

101		Mondays to Fridays																
Wanstead Woodbine Place	0500	0520	0536	0551	0606	0618	0630	0642	0654	0704	0714	0724	0734	0744	Then every 12 minutes until	0856	0908	
Aldersbrook Park Road	0506	0526	0542	0557	0612	0624	0636	0648	0700	0710	0720	0730	0742	0754		0906	0917	
Manor Park Station	0510	0530	0546	0601	0616	0628	0640	0652	0704	0714	0724	0735	0747	0759		0911	0922	
East Ham Station	0515	0535	0551	0607	0622	0634	0646	0658	0710	0721	0732	0744	0756	0808		0920	0931	
East Ham Newham Town Hall	0520	0540	0556	0612	0627	0639	0651	0704	0716	0728	0740	0752	0804	0816		0928	0939	
Beckton Bus Station	0527	0547	0603	0619	0634	0646	0658	0711	0723	0736	0748	0800	0812	0824		0936	0948	
Cyprus Station Cyprus Place	0529	0549	0606	0622	0637	0649	0701	0714	0727	0740	0752	0804	0816	0828	0940	0952		
Gallions Reach Shopping Park	0535	0555	0612	0628	0643	0655	0707	0720	0733	0746	0758	0810	0822	0834	0946	0958		
Wanstead Woodbine Place	0920	0932	Then every 12 minutes until	1520	1532	Then every 12 minutes until	1820	1832	1844	1856	1908	1920	1932	1944	1956	2010		
Aldersbrook Park Road	0929	0940		1528	1540		1828	1840	1852	1904	1916	1926	1938	1950	2002	2016		
Manor Park Station	0933	0944		1532	1544		1832	1844	1856	1908	1920	1930	1942	1954	2006	2020		
East Ham Station	0942	0953		1541	1554		1842	1854	1906	1917	1927	1937	1949	2001	2013	2027		
East Ham Newham Town Hall	0951	1002		1550	1602		1850	1902	1914	1924	1934	1944	1956	2008	2020	2034		
Beckton Bus Station	1000	1012		1600	1612		1900	1912	1922	1932	1942	1952	2004	2016	2028	2042		
Cyprus Station Cyprus Place	1004	1016	1604	1616	1904	1915	1925	1935	1945	1955	2007	2019	2031	2045				
Gallions Reach Shopping Park	1010	1022	1610	1622	1910	1921	1931	1941	1951	2001	2013	2025	2037	2051				
Wanstead Woodbine Place	2025	2040	2055	2110	2125	2140	2155	2210	2225	2240	2255	2310	2325	Then every 15 minutes until	0055			
Aldersbrook Park Road	2031	2046	2101	2116	2131	2146	2201	2216	2231	2246	2301	2316	2330		0100			
Manor Park Station	2035	2050	2105	2120	2135	2150	2205	2220	2235	2250	2305	2320	2333		0103			
East Ham Station	2042	2057	2112	2127	2142	2157	2212	2227	2242	2257	2311	2324	2337		0107			
East Ham Newham Town Hall	2049	2104	2119	2134	2148	2203	2218	2233	2248	2302	2316	2329	2342		0112			
Beckton Bus Station	2057	2112	2127	2141	2155	2210	2225	2240	2255	2309	2323	2336	2349		0119			
Cyprus Station Cyprus Place	2100	2115	2130	2144	2158	2213	2228	2243	2257	2311	2325	2338	2351	0121				
Gallions Reach Shopping Park	2106	2121	2136	2150	2204	2219	2234	2249	2303	2317	2331	2344	2357	0127				
101		Saturdays (also Good Friday)																
Wanstead Woodbine Place	0500	Then every 20 minutes until	0600	0616	0632	0647	0702	0717	0732	0747	0802	0814	0826	0838	0850	0902	0914	
Aldersbrook Park Road	0506		0606	0622	0638	0653	0708	0723	0738	0753	0808	0820	0832	0844	0856	0908	0920	
Manor Park Station	0510		0610	0626	0642	0657	0712	0727	0742	0757	0812	0824	0836	0848	0900	0912	0924	
East Ham Station	0515		0615	0631	0647	0702	0717	0732	0747	0803	0818	0831	0843	0855	0908	0920	0932	
East Ham Newham Town Hall	0520		0620	0636	0652	0707	0722	0737	0752	0808	0823	0836	0848	0901	0914	0926	0938	
Beckton Bus Station	0527		0627	0643	0659	0714	0729	0744	0759	0815	0830	0843	0856	0909	0922	0934	0946	
Cyprus Station Cyprus Place	0529	0629	0645	0701	0716	0731	0746	0802	0818	0833	0846	0859	0912	0925	0937	0949		
Gallions Reach Shopping Park	0535	0635	0651	0707	0722	0737	0752	0808	0824	0839	0852	0905	0918	0931	0943	0955		
Wanstead Woodbine Place	0925	0936	0947	0959	1011	1022	1033	1044	Then every 12 minutes until	1720	1732	1744	1756	1808	1820	1832	1844	
