

238		Mondays to Fridays																	
	MX	MO			MX	MO	MX	MO	MX	MO									
Barking Station	0000	0035	0035	0105	Then every 30 minutes until	0335	0405	0405	0435	0435	0505	0505	0535	0549	0603	0618	0629		
East Ham Newham Town Hall	0007	0041	0041	0111		0341	0411	0411	0441	0441	0512	0511	0542	0556	0611	0626	0637		
East Ham Station	0011	0045	0045	0115		0345	0415	0415	0445	0445	0516	0515	0546	0601	0616	0631	0642		
Plashet Road Green Street	0017	0051	0052	0121		0351	0421	0422	0451	0452	0521	0522	0551	0607	0622	0637	0648		
Portway Plashet Road	0020	0054	0055	0124		0354	0424	0425	0454	0455	0525	0525	0554	0610	0625	0640	0651		
Stratford Bus Station	0027	0101	0102	0131	0401	0431	0432	0501	0502	0532	0532	0601	0617	0633	0648	0659			
Barking Station	0640	Then about every 12 minutes until	1114	Then every 12 minutes until	1426	Then about every 12 minutes until	1820	1836	1851	1906	1921	1935	1952	2009	2026				
East Ham Newham Town Hall	0648		1124		1436		1832	1848	1903	1918	1932	1945	2002	2018	2035				
East Ham Station	0653		1144		1456		1854	1910	1925	1939	1953	2006	2023	2038	2053				
Plashet Road Green Street	0659		1153		1505		1904	1920	1935	1949	2003	2016	2031	2046	2101				
Portway Plashet Road	0702		1157		1509		1908	1924	1939	1953	2007	2020	2035	2050	2104				
Stratford Bus Station	0711	1207	1519	1919	1935	1949	2002	2016	2029	2044	2059	2113							
Barking Station	2043	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345						
East Ham Newham Town Hall	2052	2109	2123	2138	2153	2208	2223	2238	2253	2307	2322	2337	2352						
East Ham Station	2107	2122	2134	2145	2157	2212	2227	2242	2257	2311	2326	2341	2356						
Plashet Road Green Street	2115	2129	2141	2152	2204	2219	2233	2248	2303	2317	2332	2347	0002						
Portway Plashet Road	2118	2132	2144	2155	2207	2222	2236	2251	2306	2320	2335	2350	0005						
Stratford Bus Station	2126	2140	2152	2203	2214	2228	2243	2258	2313	2327	2342	2357	0012						
238		Saturdays																	
	MX	MO			MX	MO	MX	MO	MX	MO									
Barking Station	0000	0035	Then every 30 minutes until	0435	0505	0535	0555	0615	0635	0655	0710	0725	0737	0749	0801	0815	0829		
East Ham Newham Town Hall	0007	0041		0441	0512	0542	0602	0623	0643	0703	0718	0733	0745	0757	0809	0823	0837		
East Ham Station	0011	0045		0445	0516	0546	0606	0627	0647	0707	0724	0741	0755	0809	0823	0838	0852		
Plashet Road Green Street	0017	0051		0451	0521	0552	0612	0633	0653	0713	0730	0747	0801	0815	0829	0844	0858		
Portway Plashet Road	0020	0054		0454	0525	0555	0615	0636	0656	0716	0733	0750	0804	0818	0832	0847	0901		
Stratford Bus Station	0027	0101	0501	0532	0602	0622	0643	0703	0723	0740	0757	0811	0825	0839	0854	0908			
Barking Station	0841	Then about every 12 minutes until	1048	1100	1112	1124	1136	1148	1200	Then about every 12 minutes until	1814	1828	1842	1856	1912	1928			
East Ham Newham Town Hall	0849		1058	1111	1123	1136	1148	1200	1213		1828	1844	1858	1912	1927	1942			
East Ham Station	0904		1116	1130	1143	1156	1208	1220	1235		1849	1903	1915	1927	1939	1953			
Plashet Road Green Street	0911		1124	1138	1153	1205	1217	1230	1245		1859	1913	1925	1937	1949	2003			
Portway Plashet Road	0914		1128	1143	1157	1209	1221	1234	1249		1903	1917	1929	1941	1953	2006			
