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East Beckton – Plaistow – Stratford

262	Mondays to Fridays																			
East Beckton Sainsbury's	0430	0445	0500	0513	0525	0535	0547	0558	0608	0618	0628	0638	0648	0658	0708	0718	0728	0738		
Gallions Reach Shopping Park	0435	0450	0505	0518	0530	0540	0552	0603	0613	0623	0633	0643	0653	0703	0714	0724	0734	0744		
Winsor Park Woolwich Manor Way	0440	0455	0510	0523	0535	0545	0557	0608	0618	0628	0638	0648	0658	0708	0719	0729	0739	0749		
Beckton Bus Station	0443	0458	0513	0526	0538	0548	0600	0611	0621	0631	0641	0651	0701	0711	0722	0732	0742	0752		
Prince Regent Lane Bennett Road	0450	0505	0520	0533	0545	0556	0609	0620	0630	0640	0650	0700	0711	0721	0732	0742	0752	0802		
Plaistow Greengate	0453	0508	0523	0536	0549	0600	0613	0624	0634	0644	0654	0705	0716	0726	0737	0747	0757	0808		
Plaistow Station	0456	0512	0527	0540	0553	0604	0617	0628	0638	0648	0658	0709	0720	0730	0741	0751	0802	0813		
Stratford Bus Station	0502	0518	0533	0546	0559	0612	0625	0636	0646	0656	0707	0718	0729	0739	0750	0801	0812	0823		
East Beckton Sainsbury's	0748	0757	0807	0817	0827	0838	0849	0859	0909	0919	0928	Then every 10 minutes until	1438	1447	1457	1506	1516			
Gallions Reach Shopping Park	0754	0803	0813	0823	0833	0844	0855	0905	0915	0925	0934		1444	1453	1503	1513	1523			
Winsor Park Woolwich Manor Way	0759	0809	0819	0829	0839	0850	0901	0911	0921	0931	0940		1450	1459	1509	1519	1529			
Beckton Bus Station	0802	0812	0822	0832	0842	0853	0904	0914	0924	0934	0943		1453	1502	1512	1522	1532			
Prince Regent Lane Bennett Road	0813	0823	0833	0843	0853	0903	0913	0923	0933	0943	0952		1502	1512	1522	1532	1542			
Plaistow Greengate	0819	0829	0839	0849	0859	0909	0919	0929	0939	0949	0958		1508	1518	1528	1538	1548			
Plaistow Station	0824	0834	0844	0854	0904	0914	0923	0933	0943	0953	1002		1512	1522	1532	1542	1552			
Stratford Bus Station	0834	0844	0854	0904	0914	0923	0932	0942	0952	1002	1011	1521	1531	1541	1551	1601				
East Beckton Sainsbury's	1526	1536	1545	Then every 10 minutes until	1815	1825	1835	1846	1858	1910	1922	1934	1946	2000	2130					
Gallions Reach Shopping Park	1533	1543	1552		1822	1832	1842	1853	1905	1916	1928	1940	1952	2006	2136					
Winsor Park Woolwich Manor Way	1539	1549	1558		1828	1838	1848	1859	1911	1922	1934	1946	1958	2011	Then every 15 minutes until	2141				
Beckton Bus Station	1542	1552	1601		1831	1841	1851	1902	1914	1925	1937	1949	2001	2014	2144					
Prince Regent Lane Bennett Road	1552	1602	1611		1841	1851	1901	1911	1923	1934	1946	1958	2010	2022	2152					
Plaistow Greengate	1558	1608	1617		1847	1857	1906	1915	1927	1938	1950	2002	2014	2026	2156					
Plaistow Station	1602	1612	1621		1851	1901	1910	1919	1931	1942	1954	2006	2017	2029	2159					
Stratford Bus Station	1611	1621	1630	1900	1909	1918	1927	1939	1950	2002	2013	2024	2036	2206						
East Beckton Sainsbury's	2146	2201	Then every 15 minutes until	2331	2346	0001	0016													
