

366		Mondays to Fridays																	
Roding Lane South Falmouth Gardens	0515	0535	0555	0614	0629	0643	0654	0702	0711	0719	0726	0733	0741	0751	0802	0813	0824	0834	
Redbridge Station Eastern Avenue	0518	0538	0558	0618	0633	0647	0659	0708	0718	0727	0735	0743	0752	0802	0813	0824	0835	0845	
Ilford Station	0525	0545	0606	0626	0641	0655	0709	0719	0730	0740	0749	0758	0807	0817	0828	0838	0849	0859	
Ilford High Road Hainault Street	0528	0548	0609	0630	0645	0659	0713	0723	0734	0744	0753	0803	0812	0822	0833	0843	0854	0904	
Sunnyside Road Mortlake Road	0532	0552	0614	0635	0650	0704	0718	0729	0740	0750	0759	0809	0818	0828	0839	0849	0900	0909	
Loxford Lane South Park Drive	0536	0556	0618	0639	0654	0709	0723	0734	0745	0755	0805	0815	0825	0835	0845	0855	0905	0914	
Barking Station	0544	0604	0626	0647	0703	0718	0732	0744	0756	0807	0817	0827	0837	0847	0856	0905	0914	0922	
Barking London Road	0546	0606	0628	0649	0705	0720	0734	0746	0758	0810	0820	0830	0840	0850	0859	0908	0917	0925	
East Beckton Showcase Cinema	0552	0612	0634	0655	0711	0726	0741	0753	0805	0817	0827	0837	0847	0857	0906	0915	0924	0932	
East Beckton Sainsbury's	0556	0616	0638	0659	0715	0730	0745	0757	0809	0821	0831	0841	0851	0901	0910	0919	0928	0936	
Gallions Reach Shopping Park	0602	0622	0644	0705	0721	0736	0751	0803	0815	0827	0837	0847	0857	0907	0916	0925	0934	0942	
Cyprus Savage Gardens	0609	0629	0651	0713	0729	0744	0759	0812	0824	0836	0846	0856	0906	0916	0925	0934	0943	0951	
Beckton Bus Station	0610	0630	0652	0714	0730	0745	0800	0813	0825	0837	0847	0857	0907	0917	0926	0935	0944	0952	
Roding Lane South Falmouth Gardens	0845	0856	0906	0916	0927	0937	0947	0957	1007	1017	1027	1036	1046	1056	1106	1115		1235	
Redbridge Station Eastern Avenue	0855	0905	0914	0923	0933	0942	0952	1001	1011	1021	1031	1040	1050	1100	1110	1119		1239	
Ilford Station	0908	0917	0926	0934	0944	0953	1003	1012	1022	1032	1042	1051	1101	1111	1121	1130		1250	
Ilford High Road Hainault Street	0913	0922	0931	0939	0949	0958	1008	1017	1027	1037	1047	1056	1106	1116	1126	1135		1255	
Sunnyside Road Mortlake Road	0918	0927	0936	0944	0954	1003	1013	1022	1032	1042	1052	1101	1111	1121	1131	1141	Then	1301	
Loxford Lane South Park Drive	0923	0932	0941	0949	0958	1007	1017	1026	1036	1046	1056	1105	1115	1125	1135	1145	every	1305	
Barking Station	0931	0940	0949	0957	1006	1015	1025	1034	1044	1054	1104	1113	1123	1133	1143	1153	10	1313	
Barking London Road	0934	0943	0952	1000	1009	1018	1028	1037	1047	1057	1107	1116	1126	1136	1146	1156	mins.	1316	
East Beckton Showcase Cinema	0941	0950	0959	1007	1016	1025	1035	1044	1054	1104	1114	1123	1133	1143	1153	1203	until	1323	
East Beckton Sainsbury's	0945	0954	1003	1011	1020	1029	1039	1048	1058	1108	1118	1127	1137	1147	1157	1207		1327	
Gallions Reach Shopping Park	0951	1000	1009	1017	1026	1035	1045	1054	1104	1114	1124	1134	1144	1154	1204	1214		1334	
Cyprus Savage Gardens	1000	1009	1018	1026	1035	1044	1054	1103	1113	1123	1133	1143	1153	1203	1213	1223		1343	
Beckton Bus Station	1001	1010	1019	1027	1036	1045	1055	1104	1114	1124	1134	1144	1154	1204	1214	1224		1344	
Roding Lane South Falmouth Gardens	1245			1345	1355	1405	1414	1423	1432	1440	1448	1457	1507	1517	1527	1537	1547	1557	
Redbridge Station Eastern Avenue	1249			1349	1359	1409	1419	1428	1437	1445	1453	1502	1512	1523	1533	1543	1553	1604	
