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## Redbridge – Ilford – Beckton

366		Mondays to Fridays																
Roding Lane South Falmouth Gardens	0515	0535	0555	0610	0625	0640	0652	0704	0716	0726	0733	0741	0751	0801	0811	0821	0831	0841
Redbridge Station Eastern Avenue	0518	0538	0558	0613	0628	0643	0656	0709	0721	0731	0738	0747	0757	0807	0818	0828	0838	0848
Ilford Station	0526	0546	0606	0621	0636	0651	0706	0721	0733	0743	0752	0802	0812	0822	0833	0843	0853	0903
Ilford High Road Hainault Street	0530	0550	0610	0625	0640	0655	0710	0725	0737	0747	0756	0806	0816	0827	0838	0848	0858	0908
Sunnyside Road Mortlake Road	0535	0555	0615	0630	0645	0700	0716	0731	0743	0753	0802	0812	0822	0833	0844	0854	0904	0914
Loxford Lane South Park Drive	0539	0559	0619	0634	0649	0705	0721	0736	0748	0758	0808	0818	0828	0839	0850	0900	0909	0919
Barking Station	0546	0606	0626	0641	0657	0714	0730	0745	0758	0808	0818	0828	0838	0849	0900	0910	0919	0929
Barking London Road	0548	0608	0628	0643	0659	0716	0732	0747	0801	0811	0821	0831	0841	0852	0903	0913	0922	0932
East Beckton Showcase Cinema	0554	0614	0634	0649	0706	0723	0739	0754	0809	0819	0829	0839	0849	0900	0910	0920	0929	0939
East Beckton Sainsbury's	0558	0618	0638	0654	0711	0728	0744	0759	0814	0824	0834	0844	0854	0904	0914	0924	0933	0943
Gallions Reach Shopping Park	0604	0624	0644	0700	0717	0734	0750	0805	0820	0830	0840	0850	0900	0910	0920	0930	0939	0949
Cyprus Savage Gardens	0611	0631	0651	0708	0725	0742	0758	0813	0828	0838	0848	0858	0908	0918	0928	0938	0947	0957
Beckton Bus Station	0613	0633	0653	0710	0727	0744	0800	0815	0830	0840	0850	0900	0910	0920	0930	0940	0949	0959
Roding Lane South Falmouth Gardens	0851	0901	0911	0921	0931	0941	0951	1001			1341	1351	1401	1411	1421	1431	1440	1449
Redbridge Station Eastern Avenue	0858	0908	0918	0927	0936	0946	0956	1005			1345	1355	1405	1415	1425	1435	1444	1453
Ilford Station	0913	0922	0931	0940	0949	0959	1008	1016			1356	1406	1416	1426	1436	1446	1455	1504
Ilford High Road Hainault Street	0918	0927	0936	0945	0954	1004	1013	1021			1401	1411	1421	1431	1441	1451	1500	1509
Sunnyside Road Mortlake Road	0924	0933	0942	0951	1000	1010	1019	1027			1407	1417	1427	1437	1447	1457	1506	1516
Loxford Lane South Park Drive	0929	0938	0947	0956	1005	1014	1023	1031			1411	1421	1431	1441	1451	1501	1511	1521
Barking Station	0939	0948	0957	1006	1014	1023	1032	1040			1420	1430	1440	1450	1500	1510	1520	1530
Barking London Road	0942	0951	1000	1009	1017	1026	1035	1043			1423	1433	1443	1453	1503	1513	1523	1533
East Beckton Showcase Cinema	0949	0958	1007	1016	1024	1033	1042	1050			1430	1440	1450	1500	1510	1520	1530	1540
East Beckton Sainsbury's	0953	1002	1011	1020	1028	1037	1046	1054			1434	1444	1454	1504	1514	1524	1534	1544
Gallions Reach Shopping Park	0959	1009	1018	1027	1035	1044	1053	1101			1441	1451	1501	1511	1521	1531	1541	1551
Cyprus Savage Gardens	1007	1017	1026	1035	1043	1052	1101	1109			1449	1459	1510	1520	1530	1540	1550	1600
Beckton Bus Station	1009	1019	1028	1037	1045	1054	1103	1111			1451	1502	1513	1523	1533	1543	1553	1603
Roding Lane South Falmouth Gardens	1457	1505			1655	1705	1715	1725	1735	1745	1755	1805	1815	1825	1835	1845	1855	1905
Redbridge Station Eastern Avenue	1501	1510			1700	1710	1720	1730	1740	1750	1800	1810	1821	1831	1841	1851	1901	1910
Ilford Station	1514	1524			1714	1724	1734	1744	1754	1804	1813	1823	1834	1844	1854	1904	1913	1921
