

69	Mondays to Fridays																	
	Mondays								Tuesdays to Fridays									
Walthamstow Central Station	0002	0014	0026	0038	0050	0110	Then every 30 minutes until	0340	0002	0014	0026	0038	0050	0110	Then every 30 minutes until	0340		
Leyton Baker's Arms (High Rd. Leyton)	0008	0020	0032	0044	0055	0114		0344	0008	0020	0032	0043	0055	0114		0344		
Leyton Station	0016	0028	0040	0052	0102	0120		0350	0016	0028	0040	0050	0101	0120		0350		
Leytonstone Thatched House	0019	0031	0043	0055	0105	0123		0353	0020	0032	0044	0054	0104	0123		0353		
Stratford Broadway Tramway Avenue	0025	0037	0049	0100	0110	0128		0358	0026	0038	0049	0059	0109	0128		0358		
Plaistow Station	0030	0042	0054	0104	0114	0132	0402	0031	0043	0054	0104	0114	0133	0403				
Canning Town Bus Station	0038	0050	0101	0111	0121	0139	0409	0039	0051	0102	0112	0122	0140	0410				
Walthamstow Central Station	0405	0425	0445	0500	0514	0526	0538	0550	0600	0610	0619	0626	0634	0641	0648	0655	0702	0709
Leyton Baker's Arms (High Rd. Leyton)	0410	0430	0450	0505	0519	0531	0543	0555	0606	0616	0625	0632	0640	0647	0654	0701	0709	0717
Leyton Station	0417	0437	0457	0512	0526	0538	0550	0603	0615	0625	0634	0641	0649	0656	0703	0711	0719	0727
Leytonstone Thatched House	0420	0440	0500	0515	0529	0541	0553	0606	0618	0628	0637	0644	0652	0659	0707	0715	0723	0731
Stratford Broadway Tramway Avenue	0426	0446	0506	0521	0535	0547	0559	0613	0625	0635	0644	0651	0659	0706	0715	0723	0731	0739
Plaistow Station	0430	0450	0510	0525	0539	0551	0603	0618	0630	0640	0649	0656	0704	0712	0721	0729	0737	0745
Canning Town Bus Station	0438	0458	0518	0533	0547	0559	0612	0627	0639	0649	0658	0705	0715	0723	0732	0740	0748	0756
Walthamstow Central Station	0717	0725	0733	0740	0746	0753	0801	0809	0817	0825	0833	0842	0851	0900	Then every 9 minutes until	1030	1039	
Leyton Baker's Arms (High Rd. Leyton)	0725	0733	0741	0748	0754	0801	0809	0817	0825	0833	0841	0850	0859	0908		1038	1047	
Leyton Station	0735	0743	0751	0758	0805	0813	0821	0829	0837	0845	0853	0902	0911	0919		1049	1058	
Leytonstone Thatched House	0739	0747	0755	0802	0810	0818	0826	0834	0842	0850	0858	0906	0915	0923		1053	1102	
Stratford Broadway Tramway Avenue	0747	0755	0803	0811	0819	0827	0835	0843	0851	0859	0907	0914	0923	0931		1101	1111	
Plaistow Station	0753	0801	0810	0818	0826	0834	0842	0850	0858	0906	0913	0920	0929	0937	1107	1117		
Canning Town Bus Station	0804	0813	0822	0830	0838	0846	0854	0902	0910	0917	0924	0931	0940	0948	1118	1128		
Walthamstow Central Station	1048	1057	1106	1115	1124	Then every 9 minutes until	1321	1330	1339	1348	1357	1406	1415	1424	1432	1440	1448	
Leyton Baker's Arms (High Rd. Leyton)	1056	1105	1115	1124	1133		1330	1339	1348	1357	1406	1416	1425	1434	1442	1450	1458	
Leyton Station	1107	1116	1126	1135	1144		1341	1350	1359	1409	1419	1429	1438	1447	1455	1503	1511	
Leytonstone Thatched House	1111	1120	1130	1139	1148		1345	1354	1403	1414	1424	1434	1443	1452	1500	1508	1516	
Stratford Broadway Tramway Avenue	1120	1129	1139	1148	1157		1354	1403	1412	1423	1433	1443	1452	1501	1510	1518	1526	
Plaistow Station	1126	1135	1145	1154	1203	1400	1410	1419	1430	1440	1450	1459	1509	1518	1526	1534		
Canning Town Bus Station	1137	1146	1156	1205	1215	1412	1422	1431	1442	1452	1502	1511	1523	1532	1540	1548		
Walthamstow Central Station	1455	1502	1510	1518	1526	1534	1542	1550	Then every 8 minutes until	1646	1654	1702	1710	1718	1726	1734	1742	
