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Dagenham - Ilford - Leytonstone

145		Mondays to Fridays														
Dagenham Asda	0455	0515	0535	0555	0610	0625		1844	1857	1910	1924	1939	1957	2017		2357
Dagenham Oval Road South	0458	0518	0538	0558	0613	0628		1849	1901	1914	1928	1943	2001	2020		2400
Dagenham Village Post Office	0502	0522	0542	0602	0617	0632		1854	1906	1919	1933	1948	2006	2024		0004
Dagenham Church Elm	0505	0525	0545	0605	0620	0635	Then about every 12 minutes until	1858	1910	1923	1937	1952	2009	2027	Then every 20 minutes until	0007
Becontree Station	0510	0530	0550	0610	0625	0640		1905	1917	1929	1943	1958	2013	2031		0011
Becontree Martins Corner	0514	0534	0554	0614	0629	0644		1910	1922	1934	1948	2003	2017	2035		0015
Barking Bus Garage	0520	0540	0600	0620	0635	0650		1917	1929	1941	1955	2009	2023	2041		0021
Ilford High Road Hainault Street	0527	0547	0607	0627	0642	0657		1924	1936	1948	2002	2016	2030	2048		0028
Ilford Station	0532	0552	0612	0632	0647	0702		1929	1941	1953	2007	2021	2035	2053		0033
Redbridge Station	0542	0602	0622	0642	0657	0712		1940	1952	2004	2017	2029	2043	2101		0041
Wanstead Station	0546	0606	0626	0646	0701	0716		1944	1956	2008	2020	2032	2046	2104		0044
Leytonstone Bus Station	0552	0612	0632	0652	0709	0724		1955	2005	2015	2026	2038	2052	2110		0050

145		Saturdays (also Good Friday)															
Dagenham Asda	0500		20	40	00		0740	0800	0820	0839	0852		1724	1737	1750	1803	1817
Dagenham Oval Road South	0503		23	43	03		0743	0803	0823	0842	0855		1728	1741	1754	1807	1821
Dagenham Village Post Office	0507	Then	27	47	07		0747	0807	0827	0846	0859		1733	1746	1759	1812	1825
Dagenham Church Elm	0510	every 20	30	50	10		0750	0810	0830	0849	0902	Then about every 12 minutes until	1737	1750	1803	1815	1828
Becontree Station	0514	minutes	34	54	14		0754	0814	0834	0854	0907		1744	1756	1808	1820	1833
Becontree Martins Corner	0517	at these	37	57	17	until	0757	0817	0837	0857	0910		1749	1801	1813	1825	1838
Barking Bus Garage	0523	minutes	43	03	23		0803	0823	0843	0903	0916		1757	1809	1820	1832	1845
Ilford High Road Hainault Street	0530	past	50	10	30		0810	0830	0850	0910	0923		1808	1818	1828	1840	1853
Ilford Station	0535	the hour	55	15	35		0815	0835	0855	0915	0928		1813	1823	1833	1845	1858
Redbridge Station	0543		03	23	43		0823	0843	0904	0924	0937	1824	1834	1844	1856	1909	
Wanstead Station	0546		06	26	46		0826	0846	0907	0927	0940	1828	1838	1848	1900	1913	
Leytonstone Bus Station	0552		12	32	52		0832	0853	0914	0934	0949	1838	1848	1858	1910	1923	

Dagenham Asda	1831	1846	1902	1919	1938	1957		17	37	57		2357				
Dagenham Oval Road South	1835	1850	1906	1923	1942	2000		20	40	00		2400				
Dagenham Village Post Office	1839	1854	1910	1927	1946	2004	Then	24	44	04		0004				
Dagenham Church Elm	1842	1857	1913	1930	1949	2007	every 20	27	47	07		0007				
Becontree Station	1847	1902	1918	1935	1953	2011	minutes	31	51	11		0011				
Becontree Martins Corner	1851	1906	1922	1939	1957	2015	at these	35	55	15	until	0015				
Barking Bus Garage	1858	1913	1929	1946	2003	2021	minutes	41	01	21		0021				
Ilford High Road Hainault Street	1906	1921	1937	1953	2010	2028	past	48	08	28		0028				
Ilford Station	1911	1926	1942	1958	2015	2033	the hour	53	13	33		0033				
Redbridge Station	1922	1937	1953	2008	2023	2041		01	21	41		0041				
Wanstead Station	1926	1941	1956	2011	2026	2044		04	24	44		0044				
Leytonstone Bus Station	1936	1949	2004	2017	2032	2050		10	30	50		0050				

