

# 145

## Dagenham – Ilford – Leytonstone

145		Mondays to Fridays																	
Dagenham Asda	0456	0516	0536	0556	0611	0624	0635	0644	0653	0703	0714	0725	0736	0746	0757	0809	0821	0834	
Dagenham New Road/Kent Avenue	0459	0519	0539	0559	0614	0627	0638	0647	0656	0706	0717	0728	0739	0749	0800	0813	0825	0838	
Dagenham Village Post Office	0503	0523	0543	0603	0618	0631	0642	0651	0700	0710	0721	0732	0743	0753	0805	0818	0830	0843	
Dagenham Church Elm	0506	0526	0546	0606	0621	0634	0645	0654	0704	0714	0725	0736	0747	0758	0810	0823	0835	0848	
Becontree Station	0511	0531	0551	0612	0627	0640	0651	0700	0711	0721	0732	0743	0754	0806	0818	0831	0843	0856	
Becontree Martins Corner	0515	0535	0555	0616	0631	0644	0655	0706	0717	0727	0738	0749	0800	0812	0824	0837	0849	0902	
Fair Cross South Park Drive	0521	0541	0601	0623	0638	0651	0702	0713	0724	0734	0745	0756	0808	0820	0832	0845	0857	0910	
Ilford High Road Hainault Street	0529	0549	0610	0632	0647	0700	0712	0724	0735	0745	0756	0808	0820	0832	0844	0857	0909	0921	
Ilford Station	0533	0553	0614	0636	0651	0705	0717	0729	0740	0750	0801	0813	0825	0837	0849	0902	0914	0926	
Redbridge Station Eastern Avenue	0541	0601	0623	0645	0700	0716	0728	0740	0751	0803	0815	0827	0839	0851	0903	0915	0926	0937	
Wanstead Station Cambridge Park	0544	0604	0626	0648	0703	0719	0731	0743	0754	0807	0819	0831	0843	0855	0906	0918	0929	0940	
Leytonstone Station Bus Station	0550	0610	0632	0654	0711	0727	0740	0752	0803	0817	0829	0841	0853	0905	0916	0928	0939	0950	
Dagenham Asda	0846	0858	0910	0922	0934	0946	0958				1310	1321	1333	1344	1355	1407	1418	1429	1439
Dagenham New Road/Kent Avenue	0850	0902	0914	0926	0938	0950	1002				1314	1325	1337	1348	1359	1411	1422	1433	1443
Dagenham Village Post Office	0855	0907	0919	0931	0943	0955	1006				1318	1329	1341	1352	1404	1416	1427	1438	1448
Dagenham Church Elm	0900	0912	0924	0936	0948	1000	1011				1323	1334	1346	1357	1409	1421	1432	1443	1453
Becontree Station	0908	0920	0932	0944	0956	1007	1018			Then	1330	1341	1353	1404	1416	1428	1439	1450	1500
Becontree Martins Corner	0914	0926	0938	0950	1002	1013	1024			every 12	1336	1347	1359	1410	1422	1434	1445	1456	1506
Fair Cross South Park Drive	0922	0934	0946	0957	1009	1020	1031			minutes	1343	1354	1406	1417	1429	1441	1452	1503	1514
Ilford High Road Hainault Street	0933	0945	0957	1008	1020	1031	1042			until	1354	1405	1417	1428	1440	1452	1503	1515	1527
Ilford Station	0938	0950	1002	1014	1026	1037	1048				1400	1411	1423	1434	1446	1458	1509	1521	1533
Redbridge Station Eastern Avenue	0949	1001	1013	1025	1037	1048	1059				1411	1422	1434	1446	1458	1509	1521	1533	1545
Wanstead Station Cambridge Park	0952	1004	1016	1028	1040	1051	1102				1414	1426	1438	1450	1501	1513	1525	1537	1549
Leytonstone Station Bus Station	1002	1014	1026	1038	1050	1101	1112				1424	1436	1448	1500	1511	1523	1535	1547	1559
Dagenham Asda	1450	1501	1512	1525	1537	1550	1603				1651	1703	1716	1729	1742	1755	1808	1821	1834
Dagenham New Road/Kent Avenue	1454	1506	1517	1530	1542	1555	1607				1655	1707	1720	1733	1746	1759	1812	1825	1838
