

241

Stratford City – Plaistow – Canning Town

241		Mondays to Fridays																
Stratford City Bus Station	0440	0500	0520	0540	0555	0610	0620	0630	0640	0650	0659	0709	0719	0729	0738	0747	0756	0806
Stratford Theatre Royal	0443	0503	0523	0543	0558	0614	0624	0634	0644	0654	0703	0713	0723	0733	0742	0751	0800	0810
Plaistow Station	0449	0509	0529	0549	0605	0621	0631	0641	0651	0701	0711	0721	0731	0741	0750	0759	0809	0819
Plaistow Abbey Arms	0453	0513	0533	0553	0609	0625	0635	0646	0656	0706	0716	0726	0736	0746	0755	0805	0815	0825
Custom House Stn. Freemasons Road	0457	0517	0537	0557	0614	0630	0640	0651	0701	0711	0721	0731	0741	0751	0801	0811	0821	0831
Keir Hardie Est. Radland Rd/Rogers Rd.	0500	0520	0540	0600	0617	0633	0644	0655	0705	0715	0725	0735	0745	0755	0805	0815	0825	0835
Canning Town Bus Station	0504	0524	0544	0604	0621	0637	0648	0659	0710	0720	0730	0740	0750	0800	0810	0820	0830	0840
Canning Town Hermit Road	0506	0526	0546	0606	0623	0639	0650	0701	0712	0722	0732	0742	0752	0803	0813	0823	0833	0843
Stratford City Bus Station	0816	0826	0836	0846	0856	0907	0917	0927	Then every 12 minutes until	1051	1103	1115	1127	1139	1151	1203	1215	
Stratford Theatre Royal	0820	0830	0840	0850	0900	0910	0920	0930		1054	1106	1118	1130	1142	1154	1206	1218	
Plaistow Station	0829	0839	0849	0859	0908	0918	0928	0938		1102	1115	1127	1139	1151	1203	1216	1228	
Plaistow Abbey Arms	0835	0845	0855	0905	0914	0924	0934	0944		1108	1121	1133	1145	1157	1209	1222	1234	
Custom House Stn. Freemasons Road	0841	0851	0901	0911	0920	0930	0940	0950		1114	1127	1139	1151	1203	1215	1228	1240	
Keir Hardie Est. Radland Rd/Rogers Rd.	0845	0855	0905	0915	0924	0934	0944	0954		1118	1131	1143	1155	1207	1219	1232	1244	
Canning Town Bus Station	0850	0900	0910	0920	0929	0939	0949	0959		1123	1136	1148	1200	1212	1224	1237	1249	
Canning Town Hermit Road	0853	0903	0913	0923	0932	0942	0952	1002		1126	1139	1151	1203	1215	1227	1240	1252	
Stratford City Bus Station	1227	Then every 12 minutes until	1339	1351	1403	1415	1427	1438	1449	1501	1512	Then every 10 minutes until	1722	1732	1742	1752		
Stratford Theatre Royal	1230		1342	1354	1407	1419	1431	1442	1453	1505	1516		1726	1736	1746	1756		
Plaistow Station	1240		1352	1405	1418	1430	1442	1453	1504	1516	1527		1737	1747	1757	1807		
Plaistow Abbey Arms	1246		1358	1411	1424	1436	1448	1500	1511	1523	1534		1744	1754	1804	1814		
Custom House Stn. Freemasons Road	1252		1404	1417	1430	1442	1455	1507	1518	1530	1541		1751	1801	1810	1820		
Keir Hardie Est. Radland Rd/Rogers Rd.	1256		1408	1421	1434	1446	1459	1511	1522	1534	1545		1755	1804	1813	1823		
Canning Town Bus Station	1301		1413	1426	1439	1451	1504	1516	1527	1539	1550		1800	1809	1818	1828		
Canning Town Hermit Road	1304		1416	1429	1442	1454	1507	1519	1530	1542	1553		1803	1812	1821	1831		
Stratford City Bus Station	1802	1812	1822	1832	1842	1852	1902	1915	1930	1945	2000	2015	2035	2055	2115	2135	2155	2215
Stratford Theatre Royal	1806	1816	1826	1836	1846	1856	1906	1919	1934	1949	2004	2018	2038	2058	2118	2138	2158	2218
