

300

East Ham – Beckton – Canning Town

300		Mondays to Fridays																
East Ham Wordsworth Avenue	0445	0505	0525	0545	0605	0625	0639	0653	0707	0720	0732	0743	0757	0812	0827	0843	0858	0913
East Ham Newham Town Hall	0450	0510	0530	0550	0610	0630	0644	0658	0713	0726	0740	0752	0807	0822	0837	0852	0907	0922
Folkestone Road Gooseley Lane	0454	0514	0534	0554	0614	0635	0649	0703	0718	0732	0746	0759	0814	0829	0844	0859	0914	0929
Beckton Bus Station	0501	0521	0541	0601	0622	0643	0657	0712	0727	0742	0757	0811	0826	0841	0855	0910	0925	0940
Stansfeld Road Fulmer Road	0506	0526	0546	0606	0627	0648	0703	0718	0733	0748	0803	0818	0833	0847	0901	0916	0931	0946
Prince Regent Station Bus Station	0509	0529	0549	0610	0631	0653	0708	0723	0738	0753	0808	0823	0838	0852	0906	0921	0936	0951
Plaistow Greengate	0515	0535	0555	0617	0639	0701	0716	0732	0748	0804	0820	0835	0850	0904	0916	0931	0946	1001
Canning Town Bus Station	0521	0541	0601	0624	0647	0710	0725	0742	0758	0814	0830	0845	0900	0913	0925	0940	0955	1010
East Ham Wordsworth Avenue	0928			1143	1158	1213	1228	1243	1258	1313	1328	1343	1358	1411	1423	1436	1450	1503
East Ham Newham Town Hall	0937			1152	1208	1223	1238	1253	1308	1324	1339	1354	1409	1422	1434	1447	1501	1516
Folkestone Road Gooseley Lane	0944	Then every 15 minutes until		1159	1215	1230	1245	1300	1315	1331	1346	1401	1416	1429	1441	1454	1509	1524
Beckton Bus Station	0954		1209	1226	1241	1256	1311	1326	1342	1357	1413	1428	1441	1453	1506	1521	1536	
Stansfeld Road Fulmer Road	1000		1215	1232	1247	1302	1317	1332	1348	1403	1419	1434	1447	1459	1513	1528	1543	
Prince Regent Station Bus Station	1005		1220	1237	1252	1307	1322	1337	1353	1408	1424	1439	1452	1504	1518	1533	1548	
Plaistow Greengate	1015		1230	1247	1302	1317	1332	1347	1403	1418	1434	1449	1503	1517	1531	1546	1601	
Canning Town Bus Station	1024	1239	1256	1311	1326	1341	1356	1412	1427	1443	1458	1513	1527	1541	1556	1611		
East Ham Wordsworth Avenue	1518	1533	1549	1605	1621	1636	1651	1707	1724	1739	1754	1809	1824	1839	1854	1909	1929	1949
East Ham Newham Town Hall	1531	1546	1602	1618	1634	1649	1704	1719	1736	1751	1806	1821	1836	1850	1905	1920	1939	1959
Folkestone Road Gooseley Lane	1539	1554	1610	1626	1642	1657	1712	1727	1744	1759	1813	1828	1843	1857	1912	1927	1946	2005
Beckton Bus Station	1551	1606	1622	1638	1654	1709	1724	1739	1756	1811	1824	1839	1854	1907	1922	1937	1956	2014
Stansfeld Road Fulmer Road	1558	1613	1629	1645	1701	1716	1731	1746	1803	1817	1830	1845	1900	1913	1928	1942	2001	2019
Prince Regent Station Bus Station	1603	1618	1634	1650	1706	1721	1736	1751	1807	1821	1834	1849	1904	1917	1932	1946	2005	2023
Plaistow Greengate	1616	1631	1647	1703	1719	1734	1749	1804	1820	1834	1845	1900	1914	1927	1941	1955	2014	2032
Canning Town Bus Station	1626	1641	1657	1713	1729	1744	1759	1813	1829	1843	1854	1908	1922	1935	1949	2003	2021	2039
East Ham Wordsworth Avenue	2009	2029	2049	2109	2129	2149	2209	2229	2249	2309	2331	2351	0011	0031				
