

304 Mondays to Fridays																		
Manor Park Gladding Road	0455	0510	0525	0540	0555	0610	0625	0640	0654	0708	0722	Then about every 12 minutes until	2040	2055	2110	2125	2140	
East Ham Station	0500	0515	0530	0545	0600	0616	0631	0647	0701	0716	0730		2048	2103	2118	2133	2147	
East Ham Newham Town Hall	0505	0520	0535	0550	0605	0621	0636	0652	0707	0722	0736		2055	2109	2124	2139	2153	
East Ham Fire Station	0508	0523	0538	0553	0608	0625	0640	0656	0711	0726	0740		2058	2112	2127	2142	2157	
Lonsdale Avenue Hatherley Gardens	0512	0527	0542	0557	0613	0629	0644	0700	0716	0731	0745		2103	2117	2132	2147	2201	
Newham Hospital Emergency Dept.	0515	0530	0545	0600	0616	0632	0647	0703	0719	0734	0748		2105	2119	2134	2149	2203	
Prince Regent Stn. Prince Regent Lane	0520	0535	0550	0605	0622	0638	0653	0710	0727	0742	0757	2111	2125	2140	2155	2208		
Custom House Station	0522	0537	0552	0607	0624	0640	0655	0712	0729	0745	0800	2113	2127	2142	2157	2210		
Manor Park Gladding Road	2155	2210	2225	2240	2255	2310	2325	2340	0000	0020	0040	0100						
East Ham Station	2202	2216	2231	2246	2301	2316	2331	2346	0006	0026	0046	0106						
East Ham Newham Town Hall	2207	2221	2236	2251	2306	2321	2336	2351	0011	0031	0051	0111						
East Ham Fire Station	2210	2224	2239	2254	2309	2325	2341	2356	0016	0036	0056	0116						
Lonsdale Avenue Hatherley Gardens	2214	2228	2243	2258	2313	2328	2343	2358	0018	0038	0058	0118						
Newham Hospital Emergency Dept.	2216	2230	2245	2300	2315	2330	2345	0000	0020	0040	0100	0120						
Prince Regent Stn. Prince Regent Lane	2221	2235	2250	2305	2320	2335	2350	0005	0025	0045	0105	0125						
Custom House Station	2223	2237	2252	2307	2322	2337	2352	0007	0027	0047	0107	0127						
304 Saturdays (also Good Friday)																		
Manor Park Gladding Road	0455	0510	0525	0540	0555	0610	Then every 15 minutes until	0725	0740	0755	0810	0825	0840	0855	Then about every 12 minutes until	2027		
East Ham Station	0500	0515	0530	0545	0600	0616		0731	0746	0801	0816	0831	0846	0901		2035		
East Ham Newham Town Hall	0505	0520	0535	0550	0605	0621		0736	0751	0806	0821	0836	0851	0907		2042		
East Ham Fire Station	0507	0522	0537	0552	0608	0624		0739	0754	0809	0825	0840	0855	0912		2046		
Lonsdale Avenue Hatherley Gardens	0511	0526	0541	0556	0612	0628		0743	0758	0813	0829	0844	0859	0916		2050		
Newham Hospital Emergency Dept.	0513	0528	0543	0558	0614	0630		0745	0800	0815	0831	0846	0902	0919		2052		
Prince Regent Stn. Prince Regent Lane	0517	0532	0547	0603	0619	0635	0750	0806	0821	0837	0852	0909	0926	2059				
Custom House Station	0519	0534	0549	0605	0621	0637	0752	0808	0823	0839	0854	0911	0928	2101				
Manor Park Gladding Road	2040	2055	2110	2125	2140	2155	2210	Then every 15 minutes until	2340	0000	0020	0040	0100					
East Ham Station	2048	2103	2117	2132	2147	2202	2216		2346	0006	0026	0046	0106					
East Ham Newham Town Hall	2055	2109	2123	2138	2153	2207	2221		2351	0011	0031	0051	0111					
East Ham Fire Station	2059	2113	2127	2142	2157	2211	2225		2355	0015	0035	0055	0115					
Lonsdale Avenue Hatherley Gardens	2103	2117	2131	2146	2201	2214	2228		2358	0018	0038	0058	0118					
Newham Hospital Emergency Dept.	2105	2119	2133	2148	2203	2216	2230		0000	0020	0040	0100	0120					
Prince Regent Stn. Prince Regent Lane	2111	2125	2139	2154	2208	2221	2235	0005	0025	0045	0105	0125						
Custom House Station	2113	2127	2141	2156	2210	2223	2237	0007	0027	0047	0107	0127						
