

325 Mondays to Fridays																		
Prince Regent Station Bus Station	0500	0520	0540	0600	0615	0629		0942		1406		1902	1915	1928	1942			
Plaistow Abbey Arms	0506	0526	0546	0606	0621	0635		0951		1415		1910	1923	1936	1949			
Stopford Road Portway	0511	0531	0551	0611	0626	0641	Then	0958	Then	1422	Then	1918	1930	1942	1955			
Forest Gate Upton Lane	0514	0534	0554	0614	0629	0645	about	1003	every 12	1427	about	1923	1935	1947	2000			
Katherine Road Duke of Fife	0519	0539	0600	0620	0635	0651	every 12	1011	minutes	1435	every 12	1932	1943	1955	2007			
East Ham Station	0523	0543	0604	0624	0639	0655	minutes	1016	until	1440	minutes	1938	1948	2000	2012			
East Ham Newham Town Hall	0528	0548	0609	0629	0644	0700	until	1023		1447	until	1945	1955	2007	2018			
East Beckton Showcase Cinema	0534	0554	0615	0635	0650	0706		1030		1454		1952	2002	2013	2024			
East Beckton Sainsbury's	0538	0558	0619	0639	0654	0710		1034		1458		1956	2006	2017	2028			
Prince Regent Station Bus Station	2000	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340	0000	0020				
Plaistow Abbey Arms	2007	2027	2047	2107	2127	2147	2207	2227	2247	2306	2326	2346	0006	0026				
Stopford Road Portway	2013	2033	2053	2113	2133	2153	2213	2232	2252	2311	2331	2351	0011	0031				
Forest Gate Upton Lane	2018	2037	2057	2117	2137	2157	2217	2236	2256	2315	2334	2354	0014	0034				
Katherine Road Duke of Fife	2025	2044	2104	2123	2143	2203	2223	2242	2302	2321	2340	0000	0019	0039				
East Ham Station	2029	2048	2108	2127	2147	2207	2227	2246	2306	2325	2344	0004	0023	0043				
East Ham Newham Town Hall	2035	2053	2113	2132	2152	2212	2232	2251	2310	2329	2348	0008	0027	0047				
East Beckton Showcase Cinema	2041	2059	2119	2138	2158	2218	2238	2257	2316	2335	2354	0014	0033	0053				
East Beckton Sainsbury's	2045	2103	2123	2142	2202	2222	2242	2301	2320	2339	2358	0018	0037	0057				
325 Saturdays (also Good Friday)																		
Prince Regent Station Bus Station	0500	0530	0600	0630	0650	0710	0730	0750	0805	0819		1232		1644	1844			
Plaistow Abbey Arms	0506	0536	0606	0636	0656	0716	0736	0757	0812	0826		1240		1652	1852			
Stopford Road Portway	0511	0541	0611	0641	0701	0721	0741	0802	0817	0831	Then	1248	Then	1700	1858			
Forest Gate Upton Lane	0514	0544	0614	0644	0704	0725	0745	0806	0821	0835	about	1253	every 12	1705	1903			
Katherine Road Duke of Fife	0519	0549	0619	0650	0710	0731	0751	0812	0827	0841	every 12	1302	minutes	1714	1911			
East Ham Station	0523	0553	0623	0654	0714	0735	0755	0816	0831	0845	minutes	1308	until	1720	1916			
East Ham Newham Town Hall	0527	0557	0627	0658	0718	0739	0759	0821	0836	0850	until	1317		1729	1923			
East Beckton Showcase Cinema	0533	0603	0633	0704	0724	0745	0805	0827	0842	0856		1325		1737	1930			
East Beckton Sainsbury's	0537	0607	0637	0708	0728	0749	0809	0831	0846	0900		1329		1741	1934			
Prince Regent Station Bus Station	1857	1910	1925	1940	2000	2020	2040	2100			2240	2300	2320	2340	0000	0020		
Plaistow Abbey Arms	1905	1918	1933	1947	2007	2027	2047	2107			2247	2307	2327	2347	0006	0026		
Stopford Road Portway	1911	1924	1939	1953	2013	2033	2053	2113	Then		2253	2313	2333	2352	0011	0031		
Forest Gate Upton Lane	1916	1929	1944	1958	2017	2037	2057	2117	every 20		2257	2317	2336	2355	0014	0034		
Katherine Road Duke of Fife	1924	1937	1952	2006	2025	2045	2105	2124	minutes		2304	2323	2341	0000	0019	0039		
