

147		Sundays and other Public Holidays (except Christmas Day)																	
Ilford High Road Hainault Street	0555	0610	0625	0640	0655	0702		0802	0812	0822	0832	0842	0852	0902	0912	0922	0932		
Ilford Broadway High Road	0557	0612	0627	0642	0657	0704		0804	0814	0824	0834	0844	0854	0904	0914	0924	0934		
Dersingham Avenue Church Road	0604	0619	0635	0650	0705	0712		0812	0822	0832	0842	0852	0902	0912	0923	0933	0944		
East Ham Station	0609	0624	0640	0655	0710	0717	Then every 12 minutes until	0817	0827	0837	0847	0857	0907	0918	0929	0939	0950		
East Ham Ron Leighton Way	0611	0626	0642	0657	0712	0719		0819	0829	0839	0849	0859	0909	0920	0931	0941	0953		
Upton Park The Boleyn (Barking Road)	0615	0630	0646	0701	0716	0723		0823	0833	0843	0853	0903	0914	0925	0936	0946	0958		
Plaistow Greengate	0618	0633	0649	0704	0719	0726		0826	0836	0846	0856	0906	0917	0928	0939	0950	1002		
Prince Regent Stn. Prince Regent Lane	0623	0638	0654	0709	0724	0731		0831	0841	0851	0901	0911	0922	0934	0945	0956	1008		
Keir Hardie Est. Radland Rd/Rogers Rd.	0628	0643	0659	0714	0729	0736		0836	0846	0856	0906	0916	0927	0939	0950	1001	1013		
Canning Town Bus Station	0633	0648	0704	0719	0734	0741		0841	0851	0901	0911	0921	0932	0944	0955	1006	1018		
Ilford High Road Hainault Street	0942	0951	1001	1011	1020	1030	1040	1050	1100	1110	1120	1129	1138	1147	1157	1207	1217	1227	
Ilford Broadway High Road	0944	0953	1003	1013	1022	1032	1042	1052	1102	1112	1122	1132	1141	1150	1200	1210	1220	1230	
Dersingham Avenue Church Road	0954	1003	1013	1023	1032	1042	1052	1102	1112	1122	1132	1143	1153	1202	1212	1222	1232	1242	
East Ham Station	1000	1009	1019	1029	1039	1049	1059	1109	1119	1129	1139	1150	1200	1210	1220	1230	1240	1250	
East Ham Ron Leighton Way	1003	1012	1022	1032	1042	1052	1102	1112	1122	1132	1143	1154	1204	1214	1224	1234	1244	1254	
Upton Park The Boleyn (Barking Road)	1008	1017	1027	1037	1047	1057	1107	1117	1127	1138	1149	1200	1211	1221	1232	1242	1252	1302	
Plaistow Greengate	1012	1021	1031	1041	1051	1101	1111	1121	1131	1142	1153	1204	1215	1225	1236	1246	1256	1307	
Prince Regent Stn. Prince Regent Lane	1018	1028	1038	1048	1058	1108	1118	1128	1138	1149	1200	1212	1224	1235	1246	1256	1306	1317	
Keir Hardie Est. Radland Rd/Rogers Rd.	1023	1033	1043	1053	1103	1113	1123	1133	1143	1154	1205	1217	1229	1240	1251	1301	1311	1322	
Canning Town Bus Station	1028	1038	1048	1058	1108	1118	1128	1138	1148	1159	1210	1222	1234	1245	1256	1306	1316	1327	
Ilford High Road Hainault Street	1237			1407	1417			1527	1537	1547	1557	1607	1617	1627	1637	1647	1657	1707	
Ilford Broadway High Road	1240			1410	1420			1530	1540	1550	1600	1610	1620	1630	1640	1650	1700	1710	
Dersingham Avenue Church Road	1252			1422	1432			1542	1552	1601	1611	1621	1631	1641	1651	1701	1711	1721	
East Ham Station	1300	Then every 12 minutes until		1430	1440	Then every 12 minutes until		1550	1600	1609	1619	1629	1638	1648	1658	1708	1718	1728	
East Ham Ron Leighton Way	1304		1434	1444	1554		1604	1613	1623	1633	1642	1652	1702	1712	1722	1731			
Upton Park The Boleyn (Barking Road)	1312		1442	1452	1602		1611	1620	1630	1640	1649	1659	1709	1719	1729	1738			
