

58	Mondays to Fridays																	
East Ham White Horse	0440	0500	0520	0540	0600	0615	0629	0641	0653	0702	0712	0722	0732	0742	0752	0802	0814	0826
East Ham Newham Town Hall	0441	0501	0521	0541	0601	0616	0630	0642	0654	0703	0713	0723	0733	0743	0753	0803	0815	0827
Upton Park The Boleyn (Green Street)	0446	0506	0526	0546	0607	0622	0636	0648	0700	0710	0720	0730	0740	0750	0800	0811	0823	0835
Forest Gate Police Station (Green St.)	0452	0512	0532	0552	0614	0629	0643	0655	0708	0718	0728	0738	0748	0758	0809	0821	0833	0845
Forest Gate Station	0455	0515	0535	0555	0618	0633	0647	0659	0713	0723	0733	0743	0753	0803	0815	0827	0839	0851
Dames Road Wanstead Flats	0458	0518	0538	0558	0622	0637	0651	0703	0718	0728	0738	0748	0758	0809	0821	0833	0845	0857
Leytonstone Thatched House	0503	0523	0543	0603	0628	0643	0657	0709	0724	0734	0744	0754	0804	0816	0828	0840	0852	0904
Leyton Station	0507	0527	0547	0608	0633	0648	0702	0715	0730	0740	0750	0800	0810	0822	0834	0846	0858	0910
Markhouse Road Lea Bridge Road	0513	0533	0553	0615	0640	0655	0711	0724	0739	0749	0759	0810	0820	0832	0844	0856	0908	0920
Walthamstow South Grove	0518	0538	0558	0621	0646	0701	0718	0731	0746	0756	0806	0818	0828	0840	0852	0903	0915	0927
Walthamstow Central Station	0520	0540	0600	0623	0648	0704	0721	0734	0749	0759	0810	0822	0832	0844	0856	0907	0919	0931
East Ham White Horse	0838	0850	0902	0914	0926	0938	0950	1002	1014	1026	1038	1050	1102	1114	1126	1138	1150	1202
East Ham Newham Town Hall	0839	0851	0903	0915	0927	0939	0951	1003	1015	1027	1039	1051	1103	1115	1127	1139	1151	1204
Upton Park The Boleyn (Green Street)	0847	0859	0911	0923	0935	0947	0959	1011	1023	1035	1047	1059	1111	1123	1135	1147	1159	1212
Forest Gate Police Station (Green St.)	0857	0909	0921	0933	0945	0957	1009	1021	1033	1045	1058	1111	1123	1135	1147	1159	1211	1224
Forest Gate Station	0903	0915	0927	0939	0951	1003	1015	1027	1039	1051	1104	1117	1129	1141	1153	1205	1218	1231
Dames Road Wanstead Flats	0909	0921	0933	0945	0957	1008	1020	1032	1044	1056	1109	1122	1134	1146	1158	1211	1224	1237
Leytonstone Thatched House	0915	0927	0939	0951	1003	1014	1026	1038	1050	1102	1115	1128	1140	1152	1204	1217	1230	1243
Leyton Station	0921	0933	0945	0957	1009	1020	1032	1044	1056	1109	1122	1135	1147	1159	1211	1224	1237	1250
Markhouse Road Lea Bridge Road	0931	0943	0955	1007	1019	1030	1042	1054	1106	1119	1132	1145	1157	1209	1221	1234	1247	1300
Walthamstow South Grove	0938	0950	1002	1014	1026	1037	1049	1101	1113	1126	1139	1152	1204	1216	1228	1241	1254	1307
Walthamstow Central Station	0942	0954	1006	1018	1030	1041	1053	1105	1117	1130	1143	1156	1209	1221	1233	1246	1259	1312
East Ham White Horse	1214	1226	1238	1250	1302	1314	1326	1338	1350	1402	1414	1426	1438	1449	1501	1513	1523	1534
East Ham Newham Town Hall	1216	1228	1240	1252	1304	1316	1328	1340	1352	1404	1416	1428	1440	1451	1503	1515	1525	1536
Upton Park The Boleyn (Green Street)	1224	1236	1248	1300	1312	1324	1336	1348	1400	1413	1425	1437	1449	1500	1512	1524	1534	1545
Forest Gate Police Station (Green St.)	1236	1248	1300	1312	1324	1336	1348	1400	1413	1426	1438	1450	1502	1514	1526	1538	1548	1559
Forest Gate Station	1243	1255	1307	1319	1331	1343	1355	1407	1420	1433	1445	1457	1510	1522	1534	1546	1556	1607
Dames Road Wanstead Flats	1249	1301	1313	1325	1337	1349	1401	1413	1426	1439	1451	1503	1516	1528	1540	1552	1602	1614
Leytonstone Thatched House	1255	1307	1319	1331	1343	1355	1407	1419	1432	1445	1457	1510	1523	1535	1547	1559	1609	1621
Leyton Station	1302	1315	1327	1339	1351	1402	1414	1426	1439	1452	1504	1518	1531	1543	1555	1607	1619	1631
Markhouse Road Lea Bridge Road	1313	1326	1338	1350	1402	1413	1425	1437	1450	1503	1515	1529	1542	1554	1606	1618	1630	1642
Walthamstow South Grove	1320	1333	1345	1357	1409	1420	1432	1444	1457	1512	1524	1538	1551	1603	1614	1626	1638	1650
Walthamstow Central Station	1325	1338	1350	1402	1415	1426	1438	1450	1503	1518	1530	1544	1557	1609	1620	1632	1644	1656
East Ham White Horse	1546	1558	1610	1622	1634	1646	1658	1710	1722	1734	1746	1758	1810	1822	1834	1847	1900	1915
East Ham Newham Town Hall	1548	1600	1612	1624	1636	1648	1700	1712	1724	1736	1748	1800	1811	1823	1835	1848	1901	1916
Upton Park The Boleyn (Green Street)	1557	1609	1621	1633	1645	1657	1709	1721	1733	1745	1757	1808	1819	1831	1843	1856	1909	1924
Forest Gate Police Station (Green St.)	1611	1623	1634	1646	1658	1710	1722	1734	1746	1758	1810	1821	1832	1844	1856	1909	1920	1935
Forest Gate Station	1619	1631	1642	1654	1706	1718	1730	1742	1754	1806	1817	1828	1839	1851	1903	1916	1927	1942
Dames Road Wanstead Flats	1626	1638	1649	1701	1712	1724	1736	1748	1800	1812	1823	1834	1845	1857	1910	1923	1934	1949
