

238 Mondays to Fridays																		
		Mondays				Tuesdays to Fridays												
Barking Station	0000	0035		0505	0035		0435	0505	0535	0549	0603	0618	0629	0640	Then	1818		
East Ham Newham Town Hall	0007	0042	Then	0512	0041	Then	0441	0512	0542	0556	0611	0626	0637	0648	about	1830		
East Ham Station	0011	0046	every 30	0516	0045	every 30	0445	0516	0546	0601	0616	0631	0642	0653	every	1839		
Plashet Road Green Street	0017	0051	minutes	0521	0051	minutes	0451	0521	0551	0607	0622	0637	0648	0659	10	1849		
Portway Plashet Road	0020	0054	until	0524	0054	until	0454	0525	0554	0610	0625	0640	0651	0702	mins.	1853		
Stratford Bus Station	0027	0101		0531	0101		0501	0532	0601	0617	0633	0648	0659	0711	until	1904		
Barking Station	1829	1841	1854	1907	1920	1932	1945	2000	2015	2030	2045	2100	2115	2130	2145	2200	2215	2230
East Ham Newham Town Hall	1841	1853	1906	1918	1930	1942	1955	2009	2024	2039	2054	2108	2123	2138	2153	2208	2223	2238
East Ham Station	1850	1902	1914	1926	1938	1950	2003	2016	2030	2045	2100	2114	2128	2142	2157	2212	2227	2242
Plashet Road Green Street	1900	1912	1924	1936	1948	1959	2011	2024	2038	2053	2107	2121	2135	2149	2204	2219	2233	2248
Portway Plashet Road	1904	1916	1928	1940	1952	2003	2015	2027	2041	2056	2110	2124	2138	2152	2207	2222	2236	2251
Stratford Bus Station	1915	1926	1937	1949	2001	2012	2024	2036	2050	2104	2118	2132	2146	2159	2213	2228	2243	2258
Barking Station	2245	2300	2315	2330	2345													
East Ham Newham Town Hall	2253	2307	2322	2337	2352													
East Ham Station	2257	2311	2326	2341	2356													
Plashet Road Green Street	2303	2317	2332	2347	0002													
Portway Plashet Road	2306	2320	2335	2350	0005													
Stratford Bus Station	2313	2327	2342	2357	0012													
238 Saturdays																		
Barking Station	0000	0035		0435	0505	0535	0555	0615	0635	0655	0710	0725	0737	0749	0801	0813	0825	
East Ham Newham Town Hall	0007	0041	Then	0441	0512	0542	0602	0623	0643	0703	0718	0733	0745	0757	0809	0821	0833	
East Ham Station	0011	0045	every 30	0445	0516	0546	0606	0627	0647	0707	0722	0737	0749	0801	0813	0826	0838	
Plashet Road Green Street	0017	0051	minutes	0451	0521	0552	0612	0633	0653	0713	0728	0743	0755	0807	0819	0832	0844	
Portway Plashet Road	0020	0054	until	0454	0525	0555	0615	0636	0656	0716	0731	0746	0758	0810	0822	0835	0847	
Stratford Bus Station	0027	0101		0501	0532	0602	0622	0643	0703	0723	0738	0753	0805	0817	0829	0842	0854	
Barking Station	0835	Then		1812	1824	1836	1848	1901	1913	1928	1943	1959	2015	2030	2045	2100	2115	2130
East Ham Newham Town Hall	0843	about		1828	1840	1852	1904	1916	1928	1942	1956	2011	2026	2040	2055	2110	2124	2139
East Ham Station	0848	every 12		1837	1849	1901	1913	1925	1937	1951	2005	2019	2033	2047	2102	2116	2130	2145
Plashet Road Green Street	0854	minutes		1847	1859	1911	1923	1935	1947	2001	2014	2028	2042	2056	2111	2125	2139	2153
Portway Plashet Road	0857	until		1851	1903	1915	1927	1939	1951	2004	2017	2031	2045	2059	2114	2128	2142	2156
