

101		Mondays to Fridays																	
Wanstead Woodbine Place	0500	0520	0540	0555	0610	0622	0634	0644	0655	0707	0718	0729	0740	0751	0803	0814	0826	0838	
Aldersbrook Road Park Road	0505	0525	0545	0600	0615	0628	0640	0650	0702	0714	0725	0737	0749	0800	0812	0824	0836	0848	
Manor Park Station	0509	0529	0549	0604	0619	0632	0644	0655	0707	0719	0730	0742	0754	0805	0817	0829	0841	0853	
East Ham Station	0514	0534	0554	0609	0624	0637	0649	0701	0713	0725	0737	0749	0801	0813	0825	0837	0849	0901	
East Ham Newham Town Hall	0518	0538	0558	0613	0628	0642	0654	0706	0718	0731	0743	0756	0809	0821	0833	0845	0857	0909	
Beckton Bus Station	0523	0543	0603	0619	0634	0648	0700	0712	0725	0739	0751	0804	0817	0829	0841	0853	0905	0917	
Wanstead Woodbine Place	0850	0902	0914	Then	1014	1026	Then	1338	1349	1401	1413	1424	1435	1447	1458	1508	1518	1530	
Aldersbrook Road Park Road	0900	0911	0922	every	1022	1034	about	1346	1357	1409	1421	1432	1443	1455	1507	1518	1529	1541	
Manor Park Station	0905	0916	0927	12	1027	1039	every	1351	1402	1414	1426	1437	1448	1500	1512	1523	1534	1546	
East Ham Station	0913	0924	0935	mins.	1035	1047	12	1359	1411	1423	1435	1446	1457	1509	1521	1533	1545	1557	
East Ham Newham Town Hall	0920	0931	0942	until	1042	1055	mins.	1407	1419	1431	1443	1454	1505	1517	1529	1542	1554	1606	
Beckton Bus Station	0927	0938	0949		1049	1102	until	1415	1427	1439	1451	1502	1514	1526	1538	1551	1603	1615	
Wanstead Woodbine Place	1542	1553	Then	1653	1704	1716	1728	1740	1752	1804	1816	1828	1841	1853	1905	1917	1929	1942	
Aldersbrook Road Park Road	1553	1604	every	1704	1716	1728	1740	1752	1804	1816	1827	1839	1851	1903	1914	1926	1938	1950	
Manor Park Station	1558	1609	12	1709	1721	1733	1745	1757	1809	1821	1832	1844	1856	1907	1918	1930	1942	1954	
East Ham Station	1609	1620	mins.	1720	1732	1744	1756	1807	1819	1831	1842	1854	1906	1916	1927	1938	1950	2001	
East Ham Newham Town Hall	1618	1629	until	1729	1741	1753	1805	1816	1827	1839	1850	1902	1914	1924	1935	1946	1957	2008	
Beckton Bus Station	1627	1638		1738	1750	1802	1814	1824	1835	1847	1858	1910	1921	1931	1942	1953	2004	2015	
Wanstead Woodbine Place	1955	2010	2025	2038	Then	2153	2208	2223	2238	2253	2308	2323	2338	2354	0009	0025	0040	0055	
Aldersbrook Road Park Road	2002	2017	2032	2045	every	2200	2215	2229	2244	2259	2314	2329	2344	0000	0015	0030	0045	0100	
Manor Park Station	2006	2021	2036	2049	15	2204	2219	2233	2248	2303	2318	2333	2347	0003	0018	0033	0048	0103	
East Ham Station	2013	2028	2042	2055	mins.	2210	2225	2239	2254	2309	2323	2338	2352	0008	0023	0037	0052	0107	
East Ham Newham Town Hall	2019	2034	2048	2101	until	2216	2230	2244	2259	2314	2328	2343	2357	0012	0027	0041	0056	0111	
Beckton Bus Station	2026	2040	2054	2107		2222	2236	2250	2305	2320	2334	2349	0002	0017	0032	0046	0101	0116	
101		Saturdays (also Good Friday)																	
Wanstead Woodbine Place	0500	0520	0540	0600	0615	0630	0645	0700	0714	0729	0744	Then	1855	1910	1925	Then	2010	2025	
Aldersbrook Road Park Road	0505	0525	0545	0605	0620	0635	0650	0705	0719	0735	0750	about	1904	1919	1933	every	2018	2033	
Manor Park Station	0508	0528	0548	0608	0623	0639	0654	0709	0723	0739	0754	every	1909	1924	1937	15	2022	2037	
East Ham Station	0512	0532	0553	0613	0628	0644	0659	0714	0729	0745	0800	12	1917	1932	1945	mins.	2030	2045	
