

62		Mondays to Fridays																	
Marks Gate Whalebone Lane North	0440	0510	0540	0600	0618	0628	0638	0647	0654	0700	0706	0713	0721	0728	0736	0745	0754	0804	
Rose Lane shops	0443	0513	0543	0603	0621	0631	0641	0650	0657	0703	0709	0716	0724	0731	0739	0749	0758	0808	
Chadwell Heath Sainsbury's	0448	0518	0548	0608	0626	0637	0647	0656	0703	0709	0715	0723	0731	0738	0746	0756	0806	0816	
Chadwell Heath Station	0450	0520	0550	0610	0628	0639	0649	0658	0705	0712	0719	0727	0735	0742	0750	0800	0810	0820	
Becontree Martins Corner	0454	0524	0554	0614	0632	0644	0655	0704	0712	0720	0727	0735	0743	0750	0758	0808	0818	0828	
Becontree Station	0458	0528	0558	0618	0637	0649	0700	0709	0717	0726	0733	0741	0749	0756	0804	0814	0824	0834	
Upney Station	0506	0536	0606	0626	0645	0659	0710	0720	0730	0740	0748	0756	0804	0811	0819	0829	0839	0849	
Faircross Longbridge Road	0509	0539	0609	0629	0648	0702	0714	0724	0734	0744	0752	0800	0808	0815	0823	0833	0843	0853	
Barking Station	0512	0542	0612	0632	0651	0706	0718	0728	0738	0748	0757	0805	0813	0820	0828	0838	0848	0858	
Gascoigne Road Dovehouse Mead	0517	0547	0617	0637	0656	0711	0723	0733	0743	0753	0803	0811	0819	0826	0834	0844	0854	0904	
Marks Gate Whalebone Lane North	0814	0824	0834	0844	0854	0904	0914	0924	0934	Then every 10 minutes until	1424	1433	1441	1448	1456	Then every 10 mins. until	1556		
Rose Lane shops	0818	0828	0838	0848	0858	0908	0918	0928	0938		1428	1437	1445	1452	1500		1600		
Chadwell Heath Sainsbury's	0826	0836	0846	0856	0906	0916	0926	0936	0945		1435	1444	1452	1459	1508		1608		
Chadwell Heath Station	0830	0840	0850	0900	0910	0920	0930	0939	0948		1438	1447	1455	1502	1512		1612		
Becontree Martins Corner	0838	0848	0858	0908	0918	0928	0936	0945	0954		1444	1453	1501	1510	1520		1620		
Becontree Station	0844	0854	0904	0914	0924	0934	0942	0950	0959		1449	1459	1508	1517	1527		1627		
Upney Station	0859	0909	0919	0928	0937	0945	0953	1001	1010		1500	1510	1519	1528	1538		1638		
Faircross Longbridge Road	0903	0913	0923	0932	0941	0949	0957	1005	1014		1504	1514	1523	1532	1542		1642		
Barking Station	0908	0918	0928	0937	0945	0953	1001	1009	1018		1508	1518	1527	1536	1546		1646		
Gascoigne Road Dovehouse Mead	0914	0924	0934	0943	0951	0959	1007	1015	1024		1514	1524	1533	1542	1552		1652		
Marks Gate Whalebone Lane North	1606	1616	1626	1636	Then every 10 minutes until	1736	1746	1756	1806	1816	1826	1838	1851	1903	1915	1927	1939		
Rose Lane shops	1610	1620	1630	1640		1740	1750	1800	1810	1820	1830	1842	1854	1906	1918	1930	1942		
Chadwell Heath Sainsbury's	1618	1628	1638	1648		1748	1758	1808	1818	1828	1837	1848	1900	1912	1924	1936	1948		
Chadwell Heath Station	1622	1632	1642	1652		1752	1802	1812	1822	1832	1840	1851	1903	1915	1927	1939	1951		
Becontree Martins Corner	1630	1640	1650	1701		1801	1811	1821	1830	1839	1847	1858	1910	1922	1934	1946	1958		
Becontree Station	1636	1646	1656	1707		1807	1817	1827	1836	1844	1852	1903	1915	1927	1939	1951	2003		
Upney Station	1648	1658	1708	1719		1819	1829	1839	1846	1853	1901	1912	1924	1936	1948	2000	2011		
Faircross Longbridge Road	1652	1702	1712	1723		1823	1833	1842	1849	1856	1904	1915	1927	1939	1951	2003	2014		
Barking Station	1656	1706	1716	1727		1827	1837	1845	1852	1859	1907	1918	1930	1942	1954	2006	2017		