East Ham Newham Town Hall	2018	2038	2058	2117	2137	2157	2216	2236	2256	2316	2337	2357	0017	0037				
Folkestone Road Gooseley Lane	2024	2044	2103	2122	2142	2202	2221	2241	2301	2321	2341	0001	0021	0041				
Beckton Bus Station	2033	2053	2111	2130	2150	2209	2228	2248	2308	2328	2347	0007	0027	0047				
Stansfeld Road Fulmer Road	2038	2058	2116	2135	2155	2214	2233	2253	2313	2332	2351	0011	0031	0051				
Prince Regent Station Bus Station	2042	2101	2119	2138	2158	2217	2236	2256	2316	2335	2354	0014	0034	0054				
Plaistow Greengate	2051	2108	2126	2145	2204	2223	2242	2302	2322	2340	2359	0019	0039	0059				
Canning Town Bus Station	2058	2115	2133	2152	2210	2229	2248	2308	2328	2345	0004	0024	0044	0104				

300		Saturdays (also Good Friday)																	
East Ham Wordsworth Avenue	0445	0505	0525	0545	0605	0625	0645	0705	0725	0740	0755	0809	0824	0839	0853	0908	0922	0936	
East Ham Newham Town Hall	0450	0510	0530	0550	0610	0630	0650	0711	0731	0746	0801	0816	0831	0846	0900	0915	0929	0944	
Folkestone Road Gooseley Lane	0454	0514	0534	0554	0614	0634	0654	0715	0735	0750	0805	0820	0835	0850	0905	0920	0934	0949	
Beckton Bus Station	0501	0521	0541	0601	0621	0641	0701	0722	0742	0757	0813	0828	0843	0858	0914	0929	0944	0959	
Stansfeld Road Fulmer Road	0506	0526	0546	0606	0626	0646	0706	0727	0747	0802	0818	0833	0848	0903	0919	0934	0949	1004	
Prince Regent Station Bus Station	0509	0529	0549	0609	0629	0649	0709	0730	0750	0806	0822	0837	0852	0907	0923	0938	0953	1008	
Plaistow Greengate	0515	0535	0555	0615	0635	0655	0716	0737	0757	0813	0829	0844	0859	0915	0931	0946	1001	1017	
Canning Town Bus Station	0520	0540	0600	0621	0641	0701	0722	0743	0803	0820	0836	0851	0906	0922	0939	0954	1009	1025	
East Ham Wordsworth Avenue	0951	1004	1019	1033	1046	1059	1114	1129	1144	1159	1214	1229	1244	1259	1314	1329	1344	1359	
East Ham Newham Town Hall	0959	1013	1028	1043	1056	1110	1125	1140	1155	1210	1226	1241	1256	1311	1327	1342	1357	1412	
Folkestone Road Gooseley Lane	1004	1019	1034	1049	1102	1116	1131	1146	1201	1216	1232	1247	1302	1318	1334	1349	1404	1419	
Beckton Bus Station	1014	1029	1044	1059	1113	1127	1142	1157	1212	1227	1243	1258	1313	1329	1345	1400	1416	1431	
Stansfeld Road Fulmer Road	1019	1034	1049	1104	1119	1133	1148	1203	1218	1233	1249	1304	1319	1335	1351	1406	1422	1437	
Prince Regent Station Bus Station	1023	1038	1053	1108	1123	1137	1152	1207	1222	1237	1253	1309	1324	1340	1356	1411	1427	1442	
Plaistow Greengate	1032	1047	1102	1118	1133	1147	1202	1219	1234	1249	1305	1322	1337	1353	1409	1424	1440	1455	
Canning Town Bus Station	1041	1056	1111	1127	1142	1156	1211	1228	1243	1258	1314	1331	1346	1402	1418	1433	1449	1504	
East Ham Wordsworth Avenue	1414	1429	1444	1459	1514	1529				1659	1714	1729	1744	1759	1815	1830	1845	1900	1915
East Ham Newham Town Hall	1426	1441	1456	1511	1526	1541				1711	1726	1741	1756	1811	1826	1841	1856	1911	1926
Folkestone Road Gooseley Lane	1433	1448	1503	1518	1533	1548				1718	1733	1748	1803	1818	1833	1848	1903	1918	1933
