

287		Mondays to Fridays (school days)																
Abbey Wood Lane	0451	0521	0550	0607	0624	0640	0656	0711	0726	0741	0756	0811	0826	0841	0856	0911	0926	0941
Rainham War Memorial	0458	0528	0557	0614	0632	0648	0705	0721	0736	0751	0807	0822	0837	0853	0907	0922	0937	0952
Dagenham New Road/Kent Avenue	0506	0536	0605	0623	0642	0659	0717	0733	0748	0803	0818	0833	0848	0903	0917	0932	0947	1002
Lodge Ave. Flyover Junc. (West Side)	0512	0542	0613	0633	0652	0710	0728	0744	0759	0814	0829	0844	0859	0915	0929	0944	0959	1013
Barking Station	0522	0552	0623	0643	0703	0723	0742	0758	0813	0828	0843	0858	0913	0928	0942	0957	1012	1027
Abbey Wood Lane	0956	<i>Then</i>	1156	<i>Then</i>	1332	1348	1404	1420	1436	<i>Then</i>	1732	1748	1804	1820	1836			
Rainham War Memorial	1007	<i>every 15</i>	1207	<i>every 16</i>	1343	1359	1415	1431	1447	<i>every 16</i>	1743	1759	1815	1831	1847			
Dagenham New Road/Kent Avenue	1017	<i>minutes</i>	1217	<i>minutes</i>	1353	1409	1426	1442	1458	<i>minutes</i>	1754	1810	1826	1842	1858			
Lodge Ave. Flyover Junc. (West Side)	1028	<i>until</i>	1228	<i>until</i>	1404	1421	1438	1454	1510	<i>until</i>	1806	1822	1838	1854	1909			
Barking Station	1042		1242		1418	1435	1452	1508	1525		1821	1836	1851	1907	1922			
Abbey Wood Lane	1853	1911	1930	1950	2010	2030	2050	2110	2130	2150	2210	2230	2250	2310	2330	2350	0010	
Rainham War Memorial	1904	1922	1940	2000	2020	2039	2059	2119	2139	2159	2218	2238	2258	2318	2338	2358	0017	
Dagenham New Road/Kent Avenue	1915	1932	1950	2009	2029	2048	2108	2128	2148	2207	2226	2246	2306	2326	2346	0005	0024	
Lodge Ave. Flyover Junc. (West Side)	1925	1942	2000	2019	2038	2057	2117	2137	2156	2215	2236	2256	2316	2336	2353	0012	0031	
Barking Station	1938	1954	2012	2030	2049	2108	2128	2148	2206	2225	2246	2306	2326	2346	0003	0022	0041	
287		Mondays to Fridays (school holidays)																
Abbey Wood Lane	0451	0521	0550	0607	0624	0640	0656	0711	0726	0741	0756	0811	0826	0841	0856	0911	0926	0941
Rainham War Memorial	0458	0529	0558	0615	0632	0649	0706	0721	0736	0751	0806	0821	0836	0851	0906	0921	0936	0951
Dagenham New Road/Kent Avenue	0506	0537	0606	0624	0641	0658	0715	0730	0745	0800	0815	0830	0845	0900	0916	0931	0946	1001
Lodge Ave. Flyover Junc. (West Side)	0513	0545	0615	0634	0652	0709	0726	0741	0756	0811	0826	0841	0856	0911	0927	0942	0957	1012
Barking Station	0522	0554	0625	0644	0702	0719	0736	0751	0807	0822	0837	0852	0908	0924	0939	0954	1009	1024
Abbey Wood Lane	0956	<i>Then</i>	1111	1126	1141	1156	1212	1228	1244	1300	<i>Then</i>	1436	1452	1508	<i>Then</i>	1732	1748	
Rainham War Memorial	1007	<i>every 15</i>	1122	1137	1152	1207	1223	1239	1255	1310	<i>every</i>	1446	1502	1518	<i>every</i>	1742	1758	
