

147 Mondays to Fridays																												
Ilford High Road Hainault Street	0500	0512	0524	0535	0544	0554	0604										1856	1906	1916	1927	1937	1947	1958	2009	2021			
Ilford Broadway High Road	0502	0514	0526	0537	0546	0556	0606										1859	1908	1918	1929	1939	1949	2000	2011	2023			
Dersingham Avenue Church Road	0509	0521	0534	0545	0555	0605	0615										1908	1917	1927	1938	1948	1958	2009	2020	2031			
East Ham Station	0514	0527	0540	0551	0601	0611	0621										1915	1924	1934	1945	1955	2005	2016	2026	2037			
East Ham Ron Leighton Way	0517	0530	0543	0554	0604	0614	0624										1919	1928	1938	1949	1959	2008	2019	2029	2040			
Upton Park The Boleyn (Barking Road)	0521	0534	0547	0558	0608	0618	0628										1925	1934	1944	1955	2005	2013	2023	2033	2044			
Plaistow Greengate	0524	0537	0550	0601	0612	0622	0632										1929	1938	1948	1959	2009	2017	2027	2037	2048			
Prince Regent Stn. Prince Regent Lane	0529	0542	0555	0607	0618	0628	0638										1936	1945	1955	2006	2016	2024	2034	2043	2054			
Keir Hardie Est. Radland Rd/Rogers Rd.	0535	0548	0601	0613	0624	0634	0644										1943	1952	2002	2012	2022	2030	2040	2049	2100			
Canning Town Bus Station	0538	0551	0604	0616	0627	0637	0647										1946	1955	2005	2015	2025	2033	2043	2052	2103			
Ilford High Road Hainault Street	2033			2157	2209												0045											
Ilford Broadway High Road	2035			2159	2211												0047											
Dersingham Avenue Church Road	2043			2207	2219												0055											
East Ham Station	2049			2213	2225												0101											
East Ham Ron Leighton Way	2052	Then every 12 minutes		2216	2228			Then every 12 minutes									0104											
Upton Park The Boleyn (Barking Road)	2056			2220	2232												0108											
Plaistow Greengate	2100			2224	2236												0112											
Prince Regent Stn. Prince Regent Lane	2106			2230	2241												0117											
Keir Hardie Est. Radland Rd/Rogers Rd.	2112			2236	2247												0123											
Canning Town Bus Station	2115			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										
Ilford Broadway High Road	0502	0517	0532	0547	0559	0611	0623	0633	0643	0653	0703	0713	0723	0733	0743	0753	0803	0812										
Dersingham Avenue Church Road	0509	0524	0539	0554	0606	0618	0630	0640	0650	0700	0711	0721	0731	0741	0751	0801	0811	0820										
East Ham Station	0514	0529	0544	0559	0611	0623	0635	0645	0655	0705	0716	0726	0736	0746	0756	0806	0816	0826										
East Ham Ron Leighton Way	0517	0532	0547	0602	0614	0626	0638	0648	0658	0708	0719	0729	0739	0749	0759	0809	0819	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										
Plaistow Greengate	0523	0538	0553	0608	0620	0632	0644	0654	0705	0716	0727	0737	0747	0757	0807	0817	0828	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										
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										
Canning Town Bus Station	0537	0552	0607	0622	0634	0646	0658	0708	0719	0730	0741	0751	0801	0811	0821	0832	0843	0853										
Ilford High Road Hainault Street	0817			1924	1934	1944	1954	2006	2019	2032	2045	2057	2109				0045											
Ilford Broadway High Road	0819			1927	1936	1946	1956	2008	2021	2034	2047	2059	2111				0047											
Dersingham Avenue Church Road	0827	Then about every 8 minutes		1936	1945	1955	2005	2017	2030	2043	2055	2107	2119				0055											
East Ham Station	0833			1943	1952	2002	2011	2023	2036	2049	2101	2113	2125	Then every 12 minutes			0101											
East Ham Ron Leighton Way	0837			1947	1956	2006	2015	2027	2040	2052	2104	2116	2128				0104											
Upton Park The Boleyn (Barking Road)	0842			1953	2002	2011	2020	2032	2044	2056	2108	2120	2132				0108											
Plaistow Greengate	0846			1957	2006	2015	2024	2036	2048	2100	2112	2124	2136				0112											
Prince Regent Stn. Prince Regent Lane	0852			2004	2013	2022	2031	2042	2054	2106	2118	2130	2141				0117											
Keir Hardie Est. Radland Rd/Rogers Rd.	0858			2010	2019	2028	2037	2048	2100	2112	2124	2136	2147				0123											
Canning Town Bus Station	0901			2013	2022	2031	2040	2051	2103	2115	2127	2139	2150				0126											
