

387	Mondays to Fridays																	
Little Heath <i>Haw Bush</i>	0510	0540	0559	0619	0630	0640	0650	0700	0712	0724	0735	0746	0757	0808	0819	0831	0843	0855
Little Heath <i>King George Hospital</i>	0514	0544	0603	0623	0634	0644	0654	0704	0716	0728	0739	0750	0801	0812	0823	0835	0847	0859
Goodmayes Station	0519	0549	0609	0629	0640	0650	0700	0712	0724	0736	0747	0758	0809	0820	0831	0843	0855	0907
Goodmayes <i>Lord Napier</i>	0520	0550	0611	0631	0642	0652	0702	0714	0726	0738	0749	0800	0811	0822	0833	0845	0857	0909
Faircross <i>Longbridge Road</i>	0527	0557	0619	0640	0651	0700	0713	0725	0737	0749	0800	0811	0823	0834	0845	0857	0909	0919
Barking Station	0530	0600	0622	0644	0655	0705	0718	0730	0742	0754	0805	0817	0829	0840	0851	0903	0913	0923
River Road <i>Barking By-Pass</i>	0538	0609	0631	0653	0704	0715	0728	0740	0752	0804	0816	0828	0840	0851	0902	0914	0924	0934
Creekmouth <i>Remploy Works</i>	0541	0612	0634	0656	0708	0719	0732	0744	0756	0808	0820	0832	0844	0855	0906	0917	0927	0937
Barking Reach <i>Mallards Road</i>	0546	0618	0640	0702	0715	0726	0739	0751	0803	0815	0827	0839	0851	0902	0913	0923	0933	0943
Little Heath <i>Haw Bush</i>	0907	0919	0931	0942	0953	Then every 12 minutes until	1341	1353	1405	1417	1429	1441	1453	1503	1515	1527	1539	
Little Heath <i>King George Hospital</i>	0911	0923	0935	0946	0957		1345	1357	1409	1421	1433	1445	1457	1507	1519	1531	1543	
Goodmayes Station	0919	0931	0943	0954	1005		1353	1405	1417	1429	1441	1453	1505	1517	1529	1541	1553	
Goodmayes <i>Lord Napier</i>	0921	0933	0945	0956	1007		1355	1407	1419	1431	1444	1456	1508	1520	1532	1544	1556	
Faircross <i>Longbridge Road</i>	0931	0943	0955	1006	1017		1405	1417	1429	1441	1454	1506	1518	1530	1542	1554	1606	
Barking Station	0935	0947	0959	1010	1021		1409	1421	1433	1446	1459	1511	1523	1535	1547	1559	1611	
River Road <i>Barking By-Pass</i>	0946	0958	1010	1021	1032		1420	1433	1446	1459	1512	1524	1536	1548	1600	1612	1623	
Creekmouth <i>Remploy Works</i>	0949	1001	1013	1024	1035		1423	1436	1449	1502	1515	1527	1539	1551	1603	1615	1626	
Barking Reach <i>Mallards Road</i>	0955	1007	1019	1030	1041	1429	1442	1455	1508	1521	1533	1545	1557	1609	1621	1632		
Little Heath <i>Haw Bush</i>	1551	1603	Then every 12 minutes until	1739	1752	1805	1817	1829	1841	1853	1905	1917	1930	1950	2010	2030	2049	
Little Heath <i>King George Hospital</i>	1555	1607		1743	1756	1809	1821	1833	1845	1857	1909	1921	1934	1954	2014	2034	2053	
Goodmayes Station	1605	1618		1754	1807	1820	1832	1843	1855	1906	1917	1929	1942	2002	2022	2041	2059	
Goodmayes <i>Lord Napier</i>	1608	1620		1756	1809	1822	1834	1845	1857	1908	1919	1931	1944	2004	2024	2043	2101	
Faircross <i>Longbridge Road</i>	1618	1630		1806	1819	1832	1843	1854	1905	1916	1927	1939	1952	2011	2031	2049	2107	
