

Wanstead Park Station – Upton Park – Silvertown

330	Mondays to Fridays																	
Wanstead Park Station	0455	0510	0525	0540	0555	0607	0619	0630	0642	0654	0705	0716	0727	0738	0748	0758	0809	0821
Forest Gate Police Station (Green St.)	0458	0513	0528	0543	0558	0610	0622	0634	0646	0658	0709	0721	0732	0743	0753	0804	0816	0828
Upton Park Station	0502	0517	0532	0547	0602	0614	0626	0638	0650	0702	0714	0726	0737	0748	0759	0811	0823	0835
Upton Park The Boleyn (Green Street)	0504	0519	0534	0549	0604	0616	0628	0640	0652	0704	0716	0728	0739	0751	0802	0814	0826	0838
Plaistow Greengate	0507	0522	0537	0552	0607	0620	0632	0644	0656	0708	0720	0732	0744	0756	0808	0820	0832	0844
Canning Town Bus Station	0514	0529	0544	0600	0615	0628	0641	0653	0706	0718	0730	0742	0754	0807	0820	0832	0844	0855
West Silvertown Station	0522	0537	0552	0608	0623	0636	0649	0701	0714	0726	0738	0750	0802	0815	0828	0840	0852	0904
Silvertown Thames Barrier	0524	0539	0554	0610	0625	0638	0651	0703	0716	0728	0740	0752	0804	0817	0830	0842	0854	0906
Wanstead Park Station	0833	0845	0857	0909	0921	0933	0945	0957	1009	1021	1033	1045	1057	1108	Then every 12 minutes until		1220	1232
Forest Gate Police Station (Green St.)	0840	0852	0903	0914	0926	0938	0950	1002	1014	1026	1038	1050	1102	1114			1226	1238
Upton Park Station	0847	0858	0909	0920	0931	0943	0955	1007	1020	1032	1044	1056	1108	1120			1232	1244
Upton Park The Boleyn (Green Street)	0850	0901	0912	0923	0934	0946	0958	1010	1023	1035	1047	1059	1111	1123			1235	1247
Plaistow Greengate	0856	0907	0918	0928	0939	0951	1003	1015	1028	1040	1052	1104	1116	1128			1240	1252
Canning Town Bus Station	0907	0917	0928	0938	0949	1001	1013	1025	1038	1051	1103	1115	1127	1139			1251	1304
West Silvertown Station	0915	0925	0936	0946	0957	1009	1021	1033	1046	1059	1111	1123	1135	1147			1259	1312
Silvertown Thames Barrier	0917	0927	0938	0948	0959	1011	1023	1035	1048	1101	1113	1125	1137	1149		1301	1314	
Wanstead Park Station	1244	1256	1308	1320	1332	1344	1356	1408	1420	1432	1444	1455	1506	1517	1529	1541	1553	1606
Forest Gate Police Station (Green St.)	1250	1302	1314	1326	1338	1350	1402	1414	1426	1438	1450	1501	1513	1524	1536	1548	1600	1613
Upton Park Station	1256	1308	1320	1332	1345	1357	1409	1421	1433	1445	1457	1509	1521	1533	1545	1557	1608	1620
Upton Park The Boleyn (Green Street)	1259	1311	1323	1335	1348	1400	1412	1424	1436	1448	1501	1513	1525	1537	1549	1601	1612	1624
Plaistow Greengate	1304	1316	1328	1340	1353	1405	1417	1430	1442	1454	1507	1519	1531	1543	1555	1607	1618	1630
Canning Town Bus Station	1316	1328	1340	1352	1405	1417	1429	1442	1454	1506	1519	1531	1543	1555	1607	1619	1631	1643
West Silvertown Station	1324	1336	1348	1400	1413	1425	1437	1450	1502	1514	1527	1539	1551	1603	1615	1627	1639	1651
Silvertown Thames Barrier	1326	1338	1350	1402	1415	1427	1439	1452	1505	1517	1530	1542	1554	1606	1618	1630	1642	1654
