

# 300

## East Ham – Beckton – Canning Town

<b>300</b>	<b>Mondays to Fridays</b>																	
East Ham <i>Wordsworth Avenue</i>	0440	0500	0520	0540	0558	0613	0628	0642	0655	0710	0725	0740	0754	0810	0827	0844	0901	0918
East Ham <i>Newham Town Hall</i>	0445	0505	0525	0545	0604	0619	0634	0648	0702	0717	0732	0748	0803	0820	0837	0854	0911	0928
Folkestone Road <i>Gooseley Lane</i>	0449	0509	0529	0549	0608	0624	0639	0653	0707	0722	0738	0754	0810	0828	0845	0901	0917	0934
Beckton <i>Bus Station</i>	0456	0516	0536	0556	0616	0632	0648	0702	0716	0732	0749	0805	0822	0840	0856	0912	0927	0944
Prince Regent Stn. <i>Prince Regent Lane</i>	0504	0525	0546	0607	0628	0645	0702	0718	0734	0751	0808	0825	0842	0859	0914	0929	0944	1001
New Barn Street <i>Newham Way</i>	0511	0532	0554	0616	0638	0656	0714	0732	0750	0808	0825	0842	0858	0914	0929	0944	0959	1016
Canning Town <i>Bus Station</i>	0514	0535	0557	0619	0641	0659	0717	0735	0753	0811	0828	0845	0901	0917	0932	0947	1002	1019
East Ham <i>Wordsworth Avenue</i>	0935	0952	1009	1026	1043	1100	1117	1133	1150	1207	1224	1241	1258	1315	1332	1348	1405	1421
East Ham <i>Newham Town Hall</i>	0945	1002	1019	1036	1053	1110	1127	1144	1201	1218	1235	1252	1309	1326	1343	1359	1416	1433
Folkestone Road <i>Gooseley Lane</i>	0951	1008	1025	1042	1059	1116	1133	1150	1207	1224	1241	1258	1315	1332	1349	1406	1423	1440
Beckton <i>Bus Station</i>	1001	1018	1035	1052	1109	1126	1143	1200	1217	1234	1251	1308	1325	1342	1359	1417	1435	1452
Prince Regent Stn. <i>Prince Regent Lane</i>	1018	1035	1052	1109	1126	1143	1200	1217	1234	1251	1308	1325	1342	1359	1417	1435	1453	1511
New Barn Street <i>Newham Way</i>	1033	1050	1107	1124	1141	1158	1215	1232	1249	1306	1323	1340	1357	1415	1434	1452	1510	1528
Canning Town <i>Bus Station</i>	1036	1053	1110	1127	1144	1201	1218	1235	1252	1309	1326	1343	1400	1418	1437	1455	1513	1531
East Ham <i>Wordsworth Avenue</i>	1436	1451	1507	1523	1540	1557	1614	1631	1648	1705	1722	1740	1757	1814	1831	1848	1905	1922
East Ham <i>Newham Town Hall</i>	1448	1504	1520	1537	1555	1612	1629	1646	1703	1720	1736	1753	1810	1826	1843	1900	1917	1934
Folkestone Road <i>Gooseley Lane</i>	1456	1512	1529	1546	1604	1621	1638	1655	1712	1728	1744	1801	1817	1833	1850	1907	1924	1941
Beckton <i>Bus Station</i>	1508	1525	1542	1559	1617	1634	1651	1708	1725	1741	1756	1812	1827	1843	1900	1917	1934	1951
Prince Regent Stn. <i>Prince Regent Lane</i>	1528	1545	1602	1619	1637	1654	1711	1728	1745	1801	1815	1830	1845	1900	1917	1933	1949	2005
New Barn Street <i>Newham Way</i>	1545	1602	1619	1636	1654	1711	1728	1745	1802	1818	1832	1846	1900	1915	1931	1947	2002	2017
Canning Town <i>Bus Station</i>	1548	1605	1622	1639	1657	1714	1731	1748	1805	1821	1835	1849	1903	1918	1934	1950	2005	2020
