

58		Mondays to Fridays																		
East Ham White Horse	0440	0500	0520	0540	0600	0615	0629	0640	0652	0701	0710	0719	0727	0736	0745	0754	0803	0813		
East Ham Newham Town Hall	0442	0502	0522	0542	0602	0617	0631	0642	0654	0703	0712	0721	0729	0739	0748	0757	0806	0816		
Upton Park The Boleyn (Green Street)	0446	0506	0526	0546	0606	0622	0636	0647	0659	0708	0718	0727	0735	0745	0754	0804	0813	0823		
Forest Gate Police Station (Green St.)	0451	0511	0531	0551	0611	0627	0641	0652	0704	0714	0724	0733	0742	0752	0801	0811	0820	0830		
Forest Gate Station	0454	0514	0534	0554	0614	0630	0644	0655	0708	0718	0728	0737	0746	0756	0805	0815	0825	0835		
Dames Road Wanstead Flats	0457	0517	0537	0557	0617	0633	0647	0659	0712	0722	0732	0741	0751	0801	0810	0820	0830	0840		
Leytonstone Thatched House	0500	0520	0540	0600	0621	0637	0651	0703	0716	0726	0736	0746	0756	0806	0815	0825	0835	0845		
Leyton Station	0502	0522	0543	0603	0624	0640	0655	0707	0720	0730	0740	0750	0800	0810	0820	0830	0840	0850		
Markhouse Road Lea Bridge Road	0508	0528	0549	0610	0631	0647	0703	0715	0728	0739	0750	0800	0811	0821	0831	0841	0851	0901		
Walthamstow South Grove	0512	0532	0553	0614	0635	0652	0708	0721	0734	0745	0756	0807	0818	0828	0838	0848	0858	0908		
Walthamstow Central Station	0514	0534	0555	0616	0637	0654	0710	0723	0736	0747	0758	0809	0820	0830	0840	0850	0900	0910		
East Ham White Horse	0823					0933	0943	0953	1003	1013	1023	1033	1043	1053					NSD SD	
East Ham Newham Town Hall	0826					0936	0946	0956	1006	1016	1026	1036	1046	1056					1343 1353 1353	
Upton Park The Boleyn (Green Street)	0833					0943	0953	1003	1013	1023	1033	1043	1053	1103					1346 1356 1356	
Forest Gate Police Station (Green St.)	0840	Then				0950	1001	1011	1021	1032	1042	1052	1102	1113	Then				1233 1243	
Forest Gate Station	0845	every				0955	1006	1016	1026	1037	1047	1057	1107	1118	every				1236 1246	
Dames Road Wanstead Flats	0850	10				1000	1011	1021	1031	1042	1052	1102	1112	1123	10				1243 1253	
Leytonstone Thatched House	0855	mins.				1005	1016	1026	1036	1047	1057	1107	1117	1128	mins.				1253 1304	
Leyton Station	0900	until				1010	1020	1030	1040	1051	1101	1111	1121	1132	until				1258 1309	
Markhouse Road Lea Bridge Road	0911					1021	1031	1041	1051	1102	1112	1122	1132	1143					1303 1314	
Walthamstow South Grove	0918					1028	1038	1048	1058	1108	1118	1128	1138	1149					1308 1319	
Walthamstow Central Station	0920					1030	1040	1050	1100	1110	1120	1130	1140	1151					1312 1323	
		NSD	SD	NSD	SD	NSD	SD	NSD	SD	NSD	SD	NSD	SD	NSD	SD				1323 1334	
East Ham White Horse	1403	1403	1413	1413	1423	1423	1433	1433	1443	1443	1453	1453	1502	1502	1512				1329 1340	
East Ham Newham Town Hall	1406	1406	1416	1416	1426	1426	1436	1436	1446	1446	1456	1456	1505	1505	1515				1331 1342	
Upton Park The Boleyn (Green Street)	1413	1413	1423	1423	1433	1433	1443	1443	1453	1453	1503	1504	1513	1513	1523				1342 1353	
Forest Gate Police Station (Green St.)	1424	1424	1434	1434	1444	1444	1454	1454	1504	1504	1514	1515	1524	1524	1534				1353 1403 1403	
Forest Gate Station	1429	1429	1439	1440	1449	1450	1500	1500	1510	1510	1520	1521	1530	1531	1541				1404 1414 1414	
Dames Road Wanstead Flats	1434	1434	1444	1445	1454	1455	1505	1505	1515	1515	1525	1526	1535	1536	1546				1409 1419 1419	
Leytonstone Thatched House	1439	1439	1449	1450	1459	1500	1510	1510	1520	1520	1530	1531	1540	1541	1551				1414 1424 1424	
Leyton Station	1443	1443	1453	1454	1503	1504	1514	1514	1524	1525	1535	1536	1545	1546	1556				1419 1429 1429	
Markhouse Road Lea Bridge Road	1454	1454	1504	1505	1514	1515	1525	1525	1535	1536	1546	1547	1556	1557	1607				1423 1433 1433	
Walthamstow South Grove	1500	1501	1510	1512	1521	1522	1532	1533	1543	1544	1554	1555	1604	1605	1615				1434 1444 1444	
Walthamstow Central Station	1502	1503	1512	1514	1523	1524	1534	1535	1545	1546	1556	1557	1606	1607	1617				1440 1450 1451	
																			1442 1452 1453	
East Ham White Horse	1632	1642					1752	1802	1812	1822	1832	1842	1852	1904	1916	1930	1945	2000	2015	2030
East Ham Newham Town Hall	1635	1645					1755	1805	1815	1825	1835	1845	1854	1906	1918	1932	1947	2002	2017	2032
Upton Park The Boleyn (Green Street)	1643	1653					1803	1813	1823	1833	1843	1852	1901	1913	1925	1939	1954	2009	2024	2039
