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Prince Regent – Forest Gate – East Beckton

325		Mondays to Fridays																	
Prince Regent Station Bus Station	0500	0520	0540	0600	0615	0629	0641	0651	0703	0713	0723	0733	0743	0753	0805	0817	0829	0841	
Plaiستow Abbey Arms	0506	0526	0546	0606	0621	0635	0648	0658	0710	0720	0731	0741	0752	0802	0814	0826	0838	0850	
Plaiستow Broadway Balaam Street	0508	0528	0548	0608	0623	0638	0651	0701	0713	0723	0734	0744	0755	0806	0818	0830	0842	0854	
Stopford Road Portway	0511	0531	0551	0611	0626	0641	0654	0704	0716	0726	0737	0747	0759	0810	0822	0834	0846	0858	
Forest Gate Upton Lane	0514	0534	0554	0614	0629	0645	0658	0708	0720	0731	0742	0752	0804	0816	0828	0840	0852	0904	
Katherine Road Duke of Fife	0519	0539	0600	0620	0635	0651	0704	0715	0727	0738	0749	0800	0812	0824	0836	0848	0900	0912	
East Ham Station	0523	0543	0604	0624	0639	0655	0708	0719	0731	0742	0753	0805	0817	0829	0841	0853	0905	0917	
East Ham Newham Town Hall	0528	0548	0609	0629	0644	0700	0713	0724	0736	0748	0759	0811	0823	0835	0847	0859	0911	0924	
East Beckton Showcase Cinema	0534	0554	0615	0635	0650	0706	0719	0731	0743	0755	0807	0819	0831	0843	0855	0907	0919	0931	
East Beckton Sainsbury's	0538	0558	0619	0639	0654	0710	0723	0735	0747	0759	0811	0823	0835	0847	0859	0911	0923	0935	
Prince Regent Station Bus Station	0853	0906	0918	0930	0942	Then every 12 minutes until	1406	1417	1428	1438	1450	1502	1514	1526	1532	1538	1550		
Plaiستow Abbey Arms	0902	0915	0927	0939	0951		1415	1426	1437	1447	1459	1511	1523	1535	1541	1547	1559		
Plaiستow Broadway Balaam Street	0906	0919	0931	0943	0954		1418	1429	1441	1451	1503	1515	1527	1539	1545	1551	1603		
Stopford Road Portway	0910	0923	0935	0947	0958		1422	1433	1445	1455	1507	1519	1531	1543	1549	1555	1607		
Forest Gate Upton Lane	0916	0928	0940	0952	1003		1427	1438	1451	1501	1513	1525	1537	1549	1555	1601	1613		
Katherine Road Duke of Fife	0924	0936	0948	1000	1011		1435	1447	1500	1510	1522	1534	1546	1558	1604	1610	1622		
East Ham Station	0929	0941	0953	1005	1016		1440	1452	1505	1516	1529	1541	1553	1605	1611	1617	1629		
East Ham Newham Town Hall	0936	0948	1000	1012	1023		1447	1500	1513	1524	1537	1549	1601	1613	1619	1625	1637		
East Beckton Showcase Cinema	0943	0955	1007	1019	1030		1454	1507	1520	1532	1545	1557	1609	1621	1627	1633	1645		
East Beckton Sainsbury's	0947	0959	1011	1023	1034		1458	1511	1524	1536	1549	1601	1613	1625	1631	1637	1649		
Prince Regent Station Bus Station	1602	1614	Then every 12 minutes until	1726	1738	1750	1802	1814	1826	1838	1850	1902	1915	1928	1942	2000	2020		
Plaiستow Abbey Arms	1611	1623		1735	1747	1759	1811	1823	1835	1847	1858	1910	1923	1936	1949	2007	2027		
Plaiستow Broadway Balaam Street	1615	1627		1739	1751	1803	1815	1827	1839	1851	1902	1914	1927	1939	1952	2010	2030		
Stopford Road Portway	1619	1631		1743	1755	1807	1819	1831	1843	1855	1906	1918	1930	1942	1955	2013	2033		
