

5

Romford – Barking – Canning Town

5																					
Mondays to Fridays																					
Romford Market St. Edward's Way	0447	0502	0517	0527	0537	0547	0555	0602	0609	0616	0622	0628	0634	0639	0644	0649	0654	0659			
Romford Station	0449	0504	0519	0529	0539	0549	0557	0604	0611	0618	0624	0630	0637	0642	0647	0652	0657	0702			
Becontree Heath Ship & Anchor	0457	0512	0527	0537	0547	0557	0605	0612	0619	0626	0632	0640	0648	0653	0658	0703	0708	0713			
Becontree Martins Corner	0502	0517	0532	0542	0552	0602	0610	0617	0624	0631	0639	0647	0655	0700	0705	0710	0715	0720			
Faircross Barking Bus Garage	0508	0523	0538	0548	0558	0608	0616	0623	0631	0639	0647	0655	0703	0708	0713	0718	0723	0728			
Barking Station	0511	0526	0541	0551	0601	0611	0619	0626	0634	0643	0651	0659	0707	0712	0717	0722	0727	0733			
Barking London Road	0512	0527	0542	0552	0602	0612	0620	0627	0635	0644	0652	0700	0708	0713	0718	0723	0728	0735			
East Ham Newham Town Hall	0517	0532	0547	0557	0607	0617	0625	0632	0641	0650	0658	0706	0714	0719	0725	0730	0737	0744			
Upton Park The Boleyn (Barking Road)	0520	0535	0550	0600	0610	0620	0628	0637	0646	0655	0703	0711	0719	0725	0731	0737	0744	0751			
Plaistow Greengate	0523	0538	0553	0603	0613	0623	0632	0641	0650	0659	0707	0715	0723	0729	0735	0741	0748	0755			
Canning Town Bus Station	0531	0546	0601	0611	0621	0631	0640	0649	0658	0707	0715	0723	0731	0738	0745	0751	0758	0805			
Romford Market St. Edward's Way	0704	0709	0714	0718	0722	0727	0731	Then every 5 minutes until	0801	0806	0811	0816	0821	0827	0833	0840	0847				
Romford Station	0707	0712	0717	0721	0725	0730	0734		0804	0809	0814	0819	0824	0830	0836	0843	0850				
Becontree Heath Ship & Anchor	0718	0723	0728	0732	0737	0742	0747		0817	0822	0827	0832	0837	0843	0849	0856	0903				
Becontree Martins Corner	0725	0730	0735	0740	0745	0750	0755		0825	0830	0835	0840	0845	0851	0857	0904	0910				
Faircross Barking Bus Garage	0734	0739	0745	0750	0755	0800	0805		0835	0840	0845	0850	0855	0901	0907	0913	0919				
Barking Station	0739	0744	0750	0755	0800	0805	0810		0840	0845	0850	0855	0900	0906	0912	0918	0924				
Barking London Road	0741	0746	0752	0757	0802	0807	0812		0842	0847	0852	0857	0902	0908	0914	0920	0926				
East Ham Newham Town Hall	0750	0755	0801	0806	0811	0816	0821		0851	0856	0901	0906	0910	0916	0922	0928	0934				
Upton Park The Boleyn (Barking Road)	0757	0802	0808	0813	0818	0823	0828		0858	0903	0907	0912	0916	0922	0928	0934	0940				
Plaistow Greengate	0801	0806	0812	0817	0822	0827	0832		0902	0908	0912	0917	0921	0927	0933	0939	0945				
Canning Town Bus Station	0811	0816	0822	0827	0832	0837	0842	0912	0918	0922	0927	0931	0937	0943	0949	0955					
Romford Market St. Edward's Way	0853	0900	0907	Then every 6-7 minutes at these minutes past the hour	13	20	27	33	40	47	53	00	07	1427	1433	1440	1447	1453	1459	1506	
Romford Station	0856	0903	0910		16	23	30	36	43	50	56	03	10	1430	1436	1443	1450	1456	1502	1509	
Becontree Heath Ship & Anchor	0909	0915	0921		27	34	41	47	54	01	07	14	21	1441	1447	1454	1501	1507	1513	1520	
Becontree Martins Corner	0916	0922	0928		34	41	48	54	01	08	14	21	28	1448	1454	1501	1508	1514	1520	1527	
Faircross Barking Bus Garage	0925	0931	0937		43	50	57	03	10	17	23	30	37	1457	1503	1510	1517	1523	1529	1536	
Barking Station	0930	0936	0942		48	55	02	08	15	22	28	35	42	1502	1508	1515	1522	1528	1534	1541	
Barking London Road	0932	0938	0944		50	57	04	10	17	24	30	37	44	1504	1510	1517	1524	1530	1536	1543	
East Ham Newham Town Hall	0940	0946	0952		58	05	12	18	25	32	38	45	52	1512	1518	1525	1532	1538	1544	1551	
Upton Park The Boleyn (Barking Road)	0946	0952	0958		04	11	18	24	31	38	44	51	58	1518	1524	1531	1538	1544	1551	1558	
Plaistow Greengate	0951	0957	1003		09	16	23	29	36	43	49	56	03	1523	1530	1537	1544	1551	1558	1605	
Canning Town Bus Station	1001	1007	1013	19	26	33	39	46	53	59	06	13	1533	1540	1547	1554	1601	1608	1615		
Romford Market St. Edward's Way	1512	1518	1524	1530	1536	1542	1549	1555	1602	1609	1616	1622	1629	1636	1643	1650	1656	1703			
Romford Station	1515	1521	1527	1533	1539	1545	1552	1558	1605	1612	1619	1625	1632	1639	1646	1653	1659	1706			
Becontree Heath Ship & Anchor	1526	1532	1539	1545	1552	1559	1606	1612	1619	1626	1633	1639	1646	1653	1700	1707	1713	1720			
Becontree Martins Corner	1533	1540	1547	1553	1600	1607	1614	1620	1627	1634	1641	1647	1654	1701	1708	1715	1721	1728			
Faircross Barking Bus Garage	1542	1549	1556	1602	1609	1616	1623	1629	1636	1643	1650	1656	1703	1710	1717	1724	1730	1737			
Barking Station	1547	1554	1601	1607	1614	1621	1628	1634	1641	1648	1655	1701	1708	1715	1722	1729	1735	1742			
Barking London Road	1549	1556	1603	1609	1616	1623	1630	1636	1643	1650	1657	1703	1710	1717	1724	1731	1737	1744			
East Ham Newham Town Hall	1557	1604	1611	1617	1624	1631	1638	1644	1651	1658	1705	1711	1718	1725	1732	1739	1745	1752			
Upton Park The Boleyn (Barking Road)	1604	1611	1618	1624	1631	1638	1645	1651	1658	1705	1712	1718	1725	1732	1739	1746	1752	1759			
Plaistow Greengate	1611	1618	1625	1631	1638	1645	1652	1658	1705	1712	1719	1725	1732	1738	1745	1752	1758	1805			
Canning Town Bus Station	1621	1628	1635	1641	1648	1655	1702	1708	1715	1722	1729	1735	1741	1747	1754	1801	1807	1814			
Romford Market St. Edward's Way	1710	1716	1723	1730	1736	1743	1750	1756	1803	1810	1816	1823	1831	1839	1847	1854	1902	1910			
Romford Station	1713	1719	1726	1733	1739	1746	1753	1759	1806	1813	1819	1826	1834	1842	1850	1857	1905	1913			
Becontree Heath Ship & Anchor	1727	1733	1740	1747	1753	1800	1807	1813	1820	1827	1833	1840	1847	1854	1902	1909	1917	1925			
Becontree Martins Corner	1735	1741	1748	1755	1801	1808	1815	1821	1828	1835	1841	1847	1853	1900	1908	1915	1923	1931			
Faircross Barking Bus Garage	1744	1750	1757	1804	1810	1817	1824	1830	1837	1843	1849	1855	1901	1908	1916	1923	1931	1938			
Barking Station	1749	1755	1802	1809	1815	1822	1829	1835	1841	1847	1853	1859	1905	1912	1920	1927	1935	1942			
Barking London Road	1751	1757	1804	1811	1817	1824	1831	1837	1843	1849	1855	1901	1907	1914	1922	1929	1936	1943			
East Ham Newham Town Hall	1759	1805	1812	1819	1825	1832	1839	1845	1851	1857	1903	1909	1915	1922	1930	1937	1944	1951			
Upton Park The Boleyn (Barking Road)	1806	1812	1819	1826	1832	1839	1846	1852	1858	1904	1910	1916	1922	1929	1936	1943	1950	1957			
Plaistow Greengate	1812	1818	1825	1832	1838	1844	1850	1856	1902	1908	1914	1920	1926	1933	1940	1947	1954	2001			
Canning Town Bus Station	1821	1827	1834	1840	1846	1852	1858	1904	1910	1916	1922	1928	1934	1941	1948	1955	2002	2009			

