

425 Mondays to Fridays																				
Ilford High Road Hainault Street	0405	0425	0445	0505	0520	0535	0550	0605	0620		1931		2255	2310	2325	2340	2355			
Manor Park Broadway	0413	0433	0453	0513	0528	0543	0558	0615	0630		1944	Then	2303	2318	2333	2348	0003			
Forest Gate Police Station	0417	0437	0457	0517	0532	0547	0602	0620	0635	Then	1950	about	2307	2322	2337	2352	0006			
Stratford Bus Station	0426	0446	0506	0526	0542	0557	0613	0631	0646	about	2002	every	2316	2331	2346	0000	0014			
Bow Church Station	0434	0454	0514	0534	0550	0605	0622	0640	0655	every 10	2013	12	2324	2339	2354	0008	0022			
Mile End Grove Road	0438	0458	0518	0538	0554	0610	0627	0645	0700	minutes	2019	mins.	2328	2343	2358	0012	0026			
Lauriston Road Church Crescent	0443	0503	0523	0543	0559	0616	0633	0651	0706	until	2026	until	2333	2348	0003	0017	0031			
Homerton Hospital Homerton Grove	0449	0509	0529	0549	0605	0623	0641	0659	0715		2034		2339	2354	0009	0023	0037			
Clapton Nightingale Road	0454	0514	0534	0555	0613	0631	0649	0707	0725		2043		2345	0000	0014	0028	0042			
425 Saturdays (also Good Friday)																				
Ilford High Road Hainault Street	0405	0425	0445	0505	0520	0535	0550	0605	0620	0635	0650	0705	0720	0735	0750	0805	0820	0833		
Manor Park Broadway	0413	0433	0453	0513	0528	0543	0558	0614	0629	0644	0659	0714	0729	0744	0759	0815	0830	0843		
Forest Gate Police Station	0416	0436	0456	0517	0532	0547	0602	0619	0634	0649	0704	0719	0734	0749	0804	0820	0835	0848		
Stratford Bus Station	0425	0445	0505	0527	0542	0557	0612	0629	0644	0659	0715	0730	0745	0800	0815	0831	0846	0900		
Bow Church Station	0432	0452	0513	0535	0550	0606	0622	0638	0653	0708	0724	0740	0755	0810	0825	0841	0856	0910		
Mile End Grove Road	0435	0455	0517	0539	0554	0610	0626	0642	0657	0713	0729	0745	0800	0815	0830	0846	0901	0916		
Lauriston Road Church Crescent	0439	0500	0522	0544	0559	0615	0631	0647	0702	0719	0735	0751	0806	0821	0836	0852	0908	0923		
Homerton Hospital Homerton Grove	0445	0506	0528	0550	0605	0621	0637	0653	0709	0726	0742	0758	0813	0828	0843	0859	0916	0931		
Clapton Nightingale Road	0450	0511	0533	0555	0611	0627	0643	0659	0715	0732	0748	0804	0820	0835	0850	0906	0925	0940		
Ilford High Road Hainault Street	0846	0900					1905	1917	1930	1943	1955	2007	2019	2031	2043	2055	2107	2119	2131	2143
Manor Park Broadway	0856	0910					1922	1933	1946	1959	2011	2021	2031	2043	2055	2107	2118	2130	2142	2154
Forest Gate Police Station	0901	0916	Then				1928	1939	1952	2005	2017	2027	2037	2049	2101	2112	2123	2135	2147	2159
Stratford Bus Station	0914	0929	about				1943	1954	2007	2018	2030	2040	2050	2102	2113	2124	2135	2147	2159	2210
Bow Church Station	0925	0940	every 10				1954	2005	2017	2028	2040	2050	2100	2112	2123	2134	2145	2157	2208	2219
Mile End Grove Road	0931	0946	minutes				2000	2011	2023	2034	2046	2056	2106	2117	2128	2139	2150	2202	2213	2224
Lauriston Road Church Crescent	0938	0953	until				2007	2018	2030	2041	2053	2103	2113	2124	2135	2146	2157	2208	2219	2230
Homerton Hospital Homerton Grove	0946	1001					2016	2026	2038	2049	2101	2111	2121	2131	2142	2153	2204	2215	2226	2237
