

376	Mondays to Fridays																		
Beckton Bus Station	0605	0625	0645	0705	0716	0728	0740	0753	0806	0820	0833	0846	0859	0913	0926	0939	0952	1006	
Winsor Park Estate Warwall	0608	0628	0648	0708	0720	0732	0744	0757	0810	0824	0837	0850	0903	0917	0930	0943	0956	1010	
Cyprus Station Cyprus Place	0610	0631	0651	0711	0723	0735	0747	0800	0814	0828	0841	0854	0906	0920	0933	0946	0959	1013	
Stansfeld Road Fulmer Road	0614	0635	0656	0716	0728	0740	0752	0805	0819	0833	0846	0859	0911	0925	0938	0951	1004	1018	
Newham Hospital Emergency Dept.	0619	0640	0702	0723	0735	0749	0802	0815	0828	0842	0855	0908	0920	0932	0945	0958	1011	1024	
Upton Park The Boleyn (Green Street)	0625	0646	0708	0730	0743	0757	0811	0824	0837	0851	0903	0916	0927	0939	0952	1005	1018	1031	
Upton Park Station	0626	0647	0709	0731	0745	0759	0813	0826	0839	0853	0905	0918	0929	0941	0954	1007	1020	1033	
East Ham Station	0632	0653	0715	0738	0752	0807	0822	0836	0849	0903	0914	0926	0937	0949	1002	1015	1028	1041	
East Ham Newham Town Hall	0641	0704	0728	0751	0805	0821	0836	0850	0903	0917	0928	0940	0951	1003	1016	1029	1042	1056	
Beckton Bus Station	1019	1033	1046	1100	1113	1127	1140	1154	1207	1221	1234	1248	1301	1315	1328	1342	1356	1410	
Winsor Park Estate Warwall	1023	1037	1050	1104	1117	1131	1144	1158	1211	1225	1238	1252	1305	1319	1332	1346	1400	1414	
Cyprus Station Cyprus Place	1026	1040	1053	1107	1120	1134	1147	1201	1214	1228	1241	1255	1308	1322	1335	1349	1403	1417	
Stansfeld Road Fulmer Road	1031	1045	1058	1112	1125	1139	1152	1206	1219	1233	1246	1300	1313	1327	1340	1354	1408	1422	
Newham Hospital Emergency Dept.	1037	1051	1104	1118	1132	1146	1159	1213	1226	1240	1253	1307	1320	1334	1347	1401	1415	1429	
Upton Park The Boleyn (Green Street)	1044	1058	1111	1125	1139	1153	1206	1220	1233	1247	1300	1314	1327	1341	1354	1409	1423	1437	
Upton Park Station	1046	1100	1113	1127	1141	1155	1208	1222	1235	1249	1302	1316	1329	1343	1356	1411	1425	1439	
East Ham Station	1054	1109	1122	1136	1150	1204	1217	1231	1244	1258	1311	1325	1338	1352	1406	1421	1435	1449	
East Ham Newham Town Hall	1109	1124	1137	1151	1205	1219	1232	1246	1259	1313	1326	1340	1353	1407	1421	1436	1450	1504	
Beckton Bus Station	1423	1437	1450	1504	1518	1532	1545	1559	1612	1626	1639	1653	1706	1720	1733	1747	1800	1814	
Winsor Park Estate Warwall	1427	1441	1454	1508	1522	1536	1549	1603	1616	1630	1643	1657	1710	1724	1737	1751	1804	1818	
Cyprus Station Cyprus Place	1430	1445	1458	1512	1525	1539	1552	1606	1619	1633	1646	1700	1713	1727	1740	1754	1807	1821	
Stansfeld Road Fulmer Road	1435	1450	1504	1518	1531	1545	1558	1612	1625	1639	1652	1706	1719	1732	1745	1759	1812	1826	
Newham Hospital Emergency Dept.	1442	1458	1512	1527	1540	1554	1607	1621	1634	1648	1701	1715	1727	1740	1753	1807	1820	1834	
