

147		Mondays to Fridays (school days, half term and Christmas)																
Ilford High Road Hainault Street	0500	0512	0524	0536	0546	0556	0606	0614	0622	0630	0638	0646	0654	0702	0710	0716	0722	0728
Ilford Broadway High Road	0502	0514	0526	0538	0548	0558	0608	0616	0624	0633	0641	0649	0657	0705	0713	0719	0725	0731
Dersingham Avenue Church Road	0508	0520	0532	0544	0555	0605	0615	0624	0632	0641	0649	0657	0705	0715	0723	0730	0736	0743
East Ham Station	0512	0525	0537	0549	0600	0610	0620	0629	0638	0647	0655	0703	0711	0721	0729	0736	0743	0750
East Ham Ron Leighton Way	0514	0527	0539	0551	0602	0612	0622	0631	0640	0649	0658	0706	0714	0724	0732	0739	0746	0753
Upton Park The Boleyn (Barking Road)	0518	0531	0543	0555	0606	0616	0626	0635	0645	0654	0703	0711	0719	0730	0738	0746	0753	0800
Plaistow Greengate	0521	0534	0546	0558	0609	0619	0629	0638	0648	0657	0706	0715	0723	0734	0742	0750	0758	0806
Prince Regent Stn. Prince Regent Lane	0526	0539	0552	0604	0615	0625	0636	0645	0655	0704	0713	0723	0731	0743	0752	0801	0809	0817
Keir Hardie Est. Radland Rd/Rogers Rd.	0530	0543	0556	0608	0619	0630	0641	0650	0700	0709	0718	0728	0736	0748	0757	0806	0814	0822
Canning Town Bus Station	0535	0548	0601	0613	0624	0635	0647	0656	0706	0715	0724	0734	0742	0754	0803	0812	0820	0829
Ilford High Road Hainault Street	0736	0741	0746	0752	0757	0804	0811	0819	0825	0831	0836	0844	0852	0900	Then every 8 minutes until	0948	0955	
Ilford Broadway High Road	0739	0744	0749	0755	0800	0807	0814	0822	0828	0834	0839	0847	0855	0903		0951	0958	
Dersingham Avenue Church Road	0751	0756	0801	0807	0812	0820	0827	0835	0841	0846	0851	0859	0906	0913		1001	1008	
East Ham Station	0758	0803	0808	0814	0819	0827	0834	0842	0848	0853	0858	0906	0913	0919		1007	1014	
East Ham Ron Leighton Way	0801	0806	0811	0817	0822	0830	0838	0846	0852	0857	0902	0909	0916	0922		1010	1018	
Upton Park The Boleyn (Barking Road)	0808	0813	0818	0824	0829	0837	0845	0853	0858	0903	0908	0915	0922	0928		1016	1024	
Plaistow Greengate	0814	0819	0824	0829	0834	0842	0850	0858	0903	0908	0913	0919	0926	0932		1020	1028	
Prince Regent Stn. Prince Regent Lane	0825	0830	0834	0839	0844	0852	0900	0907	0911	0916	0921	0927	0934	0940		1028	1036	
Keir Hardie Est. Radland Rd/Rogers Rd.	0830	0835	0839	0844	0849	0857	0905	0912	0916	0921	0926	0932	0939	0945		1033	1041	
Canning Town Bus Station	0837	0842	0846	0851	0856	0903	0911	0918	0922	0927	0932	0938	0945	0951		1039	1047	
Ilford High Road Hainault Street	1003	1011	1019	Then every 8 minutes until	1147	1155	1203	1211	1219	Then every 8 minutes until	1347	1355	1403	1411	1419	1427		
Ilford Broadway High Road	1006	1014	1022		1150	1158	1206	1214	1222		1350	1358	1406	1414	1422	1430		
Dersingham Avenue Church Road	1016	1024	1032		1200	1208	1216	1224	1232		1400	1408	1416	1425	1433	1441		
East Ham Station	1022	1030	1039		1207	1215	1223	1231	1239		1407	1415	1423	1432	1440	1448		
East Ham Ron Leighton Way	1026	1034	1043		1211	1219	1227	1235	1243		1411	1419	1427	1436	1444	1452		
Upton Park The Boleyn (Barking Road)	1032	1040	1049		1217	1225	1233	1241	1250		1418	1426	1434	1443	1451	1459		
Plaistow Greengate	1036	1044	1053		1221	1229	1238	1246	1255		1423	1431	1439	1448	1456	1504		
Prince Regent Stn. Prince Regent Lane	1044	1052	1101		1229	1238	1247	1255	1304		1432	1441	1449	1458	1506	1515		
Keir Hardie Est. Radland Rd/Rogers Rd.	1049	1057	1106		1234	1243	1252	1300	1309		1437	1446	1454	1503	1512	1521		
Canning Town Bus Station	1055	1103	1112		1240	1249	1258	1306	1315		1443	1452	1500	1509	1519	1528		
Ilford High Road Hainault Street	1434	1442	1449	1456	Then every 8 minutes until	1528	1537	Then every 8 minutes until	1625	1632	1640	1648	1657	1705	1713	1721		
Ilford Broadway High Road	1437	1445	1452	1459		1531	1540		1628	1635	1643	1651	1700	1708	1716	1724		
Dersingham Avenue Church Road	1448	1456	1503	1510		1542	1551		1639	1646	1654	1702	1711	1719	1727	1735		
East Ham Station	1456	1504	1512	1519		1551	1600		1648	1656	1704	1712	1720	1728	1736	1744		
East Ham Ron Leighton Way	1500	1508	1516	1523		1555	1604		1652	1700	1708	1716	1724	1732	1740	1748		
Upton Park The Boleyn (Barking Road)	1507	1515	1523	1531		1603	1611		1659	1707	1715	1723	1731	1739	1747	1755		
Plaistow Greengate	1512	1520	1528	1536		1608	1616		1704	1712	1720	1728	1736	1744	1752	1800		
Prince Regent Stn. Prince Regent Lane	1523	1531	1539	1548		1620	1628		1716	1724	1732	1740	1747	1755	1803	1810		
Keir Hardie Est. Radland Rd/Rogers Rd.	1529	1537	1545	1554		1626	1634		1722	1730	1737	1745	1752	1800	1808	1815		
Canning Town Bus Station	1536	1544	1552	1601		1633	1641		1729	1737	1744	1752	1759	1807	1814	1821		
Ilford High Road Hainault Street	1729	1738	1747	1756	1805	Then every 8 minutes until	1845	1855	1905	1915	1925	1935	1945	1957	2009	2021	2033	
Ilford Broadway High Road	1732	1741	1750	1759	1808		1848	1858	1908	1918	1928	1938	1948	2000	2012	2024	2036	
Dersingham Avenue Church Road	1743	1752	1800	1809	1818		1858	1908	1917	1927	1937	1947	1957	2009	2020	2032	2044	
East Ham Station	1752	1800	1808	1817	1826		1906	1916	1925	1934	1944	1954	2003	2015	2026	2038	2050	
East Ham Ron Leighton Way	1756	1804	1812	1821	1830		1910	1920	1929	1938	1948	1957	2006	2018	2029	2041	2053	
Upton Park The Boleyn (Barking Road)	1803	1811	1819	1827	1836		1916	1926	1935	1944	1954	2003	2012	2024	2035	2046	2058	
Plaistow Greengate	1808	1816	1824	1832	1840		1920	1930	1939	1948	1958	2007	2016	2028	2039	2050	2102	
Prince Regent Stn. Prince Regent Lane	1817	1825	1833	1840	1848		1928	1938	1947	1956	2006	2015	2024	2035	2046	2057	2109	
Keir Hardie Est. Radland Rd/Rogers Rd.	1822	1830	1838	1845	1853		1933	1943	1952	2001	2010	2019	2028	2039	2050	2101	2113	
Canning Town Bus Station	1828	1836	1844	1851	1859		1939	1949	1958	2006	2015	2024	2033	2044	2055	2106	2118	
Ilford High Road Hainault Street	2045	2057	2109	2121	2133	2145	2157	2209	2221	2233	2245	Then every 12 minutes until	2333	2345	Then every 12 minutes until	0045		
Ilford Broadway High Road	2048	2100	2112	2123	2135	2147	2159	2211	2223	2235	2247		2335	2347		0047		
Dersingham Avenue Church Road	2056	2108	2120	2131	2142	2154	2206	2218	2230	2241	2253		2341	2353		0053		
East Ham Station	2102	2114	2126	2137	2148	2159	2211	2223	2235	2246	2258		2346	2357		0057		
East Ham Ron Leighton Way	2105	2117	2129	2140	2151	2202	2214	2225	2237	2248	2300		2348	2359		0059		
Upton Park The Boleyn (Barking Road)	2110	2122	2134	2145	2156	2207	2219	2230	2242	2253	2304		2352	0003		0103		
Plaistow Greengate	2114	2126	2138	2149	2200	2210	2222	2233	2245	2256	2307		2355	0006		0106		
Prince Regent Stn. Prince Regent Lane	2121	2133	2144	2155	2206	2216	2228	2239	2251	2302	2312		0000	0011		0111		
Keir Hardie Est. Radland Rd/Rogers Rd.	2125	2137	2148	2159	2210	2220	2232	2243	2255	2306	2316		0004	0015		0115		
Canning Town Bus Station	2130	2142	2153	2204	2215	2225	2237	2248	2300	2311	2321		0009	0020		0120		

