

376		Mondays to Fridays																											
Beckton Bus Station	0605	0625	0645	0705	0715							1855	1910	1925	1945	2005	2025	2045	2105	2125	2145	2205							
Winsor Park Estate Warwall	0608	0628	0648	0708	0718							1858	1913	1928	1948	2008	2028	2048	2108	2128	2148	2208							
Cyprus Station Cyprus Place	0610	0631	0651	0711	0721							1901	1916	1931	1951	2011	2031	2051	2111	2131	2151	2211							
Stansfeld Road Fulmer Road	0614	0635	0655	0715	0726							1906	1921	1936	1956	2015	2035	2055	2115	2135	2155	2214							
Newham Hospital Emergency Dept.	0618	0640	0700	0721	0732							1912	1927	1942	2002	2021	2040	2100	2120	2140	2200	2219							
Upton Park The Boleyn (Green Street)	0624	0647	0707	0728	0740							1918	1933	1948	2008	2027	2046	2106	2126	2146	2205	2224							
Upton Park Station	0625	0648	0708	0729	0742							1920	1935	1949	2009	2028	2047	2107	2127	2147	2206	2225							
East Ham Station	0631	0654	0714	0735	0749							1928	1943	1957	2017	2035	2054	2114	2133	2153	2212	2231							
East Ham Newham Town Hall	0635	0658	0719	0741	0755							1935	1950	2004	2022	2040	2059	2118	2137	2157	2216	2235							
Beckton Bus Station	2225	2245	2305	2325																									
Winsor Park Estate Warwall	2228	2248	2308	2328																									
Cyprus Station Cyprus Place	2231	2251	2311	2331																									
Stansfeld Road Fulmer Road	2234	2254	2314	2334																									
Newham Hospital Emergency Dept.	2239	2259	2318	2338																									
Upton Park The Boleyn (Green Street)	2244	2304	2323	2343																									
Upton Park Station	2245	2305	2324	2344																									
East Ham Station	2250	2310	2329	2349																									
East Ham Newham Town Hall	2254	2314	2333	2353																									
376		Saturdays (also Good Friday)																											
Beckton Bus Station	0605	0625	0645	0705	0725	0745	0805	0825	0840	0855													1830	1843	1855	1910	1925	1945	
Winsor Park Estate Warwall	0608	0628	0648	0708	0728	0748	0808	0828	0843	0858														1833	1846	1858	1913	1928	1948
Cyprus Station Cyprus Place	0610	0630	0650	0711	0731	0751	0811	0831	0846	0901														1836	1849	1901	1916	1931	1951
Stansfeld Road Fulmer Road	0614	0634	0654	0715	0735	0755	0815	0835	0850	0905														1840	1853	1905	1920	1935	1955
Newham Hospital Emergency Dept.	0618	0638	0659	0720	0740	0800	0820	0840	0855	0910														1846	1859	1911	1926	1941	2001
Upton Park The Boleyn (Green Street)	0623	0643	0704	0726	0746	0806	0826	0846	0901	0916														1852	1905	1917	1932	1947	2007
Upton Park Station	0624	0644	0705	0727	0747	0807	0827	0847	0902	0918														1854	1907	1919	1934	1949	2009
East Ham Station	0630	0650	0711	0733	0754	0814	0834	0854	0909	0925														1905	1917	1929	1943	1958	2017
East Ham Newham Town Hall	0633	0654	0715	0737	0758	0818	0839	0859	0914	0930														1912	1924	1936	1950	2005	2023
Beckton Bus Station	2005	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325																		
Winsor Park Estate Warwall	2008	2028	2048	2108	2128	2148	2208	2228	2248	2308	2328																		
Cyprus Station Cyprus Place	2011	2031	2051	2111	2131	2151	2211	2231	2251	2311	2331																		
Stansfeld Road Fulmer Road	2015	2035	2054	2114	2134	2154	2214	2234	2254	2314	2334																		
Newham Hospital Emergency Dept.	2021	2041	2059	2119	2139	2159	2219	2239	2259	2318	2338																		
Upton Park The Boleyn (Green Street)	2027	2047	2105	2124	2144	2204	2224	2244	2304	2323	2343																		
Upton Park Station	2029	2048	2106	2125	2145	2205	2225	2245	2305	2324	2344																		
East Ham Station	2037	2056	2113	2131	2151	2211	2231	2251	2310	2329	2349																		
East Ham Newham Town Hall	2043	2102	2118	2136	2156	2215	2235	2255	2314	2333	2353																		
376		Sundays and other Public Holidays (except Christmas Day)																											