Leytonstone Thatched House	1633	1645	1656	1708	1719	1731	1743	1755	1807	1819	1830	1841	1852	1904	1916	1929	1940	1955
Leyton Station	1643	1655	1706	1717	1728	1740	1752	1804	1816	1828	1839	1850	1901	1911	1923	1936	1947	2002
Markhouse Road Lea Bridge Road	1654	1706	1718	1729	1740	1752	1804	1816	1828	1840	1851	1902	1912	1922	1934	1947	1958	2012
Walthamstow South Grove	1702	1714	1726	1737	1748	1800	1811	1823	1835	1847	1858	1909	1919	1929	1941	1954	2005	2018
Walthamstow Central Station	1708	1720	1732	1743	1754	1806	1817	1829	1841	1853	1904	1913	1923	1933	1945	1958	2008	2021
East Ham White Horse	1930	1945	2000	2015	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315		0045
East Ham Newham Town Hall	1931	1946	2001	2016	2031	2046	2101	2116	2131	2146	2201	2216	2231	2246	2301	2316		0046
Upton Park The Boleyn (Green Street)	1939	1954	2008	2023	2038	2053	2107	2122	2137	2152	2206	2221	2236	2251	2306	2321		0051
Forest Gate Police Station (Green St.)	1950	2005	2018	2033	2048	2103	2116	2131	2146	2201	2215	2229	2244	2259	2313	2328	Then	0058
Forest Gate Station	1957	2011	2024	2039	2054	2109	2122	2137	2152	2206	2220	2234	2249	2304	2318	2332	every	0102
Dames Road Wanstead Flats	2004	2017	2030	2045	2100	2114	2127	2142	2157	2211	2225	2239	2254	2309	2323	2336	15	0106
Leytonstone Thatched House	2010	2023	2036	2051	2106	2120	2133	2148	2203	2217	2230	2244	2259	2314	2327	2340	mins.	0110
Leyton Station	2017	2030	2043	2058	2113	2127	2140	2155	2209	2222	2235	2249	2304	2318	2331	2344	until	0114
Markhouse Road Lea Bridge Road	2027	2040	2053	2108	2123	2137	2150	2205	2218	2231	2244	2258	2312	2325	2338	2351		0121
Walthamstow South Grove	2033	2046	2059	2114	2129	2143	2156	2211	2224	2237	2250	2304	2317	2330	2343	2356		0126
Walthamstow Central Station	2036	2049	2102	2117	2132	2146	2159	2213	2226	2239	2252	2306	2319	2332	2345	2358		0128

58	Saturdays (also Good Friday)																		
East Ham White Horse	0440	0500	0520	0540	0600	0620	0640	0700	0720	0740	0800	0815	0830	0842	0854	0906	0918	0930	
East Ham Newham Town Hall	0441	0501	0521	0541	0601	0621	0641	0701	0721	0741	0801	0816	0831	0843	0855	0907	0919	0931	
Upton Park The Boleyn (Green Street)	0446	0506	0526	0546	0606	0626	0646	0706	0726	0746	0807	0822	0837	0849	0901	0913	0925	0937	
Forest Gate Police Station (Green St.)	0452	0512	0532	0552	0612	0632	0652	0713	0733	0753	0815	0830	0845	0857	0910	0922	0934	0946	
Forest Gate Station	0455	0515	0535	0555	0615	0635	0655	0717	0737	0757	0819	0834	0849	0901	0915	0927	0939	0951	
Dames Road Wanstead Flats	0458	0518	0538	0558	0619	0639	0659	0721	0741	0801	0823	0838	0853	0906	0920	0932	0944	0956	
Leytonstone Thatched House	0502	0522	0542	0602	0624	0644	0704	0726	0746	0806	0828	0843	0858	0912	0926	0938	0950	1002	
Leyton Station	0506	0526	0546	0606	0628	0648	0710	0732	0752	0812	0834	0849	0904	0918	0932	0944	0956	1008	
Markhouse Road Lea Bridge Road	0512	0532	0552	0613	0635	0655	0718	0740	0800	0820	0842	0857	0913	0927	0941	0953	1005	1018	
Walthamstow South Grove	0517	0537	0557	0618	0640	0700	0724	0746	0806	0826	0848	0903	0920	0934	0948	1000	1012	1025	
Walthamstow Central Station	0519	0539	0559	0620	0642	0702	0726	0748	0809	0829	0851	0907	0924	0938	0952	1004	1016	1029	
East Ham White Horse	0942	0952	1003	1014	1024	1036	1048	1100	1112	1124	1136	1148	1200	1212	1224	1236	1248	1300	
East Ham Newham Town Hall	0943	0953	1004	1015	1025	1037	1049	1102	1114	1126	1138	1150	1202	1214	1226	1238	1250	1302	
Upton Park The Boleyn (Green Street)	0949	0959	1011	1023	1033	1045	1057	1110	1122	1134	1146	1158	1211	1223	1235	1247	1259	1311	
Forest Gate Police Station (Green St.)	0958	1009	1021	1033	1044	1057	1109	1123	1135	1147	1159	1211	1226	1238	1250	1302	1315	1328	
Forest Gate Station	1003	1015	1027	1039	1050	1103	1116	1130	1142	1154	1206	1219	1234	1246	1258	1310	1323	1336	
Dames Road Wanstead Flats	1008	1020	1032	1044	1055	1109	1122	1136	1148	1200	1212	1225	1240	1252	1304	1316	1329	1342	
Leytonstone Thatched House	1014	1026	1038	1050	1101	1115	1128	1142	1154	1207	1219	1232	1247	1259	1311	1323	1336	1349	
Leyton Station	1020	1032	1044	1056	1108	1122	1135	1149	1201	1216	1228	1241	1256	1308	1320	1332	1344	1357	
Markhouse Road Lea Bridge Road	1030	1042	1054	1106	1118	1132	1145	1159	1212	1227	1239	1252	1307	1320	1332	1344	1356	1409	
Walthamstow South Grove	1037	1049	1101	1113	1125	1139	1152	1206	1220	1235	1247	1300	1315	1328	1340	1352	1404	1418	
Walthamstow Central Station	1041	1053	1107	1119	1131	1145	1158	1213	1227	1242	1254	1308	1323	1336	1348	1400	1413	1427	
