

244		Mondays to Fridays																
Abbey Wood Knee Hill	0450	0510	0530	0550	0605	0617	0627	0636	0644	0651	0659	0708	Then every 10 minutes until	0808	0819	0829	0840	
Bentham Road Titmuss Avenue	0454	0514	0534	0554	0610	0622	0632	0641	0649	0656	0704	0714		0814	0825	0835	0846	
Thamesmead Town Centre	0457	0517	0537	0557	0613	0625	0635	0644	0652	0659	0708	0718		0818	0829	0839	0850	
Belmarsh Prison	0501	0521	0541	0601	0617	0629	0639	0648	0656	0703	0712	0722		0822	0833	0843	0854	
Broadwaters Goosander Way	0505	0525	0545	0605	0621	0633	0643	0652	0700	0708	0717	0727		0827	0838	0848	0859	
Plumstead Station	0508	0528	0548	0608	0624	0636	0647	0656	0704	0712	0721	0731		0831	0842	0852	0903	
Woolwich Arsenal Station	0512	0532	0552	0612	0628	0641	0652	0701	0710	0719	0728	0738		0838	0849	0859	0910	
Herbert Road Plumstead Common Rd.	0518	0538	0558	0618	0634	0647	0658	0707	0717	0727	0737	0747		0847	0858	0908	0919	
Shooters Hill Bull (Shooters Hill)	0524	0544	0604	0624	0640	0653	0705	0714	0724	0734	0744	0754		0854	0905	0915	0926	
Shooters Hill Road Well Hall Road	0526	0546	0607	0627	0643	0657	0709	0718	0728	0739	0749	0759		0859	0910	0920	0931	
Queen Elizabeth Hospital	0528	0549	0610	0630	0646	0700	0712	0721	0732	0744	0754	0804	0904	0915	0925	0935		
Abbey Wood Knee Hill	0851	0902	0913	0924	Then every 10 minutes until	1414	1423	1432	1440	1449	1459	1509	1519	1529	1540	1550	1601	
Bentham Road Titmuss Avenue	0857	0908	0919	0930		1420	1429	1438	1446	1455	1505	1515	1525	1535	1546	1556	1607	
Thamesmead Town Centre	0901	0912	0923	0934		1424	1433	1442	1450	1459	1509	1519	1529	1539	1550	1600	1611	
Belmarsh Prison	0905	0916	0927	0938		1428	1438	1447	1455	1505	1515	1525	1535	1545	1556	1606	1617	
Broadwaters Goosander Way	0910	0921	0932	0943		1433	1443	1453	1501	1511	1521	1531	1541	1551	1602	1612	1623	
Plumstead Station	0914	0925	0936	0946		1436	1446	1456	1505	1515	1525	1535	1546	1556	1607	1617	1627	
Woolwich Arsenal Station	0921	0932	0942	0952		1442	1452	1502	1511	1521	1531	1542	1553	1603	1614	1624	1634	
Herbert Road Plumstead Common Rd.	0929	0939	0949	0959		1449	1500	1510	1519	1530	1541	1552	1603	1613	1624	1634	1644	
Shooters Hill Bull (Shooters Hill)	0936	0946	0956	1006		1456	1507	1517	1527	1538	1549	1600	1611	1621	1632	1642	1652	
Shooters Hill Road Well Hall Road	0940	0949	0959	1009		1459	1510	1520	1530	1541	1552	1603	1614	1624	1635	1645	1655	
Queen Elizabeth Hospital	0944	0953	1003	1013	1503	1513	1523	1533	1544	1555	1606	1617	1627	1638	1648	1658		
Abbey Wood Knee Hill	1612	1623	1633	1644	1655	1706	1717	1728	1739	1750	1801	1812	1824	1837	1849	1901	1913	1925
Bentham Road Titmuss Avenue	1618	1629	1639	1650	1701	1712	1723	1734	1745	1756	1807	1818	1830	1842	1854	1906	1918	1930