Ilford Station	1300			1400	1410	1420	1430	1439	1448	1456	1505	1515	1525	1536	1546	1556	1606	1616	
Ilford High Road Hainault Street	1305			1405	1415	1425	1435	1444	1453	1501	1510	1520	1530	1541	1551	1601	1611	1621	
Sunnyside Road Mortlake Road	1311	Then		1411	1422	1432	1442	1451	1500	1508	1518	1528	1538	1549	1559	1609	1619	1629	
Loxford Lane South Park Drive	1315	every		1415	1426	1436	1446	1455	1505	1514	1524	1534	1544	1554	1604	1614	1624	1634	
Barking Station	1324	10		1424	1435	1445	1455	1505	1515	1525	1535	1545	1554	1604	1614	1624	1634	1644	
Barking London Road	1327	minutes		1427	1438	1448	1458	1508	1518	1528	1538	1548	1557	1607	1617	1627	1637	1647	
East Beckton Showcase Cinema	1334	until		1434	1445	1455	1505	1515	1525	1535	1545	1555	1604	1614	1624	1634	1644	1654	
East Beckton Sainsbury's	1338			1438	1449	1459	1509	1519	1529	1539	1549	1559	1608	1618	1628	1638	1648	1658	
Gallions Reach Shopping Park	1345			1445	1456	1506	1516	1526	1536	1546	1556	1606	1615	1625	1635	1645	1655	1705	
Cyprus Savage Gardens	1354			1454	1505	1515	1525	1535	1545	1555	1605	1615	1624	1634	1644	1654	1704	1714	
Beckton Bus Station	1355			1455	1506	1516	1526	1536	1546	1556	1606	1616	1625	1635	1645	1655	1705	1715	
Roding Lane South Falmouth Gardens	1607			1707	1717	1727	1737	1747	1757	1807	1818	1828	1838	1848	1900	1913	1925	1940	1955
Redbridge Station Eastern Avenue	1614			1714	1724	1734	1744	1754	1804	1814	1825	1835	1845	1855	1907	1919	1931	1946	2000
Ilford Station	1626			1726	1736	1746	1756	1806	1816	1826	1836	1846	1856	1906	1918	1930	1942	1956	2009
Ilford High Road Hainault Street	1631			1731	1741	1751	1801	1811	1821	1831	1841	1851	1901	1911	1923	1935	1947	2001	2014
Sunnyside Road Mortlake Road	1639	Then		1739	1749	1759	1809	1819	1829	1838	1848	1858	1908	1918	1930	1942	1954	2007	2020
Loxford Lane South Park Drive	1644	every		1744	1754	1804	1814	1824	1834	1843	1852	1902	1912	1922	1934	1946	1958	2011	2024
Barking Station	1654	10		1754	1803	1813	1823	1833	1843	1852	1901	1911	1921	1930	1942	1954	2006	2019	2032
Barking London Road	1657	mins.		1757	1806	1816	1826	1836	1846	1855	1904	1913	1923	1932	1944	1956	2008	2021	2034
East Beckton Showcase Cinema	1704	until		1804	1813	1823	1833	1843	1853	1902	1910	1919	1929	1938	1950	2002	2014	2027	2040
East Beckton Sainsbury's	1708			1808	1817	1827	1837	1847	1857	1906	1914	1923	1933	1942	1954	2006	2018	2031	2044
Gallions Reach Shopping Park	1715			1815	1824	1834	1844	1854	1904	1913	1921	1930	1940	1949	2001	2013	2025	2037	2050
Cyprus Savage Gardens	1724			1824	1833	1843	1853	1903	1912	1921	1929	1938	1948	1957	2009	2021	2033	2045	2058
Beckton Bus Station	1725			1825	1834	1844	1854	1904	1913	1922	1930	1939	1949	1958	2010	2022	2034	2046	2059
Roding Lane South Falmouth Gardens	2010	2025	2040	2055	2110	2125	2140	2155	2210	2225	2240	2255	2310	2325	2340	2355	0010	0025	
Redbridge Station Eastern Avenue	2015	2030	2044	2059	2113	2128	2143	2158	2213	2228	2243	2258	2313	2328	2343	2358	0013	0028	
Ilford Station	2024	2039	2053	2107	2121	2136	2151	2206	2221	2235	2250	2305	2320	2335	2349	0004	0019	0034	
Ilford High Road Hainault Street	2029	2043	2057	2111	2125	2140	2155	2210	2225	2238	2253	2308	2323	2338	2352	0007	0022	0037	