Barking Station	1623	1635		1811	1824	1837	1848	1859	1910	1921	1932	1944	1957	2015	2034	2052	2110	
River Road <i>Barking By-Pass</i>	1635	1647		1823	1836	1847	1858	1909	1920	1931	1942	1954	2007	2024	2042	2100	2118	
Creekmouth <i>Remploy Works</i>	1638	1650		1826	1838	1849	1900	1911	1922	1933	1944	1956	2009	2026	2044	2102	2120	
Barking Reach <i>Mallards Road</i>	1644	1656	1832	1844	1855	1906	1917	1928	1939	1950	2002	2015	2032	2050	2108	2126		
Little Heath <i>Haw Bush</i>	2108	2128	2148	2208	2228	2248	2308	2328	2348	0008								
Little Heath <i>King George Hospital</i>	2111	2131	2151	2211	2231	2251	2311	2331	2351	0011								
Goodmayes Station	2117	2137	2157	2217	2236	2257	2316	2336	2356	0016								
Goodmayes <i>Lord Napier</i>	2119	2139	2159	2219	2238	2259	2318	2338	2357	0017								
Faircross <i>Longbridge Road</i>	2125	2145	2205	2225	2244	2305	2324	2344	0003	0023								
Barking Station	2128	2148	2208	2228	2247	2308	2327	2347	0006	0026								
River Road <i>Barking By-Pass</i>	2136	2156	2216	2236	2255	2315	2334	2354	0013	0033								
Creekmouth <i>Remploy Works</i>	2138	2158	2218	2238	2257	2317	2336	2356	0015	0035								
Barking Reach <i>Mallards Road</i>	2144	2204	2224	2244	2303	2322	2341	0001	0020	0040								

387 Saturdays (also Good Friday)																	
Little Heath Haw Bush	0510	0540	0610	0640	0710	0738	0755	0812	0832	Then every 12 minutes until	0956	1007	1018	1030	1042	1054	1106
Little Heath King George Hospital	0514	0544	0614	0644	0714	0742	0759	0816	0836		1000	1011	1022	1034	1046	1058	1110
Goodmayes Station	0519	0549	0619	0649	0719	0748	0805	0823	0843		1007	1018	1029	1041	1053	1105	1118
Goodmayes Lord Napier	0520	0550	0620	0651	0721	0750	0807	0825	0845		1009	1020	1031	1043	1055	1107	1120
Faircross Longbridge Road	0527	0557	0627	0658	0728	0757	0815	0834	0854		1018	1029	1040	1052	1104	1117	1130
Barking Station	0530	0600	0630	0701	0731	0800	0819	0838	0858		1022	1033	1045	1057	1110	1123	1136
River Road Barking By-Pass	0538	0608	0638	0709	0739	0809	0828	0847	0907		1031	1043	1055	1108	1121	1134	1147
Creekmouth Remploy Works	0541	0611	0641	0712	0742	0812	0831	0850	0910		1034	1046	1058	1111	1124	1137	1150
Barking Reach Mallards Road	0546	0616	0647	0718	0748	0818	0837	0856	0916		1040	1052	1104	1117	1130	1143	1156
Little Heath Haw Bush	1118	Then every 12 minutes until	1318	1330	1342	1354	Then every 12 minutes until	1730	1742	1754	1806	1818	1830	1842	1854	1910	
Little Heath King George Hospital	1122		1322	1334	1346	1358		1734	1746	1758	1810	1822	1834	1846	1858	1914	
Goodmayes Station	1130		1330	1342	1354	1406		1742	1754	1806	1817	1829	1841	1853	1905	1921	
