

147		Mondays to Fridays																					
Ilford High Road Hainault Street	0500	0512	0524	0535	0544	0554	0604							0636	0643	0651	0657	0704	0710	0715	0722	0729	
Ilford Broadway High Road	0502	0514	0526	0537	0546	0556	0606							0638	0645	0653	0659	0706	0712	0717	0724	0731	
Dersingham Avenue Church Road	0509	0521	0534	0545	0555	0605	0615							0647	0654	0702	0708	0715	0721	0727	0734	0741	
East Ham Station	0514	0527	0540	0551	0601	0611	0621							0653	0700	0708	0714	0721	0727	0734	0741	0748	
East Ham Ron Leighton Way	0517	0530	0543	0554	0604	0614	0624							0656	0703	0711	0717	0724	0730	0737	0744	0751	
Upton Park The Boleyn (Barking Road)	0521	0534	0547	0558	0608	0618	0628							0700	0707	0715	0722	0729	0736	0743	0750	0757	
Plaistow Greengate	0524	0537	0550	0601	0612	0622	0632							0704	0711	0719	0726	0733	0740	0747	0754	0801	
Prince Regent Stn. Prince Regent Lane	0529	0542	0555	0607	0618	0628	0638							0710	0717	0725	0732	0740	0747	0754	0802	0810	
Keir Hardie Est. Radland Rd/Rogers Rd.	0535	0548	0601	0613	0624	0634	0644							0716	0724	0732	0740	0748	0755	0802	0810	0818	
Canning Town Bus Station	0538	0551	0604	0616	0627	0637	0647							0719	0727	0735	0743	0751	0758	0805	0813	0821	
Ilford High Road Hainault Street	0737	0742	0748	0753	0801	0809	0817	0823	0828	0833	0838								1414	1422	1428	1435	1442
Ilford Broadway High Road	0739	0745	0751	0756	0804	0812	0820	0826	0831	0836	0841								1417	1425	1431	1438	1445
Dersingham Avenue Church Road	0749	0755	0801	0806	0814	0822	0830	0836	0841	0846	0851								1427	1435	1441	1448	1455
East Ham Station	0756	0802	0808	0813	0821	0829	0837	0843	0848	0853	0858								1434	1442	1448	1455	1502
East Ham Ron Leighton Way	0759	0805	0811	0816	0824	0832	0840	0846	0851	0856	0901								1437	1445	1451	1458	1506
Upton Park The Boleyn (Barking Road)	0805	0811	0817	0822	0830	0838	0846	0852	0857	0902	0907								1443	1451	1458	1506	1514
Plaistow Greengate	0809	0815	0821	0826	0834	0842	0850	0856	0901	0906	0911								1447	1455	1502	1510	1518
Prince Regent Stn. Prince Regent Lane	0818	0824	0830	0835	0843	0851	0859	0905	0909	0914	0919								1455	1504	1512	1520	1528
Keir Hardie Est. Radland Rd/Rogers Rd.	0826	0832	0838	0843	0851	0859	0907	0913	0917	0922	0927								1503	1511	1519	1527	1535
Canning Town Bus Station	0829	0835	0841	0846	0854	0902	0910	0916	0920	0925	0930								1506	1514	1522	1530	1538
Ilford High Road Hainault Street	1449	1456	1504	1512	1520	1527	1534	1542	1550	1558	1605	1612							1644	1652			1740
Ilford Broadway High Road	1452	1459	1507	1515	1523	1530	1537	1545	1553	1601	1608	1615							1647	1655			1743
Dersingham Avenue Church Road	1502	1510	1518	1526	1534	1541	1548	1556	1604	1612	1619	1626							1658	1706	Then		1754
East Ham Station	1510	1518	1526	1534	1542	1549	1556	1604	1612	1620	1627	1634							1706	1714	every		1802
East Ham Ron Leighton Way	1514	1522	1530	1538	1546	1553	1600	1608	1616	1624	1631	1638							1710	1718	8		1806
Upton Park The Boleyn (Barking Road)	1522	1530	1538	1546	1554	1601	1608	1616	1624	1632	1639	1646							1718	1726	mins.		1814
Plaistow Greengate	1526	1534	1542	1550	1558	1605	1612	1620	1628	1636	1643	1650							1722	1730	until		1818
