

62	Mondays to Fridays (school days)																	
Marks Gate Whalebone Lane North	0438	0508	0538	0558	0618	0628	0637	0645	0652	0700	0707	0717	0726	0735	0743	0752	0802	0812
Rose Lane shops	0441	0511	0541	0601	0621	0631	0640	0648	0655	0704	0711	0721	0730	0739	0747	0756	0807	0817
Whalebone Lane North Warren Sch.	0444	0514	0544	0604	0625	0635	0644	0652	0700	0709	0716	0726	0735	0744	0752	0802	0813	0824
Chadwell Heath Station	0449	0520	0550	0610	0632	0642	0651	0659	0708	0718	0726	0736	0745	0754	0803	0813	0826	0837
Becontree Martins Corner	0453	0525	0555	0615	0637	0647	0656	0704	0714	0724	0732	0742	0751	0800	0810	0820	0833	0844
Becontree Station	0458	0530	0600	0620	0642	0652	0701	0710	0720	0730	0738	0748	0758	0808	0819	0829	0842	0853
Upney Station	0507	0540	0612	0635	0658	0708	0718	0728	0738	0748	0756	0806	0816	0826	0837	0847	0900	0911
Faircross Longbridge Road	0510	0543	0615	0638	0701	0712	0722	0732	0742	0752	0800	0811	0821	0831	0842	0852	0905	0916
Barking Station	0513	0546	0619	0642	0705	0716	0726	0736	0746	0756	0806	0817	0827	0837	0848	0858	0909	0920
Gascoigne Road Dovehouse Mead	0518	0551	0624	0647	0710	0722	0732	0742	0752	0802	0813	0824	0834	0844	0855	0905	0916	0927
Marks Gate Whalebone Lane North	0823	0833	0844	0855	0905	0915	0925	0935	0945	0955	1005	1015	1025	1035	1045	1055	1105	1115
Rose Lane shops	0828	0838	0849	0900	0909	0919	0929	0939	0949	0959	1009	1019	1029	1039	1049	1059	1109	1119
Whalebone Lane North Warren Sch.	0835	0845	0855	0905	0914	0924	0934	0944	0954	1004	1013	1023	1033	1043	1053	1103	1113	1123
Chadwell Heath Station	0848	0858	0908	0914	0923	0933	0943	0953	1003	1013	1021	1031	1041	1051	1101	1111	1121	1131
Becontree Martins Corner	0855	0905	0914	0920	0929	0939	0949	0959	1009	1019	1027	1037	1047	1057	1107	1117	1127	1137
Becontree Station	0904	0913	0922	0928	0937	0947	0957	1007	1015	1025	1033	1043	1053	1103	1113	1123	1133	1143
Upney Station	0921	0930	0939	0945	0954	1004	1014	1023	1031	1041	1049	1059	1109	1118	1128	1138	1148	1158
Faircross Longbridge Road	0926	0935	0944	0950	0959	1009	1019	1028	1036	1046	1054	1104	1114	1123	1133	1143	1153	1203
Barking Station	0930	0939	0948	0954	1003	1013	1023	1032	1040	1050	1058	1108	1118	1127	1137	1147	1157	1207
Gascoigne Road Dovehouse Mead	0937	0946	0955	1001	1011	1021	1031	1040	1048	1058	1106	1115	1125	1134	1144	1154	1204	1214
Marks Gate Whalebone Lane North	1125	Then every 10 minutes until	1325	1335	1345	1355	1404	1412	1420	1428	1436	1445	1455	1505	1515	1526	1537	
Rose Lane shops	1129		1329	1339	1349	1359	1408	1416	1424	1432	1440	1449	1459	1509	1519	1530	1541	
Whalebone Lane North Warren Sch.	1133		1333	1343	1353	1403	1413	1421	1429	1437	1445	1454	1504	1514	1524	1535	1546	
Chadwell Heath Station	1142		1342	1352	1402	1412	1422	1430	1438	1446	1454	1503	1514	1525	1535	1546	1557	
Becontree Martins Corner	1148		1348	1358	1408	1418	1428	1436	1444	1452	1500	1510	1521	1532	1542	1553	1604	
Becontree Station	1154		1354	1404	1414	1424	1434	1442	1450	1500	1510	1520	1531	1542	1552	1603	1614	
Upney Station	1209		1409	1420	1430	1440	1450	1458	1508	1519	1530	1540	1551	1601	1611	1622	1632	
Faircross Longbridge Road	1214		1414	1425	1435	1445	1455	1503	1514	1525	1536	1546	1557	1607	1617	1628	1638	
Barking Station	1218		1418	1429	1439	1449	1459	1508	1519	1530	1541	1551	1602	1612	1622	1632	1642	
Gascoigne Road Dovehouse Mead	1225		1425	1436	1446	1456	1506	1516	1527	1538	1549	1559	1610	1620	1630	1640	1650	
