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## Dagenham – Ilford – Leytonstone

145		Mondays to Fridays														
Dagenham Asda	0456 0516 0536 0556 0611 0624	Then about every 12 minutes until	1911	1926	1941	1956	2016	2037	2058	2118	2139	2201				
Dagenham Village Post Office	0503 0523 0543 0603 0618 0631		1919	1934	1949	2004	2023	2044	2105	2125	2146	2207				
Becontree Station	0511 0531 0551 0612 0627 0640		1930	1945	2000	2012	2031	2052	2113	2133	2154	2215				
Becontree Martins Corner	0515 0535 0555 0616 0631 0644		1935	1950	2005	2017	2036	2057	2117	2137	2158	2219				
Fair Cross South Park Drive	0521 0541 0601 0623 0638 0651		1941	1956	2011	2023	2042	2103	2123	2143	2204	2224				
Ilford High Road Hainault Street	0529 0549 0610 0632 0647 0700		1951	2006	2020	2032	2051	2111	2131	2151	2211	2231				
Ilford Station	0533 0553 0614 0636 0651 0705		1956	2010	2024	2036	2055	2115	2135	2155	2215	2235				
Redbridge Station Eastern Avenue	0541 0601 0623 0645 0700 0716		2006	2019	2033	2045	2104	2123	2143	2203	2223	2243				
Wanstead Station Cambridge Park	0544 0604 0626 0648 0703 0719		2009	2022	2036	2048	2107	2126	2146	2206	2226	2246				
Leytonstone Station Bus Station	0550 0610 0632 0654 0711 0727		2017	2029	2043	2055	2113	2132	2152	2212	2232	2252				
145		Mondays to Fridays (cont.)					Saturdays (also Good Friday)									
Dagenham Asda	2221 2241 2300 2320 2340 0000	0456	Then every 20 minutes until	0616	0636	0656	0716	0736	0756	0815	0835	0850				
Dagenham Village Post Office	2227 2247 2306 2326 2346 0006	0502		0622	0642	0702	0722	0742	0802	0822	0842	0857				
Becontree Station	2235 2255 2314 2334 2354 0014	0510		0630	0650	0710	0730	0750	0811	0831	0851	0906				
Becontree Martins Corner	2239 2259 2318 2338 2358 0018	0514		0634	0654	0714	0734	0754	0815	0835	0855	0910				
Fair Cross South Park Drive	2244 2304 2323 2343 0003 0023	0520		0640	0700	0720	0740	0800	0822	0842	0902	0917				
Ilford High Road Hainault Street	2251 2311 2330 2350 0010 0030	0527		0647	0707	0728	0748	0809	0831	0851	0911	0926				
Ilford Station	2255 2315 2334 2354 0014 0034	0531		0651	0711	0732	0752	0813	0835	0855	0915	0930				
Redbridge Station Eastern Avenue	2303 2322 2341 0001 0021 0041	0538		0658	0719	0740	0800	0821	0843	0903	0923	0938				
Wanstead Station Cambridge Park	2306 2325 2344 0004 0024 0044	0541		0701	0722	0743	0803	0824	0846	0906	0926	0941				
Leytonstone Station Bus Station	2312 2331 2350 0010 0030 0050	0547		0707	0728	0749	0809	0830	0852	0914	0934	0949				
