

# 300

## East Ham – Beckton – Canning Town

300		Mondays to Fridays															
East Ham Wordsworth Avenue	0445	0505	0525	0545	0605	0625	0639	0651	0701	0710	0721	0731	0741	Then every 12 minutes until	0905	0917	0929
East Ham Station	0447	0507	0527	0547	0607	0627	0641	0653	0703	0712	0723	0733	0744		0908	0920	0932
East Ham Newham Town Hall	0451	0511	0531	0551	0612	0632	0646	0658	0708	0717	0728	0739	0751		0915	0927	0939
Folkestone Road Gooseley Lane	0455	0515	0535	0555	0616	0636	0650	0703	0714	0723	0734	0745	0757		0921	0933	0946
Beckton Bus Station	0501	0521	0541	0601	0622	0642	0656	0710	0722	0732	0744	0756	0808		0932	0943	0955
Stansfeld Road Fulmer Road	0504	0524	0544	0604	0625	0645	0700	0715	0727	0738	0750	0802	0814		0938	0948	1000
Prince Regent Station Bus Station	0507	0527	0547	0607	0628	0648	0704	0719	0731	0742	0754	0806	0818		0942	0952	1004
Plaistow Greengate	0512	0532	0552	0613	0634	0654	0711	0728	0741	0753	0805	0817	0829	0953	1003	1015	
Canning Town Bus Station	0517	0537	0557	0618	0639	0700	0718	0735	0749	0801	0813	0825	0837	1001	1011	1023	
East Ham Wordsworth Avenue	0941	Then every 12 minutes until	1317	1329	1341	1353	1405	1417	1429	1441	1453	1505	1517	1529	1541	1553	1605
East Ham Station	0944		1320	1332	1344	1356	1408	1420	1432	1444	1456	1508	1520	1533	1545	1557	1609
East Ham Newham Town Hall	0951		1327	1339	1351	1403	1416	1428	1440	1452	1504	1516	1528	1541	1553	1605	1617
Folkestone Road Gooseley Lane	0958		1334	1346	1358	1410	1423	1435	1447	1459	1511	1524	1536	1549	1601	1613	1625
Beckton Bus Station	1007		1343	1355	1407	1419	1432	1444	1456	1508	1520	1533	1545	1558	1610	1622	1634
Stansfeld Road Fulmer Road	1012		1348	1400	1412	1424	1437	1449	1501	1513	1526	1539	1551	1604	1616	1628	1640
Prince Regent Station Bus Station	1016		1352	1404	1416	1428	1441	1453	1505	1517	1530	1543	1555	1608	1620	1632	1644
Plaistow Greengate	1027	1403	1416	1428	1440	1453	1505	1517	1529	1542	1555	1607	1620	1632	1644	1656	
Canning Town Bus Station	1035	1411	1424	1436	1448	1501	1513	1525	1538	1551	1604	1616	1629	1641	1653	1705	
East Ham Wordsworth Avenue	1617	Then every 12 minutes until	1729	1741	1753	1805	1817	1829	1842	1856	1910	1930	1950	2010	2030	2050	2110
East Ham Station	1621		1733	1745	1757	1809	1821	1833	1845	1858	1912	1932	1952	2012	2032	2052	2112
East Ham Newham Town Hall	1629		1741	1753	1805	1817	1829	1841	1853	1906	1920	1939	1959	2019	2038	2057	2117
Folkestone Road Gooseley Lane	1637		1749	1801	1813	1825	1837	1848	1900	1913	1927	1945	2005	2025	2043	2102	2122
Beckton Bus Station	1646		1758	1810	1822	1834	1846	1857	1909	1922	1936	1953	2013	2032	2050	2109	2129
Stansfeld Road Fulmer Road	1652		1804	1816	1828	1839	1851	1902	1914	1927	1940	1957	2017	2036	2054	2113	2133
Prince Regent Station Bus Station	1656		1808	1820	1832	1843	1855	1906	1918	1931	1944	2001	2021	2039	2057	2116	2136
Plaistow Greengate	1708	1820	1832	1843	1853	1905	1915	1926	1939	1951	2008	2028	2046	2104	2123	2143	
Canning Town Bus Station	1716	1828	1839	1850	1900	1912	1922	1933	1945	1957	2014	2034	2052	2110	2129	2149	
East Ham Wordsworth Avenue	2130	2150	2210	Then every 20 minutes until	0030												
East Ham Station	2132	2152	2212		0032												
East Ham Newham Town Hall	2137	2157	2216		0036												
Folkestone Road Gooseley Lane	2142	2202	2220		0040												
Beckton Bus Station	2149	2209	2227		0047												
Stansfeld Road Fulmer Road	2153	2212	2230		0050												
Prince Regent Station Bus Station	2156	2215	2233		0053												
Plaistow Greengate	2202	2221	2239	0059													
Canning Town Bus Station	2208	2227	2245	0105													