Goodmayes Lord Napier	1132		1332	1344	1356	1408		1744	1756	1808	1819	1831	1843	1855	1907	1923	
Faircross Longbridge Road	1142		1342	1354	1406	1417		1753	1805	1816	1827	1839	1851	1903	1915	1931	
Barking Station	1148		1348	1400	1411	1422		1758	1810	1821	1832	1844	1856	1907	1919	1935	
River Road Barking By-Pass	1159		1359	1411	1422	1433		1809	1820	1831	1842	1854	1905	1916	1928	1944	
Creekmouth Remploy Works	1202		1402	1413	1424	1435		1811	1822	1833	1844	1856	1907	1918	1930	1946	
Barking Reach Mallards Road	1208		1408	1419	1430	1441		1817	1828	1839	1850	1902	1913	1924	1936	1952	
Little Heath Haw Bush	1930	1950	2010	2030	2049	2108	2128	2148	2208	2228	2248	2308	2328	2348	0008		
Little Heath King George Hospital	1934	1954	2014	2033	2052	2111	2131	2151	2211	2231	2251	2311	2331	2351	0011		
Goodmayes Station	1941	2001	2020	2039	2058	2117	2137	2157	2216	2236	2256	2316	2336	2356	0016		
Goodmayes Lord Napier	1943	2003	2022	2041	2100	2119	2139	2159	2218	2238	2258	2318	2337	2357	0017		
Faircross Longbridge Road	1951	2010	2029	2048	2107	2126	2146	2206	2224	2244	2304	2324	2343	0003	0023		
Barking Station	1955	2014	2033	2052	2111	2130	2150	2209	2227	2247	2307	2327	2346	0006	0026		
River Road Barking By-Pass	2004	2023	2042	2101	2120	2139	2158	2217	2235	2255	2315	2334	2353	0013	0033		
Creekmouth Remploy Works	2006	2025	2044	2103	2122	2141	2200	2219	2237	2257	2317	2336	2355	0015	0035		
Barking Reach Mallards Road	2012	2031	2050	2109	2128	2147	2206	2225	2243	2303	2322	2341	0000	0020	0040		
387 Sundays and other Public Holidays (except Christmas Day)																	
Little Heath Haw Bush	0628	0658	0728	0758	0828	0854	0924	0954	1012	1030	1050	1110	1130	1150	1210	Then every 20 minutes until	1350
Little Heath King George Hospital	0632	0702	0732	0802	0832	0858	0928	0958	1016	1034	1054	1114	1134	1154	1214		1354
Goodmayes Station	0637	0707	0737	0807	0837	0903	0934	1004	1022	1041	1101	1121	1141	1201	1222		1402
Goodmayes Lord Napier	0638	0708	0738	0808	0838	0905	0936	1006	1024	1043	1103	1123	1143	1203	1224		1404
Faircross Longbridge Road	0645	0715	0745	0815	0845	0912	0943	1013	1031	1052	1112	1132	1152	1213	1234		1414
Barking Station	0648	0718	0748	0818	0848	0916	0947	1018	1036	1057	1117	1137	1157	1218	1239		1419
River Road Barking By-Pass	0656	0726	0756	0826	0856	0925	0956	1027	1046	1107	1127	1147	1207	1228	1249		1429
Creekmouth Remploy Works	0659	0729	0759	0829	0859	0928	0959	1030	1049	1110	1130	1150	1210	1231	1252		1432
Barking Reach Mallards Road	0704	0734	0804	0834	0904	0934	1005	1036	1055	1116	1136	1156	1216	1237	1258		1438
Little Heath Haw Bush	1410	1430	1450	Then every 20 minutes until	1630	1650	1710	1730	Then every 20 minutes until	1930	1950	2010	2029	2049	2108	2128	
