

EL3

Little Heath – Barking – Barking Reach

EL3		Mondays to Fridays																		
Little Heath Haw Bush	0510	0540	0600	0620	0630	0639	0648	0657	0705	0714	0724	0733	0740	0749	0759	0809	0819	0829		
Little Heath King George Hospital	0513	0543	0604	0624	0634	0643	0652	0701	0709	0718	0728	0737	0744	0754	0804	0814	0824	0834		
Goodmayes Station	0518	0548	0610	0630	0640	0649	0658	0708	0716	0726	0736	0746	0754	0804	0814	0824	0834	0844		
Goodmayes Lord Napier	0520	0550	0612	0632	0642	0651	0700	0710	0718	0728	0738	0748	0757	0807	0817	0827	0837	0847		
Faircross Longbridge Road	0528	0558	0621	0642	0652	0701	0711	0721	0729	0739	0749	0759	0808	0818	0828	0838	0848	0858		
Barking Station	0531	0601	0625	0647	0657	0706	0716	0726	0735	0745	0756	0806	0815	0825	0835	0845	0855	0904		
River Road Barking By-Pass	0536	0606	0630	0652	0702	0712	0722	0732	0742	0752	0803	0813	0823	0833	0843	0853	0904	0913		
Creekmouth Remploy Works	0539	0609	0633	0655	0706	0716	0726	0736	0746	0756	0807	0817	0827	0837	0847	0857	0907	0916		
Barking Reach Mallards Road	0544	0615	0639	0701	0713	0723	0733	0743	0753	0803	0814	0824	0834	0844	0854	0904	0914	0922		
Little Heath Haw Bush	0839	0849	0859	0909	0919	0930	0941	0951	1001	1010	Then every 10 minutes until	1150	1200	Then every 10 minutes until	1350	1400				
Little Heath King George Hospital	0844	0854	0904	0914	0924	0935	0945	0955	1005	1014		1154	1205		1355	1405				
Goodmayes Station	0854	0904	0914	0923	0933	0943	0952	1002	1012	1021		1201	1212		1402	1412				
Goodmayes Lord Napier	0857	0907	0916	0925	0935	0945	0954	1004	1014	1023		1203	1214		1404	1415				
Faircross Longbridge Road	0908	0918	0927	0936	0946	0956	1005	1015	1025	1034		1214	1225		1415	1426				
Barking Station	0913	0923	0932	0941	0951	1001	1010	1020	1030	1039		1219	1230		1420	1431				
River Road Barking By-Pass	0922	0932	0940	0949	0959	1009	1018	1028	1038	1047		1227	1238		1428	1439				
Creekmouth Remploy Works	0925	0935	0943	0952	1002	1012	1021	1031	1041	1050	1230	1241	1431	1442						
Barking Reach Mallards Road	0931	0941	0949	0958	1008	1018	1027	1037	1047	1056	1236	1247	1437	1448						
	SD	NSD	SD	NSD							Then every 10 mins. until							Then every 10 mins. until		
Little Heath Haw Bush	1410	1410	1420	1420	1430	1439	1448	1456	1504	1604		1614	1624	1633	1643	1652	1752			
Little Heath King George Hospital	1415	1415	1425	1425	1435	1444	1453	1501	1509	1609		1619	1629	1638	1648	1657	1757			
Goodmayes Station	1423	1423	1433	1433	1443	1452	1501	1510	1518	1618		1629	1639	1648	1658	1707	1807			
Goodmayes Lord Napier	1426	1426	1436	1436	1446	1455	1504	1513	1521	1621		1632	1642	1651	1701	1710	1810			
Faircross Longbridge Road	1437	1437	1447	1447	1457	1506	1516	1525	1533	1633		1644	1654	1703	1713	1722	1822			
Barking Station	1442	1442	1452	1452	1502	1511	1521	1530	1538	1638		1649	1659	1708	1718	1727	1827			
River Road Barking By-Pass	1450	1450	1500	1500	1510	1520	1530	1540	1548	1648		1659	1709	1717	1727	1736	1836			
Creekmouth Remploy Works	1453	1453	1503	1503	1513	1523	1533	1543	1551	1651		1702	1712	1720	1730	1739	1839			
Barking Reach Mallards Road	1459	1459	1509	1509	1519	1529	1539	1549	1557	1657		1708	1718	1726	1736	1745	1845			
