

425		Mondays to Fridays																		
Ilford High Road Hainault Street	0400	0420	0440	0500	0515	0530	0545	0600	0615			1934	1946	1958	2010	2022	2034	2046	2058	
Manor Park Broadway	0409	0429	0449	0509	0524	0539	0554	0610	0625	Then		1949	2001	2013	2024	2035	2047	2059	2111	
Forest Gate Police Station	0413	0433	0453	0514	0529	0544	0559	0616	0631	about		1955	2007	2019	2030	2041	2053	2105	2116	
Stratford Broadway Tramway Avenue	0420	0440	0500	0521	0536	0551	0606	0624	0639	every		2004	2015	2027	2038	2049	2101	2113	2124	
Bow Church Station	0428	0448	0509	0530	0545	0600	0616	0634	0649	10		2017	2028	2040	2051	2102	2114	2126	2137	
Mile End Grove Road	0432	0452	0513	0534	0549	0605	0621	0639	0654	mins.		2023	2034	2046	2057	2108	2120	2132	2143	
Lauriston Road Church Crescent	0436	0456	0518	0539	0554	0610	0626	0644	0659	until		2030	2041	2053	2104	2115	2127	2139	2150	
Homerton Hospital Homerton Grove	0442	0502	0524	0545	0600	0617	0633	0651	0706			2038	2049	2101	2112	2123	2135	2147	2158	
Clapton Nightingale Road	0448	0507	0529	0550	0606	0623	0639	0657	0714			2047	2058	2109	2120	2131	2143	2155	2206	
						FX	FO	FX	FO							FX	FO	FX	FO	
Ilford High Road Hainault Street	2110	2122	2134	2146	2158	2158	2210	2222	2234	2246	2258	2313	2328	2343	2343	2358	2358			
Manor Park Broadway	2122	2133	2145	2157	2209	2209	2220	2232	2244	2256	2308	2322	2337	2352	2352	0007	0007			
Forest Gate Police Station	2127	2138	2150	2202	2214	2214	2225	2237	2249	2301	2312	2326	2341	2356	2356	0011	0011			
Stratford Broadway Tramway Avenue	2135	2146	2158	2209	2221	2221	2232	2244	2256	2307	2318	2332	2347	0002	0002	0017	0017			
Bow Church Station	2148	2159	2211	2220	2230	2231	2241	2242	2253	2305	2316	2327	2341	2356	0010	0011	0025	0026		
Mile End Grove Road	2154	2205	2216	2225	2235	2236	2246	2247	2258	2310	2321	2332	2346	0001	0014	0015	0029	0030		
Lauriston Road Church Crescent	2201	2211	2222	2231	2241	2242	2252	2253	2304	2316	2327	2338	2352	0007	0020	0021	0035	0036		
Homerton Hospital Homerton Grove	2208	2218	2229	2238	2248	2249	2259	2300	2311	2323	2334	2345	2359	0014	0027	0028	0042	0043		
Clapton Nightingale Road	2216	2226	2237	2246	2256	2257	2307	2306	2317	2329	2340	2351	0005	0021	0034	0035	0049	0050		
425		Saturdays (also Good Friday)																		
Ilford High Road Hainault Street	0400	0420	0440	0500	0515	0530	0545	0600	0615	0630	0645	0700	0715	0730	0745	0800	0815	0830		
Manor Park Broadway	0409	0429	0449	0509	0524	0539	0554	0610	0625	0640	0655	0710	0725	0740	0755	0810	0825	0840		
Forest Gate Police Station	0413	0433	0453	0514	0529	0544	0559	0615	0630	0645	0700	0715	0730	0745	0800	0815	0830	0845		
Stratford Broadway Tramway Avenue	0419	0439	0459	0521	0536	0551	0606	0623	0638	0653	0708	0723	0738	0753	0808	0823	0838	0853		
Bow Church Station	0427	0447	0507	0529	0544	0559	0615	0632	0647	0702	0718	0733	0748	0803	0818	0833	0848	0903		
Mile End Grove Road	0431	0451	0511	0533	0548	0603	0620	0637	0652	0707	0723	0738	0753	0808	0823	0838	0853	0908		
Lauriston Road Church Crescent	0436	0456	0516	0538	0553	0608	0625	0642	0657	0713	0729	0744	0759	0814	0829	0844	0859	0915		
Homerton Hospital Homerton Grove	0442	0502	0522	0544	0559	0614	0631	0648	0703	0720	0736	0751	0806	0821	0836	0851	0906	0923		
Clapton Nightingale Road	0447	0507	0527	0549	0604	0620	0637	0654	0709	0726	0742	0757	0813	0828	0843	0858	0914	0931		
Ilford High Road Hainault Street	0843			1847	1858	1910	1922	1934	1946	1958	2010	2022	2034	2046	2058	2110	2122	2134		
