

425		Mondays to Fridays																
Ilford High Road Hainault Street	0405	0425	0445	0505	0520	0535	0550	0605	0620			1931		2255	2310	2325	2340	2355
Manor Park Broadway	0413	0433	0453	0513	0528	0543	0558	0615	0630			1944	Then	2303	2318	2333	2348	0003
Forest Gate Police Station	0417	0437	0457	0517	0532	0547	0602	0620	0635			1950	about	2307	2322	2337	2352	0006
Stratford Bus Station	0426	0446	0506	0526	0542	0557	0613	0631	0646			2002	every	2316	2331	2346	0000	0014
Bow Church Station	0434	0454	0514	0534	0550	0605	0622	0640	0655			2013	12	2324	2339	2354	0008	0022
Mile End Grove Road	0438	0458	0518	0538	0554	0610	0627	0645	0700			2019	mins.	2328	2343	2358	0012	0026
Lauriston Road Church Crescent	0443	0503	0523	0543	0559	0616	0633	0651	0706			2026	until	2333	2348	0003	0017	0031
Homerton Hospital Homerton Grove	0449	0509	0529	0549	0605	0623	0641	0659	0715			2034		2339	2354	0009	0023	0037
Clapton Nightingale Road	0454	0514	0534	0555	0613	0631	0649	0707	0725			2043		2345	0000	0014	0028	0042
425		Saturdays (also Good Friday)																
Ilford High Road Hainault Street	0405	0425	0445	0505	0520	0535	0550	0605	0620	0635	0650	0705	0720	0735	0750	0805	0820	0833
Manor Park Broadway	0413	0433	0453	0513	0528	0543	0558	0614	0629	0644	0659	0714	0729	0744	0759	0815	0830	0843
Forest Gate Police Station	0416	0436	0456	0517	0532	0547	0602	0619	0634	0649	0704	0719	0734	0749	0804	0820	0835	0848
Stratford Bus Station	0425	0445	0505	0527	0542	0557	0612	0629	0644	0659	0715	0730	0745	0800	0815	0831	0846	0900
Bow Church Station	0432	0452	0513	0535	0550	0606	0622	0638	0653	0708	0724	0740	0755	0810	0825	0841	0856	0910
Mile End Grove Road	0435	0455	0517	0539	0554	0610	0626	0642	0657	0713	0729	0745	0800	0815	0830	0846	0901	0916
Lauriston Road Church Crescent	0439	0500	0522	0544	0559	0615	0631	0647	0702	0719	0735	0751	0806	0821	0836	0852	0908	0923
Homerton Hospital Homerton Grove	0445	0506	0528	0550	0605	0621	0637	0653	0709	0726	0742	0758	0813	0828	0843	0859	0916	0931
Clapton Nightingale Road	0450	0511	0533	0555	0611	0627	0643	0659	0715	0732	0748	0804	0820	0835	0850	0906	0925	0940
Ilford High Road Hainault Street	0846	0900			1905	1917	1930	1943	1955	2007	2019	2031	2043	2055	2107	2119	2131	2143
Manor Park Broadway	0856	0910			1922	1933	1946	1959	2011	2021	2031	2043	2055	2107	2118	2130	2142	2154
Forest Gate Police Station	0901	0916			1928	1939	1952	2005	2017	2027	2037	2049	2101	2112	2123	2135	2147	2159
Stratford Bus Station	0914	0929			1943	1954	2007	2018	2030	2040	2050	2102	2113	2124	2135	2147	2159	2210
Bow Church Station	0925	0940			1954	2005	2017	2028	2040	2050	2100	2112	2123	2134	2145	2157	2208	2219
Mile End Grove Road	0931	0946			2000	2011	2023	2034	2046	2056	2106	2117	2128	2139	2150	2202	2213	2224
Lauriston Road Church Crescent	0938	0953			2007	2018	2030	2041	2053	2103	2113	2124	2135	2146	2157	2208	2219	2230
Homerton Hospital Homerton Grove	0946	1001			2016	2026	2038	2049	2101	2111	2121	2131	2142	2153	2204	2215	2226	2237
