

| 147 Mondays to Fridays | | | | | | | | | | | | | | | | | | | |
|--|------|------|----------|------|------|------|----------|---------|------|-------|----------|-------|----------|------|------|----------|-------|------|--|
| | | | | | | | | NSD | | SD | | | | | | SD | | NSD | |
| Ilford High Road Hainault Street | 0500 | 0512 | 0524 | 0536 | 0546 | 0556 | 0606 | | 1844 | 1845 | | | 1945 | 1945 | 1957 | 2009 | 2021 | | |
| Ilford Broadway High Road | 0502 | 0514 | 0526 | 0538 | 0548 | 0558 | 0608 | | 1847 | 1848 | | | 1948 | 1948 | 2000 | 2012 | 2024 | | |
| Dersingham Avenue Church Road | 0508 | 0520 | 0532 | 0544 | 0555 | 0605 | 0615 | Then | 1857 | 1858 | Then | | 1957 | 1958 | 2009 | 2020 | 2032 | | |
| East Ham Station | 0512 | 0525 | 0537 | 0549 | 0600 | 0610 | 0620 | about | 1904 | 1906 | about | | 2003 | 2004 | 2015 | 2026 | 2038 | | |
| Upton Park The Boleyn (Barking Road) | 0518 | 0531 | 0543 | 0555 | 0606 | 0616 | 0626 | every 8 | 1914 | 1916 | every 10 | | 2012 | 2013 | 2024 | 2035 | 2046 | | |
| Plaistow Greengate | 0521 | 0534 | 0546 | 0558 | 0609 | 0619 | 0629 | minutes | 1918 | 1920 | minutes | | 2016 | 2017 | 2028 | 2039 | 2050 | | |
| Prince Regent Stn. Prince Regent Lane | 0526 | 0539 | 0552 | 0604 | 0615 | 0625 | 0636 | until | 1926 | 1928 | until | | 2024 | 2025 | 2035 | 2046 | 2057 | | |
| Keir Hardie Est. Radland Rd/Rogers Rd. | 0530 | 0543 | 0556 | 0608 | 0619 | 0630 | 0641 | | 1931 | 1933 | | | 2028 | 2029 | 2039 | 2050 | 2101 | | |
| Canning Town Bus Station | 0535 | 0548 | 0601 | 0613 | 0624 | 0635 | 0647 | | 1937 | 1939 | | | 2033 | 2034 | 2044 | 2055 | 2106 | | |
| Ilford High Road Hainault Street | 2033 | 2045 | 2057 | 2109 | 2121 | 2133 | 2145 | 2157 | 2209 | 2221 | 2233 | 2245 | | 2333 | 2345 | | | 0045 | |
| Ilford Broadway High Road | 2036 | 2048 | 2100 | 2112 | 2123 | 2135 | 2147 | 2159 | 2211 | 2223 | 2235 | 2247 | | 2335 | 2347 | | | 0047 | |
| Dersingham Avenue Church Road | 2044 | 2056 | 2108 | 2120 | 2131 | 2142 | 2154 | 2206 | 2218 | 2230 | 2241 | 2253 | Then | 2341 | 2353 | Then | | 0053 | |
| East Ham Station | 2050 | 2102 | 2114 | 2126 | 2137 | 2148 | 2159 | 2211 | 2223 | 2235 | 2246 | 2258 | every 12 | 2346 | 2357 | every | | 0057 | |
| Upton Park The Boleyn (Barking Road) | 2058 | 2110 | 2122 | 2134 | 2145 | 2156 | 2207 | 2219 | 2230 | 2242 | 2253 | 2304 | minutes | 2352 | 0003 | 12 | | 0103 | |
| Plaistow Greengate | 2102 | 2114 | 2126 | 2138 | 2149 | 2200 | 2210 | 2222 | 2233 | 2245 | 2256 | 2307 | until | 2355 | 0006 | mins. | | 0106 | |
| Prince Regent Stn. Prince Regent Lane | 2109 | 2121 | 2133 | 2144 | 2155 | 2206 | 2216 | 2228 | 2239 | 2251 | 2302 | 2312 | | 0000 | 0011 | until | | 0111 | |
| Keir Hardie Est. Radland Rd/Rogers Rd. | 2113 | 2125 | 2137 | 2148 | 2159 | 2210 | 2220 | 2232 | 2243 | 2255 | 2306 | 2316 | | 0004 | 0015 | | | 0115 | |
