

58		Mondays to Fridays																		
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	0828	0838	0848		
Leyton Station	0502	0522	0543	0603	0624	0640	0656	0711	0726	0735	0745	0754	0804	0814	0825	0836	0846	0856		
Markhouse Road Lea Bridge Road	0508	0528	0549	0610	0631	0647	0703	0718	0733	0743	0753	0803	0814	0824	0835	0846	0856	0906		
Walthamstow South Grove	0512	0532	0553	0614	0635	0652	0708	0724	0739	0749	0759	0809	0820	0831	0842	0853	0903	0913		
Walthamstow Central Station	0514	0534	0555	0616	0637	0654	0710	0726	0741	0751	0802	0812	0823	0834	0845	0856	0906	0916		
East Ham White Horse	0823			0913	0923	0934				1144	1154	1204	1214	1224	1234			1354	1403	
East Ham Newham Town Hall	0825			0915	0925	0936				1146	1156	1206	1216	1226	1236			1356	1405	
Upton Park The Boleyn (Green Street)	0833			0923	0933	0944				1154	1204	1214	1224	1234	1244			1404	1413	
Forest Gate Police Station (Green St.)	0841	Then		0931	0941	0952	Then			1202	1213	1223	1234	1244	1255	Then		1415	1424	
Forest Gate Station	0846	every 10		0936	0946	0957	every 10			1207	1218	1228	1239	1250	1301	every 10		1421	1430	
Dames Road Wanstead Flats	0851	minutes		0941	0951	1002	minutes			1212	1223	1233	1244	1255	1306	minutes		1426	1435	
Leytonstone Thatched House	0858	until		0948	0958	1009	until			1219	1230	1240	1251	1302	1313	until		1433	1442	
Leyton Station	0906			0956	1006	1017				1227	1238	1248	1259	1310	1321			1441	1450	
Markhouse Road Lea Bridge Road	0916			1006	1016	1026				1236	1247	1258	1309	1320	1331			1451	1500	
Walthamstow South Grove	0923			1013	1022	1032				1242	1253	1304	1315	1326	1337			1457	1506	
Walthamstow Central Station	0926			1016	1025	1035				1245	1256	1307	1318	1329	1340			1500	1510	
East Ham White Horse	1412	1421	1431	1440	1449					1819	1829	1839	1851	1903	1915	1930	1945	2000	2015	2030
East Ham Newham Town Hall	1414	1423	1433	1442	1451					1821	1831	1841	1853	1905	1917	1932	1947	2002	2017	2032
Upton Park The Boleyn (Green Street)	1422	1431	1441	1450	1459					1829	1839	1849	1901	1913	1925	1940	1955	2010	2025	2040
Forest Gate Police Station (Green St.)	1433	1442	1452	1501	1510	Then				1840	1850	1900	1912	1924	1936	1951	2005	2020	2035	2050
Forest Gate Station	1439	1448	1458	1507	1517	every 10				1847	1857	1907	1919	1931	1943	1958	2012	2027	2042	2056
Dames Road Wanstead Flats	1444	1453	1503	1513	1523	minutes				1853	1903	1913	1925	1937	1949	2003	2017	2032	2047	2101
Leytonstone Thatched House	1451	1500	1510	1520	1530	until				1900	1910	1920	1932	1943	1954	2008	2022	2037	2052	2106
Leyton Station	1459	1508	1518	1528	1538					1908	1918	1928	1940	1951	2002	2016	2030	2045	2059	2112
Markhouse Road Lea Bridge Road	1509	1519	1529	1539	1549					1919	1929	1939	1950	2000	2011	2025	2039	2053	2107	2120
Walthamstow South Grove	1516	1526	1536	1546	1556					1926	1935	1945	1956	2006	2017	2031	2045	2059	2113	2126
Walthamstow Central Station	1520	1530	1540	1550	1600					1930	1939	1948	1959	2008	2019	2033	2047	2101	2115	2128