Ilford High Road Hainault Street	0500	0512	0524	0536	0546	0556	0606	0614	0622	0630	0638	0646	0654	0702	0710	0718	0726	0734
Ilford Broadway High Road	0502	0514	0526	0538	0548	0558	0608	0616	0624	0633	0641	0649	0657	0705	0713	0721	0729	0737
Dersingham Avenue Church Road	0508	0520	0532	0544	0555	0605	0615	0624	0632	0641	0649	0657	0705	0713	0721	0729	0737	0745
East Ham Station	0512	0525	0537	0549	0600	0610	0620	0629	0637	0646	0654	0702	0710	0718	0726	0734	0742	0750
East Ham Ron Leighton Way	0514	0527	0539	0551	0602	0612	0622	0631	0639	0648	0656	0705	0713	0721	0729	0737	0745	0753
Upton Park The Boleyn (Barking Road)	0518	0531	0543	0555	0606	0616	0626	0635	0643	0652	0700	0709	0717	0726	0734	0742	0750	0758
Plaistow Greengate	0521	0534	0546	0558	0609	0619	0629	0638	0646	0655	0703	0712	0720	0729	0737	0745	0753	0801
Prince Regent Stn. Prince Regent Lane	0526	0539	0552	0604	0615	0625	0636	0645	0653	0702	0710	0719	0727	0736	0744	0753	0801	0809
Keir Hardie Est. Radland Rd/Rogers Rd.	0530	0543	0556	0608	0619	0630	0641	0650	0658	0707	0715	0724	0732	0741	0749	0758	0806	0814
Canning Town Bus Station	0535	0548	0601	0613	0624	0635	0647	0656	0704	0713	0721	0730	0738	0747	0755	0804	0812	0820
Ilford High Road Hainault Street	0741	0746	0751	0756	0804	0812	0820	0825	0830	0835	Then every 8 minutes until	0939	0946	0954	1002	1010	1018	
Ilford Broadway High Road	0744	0749	0754	0759	0807	0815	0823	0828	0833	0838		0942	0949	0957	1005	1013	1021	
Dersingham Avenue Church Road	0752	0757	0802	0807	0815	0823	0831	0836	0841	0846		0950	0958	1006	1014	1022	1030	
East Ham Station	0757	0803	0808	0813	0821	0829	0837	0842	0847	0852		0956	1004	1012	1020	1028	1037	
East Ham Ron Leighton Way	0800	0806	0811	0816	0824	0832	0840	0845	0850	0855		0959	1007	1016	1024	1032	1041	
Upton Park The Boleyn (Barking Road)	0805	0811	0816	0821	0829	0837	0845	0850	0855	0900		1004	1012	1022	1030	1038	1047	
Plaistow Greengate	0809	0815	0820	0825	0833	0841	0849	0854	0859	0904		1008	1016	1026	1034	1042	1051	
Prince Regent Stn. Prince Regent Lane	0817	0823	0828	0833	0841	0849	0857	0902	0907	0912		1016	1024	1034	1042	1050	1059	
Keir Hardie Est. Radland Rd/Rogers Rd.	0822	0828	0833	0838	0846	0854	0902	0907	0912	0917		1021	1029	1039	1047	1055	1104	
Canning Town Bus Station	0828	0834	0839	0844	0852	0900	0908	0913	0918	0923		1027	1035	1045	1053	1101	1110	
Ilford High Road Hainault Street	1026	Then every 8 minutes until	1122	1130	1138	Then every 8 minutes until	1338	1346	1354	1401	1409	1417	Then every 8 minutes until	1641	1649			
Ilford Broadway High Road	1029		1125	1133	1141		1341	1349	1357	1404	1412	1420		1644	1652			
Dersingham Avenue Church Road	1038		1134	1143	1151		1351	1359	1407	1414	1422	1430		1654	1702			
East Ham Station	1045		1141	1150	1158		1358	1406	1414	1422	1430	1438		1702	1710			
East Ham Ron Leighton Way	1049		1145	1154	1202		1402	1410	1418	1426	1434	1442		1706	1714			
Upton Park The Boleyn (Barking Road)	1055		1151	1200	1209		1409	1417	1425	1433	1441	1449		1713	1721			
Plaistow Greengate	1059		1155	1204	1213		1413	1422	1430	1438	1446	1454		1718	1726			
Prince Regent Stn. Prince Regent Lane	1107		1203	1212	1221		1421	1430	1439	1447	1455	1503		1727	1735			
Keir Hardie Est. Radland Rd/Rogers Rd.	1112		1208	1217	1226		1426	1435	1444	1452	1500	1509		1733	1740			
Canning Town Bus Station	1118		1214	1223	1232		1432	1441	1450	1458	1506	1515		1739	1746			
Ilford High Road Hainault Street	1657	1705	1713	1722	1730	1738	1746	1755	1804	1812	1820	1828	1836	1844	1854	1904	1915	1925
Ilford Broadway High Road	1700	1708	1716	1725	1733	1741	1749	1758	1807	1815	1823	1831	1839	1847	1857	1907	1918	1928
Dersingham Avenue Church Road	1710	1718	1726	1735	1743	1751	1759	1808	1817	1825	1833	1841	1849	1857	1907	1917	1928	1938
East Ham Station	1718	1726	1734	1743	1751	1759	1807	1816	1825	1832	1840	1848	1856	1904	1914	1924	1935	1945
East Ham Ron Leighton Way	1722	1730	1738	1747	1755	1803	1811	1820	1829	1836	1844	1852	1900	1908	1918	1928	1939	1949
Upton Park The Boleyn (Barking Road)	1729	1737	1745	1754	1802	1810	1818	1826	1835	1842	1850	1858	1906	1914	1924	1934	1945	1955
Plaistow Greengate	1734	1742	1750	1758	1806	1814	1822	1830	1839	1846	1854	1902	1910	1918	1928	1938	1949	1959
Prince Regent Stn. Prince Regent Lane	1743	1751	1759	1807	1815	1823	1831	1838	1847	1854	1902	1910	1918	1926	1936	1946	1957	2007
Keir Hardie Est. Radland Rd/Rogers Rd.	1748	1756	1804	1812	1820	1828	1836	1843	1852	1859	1907	1915	1923	1931	1941	1951	2002	2011
Canning Town Bus Station	1754	1802	1810	1818	1826	1834	1842	1849	1858	1905	1913	1921	1929	1937	1947	1957	2007	2016
Ilford High Road Hainault Street	1935	1945	1957	2009	2021	2033	2045	2057	2109	2121	2133	2145	2157	2209	2221	2233	2245	2257
Ilford Broadway High Road	1938	1948	2000	2012	2024	2036	2048	2100	2112	2123	2135	2147	2159	2211	2223	2235	2247	2259
Dersingham Avenue Church Road	1948	1958	2009	2020	2032	2044	2056	2108	2120	2131	2142	2154	2206	2218	2230	2241	2253	2305
East Ham Station	1955	2004	2015	2026	2038	2050	2102	2114	2126	2137	2148	2159	2211	2223	2235	2246	2258	2310
East Ham Ron Leighton Way	1958	2007	2018	2029	2041	2053	2105	2117	2129	2140	2151	2202	2214	2225	2237	2248	2300	2312
Upton Park The Boleyn (Barking Road)	2004	2013	2024	2035	2046	2058	2110	2122	2134	2145	2156	2207	2219	2230	2242	2253	2304	2316
Plaistow Greengate	2008	2017	2028	2039	2050	2102	2114	2126	2138	2149	2200	2210	2222	2233	2245	2256	2307	2319
Prince Regent Stn. Prince Regent Lane	2016	2025	2035	2046	2057	2109	2121	2133	2144	2155	2206	2216	2228	2239	2251	2302	2312	2324
Keir Hardie Est. Radland Rd/Rogers Rd.	2020	2029	2039	2050	2101	2113	2125	2137	2148	2159	2210	2220	2232	2243	2255	2306	2316	2328
Canning Town Bus Station	2025	2034	2044	2055	2106	2118	2130	2142	2153	2204	2215	2225	2237	2248	2300	2311	2321	2333
Ilford High Road Hainault Street	2309	2321	2333	2345	Then every 12 minutes until	0045												
Ilford Broadway High Road	2311	2323	2335	2347		0047												
Dersingham Avenue Church Road	2317	2329	2341	2353		0053												
East Ham Station	2322	2334	2346	2357		0057												
East Ham Ron Leighton Way	2324	2336	2348	2359		0059												
Upton Park The Boleyn (Barking Road)	2328	2340	2352	0003		0103												
Plaistow Greengate	2331	2343	2355	0006		0106												
Prince Regent Stn. Prince Regent Lane	2336	2348	0000	0011		0111												
Keir Hardie Est. Radland Rd/Rogers Rd.	2340	2352	0004	0015		0115												
Canning Town Bus Station	2345	2357	0009	0020		0120												