5		Mondays to Fridays (cont.)																				
Romford Market St. Edward's Way	1919	1929	1939	1949	1959	2009	2019			2159	2210	2221	2232	2243	2254	2305	2316	2327				
Romford Station	1922	1932	1942	1952	2002	2012	2022			2202	2213	2224	2235	2246	2257	2308	2319	2330				
Becontree Heath Ship & Anchor	1934	1943	1953	2003	2013	2023	2033			2213	2224	2235	2246	2257	2308	2319	2329	2340				
Becontree Martins Corner	1939	1948	1958	2008	2018	2028	2038		Then	2218	2229	2240	2251	2302	2313	2324	2334	2345				
Faircross Barking Bus Garage	1946	1955	2005	2015	2025	2035	2045		every 10	2225	2236	2247	2258	2309	2319	2330	2340	2350				
Barking Station	1950	1959	2009	2019	2029	2039	2049		minutes	2229	2240	2251	2302	2312	2322	2333	2343	2353				
Barking London Road	1951	2000	2010	2020	2030	2040	2050		until	2230	2241	2252	2303	2313	2323	2334	2344	2354				
East Ham Newham Town Hall	1959	2008	2018	2028	2037	2047	2056			2236	2247	2258	2308	2318	2328	2339	2349	2359				
Upton Park The Boleyn (Barking Road)	2005	2014	2023	2033	2042	2051	2100			2240	2251	2301	2311	2321	2331	2342	2352	0002				
Plastow Greengate	2009	2018	2027	2037	2046	2055	2104			2244	2254	2304	2314	2324	2334	2345	2355	0005				
Canning Town Bus Station	2017	2026	2035	2045	2054	2103	2112			2252	2302	2312	2322	2332	2342	2352	0002	0012				
Romford Market St. Edward's Way	2337	2347	2357	0009																		
Romford Station	2340	2350	0000	0012																		
Becontree Heath Ship & Anchor	2350	0000	0010	0020																		
Becontree Martins Corner	2355	0005	0015	0025																		
Faircross Barking Bus Garage	0000	0010	0020	0030																		
Barking Station	0003	0013	0023	0033																		
Barking London Road	0004	0014	0024	0034																		
East Ham Newham Town Hall	0009	0019	0029	0039																		
Upton Park The Boleyn (Barking Road)	0012	0022	0032	0042																		
Plastow Greengate	0015	0025	0035	0045																		
Canning Town Bus Station	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	0823	0829	0835	0841				
Romford Station	0449			0637	0647	0657	0706	0714	0722	0730	0739			0819	0826	0832	0838	0844				
Becontree Heath Ship & Anchor	0457			0645	0655	0705	0714	0722	0731	0740	0749			0829	0836	0842	0848	0854				
Becontree Martins Corner	0502	Then		0650	0700	0710	0719	0727	0736	0745	0754	Then		0834	0841	0847	0853	0900				
Faircross Barking Bus Garage	0508	every 12		0656	0706	0716	0725	0734	0743	0752	0801	every 8		0841	0848	0854	0900	0907				
Barking Station	0511	minutes		0659	0709	0719	0728	0738	0747	0756	0805	minutes		0845	0852	0858	0904	0911				
Barking London Road	0512	until		0700	0710	0720	0729	0739	0748	0757	0806	until		0846	0853	0859	0906	0913				
East Ham Newham Town Hall	0517			0705	0715	0725	0734	0744	0753	0802	0811			0851	0858	0905	0912	0919				
Upton Park The Boleyn (Barking Road)	0520			0708	0718	0728	0738	0748	0757	0806	0815			0855	0902	0909	0916	0923				
Plastow Greengate	0523			0711	0721	0732	0742	0752	0801	0810	0819			0859	0906	0913	0920	0927				
Canning Town Bus Station	0531			0719	0729	0740	0750	0800	0809	0818	0827			0907	0915	0922	0929	0936				
Romford Market St. Edward's Way	0847	0853	0859	0905	0910	0915	0920	0925	0931	0937	0943	0949	0955	1001	1008	1015	1021	1028				
Romford Station	0850	0856	0903	0909	0914	0919	0924	0929	0935	0941	0947	0953	0959	1005	1012	1019	1025	1032				
Becontree Heath Ship & Anchor	0900	0907	0914	0920	0925	0930	0935	0940	0946	0952	0958	1004	1011	1018	1025	1032	1038	1045				
Becontree Martins Corner	0906	0913	0920	0926	0931	0936	0941	0946	0952	0958	1004	1011	1018	1025	1032	1039	1045	1052				
Faircross Barking Bus Garage	0913	0920	0927	0933	0938	0943	0948	0953	1000	1006	1013	1020	1027	1034	1041	1048	1054	1101				
Barking Station	0917	0924	0931	0937	0942	0947	0952	0957	1004	1010	1017	1024	1031	1038	1045	1052	1058	1105				
Barking London Road	0919	0926	0933	0939	0944	0949	0954	0959	1006	1012	1019	1026	1033	1040	1047	1054	1100	1107				
East Ham Newham Town Hall	0925	0932	0939	0945	0950	0955	1000	1007	1014	1020	1027	1034	1041	1048	1055	1102	1108	1115				
Upton Park The Boleyn (Barking Road)	0929	0936	0943	0949	0955	1001	1008	1015	1022	1028	1035	1042	1049	1056	1103	1110	1116	1123				
Plastow Greengate	0933	0940	0947	0953	1000	1007	1014	1021	1028	1034	1041	1048	1055	1102	1109	1116	1122	1129				
Canning Town Bus Station	0943	0950	0957	1003	1011	1018	1025	1032	1039	1045	1052	1059	1106	1113	1120	1127	1133	1140				
Romford Market St. Edward's Way	1035			41	48	55	01	08	15	21	28	35		1655	1701	1708	1715	1722	1729	1736	1744	1752
Romford Station	1039			45	52	59	05	12	19	25	32	39		1659	1705	1712	1719	1726	1733	1740	1748	1756
Becontree Heath Ship & Anchor	1052	Then		58	05	12	18	25	32	38	45	52		1712	1718	1725	1732	1739	1746	1753	1801	1809
Becontree Martins Corner	1059	every 6-7		05	12	19	25	32	39	45	52	59		1719	1725	1732	1739	1746	1753	1800	1807	1815
Faircross Barking Bus Garage	1108	minutes		14	21	28	34	41	48	54	01	08		1728	1734	1741	1748	1755	1802	1809	1815	1822
Barking Station	1112	at these		18	25	32	38	45	52	58	05	12	until	1732	1738	1745	1752	1759	1806	1813	1819	1826
Barking London Road	1114	minutes		20	27	34	40	47	54	00	07	14		1734	1740	1747	1754	1801	1808	1815	1821	1828
East Ham Newham Town Hall	1122	past		28	35	42	48	55	02	08	15	22		1742	1748	1755	1802	1809	1815	1822	1828	1835
Upton Park The Boleyn (Barking Road)	1130	the hour		36	43	50	56	03	10	16	23	30		1750	1756	1803	1810	1816	1822	1828	1834	1841
Plastow Greengate	1136			42	49	56	02	09	16	22	29	36		1756	1802	1808	1814	1820	1826	1832	1838	1845
Canning Town Bus Station	1147			53	00	07	13	20	27	33	40	47		1807	1812	1817	1822	1828	1834	1840	1846	1853
Romford Market St. Edward's Way	1759	1807	1815	1823	1831	1839	1849	1859	1909	1919	1929			2159	2210	2221	2232	2243				
Romford Station	1803	1811	1818	1826	1834	1842	1852	1902	1912	1922	1932			2202	2213	2224	2235	2246				
Becontree Heath Ship & Anchor	1815	1822	1829	1837	1845	1853	1903	1913	1923	1933	1943			2213	2224	2235	2246	2257				
Becontree Martins Corner	1821	1828	1835	1843	1851	1859	1908	1918	1928	1938	1948		Then	2218	2229	2240	2251	2302				
Faircross Barking Bus Garage	1828	1835	1842	1850	1858	1906	1915	1925	1935	1945	1955		every 10	2225	2236	2247	2258	2309				
Barking Station	1832	1839	1846	1854	1902	1910	1919	1929	1939	1949	1959		minutes	2229	2240	2251	2302	2312				
Barking London Road	1834	1841	1848	1856	1904	1911	1920	1930	1940	1950	2000		until	2230	2241	2252	2303	2313				
East Ham Newham Town Hall	1841	1848	1855	1903	1910	1917	1926	1936	1946	1956	2006			2236	2247	2258	2308	2318				
Upton Park The Boleyn (Barking Road)	1847	1854	1901	1908	1915	1922	1931	1941	1951	2001	2010			2240	2251	2301	2311	2321				
Plastow Greengate	1851	1858	1905	1912	1919	1926	1935	1945	1955	2005	2014			2244	2254	2304	2314	2324				
Canning Town Bus Station	1859	1906	1913	1920	1927	1934	1943	1953	2003	2013	2022			2252	2302	2312	2322	2332				