Clapton Nightingale Road	0955	1010					2026	2036	2048	2059	2109	2119	2129	2139	2150	2201	2211	2222	2233	2244
Ilford High Road Hainault Street	2155	2207	2219	2231	2243	2255	2310	2325	2340	2355										
Manor Park Broadway	2206	2216	2228	2240	2252	2304	2318	2333	2348	0003										
Forest Gate Police Station	2210	2220	2232	2244	2256	2308	2322	2337	2352	0007										
Stratford Bus Station	2221	2231	2243	2255	2307	2319	2332	2347	0002	0016										
Bow Church Station	2230	2240	2252	2304	2316	2328	2341	2356	0010	0024										
Mile End Grove Road	2235	2245	2257	2309	2321	2333	2346	0000	0014	0028										
Lauriston Road Church Crescent	2241	2251	2303	2315	2327	2339	2352	0005	0019	0033										
Homerton Hospital Homerton Grove	2248	2258	2310	2322	2334	2346	2359	0012	0026	0040										
Clapton Nightingale Road	2255	2305	2317	2329	2341	2353	0006	0019	0033	0047										
425 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																				
Ilford High Road Hainault Street	0505	0525	0545	0605	0625	0645	0700	0715	0730	0745	0800	0815	0830	0845	0900	0915	0929	0944		
Manor Park Broadway	0514	0534	0554	0614	0634	0654	0709	0724	0739	0754	0809	0824	0839	0854	0909	0925	0939	0954		
Forest Gate Police Station	0518	0538	0558	0618	0638	0658	0714	0729	0744	0759	0814	0829	0844	0859	0915	0931	0945	1000		
Stratford Bus Station	0527	0547	0607	0628	0648	0708	0724	0739	0754	0809	0825	0840	0855	0910	0926	0942	0956	1011		
Bow Church Station	0535	0555	0615	0636	0656	0717	0733	0748	0803	0819	0835	0850	0905	0921	0937	0953	1007	1022		
Mile End Grove Road	0539	0559	0619	0640	0700	0721	0737	0752	0808	0824	0840	0855	0910	0926	0942	0958	1013	1028		
Lauriston Road Church Crescent	0544	0604	0624	0645	0705	0726	0742	0758	0814	0830	0846	0901	0916	0932	0948	1004	1020	1035		
Homerton Hospital Homerton Grove	0550	0610	0630	0651	0712	0733	0749	0805	0821	0837	0853	0908	0923	0939	0955	1011	1027	1042		
Clapton Nightingale Road	0556	0616	0636	0657	0718	0739	0755	0811	0827	0843	0859	0915	0930	0946	1002	1018	1034	1049		
Ilford High Road Hainault Street	0958		1055	1107			2110	2125	2140	2155	2210	2225	2240	2255	2310	2325	2340	2355		
Manor Park Broadway	1008	Then	1106	1122			2120	2135	2150	2205	2219	2233	2248	2303	2317	2332	2347	0002		
Forest Gate Police Station	1014	about	1112	1128	Then		2125	2140	2155	2209	2223	2237	2252	2307	2321	2336	2351	0006		
Stratford Bus Station	1026	every	1125	1141	about		2135	2150	2205	2219	2233	2247	2302	2317	2331	2346	0000	0015		
Bow Church Station	1037	12	1137	1153	every 12		2146	2201	2215	2229	2243	2257	2311	2325	2339	2354	0008	0023		
Mile End Grove Road	1043	mins.	1143	1159	minutes		2151	2205	2219	2233	2247	2301	2315	2329	2343	2358	0012	0027		
Lauriston Road Church Crescent	1050	until	1151	1207	until		2157	2211	2225	2239	2253	2307	2321	2335	2349	0003	0017	0032		
Homerton Hospital Homerton Grove	1057		1158	1215			2204	2218	2232	2246	2300	2314	2328	2342	2356	0010	0024	0038		
Clapton Nightingale Road	1104		1206	1224			2210	2224	2238	2252	2306	2320	2334	2348	0002	0016	0030	0044		