Sunnyside Road Mortlake Road	2035	2049	2103	2117	2130	2145	2200	2215	2230	2243	2258	2313	2328	2342	2356	0011	0026	0041	
Loxford Lane South Park Drive	2039	2053	2107	2121	2134	2149	2204	2219	2233	2246	2301	2316	2331	2345	2359	0014	0029	0044	
Barking Station	2046	2100	2114	2128	2141	2156	2211	2226	2239	2252	2307	2322	2337	2351	0005	0020	0035	0050	
Barking London Road	2048	2102	2116	2130	2143	2158	2213	2228	2241	2254	2309	2324	2339	2353	0007	0022	0037	0052	
East Beckton Showcase Cinema	2054	2108	2122	2136	2149	2203	2218	2233	2246	2259	2314	2329	2344	2358	0012	0027	0042	0057	
East Beckton Sainsbury's	2058	2111	2125	2139	2152	2206	2221	2236	2249	2302	2317	2332	2347	0001	0015	0030	0045	0100	
Gallions Reach Shopping Park	2104	2117	2131	2145	2158	2212	2227	2241	2254	2307	2322	2337	2352	0006	0020	0035	0050	0105	
Cyprus Savage Gardens	2112	2125	2139	2152	2205	2219	2233	2247	2300	2312	2327	2342	2357	0011	0025	0040	0055	0110	
Beckton Bus Station	2113	2126	2140	2153	2206	2220	2234	2248	2301	2313	2328	2343	2358	0012	0026	0041	0056	0111	



366	Sundays and other Public Holidays (except Christmas Day)																	
Roding Lane South Falmouth Gardens	0555	0625	0655	0725	0755	0825	0854	0924	0944	1003	1023	1036	1050	1105	1120	1135	1150	1204
Redbridge Station Eastern Avenue	0558	0628	0658	0728	0758	0828	0857	0927	0948	1007	1027	1040	1054	1109	1124	1139	1154	1209
Ilford Station	0605	0635	0705	0736	0806	0836	0906	0936	0957	1016	1036	1050	1105	1120	1135	1150	1205	1220
Ilford High Road Hainault Street	0608	0638	0708	0739	0809	0839	0909	0939	1001	1020	1040	1055	1110	1125	1140	1155	1210	1225
Sunnyside Road Mortlake Road	0613	0643	0713	0744	0814	0844	0914	0944	1006	1025	1045	1100	1115	1130	1145	1200	1216	1231
Loxford Lane South Park Drive	0617	0647	0717	0748	0818	0848	0918	0948	1010	1029	1049	1104	1119	1134	1149	1204	1220	1235
Barking Station	0623	0653	0723	0754	0825	0855	0925	0955	1018	1037	1057	1112	1127	1142	1157	1212	1228	1243
Barking London Road	0625	0655	0725	0756	0827	0857	0927	0957	1020	1039	1059	1114	1129	1144	1159	1214	1230	1245
East Beckton Showcase Cinema	0630	0700	0730	0801	0832	0902	0933	1003	1026	1045	1105	1120	1135	1150	1205	1220	1236	1252
East Beckton Sainsbury's	0633	0703	0733	0804	0835	0905	0936	1006	1029	1049	1109	1124	1139	1154	1209	1224	1240	1256
Gallions Reach Shopping Park	0638	0708	0738	0809	0840	0911	0942	1012	1035	1055	1116	1131	1147	1202	1217	1232	1248	1304
Cyprus Savage Gardens	0644	0714	0744	0816	0848	0919	0950	1020	1043	1103	1124	1139	1155	1210	1225	1240	1256	1312
Beckton Bus Station	0645	0715	0745	0817	0849	0920	0951	1021	1044	1104	1125	1140	1156	1211	1226	1241	1257	1313
Roding Lane South Falmouth Gardens	1219	1234	1249	1303	1318	1333	1348	1403	1418	1434	1449	1504	1520	1535	Then every 15 minutes until	1650	1706	
Redbridge Station Eastern Avenue	1224	1239	1254	1308	1323	1339	1354	1409	1424	1439	1454	1509	1525	1540		1655	1711	
Ilford Station	1235	1250	1305	1319	1334	1350	1405	1420	1435	1450	1505	1520	1535	1550		1705	1721	
Ilford High Road Hainault Street	1240	1255	1310	1325	1340	1355	1410	1425	1440	1455	1510	1525	1540	1555		1710	1726	
Sunnyside Road Mortlake Road	1246	1301	1316	1331	1346	1401	1416	1431	1446	1501	1516	1532	1547	1602		1717	1732	
Loxford Lane South Park Drive	1250	1305	1321	1336	1351	1406	1421	1435	1450	1505	1520	1536	1551	1606		1721	1736	