Stratford Bus Station	0905			1902	1914	1925	1937	1949	2001	2013	2026	2040	2054	2108	2122	2136	2150	2204
Barking Station	2145	2200	2215	2230	2245	2300	2315	2330	2345									
East Ham Newham Town Hall	2154	2209	2224	2239	2254	2308	2323	2338	2353									
East Ham Station	2200	2214	2229	2244	2259	2313	2328	2343	2358									
Plashet Road Green Street	2207	2221	2236	2251	2306	2320	2334	2349	0004									
Portway Plashet Road	2210	2224	2239	2254	2309	2323	2337	2352	0007									
Stratford Bus Station	2218	2232	2247	2302	2317	2331	2345	2359	0013									
238 Sundays																		
Barking Station	0000	0035		0505	0535		0805	0825	0845	0900	0915	0930	0945	0959	1013	1028		
East Ham Newham Town Hall	0008	0042	Then	0512	0543	Then	0813	0833	0853	0908	0923	0938	0953	1007	1022	1037		
East Ham Station	0012	0046	every 30	0516	0548	every 30	0818	0838	0858	0913	0928	0943	0958	1013	1028	1043		
Plashet Road Green Street	0018	0051	minutes	0521	0554	minutes	0824	0844	0904	0919	0934	0950	1005	1020	1035	1050		
Portway Plashet Road	0021	0054	until	0524	0557	until	0827	0847	0907	0922	0937	0953	1008	1024	1039	1054		
Stratford Bus Station	0027	0101		0531	0604		0834	0854	0914	0929	0945	1001	1016	1032	1047	1103		
Barking Station	1043	1057	1110	1124	1139	1154	1209	1224	1239	1254	1309	1324	1339	1354	1409	1424	1440	1455
East Ham Newham Town Hall	1052	1106	1120	1134	1149	1204	1219	1234	1249	1304	1320	1336	1351	1406	1421	1436	1452	1507
East Ham Station	1058	1113	1127	1141	1156	1212	1227	1243	1258	1313	1329	1345	1400	1415	1430	1445	1501	1516
Plashet Road Green Street	1105	1120	1135	1150	1205	1221	1236	1252	1307	1323	1339	1355	1410	1425	1440	1456	1512	1527
Portway Plashet Road	1109	1124	1139	1154	1209	1225	1240	1256	1311	1327	1343	1359	1414	1429	1444	1500	1516	1531
Stratford Bus Station	1118	1133	1148	1203	1219	1235	1251	1307	1323	1339	1355	1411	1427	1442	1457	1513	1528	1543
Barking Station	1511	1526	1542	1558	1613	1629	1645	1700	1715	1730	1745	1800	1815	1830	1845	1900	1915	1930
East Ham Newham Town Hall	1522	1537	1553	1609	1624	1640	1656	1711	1726	1741	1756	1811	1826	1841	1856	1911	1925	1940
East Ham Station	1531	1546	1602	1618	1633	1648	1704	1719	1734	1749	1804	1818	1833	1848	1903	1918	1932	1947
Plashet Road Green Street	1542	1557	1613	1628	1643	1658	1714	1729	1744	1759	1813	1827	1842	1857	1912	1927	1941	1956
Portway Plashet Road	1546	1601	1617	1632	1647	1702	1718	1733	1748	1803	1817	1831	1846	1901	1915	1930	1944	1959
Stratford Bus Station	1558	1613	1628	1643	1658	1713	1729	1744	1759	1813	1827	1841	1856	1910	1924	1938	1952	2007
Barking Station	1945	2000	2015	2030	2045	2100	2115	2130	2145	2200	2215	2230			2345			
East Ham Newham Town Hall	1955	2010	2024	2038	2053	2108	2123	2138	2153	2208	2222	2237			2352			
East Ham Station	2002	2016	2030	2044	2059	2113	2128	2143	2158	2212	2226	2241			2356			
Plashet Road Green Street	2010	2024	2038	2052	2107	2121	2136	2151	2205	2219	2233	2247			0002			
