

325 Mondays to Fridays																		
Prince Regent Station Bus Station	0455	0515	0535	0555	0615	0630	0645				0927		1315		1910	1925	1940	
Plaistow Abbey Arms	0501	0521	0541	0601	0621	0636	0652				0935		1323		1919	1933	1948	
Stopford Road Portway	0506	0526	0546	0606	0626	0641	0657				0941		1329		1925	1939	1954	
Forest Gate Upton Lane	0509	0529	0549	0610	0630	0645	0701			Then	0946	Then	1334	Then	1931	1944	1959	
Katherine Road Duke of Fife	0514	0534	0555	0616	0636	0651	0708		every 12	minutes	0954	every 12	1342	minutes	1939	1952	2007	
East Ham Station	0517	0537	0558	0619	0639	0654	0712		minutes	until	0959	until	1347	minutes	1944	1957	2012	
East Ham Newham Town Hall	0521	0541	0602	0623	0644	0659	0717		until		1006		1354	until	1951	2004	2018	
East Beckton Showcase Cinema	0527	0547	0608	0629	0650	0705	0723				1013		1401		1958	2011	2025	
East Beckton Sainsbury's	0531	0551	0612	0633	0654	0709	0727				1017		1405		2002	2015	2029	
Prince Regent Station Bus Station	2000	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340	0000	0020				
Plaistow Abbey Arms	2008	2028	2047	2107	2127	2147	2207	2227	2246	2306	2326	2346	0006	0026				
Stopford Road Portway	2014	2034	2053	2113	2133	2153	2213	2232	2251	2311	2331	2350	0010	0030				
Forest Gate Upton Lane	2019	2039	2057	2117	2137	2157	2217	2236	2255	2315	2334	2353	0013	0033				
Katherine Road Duke of Fife	2027	2046	2104	2124	2144	2203	2223	2242	2301	2321	2339	2358	0018	0038				
East Ham Station	2031	2050	2108	2128	2148	2207	2227	2246	2305	2324	2342	0001	0021	0041				
East Ham Newham Town Hall	2037	2056	2113	2133	2153	2212	2232	2251	2309	2328	2346	0005	0025	0045				
East Beckton Showcase Cinema	2044	2102	2119	2139	2159	2218	2238	2257	2315	2334	2352	0011	0031	0051				
East Beckton Sainsbury's	2048	2105	2122	2142	2202	2221	2241	2300	2318	2337	2355	0014	0034	0054				
325 Saturdays (also Good Friday)																		
Prince Regent Station Bus Station	0455	0525	0555	0625	0655	0715	0735	0755	0815	0830	0845	0900		1221		1657		1849
Plaistow Abbey Arms	0501	0531	0601	0631	0701	0721	0741	0802	0822	0837	0852	0907	Then	1230	Then	1706	Then	1857
Stopford Road Portway	0506	0536	0606	0636	0706	0726	0746	0807	0827	0842	0858	0913	about	1238	Then	1714	about	1903
Forest Gate Upton Lane	0509	0539	0609	0639	0709	0730	0750	0811	0831	0847	0903	0918	every	1244	every	1720	every	1908
Katherine Road Duke of Fife	0514	0544	0614	0645	0715	0736	0756	0817	0837	0854	0910	0925	12	1253	12	1729	12	1916
East Ham Station	0517	0547	0617	0648	0718	0740	0800	0821	0841	0858	0915	0930	mins.	1259	mins.	1735	mins.	1921
East Ham Newham Town Hall	0521	0551	0621	0652	0722	0745	0805	0826	0846	0903	0921	0936	until	1307	until	1743	until	1928
East Beckton Showcase Cinema	0527	0557	0627	0658	0728	0751	0811	0832	0852	0909	0927	0942		1315		1751		1935