147 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																												
Ilford High Road Hainault Street	0555	0610	0625	0640	0655												0819		1822	1833				1933	1945	1957	2009	
Ilford Broadway High Road	0557	0612	0627	0642	0657												0821		1824	1835				1935	1947	1959	2011	
Dersingham Avenue Church Road	0603	0618	0633	0648	0703												0827	Then about every 10 minutes	1833	1844				1944	1956	2008	2020	
East Ham Station	0608	0623	0638	0653	0708			Then every 12 minutes									0832		1840	1851	Then every 12 minutes				1951	2003	2015	2026
East Ham Ron Leighton Way	0611	0626	0641	0656	0711												0835		1844	1855					1955	2007	2018	2029
Upton Park The Boleyn (Barking Road)	0614	0629	0644	0659	0714												0838		1850	1901					2001	2012	2022	2033
Plaistow Greengate	0617	0632	0647	0702	0717												0841		1854	1905					2005	2016	2026	2037
Prince Regent Stn. Prince Regent Lane	0622	0637	0652	0707	0722												0846		1901	1911					2011	2022	2032	2043
Keir Hardie Est. Radland Rd/Rogers Rd.	0628	0643	0658	0713	0728												0852		1907	1917					2017	2028	2038	2049
Canning Town Bus Station	0631	0646	0701	0716	0731												0855		1910	1920					2020	2031	2041	2052
Ilford High Road Hainault Street	2021	2033	2045	2057													0045											
Ilford Broadway High Road	2023	2035	2047	2059													0047											
Dersingham Avenue Church Road	2031	2043	2055	2107													0055											
East Ham Station	2037	2049	2101	2113				Then every 12 minutes									0101											
East Ham Ron Leighton Way	2040	2052	2104	2116													0104											
Upton Park The Boleyn (Barking Road)	2044	2056	2108	2120													0108											
Plaistow Greengate	2048	2100	2112	2124													0112											
Prince Regent Stn. Prince Regent Lane	2054	2106	2118	2129													0117											
Keir Hardie Est. Radland Rd/Rogers Rd.	2100	2112	2124	2135													0123											
Canning Town Bus Station	2103	2115	2127	2138													0126											

147 Mondays to Fridays																		
Canning Town Bus Station	0455	0507	0519	0531	0541	0551	0601	0611			1900	1911	1921	1931	1941	1951	2002	2014
Keir Hardie Estate Tarling Road	0458	0510	0522	0534	0544	0554	0604	0614			1905	1915	1925	1935	1945	1955	2005	2017
Prince Regent Stn. Prince Regent Lane	0504	0516	0528	0540	0550	0600	0610	0620	Then about every 8 minutes until		1912	1922	1931	1941	1951	2001	2011	2023
Plaistow Greengate	0510	0522	0534	0546	0556	0607	0617	0627		1920	1930	1939	1949	1959	2009	2019	2031	
Upton Park The Boleyn (Barking Road)	0513	0525	0537	0549	0559	0610	0620	0630		1923	1933	1942	1952	2002	2012	2022	2034	
East Ham Police Station	0517	0529	0542	0554	0604	0615	0625	0635		1930	1940	1949	1959	2008	2018	2027	2039	
East Ham Station	0520	0532	0545	0558	0608	0619	0629	0639		1936	1946	1955	2005	2014	2024	2033	2044	
Little Ilford Lane Church Road	0525	0538	0551	0604	0614	0625	0635	0645		1943	1953	2002	2012	2021	2031	2039	2050	
Ilford Broadway Chapel Road	0532	0545	0558	0611	0621	0632	0642	0652		1952	2002	2010	2020	2029	2038	2046	2057	
Ilford High Road Hainault Street	0534	0547	0600	0614	0624	0635	0645	0655		1955	2005	2013	2023	2032	2041	2049	2100	
Canning Town Bus Station	2026	2038	2050	2102	2114	2126	2138	2150	2202	Then every 12 minutes until	2314	2326				0050		
Keir Hardie Estate Tarling Road	2029	2041	2053	2105	2117	2129	2141	2153	2205		2317	2329				0053		
Prince Regent Stn. Prince Regent Lane	2035	2047	2059	2111	2123	2135	2147	2159	2211		2323	2335				0059		
Plaistow Greengate	2042	2054	2106	2118	2130	2142	2154	2206	2217		2329	2340	Then every 12 minutes until		0104			
Upton Park The Boleyn (Barking Road)	2045	2057	2109	2121	2133	2145	2157	2209	2220		2332	2343		0107				
East Ham Police Station	2050	2101	2113	2125	2137	2149	2201	2213	2224		2336	2347		0111				
East Ham Station	2055	2106	2118	2130	2142	2154	2206	2218	2229		2341	2352		0116				
Little Ilford Lane Church Road	2101	2112	2124	2136	2148	2200	2212	2224	2235		2347	2358		0122				