Gallions Reach Shopping Park	2152	2206		2336	2351	0006	0021													
Winsor Park Woolwich Manor Way	2157	2211		2341	2356	0011	0026													
Beckton Bus Station	2200	2214		2344	2359	0014	0029													
Prince Regent Lane Bennett Road	2207	2221		2351	0006	0021	0036													
Plaistow Greengate	2210	2224		2354	0009	0024	0039													
Plaistow Station	2213	2227		2357	0012	0027	0042													
Stratford Bus Station	2220	2234	0004	0018	0033	0048														

262		Saturdays (also Good Friday)															
East Beckton Sainsbury's	0430		0530	0544	0559	0614	0628	0643	0658	0713	0725	0737		0827	0837	0846	
Gallions Reach Shopping Park	0435		0535	0549	0604	0619	0633	0648	0703	0718	0730	0742		0832	0842	0851	
Winsor Park Woolwich Manor Way	0440	Then	0540	0554	0609	0624	0638	0653	0708	0723	0735	0747	Then	0837	0847	0856	
Beckton Bus Station	0443	every 15	0543	0557	0612	0627	0641	0656	0711	0726	0738	0750	every 10	0840	0850	0859	
Prince Regent Lane Bennett Road	0450	minutes	0550	0604	0620	0635	0649	0704	0719	0734	0746	0758	minutes	0848	0858	0907	
Plaistow Greengate	0453	until	0553	0607	0623	0638	0652	0707	0722	0737	0749	0801	until	0851	0901	0911	
Plaistow Station	0456		0556	0610	0626	0641	0655	0710	0725	0740	0752	0804		0854	0905	0915	
Stratford Bus Station	0502		0602	0617	0633	0648	0702	0717	0732	0747	0759	0811		0901	0914	0924	
East Beckton Sainsbury's	0855	0904		1024	1033	1042	1051	1100		1350	1400			1720	1730	1740	
Gallions Reach Shopping Park	0900	0910		1030	1039	1048	1057	1107		1357	1408			1728	1738	1748	
Winsor Park Woolwich Manor Way	0905	0915	Then	1035	1044	1053	1102	1113	Then	1403	1414	Then		1734	1744	1754	
Beckton Bus Station	0908	0918	every 10	1038	1047	1056	1105	1116	every 10	1406	1417	every 10		1737	1747	1757	
Prince Regent Lane Bennett Road	0917	0927	minutes	1047	1057	1106	1116	1127	minutes	1417	1427	minutes		1747	1757	1807	
Plaistow Greengate	0921	0931	until	1051	1101	1111	1121	1132	until	1422	1432	until		1752	1802	1811	
Plaistow Station	0925	0935		1055	1105	1115	1125	1136		1426	1436			1756	1806	1815	
Stratford Bus Station	0934	0944		1104	1115	1125	1135	1146		1436	1446			1806	1815	1824	
East Beckton Sainsbury's	1750	1801		1841	1852	1904	1916	1931	1945	2000			2130	2146	2201	2216	2231
Gallions Reach Shopping Park	1758	1808		1848	1859	1911	1923	1938	1952	2006			2136	2152	2206	2221	2236
Winsor Park Woolwich Manor Way	1804	1814	Then	1854	1905	1917	1929	1944	1958	2011	Then		2141	2157	2211	2226	2241
Beckton Bus Station	1807	1817	every 10	1857	1908	1920	1932	1947	2001	2014	every 15		2144	2200	2214	2229	2244
Prince Regent Lane Bennett Road	1816	1826	minutes	1906	1917	1929	1941	1956	2009	2022	minutes		2152	2207	2221	2236	2251
Plaistow Greengate	1820	1830	until	1910	1921	1933	1945	2000	2013	2026	until		2156	2210	2224	2239	2254
Plaistow Station	1824	1834		1914	1925	1937	1949	2003	2016	2029			2159	2213	2227	2242	2257