Plaistow Station	1817	1827	1837	1847	1857	1907	1916	1929	1944	1959	2013	2027	2047	2107	2127	2147	2206	2225
Plaistow Abbey Arms	1824	1834	1844	1854	1904	1913	1922	1935	1950	2005	2019	2033	2053	2113	2132	2152	2211	2230
Custom House Stn. Freemasons Road	1830	1840	1850	1900	1910	1919	1928	1941	1956	2011	2025	2039	2059	2118	2137	2157	2216	2235
Keir Hardie Est. Radland Rd/Rogers Rd.	1833	1843	1853	1903	1913	1922	1931	1944	1959	2014	2028	2042	2102	2121	2140	2200	2219	2238
Canning Town Bus Station	1838	1848	1858	1907	1917	1926	1935	1948	2003	2018	2032	2046	2106	2125	2144	2204	2223	2242
Canning Town Hermit Road	1841	1851	1901	1910	1920	1929	1938	1951	2006	2021	2035	2049	2109	2128	2147	2206	2225	2244
Stratford City Bus Station	2235	2255	2315	2335	2355	0015	0035	0055										
Stratford Theatre Royal	2238	2258	2318	2338	2358	0018	0038	0058										
Plaistow Station	2245	2305	2325	2345	0005	0025	0045	0105										
Plaistow Abbey Arms	2250	2310	2329	2349	0008	0028	0048	0108										
Custom House Stn. Freemasons Road	2255	2314	2333	2353	0012	0032	0052	0112										
Keir Hardie Est. Radland Rd/Rogers Rd.	2258	2317	2336	2356	0015	0035	0055	0115										
Canning Town Bus Station	2302	2321	2340	0000	0019	0039	0059	0119										
Canning Town Hermit Road	2304	2323	2342	0002	0021	0041	0101	0121										

241		Saturdays (also Good Friday)																
Stratford City Bus Station	0440	0500	0520	0540	0600	0619	0638	0653	0708	0723	0738	0753	0805	0817	0829	0840	0851	0902
Stratford Theatre Royal	0443	0503	0523	0543	0603	0623	0642	0657	0712	0727	0742	0757	0809	0821	0833	0844	0855	0906
Plaistow Station	0449	0509	0529	0549	0609	0629	0649	0704	0719	0734	0749	0804	0816	0828	0840	0852	0903	0914
Plaistow Abbey Arms	0453	0513	0533	0553	0613	0633	0653	0708	0723	0738	0753	0808	0821	0833	0845	0857	0908	0919
Custom House Stn. Freemasons Road	0457	0517	0537	0557	0617	0637	0657	0713	0728	0743	0758	0813	0826	0838	0850	0902	0913	0924
Keir Hardie Est. Radland Rd/Rogers Rd.	0500	0520	0540	0600	0620	0640	0700	0716	0731	0746	0801	0816	0829	0841	0853	0905	0916	0927
Canning Town Bus Station	0504	0524	0544	0604	0624	0644	0704	0720	0735	0750	0805	0820	0833	0846	0858	0910	0921	0932
Canning Town Hermit Road	0506	0526	0546	0606	0626	0646	0706	0722	0737	0752	0807	0822	0835	0848	0900	0912	0923	0934
Stratford City Bus Station	0912	0922	0932	0942	0951	1000	1010	1020	1029	1039	1048	Then every 10 minutes until	1148	1157	1207	1217	1227	
Stratford Theatre Royal	0916	0926	0936	0946	0955	1004	1014	1024	1033	1043	1052		1152	1201	1211	1221	1231	
Plaistow Station	0924	0934	0944	0954	1003	1013	1023	1033	1042	1052	1101		1201	1211	1221	1231	1241	
Plaistow Abbey Arms	0929	0939	0949	0959	1008	1018	1028	1038	1047	1057	1107		1207	1217	1227	1237	1247	
Custom House Stn. Freemasons Road	0934	0944	0954	1004	1014	1024	1034	1044	1053	1103	1113		1213	1223	1233	1243	1253	
