham Road	0649	0704	0716	0728	0739	0750	0800	0810	0820	0828	0836	0844	0851	0859	0906	0914	0922	0930		
Romford Station	0653	0708	0720	0732	0744	0755	0805	0815	0825	0833	0841	0849	0856	0904	0912	0920	0928	0936		
Romford Market St Edward's Way	0655	0710	0722	0734	0746	0757	0807	0817	0827	0835	0843	0851	0859	0907	0915	0923	0931	0939		
Canning Town Bus Station	0846	0852	0858	0904	0909	0915	0921	0926	0932	0938	0943	0949	0954	0959	1005	1011	1017	1024		
Plaistow Greengate	0854	0900	0906	0913	0918	0924	0930	0935	0941	0947	0952	0958	1003	1008	1015	1021	1027	1034		
Upton Park The Boleyn (Barking Road)	0856	0903	0909	0916	0921	0927	0933	0938	0944	0950	0955	1001	1006	1011	1018	1024	1030	1037		
East Ham Newham Town Hall	0902	0910	0916	0923	0928	0934	0940	0945	0951	0957	1003	1009	1015	1020	1027	1033	1039	1046		
Barking Station	0912	0920	0926	0933	0938	0944	0950	0955	1001	1007	1013	1019	1025	1030	1037	1043	1049	1056		
Faircross Barking Bus Garage	0917	0925	0931	0938	0943	0949	0955	1000	1006	1013	1019	1025	1031	1036	1043	1049	1055	1102		
Becontree Martins Corner	0924	0932	0938	0945	0950	0956	1002	1008	1014	1021	1027	1033	1039	1044	1051	1057	1103	1110		
Becontree Heath Ship & Anchor	0932	0940	0946	0953	0958	1005	1011	1017	1023	1030	1036	1042	1048	1053	1100	1106	1113	1120		
Rush Green Road Dagenham Road	0938	0946	0952	0959	1005	1012	1018	1024	1030	1037	1043	1049	1055	1101	1108	1114	1121	1128		
Romford Station	0944	0952	0958	1005	1011	1018	1024	1030	1036	1043	1049	1055	1101	1108	1115	1121	1128	1135		
Romford Market St Edward's Way	0947	0955	1002	1009	1015	1022	1028	1034	1040	1047	1053	1059	1105	1112	1119	1125	1132	1139		
Canning Town Bus Station	1030	1037	1043	1049	1055	1101	Then every 6-7 minutes at these minutes past the hour	07	14	21	27	34	41	47	54	01	1554	1601	1608	1615
Plaistow Greengate	1040	1047	1053	1059	1105	1112		18	25	32	38	45	52	58	05	12	1605	1612	1619	1626
Upton Park The Boleyn (Barking Road)	1043	1050	1056	1102	1108	1115		21	28	35	41	48	55	01	08	15	1608	1615	1622	1629
East Ham Newham Town Hall	1052	1059	1105	1111	1118	1125		31	38	45	51	58	05	11	18	25	1618	1625	1632	1639
Barking Station	1102	1109	1116	1122	1129	1136		42	49	56	02	09	16	22	29	36	1629	1636	1643	1650
Faircross Barking Bus Garage	1108	1115	1122	1128	1135	1142		48	55	02	08	15	22	28	35	42	1635	1642	1649	1656
Becontree Martins Corner	1116	1123	1130	1136	1143	1150		56	03	10	16	23	30	36	43	50	1643	1650	1657	1704
Becontree Heath Ship & Anchor	1126	1133	1140	1146	1153	1200		06	13	20	26	33	40	46	53	00	1653	1700	1707	1713
Rush Green Road Dagenham Road	1134	1141	1148	1154	1201	1208		14	21	28	34	41	48	54	01	08	1701	1707	1714	1720
Romford Station	1141	1148	1155	1201	1208	1215		21	28	35	41	48	55	01	08	15	1708	1714	1720	1726
Romford Market St Edward's Way	1145	1152	1159	1205	1212	1219		25	32	39	45	52	59	05	12	19	1712	1718	1724	1730

5		Sundays and other Public Holidays (except Christmas Day)															
