

104		Mondays to Fridays																
Manor Park Gladding Road	0455	0515	0535	0555	0610	0625	0640	0650	0659	0704	0709	0715	0721	0726	0731	0736	0742	0748
East Ham Station	0500	0520	0540	0600	0616	0631	0647	0657	0706	0712	0717	0723	0729	0734	0739	0745	0751	0757
East Ham Newham Town Hall	0505	0525	0545	0605	0621	0636	0652	0702	0712	0718	0723	0729	0735	0740	0746	0752	0758	0804
East Ham Fire Station	0508	0528	0548	0609	0625	0640	0656	0706	0716	0722	0727	0733	0739	0744	0750	0756	0802	0808
Lonsdale Avenue Hatherley Gardens	0512	0532	0552	0613	0629	0644	0700	0711	0721	0727	0732	0738	0744	0750	0756	0802	0808	0814
Upton Park The Boleyn (Green Street)	0516	0536	0556	0617	0633	0649	0705	0716	0726	0732	0737	0743	0749	0755	0801	0807	0813	0819
Upton Park Station	0518	0538	0559	0620	0636	0652	0708	0719	0729	0735	0741	0747	0753	0759	0805	0811	0817	0823
Plashet Road Green Street	0519	0539	0600	0621	0637	0653	0709	0720	0730	0736	0742	0748	0754	0800	0806	0812	0818	0824
Portway Plashet Road	0522	0542	0604	0625	0641	0657	0714	0725	0735	0742	0748	0754	0800	0806	0812	0818	0824	0830
Stratford Bus Station	0528	0548	0611	0632	0648	0705	0722	0733	0743	0751	0757	0803	0809	0815	0821	0827	0833	0839
Manor Park Gladding Road	0754	Then every 10 minutes until	0834	0844	0854	0904	0914	0924	Then every 10 minutes until	1024	1033	1043	1052	Then every 10 minutes until	1152			
East Ham Station	0803		0843	0853	0903	0913	0923	0932		1032	1041	1051	1100		1200			
East Ham Newham Town Hall	0810		0850	0900	0910	0920	0930	0939		1039	1048	1058	1108		1208			
East Ham Fire Station	0814		0854	0904	0914	0924	0934	0943		1043	1052	1102	1112		1212			
Lonsdale Avenue Hatherley Gardens	0820		0900	0910	0920	0929	0939	0948		1048	1057	1107	1117		1217			
Upton Park The Boleyn (Green Street)	0825		0905	0915	0925	0934	0944	0953		1053	1102	1112	1122		1222			
Upton Park Station	0829		0909	0919	0929	0938	0948	0957		1057	1107	1117	1127		1227			
Plashet Road Green Street	0830		0910	0920	0930	0939	0949	0958		1058	1109	1119	1129		1229			
Portway Plashet Road	0836		0916	0925	0935	0944	0954	1003		1103	1114	1124	1134		1234			
Stratford Bus Station	0845	0925	0933	0943	0952	1002	1011	1111	1122	1132	1142	1242						
Manor Park Gladding Road	1202	Then every 10 minutes until	1312	1322	1332	1342	1351	1401	1411	1421	1430	1439	Then every 10 minutes until	1529	1538	1547		
East Ham Station	1211		1321	1331	1341	1351	1400	1410	1420	1430	1439	1449		1539	1549	1558		
East Ham Newham Town Hall	1219		1329	1339	1349	1359	1409	1419	1429	1439	1448	1458		1548	1558	1607		
East Ham Fire Station	1223		1333	1343	1353	1403	1413	1423	1433	1443	1452	1502		1552	1602	1612		
Lonsdale Avenue Hatherley Gardens	1228		1338	1348	1358	1408	1418	1428	1438	1448	1458	1508		1558	1608	1618		
Upton Park The Boleyn (Green Street)	1233		1343	1353	1403	1413	1423	1433	1443	1454	1504	1514		1604	1614	1624		
Upton Park Station	1238		1348	1358	1408	1418	1428	1438	1448	1459	1509	1519		1609	1619	1629		
Plashet Road Green Street	1240		1350	1400	1410	1420	1430	1440	1450	1501	1511	1521		1611	1621	1631		
Portway Plashet Road	1245		1355	1405	1415	1425	1435	1445	1456	1507	1517	1527		1617	1627	1637		
Stratford Bus Station	1253	1403	1414	1424	1434	1444	1454	1505	1516	1526	1536	1626	1636	1646				
Manor Park Gladding Road	1552	Then every 10 minutes until	1712	1722	1733	1744	1754	1804	1814	1825	1835	1845	1856	1906	1916	1927	1937	
