

300		Mondays to Fridays																	
East Ham	Wordsworth Avenue	0445	0505	0525	0545	0605	0620	0633	0646	0659	0712	0725	0740	0755	0809	0825	0840	0856	0911
East Ham	Newham Town Hall	0450	0510	0530	0550	0611	0626	0640	0653	0706	0720	0733	0748	0803	0818	0834	0849	0905	0920
Folkestone Road Gooseley Lane		0454	0514	0534	0554	0615	0630	0645	0658	0712	0726	0740	0755	0810	0825	0841	0856	0911	0926
Beckton Bus Station		0501	0521	0541	0601	0623	0639	0654	0707	0722	0736	0751	0806	0821	0836	0852	0907	0921	0936
Prince Regent Stn. Prince Regent Lane		0509	0529	0549	0611	0633	0649	0704	0719	0734	0749	0804	0819	0834	0849	0904	0918	0932	0947
New Barn Street Newham Way		0516	0536	0556	0619	0642	0659	0714	0729	0744	0800	0815	0830	0845	0900	0915	0929	0943	0958
Canning Town Bus Station		0521	0541	0601	0624	0647	0704	0719	0735	0750	0806	0821	0836	0851	0905	0920	0934	0948	1003
East Ham	Wordsworth Avenue	0926	0941	0956	1010	Then every 15 minutes until	1210	1225	1240	1255	1310	1325	1340	1355	1409	1424	1437	1452	
East Ham	Newham Town Hall	0935	0950	1005	1020		1220	1235	1250	1305	1321	1336	1351	1406	1421	1436	1449	1504	
Folkestone Road Gooseley Lane		0941	0956	1011	1026		1226	1241	1256	1311	1327	1342	1357	1413	1428	1443	1457	1512	
Beckton Bus Station		0951	1006	1021	1036		1236	1251	1306	1321	1337	1352	1407	1424	1439	1454	1509	1524	
Prince Regent Stn. Prince Regent Lane		1002	1017	1032	1047		1247	1302	1317	1332	1348	1403	1420	1437	1452	1507	1522	1537	
New Barn Street Newham Way		1013	1028	1043	1058		1258	1313	1328	1343	1359	1414	1431	1448	1503	1518	1533	1548	
Canning Town Bus Station		1018	1033	1048	1103		1303	1319	1334	1349	1405	1420	1437	1454	1510	1525	1540	1555	
East Ham	Wordsworth Avenue	1506	1521	1536	1551		1606	1621	1636	1651	1706	1721	1737	1753	1809	1824	1840	1855	1910
East Ham	Newham Town Hall	1519	1534	1549	1604	1619	1634	1649	1704	1719	1734	1750	1806	1821	1836	1851	1906	1921	1940
Folkestone Road Gooseley Lane		1527	1542	1557	1612	1627	1642	1657	1712	1727	1742	1758	1813	1828	1843	1858	1913	1928	1946
Beckton Bus Station		1539	1554	1609	1624	1639	1654	1709	1723	1738	1753	1808	1823	1838	1853	1908	1923	1938	1956
Prince Regent Stn. Prince Regent Lane		1552	1607	1622	1637	1652	1707	1722	1736	1751	1806	1820	1835	1850	1905	1920	1935	1949	2007
New Barn Street Newham Way		1603	1618	1633	1648	1703	1718	1733	1747	1802	1816	1830	1845	1900	1915	1930	1945	1959	2016
Canning Town Bus Station		1610	1625	1640	1655	1709	1724	1739	1753	1808	1822	1836	1851	1905	1920	1935	1950	2004	2021
East Ham	Wordsworth Avenue	1950	2010	2030	2050	2110	2130	2150	2210	2230	2250	2310	2330	2350	0010	0030			
East Ham	Newham Town Hall	2000	2019	2039	2058	2118	2138	2158	2217	2237	2257	2317	2336	2356	0016	0036			
Folkestone Road Gooseley Lane		2006	2025	2045	2104	2123	2143	2203	2222	2242	2302	2321	2340	0000	0020	0040			
Beckton Bus Station		2015	2034	2054	2112	2131	2151	2210	2229	2249	2309	2328	2346	0006	0026	0046			
Prince Regent Stn. Prince Regent Lane		2025	2044	2104	2121	2140	2200	2218	2237	2257	2317	2336	2353	0013	0033	0053			
New Barn Street Newham Way		2034	2053	2113	2130	2149	2209	2227	2246	2306	2326	2344	0000	0020	0040	0100			
