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Stratford City – Plaistow – Canning Town

241		Mondays to Fridays																
Stratford City Bus Station	0440	0500	0520	0540	0555	0610	0620	0630	0640	0650	0659	0709	0719	0729	0738	0747	0756	0806
Stratford Bus Station	0444	0504	0524	0544	0559	0615	0625	0635	0645	0655	0704	0714	0724	0734	0743	0752	0801	0811
Plaistow Station	0450	0510	0530	0550	0606	0622	0632	0642	0652	0702	0712	0722	0732	0742	0751	0800	0810	0820
Plaistow Abbey Arms	0454	0514	0534	0554	0610	0626	0636	0647	0657	0707	0717	0727	0737	0747	0756	0806	0816	0826
Custom House Stn. Freemasons Road	0458	0518	0538	0558	0615	0631	0641	0652	0702	0712	0722	0732	0742	0752	0802	0812	0822	0832
Keir Hardie Est. Radland Rd/Rogers Rd.	0501	0521	0541	0601	0618	0634	0645	0656	0706	0716	0726	0736	0746	0756	0806	0816	0826	0836
Canning Town Bus Station	0505	0525	0545	0605	0622	0638	0649	0700	0711	0721	0731	0741	0751	0801	0811	0821	0831	0841
Canning Town Hermit Road	0507	0527	0547	0607	0624	0640	0651	0702	0713	0723	0733	0743	0753	0804	0814	0824	0834	0844
Stratford City Bus Station	0816	0826	0836	0846	0856	0907	0917	0927	Then every 12 minutes until	1051	1103	1115	1127	1139	1151	1203	1215	
Stratford Bus Station	0821	0831	0841	0851	0901	0910	0921	0931		1055	1107	1119	1131	1143	1155	1207	1219	
Plaistow Station	0830	0840	0850	0900	0909	0918	0929	0939		1103	1116	1128	1140	1152	1204	1217	1229	
Plaistow Abbey Arms	0836	0846	0856	0906	0915	0924	0935	0945		1109	1122	1134	1146	1158	1210	1223	1235	
Custom House Stn. Freemasons Road	0842	0852	0902	0912	0921	0930	0941	0951		1115	1128	1140	1152	1204	1216	1229	1241	
Keir Hardie Est. Radland Rd/Rogers Rd.	0846	0856	0906	0916	0925	0934	0945	0955		1119	1132	1144	1156	1208	1220	1233	1245	
Canning Town Bus Station	0851	0901	0911	0921	0930	0939	0950	1000		1124	1137	1149	1201	1213	1225	1238	1250	
Canning Town Hermit Road	0854	0904	0914	0924	0933	0942	0953	1003	1127	1140	1152	1204	1216	1228	1241	1253		
Stratford City Bus Station	1227	Then every 12 minutes until	1339	1351	1403	1415	1427	1438	1449	1501	1512	Then every 10 minutes until	1722	1732	1742	1752		
Stratford Bus Station	1231		1343	1355	1407	1420	1432	1443	1454	1506	1517		1727	1737	1747	1757		
Plaistow Station	1241		1353	1406	1418	1431	1443	1454	1505	1517	1528		1738	1748	1758	1808		
Plaistow Abbey Arms	1247		1359	1412	1424	1437	1449	1501	1512	1524	1535		1745	1755	1805	1815		
Custom House Stn. Freemasons Road	1253		1405	1418	1430	1443	1456	1508	1519	1531	1542		1752	1802	1811	1821		
Keir Hardie Est. Radland Rd/Rogers Rd.	1257		1409	1422	1434	1447	1500	1512	1523	1535	1546		1756	1805	1814	1824		
Canning Town Bus Station	1302		1414	1427	1439	1452	1505	1517	1528	1540	1551		1801	1810	1819	1829		
Canning Town Hermit Road	1305	1417	1430	1442	1455	1508	1520	1531	1543	1554	1804	1813	1822	1832				
Stratford City Bus Station	1802	1812	1822	1832	1842	1852	1902	1915	1930	1945	2000	2015	2035	2055	2115	2135	2155	2215
