

366	Mondays to Fridays																		
Roding Lane South Falmouth Gardens	0515	0535	0555	0614	0629	0644	0656	0705	0715	0725	0733	0742	0751	0802	0815	0828	0840	0852	
Redbridge Station Eastern Avenue	0518	0538	0558	0618	0633	0648	0701	0711	0722	0733	0742	0752	0802	0813	0826	0839	0851	0902	
Ilford Station	0525	0545	0606	0626	0641	0656	0711	0722	0734	0746	0756	0807	0817	0828	0841	0853	0905	0915	
Ilford High Road Hainault Street	0528	0548	0609	0630	0645	0700	0715	0726	0738	0750	0800	0812	0822	0833	0846	0858	0910	0920	
Sunnyside Road Mortlake Road	0532	0552	0614	0635	0650	0705	0720	0732	0744	0756	0806	0818	0828	0839	0852	0904	0915	0925	
Loxford Lane South Park Drive	0536	0556	0618	0639	0654	0710	0725	0737	0749	0801	0812	0824	0835	0846	0858	0909	0920	0930	
Barking Station	0544	0604	0626	0647	0703	0719	0734	0747	0800	0813	0824	0836	0847	0858	0909	0918	0928	0938	
Barking London Road	0546	0606	0628	0649	0705	0721	0736	0749	0802	0816	0827	0839	0850	0901	0912	0921	0931	0941	
East Beckton Jenkins Lane	0552	0614	0636	0657	0714	0731	0747	0800	0815	0830	0842	0854	0906	0917	0928	0937	0947	0957	
East Beckton Sainsbury's	0556	0618	0640	0701	0718	0735	0751	0804	0819	0834	0846	0858	0910	0921	0932	0941	0951	1001	
Gallions Reach Shopping Park	0602	0624	0646	0707	0724	0741	0757	0810	0825	0840	0852	0904	0916	0927	0938	0947	0957	1007	
Cyprus Savage Gardens	0609	0631	0653	0715	0732	0749	0805	0819	0834	0849	0901	0913	0925	0936	0947	0956	1006	1016	
Beckton Bus Station	0610	0632	0654	0716	0733	0750	0806	0820	0835	0850	0902	0914	0926	0937	0948	0957	1007	1017	
Roding Lane South Falmouth Gardens	0904	0916	0928	0941	0953	1004	1016	1027	1037	1049	1100	1112	1122	1134	1145	1157	1208	1220	
Redbridge Station Eastern Avenue	0913	0924	0935	0947	0958	1009	1020	1031	1041	1053	1104	1116	1126	1138	1149	1201	1212	1224	
Ilford Station	0925	0936	0946	0958	1009	1020	1031	1042	1052	1104	1115	1127	1137	1149	1200	1212	1223	1235	
Ilford High Road Hainault Street	0930	0941	0951	1003	1014	1025	1036	1047	1057	1109	1120	1132	1142	1154	1205	1217	1228	1240	
Sunnyside Road Mortlake Road	0935	0946	0956	1008	1019	1030	1041	1052	1102	1114	1125	1137	1148	1200	1211	1223	1234	1246	
Loxford Lane South Park Drive	0940	0951	1001	1012	1023	1034	1045	1056	1106	1118	1129	1141	1152	1204	1215	1227	1238	1250	
Barking Station	0948	0959	1009	1020	1031	1042	1053	1104	1114	1126	1137	1149	1200	1212	1223	1235	1246	1258	
Barking London Road	0951	1002	1012	1023	1034	1045	1056	1107	1117	1129	1140	1152	1203	1215	1226	1238	1249	1301	
East Beckton Jenkins Lane	1007	1018	1028	1039	1050	1101	1112	1123	1133	1145	1156	1208	1219	1231	1242	1254	1305	1317	
East Beckton Sainsbury's	1011	1022	1032	1043	1054	1105	1116	1127	1137	1149	1200	1212	1223	1235	1246	1258	1309	1321	
Gallions Reach Shopping Park	1017	1028	1038	1049	1100	1111	1122	1133	1144	1156	1207	1219	1230	1242	1253	1305	1316	1328	
Cyprus Savage Gardens	1026	1037	1047	1058	1109	1120	1131	1142	1153	1205	1216	1228	1239	1251	1302	1314	1325	1337	
Beckton Bus Station	1027	1038	1048	1059	1110	1121	1132	1143	1154	1206	1217	1229	1240	1252	1303	1315	1326	1338	
Roding Lane South Falmouth Gardens	1231	1243	1254	1306	1317	1329	1340	1352	1403	1415	1426	1437	1448	1456	1508	1520	1531	1543	
Redbridge Station Eastern Avenue	1235	1247	1258	1310	1321	1333	1344	1356	1407	1419	1431	1442	1453	1501	1513	1526	1537	1549	
Ilford Station	1246	1258	1309	1321	1332	1344	1355	1407	1418	1430	1442	1453	1504	1514	1526	1539	1550	1602	
Ilford High Road Hainault Street	1251	1303	1314	1326	1337	1349	1400	1412	1423	1435	1447	1458	1509	1519	1531	1544	1555	1607	
Sunnyside Road Mortlake Road	1257	1309	1320	1332	1343	1355	1406	1418	1430	1442	1454	1505	1516	1527	1539	1552	1603	1615	
Loxford Lane South Park Drive	1301	1313	1324	1336	1347	1359	1410	1422	1434	1446	1458	1509	1521	1533	1545	1557	1608	1620	
Barking Station	1309	1321	1333	1345	1356	1408	1419	1431	1443	1455	1507	1519	1531	1544	1555	1607	1618	1630	
Barking London Road	1312	1324	1336	1348	1359	1411	1422	1434	1446	1458	1510	1522	1534	1547	1558	1610	1621	1633	
East Beckton Jenkins Lane	1328	1340	1352	1404	1415	1427	1438	1450	1502	1514	1526	1538	1550	1603	1614	1626	1637	1649	
East Beckton Sainsbury's	1332	1344	1356	1408	1419	1431	1442	1454	1506	1518	1530	1542	1554	1607	1618	1630	1641	1653	
Gallions Reach Shopping Park	1339	1351	1403	1415	1426	1438	1449	1501	1513	1525	1537	1549	1601	1614	1625	1637	1648	1700	
Cyprus Savage Gardens	1348	1400	1412	1424	1435	1447	1458	1510	1522	1534	1546	1558	1610	1623	1634	1646	1657	1709	
Beckton Bus Station	1349	1401	1413	1425	1436	1448	1459	1511	1523	1535	1547	1559	1611	1624	1635	1647	1658	1710	
Roding Lane South Falmouth Gardens	1554	1606	1617	1629	1640	1652	1703	1715	1727	1738	1749	1801	1812	1825	1837	1848	1900	1914	
