

62	Mondays to Fridays																	
Marks Gate Whalebone Lane North	0440	0510	0540	0600	0620	0630	0639	0648	0656	0704	0713	0721	0729	0737	0746	0755	0805	0815
Rose Lane shops	0444	0514	0544	0604	0624	0634	0643	0652	0700	0709	0718	0726	0734	0742	0751	0800	0810	0820
Whalebone Lane North Warren Sch.	0447	0518	0548	0608	0629	0639	0648	0657	0705	0714	0723	0731	0740	0748	0757	0806	0816	0826
Chadwell Heath Station	0452	0524	0554	0614	0635	0646	0655	0704	0713	0722	0732	0740	0750	0759	0808	0818	0828	0839
Becontree Martins Corner	0456	0528	0558	0618	0640	0651	0700	0709	0718	0728	0738	0746	0756	0805	0815	0825	0835	0846
Becontree Station	0500	0532	0602	0623	0645	0656	0705	0714	0724	0734	0744	0753	0803	0813	0823	0833	0843	0854
Upney Station	0508	0540	0612	0635	0658	0710	0720	0730	0740	0750	0800	0810	0820	0830	0840	0850	0900	0910
Faircross Longbridge Road	0511	0543	0615	0638	0702	0714	0724	0734	0744	0755	0805	0815	0825	0835	0845	0855	0905	0915
Barking Station	0514	0546	0618	0642	0706	0719	0729	0739	0749	0800	0810	0820	0830	0840	0850	0900	0910	0920
Gascoigne Road Dovehouse Mead	0518	0550	0624	0648	0712	0725	0736	0746	0756	0807	0817	0827	0837	0847	0857	0907	0917	0927
Marks Gate Whalebone Lane North	0825	0835	0845	0855	0907	0919	0931	0943	0955	1007	Then every 12 minutes until	1355	1405	1416	1428	1436	1446	
Rose Lane shops	0830	0840	0850	0900	0912	0924	0936	0948	1000	1011		1359	1409	1420	1432	1440	1450	
Whalebone Lane North Warren Sch.	0836	0846	0855	0904	0916	0928	0940	0952	1004	1015		1403	1413	1424	1436	1444	1454	
Chadwell Heath Station	0849	0900	0911	0922	0935	0947	0958	1010	1020	1031		1419	1429	1440	1452	1500	1511	
Becontree Martins Corner	0856	0907	0918	0929	0942	0954	1005	1016	1026	1037		1425	1435	1446	1458	1507	1518	
Becontree Station	0904	0915	0926	0937	0949	1001	1011	1022	1032	1043		1431	1441	1452	1504	1516	1527	
Upney Station	0920	0931	0941	0951	1003	1014	1024	1035	1045	1056		1444	1454	1505	1517	1529	1541	
Faircross Longbridge Road	0925	0936	0946	0956	1008	1019	1029	1040	1050	1101		1449	1459	1511	1523	1535	1547	
Barking Station	0930	0940	0950	1000	1012	1023	1033	1044	1054	1105		1453	1504	1516	1528	1540	1552	
Gascoigne Road Dovehouse Mead	0937	0947	0957	1007	1019	1030	1040	1051	1101	1112		1500	1512	1524	1536	1548	1600	
Marks Gate Whalebone Lane North	1456	1507	1519	1531	1543	1555	1605	1615	1625	1635	1645	1655	1705	1715	1725	1735	1745	1755
Rose Lane shops	1500	1511	1523	1535	1547	1559	1609	1619	1629	1639	1649	1659	1709	1719	1729	1739	1749	1759
Whalebone Lane North Warren Sch.	1504	1515	1527	1539	1551	1603	1613	1623	1634	1644	1654	1704	1714	1724	1734	1744	1754	1804
Chadwell Heath Station	1522	1533	1545	1555	1605	1614	1623	1633	1644	1655	1705	1715	1725	1735	1745	1755	1805	1815
Becontree Martins Corner	1529	1540	1552	1602	1612	1621	1630	1640	1651	1702	1712	1722	1732	1742	1752	1802	1812	1822
Becontree Station	1538	1549	1601	1611	1621	1630	1639	1649	1659	1709	1719	1729	1739	1749	1759	1809	1818	1828
Upney Station	1553	1604	1616	1626	1636	1645	1654	1704	1714	1724	1734	1744	1754	1804	1814	1824	1833	1843
