



101	Sundays and other Public Holidays (except Christmas Day)																	
Wanstead Woodbine Place	0500	0520	0540	0600	0620	0640	0700	0720	0740	0800	0820	0840	0855	0910	0924	0939	0955	1010
Aldersbrook Road Park Road	0505	0525	0545	0605	0625	0645	0705	0725	0745	0805	0826	0846	0901	0916	0931	0946	1002	1017
Manor Park Station	0508	0528	0548	0609	0629	0649	0709	0729	0749	0809	0830	0850	0905	0920	0935	0950	1006	1022
East Ham Station	0512	0532	0552	0613	0634	0654	0714	0734	0754	0814	0835	0855	0911	0927	0943	0959	1016	1033
East Ham Newham Town Hall	0516	0536	0556	0617	0638	0658	0718	0738	0758	0819	0840	0900	0916	0932	0949	1006	1024	1042
Beckton Bus Station	0520	0540	0600	0621	0643	0703	0723	0743	0804	0825	0846	0906	0922	0938	0955	1013	1031	1049
Wanstead Woodbine Place	1026	1042	1058	1113	1130	1146	1203	1219	1236	1252	1309	1325	1342	1358	1415	1431	1448	1504
Aldersbrook Road Park Road	1033	1049	1105	1120	1138	1154	1211	1228	1246	1302	1319	1335	1352	1408	1425	1441	1458	1514
Manor Park Station	1038	1054	1110	1125	1143	1159	1216	1233	1251	1307	1324	1340	1357	1413	1430	1446	1503	1519
East Ham Station	1050	1106	1122	1137	1155	1211	1228	1245	1303	1319	1336	1352	1409	1425	1442	1458	1515	1531
East Ham Newham Town Hall	1059	1116	1132	1147	1205	1221	1238	1255	1313	1329	1346	1402	1419	1435	1452	1508	1525	1541
Beckton Bus Station	1106	1123	1139	1154	1213	1229	1246	1303	1322	1338	1355	1411	1428	1444	1501	1516	1533	1549
Wanstead Woodbine Place	1521	1537	1554	1610	1627	1643	1700	1716	1733	1749	1806	1822	1838	1855	1910	1924	1939	1954
Aldersbrook Road Park Road	1530	1546	1603	1618	1635	1651	1708	1724	1741	1757	1814	1830	1846	1903	1918	1932	1946	2001
Manor Park Station	1535	1551	1608	1623	1640	1656	1713	1729	1746	1802	1818	1834	1850	1907	1922	1936	1950	2005
East Ham Station	1547	1603	1620	1635	1652	1707	1724	1740	1756	1811	1826	1842	1858	1915	1930	1943	1957	2012
East Ham Newham Town Hall	1557	1613	1630	1645	1702	1717	1734	1749	1804	1818	1833	1849	1905	1922	1936	1949	2003	2018
Beckton Bus Station	1605	1620	1637	1652	1709	1724	1741	1756	1811	1825	1840	1856	1912	1929	1943	1956	2010	2025
Wanstead Woodbine Place	2009	2024	2039	2054	2108	2123	2138	2153	2208	2223	2238	2253	2308	2323	2338	2354	0009	0025
Aldersbrook Road Park Road	2016	2031	2046	2100	2114	2129	2144	2159	2214	2229	2244	2259	2314	2329	2344	0000	0015	0030
Manor Park Station	2020	2035	2050	2104	2118	2133	2148	2203	2218	2233	2248	2303	2318	2332	2347	0003	0018	0033
East Ham Station	2027	2042	2057	2110	2124	2139	2154	2209	2224	2239	2254	2309	2324	2338	2353	0008	0023	0037
East Ham Newham Town Hall	2033	2048	2103	2116	2130	2145	2200	2214	2229	2244	2258	2313	2328	2342	2357	0012	0027	0041
Beckton Bus Station	2039	2054	2109	2122	2136	2151	2206	2220	2235	2250	2304	2319	2334	2348	0003	0017	0032	0046
Wanstead Woodbine Place	0040	0055																
Aldersbrook Road Park Road	0045	0100																
Manor Park Station	0048	0103																
East Ham Station	0052	0107																
East Ham Newham Town Hall	0056	0111																
Beckton Bus Station	0101	0116																