Keir Hardie Est. Radland Rd/Rogers Rd.	0937	0947	0957	1007	1017	1027	1037	1047	1056	1106	1116		1216	1226	1236	1246	1256	
Canning Town Bus Station	0942	0952	1002	1012	1022	1032	1042	1052	1101	1111	1121		1221	1231	1241	1251	1301	
Canning Town Hermit Road	0944	0954	1004	1014	1024	1034	1044	1054	1104	1114	1124	1224	1234	1244	1254	1304		
Stratford City Bus Station	1237	1246	Then every 10 minutes until	1546	1556	Then every 10 minutes until	1646	1655	Then every 10 minutes until	1745	1755	1805	1815	1825	1835			
Stratford Theatre Royal	1241	1250		1550	1600		1650	1659		1749	1759	1809	1819	1829	1839			
Plaistow Station	1251	1300		1600	1611		1701	1711		1801	1810	1820	1830	1840	1849			
Plaistow Abbey Arms	1257	1307		1607	1618		1708	1718		1808	1817	1827	1837	1847	1856			
Custom House Stn. Freemasons Road	1303	1313		1613	1624		1714	1724		1814	1823	1833	1843	1853	1902			
Keir Hardie Est. Radland Rd/Rogers Rd.	1306	1316		1616	1627		1717	1727		1817	1826	1836	1846	1856	1905			
Canning Town Bus Station	1311	1321		1621	1632		1722	1732		1822	1831	1841	1851	1901	1910			
Canning Town Hermit Road	1314	1324	1624	1635	1725	1735	1825	1834	1844	1854	1903	1912						
Stratford City Bus Station	1845	1855	1910	1925	1940	1955	2015	2035	2055	2115	2135	2155	2215	2235	2255	2315	2335	2355
Stratford Theatre Royal	1849	1859	1914	1929	1944	1959	2019	2039	2059	2119	2139	2159	2219	2238	2258	2318	2338	2358
Plaistow Station	1859	1909	1924	1939	1954	2009	2029	2049	2109	2128	2148	2207	2226	2245	2305	2325	2345	0005
Plaistow Abbey Arms	1906	1915	1930	1945	2000	2015	2035	2055	2114	2133	2153	2212	2231	2250	2310	2330	2350	0009
Custom House Stn. Freemasons Road	1912	1921	1936	1951	2006	2020	2040	2100	2119	2138	2158	2217	2236	2255	2314	2334	2354	0013
Keir Hardie Est. Radland Rd/Rogers Rd.	1915	1924	1939	1954	2009	2023	2043	2103	2122	2141	2201	2220	2239	2258	2317	2337	2357	0016
Canning Town Bus Station	1920	1929	1944	1959	2013	2027	2047	2107	2126	2145	2205	2224	2243	2302	2321	2341	0001	0020
Canning Town Hermit Road	1922	1931	1946	2001	2015	2029	2049	2109	2128	2147	2207	2226	2245	2304	2323	2343	0003	0022
Stratford City Bus Station	0015	0035	0055															
Stratford Theatre Royal	0018	0038	0058															
Plaistow Station	0025	0045	0105															
Plaistow Abbey Arms	0029	0049	0108															
Custom House Stn. Freemasons Road	0033	0053	0112															
Keir Hardie Est. Radland Rd/Rogers Rd.	0036	0056	0115															
Canning Town Bus Station	0040	0100	0119															
Canning Town Hermit Road	0042	0102	0121															
241		Sundays and other Public Holidays (except Christmas Day)																
Stratford City Bus Station	0545	0615	0635	0655	0715	0735	0755	0815	0835	0855	0915	0935	0955	1015	1035	1055	1114	1133
Stratford Theatre Royal	0548	0618	0638	0658	0718	0738	0758	0818	0838	0858	0918	0938	0958	1019	1039	1059	1118	1137
Plaistow Station	0554	0624	0644	0704	0724	0744	0805	0825	0845	0905	0925	0946	1006	1027	1047	1107	1127	1147