Faircross Longbridge Road	1559	1610	1622	1632	1642	1651	1700	1710	1720	1730	1740	1750	1800	1809	1819	1829	1838	1848
Barking Station	1604	1615	1627	1637	1647	1656	1705	1715	1725	1735	1745	1755	1805	1814	1823	1833	1842	1852
Gascoigne Road Dovehouse Mead	1612	1623	1635	1645	1655	1704	1713	1723	1733	1743	1753	1803	1812	1821	1830	1839	1848	1858
Marks Gate Whalebone Lane North	1805	1815	1825	1835	1845	1855	1905	1916	1927	1938	1949	2000	2015	2030	2045	2100	2115	2130
Rose Lane shops	1809	1819	1829	1839	1849	1859	1909	1920	1931	1942	1952	2003	2018	2033	2048	2103	2118	2133
Whalebone Lane North Warren Sch.	1814	1824	1834	1844	1854	1904	1914	1925	1936	1947	1957	2008	2023	2038	2053	2108	2123	2138
Chadwell Heath Station	1825	1835	1845	1855	1905	1915	1925	1936	1946	1957	2008	2018	2033	2048	2103	2117	2132	2146
Becontree Martins Corner	1832	1842	1852	1902	1912	1922	1932	1943	1953	2004	2014	2024	2038	2053	2108	2122	2137	2151
Becontree Station	1838	1848	1858	1908	1918	1928	1938	1949	1959	2010	2020	2030	2044	2058	2113	2127	2142	2156
Upney Station	1853	1902	1912	1922	1932	1942	1952	2002	2012	2022	2032	2042	2056	2109	2124	2137	2151	2205
Faircross Longbridge Road	1858	1907	1917	1927	1937	1947	1956	2006	2016	2026	2036	2046	2100	2113	2127	2140	2154	2208
Barking Station	1902	1911	1921	1931	1941	1951	2000	2010	2019	2029	2039	2049	2103	2116	2130	2143	2157	2210
Gascoigne Road Dovehouse Mead	1908	1917	1927	1937	1947	1957	2006	2016	2025	2035	2045	2055	2108	2121	2135	2148	2202	2215
Marks Gate Whalebone Lane North	2145	2200	2215	2230	2245	2300	2315	2330	2345									
Rose Lane shops	2148	2203	2218	2233	2248	2303	2318	2333	2348									
Whalebone Lane North Warren Sch.	2153	2208	2223	2237	2251	2306	2321	2336	2351									
Chadwell Heath Station	2201	2215	2229	2242	2256	2311	2326	2341	2356									
Becontree Martins Corner	2206	2220	2234	2247	2301	2316	2331	2346	0001									
Becontree Station	2210	2224	2238	2251	2305	2320	2335	2350	0005									
Upney Station	2218	2232	2246	2259	2313	2328	2343	2358	0013									
Faircross Longbridge Road	2221	2235	2249	2302	2316	2331	2346	0001	0016									
Barking Station	2223	2237	2251	2304	2318	2333	2348	0003	0018									
Gascoigne Road Dovehouse Mead	2228	2242	2256	2309	2323	2338	2353	0008	0023									

62		Saturdays (also Good Friday)																	
Marks Gate Whalebone Lane North	0440	0510	0540	0600	0620	0640	0700	0720	0740	0759	0809	0819	0830	0841	0852	0902	0912	0922	
Rose Lane shops	0443	0513	0543	0603	0623	0643	0703	0724	0744	0803	0813	0823	0834	0845	0856	0906	0916	0926	
Whalebone Lane North Warren Sch.	0445	0515	0545	0605	0625	0645	0706	0727	0747	0806	0816	0826	0837	0848	0859	0909	0919	0929	
Chadwell Heath Station	0449	0519	0549	0609	0629	0649	0710	0731	0752	0812	0822	0833	0844	0855	0906	0916	0926	0936	
Becontree Martins Corner	0453	0523	0553	0613	0633	0653	0714	0735	0756	0816	0827	0838	0849	0900	0911	0921	0931	0941	
Becontree Station	0457	0527	0557	0617	0637	0657	0718	0739	0801	0821	0832	0843	0854	0905	0916	0926	0936	0946	