Canning Town Bus Station	0607	0622		0758	0808	0818	0829	0840	0851	0901	0911	0919	0927	0934	0941	0948	0956
Plaistow Greengate	0614	0629		0805	0815	0826	0837	0848	0859	0909	0919	0927	0935	0942	0949	0956	1004
Upton Park The Boleyn (Barking Road)	0616	0631		0807	0817	0828	0839	0850	0901	0911	0921	0929	0937	0944	0951	0958	1006
East Ham Newham Town Hall	0622	0637	Then	0813	0823	0834	0845	0856	0907	0917	0927	0935	0943	0950	0957	1005	1013
Barking Station	0629	0644	every 12	0820	0831	0842	0853	0904	0915	0925	0935	0943	0951	0958	1005	1013	1021
Faircross Barking Bus Garage	0633	0648	minutes	0824	0835	0846	0857	0908	0919	0929	0939	0947	0955	1004	1011	1019	1027
Becontree Martins Corner	0639	0654	until	0830	0841	0853	0904	0915	0926	0936	0946	0954	1003	1012	1019	1027	1035
Becontree Heath Ship & Anchor	0644	0659		0835	0847	0859	0910	0921	0932	0942	0952	1000	1010	1019	1026	1034	1042
Rush Green Road Dagenham Road	0649	0704		0840	0852	0904	0915	0926	0937	0947	0957	1006	1016	1025	1032	1040	1048
Romford Station	0653	0708		0844	0856	0908	0919	0930	0941	0951	1001	1011	1021	1030	1037	1045	1053
Romford Market St Edward's Way	0655	0710		0846	0858	0910	0921	0932	0943	0953	1003	1013	1023	1032	1040	1048	1056
Canning Town Bus Station	1004	1011	1019	1026	1034	1041	1048	1055	1102	1109	1116		1332	1340	1348	1356	1404
Plaistow Greengate	1012	1020	1028	1035	1043	1050	1057	1104	1111	1118	1126		1342	1350	1358	1406	1414
Upton Park The Boleyn (Barking Road)	1014	1022	1030	1037	1045	1052	1059	1106	1113	1121	1129		1345	1353	1401	1409	1417
East Ham Newham Town Hall	1021	1029	1037	1044	1052	1059	1106	1114	1122	1130	1138	Then	1354	1402	1410	1418	1426
Barking Station	1029	1037	1045	1052	1100	1108	1116	1124	1132	1140	1148	every 8	1404	1412	1420	1428	1436
Faircross Barking Bus Garage	1035	1043	1051	1058	1106	1114	1122	1130	1138	1146	1154	minutes	1410	1418	1426	1434	1442
Becontree Martins Corner	1043	1051	1059	1106	1114	1122	1130	1138	1146	1154	1202	until	1418	1426	1434	1442	1450
Becontree Heath Ship & Anchor	1050	1058	1106	1114	1122	1130	1138	1146	1154	1202	1210		1426	1434	1442	1450	1458
Rush Green Road Dagenham Road	1056	1104	1112	1120	1128	1136	1144	1152	1200	1208	1216		1432	1441	1448	1456	1504
Romford Station	1101	1109	1117	1125	1133	1141	1149	1157	1205	1213	1221		1437	1445	1453	1501	1509
Romford Market St Edward's Way	1104	1112	1120	1128	1136	1144	1152	1200	1208	1216	1224		1440	1448	1456	1504	1512
Canning Town Bus Station	1412	1420	1428	1436	1444	1452		1532	1540			1724	1733	1741	1749	1757	1805
Plaistow Greengate	1422	1430	1438	1446	1454	1502		1542	1550			1734	1743	1751	1759	1806	1814
Upton Park The Boleyn (Barking Road)	1425	1433	1441	1449	1457	1505		1545	1553			1737	1746	1754	1802	1809	1817
East Ham Newham Town Hall	1434	1442	1450	1458	1506	1514	Then	1554	1602	Then		1746	1755	1803	1811	1818	1826