Clapton Nightingale Road	0955	1010			2026	2036	2048	2059	2109	2119	2129	2139	2150	2201	2211	2222	2233	2244
Ilford High Road Hainault Street	2155	2207	2219	2231	2243	2255	2310	2325	2340	2355								
Manor Park Broadway	2206	2216	2228	2240	2252	2304	2318	2333	2348	0003								
Forest Gate Police Station	2210	2220	2232	2244	2256	2308	2322	2337	2352	0007								
Stratford Bus Station	2221	2231	2243	2255	2307	2319	2332	2347	0002	0016								
Bow Church Station	2230	2240	2252	2304	2316	2328	2341	2356	0010	0024								
Mile End Grove Road	2235	2245	2257	2309	2321	2333	2346	0000	0014	0028								
Lauriston Road Church Crescent	2241	2251	2303	2315	2327	2339	2352	0005	0019	0033								
Homerton Hospital Homerton Grove	2248	2258	2310	2322	2334	2346	2359	0012	0026	0040								
Clapton Nightingale Road	2255	2305	2317	2329	2341	2353	0006	0019	0033	0047								
425		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																
Ilford High Road Hainault Street	0505	0525	0545	0605	0625	0645	0700	0715	0730	0745	0800	0815	0830	0845	0900	0915	0929	0944
Manor Park Broadway	0514	0534	0554	0614	0634	0654	0709	0724	0739	0754	0809	0824	0839	0854	0909	0925	0939	0954
Forest Gate Police Station	0518	0538	0558	0618	0638	0658	0714	0729	0744	0759	0814	0829	0844	0859	0915	0931	0945	1000
Stratford Bus Station	0527	0547	0607	0628	0648	0708	0724	0739	0754	0809	0825	0840	0855	0910	0926	0942	0956	1011
Bow Church Station	0535	0555	0615	0636	0656	0717	0733	0748	0803	0819	0835	0850	0905	0921	0937	0953	1007	1022
Mile End Grove Road	0539	0559	0619	0640	0700	0721	0737	0752	0808	0824	0840	0855	0910	0926	0942	0958	1013	1028
Lauriston Road Church Crescent	0544	0604	0624	0645	0705	0726	0742	0758	0814	0830	0846	0901	0916	0932	0948	1004	1020	1035
Homerton Hospital Homerton Grove	0550	0610	0630	0651	0712	0733	0749	0805	0821	0837	0853	0908	0923	0939	0955	1011	1027	1042
Clapton Nightingale Road	0556	0616	0636	0657	0718	0739	0755	0811	0827	0843	0859	0915	0930	0946	1002	1018	1034	1049
Ilford High Road Hainault Street	0958		1055	1107			2110	2125	2140	2155	2210	2225	2240	2255	2310	2325	2340	2355
Manor Park Broadway	1008	Then	1106	1122			2120	2135	2150	2205	2219	2233	2248	2303	2317	2332	2347	0002
Forest Gate Police Station	1014	about	1112	1128			2125	2140	2155	2209	2223	2237	2252	2307	2321	2336	2351	0006
Stratford Bus Station	1026	every	1125	1141			2135	2150	2205	2219	2233	2247	2302	2317	2331	2346	0000	0015
Bow Church Station	1037	12	1137	1153			2146	2201	2215	2229	2243	2257	2311	2325	2339	2354	0008	0023
Mile End Grove Road	1043	mins.	1143	1159			2151	2205	2219	2233	2247	2301	2315	2329	2343	2358	0012	0027
Lauriston Road Church Crescent	1050	until	1151	1207			2157	2211	2225	2239	2253	2307	2321	2335	2349	0003	0017	0032
Homerton Hospital Homerton Grove	1057		1158	1215			2204	2218	2232	2246	2300	2314	2328	2342	2356	0010	0024	0038
Clapton Nightingale Road	1104		1206	1224			2210	2224	2238	2252	2306	2320	2334	2348	0002	0016	0030	0044

425 Mondays to Fridays													