Dagenham Village Post Office	1459	1511	1522	1535	1547	1600	1612				1700	1712	1725	1738	1751	1804	1817	1830	1843
Dagenham Church Elm	1504	1516	1527	1540	1552	1605	1617				1705	1717	1730	1743	1756	1808	1821	1834	1847
Becontree Station	1512	1524	1535	1548	1600	1612	1625			Then	1713	1725	1738	1751	1804	1815	1828	1841	1854
Becontree Martins Corner	1518	1530	1541	1554	1606	1618	1631			every 12	1719	1731	1744	1757	1810	1821	1834	1847	1900
Fair Cross South Park Drive	1526	1538	1549	1602	1614	1626	1639			minutes	1727	1739	1752	1805	1817	1828	1841	1854	1906
Ilford High Road Hainault Street	1539	1551	1602	1614	1626	1638	1651			until	1739	1751	1804	1815	1827	1838	1851	1904	1916
Ilford Station	1545	1557	1608	1620	1632	1644	1657				1745	1757	1810	1821	1833	1844	1857	1909	1921
Redbridge Station Eastern Avenue	1557	1609	1620	1632	1644	1656	1708				1756	1809	1821	1832	1844	1855	1908	1919	1931
Wanstead Station Cambridge Park	1601	1613	1624	1636	1648	1700	1712				1800	1812	1824	1835	1847	1858	1911	1922	1934
Leytonstone Station Bus Station	1611	1623	1635	1647	1659	1711	1723				1811	1823	1835	1846	1858	1909	1921	1932	1944
Dagenham Asda	1847	1859	1911	1926	1941	1956	2016	2037	2058	2118	2139	2201	2221	2241	2300	2320	2340	0000	
Dagenham New Road/Kent Avenue	1851	1903	1915	1930	1945	2000	2019	2040	2101	2121	2142	2204	2224	2244	2303	2323	2343	0003	
Dagenham Village Post Office	1856	1907	1919	1934	1949	2004	2023	2044	2105	2125	2146	2207	2227	2247	2306	2326	2346	0006	
Dagenham Church Elm	1900	1911	1923	1938	1953	2007	2026	2047	2108	2128	2149	2210	2230	2250	2309	2329	2349	0009	
Becontree Station	1907	1918	1930	1945	2000	2012	2031	2052	2113	2133	2154	2215	2235	2255	2314	2334	2354	0014	
Becontree Martins Corner	1912	1923	1935	1950	2005	2017	2036	2057	2117	2137	2158	2219	2239	2259	2318	2338	2358	0018	
Fair Cross South Park Drive	1918	1929	1941	1956	2011	2023	2042	2103	2123	2143	2204	2224	2244	2304	2323	2343	0003	0023	
Ilford High Road Hainault Street	1928	1939	1951	2006	2020	2032	2051	2111	2131	2151	2211	2231	2251	2311	2330	2350	0010	0030	
Ilford Station	1933	1944	1956	2010	2024	2036	2055	2115	2135	2155	2215	2235	2255	2315	2334	2354	0014	0034	
Redbridge Station Eastern Avenue	1943	1954	2006	2019	2033	2045	2104	2123	2143	2203	2223	2243	2303	2322	2341	0001	0021	0041	
Wanstead Station Cambridge Park	1946	1957	2009	2022	2036	2048	2107	2126	2146	2206	2226	2246	2306	2325	2344	0004	0024	0044	
Leytonstone Station Bus Station	1956	2006	2017	2029	2043	2055	2113	2132	2152	2212	2232	2252	2312	2331	2350	0010	0030	0050	

145		Saturdays (also Good Friday)																	
Dagenham Asda	0456		0616	0636	0656	0716	0736	0756	0815	0835	0850	0904	0918	0930	0940	0950	1001		
Dagenham New Road/Kent Avenue	0459		0619	0639	0659	0719	0739	0759	0818	0838	0853	0907	0921	0933	0943	0953	1005		
Dagenham Village Post Office	0502		0622	0642	0702	0722	0742	0802	0822	0842	0857	0911	0925	0937	0947	0957	1009		
Dagenham Church Elm	0505		0625	0645	0705	0725	0745	0805	0825	0845	0900	0915	0929	0941	0951	1001	1013		
