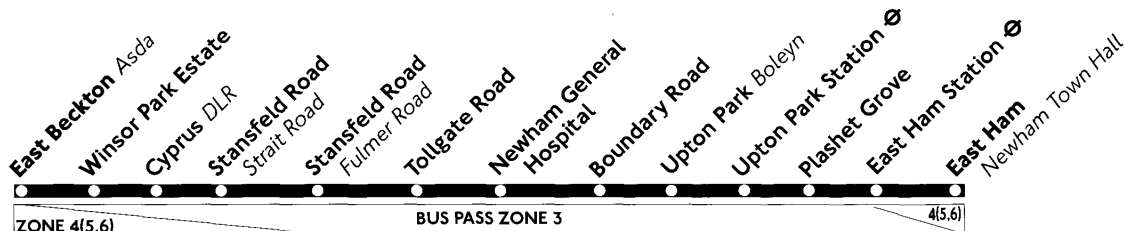


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East Beckton - Newham General Hospital - East Ham

Daily



Mondays to Fridays

East Beckton Asda	0604	0624	0644	0704	0718	0733	0748	0803	0818	0833	0848	0903	0919	0934	0949	1004	1020	1034
Cyprus Station DLR	0610	0630	0650	0710	0724	0739	0754	0809	0824	0839	0854	0909	0925	0940	0955	1010	1026	1040
Tollgate Road Stansfeld Road	0615	0635	0655	0715	0729	0744	0759	0814	0829	0844	0859	0914	0930	0945	1000	1015	1031	1045
Newham General Hospital	0620	0640	0700	0720	0734	0751	0806	0821	0836	0851	0906	0921	0937	0952	1007	1022	1038	1052
Upton Park Boleyn	0625	0645	0705	0725	0740	0757	0812	0827	0842	0857	0912	0927	0942	0957	1012	1027	1043	1057
Plashet Grove Green Street	0628	0648	0708	0728	0744	0801	0816	0831	0846	0901	0916	0931	0946	1001	1016	1031	1047	1101
East Ham Station	0632	0652	0712	0733	0750	0807	0822	0837	0852	0907	0922	0937	0953	1008	1023	1038	1054	1108
East Ham Newham Town Hall	0635	0655	0716	0737	0754	0811	0826	0841	0856	0911	0926	0943	0959	1014	1029	1044	1100	1114

East Beckton Asda	1049	Then	04	19	34	49		1404	1419	1434	1449	1503	1518	1533	1548	1603	1618	1633
Cyprus Station DLR	1055	every	10	25	40	55		1410	1425	1440	1455	1509	1524	1539	1554	1609	1624	1639
Tollgate Road Stansfeld Road	1100	15 minutes,	15	30	45	00		1415	1430	1445	1500	1514	1529	1544	1559	1614	1629	1644
Newham General Hospital	1107	at these	22	37	52	07	until	1422	1437	1452	1508	1523	1538	1553	1608	1623	1638	1653
Upton Park Boleyn	1112	minutes	27	42	57	12		1427	1442	1457	1513	1528	1543	1558	1613	1628	1643	1658
Plashet Grove Green Street	1116	past	31	46	01	16		1431	1446	1501	1517	1531	1546	1601	1616	1631	1646	1701
East Ham Station	1123	the	38	53	08	23		1438	1453	1508	1524	1538	1553	1608	1623	1638	1653	1708
East Ham Newham Town Hall	1129	hour	44	59	14	29		1444	1459	1514	1530	1546	1601	1616	1631	1646	1701	1716