East Ham Newham Town Hall	0516	0536	0557	0618	0633	0649	0704	0719	0734	0750	0805	mins.	1925	1940	1953	until	2038	2052	
Beckton Bus Station	0521	0541	0602	0623	0639	0655	0710	0725	0740	0756	0811	until	1932	1947	2000		2045	2059	
Wanstead Woodbine Place	2040	2055	2110	2125	2140	2155	2210	2224	2239	2254	2309	2324	2339	2354	0009	0024	0040	0055	
Aldersbrook Road Park Road	2047	2102	2117	2132	2147	2202	2217	2231	2246	2301	2316	2330	2345	0000	0015	0030	0046	0101	
Manor Park Station	2051	2106	2121	2136	2151	2206	2221	2235	2250	2305	2320	2334	2349	0004	0019	0034	0049	0104	
East Ham Station	2058	2113	2128	2143	2158	2213	2228	2241	2256	2311	2326	2340	2355	0009	0024	0039	0053	0108	
East Ham Newham Town Hall	2105	2120	2135	2149	2204	2219	2234	2247	2302	2317	2332	2345	0000	0014	0029	0043	0057	0112	
Beckton Bus Station	2112	2127	2142	2155	2210	2225	2240	2253	2308	2323	2338	2351	0006	0020	0035	0048	0102	0117	
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			1418	1434	1450	1505	1521	
Aldersbrook Road Park Road	1031	1046	1101	1115	1130	1145	1200	1215	1230	1244	1258	Then		1428	1444	1500	1515	1530	
Manor Park Station	1036	1051	1106	1120	1135	1150	1205	1220	1235	1249	1303	every 15		1433	1449	1505	1520	1535	
East Ham Station	1043	1058	1113	1128	1143	1158	1214	1229	1244	1258	1313	minutes		1443	1459	1514	1529	1544	
East Ham Newham Town Hall	1049	1105	1121	1136	1151	1206	1222	1237	1252	1306	1321	until		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				1724	1739	1754	1809	1824	1839	1854	1909	1924	1939	1954	2009	2024
Aldersbrook Road Park Road	1546	1602	1617	Then			1732	1747	1802	1817	1832	1847	1902	1917	1932	1946	2001	2016	2031
Manor Park Station	1551	1607	1622	every 15			1737	1752	1807	1821	1836	1851	1906	1921	1936	1950	2005	2020	2035
East Ham Station	1600	1615	1630	minutes			1745	1800	1815	1829	1844	1859	1914	1929	1943	1957	2012	2027	2042
East Ham Newham Town Hall	1608	1623	1638	until			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	Then	1103	1115	Then	1151	1203	Then	1239	1251	Then	1351	1403	1415	1427	1439	1451	1501
East Ham Newham Town Hall	0911	every	1111	1123	every	1159	1211	every	1247	1300	every	1400	1412	1425	1437	1449	1501	1512
East Ham Station	0918	12	1118	1130	12	1206	1219	12	1255	1308	12	1408	1420	1433	1445	1457	1509	1520
Manor Park Station	0925	mins.	1125	1138	mins.	1214	1227	mins.	1303	1316	mins.	1416	1428	1441	1453	1505	1517	1529
Aldersbrook Road Park Road	0930	until	1130	1143	until	1219	1232	until	1308	1321	until	1421	1433	1446	1458	1510	1522	1534
Wanstead Woodbine Place	0937		1137	1150		1226	1239		1315	1328		1428	1441	1454	1506	1519	1531	1543
Beckton Bus Station	1512	Then	1636	1647	Then	1735	1747	Then	1835	1847	1859	1910	1921	1933	1945	1957	2009	2021
East Ham Newham Town Hall	1524	every	1648	1700	about	1748	1759	about	1847	1858	1909	1920	1931	1941	1952	2004	2015	2027
East Ham Station	1532	12	1656	1708	every	1756	1807	every	1855	1906	1917	1928	1939	1949	2000	2011	2021	2033
Manor Park Station	1541	mins.	1705	1717	12	1805	1815	12	1903	1914	1924	1935	1946	1956	2007	2018	2028	2040
Aldersbrook Road Park Road	1546	until	1710	1722	mins.	1810	1820	mins.	1908	1919	1928	1939	1950	2000	2011	2022	2032	2044
Wanstead Woodbine Place	1556		1720	1732	until	1819	1829	until	1916	1926	1935	1946	1957	2007	2017	2028	2038	2050
Beckton Bus Station	2033	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345	0000	0015	Then	0100