Leyton Baker's Arms (High Rd. Leyton)	1505	1513	1521	1529	1537	1545	1553	1601		1657	1705	1713	1721	1729	1737	1745	1753	
Leyton Station	1519	1527	1535	1543	1551	1559	1607	1614		1710	1717	1725	1733	1741	1749	1757	1805	
Leytonstone Thatched House	1524	1532	1540	1548	1556	1604	1612	1619		1715	1722	1730	1738	1746	1754	1802	1810	
Stratford Broadway Tramway Avenue	1534	1542	1550	1558	1606	1614	1622	1629		1725	1732	1740	1748	1756	1804	1811	1819	
Plaistow Station	1542	1550	1558	1606	1614	1622	1630	1637	1733	1740	1748	1756	1804	1811	1818	1826		
Canning Town Bus Station	1556	1604	1612	1619	1627	1635	1643	1650	1746	1753	1801	1809	1816	1823	1830	1838		
Walthamstow Central Station	1750	1758	1806	1814	1822	1830	1838	1846	1854	1902	1910	1918	1927	1936	1946	1956	2006	2016
Leyton Baker's Arms (High Rd. Leyton)	1801	1809	1816	1824	1832	1840	1848	1856	1904	1911	1919	1927	1936	1945	1955	2005	2014	2024
Leyton Station	1813	1821	1828	1836	1844	1852	1900	1908	1916	1923	1931	1939	1948	1957	2006	2015	2024	2034
Leytonstone Thatched House	1818	1826	1833	1841	1849	1857	1905	1913	1921	1928	1936	1944	1953	2002	2010	2019	2028	2038
Stratford Broadway Tramway Avenue	1827	1835	1842	1850	1858	1906	1914	1922	1930	1937	1945	1953	2002	2009	2017	2026	2035	2045
Plaistow Station	1834	1842	1849	1857	1905	1912	1920	1928	1936	1943	1951	1959	2008	2015	2023	2032	2041	2051
Canning Town Bus Station	1846	1854	1901	1909	1916	1923	1931	1939	1947	1954	2002	2010	2018	2025	2033	2042	2051	2101
Walthamstow Central Station	2028	2041	2054	2106	2119	2131	2143	2155	2207	2219	2231	2244	2257	2310	2323	2336	2349	
Leyton Baker's Arms (High Rd. Leyton)	2036	2049	2102	2113	2126	2138	2150	2202	2213	2225	2237	2250	2303	2316	2329	2342	2355	
Leyton Station	2046	2059	2112	2123	2136	2148	2200	2211	2222	2234	2246	2259	2311	2324	2337	2350	0003	
Leytonstone Thatched House	2050	2103	2116	2127	2140	2152	2204	2215	2226	2238	2250	2303	2315	2328	2341	2354	0007	
Stratford Broadway Tramway Avenue	2057	2110	2123	2134	2147	2159	2211	2222	2233	2245	2257	2309	2321	2334	2347	0000	0013	
Plaistow Station	2103	2115	2128	2139	2152	2204	2216	2227	2238	2250	2302	2314	2326	2339	2352	0005	0018	
Canning Town Bus Station	2113	2125	2138	2149	2202	2213	2225	2236	2247	2259	2310	2322	2334	2347	0000	0013	0026	

69 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																		
Walthamstow Central Station	0002	0014	0026	0038	0050	0110	0140	0210	0240	0310	0340	0407	0437	0507	0537	0603	0623	0643
Leyton Baker's Arms (High Rd. Leyton)	0008	0020	0032	0044	0056	0115	0145	0215	0245	0314	0344	0412	0442	0512	0542	0608	0628	0648
Leyton Station	0016	0028	0040	0052	0103	0121	0151	0221	0251	0320	0350	0418	0448	0518	0548	0614	0634	0654
Leytonstone Thatched House	0020	0032	0044	0055	0106	0124	0154	0224	0254	0323	0353	0421	0451	0521	0551	0617	0637	0657
Stratford Broadway Tramway Avenue	0027	0039	0051	0102	0112	0130	0200	0230	0300	0329	0359	0427	0457	0527	0557	0623	0643	0703
Plaistow Station	0032	0044	0056	0107	0117	0135	0205	0235	0305	0334	0404	0431	0501	0531	0601	0627	0647	0707
Canning Town Bus Station	0041	0053	0105	0115	0125	0143	0213	0243	0313	0342	0412	0439	0509	0539	0609	0635	0655	0715
Walthamstow Central Station	0703	0723	0743	0757	0812	0827	0842	0855	0908	0920	0930	0941	0953	1003	1015	1027	1039	1047
Leyton Baker's Arms (High Rd. Leyton)	0708	0728	0748	0802	0817	0832	0847	0900	0914	0926	0936	0947	0959	1010	1022	1034	1046	1055