Clapton Nightingale Road	0420	0440	0500	0520	0535	0550	0605	0620	0635			1935 1947 1959 2011 2023 2035 2047	
Homerton Hospital Homerton Grove	0427	0447	0507	0527	0542	0557	0613	0628	0643			1947 1959 2011 2021 2033 2045 2057	
Lauriston Road Church Crescent	0433	0453	0514	0534	0549	0604	0621	0636	0651	Then about every 10 minutes until		1957 2009 2019 2029 2041 2053 2105	
Mile End Grove Road	0438	0458	0519	0539	0554	0610	0627	0642	0657			2004 2015 2025 2035 2047 2059 2111	
Bow Church Station	0441	0501	0522	0542	0557	0614	0631	0646	0701			2010 2021 2031 2041 2053 2105 2116	
Stratford Bus Station	0448	0508	0529	0549	0604	0622	0639	0654	0711			2020 2031 2041 2051 2103 2114 2125	
Forest Gate Police Station	0455	0516	0537	0557	0612	0630	0647	0702	0720			2031 2042 2052 2102 2113 2124 2135	
Manor Park Broadway	0458	0519	0540	0600	0615	0633	0651	0706	0724			2035 2046 2056 2106 2117 2128 2139	
Ilford High Road Hainault Street	0506	0527	0548	0608	0623	0641	0659	0717	0735			2047 2057 2107 2117 2127 2138 2149	
Clapton Nightingale Road	2059	2111	2123	2135	2147	2159	2211	2223	2235	2247	2259	2311 2325 2340 2355 0010	
Homerton Hospital Homerton Grove	2109	2120	2132	2144	2156	2208	2220	2232	2244	2256	2307	2318 2332 2347 0002 0017	
Lauriston Road Church Crescent	2116	2127	2139	2151	2203	2215	2227	2239	2251	2303	2314	2325 2339 2354 0008 0023	
Mile End Grove Road	2122	2133	2145	2157	2208	2220	2232	2244	2256	2308	2319	2330 2344 2359 0013 0027	
Bow Church Station	2127	2138	2150	2202	2213	2224	2236	2248	2300	2312	2323	2334 2348 0003 0017 0031	
Stratford Bus Station	2136	2147	2159	2211	2222	2233	2245	2257	2309	2320	2331	2342 2356 0010 0024 0038	
Forest Gate Police Station	2146	2157	2209	2220	2231	2242	2254	2306	2317	2328	2339	2350 0004 0018 0032 0046	
Manor Park Broadway	2150	2201	2212	2223	2234	2245	2257	2309	2320	2331	2342	2353 0007 0021 0035 0049	
Ilford High Road Hainault Street	2200	2210	2221	2232	2243	2254	2306	2317	2328	2339	2350	0001 0014 0028 0042 0056	
425 Saturdays (also Good Friday)													
Clapton Nightingale Road	0420	0440	0500	0520	0535	0550	0605	0620	0635	0650	0705	0720 0735 0750 0805 0820 0833 0846	
Homerton Hospital Homerton Grove	0426	0446	0506	0527	0542	0557	0612	0627	0642	0657	0713	0728 0743 0758 0813 0828 0841 0854	
Lauriston Road Church Crescent	0433	0453	0513	0534	0549	0604	0619	0634	0649	0704	0720	0735 0750 0805 0820 0835 0848 0901	
Mile End Grove Road	0437	0457	0517	0538	0553	0609	0624	0639	0654	0709	0725	0740 0755 0811 0826 0841 0854 0908	
Bow Church Station	0440	0500	0521	0542	0557	0613	0628	0643	0658	0714	0730	0745 0800 0816 0831 0846 0859 0913	
Stratford Bus Station	0448	0508	0529	0550	0605	0621	0636	0651	0706	0722	0738	0753 0808 0825 0840 0855 0908 0923	
Forest Gate Police Station	0455	0516	0537	0558	0613	0629	0644	0659	0715	0731	0747	0802 0817 0834 0849 0904 0919 0934	
Manor Park Broadway	0458	0519	0540	0601	0616	0632	0647	0702	0718	0734	0750	0806 0821 0838 0853 0908 0923 0938	
Ilford High Road Hainault Street	0505	0526	0547	0609	0624	0640	0655	0710	0726	0742	0758	0815 0830 0847 0902 0919 0934 0949	
