



101 Mondays to Fridays																			
Gallions Reach Shopping Park	0439	0459	0519	0539	0559	0613	0626				0932		1320		2022	2035	2050		
Cyprus Station Cyprus Place	0446	0506	0526	0546	0606	0620	0633			Then	0939		1327	Then	2029	2042	2057		
Beckton Bus Station	0449	0509	0529	0549	0609	0623	0636			about	0943	Then	1331	about	2032	2045	2100		
East Ham Newham Town Hall	0456	0516	0536	0556	0617	0631	0644			every 12	0952	every 12	1340	every 12	2039	2052	2107		
East Ham Station	0500	0520	0540	0601	0622	0636	0649			minutes	0959	minutes	1347	minutes	2044	2057	2112		
Manor Park Station	0504	0524	0544	0605	0626	0640	0654			until	1006	until	1354	until	2050	2103	2118		
Aldersbrook Road Park Road	0508	0528	0548	0609	0630	0644	0658				1010		1358		2054	2107	2122		
Wanstead Woodbine Place	0514	0534	0554	0615	0636	0651	0706				1018		1406		2101	2113	2128		
Gallions Reach Shopping Park	2105	2120	2135	2150	2205	2220	2235	2250	2305	2320	2335			0050					
Cyprus Station Cyprus Place	2112	2127	2142	2157	2212	2227	2242	2257	2312	2327	2342			0057					
Beckton Bus Station	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2344		Then	0059					
East Ham Newham Town Hall	2122	2137	2152	2206	2221	2236	2251	2306	2321	2336	2350		every 15	0105					
East Ham Station	2127	2142	2157	2211	2226	2241	2255	2310	2325	2340	2354		minutes	0109					
Manor Park Station	2133	2148	2202	2216	2231	2246	2300	2314	2329	2344	2358		until	0113					
Aldersbrook Road Park Road	2137	2152	2206	2220	2235	2250	2304	2318	2333	2348	0002			0117					
Wanstead Woodbine Place	2143	2158	2212	2226	2241	2256	2310	2324	2339	2354	0008			0123					
101 Saturdays (also Good Friday)																			
Gallions Reach Shopping Park	0439	0459	0519	0539	0559	0614	0629	0644	0659	0714	0729	0744	0759		1149		1513		
Cyprus Station Cyprus Place	0446	0506	0526	0546	0606	0621	0636	0651	0706	0721	0736	0751	0806	Then	1157		1521		
Beckton Bus Station	0448	0508	0528	0548	0608	0623	0638	0653	0709	0724	0739	0754	0809	about	1201	Then	1525		
East Ham Newham Town Hall	0455	0515	0535	0555	0615	0630	0645	0700	0716	0731	0746	0801	0816	every	1212	every 12	1536		
East Ham Station	0459	0519	0539	0559	0619	0634	0649	0704	0720	0736	0751	0806	0821	12	1221	minutes	1545		
Manor Park Station	0503	0523	0543	0603	0623	0638	0653	0708	0724	0740	0756	0811	0826	mins.	1229	until	1553		
Aldersbrook Road Park Road	0506	0526	0546	0607	0627	0642	0657	0712	0728	0744	0800	0815	0830	until	1234		1558		
Wanstead Woodbine Place	0512	0532	0552	0613	0633	0648	0703	0718	0734	0750	0806	0821	0836		1242		1606		
Gallions Reach Shopping Park	1525	1537	1549			1713	1725	1737	1749	1801	1813	1825	1837	1850	1905	1920	1935	1950	
Cyprus Station Cyprus Place	1533	1545	1557			1721	1733	1745	1757	1808	1820	1832	1844	1857	1912	1927	1942	1957	
Beckton Bus Station	1537	1549	1601		Then	1725	1737	1749	1801	1812	1824	1836	1848	1900	1915	1930	1945	2000	
East Ham Newham Town Hall	1548	1600	1611		every 12	1735	1747	1759	1810	1821	1833	1845	1857	1909	1924	1938	1953	2008	
East Ham Station	1557	1608	1619		minutes	1743	1755	1807	1818	1829	1841	1853	1905	1917	1932	1945	1959	2014	
Manor Park Station	1605	1616	1627		until	1751	1803	1814	1825	1836	1848	1900	1912	1924	1939	1952	2006	2021	
Aldersbrook Road Park Road	1609	1620	1631			1755	1807	1818	1829	1840	1852	1904	1916	1928	1943	1956	2010	2025	
Wanstead Woodbine Place	1617	1628	1639			1803	1814	1825	1836	1847	1859	1911	1923	1935	1950	2003	2017	2032	
Gallions Reach Shopping Park	2005	2020	2035	2050	2105	2120	2135	2150	2205	2220	2235	2250	2305	2320				0050	