East Ham <i>Wordsworth Avenue</i>	1939	1958	2020	2042	2104	2126	2148	2210	2230	2250	2310	2330	2350	0010	0030			
East Ham <i>Newham Town Hall</i>	1951	2009	2030	2052	2113	2135	2156	2218	2238	2257	2317	2337	2357	0017	0037			
Folkestone Road <i>Gooseley Lane</i>	1958	2015	2036	2058	2119	2141	2201	2223	2243	2302	2322	2342	0002	0022	0042			
Beckton <i>Bus Station</i>	2008	2025	2045	2107	2128	2149	2209	2231	2251	2310	2329	2349	0009	0029	0049			
Prince Regent Stn. <i>Prince Regent Lane</i>	2021	2038	2058	2119	2140	2201	2220	2241	2300	2318	2337	2357	0017	0037	0057			
New Barn Street <i>Newham Way</i>	2033	2050	2110	2130	2150	2210	2229	2249	2307	2325	2344	0003	0023	0043	0103			
Canning Town <i>Bus Station</i>	2036	2053	2113	2133	2153	2213	2232	2252	2310	2328	2347	0006	0026	0046	0106			

<b>300</b>	<b>Saturdays (also Good Friday)</b>																		
East Ham <i>Wordsworth Avenue</i>	0440	0500	0520	0540	0600	0619	0639	0659	0719	0736	0753	0810	0827	0843	0859	0916	0932	0948	
East Ham <i>Newham Town Hall</i>	0445	0505	0525	0545	0605	0625	0645	0705	0725	0742	0759	0816	0833	0850	0907	0924	0941	0957	
Folkestone Road <i>Gooseley Lane</i>	0449	0509	0529	0549	0609	0629	0649	0709	0729	0747	0804	0821	0838	0855	0912	0929	0946	1002	
Beckton <i>Bus Station</i>	0456	0516	0536	0556	0616	0637	0657	0717	0737	0755	0812	0829	0846	0904	0922	0939	0956	1012	
Prince Regent Stn. <i>Prince Regent Lane</i>	0504	0524	0544	0605	0626	0647	0708	0729	0750	0808	0826	0844	0902	0920	0938	0955	1012	1029	
New Barn Street <i>Newham Way</i>	0511	0531	0551	0612	0633	0654	0716	0738	0800	0819	0837	0856	0915	0933	0951	1009	1026	1044	
Canning Town <i>Bus Station</i>	0514	0534	0554	0615	0636	0657	0719	0741	0803	0822	0840	0859	0918	0936	0954	1012	1029	1047	
East Ham <i>Wordsworth Avenue</i>	1004	1020	1036	1053	1109	1125	1141	1157	1213	1229	1245	1302	1319	1336	1353	1410	1427	1444	
East Ham <i>Newham Town Hall</i>	1013	1030	1046	1103	1120	1137	1153	1209	1226	1242	1259	1316	1333	1350	1407	1424	1441	1458	
Folkestone Road <i>Gooseley Lane</i>	1019	1036	1052	1109	1126	1143	1159	1215	1232	1249	1306	1323	1340	1357	1414	1431	1448	1505	
Beckton <i>Bus Station</i>	1029	1046	1103	1120	1137	1154	1210	1227	1244	1301	1318	1335	1352	1409	1426	1443	1500	1517	
Prince Regent Stn. <i>Prince Regent Lane</i>	1046	1103	1120	1137	1154	1211	1228	1245	1302	1319	1336	1353	1410	1427	1444	1501	1518	1535	
New Barn Street <i>Newham Way</i>	1101	1118	1135	1152	1210	1227	1244	1302	1319	1336	1353	1410	1427	1443	1459	1516	1533	1550	
Canning Town <i>Bus Station</i>	1104	1121	1138	1155	1213	1230	1247	1305	1322	1339	1356	1413	1430	1446	1502	1519	1536	1553	
East Ham <i>Wordsworth Avenue</i>	1501	1518	1535	1552	1609	1626	1643	1700	1717	1734	1751	1808	1825	1842	1859	1916	1938	2000	
