

| 287 Mondays to Fridays | | | | | | | | | | | | | | | | | | | | | | | | |
|--|------|------|------|------|------|------|------|------|------|-------------|------|------|------|----------------|-----------|------|------|------|------|------|------|------|------|------|
| | | | | | | | | | | School days | | | | | | | | | | | | | | |
| Abbey Wood Lane | 0451 | 0521 | 0550 | 0607 | 0623 | 0640 | 0658 | 0712 | 0727 | 0742 | 0757 | 0812 | 0827 | 0842 | 0857 | 0912 | 0927 | 0942 | | | | | | |
| Chandlers Corner | 0455 | 0525 | 0554 | 0611 | 0628 | 0645 | 0704 | 0719 | 0734 | 0749 | 0804 | 0819 | 0834 | 0849 | 0904 | 0918 | 0933 | 0948 | | | | | | |
| Rainham War Memorial | 0458 | 0528 | 0557 | 0614 | 0631 | 0648 | 0707 | 0722 | 0737 | 0752 | 0808 | 0823 | 0838 | 0853 | 0908 | 0922 | 0937 | 0952 | | | | | | |
| Dagenham New Road/Kent Avenue | 0506 | 0536 | 0605 | 0623 | 0641 | 0659 | 0719 | 0734 | 0749 | 0804 | 0819 | 0834 | 0849 | 0904 | 0918 | 0932 | 0947 | 1002 | | | | | | |
| Lodge Ave. Flyover Junc. (West Side) | 0512 | 0542 | 0613 | 0633 | 0651 | 0710 | 0730 | 0745 | 0800 | 0815 | 0830 | 0845 | 0900 | 0914 | 0928 | 0942 | 0957 | 1011 | | | | | | |
| Barking London Road | 0520 | 0550 | 0621 | 0641 | 0701 | 0722 | 0742 | 0757 | 0812 | 0827 | 0842 | 0857 | 0912 | 0926 | 0940 | 0954 | 1008 | 1022 | | | | | | |
| Barking Station | 0522 | 0552 | 0623 | 0643 | 0703 | 0724 | 0744 | 0759 | 0814 | 0829 | 0844 | 0859 | 0914 | 0928 | 0942 | 0956 | 1010 | 1024 | | | | | | |
| 287 School holidays | | | | | | | | | | | | | | | | | | | | | | | | |
| Abbey Wood Lane | 0607 | 0626 | 0643 | 0700 | | | | 0815 | 0829 | 0843 | 0857 | 0912 | 0927 | 0942 | 0957 | | | | 1112 | 1127 | | | | |
| Chandlers Corner | 0612 | 0631 | 0648 | 0706 | | | | 0821 | 0835 | 0849 | 0903 | 0918 | 0933 | 0948 | 1003 | | | | 1118 | 1133 | | | | |
| Rainham War Memorial | 0615 | 0634 | 0651 | 0709 | | | | 0824 | 0838 | 0852 | 0907 | 0922 | 0937 | 0952 | 1007 | | | | 1122 | 1137 | | | | |
| Dagenham New Road/Kent Avenue | 0624 | 0643 | 0700 | 0718 | | | | 0833 | 0847 | 0902 | 0917 | 0932 | 0947 | 1002 | 1017 | | | | 1132 | 1147 | | | | |
| Lodge Ave. Flyover Junc. (West Side) | 0633 | 0652 | 0709 | 0727 | | | | 0842 | 0856 | 0911 | 0926 | 0941 | 0956 | 1011 | 1026 | | | | 1141 | 1156 | | | | |
| Barking London Road | 0641 | 0701 | 0719 | 0737 | | | | 0852 | 0907 | 0922 | 0937 | 0952 | 1007 | 1022 | 1037 | | | | 1152 | 1207 | | | | |
| Barking Station | 0643 | 0703 | 0721 | 0739 | | | | 0854 | 0909 | 0924 | 0939 | 0954 | 1009 | 1024 | 1039 | | | | 1154 | 1210 | | | | |