Upton Park The Boleyn (Green Street)	1450	1507	1521	1536	1549	1603	1616	1630	1643	1657	1710	1724	1736	1749	1802	1815	1827	1841	
Upton Park Station	1452	1509	1523	1538	1551	1605	1618	1632	1645	1659	1712	1726	1738	1751	1804	1817	1829	1843	
East Ham Station	1503	1521	1536	1551	1603	1617	1630	1644	1657	1711	1724	1738	1749	1802	1814	1827	1839	1853	
East Ham Newham Town Hall	1518	1536	1552	1607	1619	1633	1646	1700	1713	1727	1740	1754	1805	1817	1829	1842	1854	1906	
Beckton Bus Station	1828	1842	1856	1909	1925	1945	2005	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325		
Winsor Park Estate Warwall	1832	1846	1900	1913	1928	1948	2008	2028	2048	2108	2128	2148	2208	2228	2248	2308	2328		
Cyprus Station Cyprus Place	1835	1849	1903	1916	1931	1951	2011	2031	2051	2111	2131	2151	2211	2231	2251	2310	2330		
Stansfeld Road Fulmer Road	1840	1854	1908	1921	1936	1956	2016	2036	2055	2115	2135	2155	2215	2235	2255	2314	2334		
Newham Hospital Emergency Dept.	1847	1901	1915	1927	1942	2002	2022	2042	2100	2120	2140	2200	2220	2239	2259	2318	2338		
Upton Park The Boleyn (Green Street)	1854	1908	1922	1934	1949	2008	2028	2048	2105	2125	2145	2205	2225	2244	2304	2322	2342		
Upton Park Station	1856	1910	1924	1936	1951	2010	2030	2049	2106	2126	2146	2206	2226	2245	2305	2323	2343		
East Ham Station	1906	1920	1933	1945	2000	2018	2038	2057	2113	2133	2152	2212	2232	2251	2311	2329	2348		
East Ham Newham Town Hall	1916	1926	1939	1951	2006	2024	2043	2102	2118	2137	2156	2216	2236	2255	2315	2333	2352		

376	Saturdays (also Good Friday)																		
Beckton Bus Station	0605	0625	0645	0705	0725	0745	0805	0825	0840	0855	0907	0918	0930	0943	0956	1009	1022	1035	
Winsor Park Estate Warwall	0608	0628	0648	0708	0728	0748	0808	0828	0843	0858	0910	0921	0933	0946	0959	1012	1025	1038	
Cyprus Station Cyprus Place	0610	0630	0650	0710	0730	0751	0811	0831	0846	0901	0913	0924	0936	0949	1002	1015	1028	1041	
Stansfeld Road Fulmer Road	0614	0634	0654	0714	0734	0755	0815	0835	0850	0905	0917	0928	0940	0953	1006	1019	1032	1045	
Newham Hospital Emergency Dept.	0619	0639	0659	0719	0739	0800	0820	0840	0855	0910	0922	0934	0946	0959	1012	1025	1038	1051	
Upton Park The Boleyn (Green Street)	0624	0645	0705	0725	0745	0806	0826	0846	0901	0916	0928	0940	0952	1005	1018	1031	1044	1058	
Upton Park Station	0625	0646	0706	0726	0746	0807	0827	0847	0902	0917	0930	0942	0954	1007	1020	1033	1046	1100	
East Ham Station	0631	0652	0712	0732	0752	0813	0833	0853	0909	0924	0937	0949	1002	1015	1028	1041	1054	1108	
East Ham Newham Town Hall	0635	0656	0716	0736	0756	0817	0837	0858	0914	0929	0943	0957	1012	1028	1041	1055	1108	1122	
Beckton Bus Station	1048	1101	1114	1127	1140	1153	1206	1219	1232	1245	1258	1311	1325	1338	1352	1405	1419	1432	