Dagenham New Road/Kent Avenue	1017	<i>minutes</i>	1132	1147	1202	1217	1233	1249	1305	1320	<i>16</i>	1456	1513	1530	<i>16</i>	1754	1810	
Lodge Ave. Flyover Junc. (West Side)	1028	<i>until</i>	1143	1158	1213	1228	1244	1300	1316	1332	<i>mins.</i>	1508	1525	1542	<i>mins.</i>	1806	1822	
Barking Station	1040		1155	1211	1226	1241	1257	1313	1329	1345	<i>until</i>	1521	1538	1555	<i>until</i>	1819	1834	
Abbey Wood Lane	1804	1820	1836	1853	1911	1930	1950	2010	2030	2050	2110	2130	2150	<i>Then</i>	2330	2350	0010	
Rainham War Memorial	1814	1830	1846	1903	1921	1939	1959	2019	2038	2058	2118	2138	2157	<i>every 20</i>	2337	2357	0016	
Dagenham New Road/Kent Avenue	1826	1841	1857	1914	1931	1949	2008	2028	2047	2107	2127	2147	2205	<i>minutes</i>	2345	0004	0023	
Lodge Ave. Flyover Junc. (West Side)	1837	1852	1907	1924	1941	1959	2018	2038	2056	2116	2136	2156	2213	<i>until</i>	2353	0012	0031	
Barking Station	1848	1903	1918	1935	1952	2009	2028	2047	2106	2126	2145	2205	2222		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
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 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	<i>Then</i>	1347	1402	1417	1432	1447	<i>Then</i>	1732	1747	1802		
Rainham War Memorial	1029	1043	1057	1112	1127	1142	<i>every 15</i>	1357	1411	1426	1440	1455	<i>every 15</i>	1740	1755	1810		
Dagenham New Road/Kent Avenue	1038	1052	1107	1122	1137	1152	<i>minutes</i>	1407	1421	1436	1450	1505	<i>minutes</i>	1750	1805	1820		
Lodge Ave. Flyover Junc. (West Side)	1046	1101	1116	1131	1146	1201	<i>until</i>	1416	1430	1445	1459	1514	<i>until</i>	1759	1813	1828		
Barking Station	1058	1113	1128	1143	1158	1214		1429	1443	1458	1512	1526		1811	1825	1840		
Abbey Wood Lane	1817	1832	1850	1910	1930	1950	2010	2030	2050	2110	2130	2150	<i>Then</i>	2310	2330	2350	0010	
Rainham War Memorial	1825	1840	1858	1918	1938	1958	2018	2038	2058	2118	2138	2157	<i>every 20</i>	2317	2337	2357	0016	
Dagenham New Road/Kent Avenue	1835	1850	1908	1927	1947	2007	2027	2047	2107	2126	2146	2205	<i>minutes</i>	2325	2345	0004	0023	
Lodge Ave. Flyover Junc. (West Side)	1843	1858	1916	1935	1955	2015	2035	2055	2115	2134	2154	2213	<i>until</i>	2333	2352	0011	0030	
Barking Station	1855	1910	1928	1947	2006	2026	2046	2106	2126	2145	2204	2223		2343	0002	0021	0040	
287		Sundays and other Public Holidays (except Christmas Day)																
Abbey Wood Lane	0620	0650	0720	0750	0820	0850	0910	0929	0948	1006	1026	1046	1106	1126	1145	<i>Then</i>	1345	
Rainham War Memorial	0628	0658	0728	0758	0828	0858	0918	0937	0956	1016	1036	1056	1116	1136	1155	<i>every 20</i>	1355	
Dagenham New Road/Kent Avenue	0636	0706	0737	0807	0837	0907	0927	0947	1007	1027	1047	1107	1127	1147	1206	<i>minutes</i>	1406	