Stratford Bus Station	1833	1843		1923	1934	1946	1958	2010	2023	2036			2206	2220	2234	2249	2304
East Beckton Sainsbury's	2246	2301	2316	2331	2346	0001	0016										
Gallions Reach Shopping Park	2251	2306	2321	2336	2351	0006	0021										
Winsor Park Woolwich Manor Way	2256	2311	2326	2341	2356	0011	0026										
Beckton Bus Station	2259	2314	2329	2344	2359	0014	0029										
Prince Regent Lane Bennett Road	2306	2321	2336	2351	0006	0021	0036										
Plaistow Greengate	2309	2324	2339	2354	0009	0024	0039										
Plaistow Station	2312	2327	2342	2357	0012	0027	0042										
Stratford Bus Station	2319	2334	2349	0004	0018	0033	0048										
262		Sundays and other Public Holidays (except Christmas Day and Boxing Day)															
East Beckton Sainsbury's	0521		0821	0836	0850	0905	0920	0933	0946	0959	1014	1029	1044	1058	1113	1128	1143
Gallions Reach Shopping Park	0526		0826	0841	0855	0910	0925	0938	0951	1005	1020	1035	1050	1104	1119	1134	1149
Winsor Park Woolwich Manor Way	0531	Then	0831	0846	0900	0915	0930	0943	0956	1010	1025	1040	1055	1109	1124	1139	1154
Beckton Bus Station	0534	every 20	0834	0849	0903	0918	0933	0946	0959	1013	1028	1043	1058	1112	1127	1142	1157
Prince Regent Lane Bennett Road	0541	minutes	0841	0856	0911	0926	0941	0954	1007	1022	1037	1052	1107	1122	1137	1152	1207
Plaistow Greengate	0544	until	0844	0859	0914	0929	0944	0957	1011	1026	1041	1056	1111	1126	1141	1156	1211
Plaistow Station	0547		0847	0902	0917	0932	0947	1000	1015	1030	1045	1100	1115	1130	1145	1200	1215
Stratford Bus Station	0554		0854	0909	0924	0939	0954	1009	1024	1039	1054	1109	1124	1139	1154	1209	1224
East Beckton Sainsbury's	1157	1211		1511	1526			1726	1742	1758	1814	1829	1845	1901	1916	1931	1945
Gallions Reach Shopping Park	1203	1218		1518	1533			1733	1749	1805	1820	1835	1851	1907	1922	1937	1951
Winsor Park Woolwich Manor Way	1209	1224	Then	1524	1539	Then		1739	1755	1810	1825	1840	1856	1912	1927	1942	1956
Beckton Bus Station	1212	1227	every 15	1527	1542	every 15		1742	1758	1813	1828	1843	1859	1915	1930	1945	1959
Prince Regent Lane Bennett Road	1222	1237	minutes	1537	1552	minutes		1752	1807	1821	1836	1851	1907	1923	1938	1953	2007
Plaistow Greengate	1226	1241	until	1541	1556	until		1756	1811	1825	1840	1855	1911	1927	1942	1957	2011
Plaistow Station	1230	1245		1545	1600			1800	1815	1829	1844	1859	1915	1930	1945	2000	2014
Stratford Bus Station	1239	1254		1554	1608			1808	1823	1837	1852	1907	1922	1937	1952	2007	2021
East Beckton Sainsbury's	2000		2130	2146	2201			2331	2346	0001	0016						
Gallions Reach Shopping Park	2006		2136	2152	2206			2336	2351	0006	0021						
Winsor Park Woolwich Manor Way	2011	Then	2141	2157	2211	Then		2341	2356	0011	0026						
Beckton Bus Station	2014	every 15	2144	2200	2214	every 15		2344	2359	0014	0029						
Prince Regent Lane Bennett Road	2022	minutes	2152	2207	2221	minutes		2351	0006	0021	0036						
Plaistow Greengate	2026	until	2156	2210	2224	until		2354	0009	0024	0039						