East Beckton Sainsbury's	0531	0601	0631	0702	0732	0755	0815	0836	0856	0913	0931	0946		1319		1755		1938
Prince Regent Station Bus Station	1904	1919	1939	1959	2019	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340	0000	0020	
Plaistow Abbey Arms	1912	1927	1947	2007	2027	2047	2107	2127	2147	2207	2227	2247	2307	2327	2346	0006	0026	
Stopford Road Portway	1918	1933	1953	2013	2033	2053	2113	2133	2153	2213	2232	2252	2312	2332	2351	0010	0030	
Forest Gate Upton Lane	1923	1938	1958	2018	2038	2058	2117	2137	2157	2217	2236	2256	2316	2336	2354	0013	0033	
Katherine Road Duke of Fife	1931	1946	2006	2026	2046	2106	2125	2144	2204	2224	2242	2302	2322	2342	0000	0018	0038	
East Ham Station	1936	1951	2011	2031	2051	2110	2129	2148	2208	2228	2246	2306	2326	2345	0003	0021	0041	
East Ham Newham Town Hall	1943	1958	2018	2038	2057	2116	2135	2154	2213	2233	2251	2311	2331	2350	0007	0025	0045	
East Beckton Showcase Cinema	1950	2005	2025	2045	2104	2122	2141	2200	2219	2239	2257	2317	2337	2356	0013	0031	0051	
East Beckton Sainsbury's	1953	2008	2028	2048	2107	2125	2144	2203	2222	2242	2300	2320	2340	2359	0016	0034	0054	
325 Sundays and other Public Holidays (except Christmas Day)																		
Prince Regent Station Bus Station	0610	0640	0710	0740	0810	0840	0900	0920	0940	1000	1020	1039	1058	1118	1138	1158	1218	1238
Plaistow Abbey Arms	0616	0646	0716	0746	0816	0846	0907	0927	0948	1008	1028	1047	1106	1126	1146	1206	1226	1246
Stopford Road Portway	0620	0650	0720	0750	0821	0851	0912	0932	0954	1014	1034	1053	1112	1132	1152	1212	1232	1252
Forest Gate Upton Lane	0623	0653	0723	0754	0825	0855	0916	0937	0959	1019	1039	1058	1117	1137	1157	1218	1238	1258
Katherine Road Duke of Fife	0628	0658	0728	0759	0830	0901	0922	0944	1006	1026	1046	1106	1125	1145	1205	1226	1246	1306
East Ham Station	0631	0701	0731	0802	0833	0905	0926	0948	1010	1030	1050	1110	1130	1150	1210	1232	1252	1312
East Ham Newham Town Hall	0635	0705	0735	0806	0838	0910	0931	0953	1015	1036	1056	1116	1136	1157	1217	1239	1300	1320
East Beckton Showcase Cinema	0641	0711	0741	0812	0844	0916	0937	0959	1021	1042	1102	1123	1143	1204	1224	1246	1307	1327
East Beckton Sainsbury's	0645	0715	0745	0816	0848	0920	0941	1003	1025	1046	1106	1127	1147	1208	1228	1250	1311	1331
Prince Regent Station Bus Station	1258	1318	1338	1358	1418	1438	1458	1518	1538	1558	1618	1638	1658	1718	1738	1758	1819	1839
Plaistow Abbey Arms	1306	1326	1346	1406	1426	1446	1506	1526	1546	1606	1626	1646	1706	1726	1746	1806	1826	1846
Stopford Road Portway	1312	1332	1352	1412	1432	1452	1512	1532	1552	1612	1632	1652	1712	1732	1752	1812	1832	1852
Forest Gate Upton Lane	1318	1338	1358	1418	1438	1458	1517	1537	1557	1617	1637	1657	1717	1737	1757	1817	1837	1857
Katherine Road Duke of Fife	1327	1347	1407	1427	1447	1507	1526	1545	1605	1625	1645	1705	1725	1745	1805	1825	1845	1905
