

104 Mondays to Fridays																		
Manor Park Gladding Road	0455	0515	0535	0555	0610	0625	0636	0646	0653	0700	0706		0802	0812	0822	0832	0843	
East Ham Station	0500	0520	0540	0600	0615	0630	0641	0652	0700	0709	0715		0811	0821	0831	0841	0852	
East Ham Newham Town Hall	0505	0525	0545	0605	0620	0635	0646	0657	0706	0716	0722	Then	0818	0828	0838	0848	0859	
Lonsdale Avenue Hatherley Gardens	0511	0531	0551	0611	0626	0641	0652	0704	0714	0725	0731	every 7	0827	0837	0847	0857	0908	
Upton Park The Boleyn (Green Street)	0514	0534	0554	0614	0629	0644	0655	0707	0717	0729	0735	minutes	0831	0841	0851	0901	0912	
Upton Park Station	0516	0536	0556	0616	0631	0646	0657	0710	0720	0732	0738	until	0834	0844	0854	0904	0915	
Plashet Road Green Street	0517	0537	0557	0617	0632	0647	0659	0713	0724	0736	0742		0838	0848	0858	0908	0919	
Portway Plashet Road	0519	0539	0559	0619	0634	0649	0703	0718	0730	0742	0749		0845	0855	0905	0915	0926	
Stratford Bus Station	0526	0546	0606	0626	0641	0656	0712	0728	0740	0752	0759		0855	0905	0915	0925	0936	
Manor Park Gladding Road	0853	0903	0913	0923	0933			1357		1940			0025	0055				
East Ham Station	0902	0912	0922	0933	0944			1408		1948			0033	0103				
East Ham Newham Town Hall	0909	0919	0930	0941	0952	Then		1416	Then	1954	Then		0039	0109				
Lonsdale Avenue Hatherley Gardens	0918	0928	0939	0950	1001	every 11		1425	about	2002	every 15		0047	0117				
Upton Park The Boleyn (Green Street)	0922	0933	0944	0955	1006	minutes		1430	every 11	2006	minutes		0051	0121				
Upton Park Station	0926	0937	0948	0959	1010	until		1434	minutes	2008	until		0053	0123				
Plashet Road Green Street	0930	0941	0952	1003	1014			1438	until	2010			0055	0125				
Portway Plashet Road	0937	0948	0959	1010	1021			1445		2013			0058	0128				
Stratford Bus Station	0947	0958	1009	1020	1031			1455		2020			0105	0135				
104 Saturdays (also Good Friday)																		
Manor Park Gladding Road	0455			0715	0730	0745	0800	0815	0827		1038		1206	1216	1226	1234		
East Ham Station	0500			0720	0735	0750	0805	0820	0835		1049		1217	1227	1237	1245		
East Ham Newham Town Hall	0505	Then		0725	0740	0755	0810	0825	0840	Then	1057	Then	1225	1235	1245	1253		
Lonsdale Avenue Hatherley Gardens	0511	every 20		0731	0746	0801	0816	0831	0846	about	1105	every 11	1233	1243	1253	1302		
Upton Park The Boleyn (Green Street)	0514	minutes		0734	0749	0804	0819	0834	0849	every 10-11	1109	minutes	1237	1247	1257	1307		
Upton Park Station	0516	until		0736	0751	0806	0821	0836	0851	minutes	1112	until	1240	1250	1300	1311		
Plashet Road Green Street	0517			0737	0752	0807	0822	0837	0852	until	1117		1245	1256	1306	1317		
Portway Plashet Road	0519			0739	0754	0809	0824	0839	0854		1123		1251	1302	1313	1324		
Stratford Bus Station	0526			0746	0802	0817	0832	0847	0902		1136		1304	1315	1326	1337		
Manor Park Gladding Road	1242	1252		1705				1844	1856	1910	1925	1940	0025	0055				
East Ham Station	1253	1304		1717				1854	1906	1920	1935	1948	0033	0103				
East Ham Newham Town Hall	1301	1312	Then	1725	Then			1900	1912	1926	1941	1954	0039	0109				
Lonsdale Avenue Hatherley Gardens	1312	1323	every 11	1736	about			1909	1921	1935	1949	2002	0047	0117				
Upton Park The Boleyn (Green Street)	1317	1328	minutes	1741	every 11			1913	1925	1939	1953	2006	0051	0121				