101	Sundays and other Public Holidays (except Christmas Day)																	
Beckton Bus Station	0452	0512	0532	0552	0612	0632	0652	0712	0732	0752	0812	0832	0852	0912	0930	0945	1001	1017
East Ham Newham Town Hall	0457	0517	0537	0557	0618	0638	0658	0718	0738	0758	0818	0838	0858	0919	0937	0953	1009	1025
East Ham Station	0500	0520	0540	0601	0622	0642	0702	0722	0742	0802	0822	0843	0903	0925	0943	0959	1015	1032
Manor Park Station	0504	0524	0544	0605	0626	0646	0707	0727	0747	0807	0827	0849	0910	0933	0952	1009	1026	1043
Aldersbrook Road Park Road	0507	0527	0547	0608	0629	0649	0710	0730	0750	0811	0831	0853	0914	0937	0956	1013	1030	1047
Wanstead Woodbine Place	0512	0532	0552	0613	0634	0654	0716	0736	0756	0817	0837	0859	0920	0944	1003	1020	1037	1054
Beckton Bus Station	1032	1049	1105	1121	1137	1153	1209	1226	1242	1259	1315	1332	1348	1405	1421	1438	1454	1511
East Ham Newham Town Hall	1040	1057	1113	1129	1145	1201	1218	1235	1251	1308	1325	1342	1358	1416	1432	1449	1505	1522
East Ham Station	1048	1106	1123	1140	1157	1214	1231	1248	1304	1321	1338	1355	1411	1429	1445	1502	1518	1535
Manor Park Station	1059	1117	1134	1151	1208	1225	1242	1300	1316	1333	1350	1407	1423	1441	1457	1514	1530	1547
Aldersbrook Road Park Road	1104	1122	1139	1156	1213	1230	1247	1305	1321	1338	1355	1412	1428	1446	1502	1519	1535	1552
Wanstead Woodbine Place	1111	1129	1147	1204	1221	1238	1255	1313	1329	1346	1403	1420	1436	1454	1510	1527	1542	1559
Beckton Bus Station	1527	1544	1600	1617	1633	1650	1706	1723	1739	1756	1812	1829	1845	1900	1915	1930	1945	2000
East Ham Newham Town Hall	1538	1555	1611	1628	1644	1700	1716	1733	1748	1804	1819	1836	1852	1907	1922	1937	1951	2006
East Ham Station	1551	1608	1624	1641	1657	1712	1727	1744	1758	1813	1827	1844	1858	1913	1928	1943	1957	2012
Manor Park Station	1603	1620	1636	1653	1709	1724	1739	1755	1808	1822	1835	1852	1906	1921	1936	1950	2004	2019
Aldersbrook Road Park Road	1608	1625	1641	1658	1714	1729	1743	1759	1812	1826	1839	1856	1910	1925	1940	1954	2008	2023
Wanstead Woodbine Place	1615	1632	1648	1705	1721	1736	1750	1806	1819	1833	1846	1903	1917	1931	1946	2000	2014	2029
Beckton Bus Station	2015	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345	0000	0015	0030
East Ham Newham Town Hall	2021	2036	2051	2106	2121	2136	2151	2206	2221	2235	2250	2305	2320	2335	2350	0005	0020	0035
East Ham Station	2027	2041	2056	2111	2126	2140	2155	2210	2225	2239	2254	2309	2324	2339	2354	0009	0023	0038
Manor Park Station	2034	2048	2103	2118	2133	2146	2201	2216	2231	2245	2300	2315	2329	2344	2359	0014	0027	0042
Aldersbrook Road Park Road	2038	2052	2107	2122	2137	2150	2205	2220	2235	2249	2304	2318	2332	2347	0002	0017	0030	0045
Wanstead Woodbine Place	2044	2058	2113	2128	2143	2156	2211	2226	2241	2255	2309	2323	2337	2352	0007	0022	0035	0050
Beckton Bus Station	0045	0100																
East Ham Newham Town Hall	0050	0105																
East Ham Station	0053	0108																
Manor Park Station	0057	0112																
Aldersbrook Road Park Road	0100	0115																
Wanstead Woodbine Place	0105	0120																