East Ham White Horse	1312	1324	1336	1348	1400	1412	1424	1436	1448	1500	1512	1524	1536	1548	1600	1612	1624	1636	
East Ham Newham Town Hall	1314	1326	1338	1350	1402	1414	1426	1438	1450	1502	1514	1526	1538	1550	1602	1614	1626	1638	
Upton Park The Boleyn (Green Street)	1323	1335	1347	1359	1411	1423	1435	1447	1459	1511	1523	1535	1547	1559	1611	1623	1635	1647	
Forest Gate Police Station (Green St.)	1340	1352	1404	1416	1429	1441	1453	1505	1517	1529	1540	1552	1604	1616	1627	1639	1651	1703	
Forest Gate Station	1348	1400	1412	1424	1437	1449	1501	1513	1525	1537	1548	1600	1612	1624	1635	1647	1659	1710	
Dames Road Wanstead Flats	1354	1406	1418	1430	1443	1455	1507	1519	1531	1543	1554	1606	1618	1630	1641	1653	1705	1716	
Leytonstone Thatched House	1401	1413	1425	1437	1450	1502	1514	1526	1538	1550	1601	1613	1625	1637	1648	1700	1711	1722	
Leyton Station	1411	1423	1435	1447	1500	1511	1522	1534	1546	1558	1610	1622	1634	1646	1657	1709	1720	1731	
Markhouse Road Lea Bridge Road	1423	1435	1447	1459	1512	1523	1534	1546	1558	1610	1622	1634	1646	1658	1709	1720	1731	1742	
Walthamstow South Grove	1432	1444	1456	1508	1521	1532	1543	1555	1607	1619	1630	1642	1654	1706	1717	1728	1738	1749	
Walthamstow Central Station	1441	1453	1505	1519	1532	1543	1554	1606	1617	1629	1640	1652	1704	1715	1725	1735	1745	1756	
East Ham White Horse	1648	1700	1712	1725	1738	1751	1804	1817	1830	1845	1900	1915	1930	1945	2000	2015	2030	2045	
East Ham Newham Town Hall	1650	1702	1714	1727	1740	1753	1806	1819	1832	1847	1902	1917	1932	1947	2002	2017	2032	2047	
Upton Park The Boleyn (Green Street)	1659	1710	1722	1735	1748	1801	1814	1827	1840	1855	1911	1926	1941	1956	2011	2026	2041	2056	
Forest Gate Police Station (Green St.)	1715	1727	1739	1752	1805	1815	1828	1841	1854	1909	1923	1938	1953	2008	2022	2036	2051	2106	
Forest Gate Station	1722	1734	1746	1759	1813	1823	1836	1849	1902	1916	1930	1945	2000	2015	2029	2043	2058	2112	
Dames Road Wanstead Flats	1728	1740	1752	1805	1819	1829	1842	1855	1908	1922	1936	1951	2006	2021	2035	2049	2104	2117	
Leytonstone Thatched House	1734	1746	1758	1811	1825	1835	1848	1901	1914	1928	1942	1957	2012	2027	2041	2055	2109	2122	
Leyton Station	1743	1755	1807	1819	1833	1843	1856	1908	1921	1935	1949	2004	2019	2034	2048	2102	2115	2128	
Markhouse Road Lea Bridge Road	1754	1806	1818	1830	1844	1854	1907	1921	1934	1948	2000	2015	2030	2045	2059	2112	2125	2138	
Walthamstow South Grove	1801	1813	1825	1837	1851	1901	1913	1927	1940	1954	2006	2021	2036	2051	2105	2118	2131	2144	
Walthamstow Central Station	1807	1819	1831	1843	1857	1905	1917	1931	1944	1958	2010	2025	2040	2055	2108	2121	2134	2147	
East Ham White Horse	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345	0000	0015	0030	0045			
East Ham Newham Town Hall	2101	2116	2131	2146	2201	2216	2231	2246	2301	2316	2331	2346	0001	0016	0031	0046			
Upton Park The Boleyn (Green Street)	2108	2123	2138	2153	2207	2222	2237	2252	2306	2321	2336	2351	0006	0021	0036	0051			
Forest Gate Police Station (Green St.)	2117	2132	2147	2202	2216	2231	2246	2301	2315	2329	2344	2359	0014	0028	0043	0058			
Forest Gate Station	2123	2138	2153	2207	2221	2236	2251	2306	2320	2334	2349	0004	0018	0031	0046	0101			
Dames Road Wanstead Flats	2128	2143	2158	2212	2226	2241	2256	2310	2324	2338	2353	0008	0022	0035	0050	0105			
Leytonstone Thatched House	2133	2148	2203	2217	2231	2246	2301	2314	2328	2341	2356	0011	0025	0038	0053	0108			
Leyton Station	2139	2154	2208	2222	2236	2251	2306	2319	2333	2345	0000	0015	0029	0042	0057	0112			
Markhouse Road Lea Bridge Road	2149	2204	2217	2231	2245	2300	2314	2327	2341	2353	0007	0022	0036	0049	0104	0119			
Walthamstow South Grove	2155	2209	2222	2236	2250	2305	2319	2332	2346	2358	0012	0026	0040	0053	0108	0123			
Walthamstow Central Station	2158	2212	2225	2239	2253	2307	2321	2334	2348	0000	0014	0028	0042	0055	0110	0125			

58		Sundays and other Public Holidays (except Christmas Day)																
East Ham White Horse	0440		0640	0656	0711	0726	0741	0756	0811	0826	0841	0856	0911	0926	0941	0953	1007	
East Ham Newham Town Hall	0441		0641	0657	0712	0727	0742	0757	0812	0827	0842	0857	0912	0927	0942	0954	1008	
Upton Park The Boleyn (Green Street)	0445		0645	0702	0717	0732	0747	0802	0817	0832	0847	0902	0918	0933	0948	1000	1015	
Forest Gate Police Station (Green St.)	0450	Then	0650	0708	0723	0738	0753	0809	0824	0839	0854	0909	0925	0940	0955	1008	1023	
Forest Gate Station	0453	every 20	0653	0711	0726	0741	0756	0813	0828	0843	0858	0913	0929	0944	0959	1013	1028	
Dames Road Wanstead Flats	0456	minutes	0656	0715	0730	0745	0800	0817	0832	0847	0902	0917	0933	0948	1004	1018	1033	