Thamesmead Town Centre	1622	1633	1643	1654	1705	1716	1727	1738	1749	1800	1811	1822	1834	1846	1858	1909	1921	1933
Belmarsh Prison	1628	1639	1649	1700	1711	1722	1733	1744	1754	1805	1815	1826	1838	1850	1902	1913	1925	1937
Broadwaters Goosander Way	1634	1645	1655	1706	1717	1728	1739	1750	1800	1811	1820	1831	1843	1855	1907	1918	1929	1941
Plumstead Station	1638	1649	1659	1710	1721	1732	1743	1754	1804	1815	1823	1834	1846	1858	1910	1921	1932	1944
Woolwich Arsenal Station	1645	1656	1706	1717	1728	1739	1750	1801	1811	1822	1830	1841	1852	1904	1915	1926	1937	1949
Herbert Road Plumstead Common Rd.	1655	1706	1716	1727	1738	1749	1800	1811	1820	1831	1839	1849	1900	1912	1923	1934	1944	1956
Shooters Hill Bull (Shooters Hill)	1703	1714	1724	1735	1746	1757	1808	1819	1828	1839	1847	1857	1908	1920	1931	1942	1952	2003
Shooters Hill Road Well Hall Road	1706	1717	1727	1738	1749	1800	1811	1822	1831	1842	1850	1900	1911	1923	1934	1945	1955	2006
Queen Elizabeth Hospital	1709	1720	1730	1741	1752	1803	1814	1825	1834	1845	1853	1903	1914	1926	1937	1948	1958	2009
Abbey Wood Knee Hill	1940	1955	2010	2025	2040	2055	2110	2125	2140	Then every 15 minutes until	2355							
Bentham Road Titmuss Avenue	1945	2000	2015	2030	2045	2100	2114	2129	2144		2359							
Thamesmead Town Centre	1948	2003	2018	2033	2048	2103	2117	2132	2147		0002							
Belmarsh Prison	1952	2007	2022	2037	2052	2107	2121	2136	2151		0006							
Broadwaters Goosander Way	1956	2011	2026	2041	2056	2111	2125	2140	2155		0010							
Plumstead Station	1959	2014	2029	2044	2059	2114	2128	2143	2158		0013							
Woolwich Arsenal Station	2004	2018	2033	2048	2103	2118	2132	2147	2202		0017							
Herbert Road Plumstead Common Rd.	2011	2025	2040	2054	2109	2124	2138	2153	2208		0023							
Shooters Hill Bull (Shooters Hill)	2018	2032	2047	2101	2115	2130	2144	2159	2214		0029							
Shooters Hill Road Well Hall Road	2021	2035	2050	2104	2118	2133	2147	2201	2216		0031							
Queen Elizabeth Hospital	2024	2038	2053	2107	2121	2136	2150	2204	2218	0033								

244		Saturdays (also Good Friday)																
Abbey Wood Knee Hill	0450		0650	0710	0724	0739	0754	0809	0822	0834	0846	0854	0903		1233	1243		
Bentham Road Titmuss Avenue	0454		0654	0714	0728	0744	0759	0814	0827	0839	0851	0859	0909		1239	1249		
Thamesmead Town Centre	0457		0657	0717	0731	0747	0802	0817	0830	0842	0854	0903	0913		1243	1253		
Belmarsh Prison	0501	Then	0701	0721	0735	0751	0806	0821	0834	0846	0858	0907	0917	Then	1247	1257		
Broadwaters Goosander Way	0505	every 20	0705	0725	0739	0755	0810	0825	0838	0850	0902	0912	0922	every 10	1252	1302		
Plumstead Station	0508	minutes	0708	0728	0742	0758	0813	0828	0841	0853	0905	0915	0925	minutes	1255	1306		
Woolwich Arsenal Station	0512	until	0712	0732	0746	0802	0817	0832	0845	0858	0911	0921	0931	until	1301	1312		