Prince Regent Stn. Prince Regent Lane	1536	1544	1552	1600	1608	1615	1622	1630	1638	1646	1653	1700							1732	1739			1827
Keir Hardie Est. Radland Rd/Rogers Rd.	1543	1551	1559	1607	1615	1622	1629	1637	1645	1653	1700	1707							1739	1746			1834
Canning Town Bus Station	1546	1554	1602	1610	1618	1625	1632	1640	1648	1656	1703	1710							1742	1749			1837
Ilford High Road Hainault Street	1748	1756	1804	1813	1822	1830	1838	1847	1856	1906	1916	1927	1937	1947	1958	2009	2021	2033					
Ilford Broadway High Road	1751	1759	1807	1816	1825	1833	1841	1850	1859	1908	1918	1929	1939	1949	2000	2011	2023	2035					
Dersingham Avenue Church Road	1802	1810	1818	1827	1836	1844	1852	1900	1908	1917	1927	1938	1948	1958	2009	2020	2031	2043					
East Ham Station	1810	1818	1826	1835	1844	1852	1859	1907	1915	1924	1934	1945	1955	2005	2016	2026	2037	2049					
East Ham Ron Leighton Way	1814	1822	1830	1839	1848	1856	1903	1911	1919	1928	1938	1949	1959	2008	2019	2029	2040	2052					
Upton Park The Boleyn (Barking Road)	1822	1830	1838	1846	1854	1902	1909	1917	1925	1934	1944	1955	2005	2013	2023	2033	2044	2056					
Plaistow Greengate	1826	1834	1842	1850	1858	1906	1913	1921	1929	1938	1948	1959	2009	2017	2027	2037	2048	2100					
Prince Regent Stn. Prince Regent Lane	1834	1842	1850	1857	1905	1913	1920	1928	1936	1945	1955	2006	2016	2024	2034	2043	2054	2106					
Keir Hardie Est. Radland Rd/Rogers Rd.	1841	1849	1857	1904	1912	1920	1927	1935	1943	1952	2002	2012	2022	2030	2040	2049	2100	2112					
Canning Town Bus Station	1844	1852	1900	1907	1915	1923	1930	1938	1946	1955	2005	2015	2025	2033	2043	2052	2103	2115					
Ilford High Road Hainault Street	2045			2157	2209														0045				
Ilford Broadway High Road	2047			2159	2211														0047				
Dersingham Avenue Church Road	2055			2207	2219														0055				
East Ham Station	2101		Then	2213	2225		Then												0101				
East Ham Ron Leighton Way	2104		every 12	2216	2228		every 12												0104				
Upton Park The Boleyn (Barking Road)	2108		minutes	2220	2232		minutes												0108				
Plaistow Greengate	2112		until	2224	2236		until												0112				
Prince Regent Stn. Prince Regent Lane	2118			2230	2241														0117				
Keir Hardie Est. Radland Rd/Rogers Rd.	2124			2236	2247														0123				
Canning Town Bus Station	2127			2239	2250														0126				

147		Saturdays (also Good Friday)																	
Ilford High Road Hainault Street	0500	0515	0530	0545	0557	0609	0621	0631	0641	0651	0701	0711	0721	0731	0741	0751	0801	0810	0810
Ilford Broadway High Road	0502	0517	0532	0547	0559	0611	0623	0633	0643	0653	0703	0713	0723	0733	0743	0753	0803	0812	0812
Dersingham Avenue Church Road	0509	0524	0539	0554	0606	0618	0630	0640	0650	0700	0711	0721	0731	0741	0751	0801	0811	0820	0820
East Ham Station	0514	0529	0544	0559	0611	0623	0635	0645	0655	0705	0716	0726	0736	0746	0756	0806	0816	0826	0826
East Ham Ron Leighton Way	0517	0532	0547	0602	0614	0626	0638	0648	0658	0708	0719	0729	0739	0749	0759	0809	0819	0829	0829
Upton Park The Boleyn (Barking Road)	0520	0535	0550	0605	0617	0629	0641	0651	0701	0712	0723	0733	0743	0753	0803	0813	0824	0834	0834