Upney Station	0505	0535	0605	0625	0645	0705	0726	0748	0810	0830	0842	0853	0904	0915	0926	0936	0946	0957	
Faircross Longbridge Road	0508	0538	0608	0628	0648	0709	0730	0752	0814	0834	0846	0857	0908	0919	0930	0940	0950	1001	
Barking Station	0511	0541	0611	0631	0651	0712	0733	0755	0817	0837	0849	0900	0911	0922	0933	0943	0954	1005	
Gascoigne Road Dovehouse Mead	0516	0546	0616	0636	0656	0717	0738	0800	0822	0843	0855	0906	0917	0928	0939	0950	1001	1012	
Marks Gate Whalebone Lane North	0932	0941	0951	1002	1012	1021	1030	1040	1050	1100	1110	1120	1129	1139	1150	1200	1211	1222	
Rose Lane shops	0936	0945	0955	1006	1016	1025	1034	1044	1054	1104	1114	1124	1133	1143	1154	1204	1215	1226	
Whalebone Lane North Warren Sch.	0939	0949	0959	1010	1020	1029	1038	1048	1058	1108	1118	1128	1138	1148	1159	1209	1220	1231	
Chadwell Heath Station	0946	0956	1007	1018	1029	1038	1047	1057	1108	1118	1128	1138	1148	1158	1209	1220	1231	1242	
Becontree Martins Corner	0951	1001	1012	1023	1034	1043	1052	1103	1114	1124	1134	1144	1154	1204	1215	1226	1237	1248	
Becontree Station	0956	1007	1018	1029	1040	1049	1058	1109	1120	1130	1140	1150	1200	1210	1221	1232	1243	1254	
Upney Station	1007	1018	1029	1040	1051	1101	1111	1122	1133	1143	1155	1206	1216	1227	1238	1249	1300	1311	
Faircross Longbridge Road	1012	1023	1034	1045	1056	1106	1117	1128	1139	1149	1201	1212	1222	1233	1244	1255	1306	1317	
Barking Station	1016	1027	1038	1049	1100	1111	1122	1133	1144	1155	1206	1217	1228	1239	1250	1301	1312	1323	
Gascoigne Road Dovehouse Mead	1023	1034	1045	1056	1107	1118	1129	1140	1151	1202	1213	1224	1235	1246	1257	1308	1319	1330	
Marks Gate Whalebone Lane North	1233			1423	1434	1445	1456	1507	1518	1529	1541	1552	1603	1614	1625	1635	1645	1655	
Rose Lane shops	1237			1427	1438	1449	1500	1511	1522	1533	1545	1556	1607	1618	1629	1639	1649	1659	
Whalebone Lane North Warren Sch.	1242			1432	1443	1454	1505	1516	1527	1538	1550	1601	1612	1622	1633	1643	1653	1703	
Chadwell Heath Station	1253	Then		1443	1454	1505	1516	1527	1538	1548	1600	1611	1622	1632	1642	1652	1702	1712	
Becontree Martins Corner	1259	every 11		1449	1500	1511	1522	1533	1544	1554	1606	1617	1628	1638	1648	1658	1708	1718	
Becontree Station	1305	minutes		1455	1506	1517	1528	1539	1550	1600	1612	1623	1634	1644	1654	1704	1714	1724	
Upney Station	1322	until		1512	1523	1533	1544	1555	1606	1616	1626	1636	1647	1657	1707	1717	1727	1737	
Faircross Longbridge Road	1328			1518	1529	1539	1550	1600	1611	1621	1631	1641	1652	1702	1712	1722	1732	1742	
Barking Station	1334			1524	1534	1544	1555	1605	1616	1626	1636	1646	1657	1707	1717	1727	1737	1747	
Gascoigne Road Dovehouse Mead	1341			1531	1541	1551	1602	1612	1623	1633	1643	1653	1704	1714	1724	1734	1744	1754	
Marks Gate Whalebone Lane North	1705	1715	1725	1735	1745	1755	1805	1815	1825	1837	1849	1901	1915	1930	1945	2000	2015	2030	
Rose Lane shops	1709	1719	1729	1739	1749	1759	1809	1819	1829	1841	1853	1905	1919	1934	1948	2003	2018	2033	
Whalebone Lane North Warren Sch.	1713	1723	1733	1743	1753	1803	1813	1823	1833	1845	1857	1909	1923	1938	1952	2006	2021	2036	
