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Ilford – Stratford – Clapton

425	Mondays to Fridays																		
Ilford High Road Hainault Street	0400	0420	0440	0500	0515	0530	0545	0600	0615	0622	0632	0639	0647	0655	0702	0710	0716	0726	
Manor Park Broadway	0409	0429	0449	0509	0524	0539	0554	0610	0625	0632	0642	0649	0657	0705	0715	0723	0729	0739	
Forest Gate Police Station	0414	0434	0454	0514	0529	0544	0559	0615	0630	0637	0647	0654	0702	0712	0722	0730	0736	0746	
Stratford Bus Station	0424	0444	0504	0524	0539	0554	0610	0627	0642	0649	0659	0706	0716	0726	0736	0744	0750	0800	
Bow Church Station	0434	0454	0514	0534	0549	0604	0622	0639	0654	0701	0711	0721	0731	0741	0751	0759	0806	0816	
Mile End Grove Road	0437	0457	0517	0537	0552	0609	0627	0644	0659	0707	0717	0727	0737	0747	0757	0805	0815	0825	
Lauriston Road Church Crescent	0442	0502	0522	0542	0557	0614	0632	0649	0704	0714	0724	0734	0744	0754	0804	0814	0824	0834	
Homerton Hospital Homerton Grove	0448	0508	0528	0548	0603	0621	0639	0656	0713	0723	0733	0743	0753	0803	0816	0826	0836	0846	
Clapton Nightingale Road	0454	0514	0534	0554	0609	0627	0645	0702	0723	0733	0743	0753	0803	0816	0829	0839	0849	0859	
Ilford High Road Hainault Street	0736	0745	0755	0804	0815	0825	0836	0847	0857	0908	0919	0929	0940	0950	1000	1010	1020	1030	
Manor Park Broadway	0749	0758	0808	0819	0830	0840	0851	0902	0912	0922	0932	0942	0953	1003	1013	1023	1033	1043	
Forest Gate Police Station	0756	0805	0815	0826	0837	0847	0858	0909	0919	0929	0939	0949	1000	1009	1019	1029	1039	1049	
Stratford Bus Station	0810	0820	0830	0841	0852	0902	0913	0923	0933	0943	0953	1003	1013	1022	1032	1042	1052	1102	
Bow Church Station	0826	0836	0846	0857	0907	0916	0927	0937	0947	0957	1007	1017	1027	1036	1046	1056	1106	1116	
Mile End Grove Road	0835	0845	0855	0906	0915	0923	0933	0943	0953	1003	1013	1023	1033	1042	1052	1102	1112	1122	
Lauriston Road Church Crescent	0844	0854	0904	0914	0923	0931	0941	0951	1001	1010	1020	1030	1040	1049	1059	1109	1119	1129	
Homerton Hospital Homerton Grove	0856	0906	0915	0924	0933	0941	0951	1001	1010	1019	1029	1039	1049	1058	1108	1118	1128	1138	
Clapton Nightingale Road	0909	0917	0926	0935	0944	0952	1002	1012	1021	1030	1040	1050	1100	1109	1118	1128	1138	1148	
Ilford High Road Hainault Street	1040	1050	1100	1110	1120	1130	1140	1150	Then every 10 minutes until	1250	1300	1310	1320	1330	1340	1350	1359		
Manor Park Broadway	1053	1103	1114	1124	1134	1144	1154	1204		1304	1314	1324	1334	1344	1354	1404	1413		
Forest Gate Police Station	1059	1110	1121	1131	1141	1151	1201	1210		1310	1320	1330	1340	1350	1400	1410	1419		
Stratford Bus Station	1112	1123	1134	1144	1154	1204	1214	1223		1323	1333	1343	1353	1403	1413	1423	1432		
Bow Church Station	1126	1137	1148	1158	1208	1218	1228	1237		1337	1347	1357	1407	1417	1427	1437	1446		
Mile End Grove Road	1132	1143	1154	1204	1214	1224	1234	1243		1343	1353	1403	1413	1423	1433	1443	1452		
Lauriston Road Church Crescent	1139	1150	1201	1211	1221	1231	1241	1250		1350	1400	1410	1420	1430	1440	1450	1459		
Homerton Hospital Homerton Grove	1148	1159	1210	1220	1230	1240	1250	1259		1359	1410	1420	1430	1440	1450	1500	1509		
Clapton Nightingale Road	1158	1209	1221	1231	1241	1251	1301	1310		1410	1421	1431	1441	1451	1501	1512	1521		
Ilford High Road Hainault Street	1407	1416	1426	1436	1445	1454	1503	1514	Then every 10 minutes until	1604	1613	1623	1633	1643	1654	1705	1716		
Manor Park Broadway	1422	1431	1441	1451	1500	1509	1519	1530		1620	1629	1639	1649	1659	1710	1721	1732		
Forest Gate Police Station	1428	1437	1447	1457	1506	1516	1526	1537		1627	1636	1646	1656	1706	1716	1727	1738		
Stratford Bus Station	1441	1450	1500	1510	1520	1530	1540	1551		1641	1650	1700	1710	1719	1729	1740	1751		