Forest Gate Upton Lane	1625	1637		1749	1801	1813	1824	1836	1848	1900	1911	1923	1935	1947	2000	2018	2037		
Katherine Road Duke of Fife	1634	1646		1758	1810	1822	1833	1845	1857	1909	1920	1932	1943	1955	2007	2025	2044		
East Ham Station	1641	1653		1805	1816	1828	1839	1851	1903	1915	1926	1938	1948	2000	2012	2029	2048		
East Ham Newham Town Hall	1649	1701		1813	1824	1836	1847	1859	1910	1922	1933	1945	1955	2007	2018	2035	2053		
East Beckton Showcase Cinema	1657	1709		1821	1832	1844	1855	1907	1918	1929	1940	1952	2002	2013	2024	2041	2059		
East Beckton Sainsbury's	1701	1714		1826	1837	1849	1900	1911	1922	1933	1944	1956	2006	2017	2028	2045	2103		
Prince Regent Station Bus Station	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340	0000	0020							
Plaiستow Abbey Arms	2047	2107	2127	2147	2207	2227	2247	2306	2326	2346	0006	0026							
Plaiستow Broadway Balaam Street	2050	2110	2130	2150	2210	2229	2249	2308	2328	2348	0008	0028							
Stopford Road Portway	2053	2113	2133	2153	2213	2232	2252	2311	2331	2351	0011	0031							
Forest Gate Upton Lane	2057	2117	2137	2157	2217	2236	2256	2315	2334	2354	0014	0034							
Katherine Road Duke of Fife	2104	2123	2143	2203	2223	2242	2302	2321	2340	0000	0019	0039							
East Ham Station	2108	2127	2147	2207	2227	2246	2306	2325	2344	0004	0023	0043							
East Ham Newham Town Hall	2113	2132	2152	2212	2232	2251	2310	2329	2348	0008	0027	0047							
East Beckton Showcase Cinema	2119	2138	2158	2218	2238	2257	2316	2335	2354	0014	0033	0053							
East Beckton Sainsbury's	2123	2142	2202	2222	2242	2301	2320	2339	2358	0018	0037	0057							
325		Saturdays (also Good Friday)																	
Prince Regent Station Bus Station	0500	0530	0600	0630	0650	0710	0730	0750	0805	0819	0831	0841	0852	0903	0915	0926	0937	0948	
Plaiستow Abbey Arms	0506	0536	0606	0636	0656	0716	0736	0757	0812	0826	0838	0848	0859	0910	0922	0933	0945	0956	
Plaiستow Broadway Balaam Street	0508	0538	0608	0638	0658	0718	0738	0759	0814	0828	0841	0851	0902	0913	0925	0936	0948	0959	
Stopford Road Portway	0511	0541	0611	0641	0701	0721	0741	0802	0817	0831	0844	0854	0905	0916	0928	0939	0951	1002	
Forest Gate Upton Lane	0514	0544	0614	0644	0704	0725	0745	0806	0821	0835	0848	0858	0910	0921	0933	0944	0956	1007	
Katherine Road Duke of Fife	0519	0549	0619	0650	0710	0731	0751	0812	0827	0841	0854	0904	0916	0928	0940	0951	1003	1015	
East Ham Station	0523	0553	0623	0654	0714	0735	0755	0816	0831	0845	0858	0909	0921	0933	0945	0956	1008	1020	
East Ham Newham Town Hall	0527	0557	0627	0658	0718	0739	0759	0821	0836	0850	0903	0915	0928	0940	0952	1004	1016	1028	
East Beckton Showcase Cinema	0533	0603	0633	0704	0724	0745	0805	0827	0842	0856	0909	0921	0934	0947	0959	1011	1023	1035	
East Beckton Sainsbury's	0537	0607	0637	0708	0728	0749	0809	0831	0846	0900	0913	0925	0938	0951	1003	1015	1027	1039	
Prince Regent Station Bus Station	1000	1012	1023	1035	1047	1059	1110	1122	1134	1145	1156	1208	1220	1232	Then every 12 minutes until	1644	1656		
