

58		Mondays to Thursdays (school days)																
East Ham White Horse	0440	0500	0520	0540	0600	0615	0629	0643	0656	0704	0713	0721	0729	0738	0746	0754	0803	0813
East Ham Newham Town Hall	0442	0502	0522	0542	0602	0617	0631	0645	0658	0706	0715	0723	0731	0740	0748	0756	0805	0815
Upton Park The Boleyn (Green Street)	0446	0506	0526	0546	0606	0621	0635	0650	0703	0712	0721	0729	0737	0746	0754	0803	0813	0823
Forest Gate Police Station (Green St.)	0451	0511	0531	0551	0611	0627	0641	0656	0709	0718	0727	0736	0744	0753	0802	0811	0821	0831
Forest Gate Station	0454	0514	0534	0554	0614	0630	0644	0659	0712	0721	0731	0740	0748	0757	0806	0816	0826	0836
Dames Road Wanstead Flats	0457	0517	0537	0557	0617	0633	0647	0702	0716	0725	0735	0744	0752	0801	0811	0821	0831	0841
Leytonstone Thatched House	0500	0520	0540	0600	0621	0637	0652	0707	0721	0730	0740	0749	0758	0807	0817	0827	0837	0847
Leyton Station	0502	0522	0543	0603	0624	0640	0656	0711	0726	0735	0745	0754	0803	0813	0823	0833	0843	0853
Markhouse Road Lea Bridge Road	0508	0528	0549	0610	0631	0647	0703	0718	0733	0743	0753	0803	0813	0823	0833	0843	0853	0903
Walthamstow South Grove	0512	0532	0553	0614	0635	0652	0708	0724	0739	0749	0759	0809	0819	0830	0840	0850	0900	0910
Walthamstow Central Station	0514	0534	0555	0616	0637	0654	0710	0726	0741	0751	0802	0812	0822	0833	0843	0853	0903	0913
East Ham White Horse	0823	Then every 10 minutes until	0913	0923	0934	Then every 10 minutes until	1144	1154	1204	1214	1224	1234	Then every 10 minutes until	1354	1404			
East Ham Newham Town Hall	0825		0915	0925	0936		1146	1156	1206	1216	1226	1236		1356	1406			
Upton Park The Boleyn (Green Street)	0833		0923	0933	0944		1154	1204	1214	1224	1234	1244		1404	1414			
Forest Gate Police Station (Green St.)	0841		0931	0941	0952		1202	1213	1223	1234	1244	1255		1415	1425			
Forest Gate Station	0846		0936	0946	0957		1207	1218	1228	1239	1250	1301		1421	1431			
Dames Road Wanstead Flats	0851		0941	0951	1002		1212	1223	1233	1244	1255	1306		1426	1436			
Leytonstone Thatched House	0857		0947	0957	1008		1218	1229	1239	1250	1301	1312		1432	1442			
Leyton Station	0903		0953	1003	1014		1224	1235	1245	1256	1307	1318		1438	1448			
Markhouse Road Lea Bridge Road	0913		1003	1013	1023		1233	1244	1255	1306	1317	1328		1448	1458			
Walthamstow South Grove	0920		1010	1019	1029		1239	1250	1301	1312	1323	1334		1454	1504			
Walthamstow Central Station	0923		1013	1022	1032		1242	1253	1304	1315	1326	1337		1457	1508			
East Ham White Horse	1414	1424	1434	1443	1452	Then every 10 minutes until	1732	1742	1752	1802	1812	1822	1832	1842	1852	1904	1916	
East Ham Newham Town Hall	1416	1426	1436	1445	1454		1734	1744	1754	1804	1814	1824	1834	1844	1854	1906	1918	
Upton Park The Boleyn (Green Street)	1424	1434	1444	1453	1502		1742	1752	1802	1812	1821	1831	1841	1851	1901	1913	1925	
Forest Gate Police Station (Green St.)	1435	1445	1455	1504	1513		1753	1803	1813	1823	1832	1841	1851	1901	1911	1923	1935	
Forest Gate Station	1441	1451	1501	1510	1520		1800	1810	1820	1830	1839	1848	1858	1908	1918	1930	1942	
Dames Road Wanstead Flats	1446	1456	1506	1516	1526		1806	1816	1826	1836	1845	1854	1904	1914	1924	1935	1947	
Leytonstone Thatched House	1452	1502	1512	1522	1532		1812	1822	1832	1842	1851	1900	1910	1920	1930	1941	1952	
Leyton Station	1458	1508	1519	1529	1539		1819	1829	1839	1849	1858	1907	1917	1927	1937	1948	1959	
Markhouse Road Lea Bridge Road	1508	1519	1530	1540	1550		1830	1840	1850	1859	1908	1917	1926	1936	1946	1957	2008	
Walthamstow South Grove	1515	1526	1537	1547	1557		1837	1847	1856	1905	1914	1923	1932	1941	1951	2002	2013	
Walthamstow Central Station	1519	1530	1541	1551	1601		1841	1850	1859	1908	1917	1926	1935	1944	1953	2004	2015	
East Ham White Horse	1930	1945	2000	2015	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345
East Ham Newham Town Hall	1932	1947	2002	2017	2032	2047	2102	2117	2132	2147	2202	2217	2232	2247	2302	2317	2332	2347
Upton Park The Boleyn (Green Street)	1939	1954	2009	2024	2039	2054	2109	2124	2138	2153	2208	2223	2238	2253	2308	2323	2337	2352
Forest Gate Police Station (Green St.)	1949	2003	2018	2033	2048	2103	2117	2132	2146	2201	2216	2230	2245	2300	2315	2330	2344	2356
Forest Gate Station	1955	2009	2023	2038	2053	2108	2122	2136	2150	2205	2220	2234	2249	2304	2319	2333	2347	0001
Dames Road Wanstead Flats	2000	2014	2028	2043	2058	2112	2126	2140	2154	2209	2224	2237	2252	2307	2322	2336	2350	0004
Leytonstone Thatched House	2005	2019	2033	2048	2103	2117	2131	2145	2159	2213	2227	2240	2255	2310	2325	2339	2353	0007
Leyton Station	2012	2026	2040	2055	2109	2123	2137	2151	2205	2217	2231	2244	2259	2314	2328	2342	2356	0010
Markhouse Road Lea Bridge Road	2021	2035	2049	2103	2117	2131	2145	2159	2213	2225	2239	2252	2307	2321	2335	2349	0003	0017
Walthamstow South Grove	2026	2040	2054	2108	2122	2136	2150	2204	2218	2230	2244	2257	2311	2325	2339	2353	0007	0021
Walthamstow Central Station	2028	2042	2056	2110	2124	2138	2152	2206	2220	2232	2246	2259	2313	2327	2341	2355	0009	0023
East Ham White Horse	0000	0015	0030	0045														
East Ham Newham Town Hall	0002	0017	0032	0047														
Upton Park The Boleyn (Green Street)	0007	0021	0036	0051														
Forest Gate Police Station (Green St.)	0012	0026	0041	0056														
Forest Gate Station	0015	0029	0044	0059														
Dames Road Wanstead Flats	0018	0032	0047	0102														
Leytonstone Thatched House	0021	0035	0050	0105														
Leyton Station	0024	0038	0053	0107														
Markhouse Road Lea Bridge Road	0031	0045	0100	0114														
Walthamstow South Grove	0035	0049	0104	0118														
Walthamstow Central Station	0037	0051	0106	0120														