145		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																
Dagenham Asda	0605	0635	0705	0735	0800	0820	0840	0900	0920	0938	0956	1014	1032	1050		1150	1210	1230
Dagenham Oval Road South	0608	0638	0708	0738	0803	0823	0843	0903	0923	0941	0959	1018	1036	1054		1154	1214	1234
Dagenham Village Post Office	0612	0642	0712	0742	0807	0827	0847	0907	0927	0945	1003	1022	1040	1058		1158	1218	1238
Dagenham Church Elm	0615	0645	0715	0745	0810	0830	0850	0910	0930	0948	1006	1025	1044	1102	Then every 20 mins. until	1202	1222	1242
Becontree Station	0619	0649	0719	0749	0814	0834	0854	0914	0934	0952	1010	1029	1048	1107		1207	1227	1247
Becontree Martins Corner	0622	0652	0722	0752	0817	0837	0857	0917	0937	0955	1014	1033	1052	1111		1211	1231	1251
Barking Bus Garage	0628	0658	0728	0758	0823	0843	0903	0923	0943	1002	1021	1040	1059	1119		1219	1239	1259
Ilford High Road Hainault Street	0635	0705	0735	0805	0830	0850	0910	0930	0950	1010	1029	1048	1108	1128		1228	1248	1308
Ilford Station	0640	0710	0740	0810	0835	0855	0915	0935	0955	1015	1035	1054	1114	1134		1234	1254	1314
Redbridge Station	0648	0718	0748	0818	0843	0903	0923	0943	1003	1024	1045	1106	1126	1146	1246	1306	1326	
Wanstead Station	0651	0721	0751	0821	0846	0906	0926	0946	1006	1027	1048	1109	1130	1150	1250	1311	1331	
Leytonstone Bus Station	0657	0727	0757	0827	0852	0912	0932	0952	1014	1036	1057	1118	1139	1159	1259	1320	1340	

Dagenham Asda	1248	1307		1447	1507	1527	1548	1610	1632	1653	1714	1735	1756	1817		2357
Dagenham Oval Road South	1252	1311		1451	1511	1531	1552	1614	1636	1657	1718	1739	1800	1820		2400
Dagenham Village Post Office	1256	1315		1455	1515	1535	1556	1618	1640	1701	1722	1743	1804	1824		0004
Dagenham Church Elm	1300	1320	Then every 20 minutes until	1500	1520	1540	1601	1623	1644	1705	1726	1747	1807	1827	Then every 20 minutes until	0007
Becontree Station	1306	1326		1506	1526	1546	1606	1627	1648	1709	1730	1751	1811	1831		0011
Becontree Martins Corner	1311	1331		1511	1531	1551	1611	1631	1652	1713	1734	1755	1815	1835		0015
Barking Bus Garage	1319	1339		1519	1539	1559	1619	1639	1659	1720	1741	1801	1821	1841		0021
Ilford High Road Hainault Street	1328	1348		1528	1548	1608	1628	1648	1708	1729	1749	1809	1828	1848		0028
Ilford Station	1334	1354		1534	1554	1614	1634	1654	1714	1734	1754	1814	1833	1853		0033
Redbridge Station	1346	1406		1546	1606	1625	1644	1704	1724	1744	1804	1822	1841	1901		0041
Wanstead Station	1351	1411		1551	1609	1628	1647	1707	1727	1747	1807	1825	1844	1904		0044
Leytonstone Bus Station	1400	1420		1600	1618	1636	1654	1714	1734	1754	1814	1832	1850	1910		0050

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Leytonstone - Ilford - Dagenham

