

376 Mondays to Fridays																		
Beckton Bus Station	0605	0625	0645	0705	0716	0728	0740		1328	1342	1356	1410	1423	1437	1450	1504		1909
Winsor Park Estate Warwall	0608	0628	0648	0708	0720	0732	0744	Then	1332	1346	1400	1414	1427	1441	1454	1508	Then	1913
Cyprus Station Cyprus Place	0610	0631	0651	0711	0723	0735	0747	about	1335	1349	1403	1417	1430	1445	1458	1512	about	1916
Stansfeld Road Fulmer Road	0614	0635	0656	0716	0728	0740	0752	every	1340	1354	1408	1422	1435	1450	1504	1518	every	1921
Newham Hospital Emergency Dept.	0619	0640	0702	0723	0735	0749	0802	13-14	1347	1401	1415	1429	1442	1458	1512	1527	13-14	1927
Upton Park The Boleyn (Green Street)	0625	0646	0708	0730	0743	0757	0811	mins.	1354	1409	1423	1437	1450	1507	1521	1536	mins.	1934
Upton Park Station	0626	0647	0709	0731	0745	0759	0813	until	1356	1411	1425	1439	1452	1509	1523	1538	until	1936
East Ham Station	0632	0653	0715	0738	0752	0807	0822		1406	1421	1435	1449	1503	1521	1536	1551		1945
East Ham Newham Town Hall	0641	0704	0728	0751	0805	0821	0836		1421	1436	1450	1504	1518	1536	1552	1607		1951
Beckton Bus Station	1925	1945	2005	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325					
Winsor Park Estate Warwall	1928	1948	2008	2028	2048	2108	2128	2148	2208	2228	2248	2308	2328					
Cyprus Station Cyprus Place	1931	1951	2011	2031	2051	2111	2131	2151	2211	2231	2251	2310	2330					
Stansfeld Road Fulmer Road	1936	1956	2016	2036	2055	2115	2135	2155	2215	2235	2255	2314	2334					
Newham Hospital Emergency Dept.	1942	2002	2022	2042	2100	2120	2140	2200	2220	2239	2259	2318	2338					
Upton Park The Boleyn (Green Street)	1949	2008	2028	2048	2105	2125	2145	2205	2225	2244	2304	2322	2342					
Upton Park Station	1951	2010	2030	2049	2106	2126	2146	2206	2226	2245	2305	2323	2343					
East Ham Station	2000	2018	2038	2057	2113	2133	2152	2212	2232	2251	2311	2329	2348					
East Ham Newham Town Hall	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		1854	1909	1924	1945	2005	2025	
Winsor Park Estate Warwall	0608	0628	0648	0708	0728	0748	0808	0828	0843	0858		1857	1912	1927	1948	2008	2028	
Cyprus Station Cyprus Place	0610	0630	0650	0710	0730	0751	0811	0831	0846	0901	Then	1900	1915	1930	1951	2011	2031	
Stansfeld Road Fulmer Road	0614	0634	0654	0714	0734	0755	0815	0835	0850	0905	about	1905	1920	1935	1955	2015	2035	
Newham Hospital Emergency Dept.	0619	0639	0659	0719	0739	0800	0820	0840	0855	0910	every 13-14	1911	1926	1941	2001	2021	2041	
Upton Park The Boleyn (Green Street)	0624	0645	0705	0725	0745	0806	0826	0846	0901	0916	minutes	1918	1933	1948	2007	2027	2047	
Upton Park Station	0625	0646	0706	0726	0746	0807	0827	0847	0902	0917	until	1920	1935	1950	2009	2029	2049	
East Ham Station	0631	0652	0712	0732	0752	0813	0833	0853	0909	0924		1929	1944	1959	2017	2037	2056	
East Ham Newham Town Hall	0635	0656	0716	0736	0756	0817	0837	0858	0914	0929		1936	1951	2005	2023	2043	2102	
Beckton Bus Station	2045	2105	2125	2145	2205	2225	2245	2305	2325									
Winsor Park Estate Warwall	2048	2108	2128	2148	2208	2228	2248	2308	2328									
Cyprus Station Cyprus Place	2051	2111	2131	2151	2211	2230	2250	2310	2330									
Stansfeld Road Fulmer Road	2055	2115	2135	2155	2215	2234	2254	2314	2334									
Newham Hospital Emergency Dept.	2100	2120	2140	2200	2220	2239	2259	2318	2338									
