

325		Mondays to Fridays																		
Prince Regent Station Bus Station	0455	0515	0535	0555	0615	0630	0645	0658	0711	0723	0736			1437	1446			1925	1940	2000
Plaistow Abbey Arms	0501	0521	0541	0601	0621	0636	0652	0705	0718	0730	0744	Then		1446	1455	Then		1933	1948	2008
Stopford Road Portway	0506	0526	0546	0606	0626	0641	0657	0710	0723	0736	0750	about		1453	1503	about		1939	1954	2014
Forest Gate Upton Lane	0509	0529	0549	0610	0630	0645	0701	0714	0728	0741	0755	every		1459	1510	every		1944	1959	2019
Katherine Road Duke of Fife	0514	0534	0555	0616	0636	0651	0708	0721	0735	0748	0802	13-14		1508	1520	13-14		1952	2007	2027
East Ham Station	0517	0537	0558	0619	0639	0655	0715	0728	0742	0755	0809	mins.		1516	1530	mins.		1957	2012	2031
East Ham Newham Town Hall	0521	0541	0602	0623	0644	0700	0723	0738	0752	0806	0821	until		1529	1543	until		2004	2018	2037
East Beckton Sainsbury's	0531	0551	0612	0633	0654	0710	0733	0748	0804	0818	0833			1540	1555			2015	2029	2048
325		Mondays to Fridays (cont.)												Saturdays (also Good Fri)						
Prince Regent Station Bus Station	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340	0000	0020	0455	0525	0555	0625	0655		
Plaistow Abbey Arms	2028	2047	2107	2127	2147	2207	2227	2246	2306	2326	2346	0006	0026	0501	0531	0601	0631	0701		
Stopford Road Portway	2034	2053	2113	2133	2153	2213	2232	2251	2311	2331	2350	0010	0030	0506	0536	0606	0636	0706		
Forest Gate Upton Lane	2039	2057	2117	2137	2157	2217	2236	2255	2315	2334	2353	0013	0033	0509	0539	0609	0639	0709		
Katherine Road Duke of Fife	2046	2104	2124	2144	2203	2223	2242	2301	2321	2339	2358	0018	0038	0514	0544	0614	0645	0715		
East Ham Station	2050	2108	2128	2148	2207	2227	2246	2305	2324	2342	0001	0021	0041	0517	0547	0617	0648	0718		
East Ham Newham Town Hall	2056	2113	2133	2153	2212	2232	2251	2309	2328	2346	0005	0025	0045	0521	0551	0621	0652	0722		
East Beckton Sainsbury's	2105	2122	2142	2202	2221	2241	2300	2318	2337	2355	0014	0034	0054	0531	0601	0631	0702	0732		
325		Saturdays (also Good Friday) (cont.)																		
Prince Regent Station Bus Station	0715	0735	0755	0815	0830	0845	0900		1044	1058	1111	1125	1138	1152	1206	1219				1852
Plaistow Abbey Arms	0721	0741	0802	0822	0837	0852	0907	Then	1052	1106	1119	1133	1146	1200	1214	1228	Then			1900
Stopford Road Portway	0726	0746	0807	0827	0842	0858	0913	about	1059	1113	1126	1140	1153	1207	1221	1236	about			1906
Forest Gate Upton Lane	0730	0750	0811	0831	0847	0903	0918	every	1104	1118	1131	1145	1158	1212	1226	1242	every			1911
Katherine Road Duke of Fife	0736	0756	0817	0837	0854	0910	0925	13-14	1112	1126	1139	1153	1206	1221	1235	1251	13-14			1919
East Ham Station	0740	0800	0821	0841	0858	0915	0930	mins.	1119	1135	1148	1202	1216	1231	1245	1301	mins.			1925
East Ham Newham Town Hall	0745	0805	0826	0846	0903	0921	0936	until	1131	1147	1200	1214	1228	1243	1258	1314	until			1933
East Beckton Sainsbury's	0755	0815	0836	0856	0913	0931	0946		1142	1158	1211	1225	1239	1254	1309	1326				1943
Prince Regent Station Bus Station	1907	1922	1940	2000	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340	0000	0020			
Plaistow Abbey Arms	1915	1930	1948	2008	2028	2047	2107	2127	2147	2207	2227	2247	2307	2327	2346	0006	0026			
Stopford Road Portway	1921	1936	1954	2014	2034	2053	2113	2133	2153	2213	2232	2252	2312	2332	2351	0010	0030			