147		Saturdays (also Good Friday)															
Ilford High Road Hainault Street	0500	0515	0530	0545	0600	0612	0624	0636	0648	0700	Then every 10 minutes until	0750	0800	0810	0818	0826	0834
Ilford Broadway High Road	0502	0517	0532	0547	0602	0614	0626	0638	0650	0702		0752	0802	0812	0820	0828	0836
Dersingham Avenue Church Road	0508	0523	0538	0553	0609	0621	0633	0645	0657	0709		0759	0809	0819	0827	0835	0843
East Ham Station	0512	0527	0542	0558	0614	0626	0638	0650	0702	0714		0804	0815	0825	0833	0841	0849
East Ham Ron Leighton Way	0514	0529	0544	0600	0616	0628	0640	0652	0704	0716		0806	0817	0827	0836	0844	0852
Upton Park The Boleyn (Barking Road)	0518	0533	0548	0604	0620	0633	0645	0657	0709	0721		0811	0822	0832	0841	0849	0857
Plaistow Greengate	0521	0536	0551	0607	0623	0636	0648	0700	0712	0724		0814	0825	0836	0845	0853	0901
Prince Regent Stn. Prince Regent Lane	0526	0541	0556	0612	0629	0642	0654	0706	0718	0730		0820	0831	0842	0851	0859	0907
Keir Hardie Est. Radland Rd/Rogers Rd.	0530	0545	0600	0616	0633	0646	0658	0710	0723	0735	0825	0836	0847	0856	0904	0912	
Canning Town Bus Station	0535	0550	0605	0621	0638	0651	0703	0715	0728	0740	0830	0841	0852	0901	0909	0918	
Ilford High Road Hainault Street	0842	0849	Then every 8 minutes until	0937	0945	0952	0959	1007	1014	1021	1028	1036	1044	1052	1100	1108	1116
Ilford Broadway High Road	0844	0852		0940	0948	0955	1002	1010	1017	1024	1031	1039	1047	1055	1103	1111	1119
Dersingham Avenue Church Road	0852	0900		0948	0956	1003	1011	1019	1026	1033	1040	1048	1056	1105	1113	1122	1130
East Ham Station	0858	0906		0954	1002	1009	1017	1025	1032	1039	1047	1055	1103	1112	1120	1129	1137
East Ham Ron Leighton Way	0901	0909		0957	1005	1012	1020	1028	1035	1043	1051	1059	1107	1116	1124	1133	1141
Upton Park The Boleyn (Barking Road)	0906	0914		1002	1010	1018	1026	1034	1041	1049	1057	1105	1113	1122	1130	1139	1147
Plaistow Greengate	0910	0918		1006	1014	1022	1030	1038	1046	1054	1102	1110	1118	1127	1135	1144	1152
Prince Regent Stn. Prince Regent Lane	0917	0925		1013	1022	1030	1038	1046	1054	1102	1110	1118	1126	1135	1143	1152	1200
Keir Hardie Est. Radland Rd/Rogers Rd.	0922	0930	1018	1027	1035	1043	1051	1059	1107	1115	1123	1131	1140	1148	1157	1205	
Canning Town Bus Station	0928	0936	1024	1033	1041	1049	1057	1105	1113	1121	1129	1137	1146	1154	1203	1212	
Ilford High Road Hainault Street	1124	1132	1140	1148	1156	1204	1212	1220	1228	1236	1244	Then every 8 minutes until	1356	1404	1412	1420	1428
Ilford Broadway High Road	1127	1135	1143	1151	1159	1207	1215	1223	1231	1239	1247		1359	1407	1415	1423	1431
Dersingham Avenue Church Road	1138	1146	1155	1203	1211	1220	1228	1237	1245	1253	1302		1414	1422	1430	1438	1445
East Ham Station	1145	1153	1202	1210	1219	1228	1236	1245	1253	1301	1310		1422	1430	1438	1446	1453
East Ham Ron Leighton Way	1149	1157	1206	1214	1223	1232	1240	1249	1257	1305	1314		1426	1435	1443	1451	1458
Upton Park The Boleyn (Barking Road)	1155	1203	1213	1221	1230	1239	1247	1256	1304	1312	1321		1433	1442	1450	1458	1505
Plaistow Greengate	1200	1208	1218	1226	1235	1244	1252	1301	1309	1317	1326		1438	1447	1455	1503	1510
Prince Regent Stn. Prince Regent Lane	1209	1218	1228	1236	1245	1254	1302	1311	1319	1327	1336		1448	1457	1505	1513	1520
Keir Hardie Est. Radland Rd/Rogers Rd.	1214	1223	1233	1241	1250	1259	1307	1316	1324	1332	1341	1453	1502	1510	1518	1525	
Canning Town Bus Station	1221	1230	1240	1248	1257	1306	1314	1322	1330	1338	1347	1459	1508	1516	1524	1531	
Ilford High Road Hainault Street	1436	1444	1452	1500	1508	1516	1524	1532	1540	1548	1556	1604	1612	1620	1628	Then every 8 minutes until	1708
Ilford Broadway High Road	1439	1447	1455	1503	1511	1519	1527	1535	1543	1551	1559	1607	1615	1623	1631		1711
Dersingham Avenue Church Road	1453	1501	1509	1516	1524	1532	1540	1548	1555	1603	1611	1619	1627	1635	1643		1723
East Ham Station	1501	1509	1517	1524	1532	1540	1548	1556	1603	1611	1619	1627	1635	1643	1651		1731
East Ham Ron Leighton Way	1506	1514	1522	1529	1537	1545	1553	1601	1608	1616	1624	1632	1640	1647	1655		1735
Upton Park The Boleyn (Barking Road)	1513	1521	1529	1536	1544	1552	1600	1608	1615	1623	1631	1639	1647	1654	1702		1742
Plaistow Greengate	1518	1526	1534	1541	1549	1557	1605	1613	1620	1628	1636	1644	1652	1659	1707		1747
Prince Regent Stn. Prince Regent Lane	1528	1536	1544	1551	1559	1607	1615	1623	1630	1638	1646	1654	1702	1709	1717		1757
Keir Hardie Est. Radland Rd/Rogers Rd.	1533	1541	1549	1556	1604	1612	1620	1628	1635	1643	1651	1659	1707	1714	1722	1802	
Canning Town Bus Station	1539	1547	1555	1602	1610	1618	1626	1634	1642	1650	1658	1706	1714	1721	1728	1808	
Ilford High Road Hainault Street	1716	1724	Then every 8 minutes until	1836	1844	1852	1900	1908	1916	1925	1935	1945	1957	2009	2021	2033	2045
Ilford Broadway High Road	1719	1727		1839	1847	1855	1903	1911	1919	1928	1938	1948	2000	2012	2024	2036	2048
Dersingham Avenue Church Road	1731	1740		1852	1859	1907	1915	1922	1930	1939	1949	1959	2010	2022	2033	2044	2056
East Ham Station	1739	1748		1900	1907	1914	1922	1929	1937	1946	1956	2006	2017	2029	2040	2050	2102
East Ham Ron Leighton Way	1743	1752		1904	1911	1918	1926	1933	1941	1950	1959	2009	2020	2032	2043	2053	2105
Upton Park The Boleyn (Barking Road)	1750	1759		1911	1918	1925	1933	1940	1948	1957	2006	2015	2026	2038	2049	2059	2111
Plaistow Greengate	1755	1804		1916	1923	1930	1938	1945	1953	2001	2010	2019	2030	2042	2053	2103	2115
Prince Regent Stn. Prince Regent Lane	1804	1812		1924	1931	1938	1946	1953	2001	2009	2018	2027	2037	2049	2100	2109	2121
Keir Hardie Est. Radland Rd/Rogers Rd.	1809	1817	1929	1936	1943	1951	1958	2006	2014	2023	2032	2042	2054	2105	2114	2126	
Canning Town Bus Station	1815	1823	1935	1942	1949	1957	2004	2012	2020	2029	2038	2047	2059	2110	2119	2131	
Ilford High Road Hainault Street	2057	2109	2121	2133	2145	2157	2209	2221	2233	2245	2257	2309	2321	2333	Then every 12 minutes until	0045	
Ilford Broadway High Road	2100	2111	2123	2135	2147	2159	2211	2223	2235	2247	2259	2311	2323	2335		0047	
Dersingham Avenue Church Road	2108	2119	2130	2142	2154	2206	2218	2230	2242	2254	2306	2318	2330	2341		0053	
East Ham Station	2114	2125	2136	2148	2200	2212	2223	2235	2247	2259	2311	2323	2335	2346		0058	
East Ham Ron Leighton Way	2117	2128	2139	2151	2203	2215	2226	2238	2250	2302	2314	2326	2337	2348		0100	
Upton Park The Boleyn (Barking Road)	2123	2134	2144	2156	2208	2220	2231	2243	2255	2306	2318	2330	2341	2352		0104	
Plaistow Greengate	2127	2138	2148	2200	2212	2224	2235	2247	2259	2309	2321	2333	2344	2355		0107	
Prince Regent Stn. Prince Regent Lane	2133	2144	2154	2206	2218	2230	2240	2252	2304	2314	2326	2338	2349	0000		0112	
Keir Hardie Est. Radland Rd/Rogers Rd.	2138	2149	2159	2211	2222	2234	2244	2256	2308	2318	2330	2342	2353	0004	0116		
Canning Town Bus Station	2143	2154	2204	2216	2227	2239	2249	2301	2313	2323	2335	2347	2358	0009	0121		