Winsor Park Estate Warwall	1051	1104	1117	1130	1143	1157	1210	1223	1236	1249	1301	1314	1328	1341	1355	1408	1422	1435	
Cyprus Station Cyprus Place	1054	1107	1120	1133	1146	1200	1213	1226	1239	1252	1304	1317	1331	1344	1358	1411	1425	1438	
Stansfeld Road Fulmer Road	1059	1112	1125	1138	1151	1205	1218	1231	1244	1257	1309	1322	1336	1349	1403	1416	1430	1443	
Newham Hospital Emergency Dept.	1105	1118	1132	1145	1158	1212	1225	1238	1252	1305	1317	1330	1344	1357	1411	1424	1438	1451	
Upton Park The Boleyn (Green Street)	1112	1125	1139	1152	1205	1219	1232	1245	1259	1312	1324	1337	1351	1404	1418	1431	1445	1458	
Upton Park Station	1114	1127	1141	1154	1207	1221	1234	1248	1302	1315	1327	1340	1354	1407	1421	1434	1448	1501	
East Ham Station	1123	1136	1150	1203	1217	1231	1244	1258	1312	1325	1337	1350	1404	1418	1433	1446	1500	1513	
East Ham Newham Town Hall	1138	1151	1205	1218	1232	1246	1259	1313	1327	1340	1352	1405	1420	1434	1449	1502	1516	1529	
Beckton Bus Station	1446	1459	1513	1526	1540	1553	1607	1620	1634	1647	1700	1713	1726	1739	1751	1804	1817	1829	
Winsor Park Estate Warwall	1449	1502	1516	1529	1543	1556	1610	1623	1637	1650	1703	1716	1729	1742	1754	1807	1820	1832	
Cyprus Station Cyprus Place	1452	1505	1519	1532	1546	1559	1613	1626	1640	1653	1706	1719	1732	1745	1757	1810	1823	1835	
Stansfeld Road Fulmer Road	1457	1510	1524	1537	1551	1604	1618	1631	1645	1658	1711	1724	1737	1750	1802	1815	1828	1840	
Newham Hospital Emergency Dept.	1505	1517	1531	1544	1558	1611	1625	1638	1652	1705	1718	1731	1744	1757	1809	1822	1835	1846	
Upton Park The Boleyn (Green Street)	1512	1524	1538	1551	1605	1618	1632	1645	1659	1712	1725	1737	1750	1803	1815	1828	1841	1853	
Upton Park Station	1515	1527	1540	1553	1607	1620	1634	1647	1701	1714	1727	1739	1752	1805	1817	1830	1843	1855	
East Ham Station	1527	1539	1552	1605	1619	1632	1646	1659	1713	1726	1738	1750	1803	1815	1827	1840	1853	1904	
East Ham Newham Town Hall	1543	1555	1607	1620	1634	1647	1700	1713	1727	1740	1752	1804	1817	1829	1841	1854	1905	1913	
Beckton Bus Station	1842	1854	1909	1924	1945	2005	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325			
Winsor Park Estate Warwall	1845	1857	1912	1927	1948	2008	2028	2048	2108	2128	2148	2208	2228	2248	2308	2328			
Cyprus Station Cyprus Place	1848	1900	1915	1930	1951	2011	2031	2051	2111	2131	2151	2211	2230	2250	2310	2330			
Stansfeld Road Fulmer Road	1853	1905	1920	1935	1955	2015	2035	2055	2115	2135	2155	2215	2234	2254	2314	2334			
Newham Hospital Emergency Dept.	1859	1911	1926	1941	2001	2021	2041	2100	2120	2140	2200	2220	2239	2259	2318	2338			
Upton Park The Boleyn (Green Street)	1906	1918	1933	1948	2007	2027	2047	2106	2125	2145	2205	2225	2244	2304	2323	2343			