5 Saturdays (also Good Friday) (cont.)																		
Romford Market St. Edward's Way	2254	2305	2316	2327	2337	2347	2357	0009										
Romford Station	2257	2308	2319	2330	2340	2350	0000	0012										
Becontree Heath Ship & Anchor	2308	2319	2329	2340	2350	0000	0010	0020										
Becontree Martins Corner	2313	2324	2334	2345	2355	0005	0015	0025										
Faircross Barking Bus Garage	2319	2330	2340	2350	0000	0010	0020	0030										
Barking Station	2322	2333	2343	2353	0003	0013	0023	0033										
Barking London Road	2323	2334	2344	2354	0004	0014	0024	0034										
East Ham Newham Town Hall	2328	2339	2349	2359	0009	0019	0029	0039										
Upton Park The Boleyn (Barking Road)	2331	2342	2352	0002	0012	0022	0032	0042										
Plaistow Greengate	2334	2345	2355	0005	0015	0025	0035	0045										
Canning Town Bus Station	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			0903	0910	0917	0924	0931	0938	0945	0952
Romford Station	0449			0737	0748	0758	0808	0818			0906	0913	0920	0927	0934	0941	0948	0955
Becontree Heath Ship & Anchor	0457			0745	0756	0806	0817	0827			0915	0922	0929	0936	0943	0950	0958	1006
Becontree Martins Corner	0502	Then		0750	0801	0811	0822	0832	Then		0920	0927	0934	0941	0948	0956	1005	1013
Faircross Barking Bus Garage	0508	every 12		0756	0807	0817	0828	0838	every 8		0926	0933	0940	0947	0954	1003	1012	1020
Barking Station	0511	minutes		0759	0810	0821	0832	0842	minutes		0930	0937	0944	0951	0958	1007	1016	1024
Barking London Road	0512	until		0800	0811	0822	0833	0843	until		0931	0938	0945	0952	0959	1008	1017	1025
East Ham Newham Town Hall	0517			0805	0816	0827	0838	0848			0936	0943	0950	0958	1006	1015	1024	1032
Upton Park The Boleyn (Barking Road)	0520			0808	0820	0831	0842	0852			0940	0947	0955	1003	1012	1021	1030	1038
Plaistow Greengate	0523			0811	0823	0834	0845	0855			0943	0951	0959	1008	1017	1026	1035	1043
Canning Town Bus Station	0531			0819	0831	0842	0853	0903			0951	1000	1009	1018	1027	1036	1045	1053
Romford Market St. Edward's Way	0959			1647	1655	1704	1712	1720	1729	1739	1749	1759	1809			2159	2210	2221
Romford Station	1003			1651	1659	1708	1716	1724	1733	1743	1752	1802	1812			2202	2213	2224
Becontree Heath Ship & Anchor	1014			1702	1710	1719	1727	1735	1744	1754	1803	1813	1823			2213	2224	2235
Becontree Martins Corner	1021	Then		1709	1717	1726	1734	1742	1751	1800	1809	1818	1828	Then		2218	2229	2240
Faircross Barking Bus Garage	1028	every 8		1716	1724	1733	1741	1749	1758	1807	1816	1825	1835	every 10		2225	2236	2247
Barking Station	1032	minutes		1720	1728	1737	1745	1753	1802	1811	1820	1829	1839	minutes		2229	2240	2251
Barking London Road	1033	until		1721	1729	1738	1746	1754	1803	1812	1821	1830	1840	until		2230	2241	2252
East Ham Newham Town Hall	1040			1728	1736	1745	1752	1800	1809	1818	1827	1836	1846			2236	2247	2258
Upton Park The Boleyn (Barking Road)	1046			1734	1742	1750	1757	1805	1814	1823	1832	1841	1850			2240	2251	2301
Plaistow Greengate	1051			1739	1747	1754	1801	1809	1818	1827	1836	1845	1854			2244	2254	2304
Canning Town Bus Station	1101			1749	1756	1803	1810	1817	1826	1835	1844	1853	1902			2252	2302	2312
Romford Market St. Edward's Way	2232	2243	2254	2305	2316	2327	2337	2347	2357	0009								
Romford Station	2235	2246	2257	2308	2319	2330	2340	2350	0000	0012								
Becontree Heath Ship & Anchor	2246	2257	2308	2318	2329	2340	2350	0000	0010	0020								
Becontree Martins Corner	2251	2302	2313	2323	2334	2345	2355	0005	0015	0025								
Faircross Barking Bus Garage	2258	2309	2319	2329	2340	2350	0000	0010	0020	0030								
Barking Station	2302	2312	2322	2332	2343	2353	0003	0013	0023	0033								
Barking London Road	2303	2313	2323	2333	2344	2354	0004	0014	0024	0034								
East Ham Newham Town Hall	2308	2318	2328	2338	2349	2359	0009	0019	0029	0039								
Upton Park The Boleyn (Barking Road)	2311	2321	2331	2341	2352	0002	0012	0022	0032	0042								
Plaistow Greengate	2314	2324	2334	2344	2355	0005	0015	0025	0035	0045								
Canning Town Bus Station	2322	2332	2342	2352	0002	0012	0022	0032	0042	0052								