Upton Park Station	1322	1333	until	1746	minutes			1916	1928	1941	1955	2008	0053	0123				
Plashet Road Green Street	1328	1339		1752	until			1919	1931	1944	1957	2010	0055	0125				
Portway Plashet Road	1335	1346		1759				1922	1934	1947	2000	2013	0058	0128				
Stratford Bus Station	1348	1359		1812				1931	1942	1954	2007	2020	0105	0135				
104 Sundays and other Public Holidays (except Christmas Day)																		
Manor Park Gladding Road	0525			0755	0813	0828	0842	0856	0910	0924	0937	0950	1002	1014	1026	1041	1057	1113
East Ham Station	0530			0800	0818	0833	0847	0901	0916	0930	0943	0957	1010	1024	1037	1052	1108	1124
East Ham Newham Town Hall	0535	Then		0805	0823	0838	0852	0906	0921	0935	0948	1003	1016	1031	1044	1059	1115	1131
Lonsdale Avenue Hatherley Gardens	0541	every 30		0811	0829	0844	0858	0912	0927	0941	0954	1010	1024	1039	1053	1108	1124	1140
Upton Park The Boleyn (Green Street)	0544	minutes		0814	0832	0847	0901	0915	0930	0944	0958	1014	1028	1043	1057	1112	1128	1144
Upton Park Station	0545	until		0815	0833	0848	0902	0917	0932	0946	1001	1017	1031	1046	1101	1117	1133	1149
Plashet Road Green Street	0546			0816	0834	0849	0904	0919	0934	0949	1004	1020	1035	1050	1106	1122	1138	1154
Portway Plashet Road	0548			0818	0836	0851	0906	0921	0936	0952	1008	1024	1040	1056	1112	1128	1144	1200
Stratford Bus Station	0555			0825	0843	0858	0913	0928	0944	1001	1017	1034	1050	1106	1122	1138	1154	1210
Manor Park Gladding Road	1129	1145	1201	1217	1233	1249	1305	1321	1337	1353	1409	1425	1441	1457	1513	1529	1545	1601
East Ham Station	1140	1156	1212	1228	1244	1300	1316	1332	1348	1404	1420	1436	1452	1508	1524	1540	1556	1612
East Ham Newham Town Hall	1147	1203	1219	1235	1251	1307	1323	1339	1355	1411	1427	1443	1459	1515	1531	1547	1603	1619
Lonsdale Avenue Hatherley Gardens	1156	1212	1228	1244	1300	1316	1332	1348	1404	1420	1436	1452	1508	1524	1540	1556	1612	1628
Upton Park The Boleyn (Green Street)	1200	1216	1232	1248	1304	1320	1336	1352	1408	1424	1440	1456	1512	1528	1544	1600	1616	1632
Upton Park Station	1205	1221	1237	1253	1309	1325	1341	1357	1413	1429	1445	1501	1517	1533	1549	1605	1621	1637
Plashet Road Green Street	1210	1226	1242	1258	1314	1330	1346	1402	1418	1434	1450	1506	1522	1538	1554	1610	1626	1642
Portway Plashet Road	1216	1232	1248	1304	1320	1336	1352	1408	1424	1440	1456	1512	1528	1544	1600	1616	1632	1648
Stratford Bus Station	1226	1242	1258	1314	1330	1346	1402	1418	1434	1450	1506	1522	1538	1554	1610	1626	1642	1658
Manor Park Gladding Road	1617	1633	1649	1705	1721	1737	1753	1809	1825			0025	0055					
East Ham Station	1628	1644	1700	1716	1732	1747	1802	1817	1833			0033	0103					
East Ham Newham Town Hall	1635	1651	1707	1723	1739	1754	1809	1823	1839	Then		0039	0109					
Lonsdale Avenue Hatherley Gardens	1644	1700	1716	1732	1748	1803	1817	1831	1847	every 15		0047	0117					
Upton Park The Boleyn (Green Street)	1648	1704	1720	1736	1752	1807	1821	1835	1851	minutes		0051	0121					
Upton Park Station	1653	1709	1724	1740	1755	1810	1824	1837	1853	until		0053	0123					
Plashet Road Green Street	1658	1714	1729	1744	1759	1813	1826	1839	1855			0055	0125					
Portway Plashet Road	1704	1720	1735	1750	1804	1817	1829	1842	1858			0058	0128					
Stratford Bus Station	1714	1730	1745	1759	1812	1824	1836	1849	1905			0105	0135					

104 Mondays to Fridays																		