Marks Gate Whalebone Lane North	1548	1559	1610	1620	1630	1641	1651	1701	1711	1721	1731	1742	1752	1802	1812	1822	1832	1842
Rose Lane shops	1552	1603	1614	1624	1634	1645	1655	1705	1715	1725	1735	1746	1756	1806	1816	1826	1836	1846
Whalebone Lane North Warren Sch.	1557	1608	1619	1629	1639	1650	1701	1711	1721	1731	1741	1752	1802	1811	1821	1831	1841	1851
Chadwell Heath Station	1608	1619	1630	1640	1650	1701	1712	1723	1733	1743	1753	1804	1814	1822	1831	1841	1851	1901
Becontree Martins Corner	1615	1626	1637	1647	1657	1707	1718	1729	1739	1749	1759	1810	1820	1828	1837	1847	1857	1907
Becontree Station	1624	1634	1645	1655	1705	1715	1725	1736	1746	1756	1806	1816	1826	1834	1843	1853	1903	1913
Upney Station	1642	1652	1703	1714	1725	1735	1745	1756	1806	1816	1824	1834	1844	1852	1901	1910	1919	1928
Faircross Longbridge Road	1648	1658	1708	1719	1730	1740	1750	1801	1811	1821	1829	1839	1849	1857	1906	1915	1924	1933
Barking Station	1652	1702	1712	1723	1734	1744	1754	1805	1815	1825	1833	1843	1853	1901	1910	1919	1928	1937
Gascoigne Road Dovehouse Mead	1700	1710	1720	1731	1742	1752	1802	1812	1822	1832	1840	1850	1900	1908	1917	1926	1935	1944
Marks Gate Whalebone Lane North	1852	1902	1912	1924	1936	1949	2003	2017	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245
Rose Lane shops	1856	1906	1916	1928	1940	1953	2007	2021	2034	2049	2103	2118	2133	2148	2203	2218	2233	2248
Whalebone Lane North Warren Sch.	1900	1910	1920	1932	1943	1956	2010	2024	2037	2052	2106	2121	2136	2151	2206	2221	2236	2251
Chadwell Heath Station	1909	1917	1927	1939	1951	2004	2018	2031	2044	2059	2113	2128	2143	2158	2211	2226	2241	2256
Becontree Martins Corner	1915	1923	1933	1945	1957	2010	2024	2037	2050	2105	2118	2133	2148	2203	2216	2231	2246	2301
Becontree Station	1921	1929	1939	1951	2003	2016	2030	2043	2056	2111	2124	2139	2154	2208	2221	2236	2251	2305
Upney Station	1936	1944	1954	2006	2017	2029	2042	2055	2108	2121	2134	2149	2204	2216	2229	2244	2259	2313
Faircross Longbridge Road	1941	1949	1959	2011	2022	2034	2047	2100	2113	2126	2139	2154	2207	2219	2232	2247	2302	2316
Barking Station	1945	1953	2003	2015	2026	2038	2051	2104	2117	2130	2143	2158	2210	2222	2235	2250	2305	2319
Gascoigne Road Dovehouse Mead	1952	2000	2010	2021	2032	2044	2057	2110	2123	2136	2149	2204	2216	2228	2241	2256	2310	2324
Marks Gate Whalebone Lane North	2300	2315	2330	2345														
Rose Lane shops	2303	2318	2333	2348														
Whalebone Lane North Warren Sch.	2306	2321	2336	2351														
Chadwell Heath Station	2311	2326	2341	2356														
Becontree Martins Corner	2315	2330	2345	0000														
Becontree Station	2319	2334	2349	0004														
Upney Station	2327	2342	2357	0012														
Faircross Longbridge Road	2330	2345	0000	0015														
Barking Station	2333	2348	0003	0018														
Gascoigne Road Dovehouse Mead	2338	2353	0008	0023														

62		Mondays to Fridays (school holidays)																	
Marks Gate Whalebone Lane North	0438	0508	0538	0558	0618	0628	0637	0645	0654	0702	0711	0720	0729	0738	0747	0756	0806	0816	
Rose Lane shops	0441	0511	0541	0601	0621	0631	0640	0648	0657	0706	0715	0724	0733	0742	0751	0800	0810	0820	
Whalebone Lane North Warren Sch.	0444	0514	0544	0605	0625	0635	0644	0652	0701	0711	0720	0729	0738	0747	0756	0805	0814	0824	
Chadwell Heath Station	0449	0520	0550	0612	0632	0642	0651	0700	0709	0719	0728	0737	0746	0755	0804	0813	0823	0833	
Becontree Martins Corner	0453	0525	0555	0617	0637	0647	0656	0705	0714	0724	0734	0743	0752	0801	0811	0820	0830	0840	
