

304		Mondays to Fridays																
Manor Park Gladding Road	0455	0510	0525	0540	0555	0610	0625	0640	0654	0708	0722	0733	0744	Then every 12 minutes until	0844	0856	0908	
East Ham Station	0500	0515	0530	0545	0600	0616	0631	0647	0701	0716	0730	0741	0753		0853	0905	0917	
East Ham Newham Town Hall	0505	0520	0535	0550	0605	0621	0636	0652	0707	0722	0736	0748	0800		0900	0912	0924	
East Ham Fire Station	0508	0523	0538	0553	0608	0625	0640	0656	0711	0726	0740	0752	0804		0904	0916	0928	
Lonsdale Avenue Hatherley Gardens	0512	0527	0542	0557	0613	0629	0644	0700	0716	0731	0745	0758	0810		0910	0922	0933	
Newham Hospital Emergency Dept.	0515	0530	0545	0600	0616	0632	0647	0703	0719	0734	0748	0801	0813		0913	0925	0936	
Prince Regent Stn. Prince Regent Lane	0520	0535	0550	0605	0622	0638	0653	0710	0727	0742	0757	0810	0822		0922	0933	0944	
Custom House Station	0522	0537	0552	0607	0624	0640	0655	0712	0729	0745	0800	0813	0825	0925	0936	0947		
Manor Park Gladding Road	0920	0932	0944			1044	1056			1156	1207			1319	1331	1343	1354	1406
East Ham Station	0929	0941	0952			1052	1104			1204	1216			1328	1340	1352	1403	1415
East Ham Newham Town Hall	0936	0948	0959	Then		1059	1112	Then		1212	1224	Then		1336	1348	1400	1412	1424
East Ham Fire Station	0940	0952	1003	every 12		1103	1116	every 12		1216	1228	every 12		1340	1352	1404	1416	1428
Lonsdale Avenue Hatherley Gardens	0945	0957	1008	minutes		1108	1121	minutes		1221	1233	minutes		1345	1357	1409	1421	1433
Newham Hospital Emergency Dept.	0948	1000	1011	until		1111	1124	until		1224	1236	until		1348	1400	1413	1425	1437
Prince Regent Stn. Prince Regent Lane	0956	1008	1019			1119	1132			1232	1244			1356	1409	1422	1434	1446
Custom House Station	0959	1011	1022			1122	1135			1235	1247			1359	1412	1425	1437	1449
Manor Park Gladding Road	1418	1430	1441	1452	1504	1516	1528	1540	1550			1650	1702	1714	1726	1738	1750	1802
East Ham Station	1427	1439	1450	1502	1514	1526	1538	1551	1601			1701	1713	1725	1737	1749	1801	1813
East Ham Newham Town Hall	1436	1448	1459	1511	1523	1535	1547	1600	1611	Then		1711	1723	1735	1747	1759	1811	1823
East Ham Fire Station	1440	1452	1504	1516	1528	1540	1552	1604	1614	every 12		1714	1726	1738	1750	1802	1814	1826
Lonsdale Avenue Hatherley Gardens	1445	1457	1509	1521	1533	1545	1557	1610	1622	minutes		1722	1734	1746	1758	1810	1821	1833
Newham Hospital Emergency Dept.	1449	1501	1513	1525	1537	1549	1601	1613	1625	until		1725	1737	1749	1801	1813	1824	1836
Prince Regent Stn. Prince Regent Lane	1459	1511	1523	1535	1547	1559	1611	1623	1635			1735	1746	1758	1809	1821	1832	1844
Custom House Station	1502	1514	1526	1538	1550	1602	1614	1626	1638			1738	1749	1801	1812	1824	1835	1847
Manor Park Gladding Road	1814	1826	1838	1850	1902	1915	1927	1940	1952	2004	2016	2028	2040	2055	2110	2125	2140	2155
East Ham Station	1825	1837	1849	1900	1912	1924	1936	1948	2000	2012	2024	2036	2048	2103	2118	2133	2147	2202
East Ham Newham Town Hall	1835	1847	1859	1909	1920	1932	1943	1955	2007	2019	2031	2043	2055	2109	2124	2139	2153	2207
East Ham Fire Station	1838	1850	1902	1912	1923	1935	1946	1958	2010	2022	2034	2046	2058	2112	2127	2142	2157	2210
Lonsdale Avenue Hatherley Gardens	1845	1857	1908	1918	1929	1941	1952	2004	2015	2027	2039	2051	2103	2117	2132	2147	2201	2214
Newham Hospital Emergency Dept.	1848	1900	1911	1921	1932	1944	1955	2006	2017	2029	2041	2053	2105	2119	2134	2149	2203	2216