Ilford High Road Hainault Street	1519	1529			1719	1729	1739	1749	1759	1809	1818	1828	1839	1849	1859	1909	1918	1926
Sunnyside Road Mortlake Road	1526	1536			1726	1736	1746	1756	1806	1816	1825	1835	1846	1856	1906	1916	1925	1933
Loxford Lane South Park Drive	1531	1541			1731	1741	1751	1801	1811	1821	1830	1840	1851	1901	1910	1920	1929	1937
Barking Station	1540	1550			1740	1750	1800	1810	1820	1830	1839	1849	1900	1909	1918	1928	1937	1945
Barking London Road	1543	1553			1743	1753	1803	1813	1823	1833	1842	1852	1902	1911	1920	1930	1939	1947
East Beckton Showcase Cinema	1550	1600			1750	1800	1809	1819	1829	1839	1848	1858	1908	1917	1926	1936	1945	1953
East Beckton Sainsbury's	1554	1604			1754	1804	1813	1823	1833	1843	1852	1902	1912	1921	1930	1940	1949	1957
Gallions Reach Shopping Park	1601	1611			1801	1811	1820	1830	1840	1850	1859	1909	1919	1928	1937	1947	1956	2004
Cyprus Savage Gardens	1610	1620			1810	1819	1828	1838	1848	1858	1907	1917	1927	1936	1945	1955	2004	2012
Beckton Bus Station	1613	1623			1813	1822	1831	1841	1851	1901	1909	1919	1929	1938	1947	1957	2006	2014
Roding Lane South Falmouth Gardens	1915	1925	1940	1955	2010	2025	2040	2055	2110	2125	2140	2155	2210	2225	2240			0025
Redbridge Station Eastern Avenue	1920	1930	1945	2000	2015	2030	2045	2059	2114	2129	2144	2159	2214	2229	2243			0028
Ilford Station	1931	1941	1955	2010	2025	2040	2054	2108	2123	2138	2153	2208	2222	2236	2250			0035
Ilford High Road Hainault Street	1936	1946	2000	2014	2029	2044	2058	2112	2127	2142	2157	2212	2226	2240	2254			0039
Sunnyside Road Mortlake Road	1943	1953	2006	2020	2035	2049	2103	2117	2132	2147	2202	2217	2231	2245	2259			0044
Loxford Lane South Park Drive	1947	1957	2010	2024	2039	2053	2107	2121	2136	2151	2206	2220	2234	2248	2302			0047
Barking Station	1955	2005	2018	2032	2046	2100	2114	2128	2143	2158	2212	2226	2240	2254	2308			0053
Barking London Road	1957	2007	2020	2034	2048	2102	2116	2130	2145	2200	2214	2228	2242	2256	2310			0055
East Beckton Showcase Cinema	2003	2013	2026	2040	2054	2108	2122	2136	2151	2205	2219	2233	2247	2301	2315			0100
East Beckton Sainsbury's	2007	2017	2030	2044	2058	2112	2126	2140	2155	2209	2222	2236	2250	2304	2318			0103
Gallions Reach Shopping Park	2014	2024	2036	2050	2104	2118	2132	2146	2200	2214	2227	2241	2255	2309	2323			0108
Cyprus Savage Gardens	2022	2032	2044	2058	2112	2126	2140	2154	2207	2221	2234	2248	2302	2316	2330			0115
Beckton Bus Station	2024	2034	2046	2100	2114	2128	2142	2156	2209	2223	2236	2250	2304	2318	2332			0117

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## Saturdays (also Good Friday)

Roding Lane South Falmouth Gardens	0515		0815	0830	0844	0858	0907	0917	0927	0936	0945	0954	1003	1013	1022	1031	1040	
Redbridge Station Eastern Avenue	0518		0818	0833	0847	0901	0911	0921	0931	0940	0949	0958	1008	1018	1027	1036	1045	
Ilford Station	0526		0826	0841	0856	0911	0921	0931	0941	0950	0959	1009	1019	1029	1038	1047	1056	
Ilford High Road Hainault Street	0530		0830	0845	0900	0915	0925	0935	0945	0954	1003	1013	1023	1033	1042	1051	1100	
Sunnyside Road Mortlake Road	0535	Then every 20 minutes until	0835	0850	0905	0920	0930	0940	0950	0959	1009	1019	1029	1039	1048	1057	1106	
Loxford Lane South Park Drive	0539		0839	0854	0909	0924	0934	0944	0954	1003	1013	1023	1033	1043	1052	1101	1110	
Barking Station	0546		0846	0901	0916	0931	0941	0951	1001	1011	1021	1031	1041	1051	1100	1110	1119	
