

287 Mondays to Fridays																							
											School days												
Abbey Wood Lane	0451	0521	0550	0607	0623	0640	0658	0712	0727	0742	0757	0812	0827	0842	0857	0912	0927	0942					
Chandlers Corner	0455	0525	0554	0611	0628	0645	0704	0719	0734	0749	0804	0819	0834	0849	0904	0918	0933	0948					
Rainham War Memorial	0458	0528	0557	0614	0631	0648	0707	0722	0737	0752	0808	0823	0838	0853	0908	0922	0937	0952					
Dagenham New Road/Kent Avenue	0506	0536	0605	0623	0641	0659	0719	0734	0749	0804	0819	0834	0849	0904	0918	0932	0947	1002					
Lodge Ave. Flyover Junc. (West Side)	0512	0542	0613	0633	0651	0710	0730	0745	0800	0815	0830	0845	0900	0914	0928	0942	0957	1011					
Barking London Road	0520	0550	0621	0641	0701	0722	0742	0757	0812	0827	0842	0857	0912	0926	0940	0954	1008	1022					
Barking Station	0522	0552	0623	0643	0703	0724	0744	0759	0814	0829	0844	0859	0914	0928	0942	0956	1010	1024					
287 School holidays																							
Abbey Wood Lane	0607	0626	0643	0700				Then	0815	0829	0843	0857	0912	0927	0942	0957			1112	1127			
Chandlers Corner	0612	0631	0648	0706				every 15	0821	0835	0849	0903	0918	0933	0948	1003			1118	1133			
Rainham War Memorial	0615	0634	0651	0709				minutes	0824	0838	0852	0907	0922	0937	0952	1007			1122	1137			
Dagenham New Road/Kent Avenue	0624	0643	0700	0718				until	0833	0847	0902	0917	0932	0947	1002	1017			1132	1147			
Lodge Ave. Flyover Junc. (West Side)	0633	0652	0709	0727					0842	0856	0911	0926	0941	0956	1011	1026			1141	1156			
Barking London Road	0641	0701	0719	0737					0852	0907	0922	0937	0952	1007	1022	1037			1152	1207			
Barking Station	0643	0703	0721	0739					0854	0909	0924	0939	0954	1009	1024	1039			1154	1210			
Abbey Wood Lane	1141				Then	1411	1425	1439	1453	1508	1523	1538			Then	1738	1754	1810	1825	1840	1856		
Chandlers Corner	1147				every 15	1417	1431	1445	1459	1514	1529	1544			minutes	1744	1800	1816	1831	1846	1902		
Rainham War Memorial	1151				until	1421	1435	1449	1503	1518	1533	1548			minutes	1748	1804	1820	1835	1850	1906		
Dagenham New Road/Kent Avenue	1201					1431	1446	1500	1515	1530	1545	1600			until	1800	1816	1831	1846	1901	1916		
Lodge Ave. Flyover Junc. (West Side)	1211					1441	1456	1510	1525	1540	1555	1610				1810	1825	1840	1855	1910	1925		
Barking London Road	1222					1452	1507	1522	1537	1552	1607	1621				1821	1836	1851	1906	1920	1935		
Barking Station	1225					1455	1510	1525	1540	1555	1609	1623				1823	1838	1853	1908	1922	1937		
Abbey Wood Lane	1912	1932	1951	2010	2030	2050	2110	2130	2150	2210	2230	2250	2310	2330	2350				0010				
Chandlers Corner	1917	1937	1956	2015	2035	2055	2115	2135	2155	2214	2234	2254	2314	2334	2354				0014				
Rainham War Memorial	1921	1941	2000	2019	2038	2058	2118	2138	2158	2217	2237	2257	2317	2337	2357				0016				
Dagenham New Road/Kent Avenue	1931	1951	2009	2028	2047	2107	2127	2147	2206	2225	2245	2305	2325	2345	0004				0023				
