

EL3		Mondays to Fridays																	
Little Heath Haw Bush	0510	0540	0600	0620				SD	NSD	SD	NSD					1902	1913	1923	1944
Little Heath King George Hospital	0513	0543	0604	0624	Then about every 10 minutes until			1400	1410	1410	1420	1420	1430	Then about every 10 minutes until		1907	1918	1928	1948
Goodmayes Lord Napier	0520	0550	0612	0632		1415	1426	1426	1436	1436	1446	1917	1928		1938	1958			
Faircross Longbridge Road	0528	0558	0621	0642		1426	1437	1437	1447	1447	1457	1926	1937		1947	2007			
Barking Station	0531	0601	0625	0647		1431	1442	1442	1452	1452	1502	1931	1941		1951	2011			
River Road Barking By-Pass	0536	0606	0630	0652		1439	1450	1450	1500	1500	1510	1938	1948		1958	2018			
Barking Reach Mallards Road	0544	0615	0639	0701	1448	1459	1459	1509	1509	1519	1947	1957	2007	2027					
Barking Riverside Riverside Campus	--	--	--	--	--	1503	--	1513	--	--	--	--	--	--	--	--	--	--	--
Little Heath Haw Bush	2004	2024	2044	2104	2124	2141	2200	2220	2240	2300	2320	2340	0000						
Little Heath King George Hospital	2008	2028	2048	2108	2128	2145	2203	2223	2243	2303	2323	2343	0003						
Goodmayes Lord Napier	2018	2037	2057	2116	2136	2153	2211	2230	2249	2309	2329	2349	0009						
Faircross Longbridge Road	2026	2043	2103	2122	2142	2159	2217	2236	2255	2315	2335	2355	0015						
Barking Station	2030	2047	2107	2126	2146	2203	2221	2240	2259	2319	2339	2359	0019						
River Road Barking By-Pass	2037	2054	2114	2133	2153	2209	2227	2246	2305	2324	2344	0004	0024						
Barking Reach Mallards Road	2046	2103	2123	2142	2202	2218	2236	2255	2313	2332	2352	0012	0032						
EL3		Saturdays (also Good Friday)																	
Little Heath Haw Bush	0510	0540	0610	0640	0710	0740	0800	0820	0832	0843	0853	0905	0917	0928	Then every 12 minutes until	1040	1052		
Little Heath King George Hospital	0513	0543	0613	0644	0714	0744	0804	0824	0836	0847	0857	0909	0921	0932		1044	1056		
Goodmayes Lord Napier	0519	0549	0619	0650	0720	0751	0813	0833	0845	0856	0906	0918	0930	0941		1053	1106		
Faircross Longbridge Road	0526	0556	0626	0657	0728	0759	0822	0842	0854	0905	0916	0928	0940	0951		1103	1116		
Barking Station	0529	0559	0629	0700	0731	0802	0825	0845	0857	0909	0920	0932	0944	0956		1108	1121		
River Road Barking By-Pass	0534	0604	0634	0706	0737	0808	0831	0851	0903	0915	0927	0939	0951	1003	1115	1128			
Barking Reach Mallards Road	0542	0612	0643	0715	0746	0817	0840	0900	0912	0924	0936	0948	1000	1012	1124	1137			
Little Heath Haw Bush	1104	1116	1128	1140	Then every 12 minutes until			1704	1716	1728	1740	1752	1804	1815	1827	1839	1859	1919	1939
Little Heath King George Hospital	1108	1120	1132	1144		1708	1720	1732	1744	1756	1808	1819	1831	1843	1903	1923	1943		
Goodmayes Lord Napier	1118	1130	1142	1154		1718	1730	1742	1754	1806	1818	1829	1841	1853	1912	1932	1952		
Faircross Longbridge Road	1128	1140	1152	1205		1729	1740	1752	1804	1815	1827	1838	1850	1902	1921	1941	2001		
Barking Station	1133	1145	1157	1210		1734	1745	1757	1809	1820	1832	1843	1855	1907	1926	1946	2006		
River Road Barking By-Pass	1140	1153	1205	1218	1742	1753	1805	1816	1827	1839	1850	1902	1914	1933	1953	2012			
Barking Reach Mallards Road	1149	1202	1214	1227	1751	1802	1813	1824	1835	1847	1858	1910	1922	1941	2001	2020			