Barking London Road	0548		0848	0903	0918	0933	0943	0953	1003	1013	1023	1033	1043	1053	1103	1113	1122	
East Beckton Showcase Cinema	0554		0854	0909	0924	0939	0949	0959	1009	1019	1029	1039	1049	1059	1109	1119	1129	
East Beckton Sainsbury's	0558		0858	0913	0928	0943	0953	1003	1013	1023	1033	1043	1053	1103	1113	1123	1133	
Gallions Reach Shopping Park	0604		0904	0919	0934	0949	0959	1010	1020	1030	1040	1050	1100	1110	1120	1130	1140	
Cyprus Savage Gardens	0611		0911	0926	0941	0956	1006	1017	1027	1037	1047	1057	1108	1118	1128	1138	1148	
Beckton Bus Station	0613		0913	0928	0943	0958	1008	1019	1029	1039	1049	1059	1110	1120	1130	1140	1150	
Roding Lane South Falmouth Gardens	1049		1058	1107	1117	1127	1136	1145	1154	1203		1253	1303			1643	1654	1705
Redbridge Station Eastern Avenue	1054	1103	1113	1123	1133	1142	1151	1200	1209		1259	1308			1648	1659	1710	
Ilford Station	1106	1116	1126	1136	1146	1155	1204	1213	1222		1312	1322			1702	1713	1724	
Ilford High Road Hainault Street	1110	1120	1130	1140	1150	1159	1209	1218	1227		1317	1327			1707	1718	1729	
Sunnyside Road Mortlake Road	1116	1126	1136	1146	1156	1205	1215	1224	1233	Then every 10 minutes until	1323	1333	Then every 10 minutes until		1713	1724	1735	
Loxford Lane South Park Drive	1120	1130	1140	1150	1200	1210	1220	1229	1238		1328	1338		1718	1729	1740		
Barking Station	1129	1139	1149	1159	1209	1219	1229	1238	1247		1337	1347		1727	1738	1749		
Barking London Road	1132	1142	1152	1202	1212	1222	1232	1241	1250		1340	1350		1730	1741	1752		
East Beckton Showcase Cinema	1139	1149	1159	1209	1219	1229	1239	1248	1257		1347	1357		1737	1748	1758		
East Beckton Sainsbury's	1143	1153	1203	1213	1223	1233	1243	1252	1301		1351	1401		1741	1752	1802		
Gallions Reach Shopping Park	1150	1200	1210	1220	1230	1240	1250	1259	1309		1359	1409		1749	1759	1809		
Cyprus Savage Gardens	1158	1208	1218	1228	1238	1248	1258	1307	1317		1407	1417		1757	1807	1817		
Beckton Bus Station	1200	1210	1220	1230	1240	1250	1300	1310	1320		1410	1420		1800	1809	1819		
Roding Lane South Falmouth Gardens	1715	1725	1736	1747	1758	1809	1819	1829	1839		1850	1900		1910	1925	1940	1955	2010
Redbridge Station Eastern Avenue	1720	1730	1741	1752	1803	1814	1824	1834	1844	1855	1905	1915	1930	1945	2000	2015	2030	2045
Ilford Station	1734	1744	1754	1805	1815	1825	1835	1845	1855	1906	1916	1926	1941	1956	2010	2025	2040	2055
Ilford High Road Hainault Street	1739	1749	1759	1810	1820	1830	1840	1850	1900	1911	1921	1931	1946	2001	2015	2030	2045	2100
Sunnyside Road Mortlake Road	1745	1755	1805	1816	1826	1836	1846	1856	1906	1917	1927	1937	1952	2007	2021	2036	2051	2105
Loxford Lane South Park Drive	1750	1800	1810	1820	1830	1840	1850	1900	1910	1921	1931	1941	1956	2011	2025	2040	2055	2109
Barking Station	1759	1809	1819	1829	1839	1849	1859	1909	1919	1930	1940	1950	2005	2019	2033	2047	2102	2116
Barking London Road	1802	1812	1822	1831	1841	1851	1901	1911	1921	1932	1942	1952	2007	2021	2035	2049	2104	2118
East Beckton Showcase Cinema	1808	1818	1828	1837	1847	1857	1907	1917	1927	1938	1948	1958	2013	2027	2041	2055	2109	2123
East Beckton Sainsbury's	1812	1822	1832	1841	1851	1901	1911	1921	1931	1942	1952	2002	2017	2031	2045	2059	2113	2127
Gallions Reach Shopping Park	1819	1829	1839	1848	1858	1908	1918	1928	1938	1949	1959	2009	2023	2037	2051	2105	2119	2133