Redbridge Station Eastern Avenue	1600	1613	1624	1636	1647	1659	1710	1722	1734	1745	1756	1808	1819	1832	1844	1855	1907	1920	
Ilford Station	1613	1625	1636	1648	1659	1711	1722	1734	1746	1757	1808	1820	1831	1843	1855	1906	1918	1931	
Ilford High Road Hainault Street	1618	1630	1641	1653	1704	1716	1727	1739	1751	1802	1813	1825	1836	1848	1900	1911	1923	1936	
Sunnyside Road Mortlake Road	1626	1638	1649	1701	1712	1724	1735	1747	1759	1810	1821	1833	1843	1855	1907	1918	1930	1943	
Loxford Lane South Park Drive	1631	1643	1654	1706	1717	1729	1740	1752	1804	1815	1826	1838	1848	1859	1911	1922	1934	1947	
Barking Station	1641	1653	1704	1716	1727	1739	1750	1802	1813	1824	1835	1847	1857	1908	1920	1931	1942	1955	
Barking London Road	1644	1656	1707	1719	1730	1742	1753	1805	1816	1827	1838	1850	1900	1911	1922	1933	1944	1957	
East Beckton Jenkins Lane	1700	1712	1723	1735	1746	1758	1809	1821	1832	1843	1854	1906	1916	1926	1937	1948	1959	2011	
East Beckton Sainsbury's	1704	1716	1727	1739	1750	1802	1813	1825	1836	1847	1858	1910	1920	1930	1941	1952	2003	2015	
Gallions Reach Shopping Park	1711	1723	1734	1746	1757	1809	1820	1832	1843	1854	1905	1917	1927	1937	1948	1959	2010	2022	
Cyprus Savage Gardens	1720	1732	1743	1755	1806	1818	1829	1841	1852	1903	1914	1925	1935	1945	1956	2007	2018	2030	
Beckton Bus Station	1721	1733	1744	1756	1807	1819	1830	1842	1853	1904	1915	1926	1936	1946	1957	2008	2019	2031	
Roding Lane South Falmouth Gardens	1927	1944	2000	2017	2033	2050	2106	2123	2139	2155	2210	2225	Then every 15 mins. until	2310	2325	2340		0025	
Redbridge Station Eastern Avenue	1933	1950	2005	2022	2038	2054	2110	2126	2142	2158	2213	2228		2313	2328	2343		0028	
Ilford Station	1944	2000	2014	2031	2047	2103	2118	2134	2150	2206	2221	2235		2320	2335	2349		0034	
Ilford High Road Hainault Street	1949	2005	2019	2036	2051	2107	2122	2138	2154	2210	2225	2238		2323	2338	2352		0037	
Sunnyside Road Mortlake Road	1956	2011	2025	2042	2057	2113	2128	2143	2159	2215	2230	2243		2328	2342	2356	Then	0041	
Loxford Lane South Park Drive	2000	2015	2029	2046	2101	2117	2132	2147	2203	2219	2233	2246		2331	2345	2359	every	0044	
Barking Station	2008	2023	2037	2053	2108	2124	2139	2154	2210	2226	2239	2252		2337	2351	0005	15	0050	
Barking London Road	2010	2025	2039	2055	2110	2126	2141	2156	2212	2228	2241	2254		2339	2353	000			

366	Saturdays (also Good Friday)																		
Roding Lane South Falmouth Gardens	0515	0535	0555	0614	0634	0655	0717	0738	0759	0815	0831	0844	0858	0910	0922	0932	0943	0954	
Redbridge Station Eastern Avenue	0518	0538	0558	0617	0637	0658	0720	0741	0802	0818	0834	0848	0902	0914	0926	0936	0947	0958	
Ilford Station	0525	0545	0605	0625	0645	0706	0728	0749	0810	0826	0842	0857	0911	0923	0935	0945	0956	1008	
Ilford High Road Hainault Street	0528	0548	0608	0628	0648	0709	0731	0752	0813	0829	0846	0901	0915	0928	0940	0950	1001	1013	
Sunnyside Road Mortlake Road	0532	0553	0613	0633	0653	0714	0736	0757	0818	0834	0851	0906	0920	0933	0945	0955	1006	1018	
Loxford Lane South Park Drive	0536	0557	0617	0637	0657	0718	0740	0801	0822	0838	0855	0910	0924	0937	0949	0959	1010	1022	
Barking Station	0543	0604	0624	0644	0704	0725	0747	0808	0830	0846	0903	0918	0932	0945	0957	1008	1019	1031	
Barking London Road	0545	0606	0626	0646	0706	0727	0749	0810	0832	0848	0905	0920	0934	0947	0959	1010	1021	1033	
East Beckton Jenkins Lane	0550	0611	0632	0653	0714	0736	0758	0820	0842	0859	0916	0932	0947	1000	1012	1024	1035	1048	
East Beckton Sainsbury's	0554	0615	0636	0657	0718	0740	0802	0824	0846	0903	0920	0936	0951	1004	1016	1028	1039	1052	
Gallions Reach Shopping Park	0559	0620	0641	0702	0724	0746	0808	0830	0852	0909	0926	0942	0957	1010	1022	1034	1046	1059	
Cyprus Savage Gardens	0606	0627	0648	0710	0732	0754	0816	0838	0900	0917	0934	0950	1005	1018	1030	1042	1054	1107	
Beckton Bus Station	0607	0628	0649	0711	0733	0755	0817	0839	0901	0918	0935	0951	1006	1019	1031	1043	1055	1108	
Roding Lane South Falmouth Gardens	1005	1016	1026	1037	1048	1057	1109	1121	1133	1143	1154	1205	1216	1226	1237	1247	1259	1310	
Redbridge Station Eastern Avenue	1009	1020	1030	1041	1052	1102	1114	1126	1138	1148	1200	1211	1222	1232	1243	1254	1306	1317	
Ilford Station	1020	1031	1041	1052	1103	1114	1126	1138	1150	1200	1212	1223	1234	1244	1255	1306	1318	1329	
Ilford High Road Hainault Street	1025	1036	1046	1057	1108	1119	1131	1143	1155	1205	1217	1228	1239	1249	1301	1312	1324	1335	
Sunnyside Road Mortlake Road	1030	1041	1051	1103	1114	1125	1137	1149	1201	1211	1223	1234	1245	1255	1307	1318	1330	1341	
Loxford Lane South Park Drive	1034	1045	1055	1107	1118	1129	1141	1153	1205	1216	1228	1239	1250	1300	1312	1323	1335	1346	
Barking Station	1043	1054	1104	1116	1127	1138	1150	1202	1214	1225	1237	1248	1259	1309	1321	1332	1344	1355	