East Ham <i>Newham Town Hall</i>	1515	1532	1549	1606	1623	1640	1657	1714	1731	1748	1805	1822	1838	1855	1912	1929	1951	2012	
Folkestone Road <i>Gooseley Lane</i>	1522	1539	1556	1613	1630	1647	1704	1721	1738	1755	1812	1829	1845	1902	1919	1936	1958	2018	
Beckton <i>Bus Station</i>	1534	1551	1608	1625	1642	1659	1716	1732	1749	1806	1823	1839	1855	1912	1929	1946	2008	2027	
Prince Regent Stn. <i>Prince Regent Lane</i>	1552	1609	1626	1643	1700	1717	1734	1750	1806	1823	1840	1856	1912	1928	1944	2000	2021	2040	
New Barn Street <i>Newham Way</i>	1607	1624	1641	1658	1715	1732	1749	1805	1821	1838	1855	1911	1927	1943	1958	2014	2034	2053	
Canning Town <i>Bus Station</i>	1610	1627	1644	1701	1718	1735	1752	1808	1824	1841	1858	1914	1930	1946	2001	2017	2037	2056	
East Ham <i>Wordsworth Avenue</i>	2022	2044	2106	2128	2150	2210	2230	2250	2310	2330	2350	0010	0030						
East Ham <i>Newham Town Hall</i>	2033	2054	2115	2137	2159	2219	2239	2258	2318	2337	2357	0017	0037						
Folkestone Road <i>Gooseley Lane</i>	2039	2100	2121	2143	2205	2225	2245	2303	2323	2342	0002	0022	0042						
Beckton <i>Bus Station</i>	2048	2109	2130	2151	2213	2233	2253	2311	2330	2349	0009	0029	0049						
Prince Regent Stn. <i>Prince Regent Lane</i>	2101	2121	2142	2202	2223	2242	2302	2319	2338	2357	0017	0037	0057						
New Barn Street <i>Newham Way</i>	2113	2132	2152	2212	2232	2250	2309	2326	2345	0004	0024	0043	0103						
Canning Town <i>Bus Station</i>	2116	2135	2155	2215	2235	2253	2312	2329	2348	0007	0027	0046	0106						
<b>300</b>	<b>Sundays and other Public Holidays (except Christmas Day)</b>																		
East Ham <i>Wordsworth Avenue</i>	0625	0645	0705	0725	0745	0804	0824	0843	0902	0921	0939	0958	1016	1035	1054	1112	1131	1151	
East Ham <i>Newham Town Hall</i>	0630	0650	0710	0730	0750	0810	0830	0849	0908	0927	0945	1005	1024	1043	1103	1122	1142	1202	
Folkestone Road <i>Gooseley Lane</i>	0634	0654	0714	0734	0754	0814	0834	0853	0912	0932	0950	1010	1030	1049	1109	1128	1148	1208	
Beckton <i>Bus Station</i>	0641	0701	0721	0741	0801	0821	0841	0900	0920	0940	0959	1019	1039	1059	1119	1138	1158	1218	
Prince Regent Stn. <i>Prince Regent Lane</i>	0649	0709	0729	0749	0809	0830	0850	0910	0930	0950	1010	1030	1050	1110	1130	1150	1210	1230	
New Barn Street <i>Newham Way</i>	0656	0716	0736	0756	0816	0837	0857	0918	0938	0959	1019	1039	1100	1120	1140	1200	1220	1240	
Canning Town <i>Bus Station</i>	0659	0719	0739	0759	0819	0840	0900	0921	0941	1002	1022	1042	1103	1123	1143	1203	1223	1243	
East Ham <i>Wordsworth Avenue</i>	1210	1229	1248	1308	1328	1348	1408	1428	1448	1508	1528	1548	1608	1628	1648	1708	1729	1749	
East Ham <i>Newham Town Hall</i>	1222	1241	1300	1320	1341	1402	1422	1442	1501	1520	1540	1600	1619	1639	1659	1719	1739	1759	