Forest Gate Police Station (Green St.)	1654	1704	Then				1814	1824	1834	1844	1854	1903	1912	1924	1935	1949	2004	2019	2034	2048
Forest Gate Station	1701	1711	every				1821	1831	1841	1851	1901	1910	1919	1930	1941	1955	2010	2024	2039	2053
Dames Road Wanstead Flats	1706	1716	10				1826	1836	1846	1856	1906	1915	1924	1935	1946	2000	2015	2029	2044	2057
Leytonstone Thatched House	1711	1721	mins.				1831	1841	1851	1901	1911	1920	1929	1940	1951	2005	2019	2033	2048	2101
Leyton Station	1716	1727	until				1837	1847	1857	1907	1916	1925	1934	1945	1956	2010	2024	2038	2053	2106
Markhouse Road Lea Bridge Road	1728	1739					1849	1859	1909	1918	1927	1936	1945	1956	2007	2020	2034	2048	2102	2115
Walthamstow South Grove	1736	1747					1857	1906	1916	1925	1934	1943	1951	2002	2013	2026	2040	2054	2108	2121
Walthamstow Central Station	1738	1749					1859	1908	1918	1927	1936	1945	1953	2004	2015	2028	2042	2056	2110	2123
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)	2053	2108	2123	2138	2153	2208	2223	2238	2253	2308	2323	2337	2352	0007	0021	0036	0051			
Forest Gate Police Station (Green St.)	2102	2117	2132	2146	2201	2216	2230	2245	2300	2315	2330	2344	2358	0012	0026	0041	0056			
Forest Gate Station	2107	2122	2136	2150	2205	2220	2234	2249	2304	2319	2333	2347	0001	0015	0029	0044	0059			
Dames Road Wanstead Flats	2111	2126	2140	2154	2209	2224	2237	2252	2307	2322	2336	2350	0004	0018	0032	0047	0102			
Leytonstone Thatched House	2115	2130	2144	2158	2213	2227	2240	2255	2310	2325	2339	2353	0007	0021	0035	0050	0105			
Leyton Station	2120	2134	2148	2202	2217	2231	2244	2259	2314	2328	2342	2356	0010	0024	0038	0053	0107			
Markhouse Road Lea Bridge Road	2129	2143	2157	2211	2225	2239	2252	2307	2321	2335	2349	0003	0017	0031	0045	0100	0114			
Walthamstow South Grove	2135	2149	2203	2216	2230	2244	2257	2311	2325	2339	2353	0007	0021	0035	0049	0104	0118			
Walthamstow Central Station	2137	2151	2205	2218	2232	2246	2259	2313	2327	2341	2355	0009	0023	0037	0051	0106	0120			
Notes:	SD - Operates on school days only								NSD - Operates during school holidays only											



## Sundays and other Public Holidays (except Christmas Day and Boxing Day)

East Ham White Horse	0440				0600	0620	0640	0656	0711	0726	0741	0756	0811	0826	0841	0856	0911	0926	0941		
East Ham Newham Town Hall	0442				0602	0622	0642	0658	0713	0728	0743	0758	0813	0828	0843	0858	0913	0928	0943		
Upton Park The Boleyn (Green Street)	0446				0606	0626	0646	0702	0717	0733	0748	0803	0818	0833	0848	0903	0918	0933	0948		
Forest Gate Police Station (Green St.)	0451				0611	0631	0651	0707	0722	0738	0753	0809	0824	0839	0854	0909	0924	0939	0955		
Forest Gate Station	0454				0614	0634	0654	0710	0725	0741	0757	0813	0828	0843	0858	0913	0928	0943	0959		
Dames Road Wanstead Flats	0457				0617	0637	0657	0713	0728	0744	0800	0816	0831	0846	0901	0916	0931	0947	1003		
Leytonstone Thatched House	0500				0620	0640	0700	0716	0731	0747	0803	0819	0834	0849	0905	0920	0935	0951	1007		
Leyton Station	0502				0622	0643	0703	0719	0735	0751	0807	0823	0838	0853	0909	0924	0939	0955	1011		
Markhouse Road Lea Bridge Road	0508				0628	0649	0710	0726	0742	0759	0815	0831	0847	0902	0918	0934	0949	1005	1021		
Walthamstow South Grove	0512				0632	0653	0714	0730	0746	0803	0820	0836	0852	0907	0923	0939	0955	1011	1027		
Walthamstow Central Station	0514				0634	0655	0716	0732	0748	0805	0822	0838	0854	0909	0925	0941	0957	1013	1029		
East Ham White Horse	0955	1009	1024	1039	1054	1108	1122	1136	1149	1203	1217	1231	1245				1545	1600	1615		
East Ham Newham Town Hall	0957	1011	1026	1041	1056	1111	1125	1139	1152	1206	1220	1234	1248				1548	1603	1618		
Upton Park The Boleyn (Green Street)	1002	1017	1032	1047	1102	1117	1131	1145	1159	1213	1227	1242	1256				1556	1611	1626		
Forest Gate Police Station (Green St.)	1009	1024	1039	1054	1109	1124	1139	1153	1207	1222	1237	1252	1307				1607	1622	1637		
Forest Gate Station	1013	1028	1043	1058	1113	1128	1143	1158	1212	1227	1242	1257	1312				1612	1627	1642		
Dames Road Wanstead Flats	1017	1032	1047	1102	1117	1132	1147	1202	1217	1232	1247	1302	1317				1617	1632	1647		