Becontree Station	0458	0530	0601	0623	0643	0653	0702	0711	0720	0730	0740	0749	0758	0808	0818	0827	0837	0847	
Upney Station	0507	0540	0612	0634	0654	0704	0714	0724	0734	0744	0754	0803	0813	0823	0833	0843	0853	0903	
Faircross Longbridge Road	0510	0543	0615	0637	0657	0708	0718	0728	0738	0748	0758	0808	0819	0829	0839	0849	0859	0909	
Barking Station	0513	0546	0619	0641	0701	0712	0722	0732	0742	0752	0802	0813	0824	0834	0844	0854	0904	0914	
Gascoigne Road Dovehouse Mead	0518	0551	0624	0646	0707	0718	0728	0738	0748	0759	0809	0820	0831	0841	0851	0901	0911	0921	
Marks Gate Whalebone Lane North	0826	0837	0848	0858	0908	0919	0929	0939	0949	0959	Then every 10 minutes until	1049	1058	1108	1117	1126	1135		
Rose Lane shops	0830	0841	0852	0902	0912	0923	0933	0943	0953	1003		1053	1102	1112	1121	1130	1139		
Whalebone Lane North Warren Sch.	0834	0845	0856	0906	0916	0927	0937	0947	0957	1008		1058	1107	1117	1126	1135	1144		
Chadwell Heath Station	0843	0854	0905	0915	0925	0936	0946	0956	1006	1016		1106	1116	1126	1135	1144	1153		
Becontree Martins Corner	0850	0901	0911	0921	0931	0942	0952	1002	1012	1022		1112	1122	1132	1141	1150	1159		
Becontree Station	0857	0908	0918	0928	0938	0949	0959	1008	1018	1028		1118	1128	1138	1147	1156	1205		
Upney Station	0913	0922	0932	0942	0952	1003	1012	1021	1030	1040		1130	1140	1150	1159	1208	1219		
Faircross Longbridge Road	0919	0928	0938	0948	0958	1008	1017	1026	1035	1045		1135	1145	1155	1205	1215	1225		
Barking Station	0924	0933	0943	0953	1003	1012	1021	1030	1039	1049		1139	1149	1159	1209	1219	1229		
Gascoigne Road Dovehouse Mead	0931	0940	0950	1000	1010	1019	1028	1037	1046	1056		1146	1156	1206	1217	1227	1237		
Marks Gate Whalebone Lane North	1145	1154	Then every 10 minutes until	1414	1423	1432	1440	1449	1459	1508	1518	1528	1538	1548	1558	1608	1618		
Rose Lane shops	1149	1158		1418	1427	1436	1444	1453	1503	1512	1522	1532	1542	1552	1602	1612	1622		
Whalebone Lane North Warren Sch.	1154	1203		1423	1432	1441	1449	1458	1508	1517	1527	1537	1547	1557	1607	1617	1627		
Chadwell Heath Station	1203	1213		1433	1442	1451	1459	1508	1518	1527	1537	1547	1557	1607	1617	1627	1637		
Becontree Martins Corner	1209	1219		1439	1448	1457	1506	1515	1525	1534	1544	1554	1604	1614	1624	1634	1644		
Becontree Station	1215	1225		1445	1454	1503	1513	1522	1532	1541	1551	1601	1611	1621	1631	1641	1651		
Upney Station	1229	1239		1459	1509	1519	1529	1539	1549	1558	1608	1617	1626	1635	1645	1655	1705		
Faircross Longbridge Road	1235	1245		1505	1515	1526	1537	1547	1557	1606	1616	1625	1634	1643	1653	1702	1712		
Barking Station	1239	1249		1509	1519	1530	1541	1551	1601	1611	1621	1630	1639	1648	1658	1707	1716		
Gascoigne Road Dovehouse Mead	1247	1257		1517	1527	1538	1549	1559	1609	1619	1629	1638	1647	1656	1706	1715	1724		
Marks Gate Whalebone Lane North	1628	1638	1648	1657	1707	1717	1727	1737	1747	1758	1809	1820	1831	1842	1852	1902	1912	1924	
Rose Lane shops	1632	1642	1652	1701	1711	1721	1731	1741	1751	1802	1812	1823	1834	1845	1855	1905	1916	1928	
Whalebone Lane North Warren Sch.	1637	1647	1657	1707	1717	1727	1737	1747	1757	1807	1817	1828	1839	1850	1900	1910	1920	1932	
Chadwell Heath Station	1647	1657	1707	1718	1728	1738	1748	1758	1808	1818	1828	1838	1849	1859	1909	1918	1928	1939	
Becontree Martins Corner	1654	1704	1714	1725	1735	1745	1755	1805	1815	1825	1835	1845	1855	1905	1915	1924	1934	1945	
Becontree Station	1701	1711	1721	1732	1742	1752	1802	1811	1821	1831	1841	1851	1901	1911	1921	1930	1940	1951	