Little Heath King George Hospital	1414	1434	1454		1634	1654	1713	1733		1933	1953	2013	2032	2052	2111	2131	
Goodmayes Station	1422	1442	1501		1641	1701	1719	1739		1939	1959	2019	2038	2058	2117	2137	
Goodmayes Lord Napier	1424	1444	1503		1643	1703	1721	1741		1941	2001	2021	2040	2100	2119	2139	
Faircross Longbridge Road	1434	1453	1512		1652	1711	1729	1749		1949	2009	2028	2047	2107	2126	2146	
Barking Station	1439	1458	1517		1657	1716	1734	1753		1953	2013	2032	2051	2110	2129	2149	
River Road Barking By-Pass	1449	1508	1527		1707	1726	1744	1802		2002	2021	2040	2059	2118	2137	2157	
Creekmouth Remploy Works	1451	1510	1529		1709	1728	1746	1804		2004	2023	2042	2101	2120	2139	2159	
Barking Reach Mallards Road	1457	1516	1535		1715	1734	1752	1810		2010	2029	2048	2107	2126	2145	2205	
Little Heath Haw Bush	2148	2208	2228	2248	2308	2328	2348	0008									
Little Heath King George Hospital	2151	2211	2231	2251	2311	2331	2351	0011									
Goodmayes Station	2157	2216	2236	2256	2316	2336	2356	0016									
Goodmayes Lord Napier	2159	2218	2238	2258	2318	2337	2357	0017									
Faircross Longbridge Road	2206	2224	2244	2304	2324	2343	0003	0023									
Barking Station	2209	2227	2247	2307	2327	2346	0006	0026									
River Road Barking By-Pass	2217	2235	2255	2315	2334	2353	0013	0033									
Creekmouth Remploy Works	2219	2237	2257	2317	2336	2355	0015	0035									
Barking Reach Mallards Road	2225	2243	2303	2322	2341	0000	0020	0040									

387		Mondays, Wednesdays, Thursdays and Fridays																
Barking Reach Mallards Road	0456	0526	0544	0602	0622	0632	0641	0650	0659	0708	0717	0726	0736	0747	0759	0811	0823	0836
Creekmouth Remploy Works	0501	0531	0549	0608	0628	0638	0647	0656	0705	0716	0725	0734	0744	0755	0807	0819	0832	0845
River Road Barking By-Pass	0504	0534	0552	0612	0632	0642	0651	0700	0710	0721	0730	0739	0749	0800	0812	0824	0838	0851
Barking Station	0513	0543	0602	0622	0642	0652	0701	0712	0723	0734	0743	0752	0802	0814	0826	0838	0852	0905
Faircross Longbridge Road	0516	0546	0606	0626	0646	0656	0706	0717	0728	0739	0748	0757	0808	0820	0832	0844	0858	0909
Goodmayes Lord Napier	0522	0552	0612	0632	0652	0702	0714	0725	0736	0747	0756	0805	0817	0829	0841	0853	0908	0917
Goodmayes Station	0524	0554	0614	0634	0654	0705	0717	0728	0739	0750	0800	0811	0823	0835	0847	0859	0912	0921
Little Heath King George Hospital	0529	0559	0619	0639	0659	0711	0723	0734	0745	0756	0807	0818	0830	0842	0854	0906	0919	0928
Little Heath Haw Bush	0531	0601	0621	0641	0701	0713	0725	0736	0747	0758	0809	0820	0832	0844	0856	0908	0921	0931
Barking Reach Mallards Road	0849	0902	0915	0928	Then every 12 minutes until	1404	1415	1425	1433	1444	1455	1507	1519	1531	1543	Then every 12 mins. until	1731	