Cyprus Savage Gardens	1827	1837	1847	1856	1906	1916	1926	1936	1946	1957	2006	2016	2030	2044	2058	2112	2126	2140
Beckton Bus Station	1829	1839	1849	1858	1908	1918	1928	1938	1948	1959	2008	2018	2032	2046	2100	2114	2128	2142
Roding Lane South Falmouth Gardens	2055	2110	2125	2140	2155	2210	2225	2240	2255	2310			0025					
Redbridge Station Eastern Avenue	2100	2115	2129	2144	2158	2213	2228	2243	2258	2313			0028					
Ilford Station	2109	2124	2138	2152	2206	2221	2236	2251	2306	2320			0035					
Ilford High Road Hainault Street	2114	2128	2142	2156	2210	2225	2240	2255	2310	2324			0039					
Sunnyside Road Mortlake Road	2119	2133	2147	2201	2215	2230	2245	2300	2315	2329	Then every 15 minutes until		0044					
Loxford Lane South Park Drive	2123	2137	2151	2205	2219	2234	2249	2304	2318	2332		0047						
Barking Station	2130	2144	2158	2212	2226	2241	2256	2310	2324	2338		0053						
Barking London Road	2132	2146	2200	2214	2228	2243	2258	2312	2326	2340		0055						
East Beckton Showcase Cinema	2137	2151	2205	2219	2233	2248	2303	2317	2331	2345		0100						
East Beckton Sainsbury's	2141	2155	2209	2223	2237	2252	2306	2320	2334	2348		0103						
Gallions Reach Shopping Park	2147	2201	2215	2229	2243	2257	2311	2325	2339	2353		0108						
Cyprus Savage Gardens	2154	2208	2222	2236	2250	2304	2318	2332	2346	0000		0115						
Beckton Bus Station	2156	2210	2224	2238	2252	2306	2320	2334	2348	0002		0117						

366		Sundays and other Public Holidays (except Christmas Day)																	
Roding Lane South Falmouth Gardens	0553	0623	0653	0723	0753	0823	0853	0923	0945	1005	1025	1040	1055	1110	1125	1140	1155	1210	
Redbridge Station Eastern Avenue	0556	0626	0656	0726	0756	0826	0856	0926	0948	1008	1028	1043	1058	1113	1128	1143	1158	1213	
Ilford Station	0603	0633	0703	0734	0804	0834	0905	0935	0957	1017	1037	1052	1107	1122	1137	1152	1207	1223	
Ilford High Road Hainault Street	0607	0637	0707	0738	0808	0838	0909	0939	1001	1021	1041	1056	1111	1126	1141	1156	1212	1228	
Sunnyside Road Mortlake Road	0611	0641	0711	0743	0813	0843	0914	0944	1006	1026	1046	1101	1116	1131	1146	1202	1218	1234	
Loxford Lane South Park Drive	0614	0644	0714	0746	0817	0847	0918	0948	1010	1030	1050	1105	1120	1135	1150	1206	1222	1238	
Barking Station	0620	0650	0720	0752	0824	0854	0925	0956	1018	1038	1058	1113	1128	1143	1158	1214	1230	1246	
Barking London Road	0622	0652	0722	0754	0826	0856	0927	0958	1020	1040	1100	1115	1130	1145	1200	1216	1232	1248	
East Beckton Showcase Cinema	0627	0657	0727	0759	0831	0902	0933	1005	1027	1047	1107	1122	1137	1152	1207	1223	1239	1255	
East Beckton Sainsbury's	0630	0700	0730	0802	0834	0906	0937	1009	1031	1051	1111	1126	1141	1156	1211	1227	1243	1259	
Gallions Reach Shopping Park	0636	0706	0736	0808	0840	0912	0944	1016	1038	1058	1118	1134	1149	1204	1219	1235	1251	1307	
Cyprus Savage Gardens	0643	0713	0743	0815	0847	0919	0951	1023	1045	1106	1126	1142	1157	1212	1227	1243	1259	1315	
Beckton Bus Station	0645	0715	0745	0817	0849	0921	0953	1025	1047	1108	1128	1144	1159	1214	1229	1245	1301	1317	
Roding Lane South Falmouth Gardens	1225	1240	1255	1310	Then every 15 minutes until	1455	1510	1525	1540	1555	1610	1625	1640	1655	1710	1725	1740		
Redbridge Station Eastern Avenue	1229	1244	1259	1315		1500	1515	1530	1545	1600	1615	1630	1645	1700	1715	1730	1744		
Ilford Station	1239	1255	1311	1327		1512	1527	1542	1557	1611	1626	1641	1656	1711	1726	1741	1755		