Barking London Road	1045	1056	1106	1118	1130	1141	1153	1205	1217	1228	1240	1251	1302	1312	1324	1335	1347	1358	
East Beckton Jenkins Lane	1100	1112	1123	1136	1148	1200	1212	1224	1236	1247	1259	1311	1322	1332	1344	1355	1407	1418	
East Beckton Sainsbury's	1104	1116	1127	1140	1152	1204	1216	1228	1240	1251	1303	1315	1326	1336	1348	1359	1411	1422	
Gallions Reach Shopping Park	1111	1123	1134	1147	1159	1211	1223	1235	1247	1258	1310	1322	1333	1344	1356	1407	1419	1430	
Cyprus Savage Gardens	1119	1131	1142	1155	1207	1219	1231	1243	1255	1306	1318	1330	1341	1352	1404	1415	1427	1438	
Beckton Bus Station	1120	1132	1143	1156	1208	1220	1232	1244	1256	1307	1319	1331	1342	1353	1405	1416	1428	1439	
Roding Lane South Falmouth Gardens	1322	1333	1345	1356	1408	1419	1431	1443	1455	1506	1518	1529	1541	1552	1604	1615	1627	1638	
Redbridge Station Eastern Avenue	1329	1340	1352	1403	1415	1426	1438	1450	1501	1512	1524	1535	1547	1558	1610	1621	1633	1644	
Ilford Station	1341	1352	1404	1415	1427	1438	1450	1501	1512	1523	1535	1546	1558	1609	1621	1632	1644	1655	
Ilford High Road Hainault Street	1347	1358	1410	1421	1433	1444	1456	1507	1518	1529	1541	1552	1604	1615	1627	1638	1650	1701	
Sunnyside Road Mortlake Road	1353	1404	1416	1427	1439	1450	1502	1513	1524	1535	1547	1558	1610	1621	1633	1644	1657	1708	
Loxford Lane South Park Drive	1358	1409	1421	1432	1444	1455	1507	1518	1529	1540	1552	1603	1615	1626	1638	1649	1702	1713	
Barking Station	1407	1418	1430	1441	1453	1504	1516	1527	1538	1549	1601	1612	1624	1635	1647	1658	1711	1722	
Barking London Road	1410	1421	1433	1444	1456	1507	1519	1530	1541	1552	1604	1615	1627	1638	1650	1701	1714	1725	
East Beckton Jenkins Lane	1430	1441	1453	1504	1516	1527	1539	1550	1601	1612	1624	1635	1646	1657	1708	1719	1730	1741	
East Beckton Sainsbury's	1434	1445	1457	1508	1520	1531	1543	1554	1605	1616	1628	1639	1650	1701	1712	1723	1734	1745	
Gallions Reach Shopping Park	1442	1453	1505	1516	1528	1539	1551	1602	1613	1624	1636	1647	1658	1709	1720	1731	1742	1753	
Cyprus Savage Gardens	1450	1501	1513	1524	1536	1547	1559	1610	1621	1632	1644	1655	1706	1717	1728	1739	1750	1801	
Beckton Bus Station	1451	1502	1514	1525	1537	1548	1600	1611	1622	1633	1645	1656	1707	1718	1729	1740	1751	1802	
Roding Lane South Falmouth Gardens	1650	1701	1713	1724	1736	1747	1759	1810	1821	1832	1843	1854	1909	1924	1939	1954	2009	2024	
Redbridge Station Eastern Avenue	1657	1708	1720	1731	1743	1754	1806	1817	1828	1839	1850	1901	1915	1930	1945	2000	2014	2029	
Ilford Station	1708	1719	1731	1742	1754	1805	1817	1828	1839	1850	1901	1912	1926	1941	1955	2010	2023	2038	
Ilford High Road Hainault Street	1714	1725	1737	1748	1800	1811	1823	1834	1845	1856	1907	1917	1931	1946	2000	2015	2027	2042	
Sunnyside Road Mortlake Road	1721	1732	1744	1755	1807	1818	1830	1841	1852	1903	1914	1924	1938	1953	2007	2021	2033	2048	
Loxford Lane South Park Drive	1726	1737	1749	1800	1812	1823	1834	1845	1856	1907	1918	1928	1942	1957	2011	2025	2037	2052	
Barking Station	1734	1745	1757	1808	1820	1831	1842	1853	1904	1915	1926	1936	1950	2005	2019	2033	2045	2100	
Barking London Road	1737	1748	1800	1811	1823	1834	1845	1856	1906	1917	1928	1938	1952	2007	2021	2035	2047	2102	
East Beckton Jenkins Lane	1752	1803	1814	1825	1836	1846	1856	1907	1916	1926	1936	1946	1959	2013	2027	2041	2053	2108	
East Beckton Sainsbury's	1756	1807	1818	1829	1840	1850	1900	1911	1921	1931	1941	1951	2004	2017	2031	2045	2057	2112	
Gallions Reach Shopping Park	1804	1815	1826	1837	1848	1858	1908	1918	1928	1938	1948	1958	2011	2024	2037	2051	2103	2118	
Cyprus Savage Gardens	1812	1823	1834	1845	1856	1906	1916	1926	1936	1946	1956	2006	2019	2032	2045	2058	2110	2125	
Beckton Bus Station	1813	1824	1835	1846	1857	1907	1917	1927	1937	1947	1957	2007	2020	2033	2046	2059	2111	2126	
Roding Lane South Falmouth Gardens	2039	2054	2110	2125	2140	2155	2210	2225	2240	2255	2310	2325	2340	2355	0010	0025			
Redbridge Station Eastern Avenue	2044	2059	2114	2129	2144	2159	2213	2228	2243	2258	2313	2328	2343	2358	0013	0028			
Ilford Station	2053	2108	2123	2138	2153	2207	2221	2236	2251	2306	2320	2335	2350	0005	0020	0035			
Ilford High Road Hainault Street	2057	2112	2127	2142	2157	2211	2225	2240	2255	2310	2324	2339	2354	0008	0023	0038			
Sunnyside Road Mortlake Road	2103	2117	2132	2147	2202	2216	2230	2245	2300	2315	2329	2343	2358	0012	0027	0042			
Loxford Lane South Park Drive	2107	2121	2136	2151	2206	2220	2234	2249	2304	2318	2332	2346	0001	0015	0030	0045			
Barking Station	2115	2129	2144	2159	2214	2228	2242	2256	2311	2324	2338								

366	Sundays and other Public Holidays (except Christmas Day)																	
Roding Lane South Falmouth Gardens	0555	0625	0655	0726	0758	0829	0900	0931	0953	1013	1035	1050	1105	1122	1139	1156	1212	1227
