

69		Mondays to Fridays																
Canning Town Bus Station	0002		0050	0122	0152	0222		0422	0445	0505	0525	0545	0557	0609	0619	0629	Then	1951
Plaistow Station	0011	Then	0059	0130	0200	0230	Then	0430	0454	0514	0534	0554	0606	0618	0628	0638	about	2000
Stratford Bus Station	0017	every	0105	0137	0207	0237	every	0437	0500	0520	0540	0600	0612	0624	0634	0645	every	2007
Leytonstone Thatched House	0022	12	0110	0142	0212	0241	30	0441	0505	0525	0545	0605	0617	0629	0639	0651	8	2015
Leyton Station	0026	mins.	0114	0146	0216	0245	mins.	0445	0509	0529	0549	0609	0621	0633	0644	0656	mins.	2020
Leyton Baker's Arms (High Rd. Leyton)	0032	until	0120	0152	0222	0251	until	0451	0515	0535	0555	0615	0628	0641	0653	0705	until	2030
Walthamstow Central Station	0036		0124	0156	0226	0255		0455	0518	0538	0558	0621	0634	0647	0659	0711		2036
Canning Town Bus Station	2000		2040	2052	2104	2117	2130	2143	2155	2208	2220	2233	2246	2259	2311	2324	2336	2349
Plaistow Station	2009	Then	2049	2101	2113	2126	2139	2152	2204	2217	2229	2242	2255	2308	2320	2333	2345	2358
Stratford Bus Station	2016	every	2056	2108	2120	2133	2146	2159	2211	2224	2236	2249	2302	2315	2327	2340	2352	0005
Leytonstone Thatched House	2024	10	2104	2116	2128	2140	2153	2206	2218	2231	2243	2256	2308	2321	2333	2346	2358	0010
Leyton Station	2029	mins.	2109	2121	2133	2145	2158	2211	2223	2236	2248	2301	2313	2325	2337	2350	0002	0014
Leyton Baker's Arms (High Rd. Leyton)	2039	until	2119	2131	2143	2155	2208	2220	2232	2245	2257	2309	2321	2333	2345	2357	0008	0020
Walthamstow Central Station	2045		2125	2137	2149	2201	2213	2225	2237	2250	2302	2314	2326	2338	2350	0001	0012	0024
69		Saturdays																
Canning Town Bus Station	0002	0014	0026	0038	0050	0122	0152	0222	0252	0322	0352	0422	0445	0505	0525	0545	0557	0609
Plaistow Station	0011	0023	0035	0047	0059	0131	0201	0230	0300	0330	0400	0430	0452	0512	0532	0552	0604	0617
Stratford Bus Station	0017	0029	0041	0053	0105	0139	0209	0238	0307	0337	0407	0437	0458	0518	0538	0558	0610	0623
Leytonstone Thatched House	0022	0034	0046	0058	0110	0145	0215	0244	0312	0342	0412	0442	0503	0523	0543	0603	0615	0628
Leyton Station	0026	0038	0050	0102	0114	0149	0219	0248	0316	0346	0416	0446	0507	0527	0547	0607	0619	0632
Leyton Baker's Arms (High Rd. Leyton)	0032	0044	0056	0108	0120	0157	0226	0255	0323	0353	0423	0453	0513	0533	0553	0614	0627	0640
Walthamstow Central Station	0036	0048	0100	0112	0124	0202	0231	0300	0328	0358	0428	0458	0516	0536	0557	0618	0632	0645
Canning Town Bus Station	0620	0632	0644	0655	0707	0718	0728	0738	Then about every 8 minutes until	1934	1944	1954	2004	Then every 12 minutes until	2104	2117		
Plaistow Station	0629	0641	0653	0704	0716	0727	0737	0747		1943	1953	2003	2013		2113	2126		
Stratford Bus Station	0635	0647	0659	0711	0723	0734	0744	0754	1950	2000	2010	2020	2120	2133				
Leytonstone Thatched House	0640	0652	0705	0717	0729	0740	0750	0800	1958	2008	2018	2028	2128	2140				
Leyton Station	0644	0656	0709	0721	0733	0744	0754	0804	2003	2013	2023	2033	2133	2145				
Leyton Baker's Arms (High Rd. Leyton)	0653	0706	0719	0731	0743	0754	0804	0814	2013	2023	2033	2043	2143	2155				
Walthamstow Central Station	0658	0711	0724	0736	0748	0759	0809	0819	2019	2029	2039	2049	2149	2201				
Canning Town Bus Station	2130	2143	2155	2208	2220	2233	2246	2259	2311	2324	2336	2349						
Plaistow Station	2139	2152	2204	2217	2229	2242	2255	2308	2320	2333	2345	2358						
