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## Romford - Barking - Canning Town

5 Mondays to Fridays																			
Romford Market	0447	0502	0517	0527	0537	0547	0555	0602	0609	0616		1902	1910	1919	1929	1939	1949		
Romford Station	0449	0504	0519	0529	0539	0549	0557	0604	0611	0618		1905	1913	1922	1932	1942	1952		
Becontree Heath Bus Station	0457	0512	0527	0537	0547	0557	0605	0612	0619	0626		1917	1925	1934	1943	1953	2003		
Becontree Martins Corner	0502	0517	0532	0542	0552	0602	0610	0617	0624	0631	Then	1923	1931	1939	1948	1958	2008		
Barking Garage	0507	0522	0537	0547	0557	0607	0615	0622	0629	0638	about	1930	1937	1945	1954	2004	2014		
Barking Station	0511	0526	0541	0551	0601	0611	0619	0626	0634	0643	every 6-7	1935	1942	1950	1959	2009	2019		
Barking London Road	0512	0527	0542	0552	0602	0612	0620	0627	0635	0644	minutes	1936	1943	1951	2000	2010	2020		
East Ham Newham Town Hall	0517	0532	0547	0557	0607	0617	0625	0632	0641	0650	until	1944	1951	1959	2008	2018	2028		
Upton Park Boleyn	0520	0535	0550	0600	0610	0620	0628	0637	0646	0655		1950	1957	2005	2014	2023	2033		
Plaistow Greengate	0523	0538	0553	0603	0613	0623	0632	0641	0650	0659		1954	2001	2009	2018	2027	2037		
Canning Town Bus Station	0531	0546	0601	0611	0621	0631	0640	0649	0658	0707		2002	2009	2017	2026	2035	2045		
Romford Market	1959	2009	2019				2159	2210	2221	2232	2243	2254	2305	2316	2327	2337	2347	2357	0007
Romford Station	2002	2012	2022				2202	2213	2224	2235	2246	2257	2308	2319	2330	2340	2350	2400	0010
Becontree Heath Bus Station	2013	2023	2033				2213	2224	2235	2246	2257	2308	2318	2329	2340	2350	2400	0010	0020
Becontree Martins Corner	2018	2028	2038	Then			2218	2229	2240	2251	2302	2313	2323	2334	2345	2355	0005	0015	0025
Barking Garage	2024	2034	2044	every 10			2224	2235	2246	2257	2308	2318	2328	2339	2349	2359	0009	0019	0029
Barking Station	2029	2039	2049	minutes			2229	2240	2251	2302	2312	2322	2332	2343	2353	0003	0013	0023	0033
Barking London Road	2030	2040	2050	until			2230	2241	2252	2303	2313	2323	2333	2344	2354	0004	0014	0024	0034
East Ham Newham Town Hall	2037	2047	2056				2236	2247	2258	2308	2318	2328	2338	2349	2359	0009	0019	0029	0039
Upton Park Boleyn	2042	2051	2100				2240	2250	2301	2311	2321	2331	2341	2352	0002	0012	0022	0032	0042
Plaistow Greengate	2046	2055	2104				2244	2254	2304	2314	2324	2334	2344	2355	0005	0015	0025	0035	0045
Canning Town Bus Station	2054	2103	2112				2252	2302	2312	2322	2332	2342	2352	0002	0012	0022	0032	0042	0052
5 Saturdays (also Good Friday)																			
Romford Market	0447		0635	0645	0655	0704	0712				0823			1736			1839	1849	1859
Romford Station	0449		0637	0647	0657	0706	0714				0826			1740			1842	1852	1902
Becontree Heath Bus Station	0457		0645	0655	0705	0714	0722				0836			1753			1853	1903	1913
Becontree Martins Corner	0502	Then	0650	0700	0710	0719	0727	Then			0841	Then		1800	Then		1859	1908	1918
Barking Garage	0507	every	0655	0705	0715	0724	0733	about			0847	about		1807	about		1905	1914	1924
Barking Station	0511	12	0659	0709	0719	0728	0738	every 8			0852	every 6-7		1813	every 8		1910	1919	1929
Barking London Road	0512	mins.	0700	0710	0720	0729	0739	minutes			0853	minutes		1814	minutes		1911	1920	1930
East Ham Newham Town Hall	0517	until	0705	0715	0725	0734	0744	until			0859	until		1822	until		1917	1926	1936
Upton Park Boleyn	0520		0708	0718	0728	0738	0748				0903			1828			1922	1931	1941
