

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 0957												
Chandlers Corner	0455 0525 0554	0611 0628 0645 0704 0719 0734 0749 0804 0819 0834 0849 0904 0918 0933 0948 1003												
Rainham War Memorial	0458 0528 0557	0614 0631 0648 0707 0722 0737 0752 0808 0823 0838 0853 0908 0922 0937 0952 1007												
Dagenham New Road/Kent Avenue	0506 0536 0605	0623 0641 0659 0719 0734 0749 0804 0819 0834 0849 0904 0918 0932 0947 1002 1017												
Lodge Ave. Flyover Junc. (West Side)	0512 0542 0613	0633 0651 0710 0730 0745 0800 0815 0830 0845 0900 0914 0928 0942 0957 1011 1026												
Barking London Road	0520 0550 0621	0641 0701 0722 0742 0757 0812 0827 0842 0857 0912 0926 0940 0954 1008 1022 1037												
Barking Station	0522 0552 0623	0643 0703 0724 0744 0759 0814 0829 0844 0859 0914 0928 0942 0956 1010 1024 1039												
		School holidays												
Abbey Wood Lane	0607 0626 0643 0700	Then every 15 minutes until	0815 0829 0843 0857 0912 0927 0942 0957	1012	Then every 15 minutes until	1112 1127								
Chandlers Corner	0612 0631 0648 0706		0821 0835 0849 0903 0918 0933 0948 1003	1018		1118 1133								
Rainham War Memorial	0615 0634 0651 0709		0824 0838 0852 0907 0922 0937 0952 1007	1022		1122 1137								
Dagenham New Road/Kent Avenue	0624 0643 0700 0718		0833 0847 0902 0917 0932 0947 1002 1017	1032		1132 1147								
Lodge Ave. Flyover Junc. (West Side)	0633 0652 0709 0727		0842 0856 0911 0926 0941 0956 1011 1026	1041		1141 1156								
Barking London Road	0641 0701 0719 0737		0852 0907 0922 0937 0952 1007 1022 1037	1052		1152 1207								
Barking Station	0643 0703 0721 0739	0854 0909 0924 0939 0954 1009 1024 1039	1054	1154 1210										
Abbey Wood Lane	1141	Then every 15 minutes until	1411 1425 1439 1453 1508 1523 1538	Then every 15 minutes until	1738 1754 1810 1825 1840 1856 1912									
Chandlers Corner	1147		1417 1431 1445 1459 1514 1529 1544		1744 1800 1816 1831 1846 1902 1917									
Rainham War Memorial	1151		1421 1435 1449 1503 1518 1533 1548		1748 1804 1820 1835 1850 1906 1921									
Dagenham New Road/Kent Avenue	1201		1431 1446 1500 1515 1530 1545 1600		1800 1816 1831 1846 1901 1916 1931									
Lodge Ave. Flyover Junc. (West Side)	1211		1441 1456 1510 1525 1540 1555 1610		1810 1825 1840 1855 1910 1925 1940									
Barking London Road	1222		1452 1507 1522 1537 1552 1607 1621		1821 1836 1851 1906 1920 1935 1950									
Barking Station	1225	1455 1510 1525 1540 1555 1609 1623	1823 1838 1853 1908 1922 1937 1952											
Abbey Wood Lane	1932 1951 2010 2030 2050 2110 2130 2150 2210 2230 2250 2310 2330 2350 0010													
Chandlers Corner	1937 1956 2015 2035 2055 2115 2135 2155 2214 2234 2254 2314 2334 2354 0014													
Rainham War Memorial	1941 2000 2019 2038 2058 2118 2138 2158 2217 2237 2257 2317 2337 2357 0016													
Dagenham New Road/Kent Avenue	1951 2009 2028 2047 2107 2127 2147 2206 2225 2245 2305 2325 2345 0004 0023													
Lodge Ave. Flyover Junc. (West Side)	2000 2017 2036 2055 2115 2135 2155 2214 2233 2253 2313 2333 2352 0011 0030													
Barking London Road	2008 2026 2045 2104 2124 2144 2203 2222 2241 2301 2321 2341 0000 0019 0038													
Barking Station	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 1019													
Chandlers Corner	0457 0527 0557 0617 0638 0658 0718 0738 0758 0813 0828 0842 0857 0912 0926 0941 0955 1010 1025													
Rainham War Memorial	0500 0530 0600 0620 0641 0701 0721 0741 0801 0816 0831 0845 0900 0915 0929 0944 0959 1014 1029													
Dagenham New Road/Kent Avenue	0507 0537 0607 0628 0649 0709 0729 0749 0809 0824 0839 0853 0908 0923 0938 0953 1008 1023 1038													