425 Mondays to Fridays																				
Clapton Nightingale Road	0420	0440	0500	0520	0535	0550	0605	0620	0635			1935	1947	1959	2011	2023	2035	2047		
Homerton Hospital Homerton Grove	0427	0447	0507	0527	0542	0557	0613	0628	0643			1947	1959	2011	2021	2033	2045	2057		
Lauriston Road Church Crescent	0433	0453	0514	0534	0549	0604	0621	0636	0651	Then about every 10 minutes until		1957	2009	2019	2029	2041	2053	2105		
Mile End Grove Road	0438	0458	0519	0539	0554	0610	0627	0642	0657		2004	2015	2025	2035	2047	2059	2111			
Bow Church Station	0441	0501	0522	0542	0557	0614	0631	0646	0701		2010	2021	2031	2041	2053	2105	2116			
Stratford Bus Station	0448	0508	0529	0549	0604	0622	0639	0654	0711		2020	2031	2041	2051	2103	2114	2125			
Forest Gate Police Station	0455	0516	0537	0557	0612	0630	0647	0702	0720		2031	2042	2052	2102	2113	2124	2135			
Manor Park Broadway	0458	0519	0540	0600	0615	0633	0651	0706	0724		2035	2046	2056	2106	2117	2128	2139			
Ilford High Road Hainault Street	0506	0527	0548	0608	0623	0641	0659	0717	0735		2047	2057	2107	2117	2127	2138	2149			
Clapton Nightingale Road	2059	2111	2123	2135	2147	2159	2211	2223	2235	2247	2259	2311	2325	2340	2355	0010				
Homerton Hospital Homerton Grove	2109	2120	2132	2144	2156	2208	2220	2232	2244	2256	2307	2318	2332	2347	0002	0017				
Lauriston Road Church Crescent	2116	2127	2139	2151	2203	2215	2227	2239	2251	2303	2314	2325	2339	2354	0008	0023				
Mile End Grove Road	2122	2133	2145	2157	2208	2220	2232	2244	2256	2308	2319	2330	2344	2359	0013	0027				
Bow Church Station	2127	2138	2150	2202	2213	2224	2236	2248	2300	2312	2323	2334	2348	0003	0017	0031				
Stratford Bus Station	2136	2147	2159	2211	2222	2233	2245	2257	2309	2320	2331	2342	2356	0010	0024	0038				
Forest Gate Police Station	2146	2157	2209	2220	2231	2242	2254	2306	2317	2328	2339	2350	0004	0018	0032	0046				
Manor Park Broadway	2150	2201	2212	2223	2234	2245	2257	2309	2320	2331	2342	2353	0007	0021	0035	0049				
Ilford High Road Hainault Street	2200	2210	2221	2232	2243	2254	2306	2317	2328	2339	2350	0001	0014	0028	0042	0056				
425 Saturdays (also Good Friday)																				
Clapton Nightingale Road	0420	0440	0500	0520	0535	0550	0605	0620	0635	0650	0705	0720	0735	0750	0805	0820	0833	0846		
Homerton Hospital Homerton Grove	0426	0446	0506	0527	0542	0557	0612	0627	0642	0657	0713	0728	0743	0758	0813	0828	0841	0854		
Lauriston Road Church Crescent	0433	0453	0513	0534	0549	0604	0619	0634	0649	0704	0720	0735	0750	0805	0820	0835	0848	0901		
Mile End Grove Road	0437	0457	0517	0538	0553	0609	0624	0639	0654	0709	0725	0740	0755	0811	0826	0841	0854	0908		
Bow Church Station	0440	0500	0521	0542	0557	0613	0628	0643	0658	0714	0730	0745	0800	0816	0831	0846	0859	0913		
Stratford Bus Station	0448	0508	0529	0550	0605	0621	0636	0651	0706	0722	0738	0753	0808	0825	0840	0855	0908	0923		
Forest Gate Police Station	0455	0516	0537	0558	0613	0629	0644	0659	0715	0731	0747	0802	0817	0834	0849	0904	0919	0934		
Manor Park Broadway	0458	0519	0540	0601	0616	0632	0647	0702	0718	0734	0750	0806	0821	0838	0853	0908	0923	0938		