Plaistow Abbey Arms	0558	0628	0648	0708	0728	0748	0809	0829	0850	0910	0930	0951	1011	1032	1052	1112	1132	1152
Custom House Stn. Freemasons Road	0602	0632	0652	0712	0732	0752	0813	0833	0854	0915	0935	0956	1016	1037	1057	1117	1137	1157
Keir Hardie Est. Radland Rd/Rogers Rd.	0605	0635	0655	0715	0735	0755	0816	0836	0857	0918	0938	0959	1019	1040	1100	1120	1140	1200
Canning Town Bus Station	0609	0639	0659	0719	0739	0759	0820	0840	0901	0922	0942	1003	1024	1045	1105	1125	1145	1205
Canning Town Hermit Road	0611	0641	0701	0721	0741	0801	0822	0842	0903	0924	0944	1005	1026	1047	1107	1127	1147	1207
Stratford City Bus Station	1152	1212	1232	1251	1311	1331	1350	1409	Then every 20 minutes until	1649	1710	1730	1750	1810	1830	1850	1910	
Stratford Theatre Royal	1156	1216	1236	1255	1315	1335	1354	1413		1653	1714	1734	1754	1814	1834	1854	1914	
Plaistow Station	1206	1226	1246	1305	1325	1345	1404	1424		1704	1724	1744	1804	1824	1844	1904	1924	
Plaistow Abbey Arms	1211	1231	1251	1311	1331	1351	1410	1430		1710	1730	1750	1810	1830	1850	1910	1930	
Custom House Stn. Freemasons Road	1217	1237	1257	1317	1337	1357	1416	1436		1716	1736	1756	1816	1836	1856	1916	1935	
Keir Hardie Est. Radland Rd/Rogers Rd.	1220	1240	1300	1320	1340	1400	1420	1440		1720	1740	1800	1820	1840	1900	1919	1938	
Canning Town Bus Station	1225	1245	1305	1325	1345	1405	1425	1445		1725	1745	1804	1824	1844	1904	1923	1942	
Canning Town Hermit Road	1227	1247	1307	1327	1347	1407	1427	1447	1727	1747	1806	1826	1846	1906	1925	1944		
Stratford City Bus Station	1930	1950	2011	2032	2053	2114	2135	Then every 20 minutes until	0035	0055								
Stratford Theatre Royal	1934	1954	2014	2035	2056	2117	2138		0038	0058								
Plaistow Station	1943	2003	2023	2043	2104	2125	2145		0045	0105								
Plaistow Abbey Arms	1949	2008	2028	2048	2109	2129	2149		0049	0108								
Custom House Stn. Freemasons Road	1954	2013	2033	2053	2113	2133	2153		0053	0112								
Keir Hardie Est. Radland Rd/Rogers Rd.	1957	2016	2036	2056	2116	2136	2156		0056	0115								
Canning Town Bus Station	2001	2020	2040	2100	2120	2140	2200		0100	0119								
Canning Town Hermit Road	2003	2022	2042	2102	2122	2142	2202	0102	0121									

241

Canning Town – Plaistow – Stratford City

241		Mondays to Fridays															
Canning Town Hermit Road	0455	0515	0534	0548	0603	0618	0633	0646	0655	0704	0713	0723	0732	0742	Then every 10 minutes until	0832	0843
Canning Town Bus Station	0458	0518	0537	0551	0606	0621	0636	0649	0658	0708	0717	0727	0736	0746		0836	0847
Keir Hardie Estate Tarling Road	0501	0521	0540	0554	0609	0624	0639	0652	0701	0712	0721	0731	0740	0750		0840	0851
Custom House Stn. Freemasons Road	0505	0525	0544	0558	0613	0628	0643	0656	0706	0717	0726	0736	0745	0755		0845	0856
Plaistow Abbey Arms	0510	0530	0549	0603	0619	0634	0649	0702	0713	0723	0733	0743	0752	0802		0852	0903
Plaistow Station	0514	0534	0554	0608	0624	0639	0654	0708	0719	0729	0739	0749	0759	0809		0859	0909
Stratford Bus Station	0521	0541	0601	0616	0632	0647	0702	0717	0728	0738	0748	0758	0808	0819		0909	0919
