



101														Sundays and other Public Holidays (except Christmas Day)																
Wanstead Woodbine Place	0500	0520	0540	0600	0620	0640	0700	0720	0740	0800	0820	0840	0855	0910	0925	0940	0955	1009												
Aldersbrook Road Park Road	0505	0525	0545	0605	0625	0645	0705	0725	0745	0805	0826	0846	0901	0916	0932	0947	1002	1016												
Manor Park Station	0508	0528	0548	0609	0629	0649	0709	0729	0749	0809	0830	0850	0905	0920	0936	0951	1006	1021												
East Ham Station	0512	0532	0552	0613	0634	0654	0714	0734	0754	0814	0835	0855	0911	0927	0943	0958	1013	1028												
East Ham Newham Town Hall	0516	0536	0556	0617	0638	0658	0718	0738	0758	0819	0840	0900	0916	0932	0948	1003	1018	1034												
Beckton Bus Station	0520	0540	0600	0621	0643	0703	0723	0743	0804	0825	0846	0906	0922	0938	0954	1010	1025	1041												
Wanstead Woodbine Place	1024	1039	1054	1108	1122	1137	1152	1207	1220	1234	1248	Then every 15 minutes until	1418	1434	1450	1505	1521													
Aldersbrook Road Park Road	1031	1046	1101	1115	1130	1145	1200	1215	1230	1244	1258		1428	1444	1500	1515	1530													
Manor Park Station	1036	1051	1106	1120	1135	1150	1205	1220	1235	1249	1303		1433	1449	1505	1520	1535													
East Ham Station	1043	1058	1113	1128	1143	1158	1214	1229	1244	1258	1313		1443	1459	1514	1529	1544													
East Ham Newham Town Hall	1049	1105	1121	1136	1151	1206	1222	1237	1252	1306	1321		1451	1507	1522	1537	1552													
Beckton Bus Station	1056	1112	1128	1143	1158	1214	1230	1245	1300	1315	1330		1500	1515	1530	1545	1600													
Wanstead Woodbine Place	1537	1553	1609	Then every 15 minutes until	1724	1739	1754	1809	1824	1839	1854	1909	1924	1939	1954	2009	2024													
Aldersbrook Road Park Road	1546	1602	1617		1732	1747	1802	1817	1832	1847	1902	1917	1932	1946	2001	2016	2031													
Manor Park Station	1551	1607	1622		1737	1752	1807	1821	1836	1851	1906	1921	1936	1950	2005	2020	2035													
East Ham Station	1600	1615	1630		1745	1800	1815	1829	1844	1859	1914	1929	1943	1957	2012	2027	2042													
East Ham Newham Town Hall	1608	1623	1638		1753	1807	1822	1836	1851	1906	1921	1935	1949	2003	2018	2033	2048													
Beckton Bus Station	1615	1630	1645		1800	1814	1829	1843	1858	1913	1928	1942	1956	2010	2025	2039	2054													
Wanstead Woodbine Place	2039	2054	2108	2123	2138	2153	2208	2223	2238	2253	2308	2323	2338	2354	0009	0025	0040	0055												
Aldersbrook Road Park Road	2046	2100	2114	2129	2144	2159	2214	2229	2244	2259	2314	2329	2344	0000	0015	0030	0045	0100												
Manor Park Station	2050	2104	2118	2133	2148	2203	2218	2233	2248	2303	2318	2332	2347	0003	0018	0033	0048	0103												
East Ham Station	2057	2110	2124	2139	2154	2209	2224	2239	2254	2309	2324	2338	2353	0008	0023	0037	0052	0107												
East Ham Newham Town Hall	2103	2116	2130	2145	2200	2214	2229	2244	2258	2313	2328	2342	2357	0012	0027	0041	0056	0111												
Beckton Bus Station	2109	2122	2136	2151	2206	2220	2235	2250	2304	2319	2334	2348	0003	0017	0032	0046	0101	0116												

101 Mondays to Fridays																				
Beckton Bus Station	0452	0512	0532	0552	0612	0628	0643	0655	0707	0718	0729	0740	0751	0802	0813	0825	0837	0850		
