

104		Mondays to Fridays																
Manor Park Gladding Road	0455	0515	0535	0555	0610	0624	0634	0642	0650	0658	0706	0714	0722	0731	0740	0745	0750	0755
East Ham Station	0500	0520	0540	0600	0615	0629	0639	0647	0655	0704	0712	0721	0730	0739	0749	0754	0759	0804
East Ham Newham Town Hall	0505	0525	0545	0605	0620	0634	0644	0652	0700	0709	0717	0727	0736	0746	0756	0801	0806	0811
Lonsdale Avenue Hatherley Gardens	0511	0531	0551	0611	0626	0640	0650	0658	0707	0717	0726	0736	0745	0755	0805	0810	0815	0820
Upton Park The Boleyn (Green Street)	0514	0534	0554	0614	0629	0643	0653	0701	0710	0720	0729	0739	0749	0759	0809	0814	0819	0824
Upton Park Station	0516	0536	0556	0616	0631	0645	0655	0703	0712	0722	0732	0742	0752	0802	0812	0817	0822	0827
Plashet Road Green Street	0517	0537	0557	0617	0632	0646	0656	0705	0714	0724	0734	0744	0754	0804	0814	0819	0824	0829
Portway Plashet Road	0519	0539	0559	0619	0634	0648	0658	0707	0717	0727	0737	0747	0757	0807	0817	0822	0827	0832
Stratford Bus Station	0526	0546	0606	0626	0641	0655	0705	0716	0727	0737	0747	0757	0807	0817	0827	0832	0837	0842
Manor Park Gladding Road	0800			0850	0859	0908	0917	0926	0935			1355	1406	1416			1526	1535
East Ham Station	0809			0859	0908	0917	0926	0936	0946			1406	1417	1427			1537	1546
East Ham Newham Town Hall	0816	Then		0906	0915	0924	0934	0944	0954	Then		1414	1425	1435	Then		1545	1554
Lonsdale Avenue Hatherley Gardens	0825	every 10		0915	0924	0933	0943	0953	1003	every 10		1423	1434	1444	every 10		1554	1603
Upton Park The Boleyn (Green Street)	0829	minutes		0919	0928	0938	0948	0958	1008	minutes		1428	1439	1449	minutes		1559	1609
Upton Park Station	0832	until		0922	0931	0941	0951	1001	1011	until		1431	1442	1452	until		1602	1612
Plashet Road Green Street	0834			0924	0934	0944	0954	1004	1014			1434	1445	1456			1606	1616
Portway Plashet Road	0837			0927	0937	0947	0957	1007	1017			1437	1448	1459			1609	1619
Stratford Bus Station	0847			0937	0947	0957	1007	1017	1027			1447	1458	1509			1619	1629
Manor Park Gladding Road	1544	1553	1602			1812	1822	1832	1842	1852	1902	1913	1925				0025	0055
East Ham Station	1555	1604	1614			1824	1834	1844	1854	1903	1912	1922	1933				0033	0103
East Ham Newham Town Hall	1603	1613	1623	Then		1833	1843	1853	1902	1911	1920	1929	1939	Then			0039	0109
Lonsdale Avenue Hatherley Gardens	1613	1623	1634	every 10		1844	1854	1903	1912	1921	1930	1938	1947	every 15			0047	0117
Upton Park The Boleyn (Green Street)	1619	1629	1640	minutes		1850	1859	1908	1917	1926	1935	1943	1951	minutes			0051	0121
Upton Park Station	1622	1632	1643	until		1853	1902	1911	1919	1928	1937	1945	1953	until			0053	0123
Plashet Road Green Street	1626	1636	1647			1857	1905	1913	1921	1930	1939	1947	1955				0055	0125
Portway Plashet Road	1629	1639	1650			1900	1908	1916	1924	1933	1942	1950	1958				0058	0128
Stratford Bus Station	1639	1649	1700			1910	1917	1925	1933	1941	1950	1958	2005				0105	0135
104		Saturdays (also Good Friday)																
Manor Park Gladding Road	0455			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	Then		0725	0740	0755	0810	0825	0840	0850	0859	0908	0918	0928	0937	0946	0955	1005
