

147		Mondays to Fridays																												
Ilford High Road Hainault Street	0500	0512	0524	0536	0546	0556	0606									0702	0709	0716	0722	0729	0736			1416						
Ilford Broadway High Road	0501	0513	0525	0537	0547	0557	0607									0703	0710	0717	0724	0731	0739			1419						
Dersingham Avenue Church Road	0507	0519	0531	0543	0553	0603	0615	Then every 8 minutes until								0711	0718	0725	0732	0740	0748	Then every 8 minutes until		1428						
East Ham Station	0512	0524	0536	0548	0558	0609	0621									0717	0724	0731	0739	0747	0755			1435						
East Ham Ron Leighton Way	0515	0527	0539	0551	0601	0612	0624									0720	0727	0734	0742	0750	0758			1438						
Upton Park The Boleyn (Barking Road)	0518	0530	0542	0554	0605	0616	0628									0724	0732	0740	0748	0756	0804			1444						
Plaistow Greengate	0521	0533	0545	0557	0608	0620	0632									0728	0736	0744	0752	0800	0808			1448						
Prince Regent Station Bus Station	0527	0539	0551	0603	0615	0627	0639									0735	0743	0751	0759	0807	0815			1455						
Ilford High Road Hainault Street	1423	1429	1436	1442	1449	1457	1505	Then every 8 minutes until								1801	1809	1817	1825	1833	1841	1849	1857	1907						
Ilford Broadway High Road	1426	1432	1439	1445	1452	1500	1507									1803	1811	1819	1827	1835	1843	1851	1859	1909						
Dersingham Avenue Church Road	1435	1441	1448	1454	1501	1509	1517									1813	1821	1829	1837	1845	1853	1900	1907	1917						
East Ham Station	1442	1448	1455	1501	1509	1517	1525									1821	1829	1837	1845	1853	1900	1907	1914	1924						
East Ham Ron Leighton Way	1445	1451	1458	1505	1513	1521	1529									1825	1833	1841	1849	1857	1904	1911	1918	1928						
Upton Park The Boleyn (Barking Road)	1451	1457	1505	1513	1521	1529	1537									1833	1841	1849	1856	1903	1910	1917	1924	1934						
Plaistow Greengate	1455	1501	1509	1517	1525	1533	1541									1837	1845	1853	1900	1907	1914	1921	1928	1938						
Prince Regent Station Bus Station	1503	1511	1519	1527	1535	1543	1551									1847	1853	1900	1907	1914	1921	1928	1935	1945						
Ilford High Road Hainault Street	1917	1927	1937	1947	1957	2009	2021	Then every 12 minutes until								0045														
Ilford Broadway High Road	1919	1929	1939	1949	1959	2011	2023									0047														
Dersingham Avenue Church Road	1927	1937	1947	1957	2007	2019	2030									0054														
East Ham Station	1934	1944	1954	2004	2014	2025	2036									0100														
East Ham Ron Leighton Way	1938	1948	1958	2008	2018	2028	2039									0103														
Upton Park The Boleyn (Barking Road)	1944	1954	2004	2012	2022	2032	2043									0107														
Plaistow Greengate	1948	1958	2008	2016	2026	2036	2047									0111														
Prince Regent Station Bus Station	1955	2005	2014	2022	2032	2042	2053									0117														
147		Saturdays (also Good Friday)																												
Ilford High Road Hainault Street	0500	0515	0530	0545	0557	0609	0621	0631	0641	0651	0701	Then every 10 minutes until								0821	0829	0836	0843	0849						
Ilford Broadway High Road	0501	0516	0531	0546	0558	0610	0622	0632	0642	0652	0702									0822	0830	0837	0844	0850						
Dersingham Avenue Church Road	0507	0522	0537	0552	0604	0616	0628	0638	0648	0658	0709									0829	0837	0844	0851	0857						
East Ham Station	0512	0527	0542	0557	0609	0621	0633	0643	0653	0703	0714									0834	0842	0849	0856	0902						
East Ham Ron Leighton Way	0515	0530	0545	0600	0612	0624	0636	0646	0656	0706	0717									0837	0845	0852	0859	0906						
Upton Park The Boleyn (Barking Road)	0518	0533	0548	0603	0615	0627	0639	0649	0659	0710	0721									0841	0849	0856	0903	0911						