Upton Park Station	1908	1920	1935	1950	2009	2029	2049	2108	2126	2146	2206	2226	2245	2305	2324	2344			
East Ham Station	1917	1929	1944	1959	2017	2037	2056	2115	2133	2153	2212	2232	2251	2311	2329	2349			
East Ham Newham Town Hall	1925	1936	1951	2005	2023	2043	2102	2120	2138	2158	2217	2236	2255	2315	2333	2353			
376	Sundays and other Public Holidays (except Christmas Day)																		
Beckton Bus Station	0625	0655	0726	0757	0828	0858	0928	0958	1028	1058	1128	1158	1228	1258	1328	1358	1428	1459	
Winsor Park Estate Warwall	0628	0658	0729	0800	0831	0901	0931	1001	1031	1101	1131	1202	1232	1302	1332	1402	1432	1503	
Cyprus Station Cyprus Place	0630	0700	0731	0802	0833	0904	0934	1004	1034	1104	1134	1205	1235	1305	1335	1405	1435	1506	
Stansfeld Road Fulmer Road	0634	0704	0735	0806	0837	0908	0938	1008	1038	1109	1139	1210	1240	1310	1340	1410	1440	1511	
Newham Hospital Emergency Dept.	0639	0709	0740	0811	0842	0913	0943	1013	1044	1115	1146	1217	1247	1317	1348	1418	1448	1518	
Upton Park The Boleyn (Green Street)	0644	0714	0745	0816	0847	0919	0949	1019	1050	1121	1153	1224	1254	1324	1355	1425	1455	1525	
Upton Park Station	0645	0715	0746	0817	0848	0920	0950	1020	1051	1123	1155	1226	1256	1326	1357	1427	1457	1527	
East Ham Station	0651	0721	0752	0823	0854	0926	0956	1027	1059	1131	1204	1236	1306	1336	1407	1437	1507	1537	
East Ham Newham Town Hall	0654	0724	0755	0827	0858	0930	1003	1037	1109	1142	1215	1248	1318	1348	1419	1450	1520	1550	
Beckton Bus Station	1530	1601	1632	1703	1734	1805	1836	1907	1938	2009	2040	2110	2140	2210	2235	2300	2325		
Winsor Park Estate Warwall	1533	1604	1635	1706	1737	1808	1839	1910	1941	2012	2043	2113	2143	2213	2238	2303	2328		
Cyprus Station Cyprus Place	1536	1607	1638	1709	1740	1811	1842	1913	1944	2015	2046	2116	2146	2215	2240	2305	2330		
Stansfeld Road Fulmer Road	1541	1612	1643	1714	1745	1816	1847	1917	1948	2019	2050	2120	2150	2219	2244	2309	2334		
Newham Hospital Emergency Dept.	1548	1619	1650	1721	1751	1822	1853	1923	1954	2025	2055	2125	2155	2224	2249	2314	2339		
Upton Park The Boleyn (Green Street)	1555	1626	1657	1728	1758	1828	1859	1929	2000	2031	2101	2130	2200	2229	2253	2318	2343		
Upton Park Station	1557	1628	1659	1730	1800	1830	1901	1930	2001	2032	2102	2131	2201	2230	2254	2319	2344		
East Ham Station	1607	1638	1709	1740	1810	1840	1910	1939	2009	2039	2109	2137	2207	2236	2300	2324	2349		
East Ham Newham Town Hall	1620	1651	1722	1753	1823	1851	1918	1945	2014	2044	2114	2142	2211	2240	2304	2328	2353		

376	Mondays to Fridays																	
East Ham <i>Newham Town Hall</i>	0605	0625	0645	0653	0701	0712	0723	0734	0747	0800	0813	0826	0840	0853	0907	0920	0934	0947
