

58	Mondays to Fridays																		
East Ham White Horse	0440	0500	0520	0540	0600	0615	0629	0643	0654	0703	0712	0721	0731	0741	0750	0758	0806	0814	
East Ham Newham Town Hall	0441	0501	0521	0541	0601	0616	0630	0644	0655	0704	0713	0722	0732	0742	0751	0759	0808	0816	
Upton Park The Boleyn (Green Street)	0446	0506	0526	0546	0606	0621	0635	0649	0700	0711	0720	0729	0739	0749	0758	0806	0816	0825	
Forest Gate Police Station (Green St.)	0451	0511	0531	0551	0613	0629	0643	0657	0712	0723	0732	0741	0751	0801	0810	0820	0830	0839	
Forest Gate Station	0454	0514	0534	0555	0617	0633	0647	0701	0717	0728	0737	0746	0756	0806	0816	0826	0836	0845	
Dames Road Wanstead Flats	0458	0518	0538	0559	0621	0637	0651	0705	0721	0732	0741	0750	0800	0810	0820	0830	0840	0850	
Leytonstone Thatched House	0501	0521	0541	0603	0625	0641	0655	0710	0726	0737	0746	0756	0806	0816	0826	0836	0846	0856	
Leyton Station	0506	0526	0546	0608	0630	0646	0700	0716	0732	0743	0752	0802	0812	0822	0832	0842	0852	0902	
Markhouse Road Lea Bridge Road	0513	0533	0553	0615	0637	0654	0709	0725	0741	0752	0801	0812	0822	0832	0842	0852	0902	0912	
Walthamstow South Grove	0517	0537	0557	0619	0641	0658	0715	0731	0747	0758	0808	0819	0829	0839	0849	0859	0909	0919	
Walthamstow Central Station	0519	0539	0601	0623	0645	0704	0721	0737	0753	0804	0815	0826	0836	0846	0856	0906	0916	0926	
East Ham White Horse	0824	0835	0847	0859	0911	0923	0935	Then every 12 minutes until	1059	1110	1121	1132	1143	1154	1205	1217	1229		
East Ham Newham Town Hall	0826	0837	0849	0901	0913	0925	0937		1101	1112	1123	1134	1145	1156	1207	1219	1231		
Upton Park The Boleyn (Green Street)	0835	0846	0858	0909	0921	0933	0945		1109	1120	1131	1142	1153	1204	1215	1227	1239		
Forest Gate Police Station (Green St.)	0849	0900	0911	0922	0934	0946	0958		1122	1133	1144	1155	1206	1219	1230	1242	1254		
Forest Gate Station	0855	0906	0917	0928	0940	0952	1004		1128	1139	1150	1201	1213	1226	1237	1249	1301		
Dames Road Wanstead Flats	0900	0911	0922	0933	0945	0957	1009		1133	1144	1155	1206	1218	1231	1242	1254	1306		
Leytonstone Thatched House	0906	0917	0928	0939	0951	1003	1014		1138	1149	1200	1212	1224	1237	1248	1300	1312		
Leyton Station	0912	0923	0934	0945	0957	1009	1020		1144	1156	1207	1219	1231	1244	1255	1307	1319		
Markhouse Road Lea Bridge Road	0922	0933	0944	0955	1007	1018	1029		1153	1205	1217	1229	1241	1254	1305	1317	1329		
Walthamstow South Grove	0929	0940	0951	1002	1013	1024	1035		1159	1211	1223	1236	1249	1302	1314	1326	1338		
Walthamstow Central Station	0936	0947	0958	1009	1020	1031	1042		1206	1218	1231	1244	1257	1310	1322	1334	1346		
East Ham White Horse	1241	1253	1304	1316	1328	1340	1351	1402	1413	1424	1435	1447	1458	1510	1520	1531	Then every 12 mins. until	1743	
East Ham Newham Town Hall	1243	1255	1306	1318	1330	1342	1353	1404	1415	1426	1437	1449	1500	1512	1522	1533		1745	
Upton Park The Boleyn (Green Street)	1251	1303	1314	1326	1338	1350	1401	1413	1424	1435	1446	1458	1509	1521	1531	1542		1754	
Forest Gate Police Station (Green St.)	1306	1318	1329	1341	1353	1405	1416	1428	1439	1450	1501	1513	1525	1537	1547	1558		1810	
Forest Gate Station	1313	1325	1337	1349	1401	1413	1424	1436	1447	1458	1509	1521	1533	1545	1555	1606		1818	
Dames Road Wanstead Flats	1318	1330	1342	1354	1406	1418	1429	1441	1452	1503	1515	1527	1539	1551	1601	1612		1824	
Leytonstone Thatched House	1324	1336	1348	1400	1412	1424	1435	1447	1458	1509	1521	1533	1545	1557	1607	1618		1830	
Leyton Station	1331	1343	1355	1407	1419	1431	1442	1454	1505	1517	1529	1541	1553	1605	1617	1629		1841	
