425 Ilford – Stratford – Clapton

425	Mondays to Fridays																					
Ilford High Road *Hainault Street*	0405	0425	0446	0508	0523	0537	0551	0605		1924	1937	1951	2004	2018	2031	2045	2058	2112	2125			
Manor Park *Broadway*	0413	0433	0454	0516	0531	0545	0559	0614	*Then*	1937	1950	2004	2017	2030	2042	2056	2109	2122	2135			
Forest Gate *Police Station*	0417	0437	0458	0520	0535	0549	0603	0619	*about*	1943	1956	2010	2023	2036	2048	2102	2114	2127	2140			
Stratford *Bus Station*	0426	0446	0507	0529	0545	0559	0614	0630	*every 11-12*	1956	2009	2022	2034	2047	2059	2113	2124	2137	2150			
Bow Church Station	0437	0458	0520	0543	0600	0615	0631	0648	*minutes*	2018	2030	2042	2053	2105	2117	2130	2141	2153	2205			
Lauriston Road *Church Crescent*	0446	0507	0529	0552	0609	0626	0642	0659	*until*	2031	2043	2055	2106	2118	2128	2141	2152	2204	2215			
Homerton Hospital *Homerton Grove*	0452	0513	0535	0558	0615	0633	0650	0707		2039	2051	2103	2114	2126	2136	2148	2159	2211	2222			
Clapton *Nightingale Road*	0457	0518	0540	0604	0623	0641	0658	0716		2048	2100	2112	2123	2135	2145	2156	2207	2219	2229			
Ilford High Road *Hainault Street*	2139	2152	2206	2219	2233	2249	2306	2322	2339	2355												
Manor Park *Broadway*	2149	2202	2216	2229	2241	2257	2314	2330	2347	0003												
Forest Gate *Police Station*	2154	2207	2220	2233	2245	2301	2318	2334	2351	0006												
Stratford *Bus Station*	2204	2217	2229	2242	2254	2310	2327	2343	2359	0014												
Bow Church Station	2218	2230	2241	2253	2305	2320	2337	2353	0009	0024												
Lauriston Road *Church Crescent*	2228	2240	2251	2303	2314	2329	2346	0002	0018	0033												
Homerton Hospital *Homerton Grove*	2235	2247	2258	2309	2320	2335	2352	0008	0024	0039												
Clapton *Nightingale Road*	2242	2254	2305	2315	2326	2341	2358	0013	0029	0044												

425	Saturdays (also Good Friday)																					
Ilford High Road *Hainault Street*	0405	0426	0448	0509	0525	0542	0558	0615	0631	0648	0704	0721	0737	0754	0810	0827	0841	0856		1909		
Manor Park *Broadway*	0413	0434	0456	0517	0533	0550	0606	0624	0640	0657	0713	0730	0746	0804	0820	0837	0851	0906	*Then*	1926		
Forest Gate *Police Station*	0416	0437	0459	0521	0537	0554	0610	0629	0645	0702	0718	0735	0751	0809	0825	0842	0856	0911	*about*	1932		
Stratford *Bus Station*	0425	0446	0508	0531	0547	0604	0620	0639	0655	0712	0729	0746	0802	0820	0836	0853	0908	0924	*every*	1947		
Bow Church Station	0435	0456	0519	0542	0558	0616	0633	0652	0708	0725	0743	0801	0818	0837	0853	0910	0926	0943	*11-12*	2007		
Lauriston Road *Church Crescent*	0442	0504	0528	0551	0607	0625	0642	0701	0718	0736	0754	0812	0830	0849	0906	0923	0939	0956	*mins.*	2020		
Homerton Hospital *Homerton Grove*	0448	0510	0534	0557	0613	0631	0648	0707	0725	0743	0801	0819	0837	0856	0913	0931	0947	1004	*until*	2029		