Leytonstone Thatched House	1021	1036	1051	1106	1121	1136	1151	1206	1221	1236	1251	1306	1321				1621	1636	1651		
Leyton Station	1026	1041	1056	1111	1126	1141	1156	1211	1226	1241	1256	1311	1326				1626	1640	1655		
Markhouse Road Lea Bridge Road	1036	1051	1107	1122	1138	1153	1208	1223	1238	1253	1308	1323	1338				1638	1652	1707		
Walthamstow South Grove	1042	1057	1113	1128	1144	1159	1214	1229	1244	1259	1314	1329	1344				1644	1658	1712		
Walthamstow Central Station	1044	1059	1115	1130	1146	1201	1216	1231	1246	1301	1316	1331	1346				1646	1700	1714		
East Ham White Horse	1630	1645						1745	1800	1815	1830	1845	1900	1915	1930	1945	2000	2015	2030	2045	2100
East Ham Newham Town Hall	1633	1648						1748	1803	1818	1833	1848	1903	1917	1932	1947	2002	2017	2032	2047	2102
Upton Park The Boleyn (Green Street)	1641	1656						1756	1811	1825	1840	1855	1910	1924	1939	1954	2009	2024	2039	2054	2108
Forest Gate Police Station (Green St.)	1652	1707						1807	1822	1836	1850	1905	1919	1933	1948	2002	2017	2032	2047	2102	2116
Forest Gate Station	1656	1711						1811	1826	1840	1854	1909	1923	1937	1952	2006	2021	2036	2051	2106	2120
Dames Road Wanstead Flats	1701	1716						1816	1831	1845	1859	1914	1928	1942	1956	2010	2025	2040	2055	2110	2124
Leytonstone Thatched House	1705	1720						1820	1835	1849	1903	1918	1932	1946	2000	2014	2029	2044	2059	2114	2128
Leyton Station	1709	1724						1824	1839	1853	1907	1922	1936	1950	2004	2018	2033	2048	2103	2118	2132
Markhouse Road Lea Bridge Road	1721	1735						1835	1850	1904	1918	1932	1946	2000	2014	2028	2043	2058	2112	2127	2141
Walthamstow South Grove	1726	1740						1840	1854	1908	1922	1936	1950	2004	2018	2032	2047	2102	2116	2131	2145
Walthamstow Central Station	1728	1742						1842	1856	1910	1924	1938	1952	2006	2020	2034	2049	2104	2118	2133	2147
East Ham White Horse	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345	0000	0015	0030	0045						
East Ham Newham Town Hall	2117	2132	2147	2202	2217	2232	2247	2302	2317	2332	2347	0002	0017	0032	0047						
Upton Park The Boleyn (Green Street)	2123	2138	2153	2208	2223	2238	2253	2308	2323	2337	2352	0007	0021	0036	0051						
Forest Gate Police Station (Green St.)	2131	2146	2201	2216	2230	2245	2300	2315	2330	2344	2358	0012	0026	0041	0056						
Forest Gate Station	2135	2150	2205	2220	2234	2249	2304	2319	2333	2347	0001	0015	0029	0044	0059						
Dames Road Wanstead Flats	2139	2154	2209	2224	2237	2252	2307	2322	2336	2350	0004	0018	0032	0047	0102						
Leytonstone Thatched House	2143	2158	2213	2227	2240	2255	2310	2325	2339	2353	0007	0021	0035	0050	0105						
Leyton Station	2147	2201	2216	2231	2244	2259	2314	2328	2342	2356	0010	0024	0038	0053	0107						
Markhouse Road Lea Bridge Road	2156	2210	2225	2239	2252	2307	2321	2335	2349	0003	0017	0031	0045	0100	0114						
Walthamstow South Grove	2200	2214	2229	2244	2257	2311	2325	2339	2353	0007	0021	0035	0049	0104	0118						
Walthamstow Central Station	2202	2216	2231	2246	2259	2313	2327	2341	2355	0009	0023	0037	0051	0106	0120						

58		Boxing Day																
East Ham White Horse	0815	0830	0845	0900	0915	0930	0945	0959	1013	1028	1042	1057	1111	1125	1139	1153	1207	1221
East Ham Newham Town Hall	0817	0832	0847	0902	0917	0932	0947	1001	1015	1030	1044	1059	1113	1127	1141	1155	1210	1224
Upton Park The Boleyn (Green Street)	0821	0836	0851	0906	0921	0936	0952	1006	1020	1035	1049	1104	1118	1132	1147	1201	1216	1231
Forest Gate Police Station (Green St.)	0826	0841	0856	0911	0926	0941	0957	1011	1026	1041	1055	1110	1124	1139	1154	1209	1224	1239
Forest Gate Station	0829	0844	0859	0914	0929	0944	1000	1015	1030	1045	1059	1114	1128	1143	1158	1213	1228	1243
Dames Road Wanstead Flats	0832	0847	0902	0917	0932	0947	1003	1018	1033	1048	1102	1117	1132	1147	1202	1217	1232	1247
Leytonstone Thatched House	0835	0850	0905	0920	0935	0950	1006	1021	1036	1051	1106	1121	1136	1151	1206	1221	1236	1251
Leyton Station	0837	0852	0907	0923	0938	0954	1010	1025	1040	1055	1110	1125	1140	1155	1210	1225	1240	1255
Markhouse Road Lea Bridge Road	0843	0858	0913	0929	0945	1001	1018	1033	1048	1104	1119	1134	1149	1204	1219	1234	1249	1304
Walthamstow South Grove	0847	0902	0917	0933	0949	1005	1022	1037	1052	1108	1123	1138	1153	1208	1223	1238	1253	1308