5

Canning Town – Barking – Romford

5																		
Mondays to Fridays																		
Canning Town Bus Station	0607	0617	0627	0637	0647	0657	0703	0709	0716	0723	0729	0735	0741	0748	0755	0801	0808	0815
Plaistow Greengate	0613	0623	0633	0643	0653	0703	0709	0715	0722	0729	0736	0743	0749	0756	0803	0809	0816	0823
Upton Park The Boleyn (Barking Road)	0616	0626	0636	0646	0656	0706	0712	0718	0725	0732	0739	0746	0752	0759	0806	0812	0819	0826
East Ham Newham Town Hall	0619	0629	0639	0649	0659	0709	0715	0721	0728	0735	0742	0749	0755	0802	0809	0815	0822	0829
Barking London Road	0626	0636	0646	0657	0707	0717	0723	0729	0736	0743	0750	0757	0803	0810	0817	0823	0830	0837
Barking Station	0627	0637	0647	0658	0708	0718	0724	0730	0738	0745	0752	0759	0805	0812	0819	0825	0832	0839
Faircross Barking Bus Garage	0631	0641	0651	0702	0713	0723	0730	0737	0745	0752	0759	0806	0812	0819	0826	0832	0839	0846
Becontree Martins Corner	0637	0647	0659	0710	0721	0731	0739	0747	0755	0802	0809	0816	0822	0829	0836	0842	0849	0856
Becontree Heath Ship & Anchor	0642	0654	0706	0717	0728	0739	0747	0755	0803	0810	0817	0824	0830	0837	0844	0850	0857	0904
Romford Station	0650	0704	0717	0729	0741	0753	0801	0809	0817	0824	0831	0838	0844	0851	0858	0904	0911	0917
Romford Station Victoria Road	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓
Romford Western Road	0651	0705	0719	0731	0743	0755	0803	0811	0819	0826	0833	0840	0846	0853	0900	0906	0913	0919
Romford Market St. Edward's Way	0652	0706	0720	0732	0744	0756	0804	0812	0820	0827	0834	0841	0847	0854	0901	0907	0914	0920
Canning Town Bus Station	0821	0828	0834	0840	0846	0851	0857	0902	0907	0913	0918	0924	0931	0937	0944	0951	0957	1004
Plaistow Greengate	0829	0836	0842	0849	0855	0900	0907	0913	0918	0924	0929	0935	0942	0948	0955	1002	1008	1015
Upton Park The Boleyn (Barking Road)	0832	0839	0845	0852	0858	0904	0911	0917	0922	0928	0933	0939	0946	0952	0959	1006	1012	1019
East Ham Newham Town Hall	0835	0842	0849	0856	0902	0909	0916	0922	0927	0933	0938	0944	0951	0957	1004	1011	1017	1024
Barking London Road	0843	0850	0857	0904	0911	0918	0925	0931	0936	0942	0947	0953	1000	1006	1013	1020	1026	1033
Barking Station	0845	0852	0859	0906	0913	0920	0927	0933	0938	0944	0949	0955	1002	1008	1015	1022	1028	1035
Faircross Barking Bus Garage	0852	0859	0906	0912	0919	0925	0932	0938	0943	0949	0954	1000	1007	1013	1020	1027	1033	1040
Becontree Martins Corner	0902	0909	0915	0921	0928	0934	0941	0947	0952	0958	1003	1009	1016	1022	1029	1036	1042	1049
Becontree Heath Ship & Anchor	0910	0917	0923	0929	0936	0942	0949	0955	1000	1006	1011	1017	1024	1030	1037	1044	1050	1057
Romford Station	0923	0929	0935	0941	0948	0954	1001	1007	1012	1018	1023	1029	1036	1042	1049	1056	1102	1109
Romford Station Victoria Road	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓
Romford Western Road	0925	0931	0937	0943	0950	0956	1003	1009	1014	1020	1025	1031	1038	1044	1051	1058	1104	1111
Romford Market St. Edward's Way	0926	0932	0938	0944	0951	0957	1004	1010	1015	1021	1026	1032	1039	1045	1052	1059	1105	1112
Canning Town Bus Station	1011			17	24	31	37	44	51	57	04	11	1351	1358	1404	1411	1418	1425
Plaistow Greengate	1022			28	35	42	48	55	02	08	15	22	1402	1409	1415	1422	1429	1436
Upton Park The Boleyn (Barking Road)	1026	Then		32	39	46	52	59	06	12	19	26	1406	1413	1419	1426	1433	1440
East Ham Newham Town Hall	1031	every 6-7		37	44	51	57	04	11	17	24	31	1411	1418	1424	1431	1438	1445
Barking London Road	1040	minutes		46	53	00	06	13	20	26	33	40	1420	1427	1433	1440	1447	1454
Barking Station	1043	at these		48	55	02	08	15	22	28	35	42	1422	1429	1435	1442	1449	1456