Plaistow Station	2029		2159	2213	2227			2357	0012	0027	0042						
Stratford Bus Station	2036		2206	2220	2234			0004	0018	0033	0048						

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Stratford – Plaistow – East Beckton

262		Mondays to Fridays																
Stratford Bus Station	0510	0525	0540	0555	0610	0623	0633	0643	0652	0701	0711	0721	0731	0740	0749	0758	0808	0818
Plaistow Station	0517	0532	0547	0602	0618	0631	0641	0651	0700	0711	0721	0731	0741	0750	0759	0808	0819	0829
Plaistow Greengate	0520	0535	0550	0605	0621	0634	0644	0654	0704	0715	0725	0735	0745	0754	0804	0814	0825	0835
Prince Regent Lane Bennett Road	0522	0537	0552	0608	0624	0637	0647	0658	0708	0719	0729	0739	0749	0758	0808	0819	0830	0840
Beckton Bus Station	0529	0544	0559	0615	0631	0644	0655	0706	0717	0728	0738	0748	0758	0808	0818	0829	0840	0850
Winsor Park Woolwich Manor Way	0531	0546	0601	0617	0633	0646	0657	0708	0719	0730	0740	0750	0800	0811	0821	0832	0843	0853
Gallions Reach Shopping Park	0535	0550	0606	0622	0638	0651	0702	0713	0724	0735	0745	0755	0805	0816	0826	0837	0848	0858
East Beckton Sainsbury's	0539	0554	0610	0626	0642	0656	0707	0718	0729	0740	0750	0800	0810	0821	0831	0842	0853	0903
Stratford Bus Station	0828	0838	0848	0859	Then every 10 minutes until	1419	1428	1437	1446	1455	1503	Then every 10 minutes until	1833	1843	1853	1903		
Plaistow Station	0839	0849	0859	0910		1430	1439	1448	1457	1506	1516		1846	1856	1906	1915		
Plaistow Greengate	0845	0855	0905	0915		1435	1444	1453	1502	1512	1522		1852	1902	1911	1920		
Prince Regent Lane Bennett Road	0850	0900	0909	0919		1439	1448	1457	1507	1517	1527		1857	1906	1915	1924		
Beckton Bus Station	0900	0910	0919	0929		1449	1458	1508	1518	1528	1538		1908	1917	1926	1935		
Winsor Park Woolwich Manor Way	0903	0913	0922	0932		1452	1501	1511	1521	1531	1541		1911	1920	1929	1938		
Gallions Reach Shopping Park	0908	0918	0927	0937	1457	1506	1516	1526	1536	1546	1916	1925	1934	1943				
East Beckton Sainsbury's	0913	0923	0932	0942	1502	1511	1521	1531	1541	1551	1921	1930	1939	1948				
Stratford Bus Station	1913	1923	1933	1944	1956	2008	2020	2034	Then every 15 minutes until	2134	2149	2204	Then every 15 minutes until	2334	2350	0006		
Plaistow Station	1925	1935	1945	1956	2007	2018	2029	2043		2143	2158	2212		2342	2358	0013		
Plaistow Greengate	1930	1940	1950	2001	2011	2022	2033	2047		2147	2202	2216		2346	0002	0016		
Prince Regent Lane Bennett Road	1934	1944	1954	2005	2015	2025	2036	2050		2150	2205	2219		2349	0004	0018		
Beckton Bus Station	1944	1954	2004	2014	2024	2034	2045	2059		2159	2212	2226		2356	0010	0024		
Winsor Park Woolwich Manor Way	1947	1957	2007	2016	2026	2036	2047	2101		2201	2214	2228		2358	0012	0026		
Gallions Reach Shopping Park	1952	2002	2011	2020	2030	2040	2051	2105	2205	2218	2232	0002	0016	0030				
East Beckton Sainsbury's	1957	2006	2015	2024	2034	2044	2055	2109	2209	2222	2236	0006	0020	0034				
Stratford Bus Station	0021	Then every 15 minutes until	0121															