East Beckton Asda	1648	1703	1718	1733	1748	1803	1818	1833	1849	1905	1925	1945	Then	05	25	45	2305	2325
Cyprus Station DLR	1654	1709	1724	1739	1754	1809	1824	1839	1855	1911	1931	1951	every	11	31	51	u 2311	2331
Tollgate Road Stansfeld Road	1659	1714	1729	1744	1759	1814	1829	1844	1900	1916	1936	1956	20 minutes,	16	36	56	n 2316	2336
Newham General Hospital	1708	1723	1738	1753	1808	1823	1838	1852	1908	1921	1941	2001	at these	21	41	01	t 2321	2341
Upton Park Boleyn	1713	1728	1743	1758	1813	1828	1843	1857	1913	1926	1946	2006	minutes	26	46	06	i 2326	2346
Plashet Grove Green Street	1716	1731	1749	1801	1816	1831	1846	1900	1916	1929	1949	2009	past	29	49	09	l 2329	2349
East Ham Station	1723	1738	1753	1808	1823	1838	1852	1906	1921	1934	1954	2014	the	34	54	14	2334	2354
East Ham Newham Town Hall	1731	1746	1801	1816	1831	1845	1859	1913	1926	1938	1958	2018	hour	38	58	18	2338	2358

Saturdays (also Good Friday)

East Beckton Asda	0604	0624	0644	0704	0724	0744	0804	0824	0844	0858	0912	0926	0937	0948	1002	1017	1032	1047
Cyprus Station DLR	0610	0630	0650	0710	0730	0750	0810	0830	0850	0904	0918	0932	0943	0954	1008	1023	1038	1053
Tollgate Road Stansfeld Road	0615	0635	0655	0715	0735	0755	0815	0835	0855	0909	0923	0937	0948	0959	1013	1028	1043	1058
Newham General Hospital	0620	0640	0700	0720	0740	0800	0820	0840	0900	0914	0928	0942	0953	1004	1019	1034	1049	1104
Upton Park Boleyn	0625	0645	0705	0725	0745	0805	0825	0845	0905	0919	0933	0947	0958	1010	1025	1040	1055	1110
Plashet Grove Green Street	0628	0648	0708	0728	0748	0808	0828	0848	0908	0922	0936	0950	1002	1015	1030	1045	1100	1115
East Ham Station	0632	0652	0712	0732	0752	0812	0832	0852	0913	0928	0942	0956	1009	1024	1039	1054	1109	1124
East Ham Newham Town Hall	0635	0655	0715	0735	0755	0815	0835	0857	0919	0934	0948	1002	1016	1031	1046	1101	1116	1131

East Beckton Asda	1102	1117	1132	1147	Then	02	17	32	47		1702	1717	1733	1749	1805	1825	1845	1905
Cyprus Station DLR	1108	1123	1138	1153	every	08	23	38	53		1708	1723	1739	1755	1811	1831	1851	1911
Tollgate Road Stansfeld Road	1113	1128	1143	1158	15 minutes,	13	28	43	58		1713	1728	1744	1800	1816	1836	1856	1916
Newham General Hospital	1119	1134	1149	1204	at these	19	34	49	04	until	1719	1734	1750	1806	1821	1841	1901	1921
Upton Park Boleyn	1125	1140	1155	1210	minutes	25	40	55	10		1725	1740	1756	1811	1826	1846	1906	1926
Plashet Grove Green Street	1130	1145	1200	1215	past	30	45	00	15		1730	1745	1801	1815	1830	1849	1909	1929
East Ham Station	1139	1154	1209	1223	the	39	54	09	24		1739	1754	1809	1822	1836	1854	1914	1934
East Ham Newham Town Hall	1146	1201	1216	1231	hour	46	01	16	31		1746	1801	1814	1827	1841	1858	1918	1938

East Beckton Asda	1925	1945	Then	05	25	45		2305	2325
Cyprus Station DLR	1931	1951	every	11	31	51		2311	2331
Tollgate Road Stansfeld Road	1936	1956	20 minutes,	16	36	56		2316	2336
Newham General Hospital	1941	2001	at these	21	41	01	until	2321	2341
Upton Park Boleyn	1946	2006	minutes	26	46	06		2326	2346
Plashet Grove Green Street	1949	2009	past	29	49	09		2329	2349
East Ham Station	1954	2014	the	34	54	14		2334	2354
East Ham Newham Town Hall	1958	2018	hour	38	58	18		2338	2358