Plaistow Greengate	0523		0711	0721	0732	0742	0752				0907			1832			1926	1935	1945
Canning Town Bus Station	0531		0719	0729	0740	0750	0800				0915			1840			1934	1943	1953
Romford Market	1909	1919	1929				2159	2210	2221	2232	2243	2254	2305	2316	2327	2337	2347	2357	0007
Romford Station	1912	1922	1932				2202	2213	2224	2235	2246	2257	2308	2319	2330	2340	2350	2400	0010
Becontree Heath Bus Station	1923	1933	1943				2213	2224	2235	2246	2257	2308	2318	2329	2340	2350	2400	0010	0020
Becontree Martins Corner	1928	1938	1948	Then			2218	2229	2240	2251	2302	2313	2323	2334	2345	2355	0005	0015	0025
Barking Garage	1934	1944	1954	every 10			2224	2235	2246	2257	2308	2318	2328	2339	2349	2359	0009	0019	0029
Barking Station	1939	1949	1959	minutes			2229	2240	2251	2302	2312	2322	2332	2343	2353	0003	0013	0023	0033
Barking London Road	1940	1950	2000	until			2230	2241	2252	2303	2313	2323	2333	2344	2354	0004	0014	0024	0034
East Ham Newham Town Hall	1946	1956	2006				2236	2247	2258	2308	2318	2328	2338	2349	2359	0009	0019	0029	0039
Upton Park Boleyn	1951	2001	2010				2240	2251	2301	2311	2321	2331	2341	2352	0002	0012	0022	0032	0042
Plaistow Greengate	1955	2005	2014				2244	2254	2304	2314	2324	2334	2344	2355	0005	0015	0025	0035	0045
Canning Town Bus Station	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	0447		0735	0746	0756	0806	0815					1655	1704	1712	1720	1729	1739	1749	1759
Romford Station	0449		0737	0748	0758	0808	0818					1659	1708	1716	1724	1733	1743	1752	1802
Becontree Heath Bus Station	0457		0745	0756	0806	0817	0827					1710	1719	1727	1735	1744	1754	1803	1813
Becontree Martins Corner	0502	Then	0750	0801	0811	0822	0832	Then				1717	1726	1734	1742	1751	1800	1809	1818
Barking Garage	0507	every 12	0755	0806	0816	0827	0837	about				1723	1732	1740	1748	1757	1806	1815	1824
Barking Station	0511	minutes	0759	0810	0821	0832	0842	every 8				1728	1737	1745	1753	1802	1811	1820	1829
Barking London Road	0512	until	0800	0811	0822	0833	0843	minutes				1729	1738	1746	1754	1803	1812	1821	1830
East Ham Newham Town Hall	0517		0805	0816	0827	0838	0848	until				1736	1745	1752	1800	1809	1818	1827	1836
Upton Park Boleyn	0520		0808	0820	0831	0842	0852					1742	1750	1757	1805	1814	1823	1832	1841
Plaistow Greengate	0523		0811	0823	0834	0845	0855					1747	1754	1801	1809	1818	1827	1836	1845
Canning Town Bus Station	0531		0819	0831	0842	0853	0903					1756	1803	1810	1817	1826	1835	1844	1853
Romford Market	1809		2159	2210	2221	2232	2243	2254	2305	2316	2327	2337	2347	2357	0007				
Romford Station	1812		2202	2213	2224	2235	2246	2257	2308	2319	2330	2340	2350	2400	0010				
Becontree Heath Bus Station	1823		2213	2224	2235	2246	2257	2308	2318	2329	2340	2350	2400	0010	0020				
Becontree Martins Corner	1828	Then	2218	2229	2240	2251	2302	2313	2323	2334	2345	2355	0005	0015	0025				
Barking Garage	1834	every 10	2224	2235	2246	2257	2308	2318	2328	2339	2349	2359	0009	0019	0029				
Barking Station	1839	minutes	2229	2240	2251	2302	2312	2322	2332	2343	2353	0003	0013	0023	0033				
Barking London Road	1840	until	2230	2241	2252	2303	2313	2323	2333	2344	2354	0004	0014	0024	0034				
East Ham Newham Town Hall	1846		2236	2247	2258	2308	2318	2328	2338	2349	2359	0009	0019	0029	0039				
Upton Park Boleyn	1850		2240	2251	2301	2311	2321	2331	2341	2352	0002	0012	0022	0032	0042				
Plaistow Greengate	1854		2244	2254	2304	2314	2324	2334	2344	2355	0005	0015	0025	0035	0045				
