

101		Mondays to Fridays																
Wanstead Woodbine Place	0500	0520	0540	0555	0610	0622	0634	0644	0655	0707	0719	0732	Then about every 13-14 minutes until	1955	2010	2025	2038	
Aldersbrook Road Park Road	0505	0525	0545	0600	0615	0628	0640	0650	0702	0714	0726	0740		2002	2017	2032	2045	
Manor Park Station	0509	0529	0549	0604	0619	0632	0644	0655	0707	0719	0731	0745		2006	2021	2036	2049	
East Ham Station	0514	0534	0554	0609	0624	0637	0649	0701	0713	0726	0739	0753		2013	2028	2042	2055	
East Ham Newham Town Hall	0518	0538	0558	0613	0628	0642	0654	0706	0718	0732	0746	0801		2019	2034	2048	2101	
Beckton Bus Station	0523	0543	0603	0619	0634	0648	0700	0712	0725	0740	0754	0809	2026	2040	2054	2107		
Wanstead Woodbine Place	2053	2108	2123	2138	2153	2208	2223	2238	2253	2308	2323	2338	2354	0009	0025	0040	0055	
Aldersbrook Road Park Road	2100	2115	2130	2145	2200	2215	2229	2244	2259	2314	2329	2344	0000	0015	0030	0045	0100	
Manor Park Station	2104	2119	2134	2149	2204	2219	2233	2248	2303	2318	2333	2347	0003	0018	0033	0048	0103	
East Ham Station	2110	2125	2140	2155	2210	2225	2239	2254	2309	2323	2338	2352	0008	0023	0037	0052	0107	
East Ham Newham Town Hall	2116	2131	2146	2201	2216	2230	2244	2259	2314	2328	2343	2357	0012	0027	0041	0056	0111	
Beckton Bus Station	2122	2137	2152	2207	2222	2236	2250	2305	2320	2334	2349	0002	0017	0032	0046	0101	0116	
101		Saturdays (also Good Friday)																
Wanstead Woodbine Place	0500	0520	0540	0600	0615	0630	0645	0700	0714	0729	0744	Then	0854	0906	0919	0933	0946	0959
Aldersbrook Road Park Road	0505	0525	0545	0605	0620	0635	0650	0705	0719	0735	0750	about	0901	0913	0926	0940	0953	1006
Manor Park Station	0508	0528	0548	0608	0623	0639	0654	0709	0723	0739	0754	every	0905	0917	0930	0944	0957	1010
East Ham Station	0512	0532	0553	0613	0628	0644	0659	0714	0729	0745	0800	12	0912	0925	0939	0954	1008	1021
East Ham Newham Town Hall	0516	0536	0557	0618	0633	0649	0704	0719	0734	0750	0805	mins.	0918	0932	0947	1003	1018	1031
Beckton Bus Station	0521	0541	0602	0623	0639	0655	0710	0725	0740	0756	0811	until	0924	0939	0954	1010	1025	1038
Wanstead Woodbine Place	1012	1025	1038	1052	1105	1119	1132	1146	1159	1213	1227	1241	Then	1910	1925	1940	1955	2010
Aldersbrook Road Park Road	1020	1033	1046	1100	1113	1127	1141	1155	1209	1224	1238	1253	about	1919	1933	1948	2003	2018
Manor Park Station	1024	1038	1051	1105	1118	1132	1146	1200	1214	1229	1243	1258	every	1924	1937	1952	2007	2022
East Ham Station	1035	1049	1102	1117	1130	1144	1158	1212	1226	1241	1255	1310	13-14	1932	1945	2000	2015	2030
East Ham Newham Town Hall	1045	1059	1112	1128	1141	1155	1209	1223	1237	1252	1306	1321	mins.	1940	1953	2008	2023	2038
Beckton Bus Station	1053	1107	1120	1136	1149	1203	1217	1231	1246	1301	1315	1330	until	1947	2000	2015	2030	2045
Wanstead Woodbine Place	2025	2040	2055	2110	2125	Then	2210	2224	2239	2254	2309	2324	2339	2354	0009	0024	0040	0055
Aldersbrook Road Park Road	2033	2047	2102	2117	2132	every	2217	2231	2246	2301	2316	2330	2345	0000	0015	0030	0046	0101
Manor Park Station	2037	2051	2106	2121	2136	15	2221	2235	2250	2305	2320	2334	2349	0004	0019	0034	0049	0104
East Ham Station	2045	2058	2113	2128	2143	mins.	2228	2241	2256	2311	2326	2340	2355	0009	0024	0039	0053	0108
East Ham Newham Town Hall	2052	2105	2120	2135	2149	until	2234	2247	2302	2317	2332	2345	0000	0014	0029	0043	0057	0112
Beckton Bus Station	2059	2112	2127	2142	2155		2240	2253	2308	2323	2338	2351	0006	0020	0035	0048	0102	0117
