

# 5

## Romford – Barking – Canning Town

5																			
Mondays to Fridays																			
Romford Market St. Edward's Way	0447	0502	0517	0527	0537	0545	0553	0559	0605	0610	0615	0620	0625	0630	0635	0639	0644	0649	
Romford Station	0450	0505	0520	0530	0540	0548	0556	0602	0608	0613	0618	0623	0628	0634	0639	0643	0648	0653	
Becontree Heath Ship & Anchor	0459	0514	0529	0539	0549	0557	0605	0611	0617	0622	0628	0634	0640	0646	0652	0657	0702	0707	
Becontree Martins Corner	0505	0520	0535	0545	0555	0604	0612	0618	0624	0629	0635	0642	0648	0654	0700	0705	0710	0715	
Faircross Barking Bus Garage	0512	0527	0542	0552	0602	0611	0619	0626	0633	0640	0647	0654	0700	0706	0712	0717	0722	0727	
Barking Station	0515	0530	0545	0555	0605	0614	0622	0630	0637	0645	0652	0659	0705	0711	0717	0722	0727	0732	
Barking London Road	0517	0532	0547	0557	0607	0616	0624	0632	0639	0647	0654	0701	0707	0713	0719	0724	0729	0735	
East Ham Newham Town Hall	0521	0536	0551	0601	0611	0621	0629	0638	0645	0653	0700	0707	0713	0719	0725	0730	0736	0742	
Upton Park The Boleyn (Barking Road)	0525	0540	0555	0605	0615	0625	0633	0643	0650	0658	0705	0712	0718	0725	0731	0737	0743	0749	
Plaistow Greengate	0528	0543	0558	0608	0618	0628	0637	0647	0654	0702	0709	0716	0722	0729	0735	0741	0747	0753	
Canning Town Bus Station	0535	0550	0605	0615	0625	0635	0645	0655	0702	0710	0717	0724	0730	0737	0743	0750	0756	0802	
Romford Market St. Edward's Way	0654	0659	0704	0709	0713	0718	0722	0726	Then every 5 minutes until	0821	0827	0833	0839	0846	0852	0859	0906		
Romford Station	0658	0703	0708	0713	0717	0722	0726	0730		0825	0831	0837	0843	0850	0856	0903	0911		
Becontree Heath Ship & Anchor	0712	0717	0722	0727	0731	0736	0741	0746		0841	0847	0853	0859	0906	0912	0918	0924		
Becontree Martins Corner	0720	0725	0730	0735	0740	0745	0750	0755		0850	0856	0902	0908	0914	0920	0926	0932		
Faircross Barking Bus Garage	0732	0737	0742	0747	0752	0757	0802	0807		0902	0908	0913	0919	0925	0931	0937	0943		
Barking Station	0738	0743	0748	0753	0758	0803	0808	0813		0908	0913	0918	0924	0930	0936	0942	0948		
Barking London Road	0741	0746	0751	0756	0801	0806	0811	0816		0911	0916	0921	0927	0933	0939	0945	0951		
East Ham Newham Town Hall	0748	0753	0758	0803	0808	0813	0818	0823		0918	0923	0928	0934	0940	0946	0952	0958		
Upton Park The Boleyn (Barking Road)	0755	0800	0805	0810	0815	0820	0825	0830		0925	0930	0935	0941	0947	0953	0959	1005		
Plaistow Greengate	0759	0804	0809	0814	0819	0824	0829	0834		0929	0934	0939	0945	0951	0957	1003	1009		
Canning Town Bus Station	0808	0813	0818	0823	0828	0833	0838	0843	0938	0943	0948	0954	1000	1006	1012	1018			
Romford Market St. Edward's Way	0913	0919	0926	Then every 6 minutes until	0956	03	09	16	23	29	36	43	49	56	1349	1355	1401	1408	
Romford Station	0918	0924	0931		1001	08	14	21	28	34	41	48	54	01	1354	1400	1406	1413	
Becontree Heath Ship & Anchor	0931	0937	0944		1014	Then	21	27	34	41	47	54	01	07	14	1407	1413	1419	1426
Becontree Martins Corner	0939	0945	0952		1022	every 6-7	29	35	42	49	55	02	09	15	22	1415	1421	1427	1434
Faircross Barking Bus Garage	0950	0956	1003		1033	minutes	40	46	53	00	06	13	20	26	33	1426	1432	1438	1445
Barking Station	0955	1001	1008		1038	at these	45	51	58	05	11	18	25	31	38	1431	1437	1443	1450
Barking London Road	0958	1004	1011		1041	minutes	48	54	01	08	14	21	28	34	41	1434	1440	1446	1453
East Ham Newham Town Hall	1005	1011	1018		1048	past	55	01	08	15	21	28	35	41	48	1441	1447	1453	1500
Upton Park The Boleyn (Barking Road)	1012	1018	1025		1055	the hour	02	08	15	22	28	35	42	48	55	1448	1454	1500	1507
Plaistow Greengate	1016	1022	1029		1059		06	12	19	26	32	39	46	52	59	1452	1458	1504	1511
Canning Town Bus Station	1025	1031	1038	1108		15	21	28	35	41	48	55	01	08	1501	1508	1514	1521	
Romford Market St. Edward's Way	1415	1421	1428	1435	1441	1448	1454	1500	1506	1512	1518	1524	1530	1536	1543	1550	1556	1603	
Romford Station	1420	1426	1433	1440	1446	1453	1459	1505	1511	1517	1523	1529	1535	1541	1548	1555	1601	1608	
Becontree Heath Ship & Anchor	1433	1439	1446	1453	1459	1506	1513	1519	1525	1532	1538	1544	1551	1557	1604	1611	1617	1624	
Becontree Martins Corner	1441	1447	1454	1501	1507	1514	1521	1528	1534	1541	1547	1553	1600	1606	1613	1620	1626	1633	
Faircross Barking Bus Garage	1452	1459	1506	1513	1519	1526	1532	1539	1545	1552	1558	1604	1611	1617	1624	1631	1637	1644	
Barking Station	1457	1504	1511	1518	1524	1531	1537	1544	1550	1557	1603	1609	1616	1622	1629	1636	1642	1649	
Barking London Road	1500	1507	1514	1521	1527	1534	1540	1547	1553	1600	1606	1612	1619	1625	1632	1639	1645	1652	
East Ham Newham Town Hall	1507	1514	1521	1528	1534	1541	1547	1554	1600	1607	1613	1619	1626	1632	1639	1646	1652	1659	
Upton Park The Boleyn (Barking Road)	1514	1521	1528	1535	1541	1548	1554	1601	1607	1614	1620	1626	1633	1639	1646	1653	1659	1706	
Plaistow Greengate	1518	1525	1532	1539	1545	1552	1558	1605	1611	1618	1624	1630	1637	1643	1650	1657	1703	1710	
Canning Town Bus Station	1528	1535	1542	1549	1555	1602	1608	1615	1621	1628	1634	1640	1647	1653	1700	1707	1713	1720	
Romford Market St. Edward's Way	1610	1616	1623	1630	1636	1643	1650	1656	1703	1710	1716	1723	1730	1736	1743	1750	1756	1803	
Romford Station	1615	1621	1628	1635	1641	1648	1655	1701	1708	1715	1721	1728	1735	1741	1748	1755	1801	1808	
Becontree Heath Ship & Anchor	1631	1637	1644	1651	1657	1704	1711	1717	1724	1731	1737	1744	1750	1756	1803	1810	1816	1823	
Becontree Martins Corner	1640	1646	1653	1700	1706	1713	1720	1726	1733	1739	1745	1752	1758	1804	1811	1818	1824	1831	
Faircross Barking Bus Garage	1651	1657	1704	1711	1717	1724	1731	1737	1744	1750	1756	1803	1809	1815	1822	1829	1835	1841	
Barking Station	1656	1702	1709	1716	1722	1729	1736	1742	1748	1754	1800	1807	1813	1819	1826	1833	1839	1845	
Barking London Road	1659	1705	1712	1719	1725	1732	1738	1744	1750	1756	1802	1809	1815	1821	1828	1835	1841	1847	
East Ham Newham Town Hall	1706	1712	1719	1726	1732	1739	1745	1751	1757	1803	1809	1816	1822	1828	1835	1842	1848	1854	
Upton Park The Boleyn (Barking Road)	1713	1719	1726	1733	1739	1746	1752	1758	1804	1810	1816	1823	1829	1835	1841	1848	1854	1900	
Plaistow Greengate	1717	1723	1730	1737	1743	1750	1756	1802	1808	1814	1820	1827	1833	1839	1845	1852	1858	1904	
Canning Town Bus Station	1727	1733	1740	1746	1752	1759	1805	1811	1817	1823	1829	1836	1842	1848	1854	1900	1906	1912	