Bow Church Station	1455	1504	1514	1524	1534	1544	1554	1605		1655	1704	1714	1724	1733	1743	1754	1805		
Mile End Grove Road	1501	1511	1521	1531	1541	1551	1601	1611		1701	1711	1721	1731	1740	1750	1801	1812		
Lauriston Road Church Crescent	1509	1519	1529	1539	1549	1559	1609	1619		1709	1719	1729	1739	1748	1758	1809	1820		
Homerton Hospital Homerton Grove	1522	1532	1542	1552	1602	1612	1622	1632		1722	1731	1741	1751	1800	1810	1820	1831		
Clapton Nightingale Road	1534	1544	1554	1604	1615	1625	1635	1645		1735	1744	1754	1804	1812	1822	1832	1843		
Ilford High Road Hainault Street	1727	1738	1748	1758	1809	1819	1829	1840	Then every 10 minutes until	1850	1901	1912	1922	1934	1946	1958	2010	2022	2034
Manor Park Broadway	1743	1754	1804	1814	1825	1835	1845	1856		1906	1916	1927	1936	1948	2000	2012	2022	2034	2046
Forest Gate Police Station	1749	1800	1810	1820	1831	1841	1851	1902		1912	1922	1933	1942	1954	2006	2018	2028	2040	2052
Stratford Bus Station	1802	1813	1823	1833	1844	1854	1903	1913		1923	1933	1944	1953	2005	2016	2028	2038	2050	2102
Bow Church Station	1816	1827	1837	1847	1858	1908	1915	1925		1935	1945	1956	2005	2017	2028	2040	2050	2102	2113
Mile End Grove Road	1823	1834	1844	1854	1905	1914	1921	1931		1941	1951	2002	2010	2022	2033	2045	2055	2107	2118
Lauriston Road Church Crescent	1831	1842	1852	1902	1912	1921	1928	1938		1948	1958	2008	2016	2028	2039	2051	2101	2113	2124
Homerton Hospital Homerton Grove	1842	1853	1903	1911	1921	1930	1937	1947		1957	2007	2016	2024	2035	2046	2058	2108	2120	2131
Clapton Nightingale Road	1854	1905	1913	1921	1931	1940	1947	1957		2007	2016	2025	2033	2044	2055	2107	2116	2128	2139
Ilford High Road Hainault Street	2046	2058	2110	2122	2134	2146	2158	2210	Then every 10 minutes until	2222	2234	2246	2258	2313	2328	2343	2358		
Manor Park Broadway	2058	2110	2120	2132	2144	2156	2208	2219		2231	2243	2255	2307	2321	2336	2351	0006		
Forest Gate Police Station	2104	2115	2125	2137	2149	2201	2212	2223		2235	2247	2259	2311	2325	2340	2355	0010		
Stratford Bus Station	2113	2124	2134	2146	2158	2210	2221	2232		2244	2256	2308	2319	2333	2348	0003	0018		
Bow Church Station	2124	2135	2145	2157	2209	2220	2231	2242		2254	2306	2317	2328	2342	2357	0012	0027		
Mile End Grove Road	2129	2140	2150	2202	2214	2225	2236	2247		2259	2310	2321	2332	2346	0001	0016	0031		
Lauriston Road Church Crescent	2135	2146	2156	2208	2220	2231	2242	2253		2305	2315	2326	2337	2351	0006	0021	0036		
Homerton Hospital Homerton Grove	2142	2153	2203	2215	2227	2238	2249	2300		2311	2321	2332	2343	2357	0012	0027	0042		
Clapton Nightingale Road	2150	2201	2210	2222	2234	2245	2256	2306		2317	2327	2338	2349	0003	0018	0033	0048		

425	Saturdays (also Good Friday)																	
Ilford High Road <i>Hainault Street</i>	0400	0420	0440	0500	0515	0530	0545	0600	0615	0630	0645	0700	0715	0730	0745	0800	0815	0829
Manor Park <i>Broadway</i>	0409	0429	0449	0509	0524	0539	0554	0610	0625	0640	0655	0709	0724	0739	0754	0810	0825	0839
Forest Gate <i>Police Station</i>	0413	0433	0453	0513	0528	0543	0558	0615	0630	0645	0700	0714	0729	0744	0759	0815	0830	0844
Stratford <i>Bus Station</i>	0422	0442	0502	0522	0537	0552	0608	0626	0641	0656	0711	0725	0740	0755	0810	0826	0841	0855
Bow Church <i>Station</i>	0431	0451	0511	0531	0546	0601	0619	0637	0652	0707	0722	0736	0751	0806	0821	0837	0852	0906
Mile End <i>Grove Road</i>	0434	0454	0514	0534	0549	0605	0623	0641	0656	0711	0726	0740	0755	0810	0825	0841	0856	0911
Lauriston Road <i>Church Crescent</i>	0438	0458	0518	0538	0553	0610	0628	0646	0701	0716	0731	0745	0800	0815	0830	0846	0901	0917
Homerton Hospital <i>Homerton Grove</i>	0444	0504	0524	0544	0559	0616	0634	0652	0708	0723	0738	0752	0808	0823	0838	0854	0909	0925