Gascoigne Road Dovehouse Mead	1702	1712	1722	1733		1833	1842	1850	1857	1904	1912	1923	1935	1947	1959	2011	2022		
Marks Gate Whalebone Lane North	1952	2004	2024	2044	2105	2125	2145	2206	2227	2247	2307	2327	2347						
Rose Lane shops	1955	2007	2027	2047	2108	2128	2148	2209	2230	2250	2310	2330	2350						
Chadwell Heath Sainsbury's	2001	2013	2033	2053	2114	2134	2154	2214	2235	2255	2315	2335	2355						
Chadwell Heath Station	2003	2015	2035	2055	2116	2136	2156	2216	2237	2257	2317	2337	2357						
Becontree Martins Corner	2009	2020	2040	2100	2121	2141	2201	2221	2241	2301	2321	2341	0001						
Becontree Station	2014	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325	2345	0005						
Upney Station	2022	2033	2053	2113	2133	2153	2213	2233	2253	2313	2333	2353	0013						
Faircross Longbridge Road	2025	2036	2056	2116	2136	2156	2216	2236	2256	2316	2336	2356	0016						
Barking Station	2028	2039	2059	2119	2139	2159	2219	2239	2259	2319	2339	2359	0019						
Gascoigne Road Dovehouse Mead	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	0823	0833	0843	0853	0902	0911	0919	
Rose Lane shops	0443	0513	0543	0603	0623	0643	0703	0723	0743	0803	0816	0826	0836	0846	0856	0905	0914	0922	
Chadwell Heath Sainsbury's	0448	0518	0548	0608	0628	0648	0708	0729	0749	0809	0822	0832	0842	0852	0902	0911	0920	0928	
Chadwell Heath Station	0450	0520	0550	0610	0630	0650	0710	0731	0751	0812	0825	0835	0845	0855	0905	0914	0923	0931	
Becontree Martins Corner	0454	0524	0554	0614	0634	0654	0715	0736	0756	0818	0831	0841	0851	0901	0911	0920	0929	0937	
Becontree Station	0458	0528	0558	0618	0638	0658	0719	0740	0801	0823	0836	0846	0856	0906	0916	0925	0934	0943	
Upney Station	0506	0536	0606	0626	0646	0706	0727	0748	0810	0832	0845	0855	0905	0915	0925	0934	0944	0954	
Faircross Longbridge Road	0509	0539	0609	0629	0649	0709	0730	0751	0813	0835	0848	0858	0908	0918	0928	0938	0948	0958	
Barking Station	0512	0542	0612	0632	0652	0712	0733	0754	0816	0838	0851	0901	0911	0921	0931	0942	0952	1002	
Gascoigne Road Dovehouse Mead	0517	0547	0617	0637	0657	0717	0738	0759	0821	0843	0856	0906	0916	0926	0937	0948	0958	1008	
Marks Gate Whalebone Lane North	0927	0936	Then every 10 minutes until	1116	1126	1135	1144	1153	Then every 10 minutes until	1343	1353	1403	1413	1423	1433	1443			
Rose Lane shops	0930	0939		1119	1129	1138	1147	1156		1346	1356	1406	1416	1426	1436	1446			
Chadwell Heath Sainsbury's	0937	0946		1126	1136	1145	1154	1204		1354	1404	1414	1424	1434	1444	1454			
Chadwell Heath Station	0940	0949		1129	1139	1148	1157	1207		1357	1407	1417	1427	1437	1447	1457			
Becontree Martins Corner	0946	0956		1136	1146	1155	1204	1214		1404	1414	1424	1434	1444	1454	1504			
Becontree Station	0952	1002		1142	1152	1201	1210	1220		1410	1420	1430	1440	1450	1500	1510			
Upney Station	1004	1014		1154	1204	1214	1224	1234		1424	1434	1444	1454	1504	1513	1522			
Faircross Longbridge Road	1008	1018		1158	1209	1219	1229	1239		1429	1438	1448	1458	1508	1517	1526			
Barking Station	1012	1022		1202	1213	1223	1233	1243		1433	1442	1452	1502	1512	1521	1530			
Gascoigne Road Dovehouse Mead	1018	1028		1208	1219	1229	1239	1249		1439	1448	1458	1508	1518	1527	1536			

