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Romford – Barking – Canning Town

5		Mondays to Fridays																		
Romford Market St Edward's Way	0445		0535	0545	0553	0601	0609	0617	0624	0630	0636	0642	0648	0654	0700	0706	0712			
Romford Station	0448		0538	0548	0556	0604	0612	0620	0627	0634	0640	0646	0652	0658	0704	0710	0716			
Queen's Hospital	0451		0541	0551	0559	0607	0615	0624	0631	0638	0644	0650	0656	0702	0708	0714	0720			
Rush Green Road Dagenham Road	0455		0545	0555	0603	0611	0619	0628	0635	0642	0648	0654	0700	0707	0713	0719	0725			
Becontree Heath Ship & Anchor	0500	Then every 10 minutes until	0550	0600	0608	0616	0624	0633	0640	0647	0654	0701	0707	0714	0720	0726	0733			
Becontree Martins Corner	0506		0556	0606	0614	0623	0631	0641	0648	0655	0702	0709	0715	0722	0728	0735	0742			
Faircross Barking Bus Garage	0512		0602	0612	0621	0631	0639	0649	0656	0703	0710	0717	0724	0731	0738	0745	0752			
Barking Station	0516		0606	0617	0626	0638	0646	0657	0704	0711	0718	0725	0732	0739	0746	0753	0800			
East Ham Newham Town Hall	0522		0612	0624	0634	0647	0656	0708	0715	0722	0729	0736	0743	0750	0757	0804	0811			
Upton Park The Boleyn (Barking Road)	0526		0616	0628	0639	0653	0703	0715	0722	0729	0736	0743	0750	0757	0804	0811	0818			
Plaistow Greengate	0529		0619	0631	0643	0657	0707	0719	0727	0734	0741	0748	0755	0802	0809	0816	0823			
Canning Town Bus Station	0536	0626	0639	0651	0706	0716	0728	0736	0743	0750	0757	0804	0811	0818	0825	0832				
Romford Market St Edward's Way	0718	0725		0753	0759	0806	0813	0820	0827	0834	0840	0847	0854	0900			1010			
Romford Station	0722	0729		0757	0803	0810	0817	0824	0831	0838	0844	0851	0858	0905			1015			
Queen's Hospital	0726	0734		0802	0808	0815	0822	0829	0836	0843	0849	0856	0903	0910			1020			
Rush Green Road Dagenham Road	0732	0740		0808	0814	0821	0828	0835	0842	0849	0855	0902	0909	0916			1026			
Becontree Heath Ship & Anchor	0740	0748	Then every 7 minutes until	0816	0822	0829	0836	0843	0850	0857	0903	0910	0916	0922	Then every 7 minutes until	1032				
Becontree Martins Corner	0749	0757		0825	0831	0838	0845	0852	0859	0906	0912	0918	0924	0930		1040				
Faircross Barking Bus Garage	0759	0806		0834	0840	0847	0854	0901	0908	0915	0921	0927	0933	0939		1049				
Barking Station	0807	0814		0842	0848	0855	0902	0908	0915	0922	0928	0934	0940	0946		1056				
East Ham Newham Town Hall	0818	0825		0853	0859	0906	0913	0919	0926	0933	0939	0945	0951	0957		1107				
Upton Park The Boleyn (Barking Road)	0825	0832		0900	0906	0913	0920	0926	0933	0940	0946	0952	0958	1004		1114				
Plaistow Greengate	0830	0837		0905	0911	0918	0925	0931	0938	0945	0951	0957	1003	1009		1119				
Canning Town Bus Station	0839	0846	0914	0920	0927	0934	0940	0947	0954	1000	1006	1012	1018	1128						
Romford Market St Edward's Way	1018	1025	1033	1040	1048	1055			03	10	18	25	33	40	48	55	1333	1340	1348	1355
Romford Station	1023	1030	1038	1045	1053	1101			09	16	24	31	39	46	54	01	1339	1346	1354	1401
Queen's Hospital	1028	1035	1043	1050	1058	1106		Then every 7-8 minutes at these minutes past the hour	14	21	29	36	44	51	59	06	1344	1351	1359	1406
Rush Green Road Dagenham Road	1034	1041	1049	1056	1104	1112			20	27	35	42	50	57	05	12	1350	1357	1405	1412
Becontree Heath Ship & Anchor	1040	1047	1055	1102	1110	1118			26	33	41	48	56	03	11	18	1356	1403	1411	1418
Becontree Martins Corner	1048	1055	1103	1110	1118	1126			34	41	49	56	04	11	19	26	1404	1411	1419	1426
Faircross Barking Bus Garage	1057	1104	1112	1119	1127	1135			43	50	58	05	13	20	28	35	1413	1420	1428	1435
Barking Station	1104	1111	1119	1126	1134	1142			50	57	05	12	20	27	35	42	1420	1427	1435	1442
East Ham Newham Town Hall	1115	1122	1130	1137	1145	1153			01	08	16	23	31	38	46	53	1431	1438	1446	1453
Upton Park The Boleyn (Barking Road)	1122	1129	1137	1144	1152	1200			08	15	23	30	38	45	53	00	1438	1445	1453	1500
Plaistow Greengate	1127	1134	1142	1149	1157	1205			13	20	28	35	43	50	58	05	1443	1450	1458	1505
Canning Town Bus Station	1136	1143	1151	1158	1206	1214			22	29	37	44	52	59	07	14	1452	1500	1508	1515
Romford Market St Edward's Way	1402	1408	1414	1421	1428	1434	1441	1448	1454	1500	1506	1512	1519	1526	1532	1539	1546	1552		
Romford Station	1408	1414	1420	1427	1434	1440	1447	1454	1500	1506	1512	1518	1525	1532	1538	1545	1552	1558		
Queen's Hospital	1413	1419	1425	1432	1439	1445	1452	1459	1505	1511	1517	1523	1530	1537	1543	1550	1557	1603		
Rush Green Road Dagenham Road	1419	1425	1431	1438	1445	1451	1458	1505	1511	1517	1524	1531	1538	1545	1552	1558	1605	1612	1618	
Becontree Heath Ship & Anchor	1425	1431	1437	1444	1451	1457	1504	1511	1517	1524	1531	1538	1545	1552	1558	1605	1612	1618		
Becontree Martins Corner	1433	1439	1445	1452	1459	1505	1512	1520	1526	1533	1540	1547	1554	1601	1607	1614	1621	1627		
Faircross Barking Bus Garage	1442	1448	1455	1502	1509	1515	1522	1529	1535	1542	1549	1556	1603	1610	1616	1623	1630	1636		
Barking Station	1449	1455	1502	1509	1516	1522	1529	1536	1542	1549	1556	1603	1610	1617	1623	1630	1637	1643		
East Ham Newham Town Hall	1500	1506	1513	1520	1527	1533	1540	1547	1553	1600	1607	1614	1621	1628	1634	1641	1648	1654		
Upton Park The Boleyn (Barking Road)	1507	1514	1521	1528	1535	1541	1548	1555	1601	1608	1615	1622	1629	1636	1642	1649	1656	1702		