Wanstead Park Station	1618	1630	1642	1654	1706	1718	1731	1744	1756	1808	1820	1832	1844	1859	1915	1930	1945	2005
Forest Gate Police Station (Green St.)	1625	1637	1649	1701	1713	1725	1737	1750	1802	1814	1826	1838	1850	1905	1921	1936	1951	2010
Upton Park Station	1632	1644	1656	1708	1720	1732	1744	1757	1809	1821	1833	1845	1857	1912	1927	1942	1957	2016
Upton Park The Boleyn (Green Street)	1636	1648	1700	1712	1724	1736	1748	1800	1812	1824	1836	1848	1900	1915	1930	1945	2000	2019
Plaistow Greengate	1642	1654	1706	1718	1730	1741	1753	1805	1817	1829	1841	1853	1905	1920	1935	1950	2005	2024
Canning Town Bus Station	1655	1707	1718	1730	1742	1753	1805	1816	1828	1840	1852	1903	1915	1930	1945	2000	2015	2033
West Silvertown Station	1703	1715	1726	1738	1750	1801	1813	1824	1836	1848	1900	1911	1923	1938	1953	2008	2023	2041
Silvertown Thames Barrier	1706	1718	1729	1741	1753	1804	1816	1827	1839	1851	1902	1913	1925	1940	1955	2010	2025	2043
Wanstead Park Station	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325	2345							
Forest Gate Police Station (Green St.)	2030	2050	2110	2129	2149	2209	2229	2249	2309	2328	2348							
Upton Park Station	2036	2056	2115	2134	2154	2214	2234	2254	2314	2333	2353							
Upton Park The Boleyn (Green Street)	2039	2059	2118	2136	2156	2216	2236	2256	2316	2335	2355							
Plaistow Greengate	2044	2103	2122	2140	2200	2220	2240	2259	2319	2338	2358							
Canning Town Bus Station	2053	2112	2131	2149	2208	2228	2247	2306	2325	2344	0004							
West Silvertown Station	2101	2120	2139	2157	2215	2235	2254	2313	2332	2351	0011							
Silvertown Thames Barrier	2103	2122	2141	2159	2217	2237	2256	2315	2334	2353	0013							

330		Saturdays (also Good Friday)																	
Wanstead Park Station	0455	0515	0535	0555	0615	0635	0655	0715	0735	0755	0809	0824	0839	0851	0902	0914	0926	0937	
Forest Gate Police Station (Green St.)	0458	0518	0538	0558	0618	0638	0658	0718	0738	0758	0813	0828	0843	0855	0907	0919	0931	0942	
Upton Park Station	0501	0521	0541	0602	0622	0642	0702	0722	0742	0802	0817	0832	0847	0900	0912	0924	0936	0947	
Upton Park The Boleyn (Green Street)	0503	0523	0543	0604	0624	0644	0704	0724	0744	0804	0819	0834	0849	0903	0915	0927	0939	0950	
Plaistow Greengate	0506	0526	0546	0607	0627	0647	0707	0727	0747	0808	0823	0838	0853	0907	0919	0931	0943	0955	
Canning Town Bus Station	0512	0532	0552	0614	0634	0655	0715	0735	0755	0816	0831	0846	0902	0916	0928	0940	0953	1005	
West Silvertown Station	0519	0539	0559	0621	0641	0702	0723	0743	0803	0824	0839	0854	0910	0924	0936	0948	1001	1013	
Silvertown Thames Barrier	0521	0541	0601	0623	0643	0704	0725	0745	0805	0826	0841	0856	0912	0926	0938	0950	1003	1015	
Wanstead Park Station	0949	1001	1013	1024	1036	1046	1057	Then every 12 minutes until	1209	1221	Then every 12 minutes until	1333	1344	Then every 12 minutes until	1544				
Forest Gate Police Station (Green St.)	0954	1006	1018	1029	1041	1052	1103		1215	1227		1339	1351		1551				