62		Saturdays (also Good Friday) (cont.)																
Marks Gate Whalebone Lane North	1453		1623	1634	1644	1654	1704	1714	1724	1735	1746	1757	1808	1818	1828	1838	1850	
Rose Lane shops	1456		1626	1637	1647	1657	1707	1717	1727	1738	1749	1800	1811	1821	1831	1841	1853	
Chadwell Heath Sainsbury's	1504		1634	1644	1654	1704	1714	1724	1734	1745	1756	1807	1817	1827	1837	1847	1859	
Chadwell Heath Station	1507	Then every 10 minutes until	1637	1647	1657	1707	1717	1727	1737	1748	1759	1810	1820	1830	1840	1850	1902	
Becontree Martins Corner	1514		1644	1654	1704	1714	1724	1734	1744	1755	1806	1816	1826	1836	1845	1855	1907	
Becontree Station	1520		1650	1700	1710	1720	1730	1740	1750	1801	1811	1821	1831	1841	1850	1900	1912	
Upney Station	1532		1702	1712	1722	1732	1742	1752	1802	1811	1821	1831	1841	1850	1859	1909	1921	
Faircross Longbridge Road	1536		1706	1716	1726	1736	1746	1756	1805	1814	1824	1834	1844	1853	1902	1912	1924	
Barking Station	1540		1710	1720	1730	1740	1750	1800	1808	1817	1827	1837	1847	1856	1905	1915	1927	
Gascoigne Road Dovehouse Mead	1546		1716	1726	1736	1746	1756	1805	1813	1822	1832	1842	1852	1901	1910	1920	1932	
Marks Gate Whalebone Lane North	1902	1922	1943	2003	2024	2045	2105	2125	2145	2206	2227	2247	2307	2327	2347			
Rose Lane shops	1905	1925	1946	2006	2027	2048	2108	2128	2148	2209	2230	2250	2310	2330	2350			
Chadwell Heath Sainsbury's	1911	1931	1952	2013	2034	2054	2114	2134	2154	2215	2235	2255	2315	2335	2355			
Chadwell Heath Station	1914	1934	1955	2016	2036	2056	2116	2136	2156	2217	2237	2257	2317	2337	2357			
Becontree Martins Corner	1919	1939	2000	2021	2041	2101	2121	2141	2201	2221	2241	2301	2321	2341	0001			
Becontree Station	1924	1944	2005	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325	2345	0005			
Upney Station	1933	1953	2013	2033	2053	2113	2133	2153	2213	2233	2253	2313	2333	2353	0013			
Faircross Longbridge Road	1936	1956	2016	2036	2056	2116	2136	2156	2216	2236	2256	2316	2336	2356	0016			
Barking Station	1939	1959	2019	2039	2059	2119	2139	2159	2219	2239	2259	2319	2339	2359	0019			
Gascoigne Road Dovehouse Mead	1944	2004	2024	2044	2104	2124	2144	2204	2224	2244	2304	2324	2344	0004	0024			
62		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																
Marks Gate Whalebone Lane North	0548	0618	0648	0718	0748	0818	0848	0918	0936	0954	1013	1033	1053	1113	1133	1153	1213	1233
Rose Lane shops	0551	0621	0651	0721	0751	0821	0851	0921	0939	0957	1016	1036	1056	1116	1136	1156	1216	1236
Chadwell Heath Sainsbury's	0556	0626	0656	0726	0757	0827	0857	0927	0945	1003	1023	1043	1103	1123	1143	1204	1224	1244
Chadwell Heath Station	0558	0628	0658	0728	0759	0829	0859	0929	0948	1006	1026	1046	1106	1126	1146	1207	1227	1247
Becontree Martins Corner	0602	0632	0702	0732	0803	0833	0903	0933	0953	1012	1032	1052	1112	1132	1152	1213	1233	1253