Folkestone Road <i>Gooseley Lane</i>	1228	1247	1306	1326	1347	1408	1428	1448	1507	1526	1546	1606	1625	1645	1705	1725	1745	1805	
Beckton <i>Bus Station</i>	1238	1257	1317	1337	1358	1419	1439	1459	1518	1537	1557	1617	1636	1656	1716	1735	1755	1815	
Prince Regent Stn. <i>Prince Regent Lane</i>	1250	1310	1330	1350	1411	1431	1451	1511	1530	1549	1609	1629	1648	1708	1728	1747	1807	1826	
New Barn Street <i>Newham Way</i>	1300	1320	1340	1400	1420	1440	1500	1520	1539	1558	1618	1638	1657	1717	1737	1756	1816	1835	
Canning Town <i>Bus Station</i>	1303	1323	1343	1403	1423	1443	1503	1523	1542	1601	1621	1641	1700	1720	1740	1759	1819	1838	
East Ham <i>Wordsworth Avenue</i>	1809	1829	1849	1909	1929	1950	2010	2030	2050	2110	2130	2150	2210	2230	2250	2310	2330	2350	
East Ham <i>Newham Town Hall</i>	1819	1839	1859	1919	1939	1959	2019	2038	2057	2117	2137	2157	2217	2237	2257	2317	2337	2357	
Folkestone Road <i>Gooseley Lane</i>	1825	1845	1905	1925	1945	2005	2025	2044	2102	2122	2142	2202	2222	2242	2302	2322	2342	0002	
Beckton <i>Bus Station</i>	1835	1855	1914	1934	1954	2013	2033	2052	2110	2130	2150	2209	2229	2249	2309	2329	2349	0009	
Prince Regent Stn. <i>Prince Regent Lane</i>	1846	1905	1924	1943	2003	2022	2042	2101	2119	2139	2159	2218	2237	2257	2317	2337	2357	0017	
New Barn Street <i>Newham Way</i>	1855	1913	1932	1951	2011	2030	2050	2109	2127	2147	2207	2226	2244	2304	2324	2343	0003	0023	
Canning Town <i>Bus Station</i>	1858	1916	1935	1954	2014	2033	2053	2112	2130	2150	2210	2229	2247	2307	2327	2346	0006	0026	
East Ham <i>Wordsworth Avenue</i>	0010	0030																	
East Ham <i>Newham Town Hall</i>	0017	0037																	
Folkestone Road <i>Gooseley Lane</i>	0022	0042																	
Beckton <i>Bus Station</i>	0029	0049																	
Prince Regent Stn. <i>Prince Regent Lane</i>	0037	0057																	
New Barn Street <i>Newham Way</i>	0043	0103																	
Canning Town <i>Bus Station</i>	0046	0106																	

# 300

## Canning Town – Beckton – East Ham

300	Mondays to Fridays																		
Canning Town Bus Station	0525	0545	0605	0619	0633	0648	0702	0716	0729	0743	0759	0816	0833	0851	0909	0926	0943	1000	
New Barn Street Newham Way	0529	0549	0609	0623	0637	0652	0707	0721	0734	0748	0805	0822	0839	0857	0915	0932	0949	1006	
Prince Regent Stn. Prince Regent Lane	0535	0555	0616	0631	0647	0703	0718	0733	0747	0802	0819	0837	0854	0912	0929	0946	1003	1020	
Beckton Bus Station	0544	0604	0626	0642	0700	0717	0732	0749	0805	0822	0840	0857	0914	0931	0948	1005	1022	1039	
Folkestone Road Gooseley Lane	0553	0613	0635	0652	0710	0727	0743	0800	0817	0834	0851	0908	0924	0941	0958	1015	1032	1049	
East Ham Newham Town Hall	0559	0619	0641	0658	0716	0733	0750	0807	0824	0841	0857	0914	0930	0947	1004	1021	1038	1055	