Lodge Ave. Flyover Junc. (West Side)	0513 0543 0614 0635 0656 0716 0736 0756 0816 0831 0846 0900 0916 0931 0946 1001 1016 1031 1046													
Barking London Road	0520 0550 0621 0642 0703 0724 0744 0804 0824 0839 0854 0910 0926 0941 0956 1011 1026 1041 1056													
Barking Station	0522 0552 0623 0644 0705 0726 0746 0806 0826 0841 0856 0912 0928 0943 0958 1013 1028 1043 1058													
Abbey Wood Lane	1033 1047 1102 1117 1132	Then every 15 minutes until	1347 1402 1417 1432 1447	Then every 15 minutes until	1732 1747 1802 1817 1832									
Chandlers Corner	1039 1053 1108 1123 1138		1353 1408 1423 1437 1452		1737 1752 1807 1822 1837									
Rainham War Memorial	1043 1057 1112 1127 1142		1357 1411 1426 1440 1455		1740 1755 1810 1825 1840									
Dagenham New Road/Kent Avenue	1052 1107 1122 1137 1152		1407 1421 1436 1450 1505		1750 1805 1820 1835 1850									
Lodge Ave. Flyover Junc. (West Side)	1101 1116 1131 1146 1201		1416 1430 1445 1459 1514		1759 1813 1828 1843 1858									
Barking London Road	1111 1126 1141 1156 1212		1427 1441 1456 1510 1524		1809 1823 1838 1853 1908									
Barking Station	1113 1128 1143 1158 1214	1429 1443 1458 1512 1526	1811 1825 1840 1855 1910											
Abbey Wood Lane	1850 1910 1930	Then every 20 minutes until	2050 2110 2130 2150	Then every 20 minutes until	2310 2330 2350 0010									
Chandlers Corner	1855 1915 1935		2055 2115 2135 2154		2314 2334 2354 0014									
Rainham War Memorial	1858 1918 1938		2058 2118 2138 2157		2317 2337 2357 0016									
Dagenham New Road/Kent Avenue	1908 1927 1947		2107 2126 2146 2205		2325 2345 0004 0023									
Lodge Ave. Flyover Junc. (West Side)	1916 1935 1955		2115 2134 2154 2213		2333 2352 0011 0030									
Barking London Road	1926 1945 2004		2124 2143 2202 2221		2341 0000 0019 0038									
Barking Station	1928 1947 2006	2126 2145 2204 2223	2343 0002 0021 0040											
287		Sundays and other Public Holidays (except Christmas Day and Boxing Day)												
Abbey Wood Lane	0625 0655 0725 0755 0825 0855 0915 0935 0954 1013	Then every 20 minutes until	1253 1313 1333 1353 1413 1433 1453	Then every 20 mins. until	2130 2150 2210									
Chandlers Corner	0629 0659 0729 0759 0830 0900 0920 0940 0959 1018		1258 1318 1338 1358 1418 1438 1458		2135 2155 2214									
Rainham War Memorial	0632 0702 0732 0802 0833 0903 0923 0943 1002 1022		1302 1321 1341 1401 1421 1441 1501		2138 2158 2217									
Dagenham New Road/Kent Avenue	0640 0710 0740 0810 0841 0912 0932 0952 1012 1032		1312 1331 1351 1411 1431 1451 1510		2146 2205 2224									
Lodge Ave. Flyover Junc. (West Side)	0646 0717 0747 0817 0848 0920 0941 1002 1022 1042		1322 1341 1401 1420 1440 1500 1519		2153 2212 2231									
Barking London Road	0653 0725 0755 0825 0856 0928 0950 1012 1032 1052		1332 1351 1411 1430 1450 1510 1529		2201 2220 2239									
Barking Station	0655 0727 0757 0827 0858 0930 0952 1014 1034 1054	1334 1353 1413 1432 1452 1512 1531	2203 2222 2241											
Abbey Wood Lane	1513	Then every 20 minutes until	1633 1653 1713 1733 1753 1813 1833 1852 1910	Then every 20 mins. until	2350 0010									
Chandlers Corner	1518		1638 1658 1718 1738 1758 1818 1838 1857 1915		2354 0014									
Rainham War Memorial	1521		1641 1701 1721 1741 1801 1821 1841 1900 1918		2357 0016									
Dagenham New Road/Kent Avenue	1530		1650 1710 1730 1750 1810 1830 1850 1908 1926		0004 0023									
Lodge Ave. Flyover Junc. (West Side)	1539		1659 1719 1739 1759 1818 1838 1858 1915 1933		0011 0030									
Barking London Road	1549		1709 1728 1748 1808 1827 1847 1907 1924 1941		0019 0038									
Barking Station	1551	1711 1730 1750 1810 1829 1849 1909 1926 1943	0021 0040											

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 0841 0855												
