

376		Mondays to Fridays																			
Beckton Bus Station	0605	0625	0645	0705	0722	0739	0756	0813	0830	0847	0904	0921	0938	0955	1012	1029	1046	1103	1120	1137	
Winsor Park Estate Warwall	0608	0628	0648	0708	0725	0742	0759	0816	0834	0851	0907	0924	0941	0958	1015	1032	1049	1106	1123	1140	
Cyprus Station Cyprus Place	0610	0630	0651	0711	0728	0746	0803	0820	0837	0854	0910	0927	0944	1001	1018	1035	1052	1109	1126	1143	
Stansfeld Road Fulmer Road	0614	0634	0656	0716	0733	0752	0809	0826	0843	0900	0916	0932	0949	1006	1023	1040	1057	1114	1131	1148	
Newham Hospital Emergency Dept.	0618	0639	0701	0722	0739	0759	0816	0833	0850	0907	0923	0938	0955	1012	1029	1046	1103	1121	1138	1155	
Upton Park The Boleyn (Green Street)	0624	0645	0707	0729	0746	0807	0824	0840	0857	0914	0930	0945	1002	1019	1036	1053	1110	1128	1145	1202	
Upton Park Station	0626	0647	0710	0733	0750	0811	0828	0844	0901	0918	0934	0949	1006	1023	1040	1057	1114	1132	1149	1206	
East Ham Station	0632	0653	0718	0743	0802	0825	0843	0859	0916	0933	0949	1004	1021	1038	1055	1112	1129	1147	1204	1221	
East Ham Newham Town Hall	0636	0657	0723	0749	0808	0831	0849	0905	0922	0939	0955	1010	1028	1045	1102	1119	1136	1154	1211	1228	
Beckton Bus Station	1154	1211	1228	1245	1302	1319	1336	1353	1410	1427	1444	1500	1517	1534	1551	1608	1625	1642	1659	1716	
Winsor Park Estate Warwall	1157	1214	1231	1248	1305	1322	1339	1356	1413	1430	1447	1504	1521	1538	1555	1612	1629	1646	1703	1720	
Cyprus Station Cyprus Place	1200	1217	1234	1251	1308	1325	1342	1359	1416	1434	1451	1508	1525	1541	1558	1615	1632	1649	1706	1723	
Stansfeld Road Fulmer Road	1205	1222	1239	1256	1313	1330	1347	1404	1421	1439	1456	1514	1531	1547	1604	1620	1637	1654	1711	1728	
Newham Hospital Emergency Dept.	1212	1229	1246	1303	1320	1337	1354	1411	1428	1446	1503	1521	1538	1554	1611	1628	1645	1702	1719	1736	
Upton Park The Boleyn (Green Street)	1219	1236	1253	1310	1327	1344	1401	1418	1436	1454	1511	1529	1546	1602	1619	1636	1653	1710	1727	1744	
Upton Park Station	1223	1240	1257	1314	1331	1348	1405	1422	1441	1459	1516	1534	1551	1607	1623	1640	1657	1714	1731	1748	
East Ham Station	1239	1256	1313	1330	1347	1404	1421	1438	1458	1517	1534	1552	1609	1625	1641	1658	1715	1732	1749	1806	
East Ham Newham Town Hall	1246	1303	1320	1337	1354	1411	1428	1445	1505	1525	1542	1600	1617	1633	1649	1706	1723	1740	1757	1814	
Beckton Bus Station	1733	1750	1807	1824	1842	1901	1922	1942	2003	2023	2044	2104	2124	2144	2205	2225	2245	2305	2325		
Winsor Park Estate Warwall	1737	1754	1811	1828	1845	1904	1925	1945	2006	2026	2047	2107	2127	2147	2208	2228	2248	2308	2328		
Cyprus Station Cyprus Place	1740	1757	1814	1831	1848	1907	1928	1948	2009	2029	2050	2110	2130	2150	2211	2231	2251	2310	2330		
Stansfeld Road Fulmer Road	1745	1802	1819	1836	1853	1912	1932	1952	2013	2033	2054	2114	2134	2154	2215	2235	2255	2314	2334		
Newham Hospital Emergency Dept.	1753	1810	1826	1843	1859	1918	1938	1958	2018	2038	2059	2119	2139	2159	2219	2239	2259	2318	2338		
Upton Park The Boleyn (Green Street)	1801	1817	1833	1850	1906	1924	1944	2004	2024	2044	2104	2124	2144	2204	2224	2244	2304	2323	2343		
