

104 Mondays to Fridays																	
Manor Park Gladding Road	0459	0519	0539	0559	0614	0629	0639	0649		0740		0800		0920	0929		
East Ham Station	0504	0524	0544	0604	0619	0634	0644	0654		0749		0809		0929	0939		
East Ham Newham Town Hall	0509	0529	0549	0609	0624	0639	0649	0659	Then	0756	Then	0816	Then	0936	0947		
Lonsdale Avenue Hatherley Gardens	0515	0535	0555	0615	0630	0645	0656	0707	about	0805	every 5	0825	about	0945	0955		
Upton Park The Boleyn (Green Street)	0518	0538	0558	0618	0633	0648	0659	0710	every 10	0809	minutes	0829	every 10	0949	0959		
Upton Park Station	0520	0540	0600	0620	0635	0650	0701	0712	minutes	0812	until	0832	minutes	0952	1002		
Plashet Road Green Street	0521	0541	0601	0621	0636	0651	0703	0714	until	0814		0834	until	0954	1004		
Portway Plashet Road	0523	0543	0603	0623	0638	0653	0705	0717		0817		0837		0957	1007		
Stratford Bus Station	0530	0550	0610	0630	0645	0700	0714	0727		0827		0847		1007	1016		
Manor Park Gladding Road	0938			1408			1902	1913	1925	1940		0025	0055				
East Ham Station	0949			1419			1911	1922	1933	1948		0033	0103				
East Ham Newham Town Hall	0957	Then		1427	Then		1918	1928	1939	1954	Then	0039	0109				
Lonsdale Avenue Hatherley Gardens	1005	every 10		1435	about		1927	1937	1947	2002	every 15	0047	0117				
Upton Park The Boleyn (Green Street)	1009	minutes		1439	every 10		1931	1941	1951	2006	minutes	0051	0121				
Upton Park Station	1012	until		1442	minutes		1933	1943	1953	2008	until	0053	0123				
Plashet Road Green Street	1014			1444	until		1935	1945	1955	2010		0055	0125				
Portway Plashet Road	1017			1447			1938	1948	1958	2013		0058	0128				
Stratford Bus Station	1026			1456			1946	1956	2006	2020		0105	0135				
104 Saturdays (also Good Friday)																	
Manor Park Gladding Road	0459			0719	0735	0750	0805	0820	0835	0845	0855		1013		1213	1223	
East Ham Station	0504			0724	0740	0755	0811	0828	0843	0853	0903		1024		1224	1234	
East Ham Newham Town Hall	0509	Then		0729	0745	0800	0816	0833	0848	0858	0909	Then	1032	Then	1232	1242	
Lonsdale Avenue Hatherley Gardens	0515	every 20		0735	0751	0806	0822	0839	0854	0905	0916	about	1040	every 10	1240	1250	
Upton Park The Boleyn (Green Street)	0518	minutes		0738	0754	0809	0825	0842	0857	0908	0919	every 10	1044	minutes	1244	1254	
Upton Park Station	0520	until		0740	0756	0811	0827	0844	0859	0910	0921	minutes	1047	until	1247	1257	
Plashet Road Green Street	0521			0741	0757	0812	0828	0845	0900	0912	0923	until	1050		1250	1301	
Portway Plashet Road	0523			0743	0759	0814	0830	0847	0902	0914	0925		1053		1253	1304	
Stratford Bus Station	0530			0750	0806	0821	0838	0855	0910	0922	0933		1106		1306	1317	
Manor Park Gladding Road	1232	1240	1249			1659			1811	1822	1833	1844	1855		0025	0055	
East Ham Station	1243	1251	1300			1710			1821	1832	1843	1853	1903		0033	0103	
East Ham Newham Town Hall	1251	1259	1308	Then		1718	Then		1827	1838	1849	1859	1909	Then	0039	0109	
Lonsdale Avenue Hatherley Gardens	1259	1309	1319	every 10		1729	about		1835	1846	1857	1907	1917	every 15	0047	0117	
Upton Park The Boleyn (Green Street)	1303	1313	1323	minutes		1733	every 10		1839	1850	1901	1911	1921	minutes	0051	0121	
Upton Park Station	1306	1316	1326	until		1736	minutes		1842	1852	1903	1913	1923	until	0053	0123	
Plashet Road Green Street	1311	1321	1331			1741	until		1844	1854	1905	1915	1925		0055	0125	
Portway Plashet Road	1314	1324	1334			1744			1847	1857	1908	1918	1928		0058	0128	
Stratford Bus Station	1327	1337	1347			1757			1855	1905	1915	1925	1935		0105	0135	
104 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																	
Manor Park Gladding Road	0524			0754	0820	0835	0850	0904	0919	0934	0949	1001	1013	1026	1040	1610	
East Ham Station	0529			0759	0825	0840	0855	0909	0924	0939	0955	1008	1022	1036	1051	1621	
