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Romford – Barking – Canning Town

5 Mondays to Fridays																				
Romford Market St. Edward's Way	0447	0502	0517	0527	0537	0547	0555	0602	0609	0616			1910	1919	1929	1939	1949	1959		
Romford Station	0449	0504	0519	0529	0539	0549	0557	0604	0611	0618			1913	1922	1932	1942	1952	2002		
Becontree Heath Bus Station	0457	0512	0527	0537	0547	0557	0605	0612	0619	0626	Then about every 6-7 minutes until		1925	1934	1943	1953	2003	2013		
Becontree Martins Corner	0502	0517	0532	0542	0552	0602	0610	0617	0624	0631			1931	1939	1948	1958	2008	2018		
Fair Cross Barking Bus Garage	0508	0523	0538	0548	0558	0608	0616	0623	0631	0639			1938	1946	1955	2005	2015	2025		
Barking Station	0511	0526	0541	0551	0601	0611	0619	0626	0634	0643			1942	1950	1959	2009	2019	2029		
East Ham Newham Town Hall	0517	0532	0547	0557	0607	0617	0625	0632	0641	0650			1951	1959	2008	2018	2028	2037		
Upton Park Boleyn	0520	0535	0550	0600	0610	0620	0628	0637	0646	0655			1957	2005	2014	2023	2033	2042		
Plaistow Greengate	0523	0538	0553	0603	0613	0623	0632	0641	0650	0659			2001	2009	2018	2027	2037	2046		
Canning Town Bus Station	0531	0546	0601	0611	0621	0631	0640	0649	0658	0707			2009	2017	2026	2035	2045	2054		
Romford Market St. Edward's Way	2009	2019					2159	2210	2221	2232	2243	2254	2305	2316	2327	2337	2347	2357	0009	
Romford Station	2012	2022					2202	2213	2224	2235	2246	2257	2308	2319	2330	2340	2350	0000	0012	
Becontree Heath Bus Station	2023	2033					2213	2224	2235	2246	2257	2308	2319	2329	2340	2350	0000	0010	0020	
Becontree Martins Corner	2028	2038	Then every 10 minutes until				2218	2229	2240	2251	2302	2313	2324	2334	2345	2355	0005	0015	0025	
Fair Cross Barking Bus Garage	2035	2045					2225	2236	2247	2258	2309	2319	2330	2340	2350	0000	0010	0020	0030	
Barking Station	2039	2049					2229	2240	2251	2302	2312	2322	2333	2343	2353	0003	0013	0023	0033	
East Ham Newham Town Hall	2047	2056					2236	2247	2258	2308	2318	2328	2339	2349	2359	0009	0019	0029	0039	
Upton Park Boleyn	2051	2100					2240	2251	2301	2311	2321	2331	2342	2352	0002	0012	0022	0032	0042	
Plaistow Greengate	2055	2104					2244	2254	2304	2314	2324	2334	2345	2355	0005	0015	0025	0035	0045	
Canning Town Bus Station	2103	2112					2252	2302	2312	2322	2332	2342	2352	0002	0012	0022	0032	0042	0052	
5 Saturdays (also Good Friday)																				
Romford Market St. Edward's Way	0447				0635	0645	0655	0704	0712	0720	0728	0736		0816				1839	1849	
Romford Station	0449				0637	0647	0657	0706	0714	0722	0730	0739		0819				1842	1852	
Becontree Heath Bus Station	0457				0645	0655	0705	0714	0722	0731	0740	0749		0829	Then about every 6-7 minutes until			1853	1903	
Becontree Martins Corner	0502	Then every 12 minutes until			0650	0700	0710	0719	0727	0736	0745	0754		0834				1859	1908	
Fair Cross Barking Bus Garage	0508				0656	0706	0716	0725	0734	0743	0752	0801		0841				1906	1915	
Barking Station	0511				0659	0709	0719	0728	0738	0747	0756	0805		0845				1910	1919	
East Ham Newham Town Hall	0517				0705	0715	0725	0734	0744	0753	0802	0811		0851				1917	1926	
Upton Park Boleyn	0520				0708	0718	0728	0738	0748	0757	0806	0815		0855				1922	1931	
Plaistow Greengate	0523				0711	0721	0732	0742	0752	0801	0810	0819		0859				1926	1935	
Canning Town Bus Station	0531				0719	0729	0740	0750	0800	0809	0818	0827		0907				1934	1943	