145		Mondays to Fridays																
Leytonstone Bus Station	0502		0637	0646		1827	1840	1855	1910	1925	1940	1955	2010	2026	2043	2100		2400
Wanstead Station	0509		0644	0653		1836	1849	1904	1919	1934	1949	2003	2017	2033	2050	2107		0007
Redbridge Station	0512		0647	0656		1841	1854	1909	1924	1939	1954	2008	2022	2037	2053	2110		0010
Ilford Station	0520	Then	0655	0705	Then	1852	1905	1919	1934	1949	2004	2017	2030	2045	2101	2118	Then	0018
Ilford High Road Hainault Street	0524	every	0659	0709	about	1858	1911	1925	1940	1955	2008	2021	2034	2049	2105	2122	every	0022
Barking Bus Garage	0530	20	0705	0716	every	1907	1920	1933	1948	2003	2015	2028	2041	2056	2112	2129	20	0029
Becontree Martins Corner	0536	mins.	0711	0722	12	1914	1926	1939	1954	2009	2021	2034	2047	2102	2118	2135	mins.	0035
Becontree Station	0540	until	0715	0727	mins.	1919	1931	1944	1959	2013	2025	2038	2051	2106	2122	2139	until	0039
Dagenham Church Elm	0544		0719	0731	until	1924	1936	1949	2004	2016	2028	2041	2054	2109	2125	2142		0042
Dagenham Village Post Office	0547		0722	0735		1929	1941	1954	2007	2019	2031	2044	2057	2112	2128	2145		0045
Dagenham Oval Road South	0551		0726	0740		1934	1946	1959	2011	2023	2035	2048	2101	2116	2132	2149		0049
Dagenham Asda	0554		0729	0744		1938	1950	2002	2014	2026	2038	2051	2104	2119	2135	2152		0052

145		Saturdays (also Good Friday)																
Leytonstone Bus Station	0502		22	42	02	0802	0820	0837				1728	1741	1754	1807	1820	1833	1847
Wanstead Station	0509		29	49	09	0809	0827	0844				1737	1750	1803	1815	1828	1841	1855
Redbridge Station	0512	Then	32	52	12	0812	0830	0847				1742	1755	1807	1819	1832	1845	1859
Ilford Station	0520	every 20	40	00	20	0820	0838	0855		Then		1757	1810	1821	1832	1843	1855	1909
Ilford High Road Hainault Street	0524	minutes	44	04	24	0824	0842	0859		about		1803	1815	1826	1837	1848	1900	1914
Barking Bus Garage	0530	at these	50	10	30	until	0830	0848	0905	every 12		1812	1823	1834	1845	1856	1908	1922
Becontree Martins Corner	0536	minutes	56	16	36		0836	0854	0911	minutes		1819	1830	1841	1852	1903	1915	1929
Becontree Station	0540	past	00	20	40		0840	0858	0915	until		1824	1835	1846	1857	1908	1920	1934
Dagenham Church Elm	0543	the hour	03	23	43		0843	0902	0919			1828	1839	1850	1901	1912	1924	1938
Dagenham Village Post Office	0546		06	26	46		0846	0905	0922			1832	1843	1854	1905	1916	1928	1942
Dagenham Oval Road South	0550		10	30	50		0850	0909	0926			1837	1848	1859	1910	1921	1933	1946
Dagenham Asda	0553		13	33	53		0853	0913	0930			1841	1852	1903	1914	1925	1937	1950

Leytonstone Bus Station	1902	1920	1938	1959	2020		40	00	20			2400						
Wanstead Station	1910	1928	1946	2007	2027		47	07	27			0007						
Redbridge Station	1914	1932	1950	2010	2030	Then	50	10	30			0010						
Ilford Station	1924	1941	1958	2018	2038	every 20	58	18	38			0018						
Ilford High Road Hainault Street	1929	1946	2002	2022	2042	minutes	02	22	42			0022						
Barking Bus Garage	1937	1953	2009	2029	2049	at these	09	29	49	until		0029						
Becontree Martins Corner	1944	1959	2015	2035	2055	minutes	15	35	55			0035						
Becontree Station	1949	2004	2019	2039	2059	past	19	39	59			0039						
Dagenham Church Elm	1953	2007	2022	2042	2102	the hour	22	42	02			0042						
Dagenham Village Post Office	1956	2010	2025	2045	2105		25	45	05			0045						
Dagenham Oval Road South	2000	2014	2029	2049	2109		29	49	09			0049						
Dagenham Asda	2003	2017	2032	2052	2112		32	52	12			0052						