304 Sundays and other Public Holidays (except Christmas Day)																		
Manor Park Gladding Road	0545	0600	Then every 15 minutes until	0730	0744	0759	0814	0829	0844	0859	0914	0929	0943	0958	1012	1027	1039	
East Ham Station	0550	0605		0735	0749	0804	0819	0834	0849	0904	0920	0935	0950	1005	1020	1035	1047	
East Ham Newham Town Hall	0555	0610		0740	0754	0809	0824	0839	0854	0909	0925	0940	0956	1011	1026	1041	1054	
East Ham Fire Station	0557	0613		0743	0757	0812	0827	0842	0857	0912	0928	0944	1000	1015	1030	1045	1058	
Lonsdale Avenue Hatherley Gardens	0601	0617		0747	0801	0816	0831	0846	0901	0916	0932	0948	1004	1019	1034	1049	1103	
Newham Hospital Emergency Dept.	0603	0619		0749	0803	0818	0833	0848	0903	0918	0934	0950	1006	1021	1036	1051	1106	
Prince Regent Stn. Prince Regent Lane	0607	0623	0753	0808	0823	0838	0853	0909	0924	0940	0956	1012	1027	1042	1058	1113		
Custom House Station	0609	0625	0755	0810	0825	0840	0855	0911	0926	0942	0958	1014	1029	1044	1100	1115		
Manor Park Gladding Road	1054	1108	1123	1138	1152	1207	1222	1237	1252	1307	Then every 15 minutes until	1422	1438	1453	1509	1524	1539	
East Ham Station	1102	1116	1131	1146	1200	1216	1231	1246	1301	1317		1432	1448	1503	1518	1533	1548	
East Ham Newham Town Hall	1109	1124	1139	1154	1209	1225	1240	1255	1311	1327		1442	1458	1513	1528	1543	1558	
East Ham Fire Station	1113	1128	1143	1158	1213	1229	1244	1259	1315	1331		1446	1502	1517	1532	1547	1602	
Lonsdale Avenue Hatherley Gardens	1118	1133	1148	1203	1218	1234	1249	1304	1320	1336		1451	1507	1522	1537	1552	1607	
Newham Hospital Emergency Dept.	1121	1136	1151	1206	1221	1237	1252	1307	1323	1339		1454	1510	1525	1540	1555	1610	
Prince Regent Stn. Prince Regent Lane	1128	1143	1158	1214	1229	1245	1300	1315	1331	1347	1502	1517	1532	1547	1602	1617		
Custom House Station	1130	1145	1200	1216	1231	1247	1303	1318	1334	1350	1505	1520	1535	1550	1605	1620		
Manor Park Gladding Road	1554	1610	1625	1640	1655	1710	1725	1740	1755	1810	1825	1840	1855	1910	1925	1940	1955	2010
East Ham Station	1603	1618	1633	1648	1703	1718	1733	1748	1803	1818	1833	1848	1903	1918	1933	1948	2003	2017
East Ham Newham Town Hall	1612	1627	1642	1657	1712	1727	1742	1757	1811	1826	1840	1855	1910	1925	1940	1955	2009	2023
East Ham Fire Station	1616	1631	1646	1701	1716	1731	1746	1801	1815	1830	1844	1859	1914	1929	1944	1959	2013	2027
Lonsdale Avenue Hatherley Gardens	1621	1636	1651	1706	1721	1736	1751	1805	1819	1834	1848	1903	1918	1933	1948	2003	2017	2031
Newham Hospital Emergency Dept.	1624	1639	1654	1709	1724	1739	1754	1808	1822	1837	1851	1906	1921	1936	1951	2005	2019	2033
Prince Regent Stn. Prince Regent Lane	1631	1646	1701	1716	1731	1746	1801	1815	1829	1844	1858	1913	1928	1943	1958	2012	2026	2040
Custom House Station	1634	1649	1704	1719	1734	1749	1803	1817	1831	1846	1900	1915	1930	1945	2000	2014	2028	2042
Manor Park Gladding Road	2025	2040	2055	2110	2125	2140	Then every 15 minutes until	2340	0000	0020	0040	0100						
East Ham Station	2032	2047	2102	2116	2131	2146		2346	0006	0026	0046	0106						
East Ham Newham Town Hall	2038	2053	2107	2121	2136	2151		2351	0011	0031	0051	0111						
East Ham Fire Station	2042	2057	2110	2124	2139	2154		2354	0014	0034	0054	0114						
Lonsdale Avenue Hatherley Gardens	2046	2101	2114	2128	2143	2158		2358	0018	0038	0058	0118						
Newham Hospital Emergency Dept.	2048	2103	2116	2130	2145	2200		0000	0020	0040	0100	0120						
Prince Regent Stn. Prince Regent Lane	2055	2109	2122	2136	2151	2205	0005	0025	0045	0105	0125							