Lodge Ave. Flyover Junc. (West Side)	0644	0714	0745	0815	0845	0916	0937	0957	1018	1038	1058	1118	1138	1158	1217	<i>until</i>	1417	
Barking Station	0652	0723	0754	0824	0855	0926	0947	1007	1029	1049	1109	1129	1149	1209	1229		1429	
Abbey Wood Lane	1405	1425	1445	1505	1525	1545	1606	1627	1647	1707	1727	1748	1808	1828	1848	1908	1928	1949
Rainham War Memorial	1414	1433	1453	1513	1533	1553	1614	1635	1655	1715	1735	1756	1816	1836	1856	1916	1936	1957
Dagenham New Road/Kent Avenue	1424	1443	1503	1523	1543	1603	1624	1644	1704	1724	1744	1805	1825	1845	1905	1925	1945	2006
Lodge Ave. Flyover Junc. (West Side)	1435	1454	1514	1534	1554	1614	1634	1654	1714	1734	1754	1814	1834	1854	1914	1934	1954	2014
Barking Station	1447	1506	1526	1546	1606	1625	1645	1705	1725	1745	1805	1823	1843	1903	1923	1942	2002	2022
Abbey Wood Lane	2010	<i>Then</i>	2230	2250	2310	2330	2350	0010										
Rainham War Memorial	2018	<i>every 20</i>	2238	2258	2317	2337	2357	0016										
Dagenham New Road/Kent Avenue	2026	<i>minutes</i>	2246	2306	2324	2344	0004	0023										
Lodge Ave. Flyover Junc. (West Side)	2034	<i>until</i>	2254	2313	2331	2351	0011	0030										
Barking Station	2042		2302	2321	2339	2359	0019	0038										

287 Mondays to Fridays (school days)																		
Barking Station	0530	0600	0620	0639	0656	0711	0725	0739	<i>Then</i>	1024	1039	<i>Then</i>	1239	1254	1310	1326	1342	
Lodge Ave. Flyover Junc. (West Side)	0540	0610	0630	0649	0708	0723	0737	0752	<i>every 15</i>	1037	1051	<i>every</i>	1251	1307	1323	1339	1355	
Dagenham New Road/Kent Avenue	0547	0617	0637	0656	0716	0731	0746	0801	<i>minutes</i>	1046	1101	<i>15</i>	1301	1317	1333	1349	1405	
Rainham Tesco	0555	0626	0646	0706	0727	0742	0757	0812	<i>until</i>	1057	1112	<i>mins.</i>	1312	1328	1344	1400	1416	
Abbey Wood Lane	0602	0633	0653	0714	0735	0751	0806	0821		1106	1121	<i>until</i>	1321	1337	1353	1410	1426	
Barking Station	1358	1414	1430	1446	1502	1518	1534	1550	1606	1622	1638	1654	1710	1726	1742	1758	1814	1830
Lodge Ave. Flyover Junc. (West Side)	1411	1427	1443	1459	1516	1532	1548	1604	1621	1637	1653	1709	1725	1741	1757	1814	1829	1844
Dagenham New Road/Kent Avenue	1421	1437	1453	1509	1526	1543	1559	1615	1632	1648	1704	1720	1736	1752	1808	1825	1840	1855
Rainham Tesco	1432	1448	1504	1520	1537	1554	1610	1626	1643	1659	1715	1732	1748	1804	1820	1836	1851	1906
Abbey Wood Lane	1442	1458	1514	1531	1548	1605	1621	1637	1654	1710	1726	1743	1759	1815	1831	1847	1902	1917
Barking Station	1846	1902	1918	1935	1953	2011	2030	2050	2110	2130	2150	2210	2230	2250	2310	2330	2350	0010
Lodge Ave. Flyover Junc. (West Side)	1859	1915	1931	1948	2005	2023	2041	2101	2121	2141	2201	2221	2241	2300	2320	2339	2359	0019