Redbridge Station Eastern Avenue	0558	0628	0658	0729	0801	0832	0903	0934	0957	1017	1039	1054	1109	1126	1143	1200	1216	1232
Ilford Station	0605	0635	0705	0737	0809	0840	0912	0943	1006	1026	1048	1104	1120	1137	1154	1211	1227	1243
Ilford High Road Hainault Street	0608	0638	0708	0740	0812	0843	0915	0946	1010	1030	1053	1109	1125	1142	1159	1216	1232	1248
Sunnyside Road Mortlake Road	0613	0643	0713	0745	0817	0848	0920	0951	1015	1035	1058	1114	1130	1147	1204	1221	1238	1254
Loxford Lane South Park Drive	0617	0647	0717	0749	0821	0852	0924	0955	1019	1039	1102	1118	1134	1151	1208	1225	1242	1258
Barking Station	0623	0653	0723	0755	0828	0859	0931	1002	1027	1047	1110	1126	1142	1159	1216	1233	1250	1306
Barking London Road	0625	0655	0725	0757	0830	0901	0933	1004	1029	1049	1112	1128	1144	1201	1218	1235	1252	1308
East Beckton Jenkins Lane	0630	0700	0730	0803	0836	0909	0943	1017	1042	1104	1127	1143	1159	1216	1233	1250	1307	1324
East Beckton Sainsbury's	0633	0703	0733	0806	0839	0912	0946	1020	1045	1108	1131	1147	1203	1220	1237	1254	1311	1328
Gallions Reach Shopping Park	0638	0708	0738	0811	0844	0918	0952	1026	1051	1114	1138	1154	1211	1228	1245	1302	1319	1336
Cyprus Savage Gardens	0644	0714	0744	0818	0852	0926	1000	1034	1059	1122	1146	1202	1219	1236	1253	1310	1327	1344
Beckton Bus Station	0645	0715	0745	0819	0853	0927	1001	1035	1100	1123	1147	1203	1220	1237	1254	1311	1328	1345
Roding Lane South Falmouth Gardens	1243	1258	1314	1331	1348	1405	1422	1438	1455	1511	1528	1545	1602	1619	1636	1652	1710	1726
Redbridge Station Eastern Avenue	1248	1303	1319	1336	1354	1411	1428	1444	1500	1516	1533	1550	1607	1624	1641	1657	1715	1731
Ilford Station	1259	1314	1330	1347	1405	1422	1439	1455	1511	1527	1544	1600	1617	1634	1651	1707	1725	1741
Ilford High Road Hainault Street	1304	1319	1336	1353	1410	1427	1444	1500	1516	1532	1549	1605	1622	1639	1656	1712	1730	1746
Sunnyside Road Mortlake Road	1310	1325	1342	1359	1416	1433	1450	1506	1522	1538	1556	1612	1629	1646	1703	1719	1736	1752
Loxford Lane South Park Drive	1314	1330	1347	1404	1421	1438	1454	1510	1526	1542	1600	1616	1633	1650	1707	1723	1740	1756
Barking Station	1323	1340	1357	1414	1431	1448	1504	1520	1536	1552	1609	1625	1641	1658	1715	1731	1748	1804
Barking London Road	1325	1342	1359	1416	1433	1450	1506	1522	1538	1554	1611	1627	1643	1700	1717	1733	1750	1806
East Beckton Jenkins Lane	1341	1358	1415	1432	1449	1506	1522	1538	1554	1610	1627	1643	1659	1716	1733	1749	1805	1820
East Beckton Sainsbury's	1345	1402	1419	1436	1453	1510	1526	1542	1558	1614	1631	1647	1703	1720	1737	1753	1809	1824
Gallions Reach Shopping Park	1353	1410	1427	1444	1501	1518	1534	1550	1606	1622	1638	1654	1710	1727	1744	1800	1815	1830
Cyprus Savage Gardens	1401	1418	1435	1452	1509	1526	1542	1558	1614	1630	1646	1702	1718	1735	1752	1808	1823	1838
Beckton Bus Station	1402	1419	1436	1453	1510	1527	1543	1559	1615	1631	1647	1703	1719	1736	1753	1809	1824	1839
Roding Lane South Falmouth Gardens	1743	1759	1816	1833	1850	1906	1921	1936	1951	2007	2024	2040	2055	2110	2125	2140	2155	2210
Redbridge Station Eastern Avenue	1748	1804	1821	1838	1855	1911	1926	1941	1956	2012	2028	2044	2059	2114	2129	2144	2158	2213
Ilford Station	1758	1814	1831	1847	1904	1920	1935	1950	2005	2020	2036	2052	2107	2122	2137	2151	2205	2220
Ilford High Road Hainault Street	1803	1819	1836	1852	1909	1925	1940	1955	2010	2025	2041	2056	2111	2126	2141	2155	2209	2224
Sunnyside Road Mortlake Road	1808	1824	1841	1857	1914	1930	1945	2000	2015	2030	2046	2101	2116	2131	2146	2200	2214	2228
Loxford Lane South Park Drive	1812	1828	1845	1901	1918	1934	1949	2004	2019	2034	2050	2105	2120	2135	2150	2204	2217	2231
Barking Station	1820	1836	1853	1909	1926	1942	1957	2012	2027	2041	2057	2112	2127	2142	2157	2211	2224	2238
Barking London Road	1822	1838	1855	1911	1928	1944	1959	2014	2029	2043	2059	2114	2129	2144	2159	2213	2226	2240
East Beckton Jenkins Lane	1836	1851	1907	1923	1938	1953	2007	2021	2035	2049	2104	2119	2134	2149	2204	2218	2231	2245
East Beckton Sainsbury's	1839	1854	1910	1926	1941	1956	2010	2024	2038	2052	2107	2122	2137	2152	2207	2221	2234	2248
Gallions Reach Shopping Park	1845	1900	1916	1931	1946	2001	2015	2029	2043	2057	2112	2127	2142	2157	2212	2226	2239	2253
Cyprus Savage Gardens	1853	1908	1923	1938	1953	2008	2022	2036	2049	2103	2118	2133	2148	2203	2218	2232	2245	2258
Beckton Bus Station	1854	1909	1924	1939	1954	2009	2023	2037	2050	2104	2119	2134	2149	2204	2219	2233	2246	2259
Roding Lane South Falmouth Gardens	2225	2240	2255	2310	2325	2340	2355	0010	0025									
Redbridge Station Eastern Avenue	2228	2243	2258	2313	2328	2343	2358	0013	0028									
Ilford Station	2235	2250	2305	2320	2335	2349	0004	0019	0034									
Ilford High Road Hainault Street	2239	2254	2309	2324	2338	2352	0007	0022	0037									