East Ham Station	1333	1353	1413	1432	1452	1512	1531	1550	1610	1630	1650	1710	1730	1750	1810	1830	1850	1909
East Ham Newham Town Hall	1341	1401	1421	1440	1500	1520	1539	1558	1618	1637	1657	1717	1737	1757	1816	1836	1856	1915
East Beckton Showcase Cinema	1348	1409	1429	1448	1508	1528	1547	1605	1625	1644	1704	1724	1744	1804	1823	1843	1903	1922
East Beckton Sainsbury's	1352	1413	1433	1452	1512	1532	1551	1609	1629	1648	1708	1728	1748	1808	1827	1847	1907	1926
Prince Regent Station Bus Station	1859	1919	1939	2000	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340	0000	0020	
Plaistow Abbey Arms	1906	1926	1946	2007	2027	2047	2107	2127	2147	2207	2227	2246	2306	2326	2346	0006	0026	
Stopford Road Portway	1912	1932	1952	2013	2033	2053	2113	2133	2153	2213	2233	2251	2311	2330	2350	0010	0030	
Forest Gate Upton Lane	1917	1937	1957	2017	2037	2057	2117	2137	2157	2217	2237	2255	2315	2334	2353	0013	0033	
Katherine Road Duke of Fife	1925	1945	2005	2025	2045	2105	2125	2143	2203	2223	2243	2301	2320	2339	2358	0018	0038	
East Ham Station	1929	1949	2009	2029	2049	2109	2129	2147	2207	2227	2247	2305	2323	2342	0001	0021	0041	
East Ham Newham Town Hall	1935	1955	2015	2034	2054	2114	2134	2152	2212	2232	2252	2309	2327	2346	0005	0025	0045	
East Beckton Showcase Cinema	1942	2001	2021	2040	2100	2120	2140	2158	2218	2238	2258	2315	2333	2352	0011	0031	0051	
East Beckton Sainsbury's	1946	2005	2024	2043	2103	2123	2143	2201	2221	2241	2301	2318	2336	2355	0014	0034	0054	

325		Mondays to Fridays																
East Beckton Sainsbury's	0500	0520	0540	0600	0615	0630	Then about every 12 minutes until	1008	Then every 12 minutes until	1120	1132	Then every 12 minutes until	1256	Then about every mins.	1840			
East Beckton Showcase Cinema	0503	0523	0543	0603	0618	0633		1012		1124	1136		1300		1844			
East Ham Newham Town Hall	0508	0528	0548	0608	0623	0638		1019		1131	1143		1307		1852			
East Ham Station	0512	0532	0552	0612	0627	0642		1026		1138	1151		1315		1901			
Katherine Road Duke of Fife	0515	0535	0555	0615	0631	0646		1031		1143	1156		1320		1907			
Forest Gate Upton Lane	0520	0540	0600	0621	0637	0652		1039		1151	1204		1328		1916			
Upton Lane Portway	0523	0543	0603	0624	0640	0655		1044		1156	1209		1333		1921			
Plaiestow Abbey Arms	0528	0548	0608	0629	0645	0701		1052		1204	1217		1341		1929			
Prince Regent Station Bus Station	0534	0554	0614	0635	0652	0708	1100	1212	1225	1349	1937							
East Beckton Sainsbury's	1853	1910	1925	1946	2007	2028	2049	2110	2130	2150	2210	2230	2250	2310	2330	2350	0010	0030
East Beckton Showcase Cinema	1857	1914	1929	1950	2011	2032	2052	2113	2133	2153	2213	2233	2253	2313	2333	2353	0013	0033
East Ham Newham Town Hall	1905	1921	1936	1957	2018	2038	2058	2119	2139	2159	2219	2239	2259	2319	2338	2358	0018	0038