Stratford Bus Station	1807	1817	1827	1837	1847	1857	1907	1920	1935	1950	2005	2019	2038	2059	2119	2139	2159	2219
Plaistow Station	1818	1828	1838	1848	1858	1908	1917	1930	1945	2000	2014	2028	2047	2108	2128	2148	2207	2226
Plaistow Abbey Arms	1825	1835	1845	1855	1905	1914	1923	1936	1951	2006	2020	2034	2053	2114	2133	2153	2212	2231
Custom House Stn. Freemasons Road	1831	1841	1851	1901	1911	1920	1929	1942	1957	2012	2026	2040	2059	2119	2138	2158	2217	2236
Keir Hardie Est. Radland Rd/Rogers Rd.	1834	1844	1854	1904	1914	1923	1932	1945	2000	2015	2029	2043	2102	2122	2141	2201	2220	2239
Canning Town Bus Station	1839	1849	1859	1908	1918	1927	1936	1949	2004	2019	2033	2047	2106	2126	2145	2205	2224	2243
Canning Town Hermit Road	1842	1852	1902	1911	1921	1930	1939	1952	2007	2022	2036	2050	2109	2129	2148	2207	2226	2245
Stratford City Bus Station	2235	2255	2315	2335	2355	0015	0035	0055										
Stratford Bus Station	2239	2259	2319	2339	2359	0019	0039	0059										
Plaistow Station	2246	2306	2326	2346	0006	0026	0046	0106										
Plaistow Abbey Arms	2251	2311	2330	2350	0009	0029	0049	0109										
Custom House Stn. Freemasons Road	2256	2315	2334	2354	0013	0033	0053	0113										
Keir Hardie Est. Radland Rd/Rogers Rd.	2259	2318	2337	2357	0016	0036	0056	0116										
Canning Town Bus Station	2303	2322	2341	0001	0020	0040	0100	0120										
Canning Town Hermit Road	2305	2324	2343	0003	0022	0042	0102	0122										

241		Saturdays (also Good Friday)																
Stratford City Bus Station	0440	0500	0520	0540	0600	0619	0638	0653	0708	0723	0738	0753	0805	0817	0829	0840	0851	0902
Stratford Bus Station	0444	0504	0524	0544	0604	0624	0643	0658	0713	0728	0743	0758	0810	0822	0834	0845	0856	0907
Plaistow Station	0450	0510	0530	0550	0610	0630	0650	0705	0720	0735	0750	0805	0817	0829	0841	0853	0904	0915
Plaistow Abbey Arms	0454	0514	0534	0554	0614	0634	0654	0709	0724	0739	0754	0809	0822	0834	0846	0858	0909	0920
Custom House Stn. Freemasons Road	0458	0518	0538	0558	0618	0638	0658	0714	0729	0744	0759	0814	0827	0839	0851	0903	0914	0925
Keir Hardie Est. Radland Rd/Rogers Rd.	0501	0521	0541	0601	0621	0641	0701	0717	0732	0747	0802	0817	0830	0842	0854	0906	0917	0928
Canning Town Bus Station	0505	0525	0545	0605	0625	0645	0705	0721	0736	0751	0806	0821	0834	0847	0859	0911	0922	0933
Canning Town Hermit Road	0507	0527	0547	0607	0627	0647	0707	0723	0738	0753	0808	0823	0836	0849	0901	0913	0924	0935
Stratford City Bus Station	0912	0922	0932	0942	0951	1000	1010	1020	1029	1039	1048	Then every 10 minutes until	1148	1157	1207	1217	1227	
Stratford Bus Station	0917	0927	0937	0947	0956	1005	1015	1025	1034	1044	1053		1153	1202	1212	1222	1232	
Plaistow Station	0925	0935	0945	0955	1004	1014	1024	1034	1043	1053	1102		1202	1212	1222	1232	1242	
Plaistow Abbey Arms	0930	0940	0950	1000	1009	1019	1029	1039	1048	1058	1108		1208	1218	1228	1238	1248	
Custom House Stn. Freemasons Road	0935	0945	0955	1005	1015	1025	1035	1045	1054	1104	1114		1214	1224	1234	1244	1254	