Leyton Station	0715	0735	0755	0810	0825	0840	0855	0909	0923	0935	0945	0956	1008	1020	1032	1044	1056	1106
Leytonstone Thatched House	0718	0738	0758	0813	0828	0843	0858	0913	0927	0939	0949	1000	1012	1024	1036	1048	1100	1111
Stratford Broadway Tramway Avenue	0724	0744	0804	0819	0834	0849	0904	0920	0934	0946	0956	1008	1020	1032	1044	1056	1108	1120
Plaistow Station	0728	0748	0809	0824	0839	0854	0909	0925	0939	0951	1001	1013	1025	1037	1049	1101	1114	1126
Canning Town Bus Station	0736	0756	0817	0832	0847	0902	0918	0934	0948	1000	1011	1023	1035	1047	1059	1112	1125	1137
Walthamstow Central Station	1057	1108	1120	1132	1144	1156	1208	1220	1232	1244	1256			1356	1408	1420	1432	1444
Leyton Baker's Arms (High Rd. Leyton)	1106	1118	1130	1142	1154	1206	1219	1231	1243	1255	1306			1406	1419	1431	1443	1455
Leyton Station	1118	1130	1142	1154	1206	1219	1232	1244	1256	1308	1320			1420	1433	1445	1457	1509
Leytonstone Thatched House	1123	1135	1147	1159	1211	1224	1237	1249	1301	1313	1325			1425	1438	1450	1502	1514
Stratford Broadway Tramway Avenue	1132	1144	1156	1208	1220	1233	1246	1258	1311	1323	1335			1435	1447	1459	1511	1523
Plaistow Station	1138	1150	1202	1214	1226	1239	1252	1304	1317	1329	1341			1441	1453	1505	1517	1529
Canning Town Bus Station	1149	1201	1214	1226	1238	1251	1304	1316	1329	1341	1353			1453	1505	1516	1528	1540
Walthamstow Central Station	1456	1508	1520	1532	1544	1556	1608	1620	1632	1644	1656	1708	1720	1732	1744	1756	1808	1820
Leyton Baker's Arms (High Rd. Leyton)	1507	1519	1530	1542	1554	1606	1617	1629	1641	1653	1705	1717	1729	1741	1753	1805	1816	1828
Leyton Station	1520	1532	1543	1555	1607	1619	1630	1642	1654	1706	1717	1729	1741	1753	1804	1816	1827	1839
Leytonstone Thatched House	1525	1537	1548	1600	1612	1624	1635	1647	1659	1711	1722	1734	1746	1758	1809	1821	1832	1844
Stratford Broadway Tramway Avenue	1534	1546	1557	1609	1621	1633	1644	1656	1708	1719	1730	1742	1754	1806	1817	1829	1840	1852
Plaistow Station	1540	1552	1603	1615	1627	1639	1650	1702	1714	1725	1736	1748	1800	1812	1823	1835	1846	1858
Canning Town Bus Station	1551	1603	1615	1627	1639	1651	1702	1713	1725	1736	1747	1759	1811	1823	1834	1846	1857	1909
Walthamstow Central Station	1832	1844	1856	1908	1920	1932	1944	1956	2008	2020	2032	2044	2056	2108	2120	2132	2145	2157
Leyton Baker's Arms (High Rd. Leyton)	1840	1852	1904	1916	1928	1940	1952	2004	2015	2027	2039	2051	2103	2115	2127	2139	2152	2204
Leyton Station	1851	1903	1915	1927	1939	1951	2003	2014	2025	2037	2049	2101	2114	2126	2138	2150	2203	2213
Leytonstone Thatched House	1856	1907	1919	1931	1943	1955	2007	2018	2029	2041	2053	2105	2118	2130	2142	2154	2207	2217
Stratford Broadway Tramway Avenue	1904	1915	1927	1939	1951	2003	2014	2025	2036	2048	2100	2112	2125	2137	2149	2201	2213	2223
Plaistow Station	1910	1921	1933	1945	1957	2008	2019	2030	2041	2053	2105	2117	2130	2142	2154	2206	2218	2228
Canning Town Bus Station	1921	1932	1944	1956	2008	2018	2029	2040	2051	2103	2115	2127	2140	2152	2204	2215	2227	2237
Walthamstow Central Station	2210	2222	2235	2247	2300	2312	2325	2337	2350									
Leyton Baker's Arms (High Rd. Leyton)	2216	2228	2241	2253	2306	2318	2331	2343	2356									
Leyton Station	2225	2237	2250	2302	2314	2326	2339	2351	0004									
Leytonstone Thatched House	2229	2241	2254	2305	2317	2329	2342	2354	0007									
Stratford Broadway Tramway Avenue	2235	2247	2300	2311	2323	2335	2348	0000	0013									
