

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					0711	0718	0725	0732	0740	0748			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					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					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					0821				1225	1232
Ilford Broadway High Road	0501	0516	0531	0546	0558	0610	0622	0632	0642	0652	0702					0822				1227	1234
Dersingham Avenue Church Road	0507	0522	0537	0552	0604	0616	0628	0638	0648	0658	0709					0829				1235	1243
East Ham Station	0512	0527	0542	0557	0609	0621	0633	0643	0653	0703	0714					0834				1243	1251
East Ham Ron Leighton Way	0515	0530	0545	0600	0612	0624	0636	0646	0656	0706	0717					0837				1247	1255
Upton Park The Boleyn (Barking Road)	0518	0533	0548	0603	0615	0627	0639	0649	0659	0710	0721					0841				1254	1302
Plaistow Greengate	0521	0536	0551	0606	0618	0630	0642	0652	0702	0714	0725					0845				1258	1306
Prince Regent Station Bus Station	0527	0542	0557	0612	0624	0636	0648	0658	0708	0720	0731					0851				1306	1314
Ilford High Road Hainault Street	1239		1719	1727	1735	1743	1751	1759	1807			1927	1937	1947	1957	2009	2021			0045	
Ilford Broadway High Road	1242	Then	1722	1730	1738	1746	1754	1802	1809	Then		1929	1939	1949	1959	2011	2023	Then		0047	
Dersingham Avenue Church Road	1251	every	1731	1739	1747	1755	1803	1810	1817	every		1937	1947	1957	2007	2019	2030	every		0054	
East Ham Station	1259	8	1739	1747	1755	1803	1810	1817	1824	8		1944	1954	2004	2014	2025	2036	12		0100	
East Ham Ron Leighton Way	1303	mins.	1743	1751	1759	1807	1814	1821	1828	mins.		1948	1958	2008	2018	2028	2039	mins.		0103	
Upton Park The Boleyn (Barking Road)	1310	until	1750	1758	1806	1813	1820	1827	1834	until		1954	2004	2013	2022	2032	2043	until		0107	
Plaistow Greengate	1314		1754	1802	1810	1817	1824	1831	1838			1958	2008	2017	2026	2036	2047			0111	
Prince Regent Station Bus Station	1322		1802	1809	1817	1824	1831	1838	1845			2005	2014	2023	2032	2042	2053			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	Then	0701	Then	0801	Then						0911	0921	0931	0942	0954	1004	1012	1020	1029	
East Ham Station	0606	every 15	0706	every 12	0806	every 10						0916	0926	0937	0948	1000	1010	1018	1026	1036	
East Ham Ron Leighton Way	0609	minutes	0709	minutes	0809	minutes						0919	0929	0940	0951	1003	1013	1021	1030	1040	
Upton Park The Boleyn (Barking Road)	0612	until	0712	until	0812	until						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	Then		1923	1935	1947	1959	2011	Then			0047	
Dersingham Avenue Church Road	1038	Then	1728	1739	1749	1800	1810	1820	1831	every		1931	1943	1955	2007	2018	every			0054	
East Ham Station	1046	every 10	1736	1747	1757	1807	1817	1827	1838	12		1938	1950	2002	2013	2024	12			0100	
East Ham Ron Leighton Way	1050	minutes	1740	1751	1801	1811	1821	1831	1842	mins.		1942	1954	2005	2016	2027	mins.			0103	
Upton Park The Boleyn (Barking Road)	1056	until	1746	1757	1807	1817	1827	1837	1848	until		1948	2000	2009	2020	2031	until			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	

147		Mondays to Fridays																	
Prince Regent Station Bus Station	0502		0538	0548	0558	0607	0617	0626		1017		1409	1417	1425	1433	1440	1447	1455	
Plaistow Greengate	0508	Then	0544	0554	0604	0614	0624	0633	Then	1027	Then	1419	1427	1435	1443	1450	1457	1505	
Upton Park The Boleyn (Barking Road)	0511	every	0547	0557	0607	0617	0627	0636	about	1030	every	1422	1430	1438	1446	1453	1500	1508	
East Ham Newham Town Hall	0515	12	0551	0601	0612	0622	0632	0641	every	1036	8	1428	1436	1444	1453	1501	1509	1517	
East Ham Station	0518	mins.	0554	0605	0616	0626	0636	0645	8	1043	mins.	1435	1443	1452	1501	1509	1517	1525	
Little Ilford Lane Church Road	0523	until	0559	0611	0622	0632	0642	0651	mins.	1051	until	1443	1451	1500	1509	1518	1526	1534	
Ilford Broadway Chapel Road	0528		0604	0617	0628	0638	0648	0657	until	1059		1451	1500	1509	1518	1527	1535	1543	
Ilford High Road Hainault Street	0531		0607	0620	0631	0641	0651	0700		1102		1454	1503	1512	1521	1530	1538	1546	
Prince Regent Station Bus Station	1502		1758		1846	1853	1900	1908	1916	1925	1935	1945	1955	2005	2015	2025		0101	