Sunnyside Road Mortlake Road	2243	2258	2313	2328	2342	2356	0011	0026	0041									
Loxford Lane South Park Drive	2246	2301	2316	2331	2345	2359	0014	0029	0044									
Barking Station	2253	2307	2322	2337	2351	0005	0020	0035	0050									
Barking London Road	2255	2309	2324	2339	2353	0007	0022	0037	0052									
East Beckton Jenkins Lane	2300	2314	2329	2344	2358	0012	0027	0042	0057									
East Beckton Sainsbury's	2303	2317	2332	2347	0001	0015	0030	0045	0100									
Gallions Reach Shopping Park	2308	2322	2337	2352	0006	0020	0035	0050	0105									
Cyprus Savage Gardens	2313	2327	2342	2357	0011	0025	0040	0055	0110									
Beckton Bus Station	2314	2328	2343	2358	0012	0026	0041	0056	0111									

366	Mondays to Fridays																		
Beckton Bus Station	0419	0439	0459	0517	0532	0547	0600	0612	0622	0631	0641	0651	0702	0712	0723	0733	0743	0753	
Cyprus Savage Gardens	0421	0441	0501	0519	0534	0549	0602	0614	0624	0633	0643	0653	0704	0714	0725	0735	0745	0755	
Gallions Reach Shopping Park	0427	0447	0507	0526	0541	0556	0609	0621	0631	0640	0650	0700	0711	0721	0733	0743	0753	0803	
East Beckton Sainsbury's	0431	0451	0511	0531	0546	0601	0614	0626	0636	0645	0655	0705	0716	0726	0738	0748	0758	0808	
East Beckton Jenkins Lane	0434	0454	0514	0534	0550	0605	0618	0630	0640	0649	0659	0709	0720	0730	0742	0752	0802	0812	
Barking London Road	0439	0459	0519	0539	0556	0611	0625	0638	0648	0659	0710	0721	0732	0744	0756	0808	0819	0829	
Barking Station	0441	0501	0521	0541	0558	0613	0627	0640	0650	0702	0713	0724	0735	0747	0759	0811	0822	0832	
South Park Drive Loxford Lane	0446	0506	0526	0546	0603	0619	0633	0646	0657	0709	0720	0731	0743	0755	0807	0820	0832	0843	
Sunnyside Road Mortlake Road	0449	0509	0529	0550	0607	0623	0637	0650	0701	0713	0724	0735	0747	0759	0811	0824	0836	0847	
Ilford High Road Hainault Street	0453	0513	0533	0555	0612	0628	0643	0656	0708	0720	0731	0742	0754	0806	0818	0831	0844	0855	
Ilford Station	0455	0515	0535	0557	0614	0630	0645	0658	0710	0722	0734	0745	0757	0809	0821	0834	0847	0858	
Redbridge Station Forecourt	0506	0526	0546	0608	0626	0644	0701	0716	0729	0743	0757	0810	0823	0835	0847	0859	0911	0921	
Roding Lane South Falmouth Gardens	0510	0530	0550	0612	0630	0648	0705	0720	0734	0748	0802	0815	0828	0840	0852	0904	0916	0926	
Beckton Bus Station	0803	0814	0826	0838	0850	0903	0915	0926	0938	0949	1001	1012	1024	1035	1047	1058	1110	1121	
Cyprus Savage Gardens	0805	0816	0828	0840	0852	0905	0917	0928	0940	0951	1003	1014	1026	1037	1049	1100	1112	1123	
Gallions Reach Shopping Park	0813	0824	0836	0848	0900	0913	0925	0936	0948	0959	1011	1022	1034	1045	1057	1108	1120	1131	
East Beckton Sainsbury's	0818	0829	0841	0853	0906	0919	0931	0942	0954	1005	1017	1028	1040	1051	1103	1114	1126	1137	
East Beckton Jenkins Lane	0822	0833	0845	0857	0910	0923	0935	0946	0958	1009	1021	1032	1044	1055	1107	1118	1130	1141	
Barking London Road	0840	0852	0904	0917	0930	0943	0955	1006	1018	1029	1041	1052	1104	1115	1127	1138	1150	1201	
Barking Station	0843	0855	0907	0920	0933	0946	0958	1009	1021	1032	1044	1055	1107	1118	1130	1141	1153	1204	
South Park Drive Loxford Lane	0855	0907	0919	0930	0942	0954	1006	1017	1029	1040	1052	1103	1115	1126	1138	1149	1201	1212	
Sunnyside Road Mortlake Road	0859	0911	0923	0934	0946	0958	1010	1021	1033	1044	1056	1107	1119	1130	1142	1153	1205	1216	
Ilford High Road Hainault Street	0907	0919	0930	0941	0953	1005	1017	1027	1039	1050	1102	1113	1125	1136	1148	1159	1211	1222	
Ilford Station	0910	0922	0933	0944	0956	1008	1020	1030	1042	1053	1105	1116	1128	1139	1151	1202	1214	1225	
Redbridge Station Forecourt	0931	0941	0952	1003	1014	1025	1036	1046	1058	1109	1121	1132	1144	1155	1207	1218	1230	1241	
Roding Lane South Falmouth Gardens	0936	0946	0957	1008	1019	1030	1041	1051	1103	1114	1126	1137	1149	1200	1212	1223	1235	1246	
Beckton Bus Station	1133	1144	1156	1207	1219	1230	1242	1254	1306	1316	1328	1339	1351	1401	1411	1422	1433	1443	
Cyprus Savage Gardens	1135	1146	1158	1209	1221	1232	1244	1256	1308	1318	1330	1341	1353	1403	1413	1424	1435	1445	
Gallions Reach Shopping Park	1143	1154	1206	1218	1230	1241	1253	1305	1317	1327	1339	1350	1402	1412	1422	1433	1444	1454	
East Beckton Sainsbury's	1149	1200	1212	1224	1236	1247	1259	1311	1323	1333	1345	1356	1408	1419	1429	1440	1451	1501	
East Beckton Jenkins Lane	1153	1204	1216	1228	1240	1251	1303	1315	1327	1337	1349	1400	1412	1423	1433	1444	1455	1505	
Barking London Road	1213	1224	1236	1248	1300	1311	1323	1335	1347	1358	1410	1421	1433	1444	1454	1505	1516	1527	
Barking Station	1216	1227	1239	1251	1303	1314	1326	1338	1350	1401	1413	1424	1436	1447	1457	1508	1519	1530	
South Park Drive Loxford Lane	1224	1235	1247	1259	1311	1322	1334	1346	1358	1409	1421	1432	1444	1455	1506	1518	1530	1541	