| Abbey Wood Lane | 1141 | | | | 1411 | 1425 | 1439 | 1453 | 1508 | 1523 | 1538 | | | | 1738 | 1754 | 1810 | 1825 | 1840 | 1856 | | | | |
| Chandlers Corner | 1147 | | | | 1417 | 1431 | 1445 | 1459 | 1514 | 1529 | 1544 | | | | 1744 | 1800 | 1816 | 1831 | 1846 | 1902 | | | | |
| Rainham War Memorial | 1151 | | | | 1421 | 1435 | 1449 | 1503 | 1518 | 1533 | 1548 | | | | 1748 | 1804 | 1820 | 1835 | 1850 | 1906 | | | | |
| Dagenham New Road/Kent Avenue | 1201 | | | | 1431 | 1446 | 1500 | 1515 | 1530 | 1545 | 1600 | | | | 1800 | 1816 | 1831 | 1846 | 1901 | 1916 | | | | |
| Lodge Ave. Flyover Junc. (West Side) | 1211 | | | | 1441 | 1456 | 1510 | 1525 | 1540 | 1555 | 1610 | | | | 1810 | 1825 | 1840 | 1855 | 1910 | 1925 | | | | |
| Barking London Road | 1222 | | | | 1452 | 1507 | 1522 | 1537 | 1552 | 1607 | 1621 | | | | 1821 | 1836 | 1851 | 1906 | 1920 | 1935 | | | | |
| Barking Station | 1225 | | | | 1455 | 1510 | 1525 | 1540 | 1555 | 1609 | 1623 | | | | 1823 | 1838 | 1853 | 1908 | 1922 | 1937 | | | | |
| Abbey Wood Lane | 1912 | 1932 | 1951 | 2010 | 2030 | 2050 | 2110 | 2130 | 2150 | 2210 | 2230 | 2250 | 2310 | 2330 | 2350 | 0010 | | | | | | | | |
| Chandlers Corner | 1917 | 1937 | 1956 | 2015 | 2035 | 2055 | 2115 | 2135 | 2155 | 2214 | 2234 | 2254 | 2314 | 2334 | 2354 | 0014 | | | | | | | | |
| Rainham War Memorial | 1921 | 1941 | 2000 | 2019 | 2038 | 2058 | 2118 | 2138 | 2158 | 2217 | 2237 | 2257 | 2317 | 2337 | 2357 | 0016 | | | | | | | | |
| Dagenham New Road/Kent Avenue | 1931 | 1951 | 2009 | 2028 | 2047 | 2107 | 2127 | 2147 | 2206 | 2225 | 2245 | 2305 | 2325 | 2345 | 0004 0023 | | | | | | | | | |
| Lodge Ave. Flyover Junc. (West Side) | 1940 | 2000 | 2017 | 2036 | 2055 | 2115 | 2135 | 2155 | 2214 | 2233 | 2253 | 2313 | 2333 | 2352 | 0011 0030 | | | | | | | | | |
| Barking London Road | 1950 | 2008 | 2026 | 2045 | 2104 | 2124 | 2144 | 2203 | 2222 | 2241 | 2301 | 2321 | 2341 | 0000 0019 0038 | | | | | | | | | | |
| Barking Station | 1952 | 2010 | 2028 | 2047 | 2106 | 2126 | 2146 | 2205 | 2224 | 2243 | 2303 | 2323 | 2343 | 0002 0021 0040 | | | | | | | | | | |
| 287 Saturdays (also Good Friday) | | | | | | | | | | | | | | | | | | | | | | | | |
| Abbey Wood Lane | 0453 | 0523 | 0553 | 0613 | 0633 | 0653 | 0713 | 0733 | 0753 | 0808 | 0823 | 0837 | 0852 | 0907 | 0921 | 0936 | 0950 | 1004 | | | | | | |
| Chandlers Corner | 0457 | 0527 | 0557 | 0617 | 0638 | 0658 | 0718 | 0738 | 0758 | 0813 | 0828 | 0842 | 0857 | 0912 | 0926 | 0941 | 0955 | 1010 | | | | | | |