Lodge Ave. Flyover Junc. (West Side)	1940	2000	2017	2036	2055	2115	2135	2155	2214	2233	2253	2313	2333	2352	0011				0030				
Barking London Road	1950	2008	2026	2045	2104	2124	2144	2203	2222	2241	2301	2321	2341	0000	0019				0038				
Barking Station	1952	2010	2028	2047	2106	2126	2146	2205	2224	2243	2303	2323	2343	0002	0021				0040				
287 Saturdays (also Good Friday)																							
Abbey Wood Lane	0453	0523	0553	0613	0633	0653	0713	0733	0753	0808	0823	0837	0852	0907	0921	0936	0950	1004					
Chandlers Corner	0457	0527	0557	0617	0638	0658	0718	0738	0758	0813	0828	0842	0857	0912	0926	0941	0955	1010					
Rainham War Memorial	0500	0530	0600	0620	0641	0701	0721	0741	0801	0816	0831	0845	0900	0915	0929	0944	0959	1014					
Dagenham New Road/Kent Avenue	0507	0537	0607	0628	0649	0709	0729	0749	0809	0824	0839	0853	0908	0923	0938	0953	1008	1023					
Lodge Ave. Flyover Junc. (West Side)	0513	0543	0614	0635	0656	0716	0736	0756	0816	0831	0846	0900	0916	0931	0946	1001	1016	1031					
Barking London Road	0520	0550	0621	0642	0703	0724	0744	0804	0824	0839	0854	0910	0926	0941	0956	1011	1026	1041					
Barking Station	0522	0552	0623	0644	0705	0726	0746	0806	0826	0841	0856	0912	0928	0943	0958	1013	1028	1043					
Abbey Wood Lane	1019	1033	1047	1102	1117	1132				Then	1347	1402	1417	1432	1447			Then	1732	1747	1802		
Chandlers Corner	1025	1039	1053	1108	1123	1138				every 15	1353	1408	1423	1437	1452			minutes	1737	1752	1807		
Rainham War Memorial	1029	1043	1057	1112	1127	1142				until	1357	1411	1426	1440	1455			minutes	1740	1755	1810		
Dagenham New Road/Kent Avenue	1038	1052	1107	1122	1137	1152					1407	1421	1436	1450	1505			until	1750	1805	1820		
Lodge Ave. Flyover Junc. (West Side)	1046	1101	1116	1131	1146	1201					1416	1430	1445	1459	1514				1759	1813	1828		
Barking London Road	1056	1111	1126	1141	1156	1212					1427	1441	1456	1510	1524				1809	1823	1838		
Barking Station	1058	1113	1128	1143	1158	1214					1429	1443	1458	1512	1526				1811	1825	1840		
287 Saturdays (also Good Friday) (cont.)														Sundays									
Abbey Wood Lane	1817	1832	1850	1910	1930				Then	2050	2110	2130	2150			Then	2310	2330	2350	0010	0620	0650	0720
Chandlers Corner	1822	1837	1855	1915	1935				every	2055	2115	2135	2154			every	2314	2334	2354	0014	0625	0655	0725
Rainham War Memorial	1825	1840	1858	1918	1938				20	2058	2118	2138	2157			20	2317	2337	2357	0016	0628	0658	0728
Dagenham New Road/Kent Avenue	1835	1850	1908	1927	1947				mins.	2107	2126	2146	2205			mins.	2325	2345	0004	0023	0636	0706	0737
Lodge Ave. Flyover Junc. (West Side)	1843	1858	1916	1935	1955				until	2115	2134	2154	2213			until	2333	2352	0011	0030	0644	0714	0745
Barking London Road	1853	1908	1926	1945	2004					2124	2143	2202	2221				2341	0000	0019	0038	0650	0721	0752
Barking Station	1855	1910	1928	1947	2006					2126	2145	2204	2223				2343	0002	0021	0040	0652	0723	0754