Cyprus Station Cyprus Place	2012	2027	2042	2057	2112	2127	2142	2157	2212	2227	2242	2257	2312	2327				0057	
Beckton Bus Station	2015	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2329		Then	0059		
East Ham Newham Town Hall	2023	2038	2053	2108	2122	2137	2152	2207	2221	2236	2251	2306	2321	2335		every 15	0105		
East Ham Station	2029	2044	2059	2113	2127	2142	2157	2212	2226	2241	2256	2310	2325	2339		minutes	0109		
Manor Park Station	2036	2051	2106	2119	2133	2148	2203	2217	2231	2246	2301	2315	2330	2344		until	0114		
Aldersbrook Road Park Road	2040	2055	2110	2123	2137	2152	2207	2221	2235	2250	2305	2319	2334	2348			0118		
Wanstead Woodbine Place	2047	2102	2116	2129	2143	2158	2213	2227	2241	2256	2311	2325	2340	2354			0124		
101 Sundays and other Public Holidays (except Christmas Day)																			
Gallions Reach Shopping Park	0439			0719	0739	0759	0819	0839	0858	0913	0927	0941	0956	1011	1025	1039	1054	1109	
Cyprus Station Cyprus Place	0446			0726	0746	0806	0826	0846	0905	0920	0934	0948	1003	1018	1032	1046	1101	1116	
Beckton Bus Station	0449	Then		0729	0749	0809	0829	0849	0908	0923	0937	0951	1006	1021	1035	1049	1104	1119	
East Ham Newham Town Hall	0456	every 20		0736	0756	0816	0836	0856	0916	0931	0945	0959	1014	1029	1043	1057	1112	1127	
East Ham Station	0500	minutes		0740	0800	0821	0841	0901	0921	0936	0951	1005	1020	1035	1050	1104	1119	1134	
Manor Park Station	0504	until		0744	0805	0826	0846	0906	0926	0941	0956	1011	1026	1041	1056	1111	1126	1141	
Aldersbrook Road Park Road	0508			0748	0809	0830	0850	0910	0930	0945	1000	1015	1030	1045	1100	1115	1130	1145	
Wanstead Woodbine Place	0514			0754	0815	0836	0856	0916	0936	0951	1006	1022	1037	1053	1109	1124	1139	1154	
Gallions Reach Shopping Park	1123	1138	1153	1208	1223	1236	1250	1305	1320	1335		Then	1635	1650	1705	1720	1735	1750	1805
Cyprus Station Cyprus Place	1130	1145	1200	1215	1230	1243	1257	1312	1327	1342		every	1642	1657	1712	1727	1742	1757	1812
Beckton Bus Station	1133	1148	1203	1218	1233	1246	1301	1316	1331	1346		15	1646	1701	1715	1730	1745	1800	1815
East Ham Newham Town Hall	1141	1156	1211	1226	1241	1255	1310	1325	1340	1355		mins.	1655	1710	1724	1738	1753	1808	1823
East Ham Station	1148	1203	1218	1233	1248	1303	1318	1333	1348	1403		until	1703	1717	1731	1745	1800	1814	1829
Manor Park Station	1155	1210	1225	1240	1255	1310	1325	1340	1355	1410			1710	1724	1738	1752	1807	1821	1836
Aldersbrook Road Park Road	1200	1215	1230	1245	1300	1315	1330	1345	1400	1414			1714	1728	1742	1756	1811	1825	1840
Wanstead Woodbine Place	1209	1224	1239	1254	1308	1323	1338	1353	1408	1422			1722	1736	1750	1804	1819	1833	1848
Gallions Reach Shopping Park	1820	1835		1920	1935	1950		2035	2050		2220	2235	2250	2305	2320	2335			0050
Cyprus Station Cyprus Place	1827	1842	Then	1927	1942	1957		2042	2057	Then	2227	2242	2257	2312	2327	2342	Then		0057
Beckton Bus Station	1830	1845	every	1930	1945	2000		2045	2100	every	2230	2245	2300	2315	2330	2344	every		0059
East Ham Newham Town Hall	1837	1852	15	1937	1952	2006		2051	2106	15	2236	2251	2306	2321	2336	2350	15		0105
East Ham Station	1843	1858	mins.	1943	1958	2011		2056	2111	mins.	2241	2255	2310	2325	2340	2354	mins.		0109
Manor Park Station	1849	1904	until	1949	2004	2017		2102	2116	until	2246	2300	2314	2329	2344	2358	until		0113
Aldersbrook Road Park Road	1853	1908		1953	2008	2021		2106	2120		2250	2304	2318	2333	2348	0002			0117
Wanstead Woodbine Place	1901	1915		2000	2014	2027		2112	2126		2256	2310	2324	2339	2354	0008			0123