Becontree Station	0606	0636	0706	0736	0807	0837	0908	0938	0958	1017	1037	1057	1117	1137	1157	1218	1238	1258
Upney Station	0614	0644	0714	0744	0815	0846	0917	0947	1007	1027	1047	1107	1127	1147	1207	1228	1248	1308
Faircross Longbridge Road	0617	0647	0717	0747	0818	0849	0920	0950	1010	1030	1050	1110	1130	1150	1210	1231	1251	1311
Barking Station	0620	0650	0720	0750	0821	0852	0923	0954	1014	1034	1054	1114	1134	1154	1214	1235	1255	1315
Gascoigne Road Dovehouse Mead	0625	0655	0725	0755	0826	0857	0928	0959	1019	1039	1059	1119	1139	1159	1220	1241	1301	1321
Marks Gate Whalebone Lane North	1253	1313	1333	1353	1413	1433	1453	1513	1533	1553	1613	1633	1652	1708	1724	1744	1804	1824
Rose Lane shops	1256	1316	1336	1356	1416	1436	1456	1516	1536	1556	1616	1636	1655	1711	1727	1747	1807	1827
Chadwell Heath Sainsbury's	1304	1324	1344	1404	1423	1443	1503	1523	1543	1603	1622	1642	1701	1717	1733	1753	1813	1833
Chadwell Heath Station	1307	1327	1347	1407	1426	1446	1506	1526	1546	1606	1625	1645	1704	1720	1736	1756	1816	1836
Becontree Martins Corner	1313	1333	1353	1413	1432	1452	1512	1532	1552	1611	1630	1650	1709	1725	1741	1801	1821	1841
Becontree Station	1318	1338	1358	1418	1437	1457	1517	1537	1557	1616	1635	1655	1714	1730	1746	1806	1826	1846
Upney Station	1328	1348	1408	1428	1447	1507	1527	1547	1607	1626	1645	1704	1723	1739	1755	1815	1835	1855
Faircross Longbridge Road	1331	1351	1411	1431	1450	1510	1530	1550	1610	1629	1648	1707	1726	1742	1758	1818	1838	1858
Barking Station	1335	1355	1415	1435	1454	1514	1534	1554	1614	1633	1652	1711	1729	1745	1801	1821	1841	1901
Gascoigne Road Dovehouse Mead	1341	1401	1421	1441	1500	1520	1540	1600	1619	1638	1657	1716	1734	1750	1806	1826	1846	1906
Marks Gate Whalebone Lane North	1844	1904	1925	1945					2205	2226	2247	2307	2327	2347				
Rose Lane shops	1847	1907	1928	1948					2208	2229	2250	2310	2330	2350				
Chadwell Heath Sainsbury's	1853	1913	1934	1954					2214	2235	2255	2315	2335	2355				
Chadwell Heath Station	1856	1916	1936	1956					2216	2237	2257	2317	2337	2357				
Becontree Martins Corner	1901	1921	1941	2000					2220	2241	2301	2321	2341	0001				
Becontree Station	1906	1926	1946	2005					2225	2245	2305	2325	2345	0005				
Upney Station	1915	1935	1954	2013					2233	2253	2313	2333	2353	0013				
Faircross Longbridge Road	1918	1938	1957	2016					2236	2256	2316	2336	2356	0016				
Barking Station	1921	1941	2000	2019					2239	2259	2319	2339	2359	0019				
Gascoigne Road Dovehouse Mead	1926	1946	2005	2024					2244	2304	2324	2344	0004	0024				

62		Mondays to Fridays																
Gascoigne Road Dovehouse Mead	0500	0520	0540	0600	0620	0630	0638	0646	0655	0703	0712	0721	0730	Then every 10 minutes until	0830	0840	0850	
Barking Station	0508	0528	0548	0608	0628	0638	0648	0656	0705	0713	0722	0732	0742		0842	0852	0902	
Faircross Longbridge Road	0511	0531	0551	0611	0631	0642	0652	0700	0709	0717	0727	0737	0747		0847	0857	0907	