Plaiستow Abbey Arms	1008	1020	1031	1043	1055	1107	1118	1130	1142	1153	1204	1216	1228	1240		1652	1704		
Plaiستow Broadway Balaam Street	1011	1023	1034	1046	1058	1110	1121	1133	1145	1156	1207	1219	1232	1244		1656	1708		
Stopford Road Portway	1014	1026	1038	1050	1102	1114	1125	1137	1149	1200	1211	1223	1236	1248		1700	1712		
Forest Gate Upton Lane	1019	1031	1043	1055	1107	1119	1130	1142	1154	1205	1216	1228	1241	1253		1705	1717		
Katherine Road Duke of Fife	1027	1039	1051	1103	1115	1127	1138	1150	1202	1214	1225	1237	1250	1302		1714	1726		
East Ham Station	1032	1044	1056	1108	1120	1132	1144	1156	1208	1220	1231	1243	1256	1308		1720	1732		
East Ham Newham Town Hall	1040	1052	1104	1116	1128	1140	1152	1204	1216	1228	1240	1252	1305	1317		1729	1740		
East Beckton Showcase Cinema	1047	1059	1111	1123	1135	1147	1159	1211	1223	1235	1247	1259	1312	1325		1737	1748		
East Beckton Sainsbury's	1051	1103	1115	1127	1139	1151	1203	1215	1227	1239	1251	1303	1316	1329		1741	1752		

325		Saturdays (also Good Friday) (cont.)																	
Prince Regent Station Bus Station	1708	1720	1732	1744	1756	1808	1820	1832	1844	1857	1910	1925	1940	2000	2020	2040	2100	2120	
Plaistow Abbey Arms	1716	1728	1740	1752	1804	1816	1828	1840	1852	1905	1918	1933	1947	2007	2027	2047	2107	2127	
Plaistow Broadway Balaam Street	1720	1732	1744	1756	1808	1820	1832	1844	1855	1908	1921	1936	1950	2010	2030	2050	2110	2130	
Stopford Road Portway	1724	1736	1748	1800	1812	1824	1835	1847	1858	1911	1924	1939	1953	2013	2033	2053	2113	2133	
Forest Gate Upton Lane	1729	1741	1753	1805	1817	1829	1840	1852	1903	1916	1929	1944	1958	2017	2037	2057	2117	2137	
Katherine Road Duke of Fife	1738	1749	1801	1813	1825	1837	1848	1900	1911	1924	1937	1952	2006	2025	2045	2105	2124	2144	
East Ham Station	1744	1755	1806	1818	1830	1842	1853	1905	1916	1929	1942	1957	2011	2029	2049	2109	2128	2148	
East Ham Newham Town Hall	1752	1803	1814	1825	1837	1849	1900	1912	1923	1936	1949	2003	2017	2035	2054	2114	2133	2153	
East Beckton Showcase Cinema	1800	1810	1821	1832	1844	1856	1907	1919	1930	1943	1955	2009	2023	2041	2100	2120	2139	2159	
East Beckton Sainsbury's	1804	1814	1825	1836	1848	1900	1911	1923	1934	1947	1959	2013	2027	2045	2104	2124	2143	2203	
Prince Regent Station Bus Station	2140	2200	2220	2240	2300	2320	2340	0000	0020										
Plaistow Abbey Arms	2147	2207	2227	2247	2307	2327	2347	0006	0026										
Plaistow Broadway Balaam Street	2150	2210	2230	2250	2310	2330	2349	0008	0028										
Stopford Road Portway	2153	2213	2233	2253	2313	2333	2352	0011	0031										
Forest Gate Upton Lane	2157	2217	2237	2257	2317	2336	2355	0014	0034										
Katherine Road Duke of Fife	2204	2224	2244	2304	2323	2341	0000	0019	0039										
East Ham Station	2208	2228	2248	2308	2327	2345	0004	0023	0043										
East Ham Newham Town Hall	2213	2233	2253	2313	2331	2349	0008	0027	0047										