Chadwell Heath Station	1722	1732	1742	1752	1802	1812	1822	1832	1842	1854	1905	1917	1931	1945	1959	2013	2028	2043	
Becontree Martins Corner	1728	1738	1748	1758	1808	1818	1828	1838	1848	1900	1911	1922	1936	1950	2004	2018	2033	2048	
Becontree Station	1734	1743	1753	1803	1813	1823	1833	1843	1853	1905	1916	1927	1941	1955	2009	2023	2038	2053	
Upney Station	1747	1757	1807	1817	1828	1839	1849	1858	1908	1919	1930	1941	1955	2008	2021	2034	2048	2103	
Faircross Longbridge Road	1752	1802	1812	1822	1833	1844	1854	1903	1913	1924	1935	1946	2000	2013	2026	2039	2053	2108	
Barking Station	1757	1807	1817	1827	1837	1848	1858	1907	1917	1928	1939	1950	2004	2017	2030	2043	2057	2112	
Gascoigne Road Dovehouse Mead	1804	1814	1824	1834	1844	1854	1904	1913	1923	1934	1945	1956	2010	2023	2036	2049	2103	2117	
Marks Gate Whalebone Lane North	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345						
Rose Lane shops	2048	2103	2118	2133	2148	2203	2218	2233	2248	2303	2318	2333	2348						
Whalebone Lane North Warren Sch.	2051	2106	2121	2136	2151	2206	2221	2236	2251	2306	2321	2335	2350						
Chadwell Heath Station	2058	2113	2128	2143	2157	2212	2227	2242	2257	2312	2327	2341	2355						
Becontree Martins Corner	2103	2118	2133	2148	2202	2217	2231	2246	2301	2316	2331	2345	2359						
Becontree Station	2108	2123	2138	2153	2207	2222	2236	2251	2306	2320	2335	2349	0003						
Upney Station	2118	2132	2147	2202	2216	2231	2245	2300	2314	2328	2343	2357	0011						
Faircross Longbridge Road	2122	2136	2151	2205	2219	2234	2248	2303	2317	2331	2346	0000	0014						
Barking Station	2126	2140	2154	2208	2222	2237	2251	2306	2320	2333	2348	0002	0016						
Gascoigne Road Dovehouse Mead	2131	2145	2159	2213	2227	2242	2256	2311	2325	2338	2353	0007	0021						

62 Sundays and other Public Holidays (except Christmas Day)																		
Marks Gate Whalebone Lane North	0550	0620	0650	0720	0750	0820	0850	0920	0936	0952	1008	1024	1039	1054	1109	1124	1139	1154
Rose Lane shops	0553	0623	0653	0723	0753	0823	0853	0923	0939	0955	1012	1028	1043	1058	1113	1128	1143	1158
Whalebone Lane North Warren Sch.	0555	0626	0656	0726	0756	0826	0856	0927	0944	1000	1016	1032	1047	1103	1118	1133	1148	1202
Chadwell Heath Station	0600	0631	0701	0731	0801	0832	0903	0935	0952	1008	1024	1040	1055	1111	1126	1141	1156	1211
Becontree Martins Corner	0605	0636	0706	0736	0806	0837	0908	0940	0957	1013	1029	1045	1100	1116	1131	1146	1201	1217
Becontree Station	0609	0640	0710	0740	0810	0842	0913	0945	1002	1018	1034	1050	1105	1121	1137	1152	1207	1223
Upney Station	0617	0648	0718	0748	0819	0851	0924	0957	1014	1030	1046	1102	1118	1134	1150	1205	1220	1236
Faircross Longbridge Road	0620	0651	0721	0751	0822	0855	0928	1001	1018	1034	1050	1106	1122	1138	1154	1210	1225	1241
Barking Station	0622	0653	0723	0753	0825	0858	0931	1004	1022	1038	1054	1110	1126	1142	1158	1214	1230	1246
Gascoigne Road Dovehouse Mead	0627	0658	0728	0758	0831	0904	0937	1010	1028	1044	1100	1116	1132	1148	1204	1220	1236	1252
