

325		Mondays to Fridays																		
Prince Regent Station Bus Station	0455	0515	0535	0555	0615	0630	0645	0657	0708	0719	0730	0739	0748	0758	0809	0821	0834	0847		
Plaiستow Abbey Arms	0501	0521	0541	0601	0621	0636	0652	0704	0715	0726	0738	0748	0757	0808	0820	0832	0845	0857		
Plaiستow Broadway Balaam Street	0503	0523	0543	0603	0623	0638	0654	0706	0717	0729	0741	0751	0800	0812	0824	0836	0849	0901		
Stopford Road Portway	0506	0526	0546	0606	0626	0641	0657	0709	0720	0732	0744	0754	0804	0816	0828	0840	0853	0905		
Forest Gate Upton Lane	0509	0529	0549	0610	0630	0645	0701	0713	0725	0737	0749	0759	0810	0822	0835	0847	0859	0911		
Katherine Road Duke of Fife	0514	0534	0555	0616	0636	0651	0708	0720	0732	0744	0756	0807	0818	0830	0843	0855	0907	0919		
East Ham Station	0517	0537	0558	0619	0639	0654	0712	0724	0736	0748	0800	0812	0824	0836	0848	0900	0912	0924		
East Ham Newham Town Hall	0521	0541	0602	0623	0644	0659	0717	0729	0741	0754	0807	0819	0831	0843	0855	0907	0919	0931		
East Beckton Showcase Cinema	0527	0547	0608	0629	0650	0705	0723	0735	0749	0802	0815	0827	0839	0851	0903	0914	0926	0938		
East Beckton Sainsbury's	0531	0551	0612	0633	0654	0709	0727	0739	0753	0806	0819	0831	0843	0855	0907	0918	0930	0942		
Prince Regent Station Bus Station	0901	0914	0927	Then every 12 minutes until			1315	1327	1339	1351	1403	1415	1427	1437	1446	1457	1509	1521	1527	
Plaiستow Abbey Arms	0910	0922	0935				1323	1335	1347	1359	1411	1423	1436	1446	1455	1506	1519	1531	1537	
Plaiستow Broadway Balaam Street	0913	0925	0938				1326	1338	1350	1402	1414	1426	1439	1450	1459	1510	1523	1535	1541	
Stopford Road Portway	0917	0929	0941				1329	1341	1354	1406	1418	1430	1443	1454	1503	1514	1527	1539	1545	
Forest Gate Upton Lane	0923	0934	0946				1334	1347	1400	1412	1424	1436	1449	1500	1510	1522	1535	1547	1552	
Katherine Road Duke of Fife	0931	0942	0954				1342	1355	1408	1420	1432	1445	1458	1509	1520	1532	1545	1557	1602	
East Ham Station	0936	0947	0959				1347	1400	1413	1425	1437	1450	1503	1515	1527	1539	1551	1603	1608	
East Ham Newham Town Hall	0943	0954	1006				1354	1407	1420	1432	1444	1458	1511	1523	1535	1547	1559	1611	1616	
East Beckton Showcase Cinema	0950	1001	1013				1401	1414	1427	1439	1451	1505	1518	1531	1543	1555	1607	1619	1624	
East Beckton Sainsbury's	0954	1005	1017				1405	1418	1431	1443	1455	1509	1522	1535	1547	1559	1611	1623	1628	
Prince Regent Station Bus Station	1533	1546	Then every 12 minutes until			1810	1822	1834	1846	1858	1910	1925	1940	2000	2020	2040	2100	2120	2140	
Plaiستow Abbey Arms	1543	1556				1820	1832	1843	1855	1907	1919	1933	1948	2008	2028	2047	2107	2127	2147	
Plaiستow Broadway Balaam Street	1547	1600				1824	1836	1847	1859	1910	1922	1936	1951	2011	2031	2050	2110	2130	2150	
Stopford Road Portway	1551	1604				1828	1840	1851	1903	1914	1925	1939	1954	2014	2034	2053	2113	2133	2153	
Forest Gate Upton Lane	1557	1610				1834	1846	1857	1909	1920	1931	1944	1959	2019	2039	2057	2117	2137	2157	
Katherine Road Duke of Fife	1607	1619				1843	1855	1906	1918	1929	1939	1952	2007	2027	2046	2104	2124	2144	2203	
East Ham Station	1613	1625				1849	1901	1912	1924	1934	1944	1957	2012	2031	2050	2108	2128	2148	2207	
East Ham Newham Town Hall	1621	1633				1857	1908	1919	1931	1941	1951	2004	2018	2037	2056	2113	2133	2153	2212	