Upton Park Station	0959	1011	1023	1035	1047	1059	1110		1222	1234		1346	1358		1558				
Upton Park The Boleyn (Green Street)	1002	1014	1026	1038	1050	1102	1114		1226	1238		1350	1402		1602				
Plaistow Greengate	1007	1019	1031	1043	1055	1107	1119		1231	1243		1355	1407		1607				
Canning Town Bus Station	1017	1029	1042	1054	1106	1118	1130		1242	1255		1407	1419		1619				
West Silvertown Station	1025	1037	1050	1102	1114	1126	1138		1250	1303		1415	1427		1627				
Silvertown Thames Barrier	1027	1039	1052	1104	1116	1128	1140		1252	1305		1417	1429		1629				
Wanstead Park Station	1556	Then every 12 minutes until	1656	1708	Then every 12 minutes until	1820	1832	1845	1905	1925	1945	2005	2025	2045	2105	2125			
Forest Gate Police Station (Green St.)	1602		1702	1714		1826	1838	1851	1911	1931	1951	2010	2030	2050	2110	2130			
Upton Park Station	1609		1709	1721		1833	1845	1858	1918	1938	1957	2016	2036	2056	2116	2136			
Upton Park The Boleyn (Green Street)	1613		1713	1725		1837	1848	1901	1921	1941	2000	2019	2039	2059	2119	2139			
Plaistow Greengate	1618		1718	1730		1842	1853	1906	1926	1946	2005	2024	2044	2104	2124	2143			
Canning Town Bus Station	1630		1730	1741		1853	1904	1917	1937	1956	2015	2034	2053	2113	2133	2152			
West Silvertown Station	1638		1738	1749		1901	1912	1925	1945	2004	2023	2042	2101	2121	2141	2200			
Silvertown Thames Barrier	1640		1740	1751		1903	1914	1927	1947	2006	2025	2044	2103	2123	2143	2202			
Wanstead Park Station	2145	2205	2225	2245	2305	2325	2345	0005											
Forest Gate Police Station (Green St.)	2150	2209	2229	2249	2309	2329	2349	0009											
Upton Park Station	2156	2215	2234	2254	2314	2334	2354	0014											
Upton Park The Boleyn (Green Street)	2158	2217	2236	2256	2316	2336	2356	0016											
Plaistow Greengate	2202	2221	2240	2300	2320	2340	2359	0019											
Canning Town Bus Station	2210	2229	2248	2308	2327	2347	0006	0026											
West Silvertown Station	2218	2237	2255	2315	2334	2354	0013	0033											
Silvertown Thames Barrier	2220	2239	2257	2317	2336	2356	0015	0035											
330		Sundays and other Public Holidays (except Christmas Day)																	
Wanstead Park Station	0605	0635	0705	0735	0805	0835	0905	0925	0945	1005	1024	1043	1102	1122	1142	1201	1221	1241	
Forest Gate Police Station (Green St.)	0608	0638	0708	0738	0808	0839	0909	0929	0949	1009	1029	1048	1107	1127	1147	1207	1227	1247	
Upton Park Station	0612	0642	0712	0742	0812	0843	0913	0934	0954	1014	1034	1053	1113	1133	1153	1213	1233	1253	
Upton Park The Boleyn (Green Street)	0614	0644	0714	0744	0814	0845	0915	0936	0957	1017	1037	1056	1116	1136	1156	1216	1236	1256	
Plaistow Greengate	0617	0647	0717	0747	0817	0849	0919	0940	1001	1021	1041	1101	1121	1141	1201	1221	1241	1301	
Canning Town Bus Station	0624	0654	0724	0754	0824	0857	0927	0948	1010	1030	1050	1111	1132	1153	1213	1233	1253	1313	
West Silvertown Station	0631	0701	0731	0801	0831	0904	0934	0955	1017	1038	1058	1119	1140	1201	1221	1241	1301	1321	