Clapton <i>Nightingale Road</i>	0449	0509	0529	0549	0604	0622	0640	0658	0714	0729	0744	0758	0815	0830	0845	0901	0918	0934
Ilford High Road <i>Hainault Street</i>	0843	0851	0859	0909	0918	0928	0937	0946	0956	1005	1015	1025	1034	1043	1051	1058	1107	1116
Manor Park <i>Broadway</i>	0853	0901	0911	0921	0930	0940	0949	0958	1008	1018	1028	1038	1047	1056	1104	1113	1123	1132
Forest Gate <i>Police Station</i>	0858	0907	0917	0927	0936	0946	0955	1004	1014	1024	1034	1044	1053	1102	1111	1120	1130	1139
Stratford <i>Bus Station</i>	0909	0919	0929	0939	0948	0958	1007	1017	1027	1037	1047	1057	1106	1116	1125	1134	1144	1153
Bow Church <i>Station</i>	0921	0931	0941	0951	1000	1010	1020	1030	1040	1050	1100	1110	1120	1130	1139	1148	1158	1207
Mile End <i>Grove Road</i>	0926	0936	0946	0956	1005	1015	1025	1035	1045	1055	1105	1115	1125	1135	1144	1153	1203	1213
Lauriston Road <i>Church Crescent</i>	0932	0942	0952	1002	1012	1022	1032	1042	1052	1102	1112	1122	1132	1142	1151	1200	1210	1220
Homerton Hospital <i>Homerton Grove</i>	0940	0950	1000	1010	1020	1030	1040	1050	1100	1112	1122	1132	1142	1152	1201	1211	1221	1231
Clapton <i>Nightingale Road</i>	0949	0959	1009	1019	1029	1039	1049	1059	1110	1122	1132	1142	1152	1202	1212	1222	1232	1242
Ilford High Road <i>Hainault Street</i>	1126	1136	1146	1156	1204	1212	1222	1232	1242	1252	1302	1312	1322	1332	1342	1352	1402	1412
Manor Park <i>Broadway</i>	1142	1152	1202	1212	1220	1230	1240	1250	1300	1310	1321	1331	1341	1351	1401	1411	1421	1431
Forest Gate <i>Police Station</i>	1149	1159	1208	1218	1226	1236	1246	1256	1307	1317	1328	1338	1348	1358	1408	1418	1428	1438
Stratford <i>Bus Station</i>	1203	1213	1222	1232	1240	1250	1300	1311	1322	1332	1343	1353	1403	1413	1423	1433	1443	1453
Bow Church <i>Station</i>	1217	1227	1236	1246	1254	1304	1314	1325	1336	1346	1357	1407	1417	1427	1437	1447	1457	1507
Mile End <i>Grove Road</i>	1223	1233	1242	1252	1300	1310	1320	1331	1342	1352	1403	1413	1423	1433	1443	1453	1503	1513
Lauriston Road <i>Church Crescent</i>	1230	1240	1249	1259	1308	1318	1328	1339	1350	1400	1411	1421	1431	1441	1451	1501	1510	1520
Homerton Hospital <i>Homerton Grove</i>	1241	1251	1300	1310	1320	1330	1340	1351	1402	1412	1422	1432	1442	1452	1502	1511	1520	1530
Clapton <i>Nightingale Road</i>	1252	1302	1312	1322	1332	1342	1352	1403	1413	1423	1433	1443	1453	1503	1513	1522	1531	1541
Ilford High Road <i>Hainault Street</i>	1422	1432	1442	1452	1502	1512	1522	1532	1542	1552	1602	1612	1622	1632	1642	1652	1702	1712
Manor Park <i>Broadway</i>	1441	1451	1501	1511	1521	1531	1541	1551	1601	1611	1620	1630	1640	1650	1700	1710	1720	1730
Forest Gate <i>Police Station</i>	1448	1458	1508	1518	1528	1538	1548	1558	1608	1618	1627	1637	1647	1657	1707	1717	1727	1737
Stratford <i>Bus Station</i>	1503	1512	1522	1532	1542	1552	1602	1612	1621	1631	1640	1650	1700	1710	1720	1730	1740	1750
Bow Church <i>Station</i>	1518	1527	1537	1547	1557	1607	1616	1626	1635	1645	1654	1704	1715	1725	1735	1745	1755	1805
Mile End <i>Grove Road</i>	1524	1533	1543	1553	1603	1613	1622	1632	1641	1651	1700	1710	1721	1731	1741	1751	1801	1811
Lauriston Road <i>Church Crescent</i>	1531	1540	1550	1600	1611	1621	1630	1640	1649	1659	1708	1718	1729	1739	1749	1759	1809	1819
Homerton Hospital <i>Homerton Grove</i>	1541	1550	1600	1611	1622	1632	1641	1651	1700	1710	1719	1729	1740	1750	1800	1810	1820	1830
Clapton <i>Nightingale Road</i>	1552	1601	1611	1622	1633	1643	1652	1702	1712	1722	1731	1741	1752	1802	1811	1821	1831	1841
Ilford High Road <i>Hainault Street</i>	1722	1732	1742	1752	1802	1812	1822	1832	1842	1852	1902	1914	1927	1939	1952	2004	2016	2029
Manor Park <i>Broadway</i>	1740	1750	1800	1810	1820	1830	1840	1850	1900	1910	1919	1931	1944	1956	2009	2018	2030	2043