Clapton *Nightingale Road*	0453	0515	0539	0602	0619	0637	0654	0713	0731	0749	0807	0826	0844	0903	0921	0940	0956	1013		2039		
Ilford High Road *Hainault Street*	1923	1936	1949	2003	2016	2030	2044	2058	2112	2126	2140	2154	2208	2222	2236	2249	2305	2322	2338	2355		
Manor Park *Broadway*	1939	1952	2005	2019	2030	2042	2056	2110	2123	2137	2151	2205	2218	2231	2245	2258	2313	2330	2346	0003		
Forest Gate *Police Station*	1945	1958	2011	2025	2036	2048	2102	2115	2128	2142	2156	2209	2222	2235	2249	2302	2317	2334	2350	0007		
Stratford *Bus Station*	2000	2013	2024	2038	2049	2101	2114	2127	2140	2154	2207	2220	2233	2246	2300	2313	2327	2344	0000	0016		
Bow Church Station	2020	2031	2041	2055	2105	2117	2130	2142	2154	2207	2220	2233	2246	2259	2312	2325	2339	2356	0011	0027		
Lauriston Road *Church Crescent*	2033	2044	2054	2108	2118	2130	2142	2154	2206	2218	2231	2244	2257	2310	2323	2336	2350	0005	0020	0036		
Homerton Hospital *Homerton Grove*	2041	2052	2102	2116	2126	2138	2149	2201	2213	2225	2238	2251	2304	2317	2330	2343	2357	0012	0027	0043		
Clapton *Nightingale Road*	2051	2102	2112	2124	2134	2146	2157	2209	2221	2233	2245	2258	2311	2324	2337	2350	0004	0019	0034	0050		

425	Sundays and other Public Holidays (except Christmas Day)																					
Ilford High Road *Hainault Street*	0505	0526	0548	0609	0631	0652	0707	0723	0740	0756	0813	0829	0846	0902	0918	0932	0947	0959	1011	1024		
Manor Park *Broadway*	0514	0535	0557	0618	0640	0701	0716	0732	0749	0805	0822	0838	0855	0911	0928	0942	0957	1009	1022	1035		
Forest Gate *Police Station*	0518	0539	0601	0622	0644	0705	0721	0737	0754	0810	0827	0843	0900	0917	0934	0948	1003	1015	1028	1041		
Stratford *Bus Station*	0527	0548	0610	0632	0654	0715	0731	0747	0804	0820	0838	0854	0911	0928	0945	0959	1015	1027	1040	1053		
Bow Church Station	0538	0559	0621	0643	0705	0727	0744	0800	0818	0835	0853	0910	0928	0945	1003	1018	1035	1048	1102	1115		
Lauriston Road *Church Crescent*	0547	0608	0630	0652	0714	0736	0753	0810	0828	0846	0904	0921	0939	0957	1015	1031	1048	1101	1115	1129		
Homerton Hospital *Homerton Grove*	0553	0614	0636	0658	0720	0743	0800	0817	0835	0853	0911	0928	0946	1004	1022	1038	1055	1108	1122	1136		
Clapton *Nightingale Road*	0559	0620	0642	0704	0726	0749	0806	0823	0841	0859	0917	0935	0953	1011	1029	1045	1102	1116	1130	1144		
Ilford High Road *Hainault Street*	1037	1049	1103	1115	1128	1139	1150	1202	1215	1228	1242	1255	1308	1321	1335	1349	1403	1417	1431	1445		
Manor Park *Broadway*	1048	1100	1114	1127	1141	1153	1205	1217	1231	1244	1258	1311	1325	1338	1352	1407	1421	1435	1449	1502		
Forest Gate *Police Station*	1054	1106	1120	1133	1147	1159	1211	1224	1238	1251	1305	1318	1332	1345	1359	1414	1428	1442	1456	1509		
