

101		Mondays to Fridays																			
Wanstead, Woodbine Place	0500	0520	0535	0550	0605	0617	0629	0641	0653	0703	0715	0726	0737	0749	0800	0812	0824	0836			
Aldersbrook Road, Park Road	0505	0525	0540	0555	0610	0622	0634	0647	0659	0710	0722	0733	0744	0756	0808	0820	0832	0844			
Manor Park Station	0509	0529	0544	0559	0614	0626	0638	0651	0703	0715	0727	0738	0749	0801	0813	0825	0837	0849			
East Ham Station	0514	0534	0549	0604	0620	0632	0644	0657	0709	0721	0733	0745	0757	0809	0821	0833	0845	0857			
East Ham, Newham Town Hall	0518	0538	0553	0608	0624	0637	0649	0702	0714	0726	0739	0751	0804	0816	0828	0840	0852	0904			
Beckton, Bus Station	0524	0544	0559	0614	0630	0643	0655	0709	0721	0734	0748	0800	0814	0826	0838	0850	0902	0913			
Wanstead, Woodbine Place	0848	0900	<i>Then every 12 minutes until</i>			1000	1012	<i>Then every 12 minutes until</i>			1324	1335	<i>Then every 12 minutes until</i>			1423	1434	1445	1455	1505	1517
Aldersbrook Road, Park Road	0856	0908				1008	1020				1332	1343				1431	1442	1453	1503	1514	1526
Manor Park Station	0901	0912				1012	1024				1336	1347				1435	1446	1457	1508	1519	1531
East Ham Station	0909	0920				1020	1032				1344	1355				1443	1454	1505	1517	1529	1541
East Ham, Newham Town Hall	0916	0927				1027	1040				1352	1403				1451	1502	1514	1526	1538	1550
Beckton, Bus Station	0925	0936				1036	1049				1401	1412				1500	1512	1524	1537	1549	1601
Wanstead, Woodbine Place	1529	1540	<i>Then every 12 minutes until</i>			1716	1728	1740	1753	1805	1817	1830	1842	1854	1906	1918	1931	1943	1955		
Aldersbrook Road, Park Road	1538	1550				1726	1738	1750	1803	1815	1827	1839	1851	1903	1915	1927	1939	1951	2003		
Manor Park Station	1543	1555				1731	1743	1755	1808	1820	1832	1843	1855	1907	1919	1931	1943	1955	2007		
East Ham Station	1553	1605				1741	1753	1805	1817	1829	1841	1852	1904	1916	1927	1939	1951	2003	2014		
East Ham, Newham Town Hall	1602	1614				1750	1802	1813	1825	1837	1849	1900	1912	1924	1935	1946	1958	2009	2020		
Beckton, Bus Station	1613	1625				1801	1812	1823	1835	1846	1858	1909	1921	1933	1943	1954	2006	2017	2028		
Wanstead, Woodbine Place	2010	2025	2040	2055	2110	2125	2140	2155	2210	2225	2240	2255	2310	2325	2340	<i>Then every 15 minutes until</i>			0055		
Aldersbrook Road, Park Road	2017	2032	2047	2102	2116	2131	2146	2201	2216	2231	2246	2301	2316	2331	2345				0100		
Manor Park Station	2021	2036	2051	2106	2120	2135	2150	2205	2220	2234	2249	2304	2319	2334	2348				0103		
East Ham Station	2028	2043	2058	2112	2126	2141	2156	2211	2226	2239	2254	2309	2324	2339	2353				0108		
East Ham, Newham Town Hall	2034	2049	2104	2118	2132	2147	2202	2216	2231	2244	2259	2314	2329	2343	2357				0112		
Beckton, Bus Station	2042	2057	2111	2125	2139	2154	2209	2223	2237	2250	2305	2320	2335	2349	0003				0118		
101		Saturdays (also Good Friday)																			