Forest Gate <i>Police Station</i>	1747	1757	1806	1816	1826	1836	1846	1856	1906	1916	1925	1937	1950	2002	2015	2024	2036	2049
Stratford <i>Bus Station</i>	1800	1810	1819	1829	1839	1849	1859	1909	1919	1929	1938	1950	2002	2013	2026	2035	2047	2100
Bow Church <i>Station</i>	1814	1824	1833	1843	1853	1903	1913	1922	1932	1942	1951	2003	2016	2027	2040	2049	2101	2112
Mile End <i>Grove Road</i>	1820	1830	1839	1849	1859	1909	1919	1928	1938	1948	1957	2009	2022	2033	2046	2055	2106	2117
Lauriston Road <i>Church Crescent</i>	1828	1838	1847	1857	1907	1916	1926	1935	1945	1955	2004	2016	2029	2040	2053	2102	2112	2123
Homerton Hospital <i>Homerton Grove</i>	1839	1849	1858	1908	1917	1926	1936	1945	1955	2005	2013	2025	2038	2049	2102	2110	2120	2131
Clapton <i>Nightingale Road</i>	1850	1900	1909	1918	1927	1936	1946	1955	2005	2015	2023	2035	2048	2059	2110	2118	2128	2139
Ilford High Road <i>Hainault Street</i>	2041	2053	2105	2118	2130	2142	2155	2207	2219	2231	2243	2258	2313	2328	2343	2358		
Manor Park <i>Broadway</i>	2055	2107	2117	2130	2142	2154	2207	2218	2230	2242	2254	2309	2323	2338	2353	0008		
Forest Gate <i>Police Station</i>	2101	2112	2122	2135	2147	2159	2212	2223	2235	2247	2259	2314	2328	2343	2358	0013		
Stratford <i>Bus Station</i>	2111	2122	2132	2145	2157	2209	2222	2233	2245	2257	2309	2323	2337	2352	0007	0022		
Bow Church <i>Station</i>	2123	2134	2144	2157	2209	2220	2233	2244	2256	2308	2320	2334	2348	0003	0018	0033		
Mile End <i>Grove Road</i>	2128	2139	2149	2202	2213	2224	2237	2248	2300	2312	2324	2338	2352	0007	0022	0037		
Lauriston Road <i>Church Crescent</i>	2134	2145	2155	2208	2219	2230	2243	2254	2306	2318	2330	2344	2358	0013	0028	0043		
Homerton Hospital <i>Homerton Grove</i>	2142	2153	2203	2215	2226	2237	2250	2301	2313	2325	2337	2351	0005	0020	0035	0050		
Clapton <i>Nightingale Road</i>	2150	2201	2210	2222	2233	2244	2257	2308	2320	2332	2344	2358	0012	0027	0042	0057		

425	Sundays and other Public Holidays (except Christmas Day)																	
Ilford High Road <i>Hainault Street</i>	0500	0520	0540	0600	0620	0640	0655	0710	0725	0740	0755	0810	0825	0839	0853	0906	0921	0935
Manor Park <i>Broadway</i>	0509	0529	0549	0609	0629	0649	0704	0719	0734	0749	0804	0820	0835	0849	0903	0917	0932	0946
Forest Gate <i>Police Station</i>	0513	0533	0553	0614	0634	0654	0709	0724	0739	0754	0809	0825	0840	0854	0909	0923	0938	0952
Stratford <i>Bus Station</i>	0522	0542	0602	0623	0643	0703	0719	0734	0749	0804	0819	0835	0850	0904	0919	0933	0948	1003
Bow Church <i>Station</i>	0532	0552	0612	0633	0653	0713	0729	0744	0759	0814	0829	0845	0900	0915	0930	0944	0959	1015
Mile End <i>Grove Road</i>	0535	0555	0615	0636	0656	0717	0733	0748	0803	0818	0833	0849	0905	0920	0935	0949	1004	1020
Lauriston Road <i>Church Crescent</i>	0539	0559	0620	0641	0701	0722	0738	0753	0808	0823	0838	0854	0911	0926	0941	0955	1011	1027
Homerton Hospital <i>Homerton Grove</i>	0545	0605	0627	0648	0708	0729	0745	0800	0815	0830	0845	0901	0919	0934	0949	1003	1019	1035
Clapton <i>Nightingale Road</i>	0551	0611	0633	0654	0714	0735	0751	0806	0821	0836	0851	0908	0926	0941	0956	1011	1027	1043
Ilford High Road <i>Hainault Street</i>	0946	0957	1008	1020	1032	1041	1053	1104	1115	1126	1138	1149	1158	1207	1219	1230	1241	1251
Manor Park <i>Broadway</i>	0957	1009	1021	1033	1045	1054	1106	1118	1129	1140	1152	1203	1212	1224	1236	1247	1258	1308
Forest Gate <i>Police Station</i>	1003	1015	1027	1039	1051	1100	1112	1124	1135	1146	1158	1210	1219	1231	1243	1254	1305	1315
Stratford <i>Bus Station</i>	1015	1027	1039	1051	1103	1113	1125	1137	1148	1159	1211	1224	1233	1245	1257	1308	1319	1329
Bow Church <i>Station</i>	1027	1039	1051	1103	1117	1127	1139	1151	1202	1213	1225	1238	1247	1259	1311	1322	1333	1343