East Beckton Showcase Cinema	2219	2239	2259	2319	2337	2355	0014	0033	0053										
East Beckton Sainsbury's	2223	2243	2303	2323	2341	2359	0018	0037	0057										
325		Sundays and other Public Holidays (except Christmas Day)																	
Prince Regent Station Bus Station	0615	0645	0715	0745	0815	0835	0855	0914	0933	0953	1011	1031	1051	1110	1130	1150	1210	1230	
Plaistow Abbey Arms	0621	0651	0721	0751	0821	0841	0901	0921	0940	1000	1019	1039	1059	1118	1138	1158	1218	1238	
Plaistow Broadway Balaam Street	0623	0653	0723	0753	0823	0843	0904	0924	0943	1003	1022	1042	1102	1121	1141	1201	1221	1241	
Stopford Road Portway	0626	0656	0726	0756	0826	0846	0907	0927	0946	1006	1025	1045	1105	1124	1144	1204	1224	1244	
Forest Gate Upton Lane	0629	0659	0730	0800	0830	0850	0911	0931	0951	1011	1030	1050	1110	1129	1149	1210	1230	1250	
Katherine Road Duke of Fife	0634	0704	0735	0805	0835	0855	0917	0938	0958	1018	1037	1057	1117	1137	1157	1218	1239	1259	
East Ham Station	0638	0708	0739	0809	0839	0859	0922	0943	1003	1023	1042	1102	1122	1142	1202	1224	1245	1305	
East Ham Newham Town Hall	0642	0712	0743	0813	0844	0904	0927	0949	1010	1029	1049	1109	1129	1149	1210	1232	1253	1313	
East Beckton Showcase Cinema	0648	0718	0749	0819	0850	0910	0933	0955	1017	1036	1056	1116	1136	1156	1217	1239	1300	1321	
East Beckton Sainsbury's	0652	0722	0753	0823	0854	0914	0937	0959	1021	1040	1100	1120	1140	1200	1221	1243	1304	1325	
Prince Regent Station Bus Station	1250			1430	1450	1510	1530	1550	1610	1630	1650	1710	1730	1750	1810	1830	1850	1910	
Plaistow Abbey Arms	1258			1438	1458	1518	1538	1558	1618	1638	1658	1718	1738	1758	1817	1837	1857	1917	
Plaistow Broadway Balaam Street	1301			1441	1501	1521	1541	1601	1621	1641	1701	1721	1741	1801	1820	1840	1900	1920	
Stopford Road Portway	1304			1444	1504	1524	1544	1604	1624	1644	1704	1724	1744	1804	1823	1843	1903	1923	
Forest Gate Upton Lane	1310			1450	1509	1529	1549	1609	1629	1649	1709	1729	1749	1809	1828	1848	1908	1928	
Katherine Road Duke of Fife	1319			1459	1518	1538	1557	1617	1637	1657	1717	1737	1757	1817	1836	1855	1915	1935	
East Ham Station	1325			1505	1524	1544	1603	1623	1643	1702	1722	1742	1802	1822	1841	1900	1919	1939	
East Ham Newham Town Hall	1333			1513	1532	1552	1611	1631	1650	1709	1729	1749	1808	1828	1847	1906	1925	1944	
East Beckton Showcase Cinema	1341			1521	1540	1600	1619	1638	1657	1716	1736	1756	1814	1834	1853	1912	1931	1950	
East Beckton Sainsbury's	1345			1525	1544	1604	1623	1642	1701	1720	1740	1800	1818	1838	1857	1916	1935	1954	
Prince Regent Station Bus Station	1930	1945	2002	2020				2220	2240	2300	2320	2340	0000	0020					
Plaistow Abbey Arms	1937	1952	2009	2027				2227	2247	2306	2326	2346	0006	0026					
Plaistow Broadway Balaam Street	1940	1955	2012	2030				2230	2250	2309	2329	2348	0008	0028					
Stopford Road Portway	1943	1958	2015	2033				2233	2253	2312	2332	2351	0011	0031					