**5 Mondays to Fridays (cont.)**

Romford Market St. Edward's Way	1810	1816	1823	1831	1839	1847	1854	1902	1910	1919	1929	1939	1949	1959	2009	2019	2029	2039
Romford Station	1815	1821	1828	1835	1843	1851	1858	1906	1914	1923	1933	1943	1953	2003	2013	2023	2033	2042
Becontree Heath Ship & Anchor	1830	1836	1843	1849	1856	1903	1910	1918	1926	1935	1944	1954	2004	2014	2024	2034	2043	2052
Becontree Martins Corner	1837	1843	1850	1856	1903	1910	1917	1925	1933	1942	1951	2001	2011	2021	2031	2040	2049	2058
Faircross Barking Bus Garage	1847	1853	1900	1906	1913	1920	1927	1935	1943	1952	2001	2011	2021	2031	2039	2048	2057	2106
Barking Station	1851	1857	1904	1910	1917	1924	1931	1939	1947	1956	2005	2015	2025	2034	2042	2051	2100	2109
Barking London Road	1853	1859	1906	1912	1919	1926	1933	1941	1949	1958	2007	2017	2027	2036	2044	2053	2102	2111
East Ham Newham Town Hall	1900	1906	1913	1919	1926	1933	1940	1947	1955	2004	2013	2023	2033	2041	2049	2058	2107	2116
Upton Park The Boleyn (Barking Road)	1906	1912	1919	1925	1932	1939	1946	1953	2001	2010	2019	2029	2038	2046	2054	2103	2112	2121
Plaistow Greengate	1910	1916	1923	1929	1936	1943	1950	1957	2005	2014	2023	2032	2041	2049	2057	2106	2115	2124
Canning Town Bus Station	1918	1924	1931	1937	1944	1951	1958	2005	2013	2022	2031	2040	2049	2057	2105	2114	2123	2132

Romford Market St. Edward's Way	2049	Then every 10 minutes until	2159	2209	2220	2231	2242	2253	2304	2314	2324	2334	2346	2358	0010			
Romford Station	2052		2202	2212	2223	2234	2245	2256	2307	2317	2327	2337	2349	0001	0013			
Becontree Heath Ship & Anchor	2102		2212	2222	2233	2244	2255	2306	2316	2326	2336	2346	2357	0009	0021			
Becontree Martins Corner	2108		2218	2228	2239	2250	2301	2311	2321	2331	2341	2351	0002	0014	0026			
Faircross Barking Bus Garage	2116		2226	2236	2247	2258	2308	2318	2328	2338	2348	2358	0009	0020	0032			
Barking Station	2119		2229	2239	2250	2301	2311	2321	2331	2341	2351	0001	0012	0023	0035			
Barking London Road	2121		2231	2241	2252	2303	2313	2323	2333	2343	2353	0003	0014	0025	0037			
East Ham Newham Town Hall	2126		2236	2246	2257	2307	2317	2327	2337	2347	2357	0007	0018	0029	0041			
Upton Park The Boleyn (Barking Road)	2131		2241	2251	2301	2311	2321	2331	2341	2351	0001	0011	0022	0033	0045			
Plaistow Greengate	2134		2244	2254	2304	2314	2324	2334	2344	2354	0004	0014	0025	0036	0048			
Canning Town Bus Station	2142		2252	2301	2311	2321	2331	2341	2351	0001	0011	0021	0031	0042	0054			

**5 Saturdays (also Good Friday)**

Romford Market St. Edward's Way	0447	Then every 12 minutes until	0635	0646	0656	0704	0712	Then every 8 minutes until	0816	0823	0829	0835	0841	0847	0853	0859		
Romford Station	0450		0638	0649	0659	0707	0715		0819	0826	0832	0838	0844	0850	0856	0902		
Becontree Heath Ship & Anchor	0459		0647	0658	0708	0716	0724		0828	0835	0841	0847	0853	0859	0905	0912		
Becontree Martins Corner	0504		0652	0703	0713	0722	0730		0834	0841	0847	0853	0859	0905	0912	0919		
Faircross Barking Bus Garage	0511		0659	0710	0720	0729	0738		0842	0849	0855	0900	0907	0915	0922	0929		
Barking Station	0514		0702	0713	0723	0732	0741		0845	0852	0858	0904	0911	0919	0926	0933		
Barking London Road	0516		0704	0715	0725	0734	0743		0847	0854	0900	0906	0913	0921	0928	0935		
East Ham Newham Town Hall	0520		0708	0719	0729	0739	0748		0852	0859	0906	0912	0919	0927	0934	0941		
Upton Park The Boleyn (Barking Road)	0524		0712	0723	0733	0743	0753		0857	0904	0911	0917	0924	0932	0939	0946		
Plaistow Greengate	0527		0715	0726	0736	0746	0756		0900	0908	0915	0921	0928	0936	0943	0950		
Canning Town Bus Station	0534		0722	0734	0744	0754	0804		0908	0916	0923	0929	0936	0944	0951	0958		

Romford Market St. Edward's Way	0905	0910	0915	0920	0925	0931	0937	0943	0949	0954	0959	1004	1010	1016	1022	1028	1035	1042
Romford Station	0908	0913	0918	0923	0928	0934	0940	0946	0952	0957	1003	1009	1015	1021	1027	1033	1040	1047
Becontree Heath Ship & Anchor	0919	0924	0929	0934	0939	0945	0951	0957	1003	1009	1016	1022	1028	1034	1040	1046	1053	1100
Becontree Martins Corner	0926	0931	0936	0941	0946	0952	0958	1004	1011	1017	1024	1030	1036	1042	1048	1054	1101	1108
Faircross Barking Bus Garage	0936	0941	0946	0951	0956	1002	1008	1015	1022	1028	1035	1041	1047	1053	1059	1105	1112	1119
Barking Station	0940	0945	0950	0955	1000	1007	1013	1020	1027	1033	1040	1046	1052	1058	1104	1110	1117	1124
Barking London Road	0942	0947	0952	0957	1002	1009	1015	1022	1029	1035	1042	1048	1054	1100	1107	1113	1120	1127
East Ham Newham Town Hall	0948	0953	0958	1003	1010	1017	1023	1030	1037	1043	1050	1057	1103	1110	1117	1123	1130	1137
Upton Park The Boleyn (Barking Road)	0953	0958	1004	1010	1017	1024	1030	1037	1044	1050	1057	1104	1110	1117	1124	1130	1137	1144
Plaistow Greengate	0957	1002	1008	1014	1021	1028	1034	1041	1048	1054	1101	1108	1114	1121	1128	1134	1141	1148
Canning Town Bus Station	1005	1011	1018	1024	1031	1038	1044	1051	1058	1104	1111	1118	1124	1131	1138	1144	1151	1158