Upney Station	1716	1726	1736	1747	1757	1807	1817	1827	1837	1847	1857	1907	1916	1925	1935	1944	1954	2005	
Faircross Longbridge Road	1722	1732	1742	1753	1803	1813	1823	1833	1843	1853	1903	1913	1922	1931	1941	1950	2000	2011	
Barking Station	1726	1736	1746	1757	1807	1817	1827	1837	1847	1857	1907	1917	1926	1935	1945	1954	2004	2015	
Gascoigne Road Dovehouse Mead	1734	1744	1754	1805	1815	1825	1835	1845	1855	1905	1914	1924	1933	1942	1952	2001	2011	2022	
Marks Gate Whalebone Lane North	1936	1949	2003	2017	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345	
Rose Lane shops	1940	1953	2007	2021	2034	2049	2103	2118	2133	2148	2203	2218	2233	2248	2303	2318	2333	2348	
Whalebone Lane North Warren Sch.	1943	1956	2010	2024	2037	2052	2106	2121	2136	2151	2206	2221	2236	2251	2306	2321	2336	2351	
Chadwell Heath Station	1951	2004	2018	2031	2044	2059	2113	2128	2143	2158	2211	2226	2241	2256	2311	2326	2341	2356	
Becontree Martins Corner	1957	2010	2024	2037	2050	2105	2118	2133	2148	2203	2216	2231	2246	2301	2315	2330	2345	0000	
Becontree Station	2003	2016	2030	2043	2056	2111	2124	2139	2154	2208	2221	2236	2251	2305	2319	2334	2349	0004	
Upney Station	2017	2029	2042	2055	2108	2121	2134	2149	2204	2216	2229	2244	2259	2313	2327	2342	2357	0012	
Faircross Longbridge Road	2022	2034	2047	2100	2113	2126	2139	2154	2207	2219	2232	2247	2302	2316	2330	2345	0000	0015	
Barking Station	2026	2038	2051	2104	2117	2130	2143	2158	2210	2222	2235	2250	2305	2319	2333	2348	0003	0018	
Gascoigne Road Dovehouse Mead	2033	2044	2057	2110	2123	2136	2149	2204	2216	2228	2241	2256	2310	2324	2338	2353	0008	0023	

62	Sundays and other Public Holidays (except Christmas Day)																	
Marks Gate <i>Whalebone Lane North</i>	0550	0620	0650	0720	0748	0818	0848	0918	0935	0950	1005	1020	1035	1050	1105	1120	1135	1150
Rose Lane <i>shops</i>	0553	0623	0653	0723	0751	0821	0851	0921	0938	0953	1008	1023	1038	1053	1109	1124	1139	1154
Whalebone Lane North <i>Warren Sch.</i>	0555	0626	0656	0726	0754	0824	0854	0925	0942	0957	1013	1028	1043	1058	1114	1129	1144	1159
Chadwell Heath Station	0600	0631	0701	0731	0759	0830	0901	0932	0949	1004	1021	1037	1053	1109	1125	1140	1155	1210
Becontree <i>Martins Corner</i>	0605	0636	0706	0736	0804	0835	0906	0937	0954	1009	1026	1042	1058	1114	1130	1145	1200	1216
Becontree Station	0609	0640	0710	0740	0809	0840	0911	0942	0959	1014	1031	1048	1104	1120	1136	1151	1206	1222
Upney Station	0617	0648	0718	0748	0818	0849	0920	0951	1008	1026	1043	1100	1116	1132	1148	1203	1219	1235
Faircross <i>Longbridge Road</i>	0620	0651	0721	0751	0822	0853	0924	0955	1012	1030	1047	1104	1120	1136	1152	1208	1224	1240
Barking Station	0622	0653	0723	0753	0824	0856	0927	0958	1016	1034	1051	1108	1124	1140	1156	1212	1228	1244
Gascoigne Road <i>Dovehouse Mead</i>	0627	0658	0728	0758	0830	0902	0933	1004	1022	1040	1058	1115	1131	1147	1203	1219	1235	1251
Marks Gate <i>Whalebone Lane North</i>	1205	1220	1235	1250	1305	1320	1335	1351	1406	1421	1436	1451	1506	1521	1536	1551	1606	1621
Rose Lane <i>shops</i>	1209	1224	1239	1254	1309	1324	1339	1355	1410	1425	1440	1455	1509	1524	1539	1554	1609	1624
Whalebone Lane North <i>Warren Sch.</i>	1215	1230	1245	1300	1315	1330	1345	1401	1414	1429	1444	1459	1513	1528	1543	1558	1613	1628
Chadwell Heath Station	1226	1241	1256	1311	1326	1341	1356	1411	1424	1439	1454	1509	1522	1537	1552	1607	1621	1635
Becontree <i>Martins Corner</i>	1232	1247	1302	1317	1332	1347	1402	1417	1430	1445	1500	1514	1527	1542	1557	1612	1626	1640