Upney Station	0514	0534	0554	0614	0635	0646	0656	0704	0713	0722	0732	0742	0752		0852	0902	0912	
Becontree Station	0521	0541	0601	0623	0644	0656	0706	0714	0723	0733	0743	0753	0803		0903	0913	0923	
Becontree Martins Corner	0525	0545	0605	0627	0649	0702	0712	0720	0730	0740	0750	0800	0810		0910	0920	0930	
Chadwell Heath Station	0530	0550	0610	0632	0654	0708	0718	0728	0738	0748	0758	0808	0818		0918	0928	0936	
Chadwell Heath Sainsbury's	0532	0552	0612	0635	0657	0711	0721	0731	0741	0751	0801	0811	0821	0921	0931	0939		
Rose Lane shops	0537	0558	0620	0643	0706	0720	0731	0741	0751	0801	0811	0821	0831	0931	0940	0948		
Marks Gate Billet Road	0540	0602	0624	0647	0710	0724	0735	0745	0755	0805	0815	0825	0835	0935	0944	0952		
Gascoigne Road Dovehouse Mead	0900	0910	0920	0930	Then every 10 minutes until	1410	1418	1426	1434	1442	1450	1500	1510	1520	1530	1540	1550	
Barking Station	0912	0922	0932	0941		1421	1429	1437	1445	1453	1502	1512	1522	1532	1542	1552	1602	
Faircross Longbridge Road	0917	0927	0937	0946		1426	1434	1442	1450	1459	1508	1518	1528	1538	1548	1558	1608	
Upney Station	0922	0932	0941	0950		1430	1438	1446	1454	1503	1513	1523	1533	1543	1553	1603	1613	
Becontree Station	0933	0942	0951	1000		1440	1448	1456	1505	1515	1525	1535	1545	1555	1605	1615	1625	
Becontree Martins Corner	0938	0947	0956	1005		1445	1453	1501	1511	1521	1531	1541	1551	1601	1611	1621	1631	
Chadwell Heath Station	0944	0953	1002	1011		1451	1459	1509	1519	1529	1539	1549	1559	1609	1619	1629	1639	
Chadwell Heath Sainsbury's	0947	0956	1005	1014	1454	1503	1513	1523	1533	1543	1553	1603	1613	1623	1633	1643		
Rose Lane shops	0956	1004	1013	1022	1502	1513	1523	1533	1543	1553	1603	1613	1623	1634	1645	1655		
Marks Gate Billet Road	1000	1008	1017	1026	1506	1517	1527	1537	1547	1557	1607	1617	1627	1638	1649	1659		
Gascoigne Road Dovehouse Mead	1600	1610	1620	1630	Then every 10 minutes until	1730	1740	1750	1800	1810	1820	1831	1842	1854	1906	1918	1930	
Barking Station	1612	1622	1632	1643		1743	1753	1803	1813	1823	1833	1843	1853	1904	1916	1928	1940	
Faircross Longbridge Road	1618	1628	1638	1648		1748	1758	1808	1818	1828	1837	1847	1857	1908	1920	1932	1944	
Upney Station	1623	1633	1643	1653		1753	1803	1813	1823	1833	1841	1851	1901	1912	1924	1936	1948	
Becontree Station	1635	1646	1656	1706		1806	1816	1826	1836	1843	1851	1901	1911	1922	1934	1946	1958	
Becontree Martins Corner	1641	1652	1702	1712		1812	1822	1832	1841	1848	1856	1906	1916	1927	1939	1951	2003	
Chadwell Heath Station	1649	1700	1710	1720		1820	1830	1839	1847	1854	1902	1912	1922	1933	1945	1957	2008	
Chadwell Heath Sainsbury's	1653	1704	1714	1724	1824	1834	1842	1850	1857	1905	1915	1925	1936	1948	2000	2010		
Rose Lane shops	1705	1716	1726	1736	1836	1843	1850	1858	1905	1913	1923	1933	1944	1956	2006	2016		
Marks Gate Billet Road	1709	1720	1730	1740	1840	1847	1854	1902	1909	1917	1927	1937	1948	2000	2010	2020		