Upton Park Station	1805	1821	1837	1854	1909	1926	1946	2006	2026	2046	2105	2125	2145	2205	2225	2245	2305	2324	2344		
East Ham Station	1822	1837	1852	1908	1922	1938	1957	2016	2035	2054	2112	2132	2152	2211	2231	2251	2311	2330	2350		
East Ham Newham Town Hall	1829	1844	1859	1915	1929	1944	2003	2021	2040	2059	2117	2137	2157	2215	2235	2255	2315	2334	2354		
376		Saturdays (also Good Friday)																			
Beckton Bus Station	0605	0625	0645	0705	0727	0749	0811	0833	0855	0912	0929	0946	1003	1019	1035	1051	1107	1123	1139	1155	
Winsor Park Estate Warwall	0608	0628	0648	0708	0730	0752	0814	0836	0858	0915	0932	0949	1006	1022	1038	1054	1110	1126	1142	1158	
Cyprus Station Cyprus Place	0611	0631	0651	0711	0733	0755	0817	0839	0901	0918	0935	0952	1009	1025	1041	1057	1113	1129	1145	1201	
Stansfeld Road Fulmer Road	0615	0635	0655	0715	0737	0759	0821	0843	0905	0922	0939	0956	1013	1029	1045	1101	1117	1133	1149	1206	
Newham Hospital Emergency Dept.	0620	0640	0700	0720	0742	0804	0827	0849	0911	0928	0945	1002	1019	1035	1051	1108	1124	1140	1156	1213	
Upton Park The Boleyn (Green Street)	0626	0646	0706	0726	0748	0810	0833	0855	0917	0934	0951	1008	1025	1042	1058	1115	1131	1147	1203	1220	
Upton Park Station	0627	0647	0708	0729	0751	0813	0836	0858	0921	0938	0955	1012	1029	1046	1102	1119	1135	1151	1208	1225	
East Ham Station	0633	0653	0715	0737	0759	0823	0847	0910	0934	0951	1008	1026	1044	1102	1118	1135	1152	1208	1225	1242	
East Ham Newham Town Hall	0636	0656	0719	0741	0803	0827	0851	0914	0938	0956	1015	1033	1051	1109	1126	1143	1200	1217	1234	1251	
Beckton Bus Station	1212	1229	1246	1303	1320	1337	1354	1411	1428	1445	1502	1519	1536	1553	1610	1627	1644	1701	1718	1735	
Winsor Park Estate Warwall	1215	1232	1249	1306	1323	1340	1357	1414	1431	1448	1505	1522	1539	1556	1613	1630	1647	1704	1721	1738	
Cyprus Station Cyprus Place	1218	1235	1252	1309	1326	1343	1400	1417	1434	1451	1508	1525	1542	1559	1616	1633	1650	1707	1724	1741	
Stansfeld Road Fulmer Road	1223	1240	1257	1314	1331	1348	1405	1422	1439	1456	1513	1530	1547	1604	1621	1638	1655	1712	1729	1746	
Newham Hospital Emergency Dept.	1230	1247	1305	1322	1339	1356	1413	1430	1447	1503	1520	1537	1554	1611	1628	1645	1702	1719	1736	1753	
Upton Park The Boleyn (Green Street)	1237	1254	1312	1329	1346	1403	1420	1437	1454	1510	1527	1544	1601	1618	1635	1652	1709	1726	1743	1800	
Upton Park Station	1242	1259	1317	1334	1351	1408	1425	1442	1459	1515	1532	1549	1606	1623	1640	1657	1714	1731	1748	1805	
East Ham Station	1259	1316	1334	1351	1408	1426	1443	1500	1517	1533	1550	1607	1624	1641	1658	1715	1732	1749	1806	1822	
East Ham Newham Town Hall	1308	1325	1343	1400	1417	1435	1452	1509	1526	1543	1600	1617	1634	1651	1708	1725	1742	1759	1815	1831	
Beckton Bus Station	1752	1809	1826	1843	1900	1921	1942	2003	2024	2044	2104	2124	2144	2204	2224	2245	2305	2325			
Winsor Park Estate Warwall	1755	1812	1829	1846	1903	1924	1945	2006	2027	2047	2107	2127	2147	2207	2227	2248	2308	2328			