Stratford Bus Station	2146	2159	2211	2224	2236	2249	2302	2315	2327	2340	2352	0005						
Leytonstone Thatched House	2153	2206	2218	2231	2243	2256	2309	2321	2333	2346	2358	0010						
Leyton Station	2158	2211	2223	2236	2248	2301	2313	2325	2337	2350	0002	0014						
Leyton Baker's Arms (High Rd. Leyton)	2208	2220	2232	2245	2257	2309	2321	2333	2345	2357	0008	0020						
Walthamstow Central Station	2213	2225	2237	2250	2302	2314	2326	2338	2350	0001	0012	0024						
69		Sundays																
Canning Town Bus Station	0002	0014	0026	0038	0050	0122	0152	0222	0252	0322	0352	0422	0445	0515	0545	0603	0623	0643
Plaistow Station	0011	0023	0035	0047	0059	0131	0201	0230	0300	0330	0400	0430	0452	0522	0552	0612	0632	0652
Stratford Bus Station	0017	0029	0041	0053	0105	0139	0209	0238	0307	0337	0407	0437	0458	0528	0558	0618	0638	0658
Leytonstone Thatched House	0022	0034	0046	0058	0110	0145	0215	0244	0312	0342	0412	0442	0503	0533	0603	0623	0643	0703
Leyton Station	0026	0038	0050	0102	0114	0149	0219	0248	0316	0346	0416	0446	0507	0537	0607	0627	0647	0707
Leyton Baker's Arms (High Rd. Leyton)	0032	0044	0056	0108	0120	0157	0226	0255	0323	0353	0423	0453	0513	0543	0613	0633	0653	0713
Walthamstow Central Station	0036	0048	0100	0112	0124	0202	0231	0300	0328	0358	0428	0457	0516	0546	0616	0636	0656	0716
Canning Town Bus Station	0658	0713	0728	0743	0758	0813	0825	0837	0849	0901	0912	0923	0933	0944	0955	1006	1017	1027
Plaistow Station	0707	0722	0737	0752	0807	0822	0834	0846	0858	0910	0921	0932	0942	0953	1004	1015	1026	1036
Stratford Bus Station	0713	0728	0743	0758	0813	0828	0840	0852	0904	0916	0927	0938	0948	0959	1010	1021	1033	1044
Leytonstone Thatched House	0718	0733	0748	0803	0818	0833	0845	0857	0909	0921	0932	0944	0954	1005	1017	1028	1040	1052
Leyton Station	0722	0737	0752	0807	0822	0837	0849	0901	0913	0925	0937	0949	0959	1010	1022	1033	1045	1057
Leyton Baker's Arms (High Rd. Leyton)	0729	0744	0759	0815	0831	0846	0858	0910	0922	0934	0946	0958	1008	1020	1032	1043	1055	1107
Walthamstow Central Station	0733	0748	0803	0820	0836	0851	0903	0916	0928	0940	0952	1004	1015	1027	1039	1050	1102	1114
Canning Town Bus Station	1038	Then every 12 minutes until	1826	1839	1852	1904	1916	Then every 12 minutes until	2104	2117	2130	2143	2155	2208	2220	2233		
Plaistow Station	1047		1835	1848	1901	1913	1925		2113	2126	2139	2152	2204	2217	2229	2242		
Stratford Bus Station	1055	1843	1856	1908	1920	1932	2120	2133	2146	2159	2211	2224	2236	2249				
Leytonstone Thatched House	1103	1851	1904	1916	1928	1940	2128	2140	2153	2206	2218	2231	2243	2256				
Leyton Station	1108	1856	1909	1921	1933	1945	2133	2145	2158	2211	2223	2236	2248	2301				
Leyton Baker's Arms (High Rd. Leyton)	1119	1907	1919	1931	1943	1955	2143	2155	2208	2220	2232	2245	2257	2309				
Walthamstow Central Station	1126	1914	1926	1938	1950	2001	2149	2201	2213	2225	2237	2250	2302	2314				
Canning Town Bus Station	2246	2259	2311	2324	2336	2349												
Plaistow Station	2255	2308	2320	2333	2345	2358												
Stratford Bus Station	2302	2315	2327	2340	2352	0005												
Leytonstone Thatched House	2309	2321	2333	2346	2358	0010												
Leyton Station	2313	2325	2337	2350	0002	0014												
Leyton Baker's Arms (High Rd. Leyton)	2321	2333	2345	2357	0008	0020												
Walthamstow Central Station	2326	2338	2350	0001	0012	0024												