

104		Mondays to Fridays															
Manor Park Gladding Road	0455	0515	0535	0555	0610	0625	0636	0646	0653	0700	0706	Then every 7 minutes until	0802	0812	0822	0832	0843
East Ham Station	0500	0520	0540	0600	0615	0630	0641	0652	0700	0709	0715		0811	0821	0831	0841	0852
East Ham Newham Town Hall	0505	0525	0545	0605	0620	0635	0646	0657	0706	0716	0722		0818	0828	0838	0848	0859
Lonsdale Avenue Hatherley Gardens	0511	0531	0551	0611	0626	0641	0652	0704	0714	0725	0731		0827	0837	0847	0857	0908
Upton Park The Boleyn (Green Street)	0514	0534	0554	0614	0629	0644	0655	0707	0717	0729	0735		0831	0841	0851	0901	0912
Upton Park Station	0516	0536	0556	0616	0631	0646	0657	0710	0720	0732	0738		0834	0844	0854	0904	0915
Plashet Road Green Street	0517	0537	0557	0617	0632	0647	0659	0713	0724	0736	0742		0838	0848	0858	0908	0919
Portway Plashet Road	0519	0539	0559	0619	0634	0649	0703	0718	0730	0742	0749		0845	0855	0905	0915	0926
Stratford Bus Station	0526	0546	0606	0626	0641	0656	0712	0728	0740	0752	0759	0855	0905	0915	0925	0936	
Manor Park Gladding Road	0853	0903	0913	0923	0933	Then every 11 minutes until	1357	1407	1417	1427	1438	1449	1500	1511	1521	1531	1541
East Ham Station	0902	0912	0922	0933	0944		1408	1418	1428	1438	1449	1500	1511	1522	1532	1542	1552
East Ham Newham Town Hall	0909	0919	0930	0941	0952		1416	1426	1436	1446	1457	1508	1519	1530	1540	1550	1601
Lonsdale Avenue Hatherley Gardens	0918	0928	0939	0950	1001		1425	1435	1445	1455	1506	1517	1528	1539	1549	1600	1611
Upton Park The Boleyn (Green Street)	0922	0933	0944	0955	1006		1430	1440	1450	1500	1511	1522	1533	1544	1555	1606	1617
Upton Park Station	0926	0937	0948	0959	1010		1434	1444	1454	1504	1515	1526	1537	1548	1559	1610	1621
Plashet Road Green Street	0930	0941	0952	1003	1014		1438	1448	1458	1509	1520	1531	1542	1553	1604	1615	1626
Portway Plashet Road	0937	0948	0959	1010	1021		1445	1455	1506	1517	1528	1539	1550	1601	1612	1623	1634
Stratford Bus Station	0947	0958	1009	1020	1031	1455	1505	1516	1527	1538	1549	1600	1611	1622	1633	1644	
Manor Park Gladding Road	1551	1601	Then every 11 minutes until	1802	1813	1824	1835	1846	1857	1908	1919	1929	1940	Then every 15 minutes until	0025	0055	
East Ham Station	1602	1613		1814	1825	1836	1847	1858	1909	1919	1928	1938	1948		0033	0103	
East Ham Newham Town Hall	1611	1622		1823	1834	1845	1856	1907	1917	1926	1935	1944	1954		0039	0109	
Lonsdale Avenue Hatherley Gardens	1622	1633		1834	1845	1856	1907	1917	1926	1935	1944	1953	2002		0047	0117	
Upton Park The Boleyn (Green Street)	1628	1639		1840	1851	1902	1912	1922	1931	1940	1949	1958	2006		0051	0121	
Upton Park Station	1632	1643		1844	1855	1905	1915	1924	1933	1942	1951	2000	2008		0053	0123	
Plashet Road Green Street	1637	1648		1849	1859	1908	1918	1926	1935	1944	1953	2002	2010		0055	0125	
Portway Plashet Road	1645	1656		1857	1906	1914	1922	1930	1939	1947	1956	2005	2013		0058	0128	
Stratford Bus Station	1655	1706	1907	1915	1923	1931	1939	1947	1955	2004	2012	2020	0105	0135			
