

238		Mondays to Fridays																
Barking Station	0000	0015		0515	0535	0549	0603	0618	0628	0638	0647	0656	0705	0717	0729	0741	0752	
East Ham Newham Town Hall	0007	0022	Then	0522	0542	0556	0611	0626	0636	0646	0655	0704	0715	0727	0739	0751	0802	
East Ham Station	0011	0026	every 30	0526	0546	0600	0616	0631	0641	0651	0700	0710	0721	0733	0745	0757	0809	
Plashet Road Green Street	0016	0031	minutes	0531	0551	0605	0621	0636	0646	0656	0706	0716	0727	0739	0751	0803	0816	
Portway Plashet Road	0020	0035	until	0535	0555	0610	0626	0641	0651	0702	0715	0728	0741	0753	0805	0818	0831	
Stratford Bus Station	0027	0042		0542	0602	0618	0634	0649	0659	0711	0724	0737	0750	0802	0815	0828	0841	
Barking Station	0803	0815	0827	0839	0851	0903	0915		1039	1051			1427	1438	1449	1500	1512	
East Ham Newham Town Hall	0815	0828	0840	0852	0904	0914	0925	Then	1049	1101	Then		1437	1448	1459	1511	1523	
East Ham Station	0822	0835	0847	0859	0911	0921	0932	every 12	1056	1109	every 12		1445	1456	1508	1520	1532	
Plashet Road Green Street	0829	0842	0854	0906	0918	0928	0939	minutes	1103	1116	minutes		1452	1504	1516	1528	1540	
Portway Plashet Road	0844	0857	0909	0922	0934	0945	0956	until	1120	1133	until		1509	1521	1533	1545	1557	
Stratford Bus Station	0854	0907	0919	0932	0944	0955	1006		1130	1143			1519	1531	1543	1555	1607	
Barking Station	1524	1536	1548	1600	1612	1624	1636	1648	1700	1712	1724	1736	1748	1800	1812	1824	1836	1848
East Ham Newham Town Hall	1535	1547	1559	1611	1623	1635	1647	1659	1712	1724	1736	1748	1800	1811	1823	1835	1847	1859
East Ham Station	1544	1556	1608	1620	1632	1644	1656	1708	1721	1733	1745	1757	1809	1820	1832	1844	1856	1908
Plashet Road Green Street	1552	1604	1616	1628	1640	1652	1704	1716	1728	1740	1752	1804	1816	1827	1839	1851	1903	1915
Portway Plashet Road	1609	1621	1633	1645	1657	1709	1721	1733	1745	1757	1809	1821	1832	1843	1855	1907	1915	1923
Stratford Bus Station	1619	1631	1643	1655	1707	1720	1732	1744	1756	1808	1820	1832	1843	1854	1906	1916	1924	1932
Barking Station	1900	1912	1924	1934	1945	2000	2015	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300
East Ham Newham Town Hall	1910	1922	1934	1944	1955	2010	2024	2039	2054	2109	2123	2138	2153	2207	2222	2237	2252	2307
East Ham Station	1919	1931	1943	1953	2004	2017	2031	2045	2100	2114	2128	2143	2158	2212	2227	2242	2256	2311
Plashet Road Green Street	1926	1938	1950	2000	2010	2023	2037	2051	2105	2119	2133	2148	2203	2217	2232	2247	2301	2316
Portway Plashet Road	1933	1944	1955	2005	2015	2028	2042	2056	2110	2124	2138	2153	2207	2221	2236	2251	2305	2320
Stratford Bus Station	1942	1953	2004	2014	2024	2036	2050	2104	2117	2131	2145	2200	2214	2228	2243	2258	2312	2327
Barking Station	2315	2330	2345															
East Ham Newham Town Hall	2322	2337	2352															
East Ham Station	2326	2341	2356															
Plashet Road Green Street	2331	2346	0001															
Portway Plashet Road	2335	2350	0005															
Stratford Bus Station	2342	2357	0012															
238		Saturdays (also Good Friday)																