Herbert Road Plumstead Common Rd.	0518		0718	0738	0752	0808	0823	0839	0853	0906	0919	0929	0939		1309	1320		
Shooters Hill Bull (Shooters Hill)	0524		0724	0744	0758	0814	0829	0845	0859	0912	0925	0935	0945		1315	1326		
Shooters Hill Road Well Hall Road	0526		0726	0746	0801	0817	0832	0848	0902	0915	0928	0938	0948		1318	1329		
Queen Elizabeth Hospital	0528		0728	0749	0804	0820	0835	0851	0906	0919	0932	0942	0952		1322	1333		
Abbey Wood Knee Hill	1253		1503	1514	1524	1535	1545	1556	1606	1617	1627	1638	1648	1659	1709	1720	1730	
Bentham Road Titmuss Avenue	1259		1509	1520	1530	1541	1551	1602	1612	1623	1633	1644	1654	1705	1715	1726	1736	
Thamesmead Town Centre	1303		1513	1524	1534	1545	1555	1606	1616	1627	1637	1648	1658	1709	1719	1730	1740	
Belmarsh Prison	1307	Then	1517	1528	1538	1549	1559	1610	1620	1631	1641	1652	1702	1713	1723	1734	1744	
Broadwaters Goosander Way	1313	every 10	1523	1534	1544	1555	1605	1616	1626	1637	1647	1658	1708	1719	1729	1740	1750	
Plumstead Station	1317	minutes	1527	1538	1548	1559	1609	1620	1630	1641	1651	1702	1712	1723	1733	1744	1754	
Woolwich Arsenal Station	1323	until	1533	1544	1554	1605	1615	1626	1636	1647	1657	1708	1718	1729	1739	1749	1758	
Herbert Road Plumstead Common Rd.	1331		1541	1552	1602	1613	1623	1634	1644	1655	1705	1716	1726	1737	1747	1757	1806	
Shooters Hill Bull (Shooters Hill)	1337		1547	1558	1608	1619	1629	1640	1650	1701	1711	1722	1732	1743	1753	1803	1812	
Shooters Hill Road Well Hall Road	1340		1550	1601	1611	1622	1632	1643	1653	1704	1714	1725	1735	1746	1756	1806	1815	
Queen Elizabeth Hospital	1344		1554	1605	1615	1626	1636	1647	1657	1708	1718	1729	1739	1750	1759	1809	1818	
Abbey Wood Knee Hill	1741	1751	1802	1812	1823	1833	1845	1858	1910	1925	1940	1955	2010	2025	2040	2055	2110	2125
Bentham Road Titmuss Avenue	1747	1757	1807	1817	1828	1838	1850	1903	1915	1930	1945	2000	2015	2030	2045	2100	2115	2129
Thamesmead Town Centre	1751	1800	1810	1820	1831	1841	1853	1906	1918	1933	1948	2003	2018	2033	2048	2103	2118	2132
Belmarsh Prison	1755	1804	1814	1824	1835	1845	1857	1910	1922	1937	1952	2007	2022	2037	2052	2107	2122	2136
Broadwaters Goosander Way	1800	1809	1819	1829	1840	1850	1902	1915	1927	1942	1957	2012	2026	2041	2056	2111	2126	2140
Plumstead Station	1804	1813	1823	1833	1844	1854	1906	1919	1931	1946	2001	2016	2029	2044	2059	2114	2129	2143
Woolwich Arsenal Station	1808	1817	1827	1837	1848	1858	1910	1923	1935	1950	2005	2020	2033	2048	2103	2118	2133	2147
Herbert Road Plumstead Common Rd.	1816	1824	1834	1844	1855	1905	1916	1929	1941	1956	2011	2026	2039	2054	2109	2124	2139	2153
Shooters Hill Bull (Shooters Hill)	1822	1830	1840	1850	1901	1911	1922	1935	1947	2002	2017	2032	2045	2100	2115	2130	2145	2159
Shooters Hill Road Well Hall Road	1825	1833	1843	1853	1904	1914	1925	1938	1950	2005	2020	2035	2048	2103	2118	2133	2148	2202