Manor Park Broadway	0853			1906	1917	1928	1940	1952	2004	2016	2027	2039	2051	2103	2115	2126	2137	2148		
Forest Gate Police Station	0858	Then		1912	1923	1934	1946	1958	2010	2022	2033	2045	2057	2108	2120	2131	2142	2153		
Stratford Broadway Tramway Avenue	0907	about		1922	1933	1944	1956	2008	2020	2032	2043	2055	2107	2118	2130	2141	2152	2203		
Bow Church Station	0918	every 10		1936	1947	1959	2011	2023	2035	2047	2058	2110	2121	2132	2144	2155	2206	2215		
Mile End Grove Road	0923	minutes		1942	1953	2005	2017	2029	2041	2053	2104	2116	2127	2138	2150	2201	2211	2220		
Lauriston Road Church Crescent	0930	until		1950	2001	2012	2024	2036	2048	2100	2111	2123	2134	2145	2157	2208	2218	2227		
Homerton Hospital Homerton Grove	0938			2001	2011	2022	2034	2046	2058	2109	2120	2132	2143	2154	2206	2216	2226	2235		
Clapton Nightingale Road	0946			2011	2021	2032	2044	2056	2108	2118	2129	2141	2152	2203	2214	2224	2234	2243		
Ilford High Road Hainault Street	2146	2158	2210	2222	2234	2246	2258	2313	2328	2343	2358									
Manor Park Broadway	2200	2212	2223	2235	2247	2259	2311	2326	2341	2356	0011									
Forest Gate Police Station	2205	2217	2228	2240	2252	2304	2316	2331	2346	0001	0015									
Stratford Broadway Tramway Avenue	2214	2226	2237	2249	2301	2313	2325	2340	2355	0008	0022									
Bow Church Station	2225	2237	2248	2300	2311	2323	2335	2350	0005	0018	0032									
Mile End Grove Road	2230	2242	2253	2305	2316	2328	2340	2355	0010	0023	0037									
Lauriston Road Church Crescent	2237	2249	2300	2311	2322	2334	2346	0001	0016	0029	0043									
Homerton Hospital Homerton Grove	2245	2257	2307	2318	2329	2341	2353	0009	0024	0037	0051									
Clapton Nightingale Road	2253	2305	2315	2326	2337	2349	0001	0016	0031	0044	0058									
425		Sundays and other Public Holidays (except Christmas Day)																		
Ilford High Road Hainault Street	0500	0520	0540	0600	0620	0640	0655	0710	0725	0740	0755	0810	0825	0839	0853	0906	0921	0935		
Manor Park Broadway	0510	0530	0550	0609	0629	0649	0704	0720	0735	0750	0805	0820	0835	0849	0903	0918	0933	0947		
Forest Gate Police Station	0514	0534	0554	0614	0634	0654	0709	0725	0740	0755	0810	0825	0840	0854	0908	0923	0938	0952		
Stratford Broadway Tramway Avenue	0521	0541	0601	0621	0641	0701	0716	0732	0747	0802	0817	0832	0847	0901	0916	0931	0946	1000		
Bow Church Station	0530	0550	0610	0630	0650	0711	0726	0742	0757	0812	0827	0842	0857	0912	0927	0942	0957	1012		
Mile End Grove Road	0534	0554	0614	0634	0654	0716	0731	0747	0802	0817	0832	0847	0902	0917	0932	0947	1002	1017		
Lauriston Road Church Crescent	0539	0559	0619	0639	0659	0721	0736	0752	0808	0823	0838	0853	0908	0923	0938	0953	1009	1024		
Homerton Hospital Homerton Grove	0545	0605	0625	0645	0705	0728	0743	0759	0815	0830	0845	0900	0915	0930	0945	1000	1016	1031		
Clapton Nightingale Road	0550	0611	0631	0651	0711	0734	0749	0805	0821	0836	0851	0908	0923	0938	0953	1008	1024	1039		
Ilford High Road Hainault Street	0946	0957	1008					2100	2113	2128	2143	2158	2213	2228	2243	2258	2313	2328	2343	2358
Manor Park Broadway	0958	1009	1021					2112	2125	2140	2155	2210	2224	2239	2254	2309	2323	2338	2353	0008
Forest Gate Police Station	1003	1015	1027					2117	2130	2145	2200	2215	2229	2244	2259	2313	2327	2342	2357	0012
Stratford Broadway Tramway Avenue	1012	1024	1036					2124	2137	2152	2207	2222	2236	2251	2306	2320	2334	2349	0004	0018
Bow Church Station	1024	1036	1048					2135	2148	2203	2218	2233	2247	2302	2315	2329	2343	2358	0013	0027
Mile End Grove Road	1029	1041	1053					2140	2153	2208	2223	2238	2252	2307	2320	2334	2348	0003	0017	0031