East Ham Newham Town Hall	2039	2051	2106	2121	2136	2151	2206	2221	2236	2251	2306	2321	2335	2350	0005	0020	every	0105
East Ham Station	2045	2057	2112	2127	2141	2156	2211	2225	2240	2255	2310	2325	2339	2354	0009	0023	15	0108
Manor Park Station	2052	2104	2119	2134	2148	2203	2218	2232	2246	2300	2315	2330	2344	2359	0014	0027	mins.	0112
Aldersbrook Road Park Road	2056	2108	2123	2138	2152	2207	2222	2236	2250	2304	2319	2334	2348	0003	0018	0030	until	0115
Wanstead Woodbine Place	2102	2114	2129	2144	2158	2213	2228	2242	2256	2309	2324	2339	2353	0008	0023	0035		0120
101		Saturdays (also Good Friday)																
Beckton Bus Station	0452	0512	0532	0552	0612	0632	0650	0705	0720	0735	0750	0805	0820	Then	1944	1959	2015	
East Ham Newham Town Hall	0457	0517	0537	0558	0618	0638	0656	0711	0726	0741	0756	0811	0826	about	1953	2008	2022	
East Ham Station	0501	0521	0541	0602	0622	0642	0700	0715	0730	0745	0800	0816	0831	every 12	2002	2017	2030	
Manor Park Station	0505	0525	0546	0607	0627	0647	0705	0720	0735	0750	0806	0822	0837	minutes	2010	2024	2037	
Aldersbrook Road Park Road	0508	0528	0549	0610	0630	0650	0708	0724	0739	0754	0810	0826	0841	until	2014	2028	2041	
Wanstead Woodbine Place	0513	0533	0554	0615	0635	0655	0714	0730	0745	0800	0816	0832	0847		2021	2035	2048	
Beckton Bus Station	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345	0000	Then	0100	
East Ham Newham Town Hall	2037	2052	2107	2121	2136	2151	2206	2221	2236	2251	2306	2321	2335	2350	0005	every 15	0105	
East Ham Station	2044	2058	2113	2127	2141	2155	2210	2225	2240	2255	2310	2325	2339	2354	0008	minutes	0108	
Manor Park Station	2051	2105	2120	2134	2148	2201	2216	2231	2246	2301	2316	2331	2345	0000	0013	until	0113	
Aldersbrook Road Park Road	2055	2109	2124	2138	2152	2205	2220	2235	2250	2305	2320	2335	2349	0004	0017		0117	
Wanstead Woodbine Place	2102	2116	2130	2144	2158	2211	2226	2241	2256	2310	2325	2340	2354	0009	0022		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	Then	1627	1643	1658	1713	1728	1744	1759	1815	1830	1845	1900	1915	1930	1945	2000	2015
East Ham Newham Town Hall	1508	every	1638	1653	1708	1723	1738	1753	1807	1822	1837	1852	1907	1922	1937	1951	2006	2021
East Ham Station	1517	15	1647	1702	1717	1732	1747	1801	1815	1829	1844	1858	1913	1928	1943	1957	2012	2027
Manor Park Station	1525	mins.	1655	1710	1725	1740	1755	1809	1823	1837	1852	1906	1921	1936	1950	2004	2019	2034
Aldersbrook Road Park Road	1530	until	1700	1715	1729	1744	1759	1813	1827	1841	1856	1910	1925	1940	1954	2008	2023	2038
Wanstead Woodbine Place	1537		1707	1722	1736	1751	1806	1820	1834	1848	1903	1917	1931	1946	2000	2014	2029	2044
Beckton Bus Station	2030	Then	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345	0000	0015	0030	0045	0100
East Ham Newham Town Hall	2036	every	2121	2136	2151	2206	2221	2235	2250	2305	2320	2335	2350	0005	0020	0035	0050	0105
East Ham Station	2041	15	2126	2140	2155	2210	2225	2239	2254	2309	2324	2339	2354	0009	0023	0038	0053	0108
Manor Park Station	2048	mins.	2133	2146	2201	2216	2231	2245	2300	2315	2329	2344	2359	0014	0027	0042	0057	0112
Aldersbrook Road Park Road	2052	until	2137	2150	2205	2220	2235	2249	2304	2318	2332	2347	0002	0017	0030	0045	0100	0115
Wanstead Woodbine Place	2058		2143	2156	2211	2226	2241	2255	2309	2323	2337	2352	0007	0022	0035	0050	0105	0120