Mile End <i>Grove Road</i>	1032	1044	1056	1108	1122	1132	1144	1156	1207	1218	1230	1243	1252	1304	1317	1328	1339	1349
Lauriston Road <i>Church Crescent</i>	1039	1051	1103	1115	1129	1139	1151	1203	1215	1226	1238	1251	1300	1312	1325	1336	1347	1357
Homerton Hospital <i>Homerton Grove</i>	1047	1059	1112	1124	1138	1148	1200	1213	1225	1236	1248	1301	1312	1324	1337	1348	1359	1409
Clapton <i>Nightingale Road</i>	1055	1107	1121	1133	1147	1157	1210	1223	1235	1246	1258	1313	1324	1336	1349	1400	1411	1420
Ilford High Road <i>Hainault Street</i>	1302	1314	1326	1338	1350	1400	1412	1424	1436	1448	1500	1512	1524	1536	1548	1600	1612	1624
Manor Park <i>Broadway</i>	1321	1333	1345	1357	1409	1419	1431	1443	1455	1507	1517	1529	1541	1553	1605	1616	1628	1640
Forest Gate <i>Police Station</i>	1328	1340	1352	1404	1416	1426	1438	1450	1502	1514	1524	1536	1548	1600	1611	1622	1634	1646
Stratford <i>Bus Station</i>	1342	1354	1406	1418	1430	1440	1452	1504	1516	1528	1538	1550	1602	1613	1624	1635	1647	1659
Bow Church <i>Station</i>	1356	1408	1421	1433	1445	1455	1507	1519	1531	1543	1553	1605	1617	1628	1639	1650	1702	1714
Mile End <i>Grove Road</i>	1402	1414	1427	1439	1451	1501	1513	1525	1537	1549	1559	1611	1623	1634	1645	1656	1708	1720
Lauriston Road <i>Church Crescent</i>	1410	1422	1435	1447	1459	1509	1521	1533	1545	1557	1607	1618	1630	1641	1652	1703	1715	1727
Homerton Hospital <i>Homerton Grove</i>	1421	1433	1446	1458	1510	1519	1531	1543	1555	1607	1617	1628	1640	1651	1702	1712	1724	1736
Clapton <i>Nightingale Road</i>	1432	1444	1457	1509	1521	1530	1542	1554	1606	1618	1628	1639	1651	1702	1714	1724	1736	1748
Ilford High Road <i>Hainault Street</i>	1636	1648	1700	1712	1724	1736	1748	1800	1812	1824	1836	1848	1900	1912	1924	1936	1948	2000
Manor Park <i>Broadway</i>	1652	1704	1716	1728	1740	1752	1804	1814	1826	1838	1850	1902	1913	1925	1937	1949	2001	2013
Forest Gate <i>Police Station</i>	1658	1710	1722	1734	1746	1758	1810	1820	1832	1844	1856	1908	1919	1931	1943	1955	2006	2018
Stratford <i>Bus Station</i>	1711	1723	1735	1747	1759	1810	1821	1831	1843	1855	1907	1919	1930	1942	1954	2006	2016	2028
Bow Church <i>Station</i>	1725	1737	1749	1801	1813	1823	1834	1844	1856	1908	1919	1931	1942	1954	2006	2018	2028	2040
Mile End <i>Grove Road</i>	1731	1743	1755	1807	1819	1829	1840	1850	1902	1913	1924	1936	1947	1959	2011	2023	2033	2045
Lauriston Road <i>Church Crescent</i>	1738	1750	1802	1814	1826	1836	1847	1857	1908	1919	1930	1942	1953	2005	2017	2029	2039	2051
Homerton Hospital <i>Homerton Grove</i>	1747	1759	1812	1824	1836	1846	1857	1907	1916	1927	1938	1950	2001	2013	2025	2037	2047	2059
Clapton <i>Nightingale Road</i>	1759	1811	1823	1835	1847	1857	1908	1917	1926	1937	1948	2000	2010	2022	2034	2046	2056	2108
Ilford High Road <i>Hainault Street</i>	2012	2024	2036	2048	2100	2113	2128	2143	2158	2213	2228	2243	2258	2313	2328	2343	2358	
Manor Park <i>Broadway</i>	2025	2037	2049	2101	2110	2123	2138	2153	2208	2222	2237	2252	2307	2322	2337	2352	0007	
Forest Gate <i>Police Station</i>	2030	2042	2054	2106	2115	2128	2143	2158	2213	2227	2242	2257	2311	2326	2341	2356	0011	
Stratford <i>Bus Station</i>	2040	2052	2104	2115	2124	2137	2152	2207	2222	2236	2251	2306	2320	2335	2350	0005	0020	
Bow Church <i>Station</i>	2052	2104	2115	2126	2135	2148	2203	2217	2232	2246	2301	2316	2330	2345	0000	0015	0030	
Mile End <i>Grove Road</i>	2057	2109	2120	2131	2140	2153	2207	2221	2236	2250	2305	2320	2334	2349	0004	0019	0034	
Lauriston Road <i>Church Crescent</i>	2103	2114	2125	2136	2145	2158	2212	2226	2241	2255	2310	2325	2339	2354	0009	0024	0039	
Homerton Hospital <i>Homerton Grove</i>	2110	2121	2132	2143	2152	2205	2219	2233	2248	2302	2316	2331	2345	0000	0015	0030	0045	