Romford Market St. Edward's Way	1859		1909	1919	1929			2159	2210	2221	2232	2243	2254	2305	2316	2327	2337	2347	2357	0009
Romford Station	1902	1912	1922	1932			2202	2213	2224	2235	2246	2257	2308	2319	2330	2340	2350	0000	0012	
Becontree Heath Bus Station	1913	1923	1933	1943	Then every 10 mins. until		2213	2224	2235	2246	2257	2308	2319	2329	2340	2350	0000	0010	0020	
Becontree Martins Corner	1918	1928	1938	1948			2218	2229	2240	2251	2302	2313	2324	2334	2345	2355	0005	0015	0025	
Fair Cross Barking Bus Garage	1925	1935	1945	1955			2225	2236	2247	2258	2309	2319	2330	2340	2350	0000	0010	0020	0030	
Barking Station	1929	1939	1949	1959			2229	2240	2251	2302	2312	2322	2333	2343	2353	0003	0013	0023	0033	
East Ham Newham Town Hall	1936	1946	1956	2006			2236	2247	2258	2308	2318	2328	2339	2349	2359	0009	0019	0029	0039	
Upton Park Boleyn	1941	1951	2001	2010			2240	2251	2301	2311	2321	2331	2342	2352	0002	0012	0022	0032	0042	
Plaistow Greengate	1945	1955	2005	2014			2244	2254	2304	2314	2324	2334	2345	2355	0005	0015	0025	0035	0045	
Canning Town Bus Station	1953	2003	2013	2022			2252	2302	2312	2322	2332	2342	2352	0002	0012	0022	0032	0042	0052	
5 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																				
Romford Market St. Edward's Way	0447				0735	0746	0756	0806	0815			0959			1647	1655	1704	1712	1720	1729
Romford Station	0449				0737	0748	0758	0808	0818			1003			1651	1659	1708	1716	1724	1733
Becontree Heath Bus Station	0457				0745	0756	0806	0817	0827	Then about every 8 minutes until		1014	Then every 8 mins. until		1702	1710	1719	1727	1735	1744
Becontree Martins Corner	0502	Then every 12 minutes until			0750	0801	0811	0822	0832			1021			1709	1717	1726	1734	1742	1751
Fair Cross Barking Bus Garage	0508				0756	0807	0817	0828	0838			1028			1716	1724	1733	1741	1749	1758
Barking Station	0511				0759	0810	0821	0832	0842			1032			1720	1728	1737	1745	1753	1802
East Ham Newham Town Hall	0517				0805	0816	0827	0838	0848			1040			1728	1736	1745	1752	1800	1809
Upton Park Boleyn	0520				0808	0820	0831	0842	0852			1046			1734	1742	1750	1757	1805	1814
Plaistow Greengate	0523				0811	0823	0834	0845	0855			1051			1739	1747	1754	1801	1809	1818
Canning Town Bus Station	0531				0819	0831	0842	0853	0903			1101			1749	1756	1803	1810	1817	1826
Romford Market St. Edward's Way	1739		1749	1759	1809			2159	2210	2221	2232	2243	2254	2305	2316	2327	2337	2347	2357	0009
Romford Station	1743	1752	1802	1812			2202	2213	2224	2235	2246	2257	2308	2319	2330	2340	2350	0000	0012	
Becontree Heath Bus Station	1754	1803	1813	1823	Then every 10 mins. until		2213	2224	2235	2246	2257	2308	2318	2329	2340	2350	0000	0010	0020	
Becontree Martins Corner	1800	1809	1818	1828			2218	2229	2240	2251	2302	2313	2323	2334	2345	2355	0005	0015	0025	
Fair Cross Barking Bus Garage	1807	1816	1825	1835			2225	2236	2247	2258	2309	2319	2329	2340	2350	0000	0010	0020	0030	
Barking Station	1811	1820	1829	1839			2229	2240	2251	2302	2312	2322	2332	2343	2353	0003	0013	0023	0033	
East Ham Newham Town Hall	1818	1827	1836	1846			2236	2247	2258	2308	2318	2328	2338	2349	2359	0009	0019	0029	0039	
Upton Park Boleyn	1823	1832	1841	1850			2240	2251	2301	2311	2321	2331	2341	2352	0002	0012	0022	0032	0042	
Plaistow Greengate	1827	1836	1845	1854			2244	2254	2304	2314	2324	2334	2344	2355	0005	0015	0025	0035	0045	
Canning Town Bus Station	1835	1844	1853	1902			2252	2302	2312	2322	2332	2342	2352	0002	0012	0022	0032	0042	0052	

