

5	Mondays to Thursdays (cont.)																	
Canning Town Bus Station	1635	1642	1649	1656	1703	1710	1717	1724	1732	1739	1746	1754	1802	1809	1817	1824	1832	1839
Plaistow Greengate	1648	1656	1703	1710	1717	1724	1731	1738	1746	1753	1800	1808	1816	1823	1831	1837	1845	1852
Upton Park The Boleyn (Barking Road)	1651	1659	1706	1713	1720	1727	1734	1741	1749	1756	1803	1811	1819	1826	1834	1840	1848	1855
East Ham Newham Town Hall	1702	1710	1717	1724	1731	1738	1745	1752	1759	1806	1813	1821	1829	1836	1843	1849	1856	1903
Barking Station	1719	1727	1734	1741	1748	1755	1801	1808	1815	1821	1828	1835	1842	1849	1855	1901	1908	1915
Faircross Barking Bus Garage	1726	1734	1741	1748	1755	1802	1808	1815	1822	1828	1835	1842	1849	1856	1902	1908	1915	1922
Becontree Martins Corner	1736	1744	1751	1758	1805	1812	1818	1824	1831	1837	1844	1851	1857	1904	1910	1916	1923	1930
Becontree Heath Ship & Anchor	1745	1753	1800	1807	1814	1820	1826	1832	1839	1845	1852	1859	1905	1912	1918	1924	1931	1937
Rush Green Road Dagenham Road	1752	1800	1807	1814	1820	1826	1832	1838	1845	1851	1858	1905	1911	1918	1924	1930	1937	1943
Queen's Hospital	1756	1804	1811	1818	1824	1830	1836	1842	1849	1855	1902	1909	1915	1922	1928	1934	1941	1947
Romford Station	1801	1809	1816	1823	1829	1835	1841	1847	1854	1859	1906	1913	1919	1926	1932	1938	1945	1951
Romford Market St Edward's Way	1812	1820	1827	1834	1840	1846	1852	1858	1904	1909	1915	1921	1927	1933	1939	1945	1951	1957
Canning Town Bus Station	1847	1854	1902	1910	1917	1925	1933	1941	1949	1957	2005	2013	2022	2030	2040	2050	2100	2110
Plaistow Greengate	1900	1906	1914	1921	1928	1936	1943	1951	1959	2007	2015	2023	2031	2039	2049	2059	2109	2119
Upton Park The Boleyn (Barking Road)	1903	1909	1917	1924	1931	1939	1946	1954	2002	2010	2018	2026	2033	2041	2051	2101	2111	2121
East Ham Newham Town Hall	1911	1917	1925	1932	1939	1947	1954	2002	2009	2017	2025	2033	2040	2047	2057	2107	2117	2127
Barking Station	1922	1928	1936	1943	1950	1958	2005	2012	2019	2027	2035	2042	2049	2056	2106	2116	2126	2136
Faircross Barking Bus Garage	1928	1934	1941	1948	1955	2003	2010	2017	2024	2032	2040	2047	2054	2101	2111	2121	2131	2141
Becontree Martins Corner	1936	1942	1949	1956	2003	2011	2017	2024	2031	2039	2047	2054	2101	2108	2118	2128	2138	2148
Becontree Heath Ship & Anchor	1943	1949	1956	2003	2010	2017	2023	2030	2037	2045	2053	2100	2107	2114	2124	2134	2144	2154
Rush Green Road Dagenham Road	1949	1955	2002	2009	2016	2023	2028	2035	2042	2050	2058	2105	2112	2119	2129	2139	2149	2159
Queen's Hospital	1953	1959	2006	2013	2020	2027	2032	2038	2045	2053	2101	2108	2115	2122	2132	2142	2152	2202
Romford Station	1957	2003	2010	2017	2024	2031	2036	2042	2049	2057	2105	2112	2119	2126	2136	2146	2156	2206
Romford Market St Edward's Way	2003	2009	2015	2021	2027	2033	2038	2044	2051	2059	2107	2114	2121	2128	2138	2148	2158	2208
Canning Town Bus Station	2120	2130			2210	2220	2230	2240			2340	2350	0000					0100
Plaistow Greengate	2129	2138			2218	2228	2238	2248			2348	2358	0007					0107
Upton Park The Boleyn (Barking Road)	2131	2140			2220	2230	2240	2250			2350	0000	0009					0109
East Ham Newham Town Hall	2137	2146			2226	2236	2246	2255			2355	0005	0014					0114
Barking Station	2146	2155	Then		2235	2245	2255	2303	Then		0003	0012	0021	Then				0121
Faircross Barking Bus Garage	2151	2200	every 10		2240	2250	2300	2307	every 10		0007	0016	0025	every 10				0125
Becontree Martins Corner	2158	2207	minutes		2247	2256	2306	2313	minutes		0013	0022	0031	minutes				0131
Becontree Heath Ship & Anchor	2204	2213	until		2253	2302	2311	2318	until		0018	0027	0036	until				0136
Rush Green Road Dagenham Road	2209	2218			2258	2306	2315	2322			0022	0031	0040					0140
Queen's Hospital	2212	2221			2301	2309	2318	2325			0025	0034	0043					0143
Romford Station	2216	2225			2305	2313	2321	2328			0028	0037	0046					0146
Romford Market St Edward's Way	2218	2227			2307	2315	2323	2330			0030	0039	0048					0148