East Ham Wordsworth Avenue	0604	0624	0646	0704	0722	0740	0758	0816	0833	0850	0906	0923	0939	0956	1013	1030	1047	1104	
Canning Town Bus Station	1017	1034	1051	1108	1125	1142	1159	1216	1233	1250	1307	1324	1341	1358	1413	1428	1443	1459	
New Barn Street Newham Way	1023	1040	1057	1114	1131	1148	1205	1222	1239	1256	1313	1330	1347	1404	1420	1435	1450	1506	
Prince Regent Stn. Prince Regent Lane	1037	1054	1111	1128	1145	1202	1219	1236	1253	1310	1327	1344	1401	1418	1435	1450	1506	1522	
Beckton Bus Station	1056	1113	1130	1147	1204	1221	1238	1255	1312	1329	1346	1403	1420	1437	1454	1510	1526	1543	
Folkestone Road Gooseley Lane	1106	1123	1140	1157	1214	1231	1248	1305	1322	1339	1356	1414	1431	1449	1507	1524	1541	1558	
East Ham Newham Town Hall	1112	1129	1146	1203	1220	1237	1254	1311	1328	1345	1402	1421	1439	1458	1516	1533	1550	1607	
East Ham Wordsworth Avenue	1121	1139	1156	1213	1230	1247	1304	1321	1338	1355	1412	1431	1450	1509	1527	1544	1601	1618	
Canning Town Bus Station	1516	1533	1550	1607	1624	1641	1658	1715	1732	1749	1807	1825	1843	1900	1917	1935	1952	2009	
New Barn Street Newham Way	1523	1541	1558	1615	1632	1649	1706	1723	1740	1757	1814	1832	1850	1907	1923	1941	1958	2015	
Prince Regent Stn. Prince Regent Lane	1539	1557	1614	1632	1649	1706	1723	1740	1757	1814	1830	1847	1905	1922	1937	1955	2011	2027	
Beckton Bus Station	1600	1618	1635	1653	1710	1727	1744	1801	1818	1834	1849	1905	1922	1939	1954	2011	2026	2041	
Folkestone Road Gooseley Lane	1615	1633	1650	1708	1725	1742	1759	1816	1832	1847	1901	1916	1932	1948	2003	2020	2035	2050	
East Ham Newham Town Hall	1624	1641	1658	1715	1732	1749	1805	1822	1838	1853	1907	1922	1938	1953	2008	2025	2040	2055	
East Ham Wordsworth Avenue	1635	1652	1709	1726	1743	1800	1817	1834	1850	1905	1917	1931	1946	2001	2016	2032	2047	2102	
Canning Town Bus Station	2026	2044	2106	2128	2150	2212	2234	2255	2315	2335	2355	0015	0035	0055	0115				
New Barn Street Newham Way	2032	2050	2112	2134	2156	2217	2239	2300	2320	2340	0000	0019	0039	0059	0119				
Prince Regent Stn. Prince Regent Lane	2043	2100	2122	2143	2204	2225	2246	2307	2327	2347	0006	0025	0045	0105	0125				
Beckton Bus Station	2056	2112	2134	2154	2214	2235	2256	2317	2337	2356	0014	0033	0053	0113	0133				
Folkestone Road Gooseley Lane	2105	2121	2142	2202	2222	2243	2304	2325	2345	0003	0021	0039	0059	0119	0139				
East Ham Newham Town Hall	2110	2126	2147	2207	2227	2247	2308	2329	2348	0006	0024	0042	0102	0122	0142				
East Ham Wordsworth Avenue	2117	2133	2153	2213	2233	2253	2313	2334	2352	0010	0028	0046	0106	0126	0146				

300		Saturdays (also Good Friday)																
Canning Town Bus Station	0525	0545	0605	0623	0643	0703	0721	0738	0755	0811	0827	0844	0900	0916	0933	0949	1005	1021