Stratford Bus Station	0921	1138	1153	1207	1219	1232	1245	1300	1914	1928	1939	1951	2003	2015					
Barking Station	1943	1959	2015	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345		
East Ham Newham Town Hall	1956	2011	2026	2040	2055	2110	2124	2139	2154	2209	2224	2239	2254	2308	2323	2338	2353		
East Ham Station	2006	2019	2033	2047	2102	2116	2130	2145	2200	2214	2229	2244	2259	2313	2328	2343	2358		
Plashet Road Green Street	2015	2028	2042	2056	2111	2125	2139	2153	2207	2221	2236	2251	2306	2320	2334	2349	0004		
Portway Plashet Road	2018	2031	2045	2059	2114	2128	2142	2156	2210	2224	2239	2254	2309	2323	2337	2352	0007		
Stratford Bus Station	2027	2040	2054	2108	2122	2136	2150	2204	2218	2232	2247	2302	2317	2331	2345	2359	0013		
238		Sundays																	
	MX	MO			MX	MO	MX	MO	MX	MO									
Barking Station	0000	0035	Then every 30 minutes until	0605	0635	0705	0735	0805	0825	0845	0900	0915	0930	0945	0959	1015	1032		
East Ham Newham Town Hall	0008	0042		0612	0643	0713	0743	0813	0833	0853	0908	0923	0938	0953	1007	1024	1041		
East Ham Station	0012	0046		0616	0648	0718	0748	0820	0842	0904	0920	0935	0950	1005	1020	1037	1054		
Plashet Road Green Street	0018	0051		0621	0654	0724	0754	0826	0848	0910	0926	0941	0957	1012	1027	1044	1101		
Portway Plashet Road	0021	0054		0624	0657	0727	0757	0829	0851	0913	0929	0944	1000	1015	1031	1048	1105		
Stratford Bus Station	0027	0101	0631	0704	0734	0804	0836	0858	0920	0936	0952	1008	1023	1039	1056	1114			
Barking Station	1049	1105	1122	1139	1156	1213	1230	1247	1304	1321	1338	1355	1412	1429	1446	1503	1520	1537	
East Ham Newham Town Hall	1058	1114	1132	1149	1206	1223	1240	1257	1314	1332	1350	1407	1424	1441	1458	1515	1531	1548	
East Ham Station	1111	1128	1146	1204	1222	1239	1257	1314	1331	1349	1407	1424	1441	1458	1515	1532	1548	1605	
Plashet Road Green Street	1118	1136	1154	1213	1231	1248	1306	1323	1341	1359	1417	1434	1451	1508	1526	1543	1559	1616	
Portway Plashet Road	1122	1140	1158	1217	1235	1252	1310	1327	1345	1403	1421	1438	1455	1512	1530	1547	1603	1620	
Stratford Bus Station	1131	1149	1208	1227	1245	1303	1321	1339	1357	1415	1433	1451	1508	1525	1542	1559	1615	1632	
Barking Station	1554	1611	1629	1646	1703	1720	1737	1754	1811	1828	1845	1900	1915	1930	1945	2000	2015	2030	
East Ham Newham Town Hall	1605	1622	1640	1657	1714	1731	1748	1805	1822	1839	1856	1911	1925	1940	1955	2010	2024	2038	
East Ham Station	1622	1639	1656	1713	1730	1747	1804	1821	1837	1853	1909	1923	1936	1949	2003	2017	2030	2044	
Plashet Road Green Street	1633	1649	1706	1723	1740	1757	1814	1830	1846	1902	1918	1932	1945	1958	2011	2025	2038	2052	
Portway Plashet Road	1637	1653	1710	1727	1744	1801	1818	1834	1850	1906	1922	1935	1948	2001	2014	2028	2041	2055	
Stratford Bus Station	1648	1704	1721	1738	1755	1812	1828	1844	1900	1916	1931	1944	1956	2009	2022	2036	2049	2103	
Barking Station	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345						
East Ham Newham Town Hall	2053	2108	2123	2138	2153	2208	2222	2237	2252	2307	2322	2337	2352						
East Ham Station	2059	2113	2128	2143	2158	2212	2226	2241	2256	2311	2326	2341	2356						
Plashet Road Green Street	2107	2121	2136	2151	2205	2219	2233	2247	2302	2317	2332	2347	0002						
Portway Plashet Road	2110	2124	2139	2154	2208	2222	2236	2250	2305	2320	2335	2350	0005						