Barking Station	1444	1452	1500	1508	1516	1524	every 8	1604	1611	every 8		1755	1804	1812	1820	1827	1835
Faircross Barking Bus Garage	1450	1458	1506	1514	1522	1530	minutes	1610	1617	minutes		1801	1810	1818	1826	1833	1840
Becontree Martins Corner	1458	1506	1514	1522	1530	1537	until	1617	1624	until		1808	1817	1825	1833	1840	1847
Becontree Heath Ship & Anchor	1506	1514	1522	1530	1537	1544		1624	1631			1815	1824	1832	1840	1847	1854
Rush Green Road Dagenham Road	1512	1520	1528	1535	1542	1549		1629	1636			1820	1829	1837	1845	1852	1859
Romford Station	1517	1525	1533	1540	1547	1554		1634	1641			1825	1834	1842	1850	1857	1904
Romford Market St Edward's Way	1520	1528	1535	1542	1549	1556		1636	1643			1827	1836	1844	1852	1859	1906
Canning Town Bus Station	1814	1822	1830	1838	1846	1855	1905	1915	1925	1935		2035	2045			2135	2145
Plaistow Greengate	1823	1831	1839	1847	1855	1904	1914	1924	1934	1943		2043	2053			2143	2153
Upton Park The Boleyn (Barking Road)	1826	1834	1842	1850	1858	1907	1917	1927	1936	1945		2045	2055			2145	2155
East Ham Newham Town Hall	1834	1842	1850	1858	1906	1915	1925	1934	1943	1952	Then	2052	2102	Then		2152	2202
Barking Station	1843	1851	1859	1907	1915	1924	1933	1942	1951	2000	every 10	2100	2110	every 10		2200	2210
Faircross Barking Bus Garage	1848	1856	1904	1912	1920	1929	1938	1947	1956	2005	minutes	2105	2115	minutes		2205	2215
Becontree Martins Corner	1855	1903	1911	1919	1927	1936	1945	1954	2003	2012	until	2112	2122	until		2212	2222
Becontree Heath Ship & Anchor	1902	1910	1918	1926	1934	1943	1952	2001	2010	2019		2119	2129			2219	2229
Rush Green Road Dagenham Road	1907	1915	1923	1931	1939	1948	1957	2006	2015	2024		2124	2134			2224	2234
Romford Station	1912	1920	1928	1936	1944	1952	2001	2010	2019	2028		2128	2138			2228	2238
Romford Market St Edward's Way	1914	1922	1930	1938	1946	1954	2003	2012	2021	2030		2130	2140			2230	2240
Canning Town Bus Station	2155	2205	2215	2225	2235	2245	2256		0006	0017	0028	0039	0050	0102			
Plaistow Greengate	2203	2213	2223	2233	2243	2253	2303		0013	0024	0035	0046	0057	0109			
Upton Park The Boleyn (Barking Road)	2205	2215	2225	2235	2245	2255	2305		0015	0026	0037	0048	0059	0111			
East Ham Newham Town Hall	2212	2222	2232	2242	2252	2301	2311	Then	0021	0032	0043	0053	0104	0116			
Barking Station	2220	2230	2240	2250	2259	2308	2318	every 10	0028	0039	0050	0100	0111	0123			
Faircross Barking Bus Garage	2225	2235	2245	2254	2303	2312	2322	minutes	0032	0043	0054	0104	0115	0127			
Becontree Martins Corner	2232	2242	2251	2300	2309	2318	2328	until	0038	0049	0100	0110	0121	0132			
Becontree Heath Ship & Anchor	2239	2249	2257	2305	2314	2323	2333		0043	0054	0105	0115	0126	0137			
Rush Green Road Dagenham Road	2244	2254	2304	2310	2319	2328	2338		0048	0059	0110	0120	0130	0141			
Romford Station	2248	2258	2306	2314	2323	2332	2342		0052	0103	0114	0124	0134	0144			
Romford Market St Edward's Way	2250	2300	2308	2316	2325	2334	2344		0054	0105	0116	0126	0136	0146			