Portway Plashet Road	2013	2027	2041	2055	2110	2124	2139	2154	2208	2222	2236	2250			0005			
Stratford Bus Station	2021	2035	2049	2103	2118	2132	2147	2202	2215	2229	2243	2257			0012			

238		Mondays to Fridays										
		Mondays					Tuesdays to Fridays					
Stratford Bus Station	0005 0020 0035	0050				0520	0050				0350 0420 0450 0520	0540 0555 0610 0625
Plashet Road Portway	0011 0026 0041	0057	Then			0527	0056	Then			0356 0426 0456 0526	0546 0601 0616 0631
Plashet Road Green Street	0014 0029 0044	0100	every 30			0530	0058	every 30			0358 0429 0459 0529	0548 0603 0618 0633
East Ham Station	0020 0035 0050	0106	minutes			0536	0104	minutes			0404 0435 0505 0535	0553 0608 0623 0638
East Ham Newham Town Hall	0025 0040 0055	0110	until			0540	0109	until			0409 0440 0510 0540	0558 0613 0628 0643
Barking Station	0032 0047 0102	0117				0547	0116				0416 0447 0517 0547	0606 0621 0636 0651
Stratford Bus Station	0637	Then	1921 1933 1945 1957	2009 2020 2035 2050	2105 2120 2135 2150	2205						2350
Plashet Road Portway	0643	about	1929 1941 1953 2004	2016 2027 2042 2057	2112 2127 2142 2157	2211	Then					2356
Plashet Road Green Street	0645	every	1933 1945 1957 2007	2019 2030 2045 2100	2115 2130 2145 2200	2214	every 15					2359
East Ham Station	0650	10	1942 1954 2006 2016	2027 2038 2053 2108	2122 2137 2152 2207	2220	minutes					0005
East Ham Newham Town Hall	0655	mins.	1949 2001 2012 2022	2033 2044 2059 2114	2128 2143 2158 2212	2225	until					0010
Barking Station	0703	until	1959 2011 2022 2032	2042 2053 2107 2122	2136 2151 2205 2219	2232						0017
238		Saturdays										
Stratford Bus Station	0005 0020 0035 0050					0350 0420 0450 0520	0538 0558 0618 0638	0658 0718 0734 0749				
Plashet Road Portway	0011 0026 0041 0056	Then				0356 0426 0456 0526	0544 0604 0624 0644	0705 0726 0742 0757				
Plashet Road Green Street	0014 0029 0044 0058	every 30				0358 0429 0459 0529	0546 0606 0626 0646	0708 0729 0745 0800				
East Ham Station	0020 0035 0050 0104	minutes				0404 0435 0505 0535	0551 0611 0631 0652	0714 0736 0752 0807				
East Ham Newham Town Hall	0025 0040 0055 0109	until				0409 0440 0510 0540	0556 0616 0637 0658	0720 0742 0758 0814				
Barking Station	0032 0047 0102 0116					0416 0447 0517 0547	0604 0624 0645 0706	0728 0750 0806 0822				
Stratford Bus Station	0801 0813 0825 0837 0849	Then				1849 1901 1913 1925 1937 1949	2004 2018 2033 2048 2103					
Plashet Road Portway	0809 0821 0833 0845 0856	about				1858 1910 1922 1933 1945 1957	2011 2025 2040 2055 2110					
Plashet Road Green Street	0812 0824 0836 0848 0859	every 10				1902 1914 1926 1937 1949 2001	2014 2028 2043 2058 2113					
East Ham Station	0820 0832 0844 0856 0907	minutes				1911 1923 1935 1946 1958 2010	2023 2036 2051 2106 2120					
East Ham Newham Town Hall	0827 0839 0851 0903 0914	until				1919 1930 1942 1953 2005 2017	2030 2043 2057 2112 2126					
Barking Station	0835 0848 0900 0912 0923					1931 1941 1952 2003 2014 2025	2038 2051 2105 2120 2134					