Barking Station	0000	0015		0515	0535	0555	0615	0635	0655	0715	0735	0750	0805	0820	0835	0849	0859	
East Ham Newham Town Hall	0007	0022	Then	0522	0542	0602	0622	0642	0702	0723	0743	0758	0813	0828	0843	0857	0907	
East Ham Station	0011	0026	every 30	0526	0546	0606	0626	0646	0706	0727	0747	0802	0818	0833	0848	0903	0913	
Plashet Road Green Street	0016	0031	minutes	0531	0551	0611	0631	0651	0711	0732	0752	0806	0822	0837	0852	0908	0918	
Portway Plashet Road	0020	0035	until	0535	0555	0616	0636	0656	0716	0737	0757	0811	0827	0842	0857	0913	0923	
Stratford Bus Station	0027	0042		0542	0602	0623	0643	0703	0723	0744	0804	0819	0835	0850	0905	0921	0931	
Barking Station	0908	0918	0928	0938	0947	0956	1006	1018	1030	1042	1053	1104	1115	1126	1138	1150	1202	1214
East Ham Newham Town Hall	0917	0927	0937	0947	0956	1005	1016	1028	1040	1052	1103	1115	1127	1138	1150	1202	1215	1227
East Ham Station	0923	0933	0943	0953	1002	1012	1023	1035	1047	1059	1111	1123	1135	1146	1158	1211	1224	1236
Plashet Road Green Street	0928	0938	0948	0958	1008	1018	1029	1041	1053	1105	1117	1129	1141	1152	1205	1218	1231	1243
Portway Plashet Road	0933	0943	0955	1007	1020	1033	1046	1058	1110	1123	1135	1147	1159	1211	1224	1237	1250	1302
Stratford Bus Station	0941	0951	1003	1016	1029	1042	1055	1108	1120	1133	1145	1157	1209	1221	1234	1247	1300	1312
Barking Station	1226	1238	1250	1302	1314	1326	1338	1350	1402	1414	1426	1438	1450	1502	1514	1526	1538	1550
East Ham Newham Town Hall	1239	1251	1303	1316	1328	1340	1352	1404	1417	1429	1441	1453	1505	1516	1528	1540	1552	1604
East Ham Station	1248	1300	1312	1325	1337	1349	1401	1413	1426	1438	1450	1502	1514	1525	1537	1549	1601	1613
Plashet Road Green Street	1255	1308	1320	1333	1345	1357	1409	1421	1434	1446	1458	1510	1522	1533	1545	1557	1609	1621
Portway Plashet Road	1314	1327	1339	1352	1404	1416	1428	1440	1453	1505	1517	1529	1541	1552	1604	1616	1628	1640
Stratford Bus Station	1324	1337	1349	1402	1415	1427	1439	1451	1503	1515	1527	1539	1551	1602	1614	1626	1638	1650
Barking Station	1602	1614	1626	1638	1650	1702	1714	1726	1738	1750	1802	1813	1823	1833	1844	1854	1905	1915
East Ham Newham Town Hall	1615	1627	1639	1651	1703	1715	1727	1739	1751	1803	1814	1825	1835	1845	1856	1906	1916	1926
East Ham Station	1624	1636	1648	1700	1712	1724	1736	1748	1800	1812	1823	1834	1844	1854	1905	1915	1925	1935
Plashet Road Green Street	1632	1644	1656	1708	1720	1732	1744	1756	1808	1820	1831	1842	1852	1902	1911	1921	1931	1941
Portway Plashet Road	1651	1703	1715	1727	1739	1749	1759	1809	1819	1829	1839	1849	1859	1909	1918	1928	1938	1948
Stratford Bus Station	1701	1713	1725	1737	1749	1759	1809	1819	1829	1839	1849	1859	1909	1919	1928	1938	1948	1958
Barking Station	1930	1945	2000	2015	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345
East Ham Newham Town Hall	1941	1956	2010	2025	2039	2054	2109	2123	2138	2153	2208	2223	2238	2253	2307	2322	2337	2352
East Ham Station	1950	2005	2018	2032	2046	2101	2115	2129	2144	2159	2213	2227	2242	2257	2311	2326	2341	2356