East Ham Station	1603		1723	1733	1744	1755	1805	1815	1825	1836	1846	1856	1906	1916	1925	1936	1946	
East Ham Newham Town Hall	1613		1733	1743	1754	1805	1815	1825	1835	1846	1856	1905	1915	1924	1933	1943	1953	
East Ham Fire Station	1618		1738	1748	1759	1809	1819	1829	1839	1850	1900	1909	1919	1928	1937	1947	1957	
Lonsdale Avenue Hatherley Gardens	1624		1744	1754	1805	1815	1825	1835	1845	1856	1905	1914	1924	1933	1942	1952	2002	
Upton Park The Boleyn (Green Street)	1630		1750	1800	1810	1820	1830	1840	1850	1901	1910	1919	1928	1937	1946	1956	2006	
Upton Park Station	1635		1755	1804	1814	1824	1834	1844	1854	1905	1914	1923	1931	1940	1949	1959	2009	
Plashet Road Green Street	1637		1757	1806	1816	1826	1836	1846	1856	1906	1915	1924	1932	1941	1950	2000	2010	
Portway Plashet Road	1643		1803	1812	1822	1832	1842	1852	1901	1911	1920	1929	1937	1946	1955	2005	2014	
Stratford Bus Station	1652	1812	1821	1831	1841	1851	1901	1909	1919	1928	1937	1945	1954	2003	2012	2021		
Manor Park Gladding Road	1949	2004	2019	2034	2049	2104	2119	2134	2149	2205	Then every 20 minutes until	0025	0055					
East Ham Station	1957	2012	2027	2042	2057	2112	2127	2141	2156	2211		0031	0101					
East Ham Newham Town Hall	2004	2019	2034	2049	2104	2118	2133	2147	2202	2216		0036	0106					
East Ham Fire Station	2008	2023	2038	2053	2108	2122	2137	2151	2205	2219		0039	0109					
Lonsdale Avenue Hatherley Gardens	2012	2027	2042	2057	2112	2126	2141	2155	2209	2223		0043	0113					
Upton Park The Boleyn (Green Street)	2016	2031	2046	2101	2116	2130	2145	2159	2213	2227		0047	0117					
Upton Park Station	2019	2034	2049	2103	2118	2132	2147	2201	2215	2229		0049	0119					
Plashet Road Green Street	2020	2035	2050	2104	2119	2133	2148	2202	2216	2230		0050	0120					
Portway Plashet Road	2024	2039	2054	2108	2123	2137	2152	2206	2220	2234		0054	0124					
Stratford Bus Station	2031	2046	2101	2114	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
East Ham Fire Station	0538	0608	0638	0708	0738	0758	0818	0833	0848	0903	0919	0933	0948	1003	1018	1032	1046	1100
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
Plashet Road Green Street	0546	0617	0647	0718	0748	0809	0829	0844	0859	0914	0930	0945	1000	1015	1030	1045	1100	1115
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
East Ham Fire Station	1115	1130	1144	1158	1213	1228	1243	1258	1313	1328	1343	1358	1413	1428	1443	1459	1514	1529
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
Plashet Road Green Street	1130	1145	1200	1215	1230	1245	1300	1315	1330	1345	1400	1415	1430	1445	1500	1515	1530	1545
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
East Ham Fire Station	1544	1559	1614	1628	1643	1658	1713	1728	1743	1758	1813	1828	1842	1857	1912	1927	1941	1956
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
Plashet Road Green Street	1600	1615	1630	1644	1659	1714	1729	1743	1758	1812	1825	1840	1854	1909	1924	1939	1953	2007
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			2225			0025	0055					
East Ham Station	2001	2016	2031	2046	2101	2116			2231			0031	0101					
East Ham Newham Town Hall	2007	2022	2037	2052	2106	2121			2236			0036	0106					
East Ham Fire Station	2010	2025	2040	2055	2109	2124		Then	2239	Then		0039	0109					
Lonsdale Avenue Hatherley Gardens	2014	2029	2044	2059	2113	2128		every 15	2243	every 20		0043	0113					
Upton Park The Boleyn (Green Street)	2018	2033	2048	2103	2117	2132		minutes	2247	minutes		0047	0117					