| Canning Town Bus Station | 2118 | 2130 | 2142 | 2153 | 2204 | 2215 | 2225 | 2237 | 2248 | 2300 | 2311 | 2321 | | 0009 | 0020 | | | 0120 | |
| 147 Saturdays (also Good Friday) | | | | | | | | | | | | | | | | | | | |
| Ilford High Road Hainault Street | 0500 | 0515 | 0530 | 0545 | 0600 | 0612 | | | 0700 | | 0810 | | 1925 | 1935 | 1945 | 1957 | 2009 | 2021 | |
| Ilford Broadway High Road | 0502 | 0517 | 0532 | 0547 | 0602 | 0614 | | | 0702 | Then | 0812 | Then | 1928 | 1938 | 1948 | 2000 | 2012 | 2024 | |
| Dersingham Avenue Church Road | 0508 | 0523 | 0538 | 0553 | 0609 | 0621 | Then | | 0709 | about | 0819 | about | 1939 | 1949 | 1959 | 2010 | 2022 | 2033 | |
| East Ham Station | 0512 | 0527 | 0542 | 0558 | 0614 | 0626 | about | | 0714 | every | 0825 | every | 1946 | 1956 | 2006 | 2017 | 2029 | 2040 | |
| Upton Park The Boleyn (Barking Road) | 0518 | 0533 | 0548 | 0604 | 0620 | 0633 | every 12 | | 0721 | 10 | 0832 | 8 | 1957 | 2006 | 2015 | 2026 | 2038 | 2049 | |
| Plaistow Greengate | 0521 | 0536 | 0551 | 0607 | 0623 | 0636 | minutes | | 0724 | mins. | 0836 | mins. | 2001 | 2010 | 2019 | 2030 | 2042 | 2053 | |
| Prince Regent Stn. Prince Regent Lane | 0526 | 0541 | 0556 | 0612 | 0629 | 0642 | until | | 0730 | until | 0842 | until | 2009 | 2018 | 2027 | 2037 | 2049 | 2100 | |
| Keir Hardie Est. Radland Rd/Rogers Rd. | 0530 | 0545 | 0600 | 0616 | 0633 | 0646 | | | 0735 | | 0847 | | 2014 | 2023 | 2032 | 2042 | 2054 | 2105 | |
| Canning Town Bus Station | 0535 | 0550 | 0605 | 0621 | 0638 | 0651 | | | 0740 | | 0852 | | 2020 | 2029 | 2038 | 2047 | 2059 | 2110 | |
| Ilford High Road Hainault Street | 2033 | 2045 | 2057 | 2109 | 2121 | 2133 | 2145 | 2157 | 2209 | 2221 | 2233 | 2245 | 2257 | 2309 | 2321 | 2333 | | 0045 | |
| Ilford Broadway High Road | 2036 | 2048 | 2100 | 2111 | 2123 | 2135 | 2147 | 2159 | 2211 | 2223 | 2235 | 2247 | 2259 | 2311 | 2323 | 2335 | | 0047 | |
| Dersingham Avenue Church Road | 2044 | 2056 | 2108 | 2119 | 2130 | 2142 | 2154 | 2206 | 2218 | 2230 | 2242 | 2254 | 2306 | 2318 | 2330 | 2341 | Then | 0053 | |
| East Ham Station | 2050 | 2102 | 2114 | 2125 | 2136 | 2148 | 2200 | 2212 | 2223 | 2235 | 2247 | 2259 | 2311 | 2323 | 2335 | 2346 | every | 0058 | |
| Upton Park The Boleyn (Barking Road) | 2059 | 2111 | 2123 | 2134 | 2144 | 2156 | 2208 | 2220 | 2231 | 2243 | 2255 | 2306 | 2318 | 2330 | 2341 | 2352 | 12 | 0104 | |
| Plaistow Greengate | 2103 | 2115 | 2127 | 2138 | 2148 | 2200 | 2212 | 2224 | 2235 | 2247 | 2259 | 2309 | 2321 | 2333 | 2344 | 2355 | mins. | 0107 | |
| Prince Regent Stn. Prince Regent Lane | 2109 | 2121 | 2133 | 2144 | 2154 | 2206 | 2218 | 2230 | 2240 | 2252 | 2304 | 2314 | 2326 | 2338 | 2349 | 0000 | until | 0112 | |