Stratford City Bus Station	0524	0545	0605	0620	0636	0651	0706	0721	0732	0742	0752	0802	0812	0823	0913	0923	
Canning Town Hermit Road	0853	0903	0913	0924	0936	Then every 12 minutes until	1348	1400	1412	1424	1436	1448	1500	1510	1520	1530	1540
Canning Town Bus Station	0857	0907	0917	0928	0940		1352	1404	1416	1428	1440	1452	1504	1514	1524	1534	1544
Keir Hardie Estate Tarling Road	0901	0911	0921	0932	0944		1356	1408	1420	1432	1444	1456	1508	1518	1528	1538	1548
Custom House Stn. Freemasons Road	0906	0916	0926	0937	0949		1401	1414	1426	1438	1450	1502	1514	1524	1534	1544	1554
Plaistow Abbey Arms	0913	0923	0933	0944	0956		1408	1421	1433	1445	1457	1509	1521	1531	1541	1551	1601
Plaistow Station	0919	0929	0939	0950	1002		1414	1427	1439	1451	1503	1516	1528	1538	1548	1558	1607
Stratford Bus Station	0929	0939	0949	1000	1011		1423	1436	1448	1500	1513	1526	1538	1548	1558	1608	1618
Stratford City Bus Station	0933	0943	0953	1004	1015	1427	1440	1452	1504	1517	1530	1542	1552	1602	1613	1623	
Canning Town Hermit Road	1550	Then every 10 minutes until	1730	1740	1750	1800	1810	1820	1830	1840	1850	1900	1915	1930	1945	2000	2015
Canning Town Bus Station	1554		1734	1744	1754	1804	1814	1824	1834	1844	1854	1904	1919	1934	1949	2004	2019
Keir Hardie Estate Tarling Road	1558		1738	1748	1758	1808	1818	1828	1838	1848	1858	1908	1923	1938	1953	2008	2023
Custom House Stn. Freemasons Road	1604		1744	1754	1804	1813	1823	1833	1843	1853	1903	1913	1928	1943	1958	2013	2028
Plaistow Abbey Arms	1611		1751	1801	1811	1820	1830	1840	1850	1900	1909	1919	1934	1949	2004	2019	2033
Plaistow Station	1617		1757	1807	1817	1826	1836	1846	1856	1906	1915	1925	1940	1955	2009	2024	2038
Stratford Bus Station	1628		1808	1817	1827	1836	1846	1856	1906	1915	1924	1934	1949	2004	2018	2032	2046
Stratford City Bus Station	1633	1813	1822	1832	1841	1851	1901	1910	1919	1928	1938	1953	2008	2022	2036	2050	
Canning Town Hermit Road	2035	2055	2115	2135	2155	2215	2235	2255	2315	Then every 20 minutes until	0115						
Canning Town Bus Station	2039	2059	2119	2139	2159	2219	2238	2258	2318		0118						
Keir Hardie Estate Tarling Road	2043	2103	2123	2143	2203	2221	2241	2301	2321		0121						
Custom House Stn. Freemasons Road	2048	2108	2128	2147	2207	2226	2245	2305	2325		0125						
Plaistow Abbey Arms	2053	2113	2133	2152	2212	2231	2250	2310	2329		0129						
Plaistow Station	2058	2118	2137	2156	2216	2235	2254	2313	2332		0132						
Stratford Bus Station	2106	2125	2144	2203	2222	2241	2300	2319	2338		0138						
Stratford City Bus Station	2110	2129	2148	2207	2226	2245	2304	2323	2342	0142							

241		Saturdays (also Good Friday)																	
Canning Town Hermit Road	0455	0515	0535	0555	0615	0635	0650	0705	0720	0735	0747	0759	0811	0823	0835	0845	0855	0905	
Canning Town Bus Station	0458	0518	0538	0558	0618	0638	0653	0708	0723	0738	0750	0802	0814	0826	0838	0848	0858	0908	
Keir Hardie Estate Tarling Road	0501	0521	0541	0601	0621	0641	0656	0711	0726	0741	0753	0805	0817	0829	0841	0851	0901	0912	