Upton Park The Boleyn (Green Street)	2106	2125	2145	2205	2225	2244	2304	2323	2343									
Upton Park Station	2108	2126	2146	2206	2226	2245	2305	2324	2344									
East Ham Station	2115	2133	2153	2212	2232	2251	2311	2329	2349									
East Ham Newham Town Hall	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 Newham Town Hall	0605	0625	0645		1054	1108	1121	1135		1403	1416		1846	1901	1921			
East Ham Station	0611	0631	0651		1108	1122	1135	1149		1417	1430		1901	1914	1929			
Upton Park Station	0615	0636	0656	Then	1116	1131	1144	1158	Then	1427	1440	Then	1910	1923	1938			
Upton Park The Boleyn (Green Street)	0617	0638	0658	about	1118	1133	1146	1200	about	1430	1443	about	1913	1925	1940			
Newham Hospital Emergency Dept.	0622	0643	0703	every 13-14	1124	1139	1152	1207	every 13-14	1437	1451	every 13-14	1919	1931	1946			
Stansfeld Road Fulmer Road	0627	0648	0709	minutes	1131	1146	1159	1214	minutes	1444	1459	minutes	1926	1938	1953			
Cyprus Station Cyprus Place	0631	0652	0713	until	1136	1151	1204	1219	until	1449	1504	until	1930	1942	1957			
Winsor Park Estate Warwall	0634	0655	0716		1139	1154	1207	1222		1452	1507		1933	1945	2000			
Beckton Bus Station	0636	0657	0718		1142	1157	1210	1225		1455	1510		1936	1948	2003			
East Ham Newham Town Hall	1942	2003	2024	2045	2105	2125	2145	2205	2225	2245	2305	2325						
East Ham Station	1949	2009	2029	2050	2110	2130	2149	2209	2229	2248	2308	2328						
Upton Park Station	1958	2017	2037	2057	2117	2136	2155	2215	2234	2253	2313	2333						
Upton Park The Boleyn (Green Street)	2000	2019	2039	2059	2119	2138	2157	2217	2236	2255	2315	2335						
Newham Hospital Emergency Dept.	2006	2025	2045	2104	2124	2143	2202	2222	2240	2259	2319	2339						
Stansfeld Road Fulmer Road	2012	2031	2051	2110	2129	2148	2207	2227	2245	2304	2324	2344						
Cyprus Station Cyprus Place	2016	2035	2055	2114	2133	2152	2211	2230	2248	2307	2327	2347						
Winsor Park Estate Warwall	2019	2038	2058	2117	2136	2155	2214	2233	2251	2310	2330	2350						
Beckton Bus Station	2022	2041	2100	2119	2138	2157	2216	2235	2253	2312	2332	2352						
376		Saturdays (also Good Friday)																
East Ham Newham Town Hall	0605	0625	0645	0705	0725	0745	0805	0820	0835		0944	0955	1006	1017	1030	1044	1057	
East Ham Station	0608	0628	0648	0708	0729	0749	0809	0824	0839		0949	1003	1016	1029	1042	1057	1110	
Upton Park Station	0612	0632	0653	0713	0734	0754	0814	0830	0845	Then	0956	1010	1023	1036	1049	1104	1117	
Upton Park The Boleyn (Green Street)	0614	0634	0655	0715	0736	0756	0816	0832	0847	about	0958	1012	1025	1038	1052	1107	1120	
Newham Hospital Emergency Dept.	0618	0638	0659	0720	0741	0801	0821	0837	0852	every 13-14	1004	1018	1031	1044	1058	1113	1126	
Stansfeld Road Fulmer Road	0622	0642	0704	0725	0746	0806	0826	0842	0857	minutes	1010	1025	1038	1051	1105	1120	1133	
Cyprus Station Cyprus Place	0625	0645	0707	0728	0749	0809	0830	0846	0901	until	1014	1029	1042	1055	1109	1124	1137	
Winsor Park Estate Warwall	0628	0648	0710	0731	0752	0812	0833	0849	0904		1017	1032	1045	1058	1112	1127	1140	
Beckton Bus Station	0630	0650	0712	0733	0754	0814	0835	0851	0906		1020	1035	1048	1101	1115	1130	1143	
East Ham Newham Town Hall	1111	1124	1138		1245	1259	1312	1326	1339	1353			1848	1903	1923	1944	2005	