East Ham Station	1914	1930	1945	2005	2025	2044	2104	2124	2144	2204	2224	2244	2303	2323	2342	0002	0022	0042
Katherine Road Duke of Fife	1920	1935	1950	2010	2030	2049	2108	2128	2148	2208	2228	2248	2307	2327	2345	0005	0025	0045
Forest Gate Upton Lane	1928	1943	1958	2017	2037	2056	2115	2134	2154	2214	2234	2254	2313	2333	2351	0010	0030	0050
Upton Lane Portway	1933	1947	2002	2021	2041	2100	2119	2138	2158	2218	2238	2258	2316	2336	2354	0013	0033	0053
Plaiestow Abbey Arms	1940	1954	2009	2028	2048	2107	2125	2144	2204	2224	2244	2303	2321	2341	2359	0018	0038	0058
Prince Regent Station Bus Station	1947	2001	2016	2035	2055	2113	2131	2150	2210	2230	2250	2309	2327	2347	0005	0024	0043	0103
325		Saturdays (also Good Friday)																
East Beckton Sainsbury's	0500	0530	0600	0630	0650	0710	0730	0750	0805	0820	0835	Then about every 12 minutes until	1836	1852	1907	1928	1948	
East Beckton Showcase Cinema	0503	0533	0603	0633	0653	0713	0733	0753	0808	0823	0838		1840	1856	1911	1932	1952	
East Ham Newham Town Hall	0508	0539	0609	0639	0659	0719	0739	0759	0814	0829	0844		1850	1905	1920	1940	2000	
East Ham Station	0511	0543	0613	0643	0703	0723	0743	0803	0819	0834	0849		1900	1915	1929	1949	2008	
Katherine Road Duke of Fife	0514	0546	0616	0647	0707	0727	0747	0807	0823	0838	0853		1905	1920	1934	1954	2013	
Forest Gate Upton Lane	0519	0551	0621	0653	0713	0733	0753	0813	0829	0845	0900		1913	1928	1942	2002	2020	
Upton Lane Portway	0522	0554	0624	0656	0716	0737	0757	0817	0833	0849	0904		1918	1932	1946	2006	2024	
Plaiestow Abbey Arms	0527	0559	0629	0701	0721	0742	0802	0822	0838	0854	0910		1925	1939	1953	2013	2031	
Prince Regent Station Bus Station	0533	0605	0635	0707	0727	0748	0808	0828	0845	0901	0917	1932	1946	2000	2020	2038		
East Beckton Sainsbury's	2008	2028	2049	2110	2130	2150	2210	2230	2250	2310	2330	2350	0010	0030				
East Beckton Showcase Cinema	2012	2032	2053	2113	2133	2153	2213	2233	2253	2313	2333	2353	0013	0033				
East Ham Newham Town Hall	2020	2040	2100	2120	2139	2159	2219	2239	2259	2319	2338	2358	0018	0038				
East Ham Station	2028	2048	2107	2126	2145	2204	2224	2244	2304	2324	2342	0002	0022	0042				
Katherine Road Duke of Fife	2033	2053	2112	2131	2149	2208	2228	2248	2308	2328	2345	0005	0025	0045				
Forest Gate Upton Lane	2040	2100	2119	2138	2156	2215	2235	2255	2314	2334	2351	0011	0030	0050				
Upton Lane Portway	2044	2104	2123	2142	2200	2219	2238	2258	2317	2337	2354	0014	0033	0053				
Plaiestow Abbey Arms	2051	2111	2130	2148	2206	2225	2244	2304	2322	2342	2359	0019	0038	0058				
Prince Regent Station Bus Station	2058	2118	2137	2154	2212	2231	2250	2310	2328	2348	0005	0024	0043	0103				
325		Sundays and other Public Holidays (except Christmas Day)																
East Beckton Sainsbury's	0525	0555	0625	0655	0725	0755	0825	0845	0904	0924	0944	1004	1023	1039	1058	1117	1136	1156