287 Sundays and other Public Holidays (except Christmas Day) (cont.)																							
Abbey Wood Lane	0750	0820	0850	0910	0929	0948	1007				Then	1107	1126			Then	1326	1346	1406	1426	1446	1506	1526
Chandlers Corner	0755	0825	0855	0915	0934	0953	1012				every	1112	1131			every	1331	1351	1411	1431	1451	1511	1531
Rainham War Memorial	0758	0828	0858	0918	0937	0956	1016				20	1116	1135			20	1335	1355	1414	1434	1454	1514	1534
Dagenham New Road/Kent Avenue	0807	0837	0907	0927	0947	1007	1027				mins.	1127	1146			mins.	1346	1406	1424	1444	1504	1524	1544
Lodge Ave. Flyover Junc. (West Side)	0815	0845	0916	0937	0958	1018	1039				until	1139	1159			until	1359	1418	1436	1456	1515	1535	1555
Barking London Road	0822	0853	0924	0945	1006	1027	1048					1148	1208				1408	1426	1444	1504	1523	1543	1603
Barking Station	0824	0855	0926	0947	1008	1029	1050					1150	1210				1410	1428	1446	1506	1525	1545	1605
Abbey Wood Lane	1547				Then	1727	1748	1808	1828	1849	1910	1930	1950	2010			Then	2230	2250	2310	2330	2350	0010
Chandlers Corner	1552				every	1732	1753	1813	1833	1854	1915	1935	1955	2015			every	2235	2255	2314	2334	2354	0014
Rainham War Memorial	1555				20	1735	1756	1816	1836	1857	1918	1938	1958	2018			20	2238	2258	2317	2337	2357	0016
Dagenham New Road/Kent Avenue	1604				mins.	1744	1805	1825	1845	1906	1927	1947	2007	2026			mins.	2246	2306	2324	2344	0004	0023
Lodge Ave. Flyover Junc. (West Side)	1615				until	1755	1815	1835	1855	1915	1936	1956	2015	2034			until	2254	2313	2331	2351	0011	0030
Barking London Road	1623					1803	1823	1843	1903	1922	1942	2002	2021	2040				2300	2319	2337	2357	0017	0036
Barking Station	1625					1805	1825	1845	1905	1924	1944	2004	2023	2042				2302	2321	2339	2359	0019	0038

287		Mondays to Fridays																	
		School days											School holidays						
Barking Station	0530	0600	0620	0639	0656	0711	0726	0740	0754	0809	0824	0839	0854	0639	0657	0827			
Barking London Road	0532	0602	0622	0641	0658	0713	0728	0742	0756	0811	0826	0841	0856	0641	0659	Then 0829			
Lodge Ave. Flyover Junc. (West Side)	0540	0610	0630	0649	0708	0723	0738	0752	0807	0822	0837	0852	0907	0649	0708	every 15 minutes			
Dagenham New Road/Kent Avenue	0547	0617	0637	0656	0716	0731	0746	0801	0816	0831	0846	0901	0916	0656	0716	0846			
Rainham Tesco	0555	0626	0646	0706	0727	0742	0757	0812	0827	0842	0857	0911	0926	0705	0725	0855			
Chandlers Corner	0557	0628	0648	0709	0730	0745	0800	0815	0830	0845	0900	0914	0929	0708	0728	0858			
Abbey Wood Lane	0602	0633	0653	0714	0735	0750	0805	0820	0835	0850	0905	0919	0934	0713	0733	0903			
		Sch hols																	
Barking Station	0841	0855	0909	0843	0857	0911	Then every 15 minutes until	1024	1038	1026	1040	Then every 15 minutes until	1238	1252	1306	1451	1505	1520	1535
Barking London Road	0843	0857	0911	0843	0857	0911	Then every 15 minutes until	1026	1040	1026	1040	Then every 15 minutes until	1240	1254	1308	1453	1507	1522	1537
Lodge Ave. Flyover Junc. (West Side)	0852	0906	0921	0852	0906	0921	Then every 15 minutes until	1036	1050	1036	1050	Then every 15 minutes until	1250	1304	1319	1504	1519	1534	1549
Dagenham New Road/Kent Avenue	0900	0915	0930	0900	0915	0930	Then every 15 minutes until	1045	1059	1045	1059	Then every 15 minutes until	1259	1313	1328	1513	1528	1543	1558
Rainham Tesco	0910	0925	0940	0910	0925	0940	Then every 15 minutes until	1055	1110	1055	1110	Then every 15 minutes until	1310	1324	1339	1524	1539	1554	1609