Leytonstone Thatched House	0500	until	0700	0719	0734	0749	0804	0821	0836	0851	0907	0922	0938	0953	1010	1024	1039	
Leyton Station	0504		0704	0723	0738	0753	0809	0826	0841	0856	0913	0928	0944	0959	1016	1030	1045	
Markhouse Road Lea Bridge Road	0510		0710	0730	0745	0800	0816	0833	0848	0903	0922	0937	0953	1008	1025	1039	1054	
Walthamstow South Grove	0514		0714	0735	0750	0805	0821	0838	0854	0909	0928	0943	0959	1015	1032	1046	1101	
Walthamstow Central Station	0516		0716	0737	0752	0807	0823	0840	0857	0912	0931	0946	1002	1018	1035	1049	1104	
East Ham White Horse	1021	1036	1049	1104	1119	1134	1147	1202	1217	1230	1245	1300	1315	1330	1345	1400	1415	1430
East Ham Newham Town Hall	1022	1037	1050	1105	1120	1135	1148	1204	1219	1232	1247	1302	1317	1332	1347	1402	1417	1432
Upton Park The Boleyn (Green Street)	1029	1044	1057	1112	1127	1142	1156	1212	1227	1240	1255	1311	1326	1341	1356	1411	1426	1441
Forest Gate Police Station (Green St.)	1037	1052	1106	1122	1137	1152	1207	1224	1239	1252	1307	1324	1339	1354	1410	1426	1441	1456
Forest Gate Station	1042	1057	1112	1128	1143	1158	1213	1230	1245	1258	1314	1331	1346	1401	1417	1433	1448	1503
Dames Road Wanstead Flats	1047	1102	1117	1133	1148	1203	1218	1235	1250	1304	1320	1337	1352	1407	1423	1439	1454	1509
Leytonstone Thatched House	1053	1108	1123	1139	1154	1209	1224	1241	1256	1310	1326	1343	1358	1413	1429	1445	1500	1515
Leyton Station	1100	1115	1130	1146	1201	1216	1231	1248	1303	1318	1334	1351	1406	1421	1437	1453	1508	1523
Markhouse Road Lea Bridge Road	1110	1125	1140	1156	1212	1227	1242	1259	1314	1329	1345	1402	1417	1432	1448	1504	1519	1534
Walthamstow South Grove	1117	1132	1147	1203	1219	1234	1249	1306	1321	1336	1352	1409	1424	1439	1455	1511	1526	1541
Walthamstow Central Station	1120	1135	1150	1207	1223	1238	1253	1310	1325	1340	1356	1413	1428	1443	1459	1515	1530	1545
East Ham White Horse	1445	1500	1515	1530	1545	1600	1615	1630	1645	1700	1715	1730	1745	1800	1815	1830	1845	1900
East Ham Newham Town Hall	1447	1502	1517	1532	1547	1602	1617	1632	1647	1702	1717	1732	1747	1802	1817	1832	1847	1901
Upton Park The Boleyn (Green Street)	1456	1511	1526	1541	1556	1611	1625	1640	1655	1711	1726	1741	1756	1810	1825	1840	1855	1909
Forest Gate Police Station (Green St.)	1511	1526	1542	1557	1612	1627	1640	1655	1710	1725	1740	1755	1810	1824	1839	1854	1909	1922
Forest Gate Station	1518	1533	1549	1604	1619	1634	1647	1702	1717	1732	1747	1802	1817	1831	1846	1901	1915	1928
Dames Road Wanstead Flats	1524	1539	1555	1610	1625	1640	1653	1708	1723	1738	1753	1807	1822	1836	1851	1906	1920	1933
Leytonstone Thatched House	1530	1545	1601	1616	1631	1646	1659	1714	1729	1744	1759	1813	1828	1842	1857	1911	1925	1938
Leyton Station	1538	1553	1608	1623	1638	1653	1706	1721	1736	1751	1806	1820	1835	1849	1904	1917	1931	1944
Markhouse Road Lea Bridge Road	1549	1604	1619	1634	1649	1704	1717	1732	1747	1802	1817	1831	1846	1900	1914	1927	1941	1954
Walthamstow South Grove	1556	1611	1626	1641	1656	1711	1724	1739	1754	1809	1824	1838	1853	1907	1921	1934	1948	2001
Walthamstow Central Station	1600	1615	1630	1645	1700	1714	1727	1742	1757	1812	1827	1841	1856	1910	1924	1937	1951	2004
East Ham White Horse	1915	1930	1945	2000	2015	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330
East Ham Newham Town Hall	1916	1931	1946	2001	2016	2031	2046	2101	2116	2131	2146	2201	2216	2231	2246	2301	2316	2331
Upton Park The Boleyn (Green Street)	1924	1939	1954	2009	2023	2038	2053	2108	2123	2138	2153	2207	2222	2237	2252	2306	2321	2336
Forest Gate Police Station (Green St.)	1936	1950	2005	2018	2032	2047	2102	2116	2131	2146	2201	2215	2230	2245	2300	2313	2328	2343
Forest Gate Station	1942	1956	2011	2024	2038	2053	2108	2121	2136	2151	2206	2220	2235	2250	2304	2317	2332	2347
Dames Road Wanstead Flats	1947	2001	2016	2029	2043	2058	2112	2125	2140	2155	2210	2224	2239	2254	2308	2321	2336	2351
Leytonstone Thatched House	1952	2006	2021	2034	2048	2103	2117	2130	2145	2200	2214	2228	2243	2258	2312	2325	2340	2355
Leyton Station	1958	2013	2028	2041	2055	2109	2122	2135	2150	2205	2219	2233	2248	2303	2316	2329	2344	2359
Markhouse Road Lea Bridge Road	2008	2023	2038	2051	2105	2118	2131	2144	2159	2213	2227	2241	2256	2310	2323	2336	2351	0006
Walthamstow South Grove	2015	2029	2044	2057	2111	2124	2137	2150	2205	2218	2232	2246	2301	2315	2328	2341	2356	0010
Walthamstow Central Station	2018	2032	2047	2100	2113	2126	2139	2152	2207	2220	2234	2248	2303	2317	2330	2343	2358	0012
East Ham White Horse	2345	0000	0015	0030	0045													
East Ham Newham Town Hall	2346	0001	0016	0031	0046													
Upton Park The Boleyn (Green Street)	2351	0006	0021	0036	0051													