Forest Gate Upton Lane	1947	2002	2019	2037				2237	2257	2316	2335	2354	0014	0034					
Katherine Road Duke of Fife	1954	2008	2025	2043				2243	2303	2322	2341	2359	0019	0039					
East Ham Station	1958	2012	2029	2047				2247	2307	2326	2345	0003	0023	0043					
East Ham Newham Town Hall	2003	2017	2034	2052				2252	2311	2330	2349	0007	0027	0047					
East Beckton Showcase Cinema	2009	2023	2040	2058				2258	2317	2336	2355	0013	0033	0053					
East Beckton Sainsbury's	2013	2027	2044	2102				2302	2321	2340	2359	0017	0037	0057					

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East Beckton – Forest Gate – Prince Regent

325		Mondays to Fridays																
East Beckton Sainsbury's	0450	0515	0535	0555	0615	0630	0645	0656	0707	0718	0729	0739	0749	0800	0812	0824	0836	0848
East Beckton Showcase Cinema	0453	0518	0538	0558	0618	0633	0648	0659	0710	0721	0732	0742	0752	0803	0815	0827	0839	0851
East Ham Newham Town Hall	0458	0523	0544	0604	0624	0639	0654	0705	0716	0728	0739	0749	0759	0811	0823	0835	0847	0859
East Ham Station	0502	0527	0548	0608	0629	0644	0659	0711	0722	0734	0745	0756	0807	0819	0831	0843	0855	0907
Katherine Road Duke of Fife	0506	0531	0552	0612	0633	0648	0703	0716	0727	0739	0750	0801	0813	0825	0837	0849	0901	0913
Forest Gate Upton Lane	0512	0537	0558	0618	0639	0654	0710	0723	0735	0747	0758	0810	0822	0834	0846	0858	0910	0922
Upton Lane Portway	0515	0540	0601	0621	0642	0657	0714	0727	0739	0752	0803	0815	0827	0839	0851	0903	0915	0927
Plaistow Broadway Balaam Street	0518	0543	0604	0624	0645	0701	0718	0731	0743	0756	0808	0820	0832	0844	0856	0908	0920	0932
Plaistow Abbey Arms	0520	0545	0606	0626	0647	0704	0721	0734	0746	0759	0811	0823	0835	0847	0859	0911	0923	0935
Prince Regent Station Bus Station	0526	0551	0612	0632	0654	0711	0728	0741	0754	0807	0819	0831	0843	0855	0907	0919	0931	0943
East Beckton Sainsbury's	0900			1348	1359	1410	1422	1433	1444	1455			1643	1655	1707	1719	1731	1743
East Beckton Showcase Cinema	0904			1352	1403	1414	1426	1437	1448	1459			1647	1659	1711	1723	1735	1747
East Ham Newham Town Hall	0911			1359	1410	1421	1433	1444	1456	1507			1655	1707	1719	1731	1743	1755
East Ham Station	0919			1407	1418	1429	1441	1453	1505	1516			1704	1716	1728	1740	1752	1804
Katherine Road Duke of Fife	0925			1413	1424	1435	1447	1459	1511	1523			1711	1722	1734	1746	1758	1810
Forest Gate Upton Lane	0934			1422	1434	1445	1457	1509	1521	1533			1721	1732	1744	1756	1808	1820
Upton Lane Portway	0939			1427	1439	1450	1502	1514	1526	1538			1726	1737	1749	1801	1813	1825
Plaistow Broadway Balaam Street	0944			1432	1444	1455	1507	1519	1531	1543			1731	1742	1754	1806	1818	1830
Plaistow Abbey Arms	0947			1435	1447	1458	1510	1522	1534	1546			1734	1745	1757	1809	1821	1833
Prince Regent Station Bus Station	0955			1443	1455	1507	1519	1531	1543	1555			1743	1754	1806	1817	1829	1841
East Beckton Sainsbury's	1755	1808	1820	1833	1846	1859	1914	1932	1951	2010	2030	2050	2110	2130	2150	2210	2230	2250