5	Fridays (cont.)																	
Canning Town Bus Station	1628	1635	1642	1649	1656	1703	1710	1717	1724	1732	1739	1746	1754	1802	1809	1817	1824	1832
Plaistow Greengate	1641	1648	1656	1703	1710	1717	1724	1731	1738	1746	1753	1800	1808	1816	1823	1831	1837	1845
Upton Park The Boleyn (Barking Road)	1644	1651	1659	1706	1713	1720	1727	1734	1741	1749	1756	1803	1811	1819	1826	1834	1840	1848
East Ham Newham Town Hall	1654	1702	1710	1717	1724	1731	1738	1745	1752	1759	1806	1813	1821	1829	1836	1843	1849	1856
Barking Station	1711	1719	1727	1734	1741	1748	1755	1801	1808	1815	1821	1828	1835	1842	1849	1855	1901	1908
Faircross Barking Bus Garage	1718	1726	1734	1741	1748	1755	1802	1808	1815	1822	1828	1835	1842	1849	1856	1902	1908	1915
Becontree Martins Corner	1728	1736	1744	1751	1758	1805	1812	1818	1824	1831	1837	1844	1851	1857	1904	1910	1916	1923
Becontree Heath Ship & Anchor	1737	1745	1753	1800	1807	1814	1820	1826	1832	1839	1845	1852	1859	1905	1912	1918	1924	1931
Rush Green Road Dagenham Road	1744	1752	1800	1807	1814	1820	1826	1832	1838	1845	1851	1858	1905	1911	1918	1924	1930	1937
Queen's Hospital	1748	1756	1804	1811	1818	1824	1830	1836	1842	1849	1855	1902	1909	1915	1922	1928	1934	1941
Romford Station	1753	1801	1809	1816	1823	1829	1835	1841	1847	1854	1859	1906	1913	1919	1926	1932	1938	1945
Romford Market St Edward's Way	1804	1812	1820	1827	1834	1840	1846	1852	1858	1904	1909	1915	1921	1927	1933	1939	1945	1951
Canning Town Bus Station	1839	1847	1854	1902	1910	1917	1925	1933	1941	1949	1957	2005	2013	2022	2030			2120
Plaistow Greengate	1852	1900	1906	1914	1921	1928	1936	1943	1951	1959	2007	2015	2023	2031	2039			2129
Upton Park The Boleyn (Barking Road)	1855	1903	1909	1917	1924	1931	1939	1946	1954	2002	2010	2018	2026	2033	2041			2131
East Ham Newham Town Hall	1903	1911	1917	1925	1932	1939	1947	1954	2002	2009	2017	2025	2033	2040	2047			2137
Barking Station	1915	1922	1928	1936	1943	1950	1958	2005	2012	2019	2027	2035	2042	2049	2056		Then	2146
Faircross Barking Bus Garage	1922	1928	1934	1941	1948	1955	2003	2010	2017	2024	2032	2040	2047	2054	2101		every 10	2151
Becontree Martins Corner	1930	1936	1942	1949	1956	2003	2011	2017	2024	2031	2039	2047	2054	2101	2108		minutes	2158
Becontree Heath Ship & Anchor	1937	1943	1949	1956	2003	2010	2017	2023	2030	2037	2045	2053	2100	2107	2114		until	2204
Rush Green Road Dagenham Road	1943	1949	1955	2002	2009	2016	2023	2028	2035	2042	2050	2058	2105	2112	2119			2209
Queen's Hospital	1947	1953	1959	2006	2013	2020	2027	2032	2038	2045	2053	2101	2108	2115	2122			2212
Romford Station	1951	1957	2003	2010	2017	2024	2031	2036	2042	2049	2057	2105	2112	2119	2126			2216
Romford Market St Edward's Way	1957	2003	2009	2015	2021	2027	2033	2038	2044	2051	2059	2107	2114	2121	2128			2218
Canning Town Bus Station	2130	2140	2150	2200	2210	2220				2310	2320	2330	2340	2350	0000	0010		0100
Plaistow Greengate	2138	2148	2158	2208	2218	2228				2318	2328	2338	2348	2358	0008	0018		0108
Upton Park The Boleyn (Barking Road)	2140	2150	2200	2210	2220	2230				2320	2330	2340	2350	0000	0010	0020		0110
East Ham Newham Town Hall	2146	2156	2206	2216	2226	2236				2326	2335	2345	2355	0005	0015	0025		0115
Barking Station	2155	2205	2215	2225	2235	2245		Then		2335	2344	2354	0003	0013	0023	0032	Then	0122
Faircross Barking Bus Garage	2200	2210	2220	2230	2240	2250		every 10		2340	2349	2359	0007	0017	0027	0036	every 10	0126
Becontree Martins Corner	2207	2217	2227	2237	2247	2256		minutes		2346	2355	0005	0013	0023	0033	0042	minutes	0132
Becontree Heath Ship & Anchor	2213	2223	2233	2243	2253	2302		until		2352	0001	0011	0019	0028	0038	0047	until	0137
Rush Green Road Dagenham Road	2218	2228	2238	2248	2258	2306				2356	0005	0015	0023	0032	0042	0051		0141
Queen's Hospital	2221	2231	2241	2251	2301	2309				2359	0008	0018	0026	0035	0045	0054		0144
Romford Station	2225	2235	2245	2255	2305	2313				0003	0012	0022	0029	0038	0048	0057		0147
Romford Market St Edward's Way	2227	2237	2247	2257	2307	2315				0005	0014	0024	0031	0040	0050	0059		0149