Faircross Barking Bus Garage	1047	minutes		53	00	07	13	20	27	33	40	47	1427	1434	1440	1447	1454	1501
Becontree Martins Corner	1056	past		02	09	16	22	29	36	42	49	56	1436	1443	1449	1456	1503	1510
Becontree Heath Ship & Anchor	1104	the hour		10	17	24	30	37	44	50	57	04	1444	1451	1457	1504	1511	1518
Romford Station	1116			22	29	36	42	49	56	02	09	16	1456	1503	1510	1517	1524	1531
Romford Station Victoria Road	↓			↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓
Romford Western Road	1118			24	31	38	44	51	58	04	11	18	1458	1505	1512	1519	1526	1533
Romford Market St. Edward's Way	1119			25	32	39	45	52	59	05	12	19	1459	1506	1513	1520	1527	1534
Canning Town Bus Station	1449	1455	1500	1506	1511	1517	1522	1528	1534	1540	1546	1553	1559	1606	1613	1619	1626	1633
Plaistow Greengate	1500	1506	1511	1517	1522	1528	1533	1539	1545	1551	1558	1605	1611	1618	1625	1631	1638	1645
Upton Park The Boleyn (Barking Road)	1504	1510	1515	1521	1526	1532	1537	1544	1550	1556	1603	1610	1616	1623	1630	1636	1643	1650
East Ham Newham Town Hall	1509	1515	1520	1526	1532	1538	1544	1551	1558	1604	1611	1618	1624	1631	1638	1644	1651	1658
Barking London Road	1518	1524	1529	1535	1541	1547	1553	1600	1607	1613	1620	1627	1633	1640	1647	1653	1700	1707
Barking Station	1520	1526	1531	1537	1543	1549	1555	1602	1609	1615	1622	1629	1635	1642	1649	1655	1702	1709
Faircross Barking Bus Garage	1526	1532	1538	1544	1550	1556	1602	1609	1616	1622	1629	1636	1642	1649	1656	1702	1709	1716
Becontree Martins Corner	1535	1541	1547	1554	1600	1606	1612	1619	1626	1632	1639	1646	1652	1659	1706	1712	1719	1726
Becontree Heath Ship & Anchor	1544	1550	1557	1604	1610	1616	1622	1629	1636	1642	1649	1656	1702	1709	1716	1722	1729	1736
Romford Station	1559	1606	1613	1620	1626	1632	1638	1645	1652	1658	1705	1712	1718	1725	1732	1738	1745	1752
Romford Station Victoria Road	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓
Romford Western Road	1601	1608	1615	1622	1628	1634	1640	1647	1654	1700	1707	1714	1720	1727	1734	1740	1747	1754
Romford Market St. Edward's Way	1602	1609	1616	1623	1629	1635	1641	1648	1655	1701	1708	1715	1721	1728	1735	1741	1748	1755
Canning Town Bus Station	1639	1646	1652	1657	1702	1707	1712	1718	1725	1731	1738	1745	1752	1759	1806	1813	1820	1827
Plaistow Greengate	1651	1658	1704	1709	1714	1719	1724	1730	1737	1743	1749	1756	1803	1810	1817	1824	1831	1838
Upton Park The Boleyn (Barking Road)	1656	1703	1709	1714	1719	1724	1729	1735	1741	1747	1753	1800	1807	1814	1821	1828	1835	1842
East Ham Newham Town Hall	1704	1711	1717	1722	1727	1732	1737	1742	1748	1754	1800	1807	1814	1821	1828	1835	1841	1847
Barking London Road	1713	1720	1726	1731	1736	1741	1746	1751	1757	1803	1809	1816	1823	1830	1837	1843	1849	1855
Barking Station	1715	1722	1728	1733	1738	1743	1748	1753	1759	1805	1811	1818	1825	1832	1838	1844	1850	1856
Faircross Barking Bus Garage	1722	1729	1736	1741	1746	1751	1756	1801	1807	1813	1819	1826	1833	1839	1844	1850	1856	1902
Becontree Martins Corner	1732	1739	1746	1751	1756	1801	1806	1811	1817	1823	1829	1836	1842	1848	1853	1859	1905	1911
Becontree Heath Ship & Anchor	1742	1749	1756	1801	1806	1811	1816	1821	1827	1833	1838	1845	1851	1856	1901	1907	1913	1919
Romford Station	1758	1805	1812	1817	1822	1827	1832	1837	1843	1848	1853	1858	1904	1909	1914	1920	1926	1932
Romford Station Victoria Road	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓
Romford Western Road	1800	1807	1814	1819	1824	1829	1834	1839	1845	1850	1855	1900	1906	1911	1916	1922	1928	1934
Romford Market St. Edward's Way	1801	1808	1815	1820	1825	1830	1835	1840	1846	1851	1856	1901	1907	1912	1917	1923	1929	1935