Upton Park Station	2020	2035	2050	2105	2119	2134		until	2249	until		0049	0119					
Plashet Road Green Street	2021	2036	2051	2106	2120	2135			2250			0050	0120					
Portway Plashet Road	2025	2040	2055	2110	2124	2139			2254			0054	0124					
Stratford Bus Station	2032	2047	2102	2116	2130	2145			2300			0100	0130					

104		Mondays to Fridays																
Stratford Bus Station	0435	0455	0515	0535	0555	0615	0630	0645	0700	0709	0718	0727	0736	0745	Then every 10 minutes until	0835	0845	
Plashet Road Portway	0442	0502	0522	0542	0602	0622	0637	0652	0708	0717	0727	0736	0746	0756		0846	0856	
Plashet Road Green Street	0444	0504	0524	0544	0604	0624	0639	0654	0711	0720	0730	0739	0749	0759		0849	0859	
Upton Park Station	0446	0506	0526	0546	0606	0626	0641	0656	0713	0722	0732	0741	0751	0801		0851	0901	
Upton Park The Boleyn (Green Street)	0448	0508	0528	0548	0608	0628	0643	0659	0716	0725	0735	0744	0754	0804		0854	0904	
Lonsdale Avenue Hatherley Gardens	0451	0511	0531	0551	0611	0631	0646	0703	0720	0729	0739	0749	0759	0809		0859	0909	
East Ham Fire Station	0454	0514	0534	0554	0615	0635	0650	0707	0724	0734	0744	0754	0804	0814		0904	0913	
East Ham Newham Town Hall	0458	0518	0538	0558	0619	0639	0654	0712	0729	0739	0749	0759	0809	0819		0909	0918	
East Ham Station	0502	0522	0542	0603	0624	0644	0700	0718	0735	0746	0756	0806	0816	0826		0916	0925	
Manor Park Gladding Road	0508	0528	0548	0609	0630	0650	0707	0725	0743	0754	0804	0814	0824	0834		0924	0933	
Stratford Bus Station	0855	Then every 10 minutes until	1005	1015	1025	1035	1045	1055	Then every 10 minutes until	1325	1335	1345	1355	1405	1415	1425		
Plashet Road Portway	0905		1015	1025	1035	1045	1055	1105		1335	1345	1355	1405	1416	1426	1436		
Plashet Road Green Street	0908		1018	1028	1038	1048	1058	1108		1338	1348	1359	1409	1420	1430	1440		
Upton Park Station	0910		1020	1030	1040	1050	1100	1111		1341	1351	1402	1412	1423	1433	1443		
Upton Park The Boleyn (Green Street)	0913		1023	1033	1043	1053	1104	1115		1345	1355	1406	1416	1427	1437	1447		
Lonsdale Avenue Hatherley Gardens	0918		1028	1038	1048	1058	1109	1120		1350	1400	1411	1421	1432	1442	1452		
East Ham Fire Station	0922		1032	1042	1052	1102	1113	1124		1354	1405	1416	1426	1437	1447	1457		
East Ham Newham Town Hall	0927		1037	1047	1057	1107	1118	1129		1359	1410	1421	1431	1443	1453	1503		
East Ham Station	0934		1044	1054	1104	1114	1125	1136		1406	1417	1428	1439	1451	1501	1512		
Manor Park Gladding Road	0942		1052	1103	1113	1123	1134	1145		1415	1426	1437	1448	1500	1511	1522		
Stratford Bus Station	1434	1442	1451	Then every 10 minutes until	1541	1552	1602	1612	1619	1627	1634	1642	1649	1657	1704	1712	1719	
Plashet Road Portway	1445	1453	1503		1553	1604	1614	1624	1631	1639	1646	1654	1701	1709	1716	1724	1731	
Plashet Road Green Street	1449	1458	1508		1558	1608	1618	1628	1635	1643	1650	1658	1705	1713	1720	1728	1735	
Upton Park Station	1452	1502	1512		1602	1612	1622	1632	1639	1647	1654	1702	1709	1717	1724	1732	1739	
Upton Park The Boleyn (Green Street)	1456	1506	1516		1606	1616	1626	1636	1643	1651	1658	1706	1713	1721	1728	1736	1743	
Lonsdale Avenue Hatherley Gardens	1501	1511	1521		1611	1621	1631	1641	1648	1656	1703	1711	1718	1726	1733	1741	1748	
East Ham Fire Station	1507	1517	1527		1617	1627	1637	1647	1654	1702	1709	1717	1724	1732	1739	1747	1754	