Lonsdale Avenue Hatherley Gardens	0511	every 20		0731	0746	0801	0816	0831	0846	0856	0905	0915	0925	0935	0944	0953	1002	1012
Upton Park The Boleyn (Green Street)	0514	minutes		0734	0749	0804	0819	0834	0849	0859	0908	0918	0928	0938	0948	0957	1006	1016
Upton Park Station	0516	until		0736	0751	0806	0821	0836	0851	0901	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	1002	1012	1022
Portway Plashet Road	0519			0739	0754	0809	0824	0839	0854	0904	0914	0924	0934	0944	0955	1005	1015	1025
Stratford Bus Station	0526			0746	0802	0817	0832	0847	0902	0912	0922	0932	0942	0952	1004	1015	1026	1037
Manor Park Gladding Road	0958	1008	1018	1026	1035			1205	1214	1222	1230	1238	1246	1255			1705	1715
East Ham Station	1008	1018	1028	1036	1046			1216	1225	1233	1241	1249	1257	1307			1717	1727
East Ham Newham Town Hall	1015	1025	1035	1044	1054	Then		1224	1233	1241	1249	1257	1305	1315	Then		1725	1735
Lonsdale Avenue Hatherley Gardens	1022	1032	1042	1052	1102	every 10		1232	1241	1249	1257	1306	1316	1326	every 10		1736	1746
Upton Park The Boleyn (Green Street)	1026	1036	1046	1056	1106	minutes		1236	1245	1253	1301	1311	1321	1331	minutes		1741	1751
Upton Park Station	1029	1039	1049	1059	1109	until		1239	1248	1256	1305	1315	1325	1335	until		1745	1755
Plashet Road Green Street	1032	1042	1052	1102	1112			1242	1251	1300	1310	1320	1330	1340			1750	1800
Portway Plashet Road	1035	1045	1055	1105	1115			1245	1254	1304	1314	1324	1334	1344			1754	1804
Stratford Bus Station	1048	1058	1108	1118	1128			1258	1307	1317	1327	1337	1347	1357			1807	1816
Manor Park Gladding Road	1725	1735	1745	1755	1805	1815	1825	1835	1845	1856	1910	1925			Then		0025	0055
East Ham Station	1737	1747	1757	1807	1816	1826	1836	1845	1855	1906	1920	1933					0033	0103
East Ham Newham Town Hall	1745	1755	1805	1814	1823	1833	1842	1851	1901	1912	1926	1939			Then		0039	0109
Lonsdale Avenue Hatherley Gardens	1756	1806	1815	1824	1833	1843	1851	1900	1910	1921	1935	1947			every 15		0047	0117
Upton Park The Boleyn (Green Street)	1801	1811	1820	1829	1838	1847	1855	1904	1914	1925	1939	1951			minutes		0051	0121
Upton Park Station	1805	1815	1824	1833	1841	1850	1858	1907	1917	1928	1941	1953			until		0053	0123
Plashet Road Green Street	1810	1819	1828	1837	1844	1853	1901	1910	1920	1931	1943	1955					0055	0125
Portway Plashet Road	1814	1823	1832	1840	1847	1856	1904	1913	1923	1934	1946	1958					0058	0128
Stratford Bus Station	1825	1833	1841	1849	1856	1905	1913	1922	1932	1942	1953	2005					0105	0135

104		Sundays and other Public Holidays (except Christmas Day and Boxing Day)														
Manor Park <i>Gladding Road</i>	0525		0755	0813	0828	0842	0856	0910	0924	0937	0949	1001	1012	1025		1640
East Ham Station	0530		0800	0818	0833	0847	0901	0916	0930	0943	0956	1009	1022	1036		1651
East Ham <i>Newham Town Hall</i>	0535	<i>Then</i>	0805	0823	0838	0852	0906	0921	0935	0948	1002	1015	1029	1043	<i>Then</i>	1658
Lonsdale Avenue <i>Hatherley Gardens</i>	0541	<i>every 30</i>	0811	0829	0844	0858	0912	0927	0941	0954	1009	1023	1037	1052	<i>every 15</i>	1707