Beckton Bus Station	1445	1500	1514	1529	1544	1559				1729	1744	1759	1814	1829	1844	1859	1913	1928	1943
Stansfeld Road Fulmer Road	1451	1506	1520	1535	1550	1605				1735	1750	1805	1820	1835	1850	1905	1918	1933	1948
Prince Regent Station Bus Station	1456	1511	1525	1540	1555	1609				1739	1754	1809	1824	1839	1854	1909	1922	1937	1952
Plaistow Greengate	1509	1524	1538	1553	1608	1622				1752	1807	1821	1836	1851	1906	1920	1933	1948	2003
Canning Town Bus Station	1518	1533	1547	1602	1617	1631				1801	1815	1829	1844	1859	1914	1928	1941	1956	2011
East Ham Wordsworth Avenue	1935	1955	2015	2035	2055	2113	2131	2151	2211	2231	2251	2311	2331	2351	0011	0031			
East Ham Newham Town Hall	1946	2006	2024	2044	2104	2121	2139	2159	2218	2238	2258	2318	2337	2357	0017	0037			
Folkestone Road Gooseley Lane	1953	2012	2030	2050	2110	2127	2145	2205	2223	2243	2303	2323	2341	0001	0021	0041			
Beckton Bus Station	2003	2021	2039	2059	2118	2135	2153	2213	2231	2251	2311	2331	2348	0008	0028	0048			
Stansfeld Road Fulmer Road	2008	2026	2044	2104	2123	2140	2158	2217	2235	2255	2315	2335	2352	0012	0032	0052			
Prince Regent Station Bus Station	2012	2030	2048	2108	2127	2144	2202	2220	2238	2258	2318	2338	2355	0015	0035	0055			
Plaistow Greengate	2021	2039	2057	2116	2135	2152	2209	2227	2245	2305	2325	2344	0001	0021	0041	0101			
Canning Town Bus Station	2029	2047	2104	2122	2141	2158	2215	2233	2251	2311	2331	2349	0006	0026	0046	0106			
300		Sundays and other Public Holidays (except Christmas Day)																	
East Ham Wordsworth Avenue	0625	0645	0705	0725	0745	0804	0821	0841	0901	0920	0939	0958	1015	1034	1054	1114	1133	1153	
East Ham Newham Town Hall	0630	0650	0710	0730	0750	0809	0827	0847	0907	0926	0945	1005	1023	1043	1103	1123	1142	1202	
Folkestone Road Gooseley Lane	0634	0654	0714	0734	0754	0813	0831	0851	0911	0931	0950	1010	1028	1048	1108	1128	1148	1208	
Beckton Bus Station	0640	0700	0720	0740	0800	0819	0838	0858	0918	0939	0958	1018	1037	1057	1117	1137	1157	1217	
Stansfeld Road Fulmer Road	0644	0704	0724	0744	0804	0823	0842	0902	0922	0944	1003	1023	1042	1102	1122	1142	1202	1222	
Prince Regent Station Bus Station	0647	0707	0727	0747	0807	0826	0845	0905	0925	0947	1006	1026	1046	1106	1126	1146	1206	1226	
Plaistow Greengate	0653	0713	0733	0753	0813	0832	0852	0912	0932	0955	1014	1034	1054	1114	1135	1155	1215	1235	
Canning Town Bus Station	0658	0718	0738	0758	0818	0838	0858	0918	0938	1001	1020	1041	1101	1121	1142	1202	1222	1242	
East Ham Wordsworth Avenue	1213	1233	1253			1453	1513	1533	1553	1613	1633	1653	1713	1732	1751	1810	1830	1850	
East Ham Newham Town Hall	1222	1242	1303			1503	1522	1542	1602	1622	1642	1702	1722	1741	1800	1818	1837	1857	
Folkestone Road Gooseley Lane	1228	1248	1309			1509	1528	1548	1608	1628	1648	1708	1728	1747	1806	1824	1842	1902	
Beckton Bus Station	1237	1257	1319			1519	1538	1558	1618	1638	1658	1717	1737	1755	1814	1832	1850	1910	
Stansfeld Road Fulmer Road	1242	1302	1324			1524	1543	1603	1623	1643	1703	1722	1742	1800	1819	1837	1855	1915	