Ilford High Road Hainault Street	0505	0526	0547	0609	0624	0640	0655	0710	0726	0742	0758	0815	0830	0847	0902	0919	0934	0949		
Clapton Nightingale Road	0859	0912				1910				2310	2325	2340	2355	0010						
Homerton Hospital Homerton Grove	0907	0922				1921				2318	2333	2348	0003	0018						
Lauriston Road Church Crescent	0915	0930	Then about every 10 minutes until			1930	Then about every 12 minutes until			2325	2340	2355	0010	0024						
Mile End Grove Road	0923	0938		1937		2330		2345	0000	0015	0029									
Bow Church Station	0928	0943		1943		2334		2349	0004	0019	0033									
Stratford Bus Station	0938	0953		1954		2343		2358	0012	0027	0041									
Forest Gate Police Station	0949	1004		2007		2352		0007	0021	0035	0049									
Manor Park Broadway	0953	1008		2011		2356		0010	0024	0038	0052									
Ilford High Road Hainault Street	1004	1019		2024		0005		0018	0031	0045	0059									
425 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																				
Clapton Nightingale Road	0520	0540	0600	0620	0640	0700	0715	0730	0745	0800	0815	0830	0845	0900	0915	0929	0943	0957		
Homerton Hospital Homerton Grove	0526	0546	0606	0626	0646	0706	0722	0737	0752	0807	0823	0839	0854	0909	0924	0938	0952	1006		
Lauriston Road Church Crescent	0532	0552	0613	0633	0653	0713	0729	0744	0759	0814	0830	0846	0901	0917	0932	0946	1000	1014		
Mile End Grove Road	0536	0556	0618	0638	0658	0718	0734	0749	0804	0820	0836	0852	0907	0923	0938	0952	1006	1021		
Bow Church Station	0539	0559	0621	0641	0701	0723	0738	0753	0809	0825	0841	0857	0912	0928	0943	0957	1012	1027		
Stratford Bus Station	0546	0606	0628	0648	0709	0730	0746	0801	0817	0833	0849	0905	0921	0937	0952	1006	1021	1036		
Forest Gate Police Station	0553	0613	0635	0657	0718	0739	0755	0810	0826	0842	0858	0914	0930	0946	1001	1016	1031	1046		
Manor Park Broadway	0556	0616	0638	0700	0721	0742	0758	0814	0830	0846	0902	0918	0934	0950	1005	1020	1035	1050		
Ilford High Road Hainault Street	0603	0623	0645	0707	0729	0751	0807	0823	0839	0855	0911	0927	0943	0959	1015	1031	1047	1103		
Clapton Nightingale Road	1011		1210	1222	1234			2125	2140	2155	2210	2225	2240	2255	2310	2325	2340	2355	0010	
Homerton Hospital Homerton Grove	1020	Then about every 12 mins. until	1220	1232	1244	Then about every 12 mins. until		2134	2149	2204	2218	2233	2248	2303	2317	2332	2347	0002	0017	
Lauriston Road Church Crescent	1029		1230	1242	1254		2141	2156	2211	2225	2240	2255	2309	2323	2338	2353	0008	0023		
Mile End Grove Road	1036		1238	1250	1302		2146	2201	2216	2230	2245	2300	2314	2328	2343	2358	0013	0028		
Bow Church Station	1042		1244	1256	1311		2151	2205	2220	2234	2249	2304	2318	2332	2347	0002	0017	0032		
Stratford Bus Station	1051		1255	1307	1323		2200	2214	2228	2242	2257	2312	2326	2340	2355	0010	0025	0040		
Forest Gate Police Station	1101		1306	1321	1337		2210	2224	2238	2252	2307	2321	2335	2349	0004	0019	0034	0049		
Manor Park Broadway	1105		1312	1327	1343		2214	2228	2242	2256	2310	2324	2338	2352	0007	0022	0037	0052		
Ilford High Road Hainault Street	1119	1331	1345	1359	2223	2237	2251	2305	2319	2333	2347	0001	0015	0030	0045	0100				