145		Saturdays (also Good Friday) (cont.)														
Dagenham Asda	0904 0918 0930	Then about every 12 minutes until	1805	1820	1836	1852	1908	1924	1939	1955	2015	2036	2057	2117	2138	
Dagenham Village Post Office	0911 0925 0937		1813	1828	1844	1900	1916	1932	1947	2003	2022	2043	2104	2124	2145	
Becontree Station	0921 0935 0947		1824	1839	1855	1909	1925	1941	1956	2011	2030	2051	2112	2132	2153	
Becontree Martins Corner	0925 0939 0951		1829	1844	1900	1914	1930	1946	2001	2016	2035	2056	2116	2136	2157	
Fair Cross South Park Drive	0932 0946 0958		1835	1850	1906	1920	1936	1952	2007	2022	2041	2102	2122	2142	2203	
Ilford High Road Hainault Street	0941 0955 1008		1846	1901	1915	1929	1945	2001	2016	2031	2050	2110	2130	2150	2211	
Ilford Station	0945 0959 1013		1851	1906	1920	1934	1950	2006	2021	2036	2055	2114	2134	2154	2215	
Redbridge Station Eastern Avenue	0953 1008 1023		1902	1915	1929	1943	1959	2014	2029	2044	2103	2122	2142	2202	2222	
Wanstead Station Cambridge Park	0956 1011 1026		1905	1918	1932	1946	2002	2017	2032	2047	2106	2125	2145	2205	2225	
Leytonstone Station Bus Station	1004 1021 1036		1914	1927	1941	1955	2009	2024	2039	2054	2112	2131	2151	2211	2231	
145		Saturdays (also Good Fri) (cont.)					Sundays and other Public Holidays									
Dagenham Asda	2200 2220 2240	Then every 20 minutes until	0000	0604	0634	0704	0734	0759	0819	0839	0858	0917	0934	0951	1010	
Dagenham Village Post Office	2206 2226 2246		0006	0610	0640	0710	0740	0805	0825	0845	0905	0924	0941	0958	1018	
Becontree Station	2214 2234 2254		0014	0618	0648	0718	0748	0813	0833	0853	0913	0932	0949	1007	1027	
Becontree Martins Corner	2218 2238 2258		0018	0622	0652	0722	0752	0817	0837	0857	0917	0936	0953	1012	1032	
Fair Cross South Park Drive	2223 2243 2303		0023	0628	0658	0728	0758	0823	0843	0903	0923	0942	0959	1018	1038	
Ilford High Road Hainault Street	2231 2251 2310		0030	0635	0705	0735	0805	0831	0851	0911	0931	0950	1007	1027	1047	
Ilford Station	2235 2255 2314		0034	0639	0709	0739	0809	0835	0855	0915	0935	0954	1012	1032	1052	
Redbridge Station Eastern Avenue	2242 2302 2321		0041	0646	0716	0746	0816	0842	0902	0923	0943	1002	1021	1041	1101	
Wanstead Station Cambridge Park	2245 2305 2324		0044	0649	0719	0749	0819	0845	0905	0926	0946	1005	1024	1044	1104	
Leytonstone Station Bus Station	2251 2311 2330		0050	0655	0725	0755	0825	0851	0911	0932	0952	1012	1032	1052	1112	
145		Sundays and other Public Holidays (except Christmas Day and Boxing Day)														
Dagenham Asda	1029 1047 1105 1124 1142 1201 1220 1240 1259	Then every 20 minutes until	1419	1440	1500	1520	1540	1600	1620							
Dagenham Village Post Office	1037 1055 1113 1132 1150 1209 1228 1248 1308		1428	1449	1508	1528	1548	1608	1628							
Becontree Station	1046 1104 1122 1142 1200 1220 1239 1259 1320		1440	1501	1520	1540	1600	1618	1638							
Becontree Martins Corner	1051 1109 1127 1147 1205 1225 1244 1304 1325		1445	1506	1525	1545	1605	1623	1643							
Fair Cross South Park Drive	1058 1116 1134 1154 1212 1232 1251 1311 1332		1452	1513	1532	1552	1611	1629	1649							
Ilford High Road Hainault Street	1107 1126 1144 1204 1224 1244 1303 1323 1344		1504	1523	1542	1602	1621	1639	1659							
Ilford Station	1112 1131 1149 1209 1229 1249 1308 1328 1349		1509	1528	1547	1607	1626	1644	1704							
Redbridge Station Eastern Avenue	1121 1141 1159 1219 1239 1259 1319 1339 1400		1520	1539	1558	1618	1637	1655	1714							
Wanstead Station Cambridge Park	1124 1144 1202 1222 1242 1302 1322 1342 1403		1523	1542	1601	1621	1640	1658	1717							
Leytonstone Station Bus Station	1132 1152 1212 1232 1252 1312 1332 1352 1412		1532	1551	1609	1629	1648	1706	1724							