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Ilford High Road Hainault Street	0555	0610	0625	0640	0655	0707	0719	0731	0743	0755	0805	0815	0825	0835	0845	0855	0905	0915	
Ilford Broadway High Road	0557	0612	0627	0642	0657	0709	0721	0733	0745	0757	0807	0817	0827	0837	0847	0857	0907	0917	
Dersingham Avenue Church Road	0603	0618	0633	0648	0703	0715	0727	0739	0751	0804	0814	0824	0834	0844	0854	0904	0914	0925	
East Ham Station	0608	0623	0638	0653	0708	0720	0732	0744	0756	0809	0819	0829	0839	0849	0859	0909	0919	0931	
East Ham Ron Leighton Way	0610	0625	0640	0655	0710	0722	0734	0746	0758	0811	0821	0831	0841	0851	0901	0911	0922	0934	
Upton Park The Boleyn (Barking Road)	0614	0629	0644	0659	0715	0727	0739	0751	0803	0816	0826	0836	0846	0856	0906	0916	0927	0939	
Plaistow Greengate	0617	0632	0647	0702	0718	0730	0742	0754	0806	0819	0829	0839	0849	0859	0910	0920	0931	0943	
Prince Regent Stn. Prince Regent Lane	0623	0638	0653	0708	0724	0736	0748	0800	0812	0825	0835	0845	0855	0905	0916	0926	0938	0950	
Keir Hardie Est. Radland Rd/Rogers Rd.	0627	0642	0657	0712	0728	0740	0752	0804	0816	0829	0839	0849	0859	0909	0920	0930	0942	0954	
Canning Town Bus Station	0632	0647	0702	0717	0733	0745	0757	0809	0821	0834	0844	0855	0905	0915	0926	0936	0948	1000	
Ilford High Road Hainault Street	0925			1015	1024	1034	1044	1052	1101	1111	1121	1131	1141	1151	1201	1211	1221	1231	
Ilford Broadway High Road	0927			1017	1027	1037	1047	1055	1104	1114	1124	1134	1144	1154	1204	1214	1224	1234	
Dersingham Avenue Church Road	0935			1025	1035	1045	1055	1104	1113	1123	1133	1143	1153	1204	1215	1225	1235	1245	
East Ham Station	0941	Then		1031	1041	1051	1101	1110	1119	1129	1140	1150	1200	1211	1222	1233	1243	1253	
East Ham Ron Leighton Way	0944	every 10		1034	1044	1054	1104	1114	1123	1133	1144	1154	1204	1215	1226	1237	1247	1257	
Upton Park The Boleyn (Barking Road)	0949	minutes		1039	1049	1059	1109	1119	1129	1139	1150	1200	1210	1221	1233	1244	1254	1304	
Plaistow Greengate	0953	until		1043	1053	1103	1113	1123	1133	1143	1154	1205	1215	1226	1238	1249	1259	1309	
Prince Regent Stn. Prince Regent Lane	1000			1050	1101	1111	1121	1131	1141	1151	1202	1213	1223	1234	1247	1258	1308	1318	
Keir Hardie Est. Radland Rd/Rogers Rd.	1004			1054	1105	1115	1125	1135	1145	1155	1207	1218	1228	1239	1252	1303	1313	1323	
Canning Town Bus Station	1010			1100	1111	1121	1131	1141	1151	1201	1213	1224	1234	1245	1258	1309	1319	1329	
Ilford High Road Hainault Street	1241			1421	1432	1442	1453	1504			1624	1634	1644	1654	1704	1714	1724	1734	
Ilford Broadway High Road	1244			1424	1435	1445	1456	1507			1627	1637	1647	1657	1707	1717	1727	1737	
Dersingham Avenue Church Road	1257			1437	1447	1457	1508	1517			1637	1646	1656	1706	1716	1726	1736	1746	
East Ham Station	1305	Then		1445	1455	1505	1515	1524	Then		1644	1653	1703	1713	1723	1733	1743	1753	
East Ham Ron Leighton Way	1309	every 10		1449	1459	1509	1519	1528	every 10		1648	1657	1707	1717	1727	1737	1746	1756	
Upton Park The Boleyn (Barking Road)	1316	minutes		1456	1506	1516	1526	1535	minutes		1655	1704	1714	1724	1734	1744	1753	1803	
Plaistow Greengate	1321	until		1501	1511	1521	1531	1540	until		1700	1709	1719	1729	1739	1749	1758	1808	
Prince Regent Stn. Prince Regent Lane	1330			1510	1520	1530	1540	1549			1709	1718	1727	1737	1747	1757	1806	1816	
Keir Hardie Est. Radland Rd/Rogers Rd.	1335			1515	1525	1535	1545	1554			1714	1723	1732	1742	1752	1802	1811	1821	
Canning Town Bus Station	1341			1521	1531	1541	1551	1600			1720	1729	1738	1748	1758	1808	1817	1827	
Ilford High Road Hainault Street	1744	1756	1808				1908	1920	1932	1944	1956	2008	2020	2032	2044	2056	2108	2120	2132
Ilford Broadway High Road	1747	1759	1811				1911	1923	1935	1947	1959	2011	2023	2035	2047	2059	2111	2123	2135
Dersingham Avenue Church Road	1755	1807	1819				1919	1931	1943	1955	2007	2019	2031	2043	2055	2106	2118	2130	2142
East Ham Station	1802	1814	1826	Then			1926	1938	1949	2001	2013	2025	2037	2049	2101	2112	2124	2135	2147
East Ham Ron Leighton Way	1805	1817	1829	every 12			1929	1941	1952	2004	2016	2028	2040	2052	2104	2115	2126	2137	2149
Upton Park The Boleyn (Barking Road)	1812	1824	1835	minutes			1935	1947	1958	2009	2021	2033	2045	2057	2109	2120	2131	2142	2154
Plaistow Greengate	1817	1828	1839	until			1939	1951	2002	2013	2025	2037	2049	2101	2113	2124	2135	2146	2158
Prince Regent Stn. Prince Regent Lane	1825	1836	1847				1947	1959	2010	2021	2032	2044	2055	2107	2119	2130	2141	2152	2204
Keir Hardie Est. Radland Rd/Rogers Rd.	1830	1841	1852				1952	2003	2014	2025	2036	2048	2059	2111	2123	2134	2145	2156	2208
Canning Town Bus Station	1836	1847	1858				1958	2009	2020	2031	2042	2053	2104	2116	2128	2139	2150	2201	2213
Ilford High Road Hainault Street	2144	2156	2209	2221	2233	2245	2257	2309											
Ilford Broadway High Road	2147	2159	2211	2223	2235	2247	2259	2311											
Dersingham Avenue Church Road	2154	2205	2217	2229	2241	2253	2305	2317											
East Ham Station	2159	2210	2222	2234	2246	2258	2310	2322	Then										
East Ham Ron Leighton Way	2201	2212	2224	2236	2248	2300	2312	2324	every 12										
Upton Park The Boleyn (Barking Road)	2206	2217	2229	2240	2252	2304	2316	2328	minutes										
Plaistow Greengate	2210	2221	2233	2243	2255	2307	2319	2331	until										
Prince Regent Stn. Prince Regent Lane	2216	2227	2238	2248	2300	2312	2324	2335											
Keir Hardie Est. Radland Rd/Rogers Rd.	2220	2231	2242	2252	2304	2316	2328	2339											
Canning Town Bus Station	2225	2236	2247	2257	2309	2321	2333	2344											