Ilford High Road Hainault Street	1244	1300	1316	1332		1517	1532	1547	1602	1616	1631	1646	1701	1716	1731	1746	1800		
Sunnyside Road Mortlake Road	1250	1306	1322	1338		1523	1538	1553	1608	1622	1637	1652	1707	1722	1737	1752	1806		
Loxford Lane South Park Drive	1254	1310	1326	1342		1527	1542	1557	1612	1626	1641	1656	1711	1726	1741	1756	1810		
Barking Station	1302	1318	1334	1350		1535	1550	1605	1620	1634	1649	1704	1719	1734	1749	1804	1818		
Barking London Road	1304	1320	1336	1352		1537	1552	1607	1622	1636	1651	1706	1721	1736	1751	1806	1820		
East Beckton Showcase Cinema	1310	1326	1342	1358		1543	1558	1613	1628	1642	1657	1712	1727	1742	1757	1811	1825		
East Beckton Sainsbury's	1315	1331	1347	1403		1548	1603	1617	1632	1646	1701	1716	1731	1746	1801	1815	1829		
Gallions Reach Shopping Park	1323	1339	1355	1411		1556	1610	1624	1639	1653	1707	1722	1737	1752	1807	1821	1835		
Cyprus Savage Gardens	1331	1347	1403	1419		1604	1618	1632	1647	1701	1715	1730	1745	1800	1814	1828	1842		
Beckton Bus Station	1333	1349	1405	1421		1606	1620	1634	1649	1703	1717	1732	1747	1802	1816	1830	1844		
Roding Lane South Falmouth Gardens	1755	1810	1825	1840		1855	1910	1925	1940	1955	2010	2025	2040	2055	2110	2125	2140	2155	2210
Redbridge Station Eastern Avenue	1759	1814	1829	1844	1859	1914	1929	1944	1959	2014	2028	2043	2058	2113	2128	2143	2158	2213	
Ilford Station	1810	1824	1839	1854	1909	1924	1939	1954	2009	2023	2037	2052	2107	2122	2137	2152	2207	2221	
Ilford High Road Hainault Street	1814	1828	1843	1858	1913	1928	1943	1958	2013	2027	2041	2056	2111	2126	2141	2156	2211	2225	
Sunnyside Road Mortlake Road	1820	1834	1849	1904	1919	1934	1949	2004	2018	2032	2046	2101	2116	2131	2146	2201	2216	2230	
Loxford Lane South Park Drive	1824	1838	1853	1908	1923	1938	1953	2008	2022	2036	2050	2105	2120	2135	2150	2204	2219	2233	
Barking Station	1832	1846	1901	1916	1931	1946	2001	2015	2029	2043	2057	2112	2127	2142	2157	2210	2225	2239	
Barking London Road	1834	1848	1903	1918	1933	1948	2003	2017	2031	2045	2059	2114	2129	2144	2159	2212	2227	2241	
East Beckton Showcase Cinema	1839	1853	1908	1923	1938	1953	2008	2022	2036	2050	2104	2119	2134	2149	2204	2217	2232	2246	
East Beckton Sainsbury's	1843	1857	1912	1927	1942	1957	2011	2025	2039	2053	2107	2122	2137	2152	2207	2220	2235	2249	
Gallions Reach Shopping Park	1849	1903	1918	1933	1948	2003	2017	2031	2045	2059	2113	2128	2143	2158	2212	2225	2240	2254	
Cyprus Savage Gardens	1856	1910	1925	1940	1955	2010	2024	2038	2052	2106	2120	2135	2150	2205	2219	2232	2247	2301	
Beckton Bus Station	1858	1912	1927	1942	1957	2012	2026	2040	2054	2108	2122	2137	2152	2207	2221	2234	2249	2303	
Roding Lane South Falmouth Gardens	2225	Then every 15 minutes until	0025																
Redbridge Station Eastern Avenue	2228		0028																
Ilford Station	2235		0035																
Ilford High Road Hainault Street	2239		0039																
Sunnyside Road Mortlake Road	2244		0044																
Loxford Lane South Park Drive	2247		0047																
Barking Station	2253		0053																
Barking London Road	2255		0055																
East Beckton Showcase Cinema	2300		0100																
East Beckton Sainsbury's	2303		0103																
Gallions Reach Shopping Park	2308		0108																
Cyprus Savage Gardens	2315		0115																
Beckton Bus Station	2317		0117																