Keir Hardie Est. Radland Rd/Rogers Rd.	0938	0948	0958	1008	1018	1028	1038	1048	1057	1107	1117		1217	1227	1237	1247	1257	
Canning Town Bus Station	0943	0953	1003	1013	1023	1033	1043	1053	1102	1112	1122		1222	1232	1242	1252	1302	
Canning Town Hermit Road	0945	0955	1005	1015	1025	1035	1045	1055	1105	1115	1125	1225	1235	1245	1255	1305		
Stratford City Bus Station	1237	1246	Then every 10 minutes until	1546	1556	Then every 10 minutes until	1646	1655	Then every 10 minutes until	1745	1755	1805	1815	1825	1835			
Stratford Bus Station	1242	1251		1551	1601		1651	1700		1750	1800	1810	1820	1830	1840			
Plaistow Station	1252	1301		1601	1612		1702	1712		1802	1811	1821	1831	1841	1850			
Plaistow Abbey Arms	1258	1308		1608	1619		1709	1719		1809	1818	1828	1838	1848	1857			
Custom House Stn. Freemasons Road	1304	1314		1614	1625		1715	1725		1815	1824	1834	1844	1854	1903			
Keir Hardie Est. Radland Rd/Rogers Rd.	1307	1317		1617	1628		1718	1728		1818	1827	1837	1847	1857	1906			
Canning Town Bus Station	1312	1322		1622	1633		1723	1733		1823	1832	1842	1852	1902	1911			
Canning Town Hermit Road	1315	1325	1625	1636	1726	1736	1826	1835	1845	1855	1904	1913						
Stratford City Bus Station	1845	1855	1910	1925	1940	1955	2015	2035	2055	2115	2135	2155	2215	2235	2255	2315	2335	2355
Stratford Bus Station	1850	1900	1915	1930	1945	1959	2019	2039	2100	2120	2140	2200	2220	2239	2259	2319	2339	2359
Plaistow Station	1900	1910	1925	1940	1955	2009	2029	2049	2110	2129	2149	2208	2227	2246	2306	2326	2346	0006
Plaistow Abbey Arms	1907	1916	1931	1946	2001	2015	2035	2055	2115	2134	2154	2213	2232	2251	2311	2331	2351	0010
Custom House Stn. Freemasons Road	1913	1922	1937	1952	2007	2020	2040	2100	2120	2139	2159	2218	2237	2256	2315	2335	2355	0014
Keir Hardie Est. Radland Rd/Rogers Rd.	1916	1925	1940	1955	2010	2023	2043	2103	2123	2142	2202	2221	2240	2259	2318	2338	2358	0017
Canning Town Bus Station	1921	1930	1945	2000	2014	2027	2047	2107	2127	2146	2206	2225	2244	2303	2322	2342	0002	0021
Canning Town Hermit Road	1923	1932	1947	2002	2016	2029	2049	2109	2129	2148	2208	2227	2246	2305	2324	2344	0004	0023
Stratford City Bus Station	0015	0035	0055															
Stratford Bus Station	0019	0039	0059															
Plaistow Station	0026	0046	0106															
Plaistow Abbey Arms	0030	0050	0109															
Custom House Stn. Freemasons Road	0034	0054	0113															
Keir Hardie Est. Radland Rd/Rogers Rd.	0037	0057	0116															
Canning Town Bus Station	0041	0101	0120															
Canning Town Hermit Road	0043	0103	0122															
241		Sundays and other Public Holidays (except Christmas Day)																
Stratford City Bus Station	0545	0615	0635	0655	0715	0735	0755	0815	0835	0855	0915	0935	0955	1015	1035	1055	1114	1133
Stratford Bus Station	0548	0619	0639	0659	0719	0739	0759	0819	0839	0859	0919	0939	0959	1020	1040	1100	1119	1138
Plaistow Station	0554	0625	0645	0705	0725	0745	0806	0826	0846	0906	0926	0947	1007	1028	1048	1108	1128	1148