Marks Gate Whalebone Lane North	1209	1224	1240	1256	1312	1328	1344	1400	1416	1432	1448	1504	1520	1536	1552	1608	1624	1640
Rose Lane shops	1213	1228	1244	1300	1316	1332	1348	1404	1420	1436	1452	1508	1524	1540	1556	1612	1628	1644
Whalebone Lane North Warren Sch.	1217	1232	1248	1304	1320	1336	1352	1408	1424	1440	1456	1512	1528	1544	1600	1616	1632	1648
Chadwell Heath Station	1226	1242	1258	1314	1330	1346	1402	1417	1433	1449	1505	1521	1537	1553	1609	1624	1640	1656
Becontree Martins Corner	1232	1248	1304	1320	1336	1352	1408	1423	1439	1455	1511	1527	1543	1559	1615	1630	1645	1701
Becontree Station	1238	1254	1310	1326	1342	1358	1414	1429	1445	1501	1517	1533	1549	1605	1621	1636	1651	1706
Upney Station	1251	1307	1323	1339	1355	1410	1426	1440	1456	1512	1528	1544	1600	1616	1632	1647	1702	1717
Faircross Longbridge Road	1256	1312	1328	1344	1400	1415	1431	1445	1501	1517	1533	1549	1605	1621	1637	1652	1707	1722
Barking Station	1301	1317	1333	1349	1405	1420	1436	1450	1506	1522	1538	1554	1610	1626	1642	1657	1712	1727
Gascoigne Road Dovehouse Mead	1308	1324	1340	1356	1412	1427	1443	1457	1513	1529	1545	1601	1617	1633	1649	1704	1719	1734
Marks Gate Whalebone Lane North	1656	1712	1727	1742	1757	1812	1827	1842	1857	1912	1928	1944	2000	2015	2030			2300
Rose Lane shops	1700	1716	1731	1746	1801	1816	1831	1845	1900	1915	1931	1947	2003	2018	2033			2303
Whalebone Lane North Warren Sch.	1704	1720	1735	1750	1805	1820	1834	1848	1903	1918	1934	1950	2006	2021	2036			2306
Chadwell Heath Station	1712	1728	1743	1758	1813	1828	1841	1855	1910	1925	1941	1957	2012	2027	2042			2312
Becontree Martins Corner	1717	1733	1748	1803	1818	1833	1846	1900	1915	1930	1946	2002	2016	2031	2046			2316
Becontree Station	1722	1738	1753	1808	1823	1838	1851	1905	1920	1935	1951	2007	2021	2036	2051			2321
Upney Station	1733	1749	1804	1819	1834	1849	1902	1916	1931	1946	2001	2016	2030	2045	2058			2328
Faircross Longbridge Road	1738	1754	1809	1824	1838	1853	1906	1920	1935	1950	2005	2020	2034	2048	2101			2331
Barking Station	1742	1758	1813	1828	1842	1857	1910	1924	1939	1954	2009	2024	2037	2051	2103			2333
Gascoigne Road Dovehouse Mead	1749	1804	1819	1834	1848	1903	1916	1930	1945	2000	2015	2030	2043	2056	2108			2338
Marks Gate Whalebone Lane North	2315	2330	2345															
Rose Lane shops	2318	2333	2348															
Whalebone Lane North Warren Sch.	2321	2335	2350															
Chadwell Heath Station	2326	2340	2355															
Becontree Martins Corner	2330	2344	2359															
Becontree Station	2334	2348	0003															
Upney Station	2341	2355	0010															
Faircross Longbridge Road	2344	2358	0013															
Barking Station	2346	0000	0015															
Gascoigne Road Dovehouse Mead	2351	0005	0020															

62	Mondays to Fridays																	
Gascoigne Road Dovehouse Mead	0500	0520	0540	0600	0620	0629	0637	0646	0654	0702	0710	0718	0726	0735	0744	0753	0803	0813
Barking Station	0508	0528	0548	0608	0629	0638	0646	0655	0703	0711	0720	0729	0737	0746	0755	0805	0815	0825
Faircross Longbridge Road	0511	0531	0551	0611	0632	0641	0650	0659	0707	0716	0725	0735	0743	0752	0801	0811	0821	0832