| Rainham War Memorial | 0500 | 0530 | 0600 | 0620 | 0641 | 0701 | 0721 | 0741 | 0801 | 0816 | 0831 | 0845 | 0900 | 0915 | 0929 | 0944 | 0959 | 1014 | | | | | | |
| Dagenham New Road/Kent Avenue | 0507 | 0537 | 0607 | 0628 | 0649 | 0709 | 0729 | 0749 | 0809 | 0824 | 0839 | 0853 | 0908 | 0923 | 0938 | 0953 | 1008 | 1023 | | | | | | |
| Lodge Ave. Flyover Junc. (West Side) | 0513 | 0543 | 0614 | 0635 | 0656 | 0716 | 0736 | 0756 | 0816 | 0831 | 0846 | 0900 | 0916 | 0931 | 0946 | 1001 | 1016 | 1031 | | | | | | |
| Barking London Road | 0520 | 0550 | 0621 | 0642 | 0703 | 0724 | 0744 | 0804 | 0824 | 0839 | 0854 | 0910 | 0926 | 0941 | 0956 | 1011 | 1026 | 1041 | | | | | | |
| Barking Station | 0522 | 0552 | 0623 | 0644 | 0705 | 0726 | 0746 | 0806 | 0826 | 0841 | 0856 | 0912 | 0928 | 0943 | 0958 | 1013 | 1028 | 1043 | | | | | | |
| Abbey Wood Lane | 1019 | 1033 | 1047 | 1102 | 1117 | 1132 | | | | 1347 | 1402 | 1417 | 1432 | 1447 | | | | 1732 | 1747 | 1802 | | | | |
| Chandlers Corner | 1025 | 1039 | 1053 | 1108 | 1123 | 1138 | | | | 1353 | 1408 | 1423 | 1437 | 1452 | | | | 1737 | 1752 | 1807 | | | | |
| Rainham War Memorial | 1029 | 1043 | 1057 | 1112 | 1127 | 1142 | | | | 1357 | 1411 | 1426 | 1440 | 1455 | | | | 1740 | 1755 | 1810 | | | | |
| Dagenham New Road/Kent Avenue | 1038 | 1052 | 1107 | 1122 | 1137 | 1152 | | | | 1407 | 1421 | 1436 | 1450 | 1505 | | | | 1750 | 1805 | 1820 | | | | |
| Lodge Ave. Flyover Junc. (West Side) | 1046 | 1101 | 1116 | 1131 | 1146 | 1201 | | | | 1416 | 1430 | 1445 | 1459 | 1514 | | | | 1759 | 1813 | 1828 | | | | |
| Barking London Road | 1056 | 1111 | 1126 | 1141 | 1156 | 1212 | | | | 1427 | 1441 | 1456 | 1510 | 1524 | | | | 1809 | 1823 | 1838 | | | | |
| Barking Station | 1058 | 1113 | 1128 | 1143 | 1158 | 1214 | | | | 1429 | 1443 | 1458 | 1512 | 1526 | | | | 1811 | 1825 | 1840 | | | | |
| 287 Saturdays (also Good Friday) (cont.) | | | | | | | | | | | | | | | | | | | | | | | | |
| Abbey Wood Lane | 1817 | 1832 | 1850 | 1910 | 1930 | | | | 2050 | 2110 | 2130 | 2150 | | | | 2310 | 2330 | 2350 | 0010 | 0620 | 0650 | 0720 | | |
| Chandlers Corner | 1822 | 1837 | 1855 | 1915 | 1935 | | | | 2055 | 2115 | 2135 | 2154 | | | | 2314 | 2334 | 2354 | 0014 | 0625 | 0655 | 0725 | | |
| Rainham War Memorial | 1825 | 1840 | 1858 | 1918 | 1938 | | | | 2058 | 2118 | 2138 | 2157 | | | | 2317 | 2337 | 2357 | 0016 | 0628 | 0658 | 0728 | | |
| Dagenham New Road/Kent Avenue | 1835 | 1850 | 1908 | 1927 | 1947 | | | | 2107 | 2126 | 2146 | 2205 | | | | 2325 | 2345 | 0004 | 0023 | 0636 | 0706 | 0737 | | |