| Keir Hardie Est. Radland Rd/Rogers Rd. | 2114 | 2126 | 2138 | 2149 | 2159 | 2211 | 2222 | 2234 | 2244 | 2256 | 2308 | 2318 | 2330 | 2342 | 2353 | 0004 | | 0116 | |
| Canning Town Bus Station | 2119 | 2131 | 2143 | 2154 | 2204 | 2216 | 2227 | 2239 | 2249 | 2301 | 2313 | 2323 | 2335 | 2347 | 2358 | 0009 | | 0121 | |
| 147 Sundays and other Public Holidays (except Christmas Day) | | | | | | | | | | | | | | | | | | | |
| Ilford High Road Hainault Street | 0555 | 0610 | 0625 | 0640 | 0655 | 0707 | 0719 | 0731 | 0743 | 0755 | | | 1744 | 1756 | 1808 | | | 1908 | |
| Ilford Broadway High Road | 0557 | 0612 | 0627 | 0642 | 0657 | 0709 | 0721 | 0733 | 0745 | 0757 | | | 1747 | 1759 | 1811 | | | 1911 | |
| Dersingham Avenue Church Road | 0603 | 0618 | 0633 | 0648 | 0703 | 0715 | 0727 | 0739 | 0751 | 0804 | Then | | 1755 | 1807 | 1819 | Then | | 1919 | |
| East Ham Station | 0608 | 0623 | 0638 | 0653 | 0708 | 0720 | 0732 | 0744 | 0756 | 0809 | about | | 1802 | 1814 | 1826 | every 12 | | 1926 | |
| Upton Park The Boleyn (Barking Road) | 0614 | 0629 | 0644 | 0659 | 0715 | 0727 | 0739 | 0751 | 0803 | 0816 | every 10 | | 1812 | 1824 | 1835 | minutes | | 1935 | |
| Plaistow Greengate | 0617 | 0632 | 0647 | 0702 | 0718 | 0730 | 0742 | 0754 | 0806 | 0819 | minutes | | 1817 | 1828 | 1839 | until | | 1939 | |
| Prince Regent Stn. Prince Regent Lane | 0623 | 0638 | 0653 | 0708 | 0724 | 0736 | 0748 | 0800 | 0812 | 0825 | until | | 1825 | 1836 | 1847 | | | 1947 | |
| Keir Hardie Est. Radland Rd/Rogers Rd. | 0627 | 0642 | 0657 | 0712 | 0728 | 0740 | 0752 | 0804 | 0816 | 0829 | | | 1830 | 1841 | 1852 | | | 1952 | |
| Canning Town Bus Station | 0632 | 0647 | 0702 | 0717 | 0733 | 0745 | 0757 | 0809 | 0821 | 0834 | | | 1836 | 1847 | 1858 | | | 1958 | |
| Ilford High Road Hainault Street | 1920 | 1932 | 1944 | 1956 | 2008 | 2020 | 2032 | 2044 | 2056 | 2108 | 2120 | 2132 | 2144 | 2156 | 2209 | 2221 | 2233 | 2245 | |
| Ilford Broadway High Road | 1923 | 1935 | 1947 | 1959 | 2011 | 2023 | 2035 | 2047 | 2059 | 2111 | 2123 | 2135 | 2147 | 2159 | 2211 | 2223 | 2235 | 2247 | |
| Dersingham Avenue Church Road | 1931 | 1943 | 1955 | 2007 | 2019 | 2031 | 2043 | 2055 | 2106 | 2118 | 2130 | 2142 | 2154 | 2205 | 2217 | 2229 | 2241 | 2253 | |
| East Ham Station | 1938 | 1949 | 2001 | 2013 | 2025 | 2037 | 2049 | 2101 | 2112 | 2124 | 2135 | 2147 | 2159 | 2210 | 2222 | 2234 | 2246 | 2258 | |
| Upton Park The Boleyn (Barking Road) | 1947 | 1958 | 2009 | 2021 | 2033 | 2045 | 2057 | 2109 | 2120 | 2131 | 2142 | 2154 | 2206 | 2217 | 2229 | 2240 | 2252 | 2304 | |
| Plaistow Greengate | 1951 | 2002 | 2013 | 2025 | 2037 | 2049 | 2101 | 2113 | 2124 | 2135 | 2146 | 2158 | 2210 | 2221 | 2233 | 2243 | 2255 | 2307 | |
| Prince Regent Stn. Prince Regent Lane | 1959 | 2010 | 2021 | 2032 | 2044 | 2055 | 2107 | 2119 | 2130 | 2141 | 2152 | 2204 | 2216 | 2227 | 2238 | 2248 | 2300 | 2312 | |