Barking Station	1259	1314	1331	1346	1401	1416	1431	1445	1500	1515	1530	1545	1600	1614		1729	1744	
Barking London Road	1301	1316	1333	1348	1403	1418	1433	1447	1502	1517	1532	1547	1602	1616		1731	1746	
East Beckton Showcase Cinema	1308	1323	1340	1355	1410	1425	1440	1454	1509	1524	1539	1554	1609	1623		1738	1753	
East Beckton Sainsbury's	1312	1327	1344	1359	1414	1429	1444	1458	1513	1528	1543	1558	1613	1627		1742	1757	
Gallions Reach Shopping Park	1320	1335	1352	1407	1422	1437	1452	1506	1521	1536	1551	1605	1620	1634	1749	1803		
Cyprus Savage Gardens	1328	1343	1400	1415	1430	1445	1500	1514	1529	1544	1559	1613	1628	1642	1757	1811		
Beckton Bus Station	1329	1344	1401	1416	1431	1446	1501	1515	1530	1545	1600	1614	1629	1643	1758	1812		
Roding Lane South Falmouth Gardens	1721	1736	1751	1806	1822	1837	1852	1907	1922	1937	1952	2008	2024	2040	2055	2110	2125	2140
Redbridge Station Eastern Avenue	1726	1741	1756	1811	1827	1842	1857	1912	1927	1942	1957	2013	2028	2044	2059	2114	2129	2144
Ilford Station	1736	1751	1806	1821	1836	1851	1906	1921	1936	1951	2006	2021	2036	2052	2107	2122	2137	2151
Ilford High Road Hainault Street	1741	1756	1811	1826	1841	1856	1911	1926	1941	1956	2011	2026	2041	2056	2111	2126	2141	2155
Sunnyside Road Mortlake Road	1747	1801	1816	1831	1846	1901	1916	1931	1946	2001	2016	2031	2046	2101	2116	2131	2146	2200
Loxford Lane South Park Drive	1751	1805	1820	1835	1850	1905	1920	1935	1950	2005	2020	2035	2050	2105	2120	2135	2150	2204
Barking Station	1759	1813	1828	1843	1858	1913	1928	1943	1958	2013	2028	2042	2057	2112	2127	2142	2157	2211
Barking London Road	1801	1815	1830	1845	1900	1915	1930	1945	2000	2015	2030	2044	2059	2114	2129	2144	2159	2213
East Beckton Showcase Cinema	1808	1823	1838	1853	1908	1923	1938	1953	2008	2022	2036	2050	2104	2119	2134	2149	2204	2218
East Beckton Sainsbury's	1812	1826	1841	1856	1911	1926	1941	1956	2011	2025	2039	2053	2107	2122	2137	2152	2207	2221
Gallions Reach Shopping Park	1818	1832	1847	1902	1916	1931	1946	2001	2016	2030	2044	2058	2112	2127	2142	2157	2212	2226
Cyprus Savage Gardens	1826	1840	1855	1909	1923	1938	1953	2008	2023	2037	2050	2104	2118	2133	2148	2203	2218	2232
Beckton Bus Station	1827	1841	1856	1910	1924	1939	1954	2009	2024	2038	2051	2105	2119	2134	2149	2204	2219	2233
Roding Lane South Falmouth Gardens	2155	2210	2225	2240	2255	2310	2325	2340	2355	0010	0025							
Redbridge Station Eastern Avenue	2158	2213	2228	2243	2258	2313	2328	2343	2358	0013	0028							
Ilford Station	2205	2220	2235	2250	2305	2320	2335	2349	0004	0019	0034							
Ilford High Road Hainault Street	2209	2224	2239	2254	2309	2324	2338	2352	0007	0022	0037							
Sunnyside Road Mortlake Road	2214	2228	2243	2258	2313	2328	2342	2356	0011	0026	0041							
Loxford Lane South Park Drive	2217	2231	2246	2301	2316	2331	2345	2359	0014	0029	0044							
Barking Station	2224	2238	2253	2307	2322	2337	2351	0005	0020	0035	0050							
Barking London Road	2226	2240	2255	2309	2324	2339	2353	0007	0022	0037	0052							
East Beckton Showcase Cinema	2231	2245	2300	2314	2329	2344	2358	0012	0027	0042	0057							
East Beckton Sainsbury's	2234	2248	2303	2317	2332	2347	0001	0015	0030	0045	0100							
Gallions Reach Shopping Park	2239	2253	2308	2322	2337	2352	0006	0020	0035	0050	0105							