Beckton Bus Station	0625	0655	0725	0755	0825	0855	0925	0955	1024	1054	1124	1154	1223	1252	1322	1352	1422	1452											
Winsor Park Estate Warwall	0628	0658	0728	0758	0828	0858	0928	0958	1027	1057	1127	1157	1226	1255	1325	1355	1425	1455											
Cyprus Station Cyprus Place	0630	0700	0730	0800	0830	0900	0931	1001	1030	1100	1130	1200	1229	1258	1328	1358	1428	1458											
Stansfeld Road Fulmer Road	0634	0704	0734	0804	0834	0904	0935	1005	1034	1104	1134	1204	1233	1302	1333	1403	1433	1503											
Newham Hospital Emergency Dept.	0639	0709	0739	0809	0839	0909	0940	1010	1040	1110	1140	1210	1239	1309	1340	1409	1439	1509											
Upton Park The Boleyn (Green Street)	0644	0714	0744	0814	0844	0915	0946	1016	1046	1116	1146	1216	1246	1316	1347	1416	1446	1516											
Upton Park Station	0645	0715	0745	0815	0845	0916	0947	1017	1048	1118	1148	1218	1248	1318	1349	1418	1448	1518											
East Ham Station	0651	0721	0751	0821	0851	0922	0954	1024	1056	1126	1158	1228	1258	1328	1359	1429	1459	1529											
East Ham Newham Town Hall	0655	0725	0755	0825	0855	0926	0959	1029	1102	1133	1205	1235	1305	1336	1407	1437	1507	1537											
Beckton Bus Station	1522	1552	1622	1652	1723	1753	1823	1854	1924	1954	2024	2055	2125	2155	2225	2255	2325												
Winsor Park Estate Warwall	1525	1555	1625	1655	1726	1756	1826	1857	1927	1957	2027	2058	2128	2158	2228	2258	2328												
Cyprus Station Cyprus Place	1528	1558	1628	1658	1729	1759	1829	1900	1930	2000	2030	2101	2131	2201	2231	2301	2331												
Stansfeld Road Fulmer Road	1533	1603	1633	1703	1734	1803	1833	1904	1934	2003	2033	2104	2134	2204	2234	2304	2334												
Newham Hospital Emergency Dept.	1539	1609	1639	1709	1740	1809	1839	1910	1940	2008	2038	2109	2139	2209	2239	2308	2338												
Upton Park The Boleyn (Green Street)	1546	1616	1646	1716	1747	1815	1845	1916	1946	2014	2043	2114	2144	2214	2244	2313	2343												
Upton Park Station	1548	1618	1648	1718	1749	1817	1847	1918	1947	2015	2044	2115	2145	2215	2245	2314	2344												
East Ham Station	1559	1629	1700	1730	1800	1826	1856	1926	1955	2022	2051	2121	2151	2221	2250	2319	2349												
East Ham Newham Town Hall	1607	1637	1707	1737	1807	1833	1903	1931	2000	2027	2056	2125	2155	2225	2254	2323	2353												

376		Mondays to Fridays																
East Ham Newham Town Hall	0605	0625	0645		1757	1810	1822	1835	1850	1905	1925	1945	2005	2025	2045	2105	2125	
East Ham Station	0609	0629	0650		1804	1817	1830	1843	1858	1913	1932	1952	2011	2031	2050	2110	2129	
Upton Park Station	0614	0634	0656	Then	1813	1826	1839	1852	1907	1922	1941	2001	2019	2038	2057	2117	2136	
Upton Park The Boleyn (Green Street)	0616	0636	0658	about	1816	1829	1842	1855	1910	1925	1944	2004	2022	2041	2100	2119	2138	
Newham Hospital Emergency Dept.	0620	0641	0704	every 12	1823	1835	1848	1901	1915	1930	1949	2009	2027	2046	2105	2124	2143	
Stansfeld Road Fulmer Road	0625	0646	0709	minutes	1830	1842	1855	1907	1921	1936	1955	2015	2033	2052	2111	2129	2148	
Cyprus Station Cyprus Place	0629	0650	0713	until	1834	1846	1859	1911	1925	1940	1959	2019	2037	2056	2115	2133	2152	
Winsor Park Estate Warwall	0632	0653	0716		1837	1849	1902	1914	1928	1943	2002	2022	2040	2059	2117	2135	2154	
Beckton Bus Station	0634	0655	0718		1840	1852	1904	1916	1930	1945	2004	2024	2042	2101	2119	2137	2156	
East Ham Newham Town Hall	2145	2205	2225	2245	2305	2330												
East Ham Station	2149	2209	2229	2248	2308	2333												
Upton Park Station	2156	2214	2234	2253	2313	2338												
Upton Park The Boleyn (Green Street)	2158	2216	2236	2255	2315	2340												
Newham Hospital Emergency Dept.	2203	2220	2240	2259	2319	2344												
Stansfeld Road Fulmer Road	2208	2225	2245	2304	2323	2348												
Cyprus Station Cyprus Place	2212	2229	2249	2308	2327	2352												
Winsor Park Estate Warwall	2214	2231	2251	2310	2329	2354												
Beckton Bus Station	2216	2233	2253	2312	2331	2356												