Creekmouth Remploy Works	0857	0910	0922	0934		1410	1421	1431	1439	1450	1501	1513	1525	1537	1549		1737	
River Road Barking By-Pass	0903	0915	0926	0938		1414	1425	1435	1443	1454	1505	1517	1529	1541	1553		1741	
Barking Station	0915	0927	0938	0950		1426	1437	1447	1455	1506	1518	1530	1542	1554	1606		1754	
Faircross Longbridge Road	0920	0931	0942	0954		1430	1441	1451	1459	1511	1523	1535	1547	1559	1612		1800	
Goodmayes Lord Napier	0928	0939	0950	1002		1438	1449	1459	1507	1520	1532	1544	1556	1608	1621		1809	
Goodmayes Station	0932	0943	0954	1006		1442	1453	1503	1514	1527	1539	1551	1603	1615	1627		1815	
Little Heath King George Hospital	0939	0950	1001	1013		1449	1500	1511	1522	1535	1547	1559	1610	1622	1634		1822	
Little Heath Haw Bush	0942	0953	1004	1016	1452	1504	1515	1526	1539	1551	1603	1615	1628	1640	1828			
Barking Reach Mallards Road	1743	1755	1807	1819	1831	1843	1855	1907	1919	1939	1959	2019	2039	2059	2119	2139	2159	2219
Creekmouth Remploy Works	1749	1801	1813	1825	1837	1849	1901	1913	1925	1945	2005	2025	2045	2105	2125	2145	2205	2224
River Road Barking By-Pass	1753	1805	1817	1829	1841	1852	1904	1916	1928	1948	2008	2028	2048	2108	2128	2148	2207	2226
Barking Station	1806	1818	1830	1842	1853	1903	1915	1927	1939	1959	2019	2039	2058	2118	2138	2157	2216	2235
Faircross Longbridge Road	1812	1824	1836	1848	1858	1908	1920	1932	1944	2004	2024	2044	2103	2123	2142	2201	2220	2239
Goodmayes Lord Napier	1821	1833	1845	1856	1906	1916	1928	1940	1952	2012	2032	2051	2110	2129	2148	2207	2226	2245
Goodmayes Station	1827	1839	1850	1900	1910	1920	1932	1944	1956	2015	2034	2053	2112	2131	2150	2209	2228	2247
Little Heath King George Hospital	1834	1847	1857	1907	1917	1927	1939	1951	2003	2021	2039	2058	2117	2136	2155	2214	2233	2252
Little Heath Haw Bush	1838	1849	1859	1909	1919	1929	1941	1953	2005	2023	2041	2100	2119	2138	2157	2216	2235	2254
Barking Reach Mallards Road	2239	2300	2320	2340	0000													
Creekmouth Remploy Works	2244	2305	2325	2345	0005													
River Road Barking By-Pass	2246	2307	2327	2347	0007													
Barking Station	2255	2315	2335	2355	0015													
Faircross Longbridge Road	2259	2318	2338	2358	0018													
Goodmayes Lord Napier	2305	2324	2344	0004	0024													
Goodmayes Station	2307	2326	2346	0006	0026													
Little Heath King George Hospital	2311	2330	2350	0010	0030													
Little Heath Haw Bush	2313	2332	2352	0012	0032													
387		Tuesdays																
Barking Reach Mallards Road	0456	0526	0544	0559	0619	0628	0636	0644	0652	0700	0708	0716	0728	0740	0753	0806	0819	0832
Creekmouth Remploy Works	0501	0531	0549	0607	0627	0636	0644	0652	0703	0714	0723	0731	0743	0755	0806	0816	0828	0841
River Road Barking By-Pass	0504	0534	0552	0612	0632	0641	0649	0659	0710	0721	0730	0738	0750	0802	0812	0822	0834	0847