Cyprus Station Cyprus Place	1758	1815	1832	1849	1906	1927	1948	2009	2030	2050	2110	2130	2150	2210	2230	2251	2311	2331			
Stansfeld Road Fulmer Road	1803	1819	1836	1853	1910	1931	1952	2013	2034	2054	2114	2134	2154	2214	2234	2255	2315	2335			
Newham Hospital Emergency Dept.	1810	1826	1843	1859	1916	1937	1958	2019	2040	2100	2119	2139	2159	2219	2239	2300	2319	2339			
Upton Park The Boleyn (Green Street)	1816	1832	1849	1905	1922	1943	2004	2025	2046	2106	2124	2144	2204	2224	2244	2305	2324	2344			
Upton Park Station	1821	1837	1853	1908	1924	1945	2006	2027	2048	2108	2126	2146	2206	2226	2246	2307	2326	2346			
East Ham Station	1838	1853	1908	1922	1937	1957	2017	2037	2057	2116	2133	2153	2213	2233	2252	2313	2332	2352			
East Ham Newham Town Hall	1847	1902	1916	1930	1945	2005	2024	2044	2104	2121	2138	2158	2218	2238	2257	2317	2336	2356			
376		Sundays and other Public Holidays (except Christmas Day)																			
Beckton Bus Station	0655	0725	0755	0825	0855	0925	0958	1030	1102	1134	1206	1238	1310	1342	1414	1446	1518	1550	1622	1654	
Winsor Park Estate Warwall	0658	0728	0758	0828	0858	0928	1001	1033	1105	1137	1209	1241	1313	1346	1418	1450	1522	1554	1626	1658	
Cyprus Station Cyprus Place	0701	0731																			

376		Mondays to Fridays																			
East Ham Newham Town Hall	0605	0625	0645	0705	0722	0739	0756	0813	0830	0847	0904	0921	0938	0955	1012	1029	1046	1103	1120	1137	
East Ham Station	0609	0629	0649	0709	0727	0744	0801	0819	0836	0853	0910	0927	0944	1001	1018	1035	1052	1110	1127	1144	
Upton Park Station	0614	0635	0656	0718	0738	0757	0815	0833	0851	0908	0925	0942	0959	1016	1033	1050	1107	1125	1142	1159	
Upton Park The Boleyn (Green Street)	0616	0637	0658	0722	0742	0801	0819	0837	0855	0912	0929	0946	1003	1020	1037	1054	1111	1129	1146	1203	
Newham Hospital Emergency Dept.	0620	0642	0703	0727	0748	0807	0826	0844	0902	0919	0936	0953	1010	1027	1044	1101	1118	1136	1153	1210	
Stansfeld Road Fulmer Road	0625	0647	0708	0732	0754	0813	0833	0851	0909	0926	0943	0959	1016	1033	1050	1107	1124	1142	1159	1216	
Cyprus Station Cyprus Place	0629	0651	0712	0736	0759	0819	0839	0857	0915	0931	0948	1004	1021	1038	1055	1112	1129	1147	1204	1221	
Winsor Park Estate Warwall	0632	0654	0715	0739	0802	0822	0842	0900	0918	0934	0951	1007	1024	1041	1058	1115	1132	1150	1207	1224	
Beckton Bus Station	0634	0656	0717	0741	0805	0825	0845	0903	0921	0937	0954	1010	1027	1044	1101	1118	1135	1153	1210	1227	
East Ham Newham Town Hall	1154	1211	1228	1245	1302	1319	1336	1353	1410	1427	1444	1501	1518	1535	1552	1609	1626	1644	1701	1718	
East Ham Station	1201	1218	1235	1252	1309	1326	1343	1400	1417	1434	1451	1508	1525	1543	1600	1617	1634	1651	1708	1725	
Upton Park Station	1216	1233	1250	1307	1324	1341	1358	1416	1433	1451	1508	1525	1542	1559	1616	1633	1650	1707	1724	1741	
Upton Park The Boleyn (Green Street)	1221	1238	1255	1312	1329	1346	1403	1421	1438	1456	1513	1530	1547	1604	1621	1638	1655	1712	1729	1746	
Newham Hospital Emergency Dept.	1228	1245	1302	1319	1336	1353	1410	1428	1445	1504	1521	1538	1555	1612	1628	1645	1702	1719	1736	1753	