Plaistow Greengate	1512	1519	1526	1533	1540	1546	1553	1600	1606	1613	1620	1627	1634	1641	1647	1654	1701	1707		
Canning Town Bus Station	1522	1529	1536	1543	1550	1556	1603	1610	1616	1623	1630	1637	1644	1651	1657	1704	1711	1717		
Romford Market St Edward's Way	1559	1606	1612	1619	1626	1632	1639	1646	1652	1659	1706	1712	1719	1726	1733	1740	1747	1753		
Romford Station	1605	1612	1618	1625	1632	1638	1645	1652	1658	1705	1712	1718	1725	1732	1739	1746	1753	1759		
Queen's Hospital	1610	1617	1623	1630	1637	1643	1650	1657	1703	1710	1717	1723	1730	1737	1744	1751	1758	1804		
Rush Green Road Dagenham Road	1617	1624	1630	1637	1644	1650	1657	1704	1710	1717	1724	1730	1737	1744	1751	1758	1805	1811		
Becontree Heath Ship & Anchor	1625	1632	1638	1645	1652	1658	1705	1712	1718	1725	1732	1738	1745	1752	1758	1805	1812	1818		
Becontree Martins Corner	1634	1641	1647	1654	1701	1707	1714	1721	1727	1734	1740	1746	1753	1800	1806	1813	1820	1826		
Faircross Barking Bus Garage	1643	1650	1656	1703	1710	1716	1723	1730	1736	1743	1749	1755	1802	1809	1815	1822	1829	1835		
Barking Station	1650	1657	1703	1710	1717	1723	1730	1737	1743	1750	1756	1802	1809	1816	1822	1829	1836	1842		
East Ham Newham Town Hall	1701	1708	1714	1721	1728	1734	1740	1747	1753	1800	1806	1812	1819	1826	1832	1839	1846	1852		
Upton Park The Boleyn (Barking Road)	1709	1716	1722	1729	1736	1742	1748	1754	1800	1807	1813	1819	1826	1833	1839	1846	1853	1859		
Plaistow Greengate	1714	1721	1727	1734	1741	1747	1753	1759	1805	1812	1818	1824	1831	1838	1844	1851	1858	1904		
Canning Town Bus Station	1724	1731	1737	1744	1751	1757	1803	1809	1815	1822	1828	1834	1840	1847	1853	1900	1907	1912		

5		Mondays to Fridays (cont.)																	
Romford Market <i>St Edward's Way</i>	1800	1807	1814	1821	1828	1836	1844	1852	1901	1909	1917	1927	1937	1947	1957	2008	2018	2029	
Romford Station	1806	1813	1819	1826	1833	1840	1848	1856	1905	1913	1921	1931	1941	1951	2001	2012	2022	2033	
Queen's Hospital	1811	1818	1824	1831	1838	1845	1853	1901	1909	1917	1925	1935	1945	1955	2005	2016	2026	2037	
Rush Green Road <i>Dagenham Road</i>	1818	1825	1831	1837	1844	1851	1859	1906	1914	1922	1930	1940	1949	1959	2009	2020	2030	2040	
Becontree Heath <i>Ship & Anchor</i>	1825	1832	1838	1844	1851	1858	1905	1912	1920	1928	1936	1945	1954	2004	2014	2025	2035	2045	
Becontree <i>Martins Corner</i>	1833	1839	1845	1851	1858	1905	1912	1919	1927	1935	1943	1952	2001	2011	2021	2032	2041	2051	
Faircross <i>Barking Bus Garage</i>	1841	1847	1853	1859	1906	1913	1920	1927	1935	1943	1951	2000	2009	2019	2029	2039	2048	2058	
Barking Station	1848	1854	1900	1905	1912	1919	1926	1933	1941	1949	1957	2006	2015	2025	2034	2043	2052	2102	
East Ham <i>Newham Town Hall</i>	1858	1904	1910	1915	1922	1929	1936	1943	1950	1958	2006	2015	2024	2034	2042	2051	2100	2110	
Upton Park <i>The Boleyn (Barking Road)</i>	1905	1911	1917	1922	1929	1936	1943	1949	1956	2004	2012	2021	2030	2039	2047	2056	2105	2115	
Plaistow <i>Greengate</i>	1910	1916	1922	1927	1934	1941	1948	1954	2001	2009	2017	2026	2034	2043	2051	2100	2109	2119	
Canning Town <i>Bus Station</i>	1918	1924	1930	1935	1942	1948	1955	2001	2008	2016	2024	2033	2041	2050	2058	2107	2116	2126	
Romford Market <i>St Edward's Way</i>	2040			2210	2220	2230	2240	2250	2300	2310	2320	2330	2340	2350	0000	0010			
Romford Station	2043			2213	2223	2233	2243	2253	2303	2313	2323	2333	2343	2353	0003	0013			
Queen's Hospital	2047			2217	2227	2237	2247	2257	2307	2317	2327	2337	2347	2357	0007	0017			
Rush Green Road <i>Dagenham Road</i>	2050			2220	2230	2240	2250	2300	2310	2320	2330	2340	2350	0000	0010	0020			
Becontree Heath <i>Ship & Anchor</i>	2055			2225	2235	2245	2255	2304	2314	2324	2334	2344	2354	0003	0013	0023			
Becontree <i>Martins Corner</i>	2101			2231	2241	2251	2301	2310	2320	2330	2340	2350	0000	0008	0018	0028			
Faircross <i>Barking Bus Garage</i>	2108			2238	2248	2258	2307	2316	2326	2336	2346	2356	0005	0013	0023	0033			
Barking Station	2112			2242	2252	2302	2311	2320	2330	2340	2350	0000	0009	0017	0027	0037			
East Ham <i>Newham Town Hall</i>	2120			2250	2300	2309	2318	2327	2337	2347	2357	0006	0015	0023	0033	0043			
Upton Park <i>The Boleyn (Barking Road)</i>	2125			2255	2304	2313	2322	2331	2341	2351	0001	0010	0019	0027	0037	0047			
Plaistow <i>Greengate</i>	2129			2259	2308	2317	2326	2335	2345	2355	0004	0013	0022	0030	0040	0050			
Canning Town <i>Bus Station</i>	2136			2306	2315	2324	2333	2342	2352	0002	0010	0019	0028	0036	0046	0056			

5		Saturdays (also Good Friday)															
Romford Market St Edward's Way	0445		0645	0655	0705	0713	0721	0729	0737	0745		0817	0824	0830	0836	0842	
Romford Station	0448		0648	0658	0708	0716	0724	0732	0740	0748		0820	0827	0833	0839	0845	
Queen's Hospital	0451		0651	0701	0711	0719	0727	0735	0743	0752		0824	0831	0837	0843	0849	
Rush Green Road Dagenham Road	0455		0655	0705	0715	0723	0731	0739	0747	0756		0828	0835	0841	0847	0853	
Becontree Heath Ship & Anchor	0459	Then every 12 minutes until	0659	0709	0719	0727	0735	0743	0751	0800	Then every 8 minutes until	0832	0839	0845	0851	0857	
Becontree Martins Corner	0505		0705	0715	0725	0733	0742	0750	0758	0807		0839	0846	0852	0858	0904	
Faircross Barking Bus Garage	0511		0711	0721	0731	0740	0749	0757	0805	0814		0846	0853	0859	0905	0912	
Barking Station	0515		0715	0725	0735	0744	0754	0802	0810	0819		0851	0858	0905	0912	0919	