Stratford Bus Station	2118	2132	2147	2202	2215	2229	2243	2257	2312	2327	2342	2357	0012						

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238		Mondays to Fridays																	
		MX	MO	MX	MO	MX	MO	MX	MO	MX	MO	MX	MO	MX	MO	MX	MO	MO	
Stratford Bus Station	0005	0020	0035	0050	0050	0120	0120	0150	0150	0220	0220	0250	0250	0320	0320	0350	0350	0420	
Plashet Road Portway	0011	0026	0041	0056	0056	0126	0126	0156	0156	0226	0227	0256	0257	0326	0326	0356	0356	0426	
Plashet Road Green Street	0014	0029	0044	0058	0059	0128	0129	0158	0159	0228	0230	0258	0300	0328	0329	0358	0359	0428	
East Ham Station	0020	0035	0050	0104	0106	0134	0136	0204	0206	0234	0236	0304	0306	0334	0335	0404	0405	0434	
East Ham Newham Town Hall	0025	0040	0055	0109	0111	0139	0141	0209	0211	0239	0240	0309	0310	0339	0339	0409	0409	0438	
Barking Station	0032	0047	0102	0116	0118	0146	0148	0216	0218	0246	0247	0316	0317	0346	0346	0416	0416	0445	
		MX	MO	MX	MO	MX					Then								
Stratford Bus Station	0420	0450	0450	0520	0520	0540	0555	0610	0625	about	1857	1910	1924	1938	1952	2006	2020		
Plashet Road Portway	0426	0456	0456	0525	0526	0546	0601	0616	0631	every 12	1906	1919	1932	1946	2000	2013	2027		
Plashet Road Green Street	0429	0458	0459	0527	0529	0548	0603	0618	0633	minutes	1910	1923	1936	1950	2004	2016	2030		
East Ham Station	0435	0504	0505	0533	0535	0553	0608	0623	0638	until	1919	1932	1945	1959	2013	2025	2038		
East Ham Newham Town Hall	0440	0508	0510	0537	0540	0558	0613	0628	0643		1940	1952	2005	2019	2032	2044	2057		
Barking Station	0447	0515	0517	0544	0547	0606	0621	0636	0651		1950	2002	2015	2029	2042	2054	2107		
Stratford Bus Station	2035	2051	2107	2121	2135	2150	2205					2350							
Plashet Road Portway	2042	2058	2114	2128	2142	2157	2211					2356							
Plashet Road Green Street	2045	2101	2117	2131	2145	2200	2214					2359							
East Ham Station	2053	2109	2125	2138	2152	2207	2220					0005							
East Ham Newham Town Hall	2110	2123	2135	2147	2159	2212	2225					0010							
Barking Station	2119	2131	2143	2155	2207	2219	2232					0017							
238		Saturdays																	
Stratford Bus Station	0005	0020	0035	0050				0350	0420	0450	0520	0538	0558	0618	0638	0658	0718	0734	0749
Plashet Road Portway	0011	0026	0041	0056				0356	0426	0456	0526	0544	0604	0624	0644	0705	0726	0742	0757
Plashet Road Green Street	0014	0029	0044	0058				0358	0429	0459	0529	0546	0606	0626	0646	0708	0729	0745	0800
East Ham Station	0020	0035	0050	0104				0404	0435	0505	0535	0551	0611	0631	0652	0714	0736	0752	0807
East Ham Newham Town Hall	0025	0040	0055	0109				0409	0440	0510	0540	0556	0616	0637	0658	0720	0744	0802	0820
Barking Station	0032	0047	0102	0116				0416	0447	0517	0547	0604	0624	0645	0706	0728	0752	0810	0828
Stratford Bus Station	0801	0815	0829	0843	0857				1033	1045	1057	1109			1830	1844	1858	1912	1925
Plashet Road Portway	0809	0823	0837	0851	0904				1040	1052	1104	1117			1839	1853	1907	1921	1934
Plashet Road Green Street	0812	0826	0840	0854	0907				1043	1055	1107	1121			1843	1857	1911	1925	1938
East Ham Station	0820	0834	0848	0902	0915				1051	1103	1115	1129			1852	1906	1920	1934	1947
East Ham Newham Town Hall	0835	0851	0905	0919	0932				1108	1121	1133	1148			1910	1923	1935	1947	1957