Prince Regent Stn. Prince Regent Lane	1856	1908	1919	1929	1940	1952	2003	2013	2024	2036	2048	2100	2111	2125	2140	2155	2208	2221
Custom House Station	1859	1911	1922	1932	1943	1955	2005	2015	2026	2038	2050	2102	2113	2127	2142	2157	2210	2223
Manor Park Gladding Road	2210	2225	2240	2255	2310	2325	2340	0000	0020	0040	0100							
East Ham Station	2216	2231	2246	2301	2316	2331	2346	0006	0026	0046	0106							
East Ham Newham Town Hall	2221	2236	2251	2306	2321	2336	2351	0011	0031	0051	0111							
East Ham Fire Station	2224	2239	2254	2309	2325	2341	2356	0016	0036	0056	0116							
Lonsdale Avenue Hatherley Gardens	2228	2243	2258	2313	2328	2343	2358	0018	0038	0058	0118							
Newham Hospital Emergency Dept.	2230	2245	2300	2315	2330	2345	0000	0020	0040	0100	0120							
Prince Regent Stn. Prince Regent Lane	2235	2250	2305	2320	2335	2350	0005	0025	0045	0105	0125							
Custom House Station	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			0725	0740	0755	0810	0825	0840	0855	0906	0918	0930
East Ham Station	0500	0515	0530	0545	0600	0616			0731	0746	0801	0816	0831	0846	0901	0913	0925	0937
East Ham Newham Town Hall	0505	0520	0535	0550	0605	0621	Then every 15 minutes until		0736	0751	0806	0821	0836	0851	0907	0919	0931	0943
East Ham Fire Station	0507	0522	0537	0552	0608	0624		0739	0754	0809	0825	0840	0855	0912	0924	0936	0948	
Lonsdale Avenue Hatherley Gardens	0511	0526	0541	0556	0612	0628		0743	0758	0813	0829	0844	0859	0916	0928	0940	0952	
Newham Hospital Emergency Dept.	0513	0528	0543	0558	0614	0630		0745	0800	0815	0831	0846	0902	0919	0931	0943	0955	
Prince Regent Stn. Prince Regent Lane	0517	0532	0547	0603	0619	0635		0750	0806	0821	0837	0852	0909	0926	0938	0950	1002	
Custom House Station	0519	0534	0549	0605	0621	0637		0752	0808	0823	0839	0854	0911	0928	0940	0952	1005	
Manor Park Gladding Road	0941	0953	1004	1016	1027	1036		1048	1100	1112	1124	1136	1148	1200	Then every 12 minutes until	1536	1548	1600
East Ham Station	0948	1000	1012	1024	1035	1045	1057	1109	1121	1133	1145	1157	1210	1546		1558	1610	
East Ham Newham Town Hall	0955	1007	1019	1031	1043	1053	1105	1117	1129	1142	1154	1207	1220	1556		1608	1620	
East Ham Fire Station	1000	1012	1024	1036	1048	1058	1110	1122	1134	1147	1159	1212	1225	1601		1613	1625	
Lonsdale Avenue Hatherley Gardens	1004	1016	1028	1040	1052	1102	1114	1126	1138	1151	1203	1216	1229	1605		1618	1630	
Newham Hospital Emergency Dept.	1007	1019	1031	1043	1055	1105	1117	1129	1141	1154	1206	1219	1232	1608		1621	1633	
Prince Regent Stn. Prince Regent Lane	1015	1027	1039	1051	1103	1113	1125	1137	1149	1202	1215	1228	1241	1617		1630	1642	
Custom House Station	1018	1030	1042	1054	1106	1116	1128	1140	1152	1205	1218	1231	1244	1620	1633	1645		
Manor Park Gladding Road	1612	1624	1636	1648	1701	1713	1725	1737	1749	1802	1814	1826	1838	1850	1902	1914	1926	1938
East Ham Station	1622	1634	1646	1658	1711	1723	1735	1747	1759	1811	1823	1835	1847	1859	1911	1923	1935	1947
East Ham Newham Town Hall	1632	1644	1656	1708	1720	1732	1744	1756	1808	1820	1832	1844	1856	1908	1920	1931	1943	1955
East Ham Fire Station	1637	1649	1701	1713	1725	1737	1749	1801	1813	1825	1836	1848	1900	1912	1924	1935	1947	1959
Lonsdale Avenue Hatherley Gardens	1642	1654	1706	1718	1730	1742	1754	1806	1818	1830	1841	1853	1905	1917	1929	1940	1952	2003