300		Saturdays (also Good Friday)																
East Ham Wordsworth Avenue	0445		0625	0645	0705	0725	0739	0751	0803	0815	0827	0839	0851	0903	0915	0927	0939	
East Ham Station	0447		0627	0647	0707	0727	0741	0753	0805	0817	0829	0841	0853	0905	0917	0929	0941	
East Ham Newham Town Hall	0451	Then	0631	0651	0712	0732	0746	0758	0810	0822	0834	0846	0858	0911	0923	0936	0948	
Folkestone Road Gooseley Lane	0455	every 20	0635	0655	0716	0736	0750	0802	0814	0826	0838	0851	0903	0916	0928	0942	0954	
Beckton Bus Station	0501	minutes	0641	0701	0723	0743	0757	0809	0821	0833	0845	0859	0911	0924	0937	0951	1003	
Stansfeld Road Fulmer Road	0504	until	0644	0705	0727	0747	0801	0813	0825	0837	0849	0903	0916	0929	0942	0956	1008	
Prince Regent Station Bus Station	0507		0647	0709	0731	0751	0805	0817	0829	0841	0853	0907	0920	0933	0946	1000	1012	
Plaistow Greengate	0512		0652	0715	0737	0757	0811	0823	0835	0847	0900	0915	0929	0942	0955	1009	1021	
Canning Town Bus Station	0517		0657	0720	0742	0802	0816	0828	0840	0852	0906	0922	0936	0949	1002	1016	1029	
East Ham Wordsworth Avenue	0951	1003	1015	1027	1039	1051	1103		1703	1715	1727	1739	1751	1803	1815	1827	1839	
East Ham Station	0953	1005	1018	1030	1042	1054	1107		1707	1719	1731	1743	1755	1807	1818	1830	1842	
East Ham Newham Town Hall	1000	1012	1025	1038	1050	1102	1115	Then	1715	1727	1739	1751	1803	1814	1825	1837	1849	
Folkestone Road Gooseley Lane	1006	1019	1032	1045	1057	1109	1122	every 12	1722	1734	1746	1758	1810	1820	1831	1843	1855	
Beckton Bus Station	1015	1029	1042	1055	1107	1119	1132	minutes	1732	1744	1756	1808	1820	1830	1840	1852	1904	
Stansfeld Road Fulmer Road	1020	1034	1047	1100	1112	1124	1137	until	1737	1749	1801	1813	1825	1835	1845	1857	1909	
Prince Regent Station Bus Station	1024	1038	1051	1104	1116	1128	1141		1741	1753	1805	1817	1829	1839	1849	1851	1912	
Plaistow Greengate	1034	1048	1101	1114	1127	1139	1152		1752	1804	1815	1827	1838	1847	1857	1909	1919	
Canning Town Bus Station	1042	1056	1109	1122	1135	1147	1200		1800	1811	1822	1834	1845	1854	1903	1915	1925	
East Ham Wordsworth Avenue	1851	1904	1918	1933	1950	2010	2030	2050	2110	2130	2150	2210		0030				
East Ham Station	1854	1907	1921	1936	1953	2012	2032	2052	2112	2132	2152	2212		0032				
East Ham Newham Town Hall	1901	1913	1927	1942	1959	2017	2037	2057	2117	2137	2157	2216	Then	0036				
Folkestone Road Gooseley Lane	1907	1919	1933	1948	2005	2022	2042	2102	2122	2142	2202	2220	every 20	0040				
Beckton Bus Station	1915	1927	1941	1956	2012	2029	2049	2109	2129	2149	2209	2227	minutes	0047				
Stansfeld Road Fulmer Road	1920	1932	1946	2001	2016	2033	2053	2113	2133	2153	2212	2230	until	0050				
Prince Regent Station Bus Station	1923	1935	1949	2004	2019	2036	2056	2116	2136	2156	2215	2233		0053				
Plaistow Greengate	1930	1942	1956	2011	2026	2043	2103	2123	2143	2202	2221	2239		0059				
Canning Town Bus Station	1936	1948	2002	2017	2032	2049	2109	2129	2149	2208	2227	2245		0105				
300		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																
East Ham Wordsworth Avenue	0625	0645	0705	0725	0745	0804	0822	0841	0901	0920	0939	0958	1016	1036	1056	1115	1134	1153
East Ham Station	0627	0647	0707	0727	0747	0806	0824	0843	0903	0922	0941	1000	1019	1039	1059	1118	1137	1156
East Ham Newham Town Hall	0631	0651	0711	0731	0751	0810	0828	0848	0908	0927	0946	1006	1025	1045	1105	1124	1143	1202
Folkestone Road Gooseley Lane	0635	0655	0715	0735	0755	0814	0832	0852	0912	0931	0951	1011	1030	1050	1110	1129	1149	1209
Beckton Bus Station	0641	0701	0721	0741	0801	0820	0839	0900	0920	0939	0959	1019	1039	1059	1119	1138	1158	1218
Stansfeld Road Fulmer Road	0644	0704	0724	0744	0804	0823	0843	0904	0924	0944	1004	1024	1044	1104	1124	1143	1203	1223
Prince Regent Station Bus Station	0647	0707	0727	0747	0807	0826	0846	0907	0927	0947	1007	1027	1047	1107	1127	1147	1207	1227
Plaistow Greengate	0652	0712	0732	0752	0812	0832	0853	0914	0934	0954	1015	1036	1056	1116	1136	1156	1217	1237
Canning Town Bus Station	0657	0717	0737	0757	0817	0838	0859	0920	0941	1002	1023	1044	1104	1124	1144	1205	1226	1246
East Ham Wordsworth Avenue	1213		1553	1613	1633	1653	1713	1732	1751	1810	1830		2110	2130	2150	2210		
East Ham Station	1216		1556	1616	1636	1656	1716	1735	1753	1812	1832		2112	2132	2152	2212		
East Ham Newham Town Hall	1222	Then	1602	1622	1642	1702	1722	1741	1759	1818	1837	Then	2117	2137	2157	2216		
Folkestone Road Gooseley Lane	1229	every 20	1609	1629	1649	1708	1728	1746	1804	1822	1841	every 20	2121	2141	2201	2220		
Beckton Bus Station	1238	minutes	1618	1638	1658	1716	1736	1754	1812	1829	1848	minutes	2128	2148	2208	2227		
Stansfeld Road Fulmer Road	1243	until	1623	1643	1703	1721	1741	1758	1816	1833	1852	until	2132	2152	2211	2230		
Prince Regent Station Bus Station	1247		1627	1647	1706	1724	1744	1801	1819	1836	1855		2135	2155	2214	2233		
Plaistow Greengate	1257		1637	1657	1715	1733	1752	1809	1826	1843	1902		2142	2201	2220	2239		
Canning Town Bus Station	1306		1646	1705	1722	1740	1758	1815	1832	1849	1908		2148	2207	2226	2245		
East Ham Wordsworth Avenue	2230		0030															
East Ham Station	2232		0032															
East Ham Newham Town Hall	2236	Then	0036															
Folkestone Road Gooseley Lane	2240	every 20	0040															
Beckton Bus Station	2247	minutes	0047															
Stansfeld Road Fulmer Road	2250	until	0050															
Prince Regent Station Bus Station	2253		0053															
Plaistow Greengate	2259		0059															
Canning Town Bus Station	2305		0105															

