

147		Mondays to Fridays (school days, half term and Christmas)																	
Ilford High Road <i>Hainault Street</i>	0500	0512	0524	0535	0545	0555	0605	0613	0621	0629	0636	0643	0651	0658	0705	0711	0716	0722	
Ilford Broadway <i>High Road</i>	0502	0514	0526	0537	0547	0557	0607	0615	0623	0631	0638	0645	0653	0700	0707	0713	0718	0724	
Dersingham Avenue <i>Church Road</i>	0509	0521	0533	0544	0555	0605	0616	0624	0632	0640	0647	0654	0702	0709	0716	0723	0728	0734	
East Ham <i>Station</i>	0514	0526	0538	0549	0600	0611	0622	0630	0638	0646	0653	0700	0708	0715	0722	0729	0734	0740	
East Ham <i>Ron Leighton Way</i>	0516	0528	0540	0551	0602	0613	0624	0632	0640	0648	0655	0702	0710	0717	0724	0731	0737	0743	
Upton Park <i>The Boleyn (Barking Road)</i>	0520	0532	0544	0555	0606	0617	0628	0636	0644	0652	0659	0707	0715	0722	0729	0737	0743	0749	
Plaistow <i>Greengate</i>	0523	0535	0547	0558	0609	0620	0631	0639	0647	0655	0702	0710	0718	0725	0732	0741	0747	0753	
Prince Regent Stn. <i>Prince Regent Lane</i>	0528	0540	0552	0603	0615	0626	0637	0645	0653	0701	0709	0717	0725	0733	0741	0748	0755	0802	
Keir Hardie Est. <i>Radland Rd/Rogers Rd.</i>	0533	0545	0557	0608	0620	0631	0642	0650	0658	0706	0714	0723	0731	0739	0747	0754	0801	0808	
Canning Town <i>Bus Station</i>	0538	0550	0602	0613	0625	0636	0647	0655	0703	0711	0719	0728	0736	0744	0752	0759	0806	0813	
Ilford High Road <i>Hainault Street</i>	0727	0734	0741	0746	0751	0756	0802	0810	0818	0823	0828	0833	0841	0849	0857	0905	0914	0922	
Ilford Broadway <i>High Road</i>	0729	0736	0743	0748	0753	0758	0805	0813	0821	0826	0831	0836	0844	0852	0900	0908	0917	0925	
Dersingham Avenue <i>Church Road</i>	0739	0747	0754	0759	0804	0809	0817	0825	0833	0838	0843	0848	0856	0904	0912	0920	0928	0936	
East Ham <i>Station</i>	0746	0754	0802	0807	0812	0817	0825	0833	0841	0846	0851	0856	0904	0912	0920	0928	0936	0944	
East Ham <i>Ron Leighton Way</i>	0749	0757	0805	0810	0815	0820	0828	0836	0844	0849	0854	0859	0907	0915	0923	0931	0939	0947	
Upton Park <i>The Boleyn (Barking Road)</i>	0755	0803	0811	0816	0821	0826	0834	0842	0850	0855	0900	0905	0913	0921	0929	0937	0945	0953	
Plaistow <i>Greengate</i>	0759	0807	0815	0820	0825	0830	0838	0846	0854	0859	0904	0909	0917	0925	0933	0941	0949	0957	
Prince Regent Stn. <i>Prince Regent Lane</i>	0809	0817	0825	0830	0835	0840	0848	0856	0904	0909	0914	0919	0926	0934	0941	0949	0957	1005	
Keir Hardie Est. <i>Radland Rd/Rogers Rd.</i>	0815	0823	0831	0836	0841	0846	0854	0902	0910	0915	0920	0925	0932	0940	0947	0955	1003	1011	
Canning Town <i>Bus Station</i>	0820	0828	0836	0841	0846	0851	0859	0907	0915	0920	0925	0930	0937	0945	0952	1000	1008	1016	
Ilford High Road <i>Hainault Street</i>	0931			1035	1043	1051	1059	1107	1115	1123	1131	1139	1147	1155	1203	1211	1219	1227	
Ilford Broadway <i>High Road</i>	0934			1038	1046	1054	1102	1110	1118	1126	1134	1142	1150	1158	1206	1214	1222	1230	
Dersingham Avenue <i>Church Road</i>	0944			1048	1056	1104	1112	1120	1128	1136	1144	1152	1201	1209	1217	1225	1233	1241	
East Ham <i>Station</i>	0952	<i>Then every 9 minutes until</i>		1056	1104	1112	1120	1128	1136	1144	1152	1200	1209	1217	1225	1233	1241	1249	
East Ham <i>Ron Leighton Way</i>	0955			1059	1108	1116	1124	1132	1140	1148	1155	1204	1213	1221	1229	1237	1245	1253	
Upton Park <i>The Boleyn (Barking Road)</i>	1001			1105	1114	1122	1130	1138	1146	1154	1202	1210	1219	1227	1235	1243	1251	1259	
Plaistow <i>Greengate</i>	1005			1109	1118	1126	1134	1142	1150	1158	1206	1214	1223	1231	1239	1247	1255	1303	
Prince Regent Stn. <i>Prince Regent Lane</i>	1013			1117	1126	1134	1142	1150	1159	1207	1215	1223	1232	1240	1248	1256	1304	1312	
Keir Hardie Est. <i>Radland Rd/Rogers Rd.</i>	1019			1123	1132	1140	1148	1156	1205	1213	1221	1229	1238	1246	1254	1302	1310	1318	
Canning Town <i>Bus Station</i>	1024			1128	1137	1145	1153	1201	1210	1218	1226	1234	1243	1251	1259	1307	1315	1323	
Ilford High Road <i>Hainault Street</i>	1235				1347	1355	1403	1412	1419	1426	1433	1441	1448	1455	1503	1511	1519	1527	1534
Ilford Broadway <i>High Road</i>	1238				1350	1358	1406	1415	1422	1429	1436	1444	1451	1458	1506	1514	1522	1530	1538
Dersingham Avenue <i>Church Road</i>	1249			1401	1409	1417	1426	1433	1440	1447	1455	1502	1509	1517	1525	1533	1541	1549	
East Ham <i>Station</i>	1257	<i>Then every 8 minutes until</i>		1409	1417	1425	1434	1442	1449	1456	1504	1512	1519	1527	1535	1543	1551	1559	
East Ham <i>Ron Leighton Way</i>	1301			1413	1421	1429	1438	1446	1453	1500	1508	1516	1523	1531	1539	1547	1555	1603	
Upton Park <i>The Boleyn (Barking Road)</i>	1308			1420	1428	1437	1446	1454	1501	1508	1516	1524	1531	1539	1547	1555	1603	1611	
Plaistow <i>Greengate</i>	1312			1424	1432	1442	1451	1459	1506	1513	1521	1529	1536	1544	1552	1600	1608	1616	
Prince Regent Stn. <i>Prince Regent Lane</i>	1321			1433	1442	1452	1502	1510	1518	1526	1534	1542	1550	1558	1606	1614	1622	1630	
Keir Hardie Est. <i>Radland Rd/Rogers Rd.</i>	1327			1439	1448	1458	1508	1516	1524	1532	1540	1548	1556	1604	1612	1620	1628	1636	
Canning Town <i>Bus Station</i>	1332			1444	1453	1503	1513	1521	1529	1537	1545	1553	1601	1609	1617	1625	1633	1641	