Plaistow Greengate	0523	0538	0553	0608	0620	0632	0644	0654	0705	0716	0727	0737	0747	0757	0807	0817	0828	0838	0838
Prince Regent Stn. Prince Regent Lane	0528	0543	0558	0613	0625	0637	0649	0659	0710	0721	0732	0742	0752	0802	0812	0823	0834	0844	0844
Keir Hardie Est. Radland Rd/Rogers Rd.	0534	0549	0604	0619	0631	0643	0655	0705	0716	0727	0738	0748	0758	0808	0818	0829	0840	0850	0850
Canning Town Bus Station	0537	0552	0607	0622	0634	0646	0658	0708	0719	0730	0741	0751	0801	0811	0821	0832	0843	0853	0853
Ilford High Road Hainault Street	0817			0857	0904	0912	0920	0928	0936	0943	0949	0957	1005	1013	1019				1123
Ilford Broadway High Road	0819			0859	0906	0914	0922	0930	0938	0945	0951	0959	1007	1015	1022				1126
Dersingham Avenue Church Road	0827			0907	0914	0922	0930	0938	0946	0953	0959	1007	1015	1023	1031				1135
East Ham Station	0833	Then		0913	0920	0928	0936	0944	0952	0959	1006	1014	1022	1030	1038		Then		1142
East Ham Ron Leighton Way	0837	every 8		0917	0924	0932	0940	0948	0956	1003	1010	1018	1026	1034	1042		every 8		1146
Upton Park The Boleyn (Barking Road)	0842	minutes		0922	0929	0937	0945	0953	1001	1009	1016	1024	1032	1040	1048		minutes		1152
Plaistow Greengate	0846	until		0926	0933	0941	0949	0957	1005	1013	1020	1028	1036	1044	1052		until		1156
Prince Regent Stn. Prince Regent Lane	0852			0932	0940	0948	0956	1004	1012	1020	1028	1036	1044	1052	1100				1204
Keir Hardie Est. Radland Rd/Rogers Rd.	0858			0938	0946	0954	1002	1011	1019	1027	1035	1043	1051	1059	1107				1211
Canning Town Bus Station	0901			0941	0949	0957	1005	1014	1022	1030	1038	1046	1054	1102	1110				1214
Ilford High Road Hainault Street	1131	1139	1147	1155	1203	1211	1219	1226	1234	1241			1345	1354				1546	1555
Ilford Broadway High Road	1134	1142	1150	1158	1206	1214	1222	1229	1237	1244			1348	1357				1549	1558
Dersingham Avenue Church Road	1143	1151	1159	1207	1215	1223	1231	1239	1247	1254			1358	1407				1559	1608
East Ham Station	1150	1158	1206	1214	1222	1231	1239	1247	1255	1302	Then		1406	1415	Then			1607	1616
East Ham Ron Leighton Way	1154	1202	1210	1218	1226	1235	1243	1251	1259	1306	every 8		1410	1419	every 8			1611	1620
Upton Park The Boleyn (Barking Road)	1200	1208	1216	1224	1232	1242	1250	1258	1306	1313	minutes		1417	1426	minutes			1618	1627
Plaistow Greengate	1204	1212	1220	1228	1236	1246	1254	1302	1310	1317	until		1421	1430	until			1622	1631
Prince Regent Stn. Prince Regent Lane	1213	1221	1230	1238	1246	1256	1304	1312	1320	1327			1431	1439				1631	1639
Keir Hardie Est. Radland Rd/Rogers Rd.	1220	1228	1238	1246	1254	1304	1312	1320	1328	1335			1439	1447				1639	1647
Canning Town Bus Station	1223	1231	1241	1249	1257	1307	1315	1323	1331	1338			1442	1450				1642	1650
Ilford High Road Hainault Street	1603			1715	1723	1731	1739	1747	1755	1804			1852	1900	1908	1916	1924	1934	1934
Ilford Broadway High Road	1606			1718	1726	1734	1742	1750	1758	1807			1855	1903	1911	1919	1927	1936	1936
Dersingham Avenue Church Road	1616			1728	1736	1744	1752	1800	1808	1816			1904	1912	1920	1928	1936	1945	1945
East Ham Station	1624	Then		1736	1744	1752	1800	1807	1815	1823	Then		1911	1919	1927	1935	1943	1952	1952