| Lodge Ave. Flyover Junc. (West Side) | 1843 | 1858 | 1916 | 1935 | 1955 | | | | 2115 | 2134 | 2154 | 2213 | | | | 2333 | 2352 | 0011 | 0030 | 0644 | 0714 | 0745 | | |
| Barking London Road | 1853 | 1908 | 1926 | 1945 | 2004 | | | | 2124 | 2143 | 2202 | 2221 | | | | 2341 | 0000 | 0019 | 0038 | 0650 | 0721 | 0752 | | |
| Barking Station | 1855 | 1910 | 1928 | 1947 | 2006 | | | | 2126 | 2145 | 2204 | 2223 | | | | 2343 | 0002 | 0021 | 0040 | 0652 | 0723 | 0754 | | |
| 287 Sundays and other Public Holidays (except Christmas Day) | | | | | | | | | | | | | | | | | | | | | | | | |
| Abbey Wood Lane | 0750 | 0820 | 0850 | 0910 | 0929 | 0948 | 1006 | | | | 1126 | 1145 | | | | 1345 | 1405 | 1425 | 1445 | 1505 | 1525 | 1545 | | |
| Chandlers Corner | 0755 | 0825 | 0855 | 0915 | 0934 | 0953 | 1012 | | | | 1132 | 1151 | | | | 1351 | 1410 | 1430 | 1450 | 1510 | 1530 | 1550 | | |
| Rainham War Memorial | 0758 | 0828 | 0858 | 0918 | 0937 | 0956 | 1016 | | | | 1136 | 1155 | | | | 1355 | 1414 | 1433 | 1453 | 1513 | 1533 | 1553 | | |
| Dagenham New Road/Kent Avenue | 0807 | 0837 | 0907 | 0927 | 0947 | 1007 | 1027 | | | | 1147 | 1206 | | | | 1406 | 1424 | 1443 | 1503 | 1523 | 1543 | 1603 | | |
| Lodge Ave. Flyover Junc. (West Side) | 0815 | 0845 | 0916 | 0937 | 0957 | 1018 | 1038 | | | | 1158 | 1217 | | | | 1417 | 1435 | 1454 | 1514 | 1534 | 1554 | 1614 | | |
| Barking London Road | 0822 | 0853 | 0924 | 0945 | 1005 | 1027 | 1047 | | | | 1207 | 1227 | | | | 1427 | 1445 | 1504 | 1524 | 1544 | 1604 | 1623 | | |
| Barking Station | 0824 | 0855 | 0926 | 0947 | 1007 | 1029 | 1049 | | | | 1209 | 1229 | | | | 1429 | 1447 | 1506 | 1526 | 1546 | 1606 | 1625 | | |
| Abbey Wood Lane | 1606 | 1627 | | | | 1727 | 1748 | | | | 1848 | 1908 | 1928 | 1949 | 2010 | | | | 2230 | 2250 | 2310 | 2330 | 2350 | 0010 |
| Chandlers Corner | 1611 | 1632 | | | | 1732 | 1753 | | | | 1853 | 1913 | 1933 | 1954 | 2015 | | | | 2235 | 2255 | 2314 | 2334 | 2354 | 0014 |
| Rainham War Memorial | 1614 | 1635 | | | | 1735 | 1756 | | | | 1856 | 1916 | 1936 | 1957 | 2018 | | | | 2238 | 2258 | 2317 | 2337 | 2357 | 0016 |
| Dagenham New Road/Kent Avenue | 1624 | 1644 | | | | 1744 | 1805 | | | | 1905 | 1925 | 1945 | 2006 | 2026 | | | | 2246 | 2306 | 2324 | 2344 | 0004 | 0023 |
| Lodge Ave. Flyover Junc. (West Side) | 1634 | 1654 | | | | 1754 | 1814 | | | | 1914 | 1934 | 1954 | 2014 | 2034 | | | | 2254 | 2313 | 2331 | 2351 | 0011 | 0030 |