Prince Regent Station Bus Station	1246	1306	1328			1528	1547	1607	1627	1647	1707	1726	1746	1804	1822	1840	1858	1918	
Plaistow Greengate	1255	1315	1337			1537	1556	1616	1636	1656	1715	1734	1754	1812	1830	1848	1906	1926	
Canning Town Bus Station	1302	1322	1344			1544	1603	1623	1643	1703	1722	1741	1801	1819	1837	1855	1913	1933	
East Ham Wordsworth Avenue	1910	1930	1950	2010	2030	2050	2110	2130	2151	2211	2231	2251	2311	2331	2351	0011	0031		
East Ham Newham Town Hall	1917	1937	1957	2017	2037	2057	2116	2136	2157	2217	2237	2257	2317	2336	2356	0016	0036		
Folkestone Road Gooseley Lane	1922	1942	2002	2022	2042	2102	2121	2141	2202	2221	2241	2301	2321	2340	0000	0020	0040		
Beckton Bus Station	1930	1950	2010	2030	2050	2109	2128	2148	2209	2228	2248	2308	2328	2347	0007	0027	0047		
Stansfeld Road Fulmer Road	1935	1955	2015	2035	2055	2113	2132	2152	2213	2232	2252	2312	2331	2350	0010	0030	0050		
Prince Regent Station Bus Station	1938	1958	2018	2038	2058	2116	2135	2155	2216	2235	2255	2315	2334	2353	0013	0033	0053		
Plaistow Greengate	1945	2005	2025	2045	2105	2122	2141	2201	2222	2241	2301	2321	2339	2358	0018	0038	0058		
Canning Town Bus Station	1951	2011	2031	2051	2111	2128	2147	2207	2227	2246	2306	2326	2344	0003	0023	0043	0103		

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Canning Town – Beckton – East Ham

300	Mondays to Fridays																		
Canning Town Bus Station	0525	0545	0605	0625	0639	0651	0702	0713	0725	0739	0752	0807	0822	0837	0853	0909	Then every 15 mins. until	1154	
Plaistow Greengate	0530	0550	0610	0630	0645	0657	0708	0721	0733	0747	0801	0816	0831	0846	0902	0917		1202	
Prince Regent Station Bus Station	0536	0556	0617	0638	0653	0705	0717	0731	0745	0759	0814	0829	0844	0859	0913	0928		1213	
Stansfeld Road Fulmer Road	0539	0559	0620	0641	0656	0708	0721	0735	0749	0803	0818	0833	0848	0903	0917	0932		1217	
Beckton Bus Station	0543	0603	0625	0646	0701	0714	0727	0742	0756	0810	0825	0840	0855	0910	0924	0939	1224		
Folkestone Road Gooseley Lane	0551	0611	0633	0654	0709	0723	0736	0751	0806	0821	0836	0851	0906	0920	0934	0949	1234		
East Ham Newham Town Hall	0556	0617	0639	0700	0715	0729	0743	0758	0813	0828	0843	0858	0912	0926	0940	0955	1240		
East Ham Wordsworth Avenue	0601	0622	0645	0706	0721	0736	0750	0806	0821	0836	0851	0906	0920	0934	0948	1003	1248		
Canning Town Bus Station	1209	1224	1239	1254	1309	1324	1339	1354	1409	1424	1438	1452	1507	1522	1537	1552	1607	1622	
Plaistow Greengate	1218	1233	1248	1303	1318	1333	1348	1403	1418	1433	1447	1501	1517	1532	1547	1602	1618	1633	
Prince Regent Station Bus Station	1229	1244	1259	1314	1329	1344	1359	1414	1429	1445	1501	1517	1533	1548	1603	1618	1634	1649	
Stansfeld Road Fulmer Road	1233	1248	1303	1318	1333	1348	1403	1418	1433	1449	1505	1521	1537	1552	1607	1622	1638	1653	
Beckton Bus Station	1240	1255	1310	1325	1340	1355	1411	1426	1441	1457	1513	1529	1545	1600	1615	1630	1646	1701	
Folkestone Road Gooseley Lane	1250	1305	1320	1335	1350	1405	1422	1437	1452	1509	1526	1542	1558	1613	1628	1643	1659	1715	