Clapton Nightingale Road	0859	0912					1910					2310 2325 2340 2355 0010	
Homerton Hospital Homerton Grove	0907	0922					1921					2318 2333 2348 0003 0018	
Lauriston Road Church Crescent	0915	0930	Then about every 10 minutes until				1930	Then about every 12 minutes until				2325 2340 2355 0010 0024	
Mile End Grove Road	0923	0938					1937			2330 2345 0000 0015 0029			
Bow Church Station	0928	0943					1943			2334 2349 0004 0019 0033			
Stratford Bus Station	0938	0953					1954			2343 2358 0012 0027 0041			
Forest Gate Police Station	0949	1004					2007			2352 0007 0021 0035 0049			
Manor Park Broadway	0953	1008					2011			2356 0010 0024 0038 0052			
Ilford High Road Hainault Street	1004	1019					2024			0005 0018 0031 0045 0059			
425 Sundays and other Public Holidays (except Christmas Day and Boxing Day)													
Clapton Nightingale Road	0520	0540	0600	0620	0640	0700	0715	0730	0745	0800	0815	0830 0845 0900 0915 0929 0943 0957	
Homerton Hospital Homerton Grove	0526	0546	0606	0626	0646	0706	0722	0737	0752	0807	0823	0839 0854 0909 0924 0938 0952 1006	
Lauriston Road Church Crescent	0532	0552	0613	0633	0653	0713	0729	0744	0759	0814	0830	0846 0901 0917 0932 0946 1000 1014	
Mile End Grove Road	0536	0556	0618	0638	0658	0718	0734	0749	0804	0820	0836	0852 0907 0923 0938 0952 1006 1021	
Bow Church Station	0539	0559	0621	0641	0701	0723	0738	0753	0809	0825	0841	0857 0912 0928 0943 0957 1012 1027	
Stratford Bus Station	0546	0606	0628	0648	0709	0730	0746	0801	0817	0833	0849	0905 0921 0937 0952 1006 1021 1036	
Forest Gate Police Station	0553	0613	0635	0657	0718	0739	0755	0810	0826	0842	0858	0914 0930 0946 1001 1016 1031 1046	
Manor Park Broadway	0556	0616	0638	0700	0721	0742	0758	0814	0830	0846	0902	0918 0934 0950 1005 1020 1035 1050	
Ilford High Road Hainault Street	0603	0623	0645	0707	0729	0751	0807	0823	0839	0855	0911	0927 0943 0959 1015 1031 1047 1103	
Clapton Nightingale Road	1011		1210	1222	1234			2125	2140	2155	2210	2225 2240 2255 2310 2325 2340 2355 0010	
Homerton Hospital Homerton Grove	1020	Then about every 12 mins. until	1220	1232	1244	Then about every 12 mins. until		2134	2149	2204	2218	2233 2248 2303 2317 2332 2347 0002 0017	
Lauriston Road Church Crescent	1029		1230	1242	1254			2141	2156	2211	2225	2240	2255 2309 2323 2338 2353 0008 0023
Mile End Grove Road	1036		1238	1250	1302			2146	2201	2216	2230	2245	2300 2314 2328 2343 2358 0013 0028
Bow Church Station	1042		1244	1256	1311			2151	2205	2220	2234	2249	2304 2318 2332 2347 0002 0017 0032
Stratford Bus Station	1051		1255	1307	1323			2200	2214	2228	2242	2257	2312 2326 2340 2355 0010 0025 0040
Forest Gate Police Station	1101		1306	1321	1337			2210	2224	2238	2252	2307	2321 2335 2349 0004 0019 0034 0049
Manor Park Broadway	1105		1312	1327	1343			2214	2228	2242	2256	2310	2324 2338 2352 0007 0022 0037 0052
Ilford High Road Hainault Street	1119	1331	1345	1359		2223	2237	2251	2305	2319	2333 2347 0001 0015 0030 0045 0100		