Barking Station	0513	0543	0602	0622	0642	0652	0701	0712	0723	0734	0743	0751	0803	0815	0826	0836	0848	0901
Faircross Longbridge Road	0516	0546	0606	0626	0646	0656	0706	0717	0728	0739	0748	0756	0808	0820	0831	0842	0854	0906
Goodmayes Lord Napier	0522	0552	0612	0632	0652	0702	0714	0725	0736	0747	0756	0804	0816	0828	0840	0851	0903	0915
Goodmayes Station	0524	0554	0614	0634	0654	0705	0717	0728	0739	0750	0800	0811	0823	0835	0847	0858	0910	0921
Little Heath King George Hospital	0529	0559	0619	0639	0659	0711	0723	0734	0745	0756	0807	0818	0830	0842	0854	0905	0917	0928
Little Heath Haw Bush	0531	0601	0621	0641	0701	0713	0725	0736	0747	0758	0809	0820	0832	0844	0856	0908	0920	0931
Barking Reach Mallards Road	0845	0858	0911	0924	0937	0950	1003	1016	Then every 12 minutes until	1404	1415	1425	1433	1444	1455	1507	1519	
Creekmouth Remploy Works	0854	0907	0920	0932	0944	0957	1010	1022		1410	1421	1431	1439	1450	1501	1513	1525	
River Road Barking By-Pass	0900	0912	0925	0937	0949	1002	1014	1026		1414	1425	1435	1443	1454	1505	1517	1529	
Barking Station	0913	0925	0937	0949	1001	1014	1026	1038		1426	1437	1447	1455	1506	1518	1530	1542	
Faircross Longbridge Road	0918	0930	0941	0953	1005	1018	1030	1042		1430	1441	1451	1459	1511	1523	1535	1547	
Goodmayes Lord Napier	0927	0938	0949	1001	1013	1026	1038	1050		1438	1449	1459	1507	1520	1532	1544	1556	
Goodmayes Station	0932	0943	0954	1006	1018	1030	1042	1054		1442	1453	1503	1514	1527	1539	1551	1603	
Little Heath King George Hospital	0939	0950	1001	1013	1025	1037	1049	1101		1449	1500	1511	1522	1535	1547	1559	1610	
Little Heath Haw Bush	0942	0953	1004	1016	1028	1040	1052	1104	1452	1504	1515	1526	1539	1551	1603	1615		
Barking Reach Mallards Road	1531	1543	Then every 12 minutes until	1731	1743	1755	1807	1819	1831	1843	1855	1907	1919	1939	1959	2019	2039	
Creekmouth Remploy Works	1537	1549		1737	1749	1801	1813	1825	1837	1849	1901	1913	1925	1945	2005	2025	2045	
River Road Barking By-Pass	1541	1553		1741	1753	1805	1817	1829	1841	1852	1904	1916	1928	1948	2008	2028	2048	
Barking Station	1554	1606		1754	1806	1818	1830	1842	1853	1903	1915	1927	1939	1959	2019	2039	2058	
Faircross Longbridge Road	1559	1612		1800	1812	1824	1836	1848	1858	1908	1920	1932	1944	2004	2024	2044	2103	
Goodmayes Lord Napier	1608	1621		1809	1821	1833	1845	1856	1906	1916	1928	1940	1952	2012	2032	2051	2110	
Goodmayes Station	1615	1627		1815	1827	1839	1850	1900	1910	1920	1932	1944	1956	2015	2034	2053	2112	
Little Heath King George Hospital	1622	1634		1822	1834	1847	1857	1907	1917	1927	1939	1951	2003	2021	2039	2058	2117	
Little Heath Haw Bush	1628	1640	1828	1838	1849	1859	1909	1919	1929	1941	1953	2005	2023	2041	2100	2119		

