

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											
		School holidays											
Abbey Wood Lane	0607 0626 0643 0700	0815 0829 0843 0857 0912 0927 0942 0957	1012	1112 1127									
Chandlers Corner	0612 0631 0648 0706	<i>Then</i>	0821 0835 0849 0903 0918 0933 0948 1003	1018	<i>Then</i>	1118 1133							
Rainham War Memorial	0615 0634 0651 0709	<i>every 15</i>	0824 0838 0852 0907 0922 0937 0952 1007	1022	<i>every 15</i>	1122 1137							
Dagenham New Road/Kent Avenue	0624 0643 0700 0718	<i>minutes</i>	0833 0847 0902 0917 0932 0947 1002 1017	1032	<i>minutes</i>	1132 1147							
Lodge Ave. Flyover Junc. (West Side)	0633 0652 0709 0727	<i>until</i>	0842 0856 0911 0926 0941 0956 1011 1026	1041	<i>until</i>	1141 1156							
Barking London Road	0641 0701 0719 0737		0852 0907 0922 0937 0952 1007 1022 1037	1052		1152 1207							
Abbey Wood Lane	1141		1411 1425 1439 1453 1508 1523 1538			1738 1754 1810 1825 1840 1856 1912							
Chandlers Corner	1147	<i>Then</i>	1417 1431 1445 1459 1514 1529 1544	<i>Then</i>		1744 1800 1816 1831 1846 1902 1917							
Rainham War Memorial	1151	<i>every 15</i>	1421 1435 1449 1503 1518 1533 1548	<i>every 15</i>		1748 1804 1820 1835 1850 1906 1921							
Dagenham New Road/Kent Avenue	1201	<i>minutes</i>	1431 1446 1500 1515 1530 1545 1600	<i>minutes</i>		1800 1816 1831 1846 1901 1916 1931							
Lodge Ave. Flyover Junc. (West Side)	1211	<i>until</i>	1441 1456 1510 1525 1540 1555 1610	<i>until</i>		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							
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												
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												
Abbey Wood Lane	1033 1047 1102 1117 1132		1347 1402 1417 1432 1447			1732 1747 1802 1817 1832							
Chandlers Corner	1039 1053 1108 1123 1138	<i>Then</i>	1353 1408 1423 1437 1452	<i>Then</i>		1737 1752 1807 1822 1837							
Rainham War Memorial	1043 1057 1112 1127 1142	<i>every 15</i>	1357 1411 1426 1440 1455	<i>every 15</i>		1740 1755 1810 1825 1840							
Dagenham New Road/Kent Avenue	1052 1107 1122 1137 1152	<i>minutes</i>	1407 1421 1436 1450 1505	<i>minutes</i>		1750 1805 1820 1835 1850							
Lodge Ave. Flyover Junc. (West Side)	1101 1116 1131 1146 1201	<i>until</i>	1416 1430 1445 1459 1514	<i>until</i>		1759 1813 1828 1843 1858							
Barking London Road	1111 1126 1141 1156 1212		1427 1441 1456 1510 1524			1809 1823 1838 1853 1908							
Abbey Wood Lane	1850 1910 1930		2050 2110 2130 2150			2310 2330 2350 0010							
Chandlers Corner	1855 1915 1935	<i>Then</i>	2055 2115 2135 2154	<i>Then</i>		2314 2334 2354 0014							
Rainham War Memorial	1858 1918 1938	<i>every 20</i>	2058 2118 2138 2157	<i>every 20</i>		2317 2337 2357 0016							
Dagenham New Road/Kent Avenue	1908 1927 1947	<i>minutes</i>	2107 2126 2146 2205	<i>minutes</i>		2325 2345 0004 0023							
Lodge Ave. Flyover Junc. (West Side)	1916 1935 1955	<i>until</i>	2115 2134 2154 2213	<i>until</i>		2333 2352 0011 0030							
Barking London Road	1926 1945 2004		2124 2143 2202 2221			2341 0000 0019 0038							
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					1253 1313 1333 1353 1413 1433 1453							
Chandlers Corner	0629 0659 0729 0759 0830 0900 0920 0940 0959 1018					1258 1318 1338 1358 1418 1438 1458							
Rainham War Memorial	0632 0702 0732 0802 0833 0903 0923 0943 1002 1022					1302 1321 1341 1401 1421 1441 1501							
Dagenham New Road/Kent Avenue	0640 0710 0740 0810 0841 0912 0932 0952 1012 1032					1312 1331 1351 1411 1431 1451 1510							
Lodge Ave. Flyover Junc. (West Side)	0646 0717 0747 0817 0848 0920 0941 1002 1022 1042					1322 1341 1401 1420 1440 1500 1519							
Barking London Road	0653 0725 0755 0825 0856 0928 0950 1012 1032 1052					1332 1351 1411 1430 1450 1510 1529							
Abbey Wood Lane	1513		1633 1653 1713 1733 1753 1813 1833 1852 1910			2130 2150 2210	2350 0010						