Romford Market St. Edward's Way	1048	1055	1101	1108	1115	1121	1128	1135	1141	1148	1155	1201	1208	1215	1221	1228	1235	1241
Romford Station	1053	1100	1107	1114	1121	1127	1134	1141	1147	1154	1201	1207	1214	1221	1227	1234	1241	1247
Becontree Heath Ship & Anchor	1106	1113	1120	1127	1134	1140	1147	1154	1201	1208	1215	1222	1229	1236	1242	1249	1256	1302
Becontree Martins Corner	1114	1121	1128	1135	1142	1148	1155	1202	1209	1216	1223	1230	1237	1244	1250	1257	1304	1310
Faircross Barking Bus Garage	1125	1132	1139	1146	1153	1159	1206	1213	1220	1227	1234	1241	1248	1255	1301	1308	1315	1321
Barking Station	1130	1137	1144	1151	1158	1204	1211	1218	1225	1232	1239	1246	1253	1300	1306	1313	1320	1326
Barking London Road	1133	1140	1147	1154	1201	1207	1214	1221	1228	1235	1242	1249	1256	1303	1309	1316	1323	1329
East Ham Newham Town Hall	1143	1150	1157	1204	1211	1217	1224	1231	1238	1245	1252	1259	1306	1313	1319	1326	1333	1339
Upton Park The Boleyn (Barking Road)	1150	1157	1204	1211	1218	1224	1231	1238	1245	1252	1259	1306	1313	1320	1326	1333	1340	1346
Plaistow Greengate	1154	1201	1208	1215	1222	1228	1235	1242	1249	1256	1303	1310	1317	1324	1330	1337	1344	1350
Canning Town Bus Station	1204	1211	1218	1225	1232	1238	1245	1252	1259	1306	1313	1320	1327	1334	1340	1347	1354	1400

Romford Market St. Edward's Way	1248	1255	1301	1308	1315	1321	1328	1335	1341	1348	1355	1401	1408	1415	1421	1428	1435	1441
Romford Station	1254	1301	1307	1314	1321	1327	1334	1341	1347	1354	1401	1407	1414	1421	1427	1434	1441	1447
Becontree Heath Ship & Anchor	1309	1316	1322	1329	1336	1342	1349	1356	1402	1409	1416	1422	1428	1434	1440	1447	1454	1500
Becontree Martins Corner	1317	1324	1330	1337	1344	1350	1357	1404	1410	1417	1424	1430	1436	1442	1448	1455	1502	1508
Faircross Barking Bus Garage	1328	1335	1341	1348	1355	1401	1408	1415	1421	1428	1435	1441	1447	1453	1459	1506	1513	1519
Barking Station	1333	1340	1346	1353	1400	1406	1413	1420	1426	1433	1440	1446	1452	1458	1504	1511	1518	1524
Barking London Road	1336	1343	1349	1356	1403	1409	1416	1423	1429	1436	1443	1449	1455	1501	1507	1514	1521	1527
East Ham Newham Town Hall	1346	1353	1359	1406	1413	1419	1426	1433	1439	1446	1453	1459	1505	1511	1517	1524	1531	1537
Upton Park The Boleyn (Barking Road)	1353	1400	1406	1413	1420	1426	1433	1440	1446	1453	1500	1506	1512	1518	1524	1531	1538	1544
Plaistow Greengate	1357	1404	1410	1417	1424	1430	1437	1444	1450	1457	1504	1510	1516	1522	1528	1535	1542	1548
Canning Town Bus Station	1407	1414	1420	1427	1434	1440	1447	1454	1500	1507	1514	1520	1526	1532	1538	1545	1552	1558

5 Saturdays (also Good Friday) (cont.)																		
Romford Market St. Edward's Way	1448	1455	1501	1508	1515	1521	1528	1535	1541	1548	1555	1601	1608	1615	1622	1629	1636	1643
Romford Station	1454	1501	1507	1514	1521	1527	1534	1541	1547	1554	1601	1607	1614	1621	1628	1635	1642	1649
Becontree Heath Ship & Anchor	1507	1514	1520	1527	1534	1540	1547	1554	1600	1607	1614	1620	1627	1634	1641	1648	1655	1702
Becontree Martins Corner	1515	1522	1528	1535	1542	1548	1555	1602	1608	1615	1622	1628	1635	1642	1649	1656	1703	1710
Faircross Barking Bus Garage	1526	1533	1539	1546	1553	1559	1606	1613	1619	1626	1633	1639	1646	1653	1700	1707	1714	1721
Barking Station	1531	1538	1544	1551	1558	1604	1611	1618	1624	1631	1638	1644	1651	1658	1705	1712	1719	1726
Barking London Road	1534	1541	1547	1554	1601	1607	1614	1621	1627	1634	1641	1647	1654	1701	1708	1714	1721	1728
East Ham Newham Town Hall	1544	1551	1557	1604	1611	1617	1624	1631	1637	1644	1651	1657	1704	1710	1716	1722	1729	1736
Upton Park The Boleyn (Barking Road)	1551	1558	1604	1611	1618	1624	1631	1638	1644	1651	1658	1704	1711	1717	1723	1729	1736	1743
Plaistow Greengate	1555	1602	1608	1615	1622	1628	1635	1642	1648	1655	1702	1708	1715	1721	1727	1733	1740	1747
Canning Town Bus Station	1605	1612	1618	1625	1632	1638	1645	1652	1658	1705	1712	1718	1725	1731	1737	1743	1750	1757
Romford Market St. Edward's Way	1650	1657	1703	1710	1717	1724	1731	1738	1745	1752	1759	1807	1815	1823	1831	1839	1849	1859
Romford Station	1656	1703	1708	1715	1722	1729	1736	1743	1750	1757	1804	1811	1819	1827	1835	1843	1853	1903
Becontree Heath Ship & Anchor	1709	1716	1721	1728	1735	1742	1749	1756	1803	1810	1816	1823	1831	1839	1847	1855	1905	1914
Becontree Martins Corner	1717	1724	1729	1736	1743	1750	1757	1804	1811	1818	1824	1831	1839	1847	1855	1903	1912	1921
Faircross Barking Bus Garage	1728	1735	1740	1747	1754	1801	1808	1814	1821	1828	1834	1841	1849	1857	1905	1913	1922	1931
Barking Station	1733	1740	1745	1752	1759	1806	1813	1819	1826	1833	1839	1846	1854	1902	1909	1917	1926	1935
Barking London Road	1735	1742	1747	1754	1801	1808	1815	1821	1828	1835	1841	1848	1856	1904	1911	1919	1928	1937
East Ham Newham Town Hall	1743	1750	1755	1802	1808	1815	1822	1828	1835	1842	1848	1855	1903	1910	1917	1925	1934	1943
Upton Park The Boleyn (Barking Road)	1750	1757	1802	1809	1815	1822	1829	1835	1842	1849	1855	1902	1909	1916	1923	1931	1940	1949
Plaistow Greengate	1754	1801	1806	1813	1819	1826	1833	1839	1846	1853	1859	1906	1913	1920	1927	1935	1944	1953
Canning Town Bus Station	1804	1811	1816	1823	1829	1836	1843	1849	1856	1903	1909	1915	1922	1929	1936	1944	1953	2002
Romford Market St. Edward's Way	1909	1919	1929	1939	1949	1959	2009	Then every 10 minutes until	2209	2220	2231	2242	2253	2304	2314	2324	2334	
Romford Station	1913	1923	1933	1943	1953	2003	2012		2212	2223	2234	2245	2256	2307	2317	2327	2337	
Becontree Heath Ship & Anchor	1924	1934	1944	1954	2004	2013	2022		2222	2233	2244	2255	2306	2316	2326	2336	2346	
Becontree Martins Corner	1931	1941	1951	2001	2010	2019	2028		2228	2239	2250	2301	2312	2322	2332	2342	2352	
Faircross Barking Bus Garage	1941	1951	2001	2009	2018	2027	2036		2236	2247	2258	2308	2319	2329	2339	2349	2359	
Barking Station	1945	1955	2004	2012	2021	2030	2039		2239	2250	2301	2311	2322	2332	2342	2352	0002	
Barking London Road	1947	1957	2006	2014	2023	2032	2041		2241	2252	2303	2313	2324	2334	2344	2354	0004	
East Ham Newham Town Hall	1953	2003	2011	2019	2028	2037	2046		2246	2257	2308	2318	2328	2338	2348	2358	0008	
Upton Park The Boleyn (Barking Road)	1959	2008	2016	2024	2033	2042	2051		2251	2301	2312	2322	2332	2342	2352	0002	0012	
Plaistow Greengate	2003	2011	2019	2027	2036	2045	2054		2254	2304	2315	2325	2335	2345	2355	0005	0015	
Canning Town Bus Station	2011	2019	2027	2035	2044	2053	2102		2302	2312	2322	2332	2342	2352	0002	0012	0022	
Romford Market St. Edward's Way	2346	2358	0010															
Romford Station	2349	0001	0013															
Becontree Heath Ship & Anchor	2357	0009	0021															
Becontree Martins Corner	0003	0015	0027															
Faircross Barking Bus Garage	0010	0021	0033															
Barking Station	0013	0024	0036															
Barking London Road	0015	0026	0038															
East Ham Newham Town Hall	0019	0030	0042															
Upton Park The Boleyn (Barking Road)	0023	0034	0046															
Plaistow Greengate	0026	0037	0049															
Canning Town Bus Station	0033	0044	0055															