Barking Riverside Riverside Campus	1503	--	1513	--	--	--	--	--	--	--	--	--	--	--	--	--				
Little Heath Haw Bush	1802	1812	1822	1832	1842	1852	1902	1913	1923	1944	2004	2024	2044	2104	2124	2141	2200	2220		
Little Heath King George Hospital	1807	1817	1827	1837	1847	1857	1907	1918	1928	1948	2008	2028	2048	2108	2128	2145	2203	2223		
Goodmayes Station	1817	1827	1837	1847	1856	1905	1915	1926	1936	1956	2016	2035	2055	2114	2134	2151	2209	2229		
Goodmayes Lord Napier	1820	1830	1840	1849	1858	1907	1917	1928	1938	1958	2018	2037	2057	2116	2136	2153	2211	2230		
Faircross Longbridge Road	1832	1841	1851	1859	1907	1916	1926	1937	1947	2007	2026	2043	2103	2122	2142	2159	2217	2236		
Barking Station	1837	1846	1856	1904	1912	1921	1931	1941	1951	2011	2030	2047	2107	2126	2146	2203	2221	2240		
River Road Barking By-Pass	1845	1854	1904	1912	1920	1929	1938	1948	1958	2018	2037	2054	2114	2133	2153	2209	2227	2246		
Creekmouth Remploy Works	1848	1857	1907	1915	1923	1932	1941	1951	2001	2021	2040	2057	2117	2136	2156	2212	2230	2249		
Barking Reach Mallards Road	1854	1903	1913	1921	1929	1938	1947	1957	2007	2027	2046	2103	2123	2142	2202	2218	2236	2255		
Little Heath Haw Bush	2240	2300	2320	2340	0000															
Little Heath King George Hospital	2243	2303	2323	2343	0003															
Goodmayes Station	2248	2308	2328	2348	0008															
Goodmayes Lord Napier	2249	2309	2329	2349	0009															
Faircross Longbridge Road	2255	2315	2335	2355	0015															
Barking Station	2259	2319	2339	2359	0019															
River Road Barking By-Pass	2305	2324	2344	0004	0024															
Creekmouth Remploy Works	2308	2327	2347	0007	0027															
Barking Reach Mallards Road	2313	2332	2352	0012	0032															

EL3		Saturdays (also Good Friday)																
Little Heath Haw Bush	0510	0540	0610	0640	0710	0740	0800	0820	0832	0843	0853	0905	0917	0928	Then every 12 minutes until	1040	1052	
Little Heath King George Hospital	0513	0543	0613	0644	0714	0744	0804	0824	0836	0847	0857	0909	0921	0932		1044	1056	
Goodmayes Station	0518	0548	0618	0649	0719	0750	0811	0831	0843	0854	0904	0916	0928	0939		1051	1103	
Goodmayes Lord Napier	0519	0549	0619	0650	0720	0751	0813	0833	0845	0856	0906	0918	0930	0941		1053	1106	
Faircross Longbridge Road	0526	0556	0626	0657	0728	0759	0822	0842	0854	0905	0916	0928	0940	0951		1103	1116	
Barking Station	0529	0559	0629	0700	0731	0802	0825	0845	0857	0909	0920	0932	0944	0956		1108	1121	
River Road Barking By-Pass	0534	0604	0634	0706	0737	0808	0831	0851	0903	0915	0927	0939	0951	1003		1115	1128	
Creekmouth Remploy Works	0537	0607	0637	0709	0740	0811	0834	0854	0906	0918	0930	0942	0954	1006		1118	1131	
Barking Reach Mallards Road	0542	0612	0643	0715	0746	0817	0840	0900	0912	0924	0936	0948	1000	1012		1124	1137	
Little Heath Haw Bush	1104	1116	1128	1140	Then about every 12 minutes until	1704	1716	1728	1740	1752	1804	1815	1827	1839	1859	1919	1939	
Little Heath King George Hospital	1108	1120	1132	1144		1708	1720	1732	1744	1756	1808	1819	1831	1843	1903	1923	1943	
Goodmayes Station	1115	1127	1139	1151		1715	1727	1739	1751	1803	1815	1826	1838	1850	1910	1930	1950	