Silvertown Thames Barrier	0633	0703	0733	0803	0833	0906	0936	0957	1019	1040	1100	1121	1142	1203	1224	1244	1304	1324	
Wanstead Park Station	1301	1320	1340	1400	1420	1440	1500	1520	1540	1601	1621	1641	1701	1721	1741	1802	1823	1843	
Forest Gate Police Station (Green St.)	1307	1327	1347	1407	1427	1446	1506	1526	1546	1607	1627	1647	1707	1727	1747	1807	1828	1848	
Upton Park Station	1313	1334	1354	1414	1434	1453	1513	1533	1553	1614	1634	1654	1714	1734	1754	1814	1834	1854	
Upton Park The Boleyn (Green Street)	1316	1337	1357	1417	1437	1457	1517	1537	1557	1617	1637	1657	1717	1737	1757	1817	1837	1857	
Plaistow Greengate	1321	1342	1402	1422	1442	1502	1522	1542	1602	1622	1642	1702	1722	1742	1802	1822	1842	1902	
Canning Town Bus Station	1333	1354	1414	1434	1454	1514	1534	1554	1614	1634	1654	1714	1734	1753	1813	1832	1852	1912	
West Silvertown Station	1341	1402	1422	1442	1502	1522	1542	1602	1622	1642	1702	1722	1742	1801	1821	1840	1900	1920	
Silvertown Thames Barrier	1344	1405	1425	1445	1505	1525	1545	1605	1625	1645	1705	1725	1745	1804	1823	1842	1902	1922	
Wanstead Park Station	1903	1923	1943	2003	2023	2044	2104	2125	2145	2205	2225	2245	2305	2325	2345	0005			
Forest Gate Police Station (Green St.)	1908	1928	1948	2008	2028	2049	2109	2129	2149	2209	2229	2249	2309	2329	2349	0009			
Upton Park Station	1914	1934	1954	2014	2034	2054	2114	2134	2154	2214	2234	2254	2314	2334	2354	0014			
Upton Park The Boleyn (Green Street)	1917	1937	1957	2016	2036	2056	2116	2136	2156	2216	2236	2256	2316	2336	2356	0016			
Plaistow Greengate	1922	1942	2002	2021	2040	2100	2120	2140	2200	2220	2240	2259	2319	2339	2359	0019			
Canning Town Bus Station	1932	1951	2011	2030	2049	2108	2128	2147	2207	2227	2247	2306	2326	2346	0005	0025			
West Silvertown Station	1940	1959	2019	2038	2057	2116	2135	2154	2214	2234	2254	2313	2333	2353	0012	0032			
Silvertown Thames Barrier	1942	2001	2021	2040	2059	2118	2137	2156	2216	2236	2256	2315	2335	2355	0014	0034			

Silvertown – Upton Park – Wanstead Park Station

330	Mondays to Fridays																	
Silvertown Thames Barrier	0520	0535	0550	0605	0619	0631	0643	0653	0703	0714	0724	0735	0746	0758	0810	0822	0834	0846
West Silvertown Station	0522	0537	0552	0607	0621	0633	0645	0655	0706	0717	0727	0738	0750	0802	0814	0826	0838	0850
Canning Town Bus Station	0530	0545	0600	0615	0629	0641	0653	0704	0715	0727	0737	0748	0800	0812	0824	0836	0848	0900
Plaistow Greengate	0536	0551	0606	0621	0636	0648	0700	0711	0723	0735	0746	0758	0810	0822	0834	0846	0858	0910
Upton Park The Boleyn (Green Street)	0538	0553	0608	0623	0638	0650	0702	0713	0725	0737	0749	0801	0813	0825	0837	0849	0901	0913
Upton Park Station	0540	0555	0610	0625	0640	0652	0704	0716	0728	0740	0752	0804	0816	0828	0840	0852	0904	0916
Forest Gate Police Station (Green St.)	0544	0559	0614	0629	0644	0656	0709	0721	0733	0746	0759	0812	0824	0836	0847	0858	0910	0922