Dagenham New Road/Kent Avenue	1910	1925	1940	1956	2013	2031	2049	2109	2129	2149	2209	2229	2248	2307	2328	2347	0006	0026
Rainham Tesco	1921	1936	1951	2006	2022	2040	2058	2118	2138	2158	2217	2237	2256	2315	2335	2354	0013	0033
Abbey Wood Lane	1931	1945	2000	2015	2031	2048	2106	2126	2146	2206	2225	2245	2304	2323	2343	0002	0021	0041
287 Mondays to Fridays (school holidays)																		
Barking Station	0530	0600	0620	0639	0656	0711	0725	0739	0754	0809	0824	0839	0854	0909	0924	0939	0954	1009
Lodge Ave. Flyover Junc. (West Side)	0540	0610	0630	0649	0707	0722	0736	0750	0805	0820	0835	0850	0905	0921	0936	0951	1006	1021
Dagenham New Road/Kent Avenue	0548	0618	0638	0657	0716	0731	0745	0759	0814	0829	0844	0859	0914	0931	0946	1001	1016	1031
Rainham Tesco	0556	0627	0647	0706	0725	0740	0754	0808	0823	0838	0853	0909	0925	0941	0956	1011	1026	1041
Abbey Wood Lane	0603	0634	0654	0714	0733	0748	0802	0816	0831	0846	0901	0917	0933	0949	1005	1020	1035	1050
Barking Station	1024	1039	<i>Then</i>	1254	1310	1326	1342	1358	1414	1430	1446	1502	1518	<i>Then</i>	1814	1830		
Lodge Ave. Flyover Junc. (West Side)	1036	1051	<i>every 15</i>	1306	1322	1339	1355	1411	1427	1443	1500	1516	1532	<i>every 16</i>	1828	1843		
Dagenham New Road/Kent Avenue	1046	1101	<i>minutes</i>	1316	1332	1349	1405	1421	1437	1453	1510	1526	1542	<i>minutes</i>	1838	1853		
Rainham Tesco	1056	1112	<i>until</i>	1327	1343	1400	1416	1432	1448	1504	1520	1536	1553	<i>until</i>	1849	1904		
Abbey Wood Lane	1105	1121		1336	1352	1409	1425	1441	1457	1513	1529	1545	1602		1858	1913		
Barking Station	1846	1902	1918	1935	1953	2011	2030	2050	2110	2130	2150	2210	2230	2250	2310	2330	2350	0010
Lodge Ave. Flyover Junc. (West Side)	1859	1914	1930	1947	2005	2023	2041	2101	2121	2141	2201	2221	2240	2300	2320	2339	2359	0019
Dagenham New Road/Kent Avenue	1908	1923	1939	1956	2014	2032	2050	2110	2130	2150	2209	2229	2248	2308	2328	2347	0006	0026
Rainham Tesco	1918	1933	1949	2006	2023	2041	2059	2119	2139	2159	2217	2237	2256	2316	2335	2354	0013	0033
Abbey Wood Lane	1927	1942	1958	2015	2032	2049	2107	2127	2147	2207	2225	2245	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	1012	1027
Lodge Ave. Flyover Junc. (West Side)	0539	0609	0629	0649	0710	0730	0750	0810	0824	0839	0854	0910	0924	0939	0954	1009	1024	1039
Dagenham New Road/Kent Avenue	0545	0616	0636	0656	0717	0737	0757	0817	0831	0846	0902	0918	0932	0947	1002	1017	1032	1047
Rainham Tesco	0553	0624	0644	0704	0725	0745	0805	0825	0840	0855	0911	0927	0942	0957	1012	1027	1042	1057
Abbey Wood Lane	0600	0631	0651	0711	0732	0752	0812	0832	0847	0902	0919	0935	0950	1006	1021	1036	1051	1106
Barking Station	1042	<i>Then</i>	1142	1157	1212	1227	1242	1257	1312	1327	<i>Then</i>	1642	1658	1713	1728	1743		