Plaistow Station	2240	2252	2305	2316	2328	2340	2353	0005	0018									
Canning Town Bus Station	2249	2301	2313	2324	2336	2348	0001	0013	0026									

69		Mondays to Fridays												Tuesdays to Fridays											
		Mondays												Tuesdays to Fridays											
Canning Town Bus Station		0002	0014	0026	0038	0050	0122	0152	0222	0252	0322	0352	0422	0002	0014	0026	0038	0050	0122						
Plaistow Station		0011	0023	0035	0047	0059	0130	0200	0230	0300	0330	0400	0430	0011	0023	0035	0047	0059	0130						
Stratford Bus Station		0018	0030	0042	0054	0106	0137	0207	0236	0306	0336	0406	0436	0018	0030	0042	0054	0106	0137						
Leytonstone Thatched House		0024	0036	0048	0100	0111	0142	0212	0241	0311	0341	0411	0441	0024	0036	0048	0100	0111	0142						
Leyton Station		0029	0041	0053	0104	0115	0146	0216	0245	0315	0345	0415	0445	0029	0041	0053	0104	0115	0146						
Leyton Baker's Arms (High Rd. Leyton)		0037	0049	0101	0110	0121	0152	0222	0251	0321	0351	0421	0451	0037	0049	0100	0110	0121	0152						
Walthamstow Central Station		0043	0055	0105	0114	0125	0156	0226	0255	0325	0355	0425	0455	0043	0054	0104	0114	0125	0156						
		Tuesdays to Fridays (cont.)																							
Canning Town Bus Station		0152	0222	0252	0322	0352	0422	0445	0505	0525	0545	0557	0609	0619	0629	0638	0645	0651	0659						
Plaistow Station		0200	0230	0300	0330	0400	0430	0454	0514	0534	0554	0606	0619	0629	0639	0648	0655	0701	0709						
Stratford Bus Station		0207	0237	0307	0337	0407	0437	0501	0521	0541	0601	0614	0627	0637	0647	0656	0703	0711	0719						
Leytonstone Thatched House		0212	0241	0311	0341	0411	0441	0506	0526	0546	0606	0619	0632	0642	0652	0701	0710	0718	0726						
Leyton Station		0216	0245	0315	0345	0415	0445	0510	0530	0550	0610	0623	0636	0646	0656	0706	0715	0723	0731						
Leyton Baker's Arms (High Rd. Leyton)		0222	0251	0321	0351	0421	0451	0517	0537	0557	0618	0631	0644	0654	0704	0715	0724	0732	0740						
Walthamstow Central Station		0226	0255	0325	0355	0425	0455	0522	0542	0602	0625	0638	0651	0701	0713	0724	0733	0741	0749						
Canning Town Bus Station		0706	0714	0722	0730	0737	0744	0750	0758	0805	0813	0821	0830	0838	0846	0855	0904	0913	0923						
Plaistow Station		0717	0725	0733	0741	0748	0755	0801	0809	0817	0825	0833	0842	0850	0858	0907	0915	0924	0934						
Stratford Bus Station		0727	0735	0743	0751	0758	0805	0813	0821	0829	0837	0845	0854	0902	0910	0918	0925	0934	0944						
Leytonstone Thatched House		0734	0742	0750	0758	0805	0813	0821	0829	0837	0845	0853	0902	0909	0917	0925	0932	0941	0951						
Leyton Station		0739	0747	0755	0803	0811	0819	0827	0835	0843	0851	0859	0908	0915	0923	0931	0938	0947	0957						
Leyton Baker's Arms (High Rd. Leyton)		0748	0756	0804	0814	0822	0830	0838	0846	0854	0902	0910	0918	0925	0933	0941	0948	0957	1007						
Walthamstow Central Station		0757	0805	0815	0825	0833	0841	0849	0857	0905	0914	0922	0930	0937	0945	0953	1000	1009	1018						
Canning Town Bus Station		0932	0942	0951	1000	1009	1018	1027	1035	1043	1052	1101	1110	1119	1128	1137	1146	1155	1204						
Plaistow Station		0943	0953	1002	1011	1020	1029	1038	1046	1054	1103	1112	1121	1130	1139	1148	1157	1206	1216						
Stratford Bus Station		0953	1003	1012	1021	1030	1039	1048	1056	1104	1113	1122	1131	1140	1149	1158	1207	1216	1226						
Leytonstone Thatched House		1000	1010	1019	1028	1037	1046	1055	1103	1112	1121	1130	1139	1148	1157	1206	1215	1224	1234						