East Beckton Showcase Cinema	1629	1641				1905	1916	1927	1938	1948	1958	2011	2025	2044	2102	2119	2139	2159	2218	
East Beckton Sainsbury's	1633	1645				1909	1920	1931	1942	1952	2002	2015	2029	2048	2105	2122	2142	2202	2221	
Prince Regent Station Bus Station	2200	2220	2240	2300	2320	2340	0000	0020												
Plaiستow Abbey Arms	2207	2227	2246	2306	2326	2346	0006	0026												
Plaiستow Broadway Balaam Street	2210	2229	2248	2308	2328	2348	0008	0028												
Stopford Road Portway	2213	2232	2251	2311	2331	2350	0010	0030												
Forest Gate Upton Lane	2217	2236	2255	2315	2334	2353	0013	0033												
Katherine Road Duke of Fife	2223	2242	2301	2321	2339	2358	0018	0038												
East Ham Station	2227	2246	2305	2324	2342	0001	0021	0041												
East Ham Newham Town Hall	2232	2251	2309	2328	2346	0005	0025	0045												
East Beckton Showcase Cinema	2238	2257	2315	2334	2352	0011	0031	0051												
East Beckton Sainsbury's	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	0912	0924	0935	0946	0958	1010		
Plaiستow Abbey Arms	0501	0531	0601	0631	0701	0721	0741	0802	0822	0837	0852	0907	0919	0931	0943	0954	1006	1018		
Plaiستow Broadway Balaam Street	0503	0533	0603	0633	0703	0723	0743	0804	0824	0839	0855	0910	0922	0934	0946	0957	1009	1021		
Stopford Road Portway	0506	0536	0606	0636	0706	0726	0746	0807	0827	0842	0858	0913	0925	0937	0949	1000	1012	1024		
Forest Gate Upton Lane	0509	0539	0609	0639	0709	0730	0750	0811	0831	0847	0903	0918	0930	0942	0954	1005	1017	1029		
Katherine Road Duke of Fife	0514	0544	0614	0645	0715	0736	0756	0817	0837	0854	0910	0925	0937	0949	1001	1013	1025	1037		
East Ham Station	0517	0547	0617	0648	0718	0740	0800	0821	0841	0858	0915	0930	0942	0954	1006	1018	1030	1042		
East Ham Newham Town Hall	0521	0551	0621	0652	0722	0745	0805	0826	0846	0903	0921	0936	0949	1001	1013	1025	1037	1049		
East Beckton Showcase Cinema	0527	0557	0627	0658	0728	0751	0811	0832	0852	0909	0927	0942	0955	1008	1020	1032	1044	1056		
East Beckton Sainsbury's	0531	0601	0631	0702	0732	0755	0815	0836	0856	0913	0931	0946	0959	1012	1024	1036	1048	1100		
Prince Regent Station Bus Station	1021	Then every 12 minutes until			1121	1133	1145	1157	1209	1221	Then every 12 minutes until			1657	1709	1722	1734	1747	1759	1811
Plaiستow Abbey Arms	1029				1129	1141	1153	1205	1218	1230				1706	1718	1730	1742	1755	1807	1819
Plaiستow Broadway Balaam Street	1032				1132	1144	1156	1208	1221	1234				1710	1722	1734	1746	1759	1811	1823
Stopford Road Portway	1036				1136	1148	1200	1212	1225	1238				1714	1726	1738	1750	1803	1815	1827
Forest Gate Upton Lane	1041				1141	1153	1205	1217	1231	1244				1720	1732	1744	1756	1808	1820	1832
Katherine Road Duke of Fife	1049				1149	1201	1214	1226	1240	1253				1729	1741	1753	1805	1817	1829	1840
East Ham Station	1054				1154	1207	1220	1232	1246	1259				1735	1746	1758	1810	1822	1834	1845
East Ham Newham Town Hall	1101				1201	1214	1227	1240	1254	1307				1743	1754	1806	1817	1829	1841	1852
East Beckton Showcase Cinema	1108				1208	1221	1234	1247	1301	1315				1751	1802	1814	1825	1837	1849	1859
East Beckton Sainsbury's	1112				1212	1225	1238	1251	1305	1319				1755	1806	1818	1829	1841	1853	1902