Stratford Bus Station	2118 2133 2149 2204 2220	Then				2350						
Plashet Road Portway	2125 2140 2156 2211 2226	every 15				2356						
Plashet Road Green Street	2128 2143 2159 2214 2229	minutes				2359						
East Ham Station	2135 2150 2206 2221 2235	until				0005						
East Ham Newham Town Hall	2141 2156 2211 2226 2240					0010						
Barking Station	2149 2203 2218 2233 2247					0017						
238		Sundays										
Stratford Bus Station	0005 0020 0035 0050					0650 0710 0740 0810 0840 0900 0920 0935 0950 1005 1020 1035						
Plashet Road Portway	0011 0026 0041 0057	Then				0657 0717 0747 0817 0847 0907 0927 0942 0957 1012 1027 1042						
Plashet Road Green Street	0014 0029 0044 0100	every 30				0700 0720 0750 0820 0850 0910 0930 0945 1000 1015 1030 1045						
East Ham Station	0020 0035 0050 0106	minutes				0706 0726 0756 0826 0856 0916 0936 0952 1007 1022 1037 1052						
East Ham Newham Town Hall	0025 0040 0055 0110	until				0710 0730 0800 0830 0900 0921 0941 0957 1013 1028 1043 1059						
Barking Station	0032 0047 0102 0117					0717 0737 0807 0837 0908 0929 0950 1006 1022 1037 1052 1108						
Stratford Bus Station	1050 1105 1119 1134 1149 1204 1219 1234 1249 1304 1319	Then				1534 1550 1606 1621 1636						
Plashet Road Portway	1057 1112 1127 1142 1157 1212 1227 1242 1257 1312 1328	every 15				1543 1559 1615 1630 1645						
Plashet Road Green Street	1100 1115 1130 1145 1200 1216 1231 1246 1301 1316 1332	minutes				1547 1603 1619 1634 1649						
East Ham Station	1107 1122 1137 1152 1208 1224 1239 1254 1309 1325 1341	until				1556 1612 1628 1643 1658						
East Ham Newham Town Hall	1114 1129 1144 1159 1215 1231 1246 1301 1317 1333 1349					1604 1619 1635 1650 1705						
Barking Station	1123 1138 1153 1209 1225 1241 1256 1311 1327 1343 1359					1614 1629 1644 1659 1714						
Stratford Bus Station	1651 1705 1720 1735 1750 1805	Then				1920 1935 1950 2005 2020 2035 2050 2105 2120 2135						
Plashet Road Portway	1700 1714 1729 1744 1759 1813	every 15				1928 1943 1958 2013 2027 2042 2057 2112 2127 2142						
Plashet Road Green Street	1704 1718 1733 1748 1803 1817	minutes				1932 1947 2002 2017 2031 2046 2101 2116 2130 2145						
East Ham Station	1713 1727 1742 1757 1812 1826	until				1941 1956 2011 2025 2039 2054 2108 2123 2137 2152						
East Ham Newham Town Hall	1720 1734 1749 1804 1819 1833					1948 2003 2017 2031 2045 2100 2114 2129 2143 2158						
Barking Station	1729 1743 1758 1813 1828 1842					1957 2011 2025 2039 2053 2108 2122 2137 2151 2206						
Stratford Bus Station	2150 2205 2220 2235 2250 2305 2320 2335 2350											
Plashet Road Portway	2157 2212 2227 2242 2257 2312 2326 2341 2356											
Plashet Road Green Street	2200 2215 2230 2245 2300 2315 2329 2344 2359											
East Ham Station	2207 2222 2237 2252 2307 2321 2335 2350 0005											
East Ham Newham Town Hall	2212 2227 2242 2257 2312 2326 2340 2355 0010											
Barking Station	2220 2234 2249 2304 2319 2333 2347 0002 0017											