# 366

## Beckton – Ilford – Redbridge

366	Mondays to Fridays																	
Beckton Bus Station	0420	0440	0500	0520	0535	0548	0558	0607	0615	0623	0632	0640	0648	0657	0705	0714	0723	0732
Cyprus Savage Gardens	0422	0442	0502	0522	0537	0550	0600	0609	0617	0625	0634	0642	0650	0659	0707	0716	0725	0734
Gallions Reach Shopping Park	0429	0449	0509	0529	0544	0557	0607	0616	0624	0632	0641	0649	0657	0706	0714	0723	0732	0741
East Beckton Sainsbury's	0434	0454	0514	0534	0549	0602	0612	0621	0629	0637	0646	0654	0702	0712	0720	0729	0738	0747
East Beckton Showcase Cinema	0438	0458	0518	0538	0553	0606	0616	0625	0633	0641	0650	0658	0706	0716	0724	0733	0742	0751
Barking London Road	0443	0503	0523	0543	0558	0611	0621	0630	0638	0646	0655	0704	0713	0723	0731	0740	0749	0758
Barking Station	0445	0505	0525	0545	0600	0613	0623	0632	0640	0648	0657	0706	0715	0725	0733	0742	0751	0800
South Park Drive Loxford Lane	0449	0509	0529	0549	0604	0617	0627	0636	0644	0652	0701	0711	0721	0731	0739	0748	0757	0807
Sunnyside Road Mortlake Road	0453	0513	0533	0553	0608	0621	0631	0640	0648	0656	0706	0716	0726	0736	0745	0754	0803	0813
Ilford High Road Hainault Street	0458	0518	0538	0558	0613	0626	0636	0645	0655	0704	0714	0724	0734	0744	0754	0803	0813	0823
Ilford Station	0502	0522	0542	0602	0617	0630	0640	0649	0659	0709	0719	0729	0739	0749	0759	0808	0818	0828
Redbridge Station Forecourt	0511	0531	0551	0611	0626	0641	0653	0702	0713	0724	0734	0744	0754	0804	0814	0824	0834	0844
Roding Lane South Falmouth Gardens	0515	0535	0555	0615	0630	0645	0657	0709	0720	0731	0741	0751	0801	0811	0821	0831	0841	0851
Beckton Bus Station	0741	0750	0800	0810	0820	0830	0840	0850	0900	0910	0920	0930	0941	Then every 10 minutes until	1331	1341	1351	
Cyprus Savage Gardens	0743	0752	0802	0812	0822	0832	0842	0852	0902	0912	0922	0932	0943		1333	1343	1353	
Gallions Reach Shopping Park	0750	0759	0809	0819	0829	0839	0849	0900	0910	0920	0930	0940	0951		1341	1351	1401	
East Beckton Sainsbury's	0756	0805	0815	0825	0835	0845	0855	0906	0916	0926	0936	0946	0957		1347	1357	1407	
East Beckton Showcase Cinema	0800	0809	0819	0829	0839	0849	0859	0910	0920	0930	0940	0950	1001		1351	1401	1411	
Barking London Road	0807	0817	0827	0837	0847	0857	0907	0918	0928	0938	0948	0958	1008		1358	1408	1418	
Barking Station	0810	0820	0830	0840	0850	0900	0910	0921	0931	0941	0951	1001	1011		1401	1411	1421	
South Park Drive Loxford Lane	0817	0827	0837	0847	0857	0907	0917	0927	0937	0947	0957	1007	1017		1407	1417	1427	
Sunnyside Road Mortlake Road	0823	0833	0843	0853	0903	0912	0922	0932	0942	0952	1002	1012	1022		1412	1422	1432	
Ilford High Road Hainault Street	0833	0843	0853	0903	0912	0920	0930	0940	0950	1000	1009	1018	1028		1418	1428	1438	
Ilford Station	0838	0848	0858	0908	0918	0926	0936	0946	0956	1006	1015	1024	1034		1424	1434	1444	
Redbridge Station Forecourt	0854	0904	0914	0924	0934	0942	0949	0959	1009	1019	1028	1037	1047		1437	1448	1458	
Roding Lane South Falmouth Gardens	0901	0911	0921	0931	0941	0948	0955	1005	1015	1025	1034	1043	1053		1443	1454	1505	
Beckton Bus Station	1401	1411	1420	1429	1437	1444	1452	1501	Then every 10 minutes until	1751	1801	1811	1821		1831	1841	1851	1901
Cyprus Savage Gardens	1403	1413	1422	1431	1439	1446	1454	1504		1754	1804	1814	1824	1834	1843	1853	1903	
Gallions Reach Shopping Park	1411	1421	1430	1439	1447	1454	1502	1512		1802	1812	1822	1832	1842	1851	1901	1911	