Becontree Station	1238	1253	1308	1323	1338	1353	1408	1423	1436	1451	1505	1519	1532	1547	1602	1618	1632	1646
Upney Station	1251	1307	1322	1337	1352	1406	1421	1436	1449	1504	1517	1530	1543	1558	1613	1628	1642	1656
Faircross <i>Longbridge Road</i>	1256	1312	1327	1342	1357	1411	1426	1441	1454	1508	1521	1534	1547	1602	1617	1632	1646	1700
Barking Station	1300	1316	1331	1346	1401	1415	1430	1445	1458	1512	1525	1538	1551	1606	1621	1636	1650	1704
Gascoigne Road <i>Dovehouse Mead</i>	1307	1323	1338	1353	1408	1422	1437	1452	1505	1519	1532	1545	1558	1613	1628	1643	1657	1711
Marks Gate <i>Whalebone Lane North</i>	1636	1651	1706	1721	1736	1751	1806	1821	1837	1853	1909	1925	1940	1955	2010	2026	2042	2058
Rose Lane <i>shops</i>	1639	1654	1709	1724	1739	1754	1809	1824	1840	1856	1912	1928	1943	1958	2013	2029	2045	2101
Whalebone Lane North <i>Warren Sch.</i>	1643	1658	1713	1728	1743	1758	1814	1829	1845	1901	1916	1932	1947	2002	2016	2032	2048	2104
Chadwell Heath Station	1650	1705	1720	1735	1751	1807	1823	1839	1855	1910	1924	1939	1954	2007	2021	2037	2053	2109
Becontree <i>Martins Corner</i>	1655	1710	1725	1740	1756	1812	1828	1844	1900	1915	1929	1944	1959	2012	2025	2041	2057	2113
Becontree Station	1701	1716	1731	1746	1802	1818	1834	1850	1905	1920	1934	1949	2004	2017	2030	2046	2102	2118
Upney Station	1712	1727	1742	1758	1814	1830	1846	1901	1915	1930	1944	1959	2013	2026	2039	2055	2111	2127
Faircross <i>Longbridge Road</i>	1716	1731	1746	1802	1818	1834	1850	1905	1919	1934	1948	2003	2017	2030	2043	2059	2114	2130
Barking Station	1720	1735	1750	1806	1822	1838	1854	1909	1923	1938	1952	2007	2021	2034	2047	2103	2118	2133
Gascoigne Road <i>Dovehouse Mead</i>	1726	1741	1756	1812	1828	1844	1900	1915	1929	1944	1958	2013	2027	2040	2053	2108	2123	2138
Marks Gate <i>Whalebone Lane North</i>	2113	2128	2144	2200	2215	2230	2245	2300	2315	2330	2345							
Rose Lane <i>shops</i>	2116	2131	2147	2203	2218	2233	2248	2302	2317	2332	2347							
Whalebone Lane North <i>Warren Sch.</i>	2119	2134	2150	2206	2221	2236	2251	2304	2319	2334	2349							
Chadwell Heath Station	2124	2139	2155	2211	2226	2241	2256	2309	2324	2339	2354							
Becontree <i>Martins Corner</i>	2128	2143	2159	2215	2230	2245	2300	2313	2328	2343	2358							
Becontree Station	2133	2148	2204	2220	2235	2250	2304	2317	2332	2347	0002							
Upney Station	2142	2157	2212	2227	2242	2257	2311	2324	2339	2354	0009							
Faircross <i>Longbridge Road</i>	2145	2200	2214	2229	2244	2259	2313	2326	2341	2356	0011							
Barking Station	2148	2203	2217	2232	2247	2302	2316	2329	2344	2359	0014							
Gascoigne Road <i>Dovehouse Mead</i>	2153	2208	2222	2237	2252	2307	2321	2334	2349	0004	0019							

62		Mondays to Fridays (school days)																	
Gascoigne Road Dovehouse Mead	0500	0520	0540	0600	0620	0629	0638	0646	0654	0703	0711	0719	0727	0735	0744	0752	0802	0812	
Barking Station	0508	0528	0548	0609	0629	0638	0647	0655	0703	0714	0722	0730	0738	0746	0755	0803	0815	0825	
Faircross Longbridge Road	0511	0531	0551	0613	0633	0642	0651	0659	0707	0718	0726	0734	0742	0750	0759	0809	0821	0831	
Upney Station	0514	0534	0554	0616	0636	0645	0654	0702	0713	0724	0732	0740	0748	0756	0805	0816	0828	0838	
Becontree Station	0522	0542	0603	0625	0645	0654	0703	0713	0724	0735	0743	0751	0759	0807	0817	0828	0840	0850	
Becontree Martins Corner	0527	0547	0608	0630	0650	0659	0709	0719	0730	0741	0749	0757	0805	0815	0825	0836	0848	0858	