Forest Gate Upton Lane	1926	1941	1959	2019	2039	2058	2117	2137	2157	2217	2236	2256	2316	2336	2354	0013	0033			
Katherine Road Duke of Fife	1934	1949	2007	2027	2047	2106	2125	2144	2204	2224	2242	2302	2322	2342	0000	0018	0038			
East Ham Station	1939	1954	2012	2032	2052	2110	2129	2148	2208	2228	2246	2306	2326	2345	0003	0021	0041			
East Ham Newham Town Hall	1946	2001	2019	2039	2058	2116	2135	2154	2213	2233	2251	2311	2331	2350	0007	0025	0045			
East Beckton Sainsbury's	1956	2011	2029	2049	2108	2125	2144	2203	2222	2242	2300	2320	2340	2359	0016	0034	0054			
325		Sundays and other Public Holidays (except Christmas Day)																		
Prince Regent Station Bus Station	0610	0640	0710	0740	0810	0840	0900	0920	0940	1001	1023	1044	1106	1127	1149	1210	1232	1253		
Plaistow Abbey Arms	0616	0646	0716	0746	0816	0846	0907	0927	0948	1009	1031	1052	1114	1135	1157	1218	1240	1301		
Stopford Road Portway	0620	0650	0720	0750	0821	0851	0912	0932	0954	1015	1037	1058	1120	1141	1203	1224	1246	1307		
Forest Gate Upton Lane	0623	0653	0723	0754	0825	0855	0916	0937	0959	1020	1042	1103	1125	1146	1208	1230	1252	1313		
Katherine Road Duke of Fife	0628	0658	0728	0759	0830	0901	0922	0944	1006	1027	1049	1111	1133	1154	1216	1238	1300	1321		
East Ham Station	0631	0701	0731	0802	0833	0905	0926	0948	1010	1031	1053	1115	1138	1201	1225	1248	1310	1331		
East Ham Newham Town Hall	0635	0705	0735	0806	0838	0910	0931	0953	1015	1037	1059	1123	1147	1212	1236	1259	1322	1343		
East Beckton Sainsbury's	0645	0715	0745	0816	0848	0920	0941	1003	1025	1047	1109	1134	1158	1223	1247	1310	1333	1354		
Prince Regent Station Bus Station	1315	1336	1358	1419	1441	1502	1524	1545	1607	1628	1650	1711	1733	1754	1816	1837	1859	1920		
Plaistow Abbey Arms	1323	1344	1406	1427	1449	1510	1532	1553	1615	1636	1658	1719	1741	1802	1824	1844	1906	1927		
Stopford Road Portway	1329	1350	1412	1433	1455	1516	1538	1559	1621	1642	1704	1725	1747	1808	1830	1850	1912	1933		
Forest Gate Upton Lane	1335	1356	1418	1439	1501	1522	1543	1604	1626	1647	1709	1730	1752	1813	1835	1855	1917	1938		
Katherine Road Duke of Fife	1344	1405	1427	1448	1510	1531	1551	1612	1634	1655	1717	1738	1800	1821	1843	1903	1925	1946		
East Ham Station	1354	1415	1437	1457	1519	1540	1600	1621	1643	1704	1726	1747	1809	1830	1850	1909	1929	1950		
East Ham Newham Town Hall	1406	1427	1449	1509	1531	1552	1612	1633	1654	1715	1737	1758	1820	1840	1859	1916	1935	1956		
East Beckton Sainsbury's	1417	1439	1501	1521	1543	1604	1623	1644	1705	1726	1748	1809	1831	1851	1910	1927	1946	2006		
Prince Regent Station Bus Station	1940	2000	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340	0000	0020					
Plaistow Abbey Arms	1947	2007	2027	2047	2107	2127	2147	2207	2227	2246	2306	2326	2346	0006	0026					
Stopford Road Portway	1953	2013	2033	2053	2113	2133	2153	2213	2233	2251	2311	2330	2350	0010	0030					
Forest Gate Upton Lane	1958	2017	2037	2057	2117	2137	2157	2217	2237	2255	2315	2334	2353	0013	0033					
Katherine Road Duke of Fife	2006	2025	2045	2105	2125	2143	2203	2223	2243	2301	2320	2339	2358	0018	0038					
East Ham Station	2010	2029	2049	2109	2129	2147	2207	2227	2247	2305	2323	2342	0001	0021	0041					
East Ham Newham Town Hall	2016	2034	2054	2114	2134	2152	2212	2232	2252	2309	2327	2346	0005	0025	0045					
East Beckton Sainsbury's	2025	2043	2103	2123	2143	2201	2221	2241	2301	2318	2336	2355	0014	0034	0054					

325		Mondays to Fridays																		