Upton Park <i>The Boleyn (Green Street)</i>	0544	<i>minutes</i>	0814	0832	0847	0901	0915	0930	0944	0958	1013	1027	1041	1056	<i>minutes</i>	1711
Upton Park Station	0545	<i>until</i>	0815	0833	0848	0902	0917	0932	0946	1001	1016	1030	1045	1100	<i>until</i>	1715
Plashet Road <i>Green Street</i>	0546		0816	0834	0849	0904	0919	0934	0949	1004	1019	1034	1049	1104		1719
Portway <i>Plashet Road</i>	0548		0818	0836	0851	0906	0921	0936	0951	1007	1022	1038	1053	1108		1723
Stratford <i>Bus Station</i>	0555		0825	0843	0858	0913	0928	0944	1000	1016	1032	1048	1103	1118		1733
Manor Park <i>Gladding Road</i>	1655	1710	1725	1740	1755	1810			0025	0055						
East Ham Station	1706	1721	1736	1750	1804	1818			0033	0103						
East Ham <i>Newham Town Hall</i>	1713	1728	1743	1757	1811	1824	<i>Then</i>		0039	0109						
Lonsdale Avenue <i>Hatherley Gardens</i>	1722	1737	1752	1806	1819	1832	<i>every 15</i>		0047	0117						
Upton Park <i>The Boleyn (Green Street)</i>	1726	1741	1756	1810	1823	1836	<i>minutes</i>		0051	0121						
Upton Park Station	1730	1744	1759	1813	1826	1838	<i>until</i>		0053	0123						
Plashet Road <i>Green Street</i>	1733	1747	1801	1815	1828	1840			0055	0125						
Portway <i>Plashet Road</i>	1737	1751	1804	1818	1831	1843			0058	0128						
Stratford <i>Bus Station</i>	1747	1800	1812	1825	1838	1850			0105	0135						

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104		Mondays to Fridays																
Stratford Bus Station	0435		0635	0648	0701	0713	0722	0729			0829	0837	0843	0849	0858	0908	0918	
Plashet Road Portway	0442		0642	0655	0709	0721	0730	0737			0837	0845	0851	0857	0906	0916	0926	
Plashet Road Green Street	0444	<i>Then</i>	0644	0657	0711	0723	0732	0740	<i>Then</i>		0840	0848	0854	0900	0909	0919	0929	
Upton Park Station	0446	<i>every 20</i>	0646	0659	0713	0725	0734	0742	<i>every 10</i>		0842	0850	0856	0902	0911	0921	0931	
Upton Park The Boleyn (Green Street)	0448	<i>minutes</i>	0648	0701	0716	0728	0737	0746	<i>minutes</i>		0846	0854	0900	0906	0915	0925	0935	
Lonsdale Avenue Hatherley Gardens	0451	<i>until</i>	0651	0704	0719	0731	0740	0749	<i>until</i>		0849	0857	0903	0909	0918	0928	0938	
East Ham Newham Town Hall	0457		0657	0712	0727	0739	0748	0758			0858	0906	0912	0918	0927	0937	0946	
East Ham Station	0501		0701	0717	0732	0744	0753	0803			0903	0911	0918	0925	0935	0945	0955	
Manor Park Gladding Road	0507		0707	0723	0738	0750	0800	0810			0910	0920	0929	0938	0948	0958	1008	
Stratford Bus Station	0928	0937		1437	1446	1453	1501	1510	1519	1529	1534	1543			1753	1803	1813	
Plashet Road Portway	0936	0946		1446	1455	1503	1511	1520	1529	1539	1545	1554			1804	1814	1824	
Plashet Road Green Street	0939	0949	<i>Then</i>	1449	1458	1506	1514	1523	1532	1542	1548	1557	<i>Then</i>		1807	1817	1827	
Upton Park Station	0941	0951	<i>every 10</i>	1451	1500	1508	1516	1525	1534	1544	1550	1559	<i>every 10</i>		1809	1819	1829	
Upton Park The Boleyn (Green Street)	0945	0955	<i>minutes</i>	1455	1504	1512	1521	1530	1539	1549	1556	1605	<i>minutes</i>		1815	1825	1835	
Lonsdale Avenue Hatherley Gardens	0948	0958	<i>until</i>	1458	1507	1516	1525	1535	1545	1555	1604	1613	<i>until</i>		1823	1833	1843	
