



425 Mondays to Fridays																		
Clapton Nightingale Road	0420	0441	0502	0523	0539	0555	0611	0627	0638			1928	1941	1954	2007	2020	2033	2046
Homerton Hospital Homerton Grove	0427	0448	0509	0530	0548	0604	0625	0641	0652			1940	1953	2006	2017	2030	2043	2056
Lauriston Road Church Crescent	0433	0454	0515	0538	0556	0612	0633	0653	0704	Then		1950	2003	2014	2025	2038	2051	2104
Mile End Grove Road	0448	0509	0532	0555	0612	0625	0646	0707	0723	about		2000	2013	2024	2035	2048	2101	2114
Bow Church Station	0451	0512	0535	0558	0617	0631	0652	0713	0729	every 11		2006	2019	2030	2041	2054	2106	2119
Stratford Bus Station	0458	0519	0542	0605	0625	0641	0702	0723	0739	minutes		2016	2029	2040	2051	2104	2116	2128
Forest Gate Police Station	0505	0527	0550	0613	0633	0653	0714	0735	0751	until		2028	2040	2051	2102	2114	2126	2138
Manor Park Broadway	0508	0530	0553	0616	0636	0657	0718	0739	0755			2032	2044	2055	2106	2118	2130	2142
Ilford High Road Hainault Street	0516	0539	0602	0625	0647	0708	0729	0750	0806			2047	2056	2106	2117	2128	2140	2152
Clapton Nightingale Road	2059	2112	2125	2138	2151	2204	2217	2230	2243	2256	2309	2325	2341	2357	0013			
Homerton Hospital Homerton Grove	2109	2122	2135	2148	2201	2214	2227	2240	2253	2306	2319	2332	2348	0004	0020			
Lauriston Road Church Crescent	2117	2130	2143	2156	2209	2222	2235	2248	2301	2314	2327	2340	2355	0010	0026			
Mile End Grove Road	2127	2140	2153	2206	2219	2232	2245	2258	2311	2324	2337	2350	0005	0020	0036			
Bow Church Station	2132	2145	2158	2210	2223	2236	2249	2302	2315	2328	2341	2354	0009	0024	0040			
Stratford Bus Station	2141	2154	2207	2219	2232	2245	2258	2310	2323	2336	2349	0002	0017	0032	0047			
Forest Gate Police Station	2151	2204	2216	2228	2241	2254	2307	2319	2331	2344	2357	0010	0025	0040	0055			
Manor Park Broadway	2155	2207	2219	2231	2244	2257	2310	2322	2334	2347	0000	0013	0028	0043	0058			
Ilford High Road Hainault Street	2204	2216	2228	2240	2253	2306	2318	2330	2342	2355	0008	0020	0035	0050	0105			
425 Saturdays (also Good Friday)																		
Clapton Nightingale Road	0420	0441	0502	0520	0536	0552	0608	0624	0640	0656	0712	0728	0744	0800	0816	0832	0848	0904
Homerton Hospital Homerton Grove	0426	0447	0509	0527	0543	0559	0615	0631	0647	0703	0720	0736	0752	0809	0826	0842	0858	0914
Lauriston Road Church Crescent	0433	0454	0516	0534	0550	0606	0622	0638	0654	0710	0727	0743	0759	0818	0835	0851	0907	0923
Mile End Grove Road	0447	0508	0530	0548	0604	0621	0637	0653	0709	0725	0742	0758	0815	0835	0852	0908	0924	0940
Bow Church Station	0450	0512	0534	0552	0608	0625	0641	0657	0714	0730	0747	0803	0820	0840	0857	0913	0929	0945
Stratford Bus Station	0458	0520	0542	0600	0616	0633	0649	0705	0722	0738	0755	0812	0830	0850	0907	0923	0939	0955
Forest Gate Police Station	0506	0528	0550	0608	0624	0641	0657	0714	0731	0747	0804	0821	0841	0901	0918	0934	0950	1006
Manor Park Broadway	0509	0531	0553	0611	0627	0644	0700	0717	0734	0751	0808	0825	0845	0905	0922	0938	0954	1010
Ilford High Road Hainault Street	0516	0538	0600	0618	0635	0652	0708	0725	0742	0759	0817	0836	0856	0916	0933	0949	1005	1021
Clapton Nightingale Road	0915			1858			2252	2306	2322	2338	2354	0010						
Homerton Hospital Homerton Grove	0925			1909			2301	2314	2330	2346	0002	0018						
Lauriston Road Church Crescent	0934	Then		1919	Then		2308	2321	2337	2353	0008	0024						