325	Saturdays (also Good Friday) (cont.)																	
Prince Regent Station Bus Station	1824	1836	1849	1904	1919	1939	1959	2019	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340
Plaistow Abbey Arms	1832	1844	1857	1912	1927	1947	2007	2027	2047	2107	2127	2147	2207	2227	2247	2307	2327	2346
Plaistow Broadway Balaam Street	1836	1848	1900	1915	1930	1950	2010	2030	2050	2110	2130	2150	2210	2229	2249	2309	2329	2348
Stopford Road Portway	1839	1851	1903	1918	1933	1953	2013	2033	2053	2113	2133	2153	2213	2232	2252	2312	2332	2351
Forest Gate Upton Lane	1844	1856	1908	1923	1938	1958	2018	2038	2058	2117	2137	2157	2217	2236	2256	2316	2336	2354
Katherine Road Duke of Fife	1852	1904	1916	1931	1946	2006	2026	2046	2106	2125	2144	2204	2224	2242	2302	2322	2342	0000
East Ham Station	1857	1909	1921	1936	1951	2011	2031	2051	2110	2129	2148	2208	2228	2246	2306	2326	2345	0003
East Ham Newham Town Hall	1904	1916	1928	1943	1958	2018	2038	2057	2116	2135	2154	2213	2233	2251	2311	2331	2350	0007
East Beckton Showcase Cinema	1911	1923	1935	1950	2005	2025	2045	2104	2122	2141	2200	2219	2239	2257	2317	2337	2356	0013
East Beckton Sainsbury's	1914	1926	1938	1953	2008	2028	2048	2107	2125	2144	2203	2222	2242	2300	2320	2340	2359	0016
Prince Regent Station Bus Station	0000	0020																
Plaistow Abbey Arms	0006	0026																
Plaistow Broadway Balaam Street	0008	0028																
Stopford Road Portway	0010	0030																
Forest Gate Upton Lane	0013	0033																
Katherine Road Duke of Fife	0018	0038																
East Ham Station	0021	0041																
East Ham Newham Town Hall	0025	0045																
East Beckton Showcase Cinema	0031	0051																
East Beckton Sainsbury's	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
Plaistow Broadway Balaam Street	0618	0648	0718	0748	0818	0848	0909	0929	0951	1011	1031	1050	1109	1129	1149	1209	1229	1249
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
Plaistow Broadway Balaam Street	1309	1329	1349	1409	1429	1449	1509	1529	1549	1609	1629	1649	1709	1729	1749	1809	1829	1849
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	
Plaistow Broadway Balaam Street	1909	1929	1949	2010	2030	2050	2110	2130	2150	2210	2230	2248	2308	2328	2348	0008	0028	
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

East Beckton – Forest Gate – Prince Regent

325	Mondays to Fridays																		
East Beckton Sainsbury's	0500	0520	0540	0600	0615	0630	0642	0653	0704	0715	0725	0735	0746	0756	0807	0818	0830	0842	
East Beckton Showcase Cinema	0503	0523	0543	0603	0618	0633	0645	0656	0707	0718	0728	0738	0749	0759	0810	0821	0833	0845	
East Ham Newham Town Hall	0508	0528	0548	0608	0623	0638	0650	0702	0713	0724	0734	0745	0756	0807	0819	0831	0843	0855	
East Ham Station	0512	0532	0552	0612	0627	0642	0655	0707	0718	0729	0740	0751	0802	0813	0825	0838	0850	0902	
Katherine Road Duke of Fife	0515	0535	0555	0615	0631	0646	0659	0711	0722	0733	0745	0756	0807	0818	0831	0844	0855	0907	