Clapton <i>Nightingale Road</i>	2117	2128	2139	2150	2159	2212	2226	2240	2255	2308	2322	2337	2351	0006	0021	0036	0051	

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Clapton – Stratford – Ilford

425	Mondays to Fridays																	
Clapton Nightingale Road	0420	0440	0500	0520	0535	0550	0605	0620	0635	0644	0651	0659	0709	0719	0728	0737	0744	0753
Homerton Hospital Homerton Grove	0427	0447	0507	0527	0542	0557	0613	0628	0643	0652	0659	0708	0718	0728	0737	0746	0753	0802
Lauriston Road Church Crescent	0434	0454	0514	0534	0549	0604	0620	0635	0650	0659	0708	0718	0728	0738	0748	0758	0806	0816
Mile End Grove Road	0439	0459	0519	0539	0554	0609	0625	0640	0655	0705	0715	0725	0735	0745	0755	0805	0815	0825
Bow Church Station	0442	0502	0522	0542	0557	0613	0629	0644	0659	0709	0719	0729	0739	0749	0759	0810	0820	0830
Stratford Bus Station	0450	0510	0530	0550	0605	0622	0638	0653	0709	0719	0729	0739	0749	0759	0810	0821	0831	0841
Forest Gate Police Station	0459	0519	0539	0559	0614	0631	0647	0702	0720	0730	0740	0750	0800	0811	0822	0833	0843	0853
Manor Park Broadway	0502	0522	0542	0602	0617	0634	0650	0706	0724	0734	0744	0754	0805	0816	0827	0838	0848	0858
Ilford High Road Hainault Street	0511	0531	0551	0611	0626	0643	0659	0717	0735	0745	0755	0805	0817	0828	0839	0850	0900	0910
Clapton Nightingale Road	0801	0809	0819	0829	0840	0852	0903	0914	0925	0936	0946	0956	1006	1016	1026	1036	1046	1056
Homerton Hospital Homerton Grove	0812	0822	0832	0842	0853	0905	0914	0925	0936	0947	0957	1007	1016	1026	1036	1046	1056	1106
Lauriston Road Church Crescent	0826	0836	0846	0856	0907	0918	0926	0936	0947	0958	1008	1017	1026	1035	1045	1055	1105	1115
Mile End Grove Road	0835	0845	0855	0905	0915	0925	0933	0943	0954	1005	1014	1023	1032	1041	1051	1101	1112	1122
Bow Church Station	0840	0850	0900	0910	0920	0930	0938	0948	0959	1010	1019	1028	1037	1046	1056	1106	1117	1127
Stratford Bus Station	0851	0901	0910	0920	0930	0940	0948	0958	1009	1020	1029	1038	1047	1056	1106	1116	1127	1137
Forest Gate Police Station	0903	0913	0922	0932	0942	0952	1000	1010	1021	1032	1041	1050	1059	1109	1119	1129	1140	1150
Manor Park Broadway	0907	0917	0926	0936	0946	0956	1005	1015	1026	1037	1046	1055	1104	1114	1124	1134	1145	1155
Ilford High Road Hainault Street	0919	0929	0938	0948	0958	1008	1017	1027	1038	1049	1058	1107	1117	1127	1137	1147	1158	1208
Clapton Nightingale Road	1106			1146	1156	1206	1216	1226	1236	1246	1256	1306			1356	1406	1416	1426
Homerton Hospital Homerton Grove	1116			1156	1206	1217	1227	1237	1247	1257	1307	1317			1407	1418	1428	1438
Lauriston Road Church Crescent	1125			1205	1216	1227	1237	1247	1257	1307	1317	1327			1417	1428	1438	1448
Mile End Grove Road	1132			1212	1223	1234	1244	1254	1304	1314	1324	1334			1424	1435	1445	1455
Bow Church Station	1137			1217	1228	1239	1249	1259	1309	1319	1329	1339			1429	1440	1450	1500
Stratford Bus Station	1147			1227	1238	1249	1259	1310	1320	1330	1340	1350			1440	1451	1501	1511
Forest Gate Police Station	1200			1240	1251	1302	1312	1323	1333	1343	1353	1403			1453	1504	1516	1526
Manor Park Broadway	1205			1245	1256	1307	1317	1328	1338	1348	1358	1408			1458	1510	1522	1532
Ilford High Road Hainault Street	1218			1258	1309	1320	1330	1341	1351	1401	1411	1423			1513	1526	1538	1548
Clapton Nightingale Road	1436	1444	1451	1500	1509	1519	1529	1539	1548	1558	1608	1619	1631	1642	1653	1704	1714	1724
Homerton Hospital Homerton Grove	1448	1456	1503	1513	1523	1533	1543	1553	1602	1612	1623	1634	1646	1657	1708	1718	1728	1738
Lauriston Road Church Crescent	1458	1506	1516	1526	1536	1546	1556	1606	1616	1626	1637	1648	1700	1711	1721	1731	1741	1751
Mile End Grove Road	1505	1515	1525	1535	1545	1555	1605	1615	1625	1635	1646	1657	1708	1719	1729	1739	1749	1759