58	Saturdays (also Good Friday)																	
East Ham White Horse	0440	0500	0520	0540	0600	0615	0630	0645	0700	0715	0730	0745	0800	0815	0829	0843	0852	0901
East Ham Newham Town Hall	0442	0502	0522	0542	0602	0617	0632	0647	0702	0717	0732	0747	0802	0817	0831	0845	0854	0903
Upton Park The Boleyn (Green Street)	0446	0506	0526	0546	0606	0621	0636	0652	0707	0722	0737	0752	0807	0822	0836	0850	0900	0909
Forest Gate Police Station (Green St.)	0451	0511	0531	0551	0611	0627	0641	0657	0712	0728	0743	0758	0813	0828	0843	0857	0907	0917
Forest Gate Station	0454	0514	0534	0554	0614	0630	0644	0700	0715	0731	0747	0802	0817	0832	0847	0901	0911	0921
Dames Road Wanstead Flats	0457	0517	0537	0557	0617	0633	0648	0704	0719	0735	0751	0806	0821	0836	0851	0906	0916	0926
Leytonstone Thatched House	0500	0520	0540	0600	0621	0637	0652	0708	0723	0739	0755	0810	0825	0841	0856	0911	0921	0931
Leyton Station	0502	0522	0543	0603	0624	0640	0656	0712	0727	0743	0759	0814	0829	0845	0900	0915	0925	0935
Markhouse Road Lea Bridge Road	0508	0528	0549	0610	0631	0647	0703	0719	0734	0750	0806	0822	0837	0853	0908	0923	0933	0943
Walthamstow South Grove	0512	0532	0553	0614	0635	0652	0708	0724	0739	0755	0811	0827	0843	0859	0914	0929	0939	0949
Walthamstow Central Station	0514	0534	0555	0616	0637	0654	0710	0726	0742	0758	0814	0830	0846	0902	0917	0932	0942	0952
East Ham White Horse	0911	0921	0930	0939	0948	0957	1006	1015	1024	1033	1043	1053	1103	1113	1123	1133	1143	1153
East Ham Newham Town Hall	0913	0923	0932	0941	0950	0959	1008	1017	1026	1035	1045	1055	1105	1115	1125	1135	1145	1155
Upton Park The Boleyn (Green Street)	0919	0929	0938	0947	0956	1005	1014	1023	1032	1042	1052	1102	1112	1122	1133	1143	1153	1203
Forest Gate Police Station (Green St.)	0927	0937	0946	0955	1004	1013	1023	1032	1041	1051	1101	1111	1122	1132	1143	1153	1203	1214
Forest Gate Station	0931	0941	0950	0959	1008	1018	1028	1037	1046	1056	1106	1116	1127	1137	1148	1158	1209	1220
Dames Road Wanstead Flats	0936	0946	0955	1004	1013	1023	1033	1042	1051	1101	1111	1121	1132	1142	1153	1203	1214	1225
Leytonstone Thatched House	0941	0951	1000	1009	1019	1029	1039	1048	1057	1107	1117	1127	1138	1148	1159	1209	1220	1231
Leyton Station	0945	0955	1004	1014	1024	1034	1044	1053	1103	1113	1123	1133	1144	1155	1206	1216	1227	1238
Markhouse Road Lea Bridge Road	0953	1003	1013	1023	1033	1043	1053	1103	1113	1123	1133	1143	1154	1205	1216	1226	1237	1248
Walthamstow South Grove	0959	1010	1020	1030	1040	1050	1100	1110	1120	1130	1140	1151	1202	1213	1224	1234	1245	1256
Walthamstow Central Station	1003	1014	1024	1034	1044	1054	1104	1114	1124	1134	1145	1156	1207	1218	1229	1240	1251	1302
East Ham White Horse	1203	1213	1223	1233	1243	1253	1303	1313	1323	1333	Then every 10 minutes until	1633	1643	1653	1703	1713	1723	
East Ham Newham Town Hall	1205	1215	1225	1235	1245	1255	1305	1315	1325	1335		1635	1645	1655	1705	1715	1725	
Upton Park The Boleyn (Green Street)	1213	1224	1234	1244	1254	1304	1314	1324	1334	1344		1644	1654	1704	1714	1724	1733	
Forest Gate Police Station (Green St.)	1224	1235	1246	1256	1307	1318	1329	1340	1351	1402		1702	1712	1722	1731	1740	1749	
Forest Gate Station	1230	1241	1252	1302	1313	1324	1335	1346	1357	1408		1708	1718	1728	1737	1746	1755	
Dames Road Wanstead Flats	1235	1246	1257	1307	1318	1329	1340	1351	1402	1413		1713	1723	1733	1742	1751	1800	
Leytonstone Thatched House	1241	1252	1303	1313	1324	1335	1346	1357	1408	1419		1719	1729	1739	1748	1757	1806	
Leyton Station	1248	1259	1310	1321	1332	1343	1354	1405	1416	1427		1727	1737	1746	1754	1803	1812	
Markhouse Road Lea Bridge Road	1259	1310	1321	1332	1343	1354	1405	1416	1427	1438		1738	1748	1757	1805	1813	1822	
Walthamstow South Grove	1307	1318	1329	1340	1351	1402	1413	1424	1435	1446		1746	1755	1804	1812	1820	1829	
Walthamstow Central Station	1313	1324	1335	1346	1357	1408	1419	1430	1441	1452	1752	1800	1808	1816	1824	1832		
East Ham White Horse	1733	1743	1753	1803	1813	1823	1833	1845	1900	1915	1930	1945	2000	2015	2030	2045	2100	2115
East Ham Newham Town Hall	1735	1745	1755	1805	1815	1825	1835	1847	1902	1917	1932	1947	2002	2017	2032	2047	2102	2117
Upton Park The Boleyn (Green Street)	1743	1753	1803	1813	1823	1833	1843	1854	1909	1924	1939	1954	2009	2024	2039	2053	2109	2124
Forest Gate Police Station (Green St.)	1758	1808	1817	1827	1836	1846	1855	1906	1920	1935	1950	2005	2020	2035	2050	2104	2117	2132
Forest Gate Station	1804	1813	1822	1832	1841	1851	1900	1911	1925	1939	1954	2009	2024	2039	2054	2108	2122	2136
Dames Road Wanstead Flats	1809	1818	1827	1837	1846	1856	1905	1916	1930	1944	1958	2013	2028	2043	2058	2112	2126	2140
Leytonstone Thatched House	1815	1824	1833	1842	1851	1901	1910	1921	1935	1949	2003	2018	2033	2048	2102	2116	2131	2145
Leyton Station	1821	1829	1838	1847	1856	1906	1915	1926	1940	1954	2008	2023	2038	2053	2107	2121	2137	2151
Markhouse Road Lea Bridge Road	1831	1839	1848	1857	1906	1916	1925	1936	1950	2004	2018	2033	2048	2102	2116	2130	2145	2159
Walthamstow South Grove	1837	1845	1854	1903	1912	1922	1931	1942	1956	2010	2024	2038	2052	2106	2120	2134	2150	2204
Walthamstow Central Station	1840	1848	1857	1906	1915	1924	1933	1944	1958	2012	2026	2040	2054	2108	2122	2136	2152	2206
East Ham White Horse	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345	0000	0015	0030	0045				
East Ham Newham Town Hall	2132	2147	2202	2217	2232	2247	2302	2317	2332	2347	0002	0017	0032	0047				
Upton Park The Boleyn (Green Street)	2138	2153	2208	2223	2238	2253	2308	2323	2337	2352	0007	0021	0036	0051				
Forest Gate Police Station (Green St.)	2146	2201	2216	2230	2245	2300	2315	2330	2344	2358	0012	0026	0041	0056				
Forest Gate Station	2150	2205	2220	2234	2249	2304	2319	2333	2347	0001	0015	0029	0044	0059				