Ilford High Road <i>Hainault Street</i>	1542		1550	1558	1606	1614	1623	1632	1640	1648	1656	1704	1712	1720	1728	1736	1744	1752	1800
Ilford Broadway <i>High Road</i>	1546		1554	1602	1610	1618	1627	1636	1644	1652	1700	1708	1716	1724	1732	1739	1747	1755	1803
Dersingham Avenue <i>Church Road</i>	1557	1605	1613	1621	1629	1638	1647	1655	1703	1711	1719	1727	1735	1743	1750	1758	1806	1814	
East Ham <i>Station</i>	1607	1615	1623	1630	1638	1647	1656	1704	1712	1720	1728	1736	1743	1751	1758	1806	1814	1822	
East Ham <i>Ron Leighton Way</i>	1611	1619	1627	1634	1642	1651	1700	1708	1716	1724	1732	1740	1747	1755	1802	1810	1818	1826	
Upton Park <i>The Boleyn (Barking Road)</i>	1619	1627	1635	1642	1650	1659	1708	1716	1724	1732	1739	1747	1754	1802	1809	1817	1825	1833	
Plaistow <i>Greengate</i>	1624	1632	1640	1647	1655	1704	1712	1720	1728	1736	1743	1751	1758	1806	1813	1821	1829	1837	
Prince Regent Stn. <i>Prince Regent Lane</i>	1638	1646	1654	1701	1709	1717	1725	1733	1741	1748	1755	1803	1810	1817	1824	1831	1838	1846	
Keir Hardie Est. <i>Radland Rd/Rogers Rd.</i>	1644	1652	1700	1707	1715	1723	1731	1739	1747	1754	1801	1809	1816	1823	1830	1837	1844	1852	
Canning Town <i>Bus Station</i>	1649	1657	1705	1712	1720	1728	1736	1744	1752	1759	1806	1814	1821	1828	1835	1842	1849	1857	
Ilford High Road <i>Hainault Street</i>	1808	1816	1824	1832	1840	1848	1856	1906	1916	1926	1936	1946	1956	2008	2020	2032	2044	2056	
Ilford Broadway <i>High Road</i>	1811	1819	1827	1835	1843	1851	1859	1909	1919	1929	1939	1949	1959	2010	2022	2034	2046	2058	
Dersingham Avenue <i>Church Road</i>	1822	1830	1838	1845	1853	1900	1908	1918	1928	1938	1948	1958	2008	2019	2031	2043	2055	2107	
East Ham <i>Station</i>	1830	1838	1846	1853	1901	1908	1915	1925	1935	1945	1955	2005	2015	2026	2038	2050	2101	2113	
East Ham <i>Ron Leighton Way</i>	1834	1842	1850	1857	1905	1911	1918	1928	1938	1948	1958	2008	2018	2029	2041	2053	2104	2116	
Upton Park <i>The Boleyn (Barking Road)</i>	1841	1849	1857	1904	1911	1917	1924	1934	1944	1954	2004	2013	2023	2034	2046	2058	2109	2121	
Plaistow <i>Greengate</i>	1845	1853	1901	1908	1915	1921	1928	1938	1948	1958	2008	2017	2027	2038	2050	2102	2113	2125	
Prince Regent Stn. <i>Prince Regent Lane</i>	1854	1902	1910	1917	1924	1930	1937	1947	1957	2007	2016	2024	2034	2045	2056	2108	2119	2131	
Keir Hardie Est. <i>Radland Rd/Rogers Rd.</i>	1859	1907	1915	1922	1929	1935	1942	1952	2002	2012	2021	2029	2039	2050	2101	2113	2124	2136	
Canning Town <i>Bus Station</i>	1904	1912	1920	1927	1934	1940	1947	1957	2007	2017	2025	2034	2044	2055	2106	2118	2129	2141	

147 Mondays to Fridays (school days, half term and Christmas) (cont.)																			
Ilford High Road Hainault Street	2108	2120	2132	2144	2156	2208	2220	2232	2244	2256	2308	2321						0045	
Ilford Broadway High Road	2110	2122	2134	2146	2158	2210	2222	2234	2246	2258	2310	2323						0047	
Dersingham Avenue Church Road	2119	2131	2143	2155	2207	2219	2231	2242	2254	2306	2318	2331						0055	
East Ham Station	2125	2137	2149	2201	2213	2225	2237	2248	2300	2312	2324	2336	Then every 12 minutes until					0100	
East Ham Ron Leighton Way	2128	2140	2152	2204	2216	2228	2240	2251	2303	2315	2327	2338							0102
Upton Park The Boleyn (Barking Road)	2133	2145	2157	2209	2221	2233	2245	2256	2308	2320	2332	2342							0106
Plaistow Greengate	2137	2149	2201	2213	2225	2237	2248	2259	2311	2323	2335	2345							0109
Prince Regent Stn. Prince Regent Lane	2143	2155	2207	2219	2231	2242	2253	2304	2316	2328	2340	2350							0114
Keir Hardie Est. Radland Rd/Rogers Rd.	2148	2200	2212	2224	2236	2247	2258	2309	2321	2333	2344	2354							0118
Canning Town Bus Station	2153	2205	2217	2229	2241	2252	2303	2314	2326	2337	2348	2358						0122	
147 Mondays to Fridays (Summer and Easter school holidays)																			
Ilford High Road Hainault Street	0500	0512	0524	0535	0545	0555	0605	0613	0621	0629	0636	0643	0650	0658	0706	0713	0720	0727	
Ilford Broadway High Road	0502	0514	0526	0537	0547	0557	0607	0615	0623	0631	0638	0645	0652	0700	0708	0715	0722	0729	
Dersingham Avenue Church Road	0509	0521	0533	0544	0555	0605	0615	0623	0631	0640	0647	0654	0701	0709	0717	0723	0730	0737	
East Ham Station	0514	0526	0538	0549	0600	0610	0620	0628	0636	0645	0652	0659	0707	0715	0723	0729	0736	0743	
East Ham Ron Leighton Way	0516	0528	0540	0551	0602	0612	0622	0630	0638	0647	0654	0701	0709	0717	0725	0731	0738	0746	
Upton Park The Boleyn (Barking Road)	0520	0532	0544	0555	0606	0616	0626	0634	0642	0651	0658	0706	0714	0722	0730	0736	0744	0752	
Plaistow Greengate	0523	0535	0547	0558	0609	0619	0629	0637	0645	0654	0701	0709	0717	0725	0733	0740	0748	0756	
Prince Regent Stn. Prince Regent Lane	0528	0540	0552	0603	0615	0625	0635	0643	0651	0700	0708	0716	0724	0732	0740	0748	0756	0804	
Keir Hardie Est. Radland Rd/Rogers Rd.	0533	0545	0557	0608	0620	0630	0640	0648	0656	0705	0713	0722	0730	0738	0746	0754	0802	0810	
Canning Town Bus Station	0538	0550	0602	0613	0625	0635	0645	0653	0701	0710	0718	0727	0735	0743	0751	0759	0807	0815	
Ilford High Road Hainault Street	0735	0743	0748	0753	0758	0805	0813	0821	Then every 5 minutes until	0841	Then every 8 minutes until	0921	0929	Then every 8 minutes until	1033				
Ilford Broadway High Road	0737	0745	0750	0755	0800	0808	0816	0824		0844		0924	0932		1036				