5 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																			
Romford Market St. Edward's Way	0447			0723	0733	0743	0753	0803	0813	0821			0901	0909	0917	0924	0931	0938	
Romford Station	0450			0726	0736	0746	0756	0806	0816	0824			0904	0912	0920	0927	0934	0941	
Becontree Heath Ship & Anchor	0458			0734	0744	0754	0804	0814	0824	0833			0913	0921	0929	0936	0943	0950	
Becontree Martins Corner	0503	Then		0739	0750	0800	0810	0820	0830	0839	Then		0919	0927	0935	0942	0949	0956	
Faircross Barking Bus Garage	0510	every 12		0746	0757	0807	0818	0828	0838	0847	every 8		0927	0935	0943	0950	0957	1004	
Barking Station	0513	minutes		0749	0800	0810	0821	0831	0841	0850	minutes		0930	0938	0946	0953	1001	1008	
Barking London Road	0515	until		0751	0802	0812	0823	0833	0843	0852	until		0932	0940	0948	0955	1003	1010	
East Ham Newham Town Hall	0519			0755	0807	0817	0828	0838	0848	0857			0937	0945	0953	1001	1009	1016	
Upton Park The Boleyn (Barking Road)	0523			0759	0811	0822	0833	0843	0853	0902			0942	0950	0959	1007	1015	1022	
Plaistow Greengate	0526			0802	0814	0825	0836	0846	0856	0905			0945	0954	1003	1011	1019	1026	
Canning Town Bus Station	0533			0809	0821	0833	0844	0854	0904	0913			0953	1002	1011	1019	1027	1034	
Romford Market St. Edward's Way	0945	0952	0958	1005	1012	1019	1026	1033	1040	1048	1055	1103	1111				1503	1512	1520
Romford Station	0948	0955	1001	1009	1016	1023	1030	1037	1044	1052	1059	1108	1116				1508	1517	1525
Becontree Heath Ship & Anchor	0957	1004	1011	1019	1026	1033	1040	1047	1054	1102	1110	1119	1128				1520	1529	1537
Becontree Martins Corner	1003	1011	1019	1027	1034	1041	1048	1055	1102	1110	1118	1127	1136	Then			1528	1537	1544
Faircross Barking Bus Garage	1013	1021	1029	1037	1044	1051	1058	1105	1113	1121	1129	1138	1147	every 8			1539	1547	1554
Barking Station	1017	1025	1033	1041	1048	1055	1102	1110	1118	1126	1134	1143	1152	minutes			1544	1552	1559
Barking London Road	1019	1027	1035	1043	1050	1057	1104	1112	1120	1128	1136	1145	1154	until			1546	1554	1601
East Ham Newham Town Hall	1025	1033	1041	1049	1056	1103	1111	1119	1127	1135	1143	1152	1201				1553	1601	1608
Upton Park The Boleyn (Barking Road)	1031	1039	1047	1055	1102	1110	1118	1126	1134	1142	1150	1159	1208				1600	1608	1615
Plaistow Greengate	1035	1043	1051	1059	1106	1114	1122	1130	1138	1146	1154	1203	1212				1604	1612	1619
Canning Town Bus Station	1043	1051	1059	1107	1115	1123	1131	1139	1147	1155	1203	1212	1221				1613	1621	1628
Romford Market St. Edward's Way	1529			1625	1633	1641	1649	1658	1707	1715	1724	1733	1742	1751	1801	1811	1821	1831	
Romford Station	1534			1630	1638	1646	1654	1703	1712	1720	1729	1737	1746	1755	1805	1815	1825	1835	
Becontree Heath Ship & Anchor	1545			1641	1649	1657	1705	1714	1723	1731	1740	1748	1757	1806	1815	1825	1835	1845	
Becontree Martins Corner	1552	Then		1648	1656	1704	1712	1721	1730	1738	1746	1754	1803	1812	1821	1831	1841	1851	
Faircross Barking Bus Garage	1602	every 8		1658	1706	1714	1722	1731	1740	1748	1756	1804	1813	1821	1830	1840	1850	1900	
Barking Station	1607	minutes		1703	1711	1719	1727	1736	1744	1752	1800	1808	1817	1825	1834	1844	1854	1904	
Barking London Road	1609	until		1705	1713	1721	1729	1738	1746	1754	1802	1810	1819	1827	1836	1846	1856	1906	
East Ham Newham Town Hall	1616			1712	1720	1728	1736	1744	1752	1800	1808	1816	1825	1833	1842	1852	1902	1912	
Upton Park The Boleyn (Barking Road)	1623			1719	1727	1734	1742	1750	1758	1806	1814	1822	1831	1839	1848	1858	1908	1918	
Plaistow Greengate	1627			1723	1731	1738	1746	1754	1802	1810	1818	1826	1835	1843	1852	1902	1912	1922	
Canning Town Bus Station	1636			1732	1739	1746	1754	1802	1810	1818	1826	1834	1843	1851	1900	1910	1920	1930	
Romford Market St. Edward's Way	1841	1851	1901	1911	1921	1931			2201	2211	2221	2231	2242	2253	2304	2314	2324	2334	
Romford Station	1845	1855	1905	1915	1924	1934			2204	2214	2224	2234	2245	2256	2307	2317	2327	2337	
Becontree Heath Ship & Anchor	1855	1905	1915	1925	1934	1943			2213	2223	2233	2243	2254	2305	2315	2325	2335	2345	
Becontree Martins Corner	1901	1911	1921	1931	1940	1949	Then		2219	2229	2239	2250	2300	2310	2320	2330	2340	2350	
Faircross Barking Bus Garage	1910	1920	1930	1939	1948	1957	every 10		2227	2237	2247	2257	2307	2317	2327	2337	2347	2357	
Barking Station	1914	1924	1933	1942	1951	2000	minutes		2230	2240	2250	2300	2310	2320	2330	2340	2350	0000	
Barking London Road	1916	1926	1935	1944	1953	2002	until		2232	2242	2252	2302	2312	2322	2332	2342	2352	0002	
East Ham Newham Town Hall	1922	1932	1940	1949	1958	2007			2237	2247	2257	2306	2316	2326	2336	2346	2356	0006	
Upton Park The Boleyn (Barking Road)	1928	1937	1945	1954	2003	2012			2242	2252	2301	2310	2320	2330	2340	2350	0000	0010	
Plaistow Greengate	1931	1940	1948	1957	2006	2015			2245	2255	2304	2313	2323	2333	2343	2353	0003	0013	
Canning Town Bus Station	1939	1948	1956	2005	2014	2023			2253	2302	2311	2320	2330	2340	2350	0000	0010	0020	
Romford Market St. Edward's Way	2346	2358	0010																
Romford Station	2349	0001	0013																
Becontree Heath Ship & Anchor	2357	0009	0021																
Becontree Martins Corner	0002	0014	0026																
Faircross Barking Bus Garage	0008	0020	0032																
Barking Station	0011	0023	0035																
Barking London Road	0013	0025	0037																
East Ham Newham Town Hall	0017	0029	0041																
Upton Park The Boleyn (Barking Road)	0021	0033	0045																
Plaistow Greengate	0024	0036	0048																
Canning Town Bus Station	0031	0042	0053																