Chandlers Corner	0913	0928	0943	0913	0928	0943	Then every 15 minutes until	1058	1113	1058	1113	Then every 15 minutes until	1313	1327	1342	1527	1542	1557	1612
Abbey Wood Lane	0919	0934	0949	0919	0934	0949	Then every 15 minutes until	1104	1119	1104	1119	Then every 15 minutes until	1319	1333	1348	1533	1548	1603	1618
Barking Station	1550	1604	1619	1634	1648	1702	1717	1732	1747	1802	1817	1832	1847	1903	1918	1933	1948	2008	
Barking London Road	1552	1606	1621	1636	1650	1704	1719	1734	1749	1804	1819	1834	1849	1905	1920	1935	1950	2010	
Lodge Ave. Flyover Junc. (West Side)	1604	1619	1634	1649	1703	1718	1733	1748	1803	1817	1831	1846	1900	1915	1930	1945	2000	2019	
Dagenham New Road/Kent Avenue	1613	1628	1643	1658	1712	1727	1742	1757	1812	1826	1840	1855	1908	1923	1938	1953	2008	2027	
Rainham Tesco	1624	1639	1654	1709	1724	1739	1754	1809	1823	1837	1851	1905	1918	1933	1948	2003	2017	2036	
Chandlers Corner	1627	1642	1657	1712	1727	1742	1757	1812	1826	1840	1854	1908	1921	1936	1951	2006	2020	2039	
Abbey Wood Lane	1633	1648	1703	1718	1733	1748	1803	1818	1832	1846	1900	1914	1927	1942	1957	2012	2026	2044	
Barking Station	2028	2048	2108	2129	2150	2211	2232	2252	2312	2332	2352	0012							
Barking London Road	2030	2050	2110	2131	2152	2213	2234	2254	2314	2334	2354	0014							
Lodge Ave. Flyover Junc. (West Side)	2039	2059	2119	2140	2201	2222	2242	2302	2322	2341	0001	0021							
Dagenham New Road/Kent Avenue	2047	2107	2127	2148	2209	2229	2249	2309	2329	2348	0007	0027							
Rainham Tesco	2056	2116	2136	2157	2217	2237	2257	2317	2336	2355	0014	0034							
Chandlers Corner	2059	2119	2139	2159	2219	2239	2259	2319	2338	2357	0016	0036							
Abbey Wood Lane	2104	2124	2144	2204	2224	2244	2304	2324	2343	0002	0021	0041							
287		Saturdays (also Good Friday)																	
Barking Station	0530	0600	0620	0640	0700	0720	0740	0800	0814	0829	0844	0859	0913	0928	0943	0957	1142		
Barking London Road	0532	0602	0622	0642	0702	0722	0742	0802	0816	0831	0846	0901	0915	0930	0945	0959	Then every 15 mins. until 1144		
Lodge Ave. Flyover Junc. (West Side)	0539	0609	0629	0649	0710	0730	0750	0810	0824	0839	0854	0910	0924	0939	0954	1009	1154		
Dagenham New Road/Kent Avenue	0545	0616	0636	0656	0717	0737	0757	0817	0831	0846	0902	0918	0932	0947	1002	1017	1202		
Rainham Tesco	0553	0624	0644	0704	0725	0745	0805	0825	0840	0855	0911	0927	0942	0957	1012	1027	1212		
Chandlers Corner	0555	0626	0646	0706	0727	0747	0807	0827	0842	0857	0914	0930	0945	1000	1015	1030	1215		
Abbey Wood Lane	0600	0631	0651	0711	0732	0752	0812	0832	0847	0902	0919	0935	0950	1006	1021	1036	1221		
Barking Station	1157	1212	Then every 15 minutes until	1312	1327	Then every 15 minutes until	1642	1658	1713	1728	1743	1758	1813	1828	1848	1908			
Barking London Road	1159	1214	Then every 15 minutes until	1314	1329	Then every 15 minutes until	1644	1700	1715	1730	1745	1800	1815	1830	1850	1910			
Lodge Ave. Flyover Junc. (West Side)	1209	1225	Then every 15 minutes until	1325	1340	Then every 15 minutes until	1655	1711	1726	1741	1756	1810	1825	1840	1900	1919			
Dagenham New Road/Kent Avenue	1218	1234	Then every 15 minutes until	1334	1349	Then every 15 minutes until	1704	1719	1734	1749	1804	1818	1833	1848	1908	1927			
Rainham Tesco	1228	1244	Then every 15 minutes until	1344	1359	Then every 15 minutes until	1714	1729	1744	1759	1814	1828	1843	1857	1917	1936			