| Keir Hardie Est. Radland Rd/Rogers Rd. | 2003 | 2014 | 2025 | 2036 | 2048 | 2059 | 2111 | 2123 | 2134 | 2145 | 2156 | 2208 | 2220 | 2231 | 2242 | 2252 | 2304 | 2316 | |
| Canning Town Bus Station | 2009 | 2020 | 2031 | 2042 | 2053 | 2104 | 2116 | 2128 | 2139 | 2150 | 2201 | 2213 | 2225 | 2236 | 2247 | 2257 | 2309 | 2321 | |
| Ilford High Road Hainault Street | 2257 | 2309 | | | | | | | | | | | | | | | | 0045 | |
| Ilford Broadway High Road | 2259 | 2311 | | | | | | | | | | | | | | | | 0047 | |
| Dersingham Avenue Church Road | 2305 | 2317 | Then | | | | | | | | | | | | | | | 0053 | |
| East Ham Station | 2310 | 2322 | every 12 | | | | | | | | | | | | | | | 0058 | |
| Upton Park The Boleyn (Barking Road) | 2316 | 2328 | minutes | | | | | | | | | | | | | | | 0104 | |
| Plaistow Greengate | 2319 | 2331 | until | | | | | | | | | | | | | | | 0107 | |
| Prince Regent Stn. Prince Regent Lane | 2324 | 2335 | | | | | | | | | | | | | | | | 0111 | |
| Keir Hardie Est. Radland Rd/Rogers Rd. | 2328 | 2339 | | | | | | | | | | | | | | | | 0115 | |
| Canning Town Bus Station | 2333 | 2344 | | | | | | | | | | | | | | | | 0120 | |

Notes: SD - Operates on school days, half term and Christmas only
NSD - Operates during Summer and Easter school holidays only

| 147 | | Mondays to Fridays | | | | | | | | | | | | | | | | | | | | |
|---------------------------------------|------|--|------|------|------|------|-------|------|----------|-------|------|-------|----------|------|---------|------|------|-------|------|----------|------|------|
| Canning Town Bus Station | 0455 | 0507 | 0519 | 0531 | 0543 | 0555 | | NSD | SD | | SD | NSD | | | | 2000 | | | 2036 | 2049 | 2101 | |
| Keir Hardie Estate Tarling Road | 0458 | 0510 | 0522 | 0534 | 0546 | 0558 | Then | 0628 | 0628 | Then | 1903 | 1903 | Then | 2003 | Then | | | | 2039 | 2052 | 2104 | |
| Prince Regent Stn. Prince Regent Lane | 0502 | 0514 | 0526 | 0539 | 0551 | 0603 | about | 0633 | 0633 | about | 1909 | 1909 | about | 2009 | about | | | | 2045 | 2057 | 2109 | |
| Plaistow Greengate | 0508 | 0520 | 0532 | 0545 | 0557 | 0609 | every | 0640 | 0640 | every | 1919 | 1919 | every | 2018 | every | | | | 2053 | 2105 | 2116 | |
| Upton Park The Boleyn (Barking Road) | 0510 | 0522 | 0534 | 0547 | 0559 | 0611 | 10 | 0642 | 0642 | 8 | 1921 | 1921 | 10 | 2020 | 12 | | | | 2055 | 2107 | 2118 | |
| East Ham Station | 0517 | 0529 | 0542 | 0555 | 0607 | 0619 | mins. | 0650 | 0650 | mins. | 1934 | 1935 | mins. | 2031 | mins. | | | | 2105 | 2117 | 2128 | |
| Little Ilford Lane Church Road | 0523 | 0535 | 0548 | 0601 | 0613 | 0625 | until | 0656 | 0657 | until | 1942 | 1943 | until | 2039 | until | | | | 2112 | 2124 | 2135 | |