Sundays and other Public Holidays

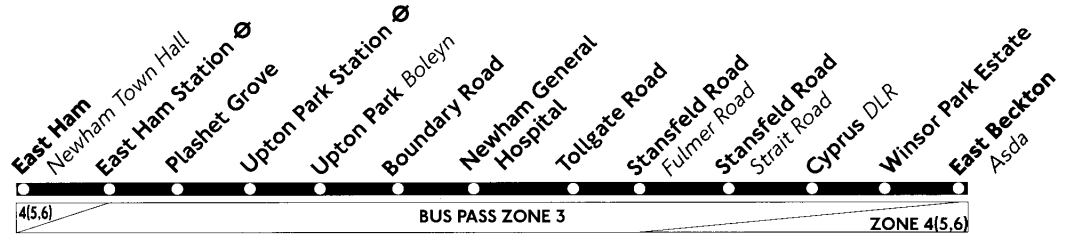
East Beckton Asda	0655	0725	0755	0825	0855	0925	0955	1025	1055	Then	25	55		1625	1655	1725	1755	1825
Cyprus Station DLR	0701	0731	0801	0831	0901	0931	1001	1031	1101	every	31	01		1631	1701	1731	1801	1831
Tollgate Road Stansfeld Road	0706	0736	0806	0836	0906	0936	1006	1036	1106	30 minutes,	36	06		1636	1706	1736	1806	1836
Newham General Hospital	0711	0741	0811	0841	0911	0941	1011	1041	1111	at these	41	11	until	1641	1711	1741	1811	1841
Upton Park Boleyn	0716	0746	0816	0846	0916	0946	1016	1047	1117	minutes	47	17		1647	1717	1746	1816	1846
Plashet Grove Green Street	0719	0749	0819	0849	0919	0950	1022	1053	1123	past	53	23		1653	1721	1749	1819	1849
East Ham Station	0723	0753	0823	0853	0923	0955	1028	1059	1129	the	59	29		1659	1726	1754	1824	1854
East Ham Newham Town Hall	0726	0756	0826	0856	0926	0959	1032	1103	1133	hour	03	33		1703	1730	1758	1828	1858

East Beckton Asda	1855	Then	25	55		2325
Cyprus Station DLR	1901	every	31	01		2331
Tollgate Road Stansfeld Road	1906	30 minutes,	36	06		2336
Newham General Hospital	1911	at these	41	11	until	2341
Upton Park Boleyn	1916	minutes	46	16		2346
Plashet Grove Green Street	1919	past	49	19		2349
East Ham Station	1924	the	54	24		2354
East Ham Newham Town Hall	1928	hour	58	28		2358

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East Ham - Newham General Hospital - East Beckton

Daily



Mondays to Fridays

East Ham Newham Town Hall	0605	0625	0645	0705	0719	0734	0749	0804	0819	0834	0849	0904	0919	0933	0946	1000	1015	1030
East Ham Station	0610	0630	0650	0711	0725	0740	0755	0810	0825	0840	0855	0910	0925	0939	0953	1007	1022	1037
Plashet Grove Green Street	0615	0635	0655	0716	0730	0745	0800	0815	0830	0845	0900	0915	0930	0946	1000	1014	1029	1044
Upton Park Boleyn	0618	0638	0658	0719	0733	0748	0803	0818	0833	0848	0903	0918	0933	0950	1004	1018	1033	1048
Newham General Hospital	0623	0643	0703	0724	0738	0753	0808	0823	0838	0853	0908	0923	0938	0955	1009	1023	1038	1053
Tollgate Road Stansfeld Road	0628	0648	0708	0729	0747	0802	0817	0832	0847	0902	0917	0932	0947	1004	1018	1032	1047	1102
Cyprus Station DLR	0633	0653	0713	0734	0752	0807	0822	0837	0852	0907	0922	0937	0952	1009	1023	1037	1052	1107
East Beckton Asda	0639	0659	0719	0740	0758	0813	0828	0843	0858	0913	0928	0943	0958	1015	1029	1043	1058	1113