Goodmayes Lord Napier	1118	1130	1142	1154		1718	1730	1742	1754	1806	1818	1829	1841	1853	1912	1932	1952	
Faircross Longbridge Road	1128	1140	1152	1205		1729	1740	1752	1804	1815	1827	1838	1850	1902	1921	1941	2001	
Barking Station	1133	1145	1157	1210		1734	1745	1757	1809	1820	1832	1843	1855	1907	1926	1946	2006	
River Road Barking By-Pass	1140	1153	1205	1218		1742	1753	1805	1816	1827	1839	1850	1902	1914	1933	1953	2012	
Creekmouth Remploy Works	1143	1156	1208	1221		1745	1756	1807	1818	1829	1841	1852	1904	1916	1935	1955	2014	
Barking Reach Mallards Road	1149	1202	1214	1227		1751	1802	1813	1824	1835	1847	1858	1910	1922	1941	2001	2020	
Little Heath Haw Bush	1959	2019	2039	2100	2120	2140	2200	2220	2240	2300	2320	2340	0000					
Little Heath King George Hospital	2003	2023	2043	2103	2123	2143	2203	2223	2243	2303	2323	2343	0003					
Goodmayes Station	2009	2029	2049	2109	2129	2149	2208	2228	2248	2308	2328	2348	0008					
Goodmayes Lord Napier	2011	2031	2051	2111	2131	2151	2210	2230	2250	2310	2329	2349	0009					
Faircross Longbridge Road	2019	2039	2059	2118	2138	2158	2216	2236	2256	2316	2335	2355	0015					
Barking Station	2023	2043	2103	2122	2142	2202	2220	2239	2259	2319	2338	2358	0018					
River Road Barking By-Pass	2029	2049	2109	2128	2148	2208	2226	2245	2305	2325	2344	0004	0024					
Creekmouth Remploy Works	2031	2051	2111	2130	2150	2210	2228	2247	2307	2327	2346	0006	0026					
Barking Reach Mallards Road	2037	2057	2117	2136	2156	2216	2234	2253	2313	2333	2352	0012	0032					
EL3		Sundays and other Public Holidays (except Christmas Day)																
Little Heath Haw Bush	0630	0700	0730	0800	0830	0900	0930	0959	1019	1037	1056	1116	1136	1156	Then every 20 minutes until	1416	1436	
Little Heath King George Hospital	0633	0703	0733	0804	0834	0904	0934	1003	1023	1041	1100	1120	1140	1200		1420	1440	
Goodmayes Station	0638	0708	0738	0810	0840	0910	0941	1010	1030	1048	1107	1127	1147	1207		1427	1447	
Goodmayes Lord Napier	0639	0709	0739	0811	0841	0911	0942	1011	1031	1050	1109	1129	1149	1210		1430	1450	
Faircross Longbridge Road	0646	0716	0746	0818	0848	0918	0949	1019	1039	1059	1118	1138	1158	1220		1440	1500	
Barking Station	0649	0719	0749	0821	0851	0921	0952	1022	1042	1102	1122	1142	1202	1224		1444	1504	
River Road Barking By-Pass	0654	0724	0755	0827	0857	0927	0959	1030	1050	1110	1130	1150	1210	1232		1452	1511	
Creekmouth Remploy Works	0657	0727	0758	0830	0900	0930	1002	1033	1053	1113	1133	1153	1213	1235		1455	1514	
Barking Reach Mallards Road	0702	0732	0803	0835	0905	0936	1008	1039	1059	1119	1139	1159	1219	1241		1501	1520	
Little Heath Haw Bush	1456	1516	1536	1556	1616	1636	1656	1716	1736	1757	1817	1837	1857	1917	1937	1957	2017	2037
Little Heath King George Hospital	1500	1520	1540	1600	1620	1640	1700	1720	1740	1801	1821	1841	1901	1921	1941	2001	2021	2041
Goodmayes Station	1507	1527	1547	1607	1627	1647	1706	1726	1746	1806	1826	1846	1906	1926	1946	2006	2026	2046
Goodmayes Lord Napier	1510	1530	1550	1610	1629	1649	1708	1728	1748	1808	1828	1848	1908	1928	1948	2008	2028	2048