Cyprus Savage Gardens	2245	2258	2313	2327	2342	2357	0011	0025	0040	0055	0110							
Beckton Bus Station	2246	2259	2314	2328	2343	2358	0012	0026	0041	0056	0111							

366	Mondays to Fridays																	
Beckton Bus Station	0419	0439	0459	0517	0532	0547	0559	0611	0621	0630	0640	0650	0659	0708	0717	0726	0734	0743
Cyprus Savage Gardens	0421	0441	0501	0519	0534	0549	0601	0613	0623	0632	0642	0652	0701	0710	0719	0728	0736	0745
Gallions Reach Shopping Park	0427	0447	0507	0526	0541	0556	0608	0620	0630	0639	0649	0659	0708	0717	0727	0736	0744	0753
East Beckton Sainsbury's	0431	0451	0511	0531	0546	0601	0613	0625	0635	0644	0654	0704	0713	0722	0732	0741	0749	0758
East Beckton Showcase Cinema	0434	0454	0514	0534	0550	0605	0617	0629	0639	0648	0658	0708	0717	0726	0736	0745	0753	0802
Barking London Road	0439	0459	0519	0539	0555	0610	0623	0635	0645	0654	0704	0714	0723	0733	0743	0752	0800	0809
Barking Station	0441	0501	0521	0541	0557	0612	0625	0637	0647	0657	0707	0717	0726	0736	0746	0755	0803	0812
South Park Drive Loxford Lane	0446	0506	0526	0546	0602	0618	0631	0643	0654	0704	0714	0724	0734	0744	0754	0804	0813	0823
Sunnyside Road Mortlake Road	0449	0509	0529	0550	0606	0622	0635	0647	0658	0708	0718	0728	0738	0748	0758	0808	0817	0827
Ilford High Road Hainault Street	0453	0513	0533	0555	0611	0627	0641	0653	0705	0715	0725	0735	0745	0755	0805	0815	0825	0835
Ilford Station	0455	0515	0535	0557	0613	0629	0643	0655	0707	0717	0728	0738	0748	0758	0808	0818	0828	0838
Redbridge Station Forecourt	0506	0526	0546	0608	0625	0643	0659	0713	0726	0738	0751	0803	0814	0824	0834	0843	0852	0901
Roding Lane South Falmouth Gardens	0510	0530	0550	0612	0629	0647	0703	0717	0731	0743	0756	0808	0819	0829	0839	0848	0857	0906
Beckton Bus Station	0751	0801	0812	0823	0833	0844	0854	0904	0914	0924		1154	1203				1303	1312
Cyprus Savage Gardens	0753	0803	0814	0825	0835	0846	0856	0906	0916	0926		1156	1205				1305	1314
Gallions Reach Shopping Park	0801	0811	0822	0833	0843	0854	0904	0914	0924	0934		1204	1214				1314	1323
East Beckton Sainsbury's	0806	0816	0827	0838	0849	0900	0910	0920	0930	0940		1210	1220				1320	1329
East Beckton Showcase Cinema	0810	0820	0831	0842	0853	0904	0914	0924	0934	0944		1214	1224		Then		1324	1333
Barking London Road	0817	0827	0838	0849	0900	0911	0921	0931	0941	0951		1221	1231		every 10		1331	1341
Barking Station	0820	0830	0841	0852	0903	0914	0924	0934	0944	0954		1224	1234		minutes		1334	1344
South Park Drive Loxford Lane	0833	0843	0853	0902	0912	0922	0932	0942	0952	1002		1232	1242		until		1342	1352
Sunnyside Road Mortlake Road	0837	0847	0857	0906	0916	0926	0936	0946	0956	1006		1236	1246				1346	1356
Ilford High Road Hainault Street	0845	0855	0904	0913	0923	0933	0943	0953	1003	1012		1242	1252				1352	1402
Ilford Station	0848	0858	0907	0916	0926	0936	0946	0956	1006	1015		1245	1255				1355	1405
Redbridge Station Forecourt	0909	0917	0926	0935	0944	0953	1003	1013	1022	1031		1301	1311				1411	1422
Roding Lane South Falmouth Gardens	0914	0922	0931	0940	0949	0958	1008	1018	1027	1036		1306	1316				1416	1427
Beckton Bus Station	1322	1332	1342	1351	1400	1410	1419	1428	1437	1445	1455	1505	1514	1523	1532	1542	1552	1602
Cyprus Savage Gardens	1324	1334	1344	1353	1402	1412	1421	1430	1439	1447	1457	1507	1517	1526	1535	1544	1554	1604