Bow Church Station	1511	1521	1531	1541	1551	1601	1611	1621	1631	1641	1652	1703	1714	1725	1735	1745	1755	1805
Stratford Bus Station	1522	1532	1542	1552	1602	1614	1624	1634	1644	1654	1705	1716	1727	1738	1748	1758	1808	1818
Forest Gate Police Station	1537	1547	1557	1607	1617	1629	1639	1649	1659	1709	1720	1731	1742	1753	1803	1813	1823	1833
Manor Park Broadway	1543	1553	1603	1613	1623	1635	1645	1655	1705	1715	1726	1737	1748	1759	1808	1818	1828	1838
Ilford High Road Hainault Street	1559	1609	1620	1630	1640	1652	1702	1712	1723	1733	1744	1755	1806	1817	1824	1834	1844	1854
Clapton Nightingale Road	1734	1744	1754	1804	1814	1824	1834	1844	1854	1904	1914	1924	1934	1944	1954	2004	2015	2027
Homerton Hospital Homerton Grove	1748	1758	1808	1817	1827	1836	1846	1856	1906	1915	1925	1935	1945	1955	2005	2013	2024	2036
Lauriston Road Church Crescent	1801	1811	1820	1829	1838	1847	1857	1907	1916	1925	1935	1945	1955	2005	2013	2021	2032	2044
Mile End Grove Road	1808	1818	1827	1836	1845	1854	1904	1914	1923	1932	1942	1952	2002	2011	2019	2027	2038	2050
Bow Church Station	1814	1824	1833	1842	1851	1900	1909	1919	1928	1937	1947	1957	2006	2015	2023	2031	2042	2054
Stratford Bus Station	1827	1837	1846	1855	1904	1912	1920	1930	1939	1948	1958	2008	2016	2024	2032	2040	2051	2103
Forest Gate Police Station	1842	1852	1901	1909	1917	1925	1933	1943	1952	2001	2010	2019	2027	2035	2043	2051	2102	2114
Manor Park Broadway	1847	1857	1906	1914	1922	1930	1938	1948	1957	2006	2015	2024	2032	2040	2048	2056	2106	2118
Ilford High Road Hainault Street	1903	1913	1920	1927	1935	1943	1951	2001	2010	2018	2026	2035	2043	2051	2059	2107	2116	2128
Clapton Nightingale Road	2039	2051	2103	2115	2127	2139	2151	2203	2215	2227	2239	2251	2303	2315	2330	2345	0000	0015
Homerton Hospital Homerton Grove	2048	2100	2111	2123	2135	2147	2159	2211	2223	2235	2247	2259	2310	2322	2337	2352	0007	0022
Lauriston Road Church Crescent	2056	2107	2118	2130	2142	2154	2206	2218	2230	2242	2254	2306	2317	2329	2344	2359	0014	0029
Mile End Grove Road	2102	2112	2123	2135	2147	2159	2211	2223	2235	2247	2259	2311	2322	2334	2349	0004	0019	0034
Bow Church Station	2106	2116	2127	2139	2151	2203	2215	2227	2239	2251	2303	2315	2326	2338	2353	0008	0023	0038
Stratford Bus Station	2115	2125	2136	2148	2200	2212	2224	2236	2248	2300	2312	2324	2335	2347	0002	0017	0032	0047
Forest Gate Police Station	2126	2136	2147	2159	2210	2222	2234	2246	2258	2309	2321	2333	2344	2356	0011	0026	0041	0056
Manor Park Broadway	2130	2140	2151	2203	2214	2226	2238	2250	2302	2312	2324	2336	2347	2359	0014	0029	0044	0059
Ilford High Road Hainault Street	2140	2150	2201	2212	2223	2235	2247	2259	2310	2320	2332	2344	2355	0007	0022	0037	0052	0107

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	0714	0729	0744	0759	0814	0829	0844	0859	0916	0931	0946	1001	1018	
Mile End Grove Road	0536	0556	0616	0636	0656	0719	0734	0749	0804	0819	0834	0849	0904	0922	0937	0952	1007	1024	
Bow Church Station	0539	0559	0619	0639	0659	0722	0737	0752	0807	0822	0837	0852	0908	0926	0941	0956	1011	1028	
Stratford Bus Station	0547	0607	0627	0647	0708	0731	0746	0801	0816	0831	0846	0901	0917	0935	0950	1005	1021	1038	
Forest Gate Police Station	0556	0616	0636	0656	0718	0741	0756	0812	0827	0842	0857	0912	0928	0946	1001	1016	1032	1049	
Manor Park Broadway	0559	0619	0639	0659	0721	0744	0759	0816	0831	0846	0901	0916	0932	0950	1005	1020	1036	1053	
Ilford High Road Hainault Street	0607	0627	0647	0707	0730	0753	0808	0825	0840	0855	0911	0926	0942	1000	1016	1031	1047	1104	
Clapton Nightingale Road	1012	1024	1036	1047	1059	1111	1123	1135	1147	1159	1211	1223	1235	1247	1259	1311	1323	1335	
Homerton Hospital Homerton Grove	1021	1033	1045	1056	1108	1120	1132	1144	1156	1208	1222	1234	1246	1258	1310	1324	1336	1348	