East Ham Station	1125	1138	1152		1300	1314	1327	1341	1354	1408			1903	1916	1933	1951	2012	
Upton Park Station	1132	1146	1200	Then	1309	1323	1336	1350	1403	1418	Then		1912	1925	1942	2000	2020	
Upton Park The Boleyn (Green Street)	1135	1149	1203	about	1312	1326	1339	1353	1406	1421	about		1915	1928	1945	2002	2022	
Newham Hospital Emergency Dept.	1141	1155	1209	every 13-14	1318	1332	1346	1400	1413	1428	every 13-14		1921	1934	1951	2008	2028	
Stansfeld Road Fulmer Road	1148	1202	1217	minutes	1326	1340	1354	1408	1422	1437	minutes		1928	1941	1958	2015	2034	
Cyprus Station Cyprus Place	1152	1206	1221	until	1330	1345	1359	1413	1427	1442	until		1932	1945	2002	2019	2038	
Winsor Park Estate Warwall	1155	1209	1224		1333	1348	1402	1416	1430	1445			1935	1948	2005	2022	2041	
Beckton Bus Station	1158	1212	1227		1336	1351	1405	1419	1433	1448			1938	1951	2007	2024	2043	
East Ham Newham Town Hall	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325								
East Ham Station	2032	2051	2110	2130	2149	2209	2229	2249	2309	2329								
Upton Park Station	2040	2059	2117	2137	2156	2216	2235	2255	2315	2335								
Upton Park The Boleyn (Green Street)	2042	2101	2119	2139	2158	2218	2237	2257	2317	2337								
Newham Hospital Emergency Dept.	2048	2107	2124	2144	2203	2223	2242	2302	2322	2342								
Stansfeld Road Fulmer Road	2054	2112	2129	2149	2208	2228	2247	2307	2327	2347								
Cyprus Station Cyprus Place	2058	2116	2133	2153	2212	2232	2251	2311	2331	2351								
Winsor Park Estate Warwall	2101	2118	2135	2155	2214	2234	2253	2313	2333	2353								
Beckton Bus Station	2103	2120	2137	2157	2216	2236	2255	2315	2335	2355								
376		Sundays and other Public Holidays (except Christmas Day)																
East Ham Newham Town Hall	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 The Boleyn (Green Street)	0634	0701	0731	0801	0831	0901	0933	1007	1041	1113	1145	1218	1249	1322	1353	1425	1456	1528
Newham Hospital Emergency Dept.	0638	0706	0736	0806	0836	0906	0938	1013	1047	1119	1151	1224	1255	1328	1359	1431	1502	1534
Stansfeld Road Fulmer Road	0642	0711	0741	0811	0841	0911	0943	1019	1053	1125	1158	1231	1303	1336	1407	1439	1510	1542
Cyprus Station Cyprus Place	0645	0715	0745	0815	0845	0915	0947	1023	1057	1129	1202	1235	1307	1340	1411	1443	1514	1546
Winsor Park Estate Warwall	0648	0718	0748	0818	0848	0918	0950	1026	1100	1132	1205	1238	1310	1343	1414	1446	1517	1549
Beckton Bus Station	0650	0720	0750	0820	0850	0920	0952	1028	1102	1135	1208	1241	1313	1346	1417	1449	1520	1552
East Ham Newham Town Hall	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 The Boleyn (Green Street)	1559	1629	1659	1729	1759	1828	1858	1927	1950	2010	2039	2109	2139	2207	2237	2305	2335	
Newham Hospital Emergency Dept.	1605	1635	1705	1735	1805	1834	1904	1933	1956	2016	2044	2114	2144	2212	2241	2309	2339	
Stansfeld Road Fulmer Road	1613	1643	1713	1743	1812	1841	1910	1939	2002	2022	2050	2119	2149	2217	2246	2313	2343	
Cyprus Station Cyprus Place	1617	1647	1717	1747	1816	1845	1914	1943	2006	2026	2054	2123	2152	2220	2249	2316	2346	
Winsor Park Estate Warwall	1620	1650	1720	1750	1819	1848	1917	1946	2009	2029	2057	2126	2155	2223	2252	2318	2348	
Beckton Bus Station	1623	1653	1723	1753	1821	1850	1919	1948	2011	2031	2059	2128	2157	2225	2254	2320	2350	