5 Mondays to Fridays (cont.)

Canning Town Bus Station	1834	1840	1847	1853	1900	1907	1914	1921	1929	1937	1945	1953	2001	2009	2017	2026	2035	2045
Plaistow Greengate	1844	1850	1857	1903	1910	1917	1924	1931	1938	1945	1953	2001	2009	2017	2025	2033	2042	2052
Upton Park The Boleyn (Barking Road)	1848	1854	1901	1907	1914	1921	1928	1935	1942	1949	1957	2005	2013	2021	2029	2037	2045	2055
East Ham Newham Town Hall	1853	1859	1906	1912	1919	1926	1933	1940	1947	1954	2002	2010	2018	2026	2034	2042	2050	2100
Barking London Road	1901	1907	1914	1920	1927	1934	1941	1948	1955	2002	2010	2018	2026	2034	2042	2050	2058	2108
Barking Station	1902	1908	1915	1921	1928	1935	1942	1949	1956	2003	2011	2019	2027	2035	2043	2051	2059	2109
Faircross Barking Bus Garage	1908	1914	1921	1927	1934	1941	1947	1954	2001	2008	2016	2024	2032	2040	2048	2056	2104	2114
Becontree Martins Corner	1917	1923	1930	1936	1942	1948	1954	2001	2008	2015	2023	2031	2038	2046	2054	2102	2110	2120
Becontree Heath Ship & Anchor	1925	1931	1937	1943	1949	1955	2001	2008	2015	2022	2030	2037	2044	2052	2100	2108	2116	2126
Romford Station	1938	1943	1948	1953	1959	2005	2011	2018	2025	2032	2039	2046	2053	2101	2109	2117	2125	↓
Romford Station Victoria Road	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	2135
Romford Western Road	1940	1945	1950	1955	2001	2007	2013	2020	2027	2034	2041	2048	2055	2103	2111	2119	2127	↓
Romford Market St. Edward's Way	1941	1946	1951	1956	2002	2008	2014	2021	2028	2035	2042	2049	2056	2104	2112	2120	2128	2138

Canning Town Bus Station	2055	Then every 10 minutes until	2155	2206	2217	2227	2237	2247	2257	2307	2317	2327	2337	2346	2356	0006	0016
Plaistow Greengate	2102		2202	2213	2224	2234	2244	2254	2304	2314	2324	2334	2343	2352	0002	0012	0022
Upton Park The Boleyn (Barking Road)	2105		2205	2216	2227	2237	2247	2257	2307	2316	2326	2336	2345	2354	0004	0014	0024
East Ham Newham Town Hall	2110		2210	2220	2230	2240	2250	2300	2310	2319	2329	2339	2348	2357	0007	0017	0027
Barking London Road	2118		2218	2228	2238	2248	2258	2308	2317	2326	2336	2345	2354	0003	0013	0023	0033
Barking Station	2119		2219	2229	2239	2249	2259	2309	2318	2327	2337	2346	2355	0004	0014	0024	0034
Faircross Barking Bus Garage	2124		2224	2234	2244	2254	2304	2313	2322	2331	2340	2349	2358	0007	0017	0027	0037
Becontree Martins Corner	2130		2230	2240	2250	2300	2310	2319	2328	2337	2346	2355	0004	0013	0023	0033	0043
Becontree Heath Ship & Anchor	2136		2236	2246	2256	2306	2315	2324	2333	2342	2351	0000	0009	0018	0028	0038	0048
Romford Station	↓		↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓
Romford Station Victoria Road	2145		2245	2255	2305	2315	2324	2333	2342	2351	0000	0009	0018	0027	0037	0047	0057
Romford Western Road	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	
Romford Market St. Edward's Way	2148	2248	2258	2308	2317	2326	2335	2344	2353	0002	0011	0020	0029	0039	0049	0059	