Plashet Road Green Street	1956	2011	2024	2038	2052	2107	2120	2134	2149	2204	2218	2232	2247	2302	2316	2331	2346	0001
Portway Plashet Road	2003	2018	2031	2045	2059	2113	2126	2140	2155	2209	2223	2237	2252	2307	2321	2336	2351	0005
Stratford Bus Station	2012	2026	2039	2053	2107	2120	2133	2147	2202	2216	2230	2244	2259	2314	2328	2343	2358	0012

238		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																
Barking Station	0000	0015		0745	0815	0840	0855	0910	0925	0940	0953	1008	1025	1042	1059	1116	1133	
East Ham Newham Town Hall	0007	0022	Then every 30 minutes until	0752	0822	0847	0902	0918	0933	0948	1001	1017	1034	1051	1108	1125	1142	
East Ham Station	0011	0026		0756	0827	0852	0907	0923	0938	0953	1007	1023	1040	1057	1115	1132	1149	
Plashet Road Green Street	0016	0031		0801	0831	0856	0912	0928	0943	0958	1013	1029	1046	1103	1121	1138	1155	
Portway Plashet Road	0020	0035		0805	0835	0900	0917	0933	0948	1003	1020	1038	1056	1113	1132	1150	1208	
Stratford Bus Station	0027	0042	0812	0842	0907	0924	0940	0955	1011	1028	1046	1104	1122	1141	1159	1217		
Barking Station	1150	1207	1224	1241	1257	1313	1329	1346	1403	1420	1437	1454	1511	1528	1545	1602	1619	1636
East Ham Newham Town Hall	1159	1217	1234	1251	1307	1323	1340	1357	1414	1431	1448	1505	1522	1539	1556	1613	1629	1646
East Ham Station	1206	1225	1242	1259	1316	1333	1350	1407	1424	1441	1458	1516	1533	1550	1607	1622	1638	1655
Plashet Road Green Street	1213	1232	1249	1306	1324	1341	1358	1415	1432	1449	1506	1524	1541	1558	1615	1630	1646	1703
Portway Plashet Road	1226	1244	1301	1319	1337	1355	1412	1429	1446	1503	1520	1538	1555	1612	1629	1645	1701	1718
Stratford Bus Station	1235	1253	1311	1329	1347	1405	1422	1439	1456	1513	1530	1547	1604	1621	1638	1654	1710	1727
Barking Station	1653	1710	1727	1744	1800	1815	1830	1845	1900	1915	1930	1945	2000	2015	2030	2045	2100	2115
East Ham Newham Town Hall	1703	1720	1737	1754	1810	1824	1839	1854	1908	1923	1938	1953	2008	2023	2038	2053	2107	2122
East Ham Station	1712	1729	1746	1803	1817	1831	1846	1901	1914	1929	1944	1959	2013	2028	2043	2058	2112	2127
Plashet Road Green Street	1720	1737	1754	1810	1824	1838	1853	1907	1920	1935	1950	2005	2019	2034	2049	2104	2117	2132
Portway Plashet Road	1735	1752	1805	1817	1831	1845	1900	1913	1926	1941	1956	2011	2025	2040	2055	2109	2122	2137
Stratford Bus Station	1744	1801	1813	1825	1839	1853	1908	1921	1934	1949	2004	2018	2032	2047	2102	2116	2129	2144
Barking Station	2130	2145	2200															
East Ham Newham Town Hall	2137	2152	2207	Then every 15 minutes until	2345													
East Ham Station	2142	2157	2211		2352													
Plashet Road Green Street	2147	2202	2216		2356													
Portway Plashet Road	2152	2206	2220		0001													
Stratford Bus Station	2159	2213	2227	0005														
					0012													

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238 Mondays to Fridays																		
Stratford Bus Station	0005	0020	0035	0050		0520	0543	0558	0613	0628	0638	0648	0658	0709	0721	0733	0745	