Dersingham Avenue Church Road	0745	0753	0758	0803	0808	0816	0824	0832		0852		0932	0941		1045				
East Ham Station	0751	0759	0804	0809	0814	0822	0830	0838		0858		0938	0947		1051				
East Ham Ron Leighton Way	0754	0802	0807	0812	0817	0825	0833	0841		0901		0941	0950		1054				
Upton Park The Boleyn (Barking Road)	0800	0808	0813	0818	0823	0831	0839	0847		0907		0947	0956		1100				
Plaistow Greengate	0804	0812	0817	0822	0827	0835	0843	0851	0911	0951	1000	1104							
Prince Regent Stn. Prince Regent Lane	0812	0820	0825	0830	0835	0843	0851	0859	0919	0959	1008	1112							
Keir Hardie Est. Radland Rd/Rogers Rd.	0818	0826	0831	0836	0841	0849	0857	0905	0925	1005	1014	1118							
Canning Town Bus Station	0823	0831	0836	0841	0846	0854	0902	0910	0930	1010	1019	1123							
Ilford High Road Hainault Street	1041	Then every 8 minutes until	1129	1137	Then every 8 minutes until	1233	1241	Then every 8 minutes until	1401	1409	Then every 8 mins. until	1521	1528	Then every 8 mins. until	1648				
Ilford Broadway High Road	1044		1132	1140		1236	1244		1404	1412		1524	1531		1651				
Dersingham Avenue Church Road	1053		1141	1149		1245	1253		1413	1421		1533	1541		1701				
East Ham Station	1059		1147	1156		1252	1300		1420	1428		1540	1548		1708				
East Ham Ron Leighton Way	1103		1151	1200		1256	1304		1424	1432		1544	1552		1712				
Upton Park The Boleyn (Barking Road)	1109		1157	1206		1302	1311		1431	1439		1551	1559		1719				
Plaistow Greengate	1113	1201	1210	1306	1315	1435	1443	1555	1603	1723									
Prince Regent Stn. Prince Regent Lane	1121	1209	1218	1314	1323	1443	1452	1604	1612	1732									
Keir Hardie Est. Radland Rd/Rogers Rd.	1127	1215	1224	1320	1329	1449	1458	1610	1618	1738									
Canning Town Bus Station	1132	1220	1229	1325	1334	1454	1503	1615	1623	1743									
Ilford High Road Hainault Street	1656	Then every 8 minutes until	1800	1808	1816	1824	1832	1840	1848	1856	1906	1916	1926	1936	1946	1956	2008		
Ilford Broadway High Road	1659		1803	1811	1819	1827	1835	1843	1851	1859	1909	1919	1929	1939	1949	1959	2010		
Dersingham Avenue Church Road	1709		1813	1821	1829	1837	1845	1853	1901	1909	1918	1928	1938	1948	1958	2008	2019		
East Ham Station	1716		1820	1828	1836	1844	1852	1900	1908	1916	1925	1935	1945	1955	2005	2015	2026		
East Ham Ron Leighton Way	1720		1824	1832	1840	1848	1856	1904	1911	1919	1928	1938	1948	1958	2008	2018	2029		
Upton Park The Boleyn (Barking Road)	1727		1831	1839	1847	1855	1903	1910	1917	1925	1934	1944	1954	2004	2013	2023	2034		
Plaistow Greengate	1731	1835	1843	1851	1859	1907	1914	1921	1929	1938	1948	1958	2008	2017	2027	2038			
Prince Regent Stn. Prince Regent Lane	1739	1843	1851	1859	1907	1915	1922	1929	1937	1946	1956	2006	2016	2024	2034	2045			
Keir Hardie Est. Radland Rd/Rogers Rd.	1745	1849	1856	1904	1912	1920	1927	1934	1942	1951	2001	2011	2021	2029	2039	2050			
Canning Town Bus Station	1750	1854	1901	1909	1917	1925	1932	1939	1947	1956	2006	2016	2026	2034	2044	2055			
Ilford High Road Hainault Street	2020	2032	2044	Then every 12 minutes until	2156	2208	2220	2232	2244	2256	2308	2321	Then every 12 minutes until	0045					
Ilford Broadway High Road	2022	2034	2046		2158	2210	2222	2234	2246	2258	2310	2323		0047					
Dersingham Avenue Church Road	2031	2043	2055		2207	2219	2231	2242	2254	2306	2318	2331		0055					
East Ham Station	2038	2050	2101		2213	2225	2237	2248	2300	2312	2324	2336		0100					
East Ham Ron Leighton Way	2041	2053	2104		2216	2228	2240	2251	2303	2315	2327	2338		0102					
Upton Park The Boleyn (Barking Road)	2046	2058	2109		2221	2233	2245	2256	2308	2320	2332	2342		0106					
Plaistow Greengate	2050	2102	2113	2225	2237	2248	2259	2311	2323	2335	2345	0109							
Prince Regent Stn. Prince Regent Lane	2056	2108	2119	2231	2242	2253	2304	2316	2328	2340	2350	0114							
Keir Hardie Est. Radland Rd/Rogers Rd.	2101	2113	2124	2236	2247	2258	2309	2321	2333	2344	2354	0118							
Canning Town Bus Station	2106	2118	2129	2241	2252	2303	2314	2326	2337	2348	2358	0122							

147		Saturdays (also Good Friday)																
Ilford High Road Hainault Street	0500	0515	0530	0545	0557	0609	0621	Then every 10 minutes until	0721	0731	0741	0751	0801	0811	0819	0827	0834	
Ilford Broadway High Road	0502	0517	0532	0547	0559	0611	0623		0723	0733	0743	0753	0803	0813	0821	0829	0836	
Dersingham Avenue Church Road	0508	0523	0539	0554	0606	0618	0631		0731	0741	0751	0801	0811	0821	0830	0838	0845	
East Ham Station	0513	0528	0544	0559	0611	0623	0636		0736	0746	0757	0807	0817	0827	0836	0844	0851	
East Ham Ron Leighton Way	0515	0530	0546	0601	0613	0625	0638		0738	0748	0759	0809	0819	0830	0839	0847	0854	
Upton Park The Boleyn (Barking Road)	0519	0534	0550	0605	0617	0629	0642		0742	0752	0803	0813	0823	0835	0844	0852	0859	
Plaistow Greengate	0522	0537	0553	0608	0620	0632	0645		0745	0755	0806	0816	0826	0838	0847	0855	0902	
Prince Regent Stn. Prince Regent Lane	0527	0542	0558	0613	0625	0637	0650		0750	0801	0812	0822	0832	0844	0853	0901	0909	
Keir Hardie Est. Radland Rd/Rogers Rd.	0532	0547	0603	0618	0630	0642	0655	0755	0806	0817	0827	0837	0849	0858	0906	0914		
Canning Town Bus Station	0537	0552	0608	0623	0635	0647	0700	0800	0811	0822	0832	0842	0854	0903	0911	0919		