Queen Elizabeth Hospital	1828	1836	1846	1856	1907	1917	1928	1941	1953	2008	2023	2038	2051	2106	2121	2136	2150	2204
Abbey Wood Knee Hill	2140		2355															
Bentham Road Titmuss Avenue	2144		2359															
Thamesmead Town Centre	2147		0002															
Belmarsh Prison	2151	Then	0006															
Broadwaters Goosander Way	2155	every 15	0010															
Plumstead Station	2158	minutes	0013															
Woolwich Arsenal Station	2202	until	0017															
Herbert Road Plumstead Common Rd.	2208		0023															
Shooters Hill Bull (Shooters Hill)	2214		0029															
Shooters Hill Road Well Hall Road	2216		0031															
Queen Elizabeth Hospital	2218		0033															
244		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																
Abbey Wood Knee Hill	0540	0610	0640	0658	0713	0728	0743	0758	0813	0827	0842	0857	0912	0927	0941	0956	1010	1025
Bentham Road Titmuss Avenue	0544	0614	0644	0702	0717	0732	0747	0802	0817	0831	0847	0902	0917	0932	0946	1001	1015	1030
Thamesmead Town Centre	0547	0617	0647	0705	0720	0735	0750	0805	0820	0834	0850	0905	0920	0935	0949	1004	1018	1033
Belmarsh Prison	0551	0621	0651	0709	0724	0739	0754	0809	0824	0838	0854	0909	0924	0939	0953	1008	1022	1037
Broadwaters Goosander Way	0555	0625	0655	0713	0728	0743	0758	0813	0828	0842	0858	0913	0928	0943	0957	1012	1026	1041
Plumstead Station	0558	0628	0658	0716	0731	0746	0801	0816	0831	0845	0901	0916	0931	0946	1000	1015	1029	1044
Woolwich Arsenal Station	0602	0632	0702	0720	0735	0750	0805	0820	0835	0849	0905	0920	0935	0950	1004	1019	1034	1049
Herbert Road Plumstead Common Rd.	0608	0638	0708	0726	0741	0756	0811	0826	0841	0855	0911	0926	0941	0956	1011	1026	1041	1056
Shooters Hill Bull (Shooters Hill)	0614	0644	0714	0732	0747	0802	0817	0832	0847	0901	0917	0932	0947	1002	1017	1032	1047	1102
Shooters Hill Road Well Hall Road	0616	0646	0716	0734	0749	0804	0819	0834	0849	0904	0920	0935	0950	1005	1020	1035	1050	1105
Queen Elizabeth Hospital	0618	0648	0718	0736	0751	0806	0821	0836	0852	0907	0923	0938	0953	1008	1023	1039	1054	1109
Abbey Wood Knee Hill	1040		1440	1455	1510	1525	1540				1925	1940	1955	2010				2355
Bentham Road Titmuss Avenue	1045		1445	1500	1515	1530	1545				1930	1945	1959	2014				2359
Thamesmead Town Centre	1048		1448	1503	1518	1533	1548				1933	1948	2002	2017				0002
Belmarsh Prison	1052	Then	1452	1507	1522	1537	1552	Then			1937	1952	2006	2021	Then			0006
Broadwaters Goosander Way	1056	every 15	1456	1511	1526	1541	1556	every 15			1941	1956	2010	2025	every 15			0010
Plumstead Station	1059	minutes	1459	1514	1529	1544	1559	minutes			1944	1959	2013	2028	minutes			0013
Woolwich Arsenal Station	1104	until	1504	1519	1534	1548	1603	until			1948	2003	2017	2032	until			0017