Chadwell Heath Station	0532	0552	0614	0636	0657	0706	0716	0726	0737	0748	0756	0804	0814	0824	0834	0845	0857	0906	
Whalebone Lane North Warren Sch.	0537	0558	0620	0642	0703	0713	0723	0733	0744	0755	0804	0814	0824	0834	0844	0855	0907	0915	
Rose Lane shops	0540	0601	0623	0645	0707	0717	0727	0737	0748	0759	0809	0820	0830	0840	0850	0901	0912	0920	
Marks Gate Whalebone Lane North	0544	0606	0628	0650	0712	0722	0732	0742	0753	0804	0814	0825	0835	0845	0855	0906	0917	0925	
Gascoigne Road Dovehouse Mead	0822	0832	0842	0852	0903	0914	0925	0935	0945	0955	1005	1015	1025	1035	1045	1055	1104	1114	
Barking Station	0835	0845	0855	0905	0914	0925	0936	0946	0956	1006	1016	1025	1035	1045	1055	1105	1115	1125	
Faircross Longbridge Road	0841	0851	0901	0910	0919	0930	0941	0951	1001	1012	1022	1031	1041	1051	1101	1111	1121	1131	
Upney Station	0848	0858	0907	0916	0925	0936	0947	0957	1007	1017	1027	1036	1046	1056	1106	1116	1126	1136	
Becontree Station	0900	0910	0918	0927	0936	0947	0958	1008	1018	1028	1038	1047	1057	1107	1117	1127	1137	1147	
Becontree Martins Corner	0907	0916	0924	0933	0942	0953	1004	1014	1024	1034	1044	1053	1103	1113	1123	1133	1143	1153	
Chadwell Heath Station	0914	0922	0930	0939	0948	0959	1010	1020	1030	1040	1050	1100	1110	1120	1130	1140	1150	1200	
Whalebone Lane North Warren Sch.	0923	0931	0939	0948	0957	1008	1018	1028	1038	1048	1058	1108	1118	1128	1138	1148	1158	1208	
Rose Lane shops	0928	0936	0944	0953	1002	1012	1022	1032	1042	1052	1102	1112	1122	1132	1142	1152	1202	1212	
Marks Gate Whalebone Lane North	0933	0941	0949	0958	1007	1017	1027	1037	1047	1057	1107	1117	1127	1137	1147	1157	1207	1217	
Gascoigne Road Dovehouse Mead	1124			1224	1235	1245	1255	1304	1313	1322	1332	1341	1350	1400	1408	1417	1426	1435	
Barking Station	1135			1235	1246	1256	1306	1316	1325	1334	1344	1353	1402	1412	1420	1429	1438	1447	
Faircross Longbridge Road	1141			1241	1252	1302	1311	1321	1330	1339	1349	1358	1408	1418	1426	1435	1444	1453	
Upney Station	1146	Then every 10 minutes until		1246	1257	1307	1316	1326	1335	1344	1354	1403	1413	1423	1431	1440	1449	1458	
Becontree Station	1157		1257	1308	1318	1327	1337	1346	1355	1405	1415	1425	1435	1443	1452	1501	1512		
Becontree Martins Corner	1203		1303	1314	1324	1333	1343	1352	1401	1411	1421	1431	1441	1449	1458	1509	1520		
Chadwell Heath Station	1210		1310	1321	1331	1340	1350	1359	1408	1418	1428	1438	1448	1456	1506	1517	1528		
Whalebone Lane North Warren Sch.	1218		1318	1328	1338	1347	1357	1407	1416	1426	1436	1446	1456	1506	1516	1527	1538		
Rose Lane shops	1222		1322	1332	1342	1351	1401	1411	1420	1430	1440	1450	1500	1511	1522	1533	1544		
Marks Gate Whalebone Lane North	1227		1327	1337	1347	1356	1406	1416	1426	1436	1446	1456	1506	1517	1528	1539	1550		
Gascoigne Road Dovehouse Mead	1444	1454	1502	1512	1523	1534	1545	1556	1606	1616	1626	1636	1646	1657	1708	1719	1729	1739	
Barking Station	1456	1506	1515	1525	1536	1547	1558	1609	1619	1629	1639	1649	1659	1710	1721	1732	1742	1752	
Faircross Longbridge Road	1502	1513	1522	1532	1543	1554	1605	1615	1625	1635	1645	1655	1705	1716	1727	1738	1748	1758	
Upney Station	1509	1520	1529	1539	1550	1601	1611	1620	1630	1640	1650	1700	1710	1721	1732	1743	1753	1803	
Becontree Station	1523	1534	1543	1553	1604	1614	1624	1633	1643	1653	1703	1713	1724	1735	1746	1757	1807	1817	
Becontree Martins Corner	1531	1542	1551	1601	1611	1621	1631	1640	1650	1700	1710	1720	1731	1742	1753	1804	1813	1823	