Newham Hospital Emergency Dept.	1645	1657	1709	1721	1733	1745	1757	1809	1821	1833	1844	1856	1908	1920	1932	1943	1954	2005
Prince Regent Stn. Prince Regent Lane	1654	1706	1718	1730	1742	1754	1806	1818	1829	1841	1852	1904	1916	1928	1940	1951	2001	2012
Custom House Station	1657	1709	1721	1733	1745	1757	1809	1821	1832	1844	1854	1906	1918	1930	1942	1953	2003	2014
Manor Park Gladding Road	1951	2003	2015	2027	2040	2055	2110	2125	2140	2155	2210	Then every 15 minutes until	2340	0000	0020	0040	0100	
East Ham Station	1959	2011	2023	2035	2048	2103	2117	2132	2147	2202	2216		2346	0006	0026	0046	0106	
East Ham Newham Town Hall	2007	2018	2030	2042	2055	2109	2123	2138	2153	2207	2221		2351	0011	0031	0051	0111	
East Ham Fire Station	2011	2022	2034	2046	2059	2113	2127	2142	2157	2211	2225		2355	0015	0035	0055	0115	
Lonsdale Avenue Hatherley Gardens	2015	2026	2038	2050	2103	2117	2131	2146	2201	2214	2228		2358	0018	0038	0058	0118	
Newham Hospital Emergency Dept.	2017	2028	2040	2052	2105	2119	2133	2148	2203	2216	2230		0000	0020	0040	0100	0120	
Prince Regent Stn. Prince Regent Lane	2024	2035	2047	2059	2111	2125	2139	2154	2208	2221	2235		0005	0025	0045	0105	0125	
Custom House Station	2026	2037	2049	2101	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		Saturdays (also Good Friday)															
Custom House Station	0430		0745	0800	0815	0829	0841	0851	0903	0915	0927	0938	0950	1001	1013	1025	1036
Prince Regent Stn. Prince Regent Lane	0432		0747	0802	0817	0831	0843	0853	0905	0917	0929	0940	0952	1003	1015	1027	1038
Newham Hospital Emergency Dept.	0436	Then	0751	0806	0821	0836	0848	0858	0910	0922	0934	0945	0957	1009	1021	1033	1045
Lonsdale Avenue Hatherley Gardens	0439	every 15	0754	0809	0824	0840	0852	0902	0914	0926	0938	0949	1001	1013	1025	1037	1049
East Ham Fire Station	0440	minutes	0755	0810	0825	0841	0853	0903	0915	0927	0939	0950	1003	1015	1027	1039	1051
East Ham Newham Town Hall	0445	until	0800	0815	0831	0847	0859	0910	0922	0934	0946	0957	1010	1022	1034	1047	1059
East Ham Station	0449		0804	0820	0836	0852	0904	0916	0928	0940	0952	1003	1016	1028	1041	1054	1106
Manor Park Gladding Road	0455		0810	0826	0843	0859	0911	0923	0935	0947	0959	1011	1024	1036	1049	1102	1114
Custom House Station	1048	1100 1112	1124	1136	1147	1158	1210	1222	1233	1245	1256		1432	1445		1545	
Prince Regent Stn. Prince Regent Lane	1050	1102 1114	1126	1138	1149	1200	1212	1224	1235	1247	1258		1434	1447	Then	1547	
Newham Hospital Emergency Dept.	1057	1109 1121	1133	1145	1156	1208	1220	1232	1243	1255	1307	Then	1443	1456	every	1556	
Lonsdale Avenue Hatherley Gardens	1101	1113 1125	1137	1149	1200	1212	1224	1236	1247	1259	1311	every 12	1447	1500	12	1600	
East Ham Fire Station	1103	1115 1127	1139	1151	1202	1214	1226	1238	1249	1301	1313	minutes	1449	1502	mins.	1602	
East Ham Newham Town Hall	1111	1123 1135	1147	1159	1210	1222	1234	1246	1257	1309	1321	until	1457	1510	until	1610	
East Ham Station	1118	1130 1142	1154	1206	1218	1230	1242	1254	1306	1318	1330		1506	1518		1618	
Manor Park Gladding Road	1126	1138 1150	1202	1215	1227	1239	1251	1303	1316	1328	1340		1516	1528		1628	
Custom House Station	1557		1757	1810	1823	1835	1847	1859	1911	1923	1936	1948	2000	2015	2030	2045	2100
Prince Regent Stn. Prince Regent Lane	1559		1759	1812	1825	1837	1849	1901	1913	1925	1938	1950	2002	2017	2032	2047	2102