Sunnyside Road Mortlake Road	1228	1239	1251	1303	1315	1326	1338	1350	1402	1413	1425	1436	1448	1459	1510	1522	1534	1545	
Ilford High Road Hainault Street	1234	1245	1257	1309	1321	1332	1344	1356	1408	1419	1431	1442	1454	1506	1517	1529	1541	1552	
Ilford Station	1237	1248	1300	1312	1324	1335	1347	1359	1411	1422	1434	1445	1457	1509	1520	1532	1544	1555	
Redbridge Station Forecourt	1253	1304	1316	1328	1340	1351	1403	1415	1427	1439	1451	1503	1515	1527	1538	1550	1602	1613	
Roding Lane South Falmouth Gardens	1258	1309	1321	1333	1345	1356	1408	1420	1432	1444	1456	1508	1520	1532	1544	1556	1608	1619	
Beckton Bus Station	1453	1504	1516	1526	1536	1548	1559	1611	1622	1634	1645	1657	1708	1720	1731	1743	1754	1806	
Cyprus Savage Gardens	1455	1506	1518	1528	1538	1550	1601	1613	1624	1636	1647	1659	1710	1722	1733	1745	1756	1808	
Gallions Reach Shopping Park	1505	1516	1528	1538	1548	1600	1611	1623	1634	1646	1657	1709	1720	1732	1743	1755	1806	1817	
East Beckton Sainsbury's	1512	1523	1535	1545	1556	1608	1620	1632	1644	1656	1707	1719	1730	1742	1753	1804	1814	1825	
East Beckton Jenkins Lane	1516	1527	1539	1549	1600	1612	1624	1637	1649	1701	1712	1724	1735	1747	1758	1809	1819	1830	
Barking London Road	1538	1549	1601	1612	1623	1635	1647	1700	1712	1724	1735	1747	1758	1810	1820	1830	1840	1851	
Barking Station	1541	1552	1604	1616	1627	1639	1651	1704	1716	1728	1739	1751	1802	1814	1824	1834	1844	1855	
South Park Drive Loxford Lane	1552	1603	1615	1627	1639	1651	1702	1714	1725	1737	1748	1800	1811	1823	1833	1843	1853	1904	
Sunnyside Road Mortlake Road	1556	1607	1619	1631	1643	1655	1706	1718	1729	1741	1752	1804	1815	1827	1837	1847	1857	1908	
Ilford High Road Hainault Street	1604	1615	1627	1638	1650	1702	1713	1725	1736	1748	1759	1811	1822	1834	1844	1854	1904	1914	
Ilford Station	1607	1618	1630	1641	1653	1705	1716	1728	1739	1751	1802	1814	1825	1837	1847	1857	1907	1917	
Redbridge Station Forecourt	1625	1636	1648	1659	1711	1723	1734	1746	1757	1809	1820	1832	1843	1855	1905	1915	1924	1933	
Roding Lane South Falmouth Gardens	1631	1642	1654	1705	1717	1729	1740	1752	1803	1815	1826	1838	1849	1900	1910	1920	1929	1938	
Beckton Bus Station	1818	1831	1844	1858	1914	1931	1947	2004	2020	2037	2053	2110	2126	2143	2159	2215	2230	2245	
Cyprus Savage Gardens	1820	1833	1846	1900	1916	1933	1949	2006	2022	2039	2055	2112	2128	2145	2201	2217	2232	2247	
Gallions Reach Shopping Park	1829	1841	1854	1908	1924	1941	1957	2014	2030	2047	2103	2120	2135	2152	2208	2223	2238	22	

366	Mondays to Fridays (cont.)																		
Beckton Bus Station	2300	2315	2330	2345															
Cyprus Savage Gardens	2302	2317	2332	2347															
Gallions Reach Shopping Park	2308	2323	2338	2353															
East Beckton Sainsbury's	2313	2328	2342	2357															
East Beckton Jenkins Lane	2317	2332	2345	0000															
Barking London Road	2323	2338	2350	0005															
Barking Station	2325	2340	2352	0007															
South Park Drive Loxford Lane	2331	2346	2358	0013															
Sunnyside Road Mortlake Road	2334	2349	0001	0016															
Ilford High Road Hainault Street	2338	2353	0005	0020															
Ilford Station	2340	2355	0007	0022															
Redbridge Station Forecourt	2351	0006	0018	0032															
Roding Lane South Falmouth Gardens	2355	0010	0021	0035															
366	Saturdays (also Good Friday)																		
Beckton Bus Station	0419	0439	0459	0519	0539	0558	0617	0637	0658	0720	0736	0753	0806	0820	0833	0844	0853	0904	
Cyprus Savage Gardens	0421	0441	0501	0521	0541	0600	0619	0639	0700	0722	0738	0755	0808	0822	0835	0846	0855	0906	
Gallions Reach Shopping Park	0427	0447	0507	0527	0547	0607	0626	0646	0707	0729	0745	0802	0815	0829	0842	0853	0903	0914	
East Beckton Sainsbury's	0431	0451	0511	0531	0552	0612	0631	0651	0712	0734	0750	0807	0820	0834	0847	0858	0908	0919	
East Beckton Jenkins Lane	0434	0454	0514	0534	0556	0616	0635	0655	0716	0738	0754	0811	0824	0838	0851	0902	0912	0923	
Barking London Road	0439	0459	0519	0540	0602	0622	0643	0704	0725	0747	0804	0822	0837	0851	0904	0917	0928	0939	
Barking Station	0441	0501	0521	0542	0604	0624	0645	0706	0727	0749	0806	0824	0839	0853	0906	0919	0931	0942	
South Park Drive Loxford Lane	0446	0506	0526	0547	0609	0630	0651	0712	0733	0755	0812	0830	0845	0859	0913	0926	0938	0949	
Sunnyside Road Mortlake Road	0449	0509	0529	0551	0613	0634	0655	0716	0737	0759	0816	0834	0849	0903	0917	0930	0942	0953	
Ilford High Road Hainault Street	0453	0513	0533	0556	0618	0639	0700	0721	0742	0804	0821	0839	0854	0908	0922	0935	0947	0959	
Ilford Station	0455	0515	0535	0558	0620	0641	0702	0723	0744	0806	0823	0841	0856	0911	0925	0938	0950	1002	
Redbridge Station Forecourt	0506	0526	0546	0609	0632	0653	0714	0735	0757	0819	0837	0855	0910	0925	0939	0952	1004	1016	