Walthamstow Central Station	0849	0904	0919	0935	0951	1007	1024	1039	1054	1110	1125	1140	1155	1210	1225	1240	1255	1310
East Ham White Horse	1235			1920	1935	1950	2005	2019	2033	2047	2101	2115	2130	2145	2200	2215	2230	2245
East Ham Newham Town Hall	1238			1923	1937	1952	2007	2021	2035	2049	2103	2117	2132	2147	2202	2217	2232	2247
Upton Park The Boleyn (Green Street)	1245			1930	1944	1959	2014	2028	2042	2056	2109	2123	2138	2153	2208	2223	2238	2253
Forest Gate Police Station (Green St.)	1254			1939	1953	2008	2022	2036	2050	2104	2117	2131	2146	2201	2216	2230	2245	2300
Forest Gate Station	1258			1943	1957	2012	2026	2040	2054	2108	2121	2135	2150	2205	2220	2234	2249	2304
Dames Road Wanstead Flats	1302			1947	2001	2016	2030	2044	2058	2112	2125	2139	2154	2209	2224	2237	2252	2307
Leytonstone Thatched House	1306			1951	2005	2020	2034	2048	2102	2116	2129	2143	2158	2213	2227	2240	2255	2310
Leyton Station	1310			1955	2009	2024	2038	2052	2106	2120	2133	2147	2201	2216	2231	2244	2259	2314
Markhouse Road Lea Bridge Road	1319			2004	2018	2033	2047	2101	2115	2129	2142	2156	2210	2225	2240	2253	2307	2321
Walthamstow South Grove	1323			2008	2022	2037	2051	2105	2119	2133	2146	2200	2214	2229	2244	2257	2311	2325
Walthamstow Central Station	1325			2010	2024	2039	2053	2107	2121	2135	2148	2202	2216	2231	2246	2259	2313	2327
East Ham White Horse	2300	2315	2330	2345	0000	0015	0030	0045										
East Ham Newham Town Hall	2302	2317	2332	2347	0002	0017	0032	0047										
Upton Park The Boleyn (Green Street)	2308	2323	2337	2352	0007	0021	0036	0051										
Forest Gate Police Station (Green St.)	2315	2330	2344	2358	0012	0026	0041	0056										
Forest Gate Station	2319	2333	2347	0001	0015	0029	0044	0059										
Dames Road Wanstead Flats	2322	2336	2350	0004	0018	0032	0047	0102										
Leytonstone Thatched House	2325	2339	2353	0007	0021	0035	0050	0105										
Leyton Station	2328	2342	2356	0010	0024	0038	0053	0107										
Markhouse Road Lea Bridge Road	2335	2349	0003	0017	0031	0045	0100	0114										
Walthamstow South Grove	2339	2353	0007	0021	0035	0049	0104	0118										
Walthamstow Central Station	2341	2355	0009	0023	0037	0051	0106	0120										

58																				
Mondays to Fridays																				
															NSD	SD	NSD	SD		
Walthamstow Central Station	0500	0520	0540	0555	0610	0621	0632	0640	0648	0656	0704	0712	0720	0728	0736	0736	0744	0744		
Walthamstow South Grove	0502	0522	0542	0557	0612	0623	0634	0642	0650	0658	0706	0714	0722	0730	0738	0738	0746	0746		
Markhouse Road Lea Bridge Road	0505	0525	0545	0600	0615	0626	0637	0645	0654	0702	0711	0720	0729	0738	0747	0747	0756	0756		
Leyton Station	0512	0532	0552	0608	0623	0634	0646	0654	0704	0712	0721	0731	0741	0750	0759	0800	0808	0809		
Leytonstone Thatched House	0515	0535	0555	0611	0626	0637	0649	0657	0707	0716	0725	0735	0745	0754	0803	0804	0812	0813		
Dames Road Wanstead Flats	0518	0538	0558	0614	0629	0641	0653	0702	0712	0721	0730	0740	0750	0800	0809	0810	0818	0819		
Forest Gate Station	0521	0541	0601	0617	0633	0645	0657	0707	0717	0726	0735	0745	0755	0805	0814	0815	0823	0824		
Forest Gate Police Station (Green St.)	0523	0543	0604	0620	0636	0648	0700	0710	0720	0730	0739	0749	0759	0809	0818	0819	0827	0828		
Upton Park The Boleyn (Green Street)	0528	0548	0609	0625	0641	0654	0706	0716	0726	0736	0746	0756	0806	0816	0825	0826	0834	0835		
East Ham Newham Town Hall	0532	0553	0614	0630	0646	0659	0711	0722	0732	0742	0752	0802	0812	0822	0831	0832	0840	0842		
East Ham White Horse	0534	0555	0616	0632	0648	0701	0713	0724	0734	0744	0754	0804	0814	0824	0833	0834	0842	0844		
	SD	NSD	SD	NSD	SD	NSD	SD	NSD	SD	NSD	SD	NSD	SD	NSD	NSD	SD	NSD	SD		
Walthamstow Central Station	0752	0753	0801	0802	0810	0811	0820	0821	0830	0831	0840	0841	0850	0851	0901	0901	0911	0911		
Walthamstow South Grove	0754	0755	0803	0804	0812	0813	0822	0823	0832	0833	0842	0843	0852	0853	0903	0903	0913	0913		
Markhouse Road Lea Bridge Road	0806	0806	0815	0815	0825	0824	0835	0834	0845	0844	0855	0854	0905	0904	0914	0916	0924	0926		
Leyton Station	0819	0818	0828	0827	0838	0836	0848	0846	0858	0856	0908	0906	0918	0916	0926	0928	0935	0937		
Leytonstone Thatched House	0823	0822	0832	0831	0842	0840	0852	0850	0902	0900	0912	0910	0922	0920	0930	0932	0939	0941		