Markhouse Road Lea Bridge Road	1341	1353	1405	1417	1429	1441	1452	1504	1516	1528	1540	1552	1604	1616	1628	1640		1852	
Walthamstow South Grove	1350	1402	1414	1426	1438	1450	1502	1514	1526	1538	1550	1602	1614	1626	1638	1650		1902	
Walthamstow Central Station	1358	1410	1422	1434	1446	1458	1510	1522	1534	1546	1558	1610	1622	1634	1646	1658		1910	
East Ham White Horse	1755	1808	1821	1833	1845	1857	1909	1921	1933	1945	2000	2015	2030	2045	2100	2115	2130	2145	
East Ham Newham Town Hall	1757	1810	1823	1835	1847	1859	1911	1923	1935	1947	2002	2017	2032	2047	2102	2116	2131	2146	
Upton Park The Boleyn (Green Street)	1806	1818	1831	1843	1855	1907	1919	1931	1943	1955	2010	2025	2040	2055	2110	2124	2139	2154	
Forest Gate Police Station (Green St.)	1822	1834	1847	1859	1911	1923	1935	1947	1959	2011	2025	2040	2055	2110	2124	2138	2153	2208	
Forest Gate Station	1830	1842	1855	1907	1919	1931	1943	1955	2007	2019	2033	2048	2103	2117	2131	2145	2200	2213	
Dames Road Wanstead Flats	1836	1848	1901	1913	1925	1937	1949	2001	2012	2024	2038	2053	2107	2121	2135	2149	2204	2217	
Leytonstone Thatched House	1842	1854	1907	1919	1931	1943	1955	2005	2016	2028	2042	2057	2111	2125	2139	2153	2207	2220	
Leyton Station	1853	1905	1916	1928	1940	1952	2004	2014	2024	2036	2050	2104	2118	2132	2146	2200	2213	2226	
Markhouse Road Lea Bridge Road	1904	1915	1926	1938	1950	2002	2014	2024	2034	2046	2100	2113	2126	2140	2154	2208	2221	2234	
Walthamstow South Grove	1912	1922	1933	1945	1957	2009	2021	2031	2041	2053	2107	2119	2132	2146	2200	2213	2226	2239	
Walthamstow Central Station	1920	1930	1940	1952	2004	2016	2028	2038	2048	2058	2111	2123	2136	2150	2204	2217	2230	2243	
East Ham White Horse	2200	2215	2230	2245	2300	2315	2330	Then every 15 minutes until	0045										
East Ham Newham Town Hall	2201	2216	2231	2246	2301	2316	2331		0046										
Upton Park The Boleyn (Green Street)	2208	2222	2237	2252	2307	2322	2336		0051										
Forest Gate Police Station (Green St.)	2221	2235	2250	2303	2317	2332	2343		0058										
Forest Gate Station	2226	2240	2255	2308	2321	2335	2346		0101										
Dames Road Wanstead Flats	2230	2244	2259	2312	2325	2339	2350		0105										
Leytonstone Thatched House	2233	2247	2302	2315	2328	2342	2353		0108										
Leyton Station	2238	2252	2307	2320	2333	2346	2357		0112										
Markhouse Road Lea Bridge Road	2246	2300	2314	2327	2340	2353	0004		0119										
Walthamstow South Grove	2251	2304	2318	2331	2344	2357	0008		0123										
Walthamstow Central Station	2255	2307	2320	2333	2346	2359	0010		0125										

58		Sundays and other Public Holidays (except Christmas Day)																
East Ham White Horse	0440		0640	0656	0711	0726	0741	0756	0811	0827	0842	0857	0912	0928	0943	0958	1013	1028
East Ham Newham Town Hall	0441		0641	0657	0712	0727	0742	0757	0812	0828	0843	0858	0913	0929	0944	0959	1014	1029
Upton Park The Boleyn (Green Street)	0446		0646	0702	0718	0734	0749	0802	0818	0834	0849	0904	0919	0935	0950	1005	1021	1036
Forest Gate Police Station (Green St.)	0451	Then	0651	0707	0723	0739	0754	0808	0824	0840	0855	0911	0927	0943	0958	1014	1030	1045
Forest Gate Station	0454	every	0654	0710	0726	0742	0757	0813	0829	0845	0900	0916	0932	0948	1003	1019	1035	1050
Dames Road Wanstead Flats	0457	20	0657	0713	0729	0745	0800	0817	0833	0849	0904	0920	0936	0952	1008	1024	1040	1055
Leytonstone Thatched House	0500	mins.	0700	0716	0732	0748	0804	0821	0837	0853	0908	0924	0940	0956	1012	1028	1044	1059
Leyton Station	0505	until	0705	0721	0737	0753	0810	0827	0843	0859	0914	0930	0946	1002	1018	1034	1050	1105
Markhouse Road Lea Bridge Road	0511		0711	0727	0743	0759	0816	0833	0850	0906	0922	0938	0954	1010	1026	1042	1058	1114
