

376		Mondays to Fridays																		
Beckton Bus Station	0605	0625	0645	0705	0718	0732				0832	0847	0902	0917	0933		1348	1403	1418	1433	
Winsor Park Estate Warwall	0608	0628	0648	0709	0722	0736				0836	0851	0906	0921	0937		1352	1407	1422	1437	
Cyprus Station Cyprus Place	0611	0631	0651	0713	0726	0740		Then		0840	0855	0910	0925	0940	Then	1355	1410	1425	1440	
Stansfeld Road Fulmer Road	0615	0635	0655	0718	0731	0746		every 15		0846	0901	0916	0930	0945	every 15	1400	1415	1430	1446	
Newham Hospital Emergency Dept.	0620	0640	0700	0723	0739	0754		minutes		0854	0909	0924	0938	0953	minutes	1408	1423	1438	1454	
Upton Park The Boleyn (Green Street)	0624	0644	0704	0727	0744	0759		until		0859	0914	0929	0943	0958	until	1413	1428	1443	1459	
Upton Park Station	0627	0647	0707	0730	0747	0802				0902	0917	0932	0946	1001		1416	1431	1446	1502	
East Ham Station	0633	0653	0713	0738	0755	0810				0910	0925	0940	0954	1009		1424	1440	1456	1512	
East Ham Newham Town Hall	0638	0658	0719	0744	0801	0816				0916	0932	0947	1002	1017		1432	1448	1504	1520	
Beckton Bus Station	1448	1503		1718	1733	1748	1803	1818	1834	1849	1904	1924	1944	2004	2024	2044	2105		2325	
Winsor Park Estate Warwall	1452	1507		1722	1737	1752	1807	1822	1837	1852	1907	1927	1947	2007	2027	2047	2108		2328	
Cyprus Station Cyprus Place	1455	1510	Then	1725	1740	1755	1810	1825	1840	1855	1910	1930	1950	2010	2030	2050	2111	Then	2331	
Stansfeld Road Fulmer Road	1501	1516	every	1731	1746	1801	1816	1831	1846	1901	1916	1936	1955	2015	2035	2055	2115	every	2335	
Newham Hospital Emergency Dept.	1509	1524	15	1739	1754	1809	1824	1837	1852	1907	1922	1941	2000	2020	2040	2100	2120	20	2340	
Upton Park The Boleyn (Green Street)	1514	1529	mins.	1744	1759	1813	1828	1841	1856	1911	1926	1945	2004	2024	2044	2104	2124	mins.	2344	
Upton Park Station	1517	1532	until	1747	1802	1816	1831	1844	1859	1914	1929	1948	2007	2027	2047	2107	2127	until	2347	
East Ham Station	1528	1544		1759	1814	1828	1842	1855	1910	1923	1937	1955	2014	2034	2054	2113	2133		2353	
East Ham Newham Town Hall	1536	1552		1807	1821	1835	1848	1901	1915	1928	1942	2000	2019	2039	2059	2118	2138		2358	
376		Saturdays (also Good Friday)																		
Beckton Bus Station	0605			0745	0805	0825	0845	0900	0915	0930	0944	0958	1012	1026		1141	1156	1211		
Winsor Park Estate Warwall	0608			0748	0808	0828	0848	0903	0918	0933	0947	1001	1016	1030		1145	1200	1215		
Cyprus Station Cyprus Place	0611	Then		0751	0811	0831	0851	0906	0921	0936	0950	1004	1019	1033	Then	1148	1203	1218		
Stansfeld Road Fulmer Road	0615	every 20		0755	0816	0836	0856	0911	0926	0941	0955	1009	1024	1039	every 15	1154	1209	1224		
Newham Hospital Emergency Dept.	0620	minutes		0800	0821	0841	0901	0916	0931	0946	1000	1015	1030	1045	minutes	1200	1215	1230		
Upton Park The Boleyn (Green Street)	0624	until		0804	0825	0845	0905	0920	0935	0950	1005	1020	1035	1050	until	1205	1220	1235		
Upton Park Station	0627			0807	0828	0848	0908	0923	0938	0953	1008	1023	1038	1053		1208	1223	1238		
East Ham Station	0633			0813	0834	0854	0914	0929	0945	1001	1017	1033	1050	1105		1220	1235	1250		