Dames Road Wanstead Flats	2154	2209	2224	2237	2252	2307	2322	2336	2350	0004	0018	0032	0047	0102				
Leytonstone Thatched House	2159	2213	2227	2240	2255	2310	2325	2339	2353	0007	0021	0035	0050	0105				
Leyton Station	2205	2217	2231	2244	2259	2314	2328	2342	2356	0010	0024	0038	0053	0107				
Markhouse Road Lea Bridge Road	2213	2225	2239	2252	2307	2321	2335	2349	0003	0017	0031	0045	0100	0114				
Walthamstow South Grove	2218	2230	2244	2257	2311	2325	2339	2353	0007	0021	0035	0049	0104	0118				
Walthamstow Central Station	2220	2232	2246	2259	2313	2327	2341	2355	0009	0023	0037	0051	0106	0120				

58	Sundays and other Public Holidays (except Christmas Day and Boxing Day)																			
East Ham White Horse	0440	0500	0520	0540	0600	0620	0640	0656	0711	0726	0741	0756	0811	0826	0841	0856	0911	0926		
East Ham Newham Town Hall	0442	0502	0522	0542	0602	0622	0642	0658	0713	0728	0743	0758	0813	0828	0843	0858	0913	0928		
Upton Park The Boleyn (Green Street)	0446	0506	0526	0546	0606	0626	0646	0702	0717	0732	0747	0802	0817	0833	0848	0903	0918	0933		
Forest Gate Police Station (Green St.)	0451	0511	0531	0551	0611	0631	0651	0707	0722	0737	0752	0808	0823	0839	0854	0909	0925	0940		
Forest Gate Station	0454	0514	0534	0554	0614	0634	0654	0710	0725	0740	0755	0811	0827	0843	0858	0913	0929	0944		
Dames Road Wanstead Flats	0457	0517	0537	0557	0617	0637	0657	0713	0728	0743	0759	0815	0831	0847	0902	0917	0933	0948		
Leytonstone Thatched House	0500	0520	0540	0600	0620	0640	0700	0716	0731	0747	0803	0819	0835	0851	0906	0921	0937	0953		
Leyton Station	0502	0522	0542	0602	0623	0643	0704	0720	0735	0751	0807	0823	0839	0855	0910	0926	0942	0958		
Markhouse Road Lea Bridge Road	0508	0528	0548	0608	0629	0649	0710	0726	0742	0758	0814	0830	0846	0902	0918	0934	0950	1006		
Walthamstow South Grove	0512	0532	0552	0612	0633	0653	0714	0731	0747	0803	0819	0835	0851	0907	0923	0939	0955	1011		
Walthamstow Central Station	0514	0534	0554	0614	0635	0655	0716	0733	0749	0805	0821	0837	0853	0909	0925	0941	0957	1013		
East Ham White Horse	0941	0955	1009	1024	1039	1054	1108	1122	1136	1149	1203	1217	1231	1245	1300	1315	1330	1345		
East Ham Newham Town Hall	0943	0957	1011	1026	1041	1056	1110	1124	1138	1151	1205	1219	1233	1247	1302	1317	1332	1347		
Upton Park The Boleyn (Green Street)	0948	1002	1017	1032	1047	1102	1116	1130	1144	1157	1211	1226	1240	1254	1309	1324	1339	1355		
Forest Gate Police Station (Green St.)	0955	1009	1024	1039	1054	1109	1123	1138	1152	1205	1220	1235	1250	1304	1320	1335	1351	1407		
Forest Gate Station	0959	1013	1028	1043	1058	1114	1128	1143	1157	1210	1225	1240	1255	1309	1325	1341	1357	1413		
Dames Road Wanstead Flats	1003	1018	1033	1048	1103	1119	1133	1148	1202	1215	1230	1245	1300	1314	1330	1346	1402	1418		
Leytonstone Thatched House	1008	1023	1038	1053	1108	1124	1139	1154	1208	1221	1236	1251	1306	1320	1336	1352	1408	1424		
Leyton Station	1013	1028	1043	1058	1113	1129	1144	1159	1213	1226	1241	1256	1311	1326	1342	1358	1414	1430		
Markhouse Road Lea Bridge Road	1021	1036	1051	1106	1122	1138	1153	1208	1222	1236	1251	1306	1321	1336	1352	1408	1424	1440		
Walthamstow South Grove	1026	1041	1056	1112	1128	1144	1159	1214	1229	1243	1258	1313	1328	1343	1359	1415	1431	1447		
Walthamstow Central Station	1029	1044	1059	1115	1131	1147	1202	1217	1232	1246	1301	1316	1331	1346	1402	1418	1434	1450		
East Ham White Horse	1400	1415	1430					1545	1600	1615	1630	1645	1700	1715	1730	1745	1800	1815	1830	1845
East Ham Newham Town Hall	1402	1417	1432					1547	1602	1617	1632	1647	1702	1717	1732	1747	1802	1817	1832	1847
Upton Park The Boleyn (Green Street)	1410	1425	1440					1555	1610	1625	1640	1655	1710	1725	1740	1755	1810	1825	1840	1854
Forest Gate Police Station (Green St.)	1423	1439	1455					1610	1625	1640	1655	1710	1725	1739	1753	1807	1822	1837	1851	1905
Forest Gate Station	1429	1445	1501					1616	1631	1646	1701	1716	1731	1745	1759	1813	1828	1843	1857	1911
Dames Road Wanstead Flats	1434	1450	1506					1621	1636	1651	1706	1721	1736	1750	1804	1818	1833	1848	1902	1916
Leytonstone Thatched House	1440	1456	1512					1627	1642	1657	1712	1727	1742	1756	1810	1824	1838	1853	1907	1921
Leyton Station	1446	1502	1518					1633	1648	1703	1718	1733	1748	1802	1816	1830	1844	1859	1913	1927
Markhouse Road Lea Bridge Road	1456	1512	1528					1643	1658	1713	1728	1743	1758	1812	1826	1840	1854	1908	1922	1936
Walthamstow South Grove	1503	1519	1535					1650	1704	1719	1734	1749	1804	1818	1832	1846	1900	1914	1928	1942
Walthamstow Central Station	1506	1522	1538					1653	1707	1721	1736	1751	1806	1820	1834	1848	1902	1916	1930	1944
East Ham White Horse	1900	1915	1930	1945	2000	2015	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345
East Ham Newham Town Hall	1902	1917	1932	1947	2002	2017	2032	2047	2102	2117	2132	2147	2202	2217	2232	2247	2302	2317	2332	2347
Upton Park The Boleyn (Green Street)	1909	1924	1939	1954	2009	2024	2038	2053	2108	2123	2138	2153	2208	2223	2238	2253	2308	2323	2338	2353
Forest Gate Police Station (Green St.)	1919	1934	1949	2004	2019	2033	2047	2101	2116	2131	2146	2200	2215	2230	2245	2300	2315	2330	2345	2360
Forest Gate Station	1925	1939	1954	2009	2024	2038	2051	2105	2120	2135	2150	2204	2219	2234	2249	2304	2319	2333	2348	2363
Dames Road Wanstead Flats	1930	1944	1958	2013	2028	2042	2055	2109	2124	2139	2154	2208	2223	2237	2252	2307	2322	2336	2351	2406
Leytonstone Thatched House	1935	1949	2003	2018	2033	2047	2100	2114	2129	2143	2157	2211	2226	2240	2255	2310	2325	2339	2354	2409
Leyton Station	1941	1955	2009	2024	2039	2053	2106	2120	2134	2148	2202	2216	2230	2244	2259	2314	2328	2342	2357	2411