East Ham White Horse	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345	0000	0015	0030	0045			
East Ham Newham Town Hall	2047	2102	2117	2132	2147	2202	2217	2232	2247	2302	2317	2332	2347	0002	0017	0032	0047			
Upton Park The Boleyn (Green Street)	2055	2110	2125	2139	2154	2208	2223	2238	2253	2308	2323	2337	2352	0007	0021	0036	0051			
Forest Gate Police Station (Green St.)	2105	2119	2134	2148	2203	2216	2230	2245	2300	2315	2330	2344	2358	0012	0026	0041	0056			
Forest Gate Station	2111	2125	2139	2153	2208	2220	2234	2249	2304	2319	2333	2347	0001	0015	0029	0044	0059			
Dames Road Wanstead Flats	2116	2129	2143	2157	2212	2224	2237	2252	2307	2322	2336	2350	0004	0018	0032	0047	0102			
Leytonstone Thatched House	2121	2134	2148	2202	2215	2227	2240	2255	2310	2325	2339	2353	0007	0021	0035	0050	0105			
Leyton Station	2127	2140	2154	2207	2219	2231	2244	2259	2314	2328	2342	2356	0010	0024	0038	0053	0107			
Markhouse Road Lea Bridge Road	2135	2148	2202	2215	2227	2239	2252	2307	2321	2335	2349	0003	0017	0031	0045	0100	0114			
Walthamstow South Grove	2140	2153	2207	2220	2232	2244	2257	2311	2325	2339	2353	0007	0021	0035	0049	0104	0118			
Walthamstow Central Station	2142	2155	2209	2222	2234	2246	2259	2313	2327	2341	2355	0009	0023	0037	0051	0106	0120			

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	0811	0827	0843	0859	0914	0928	0943	0958	1013	1028	1042	1056	1111	
Dames Road Wanstead Flats	0518	minutes	0738	0758	0815	0831	0847	0903	0918	0933	0948	1003	1018	1033	1047	1101	1116	
Forest Gate Station	0521	until	0741	0802	0819	0835	0851	0907	0922	0937	0952	1007	1022	1037	1051	1106	1121	
Forest Gate Police Station (Green St.)	0523		0743	0804	0821	0837	0853	0909	0924	0940	0955	1010	1025	1040	1054	1109	1124	
Upton Park The Boleyn (Green Street)	0528		0748	0809	0826	0842	0858	0914	0930	0946	1001	1016	1031	1046	1101	1116	1131	
East Ham Newham Town Hall	0532		0752	0813	0830	0846	0902	0918	0934	0950	1005	1020	1035	1051	1106	1121	1137	
East Ham White Horse	0534		0754	0815	0832	0848	0904	0920	0936	0952	1007	1022	1037	1053	1108	1123	1139	
Walthamstow Central Station	1100	1113	1127	1140	1153	1206	1219	1234	1249	1304	1319	1334		1534	1549	1604	1619	
Walthamstow South Grove	1103	1116	1130	1143	1156	1209	1222	1237	1252	1307	1322	1337		1537	1552	1607	1622	
Markhouse Road Lea Bridge Road	1109	1123	1137	1150	1203	1217	1230	1245	1301	1316	1331	1347		1547	1601	1616	1630	
Leyton Station	1119	1133	1147	1201	1214	1228	1242	1258	1314	1329	1345	1401		1601	1615	1630	1644	
Leytonstone Thatched House	1125	1140	1154	1208	1221	1236	1250	1306	1322	1337	1353	1409		1609	1623	1638	1652	
Dames Road Wanstead Flats	1130	1145	1200	1214	1228	1243	1257	1313	1329	1344	1400	1416		1616	1630	1645	1659	
Forest Gate Station	1135	1150	1205	1219	1233	1248	1302	1318	1334	1349	1405	1421		1621	1635	1650	1704	
Forest Gate Police Station (Green St.)	1138	1153	1209	1223	1237	1253	1307	1323	1339	1354	1410	1426		1626	1640	1655	1709	