East Ham Ron Leighton Way	1628	every 8		1740	1748	1756	1804	1811	1819	1827	every 8		1915	1923	1931	1939	1947	1956	1956
Upton Park The Boleyn (Barking Road)	1635	minutes		1747	1755	1803	1811	1817	1825	1833	minutes		1921	1929	1937	1945	1953	2002	2002
Plaistow Greengate	1639	until		1751	1759	1807	1815	1821	1829	1837	until		1925	1933	1941	1949	1957	2006	2006
Prince Regent Stn. Prince Regent Lane	1647			1759	1807	1815	1823	1829	1837	1845			1933	1940	1948	1956	2004	2013	2013
Keir Hardie Est. Radland Rd/Rogers Rd.	1655			1807	1814	1821	1829	1835	1843	1851			1939	1946	1954	2002	2010	2019	2019
Canning Town Bus Station	1658			1810	1817	1824	1832	1838	1846	1854			1942	1949	1957	2005	2013	2022	2022
Ilford High Road Hainault Street	1944	1954	2006	2019	2032	2045	2057	2109					0045						
Ilford Broadway High Road	1946	1956	2008	2021	2034	2047	2059	2111					0047						
Dersingham Avenue Church Road	1955	2005	2017	2030	2043	2055	2107	2119					0055						
East Ham Station	2002	2011	2023	2036	2049	2101	2113	2125			Then		0101						
East Ham Ron Leighton Way	2006	2015	2027	2040	2052	2104	2116	2128			every 12		0104						
Upton Park The Boleyn (Barking Road)	2011	2020	2032	2044	2056	2108	2120	2132			minutes		0108						
Plaistow Greengate	2015	2024	2036	2048	2100	2112	2124	2136			until		0112						
Prince Regent Stn. Prince Regent Lane	2022	2031	2042	2054	2106	2118	2130	2141					0117						
Keir Hardie Est. Radland Rd/Rogers Rd.	2028	2037	2048	2100	2112	2124	2136	2147					0123						
Canning Town Bus Station	2031	2040	2051	2103	2115	2127	2139	2150					0126						

147		Mondays to Fridays																	
Canning Town Bus Station	0455	0507	0519	0531	0541	0551	0601	0611	0619	0627	0635	0643	0651	0658	0705	0711	0718	0725	
Keir Hardie Estate Tarling Road	0458	0510	0522	0534	0544	0554	0604	0614	0622	0630	0638	0646	0654	0701	0708	0714	0721	0729	
Prince Regent Stn. Prince Regent Lane	0504	0516	0528	0540	0550	0600	0610	0620	0628	0636	0644	0652	0700	0707	0714	0720	0727	0735	
Plaistow Greengate	0510	0522	0534	0546	0556	0607	0617	0627	0635	0643	0651	0659	0707	0714	0721	0728	0735	0743	
Upton Park The Boleyn (Barking Road)	0513	0525	0537	0549	0559	0610	0620	0630	0638	0646	0654	0702	0710	0717	0724	0731	0738	0746	
East Ham Police Station	0517	0529	0542	0554	0604	0615	0625	0635	0643	0651	0659	0707	0715	0722	0729	0736	0744	0752	
East Ham Station	0520	0532	0545	0558	0608	0619	0629	0639	0647	0655	0703	0711	0719	0726	0734	0742	0750	0758	
Little Ilford Lane Church Road	0525	0538	0551	0604	0614	0625	0635	0645	0653	0701	0709	0717	0725	0733	0742	0750	0758	0806	
Ilford Broadway Chapel Road	0532	0545	0558	0611	0621	0632	0642	0652	0700	0708	0716	0725	0734	0743	0752	0800	0808	0816	
Ilford High Road Hainault Street	0534	0547	0600	0614	0624	0635	0645	0655	0703	0711	0719	0728	0737	0746	0755	0803	0811	0819	
Canning Town Bus Station	0732	0739	0746	0753	Then every 8 minutes until			0849	0856	0904	0912	0920	0928	0936	0944	0952	1000	1008	1016
Keir Hardie Estate Tarling Road	0736	0744	0751	0758				0854	0901	0909	0917	0925	0933	0941	0949	0957	1005	1013	1021