| Barking London Road | 1643 | 1703 | | | | 1803 | 1821 | | | | 1921 | 1940 | 2000 | 2020 | 2040 | | | | 2300 | 2319 | 2337 | 2357 | 0017 | 0036 |
| Barking Station | 1645 | 1705 | | | | 1805 | 1823 | | | | 1923 | 1942 | 2002 | 2022 | 2042 | | | | 2302 | 2321 | 2339 | 2359 | 0019 | 0038 |

| 287 Mondays to Fridays | | | | | | | | | | | | | | | | | | | |
|--|------|-------|----------|------|------|------|----------|----------|------|-------------|------|----------|------|------|-----------------|----------|-------|------|------|
| | | | | | | | | | | School days | | | | | School holidays | | | | |
| Barking Station | 0530 | 0600 | 0620 | 0639 | 0656 | 0711 | 0726 | 0740 | 0754 | 0809 | 0824 | 0839 | 0854 | 0639 | 0657 | | 0827 | | |
| Barking London Road | 0532 | 0602 | 0622 | 0641 | 0658 | 0713 | 0728 | 0742 | 0756 | 0811 | 0826 | 0841 | 0856 | 0641 | 0659 | Then | 0829 | | |
| Lodge Ave. Flyover Junc. (West Side) | 0540 | 0610 | 0630 | 0649 | 0708 | 0723 | 0738 | 0752 | 0807 | 0822 | 0837 | 0852 | 0907 | 0649 | 0708 | every 15 | 0838 | | |
| Dagenham New Road/Kent Avenue | 0547 | 0617 | 0637 | 0656 | 0716 | 0731 | 0746 | 0801 | 0816 | 0831 | 0846 | 0901 | 0916 | 0656 | 0716 | minutes | 0846 | | |
| Rainham Tesco | 0555 | 0626 | 0646 | 0706 | 0727 | 0742 | 0757 | 0812 | 0827 | 0842 | 0857 | 0911 | 0926 | 0705 | 0725 | until | 0855 | | |
| Chandlers Corner | 0557 | 0628 | 0648 | 0709 | 0730 | 0745 | 0800 | 0815 | 0830 | 0845 | 0900 | 0914 | 0929 | 0708 | 0728 | | 0858 | | |
| Abbey Wood Lane | 0602 | 0633 | 0653 | 0714 | 0735 | 0750 | 0805 | 0820 | 0835 | 0850 | 0905 | 0919 | 0934 | 0713 | 0733 | | 0903 | | |
| Sch hols | | | | | | | | | | | | | | | | | | | |
| Barking Station | 0841 | 0855 | 0909 | 0843 | 0857 | 0911 | Then | 1024 | 1038 | Then | 1238 | 1252 | 1306 | 1451 | 1505 | 1520 | 1535 | | |
| Barking London Road | 0843 | 0857 | 0911 | 0852 | 0906 | 0921 | every 15 | 1026 | 1040 | every 15 | 1240 | 1254 | 1308 | 1453 | 1507 | 1522 | 1537 | | |
| Lodge Ave. Flyover Junc. (West Side) | 0852 | 0906 | 0921 | 0900 | 0915 | 0930 | minutes | 1036 | 1050 | minutes | 1250 | 1304 | 1319 | 1504 | 1519 | 1534 | 1549 | | |
| Dagenham New Road/Kent Avenue | 0900 | 0915 | 0930 | 0910 | 0925 | 0940 | until | 1045 | 1059 | until | 1259 | 1313 | 1328 | 1513 | 1528 | 1543 | 1558 | | |
| Rainham Tesco | 0910 | 0925 | 0940 | 0913 | 0928 | 0943 | | 1055 | 1110 | | 1310 | 1324 | 1339 | 1524 | 1539 | 1554 | 1609 | | |
| Chandlers Corner | 0913 | 0928 | 0943 | 0919 | 0934 | 0949 | | 1058 | 1113 | | 1313 | 1327 | 1342 | 1527 | 1542 | 1557 | 1612 | | |