Upney Station	0514	0534	0554	0614	0635	0644	0653	0702	0711	0720	0730	0740	0748	0758	0807	0817	0827	0838
Becontree Station	0522	0542	0602	0622	0643	0653	0702	0712	0721	0731	0741	0751	0759	0809	0819	0829	0839	0850
Becontree Martins Corner	0526	0546	0606	0627	0649	0659	0708	0718	0728	0738	0748	0758	0806	0816	0826	0836	0846	0857
Chadwell Heath Station	0531	0551	0611	0632	0655	0705	0715	0725	0735	0745	0755	0805	0815	0825	0835	0845	0855	0905
Whalebone Lane North Warren Sch.	0536	0556	0616	0638	0701	0712	0723	0733	0744	0754	0804	0815	0825	0835	0845	0856	0907	0919
Rose Lane shops	0539	0559	0620	0642	0705	0716	0727	0737	0748	0758	0808	0819	0829	0839	0849	0900	0911	0923
Marks Gate Billet Road	0543	0603	0625	0647	0710	0721	0732	0742	0753	0803	0813	0824	0834	0844	0854	0905	0916	0927
Gascoigne Road Dovehouse Mead	0823	0833	0843	0853	0905	0917	0929	0941	Then every 12 minutes until	1041	1053	Then every 12 minutes until	1317	1329	1341	1353		
Barking Station	0836	0846	0856	0906	0918	0930	0942	0953		1053	1105		1329	1341	1353	1405		
Faircross Longbridge Road	0843	0853	0903	0913	0925	0937	0949	1000		1100	1111		1335	1347	1359	1411		
Upney Station	0849	0859	0909	0919	0931	0942	0954	1005		1105	1116		1340	1352	1404	1416		
Becontree Station	0901	0911	0921	0931	0943	0954	1006	1017		1117	1128		1352	1404	1416	1428		
Becontree Martins Corner	0908	0918	0928	0938	0949	1000	1012	1023		1123	1134		1358	1410	1422	1434		
Chadwell Heath Station	0916	0926	0936	0946	0956	1007	1019	1030		1130	1141		1405	1417	1429	1441		
Whalebone Lane North Warren Sch.	0930	0941	0952	1002	1012	1023	1035	1046		1146	1157		1421	1433	1445	1457		
Rose Lane shops	0934	0945	0956	1006	1016	1027	1039	1050		1150	1201		1425	1437	1449	1502		
Marks Gate Billet Road	0938	0949	1000	1010	1020	1031	1043	1054	1154	1205	1429	1442	1454	1507				
Gascoigne Road Dovehouse Mead	1405	1416	1427	1437	1448	1500	1512	1524	1537	1549	1601	Then every 10 minutes until	1651	1701	1711	1721	1731	
Barking Station	1417	1428	1439	1449	1500	1512	1524	1536	1549	1601	1613		1703	1713	1723	1733	1743	
Faircross Longbridge Road	1423	1434	1445	1455	1506	1518	1530	1542	1555	1607	1619		1709	1719	1729	1739	1749	
Upney Station	1428	1439	1450	1500	1511	1524	1536	1548	1601	1613	1625		1715	1725	1735	1745	1755	
Becontree Station	1440	1451	1503	1514	1526	1539	1551	1603	1616	1628	1640		1730	1740	1749	1759	1809	
Becontree Martins Corner	1446	1457	1509	1521	1533	1546	1558	1610	1623	1635	1647		1737	1747	1756	1806	1816	
Chadwell Heath Station	1453	1504	1516	1529	1541	1554	1606	1618	1631	1643	1655		1745	1755	1804	1814	1824	
Whalebone Lane North Warren Sch.	1509	1522	1534	1547	1559	1611	1622	1633	1644	1655	1707		1757	1806	1815	1825	1834	
Rose Lane shops	1514	1527	1539	1552	1604	1616	1627	1638	1649	1700	1712		1802	1811	1819	1829	1838	
Marks Gate Billet Road	1519	1532	1544	1557	1609	1621	1632	1643	1654	1705	1717	1807	1816	1824	1834	1843		
Gascoigne Road Dovehouse Mead	1741	1751	1801	1811	1821	1831	1841	1852	1905	1918	1931	1944	1957	2010	2025	2040	2055	2110