Stratford *Bus Station*	1106	1119	1133	1146	1200	1213	1226	1239	1253	1306	1320	1333	1347	1400	1414	1429	1443	1457	1511	1525		
Bow Church Station	1129	1142	1156	1209	1223	1236	1249	1302	1316	1329	1343	1356	1410	1423	1437	1452	1506	1520	1535	1549		
Lauriston Road *Church Crescent*	1143	1156	1210	1223	1237	1250	1303	1316	1330	1343	1357	1410	1424	1437	1451	1506	1520	1534	1549	1603		
Homerton Hospital *Homerton Grove*	1150	1203	1218	1231	1245	1258	1311	1325	1339	1353	1407	1420	1434	1447	1501	1516	1529	1543	1558	1612		
Clapton *Nightingale Road*	1158	1211	1227	1240	1254	1307	1321	1335	1350	1404	1419	1432	1446	1459	1513	1527	1541	1555	1609	1623		
Ilford High Road *Hainault Street*	1459	1512	1526	1539	1552	1606	1619	1633	1646	1700	1713	1727	1740	1753	1806	1820	1834	1848	1902	1917		
Manor Park *Broadway*	1516	1528	1542	1555	1608	1622	1634	1648	1701	1715	1727	1741	1754	1807	1819	1833	1847	1901	1915	1929		
Forest Gate *Police Station*	1523	1535	1549	1602	1615	1629	1641	1655	1708	1722	1734	1748	1801	1814	1825	1839	1853	1907	1921	1935		
Stratford *Bus Station*	1539	1551	1605	1618	1631	1644	1656	1710	1723	1737	1749	1803	1816	1829	1840	1854	1907	1920	1933	1947		
Bow Church Station	1603	1615	1629	1642	1655	1708	1720	1733	1746	1800	1812	1826	1838	1851	1901	1915	1928	1940	1953	2006		
Lauriston Road *Church Crescent*	1617	1629	1643	1656	1709	1722	1734	1747	1800	1813	1826	1839	1851	1904	1914	1928	1941	1953	2006	2019		
Homerton Hospital *Homerton Grove*	1626	1638	1652	1705	1718	1731	1743	1756	1809	1822	1835	1848	1900	1912	1922	1936	1949	2001	2013	2026		
Clapton *Nightingale Road*	1637	1649	1703	1716	1729	1742	1754	1807	1819	1832	1845	1858	1910	1921	1932	1945	1958	2010	2022	2035		
Ilford High Road *Hainault Street*	1931	1945	1959	2013	2027	2041	2055	2109	2125	2142	2159	2216	2233	2249	2305	2322	2338	2355				
Manor Park *Broadway*	1943	1957	2011	2024	2038	2052	2106	2119	2135	2152	2209	2224	2241	2257	2312	2329	2345	0002				
Forest Gate *Police Station*	1949	2003	2017	2029	2043	2057	2111	2124	2140	2157	2213	2228	2245	2301	2316	2333	2349	0006				
Stratford *Bus Station*	2001	2015	2028	2040	2054	2108	2121	2134	2150	2207	2223	2238	2255	2311	2326	2343	2358	0015				
Bow Church Station	2020	2033	2045	2057	2110	2123	2136	2149	2204	2220	2236	2251	2306	2321	2336	2353	0008	0025				
Lauriston Road *Church Crescent*	2032	2044	2056	2108	2121	2134	2147	2200	2214	2230	2246	2301	2316	2331	2346	0002	0017	0034				
Homerton Hospital *Homerton Grove*	2039	2051	2103	2115	2128	2141	2154	2207	2221	2237	2253	2308	2323	2338	2353	0009	0024	0040				
Clapton *Nightingale Road*	2048	2100	2112	2124	2136	2148	2201	2213	2227	2243	2259	2314	2329	2344	2359	0015	0030	0046				

425 Clapton – Stratford – Ilford

425	Mondays to Fridays																						
Clapton *Nightingale Road*	0420	0441	0503	0524	0540	0555	0609	0625						1805	1818	1830	1843	1855	1908	1920	1933	1946	2000