# 300

## Canning Town – Beckton – East Ham

300		Mondays to Fridays																			
Canning Town Bus Station	0525	0545	0605	0624	0635	0647	0657	0706	0715	0724				0924	0936				1424	1436	
Plaistow Greengate	0529	0549	0609	0628	0639	0651	0702	0712	0722	0732				0932	0945				1433	1445	
Prince Regent Station Bus Station	0534	0554	0614	0633	0645	0658	0710	0721	0732	0743		Then		0943	0955	Then			1443	1455	
Stansfeld Road Fulmer Road	0538	0558	0618	0637	0649	0702	0714	0725	0736	0748		every 12		0948	1000	every 12			1448	1500	
Beckton Bus Station	0541	0601	0621	0640	0653	0707	0719	0730	0742	0754		minutes		0954	1006	minutes			1454	1506	
Folkestone Road Gooseley Lane	0547	0607	0627	0647	0701	0715	0727	0739	0751	0803		until		1003	1015	until			1503	1515	
East Ham Newham Town Hall	0551	0612	0632	0652	0707	0722	0734	0746	0758	0810				1010	1022				1510	1522	
East Ham Station	0555	0617	0637	0657	0712	0728	0741	0753	0805	0817				1017	1029				1517	1530	
East Ham Wordsworth Avenue	0557	0619	0639	0659	0714	0730	0743	0755	0807	0819				1019	1031				1519	1532	
Canning Town Bus Station	1448	1500	1512				1736	1748	1800	1812	1824	1836	1848	1900	1912	1924	1936	1948	2000		
Plaistow Greengate	1457	1509	1521				1745	1757	1809	1821	1833	1845	1856	1908	1920	1932	1943	1954	2006		
Prince Regent Station Bus Station	1507	1520	1533	Then			1757	1809	1821	1833	1845	1856	1907	1919	1930	1941	1952	2002	2014		
Stansfeld Road Fulmer Road	1512	1525	1538	every 12			1802	1814	1826	1838	1849	1900	1911	1923	1934	1945	1956	2006	2018		
Beckton Bus Station	1518	1531	1544	minutes			1808	1820	1832	1843	1854	1905	1916	1928	1939	1950	2000	2010	2022		
Folkestone Road Gooseley Lane	1527	1540	1553	until			1817	1829	1841	1852	1903	1914	1925	1937	1947	1957	2007	2017	2029		
East Ham Newham Town Hall	1534	1547	1600				1824	1835	1847	1858	1909	1920	1931	1943	1952	2001	2011	2021	2033		
East Ham Station	1542	1555	1608				1832	1843	1855	1906	1916	1927	1938	1950	1959	2007	2017	2026	2038		
East Ham Wordsworth Avenue	1544	1557	1610				1834	1845	1857	1908	1918	1929	1940	1952	2001	2009	2019	2028	2040		
Canning Town Bus Station	2012	2025	2040	2055	2115	2135	2155					Then		0115							
Plaistow Greengate	2018	2031	2046	2101	2121	2141	2201					every 20		0121							
Prince Regent Station Bus Station	2025	2038	2053	2108	2128	2148	2207					minutes		0127							
Stansfeld Road Fulmer Road	2029	2042	2057	2112	2132	2152	2210					until		0130							
Beckton Bus Station	2033	2046	2101	2116	2136	2156	2214							0134							
Folkestone Road Gooseley Lane	2040	2053	2108	2123	2143	2202	2220							0140							
East Ham Newham Town Hall	2044	2057	2112	2127	2147	2206	2224							0144							
East Ham Station	2049	2102	2117	2132	2152	2210	2228							0148							
East Ham Wordsworth Avenue	2051	2104	2119	2134	2154	2212	2230							0150							
300		Saturdays (also Good Friday)																			