Plaistow Abbey Arms	0558	0629	0649	0709	0729	0749	0810	0830	0851	0911	0931	0952	1012	1033	1053	1113	1133	1153
Custom House Stn. Freemasons Road	0602	0633	0653	0713	0733	0753	0814	0834	0855	0916	0936	0957	1017	1038	1058	1118	1138	1158
Keir Hardie Est. Radland Rd/Rogers Rd.	0605	0636	0656	0716	0736	0756	0817	0837	0858	0919	0939	1000	1020	1041	1101	1121	1141	1201
Canning Town Bus Station	0609	0640	0700	0720	0740	0800	0821	0841	0902	0923	0943	1004	1025	1046	1106	1126	1146	1206
Canning Town Hermit Road	0611	0642	0702	0722	0742	0802	0823	0843	0904	0925	0945	1006	1027	1048	1108	1128	1148	1208
Stratford City Bus Station	1152	1212	1232	1251	1311	1331	1350	1409	Then every 20 minutes until	1649	1710	1730	1750	1810	1830	1850	1910	
Stratford Bus Station	1157	1217	1237	1256	1316	1336	1355	1414		1654	1715	1735	1755	1815	1835	1855	1915	
Plaistow Station	1207	1227	1247	1306	1326	1346	1405	1425		1705	1725	1745	1805	1825	1845	1905	1925	
Plaistow Abbey Arms	1212	1232	1252	1312	1332	1352	1411	1431		1711	1731	1751	1811	1831	1851	1911	1931	
Custom House Stn. Freemasons Road	1218	1238	1258	1318	1338	1358	1417	1437		1717	1737	1757	1817	1837	1857	1917	1936	
Keir Hardie Est. Radland Rd/Rogers Rd.	1221	1241	1301	1321	1341	1401	1421	1441		1721	1741	1801	1821	1841	1901	1920	1939	
Canning Town Bus Station	1226	1246	1306	1326	1346	1406	1426	1446		1726	1746	1805	1825	1845	1905	1924	1943	
Canning Town Hermit Road	1228	1248	1308	1328	1348	1408	1428	1448	1728	1748	1807	1827	1847	1907	1926	1945		
Stratford City Bus Station	1930	1950	2011	2032	2053	2114	2135	Then every 20 minutes until	0035	0055								
Stratford Bus Station	1935	1955	2015	2036	2057	2118	2139		0039	0059								
Plaistow Station	1944	2004	2024	2044	2105	2126	2146		0046	0105								
Plaistow Abbey Arms	1950	2009	2029	2049	2110	2130	2150		0050	0108								
Custom House Stn. Freemasons Road	1955	2014	2034	2054	2114	2134	2154		0054	0112								
Keir Hardie Est. Radland Rd/Rogers Rd.	1958	2017	2037	2057	2117	2137	2157		0057	0115								
Canning Town Bus Station	2002	2021	2041	2101	2121	2141	2201		0101	0119								
Canning Town Hermit Road	2004	2023	2043	2103	2123	2143	2203	0103	0121									

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Canning Town – Plaistow – Stratford City

241		Mondays to Fridays															
Canning Town Hermit Road	0455	0515	0534	0548	0603	0618	0633	0646	0655	0704	0713	0723	0732	0742	Then every 10 minutes until	0832	0843
Canning Town Bus Station	0458	0518	0537	0551	0606	0621	0636	0649	0658	0708	0717	0727	0736	0746		0836	0847
Keir Hardie Estate Tarling Road	0501	0521	0540	0554	0609	0624	0639	0652	0701	0712	0721	0731	0740	0750		0840	0851
Custom House Stn. Freemasons Road	0505	0525	0544	0558	0613	0628	0643	0656	0706	0717	0726	0736	0745	0755		0845	0856
Plaistow Abbey Arms	0510	0530	0549	0603	0619	0634	0649	0702	0713	0723	0733	0743	0752	0802		0852	0903
Plaistow Station	0514	0534	0554	0608	0624	0639	0654	0708	0719	0729	0739	0749	0759	0809		0859	0909
Stratford Bus Station	0521	0541	0601	0616	0632	0647	0702	0717	0728	0738	0748	0758	0808	0819		0909	0919