Aldersbrook Park Road	0931	0942	0954	1006	1018	1029	1040	1052		1728	1740	1752	1804	1816	1827	1839	1851	
Manor Park Station	0935	0946	0958	1010	1022	1033	1044	1056		1732	1744	1756	1808	1820	1831	1843	1855	
East Ham Station	0943	0955	1007	1019	1031	1042	1054	1106		1742	1754	1806	1818	1829	1840	1852	1903	
East Ham Newham Town Hall	0950	1002	1014	1026	1038	1050	1102	1114		1750	1802	1814	1825	1836	1847	1859	1910	
Beckton Bus Station	0959	1011	1023	1035	1047	1100	1112	1124		1800	1811	1823	1834	1845	1856	1907	1918	
Cyprus Station Cyprus Place	1002	1014	1026	1038	1050	1103	1115	1127	1803	1814	1826	1837	1848	1859	1910	1921		
Gallions Reach Shopping Park	1008	1020	1032	1044	1056	1109	1121	1133	1809	1820	1832	1843	1854	1905	1916	1927		
Wanstead Woodbine Place	1856	1910	Then every 15 minutes until	2055	2110	2125	2140	2155	2210	2225	2240	2255	2310	2325	Then every 15 minutes until	0055		
Aldersbrook Park Road	1903	1916		2101	2116	2131	2146	2201	2216	2231	2246	2301	2316	2330		0100		
Manor Park Station	1907	1920		2105	2120	2135	2150	2205	2220	2235	2250	2305	2320	2333		0103		
East Ham Station	1915	1927		2112	2127	2142	2157	2212	2227	2242	2257	2311	2324	2337		0107		
East Ham Newham Town Hall	1922	1934		2119	2134	2148	2203	2218	2233	2248	2302	2316	2329	2342		0112		
Beckton Bus Station	1930	1942		2127	2141	2155	2210	2225	2240	2255	2309	2323	2336	2349		0119		
Cyprus Station Cyprus Place	1933	1945	2130	2144	2158	2213	2228	2243	2257	2311	2325	2338	2351	0121				
Gallions Reach Shopping Park	1939	1951	2136	2150	2204	2219	2234	2249	2303	2317	2331	2344	2357	0127				
101		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																
Wanstead Woodbine Place	0500	Then every 20 minutes until	0840	0856	0912	0927	0942	0956	1011	1025	1040	1055	1110	Then every 15 minutes until	1710	1725		
Aldersbrook Park Road	0506		0846	0902	0918	0933	0948	1002	1017	1031	1046	1101	1117		1717	1732		
Manor Park Station	0510		0850	0906	0922	0937	0952	1006	1021	1035	1050	1105	1121		1721	1736		
East Ham Station	0515		0855	0911	0927	0943	0958	1013	1028	1043	1058	1114	1130		1730	1745		
East Ham Newham Town Hall	0520		0900	0916	0932	0948	1003	1019	1034	1050	1105	1121	1137		1737	1752		
Beckton Bus Station	0527		0907	0923	0939	0955	1011	1027	1043	1059	1115	1131	1147		1747	1801		
Cyprus Station Cyprus Place	0529	0909	0926	0942	0958	1014	1030	1046	1102	1118	1134	1150	1750	1804				
Gallions Reach Shopping Park	0535	0915	0932	0948	1004	1020	1036	1052	1108	1124	1140	1156	1756	1810				
Wanstead Woodbine Place	1740	1755	1810	1825	Then every 15 mins. until	2055	2110	2125	2140	2155	2210	2225	2240	2255	2310	2325	Then every 15 mins. until	0055
Aldersbrook Park Road	1747	1802	1817	1831		2101	2116	2131	2146	2201	2216	2231	2246	2301	2316	2330		0100
Manor Park Station	1751	1806	1821	1835		2105	2120	2135	2150	2205	2220	2235	2250	2305	2320	2333		0103
East Ham Station	1800	1814	1828	1842		2112	2127	2142	2157	2212	2227	2242	2257	2311	2324	2337		0107
East Ham Newham Town Hall	1807	1821	1835	1849		2119	2134	2148	2203	2218	2233	2248	2302	2316	2329	2342		0112
Beckton Bus Station	1815	1829	1843	1857		2127	2141	2155	2210	2225	2240	2255	2309	2323	2336	2349		0119
Cyprus Station Cyprus Place	1818	1832	1846	1900	2130	2144	2158	2213	2228	2243	2257	2311	2325	2338	2351	0121		
Gallions Reach Shopping Park	1824	1838	1852	1906	2136	2150	2204	2219	2234	2249	2303	2317	2331	2344	2357	0127		
101		Boxing Day																
A Sunday service operates, commencing with the 0820 journey from Wanstead.																		

