

# 104

## Manor Park – Upton Park – Stratford

104		Mondays to Fridays																
Manor Park Gladding Road	0455	0515	0535	0555	0610	0625	0640	0650	0659			0754		1937	1949	2004	2019	
East Ham Station	0500	0520	0540	0600	0616	0631	0647	0657	0706	Then	0803	Then	1946	1957	2012	2027		
East Ham Newham Town Hall	0505	0525	0545	0605	0621	0636	0652	0702	0712	about	0810	about	1953	2004	2019	2034		
Lonsdale Avenue Hatherley Gardens	0512	0532	0552	0613	0629	0644	0700	0711	0721	every 6	0820	every 10	2002	2012	2027	2042		
Upton Park The Boleyn (Green Street)	0516	0536	0556	0617	0633	0649	0705	0716	0726	minutes	0825	minutes	2006	2016	2031	2046		
Upton Park Station	0518	0538	0559	0620	0636	0652	0708	0719	0729	until	0829	until	2009	2019	2034	2049		
Portway Plashet Road	0522	0542	0604	0625	0641	0657	0714	0725	0735		0836		2014	2024	2039	2054		
Stratford Bus Station	0528	0548	0611	0632	0648	0705	0722	0733	0743		0845		2021	2031	2046	2101		
Manor Park Gladding Road	2034	2049	2104	2119	2134	2149	2205			Then	0025	0055						
East Ham Station	2042	2057	2112	2127	2141	2156	2211			every 20	0031	0101						
East Ham Newham Town Hall	2049	2104	2118	2133	2147	2202	2216			minutes	0036	0106						
Lonsdale Avenue Hatherley Gardens	2057	2112	2126	2141	2155	2209	2223			until	0043	0113						
Upton Park The Boleyn (Green Street)	2101	2116	2130	2145	2159	2213	2227				0047	0117						
Upton Park Station	2103	2118	2132	2147	2201	2215	2229				0049	0119						
Portway Plashet Road	2108	2123	2137	2152	2206	2220	2234				0054	0124						
Stratford Bus Station	2114	2129	2143	2158	2212	2226	2240				0100	0130						
104		Saturdays (also Good Friday)																
Manor Park Gladding Road	0455	0515	0535	0555	0615	0635	0655	0715	0730	0745	0800	0815	0830	Then	1917	1932	1948	
East Ham Station	0500	0520	0540	0601	0621	0641	0701	0721	0736	0751	0806	0821	0836	about	1926	1941	1956	
East Ham Newham Town Hall	0504	0524	0544	0605	0625	0645	0705	0725	0740	0756	0811	0826	0841	every 10	1934	1949	2003	
Lonsdale Avenue Hatherley Gardens	0510	0530	0550	0611	0631	0651	0711	0731	0747	0803	0818	0834	0849	minutes	1943	1957	2011	
Upton Park The Boleyn (Green Street)	0513	0533	0553	0614	0634	0654	0714	0734	0751	0807	0822	0838	0853	until	1948	2002	2016	
Upton Park Station	0515	0535	0555	0616	0636	0656	0716	0736	0753	0809	0824	0840	0855		1951	2004	2018	
Portway Plashet Road	0519	0539	0600	0621	0641	0701	0721	0741	0758	0814	0829	0845	0900		1957	2010	2024	
Stratford Bus Station	0525	0545	0606	0627	0647	0707	0727	0747	0805	0821	0836	0852	0907		2005	2018	2032	
Manor Park Gladding Road	2003	2018	2033	2048	2104	2119	2134	2149	2205			0025	0055	Then				
East Ham Station	2011	2026	2041	2056	2111	2126	2141	2156	2211			0031	0101	every 20				
East Ham Newham Town Hall	2018	2033	2048	2103	2117	2132	2147	2202	2216			0036	0106	minutes				
Lonsdale Avenue Hatherley Gardens	2026	2041	2056	2111	2125	2140	2155	2209	2223			0043	0113	until				
Upton Park The Boleyn (Green Street)	2031	2046	2101	2115	2129	2144	2159	2213	2227			0047	0117					
Upton Park Station	2033	2048	2103	2117	2131	2146	2201	2215	2229			0049	0119					
Portway Plashet Road	2039	2054	2108	2122	2136	2151	2206	2220	2234			0054	0124					
Stratford Bus Station	2047	2102	2115	2129	2143	2158	2212	2226	2240			0100	0130					
104		Sundays and other Public Holidays (except Christmas Day)																
Manor Park Gladding Road	0525	0555	0625	0655	0725	0745	0805	0820	0835	0850	0905	0919	0932	0946	1000	1014	1027	1041
East Ham Station	0530	0600	0630	0700	0730	0750	0810	0825	0840	0855	0911	0925	0939	0953	1008	1022	1035	1049