Roding Lane South Falmouth Gardens	0510	0530	0550	0613	0636	0657	0718	0739	0801	0823	0841	0859	0914	0929	0943	0956	1008	1020	
Beckton Bus Station	0914	0926	0937	0949	1000	1012	1022	1034	1046	1058	1109	1119	1130	1142	1152	1204	1215	1226	
Cyprus Savage Gardens	0916	0928	0939	0951	1002	1014	1024	1036	1048	1100	1111	1121	1132	1144	1154	1206	1217	1228	
Gallions Reach Shopping Park	0924	0936	0947	0959	1010	1022	1032	1044	1056	1108	1119	1129	1140	1152	1203	1215	1226	1237	
East Beckton Sainsbury's	0930	0942	0953	1005	1016	1028	1038	1050	1102	1114	1125	1135	1146	1158	1209	1221	1232	1244	
East Beckton Jenkins Lane	0934	0946	0957	1009	1020	1032	1042	1054	1106	1118	1129	1140	1151	1203	1214	1226	1237	1249	
Barking London Road	0951	1003	1015	1027	1039	1052	1103	1115	1127	1139	1150	1201	1212	1224	1235	1247	1259	1311	
Barking Station	0954	1006	1018	1030	1042	1055	1106	1118	1130	1142	1153	1204	1215	1227	1238	1250	1302	1314	
South Park Drive Loxford Lane	1001	1013	1025	1037	1049	1102	1114	1126	1138	1150	1201	1212	1223	1235	1246	1258	1310	1322	
Sunnyside Road Mortlake Road	1005	1017	1029	1041	1053	1106	1118	1130	1142	1154	1205	1216	1227	1239	1250	1302	1314	1326	
Ilford High Road Hainault Street	1011	1023	1035	1047	1059	1112	1124	1136	1148	1201	1212	1223	1234	1246	1257	1309	1321	1333	
Ilford Station	1014	1026	1038	1050	1102	1115	1127	1139	1151	1204	1215	1226	1237	1249	1300	1312	1324	1336	
Redbridge Station Forecourt	1028	1041	1053	1106	1118	1131	1143	1155	1208	1221	1233	1245	1256	1308	1319	1331	1343	1355	
Roding Lane South Falmouth Gardens	1032	1045	1058	1111	1123	1136	1148	1200	1213	1226	1238	1250	1301	1313	1324	1336	1348	1400	
Beckton Bus Station	1237	1249	1300	1312	1323	1335	1346	1358	1409	1421	1432	1444	1455	1507	1518	1530	1541	1553	
Cyprus Savage Gardens	1239	1251	1302	1314	1325	1337	1348	1400	1411	1423	1434	1446	1457	1509	1520	1532	1543	1555	
Gallions Reach Shopping Park	1248	1300	1311	1323	1334	1346	1357	1409	1420	1432	1443	1455	1506	1518	1529	1541	1552	1604	
East Beckton Sainsbury's	1255	1307	1318	1330	1341	1353	1404	1416	1427	1439	1450	1502	1513	1525	1536	1548	1559	1611	
East Beckton Jenkins Lane	1300	1312	1323	1335	1346	1358	1409	1421	1432	1444	1455	1507	1518	1530	1541	1553	1604	1616	
Barking London Road	1322	1334	1345	1357	1408	1420	1431	1443	1454	1506	1517	1529	1540	1552	1603	1615	1626	1638	
Barking Station	1325	1337	1348	1400	1411	1423	1434	1446	1457	1509	1520	1532	1543	1555	1606	1618	1629	1641	
South Park Drive Loxford Lane	1333	1346	1357	1409	1420	1432	1443	1455	1506	1518	1529	1541	1552	1604	1615	1627	1638	1650	
Sunnyside Road Mortlake Road	1337	1350	1401	1413	1424	1436	1447	1459	1510	1522	1533	1545	1556	1608	1619	1631	1642	1654	
Ilford High Road Hainault Street	1344	1357	1408	1420	1431	1443	1454	1506	1517	1529	1540	1552	1603	1615	1626	1638	1649	1701	
Ilford Station	1347	1400	1411	1423	1434	1446	1457	1509	1520	1532	1543	1555	1606	1618	1629	1641	1652	1704	
Redbridge Station Forecourt	1406	1418	1429	1441	1452	1504	1515	1527	1538	1550	1601	1613	1624	1636	1647	1659	1710	1722	
Roding Lane South Falmouth Gardens	1411	1423	1434	1446	1457	1509	1520	1532	1543	1555	1606	1618	1629	1641	1652	1704	1715	1727	
Beckton Bus Station	1604	1616	1627	1639	1650	1702	1713	1725	1736	1748	1759	1811	1824	1839	1855	1911	1927	1943	
Cyprus Savage Gardens	1606	1618	1629	1641	1652	1704	1715	1727	1738	1750	1801	1813	1826	1841	1857	1913	1929	1945	
Gallions Reach Shopping Park	1615	1627	1638	1650	1701	1713	1724	1735	1746	1758	1809	1821	1834	1849	1905	1921	1937	1953	
East Beckton Sainsbury's	1622	1634	1645	1657	1708	1720	1731	1742	1753	1805	1816	1828	1840	1855	1911	1927	1943	1959	
East Beckton Jenkins Lane	1627	1639	1650	1702	1713	1725	1736	1747	1758	1810	1821	1833	1845	1859	1915	1931	1947	2003	
Barking London Road	1649	1700	1711	1722	1733	1744	1755	1806	1817	1828	1839	1850	1902	1915	1928	1942	1958	2013	
Barking Station	1652	1703	1714	1725	1736	1747	1758	1809	1820	1831	1842	1853	1905	1918	1931	1945	2001	2016	
South Park Drive Loxford Lane	1701	1712	1723	1734	1745	1756	1807	1818	1829	1840	1851	1902	1914	1927	1940	1954	2009	2024	
Sunnyside Road Mortlake Road	1705	1716	1727	1738	1749	1800	1811	1822	1833	1844	1855	1906	1918	1931	1944	1958	2012	2027	
Ilford High Road Hainault Street	1712	1723	1734	1745	1756	1807	1818	1829	1840	1851	1902	1913	1925	1938	1951	2004	2017	2032	
Ilford Station	1715	1726	1737	1748	1759	1810	1821	1832	1843	1854	1905	1916	1928	1941	1954	2007	2020	2035	
Redbridge Station Forecourt	1733	1744	1755	1806	1817	1828	1839	1850	1901	1912	1923	1934	1945	1958	2010	2023	2035	2050	
Roding Lane South Falmouth Gardens	1738	1749	1800	1811	1822	1833	1844	1855	1906	1917	1928	1939	1950	2003	2015	2027	2039	2054	