Markhouse Road Lea Bridge Road	1950	2004	2018	2033	2047	2101	2114	2128	2142	2156	2210	2224	2238	2252	2307	2321	2335	2349	2364	2418
Walthamstow South Grove	1956	2010	2024	2038	2052	2106	2119	2133	2147	2201	2215	2229	2243	2257	2311	2325	2339	2353	2408	2422
Walthamstow Central Station	1958	2012	2026	2040	2054	2108	2121	2135	2149	2203	2217	2231	2245	2259	2313	2327	2341	2355	2410	2424
East Ham White Horse	2330	2345	0000	0015	0030	0045														
East Ham Newham Town Hall	2332	2347	0002	0017	0032	0047														
Upton Park The Boleyn (Green Street)	2337	2352	0007	0021	0036	0051														
Forest Gate Police Station (Green St.)	2344	2358	0012	0026	0041	0056														
Forest Gate Station	2347	0001	0015	0029	0044	0059														
Dames Road Wanstead Flats	2350	0004	0018	0032	0047	0102														
Leytonstone Thatched House	2353	0007	0021	0035	0050	0105														
Leyton Station	2356	0010	0024	0038	0053	0107														
Markhouse Road Lea Bridge Road	0003	0017	0031	0045	0100	0114														
Walthamstow South Grove	0007	0021	0035	0049	0104	0118														
Walthamstow Central Station	0009	0023	0037	0051	0106	0120														

58	Mondays to Thursdays (school days)																	
Walthamstow Central Station	0500	0520	0540	0555	0610	0621	0631	0640	0648	0656	0704	0711	0719	0727	0735	0743	0751	0759
Walthamstow South Grove	0502	0522	0542	0557	0612	0623	0633	0642	0650	0658	0706	0713	0722	0730	0738	0746	0754	0802
Markhouse Road Lea Bridge Road	0505	0525	0545	0600	0615	0626	0638	0647	0655	0704	0712	0720	0729	0738	0747	0755	0804	0813
Leyton Station	0512	0532	0552	0608	0623	0634	0646	0655	0704	0713	0722	0731	0740	0749	0758	0807	0816	0826
Leytonstone Thatched House	0515	0535	0555	0611	0626	0637	0649	0658	0707	0717	0726	0735	0744	0753	0802	0811	0821	0831
Dames Road Wanstead Flats	0518	0538	0558	0614	0629	0641	0653	0702	0711	0721	0731	0740	0750	0759	0808	0817	0827	0837
Forest Gate Station	0521	0541	0602	0617	0633	0645	0658	0707	0716	0726	0736	0745	0755	0804	0814	0823	0833	0843
Forest Gate Police Station (Green St.)	0523	0543	0604	0620	0636	0648	0700	0710	0719	0729	0739	0748	0758	0808	0818	0827	0837	0847
Upton Park The Boleyn (Green Street)	0528	0548	0609	0625	0641	0654	0706	0716	0726	0736	0746	0756	0806	0816	0826	0836	0846	0856
East Ham Newham Town Hall	0532	0553	0614	0630	0646	0659	0710	0721	0731	0741	0751	0801	0812	0822	0832	0842	0852	0902
East Ham White Horse	0534	0555	0616	0632	0648	0701	0712	0723	0733	0743	0753	0803	0814	0824	0834	0844	0854	0904
Walthamstow Central Station	0807	0817	0827	0838	0849	0900	0911	0922	0933	0944	Then every 10 minutes until	1054	1103	1113	1123	1132	1142	
Walthamstow South Grove	0810	0820	0830	0841	0852	0903	0914	0925	0936	0947		1057	1106	1116	1126	1135	1145	
Markhouse Road Lea Bridge Road	0823	0833	0843	0854	0904	0915	0925	0935	0945	0955		1105	1114	1124	1134	1143	1153	
Leyton Station	0836	0846	0856	0907	0917	0927	0937	0947	0957	1007		1117	1127	1137	1147	1156	1206	
Leytonstone Thatched House	0841	0851	0901	0912	0922	0932	0942	0952	1001	1011		1121	1131	1141	1151	1200	1210	
Dames Road Wanstead Flats	0847	0857	0907	0918	0928	0938	0948	0958	1007	1017		1127	1137	1147	1157	1206	1216	
Forest Gate Station	0853	0903	0913	0923	0933	0943	0953	1003	1012	1022		1132	1142	1152	1202	1211	1221	
Forest Gate Police Station (Green St.)	0857	0907	0917	0927	0937	0947	0957	1007	1016	1026		1136	1146	1156	1206	1215	1225	
Upton Park The Boleyn (Green Street)	0906	0916	0925	0935	0945	0955	1005	1015	1025	1035		1145	1155	1205	1215	1225	1235	
East Ham Newham Town Hall	0912	0922	0931	0941	0951	1001	1011	1022	1032	1042		1152	1202	1212	1222	1232	1242	
East Ham White Horse	0914	0924	0933	0943	0953	1003	1013	1024	1034	1044	1154	1204	1214	1224	1234	1244		
Walthamstow Central Station	1152	1201	Then every 10 minutes until	1351	1401	1411	1420	1429	1438	1447	Then every 10 minutes until	1717	1727	1737	1747	1757		
Walthamstow South Grove	1155	1204		1354	1404	1414	1423	1432	1441	1450		1720	1730	1740	1750	1800		
Markhouse Road Lea Bridge Road	1203	1212		1402	1412	1422	1431	1440	1449	1459		1729	1739	1749	1759	1809		
Leyton Station	1216	1225		1415	1425	1435	1444	1453	1502	1512		1742	1752	1801	1811	1821		
Leytonstone Thatched House	1220	1229		1419	1429	1439	1448	1457	1507	1517		1747	1757	1806	1816	1826		
Dames Road Wanstead Flats	1226	1235		1425	1435	1445	1454	1504	1514	1524		1754	1804	1813	1823	1832		
Forest Gate Station	1231	1240		1430	1440	1450	1500	1510	1520	1530		1800	1810	1819	1829	1838		
Forest Gate Police Station (Green St.)	1235	1245		1435	1445	1455	1505	1515	1525	1535		1805	1815	1824	1834	1843		
Upton Park The Boleyn (Green Street)	1245	1255		1445	1455	1505	1515	1525	1535	1545		1815	1825	1834	1843	1852		
East Ham Newham Town Hall	1252	1302		1452	1503	1514	1524	1534	1544	1554		1824	1833	1842	1851	1900		
East Ham White Horse	1254	1304	1454	1505	1516	1526	1536	1546	1556	1826	1835	1844	1853	1902				
Walthamstow Central Station	1807	1817	1827	1837	1847	1859	1911	1923	1938	1953	2008	2023	2038	2053	2108	2123	2138	2154
Walthamstow South Grove	1810	1820	1830	1840	1850	1902	1914	1926	1941	1956	2011	2026	2041	2056	2111	2126	2141	2156
Markhouse Road Lea Bridge Road	1818	1828	1838	1848	1857	1909	1921	1933	1948	2002	2017	2032	2047	2102	2117	2131	2146	2201
Leyton Station	1830	1839	1849	1859	1908	1920	1932	1944	1958	2012	2027	2042	2057	2112	2127	2141	2156	2210
Leytonstone Thatched House	1835	1844	1854	1904	1913	1925	1937	1948	2002	2016	2031	2046	2101	2116	2131	2145	2200	2214
Dames Road Wanstead Flats	1841	1850	1900	1910	1919	1931	1943	1954	2008	2022	2037	2052	2107	2121	2136	2150	2205	2218
Forest Gate Station	1847	1856	1905	1915	1924	1936	1948	1959	2013	2027	2042	2057	2112	2126	2140	2154	2209	2222