Custom House Station	2057	2111	2124	2138	2153	2207	0007	0027	0047	0107	0127							

304 Mondays to Fridays																		
Custom House Station	0430	0445	0500	0515	0530	0545	0600	0615	0630	0643	0658		1958	2013	2028	2043	2059	
Prince Regent Stn. <i>Prince Regent Lane</i>	0432	0447	0502	0517	0532	0547	0602	0617	0632	0645	0700	<i>Then</i>	2000	2015	2030	2045	2101	
Newham Hospital <i>Emergency Dept.</i>	0436	0451	0506	0521	0536	0551	0607	0622	0637	0650	0706	<i>about</i>	2006	2021	2036	2051	2106	
Lonsdale Avenue <i>Hatherley Gardens</i>	0440	0455	0510	0525	0540	0555	0611	0626	0641	0654	0710	<i>every 12</i>	2010	2025	2040	2055	2109	
East Ham Fire Station	0442	0457	0512	0527	0542	0557	0613	0628	0643	0656	0713	<i>minutes</i>	2012	2027	2042	2057	2111	
East Ham Newham Town Hall	0447	0502	0517	0532	0547	0602	0619	0634	0649	0702	0719	<i>until</i>	2018	2033	2048	2102	2116	
East Ham Station	0451	0506	0521	0536	0551	0607	0624	0639	0654	0708	0725		2024	2039	2054	2107	2121	
Manor Park <i>Gladding Road</i>	0457	0512	0527	0542	0557	0613	0630	0645	0700	0715	0732		2031	2046	2101	2114	2128	
Custom House Station	2114			2229	2244	2300			0100									
Prince Regent Stn. <i>Prince Regent Lane</i>	2116			2231	2246	2302			0102									
Newham Hospital <i>Emergency Dept.</i>	2121	<i>Then</i>		2236	2251	2306	<i>Then</i>		0106									
Lonsdale Avenue <i>Hatherley Gardens</i>	2124	<i>every 15</i>		2239	2254	2309	<i>every 20</i>		0109									
East Ham Fire Station	2126	<i>minutes</i>		2241	2256	2311	<i>minutes</i>		0111									
East Ham Newham Town Hall	2131	<i>until</i>		2246	2301	2315	<i>until</i>		0115									
East Ham Station	2136			2251	2305	2319			0119									
Manor Park <i>Gladding Road</i>	2143			2258	2312	2326			0126									
304 Saturdays (also Good Friday)																		
Custom House Station	0430			0745	0800	0815	0829		2000	2015	2030	2045	2100			2230	2245	
Prince Regent Stn. <i>Prince Regent Lane</i>	0432			0747	0802	0817	0831	<i>Then</i>	2002	2017	2032	2047	2102			2232	2247	
Newham Hospital <i>Emergency Dept.</i>	0436	<i>Then</i>		0751	0806	0821	0836	<i>about</i>	2008	2023	2038	2053	2107	<i>Then</i>		2237	2252	
Lonsdale Avenue <i>Hatherley Gardens</i>	0439	<i>every 15</i>		0754	0809	0824	0840	<i>every 12</i>	2011	2026	2041	2056	2110	<i>every 15</i>		2240	2255	
East Ham Fire Station	0440	<i>minutes</i>		0755	0810	0825	0841	<i>minutes</i>	2013	2028	2043	2058	2111	<i>minutes</i>		2241	2256	
East Ham Newham Town Hall	0445	<i>until</i>		0800	0815	0831	0847	<i>until</i>	2019	2034	2049	2104	2117	<i>until</i>		2247	2302	
East Ham Station	0449			0804	0820	0836	0852		2026	2040	2055	2109	2122			2252	2306	
Manor Park <i>Gladding Road</i>	0455			0810	0826	0843	0859		2035	2049	2104	2117	2130			2300	2313	
Custom House Station	2300			0100														
Prince Regent Stn. <i>Prince Regent Lane</i>	2302			0102														
Newham Hospital <i>Emergency Dept.</i>	2306	<i>Then</i>		0106														
Lonsdale Avenue <i>Hatherley Gardens</i>	2309	<i>every 20</i>		0109														
East Ham Fire Station	2310	<i>minutes</i>		0110														
East Ham Newham Town Hall	2315	<i>until</i>		0115														
East Ham Station	2319			0119														
Manor Park <i>Gladding Road</i>	2326			0126														
304 Sundays and other Public Holidays (except Christmas Day)																		