Plashet Road Portway	0013	0028	0043	0057	Then every 30 minutes until	0527	0550	0605	0620	0635	0645	0655	0705	0718	0730	0742	0754	
Plashet Road Green Street	0016	0031	0046	0100		0530	0553	0608	0623	0638	0650	0702	0716	0729	0741	0753	0805	
East Ham Station	0022	0037	0052	0106		0536	0559	0614	0629	0644	0656	0709	0723	0736	0748	0800	0813	
East Ham Newham Town Hall	0026	0041	0056	0110		0540	0603	0618	0633	0648	0700	0714	0728	0741	0754	0807	0820	
Barking Station	0033	0048	0103	0118		0548	0611	0626	0641	0656	0709	0723	0737	0750	0803	0816	0829	
Stratford Bus Station	0757	0809	0821	0834	0846	0858	0911		Then every 12 minutes until	1047	1059	1110	1121	1133	1145	Then every 12 minutes until	1309	
Plashet Road Portway	0806	0819	0832	0845	0857	0908	0920			1056	1108	1120	1131	1143	1155			1319
Plashet Road Green Street	0817	0830	0843	0856	0910	0922	0934			1110	1123	1135	1146	1158	1210			1334
East Ham Station	0825	0838	0851	0904	0918	0930	0942			1118	1131	1143	1154	1206	1219		1343	
East Ham Newham Town Hall	0832	0845	0858	0911	0925	0937	0949			1125	1138	1150	1202	1214	1227		1351	
Barking Station	0842	0855	0908	0921	0934	0946	0958			1134	1147	1159	1211	1223	1236		1400	
Stratford Bus Station	1321	1333	1345	1357	1409	1421	1433	1445	1457	1510	1522	1534	1546	1558	1610	1622	1634	1646
Plashet Road Portway	1331	1343	1355	1407	1420	1432	1444	1456	1508	1521	1533	1545	1557	1609	1622	1634	1646	1658
Plashet Road Green Street	1346	1358	1411	1423	1436	1448	1500	1512	1525	1538	1550	1602	1614	1625	1637	1649	1701	1713
East Ham Station	1355	1407	1420	1432	1445	1457	1511	1523	1536	1549	1601	1612	1624	1635	1647	1659	1711	1723
East Ham Newham Town Hall	1403	1415	1428	1440	1453	1505	1519	1532	1545	1558	1611	1622	1634	1645	1657	1709	1720	1732
Barking Station	1413	1425	1438	1450	1503	1516	1530	1543	1556	1609	1623	1636	1648	1659	1711	1723	1734	1746
Stratford Bus Station	1658	1710	1722	1734	1746	1758	1810	1822	1834	1846	1858	1909	1920	1930	1940	1950	2000	2010
Plashet Road Portway	1710	1722	1734	1746	1758	1810	1822	1834	1846	1858	1910	1919	1930	1940	1950	2000	2009	2019
Plashet Road Green Street	1725	1737	1749	1801	1813	1825	1837	1849	1901	1908	1915	1924	1934	1944	1954	2004	2013	2023
East Ham Station	1735	1747	1759	1811	1823	1835	1847	1859	1910	1917	1924	1933	1943	1953	2003	2013	2021	2031
East Ham Newham Town Hall	1744	1756	1808	1820	1832	1844	1856	1908	1918	1925	1932	1941	1951	2001	2011	2019	2027	2037
Barking Station	1758	1810	1821	1833	1845	1857	1909	1919	1928	1935	1942	1951	2001	2010	2019	2027	2035	2045
Stratford Bus Station	2020	2035	2050	2105	2120	2135	2150	2205	2220	2235	2250	2305	2320	2335	2350			
Plashet Road Portway	2029	2044	2059	2114	2128	2143	2158	2213	2228	2243	2258	2313	2328	2343	2358			
Plashet Road Green Street	2033	2048	2103	2117	2131	2146	2201	2216	2231	2246	2301	2316	2331	2346	0001			
East Ham Station	2041	2056	2110	2124	2138	2153	2207	2222	2237	2252	2307	2322	2337	2352	0007			
East Ham Newham Town Hall	2047	2101	2115	2129	2143	2158	2212	2227	2242	2257	2311	2326	2341	2356	0011			
Barking Station	2055	2109	2123	2137	2151	2205	2219	2234	2249	2304	2318	2333	2348	0003	0018			