Forest Gate Police Station (Green St.)	1852	1901	1910	1920	1929	1941	1952	2003	2017	2031	2045	2100	2115	2129	2143	2157	2212	2225
Upton Park The Boleyn (Green Street)	1901	1910	1919	1929	1938	1949	2000	2011	2025	2039	2053	2107	2122	2136	2150	2204	2219	2232
East Ham Newham Town Hall	1909	1918	1927	1936	1945	1956	2007	2018	2032	2046	2100	2114	2128	2142	2156	2210	2225	2238
East Ham White Horse	1911	1920	1929	1938	1947	1958	2009	2020	2034	2048	2102	2116	2130	2144	2158	2212	2227	2240
Walthamstow Central Station	2210	2225	2240	2255	2310	2325	2340	2355	0010	0024	0038	0053	0108					
Walthamstow South Grove	2212	2227	2242	2257	2312	2327	2342	2357	0012	0026	0040	0055	0110					
Markhouse Road Lea Bridge Road	2217	2231	2246	2301	2316	2331	2346	0001	0015	0029	0043	0058	0113					
Leyton Station	2225	2239	2254	2309	2324	2339	2354	0008	0022	0036	0050	0105	0120					
Leytonstone Thatched House	2228	2242	2257	2312	2327	2342	2357	0011	0025	0039	0053	0108	0123					
Dames Road Wanstead Flats	2232	2246	2300	2315	2330	2345	0000	0014	0028	0042	0056	0111	0126					
Forest Gate Station	2236	2250	2304	2319	2334	2349	0004	0018	0032	0046	0100	0115	0129					
Forest Gate Police Station (Green St.)	2239	2253	2307	2322	2337	2352	0006	0020	0034	0048	0102	0117	0131					
Upton Park The Boleyn (Green Street)	2246	2259	2313	2328	2343	2357	0011	0025	0039	0053	0107	0122	0136					
East Ham Newham Town Hall	2252	2305	2319	2333	2348	0002	0016	0030	0044	0058	0112	0127	0140					
East Ham White Horse	2254	2307	2321	2335	2350	0004	0018	0032	0046	0100	0114	0129	0142					

58	Fridays (school days)																		
Walthamstow Central Station	0500	0520	0540	0555	0610	0621	0631	0640	0648	0656	0704	0711	0719	0727	0735	0743	0751	0759	
Walthamstow South Grove	0502	0522	0542	0557	0612	0623	0633	0642	0650	0658	0706	0713	0722	0730	0738	0746	0754	0802	
Markhouse Road Lea Bridge Road	0505	0525	0545	0600	0615	0626	0638	0647	0655	0704	0712	0720	0729	0738	0747	0755	0804	0813	
Leyton Station	0512	0532	0552	0608	0623	0634	0646	0655	0704	0713	0722	0731	0740	0749	0758	0807	0816	0826	
Leytonstone Thatched House	0515	0535	0555	0611	0626	0637	0649	0658	0707	0717	0726	0735	0744	0753	0802	0811	0821	0831	
Dames Road Wanstead Flats	0518	0538	0558	0614	0629	0641	0653	0702	0711	0721	0731	0740	0750	0759	0808	0817	0827	0837	
Forest Gate Station	0521	0541	0602	0617	0633	0645	0658	0707	0716	0726	0736	0745	0755	0804	0814	0823	0833	0843	
Forest Gate Police Station (Green St.)	0523	0543	0604	0620	0636	0648	0700	0710	0719	0729	0739	0748	0758	0808	0818	0827	0837	0847	
Upton Park The Boleyn (Green Street)	0528	0548	0609	0625	0641	0654	0706	0716	0726	0736	0746	0756	0806	0816	0826	0836	0846	0856	
East Ham Newham Town Hall	0532	0553	0614	0630	0646	0659	0710	0721	0731	0741	0751	0801	0812	0822	0832	0842	0852	0902	
East Ham White Horse	0534	0555	0616	0632	0648	0701	0712	0723	0733	0743	0753	0803	0814	0824	0834	0844	0854	0904	
Walthamstow Central Station	0807	0817	0827	0838	0849	0900	0911	0922	0933	0944	Then every 10 minutes until	1054	1103	1113	1123	1132	1142		
Walthamstow South Grove	0810	0820	0830	0841	0852	0903	0914	0925	0936	0947		1057	1106	1116	1126	1135	1145		
Markhouse Road Lea Bridge Road	0823	0833	0843	0854	0904	0915	0925	0935	0945	0955		1105	1114	1124	1134	1143	1153		
Leyton Station	0836	0846	0856	0907	0917	0927	0937	0947	0957	1007		1117	1127	1137	1147	1156	1206		
Leytonstone Thatched House	0841	0851	0901	0912	0922	0932	0942	0952	1001	1011		1121	1131	1141	1151	1200	1210		
Dames Road Wanstead Flats	0847	0857	0907	0918	0928	0938	0948	0958	1007	1017		1127	1137	1147	1157	1206	1216		
Forest Gate Station	0853	0903	0913	0923	0933	0943	0953	1003	1012	1022		1132	1142	1152	1202	1211	1221		
Forest Gate Police Station (Green St.)	0857	0907	0917	0927	0937	0947	0957	1007	1016	1026		1136	1146	1156	1206	1215	1225		
Upton Park The Boleyn (Green Street)	0906	0916	0925	0935	0945	0955	1005	1015	1025	1035		1145	1155	1205	1215	1225	1235		
East Ham Newham Town Hall	0912	0922	0931	0941	0951	1001	1011	1022	1032	1042		1152	1202	1212	1222	1232	1242		
East Ham White Horse	0914	0924	0933	0943	0953	1003	1013	1024	1034	1044	1154	1204	1214	1224	1234	1244			
Walthamstow Central Station	1152	1201	Then every 10 minutes until	1351	1401	1411	1420	1429	1438	1447	Then every 10 minutes until	1607	1617	1627	1637	1647			
Walthamstow South Grove	1155	1204		1354	1404	1414	1423	1432	1441	1450		1610	1621	1631	1641	1651			
Markhouse Road Lea Bridge Road	1203	1212		1402	1412	1422	1431	1440	1449	1459		1619	1630	1641	1651	1701			
Leyton Station	1216	1225		1415	1425	1435	1444	1453	1502	1512		1632	1643	1654	1704	1714			
Leytonstone Thatched House	1220	1229		1419	1429	1439	1448	1457	1507	1517		1637	1648	1659	1709	1719			
Dames Road Wanstead Flats	1226	1235		1425	1435	1445	1454	1504	1514	1524		1644	1655	1706	1716	1726			
Forest Gate Station	1231	1240		1430	1440	1450	1500	1510	1520	1530		1650	1701	1712	1723	1733			
Forest Gate Police Station (Green St.)	1235	1245		1435	1445	1455	1505	1515	1525	1535		1655	1706	1717	1728	1738			
Upton Park The Boleyn (Green Street)	1245	1255		1445	1455	1505	1515	1525	1535	1545		1705	1717	1728	1740	1750			
East Ham Newham Town Hall	1252	1302		1452	1503	1514	1524	1534	1544	1554		1714	1726	1738	1750	1800			
East Ham White Horse	1254	1304	1454	1505	1516	1526	1536	1546	1556	1716	1728	1740	1752	1802					
Walthamstow Central Station	1657	1707	1717	1727	1737	1747	1757	1807	1817	1827	1837	1847	1859	1911	1923	1938	1953	2008	
Walthamstow South Grove	1701	1711	1721	1731	1741	1751	1801	1811	1820	1830	1840	1850	1902	1914	1926	1941	1956	2011	
Markhouse Road Lea Bridge Road	1711	1721	1731	1741	1751	1801	1811	1820	1829	1839	1849	1858	1910	1922	1934	1948	2003	2018	