East Beckton Showcase Cinema	0528	0558	0628	0658	0728	0758	0828	0848	0907	0927	0947	1007	1026	1043	1102	1121	1140	1200
East Ham Newham Town Hall	0533	0603	0633	0704	0734	0804	0834	0854	0913	0933	0953	1013	1032	1050	1109	1128	1147	1207
East Ham Station	0537	0607	0637	0708	0738	0808	0838	0858	0918	0938	0958	1018	1037	1056	1115	1135	1155	1215
Katherine Road Duke of Fife	0540	0610	0640	0711	0742	0812	0842	0902	0922	0942	1002	1022	1042	1101	1120	1140	1200	1220
Forest Gate Upton Lane	0545	0615	0645	0716	0748	0818	0848	0909	0929	0949	1009	1029	1049	1109	1128	1148	1208	1228
Upton Lane Portway	0548	0618	0648	0719	0752	0822	0852	0913	0933	0953	1013	1033	1053	1113	1133	1153	1213	1233
Plaiestow Abbey Arms	0553	0623	0653	0724	0757	0827	0857	0918	0938	0959	1019	1039	1059	1120	1140	1200	1220	1240
Prince Regent Station Bus Station	0558	0628	0658	0730	0803	0833	0903	0924	0944	1005	1025	1045	1105	1126	1147	1207	1227	1247
East Beckton Sainsbury's	1213	1233	1251	1310	Then every 20 minutes until	1610	1630	1650	1710	1730	1750	1810	1830	1850	1910	1930	1950	
East Beckton Showcase Cinema	1217	1237	1256	1315		1615	1635	1654	1714	1734	1754	1814	1834	1853	1913	1933	1953	
East Ham Newham Town Hall	1224	1244	1303	1323		1623	1642	1701	1721	1741	1801	1821	1841	1900	1920	1940	2000	
East Ham Station	1233	1253	1312	1332		1632	1651	1710	1730	1750	1809	1829	1848	1906	1926	1946	2006	
Katherine Road Duke of Fife	1238	1258	1318	1338		1638	1657	1716	1736	1756	1814	1834	1853	1911	1931	1951	2011	
Forest Gate Upton Lane	1247	1307	1327	1347		1647	1706	1725	1744	1804	1822	1842	1901	1919	1939	1958	2018	
Upton Lane Portway	1252	1312	1332	1352		1652	1711	1730	1749	1809	1827	1846	1905	1923	1943	2002	2022	
Plaiestow Abbey Arms	1300	1320	1340	1400		1700	1719	1738	1756	1816	1834	1853	1912	1930	1950	2009	2028	
Prince Regent Station Bus Station	1307	1327	1347	1407	1707	1726	1745	1803	1823	1841	1900	1918	1936	1956	2015	2034		
East Beckton Sainsbury's	2010	2030	2050	2110	2130	2150	2210	2230	2250	2310	2330	2350	0010	0030				
East Beckton Showcase Cinema	2013	2033	2053	2113	2133	2153	2213	2233	2253	2313	2333	2353	0013	0033				
East Ham Newham Town Hall	2019	2039	2059	2119	2139	2159	2219	2239	2259	2319	2339	2359	0018	0038				
East Ham Station	2024	2044	2104	2124	2144	2203	2223	2243	2303	2323	2343	0002	0022	0042				
Katherine Road Duke of Fife	2028	2048	2108	2128	2148	2207	2227	2247	2307	2327	2346	0005	0025	0045				
Forest Gate Upton Lane	2035	2055	2115	2135	2154	2213	2233	2253	2313	2333	2351	0010	0030	0050				
Upton Lane Portway	2039	2059	2119	2139	2158	2216	2236	2256	2316	2336	2354	0013	0033	0053				
Plaiestow Abbey Arms	2045	2105	2124	2144	2203	2221	2241	2301	2321	2341	2359	0018	0038	0058				
Prince Regent Station Bus Station	2051	2111	2130	2150	2209	2227	2247	2307	2326	2346	0004	0023	0043	0103				