East Beckton Sainsbury's	0500	0520	0540	0600	0615	0630	0642	0653	0705	0717	0726	0738	0750	0802			1900	1915	1930	
East Ham Newham Town Hall	0508	0528	0548	0608	0623	0638	0650	0701	0714	0726	0737	0750	0802	0815	Then		1912	1926	1941	
East Ham Station	0512	0532	0552	0612	0627	0642	0654	0707	0722	0734	0746	0759	0811	0824	about		1921	1935	1950	
Katherine Road Duke of Fife	0515	0535	0555	0615	0631	0646	0658	0711	0726	0738	0751	0804	0816	0829	every		1927	1940	1955	
Forest Gate Upton Lane	0520	0540	0600	0621	0637	0652	0704	0718	0734	0746	0759	0812	0825	0838	13-14		1935	1948	2003	
Upton Lane Portway	0523	0543	0603	0624	0640	0655	0708	0722	0738	0751	0804	0818	0831	0845	mins.		1940	1952	2007	
Plaistow Abbey Arms	0528	0548	0608	0629	0645	0701	0714	0728	0744	0758	0811	0826	0839	0854	until		1947	1959	2014	
Prince Regent Station Bus Station	0534	0554	0614	0635	0652	0708	0721	0735	0752	0806	0819	0834	0847	0902			1954	2006	2021	
325		Mondays to Fridays (cont.)												Saturdays (also Good Fri)						
East Beckton Sainsbury's	1950	2010	2030	2050	2110			2230	2250	2310	2330	2350	0010	0030	0500	0530	0600	0630	0650	
East Ham Newham Town Hall	2001	2021	2040	2059	2119	Then		2239	2259	2319	2338	2358	0018	0038	0508	0539	0609	0639	0659	
East Ham Station	2009	2028	2046	2105	2124	about		2244	2303	2323	2342	0002	0022	0042	0511	0543	0613	0643	0703	
Katherine Road Duke of Fife	2014	2033	2051	2109	2128	every		2248	2307	2327	2345	0005	0025	0045	0514	0546	0616	0647	0707	
Forest Gate Upton Lane	2021	2040	2058	2116	2134	20		2254	2313	2333	2351	0010	0030	0050	0519	0551	0621	0653	0713	
Upton Lane Portway	2025	2044	2102	2120	2138	mins.		2258	2316	2336	2354	0013	0033	0053	0522	0554	0624	0656	0716	
Plaistow Abbey Arms	2032	2051	2109	2126	2144	until		2303	2321	2341	2359	0018	0038	0058	0527	0559	0629	0701	0721	
Prince Regent Station Bus Station	2039	2058	2115	2132	2150			2309	2327	2347	0005	0024	0043	0103	0533	0605	0635	0707	0727	
325		Saturdays (also Good Friday) (cont.)																		
East Beckton Sainsbury's	0710	0730	0750	0805	0820	0835		1030	1042	1054	1107		1321	1335	1349	1403			1833	
East Ham Newham Town Hall	0719	0739	0759	0814	0829	0844	Then	1043	1056	1109	1122	Then	1338	1352	1407	1422	Then		1851	
East Ham Station	0723	0743	0803	0819	0834	0849	about	1050	1104	1119	1134	about	1351	1405	1420	1435	about		1903	
Katherine Road Duke of Fife	0727	0747	0807	0823	0838	0853	every	1055	1109	1124	1139	every	1357	1411	1426	1441	every		1908	
Forest Gate Upton Lane	0733	0753	0813	0829	0845	0900	13-14	1103	1118	1133	1148	13-14	1406	1421	1436	1451	13-14		1916	
Upton Lane Portway	0737	0757	0817	0833	0849	0904	mins.	1108	1123	1138	1153	mins.	1411	1426	1441	1456	mins.		1921	
Plaistow Abbey Arms	0742	0802	0822	0838	0854	0910	until	1116	1131	1146	1201	until	1419	1434	1449	1504	until		1928	
Prince Regent Station Bus Station	0748	0808	0828	0845	0901	0917		1123	1138	1153	1208		1426	1441	1456	1511			1935	
East Beckton Sainsbury's	1849	1907	1928	1948	2008	2028	2049	2110	2130	2150	2210	2230	2250	2310	2330	2350	0010	0030		
East Ham Newham Town Hall	1906	1922	1941	2000	2020	2040	2100	2120	2139	2159	2219	2239	2259	2319	2338	2358	0018	0038		
East Ham Station	1917	1931	1950	2008	2028	2048	2107	2126	2145	2204	2224	2244	2304	2324	2342	0002	0022	0042		
Katherine Road Duke of Fife	1922	1936	1955	2013	2033	2053	2112	2131	2149	2208	2228	2248	2308	2328	2345	0005	0025	0045		