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Mondays to Fridays (school days, half term and Christmas)																		
Canning Town Bus Station	0455	0507	0519	0531	0543	0555	0605	0615	0625	0633	0641	0649	0657	0704	0710	0717	0723	0730
Keir Hardie Estate Tarling Road	0458	0510	0522	0534	0546	0558	0608	0618	0628	0636	0644	0652	0700	0707	0713	0720	0726	0733
Prince Regent Stn. Prince Regent Lane	0502	0514	0526	0539	0551	0603	0613	0623	0633	0641	0649	0657	0705	0712	0719	0726	0732	0739
Plaistow Greengate	0508	0520	0532	0545	0557	0609	0619	0630	0640	0648	0656	0704	0712	0720	0727	0735	0741	0749
Upton Park The Boleyn (Barking Road)	0510	0522	0534	0547	0559	0611	0621	0632	0642	0650	0658	0706	0714	0722	0729	0737	0744	0752
East Ham Police Station	0513	0525	0538	0551	0603	0615	0625	0636	0646	0655	0703	0711	0719	0727	0735	0743	0750	0758
East Ham Station	0517	0529	0542	0555	0607	0619	0629	0640	0650	0659	0707	0716	0724	0732	0740	0748	0756	0804
Little Ilford Lane Church Road	0523	0535	0548	0601	0613	0625	0635	0646	0657	0706	0714	0723	0731	0740	0748	0756	0804	0812
Ilford Broadway Chapel Road	0529	0541	0554	0607	0619	0631	0641	0652	0703	0712	0720	0730	0739	0748	0756	0804	0812	0820
Ilford High Road Hainault Street	0531	0543	0556	0609	0621	0633	0643	0654	0705	0714	0723	0733	0742	0751	0759	0807	0815	0823
Canning Town Bus Station	0736	0741	0749	0757	0805	0813	0822	0830	0838	0846	0854	0902	0910	0918	0926	0934	0942	0950
Keir Hardie Estate Tarling Road	0739	0745	0753	0801	0809	0817	0826	0834	0842	0850	0858	0906	0914	0922	0930	0938	0946	0954
Prince Regent Stn. Prince Regent Lane	0746	0752	0800	0808	0816	0824	0833	0841	0849	0856	0904	0912	0920	0928	0936	0944	0952	1000
Plaistow Greengate	0757	0805	0813	0821	0829	0837	0845	0853	0901	0908	0915	0922	0929	0937	0945	0953	1001	1009
Upton Park The Boleyn (Barking Road)	0800	0808	0816	0824	0832	0840	0848	0856	0904	0911	0918	0925	0932	0940	0948	0956	1004	1012
East Ham Police Station	0806	0814	0822	0830	0838	0846	0854	0902	0910	0917	0924	0931	0938	0946	0954	1002	1010	1018
East Ham Station	0812	0820	0828	0836	0844	0852	0900	0908	0916	0923	0930	0937	0944	0952	1000	1008	1016	1024
Little Ilford Lane Church Road	0820	0828	0836	0844	0852	0900	0908	0916	0924	0931	0938	0945	0952	1000	1008	1016	1024	1032
Ilford Broadway Chapel Road	0828	0836	0844	0852	0900	0908	0916	0924	0932	0939	0946	0953	1000	1007	1015	1023	1031	1039
Ilford High Road Hainault Street	0831	0839	0847	0855	0903	0911	0919	0927	0935	0942	0949	0956	1003	1010	1018	1026	1034	1042
Canning Town Bus Station	0958			1102	1110	1118	1126			1318	1326	1334	1342	1350	1358	1406	1414	1422
Keir Hardie Estate Tarling Road	1001			1105	1113	1121	1129			1321	1329	1337	1345	1353	1401	1409	1417	1425
Prince Regent Stn. Prince Regent Lane	1007			1111	1119	1127	1135			1327	1335	1343	1351	1359	1407	1415	1423	1431
Plaistow Greengate	1016	Then		1120	1128	1136	1145	Then		1337	1345	1353	1401	1409	1417	1425	1433	1442
Upton Park The Boleyn (Barking Road)	1019	every 8		1123	1131	1139	1148	every 8		1340	1348	1356	1404	1412	1420	1428	1436	1445
East Ham Police Station	1025	minutes		1129	1137	1146	1155	minutes		1347	1355	1403	1411	1419	1427	1435	1443	1452
East Ham Station	1031	until		1135	1144	1153	1202	until		1354	1402	1410	1418	1426	1434	1442	1450	1459
Little Ilford Lane Church Road	1039			1143	1152	1201	1210			1402	1410	1418	1426	1435	1443	1451	1500	1509
Ilford Broadway Chapel Road	1047			1151	1200	1209	1218			1410	1419	1427	1436	1445	1453	1501	1511	1520
Ilford High Road Hainault Street	1050			1154	1203	1212	1221			1413	1422	1430	1439	1448	1456	1504	1514	1523
Canning Town Bus Station	1430	1438	1445	1451	1458	1505	1513	1520	1528	1536	1544	1552	1600	1608	1616	1624	1632	1640
Keir Hardie Estate Tarling Road	1433	1441	1448	1454	1501	1509	1517	1524	1532	1540	1548	1556	1604	1612	1620	1628	1636	1644
Prince Regent Stn. Prince Regent Lane	1439	1447	1454	1501	1508	1516	1524	1531	1539	1547	1555	1603	1611	1619	1627	1635	1643	1651
Plaistow Greengate	1450	1458	1506	1514	1521	1529	1537	1544	1552	1600	1608	1616	1624	1632	1640	1649	1657	1705
Upton Park The Boleyn (Barking Road)	1453	1501	1509	1517	1524	1532	1540	1547	1555	1603	1611	1619	1627	1635	1643	1652	1700	1708
East Ham Police Station	1500	1508	1516	1524	1532	1540	1548	1555	1603	1611	1619	1627	1635	1643	1651	1700	1708	1716
East Ham Station	1507	1515	1523	1532	1540	1548	1556	1603	1611	1619	1627	1635	1643	1651	1659	1708	1716	1724
Little Ilford Lane Church Road	1517	1525	1533	1542	1550	1558	1606	1613	1621	1629	1637	1645	1653	1701	1709	1718	1726	1734
Ilford Broadway Chapel Road	1528	1536	1544	1553	1601	1609	1617	1625	1633	1641	1649	1657	1706	1714	1722	1731	1739	1747
Ilford High Road Hainault Street	1531	1539	1547	1556	1604	1612	1620	1628	1636	1644	1652	1700	1709	1717	1725	1734	1742	1750
Canning Town Bus Station	1649	1657	1705	1713	1721	1729	1737	1745	1753	1802	1811	1819	1828	1836	1844	1852	1900	1910
Keir Hardie Estate Tarling Road	1653	1701	1709	1717	1725	1733	1741	1749	1757	1806	1815	1823	1831	1839	1847	1855	1903	1913
Prince Regent Stn. Prince Regent Lane	1700	1708	1716	1724	1732	1740	1748	1756	1804	1813	1821	1829	1837	1845	1853	1901	1909	1919
Plaistow Greengate	1714	1722	1730	1738	1746	1753	1801	1809	1817	1825	1832	1840	1848	1855	1903	1911	1919	1929
Upton Park The Boleyn (Barking Road)	1717	1725	1733	1741	1749	1756	1804	1812	1820	1828	1835	1843	1851	1858	1905	1913	1921	1931
East Ham Police Station	1725	1733	1741	1748	1756	1803	1811	1819	1827	1835	1842	1850	1857	1904	1911	1919	1927	1937
East Ham Station	1733	1741	1749	1756	1804	1811	1819	1827	1835	1843	1850	1858	1905	1912	1919	1927	1934	1944
Little Ilford Lane Church Road	1742	1750	1758	1805	1813	1820	1828	1836	1844	1852	1858	1906	1913	1920	1927	1935	1942	1952
Ilford Broadway Chapel Road	1755	1803	1811	1818	1826	1833	1841	1849	1856	1903	1908	1915	1922	1929	1936	1944	1951	2000
Ilford High Road Hainault Street	1758	1806	1814	1821	1829	1836	1844	1852	1859	1905	1910	1917	1924	1931	1938	1946	1953	2002
Canning Town Bus Station	1920	1930	1940	1950	2000	2012	2024	2036	2049	2101	2113	2125	2137	2149	2201	2213	2225	2237
Keir Hardie Estate Tarling Road	1923	1933	1943	1953	2003	2015	2027	2039	2052	2104	2116	2128	2140	2152	2204	2216	2228	2240
Prince Regent Stn. Prince Regent Lane	1929	1939	1949	1959	2009	2021	2033	2045	2057	2109	2121	2133	2145	2157	2209	2221	2233	2245
Plaistow Greengate	1939	1949	1959	2009	2018	2029	2041	2053	2105	2116	2128	2140	2152	2204	2216	2228	2240	2251
Upton Park The Boleyn (Barking Road)	1941	1951	2001	2011	2020	2031	2043	2055	2107	2118	2130	2142	2154	2206	2218	2230	2242	2253
East Ham Police Station	1947	1957	2007	2017	2025	2036	2048	2100	2112	2123	2135	2146	2158	2210	2222	2234	2246	2257
East Ham Station	1954	2003	2013	2023	2031	2042	2053	2105	2117	2128	2140	2151	2203	2215	2226	2238	2250	2301
Little Ilford Lane Church Road	2002	2011	2021	2031	2039	2050	2100	2112	2124	2135	2147	2158	2210	2221	2232	2244	2256	2307
Ilford Broadway Chapel Road	2010	2018	2028	2038	2046	2056	2106	2118	2130	2141	2153	2204	2216	2227	2238	2250	2302	2313
Ilford High Road Hainault Street	2012	2020	2030	2040	2048	2058	2108	2120	2132	2143	2155	2206	2218	2229	2240	2252	2304	2315