Ilford High Road Hainault Street	0841	0849	0857	0905	0913	0920	0927	0934	Then every 8 minutes until	1014	1021	1028	1036	1044	1052	1100	1108	
Ilford Broadway High Road	0843	0851	0859	0907	0915	0922	0929	0936		1016	1024	1031	1039	1047	1055	1103	1111	
Dersingham Avenue Church Road	0852	0900	0908	0916	0924	0931	0939	0946		1026	1034	1041	1049	1057	1105	1113	1121	
East Ham Station	0858	0906	0914	0922	0930	0937	0945	0953		1033	1041	1048	1056	1105	1113	1121	1129	
East Ham Ron Leighton Way	0901	0909	0917	0925	0933	0940	0948	0956		1036	1044	1051	1100	1109	1117	1125	1133	
Upton Park The Boleyn (Barking Road)	0906	0914	0922	0930	0938	0946	0954	1002		1042	1050	1058	1107	1116	1124	1132	1141	
Plaistow Greengate	0910	0918	0926	0934	0942	0950	0958	1006		1046	1054	1103	1112	1121	1129	1137	1146	
Prince Regent Stn. Prince Regent Lane	0917	0925	0933	0941	0949	0957	1005	1013		1053	1101	1111	1120	1129	1137	1146	1155	
Keir Hardie Est. Radland Rd/Rogers Rd.	0922	0930	0938	0946	0954	1002	1010	1018	1058	1106	1116	1125	1134	1142	1151	1200		
Canning Town Bus Station	0927	0935	0943	0951	0959	1007	1015	1023	1103	1111	1121	1130	1139	1147	1156	1205		
Ilford High Road Hainault Street	1116	1124	1132	1140	1148	1156	Then every 8 minutes until	1628	1636	1644	1652	1700	1708	1716	1724	1732	1740	
Ilford Broadway High Road	1119	1128	1136	1144	1152	1200		1632	1640	1648	1656	1704	1712	1720	1727	1735	1743	
Dersingham Avenue Church Road	1130	1139	1148	1156	1204	1213		1645	1653	1701	1709	1717	1725	1733	1740	1748	1756	
East Ham Station	1138	1147	1156	1204	1212	1221		1653	1701	1709	1717	1725	1733	1741	1748	1756	1804	
East Ham Ron Leighton Way	1142	1151	1200	1208	1216	1225		1657	1705	1713	1721	1729	1737	1745	1752	1800	1808	
Upton Park The Boleyn (Barking Road)	1151	1200	1209	1217	1225	1234		1706	1714	1722	1729	1737	1745	1753	1800	1808	1816	
Plaistow Greengate	1156	1205	1214	1222	1230	1239		1711	1719	1727	1734	1742	1750	1758	1805	1813	1821	
Prince Regent Stn. Prince Regent Lane	1205	1215	1224	1233	1241	1250		1722	1729	1736	1743	1751	1759	1807	1814	1822	1830	
Keir Hardie Est. Radland Rd/Rogers Rd.	1210	1220	1229	1238	1246	1255	1727	1734	1741	1748	1756	1804	1812	1819	1827	1835		
Canning Town Bus Station	1215	1225	1234	1243	1251	1300	1732	1739	1746	1753	1801	1809	1817	1824	1832	1840		
Ilford High Road Hainault Street	1748	1756	1804	1812	1820	1828	1836	1844	1852	1900	1908	1916	1925	1935	1945	1956	2008	2020
Ilford Broadway High Road	1751	1759	1807	1815	1823	1831	1839	1847	1855	1903	1911	1919	1928	1938	1948	1959	2011	2023
Dersingham Avenue Church Road	1804	1812	1820	1828	1836	1844	1852	1900	1908	1915	1923	1931	1940	1949	1959	2009	2021	2033
East Ham Station	1812	1820	1828	1836	1844	1852	1900	1908	1916	1923	1931	1939	1948	1957	2006	2016	2028	2040
East Ham Ron Leighton Way	1816	1824	1832	1840	1848	1856	1904	1912	1920	1927	1935	1942	1951	2000	2009	2019	2031	2043
Upton Park The Boleyn (Barking Road)	1824	1832	1840	1848	1856	1904	1912	1920	1928	1935	1942	1949	1958	2007	2016	2026	2038	2049
Plaistow Greengate	1829	1837	1845	1853	1901	1908	1916	1924	1932	1939	1946	1953	2002	2011	2020	2030	2042	2053
Prince Regent Stn. Prince Regent Lane	1838	1845	1853	1901	1909	1916	1924	1932	1940	1947	1954	2001	2010	2019	2028	2038	2049	2100
Keir Hardie Est. Radland Rd/Rogers Rd.	1843	1850	1858	1906	1914	1921	1929	1937	1945	1952	1959	2006	2015	2024	2033	2043	2054	2105
Canning Town Bus Station	1848	1855	1903	1911	1919	1926	1934	1942	1950	1957	2004	2011	2020	2029	2038	2048	2059	2110
Ilford High Road Hainault Street	2032	2044	2056	2108	2120	2132	2144	2156	2208	2220	2233	2245	2257	2309	2321	Then every 12 minutes until	0045	
Ilford Broadway High Road	2035	2047	2059	2110	2122	2134	2146	2158	2210	2222	2235	2247	2259	2311	2323		0047	
Dersingham Avenue Church Road	2044	2056	2108	2118	2130	2142	2154	2206	2218	2230	2243	2255	2307	2319	2331		0055	
East Ham Station	2051	2103	2114	2124	2136	2147	2159	2211	2223	2235	2248	2300	2312	2324	2336		0100	
East Ham Ron Leighton Way	2054	2106	2117	2127	2139	2150	2202	2214	2226	2238	2251	2303	2315	2327	2339		0103	
Upton Park The Boleyn (Barking Road)	2100	2112	2123	2133	2145	2156	2208	2219	2231	2243	2256	2308	2320	2332	2343		0107	
Plaistow Greengate	2104	2116	2127	2137	2149	2200	2212	2223	2235	2247	2300	2312	2324	2336	2347		0111	
Prince Regent Stn. Prince Regent Lane	2110	2122	2133	2143	2155	2206	2218	2229	2241	2253	2305	2317	2329	2341	2352		0116	
Keir Hardie Est. Radland Rd/Rogers Rd.	2115	2127	2138	2148	2200	2211	2223	2234	2246	2258	2310	2322	2334	2346	2357	0121		
Canning Town Bus Station	2120	2132	2143	2153	2205	2216	2228	2239	2251	2303	2314	2326	2337	2349	0000	0124		

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	Mondays to Fridays (school days, half term and Christmas)																	
Canning Town Bus Station	0455	0507	0519	0531	0541	0551	0601	0611	0619	0627	0635	0642	0650	0658	0705	0712	0719	0725
Keir Hardie Estate Tarling Road	0458	0510	0522	0534	0544	0554	0604	0614	0622	0630	0638	0645	0653	0701	0708	0715	0722	0728
Prince Regent Stn. Prince Regent Lane	0503	0515	0527	0539	0549	0559	0609	0619	0627	0635	0643	0650	0658	0706	0713	0720	0728	0734
