

104 Mondays to Fridays																
Manor Park Gladding Road	0455	0515	0535	0555	0610	0625	0636	0646	0653	0700	0706		0800		0850	0859
East Ham Station	0500	0520	0540	0600	0615	0630	0641	0652	0700	0709	0715		0809		0859	0908
East Ham Newham Town Hall	0505	0525	0545	0605	0620	0635	0646	0657	0706	0716	0722	Then	0816	Then	0906	0915
Lonsdale Avenue Hatherley Gardens	0511	0531	0551	0611	0626	0641	0652	0704	0714	0725	0731	every 6	0825	every 10	0915	0924
Upton Park The Boleyn (Green Street)	0514	0534	0554	0614	0629	0644	0655	0707	0717	0729	0735	minutes	0829	minutes	0919	0928
Upton Park Station	0516	0536	0556	0616	0631	0646	0657	0709	0720	0732	0738	until	0832	until	0922	0931
Plashet Road Green Street	0517	0537	0557	0617	0632	0647	0658	0710	0722	0734	0740		0834		0924	0934
Portway Plashet Road	0519	0539	0559	0619	0634	0649	0700	0712	0724	0736	0743		0837		0927	0937
Stratford Bus Station	0526	0546	0606	0626	0641	0656	0709	0722	0734	0746	0753		0847		0937	0947

Manor Park Gladding Road	0908	0917	0926	0935		1405		1940		0025	0055					
East Ham Station	0917	0926	0936	0946		1416		1948		0033	0103					
East Ham Newham Town Hall	0924	0934	0944	0954	Then	1424	Then	1954	Then	0039	0109					
Lonsdale Avenue Hatherley Gardens	0933	0943	0953	1003	every 10	1433	about	2002	every 15	0047	0117					
Upton Park The Boleyn (Green Street)	0938	0948	0958	1008	minutes	1438	every 10	2006	minutes	0051	0121					
Upton Park Station	0941	0951	1001	1011	until	1441	minutes	2008	until	0053	0123					
Plashet Road Green Street	0944	0954	1004	1014		1444	until	2010		0055	0125					
Portway Plashet Road	0947	0957	1007	1017		1447		2013		0058	0128					
Stratford Bus Station	0957	1007	1017	1027		1457		2020		0105	0135					

104 Saturdays (also Good Friday)																	
Manor Park Gladding Road	0455		0715	0730	0745	0800	0815	0827	0837	0846	0854	0903	0913	0922	0931	0940	0949
East Ham Station	0500		0720	0735	0750	0805	0820	0835	0845	0854	0902	0912	0922	0931	0940	0949	0958
East Ham Newham Town Hall	0505	Then	0725	0740	0755	0810	0825	0840	0850	0859	0908	0918	0928	0937	0946	0955	1005
Lonsdale Avenue Hatherley Gardens	0511	every 20	0731	0746	0801	0816	0831	0846	0856	0905	0915	0925	0935	0944	0953	1002	1012
Upton Park The Boleyn (Green Street)	0514	minutes	0734	0749	0804	0819	0834	0849	0859	0908	0918	0928	0938	0948	0957	1006	1016
Upton Park Station	0516	until	0736	0751	0806	0821	0836	0851	0901	0910	0920	0930	0940	0950	1000	1009	1019
Plashet Road Green Street	0517		0737	0752	0807	0822	0837	0852	0902	0912	0922	0932	0942	0952	1002	1012	1022
Portway Plashet Road	0519		0739	0754	0809	0824	0839	0854	0904	0914	0924	0934	0944	0955	1005	1015	1025
Stratford Bus Station	0526		0746	0802	0817	0832	0847	0902	0912	0922	0932	0942	0952	1004	1015	1026	1037