East Ham Newham Town Hall	0535	0605	0635	0705	0735	0755	0815	0830	0845	0900	0916	0930	0944	0959	1014	1028	1042	1056
Lonsdale Avenue Hatherley Gardens	0541	0612	0642	0712	0742	0802	0822	0837	0852	0907	0923	0937	0952	1007	1022	1036	1050	1105
Upton Park The Boleyn (Green Street)	0544	0615	0645	0716	0746	0806	0826	0841	0856	0911	0927	0941	0956	1011	1026	1040	1055	1110
Upton Park Station	0545	0616	0646	0717	0747	0808	0828	0843	0858	0913	0929	0944	0959	1014	1029	1044	1059	1114
Portway Plashet Road	0549	0620	0650	0722	0752	0813	0833	0848	0903	0918	0934	0949	1005	1020	1035	1050	1105	1120
Stratford Bus Station	0555	0626	0656	0728	0758	0819	0839	0854	0910	0925	0941	0956	1012	1027	1042	1058	1113	1128
Manor Park Gladding Road	1056	1110	1124	1138	1152	1206	1221	1236	1250	1304	1319	1334	1349	1404	1419	1435	1450	1506
East Ham Station	1104	1118	1132	1146	1200	1215	1230	1245	1259	1314	1329	1344	1359	1414	1429	1445	1500	1515
East Ham Newham Town Hall	1111	1126	1140	1154	1209	1224	1239	1254	1309	1324	1339	1354	1409	1424	1439	1455	1510	1525
Lonsdale Avenue Hatherley Gardens	1120	1135	1149	1203	1218	1233	1248	1303	1318	1333	1348	1403	1418	1433	1448	1504	1519	1534
Upton Park The Boleyn (Green Street)	1125	1140	1154	1208	1223	1238	1253	1308	1323	1338	1353	1408	1423	1438	1453	1509	1524	1539
Upton Park Station	1129	1144	1158	1213	1228	1243	1258	1313	1328	1343	1358	1413	1428	1443	1458	1513	1528	1543
Portway Plashet Road	1135	1151	1206	1221	1236	1251	1306	1321	1336	1351	1406	1421	1436	1451	1506	1521	1536	1551
Stratford Bus Station	1143	1159	1214	1229	1244	1259	1315	1330	1345	1400	1415	1430	1445	1500	1514	1529	1544	1559
Manor Park Gladding Road	1521	1536	1552	1607	1622	1637	1652	1707	1722	1737	1753	1808	1823	1838	1853	1908	1923	1938
East Ham Station	1530	1545	1601	1615	1630	1645	1700	1715	1730	1745	1801	1816	1831	1846	1901	1916	1931	1946
East Ham Newham Town Hall	1540	1555	1610	1624	1639	1654	1709	1724	1739	1754	1809	1824	1838	1853	1908	1923	1938	1953
Lonsdale Avenue Hatherley Gardens	1549	1604	1619	1633	1648	1703	1718	1733	1748	1803	1817	1832	1846	1901	1916	1931	1945	2000
Upton Park The Boleyn (Green Street)	1554	1609	1624	1638	1653	1708	1723	1738	1753	1808	1821	1836	1850	1905	1920	1935	1949	2004
Upton Park Station	1558	1613	1628	1642	1657	1712	1727	1741	1756	1811	1824	1839	1853	1908	1923	1938	1952	2006
Portway Plashet Road	1606	1621	1636	1650	1705	1720	1735	1749	1803	1817	1830	1845	1859	1914	1929	1944	1957	2011
Stratford Bus Station	1614	1629	1644	1658	1713	1728	1743	1757	1811	1824	1837	1852	1906	1921	1936	1951	2004	2018
Manor Park Gladding Road	1953	2009	2024	2039	2054	2110	2125	2140	2155	2210	2225	2245	2305	2325	2345	0005	0025	0055
East Ham Station	2001	2016	2031	2046	2101	2116	2131	2146	2201	2216	2231	2251	2311	2331	2351	0011	0031	0101
East Ham Newham Town Hall	2007	2022	2037	2052	2106	2121	2136	2151	2206	2221	2236	2256	2316	2336	2356	0016	0036	0106
Lonsdale Avenue Hatherley Gardens	2014	2029	2044	2059	2113	2128	2143	2158	2213	2228	2243	2303	2323	2343	0003	0023	0043	0113
Upton Park The Boleyn (Green Street)	2018	2033	2048	2103	2117	2132	2147	2202	2217	2232	2247	2307	2327	2347	0007	0027	0047	0117
Upton Park Station	2020	2035	2050	2105	2119	2134	2149	2204	2219	2234	2249	2309	2329	2349	0009	0029	0049	0119
Portway Plashet Road	2025	2040	2055	2110	2124	2139	2154	2209	2224	2239	2254	2314	2334	2354	0014	0034	0054	0124
Stratford Bus Station	2032	2047	2102	2116	2130	2145	2200	2215	2230	2245	2300	2320	2340	0000	0020	0040	0100	0130