East Ham Station	0611	0631	0651	0701	0711	0723	0735	0746	0759	0812	0825	0839	0853	0906	0920	0933	0947	1000
Upton Park Station	0615	0636	0656	0707	0718	0730	0743	0755	0808	0822	0835	0850	0904	0916	0928	0941	0955	1008
Upton Park <i>The Boleyn (Green Street)</i>	0617	0638	0658	0709	0720	0732	0745	0757	0810	0824	0837	0852	0906	0918	0930	0943	0957	1010
Newham Hospital <i>Emergency Dept.</i>	0622	0643	0703	0715	0726	0739	0752	0804	0817	0831	0844	0859	0913	0924	0936	0949	1003	1016
Stansfeld Road <i>Fulmer Road</i>	0627	0648	0709	0721	0733	0746	0800	0813	0826	0840	0853	0907	0920	0931	0943	0956	1010	1023
Cyprus Station <i>Cyprus Place</i>	0631	0652	0713	0725	0738	0751	0805	0818	0831	0845	0858	0912	0925	0936	0948	1001	1015	1028
Winsor Park Estate <i>Warwall</i>	0634	0655	0716	0728	0741	0754	0808	0821	0834	0848	0901	0915	0928	0939	0951	1004	1018	1031
Beckton <i>Bus Station</i>	0636	0657	0718	0730	0744	0757	0811	0824	0837	0851	0904	0918	0931	0942	0954	1007	1021	1034
East Ham <i>Newham Town Hall</i>	1001	1014	1028	1041	1054	1108	1121	1135	1148	1202	1215	1229	1242	1256	1309	1323	1336	1350
East Ham Station	1014	1027	1041	1055	1108	1122	1135	1149	1202	1216	1229	1243	1256	1310	1323	1337	1350	1404
Upton Park Station	1022	1035	1049	1103	1116	1131	1144	1158	1211	1225	1238	1252	1305	1319	1332	1346	1359	1413
Upton Park <i>The Boleyn (Green Street)</i>	1024	1037	1051	1105	1118	1133	1146	1200	1213	1227	1240	1254	1308	1322	1335	1349	1402	1416
Newham Hospital <i>Emergency Dept.</i>	1030	1043	1057	1111	1124	1139	1152	1207	1220	1234	1247	1301	1315	1329	1342	1356	1409	1423
Stansfeld Road <i>Fulmer Road</i>	1037	1050	1104	1118	1131	1146	1159	1214	1227	1241	1254	1308	1322	1336	1349	1403	1416	1430
Cyprus Station <i>Cyprus Place</i>	1042	1055	1109	1123	1136	1151	1204	1219	1232	1246	1259	1313	1327	1341	1354	1408	1421	1435
Winsor Park Estate <i>Warwall</i>	1045	1058	1112	1126	1139	1154	1207	1222	1235	1249	1302	1316	1330	1344	1357	1411	1424	1438
Beckton <i>Bus Station</i>	1048	1101	1115	1129	1142	1157	1210	1225	1238	1252	1305	1319	1333	1347	1400	1414	1427	1441
East Ham <i>Newham Town Hall</i>	1403	1416	1430	1443	1456	1508	1522	1536	1550	1603	1617	1630	1644	1657	1711	1724	1738	1751
East Ham Station	1417	1430	1444	1457	1510	1523	1537	1551	1605	1618	1632	1645	1659	1712	1726	1739	1753	1806
Upton Park Station	1427	1440	1454	1507	1520	1534	1548	1601	1615	1628	1642	1655	1709	1722	1735	1748	1802	1815
Upton Park <i>The Boleyn (Green Street)</i>	1430	1443	1457	1510	1523	1537	1551	1604	1618	1631	1645	1658	1712	1725	1738	1751	1805	1818
Newham Hospital <i>Emergency Dept.</i>	1437	1451	1505	1518	1531	1545	1559	1612	1626	1639	1653	1706	1720	1732	1745	1758	1812	1825
Stansfeld Road <i>Fulmer Road</i>	1444	1459	1513	1527	1540	1554	1608	1621	1635	1648	1702	1715	1729	1741	1753	1805	1819	1832