Wanstead, Woodbine Place	0500	0520	0540	0600	<i>Then every 15 minutes until</i>			0700	0715	0730	0745	0800	0812	0824	0836	0847	0858	0909	0921		
Aldersbrook Road, Park Road	0505	0525	0545	0605				0705	0720	0736	0751	0806	0818	0830	0842	0853	0904	0916	0928		
Manor Park Station	0508	0528	0548	0608				0708	0723	0740	0755	0810	0822	0834	0846	0857	0908	0920	0932		
East Ham Station	0513	0533	0553	0613				0713	0728	0745	0801	0816	0828	0840	0852	0903	0915	0927	0939		
East Ham, Newham Town Hall	0517	0537	0557	0617				0717	0733	0750	0806	0821	0833	0845	0857	0909	0921	0933	0945		
Beckton, Bus Station	0523	0543	0603	0623				0723	0739	0756	0813	0828	0840	0852	0904	0917	0929	0941	0953		
Wanstead, Woodbine Place	0933	0944	0955	1007	1019	1031	1041	1051	<i>Then every 12 minutes until</i>			1139	1150	1201	<i>Then every 12 minutes until</i>			1537	1549	1601	
Aldersbrook Road, Park Road	0940	0951	1002	1014	1026	1038	1048	1059				1147	1158	1210				1546	1558	1610	
Manor Park Station	0944	0955	1007	1019	1031	1043	1053	1104				1152	1203	1215				1551	1603	1615	
East Ham Station	0951	1003	1015	1027	1039	1051	1101	1113				1201	1213	1225				1601	1612	1624	
East Ham, Newham Town Hall	0958	1010	1022	1034	1046	1059	1110	1122				1210	1222	1234				1610	1621	1633	
Beckton, Bus Station	1006	1018	1030	1042	1055	1108	1120	1132				1220	1232	1244				1620	1631	1643	
Wanstead, Woodbine Place	1613	1625	1637	1649	1701	1713	1725	1737	1749	1801	1813	1825	1837	1849	1901	1913	1925	1940			
Aldersbrook Road, Park Road	1622	1634	1646	1658	1710	1722	1734	1746	1758	1809	1821	1833	1845	1857	1909	1921	1933	1948			
Manor Park Station	1627	1639	1651	1703	1714	1726	1738	1750	1802	1813	1825	1837	1849	1901	1913	1925	1937	1952			
East Ham Station	1636	1648	1700	1712	1723	1735	1747	1759	1811	1822	1834	1846	1858	1909	1921	1933	1945	2000			
East Ham, Newham Town Hall	1645	1657	1709	1721	1732	1744	1756	1808	1819	1830	1842	1854	1906	1917	1929	1941	1953	2007			
Beckton, Bus Station	1655	1707	1718	1730	1741	1753	1805	1817	1828	1839	1851	1903	1914	1925	1937	1949	2001	2014			
Wanstead, Woodbine Place	1955	2010	2025	2040	2055	2110	2125	2140	2155	2210	2225	2240	2255	2310	2325	<i>Then every 15 minutes until</i>			0055		
Aldersbrook Road, Park Road	2003	2018	2033	2048	2103	2117	2132	2147	2202	2217	2232	2247	2302	2317	2331				0101		
Manor Park Station	2007	2022	2037	2052	2107	2121	2136	2151	2206	2221	2235	2250	2305	2320	2334				0104		
East Ham Station	2015	2030	2045	2100	2114	2128	2143	2158	2213	2228	2242	2257	2311	2326	2339				0109		
East Ham, Newham Town Hall	2022	2037	2052	2106	2120	2134	2149	2204	2219	2234	2248	2303	2317	2331	2344				0114		
Beckton, Bus Station	2029	2044	2059	2113	2127	2141	2156	2211	2226	2240	2254	2309	2323	2337	2350				0120		
101		Sundays and other Public Holidays (except Christmas Day)																			