New Barn Street Newham Way	0529	0549	0609	0627	0647	0707	0725	0742	0759	0816	0832	0849	0905	0921	0938	0954	1010	1026
Prince Regent Stn. Prince Regent Lane	0535	0555	0616	0635	0655	0715	0734	0752	0810	0827	0843	0900	0917	0933	0950	1007	1023	1040
Beckton Bus Station	0543	0603	0624	0644	0704	0724	0744	0803	0822	0839	0856	0914	0931	0948	1006	1024	1041	1058
Folkestone Road Gooseley Lane	0550	0610	0631	0652	0712	0732	0752	0811	0830	0848	0905	0923	0940	0957	1016	1034	1051	1108
East Ham Newham Town Hall	0555	0615	0636	0657	0717	0737	0757	0816	0835	0853	0910	0928	0945	1003	1022	1040	1057	1114
East Ham Wordsworth Avenue	0559	0619	0640	0701	0722	0743	0803	0822	0841	0859	0917	0935	0953	1012	1031	1049	1106	1124
Canning Town Bus Station	1036	1051	1107	1122	1138	1155	1212	1229	1246	1303	1320	1337	1354	1411	1428	1445	1502	1519
New Barn Street Newham Way	1042	1057	1113	1129	1145	1202	1219	1236	1253	1310	1327	1344	1401	1418	1435	1452	1509	1526
Prince Regent Stn. Prince Regent Lane	1056	1111	1127	1143	1159	1216	1233	1250	1307	1324	1341	1358	1415	1432	1449	1506	1523	1540
Beckton Bus Station	1114	1129	1146	1202	1218	1235	1252	1309	1326	1343	1400	1417	1434	1451	1508	1525	1542	1559
Folkestone Road Gooseley Lane	1124	1139	1156	1213	1230	1247	1304	1321	1338	1355	1412	1429	1446	1503	1519	1536	1553	1610
East Ham Newham Town Hall	1130	1146	1203	1220	1237	1254	1311	1328	1345	1402	1419	1436	1452	1509	1525	1542	1559	1616
East Ham Wordsworth Avenue	1141	1158	1216	1233	1250	1307	1324	1341	1358	1415	1432	1449	1505	1522	1538	1555	1612	1629
Canning Town Bus Station	1536	1553	1610	1627	1644	1701	1718	1735	1752	1809	1826	1843	1900	1917	1934	1951	2013	2035
New Barn Street Newham Way	1543	1600	1617	1634	1651	1708	1725	1742	1759	1816	1833	1850	1907	1924	1940	1957	2019	2041
Prince Regent Stn. Prince Regent Lane	1557	1614	1631	1648	1705	1722	1739	1756	1813	1830	1846	1903	1919	1936	1952	2008	2030	2051
Beckton Bus Station	1616	1632	1649	1706	1723	1740	1757	1814	1831	1847	1902	1918	1934	1951	2007	2022	2044	2105
Folkestone Road Gooseley Lane	1627	1643	1700	1717	1734	1751	1808	1825	1841	1857	1912	1928	1943	2000	2016	2031	2053	2113
East Ham Newham Town Hall	1633	1649	1706	1723	1740	1757	1814	1831	1847	1903	1918	1934	1949	2006	2022	2037	2058	2118
East Ham Wordsworth Avenue	1646	1702	1719	1736	1753	1810	1827	1844	1900	1916	1931	1946	2001	2016	2031	2046	2106	2126
Canning Town Bus Station	2055	2115	2135	2155	2215	2235	2255	2315	2335	2355	0015	0035	0055	0115				
New Barn Street Newham Way	2101	2121	2141	2201	2221	2240	2300	2320	2340	0000	0020	0039	0059	0119				
Prince Regent Stn. Prince Regent Lane	2111	2130	2150	2209	2228	2247	2307	2326	2346	0006	0026	0045	0105	0125				
Beckton Bus Station	2124	2142	2201	2220	2238	2257	2316	2334	2354	0014	0034	0053	0113	0133				