Dagenham Asda	1640 1700 1717 1734 1753 1813 1833 1855 1916 1938 2000	Then every 20 minutes until	2120	2140	Then every 20 minutes until	0000										
Dagenham Village Post Office	1648 1708 1725 1742 1801 1820 1840 1901 1922 1944 2006		2126	2146		0006										
Becontree Station	1658 1718 1735 1752 1810 1829 1849 1909 1930 1952 2014		2134	2154		0014										
Becontree Martins Corner	1703 1723 1740 1757 1815 1834 1854 1914 1935 1957 2018		2138	2158		0018										
Fair Cross South Park Drive	1709 1729 1746 1803 1821 1840 1900 1920 1941 2003 2023		2143	2203		0023										
Ilford High Road Hainault Street	1719 1739 1756 1812 1830 1849 1909 1929 1950 2011 2031		2151	2210		0030										
Ilford Station	1724 1744 1801 1817 1835 1854 1913 1933 1954 2015 2035		2155	2214		0034										
Redbridge Station Eastern Avenue	1734 1754 1810 1826 1844 1903 1922 1942 2003 2023 2043		2203	2221		0041										
Wanstead Station Cambridge Park	1737 1757 1813 1829 1847 1906 1925 1945 2006 2026 2046		2206	2224		0044										
Leytonstone Station Bus Station	1744 1804 1820 1836 1854 1913 1932 1952 2012 2032 2052		2212	2230		0050										

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## Leytonstone – Ilford – Dagenham

145 Mondays to Fridays																							
Leytonstone Station Bus Station	0500	0520	0540	0600	0620	0635	0650						1846	1902	1919	1936	1953	2010	2025	2040	2100		
Wanstead Station Cambridge Park	0505	0525	0545	0606	0626	0641	0656							1855	1911	1928	1945	2002	2017	2032	2047	2106	
Redbridge Station Forecourt	0508	0528	0548	0609	0629	0644	0700						Then	1901	1916	1933	1950	2006	2021	2036	2051	2109	
Ilford Station	0516	0536	0556	0618	0638	0653	0710						about	1912	1927	1944	2001	2015	2030	2045	2100	2118	
Ilford High Road Hainault Street	0520	0540	0600	0622	0642	0657	0714						every 12	1917	1932	1949	2005	2019	2034	2049	2104	2122	
Fair Cross South Park Drive	0527	0547	0608	0630	0650	0705	0723						minutes	1927	1942	1959	2014	2028	2043	2058	2112	2130	
Becontree Martins Corner	0532	0552	0613	0635	0655	0711	0729						until	1934	1949	2006	2020	2034	2049	2104	2118	2136	
Becontree Station	0536	0556	0617	0639	0659	0716	0734							1939	1954	2012	2026	2040	2055	2109	2123	2141	
Dagenham Village Post Office	0544	0604	0625	0647	0707	0725	0743							1949	2004	2020	2034	2048	2103	2117	2131	2149	
Dagenham Asda	0551	0611	0632	0654	0715	0733	0751							1958	2012	2027	2041	2055	2110	2124	2138	2156	
145 Mondays to Fridays (cont.)													Saturdays (also Good Friday)										
Leytonstone Station Bus Station	2120	2140	2200	2220	2240			0000	0500					0700	0720	0740	0800	0815	0830			1743	
Wanstead Station Cambridge Park	2126	2146	2206	2226	2246			0006	0506					0706	0726	0746	0806	0821	0836			1753	
Redbridge Station Forecourt	2129	2149	2209	2229	2249			0009	0509	Then				0709	0729	0749	0810	0825	0840	Then		1758	
Ilford Station	2138	2158	2217	2237	2257			0017	0517	every				0717	0737	0757	0819	0834	0849	about		1811	
Ilford High Road Hainault Street	2142	2202	2221	2241	2301			0021	0521	20				0721	0741	0801	0823	0838	0853	every		1816	
Fair Cross South Park Drive	2150	2210	2229	2249	2308			0028	0528	mins.				0728	0748	0809	0831	0846	0901	12		1828	
Becontree Martins Corner	2156	2216	2235	2255	2313			0033	0533	until				0733	0753	0815	0837	0852	0907	mins.		1835	
Becontree Station	2201	2221	2240	2300	2318			0038	0537					0737	0757	0819	0841	0856	0912	until		1840	
Dagenham Village Post Office	2209	2229	2248	2307	2325			0045	0544					0744	0805	0827	0849	0904	0921			1850	
Dagenham Asda	2216	2236	2255	2314	2332			0052	0551					0751	0812	0834	0856	0911	0928			1858	