Walthamstow South Grove	0515		0715	0732	0748	0804	0821	0838	0855	0911	0927	0943	0959	1016	1032	1048	1104	1120
Walthamstow Central Station	0517		0717	0734	0750	0806	0823	0840	0857	0914	0930	0946	1003	1020	1036	1052	1108	1124
East Ham White Horse	1043	1058	1113	1129	1144	1159	1214	1229	1245	1300	1316	1332	1348	1403	1418	1434	1450	1506
East Ham Newham Town Hall	1044	1059	1114	1130	1145	1200	1216	1231	1247	1302	1318	1334	1350	1405	1420	1436	1452	1508
Upton Park The Boleyn (Green Street)	1051	1106	1121	1137	1152	1208	1224	1239	1255	1310	1326	1342	1358	1414	1429	1445	1501	1517
Forest Gate Police Station (Green St.)	1100	1116	1131	1147	1202	1218	1234	1250	1306	1322	1338	1354	1410	1426	1442	1459	1516	1532
Forest Gate Station	1106	1122	1137	1153	1208	1224	1240	1256	1313	1329	1345	1401	1417	1433	1449	1506	1523	1539
Dames Road Wanstead Flats	1111	1127	1142	1158	1213	1229	1245	1301	1318	1334	1350	1406	1422	1438	1454	1511	1528	1544
Leytonstone Thatched House	1115	1131	1146	1202	1218	1234	1250	1307	1324	1340	1356	1412	1428	1444	1500	1517	1534	1550
Leyton Station	1121	1137	1152	1208	1224	1240	1256	1313	1330	1346	1403	1420	1436	1452	1508	1525	1542	1558
Markhouse Road Lea Bridge Road	1130	1146	1202	1218	1234	1250	1306	1323	1340	1356	1413	1430	1446	1502	1518	1535	1552	1608
Walthamstow South Grove	1136	1152	1209	1225	1241	1257	1313	1330	1347	1403	1420	1437	1453	1509	1525	1542	1559	1615
Walthamstow Central Station	1140	1156	1213	1230	1246	1302	1318	1335	1352	1408	1425	1442	1458	1514	1530	1547	1604	1620
East Ham White Horse	1522	1538	1554	1610	1626	1642	1658	1714	1730	1746	1803	1820	1837	1854	1911	1927	1944	2001
East Ham Newham Town Hall	1524	1540	1556	1612	1628	1644	1700	1716	1732	1748	1805	1822	1839	1856	1912	1928	1945	2002
Upton Park The Boleyn (Green Street)	1533	1549	1605	1621	1637	1653	1709	1725	1741	1757	1814	1831	1848	1905	1920	1936	1953	2009
Forest Gate Police Station (Green St.)	1548	1604	1620	1636	1652	1708	1724	1740	1756	1812	1828	1845	1902	1917	1932	1948	2005	2020
Forest Gate Station	1555	1611	1627	1643	1659	1716	1732	1748	1804	1820	1836	1853	1909	1924	1939	1955	2011	2026
Dames Road Wanstead Flats	1600	1616	1632	1648	1704	1721	1737	1753	1809	1825	1841	1858	1914	1929	1944	2000	2015	2030
Leytonstone Thatched House	1606	1622	1638	1654	1710	1727	1743	1759	1814	1830	1846	1903	1918	1933	1948	2004	2019	2034
Leyton Station	1614	1630	1646	1702	1717	1734	1750	1806	1821	1837	1853	1910	1925	1940	1955	2010	2025	2040
Markhouse Road Lea Bridge Road	1624	1640	1656	1712	1727	1744	1800	1816	1831	1847	1903	1919	1934	1949	2004	2019	2034	2049
Walthamstow South Grove	1631	1647	1703	1718	1733	1750	1806	1822	1837	1853	1909	1925	1940	1955	2010	2025	2040	2055
Walthamstow Central Station	1636	1652	1707	1722	1737	1754	1810	1826	1841	1857	1913	1928	1943	1958	2013	2028	2043	2058
East Ham White Horse	2017	2033	2050	2107	2124	2141	2158	2215	2230	2245	2300	2315	2330	2345	0000	0015	0030	0045
East Ham Newham Town Hall	2018	2034	2051	2108	2125	2142	2159	2216	2231	2246	2301	2316	2331	2346	0001	0016	0031	0046
Upton Park The Boleyn (Green Street)	2025	2041	2058	2114	2131	2148	2205	2222	2237	2252	2306	2321	2336	2351	0006	0021	0036	0051
Forest Gate Police Station (Green St.)	2036	2052	2109	2124	2140	2157	2212	2229	2244	2259	2313	2328	2343	2358	0013	0028	0043	0058
Forest Gate Station	2042	2058	2114	2129	2145	2202	2217	2233	2248	2303	2317	2332	2347	0002	0016	0031	0046	0101
Dames Road Wanstead Flats	2046	2102	2118	2133	2149	2206	2221	2237	2252	2306	2320	2335	2350	0005	0019	0034	0049	0104