Faircross Longbridge Road	1520	1540	1600	1620	1638	1658	1717	1737	1756	1816	1836	1856	1916	1935	1955	2015	2035	2055
Barking Station	1524	1544	1604	1624	1642	1702	1721	1741	1800	1820	1840	1900	1920	1939	1959	2018	2038	2058
River Road Barking By-Pass	1531	1551	1611	1631	1649	1708	1727	1747	1806	1826	1846	1906	1926	1945	2005	2024	2044	2104
Creekmouth Remploy Works	1534	1554	1614	1634	1652	1711	1730	1750	1809	1829	1849	1909	1929	1948	2008	2027	2047	2107
Barking Reach Mallards Road	1540	1600	1620	1640	1658	1717	1736	1756	1815	1835	1855	1915	1935	1954	2014	2033	2053	2113
Little Heath Haw Bush	2058	2119	2139	2159	2219	2240	2300	2320	2340	0000								
Little Heath King George Hospital	2102	2122	2142	2202	2222	2243	2303	2323	2343	0003								
Goodmayes Station	2107	2127	2147	2207	2227	2248	2308	2328	2348	0008								
Goodmayes Lord Napier	2108	2128	2148	2208	2228	2249	2309	2329	2349	0009								
Faircross Longbridge Road	2115	2135	2155	2214	2234	2255	2315	2335	2355	0015								
Barking Station	2118	2138	2158	2217	2237	2258	2318	2338	2358	0018								
River Road Barking By-Pass	2124	2144	2204	2223	2243	2303	2323	2343	0003	0023								
Creekmouth Remploy Works	2127	2147	2207	2226	2246	2306	2326	2346	0006	0026								
Barking Reach Mallards Road	2133	2153	2213	2232	2252	2312	2332	2352	0012	0032								

EL3

Barking Reach – Barking – Little Heath

EL3		Mondays to Fridays																					
Barking Reach Mallards Road	0500	0530	0550	0610	0628	0638	0645	0654	0702	0711	0719	0727	0736	0745	0755	0804	0814	0824					
Creekmouth Remploy Works	0505	0535	0555	0616	0634	0644	0652	0701	0710	0719	0727	0735	0744	0753	0803	0813	0823	0833					
River Road Barking By-Pass	0508	0538	0558	0620	0638	0648	0656	0706	0715	0724	0732	0740	0749	0758	0808	0818	0828	0838					
Barking Station	0514	0544	0604	0626	0645	0655	0704	0714	0723	0732	0741	0749	0758	0807	0817	0827	0837	0847					
Faircross Longbridge Road	0517	0547	0607	0629	0649	0659	0708	0718	0727	0736	0746	0754	0803	0812	0822	0832	0842	0852					
Goodmayes Lord Napier	0523	0553	0613	0636	0656	0706	0715	0725	0734	0743	0753	0802	0812	0821	0831	0841	0851	0901					
Goodmayes Station	0525	0555	0615	0639	0700	0710	0719	0729	0738	0748	0758	0808	0818	0828	0838	0848	0858	0908					
Little Heath King George Hospital	0530	0600	0620	0644	0706	0716	0725	0736	0745	0755	0805	0815	0825	0835	0845	0855	0905	0915					
Little Heath Haw Bush	0532	0602	0622	0647	0709	0719	0729	0740	0749	0759	0809	0819	0829	0839	0849	0859	0909	0919					
NSD																							
Barking Reach Mallards Road	0834	0844	0854	0904	0914	0924	Then every 10 minutes until			1354	1404	1413	1422	1429	1439	1448	1458	1508	1518				
Creekmouth Remploy Works	0843	0853	0902	0912	0921	0930				1400	1410	1419	1428	1435	1445	1454	1504	1514	1524				
River Road Barking By-Pass	0848	0858	0907	0916	0925	0934				1404	1414	1423	1432	1439	1449	1458	1508	1518	1528				
Barking Station	0857	0907	0916	0925	0934	0943				1413	1423	1432	1441	1448	1458	1508	1518	1528	1538				
Faircross Longbridge Road	0902	0912	0920	0929	0938	0947				1417	1428	1437	1446	1454	1504	1514	1524	1534	1544				
Goodmayes Lord Napier	0911	0921	0929	0938	0947	0956				1426	1437	1446	1455	1504	1514	1524	1534	1544	1554				