Stansfeld Road Fulmer Road	1235	1252	1309	1326	1343	1400	1417	1435	1452	1512	1530	1547	1604	1621	1637	1654	1711	1727	1744	1801	
Cyprus Station Cyprus Place	1240	1257	1314	1331	1348	1405	1422	1440	1457	1517	1535	1552	1609	1626	1642	1659	1716	1732	1749	1806	
Winsor Park Estate Warwall	1243	1300	1317	1334	1351	1408	1425	1443	1500	1520	1538	1555	1612	1629	1645	1702	1719	1735	1752	1809	
Beckton Bus Station	1246	1303	1320	1337	1354	1411	1428	1446	1503	1523	1541	1558	1615	1632	1648	1705	1722	1738	1755	1812	
East Ham Newham Town Hall	1736	1753	1810	1828	1846	1905	1925	1945	2005	2025	2045	2105	2125	2145	2205	2225	2248	2312	2335		
East Ham Station	1743	1800	1817	1835	1853	1912	1932	1952	2011	2031	2051	2110	2130	2150	2209	2229	2252	2316	2339		
Upton Park Station	1759	1816	1832	1849	1906	1924	1943	2002	2020	2039	2058	2116	2136	2156	2215	2235	2258	2321	2344		
Upton Park The Boleyn (Green Street)	1804	1821	1837	1854	1910	1927	1946	2004	2022	2041	2100	2118	2138	2158	2217	2237	2300	2323	2346		
Newham Hospital Emergency Dept.	1811	1828	1844	1900	1916	1933	1952	2010	2028	2047	2105	2123	2143	2203	2222	2242	2305	2328	2351		
Stansfeld Road Fulmer Road	1819	1835	1851	1907	1922	1939	1958	2016	2034	2053	2110	2128	2148	2208	2227	2247	2309	2332	2355		
Cyprus Station Cyprus Place	1823	1839	1855	1911	1926	1943	2002	2020	2038	2057	2114	2132	2152	2211	2230	2250	2312	2335	2358		
Winsor Park Estate Warwall	1826	1842	1858	1914	1929	1946	2005	2023	2041	2100	2117	2135	2155	2214	2233	2253	2315	2338	0001		
Beckton Bus Station	1829	1845	1901	1917	1932	1949	2007	2025	2043	2102	2119	2137	2157	2216	2235	2255	2317	2340	0003		
376		Saturdays (also Good Friday)																			
East Ham Newham Town Hall	0605	0625	0645	0705	0727	0749	0811	0833	0850	0907	0924	0941	0958	1015	1032	1049	1106	1123	1140	1157	
East Ham Station	0608	0628	0648	0709	0731	0753	0815	0837	0854	0912	0929	0946	1004	1021	1038	1055	1113	1130	1147	1204	
Upton Park Station	0612	0632	0653	0716	0740	0804	0827	0849	0907	0925	0943	1000	1018	1035	1052	1109	1128	1145	1202	1220	
Upton Park The Boleyn (Green Street)	0614	0634	0655	0719	0744	0808	0831	0853	0911	0929	0947	1004	1022	1039	1057	1114	1133	1150	1207	1225	
Newham Hospital Emergency Dept.	0618	0638	0659	0724	0749	0813	0836	0858	0917	0935	0953	1010	1028	1045	1103	1120	1139	1156	1213	1231	
Stansfeld Road Fulmer Road	0623	0643	0704	0729	0754	0818	0841	0903	0922	0940	0958	1016	1034	1051	1109	1127	1146	1203	1221	1239	
Cyprus Station Cyprus Place	0626	0646	0707	0732	0757	0821	0844	0906	0926	0944	1002	1020	1038	1055	1113	1131	1150	1207	1225	1243	
Winsor Park Estate Warwall	0629	0649	0710	0735	0800	0824	0847	0909	0929	0947	1005	1023	1041	1058	1116	1134	1153	1210	1228	1246	
Beckton Bus Station	0631	0651	0712	0737	0802	0826	0849	0911	0931	0949	1007	1025	1043	1100	1119	1137	1156	1213	1231	1249	
East Ham Newham Town Hall	1214	1231	1248	1305	1322	1339	1356	1413	1430	1447	1504	1521	1538	1555	1612	1629	1646	1703	1720	1737	
East Ham Station	1221	1238	1255	1313	1330	1347	1404	1421	1438	1455	1512	1529	1546	1603	1620	1637	1654	1711	1728	1745	