Wanstead Park Station	0548	0603	0618	0633	0648	0701	0714	0726	0739	0754	0807	0820	0832	0844	0854	0905	0917	0929
Silvertown Thames Barrier	0859	Then every 12 minutes until	1023	1035	Then every 12 minutes until	1123	1135	1147	1158	1210	1222	1234	1246	Then every 12 minutes until	1346			
West Silvertown Station	0902		1026	1038		1126	1138	1150	1201	1213	1225	1237	1249		1349			
Canning Town Bus Station	0912		1036	1047		1135	1147	1159	1210	1222	1234	1246	1257		1357			
Plaistow Greengate	0922		1046	1057		1145	1157	1209	1220	1232	1244	1256	1307		1407			
Upton Park The Boleyn (Green Street)	0925		1049	1100		1148	1200	1212	1223	1235	1247	1259	1310		1410			
Upton Park Station	0928		1052	1103		1151	1203	1215	1227	1239	1251	1303	1314		1414			
Forest Gate Police Station (Green St.)	0934		1058	1110		1158	1211	1223	1235	1247	1259	1311	1322		1422			
Wanstead Park Station	0941	1105	1117	1205	1218	1230	1242	1254	1306	1318	1329	1429						
Silvertown Thames Barrier	1356	1407	1418	1428	1440	1452	1504	1516	1528	1540	1552	1604	1616	1628	1640	1652	1704	1716
West Silvertown Station	1359	1410	1421	1431	1443	1455	1507	1519	1531	1543	1555	1607	1619	1631	1643	1655	1707	1719
Canning Town Bus Station	1407	1418	1429	1439	1451	1503	1515	1527	1539	1551	1603	1615	1627	1639	1651	1703	1715	1727
Plaistow Greengate	1418	1430	1441	1452	1504	1516	1528	1540	1552	1604	1616	1628	1641	1653	1705	1717	1729	1740
Upton Park The Boleyn (Green Street)	1421	1433	1444	1455	1507	1519	1531	1543	1555	1607	1619	1631	1644	1656	1708	1720	1732	1743
Upton Park Station	1425	1437	1449	1500	1512	1524	1536	1547	1559	1611	1623	1635	1648	1700	1712	1724	1736	1747
Forest Gate Police Station (Green St.)	1434	1446	1458	1510	1522	1534	1546	1557	1609	1621	1633	1645	1658	1710	1722	1734	1746	1757
Wanstead Park Station	1441	1454	1507	1519	1531	1543	1555	1606	1618	1630	1642	1654	1707	1719	1731	1743	1755	1806
Silvertown Thames Barrier	1728	1740	1752	1804	1816	1828	1840	1852	1905	1920	1935	1950	2005	2025	2045	2105	2125	2145
West Silvertown Station	1731	1743	1755	1807	1819	1831	1843	1855	1908	1923	1938	1953	2008	2027	2047	2107	2127	2147
Canning Town Bus Station	1739	1751	1803	1815	1827	1839	1851	1903	1916	1931	1946	2001	2016	2035	2055	2115	2135	2155
Plaistow Greengate	1752	1804	1816	1828	1840	1851	1903	1915	1927	1942	1956	2011	2026	2045	2104	2124	2144	2203
Upton Park The Boleyn (Green Street)	1755	1807	1819	1831	1843	1854	1906	1918	1930	1945	1959	2014	2029	2048	2106	2126	2146	2205
Upton Park Station	1759	1811	1823	1835	1847	1858	1910	1921	1933	1948	2002	2017	2032	2051	2109	2129	2149	2208
Forest Gate Police Station (Green St.)	1808	1820	1832	1844	1856	1907	1919	1929	1941	1956	2009	2024	2038	2057	2115	2135	2155	2213
Wanstead Park Station	1817	1828	1840	1852	1904	1915	1926	1936	1948	2003	2016	2030	2044	2103	2121	2141	2201	2218
Silvertown Thames Barrier	2205	2225	2245	2305	2325	2345	0005	0025										
West Silvertown Station	2207	2227	2247	2307	2327	2347	0007	0027										