101 Mondays to Fridays																		
Gallions Reach Shopping Park	0440		0600	0614	0628	0638	0648	0658	0708		0908	0920	0930	0940	0950	1402		
Cyprus Station Cyprus Place	0447		0607	0621	0635	0645	0655	0705	0715	Then	0915	0927	0937	0947	0957	Then	1409	
Beckton Bus Station	0450	Then	0610	0624	0638	0648	0658	0708	0719	every	0919	0931	0941	0951	1001	every	1413	
East Ham Newham Town Hall	0456	every 20	0616	0630	0644	0654	0704	0715	0727	12	0927	0939	0949	0959	1010	12	1422	
East Ham Station	0500	minutes	0620	0634	0648	0658	0709	0721	0733	mins.	0933	0945	0956	1007	1019	mins.	1431	
Manor Park Station	0505	until	0625	0639	0653	0703	0715	0727	0739	until	0939	0952	1004	1016	1028	until	1440	
Aldersbrook Park Road	0508		0628	0642	0656	0707	0719	0731	0743		0943	0956	1008	1020	1032		1444	
Wanstead Woodbine Place	0514		0634	0649	0704	0716	0728	0740	0752		0952	1004	1016	1028	1040		1452	
Gallions Reach Shopping Park	1414	1426	1437	1448		1600	1612			Then	1812	1824	1836	1849	1902	1914	2014	
Cyprus Station Cyprus Place	1421	1433	1444	1455		1607	1619			Then	1819	1831	1843	1856	1909	1921	Then	2021
Beckton Bus Station	1425	1437	1448	1459	Then	1611	1623	Then		every	1823	1835	1847	1900	1913	1924	every	2024
East Ham Newham Town Hall	1434	1446	1457	1509	every 12	1621	1632	every 12		12	1832	1844	1856	1909	1922	1932	12	2032
East Ham Station	1443	1455	1507	1519	minutes	1631	1642	minutes		mins.	1842	1854	1906	1918	1928	1938	mins.	2038
Manor Park Station	1452	1504	1516	1528	until	1640	1651	until		until	1851	1903	1915	1925	1935	1945	until	2045
Aldersbrook Park Road	1456	1508	1520	1532		1644	1656				1856	1908	1919	1929	1939	1949		2049
Wanstead Woodbine Place	1505	1517	1529	1541		1653	1705				1905	1916	1926	1936	1946	1956		2056
Gallions Reach Shopping Park	2027	2040	2056	2112	2127	2142	2157	2212	2228	2244	2300	2316	2332	2348			0048	
Cyprus Station Cyprus Place	2034	2047	2103	2119	2134	2149	2204	2219	2235	2251	2307	2323	2339	2355			0055	
Beckton Bus Station	2037	2050	2106	2122	2137	2152	2207	2222	2238	2254	2310	2326	2341	2357	Then		0057	
East Ham Newham Town Hall	2045	2058	2114	2129	2144	2159	2214	2229	2245	2301	2317	2332	2347	0003	every 15		0103	
East Ham Station	2051	2104	2120	2135	2150	2205	2220	2235	2251	2306	2321	2336	2351	0007	minutes		0107	
Manor Park Station	2058	2111	2126	2141	2156	2211	2226	2241	2256	2311	2326	2341	2356	0011	until		0111	
Aldersbrook Park Road	2102	2114	2129	2144	2159	2214	2229	2244	2259	2314	2329	2344	2359	0014			0114	
Wanstead Woodbine Place	2108	2120	2135	2150	2205	2220	2235	2250	2305	2320	2335	2350	0005	0020			0120	
101 Saturdays (also Good Friday)																		
Gallions Reach Shopping Park	0440		0600			0715	0730	0745	0800	0812	0824	0836	0848	0900	0911	0922	0933	
Cyprus Station Cyprus Place	0447		0607			0722	0737	0752	0807	0819	0831	0843	0855	0907	0918	0929	0940	
Beckton Bus Station	0450	Then	0610	Then		0725	0740	0755	0810	0822	0834	0846	0858	0910	0921	0932	0943	
East Ham Newham Town Hall	0456	every 20	0616	every 15		0731	0746	0801	0816	0829	0842	0854	0906	0919	0930	0941	0953	
East Ham Station	0500	minutes	0620	minutes		0735	0750	0805	0820	0834	0847	0859	0912	0925	0936	0948	1000	
Manor Park Station	0505	until	0625	until		0740	0755	0811	0826	0840	0853	0906	0919	0932	0943	0955	1007	
Aldersbrook Park Road	0508		0628			0743	0759	0815	0830	0844	0857	0910	0923	0936	0947	0959	1011	
Wanstead Woodbine Place	0514		0634			0749	0805	0821	0836	0850	0903	0916	0929	0942	0955	1007	1019	