Forest Gate Upton Lane	1930	1944	2003	2020	2040	2100	2119	2138	2156	2215	2235	2255	2314	2334	2351	0011	0030	0050		
Upton Lane Portway	1934	1948	2007	2024	2044	2104	2123	2142	2200	2219	2238	2258	2317	2337	2354	0014	0033	0053		
Plaistow Abbey Arms	1941	1955	2014	2031	2051	2111	2130	2148	2206	2225	2244	2304	2322	2342	2359	0019	0038	0058		
Prince Regent Station Bus Station	1948	2002	2021	2038	2058	2118	2137	2154	2212	2231	2250	2310	2328	2348	0005	0024	0043	0103		
325		Sundays and other Public Holidays (except Christmas Day)																		
East Beckton Sainsbury's	0525	0555	0625	0655	0725	0755	0825	0845	0904	0924	0944	1004	1023	1039	1058	1119	1141	1202		
East Ham Newham Town Hall	0533	0603	0633	0704	0734	0804	0834	0854	0913	0933	0953	1013	1032	1050	1109	1132	1156	1217		
East Ham Station	0537	0607	0637	0708	0738	0808	0838	0858	0918	0938	0958	1018	1037	1056	1115	1140	1206	1229		
Katherine Road Duke of Fife	0540	0610	0640	0711	0742	0812	0842	0902	0922	0942	1002	1022	1042	1101	1120	1145	1211	1234		
Forest Gate Upton Lane	0545	0615	0645	0716	0748	0818	0848	0909	0929	0949	1009	1029	1049	1109	1128	1153	1219	1242		
Upton Lane Portway	0548	0618	0648	0719	0752	0822	0852	0913	0933	0953	1013	1033	1053	1113	1133	1158	1224	1247		
Plaistow Abbey Arms	0553	0623	0653	0724	0757	0827	0857	0918	0938	0959	1019	1039	1059	1120	1140	1205	1231	1254		
Prince Regent Station Bus Station	0558	0628	0658	0730	0803	0833	0903	0924	0944	1005	1025	1045	1105	1126	1147	1212	1238	1301		
East Beckton Sainsbury's	1222	1244	1304	1325	1346	1408	1429	1451	1512	1534	1555	1617	1639	1701	1723	1746	1808	1829		
East Ham Newham Town Hall	1237	1259	1320	1342	1403	1425	1446	1508	1529	1551	1612	1634	1655	1716	1738	1801	1823	1844		
East Ham Station	1250	1312	1333	1355	1416	1438	1459	1521	1542	1604	1625	1647	1708	1729	1751	1813	1833	1853		
Katherine Road Duke of Fife	1255	1317	1339	1401	1422	1444	1505	1527	1548	1610	1631	1653	1714	1735	1757	1818	1838	1858		
Forest Gate Upton Lane	1304	1326	1348	1410	1431	1453	1514	1536	1557	1619	1640	1702	1723	1744	1805	1826	1846	1906		
Upton Lane Portway	1309	1331	1353	1415	1436	1458	1519	1541	1602	1624	1645	1707	1728	1749	1810	1831	1850	1910		
Plaistow Abbey Arms	1317	1339	1401	1423	1444	1506	1527	1549	1610	1632	1653	1715	1736	1757	1817	1838	1857	1917		
Prince Regent Station Bus Station	1324	1346	1408	1430	1451	1513	1534	1556	1617	1639	1700	1722	1743	1804	1824	1845	1904	1923		
East Beckton Sainsbury's	1850	1910	1930	1950	2010	2030	2050	2110	2130	2150	2210	2230	2250	2310	2330	2350	0010	0030		
East Ham Newham Town Hall	1902	1920	1940	2000	2019	2039	2059	2119	2139	2159	2219	2239	2259	2319	2339	2358	0018	0038		
East Ham Station	1910	1926	1946	2006	2024	2044	2104	2124	2144	2203	2223	2243	2303	2323	2343	0002	0022	0042		
Katherine Road Duke of Fife	1915	1931	1951	2011	2028	2048	2108	2128	2148	2207	2227	2247	2307	2327	2346	0005	0025	0045		
Forest Gate Upton Lane	1923	1939	1958	2018	2035	2055	2115	2135	2154	2213	2233	2253	2313	2333	2351	0010	0030	0050		
Upton Lane Portway	1927	1943	2002	2022	2039	2059	2119	2139	2158	2216	2236	2256	2316	2336	2354	0013	0033	0053		
Plaistow Abbey Arms	1934	1950	2009	2028	2045	2105	2124	2144	2203	2221	2241	2301	2321	2341	2359	0018	0038	0058		
Prince Regent Station Bus Station	1940	1956	2015	2034	2051	2111	2130	2150	2209	2227	2247	2307	2326	2346	0004	0023	0043	0103		