Manor Park Gladding Road	0958	1008	1018	1026	1035		1205	1214	1222	1230	1238	1246	1255			1705	1715
East Ham Station	1008	1018	1028	1036	1046		1216	1225	1233	1241	1249	1257	1307			1717	1727
East Ham Newham Town Hall	1015	1025	1035	1044	1054	Then	1224	1233	1241	1249	1257	1305	1315	Then		1725	1735
Lonsdale Avenue Hatherley Gardens	1022	1032	1042	1052	1102	every 10	1232	1241	1249	1257	1306	1316	1326	every 10		1736	1746
Upton Park The Boleyn (Green Street)	1026	1036	1046	1056	1106	minutes	1236	1245	1253	1301	1311	1321	1331	minutes		1741	1751
Upton Park Station	1029	1039	1049	1059	1109	until	1239	1248	1256	1305	1315	1325	1335	until		1745	1755
Plashet Road Green Street	1032	1042	1052	1102	1112		1242	1251	1300	1310	1320	1330	1340			1750	1800
Portway Plashet Road	1035	1045	1055	1105	1115		1245	1254	1304	1314	1324	1334	1344			1754	1804
Stratford Bus Station	1048	1058	1108	1118	1128		1258	1307	1317	1327	1337	1347	1357			1807	1816

Manor Park Gladding Road	1725	1735	1745	1755	1805	1815	1825	1835	1845	1856	1910	1925		0025	0055		
East Ham Station	1737	1747	1757	1807	1816	1826	1836	1845	1855	1906	1920	1933		0033	0103		
East Ham Newham Town Hall	1745	1755	1805	1814	1823	1833	1842	1851	1901	1912	1926	1939	Then	0039	0109		
Lonsdale Avenue Hatherley Gardens	1756	1806	1815	1824	1833	1843	1851	1900	1910	1921	1935	1947	every 15	0047	0117		
Upton Park The Boleyn (Green Street)	1801	1811	1820	1829	1838	1847	1855	1904	1914	1925	1939	1951	minutes	0051	0121		
Upton Park Station	1805	1815	1824	1833	1841	1850	1858	1907	1917	1928	1941	1953	until	0053	0123		
Plashet Road Green Street	1810	1819	1828	1837	1844	1853	1901	1910	1920	1931	1943	1955		0055	0125		
Portway Plashet Road	1814	1823	1832	1840	1847	1856	1904	1913	1923	1934	1946	1958		0058	0128		
Stratford Bus Station	1825	1833	1841	1849	1856	1905	1913	1922	1932	1942	1953	2005		0105	0135		

104 Sundays and other Public Holidays (except Christmas Day)																	
Manor Park Gladding Road	0525		0755	0813	0828	0842	0856	0910	0924	0937	0949	1001	1012	1025			1640
East Ham Station	0530		0800	0818	0833	0847	0901	0916	0930	0943	0956	1009	1022	1036			1651
East Ham Newham Town Hall	0535	Then	0805	0823	0838	0852	0906	0921	0935	0948	1002	1015	1029	1043	Then		1658
Lonsdale Avenue Hatherley Gardens	0541	every 30	0811	0829	0844	0858	0912	0927	0941	0954	1009	1023	1037	1052	every 15		1707
Upton Park The Boleyn (Green Street)	0544	minutes	0814	0832	0847	0901	0915	0930	0944	0958	1013	1027	1041	1056	minutes		1711
Upton Park Station	0545	until	0815	0833	0848	0902	0917	0932	0946	1001	1016	1030	1045	1100	until		1715
Plashet Road Green Street	0546		0816	0834	0849	0904	0919	0934	0949	1004	1019	1034	1049	1104			1719
Portway Plashet Road	0548		0818	0836	0851	0906	0921	0936	0951	1007	1022	1038	1053	1108			1723
Stratford Bus Station	0555		0825	0843	0858	0913	0928	0944	1000	1016	1032	1048	1103	1118			1733

Manor Park Gladding Road	1655	1710	1725	1740	1755	1810		0025	0055								
East Ham Station	1706	1721	1736	1750	1804	1818		0033	0103								
East Ham Newham Town Hall	1713	1728	1743	1757	1811	1824	Then	0039	0109								
Lonsdale Avenue Hatherley Gardens	1722	1737	1752	1806	1819	1832	every 15	0047	0117								
Upton Park The Boleyn (Green Street)	1726	1741	1756	1810	1823	1836	minutes	0051	0121								
Upton Park Station	1730	1744	1759	1813	1826	1838	until	0053	0123								
Plashet Road Green Street	1733	1747	1801	1815	1828	1840		0055	0125								
Portway Plashet Road	1737	1751	1804	1818	1831	1843		0058	0128								
Stratford Bus Station	1747	1800	1812	1825	1838	1850		0105	0135								