Newham Hospital Emergency Dept.	1607	Then	1807	1820	1832	1844	1856	1908	1920	1932	1945	1956	2008	2023	2038	2053	2107
Lonsdale Avenue Hatherley Gardens	1611	every 12	1811	1824	1836	1848	1900	1912	1924	1936	1949	1959	2011	2026	2041	2056	2110
East Ham Fire Station	1613	minutes	1813	1826	1838	1850	1902	1914	1926	1938	1951	2001	2013	2028	2043	2058	2111
East Ham Newham Town Hall	1621	until	1821	1833	1845	1857	1909	1921	1933	1945	1957	2007	2019	2034	2049	2104	2117
East Ham Station	1630		1830	1842	1854	1906	1918	1930	1941	1953	2005	2014	2026	2040	2055	2109	2122
Manor Park Gladding Road	1640		1840	1852	1904	1916	1928	1940	1951	2003	2015	2024	2035	2049	2104	2117	2130
Custom House Station	2115		2230	2245	2300				0100								
Prince Regent Stn. Prince Regent Lane	2117		2232	2247	2302				0102								
Newham Hospital Emergency Dept.	2122	Then	2237	2252	2306				0106								
Lonsdale Avenue Hatherley Gardens	2125	every 15	2240	2255	2309				0109								
East Ham Fire Station	2126	minutes	2241	2256	2310				0110								
East Ham Newham Town Hall	2132	until	2247	2302	2315				0115								
East Ham Station	2137		2252	2306	2319				0119								
Manor Park Gladding Road	2145		2300	2313	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. Prince Regent Lane	0527		0742	0756	0811	0826	0840	0855	0909	0923	0937	0952	1007	1022	1037	1052	1105
Newham Hospital Emergency Dept.	0531	Then	0746	0800	0815	0830	0844	0859	0914	0928	0942	0957	1012	1027	1042	1057	1111
Lonsdale Avenue Hatherley Gardens	0534	every 15	0749	0803	0818	0833	0847	0902	0917	0931	0945	1000	1015	1030	1045	1100	1115
East Ham Fire Station	0535	minutes	0750	0805	0820	0835	0849	0904	0919	0934	0949	1004	1019	1034	1049	1104	1119
East Ham Newham Town Hall	0540	until	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 Gladding Road	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. Prince Regent Lane	1120	1135 1150	1204	1219	1234	1249	1304	1319	1334	1349	1405		1535	1551	1606	1621	
Newham Hospital Emergency Dept.	1126	1141 1156	1211	1226	1241	1256	1311	1326	1341	1356	1411	Then	1541	1557	1612	1627	
Lonsdale Avenue Hatherley Gardens	1130	1145 1200	1215	1230	1245	1300	1315	1330	1345	1400	1415	every 15	1545	1601	1616	1631	
East Ham Fire Station	1134	1149 1204	1219	1234	1249	1304	1319	1334	1349	1404	1419	minutes	1549	1604	1619	1634	
East Ham Newham Town Hall	1139	1154 1209	1224	1239	1254	1310	1325	1340	1355	1410	1425	until	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 Gladding Road	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. Prince Regent Lane	1636	1651 1707	1722	1737	1753	1808	1825	1840	1855	1910	1926	1943	2000	2015	2030	2045	2102
Newham Hospital Emergency Dept.	1642	1657 1713	1728	1743	1759	1814	1830	1845	1900	1915	1931	1948	2004	2019	2034	2049	2106
Lonsdale Avenue Hatherley Gardens	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 Gladding Road	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. Prince Regent Lane	2117		2302						0102								
Newham Hospital Emergency Dept.	2121	Then	2306						0106								
Lonsdale Avenue Hatherley Gardens	2124	every 15	2309						0109								
East Ham Fire Station	2124	minutes	2309						0109								
East Ham Newham Town Hall	2130	until	2315						0115								
East Ham Station	2134		2319						0119								
Manor Park Gladding Road	2141		2326						0126								