Leyton Station		1005	1015	1024	1033	1042	1051	1100	1108	1117	1126	1135	1144	1153	1202	1212	1221	1230	1240						
Leyton Baker's Arms (High Rd. Leyton)		1015	1025	1034	1043	1052	1101	1111	1119	1128	1137	1146	1155	1204	1213	1223	1232	1241	1251						
Walthamstow Central Station		1026	1036	1045	1054	1103	1112	1122	1130	1139	1148	1157	1206	1216	1225	1235	1244	1253	1303						
Canning Town Bus Station		1213	Then every 9 minutes until	1258	1307	1316	1325	1334	1343	1352	1401	1410	1419	1428	1435	1442	1448	1456							
Plaistow Station		1225		1310	1318	1327	1336	1345	1354	1403	1413	1422	1431	1440	1447	1454	1500	1508							
Stratford Bus Station		1235		1320	1328	1337	1346	1355	1404	1413	1423	1432	1441	1450	1457	1504	1512	1520							
Leytonstone Thatched House		1243		1328	1336	1345	1354	1403	1412	1421	1431	1440	1449	1458	1505	1513	1521	1529							
Leyton Station		1249		1334	1342	1351	1400	1409	1418	1427	1437	1446	1455	1504	1512	1520	1528	1536							
Leyton Baker's Arms (High Rd. Leyton)		1300		1345	1353	1402	1411	1420	1429	1438	1448	1457	1506	1516	1524	1532	1540	1548							
Walthamstow Central Station		1312	1357	1405	1412	1421	1430	1439	1448	1458	1507	1516	1526	1534	1542	1550	1558								
Canning Town Bus Station		1502	1509	Then every 8 minutes until	1557	1605	1613	1621	1629	1637	1645	1652	1700	1709	1717	1725	1734	1742							
Plaistow Station		1516	1523		1611	1618	1626	1634	1642	1650	1658	1705	1713	1722	1730	1738	1747	1755							
Stratford Bus Station		1528	1535		1623	1630	1638	1646	1654	1702	1710	1718	1726	1735	1743	1751	1800	1808							
Leytonstone Thatched House		1537	1544		1632	1639	1647	1655	1703	1712	1720	1728	1736	1745	1753	1801	1809	1817							
Leyton Station		1544	1551		1639	1647	1655	1703	1711	1720	1728	1736	1744	1753	1801	1809	1817	1825							
Leyton Baker's Arms (High Rd. Leyton)		1556	1603		1651	1659	1707	1715	1723	1732	1740	1748	1756	1805	1813	1821	1829	1837							
Walthamstow Central Station		1606	1614	1702	1710	1718	1726	1734	1742	1750	1758	1806	1814	1822	1830	1838	1846								
Canning Town Bus Station		1750	1758	1807	1816	1825	1834	1842	1851	1900	1909	1917	1925	1934	1942	1951	2000	2010	2020						
Plaistow Station		1803	1811	1819	1828	1837	1846	1854	1903	1911	1920	1928	1936	1945	1953	2002	2010	2020	2030						
Stratford Bus Station		1816	1824	1832	1841	1850	1859	1907	1914	1922	1931	1939	1947	1956	2004	2011	2019	2029	2039						
Leytonstone Thatched House		1825	1833	1841	1850	1859	1908	1915	1922	1930	1939	1947	1955	2004	2011	2018	2026	2036	2046						
Leyton Station		1833	1841	1849	1858	1907	1914	1921	1928	1936	1945	1953	2001	2010	2017	2024	2032	2042	2052						
Leyton Baker's Arms (High Rd. Leyton)		1845	1853	1901	1910	1918	1925	1932	1939	1947	1956	2004	2011	2020	2027	2034	2042	2052	2102						
Walthamstow Central Station		1854	1902	1909	1918	1926	1933	1940	1947	1955	2004	2011	2018	2027	2034	2041	2049	2059	2109						
Canning Town Bus Station		2030	2040	2052	2104	2117	2130	2143	2155	2208	2220	2233	2246	2259	2311	2324	2336	2349							
Plaistow Station		2040	2050	2102	2114	2127	2140	2153	2205	2217	2229	2242	2255	2308	2320	2333	2345	2358							
Stratford Bus Station		2049	2059	2110	2122	2135	2148	2201	2213	2225	2237	2250	2303	2315	2327	2340	2352	0005							
Leytonstone Thatched House		2056	2106	2117	2129	2142	2155	2207	2219	2231	2243	2256	2309	2321	2333	2346	2358	0011							
Leyton Station		2102	2113	2124	2136	2149	2202	2212	2224	2236	2248	2301	2314	2326	2338	2351	0003	0016							