Leytonstone Thatched House	2050	2106	2122	2137	2153	2209	2224	2240	2255	2309	2323	2338	2353	0008	0022	0037	0052	0107
Leyton Station	2056	2112	2128	2143	2158	2213	2228	2244	2259	2313	2327	2342	2357	0012	0026	0041	0056	0111
Markhouse Road Lea Bridge Road	2105	2120	2136	2151	2206	2221	2236	2252	2307	2321	2335	2349	0004	0019	0033	0048	0103	0118
Walthamstow South Grove	2110	2125	2141	2156	2211	2226	2241	2256	2311	2325	2339	2353	0008	0023	0037	0052	0107	0122
Walthamstow Central Station	2113	2128	2143	2158	2213	2228	2243	2258	2313	2327	2341	2355	0010	0025	0039	0054	0109	0124

58	Mondays to Fridays																	
Walthamstow Central Station	0500	0520	0540	0555	0610	0621	0631	0639	0647	0654	0701	0708	0717	0726	0735	0743	0751	0759
Walthamstow South Grove	0502	0522	0542	0557	0612	0625	0635	0643	0651	0658	0707	0714	0723	0732	0741	0749	0757	0805
Markhouse Road Lea Bridge Road	0505	0525	0545	0600	0615	0628	0638	0646	0654	0701	0711	0720	0729	0738	0747	0755	0804	0814
Leyton Station	0513	0533	0553	0608	0623	0637	0647	0655	0703	0712	0722	0731	0740	0750	0759	0808	0818	0828
Leytonstone Thatched House	0516	0536	0556	0611	0626	0640	0650	0658	0707	0716	0726	0735	0744	0754	0803	0813	0823	0833
Dames Road Wanstead Flats	0520	0540	0600	0615	0630	0644	0654	0702	0712	0722	0732	0741	0750	0800	0809	0819	0829	0839
Forest Gate Station	0524	0544	0604	0619	0634	0648	0658	0707	0717	0727	0737	0746	0756	0806	0815	0825	0835	0845
Forest Gate Police Station (Green St.)	0527	0547	0607	0622	0637	0651	0701	0710	0720	0730	0740	0749	0759	0809	0819	0829	0839	0849
Upton Park The Boleyn (Green Street)	0533	0553	0613	0628	0643	0658	0713	0722	0732	0742	0752	0801	0811	0821	0831	0841	0851	0901
East Ham Newham Town Hall	0538	0558	0618	0633	0648	0703	0718	0729	0739	0749	0759	0809	0819	0829	0839	0849	0859	0909
East Ham White Horse	0539	0559	0619	0634	0649	0704	0719	0730	0740	0750	0800	0810	0820	0830	0840	0850	0900	0910
Walthamstow Central Station	0808	0817	0829	0841	0853	0905	0916	0928	0940	0952	1004	1016	1028	1040	1052	1104	1116	1127
Walthamstow South Grove	0814	0823	0835	0847	0859	0911	0922	0934	0946	0958	1010	1022	1034	1046	1058	1110	1122	1133
Markhouse Road Lea Bridge Road	0824	0835	0847	0859	0911	0923	0934	0946	0958	1009	1020	1031	1042	1053	1105	1117	1129	1140
Leyton Station	0838	0849	0901	0913	0925	0937	0948	1000	1012	1023	1034	1045	1056	1107	1119	1131	1143	1154
Leytonstone Thatched House	0843	0854	0906	0918	0930	0942	0953	1004	1016	1027	1038	1049	1100	1111	1123	1135	1147	1158
Dames Road Wanstead Flats	0849	0900	0912	0924	0936	0948	0959	1010	1022	1033	1044	1055	1106	1117	1129	1141	1153	1204
Forest Gate Station	0855	0906	0918	0930	0942	0954	1005	1016	1027	1038	1049	1100	1111	1122	1134	1146	1158	1210
Forest Gate Police Station (Green St.)	0859	0910	0922	0934	0946	0958	1009	1020	1031	1042	1053	1104	1115	1126	1138	1150	1202	1214
Upton Park The Boleyn (Green Street)	0911	0922	0934	0946	0958	1010	1022	1034	1046	1057	1108	1119	1130	1141	1153	1205	1217	1229
East Ham Newham Town Hall	0919	0930	0942	0954	1006	1018	1030	1042	1054	1105	1116	1127	1138	1149	1201	1213	1225	1237
East Ham White Horse	0920	0931	0943	0955	1007	1019	1031	1043	1055	1106	1117	1128	1139	1150	1202	1214	1226	1238
Walthamstow Central Station	1139	1150	1201	1213	1224	1235	1247	1259	1311	1323	1335	1347	1358	1409	1421	1432	1443	1454
Walthamstow South Grove	1145	1156	1207	1219	1230	1241	1253	1305	1317	1329	1341	1353	1404	1416	1428	1439	1450	1501
Markhouse Road Lea Bridge Road	1152	1203	1215	1227	1238	1249	1301	1313	1325	1337	1349	1401	1412	1424	1436	1447	1500	1512