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Canning Town – Barking – Romford

5 Mondays to Fridays																		
Canning Town Bus Station	0607	0617	0627	0637	0647	0657		1921		2017	2026	2035	2045		2155			
Plaistow Greengate	0613	0623	0633	0643	0653	0703		1931		2025	2033	2042	2052		2202			
Upton Park Boleyn	0616	0626	0636	0646	0656	0706		1935		2029	2037	2045	2055		2205			
East Ham Newham Town Hall	0619	0629	0639	0649	0659	0709	Then	1940	Then	2034	2042	2050	2100	Then	2210			
Barking Station	0627	0637	0647	0658	0708	0718	about	1949	about	2043	2051	2059	2109	every 10	2219			
Fair Cross Barking Bus Garage	0631	0641	0651	0702	0713	0723	every 6-7	1954	every 8	2048	2056	2104	2114	minutes	2224			
Becontree Martins Corner	0637	0647	0659	0710	0721	0731	minutes	2001	minutes	2054	2102	2110	2120	until	2230			
Becontree Heath Wood Lane	0642	0654	0706	0717	0728	0739	until	2008	until	2100	2108	2116	2126		2236			
Romford Station	0650	0704	0717	0729	0741	0753		2018		2109	2117	2125	↓		↓			
Romford Victoria Road	↓	↓	↓	↓	↓	↓		↓		↓	↓	↓	2135		2245			
Romford Market St. Edward's Way	0652	0706	0720	0732	0744	0756		2021		2112	2120	2128	2138		2248			
Canning Town Bus Station	2206	2217	2227	2237	2247	2257	2307	2317	2327	2337	2346	2356	0006	0016	0026	0037	0049	0101
Plaistow Greengate	2213	2224	2234	2244	2254	2304	2314	2324	2334	2343	2352	0002	0012	0022	0032	0043	0055	0107
Upton Park Boleyn	2216	2227	2237	2247	2257	2307	2316	2326	2336	2345	2354	0004	0014	0024	0034	0045	0057	0109
East Ham Newham Town Hall	2220	2230	2240	2250	2300	2310	2319	2329	2339	2348	2357	0007	0017	0027	0037	0048	0100	0112
Barking Station	2229	2239	2249	2259	2309	2318	2327	2337	2346	2355	0004	0014	0024	0034	0044	0055	0107	0119
Fair Cross Barking Bus Garage	2234	2244	2254	2304	2313	2322	2331	2340	2349	2358	0007	0017	0027	0037	0047	0058	0110	0122
Becontree Martins Corner	2240	2250	2300	2310	2319	2328	2337	2346	2355	0004	0013	0023	0033	0043	0053	0104	0116	0128
Becontree Heath Wood Lane	2246	2256	2306	2315	2324	2333	2342	2351	0000	0009	0018	0028	0038	0048	0058	0109	0121	0133
Romford Victoria Road	2255	2305	2315	2324	2333	2342	2351	0000	0009	0018	0027	0037	0047	0057	0107	0118	0130	0142
Romford Market St. Edward's Way	2258	2308	2317	2326	2335	2344	2353	0002	0011	0020	0029	0039	0049	0059	0109	0120	0132	0144
5 Saturdays (also Good Friday)																		
Canning Town Bus Station	0607	0622	0634	0646	0656	0706	0716	0726		1836			1936	1946	1956			2036
Plaistow Greengate	0613	0628	0640	0652	0702	0712	0723	0734		1845			1944	1954	2003			2043
Upton Park Boleyn	0616	0631	0643	0655	0705	0715	0726	0737	Then	1849	Then		1948	1957	2006	Then		2046
East Ham Newham Town Hall	0619	0634	0646	0658	0708	0718	0729	0740	about	1853	about		1952	2001	2010	every		2050
Barking Station	0627	0642	0654	0706	0716	0726	0737	0748	every 6-7	1902	every 8-9		2001	2010	2019	10		2059
Fair Cross Barking Bus Garage	0631	0646	0658	0710	0720	0730	0741	0752	minutes	1907	minutes		2006	2015	2024	mins.		2104
Becontree Martins Corner	0637	0652	0704	0716	0726	0736	0747	0758	until	1913	until		2012	2021	2030	until		2110
Becontree Heath Wood Lane	0642	0657	0709	0721	0731	0742	0753	0804		1919			2018	2027	2036			2116
Romford Station	0650	0705	0717	0729	0741	0752	0803	0814		1930			2027	2036	2045			2125