Gallions Reach Shopping Park	1333	1343	1353	1402	1411	1421	1430	1439	1448	1457	1507	1517	1526	1535	1544	1554	1604	1614
East Beckton Sainsbury's	1339	1349	1359	1409	1418	1428	1437	1446	1455	1504	1514	1524	1533	1542	1552	1602	1613	1623
East Beckton Showcase Cinema	1343	1353	1403	1413	1422	1432	1441	1450	1459	1508	1518	1528	1537	1546	1556	1606	1617	1628
Barking London Road	1351	1401	1411	1421	1430	1440	1449	1458	1508	1517	1527	1537	1547	1556	1606	1616	1627	1638
Barking Station	1354	1404	1414	1424	1433	1443	1452	1501	1511	1520	1530	1540	1551	1600	1610	1620	1631	1642
South Park Drive Loxford Lane	1402	1412	1422	1432	1442	1452	1502	1512	1522	1531	1541	1551	1602	1612	1622	1632	1642	1652
Sunnyside Road Mortlake Road	1406	1416	1426	1436	1446	1456	1506	1516	1526	1535	1545	1555	1606	1616	1626	1636	1646	1656
Ilford High Road Hainault Street	1412	1422	1432	1443	1453	1503	1513	1523	1533	1543	1553	1603	1613	1623	1633	1643	1653	1703
Ilford Station	1415	1425	1435	1446	1456	1506	1516	1526	1536	1546	1556	1606	1616	1626	1636	1646	1656	1706
Redbridge Station Forecourt	1432	1443	1453	1504	1514	1524	1534	1544	1554	1604	1614	1624	1634	1644	1654	1704	1714	1724
Roding Lane South Falmouth Gardens	1437	1448	1458	1509	1520	1530	1540	1550	1600	1610	1620	1630	1640	1650	1700	1710	1720	1730
Beckton Bus Station	1612			1702	1712	1722	1732	1743	1753	1803	1814	1824	1836	1848	1900	1915	1930	1945
Cyprus Savage Gardens	1614			1704	1714	1724	1734	1745	1755	1805	1816	1826	1838	1850	1902	1917	1932	1947
Gallions Reach Shopping Park	1624			1714	1724	1734	1744	1754	1804	1814	1824	1834	1846	1858	1910	1925	1940	1955
East Beckton Sainsbury's	1634			1724	1734	1744	1753	1803	1812	1822	1831	1840	1852	1904	1916	1931	1946	2001
East Beckton Showcase Cinema	1639		Then	1729	1739	1749	1758	1808	1817	1827	1836	1845	1857	1909	1921	1936	1950	2005
Barking London Road	1649		every 10	1739	1749	1758	1807	1817	1826	1836	1845	1853	1905	1917	1929	1944	1958	2013
Barking Station	1653		minutes	1743	1753	1802	1811	1821	1830	1840	1848	1856	1908	1920	1932	1947	2001	2016
South Park Drive Loxford Lane	1702		until	1752	1802	1811	1820	1830	1839	1849	1856	1904	1916	1928	1940	1955	2009	2024
Sunnyside Road Mortlake Road	1706			1756	1806	1815	1824	1834	1843	1853	1900	1908	1920	1932	1944	1959	2013	2028
Ilford High Road Hainault Street	1713			1803	1813	1822	1831	1841	1850	1859	1906	1914	1926	1938	1950	2005	2019	2033
Ilford Station	1716			1806	1816	1825	1834	1844	1853	1902	1909	1917	1929	1941	1953	2008	2022	2036
Redbridge Station Forecourt	1734			1824	1834	1843	1852	1901	1910	1918	1925	1933	1944	1956	2008	2022	2036	2050
Roding Lane South Falmouth Gardens	1740			1830	1839	1848	1857	1906	1915	1923	1930	1938	1949	2001	2013	2027	2041	2055
Beckton Bus Station	2000	2015	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345		
Cyprus Savage Gardens	2002	2017	2032	2047	2102	2117	2132	2147	2202	2217	2232	2247	2302	2317	2332	2347		
Gallions Reach Shopping Park	2010	2025	2040	2055	2110	2124	2139	2154	2209	2223	2238	2253	2308	2323	2338	2353		
East Beckton Sainsbury's	2015	2030	2045	2100	2115	2129	2144	2159	2214	2228	2243	2258	2313	2328	2342	2357		
East Beckton Showcase Cinema	2019	2034	2049	2104	2119	2133	2148	2203	2218	2232	2247	2302	2317	2332	2345	0000		