Goodmayes Station	0917	0925	0933	0942	0951	1000				1430	1441	1451	1501	1511	1521	1531	1541	1551	1601				
Little Heath King George Hospital	0924	0932	0940	0949	0958	1007				1437	1448	1459	1509	1519	1529	1539	1549	1559	1609				
Little Heath Haw Bush	0928	0935	0943	0952	1001	1010	1440	1452	1504	1514	1524	1534	1544	1554	1604	1614							
		SD	SD	NSD																			
Barking Riverside Riverside Campus	1514	1524	--	--	--	--	Then every 10 minutes until			--	--	Then every 10 minutes until						--	--	--	--	--	--
Barking Reach Mallards Road	↓	↓	1528	1538	1548	1557				1657	1708							1808	1819	1829	1839	1849	1859
Creekmouth Remploy Works	1524	1534	1534	1544	1554	1603				1703	1714							1814	1824	1834	1844	1854	1904
River Road Barking By-Pass	1528	1538	1538	1548	1558	1607				1707	1718							1818	1827	1837	1847	1857	1907
Barking Station	1538	1548	1548	1558	1608	1618				1718	1729							1829	1838	1847	1857	1907	1916
Faircross Longbridge Road	1544	1554	1554	1604	1614	1624				1724	1735							1835	1843	1852	1902	1912	1921
Goodmayes Lord Napier	1554	1604	1604	1614	1624	1634				1734	1744							1844	1852	1901	1911	1921	1929
Goodmayes Station	1601	1611	1611	1621	1631	1640				1740	1750							1850	1858	1907	1916	1925	1933
Little Heath King George Hospital	1609	1619	1619	1628	1638	1647				1747	1757							1857	1905	1914	1922	1931	1939
Little Heath Haw Bush	1614	1624	1624	1633	1643	1652				1752	1802							1902	1909	1917	1925	1934	1942
Barking Reach Mallards Road	1909	1919	1939	1959	2019	2039	2059	2120	2140	2200	2220	2240	2300	2320	2340	0000							
Creekmouth Remploy Works	1914	1924	1944	2004	2024	2044	2104	2125	2145	2205	2225	2245	2305	2325	2345	0005							
River Road Barking By-Pass	1917	1927	1947	2007	2027	2047	2107	2128	2148	2207	2227	2247	2307	2327	2347	0007							
Barking Station	1926	1935	1955	2014	2034	2054	2114	2134	2154	2213	2233	2253	2313	2333	2352	0012							
Faircross Longbridge Road	1931	1940	1959	2018	2038	2058	2118	2138	2158	2217	2236	2256	2316	2336	2355	0015							
Goodmayes Lord Napier	1939	1948	2006	2025	2044	2104	2124	2144	2204	2223	2242	2302	2322	2342	0001	0021							
Goodmayes Station	1943	1952	2009	2028	2047	2107	2126	2146	2206	2225	2244	2304	2324	2344	0003	0023							
Little Heath King George Hospital	1949	1958	2015	2033	2052	2112	2131	2151	2211	2230	2249	2309	2329	2349	0008	0028							
Little Heath Haw Bush	1952	2001	2018	2036	2055	2114	2133	2153	2213	2232	2251	2311	2331	2351	0010	0030							

EL3		Saturdays (also Good Friday)																	
Barking Reach Mallards Road	0500	0530	0600	0630	0700	0730	0750	0810	0829	0840	0851	0903	0914	0925	0936	0947	0958	1008	
Creekmouth Remploy Works	0506	0536	0606	0636	0706	0736	0756	0816	0835	0846	0857	0909	0920	0931	0942	0953	1004	1014	
River Road Barking By-Pass	0509	0539	0609	0639	0709	0739	0759	0819	0838	0849	0900	0912	0923	0934	0945	0956	1007	1017	
Barking Station	0515	0545	0616	0646	0716	0746	0806	0826	0845	0857	0908	0920	0931	0942	0953	1004	1015	1025	
Faircross Longbridge Road	0518	0548	0619	0649	0719	0749	0809	0829	0849	0901	0912	0924	0935	0946	0957	1008	1019	1029	