Dames Road Wanstead Flats	0829	0828	0838	0837	0848	0846	0858	0856	0908	0906	0918	0916	0928	0926	0935	0937	0944	0946		
Forest Gate Station	0834	0833	0843	0842	0853	0851	0903	0901	0913	0911	0923	0921	0933	0931	0940	0942	0949	0951		
Forest Gate Police Station (Green St.)	0838	0837	0847	0846	0857	0855	0907	0905	0917	0915	0927	0925	0937	0935	0945	0947	0954	0956		
Upton Park The Boleyn (Green Street)	0845	0844	0855	0854	0905	0903	0915	0913	0925	0923	0935	0933	0945	0943	0953	0955	1003	1005		
East Ham Newham Town Hall	0852	0850	0902	0900	0912	0910	0922	0920	0932	0930	0942	0940	0952	0950	1000	1002	1010	1012		
East Ham White Horse	0854	0852	0904	0902	0914	0912	0924	0922	0934	0932	0944	0942	0954	0952	1002	1004	1012	1014		
	NSD	SD	NSD	SD											1443	1452	1501	1511		
Walthamstow Central Station	0921	0921	0931	0931	0942	0952	1003					1243	1253	1303						
Walthamstow South Grove	0923	0923	0933	0933	0944	0954	1005					1245	1255	1305						
Markhouse Road Lea Bridge Road	0934	0936	0944	0945	0954	1002	1012					1252	1302	1312						
Leyton Station	0945	0947	0955	0956	1005	1013	1023					1303	1314	1324						
Leytonstone Thatched House	0949	0951	0959	1000	1009	1017	1027					1307	1318	1328						
Dames Road Wanstead Flats	0954	0956	1004	1005	1014	1022	1032					1312	1323	1333						
Forest Gate Station	0959	1001	1009	1010	1019	1027	1037					1317	1328	1338						
Forest Gate Police Station (Green St.)	1004	1006	1014	1015	1024	1032	1042					1322	1333	1343						
Upton Park The Boleyn (Green Street)	1013	1015	1023	1024	1034	1043	1053					1333	1344	1354						
East Ham Newham Town Hall	1020	1022	1030	1031	1041	1050	1100					1340	1351	1402						
East Ham White Horse	1022	1024	1032	1033	1043	1052	1102					1342	1353	1404						
									Then every 10 minutes until											
Walthamstow Central Station	1520	1529	1538					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		
Notes:	SD - Operates on school days only								NSD - Operates during school holidays only											

58		Mondays to Fridays (cont.)																		
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		Saturdays (also Good Friday)																		
Walthamstow Central Station	0500	0520	0540	0600	0620	0640	0700	0720	0740	0800	0815	0830	0842	0854	0903	0912	0921	0931		
Walthamstow South Grove	0502	0522	0542	0602	0622	0642	0702	0722	0742	0802	0817	0832	0844	0856	0905	0914	0923	0933		
Markhouse Road Lea Bridge Road	0505	0525	0545	0605	0625	0645	0705	0726	0746	0806	0821	0836	0848	0900	0909	0918	0927	0937		
Leyton Station	0512	0532	0552	0612	0632	0653	0713	0734	0754	0814	0829	0844	0856	0909	0918	0927	0937	0947		
Leytonstone Thatched House	0515	0535	0555	0615	0635	0656	0716	0737	0757	0817	0833	0848	0900	0913	0922	0931	0941	0951		
Dames Road Wanstead Flats	0518	0538	0558	0618	0638	0659	0719	0740	0801	0821	0837	0852	0904	0917	0926	0935	0945	0955		
Forest Gate Station	0521	0541	0601	0621	0642	0703	0723	0744	0805	0825	0841	0856	0909	0922	0931	0941	0951	1001		
Forest Gate Police Station (Green St.)	0523	0543	0603	0623	0644	0705	0726	0747	0808	0828	0844	0859	0912	0925	0935	0945	0955	1005		
Upton Park The Boleyn (Green Street)	0528	0548	0608	0628	0649	0710	0731	0753	0814	0835	0851	0907	0920	0933	0943	0953	1003	1013		
East Ham Newham Town Hall	0532	0552	0612	0633	0654	0715	0736	0758	0819	0840	0856	0913	0926	0940	0950	1000	1010	1020		
East Ham White Horse	0534	0554	0614	0635	0656	0717	0738	0800	0821	0842	0858	0915	0928	0942	0952	1002	1012	1022		
Walthamstow Central Station	0940	0949	0958	1007	1017	1026	1035	1044	1053	1102	1112	1121	1130	1139	1148	1158	1208	1217		
Walthamstow South Grove	0942	0951	1000	1009	1019	1028	1037	1046	1055	1104	1114	1123	1132	1141	1150	1200	1210	1219		
Markhouse Road Lea Bridge Road	0946	0955	1005	1014	1024	1033	1042	1051	1100	1109	1119	1128	1138	1147	1156	1206	1216	1226		
Leyton Station	0956	1005	1015	1024	1034	1044	1053	1102	1112	1121	1131	1140	1150	1159	1208	1218	1228	1238		
Leytonstone Thatched House	1000	1009	1019	1029	1039	1049	1058	1107	1117	1126	1136	1145	1155	1204	1213	1223	1233	1243		
Dames Road Wanstead Flats	1004	1014	1024	1034	1044	1054	1103	1112	1122	1131	1141	1150	1200	1209	1218	1228	1238	1248		