Plaistow Greengate	0509	0521	0533	0545	0555	0605	0615	0625	0633	0642	0650	0657	0705	0713	0720	0728	0736	0743
Upton Park The Boleyn (Barking Road)	0511	0523	0535	0547	0557	0607	0617	0627	0635	0644	0652	0659	0707	0715	0722	0730	0738	0745
East Ham Police Station	0515	0527	0539	0551	0601	0611	0621	0631	0639	0648	0656	0703	0711	0719	0727	0735	0743	0750
East Ham Station	0519	0531	0543	0555	0605	0615	0625	0635	0643	0652	0700	0708	0716	0724	0732	0740	0748	0755
Little Ilford Lane Church Road	0525	0537	0549	0601	0611	0621	0631	0641	0649	0658	0707	0715	0723	0731	0740	0748	0756	0804
Ilford Broadway Chapel Road	0531	0543	0555	0607	0617	0627	0637	0647	0655	0704	0714	0722	0731	0739	0748	0756	0804	0812
Ilford High Road Hainault Street	0533	0545	0557	0609	0619	0629	0639	0649	0657	0706	0716	0724	0733	0741	0750	0758	0806	0814
Canning Town Bus Station	0733	0741	0748	0754	0800	0806	0814	0821	0829	0837	0845	0853	0901	0910	0918	0926	0934	0942
Keir Hardie Estate Tarling Road	0736	0744	0751	0757	0804	0810	0818	0825	0833	0841	0849	0857	0905	0914	0922	0930	0938	0946
Prince Regent Stn. Prince Regent Lane	0742	0750	0757	0803	0811	0817	0825	0832	0840	0848	0856	0904	0912	0921	0929	0937	0945	0953
Plaistow Greengate	0751	0759	0806	0813	0821	0828	0836	0844	0852	0900	0908	0915	0922	0930	0938	0946	0954	1003
Upton Park The Boleyn (Barking Road)	0753	0801	0808	0815	0823	0831	0839	0847	0855	0903	0911	0918	0925	0933	0941	0949	0957	1005
East Ham Police Station	0758	0806	0813	0821	0829	0837	0845	0853	0901	0909	0917	0924	0931	0939	0947	0955	1003	1011
East Ham Station	0803	0811	0819	0827	0835	0843	0851	0859	0907	0915	0923	0930	0937	0945	0953	1001	1009	1017
Little Ilford Lane Church Road	0813	0821	0829	0837	0845	0853	0901	0908	0916	0924	0932	0939	0946	0954	1002	1010	1018	1026
Ilford Broadway Chapel Road	0821	0829	0837	0845	0853	0901	0909	0916	0924	0932	0940	0947	0954	1002	1010	1018	1026	1034
Ilford High Road Hainault Street	0823	0831	0839	0847	0855	0904	0911	0918	0926	0934	0942	0949	0956	1004	1012	1020	1028	1036
Canning Town Bus Station	0950	0958	1006	1014	1022	1030	1038	1046	1054	1102	1110	1118	Then every 8 mins. until	1342	1349	1357	1405	1412
Keir Hardie Estate Tarling Road	0954	1002	1010	1018	1026	1034	1042	1050	1058	1106	1114	1122		1346	1353	1401	1409	1416
Prince Regent Stn. Prince Regent Lane	1001	1009	1017	1025	1033	1041	1049	1057	1105	1113	1121	1129		1353	1400	1408	1416	1423
Plaistow Greengate	1010	1018	1026	1034	1043	1051	1059	1107	1115	1123	1131	1139		1403	1410	1418	1426	1433
Upton Park The Boleyn (Barking Road)	1013	1021	1029	1037	1046	1054	1102	1110	1118	1126	1134	1142		1406	1413	1421	1429	1436
East Ham Police Station	1019	1027	1035	1043	1052	1100	1109	1117	1125	1133	1141	1149		1413	1420	1428	1436	1443
East Ham Station	1025	1033	1042	1050	1059	1107	1116	1124	1132	1140	1148	1156		1420	1428	1436	1444	1451
Little Ilford Lane Church Road	1034	1042	1051	1059	1108	1116	1125	1133	1141	1149	1158	1206	1430	1438	1446	1454	1501	
Ilford Broadway Chapel Road	1042	1050	1059	1107	1116	1124	1133	1141	1149	1158	1207	1215	1439	1447	1455	1503	1511	
Ilford High Road Hainault Street	1044	1052	1102	1109	1118	1126	1135	1143	1151	1200	1210	1217	1441	1449	1457	1505	1513	
Canning Town Bus Station	1418	1425	1432	1439	1446	Then every 8 mins. until	1542	1550	Then every 8 mins. until	1638	1643	1648	1653	1701	1709	1717	1725	1733
Keir Hardie Estate Tarling Road	1422	1429	1436	1443	1450		1546	1554		1642	1647	1652	1657	1705	1713	1721	1729	1737
Prince Regent Stn. Prince Regent Lane	1429	1436	1443	1450	1457		1553	1601		1649	1654	1659	1704	1712	1720	1728	1736	1744
Plaistow Greengate	1439	1447	1455	1502	1510		1606	1614		1702	1707	1712	1717	1725	1733	1741	1748	1756
Upton Park The Boleyn (Barking Road)	1442	1450	1458	1505	1513		1609	1617		1705	1710	1715	1720	1728	1736	1744	1751	1759
East Ham Police Station	1450	1458	1506	1513	1521		1617	1625		1713	1718	1723	1728	1736	1744	1752	1759	1807
East Ham Station	1458	1506	1514	1521	1529		1625	1633		1721	1726	1731	1736	1744	1752	1800	1807	1815
Little Ilford Lane Church Road	1509	1517	1525	1532	1540	1636	1643	1731	1736	1741	1746	1754	1802	1810	1817	1825		
Ilford Broadway Chapel Road	1519	1527	1536	1544	1552	1648	1655	1743	1748	1753	1758	1806	1814	1822	1829	1837		
Ilford High Road Hainault Street	1521	1530	1539	1547	1554	1650	1657	1745	1750	1755	1800	1808	1816	1824	1831	1839		
Canning Town Bus Station	1741	1749	1757	1805	1813	1821	1829	1837	1845	1853	1901	1911	1921	1931	1941	1951	2002	2014
Keir Hardie Estate Tarling Road	1745	1753	1801	1809	1817	1825	1833	1840	1848	1856	1904	1914	1924	1934	1944	1954	2005	2017
Prince Regent Stn. Prince Regent Lane	1752	1800	1808	1816	1824	1832	1840	1847	1854	1902	1910	1920	1930	1940	1950	2000	2011	2023
Plaistow Greengate	1804	1812	1820	1828	1836	1843	1851	1857	1904	1912	1920	1929	1939	1949	1959	2009	2020	2032
Upton Park The Boleyn (Barking Road)	1807	1815	1823	1831	1839	1846	1854	1900	1907	1914	1922	1931	1941	1951	2001	2011	2022	2034
East Ham Police Station	1815	1823	1831	1838	1846	1853	1901	1907	1913	1920	1928	1937	1947	1957	2007	2017	2028	2040
East Ham Station	1823	1831	1839	1846	1854	1901	1909	1914	1920	1927	1935	1944	1954	2004	2013	2023	2034	2045