Plaistow Greengate	1513	Then	1809	Then	1855	1901	1908	1916	1924	1933	1943	1953	2003	2012	2022	2032	Then	0108	
Upton Park The Boleyn (Barking Road)	1516	every	1812	about	1858	1904	1911	1919	1927	1936	1946	1956	2006	2015	2025	2035	every	0111	
East Ham Newham Town Hall	1525	8	1821	every	1905	1911	1918	1926	1934	1943	1953	2003	2010	2019	2029	2039	12	0115	
East Ham Station	1533	mins.	1829	8	1911	1917	1924	1932	1940	1949	1959	2008	2015	2024	2034	2044	mins.	0120	
Little Ilford Lane Church Road	1542	until	1838	mins.	1918	1924	1931	1939	1947	1956	2006	2014	2021	2030	2040	2050	until	0126	
Ilford Broadway Chapel Road	1551		1847	until	1926	1932	1939	1947	1955	2003	2012	2020	2027	2036	2046	2056		0132	
Ilford High Road Hainault Street	1554		1850		1929	1935	1942	1950	1958	2006	2015	2023	2030	2039	2049	2059		0135	
147		Saturdays (also Good Friday)																	
Prince Regent Station Bus Station	0502	0517	0532	0547	0559	0611	0623	0633	0643	0653		0823	0832					1220	1228
Plaistow Greengate	0508	0523	0538	0553	0605	0617	0629	0639	0649	0659		0829	0838		Then			1229	1237
Upton Park The Boleyn (Barking Road)	0511	0526	0541	0556	0608	0620	0632	0642	0652	0702	Then	0832	0841		about			1233	1241
East Ham Newham Town Hall	0515	0530	0545	0600	0612	0624	0636	0646	0656	0706	every 10	0836	0845		every 8			1241	1249
East Ham Station	0518	0533	0548	0603	0615	0627	0639	0649	0659	0710	minutes	0840	0850		minutes			1250	1258
Little Ilford Lane Church Road	0523	0538	0553	0608	0620	0632	0644	0654	0704	0715	until	0845	0855		until			1300	1308
Ilford Broadway Chapel Road	0528	0543	0558	0613	0625	0637	0649	0659	0709	0720		0850	0900					1313	1321
Ilford High Road Hainault Street	0531	0546	0601	0616	0628	0640	0652	0702	0712	0723		0853	0903					1316	1324
Prince Regent Station Bus Station	1236		1716		1916	1926	1936	1946	1956	2006	2016	2027	2037					0101	
Plaistow Greengate	1246		1726	Then	1925	1935	1945	1955	2005	2014	2024	2034	2044					0108	
Upton Park The Boleyn (Barking Road)	1250	Then	1730	about	1928	1938	1948	1958	2008	2017	2027	2037	2047		Then			0111	
East Ham Newham Town Hall	1258	every 8	1738	every 8	1935	1945	1955	2005	2014	2022	2031	2041	2051		every 12			0115	
East Ham Station	1307	minutes	1747	minutes	1940	1950	2000	2010	2019	2027	2036	2046	2056		minutes			0120	
Little Ilford Lane Church Road	1317	until	1757	until	1949	1958	2008	2017	2025	2033	2042	2052	2102		until			0126	
Ilford Broadway Chapel Road	1330		1810		1958	2007	2015	2023	2031	2039	2048	2058	2108					0132	
Ilford High Road Hainault Street	1333		1813		2001	2010	2018	2026	2034	2042	2051	2101	2111					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	0706	Then	0842	0852	0902	0912	0922	0932	0942	0953	1003	1013	1023	1030			
East Ham Newham Town Hall	0610	every 15	0710	every 12	0846	0856	0906	0916	0926	0936	0946	0958	1008	1018	1028	1036			
East Ham Station	0613	minutes	0713	minutes	0849	0859	0909	0919	0929	0939	0950	1002	1012	1022	1033	1043			
Little Ilford Lane Church Road	0618	until	0718	until	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	1912	1924	
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		1719	1729	1739	1749	1800	1808	1817	1827	1837	1847	1859	1911	1923	1935	
East Ham Newham Town Hall	1046	1056	every 10		1726	1736	1746	1756	1806	1814	1823	1833	1843	1853	1905	1917	1929	1941	
East Ham Station	1053	1103	minutes		1733	1743	1753	1803	1811	1819	1828	1838	1848	1858	1910	1922	1934	1946	
Little Ilford Lane Church Road	1102	1112	until		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														0101	
Plaistow Greengate	1944	1956	2008	2020														0108	
Upton Park The Boleyn (Barking Road)	1947	1959	2011	2023														0111	
East Ham Newham Town Hall	1953	2005	2016	2027														0115	
East Ham Station	1958	2010	2021	2032														0120	
Little Ilford Lane Church Road	2006	2016	2027	2038														0126	
Ilford Broadway Chapel Road	2012	2022	2033	2044														0132	
Ilford High Road Hainault Street	2015	2025	2036	2047														0135	