366	Saturdays (also Good Friday) (cont.)															
Beckton Bus Station	1959	2015	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345
Cyprus Savage Gardens	2001	2017	2032	2047	2102	2117	2132	2147	2202	2217	2232	2247	2302	2317	2332	2347
Gallions Reach Shopping Park	2009	2025	2040	2055	2110	2125	2140	2154	2209	2224	2238	2253	2308	2323	2338	2353
East Beckton Sainsbury's	2015	2031	2045	2100	2115	2130	2145	2159	2214	2229	2243	2258	2313	2328	2343	2358
East Beckton Jenkins Lane	2019	2035	2049	2104	2119	2134	2149	2203	2218	2233	2247	2302	2317	2332	2346	0001
Barking London Road	2028	2042	2056	2111	2126	2141	2156	2210	2225	2239	2253	2308	2323	2338	2352	0006
Barking Station	2031	2045	2059	2114	2129	2144	2159	2213	2228	2242	2256	2311	2326	2341	2354	0008
South Park Drive Loxford Lane	2038	2052	2106	2121	2136	2151	2206	2220	2234	2248	2302	2317	2332	2347	0000	0014
Sunnyside Road Mortlake Road	2041	2055	2109	2124	2139	2154	2209	2223	2237	2251	2305	2320	2335	2350	0003	0017
Ilford High Road Hainault Street	2046	2100	2114	2129	2144	2159	2214	2228	2241	2255	2309	2324	2339	2354	0007	0021
Ilford Station	2048	2102	2116	2131	2146	2201	2216	2230	2243	2257	2311	2326	2341	2356	0009	0023
Redbridge Station Forecourt	2102	2116	2130	2144	2159	2214	2228	2242	2255	2309	2323	2337	2352	0007	0020	0034
Roding Lane South Falmouth Gardens	2106	2120	2134	2148	2203	2218	2232	2246	2259	2313	2327	2341	2356	0010	0023	0037
366	Sundays and other Public Holidays (except Christmas Day)															
Beckton Bus Station	0550	0620	0650	0721	0753	0824	0855	0916	0937	0953	1009	1023	1039	1054	1109	1125
Cyprus Savage Gardens	0552	0622	0652	0723	0755	0826	0857	0918	0939	0955	1011	1025	1041	1056	1111	1127
Gallions Reach Shopping Park	0558	0628	0658	0729	0801	0832	0904	0925	0946	1002	1018	1033	1049	1104	1119	1135
East Beckton Sainsbury's	0603	0633	0703	0734	0806	0837	0909	0930	0951	1007	1023	1038	1054	1109	1125	1141
East Beckton Jenkins Lane	0607	0637	0707	0738	0810	0841	0913	0934	0955	1011	1027	1042	1058	1113	1129	1145
Barking London Road	0612	0643	0713	0745	0819	0851	0924	0945	1006	1023	1040	1057	1114	1130	1146	1202
Barking Station	0614	0645	0715	0747	0821	0853	0926	0947	1009	1026	1043	1100	1117	1133	1149	1205
South Park Drive Loxford Lane	0620	0651	0721	0753	0827	0859	0932	0954	1016	1033	1050	1107	1124	1141	1157	1213
Sunnyside Road Mortlake Road	0623	0654	0724	0756	0830	0903	0936	0958	1020	1037	1054	1111	1128	1145	1201	1217
Ilford High Road Hainault Street	0627	0658	0729	0801	0835	0908	0941	1004	1026	1043	1100	1117	1134	1151	1207	1224
Ilford Station	0629	0700	0731	0803	0837	0910	0943	1006	1029	1046	1103	1120	1137	1154	1210	1227
Redbridge Station Forecourt	0640	0711	0742	0815	0849	0923	0956	1020	1044	1102	1119	1136	1153	1210	1227	1244
Roding Lane South Falmouth Gardens	0644	0715	0746	0819	0853	0927	1000	1024	1048	1106	1123	1140	1157	1214	1231	1248
Beckton Bus Station	1213	1229	1245	1300	1315	1332	1349	1405	1422	1438	1455	1512	1529	1545	1603	1620
Cyprus Savage Gardens	1215	1231	1247	1302	1317	1334	1351	1407	1424	1440	1457	1514	1531	1547	1605	1622
Gallions Reach Shopping Park	1224	1240	1256	1311	1326	1343	1400	1416	1433	1449	1506	1523	1540	1556	1614	1631
East Beckton Sainsbury's	1230	1246	1302	1317	1333	1350	1407	1423	1440	1456	1513	1530	1547	1603	1621	1637
East Beckton Jenkins Lane	1235	1251	1307	1322	1338	1355	1412	1428	1445	1501	1518	1535	1552	1608	1626	1642
Barking London Road	1252	1308	1324	1339	1356	1413	1430	1446	1503	1519	1537	1554	1611	1627	1644	1700
Barking Station	1255	1311	1327	1342	1359	1416	1433	1449	1506	1522	1540	1557	1614	1630	1647	1703
South Park Drive Loxford Lane	1303	1319	1335	1351	1408	1425	1442	1458	1515	1531	1549	1606	1623	1639	1656	1712
Sunnyside Road Mortlake Road	1307	1323	1339	1355	1412	1429	1446	1502	1519	1535	1553	1610	1627	1643	1700	1716
Ilford High Road Hainault Street	1314	1330	1346	1402	1419	1436	1453	1509	1526	1542	1600	1616	1633	1649	1706	1722
Ilford Station	1317	1333	1349	1405	1422	1439	1456	1513	1529	1545	1603	1619	1636	1652	1709	1725
Redbridge Station Forecourt	1334	1350	1406	1422	1439	1456	1513	1529	1546	1602	1619	1635	1652	1708	1725	1741
Roding Lane South Falmouth Gardens	1338	1354	1411	1427	1444	1501	1518	1534	1551	1607	1624	1640	1657	1713	1730	1746
Beckton Bus Station	1713	1731	1749	1805	1822	1838	1855	1911	1927	1943	1958	2013	2029	2044	2100	2115
Cyprus Savage Gardens	1715	1733	1751	1807	1824	1840	1857	1913	1929	1945	2000	2015	2031	2046	2102	2117
Gallions Reach Shopping Park	1723	1741	1759	1815	1832	1848	1905	1921	1936	1952	2007	2022	2038	2053	2108	2123
East Beckton Sainsbury's	1729	1747	1804	1820	1837	1853	1910	1926	1941	1957	2012	2027	2043	2058	2113	2128
East Beckton Jenkins Lane	1734	1751	1808	1824	1841	1857	1914	1930	1945	2001	2016	2031	2047	2102	2117	2132
Barking London Road	1751	1807	1822	1837	1852	1907	1922	1938	1953	2008	2023	2038	2053	2108	2123	2138
Barking Station	1754	1810	1825	1840	1855	1910	1925	1941	1956	2011	2026	2041	2056	2111	2126	2141
South Park Drive Loxford Lane	1802	1818	1833	1848	1903	1918	1933	1948	2003	2018	2033	2048	2103	2117	2132	2147
Sunnyside Road Mortlake Road	1806	1822	1837	1852	1907	1922	1937	1951	2006	2021	2036	2051	2106	2120	2135	2150
Ilford High Road Hainault Street	1812	1828	1843	1858	1913	1928	1943	1957	2011	2026	2041	2056	2111	2125	2139	2154
Ilford Station	1815	1831	1846	1901	1916	1931	1946	2000	2014	2028	2043	2058	2113	2127	2141	2156
Redbridge Station Forecourt	1830	1846	1901	1916	1931	1946	2001	2014	2027	2041	2056	2111	2125	2139	2153	2208
Roding Lane South Falmouth Gardens	1835	1851	1906	1921	1936	1951	2006	2018	2031	2045	2100	2115	2129	2143	2157	2212
Beckton Bus Station	2200	2215	2230	2245	2300	2315	2330	2345								
Cyprus Savage Gardens	2202	2217	2232	2247	2302	2317	2332	2347								
Gallions Reach Shopping Park	2208	2223	2238	2253	2308	2323	2338	2353								
East Beckton Sainsbury's	2213	2228	2243	2258	2313	2328	2343	2358								
East Beckton Jenkins Lane	2217	2232	2247	2302	2317	2332	2347	0001								
Barking London Road	2223	2238	2253	2308	2323	2338	2352	0006								
Barking Station	2226	2240	2255	2310	2325	2340	2354	0008								
South Park Drive Loxford Lane	2232	2246	2301	2316	2331	2346	0000	0014								
Sunnyside Road Mortlake Road	2235	2249	2304	2319	2334	2349	0003	0017								
Ilford High Road Hainault Street	2239	2253	2308	2323	2338	2353	0007	0021								
Ilford Station	2241	2255	2310	2325	2340	2355	0009	0023								
Redbridge Station Forecourt	2252	2306	2321	2336	2351	0006	0019	0033								
Roding Lane South Falmouth Gardens	2256	2310	2325	2340	2355	0010	0022	0036								