Canning Town Bus Station	2215	2235	2255	2315	2335	2355	0015	0035										
Plaistow Greengate	2223	2242	2302	2322	2342	0001	0021	0041										
Upton Park The Boleyn (Green Street)	2225	2244	2304	2324	2344	0003	0023	0043										
Upton Park Station	2227	2246	2306	2326	2346	0005	0025	0045										
Forest Gate Police Station (Green St.)	2232	2251	2311	2330	2350	0009	0029	0049										
Wanstead Park Station	2236	2255	2315	2334	2354	0013	0033	0053										

330		Saturdays (also Good Friday)																	
Silvertown Thames Barrier	0520	Then every 20 minutes until	0740	0759	0818	0833	0848	0900	0911	0922	0933	0944	0955	Then every 12 minutes until	1055	1106			
West Silvertown Station	0522		0742	0801	0820	0836	0851	0903	0914	0925	0936	0947	0958		1058	1109			
Canning Town Bus Station	0531		0751	0811	0830	0846	0901	0913	0924	0935	0946	0958	1009		1109	1121			
Plaistow Greengate	0538		0758	0818	0838	0854	0909	0921	0933	0944	0955	1007	1019		1119	1131			
Upton Park The Boleyn (Green Street)	0540		0800	0820	0840	0856	0911	0923	0935	0947	0958	1010	1022		1122	1134			
Upton Park Station	0542		0802	0822	0842	0859	0914	0926	0938	0950	1002	1014	1026		1126	1138			
Forest Gate Police Station (Green St.)	0547		0807	0827	0848	0905	0920	0932	0944	0956	1008	1020	1033		1133	1145			
Wanstead Park Station	0551		0811	0832	0853	0910	0926	0938	0950	1003	1015	1027	1041		1141	1153			
Silvertown Thames Barrier	1117	1129	1141	1153	1204	1216	Then every 12 minutes until	1504	1516	Then every 12 minutes until	1640	1652	Then every 12 minutes until	1816	1828				
West Silvertown Station	1120	1132	1144	1156	1207	1219		1507	1519		1643	1655		1819	1831				
Canning Town Bus Station	1132	1144	1156	1208	1219	1231		1519	1531		1655	1707		1831	1843				
Plaistow Greengate	1143	1155	1207	1219	1231	1243		1531	1542		1706	1718		1842	1854				
Upton Park The Boleyn (Green Street)	1146	1158	1210	1222	1234	1246		1534	1545		1709	1721		1845	1857				
Upton Park Station	1150	1202	1214	1226	1238	1250		1538	1549		1713	1725		1849	1901				
Forest Gate Police Station (Green St.)	1158	1210	1222	1234	1246	1259		1547	1558		1722	1735		1859	1911				
Wanstead Park Station	1206	1218	1230	1242	1254	1307		1555	1606		1730	1743		1907	1918				
Silvertown Thames Barrier	1840	1852	1905	1925	1945	2005	2025	2045	2105	2125	2145	Then every 20 minutes until	2305	2325	2345	0005	0025		
West Silvertown Station	1843	1855	1908	1928	1948	2008	2028	2047	2107	2127	2147		2307	2327	2347	0007	0027		
Canning Town Bus Station	1854	1906	1919	1939	1959	2019	2039	2058	2117	2137	2157		2317	2337	2357	0017	0037		
Plaistow Greengate	1905	1917	1929	1949	2009	2029	2048	2107	2126	2145	2205		2325	2344	0004	0024	0044		
Upton Park The Boleyn (Green Street)	1908	1920	1932	1952	2012	2032	2051	2110	2128	2147	2207		2327	2346	0006	0026	0046		
Upton Park Station	1912	1924	1936	1956	2015	2035	2054	2113	2131	2150	2209		2329	2348	0008	0028	0048		