Homerton Hospital *Homerton Grove*	0427	0448	0510	0531	0547	0602	0617	0633		*Then*				1819	1831	1843	1856	1908	1921	1932	1945	1958	2012
Lauriston Road *Church Crescent*	0433	0454	0517	0538	0554	0609	0625	0641		*about*				1831	1842	1854	1907	1919	1932	1942	1955	2008	2021
Bow Church Station	0441	0502	0525	0546	0602	0619	0635	0651		*every 11-12*				1846	1857	1908	1920	1932	1945	1955	2008	2021	2033
Stratford *Bus Station*	0451	0513	0537	0559	0616	0635	0652	0709		*minutes*				1913	1924	1934	1945	1956	2008	2018	2030	2043	2054
Forest Gate *Police Station*	0458	0521	0545	0607	0624	0643	0700	0718		*until*				1927	1937	1947	1958	2009	2021	2031	2042	2054	2105
Manor Park *Broadway*	0501	0524	0548	0610	0627	0646	0704	0722						1932	1942	1952	2003	2013	2025	2035	2046	2058	2109
Ilford High Road *Hainault Street*	0509	0532	0556	0618	0635	0655	0714	0733						1947	1957	2007	2018	2028	2039	2048	2059	2110	2120
Clapton *Nightingale Road*	2013	2027	2040	2054	2107	2121	2134	2148	2201	2214	2227	2240	2253	2306	2322	2338	2354	0010					
Homerton Hospital *Homerton Grove*	2024	2038	2050	2104	2117	2130	2143	2157	2210	2223	2236	2249	2302	2314	2329	2345	0001	0017					
Lauriston Road *Church Crescent*	2032	2046	2058	2112	2124	2137	2150	2204	2217	2230	2243	2256	2309	2321	2336	2352	0008	0024					
Bow Church Station	2044	2058	2110	2123	2135	2148	2201	2214	2226	2239	2252	2305	2318	2330	2345	0001	0017	0032					
Stratford *Bus Station*	2104	2117	2128	2140	2151	2203	2216	2228	2240	2253	2305	2317	2329	2341	2355	0011	0026	0041					
Forest Gate *Police Station*	2115	2127	2138	2150	2201	2213	2225	2237	2249	2302	2313	2325	2337	2349	0003	0019	0034	0049					
Manor Park *Broadway*	2119	2131	2142	2154	2205	2217	2228	2240	2252	2305	2316	2328	2340	2352	0006	0022	0037	0052					
Ilford High Road *Hainault Street*	2130	2141	2152	2204	2215	2227	2237	2249	2301	2313	2324	2336	2348	0000	0014	0029	0044	0059					

425	Saturdays (also Good Friday)																						
Clapton *Nightingale Road*	0420	0441	0503	0524	0540	0557	0613	0630	0646	0703	0719	0736	0752	0809	0823	0837			1859	1912	1926		
Homerton Hospital *Homerton Grove*	0426	0447	0509	0530	0547	0604	0620	0637	0653	0710	0727	0744	0800	0817	0831	0845	*Then*		1910	1923	1937		
Lauriston Road *Church Crescent*	0433	0454	0516	0537	0554	0611	0627	0644	0700	0717	0734	0751	0807	0824	0838	0852	*about*		1919	1932	1946		
Bow Church Station	0440	0501	0524	0545	0602	0620	0636	0653	0709	0727	0744	0801	0818	0835	0849	0903	*every*		1932	1945	1959		
Stratford *Bus Station*	0451	0512	0535	0556	0613	0631	0648	0705	0721	0740	0758	0816	0834	0852	0907	0922	*11-12*		1954	2007	2021		
Forest Gate *Police Station*	0458	0520	0543	0604	0621	0639	0656	0713	0730	0749	0807	0825	0843	0901	0917	0933	*mins.*		2007	2020	2034		
