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Wanstead Park Station – Upton Park – Silvertown

330		Mondays to Fridays																
Wanstead Park Station	0455	0515	0535	0547	0559	0611	0623	0635	0647	0659	0711	0723	Then every 12 minutes until	0911	0923	0935	0947	
Forest Gate Police Station (Green St.)	0458	0518	0538	0550	0602	0614	0626	0638	0651	0704	0716	0728		0916	0928	0939	0951	
Upton Park Station	0502	0522	0542	0554	0607	0619	0632	0644	0657	0711	0723	0735		0923	0935	0946	0958	
Upton Park The Boleyn (Green Street)	0503	0523	0543	0555	0609	0621	0634	0647	0700	0714	0726	0738		0926	0938	0949	1001	
Plaistow Greengate	0506	0526	0546	0558	0612	0624	0637	0650	0703	0717	0729	0742		0930	0943	0954	1006	
Canning Town Bus Station	0512	0532	0552	0604	0619	0631	0644	0658	0712	0726	0738	0751		0939	0952	1004	1016	
West Silvertown Station	0516	0536	0556	0608	0623	0635	0648	0702	0716	0730	0743	0756		0944	0957	1009	1021	
Silvertown Thames Barrier	0519	0539	0559	0611	0626	0638	0651	0705	0719	0733	0746	0759		0947	1000	1012	1024	
Wanstead Park Station	0959	Then every 12 minutes until	1223	1233	1243	1253	1303	Then every 12 minutes until	1415	1427	Then every 12 minutes until	1751		1803	1815	1827		
Forest Gate Police Station (Green St.)	1003		1227	1237	1247	1258	1308		1420	1432		1756		1808	1820	1832		
Upton Park Station	1010		1234	1245	1255	1306	1317		1429	1441		1805	1817	1829	1841			
Upton Park The Boleyn (Green Street)	1013		1237	1248	1259	1310	1321		1433	1445		1809	1821	1833	1845			
Plaistow Greengate	1018		1242	1253	1304	1315	1326		1438	1451		1815	1827	1838	1850			
Canning Town Bus Station	1028		1252	1303	1314	1325	1336		1448	1501		1825	1836	1847	1858			
West Silvertown Station	1033		1257	1308	1319	1330	1341		1453	1506		1830	1841	1852	1903			
Silvertown Thames Barrier	1036		1300	1311	1322	1333	1344		1456	1509		1833	1844	1855	1906			
Wanstead Park Station	1839		1852	1905	1921	1937	1953		2009	2027		2045	2105	2125	2145	Then every 20 minutes until	0005	
Forest Gate Police Station (Green St.)	1844		1857	1910	1926	1941	1957		2013	2031		2049	2109	2129	2149		0009	
Upton Park Station	1853	1906	1919	1935	1950	2005	2021	2039	2057	2117	2136	2155	0015					
Upton Park The Boleyn (Green Street)	1857	1910	1923	1938	1953	2008	2023	2041	2059	2119	2138	2157	0017					
Plaistow Greengate	1902	1914	1927	1942	1957	2012	2027	2045	2103	2122	2141	2200	0020					
Canning Town Bus Station	1910	1922	1935	1949	2004	2019	2034	2052	2110	2128	2147	2206	0026					
West Silvertown Station	1915	1927	1939	1953	2008	2023	2038	2056	2114	2132	2151	2210	0030					
Silvertown Thames Barrier	1918	1930	1942	1956	2011	2026	2041	2059	2117	2135	2154	2213	0033					
330		Saturdays (also Good Friday)																
Wanstead Park Station	0455	0515	0535	0555	0615	0635	0655	0715	0735	0755	0810	0825	0839	0850	0901		0912	0923
Forest Gate Police Station (Green St.)	0458	0518	0538	0558	0618	0638	0658	0718	0738	0758	0813	0828	0842	0853	0904	0915	0927	0938
Upton Park Station	0502	0522	0542	0602	0622	0642	0703	0723	0743	0803	0818	0833	0848	0900	0912	0924	0936	0947
Upton Park The Boleyn (Green Street)	0503	0523	0543	0603	0624	0644	0705	0725	0745	0805	0820	0835	0850	0903	0915	0927	0939	0950
Plaistow Greengate	0506	0526	0546	0606	0627	0647	0708	0728	0748	0808	0823	0838	0853	0907	0919	0931	0943	0955
Canning Town Bus Station	0512	0532	0552	0612	0633	0654	0715	0735	0755	0815	0830	0845	0900	0915	0927	0939	0951	1004
West Silvertown Station	0516	0536	0556	0616	0637	0658	0719	0739	0759	0819	0834	0849	0905	0920	0932	0944	0956	1009