Custom House Stn. Freemasons Road	0505	0525	0545	0605	0625	0645	0700	0715	0730	0745	0757	0809	0821	0833	0845	0855	0906	0917	
Plaistow Abbey Arms	0510	0530	0550	0610	0630	0650	0705	0720	0735	0750	0802	0814	0826	0838	0850	0901	0912	0923	
Plaistow Station	0514	0534	0554	0614	0634	0654	0709	0724	0739	0754	0807	0819	0831	0843	0855	0906	0917	0928	
Stratford Bus Station	0520	0540	0600	0621	0641	0701	0716	0731	0746	0801	0815	0827	0839	0851	0903	0914	0925	0936	
Stratford City Bus Station	0523	0543	0603	0624	0644	0705	0720	0735	0750	0805	0819	0831	0843	0855	0907	0918	0929	0940	
Canning Town Hermit Road	0915	0925	0935	0945	0954	1004	1014	1024	1034	1044	1054	1104	1114	1124	1134	1144	1154	1204	
Canning Town Bus Station	0918	0928	0938	0948	0957	1007	1017	1027	1037	1047	1057	1107	1117	1127	1137	1147	1157	1208	
Keir Hardie Estate Tarling Road	0922	0932	0942	0952	1001	1011	1021	1031	1041	1051	1101	1111	1121	1131	1141	1151	1201	1212	
Custom House Stn. Freemasons Road	0927	0937	0947	0957	1006	1016	1026	1036	1046	1056	1106	1116	1126	1136	1146	1156	1206	1217	
Plaistow Abbey Arms	0933	0943	0953	1003	1013	1023	1033	1043	1053	1103	1113	1123	1133	1143	1153	1203	1213	1224	
Plaistow Station	0938	0948	0958	1008	1018	1028	1038	1048	1058	1109	1119	1129	1139	1149	1159	1209	1219	1230	
Stratford Bus Station	0946	0956	1006	1017	1027	1037	1047	1057	1108	1119	1129	1139	1149	1159	1209	1219	1229	1240	
Stratford City Bus Station	0950	1000	1010	1021	1031	1041	1051	1101	1112	1123	1133	1143	1153	1203	1214	1224	1234	1245	
Canning Town Hermit Road	1214			1724	1735	1745	1755	1805			1855	1910	1925	1940	1955	2015	2035	2055	
Canning Town Bus Station	1218			1728	1739	1749	1759	1808			1858	1913	1928	1943	1958	2018	2038	2058	
Keir Hardie Estate Tarling Road	1222	Then		1732	1743	1753	1803	1812	Then		1902	1917	1932	1947	2002	2022	2042	2102	
Custom House Stn. Freemasons Road	1227	every 10		1737	1748	1758	1808	1817	every 10		1907	1922	1937	1952	2007	2027	2047	2107	
Plaistow Abbey Arms	1234	minutes		1744	1755	1805	1815	1824	minutes		1914	1929	1944	1959	2014	2033	2053	2112	
Plaistow Station	1240	until		1750	1801	1810	1820	1829	until		1919	1934	1949	2004	2019	2038	2058	2117	
Stratford Bus Station	1250			1800	1810	1819	1829	1838			1928	1943	1958	2012	2027	2046	2106	2125	
Stratford City Bus Station	1255			1805	1815	1824	1834	1843			1933	1948	2003	2017	2031	2050	2110	2129	
Canning Town Hermit Road	2115	2135	2155	2215	2235	2255	2315	2335	2355	0015	0035	0055	0115						
Canning Town Bus Station	2118	2138	2158	2218	2238	2258	2318	2338	2358	0018	0038	0058	0118						
Keir Hardie Estate Tarling Road	2122	2142	2202	2222	2241	2301	2321	2341	0001	0021	0041	0101	0121						
Custom House Stn. Freemasons Road	2126	2146	2206	2226	2245	2305	2325	2345	0005	0025	0045	0105	0125						
Plaistow Abbey Arms	2131	2151	2211	2231	2250	2310	2330	2350	0010	0029	0049	0109	0129						
Plaistow Station	2136	2156	2216	2235	2254	2314	2334	2354	0013	0032	0052	0112	0132						