Canning Town Bus Station		2039	2057	2117	2134	2153	2213	2231	2250	2310	2330	2347	0003	0023	0043	0103			
300		Saturdays (also Good Friday)																	
East Ham	Wordsworth Avenue	0445	0505	0525	0545	Then every 20 mins. until	0725	0740	0755	0809	0824	0839	0853	0907	0922	0936	0950	1003	1018
East Ham	Newham Town Hall	0451	0511	0531	0551		0731	0746	0801	0816	0831	0846	0900	0915	0930	0945	0959	1013	1028
Folkestone Road Gooseley Lane		0455	0515	0535	0555		0735	0750	0806	0821	0836	0851	0905	0920	0935	0950	1004	1019	1034
Beckton Bus Station		0502	0522	0542	0602		0742	0757	0814	0829	0844	0859	0914	0929	0944	0959	1014	1029	1044
Prince Regent Stn. Prince Regent Lane		0510	0530	0550	0611		0751	0806	0823	0838	0853	0909	0925	0940	0955	1010	1025	1040	1055
New Barn Street Newham Way		0517	0537	0557	0619		0759	0815	0832	0847	0902	0918	0934	0950	1005	1020	1035	1050	1105
Canning Town Bus Station		0521	0541	0601	0623		0803	0819	0836	0851	0907	0923	0939	0955	1010	1025	1040	1055	1110
East Ham	Wordsworth Avenue	1032	1046	1100	1114		1128	1143	1158	1212	1227	1242	1257	1312	1327	1342	Then every 15 mins. until	1527	1542
East Ham	Newham Town Hall	1043	1057	1112	1126	1141	1156	1211	1226	1241	1256	1311	1326	1341	1356	1541		1556	1611
Folkestone Road Gooseley Lane		1049	1103	1118	1132	1147	1202	1217	1232	1247	1302	1318	1333	1348	1403	1548		1603	1618
Beckton Bus Station		1059	1113	1128	1143	1158	1213	1228	1243	1258	1313	1329	1344	1359	1414	1559		1613	1628
Prince Regent Stn. Prince Regent Lane		1110	1125	1140	1155	1210	1226	1241	1256	1311	1326	1342	1357	1412	1426	1611		1625	1640
New Barn Street Newham Way		1120	1135	1150	1205	1221	1237	1252	1307	1322	1337	1353	1408	1422	1436	1621		1635	1650
Canning Town Bus Station		1125	1140	1155	1211	1227	1243	1258	1313	1328	1343	1359	1414	1428	1442	1627		1641	1656
East Ham	Wordsworth Avenue	1612	Then every 15 mins. until	1742	1757	1812	1827	1842	1857	1912	1930	1950	2010	2030	2050	2110		2130	2150
East Ham	Newham Town Hall	1625		1755	1810	1825	1840	1855	1910	1924	1941	2001	2020	2040	2100	2119	2139	2159	2218
Folkestone Road Gooseley Lane		1632		1802	1816	1831	1846	1901	1916	1930	1947	2007	2026	2046	2105	2124	2144	2204	2223
Beckton Bus Station		1642		1812	1826	1841	1856	1911	1926	1939	1956	2016	2035	2055	2113	2132	2152	2212	2231
Prince Regent Stn. Prince Regent Lane		1654		1824	1838	1853	1908	1922	1937	1950	2007	2026	2045	2105	2123	2142	2201	2220	2239
New Barn Street Newham Way		1704		1834	1848	1903	1918	1932	1947	2000	2017	2036	2055	2114	2132	2151	2210	2229	2248
Canning Town Bus Station		1710		1840	1854	1908	1923	1937	1952	2005	2022	2041	2100	2119	2137	2156	2214	2233	2252
300		Saturdays (also Good Friday) (cont.) Sundays and other Public Holidays (except Christmas Day)																	
East Ham	Wordsworth Avenue	2230	2250	2310	2330	2350	0010	0030	0625	Then every 20 mins. until	0745	0805	0825	0845	0905	0925	0945	1005	1024
East Ham	Newham Town Hall	2238	2258	2317	2336	2356	0016	0036	0630		0750	0810	0831	0851	0911	0932	0952	1013	1033
Folkestone Road Gooseley Lane		2243	2303	2322	2340	0000	0020	0040	0634		0754	0814	0835	0855	0915	0937	0957	1018	1038