Little Heath Haw Bush	1959	2019	2039	2100	2120	2140	2200	2220	2240	2300	2320	2340	0000						
Little Heath King George Hospital	2003	2023	2043	2103	2123	2143	2203	2223	2243	2303	2323	2343	0003						
Goodmayes Lord Napier	2011	2031	2051	2111	2131	2151	2210	2230	2250	2310	2329	2349	0009						
Faircross Longbridge Road	2019	2039	2059	2118	2138	2158	2216	2236	2256	2316	2335	2355	0015						
Barking Station	2023	2043	2103	2122	2142	2202	2220	2239	2259	2319	2338	2358	0018						
River Road Barking By-Pass	2029	2049	2109	2128	2148	2208	2226	2245	2305	2325	2344	0004	0024						
Barking Reach Mallards Road	2037	2057	2117	2136	2156	2216	2234	2253	2313	2333	2352	0012	0032						
EL3		Sundays and other Public Holidays (except Christmas Day)																	
Little Heath Haw Bush	0630	0700	0730	0800	0830	0900	0930	0959	1019	1037	1056	1116	1136	1156	Then every 20 minutes until	1416	1436		
Little Heath King George Hospital	0633	0703	0733	0804	0834	0904	0934	1003	1023	1041	1100	1120	1140	1200		1420	1440		
Goodmayes Lord Napier	0639	0709	0739	0811	0841	0911	0942	1011	1031	1050	1109	1129	1149	1210		1430	1450		
Faircross Longbridge Road	0646	0716	0746	0818	0848	0918	0949	1019	1039	1059	1118	1138	1158	1220		1440	1500		
Barking Station	0649	0719	0749	0821	0851	0921	0952	1022	1042	1102	1122	1142	1202	1224		1444	1504		
River Road Barking By-Pass	0654	0724	0755	0827	0857	0927	0959	1030	1050	1110	1130	1150	1210	1232	1452	1511			
Barking Reach Mallards Road	0702	0732	0803	0835	0905	0936	1008	1039	1059	1119	1139	1159	1219	1241	1501	1520			
Little Heath Haw Bush	1456	1516	1536	1556	1616	1636	1656	1716	1736	1757	1817	1837	1857	1917	1937	1957	2017	2037	
Little Heath King George Hospital	1500	1520	1540	1600	1620	1640	1700	1720	1740	1801	1821	1841	1901	1921	1941	2001	2021	2041	
Goodmayes Lord Napier	1510	1530	1550	1610	1629	1649	1708	1728	1748	1808	1828	1848	1908	1928	1948	2008	2028	2048	
Faircross Longbridge Road	1520	1540	1600	1620	1638	1658	1717	1737	1756	1816	1836	1856	1916	1935	1955	2015	2035	2055	
Barking Station	1524	1544	1604	1624	1642	1702	1721	1741	1800	1820	1840	1900	1920	1939	1959	2018	2038	2058	
River Road Barking By-Pass	1531	1551	1611	1631	1649	1708	1727	1747	1806	1826	1846	1906	1926	1945	2005	2024	2044	2104	
Barking Reach Mallards Road	1540	1600	1620	1640	1658	1717	1736	1756	1815	1835	1855	1915	1935	1954	2014	2033	2053	2113	
Little Heath Haw Bush	2058	2119	2139	2159	2219	2240	2300	2320	2340	0000									
Little Heath King George Hospital	2102	2122	2142	2202	2222	2243	2303	2323	2343	0003									
Goodmayes Lord Napier	2108	2128	2148	2208	2228	2249	2309	2329	2349	0009									
Faircross Longbridge Road	2115	2135	2155	2214	2234	2255	2315	2335	2355	0015									
Barking Station	2118	2138	2158	2217	2237	2258	2318	2338	2358	0018									
River Road Barking By-Pass	2124	2144	2204	2223	2243	2303	2323	2343	0003	0023									
Barking Reach Mallards Road	2133	2153	2213	2232	2252	2312	2332	2352	0012	0032									
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EL3		Mondays to Fridays																	
							NSD		SD	SD	NSD								
									1514	1524	--	--							
							1508	1518	↓	↓	1528	1538							