104		Saturdays (also Good Friday)															
Manor Park Gladding Road	0455	Then every 20 minutes until	0715	0730	0745	0800	0815	0827	0837	0846	0854	0903	0913	0922	0931	0940	0949
East Ham Station	0500		0720	0735	0750	0805	0820	0835	0845	0854	0902	0912	0922	0931	0940	0949	0958
East Ham Newham Town Hall	0505		0725	0740	0755	0810	0825	0840	0850	0859	0908	0918	0928	0937	0946	0955	1005
Lonsdale Avenue Hatherley Gardens	0511		0731	0746	0801	0816	0831	0846	0856	0905	0915	0925	0935	0944	0953	1002	1012
Upton Park The Boleyn (Green Street)	0514		0734	0749	0804	0819	0834	0849	0859	0908	0918	0928	0938	0948	0957	1006	1016
Upton Park Station	0516		0736	0751	0806	0821	0836	0851	0900	0910	0920	0930	0940	0950	1000	1009	1019
Plashet Road Green Street	0517		0737	0752	0807	0822	0837	0852	0902	0912	0922	0932	0942	0952	1003	1013	1023
Portway Plashet Road	0519		0739	0754	0809	0824	0839	0854	0904	0914	0924	0934	0944	0955	1006	1018	1028
Stratford Bus Station	0526	0746	0802	0817	0832	0847	0902	0912	0922	0932	0942	0952	1004	1016	1028	1040	
Manor Park Gladding Road	0958	1008	1018	1028	1038	Then every 11 minutes until	1206	1216	1226	1234	1242	1252	Then every 11 minutes until	1705	1716	1727	
East Ham Station	1008	1018	1028	1038	1049		1217	1227	1237	1245	1253	1304		1717	1728	1739	
East Ham Newham Town Hall	1015	1025	1035	1046	1057		1225	1235	1245	1253	1301	1312		1725	1736	1747	
Lonsdale Avenue Hatherley Gardens	1022	1032	1043	1054	1105		1233	1243	1253	1302	1312	1323		1736	1747	1758	
Upton Park The Boleyn (Green Street)	1026	1036	1047	1058	1109		1237	1247	1257	1307	1317	1328		1741	1752	1803	
Upton Park Station	1029	1039	1050	1101	1112		1240	1250	1300	1311	1322	1333		1746	1757	1808	
Plashet Road Green Street	1033	1044	1055	1106	1117		1245	1256	1306	1317	1328	1339		1752	1803	1814	
Portway Plashet Road	1039	1050	1101	1112	1123		1251	1302	1313	1324	1335	1346		1759	1809	1820	
Stratford Bus Station	1052	1103	1114	1125	1136	1304	1315	1326	1337	1348	1359	1812	1821	1830			
Manor Park Gladding Road	1738	1749	1800	1811	1822	1833	1844	1856	1910	1925	1940	Then every 15 minutes until	0025	0055			
East Ham Station	1750	1801	1812	1822	1833	1844	1854	1906	1920	1935	1948		0033	0103			
East Ham Newham Town Hall	1758	1809	1819	1829	1839	1850	1900	1912	1926	1941	1954		0039	0109			
Lonsdale Avenue Hatherley Gardens	1809	1819	1829	1839	1849	1859	1909	1921	1935	1949	2002		0047	0117			
Upton Park The Boleyn (Green Street)	1814	1824	1834	1843	1853	1903	1913	1925	1939	1953	2006		0051	0121			
Upton Park Station	1818	1828	1837	1846	1856	1906	1916	1928	1941	1955	2008		0053	0123			
Plashet Road Green Street	1823	1832	1841	1849	1859	1909	1919	1931	1944	1957	2010		0055	0125			
Portway Plashet Road	1828	1837	1845	1853	1902	1912	1922	1934	1947	2000	2013		0058	0128			
Stratford Bus Station	1838	1846	1854	1902	1911	1921	1931	1942	1954	2007	2020	0105	0135				

104		Sundays and other Public Holidays (except Christmas Day)																