Chandlers Corner	1518	<i>Then</i>	1638 1658 1718 1738 1758 1818 1838 1857 1915	<i>Then</i>		2135 2155 2214	<i>Then</i>	2354 0014					
Rainham War Memorial	1521	<i>every 20</i>	1641 1701 1721 1741 1801 1821 1841 1900 1918	<i>every</i>		2138 2158 2217	<i>every</i>	2357 0016					
Dagenham New Road/Kent Avenue	1530	<i>minutes</i>	1650 1710 1730 1750 1810 1830 1850 1908 1926	<i>20</i>		2146 2205 2224	<i>20</i>	0004 0023					
Lodge Ave. Flyover Junc. (West Side)	1539	<i>until</i>	1659 1719 1739 1759 1818 1838 1858 1915 1933	<i>mins.</i>		2153 2212 2231	<i>mins.</i>	0011 0030					
Barking London Road	1549		1709 1728 1748 1808 1827 1847 1907 1924 1941	<i>until</i>		2201 2220 2239	<i>until</i>	0019 0038					

287		Mondays to Fridays											
		School days										School holidays	
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 London Road	0911	1026 1040	1240 1254 1308	1453 1507 1522 1537 1552 1606 1621									
Lodge Ave. Flyover Junc. (West Side)	0921	Then 1036 1050	Then 1250 1304 1319	1504 1519 1534 1549 1604 1619 1634									
Dagenham New Road/Kent Avenue	0930	every 15 1045 1059	every 15 1259 1313 1328	1513 1528 1543 1558 1613 1628 1643									
Rainham War Memorial	0940	minutes 1055 1110	minutes 1310 1324 1339	1524 1539 1554 1609 1624 1639 1654									
Chandlers Corner	0943	until 1058 1113	until 1313 1327 1342	1527 1542 1557 1612 1627 1642 1657									
Abbey Wood Lane	0949	1104 1119	1319 1333 1348	1533 1548 1603 1618 1633 1648 1703									
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 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 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	Then	1154										
Dagenham New Road/Kent Avenue	0545 0616 0636 0656 0717 0737 0757 0817 0831 0846 0902 0918 0932 0947 1002 1017	every 15	1202										
Rainham War Memorial	0553 0624 0644 0704 0725 0745 0805 0825 0840 0855 0911 0927 0942 0957 1012 1027	minutes	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 London Road	1159 1214	1314 1329	1644 1700 1715 1730 1745 1800 1815 1830 1850 1910 1930										
Lodge Ave. Flyover Junc. (West Side)	1209 1225	Then 1325 1340	1655 1711 1726 1741 1756 1810 1825 1840 1900 1919 1939										
Dagenham New Road/Kent Avenue	1218 1234	every 15 1334 1349	1704 1719 1734 1749 1804 1818 1833 1848 1908 1927 1947										
Rainham War Memorial	1228 1244	minutes 1344 1359	1714 1729 1744 1759 1814 1828 1843 1857 1917 1936 1956										
Chandlers Corner	1231 1247	until 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 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 London Road	0616 0646 0716 0746 0816 0836 0854 0913 0933 0950 1009	Then	1229 1249	Then	1349 1409	Then	1629						
Lodge Ave. Flyover Junc. (West Side)	0624 0654 0724 0754 0824 0844 0902 0922 0942 0959 1019	every	1239 1259	every	1359 1419	every	1639						
Dagenham New Road/Kent Avenue	0630 0700 0731 0801 0831 0851 0910 0930 0950 1008 1028	20	1248 1309	20	1409 1428	20	1648						
Rainham War Memorial	0638 0708 0739 0809 0839 0859 0919 0939 0959 1018 1038	mins.	1258 1319	mins.	1419 1438	mins.	1658						
Chandlers Corner	0640 0710 0741 0811 0841 0901 0921 0941 1001 1021 1041	until	1301 1322	until	1422 1441	until	1701						
Abbey Wood Lane	0645 0715 0746 0816 0846 0906 0926 0946 1006 1026 1046		1306 1327		1427 1446		1706						
Barking London Road	1650 1710	Then	1850 1911 1932 1953 2013 2033 2054	Then	2154 2214 2234 2254 2314 2334 2354 0014								
Lodge Ave. Flyover Junc. (West Side)	1700 1719	every	1859 1920 1941 2001 2021 2041 2102	every	2202 2221 2241 2301 2321 2341 0001 0021								
Dagenham New Road/Kent Avenue	1708 1727	20	1907 1927 1948 2008 2028 2048 2109	20	2209 2228 2248 2308 2327 2347 0007 0027								
Rainham War Memorial	1717 1736	mins.	1916 1936 1957 2017 2037 2057 2117	mins.	2217 2236 2256 2315 2334 2354 0014 0034								
Chandlers Corner	1720 1739	until	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								