145		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																
Leytonstone Bus Station	0702	0732	0802	0822	0842	0902	0920	0938	0956	1013	1030	1048	1107	1127	1147	1207	1227	1247
Wanstead Station	0709	0739	0809	0829	0849	0909	0927	0945	1003	1021	1038	1056	1115	1135	1155	1215	1235	1255
Redbridge Station	0712	0742	0812	0832	0852	0912	0930	0949	1007	1025	1042	1100	1119	1139	1159	1219	1239	1259
Ilford Station	0720	0750	0820	0840	0900	0920	0938	0957	1016	1034	1051	1111	1131	1151	1211	1231	1251	1312
Ilford High Road Hainault Street	0724	0754	0824	0844	0904	0924	0942	1001	1020	1038	1056	1116	1136	1156	1216	1236	1256	1317
Barking Bus Garage	0730	0800	0830	0850	0910	0930	0950	1009	1028	1046	1105	1125	1145	1205	1225	1245	1305	1327
Becontree Martins Corner	0736	0806	0836	0856	0916	0936	0956	1015	1034	1052	1112	1132	1152	1212	1232	1252	1312	1334
Becontree Station	0740	0810	0840	0900	0920	0940	1000	1019	1038	1057	1117	1137	1157	1217	1237	1257	1317	1339
Dagenham Church Elm	0743	0813	0843	0903	0923	0943	1003	1023	1042	1102	1122	1142	1202	1222	1242	1302	1323	1345
Dagenham Village Post Office	0746	0816	0846	0906	0926	0946	1006	1026	1045	1105	1125	1145	1205	1225	1245	1305	1326	1348
Dagenham Oval Road South	0750	0820	0850	0910	0930	0950	1010	1030	1050	1110	1130	1150	1210	1230	1250	1310	1331	1353
Dagenham Asda	0753	0823	0853	0913	0933	0953	1013	1033	1053	1114	1134	1154	1214	1234	1254	1315	1336	1358

Leytonstone Bus Station	1307		1447	1507	1527	1547	1607	1626	1644	1702	1720	1740	1800	1820				2400
Wanstead Station	1315		1455	1515	1535	1555	1615	1634	1652	1710	1728	1748	1808	1827				0007
Redbridge Station	1319		1459	1519	1539	1559	1619	1638	1656	1714	1732	1752	1811	1830				0010
Ilford Station	1334		1514	1534	1554	1614	1631	1648	1706	1724	1742	1802	1820	1838				0018
Ilford High Road Hainault Street	1339	Then	1519	1539	1559	1619	1636	1653	1711	1729	1747	1806	1824	1842	Then			0022
Barking Bus Garage	1349	every 20	1529	1549	1609	1627	1644	1701	1719	1737	1755	1813	1831	1849	every 20			0029
Becontree Martins Corner	1356	minutes	1536	1556	1615	1633	1650	1707	1725	1743	1801	1819	1837	1855	minutes			0035
Becontree Station	1401	until	1541	1601	1619	1637	1654	1711	1729	1747	1805	1823	1841	1859	until			0039
Dagenham Church Elm	1407		1547	1605	1623	1641	1658	1715	1733	1751	1808	1826	1844	1902				0042
Dagenham Village Post Office	1410		1550	1608	1626	1644	1701	1718	1736	1754	1811	1829	1847	1905				0045
Dagenham Oval Road South	1415		1555	1613	1630	1648	1705	1722	1740	1758	1815	1833	1851	1909				0049
Dagenham Asda	1420		1600	1617	1634	1652	1709	1726	1744	1801	1818	1836	1854	1912				0052