East Ham Newham Town Hall	1513	1523	1533		1623	1633	1643	1653	1700	1708	1715	1723	1730	1738	1745	1753	1800	
East Ham Station	1522	1532	1542		1632	1642	1652	1702	1709	1717	1724	1732	1739	1747	1754	1802	1809	
Manor Park Gladding Road	1532	1542	1552		1642	1652	1702	1712	1719	1727	1734	1742	1749	1757	1804	1812	1819	
Stratford Bus Station	1727	1734	1742	1749	1756	1804	1812	1822	1833	1845	1855	1906	1916	1927	1937	1947	1957	2007
Plashet Road Portway	1739	1746	1754	1801	1808	1816	1824	1834	1845	1856	1906	1916	1926	1937	1947	1957	2007	2016
Plashet Road Green Street	1743	1750	1758	1805	1812	1820	1828	1838	1849	1900	1910	1920	1930	1940	1950	2000	2010	2019
Upton Park Station	1747	1754	1802	1809	1816	1824	1832	1842	1852	1903	1913	1923	1933	1943	1953	2002	2012	2021
Upton Park The Boleyn (Green Street)	1751	1758	1806	1813	1820	1828	1836	1846	1856	1906	1916	1926	1936	1946	1956	2005	2015	2024
Lonsdale Avenue Hatherley Gardens	1756	1803	1811	1818	1825	1833	1841	1851	1901	1911	1921	1931	1941	1951	2001	2009	2019	2028
East Ham Fire Station	1802	1808	1816	1823	1830	1838	1846	1856	1906	1916	1925	1935	1945	1955	2005	2013	2023	2032
East Ham Newham Town Hall	1808	1814	1822	1829	1836	1844	1851	1901	1911	1921	1930	1940	1950	2000	2009	2017	2027	2036
East Ham Station	1817	1823	1831	1838	1845	1853	1900	1909	1919	1929	1937	1947	1957	2006	2015	2023	2033	2042
Manor Park Gladding Road	1827	1833	1841	1848	1855	1903	1909	1918	1928	1938	1945	1955	2005	2013	2022	2030	2040	2049
Stratford Bus Station	2017	2027	2042	2057	2113	2128	2143	2158	2218	2238	2259	2320	2340	0000	0020	0040	0110	
Plashet Road Portway	2026	2036	2051	2106	2121	2136	2151	2206	2226	2246	2307	2328	2348	0008	0028	0048	0118	
Plashet Road Green Street	2029	2039	2054	2109	2124	2139	2154	2209	2229	2249	2310	2330	2350	0010	0030	0050	0120	
Upton Park Station	2031	2041	2056	2111	2126	2141	2156	2211	2231	2251	2312	2332	2352	0012	0032	0052	0122	
Upton Park The Boleyn (Green Street)	2034	2044	2059	2114	2129	2144	2159	2214	2234	2254	2314	2334	2354	0014	0034	0054	0124	
Lonsdale Avenue Hatherley Gardens	2038	2048	2103	2118	2133	2148	2203	2218	2238	2258	2318	2338	2358	0018	0038	0058	0128	
East Ham Fire Station	2042	2052	2106	2121	2136	2151	2206	2221	2241	2301	2321	2341	0001	0021	0041	0101	0131	
East Ham Newham Town Hall	2046	2056	2110	2125	2140	2155	2210	2225	2245	2305	2324	2344	0004	0024	0044	0104	0134	
East Ham Station	2052	2102	2115	2130	2145	2200	2215	2230	2250	2309	2328	2348	0008	0028	0048	0108	0138	
Manor Park Gladding Road	2059	2109	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	0905	0915	0924	0934	0943	0953	1002	1011	1019	
Plashet Road Portway	0442		0742	0802	0822	0838	0853	0903	0913	0923	0933	0943	0952	1002	1012	1021	1029	
Plashet Road Green Street	0444		0744	0804	0824	0840	0855	0906	0916	0926	0936	0946	0955	1005	1015	1024	1032	
Upton Park Station	0446	<i>Then every 20 minutes until</i>	0746	0806	0826	0842	0857	0908	0918	0928	0938	0948	0957	1007	1017	1026	1034	
Upton Park The Boleyn (Green Street)	0448		0748	0808	0828	0844	0859	0911	0921	0931	0941	0951	1000	1010	1020	1029	1037	
Lonsdale Avenue Hatherley Gardens	0451		0751	0811	0832	0848	0903	0915	0925	0935	0945	0955	1004	1014	1024	1033	1042	
East Ham Fire Station	0454		0754	0814	0835	0851	0907	0919	0929	0939	0949	0959	1008	1018	1028	1037	1047	
East Ham Newham Town Hall	0457		0757	0817	0839	0855	0911	0923	0933	0943	0953	1003	1013	1023	1033	1042	1052	