Custom House Station	0525			0740	0754	0809	0824	0838	0853	0907	0921	0935	0950	1005	1020	1035	1050	1103
Prince Regent Stn. <i>Prince Regent Lane</i>	0527			0742	0756	0811	0826	0840	0855	0909	0923	0937	0952	1007	1022	1037	1052	1105
Newham Hospital <i>Emergency Dept.</i>	0531	<i>Then</i>		0746	0800	0815	0830	0844	0859	0914	0928	0942	0957	1012	1027	1042	1057	1111
Lonsdale Avenue <i>Hatherley Gardens</i>	0534	<i>every 15</i>		0749	0803	0818	0833	0847	0902	0917	0931	0945	1000	1015	1030	1045	1100	1115
East Ham Fire Station	0535	<i>minutes</i>		0750	0805	0820	0835	0849	0904	0919	0934	0949	1004	1019	1034	1049	1104	1119
East Ham Newham Town Hall	0540	<i>until</i>		0755	0810	0825	0840	0854	0909	0924	0939	0953	1008	1023	1038	1053	1109	1124
East Ham Station	0544			0759	0814	0829	0844	0859	0914	0929	0944	0958	1013	1029	1045	1100	1116	1131
Manor Park <i>Gladding Road</i>	0550			0805	0820	0835	0850	0906	0921	0936	0951	1006	1021	1037	1054	1109	1125	1140
Custom House Station	1118	1133	1148	1202	1217	1232	1247	1302	1317	1332	1347	1403			1533	1549	1604	1619
Prince Regent Stn. <i>Prince Regent Lane</i>	1120	1135	1150	1204	1219	1234	1249	1304	1319	1334	1349	1405			1535	1551	1606	1621
Newham Hospital <i>Emergency Dept.</i>	1126	1141	1156	1211	1226	1241	1256	1311	1326	1341	1356	1411	<i>Then</i>		1541	1557	1612	1627
Lonsdale Avenue <i>Hatherley Gardens</i>	1130	1145	1200	1215	1230	1245	1300	1315	1330	1345	1400	1415	<i>every 15</i>		1545	1601	1616	1631
East Ham Fire Station	1134	1149	1204	1219	1234	1249	1304	1319	1334	1349	1404	1419	<i>minutes</i>		1549	1604	1619	1634
East Ham Newham Town Hall	1139	1154	1209	1224	1239	1254	1310	1325	1340	1355	1410	1425	<i>until</i>		1555	1610	1625	1640
East Ham Station	1146	1201	1217	1232	1247	1302	1318	1333	1348	1403	1418	1433			1603	1618	1633	1648
Manor Park <i>Gladding Road</i>	1155	1210	1226	1241	1256	1311	1327	1342	1357	1412	1427	1442			1612	1627	1642	1657
Custom House Station	1634	1649	1705	1720	1735	1751	1806	1823	1838	1853	1908	1924	1941	1958	2013	2028	2043	2100
Prince Regent Stn. <i>Prince Regent Lane</i>	1636	1651	1707	1722	1737	1753	1808	1825	1840	1855	1910	1926	1943	2000	2015	2030	2045	2102
Newham Hospital <i>Emergency Dept.</i>	1642	1657	1713	1728	1743	1759	1814	1830	1845	1900	1915	1931	1948	2004	2019	2034	2049	2106
Lonsdale Avenue <i>Hatherley Gardens</i>	1646	1701	1717	1732	1747	1803	1818	1834	1849	1904	1919	1935	1952	2007	2022	2037	2052	2109
East Ham Fire Station	1649	1704	1719	1734	1749	1805	1820	1835	1850	1905	1920	1936	1953	2008	2023	2038	2053	2109
East Ham Newham Town Hall	1655	1710	1726	1741	1756	1812	1827	1842	1857	1912	1927	1943	1959	2014	2029	2044	2059	2115
East Ham Station	1703	1718	1733	1748	1803	1818	1833	1848	1903	1918	1933	1948	2004	2019	2034	2049	2104	2119
Manor Park <i>Gladding Road</i>	1712	1727	1742	1757	1812	1827	1842	1857	1911	1926	1941	1956	2011	2026	2041	2056	2111	2126
Custom House Station	2115			2300					0100									
Prince Regent Stn. <i>Prince Regent Lane</i>	2117			2302					0102									
Newham Hospital <i>Emergency Dept.</i>	2121	<i>Then</i>		2306	<i>Then</i>				0106									
Lonsdale Avenue <i>Hatherley Gardens</i>	2124	<i>every 15</i>		2309	<i>every 20</i>				0109									
East Ham Fire Station	2124	<i>minutes</i>		2309	<i>minutes</i>				0109									
East Ham Newham Town Hall	2130	<i>until</i>		2315	<i>until</i>				0115									
East Ham Station	2134			2319					0119									
Manor Park <i>Gladding Road</i>	2141			2326					0126									