Leyton Station	1724	1734	1744	1754	1804	1814	1824	1833	1842	1851	1901	1910	1922	1934	1945	1959	2014	2029	
Leytonstone Thatched House	1729	1739	1749	1759	1809	1819	1829	1838	1847	1856	1906	1915	1927	1939	1950	2004	2019	2034	
Dames Road Wanstead Flats	1736	1746	1756	1806	1816	1826	1836	1845	1854	1903	1913	1922	1933	1945	1956	2010	2025	2040	
Forest Gate Station	1743	1753	1803	1813	1823	1832	1842	1851	1900	1909	1919	1928	1939	1951	2002	2016	2030	2045	
Forest Gate Police Station (Green St.)	1748	1758	1808	1818	1828	1837	1847	1856	1905	1914	1924	1933	1944	1955	2006	2020	2034	2049	
Upton Park The Boleyn (Green Street)	1800	1810	1819	1828	1838	1847	1856	1905	1914	1923	1933	1942	1953	2004	2015	2029	2043	2057	
East Ham Newham Town Hall	1810	1819	1828	1837	1846	1855	1904	1913	1922	1931	1940	1949	2000	2011	2022	2036	2050	2104	
East Ham White Horse	1812	1821	1830	1839	1848	1857	1906	1915	1924	1933	1942	1951	2002	2013	2024	2038	2052	2106	
Walthamstow Central Station	2023	2038	2053	2108	2123	2138	2154	2210	2225	2240	2255	2310	2325	2340	2355	0010	0024	0038	
Walthamstow South Grove	2026	2041	2056	2111	2126	2141	2156	2212	2227	2242	2257	2312	2327	2342	2357	0012	0026	0040	
Markhouse Road Lea Bridge Road	2032	2047	2102	2116	2131	2146	2201	2217	2231	2246	2301	2316	2331	2346	0001	0015	0029	0043	
Leyton Station	2043	2057	2112	2126	2141	2155	2210	2225	2239	2254	2309	2324	2339	2354	0008	0022	0036	0050	
Leytonstone Thatched House	2048	2102	2117	2131	2145	2159	2214	2228	2242	2257	2312	2327	2342	2357	0011	0025	0039	0053	
Dames Road Wanstead Flats	2054	2108	2123	2136	2150	2204	2218	2232	2246	2300	2315	2330	2345	0000	0014	0028	0042	0056	
Forest Gate Station	2059	2113	2127	2140	2154	2208	2222	2236	2250	2304	2319	2334	2349	0004	0018	0032	0046	0100	
Forest Gate Police Station (Green St.)	2103	2117	2131	2144	2158	2211	2225	2239	2253	2307	2322	2337	2352	0006	0020	0034	0048	0102	
Upton Park The Boleyn (Green Street)	2111	2125	2139	2152	2206	2219	2232	2246	2259	2313	2328	2343	2357	0011	0025	0039	0053	0107	
East Ham Newham Town Hall	2118	2132	2146	2159	2213	2226	2238	2252	2305	2319	2333	2348	0002	0016	0030	0044	0058	0112	
East Ham White Horse	2120	2134	2148	2201	2215	2228	2240	2254	2307	2321	2335	2350	0004	0018	0032	0046	0100	0114	
Walthamstow Central Station	0053	0108																	
Walthamstow South Grove	0055	0110																	
Markhouse Road Lea Bridge Road	0058	0113																	
Leyton Station	0105	0120																	
Leytonstone Thatched House	0108	0123																	
Dames Road Wanstead Flats	0111	0126																	
Forest Gate Station	0115	0129																	
Forest Gate Police Station (Green St.)	0117	0131																	
Upton Park The Boleyn (Green Street)	0122	0136																	
East Ham Newham Town Hall	0127	0140																	
East Ham White Horse	0129	0142																	

58	Mondays to Fridays (school holidays)														Mons to Thurs			
Walthamstow Central Station	0500	0520	0540	0555	0610	0621	0632	0640	0648	0656	0704	0712	0720	0728	0736	0744	0753	0802
Walthamstow South Grove	0502	0523	0542	0557	0612	0623	0634	0642	0650	0658	0706	0714	0722	0730	0738	0746	0755	0804
Markhouse Road Lea Bridge Road	0505	0525	0545	0600	0615	0626	0637	0645	0654	0702	0711	0720	0729	0738	0747	0756	0806	0815
Leyton Station	0512	0532	0552	0608	0623	0634	0646	0654	0704	0712	0721	0731	0741	0750	0759	0808	0818	0827
Leytonstone Thatched House	0515	0535	0555	0611	0626	0637	0649	0657	0707	0716	0725	0735	0745	0754	0803	0812	0822	0831
Dames Road Wanstead Flats	0518	0538	0558	0614	0629	0641	0653	0702	0712	0721	0730	0740	0750	0800	0809	0818	0828	0837
Forest Gate Station	0521	0541	0601	0617	0633	0645	0657	0707	0717	0726	0735	0745	0755	0805	0814	0823	0833	0842
Forest Gate Police Station (Green St.)	0523	0543	0604	0620	0636	0648	0700	0710	0720	0730	0739	0749	0759	0809	0818	0827	0837	0846
Upton Park The Boleyn (Green Street)	0528	0548	0609	0625	0641	0654	0706	0716	0726	0736	0746	0756	0806	0816	0825	0834	0844	0854
East Ham Newham Town Hall	0532	0553	0614	0630	0646	0659	0711	0722	0732	0742	0752	0802	0812	0822	0831	0840	0850	0900
East Ham White Horse	0534	0555	0616	0632	0648	0701	0713	0724	0734	0744	0754	0804	0814	0824	0833	0842	0852	0902
	Mondays to Thursdays (cont.)										Fridays							
Walthamstow Central Station	0810	0820	0830	0840	0850	0901	0911	0921	0931	0736	0744	0752	0801	0810	0820	0830	0840	0850
Walthamstow South Grove	0812	0822	0832	0842	0852	0903	0913	0923	0933	0738	0746	0754	0803	0812	0822	0832	0842	0852
Markhouse Road Lea Bridge Road	0825	0835	0845	0855	0905	0914	0924	0934	0944	0747	0756	0806	0815	0825	0835	0845	0855	0905
Leyton Station	0838	0848	0858	0908	0918	0926	0935	0945	0955	0800	0809	0819	0828	0838	0848	0858	0908	0918
Leytonstone Thatched House	0842	0852	0902	0912	0922	0930	0939	0949	0959	0804	0813	0823	0832	0842	0852	0902	0912	0922
Dames Road Wanstead Flats	0848	0858	0908	0918	0928	0935	0944	0954	1004	0810	0819	0829	0838	0848	0858	0908	0918	0928
Forest Gate Station	0853	0903	0913	0923	0933	0940	0949	0959	1009	0815	0824	0834	0843	0853	0903	0913	0923	0933
Forest Gate Police Station (Green St.)	0857	0907	0917	0927	0937	0945	0954	1004	1014	0819	0828	0838	0847	0857	0907	0917	0927	0937
Upton Park The Boleyn (Green Street)	0905	0915	0925	0935	0945	0953	1003	1013	1023	0826	0835	0845	0855	0905	0915	0925	0935	0945
East Ham Newham Town Hall	0912	0922	0932	0942	0952	1000	1010	1020	1030	0832	0842	0852	0902	0912	0922	0932	0942	0952
East Ham White Horse	0914	0924	0934	0944	0954	1002	1012	1022	1032	0834	0844	0854	0904	0914	0924	0934	0944	0954
	Fridays (cont.)																	