238 Saturdays (also Good Friday)																		
Stratford Bus Station	0005	0020	0035	0050		0520	0543	0603	0623	0643	0702	0722	0742	0802	0817	0832	0847	
Plashet Road Portway	0013	0028	0043	0057	Then every 30 minutes until	0527	0550	0610	0630	0650	0709	0729	0749	0809	0825	0840	0855	
Plashet Road Green Street	0016	0031	0046	0100		0530	0553	0613	0633	0653	0712	0732	0752	0812	0828	0843	0858	
East Ham Station	0022	0037	0052	0106		0536	0558	0618	0638	0658	0718	0738	0758	0818	0834	0849	0905	
East Ham Newham Town Hall	0026	0041	0056	0110		0540	0602	0622	0642	0702	0722	0742	0802	0823	0839	0855	0911	
Barking Station	0033	0048	0103	0118		0548	0609	0629	0649	0709	0729	0749	0810	0831	0847	0903	0919	
Stratford Bus Station	0857	0907	0917	0927	0937	0947	0956	1007	1019	1031	1043	1055	1107	1119	1131	1143	1155	1207
Plashet Road Portway	0905	0915	0925	0935	0945	0955	1004	1016	1028	1040	1052	1104	1117	1129	1141	1153	1205	1217
Plashet Road Green Street	0908	0918	0930	0942	0953	1004	1017	1030	1043	1054	1106	1119	1132	1144	1156	1208	1221	1233
East Ham Station	0915	0925	0937	0949	1000	1012	1025	1038	1051	1102	1115	1128	1141	1153	1205	1218	1231	1243
East Ham Newham Town Hall	0921	0931	0943	0955	1008	1020	1033	1046	1059	1111	1124	1137	1150	1202	1215	1228	1241	1254
Barking Station	0929	0939	0951	1003	1016	1029	1042	1055	1108	1121	1134	1147	1200	1213	1226	1239	1252	1305
Stratford Bus Station	1219	1231	1243	1255	1307	1319	1331	1343	1355	Then every 12 minutes until	1543	1555	Then every 12 minutes until	1707	1719	1731		
Plashet Road Portway	1229	1241	1253	1305	1318	1330	1342	1354	1406			1554		1606		1718	1730	1742
Plashet Road Green Street	1245	1257	1309	1321	1334	1346	1358	1410	1423			1611		1622		1734	1745	1756
East Ham Station	1255	1307	1319	1331	1344	1356	1408	1420	1433		1621	1632		1744	1755	1805		
East Ham Newham Town Hall	1306	1318	1330	1342	1355	1407	1420	1432	1445		1633	1644		1756	1806	1815		
Barking Station	1318	1330	1342	1354	1407	1420	1433	1445	1458		1646	1657		1809	1818	1827		
Stratford Bus Station	1743	1756	1808	1820	1830	1840	1850	1900	1910	1920	1930	1940	1950	2005	2020	2035	2050	2105
Plashet Road Portway	1754	1807	1819	1831	1841	1851	1901	1910	1920	1930	1940	1950	2000	2015	2030	2045	2100	2114
Plashet Road Green Street	1805	1814	1823	1835	1845	1855	1905	1914	1924	1934	1944	1954	2004	2019	2034	2049	2104	2118
East Ham Station	1814	1823	1832	1844	1854	1904	1914	1923	1933	1943	1953	2003	2013	2028	2043	2057	2112	2126
East Ham Newham Town Hall	1824	1833	1842	1854	1904	1913	1923	1932	1942	1952	2002	2011	2020	2035	2050	2104	2118	2132
Barking Station	1836	1845	1854	1905	1914	1923	1933	1942	1952	2002	2011	2020	2029	2044	2059	2113	2127	2141
Stratford Bus Station	2120	2135	2150	2205	2220	2235	2250	2305	2320	2335	2350							
Plashet Road Portway	2129	2144	2159	2214	2228	2243	2258	2313	2328	2343	2358							
Plashet Road Green Street	2133	2148	2203	2217	2231	2246	2301	2316	2331	2346	0001							
East Ham Station	2141	2156	2210	2224	2238	2252	2307	2322	2337	2352	0007							