Little Ilford Lane Church Road	1833	1841	1849	1856	1904	1911	1919	1924	1929	1936	1944	1953	2003	2012	2021	2031	2042	2053
Ilford Broadway Chapel Road	1844	1852	1859	1906	1913	1920	1927	1932	1937	1944	1952	2001	2010	2019	2028	2038	2049	2100
Ilford High Road Hainault Street	1846	1854	1901	1908	1915	1922	1929	1934	1939	1946	1954	2003	2012	2021	2030	2040	2051	2102
Canning Town Bus Station	2026	2038	2050	2102	Then every 12 mins. until	2226	2238	2250	2302	2314	2326	2338	2350	0002	0014	0026	0038	0050
Keir Hardie Estate Tarling Road	2029	2041	2053	2105		2229	2241	2253	2305	2317	2329	2341	2353	0005	0017	0029	0041	0053
Prince Regent Stn. Prince Regent Lane	2035	2047	2059	2111		2235	2247	2259	2311	2323	2335	2346	2358	0010	0022	0034	0046	0058
Plaistow Greengate	2043	2055	2107	2118		2242	2254	2306	2318	2330	2341	2352	0004	0016	0027	0039	0051	0103
Upton Park The Boleyn (Barking Road)	2045	2057	2109	2120		2244	2256	2308	2320	2332	2343	2354	0006	0018	0029	0041	0053	0105
East Ham Police Station	2051	2103	2114	2125		2249	2301	2313	2325	2336	2347	2358	0010	0022	0033	0045	0057	0109
East Ham Station	2056	2108	2119	2130		2254	2305	2317	2329	2340	2351	0002	0014	0026	0037	0049	0101	0113
Little Ilford Lane Church Road	2104	2116	2127	2138	2302	2313	2325	2336	2347	2358	0009	0021	0032	0043	0055	0107	0119	
Ilford Broadway Chapel Road	2110	2122	2133	2144	2308	2319	2331	2342	2353	0004	0015	0026	0037	0048	0100	0112	0124	
Ilford High Road Hainault Street	2112	2124	2136	2146	2310	2321	2333	2344	2355	0006	0017	0028	0039	0050	0102	0114	0126	

147	Mondays to Fridays (Summer and Easter school holidays)																	
Canning Town Bus Station	0455	0507	0519	0531	0541	0551	0601	0611	0619	0627	0635	0642	0650	0658	0705	0712	0719	0726
Keir Hardie Estate Tarling Road	0458	0510	0522	0534	0544	0554	0604	0614	0622	0630	0638	0645	0653	0701	0708	0715	0722	0729
Prince Regent Stn. Prince Regent Lane	0503	0515	0527	0539	0549	0559	0609	0619	0627	0635	0643	0650	0658	0706	0713	0720	0728	0735
Plaistow Greengate	0509	0521	0533	0545	0555	0605	0615	0625	0633	0642	0650	0657	0705	0713	0720	0728	0736	0744
Upton Park The Boleyn (Barking Road)	0511	0523	0535	0547	0557	0607	0617	0627	0635	0644	0652	0659	0707	0715	0722	0730	0738	0746
East Ham Police Station	0515	0527	0539	0551	0601	0611	0621	0631	0639	0648	0656	0703	0711	0719	0727	0735	0743	0751
East Ham Station	0519	0531	0543	0555	0605	0615	0625	0635	0643	0652	0700	0708	0716	0724	0732	0740	0748	0756
Little Ilford Lane Church Road	0525	0537	0549	0601	0611	0621	0631	0641	0649	0658	0707	0715	0723	0731	0740	0748	0756	0804
Ilford Broadway Chapel Road	0531	0543	0555	0607	0617	0627	0637	0647	0655	0704	0714	0722	0731	0739	0748	0756	0804	0812
Ilford High Road Hainault Street	0533	0545	0557	0609	0619	0629	0639	0649	0657	0706	0716	0724	0733	0741	0750	0758	0806	0814
Canning Town Bus Station	0734	0742	0749	0756	0804	0811	0819	0827	Then every 8 minutes until	0955	1003	Then every 8 minutes until	1035	1042	1050	1058		
Keir Hardie Estate Tarling Road	0737	0745	0752	0759	0807	0814	0822	0830		0958	1006		1038	1045	1053	1101		
Prince Regent Stn. Prince Regent Lane	0743	0751	0758	0805	0813	0820	0828	0836		1004	1012		1044	1051	1059	1107		
Plaistow Greengate	0752	0800	0807	0814	0822	0829	0837	0845		1013	1021		1053	1100	1108	1116		
Upton Park The Boleyn (Barking Road)	0754	0802	0809	0816	0824	0832	0840	0848		1016	1024		1056	1103	1111	1119		
East Ham Police Station	0759	0807	0814	0822	0830	0838	0846	0854		1022	1030		1102	1110	1118	1126		
East Ham Station	0804	0812	0820	0828	0836	0844	0852	0900		1028	1037		1109	1117	1125	1133		
Little Ilford Lane Church Road	0813	0821	0829	0837	0845	0853	0901	0908		1036	1045		1117	1125	1133	1141		
Ilford Broadway Chapel Road	0821	0829	0837	0845	0853	0901	0909	0916		1044	1053		1125	1133	1141	1149		
Ilford High Road Hainault Street	0823	0831	0839	0847	0855	0903	0911	0918	1046	1055	1127	1135	1143	1151				
Canning Town Bus Station	1106	Then every 8 minutes until	1354	1401	1409	1416	1423	1431	1438	1446	Then every 8 minutes until	1550	1558	Then every 8 minutes until	1646			
Keir Hardie Estate Tarling Road	1109		1357	1404	1412	1419	1426	1434	1441	1449		1553	1601		1649			
Prince Regent Stn. Prince Regent Lane	1115		1403	1410	1418	1425	1432	1440	1447	1455		1559	1607		1655			
Plaistow Greengate	1124		1412	1419	1427	1434	1441	1449	1457	1505		1609	1617		1705			
Upton Park The Boleyn (Barking Road)	1127		1415	1422	1430	1437	1444	1452	1500	1508		1612	1620		1708			
East Ham Police Station	1134		1422	1429	1437	1444	1452	1500	1508	1516		1620	1628		1716			
East Ham Station	1141		1429	1436	1444	1451	1459	1507	1515	1523		1627	1635		1723			
Little Ilford Lane Church Road	1149		1437	1445	1453	1500	1509	1517	1525	1533		1637	1644		1732			
Ilford Broadway Chapel Road	1158		1446	1454	1502	1510	1519	1527	1536	1545		1649	1656		1744			
Ilford High Road Hainault Street	1200	1448	1456	1504	1512	1521	1529	1538	1547	1651	1658	1746						
Canning Town Bus Station	1651	1656	1701	Then every 8 minutes until	1741	1749	1757	1805	1813	1821	1829	1837	1845	1853	1902	1912	1922	
Keir Hardie Estate Tarling Road	1654	1659	1704		1744	1752	1800	1808	1816	1824	1832	1840	1848	1856	1905	1915	1925	