Prince Regent Stn. Prince Regent Lane	0743	0751	0758	0805				0901	0908	0916	0924	0932	0940	0948	0956	1004	1012	1020	1028
Plaistow Greengate	0751	0759	0807	0815				0911	0918	0925	0933	0941	0949	0957	1005	1013	1021	1029	1037
Upton Park The Boleyn (Barking Road)	0754	0802	0810	0818				0914	0921	0928	0936	0944	0952	1000	1008	1016	1024	1032	1040
East Ham Police Station	0800	0808	0816	0824				0920	0927	0934	0942	0950	0958	1006	1014	1022	1030	1038	1046
East Ham Station	0806	0814	0822	0830				0926	0933	0940	0948	0956	1004	1012	1020	1028	1036	1045	1053
Little Ilford Lane Church Road	0814	0822	0830	0838				0934	0941	0948	0956	1004	1012	1020	1028	1036	1044	1053	1101
Ilford Broadway Chapel Road	0824	0832	0840	0848				0944	0951	0958	1006	1014	1022	1030	1037	1045	1053	1102	1110
Ilford High Road Hainault Street	0827	0835	0843	0851	0947	0954	1001	1009	1017	1025	1033	1040	1048	1056	1105	1113			
Canning Town Bus Station	1023	1030	Then every 8 minutes until		1318	1327	1335	1343	1351	1359	1405	1413	1421	1427	1433	1439	1447	1455	
Keir Hardie Estate Tarling Road	1028	1036			1324	1333	1341	1349	1357	1405	1411	1419	1427	1433	1439	1445	1453	1501	
Prince Regent Stn. Prince Regent Lane	1036	1044			1332	1341	1349	1357	1405	1413	1419	1427	1435	1441	1447	1453	1501	1508	
Plaistow Greengate	1045	1053			1341	1350	1358	1406	1414	1422	1429	1437	1445	1451	1458	1505	1513	1520	
Upton Park The Boleyn (Barking Road)	1048	1056			1344	1353	1401	1409	1417	1425	1432	1440	1448	1454	1501	1508	1516	1523	
East Ham Police Station	1054	1102			1350	1359	1407	1415	1423	1431	1438	1446	1454	1501	1509	1517	1525	1532	
East Ham Station	1101	1109			1357	1406	1414	1422	1430	1438	1445	1453	1501	1508	1516	1524	1532	1540	
Little Ilford Lane Church Road	1109	1117			1405	1414	1422	1430	1438	1446	1453	1501	1509	1517	1525	1533	1541	1549	
Ilford Broadway Chapel Road	1118	1126			1414	1423	1431	1439	1447	1455	1503	1511	1519	1527	1535	1543	1551	1559	
Ilford High Road Hainault Street	1121	1129	1417	1426	1434	1442	1450	1458	1506	1514	1522	1530	1538	1546	1554	1602			
Canning Town Bus Station	1503	Then every 8 minutes until		1559	1606	1614	1622	1630	1638	1643	1648	1653	1700	Then every 8 minutes until		1740	1748	1755	
Keir Hardie Estate Tarling Road	1509			1605	1612	1620	1628	1636	1644	1649	1654	1659	1706			1746	1754	1801	
Prince Regent Stn. Prince Regent Lane	1516			1612	1619	1627	1635	1643	1651	1656	1701	1706	1713			1753	1801	1808	
Plaistow Greengate	1528			1624	1631	1639	1647	1655	1703	1708	1713	1718	1725			1805	1812	1819	
Upton Park The Boleyn (Barking Road)	1531			1627	1634	1642	1650	1658	1706	1711	1716	1721	1728			1808	1815	1822	
East Ham Police Station	1540			1636	1643	1651	1659	1707	1715	1720	1725	1730	1737			1817	1824	1831	
East Ham Station	1548			1644	1651	1659	1707	1715	1723	1728	1733	1738	1745			1825	1832	1839	
Little Ilford Lane Church Road	1557			1653	1700	1708	1716	1724	1732	1737	1742	1747	1754			1834	1841	1848	
Ilford Broadway Chapel Road	1607			1703	1710	1718	1726	1734	1742	1747	1752	1757	1804			1844	1851	1857	
Ilford High Road Hainault Street	1610	1706	1713	1721	1729	1737	1745	1750	1755	1800	1807	1847	1854	1900					
Canning Town Bus Station	1803	1811	1819	1827	1835	1843	1852	1900	1911	1921	1931	1941	1951	2002	2014	2026	2038	2050	