Stratford City Bus Station	0524	0545	0605	0620	0636	0651	0706	0721	0732	0742	0752	0802	0812	0823	0913	0923	
Canning Town Hermit Road	0853	0903	0913	0924	0936	Then every 12 minutes until	1348	1400	1412	1424	1436	1448	1500	1510	1520	1530	1540
Canning Town Bus Station	0857	0907	0917	0928	0940		1352	1404	1416	1428	1440	1452	1504	1514	1524	1534	1544
Keir Hardie Estate Tarling Road	0901	0911	0921	0932	0944		1356	1408	1420	1432	1444	1456	1508	1518	1528	1538	1548
Custom House Stn. Freemasons Road	0906	0916	0926	0937	0949		1401	1414	1426	1438	1450	1502	1514	1524	1534	1544	1554
Plaistow Abbey Arms	0913	0923	0933	0944	0956		1408	1421	1433	1445	1457	1509	1521	1531	1541	1551	1601
Plaistow Station	0919	0929	0939	0950	1002		1414	1427	1439	1451	1503	1516	1528	1538	1548	1558	1607
Stratford Bus Station	0929	0939	0949	1000	1011		1423	1436	1448	1500	1513	1526	1538	1548	1558	1608	1618
Stratford City Bus Station	0933	0943	0953	1004	1015	1427	1440	1452	1504	1517	1530	1542	1552	1602	1613	1623	
Canning Town Hermit Road	1550	Then every 10 minutes until	1730	1740	1750	1800	1810	1820	1830	1840	1850	1900	1915	1930	1945	2000	2015
Canning Town Bus Station	1554		1734	1744	1754	1804	1814	1824	1834	1844	1854	1904	1919	1934	1949	2004	2019
Keir Hardie Estate Tarling Road	1558		1738	1748	1758	1808	1818	1828	1838	1848	1858	1908	1923	1938	1953	2008	2023
Custom House Stn. Freemasons Road	1604		1744	1754	1804	1813	1823	1833	1843	1853	1903	1913	1928	1943	1958	2013	2028
Plaistow Abbey Arms	1611		1751	1801	1811	1820	1830	1840	1850	1900	1909	1919	1934	1949	2004	2019	2033
Plaistow Station	1617		1757	1807	1817	1826	1836	1846	1856	1906	1915	1925	1940	1955	2009	2024	2038
Stratford Bus Station	1628		1808	1817	1827	1836	1846	1856	1906	1915	1924	1934	1949	2004	2018	2032	2046
Stratford City Bus Station	1633	1813	1822	1832	1841	1851	1901	1910	1919	1928	1938	1953	2008	2022	2036	2050	
Canning Town Hermit Road	2035	2055	2115	2135	2155	2215	2235	2255	2315	Then every 20 minutes until	0115						
Canning Town Bus Station	2039	2059	2119	2139	2159	2219	2238	2258	2318		0118						
Keir Hardie Estate Tarling Road	2043	2103	2123	2143	2203	2221	2241	2301	2321		0121						
Custom House Stn. Freemasons Road	2048	2108	2128	2147	2207	2226	2245	2305	2325		0125						
Plaistow Abbey Arms	2053	2113	2133	2152	2212	2231	2250	2310	2329		0129						
Plaistow Station	2058	2118	2137	2156	2216	2235	2254	2313	2332		0132						
Stratford Bus Station	2106	2125	2144	2203	2222	2241	2300	2319	2338		0138						
Stratford City Bus Station	2110	2129	2148	2207	2226	2245	2304	2323	2342	0142							

241		Saturdays (also Good Friday)																	
Canning Town Hermit Road	0455	0515	0535	0555	0615	0635	0650	0705	0720	0735	0747	0759	0811	0823	0835	0845	0855	0905	
Canning Town Bus Station	0458	0518	0538	0558	0618	0638	0653	0708	0723	0738	0750	0802	0814	0826	0838	0848	0858	0908	
Keir Hardie Estate Tarling Road	0501	0521	0541	0601	0621	0641	0656	0711	0726	0741	0753	0805	0817	0829	0841	0851	0901	0912	