East Ham Newham Town Hall	1256	1311	1326	1341	1356	1412	1429	1444	1459	1516	1533	1549	1605	1620	1635	1650	1706	1722	
East Ham Wordsworth Avenue	1304	1319	1334	1349	1404	1421	1438	1453	1508	1525	1542	1558	1614	1629	1644	1659	1715	1731	
Canning Town Bus Station	1637	1652	1707	1722	1738	1753	1808	1824	1839	1854	1909	1925	1940	1955	2010	2025	2040	2100	
Plaistow Greengate	1648	1703	1718	1733	1749	1804	1818	1834	1848	1903	1918	1934	1948	2003	2018	2033	2048	2108	
Prince Regent Station Bus Station	1704	1718	1733	1748	1804	1817	1829	1844	1858	1913	1928	1944	1958	2012	2027	2042	2057	2116	
Stansfeld Road Fulmer Road	1708	1722	1737	1752	1808	1821	1833	1848	1902	1917	1932	1947	2001	2015	2030	2045	2100	2119	
Beckton Bus Station	1716	1730	1745	1800	1816	1829	1840	1854	1908	1923	1938	1953	2007	2021	2036	2051	2106	2125	
Folkestone Road Gooseley Lane	1730	1744	1759	1813	1829	1842	1852	1906	1918	1933	1947	2002	2015	2029	2044	2059	2114	2133	
East Ham Newham Town Hall	1737	1751	1806	1820	1836	1848	1858	1911	1923	1938	1952	2007	2020	2034	2049	2104	2119	2138	
East Ham Wordsworth Avenue	1746	1800	1815	1829	1845	1857	1907	1919	1931	1945	1959	2013	2026	2040	2055	2110	2125	2144	
Canning Town Bus Station	2120	2140	2200	2220	2240	2300	2315	2335	Then every 20 minutes until	0115									
Plaistow Greengate	2128	2148	2206	2226	2246	2306	2321	2340		0120									
Prince Regent Station Bus Station	2136	2156	2213	2233	2253	2313	2328	2346		0126									
Stansfeld Road Fulmer Road	2139	2159	2216	2236	2256	2316	2331	2349		0129									
Beckton Bus Station	2145	2205	2221	2241	2301	2321	2335	2353		0133									
Folkestone Road Gooseley Lane	2153	2212	2228	2248	2308	2328	2341	2359		0139									
East Ham Newham Town Hall	2158	2216	2232	2252	2312	2332	2344	0002		0142									
East Ham Wordsworth Avenue	2204	2221	2237	2257	2317	2337	2348	0006	0146										

300		Saturdays (also Good Friday)																	
Canning Town Bus Station	0525	0545	0605	0625	0645	0705	0720	0733	0748	0803	0818	0833	0847	0901	0915	0929	0943	0957	
Plaistow Greengate	0530	0550	0610	0630	0650	0711	0726	0739	0754	0809	0824	0839	0853	0908	0922	0936	0951	1005	
Prince Regent Station Bus Station	0536	0556	0616	0636	0656	0718	0733	0746	0801	0817	0832	0847	0901	0916	0930	0945	1000	1015	
Stansfeld Road Fulmer Road	0539	0559	0619	0639	0659	0721	0736	0749	0804	0820	0835	0850	0904	0919	0933	0948	1003	1018	
Beckton Bus Station	0543	0603	0623	0643	0703	0726	0741	0754	0810	0826	0841	0856	0910	0925	0940	0955	1010	1025	
Folkestone Road Gooseley Lane	0550	0610	0630	0650	0710	0733	0748	0801	0818	0834	0849	0904	0919	0934	0949	1004	1019	1034	
East Ham Newham Town Hall	0555	0615	0635	0655	0715	0738	0753	0806	0823	0839	0854	0909	0924	0939	0954	1009	1024	1039	
East Ham Wordsworth Avenue	0600	0620	0640	0700	0720	0743	0758	0812	0829	0845	0900	0916	0931	0947	1002	1017	1032	1047	
Canning Town Bus Station	1010	1023	1038	1052	1106	1121	1135	1148	1203	1218	1232	1247	1302	1317	1332	1347	1403	1418	