Goodmayes Lord Napier	0524	0554	0625	0655	0725	0756	0816	0836	0856	0908	0919	0931	0942	0954	1005	1017	1028	1039	
Goodmayes Station	0526	0556	0627	0657	0727	0758	0818	0838	0858	0910	0921	0933	0945	0957	1008	1020	1032	1043	
Little Heath King George Hospital	0531	0601	0632	0702	0732	0803	0823	0843	0903	0915	0926	0938	0950	1002	1014	1026	1038	1050	
Little Heath Haw Bush	0533	0603	0634	0704	0735	0806	0826	0846	0906	0918	0929	0941	0953	1005	1017	1029	1041	1053	
Barking Reach Mallards Road	1020	1032	1044	1056	1106	1117	1129	1141	1151	1202	Then every 12 minutes until	1414	1426	1438	1451	1503	1515		
Creekmouth Remploy Works	1026	1038	1050	1102	1112	1123	1135	1147	1157	1208		1420	1432	1444	1457	1509	1521		
River Road Barking By-Pass	1029	1041	1053	1105	1115	1126	1138	1150	1200	1211		1423	1435	1447	1500	1512	1524		
Barking Station	1037	1049	1101	1113	1123	1134	1146	1158	1209	1221		1433	1445	1457	1510	1522	1534		
Faircross Longbridge Road	1041	1053	1105	1117	1127	1138	1150	1202	1214	1226		1438	1450	1502	1515	1527	1539		
Goodmayes Lord Napier	1051	1103	1115	1127	1137	1148	1200	1212	1224	1236		1448	1500	1512	1524	1536	1548		
Goodmayes Station	1055	1107	1119	1131	1142	1154	1207	1219	1231	1243		1455	1507	1518	1530	1542	1554		
Little Heath King George Hospital	1102	1114	1126	1138	1149	1201	1214	1226	1238	1250		1502	1513	1524	1536	1548	1600		
Little Heath Haw Bush	1105	1117	1129	1141	1153	1205	1218	1230	1242	1254	1506	1517	1528	1540	1552	1604			
Barking Reach Mallards Road	1527	1539	1552	Then every 12 minutes until	1704	1717	1729	1742	1754	1806	1818	1838	1858	1918	1939	1959	2019		
Creekmouth Remploy Works	1533	1545	1558		1710	1723	1735	1748	1800	1811	1823	1843	1903	1923	1944	2004	2024		
River Road Barking By-Pass	1536	1548	1601		1713	1726	1738	1751	1803	1814	1826	1846	1906	1926	1947	2007	2027		
Barking Station	1546	1558	1611		1723	1736	1748	1801	1813	1824	1836	1855	1915	1935	1955	2015	2035		
Faircross Longbridge Road	1551	1603	1616		1728	1741	1753	1806	1818	1829	1841	1900	1920	1940	2000	2020	2039		
Goodmayes Lord Napier	1600	1612	1625		1737	1750	1802	1814	1826	1837	1849	1907	1927	1947	2007	2027	2046		
Goodmayes Station	1606	1618	1631		1743	1756	1807	1819	1831	1842	1853	1911	1931	1951	2011	2031	2049		
Little Heath King George Hospital	1612	1624	1636		1748	1801	1812	1824	1836	1847	1858	1916	1936	1956	2016	2036	2054		
Little Heath Haw Bush	1616	1628	1640	1752	1804	1815	1827	1839	1850	1901	1919	1939	1959	2019	2039	2057			
Barking Reach Mallards Road	2039	2059	2119	2139	2159	2220	2240	2300	2320	2340	0000								
Creekmouth Remploy Works	2044	2104	2124	2144	2204	2225	2245	2305	2325	2345	0005								
River Road Barking By-Pass	2047	2107	2127	2147	2207	2228	2248	2308	2328	2348	0008								
Barking Station	2055	2115	2135	2155	2215	2235	2255	2314	2334	2354	0014								
Faircross Longbridge Road	2059	2119	2139	2159	2218	2238	2258	2317	2337	2357	0017								
Goodmayes Lord Napier	2106	2126	2145	2205	2224	2244	2304	2323	2343	0003	0023								
Goodmayes Station	2108	2128	2147	2207	2226	2246	2306	2325	2345	0005	0025								
Little Heath King George Hospital	2113	2133	2152	2212	2231	2251	2311	2330	2350	0010	0030								