East Ham Newham Town Hall	0533	Then		0803	0829	0844	0859	0913	0928	0944	1000	1014	1028	1042	1057	Then	1627
Lonsdale Avenue Hatherley Gardens	0539	every 30		0809	0835	0850	0905	0919	0935	0950	1007	1021	1036	1050	1105	every 15	1635
Upton Park The Boleyn (Green Street)	0542	minutes		0812	0838	0853	0908	0922	0938	0953	1010	1025	1040	1054	1109	minutes	1639
Upton Park Station	0543	until		0813	0839	0854	0909	0923	0939	0955	1012	1027	1042	1058	1113	until	1643
Plashet Road Green Street	0544			0814	0840	0855	0910	0925	0941	0957	1014	1030	1045	1101	1116		1646
Portway Plashet Road	0546			0816	0842	0857	0912	0927	0943	0959	1016	1033	1048	1104	1119		1649
Stratford Bus Station	0553			0823	0849	0904	0919	0935	0951	1007	1024	1041	1057	1113	1128		1658
Manor Park Gladding Road	1625	1640	1655	1710	1725	1740	1755				0025	0055					
East Ham Station	1636	1651	1706	1721	1735	1749	1803				0033	0103					
East Ham Newham Town Hall	1642	1657	1712	1727	1741	1755	1809	Then			0039	0109					
Lonsdale Avenue Hatherley Gardens	1650	1705	1720	1735	1749	1803	1817	every 15			0047	0117					
Upton Park The Boleyn (Green Street)	1654	1709	1724	1739	1753	1807	1821	minutes			0051	0121					
Upton Park Station	1658	1712	1726	1741	1755	1809	1823	until			0053	0123					
Plashet Road Green Street	1701	1714	1728	1743	1757	1811	1825				0055	0125					
Portway Plashet Road	1704	1717	1731	1746	1800	1814	1828				0058	0128					
Stratford Bus Station	1711	1724	1738	1753	1807	1821	1835				0105	0135					

104 Mondays to Fridays																			
Stratford Bus Station	0436			0636	0648	0701	0713			0937			1447	1455	1503	1511	1519	1529	
Plashet Road Portway	0443			0643	0655	0709	0721			0946			1456	1504	1512	1520	1529	1539	
Plashet Road Green Street	0445	<i>Then</i>		0645	0657	0711	0723	<i>Then</i>		0949	<i>Then</i>		1459	1507	1515	1523	1532	1542	
Upton Park Station	0447	<i>every 20</i>		0647	0659	0713	0725	<i>about</i>		0951	<i>every 10</i>		1501	1509	1517	1525	1534	1544	
Upton Park The Boleyn (Green Street)	0449	<i>minutes</i>		0649	0701	0716	0728	<i>every 10</i>		0955	<i>minutes</i>		1505	1513	1521	1529	1539	1549	
Lonsdale Avenue Hatherley Gardens	0452	<i>until</i>		0652	0704	0719	0731	<i>minutes</i>		0958	<i>until</i>		1508	1517	1526	1536	1547	1557	
East Ham Newham Town Hall	0458			0658	0712	0727	0739	<i>until</i>		1006			1516	1526	1536	1546	1557	1607	
East Ham Station	0502			0702	0717	0732	0744			1015			1525	1536	1546	1556	1607	1617	
Manor Park Gladding Road	0508			0708	0723	0738	0750			1028			1538	1548	1558	1608	1619	1629	
Stratford Bus Station	1534	1541		1751				1929	1940	1950	2000	2011					0041	0111	
Plashet Road Portway	1544	1552		1802				1937	1948	1958	2008	2019					0049	0119	
Plashet Road Green Street	1547	1555	<i>Then</i>	1805	<i>Then</i>			1940	1951	2001	2011	2021	<i>Then</i>				0051	0121	
Upton Park Station	1549	1557	<i>every 10</i>	1807	<i>about</i>			1942	1953	2003	2013	2023	<i>every 15</i>				0053	0123	
Upton Park The Boleyn (Green Street)	1555	1603	<i>minutes</i>	1813	<i>every 10</i>			1945	1956	2006	2016	2026	<i>minutes</i>				0056	0126	
Lonsdale Avenue Hatherley Gardens	1603	1611	<i>until</i>	1821	<i>minutes</i>			1949	1959	2009	2019	2029	<i>until</i>				0059	0129	
East Ham Newham Town Hall	1614	1622		1832	<i>until</i>			1956	2006	2016	2026	2036					0106	0136	
East Ham Station	1624	1632		1842				2003	2013	2023	2033	2043					0113	0143	
Manor Park Gladding Road	1636	1644		1854				2010	2020	2030	2040	2050					0120	0150	
104 Saturdays (also Good Friday)																			
Stratford Bus Station	0436			0756	0815	0828	0841	0855			1038			1158	1208	1218	1228	1238	
Plashet Road Portway	0443			0803	0822	0836	0849	0903			1051			1211	1221	1231	1241	1251	