Barking Station	1753	1803	1813	1823	1833	1843	1853	1904	1917	1930	1943	1956	2008	2021	2036	2050	2105	2120
Faircross Longbridge Road	1759	1809	1819	1829	1839	1849	1859	1910	1923	1936	1949	2002	2014	2027	2042	2056	2111	2126
Upney Station	1805	1815	1824	1834	1844	1854	1904	1915	1928	1941	1954	2007	2018	2031	2046	2100	2115	2130
Becontree Station	1819	1829	1838	1848	1858	1908	1918	1929	1942	1955	2008	2020	2031	2043	2057	2111	2125	2140
Becontree Martins Corner	1825	1835	1844	1854	1904	1914	1924	1935	1948	2001	2014	2025	2036	2048	2102	2116	2130	2145
Chadwell Heath Station	1833	1843	1852	1902	1912	1922	1932	1943	1954	2007	2019	2030	2041	2053	2107	2121	2135	2150
Whalebone Lane North Warren Sch.	1843	1852	1901	1911	1921	1930	1940	1951	2002	2014	2025	2036	2047	2059	2113	2127	2141	2156
Rose Lane shops	1847	1856	1905	1915	1925	1934	1944	1955	2006	2017	2028	2039	2050	2102	2116	2130	2144	2159
Marks Gate Billet Road	1852	1901	1910	1920	1930	1939	1949	1959	2010	2021	2032	2043	2054	2106	2120	2134	2148	2203
Gascoigne Road Dovehouse Mead	2125	2140	2155	2210	2225	2240	2255	Then every 15 minutes until	0025									
Barking Station	2136	2152	2207	2222	2236	2250	2304		0034									
Faircross Longbridge Road	2142	2157	2212	2226	2240	2254	2308		0038									
Upney Station	2145	2200	2215	2229	2243	2257	2311		0041									
Becontree Station	2154	2209	2223	2237	2251	2305	2319		0049									
Becontree Martins Corner	2159	2214	2228	2242	2256	2310	2324		0054									
Chadwell Heath Station	2204	2219	2233	2247	2301	2315	2329		0059									
Whalebone Lane North Warren Sch.	2210	2225	2239	2253	2307	2321	2335		0105									
Rose Lane shops	2213	2228	2242	2256	2310	2324	2338		0108									
Marks Gate Billet Road	2217	2232	2246	2300	2314	2328	2342	0112										

62		Sundays and other Public Holidays (except Christmas Day)																
Gascoigne Road Dovehouse Mead	0630	0700	0730	0800	0830	0846	0902	0917	0932	0947	1002	1017	1032	1047	1102	1117	1132	1147
Barking Station	0638	0708	0738	0808	0838	0854	0911	0926	0941	0957	1012	1027	1042	1057	1112	1128	1143	1158
Faircross Longbridge Road	0641	0711	0741	0811	0841	0857	0915	0930	0945	1001	1016	1031	1046	1101	1116	1132	1147	1202
Upney Station	0644	0714	0744	0814	0844	0900	0918	0933	0948	1004	1019	1034	1049	1104	1120	1136	1151	1206
Becontree Station	0651	0721	0751	0821	0851	0908	0926	0942	0957	1013	1028	1043	1058	1114	1130	1146	1202	1217
Becontree Martins Corner	0655	0725	0755	0825	0855	0913	0931	0947	1002	1018	1033	1048	1103	1119	1135	1151	1207	1223
Chadwell Heath Station	0659	0729	0759	0829	0859	0918	0937	0953	1008	1024	1039	1054	1109	1125	1141	1157	1213	1229
Whalebone Lane North Warren Sch.	0704	0734	0804	0834	0905	0924	0943	0959	1015	1031	1046	1101	1117	1133	1149	1205	1221	1237
Rose Lane shops	0707	0737	0807	0837	0908	0927	0946	1002	1018	1034	1049	1105	1121	1137	1153	1209	1225	1241
Marks Gate Billet Road	0711	0741	0811	0841	0912	0931	0950	1006	1022	1038	1054	1110	1126	1142	1158	1214	1230	1246