| Abbey Wood Lane | 0919 | 0934 | 0949 | | | | | 1104 | 1119 | | 1319 | 1333 | 1348 | 1533 | 1548 | 1603 | 1618 | | |
| Barking Station | 1550 | 1604 | 1619 | 1634 | 1648 | 1702 | 1717 | 1732 | 1747 | 1802 | 1817 | 1832 | 1847 | 1903 | 1918 | 1933 | 1948 | 2008 | |
| Barking London Road | 1552 | 1606 | 1621 | 1636 | 1650 | 1704 | 1719 | 1734 | 1749 | 1804 | 1819 | 1834 | 1849 | 1905 | 1920 | 1935 | 1950 | 2010 | |
| Lodge Ave. Flyover Junc. (West Side) | 1604 | 1619 | 1634 | 1649 | 1703 | 1718 | 1733 | 1748 | 1803 | 1817 | 1831 | 1846 | 1900 | 1915 | 1930 | 1945 | 2000 | 2019 | |
| Dagenham New Road/Kent Avenue | 1613 | 1628 | 1643 | 1658 | 1712 | 1727 | 1742 | 1757 | 1812 | 1826 | 1840 | 1855 | 1908 | 1923 | 1938 | 1953 | 2008 | 2027 | |
| Rainham Tesco | 1624 | 1639 | 1654 | 1709 | 1724 | 1739 | 1754 | 1809 | 1823 | 1837 | 1851 | 1905 | 1918 | 1933 | 1948 | 2003 | 2017 | 2036 | |
| Chandlers Corner | 1627 | 1642 | 1657 | 1712 | 1727 | 1742 | 1757 | 1812 | 1826 | 1840 | 1854 | 1908 | 1921 | 1936 | 1951 | 2006 | 2020 | 2039 | |
| Abbey Wood Lane | 1633 | 1648 | 1703 | 1718 | 1733 | 1748 | 1803 | 1818 | 1832 | 1846 | 1900 | 1914 | 1927 | 1942 | 1957 | 2012 | 2026 | 2044 | |
| Barking Station | 2028 | 2048 | 2108 | 2129 | 2150 | 2211 | 2232 | 2252 | 2312 | 2332 | 2352 | 0012 | | | | | | | |
| Barking London Road | 2030 | 2050 | 2110 | 2131 | 2152 | 2213 | 2234 | 2254 | 2314 | 2334 | 2354 | 0014 | | | | | | | |
| Lodge Ave. Flyover Junc. (West Side) | 2039 | 2059 | 2119 | 2140 | 2201 | 2222 | 2242 | 2302 | 2322 | 2341 | 0001 | 0021 | | | | | | | |
| Dagenham New Road/Kent Avenue | 2047 | 2107 | 2127 | 2148 | 2209 | 2229 | 2249 | 2309 | 2329 | 2348 | 0007 | 0027 | | | | | | | |
| Rainham Tesco | 2056 | 2116 | 2136 | 2157 | 2217 | 2237 | 2257 | 2317 | 2336 | 2355 | 0014 | 0034 | | | | | | | |
| Chandlers Corner | 2059 | 2119 | 2139 | 2159 | 2219 | 2239 | 2259 | 2319 | 2338 | 2357 | 0016 | 0036 | | | | | | | |
| Abbey Wood Lane | 2104 | 2124 | 2144 | 2204 | 2224 | 2244 | 2304 | 2324 | 2343 | 0002 | 0021 | 0041 | | | | | | | |
| 287 Saturdays (also Good Friday) | | | | | | | | | | | | | | | | | | | |
| Barking Station | 0530 | 0600 | 0620 | 0640 | 0700 | 0720 | 0740 | 0800 | 0814 | 0829 | 0844 | 0859 | 0913 | 0928 | 0943 | 0957 | 1142 | | |
| Barking London Road | 0532 | 0602 | 0622 | 0642 | 0702 | 0722 | 0742 | 0802 | 0816 | 0831 | 0846 | 0901 | 0915 | 0930 | 0945 | 0959 | Then | 1144 | |
