



304		Saturdays (also Good Friday)																												
Manor Park Gladding Road	0455	0510	0525	0540	0555	0610										0725	0740	0755	0810	0825	0840	0853	0904	0916	0928					
East Ham Station	0500	0515	0530	0545	0600	0616										0731	0746	0801	0816	0831	0847	0901	0912	0924	0936					
East Ham Newham Town Hall	0504	0519	0534	0549	0604	0620										0735	0751	0806	0821	0836	0852	0907	0918	0930	0942					
East Ham Fire Station	0507	0522	0537	0552	0607	0623										0738	0754	0809	0824	0840	0856	0911	0922	0934	0946					
Lonsdale Avenue Hatherley Gardens	0511	0526	0541	0556	0611	0627										0742	0758	0813	0828	0844	0900	0915	0927	0939	0951					
Newham Hospital Emergency Dept.	0513	0528	0543	0558	0614	0630										0745	0801	0816	0831	0847	0903	0918	0930	0942	0954					
Prince Regent Stn. Prince Regent Lane	0517	0532	0547	0603	0619	0635										0750	0806	0821	0836	0852	0908	0924	0936	0948	1000					
Custom House Station	0519	0534	0549	0605	0621	0637										0752	0808	0823	0838	0854	0910	0926	0938	0950	1002					
Manor Park Gladding Road	0938	0949	1001	1013	1024	1036	1048	1059	1110	1122	1133	1144	1155	1206											1318	1329				
East Ham Station	0946	0958	1010	1022	1033	1045	1057	1109	1120	1132	1143	1154	1206	1218											1330	1342				
East Ham Newham Town Hall	0953	1005	1017	1029	1041	1053	1105	1117	1129	1141	1152	1204	1216	1228											1340	1352				
East Ham Fire Station	0958	1010	1022	1034	1046	1058	1110	1122	1134	1146	1157	1209	1221	1233											1345	1357				
Lonsdale Avenue Hatherley Gardens	1003	1015	1027	1039	1051	1103	1115	1127	1139	1151	1202	1214	1226	1238											1350	1402				
Newham Hospital Emergency Dept.	1006	1018	1030	1042	1054	1106	1118	1130	1142	1154	1205	1217	1229	1241											1353	1405				
Prince Regent Stn. Prince Regent Lane	1012	1024	1036	1048	1100	1113	1125	1137	1149	1201	1213	1225	1237	1249											1401	1413				
Custom House Station	1014	1026	1038	1050	1102	1115	1127	1139	1151	1203	1215	1227	1239	1251											1403	1415				
Manor Park Gladding Road	1341			1529	1541					1741	1754					1906	1918	1930	1942	1955	2010	2025								
East Ham Station	1354			1542	1553					1753	1806					1918	1930	1942	1954	2006	2021	2035								
East Ham Newham Town Hall	1404	Then		1552	1603	Then				1803	1815	Then			1927	1938	1950	2002	2014	2029	2043									
East Ham Fire Station	1409	every 12		1557	1608	every 12				1808	1820	every 12			1932	1943	1954	2006	2018	2033	2047									
Lonsdale Avenue Hatherley Gardens	1414	minutes		1602	1613	minutes				1813	1825	minutes			1937	1948	1959	2011	2023	2038	2052									
Newham Hospital Emergency Dept.	1417	until		1605	1616	until				1816	1828	until			1940	1951	2002	2014	2026	2041	2055									
Prince Regent Stn. Prince Regent Lane	1425			1613	1624					1824	1835				1947	1958	2009	2021	2033	2048	2101									
Custom House Station	1427			1615	1626					1826	1837				1949	2000	2011	2023	2035	2050	2103									