Wanstead, Woodbine Place	0500	<i>Then every 20 minutes until</i>			0700	0720	0740	0800	0820	0840	0853	0907	0922	0937	0950	1005	1019	1034	1048		
Aldersbrook Road, Park Road	0505				0705	0726	0746	0806	0826	0846	0859	0913	0928	0943	0956	1011	1026	1041	1055		
Manor Park Station	0508				0708	0729	0749	0809	0829	0849	0902	0917	0932	0947	1000	1015	1030	1045	1059		
East Ham Station	0513				0713	0734	0754	0814	0834	0854	0908	0923	0938	0953	1007	1022	1037	1052	1106		
East Ham, Newham Town Hall	0517				0717	0739	0759	0819	0839	0859	0913	0928	0943	0958	1013	1028	1043	1058	1113		
Beckton, Bus Station	0522				0722	0745	0805	0825	0845	0905	0920	0935	0950	1005	1020	1035	1051	1106	1121		
Wanstead, Woodbine Place	1101	1115	1130	1143	1157	1212	1227	1242	1256	1310	1325	1340	1355	1410	1425	1440	1455	1510			
Aldersbrook Road, Park Road	1108	1123	1138	1151	1205	1220	1235	1250	1304	1319	1334	1349	1404	1419	1434	1449	1504	1519			
Manor Park Station	1113	1128	1143	1156	1210	1225	1240	1255	1309	1324	1339	1354	1409	1424	1439	1454	1509	1524			
East Ham Station	1121	1136	1151	1204	1219	1234	1249	1304	1319	1334	1349	1404	1418	1433	1448	1503	1518	1533			
East Ham, Newham Town Hall	1128	1143	1158	1212	1227	1242	1257	1312	1327	1342	1357	1412	1426	1441	1456	1511	1526	1541			
Beckton, Bus Station	1136	1151	1206	1221	1236	1251	1306	1321	1336	1351	1406	1421	1435	1450	1505	1520	1535	1549			
Wanstead, Woodbine Place	1525	1540	<i>Then every 15 minutes until</i>			1740	1755	1810	1825	1840	1855	1910	1925	1940	1955	2010	2025	2040	2055		
Aldersbrook Road, Park Road	1534	1548				1748	1803	1817	1832	1847	1902	1917	1932	1947	2002	2017	2032	2047	2102		
Manor Park Station	1538	1552				1752	1807	1821	1836	1851	1906	1921	1936	1951	2006	2021	2036	2051	2106		
East Ham Station	1546	1600				1800															

101

Beckton – East Ham – Wanstead

101		Mondays to Fridays																				
Beckton, Bus Station	0450	0510	0530	0550	0610	0625	0640	0651	0702	0711	0723	0734	0746	0757	0808	0820	0832	0844				
East Ham, Newham Town Hall	0457	0517	0537	0557	0617	0633	0648	0659	0710	0719	0731	0743	0755	0806	0818	0830	0842	0854				
East Ham Station	0501	0521	0541	0601	0622	0638	0653	0704	0715	0725	0737	0749	0801	0813	0825	0837	0849	0901				
Manor Park Station	0505	0525	0545	0606	0627	0643	0658	0709	0720	0731	0743	0755	0807	0820	0832	0844	0856	0908				
Aldersbrook Road, Park Road	0508	0528	0548	0610	0631	0647	0702	0713	0725	0736	0748	0800	0812	0825	0837	0849	0901	0913				
Wanstead, Woodbine Place	0513	0533	0553	0615	0636	0653	0708	0720	0732	0744	0756	0808	0821	0834	0846	0858	0909	0921				
Beckton, Bus Station	0856	0908			1132	1144	1156					1420	1431	1443	1454	1505			1641	1653		
East Ham, Newham Town Hall	0906	0917		<i>Then every 12 minutes until</i>	1141	1153	1205		<i>Then every 12 minutes until</i>			1429	1441	1453	1504	1516		<i>Then every 12 minutes until</i>	1652	1705		
East Ham Station	0913	0924			1148	1200	1213					1437	1449	1501	1513	1525			1701	1714		