Leyton Station	1206	1217	1229	1241	1252	1303	1315	1327	1339	1351	1403	1415	1426	1438	1450	1501	1514	1527
Leytonstone Thatched House	1210	1221	1233	1245	1256	1308	1320	1332	1344	1356	1408	1420	1431	1443	1455	1506	1519	1532
Dames Road Wanstead Flats	1216	1227	1239	1251	1302	1314	1326	1338	1350	1402	1414	1426	1437	1449	1501	1513	1526	1539
Forest Gate Station	1222	1233	1245	1257	1308	1320	1332	1344	1356	1408	1420	1432	1443	1455	1507	1519	1532	1545
Forest Gate Police Station (Green St.)	1226	1237	1249	1301	1313	1325	1337	1349	1401	1413	1425	1437	1448	1500	1512	1524	1537	1550
Upton Park The Boleyn (Green Street)	1241	1252	1304	1316	1328	1340	1352	1404	1417	1429	1441	1453	1504	1516	1528	1540	1553	1606
East Ham Newham Town Hall	1249	1300	1312	1324	1336	1348	1400	1412	1424	1436	1448	1501	1514	1527	1539	1551	1604	1617
East Ham White Horse	1250	1301	1313	1325	1337	1349	1401	1413	1425	1437	1449	1502	1515	1528	1540	1552	1605	1618
Walthamstow Central Station	1505			1753	1805	1817	1829	1841	1853	1904	1916	1928	1940	1952	2006	2022	2038	2053
Walthamstow South Grove	1512			1800	1812	1824	1836	1848	1900	1910	1922	1934	1946	1958	2011	2027	2043	2058
Markhouse Road Lea Bridge Road	1523			1811	1823	1835	1847	1859	1909	1919	1930	1942	1954	2006	2018	2033	2049	2104
Leyton Station	1539	Then		1827	1839	1851	1903	1914	1924	1934	1944	1955	2007	2019	2031	2046	2101	2115
Leytonstone Thatched House	1544	every 12		1832	1844	1856	1908	1919	1929	1939	1949	2000	2012	2024	2036	2051	2106	2120
Dames Road Wanstead Flats	1551	minutes		1839	1851	1903	1914	1925	1935	1945	1955	2006	2018	2030	2042	2057	2112	2125
Forest Gate Station	1557	until		1845	1857	1909	1920	1931	1941	1951	2001	2012	2024	2036	2048	2103	2117	2130
Forest Gate Police Station (Green St.)	1602			1850	1902	1914	1925	1936	1946	1956	2006	2017	2029	2041	2053	2108	2121	2134
Upton Park The Boleyn (Green Street)	1618			1906	1918	1930	1941	1952	2002	2012	2022	2032	2042	2054	2106	2120	2133	2146
East Ham Newham Town Hall	1629			1917	1928	1939	1950	2001	2011	2021	2031	2041	2051	2101	2113	2127	2140	2153
East Ham White Horse	1630			1918	1929	1940	1951	2002	2012	2022	2032	2042	2052	2102	2114	2128	2141	2154
Walthamstow Central Station	2108	2123	2138	2153	2208	2223	2238	2253	2308	2323	2338	2353	0008	0023	0038	0053	0108	
Walthamstow South Grove	2113	2128	2143	2158	2212	2227	2242	2257	2311	2326	2341	2356	0010	0025	0040	0055	0110	
Markhouse Road Lea Bridge Road	2119	2134	2149	2204	2218	2233	2248	2303	2316	2330	2345	0000	0014	0029	0044	0059	0114	
Leyton Station	2130	2145	2200	2214	2228	2243	2258	2312	2325	2339	2354	0009	0023	0038	0053	0108	0123	
Leytonstone Thatched House	2135	2150	2205	2219	2233	2248	2302	2315	2328	2342	2357	0012	0026	0041	0056	0111	0126	
Dames Road Wanstead Flats	2140	2155	2209	2223	2237	2252	2306	2319	2332	2346	0001	0016	0030	0045	0100	0115	0130	
Forest Gate Station	2145	2200	2214	2228	2242	2257	2311	2324	2337	2351	0006	0021	0035	0050	0105	0120	0135	
Forest Gate Police Station (Green St.)	2149	2204	2218	2232	2246	2301	2314	2327	2340	2354	0009	0024	0038	0053	0108	0123	0138	
Upton Park The Boleyn (Green Street)	2200	2214	2228	2242	2256	2311	2323	2335	2348	0001	0014	0029	0043	0058	0113	0128	0143	
East Ham Newham Town Hall	2206	2220	2234	2248	2302	2317	2329	2341	2354	0007	0019	0034	0048	0103	0118	0133	0148	
East Ham White Horse	2207	2221	2235	2249	2303	2318	2330	2342	2355	0008	0020	0035	0049	0104	0119	0134	0149	

58	Saturdays (also Good Friday)																	
Walthamstow Central Station	0500	0520	0540	0600	0620	0640	0700	0720	0740	0800	0815	0830	0845	0857	0909	0921	0932	0943