104		Mondays to Fridays															
Stratford Bus Station	0435	0455	0515	0535	0555	0615	0630	0645	0700			1612		1812		2027	
Plashet Road Portway	0442	0502	0522	0542	0602	0622	0637	0652	0708	Then	1624	Then	1824	Then	2036		
Upton Park Station	0446	0506	0526	0546	0606	0626	0641	0656	0713	about	1632	about	1832	about	2041		
Upton Park The Boleyn (Green Street)	0448	0508	0528	0548	0608	0628	0643	0659	0716	every 10	1636	every 7-8	1836	every 10	2044		
Lonsdale Avenue Hatherley Gardens	0451	0511	0531	0551	0611	0631	0646	0703	0720	minutes	1641	minutes	1841	minutes	2048		
East Ham Newham Town Hall	0458	0518	0538	0558	0619	0639	0654	0712	0729	until	1653	until	1851	until	2056		
East Ham Station	0502	0522	0542	0603	0624	0644	0700	0718	0735		1702		1900		2102		
Manor Park Gladding Road	0508	0528	0548	0609	0630	0650	0707	0725	0743		1712		1909		2109		

Stratford Bus Station	2042	2057	2113	2128	2143	2158	2218	2238	2259	2320	2340	0000	0020	0040	0110
Plashet Road Portway	2051	2106	2121	2136	2151	2206	2226	2246	2307	2328	2348	0008	0028	0048	0118
Upton Park Station	2056	2111	2126	2141	2156	2211	2231	2251	2312	2332	2352	0012	0032	0052	0122
Upton Park The Boleyn (Green Street)	2059	2114	2129	2144	2159	2214	2234	2254	2314	2334	2354	0014	0034	0054	0124
Lonsdale Avenue Hatherley Gardens	2103	2118	2133	2148	2203	2218	2238	2258	2318	2338	2358	0018	0038	0058	0128
East Ham Newham Town Hall	2110	2125	2140	2155	2210	2225	2245	2305	2324	2344	0004	0024	0044	0104	0134
East Ham Station	2115	2130	2145	2200	2215	2230	2250	2309	2328	2348	0008	0028	0048	0108	0138
Manor Park Gladding Road	2122	2137	2152	2207	2222	2237	2257	2316	2335	2355	0015	0035	0055	0115	0145

104		Saturdays (also Good Friday)															
Stratford Bus Station	0435		0735	0755	0815	0830	0845	0855			2000	2015	2030	2045	2100	2115	2130
Plashet Road Portway	0442		0742	0802	0822	0838	0853	0903	Then	2010	2025	2039	2054	2108	2123	2138	
Upton Park Station	0446	Then	0746	0806	0826	0842	0857	0908	about	2016	2031	2044	2059	2113	2128	2143	
Upton Park The Boleyn (Green Street)	0448	every 20	0748	0808	0828	0844	0859	0911	every 10	2019	2034	2047	2102	2116	2131	2146	
Lonsdale Avenue Hatherley Gardens	0451	minutes	0751	0811	0832	0848	0903	0915	minutes	2023	2038	2051	2106	2120	2135	2150	
East Ham Newham Town Hall	0457	until	0757	0817	0839	0855	0911	0923	until	2031	2046	2059	2113	2127	2142	2157	
East Ham Station	0501		0801	0822	0844	0900	0917	0929		2038	2052	2105	2118	2132	2147	2202	
Manor Park Gladding Road	0507		0807	0828	0851	0907	0924	0936		2048	2101	2113	2126	2140	2155	2210	

Stratford Bus Station	2145	2200	2220	2240	2300	2320	2340	0000	0020	0040	0110
Plashet Road Portway	2153	2208	2228	2248	2308	2328	2348	0008	0028	0048	0118
Upton Park Station	2158	2213	2233	2253	2313	2333	2353	0012	0032	0052	0122
Upton Park The Boleyn (Green Street)	2201	2216	2236	2256	2316	2336	2356	0014	0034	0054	0124
Lonsdale Avenue Hatherley Gardens	2205	2220	2240	2300	2320	2340	0000	0018	0038	0058	0128
East Ham Newham Town Hall	2212	2227	2247	2307	2327	2347	0007	0024	0044	0104	0134
East Ham Station	2217	2232	2252	2312	2332	2352	0011	0028	0048	0108	0138
Manor Park Gladding Road	2225	2240	2300	2320	2340	0000	0018	0035	0055	0115	0145