Canning Town Bus Station	0525	0545	0605	0625	0645	0703	0719	0732	0744	0756	0808	0820	0832	0844	0856	0908	0920	0932			
Plaistow Greengate	0529	0549	0609	0629	0649	0708	0725	0739	0751	0803	0815	0827	0839	0851	0903	0916	0928	0940			
Prince Regent Station Bus Station	0534	0554	0614	0634	0654	0714	0732	0747	0759	0811	0823	0835	0847	0859	0911	0924	0936	0948			
Stansfeld Road Fulmer Road	0538	0558	0618	0638	0658	0718	0736	0751	0803	0815	0827	0839	0851	0903	0916	0929	0941	0953			
Beckton Bus Station	0541	0601	0621	0641	0702	0722	0740	0755	0807	0819	0831	0843	0855	0907	0920	0933	0945	0957			
Folkestone Road Gooseley Lane	0547	0607	0627	0647	0708	0729	0748	0803	0815	0827	0839	0851	0903	0915	0928	0941	0953	1006			
East Ham Newham Town Hall	0551	0611	0631	0651	0712	0733	0753	0808	0820	0832	0844	0856	0908	0921	0934	0947	0959	1012			
East Ham Station	0555	0615	0635	0655	0717	0738	0758	0813	0825	0837	0849	0901	0914	0928	0941	0954	1006	1020			
East Ham Wordsworth Avenue	0557	0617	0637	0657	0719	0740	0800	0815	0827	0839	0851	0903	0916	0930	0943	0956	1008	1022			
Canning Town Bus Station	0944	0956	1008	1020	1032	1044	1056	1108				Then		1708	1720	1732	1744	1756	1808	1820	1832
Plaistow Greengate	0952	1004	1016	1029	1041	1053	1105	1117				every 12		1717	1729	1741	1753	1805	1817	1828	1840
Prince Regent Station Bus Station	1000	1013	1026	1039	1051	1103	1116	1129				minutes		1729	1741	1753	1804	1816	1827	1837	1848
Stansfeld Road Fulmer Road	1005	1018	1031	1044	1056	1108	1121	1134				until		1734	1746	1757	1808	1820	1831	1841	1852
Beckton Bus Station	1010	1023	1036	1049	1101	1113	1127	1140						1740	1752	1803	1814	1826	1837	1847	1857
Folkestone Road Gooseley Lane	1019	1032	1045	1058	1110	1122	1136	1149						1749	1801	1812	1823	1835	1845	1855	1904
East Ham Newham Town Hall	1025	1038	1051	1104	1117	1129	1143	1156						1756	1807	1818	1829	1840	1850	1859	1908
East Ham Station	1033	1047	1100	1113	1126	1138	1152	1205						1805	1815	1825	1836	1846	1856	1905	1913
East Ham Wordsworth Avenue	1035	1049	1102	1115	1128	1140	1154	1207						1807	1817	1827	1838	1848	1858	1907	1915
Canning Town Bus Station	1844	1856	1908	1921	1936	1955					Then		2115	2135	2155						
Plaistow Greengate	1852	1903	1915	1927	1942	2001					every 20		2121	2141	2201						
Prince Regent Station Bus Station	1900	1911	1922	1934	1949	2008					minutes		2128	2148	2207	Then					
Stansfeld Road Fulmer Road	1904	1915	1926	1938	1953	2012					until		2132	2152	2210	every 20					
Beckton Bus Station	1908	1919	1930	1942	1957	2016							2136	2156	2214	minutes					
Folkestone Road Gooseley Lane	1915	1926	1937	1949	2004	2023							2143	2202	2220	until					
East Ham Newham Town Hall	1919	1930	1941	1953	2008	2027							2147	2206	2224						
East Ham Station	1924	1935	1946	1958	2013	2032							2152	2210	2228						
East Ham Wordsworth Avenue	1926	1937	1948	2000	2015	2034							2154	2212	2230						