Silvertown Thames Barrier	0519	0539	0559	0619	0640	0701	0722	0742	0802	0822	0837	0852	0908	0923	0935	0947	0959	1012
Wanstead Park Station	0945	0955	1005	Then every 12 minutes until	1153	1205	Then every 12 minutes until	1717	1729	1742	1754	1807	1820	1833	1849	1905		
Forest Gate Police Station (Green St.)	0949	1000	1011		1159	1211		1723	1735	1748	1800	1813	1825	1838	1854	1910		
Upton Park Station	0959	1010	1022		1210	1223		1735	1747	1800	1812	1824	1836	1849	1904	1920		
Upton Park The Boleyn (Green Street)	1003	1015	1027		1215	1228		1740	1752	1805	1816	1828	1840	1853	1908	1924		
Plaistow Greengate	1008	1020	1032		1220	1233		1745	1757	1809	1820	1832	1844	1857	1912	1928		
Canning Town Bus Station	1017	1029	1041		1229	1242		1754	1805	1817	1828	1840	1852	1905	1920	1936		
West Silvertown Station	1022	1034	1046		1234	1247		1759	1810	1822	1833	1845	1857	1909	1924	1940		
Silvertown Thames Barrier	1025	1037	1049		1237	1250		1802	1813	1825	1836	1848	1900	1912	1927	1943		
Wanstead Park Station	1926	1947	2007		2027	2045		2105	2125	2145	Then every 20 minutes until	0005						
Forest Gate Police Station (Green St.)	1931	1951	2011		2031	2049		2109	2129	2149		0009						
Upton Park Station	1940	2000	2020	2039	2057	2117	2136	2155	0015									
Upton Park The Boleyn (Green Street)	1943	2003	2023	2041	2059	2119	2138	2157	0017									
Plaistow Greengate	1947	2007	2027	2045	2103	2122	2141	2200	0020									
Canning Town Bus Station	1954	2014	2034	2052	2110	2128	2147	2206	0026									
West Silvertown Station	1958	2018	2038	2056	2114	2132	2151	2210	0030									
Silvertown Thames Barrier	2001	2021	2041	2059	2117	2135	2154	2213	0033									
330		Sundays and other Public Holidays (except Christmas Day)																
Wanstead Park Station	0600	0630	0700	0728	0758	0828	0858	0924	0944	1004		1024	1044	1101	Then every 20 minutes until	1221	1241	1301
Forest Gate Police Station (Green St.)	0603	0633	0703	0731	0801	0831	0901	0927	0948	1008	1028	1048	1106	1226		1246	1306	
Upton Park Station	0607	0637	0707	0736	0806	0836	0906	0932	0956	1016	1037	1057	1115	1235		1255	1315	
Upton Park The Boleyn (Green Street)	0608	0638	0708	0738	0808	0838	0908	0934	0958	1019	1040	1100	1119	1239		1259	1320	
Plaistow Greengate	0611	0641	0711	0741	0811	0841	0911	0937	1001	1022	1043	1103	1123	1243		1303	1324	
Canning Town Bus Station	0617	0647	0717	0747	0817	0847	0917	0943	1008	1029	1050	1111	1131	1251		1311	1332	
West Silvertown Station	0621	0651	0721	0751	0821	0851	0921	0947	1012	1033	1054	1115	1136	1256		1316	1337	
Silvertown Thames Barrier	0624	0654	0724	0754	0824	0854	0924	0950	1015	1036	1057	1118	1139	1259		1319	1340	
Wanstead Park Station	1321	Then every 20 mins. until	1721	1741	1801	1821	1841	1901	1923	1943	2003	2023	2043	2103		2124	2145	0005
Forest Gate Police Station (Green St.)	1326		1726	1746	1806	1826	1846	1906	1928	1947	2007	2027	2047	2107		2128	2149	0009
Upton Park Station	1336		1736	1756	1816	1835	1855	1915	1937	1955	2015	2035	2055	2115	2135	2155	0015	
Upton Park The Boleyn (Green Street)	1341		1741	1801	1820	1839	1859	1919	1939	1957	2017	2037	2057	2117	2137	2157	0017	
Plaistow Greengate	1345		1745	1805	1824	1843	1903	1923	1943	2001	2021	2041	2101	2120	2140	2200	0020	
Canning Town Bus Station	1353		1753	1812	1831	1850	1910	1930	1950	2008	2028	2048	2107	2126	2146	2206	0026	
West Silvertown Station	1358		1758	1817	1836	1855	1914	1934	1954	2012	2032	2052	2111	2130	2150	2210	0030	
Silvertown Thames Barrier	1401		1801	1820	1839	1858	1917	1937	1957	2015	2035	2055	2114	2133	2153	2213	0033	