Manor Park *Broadway*	0501	0523	0546	0607	0624	0642	0659	0716	0733	0752	0811	0829	0847	0905	0921	0937	*until*		2012	2024	2038		
Ilford High Road *Hainault Street*	0508	0530	0553	0615	0632	0650	0707	0724	0741	0800	0819	0838	0856	0915	0932	0948			2026	2037	2051		
Clapton *Nightingale Road*	1939	1953	2006	2020	2033	2047	2100	2114	2127	2141	2154	2208	2222	2236	2250	2304	2321	2337	2354	0010			
Homerton Hospital *Homerton Grove*	1950	2004	2017	2030	2043	2057	2110	2123	2136	2150	2203	2217	2231	2245	2259	2313	2329	2345	0002	0018			
Lauriston Road *Church Crescent*	1959	2013	2026	2039	2052	2106	2118	2131	2144	2158	2211	2224	2238	2252	2306	2320	2336	2352	0009	0024			
Bow Church Station	2012	2025	2038	2051	2104	2118	2130	2143	2156	2210	2222	2235	2248	2302	2315	2329	2345	0001	0018	0033			
Stratford *Bus Station*	2033	2045	2057	2110	2122	2135	2146	2159	2212	2225	2237	2250	2303	2316	2329	2342	2357	0012	0029	0044			
Forest Gate *Police Station*	2046	2058	2110	2122	2133	2145	2156	2209	2222	2235	2247	2300	2313	2325	2338	2351	0006	0021	0037	0052			
Manor Park *Broadway*	2050	2102	2114	2126	2137	2149	2200	2213	2226	2239	2251	2304	2317	2329	2342	2355	0009	0024	0040	0055			
Ilford High Road *Hainault Street*	2103	2115	2126	2138	2149	2201	2212	2225	2237	2249	2301	2314	2326	2338	2351	0004	0017	0031	0047	0102			

425	Sundays and other Public Holidays (except Christmas Day)																						
Clapton *Nightingale Road*	0520	0541	0603	0624	0646	0702	0719	0735	0752	0808	0824	0841	0857	0911	0927	0941	0956	1007	1020	1032			
Homerton Hospital *Homerton Grove*	0526	0547	0609	0630	0652	0708	0726	0742	0759	0815	0832	0850	0906	0920	0936	0950	1005	1016	1029	1041			
Lauriston Road *Church Crescent*	0532	0553	0616	0637	0659	0715	0733	0749	0806	0822	0839	0857	0913	0928	0944	0958	1013	1025	1038	1050			
Bow Church Station	0539	0601	0624	0645	0707	0725	0742	0758	0816	0833	0850	0908	0924	0939	0956	1010	1026	1038	1051	1103			
Stratford *Bus Station*	0549	0611	0634	0656	0719	0737	0754	0811	0829	0846	0904	0922	0939	0955	1012	1027	1044	1057	1111	1124			
Forest Gate *Police Station*	0556	0618	0641	0705	0728	0746	0803	0820	0838	0855	0913	0931	0948	1004	1021	1037	1054	1107	1121	1134			
Manor Park *Broadway*	0559	0621	0644	0708	0731	0749	0807	0824	0842	0859	0917	0935	0952	1008	1025	1041	1058	1111	1125	1138			
Ilford High Road *Hainault Street*	0606	0628	0651	0715	0739	0757	0816	0833	0851	0908	0926	0944	1001	1017	1035	1052	1110	1124	1139	1152			
Clapton *Nightingale Road*	1046	1059	1112	1126	1139	1153	1206	1220	1233	1247	1300	1314	1327	1341	1354	1408	1421	1435	1448	1502			
Homerton Hospital *Homerton Grove*	1055	1108	1122	1136	1149	1203	1216	1230	1243	1257	1310	1325	1338	1352	1405	1419	1433	1447	1500	1514			