Romford Market St. Edward's Way	0652	0707	0719	0731	0743	0754	0805	0816		1933			2030	2039	2048			2128
Canning Town Bus Station	2046		2206	2217	2227	2237	2247	2257	2307	2317	2327	2337	2346		0026	0037	0049	0101
Plaistow Greengate	2053		2213	2224	2234	2244	2254	2304	2314	2324	2334	2343	2352		0032	0043	0055	0107
Upton Park Boleyn	2056	Then	2216	2227	2237	2247	2257	2307	2316	2326	2336	2345	2354	Then	0034	0045	0057	0109
East Ham Newham Town Hall	2100	every	2220	2230	2240	2250	2300	2310	2319	2329	2339	2348	2357	every	0037	0048	0100	0112
Barking Station	2109	10	2229	2239	2249	2259	2309	2318	2327	2337	2346	2355	0004	10	0044	0055	0107	0119
Fair Cross Barking Bus Garage	2114	mins.	2234	2244	2254	2304	2313	2322	2331	2340	2349	2358	0007	mins.	0047	0058	0110	0122
Becontree Martins Corner	2120	until	2240	2250	2300	2310	2319	2328	2337	2346	2355	0004	0013	until	0053	0104	0116	0128
Becontree Heath Wood Lane	2126		2246	2256	2306	2315	2324	2333	2342	2351	0000	0009	0018		0058	0109	0121	0133
Romford Victoria Road	2135		2255	2305	2315	2324	2333	2342	2351	0000	0009	0018	0027		0107	0118	0130	0142
Romford Market St. Edward's Way	2138		2258	2308	2317	2326	2335	2344	2353	0002	0011	0020	0029		0109	0120	0132	0144
5 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																		
Canning Town Bus Station	0607	0622		0734	0746	0758	0810		0846		0930	0937	0944		1827	1837		2037
Plaistow Greengate	0613	0628		0740	0753	0805	0818		0854		0938	0945	0953		1835	1844		2044
Upton Park Boleyn	0616	0631	Then	0743	0756	0809	0822	Then	0858	Then	0942	0949	0957	Then	1838	1847	Then	2047
East Ham Newham Town Hall	0619	0634	every	0746	0759	0812	0825	every	0901	about	0945	0953	1002	about	1841	1850	every	2050
Barking Station	0627	0642	12	0754	0807	0820	0833	12	0909	every	0953	1001	1011	every	1850	1859	10	2059
Fair Cross Barking Bus Garage	0631	0646	mins.	0758	0811	0824	0837	mins.	0913	10	0957	1006	1016	8	1855	1904	mins.	2104
Becontree Martins Corner	0637	0652	until	0804	0817	0830	0843	until	0919	mins.	1003	1013	1023	mins.	1901	1910	until	2110
Becontree Heath Wood Lane	0642	0657		0809	0822	0835	0848		0924	until	1010	1020	1030	until	1907	1916		2116
Romford Station	0650	0705		0817	0830	0843	0856		0932		1022	1032	1042		1916	1925		2125
Romford Market St. Edward's Way	0652	0707		0819	0832	0845	0858		0934		1025	1035	1045		1919	1928		2128
Canning Town Bus Station	2047		2217	2227	2237	2247	2257	2307	2317	2327	2337	2346		0026	0037	0049	0101	
Plaistow Greengate	2054		2224	2234	2244	2254	2304	2314	2324	2334	2343	2352		0032	0043	0055	0107	
Upton Park Boleyn	2057		2227	2237	2247	2257	2307	2316	2326	2336	2345	2354	Then	0034	0045	0057	0109	
East Ham Newham Town Hall	2100	Then	2230	2240	2250	2300	2310	2319	2329	2339	2348	2357	every	0037	0048	0100	0112	
Barking Station	2109	every 10	2239	2249	2259	2309	2318	2327	2337	2346	2355	0004	10	0044	0055	0107	0119	
Fair Cross Barking Bus Garage	2114	minutes	2244	2254	2304	2313	2322	2331	2340	2349	2358	0007	mins.	0047	0058	0110	0122	
Becontree Martins Corner	2120	until	2250	2300	2310	2319	2328	2337	2346	2355	0004	0013	until	0053	0104	0116	0128	
Becontree Heath Wood Lane	2126		2256	2306	2315	2324	2333	2342	2351	0000	0009	0018		0058	0109	0121	0133	
Romford Victoria Road	2135		2305	2315	2324	2333	2342	2351	0000	0009	0018	0027		0107	0118	0130	0142	
Romford Market St. Edward's Way	2138		2308	2317	2326	2335	2344	2353	0002	0011	0020	0029		0109	0120	0132	0144	