Plaistow Greengate	1317		1447	1457	1607		1616	1625	1635	1645	1654	1704	1714	1724	1734	1743			
Prince Regent Stn. Prince Regent Lane	1327		1457	1506	1616		1625	1634	1644	1653	1702	1712	1722	1732	1741	1750			
Keir Hardie Est. Radland Rd/Rogers Rd.	1332		1502	1511	1621		1630	1639	1649	1658	1707	1717	1727	1737	1746	1755			
Canning Town Bus Station	1337		1507	1516	1626		1635	1644	1654	1703	1712	1722	1732	1742	1751	1800			
Ilford High Road Hainault Street	1717	1727	1737	1747	1757	1807	1819	1831	1843	1855	1907	1919	1931	1943	1955	2007	2019	2031	
Ilford Broadway High Road	1720	1730	1740	1750	1800	1810	1822	1834	1846	1858	1910	1922	1934	1946	1958	2010	2022	2034	
Dersingham Avenue Church Road	1731	1741	1751	1801	1810	1820	1832	1843	1855	1907	1919	1931	1943	1955	2007	2019	2031	2043	
East Ham Station	1738	1748	1758	1808	1817	1827	1839	1850	1902	1914	1926	1938	1950	2002	2013	2025	2037	2049	
East Ham Ron Leighton Way	1741	1751	1801	1811	1820	1830	1842	1853	1905	1917	1929	1941	1953	2005	2016	2028	2040	2052	
Upton Park The Boleyn (Barking Road)	1748	1758	1808	1818	1827	1837	1849	1900	1911	1923	1935	1947	1959	2011	2021	2033	2045	2057	
Plaistow Greengate	1753	1803	1813	1823	1832	1842	1854	1905	1916	1927	1939	1951	2003	2015	2025	2037	2049	2101	
Prince Regent Stn. Prince Regent Lane	1800	1810	1820	1830	1839	1849	1901	1912	1923	1934	1946	1958	2009	2021	2031	2043	2055	2107	
Keir Hardie Est. Radland Rd/Rogers Rd.	1805	1815	1825	1835	1844	1854	1906	1917	1928	1939	1951	2003	2014	2026	2036	2048	2100	2112	
Canning Town Bus Station	1810	1820	1830	1840	1849	1859	1911	1922	1933	1944	1956	2008	2019	2031	2041	2053	2105	2117	
Ilford High Road Hainault Street	2043	2055	2107	2119	2131	2143	2156	2208	2220	2232	2244	2257	Then every 12 minutes until	0045					
Ilford Broadway High Road	2046	2058	2110	2122	2134	2146	2159	2210	2222	2234	2246	2259		0047					
Dersingham Avenue Church Road	2055	2107	2119	2131	2143	2155	2207	2218	2230	2242	2254	2307		0055					
East Ham Station	2101	2113	2125	2137	2149	2201	2213	2224	2236	2248	2300	2312		0100					
East Ham Ron Leighton Way	2104	2116	2128	2140	2152	2204	2216	2227	2239	2251	2302	2314		0102					
Upton Park The Boleyn (Barking Road)	2109	2121	2133	2145	2157	2209	2221	2232	2244	2256	2306	2318		0106					
Plaistow Greengate	2113	2125	2137	2149	2201	2213	2225	2236	2248	2259	2309	2321		0109					
Prince Regent Stn. Prince Regent Lane	2119	2130	2142	2154	2206	2218	2230	2241	2253	2304	2314	2326	0114						
Keir Hardie Est. Radland Rd/Rogers Rd.	2124	2135	2147	2159	2211	2223	2234	2245	2257	2308	2318	2330	0118						
Canning Town Bus Station	2129	2140	2152	2204	2216	2228	2239	2250	2302	2313	2323	2335	0123						

147		Sundays and other Public Holidays (except Christmas Day)																
Canning Town Bus Station	0550	0605	0620	0635	0650	Then every 12 minutes until	0802	0812	0822	0832	0842	0852	0902	0912	0921	0930	0940	
Keir Hardie Estate Tarling Road	0553	0608	0623	0638	0653		0805	0815	0825	0835	0845	0855	0905	0915	0924	0933	0943	