| Lodge Ave. Flyover Junc. (West Side) | 0539 | 0609 | 0629 | 0649 | 0710 | 0730 | 0750 | 0810 | 0824 | 0839 | 0854 | 0910 | 0924 | 0939 | 0954 | 1009 | every | 1154 | |
| Dagenham New Road/Kent Avenue | 0545 | 0616 | 0636 | 0656 | 0717 | 0737 | 0757 | 0817 | 0831 | 0846 | 0902 | 0918 | 0932 | 0947 | 1002 | 1017 | 15 | 1202 | |
| Rainham Tesco | 0553 | 0624 | 0644 | 0704 | 0725 | 0745 | 0805 | 0825 | 0840 | 0855 | 0911 | 0927 | 0942 | 0957 | 1012 | 1027 | mins. | 1212 | |
| Chandlers Corner | 0555 | 0626 | 0646 | 0706 | 0727 | 0747 | 0807 | 0827 | 0842 | 0857 | 0914 | 0930 | 0945 | 1000 | 1015 | 1030 | until | 1215 | |
| Abbey Wood Lane | 0600 | 0631 | 0651 | 0711 | 0732 | 0752 | 0812 | 0832 | 0847 | 0902 | 0919 | 0935 | 0950 | 1006 | 1021 | 1036 | | 1221 | |
| Barking Station | 1157 | 1212 | | | | 1312 | 1327 | | | 1642 | 1658 | 1713 | 1728 | 1743 | 1758 | 1813 | 1828 | 1848 | 1908 |
| Barking London Road | 1159 | 1214 | Then | | | 1314 | 1329 | Then | | 1644 | 1700 | 1715 | 1730 | 1745 | 1800 | 1815 | 1830 | 1850 | 1910 |
| Lodge Ave. Flyover Junc. (West Side) | 1209 | 1225 | every 15 | | | 1325 | 1340 | every 15 | | 1655 | 1711 | 1726 | 1741 | 1756 | 1810 | 1825 | 1840 | 1900 | 1919 |
| Dagenham New Road/Kent Avenue | 1218 | 1234 | minutes | | | 1334 | 1349 | minutes | | 1704 | 1719 | 1734 | 1749 | 1804 | 1818 | 1833 | 1848 | 1908 | 1927 |
| Rainham Tesco | 1228 | 1244 | until | | | 1344 | 1359 | until | | 1714 | 1729 | 1744 | 1759 | 1814 | 1828 | 1843 | 1857 | 1917 | 1936 |
| Chandlers Corner | 1231 | 1247 | | | | 1347 | 1402 | | | 1717 | 1732 | 1747 | 1802 | 1817 | 1831 | 1846 | 1900 | 1920 | 1939 |
| Abbey Wood Lane | 1237 | 1253 | | | | 1353 | 1407 | | | 1722 | 1737 | 1752 | 1807 | 1822 | 1836 | 1851 | 1905 | 1925 | 1944 |
| 287 Saturdays (also Good Friday) (cont.) | | | | | | | | | | | | | | | Sundays | | | | |
| Barking Station | 1928 | | | 2048 | 2109 | 2130 | 2151 | 2212 | 2232 | 2252 | 2312 | 2332 | 2352 | 0012 | 0613 | 0643 | 0712 | 0742 | 0812 |
| Barking London Road | 1930 | Then | | 2050 | 2111 | 2132 | 2153 | 2214 | 2234 | 2254 | 2314 | 2334 | 2354 | 0014 | 0615 | 0645 | 0714 | 0744 | 0814 |
| Lodge Ave. Flyover Junc. (West Side) | 1939 | every | | 2059 | 2120 | 2141 | 2202 | 2222 | 2242 | 2302 | 2322 | 2341 | 0001 | 0021 | 0622 | 0652 | 0721 | 0751 | 0821 |
| Dagenham New Road/Kent Avenue | 1947 | 20 | | 2107 | 2128 | 2148 | 2209 | 2229 | 2249 | 2309 | 2329 | 2348 | 0007 | 0027 | 0630 | 0700 | 0729 | 0759 | 0829 |
| Rainham Tesco | 1956 | mins. | | 2116 | 2136 | 2156 | 2217 | 2237 | 2257 | 2317 | 2336 | 2355 | 0014 | 0034 | 0638 | 0708 | 0738 | 0808 | 0838 |