Barking Riverside Riverside Campus	--	--	--	--	--								--	--	--	--	--		
Barking Reach Mallards Road	0500	0530	0550	0610	0628											1919	1939	1959	
River Road Barking By-Pass	0508	0538	0558	0620	0638	Then about every 10 minutes until	1518	1528	1528	1538	1538	1548	Then about every 10 minutes until	1927	1947	2007			
Barking Station	0514	0544	0604	0626	0645		1528	1538	1538	1548	1548	1558		1935	1955	2014			
Faircross Longbridge Road	0517	0547	0607	0629	0649		1534	1544	1544	1554	1554	1604		1940	1959	2018			
Goodmayes Lord Napier	0523	0553	0613	0636	0656		1544	1554	1554	1604	1604	1614		1948	2006	2025			
Little Heath King George Hospital	0530	0600	0620	0644	0706		1559	1609	1609	1619	1619	1628		1958	2015	2033			
Little Heath Haw Bush	0532	0602	0622	0647	0709	1604	1614	1614	1624	1624	1633	2001	2018	2036					
Barking Reach Mallards Road	2019	2039	2059	2120	2140	2200	2220	2240	2300	2320	2340	0000							
River Road Barking By-Pass	2027	2047	2107	2128	2148	2207	2227	2247	2307	2327	2347	0007							
Barking Station	2034	2054	2114	2134	2154	2213	2233	2253	2313	2333	2352	0012							
Faircross Longbridge Road	2038	2058	2118	2138	2158	2217	2236	2256	2316	2336	2355	0015							
Goodmayes Lord Napier	2044	2104	2124	2144	2204	2223	2242	2302	2322	2342	0001	0021							
Little Heath King George Hospital	2052	2112	2131	2151	2211	2230	2249	2309	2329	2349	0008	0028							
Little Heath Haw Bush	2055	2114	2133	2153	2213	2232	2251	2311	2331	2351	0010	0030							
EL3		Saturdays (also Good Friday)																	
Barking Reach Mallards Road	0500	0530	0600	0630	0700	0730	0750	0810	0829	0840	0851	0903	Then	1008		1056	1106	1117	
River Road Barking By-Pass	0509	0539	0609	0639	0709	0739	0759	0819	0838	0849	0900	0912	about	1017	Then	1105	1115	1126	
Barking Station	0515	0545	0616	0646	0716	0746	0806	0826	0845	0857	0908	0920	every	1025	every	1113	1123	1134	
Faircross Longbridge Road	0518	0548	0619	0649	0719	0749	0809	0829	0849	0901	0912	0924	11-12	1029	12	1117	1127	1138	
Goodmayes Lord Napier	0524	0554	0625	0655	0725	0756	0816	0836	0856	0908	0919	0931	mins.	1039	mins.	1127	1137	1148	
Little Heath King George Hospital	0531	0601	0632	0702	0732	0803	0823	0843	0903	0915	0926	0938	until	1050	until	1138	1149	1201	
Little Heath Haw Bush	0533	0603	0634	0704	0735	0806	0826	0846	0906	0918	0929	0941		1053		1141	1153	1205	
Barking Reach Mallards Road	1129	1141	1151	1202		1414	1426	1438	1451		1539	1552		1704	1717	1729	1742	1754	
River Road Barking By-Pass	1138	1150	1200	1211	Then	1423	1435	1447	1500	Then	1548	1601	Then	1713	1726	1738	1751	1803	
Barking Station	1146	1158	1209	1221	every	1433	1445	1457	1510	every	1558	1611	every	1723	1736	1748	1801	1813	
Faircross Longbridge Road	1150	1202	1214	1226	12	1438	1450	1502	1515	12	1603	1616	12	1728	1741	1753	1806	1818	
Goodmayes Lord Napier	1200	1212	1224	1236	mins.	1448	1500	1512	1524	mins.	1612	1625	mins.	1737	1750	1802	1814	1826	
Little Heath King George Hospital	1214	1226	1238	1250	until	1502	1513	1524	1536	until	1624	1636	until	1748	1801	1812	1824	1836	
Little Heath Haw Bush	1218	1230	1242	1254		1506	1517	1528	1540		1628	1640		1752	1804	1815	1827	1839	