Beckton Bus Station		2251	2310	2329	2347	0007	0027	0047	0640		0800	0820	0842	0903	0923	0945	1005	1027	1047
Prince Regent Stn. Prince Regent Lane		2259	2318	2337	2354	0014	0034	0054	0648		0808	0829	0851	0912	0933	0955	1016	1038	1058
New Barn Street Newham Way		2307	2326	2344	0001	0021	0041	0101	0655		0815	0837	0900	0921	0942	1005	1026	1048	1108
Canning Town Bus Station		2311	2330	2347	0004	0024	0044	0104	0658		0818	0841	0904	0925	0946	1010	1031	1053	1113
300		Sundays and other Public Holidays (except Christmas Day)																	
East Ham	Wordsworth Avenue	1043	1103	1120	1139	1159	1219	1239	1259	Then every 20 mins. until	1419	1440	1501	1521	1541	1603	Then every 20 mins. until	1723	1743
East Ham	Newham Town Hall	1052	1112	1130	1150	1210	1230	1250	1311		1431	1452	1512	1532	1552	1613		1733	1753
Folkestone Road Gooseley Lane		1058	1118	1136	1156	1216	1236	1256	1317		1437	1458	1518	1538	1558	1619		1739	1759
Beckton Bus Station		1107	1127	1146	1206	1226	1246	1306	1327		1447	1508	1528	1548	1608	1628		1748	1808
Prince Regent Stn. Prince Regent Lane		1118	1138	1158	1218	1238	1258	1318	1339		1459	1520	1540	1600	1620	1640		1800	1819
New Barn Street Newham Way		1128	1148	1208	1228	1248	1308	1329	1350		1510	1530	1550	1610	1630	1650		1810	1829
Canning Town Bus Station		1133	1153	1213	1233	1253	1313	1334	1355		1515	1535	1555	1615	1635	1655		1815	1834
East Ham	Wordsworth Avenue	1804	1824	1845	1905	1925	1945	2005	Then every 20 mins. until		2125	2146	2207	2228	2248	2309		2330	2350
East Ham	Newham Town Hall	1814	1834	1854	1914	1934	1954	2013		2133	2154	2214	2235	2255	2316	2336	2356	0016	0036
Folkestone Road Gooseley Lane		1820	1840	1900	1919	1939	1959	2018		2138	2159	2219	2239	2259	2320	2340	0000	0020	0040
Beckton Bus Station		1829	1849	1908	1927	1947	2007	2026		2146	2206	2226	2246	2306	2326	2346	0006	0026	0046
Prince Regent Stn. Prince Regent Lane		1839	1859	1918	1937	1957	2016	2035		2155	2214								

300		Mondays to Fridays																
Canning Town Bus Station	0525	0545	0605	0625	0640	0653	0705	0719	0733	0748	0803	0818	0833	Then every 15 minutes until	1148	1202	1217	
New Barn Street Newham Way	0529	0549	0610	0630	0645	0658	0711	0725	0739	0754	0809	0824	0839		1154	1209	1224	
Prince Regent Stn. Prince Regent Lane	0537	0557	0618	0638	0653	0706	0720	0734	0749	0804	0819	0834	0849		1204	1219	1234	
Beckton Bus Station	0545	0605	0627	0648	0703	0717	0731	0746	0801	0816	0831	0846	0901		1216	1231	1246	
Folkestone Road Gooseley Lane	0553	0613	0635	0657	0712	0727	0741	0756	0811	0826	0841	0856	0911		1226	1241	1256	
East Ham Newham Town Hall	0558	0619	0641	0703	0718	0733	0748	0803	0818	0833	0848	0903	0917		1232	1247	1302	
East Ham Wordsworth Avenue	0603	0624	0647	0709	0725	0740	0755	0811	0826	0841	0856	0911	0925		1240	1255	1310	
Canning Town Bus Station	1232	1247	1302	1316	1330	1344	1358	1412	1427	1440	1454	1508		Then every 15 minutes until	1708	1723	1738	1753
New Barn Street Newham Way	1239	1254	1309	1323	1337	1351	1405	1419	1434	1447	1501	1516			1716	1731	1746	1801
Prince Regent Stn. Prince Regent Lane	1249	1304	1319	1333	1347	1401	1415	1429	1444	1457	1511	1526			1726	1741	1756	1811
Beckton Bus Station	1301	1316	1331	1345	1359	1413	1427	1441	1456	1510	1525	1540			1740	1755	1810	1824
