

62 Mondays to Fridays																				
Marks Gate Whalebone Lane North	0440	0510	0540	0600	0618	0628	0638			0934		1424		1826	1838	1851				
Rose Lane shops	0443	0513	0543	0603	0621	0631	0641			0938		1428		1830	1842	1854				
Chadwell Heath Sainsbury's	0448	0518	0548	0608	0626	0637	0647		Then	0945		1435	Then	1837	1848	1900				
Chadwell Heath Station	0450	0520	0550	0610	0628	0639	0649		about	0948	Then	1438	about	1840	1851	1903				
Becontree Martins Corner	0454	0524	0554	0614	0632	0644	0655		every 10	0954	every 10	1444	every 10	1847	1858	1910				
Becontree Station	0458	0528	0558	0618	0637	0649	0700		minutes	0959	minutes	1449	minutes	1852	1903	1915				
Upney Station	0506	0536	0606	0626	0645	0659	0710		until	1010	until	1500	until	1901	1912	1924				
Faircross Longbridge Road	0509	0539	0609	0629	0648	0702	0714			1014		1504		1904	1915	1927				
Barking Station	0512	0542	0612	0632	0651	0706	0718			1018		1508		1907	1918	1930				
Gascoigne Road Dovehouse Mead	0517	0547	0617	0637	0656	0711	0723			1024		1514		1912	1923	1935				
Marks Gate Whalebone Lane North	1903	1915	1927	1939	1952	2004	2024	2044	2105	2125	2145	2206	2227	2247	2307	2327	2347			
Rose Lane shops	1906	1918	1930	1942	1955	2007	2027	2047	2108	2128	2148	2209	2230	2250	2310	2330	2350			
Chadwell Heath Sainsbury's	1912	1924	1936	1948	2001	2013	2033	2053	2114	2134	2154	2214	2235	2255	2315	2335	2355			
Chadwell Heath Station	1915	1927	1939	1951	2003	2015	2035	2055	2116	2136	2156	2216	2237	2257	2317	2337	2357			
Becontree Martins Corner	1922	1934	1946	1958	2009	2020	2040	2100	2121	2141	2201	2221	2241	2301	2321	2341	0001			
Becontree Station	1927	1939	1951	2003	2014	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325	2345	0005			
Upney Station	1936	1948	2000	2011	2022	2033	2053	2113	2133	2153	2213	2233	2253	2313	2333	2353	0013			
Faircross Longbridge Road	1939	1951	2003	2014	2025	2036	2056	2116	2136	2156	2216	2236	2256	2316	2336	2356	0016			
Barking Station	1942	1954	2006	2017	2028	2039	2059	2119	2139	2159	2219	2239	2259	2319	2339	2359	0019			
Gascoigne Road Dovehouse Mead	1947	1959	2011	2022	2033	2044	2104	2124	2144	2204	2224	2244	2304	2324	2344	0004	0024			
62 Saturdays (also Good Friday)																				
Marks Gate Whalebone Lane North	0440	0510	0540	0600	0620	0640	0700	0720	0740	0800	0813			1838	1850	1902	1922	1943		
Rose Lane shops	0443	0513	0543	0603	0623	0643	0703	0723	0743	0803	0816			1841	1853	1905	1925	1946		
Chadwell Heath Sainsbury's	0448	0518	0548	0608	0628	0648	0708	0729	0749	0809	0822		Then	1847	1859	1911	1931	1952		
Chadwell Heath Station	0450	0520	0550	0610	0630	0650	0710	0731	0751	0812	0825		about	1850	1902	1914	1934	1955		
Becontree Martins Corner	0454	0524	0554	0614	0634	0654	0715	0736	0756	0818	0831		every 10	1855	1907	1919	1939	2000		
Becontree Station	0458	0528	0558	0618	0638	0658	0719	0740	0801	0823	0836		minutes	1900	1912	1924	1944	2005		
Upney Station	0506	0536	0606	0626	0646	0706	0727	0748	0810	0832	0845		until	1909	1921	1933	1953	2013		
Faircross Longbridge Road	0509	0539	0609	0629	0649	0709	0730	0751	0813	0835	0848			1912	1924	1936	1956	2016		
Barking Station	0512	0542	0612	0632	0652	0712	0733	0754	0816	0838	0851			1915	1927	1939	1959	2019		
Gascoigne Road Dovehouse Mead	0517	0547	0617	0637	0657	0717	0738	0759	0821	0843	0856			1920	1932	1944	2004	2024		
62 Saturdays (also Good Friday) (cont.)														Sundays and other Public Holidays						