Becontree Station	0510	Then every 20 minutes until	0630	0650	0710	0730	0750	0811	0831	0851	0906	0921	0935	0947	0957	1008	1020		
Becontree Martins Corner	0514		0634	0654	0714	0734	0754	0815	0835	0855	0910	0925	0939	0951	1001	1013	1025		
Fair Cross South Park Drive	0520		0640	0700	0720	0740	0800	0822	0842	0902	0917	0932	0946	0958	1008	1020	1032		
Ilford High Road Hainault Street	0527		0647	0707	0728	0748	0809	0831	0851	0911	0926	0941	0955	1008	1020	1032	1044		
Ilford Station	0531		0651	0711	0732	0752	0813	0835	0855	0915	0930	0945	0959	1013	1025	1037	1049		
Redbridge Station Eastern Avenue	0538		0658	0719	0740	0800	0821	0843	0903	0923	0938	0953	1008	1023	1035	1047	1059		
Wanstead Station Cambridge Park	0541		0701	0722	0743	0803	0824	0846	0906	0926	0941	0956	1011	1026	1038	1050	1102		
Leytonstone Station Bus Station	0547		0707	0728	0749	0809	0830	0852	0914	0934	0949	1004	1021	1036	1048	1100	1114		
Dagenham Asda	1012	1024	1036	1048	1100	1112	1124	1136	1148	1200		1248	1300	1312	1324	1336	1348		
Dagenham New Road/Kent Avenue	1016	1028	1040	1052	1104	1116	1128	1140	1152	1204		1252	1304	1316	1328	1340	1352		
Dagenham Village Post Office	1020	1032	1044	1056	1108	1120	1132	1144	1156	1209		1257	1309	1321	1333	1345	1357		
Dagenham Church Elm	1024	1036	1048	1100	1113	1125	1137	1149	1201	1214	Then every 12 minutes until	1302	1314	1326	1338	1350	1402		
Becontree Station	1031	1043	1055	1107	1120	1132	1144	1156	1208	1221		1309	1321	1333	1345	1357	1409		
Becontree Martins Corner	1036	1048	1100	1113	1126	1138	1150	1202	1214	1227		1315	1327	1339	1351	1403	1414		
Fair Cross South Park Drive	1043	1055	1107	1120	1133	1145	1157	1209	1221	1234		1322	1334	1346	1358	1410	1421		
Ilford High Road Hainault Street	1055	1107	1119	1132	1145	1157	1209	1222	1234	1247		1335	1347	1359	1411	1423	1434		
Ilford Station	1100	1113	1125	1138	1151	1203	1215	1228	1240	1253		1341	1353	1405	1417	1429	1440		
Redbridge Station Eastern Avenue	1111	1124	1136	1149	1202	1215	1227	1240	1252	1305		1353	1405	1418	1430	1442	1453		
Wanstead Station Cambridge Park	1114	1127	1139	1152	1205	1218	1230	1243	1255	1308		1356	1408	1421	1433	1445	1456		
Leytonstone Station Bus Station	1126	1139	1152	1205	1218	1231	1243	1256	1308	1321	1409	1420	1432	1444	1456	1507			
Dagenham Asda	1400	1412	1424	1436				1548	1600	1612	1624	1636	1648	1700	1713	1726	1739	1752	1805
Dagenham New Road/Kent Avenue	1404	1416	1428	1440				1552	1604	1616	1628	1640	1652	1704	1717	1730	1743	1756	1809
Dagenham Village Post Office	1409	1421	1433	1445				1557	1609	1621	1632	1644	1656	1708	1721	1734	1747	1800	1813
Dagenham Church Elm	1414	1426	1438	1450				1602	1614	1626	1637	1649	1701	1713	1726	1739	1752	1804	1817
Becontree Station	1421	1433	1445	1457		Then every 12 minutes until		1609	1621	1633	1644	1656	1708	1720	1733	1746	1759	1811	1824
Becontree Martins Corner	1426	1438	1450	1502			1614	1626	1638	1649	1702	1714	1726	1739	1752	1805	1816	1829	
Fair Cross South Park Drive	1433	1445	1457	1509			1621	1633	1645	1656	1709	1721	1733	1746	1759	1811	1822	1835	