Keir Hardie Estate Tarling Road	1809	1817	1825	1833	1841	1849	1857	1905	1915	1925	1935	1945	1955	2005	2017	2029	2041	2053	
Prince Regent Stn. Prince Regent Lane	1816	1824	1832	1840	1848	1856	1904	1912	1922	1931	1941	1951	2001	2011	2023	2035	2047	2059	
Plaistow Greengate	1827	1835	1843	1851	1858	1906	1913	1920	1930	1939	1949	1959	2009	2019	2031	2042	2054	2106	
Upton Park The Boleyn (Barking Road)	1830	1838	1846	1854	1901	1909	1916	1923	1933	1942	1952	2002	2012	2022	2034	2045	2057	2109	
East Ham Police Station	1839	1847	1854	1902	1909	1916	1923	1930	1940	1949	1959	2008	2018	2027	2039	2050	2101	2113	
East Ham Station	1847	1854	1901	1909	1915	1922	1929	1936	1946	1955	2005	2014	2024	2033	2044	2055	2106	2118	
Little Ilford Lane Church Road	1855	1902	1909	1916	1922	1929	1936	1943	1953	2002	2012	2021	2031	2039	2050	2101	2112	2124	
Ilford Broadway Chapel Road	1904	1911	1918	1925	1931	1938	1945	1952	2002	2010	2020	2029	2038	2046	2057	2108	2119	2131	
Ilford High Road Hainault Street	1907	1914	1921	1928	1934	1941	1948	1955	2005	2013	2023	2032	2041	2049	2100	2111	2122	2134	
Canning Town Bus Station	2102	2114	2126	2138	2150	2202	Then every 12 minutes until		2314	2326	Then every 12 minutes until		0050						
Keir Hardie Estate Tarling Road	2105	2117	2129	2141	2153	2205			2317	2329			0053						
Prince Regent Stn. Prince Regent Lane	2111	2123	2135	2147	2159	2211			2323	2335			0059						
Plaistow Greengate	2118	2130	2142	2154	2206	2217			2329	2340			0104						
Upton Park The Boleyn (Barking Road)	2121	2133	2145	2157	2209	2220			2332	2343			0107						
East Ham Police Station	2125	2137	2149	2201	2213	2224			2336	2347			0111						
East Ham Station	2130	2142	2154	2206	2218	2229			2341	2352			0116						
Little Ilford Lane Church Road	2136	2148	2200	2212	2224	2235			2347	2358			0122						
Ilford Broadway Chapel Road	2143	2155	2207	2219	2231	2242			2354	0005			0129						
Ilford High Road Hainault Street	2146	2158	2209	2221	2233	2244	2356	0007	0131										

147		Sundays and other Public Holidays (except Christmas Day and Boxing Day)															
Canning Town Bus Station	0550		0650		0802	0812	0822	0832	0842	0852	0902	0912	0922	0930	0938	0944	
Keir Hardie Estate Tarling Road	0553		0653		0805	0815	0825	0835	0845	0855	0905	0915	0925	0933	0941	0947	
Prince Regent Stn. Prince Regent Lane	0559		0659		0811	0821	0831	0841	0851	0901	0911	0921	0931	0939	0947	0953	
Plaistow Greengate	0605	Then	0705	Then	0817	0827	0837	0847	0857	0907	0917	0927	0937	0946	0954	1000	
Upton Park The Boleyn (Barking Road)	0608	every 15	0708	every 12	0820	0830	0840	0850	0900	0910	0920	0930	0940	0949	0957	1004	
East Ham Police Station	0612	minutes	0712	minutes	0824	0834	0844	0854	0904	0914	0924	0934	0944	0954	1002	1010	
East Ham Station	0615	until	0715	until	0827	0837	0847	0857	0907	0918	0928	0938	0948	0958	1007	1016	
Little Ilford Lane Church Road	0620		0720		0832	0842	0852	0902	0913	0924	0934	0944	0955	1006	1015	1025	
Ilford Broadway Chapel Road	0625		0725		0837	0847	0857	0907	0918	0930	0941	0952	1003	1014	1024	1035	