147		Mondays to Fridays (cont.)													
Canning Town Bus Station	2249	2301	2313	2325	2337	2349	0001	0013	0026	0038	0050				
Keir Hardie Estate Tarling Road	2252	2304	2316	2328	2340	2352	0004	0016	0029	0041	0053				
Prince Regent Stn. Prince Regent Lane	2257	2309	2321	2333	2345	2357	0009	0021	0033	0045	0057				
Plaistow Greengate	2303	2315	2327	2339	2351	0003	0015	0027	0038	0050	0102				
Upton Park The Boleyn (Barking Road)	2305	2317	2329	2341	2353	0005	0017	0029	0040	0052	0104				
East Ham Police Station	2309	2321	2333	2344	2356	0008	0020	0032	0043	0055	0107				
East Ham Station	2313	2325	2337	2348	0000	0011	0023	0035	0046	0058	0110				
Little Ilford Lane Church Road	2319	2331	2343	2354	0006	0017	0029	0041	0052	0104	0116				
Ilford Broadway Chapel Road	2325	2336	2348	2359	0011	0022	0034	0046	0057	0109	0121				
Ilford High Road Hainault Street	2327	2338	2350	0001	0013	0024	0036	0048	0059	0111	0123				

147		Mondays to Fridays (Summer and Easter school holidays)																
Canning Town Bus Station	0455	0507	0519	0531	0543	0555	0605	0615	0625	0633	0641	0649	0657	0705	0713	0720	0728	0736
Keir Hardie Estate Tarling Road	0458	0510	0522	0534	0546	0558	0608	0618	0628	0636	0644	0652	0700	0708	0716	0723	0731	0739
Prince Regent Stn. Prince Regent Lane	0502	0514	0526	0539	0551	0603	0613	0623	0633	0641	0649	0657	0705	0713	0721	0728	0736	0744
Plaistow Greengate	0508	0520	0532	0545	0557	0609	0619	0629	0640	0648	0656	0704	0712	0720	0728	0735	0743	0751
Upton Park The Boleyn (Barking Road)	0510	0522	0534	0547	0559	0611	0621	0631	0642	0650	0658	0706	0714	0722	0730	0737	0745	0753
East Ham Police Station	0513	0525	0538	0551	0603	0615	0625	0635	0646	0654	0702	0710	0718	0726	0734	0742	0750	0758
East Ham Station	0517	0529	0542	0555	0607	0619	0629	0639	0650	0658	0706	0715	0723	0731	0739	0747	0755	0803
Little Ilford Lane Church Road	0523	0535	0548	0601	0613	0625	0635	0645	0656	0704	0712	0721	0729	0738	0746	0754	0802	0810
Ilford Broadway Chapel Road	0529	0541	0554	0607	0619	0631	0641	0651	0702	0710	0718	0727	0735	0744	0753	0801	0809	0817
Ilford High Road Hainault Street	0531	0543	0556	0609	0621	0633	0643	0653	0704	0712	0720	0729	0738	0747	0756	0804	0812	0820

Canning Town Bus Station	0744	0751	0759	0807	0814	Then every 8 minutes until	0854	0901	0908	0916	0924	0932	0940	0948	Then every 8 minutes until	1044
Keir Hardie Estate Tarling Road	0747	0754	0802	0810	0817		0857	0904	0911	0919	0927	0935	0943	0951		1047
Prince Regent Stn. Prince Regent Lane	0752	0759	0807	0815	0823		0903	0910	0917	0925	0933	0941	0949	0957		1053
Plaistow Greengate	0759	0807	0815	0823	0831		0911	0918	0925	0933	0941	0949	0957	1006		1102
Upton Park The Boleyn (Barking Road)	0801	0809	0817	0825	0833		0913	0920	0927	0936	0944	0952	1000	1009		1105
East Ham Police Station	0806	0814	0822	0830	0838		0918	0926	0933	0942	0950	0958	1006	1015		1111
East Ham Station	0811	0819	0827	0835	0843		0923	0931	0939	0948	0956	1004	1012	1021		1117
Little Ilford Lane Church Road	0818	0826	0834	0842	0850		0930	0939	0947	0956	1004	1012	1020	1029		1125
Ilford Broadway Chapel Road	0825	0833	0842	0850	0858		0938	0947	0955	1004	1012	1020	1028	1037		1133
Ilford High Road Hainault Street	0828	0836	0845	0853	0901		0941	0950	0958	1007	1015	1023	1031	1040		1136

Canning Town Bus Station	1052	1100	1108	1116	1124	1132	1140	1148	Then every 8 minutes until	1236	1244	Then every 8 minutes until	1340	1348	1356	1404
Keir Hardie Estate Tarling Road	1055	1103	1111	1119	1127	1135	1143	1151		1239	1248		1344	1352	1400	1408
Prince Regent Stn. Prince Regent Lane	1101	1109	1117	1125	1133	1141	1149	1157		1245	1254		1350	1358	1406	1414
Plaistow Greengate	1110	1118	1126	1135	1143	1151	1159	1207		1255	1304		1400	1408	1416	1424
Upton Park The Boleyn (Barking Road)	1113	1121	1129	1138	1146	1154	1202	1210		1258	1307		1403	1411	1419	1427
East Ham Police Station	1119	1127	1135	1144	1152	1200	1208	1217		1305	1314		1410	1418	1426	1434
East Ham Station	1126	1134	1142	1151	1159	1207	1215	1224		1312	1321		1417	1425	1433	1441
Little Ilford Lane Church Road	1134	1142	1150	1159	1207	1215	1223	1232		1320	1329		1425	1433	1441	1449
Ilford Broadway Chapel Road	1142	1151	1159	1208	1216	1225	1233	1242		1330	1339		1435	1444	1452	1500
Ilford High Road Hainault Street	1145	1154	1202	1211	1219	1228	1236	1245		1333	1342		1438	1447	1455	1503

Canning Town Bus Station	1412	1420	Then every 8 minutes until	1516	1524	1532	1539	1547	1555	1602	1610	1618	1626	Then every 8 minutes until	1706	1714
Keir Hardie Estate Tarling Road	1416	1424		1520	1528	1536	1543	1551	1559	1606	1614	1622	1630		1710	1718
Prince Regent Stn. Prince Regent Lane	1422	1430		1526	1534	1542	1549	1557	1605	1612	1620	1628	1636		1716	1725
Plaistow Greengate	1432	1440		1536	1544	1552	1559	1607	1615	1623	1631	1639	1647		1727	1736
Upton Park The Boleyn (Barking Road)	1435	1443		1539	1547	1555	1602	1610	1618	1626	1634	1642	1650		1730	1739
East Ham Police Station	1442	1450		1546	1554	1602	1610	1618	1626	1634	1642	1650	1658		1738	1747
East Ham Station	1449	1457		1553	1601	1609	1617	1625	1633	1641	1649	1658	1706		1746	1755
Little Ilford Lane Church Road	1457	1505		1601	1609	1617	1625	1633	1641	1649	1658	1707	1715		1755	1804
Ilford Broadway Chapel Road	1508	1517		1613	1622	1630	1638	1647	1655	1703	1712	1721	1730		1810	1819
Ilford High Road Hainault Street	1511	1520		1616	1625	1633	1641	1650	1658	1706	1715	1724	1733		1813	1822

Canning Town Bus Station	1722	1730	1738	1746	1754	1802	1811	1820	1828	1836	1844	1852	1900	1910	1920	1930	1940	1950
Keir Hardie Estate Tarling Road	1726	1734	1742	1750	1758	1806	1815	1823	1831	1839	1847	1855	1903	1913	1923	1933	1943	1953
Prince Regent Stn. Prince Regent Lane	1733	1741	1749	1757	1805	1813	1821	1829	1837	1845	1853	1901	1909	1919	1929	1939	1949	1959
Plaistow Greengate	1744	1752	1800	1808	1816	1824	1832	1840	1847	1855	1903	1911	1919	1929	1939	1949	1959	2009
Upton Park The Boleyn (Barking Road)	1747	1755	1803	1811	1819	1827	1835	1843	1850	1858	1905	1913	1921	1931	1941	1951	2001	2011
East Ham Police Station	1755	1803	1811	1818	1826	1834	1842	1850	1856	1904	1911	1919	1927	1937	1947	1957	2007	2017
East Ham Station	1803	1811	1819	1826	1834	1842	1850	1858	1904	1912	1919	1927	1935	1945	1955	2005	2014	2023
Little Ilford Lane Church Road	1812	1820	1827	1834	1842	1850	1858	1906	1912	1920	1927	1935	1943	1953	2003	2013	2022	2031
Ilford Broadway Chapel Road	1827	1835	1842	1849	1856	1903	1911	1917	1922	1929	1936	1944	1952	2001	2011	2020	2029	2038
Ilford High Road Hainault Street	1830	1838	1845	1852	1859	1905	1913	1919	1924	1931	1938	1946	1954	2003	2013	2022	2031	2040

Canning Town Bus Station	2000	2012	2024	2036	2049	2101	2113	2125	2137	2149	2201	2213	2225	2237	2249	2301	2313	2325
Keir Hardie Estate Tarling Road	2003	2015	2027	2039	2052	2104	2116	2128	2140	2152	2204	2216	2228	2240	2252	2304	2316	2328
Prince Regent Stn. Prince Regent Lane	2009	2021	2033	2045	2057	2109	2121	2133	2145	2157	2209	2221	2233	2245	2257	2309	2321	2333
Plaistow Greengate	2018	2029	2041	2053	2105	2116	2128	2140	2152	2204	2216	2228	2240	2251	2303	2315	2327	2339
Upton Park The Boleyn (Barking Road)	2020	2031	2043	2055	2107	2118	2130	2142	2154	2206	2218	2230	2242	2253	2305	2317	2329	2341
East Ham Police Station	2025	2036	2048	2100	2112	2123	2135	2146	2158	2210	2222	2234	2246	2257	2309	2321	2333	2344
East Ham Station	2031	2042	2053	2105	2117	2128	2140	2151	2203	2215	2226	2238	2250	2301	2313	2325	2337	2348
Little Ilford Lane Church Road	2039	2050	2100	2112	2124	2135	2147	2158	2210	2221	2232	2244	2256	2307	2319	2331		