Plaistow Greengate	1018	1031	1046	1100	1115	1130	1144	1157	1212	1227	1241	1256	1311	1326	1341	1356	1412	1427	
Prince Regent Station Bus Station	1028	1042	1057	1112	1127	1142	1156	1209	1225	1240	1254	1309	1324	1339	1354	1409	1424	1439	
Stansfeld Road Fulmer Road	1031	1045	1100	1115	1130	1145	1159	1212	1228	1243	1257	1312	1327	1342	1357	1412	1427	1442	
Beckton Bus Station	1039	1053	1108	1123	1138	1153	1207	1221	1237	1252	1306	1321	1336	1351	1406	1420	1435	1450	
Folkestone Road Gooseley Lane	1049	1103	1118	1133	1148	1203	1218	1232	1248	1303	1318	1333	1348	1403	1418	1432	1447	1502	
East Ham Newham Town Hall	1054	1109	1124	1139	1154	1209	1224	1238	1254	1309	1324	1339	1354	1409	1424	1438	1453	1508	
East Ham Wordsworth Avenue	1102	1117	1132	1147	1202	1218	1233	1247	1303	1318	1333	1348	1403	1418	1433	1447	1502	1517	
Canning Town Bus Station	1433			1633	1648	1703	1718	1733	1748	1803	1818	1834	1850	1905	1921	1938	1958	2018	
Plaistow Greengate	1442			1642	1657	1712	1727	1742	1757	1812	1827	1843	1859	1914	1930	1947	2006	2026	
Prince Regent Station Bus Station	1454	Then		1654	1709	1724	1739	1754	1809	1824	1839	1855	1910	1925	1941	1958	2016	2036	
Stansfeld Road Fulmer Road	1457	every 15		1657	1712	1727	1742	1757	1812	1827	1842	1858	1913	1928	1944	2001	2019	2039	
Beckton Bus Station	1505	minutes		1705	1719	1734	1749	1804	1819	1834	1849	1904	1919	1934	1950	2007	2025	2045	
Folkestone Road Gooseley Lane	1516	until		1716	1730	1745	1800	1815	1830	1845	1900	1913	1928	1943	1959	2016	2034	2054	
East Ham Newham Town Hall	1522			1722	1736	1751	1805	1820	1835	1850	1905	1918	1933	1948	2003	2020	2038	2058	
East Ham Wordsworth Avenue	1531			1731	1745	1800	1814	1829	1844	1859	1914	1927	1942	1957	2010	2027	2045	2104	
Canning Town Bus Station	2038	2059	2119	2139	2200	2220	2240	2300	2320	2340	2357	0015	0035	0055	0115				
Plaistow Greengate	2046	2107	2127	2147	2207	2227	2247	2307	2327	2346	0003	0021	0041	0101	0121				
Prince Regent Station Bus Station	2056	2116	2136	2156	2214	2234	2254	2314	2334	2352	0009	0027	0047	0107	0127				
Stansfeld Road Fulmer Road	2059	2119	2139	2159	2217	2237	2257	2317	2337	2355	0012	0030	0050	0110	0130				
Beckton Bus Station	2105	2125	2145	2204	2222	2242	2302	2322	2341	2359	0016	0034	0054	0114	0134				
Folkestone Road Gooseley Lane	2114	2134	2154	2212	2230	2250	2310	2330	2348	0006	0023	0041	0101	0121	0141				
East Ham Newham Town Hall	2118	2138	2158	2215	2233	2253	2313	2333	2351	0009	0026	0044	0104	0124	0144				
East Ham Wordsworth Avenue	2124	2144	2204	2220	2238	2258	2318	2338	2355	0013	0030	0048	0108	0128	0148				
300		Sundays and other Public Holidays (except Christmas Day)																	
Canning Town Bus Station	0625	0645	0705	0725	0745	0805	0825	0845	0904	0921	0939	0956	1014	1033	1053	1111	1129	1149	
Plaistow Greengate	0629	0649	0709	0729	0749	0809	0829	0850	0909	0926	0945	1002	1021	1040	1100	1118	1137	1157	
Prince Regent Station Bus Station	0634	0654	0714	0734	0754	0814	0835	0856	0915	0932	0951	1009	1028	1048	1108	1126	1146	1206	