Ilford High Road Hainault Street	1446	1458	1510	1521			1633	1646	1658	1709	1721	1733	1745	1758	1811	1822	1833	1846	
Ilford Station	1452	1504	1516	1527			1639	1652	1704	1715	1727	1739	1751	1804	1816	1827	1838	1851	
Redbridge Station Eastern Avenue	1505	1516	1528	1539			1651	1704	1716	1727	1739	1751	1803	1815	1827	1838	1849	1902	
Wanstead Station Cambridge Park	1508	1519	1531	1542			1654	1707	1719	1730	1742	1754	1806	1818	1830	1841	1852	1905	
Leytonstone Station Bus Station	1519	1530	1542	1553			1705	1717	1729	1740	1752	1804	1816	1828	1840	1851	1902	1914	
Dagenham Asda	1820	1836	1852	1908	1924	1939	1955	2015	2036	2057	2117	2138	2200	2220	2240			0000	
Dagenham New Road/Kent Avenue	1824	1840	1856	1912	1928	1943	1959	2018	2039	2100	2120	2141	2203	2223	2243			0003	
Dagenham Village Post Office	1828	1844	1900	1916	1932	1947	2003	2022	2043	2104	2124	2145	2206	2226	2246			0006	
Dagenham Church Elm	1832	1848	1903	1919	1935	1950	2006	2025	2046	2107	2127	2148	2209	2229	2249			0009	
Becontree Station	1839	1855	1909	1925	1941	1956	2011	2030	2051	2112	2132	2153	2214	2234	2254	Then every 20 minutes until		0014	
Becontree Martins Corner	1844	1900	1914	1930	1946	2001	2016	2035	2056	2116	2136	2157	2218	2238	2258		0018		
Fair Cross South Park Drive	1850	1906	1920	1936	1952	2007	2022	2041	2102	2122	2142	2203	2223	2243	2303		0023		
Ilford High Road Hainault Street	1901	1915	1929	1945	2001	2016	2031	2050	2110	2130	2150	2211	2231	2251	2310		0030		
Ilford Station	1906	1920	1934	1950	2006	2021	2036	2055	2114	2134	2154	2215	2235	2255	2314		0034		
Redbridge Station Eastern Avenue	1915	1929	1943	1959	2014	2029	2044	2103	2122	2142	2202	2222	2242	2302	2321		0041		
Wanstead Station Cambridge Park	1918	1932	1946	2002	2017	2032	2047	2106	2125	2145	2205	2225	2245	2305	2324		0044		
Leytonstone Station Bus Station	1927	1941	1955	2009	2024	2039	2054	2112	2131	2151	2211	2231	2251	2311	2330		0050		

145	Sundays and other Public Holidays (except Christmas Day and Boxing Day)																	
Dagenham Asda	0604	0634	0704	0734	0759	0819	0839	0858	0917	0934	0951	1010	1029	1047	1105	1124	1142	1201
Dagenham New Road/Kent Avenue	0607	0637	0707	0737	0802	0822	0842	0901	0920	0937	0954	1014	1033	1051	1109	1128	1146	1205
Dagenham Village Post Office	0610	0640	0710	0740	0805	0825	0845	0905	0924	0941	0958	1018	1037	1055	1113	1132	1150	1209
Dagenham Church Elm	0613	0643	0713	0743	0808	0828	0848	0908	0927	0944	1001	1021	1040	1058	1116	1136	1154	1213
Becontree Station	0618	0648	0718	0748	0813	0833	0853	0913	0932	0949	1007	1027	1046	1104	1122	1142	1200	1220
Becontree Martins Corner	0622	0652	0722	0752	0817	0837	0857	0917	0936	0953	1012	1032	1051	1109	1127	1147	1205	1225
Fair Cross South Park Drive	0628	0658	0728	0758	0823	0843	0903	0923	0942	0959	1018	1038	1058	1116	1134	1154	1212	1232
Ilford High Road Hainault Street	0635	0705	0735	0805	0831	0851	0911	0931	0950	1007	1027	1047	1107	1126	1144	1204	1224	1244
Ilford Station	0639	0709	0739	0809	0835	0855	0915	0935	0954	1012	1032	1052	1112	1131	1149	1209	1229	1249
Redbridge Station Eastern Avenue	0646	0716	0746	0816	0842	0902	0923	0943	1002	1021	1041	1101	1121	1141	1159	1219	1239	1259