East Beckton Showcase Cinema	1759	1812	1824	1837	1850	1903	1918	1936	1955	2014	2034	2053	2113	2133	2153	2213	2233	2253
East Ham Newham Town Hall	1807	1820	1832	1844	1857	1910	1925	1943	2001	2020	2040	2059	2119	2139	2159	2219	2239	2259
East Ham Station	1816	1829	1841	1853	1906	1919	1934	1951	2008	2026	2046	2105	2125	2144	2204	2224	2244	2304
Katherine Road Duke of Fife	1822	1835	1847	1859	1912	1925	1939	1956	2013	2031	2051	2110	2130	2149	2209	2229	2249	2309
Forest Gate Upton Lane	1832	1844	1856	1908	1921	1934	1947	2004	2020	2038	2058	2117	2137	2156	2216	2236	2256	2315
Upton Lane Portway	1837	1849	1901	1913	1926	1939	1951	2008	2024	2042	2102	2121	2141	2200	2220	2239	2259	2318
Plaistow Broadway Balaam Street	1842	1854	1906	1918	1931	1943	1955	2012	2028	2046	2106	2125	2145	2204	2224	2243	2302	2321
Plaistow Abbey Arms	1845	1857	1909	1921	1934	1946	1958	2015	2031	2049	2109	2128	2148	2207	2227	2246	2304	2323
Prince Regent Station Bus Station	1853	1905	1917	1929	1942	1954	2006	2022	2038	2056	2116	2135	2155	2214	2233	2252	2311	2330
East Beckton Sainsbury's	2310	2330	2350	0010	0030													
East Beckton Showcase Cinema	2313	2333	2353	0013	0033													
East Ham Newham Town Hall	2318	2338	2358	0018	0038													
East Ham Station	2323	2343	0003	0023	0043													
Katherine Road Duke of Fife	2328	2348	0008	0028	0048													
Forest Gate Upton Lane	2334	2354	0014	0034	0054													
Upton Lane Portway	2337	2357	0017	0037	0057													
Plaistow Broadway Balaam Street	2340	0000	0020	0040	0100													
Plaistow Abbey Arms	2342	0002	0022	0042	0102													
Prince Regent Station Bus Station	2349	0009	0028	0048	0108													
325		Saturdays (also Good Friday)																
East Beckton Sainsbury's	0450	0520	0549	0618	0648	0707	0727	0747	0807	0822	0834	0846	0857	0909	0921	0933	0944	0954
East Beckton Showcase Cinema	0453	0523	0552	0621	0651	0710	0730	0750	0810	0825	0837	0849	0900	0912	0924	0936	0947	0958
East Ham Newham Town Hall	0458	0528	0558	0627	0657	0716	0736	0756	0816	0831	0843	0855	0906	0918	0930	0942	0954	1005
East Ham Station	0502	0532	0602	0631	0701	0720	0740	0800	0821	0836	0848	0900	0913	0925	0937	0949	1001	1012
Katherine Road Duke of Fife	0506	0536	0606	0635	0705	0724	0744	0804	0825	0841	0853	0906	0919	0931	0943	0955	1007	1018
Forest Gate Upton Lane	0511	0541	0611	0641	0711	0730	0750	0810	0831	0848	0900	0914	0927	0939	0951	1003	1015	1026
Upton Lane Portway	0514	0544	0614	0644	0714	0734	0754	0814	0835	0852	0904	0918	0931	0943	0955	1007	1019	1031
Plaistow Broadway Balaam Street	0517	0547	0617	0647	0717	0737	0757	0817	0838	0855	0908	0922	0935	0947	0959	1011	1023	1035
Plaistow Abbey Arms	0519	0549	0619	0649	0719	0739	0759	0819	0840	0857	0911	0925	0938	0950	1002	1014	1026	1038
Prince Regent Station Bus Station	0525	0555	0625	0655	0725	0745	0806	0826	0847	0904	0918	0932	0945	0958	1010	1022	1034	1046