Mile End Grove Road	0951	about		1936	about		2323	2336	2352	0008	0023	0039						
Bow Church Station	0956	every 11		1942	every 13		2327	2340	2356	0012	0027	0043						
Stratford Bus Station	1006	minutes		1953	minutes		2336	2349	0005	0020	0035	0051						
Forest Gate Police Station	1018	until		2006	until		2345	2358	0013	0028	0043	0059						
Manor Park Broadway	1022			2011			2349	0002	0016	0031	0046	0102						
Ilford High Road Hainault Street	1033			2027			2357	0009	0023	0038	0053	0109						
425 Sundays and other Public Holidays (except Christmas Day)																		
Clapton Nightingale Road	0520	0541	0602	0623	0644	0700	0716	0732	0748	0804	0820	0836	0852	0908	0924	0940	0956	1009
Homerton Hospital Homerton Grove	0526	0547	0608	0629	0650	0706	0723	0739	0755	0813	0829	0845	0901	0917	0933	0949	1005	1018
Lauriston Road Church Crescent	0532	0553	0615	0636	0657	0713	0730	0746	0802	0820	0836	0852	0910	0926	0942	0958	1014	1027
Mile End Grove Road	0539	0601	0623	0644	0705	0725	0743	0800	0818	0836	0852	0908	0927	0943	0959	1015	1031	1044
Bow Church Station	0542	0604	0626	0647	0709	0729	0747	0804	0823	0841	0857	0913	0933	0949	1005	1021	1037	1050
Stratford Bus Station	0549	0611	0633	0654	0716	0737	0755	0812	0831	0849	0905	0923	0943	0959	1015	1031	1047	1100
Forest Gate Police Station	0556	0618	0640	0701	0723	0745	0804	0821	0840	0858	0915	0933	0953	1009	1025	1041	1057	1110
Manor Park Broadway	0559	0621	0643	0704	0726	0748	0807	0826	0845	0903	0921	0939	0957	1013	1029	1045	1101	1114
Ilford High Road Hainault Street	0606	0628	0650	0712	0734	0756	0815	0834	0853	0912	0931	0949	1007	1024	1041	1058	1115	1128
Clapton Nightingale Road	1022	1035	1048	1101	1114	1127	1140	1153	1206	1219	1232	1245	1258	1311			2125	2142
Homerton Hospital Homerton Grove	1031	1044	1057	1111	1124	1137	1150	1203	1216	1229	1242	1255	1308	1322			2134	2151
Lauriston Road Church Crescent	1040	1053	1106	1120	1133	1146	1159	1213	1226	1239	1252	1305	1319	1333	Then		2141	2158
Mile End Grove Road	1057	1110	1123	1137	1150	1203	1216	1231	1244	1257	1310	1323	1337	1351	about		2156	2213
Bow Church Station	1103	1116	1129	1143	1156	1209	1222	1237	1250	1303	1318	1332	1346	1359	every 13		2201	2217
Stratford Bus Station	1113	1126	1139	1153	1206	1220	1233	1248	1301	1316	1330	1344	1358	1411	minutes		2210	2225
Forest Gate Police Station	1123	1136	1149	1203	1217	1231	1244	1259	1315	1330	1344	1358	1412	1425	until		2220	2235
Manor Park Broadway	1127	1140	1154	1208	1222	1236	1249	1305	1321	1336	1350	1404	1418	1431			2224	2239
Ilford High Road Hainault Street	1141	1155	1210	1225	1240	1255	1310	1326	1342	1357	1411	1425	1439	1452			2233	2248
Clapton Nightingale Road	2159	2216	2233	2250	2306	2322	2338	2354	0010									
Homerton Hospital Homerton Grove	2208	2224	2241	2258	2313	2329	2345	0001	0017									
Lauriston Road Church Crescent	2215	2231	2248	2305	2320	2335	2351	0007	0023									
Mile End Grove Road	2229	2245	2301	2317	2332	2347	0003	0019	0035									
Bow Church Station	2233	2249	2305	2321	2336	2351	0007	0023	0039									
Stratford Bus Station	2241	2257	2313	2329	2344	2359	0015	0031	0047									
Forest Gate Police Station	2251	2307	2322	2338	2353	0008	0024	0040	0056									
Manor Park Broadway	2255	2310	2325	2341	2356	0011	0027	0043	0059									
Ilford High Road Hainault Street	2303	2318	2333	2349	0004	0019	0035	0051	0107									