Chadwell Heath Station	1539	1550	1559	1609	1619	1629	1639	1648	1659	1709	1719	1729	1740	1751	1802	1813	1821	1831	
Whalebone Lane North Warren Sch.	1549	1600	1611	1621	1631	1641	1651	1700	1711	1721	1731	1741	1751	1802	1812	1822	1830	1839	
Rose Lane shops	1555	1606	1617	1628	1638	1648	1658	1707	1717	1727	1737	1747	1757	1807	1817	1827	1835	1844	
Marks Gate Whalebone Lane North	1601	1611	1622	1633	1643	1653	1703	1713	1723	1733	1743	1753	1803	1813	1823	1833	1841	1850	
Gascoigne Road Dovehouse Mead	1749	1759	1809	1820	1830	1840	1850	1900	1910	1922	1934	1946	1958	2010	2025	2040	2055	2110	
Barking Station	1802	1812	1821	1832	1842	1852	1902	1910	1920	1932	1944	1956	2008	2020	2035	2050	2105	2119	
Faircross Longbridge Road	1807	1817	1826	1837	1847	1857	1907	1915	1925	1937	1949	2001	2013	2025	2040	2055	2110	2124	
Upney Station	1812	1822	1831	1842	1852	1902	1912	1920	1930	1942	1954	2006	2017	2029	2044	2059	2114	2128	
Becontree Station	1826	1836	1845	1856	1906	1915	1924	1932	1942	1954	2006	2017	2028	2040	2055	2110	2124	2138	
Becontree Martins Corner	1832	1842	1851	1902	1912	1921	1930	1938	1948	2000	2011	2022	2033	2045	2100	2115	2129	2143	
Chadwell Heath Station	1840	1850	1859	1909	1919	1928	1937	1945	1955	2006	2017	2028	2039	2051	2105	2120	2134	2148	
Whalebone Lane North Warren Sch.	1849	1859	1908	1917	1927	1936	1945	1953	2003	2012	2023	2034	2045	2057	2111	2126	2140	2154	
Rose Lane shops	1853	1903	1912	1920	1930	1939	1948	1956	2006	2015	2026	2037	2048	2100	2114	2129	2143	2157	
Marks Gate Whalebone Lane North	1859	1908	1917	1925	1935	1944	1953	2001	2011	2020	2031	2042	2053	2105	2119	2134	2148	2202	
Gascoigne Road Dovehouse Mead	2125	2140	2155	2210	2225	2240	2255	2310	2325	2340	2355	0010	0025						
Barking Station	2134	2149	2204	2218	2233	2248	2303	2318	2333	2348	0003	0017	0032						
Faircross Longbridge Road	2139	2154	2208	2222	2237	2252	2306	2321	2336	2351	0006	0020	0035						
Upney Station	2143	2158	2212	2226	2241	2256	2309	2324	2339	2354	0009	0023	0038						
Becontree Station	2153	2208	2221	2235	2250	2305	2317	2332	2347	0002	0017	0031	0046						
Becontree Martins Corner	2158	2213	2226	2240	2255	2309	2321	2336	2351	0006	0021	0035	0050						
Chadwell Heath Station	2203	2218	2231	2245	2300	2314	2326	2341	2356	0010	0025	0039	0054						
Whalebone Lane North Warren Sch.	2206	2223	2236	2250	2305	2319	2331	2346	0001	0015	0030	0044	0059						
Rose Lane shops	2211	2226	2239	2253	2308	2322	2334	2349	0004	0018	0033	0047	0102						
Marks Gate Whalebone Lane North	2216	2231	2244	2258	2313	2327	2339	2354	0009	0023	0038	0052	0107						

62	Sundays and other Public Holidays (except Christmas Day)																		
Gascoigne Road Dovehouse Mead	0630	0700	0730	0800	0830	0844	0858	0913	0928	0943	0958	1013	1028	1043	1058	1113	1128	1143	
Barking Station	0638	0708	0738	0808	0838	0852	0906	0922	0937	0952	1007	1023	1038	1053	1108	1124	1139	1154	
Faircross Longbridge Road	0641	0711	0741	0811	0841	0855	0910	0926	0941	0956	1011	1027	1042	1057	1112	1128	1143	1158	
Upney Station	0644	0714	0744	0814	0844	0858	0913	0929	0944	0959	1014	1030	1045	1100	1116	1132	1147	1202	
Becontree Station	0651	0721	0751	0821	0851	0905	0922	0938	0953	1008	1023	1039	1054	1110	1126	1142	1157	1212	
Becontree Martins Corner	0655	0725	0755	0825	0855	0910	0927	0943	0958	1014	1029	1045	1100	1115	1131	1147	1202	1218	
Chadwell Heath Station	0659	0729	0759	0829	0859	0916	0933	0949	1004	1020	1035	1051	1106	1121	1137	1153	1208	1224	