East Ham Newham Town Hall	0521		0721	0731	0742	0751	0801	0809	0817	0826		0858	0905	0913	0920	0927	
Upton Park The Boleyn (Barking Road)	0525		0725	0735	0746	0756	0806	0814	0822	0831		0903	0910	0918	0925	0932	
Plaistow Greengate	0528		0728	0738	0750	0800	0810	0818	0826	0835		0907	0914	0922	0929	0936	
Canning Town Bus Station	0535	0735	0746	0758	0808	0818	0826	0834	0843	0915	0922	0930	0937	0944			
Romford Market St Edward's Way	0849	0856	0902	0909	0915	0921	0927	0934	0940	0947	0953	0959	1005	1011	1017		1059
Romford Station	0852	0859	0905	0912	0918	0924	0930	0937	0943	0950	0956	1003	1009	1016	1022		1104
Queen's Hospital	0856	0903	0909	0916	0922	0928	0934	0941	0947	0954	1000	1007	1014	1021	1027		1109
Rush Green Road Dagenham Road	0900	0907	0914	0921	0927	0933	0939	0946	0952	0959	1005	1013	1020	1027	1033	Then every 7 minutes until	1115
Becontree Heath Ship & Anchor	0904	0912	0919	0926	0932	0938	0944	0951	0957	1004	1011	1019	1026	1033	1039		1121
Becontree Martins Corner	0911	0919	0926	0933	0939	0945	0951	0958	1004	1012	1019	1027	1034	1041	1047		1129
Faircross Barking Bus Garage	0919	0927	0934	0941	0947	0953	0959	1006	1013	1021	1028	1036	1043	1050	1056		1138
Barking Station	0926	0934	0941	0948	0954	1000	1006	1014	1021	1029	1036	1044	1051	1058	1104		1146
East Ham Newham Town Hall	0934	0942	0949	0956	1002	1009	1016	1024	1031	1039	1046	1054	1102	1110	1117		1159
Upton Park The Boleyn (Barking Road)	0939	0947	0954	1001	1008	1016	1023	1031	1038	1046	1053	1101	1109	1117	1124		1206
Plaistow Greengate	0943	0951	0958	1005	1013	1021	1028	1036	1043	1051	1058	1106	1114	1122	1129	1211	
Canning Town Bus Station	0951	0959	1007	1015	1023	1031	1038	1046	1053	1101	1108	1116	1124	1132	1139	1221	
Romford Market St Edward's Way	1106	1113	1120	1127	1134	1141	1148		1354	1401	1408		1600	1607	1614	1621	
Romford Station	1112	1119	1126	1133	1140	1147	1154		1400	1407	1414		1606	1613	1620	1627	
Queen's Hospital	1117	1124	1131	1138	1145	1152	1159		1405	1412	1419		1611	1618	1625	1632	
Rush Green Road Dagenham Road	1123	1130	1137	1144	1151	1158	1206	Then every 7 minutes until	1412	1419	1425	Then every 7 minutes until	1617	1624	1631	1638	
Becontree Heath Ship & Anchor	1129	1136	1143	1150	1157	1205	1213		1419	1425	1431		1623	1630	1637	1644	
Becontree Martins Corner	1137	1144	1151	1158	1205	1213	1221		1427	1433	1439		1631	1638	1645	1652	
Faircross Barking Bus Garage	1146	1153	1200	1207	1214	1222	1230		1436	1442	1448		1640	1647	1654	1701	
Barking Station	1154	1201	1208	1215	1222	1230	1238		1444	1450	1456		1648	1655	1702	1709	
East Ham Newham Town Hall	1207	1214	1221	1228	1235	1243	1251		1457	1503	1509		1701	1707	1713	1719	
Upton Park The Boleyn (Barking Road)	1214	1221	1228	1235	1242	1250	1258		1504	1510	1516		1708	1714	1720	1726	
Plaistow Greengate	1219	1226	1233	1240	1247	1255	1303	1509	1515	1521	1713	1719	1725	1731			
Canning Town Bus Station	1229	1236	1243	1250	1257	1305	1313	1519	1525	1531	1723	1729	1735	1741			
Romford Market St Edward's Way	1628		1656	1703	1710	1717	1724	1731	1738	1746	1754	1802	1810	1818	1826	1834	1842
Romford Station	1634		1702	1708	1715	1722	1729	1736	1743	1751	1759	1807	1815	1822	1830	1838	1846
Queen's Hospital	1639		1707	1713	1719	1726	1733	1740	1747	1755	1803	1810	1818	1825	1833	1841	1849
Rush Green Road Dagenham Road	1645	Then every 7 minutes until	1713	1719	1725	1732	1739	1746	1753	1801	1808	1815	1823	1830	1838	1846	1854
Becontree Heath Ship & Anchor	1651		1719	1725	1731	1738	1745	1752	1759	1807	1814	1821	1829	1836	1844	1852	1900
Becontree Martins Corner	1659		1727	1733	1739	1746	1753	1800	1807	1815	1822	1829	1837	1844	1852	1900	1908
Faircross Barking Bus Garage	1708		1736	1742	1748	1755	1802	1808	1815	1823	1830	1837	1845	1852	1900	1908	1916
Barking Station	1716		1744	1750	1756	1803	1809	1815	1822	1830	1837	1844	1852	1859	1907	1914	1922
East Ham Newham Town Hall	1726		1754	1800	1806	1813	1819	1825	1832	1840	1847	1854	1902	1909	1916	1923	1931
Upton Park The Boleyn (Barking Road)	1733		1801	1807	1813	1820	1826	1832	1839	1847	1854	1901	1909	1915	1922	1929	1937
Plaistow Greengate	1738	1806	1812	1818	1825	1831	1837	1844	1852	1859	1906	1914	1920	1927	1934	1942	
Canning Town Bus Station	1748	1816	1822	1828	1835	1841	1847	1854	1902	1909	1916	1923	1929	1936	1943	1951	
Romford Market St Edward's Way	1850	1900	1910	1920	1930	1940	1950	2000		2210	2220	2230	2240	2250		0010	
Romford Station	1854	1904	1914	1924	1934	1944	1954	2003		2213	2223	2233	2243	2253		0013	
Queen's Hospital	1857	1907	1917	1927	1937	1947	1957	2006		2216	2226	2236	2246	2256		0016	
Rush Green Road Dagenham Road	1902	1912	1922	1932	1942	1952	2002	2010	Then every 10 minutes until	2220	2230	2240	2250	2300	Then every 10 minutes until	0020	
Becontree Heath Ship & Anchor	1908	1917	1927	1937	1947	1957	2007	2015		2225	2235	2245	2255	2304		0024	
Becontree Martins Corner	1915	1924	1934	1944	1954	2004	2013	2021		2231	2241	2251	2301	2310		0030	
Faircross Barking Bus Garage	1923	1932	1942	1952	2002	2011	2020	2028		2238	2248	2258	2307	2316		0036	
Barking Station	1929	1938	1948	1958	2006	2015	2024	2032		2242	2252	2302	2311	2320		0040	
East Ham Newham Town Hall	1938	1947	1957	2007	2014	2023	2032	2040		2250	2300	2308	2317	2326		0046	
Upton Park The Boleyn (Barking Road)	1944	1953	2003	2012	2019	2028	2037	2045		2255	2304	2312	2321	2330		0050	