Walthamstow South Grove	0502	0522	0542	0602	0622	0642	0702	0722	0742	0803	0818	0833	0848	0900	0912	0924	0935	0946
Markhouse Road Lea Bridge Road	0505	0525	0545	0605	0625	0645	0707	0727	0747	0808	0823	0838	0853	0905	0917	0929	0940	0951
Leyton Station	0513	0533	0553	0614	0634	0655	0716	0737	0757	0818	0833	0848	0903	0915	0927	0939	0950	1001
Leytonstone Thatched House	0516	0536	0556	0617	0638	0659	0720	0741	0801	0822	0837	0852	0907	0919	0931	0943	0954	1005
Dames Road Wanstead Flats	0520	0540	0600	0621	0642	0703	0724	0745	0805	0826	0841	0856	0912	0924	0936	0948	0959	1010
Forest Gate Station	0524	0544	0604	0625	0646	0707	0728	0749	0809	0830	0845	0901	0917	0929	0941	0953	1004	1016
Forest Gate Police Station (Green St.)	0527	0547	0607	0628	0649	0710	0731	0752	0812	0833	0849	0905	0921	0933	0945	0957	1009	1021
Upton Park The Boleyn (Green Street)	0533	0553	0613	0634	0655	0716	0737	0758	0818	0839	0858	0914	0930	0942	0954	1006	1019	1031
East Ham Newham Town Hall	0538	0558	0618	0639	0700	0721	0742	0803	0823	0844	0904	0920	0936	0948	1001	1014	1027	1039
East Ham White Horse	0539	0559	0619	0640	0701	0722	0743	0804	0824	0845	0905	0921	0937	0949	1002	1015	1028	1040
Walthamstow Central Station	0954	1006	1017	1028	1039	1050	1100	1110	1121	1132	1142	1152	1202	1212	1222	1233	1244	1255
Walthamstow South Grove	0957	1009	1020	1031	1042	1053	1105	1115	1126	1137	1147	1157	1208	1218	1228	1239	1250	1301
Markhouse Road Lea Bridge Road	1003	1015	1026	1037	1048	1059	1111	1121	1132	1143	1153	1203	1215	1227	1237	1248	1259	1311
Leyton Station	1013	1025	1036	1047	1058	1110	1122	1133	1144	1156	1207	1219	1231	1243	1253	1304	1315	1328
Leytonstone Thatched House	1017	1029	1040	1051	1102	1114	1126	1137	1148	1200	1212	1224	1236	1248	1258	1309	1320	1333
Dames Road Wanstead Flats	1022	1034	1045	1056	1108	1120	1132	1143	1154	1206	1218	1230	1242	1254	1304	1315	1326	1339
Forest Gate Station	1028	1040	1051	1102	1114	1126	1138	1149	1200	1212	1224	1236	1248	1300	1310	1321	1332	1345
Forest Gate Police Station (Green St.)	1033	1045	1056	1108	1120	1132	1144	1155	1206	1218	1230	1242	1254	1306	1317	1328	1339	1352
Upton Park The Boleyn (Green Street)	1043	1055	1107	1120	1132	1144	1156	1208	1220	1232	1244	1256	1308	1320	1332	1344	1356	1409
East Ham Newham Town Hall	1051	1103	1116	1129	1141	1153	1205	1217	1229	1241	1253	1305	1318	1330	1342	1354	1406	1419
East Ham White Horse	1052	1104	1117	1130	1142	1154	1206	1218	1230	1242	1254	1306	1319	1331	1343	1355	1407	1420
Walthamstow Central Station	1307	1319	1329	1341	1353	1405	1416	1427	1439	1451	1502	Then every 12 minutes until	1650	1703	1716	1728	1741	
Walthamstow South Grove	1313	1325	1335	1347	1359	1411	1422	1433	1445	1457	1508		1656	1709	1722	1734	1747	
Markhouse Road Lea Bridge Road	1323	1335	1345	1357	1409	1421	1432	1443	1455	1507	1520		1708	1721	1734	1746	1759	
Leyton Station	1340	1352	1402	1414	1426	1438	1449	1500	1512	1525	1538		1726	1739	1752	1804	1817	
Leytonstone Thatched House	1345	1357	1407	1419	1431	1443	1454	1506	1518	1531	1544		1732	1745	1758	1809	1822	
Dames Road Wanstead Flats	1351	1403	1413	1425	1437	1449	1500	1512	1524	1537	1550		1738	1751	1804	1815	1828	
Forest Gate Station	1357	1409	1419	1431	1443	1455	1507	1519	1531	1544	1557		1745	1758	1811	1822	1835	
Forest Gate Police Station (Green St.)	1404	1416	1426	1438	1450	1502	1514	1526	1538	1551	1604		1752	1805	1818	1829	1842	
Upton Park The Boleyn (Green Street)	1421	1433	1445	1457	1509	1521	1533	1545	1557	1610	1623		1811	1823	1835	1846	1857	
East Ham Newham Town Hall	1431	1443	1455	1507	1519	1531	1543	1555	1607	1620	1633		1821	1833	1845	1856	1907	