# 5

## Canning Town – Barking – Romford

5	Mondays to Fridays																	
Canning Town Bus Station	0606	0616	0626	0636	0645	0654	0703	0710	0716	0722	0728	0734	0740	0747	0753	0800	0806	0812
Plaistow Greengate	0613	0623	0633	0643	0653	0702	0711	0718	0724	0730	0737	0743	0750	0757	0803	0810	0816	0822
Upton Park The Boleyn (Barking Road)	0615	0625	0635	0645	0655	0704	0713	0720	0726	0733	0740	0746	0753	0800	0806	0813	0819	0825
East Ham Newham Town Hall	0620	0630	0641	0651	0701	0710	0719	0726	0733	0741	0748	0754	0801	0808	0814	0821	0827	0833
Barking London Road	0625	0636	0647	0657	0707	0716	0725	0732	0740	0748	0755	0801	0808	0815	0821	0828	0834	0840
Barking Station	<del>0627</del>	<del>0638</del>	<del>0649</del>	<del>0659</del>	<del>0709</del>	<del>0718</del>	<del>0727</del>	<del>0735</del>	<del>0743</del>	<del>0751</del>	<del>0758</del>	<del>0804</del>	<del>0811</del>	<del>0818</del>	<del>0824</del>	<del>0831</del>	<del>0837</del>	<del>0843</del>
Faircross Barking Bus Garage	0630	0641	0652	0703	0713	0722	0731	0739	0747	0755	0802	0808	0815	0822	0828	0835	0841	0847
Becontree Martins Corner	0637	0648	0700	0712	0722	0731	0740	0748	0756	0804	0811	0817	0824	0831	0837	0844	0850	0856
Becontree Heath Ship & Anchor	0643	0656	0708	0720	0730	0740	0749	0757	0805	0813	0820	0826	0833	0840	0846	0853	0859	0906
Romford Station	0653	0708	0721	0733	0744	0754	0803	0811	0819	0827	0834	0840	0847	0854	0900	0906	0912	0918
Romford Station Victoria Road	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓
Romford Market St. Edward's Way	0655	0710	0723	0735	0746	0756	0806	0814	0822	0830	0837	0843	0850	0857	0903	0909	0915	0921
Canning Town Bus Station	0818	0824	0829	0835	0841	0846	0852	0858	0903	0909	15 22 29 35 42 49 55 02 09 Then 26 33 40 46 53 00 06 13 20 every 29 36 43 49 56 03 09 16 23 6-7 38 45 52 58 05 12 18 25 32 mins. 45 52 59 05 12 19 25 32 39 at <del>48 55 02 08 15 22 28 35 42</del> until <del>1242</del> these 52 59 06 12 19 26 32 39 46 mins. 03 10 17 23 30 37 43 50 57 past 13 20 27 33 40 47 53 00 07 the 25 32 39 45 52 59 05 12 19 hour	1209						
Plaistow Greengate	0828	0834	0839	0845	0851	0856	0902	0908	0914	0920		1220						
Upton Park The Boleyn (Barking Road)	0831	0837	0842	0848	0854	0859	0905	0911	0917	0923		1223						
East Ham Newham Town Hall	0839	0845	0850	0856	0902	0908	0914	0920	0926	0932		1232						
Barking London Road	0846	0852	0857	0903	0909	0915	0921	0927	0933	0939		1239						
Barking Station	<del>0849</del>	<del>0855</del>	<del>0900</del>	<del>0906</del>	<del>0912</del>	<del>0918</del>	<del>0924</del>	<del>0930</del>	<del>0936</del>	<del>0942</del>		1246						
Faircross Barking Bus Garage	0853	0859	0904	0910	0916	0922	0928	0934	0940	0946		1257						
Becontree Martins Corner	0902	0909	0915	0921	0927	0933	0939	0945	0951	0957		1307						
Becontree Heath Ship & Anchor	0912	0919	0925	0931	0937	0943	0949	0955	1001	1007		1319						
Romford Station	0924	0931	0937	0943	0949	0955	1001	1007	1013	1019		1322						
Romford Station Victoria Road	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓		↓						
Romford Market St. Edward's Way	0927	0934	0940	0946	0952	0958	1004	1010	1016	1022		1322						
Canning Town Bus Station	1216	1223	1230	1236	1243	1250	1256	1303	1310	1316		1323	1329	1336	1342	1349	1355	1402
Plaistow Greengate	1227	1234	1241	1247	1254	1301	1307	1314	1321	1327	1334	1340	1347	1353	1400	1406	1413	1419
Upton Park The Boleyn (Barking Road)	1230	1237	1244	1250	1257	1304	1310	1317	1324	1330	1337	1343	1350	1356	1403	1409	1416	1422
East Ham Newham Town Hall	1239	1246	1253	1259	1306	1313	1319	1326	1333	1339	1346	1352	1359	1405	1412	1418	1425	1431
Barking London Road	1246	1253	1300	1306	1313	1320	1326	1333	1340	1346	1353	1359	1406	1412	1419	1425	1432	1438
Barking Station	<del>1249</del>	<del>1256</del>	<del>1303</del>	<del>1309</del>	<del>1316</del>	<del>1323</del>	<del>1329</del>	<del>1336</del>	<del>1343</del>	<del>1349</del>	<del>1356</del>	<del>1402</del>	<del>1409</del>	<del>1415</del>	<del>1422</del>	<del>1428</del>	<del>1435</del>	<del>1441</del>