Cyprus Station <i>Cyprus Place</i>	1449	1504	1518	1532	1545	1559	1613	1626	1640	1653	1707	1720	1734	1746	1758	1810	1823	1836
Winsor Park Estate <i>Warwall</i>	1452	1507	1521	1535	1548	1602	1616	1629	1643	1656	1710	1723	1737	1749	1801	1813	1826	1839
Beckton <i>Bus Station</i>	1455	1510	1524	1538	1551	1605	1619	1632	1646	1659	1713	1726	1740	1752	1804	1816	1829	1842
East Ham <i>Newham Town Hall</i>	1805	1818	1832	1846	1901	1921	1942	2003	2024	2045	2105	2125	2145	2205	2225	2245	2305	2325
East Ham Station	1820	1833	1847	1901	1914	1929	1949	2009	2029	2050	2110	2130	2149	2209	2229	2248	2308	2328
Upton Park Station	1829	1842	1856	1910	1923	1938	1958	2017	2037	2057	2117	2136	2155	2215	2234	2253	2313	2333
Upton Park <i>The Boleyn (Green Street)</i>	1832	1845	1859	1913	1925	1940	2000	2019	2039	2059	2119	2138	2157	2217	2236	2255	2315	2335
Newham Hospital <i>Emergency Dept.</i>	1839	1852	1906	1919	1931	1946	2006	2025	2045	2104	2124	2143	2202	2222	2240	2259	2319	2339
Stansfeld Road <i>Fulmer Road</i>	1846	1859	1913	1926	1938	1953	2012	2031	2051	2110	2129	2148	2207	2227	2245	2304	2324	2344
Cyprus Station <i>Cyprus Place</i>	1850	1903	1917	1930	1942	1957	2016	2035	2055	2114	2133	2152	2211	2230	2248	2307	2327	2347
Winsor Park Estate <i>Warwall</i>	1853	1906	1920	1933	1945	2000	2019	2038	2058	2117	2136	2155	2214	2233	2251	2310	2330	2350
Beckton <i>Bus Station</i>	1856	1909	1923	1936	1948	2003	2022	2041	2100	2119	2138	2157	2216	2235	2253	2312	2332	2352

376	Saturdays (also Good Friday)																	
East Ham <i>Newham Town Hall</i>	0605	0625	0645	0705	0725	0745	0805	0820	0835	0847	0859	0909	0920	0932	0944	0955	1006	1017
East Ham Station	0608	0628	0648	0708	0729	0749	0809	0824	0839	0851	0903	0914	0925	0937	0949	1003	1016	1029
Upton Park Station	0612	0632	0653	0713	0734	0754	0814	0830	0845	0857	0909	0921	0932	0944	0956	1010	1023	1036
Upton Park <i>The Boleyn (Green Street)</i>	0614	0634	0655	0715	0736	0756	0816	0832	0847	0859	0911	0923	0934	0946	0958	1012	1025	1038
Newham Hospital <i>Emergency Dept.</i>	0618	0638	0659	0720	0741	0801	0821	0837	0852	0904	0916	0929	0940	0952	1004	1018	1031	1044
Stansfeld Road <i>Fulmer Road</i>	0622	0642	0704	0725	0746	0806	0826	0842	0857	0910	0922	0935	0946	0958	1010	1025	1038	1051
Cyprus Station <i>Cyprus Place</i>	0625	0645	0707	0728	0749	0809	0830	0846	0901	0914	0926	0939	0950	1002	1014	1029	1042	1055
Winsor Park Estate <i>Warwall</i>	0628	0648	0710	0731	0752	0812	0833	0849	0904	0917	0929	0942	0953	1005	1017	1032	1045	1058
Beckton <i>Bus Station</i>	0630	0650	0712	0733	0754	0814	0835	0851	0906	0919	0931	0944	0955	1007	1020	1035	1048	1101