East Ham Station	0501		0801	0822	0844	0900	0917	0929	0940	0950	1000	1010	1020	1030	1040	1049	1059	
Manor Park Gladding Road	0507		0807	0828	0851	0907	0924	0936	0947	0957	1008	1018	1028	1038	1048	1057	1107	
Stratford Bus Station	1028	1038	1048	1058	1108	1118	1126	1136	1144	1154	1203	1212	1222	1232	1242	1251	1301	1311
Plashet Road Portway	1038	1048	1058	1108	1118	1128	1136	1146	1154	1204	1214	1223	1233	1243	1253	1303	1313	1323
Plashet Road Green Street	1041	1051	1101	1111	1121	1131	1139	1149	1158	1208	1218	1227	1237	1247	1257	1307	1317	1327
Upton Park Station	1044	1054	1104	1114	1124	1134	1142	1152	1201	1211	1221	1230	1240	1250	1300	1310	1320	1330
Upton Park The Boleyn (Green Street)	1047	1057	1107	1117	1127	1137	1145	1155	1205	1215	1225	1234	1244	1254	1304	1314	1324	1334
Lonsdale Avenue Hatherley Gardens	1052	1102	1112	1122	1132	1142	1150	1200	1210	1220	1230	1239	1249	1259	1309	1319	1329	1339
East Ham Fire Station	1057	1107	1117	1127	1137	1147	1155	1205	1215	1225	1235	1244	1254	1304	1314	1324	1334	1344
East Ham Newham Town Hall	1102	1112	1122	1132	1142	1152	1200	1210	1220	1230	1240	1249	1259	1309	1319	1329	1339	1349
East Ham Station	1109	1119	1129	1139	1149	1159	1208	1218	1228	1238	1248	1258	1308	1318	1328	1338	1348	1358
Manor Park Gladding Road	1117	1127	1137	1147	1157	1208	1218	1228	1238	1248	1258	1308	1318	1328	1338	1348	1358	1408
Stratford Bus Station	1321	1331	1340	1350	1400	1410	1420	1430	<i>Then every 10 minutes until</i>	1540	1550	1600	1610	1620	1630	1640	1650	
Plashet Road Portway	1333	1343	1352	1402	1412	1422	1432	1442		1552	1602	1612	1622	1632	1642	1652	1702	
Plashet Road Green Street	1337	1347	1356	1406	1416	1426	1436	1446		1556	1607	1617	1627	1637	1647	1657	1707	
Upton Park Station	1340	1350	1359	1409	1419	1429	1439	1450		1600	1611	1621	1631	1641	1651	1701	1711	
Upton Park The Boleyn (Green Street)	1344	1354	1404	1414	1424	1434	1444	1455		1605	1616	1626	1636	1646	1656	1706	1716	
Lonsdale Avenue Hatherley Gardens	1349	1359	1409	1419	1429	1439	1449	1500		1610	1621	1631	1641	1651	1701	1711	1721	
East Ham Fire Station	1354	1404	1414	1424	1434	1444	1454	1505		1615	1626	1636	1646	1656	1706	1716	1726	
East Ham Newham Town Hall	1359	1409	1419	1429	1439	1449	1459	1510		1620	1631	1641	1651	1701	1711	1721	1731	
East Ham Station	1408	1418	1428	1438	1448	1458	1508	1518		1628	1639	1649	1659	1709	1719	1730	1740	
Manor Park Gladding Road	1418	1428	1438	1448	1458	1508	1518	1528	1638	1649	1659	1709	1719	1729	1740	1750		
Stratford Bus Station	1700	1710	1720	1730	1740	1750	1800	1810	1820	1830	1840	1850	1900	1910	1920	1930	1940	1950
Plashet Road Portway	1712	1722	1731	1741	1751	1801	1811	1821	1831	1841	1851	1901	1910	1920	1930	1940	1950	2000
Plashet Road Green Street	1717	1727	1736	1746	1756	1806	1816	1826	1835	1845	1855	1905	1914	1924	1934	1944	1953	2003
Upton Park Station	1721	1731	1740	1750	1800	1810	1820	1830	1839	1849	1859	1908	1917	1927	1937	1947	1956	2006
Upton Park The Boleyn (Green Street)	1726	1736	1745	1755	1805	1815	1825	1835	1844	1854	1903	1912	1921	1931	1941	1951	1959	2009
Lonsdale Avenue Hatherley Gardens	1731	1741	1750	1800	1810	1820	1830	1840	1849	1859	1907	1916	1925	1935	1945	1955	2003	2013
East Ham Fire Station	1736	1746	1755	1805	1815	1824	1834	1844	1853	1903	1911	1920	1929	1939	1949	1959	2007	2017
East Ham Newham Town Hall	1741	1751	1800	1810	1820	1829	1839	1849	1858	1908	1916	1925	1934	1944	1953	2003	2011	2021
