

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 | 1857 | 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 every 12 minutes until | | 0943 | 0955 | Then every 12 minutes until | | 1443 | 1455 | | | |
| Stansfeld Road Fulmer Road | 0538 | 0558 | 0618 | 0637 | 0649 | 0702 | 0714 | 0725 | 0736 | 0748 | | 0948 | 1000 | 1448 | | 1500 | | | | | |
| Beckton Bus Station | 0541 | 0601 | 0621 | 0640 | 0653 | 0707 | 0719 | 0730 | 0742 | 0754 | | 0954 | 1006 | 1454 | | 1506 | | | | | |
| Folkestone Road Gooseley Lane | 0547 | 0607 | 0627 | 0647 | 0701 | 0715 | 0727 | 0739 | 0751 | 0803 | | 1003 | 1015 | 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 every 12 minutes until | | 1757 | 1809 | 1821 | 1833 | 1845 | 1856 | 1907 | 1919 | 1930 | 1941 | 1952 | 2002 | 2014 | | | |
| Stansfeld Road Fulmer Road | 1512 | 1525 | 1538 | | 1802 | 1814 | 1826 | 1838 | 1849 | 1900 | 1911 | 1923 | 1934 | 1945 | 1956 | 2006 | 2018 | | | | |
| Beckton Bus Station | 1518 | 1531 | 1544 | | 1808 | 1820 | 1832 | 1843 | 1854 | 1905 | 1916 | 1928 | 1939 | 1950 | 2000 | 2010 | 2022 | | | | |
| Folkestone Road Gooseley Lane | 1527 | 1540 | 1553 | | 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 every 20 minutes until | 0115 | | | | | | | | | |
| Plaistow Greengate | 2018 | 2031 | 2046 | 2101 | 2121 | 2141 | 2201 | | | | | 0121 | | | | | | | | | |
| Prince Regent Station Bus Station | 2025 | 2038 | 2053 | 2108 | 2128 | 2148 | 2207 | | | | | 0127 | | | | | | | | | |
| Stansfeld Road Fulmer Road | 2029 | 2042 | 2057 | 2112 | 2132 | 2152 | 2210 | | | | | 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 every 12 minutes until | 1708 | 1720 | 1732 | 1744 | 1756 | 1808 | 1820 | 1832 | | |
| Plaistow Greengate | 0952 | 1004 | 1016 | 1029 | 1041 | 1053 | 1105 | 1117 | | | | 1717 | 1729 | 1741 | 1753 | 1805 | 1817 | 1828 | 1840 | | |
| Prince Regent Station Bus Station | 1000 | 1013 | 1026 | 1039 | 1051 | 1103 | 1116 | 1129 | | | | 1729 | 1741 | 1753 | 1804 | 1816 | 1827 | 1837 | 1848 | | |
| Stansfeld Road Fulmer Road | 1005 | 1018 | 1031 | 1044 | 1056 | 1108 | 1121 | 1134 | | | | 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 every 20 minutes until | 2115 | 2135 | 2155 | | | Then every 20 minutes until | 0115 | | | | | |
| Plaistow Greengate | 1852 | 1903 | 1915 | 1927 | 1942 | 2001 | | | | 2121 | 2141 | 2201 | | | | 0121 | | | | | |
| Prince Regent Station Bus Station | 1900 | 1911 | 1922 | 1934 | 1949 | 2008 | | | | 2128 | 2148 | 2207 | | | | 0127 | | | | | |
| Stansfeld Road Fulmer Road | 1904 | 1915 | 1926 | 1938 | 1953 | 2012 | | | | 2132 | 2152 | 2210 | | | | 0130 | | | | | |
| Beckton Bus Station | 1908 | 1919 | 1930 | 1942 | 1957 | 2016 | | | | 2136 | 2156 | 2214 | | | | 0134 | | | | | |
| Folkestone Road Gooseley Lane | 1915 | 1926 | 1937 | 1949 | 2004 | 2023 | | | | 2143 | 2202 | 2220 | | | | 0140 | | | | | |
| East Ham Newham Town Hall | 1919 | 1930 | 1941 | 1953 | 2008 | 2027 | | | | 2147 | 2206 | 2224 | | | | 0144 | | | | | |
| East Ham Station | 1924 | 1935 | 1946 | 1958 | 2013 | 2032 | | | | 2152 | 2210 | 2228 | | | | 0148 | | | | | |
| East Ham Wordsworth Avenue | 1926 | 1937 | 1948 | 2000 | 2015 | 2034 | | | 2154 | 2212 | 2230 | | | 0150 | | | | | | | |

| 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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