Chandlers Corner	1231	1247	Then every 15 minutes until	1347	1402	Then every 15 minutes until	1717	1732	1747	1802	1817	1831	1846	1900	1920	1939			
Abbey Wood Lane	1237	1253	Then every 15 minutes until	1353	1407	Then every 15 minutes until	1722	1737	1752	1807	1822	1836	1851	1905	1925	1944			
287		Saturdays (also Good Friday) (cont.)											Sundays						
Barking Station	1928	Then every 20 mins. until	2048	2109	2130	2151	2212	2232	2252	2312	2332	2352	0012	0613	0643	0712	0742	0812	
Barking London Road	1930	Then every 20 mins. until	2050	2111	2132	2153	2214	2234	2254	2314	2334	2354	0014	0615	0645	0714	0744	0814	
Lodge Ave. Flyover Junc. (West Side)	1939	Then every 20 mins. until	2059	2120	2141	2202	2222	2242	2302	2322	2341	0001	0021	0622	0652	0721	0751	0821	
Dagenham New Road/Kent Avenue	1947	Then every 20 mins. until	2107	2128	2148	2209	2229	2249	2309	2329	2348	0007	0027	0630	0700	0729	0759	0829	
Rainham Tesco	1956	Then every 20 mins. until	2116	2136	2156	2217	2237	2257	2317	2336	2355	0014	0034	0638	0708	0738	0808	0838	
Chandlers Corner	1959	Then every 20 mins. until	2119	2139	2159	2219	2239	2259	2319	2338	2357	0016	0036	0640	0710	0740	0810	0840	
Abbey Wood Lane	2004	Then every 20 mins. until	2124	2144	2204	2224	2244	2304	2324	2343	0002	0021	0041	0644	0714	0744	0814	0844	
287		Sundays and other Public Holidays (except Christmas Day)																	
Barking Station	0832	0854	0915	0936	0956	1016	1035	1054	1114	1133	1153	1212	Then every 20 mins. until	1432	1453	1514	1535	1555	
Barking London Road	0834	0856	0917	0938	0958	1018	1037	1056	1116	1135	1155	1214	Then every 20 mins. until	1434	1455	1516	1537	1557	
Lodge Ave. Flyover Junc. (West Side)	0841	0903	0925	0946	1006	1026	1045	1104	1124	1143	1203	1223	Then every 20 mins. until	1443	1504	1525	1546	1606	
Dagenham New Road/Kent Avenue	0849	0912	0934	0955	1016	1036	1056	1116	1136	1157	1219	1239	Then every 20 mins. until	1459	1519	1539	1559	1619	
Rainham Tesco	0858	0921	0944	1005	1026	1046	1106	1126	1146	1207	1229	1249	Then every 20 mins. until	1509	1529	1549	1609	1629	
Chandlers Corner	0900	0923	0946	1008	1029	1049	1109	1129	1149	1210	1232	1252	Then every 20 mins. until	1512	1532	1552	1612	1632	
Abbey Wood Lane	0905	0928	0951	1013	1034	1054	1114	1134	1154	1215	1237	1257	Then every 20 mins. until	1517	1537	1557	1617	1637	
Barking Station	1615	1636	1658	1718	1738	1758	1817	1836	1855	1914	1933	1952	Then every 20 mins. until	2232	2252	2312	Then every 20 mins. until	0012	
Barking London Road	1617	1638	1700	1720	1740	1800	1819	1838	1857	1916	1935	1954	Then every 20 mins. until	2234	2254	2314	Then every 20 mins. until	0014	
Lodge Ave. Flyover Junc. (West Side)	1626	1647	1708	1728	1748	1808	1827	1846	1905	1924	1943	2001	Then every 20 mins. until	2241	2301	2320	Then every 20 mins. until	0020	
Dagenham New Road/Kent Avenue	1639	1659	1719	1739	1759	1819	1837	1856	1915	1934	1952	2009	Then every 20 mins. until	2249	2308	2327	Then every 20 mins. until	0027	
Rainham Tesco	1649	1709	1729	1748	1808	1828	1846	1905	1924	1943	2001	2018	Then every 20 mins. until	2258	2316	2335	Then every 20 mins. until	0035	
Chandlers Corner	1652	1712	1732	1751	1811	1831	1849	1908	1927	1946	2003	2020	Then every 20 mins. until	2300	2318	2337	Then every 20 mins. until	0037	
Abbey Wood Lane	1657	1717	1737	1756	1816	1836	1854	1913	1932	1951	2008	2025	Then every 20 mins. until	2305	2323	2342	Then every 20 mins. until	0042	