Folkestone Road Gooseley Lane	1312	1327	1342	1356	1410	1425	1439	1454	1509	1524	1539	1554			1754	1809	1823	1837
East Ham Newham Town Hall	1318	1333	1348	1402	1417	1432	1446	1501	1516	1531	1546	1601			1801	1815	1829	1843
East Ham Wordsworth Avenue	1326	1341	1356	1411	1426	1441	1455	1510	1525	1540	1555	1610			1810	1824	1838	1851
Canning Town Bus Station	1809	1824	1839	1854	1909	1924	1940	1955	2010	2025	2040	2100	2120	2140	2200	2220	2240	2300
New Barn Street Newham Way	1816	1831	1846	1901	1916	1931	1946	2001	2016	2031	2046	2106	2126	2146	2206	2225	2245	2305
Prince Regent Stn. Prince Regent Lane	1826	1840	1855	1910	1925	1940	1955	2010	2025	2040	2055	2115	2135	2155	2215	2234	2254	2314
Beckton Bus Station	1839	1853	1908	1922	1937	1952	2007	2022	2037	2052	2107	2126	2146	2206	2225	2244	2304	2324
Folkestone Road Gooseley Lane	1851	1904	1918	1932	1946	2001	2015	2030	2045	2100	2115	2134	2154	2213	2232	2251	2311	2331
East Ham Newham Town Hall	1857	1909	1923	1937	1951	2006	2020	2035	2050	2105	2120	2139	2159	2217	2236	2255	2315	2334
East Ham Wordsworth Avenue	1905	1917	1931	1944	1958	2012	2026	2041	2056	2111	2126	2145	2205	2222	2241	2300	2320	2338
Canning Town Bus Station	2320	2340	2355	0015	0035	0055	0115											
New Barn Street Newham Way	2325	2344	2359	0019	0039	0059	0119											
Prince Regent Stn. Prince Regent Lane	2334	2352	0007	0027	0047	0107	0127											
Beckton Bus Station	2343	0001	0016	0036	0056	0116	0136											
Folkestone Road Gooseley Lane	2349	0007	0022	0042	0102	0122	0142											
East Ham Newham Town Hall	2352	0010	0025	0045	0105	0125	0145											
East Ham Wordsworth Avenue	2356	0014	0029	0049	0109	0129	0149											
300		Saturdays (also Good Friday)																
Canning Town Bus Station	0525	0545	0605	0625	0645	0705	0725	0740	0755	0809	0823	0838	0853	0908	0923	0936	0950	1003
New Barn Street Newham Way	0529	0549	0609	0629	0649	0709	0729	0744	0759	0814	0828	0843	0858	0913	0928	0941	0955	1009
Prince Regent Stn. Prince Regent Lane	0536	0556	0616	0636	0657	0717	0737	0752	0807	0823	0837	0852	0907	0922	0937	0950	1004	1019
Beckton Bus Station	0543	0603	0623	0643	0705	0726	0746	0801	0817	0833	0847	0902	0918	0933	0948	1001	1016	1031
Folkestone Road Gooseley Lane	0550	0610	0630	0650	0713	0734	0754	0809	0825	0841	0855	0911	0927	0942	0957	1011	1026	1041
East Ham Newham Town Hall	0555	0615	0635	0655	0718	0739	0759	0814	0830	0846	0900	0916	0932	0947	1002	1017	1032	1047
East Ham Wordsworth Avenue	0600	0620	0640	0700	0723	0744	0804	0820	0836	0852	0907	0923	0939	0954	1010	1025	1040	1055
Canning Town Bus Station	1018	1032	1046	1101	1116	1131	1146	1201		1416	1432							
New Barn Street Newham Way	1024	1038	1052	1107	1122	1137	1152	1208	Then every 15 mins. until	1423	1439	Then every 15 mins. until	1717	1732	1748	1805	1820	1835
Prince Regent Stn. Prince Regent Lane	1034	1048	1102	1117	1132	1147	1202	1218		1433	1449		1734	1749	1805	1820	1835	1850
Beckton Bus Station	1046	1100	1115	1130	1145	1200	1215	1231		1446	1502		1747	1802	1817	1832	1847	1902
Folkestone Road Gooseley Lane	1056	1111	1126	1141	1156	1212	1227	1243		1458	1513		1758	1812	1827	1842	1857	1911