East Beckton Sainsbury's	1417	1427	1436	1445	1453	1500	1509	1519		1809	1819	1829	1839	1849	1858	1907	1917	
East Beckton Showcase Cinema	1421	1431	1440	1449	1457	1504	1514	1524		1814	1824	1834	1844	1854	1903	1911	1921	
Barking London Road	1428	1438	1447	1456	1504	1514	1524	1534		1824	1834	1844	1854	1904	1912	1920	1930	
Barking Station	1431	1441	1450	1459	1508	1518	1528	1538		1828	1838	1848	1858	1907	1915	1923	1933	
South Park Drive Loxford Lane	1437	1447	1456	1506	1516	1526	1536	1546		1836	1846	1856	1905	1913	1921	1929	1939	
Sunnyside Road Mortlake Road	1442	1452	1501	1511	1521	1531	1541	1551		1841	1851	1901	1909	1917	1925	1933	1943	
Ilford High Road Hainault Street	1448	1458	1508	1518	1528	1538	1548	1558		1848	1858	1908	1915	1923	1931	1939	1949	
Ilford Station	1454	1504	1514	1524	1534	1544	1554	1604		1854	1904	1913	1920	1928	1936	1944	1954	
Redbridge Station Forecourt	1508	1518	1528	1538	1548	1558	1608	1618		1908	1917	1925	1932	1940	1948	1956	2006	
Roding Lane South Falmouth Gardens	1515	1525	1535	1545	1555	1605	1615	1625		1915	1923	1931	1938	1946	1954	2002	2012	
Beckton Bus Station	1915	1930	1945	2000	2015	2030	2045	2100		2115	2130	2145	Then every 15 minutes until	2345				
Cyprus Savage Gardens	1917	1932	1947	2002	2017	2032	2047	2102	2117	2132	2147	2347						
Gallions Reach Shopping Park	1924	1939	1954	2009	2024	2039	2054	2109	2124	2139	2154	2354						
East Beckton Sainsbury's	1929	1944	1959	2014	2029	2044	2059	2114	2129	2144	2159	2359						
East Beckton Showcase Cinema	1933	1948	2003	2018	2033	2048	2103	2118	2133	2148	2203	0003						
Barking London Road	1942	1956	2009	2024	2039	2054	2109	2124	2139	2154	2209	0009						
Barking Station	1945	1959	2012	2027	2042	2057	2112	2127	2142	2157	2211	0011						
South Park Drive Loxford Lane	1951	2004	2017	2032	2047	2102	2117	2132	2147	2202	2215	0015						
Sunnyside Road Mortlake Road	1955	2008	2021	2036	2051	2106	2121	2136	2151	2206	2219	0019						
Ilford High Road Hainault Street	2001	2013	2026	2041	2056	2111	2126	2141	2156	2210	2223	0023						
Ilford Station	2005	2017	2030	2045	2100	2115	2130	2145	2200	2214	2227	0027						
Redbridge Station Forecourt	2017	2027	2040	2055	2110	2125	2140	2155	2209	2223	2236	0036						
Roding Lane South Falmouth Gardens	2022	2032	2045	2100	2115	2130	2145	2159	2213	2227	2240	0040						



366		Sundays and other Public Holidays (except Christmas Day)																		
Beckton Bus Station	0550		0820	0840	0900	0920	0935	0949	1003	1017	1031	1045	1100	1115	1130	1145	1200			
Cyprus Savage Gardens	0552		0822	0842	0902	0922	0937	0951	1005	1019	1033	1047	1102	1117	1132	1147	1202			
Gallions Reach Shopping Park	0558		0828	0848	0909	0929	0944	0958	1012	1026	1040	1054	1109	1124	1139	1154	1209			
East Beckton Sainsbury's	0603		0833	0853	0914	0934	0949	1003	1018	1032	1046	1100	1115	1131	1146	1201	1216			
East Beckton Showcase Cinema	0607	Then every 30 minutes until	0837	0857	0918	0938	0953	1007	1022	1036	1050	1104	1120	1136	1151	1206	1221			
Barking London Road	0612		0842	0902	0924	0944	0959	1013	1028	1042	1056	1111	1127	1143	1158	1213	1228			
Barking Station	0614		0844	0904	0926	0946	1001	1016	1031	1045	1059	1114	1130	1146	1201	1216	1231			
South Park Drive Loxford Lane	0618		0848	0909	0931	0951	1006	1021	1036	1050	1105	1120	1136	1152	1207	1222	1237			
Sunnyside Road Mortlake Road	0621		0851	0913	0935	0955	1010	1025	1040	1054	1109	1124	1140	1156	1211	1226	1241			