Gallions Reach Shopping Park	0944	0955	1006	1017	1028	1039	1050			1702	1714	1726	1738	1750	1803	1816	1829	1842
Cyprus Station Cyprus Place	0951	1002	1013	1024	1035	1046	1057			1709	1721	1733	1745	1757	1810	1823	1836	1849
Beckton Bus Station	0954	1005	1016	1027	1038	1049	1101	Then		1713	1725	1737	1749	1801	1814	1827	1840	1853
East Ham Newham Town Hall	1004	1015	1026	1037	1048	1100	1112	every 12		1724	1736	1748	1800	1812	1824	1837	1850	1902
East Ham Station	1011	1022	1033	1045	1057	1109	1121	minutes		1733	1745	1757	1809	1820	1832	1845	1857	1909
Manor Park Station	1018	1030	1042	1054	1106	1118	1130	until		1742	1754	1806	1817	1828	1840	1852	1904	1916
Aldersbrook Park Road	1023	1035	1047	1059	1111	1123	1135			1747	1759	1810	1821	1832	1844	1856	1908	1920
Wanstead Woodbine Place	1031	1043	1055	1107	1119	1131	1143			1755	1806	1817	1828	1839	1851	1903	1915	1927
Gallions Reach Shopping Park	1857		2012	2027	2042			Then		2212	2228	2244	2300	2316	2332	2348	Then	0048
Cyprus Station Cyprus Place	1904		2019	2034	2049			every 15		2219	2235	2251	2307	2323	2339	2355	every 15	0055
Beckton Bus Station	1907	Then	2022	2037	2052	Then		minutes		2222	2238	2254	2310	2326	2341	2357	minutes	0057
East Ham Newham Town Hall	1915	every 15	2030	2045	2059	every 15		minutes		2229	2245	2301	2317	2332	2347	0003	minutes	0103
East Ham Station	1921	minutes	2036	2051	2105	minutes		until		2235	2251	2306	2321	2336	2351	0007	until	0107
Manor Park Station	1928	until	2043	2058	2111	until				2241	2256	2311	2326	2341	2356	0011		0111
Aldersbrook Park Road	1932		2047	2101	2114					2244	2259	2314	2329	2344	2359	0014		0114
Wanstead Woodbine Place	1939		2054	2107	2120					2250	2305	2320	2335	2350	0005	0020		0120
101 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																		
Gallions Reach Shopping Park	0440		0900	0915	0930	0944	0958	1012	1026	1040	1054	1108			1708	1724	1740	
Cyprus Station Cyprus Place	0447		0907	0922	0937	0951	1005	1019	1033	1047	1101	1115			1715	1731	1747	
Beckton Bus Station	0450	Then	0910	0925	0940	0954	1008	1022	1036	1050	1104	1118	Then		1718	1734	1750	
East Ham Newham Town Hall	0456	every 20	0916	0931	0946	1001	1015	1029	1043	1058	1112	1127	every 15		1727	1743	1759	
East Ham Station	0500	minutes	0920	0935	0950	1006	1020	1035	1049	1105	1120	1135	minutes		1735	1751	1806	
Manor Park Station	0505	until	0925	0940	0956	1012	1027	1042	1057	1113	1129	1144	until		1744	1759	1813	
Aldersbrook Park Road	0508		0928	0943	0959	1015	1030	1045	1101	1117	1133	1148			1748	1803	1817	
Wanstead Woodbine Place	0514		0934	0949	1005	1021	1037	1053	1109	1125	1141	1156			1756	1810	1824	
Gallions Reach Shopping Park	1756	1812		2012	2027	2042		Then		2212	2228	2244	2300	2316	2332	2348	Then	0048
Cyprus Station Cyprus Place	1803	1819		2019	2034	2049		every		2219	2235	2251	2307	2323	2339	2355	every 15	0055
Beckton Bus Station	1806	1822	Then	2022	2037	2052		15		2222	2238	2254	2310	2326	2341	2357	minutes	0057
East Ham Newham Town Hall	1815	1830	every 15	2030	2045	2059		mins.		2229	2245	2301	2317	2332	2347	0003	minutes	0103
East Ham Station	1821	1836	minutes	2036	2051	2105		until		2235	2251	2306	2321	2336	2351	0007	until	0107
Manor Park Station	1828	1843	until	2043	2058	2111				2241	2256	2311	2326	2341	2356	0011		0111
Aldersbrook Park Road	1832	1847		2047	2101	2114				2244	2259	2314	2329	2344	2359	0014		0114
Wanstead Woodbine Place	1839	1854		2054	2107	2120				2250	2305	2320	2335	2350	0005	0020		0120
101 Boxing Day																		
A Sunday service operates, commencing with the 0820 journey from Gallions Reach.																		