Lodge Ave. Flyover Junc. (West Side)	1054	<i>every 15</i>	1154	1209	1225	1240	1255	1310	1325	1340	<i>every 15</i>	1655	1711	1726	1741	1756		
Dagenham New Road/Kent Avenue	1102	<i>minutes</i>	1202	1218	1234	1249	1304	1319	1334	1349	<i>minutes</i>	1704	1719	1734	1749	1804		
Rainham Tesco	1112	<i>until</i>	1212	1228	1244	1259	1314	1329	1344	1359	<i>until</i>	1714	1729	1744	1759	1814		
Abbey Wood Lane	1121		1221	1237	1253	1308	1323	1338	1353	1407		1722	1737	1752	1807	1822		
Barking Station	1758	1813	1828	1848	1908	<i>Then</i>	2048	2109	2130	2151	2212	2232	2252	2312	2332	2352	0012	
Lodge Ave. Flyover Junc. (West Side)	1810	1825	1840	1900	1919	<i>every 20</i>	2059	2120	2141	2202	2222	2242	2302	2322	2341	0001	0021	
Dagenham New Road/Kent Avenue	1818	1833	1848	1908	1927	<i>minutes</i>	2107	2128	2148	2209	2229	2249	2309	2329	2348	0007	0027	
Rainham Tesco	1828	1843	1857	1917	1936	<i>until</i>	2116	2136	2156	2217	2237	2257	2317	2336	2355	0014	0034	
Abbey Wood Lane	1836	1851	1905	1925	1944		2124	2144	2204	2224	2244	2304	2324	2343	0002	0021	0041	
287 Sundays and other Public Holidays (except Christmas Day)																		
Barking Station	0613	0643	0712	0742	0812	0832	0854	0915	0936	0956	1015	1035	1055	1115	1135	1154	1214	1234
Lodge Ave. Flyover Junc. (West Side)	0622	0652	0721	0751	0821	0841	0903	0925	0946	1006	1026	1046	1106	1126	1146	1205	1225	1245
Dagenham New Road/Kent Avenue	0630	0700	0729	0759	0829	0849	0912	0934	0956	1016	1036	1056	1116	1136	1157	1217	1237	1257
Rainham Tesco	0638	0708	0738	0808	0838	0858	0921	0944	1006	1026	1046	1106	1126	1146	1207	1227	1247	1307
Abbey Wood Lane	0645	0715	0745	0815	0845	0905	0928	0951	1014	1034	1054	1114	1134	1155	1216	1236	1256	1316
Barking Station	1254	<i>Then</i>	1514	1534	1555	1615	1635	1655	1715	1735	1755	1815	1835	1855	1914	1933	1952	
Lodge Ave. Flyover Junc. (West Side)	1305	<i>every 20</i>	1525	1545	1606	1626	1646	1706	1726	1746	1806	1826	1845	1905	1924	1943	2001	
Dagenham New Road/Kent Avenue	1317	<i>minutes</i>	1537	1557	1617	1637	1657	1716	1735	1755	1815	1835	1854	1914	1933	1951	2009	
Rainham Tesco	1327	<i>until</i>	1547	1607	1626	1646	1706	1725	1744	1804	1824	1844	1903	1923	1942	2000	2018	
Abbey Wood Lane	1336		1556	1615	1634	1654	1714	1733	1752	1812	1832	1852	1911	1931	1950	2007	2025	
Barking Station	2012	<i>Then</i>	2232	2252	2312	2332	2352	0012										
Lodge Ave. Flyover Junc. (West Side)	2021	<i>every 20</i>	2241	2301	2320	2340	0000	0020										
Dagenham New Road/Kent Avenue	2029	<i>minutes</i>	2249	2308	2327	2347	0007	0027										
Rainham Tesco	2038	<i>until</i>	2258	2316	2335	2355	0015	0035										
Abbey Wood Lane	2045		2305	2323	2342	0002	0022	0042										