Canning Town Bus Station	0026	0037	0049	0101
Plaistow Greengate	0032	0043	0055	0107
Upton Park The Boleyn (Barking Road)	0034	0045	0057	0109
East Ham Newham Town Hall	0037	0048	0100	0112
Barking London Road	0043	0054	0106	0118
Barking Station	0044	0055	0107	0119
Faircross Barking Bus Garage	0047	0058	0110	0122
Becontree Martins Corner	0053	0104	0116	0128
Becontree Heath Ship & Anchor	0058	0109	0121	0133
Romford Station	↓	↓	↓	↓
Romford Station Victoria Road	0107	0118	0130	0142
Romford Western Road	↓	↓	↓	↓
Romford Market St. Edward's Way	0109	0120	0132	0144

5 Saturdays (also Good Friday)

Canning Town Bus Station	0607	0622	0634	0646	0656	0706	0716	0726	0734	0742	0750	0758	0805	0812	0819	0826	0832	0838
Plaistow Greengate	0613	0628	0640	0652	0702	0712	0723	0734	0742	0750	0758	0806	0813	0820	0827	0834	0840	0846
Upton Park The Boleyn (Barking Road)	0616	0631	0643	0655	0705	0715	0726	0737	0745	0753	0801	0809	0816	0823	0830	0837	0843	0849
East Ham Newham Town Hall	0619	0634	0646	0658	0708	0718	0729	0740	0748	0756	0804	0812	0819	0826	0833	0840	0846	0852
Barking London Road	0626	0641	0653	0705	0715	0725	0736	0747	0755	0803	0811	0819	0826	0833	0840	0847	0853	0900
Barking Station	0627	0642	0654	0706	0716	0726	0737	0748	0756	0804	0812	0820	0827	0834	0841	0848	0854	0901
Faircross Barking Bus Garage	0631	0646	0658	0710	0720	0730	0741	0752	0800	0808	0816	0824	0831	0838	0845	0852	0859	0906
Becontree Martins Corner	0637	0652	0704	0716	0726	0736	0747	0758	0806	0814	0822	0830	0837	0844	0852	0859	0906	0914
Becontree Heath Ship & Anchor	0642	0657	0709	0721	0731	0742	0753	0804	0812	0820	0828	0836	0843	0850	0858	0905	0913	0921
Romford Station	0650	0705	0717	0729	0741	0752	0803	0814	0822	0830	0838	0846	0853	0901	0909	0917	0925	0933
Romford Station Victoria Road	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓
Romford Western Road	0651	0706	0718	0730	0742	0753	0804	0815	0823	0831	0839	0847	0855	0903	0911	0919	0927	0935
Romford Market St. Edward's Way	0652	0707	0719	0731	0743	0754	0805	0816	0824	0832	0840	0848	0856	0904	0912	0920	0928	0936

Canning Town Bus Station	0845	0852	0859	0906	0912	0917	0923	0929	0934	0939	0944	0949	0954	0959	1005	1011	1018	1025
Plaistow Greengate	0853	0900	0907	0914	0920	0925	0931	0937	0942	0947	0952	0957	1002	1008	1014	1020	1027	1034
Upton Park The Boleyn (Barking Road)	0856	0904	0911	0918	0924	0929	0935	0941	0946	0951	0956	1001	1007	1013	1019	1025	1032	1039
East Ham Newham Town Hall	0900	0908	0915	0922	0928	0933	0939	0945	0951	0957	1003	1008	1014	1020	1026	1032	1039	1046
Barking London Road	0908	0916	0923	0930	0936	0941	0947	0953	0959	1005	1011	1016	1022	1028	1034	1040	1047	1054
Barking Station	0909	0917	0924	0931	0937	0942	0948	0954	1000	1007	1013	1018	1024	1030	1036	1042	1049	1056
Faircross Barking Bus Garage	0914	0922	0929	0936	0942	0947	0953	0959	1005	1012	1018	1023	1029	1035	1041	1047	1054	1101
Becontree Martins Corner	0922	0930	0937	0944	0950	0955	1001	1008	1014	1021	1027	1032	1038	1044	1050	1056	1103	1110
Becontree Heath Ship & Anchor	0929	0937	0944	0951	0957	1003	1010	1017	1023	1030	1036	1041	1047	1053	1059	1105	1112	1119
Romford Station	0941	0949	0956	1003	1009	1016	1023	1030	1036	1043	1049	1055	1101	1108	1115	1121	1128	1135
Romford Station Victoria Road	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓
Romford Western Road	0943	0951	0958	1005	1011	1018	1025	1032	1038	1045	1051	1057	1103	1110	1117	1123	1130	1137
Romford Market St. Edward's Way	0944	0952	1000	1007	1013	1020	1027	1034	1040	1047	1053	1059	1105	1112	1119	1125	1132	1139