Plaistow Greengate	0521	0536	0551	0606	0618	0630	0642	0652	0702	0714	0725									0845	0853	0900	0907	0915						
Prince Regent Station Bus Station	0527	0542	0557	0612	0624	0636	0648	0658	0708	0720	0731									0851	0859	0908	0914	0922						
Ilford High Road Hainault Street	0856	0903	0911	0919	0927	0935	0942	0950	0957	1004	Then every 8 minutes until								1156	1203	1210	1218	1225	1232						
Ilford Broadway High Road	0857	0905	0913	0921	0929	0937	0944	0952	0959	1006									1158	1205	1212	1220	1227	1234						
Dersingham Avenue Church Road	0904	0912	0920	0928	0936	0944	0951	0959	1006	1014									1206	1213	1220	1228	1235	1243						
East Ham Station	0910	0918	0926	0934	0942	0950	0957	1005	1013	1021									1213	1220	1227	1235	1243	1251						
East Ham Ron Leighton Way	0914	0922	0930	0938	0946	0954	1001	1009	1017	1025									1217	1224	1231	1239	1247	1255						
Upton Park The Boleyn (Barking Road)	0919	0927	0935	0943	0951	0959	1007	1015	1023	1031									1223	1230	1238	1246	1254	1302						
Plaistow Greengate	0923	0931	0939	0947	0955	1003	1011	1019	1027	1035									1227	1234	1242	1250	1258	1306						
Prince Regent Station Bus Station	0930	0938	0946	0954	1002	1010	1018	1026	1034	1042									1234	1242	1250	1258	1306	1314						
Ilford High Road Hainault Street	1239	Then every 8 minutes until								1719	1727	1735	1743	1751	1759	1807	Then every 8 minutes until								1927	1937	1947	1957	2009	2021
Ilford Broadway High Road	1242									1722	1730	1738	1746	1754	1802	1809									1929	1939	1949	1959	2011	2023
Dersingham Avenue Church Road	1251									1731	1739	1747	1755	1803	1810	1817									1937	1947	1957	2007	2019	2030
East Ham Station	1259									1739	1747	1755	1803	1810	1817	1824									1944	1954	2004	2014	2025	2036
East Ham Ron Leighton Way	1303									1743	1751	1759	1807	1814	1821	1828									1948	1958	2008	2018	2028	2039
Upton Park The Boleyn (Barking Road)	1310									1750	1758	1806	1813	1820	1827	1834									1954	2004	2013	2022	2032	2043
Plaistow Greengate	1314									1754	1802	1810	1817	1824	1831	1838									1958	2008	2017	2026	2036	2047
Prince Regent Station Bus Station	1322									1802	1809	1817	1824	1831	1838	1845									2005	2014	2023	2032	2042	2053
Ilford High Road Hainault Street	2033	Then every 12 minutes until								0045																				
Ilford Broadway High Road	2035									0047																				
Dersingham Avenue Church Road	2042									0054																				
East Ham Station	2048									0100																				
East Ham Ron Leighton Way	2051									0103																				
Upton Park The Boleyn (Barking Road)	2055									0107																				
Plaistow Greengate	2059									0111																				
Prince Regent Station Bus Station	2105									0117																				

147		Sundays and other Public Holidays (except Christmas Day and Boxing Day)															
Ilford High Road Hainault Street	0555		0655		0755		0905	0915	0925	0935	0945	0955	1003	1011	1020		
Ilford Broadway High Road	0556		0656		0756		0906	0916	0926	0936	0947	0957	1005	1013	1022		
Dersingham Avenue Church Road	0601	<i>Then</i>	0701	<i>Then</i>	0801	<i>Then</i>	0911	0921	0931	0942	0954	1004	1012	1020	1029		
East Ham Station	0606	<i>every 15</i>	0706	<i>every 12</i>	0806	<i>every 10</i>	0916	0926	0937	0948	1000	1010	1018	1026	1036		
East Ham Ron Leighton Way	0609	<i>minutes</i>	0709	<i>minutes</i>	0809	<i>minutes</i>	0919	0929	0940	0951	1003	1013	1021	1030	1040		
Upton Park The Boleyn (Barking Road)	0612	<i>until</i>	0712	<i>until</i>	0812	<i>until</i>	0922	0932	0944	0956	1008	1018	1026	1036	1046		