Prince Regent Stn. Prince Regent Lane	1700	1705	1710		1750	1758	1806	1814	1822	1830	1838	1846	1854	1902	1911	1921	1931	
Plaistow Greengate	1710	1715	1720		1800	1808	1816	1824	1832	1840	1848	1856	1904	1912	1921	1930	1940	
Upton Park The Boleyn (Barking Road)	1713	1718	1723		1803	1811	1819	1827	1835	1843	1851	1859	1907	1914	1923	1932	1942	
East Ham Police Station	1721	1726	1731		1811	1819	1827	1835	1842	1850	1858	1906	1913	1920	1929	1938	1948	
East Ham Station	1728	1733	1738		1818	1826	1834	1842	1849	1857	1905	1913	1920	1927	1936	1945	1955	
Little Ilford Lane Church Road	1737	1742	1747		1827	1835	1843	1851	1858	1906	1914	1922	1929	1936	1945	1954	2004	
Ilford Broadway Chapel Road	1749	1754	1759		1839	1846	1854	1901	1908	1915	1923	1930	1937	1944	1953	2002	2011	
Ilford High Road Hainault Street	1751	1756	1801	1841	1848	1856	1903	1910	1917	1925	1932	1939	1946	1955	2004	2013		
Canning Town Bus Station	1932	1942	1952	2002	2014	2026	2038	2050	2102	Then every 12 minutes until	2226	2238	2250	2302	2314	2326	2338	
Keir Hardie Estate Tarling Road	1935	1945	1955	2005	2017	2029	2041	2053	2105		2229	2241	2253	2305	2317	2329	2341	
Prince Regent Stn. Prince Regent Lane	1941	1951	2001	2011	2023	2035	2047	2059	2111		2235	2247	2259	2311	2323	2335	2346	
Plaistow Greengate	1950	2000	2010	2020	2032	2043	2055	2107	2118		2242	2254	2306	2318	2330	2341	2352	
Upton Park The Boleyn (Barking Road)	1952	2002	2012	2022	2034	2045	2057	2109	2120		2244	2256	2308	2320	2332	2343	2354	
East Ham Police Station	1958	2008	2018	2028	2040	2051	2103	2114	2125		2249	2301	2313	2325	2336	2347	2358	
East Ham Station	2005	2014	2024	2034	2045	2056	2108	2119	2130		2254	2305	2317	2329	2340	2351	0002	
Little Ilford Lane Church Road	2013	2022	2032	2042	2053	2104	2116	2127	2138		2302	2313	2325	2337	2347	2358	0009	
Ilford Broadway Chapel Road	2020	2029	2039	2049	2100	2110	2122	2133	2144		2308	2319	2331	2343	2353	0004	0015	
Ilford High Road Hainault Street	2022	2031	2041	2051	2102	2112	2124	2135	2146	2310	2321	2333	2345	2355	0006	0017		
Canning Town Bus Station	2350	0002	0014	0026	0038	0050												
Keir Hardie Estate Tarling Road	2353	0005	0017	0029	0041	0053												
Prince Regent Stn. Prince Regent Lane	2358	0010	0022	0034	0046	0058												
Plaistow Greengate	0004	0016	0027	0039	0051	0103												
Upton Park The Boleyn (Barking Road)	0006	0018	0029	0041	0053	0105												
East Ham Police Station	0010	0022	0033	0045	0057	0109												
East Ham Station	0014	0026	0037	0049	0101	0113												
Little Ilford Lane Church Road	0021	0032	0043	0055	0107	0119												
Ilford Broadway Chapel Road	0026	0037	0048	0100	0112	0124												
Ilford High Road Hainault Street	0028	0039	0050	0102	0114	0126												

147	Saturdays (also Good Friday)																												
Canning Town Bus Station	0455	0510	0525	0540	0552	0604	0616	0626	0636													0726	0736	0746	0756	0806	0816	0823	
Keir Hardie Estate Tarling Road	0458	0513	0528	0543	0555	0607	0619	0629	0639														0729	0739	0749	0759	0809	0819	0826
Prince Regent Stn. Prince Regent Lane	0504	0519	0534	0549	0601	0613	0625	0635	0645														0735	0745	0755	0805	0815	0825	0832
Plaistow Greengate	0510	0525	0540	0555	0607	0619	0631	0641	0651	Then every 10 minutes until													0741	0751	0801	0812	0822	0832	0839
Upton Park The Boleyn (Barking Road)	0512	0527	0542	0557	0609	0621	0633	0643	0653		0743	0753	0803	0814	0824	0834	0841												
East Ham Police Station	0516	0531	0546	0601	0613	0625	0637	0647	0657		0747	0757	0807	0818	0828	0838	0845												
East Ham Station	0520	0535	0550	0605	0617	0629	0641	0651	0701		0751	0801	0812	0823	0833	0843	0850												
Little Ilford Lane Church Road	0525	0540	0555	0610	0622	0634	0646	0656	0707		0757	0808	0819	0830	0840	0850	0857												
Ilford Broadway Chapel Road	0531	0546	0601	0616	0628	0640	0652	0702	0713		0803	0814	0825	0836	0846	0856	0904												
Ilford High Road Hainault Street	0533	0548	0603	0618	0630	0642	0654	0704	0715		0805	0816	0827	0838	0848	0858	0906												
Canning Town Bus Station	0830	0838	0845	0852	0859	0906	0914	0922	0930	0938	0945	0952	1000	1008	1016	1024	1032	1039											
Keir Hardie Estate Tarling Road	0833	0841	0848	0855	0902	0909	0917	0925	0933	0941	0948	0955	1003	1011	1019	1027	1035	1042											
Prince Regent Stn. Prince Regent Lane	0839	0847	0854	0901	0908	0915	0923	0931	0939	0947	0954	1001	1009	1017	1025	1033	1041	1048											
Plaistow Greengate	0846	0854	0902	0909	0916	0923	0931	0939	0947	0955	1002	1010	1018	1026	1034	1042	1050	1057											
Upton Park The Boleyn (Barking Road)	0848	0856	0904	0911	0918	0925	0933	0941	0949	0957	1004	1012	1020	1028	1036	1044	1052	1100											
East Ham Police Station	0853	0901	0909	0916	0924	0931	0939	0947	0955	1003	1011	1019	1027	1035	1043	1051	1059	1107											
East Ham Station	0858	0906	0914	0922	0930	0938	0946	0954	1002	1010	1018	1026	1034	1042	1050	1058	1106	1114											
Little Ilford Lane Church Road	0905	0913	0921	0929	0938	0946	0954	1002	1010	1018	1026	1034	1042	1050	1058	1106	1115	1123											