147		Mondays to Fridays (Summer and Easter school holidays) (cont.)									
Canning Town Bus Station	2337	2349	0001	0013	0026	0038	0050				
Keir Hardie Estate Tarling Road	2340	2352	0004	0016	0029	0041	0053				
Prince Regent Stn. Prince Regent Lane	2345	2357	0009	0021	0033	0045	0057				
Plaistow Greengate	2351	0003	0015	0027	0038	0050	0102				
Upton Park The Boleyn (Barking Road)	2353	0005	0017	0029	0040	0052	0104				
East Ham Police Station	2356	0008	0020	0032	0043	0055	0107				
East Ham Station	0000	0011	0023	0035	0046	0058	0110				
Little Ilford Lane Church Road	0006	0017	0029	0041	0052	0104	0116				
Ilford Broadway Chapel Road	0011	0022	0034	0046	0057	0109	0121				
Ilford High Road Hainault Street	0013	0024	0036	0048	0059	0111	0123				

147		Saturdays (also Good Friday)															
Canning Town Bus Station	0455	0510	0525	0540	0555	0610	0625	0637	Then every 12 minutes until	0725	0735	0745	0755	0805	0815	0825	0833
Keir Hardie Estate Tarling Road	0457	0512	0528	0543	0558	0613	0628	0640		0728	0738	0748	0758	0808	0818	0828	0836
Prince Regent Stn. Prince Regent Lane	0501	0516	0532	0547	0603	0618	0633	0645		0733	0743	0753	0803	0813	0823	0833	0841
Plaistow Greengate	0507	0522	0538	0553	0609	0624	0639	0652		0740	0750	0800	0810	0820	0830	0840	0848
Upton Park The Boleyn (Barking Road)	0509	0524	0540	0555	0611	0626	0641	0654		0742	0752	0802	0812	0822	0832	0842	0850
East Ham Police Station	0513	0528	0544	0559	0615	0630	0645	0658		0746	0756	0807	0817	0827	0837	0847	0855
East Ham Station	0516	0531	0547	0603	0619	0634	0649	0702		0750	0800	0811	0822	0832	0842	0852	0900
Little Ilford Lane Church Road	0522	0537	0553	0609	0625	0640	0655	0708		0756	0806	0817	0828	0838	0848	0859	0907
Ilford Broadway Chapel Road	0528	0543	0559	0615	0631	0646	0701	0714		0802	0812	0823	0834	0844	0854	0905	0914
Ilford High Road Hainault Street	0530	0545	0601	0617	0633	0648	0703	0716	0804	0814	0825	0836	0846	0856	0907	0916	

Canning Town Bus Station	0841	0849	0857	0905	0912	0919	0927	0935	0943	0950	0957	1005	1013	1020	1028	1036	1044	1052
Keir Hardie Estate Tarling Road	0844	0852	0900	0908	0915	0922	0930	0938	0946	0953	1000	1008	1016	1023	1031	1039	1047	1055
Prince Regent Stn. Prince Regent Lane	0849	0857	0905	0913	0920	0928	0936	0944	0952	0959	1006	1014	1022	1029	1037	1045	1053	1101
Plaistow Greengate	0856	0904	0912	0920	0928	0936	0944	0952	1000	1007	1014	1022	1030	1038	1046	1054	1103	1111
Upton Park The Boleyn (Barking Road)	0858	0906	0914	0922	0930	0938	0946	0954	1002	1009	1017	1025	1033	1041	1049	1057	1106	1114
East Ham Police Station	0903	0911	0919	0927	0935	0943	0951	0959	1007	1015	1023	1031	1039	1047	1055	1103	1112	1120
East Ham Station	0908	0916	0924	0932	0940	0948	0957	1005	1013	1021	1029	1037	1045	1053	1101	1109	1118	1126
Little Ilford Lane Church Road	0915	0923	0932	0940	0948	0956	1005	1013	1021	1029	1037	1045	1053	1101	1109	1117	1126	1134
Ilford Broadway Chapel Road	0922	0930	0939	0947	0955	1003	1012	1020	1029	1037	1045	1053	1101	1109	1117	1125	1134	1142
Ilford High Road Hainault Street	0924	0932	0941	0949	0957	1005	1014	1022	1031	1040	1048	1056	1104	1112	1120	1128	1137	1145

Canning Town Bus Station	1100	1108	1116	1124	1132	1140	1148	1156	1204	1212	1220	Then every 8 minutes until	1444	1452	Then every 8 minutes until	1628
Keir Hardie Estate Tarling Road	1103	1111	1119	1127	1135	1143	1151	1200	1208	1216	1224		1448	1456		1632
Prince Regent Stn. Prince Regent Lane	1109	1117	1125	1133	1141	1149	1157	1206	1214	1222	1230		1454	1502		1638
Plaistow Greengate	1119	1127	1135	1143	1151	1159	1208	1217	1225	1233	1242		1506	1514		1650
Upton Park The Boleyn (Barking Road)	1122	1130	1138	1146	1154	1202	1211	1220	1228	1236	1245		1509	1517		1653
East Ham Police Station	1128	1136	1144	1152	1201	1209	1218	1227	1235	1243	1252		1516	1524		1700
East Ham Station	1134	1142	1151	1159	1208	1216	1225	1235	1243	1251	1300		1524	1532		1708
Little Ilford Lane Church Road	1142	1150	1159	1207	1216	1224	1234	1244	1252	1300	1309		1533	1541		1717
Ilford Broadway Chapel Road	1150	1158	1207	1215	1224	1233	1243	1253	1302	1311	1320		1544	1551		1727
Ilford High Road Hainault Street	1153	1201	1210	1218	1227	1236	1246	1256	1305	1314	1323	1547	1554	1730		

Canning Town Bus Station	1636	Then every 8 minutes until	1756	1804	1812	1820	1828	1836	1844	1852	1900	1910	1920	1930	1940	1950	2000
Keir Hardie Estate Tarling Road	1640		1800	1808	1816	1824	1832	1840	1848	1856	1904	1914	1924	1934	1944	1954	2004
Prince Regent Stn. Prince Regent Lane	1646		1806	1814	1822	1830	1838	1846	1854	1902	1910	1920	1930	1940	1950	2000	2010
Plaistow Greengate	1657		1817	1825	1833	1840	1848	1856	1904	1912	1920	1930	1940	1950	2000	2010	2019
Upton Park The Boleyn (Barking Road)	1700		1820	1828	1836	1843	1851	1859	1907	1915	1923	1933	1943	1953	2003	2013	2022
East Ham Police Station	1707		1827	1835	1843	1850	1858	1906	1914	1922	1930	1939	1949	1959	2009	2019	2028
East Ham Station	1715		1835	1844	1852	1859	1907	1915	1923	1929	1937	1946	1956	2006	2015	2025	2034
Little Ilford Lane Church Road	1724		1844	1853	1901	1908	1916	1924	1932	1938	1945	1954	2004	2014	2023	2033	2042
Ilford Broadway Chapel Road	1734		1854	1901	1909	1916	1924	1932	1940	1946	1953	2002	2012	2022	2030	2040	2049
Ilford High Road Hainault Street	1737	1857	1904	1912	1919	1927	1935	1943	1949	1956	2005	2014	2024	2032	2042	2051	

Canning Town Bus Station	2012	2024	2036	2048	2101	2114	2126	2138	2150	2202	2214	Then every 12 mins. until	2302	2314	2326	2338	Then every 12 mins. until	0050
Keir Hardie Estate Tarling Road	2016	2028	2040	2052	2104	2117	2129	2141	2153	2205	2217		2305	2317	2329	2341		0053
Prince Regent Stn. Prince Regent Lane	2022	2034	2046	2057	2109	2122	2134	2146	2158	2210	2222		2310	2322	2334	2346		0058
Plaistow Greengate	2031	2042	2054	2105	2117	2129	2141	2153	2205	2217	2229		2317	2329	2341	2352		0104
Upton Park The Boleyn (Barking Road)	2034	2045	2057	2108	2119	2131	2143	2155	2207	2219	2231		2319	2331	2343	2354		0106
East Ham Police Station	2039	2050	2102	2113	2124	2136	2148	2200	2212	2224	2235		2323	2335	2347	2358		0110
East Ham Station	2045	2056	2108	2118	2129	2141	2153	2205	2216	2228	2239		2327	2339	2351	0002		0114
Little Ilford Lane Church Road	2053	2104	2116	2126	2137	2148	2200	2211	2222	2234	2245		2333	2345	2357	0008		0120
Ilford Broadway Chapel Road	2100	2111	2122	2132	2143	2154	2206	2217	2228	2240	2251		2339	2350	0002	0013		0125
Ilford High Road Hainault Street	2102	2113	2124	2134	2145	2156	2208	2219	2230	2242	2253	2341	2352	0004	0015	0127		