145 Saturdays (also Good Friday) (cont.)																							
Leytonstone Station Bus Station	1759	1815	1832	1849	1906	1923	1940	2000	2020	2040	2100	2120	2140	2200	2220	2240							0000
Wanstead Station Cambridge Park	1810	1825	1842	1859	1915	1932	1949	2007	2027	2047	2107	2126	2146	2206	2226	2246							0006
Redbridge Station Forecourt	1814	1829	1846	1903	1919	1936	1953	2012	2032	2052	2111	2130	2150	2209	2229	2249				Then			0009
Ilford Station	1826	1841	1858	1913	1929	1946	2003	2022	2042	2102	2120	2139	2159	2217	2237	2257				every			0017
Ilford High Road Hainault Street	1831	1846	1903	1917	1933	1950	2007	2026	2046	2106	2124	2143	2203	2221	2241	2301				20			0021
Fair Cross South Park Drive	1843	1858	1913	1927	1943	2000	2015	2034	2054	2114	2132	2151	2210	2228	2248	2307				mins.			0027
Becontree Martins Corner	1850	1905	1920	1934	1950	2006	2021	2040	2100	2120	2138	2156	2215	2233	2253	2312				until			0032
Becontree Station	1855	1910	1925	1939	1955	2011	2026	2045	2105	2125	2143	2201	2220	2238	2258	2317							0037
Dagenham Village Post Office	1905	1920	1935	1949	2004	2019	2034	2053	2113	2133	2151	2209	2228	2246	2305	2324							0044
Dagenham Asda	1913	1928	1943	1957	2011	2026	2041	2100	2120	2140	2158	2216	2235	2253	2312	2331							0051
145 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																							
Leytonstone Station Bus Station	0700	0730	0800	0820	0840	0900	0920	0940	1000	1020	1040	1059	1119	1139	1159	1219	1239	1259					
Wanstead Station Cambridge Park	0705	0735	0805	0825	0845	0906	0926	0946	1007	1027	1047	1107	1127	1147	1207	1228	1248	1308					
Redbridge Station Forecourt	0708	0738	0808	0828	0848	0910	0930	0950	1011	1031	1051	1111	1131	1151	1211	1232	1252	1312					
Ilford Station	0716	0746	0816	0836	0857	0919	0939	0959	1020	1040	1100	1122	1142	1202	1223	1244	1304	1325					
Ilford High Road Hainault Street	0720	0750	0820	0840	0901	0923	0943	1003	1024	1044	1105	1127	1147	1207	1228	1249	1309	1330					
Fair Cross South Park Drive	0727	0757	0828	0848	0909	0931	0951	1011	1033	1053	1115	1137	1157	1217	1238	1259	1319	1340					
Becontree Martins Corner	0732	0803	0834	0854	0915	0937	0957	1017	1039	1100	1122	1144	1204	1224	1245	1306	1326	1347					
Becontree Station	0736	0807	0838	0858	0919	0941	1001	1022	1044	1105	1127	1149	1209	1229	1250	1311	1331	1352					
Dagenham Village Post Office	0743	0814	0845	0905	0927	0949	1010	1031	1053	1114	1136	1158	1220	1240	1301	1322	1342	1403					
Dagenham Asda	0750	0821	0852	0912	0934	0956	1017	1038	1100	1122	1144	1206	1228	1248	1309	1331	1351	1412					
Leytonstone Station Bus Station	1319	1339	1359	1419	1439	1459	1519	1539	1559	1620	1641	1701	1721	1741	1801	1821	1841	1901					
Wanstead Station Cambridge Park	1328	1349	1409	1429	1449	1509	1530	1550	1610	1630	1650	1708	1728	1748	1808	1828	1848	1908					
Redbridge Station Forecourt	1332	1353	1413	1433	1453	1513	1534	1554	1614	1634	1654	1712	1732	1752	1812	1832	1852	1912					
Ilford Station	1345	1406	1426	1446	1506	1525	1546	1606	1625	1645	1705	1722	1742	1802	1822	1842	1902	1921					
Ilford High Road Hainault Street	1350	1411	1431	1451	1511	1530	1551	1611	1630	1650	1710	1727	1747	1806	1826	1846	1906	1925					
Fair Cross South Park Drive	1401	1423	1443	1503	1523	1542	1603	1621	1640	1700	1720	1737	1757	1815	1835	1855	1915	1934					
Becontree Martins Corner	1408	1430	1450	1510	1530	1549	1609	1627	1646	1706	1726	1743	1803	1821	1841	1901	1921	1940					
Becontree Station	1413	1435	1455	1515	1535	1554	1614	1632	1651	1711	1731	1748	1808	1826	1846	1906	1926	1945					
Dagenham Village Post Office	1423	1444	1504	1524	1544	1603	1623	1641	1700	1720	1740	1757	1816	1834	1854	1914	1934	1953					
Dagenham Asda	1432	1453	1513	1533	1553	1611	1631	1649	1707	1727	1747	1804	1823	1841	1901	1921	1941	2000					
Leytonstone Station Bus Station	1920	1938	1958	2018	2038	2100	2120	2140	2200	2220	2240								0000				
Wanstead Station Cambridge Park	1926	1944	2004	2024	2044	2106	2126	2146	2206	2226	2246								0006				
Redbridge Station Forecourt	1930	1948	2008	2028	2048	2109	2129	2149	2209	2229	2249								0009				
Ilford Station	1939	1957	2017	2037	2057	2117	2137	2157	2217	2237	2257								0017				
Ilford High Road Hainault Street	1943	2001	2021	2041	2101	2121	2141	2201	2221	2241	2301								0021				
Fair Cross South Park Drive	1952	2009	2029	2049	2109	2129	2149	2208	2228	2248	2307								0027				
Becontree Martins Corner	1958	2015	2035	2055	2115	2135	2155	2213	2233	2253	2312								0032				
Becontree Station	2003	2020	2040	2100	2120	2140	2200	2218	2238	2258	2317								0037				
Dagenham Village Post Office	2011	2028	2048	2108	2128	2148	2207	2225	2245	2305	2324								0044				
Dagenham Asda	2018	2035	2055	2115	2135	2155	2214	2232	2252	2312	2331								0051				