387		Tuesdays (cont.)																			
Barking Reach Mallards Road	2059	2119	2139	2159	2219	2239	2300	2320	2340	0000											
Creekmouth Remploy Works	2105	2125	2145	2205	2224	2244	2305	2325	2345	0005											
River Road Barking By-Pass	2108	2128	2148	2207	2226	2246	2307	2327	2347	0007											
Barking Station	2118	2138	2157	2216	2235	2255	2315	2335	2355	0015											
Faircross Longbridge Road	2123	2142	2201	2220	2239	2259	2318	2338	2358	0018											
Goodmayes Lord Napier	2129	2148	2207	2226	2245	2305	2324	2344	0004	0024											
Goodmayes Station	2131	2150	2209	2228	2247	2307	2326	2346	0006	0026											
Little Heath King George Hospital	2136	2155	2214	2233	2252	2311	2330	2350	0010	0030											
Little Heath Haw Bush	2138	2157	2216	2235	2254	2313	2332	2352	0012	0032											
387		Saturdays (also Good Friday)																			
Barking Reach Mallards Road	0456	0526	0556	0626	0656	0727	0747	0807	0827		Then every 12 minutes until	0927	0939	0950	1000	1010	1020	1030			
Creekmouth Remploy Works	0503	0533	0603	0633	0703	0733	0753	0812	0832			0932	0944	0955	1005	1015	1025	1036			
River Road Barking By-Pass	0506	0536	0606	0636	0706	0736	0756	0815	0835			0935	0947	0958	1008	1018	1028	1039			
Barking Station	0515	0545	0615	0645	0715	0745	0805	0826	0846			0946	0958	1009	1019	1029	1039	1051			
Faircross Longbridge Road	0518	0548	0618	0648	0718	0748	0809	0830	0850			0950	1002	1013	1023	1033	1044	1056			
Goodmayes Lord Napier	0524	0554	0624	0654	0724	0754	0816	0837	0857			0957	1009	1020	1030	1041	1052	1104			
Goodmayes Station	0526	0556	0626	0656	0726	0756	0818	0839	0859			0959	1011	1023	1034	1046	1058	1110			
Little Heath King George Hospital	0531	0601	0631	0701	0731	0801	0823	0844	0904		1004	1017	1029	1040	1052	1104	1116				
Little Heath Haw Bush	0533	0603	0633	0703	0733	0803	0825	0846	0906		1006	1019	1031	1043	1055	1107	1119				
Barking Reach Mallards Road	1042	Then every 12 minutes until	1706	1718	1730	1742	1754	1807	1820	1839	1859	1919	1939	1959	2019	2039	2059				
Creekmouth Remploy Works	1048		1712	1724	1736	1748	1800	1812	1825	1844	1904	1924	1944	2004	2024	2044	2104				
River Road Barking By-Pass	1051		1715	1727	1739	1751	1803	1815	1828	1847	1906	1926	1946	2006	2026	2046	2106				
Barking Station	1103		1727	1739	1751	1803	1815	1827	1840	1859	1916	1936	1956	2016	2036	2056	2116				
Faircross Longbridge Road	1108		1732	1744	1756	1808	1820	1832	1845	1904	1921	1941	2001	2021	2041	2101	2121				
Goodmayes Lord Napier	1116		1740	1752	1804	1816	1828	1840	1853	1912	1929	1949	2009	2029	2049	2109	2129				
Goodmayes Station	1122		1746	1758	1809	1821	1833	1845	1858	1916	1933	1953	2013	2033	2052	2112	2131				
Little Heath King George Hospital	1128	1752	1805	1817	1829	1841	1853	1906	1923	1940	2000	2020	2039	2058	2117	2136					
Little Heath Haw Bush	1131	1755	1807	1819	1831	1843	1855	1908	1925	1942	2002	2022	2041	2100	2119	2138					
Barking Reach Mallards Road	2119	2139	2159	2219	2239	2300	2320	2340	0000												
Creekmouth Remploy Works	2124	2144	2204	2224	2244	2305	2325	2345	0005												
River Road Barking By-Pass	2126	2146	2206	2226	2246	2307	2327	2347	0007												
Barking Station	2136	2156	2216	2236	2256	2315	2335	2355	0015												
Faircross Longbridge Road	2140	2200	2220	2239	2259	2318	2338	2358	0018												
Goodmayes Lord Napier	2148	2207	2226	2245	2305	2324	2344	0004	0024												