Plaistow Greengate	1949	1958	2007	2016	2023	2032	2041	2049	2259	2308	2316	2325	2334	0054			
Canning Town Bus Station	1958	2007	2015	2024	2031	2040	2049	2057	2307	2315	2323	2332	2341	0101			

5 Sundays and other Public Holidays (except Christmas Day)																			
Romford Market St Edward's Way	0445			0657	0709	0721	0733	0745	0755	0805	0815	0824			0909	0917	0926	0934	
Romford Station	0448			0700	0712	0724	0736	0748	0758	0808	0818	0827			0912	0920	0929	0937	
Queen's Hospital	0451			0703	0715	0727	0739	0751	0801	0811	0821	0830			0915	0923	0932	0940	
Rush Green Road Dagenham Road	0454			0706	0718	0730	0742	0754	0804	0814	0824	0834			0919	0927	0936	0944	
Becontree Heath Ship & Anchor	0459		Then	0711	0723	0735	0747	0759	0809	0819	0829	0839		Then	0924	0932	0941	0949	
Becontree Martins Corner	0504		every 12	0716	0728	0740	0753	0805	0815	0825	0835	0845		minutes	0930	0938	0947	0955	
Faircross Barking Bus Garage	0510		minutes	0722	0734	0746	0759	0811	0822	0832	0842	0852		minutes	0937	0945	0954	1002	
Barking Station	0514		until	0726	0738	0750	0803	0815	0826	0836	0846	0856		until	0941	0949	0959	1007	
East Ham Newham Town Hall	0520			0732	0744	0756	0810	0822	0833	0843	0853	0903			0948	0957	1007	1015	
Upton Park The Boleyn (Barking Road)	0524			0736	0749	0801	0815	0827	0838	0848	0858	0908			0953	1003	1013	1021	
Plaistow Greengate	0527			0739	0752	0804	0818	0831	0842	0852	0902	0912			0957	1007	1017	1025	
Canning Town Bus Station	0534			0746	0759	0811	0825	0839	0850	0900	0910	0920			1005	1015	1025	1033	
Romford Market St Edward's Way	0942	0948	0954	1001	1008	1015	1022	1028	1034	1040	1048	1056	1104	1112	1119			1503	
Romford Station	0945	0951	0957	1004	1012	1019	1026	1032	1038	1044	1052	1100	1108	1116	1124			1508	
Queen's Hospital	0948	0954	1001	1008	1016	1023	1030	1036	1042	1048	1056	1104	1112	1120	1128			1512	
Rush Green Road Dagenham Road	0952	0958	1005	1012	1020	1027	1034	1040	1046	1052	1100	1109	1117	1125	1133			1517	
Becontree Heath Ship & Anchor	0957	1003	1010	1018	1026	1033	1040	1046	1052	1058	1106	1115	1123	1131	1139		Then	1523	
Becontree Martins Corner	1003	1010	1018	1026	1034	1041	1048	1054	1100	1106	1114	1123	1131	1139	1147		every 8	1531	
Faircross Barking Bus Garage	1010	1018	1026	1034	1042	1049	1056	1102	1108	1115	1123	1132	1140	1148	1156		minutes	1540	
Barking Station	1016	1024	1032	1040	1048	1055	1102	1108	1115	1122	1130	1139	1147	1155	1203		until	1547	
East Ham Newham Town Hall	1024	1032	1040	1048	1056	1103	1111	1118	1126	1134	1142	1151	1159	1207	1215			1559	
Upton Park The Boleyn (Barking Road)	1030	1038	1046	1054	1102	1110	1118	1126	1134	1142	1150	1159	1207	1215	1223			1607	
Plaistow Greengate	1034	1042	1050	1058	1106	1114	1123	1131	1139	1147	1155	1204	1212	1220	1228			1612	
Canning Town Bus Station	1042	1050	1058	1106	1115	1123	1132	1140	1148	1156	1204	1213	1221	1229	1237			1621	
Romford Market St Edward's Way	1511	1519	1528				1616	1624	1633	1642	1651	1700	1709	1718	1728	1738	1748	1758	1808
Romford Station	1516	1524	1533				1621	1629	1638	1647	1656	1705	1714	1723	1733	1742	1752	1802	1812
Queen's Hospital	1520	1528	1537				1625	1633	1642	1651	1700	1709	1718	1727	1737	1746	1756	1806	1816
Rush Green Road Dagenham Road	1525	1533	1541				1629	1637	1646	1655	1704	1713	1722	1731	1741	1750	1800	1810	1820
Becontree Heath Ship & Anchor	1531	1539	1547		Then		1635	1643	1652	1701	1710	1719	1728	1737	1746	1755	1805	1815	1825
Becontree Martins Corner	1539	1546	1554		every 8		1642	1650	1659	1708	1717	1726	1735	1743	1752	1801	1811	1821	1831
Faircross Barking Bus Garage	1547	1554	1602		minutes		1650	1658	1707	1716	1725	1734	1743	1751	1800	1809	1818	1828	1838
Barking Station	1554	1601	1609		until		1657	1705	1714	1723	1732	1741	1749	1757	1806	1815	1824	1834	1844
East Ham Newham Town Hall	1606	1613	1621				1709	1717	1726	1734	1742	1751	1759	1807	1816	1825	1834	1844	1854
Upton Park The Boleyn (Barking Road)	1614	1621	1629				1717	1725	1733	1741	1749	1758	1806	1814	1823	1832	1841	1851	1901
Plaistow Greengate	1619	1626	1634				1722	1730	1738	1746	1754	1803	1811	1819	1828	1837	1846	1856	1906
Canning Town Bus Station	1628	1635	1643				1731	1738	1746	1754	1802	1811	1819	1827	1836	1845	1854	1904	1914
Romford Market St Edward's Way	1818	1828	1838	1848	1858	1908	1919	1929	1940				2200	2210	2220	2230	2240	2250	2300
Romford Station	1822	1832	1842	1852	1902	1912	1923	1933	1943				2203	2213	2223	2233	2243	2253	2303
Queen's Hospital	1826	1836	1846	1856	1906	1916	1926	1936	1946				2206	2216	2226	2236	2246	2256	2306
Rush Green Road Dagenham Road	1830	1840	1850	1900	1910	1920	1930	1940	1950				2210	2220	2230	2240	2250	2300	2309
Becontree Heath Ship & Anchor	1835	1845	1855	1905	1915	1925	1935	1945	1955			Then	2215	2225	2235	2245	2255	2305	2314
Becontree Martins Corner	1841	1851	1901	1911	1921	1931	1941	1951	2001			minutes	2221	2231	2241	2251	2301	2310	2319
Faircross Barking Bus Garage	1848	1858	1908	1918	1928	1938	1948	1958	2008			minutes	2228	2238	2248	2258	2307	2316	2325
Barking Station	1854	1904	1914	1924	1933	1942	1952	2002	2012			until	2232	2242	2252	2302	2311	2320	2329
East Ham Newham Town Hall	1904	1914	1924	1933	1941	1950	2000	2010	2020				2240	2250	2300	2309	2317	2326	2335