Barking Station	0843	0900	0914	0928	0941				1117	1130	1142	1157			1923	1935	1947	1958	2009
Stratford Bus Station	1937	1949	2004	2018	2033	2048	2103	2118	2133	2149	2204	2220			2350				
Plashet Road Portway	1945	1957	2011	2025	2040	2055	2110	2125	2140	2156	2211	2226			2356				
Plashet Road Green Street	1949	2001	2014	2028	2043	2058	2113	2128	2143	2159	2214	2229			2359				
East Ham Station	1958	2010	2023	2036	2051	2106	2120	2135	2150	2206	2221	2235			0005				
East Ham Newham Town Hall	2007	2018	2030	2043	2057	2112	2126	2141	2156	2211	2226	2240			0010				
Barking Station	2019	2029	2040	2052	2105	2120	2134	2149	2203	2218	2233	2247			0017				
238		Sundays																	
Stratford Bus Station	0005	0020	0035	0050				0650	0710	0740	0810	0840	0900	0920	0935	0950	1005	1022	1039
Plashet Road Portway	0011	0026	0041	0057				0657	0716	0746	0816	0846	0906	0927	0942	0957	1012	1029	1046
Plashet Road Green Street	0014	0029	0044	0100				0700	0719	0749	0819	0849	0909	0930	0945	1000	1015	1032	1049
East Ham Station	0020	0035	0050	0106				0706	0724	0754	0824	0854	0914	0936	0952	1007	1022	1039	1056
East Ham Newham Town Hall	0025	0040	0055	0110				0710	0728	0758	0828	0858	0921	0945	1003	1019	1035	1052	1110
Barking Station	0032	0047	0102	0117				0717	0735	0805	0835	0906	0930	0954	1012	1028	1044	1101	1119
Stratford Bus Station	1056	1113	1130	1146	1203	1220	1237	1254	1311	1327	1343	1400	1417	1434	1451	1508	1525	1542	
Plashet Road Portway	1103	1120	1137	1154	1211	1228	1245	1302	1319	1336	1352	1409	1426	1443	1500	1517	1534	1551	
Plashet Road Green Street	1106	1123	1140	1157	1215	1232	1249	1306	1323	1340	1356	1413	1430	1447	1504	1521	1538	1555	
East Ham Station	1113	1130	1147	1204	1222	1240	1257	1314	1332	1349	1405	1422	1439	1456	1513	1530	1547	1604	
East Ham Newham Town Hall	1127	1144	1201	1219	1237	1255	1312	1330	1348	1405	1422	1439	1456	1513	1530	1547	1604	1621	
Barking Station	1136	1153	1211	1229	1247	1305	1322	1340	1358	1415	1432	1449	1506	1523	1540	1557	1614	1631	
Stratford Bus Station	1559	1616	1633	1650	1706	1723	1740	1758	1815	1832	1849	1906	1920	1935	1950	2005	2020	2035	
Plashet Road Portway	1608	1625	1642	1659	1715	1732	1749	1807	1823	1840	1857	1914	1928	1943	1958	2013	2027	2042	
Plashet Road Green Street	1612	1629	1646	1703	1719	1736	1753	1811	1827	1844	1901	1918	1932	1947	2002	2017	2031	2046	
East Ham Station	1621	1638	1655	1712	1728	1745	1802	1820	1836	1853	1910	1927	1941	1956	2011	2025	2039	2054	
East Ham Newham Town Hall	1637	1654	1711	1728	1744	1801	1818	1835	1851	1907	1923	1939	1952	2006	2020	2033	2046	2100	
Barking Station	1647	1703	1720	1737	1753	1810	1827	1844	1900	1916	1932	1948	2001	2014	2028	2041	2054	2108	
Stratford Bus Station	2050	2105	2120	2135	2150	2205	2220	2235	2250	2305	2320	2335	2350						
Plashet Road Portway	2057	2112	2127	2142	2157	2212	2227	2242	2257	2312	2326	2341	2356						
Plashet Road Green Street	2101	2116	2130	2145	2200	2215	2230	2245	2300	2315	2329	2344	2359						
East Ham Station	2108	2123	2137	2152	2207	2222	2237	2252	2307	2321	2335	2350	0005						
East Ham Newham Town Hall	2114	2129	2143	2158	2212	2227	2242	2257	2312	2326	2340	2355	0010						
Barking Station	2122	2137	2151	2206	2220	2234	2249	2304	2319	2333	2347	0002	0017						
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