Manor Park Gladding Road	0525		0755	0813	0828	0842	0856	0910	0924	0937	0950	1002	1014	1026	1041	1057	1113	
East Ham Station	0530		0800	0818	0833	0847	0901	0916	0930	0943	0957	1010	1024	1037	1052	1108	1124	
East Ham Newham Town Hall	0535	Then	0805	0823	0838	0852	0906	0921	0935	0948	1003	1016	1031	1044	1059	1115	1131	
Lonsdale Avenue Hatherley Gardens	0541	every 30	0811	0829	0844	0858	0912	0927	0941	0954	1010	1024	1039	1053	1108	1124	1140	
Upton Park The Boleyn (Green Street)	0544	minutes	0814	0832	0847	0901	0915	0930	0944	0958	1014	1028	1043	1057	1112	1128	1144	
Upton Park Station	0545	until	0815	0833	0848	0902	0917	0932	0946	1001	1017	1031	1046	1101	1117	1133	1149	
Plashet Road Green Street	0546		0816	0834	0849	0904	0919	0934	0949	1004	1020	1035	1050	1106	1122	1138	1154	
Portway Plashet Road	0548		0818	0836	0851	0906	0921	0936	0952	1008	1024	1040	1056	1112	1128	1144	1200	
Stratford Bus Station	0555		0825	0843	0858	0913	0928	0944	1001	1017	1034	1050	1106	1122	1138	1154	1210	
Manor Park Gladding Road	1129	1145	1201	1217	1233	1249	1305	1321	1337	1353	1409	1425	1441	1457	1513	1529	1545	1601
East Ham Station	1140	1156	1212	1228	1244	1300	1316	1332	1348	1404	1420	1436	1452	1508	1524	1540	1556	1612
East Ham Newham Town Hall	1147	1203	1219	1235	1251	1307	1323	1339	1355	1411	1427	1443	1459	1515	1531	1547	1603	1619
Lonsdale Avenue Hatherley Gardens	1156	1212	1228	1244	1300	1316	1332	1348	1404	1420	1436	1452	1508	1524	1540	1556	1612	1628
Upton Park The Boleyn (Green Street)	1200	1216	1232	1248	1304	1320	1336	1352	1408	1424	1440	1456	1512	1528	1544	1600	1616	1632
Upton Park Station	1205	1221	1237	1253	1309	1325	1341	1357	1413	1429	1445	1501	1517	1533	1549	1605	1621	1637
Plashet Road Green Street	1210	1226	1242	1258	1314	1330	1346	1402	1418	1434	1450	1506	1522	1538	1554	1610	1626	1642
Portway Plashet Road	1216	1232	1248	1304	1320	1336	1352	1408	1424	1440	1456	1512	1528	1544	1600	1616	1632	1648
Stratford Bus Station	1226	1242	1258	1314	1330	1346	1402	1418	1434	1450	1506	1522	1538	1554	1610	1626	1642	1658
Manor Park Gladding Road	1617	1633	1649	1705	1721	1737	1753	1809	1825			0025	0055					
East Ham Station	1628	1644	1700	1716	1732	1747	1802	1817	1833			0033	0103					
East Ham Newham Town Hall	1635	1651	1707	1723	1739	1754	1809	1823	1839			0039	0109					
Lonsdale Avenue Hatherley Gardens	1644	1700	1716	1732	1748	1803	1817	1831	1847			0047	0117					
Upton Park The Boleyn (Green Street)	1648	1704	1720	1736	1752	1807	1821	1835	1851			0051	0121					
Upton Park Station	1653	1709	1724	1740	1755	1810	1824	1837	1853			0053	0123					
Plashet Road Green Street	1658	1714	1729	1744	1759	1813	1826	1839	1855			0055	0125					
Portway Plashet Road	1704	1720	1735	1750	1804	1817	1829	1842	1858			0058	0128					
Stratford Bus Station	1714	1730	1745	1759	1812	1824	1836	1849	1905			0105	0135					

104		Saturdays (also Good Friday)																