Upton Park The Boleyn (Green Street)	1146	1201	1217	1232	1247	1303	1317	1334	1350	1405	1421	1437		1637	1651	1706	1720	
East Ham Newham Town Hall	1152	1207	1224	1239	1254	1310	1325	1342	1358	1413	1429	1445		1645	1659	1713	1727	
East Ham White Horse	1154	1209	1226	1241	1256	1312	1327	1344	1400	1415	1431	1447		1647	1701	1715	1729	
Walthamstow Central Station	1634	1649	1704	1719	1735	1751	1807	1822	1838	1854	1910	1925	1940	1955	2010	2025	2040	2055
Walthamstow South Grove	1637	1652	1707	1722	1738	1754	1810	1825	1841	1857	1913	1928	1943	1958	2013	2028	2043	2058
Markhouse Road Lea Bridge Road	1645	1700	1714	1729	1745	1801	1816	1831	1847	1903	1919	1934	1949	2004	2019	2033	2048	2103
Leyton Station	1658	1713	1727	1742	1757	1813	1828	1843	1859	1914	1930	1945	1959	2014	2029	2043	2058	2112
Leytonstone Thatched House	1706	1721	1735	1750	1805	1820	1835	1850	1905	1920	1935	1950	2004	2018	2033	2047	2102	2116
Dames Road Wanstead Flats	1713	1728	1742	1757	1812	1826	1841	1856	1911	1925	1940	1955	2009	2023	2038	2052	2107	2121
Forest Gate Station	1718	1733	1747	1802	1817	1831	1846	1901	1915	1929	1944	1959	2013	2027	2042	2056	2111	2125
Forest Gate Police Station (Green St.)	1723	1737	1751	1806	1821	1835	1850	1905	1919	1933	1948	2003	2017	2031	2046	2059	2114	2128
Upton Park The Boleyn (Green Street)	1734	1748	1802	1816	1831	1845	1900	1914	1928	1942	1957	2011	2025	2039	2053	2106	2121	2135
East Ham Newham Town Hall	1741	1755	1809	1823	1838	1852	1907	1921	1935	1949	2004	2018	2032	2045	2059	2112	2126	2140
East Ham White Horse	1743	1757	1811	1825	1840	1854	1909	1923	1937	1951	2006	2020	2034	2047	2101	2114	2128	2142
Walthamstow Central Station	2110	2125	2140	2155	2210	2225	2240	2255	2310	2325	2340	2355	0010	0024	0038	0053	0108	
Walthamstow South Grove	2113	2128	2143	2158	2212	2227	2242	2257	2312	2327	2342	2357	0012	0026	0040	0055	0110	
Markhouse Road Lea Bridge Road	2118	2133	2148	2203	2217	2231	2246	2301	2316	2331	2346	0001	0015	0029	0043	0058	0113	
Leyton Station	2127	2142	2157	2212	2225	2239	2254	2309	2324	2339	2354	0008	0022	0036	0050	0105	0120	
Leytonstone Thatched House	2131	2146	2201	2216	2228	2242	2257	2312	2327	2342	2357	0011	0025	0039	0053	0108	0123	
Dames Road Wanstead Flats	2135	2150	2205	2220	2232	2246	2300	2315	2330	2345	0000	0014	0028	0042	0056	0111	0126	
Forest Gate Station	2139	2154	2209	2224	2236	2250	2304	2319	2334	2349	0004	0018	0032	0046	0100	0115	0129	
Forest Gate Police Station (Green St.)	2142	2157	2212	2227	2239	2253	2307	2322	2337	2352	0006	0020	0034	0048	0102	0116	0131	
Upton Park The Boleyn (Green Street)	2149	2204	2219	2234	2246	2259	2313	2328	2343	2357	0011	0025	0039	0053	0107	0122	0136	
East Ham Newham Town Hall	2154	2209	2224	2239	2252	2305	2319	2333	2348	0002	0016	0030	0044	0058	0112	0126	0140	
East Ham White Horse	2156	2211	2226	2241	2254	2307	2321	2335	2350	0004	0018	0032	0046	0100	0114	0128	0142	