Lauriston Road Church Crescent	1036	1048	1100					2146	2159	2214	2229	2244	2258	2313	2326	2340	2354	0008	0022	0036
Homerton Hospital Homerton Grove	1043	1055	1108					2154</												

425		Mondays to Fridays																	
Clapton Nightingale Road	0420	0440	0500	0520	0535	0550	0605	0620	0635	0644			2004	2015	2027	2039	2051	2103	
Homerton Hospital Homerton Grove	0426	0446	0507	0527	0542	0557	0612	0627	0642	0651			2013	2024	2036	2048	2100	2111	
Lauriston Road Church Crescent	0432	0452	0514	0534	0549	0604	0619	0634	0649	0658		Then	2021	2032	2044	2056	2108	2119	
Mile End Grove Road	0436	0456	0519	0539	0554	0609	0624	0639	0654	0704		about	2027	2038	2050	2102	2114	2125	
Bow Church Station	0439	0459	0523	0543	0558	0613	0628	0643	0658	0709		every 10	2032	2043	2055	2107	2119	2130	
Stratford Bus Station	0447	0507	0531	0551	0606	0621	0636	0651	0706	0719		minutes	2042	2053	2105	2117	2129	2140	
Forest Gate Police Station	0455	0515	0539	0559	0616	0631	0646	0701	0717	0730		until	2055	2106	2117	2129	2141	2152	
Manor Park Broadway	0458	0518	0542	0602	0619	0634	0649	0705	0721	0734			2100	2110	2121	2133	2145	2156	
Ilford High Road Hainault Street	0506	0526	0550	0611	0628	0643	0658	0716	0732	0745			2111	2121	2132	2144	2156	2207	
												FX	FO						
Clapton Nightingale Road	2115	2127	2139	2151	2203	2215	2227	2239	2251	2303	2315	2315	2330	2345	0000	0015			
Homerton Hospital Homerton Grove	2123	2135	2147	2159	2211	2223	2235	2247	2259	2311	2323	2323	2338	2353	0008	0023			
Lauriston Road Church Crescent	2131	2143	2155	2207	2218	2230	2242	2254	2306	2318	2330	2330	2345	0000	0015	0030			
Mile End Grove Road	2137	2149	2201	2213	2224	2236	2248	2300	2312	2324	2336	2336	2351	0005	0020	0035			
Bow Church Station	2142	2154	2206	2218	2229	2241	2253	2304	2316	2328	2340	2340	2355	0009	0024	0039			
Stratford Bus Station	2152	2204	2216	2228	2239	2251	2303	2313	2325	2337	2349	2349	0004	0018	0033	0048			
Forest Gate Police Station	2204	2216	2228	2240	2251	2303	2314	2324	2336	2348	0000	0000	0014	0028	0043	0058			
Manor Park Broadway	2208	2220	2232	2244	2255	2307	2318	2328	2340	2352	0003	0004	0017	0031	0046	0101			
Ilford High Road Hainault Street	2218	2230	2242	2254	2305	2316	2327	2337	2349	0001	0011	0012	0025	0039	0054	0109			
425		Saturdays (also Good Friday)																	
Clapton Nightingale Road	0420	0440	0500	0520	0535	0550	0605	0620	0635	0650	0705	0720	0735	0750	0805	0820	0835	0850	
Homerton Hospital Homerton Grove	0426	0446	0506	0526	0541	0556	0611	0626	0641	0656	0712	0727	0742	0757	0813	0828	0843	0858	
Lauriston Road Church Crescent	0433	0453	0513	0533	0548	0603	0618	0633	0648	0703	0719	0734	0749	0804	0820	0835	0850	0905	
Mile End Grove Road	0437	0457	0517	0537	0552	0607	0622	0637	0652	0708	0724	0739	0754	0810	0826	0841	0856	0912	
Bow Church Station	0440	0500	0521	0541	0556	0611	0626	0641	0656	0712	0728	0743	0758	0814	0830	0845	0900	0917	
Stratford Bus Station	0449	0509	0530	0550	0605	0620	0635	0650	0705	0722	0738	0753	0808	0824	0840	0855	0911	0928	
Forest Gate Police Station	0457	0518	0539	0559	0614	0629	0644	0659	0715	0732	0748	0803	0819	0835	0851	0906	0923	0940	
Manor Park Broadway	0500	0521	0542	0602	0617	0632	0647	0702	0719	0736	0752	0807	0823	0839	0855	0910	0927	0944	
Ilford High Road Hainault Street	0509	0530	0551	0611	0626	0641	0656	0713	0730	0747	0803	0817	0833	0849	0905	0921	0938	0955	
Clapton Nightingale Road	0905			1914	1926	1938	1950	2002	2014	2026			2150	2202	2214	2226	2238	2250	