Forest Gate Police Station (Green St.)	2358	0013	0028	0043	0058													
Forest Gate Station	0002	0016	0031	0046	0101													
Dames Road Wanstead Flats	0005	0019	0034	0049	0104													
Leytonstone Thatched House	0008	0022	0037	0052	0107													
Leyton Station	0012	0026	0041	0056	0111													
Markhouse Road Lea Bridge Road	0019	0033	0048	0103	0118													
Walthamstow South Grove	0023	0037	0052	0107	0122													
Walthamstow Central Station	0025	0039	0054	0109	0124													

# 58

## Walthamstow – Leyton – East Ham

58	Mondays to Fridays																	
Walthamstow Central Station	0500	0520	0540	0555	0610	0621	0632	0641	0651	0700	0712	0723	0734	0744	0754	0803		0903
Walthamstow South Grove	0502	0522	0542	0557	0612	0623	0634	0643	0653	0702	0714	0725	0736	0746	0756	0806		0906
Markhouse Road <i>Lea Bridge Road</i>	0506	0526	0546	0601	0617	0628	0639	0648	0658	0708	0720	0731	0742	0752	0802	0814		0914
Leyton Station	0513	0533	0553	0610	0626	0637	0648	0657	0708	0720	0732	0743	0754	0804	0816	0828	Then	0928
Leytonstone <i>Thatched House</i>	0516	0536	0556	0613	0629	0640	0651	0700	0712	0724	0736	0747	0758	0809	0821	0833	every	0933
Dames Road <i>Wanstead Flats</i>	0519	0539	0559	0617	0633	0644	0655	0705	0717	0729	0741	0752	0803	0815	0827	0839	12	0939
Forest Gate Station	0522	0542	0602	0621	0637	0648	0659	0710	0722	0734	0746	0757	0809	0821	0833	0845	mins.	0945
Forest Gate <i>Police Station (Green St.)</i>	0524	0544	0605	0624	0640	0651	0702	0714	0726	0738	0750	0801	0813	0825	0837	0849	until	0949
Upton Park <i>The Boleyn (Green Street)</i>	0530	0550	0611	0630	0646	0657	0710	0722	0734	0746	0758	0810	0822	0834	0846	0858		0958
East Ham <i>Newham Town Hall</i>	0535	0555	0616	0635	0651	0702	0716	0728	0740	0752	0804	0818	0830	0842	0854	0906		1006
East Ham <i>White Horse</i>	0536	0556	0617	0636	0652	0703	0717	0729	0741	0753	0805	0819	0831	0843	0855	0907		1007
Walthamstow Central Station	0915	0927	0939	0951	1003	1015	1027	Then every 12 minutes until	1127	1139	Then every 12 minutes until	1303	1315	1327	1339	1351		
Walthamstow South Grove	0918	0930	0942	0954	1006	1018	1030		1130	1142		1306	1318	1330	1342	1354		
Markhouse Road <i>Lea Bridge Road</i>	0926	0938	0950	1002	1013	1025	1037		1137	1149		1313	1325	1337	1349	1401		
Leyton Station	0940	0952	1004	1016	1027	1039	1051		1151	1203		1327	1339	1351	1403	1415		
Leytonstone <i>Thatched House</i>	0945	0957	1009	1021	1032	1044	1055		1155	1208		1332	1344	1356	1408	1420		
Dames Road <i>Wanstead Flats</i>	0951	1003	1015	1027	1038	1050	1101		1201	1214		1338	1350	1402	1414	1426		
Forest Gate Station	0957	1009	1021	1033	1044	1056	1107		1207	1220		1344	1356	1408	1420	1432		
Forest Gate <i>Police Station (Green St.)</i>	1001	1013	1025	1037	1048	1100	1112		1212	1225		1349	1401	1413	1425	1437		
Upton Park <i>The Boleyn (Green Street)</i>	1011	1023	1035	1047	1058	1111	1123		1223	1236		1400	1413	1425	1437	1449		
East Ham <i>Newham Town Hall</i>	1019	1031	1043	1055	1106	1120	1132		1232	1245		1409	1422	1434	1446	1458		
East Ham <i>White Horse</i>	1020	1032	1044	1056	1107	1121	1133	1233	1246	1410	1423	1435	1447	1459				
Walthamstow Central Station	1403	1414	1424	1435	1445	1455	1507	1519	1531	1543	1555	1607	1619	1631	1643	1655	1707	1719
Walthamstow South Grove	1407	1418	1428	1439	1449	1459	1511	1523	1535	1547	1559	1611	1623	1635	1647	1659	1711	1723
Markhouse Road <i>Lea Bridge Road</i>	1414	1425	1435	1446	1457	1508	1521	1533	1545	1557	1609	1621	1632	1644	1655	1707	1719	1731
Leyton Station	1428	1439	1449	1500	1512	1524	1537	1549	1601	1613	1625	1637	1648	1700	1712	1723	1735	1747
Leytonstone <i>Thatched House</i>	1433	1444	1454	1505	1517	1529	1542	1554	1607	1619	1631	1643	1654	1706	1718	1729	1741	1753
Dames Road <i>Wanstead Flats</i>	1439	1450	1500	1512	1524	1536	1549	1601	1614	1626	1638	1650	1702	1714	1726	1737	1749	1801
Forest Gate Station	1445	1456	1507	1519	1531	1543	1556	1608	1621	1633	1645	1657	1709	1721	1733	1744	1756	1808
Forest Gate <i>Police Station (Green St.)</i>	1450	1501	1513	1525	1537	1549	1602	1614	1626	1638	1650	1702	1714	1726	1738	1749	1801	1813
Upton Park <i>The Boleyn (Green Street)</i>	1502	1514	1526	1538	1550	1602	1614	1626	1638	1650	1702	1714	1726	1738	1750	1801	1813	1825
East Ham <i>Newham Town Hall</i>	1512	1524	1536	1548	1600	1613	1625	1637	1649	1701	1713	1725	1737	1749	1801	1811	1823	1835
East Ham <i>White Horse</i>	1513	1525	1537	1549	1601	1614	1626	1638	1650	1702	1714	1726	1738	1750	1802	1812	1824	1836
Walthamstow Central Station	1731	1743	1755	1807	1819	1831	1843	1855	1908	1923	1938	1953	2008	2023	2038	2053	2108	2123