Canning Town Bus Station	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			2036	2045		2155	2205	2215	2225	2235	2245		
Plaistow Greengate	0613	0623	0633	0643	0653	0703			2043	2052		2202	2212	2222	2232	2242	2252		
Upton Park Boleyn	0615	0625	0635	0645	0655	0705			2044	2053		2203	2213	2223	2233	2243	2253		
East Ham Newham Town Hall	0619	0629	0639	0649	0659	0709			2048	2057	Then	2207	2217	2227	2237	2247	2257		
Barking London Road	0625	0635	0645	0656	0706	0716			2055	2104	Then	2214	2224	2234	2244	2254	2303		
Barking Station	0627	0637	0647	0658	0708	0718			2057	2106	every 10	2216	2226	2236	2246	2256	2305		
Barking Garage	0631	0641	0652	0703	0714	0724			2102	2111	minutes	2221	2231	2241	2251	2300	2309		
Becontree Martins Corner	0637	0647	0659	0710	0721	0731			2108	2117	until	2227	2237	2247	2257	2306	2315		
Becontree Heath Bus Station	0642	0654	0706	0717	0728	0739			2114	2123		2233	2243	2253	2302	2311	2320		
Romford Station	0650	0704	0717	0729	0741	0753			2125	2134		2244	2254	2303	2312	2321	2330		
Romford Market	0652	0706	0720	0732	0744	0756			2128	2137		2247	2256	2305	2314	2323	2332		
Canning Town Bus Station	2255	2305	2315	2325	2335	2345	2355	0005	0015	0025	0037	0049	0101						
Plaistow Greengate	2302	2312	2322	2332	2341	2351	0001	0011	0021	0031	0043	0055	0107						
Upton Park Boleyn	2303	2313	2323	2333	2342	2352	0002	0012	0022	0032	0044	0056	0108						
East Ham Newham Town Hall	2307	2317	2327	2337	2346	2356	0006	0016	0026	0036	0048	0100	0112						
Barking London Road	2313	2323	2332	2342	2351	0001	0011	0021	0031	0041	0053	0105	0117						
Barking Station	2315	2325	2334	2344	2353	0003	0013	0023	0033	0043	0055	0107	0119						
Barking Garage	2319	2328	2337	2347	2356	0006	0016	0026	0036	0046	0058	0110	0122						
Becontree Martins Corner	2325	2334	2343	2353	0002	0012	0022	0032	0042	0052	0104	0116	0128						
Becontree Heath Bus Station	2330	2339	2348	2358	0007	0017	0027	0037	0047	0057	0109	0121	0133						
Romford Station	2339	2348	2357	0007	0016	0026	0036	0046	0056	0106	0118	0130	0142						
Romford Market	2341	2350	2359	0009	0018	0028	0038	0048	0058	0108	0120	0132	0144						
5 Saturdays (also Good Friday)																			
Canning Town Bus Station	0607	0622	0634	0646	0656	0706	0716	0726			0758		1836		1926	1935	1945	1955	
Plaistow Greengate	0613	0628	0640	0652	0702	0712	0723	0734			0806		1845		1934	1943	1953	2003	
Upton Park Boleyn	0615	0630	0642	0654	0704	0714	0725	0736			0808	Then	1848	Then	1936	1945	1955	2004	
East Ham Newham Town Hall	0619	0634	0646	0658	0708	0718	0729	0740			0812	about	1853	about	1940	1949	1959	2008	
Barking London Road	0625	0640	0652	0704	0714	0724	0735	0746			0818	every 8	1900	every 8	1947	1956	2006	2015	
Barking Station	0627	0642	0654	0706	0716	0726	0737	0748			0820	6-7	1902	8	1949	1958	2008	2017	
Barking Garage	0631	0646	0658	0710	0720	0730	0741	0752			0824	mins.	1907	mins.	1954	2003	2013	2022	
Becontree Martins Corner	0637	0652	0704	0716	0726	0736	0747	0758			0830	until	1913	until	2000	2009	2019	2028	
Becontree Heath Bus Station	0642	0657	0709	0721	0731	0742	0753	0804			0836		1919		2006	2015	2025	2034	
Romford Station	0650	0705	0717	0729	0741	0752	0803	0814			0846		1930		2017	2026	2036	2045	
Romford Market	0652	0707	0719	0731	0743	0754	0805	0816			0848		1933		2020	2029	2039	2048	
Canning Town Bus Station	2005			2155	2205	2215	2225	2235	2245	2255	2305	2315	2325	2335		0025	0037	0049	0101