East Ham Newham Town Hall	0458	0518	0539	0559	0619	0635	0651	0703	0715	0726	0737	0749	0800	0812	0823	0835	0847	0859		
East Ham Station	0502	0522	0543	0604	0624	0640	0656	0708	0720	0731	0743	0755	0807	0819	0830	0842	0854	0906		
Manor Park Station	0506	0526	0547	0609	0629	0646	0702	0714	0726	0738	0750	0802	0814	0826	0838	0850	0902	0913		
Aldersbrook Road Park Road	0509	0529	0550	0612	0633	0650	0706	0719	0731	0743	0755	0807	0819	0831	0843	0855	0907	0918		
Wanstead Woodbine Place	0514	0534	0555	0618	0639	0656	0712	0726	0739	0751	0803	0816	0828	0840	0851	0903	0914	0925		
Beckton Bus Station	0903			1103	1115	1127	1139	1151	1203	1215	1227	1239	1251			1351	1403	1415		
East Ham Newham Town Hall	0911	Then		1111	1123	1135	1147	1159	1211	1223	1235	1247	1300	Then		1400	1412	1425		
East Ham Station	0918	every 12		1118	1130	1142	1154	1206	1219	1231	1243	1255	1308	every 12		1408	1420	1433		
Manor Park Station	0925	minutes		1125	1138	1150	1202	1214	1227	1239	1251	1303	1316	minutes		1416	1428	1441		
Aldersbrook Road Park Road	0930	until		1130	1143	1155	1207	1219	1232	1244	1256	1308	1321	until		1421	1433	1446		
Wanstead Woodbine Place	0937			1137	1150	1202	1214	1226	1239	1251	1303	1315	1328			1428	1441	1454		
Beckton Bus Station	1427	1439	1451	1501	1512				1636	1647	1659	1711	1723	1735	1747	1759	1811	1823	1835	
East Ham Newham Town Hall	1437	1449	1501	1512	1524				1648	1700	1712	1724	1736	1748	1759	1811	1823	1835	1847	
East Ham Station	1445	1457	1509	1520	1532			Then	1656	1708	1720	1732	1744	1756	1807	1819	1831	1843	1855	
Manor Park Station	1453	1505	1517	1529	1541			minutes	1705	1717	1729	1741	1753	1805	1815	1827	1839	1851	1903	
Aldersbrook Road Park Road	1458	1510	1522	1534	1546			until	1710	1722	1734	1746	1758	1810	1820	1832	1844	1856	1908	
Wanstead Woodbine Place	1506	1519	1531	1543	1556				1720	1732	1744	1756	1808	1819	1829	1841	1852	1904	1916	
Beckton Bus Station	1847	1859	1910	1921	1933	1945	1957	2009	2021	2033	2045	2100	2115	2130	2145	2200	2215	2230		
East Ham Newham Town Hall	1858	1909	1920	1931	1941	1952	2004	2015	2027	2039	2051	2106	2121	2136	2151	2206	2221	2236		
East Ham Station	1906	1917	1928	1939	1949	2000	2011	2021	2033	2045	2057	2112	2127	2141	2156	2211	2225	2240		
Manor Park Station	1914	1924	1935	1946	1956	2007	2018	2028	2040	2052	2104	2119	2134	2148	2203	2218	2232	2246		
Aldersbrook Road Park Road	1919	1928	1939	1950	2000	2011	2022	2032	2044	2056	2108	2123	2138	2152	2207	2222	2236	2250		
Wanstead Woodbine Place	1926	1935	1946	1957	2007	2017	2028	2038	2050	2102	2114	2129	2144	2158	2213	2228	2242	2256		
Beckton Bus Station	2245	2300	2315	2330	2345	0000	0015	0030	0045	0100										
East Ham Newham Town Hall	2251	2306	2321	2335	2350	0005	0020	0035	0050	0105										
East Ham Station	2255	2310	2325	2339	2354	0009	0023	0038	0053	0108										
Manor Park Station	2300	2315	2330	2344	2359	0014	0027	0042	0057	0112										
Aldersbrook Road Park Road	2304	2319	2334	2348	0003	0018	0030	0045	0100	0115										
Wanstead Woodbine Place	2309	2324	2339	2353	0008	0023	0035	0050	0105	0120										
101 Saturdays (also Good Friday)																				