Gascoigne Road Dovehouse Mead	1202	1217	1232	1248	1304	1320	1336	1352	1408	1424	1440	1456	1512	1528	1544	1600	1616	1632
Barking Station	1213	1228	1243	1259	1315	1331	1347	1403	1419	1435	1451	1507	1523	1539	1555	1611	1627	1643
Faircross Longbridge Road	1218	1233	1248	1304	1320	1336	1352	1408	1424	1440	1456	1512	1528	1544	1600	1616	1632	1648
Upney Station	1222	1237	1252	1308	1324	1340	1356	1412	1428	1444	1501	1517	1533	1549	1605	1621	1637	1653
Becontree Station	1233	1248	1304	1320	1336	1352	1408	1424	1440	1456	1512	1528	1544	1600	1616	1632	1648	1704
Becontree Martins Corner	1239	1254	1310	1326	1342	1358	1414	1430	1446	1502	1518	1534	1550	1606	1622	1638	1654	1709
Chadwell Heath Station	1245	1300	1316	1332	1348	1404	1420	1436	1452	1508	1524	1540	1556	1612	1628	1644	1700	1715
Whalebone Lane North Warren Sch.	1253	1309	1325	1341	1357	1413	1429	1445	1500	1516	1532	1548	1604	1620	1635	1651	1707	1722
Rose Lane shops	1257	1313	1329	1345	1401	1417	1433	1449	1504	1520	1536	1552	1608	1624	1639	1655	1711	1726
Marks Gate Billet Road	1302	1318	1334	1350	1406	1422	1438	1453	1508	1524	1540	1556	1612	1628	1644	1700	1716	1731
Gascoigne Road Dovehouse Mead	1647	1702	1718	1733	1749	1805	1821	1837	1853	1908	1924	1940	1955	2010	2025	2040	2055	2110
Barking Station	1658	1713	1729	1744	1800	1815	1831	1847	1903	1918	1934	1950	2005	2020	2035	2050	2104	2118
Faircross Longbridge Road	1703	1718	1734	1749	1805	1820	1836	1851	1907	1922	1938	1954	2009	2024	2039	2054	2108	2122
Upney Station	1708	1723	1739	1754	1810	1825	1840	1855	1911	1926	1942	1958	2013	2028	2042	2057	2111	2125
Becontree Station	1719	1734	1750	1805	1820	1835	1850	1905	1920	1935	1951	2007	2022	2037	2051	2105	2119	2133
Becontree Martins Corner	1724	1739	1755	1810	1825	1840	1855	1910	1925	1940	1956	2012	2027	2041	2055	2109	2123	2137
Chadwell Heath Station	1730	1745	1801	1816	1831	1846	1901	1916	1931	1946	2002	2018	2032	2046	2100	2114	2128	2142
Whalebone Lane North Warren Sch.	1737	1752	1808	1823	1837	1852	1907	1922	1937	1952	2008	2023	2037	2051	2105	2119	2133	2147
Rose Lane shops	1741	1756	1812	1827	1841	1856	1911	1926	1941	1956	2011	2026	2040	2054	2108	2122	2136	2150
Marks Gate Billet Road	1746	1801	1816	1831	1845	1900	1915	1930	1945	2000	2015	2030	2044	2058	2112	2126	2140	2154
Gascoigne Road Dovehouse Mead	2125			2240	2255	2310	2325	2340	2355	0010	0025							
Barking Station	2133			2248	2303	2318	2332	2347	0002	0017	0032							
Faircross Longbridge Road	2137			2252	2306	2321	2334	2350	0005	0020	0035							
Upney Station	2140	Then every 15 minutes until		2255	2309	2324	2338	2353	0008	0023	0038							
Becontree Station	2148		2303	2317	2332	2346	0000	0015	0030	0045								
Becontree Martins Corner	2152		2307	2321	2336	2350	0004	0019	0034	0049								
Chadwell Heath Station	2157		2312	2326	2340	2354	0008	0023	0038	0053								
Whalebone Lane North Warren Sch.	2202		2317	2331	2345	2359	0013	0028	0043	0058								
Rose Lane shops	2205		2320	2334	2348	0002	0016	0031	0046	0101								
Marks Gate Billet Road	2209		2324	2338	2352	0006	0020	0035	0050	0105								