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Silvertown – Upton Park – Wanstead Park Station

330 Mondays to Fridays																		
Silvertown Thames Barrier	0520	0535	0550	0605	0620	0632	0644	0656	0708	0719	0730		0854 0905 0917 0928 0940					
West Silvertown Station	0523	0538	0553	0608	0623	0635	0647	0659	0711	0722	0733		0857 0908 0920 0931 0943					
Canning Town Bus Station	0527	0542	0557	0612	0627	0639	0652	0704	0716	0728	0739		0903 0914 0925 0936 0948					
Plaistow Greengate	0532	0547	0602	0618	0633	0645	0659	0712	0724	0736	0748	Then every 12 minutes until	0912 0923 0934 0946 0959					
Upton Park The Boleyn (Green Street)	0534	0549	0604	0620	0635	0648	0702	0715	0727	0739	0751		0915 0926 0938 0950 1003					
Upton Park Station	0535	0550	0605	0621	0637	0650	0704	0717	0729	0741	0753		0917 0929 0941 0953 1006					
Forest Gate Police Station (Green St.)	0540	0555	0610	0626	0642	0656	0710	0723	0736	0749	0801		0925 0937 0950 1002 1015					
Wanstead Park Station	0544	0559	0615	0631	0647	0701	0715	0729	0742	0755	0807		0931 0943 0956 1008 1021					
Silvertown Thames Barrier	0952			1140	1152	1204	1216			1416	1427	1438	1449	1500		1748	1800	
West Silvertown Station	0955			1143	1155	1207	1219			1419	1430	1441	1452	1503		1751	1803	
Canning Town Bus Station	1000	Then		1148	1200	1212	1224	Then		1424	1435	1446	1457	1508	Then	1756	1808	
Plaistow Greengate	1011	every 12		1159	1211	1223	1235	every 12		1435	1446	1457	1508	1520	every 12	1808	1820	
Upton Park The Boleyn (Green Street)	1015	minutes		1203	1215	1227	1239	minutes		1439	1450	1501	1512	1524	minutes	1812	1824	
Upton Park Station	1018	until		1206	1218	1230	1243	until		1443	1454	1505	1516	1528	until	1816	1828	
Forest Gate Police Station (Green St.)	1027			1215	1228	1240	1253			1453	1504	1516	1527	1539		1827	1839	
Wanstead Park Station	1033			1221	1234	1246	1259			1459	1511	1523	1535	1547		1835	1846	
Silvertown Thames Barrier	1813	1826	1839	1854	1910	1926	1942	2000	2020	2042	2104	2126				0026		
West Silvertown Station	1816	1829	1842	1857	1913	1929	1945	2003	2023	2045	2107	2129				0029		
Canning Town Bus Station	1821	1834	1847	1902	1918	1934	1949	2007	2027	2049	2111	2133			Then	0033		
Plaistow Greengate	1833	1845	1856	1911	1926	1942	1957	2015	2035	2057	2119	2139			every 20	0039		
Upton Park The Boleyn (Green Street)	1837	1848	1859	1914	1929	1944	1959	2017	2037	2059	2121	2141			minutes	0041		
Upton Park Station	1841	1851	1902	1917	1931	1946	2001	2019	2039	2101	2122	2142			until	0042		
Forest Gate Police Station (Green St.)	1851	1901	1912	1926	1940	1954	2009	2027	2047	2108	2128	2148				0048		
Wanstead Park Station	1857	1907	1918	1931	1945	1959	2014	2032	2052	2112	2132	2152				0052		
330 Saturdays (also Good Friday)																		
Silvertown Thames Barrier	0520	0535	0555	0615	0635	0655	0715	0735	0755	0815	0830	0845	0857	0909	0921	0932	0943	0954
West Silvertown Station	0523	0538	0558	0618	0638	0658	0718	0738	0758	0818	0833	0848	0900	0912	0924	0935	0946	0957
Canning Town Bus Station	0527	0542	0602	0622	0642	0702	0722	0742	0802	0822	0837	0852	0905	0917	0929	0940	0951	1002
Plaistow Greengate	0532	0547	0607	0627	0647	0707	0728	0748	0808	0828	0843	0858	0912	0925	0937	0948	0959	1011
Upton Park The Boleyn (Green Street)	0534	0549	0609	0629	0649	0709	0730	0750	0810	0830	0845	0900	0915	0928	0941	0952	1003	1015
Upton Park Station	0535	0550	0610	0630	0650	0710	0731	0751	0811	0831	0846	0902	0917	0930	0943	0955	1007	1019
Forest Gate Police Station (Green St.)	0540	0555	0615	0635	0655	0716	0737	0757	0817	0837	0853	0910	0925	0938	0952	1004	1017	1030