Manor Park Station	0920	0931			1155	1208	1221					1445	1457	1509	1521	1533			1709	1722		
Aldersbrook Road, Park Road	0925	0936			1200	1213	1226					1450	1502	1514	1526	1538			1714	1727		
Wanstead, Woodbine Place	0933	0944			1208	1221	1234					1458	1511	1523	1535	1548			1724	1737		
Beckton, Bus Station	1705	1717	1729	1741	1753	1806	1818	1831	1843	1855	1908	1921	1933	1945	1957	2009	2021	2034				
East Ham, Newham Town Hall	1717	1729	1741	1753	1805	1817	1829	1841	1853	1905	1917	1929	1941	1953	2005	2017	2029	2041				
East Ham Station	1726	1738	1750	1802	1814	1826	1838	1850	1902	1913	1924	1936	1947	1959	2011	2023	2035	2047				
Manor Park Station	1734	1746	1758	1810	1822	1834	1846	1858	1909	1920	1931	1943	1954	2006	2018	2030	2041	2053				
Aldersbrook Road, Park Road	1739	1751	1803	1815	1827	1839	1851	1903	1913	1924	1935	1947	1958	2010	2022	2034	2045	2057				
Wanstead, Woodbine Place	1749	1801	1812	1824	1836	1848	1900	1911	1921	1931	1942	1954	2005	2017	2029	2040	2051	2103				
Beckton, Bus Station	2046	2058	2113	2128	2143	2158	2213	2228	2243	2259	2315	2330							0100			
East Ham, Newham Town Hall	2053	2105	2120	2135	2150	2205	2220	2235	2250	2306	2321	2336		<i>Then every 15 minutes until</i>					0106			
East Ham Station	2059	2111	2125	2140	2155	2210	2225	2240	2255	2310	2325	2340							0110			
Manor Park Station	2105	2117	2131	2146	2201	2216	2231	2246	2300	2315	2330	2344							0114			
Aldersbrook Road, Park Road	2109	2121	2135	2150	2205	2220	2235	2250	2304	2319	2334	2347							0117			
Wanstead, Woodbine Place	2115	2127	2141	2156	2211	2226	2241	2255	2309	2324	2339	2352							0122			
101		Saturdays (also Good Friday)																				
Beckton, Bus Station	0450	0510	0530	0550	0610	0625	0640	0655	0710	0725	0740	0755	0810	0822	0833	0845	0856	0908				
East Ham, Newham Town Hall	0456	0516	0536	0556	0617	0632	0647	0702	0717	0732	0747	0802	0817	0829	0841	0853	0904	0916				
East Ham Station	0500	0520	0540	0600	0621	0636	0651	0706	0721	0737	0752	0807	0822	0834	0846	0858	0910	0922				
Manor Park Station	0504	0524	0544	0604	0625	0640	0655	0711	0726	0742	0757	0812	0827	0839	0851	0903	0916	0928				
Aldersbrook Road, Park Road	0507	0527	0547	0607	0628	0643	0658	0714	0730	0746	0801	0816	0831	0843	0855	0907	0920	0932				
Wanstead, Woodbine Place	0512	0532	0552	0612	0633	0648	0703	0719	0735	0752	0807	0822	0837	0849	0901	0914	0927	0939				
Beckton, Bus Station	0920	0932	0944	0955	1006			1130	1141	1150	1200			1548	1600				1724			
East Ham, Newham Town Hall	0928	0940	0952	1003	1015		<i>Then every 12 minutes until</i>	1139	1150	1200	1211		<i>Then every 12 minutes until</i>	1559	1610		<i>Then every 12 minutes until</i>	1734				
East Ham Station	0934	0946	0958	1010	1022			1146	1157	1208	1220			1608	1618			1742				
Manor Park Station	0941	0953	1005	1017	1029			1153	1204	1216	1228			1616	1626			1750				