Lauriston Road Church Crescent	1030	1042	1054	1105	1117	1129	1141	1153	1205	1218	1232	1244	1256	1308	1322	1336	1348	1400	
Mile End Grove Road	1036	1048	1100	1112	1124	1136	1148	1200	1212	1225	1239	1251	1303	1315	1329	1343	1355	1407	
Bow Church Station	1040	1052	1105	1117	1129	1141	1153	1205	1217	1230	1244	1256	1310	1322	1336	1350	1402	1412	
Stratford Bus Station	1050	1102	1115	1127	1139	1151	1203	1215	1227	1240	1254	1306	1321	1333	1347	1401	1413	1423	
Forest Gate Police Station	1101	1113	1126	1138	1150	1202	1216	1228	1240	1253	1308	1320	1335	1347	1401	1415	1427	1437	
Manor Park Broadway	1106	1118	1131	1143	1155	1207	1221	1233	1245	1258	1314	1326	1341	1353	1407	1421	1433	1443	
Ilford High Road Hainault Street	1118	1130	1143	1155	1207	1221	1235	1247	1259	1312	1329	1341	1356	1408	1423	1437	1449	1459	
Clapton Nightingale Road	1347	1359	1411	1423	1435	1447	1459	1511	1523	1535	1547	1559	1611	1623	1635	1647	1659	1711	
Homerton Hospital Homerton Grove	1400	1412	1423	1435	1447	1459	1511	1522	1534	1546	1558	1610	1622	1634	1646	1658	1710	1721	
Lauriston Road Church Crescent	1412	1424	1435	1447	1459	1511	1520	1531	1543	1555	1607	1620	1632	1644	1656	1708	1719	1730	
Mile End Grove Road	1419	1431	1442	1454	1506	1518	1527	1538	1550	1602	1614	1627	1639	1651	1703	1715	1726	1737	
Bow Church Station	1424	1436	1447	1459	1511	1523	1532	1543	1555	1607	1619	1632	1644	1656	1708	1720	1731	1742	
Stratford Bus Station	1435	1447	1458	1511	1523	1535	1544	1555	1607	1618	1630	1643	1655	1707	1720	1732	1743	1754	
Forest Gate Police Station	1449	1501	1513	1525	1537	1549	1558	1608	1620	1631	1643	1656	1709	1721	1734	1746	1757	1808	
Manor Park Broadway	1455	1506	1518	1530	1542	1554	1603	1613	1625	1636	1648	1701	1714	1726	1739	1751	1802	1813	
Ilford High Road Hainault Street	1511	1521	1533	1545	1557	1609	1617	1627	1639	1650	1702	1715	1728	1740	1753	1805	1816	1827	
Clapton Nightingale Road	1723	1735	1747	1759	1811	1823	1835	1847	1859	1911	1924	1937	1949	2002	2015	2027	2039	2051	
Homerton Hospital Homerton Grove	1733	1745	1757	1809	1822	1834	1846	1858	1910	1920	1933	1946	1958	2011	2024	2036	2048	2100	
Lauriston Road Church Crescent	1742	1754	1806	1818	1831	1843	1855	1907	1918	1928	1941	1954	2006	2019	2032	2044	2056	2107	
Mile End Grove Road	1749	1801	1813	1825	1838	1850	1902	1913	1924	1934	1947	2000	2011	2024	2037	2049	2101	2112	
Bow Church Station	1754	1806	1818	1830	1843	1855	1907	1918	1929	1939	1952	2004	2015	2028	2041	2053	2105	2116	
Stratford Bus Station	1806	1818	1830	1842	1855	1907	1917	1928	1939	1949	2002	2013	2024	2037	2050	2102	2114	2125	
Forest Gate Police Station	1820	1832	1844	1856	1908	1919	1929	1940	1951	2001	2013	2024	2035	2048	2101	2113	2125	2136	
Manor Park Broadway	1825	1837	1849	1901	1913	1924	1934	1945	1956	2006	2018	2029	2040	2053	2105	2117	2129	2140	
Ilford High Road Hainault Street	1839	1851	1903	1915	1927	1938	1948	1959	2010	2019	2031	2042	2053	2106	2115	2127	2139	2150	
Clapton Nightingale Road	2103	2115	2130	2145	2200	2215	2230	2245	2300	Then every 15 minutes until	0015								
Homerton Hospital Homerton Grove	2111	2123	2138	2153	2208	2223	2238	2253	2307		0022								
Lauriston Road Church Crescent	2118	2130	2145	2200	2215	2230	2245	2300	2314		0029								
Mile End Grove Road	2123	2135	2150	2205	2220	2235	2250	2305	2319		0034								
Bow Church Station	2127	2139	2154	2209	2224	2239	2254	2309	2323		0038								
Stratford Bus Station	2136	2148	2203	2218	2233	2248	2303	2318	2332		0047								
Forest Gate Police Station	2147	2159	2213	2228	2243	2258	2312	2327	2341		0056								
Manor Park Broadway	2151	2203	2217	2232	2247	2302	2316	2331	2345		0100								
Ilford High Road Hainault Street	2201	2212	2226	2241	2256	2311	2325	2340	2354	0109									