Stratford Bus Station	0435		0635	0650	0705		0935		1443	1454	1504	1514	1521	1529	1537			
Plashet Road Portway	0442		0642	0657	0713		0944		1452	1503	1514	1524	1531	1539	1548			
Plashet Road Green Street	0444	Then	0644	0659	0717	Then	0950	Then	1458	1509	1520	1530	1537	1546	1556			
Upton Park Station	0446	every 20	0646	0701	0721	about	0955	every 11	1503	1514	1525	1535	1542	1550	1600			
Upton Park The Boleyn (Green Street)	0448	minutes	0648	0705	0725	every 11	0959	minutes	1507	1518	1530	1540	1547	1556	1606			
Lonsdale Avenue Hatherley Gardens	0451	until	0651	0708	0728	minutes	1002	until	1510	1522	1534	1545	1555	1604	1614			
East Ham Newham Town Hall	0457		0657	0716	0736	until	1010		1518	1530	1542	1554	1604	1614	1624			
East Ham Station	0501		0701	0721	0741		1019		1527	1539	1551	1603	1613	1623	1633			
Manor Park Gladding Road	0507		0707	0727	0747		1032		1540	1552	1604	1616	1626	1636	1646			
Stratford Bus Station	1546		1825	1836	1847	1858	1908	1919	1930	1941	1951	2001	2011		0041 0111			
Plashet Road Portway	1557		1836	1847	1857	1908	1918	1928	1938	1949	1959	2009	2019		0049 0119			
Plashet Road Green Street	1605	Then	1844	1854	1904	1911	1921	1931	1941	1952	2002	2011	2021	Then	0051 0121			
Upton Park Station	1609	about	1848	1858	1906	1913	1923	1933	1943	1954	2004	2013	2023	every 15	0053 0123			
Upton Park The Boleyn (Green Street)	1615	every 8-9	1854	1904	1910	1917	1927	1937	1947	1957	2007	2016	2026	minutes	0056 0126			
Lonsdale Avenue Hatherley Gardens	1623	minutes	1901	1910	1916	1921	1931	1941	1951	2001	2010	2019	2029	until	0059 0129			
East Ham Newham Town Hall	1633	until	1909	1918	1923	1928	1938	1948	1958	2008	2017	2026	2036		0106 0136			
East Ham Station	1642		1916	1925	1930	1935	1945	1955	2005	2015	2024	2033	2043		0113 0143			
Manor Park Gladding Road	1655		1926	1934	1938	1943	1952	2002	2012	2022	2031	2040	2050		0120 0150			
104 Saturdays (also Good Friday)																		
Stratford Bus Station	0435		0755	0815	0829	0843		1036		1131	1142	1153	1204	1214	1224			
Plashet Road Portway	0442		0802	0822	0837	0851		1049		1144	1155	1206	1217	1227	1237			
Plashet Road Green Street	0444	Then	0804	0824	0839	0853	Then	1055	Then	1150	1201	1212	1223	1233	1243			
Upton Park Station	0446	every 20	0806	0826	0841	0855	about	1100	every 11	1155	1206	1217	1228	1238	1248			
Upton Park The Boleyn (Green Street)	0448	minutes	0808	0828	0843	0857	every 11	1104	minutes	1159	1210	1221	1232	1242	1252			
Lonsdale Avenue Hatherley Gardens	0451	until	0811	0831	0846	0900	minutes	1108	until	1203	1214	1225	1236	1246	1256			
East Ham Newham Town Hall	0457		0817	0837	0852	0907	until	1117		1212	1223	1234	1245	1255	1305			
East Ham Station	0501		0821	0842	0858	0913		1126		1221	1232	1243	1254	1304	1315			
Manor Park Gladding Road	0507		0827	0848	0904	0920		1136		1231	1243	1254	1305	1317	1328			
Stratford Bus Station	1234	1245	1255		1657		1942	1956		0041	0111							
Plashet Road Portway	1247	1258	1308		1710		1951	2004		0049	0119							
Plashet Road Green Street	1253	1304	1314	Then	1716	Then	1953	2006	Then	0051	0121							
Upton Park Station	1258	1309	1320	every 11	1722	about	1955	2008	every 15	0053	0123							
Upton Park The Boleyn (Green Street)	1302	1313	1324	minutes	1726	every 11	1958	2011	minutes	0056	0126							
Lonsdale Avenue Hatherley Gardens	1306	1317	1328	until	1730	minutes	2001	2014	until	0059	0129							