Forest Gate Station	1010	1020	1030	1040	1050	1100	1109	1118	1128	1137	1147	1157	1207	1217	1226	1236	1246	1256		
Forest Gate Police Station (Green St.)	1014	1024	1034	1044	1054	1104	1113	1123	1133	1142	1152	1202	1212	1222	1231	1241	1251	1301		
Upton Park The Boleyn (Green Street)	1023	1033	1043	1053	1103	1113	1123	1133	1143	1152	1202	1212	1222	1232	1241	1251	1301	1311		
East Ham Newham Town Hall	1030	1040	1050	1100	1110	1120	1130	1140	1150	1200	1210	1220	1230	1240	1249	1259	1309	1319		
East Ham White Horse	1032	1042	1052	1102	1112	1122	1132	1142	1152	1202	1212	1222	1232	1242	1252	1302	1312	1322		
Walthamstow Central Station	1227	1237	1246	1256	1306	1316				1516	1527	1537	1547	1557	1607	1617	1628	1639	1649	1659
Walthamstow South Grove	1229	1239	1248	1258	1308	1318				1518	1529	1539	1549	1559	1609	1619	1630	1641	1651	1701
Markhouse Road Lea Bridge Road	1236	1246	1255	1305	1315	1325				1525	1535	1545	1555	1605	1615	1625	1636	1647	1657	1707
Leyton Station	1248	1258	1307	1317	1327	1337				1537	1547	1557	1607	1617	1627	1637	1648	1659	1709	1719
Leytonstone Thatched House	1253	1303	1312	1322	1332	1342				1542	1552	1602	1612	1622	1632	1642	1653	1704	1714	1724
Dames Road Wanstead Flats	1258	1308	1317	1327	1337	1347				1547	1557	1607	1617	1627	1637	1647	1658	1709	1719	1729
Forest Gate Station	1306	1316	1325	1335	1345	1354				1554	1604	1614	1624	1634	1644	1654	1705	1715	1725	1735
Forest Gate Police Station (Green St.)	1311	1321	1330	1340	1350	1359				1559	1609	1619	1629	1639	1649	1659	1709	1719	1729	1739
Upton Park The Boleyn (Green Street)	1321	1331	1341	1352	1403	1413				1613	1621	1632	1642	1653	1703	1713	1723	1732	1742	1752
East Ham Newham Town Hall	1329	1340	1350	1401	1412	1422				1622	1629	1640	1651	1702	1712	1722	1732	1741	1750	1759
East Ham White Horse	1332	1343	1353	1404	1415	1425				1625	1632	1643	1654	1705	1715	1724	1734	1743	1752	1801
Walthamstow Central Station	1710	1720	1730	1740	1750	1800	1810	1820	1831	1843	1855	1910	1925	1940	1955	2010	2025	2040		
Walthamstow South Grove	1712	1722	1732	1742	1752	1802	1812	1822	1833	1845	1857	1912	1927	1942	1957	2012	2027	2042		
Markhouse Road Lea Bridge Road	1718	1728	1738	1748	1758	1807	1817	1827	1838	1850	1902	1917	1932	1947	2002	2017	2032	2047		
Leyton Station	1730	1740	1750	1800	1810	1819	1829	1839	1850	1902	1914	1928	1943	1958	2013	2028	2042	2057		
Leytonstone Thatched House	1735	1745	1755	1805	1815	1824	1834	1844	1855	1907	1919	1933	1948	2003	2018	2033	2047	2102		
Dames Road Wanstead Flats	1740	1750	1800	1810	1820	1829	1839	1848	1859	1911	1923	1937	1952	2007	2022	2037	2051	2106		
Forest Gate Station	1746	1756	1806	1816	1826	1835	1845	1854	1905	1917	1929	1943	1958	2013	2028	2043	2056	2111		
Forest Gate Police Station (Green St.)	1750	1800	1810	1820	1830	1839	1849	1858	1909	1921	1933	1947	2001	2016	2031	2046	2059	2114		
Upton Park The Boleyn (Green Street)	1801	1811	1821	1830	1840	1849	1859	1908	1918	1930	1941	1955	2009	2024	2039	2053	2106	2121		
East Ham Newham Town Hall	1808	1818	1828	1837	1847	1856	1906	1915	1925	1937	1948	2002	2016	2031	2045	2059	2112	2127		
East Ham White Horse	1810	1820	1830	1839	1849	1858	1908	1917	1927	1939	1950	2004	2018	2033	2047	2101	2114	2129		
Walthamstow Central Station	2055	2110	2125	2140	2155	2210	2225	2240	2255	2310	2325	2340	2355	0010	0024	0038	0053	0108		
Walthamstow South Grove	2057	2112	2127	2142	2157	2212	2227	2242	2257	2312	2327	2342	2357	0012	0026	0040	0055	0110		
Markhouse Road Lea Bridge Road	2102	2117	2131	2146	2201	2216	2231	2246	2301	2316	2331	2346	0001	0015	0029	0043	0058	0113		
Leyton Station	2112	2127	2141	2155	2210	2224	2239	2254	2309	2324	2339	2354	0008	0022	0036	0050	0105	0120		
Leytonstone Thatched House	2116	2131	2145	2159	2213	2227	2242	2257	2312	2327	2342	2357	0011	0025	0039	0053	0108	0123		
Dames Road Wanstead Flats	2120	2135	2149	2203	2216	2231	2246	2300	2315	2330	2345	0000	0014	0028	0042	0056	0111	0126		
Forest Gate Station	2125	2140	2154	2208	2221	2235	2250	2304	2319	2334	2349	0004	0018	0032	0046	0100	0114	0129		
Forest Gate Police Station (Green St.)	2128	2143	2157	2211	2224	2238	2253	2307	2322	2337	2352	0006	0020	0034	0048	0102	0116	0131		