Prince Regent Stn. Prince Regent Lane	0559	0614	0629	0644	0659		0811	0821	0831	0841	0851	0901	0911	0921	0930	0939	0949	
Plaistow Greengate	0604	0619	0635	0650	0705		0817	0827	0837	0847	0857	0907	0917	0928	0938	0947	0957	
Upton Park The Boleyn (Barking Road)	0606	0621	0637	0652	0707		0819	0829	0839	0849	0859	0909	0919	0930	0940	0949	0959	
East Ham Police Station	0610	0625	0641	0656	0711		0823	0833	0843	0853	0903	0914	0924	0935	0945	0955	1005	
East Ham Station	0614	0629	0645	0700	0715		0827	0837	0847	0857	0908	0919	0929	0940	0951	1001	1011	
Little Ilford Lane Church Road	0619	0635	0651	0706	0721		0833	0843	0853	0903	0914	0926	0936	0947	0959	1009	1019	
Ilford Broadway Chapel Road	0624	0640	0656	0711	0726		0838	0848	0858	0908	0920	0932	0942	0953	1005	1015	1025	
Ilford High Road Hainault Street	0626	0642	0658	0713	0728	0840	0850	0900	0910	0922	0934	0944	0955	1007	1017	1027		
Canning Town Bus Station	0950	1000	1009	1019	1029	1039	1049	1058	1107	1117	1126	1136	1146	1155	1205	1215	1225	1234
Keir Hardie Estate Tarling Road	0953	1003	1012	1022	1032	1042	1052	1101	1110	1120	1130	1140	1150	1159	1209	1219	1229	1238
Prince Regent Stn. Prince Regent Lane	0959	1009	1018	1028	1038	1048	1058	1107	1116	1126	1136	1146	1156	1205	1215	1225	1235	1244
Plaistow Greengate	1007	1017	1026	1036	1046	1056	1106	1115	1124	1134	1144	1154	1204	1214	1224	1234	1244	1253
Upton Park The Boleyn (Barking Road)	1009	1019	1029	1039	1049	1059	1109	1118	1127	1137	1147	1157	1207	1217	1227	1237	1247	1256
East Ham Police Station	1015	1025	1035	1045	1055	1105	1115	1124	1134	1144	1154	1204	1214	1224	1234	1244	1254	1303
East Ham Station	1021	1031	1041	1051	1101	1111	1121	1131	1141	1151	1201	1211	1221	1231	1241	1251	1301	1311
Little Ilford Lane Church Road	1030	1040	1050	1100	1110	1120	1130	1140	1150	1200	1210	1220	1230	1240	1250	1300	1311	1321
Ilford Broadway Chapel Road	1036	1046	1056	1107	1117	1128	1138	1148	1158	1208	1218	1228	1238	1248	1258	1308	1319	1330
Ilford High Road Hainault Street	1038	1048	1058	1109	1119	1130	1140	1150	1200	1210	1220	1230	1240	1250	1300	1310	1321	1332
Canning Town Bus Station	1243	1252	1302	1312	1322	1331	1341	1351	1401	1411	1421	1432	1442	1452	1502	Then every 10 minutes until	1622	
Keir Hardie Estate Tarling Road	1247	1256	1306	1316	1326	1335	1345	1355	1405	1415	1425	1436	1446	1456	1506		1626	
Prince Regent Stn. Prince Regent Lane	1253	1302	1312	1322	1332	1341	1351	1401	1411	1421	1431	1442	1452	1502	1512		1632	
Plaistow Greengate	1303	1313	1323	1333	1343	1352	1402	1412	1422	1432	1442	1452	1502	1512	1522		1642	
Upton Park The Boleyn (Barking Road)	1306	1316	1326	1336	1346	1355	1405	1415	1425	1435	1445	1455	1505	1515	1525		1645	
East Ham Police Station	1313	1324	1334	1344	1354	1403	1413	1423	1433	1442	1452	1502	1512	1522	1532		1652	
East Ham Station	1321	1332	1342	1352	1402	1412	1422	1432	1442	1451	1501	1511	1521	1531	1541		1701	
Little Ilford Lane Church Road	1331	1342	1352	1402	1412	1422	1432	1442	1452	1501	1510	1520	1530	1540	1550		1710	
Ilford Broadway Chapel Road	1340	1351	1401	1411	1421	1431	1441	1451	1501	1510	1519	1529	1539	1549	1558		1718	