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		Mondays to Fridays																
Beckton Bus Station	0452	0512	0532	0552	0612	0628	0643	0655	0707	Then	1822	Then	2045	2100	2115	2130		
East Ham Newham Town Hall	0458	0518	0539	0559	0619	0635	0651	0703	0715	about	1834	about	2051	2106	2121	2136		
East Ham Station	0502	0522	0543	0604	0624	0640	0656	0709	0722	every 13-14	1844	every 12	2057	2112	2127	2141		
Manor Park Station	0506	0526	0547	0609	0629	0646	0702	0715	0730	minutes	1853	minutes	2104	2119	2134	2148		
Aldersbrook Road Park Road	0509	0529	0550	0612	0633	0650	0706	0720	0735	until	1858	until	2108	2123	2138	2152		
Wanstead Woodbine Place	0514	0534	0555	0618	0639	0656	0712	0727	0743		1906		2114	2129	2144	2158		
Beckton Bus Station	2145	2200	2215	2230	2245	2300	2315	2330	2345	0000	0015	0030	0045	0100				
East Ham Newham Town Hall	2151	2206	2221	2236	2251	2306	2321	2335	2350	0005	0020	0035	0050	0105				
East Ham Station	2156	2211	2225	2240	2255	2310	2325	2339	2354	0009	0023	0038	0053	0108				
Manor Park Station	2203	2218	2232	2246	2300	2315	2330	2344	2359	0014	0027	0042	0057	0112				
Aldersbrook Road Park Road	2207	2222	2236	2250	2304	2319	2334	2348	0003	0018	0030	0045	0100	0115				
Wanstead Woodbine Place	2213	2228	2242	2256	2309	2324	2339	2353	0008	0023	0035	0050	0105	0120				
101		Saturdays (also Good Friday)																
Beckton Bus Station	0452	0512	0532	0552	0612	0632	0650	0705	0720	0735	0750	0805	0820	0832	0844	0856	0907	0919
East Ham Newham Town Hall	0457	0517	0537	0558	0618	0638	0656	0711	0726	0741	0756	0811	0826	0838	0851	0903	0914	0926
East Ham Station	0501	0521	0541	0602	0622	0642	0700	0715	0730	0745	0800	0816	0831	0843	0856	0908	0920	0933
Manor Park Station	0505	0525	0546	0607	0627	0647	0705	0720	0735	0750	0806	0822	0837	0849	0863	0916	0929	0943
Aldersbrook Road Park Road	0508	0528	0549	0610	0630	0650	0708	0724	0739	0754	0810	0826	0841	0854	0908	0921	0934	0948
Wanstead Woodbine Place	0513	0533	0554	0615	0635	0655	0714	0730	0745	0800	0816	0832	0847	0900	0915	0928	0941	0955
Beckton Bus Station	0930	0942	0955	1008	1021	1034	1048	1101	1115	Then	1719	Then	1944	1959	2015	2030		
East Ham Newham Town Hall	0938	0950	1003	1016	1029	1043	1057	1110	1124	about	1730	about	1953	2008	2022	2037		
East Ham Station	0946	0959	1013	1026	1040	1054	1108	1121	1136	every 13-14	1742	every 12	2002	2017	2030	2044		
Manor Park Station	0957	1010	1025	1038	1052	1106	1120	1133	1148	minutes	1753	minutes	2010	2024	2037	2051		
Aldersbrook Road Park Road	1002	1015	1030	1043	1057	1111	1125	1138	1153	until	1758	until	2014	2028	2041	2055		
Wanstead Woodbine Place	1010	1023	1038	1051	1105	1119	1133	1146	1201		1806		2021	2035	2048	2102		
Beckton Bus Station	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345	0000	0015	0030	0045	0100
East Ham Newham Town Hall	2052	2107	2121	2136	2151	2206	2221	2236	2251	2306	2321	2335	2350	0005	0020	0035	0050	0105
East Ham Station	2058	2113	2127	2141	2155	2210	2225	2240	2255	2310	2325	2339	2354	0008	0023	0038	0053	0108
Manor Park Station	2105	2120	2134	2148	2201	2216	2231	2246	2301	2316	2331	2345	0000	0013	0028	0043	0058	0113
Aldersbrook Road Park Road	2109	2124	2138	2152	2205	2220	2235	2250	2305	2320	2335	2349	0004	0017	0032	0047	0102	0117
Wanstead Woodbine Place	2116	2130	2144	2158	2211	2226	2241	2256	2310	2325	2340	2354	0009	0022	0037	0052	0107	0122
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																