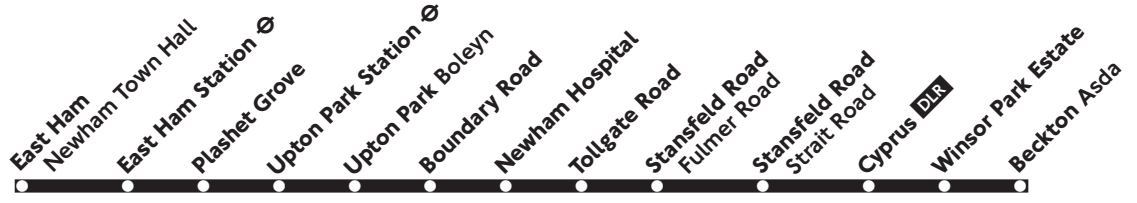


# 376

## East Ham - Newham Hospital - Beckton

Daily



### Monday - Friday

East Ham Newham Town Hall	0606	0626	0646	0658	0710		0840	0854	0907	0920	0933		1503	1518		1748
East Ham Station	0611	0631	0651	0703	0716	Then	0846	0900	0914	0928	0942	Then	1512	1527	Then	1757
Plashet Grove Green Street	0616	0636	0656	0709	0722	every	0852	0906	0921	0936	0951	every	1521	1536	every	1806
Upton Park Boleyn	0619	0639	0659	0712	0725	15	0855	0910	0925	0940	0955	15	1525	1540	15	1810
Newham Hospital	0624	0644	0704	0717	0730	mins	0900	0915	0930	0945	1000	minutes	1530	1546	minutes	1816
Tollgate Road Stansfeld Road	0629	0649	0709	0724	0739	until	0909	0924	0939	0954	1009	until	1539	1555	until	1825
Cyprus Station DLR	0634	0654	0714	0729	0744		0914	0929	0944	0959	1014		1544	1600		1830
Beckton Asda	0640	0700	0720	0735	0750		0920	0935	0950	1005	1020		1550	1606		1836
East Ham Newham Town Hall	1803	1818	1834	1850	1906	1926										2326
East Ham Station	1812	1827	1842	1857	1913	1931	Then									2331
Plashet Grove Green Street	1821	1836	1851	1905	1918	1936	every									2336
Upton Park Boleyn	1825	1839	1854	1908	1921	1939	20									2339
Newham Hospital	1831	1844	1859	1913	1926	1944	minutes									2344
Tollgate Road Stansfeld Road	1838	1851	1905	1918	1931	1949	until									2349
Cyprus Station DLR	1843	1856	1910	1923	1936	1954										2354
Beckton Asda	1849	1902	1916	1929	1942	2000										2400

### Saturday (also Good Friday)

East Ham Newham Town Hall	0606			0806			0906	0918	0931	0944	0957	1010	1022	1036		1721	1736
East Ham Station	0611	Then		0811	Then		0911	0924	0937	0950	1003	1018	1030	1045	Then	1730	1745
Plashet Grove Green Street	0616	every		0816	every		0916	0931	0944	0958	1012	1027	1041	1056	every	1741	1756
Upton Park Boleyn	0619	20		0819	15		0919	0934	0947	1002	1017	1032	1047	1102	15	1747	1802
Newham Hospital	0624	minutes		0824	minutes		0924	0939	0953	1008	1023	1038	1053	1108	mins	1753	1807
Tollgate Road Stansfeld Road	0629	until		0829	until		0929	0944	0959	1014	1029	1044	1059	1114	until	1759	1812
Cyprus Station DLR	0634			0834			0934	0949	1004	1019	1034	1049	1104	1119		1804	1817
Beckton Asda	0640			0840			0940	0955	1010	1025	1040	1055	1110	1125		1810	1823
East Ham Newham Town Hall	1751	1806	1821	1836	1851	1906	1926									2326	
East Ham Station	1800	1814	1829	1844	1858	1912	1931	Then								2331	
Plashet Grove Green Street	1810	1824	1838	1853	1906	1919	1936	every								2336	
Upton Park Boleyn	1815	1829	1843	1856	1909	1922	1939	20								2339	
Newham Hospital	1820	1834	1848	1901	1914	1927	1944	minutes								2344	
Tollgate Road Stansfeld Road	1825	1839	1853	1906	1919	1932	1949	until								2349	
Cyprus Station DLR	1830	1844	1858	1911	1924	1937	1954									2354	
Beckton Asda	1836	1850	1904	1917	1930	1943	2000									2400	

### Sunday and other Public Holidays

East Ham Newham Town Hall	0646		0846	0911	0936	1001	1026	1051		1621	1644	1706	1736	1806	1836	1906	2336	
East Ham Station	0651	Then	0851	0916	0941	1006	1032	1058	Then	1628	1651	1712	1742	1812	1842	1911	Then	2341
Plashet Grove Green Street	0656	every	0856	0921	0946	1011	1038	1106	every	1636	1657	1718	1748	1818	1848	1916	every	2346
Upton Park Boleyn	0659	30	0859	0924	0949	1014	1042	1112	30	1642	1702	1723	1753	1823	1851	1919	30	2349
Newham Hospital	0704	mins	0904	0929	0954	1019	1047	1117	mins	1647	1707	1728	1758	1828	1856	1924	mins	2354
Tollgate Road Stansfeld Road	0709	until	0909	0934	0959	1024	1052	1122	until	1652	1712	1733	1803	1833	1901	1929	until	2359
Cyprus Station DLR	0714		0914	0939	1004	1029	1057	1127		1657	1717	1738	1808	1838	1906	1934		0004
Beckton Asda	0720		0920	0945	1010	1035	1103	1133		1703	1723	1744	1814	1844	1912	1940		0010