Upton Park The Boleyn (Barking Road)	1911	1921	1931	1939	1947	1956	2006	2016	2026				2246	2256	2305	2314	2322	2331	2340
Plaistow Greengate	1916	1926	1935	1943	1951	2000	2010	2020	2030				2250	2300	2309	2318	2326	2335	2344
Canning Town Bus Station	1924	1934	1943	1951	1959	2008	2018	2028	2038				2258	2307	2316	2325	2333	2342	2351
Romford Market St Edward's Way	2310						0010												
Romford Station	2313						0013												
Queen's Hospital	2316						0016												
Rush Green Road Dagenham Road	2319						0019												
Becontree Heath Ship & Anchor	2324		Then				0024												
Becontree Martins Corner	2329		every 10				0029												
Faircross Barking Bus Garage	2335		minutes				0035												
Barking Station	2339		until				0039												
East Ham Newham Town Hall	2345						0045												
Upton Park The Boleyn (Barking Road)	2350						0050												
Plaistow Greengate	2354						0054												
Canning Town Bus Station	0001						0101												

5

Canning Town – Barking – Romford

5																					
Mondays to Fridays																					
Canning Town Bus Station	0605	0615	0625	0635	0645	0654	0701	0708	0715	0721	0727	0733	0739	0746	0753	0759	0806	0812			
Plaistow Greengate	0612	0622	0632	0642	0653	0702	0709	0716	0723	0729	0735	0742	0749	0756	0803	0809	0816	0822			
Upton Park The Boleyn (Barking Road)	0614	0624	0634	0644	0655	0704	0711	0718	0725	0732	0738	0745	0752	0759	0806	0812	0819	0825			
East Ham Newham Town Hall	0619	0629	0639	0649	0701	0710	0717	0724	0732	0739	0746	0753	0800	0807	0814	0820	0827	0833			
Barking Station	0626	0636	0647	0658	0710	0719	0726	0734	0742	0750	0757	0804	0811	0818	0825	0831	0838	0844			
Faircross Barking Bus Garage	0630	0640	0651	0702	0715	0724	0732	0740	0748	0756	0803	0810	0817	0824	0831	0837	0844	0850			
Becontree Martins Corner	0636	0646	0658	0709	0723	0732	0740	0748	0756	0804	0811	0818	0825	0832	0839	0845	0852	0858			
Becontree Heath Ship & Anchor	0642	0654	0706	0717	0731	0741	0749	0757	0805	0813	0820	0827	0834	0841	0848	0854	0901	0908			
Rush Green Road Dagenham Road	0648	0701	0713	0724	0738	0748	0756	0804	0812	0820	0827	0834	0841	0848	0855	0901	0908	0915			
Queen's Hospital	0652	0705	0718	0729	0744	0754	0802	0810	0818	0826	0833	0840	0847	0854	0900	0906	0913	0920			
Romford Station	0655	0709	0723	0734	0749	0759	0807	0815	0823	0831	0838	0845	0852	0859	0905	0911	0918	0925			
Romford Market St Edward's Way	0658	0712	0726	0737	0752	0802	0810	0818	0826	0834	0841	0848	0855	0902	0908	0914	0921	0928			
Canning Town Bus Station	0819	0825	0832	0839	0845	0852	0858	0905	0912	0918	0925	0932	0938	0945	0952	0959	1006	1014			
Plaistow Greengate	0829	0835	0842	0849	0855	0902	0909	0916	0923	0929	0936	0943	0949	0956	1003	1010	1017	1025			
Upton Park The Boleyn (Barking Road)	0832	0838	0845	0852	0858	0905	0912	0919	0926	0932	0939	0946	0952	0959	1006	1013	1020	1028			
East Ham Newham Town Hall	0840	0846	0853	0900	0907	0914	0921	0928	0935	0941	0948	0955	1001	1008	1015	1022	1029	1037			
Barking Station	0851	0857	0904	0911	0918	0925	0932	0939	0946	0952	0959	1006	1012	1019	1026	1033	1040	1048			
Faircross Barking Bus Garage	0857	0905	0912	0919	0926	0933	0940	0947	0954	1000	1007	1014	1020	1027	1034	1041	1048	1056			
Becontree Martins Corner	0905	0913	0920	0927	0934	0941	0948	0955	1002	1008	1015	1022	1028	1035	1042	1049	1056	1104			
Becontree Heath Ship & Anchor	0915	0923	0930	0937	0944	0951	0958	1005	1012	1018	1025	1032	1038	1045	1052	1059	1106	1114			
Rush Green Road Dagenham Road	0922	0929	0936	0943	0950	0957	1004	1011	1018	1024	1031	1038	1044	1051	1058	1105	1112	1120			
Queen's Hospital	0927	0934	0941	0948	0955	1002	1009	1016	1023	1029	1036	1043	1049	1056	1103	1110	1117	1125			
Romford Station	0932	0939	0946	0953	1000	1007	1014	1021	1028	1034	1041	1048	1054	1101	1108	1115	1122	1130			
Romford Market St Edward's Way	0935	0942	0949	0956	1003	1010	1017	1024	1031	1037	1044	1051	1057	1104	1111	1118	1125	1133			
Canning Town Bus Station	1021			29	36	44	51	59	06	14	21		1321	1328	1335	1342	1349	1355	1402	1409	1415
Plaistow Greengate	1032			40	47	55	02	10	17	25	32		1332	1339	1346	1353	1400	1406	1413	1420	1426
Upton Park The Boleyn (Barking Road)	1035		Then	43	50	58	05	13	20	28	35		1335	1342	1349	1356	1403	1409	1416	1423	1429
East Ham Newham Town Hall	1044		every 7-8	52	59	07	14	22	29	37	44		1344	1351	1358	1405	1412	1418	1425	1432	1438
Barking Station	1055		minutes	03	10	18	25	33	40	48	55		1355	1402	1409	1416	1423	1429	1436	1443	1449
Faircross Barking Bus Garage	1103		at these	11	18	26	33	41	48	56	03	until	1403	1410	1417	1424	1431	1437	1444	1451	1457
Becontree Martins Corner	1111		minutes	19	26	34	41	49	56	04	11		1411	1418	1425	1432	1439	1445	1452	1459	1505
Becontree Heath Ship & Anchor	1121		past	29	36	44	51	59	06	14	21		1421	1428	1435	1443	1450	1457	1504	1511	1517
Rush Green Road Dagenham Road	1127		the hour	35	42	50	57	05	12	20	27		1427	1434	1441	1449	1457	1504	1511	1518	1524
Queen's Hospital	1132			40	47	55	02	10	17	25	32		1432	1439	1447	1455	1503	1510	1517	1524	1530
Romford Station	1137			45	52	00	07	15	22	30	37		1437	1444	1452	1500	1508	1515	1522	1529	1535
Romford Market St Edward's Way	1140			48	55	03	10	18	25	33	40		1440	1447	1455	1503	1511	1518	1525	1532	1538
Canning Town Bus Station	1422	1429	1435	1442	1449	1455	1502	1509	1515	1520	1526	1532	1539	1545	1552	1559	1605	1612			