Whalebone Lane North Warren Sch.	0704	0734	0804	0834	0904	0922	0939	0955	1011	1027	1042	1058	1113	1128	1144	1200	1216	1232	
Rose Lane shops	0707	0737	0807	0837	0907	0925	0942	0958	1014	1030	1045	1101	1117	1132	1148	1204	1220	1236	
Marks Gate Whalebone Lane North	0711	0741	0811	0841	0912	0930	0947	1003	1019	1035	1050	1106	1122	1137	1153	1210	1226	1242	
Gascoigne Road Dovehouse Mead	1158	1213	1228	1243	1258	1313	1328	1343	1358	1413	1428	1443	1458	1513	1528	1543	1556	1611	
Barking Station	1209	1224	1239	1254	1309	1324	1339	1354	1409	1424	1439	1454	1509	1524	1539	1554	1607	1622	
Faircross Longbridge Road	1214	1230	1245	1300	1316	1332	1347	1402	1417	1432	1447	1502	1516	1531	1546	1601	1616	1631	
Upney Station	1218	1234	1249	1304	1320	1336	1351	1406	1421	1436	1451	1506	1520	1535	1550	1605	1620	1635	
Becontree Station	1228	1244	1300	1316	1332	1348	1403	1417	1432	1447	1502	1517	1531	1546	1601	1616	1631	1646	
Becontree Martins Corner	1234	1250	1306	1322	1338	1354	1409	1423	1438	1453	1507	1522	1536	1551	1606	1621	1636	1651	
Chadwell Heath Station	1240	1256	1312	1328	1344	1400	1415	1429	1444	1459	1513	1528	1542	1557	1612	1627	1642	1657	
Whalebone Lane North Warren Sch.	1248	1304	1320	1336	1352	1407	1422	1436	1451	1506	1520	1535	1549	1604	1619	1634	1649	1704	
Rose Lane shops	1252	1308	1324	1340	1355	1410	1425	1439	1454	1510	1524	1539	1553	1607	1622	1637	1652	1707	
Marks Gate Whalebone Lane North	1258	1313	1329	1345	1400	1415	1430	1444	1459	1515	1529	1544	1558	1612	1627	1642	1657	1712	
Gascoigne Road Dovehouse Mead	1626	1640	1654	1709	1723	1737	1752	1807	1823	1839	1855	1910	1925	1940	1955	2010	2025	2040	
Barking Station	1637	1651	1705	1719	1733	1747	1802	1817	1833	1849	1905	1919	1934	1949	2004	2019	2034	2049	
Faircross Longbridge Road	1646	1700	1713	1727	1741	1755	1809	1823	1839	1855	1911	1925	1940	1955	2010	2024	2039	2054	
Upney Station	1650	1705	1718	1732	1746	1800	1813	1827	1843	1859	1915	1929	1944	1959	2014	2028	2043	2058	
Becontree Station	1701	1715	1728	1742	1756	1810	1823	1837	1853	1909	1924	1938	1953	2008	2023	2037	2052	2107	
Becontree Martins Corner	1706	1720	1733	1747	1802	1816	1829	1843	1859	1914	1929	1943	1958	2013	2028	2042	2057	2112	
Chadwell Heath Station	1712	1726	1739	1753	1807	1821	1834	1848	1904	1919	1934	1948	2003	2018	2033	2047	2102	2117	
Whalebone Lane North Warren Sch.	1719	1733	1746	1800	1814	1828	1841	1855	1910	1925	1940	1954	2009	2024	2039	2053	2108	2123	
Rose Lane shops	1722	1736	1749	1803	1817	1831	1844	1858	1913	1928	1943	1957	2012	2027	2042	2056	2111	2126	
Marks Gate Whalebone Lane North	1727	1741	1754	1808	1821	1835	1848	1902	1917	1932	1947	2001	2016	2031	2046	2100	2115	2130	
Gascoigne Road Dovehouse Mead	2055	2110	2125	2140	2155	2210	2225	2240	2255	Then every 15 minutes until	0025								
Barking Station	2104	2118	2132	2147	2202	2217	2232	2247	2302		0032								
Faircross Longbridge Road	2109	2123	2137	2152	2206	2221	2236	2251	2305		0035								
Upney Station	2113	2127	2141	2156	2210	2225	2239	2254	2308		0038								
Becontree Station	2122	2135	2149	2204	2218	2232	2246	2301	2315		0045								
Becontree Martins Corner	2127	2140	2153	2208	2222	2236	2250	2305	2319		0049								
Chadwell Heath Station	2132	2145	2158	2213	2227	2241	2255	2309	2323		0053								
Whalebone Lane North Warren Sch.	2137	2150	2203	2218	2232	2246	2300	2313	2327		0057								
Rose Lane shops	2140	2153	2206	2221	2235	2249	2303	2316	2330		0100								
Marks Gate Whalebone Lane North	2144	2157	2210	2225	2239	2253	2307	2320	2334	0104									