Herbert Road Plumstead Common Rd.	1111		1511	1526	1541	1555	1609				1954	2009	2023	2038				0023
Shooters Hill Bull (Shooters Hill)	1117		1517	1532	1547	1601	1615				2000	2015	2029	2044				0029
Shooters Hill Road Well Hall Road	1120		1520	1535	1550	1604	1618				2003	2017	2031	2046				0031
Queen Elizabeth Hospital	1124		1524	1538	1553	1607	1621				2006	2020	2034	2048				0033

244		Mondays to Fridays																
Queen Elizabeth Hospital	0515	0535	0555	0615	0635	0646	0655	0705	0713	Then every 10 minutes until	0853	0904	0914	0924	0934	0944	0953	
Shooters Hill Road <i>Well Hall Road</i>	0518	0538	0558	0618	0638	0649	0658	0708	0717		0857	0908	0918	0928	0938	0948	0957	
Shooters Hill Bull (<i>Shooters Hill</i>)	0521	0541	0601	0621	0641	0652	0701	0711	0720		0900	0911	0921	0931	0941	0951	1000	
Herbert Road <i>Plumstead Common Rd.</i>	0526	0546	0606	0626	0646	0657	0706	0716	0726		0906	0917	0927	0936	0946	0956	1005	
Woolwich Arsenal Station	0530	0550	0610	0630	0651	0703	0714	0724	0734		0914	0923	0933	0942	0952	1002	1011	
Plumstead Bus Garage	0533	0553	0613	0633	0654	0706	0719	0729	0739		0919	0928	0938	0947	0957	1007	1016	
Broadwaters <i>Goosander Way</i>	0535	0555	0615	0635	0656	0708	0721	0731	0741		0921	0931	0941	0950	1000	1010	1019	
Belmarsh Prison	0540	0600	0620	0640	0701	0714	0727	0737	0747		0927	0937	0947	0956	1006	1016	1025	
Thamesmead Town Cen. <i>Central Way</i>	0544	0604	0624	0644	0706	0719	0732	0742	0752		0932	0942	0952	1001	1011	1021	1030	
Bentham Road <i>Titmuss Avenue</i>	0546	0606	0626	0646	0709	0722	0735	0745	0755		0935	0945	0955	1004	1014	1024	1033	
Abbey Wood <i>Knee Hill</i>	0551	0611	0631	0651	0714	0727	0740	0750	0800	0940	0950	1000	1009	1019	1029	1038		
Queen Elizabeth Hospital	1002	1011	Then every 10 minutes until	1401	1411	1421	1431	1441	1451	1501	1511	1521	1531	1541	1552	1603	1614	
Shooters Hill Road <i>Well Hall Road</i>	1006	1015		1405	1415	1425	1435	1445	1455	1505	1515	1525	1535	1546	1557	1608	1619	
Shooters Hill Bull (<i>Shooters Hill</i>)	1009	1018		1408	1418	1428	1438	1448	1458	1508	1519	1530	1540	1551	1602	1613	1624	
Herbert Road <i>Plumstead Common Rd.</i>	1014	1023		1413	1423	1433	1443	1453	1503	1513	1524	1536	1546	1557	1608	1619	1630	
Woolwich Arsenal Station	1020	1029		1419	1429	1439	1449	1500	1511	1522	1533	1545	1555	1606	1617	1628	1639	
Plumstead Bus Garage	1025	1034		1424	1434	1444	1455	1506	1517	1528	1539	1551	1601	1612	1623	1634	1645	
Broadwaters <i>Goosander Way</i>	1028	1037		1427	1437	1447	1458	1509	1520	1531	1542	1554	1604	1615	1626	1637	1648	
Belmarsh Prison	1034	1043		1433	1443	1453	1504	1515	1526	1537	1548	1600	1610	1621	1632	1643	1654	
Thamesmead Town Cen. <i>Central Way</i>	1039	1048		1438	1449	1459	1510	1521	1532	1543	1554	1606	1616	1627	1638	1649	1700	