Stratford Bus Station	2144	2204	2223	2242	2301	2320	2340	0000	0019	0038	0058	0118	0138						
Stratford City Bus Station	2148	2208	2227	2246	2305	2324	2344	0004	0023	0042	0102	0122	0142						
241		Sundays and other Public Holidays (except Christmas Day)																	
Canning Town Hermit Road	0557	0617	0637	0657	0717	0737	0757	0817	0836	0855	0915	0935	0955	1015	1035	1055	1115	1135	
Canning Town Bus Station	0600	0620	0640	0700	0720	0740	0800	0820	0839	0858	0918	0938	0958	1018	1038	1058	1118	1138	
Keir Hardie Estate Tarling Road	0603	0623	0643	0703	0723	0743	0803	0823	0842	0901	0921	0941	1001	1022	1042	1102	1122	1142	
Custom House Stn. Freemasons Road	0607	0627	0647	0707	0727	0747	0807	0827	0846	0905	0925	0945	1006	1027	1047	1107	1127	1147	
Plaistow Abbey Arms	0612	0632	0652	0712	0732	0752	0812	0832	0851	0911	0931	0952	1013	1034	1054	1114	1134	1154	
Plaistow Station	0616	0636	0656	0716	0736	0756	0816	0836	0856	0916	0936	0957	1018	1039	1100	1120	1140	1200	
Stratford Bus Station	0622	0642	0702	0723	0743	0803	0824	0844	0904	0924	0945	1006	1027	1048	1109	1129	1149	1210	
Stratford City Bus Station	0625	0645	0705	0726	0746	0807	0828	0848	0908	0928	0949	1010	1031	1052	1113	1133	1153	1214	
Canning Town Hermit Road	1155	1215	1235	1255	1315			1515	1535	1555	1615	1635	1655	1715	1735	1755	1815	1835	
Canning Town Bus Station	1158	1218	1238	1258	1319			1519	1539	1559	1619	1639	1659	1719	1739	1759	1819	1839	
Keir Hardie Estate Tarling Road	1202	1222	1242	1302	1323	Then		1523	1543	1603	1623	1643	1703	1723	1743	1803	1823	1843	
Custom House Stn. Freemasons Road	1207	1227	1247	1307	1328	every 20		1528	1548	1608	1628	1648	1708	1728	1748	1808	1828	1848	
Plaistow Abbey Arms	1214	1234	1254	1314	1335	minutes		1535	1555	1614	1634	1654	1714	1734	1754	1814	1834	1854	
Plaistow Station	1220	1240	1300	1320	1341	until		1541	1601	1620	1640	1700	1719	1739	1759	1819	1839	1859	
Stratford Bus Station	1230	1250	1310	1330	1351			1551	1610	1629	1649	1709	1728	1748	1808	1827	1847	1907	
Stratford City Bus Station	1234	1254	1314	1334	1355			1555	1614	1633	1653	1713	1732	1752	1812	1831	1851	1911	
Canning Town Hermit Road	1855	1915	1935	1955	2015	2035	2055	2115	2135	2155	2215	2235	2255	2315				0115	
Canning Town Bus Station	1859	1919	1939	1959	2018	2038	2058	2118	2138	2158	2218	2238	2258	2318				0118	
Keir Hardie Estate Tarling Road	1903	1923	1943	2003	2022	2042	2102	2121	2141	2201	2221	2241	2301	2321	Then			0121	
Custom House Stn. Freemasons Road	1908	1928	1947	2007	2026	2046	2106	2125	2145	2205	2225	2245	2305	2325	every 20			0125	
Plaistow Abbey Arms	1914	1934	1953	2012	2031	2051	2111	2130	2150	2210	2230	2250	2310	2329	minutes			0129	
Plaistow Station	1919	1939	1958	2016	2035	2055	2115	2134	2154	2214	2234	2254	2313	2332	until			0132	
Stratford Bus Station	1926	1945	2004	2023	2042	2102	2121	2140	2200	2220	2240	2300	2319	2338				0138	
Stratford City Bus Station	1930	1949	2008	2027	2046	2106	2125	2144	2204	2224	2244	2304	2323	2342				0142	