East Ham Station	1750	1800	1809	1819	1829	1838	1848	1858	1907	1917	1925	1933	1942	1952	2000	2010	2018	2028
Manor Park Gladding Road	1800	1810	1819	1829	1839	1848	1858	1908	1917	1927	1935	1943	1952	2002	2010	2020	2028	2038
Stratford Bus Station	2000	2015	2030	2045	2100	2115	2130	2145	2200	2220	2240	2300	2320	2340	0000	0020	0040	0110
Plashet Road Portway	2010	2025	2039	2054	2108	2123	2138	2153	2208	2228	2248	2308	2328	2348	0008	0028	0048	0118
Plashet Road Green Street	2013	2028	2042	2057	2111	2126	2141	2156	2211	2231	2251	2311	2331	2351	0010	0030	0050	0120
Upton Park Station	2016	2031	2044	2059	2113	2128	2143	2158	2213	2233	2253	2313	2333	2353	0012	0032	0052	0122
Upton Park The Boleyn (Green Street)	2019	2034	2047	2102	2116	2131	2146	2201	2216	2236	2256	2316	2336	2356	0014	0034	0054	0124
Lonsdale Avenue Hatherley Gardens	2023	2038	2051	2106	2120	2135	2150	2205	2220	2240	2300	2320	2340	0000	0018	0038	0058	0128
East Ham Fire Station	2027	2042	2055	2109	2123	2138	2153	2208	2223	2243	2303	2323	2343	0003	0021	0041	0101	0131
East Ham Newham Town Hall	2031	2046	2059	2113	2127	2142	2157	2212	2227	2247	2307	2327	2347	0007	0024	0044	0104	0134
East Ham Station	2038	2052	2105	2118	2132	2147	2202	2217	2232	2252	2312	2332	2352	0011	0028	0048	0108	0138
Manor Park Gladding Road	2048	2101	2113	2126	2140	2155	2210	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
Plashet Road Green Street	0528	0558	0628	0658	0728	0758	0829	0849	0904	0919	0934	0950	1004	1019	1034	1048	1102	1117
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 Fire Station	0537	0607	0637	0707	0737	0808	0839	0859	0915	0931	0946	1002	1017	1032	1047	1101	1116	1131
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	Then every 15 minutes until	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	
Plashet Road Green Street	1132	1147	1202	1217	1232	1247	1301	1317		1547	1602	1617	1632	1647	1702	1717	1732	
Upton Park Station	1134	1149	1204	1219	1234	1249	1304	1320		1550	1605	1620	1635	1650	1705	1720	1735	
Upton Park The Boleyn (Green Street)	1138	1153	1208	1223	1238	1253	1308	1324		1554	1609	1624	1639	1654	1709	1724	1739	
Lonsdale Avenue Hatherley Gardens	1142	1157	1212	1227	1242	1257	1313	1329		1559	1614	1629	1644	1659	1714	1729	1744	
East Ham Fire Station	1146	1201	1216	1231	1246	1301	1318	1334		1604	1618	1633	1648	1703	1718	1733	1748	
East Ham Newham Town Hall	1151	1206	1221	1236	1251	1306	1323	1339		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
Plashet Road Green Street	1747	1802	1817	1829	1844	1859	1912	1927	1942	1957	2011	2026	2041	2056	2110	2125	2140	2155
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 Fire Station	1803	1817	1832	1844	1859	1913	1926	1941	1955	2009	2023	2038	2053	2108	2121	2136	2151	2206
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	Then every 20 minutes until	0040	0110														
Plashet Road Portway	2208		0048	0118														
Plashet Road Green Street	2210		0050	0120														
Upton Park Station	2212		0052	0122														
Upton Park The Boleyn (Green Street)	2214		0054	0124														
Lonsdale Avenue Hatherley Gardens	2218		0058	0128														
East Ham Fire Station	2221		0101	0131														
East Ham Newham Town Hall	2224		0104	0134														
East Ham Station	2228		0108	0138														
Manor Park Gladding Road	2235		0115	0145														