Barking London Road	0532 0602 0622	0641 0658 0713 0728 0742 0756 0811 0826 0841 0856	0641 0659	Then	0829 0843 0857												
Lodge Ave. Flyover Junc. (West Side)	0540 0610 0630	0649 0708 0723 0738 0752 0807 0822 0837 0852 0907	0649 0708	every	0838 0852 0906												
Dagenham New Road/Kent Avenue	0547 0617 0637	0656 0716 0731 0746 0801 0816 0831 0846 0901 0916	0656 0716	15	0846 0900 0915												
Rainham War Memorial	0555 0626 0646	0706 0727 0742 0757 0812 0827 0842 0857 0911 0926	0705 0725	mins.	0855 0910 0925												
Chandlers Corner	0557 0628 0648	0709 0730 0745 0800 0815 0830 0845 0900 0914 0929	0708 0728	until	0858 0913 0928												
Abbey Wood Lane	0602 0633 0653	0714 0735 0750 0805 0820 0835 0850 0905 0919 0934	0713 0733		0903 0919 0934												
Barking Station	0909	1024 1038			1238 1252 1306												
Barking London Road	0911	1026 1040	Then		1240 1254 1308												
Lodge Ave. Flyover Junc. (West Side)	0921	1036 1050	every 15		1250 1304 1319												
Dagenham New Road/Kent Avenue	0930	1045 1059	minutes		1259 1313 1328												
Rainham War Memorial	0940	1055 1110	until		1310 1324 1339												
Chandlers Corner	0943	1058 1113			1313 1327 1342												
Abbey Wood Lane	0949	1104 1119			1319 1333 1348												
Barking Station	1451 1505 1520 1535 1550 1604 1619																
Barking London Road	1453 1507 1522 1537 1552 1606 1621																
Lodge Ave. Flyover Junc. (West Side)	1504 1519 1534 1549 1604 1619 1634																
Dagenham New Road/Kent Avenue	1513 1528 1543 1558 1613 1628 1643																
Rainham War Memorial	1524 1539 1554 1609 1624 1639 1654																
Chandlers Corner	1527 1542 1557 1612 1627 1642 1657																
Abbey Wood Lane	1533 1548 1603 1618 1633 1648 1703																
Barking Station	1634 1648 1702 1717 1732 1747 1802 1817 1832 1847 1903 1918 1933 1948 2008 2028 2048 2108 2129																
Barking London Road	1636 1650 1704 1719 1734 1749 1804 1819 1834 1849 1905 1920 1935 1950 2010 2030 2050 2110 2131																
Lodge Ave. Flyover Junc. (West Side)	1649 1703 1718 1733 1748 1803 1817 1831 1846 1900 1915 1930 1945 2000 2019 2039 2059 2119 2140																
Dagenham New Road/Kent Avenue	1658 1712 1727 1742 1757 1812 1826 1840 1855 1908 1923 1938 1953 2008 2027 2047 2107 2127 2148																
Rainham War Memorial	1709 1724 1739 1754 1809 1823 1837 1851 1905 1918 1933 1948 2003 2017 2036 2056 2116 2136 2157																
Chandlers Corner	1712 1727 1742 1757 1812 1826 1840 1854 1908 1921 1936 1951 2006 2020 2039 2059 2119 2139 2159																
Abbey Wood Lane	1718 1733 1748 1803 1818 1832 1846 1900 1914 1927 1942 1957 2012 2026 2044 2104 2124 2144 2204																
Barking Station	2150 2211 2232 2252 2312 2332 2352 0012																
Barking London Road	2152 2213 2234 2254 2314 2334 2354 0014																
Lodge Ave. Flyover Junc. (West Side)	2201 2222 2242 2302 2322 2341 0001 0021																
Dagenham New Road/Kent Avenue	2209 2229 2249 2309 2329 2348 0007 0027																
Rainham War Memorial	2217 2237 2257 2317 2336 2355 0014 0034																
Chandlers Corner	2219 2239 2259 2319 2338 2357 0016 0036																
Abbey Wood Lane	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																
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 15	1154												
Dagenham New Road/Kent Avenue	0545 0616 0636 0656 0717 0737 0757 0817 0831 0846 0902 0918 0932 0947 1002 1017			minutes	1202												
Rainham War Memorial	0553 0624 0644 0704 0725 0745 0805 0825 0840 0855 0911 0927 0942 0957 1012 1027			until	1212												
Chandlers Corner	0555 0626 0646 0706 0727 0747 0807 0827 0842 0857 0914 0930 0945 1000 1015 1030				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 1928												