Walthamstow South Grove	1735	1747	1759	1810	1822	1834	1846	1858	1911	1926	1941	1956	2011	2026	2041	2056	2110	2125
Markhouse Road <i>Lea Bridge Road</i>	1743	1755	1807	1818	1830	1842	1854	1906	1918	1933	1948	2003	2017	2032	2047	2102	2115	2130
Leyton Station	1759	1811	1821	1832	1844	1856	1907	1919	1931	1946	2001	2016	2030	2045	2100	2114	2127	2142
Leytonstone <i>Thatched House</i>	1805	1817	1827	1838	1850	1902	1912	1924	1936	1951	2006	2021	2035	2050	2105	2118	2131	2146
Dames Road <i>Wanstead Flats</i>	1812	1824	1834	1845	1857	1908	1918	1930	1942	1957	2012	2027	2041	2056	2110	2123	2136	2151
Forest Gate Station	1819	1831	1841	1852	1904	1915	1925	1937	1949	2004	2018	2033	2047	2102	2115	2128	2141	2156
Forest Gate <i>Police Station (Green St.)</i>	1825	1837	1847	1858	1909	1920	1930	1942	1954	2009	2023	2038	2052	2106	2119	2132	2145	2200
Upton Park <i>The Boleyn (Green Street)</i>	1837	1849	1859	1910	1920	1931	1941	1953	2005	2019	2033	2048	2102	2115	2127	2140	2153	2208
East Ham <i>Newham Town Hall</i>	1847	1859	1909	1919	1929	1940	1950	2002	2014	2027	2041	2056	2109	2122	2134	2147	2200	2214
East Ham <i>White Horse</i>	1848	1900	1910	1920	1930	1941	1951	2003	2015	2028	2042	2057	2110	2123	2135	2148	2201	2215
Walthamstow Central Station	2138	2153	2208	2223	2238	2253	2308	Then every 15 minutes until	0108									
Walthamstow South Grove	2140	2155	2210	2225	2240	2255	2310		0110									
Markhouse Road <i>Lea Bridge Road</i>	2145	2200	2215	2230	2245	2300	2315		0115									
Leyton Station	2157	2210	2224	2239	2254	2308	2323		0123									
Leytonstone <i>Thatched House</i>	2201	2214	2228	2243	2258	2312	2327		0127									
Dames Road <i>Wanstead Flats</i>	2206	2219	2233	2248	2303	2316	2331		0131									
Forest Gate Station	2211	2224	2238	2253	2308	2321	2335		0135									
Forest Gate <i>Police Station (Green St.)</i>	2215	2228	2242	2257	2311	2324	2338		0138									
Upton Park <i>The Boleyn (Green Street)</i>	2223	2236	2250	2305	2318	2331	2345		0145									
East Ham <i>Newham Town Hall</i>	2229	2242	2256	2310	2323	2336	2350		0150									
East Ham <i>White Horse</i>	2230	2243	2257	2311	2324	2337	2351	0151										

58	Saturdays (also Good Friday)																	
Walthamstow Central Station	0500	0520	0540	0600	0620	0640	0700	0720	0740	0800	0815	0830	0842	0854	0904	0916	0926	0936
Walthamstow South Grove	0502	0522	0542	0602	0622	0642	0702	0722	0742	0802	0817	0832	0844	0856	0907	0919	0929	0939
Markhouse Road Lea Bridge Road	0506	0526	0546	0607	0627	0647	0707	0727	0747	0807	0822	0837	0849	0901	0913	0925	0935	0945
Leyton Station	0513	0533	0553	0615	0635	0655	0716	0736	0756	0817	0832	0847	0859	0911	0923	0935	0945	0955
Leytonstone Thatched House	0516	0536	0556	0618	0638	0658	0719	0739	0759	0821	0836	0851	0903	0915	0927	0939	0949	0959
Dames Road Wanstead Flats	0519	0539	0559	0622	0642	0702	0723	0743	0803	0826	0841	0856	0908	0920	0932	0944	0954	1004
Forest Gate Station	0522	0542	0602	0626	0646	0706	0727	0747	0808	0831	0846	0901	0913	0925	0937	0949	0959	1010
Forest Gate Police Station (Green St.)	0525	0545	0605	0629	0649	0709	0730	0750	0811	0834	0849	0905	0917	0929	0941	0953	1003	1015
Upton Park The Boleyn (Green Street)	0531	0551	0611	0635	0655	0716	0737	0757	0818	0841	0856	0913	0925	0937	0949	1001	1013	1025
East Ham Newham Town Hall	0536	0556	0616	0640	0700	0721	0742	0802	0824	0847	0902	0920	0932	0944	0956	1009	1021	1033
East Ham White Horse	0537	0557	0617	0641	0701	0722	0743	0803	0825	0848	0903	0921	0933	0945	0957	1010	1022	1034
Walthamstow Central Station	0947	0959	1011	1023	1035	1047	1059	1111	1123	1135	1147	1159	1210	1221	1233	1245	1256	1307
Walthamstow South Grove	0950	1002	1014	1026	1038	1050	1102	1114	1126	1138	1150	1202	1214	1225	1237	1249	1300	1311
Markhouse Road Lea Bridge Road	0956	1008	1020	1032	1044	1056	1108	1120	1132	1144	1156	1209	1222	1233	1245	1257	1308	1319
Leyton Station	1007	1019	1031	1043	1055	1108	1121	1133	1145	1158	1211	1225	1238	1249	1301	1313	1324	1335
Leytonstone Thatched House	1011	1023	1035	1047	1100	1113	1126	1138	1150	1203	1216	1230	1243	1254	1306	1318	1329	1340
Dames Road Wanstead Flats	1016	1028	1040	1052	1106	1119	1132	1144	1156	1209	1222	1236	1249	1300	1312	1324	1335	1346
Forest Gate Station	1022	1034	1046	1058	1112	1125	1138	1150	1202	1216	1229	1243	1256	1308	1320	1332	1343	1354
Forest Gate Police Station (Green St.)	1027	1039	1051	1103	1117	1130	1143	1155	1208	1222	1235	1249	1302	1314	1326	1338	1349	1400
Upton Park The Boleyn (Green Street)	1037	1049	1101	1114	1128	1141	1154	1207	1221	1235	1248	1302	1316	1328	1340	1352	1404	1416