Faircross Barking Bus Garage	1253	1300	1307	1313	1320	1327	1333	1340	1347	1353	1400	1406	1413	1419	1426	1432	1439	1445
Becontree Martins Corner	1304	1311	1318	1324	1331	1338	1344	1351	1358	1404	1411	1417	1424	1430	1437	1443	1450	1456
Becontree Heath Ship & Anchor	1314	1321	1328	1334	1341	1348	1354	1401	1408	1414	1421	1427	1434	1441	1448	1455	1502	1508
Romford Station	1326	1333	1340	1346	1353	1400	1406	1413	1420	1426	1433	1439	1446	1453	1500	1507	1514	1520
Romford Station Victoria Road	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓
Romford Market St. Edward's Way	1329	1336	1343	1349	1356	1403	1409	1416	1423	1429	1436	1442	1449	1456	1503	1510	1517	1523
Canning Town Bus Station	1414	1421	1427	1433	1439	1445	1451	1458	1504	1510	1515	1521	1527	1533	1539	1546	1553	1559
Plaistow Greengate	1425	1432	1438	1444	1450	1456	1502	1509	1515	1521	1526	1532	1538	1545	1551	1558	1605	1611
Upton Park The Boleyn (Barking Road)	1428	1435	1441	1447	1453	1459	1505	1512	1518	1524	1529	1535	1542	1549	1555	1602	1609	1615
East Ham Newham Town Hall	1437	1444	1450	1456	1502	1508	1514	1521	1527	1534	1539	1546	1553	1600	1606	1613	1620	1626
Barking London Road	1444	1451	1457	1503	1509	1515	1521	1528	1535	1542	1549	1556	1603	1610	1616	1623	1630	1636
Barking Station	<del>1447</del>	<del>1454</del>	<del>1500</del>	<del>1506</del>	<del>1512</del>	<del>1518</del>	<del>1524</del>	<del>1531</del>	<del>1539</del>	<del>1546</del>	<del>1553</del>	<del>1600</del>	<del>1607</del>	<del>1614</del>	<del>1620</del>	<del>1627</del>	<del>1634</del>	<del>1640</del>
Faircross Barking Bus Garage	1451	1458	1504	1510	1516	1522	1528	1536	1544	1551	1558	1605	1612	1619	1625	1632	1639	1645
Becontree Martins Corner	1502	1509	1515	1521	1527	1533	1539	1547	1555	1602	1609	1616	1622	1629	1635	1642	1649	1655
Becontree Heath Ship & Anchor	1514	1521	1527	1533	1539	1545	1551	1558	1605	1611	1618	1625	1631	1638	1644	1651	1658	1704
Romford Station	1526	1533	1540	1547	1553	1559	1605	1612	1619	1625	1632	1639	1645	1652	1658	1705	1712	1718
Romford Station Victoria Road	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓
Romford Market St. Edward's Way	1529	1536	1543	1550	1556	1602	1608	1615	1622	1628	1635	1642	1648	1655	1701	1708	1715	1721
Canning Town Bus Station	1606	1613	1619	1626	1633	1639	1646	1652	1657	1702	1707	1712	1718	1725	1731	1738	1745	1752
Plaistow Greengate	1618	1625	1631	1638	1645	1651	1658	1704	1709	1714	1719	1724	1730	1737	1743	1750	1756	1803
Upton Park The Boleyn (Barking Road)	1622	1629	1635	1642	1649	1655	1702	1708	1713	1718	1723	1728	1734	1740	1746	1753	1759	1806
East Ham Newham Town Hall	1633	1640	1646	1653	1700	1706	1713	1719	1724	1729	1734	1739	1745	1750	1756	1802	1808	1815
Barking London Road	1643	1650	1656	1703	1710	1716	1723	1729	1734	1739	1744	1748	1754	1759	1805	1811	1817	1824
Barking Station	<del>1647</del>	<del>1654</del>	<del>1700</del>	<del>1707</del>	<del>1714</del>	<del>1720</del>	<del>1727</del>	<del>1733</del>	<del>1738</del>	<del>1743</del>	<del>1747</del>	<del>1752</del>	<del>1758</del>	<del>1803</del>	<del>1809</del>	<del>1815</del>	<del>1821</del>	<del>1828</del>
Faircross Barking Bus Garage	1652	1659	1705	1712	1719	1725	1732	1738	1743	1748	1752	1757	1803	1808	1814	1820	1826	1833
Becontree Martins Corner	1702	1709	1715	1722	1729	1735	1742	1748	1753	1758	1802	1807	1813	1818	1824	1830	1836	1842
Becontree Heath Ship & Anchor	1711	1718	1724	1731	1738	1744	1751	1757	1802	1807	1811	1816	1822	1827	1833	1839	1844	1849
Romford Station	1725	1732	1738	1744	1751	1757	1804	1810	1815	1820	1824	1829	1835	1840	1845	1850	1855	1900
Romford Station Victoria Road	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓
Romford Market St. Edward's Way	1728	1735	1741	1747	1754	1800	1807	1813	1818	1823	1827	1832	1837	1842	1847	1852	1857	1902