Ilford Broadway Chapel Road	2108	2119	2131	2143	2155	2207	2219	2231	2242	2354	0005	0129						
Ilford High Road Hainault Street	2111	2122	2134	2146	2158	2209	2221	2233	2244	2356	0007	0131						
Ilford High Road Hainault Street	2111	2122	2134	2146	2158	2209	2221	2233	2244	2356	0007	0131						
147 Saturdays (also Good Friday)																		
Canning Town Bus Station	0455	0510	0525	0540	0552	0604	0616		0816	Then about every 10 minutes until		1900	1910	1920	1930	1940	1950	
Keir Hardie Estate Tarling Road	0458	0513	0528	0543	0555	0607	0619		0819		1904	1914	1924	1934	1944	1954		
Prince Regent Stn. Prince Regent Lane	0504	0519	0534	0549	0601	0613	0625		0825		1911	1921	1931	1941	1951	2001		
Plaistow Greengate	0510	0525	0540	0555	0607	0619	0631		0832		1920	1930	1940	1949	1958	2008		
Upton Park The Boleyn (Barking Road)	0513	0528	0543	0558	0610	0622	0634		0835		1923	1933	1943	1952	2001	2011		
East Ham Police Station	0517	0532	0547	0602	0614	0626	0638		0839		1930	1940	1950	1959	2007	2017		
East Ham Station	0520	0535	0550	0605	0617	0629	0641		0843		1935	1945	1955	2004	2012	2022		
Little Ilford Lane Church Road	0525	0540	0555	0610	0622	0634	0646		0848		1944	1954	2004	2012	2020	2030		
Ilford Broadway Chapel Road	0531	0546	0601	0616	0628	0640	0652		0855	1953	2002	2011	2019	2027	2037			
Ilford High Road Hainault Street	0533	0548	0603	0618	0630	0642	0654		0857	1956	2005	2014	2022	2030	2040			
Canning Town Bus Station	2000	2012	2024	2036	2049	2102	2114	2126	2138	2150	2202	Then every 12 minutes until	2326	2338			0050	
Keir Hardie Estate Tarling Road	2003	2015	2027	2039	2052	2105	2117	2129	2141	2153	2205		2329	2341			0053	
Prince Regent Stn. Prince Regent Lane	2010	2022	2034	2046	2059	2111	2123	2135	2147	2159	2211		2335	2347			0059	
Plaistow Greengate	2017	2029	2041	2053	2106	2118	2130	2142	2154	2206	2217		2341	2352	Then every 12 minutes until		0104	
Upton Park The Boleyn (Barking Road)	2020	2032	2044	2056	2109	2121	2133	2145	2157	2209	2220		2344	2355		0107		
East Ham Police Station	2026	2037	2049	2101	2113	2125	2137	2149	2201	2213	2224		2348	2359		0111		
East Ham Station	2031	2042	2054	2106	2118	2130	2142	2154	2206	2218	2229		2353	0004		0116		
Little Ilford Lane Church Road	2038	2049	2101	2112	2124	2136	2148	2200	2212	2224	2235		2359	0010		0122		
Ilford Broadway Chapel Road	2045	2056	2108	2119	2131	2143	2155	2207	2219	2231	2242	0006	0017	0129				
Ilford High Road Hainault Street	2048	2059	2111	2122	2134	2146	2158	2209	2221	2233	2244	0008	0019	0131				
Ilford High Road Hainault Street	2048	2059	2111	2122	2134	2146	2158	2209	2221	2233	2244	0008	0019	0131				
147 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																		
Canning Town Bus Station	0550		0650		0802					1759	1812	1824	1836	1848	1900	1912	1924	1936
Keir Hardie Estate Tarling Road	0553		0653		0805					1803	1816	1828	1840	1852	1904	1916	1928	1940
Prince Regent Stn. Prince Regent Lane	0559		0659		0811	Then about every 10 minutes until				1809	1822	1834	1846	1858	1910	1922	1934	1946
Plaistow Greengate	0605	Then every 15 minutes until	0705	Then every 12 minutes until	0817		1817	1830	1842	1854	1906	1918	1930	1942	1954			
Upton Park The Boleyn (Barking Road)	0608		0708		0820		1821	1834	1845	1857	1909	1921	1933	1945	1957			
East Ham Police Station	0612		0712		0824		1828	1840	1851	1903	1915	1927	1939	1951	2003			
East Ham Station	0615		0715		0827		1833	1845	1856	1908	1920	1932	1944	1956	2008			
Little Ilford Lane Church Road	0620		0720		0832		1841	1853	1904	1916	1928	1940	1952	2004	2015			
Ilford Broadway Chapel Road	0625		0725		0837		1850	1902	1913	1925	1937	1949	2001	2012	2022			
Ilford High Road Hainault Street	0627		0727		0839		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 every 12 minutes until	2129	2141	Then every 12 minutes until			2305	2316	Then every 12 minutes until		0104				
Upton Park The Boleyn (Barking Road)	2009	2020	2032		2132	2144		2308	2319	0107								
East Ham Police Station	2014	2025	2036		2136	2148		2312	2323	0111								
East Ham Station	2019	2030	2041		2141	2153		2317	2328	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								