Custom House Stn. Freemasons Road	0505	0525	0545	0605	0625	0645	0700	0715	0730	0745	0757	0809	0821	0833	0845	0855	0906	0917	
Plaistow Abbey Arms	0510	0530	0550	0610	0630	0650	0705	0720	0735	0750	0802	0814	0826	0838	0850	0901	0912	0923	
Plaistow Station	0514	0534	0554	0614	0634	0654	0709	0724	0739	0754	0807	0819	0831	0843	0855	0906	0917	0928	
Stratford Bus Station	0520	0540	0600	0621	0641	0701	0716	0731	0746	0801	0815	0827	0839	0851	0903	0914	0925	0936	
Stratford City Bus Station	0523	0543	0603	0624	0644	0705	0720	0735	0750	0805	0819	0831	0843	0855	0907	0918	0929	0940	
Canning Town Hermit Road	0915	0925	0935	0945	0954	1004	1014	1024	1034	1044	1054	1104	1114	1124	1134	1144	1154	1204	
Canning Town Bus Station	0918	0928	0938	0948	0957	1007	1017	1027	1037	1047	1057	1107	1117	1127	1137	1147	1157	1208	
Keir Hardie Estate Tarling Road	0922	0932	0942	0952	1001	1011	1021	1031	1041	1051	1101	1111	1121	1131	1141	1151	1201	1212	
Custom House Stn. Freemasons Road	0927	0937	0947	0957	1006	1016	1026	1036	1046	1056	1106	1116	1126	1136	1146	1156	1206	1217	
Plaistow Abbey Arms	0933	0943	0953	1003	1013	1023	1033	1043	1053	1103	1113	1123	1133	1143	1153	1203	1213	1224	
Plaistow Station	0938	0948	0958	1008	1018	1028	1038	1048	1058	1109	1119	1129	1139	1149	1159	1209	1219	1230	
Stratford Bus Station	0946	0956	1006	1017	1027	1037	1047	1057	1108	1119	1129	1139	1149	1159	1209	1219	1229	1240	
Stratford City Bus Station	0950	1000	1010	1021	1031	1041	1051	1101	1112	1123	1133	1143	1153	1203	1214	1224	1234	1245	
Canning Town Hermit Road	1214			1724	1735	1745	1755	1805				1855	1910	1925	1940	1955	2015	2035	2055
Canning Town Bus Station	1218			1728	1739	1749	1759	1808				1858	1913	1928	1943	1958	2018	2038	2058
Keir Hardie Estate Tarling Road	1222	Then		1732	1743	1753	1803	1812	Then			1902	1917	1932	1947	2002	2022	2042	2102
Custom House Stn. Freemasons Road	1227	every 10		1737	1748	1758	1808	1817	every 10			1907	1922	1937	1952	2007	2027	2047	2107
Plaistow Abbey Arms	1234	minutes		1744	1755	1805	1815	1824	minutes			1914	1929	1944	1959	2014	2033	2053	2112
Plaistow Station	1240	until		1750	1801	1810	1820	1829	until			1919	1934	1949	2004	2019	2038	2058	2117
Stratford Bus Station	1250			1800	1810	1819	1829	1838				1928	1943	1958	2012	2027	2046	2106	2125
Stratford City Bus Station	1255			1805	1815	1824	1834	1843				1933	1948	2003	2017	2031	2050	2110	2129
Canning Town Hermit Road	2115	2135	2155	2215	2235	2255	2315	2335	2355	0015	0035	0055	0115						
Canning Town Bus Station	2118	2138	2158	2218	2238	2258	2318	2338	2358	0018	0038	0058	0118						
Keir Hardie Estate Tarling Road	2122	2142	2202	2222	2241	2301	2321	2341	0001	0021	0041	0101	0121						
Custom House Stn. Freemasons Road	2126	2146	2206	2226	2245	2305	2325	2345	0005	0025	0045	0105	0125						
Plaistow Abbey Arms	2131	2151	2211	2231	2250	2310	2330	2350	0010	0029	0049	0109	0129						
Plaistow Station	2136	2156	2216	2235	2254	2314	2334	2354	0013	0032	0052	0112	0132						