5 Mondays to Fridays (cont.)																		
Canning Town Bus Station	1759	1806	1813	1820	1827	1834	1840	1847	1853	1900	1907	1914	1921	1929	1937	1945	1953	2001
Plaistow Greengate	1810	1817	1824	1831	1838	1844	1850	1857	1903	1910	1917	1924	1931	1939	1946	1954	2002	2010
Upton Park The Boleyn (Barking Road)	1813	1820	1827	1834	1841	1847	1853	1900	1906	1913	1920	1927	1934	1942	1949	1957	2005	2013
East Ham Newham Town Hall	1822	1829	1836	1842	1849	1855	1901	1908	1914	1921	1928	1935	1942	1950	1957	2005	2013	2021
Barking London Road	1831	1838	1844	1850	1856	1902	1908	1915	1921	1928	1935	1941	1948	1956	2003	2011	2019	2027
Barking Station	<del>1835</del>	<del>1841</del>	<del>1847</del>	<del>1853</del>	<del>1859</del>	<del>1905</del>	<del>1911</del>	<del>1918</del>	<del>1924</del>	<del>1931</del>	<del>1938</del>	<del>1944</del>	<del>1951</del>	<del>1959</del>	<del>2006</del>	<del>2014</del>	<del>2022</del>	<del>2030</del>
Faircross Barking Bus Garage	1839	1845	1851	1857	1903	1909	1915	1922	1928	1935	1942	1948	1955	2003	2010	2018	2026	2034
Becontree Martins Corner	1848	1854	1900	1906	1912	1918	1924	1930	1936	1943	1950	1956	2003	2011	2018	2026	2034	2042
Becontree Heath Ship & Anchor	1855	1901	1907	1913	1919	1925	1931	1937	1943	1950	1957	2003	2010	2018	2025	2033	2041	2049
Romford Station	1906	1912	1918	1924	1930	1936	1942	1947	1953	2000	2007	2013	2020	2028	2035	2042	2050	2058
Romford Station Victoria Road	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓
Romford Market St. Edward's Way	1908	1914	1920	1926	1932	1938	1944	1949	1955	2002	2009	2015	2022	2030	2037	2044	2052	2100
Canning Town Bus Station	2009	2017	2026	2035	2045	Then every 10 minutes until	2135	2145	2155	2205	2215	2226	2236	2246	Then every 10 minutes until	0006		
Plaistow Greengate	2018	2026	2035	2044	2053		2143	2153	2203	2213	2223	2234	2244	2253		0013		
Upton Park The Boleyn (Barking Road)	2021	2029	2037	2046	2055		2145	2155	2205	2215	2225	2236	2246	2255		0015		
East Ham Newham Town Hall	2029	2037	2045	2053	2102		2152	2202	2212	2222	2232	2243	2252	2301		0021		
Barking London Road	2035	2043	2051	2059	2108		2158	2208	2218	2228	2238	2249	2257	2306		0026		
Barking Station	<del>2038</del>	<del>2046</del>	<del>2054</del>	<del>2102</del>	<del>2111</del>		<del>2201</del>	<del>2211</del>	<del>2221</del>	<del>2231</del>	<del>2241</del>	<del>2251</del>	<del>2259</del>	<del>2308</del>		<del>0028</del>		
Faircross Barking Bus Garage	2042	2050	2058	2106	2115		2205	2215	2225	2235	2245	2254	2302	2311		0031		
Becontree Martins Corner	2050	2058	2106	2114	2123		2213	2223	2233	2243	2252	2301	2309	2318		0038		
Becontree Heath Ship & Anchor	2057	2105	2113	2121	2130		2220	2230	2239	2248	2257	2306	2314	2323		0043		
Romford Station	2106	2114	2122	2130	↓		↓	↓	↓	↓	↓	↓	↓	↓		↓		
Romford Station Victoria Road	↓	↓	↓	↓	2139	2229	2239	2248	2257	2306	2315	2323	2332	0052				
Romford Market St. Edward's Way	2108	2116	2124	2132	2142	2232	2241	2250	2259	2308	2317	2325	2334	0054				
Canning Town Bus Station	0017	0028	0039	0050	0102													
Plaistow Greengate	0024	0035	0046	0057	0109													
Upton Park The Boleyn (Barking Road)	0026	0037	0048	0059	0111													
East Ham Newham Town Hall	0031	0042	0053	0104	0116													
Barking London Road	0036	0047	0058	0109	0121													
Barking Station	<del>0038</del>	<del>0049</del>	<del>0100</del>	<del>0111</del>	<del>0122</del>													
Faircross Barking Bus Garage	0041	0052	0103	0114	0125													
Becontree Martins Corner	0048	0059	0110	0120	0131													
Becontree Heath Ship & Anchor	0053	0104	0115	0125	0135													
Romford Station	↓	↓	↓	↓	↓													
Romford Station Victoria Road	0102	0112	0122	0132	0142													
Romford Market St. Edward's Way	0104	0114	0124	0134	0144													
5 Saturdays (also Good Friday)																		
Canning Town Bus Station	0607	0622	0634	0646	0657	0707	0717	0726	0734	0742	0750	0758	0805	0812	0819	0826	0833	0839
Plaistow Greengate	0614	0629	0641	0653	0704	0714	0724	0733	0742	0750	0758	0806	0813	0820	0827	0834	0841	0847
Upton Park The Boleyn (Barking Road)	0616	0631	0643	0655	0706	0716	0726	0735	0744	0752	0800	0808	0815	0822	0829	0836	0843	0849
East Ham Newham Town Hall	0621	0636	0648	0700	0711	0721	0731	0740	0750	0758	0806	0814	0821	0828	0835	0842	0849	0855
Barking London Road	0626	0641	0653	0705	0716	0726	0736	0746	0756	0804	0812	0820	0827	0834	0841	0848	0855	0901
Barking Station	<del>0628</del>	<del>0643</del>	<del>0655</del>	<del>0707</del>	<del>0718</del>	<del>0728</del>	<del>0738</del>	<del>0748</del>	<del>0758</del>	<del>0806</del>	<del>0814</del>	<del>0822</del>	<del>0829</del>	<del>0836</del>	<del>0843</del>	<del>0850</del>	<del>0857</del>	<del>0904</del>
Faircross Barking Bus Garage	0631	0646	0658	0710	0721	0731	0741	0751	0801	0809	0817	0825	0832	0839	0846	0853	0900	0908
Becontree Martins Corner	0638	0653	0705	0717	0728	0738	0748	0758	0808	0816	0824	0832	0839	0846	0853	0900	0908	0916
Becontree Heath Ship & Anchor	0644	0659	0711	0723	0734	0745	0755	0805	0815	0823	0831	0839	0846	0853	0900	0908	0916	0924
Romford Station	0653	0708	0720	0732	0744	0755	0805	0815	0825	0833	0841	0849	0856	0904	0912	0920	0928	0936
Romford Station Victoria Road	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓
Romford Market St. Edward's Way	0655	0710	0722	0734	0746	0757	0807	0817	0827	0835	0843	0851	0859	0907	0915	0923	0931	0939
Canning Town Bus Station	0846	0852	0858	0904	0909	0915	0921	0926	0932	0938	0943	0949	0954	0959	1005	1011	1017	1024
Plaistow Greengate	0854	0900	0906	0913	0918	0924	0930	0935	0941	0947	0952	0958	1003	1008	1015	1021	1027	1034
Upton Park The Boleyn (Barking Road)	0856	0903	0909	0916	0921	0927	0933	0938	0944	0950	0955	1001	1006	1011	1018	1024	1030	1037
East Ham Newham Town Hall	0902	0910	0916	0923	0928	0934	0940	0945	0951	0957	1003	1009	1015	1020	1027	1033	1039	1046
Barking London Road	0909	0917	0923	0930	0935	0941	0947	0952	0958	1004	1010	1016	1022	1027	1034	1040	1046	1053
Barking Station	<del>0912</del>	<del>0920</del>	<del>0926</del>	<del>0933</del>	<del>0938</del>	<del>0944</del>	<del>0950</del>	<del>0955</del>	<del>1001</del>	<del>1007</del>	<del>1013</del>	<del>1019</del>	<del>1025</del>	<del>1030</del>	<del>1037</del>	<del>1043</del>	<del>1049</del>	<del>1056</del>
Faircross Barking Bus Garage	0916	0924	0930	0937	0942	0948	0954	0959	1005	1011	1017	1023	1029	1034	1041	1047	1053	1100
Becontree Martins Corner	0924	0932	0938	0945	0950	0956	1002	1007	1014	1021	1027	1033	1039	1044	1051	1057	1103	1110
Becontree Heath Ship & Anchor	0932	0940	0946	0953	0958	1005	1011	1016	1023	1030	1036	1042	1048	1053	1100	1106	1113	1120
Romford Station	0944	0952	0958	1005	1011	1018	1024	1029	1036	1043	1049	1055	1101	1108	1115	1121	1128	1135