Stansfeld Road Fulmer Road	0637	0657	0717	0737	0757	0817	0838	0859	0918	0935	0954	1013	1032	1052	1112	1130	1150	1210	
Beckton Bus Station	0641	0701	0721	0741	0801	0821	0842	0903	0922	0940	0959	1018	1038	1058	1118	1137	1157	1217	
Folkestone Road Gooseley Lane	0646	0706	0726	0746	0806	0826	0848	0909	0928	0948	1007	1026	1046	1106	1126	1146	1206	1226	
East Ham Newham Town Hall	0650	0710	0730	0750	0810	0830	0853	0914	0933	0953	1012	1031	1051	1111	1131	1151	1211	1231	
East Ham Wordsworth Avenue	0655	0715	0735	0755	0815	0836	0859	0920	0940	1000	1019	1038	1058	1118	1138	1159	1219	1239	
Canning Town Bus Station	1209	1229	1247	1307	1327	1347	1407	1427	1447	1507	1527	1547	1607	1627	1648	1709	1730	1751	
Plaistow Greengate	1217	1237	1255	1315	1335	1355	1415	1435	1455	1515	1535	1555	1615	1635	1656	1717	1737	1758	
Prince Regent Station Bus Station	1226	1246	1305	1326	1346	1406	1426	1446	1506	1525	1545	1605	1624	1644	1705	1726	1745	1806	
Stansfeld Road Fulmer Road	1230	1250	1309	1330	1350	1410	1430	1450	1510	1529	1549	1609	1628	1648	1709	1730	1749	1810	
Beckton Bus Station	1237	1257	1316	1337	1357	1417	1437	1457	1516	1535	1555	1615	1634	1654	1715	1735	1754	1815	
Folkestone Road Gooseley Lane	1246	1306	1326	1347	1407	1427	1447	1506	1525	1544	1604	1624	1643	1703	1723	1743	1802	1823	
East Ham Newham Town Hall	1251	1311	1331	1352	1412	1432	1452	1512	1531	1550	1610	1630	1649	1709	1729	1749	1807	1828	
East Ham Wordsworth Avenue	1259	1319	1340	1401	1421	1441	1501	1521	1540	1559	1619	1639	1658	1718	1738	1756	1814	1835	
Canning Town Bus Station	1812	1833	1854	1915	1935	1955	2015	2035	2055	2115	2135	2155	2215	2235	2255	2315	2335	2355	
Plaistow Greengate	1819	1840	1901	1922	1942	2002	2022	2042	2102	2121	2141	2201	2221	2241	2301	2321	2340	0000	
Prince Regent Station Bus Station	1827	1848	1909	1930	1949	2009	2029	2049	2109	2128	2148	2207	2227	2247	2307	2327	2346	0006	
Stansfeld Road Fulmer Road	1831	1851	1912	1933	1952	2012	2032	2052	2112	2131	2151	2210	2230	2250	2310	2330	2349	0009	
Beckton Bus Station	1836	1856	1917	1938	1957	2017	2037	2057	2117	2136	2156	2214	2234	2254	2314	2334	2353	0013	
Folkestone Road Gooseley Lane	1844	1904	1925	1945	2004	2024	2044	2104	2124	2143	2203	2221	2241	2301	2321	2340	2359	0019	
East Ham Newham Town Hall	1849	1909	1930	1950	2009	2029	2049	2108	2128	2147	2207	2225	2245	2305	2325	2343	0002	0022	
East Ham Wordsworth Avenue	1855	1915	1936	1956	2015	2035	2055	2114	2134	2153	2212	2230	2250	2310	2330	2347	0006	0026	
Canning Town Bus Station	0015	0035	0055	0115															
Plaistow Greengate	0020	0040	0100	0120															
Prince Regent Station Bus Station	0026	0046	0106	0126															
Stansfeld Road Fulmer Road	0029	0049	0109	0129															
Beckton Bus Station	0033	0053	0113	0133															
Folkestone Road Gooseley Lane	0039	0059	0119	0139															
East Ham Newham Town Hall	0042	0102	0122	0142															
East Ham Wordsworth Avenue	0046	0106	0126	0146															