Upton Park The Boleyn (Green Street)	2136	2150	2204	2218	2231	2245	2259	2313	2328	2343	2357	0011	0025	0039	0053	0107	0121	0136		
East Ham Newham Town Hall	2142	2156	2210	2224	2237	2251	2305	2319	2333	2348	0002	0016	0030	0044	0058	0112	0126	0140		
East Ham White Horse	2144	2158	2212	2226	2239	2253	2307	2321	2335	2350	0004	0018	0032	0046	0100	0114	0128	0142		

58		Sundays and other Public Holidays (except Christmas Day and Boxing Day)															
Walthamstow Central Station	0500		0720	0739	0756	0810	0824	0838	0852	0906	0920	0934	0948	1002	1016	1030	1044
Walthamstow South Grove	0502		0722	0741	0758	0812	0826	0840	0854	0908	0922	0936	0950	1004	1018	1032	1046
Markhouse Road Lea Bridge Road	0505		0725	0744	0801	0816	0830	0844	0858	0912	0926	0940	0954	1008	1023	1037	1051
Leyton Station	0512	Then	0732	0751	0808	0823	0837	0852	0906	0920	0935	0949	1003	1018	1033	1047	1102
Leytonstone Thatched House	0515	every 20	0735	0754	0811	0826	0840	0855	0909	0923	0938	0952	1007	1022	1037	1051	1106
Dames Road Wanstead Flats	0518	minutes	0738	0757	0814	0829	0843	0858	0913	0927	0942	0956	1011	1026	1041	1055	1110
Forest Gate Station	0521	until	0741	0800	0817	0832	0846	0901	0916	0930	0945	0959	1014	1029	1044	1058	1113
Forest Gate Police Station (Green St.)	0523		0743	0802	0819	0834	0849	0904	0919	0933	0948	1002	1017	1032	1047	1102	1117
Upton Park The Boleyn (Green Street)	0528		0748	0808	0825	0840	0855	0910	0925	0940	0955	1009	1024	1039	1054	1109	1124
East Ham Newham Town Hall	0532		0752	0812	0830	0845	0900	0915	0930	0945	1000	1015	1030	1045	1100	1115	1130
East Ham White Horse	0534		0754	0814	0832	0847	0902	0917	0932	0947	1002	1017	1032	1047	1102	1117	1132
Walthamstow Central Station	1058	1112	1126	1141	1155	1209	1223	1237	1251	1305		1535	1551	1606	1622	1638	1654
Walthamstow South Grove	1100	1114	1128	1143	1157	1211	1225	1239	1253	1307		1537	1553	1608	1624	1640	1656
Markhouse Road Lea Bridge Road	1105	1119	1133	1148	1203	1217	1231	1245	1259	1313		1543	1559	1614	1629	1645	1701
Leyton Station	1116	1130	1144	1159	1214	1228	1243	1257	1312	1326	Then	1556	1611	1626	1641	1656	1712
Leytonstone Thatched House	1120	1134	1148	1203	1218	1232	1247	1302	1317	1331	every 15	1601	1616	1631	1646	1701	1716
Dames Road Wanstead Flats	1124	1138	1152	1207	1222	1236	1251	1306	1321	1335	minutes	1605	1620	1635	1650	1705	1720
Forest Gate Station	1127	1141	1155	1210	1225	1239	1254	1309	1324	1338	until	1608	1623	1638	1653	1708	1723
Forest Gate Police Station (Green St.)	1131	1145	1159	1214	1229	1243	1258	1313	1328	1342		1612	1627	1642	1657	1712	1727
Upton Park The Boleyn (Green Street)	1139	1153	1208	1223	1238	1253	1308	1323	1338	1353		1623	1638	1653	1708	1723	1738
East Ham Newham Town Hall	1145	1200	1215	1230	1245	1300	1315	1330	1345	1400		1630	1645	1700	1715	1730	1745
East Ham White Horse	1147	1202	1217	1232	1247	1302	1317	1332	1347	1402		1632	1647	1702	1717	1732	1747
Walthamstow Central Station	1709		1854	1910	1925	1940	1955	2010	2025	2040	2055	2110	2125	2140	2155	2210	2225
Walthamstow South Grove	1711		1856	1912	1927	1942	1957	2012	2027	2042	2057	2112	2127	2142	2157	2212	2227
Markhouse Road Lea Bridge Road	1716		1901	1916	1931	1946	2001	2016	2031	2046	2101	2116	2131	2146	2201	2216	2231
Leyton Station	1727	Then	1912	1927	1942	1957	2012	2026	2041	2056	2111	2126	2141	2155	2210	2224	2239
Leytonstone Thatched House	1731	every 15	1916	1931	1946	2001	2016	2030	2045	2100	2115	2130	2145	2159	2213	2227	2242
Dames Road Wanstead Flats	1735	minutes	1920	1935	1950	2005	2020	2034	2049	2104	2118	2133	2148	2202	2216	2231	2246
Forest Gate Station	1738	until	1923	1938	1953	2008	2023	2037	2052	2107	2121	2136	2151	2207	2221	2235	2250
Forest Gate Police Station (Green St.)	1742		1927	1942	1957	2012	2026	2040	2055	2110	2124	2139	2154	2210	2224	2238	2253
Upton Park The Boleyn (Green Street)	1753		1938	1953	2008	2022	2036	2050	2104	2118	2132	2147	2201	2217	2231	2245	2259
East Ham Newham Town Hall	1800		1945	2000	2015	2029	2043	2057	2111	2125	2139	2153	2207	2223	2237	2251	2305
East Ham White Horse	1802		1947	2002	2017	2031	2045	2059	2113	2127	2141	2155	2209	2225	2239	2253	2307
Walthamstow Central Station	2240	2255	2310	2325	2340	2355	0010	0024	0038	0053	0108						