Romford Station Victoria Road	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓
Romford Market St. Edward's Way	0947	0955	1001	1009	1015	1022	1028	1033	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	0758	0808	0818	0829	0840	0851	0901	0911	0919	0927	0934	0941	0948	0956
Plaistow Greengate	0614	0629		0805	0815	0826	0837	0848	0859	0909	0919	0927	0935	0942	0949	0956	1004
Upton Park The Boleyn (Barking Road)	0616	0631		0807	0817	0828	0839	0850	0901	0911	0921	0929	0937	0944	0951	0958	1006
East Ham Newham Town Hall	0622	0637		0813	0823	0834	0845	0856	0907	0917	0927	0935	0943	0950	0957	1005	1013
Barking London Road	0627	0642		0818	0829	0840	0851	0902	0913	0923	0933	0941	0949	0956	1003	1011	1019
Barking Station	<del>0629</del>	<del>0644</del>		<del>0820</del>	<del>0831</del>	<del>0842</del>	<del>0853</del>	<del>0904</del>	<del>0915</del>	<del>0925</del>	<del>0935</del>	<del>0943</del>	<del>0951</del>	<del>0958</del>	<del>1005</del>	<del>1013</del>	<del>1021</del>
Faircross Barking Bus Garage	0632	0647		0823	0834	0845	0856	0907	0918	0928	0938	0946	0954	1002	1009	1017	1025
Becontree Martins Corner	0639	0654		0830	0841	0853	0904	0915	0926	0936	0946	0954	1003	1012	1019	1027	1035
Becontree Heath Ship & Anchor	0644	0659		0835	0847	0859	0910	0921	0932	0942	0952	1000	1010	1019	1026	1034	1042
Romford Station	0653	0708		0844	0856	0908	0919	0930	0941	0951	1001	1011	1021	1030	1037	1045	1053
Romford Station Victoria Road	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	
Romford Market St. Edward's Way	0655	0710	0846	0858	0910	0921	0932	0943	0953	1003	1013	1023	1032	1040	1048	1056	
Canning Town Bus Station	1004	1011	1019	1026	1034	1041	1048	1055	1102	1109	1116	Then every 8 minutes until	1420	1428	1436	1444	1452
Plaistow Greengate	1012	1020	1028	1035	1043	1050	1057	1104	1111	1118	1126		1430	1438	1446	1454	1502
Upton Park The Boleyn (Barking Road)	1014	1022	1030	1037	1045	1052	1059	1106	1113	1121	1129		1433	1441	1449	1457	1505
East Ham Newham Town Hall	1021	1029	1037	1044	1052	1059	1106	1114	1122	1130	1138		1442	1450	1458	1506	1514
Barking London Road	1027	1035	1043	1050	1058	1105	1113	1121	1129	1137	1145		1449	1457	1505	1513	1521
Barking Station	<del>1029</del>	<del>1037</del>	<del>1045</del>	<del>1052</del>	<del>1100</del>	<del>1108</del>	<del>1116</del>	<del>1124</del>	<del>1132</del>	<del>1140</del>	<del>1148</del>		<del>1452</del>	<del>1500</del>	<del>1508</del>	<del>1516</del>	<del>1524</del>
Faircross Barking Bus Garage	1033	1041	1049	1056	1104	1112	1120	1128	1136	1144	1152		1456	1504	1512	1520	1528
Becontree Martins Corner	1043	1051	1059	1106	1114	1122	1130	1138	1146	1154	1202		1506	1514	1522	1530	1538
Becontree Heath Ship & Anchor	1050	1058	1106	1114	1122	1130	1138	1146	1154	1202	1210		1514	1522	1530	1537	1545
Romford Station	1101	1109	1117	1125	1133	1141	1149	1157	1205	1213	1221		1525	1533	1540	1547	1555
Romford Station Victoria Road	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	
Romford Market St. Edward's Way	1104	1112	1120	1128	1136	1144	1152	1200	1208	1216	1224	1528	1535	1542	1549	1557	
Canning Town Bus Station	1500	1508	1516	1524	1532	1540	Then every 8 minutes until	1724	1733	1741	1749	1757	1805	1814	Then every 8 minutes until	1846	
Plaistow Greengate	1510	1518	1526	1534	1542	1550		1734	1743	1751	1759	1806	1814	1823		1855	
Upton Park The Boleyn (Barking Road)	1513	1521	1529	1537	1545	1553		1737	1746	1754	1802	1809	1817	1826		1858	
East Ham Newham Town Hall	1522	1530	1538	1546	1554	1602		1746	1755	1803	1811	1818	1826	1834		1906	
Barking London Road	1529	1537	1545	1553	1601	1608		1752	1801	1809	1817	1824	1832	1840		1912	
Barking Station	<del>1532</del>	<del>1540</del>	<del>1548</del>	<del>1556</del>	<del>1604</del>	<del>1611</del>		<del>1755</del>	<del>1804</del>	<del>1812</del>	<del>1820</del>	<del>1827</del>	<del>1835</del>	<del>1843</del>		<del>1915</del>	
Faircross Barking Bus Garage	1536	1544	1552	1600	1608	1615		1759	1808	1816	1824	1831	1839	1847		1919	
Becontree Martins Corner	1545	1553	1601	1609	1617	1624		1808	1817	1825	1833	1840	1847	1855		1927	
Becontree Heath Ship & Anchor	1552	1600	1608	1616	1624	1631		1815	1824	1832	1840	1847	1854	1902		1934	
Romford Station	1602	1610	1618	1626	1634	1641		1825	1834	1842	1850	1857	1904	1912		1944	
Romford Station Victoria Road	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓			
Romford Market St. Edward's Way	1604	1612	1620	1628	1636	1643	1827	1836	1844	1852	1859	1906	1914	1946			
Canning Town Bus Station	1855	1905	1915	1925	1935	Then every 10 minutes until	2035	2045	Then every 10 minutes until	2135	2145	2155	2205	2215	2225	2235	
Plaistow Greengate	1904	1914	1924	1934	1943		2043	2053		2143	2153	2203	2213	2223	2233	2243	
Upton Park The Boleyn (Barking Road)	1907	1917	1927	1936	1945		2045	2055		2145	2155	2205	2215	2225	2235	2245	
East Ham Newham Town Hall	1915	1925	1934	1943	1952		2052	2102		2152	2202	2212	2222	2232	2242	2252	
Barking London Road	1921	1931	1940	1949	1958		2058	2108		2158	2208	2218	2228	2238	2248	2257	
Barking Station	<del>1924</del>	<del>1933</del>	<del>1942</del>	<del>1951</del>	<del>2000</del>		<del>2100</del>	<del>2110</del>		<del>2200</del>	<del>2210</del>	<del>2220</del>	<del>2230</del>	<del>2240</del>	<del>2250</del>	<del>2259</del>	
Faircross Barking Bus Garage	1928	1937	1946	1955	2004		2104	2114		2204	2214	2224	2234	2244	2253	2302	
Becontree Martins Corner	1936	1945	1954	2003	2012		2112	2122		2212	2222	2232	2242	2252	2300	2309	
Becontree Heath Ship & Anchor	1943	1952	2001	2010	2019		2119	2129		2219	2229	2239	2249	2258	2306	2314	
Romford Station	1952	2001	2010	2019	2028		2128	↓		↓	↓	↓	↓	↓	↓	↓	
Romford Station Victoria Road	↓	↓	↓	↓	↓	↓	2138	2228	2238	2248	2258	2307	2315	2323			
Romford Market St. Edward's Way	1954	2003	2012	2021	2030	2130	2141	2231	2240	2250	2300	2309	2317	2325			
Canning Town Bus Station	2245	2256	Then every 10 minutes until	0006	0017	0028	0039	0050	0102								
Plaistow Greengate	2253	2303		0013	0024	0035	0046	0057	0109								
Upton Park The Boleyn (Barking Road)	2255	2305		0015	0026	0037	0048	0059	0111								
East Ham Newham Town Hall	2301	2311		0021	0032	0043	0053	0104	0116								
Barking London Road	2306	2316		0026	0037	0048	0058	0109	0121								
Barking Station	<del>2308</del>	<del>2318</del>		<del>0028</del>	<del>0039</del>	<del>0050</del>	<del>0100</del>	<del>0111</del>	<del>0123</del>								
Faircross Barking Bus Garage	2311	2321		0031	0042	0053	0103	0114	0126								
Becontree Martins Corner	2318	2328		0038	0049	0100	0110	0121	0132								
Becontree Heath Ship & Anchor	2323	2333		0043	0054	0105	0115	0126	0137								
Romford Station	↓	↓		↓	↓	↓	↓	↓	↓								
Romford Station Victoria Road	2332	2342	0052	0103	0114	0124	0134	0144									
Romford Market St. Edward's Way	2334	2344	0054	0105	0116	0126	0136	0146									