East Ham White Horse	1432	1444	1456	1508	1520	1532	1544	1556	1608	1621	1634	1822	1834	1846	1857	1908		
Walthamstow Central Station	1754	1806	1818	1830	1842	1854	1908	1923	1938	1953	2008	2023	2038	2053	2108	2123	2138	2153
Walthamstow South Grove	1800	1812	1824	1836	1848	1900	1913	1928	1943	1958	2012	2027	2042	2057	2111	2126	2141	2156
Markhouse Road Lea Bridge Road	1810	1821	1833	1845	1857	1908	1921	1935	1950	2005	2018	2033	2048	2103	2116	2131	2146	2201
Leyton Station	1828	1839	1850	1901	1912	1923	1936	1950	2005	2018	2031	2046	2100	2115	2128	2143	2158	2210
Leytonstone Thatched House	1833	1844	1855	1906	1917	1928	1941	1955	2010	2023	2036	2051	2105	2119	2132	2147	2201	2213
Dames Road Wanstead Flats	1839	1850	1901	1912	1923	1934	1947	2001	2016	2029	2042	2057	2111	2124	2137	2152	2206	2218
Forest Gate Station	1846	1857	1908	1919	1930	1941	1954	2006	2021	2034	2047	2102	2116	2129	2142	2157	2210	2222
Forest Gate Police Station (Green St.)	1853	1904	1915	1926	1937	1948	2001	2012	2027	2040	2053	2108	2121	2134	2147	2201	2214	2226
Upton Park The Boleyn (Green Street)	1908	1919	1930	1941	1952	2003	2016	2027	2040	2053	2106	2119	2131	2144	2157	2211	2223	2235
East Ham Newham Town Hall	1918	1929	1940	1951	2002	2013	2026	2037	2050	2103	2116	2129	2141	2154	2206	2218	2230	2242
East Ham White Horse	1919	1930	1941	1952	2003	2014	2027	2038	2051	2104	2117	2130	2142	2155	2207	2219	2231	2243
Walthamstow Central Station	2208	2223	2238	2253	2308	Then every 15 minutes until	0108											
Walthamstow South Grove	2211	2226	2241	2256	2310		0110											
Markhouse Road Lea Bridge Road	2216	2231	2246	2300	2314		0114											
Leyton Station	2225	2240	2255	2309	2323		0123											
Leytonstone Thatched House	2228	2243	2258	2312	2326		0126											
Dames Road Wanstead Flats	2233	2248	2302	2316	2330		0130											
Forest Gate Station	2237	2252	2306	2320	2334		0134											
Forest Gate Police Station (Green St.)	2241	2256	2309	2323	2337		0137											
Upton Park The Boleyn (Green Street)	2248	2303	2316	2330	2343		0143											
East Ham Newham Town Hall	2254	2308	2321	2335	2348		0148											
East Ham White Horse	2255	2309	2322	2336	2349	0149												

58		Sundays and other Public Holidays (except Christmas Day)																	
Walthamstow Central Station	0500		0740	0755	0810	0825	0840	0855	0910	0925	0941	0956	1012	1028	1043	1058	1113		
Walthamstow South Grove	0502		0742	0757	0813	0828	0843	0858	0913	0928	0944	0959	1015	1031	1046	1101	1117		
Markhouse Road Lea Bridge Road	0505		0745	0800	0816	0832	0848	0903	0918	0933	0949	1004	1020	1036	1051	1107	1123		
Leyton Station	0512	<i>Then every 20 minutes until</i>	0752	0808	0824	0840	0856	0912	0928	0943	0959	1014	1030	1046	1102	1118	1134		
Leytonstone Thatched House	0515		0755	0811	0827	0843	0859	0915	0931	0946	1002	1018	1034	1050	1106	1122	1138		
Dames Road Wanstead Flats	0519		0759	0815	0831	0847	0903	0919	0935	0951	1007	1023	1039	1055	1111	1127	1143		
Forest Gate Station	0523		0803	0819	0835	0851	0907	0923	0939	0955	1011	1027	1043	1059	1116	1132	1148		
Forest Gate Police Station (Green St.)	0526		0806	0822	0838	0854	0910	0926	0942	0958	1015	1031	1047	1103	1120	1136	1152		
Upton Park The Boleyn (Green Street)	0532		0812	0828	0844	0900	0917	0933	0949	1005	1022	1039	1055	1112	1129	1145	1201		
East Ham Newham Town Hall	0536		0816	0832	0848	0905	0922	0938	0954	1011	1028	1045	1102	1119	1136	1152	1209		
East Ham White Horse	0537		0817	0833	0849	0906	0923	0939	0955	1012	1029	1046	1103	1120	1137	1153	1210		