Manor Park Gladding Road	2040	2055	2110	2125	2140	2155	2210	2225	2240	2255	2310	2325	2340	0000	0020	0040	0100													
East Ham Station	2049	2104	2119	2133	2148	2203	2218	2233	2248	2302	2317	2332	2347	0007	0026	0046	0106													
East Ham Newham Town Hall	2057	2112	2127	2140	2154	2209	2224	2238	2253	2307	2322	2337	2352	0012	0031	0051	0111													
East Ham Fire Station	2101	2116	2131	2144	2158	2213	2228	2242	2257	2311	2325	2340	2355	0015	0034	0054	0114													
Lonsdale Avenue Hatherley Gardens	2105	2120	2135	2148	2202	2217	2232	2246	2301	2315	2329	2344	2359	0019	0038	0058	0118													
Newham Hospital Emergency Dept.	2107	2122	2137	2150	2204	2219	2234	2248	2303	2317	2331	2346	0001	0021	0040	0100	0120													
Prince Regent Stn. Prince Regent Lane	2113	2127	2142	2155	2209	2224	2239	2253	2308	2322	2336	2350	0005	0025	0044	0104	0124													
Custom House Station	2115	2129	2144	2157	2211	2226	2241	2255	2310	2324	2338	2352	0007	0027	0046	0106	0126													
304		Sundays and other Public Holidays (except Christmas Day)																												
Manor Park Gladding Road	0540			0640	0655	0710	0725	0740	0755	0810	0825	0840	0855	0910	0925	0940	0955	1009												
East Ham Station	0545			0645	0701	0716	0731	0746	0801	0816	0831	0846	0901	0917	0932	0947	1002	1017												
East Ham Newham Town Hall	0549	Then		0649	0705	0720	0735	0750	0805	0820	0836	0851	0906	0922	0937	0952	1007	1022												
East Ham Fire Station	0552	every 15		0652	0708	0723	0738	0753	0808	0823	0839	0854	0909	0925	0941	0956	1011	1026												
Lonsdale Avenue Hatherley Gardens	0556	minutes		0656	0712	0727	0742	0757	0812	0827	0843	0858	0913	0929	0945	1000	1015	1030												
Newham Hospital Emergency Dept.	0558	until		0658	0714	0729	0744	0759	0814	0829	0845	0900	0915	0931	0948	1003	1018	1033												
Prince Regent Stn. Prince Regent Lane	0602			0702	0718	0733	0748	0804	0819	0834	0850	0905	0920	0936	0953	1009	1024	1039												
Custom House Station	0604			0704	0720	0735	0750	0806	0821	0836	0852	0907	0922	0938	0955	1011	1026	1041												
Manor Park Gladding Road	1022	1035	1050	1105	1119	1134	1149	1203	1218	1233	1248	1303											1403	1419	1434	1449				
East Ham Station	1030	1043	1058	1113	1128	1143	1158	1213	1228	1243	1259	1315											1415	1430	1445	1500				
East Ham Newham Town Hall	1036	1050	1105	1120	1136	1151	1206	1222	1237	1253	1309	1325											1425	1440	1455	1509				
East Ham Fire Station	1040	1055	1110	1125	1141	1156	1211	1227	1242	1258	1314	1330											1430	1445	1500	1514				
Lonsdale Avenue Hatherley Gardens	1045	1100	1115	1130	1146	1201	1216	1232	1247	1303	1319	1335											1435	1450	1505	1519				
Newham Hospital Emergency Dept.	1048	1103	1118	1133	1149	1204	1219	1235	1250	1306	1322	1338											1438	1453	1508	1522				
Prince Regent Stn. Prince Regent Lane	1054	1109	1124	1139	1155	1210	1225	1242	1257	1313	1330	1346											1446	1501	1516	1530				