East Beckton Sainsbury's	1004	1015	1026			1138	1148			1248	1300			1736	1748	1800	1813	1826
East Beckton Showcase Cinema	1008	1019	1030			1142	1152			1252	1304			1740	1752	1804	1817	1830
East Ham Newham Town Hall	1015	1026	1037			1149	1200			1300	1313			1749	1801	1813	1826	1839
East Ham Station	1023	1034	1045			1157	1209			1309	1322			1758	1810	1822	1835	1847
Katherine Road Duke of Fife	1029	1041	1052			1204	1216			1316	1328			1804	1816	1828	1841	1853
Forest Gate Upton Lane	1038	1050	1101			1213	1225			1325	1337			1813	1825	1837	1849	1901
Upton Lane Portway	1043	1055	1106			1218	1230			1330	1342			1818	1830	1842	1854	1906
Plaistow Broadway Balaam Street	1047	1059	1111			1223	1235			1335	1347			1823	1834	1846	1858	1910
Plaistow Abbey Arms	1050	1102	1114			1226	1238			1338	1350			1826	1837	1849	1901	1913
Prince Regent Station Bus Station	1058	1110	1122			1234	1246			1346	1358			1834	1845	1857	1908	1920

325		Saturdays (also Good Friday) (cont.)																
East Beckton Sainsbury's	1839	1852	1905	1918	1933	1950	2010	2030	2050	2110	2130	2150	2210	2230	2250	2310	2330	2350
East Beckton Showcase Cinema	1843	1856	1909	1922	1937	1954	2014	2034	2054	2113	2133	2153	2213	2233	2253	2313	2333	2353
East Ham Newham Town Hall	1852	1905	1917	1929	1944	2001	2021	2040	2100	2119	2139	2159	2219	2239	2259	2319	2339	2359
East Ham Station	1900	1913	1925	1937	1952	2008	2028	2047	2106	2125	2145	2204	2224	2244	2304	2324	2344	0004
Katherine Road Duke of Fife	1905	1918	1930	1942	1957	2013	2033	2052	2111	2130	2150	2209	2229	2249	2309	2329	2349	0009
Forest Gate Upton Lane	1913	1926	1938	1950	2005	2020	2040	2059	2118	2137	2157	2216	2236	2256	2315	2335	2355	0015
Upton Lane Portway	1918	1931	1943	1955	2009	2024	2044	2103	2122	2141	2201	2220	2240	2259	2318	2338	2358	0018
Plaistow Broadway Balaam Street	1922	1935	1947	1959	2013	2028	2048	2107	2126	2145	2205	2224	2244	2303	2322	2341	0001	0021
Plaistow Abbey Arms	1925	1938	1950	2002	2016	2031	2051	2110	2129	2148	2208	2227	2246	2305	2324	2343	0003	0023
Prince Regent Station Bus Station	1932	1945	1957	2009	2023	2038	2058	2117	2136	2155	2215	2234	2253	2312	2331	2350	0009	0029
East Beckton Sainsbury's	0010	0030																
East Beckton Showcase Cinema	0013	0033																
East Ham Newham Town Hall	0019	0039																
East Ham Station	0024	0044																
Katherine Road Duke of Fife	0029	0049																
Forest Gate Upton Lane	0035	0055																
Upton Lane Portway	0038	0058																
Plaistow Broadway Balaam Street	0041	0101																
Plaistow Abbey Arms	0043	0103																
Prince Regent Station Bus Station	0049	0109																
325		Sundays and other Public Holidays (except Christmas Day)																
East Beckton Sainsbury's	0530	0600	0630	0700	0730	0800	0830	0850	0910	0930	0950	1010	1030	1049	1109	1128	1146	1205