300		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																
Canning Town Bus Station	0625	0645	0705	0725	0745	0805	0825	0845	0903	0921	0939	0956	1014	1034	1054	1114	1132	1150
Plaistow Greengate	0629	0649	0709	0729	0749	0810	0831	0851	0909	0927	0945	1003	1022	1042	1102	1122	1140	1159
Prince Regent Station Bus Station	0634	0654	0714	0734	0754	0815	0837	0857	0915	0934	0953	1011	1031	1051	1111	1131	1149	1209
Stansfeld Road Fulmer Road	0638	0658	0718	0738	0758	0819	0841	0901	0919	0938	0957	1015	1035	1055	1115	1135	1154	1214
Beckton Bus Station	0641	0701	0721	0741	0801	0823	0845	0905	0923	0942	1001	1020	1040	1100	1120	1140	1159	1219
Folkestone Road Gooseley Lane	0647	0707	0727	0747	0807	0829	0851	0911	0930	0949	1008	1028	1048	1108	1128	1148	1208	1228
East Ham Newham Town Hall	0651	0711	0731	0751	0811	0833	0855	0915	0934	0953	1013	1033	1053	1113	1133	1153	1213	1233
East Ham Station	0655	0715	0735	0755	0815	0838	0900	0920	0940	1000	1020	1040	1100	1120	1140	1201	1221	1241
East Ham Wordsworth Avenue	0657	0717	0737	0757	0817	0840	0902	0922	0942	1002	1022	1042	1102	1122	1142	1203	1223	1243
Canning Town Bus Station	1210			1610	1630	1651	1712	1733	1754	1815			2115	2135	2155			0115
Plaistow Greengate	1219			1619	1639	1700	1721	1741	1801	1821			2121	2141	2201			0121
Prince Regent Station Bus Station	1229	Then		1629	1649	1709	1729	1749	1809	1828	Then		2128	2148	2207	Then		0127
Stansfeld Road Fulmer Road	1234	every 20		1634	1654	1713	1733	1753	1813	1832	every 20		2132	2152	2210	every 20		0130
Beckton Bus Station	1239	minutes		1639	1659	1718	1737	1757	1817	1836	minutes		2136	2156	2214	minutes		0134
Folkestone Road Gooseley Lane	1248	until		1648	1707	1726	1745	1804	1824	1843	until		2143	2202	2220	until		0140
East Ham Newham Town Hall	1253			1653	1712	1731	1750	1808	1828	1847			2147	2206	2224			0144
East Ham Station	1301			1701	1719	1738	1756	1814	1833	1852			2152	2210	2228			0148
East Ham Wordsworth Avenue	1303			1703	1721	1740	1758	1816	1835	1854			2154	2212	2230			0150

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17.9.11