Custom House Station	1056	1111	1126	1141	1157	1212	1227	1244	1259	1315	1332	1348											1448	1503	1518	1532				
Manor Park Gladding Road	1504	1519	1534	1550	1605	1620	1635	1650															1805	1821	1836	1851	1906	1921	1936	1951
East Ham Station	1515	1530	1545	1600	1615	1630	1644	1659															1814	1830	1845	1900	1915	1930	1945	2000
East Ham Newham Town Hall	1524	1539	1554	1609	1624	1639	1653	1707															1822	1837	1852	1907	1922	1937	1952	2007
East Ham Fire Station	1529	1544	1559	1614	1629	1644	1658	1712															1827	1842	1857	1912	1927	1942	1957	2012
Lonsdale Avenue Hatherley Gardens	1534	1549	1604	1619	1634	1649	1703	1717															1832	1847	1902	1917	1932	1947	2002	2017
Newham Hospital Emergency Dept.	1537	1552	1607	1622	1637	1652	1706	1720															1835	1850	1905	1920	19			

304		Mondays to Fridays																	
Custom House Station	0430	0445	0500	0515	0530	0545	0600	0615	0630	0645	0700	0712	0721	0731	0740	0751	0803	0815	
Prince Regent Stn. Prince Regent Lane	0432	0447	0502	0517	0532	0547	0602	0617	0632	0647	0702	0714	0723	0733	0742	0753	0805	0818	
Newham Hospital Emergency Dept.	0436	0451	0506	0521	0536	0551	0606	0621	0636	0652	0707	0719	0729	0740	0751	0803	0815	0828	
Lonsdale Avenue Hatherley Gardens	0439	0454	0509	0524	0539	0554	0609	0624	0639	0656	0711	0723	0734	0745	0756	0808	0820	0832	
East Ham Fire Station	0442	0457	0512	0527	0542	0557	0612	0627	0642	0659	0714	0727	0738	0750	0801	0813	0825	0837	
East Ham Newham Town Hall	0446	0501	0517	0532	0547	0602	0617	0632	0647	0704	0719	0732	0744	0756	0808	0820	0832	0844	
East Ham Station	0450	0505	0521	0536	0551	0606	0621	0637	0652	0709	0724	0738	0750	0802	0815	0827	0840	0852	
Manor Park Gladding Road	0456	0511	0527	0542	0557	0612	0627	0643	0658	0716	0731	0746	0758	0810	0824	0836	0849	0901	
Custom House Station	0827	0839	0851	0904	0916	0928				1404	1416	1428	1439	1451	1502	1513	1525	1537	1549
Prince Regent Stn. Prince Regent Lane	0830	0842	0854	0906	0918	0930				1406	1418	1430	1441	1453	1505	1516	1528	1540	1552
Newham Hospital Emergency Dept.	0839	0851	0902	0913	0925	0936				1412	1424	1437	1448	1500	1512	1524	1536	1548	1600
Lonsdale Avenue Hatherley Gardens	0843	0855	0906	0917	0929	0940				1416	1428	1441	1453	1505	1517	1529	1541	1553	1605
East Ham Fire Station	0848	0900	0910	0921	0933	0944				1420	1433	1447	1459	1511	1523	1535	1547	1559	1611
East Ham Newham Town Hall	0855	0907	0917	0928	0940	0951				1427	1440	1454	1507	1519	1531	1543	1555	1607	1619
East Ham Station	0903	0915	0925	0936	0948	0959				1435	1449	1503	1517	1529	1541	1553	1605	1617	1629
Manor Park Gladding Road	0912	0924	0934	0945	0957	1008				1444	1458	1513	1527	1540	1552	1604	1616	1628	1640
Custom House Station	1601	1612	1623	1635	1647	1659	1711	1723	1735	1748	1800	1812	1824	1836	1848	1900	1912	1924	
Prince Regent Stn. Prince Regent Lane	1604	1615	1626	1638	1650	1702	1714	1726	1738	1751	1803	1815	1827	1838	1850	1902	1914	1926	