East Ham <i>Newham Town Hall</i>	1030	1044	1057	1111	1124	1138	1151	1205	1218	1232	1245	1259	1312	1326	1339	1353	1406	1420
East Ham Station	1042	1057	1110	1125	1138	1152	1205	1219	1233	1247	1300	1314	1327	1341	1354	1408	1421	1435
Upton Park Station	1049	1104	1117	1132	1146	1200	1214	1228	1242	1256	1309	1323	1336	1350	1403	1418	1431	1445
Upton Park <i>The Boleyn (Green Street)</i>	1052	1107	1120	1135	1149	1203	1217	1231	1245	1259	1312	1326	1339	1353	1406	1421	1434	1448
Newham Hospital <i>Emergency Dept.</i>	1058	1113	1126	1141	1155	1209	1223	1237	1251	1305	1318	1332	1346	1400	1413	1428	1441	1455
Stansfeld Road <i>Fulmer Road</i>	1105	1120	1133	1148	1202	1217	1231	1245	1259	1313	1326	1340	1354	1408	1422	1437	1450	1504
Cyprus Station <i>Cyprus Place</i>	1109	1124	1137	1152	1206	1221	1235	1249	1303	1317	1330	1345	1359	1413	1427	1442	1455	1509
Winsor Park Estate <i>Warwall</i>	1112	1127	1140	1155	1209	1224	1238	1252	1306	1320	1333	1348	1402	1416	1430	1445	1458	1512
Beckton <i>Bus Station</i>	1115	1130	1143	1158	1212	1227	1241	1255	1309	1323	1336	1351	1405	1419	1433	1448	1501	1515
East Ham <i>Newham Town Hall</i>	1433	1447	1500	1513	1527	1540	1554	1607	1621	1634	1648	1701	1715	1728	1742	1755	1809	1822
East Ham Station	1448	1502	1514	1527	1541	1554	1608	1621	1635	1648	1702	1715	1729	1742	1756	1809	1823	1837
Upton Park Station	1458	1512	1524	1537	1551	1604	1618	1631	1644	1657	1711	1724	1738	1751	1805	1818	1832	1846
Upton Park <i>The Boleyn (Green Street)</i>	1501	1515	1527	1540	1554	1607	1621	1634	1647	1700	1714	1727	1741	1754	1808	1821	1835	1849
Newham Hospital <i>Emergency Dept.</i>	1508	1522	1534	1547	1601	1614	1628	1641	1654	1707	1721	1734	1748	1801	1815	1828	1842	1855
Stansfeld Road <i>Fulmer Road</i>	1517	1531	1543	1556	1610	1622	1636	1649	1702	1715	1729	1742	1756	1809	1823	1836	1849	1902
Cyprus Station <i>Cyprus Place</i>	1522	1536	1548	1601	1615	1627	1641	1654	1707	1720	1734	1747	1801	1813	1827	1840	1853	1906
Winsor Park Estate <i>Warwall</i>	1525	1539	1551	1604	1618	1630	1644	1657	1710	1723	1737	1750	1804	1816	1830	1843	1856	1909
Beckton <i>Bus Station</i>	1528	1542	1554	1607	1621	1633	1647	1700	1713	1726	1740	1753	1807	1819	1833	1846	1859	1912
East Ham <i>Newham Town Hall</i>	1835	1848	1903	1923	1944	2005	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325		
East Ham Station	1850	1903	1916	1933	1951	2012	2032	2051	2110	2130	2149	2209	2229	2249	2309	2329		
Upton Park Station	1859	1912	1925	1942	2000	2020	2040	2059	2117	2137	2156	2216	2235	2255	2315	2335		
Upton Park <i>The Boleyn (Green Street)</i>	1902	1915	1928	1945	2002	2022	2042	2101	2119	2139	2158	2218	2237	2257	2317	2337		
Newham Hospital <i>Emergency Dept.</i>	1908	1921	1934	1951	2008	2028	2048	2107	2124	2144	2203	2223	2242	2302	2322	2342		