Plashet Road Green Street	0445	<i>Then</i>		0805	0824	0838	0851	0906	<i>Then</i>		1055	<i>Then</i>		1215	1225	1235	1245	1255	
Upton Park Station	0447	<i>every 20</i>		0807	0826	0840	0853	0908	<i>about</i>		1058	<i>every 10</i>		1218	1228	1238	1248	1258	
Upton Park The Boleyn (Green Street)	0449	<i>minutes</i>		0809	0828	0842	0855	0910	<i>every 10</i>		1101	<i>minutes</i>		1221	1231	1241	1251	1301	
Lonsdale Avenue Hatherley Gardens	0452	<i>until</i>		0812	0831	0845	0858	0913	<i>minutes</i>		1105	<i>until</i>		1225	1235	1245	1255	1305	
East Ham Newham Town Hall	0458			0818	0837	0851	0905	0920	<i>until</i>		1114			1234	1244	1254	1305	1316	
East Ham Station	0502			0822	0842	0857	0911	0926			1123			1243	1253	1304	1316	1327	
Manor Park Gladding Road	0508			0828	0848	0903	0918	0933			1133			1253	1305	1317	1329	1340	
Stratford Bus Station	1248			1708				1817	1828	1839	1850	1901		1941				0041	0111
Plashet Road Portway	1301			1721				1828	1838	1849	1859	1909		1949				0049	0119
Plashet Road Green Street	1305	<i>Then</i>		1725	<i>Then</i>			1831	1841	1851	1901	1911	<i>Then</i>	1951	<i>Then</i>			0051	0121
Upton Park Station	1309	<i>every 10</i>		1729	<i>about</i>			1833	1843	1853	1903	1913	<i>every 10</i>	1953	<i>every 15</i>			0053	0123
Upton Park The Boleyn (Green Street)	1312	<i>minutes</i>		1732	<i>every 10</i>			1836	1846	1856	1906	1916	<i>minutes</i>	1956	<i>minutes</i>			0056	0126
Lonsdale Avenue Hatherley Gardens	1316	<i>until</i>		1736	<i>minutes</i>			1840	1850	1859	1909	1919	<i>until</i>	1959	<i>until</i>			0059	0129
East Ham Newham Town Hall	1327			1747	<i>until</i>			1848	1857	1906	1916	1926		2006				0106	0136
East Ham Station	1338			1758				1855	1904	1913	1923	1933		2013				0113	0143
Manor Park Gladding Road	1351			1811				1902	1911	1920	1930	1940		2020				0120	0150
104 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																			
Stratford Bus Station	0521			0751	0817	0837	0857	0917	0932	0947	1000	1014	1026	1039				1609	1624
Plashet Road Portway	0527			0757	0823	0843	0903	0923	0938	0955	1008	1022	1034	1048				1618	1633
Plashet Road Green Street	0529	<i>Then</i>		0759	0825	0845	0905	0925	0940	0958	1011	1025	1037	1052	<i>Then</i>			1622	1637
Upton Park Station	0530	<i>every 30</i>		0800	0826	0846	0906	0926	0941	1000	1013	1027	1040	1055	<i>every 15</i>			1625	1640
Upton Park The Boleyn (Green Street)	0531	<i>minutes</i>		0801	0827	0847	0907	0927	0943	1002	1015	1029	1044	1059	<i>minutes</i>			1629	1644
Lonsdale Avenue Hatherley Gardens	0534	<i>until</i>		0804	0830	0850	0910	0930	0946	1005	1018	1032	1047	1102	<i>until</i>			1632	1647
East Ham Newham Town Hall	0539			0809	0835	0855	0915	0935	0952	1011	1024	1039	1054	1109				1639	1654
East Ham Station	0543			0813	0839	0859	0919	0939	0957	1016	1031	1047	1102	1117				1647	1702
Manor Park Gladding Road	0549			0819	0845	0905	0925	0945	1005	1025	1041	1057	1112	1127				1657	1710
Stratford Bus Station	1639	1654	1710	1726				2226	2240	2256				0041	0111				
Plashet Road Portway	1648	1703	1719	1734				2234	2248	2304				0049	0119				
Plashet Road Green Street	1652	1706	1721	1736	<i>Then</i>			2236	2250	2306	<i>Then</i>			0051	0121				
Upton Park Station	1655	1708	1723	1738	<i>every 15</i>			2238	2252	2308	<i>every 15</i>			0053	0123				
Upton Park The Boleyn (Green Street)	1659	1711	1726	1741	<i>minutes</i>			2241	2255	2311	<i>minutes</i>			0056	0126				
Lonsdale Avenue Hatherley Gardens	1702	1714	1729	1744	<i>until</i>			2244	2258	2314	<i>until</i>			0059	0129				
East Ham Newham Town Hall	1709	1721	1736	1751				2251	2305	2321				0106	0136				
East Ham Station	1716	1728	1743	1758				2258	2312	2328				0113	0143				
Manor Park Gladding Road	1723	1735	1750	1805				2305	2320	2335				0120	0150				