Walthamstow Central Station	1128		1143	1158	1212	1226	1240	1255	1310	1325	1341	1357	1413	1429	1445	1501	1517	1533	1549
Walthamstow South Grove	1132	1147	1202	1217	1231	1245	1300	1315	1330	1346	1402	1418	1434	1450	1506	1522	1538	1554	
Markhouse Road Lea Bridge Road	1138	1153	1209	1224	1238	1252	1307	1322	1337	1353	1409	1425	1441	1457	1513	1529	1545	1601	
Leyton Station	1149	1205	1221	1237	1251	1306	1322	1337	1352	1408	1424	1440	1456	1512	1528	1544	1600	1616	
Leytonstone Thatched House	1153	1209	1225	1241	1255	1311	1327	1342	1357	1413	1429	1445	1501	1517	1533	1549	1605	1621	
Dames Road Wanstead Flats	1158	1214	1231	1247	1301	1317	1333	1348	1403	1419	1435	1451	1507	1523	1539	1555	1611	1627	
Forest Gate Station	1203	1219	1236	1252	1307	1323	1339	1354	1409	1425	1441	1457	1513	1529	1545	1601	1617	1633	
Forest Gate Police Station (Green St.)	1207	1223	1240	1256	1312	1328	1344	1359	1415	1431	1447	1503	1519	1535	1551	1607	1623	1639	
Upton Park The Boleyn (Green Street)	1217	1233	1250	1306	1323	1340	1356	1411	1428	1444	1500	1516	1532	1548	1604	1620	1636	1652	
East Ham Newham Town Hall	1225	1241	1258	1315	1332	1349	1405	1421	1438	1454	1510	1526	1542	1558	1614	1630	1646	1702	
East Ham White Horse	1226	1242	1259	1316	1333	1350	1406	1422	1439	1455	1511	1527	1543	1559	1615	1631	1647	1703	
Walthamstow Central Station	1605	1621	1637	1653	1709	1725	1741	1757	1813	1829	1845	1901	1917	1933	1949	2004	2020	2036	
Walthamstow South Grove	1610	1626	1642	1658	1714	1730	1746	1802	1818	1834	1850	1906	1922	1938	1954	2008	2024	2040	
Markhouse Road Lea Bridge Road	1617	1633	1649	1705	1720	1736	1752	1808	1824	1840	1856	1912	1928	1944	2000	2014	2030	2046	
Leyton Station	1632	1648	1703	1719	1734	1750	1806	1821	1837	1853	1908	1923	1939	1955	2010	2024	2040	2056	
Leytonstone Thatched House	1637	1653	1708	1724	1739	1755	1811	1826	1842	1858	1913	1928	1944	2000	2014	2028	2044	2100	
Dames Road Wanstead Flats	1643	1659	1714	1730	1745	1801	1817	1832	1848	1904	1918	1933	1949	2005	2019	2033	2049	2105	
Forest Gate Station	1649	1705	1720	1736	1751	1807	1823	1838	1854	1909	1923	1938	1954	2009	2023	2037	2053	2109	
Forest Gate Police Station (Green St.)	1655	1711	1726	1742	1757	1812	1828	1843	1859	1914	1928	1943	1959	2014	2028	2042	2058	2113	
Upton Park The Boleyn (Green Street)	1708	1724	1739	1755	1810	1825	1841	1856	1912	1926	1940	1954	2010	2024	2038	2052	2108	2122	
East Ham Newham Town Hall	1717	1733	1748	1803	1818	1833	1849	1904	1919	1933	1947	2001	2016	2031	2045	2059	2113	2128	
East Ham White Horse	1718	1734	1749	1804	1819	1834	1850	1905	1920	1934	1948	2002	2017	2032	2046	2100	2114	2129	
Walthamstow Central Station	2052	2108	2123	2138	2153	2208	2223	2238	2253	<i>Then every 15 minutes until</i>	0108								
Walthamstow South Grove	2056	2111	2126	2141	2156	2210	2225	2240	2255		0110								
Markhouse Road Lea Bridge Road	2102	2117	2131	2146	2201	2214	2229	2244	2259		0114								
Leyton Station	2112	2127	2141	2156	2210	2223	2238	2253	2308		0123								
Leytonstone Thatched House	2116	2131	2145	2200	2214	2227	2242	2257	2311		0126								
Dames Road Wanstead Flats	2121	2136	2150	2204	2218	2231	2246	2301	2315		0130								
Forest Gate Station	2125	2140	2154	2208	2222	2235	2250	2305	2319		0134								
Forest Gate Police Station (Green St.)	2129	2144	2158	2212	2226	2239	2253	2308	2322		0137								
Upton Park The Boleyn (Green Street)	2137	2152	2206	2220	2234	2247	2300	2314	2328		0143								
East Ham Newham Town Hall	2143	2158	2212	2226	2240	2253	2306	2319	2333	0148									
East Ham White Horse	2144	2159	2213	2227	2241	2254	2307	2320	2334	0149									