Stansfeld Road <i>Fulmer Road</i>	1915	1928	1941	1958	2015	2034	2054	2112	2129	2149	2208	2228	2247	2307	2327	2347		
Cyprus Station <i>Cyprus Place</i>	1919	1932	1945	2002	2019	2038	2058	2116	2133	2153	2212	2232	2251	2311	2331	2351		
Winsor Park Estate <i>Warwall</i>	1922	1935	1948	2005	2022	2041	2101	2118	2135	2155	2214	2234	2253	2313	2333	2353		
Beckton <i>Bus Station</i>	1925	1938	1951	2007	2024	2043	2103	2120	2137	2157	2216	2236	2255	2315	2335	2355		
376	Sundays and other Public Holidays (except Christmas Day)																	
East Ham <i>Newham Town Hall</i>	0625	0650	0720	0750	0820	0850	0920	0951	1022	1053	1124	1155	1226	1257	1328	1359	1430	1501
East Ham Station	0628	0654	0724	0754	0824	0854	0925	0959	1033	1105	1136	1208	1239	1311	1342	1413	1444	1515
Upton Park Station	0632	0659	0729	0759	0829	0859	0931	1005	1039	1111	1143	1215	1246	1319	1350	1422	1453	1525
Upton Park <i>The Boleyn (Green Street)</i>	0634	0701	0731	0801	0831	0901	0933	1007	1041	1113	1145	1218	1249	1322	1353	1425	1456	1528
Newham Hospital <i>Emergency Dept.</i>	0638	0706	0736	0806	0836	0906	0938	1013	1047	1119	1151	1224	1255	1328	1359	1431	1502	1534
Stansfeld Road <i>Fulmer Road</i>	0642	0711	0741	0811	0841	0911	0943	1019	1053	1125	1158	1231	1303	1336	1407	1439	1510	1542
Cyprus Station <i>Cyprus Place</i>	0645	0715	0745	0815	0845	0915	0947	1023	1057	1129	1202	1235	1307	1340	1411	1443	1514	1546
Winsor Park Estate <i>Warwall</i>	0648	0718	0748	0818	0848	0918	0950	1026	1100	1132	1205	1238	1310	1343	1414	1446	1517	1549
Beckton <i>Bus Station</i>	0650	0720	0750	0820	0850	0920	0952	1028	1102	1135	1208	1241	1313	1346	1417	1449	1520	1552
East Ham <i>Newham Town Hall</i>	1532	1602	1632	1702	1733	1804	1835	1905	1930	1955	2025	2055	2125	2155	2225	2255	2325	
East Ham Station	1546	1616	1646	1716	1747	1817	1847	1917	1940	2000	2030	2100	2130	2159	2229	2258	2328	
Upton Park Station	1556	1626	1656	1726	1756	1826	1856	1925	1948	2008	2037	2107	2137	2205	2235	2303	2333	
Upton Park <i>The Boleyn (Green Street)</i>	1559	1629	1659	1729	1759	1828	1858	1927	1950	2010	2039	2109	2139	2207	2237	2305	2335	
Newham Hospital <i>Emergency Dept.</i>	1605	1635	1705	1735	1805	1834	1904	1933	1956	2016	2044	2114	2144	2212	2241	2309	2339	
Stansfeld Road <i>Fulmer Road</i>	1613	1643	1713	1743	1812	1841	1910	1939	2002	2022	2050	2119	2149	2217	2246	2313	2343	
Cyprus Station <i>Cyprus Place</i>	1617	1647	1717	1747	1816	1845	1914	1943	2006	2026	2054	2123	2152	2220	2249	2316	2346	
Winsor Park Estate <i>Warwall</i>	1620	1650	1720	1750	1819	1848	1917	1946	2009	2029	2057	2126	2155	2223	2252	2318	2348	
Beckton <i>Bus Station</i>	1623	1653	1723	1753	1821	1850	1919	1948	2011	2031	2059	2128	2157	2225	2254	2320	2350	