East Ham Newham Town Hall	1045	1057	1110	1123	1137	1150	1203	1217	1231	1245	1258	1312	1326	1338	1350	1402	1414	1426
East Ham White Horse	1046	1058	1111	1124	1138	1151	1204	1218	1232	1246	1259	1313	1327	1339	1351	1403	1415	1427
Walthamstow Central Station	1319	1330	1341	1353	1405	1417	1429	1441	1453	1505	1517	1530	1542	1555	1608	1621	1634	1647
Walthamstow South Grove	1323	1334	1345	1357	1409	1421	1433	1445	1457	1509	1521	1534	1546	1559	1612	1625	1638	1651
Markhouse Road Lea Bridge Road	1331	1342	1353	1405	1417	1429	1441	1453	1505	1517	1529	1542	1554	1607	1620	1633	1646	1659
Leyton Station	1347	1357	1409	1421	1433	1445	1458	1510	1522	1535	1547	1600	1612	1624	1637	1650	1703	1716
Leytonstone Thatched House	1352	1403	1415	1427	1439	1451	1503	1515	1527	1540	1552	1605	1617	1629	1642	1655	1709	1722
Dames Road Wanstead Flats	1358	1410	1422	1434	1446	1458	1510	1522	1534	1547	1559	1612	1624	1636	1649	1702	1716	1729
Forest Gate Station	1406	1418	1430	1442	1454	1505	1517	1529	1541	1554	1606	1619	1631	1643	1656	1709	1723	1736
Forest Gate Police Station (Green St.)	1412	1424	1436	1448	1500	1511	1523	1535	1547	1600	1612	1625	1637	1649	1702	1715	1729	1742
Upton Park The Boleyn (Green Street)	1428	1440	1452	1504	1516	1528	1540	1552	1604	1616	1628	1641	1653	1705	1718	1731	1744	1757
East Ham Newham Town Hall	1438	1450	1502	1514	1526	1538	1550	1602	1614	1626	1638	1651	1703	1715	1728	1741	1754	1807
East Ham White Horse	1439	1451	1503	1515	1527	1539	1551	1603	1615	1627	1639	1652	1704	1716	1729	1742	1755	1808
Walthamstow Central Station	1659	1711	1723	1735	1747	1759	1811	1823	1838	1853	1908	1923	1938	1953	2008	2023	2038	2053
Walthamstow South Grove	1703	1715	1727	1739	1751	1803	1814	1826	1841	1856	1911	1926	1941	1956	2011	2026	2041	2056
Markhouse Road Lea Bridge Road	1710	1722	1734	1746	1758	1810	1821	1833	1848	1903	1917	1932	1947	2002	2017	2032	2047	2102
Leyton Station	1727	1739	1751	1803	1814	1825	1835	1847	1901	1917	1931	1946	2001	2015	2030	2045	2100	2114
Leytonstone Thatched House	1733	1745	1757	1809	1820	1830	1840	1852	1906	1922	1936	1951	2006	2020	2035	2050	2105	2118
Dames Road Wanstead Flats	1740	1752	1804	1816	1827	1837	1847	1859	1913	1928	1942	1957	2012	2026	2041	2056	2110	2123
Forest Gate Station	1747	1759	1811	1823	1834	1844	1854	1906	1920	1935	1949	2004	2018	2032	2047	2102	2115	2128
Forest Gate Police Station (Green St.)	1753	1805	1817	1828	1839	1849	1859	1912	1926	1940	1955	2010	2023	2037	2052	2106	2119	2132
Upton Park The Boleyn (Green Street)	1808	1819	1830	1841	1852	1902	1912	1923	1937	1951	2006	2020	2033	2047	2102	2115	2128	2141
East Ham Newham Town Hall	1818	1829	1840	1851	1902	1912	1922	1933	1947	2001	2015	2028	2041	2055	2109	2122	2135	2148
East Ham White Horse	1819	1830	1841	1852	1903	1913	1923	1934	1948	2002	2016	2029	2042	2056	2110	2123	2136	2149
Walthamstow Central Station	2108	2123	2138	2153	2208	2223	2238	2253	2308	2323	2338	2353	0008	0023	0038	0053	0108	
Walthamstow South Grove	2111	2126	2141	2156	2210	2225	2240	2255	2310	2325	2340	2355	0010	0025	0040	0055	0110	
Markhouse Road Lea Bridge Road	2116	2131	2146	2201	2215	2230	2245	2300	2315	2330	2345	0000	0015	0030	0045	0100	0115	
Leyton Station	2128	2143	2158	2211	2224	2239	2254	2308	2322	2336	2351	0006	0021	0036	0051	0106	0121	
Leytonstone Thatched House	2132	2147	2202	2215	2228	2243	2258	2312	2326	2340	2355	0010	0025	0040	0055	0110	0125	
Dames Road Wanstead Flats	2137	2152	2207	2220	2233	2248	2303	2317	2331	2345	0000	0015	0030	0045	0100	0115	0130	
Forest Gate Station	2142	2157	2212	2225	2238	2253	2307	2321	2335	2349	0004	0019	0034	0049	0104	0119	0134	
Forest Gate Police Station (Green St.)	2146	2201	2216	2229	2242	2257	2311	2325	2339	2353	0008	0023	0038	0052	0107	0122	0137	
Upton Park The Boleyn (Green Street)	2155	2210	2225	2238	2251	2306	2319	2333	2347	0001	0015	0030	0044	0058	0113	0128	0143	
East Ham Newham Town Hall	2202	2216	2231	2244	2257	2312	2325	2339	2353	0007	0021	0035	0049	0103	0118	0133	0148	
East Ham White Horse	2203	2217	2232	2245	2258	2313	2326	2340	2354	0008	0022	0036	0050	0104	0119	0134	0149	

58		Sundays and other Public Holidays (except Christmas Day)																
Walthamstow Central Station	0500		0700	0720	0740	0755	0810	0825	0840	0855	0910	0925	0940	0954	1008	1022	1035	
Walthamstow South Grove	0502		0702	0722	0742	0757	0812	0827	0842	0857	0912	0927	0942	0956	1010	1024	1037	
Markhouse Road Lea Bridge Road	0506		0706	0726	0746	0801	0817	0832	0847	0902	0917	0932	0947	1001	1016	1030	1043	
Leyton Station	0512	<i>Then every 20 minutes until</i>	0712	0732	0754	0810	0826	0841	0856	0912	0927	0942	0957	1012	1027	1041	1054	