Walthamstow South Grove	2242	2257	2312	2327	2342	2357	0012	0026	0040	0055	0110						
Markhouse Road Lea Bridge Road	2246	2301	2316	2331	2346	0001	0015	0029	0043	0058	0113						
Leyton Station	2254	2309	2324	2339	2354	0008	0022	0036	0050	0105	0120						
Leytonstone Thatched House	2257	2312	2327	2342	2357	0011	0025	0039	0053	0108	0123						
Dames Road Wanstead Flats	2300	2315	2330	2345	0000	0014	0028	0042	0056	0111	0126						
Forest Gate Station	2304	2319	2334	2349	0004	0018	0032	0046	0100	0115	0129						
Forest Gate Police Station (Green St.)	2307	2322	2337	2352	0006	0020	0034	0048	0102	0117	0131						
Upton Park The Boleyn (Green Street)	2313	2328	2343	2357	0011	0025	0039	0053	0107	0122	0136						
East Ham Newham Town Hall	2319	2333	2348	0002	0016	0030	0044	0058	0112	0127	0140						
East Ham White Horse	2321	2335	2350	0004	0018	0032	0046	0100	0114	0129	0142						

58		Boxing Day																
Walthamstow Central Station	0804		0904	0918	0932	0946	1000	1014	1028	1042	1056	1110	1124			1854	1909	
Walthamstow South Grove	0806		0906	0920	0934	0948	1002	1016	1030	1044	1058	1112	1126			1856	1911	
Markhouse Road Lea Bridge Road	0809		0909	0924	0938	0952	1006	1020	1034	1048	1102	1116	1131			1901	1915	
Leyton Station	0816	Then	0916	0931	0945	1000	1014	1029	1043	1057	1112	1126	1141	Then		1911	1925	
Leytonstone Thatched House	0819	every 15	0919	0934	0948	1003	1017	1032	1046	1101	1116	1130	1145	every 15		1915	1929	
Dames Road Wanstead Flats	0822	minutes	0922	0937	0951	1006	1020	1035	1049	1104	1119	1133	1148	minutes		1918	1933	
Forest Gate Station	0825	until	0925	0940	0954	1009	1023	1038	1052	1107	1122	1136	1151	until		1921	1936	
Forest Gate Police Station (Green St.)	0827		0927	0942	0957	1012	1026	1041	1055	1110	1125	1139	1154			1924	1939	
Upton Park The Boleyn (Green Street)	0833		0933	0948	1003	1018	1033	1048	1102	1117	1132	1147	1202			1932	1947	
East Ham Newham Town Hall	0838		0938	0953	1008	1023	1038	1053	1108	1123	1138	1153	1208			1938	1953	
East Ham White Horse	0840		0940	0955	1010	1025	1040	1055	1110	1125	1140	1155	1210			1940	1955	
Walthamstow Central Station	1925	1940	1955	2010	2025	2040	2055	2110	2125	2140	2155	2210	2225	2240	2255	2310	2325	2340
Walthamstow South Grove	1927	1942	1957	2012	2027	2042	2057	2112	2127	2142	2157	2212	2227	2242	2257	2312	2327	2342
Markhouse Road Lea Bridge Road	1931	1946	2001	2016	2031	2046	2101	2116	2131	2146	2201	2216	2231	2246	2301	2316	2331	2346
Leyton Station	1941	1956	2011	2026	2041	2055	2110	2125	2140	2154	2209	2224	2239	2254	2309	2324	2339	2354
Leytonstone Thatched House	1945	2000	2015	2030	2045	2059	2114	2128	2143	2157	2212	2227	2242	2257	2312	2327	2342	2357
Dames Road Wanstead Flats	1949	2003	2018	2033	2048	2102	2117	2131	2146	2201	2216	2231	2246	2300	2315	2330	2345	0000
Forest Gate Station	1952	2006	2021	2036	2051	2107	2122	2136	2151	2205	2220	2235	2250	2304	2319	2334	2349	0004
Forest Gate Police Station (Green St.)	1955	2009	2024	2039	2054	2110	2125	2139	2154	2208	2223	2238	2253	2307	2322	2337	2352	0006
Upton Park The Boleyn (Green Street)	2003	2017	2032	2046	2101	2117	2132	2146	2201	2215	2230	2244	2259	2313	2328	2343	2357	0011
East Ham Newham Town Hall	2009	2023	2038	2052	2107	2123	2138	2152	2207	2221	2236	2250	2305	2319	2333	2348	0002	0016
East Ham White Horse	2011	2025	2040	2054	2109	2125	2140	2154	2209	2223	2238	2252	2307	2321	2335	2350	0004	0018
Walthamstow Central Station	2355	0010	0024	0038	0053	0108												
Walthamstow South Grove	2357	0012	0026	0040	0055	0110												
Markhouse Road Lea Bridge Road	0001	0015	0029	0043	0058	0113												
Leyton Station	0008	0022	0036	0050	0105	0120												
Leytonstone Thatched House	0011	0025	0039	0053	0108	0123												
Dames Road Wanstead Flats	0014	0028	0042	0056	0111	0126												
Forest Gate Station	0018	0032	0046	0100	0115	0129												
Forest Gate Police Station (Green St.)	0020	0034	0048	0102	0117	0131												
Upton Park The Boleyn (Green Street)	0025	0039	0053	0107	0122	0136												
East Ham Newham Town Hall	0030	0044	0058	0112	0127	0140												
East Ham White Horse	0032	0046	0100	0114	0129	0142												