Upton Park Station	1237	1254	1311	1329	1346	1403	1420	1437	1454	1512	1529	1546	1603	1620	1637	1654	1710	1727	1744	1801	
Upton Park The Boleyn (Green Street)	1242	1259	1316	1334	1351	1408	1425	1442	1459	1517	1534	1551	1608	1625	1642	1659	1716	1733	1750	1807	
Newham Hospital Emergency Dept.	1248	1305	1323	1341	1358	1416	1433	1450	1507	1524	1541	1558	1615	1632	1649	1706	1723	1740	1757	1814	
Stansfeld Road Fulmer Road	1256	1313	1331	1349	1406	1424	1441	1458	1515	1532	1549	1606	1623	1640	1657	1714	1731	1748	1805	1821	
Cyprus Station Cyprus Place	1300	1317	1335	1353	1410	1428	1445	1502	1519	1536	1553	1610	1627	1644	1701	1718	1735	1752	1809	1825	
Winsor Park Estate Warwall	1303	1320	1338	1356	1413	1431	1448	1505	1522	1539	1556	1613	1630	1647	1704	1721	1738	1755	1812	1828	
Beckton Bus Station	1306	1323	1341	1359	1416	1434	1451	1508	1525	1542	1559	1616	1633	1650	1707	1724	1741	1758	1815	1831	
East Ham Newham Town Hall	1754	1811	1828	1845	1902	1925	1945	2005	2025	2045	2105	2125	2145	2205	2225	2248	2312	2335			
East Ham Station	1803	1820	1837	1854	1911	1933	1953	2012	2031	2051	2110	2130	2150	2210	2230	2253	2316	2339			
Upton Park Station	1819	1836	1853	1909	1925	1946	2005	2023	2041	2100	2118	2137	2157	2217	2237	2300	2322	2345			
Upton Park The Boleyn (Green Street)	1824	1841	1857	1912	1928	1949	2007	2025	2043	2102	2120	2139	2159	2219	2239	2302	2324	2347			
Newham Hospital Emergency Dept.	1831	1848	1904	1918	1934	1955	2013	2031	2049	2107	2125	2144	2204	2224	2244	2307	2329	2352			
Stansfeld Road Fulmer Road	1838	1855	1911	1924	1940	2001	2019	2037	2055	2112	2130	2149	2209	2229	2249	2312	2334	2357			
Cyprus Station Cyprus Place	1842	1859	1915	1928	1944	2005	2023	2041	2059	2115	2133	2152	2212	2232	2252	2315	2337	0000			
Winsor Park Estate Warwall	1845	1902	1918	1931	1947	2008	2026	2044	2102	2118	2136	2155	2215	2235	2255	2318	2340	0003			
Beckton Bus Station	1848	1905	1921	1934	1950	2010	2028	2046	2104	2120	2138	2157	2217	2237	2257	2320	2342	0005			
376		Sundays and other Public Holidays (except Christmas Day)																			
East Ham Newham Town Hall	0645	0715	0745	0815	0845	0910	0940	1008	1036	1108	1140	1212	1244	1316	1348	1420	1452	1524	1556	1628	
East Ham Station	0648	0718	0748	0819	0849	0914	0944	1013	1041	1114	1146	1219	1251	1323	1355	1428	1500	1532	1604	1636	
Upton Park Station	0653	0723	0753	0824	0854	0920	0952	1023	1053	1126	1158	1231	1304	1338	1410	1443	1515	1547	1619	1651	
Upton Park The Boleyn (Green Street)	0655	0725	0755	0826	0856	0922	0954	1025	1055	1129	1201	1234	1307	1341	1413	1446	1518	1550	1622	1654	
Newham Hospital Emergency Dept.	0659	0729	0759	0830	0900	0927	0959	1031	1101	1135	1207	1240	1313	1347	1419	1452	1524	1556	1628	1700	
Stansfeld Road Fulmer Road	0703	0733	0803	0834	0905	0932	1004	1036	1106	1141	1213	1247	1320	1354	1426	1459	1531	1603	1635	1707	
Cyprus Station Cyprus Place	0707	0737	0807	0838	0909	0936	1008	1040	1110	1145	1218	1252	1325	1359	1431	1504	1536	1608	1639	1711	
Winsor Park Estate Warwall	0710	0740	0810	0841	0912	0939	1011	1043	1113	1148</											