Leytonstone Thatched House	0515		0715	0735	0757	0813	0829	0844	0859	0916	0931	0946	1001	1016	1031	1045	1058	
Dames Road Wanstead Flats	0518		0718	0738	0800	0817	0833	0848	0903	0921	0936	0951	1006	1021	1036	1050	1103	
Forest Gate Station	0522		0722	0742	0804	0821	0837	0852	0908	0926	0941	0956	1011	1026	1041	1055	1109	
Forest Gate Police Station (Green St.)	0524		0724	0745	0807	0824	0840	0855	0911	0929	0944	0959	1015	1030	1045	1059	1114	
Upton Park The Boleyn (Green Street)	0529		0729	0750	0812	0830	0846	0901	0918	0936	0951	1006	1023	1038	1053	1108	1123	
East Ham Newham Town Hall	0533		0733	0755	0817	0835	0851	0906	0923	0941	0956	1012	1029	1044	1100	1116	1131	
East Ham White Horse	0534		0734	0756	0818	0836	0852	0907	0924	0942	0957	1013	1030	1045	1101	1117	1132	
Walthamstow Central Station	1049	1103	1118	1131	1144	1157	1211	1224	1238	1253	1308	1323	1338	1353	1408	1423	1438	1453
Walthamstow South Grove	1051	1106	1121	1134	1147	1200	1214	1227	1241	1256	1311	1326	1341	1356	1411	1426	1441	1456
Markhouse Road Lea Bridge Road	1057	1112	1127	1140	1153	1207	1221	1234	1248	1303	1318	1333	1348	1403	1418	1433	1448	1503
Leyton Station	1109	1124	1139	1152	1205	1220	1234	1247	1301	1318	1333	1348	1403	1418	1433	1448	1503	1517
Leytonstone Thatched House	1113	1128	1143	1156	1210	1225	1239	1252	1306	1323	1338	1353	1408	1423	1438	1453	1508	1522
Dames Road Wanstead Flats	1118	1133	1148	1201	1216	1231	1245	1258	1312	1329	1344	1359	1414	1429	1444	1459	1514	1528
Forest Gate Station	1124	1139	1154	1207	1222	1237	1251	1304	1318	1335	1350	1405	1421	1436	1451	1506	1521	1535
Forest Gate Police Station (Green St.)	1129	1144	1159	1212	1227	1242	1256	1310	1324	1341	1356	1411	1427	1442	1457	1512	1527	1541
Upton Park The Boleyn (Green Street)	1138	1153	1208	1223	1238	1253	1307	1322	1336	1353	1408	1425	1441	1456	1511	1526	1541	1555
East Ham Newham Town Hall	1146	1201	1216	1231	1246	1301	1316	1331	1345	1402	1418	1435	1451	1506	1520	1535	1550	1604
East Ham White Horse	1147	1202	1217	1232	1247	1302	1317	1332	1346	1403	1419	1436	1452	1507	1521	1536	1551	1605
Walthamstow Central Station	1509	1525	1540	1555	1610	1625	1640	1655	1710	1724	1738	1753	1808	1823	1838	1853	1908	1923
Walthamstow South Grove	1512	1528	1543	1558	1613	1628	1643	1658	1713	1727	1741	1756	1811	1826	1841	1856	1911	1926
Markhouse Road Lea Bridge Road	1519	1535	1550	1605	1619	1634	1649	1704	1719	1733	1747	1802	1817	1832	1847	1902	1917	1932
Leyton Station	1533	1549	1604	1619	1633	1648	1703	1718	1733	1747	1801	1815	1830	1845	1900	1915	1930	1945
Leytonstone Thatched House	1538	1554	1609	1624	1638	1653	1708	1723	1738	1752	1806	1820	1835	1850	1905	1920	1935	1950
Dames Road Wanstead Flats	1544	1600	1615	1630	1644	1659	1714	1729	1744	1758	1812	1826	1841	1856	1910	1925	1940	1955
Forest Gate Station	1551	1606	1621	1636	1650	1705	1720	1735	1750	1804	1818	1832	1847	1902	1915	1930	1945	2000
Forest Gate Police Station (Green St.)	1557	1612	1627	1642	1656	1710	1725	1740	1755	1809	1823	1837	1852	1907	1920	1935	1950	2004
Upton Park The Boleyn (Green Street)	1611	1626	1641	1656	1710	1723	1738	1753	1808	1822	1836	1850	1905	1918	1931	1946	2001	2014
East Ham Newham Town Hall	1620	1635	1650	1705	1719	1732	1747	1802	1816	1830	1844	1858	1913	1926	1939	1954	2008	2021
East Ham White Horse	1621	1636	1651	1706	1720	1733	1748	1803	1817	1831	1845	1859	1914	1927	1940	1955	2009	2022
Walthamstow Central Station	1938	1953	2008	2023	2038	2053	2108	2123	2138	2153	2208	2223	2238	2253	2308	<i>Then every 15 minutes until</i>	0108	
Walthamstow South Grove	1941	1956	2010	2025	2040	2055	2110	2125	2140	2155	2210	2225	2240	2255	2310		0110	
Markhouse Road Lea Bridge Road	1947	2002	2015	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300	2314		0114	
Leyton Station	2000	2013	2026	2041	2056	2110	2125	2140	2155	2209	2224	2239	2254	2309	2322		0122	
Leytonstone Thatched House	2004	2017	2030	2045	2100	2114	2129	2144	2159	2213	2228	2243	2258	2312	2325		0125	
Dames Road Wanstead Flats	2010	2023	2036	2051	2105	2119	2134	2149	2204	2218	2233	2248	2303	2316	2329		0129	
Forest Gate Station	2015	2028	2041	2056	2110	2124	2139	2154	2208	2222	2237	2252	2307	2320	2333		0133	
Forest Gate Police Station (Green St.)	2019	2032	2045	2100	2114	2128	2143	2158	2212	2226	2241	2256	2310	2323	2336		0136	
Upton Park The Boleyn (Green Street)	2028	2041	2054	2108	2122	2136	2151	2206	2219	2233	2248	2303	2317	2330	2343	0143		
East Ham Newham Town Hall	2035	2048	2101	2114	2128	2142	2157	2212	2225	2239	2254	2308	2322	2335	2348	0148		
East Ham White Horse	2036	2049	2102	2115	2129	2143	2158	2213	2226	2240	2255	2309	2323	2336	2349	0149		