East Ham Newham Town Hall	1316	1327	1338		1740	until	2008	2021		0106	0136							
East Ham Station	1326	1337	1348		1750		2015	2028		0113	0143							
Manor Park Gladding Road	1339	1350	1401		1803		2022	2035		0120	0150							
104 Sundays and other Public Holidays (except Christmas Day)																		
Stratford Bus Station	0520		0820	0836	0852	0908	0923	0937	0950	1003	1016	1029	1044	1100	1116	1132	1148	
Plashet Road Portway	0526		0826	0842	0859	0916	0931	0945	0958	1011	1024	1038	1054	1110	1126	1142	1158	
Plashet Road Green Street	0528	Then	0828	0844	0902	0919	0934	0949	1003	1016	1030	1044	1100	1116	1132	1148	1204	
Upton Park Station	0529	every 30	0829	0845	0904	0921	0937	0953	1008	1021	1035	1049	1105	1121	1137	1153	1209	
Upton Park The Boleyn (Green Street)	0530	minutes	0830	0847	0906	0923	0939	0955	1010	1023	1038	1053	1109	1125	1141	1157	1213	
Lonsdale Avenue Hatherley Gardens	0533	until	0833	0850	0909	0926	0942	0958	1013	1027	1042	1057	1113	1129	1145	1201	1217	
East Ham Newham Town Hall	0538		0838	0856	0915	0932	0948	1004	1020	1034	1049	1104	1120	1136	1152	1208	1224	
East Ham Station	0542		0842	0901	0920	0937	0953	1009	1025	1040	1056	1112	1128	1144	1200	1216	1232	
Manor Park Gladding Road	0548		0848	0908	0928	0945	1001	1018	1034	1050	1106	1122	1138	1154	1210	1226	1242	
Stratford Bus Station	1204	1220	1236	1252	1308	1324	1340	1356	1412	1428	1444	1500	1516	1532	1548	1604	1620	1636
Plashet Road Portway	1214	1230	1246	1302	1318	1334	1350	1406	1422	1438	1454	1510	1526	1542	1558	1614	1630	1646
Plashet Road Green Street	1220	1236	1252	1308	1324	1340	1356	1412	1428	1444	1500	1516	1532	1548	1604	1620	1636	1652
Upton Park Station	1225	1241	1257	1313	1329	1345	1401	1417	1433	1449	1505	1521	1537	1553	1609	1625	1641	1657
Upton Park The Boleyn (Green Street)	1229	1245	1301	1317	1333	1349	1405	1421	1437	1453	1509	1525	1541	1557	1613	1629	1645	1701
Lonsdale Avenue Hatherley Gardens	1233	1249	1305	1321	1337	1353	1409	1425	1441	1457	1513	1529	1545	1601	1617	1633	1649	1705
East Ham Newham Town Hall	1240	1256	1312	1328	1344	1400	1416	1432	1448	1504	1520	1536	1552	1608	1624	1640	1656	1712
East Ham Station	1248	1304	1320	1336	1352	1408	1424	1440	1456	1512	1528	1544	1600	1616	1632	1648	1704	1720
Manor Park Gladding Road	1258	1314	1330	1346	1402	1418	1434	1450	1506	1522	1538	1554	1610	1626	1642	1658	1714	1729
Stratford Bus Station	1652	1708	1724	1740	1756	1811	1826	1841	1856	1911	1926	1941				0041	0111	
Plashet Road Portway	1702	1718	1734	1750	1806	1821	1836	1851	1906	1921	1936	1949				0049	0119	
Plashet Road Green Street	1708	1724	1740	1755	1810	1824	1839	1854	1909	1924	1938	1951	Then			0051	0121	
Upton Park Station	1713	1729	1745	1759	1813	1826	1841	1856	1911	1926	1940	1953	every 15			0053	0123	
Upton Park The Boleyn (Green Street)	1717	1733	1748	1802	1816	1829	1844	1859	1914	1929	1943	1956	minutes			0056	0126	
Lonsdale Avenue Hatherley Gardens	1721	1737	1752	1806	1820	1833	1848	1903	1918	1933	1947	1959	until			0059	0129	
East Ham Newham Town Hall	1728	1744	1759	1813	1827	1840	1855	1910	1925	1940	1954	2006				0106	0136	
East Ham Station	1736	1751	1806	1820	1834	1847	1902	1917	1932	1947	2001	2013				0113	0143	
Manor Park Gladding Road	1744	1759	1814	1828	1842	1855	1910	1925	1940	1955	2008	2020				0120	0150	