104 Mondays to Fridays																			
Stratford Bus Station	0435			0635	0650	0705			0937			1437		1542		1828			
Plashet Road Portway	0442			0642	0657	0713			0946			1446		1553		1839			
Plashet Road Green Street	0444	Then		0644	0659	0715	Then		0949	Then		1449	Then	1556	Then	1842			
Upton Park Station	0446	every 20		0646	0701	0717	about		0951	every 10		1451	about	1558	about	1844			
Upton Park The Boleyn (Green Street)	0448	minutes		0648	0705	0721	every 10		0955	minutes		1455	every 10	1604	every 7-8	1850			
Lonsdale Avenue Hatherley Gardens	0451	until		0651	0708	0724	minutes		0958	until		1458	minutes	1612	minutes	1858			
East Ham Newham Town Hall	0457			0657	0716	0733	until		1006			1506	until	1622	until	1907			
East Ham Station	0501			0701	0721	0738			1015			1515		1631		1914			
Manor Park Gladding Road	0507			0707	0727	0744			1028			1528		1644		1924			
Stratford Bus Station	1839	1849	1859	1909	1920	1931	1941	1951	2001	2011			0041	0111					
Plashet Road Portway	1850	1859	1909	1919	1929	1939	1949	1959	2009	2019			0049	0119					
Plashet Road Green Street	1853	1902	1912	1922	1932	1942	1952	2002	2011	2021	Then		0051	0121					
Upton Park Station	1855	1904	1914	1924	1934	1944	1954	2004	2013	2023	every 15		0053	0123					
Upton Park The Boleyn (Green Street)	1900	1908	1918	1928	1937	1947	1957	2007	2016	2026	minutes		0056	0126					
Lonsdale Avenue Hatherley Gardens	1906	1914	1923	1932	1941	1951	2001	2010	2019	2029	until		0059	0129					
East Ham Newham Town Hall	1914	1922	1930	1939	1948	1958	2008	2017	2026	2036			0106	0136					
East Ham Station	1921	1929	1937	1946	1955	2005	2015	2024	2033	2043			0113	0143					
Manor Park Gladding Road	1931	1938	1945	1953	2002	2012	2022	2031	2040	2050			0120	0150					
104 Saturdays (also Good Friday)																			
Stratford Bus Station	0435			0755	0815	0829	0843	0853	0903	0913	0923	0932	0940	0949	0958	1007	1016	1024	
Plashet Road Portway	0442			0802	0822	0837	0851	0901	0911	0921	0931	0940	0948	0958	1008	1017	1026	1035	
Plashet Road Green Street	0444	Then		0804	0824	0839	0853	0904	0914	0924	0934	0943	0951	1001	1011	1020	1029	1039	
Upton Park Station	0446	every 20		0806	0826	0841	0855	0906	0916	0926	0936	0945	0953	1003	1013	1022	1032	1042	
Upton Park The Boleyn (Green Street)	0448	minutes		0808	0828	0843	0857	0908	0918	0928	0938	0947	0956	1006	1016	1025	1035	1045	
Lonsdale Avenue Hatherley Gardens	0451	until		0811	0831	0846	0900	0911	0921	0931	0941	0950	1000	1010	1020	1029	1039	1049	
East Ham Newham Town Hall	0457			0817	0837	0852	0907	0918	0928	0938	0948	0958	1008	1018	1028	1038	1048	1058	
East Ham Station	0501			0821	0842	0858	0913	0924	0934	0944	0954	1005	1016	1026	1036	1047	1057	1107	
Manor Park Gladding Road	0507			0827	0848	0904	0920	0931	0941	0951	1002	1013	1024	1035	1046	1057	1107	1117	
Stratford Bus Station	1033	1041	1050				1130	1140	1150	1200	1210	1220	1229	1238	1247			1707	1718
Plashet Road Portway	1045	1054	1103				1143	1153	1203	1213	1223	1233	1242	1251	1300			1720	1731
Plashet Road Green Street	1049	1058	1107	Then			1147	1157	1207	1217	1227	1237	1246	1255	1304	Then		1724	1735
Upton Park Station	1052	1101	1110	every 10			1150	1200	1210	1220	1230	1240	1249	1258	1308	every 10		1728	1739
Upton Park The Boleyn (Green Street)	1055	1104	1113	minutes			1153	1203	1213	1223	1233	1243	1252	1301	1311	minutes		1731	1742