Beckton Bus Station	0452	0512	0532	0552	0612	0632	0650	0705	0720	0735	0750	0805	0820	0832	0844	0856	0907	0919		
East Ham Newham Town Hall	0457	0517	0537	0558	0618	0638	0656	0711	0726	0741	0756	0811	0826	0838	0851	0903	0914	0926		
East Ham Station	0501	0521	0541	0602	0622	0642	0700	0715	0730	0745	0800	0816	0831	0843	0856	0908	0920	0932		
Manor Park Station	0505	0525	0546	0607	0627	0647	0705	0720	0735	0750	0806	0822	0837	0849	0903	0915	0927	0939		
Aldersbrook Road Park Road	0508	0528	0549	0610	0630	0650	0708	0724	0739	0754	0810	0826	0841	0854	0908	0920	0932	0944		
Wanstead Woodbine Place	0513	0533	0554	0615	0635	0655	0714	0730	0745	0800	0816	0832	0847	0900	0915	0927	0939	0951		
Beckton Bus Station	0930	0942	0953	1005	1017	1029	1040	1052	1104	1115	1127	1139	1151	1201	1212	1224	1236	1248		
East Ham Newham Town Hall	0938	0950	1001	1013	1025	1037	1049	1101	1113	1124	1136	1148	1200	1211	1223	1235	1247	1259		
East Ham Station	0944	0956	1008	1020	1032	1044	1056	1108	1120	1132	1144	1156	1208	1220	1232	1244	1256	1308		
Manor Park Station	0951	1003	1015	1027	1039	1051	1103	1115	1127	1140	1152	1204	1216	1228	1240	1253	1305	1317		
Aldersbrook Road Park Road	0956	1008	1020	1032	1044	1056	1108	1120	1132	1145	1157	1209	1221	1233	1245	1258	1310	1322		
Wanstead Woodbine Place	1004	1016	1028	1040	1052	1104	1116	1128	1140	1153	1206	1218	1230	1242	1254	1307	1319	1331		
Beckton Bus Station	1300	1312	1324	1336	1348	1400	1413	1426	1439			Then		1615	1628	1640	1653	1705	1717	1729
East Ham Newham Town Hall	1311	1323	1336	1348	1400	1412	1425	1437	1450			every 12		1626	1639	1651	1704	1716	1728	1740
East Ham Station	1320	1332	1345	1357	1409	1421	1433	1445	1458			minutes		1634	1647	1659	1712	1724	1736	1748
Manor Park Station	1329	1341	1354	1406	1418	1430	1442	1454	1506			until		1642	1655	1707	1720	1732	1744	1756
Aldersbrook Road Park Road	1334	1346	1359	1411	1423	1435	1447	1459	1511					1647	1700	1712	1725	1737	1749	1801
Wanstead Woodbine Place	1343	1355	1407	1419	1431	1443	1455	1507	1519					1655	1708	1720	1733	1745	1757	1809
Beckton Bus Station	1741	1753	1805	1818	1830	1843	1855	1907	1919	1932	1944	1959	2015	2030	2045	2100	2115	2130		
East Ham Newham Town Hall	1752	1804	1816	1829	1841	1853	1905	1917	1929	1941	1953	2008	2022	2037	2052	2107	2121	2136		
East Ham Station	1801	1813	1825	1838	1850	1902	1914	1926	1938	1950	2002	2017	2030	2044	2058	2113	2127	2141		
Manor Park Station	1809	1821	1833	1846	1858	1910	1922	1934	1946	1958	2010	2024	2037	2051	2105	2120	2134	2148		
Aldersbrook Road Park Road	1813	1825	1837	1850	1902	1914	1926	1938	1950	2002	2014	2028	2041	2055	2109	2124	2138	2152		
Wanstead Woodbine Place	1821	1833	1845	1857	1909	1921	1933	1945	1957	2009	2021	2035	2048	2102	2116	2130	2144	2158		
Beckton Bus Station	2145	2200	2215	2230	2245	2300	2315	2330	2345	0000	0015	0030	0045	0100						
East Ham Newham Town Hall	2151	2206	2221	2236	2251	2306	2321	2335	2350	0005	0020	0035	0050	0105						
East Ham Station	2155	2210	2225	2240	2255	2310	2325	2339	2354	0008	0023	0038	0053	0108						
Manor Park Station	2201	2216	2231	2246	2301	2316	2331	2345	0000	0013	0028	0043	0058	0113						
Aldersbrook Road Park Road	2205	2220	2235	2250	2305	2320	2335	2349	0004	0017	0032	0047	0102	0117						