Barking London Road	1159 1214	1314 1329	Then		1644 1700 1715 1730 1745 1800 1815 1830 1850 1910 1930												
Lodge Ave. Flyover Junc. (West Side)	1209 1225	1325 1340	every 15		1655 1711 1726 1741 1756 1810 1825 1840 1900 1919 1939												
Dagenham New Road/Kent Avenue	1218 1234	1334 1349	minutes		1704 1719 1734 1749 1804 1818 1833 1848 1908 1927 1947												
Rainham War Memorial	1228 1244	1344 1359	until		1714 1729 1744 1759 1814 1828 1843 1857 1917 1936 1956												
Chandlers Corner	1231 1247	1347 1402			1717 1732 1747 1802 1817 1831 1846 1900 1920 1939 1959												
Abbey Wood Lane	1237 1253	1353 1407			1722 1737 1752 1807 1822 1836 1851 1905 1925 1944 2004												
Barking Station	1948 2008 2028 2048 2109 2130 2151 2212 2232 2252 2312 2332 2352 0012																
Barking London Road	1950 2010 2030 2050 2111 2132 2153 2214 2234 2254 2314 2334 2354 0014																
Lodge Ave. Flyover Junc. (West Side)	1959 2019 2039 2059 2120 2141 2202 2222 2242 2302 2322 2341 0001 0021																
Dagenham New Road/Kent Avenue	2007 2027 2047 2107 2128 2148 2209 2229 2249 2309 2329 2348 0007 0027																
Rainham War Memorial	2016 2036 2056 2116 2136 2156 2217 2237 2257 2317 2336 2355 0014 0034																
Chandlers Corner	2019 2039 2059 2119 2139 2159 2219 2239 2259 2319 2338 2357 0016 0036																
Abbey Wood Lane	2024 2044 2104 2124 2144 2204 2224 2244 2304 2324 2343 0002 0021 0041																
287		Sundays and other Public Holidays (except Christmas Day and Boxing Day)															
Barking Station	0614 0644 0714 0744 0814 0834 0852 0911 0931 0948 1007				1227 1247												
Barking London Road	0616 0646 0716 0746 0816 0836 0854 0913 0933 0950 1009			Then	1229 1249												
Lodge Ave. Flyover Junc. (West Side)	0624 0654 0724 0754 0824 0844 0902 0922 0942 0959 1019			every	1239 1259												
Dagenham New Road/Kent Avenue	0630 0700 0731 0801 0831 0851 0910 0930 0950 1008 1028			20	1248 1309												
Rainham War Memorial	0638 0708 0739 0809 0839 0859 0919 0939 0959 1018 1038			mins.	1258 1319												
Chandlers Corner	0640 0710 0741 0811 0841 0901 0921 0941 1001 1021 1041			until	1301 1322												
Abbey Wood Lane	0645 0715 0746 0816 0846 0906 0926 0946 1006 1026 1046				1306 1327												
Barking Station	1427 1447	1427 1447			1427 1447												
Barking London Road	1429 1449	1429 1449	Then		1429 1449												
Lodge Ave. Flyover Junc. (West Side)	1439 1459	1439 1459	every		1439 1459												
Dagenham New Road/Kent Avenue	1449 1509	1449 1509	20		1449 1509												
Rainham War Memorial	1459 1519	1459 1519	mins.		1459 1519												
Chandlers Corner	1469 1529	1469 1529	until		1469 1529												
Abbey Wood Lane	1479 1539	1479 1539			1479 1539												
Barking Station	1648 1708	1848 1909 1930 1951 2011 2031 2052			2152 2212 2232 2252 2312 2332 2352 0012												
Barking London Road	1650 1710	1850 1911 1932 1953 2013 2033 2054	Then		2154 2214 2234 2254 2314 2334 2354 0014												
Lodge Ave. Flyover Junc. (West Side)	1700 1719	1859 1920 1941 2001 2021 2041 2102	every		2202 2221 2241 2301 2321 2341 0001 0021												
Dagenham New Road/Kent Avenue	1708 1727	1907 1927 1948 2008 2028 2048 2109	20		2209 2228 2248 2308 2327 2347 0007 0027												
Rainham War Memorial	1717 1736	1916 1936 1957 2017 2037 2057 2117	mins.		2217 2236 2256 2315 2334 2354 0014 0034												
Chandlers Corner	1720 1739	1919 1939 1959 2019 2039 2059 2119	until		2219 2238 2258 2317 2336 2356 0016 0036												
Abbey Wood Lane	1725 1744	1924 1944 2004 2024 2044 2104 2124			2224 2243 2303 2322 2341 0001 0021 0041												