Goodmayes Station	2150	2209	2228	2247	2307	2326	2346	0006	0026												
Little Heath King George Hospital	2155	2214	2233	2252	2311	2330	2350	0010	0030												
Little Heath Haw Bush	2157	2216	2235	2254	2313	2332	2352	0012	0032												
387		Sundays and other Public Holidays (except Christmas Day)																			
Barking Reach Mallards Road	0610	0640	0710	0740	0810	0840	0910	0940	0958	1016	1034	1054	1114	1132	1150	1208	1228	1248			
Creekmouth Remploy Works	0615	0645	0715	0745	0815	0845	0915	0945	1003	1021	1040	1100	1120	1138	1156	1214	1234	1254			
River Road Barking By-Pass	0618	0648	0718	0748	0818	0848	0918	0948	1006	1024	1043	1103	1123	1141	1159	1218	1238	1258			
Barking Station	0627	0657	0727	0757	0827	0857	0927	0958	1016	1034	1054	1114	1134	1152	1210	1230	1250	1310			
Faircross Longbridge Road	0630	0700	0730	0800	0830	0900	0931	1002	1020	1038	1058	1118	1138	1156	1214	1234	1254	1314			
Goodmayes Lord Napier	0636	0706	0736	0806	0836	0907	0938	1009	1027	1045	1105	1125	1145	1203	1222	1242	1302	1322			
Goodmayes Station	0638	0708	0738	0808	0838	0909	0940	1011	1030	1050	1110	1130	1150	1209	1229	1249	1309	1329			
Little Heath King George Hospital	0643	0713	0743	0813	0843	0914	0945	1016	1036	1056	1116	1136	1156	1216	1236	1256	1316	1336			
Little Heath Haw Bush	0645	0715	0745	0815	0845	0916	0947	1018	1038	1058	1118	1138	1158	1218	1239	1259	1319	1339			
Barking Reach Mallards Road	1308	1328	1348	1408	1428	1448	1508	1528	1548	1609	1630	1651	1712	1733	1754	1815	1836	1857			
Creekmouth Remploy Works	1314	1334	1354	1414	1434	1455	1515	1535	1555	1616	1637	1658	1718	1739	1800	1820	1841	1902			
River Road Barking By-Pass	1318	1338	1358	1418	1438	1458	1518	1538	1558	1619	1640	1701	1721	1742	1802	1822	1843	1904			
Barking Station	1330	1350	1410	1430	1450	1510	1530	1550	1610	1631	1651	1711	1731	1752	1812	1832	1853	1914			
Faircross Longbridge Road	1334	1354	1414	1435	1455	1515	1535	1555	1615	1636	1656	1715	1735	1756	1816	1836	1857	1918			
Goodmayes Lord Napier	1342	1402	1422	1443	1503	1523	1543	1603	1623	1644	1704	1723	1743	1804	1824	1844	1905	1926			
Goodmayes Station	1349	1409	1429	1449	1509	1529	1549	1609	1629	1648	1707	1726	1746	1807	1827	1847	1908	1929			
Little Heath King George Hospital	1356	1416	1436	1455	1515	1535	1555	1615	1635	1654	1713	1732	1752	1812	1832	1852	1913	1934			
Little Heath Haw Bush	1359	1419	1438	1457	1517	1537	1557	1617	1637	1656	1715	1734	1754	1814	1834	1854	1915	1936			
Barking Reach Mallards Road	1917	1938	1959	2019	2039	2059	2119	2139	2159	2219	2239	2300	2320	2340	0000						
Creekmouth Remploy Works	1922	1943	2004	2024	2044	2104	2124	2144	2204	2224	2244	2305	2325	2345	0005						
River Road Barking By-Pass	1924	1945	2006	2026	2046	2106	2126	2146	2206	2226	2246	2307	2327	2347	0007						
Barking Station	1934	1955	2016	2036	2056	2116	2136	2156	2216	2236	2256	2315	2335	2355	0015						
Faircross Longbridge Road	1938	1959	2020	2040	2100	2120	2140	2200	2220	2239	2259	2318	2338	2358	0018						
Goodmayes Lord Napier	1946	2007	2028	2048	2108	2128	2147	2206	2226	2245	2305	2324	2344	0004	0024						
Goodmayes Station	1949	2009	2030	2050	2110	2130	2149	2208	2228	2247	2307	2326	2346	0006	0026						
Little Heath King George Hospital	1954	2014	2035	2055	2115	2135	2154	2213	2233	2252	2311	2330	2350	0010	0030						
Little Heath Haw Bush	1956	2016	2037	2057	2117	2137	2156	2215	2235	2254	2313	2332	2352	0012	0032						