| Ilford Broadway Chapel Road | 0529 | 0541 | 0554 | 0607 | 0619 | 0631 | | 0702 | 0703 | | 1951 | 1952 | | 2046 | | | | | 2118 | 2130 | 2141 | |
| Ilford High Road Hainault Street | 0531 | 0543 | 0556 | 0609 | 0621 | 0633 | | 0704 | 0705 | | 1953 | 1954 | | 2048 | | | | | 2120 | 2132 | 2143 | |
| Canning Town Bus Station | 2113 | 2125 | 2137 | 2149 | 2201 | 2213 | 2225 | 2237 | | | 2313 | 2325 | 2337 | 2349 | 0001 | 0013 | 0026 | 0038 | 0050 | | | |
| Keir Hardie Estate Tarling Road | 2116 | 2128 | 2140 | 2152 | 2204 | 2216 | 2228 | 2240 | Then | | 2316 | 2328 | 2340 | 2352 | 0004 | 0016 | 0029 | 0041 | 0053 | | | |
| Prince Regent Stn. Prince Regent Lane | 2121 | 2133 | 2145 | 2157 | 2209 | 2221 | 2233 | 2245 | about | | 2321 | 2333 | 2345 | 2357 | 0009 | 0021 | 0033 | 0045 | 0057 | | | |
| Plaistow Greengate | 2128 | 2140 | 2152 | 2204 | 2216 | 2228 | 2240 | 2251 | every | | 2327 | 2339 | 2351 | 0003 | 0015 | 0027 | 0038 | 0050 | 0102 | | | |
| Upton Park The Boleyn (Barking Road) | 2130 | 2142 | 2154 | 2206 | 2218 | 2230 | 2242 | 2253 | 12 | | 2329 | 2341 | 2353 | 0005 | 0017 | 0029 | 0040 | 0052 | 0104 | | | |
| East Ham Station | 2140 | 2151 | 2203 | 2215 | 2226 | 2238 | 2250 | 2301 | mins. | | 2337 | 2348 | 0000 | 0011 | 0023 | 0035 | 0046 | 0058 | 0110 | | | |
| Little Ilford Lane Church Road | 2147 | 2158 | 2210 | 2221 | 2232 | 2244 | 2256 | 2307 | until | | 2343 | 2354 | 0006 | 0017 | 0029 | 0041 | 0052 | 0104 | 0116 | | | |
| Ilford Broadway Chapel Road | 2153 | 2204 | 2216 | 2227 | 2238 | 2250 | 2302 | 2313 | | | 2348 | 2359 | 0011 | 0022 | 0034 | 0046 | 0057 | 0109 | 0121 | | | |
| Ilford High Road Hainault Street | 2155 | 2206 | 2218 | 2229 | 2240 | 2252 | 2304 | 2315 | | | 2350 | 0001 | 0013 | 0024 | 0036 | 0048 | 0059 | 0111 | 0123 | | | |
| 147 | | Saturdays (also Good Friday) | | | | | | | | | | | | | | | | | | | | |
| Canning Town Bus Station | 0455 | 0510 | 0525 | 0540 | 0555 | 0610 | 0625 | 0637 | | | 0725 | | | 0825 | | | | | 1900 | | | 2000 |
| Keir Hardie Estate Tarling Road | 0457 | 0512 | 0528 | 0543 | 0558 | 0613 | 0628 | 0640 | | | 0728 | Then | | 0828 | | | | | 1904 | Then | | 2004 |
| Prince Regent Stn. Prince Regent Lane | 0501 | 0516 | 0532 | 0547 | 0603 | 0618 | 0633 | 0645 | Then | | 0733 | about | | 0833 | Then | | | | 1910 | about | | 2010 |
| Plaistow Greengate | 0507 | 0522 | 0538 | 0553 | 0609 | 0624 | 0639 | 0652 | every 12 | | 0740 | every | | 0840 | about | | | | 1920 | every | | 2019 |
| Upton Park The Boleyn (Barking Road) | 0509 | 0524 | 0540 | 0555 | 0611 | 0626 | 0641 | 0654 | minutes | | 0742 | 10 | | 0842 | every 8 | | | | 1923 | 10 | | 2022 |
| East Ham Station | 0516 | 0531 | 0547 | 0603 | 0619 | 0634 | 0649 | 0702 | until | | 0750 | mins. | | 0852 | minutes | | | | 1937 | mins. | | 2034 |