East Beckton Showcase Cinema	0533	0603	0633	0703	0733	0803	0833	0853	0913	0933	0953	1014	1034	1053	1113	1132	1150	1209
East Ham Newham Town Hall	0538	0608	0639	0709	0739	0809	0839	0859	0919	0939	0959	1021	1041	1100	1120	1139	1157	1216
East Ham Station	0542	0612	0643	0713	0743	0813	0843	0903	0924	0944	1005	1028	1048	1107	1127	1146	1205	1224
Katherine Road Duke of Fife	0546	0616	0647	0717	0747	0817	0847	0908	0929	0949	1010	1033	1053	1112	1132	1151	1211	1230
Forest Gate Upton Lane	0551	0621	0652	0723	0753	0823	0853	0915	0936	0956	1018	1041	1101	1120	1140	1200	1220	1239
Upton Lane Portway	0554	0624	0655	0726	0757	0827	0857	0919	0940	1000	1022	1045	1105	1125	1145	1205	1225	1244
Plaistow Broadway Balaam Street	0557	0627	0658	0729	0800	0830	0900	0922	0944	1004	1026	1049	1109	1129	1149	1209	1229	1249
Plaistow Abbey Arms	0559	0629	0700	0731	0802	0832	0902	0924	0946	1007	1029	1052	1112	1132	1152	1212	1232	1252
Prince Regent Station Bus Station	0605	0635	0706	0737	0808	0838	0909	0931	0953	1015	1037	1100	1120	1140	1200	1220	1240	1300
East Beckton Sainsbury's	1224	1244	1303			1543	1604	1624	1645	1706	1727	1747	1808	1830	1850	1910	1930	1950
East Beckton Showcase Cinema	1228	1248	1307			1547	1608	1628	1649	1710	1731	1751	1812	1834	1854	1914	1933	1953
East Ham Newham Town Hall	1235	1255	1315			1555	1616	1636	1656	1717	1738	1758	1819	1840	1900	1920	1939	1959
East Ham Station	1244	1304	1324			1604	1625	1645	1705	1726	1747	1807	1827	1847	1906	1926	1945	2005
Katherine Road Duke of Fife	1250	1310	1330			1610	1631	1651	1711	1732	1753	1813	1833	1852	1911	1931	1950	2010
Forest Gate Upton Lane	1259	1319	1339			1619	1640	1700	1720	1740	1801	1821	1841	1900	1919	1938	1957	2017
Upton Lane Portway	1304	1324	1344			1624	1645	1705	1725	1745	1805	1825	1845	1904	1923	1942	2001	2021
Plaistow Broadway Balaam Street	1309	1329	1349			1629	1649	1709	1729	1749	1809	1829	1849	1908	1927	1946	2005	2025
Plaistow Abbey Arms	1312	1332	1352			1632	1652	1712	1732	1752	1812	1832	1852	1911	1930	1949	2008	2028
Prince Regent Station Bus Station	1320	1340	1400			1640	1700	1720	1740	1800	1820	1840	1900	1918	1937	1956	2015	2035
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	2158	2218	2238	2258	2318	2338	2358	0018	0038				
East Ham Station	2025	2044	2104	2124	2144	2203	2223	2243	2303	2323	2343	0003	0023	0043				
Katherine Road Duke of Fife	2030	2049	2109	2129	2149	2208	2228	2248	2308	2328	2348	0008	0028	0048				
Forest Gate Upton Lane	2037	2056	2116	2136	2156	2215	2235	2255	2314	2334	2354	0014	0034	0054				
Upton Lane Portway	2041	2100	2120	2140	2200	2218	2238	2258	2317	2337	2357	0017	0037	0057				
Plaistow Broadway Balaam Street	2045	2103	2123	2143	2203	2221	2241	2301	2320	2340	0000	0020	0040	0100				
Plaistow Abbey Arms	2048	2106	2126	2145	2205	2223	2243	2303	2322	2342	0002	0022	0042	0102				
Prince Regent Station Bus Station	2055	2113	2133	2152	2212	2230	2250	2310	2329	2349	0009	0028	0048	0108				