Bentham Road <i>Titmuss Avenue</i>	1042	1051		1441	1452	1502	1513	1524	1535	1546	1557	1609	1619	1630	1641	1652	1703	
Abbey Wood <i>Knee Hill</i>	1047	1056	1446	1458	1508	1519	1530	1541	1552	1603	1615	1625	1636	1647	1658	1709		
Queen Elizabeth Hospital	1625	1635	1646	1656	1706	1717	1728	1739	1749	1800	1811	1822	1833	1844	1855	1907	1919	1931
Shooters Hill Road <i>Well Hall Road</i>	1630	1640	1651	1701	1711	1722	1733	1744	1754	1805	1815	1826	1837	1848	1859	1911	1923	1935
Shooters Hill Bull (<i>Shooters Hill</i>)	1635	1645	1656	1706	1716	1727	1738	1749	1759	1809	1819	1830	1841	1852	1903	1915	1927	1939
Herbert Road <i>Plumstead Common Rd.</i>	1641	1651	1702	1712	1722	1733	1744	1755	1805	1814	1824	1835	1846	1857	1908	1920	1932	1944
Woolwich Arsenal Station	1650	1700	1711	1721	1731	1742	1753	1804	1814	1822	1832	1842	1853	1903	1914	1926	1938	1950
Plumstead Bus Garage	1656	1706	1717	1727	1737	1748	1759	1810	1820	1828	1838	1848	1859	1909	1919	1931	1943	1955
Broadwaters <i>Goosander Way</i>	1659	1709	1720	1730	1740	1751	1802	1813	1823	1831	1841	1851	1902	1911	1921	1933	1945	1957
Belmarsh Prison	1705	1715	1726	1736	1746	1757	1808	1819	1829	1837	1847	1857	1907	1916	1926	1938	1950	2002
Thamesmead Town Cen. <i>Central Way</i>	1711	1721	1732	1741	1751	1802	1813	1824	1834	1842	1852	1902	1912	1921	1931	1943	1955	2007
Bentham Road <i>Titmuss Avenue</i>	1714	1724	1735	1744	1754	1805	1816	1827	1837	1845	1855	1905	1915	1924	1934	1945	1957	2009
Abbey Wood <i>Knee Hill</i>	1720	1730	1741	1749	1759	1810	1821	1832	1842	1850	1900	1910	1920	1929	1939	1950	2002	2014
Queen Elizabeth Hospital	1943	1955	2007	2019	2031	2045	2100	2114	2129	2143	2156	2210	Then every 15 minutes until	0025				
Shooters Hill Road <i>Well Hall Road</i>	1947	1959	2011	2022	2034	2048	2103	2117	2132	2146	2159	2213		0028				
Shooters Hill Bull (<i>Shooters Hill</i>)	1951	2002	2014	2025	2037	2051	2106	2120	2135	2149	2201	2215		0030				
Herbert Road <i>Plumstead Common Rd.</i>	1956	2007	2019	2030	2042	2056	2111	2125	2140	2154	2206	2220		0035				
Woolwich Arsenal Station	2002	2013	2024	2035	2047	2100	2115	2129	2144	2158	2210	2224		0039				
Plumstead Bus Garage	2007	2018	2029	2040	2052	2105	2120	2134	2149	2203	2215	2229		0044				
Broadwaters <i>Goosander Way</i>	2009	2020	2031	2042	2054	2107	2122	2136	2151	2205	2217	2231		0046				
Belmarsh Prison	2014	2025	2036	2047	2059	2112	2127	2141	2156	2210	2222	2236		0051				
Thamesmead Town Cen. <i>Central Way</i>	2019	2030	2041	2052	2104	2117	2131	2145	2200	2214	2226	2240		0055				
Bentham Road <i>Titmuss Avenue</i>	2021	2032	2043	2054	2106	2119	2133	2147	2202	2216	2228	2242		0057				
Abbey Wood <i>Knee Hill</i>	2026	2037	2048	2059	2111	2124	2138	2152	2207	2220	2232	2245	0100					