| Little Ilford Lane Church Road | 0522 | 0537 | 0553 | 0609 | 0625 | 0640 | 0655 | 0708 | | | 0756 | until | | 0859 | until | | | | 1945 | until | | 2042 |
| Ilford Broadway Chapel Road | 0528 | 0543 | 0559 | 0615 | 0631 | 0646 | 0701 | 0714 | | | 0802 | | | 0905 | | | | | 1953 | | | 2049 |
| Ilford High Road Hainault Street | 0530 | 0545 | 0601 | 0617 | 0633 | 0648 | 0703 | 0716 | | | 0804 | | | 0907 | | | | | 1956 | | | 2051 |
| Canning Town Bus Station | 2012 | 2024 | 2036 | 2048 | 2101 | 2114 | 2126 | 2138 | 2150 | 2202 | 2214 | | | 2302 | 2314 | 2326 | 2338 | | | | | 0050 |
| Keir Hardie Estate Tarling Road | 2016 | 2028 | 2040 | 2052 | 2104 | 2117 | 2129 | 2141 | 2153 | 2205 | 2217 | | | 2305 | 2317 | 2329 | 2341 | | | | | 0053 |
| Prince Regent Stn. Prince Regent Lane | 2022 | 2034 | 2046 | 2057 | 2109 | 2122 | 2134 | 2146 | 2158 | 2210 | 2222 | Then | | 2310 | 2322 | 2334 | 2346 | Then | | | | 0058 |
| Plaistow Greengate | 2031 | 2042 | 2054 | 2105 | 2117 | 2129 | 2141 | 2153 | 2205 | 2217 | 2229 | every | | 2317 | 2329 | 2341 | 2352 | every | | | | 0104 |
| Upton Park The Boleyn (Barking Road) | 2034 | 2045 | 2057 | 2108 | 2119 | 2131 | 2143 | 2155 | 2207 | 2219 | 2231 | 12 | | 2319 | 2331 | 2343 | 2354 | 12 | | | | 0106 |
| East Ham Station | 2045 | 2056 | 2108 | 2118 | 2129 | 2141 | 2153 | 2205 | 2216 | 2228 | 2239 | mins. | | 2327 | 2339 | 2351 | 0002 | mins. | | | | 0114 |
| Little Ilford Lane Church Road | 2053 | 2104 | 2116 | 2126 | 2137 | 2148 | 2200 | 2211 | 2222 | 2234 | 2245 | until | | 2333 | 2345 | 2357 | 0008 | until | | | | 0120 |
| Ilford Broadway Chapel Road | 2100 | 2111 | 2122 | 2132 | 2143 | 2154 | 2206 | 2217 | 2228 | 2240 | 2251 | | | 2339 | 2350 | 0002 | 0013 | | | | | 0125 |
| Ilford High Road Hainault Street | 2102 | 2113 | 2124 | 2134 | 2145 | 2156 | 2208 | 2219 | 2230 | 2242 | 2253 | | | 2341 | 2352 | 0004 | 0015 | | | | | 0127 |
| 147 | | Sundays and other Public Holidays (except Christmas Day) | | | | | | | | | | | | | | | | | | | | |
| Canning Town Bus Station | 0550 | 0605 | 0620 | 0635 | 0650 | 0705 | 0720 | 0732 | 0744 | 0756 | 0808 | 0820 | | | | | | | 1800 | | | 1912 |
| Keir Hardie Estate Tarling Road | 0553 | 0608 | 0623 | 0638 | 0653 | 0708 | 0723 | 0735 | 0747 | 0759 | 0811 | 0823 | | | | | | | 1803 | | | 1915 |
| Prince Regent Stn. Prince Regent Lane | 0558 | 0613 | 0628 | 0643 | 0658 | 0713 | 0728 | 0740 | 0752 | 0804 | 0816 | 0828 | | | | | | | 1809 | Then | | 1921 |
| Plaistow Greengate | 0604 | 0619 | 0635 | 0650 | 0705 | 0720 | 0735 | 0747 | 0759 | 0811 | 0823 | 0835 | Then | | | | | | 1818 | every 12 | | 1930 |
| Upton Park The Boleyn (Barking Road) | 0606 | 0621 | 0637 | 0652 | 0707 | 0722 | 0737 | 0749 | 0801 | 0813 | 0825 | 0837 | about | | | | | | 1820 | minutes | | 1932 |