Barking Reach Mallards Road	1806	1818	1838	1858	1918	1939	1959	2019	2039	2059	2119	2139	2159	2220	2240	2300		0000	
River Road Barking By-Pass	1814	1826	1846	1906	1926	1947	2007	2027	2047	2107	2127	2147	2207	2228	2248	2308	Then	0008	
Barking Station	1824	1836	1855	1915	1935	1955	2015	2035	2055	2115	2135	2155	2215	2235	2255	2314	every	0014	
Faircross Longbridge Road	1829	1841	1900	1920	1940	2000	2020	2039	2059	2119	2139	2159	2218	2238	2258	2317	20	0017	
Goodmayes Lord Napier	1837	1849	1907	1927	1947	2007	2027	2046	2106	2126	2145	2205	2224	2244	2304	2323	mins.	0023	
Little Heath King George Hospital	1847	1858	1916	1936	1956	2016	2036	2054	2113	2133	2152	2212	2231	2251	2311	2330	until	0030	
Little Heath Haw Bush	1850	1901	1919	1939	1959	2019	2039	2057	2115	2135	2154	2214	2233	2253	2313	2332		0032	
EL3		Sundays and other Public Holidays (except Christmas Day)																	
Barking Reach Mallards Road	0610	0640				0910	0940	1001	1020	1038	1058	1118	1138	1158	1218	1238	1258	1318	1338
River Road Barking By-Pass	0618	0648				0918	0948	1009	1028	1047	1107	1127	1147	1207	1227	1247	1307	1327	1347
Barking Station	0623	0654	Then every 30 minutes until			0924	0955	1016	1035	1055	1115	1135	1155	1215	1235	1255	1316	1336	1356
Faircross Longbridge Road	0626	0657		0927	0959	1020	1039	1059	1119	1139	1159	1219	1239	1259	1321	1341	1401		
Goodmayes Lord Napier	0632	0703		0933	1006	1027	1046	1106	1126	1146	1207	1227	1247	1307	1329	1349	1409		
Little Heath King George Hospital	0639	0710		0940	1013	1035	1055	1116	1137	1159	1221	1241	1301	1321	1343	1403	1423		
Little Heath Haw Bush	0641	0712		0942	1015	1038	1058	1119	1140	1202	1224	1244	1304	1324	1346	1406	1426		
Barking Reach Mallards Road	1358	1418	1438	1458	1519	1539	1559	1619	1640	1700	1720	1740	1801	1822	1842	1902	1922	1942	
River Road Barking By-Pass	1407	1427	1448	1508	1529	1549	1609	1629	1650	1710	1729	1749	1810	1830	1850	1910	1930	1950	
Barking Station	1416	1436	1457	1517	1538	1558	1618	1638	1659	1718	1737	1757	1818	1838	1858	1918	1937	1957	
Faircross Longbridge Road	1421	1441	1502	1522	1543	1603	1623	1643	1704	1723	1742	1802	1823	1843	1902	1922	1941	2001	
Goodmayes Lord Napier	1429	1449	1510	1530	1551	1611	1631	1650	1711	1730	1749	1809	1830	1849	1908	1928	1947	2007	
Little Heath King George Hospital	1441	1501	1522	1542	1603	1623	1642	1700	1720	1739	1758	1817	1838	1857	1916	1936	1955	2015	
Little Heath Haw Bush	1444	1504	1525	1545	1606	1626	1644	1702	1722	1741	1800	1819	1840	1859	1918	1938	1957	2017	
Barking Reach Mallards Road	2002	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340	0000						
River Road Barking By-Pass	2010	2028	2048	2108	2128	2148	2208	2228	2248	2308	2328	2348	0008						
Barking Station	2017	2035	2055	2114	2134	2154	2214	2234	2254	2313	2333	2353	0013						
Faircross Longbridge Road	2021	2039	2059	2118	2138	2158	2217	2237	2257	2316	2336	2356	0016						
Goodmayes Lord Napier	2027	2045	2105	2124	2144	2204	2223	2243	2303	2322	2342	0002	0022						
Little Heath King George Hospital	2035	2052	2112	2131	2151	2211	2230	2250	2310	2329	2349	0009	0029						
Little Heath Haw Bush	2037	2054	2114	2133	2153	2213	2232	2252	2312	2331	2351	0011	0031						
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