East Ham Newham Town Hall	1045	Then	00	15	30	45		1500	1514	1528	1543	1558	1613	1628	1643	1658	1713	1728
East Ham Station	1052	every	07	22	37	52		1507	1521	1536	1551	1606	1621	1636	1651	1706	1721	1736
Plashet Grove Green Street	1059	15 minutes,	14	29	44	59		1514	1528	1543	1558	1613	1628	1643	1658	1713	1728	1743
Upton Park Boleyn	1103	at these	18	33	48	03	until	1518	1532	1547	1602	1617	1632	1647	1702	1717	1732	1747
Newham General Hospital	1108	minutes	23	38	53	08		1523	1538	1553	1608	1623	1638	1653	1708	1723	1738	1753
Tollgate Road Stansfeld Road	1117	past	32	47	02	17		1532	1547	1602	1617	1632	1647	1702	1717	1732	1747	1802
Cyprus Station DLR	1122	the	37	52	07	22		1537	1552	1607	1622	1637	1652	1707	1722	1737	1752	1807
East Beckton Asda	1128	hour	43	58	13	28		1543	1558	1613	1628	1643	1658	1713	1728	1743	1758	1813

East Ham Newham Town Hall	1743	1758	1815	1832	1849	1906	1926	1946	Then	06	26	46		2306	2326			
East Ham Station	1751	1806	1823	1839	1854	1911	1931	1951	every	11	31	51		2311	2331			
Plashet Grove Green Street	1758	1813	1830	1845	1900	1916	1936	1956	20 minutes,	16	36	56		2316	2336			
Upton Park Boleyn	1802	1817	1833	1848	1903	1919	1939	1959	at these	19	39	59	until	2319	2339			
Newham General Hospital	1808	1823	1838	1853	1908	1924	1944	2004	minutes	24	44	04		2324	2344			
Tollgate Road Stansfeld Road	1817	1832	1846	1900	1914	1929	1949	2009	past	29	49	09		2329	2349			
Cyprus Station DLR	1822	1837	1851	1905	1919	1934	1954	2014	the	34	54	14		2334	2354			
East Beckton Asda	1828	1843	1857	1911	1925	1940	2000	2020	hour	40	00	20		2340	2400			

Saturdays (also Good Friday)

East Ham Newham Town Hall	0605	0625	0645	0705	0725	0745	0805	0819	0833	0847	0904	0916	0930	0943	0956	1009	1023	1038
East Ham Station	0610	0630	0650	0710	0730	0750	0810	0824	0838	0852	0909	0922	0936	0949	1002	1017	1031	1046
Plashet Grove Green Street	0615	0635	0655	0715	0735	0755	0815	0829	0843	0857	0914	0929	0944	0958	1012	1028	1042	1057
Upton Park Boleyn	0618	0638	0658	0718	0738	0758	0818	0832	0846	0900	0917	0932	0948	1002	1018	1034	1048	1103
Newham General Hospital	0623	0643	0703	0723	0743	0803	0823	0837	0851	0905	0922	0937	0953	1008	1024	1040	1054	1109
Tollgate Road Stansfeld Road	0628	0648	0708	0728	0748	0808	0828	0842	0856	0910	0927	0942	0958	1014	1030	1046	1100	1115
Cyprus Station DLR	0633	0653	0713	0733	0753	0813	0833	0847	0901	0915	0932	0947	1003	1019	1035	1051	1105	1120
East Beckton Asda	0639	0659	0719	0739	0759	0819	0839	0853	0907	0921	0938	0953	1009	1025	1041	1057	1111	1126