5		Sundays and other Public Holidays (except Christmas Day and Boxing Day)															
Canning Town Bus Station	0607	0622	Then every 12 minutes until	0734	0746	0758	0810	0822	0834	0846	0856	0906	0914	0922	0930	0937	0944
Plaistow Greengate	0613	0628		0740	0753	0805	0818	0830	0842	0854	0904	0914	0922	0930	0938	0945	0953
Upton Park The Boleyn (Barking Road)	0616	0631		0743	0756	0809	0822	0834	0846	0858	0908	0918	0926	0934	0942	0949	0957
East Ham Newham Town Hall	0619	0634		0746	0759	0812	0825	0837	0849	0901	0911	0921	0929	0937	0945	0953	1002
Barking London Road	0626	0641		0753	0806	0819	0832	0844	0856	0908	0918	0928	0936	0944	0952	1000	1010
Barking Station	0627	0642		0754	0807	0820	0833	0845	0857	0909	0919	0929	0937	0945	0953	1001	1011
Faircross Barking Bus Garage	0631	0646		0758	0811	0824	0837	0849	0901	0913	0923	0933	0941	0949	0957	1006	1016
Becontree Martins Corner	0637	0652		0804	0817	0830	0843	0855	0907	0919	0929	0939	0947	0955	1003	1013	1023
Becontree Heath Ship & Anchor	0642	0657		0809	0822	0835	0848	0900	0912	0924	0934	0944	0952	1000	1010	1020	1030
Romford Station	0650	0705		0817	0830	0843	0856	0908	0920	0932	0942	0952	1002	1012	1022	1032	1042
Romford Station Victoria Road	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	
Romford Western Road	0651	0706	0818	0831	0844	0857	0909	0921	0933	0943	0953	1004	1014	1024	1034	1044	
Romford Market St. Edward's Way	0652	0707	0819	0832	0845	0858	0910	0922	0934	0944	0954	1005	1015	1025	1035	1045	
Canning Town Bus Station	0951	Then every 8 minutes until	1655	1704	1713	1721	1729	1738	1746	1754	1802	1810	1818	1827	1837	1847	1857
Plaistow Greengate	1000		1704	1713	1722	1730	1738	1747	1754	1802	1810	1818	1826	1835	1844	1854	1904
Upton Park The Boleyn (Barking Road)	1004		1708	1717	1726	1734	1742	1750	1757	1805	1813	1821	1829	1838	1847	1857	1907
East Ham Newham Town Hall	1010		1714	1723	1732	1740	1748	1755	1802	1809	1817	1825	1833	1841	1850	1900	1910
Barking London Road	1018		1722	1731	1740	1748	1756	1803	1810	1817	1825	1833	1841	1849	1858	1908	1918
Barking Station	1019		1723	1732	1741	1749	1757	1804	1811	1818	1826	1834	1842	1850	1859	1909	1919
Faircross Barking Bus Garage	1024		1728	1737	1746	1754	1802	1809	1816	1823	1831	1839	1847	1855	1904	1914	1924
Becontree Martins Corner	1031		1735	1744	1752	1800	1808	1815	1822	1829	1837	1845	1853	1901	1910	1920	1930
Becontree Heath Ship & Anchor	1038		1742	1751	1758	1806	1814	1821	1828	1835	1843	1851	1859	1907	1916	1926	1936
Romford Station	1050		1754	1802	1809	1817	1825	1832	1839	1846	1853	1900	1908	1916	1925	1935	1945
Romford Station Victoria Road	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	
Romford Western Road	1052	1756	1804	1811	1819	1827	1834	1841	1848	1855	1902	1910	1918	1927	1937	1947	
Romford Market St. Edward's Way	1053	1757	1805	1812	1820	1828	1835	1842	1849	1856	1903	1911	1919	1928	1938	1948	
Canning Town Bus Station	1907	Then every 10 minutes until	2037	2047	Then every 10 minutes until	2217	2227	2237	2247	2257	2307	2317	2327	2337	2346	2356	
Plaistow Greengate	1914		2044	2054		2224	2234	2244	2254	2304	2314	2324	2334	2343	2352	0002	
Upton Park The Boleyn (Barking Road)	1917		2047	2057		2227	2237	2247	2257	2307	2316	2326	2336	2345	2354	0004	
East Ham Newham Town Hall	1920		2050	2100		2230	2240	2250	2300	2310	2319	2329	2339	2348	2357	0007	
Barking London Road	1928		2058	2108		2238	2248	2258	2308	2317	2326	2336	2345	2354	0003	0013	
Barking Station	1929		2059	2109		2239	2249	2259	2309	2318	2327	2337	2346	2355	0004	0014	
Faircross Barking Bus Garage	1934		2104	2114		2244	2254	2304	2313	2322	2331	2340	2349	2358	0007	0017	
Becontree Martins Corner	1940		2110	2120		2250	2300	2310	2319	2328	2337	2346	2355	0004	0013	0023	
Becontree Heath Ship & Anchor	1946		2116	2126		2256	2306	2315	2324	2333	2342	2351	0000	0009	0018	0028	
Romford Station	1955		2125	↓		↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	
Romford Station Victoria Road	↓	↓	2135	2305	2315	2324	2333	2342	2351	0000	0009	0018	0027	0037			
Romford Western Road	1957	2127	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓			
Romford Market St. Edward's Way	1958	2128	2138	2308	2317	2326	2335	2344	2353	0002	0011	0020	0029	0039			
Canning Town Bus Station	0006	0016	0026	0037	0049	0101											
Plaistow Greengate	0012	0022	0032	0043	0055	0107											
Upton Park The Boleyn (Barking Road)	0014	0024	0034	0045	0057	0109											
East Ham Newham Town Hall	0017	0027	0037	0048	0100	0112											
Barking London Road	0023	0033	0043	0054	0106	0118											
Barking Station	0024	0034	0044	0055	0107	0119											
Faircross Barking Bus Garage	0027	0037	0047	0058	0110	0122											
Becontree Martins Corner	0033	0043	0053	0104	0116	0128											
Becontree Heath Ship & Anchor	0038	0048	0058	0109	0121	0133											
Romford Station	↓	↓	↓	↓	↓	↓											
Romford Station Victoria Road	0047	0057	0107	0118	0130	0142											
Romford Western Road	↓	↓	↓	↓	↓	↓											
Romford Market St. Edward's Way	0049	0059	0109	0120	0132	0144											