Newham Hospital Emergency Dept.	1612	1623	1635	1647	1659	1711	1722	1734	1746	1758	1810	1822	1834	1845	1857	1909	1921	1932	
Lonsdale Avenue Hatherley Gardens	1617	1628	1640	1652	1704	1716	1727	1739	1751	1802	1814	1826	1838	1849	1901	1913	1925	1936	
East Ham Fire Station	1623	1635	1647	1659	1711	1723	1734	1746	1758	1809	1821	1833	1845	1855	1907	1919	1930	1941	
East Ham Newham Town Hall	1631	1643	1655	1707	1719	1731	1741	1753	1805	1816	1828	1840	1852	1902	1913	1924	1935	1946	
East Ham Station	1641	1653	1705	1717	1729	1741	1751	1803	1815	1826	1838	1850	1902	1912	1923	1934	1945	1955	
Manor Park Gladding Road	1652	1704	1716	1728	1740	1752	1802	1814	1826	1837	1849	1901	1913	1922	1932	1943	1953	2003	
Custom House Station	1936	1948	2000	2015	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300				0100
Prince Regent Stn. Prince Regent Lane	1938	1950	2002	2017	2032	2047	2102	2117	2132	2147	2202	2217	2232	2247	2302				0102
Newham Hospital Emergency Dept.	1944	1956	2008	2023	2038	2053	2107	2122	2137	2152	2207	2222	2237	2252	2306				0106
Lonsdale Avenue Hatherley Gardens	1948	2000	2012	2027	2042	2057	2111	2126	2141	2156	2211	2226	2241	2256	2310				0110
East Ham Fire Station	1952	2004	2016	2031	2046	2101	2115	2130	2144	2159	2214	2229	2244	2259	2313				0113
East Ham Newham Town Hall	1957	2009	2021	2036	2051	2106	2120	2135	2149	2204	2219	2233	2248	2302	2316				0116
East Ham Station	2005	2016	2027	2042	2057	2111	2125	2140	2154	2209	2224	2238	2252	2306	2320				0120
Manor Park Gladding Road	2013	2024	2035	2050	2105	2118	2132	2147	2201	2216	2231	2245	2259	2313	2326				0126

304		Saturdays (also Good Friday)																		
Custom House Station	0430	0445	0500	0515	0530	0545	0600	0615	0630	0645	0700	0715	0730	0745	0800	0815	0830	0840		
Prince Regent Stn. Prince Regent Lane	0432	0447	0502	0517	0532	0547	0602	0617	0632	0647	0702	0717	0732	0747	0802	0817	0832	0842		
Newham Hospital Emergency Dept.	0436	0451	0506	0521	0536	0551	0606	0621	0636	0651	0706	0721	0736	0751	0806	0821	0836	0847		
Lonsdale Avenue Hatherley Gardens	0439	0454	0509	0524	0539	0554	0609	0624	0639	0654	0709	0724	0739	0754	0809	0824	0839	0850		
East Ham Fire Station	0441	0456	0511	0526	0542	0557	0612	0627	0642	0657	0712	0727	0742	0757	0812	0827	0842	0853		
East Ham Newham Town Hall	0445	0500	0515	0530	0546	0601	0617	0632	0647	0702	0717	0732	0747	0802	0817	0832	0847	0858		
East Ham Station	0449	0504	0519	0534	0550	0605	0621	0636	0651	0706	0721	0736	0751	0806	0822	0837	0852	0904		
Manor Park Gladding Road	0455	0510	0525	0540	0556	0611	0627	0642	0657	0712	0728	0743	0758	0813	0829	0844	0859	0911		
Custom House Station	0851	0903	0915	0927	0939	0949	1001	1012	1024	1036	1047	1058	1110	1122	1134	1146	1157	1209		
Prince Regent Stn. Prince Regent Lane	0853	0905	0917	0929	0941	0951	1003	1014	1026	1038	1049	1100	1112	1124	1136	1148	1159	1211		