| East Ham Station | 0614 | 0629 | 0645 | 0700 | 0715 | 0730 | 0745 | 0757 | 0810 | 0822 | 0834 | 0846 | every 10 | | | | | | 1832 | minutes | | 1944 |
| Little Ilford Lane Church Road | 0619 | 0634 | 0651 | 0706 | 0721 | 0736 | 0751 | 0803 | 0816 | 0828 | 0840 | 0852 | minutes | | | | | | 1840 | until | | 1952 |
| Ilford Broadway Chapel Road | 0624 | 0640 | 0657 | 0712 | 0727 | 0742 | 0757 | 0809 | 0822 | 0834 | 0846 | 0858 | until | | | | | | 1847 | | | 1959 |
| Ilford High Road Hainault Street | 0626 | 0642 | 0659 | 0714 | 0729 | 0744 | 0759 | 0811 | 0824 | 0836 | 0848 | 0900 | | | | | | | 1850 | | | 2002 |
| Canning Town Bus Station | 1924 | 1936 | 1948 | 2000 | 2012 | 2024 | 2037 | 2049 | 2101 | 2113 | 2125 | 2137 | 2149 | 2201 | 2213 | 2225 | 2237 | 2249 | | | | |
| Keir Hardie Estate Tarling Road | 1927 | 1939 | 1951 | 2003 | 2015 | 2027 | 2040 | 2052 | 2104 | 2116 | 2128 | 2140 | 2152 | 2204 | 2216 | 2228 | 2240 | 2252 | | | | |
| Prince Regent Stn. Prince Regent Lane | 1933 | 1945 | 1957 | 2009 | 2021 | 2033 | 2045 | 2057 | 2109 | 2121 | 2133 | 2145 | 2157 | 2209 | 2221 | 2233 | 2245 | 2257 | | | | |
| Plaistow Greengate | 1942 | 1953 | 2005 | 2017 | 2029 | 2041 | 2052 | 2104 | 2116 | 2128 | 2140 | 2152 | 2204 | 2216 | 2228 | 2239 | 2251 | 2303 | | | | |
| Upton Park The Boleyn (Barking Road) | 1944 | 1955 | 2007 | 2019 | 2031 | 2043 | 2054 | 2106 | 2118 | 2130 | 2142 | 2154 | 2206 | 2218 | 2230 | 2241 | 2253 | 2305 | | | | |
| East Ham Station | 1955 | 2006 | 2018 | 2030 | 2041 | 2053 | 2104 | 2116 | 2128 | 2139 | 2151 | 2203 | 2215 | 2227 | 2239 | 2250 | 2302 | 2313 | | | | |
| Little Ilford Lane Church Road | 2003 | 2013 | 2025 | 2037 | 2048 | 2100 | 2111 | 2123 | 2135 | 2146 | 2158 | 2210 | 2222 | 2234 | 2245 | 2256 | 2308 | 2319 | | | | |
| Ilford Broadway Chapel Road | 2009 | 2019 | 2031 | 2043 | 2054 | 2106 | 2117 | 2129 | 2141 | 2152 | 2204 | 2216 | 2228 | 2240 | 2251 | 2302 | 2314 | 2324 | | | | |
| Ilford High Road Hainault Street | 2012 | 2021 | 2033 | 2045 | 2056 | 2108 | 2119 | 2131 | 2143 | 2154 | 2206 | 2218 | 2230 | 2242 | 2253 | 2304 | 2316 | 2326 | | | | |
| Canning Town Bus Station | 2301 | 2313 | 2325 | 2337 | 2349 | 0001 | 0013 | 0026 | 0038 | 0050 | | | | | | | | | | | | |
| Keir Hardie Estate Tarling Road | 2304 | 2316 | 2328 | 2340 | 2352 | 0004 | 0016 | 0029 | 0041 | 0053 | | | | | | | | | | | | |
| Prince Regent Stn. Prince Regent Lane | 2309 | 2321 | 2333 | 2345 | 2357 | 0009 | 0021 | 0033 | 0045 | 0057 | | | | | | | | | | | | |
| Plaistow Greengate | 2315 | 2327 | 2339 | 2351 | 0003 | 0015 | 0026 | 0038 | 0050 | 0102 | | | | | | | | | | | | |
| Upton Park The Boleyn (Barking Road) | 2317 | 2329 | 2341 | 2353 | 0005 | 0017 | 0028 | 0040 | 0052 | 0104 | | | | | | | | | | | | |
| East Ham Station | 2325 | 2337 | | | | | | | | | | | | | | | | | | | | |