104		Sundays and other Public Holidays (except Christmas Day)																
Stratford Bus Station	0520	0550	0620	0650	0720	0750	0820	0840	0854	0909	0924	0939	0953	1008	1022	1036	1050	1104
Plashet Road Portway	0526	0556	0626	0656	0726	0756	0827	0847	0902	0917	0932	0947	1001	1016	1031	1045	1059	1114
Upton Park Station	0530	0600	0630	0700	0730	0800	0831	0851	0906	0921	0936	0952	1006	1021	1036	1050	1104	1119
Upton Park The Boleyn (Green Street)	0531	0601	0631	0701	0731	0802	0833	0853	0908	0923	0938	0954	1009	1024	1039	1053	1108	1123
Lonsdale Avenue Hatherley Gardens	0534	0604	0634	0704	0734	0805	0836	0856	0912	0927	0942	0958	1013	1028	1043	1057	1112	1127
East Ham Newham Town Hall	0540	0610	0640	0710	0740	0812	0843	0903	0919	0935	0950	1006	1021	1036	1051	1106	1121	1136
East Ham Station	0544	0614	0644	0714	0744	0816	0847	0908	0924	0940	0955	1011	1027	1042	1057	1113	1128	1143
Manor Park Gladding Road	0550	0620	0650	0720	0750	0822	0853	0914	0931	0947	1002	1019	1035	1050	1105	1122	1137	1152

Stratford Bus Station	1119	1134	1149	1204	1219	1234	1248	1303			1533	1548	1603	1618	1633	1648	1703	1718
Plashet Road Portway	1129	1144	1159	1214	1229	1244	1258	1313			1543	1558	1613	1628	1643	1658	1713	1728
Upton Park Station	1134	1149	1204	1219	1234	1249	1304	1320	Then	1550	1605	1620	1635	1650	1705	1720	1735	
Upton Park The Boleyn (Green Street)	1138	1153	1208	1223	1238	1253	1308	1324	every 15	1554	1609	1624	1639	1654	1709	1724	1739	
Lonsdale Avenue Hatherley Gardens	1142	1157	1212	1227	1242	1257	1313	1329	minutes	1559	1614	1629	1644	1659	1714	1729	1744	
East Ham Newham Town Hall	1151	1206	1221	1236	1251	1306	1323	1339	until	1609	1623	1638	1653	1708	1723	1738	1753	
East Ham Station	1158	1214	1229	1244	1259	1314	1331	1347		1617	1631	1646	1701	1716	1730	1745	1800	
Manor Park Gladding Road	1207	1223	1238	1253	1308	1323	1340	1356		1626	1640	1655	1710	1725	1739	1754	1809	

Stratford Bus Station	1733	1748	1803	1815	1830	1845	1900	1915	1930	1945	2000	2015	2030	2045	2100	2115	2130	2145
Plashet Road Portway	1743	1758	1813	1825	1840	1855	1909	1924	1939	1954	2008	2023	2038	2053	2108	2123	2138	2153
Upton Park Station	1750	1805	1820	1832	1847	1901	1914	1929	1944	1959	2013	2028	2043	2058	2112	2127	2142	2157
Upton Park The Boleyn (Green Street)	1754	1808	1823	1835	1850	1904	1917	1932	1947	2002	2016	2031	2046	2101	2114	2129	2144	2159
Lonsdale Avenue Hatherley Gardens	1759	1813	1828	1840	1855	1909	1922	1937	1952	2006	2020	2035	2050	2105	2118	2133	2148	2203
East Ham Newham Town Hall	1808	1822	1836	1848	1903	1917	1930	1945	1959	2013	2027	2042	2057	2111	2124	2139	2154	2209
East Ham Station	1814	1828	1842	1854	1909	1923	1935	1950	2004	2018	2032	2047	2102	2115	2128	2143	2158	2213
Manor Park Gladding Road	1823	1837	1851	1903	1917	1931	1943	1957	2011	2025	2039	2054	2109	2122	2135	2150	2205	2220

Stratford Bus Station	2200		0040	0110		
Plashet Road Portway	2208		0048	0118		
Upton Park Station	2212	Then	0052	0122		
Upton Park The Boleyn (Green Street)	2214	every 20	0054	0124		
Lonsdale Avenue Hatherley Gardens	2218	minutes	0058	0128		
East Ham Newham Town Hall	2224	until	0104	0134		
East Ham Station	2228		0108	0138		
Manor Park Gladding Road	2235		0115	0145		