Newham Hospital Emergency Dept.	0858	0910	0922	0934	0946	0956	1008	1020	1032	1044	1055	1106	1118	1130	1142	1154	1205	1217		
Lonsdale Avenue Hatherley Gardens	0901	0913	0925	0937	0949	0959	1011	1023	1035	1047	1059	1110	1122	1134	1146	1158	1209	1221		
East Ham Fire Station	0905	0917	0929	0941	0953	1003	1015	1027	1039	1051	1103	1114	1126	1138	1150	1202	1213	1225		
East Ham Newham Town Hall	0910	0922	0934	0946	0958	1009	1021	1033	1045	1057	1109	1121	1133	1145	1157	1209	1220	1232		
East Ham Station	0916	0928	0941	0953	1005	1016	1028	1040	1052	1105	1117	1129	1142	1156	1208	1220	1232	1244		
Manor Park Gladding Road	0923	0936	0949	1001	1013	1025	1037	1049	1101	1114	1126	1138	1151	1206	1218	1230	1242	1254		
Custom House Station	1221	1233	1244	1255	1306					1854	1906	1918	1930	1945	2000	2015	2030	2045	2100	2115
Prince Regent Stn. Prince Regent Lane	1223	1235	1246	1257	1308					1856	1908	1920	1932	1947	2002	2017	2032	2047	2102	2117
Newham Hospital Emergency Dept.	1229	1241	1252	1304	1315					1903	1915	1927	1939	1954	2008	2022	2037	2052	2107	2122
Lonsdale Avenue Hatherley Gardens	1233	1245	1256	1308	1319					1907	1919	1931	1943	1958	2012	2026	2041	2056	2111	2126
East Ham Fire Station	1237	1249	1301	1313	1325					1913	1925	1936	1948	2003	2017	2031	2046	2101	2116	2130
East Ham Newham Town Hall	1244	1256	1308	1320	1332					1920	1932	1942	1954	2009	2023	2037	2051	2106	2121	2135
East Ham Station	1256	1308	1320	1332	1344					1932	1943	1952	2004	2019	2032	2045	2058	2112	2127	2141
Manor Park Gladding Road	1306	1318	1330	1342	1354					1942	1953	2002	2014	2029	2042	2055	2107	2120	2135	2149
Custom House Station	2130	2145	2200	2215	2230	2245	2300	2320	2340	0000	0020	0040	0100							
Prince Regent Stn. Prince Regent Lane	2132	2147	2202	2217	2232	2247	2302	2322	2342	0002	0022	0042	0102							
Newham Hospital Emergency Dept.	2137	2152	2207	2222	2237	2252	2306	2326	2346	0006	0026	0046	0106							
Lonsdale Avenue Hatherley Gardens	2141	2156	2211	2226	2241	2256	2310	2330	2350	0010	0030	0050	0110							
East Ham Fire Station	2145	2200	2215	2230	2245	2259	2313	2333	2353	0013	0033	0053	0113							
East Ham Newham Town Hall	2150	2205	2220	2234	2249	2303	2317	2337	2357	0017	0036	0056	0116							
East Ham Station	2156	2210	2225	2238	2253	2307	2321	2341	0001	0021	0040	0100	0120							
Manor Park Gladding Road	2204	2218	2233	2246	2300	2314	2328	2348	0007	0027	0046	0106	0126							
304		Sundays and other Public Holidays (except Christmas Day)																		
Custom House Station	0530	0545	0600	0615	0629	0643					0813	0827	0842	0857	0912	0926	0939	0953	1008	1023
Prince Regent Stn. Prince Regent Lane	0532	0547	0602	0617	0631	0645					0815	0829	0844	0859	0914	0928	0941	0955	1010	1025
Newham Hospital Emergency Dept.	0536	0551	0606	0621	0635	0649					0819	0833	0848	0903	0918	0933	0946	1000	1015	1030
Lonsdale Avenue Hatherley Gardens	0539	0554	0609	0624	0638	0652					0822	0836	0851	0906	0921	0936	0949	1003	1018	1033