Plaistow Greengate	1433	1440	1446	1453	1500	1506	1513	1520	1526	1531	1537	1543	1550	1557	1604	1611	1617	1624			
Upton Park The Boleyn (Barking Road)	1436	1443	1449	1456	1503	1509	1516	1523	1529	1534	1540	1547	1554	1601	1608	1615	1621	1628			
East Ham Newham Town Hall	1445	1452	1458	1505	1512	1518	1525	1532	1539	1544	1551	1558	1605	1612	1619	1626	1632	1639			
Barking Station	1456	1503	1509	1516	1523	1529	1537	1545	1552	1559	1606	1613	1620	1627	1634	1641	1647	1654			
Faircross Barking Bus Garage	1504	1511	1517	1524	1531	1538	1546	1554	1601	1608	1615	1621	1628	1635	1642	1649	1655	1702			
Becontree Martins Corner	1512	1519	1525	1532	1539	1546	1554	1602	1609	1616	1623	1629	1636	1643	1650	1657	1703	1710			
Becontree Heath Ship & Anchor	1524	1531	1537	1544	1551	1557	1604	1611	1618	1625	1632	1638	1645	1652	1659	1706	1712	1719			
Rush Green Road Dagenham Road	1531	1538	1544	1551	1558	1604	1611	1618	1625	1632	1639	1645	1652	1659	1706	1713	1719	1726			
Queen's Hospital	1537	1544	1550	1557	1604	1610	1617	1624	1631	1638	1645	1651	1658	1705	1712	1719	1725	1732			
Romford Station	1542	1549	1555	1602	1609	1615	1622	1629	1636	1643	1650	1656	1703	1710	1717	1724	1730	1737			
Romford Market St Edward's Way	1545	1552	1558	1605	1612	1618	1625	1632	1639	1646	1653	1659	1706	1713	1720	1727	1733	1740			
Canning Town Bus Station	1619	1625	1632	1639	1645	1652	1659	1705	1712	1719	1726	1733	1740	1746	1753	1800	1806	1813			
Plaistow Greengate	1631	1637	1644	1651	1657	1704	1711	1717	1724	1731	1738	1745	1752	1758	1805	1812	1818	1825			
Upton Park The Boleyn (Barking Road)	1635	1641	1648	1655	1701	1708	1715	1721	1728	1735	1742	1749	1755	1801	1808	1815	1821	1828			
East Ham Newham Town Hall	1646	1652	1659	1706	1712	1719	1726	1732	1739	1746	1753	1759	1805	1811	1818	1825	1831	1837			
Barking Station	1701	1707	1714	1721	1727	1734	1741	1747	1754	1800	1807	1813	1819	1825	1832	1838	1844	1849			
Faircross Barking Bus Garage	1709	1715	1722	1729	1735	1742	1748	1754	1801	1807	1814	1820	1826	1832	1839	1845	1851	1856			
Becontree Martins Corner	1717	1723	1730	1737	1743	1750	1756	1802	1809	1815	1822	1828	1834	1840	1846	1852	1858	1903			
Becontree Heath Ship & Anchor	1726	1732	1739	1746	1752	1759	1805	1811	1818	1824	1831	1837	1843	1848	1854	1900	1906	1911			
Rush Green Road Dagenham Road	1733	1739	1746	1753	1759	1806	1812	1818	1825	1831	1838	1844	1850	1855	1901	1907	1913	1918			
Queen's Hospital	1739	1745	1751	1758	1804	1811	1817	1823	1830	1836	1843	1849	1855	1900	1906	1912	1918	1923			
Romford Station	1744	1750	1756	1803	1809	1816	1822	1828	1835	1841	1847	1853	1859	1904	1910	1916	1922	1927			
Romford Market St Edward's Way	1747	1753	1759	1806	1812	1819	1825	1831	1838	1844	1850	1856	1902	1907	1913	1919	1925	1930			

5		Saturdays (also Good Friday)																					
Canning Town Bus Station	0605		0653	0703	0713	0723	0731	0739	0747	0755	0803	0810	0816	0822	0828	0835	0841						
Plaistow Greengate	0612		0700	0710	0720	0730	0738	0746	0755	0803	0811	0818	0824	0830	0836	0843	0849						
Upton Park The Boleyn (Barking Road)	0614		0702	0712	0722	0732	0740	0748	0757	0805	0813	0820	0826	0832	0838	0845	0851						
East Ham Newham Town Hall	0619		0707	0717	0727	0737	0746	0754	0803	0811	0819	0826	0832	0838	0844	0851	0857						
Barking Station	0626	Then	0714	0724	0734	0745	0754	0802	0811	0819	0827	0834	0840	0846	0852	0859	0906						
Faircross Barking Bus Garage	0630	every 12	0718	0728	0738	0749	0758	0806	0815	0823	0831	0838	0844	0850	0856	0904	0911						
Becontree Martins Corner	0636	minutes	0724	0734	0744	0755	0804	0812	0821	0829	0837	0844	0850	0856	0903	0911	0918						
Becontree Heath Ship & Anchor	0642	until	0730	0740	0751	0802	0811	0819	0828	0836	0844	0851	0857	0904	0911	0919	0926						
Rush Green Road Dagenham Road	0647		0735	0745	0756	0807	0816	0824	0833	0841	0849	0856	0903	0910	0917	0925	0932						
Queen's Hospital	0650		0738	0749	0800	0811	0820	0828	0837	0845	0853	0900	0907	0915	0922	0930	0937						
Romford Station	0653		0741	0752	0803	0814	0823	0831	0840	0848	0856	0903	0911	0919	0926	0934	0941						
Romford Market St Edward's Way	0656		0744	0755	0806	0817	0826	0834	0843	0851	0900	0907	0915	0923	0930	0938	0945						
Canning Town Bus Station	0848	0854	0859	0905	0912	0918	0925	0932	0938	0945	0951	0958	1005	1011	1018	1025	1032	1038					
Plaistow Greengate	0856	0902	0907	0914	0921	0927	0934	0941	0947	0954	1000	1007	1014	1021	1028	1035	1042	1048					
Upton Park The Boleyn (Barking Road)	0858	0904	0910	0917	0924	0930	0937	0944	0950	0957	1003	1010	1017	1024	1031	1038	1045	1051					
East Ham Newham Town Hall	0904	0910	0917	0924	0931	0937	0944	0951	0957	1004	1011	1019	1026	1033	1040	1047	1054	1100					
Barking Station	0914	0921	0928	0935	0942	0948	0955	1002	1008	1015	1022	1030	1037	1044	1051	1058	1105	1112					
Faircross Barking Bus Garage	0919	0926	0933	0940	0947	0953	1000	1007	1014	1022	1029	1037	1044	1051	1058	1105	1112	1119					
Becontree Martins Corner	0926	0933	0940	0947	0954	1000	1007	1015	1022	1030	1037	1045	1052	1059	1106	1113	1120	1127					
Becontree Heath Ship & Anchor	0934	0941	0948	0955	1002	1009	1016	1024	1031	1039	1046	1054	1101	1108	1116	1123	1130	1137					
Rush Green Road Dagenham Road	0940	0947	0954	1001	1009	1016	1023	1031	1038	1046	1053	1101	1109	1116	1124	1131	1138	1145					