Ilford High Road Hainault Street	0626		0856	0918	0940	1000	1015	1030	1045	1100	1115	1130	1146	1202	1217	1232	1247			
Ilford Station	0630		0900	0922	0945	1005	1020	1035	1050	1105	1120	1135	1151	1207	1222	1237	1252			
Redbridge Station Forecourt	0639	0909	0932	0955	1016	1031	1046	1102	1118	1133	1148	1204	1220	1235	1250	1305				
Roding Lane South Falmouth Gardens	0643	0913	0936	0959	1020	1035	1050	1107	1123	1138	1153	1209	1225	1240	1255	1311				
Beckton Bus Station	1215	1230	1245	1300					1445	1500	1515	1530	1545	1600	1615	1630	1645	1700	1715	1730
Cyprus Savage Gardens	1217	1232	1247	1302					1447	1502	1517	1532	1547	1602	1617	1632	1647	1702	1717	1732
Gallions Reach Shopping Park	1224	1239	1254	1310					1455	1510	1525	1540	1555	1610	1625	1640	1655	1710	1725	1740
East Beckton Sainsbury's	1231	1246	1301	1317					1502	1517	1532	1547	1602	1617	1632	1647	1702	1716	1731	1746
East Beckton Showcase Cinema	1236	1251	1306	1322	Then every 15 minutes until				1507	1522	1537	1552	1607	1622	1637	1652	1707	1721	1736	1751
Barking London Road	1243	1258	1314	1330		1515	1530	1545	1600	1614	1629	1644	1659	1714	1728	1743	1758			
Barking Station	1246	1301	1317	1333		1518	1533	1548	1603	1617	1632	1647	1702	1717	1731	1746	1801			
South Park Drive Loxford Lane	1252	1307	1323	1339		1524	1539	1554	1609	1623	1638	1653	1708	1723	1737	1752	1807			
Sunnyside Road Mortlake Road	1256	1311	1327	1343		1528	1543	1558	1613	1627	1642	1657	1712	1727	1741	1756	1811			
Ilford High Road Hainault Street	1302	1317	1333	1349		1534	1549	1604	1619	1633	1648	1703	1718	1733	1747	1802	1817			
Ilford Station	1308	1323	1339	1355		1540	1555	1610	1625	1639	1654	1708	1723	1738	1752	1807	1822			
Redbridge Station Forecourt	1321	1337	1353	1409	1554	1609	1624	1639	1653	1708	1722	1736	1751	1805	1820	1835				
Roding Lane South Falmouth Gardens	1327	1343	1359	1415	1600	1614	1629	1644	1658	1713	1727	1741	1756	1810	1825	1840				
Beckton Bus Station	1745	1800	1815	1830	1845	1900	1915	1930	1945				2100	2115	2130	2145	2200		2345	
Cyprus Savage Gardens	1747	1802	1817	1832	1847	1902	1917	1932	1947				2102	2117	2132	2147	2202		2347	
Gallions Reach Shopping Park	1755	1810	1825	1840	1855	1909	1924	1939	1954				2109	2124	2139	2154	2209		2354	
East Beckton Sainsbury's	1801	1816	1831	1846	1900	1914	1929	1944	1959				2114	2129	2144	2159	2214		2359	
East Beckton Showcase Cinema	1806	1821	1836	1850	1904	1918	1933	1948	2003	Then every 15 minutes until			2118	2133	2148	2203	2218	Then every 15 mins. until	0003	
Barking London Road	1813	1828	1842	1856	1910	1924	1939	1954	2009		2124	2139	2154	2209	2224	0009				
Barking Station	1816	1831	1845	1859	1913	1927	1942	1957	2011		2126	2141	2156	2211	2226	0011				
South Park Drive Loxford Lane	1822	1836	1850	1904	1918	1932	1947	2002	2016		2131	2146	2201	2216	2230	0015				
Sunnyside Road Mortlake Road	1826	1840	1854	1908	1922	1936	1951	2006	2020		2135	2150	2205	2219	2233	0018				
Ilford High Road Hainault Street	1832	1846	1900	1914	1928	1942	1957	2011	2025		2140	2155	2210	2224	2238	0023				
Ilford Station	1837	1851	1904	1918	1932	1946	2001	2015	2029		2144	2159	2214	2228	2242	0027				
Redbridge Station Forecourt	1850	1903	1916	1929	1943	1957	2011	2025	2039	2154	2209	2223	2237	2251	0036					
Roding Lane South Falmouth Gardens	1855	1908	1921	1934	1948	2002	2016	2030	2044	2159	2213	2227	2241	2255	0040					