Stratford Bus Station	0435		0755	0815	0829	0843	0853	0903	0913	0923	0933	0943	0951	0959	1009	1018	1027	
Plashet Road Portway	0442		0802	0822	0837	0851	0901	0911	0921	0931	0941	0951	0959	1009	1019	1028	1038	
Plashet Road Green Street	0444	Then	0804	0824	0839	0853	0904	0914	0924	0934	0944	0954	1003	1014	1024	1034	1044	
Upton Park Station	0446	every 20	0806	0826	0841	0855	0906	0916	0927	0937	0947	0957	1007	1018	1028	1039	1049	
Upton Park The Boleyn (Green Street)	0448	minutes	0808	0828	0843	0857	0908	0919	0930	0940	0950	1000	1010	1021	1031	1042	1053	
Lonsdale Avenue Hatherley Gardens	0451	until	0811	0831	0846	0900	0911	0922	0933	0943	0953	1004	1014	1025	1035	1046	1057	
East Ham Newham Town Hall	0457		0817	0837	0852	0907	0918	0929	0940	0950	1000	1012	1022	1033	1044	1055	1106	
East Ham Station	0501		0821	0842	0858	0913	0924	0935	0946	0956	1008	1020	1030	1042	1053	1104	1115	
Manor Park Gladding Road	0507		0827	0848	0904	0920	0931	0942	0953	1004	1016	1028	1040	1052	1103	1114	1125	
Stratford Bus Station	1036		1131	1142	1153	1204	1214	1224	1234	1245	1255			1657	1708	1719	1730	
Plashet Road Portway	1049		1144	1155	1206	1217	1227	1237	1247	1258	1308			1710	1721	1732	1743	
Plashet Road Green Street	1055	Then	1150	1201	1212	1223	1233	1243	1253	1304	1314	Then		1716	1727	1738	1749	
Upton Park Station	1100	every 11	1155	1206	1217	1228	1238	1248	1258	1309	1320	every 11		1722	1733	1744	1755	
Upton Park The Boleyn (Green Street)	1104	minutes	1159	1210	1221	1232	1242	1252	1302	1313	1324	minutes		1726	1737	1748	1759	
Lonsdale Avenue Hatherley Gardens	1108	until	1203	1214	1225	1236	1246	1256	1306	1317	1328	until		1730	1741	1752	1803	
East Ham Newham Town Hall	1117		1212	1223	1234	1245	1255	1305	1316	1327	1338			1740	1751	1802	1812	
East Ham Station	1126		1221	1232	1243	1254	1304	1315	1326	1337	1348			1750	1801	1811	1821	
Manor Park Gladding Road	1136		1231	1243	1254	1305	1317	1328	1339	1350	1401			1803	1813	1823	1833	
Stratford Bus Station	1741	1752	1803	1814	1825	1836	1847	1858	1909	1920	1931	1942	1956			0041	0111	
Plashet Road Portway	1754	1805	1816	1826	1837	1847	1858	1909	1920	1931	1941	1951	2004			0049	0119	
Plashet Road Green Street	1800	1811	1821	1830	1840	1850	1901	1912	1923	1933	1943	1953	2006	Then		0051	0121	
Upton Park Station	1805	1816	1825	1834	1842	1852	1903	1914	1925	1935	1945	1955	2008	every 15		0053	0123	
Upton Park The Boleyn (Green Street)	1809	1819	1828	1837	1845	1855	1906	1917	1928	1938	1948	1958	2011	minutes		0056	0126	
Lonsdale Avenue Hatherley Gardens	1813	1823	1832	1841	1849	1859	1910	1921	1931	1941	1951	2001	2014	until		0059	0129	
East Ham Newham Town Hall	1822	1832	1840	1849	1857	1907	1918	1928	1938	1948	1958	2008	2021			0106	0136	
East Ham Station	1831	1840	1848	1857	1905	1915	1926	1936	1945	1955	2005	2015	2028			0113	0143	
Manor Park Gladding Road	1841	1849	1857	1906	1914	1924	1934	1943	1952	2002	2012	2022	2035			0120	0150	
104		Sundays and other Public Holidays (except Christmas Day)																