Queen's Hospital	0945	0952	0959	1006	1014	1021	1028	1036	1043	1051	1058	1106	1114	1121	1129	1136	1143	1150					
Romford Station	0949	0956	1004	1011	1019	1026	1033	1041	1048	1056	1103	1111	1119	1126	1134	1141	1148	1155					
Romford Market St Edward's Way	0953	1000	1008	1015	1023	1030	1037	1045	1052	1100	1107	1115	1123	1130	1138	1145	1152	1159					
Canning Town Bus Station	1045	1051	1058	1104						1551	1558	1605	1613	1620	1627	1634	1641	1648	1655	1703	1710		
Plaistow Greengate	1055	1101	1108	1115						1602	1609	1616	1624	1631	1638	1645	1652	1659	1706	1713	1720		
Upton Park The Boleyn (Barking Road)	1058	1104	1111	1118						1605	1612	1619	1627	1634	1641	1648	1655	1702	1709	1716	1723		
East Ham Newham Town Hall	1107	1114	1121	1128						1615	1622	1629	1637	1644	1651	1658	1705	1711	1718	1725	1732		
Barking Station	1119	1126	1133	1140	Then					1627	1634	1641	1649	1656	1703	1710	1716	1722	1729	1736	1743		
Faircross Barking Bus Garage	1126	1133	1140	1147	every 7					1634	1641	1648	1656	1703	1710	1717	1723	1729	1736	1743	1750		
Becontree Martins Corner	1134	1141	1148	1155	minutes					1642	1649	1656	1704	1711	1718	1725	1731	1737	1744	1751	1758		
Becontree Heath Ship & Anchor	1144	1151	1158	1205	until					1652	1659	1706	1713	1720	1726	1733	1739	1745	1752	1759	1806		
Rush Green Road Dagenham Road	1152	1159	1206	1213						1700	1706	1713	1720	1727	1733	1740	1746	1752	1759	1806	1812		
Queen's Hospital	1157	1204	1211	1218						1705	1711	1718	1724	1731	1737	1744	1750	1756	1803	1810	1816		
Romford Station	1202	1209	1216	1223						1710	1716	1723	1729	1736	1742	1749	1755	1801	1808	1814	1820		
Romford Market St Edward's Way	1206	1213	1220	1227						1714	1720	1727	1733	1740	1746	1753	1759	1805	1811	1817	1823		
Canning Town Bus Station	1717	1724								1759	1806	1813	1820	1827	1835	1843	1851	1859	1907	1915	1923	1931	1941
Plaistow Greengate	1727	1734								1809	1816	1823	1830	1837	1845	1853	1901	1909	1917	1925	1933	1941	1951
Upton Park The Boleyn (Barking Road)	1730	1737								1812	1819	1826	1833	1840	1848	1856	1904	1912	1920	1928	1936	1944	1954
East Ham Newham Town Hall	1739	1746								1821	1828	1835	1842	1849	1857	1905	1913	1920	1928	1936	1944	1952	2002
Barking Station	1750	1757								1832	1839	1846	1853	1900	1907	1915	1923	1930	1938	1946	1954	2002	2012
Faircross Barking Bus Garage	1757	1804								1839	1846	1853	1900	1906	1913	1921	1929	1936	1944	1952	2000	2007	2017
Becontree Martins Corner	1805	1811								1846	1853	1900	1907	1913	1920	1928	1936	1943	1951	1959	2007	2014	2024
Becontree Heath Ship & Anchor	1813	1819								1854	1901	1908	1914	1920	1927	1935	1943	1950	1958	2006	2014	2021	2031
Rush Green Road Dagenham Road	1819	1825								1900	1907	1913	1919	1925	1932	1940	1948	1955	2003	2011	2019	2026	2036
Queen's Hospital	1823	1829								1904	1911	1917	1923	1929	1936	1944	1952	1959	2006	2014	2022	2029	2039
Romford Station	1827	1833								1908	1914	1920	1926	1932	1939	1947	1955	2002	2009	2017	2025	2032	2042
Romford Market St Edward's Way	1830	1836								1911	1917	1923	1929	1935	1942	1950	1958	2005	2012	2020	2028	2035	2045
Canning Town Bus Station	1952	2003								2203	2213	2223	2234	2244	2254	2304			0014	0024	0036	0048	0100
Plaistow Greengate	2002	2012								2212	2222	2232	2242	2252	2302	2311			0021	0031	0043	0055	0107
Upton Park The Boleyn (Barking Road)	2004	2014								2214	2224	2234	2244	2254	2304	2313			0023	0033	0045	0057	0109
East Ham Newham Town Hall	2011	2021								2221	2231	2241	2251	2300	2310	2319			0029	0039	0051	0103	0114
Barking Station	2021	2031								2231	2240	2250	2259	2308	2318	2327			0037	0047	0059	0111	0121
Faircross Barking Bus Garage	2026	2036								2236	2245	2255	2304	2313	2323	2332			0042	0052	0104	0116	0126
Becontree Martins Corner	2033	2043								2243	2252	2302	2310	2319	2329	2338			0048	0058	0110	0122	0132
Becontree Heath Ship & Anchor	2040	2050								2250	2258	2308	2316	2325	2335	2344			0054	0104	0116	0128	0138
Rush Green Road Dagenham Road	2045	2055								2255	2303	2312	2320	2329	2339	2348			0058	0108	0120	0132	0142
Queen's Hospital	2048	2058								2258	2306	2315	2323	2332	2342	2351			0101	0111	0123	0135	0145
Romford Station	2051	2101								2301	2309	2318	2326	2335	2345	2354			0104	0113	0125	0137	0147
Romford Market St Edward's Way	2054	2104								2304	2312	2321	2329	2338	2348	2357			0107	0116	0128	0140	0150

5		Sundays and other Public Holidays (except Christmas Day)																	
Canning Town Bus Station	0605			0753	0805	0817	0829	0841	0853	0903	0913	0921	0929	0937	0946	0954	1002	1010	
Plaistow Greengate	0612			0800	0812	0824	0837	0849	0901	0911	0921	0929	0937	0945	0954	1002	1011	1019	
Upton Park The Boleyn (Barking Road)	0614			0802	0814	0826	0839	0851	0903	0913	0923	0931	0939	0947	0956	1004	1013	1021	
East Ham Newham Town Hall	0620			0808	0820	0832	0845	0857	0909	0919	0929	0937	0945	0953	1002	1011	1020	1028	
Barking Station	0627			0815	0828	0840	0853	0905	0918	0928	0938	0946	0954	1002	1011	1020	1029	1037	
Faircross Barking Bus Garage	0631			0819	0832	0844	0857	0910	0923	0933	0943	0951	0959	1008	1017	1026	1035	1043	
Becontree Martins Corner	0637			0825	0838	0851	0904	0917	0930	0940	0950	0958	1007	1016	1025	1034	1043	1051	