Folkestone Road Gooseley Lane	2132	2150	2209	2228	2246	2305	2324	2342	0002	0021	0040	0059	0119	0139				
East Ham Newham Town Hall	2137	2155	2214	2232	2250	2309	2328	2346	0005	0024	0043	0102	0122	0142				
East Ham Wordsworth Avenue	2144	2202	2220	2238	2256	2315	2333	2351	0009	0028	0047	0106	0126	0146				
300		Sundays and other Public Holidays (except Christmas Day)																
Canning Town Bus Station	0625	0645	0705	0725	0745	0805	0824	0844	0904	0923	0943	1002	1022	1041	1100	1118	1138	1158
New Barn Street Newham Way	0629	0649	0709	0729	0749	0809	0828	0848	0908	0928	0948	1007	1027	1046	1105	1124	1144	1204
Prince Regent Stn. Prince Regent Lane	0635	0655	0715	0735	0755	0815	0835	0855	0915	0935	0955	1014	1034	1054	1113	1132	1152	1212
Beckton Bus Station	0643	0703	0723	0743	0803	0823	0844	0905	0925	0945	1005	1025	1045	1105	1125	1145	1205	1225
Folkestone Road Gooseley Lane	0651	0711	0731	0751	0811	0831	0852	0914	0934	0954	1014	1034	1054	1114	1134	1154	1215	1235
East Ham Newham Town Hall	0655	0715	0735	0755	0815	0835	0857	0919	0939	0959	1019	1039	1059	1120	1140	1200	1221	1242
East Ham Wordsworth Avenue	0700	0720	0740	0800	0820	0841	0903	0925	0946	1006	1026	1047	1107	1129	1150	1210	1232	1254
Canning Town Bus Station	1218	1238	1257	1317	Then every 20 minutes until	1617	1637	1657	1717	1737	1757	1817	1837	1857	1915	1935	1955	
New Barn Street Newham Way	1224	1244	1303	1323		1623	1643	1703	1723	1743	1803	1823	1843	1903	1921	1941	2001	
Prince Regent Stn. Prince Regent Lane	1232	1252	1311	1331		1631	1651	1711	1731	1751	1811	1831	1851	1911	1929	1949	2009	
Beckton Bus Station	1245	1305	1325	1345		1645	1705	1724	1744	1803	1823	1843	1903	1922	1940	2000	2020	
Folkestone Road Gooseley Lane	1255	1315	1336	1357		1657	1716	1735	1754	1813	1833	1853	1913	1931	1949	2009	2029	
East Ham Newham Town Hall	1302	1322	1343	1404		1704	1723	1741	1800	1819	1839	1859	1918	1936	1954	2014	2034	
East Ham Wordsworth Avenue	1314	1335	1356	1416		1716	1735	1753	1811	1830	1849	1909	1927	1945	2003	2022	2042	
Canning Town Bus Station	2015	2035	2055	2115	2135	2155	2215	2235	2255	2315	2335	Then every 20 minutes until	0115					
New Barn Street Newham Way	2020	2040	2100	2120	2140	2200	2220	2240	2300	2319	2339		0119					
Prince Regent Stn. Prince Regent Lane	2028	2048	2108	2127	2147	2207	2227	2247	2306	2325	2345		0125					
Beckton Bus Station	2039	2058	2118	2137	2157	2217	2237	2256	2315	2334	2353		0133					
Folkestone Road Gooseley Lane	2048	2107	2126	2145	2205	2225	2244	2303	2322	2341	2359		0139					
East Ham Newham Town Hall	2053	2111	2130	2149	2209	2229	2248	2307	2326	2344	0002		0142					
East Ham Wordsworth Avenue	2100	2118	2136	2155	2215	2234	2253	2312	2330	2348	0006		0146					