Marks Gate Whalebone Lane North	2003	2024	2045	2105	2125	2145	2206	2227			2347			0548	0618	0648	0718	0748	0818	0848
Rose Lane shops	2006	2027	2048	2108	2128	2148	2209	2230			2350			0551	0621	0651	0721	0751	0821	0851
Chadwell Heath Sainsbury's	2013	2034	2054	2114	2134	2154	2215	2235			2355			0556	0626	0656	0726	0757	0827	0857
Chadwell Heath Station	2016	2036	2056	2116	2136	2156	2217	2237		Then	2357			0558	0628	0658	0728	0759	0829	0859
Becontree Martins Corner	2021	2041	2101	2121	2141	2201	2221	2241		every 20	0001			0602	0632	0702	0732	0803	0833	0903
Becontree Station	2025	2045	2105	2125	2145	2205	2225	2245		minutes	0005			0606	0636	0706	0736	0807	0837	0908
Upney Station	2033	2053	2113	2133	2153	2213	2233	2253		until	0013			0614	0644	0714	0744	0815	0846	0917
Faircross Longbridge Road	2036	2056	2116	2136	2156	2216	2236	2256			0016			0617	0647	0717	0747	0818	0849	0920
Barking Station	2039	2059	2119	2139	2159	2219	2239	2259			0019			0620	0650	0720	0750	0821	0852	0923
Gascoigne Road Dovehouse Mead	2044	2104	2124	2144	2204	2224	2244	2304			0024			0625	0655	0725	0755	0826	0857	0928
62 Sundays and other Public Holidays (except Christmas Day and Boxing Day) (cont.)																				
Marks Gate Whalebone Lane North	0918	0936	0954	1013	1033	1053	1113	1133	1153					1353	1413	1433	1453	1513	1533	1553
Rose Lane shops	0921	0939	0957	1016	1036	1056	1116	1136	1156					1356	1416	1436	1456	1516	1536	1556
Chadwell Heath Sainsbury's	0927	0945	1003	1023	1043	1103	1123	1143	1204					1404	1423	1443	1503	1523	1543	1603
Chadwell Heath Station	0929	0948	1006	1026	1046	1106	1126	1146	1207				Then	1407	1426	1446	1506	1526	1546	1606
Becontree Martins Corner	0933	0953	1012	1032	1052	1112	1132	1152	1213				every 20	1413	1432	1452	1512	1532	1552	1611
Becontree Station	0938	0958	1017	1037	1057	1117	1137	1157	1218				minutes	1418	1437	1457	1517	1537	1557	1616
Upney Station	0947	1007	1027	1047	1107	1127	1147	1207	1228				until	1428	1447	1507	1527	1547	1607	1626
Faircross Longbridge Road	0950	1010	1030	1050	1110	1130	1150	1210	1231					1431	1450	1510	1530	1550	1610	1629
Barking Station	0954	1014	1034	1054	1114	1134	1154	1214	1235					1435	1454	1514	1534	1554	1614	1633
Gascoigne Road Dovehouse Mead	0959	1019	1039	1059	1119	1139	1159	1220	1241					1441	1500	1520	1540	1600	1619	1638
Marks Gate Whalebone Lane North	1613	1633	1652	1708	1724			1904	1925	1945				2205	2226	2247	2307	2327	2347	
Rose Lane shops	1616	1636	1655	1711	1727			1907	1928	1948				2208	2229	2250	2310	2330	2350	
Chadwell Heath Sainsbury's	1622	1642	1701	1717	1733			1913	1934	1954				2214	2235	2255	2315	2335	2355	
Chadwell Heath Station	1625	1645	1704	1720	1736		Then	1916	1936	1956		Then	2216	2237	2257	2317	2337	2357		
Becontree Martins Corner	1630	1650	1709	1725	1741		every 20	1921	1941	2000		every 20	2220	2241	2301	2321	2341	0001		
Becontree Station	1635	1655	1714	1730	1746		minutes	1926	1946	2005		minutes	2225	2245	2305	2325	2345	0005		
Upney Station	1645	1704	1723	1739	1755		until	1935	1954	2013		until	2233	2253	2313	2333	2353	0013		
Faircross Longbridge Road	1648	1707	1726	1742	1758			1938	1957	2016			2236	2256	2316	2336	2356	0016		
Barking Station	1652	1711	1729	1745	1801			1941	2000	2019			2239	2259	2319	2339	2359	0019		
Gascoigne Road Dovehouse Mead	1657	1716	1734	1750	1806			1946	2005	2024			2244	2304	2324	2344	0004	0024		