| Chandlers Corner | 1959 | until | | 2119 | 2139 | 2159 | 2219 | 2239 | 2259 | 2319 | 2338 | 2357 | 0016 | 0036 | 0640 | 0710 | 0740 | 0810 | 0840 |
| Abbey Wood Lane | 2004 | | | 2124 | 2144 | 2204 | 2224 | 2244 | 2304 | 2324 | 2343 | 0002 | 0021 | 0041 | 0645 | 0715 | 0745 | 0815 | 0845 |
| 287 Sundays and other Public Holidays (except Christmas Day) | | | | | | | | | | | | | | | | | | | |
| Barking Station | 0832 | 0854 | 0915 | 0936 | 0956 | 1015 | 1035 | 1055 | 1115 | 1135 | 1154 | | | | 1514 | 1534 | 1555 | 1615 | 1635 |
| Barking London Road | 0834 | 0856 | 0917 | 0938 | 0958 | 1017 | 1037 | 1057 | 1117 | 1137 | 1156 | Then | | | 1516 | 1536 | 1557 | 1617 | 1637 |
| Lodge Ave. Flyover Junc. (West Side) | 0841 | 0903 | 0925 | 0946 | 1006 | 1026 | 1046 | 1106 | 1126 | 1146 | 1205 | every 20 | | | 1525 | 1545 | 1606 | 1626 | 1646 |
| Dagenham New Road/Kent Avenue | 0849 | 0912 | 0934 | 0956 | 1016 | 1036 | 1056 | 1116 | 1136 | 1157 | 1217 | minutes | | | 1537 | 1557 | 1617 | 1637 | 1657 |
| Rainham Tesco | 0858 | 0921 | 0944 | 1006 | 1026 | 1046 | 1106 | 1126 | 1146 | 1207 | 1227 | until | | | 1547 | 1607 | 1626 | 1646 | 1706 |
| Chandlers Corner | 0900 | 0923 | 0946 | 1009 | 1029 | 1049 | 1109 | 1129 | 1149 | 1210 | 1230 | | | | 1550 | 1610 | 1629 | 1649 | 1709 |
| Abbey Wood Lane | 0905 | 0928 | 0951 | 1014 | 1034 | 1054 | 1114 | 1134 | 1155 | 1216 | 1236 | | | | 1556 | 1615 | 1634 | 1654 | 1714 |
| Barking Station | 1655 | 1715 | 1735 | 1755 | 1815 | 1835 | 1855 | 1914 | 1933 | 1952 | | Then | 2232 | 2252 | 2312 | 2332 | 2352 | 0012 | |
| Barking London Road | 1657 | 1717 | 1737 | 1757 | 1817 | 1837 | 1857 | 1916 | 1935 | 1954 | | every 20 | 2234 | 2254 | 2314 | 2334 | 2354 | 0014 | |
| Lodge Ave. Flyover Junc. (West Side) | 1706 | 1726 | 1746 | 1806 | 1826 | 1845 | 1905 | 1924 | 1943 | 2001 | | minutes | 2241 | 2301 | 2320 | 2340 | 0000 | 0020 | |
| Dagenham New Road/Kent Avenue | 1716 | 1735 | 1755 | 1815 | 1835 | 1854 | 1914 | 1933 | 1951 | 2009 | | until | 2249 | 2308 | 2327 | 2347 | 0007 | 0027 | |
| Rainham Tesco | 1725 | 1744 | 1804 | 1824 | 1844 | 1903 | 1923 | 1942 | 2000 | 2018 | | | 2258 | 2316 | 2335 | 2355 | 0015 | 0035 | |
| Chandlers Corner | 1728 | 1747 | 1807 | 1827 | 1847 | 1906 | 1926 | 1945 | 2002 | 2020 | | | 2300 | 2318 | 2337 | 2357 | 0017 | 0037 | |
| Abbey Wood Lane | 1733 | 1752 | 1812 | 1832 | 1852 | 1911 | 1931 | 1950 | 2007 | 2025 | | | 2305 | 2323 | 2342 | 0002 | 0022 | 0042 | |