Little Heath Haw Bush	2115	2135	2154	2214	2233	2253	2313	2332	2352	0012	0032								
EL3		Sundays and other Public Holidays (except Christmas Day)																	
Barking Reach Mallards Road	0610	0640	Then every 30 minutes until	0910	0940	1001	1020	1038	1058	1118	1138	1158	1218	1238	1258	1318	1338		
Creekmouth Remploy Works	0615	0645		0915	0945	1006	1025	1044	1104	1124	1144	1204	1224	1244	1304	1324	1344		
River Road Barking By-Pass	0618	0648		0918	0948	1009	1028	1047	1107	1127	1147	1207	1227	1247	1307	1327	1347		
Barking Station	0623	0654		0924	0955	1016	1035	1055	1115	1135	1155	1215	1235	1255	1316	1336	1356		
Faircross Longbridge Road	0626	0657		0927	0959	1020	1039	1059	1119	1139	1159	1219	1239	1259	1321	1341	1401		
Goodmayes Lord Napier	0632	0703		0933	1006	1027	1046	1106	1126	1146	1207	1227	1247	1307	1329	1349	1409		
Goodmayes Station	0634	0705		0935	1008	1029	1049	1110	1131	1152	1214	1234	1254	1314	1336	1356	1416		
Little Heath King George Hospital	0639	0710		0940	1013	1035	1055	1116	1137	1159	1221	1241	1301	1321	1343	1403	1423		
Little Heath Haw Bush	0641	0712	0942	1015	1038	1058	1119	1140	1202	1224	1244	1304	1324	1346	1406	1426			
Barking Reach Mallards Road	1358	1418	1438	1458	1519	1539	1559	1619	1640	1700	1720	1740	1801	1822	1842	1902	1922	1942	
Creekmouth Remploy Works	1404	1424	1445	1505	1526	1546	1606	1626	1647	1707	1726	1746	1807	1827	1847	1907	1927	1947	
River Road Barking By-Pass	1407	1427	1448	1508	1529	1549	1609	1629	1650	1710	1729	1749	1810	1830	1850	1910	1930	1950	
Barking Station	1416	1436	1457	1517	1538	1558	1618	1638	1659	1718	1737	1757	1818	1838	1858	1918	1937	1957	
Faircross Longbridge Road	1421	1441	1502	1522	1543	1603	1623	1643	1704	1723	1742	1802	1823	1843	1902	1922	1941	2001	
Goodmayes Lord Napier	1429	1449	1510	1530	1551	1611	1631	1650	1711	1730	1749	1809	1830	1849	1908	1928	1947	2007	
Goodmayes Station	1435	1455	1516	1536	1557	1617	1636	1654	1714	1733	1752	1812	1833	1852	1911	1931	1950	2010	
Little Heath King George Hospital	1441	1501	1522	1542	1603	1623	1642	1700	1720	1739	1758	1817	1838	1857	1916	1936	1955	2015	
Little Heath Haw Bush	1444	1504	1525	1545	1606	1626	1644	1702	1722	1741	1800	1819	1840	1859	1918	1938	1957	2017	
Barking Reach Mallards Road	2002	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340	0000						
Creekmouth Remploy Works	2007	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325	2345	0005						
River Road Barking By-Pass	2010	2028	2048	2108	2128	2148	2208	2228	2248	2308	2328	2348	0008						
Barking Station	2017	2035	2055	2114	2134	2154	2214	2234	2254	2313	2333	2353	0013						
Faircross Longbridge Road	2021	2039	2059	2118	2138	2158	2217	2237	2257	2316	2336	2356	0016						
Goodmayes Lord Napier	2027	2045	2105	2124	2144	2204	2223	2243	2303	2322	2342	0002	0022						
Goodmayes Station	2030	2047	2107	2126	2146	2206	2225	2245	2305	2324	2344	0004	0024						
Little Heath King George Hospital	2035	2052	2112	2131	2151	2211	2230	2250	2310	2329	2349	0009	0029						
Little Heath Haw Bush	2037	2054	2114	2133	2153	2213	2232	2252	2312	2331	2351	0011	0031						