East Ham Newham Town Hall	1102	1117	1132	1147	1202	1218	1233	1249		1504	1519		1804	1818	1833	1848	1902	1916
East Ham Wordsworth Avenue	1110	1125	1140	1155	1211	1227	1242	1258		1513	1528		1813	1827	1842	1857	1911	1925
Canning Town Bus Station	1850	1905	1920	1935	1950	2010	2031	2052	2112	2132	2153	2214	2234	2254	2315			
New Barn Street Newham Way	1856	1911	1926	1941	1956	2016	2037	2058	2118	2138	2158	2219	2239	2259	2320	Then every 20 minutes until		
Prince Regent Stn. Prince Regent Lane	1905	1920	1935	1950	2005	2025	2046	2107	2127	2147	2206	2227	2247	2307	2328			
Beckton Bus Station	1917	1932	1947	2002	2017	2037	2058	2118	2138	2157	2216	2236	2256	2316	2337			
Folkestone Road Gooseley Lane	1926	1941	1956	2011	2026	2046	2107	2126	2146	2205	2224	2244	2304	2324	2344			
East Ham Newham Town Hall	1931	1946	2001	2016	2031	2051	2111	2130	2150	2209	2228	2248	2308	2328	2347			
East Ham Wordsworth Avenue	1940	1955	2009	2023	2038	2057	2117	2136	2156	2214	2233	2253	2313	2332	2351			
300		Sundays and other Public Holidays (except Christmas Day)																
Canning Town Bus Station	0625	0645	0705	0725	0745	0805	0825	0843	0903	0923	0942	1001	1020	1040	1059	1118	1135	1155
New Barn Street Newham Way	0629	0649	0709	0729	0749	0809	0829	0848	0908	0928	0947	1006	1025	1045	1104	1123	1141	1201
Prince Regent Stn. Prince Regent Lane	0636	0656	0716	0736	0756	0816	0836	0857	0917	0937	0956	1015	1034	1054	1113	1133	1151	1211
Beckton Bus Station	0644	0704	0724	0744	0804	0824	0845	0907	0927	0947	1006	1026	1046	1106	1125	1145	1204	1224
Folkestone Road Gooseley Lane	0650	0710	0730	0750	0810	0830	0853	0915	0935	0955	1014	1035	1055	1115	1134	1154	1214	1234
East Ham Newham Town Hall	0654	0714	0734	0754	0814	0834	0858	0920	0940	1000	1019	1040	1100	1120	1140	1200	1210	1240
East Ham Wordsworth Avenue	0659	0719	0739	0759	0819	0839	0904	0926	0946	1006	1026	1047	1107	1127	1147	1208	1228	1248
Canning Town Bus Station	1215			1415	1435	1455	1515	1535	1555	1615	1635	1655	1715	1735	1755	1815	1835	1855
New Barn Street Newham Way	1221	Then every 20 minutes until		1421	1441	1501	1521	1541	1601	1621	1641	1701	1721	1741	1801	1821	1841	1901
Prince Regent Stn. Prince Regent Lane	1231			1431	1451	1511	1531	1551	1611	1631	1651	1710	1730	1750	1810	1830	1850	1910
Beckton Bus Station	1244			1444	1504	1523	1543	1603	1623	1643	1703	1722	1742	1802	1822	1842	1902	1921
Folkestone Road Gooseley Lane	1254			1454	1514	1533	1553	1613	1633	1653	1713	1732	1751	1810	1830	1850	1910	1929
East Ham Newham Town Hall	1300			1500	1520	1539	1559	1619	1639	1659	1718	1737	1756	1815	1835	1855	1915	1934
East Ham Wordsworth Avenue	1309			1509	1528	1547	1607	1627	1647	1707	1726	1744	1803	1822	1842	1902	1922	1940
Canning Town Bus Station	1915	1935	1955	2015	2035	2055	2115	2135	2155	2215	2235	2255	2315	2335				
New Barn Street Newham Way	1921	1941	2001	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2339	Then every 20 minutes until			
Prince Regent Stn. Prince Regent Lane	1930	1950	2010	2029	2049	2109	2129	2149	2208	2228	2248	2308	2328	2347				
Beckton Bus Station	1941	2001	2021	2040	2100	2119	2139	2159	2217	2237	2257	2317						