East Ham Newham Town Hall	1053	1107	1121	1136	1151	Then	06	21	36	51		1706	1721	1738	1755	1812	1829	1846
East Ham Station	1101	1115	1129	1144	1159	every	14	29	44	59		1714	1729	1746	1803	1818	1835	1851
Plashet Grove Green Street	1112	1126	1140	1155	1210	15 mins,	25	40	55	10		1725	1740	1757	1812	1825	1841	1856
Upton Park Boleyn	1118	1132	1146	1201	1216	at these	31	46	01	16	until	1731	1746	1803	1816	1829	1844	1859
Newham General Hospital	1124	1138	1152	1207	1222	mins	37	52	07	22		1737	1752	1808	1821	1834	1849	1904
Tollgate Road Stansfeld Road	1130	1144	1158	1213	1228	past	43	58	13	28		1743	1758	1813	1826	1839	1854	1909
Cyprus Station DLR	1135	1149	1203	1218	1233	the	48	03	18	33		1748	1803	1818	1831	1844	1859	1914
East Beckton Asda	1141	1155	1209	1224	1239	hour	54	09	24	39		1754	1809	1824	1837	1850	1905	1920

East Ham Newham Town Hall	1906	1926	1946	Then	06	26	46		2306	2326								
East Ham Station	1911	1931	1951	every	11	31	51		2311	2331								
Plashet Grove Green Street	1916	1936	1956	20 minutes,	16	36	56		2316	2336								
Upton Park Boleyn	1919	1939	1959	at these	19	39	59	until	2319	2339								
Newham General Hospital	1924	1944	2004	minutes	24	44	04		2324	2344								
Tollgate Road Stansfeld Road	1929	1949	2009	past	29	49	09		2329	2349								
Cyprus Station DLR	1934	1954	2014	the	34	54	14		2334	2354								
East Beckton Asda	1940	2000	2020	hour	40	00	20		2340	2400								

Sundays and other Public Holidays

East Ham Newham Town Hall	0646	0716	0746	0816	0846	0916	0944	1011	1040	Then	10	40		1610	1640	1713	1746	1816
East Ham Station	0651	0721	0751	0821	0851	0921	0949	1016	1046	every	16	46		1616	1646	1719	1751	1821
Plashet Grove Green Street	0656	0726	0756	0826	0856	0926	0954	1023	1053	30 minutes,	23	53		1623	1653	1724	1756	1826
Upton Park Boleyn	0659	0729	0759	0829	0859	0929	0959	1029	1059	at these	29	59	until	1629	1659	1729	1759	1829
Newham General Hospital	0704	0734	0804	0834	0904	0934	1004	1034	1104	minutes	34	04		1634	1704	1734	1804	1834
Tollgate Road Stansfeld Road	0709	0739	0809	0839	0909	0939	1009	1039	1109	past	39	09		1639	1709	1739	1809	1839
Cyprus Station DLR	0714	0744	0814	0844	0914	0944	1014	1044	1114	the	44	14		1644	1714	1744	1814	1844
East Beckton Asda	0720	0750	0820	0850	0920	0950	1020	1050	1120	hour	50	20		1650	1720	1750	1820	1850

East Ham Newham Town Hall	1846	Then	16	46		2216	2246	2306	2336									
East Ham Station	1851	every	21	51		2221	2251	2311	2341									
Plashet Grove Green Street	1856	30 minutes,	26	56		2226	2256	2316	2346									
Upton Park Boleyn	1859	at these	29	59	until	2229	2259	2319	2349									
Newham General Hospital	1904	minutes	34	04		2234	2304	2324	2354									
Tollgate Road Stansfeld Road	1909	past	39	09		2239	2309	2329	2359									
Cyprus Station DLR	1914	the	44	14		2244	2314	2334	0004									
East Beckton Asda	1920	hour	50	20		2250	2320	2340	0010									