Leyton Baker's Arms (High Rd. Leyton)		2112	2123	2134	2146	2159	2211	2221	2233	2245	2257	2309	2322	2334	2346	2359	0011	0024							
Walthamstow Central Station		2119	2130	2141	2153	2206	2217	2227	2239	2251	2303	2315	2328	2340	2352	0005	0017	0030							

69	Saturdays (also Good Friday)																	
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	0453	0513	0533	0553	0605	0619
Stratford Bus Station	0018	0030	0042	0054	0107	0139	0209	0238	0307	0337	0407	0437	0459	0519	0539	0559	0612	0626
Leytonstone Thatched House	0024	0036	0048	0100	0113	0145	0215	0244	0312	0342	0412	0442	0504	0524	0544	0604	0617	0631
Leyton Station	0029	0041	0053	0105	0118	0149	0219	0248	0316	0346	0416	0446	0507	0527	0547	0608	0621	0635
Leyton Baker's Arms (High Rd. Leyton)	0037	0049	0100	0112	0125	0157	0226	0255	0323	0353	0423	0453	0514	0534	0554	0615	0628	0642
Walthamstow Central Station	0043	0054	0104	0116	0129	0202	0231	0300	0328	0358	0428	0458	0519	0539	0559	0621	0634	0648
Canning Town Bus Station	0620	0632	0644	0655	0707	0718	0728	0737	0746	0755	0804	0813	0822	0831	0840	0848	0856	0905
Plaistow Station	0630	0642	0654	0705	0717	0728	0738	0747	0756	0805	0815	0824	0833	0842	0851	0859	0907	0916
Stratford Bus Station	0637	0649	0701	0712	0724	0735	0745	0754	0803	0813	0823	0832	0841	0850	0859	0907	0916	0925
Leytonstone Thatched House	0642	0654	0707	0718	0730	0741	0751	0800	0809	0819	0829	0838	0847	0856	0905	0914	0923	0932
Leyton Station	0646	0658	0712	0723	0735	0746	0756	0805	0814	0824	0834	0843	0852	0901	0910	0919	0928	0937
Leyton Baker's Arms (High Rd. Leyton)	0653	0705	0720	0731	0743	0754	0804	0813	0822	0832	0842	0851	0900	0910	0919	0928	0937	0946
Walthamstow Central Station	0659	0711	0726	0737	0749	0800	0810	0819	0828	0838	0848	0857	0907	0917	0926	0935	0944	0955
Canning Town Bus Station	0914	0923	0932	0941	0949	0958	1006	1015	1024	1032	1041	1050	1059	1108	1117	1126	1135	1144
Plaistow Station	0925	0934	0943	0952	1000	1009	1018	1027	1036	1044	1053	1102	1111	1120	1129	1138	1147	1156
Stratford Bus Station	0934	0943	0952	1001	1010	1019	1028	1037	1046	1054	1103	1112	1121	1130	1139	1148	1157	1206
Leytonstone Thatched House	0941	0950	0959	1008	1017	1026	1035	1044	1053	1101	1111	1120	1129	1138	1147	1156	1205	1214
Leyton Station	0946	0955	1004	1013	1022	1031	1040	1049	1058	1107	1117	1126	1135	1144	1153	1202	1212	1221
Leyton Baker's Arms (High Rd. Leyton)	0955	1004	1014	1023	1032	1041	1050	1059	1108	1118	1128	1137	1146	1155	1204	1214	1224	1233
Walthamstow Central Station	1006	1017	1027	1036	1045	1054	1104	1114	1124	1134	1144	1153	1202	1212	1222	1232	1242	1251
Canning Town Bus Station	1153	1202	1211	1220	1229	1238	1247	1256	1305	1314	1323	1332	1341	1350	1359	1408	1417	1426
Plaistow Station	1205	1214	1223	1232	1241	1250	1259	1308	1318	1327	1336	1345	1354	1403	1411	1420	1429	1438
Stratford Bus Station	1216	1225	1234	1243	1252	1301	1310	1320	1330	1339	1348	1357	1406	1415	1423	1432	1441	1450
Leytonstone Thatched House	1224	1233	1242	1251	1300	1310	1319	1329	1339	1348	1357	1406	1416	1425	1433	1442	1451	1500
Leyton Station	1231	1240	1249	1258	1308	1318	1327	1337	1347	1356	1405	1414	1423	1432	1440	1449	1458	1507
Leyton Baker's Arms (High Rd. Leyton)	1243	1252	1301	1310	1320	1330	1339	1349	1359	1408	1417	1426	1435	1444	1452	1501	1510	1519
Walthamstow Central Station	1301	1311	1321	1330	1340	1350	1359	1409	1418	1427	1436	1445	1454	1503	1511	1519	1528	1537