Ilford High Road Hainault Street	1342	1353	1403	1413	1423	1433	1443	1453	1503	1512	1521	1531	1541	1551	1600	1720		
Canning Town Bus Station	1632	1642	1652	1702	1712	1723	1733	1743	1753	1803	1813	1825	1837	1849	1901	1913	1925	1937
Keir Hardie Estate Tarling Road	1636	1646	1656	1706	1716	1727	1737	1747	1757	1807	1817	1829	1841	1853	1905	1917	1929	1941
Prince Regent Stn. Prince Regent Lane	1642	1652	1702	1712	1722	1733	1743	1753	1803	1813	1823	1835	1847	1859	1911	1923	1935	1947
Plaistow Greengate	1652	1702	1711	1721	1731	1742	1752	1802	1812	1822	1832	1844	1856	1907	1919	1931	1943	1955
Upton Park The Boleyn (Barking Road)	1655	1705	1714	1724	1734	1745	1755	1805	1815	1825	1835	1847	1859	1909	1921	1933	1945	1957
East Ham Police Station	1702	1712	1721	1731	1741	1752	1802	1811	1821	1831	1841	1853	1905	1915	1927	1939	1951	2003
East Ham Station	1710	1720	1729	1739	1749	1759	1808	1817	1827	1837	1847	1859	1911	1921	1933	1945	1957	2009
Little Ilford Lane Church Road	1719	1729	1738	1748	1758	1808	1817	1826	1836	1846	1856	1908	1920	1930	1942	1954	2006	2017
Ilford Broadway Chapel Road	1727	1737	1746	1756	1806	1816	1825	1834	1844	1854	1904	1916	1928	1938	1950	2002	2014	2024
Ilford High Road Hainault Street	1729	1739	1748	1758	1808	1818	1827	1836	1846	1856	1906	1918	1930	1940	1952	2004	2016	2026
Canning Town Bus Station	1949	2001	2013	2025	2037	2049	2102	2114	2126	2138	2150	2202	2214	2226	2238	2250	2302	2314
Keir Hardie Estate Tarling Road	1953	2005	2017	2029	2041	2053	2106	2118	2130	2141	2153	2205	2217	2229	2241	2253	2305	2317
Prince Regent Stn. Prince Regent Lane	1959	2011	2023	2035	2047	2059	2112	2124	2136	2147	2159	2211	2223	2235	2247	2259	2311	2323
Plaistow Greengate	2007	2019	2031	2043	2055	2107	2119	2131	2143	2154	2206	2218	2230	2242	2254	2306	2318	2329
Upton Park The Boleyn (Barking Road)	2009	2021	2033	2045	2057	2109	2121	2133	2145	2156	2208	2220	2232	2244	2256	2308	2320	2331
East Ham Police Station	2015	2027	2039	2051	2103	2114	2126	2138	2150	2201	2213	2225	2237	2249	2300	2312	2324	2335
East Ham Station	2021	2033	2045	2057	2108	2119	2131	2143	2155	2206	2218	2230	2242	2254	2305	2316	2328	2339
Little Ilford Lane Church Road	2029	2041	2053	2105	2116	2127	2139	2151	2203	2213	2225	2237	2249	2301	2312	2323	2335	2346
Ilford Broadway Chapel Road	2035	2047	2059	2111	2122	2133	2145	2157	2209	2219	2231	2243	2255	2307	2318	2328	2340	2351
Ilford High Road Hainault Street	2037	2049	2101	2113	2124	2135	2147	2159	2211	2221	2233	2245	2257	2309	2320	2330	2342	2353
Canning Town Bus Station	2326	2338	Then every 12 minutes until	0050														
Keir Hardie Estate Tarling Road	2329	2341		0053														
Prince Regent Stn. Prince Regent Lane	2335	2347		0059														
Plaistow Greengate	2341	2353		0105														
Upton Park The Boleyn (Barking Road)	2343	2355		0107														
East Ham Police Station	2347	2359		0111														
East Ham Station	2351	0003		0115														
Little Ilford Lane Church Road	2358	0009		0121														
Ilford Broadway Chapel Road	0003	0014		0126														
Ilford High Road Hainault Street	0005	0016	0128															