Wanstead Woodbine Place	2211	2226	2241	2256	2310	2325	2340	2354	0009	0022	0037	0052	0107	0122						

101		Sundays and other Public Holidays (except Christmas Day)																
Beckton Bus Station	0452	0512	0532	0552	0612	0632	0652	0712	0732	0752	0812	0832	0852	0912	0930	0945	1000	1014
East Ham Newham Town Hall	0457	0517	0537	0557	0618	0638	0658	0718	0738	0758	0818	0838	0858	0919	0937	0953	1008	1022
East Ham Station	0500	0520	0540	0601	0622	0642	0702	0722	0742	0802	0822	0843	0903	0924	0942	0958	1013	1027
Manor Park Station	0504	0524	0544	0605	0626	0646	0707	0727	0747	0807	0827	0849	0909	0930	0948	1004	1019	1034
Aldersbrook Road Park Road	0507	0527	0547	0608	0629	0649	0710	0730	0750	0811	0831	0853	0913	0934	0952	1008	1023	1038
Wanstead Woodbine Place	0512	0532	0552	0613	0634	0654	0716	0736	0756	0817	0837	0859	0919	0941	0959	1015	1030	1045
Beckton Bus Station	1028	1043	1058	1112	1127	1142	1157	1212	1227	1242	1257	1312	1327	1342	1357	1412	1427	1442
East Ham Newham Town Hall	1036	1051	1106	1120	1135	1150	1205	1221	1236	1251	1306	1322	1337	1352	1408	1423	1438	1453
East Ham Station	1042	1057	1112	1127	1142	1158	1213	1229	1245	1300	1315	1331	1346	1402	1418	1433	1448	1502
Manor Park Station	1049	1104	1119	1134	1149	1205	1220	1236	1253	1308	1323	1339	1354	1410	1426	1441	1456	1510
Aldersbrook Road Park Road	1054	1109	1124	1139	1154	1210	1225	1241	1258	1313	1328	1344	1359	1415	1431	1446	1501	1515
Wanstead Woodbine Place	1101	1116	1132	1147	1202	1218	1233	1249	1306	1321	1336	1352	1407	1423	1439	1454	1509	1522
Beckton Bus Station	1457			1627	1643	1658	1713	1728	1744	1759	1815	1830	1845	1900	1915	1930	1945	2000
East Ham Newham Town Hall	1508	Then		1638	1653	1708	1723	1738	1753	1807	1822	1837	1852	1907	1922	1937	1951	2006
East Ham Station	1517	every 15		1647	1702	1717	1732	1747	1801	1815	1829	1844	1858	1913	1928	1943	1957	2012
Manor Park Station	1525	minutes		1655	1710	1725	1740	1755	1809	1823	1837	1852	1906	1921	1936	1950	2004	2019
Aldersbrook Road Park Road	1530	until		1700	1715	1729	1744	1759	1813	1827	1841	1856	1910	1925	1940	1954	2008	2023
Wanstead Woodbine Place	1537			1707	1722	1736	1751	1806	1820	1834	1848	1903	1917	1931	1946	2000	2014	2029
Beckton Bus Station	2015	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345	0000	0015	0030
East Ham Newham Town Hall	2021	2036	2051	2106	2121	2136	2151	2206	2221	2235	2250	2305	2320	2335	2350	0005	0020	0035
East Ham Station	2027	2041	2056	2111	2126	2140	2155	2210	2225	2239	2254	2309	2324	2339	2354	0009	0023	0038
Manor Park Station	2034	2048	2103	2118	2133	2146	2201	2216	2231	2245	2300	2315	2329	2344	2359	0014	0027	0042
Aldersbrook Road Park Road	2038	2052	2107	2122	2137	2150	2205	2220	2235	2249	2304	2318	2332	2347	0002	0017	0030	0045
Wanstead Woodbine Place	2044	2058	2113	2128	2143	2156	2211	2226	2241	2255	2309	2323	2337	2352	0007	0022	0035	0050
Beckton Bus Station	0045	0100																
East Ham Newham Town Hall	0050	0105																
East Ham Station	0053	0108																
Manor Park Station	0057	0112																
Aldersbrook Road Park Road	0100	0115																
Wanstead Woodbine Place	0105	0120																