Homerton Hospital Homerton Grove	0914			1924	1936	1948	2000	2011	2023	2035			2159	2211	2223	2235	2247	2259	
Lauriston Road Church Crescent	0922		Then	1933	1945	1957	2008	2019	2031	2043		Then	2207	2218	2230	2242	2254	2306	
Mile End Grove Road	0929		about	1940	1952	2004	2014	2025	2037	2049		every 12	2213	2224	2236	2248	2300	2312	
Bow Church Station	0934		every 10	1945	1957	2009	2019	2030	2042	2054		minutes	2218	2229	2241	2253	2305	2317	
Stratford Bus Station	0945		minutes	1957	2009	2020	2030	2041	2053	2105		until	2229	2240	2252	2304	2316	2328	
Forest Gate Police Station	0957		until	2012	2023	2034	2044	2055	2107	2118			2242	2253	2305	2316	2328	2340	
Manor Park Broadway	1001			2017	2028	2039	2049	2100	2112	2123			2247	2258	2309	2320	2332	2344	
Ilford High Road Hainault Street	1013			2030	2041	2052	2102	2111	2123	2134			2258	2309	2320	2331	2343	2355	
Clapton Nightingale Road	2302	2315	2330	2345	0000	0015													
Homerton Hospital Homerton Grove	2311	2324	2339	2354	0009	0023													
Lauriston Road Church Crescent	2318	2331	2346	0001	0016	0030													
Mile End Grove Road	2324	2337	2352	0007	0021	0035													
Bow Church Station	2329	2342	2357	0011	0025	0039													
Stratford Bus Station	2340	2353	0008	0021	0034	0048													
Forest Gate Police Station	2352	0005	0020	0033	0046	0100													
Manor Park Broadway	2356	0009	0024	0037	0050	0104													
Ilford High Road Hainault Street	0007	0019	0034	0047	0100	0114													
425		Sundays and other Public Holidays (except Christmas Day)																	
Clapton Nightingale Road	0520	0540	0600	0620	0640	0700	0715	0730	0745	0800	0815	0830	0845	0900	0915	0930	0945	1000	
Homerton Hospital Homerton Grove	0526	0546	0606	0626	0646	0707	0722	0737	0752	0807	0822	0837	0852	0908	0923	0938	0953	1009	
Lauriston Road Church Crescent	0532	0552	0612	0632	0652	0713	0728	0743	0758	0814	0829	0844	0859	0916	0931	0946	1001	1017	
Mile End Grove Road	0537	0557	0617	0637	0657	0718	0733	0748	0803	0819	0834	0849	0904	0922	0937	0952	1007	1023	
Bow Church Station	0541	0601	0621	0641	0701	0722	0737	0752	0807	0823	0838	0853	0908	0926	0941	0956	1012	1028	
Stratford Bus Station	0550	0610	0630	0650	0710	0731	0746	0801	0817	0833	0848	0903	0919	0937	0952	1007	1023	1039	
Forest Gate Police Station	0558	0620	0640	0700	0720	0741	0756	0811	0827	0843	0858	0914	0930	0948	1003	1019	1035	1051	
Manor Park Broadway	0601	0623	0643	0703	0723	0744	0759	0814	0830	0846	0901	0918	0934	0952	1007	1023	1039	1055	
Ilford High Road Hainault Street	0609	0631	0651	0711	0731	0752	0807	0823	0839	0855	0911	0928	0944	1002	1017	1033	1049	1105	
Clapton Nightingale Road	1012			2115	2130	2145	2200				2345	0000	0015						
Homerton Hospital Homerton Grove	1021			2124	2139	2154	2208				2353	0007	0022						
Lauriston Road Church Crescent	1029		Then	2131	2146	2201	2215		Then		0000	0013	0028						
Mile End Grove Road	1035		about	2137	2152	2206	2220		every 15		0005	0018	0033						
Bow Church Station	1040		every 12	2142	2157	2210	2224		minutes		0009	0022	0037						
Stratford Bus Station	1051		minutes	2152	2207	2220	2234		until		0019	0032	0047						
Forest Gate Police Station	1103		until	2204	2218	2231	2245				0030	0043	0058						
Manor Park Broadway	1107			2208	2222	2235	2249				0034	0047	0102						
Ilford High Road Hainault Street	1119			2218	2232	2245	2259				0044	0057	0112						
Notes:	FX - Operates on Mondays to Thursdays only										FO - Operates on Fridays only								