Lauriston Road *Church Crescent*	1104	1117	1131	1145	1158	1212	1226	1240	1253	1308	1321	1336	1349	1403	1416	1430	1443	1457	1510	1524			
Bow Church Station	1117	1130	1144	1158	1211	1226	1240	1254	1307	1323	1337	1352	1405	1419	1432	1446	1459	1513	1525	1539			
Stratford *Bus Station*	1138	1151	1205	1219	1233	1248	1302	1316	1329	1346	1400	1415	1428	1442	1455	1509	1522	1536	1548	1602			
Forest Gate *Police Station*	1148	1201	1215	1230	1244	1259	1313	1328	1342	1359	1414	1429	1442	1456	1509	1523	1535	1549	1601	1615			
Manor Park *Broadway*	1152	1206	1220	1235	1249	1304	1318	1334	1348	1405	1420	1435	1448	1502	1515	1528	1540	1554	1606	1620			
Ilford High Road *Hainault Street*	1206	1220	1234	1249	1304	1320	1335	1351	1406	1422	1438	1454	1507	1521	1534	1547	1559	1612	1624	1637			
Clapton *Nightingale Road*	1515	1529	1542	1556	1610	1624	1637	1651	1704	1718	1731	1744	1757	1811	1824	1838	1851	1905	1918	1932			
Homerton Hospital *Homerton Grove*	1526	1540	1553	1607	1621	1635	1648	1702	1715	1729	1742	1755	1808	1822	1835	1849	1902	1916	1927	1941			
Lauriston Road *Church Crescent*	1536	1550	1603	1617	1630	1644	1657	1711	1724	1738	1751	1804	1817	1831	1844	1858	1911	1924	1935	1949			
Bow Church Station	1551	1605	1617	1631	1644	1658	1711	1725	1738	1752	1805	1818	1831	1845	1858	1911	1923	1936	1947	2001			
Stratford *Bus Station*	1614	1628	1640	1654	1707	1721	1734	1748	1801	1815	1828	1841	1854	1908	1920	1932	1944	1957	2008	2021			
Forest Gate *Police Station*	1627	1641	1653	1707	1720	1734	1747	1801	1814	1827	1840	1853	1906	1919	1931	1943	1955	2008	2019	2031			
Manor Park *Broadway*	1632	1646	1658	1712	1725	1739	1752	1806	1819	1832	1845	1858	1911	1924	1936	1948	2000	2013	2024	2036			
Ilford High Road *Hainault Street*	1649	1703	1715	1729	1742	1756	1809	1823	1836	1849	1902	1915	1927	1939	1951	2003	2015	2028	2039	2051			
Clapton *Nightingale Road*	1945	1959	2013	2027	2041	2055	2109	2123	2139	2156	2213	2230	2247	2304	2321	2337	2354	0010					
Homerton Hospital *Homerton Grove*	1954	2008	2022	2036	2050	2104	2118	2132	2148	2205	2221	2238	2255	2311	2328	2344	0001	0017					
Lauriston Road *Church Crescent*	2002	2016	2030	2044	2058	2112	2125	2139	2155	2212	2228	2245	2301	2317	2334	2350	0007	0023					
Bow Church Station	2014	2028	2042	2056	2109	2122	2135	2149	2204	2221	2237	2254	2310	2326	2343	2359	0016	0032					
Stratford *Bus Station*	2033	2046	2059	2112	2124	2137	2149	2203	2217	2233	2249	2306	2322	2337	2354	0010	0026	0042					
Forest Gate *Police Station*	2043	2056	2109	2122	2134	2147	2159	2213	2227	2243	2259	2316	2331	2346	0003	0019	0035	0051					
Manor Park *Broadway*	2048	2100	2113	2126	2138	2151	2203	2217	2231	2247	2303	2319	2334	2349	0006	0022	0038	0054					
Ilford High Road *Hainault Street*	2103	2114	2126	2138	2149	2201	2213	2226	2240	2256	2312	2328	2343	2358	0014	0030	0046	0102					