Aldersbrook Road, Park Road	0945	0958	1010	1022	1034			1158	1209	1221	1233		<i>Then every 12 minutes until</i>	1621	1631			1755				
Wanstead, Woodbine Place	0953	1006	1018	1030	1042			1206	1217	1229	1241			1629	1639			1803				
Beckton, Bus Station	1736	1748	1800	1812	1824	1836	1848	1900	1915	1930	1945	2000	2015	2030	2045	2100	2115	2130				
East Ham, Newham Town Hall	1746	1758	1809	1821	1833	1845	1857	1909	1924	1939	1954	2009	2024	2039	2054	2108	2123	2138				
East Ham Station	1754	1806	1817	1829	1841	1853	1905	1917	1932	1947	2002	2016	2031	2046	2101	2114	2129	2144				
Manor Park Station	1802	1814	1825	1837	1849	1900	1912	1924	1939	1954	2009	2023	2038	2053	2107	2120	2135	2150				
Aldersbrook Road, Park Road	1806	1818	1829	1841	1853	1904	1916	1928	1943	1958	2013	2027	2042	2057	2111	2124	2139	2154				
Wanstead, Woodbine Place	1814	1826	1837	1849	1900	1911	1923	1935	1950	2005	2020	2034	2049	2104	2117	2130	2145	2200				
Beckton, Bus Station	2145	2200	2215	2230	2245	2300	2315					0100										
East Ham, Newham Town Hall	2153	2207	2222	2237	2252	2306	2321		<i>Then every 15 minutes until</i>			0106										
East Ham Station	2159	2212	2227	2242	2257	2310	2325					0110										
Manor Park Station	2205	2218	2233	2248	2302	2315	2330					0115										
Aldersbrook Road, Park Road	2209	2222	2237	2252	2306	2319	2333					0118										
Wanstead, Woodbine Place	2215	2228	2243	2258	2312	2324	2338					0123										
101		Sundays and other Public Holidays (except Christmas Day)																				
Beckton, Bus Station	0450			0730	0750	0810	0830	0850	0910	0925	0938	0951	1006	1021	1036	1051	1105	1120				
East Ham, Newham Town Hall	0456		<i>Then every 20 minutes until</i>	0736	0756	0817	0837	0857	0917	0932	0945	0959	1014	1029	1044	1059	1113	1128				
East Ham Station	0500			0740	0800	0822	0842	0902	0922	0937	0951	1005	1020	1035	1050	1105	1120	1135				
Manor Park Station	0504			0744	0805	0827	0847	0908	0928	0943	0957	1011	1026	1042	1057	1112	1127	1142				
Aldersbrook Road, Park Road	0507			0747	0809	0831	0851	0912	0932	0947	1001	1016	1031	1047	1102	1117	1132	1147				
Wanstead, Woodbine Place	0512			0752	0815	0837	0857	0918	0938	0953	1008	1023	1038	1054	1110	1125	1140	1155				
Beckton, Bus Station	1135	1148	1201	1216	1231	1246	1300	1315	1330				1615	1630	1645	1700	1715	1730	1745			
East Ham, Newham Town Hall	1143	1157	1211	1226	1241	1256	1310	1325	1340		<i>Then every 15 minutes until</i>		1625	1640	1655	1710	1725	1739	1754			
East Ham Station	1150	1204	1219	1234	1249	1304	1319	1334	1349				1634	1649	1704	1718	1733	1746	1801			
Manor Park Station	1157	1212	1227	1242	1257	1312	1327	1342	1357				1642	1657	1712	1726	1741	1754	1808			
Aldersbrook Road, Park Road	1202	1217	1232	1247	1302	1317	1332	1347	1402				1647	1702	1716	1730	1745	1758	1812			
Wanstead, Woodbine Place	1211	1226	1241	1256</																		