62		Mondays to Fridays														
Gascoigne Road Dovehouse Mead	0500	0520	0540	0600	0620	0630			0930		1410		1820	1831	1842	1854
Barking Station	0508	0528	0548	0608	0628	0638			0941		1421		1833	1843	1853	1904
Faircross Longbridge Road	0511	0531	0551	0611	0631	0642			0946		1426		1837	1847	1857	1908
Upney Station	0514	0534	0554	0614	0635	0646			0950		1430		1841	1851	1901	1912
Becontree Station	0521	0541	0601	0623	0644	0656			1000		1440		1851	1901	1911	1922
Becontree Martins Corner	0525	0545	0605	0627	0649	0702			1005		1445		1856	1906	1916	1927
Chadwell Heath Station	0530	0550	0610	0632	0654	0708			1011		1451		1902	1912	1922	1933
Chadwell Heath Sainsbury's	0532	0552	0612	0635	0657	0711			1014		1454		1905	1915	1925	1936
Rose Lane shops	0537	0558	0620	0643	0706	0720			1022		1502		1913	1923	1933	1944
Marks Gate Billet Road	0540	0602	0624	0647	0710	0724			1026		1506		1917	1927	1937	1948

Gascoigne Road Dovehouse Mead	1906	1918	1930	1942	1954	2006	2026	2046	2106	2126	2146	2206	2226			0026
Barking Station	1916	1928	1940	1952	2004	2015	2035	2055	2115	2135	2154	2214	2234			0034
Faircross Longbridge Road	1920	1932	1944	1956	2008	2019	2039	2059	2119	2138	2157	2217	2237			0037
Upney Station	1924	1936	1948	2000	2011	2022	2042	2102	2122	2141	2200	2220	2240			0040
Becontree Station	1934	1946	1958	2008	2019	2030	2050	2110	2130	2149	2208	2228	2247			0047
Becontree Martins Corner	1939	1951	2003	2013	2024	2035	2055	2115	2134	2153	2212	2232	2251			0051
Chadwell Heath Station	1945	1957	2008	2018	2029	2040	2100	2120	2139	2158	2217	2236	2255			0055
Chadwell Heath Sainsbury's	1948	2000	2010	2020	2031	2042	2102	2122	2141	2200	2219	2238	2257			0057
Rose Lane shops	1956	2006	2016	2026	2037	2048	2108	2127	2146	2205	2224	2243	2302			0102
Marks Gate Billet Road	2000	2010	2020	2030	2041	2052	2112	2130	2149	2208	2227	2246	2305			0105

62		Saturdays (also Good Friday)																
Gascoigne Road Dovehouse Mead	0500	0520	0540	0600	0620	0640	0700	0720	0740	0758	0810	0820		1842	1854	1906	1926	1946
Barking Station	0508	0528	0548	0608	0628	0648	0708	0729	0749	0806	0818	0829		1852	1904	1916	1935	1955
Faircross Longbridge Road	0511	0531	0551	0611	0631	0651	0712	0733	0753	0810	0822	0833		1856	1908	1920	1939	1959
Upney Station	0514	0534	0554	0614	0634	0654	0715	0736	0756	0813	0825	0836		1900	1912	1924	1942	2002
Becontree Station	0521	0541	0601	0621	0641	0701	0722	0743	0803	0822	0834	0846		1909	1921	1933	1951	2010
Becontree Martins Corner	0525	0545	0605	0625	0645	0705	0726	0747	0807	0827	0839	0851		1914	1926	1938	1956	2014
Chadwell Heath Station	0530	0550	0610	0630	0650	0711	0732	0753	0813	0833	0845	0857		1920	1932	1943	2001	2019
Chadwell Heath Sainsbury's	0532	0552	0612	0632	0652	0713	0734	0755	0815	0835	0847	0859		1923	1934	1945	2003	2021
Rose Lane shops	0537	0557	0617	0637	0657	0718	0739	0800	0821	0841	0853	0905		1929	1940	1951	2009	2027
Marks Gate Billet Road	0540	0600	0620	0640	0701	0722	0743	0804	0825	0845	0857	0909		1933	1944	1955	2012	2030