Canning Town Bus Station	1435	1444	1453	1502	1511	1520	1529	1538	1547	1556	1605	1614	Then every 9 minutes until	1708	1717	1726	1735	
Plaistow Station	1447	1456	1505	1514	1523	1532	1541	1550	1559	1608	1617	1626		1720	1729	1738	1747	
Stratford Bus Station	1459	1508	1518	1527	1536	1545	1554	1603	1612	1620	1629	1638		1732	1741	1750	1759	
Leytonstone Thatched House	1509	1518	1528	1537	1546	1555	1604	1612	1621	1629	1638	1647		1741	1750	1759	1808	
Leyton Station	1516	1525	1535	1544	1553	1602	1611	1619	1628	1636	1645	1654		1748	1757	1806	1814	
Leyton Baker's Arms (High Rd. Leyton)	1528	1537	1546	1555	1604	1613	1622	1630	1639	1647	1656	1705		1759	1808	1817	1825	
Walthamstow Central Station	1546	1555	1604	1613	1621	1629	1638	1646	1655	1703	1712	1720	1814	1822	1831	1839		
Canning Town Bus Station	1744	1753	1802	1811	1820	1829	1838	1847	1857	1907	1916	1925	1934	1944	1954	2004	2015	2027
Plaistow Station	1756	1805	1813	1822	1831	1840	1849	1858	1908	1917	1926	1935	1944	1954	2004	2014	2025	2037
Stratford Bus Station	1808	1816	1824	1833	1842	1851	1900	1909	1919	1928	1937	1946	1955	2005	2013	2023	2034	2046
Leytonstone Thatched House	1817	1825	1833	1842	1851	1900	1908	1917	1927	1936	1945	1954	2003	2013	2021	2031	2042	2054
Leyton Station	1823	1831	1839	1848	1857	1906	1914	1923	1933	1942	1951	2000	2009	2019	2027	2037	2048	2100
Leyton Baker's Arms (High Rd. Leyton)	1834	1842	1850	1859	1908	1917	1925	1934	1944	1953	2002	2010	2019	2029	2037	2047	2058	2110
Walthamstow Central Station	1848	1856	1904	1913	1919	1928	1936	1945	1955	2004	2010	2018	2027	2037	2045	2055	2106	2117
Canning Town Bus Station	2039	2051	2103	2115	2127	2139	2151	2203	2215	2227	2239	2251	2302	2314	2326	2338	2350	
Plaistow Station	2049	2101	2113	2125	2137	2149	2201	2213	2225	2237	2249	2301	2311	2323	2335	2347	2359	
Stratford Bus Station	2058	2110	2122	2134	2146	2158	2210	2222	2234	2246	2258	2310	2320	2332	2344	2356	0008	
Leytonstone Thatched House	2106	2117	2129	2141	2153	2205	2217	2229	2241	2253	2305	2317	2327	2339	2351	0003	0015	
Leyton Station	2112	2123	2135	2147	2159	2210	2222	2234	2246	2258	2310	2322	2332	2344	2356	0008	0020	
Leyton Baker's Arms (High Rd. Leyton)	2122	2133	2145	2157	2209	2220	2232	2244	2256	2308	2319	2331	2341	2353	0005	0017	0029	
Walthamstow Central Station	2129	2140	2152	2204	2216	2227	2239	2251	2303	2315	2326	2338	2348	0000	0012	0024	0036	

69	Sundays and other Public Holidays (except Christmas Day and Boxing Day)																	
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	0453	0523	0553	0611	0631	0651
Stratford Bus Station	0020	0032	0044	0056	0108	0139	0209	0238	0307	0337	0407	0437	0500	0530	0600	0618	0638	0658
Leytonstone Thatched House	0027	0039	0051	0103	0114	0145	0215	0244	0312	0342	0412	0442	0505	0535	0605	0623	0643	0703
Leyton Station	0032	0044	0056	0107	0118	0149	0219	0248	0316	0346	0416	0446	0509	0539	0609	0627	0647	0707
Leyton Baker's Arms (High Rd. Leyton)	0041	0053	0105	0115	0126	0157	0226	0255	0323	0353	0423	0453	0515	0545	0617	0635	0655	0715
Walthamstow Central Station	0048	0100	0110	0120	0131	0202	0231	0300	0328	0358	0428	0457	0520	0550	0623	0641	0701	0721
Canning Town Bus Station	0658	0713	0728	0743	0758	0813	0825	0837	0849	0901	0913	0925	0937	0948	1000	1012	1024	1035
Plaistow Station	0706	0721	0736	0751	0806	0823	0835	0847	0859	0912	0924	0936	0948	0959	1011	1023	1035	1046