Forest Gate Upton Lane	0520	0540	0600	0621	0637	0652	0705	0718	0730	0741	0753	0804	0816	0827	0840	0853	0904	0916	
Upton Lane Portway	0523	0543	0603	0624	0640	0655	0709	0722	0734	0746	0758	0810	0822	0834	0846	0858	0909	0921	
Plaistow Broadway Balaam Street	0526	0546	0606	0627	0643	0659	0713	0726	0738	0750	0802	0815	0827	0840	0852	0904	0914	0926	
Plaistow Abbey Arms	0528	0548	0608	0629	0645	0701	0715	0728	0740	0753	0805	0818	0830	0843	0855	0907	0917	0929	
Prince Regent Station Bus Station	0534	0554	0614	0635	0652	0708	0722	0735	0748	0801	0813	0826	0838	0851	0903	0915	0925	0937	
East Beckton Sainsbury's	0855	0908	0921	0933	0945	0957	1008	Then every 12 minutes until	1120	1132	Then every 12 minutes until	1256	1307	1319	1331	1343			
East Beckton Showcase Cinema	0858	0911	0924	0936	0948	1000	1012		1124	1136		1300	1311	1323	1335	1347			
East Ham Newham Town Hall	0907	0919	0931	0943	0955	1007	1019		1131	1143		1307	1318	1330	1342	1354			
East Ham Station	0914	0926	0938	0950	1002	1014	1026		1138	1151		1315	1326	1338	1350	1402			
Katherine Road Duke of Fife	0919	0931	0943	0955	1007	1019	1031		1143	1156		1320	1331	1343	1355	1407			
Forest Gate Upton Lane	0927	0939	0951	1003	1015	1027	1039		1151	1204		1328	1340	1352	1404	1416			
Upton Lane Portway	0932	0944	0956	1008	1020	1032	1044		1156	1209		1333	1345	1357	1409	1421			
Plaistow Broadway Balaam Street	0937	0949	1001	1013	1025	1037	1049		1201	1214		1338	1350	1402	1414	1426			
Plaistow Abbey Arms	0940	0952	1004	1016	1028	1040	1052		1204	1217		1341	1353	1405	1417	1429			
Prince Regent Station Bus Station	0948	1000	1012	1024	1036	1048	1100		1212	1225		1349	1401	1413	1425	1437			
East Beckton Sainsbury's	1355	1407	1419	1429	1440	1452	1504	1516	1528	1540	1552	1604	1616	1628	1640	1652	1704	1716	
East Beckton Showcase Cinema	1359	1411	1423	1433	1444	1456	1508	1520	1532	1544	1556	1608	1620	1632	1644	1656	1708	1720	
East Ham Newham Town Hall	1406	1418	1430	1440	1451	1503	1515	1527	1539	1551	1603	1615	1627	1639	1651	1703	1716	1728	
East Ham Station	1414	1426	1438	1448	1459	1511	1523	1535	1548	1600	1612	1624	1636	1648	1700	1712	1725	1737	
Katherine Road Duke of Fife	1419	1431	1443	1453	1505	1517	1530	1542	1554	1606	1618	1630	1642	1654	1706	1718	1731	1743	
Forest Gate Upton Lane	1428	1440	1452	1503	1515	1527	1540	1552	1604	1616	1628	1640	1652	1704	1716	1728	1741	1753	
Upton Lane Portway	1433	1445	1458	1510	1522	1534	1546	1558	1610	1622	1634	1646	1658	1710	1722	1734	1746	1758	
Plaistow Broadway Balaam Street	1438	1450	1503	1515	1528	1540	1552	1604	1615	1627	1639	1651	1703	1715	1727	1739	1751	1803	
Plaistow Abbey Arms	1441	1453	1506	1518	1531	1543	1555	1607	1618	1630	1642	1654	1706	1718	1730	1742	1754	1806	
Prince Regent Station Bus Station	1449	1502	1515	1527	1540	1552	1604	1616	1627	1639	1651	1703	1714	1726	1738	1750	1802	1814	
East Beckton Sainsbury's	1728	1740	1752	1804	1816	1828	1840	1853	1910	1925	1946	2007	2028	2049	2110	2130	2150	2210	