Plaistow Station	0028		0128															
Plaistow Greengate	0031		0131															
Prince Regent Lane Bennett Road	0033		0133															
Beckton Bus Station	0039		0139															
Winsor Park Woolwich Manor Way	0041		0141															
Gallions Reach Shopping Park	0045	0145																
East Beckton Sainsbury's	0049	0149																

262		Saturdays (also Good Friday)															
Stratford Bus Station	0510	0525	0540	0555	0609		0724	0737	0749	0801	0813	0825	0835	0844	0853	0902	0912
Plaistow Station	0517	0532	0547	0602	0617		0732	0745	0757	0809	0821	0833	0843	0852	0901	0912	0922
Plaistow Greengate	0520	0535	0550	0605	0620	Then every 15 minutes until	0735	0748	0800	0813	0825	0837	0847	0856	0906	0917	0927
Prince Regent Lane Bennett Road	0522	0537	0552	0607	0622		0737	0750	0803	0816	0828	0840	0850	0859	0909	0920	0930
Beckton Bus Station	0529	0544	0559	0614	0629		0744	0758	0811	0824	0836	0848	0858	0908	0918	0929	0939
Winsor Park Woolwich Manor Way	0531	0546	0601	0616	0631		0746	0800	0813	0826	0838	0850	0900	0910	0921	0932	0942
Gallions Reach Shopping Park	0535	0550	0605	0620	0635		0750	0804	0817	0830	0842	0854	0905	0915	0926	0937	0947
East Beckton Sainsbury's	0539	0554	0609	0624	0639		0754	0809	0822	0835	0847	0859	0910	0920	0931	0942	0952
Stratford Bus Station	0922		1022	1030	1040	1049	1058	1107		1337	1347		1717	1727	1737		
Plaistow Station	0932		1032	1040	1050	1059	1108	1118		1348	1358		1728	1738	1748		
Plaistow Greengate	0937	Then every 10 minutes until	1037	1045	1055	1104	1113	1123	Then every 10 minutes until	1353	1403	Then every 10 minutes until	1733	1743	1753		
Prince Regent Lane Bennett Road	0940		1040	1048	1058	1107	1117	1127		1357	1407		1737	1747	1757		
Beckton Bus Station	0949		1049	1057	1107	1118	1128	1138		1408	1417		1747	1757	1807		
Winsor Park Woolwich Manor Way	0952		1052	1100	1110	1121	1131	1141		1411	1420		1750	1800	1810		
Gallions Reach Shopping Park	0957		1057	1106	1116	1127	1137	1147		1417	1426		1756	1806	1815		
East Beckton Sainsbury's	1002		1102	1112	1122	1133	1143	1153		1423	1432		1802	1811	1820		
Stratford Bus Station	1747	Then every 10 minutes until	1857	1909	1921	1934	1947	2003	2019	Then every 15 minutes until	2134	2149	2204	Then every 15 minutes until	2334		
Plaistow Station	1758		1908	1920	1932	1945	1958	2013	2028		2143	2158	2212		2342		
Plaistow Greengate	1803		1913	1925	1937	1950	2003	2017	2032		2147	2202	2216		2346		
Prince Regent Lane Bennett Road	1807		1917	1929	1941	1954	2007	2020	2035		2150	2205	2219		2349		
Beckton Bus Station	1816		1926	1938	1950	2003	2016	2029	2044		2159	2212	2226		2356		
Winsor Park Woolwich Manor Way	1819		1929	1941	1953	2006	2019	2031	2046		2201	2214	2228		2358		
Gallions Reach Shopping Park	1824	1934	1946	1958	2011	2023	2035	2050	2205	2218	2232	0002					
East Beckton Sainsbury's	1829	1939	1951	2003	2015	2027	2039	2054	2209	2222	2236	0006					
Stratford Bus Station	2350	0006															