Walthamstow Central Station	0901	0911	0921	0931	0942	0952	1003	Then every 10 minutes until	1243	1253	1303	Then every 10 minutes until	1443	1452	1501	1511		
Walthamstow South Grove	0903	0913	0923	0933	0944	0954	1005		1245	1255	1305		1445	1454	1503	1513		
Markhouse Road Lea Bridge Road	0916	0926	0936	0945	0954	1002	1012		1252	1302	1312		1452	1501	1510	1520		
Leyton Station	0928	0937	0947	0956	1005	1013	1023		1303	1314	1324		1504	1513	1522	1532		
Leytonstone Thatched House	0932	0941	0951	1000	1009	1017	1027		1307	1318	1328		1508	1517	1527	1537		
Dames Road Wanstead Flats	0937	0946	0956	1005	1014	1022	1032		1312	1323	1333		1513	1522	1532	1542		
Forest Gate Station	0942	0951	1001	1010	1019	1027	1037		1317	1328	1338		1518	1528	1538	1548		
Forest Gate Police Station (Green St.)	0947	0956	1006	1015	1024	1032	1042		1322	1333	1343		1523	1533	1543	1553		
Upton Park The Boleyn (Green Street)	0955	1005	1015	1024	1034	1043	1053		1333	1344	1354		1534	1544	1554	1604		
East Ham Newham Town Hall	1002	1012	1022	1031	1041	1050	1100		1340	1351	1402		1542	1552	1602	1612		
East Ham White Horse	1004	1014	1024	1033	1043	1052	1102	1342	1353	1404	1544	1554	1604	1614				
Walthamstow Central Station	1520	1529	1538	Then every 10 minutes until	1648	1658	1708	1718	1728	1738	1748	1758	1808	1818	1828	1838	1849	
Walthamstow South Grove	1522	1531	1540		1650	1700	1710	1720	1730	1740	1750	1800	1810	1820	1830	1840	1851	
Markhouse Road Lea Bridge Road	1530	1539	1549		1659	1709	1719	1729	1739	1748	1757	1807	1817	1827	1837	1847	1858	
Leyton Station	1542	1551	1601		1711	1721	1731	1741	1751	1800	1809	1819	1829	1839	1849	1859	1909	
Leytonstone Thatched House	1547	1556	1606		1716	1726	1736	1746	1756	1805	1814	1824	1834	1844	1854	1904	1914	
Dames Road Wanstead Flats	1552	1602	1612		1722	1732	1742	1752	1802	1811	1820	1830	1840	1850	1859	1909	1919	
Forest Gate Station	1558	1608	1618		1728	1737	1747	1757	1807	1816	1825	1835	1845	1855	1904	1914	1924	
Forest Gate Police Station (Green St.)	1603	1613	1623		1733	1742	1752	1802	1812	1821	1830	1840	1849	1859	1908	1918	1928	
Upton Park The Boleyn (Green Street)	1614	1624	1634		1744	1753	1803	1813	1823	1832	1841	1851	1900	1909	1918	1928	1938	
East Ham Newham Town Hall	1622	1632	1642		1752	1801	1811	1821	1831	1840	1849	1858	1907	1916	1925	1935	1945	
East Ham White Horse	1624	1634	1644	1754	1803	1813	1823	1833	1842	1851	1900	1909	1918	1927	1937	1947		
Walthamstow Central Station	1900	1912	1925	1940	1955	2010	2025	2040	2055	2110	2125	2140	2155	2210	2225	2240	2255	2310
Walthamstow South Grove	1902	1914	1927	1942	1957	2012	2027	2042	2057	2112	2127	2142	2157	2212	2227	2242	2257	2312
Markhouse Road Lea Bridge Road	1908	1920	1933	1948	2003	2018	2032	2047	2102	2117	2132	2147	2202	2217	2231	2246	2301	2316
Leyton Station	1919	1931	1944	1959	2013	2028	2042	2057	2111	2126	2141	2156	2210	2225	2239	2254	2309	2324
Leytonstone Thatched House	1924	1935	1948	2003	2017	2032	2046	2101	2115	2129	2144	2159	2213	2228	2242	2257	2312	2327
Dames Road Wanstead Flats	1929	1940	1953	2008	2022	2036	2050	2105	2119	2133	2148	2203	2217	2232	2246	2300	2315	2330
Forest Gate Station	1934	1945	1958	2013	2027	2041	2055	2110	2124	2138	2153	2208	2222	2236	2250	2304	2319	2334
Forest Gate Police Station (Green St.)	1938	1949	2002	2017	2031	2045	2059	2113	2127	2141	2156	2211	2225	2239	2253	2307	2322	2337
Upton Park The Boleyn (Green Street)	1948	1959	2011	2026	2040	2054	2107	2121	2135	2149	2204	2218	2232	2246	2259	2313	2328	2343
East Ham Newham Town Hall	1955	2006	2018	2033	2047	2101	2114	2128	2142	2156	2210	2224	2238	2252	2305	2319	2333	2348
East Ham White Horse	1957	2008	2020	2035	2049	2103	2116	2130	2144	2158	2212	2226	2240	2254	2307	2321	2335	2350
Walthamstow Central Station	2325	2340	2355	0010	0024	0038	0053	0108										
Walthamstow South Grove	2327	2342	2357	0012	0026	0040	0055	0110										
Markhouse Road Lea Bridge Road	2331	2346	0001	0015	0029	0043	0058	0113										
Leyton Station	2339	2354	0008	0022	0036	0050	0105	0120										
Leytonstone Thatched House	2342	2357	0011	0025	0039	0053	0108	0123										
Dames Road Wanstead Flats	2345	0000	0014	0028	0042	0056	0111	0126										
Forest Gate Station	2349	0004	0018	0032	0046	0100	0115	0129										
Forest Gate Police Station (Green St.)	2352	0006	0020	0034	0048	0102	0117	0131										
Upton Park The Boleyn (Green Street)	2357	0011	0025	0039	0053	0107	0122	0136										
East Ham Newham Town Hall	0002	0016	0030	0044	0058	0112	0127	0140										
East Ham White Horse	0004	0018	0032	0046	0100	0114	0129	0142										



58		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																
Walthamstow Central Station	0500		0720	0740	0755	0810	0825	0840	0854	0908	0922	0936	0950	1005	1019	1033	1047	
Walthamstow South Grove	0502		0722	0742	0757	0812	0828	0843	0857	0911	0925	0939	0953	1008	1022	1036	1050	