Barking London Road	2026	2041	2056	2111	2125	2139	2154	2209	2224	2238	2253	2308	2323	2338	2350	0005		
Barking Station	2029	2044	2059	2114	2128	2142	2157	2212	2227	2241	2256	2310	2325	2340	2352	0007		
South Park Drive Loxford Lane	2037	2052	2106	2121	2135	2149	2204	2218	2233	2247	2302	2316	2331	2346	2358	0013		
Sunnyside Road Mortlake Road	2041	2055	2109	2124	2138	2152	2207	2221	2236	2250	2305	2319	2334	2349	0001	0016		
Ilford High Road Hainault Street	2046	2100	2114	2129	2143	2157	2211	2225	2240	2254	2309	2323	2338	2353	0005	0020		
Ilford Station	2049	2102	2116	2131	2145	2159	2213	2227	2242	2256	2311	2325	2340	2355	0007	0022		
Redbridge Station Forecourt	2103	2116	2129	2144	2158	2211	2225	2239	2253	2307	2322	2336	2351	0006	0018	0032		
Roding Lane South Falmouth Gardens	2107	2120	2133	2148	2202	2215	2229	2243	2257	2311	2326	2340	2355	0010	0021	0035		



366	Sundays and other Public Holidays (except Christmas Day)																		
Beckton Bus Station	0550	0620	0650	0720	0750	0820	0849	0909	0928	0943	0958	1011	1025	1039	1053	1108	1122	1136	
Cyprus Savage Gardens	0552	0622	0652	0722	0752	0822	0851	0911	0930	0945	1000	1013	1027	1041	1055	1110	1124	1138	
Gallions Reach Shopping Park	0558	0628	0658	0728	0758	0828	0858	0918	0937	0952	1007	1021	1035	1049	1103	1118	1133	1147	
East Beckton Sainsbury's	0603	0633	0703	0733	0803	0833	0903	0923	0942	0957	1012	1026	1040	1054	1109	1124	1139	1153	
East Beckton Showcase Cinema	0607	0637	0707	0737	0807	0837	0907	0927	0946	1001	1016	1030	1044	1058	1113	1128	1143	1158	
Barking London Road	0612	0642	0712	0742	0813	0843	0913	0933	0952	1007	1022	1037	1052	1106	1121	1136	1151	1206	
Barking Station	0614	0644	0714	0744	0815	0845	0915	0935	0955	1010	1025	1040	1055	1109	1124	1139	1154	1209	
South Park Drive Loxford Lane	0620	0650	0720	0750	0821	0851	0921	0942	1002	1017	1032	1047	1102	1117	1132	1147	1202	1217	
Sunnyside Road Mortlake Road	0623	0653	0723	0753	0824	0855	0925	0946	1006	1021	1036	1051	1106	1121	1136	1151	1206	1221	
Ilford High Road Hainault Street	0627	0657	0728	0758	0829	0900	0930	0952	1012	1027	1042	1057	1112	1127	1142	1158	1213	1228	
Ilford Station	0629	0659	0730	0800	0831	0902	0932	0954	1015	1030	1045	1100	1115	1130	1145	1201	1216	1231	
Redbridge Station Forecourt	0640	0710	0741	0812	0843	0915	0945	1008	1030	1046	1101	1116	1131	1146	1202	1218	1233	1248	
Roding Lane South Falmouth Gardens	0644	0714	0745	0816	0847	0919	0949	1012	1034	1050	1105	1120	1135	1150	1206	1222	1237	1252	
Beckton Bus Station	1151	1206	1221	1236	1251	1305				1420	1435	1450	1505	1520	1535	1551	1607	1622	1638
Cyprus Savage Gardens	1153	1208	1223	1238	1253	1307				1422	1437	1452	1507	1522	1537	1553	1609	1624	1640
Gallions Reach Shopping Park	1202	1217	1232	1247	1302	1316				1431	1446	1501	1516	1531	1546	1602	1618	1633	1648
East Beckton Sainsbury's	1208	1223	1238	1253	1308	1323				1438	1453	1508	1523	1538	1553	1609	1624	1639	1654
East Beckton Showcase Cinema	1213	1228	1243	1258	1313	1328			Then	1443	1458	1513	1528	1543	1558	1614	1629	1644	1659
Barking London Road	1221	1236	1251	1306	1321	1337			every 15	1452	1508	1523	1538	1553	1608	1623	1638	1653	1708
Barking Station	1224	1239	1254	1309	1324	1340			minutes	1455	1511	1526	1541	1556	1611	1626	1641	1656	1711