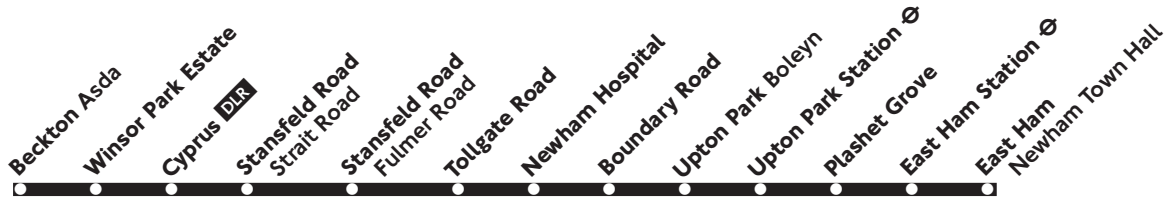
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## Beckton - Newham Hospital - East Ham

Daily



### Monday - Friday

Beckton Asda	0605	0625	0645	0705	0718		0848	0902	0916		1416	1431		1801	1817
Cyprus Station DLR	0611	0631	0651	0711	0724	Then	0854	0908	0922	Then	1422	1437	Then	1807	1823
Tollgate Road Stansfeld Road	0616	0636	0656	0716	0729	every	0859	0913	0927	every	1427	1442	every	1812	1828
Newham Hospital	0621	0641	0701	0721	0736	15	0906	0920	0934	15	1434	1450	15	1821	1837
Upton Park Boleyn	0626	0646	0706	0726	0742	minutes	0912	0926	0939	minutes	1439	1455	minutes	1826	1842
Plashet Grove Green Street	0629	0649	0709	0729	0746	until	0916	0930	0943	until	1443	1459	until	1829	1845
East Ham Station	0634	0654	0714	0734	0752		0922	0936	0951		1451	1507		1837	1852
East Ham Newham Town Hall	0639	0659	0720	0741	0759		0929	0944	0959		1459	1515		1845	1859
Beckton Asda	1833	1849	1905			2325									
Cyprus Station DLR	1839	1855	1911	Then		2331									
Tollgate Road Stansfeld Road	1844	1900	1916	every		2336									
Newham Hospital	1852	1908	1921	20		2241									
Upton Park Boleyn	1857	1913	1926	minutes		2346									
Plashet Grove Green Street	1900	1916	1929	until		2349									
East Ham Station	1906	1921	1934			2354									
East Ham Newham Town Hall	1913	1926	1939			2359									

### Saturday (also Good Friday)

Beckton Asda	0605		0825	0845	0859	0913	0926	0939	0952	1005		1720	1735	1750	1805	1820
Cyprus Station DLR	0611	Then	0831	0851	0905	0919	0932	0945	0958	1011	Then	1726	1741	1756	1811	1826
Tollgate Road Stansfeld Road	0616	every	0836	0856	0910	0924	0937	0950	1003	1016	every	1731	1746	1801	1816	1831
Newham Hospital	0621	20	0841	0901	0915	0929	0942	0955	1009	1022	15	1737	1752	1806	1821	1836
Upton Park Boleyn	0626	minutes	0846	0906	0920	0934	0947	1000	1015	1028	minutes	1743	1758	1812	1826	1841
Plashet Grove Green Street	0629	until	0849	0909	0923	0937	0951	1005	1020	1033	until	1748	1803	1817	1830	1845
East Ham Station	0634		0854	0914	0929	0944	0958	1013	1028	1042		1757	1812	1825	1838	1853
East Ham Newham Town Hall	0639		0859	0920	0935	0950	1005	1020	1035	1050		1805	1818	1831	1844	1858
Beckton Asda	1835	1850	1905			2325										
Cyprus Station DLR	1841	1856	1911	Then		2331										
Tollgate Road Stansfeld Road	1846	1901	1916	every		2336										
Newham Hospital	1851	1906	1921	20		2341										
Upton Park Boleyn	1856	1911	1926	minutes		2346										
Plashet Grove Green Street	1859	1914	1929	until		2349										
East Ham Station	1906	1919	1934			2354										
East Ham Newham Town Hall	1911	1924	1939			2359										

### Sunday and other Public Holidays

Beckton Asda	0655	0925	0951	1021	1048		1548	1619	1651	1721	1751	1823	1855		2325	
Cyprus Station DLR	0701	Then	0931	0957	1027	1054	Then	1554	1625	1657	1727	1757	1829	1901	Then	2331
Tollgate Road Stansfeld Road	0706	every	0936	1002	1032	1059	every	1559	1630	1702	1732	1802	1834	1906	every	2336
Newham Hospital	0711	30	0941	1007	1037	1104	30	1604	1635	1707	1737	1807	1839	1911	30	2341
Upton Park Boleyn	0716	mins	0946	1012	1042	1110	minutes	1610	1641	1712	1742	1812	1844	1916	minutes	2346
Plashet Grove Green Street	0719	until	0949	1017	1047	1116	until	1616	1647	1717	1747	1817	1849	1919	until	2349
East Ham Station	0723		0953	1023	1053	1123		1623	1653	1723	1753	1823	1854	1924		2354
East Ham Newham Town Hall	0727		0957	1029	1059	1129		1629	1659	1729	1759	1829	1859	1929		2359

18.9.04 T5776T