East Ham Newham Town Hall	0638			0818	0839	0859	0919	0934	0950	1006	1022	1039	1056	1111		1226	1242	1257		
Beckton Bus Station	1226			1711	1726	1741	1756	1811	1826	1841	1856	1911	1925	1945	2005	2025	2045	2105	2325	
Winsor Park Estate Warwall	1230			1715	1730	1745	1800	1815	1830	1844	1859	1914	1928	1948	2008	2028	2048	2108	2328	
Cyprus Station Cyprus Place	1233	Then		1718	1733	1748	1803	1818	1833	1847	1902	1917	1931	1951	2011	2031	2051	2111	Then	2331
Stansfeld Road Fulmer Road	1239	every		1724	1739	1754	1808	1823	1838	1852	1907	1922	1936	1956	2016	2036	2056	2115	every	2335
Newham Hospital Emergency Dept.	1246	15		1731	1746	1801	1814	1829	1844	1858	1913	1928	1941	2001	2021	2041	2101	2120	20	2340
Upton Park The Boleyn (Green Street)	1251	mins.		1736	1751	1806	1819	1834	1849	1903	1917	1932	1945	2005	2025	2045	2105	2124	mins.	2344
Upton Park Station	1254	until		1739	1754	1809	1822	1837	1852	1906	1920	1935	1948	2008	2028	2048	2108	2127	until	2347
East Ham Station	1306			1751	1806	1819	1832	1847	1902	1914	1928	1942	1955	2015	2035	2054	2114	2133		2353
East Ham Newham Town Hall	1314			1759	1813	1826	1839	1854	1908	1920	1934	1947	2000	2020	2040	2059	2119	2138		2358
376		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																		
Beckton Bus Station	0655	0725	0755	0825	0855	0925	0955	1025	1055	1124	1154		24	54		1654	1724	1755	1825	
Winsor Park Estate Warwall	0658	0728	0758	0828	0858	0928	0959	1029	1059	1128	1158		Then	28	58	1658	1728	1758	1828	
Cyprus Station Cyprus Place	0701	0731	0801	0831	0901	0931	1002	1032	1102	1131	1201		every 30	31	01	1701	1731	1801	1831	
Stansfeld Road Fulmer Road	0705	0735	0805	0835	0905	0936	1007	1037	1107	1136	1207		minutes	37	07	1707	1737	1807	1837	
Newham Hospital Emergency Dept.	0710	0740	0810	0840	0910	0941	1012	1042	1112	1141	1212		at these	42	12	until	1712	1742	1812	1842
Upton Park The Boleyn (Green Street)	0714	0744	0814	0844	0914	0945	1017	1047	1117	1146	1217		minutes	47	17	1717	1747	1817	1847	
Upton Park Station	0717	0747	0817	0847	0917	0948	1020	1050	1120	1150	1221		past	51	21	1721	1751	1821	1850	
East Ham Station	0723	0753	0823	0853	0923	0955	1027	1057	1128	1200	1232		the hour	02	32	1732	1800	1830	1857	
East Ham Newham Town Hall	0728	0758	0828	0858	0928	1000	1033	1103	1134	1206	1238			08	38	1738	1806	1835	1902	
Beckton Bus Station	1855	1925	1955	2025	2055	2125	2155	2225	2255	2325										
Winsor Park Estate Warwall	1858	1928	1958	2028	2058	2128	2158	2228	2258	2328										
Cyprus Station Cyprus Place	1901	1931	2001	2031	2101	2131	2201	2231	2301	2331										
Stansfeld Road Fulmer Road	1906	1936	2006	2036	2106	2135	2205	2235	2305	2335										
Newham Hospital Emergency Dept.	1911	1941	2011	2041	2111	2140	2210	2240	2310	2340										
Upton Park The Boleyn (Green Street)	1915	1945	2015	2045	2115	2144	2214	2244	2314	2344										
Upton Park Station	1918	1948	2018	2048	2118	2147	2217	2247	2317	2347										
East Ham Station	1925	1955	2025	2055	2124	2153	2223	2253	2323	2353										
East Ham Newham Town Hall	1930	2000	2030	2100	2129	2158	2228	2258	2328	2358										