Lonsdale Avenue Hatherley Gardens	1059	1108	1117	until			1157	1207	1217	1227	1237	1247	1256	1305	1315	until		1735	1746
East Ham Newham Town Hall	1108	1117	1126				1206	1216	1226	1236	1246	1256	1305	1315	1325			1745	1756
East Ham Station	1117	1126	1135				1215	1225	1235	1245	1255	1305	1315	1325	1335			1755	1806
Manor Park Gladding Road	1127	1136	1145				1225	1236	1246	1256	1307	1318	1328	1338	1348			1808	1818
Stratford Bus Station	1728	1738	1748	1759	1809	1820	1831	1842	1852	1902	1912	1922	1932	1942	1956			0041	0111
Plashet Road Portway	1741	1751	1801	1812	1821	1832	1842	1853	1903	1913	1923	1932	1941	1951	2004			0049	0119
Plashet Road Green Street	1745	1755	1805	1816	1825	1835	1845	1856	1906	1916	1925	1934	1943	1953	2006	Then		0051	0121
Upton Park Station	1749	1759	1808	1819	1828	1837	1847	1858	1908	1918	1927	1936	1945	1955	2008	every		0053	0123
Upton Park The Boleyn (Green Street)	1752	1802	1811	1822	1831	1840	1850	1901	1911	1921	1930	1939	1948	1958	2011	15		0056	0126
Lonsdale Avenue Hatherley Gardens	1756	1806	1815	1826	1835	1844	1854	1905	1915	1925	1933	1942	1951	2001	2014	mins.		0059	0129
East Ham Newham Town Hall	1806	1815	1824	1834	1843	1852	1902	1913	1923	1932	1940	1949	1958	2008	2021	until		0106	0136
East Ham Station	1815	1824	1833	1842	1851	1900	1910	1921	1931	1939	1947	1956	2005	2015	2028			0113	0143
Manor Park Gladding Road	1827	1835	1843	1851	1900	1909	1919	1929	1938	1946	1954	2003	2012	2022	2035			0120	0150
104 Sundays and other Public Holidays (except Christmas Day)																			
Stratford Bus Station	0520			0820	0835	0850	0904	0919	0934	0948	1001	1014	1027	1041				1626	1641
Plashet Road Portway	0526			0826	0841	0857	0912	0927	0942	0956	1009	1022	1036	1051				1636	1651
Plashet Road Green Street	0528	Then		0828	0843	0900	0915	0930	0945	0959	1012	1026	1040	1055	Then			1640	1655
Upton Park Station	0529	every 30		0829	0844	0902	0917	0932	0947	1001	1015	1029	1043	1058	every 15			1643	1658
Upton Park The Boleyn (Green Street)	0530	minutes		0830	0846	0904	0919	0934	0949	1003	1017	1032	1047	1102	minutes			1647	1702
Lonsdale Avenue Hatherley Gardens	0533	until		0833	0849	0907	0922	0937	0952	1006	1021	1036	1051	1106	until			1651	1706
East Ham Newham Town Hall	0538			0838	0855	0913	0928	0943	0958	1013	1028	1043	1058	1113				1658	1713
East Ham Station	0542			0842	0900	0918	0933	0948	1003	1018	1034	1050	1106	1121				1706	1721
Manor Park Gladding Road	0548			0848	0908	0926	0941	0956	1012	1027	1044	1100	1116	1131				1716	1730
Stratford Bus Station	1656	1711	1726	1741			1911	1926	1941				0041	0111					
Plashet Road Portway	1706	1721	1736	1751			1921	1936	1949				0049	0119					
Plashet Road Green Street	1710	1725	1740	1754	Then		1924	1938	1951	Then			0051	0121					
Upton Park Station	1713	1728	1742	1756	every 15		1926	1940	1953	every 15			0053	0123					
Upton Park The Boleyn (Green Street)	1717	1732	1745	1759	minutes		1929	1943	1956	minutes			0056	0126					
Lonsdale Avenue Hatherley Gardens	1721	1736	1749	1803	until		1933	1947	1959	until			0059	0129					
East Ham Newham Town Hall	1728	1743	1756	1810			1940	1954	2006				0106	0136					
East Ham Station	1736	1750	1803	1817			1947	2001	2013				0113	0143					
Manor Park Gladding Road	1744	1758	1811	1825			1955	2008	2020				0120	0150					