Stratford Bus Station	0713	0728	0743	0758	0813	0830	0842	0854	0906	0921	0933	0945	0957	1008	1020	1032	1044	1055
Leytonstone Thatched House	0718	0733	0748	0803	0818	0835	0847	0859	0912	0927	0939	0951	1003	1015	1027	1039	1051	1102
Leyton Station	0722	0737	0752	0808	0823	0840	0852	0904	0917	0932	0944	0956	1008	1020	1032	1044	1056	1108
Leyton Baker's Arms (High Rd. Leyton)	0730	0745	0800	0816	0831	0848	0900	0913	0926	0941	0953	1005	1018	1030	1042	1054	1106	1119
Walthamstow Central Station	0736	0751	0806	0822	0837	0854	0907	0920	0933	0948	1001	1014	1027	1039	1052	1105	1118	1131
Canning Town Bus Station	1047	1058	1110	1122	1134	1146	1157	1208	Then every 12 minutes until	1332	1343	1355	1407	1420	1432	1444	1456	
Plaistow Station	1058	1109	1121	1133	1145	1157	1208	1220		1344	1355	1407	1419	1432	1444	1456	1508	
Stratford Bus Station	1107	1119	1131	1143	1155	1207	1219	1231		1355	1406	1418	1430	1443	1455	1507	1519	
Leytonstone Thatched House	1114	1126	1138	1150	1202	1215	1227	1239		1403	1415	1427	1439	1452	1504	1516	1528	
Leyton Station	1120	1132	1144	1156	1209	1222	1234	1246		1410	1422	1434	1446	1459	1511	1523	1535	
Leyton Baker's Arms (High Rd. Leyton)	1131	1143	1155	1208	1221	1234	1246	1258		1422	1434	1446	1458	1511	1523	1535	1547	
Walthamstow Central Station	1143	1155	1207	1220	1233	1246	1258	1310		1434	1446	1458	1510	1522	1534	1546	1558	
Canning Town Bus Station	1509	1521	1533	1546	1558	1610	1622	1634	Then every 12 minutes until	1746	1758	1810	1822	1834	1846	1858	1910	
Plaistow Station	1521	1533	1545	1558	1610	1621	1633	1645		1757	1809	1821	1833	1845	1857	1909	1920	
Stratford Bus Station	1532	1544	1556	1609	1620	1631	1643	1655		1807	1818	1830	1842	1854	1906	1918	1929	
Leytonstone Thatched House	1541	1553	1605	1617	1628	1639	1651	1703		1815	1826	1838	1850	1902	1913	1925	1936	
Leyton Station	1548	1600	1612	1624	1635	1646	1658	1710		1822	1833	1845	1857	1908	1919	1931	1942	
Leyton Baker's Arms (High Rd. Leyton)	1600	1612	1624	1636	1647	1658	1710	1721		1833	1844	1856	1908	1919	1930	1942	1953	
Walthamstow Central Station	1610	1622	1634	1646	1657	1708	1720	1731		1843	1854	1906	1917	1928	1939	1951	2002	
Canning Town Bus Station	1922	1934	1946	1958	2010	2022	2034	2046	2058	2110	2122	2134	2146	2158	2210	2222	2234	2247
Plaistow Station	1932	1944	1956	2008	2020	2032	2044	2056	2108	2120	2132	2144	2156	2208	2219	2231	2243	2256
Stratford Bus Station	1941	1953	2005	2016	2028	2040	2052	2104	2116	2128	2140	2152	2204	2216	2227	2239	2251	2304
Leytonstone Thatched House	1948	2000	2012	2023	2035	2047	2059	2110	2122	2134	2146	2158	2210	2222	2233	2245	2257	2310
Leyton Station	1954	2005	2017	2028	2040	2052	2104	2116	2128	2140	2152	2204	2215	2227	2238	2250	2302	2315
Leyton Baker's Arms (High Rd. Leyton)	2005	2015	2026	2037	2049	2101	2113	2125	2137	2149	2201	2213	2224	2236	2247	2259	2310	2323
Walthamstow Central Station	2012	2022	2033	2044	2056	2108	2120	2132	2144	2156	2208	2220	2231	2243	2254	2306	2316	2329
Canning Town Bus Station	2259	2311	2323	2336	2349													
Plaistow Station	2308	2320	2332	2345	2358													
Stratford Bus Station	2315	2327	2339	2352	0005													
Leytonstone Thatched House	2321	2333	2345	2358	0011													
Leyton Station	2326	2338	2350	0003	0016													
Leyton Baker's Arms (High Rd. Leyton)	2334	2346	2358	0011	0024													
Walthamstow Central Station	2340	2352	0004	0017	0030													