East Ham Fire Station	0541	0556	0611	0626	0641	0655					0825	0839	0854	0909	0924	0939	0953	1007	1022	1037
East Ham Newham Town Hall	0545	0600	0615	0630	0645	0700					0830	0844	0859	0914	0929	0944	0958	1012	1027	1042
East Ham Station	0549	0604	0619	0634	0649	0704					0834	0849	0904	0919	0934	0949	1003	1018	1033	1048
Manor Park Gladding Road	0555	0610	0625	0640	0655	0710					0840	0856	0911	0926	0941	0956	1011	1026	1041	1056
Custom House Station	1038	1052	1105	1120	1133	1147	1201	1216	1231	1245	1300	1315	1329	1344	1358	1413	1428	1443		
Prince Regent Stn. Prince Regent Lane	1040	1054	1107	1122	1135	1149	1203	1218	1233	1247	1302	1317	1331	1346	1400	1415	1430	1445		
Newham Hospital Emergency Dept.	1045	1059	1112	1127	1141	1155	1209	1224	1239	1253	1308	1323	1337	1352	1406	1421	1436	1451		
Lonsdale Avenue Hatherley Gardens	1048	1102	1115	1130	1144	1158	1212	1227	1242	1256	1311	1326	1340	1355	1410	1425	1440	1455		
East Ham Fire Station	1052	1106	1119	1134	1148	1202	1216	1231	1246	1300	1315	1330	1345	1400	1415	1430	1445	1500		
East Ham Newham Town Hall	1057	1111	1124	1139	1154	1208	1222	1237	1252	1306	1321	1336	1351	1406	1421	1436	1451	1506		
East Ham Station	1103	1118	1132	1147	1202	1217	1232	1247	1302	1317	1332	1347	1402	1417	1432	1447	1502	1516		
Manor Park Gladding Road	1111	1126	1141	1156	1211	1226	1241	1256	1311	1326	1341	1356	1411	1426	1441	1456	1511	1525		
Custom House Station	1458			1658	1713	1728	1743	1758	1814	1829	1844	1859	1914	1929	1944	1959	2014	2029		
Prince Regent Stn. Prince Regent Lane	1500			1700	1715	1730	1745	1800	1816	1831	1846	1901	1916	1931	1946	2001	2016	2031		
Newham Hospital Emergency Dept.	1506			1706	1721	1736	1751	1806	1821	1836	1851	1906	1921	1936	1951	2006	2021	2036		
Lonsdale Avenue Hatherley Gardens	1510			1710	1725	1740	1755	1810	1825	1840	1855	1910	1925	1940	1955	2010	2025	2040		
East Ham Fire Station	1515			1715	1729	1744	1759	1814	1829	1844	1859	1914	1929	1944	1959	2014	2029	2044		
East Ham Newham Town Hall	1521			1721	1735	1750	1805	1820	1835	1850	1905	1920	1935	1950	2005	2020	2034	2049		
East Ham Station	1531			1731	1745	1759	1813	1828	1843	1858	1913	1927	1942	1957	2012	2027	2040	2054		
Manor Park Gladding Road	1540			1740	1754	1808	1822	1837	1852	1907	1922	1936	1951	2006	2021	2036	2049	2102		
Custom House Station	2044	2100	2115				2300	2320	2340	0000	0020	0040	0100							
Prince Regent Stn. Prince Regent Lane	2046	2102	2117				2302	2322	2342	0002	0022	0042	0102							
Newham Hospital Emergency Dept.	2051	2106	2121				2306	2326	2346	0006	0026	0046	0106							
Lonsdale Avenue Hatherley Gardens	2055	2110	2125				2310	2330	2350	0010	0030	0050	0110							
East Ham Fire Station	2058	2113	2128				2313	2333	2353	0013	0033	0053	0113							
East Ham Newham Town Hall	2103	2117	2132				2317	2337	2356	0016	0036	0056	0116							
East Ham Station	2108	2122	2136				2321	2341	0000	0020	0040	0100	0120							
Manor Park Gladding Road	2116	2130	2143				2328	2348	0006	0026	0046	0106	0126							