East Ham Newham Town Hall	2146	2201	2215	2229	2243	2257	2312	2327	2342	2357	0012							
Barking Station	2155	2209	2223	2237	2251	2305	2320	2335	2350	0005	0019							

238	Sundays and other Public Holidays (except Christmas Day and Boxing Day)																	
Stratford Bus Station	0005	0020	0035	0050	0120	0150	0220	0250	0320	0350	0420	Then every 30 minutes until	0750	0820	0850	0905	0920	
Plashet Road Portway	0013	0028	0043	0058	0128	0158	0228	0258	0328	0358	0427		0757	0827	0857	0912	0927	
Plashet Road Green Street	0016	0031	0046	0101	0131	0201	0231	0301	0331	0401	0430		0800	0830	0900	0915	0930	
East Ham Station	0022	0037	0052	0107	0137	0207	0237	0307	0336	0406	0435		0805	0835	0905	0921	0936	
East Ham Newham Town Hall	0027	0042	0057	0111	0141	0211	0241	0311	0340	0410	0439	0809	0839	0910	0926	0941		
Barking Station	0034	0049	0104	0119	0149	0219	0249	0319	0348	0417	0446	0816	0847	0918	0934	0949		
Stratford Bus Station	0935	0950	1005	1022	1039	1056	1114	1131	1148	1205	1222	1239	1256	1313	1330	1347	1404	1421
Plashet Road Portway	0942	0957	1013	1030	1047	1105	1123	1140	1157	1215	1232	1249	1306	1323	1340	1357	1415	1432
Plashet Road Green Street	0945	1002	1021	1039	1056	1114	1132	1149	1206	1225	1243	1301	1318	1335	1351	1408	1426	1443
East Ham Station	0951	1009	1028	1046	1103	1122	1140	1158	1215	1234	1252	1310	1327	1344	1400	1417	1435	1452
East Ham Newham Town Hall	0956	1015	1034	1052	1110	1129	1147	1205	1224	1243	1301	1320	1337	1354	1411	1428	1446	1503
Barking Station	1004	1023	1042	1100	1119	1138	1156	1214	1233	1252	1311	1330	1347	1404	1421	1438	1456	1513
Stratford Bus Station	1438	1455	1512	1529	1546	1603	1620	1637	1654	1710	1727	1744	1801	1818	1835	1850	1905	1920
Plashet Road Portway	1449	1506	1523	1540	1557	1614	1631	1648	1705	1721	1738	1755	1811	1828	1845	1900	1914	1929
Plashet Road Green Street	1500	1517	1534	1551	1608	1626	1643	1700	1717	1733	1750	1803	1815	1832	1849	1904	1918	1933
East Ham Station	1509	1526	1543	1600	1617	1635	1652	1709	1726	1742	1759	1812	1824	1841	1858	1912	1926	1941
East Ham Newham Town Hall	1520	1537	1554	1611	1627	1644	1701	1717	1734	1750	1807	1819	1831	1848	1905	1919	1933	1948
Barking Station	1530	1547	1604	1620	1636	1653	1710	1726	1743	1759	1816	1828	1840	1857	1913	1927	1941	1956
Stratford Bus Station	1935	1950	2005	2020	2035	2050	2105	2120	2135	2150	2205	2220	2235	2250	2305	2320	2335	2350
Plashet Road Portway	1944	1959	2014	2029	2044	2059	2113	2128	2143	2158	2213	2228	2243	2258	2313	2328	2343	2358
Plashet Road Green Street	1948	2003	2018	2033	2048	2103	2116	2131	2146	2201	2216	2231	2246	2301	2316	2331	2346	0001
East Ham Station	1956	2011	2025	2040	2055	2110	2123	2138	2153	2207	2222	2237	2252	2307	2322	2337	2352	0007
East Ham Newham Town Hall	2003	2017	2031	2046	2101	2115	2128	2143	2158	2212	2227	2242	2257	2311	2326	2341	2356	0011
Barking Station	2011	2025	2039	2054	2108	2122	2135	2150	2205	2219	2234	2249	2304	2318	2333	2348	0003	0018

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