Plaistow Greengate	0615		0715		0815		0925	0936	0948	1000	1012	1022	1030	1040	1050		
Prince Regent Station Bus Station	0621		0721		0821		0931	0942	0954	1006	1018	1028	1038	1048	1058		
Ilford High Road Hainault Street	1028		1718	1729	1739	1750	1800	1810	1821		1921	1933	1945	1957	2009	0045	
Ilford Broadway High Road	1030		1720	1731	1741	1752	1802	1812	1823	<i>Then</i>	1923	1935	1947	1959	2011	<i>Then</i>	0047
Dersingham Avenue Church Road	1038	<i>Then</i>	1728	1739	1749	1800	1810	1820	1831	<i>every</i>	1931	1943	1955	2007	2018	<i>every</i>	0054
East Ham Station	1046	<i>every 10</i>	1736	1747	1757	1807	1817	1827	1838	12	1938	1950	2002	2013	2024	12	0100
East Ham Ron Leighton Way	1050	<i>minutes</i>	1740	1751	1801	1811	1821	1831	1842	<i>mins.</i>	1942	1954	2005	2016	2027	<i>mins.</i>	0103
Upton Park The Boleyn (Barking Road)	1056	<i>until</i>	1746	1757	1807	1817	1827	1837	1848	<i>until</i>	1948	2000	2009	2020	2031	<i>until</i>	0107
Plaistow Greengate	1100		1750	1801	1811	1821	1831	1841	1852		1952	2003	2013	2024	2035		0111
Prince Regent Station Bus Station	1108		1758	1808	1818	1828	1838	1848	1859		1959	2009	2019	2030	2041		0117

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147 Saturdays (also Good Friday)																			
Prince Regent Station Bus Station	0502	0517	0532	0547	0559	0611	0623	0633	0643	0653		0823 0832 0840 0847 0853 0859							
Plaistow Greengate	0508	0523	0538	0553	0605	0617	0629	0639	0649	0659		0829 0838 0846 0853 0859 0906							
Upton Park The Boleyn (Barking Road)	0511	0526	0541	0556	0608	0620	0632	0642	0652	0702	Then every 10 minutes until	0832 0841 0849 0856 0902 0910							
East Ham Newham Town Hall	0515	0530	0545	0600	0612	0624	0636	0646	0656	0706		0836 0845 0853 0900 0908 0916							
East Ham Station	0518	0533	0548	0603	0615	0627	0639	0649	0659	0710		0840 0850 0858 0906 0914 0922							
Little Ilford Lane Church Road	0523	0538	0553	0608	0620	0632	0644	0654	0704	0715		0845 0855 0903 0912 0920 0928							
Ilford Broadway Chapel Road	0528	0543	0558	0613	0625	0637	0649	0659	0709	0720		0850 0900 0910 0920 0928 0936							
Ilford High Road Hainault Street	0531	0546	0601	0616	0628	0640	0652	0702	0712	0723		0853 0903 0913 0923 0931 0939							
Prince Regent Station Bus Station	0906	0914	0922	0930	0938	0946	0953	1000				Then every 8 minutes until	1128 1135 1142 1149 1155 1201 1207 1213						
Plaistow Greengate	0914	0922	0930	0938	0946	0954	1001	1009			1137 1144 1151 1158 1204 1210 1216 1222								
Upton Park The Boleyn (Barking Road)	0918	0926	0934	0942	0950	0958	1005	1013			1141 1148 1155 1202 1208 1214 1220 1226								
East Ham Newham Town Hall	0924	0932	0940	0948	0956	1004	1012	1020			1148 1155 1202 1209 1215 1221 1227 1233								
East Ham Station	0930	0938	0946	0954	1002	1010	1018	1026			1154 1201 1208 1215 1221 1227 1234 1242								
Little Ilford Lane Church Road	0936	0944	0952	1000	1009	1017	1025	1033			1201 1208 1215 1222 1229 1236 1244 1252								
Ilford Broadway Chapel Road	0944	0952	1000	1008	1017	1025	1033	1041			1209 1217 1225 1233 1241 1249 1257 1305								
Ilford High Road Hainault Street	0947	0955	1003	1011	1020	1028	1036	1044			1212 1220 1228 1236 1244 1252 1300 1308								
Prince Regent Station Bus Station	1220	1228	1236			1716	1724	1732	1740	1748	1756	1804	1812	1916	1926	1936			
Plaistow Greengate	1229	1237	1246			1726	1734	1742	1750	1758	1806	1814	1821		1925	1935	1945		
Upton Park The Boleyn (Barking Road)	1233	1241	1250	Then every 8 minutes until		1730	1738	1746	1754	1802	1810	1817	1824	Then every 8 minutes until	1928	1938	1948		
East Ham Newham Town Hall	1241	1249	1258		1738	1746	1754	1802	1810	1817	1824	1831	1935		1945	1955			