Becontree Heath Ship & Anchor	0643			0831	0844	0857	0910	0923	0936	0946	0956	1005	1014	1023	1032	1041	1050	1058	
Rush Green Road Dagenham Road	0648			0836	0849	0902	0915	0928	0941	0951	1001	1011	1020	1029	1038	1047	1056	1104	
Queen's Hospital	0651			0839	0852	0905	0918	0931	0944	0954	1005	1015	1024	1033	1042	1051	1100	1108	
Romford Station	0654			0842	0855	0908	0921	0934	0947	0957	1009	1020	1029	1038	1047	1056	1105	1113	
Romford Market St Edward's Way	0656			0844	0857	0911	0924	0937	0950	1000	1012	1023	1032	1041	1050	1059	1108	1116	
Canning Town Bus Station	1018	1025	1033	1040	1047	1054	1101	1108	1116	1124			1428	1436	1444	1452	1500	1508	
Plaistow Greengate	1027	1034	1042	1049	1056	1103	1110	1117	1126	1135			1439	1447	1455	1503	1511	1519	
Upton Park The Boleyn (Barking Road)	1029	1036	1044	1051	1058	1105	1112	1119	1129	1138			1442	1450	1458	1506	1514	1522	
East Ham Newham Town Hall	1036	1043	1051	1058	1105	1112	1120	1128	1138	1147			1451	1459	1507	1515	1523	1531	
Barking Station	1045	1052	1100	1108	1116	1123	1131	1139	1149	1158			1502	1510	1518	1526	1534	1542	
Faircross Barking Bus Garage	1051	1058	1106	1114	1122	1130	1138	1146	1156	1205			1509	1517	1525	1533	1541	1549	
Becontree Martins Corner	1059	1106	1114	1122	1130	1138	1146	1154	1204	1213			1517	1525	1533	1540	1548	1556	
Becontree Heath Ship & Anchor	1106	1114	1122	1130	1138	1146	1154	1202	1212	1221			1525	1533	1541	1548	1556	1604	
Rush Green Road Dagenham Road	1113	1121	1130	1138	1146	1154	1202	1210	1220	1229			1533	1540	1548	1555	1603	1611	
Queen's Hospital	1117	1125	1134	1142	1150	1158	1206	1214	1224	1233			1537	1544	1552	1559	1607	1615	
Romford Station	1122	1130	1139	1147	1155	1203	1211	1219	1229	1238			1542	1549	1557	1604	1612	1620	
Romford Market St Edward's Way	1125	1133	1142	1150	1158	1206	1214	1222	1232	1241			1545	1552	1600	1607	1615	1623	
Canning Town Bus Station	1516	1524	1532	1541				1621	1629	1637	1645	1653	1701	1709	1717	1726	1735	1744	1753
Plaistow Greengate	1527	1535	1543	1552				1632	1640	1648	1656	1704	1712	1720	1728	1737	1745	1754	1803
Upton Park The Boleyn (Barking Road)	1530	1538	1546	1555				1635	1643	1651	1659	1707	1715	1723	1731	1740	1748	1757	1806
East Ham Newham Town Hall	1539	1547	1555	1604				1644	1652	1700	1708	1716	1724	1732	1740	1749	1757	1806	1815
Barking Station	1550	1558	1606	1614				1654	1702	1710	1718	1726	1734	1742	1750	1759	1807	1816	1825
Faircross Barking Bus Garage	1557	1605	1613	1621				1701	1709	1717	1725	1733	1740	1748	1756	1805	1813	1822	1831
Becontree Martins Corner	1604	1612	1620	1628				1708	1716	1724	1732	1740	1747	1755	1803	1812	1820	1829	1838
Becontree Heath Ship & Anchor	1612	1620	1628	1636				1716	1724	1732	1740	1748	1755	1803	1811	1820	1828	1837	1846
Rush Green Road Dagenham Road	1619	1627	1635	1643				1723	1731	1738	1746	1754	1801	1809	1817	1826	1834	1843	1852
Queen's Hospital	1623	1631	1639	1647				1727	1735	1742	1750	1758	1805	1813	1821	1830	1837	1846	1855
Romford Station	1628	1636	1644	1652				1732	1739	1746	1754	1802	1809	1817	1825	1834	1841	1850	1859
Romford Market St Edward's Way	1631	1639	1647	1655				1735	1742	1749	1757	1805	1812	1820	1828	1837	1844	1853	1902
Canning Town Bus Station	1802	1811	1821	1831	1841	1851	1901	1911	1921	1931	1941	1952			2202	2212	2222	2233	
Plaistow Greengate	1812	1821	1831	1841	1851	1901	1911	1921	1931	1941	1951	2001			2211	2221	2231	2242	
Upton Park The Boleyn (Barking Road)	1815	1824	1834	1844	1854	1904	1914	1924	1934	1943	1953	2003			2213	2223	2233	2244	
East Ham Newham Town Hall	1824	1833	1842	1852	1902	1912	1922	1932	1941	1950	2000	2010			2220	2230	2240	2251	
Barking Station	1834	1843	1852	1902	1912	1922	1932	1941	1950	1959	2009	2019			2229	2239	2249	2259	
Faircross Barking Bus Garage	1840	1848	1857	1907	1917	1927	1937	1946	1955	2004	2014	2024			2234	2244	2254	2303	
Becontree Martins Corner	1847	1855	1904	1914	1924	1934	1944	1953	2002	2011	2021	2031			2241	2251	2300	2309	
Becontree Heath Ship & Anchor	1855	1903	1912	1922	1932	1941	1951	2000	2009	2018	2028	2038			2248	2257	2305	2314	
Rush Green Road Dagenham Road	1901	1909	1918	1928	1937	1946	1956	2005	2014	2023	2033	2043			2253	2302	2310	2319	
Queen's Hospital	1904	1912	1921	1931	1940	1949	1959	2008	2017	2026	2036	2046			2256	2305	2313	2322	
Romford Station	1908	1916	1925	1935	1944	1953	2002	2011	2020	2029	2039	2049			2259	2308	2316	2325	
Romford Market St Edward's Way	1911	1919	1928	1937	1946	1955	2004	2013	2022	2031	2041	2051			2301	2310	2318	2327	
Canning Town Bus Station	2243	2254			0024	0036	0048	0100											
Plaistow Greengate	2252	2302			0032	0044	0056	0108											
Upton Park The Boleyn (Barking Road)	2254	2304			0034	0046	0058	0110											
East Ham Newham Town Hall	2300	2310			0040	0052	0104	0116											
Barking Station	2308	2318			0048	0100	0112	0124											
Faircross Barking Bus Garage	2312	2322			0052	0104	0116	0128											
Becontree Martins Corner	2318	2328			0058	0110	0122	0134											
Becontree Heath Ship & Anchor	2323	2333			0103	0115	0127	0139											
Rush Green Road Dagenham Road	2328	2338			0108	0120	0132	0144											
Queen's Hospital	2331	2341			0111	0123	0135	0147											
Romford Station	2334	2344			0114	0126	0138	0150											
Romford Market St Edward's Way	2336	2346			0116	0128	0140	0152											