East Ham Station	1929	1942	1957	2011	2029	2049	2109	2128	until		2308	2327	2345	0004	0023	0043		
East Ham Newham Town Hall	1936	1949	2003	2017	2035	2054	2114	2133			2313	2331	2349	0008	0027	0047		
East Beckton Showcase Cinema	1943	1955	2009	2023	2041	2100	2120	2139			2319	2337	2355	0014	0033	0053		
East Beckton Sainsbury's	1947	1959	2013	2027	2045	2104	2124	2143			2323	2341	2359	0018	0037	0057		
325 Sundays and other Public Holidays (except Christmas Day)																		
Prince Regent Station Bus Station	0615	0645	0715	0745	0815	0835	0855	0914	0933	0953	1011	1031	1051	1110	1130	1150	1210	1230
Plaistow Abbey Arms	0621	0651	0721	0751	0821	0841	0901	0921	0940	1000	1019	1039	1059	1118	1138	1158	1218	1238
Stopford Road Portway	0626	0656	0726	0756	0826	0846	0907	0927	0946	1006	1025	1045	1105	1124	1144	1204	1224	1244
Forest Gate Upton Lane	0629	0659	0730	0800	0830	0850	0911	0931	0951	1011	1030	1050	1110	1129	1149	1210	1230	1250
Katherine Road Duke of Fife	0634	0704	0735	0805	0835	0855	0917	0938	0958	1018	1037	1057	1117	1137	1157	1218	1239	1259
East Ham Station	0638	0708	0739	0809	0839	0859	0922	0943	1003	1023	1042	1102	1122	1142	1202	1224	1245	1305
East Ham Newham Town Hall	0642	0712	0743	0813	0844	0904	0927	0949	1010	1029	1049	1109	1129	1149	1210	1232	1253	1313
East Beckton Showcase Cinema	0648	0718	0749	0819	0850	0910	0933	0955	1017	1036	1056	1116	1136	1156	1217	1239	1300	1321
East Beckton Sainsbury's	0652	0722	0753	0823	0854	0914	0937	0959	1021	1040	1100	1120	1140	1200	1221	1243	1304	1325
Prince Regent Station Bus Station	1250			1430	1450	1510	1530	1550	1610	1630	1650	1710	1730	1750	1810	1830	1850	1910
Plaistow Abbey Arms	1258			1438	1458	1518	1538	1558	1618	1638	1658	1718	1738	1758	1817	1837	1857	1917
Stopford Road Portway	1304	Then		1444	1504	1524	1544	1604	1624	1644	1704	1724	1744	1804	1823	1843	1903	1923
Forest Gate Upton Lane	1310	every 20		1450	1509	1529	1549	1609	1629	1649	1709	1729	1749	1809	1828	1848	1908	1928
Katherine Road Duke of Fife	1319	minutes		1459	1518	1538	1557	1617	1637	1657	1717	1737	1757	1817	1836	1855	1915	1935
East Ham Station	1325	until		1505	1524	1544	1603	1623	1643	1702	1722	1742	1802	1822	1841	1900	1919	1939
East Ham Newham Town Hall	1333			1513	1532	1552	1611	1631	1650	1709	1729	1749	1808	1828	1847	1906	1925	1944
East Beckton Showcase Cinema	1341			1521	1540	1600	1619	1638	1657	1716	1736	1756	1814	1834	1853	1912	1931	1950
East Beckton Sainsbury's	1345			1525	1544	1604	1623	1642	1701	1720	1740	1800	1818	1838	1857	1916	1935	1954
Prince Regent Station Bus Station	1930	1945	2002	2020			2220	2240	2300	2320	2340	0000	0020					
Plaistow Abbey Arms	1937	1952	2009	2027			2227	2247	2306	2326	2346	0006	0026					
Stopford Road Portway	1943	1958	2015	2033	Then		2233	2253	2312	2332	2351	0011	0031					
Forest Gate Upton Lane	1947	2002	2019	2037	every 20		2237	2257	2316	2335	2354	0014	0034					
Katherine Road Duke of Fife	1954	2008	2025	2043	minutes		2243	2303	2322	2341	2359	0019	0039					
East Ham Station	1958	2012	2029	2047	until		2247	2307	2326	2345	0003	0023	0043					
East Ham Newham Town Hall	2003	2017	2034	2052			2252	2311	2330	2349	0007	0027	0047					
East Beckton Showcase Cinema	2009	2023	2040	2058			2258	2317	2336	2355	0013	0033	0053					
East Beckton Sainsbury's	2013	2027	2044	2102			2302	2321	2340	2359	0017	0037	0057					