62		Saturdays (also Good Friday) (cont.)										Sundays and other Public Holidays						
Gascoigne Road Dovehouse Mead	2006	2026	2046	2106	2126	2146	2206	2226		0026	0628		0828	0850	0910	0930	0949	1008
Barking Station	2015	2035	2055	2115	2135	2155	2214	2234		0034	0636		0836	0858	0919	0939	0958	1018
Faircross Longbridge Road	2019	2039	2059	2119	2139	2159	2218	2237		0037	0639		0839	0901	0922	0942	1002	1022
Upney Station	2022	2042	2102	2122	2142	2202	2221	2240		0040	0642		0842	0904	0925	0945	1005	1025
Becontree Station	2030	2050	2110	2130	2150	2210	2229	2247		0047	0649		0849	0912	0933	0954	1014	1034
Becontree Martins Corner	2034	2054	2114	2134	2154	2214	2233	2251		0051	0653		0853	0916	0938	0959	1019	1039
Chadwell Heath Station	2039	2059	2119	2139	2159	2219	2237	2255		0055	0658		0858	0921	0943	1005	1025	1045
Chadwell Heath Sainsbury's	2041	2101	2121	2141	2201	2221	2239	2257		0057	0700		0900	0923	0945	1008	1028	1048
Rose Lane shops	2047	2107	2126	2146	2206	2226	2244	2302		0102	0706		0906	0929	0952	1015	1035	1055
Marks Gate Billet Road	2050	2110	2129	2149	2209	2229	2247	2305		0105	0710		0910	0933	0956	1019	1039	1059

62		Sundays and other Public Holidays (except Christmas Day and Boxing Day) (cont.)																
Gascoigne Road Dovehouse Mead	1028	1048	1108	1128	1148	1208	1228	1248	1308	1328	1348	1408		1528	1548	1608	1628	1648
Barking Station	1038	1058	1118	1138	1158	1218	1238	1258	1318	1338	1358	1418		1538	1558	1618	1637	1657
Faircross Longbridge Road	1042	1102	1122	1142	1202	1222	1242	1302	1322	1342	1402	1422		1542	1602	1622	1641	1701
Upney Station	1045	1105	1125	1145	1205	1226	1246	1306	1326	1346	1406	1426		1546	1606	1626	1645	1705
Becontree Station	1054	1114	1134	1154	1215	1236	1256	1316	1336	1356	1415	1435		1555	1615	1635	1654	1714
Becontree Martins Corner	1059	1119	1139	1159	1220	1241	1301	1321	1341	1401	1420	1440		1600	1620	1640	1659	1719
Chadwell Heath Station	1105	1125	1145	1205	1226	1247	1307	1327	1347	1407	1426	1446		1606	1626	1645	1704	1724
Chadwell Heath Sainsbury's	1108	1128	1148	1208	1229	1250	1310	1330	1350	1410	1429	1449		1609	1628	1647	1706	1726
Rose Lane shops	1115	1135	1155	1216	1237	1258	1318	1338	1358	1417	1436	1455		1615	1634	1653	1712	1732
Marks Gate Billet Road	1119	1139	1159	1220	1241	1302	1322	1342	1402	1421	1440	1459		1619	1638	1657	1716	1736

Gascoigne Road Dovehouse Mead	1708	1728		1828	1848	1908	1928	1948	2007	2026	2046	2106	2126	2146	2206	2226		0026
Barking Station	1717	1737		1837	1857	1917	1937	1956	2015	2034	2054	2114	2134	2154	2214	2234		0034
Faircross Longbridge Road	1721	1741		1841	1901	1921	1940	1959	2018	2037	2057	2117	2137	2157	2217	2237		0037
Upney Station	1725	1744		1844	1904	1924	1943	2002	2021	2040	2100	2120	2140	2200	2220	2240		0040
Becontree Station	1734	1753		1853	1913	1932	1951	2010	2029	2048	2108	2128	2148	2208	2228	2247		0047
Becontree Martins Corner	1739	1758		1858	1918	1937	1956	2015	2034	2053	2112	2132	2152	2212	2232	2251		0051
Chadwell Heath Station	1744	1803		1903	1923	1942	2001	2020	2039	2058	2117	2137	2157	2217	2236	2255		0055
Chadwell Heath Sainsbury's	1746	1805		1905	1925	1944	2003	2022	2041	2100	2119	2139	2159	2219	2238	2257		0057
Rose Lane shops	1752	1811		1911	1931	1950	2009	2028	2047	2106	2125	2144	2204	2224	2243	2302		0102
Marks Gate Billet Road	1756	1815		1915	1934	1953	2012	2031	2050	2109	2128	2147	2207	2227	2246	2305		0105