Forest Gate Police Station (Green St.)	1922	1933	1945	2005	2023	2042	2101	2119	2137	2156	2215		2335	2353	0012	0032	0052		
Wanstead Park Station	1929	1940	1952	2011	2029	2048	2107	2125	2143	2202	2221		2341	2358	0016	0036	0056		
330		Sundays and other Public Holidays (except Christmas Day)																	
Silvertown Thames Barrier	0625	0655	0725	0755	0824	0854	0924	0944	1004	1023	1042	1101	1121	1141	1201	1221	1241	1301	
West Silvertown Station	0628	0658	0728	0758	0827	0857	0927	0947	1007	1026	1045	1104	1124	1144	1204	1224	1244	1304	
Canning Town Bus Station	0637	0707	0737	0807	0837	0907	0937	0957	1017	1036	1055	1114	1134	1154	1214	1234	1254	1314	
Plaistow Greengate	0643	0713	0743	0814	0844	0915	0945	1005	1025	1045	1104	1124	1144	1204	1224	1244	1304	1324	
Upton Park The Boleyn (Green Street)	0645	0715	0745	0816	0846	0917	0947	1008	1028	1048	1107	1127	1147	1207	1227	1247	1307	1327	
Upton Park Station	0647	0717	0747	0818	0848	0919	0949	1011	1031	1051	1111	1131	1151	1211	1231	1251	1311	1331	
Forest Gate Police Station (Green St.)	0651	0721	0751	0822	0852	0923	0954	1016	1037	1057	1118	1138	1158	1218	1238	1259	1319	1339	
Wanstead Park Station	0655	0725	0755	0826	0856	0928	0959	1021	1043	1103	1124	1144	1205	1225	1245	1306	1326	1346	
Silvertown Thames Barrier	1321	1341	1401	1421	1441	1501	Then every 20 minutes until	1721	1742	1802	1822	1842	1902	1922	1942	2002	2022		
West Silvertown Station	1324	1344	1404	1424	1444	1504		1724	1745	1805	1825	1845	1905	1925	1945	2005	2025		
Canning Town Bus Station	1334	1354	1414	1434	1454	1514		1734	1755	1815	1835	1855	1915	1935	1955	2015	2035		
Plaistow Greengate	1344	1404	1424	1444	1504	1524		1744	1804	1824	1844	1904	1924	1944	2004	2024	2044		
Upton Park The Boleyn (Green Street)	1347	1407	1427	1447	1507	1527		1747	1807	1827	1847	1907	1927	1947	2007	2027	2046		
Upton Park Station	1351	1411	1431	1451	1511	1531		1751	1811	1831	1851	1910	1930	1950	2010	2030	2049		
Forest Gate Police Station (Green St.)	1359	1419	1439	1459	1519	1540		1800	1820	1839	1859	1918	1937	1957	2016	2036	2055		
Wanstead Park Station	1406	1426	1446	1506	1526	1547		1807	1827	1846	1906	1925	1944	2004	2023	2042	2101		
Silvertown Thames Barrier	2043	2104	2125	2145	2205	2225	2245	2305	2325	2345	0005	0025							
West Silvertown Station	2046	2106	2127	2147	2207	2227	2247	2307	2327	2347	0007	0027							
Canning Town Bus Station	2056	2116	2136	2156	2216	2236	2256	2316	2336	2356	0016	0036							
Plaistow Greengate	2104	2124	2144	2204	2224	2244	2303	2323	2343	0003	0023	0043							
Upton Park The Boleyn (Green Street)	2106	2126	2146	2206	2226	2246	2305	2325	2345	0005	0025	0045							
Upton Park Station	2109	2129	2149	2209	2229	2249	2307	2327	2347	0007	0027	0047							
Forest Gate Police Station (Green St.)	2115	2135	2155	2215	2235	2255	2312	2331	2351	0011	0031	0051							
Wanstead Park Station	2121	2141	2201	2221	2241	2301	2318	2336	2356	0016	0036	0056							