Wanstead Park Station	0544	0559	0619	0639	0700	0721	0742	0802	0822	0842	0858	0915	0930	0944	0958	1011	1024	1037
Silvertown Thames Barrier	1005			1117	1129	1141	1151			1715	1727	1739	1751	1803	1815	1830	1846	1904
West Silvertown Station	1008			1120	1132	1144	1154			1718	1730	1742	1754	1806	1818	1833	1849	1907
Canning Town Bus Station	1013	Then		1125	1137	1149	1159	Then		1723	1735	1747	1759	1811	1823	1838	1854	1912
Plaistow Greengate	1023	every 12		1135	1147	1159	1209	every 12		1733	1745	1757	1808	1820	1832	1847	1903	1921
Upton Park The Boleyn (Green Street)	1027	minutes		1139	1151	1203	1213	minutes		1737	1749	1801	1812	1824	1836	1851	1907	1924
Upton Park Station	1031	until		1143	1155	1207	1217	until		1741	1753	1804	1815	1827	1839	1854	1910	1927
Forest Gate Police Station (Green St.)	1042			1154	1207	1220	1230			1754	1805	1815	1825	1837	1849	1904	1919	1936
Wanstead Park Station	1049			1201	1214	1227	1237			1801	1811	1821	1831	1843	1855	1910	1925	1941
Silvertown Thames Barrier	1922	1940	2000	2020	2042	2104	2126			0026								
West Silvertown Station	1925	1943	2003	2023	2045	2107	2129			0029								
Canning Town Bus Station	1930	1948	2007	2027	2049	2111	2133			0033								
Plaistow Greengate	1938	1956	2015	2035	2057	2119	2139			0039								
Upton Park The Boleyn (Green Street)	1941	1959	2017	2037	2059	2121	2141			0041								
Upton Park Station	1943	2001	2019	2039	2101	2122	2142			0042								
Forest Gate Police Station (Green St.)	1951	2009	2027	2047	2108	2128	2148			0048								
Wanstead Park Station	1956	2014	2032	2052	2112	2132	2152			0052								
330 Sundays and other Public Holidays (except Christmas Day)																		
Silvertown Thames Barrier	0615	0645	0715	0745	0815	0845	0905	0923	0941	0959	1016	1034	1052	1110	1130	1150	1210	1230
West Silvertown Station	0618	0648	0718	0748	0818	0848	0908	0926	0944	1002	1019	1037	1055	1113	1133	1153	1213	1233
Canning Town Bus Station	0622	0652	0722	0752	0822	0852	0912	0930	0948	1006	1024	1042	1100	1118	1138	1158	1218	1238
Plaistow Greengate	0627	0657	0727	0757	0828	0858	0918	0936	0955	1013	1031	1049	1108	1126	1146	1206	1226	1246
Upton Park The Boleyn (Green Street)	0629	0659	0729	0759	0830	0900	0920	0938	0958	1016	1034	1052	1112	1130	1150	1210	1230	1250
Upton Park Station	0630	0700	0730	0800	0831	0901	0921	0940	1000	1018	1036	1055	1115	1134	1154	1214	1234	1254
Forest Gate Police Station (Green St.)	0635	0705	0735	0806	0837	0907	0928	0948	1008	1026	1044	1104	1124	1143	1203	1223	1243	1303
Wanstead Park Station	0639	0709	0740	0811	0842	0912	0933	0953	1013	1031	1049	1109	1129	1149	1209	1229	1249	1309
Silvertown Thames Barrier	1247	1305	1322		1742	1802	1822	1842	1902	1923	1943	2003	2023	2044	2105	2126		0026
West Silvertown Station	1250	1308	1325	Then	1745	1805	1825	1845	1905	1926	1946	2006	2026	2047	2108	2129	Then	0029
Canning Town Bus Station	1255	1313	1330	every	1750	1810	1830	1850	1910	1930	1950	2010	2030	2051	2112	2133	every	0033
Plaistow Greengate	1303	1321	1338	20	1758	1818	1838	1858	1918	1937	1957	2017	2037	2058	2119	2139	20	0039
Upton Park The Boleyn (Green Street)	1307	1325	1342	mins.	1802	1821	1841	1901	1920	1939	1959	2019	2039	2100	2121	2141	mins.	0041
Upton Park Station	1311	1329	1346	until	1806	1825	1845	1904	1922	1941	2001	2021	2041	2101	2122	2142	until	0042
Forest Gate Police Station (Green St.)	1321	1339	1356		1816	1834	1854	1912	1930	1949	2009	2029	2049	2109	2128	2148		0048
Wanstead Park Station	1327	1345	1402		1822	1840	1859	1917	1935	1954	2014	2034	2054	2113	2132	2152		0052