East Ham Newham Town Hall	0956	1006		1506	1515	1524	1533	1543	1554	1604	1614	1623			1833	1843	1853	
East Ham Station	1005	1015		1515	1524	1533	1542	1552	1603	1613	1623	1632			1842	1852	1901	
Manor Park Gladding Road	1018	1028		1528	1537	1546	1555	1605	1615	1625	1635	1644			1854	1903	1911	
Stratford Bus Station	1823	1833	1843	1853	1902	1912	1922	1932	1941	1951	2001	2011			0041	0111		
Plashet Road Portway	1834	1844	1854	1903	1912	1921	1930	1940	1949	1959	2009	2019			0049	0119		
Plashet Road Green Street	1837	1847	1857	1906	1915	1924	1933	1943	1952	2002	2011	2021	<i>Then</i>		0051	0121		
Upton Park Station	1839	1849	1859	1908	1917	1926	1935	1945	1954	2004	2013	2023	<i>every 15</i>		0053	0123		
Upton Park The Boleyn (Green Street)	1845	1854	1903	1912	1921	1929	1938	1948	1957	2007	2016	2026	<i>minutes</i>		0056	0126		
Lonsdale Avenue Hatherley Gardens	1852	1901	1909	1917	1925	1933	1942	1952	2001	2010	2019	2029	<i>until</i>		0059	0129		
East Ham Newham Town Hall	1901	1909	1917	1924	1932	1940	1949	1959	2008	2017	2026	2036			0106	0136		
East Ham Station	1908	1916	1924	1931	1939	1947	1956	2006	2015	2024	2033	2043			0113	0143		
Manor Park Gladding Road	1918	1926	1933	1940	1947	1954	2003	2013	2022	2031	2040	2050			0120	0150		
104		Saturdays (also Good Friday)																
Stratford Bus Station	0435		0755	0815	0829	0843	0853	0903	0913	0923	0932	0940	0949	0958	1007	1016	1024	
Plashet Road Portway	0442		0802	0822	0837	0851	0901	0911	0921	0931	0940	0948	0958	1008	1017	1026	1035	
Plashet Road Green Street	0444	<i>Then</i>	0804	0824	0839	0853	0904	0914	0924	0934	0943	0951	1001	1011	1020	1029	1039	
Upton Park Station	0446	<i>every 20</i>	0806	0826	0841	0855	0906	0916	0926	0936	0945	0953	1003	1013	1022	1032	1042	
Upton Park The Boleyn (Green Street)	0448	<i>minutes</i>	0808	0828	0843	0857	0908	0918	0928	0938	0947	0956	1006	1016	1025	1035	1045	
Lonsdale Avenue Hatherley Gardens	0451	<i>until</i>	0811	0831	0846	0900	0911	0921	0931	0941	0950	1000	1010	1020	1029	1039	1049	
East Ham Newham Town Hall	0457		0817	0837	0852	0907	0918	0928	0938	0948	0958	1008	1018	1028	1038	1048	1058	
East Ham Station	0501		0821	0842	0858	0913	0924	0934	0944	0954	1005	1016	1026	1036	1047	1057	1107	
Manor Park Gladding Road	0507		0827	0848	0904	0920	0931	0941	0951	1002	1013	1024	1035	1046	1057	1107	1117	
Stratford Bus Station	1033	1041	1050		1130	1140	1150	1200	1210	1220	1229	1238	1247			1707	1718	
Plashet Road Portway	1045	1054	1103		1143	1153	1203	1213	1223	1233	1242	1251	1300			1720	1731	
Plashet Road Green Street	1049	1058	1107	<i>Then</i>	1147	1157	1207	1217	1227	1237	1246	1255	1304	<i>Then</i>		1724	1735	
Upton Park Station	1052	1101	1110	<i>every 10</i>	1150	1200	1210	1220	1230	1240	1249	1258	1308	<i>every 10</i>		1728	1739	
Upton Park The Boleyn (Green Street)	1055	1104	1113	<i>minutes</i>	1153	1203	1213	1223	1233	1243	1252	1301	1311	<i>minutes</i>		1731	1742	
Lonsdale Avenue Hatherley Gardens	1059	1108	1117	<i>until</i>	1157	1207	1217	1227	1237	1247	1256	1305	1315	<i>until</i>		1735	1746	
East Ham Newham Town Hall	1108	1117	1126		1206	1216	1226	1236	1246	1256	1305	1315	1325			1745	1756	