Plaistow Station	2358	0013															
Plaistow Greengate	0002	0016	Then every 15 minutes until	0121													
Prince Regent Lane Bennett Road	0004	0018		0128													
Beckton Bus Station	0010	0024		0131													
Winsor Park Woolwich Manor Way	0012	0026		0133													
Gallions Reach Shopping Park	0016	0030		0139													
East Beckton Sainsbury's	0020	0034		0141													
				0145													
				0149													
262		Sundays and other Public Holidays (except Christmas Day and Boxing Day)															
Stratford Bus Station	0601	Then every 20 minutes until	0821	0841	0900	0919	0934	0948	1003	1018	1033	1048	1103	1118	1133	1148	1203
Plaistow Station	0608		0828	0848	0907	0927	0942	0956	1011	1026	1041	1056	1112	1127	1142	1157	1213
Plaistow Greengate	0611		0831	0851	0911	0931	0946	1000	1015	1030	1045	1100	1117	1132	1147	1202	1218
Prince Regent Lane Bennett Road	0613		0833	0853	0914	0934	0949	1003	1018	1033	1048	1103	1120	1135	1150	1206	1222
Beckton Bus Station	0620		0840	0901	0922	0942	0957	1012	1027	1042	1057	1112	1129	1144	1159	1216	1232
Winsor Park Woolwich Manor Way	0622		0842	0903	0924	0944	0959	1014	1029	1044	1059	1115	1132	1147	1202	1219	1235
Gallions Reach Shopping Park	0626	0846	0907	0928	0948	1003	1019	1034	1049	1104	1120	1137	1152	1208	1225	1241	
East Beckton Sainsbury's	0630	0850	0911	0932	0952	1008	1024	1039	1054	1109	1125	1142	1157	1214	1231	1247	
Stratford Bus Station	1218	Then every 15 minutes until	1518	1533	1548	1603	1618		Then every 15 minutes until	1718	1733	1749	1804	1819	1834	1849	1904
Plaistow Station	1228		1528	1543	1558	1613	1628			1728	1743	1759	1813	1828	1843	1858	1913
Plaistow Greengate	1233		1533	1548	1603	1618	1633			1733	1748	1804	1818	1833	1848	1903	1917
Prince Regent Lane Bennett Road	1237		1537	1552	1607	1622	1636			1736	1751	1807	1821	1836	1851	1906	1920
Beckton Bus Station	1247		1547	1602	1617	1631	1645			1745	1800	1816	1829	1844	1859	1914	1928
Winsor Park Woolwich Manor Way	1250		1550	1605	1620	1634	1648			1748	1802	1818	1831	1846	1901	1916	1930
Gallions Reach Shopping Park	1256	1556	1611	1625	1639	1653		1753	1807	1822	1835	1850	1905	1920	1934		
East Beckton Sainsbury's	1302	1602	1616	1630	1644	1658		1758	1811	1826	1839	1854	1909	1924	1938		
Stratford Bus Station	1919	Then every 15 minutes until	2134	2149	2204			Then every 15 minutes until	2334	2350	0006		Then every 15 minutes until	0121			
Plaistow Station	1928		2143	2158	2212				2342	2358	0013			0128			
Plaistow Greengate	1932		2147	2202	2216				2346	0002	0016			0131			
Prince Regent Lane Bennett Road	1935		2150	2205	2219				2349	0004	0018			0133			
Beckton Bus Station	1943		2158	2212	2226				2356	0010	0024			0139			
Winsor Park Woolwich Manor Way	1945		2200	2214	2228				2358	0012	0026			0141			
Gallions Reach Shopping Park	1949	2204	2218	2232			0002	0016	0030		0145						
East Beckton Sainsbury's	1953	2208	2222	2236			0006	0020	0034		0149						