Gascoigne Road Dovehouse Mead	1942	1954	2006	2026	2046	2106	2126	2146	2206	2226	Then every 20 minutes until	0026						
Barking Station	1952	2004	2015	2035	2055	2115	2135	2154	2214	2234		0034						
Faircross Longbridge Road	1956	2008	2019	2039	2059	2119	2138	2157	2217	2237		0037						
Upney Station	2000	2011	2022	2042	2102	2122	2141	2200	2220	2240		0040						
Becontree Station	2008	2019	2030	2050	2110	2130	2149	2208	2228	2247		0047						
Becontree Martins Corner	2013	2024	2035	2055	2115	2134	2153	2212	2232	2251		0051						
Chadwell Heath Station	2018	2029	2040	2100	2120	2139	2158	2217	2236	2255		0055						
Chadwell Heath Sainsbury's	2020	2031	2042	2102	2122	2141	2200	2219	2238	2257	0057							
Rose Lane shops	2026	2037	2048	2108	2127	2146	2205	2224	2243	2302	0102							
Marks Gate Billet Road	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	0830	0840	0850	0859	0908	0917
Barking Station	0508	0528	0548	0608	0628	0648	0708	0729	0749	0806	0818	0829	0839	0849	0859	0909	0918	0927
Faircross Longbridge Road	0511	0531	0551	0611	0631	0651	0712	0733	0753	0810	0822	0833	0843	0853	0903	0913	0922	0931
Upney Station	0514	0534	0554	0614	0634	0654	0715	0736	0756	0813	0825	0836	0847	0857	0907	0917	0926	0935
Becontree Station	0521	0541	0601	0621	0641	0701	0722	0743	0803	0822	0834	0846	0857	0907	0917	0927	0936	0946
Becontree Martins Corner	0525	0545	0605	0625	0645	0705	0726	0747	0807	0827	0839	0851	0902	0912	0922	0932	0942	0952
Chadwell Heath Station	0530	0550	0610	0630	0650	0711	0732	0753	0813	0833	0845	0857	0908	0918	0928	0938	0948	0958
Chadwell Heath Sainsbury's	0532	0552	0612	0632	0652	0713	0734	0755	0815	0835	0847	0859	0910	0920	0930	0941	0951	1001
Rose Lane shops	0537	0557	0617	0637	0657	0718	0739	0800	0821	0841	0853	0905	0916	0927	0937	0948	0958	1008
Marks Gate Billet Road	0540	0600	0620	0640	0701	0722	0743	0804	0825	0845	0857	0909	0920	0931	0941	0952	1002	1012
Gascoigne Road Dovehouse Mead	0926	0935	Then every 10 minutes until	1105	1115	1125	Then every 10 minutes until	1405	1415	1425	Then every 10 minutes until	1625	1636	1646	1656			
Barking Station	0936	0946		1116	1126	1136		1416	1426	1436		1636	1646	1656	1706			
Faircross Longbridge Road	0941	0951		1121	1131	1141		1421	1431	1441		1641	1651	1701	1711			
Upney Station	0945	0955		1125	1135	1145		1425	1435	1445		1645	1655	1705	1715			
Becontree Station	0956	1006		1136	1146	1156		1436	1446	1456		1656	1706	1716	1726			
Becontree Martins Corner	1002	1012		1142	1152	1202		1442	1452	1502		1702	1712	1722	1732			
Chadwell Heath Station	1008	1018		1148	1158	1209		1449	1459	1508		1708	1718	1728	1738			
Chadwell Heath Sainsbury's	1011	1021	1151	1201	1212	1452	1502	1511	1711	1721	1731	1741						
Rose Lane shops	1018	1028	1158	1209	1220	1500	1509	1518	1718	1728	1738	1748						
Marks Gate Billet Road	1022	1032	1202	1213	1224	1504	1513	1522	1722	1732	1742	1752						