Markhouse Road Lea Bridge Road	0505		0725	0745	0800	0816	0832	0848	0902	0916	0930	0944	0958	1013	1027	1041	1056	
Leyton Station	0512	Then	0732	0752	0807	0823	0839	0855	0909	0923	0938	0952	1007	1022	1036	1050	1105	
Leytonstone Thatched House	0515	every 20	0735	0755	0810	0826	0842	0858	0912	0926	0941	0956	1011	1026	1040	1054	1109	
Dames Road Wanstead Flats	0518	minutes	0738	0758	0814	0830	0846	0902	0916	0930	0945	1000	1015	1030	1044	1058	1113	
Forest Gate Station	0521	until	0741	0802	0818	0834	0850	0906	0920	0934	0949	1004	1019	1034	1048	1103	1118	
Forest Gate Police Station (Green St.)	0523		0743	0804	0820	0836	0852	0908	0922	0937	0952	1007	1022	1037	1051	1106	1121	
Upton Park The Boleyn (Green Street)	0528		0748	0809	0825	0841	0857	0913	0928	0943	0958	1013	1028	1043	1058	1113	1128	
East Ham Newham Town Hall	0532		0752	0813	0829	0845	0901	0917	0932	0947	1002	1017	1032	1048	1103	1118	1134	
East Ham White Horse	0534		0754	0815	0831	0847	0903	0919	0934	0949	1004	1019	1034	1050	1105	1120	1136	
Walthamstow Central Station	1100	1113	1127	1140	1153	1206	1220	1233	1247	1301	1315	1329		1514	1530	1546	1601	
Walthamstow South Grove	1103	1116	1130	1143	1156	1209	1223	1236	1250	1304	1318	1332		1517	1533	1549	1604	
Markhouse Road Lea Bridge Road	1109	1123	1137	1150	1203	1217	1231	1244	1259	1313	1327	1342		1527	1543	1558	1613	
Leyton Station	1119	1133	1147	1201	1214	1228	1243	1257	1312	1326	1341	1356		1541	1557	1612	1627	
Leytonstone Thatched House	1123	1137	1151	1205	1218	1232	1247	1301	1316	1331	1346	1401		1546	1602	1617	1632	
Dames Road Wanstead Flats	1127	1142	1156	1210	1224	1238	1253	1307	1322	1337	1352	1407		1552	1608	1623	1638	
Forest Gate Station	1132	1147	1201	1215	1229	1243	1258	1312	1327	1342	1357	1412		1557	1613	1628	1643	
Forest Gate Police Station (Green St.)	1135	1150	1205	1219	1233	1248	1303	1317	1332	1347	1402	1417		1602	1618	1633	1648	
Upton Park The Boleyn (Green Street)	1143	1158	1213	1228	1243	1258	1313	1328	1343	1358	1413	1428		1613	1629	1644	1659	
East Ham Newham Town Hall	1149	1204	1220	1235	1250	1305	1321	1336	1352	1407	1422	1437		1622	1637	1652	1706	
East Ham White Horse	1151	1206	1222	1237	1252	1307	1323	1338	1354	1409	1424	1439		1624	1639	1654	1708	
Walthamstow Central Station	1617	1633	1648	1704	1719	1735	1751	1807	1822	1838	1854	1910	1925	1940	1955	2010	2025	2040
Walthamstow South Grove	1620	1636	1651	1707	1722	1738	1754	1810	1825	1841	1857	1913	1928	1943	1958	2013	2028	2043
Markhouse Road Lea Bridge Road	1628	1644	1659	1714	1729	1745	1801	1816	1831	1847	1903	1919	1934	1949	2004	2019	2033	2048
Leyton Station	1642	1657	1712	1727	1742	1757	1813	1828	1843	1859	1914	1930	1945	1959	2014	2029	2043	2058
Leytonstone Thatched House	1647	1702	1717	1732	1747	1802	1818	1833	1848	1904	1919	1934	1949	2003	2018	2033	2047	2102
Dames Road Wanstead Flats	1653	1708	1723	1738	1753	1808	1823	1838	1853	1909	1924	1939	1954	2008	2023	2038	2052	2107
Forest Gate Station	1658	1713	1728	1743	1758	1813	1828	1843	1858	1913	1928	1943	1958	2012	2027	2042	2056	2111
Forest Gate Police Station (Green St.)	1703	1718	1732	1747	1802	1817	1832	1847	1902	1917	1932	1947	2002	2016	2031	2046	2059	2114
Upton Park The Boleyn (Green Street)	1714	1729	1743	1758	1812	1827	1842	1857	1911	1926	1941	1956	2010	2024	2039	2053	2106	2121
East Ham Newham Town Hall	1721	1736	1750	1805	1819	1834	1849	1904	1918	1933	1948	2003	2017	2031	2045	2059	2112	2126
East Ham White Horse	1723	1738	1752	1807	1821	1836	1851	1906	1920	1935	1950	2005	2019	2033	2047	2101	2114	2128
Walthamstow Central Station	2055	2110	2125	2140	2155	2210	2225	2240	2255	2310	2325	2340	2355	0010	0024	0038	0053	0108
Walthamstow South Grove	2058	2113	2128	2143	2158	2212	2227	2242	2257	2312	2327	2342	2357	0012	0026	0040	0055	0110
Markhouse Road Lea Bridge Road	2103	2118	2133	2148	2203	2217	2231	2246	2301	2316	2331	2346	0001	0015	0029	0043	0058	0113
Leyton Station	2112	2127	2142	2157	2212	2225	2239	2254	2309	2324	2339	2354	0008	0022	0036	0050	0105	0120
Leytonstone Thatched House	2116	2131	2146	2201	2216	2228	2242	2257	2312	2327	2342	2357	0011	0025	0039	0053	0108	0123
Dames Road Wanstead Flats	2121	2135	2150	2205	2220	2232	2246	2300	2315	2330	2345	0000	0014	0028	0042	0056	0111	0126
Forest Gate Station	2125	2139	2154	2209	2224	2236	2250	2304	2319	2334	2349	0004	0018	0032	0046	0100	0115	0129
Forest Gate Police Station (Green St.)	2128	2142	2157	2212	2227	2239	2253	2307	2322	2337	2352	0006	0020	0034	0048	0102	0116	0131
Upton Park The Boleyn (Green Street)	2135	2149	2204	2219	2234	2246	2259	2313	2328	2343	2357	0011	0025	0039	0053	0107	0122	0136
East Ham Newham Town Hall	2140	2154	2209	2224	2239	2252	2305	2319	2333	2348	0002	0016	0030	0044	0058	0112	0126	0140
East Ham White Horse	2142	2156	2211	2226	2241	2254	2307	2321	2335	2350	0004	0018	0032	0046	0100	0114	0128	0142