376		Saturdays (also Good Friday)																
East Ham Newham Town Hall	0605	0625	0645	0704	0723	0743	0803	0818	0833		1835	1850	1905	1925	1945	2005	2025	
East Ham Station	0608	0628	0648	0707	0726	0746	0807	0822	0837		1843	1859	1915	1935	1952	2012	2032	
Upton Park Station	0612	0632	0653	0712	0731	0751	0812	0828	0843	Then	1854	1909	1925	1945	2002	2022	2041	
Upton Park The Boleyn (Green Street)	0614	0634	0655	0714	0733	0753	0814	0830	0845	about	1857	1912	1927	1947	2004	2024	2043	
Newham Hospital Emergency Dept.	0618	0638	0659	0718	0738	0758	0819	0835	0850	every 12	1903	1918	1933	1953	2010	2030	2049	
Stansfeld Road Fulmer Road	0622	0642	0704	0723	0743	0803	0824	0840	0855	minutes	1910	1925	1940	2000	2016	2035	2054	
Cyprus Station Cyprus Place	0626	0646	0708	0727	0747	0807	0828	0844	0859	until	1914	1929	1944	2004	2020	2039	2058	
Winsor Park Estate Warwall	0628	0648	0710	0730	0750	0810	0831	0847	0902		1917	1932	1947	2007	2023	2041	2100	
Beckton Bus Station	0630	0650	0712	0732	0752	0812	0833	0849	0904		1919	1934	1949	2009	2025	2043	2102	
East Ham Newham Town Hall	2045	2105	2125	2145	2205	2225	2245	2305	2330									
East Ham Station	2051	2110	2130	2150	2210	2229	2249	2309	2334									
Upton Park Station	2100	2117	2137	2157	2216	2235	2255	2315	2340									
Upton Park The Boleyn (Green Street)	2102	2119	2139	2159	2218	2237	2257	2317	2342									
Newham Hospital Emergency Dept.	2107	2124	2144	2204	2223	2242	2302	2322	2347									
Stansfeld Road Fulmer Road	2112	2129	2149	2209	2228	2247	2306	2326	2351									
Cyprus Station Cyprus Place	2116	2133	2153	2213	2232	2251	2310	2330	2355									
Winsor Park Estate Warwall	2118	2135	2155	2215	2234	2253	2312	2332	2357									
Beckton Bus Station	2120	2137	2157	2217	2236	2255	2314	2334	2359									
376		Sundays and other Public Holidays (except Christmas Day)																
East Ham Newham Town Hall	0620	0645	0715	0745	0815	0845	0910	0938	1007	1035	1105	1132	1201	1229	1258	1328	1357	1425
East Ham Station	0623	0648	0718	0748	0818	0849	0914	0943	1012	1041	1111	1138	1208	1237	1306	1336	1406	1434
Upton Park Station	0627	0652	0722	0752	0823	0854	0919	0949	1018	1048	1118	1147	1217	1247	1316	1346	1416	1446
Upton Park The Boleyn (Green Street)	0629	0654	0724	0754	0825	0856	0921	0951	1020	1050	1120	1150	1220	1250	1319	1349	1419	1449
Newham Hospital Emergency Dept.	0633	0658	0728	0758	0830	0901	0926	0957	1026	1056	1126	1156	1226	1256	1325	1355	1425	1455
Stansfeld Road Fulmer Road	0638	0703	0733	0803	0835	0906	0931	1002	1032	1102	1132	1202	1232	1302	1332	1402	1432	1502
Cyprus Station Cyprus Place	0642	0707	0737	0807	0839	0910	0935	1006	1036	1106	1136	1206	1236	1306	1336	1406	1436	1506
Winsor Park Estate Warwall	0644	0709	0739	0809	0841	0912	0937	1008	1039	1109	1139	1209	1239	1309	1339	1409	1439	1509
Beckton Bus Station	0646	0711	0741	0811	0843	0914	0939	1010	1041	1111	1141	1211	1241	1311	1341	1411	1441	1511
East Ham Newham Town Hall	1455		1625	1655	1725	1755	1825	1850	1915	1941	2008	2038	2107	2137	2206	2235	2305	2330
East Ham Station	1503		1633	1703	1733	1802	1831	1855	1920	1946	2013	2043	2111	2141	2210	2238	2308	2333
Upton Park Station	1515	Then	1645	1714	1744	1812	1840	1904	1929	1954	2021	2049	2117	2147	2215	2243	2313	2338
Upton Park The Boleyn (Green Street)	1518	every	1648	1717	1747	1814	1842	1906	1931	1956	2023	2051	2119	2149	2217	2245	2315	2340
Newham Hospital Emergency Dept.	1524	30	1654	1723	1753	1820	1848	1912	1937	2002	2028	2056	2124	2154	2221	2249	2319	2344
Stansfeld Road Fulmer Road	1531	mins.	1701	1729	1759	1826	1854	1918	1943	2008	2034	2101	2129	2159	2226	2254	2323	2348
Cyprus Station Cyprus Place	1535	until	1705	1733	1803	1830	1858	1922	1947	2012	2038	2105	2133	2203	2230	2258	2326	2351
Winsor Park Estate Warwall	1538		1708	1736	1806	1832	1900	1924	1949	2014	2040	2107	2135	2205	2232	2300	2328	2353
Beckton Bus Station	1540		1710	1738	1808	1834	1902	1926	1951	2016	2042	2109	2137	2207	2234	2302	2330	2355