Plaistow Greengate	2012			2202	2212	2222	2232	2242	2252	2302	2312	2322	2332	2341		0031	0043	0055	0107
Upton Park Boleyn	2013			2203	2213	2223	2233	2243	2253	2303	2313	2323	2333	2342		0032	0044	0056	0108
East Ham Newham Town Hall	2017	Then		2207	2217	2227	2237	2247	2257	2307	2317	2327	2337	2346	Then	0036	0048	0100	0112
Barking London Road	2024	every		2214	2224	2234	2244	2254	2303	2313	2323	2332	2342	2351	every	0041	0053	0105	0117
Barking Station	2026	10		2216	2226	2236	2246	2256	2305	2315	2325	2334	2344	2353	10	0043	0055	0107	0119
Barking Garage	2031	mins.		2221	2231	2241	2251	2300	2309	2319	2328	2337	2347	2356	mins.	0046	0058	0110	0122
Becontree Martins Corner	2037	until		2227	2237	2247	2257	2306	2315	2325	2334	2343	2353	0002	until	0052	0104	0116	0128
Becontree Heath Bus Station	2043			2233	2243	2253	2302	2311	2320	2330	2339	2348	2358	0007		0057	0109	0121	0133
Romford Station	2054			2244	2254	2303	2312	2321	2330	2339	2348	2357	0007	0016		0106	0118	0130	0142
Romford Market	2057			2247	2256	2305	2314	2323	2332	2341	2350	2359	0009	0018		0108	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	0856	0906	0914	0922	0930	0937	0944		1826
Plaistow Greengate	0613	0628		0740	0753	0805	0818			0854	0904	0914	0922	0930	0938	0945	0953		1834
Upton Park Boleyn	0615	0630		0742	0755	0808	0821			0857	0907	0917	0925	0933	0941	0948	0956	Then	1836
East Ham Newham Town Hall	0619	0634	Then	0746	0759	0812	0825	Then		0901	0911	0921	0929	0937	0945	0953	1002	about	1841
Barking London Road	0625	0640	every	0752	0805	0818	0831	every		0907	0917	0927	0935	0943	0951	0959	1009	every	1848
Barking Station	0627	0642	12	0754	0807	0820	0833	12		0909	0919	0929	0937	0945	0953	1001	1011	8	1850
Barking Garage	0631	0646	mins.	0758	0811	0824	0837	mins.		0913	0923	0933	0941	0949	0957	1006	1016	mins.	1855
Becontree Martins Corner	0637	0652	until	0804	0817	0830	0843	until		0919	0929	0939	0947	0955	1003	1013	1023	until	1901
Becontree Heath Bus Station	0642	0657		0809	0822	0835	0848			0924	0934	0944	0952	1000	1010	1020	1030		1907
Romford Station	0650	0705		0817	0830	0843	0856			0932	0942	0952	1002	1012	1022	1032	1042		1918
Romford Market	0652	0707		0819	0832	0845	0858			0934	0944	0954	1005	1015	1025	1035	1045		1921
Canning Town Bus Station	1835	1845		2155	2205	2215	2225	2235	2245	2255	2305	2315	2325	2335		0025			0101
Plaistow Greengate	1843	1852		2202	2212	2222	2232	2242	2252	2302	2312	2322	2332	2341		0031			0107
Upton Park Boleyn	1845	1853		2203	2213	2223	2233	2243	2253	2303	2313	2323	2333	2342		0032			0108
East Ham Newham Town Hall	1849	1857	Then	2207	2217	2227	2237	2247	2257	2307	2317	2327	2337	2346	Then	0036	Then		0112
Barking London Road	1856	1904	every	2214	2224	2234	2244	2254	2303	2313	2323	2332	2342	2351	every	0041	every		0117
Barking Station	1858	1906	10	2216	2226	2236	2246	2256	2305	2315	2325	2334	2344	2353	10	0043	12		0119
Barking Garage	1903	1911	mins.	2221	2231	2241	2251	2300	2309	2319	2328	2337	2347	2356	mins.	0046	mins.		0122
Becontree Martins Corner	1909	1917	until	2227	2237	2247	2257	2306	2315	2325	2334	2343	2353	0002	until	0052	until		0128
Becontree Heath Bus Station	1915	1923		2233	2243	2253	2302	2311	2320	2330	2339	2348	2358	0007		0057			0133
Romford Station	1926	1934		2244	2254	2303	2312	2321	2330	2339	2348	2357	0007	0016		0106			0142
Romford Market	1929	1937		2247	2256	2305	2314	2323	2332	2341	2350	2359	0009	0018		0108			0144