South Park Drive Loxford Lane	1232	1247	1302	1317	1333	1349			until	1504	1520	1535	1550	1605	1620	1635	1650	1705	1719
Sunnyside Road Mortlake Road	1236	1251	1306	1321	1337	1353				1508	1524	1539	1554	1609	1624	1639	1654	1709	1723
Ilford High Road Hainault Street	1243	1258	1313	1328	1344	1400				1515	1531	1546	1600	1615	1630	1645	1700	1715	1729
Ilford Station	1246	1301	1316	1331	1347	1403				1518	1534	1549	1603	1618	1633	1648	1703	1718	1732
Redbridge Station Forecourt	1303	1318	1333	1348	1404	1420				1535	1550	1605	1619	1634	1649	1704	1719	1734	1748
Roding Lane South Falmouth Gardens	1307	1322	1337	1353	1409	1425				1540	1555	1610	1624	1639	1654	1709	1724	1739	1753
Beckton Bus Station	1654	1709	1725	1741	1756	1811	1826	1841	1856	1911	1927	1943	1958	2013	2029	2044	2100	2115	
Cyprus Savage Gardens	1656	1711	1727	1743	1758	1813	1828	1843	1858	1913	1929	1945	2000	2015	2031	2046	2102	2117	
Gallions Reach Shopping Park	1704	1719	1735	1751	1806	1821	1836	1851	1906	1921	1936	1952	2007	2022	2038	2053	2108	2123	
East Beckton Sainsbury's	1710	1725	1741	1756	1811	1826	1841	1856	1911	1926	1941	1957	2012	2027	2043	2058	2113	2128	
East Beckton Showcase Cinema	1715	1730	1745	1800	1815	1830	1845	1900	1915	1930	1945	2001	2016	2031	2047	2102	2117	2132	
Barking London Road	1723	1738	1753	1808	1823	1838	1853	1908	1923	1938	1953	2008	2023	2038	2053	2108	2123	2138	
Barking Station	1726	1741	1756	1811	1826	1841	1856	1911	1926	1941	1956	2011	2026	2041	2056	2111	2126	2141	
South Park Drive Loxford Lane	1734	1749	1804	1819	1834	1849	1904	1919	1933	1948	2003	2018	2033	2048	2103	2117	2132	2147	
Sunnyside Road Mortlake Road	1738	1753	1808	1823	1838	1853	1908	1923	1937	1951	2006	2021	2036	2051	2106	2120	2135	2150	
Ilford High Road Hainault Street	1744	1759	1814	1829	1844	1859	1914	1929	1943	1957	2011	2026	2041	2056	2111	2125	2139	2154	
Ilford Station	1747	1802	1817	1832	1847	1902	1917	1932	1946	2000	2014	2028	2043	2058	2113	2127	2141	2156	
Redbridge Station Forecourt	1802	1817	1832	1847	1902	1917	1932	1947	2000	2014	2027	2041	2056	2111	2125	2139	2153	2208	
Roding Lane South Falmouth Gardens	1807	1822	1837	1852	1907	1922	1937	1952	2005	2018	2031	2045	2100	2115	2129	2143	2157	2212	
Beckton Bus Station	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345									
Cyprus Savage Gardens	2132	2147	2202	2217	2232	2247	2302	2317	2332	2347									
Gallions Reach Shopping Park	2138	2153	2208	2223	2238	2253	2308	2323	2338	2353									
East Beckton Sainsbury's	2143	2158	2213	2228	2243	2258	2313	2328	2343	2358									
East Beckton Showcase Cinema	2147	2202	2217	2232	2247	2302	2317	2332	2347	0001									
Barking London Road	2153	2208	2223	2238	2253	2308	2323	2338	2352	0006									
Barking Station	2156	2211	2226	2240	2255	2310	2325	2340	2354	0008									
South Park Drive Loxford Lane	2202	2217	2232	2246	2301	2316	2331	2346	0000	0014									
Sunnyside Road Mortlake Road	2205	2220	2235	2249	2304	2319	2334	2349	0003	0017									
Ilford High Road Hainault Street	2209	2224	2239	2253	2308	2323	2338	2353	0007	0021									
Ilford Station	2211	2226	2241	2255	2310	2325	2340	2355	0009	0023									
Redbridge Station Forecourt	2222	2237	2252	2306	2321	2336	2351	0006	0019	0033									
Roding Lane South Falmouth Gardens	2226	2241	2256	2310	2325	2340	2355	0010	0022	0036									