Ilford Broadway Chapel Road	0913	0921	0929	0937	0946	0955	1003	1011	1019	1027	1035	1043	1051	1059	1107	1115	1125	1133											
Ilford High Road Hainault Street	0915	0923	0931	0939	0948	0957	1005	1013	1021	1029	1037	1045	1053	1101	1109	1118	1128	1136											
Canning Town Bus Station	1047	1055	1103	1111	1119	1127	1134	1142	1150	1157	1205	1213	1220	1227	1235	Then every 8 minutes until	1411												
Keir Hardie Estate Tarling Road	1050	1058	1106	1114	1122	1130	1137	1145	1153	1200	1208	1216	1224	1231	1239		1415												
Prince Regent Stn. Prince Regent Lane	1056	1104	1112	1120	1128	1136	1143	1151	1159	1206	1214	1222	1230	1237	1245		1421												
Plaistow Greengate	1105	1113	1121	1129	1137	1145	1153	1201	1209	1216	1225	1233	1241	1249	1257		1433												
Upton Park The Boleyn (Barking Road)	1108	1116	1124	1132	1140	1148	1156	1204	1212	1219	1228	1236	1244	1252	1300		1436												
East Ham Police Station	1115	1123	1131	1139	1147	1155	1203	1211	1219	1227	1236	1244	1252	1300	1308		1444												
East Ham Station	1123	1131	1139	1147	1155	1203	1211	1219	1227	1235	1244	1252	1300	1308	1316		1452												
Little Ilford Lane Church Road	1132	1140	1148	1156	1204	1212	1220	1228	1236	1244	1253	1301	1310	1318	1327		1503												
Ilford Broadway Chapel Road	1142	1151	1159	1207	1215	1223	1231	1239	1247	1255	1304	1312	1321	1329	1338		1514												
Ilford High Road Hainault Street	1145	1154	1202	1210	1218	1226	1234	1242	1250	1258	1307	1315	1324	1332	1341	1517													
Canning Town Bus Station	1419	1428	Then every 8 minutes until	1604	1612	1620	1628	1637	1645	1653	1701	1709	1717	1725	1733	1741	1749												
Keir Hardie Estate Tarling Road	1423	1432		1608	1616	1624	1632	1641	1649	1657	1705	1713	1721	1729	1736	1744	1752												
Prince Regent Stn. Prince Regent Lane	1429	1438		1614	1622	1630	1638	1647	1655	1703	1711	1719	1727	1735	1742	1750	1758												
Plaistow Greengate	1441	1450		1626	1634	1642	1650	1658	1706	1714	1722	1730	1738	1746	1753	1801	1809												
Upton Park The Boleyn (Barking Road)	1444	1453		1629	1637	1645	1653	1701	1709	1717	1725	1733	1741	1749	1756	1804	1812												
East Ham Police Station	1452	1501		1637	1645	1653	1701	1708	1716	1724	1732	1740	1748	1756	1803	1811	1819												
East Ham Station	1500	1509		1645	1653	1701	1709	1716	1724	1732	1740	1748	1756	1804	1811	1819	1827												
Little Ilford Lane Church Road	1510	1518		1654	1702	1710	1718	1725	1733	1741	1749	1758	1806	1814	1821	1829	1837												
Ilford Broadway Chapel Road	1521	1529		1705	1712	1720	1728	1735	1742	1750	1757	1806	1814	1822	1829	1837	1845												
Ilford High Road Hainault Street	1524	1532	1708	1715	1723	1731	1738	1745	1753	1800	1808	1816	1824	1831	1839	1847													
Canning Town Bus Station	1757	Then every 8 minutes until	1853	1901	1911	1921	1931	1941	1951	2001	2013	2025	2037	2049	2101	2113	2125												
Keir Hardie Estate Tarling Road	1800		1856	1904	1914	1924	1934	1944	1954	2004	2016	2028	2040	2052	2104	2116	2128												
Prince Regent Stn. Prince Regent Lane	1806		1902	1910	1920	1930	1940	1950	2000	2010	2022	2034	2046	2058	2110	2122	2134												
Plaistow Greengate	1816		1912	1920	1930	1940	1950	2000	2010	2019	2031	2042	2054	2106	2118	2130	2142												
Upton Park The Boleyn (Barking Road)	1819		1915	1923	1933	1943	1953	2003	2013	2022	2034	2045	2057	2109	2120	2132	2144												
East Ham Police Station	1826		1922	1930	1940	1950	2000	2010	2020	2029	2041	2052	2104	2115	2125	2137	2149												
East Ham Station	1834		1930	1938	1948	1958	2008	2017	2026	2035	2047	2058	2110	2121	2130	2142	2154												
Little Ilford Lane Church Road	1844		1940	1947	1957	2007	2017	2026	2035	2044	2056	2107	2119	2129	2138	2150	2202												
Ilford Broadway Chapel Road	1852		1948	1955	2005	2014	2024	2033	2042	2051	2103	2114	2126	2136	2145	2156	2208												
Ilford High Road Hainault Street	1854	1950	1957	2007	2016	2026	2035	2044	2053	2105	2116	2128	2138	2147	2158	2210													
Canning Town Bus Station	2138	2150	2202	2214	2226	2238	2250	2302	2314	2326	2338	Then every 12 minutes until	0050																
Keir Hardie Estate Tarling Road	2141	2153	2205	2217	2229	2241	2253	2305	2317	2329	2341		0053																
Prince Regent Stn. Prince Regent Lane	2147	2159	2211	2223	2235	2247	2259	2311	2323	2335	2347		0059																
Plaistow Greengate	2154	2206	2218	2230	2242	2254	2306	2317	2329	2341	2353		0105																
Upton Park The Boleyn (Barking Road)	2156	2208	2220	2232	2244	2256	2308	2319	2331	2343	2355		0107																
East Ham Police Station	2201	2213	2225	2237	2249	2301	2313	2324	2336	2348	2359		0111																
East Ham Station	2206	2218	2230	2242	2254	2305	2317	2328	2340	2352	0003		0115																
Little Ilford Lane Church Road	2214	2226	2238	2250	2302	2313	2325	2336	2348	2359	0010		0122																
Ilford Broadway Chapel Road	2220	2232	2244	2256	2308	2319	2331	2342	2354	0005	0016		0128																
Ilford High Road Hainault Street	2222	2234	2246	2258	2310	2321	2333	2344	2356	0007	0018	0130																	

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															