Stratford Bus Station	0520		0820	0836	0852	0908	0923	0937	0950	1003	1016	1029	1044	1100	1116	1132	1148	
Plashet Road Portway	0526		0826	0842	0859	0916	0931	0945	0958	1011	1024	1038	1054	1110	1126	1142	1158	
Plashet Road Green Street	0528	Then	0828	0844	0902	0919	0934	0949	1003	1016	1030	1044	1100	1116	1132	1148	1204	
Upton Park Station	0529	every 30	0829	0845	0904	0921	0937	0953	1008	1021	1035	1049	1105	1121	1137	1153	1209	
Upton Park The Boleyn (Green Street)	0530	minutes	0830	0847	0906	0923	0939	0955	1010	1023	1038	1053	1109	1125	1141	1157	1213	
Lonsdale Avenue Hatherley Gardens	0533	until	0833	0850	0909	0926	0942	0958	1013	1027	1042	1057	1113	1129	1145	1201	1217	
East Ham Newham Town Hall	0538		0838	0856	0915	0932	0948	1004	1020	1034	1049	1104	1120	1136	1152	1208	1224	
East Ham Station	0542		0842	0901	0920	0937	0953	1009	1025	1040	1056	1112	1128	1144	1200	1216	1232	
Manor Park Gladding Road	0548		0848	0908	0928	0945	1001	1018	1034	1050	1106	1122	1138	1154	1210	1226	1242	
Stratford Bus Station	1204	1220	1236	1252	1308	1324	1340	1356	1412	1428	1444	1500	1516	1532	1548	1604	1620	1636
Plashet Road Portway	1214	1230	1246	1302	1318	1334	1350	1406	1422	1438	1454	1510	1526	1542	1558	1614	1630	1646
Plashet Road Green Street	1220	1236	1252	1308	1324	1340	1356	1412	1428	1444	1500	1516	1532	1548	1604	1620	1636	1652
Upton Park Station	1225	1241	1257	1313	1329	1345	1401	1417	1433	1449	1505	1521	1537	1553	1609	1625	1641	1657
Upton Park The Boleyn (Green Street)	1229	1245	1301	1317	1333	1349	1405	1421	1437	1453	1509	1525	1541	1557	1613	1629	1645	1701
Lonsdale Avenue Hatherley Gardens	1233	1249	1305	1321	1337	1353	1409	1425	1441	1457	1513	1529	1545	1601	1617	1633	1649	1705
East Ham Newham Town Hall	1240	1256	1312	1328	1344	1400	1416	1432	1448	1504	1520	1536	1552	1608	1624	1640	1656	1712
East Ham Station	1248	1304	1320	1336	1352	1408	1424	1440	1456	1512	1528	1544	1600	1616	1632	1648	1704	1720
Manor Park Gladding Road	1258	1314	1330	1346	1402	1418	1434	1450	1506	1522	1538	1554	1610	1626	1642	1658	1714	1729
Stratford Bus Station	1652	1708	1724	1740	1756	1811	1826	1841	1856	1911	1926	1941				0041	0111	
Plashet Road Portway	1702	1718	1734	1750	1806	1821	1836	1851	1906	1921	1936	1949				0049	0119	
Plashet Road Green Street	1708	1724	1740	1755	1810	1824	1839	1854	1909	1924	1938	1951	Then			0051	0121	
Upton Park Station	1713	1729	1745	1759	1813	1826	1841	1856	1911	1926	1940	1953	every 15			0053	0123	
Upton Park The Boleyn (Green Street)	1717	1733	1748	1802	1816	1829	1844	1859	1914	1929	1943	1956	minutes			0056	0126	
Lonsdale Avenue Hatherley Gardens	1721	1737	1752	1806	1820	1833	1848	1903	1918	1933	1947	1959	until			0059	0129	
East Ham Newham Town Hall	1728	1744	1759	1813	1827	1840	1855	1910	1925	1940	1954	2006				0106	0136	
East Ham Station	1736	1751	1806	1820	1834	1847	1902	1917	1932	1947	2001	2013				0113	0143	
Manor Park Gladding Road	1744	1759	1814	1828	1842	1855	1910	1925	1940	1955	2008	2020				0120	0150	