Ilford High Road Hainault Street	0627		0727		0839	0849	0859	0909	0920	0932	0943	0954	1006	1017	1027	1038	
Canning Town Bus Station	0954	1003	1012	1022	1031	1041	1051	1101	1110	1120	1130	1140	1148	1157	1206	1536	
Keir Hardie Estate Tarling Road	0957	1006	1015	1025	1035	1045	1055	1105	1114	1124	1134	1144	1152	1201	1210	1540	
Prince Regent Stn. Prince Regent Lane	1003	1012	1021	1031	1041	1051	1101	1111	1120	1130	1140	1150	1158	1207	1216	1546	
Plaistow Greengate	1010	1019	1028	1038	1048	1058	1108	1118	1128	1138	1148	1158	1206	1215	1225	1555	
Upton Park The Boleyn (Barking Road)	1014	1023	1032	1042	1052	1102	1112	1122	1132	1142	1152	1202	1210	1219	1229	1559	
East Ham Police Station	1020	1029	1039	1049	1059	1109	1119	1129	1139	1149	1159	1209	1217	1226	1236	1606	
East Ham Station	1026	1036	1046	1056	1106	1116	1126	1136	1146	1156	1206	1216	1224	1233	1243	1613	
Little Ilford Lane Church Road	1035	1045	1055	1105	1115	1125	1135	1145	1155	1205	1215	1225	1233	1242	1252	1622	
Ilford Broadway Chapel Road	1046	1056	1106	1116	1126	1136	1146	1156	1206	1216	1226	1236	1244	1253	1303	1633	
Ilford High Road Hainault Street	1049	1059	1109	1119	1129	1139	1149	1159	1209	1219	1229	1239	1247	1256	1306	1636	
Canning Town Bus Station	1547		1657	1707	1717	1727	1738	1749	1759	1812	1824	1836	1848	1900	1912	1924	1936
Keir Hardie Estate Tarling Road	1551		1701	1711	1721	1731	1742	1753	1803	1816	1828	1840	1852	1904	1916	1928	1940
Prince Regent Stn. Prince Regent Lane	1557		1707	1717	1727	1737	1748	1759	1809	1822	1834	1846	1858	1910	1922	1934	1946
Plaistow Greengate	1605	Then	1715	1725	1735	1745	1756	1807	1817	1830	1842	1854	1906	1918	1930	1942	1954
Upton Park The Boleyn (Barking Road)	1609	every 10	1719	1729	1739	1749	1800	1811	1821	1834	1845	1857	1909	1921	1933	1945	1957
East Ham Police Station	1616	minutes	1726	1736	1746	1756	1807	1818	1828	1840	1851	1903	1915	1927	1939	1951	2003
East Ham Station	1623	until	1733	1743	1753	1803	1813	1824	1833	1845	1856	1908	1920	1932	1944	1956	2008
Little Ilford Lane Church Road	1632		1742	1752	1802	1812	1822	1832	1841	1853	1904	1916	1928	1940	1952	2004	2015
Ilford Broadway Chapel Road	1643		1753	1803	1812	1822	1832	1841	1850	1902	1913	1925	1937	1949	2001	2012	2022
Ilford High Road Hainault Street	1646		1756	1805	1814	1824	1834	1843	1852	1904	1915	1927	1939	1951	2003	2014	2024
Canning Town Bus Station	1948	2001	2013		2113	2126		2250	2302		0050						
Keir Hardie Estate Tarling Road	1952	2004	2016		2116	2129		2253	2305		0053						
Prince Regent Stn. Prince Regent Lane	1958	2010	2022		2122	2135		2259	2311		0059						
Plaistow Greengate	2006	2017	2029	Then	2129	2141	Then	2305	2316	Then	0104						
Upton Park The Boleyn (Barking Road)	2009	2020	2032	every 12	2132	2144	every 12	2308	2319	every 12	0107						
East Ham Police Station	2014	2025	2036	minutes	2136	2148	minutes	2312	2323	minutes	0111						
East Ham Station	2019	2030	2041	until	2141	2153	until	2317	2328	until	0116						
Little Ilford Lane Church Road	2026	2036	2047		2147	2159		2323	2334		0122						
Ilford Broadway Chapel Road	2033	2043	2054		2154	2206		2330	2341		0129						
Ilford High Road Hainault Street	2035	2045	2056		2156	2208		2332	2343		0131						