East Beckton Showcase Cinema	1732	1744	1756	1808	1820	1832	1844	1857	1914	1929	1950	2011	2032	2052	2113	2133	2153	2213	
East Ham Newham Town Hall	1740	1752	1804	1816	1828	1840	1852	1905	1921	1936	1957	2018	2038	2058	2119	2139	2159	2219	
East Ham Station	1749	1801	1813	1825	1837	1849	1901	1914	1930	1945	2005	2025	2044	2104	2124	2144	2204	2224	
Katherine Road Duke of Fife	1755	1807	1819	1831	1843	1855	1907	1920	1935	1950	2010	2030	2049	2108	2128	2148	2208	2228	
Forest Gate Upton Lane	1805	1817	1829	1840	1852	1904	1916	1928	1943	1958	2017	2037	2056	2115	2134	2154	2214	2234	
Upton Lane Portway	1810	1822	1834	1845	1857	1909	1921	1933	1947	2002	2021	2041	2100	2119	2138	2158	2218	2238	
Plaistow Broadway Balaam Street	1815	1827	1839	1850	1902	1914	1926	1937	1951	2006	2025	2045	2104	2123	2142	2202	2222	2242	
Plaistow Abbey Arms	1818	1830	1842	1853	1905	1917	1929	1940	1954	2009	2028	2048	2107	2125	2144	2204	2224	2244	
Prince Regent Station Bus Station	1826	1838	1850	1901	1913	1925	1937	1947	2001	2016	2035	2055	2113	2131	2150	2210	2230	2250	
East Beckton Sainsbury's	2230	2250	2310	2330	2350	0010	0030												
East Beckton Showcase Cinema	2233	2253	2313	2333	2353	0013	0033												
East Ham Newham Town Hall	2239	2259	2319	2338	2358	0018	0038												
East Ham Station	2244	2303	2323	2342	0002	0022	0042												
Katherine Road Duke of Fife	2248	2307	2327	2345	0005	0025	0045												
Forest Gate Upton Lane	2254	2313	2333	2351	0010	0030	0050												
Upton Lane Portway	2258	2316	2336	2354	0013	0033	0053												
Plaistow Broadway Balaam Street	2301	2319	2339	2357	0016	0036	0056												
Plaistow Abbey Arms	2303	2321	2341	2359	0018	0038	0058												
Prince Regent Station Bus Station	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	0847	0857	0908	0920	0930	0942	0953	
East Beckton Showcase Cinema	0503	0533	0603	0633	0653	0713	0733	0753	0808	0823	0838	0850	0900	0911	0923	0933	0945	0956	
East Ham Newham Town Hall	0508	0539	0609	0639	0659	0719	0739	0759	0814	0829	0844	0856	0907	0918	0930	0940	0952	1003	
East Ham Station	0511	0543	0613	0643	0703	0723	0743	0803	0819	0834	0849	0901	0913	0924	0936	0947	0959	1010	
Katherine Road Duke of Fife	0514	0546	0616	0647	0707	0727	0747	0807	0823	0838	0853	0905	0917	0929	0941	0952	1004	1015	
Forest Gate Upton Lane	0519	0551	0621	0653	0713	0733	0753	0813	0829	0845	0900	0912	0924	0936	0948	1000	1012	1023	
Upton Lane Portway	0522	0554	0624	0656	0716	0737	0757	0817	0833	0849	0904	0916	0928	0940	0952	1004	1016	1028	
Plaistow Broadway Balaam Street	0525	0557	0627	0659	0719	0740	0800	0820	0836	0852	0908	0920	0932	0944	0956	1008	1020	1032	
Plaistow Abbey Arms	0527	0559	0629	0701	0721	0742	0802	0822	0838	0854	0910	0923	0935	0947	0959	1011	1023	1035	
Prince Regent Station Bus Station	0533	0605	0635	0707	0727	0748	0808	0828	0845	0901	0917	0930	0942	0954	1006	1018	1030	1042	