Stratford Bus Station	2144	2204	2223	2242	2301	2320	2340	0000	0019	0038	0058	0118	0138						
Stratford City Bus Station	2148	2208	2227	2246	2305	2324	2344	0004	0023	0042	0102	0122	0142						
241		Sundays and other Public Holidays (except Christmas Day)																	
Canning Town Hermit Road	0557	0617	0637	0657	0717	0737	0757	0817	0836	0855	0915	0935	0955	1015	1035	1055	1115	1135	
Canning Town Bus Station	0600	0620	0640	0700	0720	0740	0800	0820	0839	0858	0918	0938	0958	1018	1038	1058	1118	1138	
Keir Hardie Estate Tarling Road	0603	0623	0643	0703	0723	0743	0803	0823	0842	0901	0921	0941	1001	1022	1042	1102	1122	1142	
Custom House Stn. Freemasons Road	0607	0627	0647	0707	0727	0747	0807	0827	0846	0905	0925	0945	1006	1027	1047	1107	1127	1147	
Plaistow Abbey Arms	0612	0632	0652	0712	0732	0752	0812	0832	0851	0911	0931	0952	1013	1034	1054	1114	1134	1154	
Plaistow Station	0616	0636	0656	0716	0736	0756	0816	0836	0856	0916	0936	0957	1018	1039	1100	1120	1140	1200	
Stratford Bus Station	0622	0642	0702	0723	0743	0803	0824	0844	0904	0924	0945	1006	1027	1048	1109	1129	1149	1210	
Stratford City Bus Station	0625	0645	0705	0726	0746	0807	0828	0848	0908	0928	0949	1010	1031	1052	1113	1133	1153	1214	
Canning Town Hermit Road	1155	1215	1235	1255	1315			1515	1535	1555	1615	1635	1655	1715	1735	1755	1815	1835	
Canning Town Bus Station	1158	1218	1238	1258	1319			1519	1539	1559	1619	1639	1659	1719	1739	1759	1819	1839	
Keir Hardie Estate Tarling Road	1202	1222	1242	1302	1323	Then		1523	1543	1603	1623	1643	1703	1723	1743	1803	1823	1843	
Custom House Stn. Freemasons Road	1207	1227	1247	1307	1328	every 20		1528	1548	1608	1628	1648	1708	1728	1748	1808	1828	1848	
Plaistow Abbey Arms	1214	1234	1254	1314	1335	minutes		1535	1555	1614	1634	1654	1714	1734	1754	1814	1834	1854	
Plaistow Station	1220	1240	1300	1320	1341	until		1541	1601	1620	1640	1700	1719	1739	1759	1819	1839	1859	
Stratford Bus Station	1230	1250	1310	1330	1351			1551	1610	1629	1649	1709	1728	1748	1808	1827	1847	1907	
Stratford City Bus Station	1234	1254	1314	1334	1355			1555	1614	1633	1653	1713	1732	1752	1812	1831	1851	1911	
Canning Town Hermit Road	1855	1915	1935	1955	2015	2035	2055	2115	2135	2155	2215	2235	2255	2315				0115	
Canning Town Bus Station	1859	1919	1939	1959	2018	2038	2058	2118	2138	2158	2218	2238	2258	2318				0118	
Keir Hardie Estate Tarling Road	1903	1923	1943	2003	2022	2042	2102	2121	2141	2201	2221	2241	2301	2321	Then			0121	
Custom House Stn. Freemasons Road	1908	1928	1947	2007	2026	2046	2106	2125	2145	2205	2225	2245	2305	2325	every 20			0125	
Plaistow Abbey Arms	1914	1934	1953	2012	2031	2051	2111	2130	2150	2210	2230	2250	2310	2329	minutes			0129	
Plaistow Station	1919	1939	1958	2016	2035	2055	2115	2134	2154	2214	2234	2254	2313	2332	until			0132	
Stratford Bus Station	1926	1945	2004	2023	2042	2102	2121	2140	2200	2220	2240	2300	2319	2338				0138	
Stratford City Bus Station	1930	1949	2008	2027	2046	2106	2125	2144	2204	2224	2244	2304	2323	2342				0142	