147 Sundays and other Public Holidays (except Christmas Day)																		
Canning Town Bus Station	0550	0605	0620	0635	0650	0705	0720	0732	0744	0756	0808	0820	0830	0840	0850	0900	0910	0920
Keir Hardie Estate Tarling Road	0553	0608	0623	0638	0653	0708	0723	0735	0747	0759	0811	0823	0833	0843	0853	0903	0913	0923
Prince Regent Stn. Prince Regent Lane	0558	0613	0628	0643	0658	0713	0728	0740	0752	0804	0816	0828	0838	0848	0858	0908	0918	0928
Plaistow Greengate	0604	0619	0635	0650	0705	0720	0735	0747	0759	0811	0823	0835	0845	0855	0905	0915	0925	0935
Upton Park The Boleyn (Barking Road)	0606	0621	0637	0652	0707	0722	0737	0749	0801	0813	0825	0837	0847	0857	0907	0917	0927	0937
East Ham Police Station	0610	0625	0641	0656	0711	0726	0741	0753	0805	0817	0829	0841	0852	0902	0912	0922	0932	0942
East Ham Station	0614	0629	0645	0700	0715	0730	0745	0757	0810	0822	0834	0846	0857	0907	0917	0927	0937	0947
Little Ilford Lane Church Road	0619	0634	0651	0706	0721	0736	0751	0803	0816	0828	0840	0852	0903	0913	0923	0934	0944	0954
Ilford Broadway Chapel Road	0624	0640	0657	0712	0727	0742	0757	0809	0822	0834	0846	0858	0909	0919	0929	0940	0950	1000
Ilford High Road Hainault Street	0626	0642	0659	0714	0729	0744	0759	0811	0824	0836	0848	0900	0911	0921	0931	0942	0952	1002
Canning Town Bus Station	0930	0940	0950	1000	1010	1019	1028	1038	1048	1058	1107	1117	1127	1137	1147	1157	1207	1217
Keir Hardie Estate Tarling Road	0933	0943	0953	1003	1013	1022	1031	1041	1051	1101	1110	1120	1130	1140	1150	1200	1210	1220
Prince Regent Stn. Prince Regent Lane	0938	0948	0958	1008	1018	1028	1037	1047	1057	1107	1116	1126	1136	1146	1156	1206	1216	1226
Plaistow Greengate	0946	0956	1006	1016	1026	1036	1045	1055	1105	1115	1124	1134	1145	1155	1205	1215	1225	1235
Upton Park The Boleyn (Barking Road)	0948	0958	1008	1018	1028	1038	1047	1057	1107	1117	1127	1137	1148	1158	1208	1218	1228	1238
East Ham Police Station	0953	1003	1013	1023	1033	1043	1053	1103	1113	1123	1133	1143	1154	1204	1214	1224	1234	1244
East Ham Station	0958	1008	1018	1028	1038	1049	1059	1109	1119	1129	1139	1149	1200	1211	1221	1231	1241	1251
Little Ilford Lane Church Road	1005	1015	1025	1036	1046	1057	1107	1117	1127	1137	1147	1157	1208	1219	1229	1240	1250	1300
Ilford Broadway Chapel Road	1011	1021	1032	1043	1053	1104	1114	1124	1134	1144	1154	1205	1216	1227	1237	1248	1258	1308
Ilford High Road Hainault Street	1013	1023	1034	1045	1055	1107	1117	1127	1137	1147	1157	1208	1219	1230	1240	1251	1301	1311
Canning Town Bus Station	1227	1237	1247	1257	1307	1317	Then every 10 minutes until	1417	1427	1438	1448	1458	1508	1518	Then every 10 minutes until	1608		
Keir Hardie Estate Tarling Road	1230	1240	1250	1300	1310	1320		1420	1430	1441	1451	1501	1511	1521		1611		
Prince Regent Stn. Prince Regent Lane	1236	1246	1256	1306	1316	1326		1426	1436	1447	1457	1507	1517	1527		1617		
Plaistow Greengate	1246	1256	1306	1316	1326	1337		1437	1447	1457	1507	1517	1527	1537		1627		
Upton Park The Boleyn (Barking Road)	1249	1259	1309	1319	1329	1340		1440	1450	1500	1510	1520	1530	1540		1630		
East Ham Police Station	1256	1306	1316	1326	1336	1347		1447	1457	1507	1517	1527	1537	1547		1637		
East Ham Station	1303	1314	1324	1334	1344	1355		1455	1504	1514	1524	1534	1544	1554		1644		
Little Ilford Lane Church Road	1312	1323	1333	1343	1353	1404		1504	1513	1523	1533	1543	1553	1602		1652		
Ilford Broadway Chapel Road	1320	1332	1342	1352	1403	1414		1514	1523	1533	1541	1551	1601	1610		1700		
Ilford High Road Hainault Street	1323	1335	1345	1355	1406	1417	1517	1526	1536	1544	1554	1604	1613	1703				
Canning Town Bus Station	1618	1629	1639	1649	1659	1709	1719	1729	1740	1750	1800	Then every 12 minutes until	1912	1924	1936	1948	2000	
Keir Hardie Estate Tarling Road	1621	1632	1642	1652	1702	1712	1722	1732	1743	1753	1803		1915	1927	1939	1951	2003	
Prince Regent Stn. Prince Regent Lane	1627	1638	1648	1658	1708	1718	1728	1738	1749	1759	1809		1921	1933	1945	1957	2009	
Plaistow Greengate	1637	1647	1657	1707	1717	1727	1737	1747	1758	1808	1818		1930	1942	1953	2005	2017	
Upton Park The Boleyn (Barking Road)	1640	1650	1700	1710	1720	1730	1740	1750	1800	1810	1820		1932	1944	1955	2007	2019	
East Ham Police Station	1646	1656	1706	1716	1726	1736	1746	1756	1806	1816	1826		1938	1950	2001	2013	2025	
East Ham Station	1653	1703	1713	1723	1733	1743	1753	1803	1812	1822	1832		1944	1955	2006	2018	2030	
Little Ilford Lane Church Road	1701	1711	1721	1731	1741	1751	1801	1811	1820	1830	1840		1952	2003	2013	2025	2037	
Ilford Broadway Chapel Road	1709	1719	1729	1738	1748	1758	1808	1818	1827	1837	1847		1959	2009	2019	2031	2043	
Ilford High Road Hainault Street	1712	1722	1732	1741	1751	1801	1811	1821	1830	1840	1850	2002	2012	2021	2033	2045		
Canning Town Bus Station	2012	2024	2037	2049	2101	2113	2125	2137	2149	2201	2213	2225	2237	2249	2301	2313	2325	2337
Keir Hardie Estate Tarling Road	2015	2027	2040	2052	2104	2116	2128	2140	2152	2204	2216	2228	2240	2252	2304	2316	2328	2340
Prince Regent Stn. Prince Regent Lane	2021	2033	2045	2057	2109	2121	2133	2145	2157	2209	2221	2233	2245	2257	2309	2321	2333	2345
Plaistow Greengate	2029	2041	2052	2104	2116	2128	2140	2152	2204	2216	2228	2239	2251	2303	2315	2327	2339	2351
Upton Park The Boleyn (Barking Road)	2031	2043	2054	2106	2118	2130	2142	2154	2206	2218	2230	2241	2253	2305	2317	2329	2341	2353
East Ham Police Station	2036	2048	2059	2111	2123	2135	2147	2159	2211	2223	2235	2246	2258	2309	2321	2333	2344	2356
East Ham Station	2041	2053	2104	2116	2128	2139	2151	2203	2215	2227	2239	2250	2302	2313	2325	2337	2348	2359
Little Ilford Lane Church Road	2048	2100	2111	2123	2135	2146	2158	2210	2222	2234	2245	2256	2308	2319	2331	2343	2354	0005
Ilford Broadway Chapel Road	2054	2106	2117	2129	2141	2152	2204	2216	2228	2240	2251	2302	2314	2324	2336	2348	2359	0010
Ilford High Road Hainault Street	2056	2108	2119	2131	2143	2154	2206	2218	2230	2242	2253	2304	2316	2326	2338	2350	0001	0012
Canning Town Bus Station	2349	0001	0013	0026	0038	0050												
Keir Hardie Estate Tarling Road	2352	0004	0016	0029	0041	0053												
Prince Regent Stn. Prince Regent Lane	2357	0009	0021	0033	0045	0057												
Plaistow Greengate	0003	0015	0026	0038	0050	0102												
Upton Park The Boleyn (Barking Road)	0005	0017	0028	0040	0052	0104												
East Ham Police Station	0008	0020	0031	0043	0055	0107												
East Ham Station	0011	0023	0034	0046	0058	0110												
Little Ilford Lane Church Road	0017	0029	0040	0052	0104	0116												
Ilford Broadway Chapel Road	0022	0034	0045	0057	0109	0121												
Ilford High Road Hainault Street	0024	0036	0047	0059	0111	0123												