325 Saturdays (also Good Friday) (cont.)																			
East Beckton Sainsbury's	1005	1017	1029	1039	1050	1102	1114	1126	1138	1150	1202	1214	1225	1237	1249	1301	1313	1325	
East Beckton Showcase Cinema	1008	1020	1032	1043	1054	1106	1118	1130	1142	1154	1206	1218	1229	1241	1253	1305	1317	1329	
East Ham Newham Town Hall	1015	1027	1039	1050	1101	1113	1125	1138	1150	1202	1214	1226	1238	1250	1302	1314	1326	1338	
East Ham Station	1022	1034	1046	1057	1109	1121	1133	1146	1158	1211	1223	1235	1247	1259	1311	1323	1335	1347	
Katherine Road Duke of Fife	1027	1039	1051	1102	1114	1126	1138	1151	1203	1216	1228	1240	1252	1304	1316	1329	1341	1353	
Forest Gate Upton Lane	1035	1047	1059	1111	1123	1135	1147	1200	1212	1225	1237	1249	1301	1313	1325	1338	1350	1402	
Upton Lane Portway	1040	1052	1104	1116	1128	1140	1152	1205	1217	1230	1242	1254	1306	1318	1330	1343	1355	1407	
Plaistow Broadway Balaam Street	1044	1056	1109	1121	1133	1145	1157	1210	1222	1235	1247	1259	1311	1323	1335	1348	1400	1412	
Plaistow Abbey Arms	1047	1059	1112	1124	1136	1148	1200	1213	1225	1238	1250	1302	1314	1326	1338	1351	1403	1415	
Prince Regent Station Bus Station	1054	1106	1119	1131	1143	1155	1207	1220	1232	1245	1257	1309	1321	1333	1345	1358	1410	1422	
East Beckton Sainsbury's	1337	1348	1359			1511	1523			1659	1712	1724	1736	1748	1800	1812	1824	1836	
East Beckton Showcase Cinema	1341	1352	1404			1516	1528			1704	1717	1729	1741	1753	1804	1816	1828	1840	
East Ham Newham Town Hall	1350	1402	1414			1526	1538			1714	1727	1739	1751	1803	1814	1826	1838	1850	
East Ham Station	1359	1411	1423			1535	1547			1723	1736	1748	1800	1812	1824	1836	1848	1900	
Katherine Road Duke of Fife	1405	1417	1429			1541	1553			1729	1741	1753	1805	1817	1829	1841	1853	1905	
Forest Gate Upton Lane	1415	1427	1439			1551	1602			1738	1750	1802	1814	1826	1838	1850	1902	1913	
Upton Lane Portway	1420	1432	1444			1556	1607			1743	1755	1807	1819	1831	1843	1855	1907	1918	
Plaistow Broadway Balaam Street	1425	1437	1449			1601	1612			1748	1800	1812	1824	1836	1848	1900	1911	1922	
Plaistow Abbey Arms	1428	1440	1452			1604	1615			1751	1803	1815	1827	1839	1851	1903	1914	1925	
Prince Regent Station Bus Station	1435	1447	1459			1611	1622			1758	1810	1822	1834	1846	1858	1910	1921	1932	
East Beckton Sainsbury's	1852	1907	1928	1948	2008	2028	2049	2110	2130	2150	2210	2230	2250	2310	2330	2350	0010	0030	
East Beckton Showcase Cinema	1856	1911	1932	1952	2012	2032	2053	2113	2133	2153	2213	2233	2253	2313	2333	2353	0013	0033	
East Ham Newham Town Hall	1905	1920	1940	2000	2020	2040	2100	2120	2139	2159	2219	2239	2259	2319	2338	2358	0018	0038	
East Ham Station	1915	1929	1949	2008	2028	2048	2107	2126	2145	2204	2224	2244	2304	2324	2342	0002	0022	0042	
Katherine Road Duke of Fife	1920	1934	1954	2013	2033	2053	2112	2131	2149	2208	2228	2248	2308	2328	2345	0005	0025	0045	
Forest Gate Upton Lane	1928	1942	2002	2020	2040	2100	2119	2138	2156	2215	2235	2255	2314	2334	2351	0011	0030	0050	
Upton Lane Portway	1932	1946	2006	2024	2044	2104	2123	2142	2200	2219	2238	2258	2317	2337	2354	0014	0033	0053	
Plaistow Broadway Balaam Street	1936	1950	2010	2028	2048	2108	2127	2146	2204	2223	2242	2302	2320	2340	2357	0017	0036	0056	
Plaistow Abbey Arms	1939	1953	2013	2031	2051	2111	2130	2148	2206	2225	2244	2304	2322	2342	2359	0019	0038	0058	
Prince Regent Station Bus Station	1946	2000	2020	2038	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	
Plaistow Broadway Balaam Street	0551	0621	0651	0722	0755	0825	0855	0916	0936	0957	1017	1037	1057	1117	1137	1157	1217	1237	
Plaistow 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				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
Plaistow Broadway Balaam Street	1257	1317	1337	1357				1657	1716	1735	1753	1813	1831	1850	1909	1927	1947	2006	2026
Plaistow 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	2358	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					
Plaistow Broadway Balaam Street	2043	2103	2122	2142	2201	2219	2239	2259	2319	2339	2357	0016	0036	0056					
Plaistow 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					