East Ham Station	1117	1126	1135		1215	1225	1235	1245	1255	1305	1315	1325	1335			1755	1806	
Manor Park Gladding Road	1127	1136	1145		1225	1236	1246	1256	1307	1318	1328	1338	1348			1808	1818	
Stratford Bus Station	1728	1738	1748	1759	1809	1820	1831	1842	1852	1902	1912	1922	1932	1942	1956		0041	0111
Plashet Road Portway	1741	1751	1801	1812	1821	1832	1842	1853	1903	1913	1923	1932	1941	1951	2004		0049	0119
Plashet Road Green Street	1745	1755	1805	1816	1825	1835	1845	1856	1906	1916	1925	1934	1943	1953	2006	<i>Then</i>	0051	0121
Upton Park Station	1749	1759	1808	1819	1828	1837	1847	1858	1908	1918	1927	1936	1945	1955	2008	<i>every</i>	0053	0123
Upton Park The Boleyn (Green Street)	1752	1802	1811	1822	1831	1840	1850	1901	1911	1921	1930	1939	1948	1958	2011	<i>15</i>	0056	0126
Lonsdale Avenue Hatherley Gardens	1756	1806	1815	1826	1835	1844	1854	1905	1915	1925	1933	1942	1951	2001	2014	<i>mins.</i>	0059	0129
East Ham Newham Town Hall	1806	1815	1824	1834	1843	1852	1902	1913	1923	1932	1940	1949	1958	2008	2021	<i>until</i>	0106	0136
East Ham Station	1815	1824	1833	1842	1851	1900	1910	1921	1931	1939	1947	1956	2005	2015	2028		0113	0143
Manor Park Gladding Road	1827	1835	1843	1851	1900	1909	1919	1929	1938	1946	1954	2003	2012	2022	2035		0120	0150

104		Sundays and other Public Holidays (except Christmas Day and Boxing Day)														
Stratford Bus Station	0520		0820	0835	0850	0904	0919	0934	0948	1001	1014	1027	1041		1626	1641
Plashet Road Portway	0526		0826	0841	0857	0912	0927	0942	0956	1009	1022	1036	1051		1636	1651
Plashet Road Green Street	0528	Then	0828	0843	0900	0915	0930	0945	0959	1012	1026	1040	1055	Then	1640	1655
Upton Park Station	0529	every 30	0829	0844	0902	0917	0932	0947	1001	1015	1029	1043	1058	every 15	1643	1658
Upton Park The Boleyn (Green Street)	0530	minutes	0830	0846	0904	0919	0934	0949	1003	1017	1032	1047	1102	minutes	1647	1702
Lonsdale Avenue Hatherley Gardens	0533	until	0833	0849	0907	0922	0937	0952	1006	1021	1036	1051	1106	until	1651	1706
East Ham Newham Town Hall	0538		0838	0855	0913	0928	0943	0958	1013	1028	1043	1058	1113		1658	1713
East Ham Station	0542		0842	0900	0918	0933	0948	1003	1018	1034	1050	1106	1121		1706	1721
Manor Park Gladding Road	0548		0848	0908	0926	0941	0956	1012	1027	1044	1100	1116	1131		1716	1730
Stratford Bus Station	1656	1711	1726	1741		1911	1926	1941		0041	0111					
Plashet Road Portway	1706	1721	1736	1751		1921	1936	1949		0049	0119					
Plashet Road Green Street	1710	1725	1740	1754	Then	1924	1938	1951	Then	0051	0121					
Upton Park Station	1713	1728	1742	1756	every 15	1926	1940	1953	every 15	0053	0123					
Upton Park The Boleyn (Green Street)	1717	1732	1745	1759	minutes	1929	1943	1956	minutes	0056	0126					
Lonsdale Avenue Hatherley Gardens	1721	1736	1749	1803	until	1933	1947	1959	until	0059	0129					
East Ham Newham Town Hall	1728	1743	1756	1810		1940	1954	2006		0106	0136					
East Ham Station	1736	1750	1803	1817		1947	2001	2013		0113	0143					
Manor Park Gladding Road	1744	1758	1811	1825		1955	2008	2020		0120	0150					

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