East Ham Station	1250	1258	1307		1747	1755	1803	1810	1817	1823	1829	1836	1940		1950	2000			
Little Ilford Lane Church Road	1300	1308	1317		1757	1805	1812	1819	1826	1832	1838	1845	1949		1958	2008			
Ilford Broadway Chapel Road	1313	1321	1330		1810	1817	1823	1829	1835	1841	1847	1854	1958		2007	2015			
Ilford High Road Hainault Street	1316	1324	1333		1813	1820	1826	1832	1838	1844	1850	1857	2001		2010	2018			
Prince Regent Station Bus Station	1946	1956	2006		2016	2027	2037												
Plaistow Greengate	1955	2005	2014	2024	2034	2044													
Upton Park The Boleyn (Barking Road)	1958	2008	2017	2027	2037	2047	Then every 12 minutes until		0101										
East Ham Newham Town Hall	2005	2014	2022	2031	2041	2051		0108											
East Ham Station	2010	2019	2027	2036	2046	2056		0111											
Little Ilford Lane Church Road	2017	2025	2033	2042	2052	2102		0115											
Ilford Broadway Chapel Road	2023	2031	2039	2048	2058	2108		0120											
Ilford High Road Hainault Street	2026	2034	2042	2051	2101	2111		0126											
								0132											
							0135												
147 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																			
Prince Regent Station Bus Station	0557		0657			0833	0843	0853	0903	0913	0923	0933	0943	0953	1003	1013	1020		
Plaistow Greengate	0603		0703			0839	0849	0859	0909	0919	0929	0939	0950	1000	1010	1020	1027		
Upton Park The Boleyn (Barking Road)	0606	Then every 15 minutes until	0706	Then every 12 minutes until		0842	0852	0902	0912	0922	0932	0942	0953	1003	1013	1023	1030		
East Ham Newham Town Hall	0610		0710		0846	0856	0906	0916	0926	0936	0946	0958	1008	1018	1028	1036			
East Ham Station	0613		0713		0849	0859	0909	0919	0929	0939	0950	1002	1012	1022	1033	1043			
Little Ilford Lane Church Road	0618		0718		0854	0904	0914	0924	0934	0945	0957	1009	1020	1030	1042	1052			
Ilford Broadway Chapel Road	0622		0722		0858	0908	0918	0929	0940	0952	1004	1016	1028	1040	1052	1102			
Ilford High Road Hainault Street	0625		0725		0901	0911	0921	0932	0943	0955	1007	1019	1031	1043	1055	1105			
Prince Regent Station Bus Station	1028		1036					1706	1716	1726	1736	1747	1756	1806	1816	1826	1836	1848	1900
Plaistow Greengate	1035	1045				1715	1725	1735	1745	1756	1805	1814	1824	1834	1844	1856	1908	1920	1932
Upton Park The Boleyn (Barking Road)	1039	1049	Then every 10 minutes until			1719	1729	1739	1749	1800	1808	1817	1827	1837	1847	1859	1911	1923	1935
East Ham Newham Town Hall	1046	1056		1726	1736	1746	1756	1806	1814	1823	1833	1843	1853	1905	1917	1929	1941		
East Ham Station	1053	1103		1733	1743	1753	1803	1811	1819	1828	1838	1848	1858	1910	1922	1934	1946		
Little Ilford Lane Church Road	1102	1112		1742	1752	1802	1811	1819	1827	1836	1846	1856	1906	1918	1930	1942	1954		
Ilford Broadway Chapel Road	1112	1122		1752	1801	1810	1819	1827	1835	1844	1854	1904	1914	1926	1938	1950	2001		
Ilford High Road Hainault Street	1115	1125		1755	1804	1813	1822	1830	1838	1847	1857	1907	1917	1929	1941	1953	2004		
Prince Regent Station Bus Station	1936	1948		2001	2013														
Plaistow Greengate	1944	1956	2008	2020															
Upton Park The Boleyn (Barking Road)	1947	1959	2011	2023	Then every 12 minutes until		0101												
East Ham Newham Town Hall	1953	2005	2016	2027		0108													
East Ham Station	1958	2010	2021	2032		0111													
Little Ilford Lane Church Road	2006	2016	2027	2038		0115													
Ilford Broadway Chapel Road	2012	2022	2033	2044		0120													
Ilford High Road Hainault Street	2015	2025	2036	2047		0126													
						0132													
					0135														