Wanstead Station Cambridge Park	0649	0719	0749	0819	0845	0905	0926	0946	1005	1024	1044	1104	1124	1144	1202	1222	1242	1302
Leytonstone Station Bus Station	0655	0725	0755	0825	0851	0911	0932	0952	1012	1032	1052	1112	1132	1152	1212	1232	1252	1312
Dagenham Asda	1220	1240	1259	1319	1339	1359	1419	1440	1500	1520	1540	1600	1620	1640	1700	1717	1734	1753
Dagenham New Road/Kent Avenue	1224	1244	1304	1324	1344	1404	1424	1445	1504	1524	1544	1604	1624	1644	1704	1721	1738	1757
Dagenham Village Post Office	1228	1248	1308	1328	1348	1408	1428	1449	1508	1528	1548	1608	1628	1648	1708	1725	1742	1801
Dagenham Church Elm	1232	1252	1313	1333	1353	1413	1433	1454	1513	1533	1553	1612	1632	1652	1712	1729	1746	1805
Becontree Station	1239	1259	1320	1340	1400	1420	1440	1501	1520	1540	1600	1618	1638	1658	1718	1735	1752	1810
Becontree Martins Corner	1244	1304	1325	1345	1405	1425	1445	1506	1525	1545	1605	1623	1643	1703	1723	1740	1757	1815
Fair Cross South Park Drive	1251	1311	1332	1352	1412	1432	1452	1513	1532	1552	1611	1629	1649	1709	1729	1746	1803	1821
Ilford High Road Hainault Street	1303	1323	1344	1404	1424	1444	1504	1523	1542	1602	1621	1639	1659	1719	1739	1756	1812	1830
Ilford Station	1308	1328	1349	1409	1429	1449	1509	1528	1547	1607	1626	1644	1704	1724	1744	1801	1817	1835
Redbridge Station Eastern Avenue	1319	1339	1400	1420	1440	1500	1520	1539	1558	1618	1637	1655	1714	1734	1754	1810	1826	1844
Wanstead Station Cambridge Park	1322	1342	1403	1423	1443	1503	1523	1542	1601	1621	1640	1658	1717	1737	1757	1813	1829	1847
Leytonstone Station Bus Station	1332	1352	1412	1432	1452	1512	1532	1551	1609	1629	1648	1706	1724	1744	1804	1820	1836	1854
Dagenham Asda	1813	1833	1855	1916	1938	2000			2120	2140			0000					
Dagenham New Road/Kent Avenue	1816	1836	1858	1919	1941	2003			2123	2143			0003					
Dagenham Village Post Office	1820	1840	1901	1922	1944	2006			2126	2146			0006					
Dagenham Church Elm	1824	1844	1904	1925	1947	2009			2129	2149			0009					
Becontree Station	1829	1849	1909	1930	1952	2014		Then	2134	2154	Then		0014					
Becontree Martins Corner	1834	1854	1914	1935	1957	2018		every 20	2138	2158	every 20		0018					
Fair Cross South Park Drive	1840	1900	1920	1941	2003	2023		minutes	2143	2203	minutes		0023					
Ilford High Road Hainault Street	1849	1909	1929	1950	2011	2031		until	2151	2210	until		0030					
Ilford Station	1854	1913	1933	1954	2015	2035			2155	2214			0034					
Redbridge Station Eastern Avenue	1903	1922	1942	2003	2023	2043			2203	2221			0041					
Wanstead Station Cambridge Park	1906	1925	1945	2006	2026	2046			2206	2224			0044					
Leytonstone Station Bus Station	1913	1932	1952	2012	2032	2052			2212	2230			0050					

# 145

## Leytonstone – Ilford – Dagenham

145		Mondays to Fridays																
Leytonstone Station Bus Station	0500	0520	0540	0600	0620	0635	0650	0659	0710	0721	0731	0740	0750	0800	0812	0824	0836	0849
Wanstead Station Cambridge Park	0505	0525	0545	0606	0626	0641	0656	0706	0717	0728	0738	0747	0757	0808	0820	0832	0844	0857
Redbridge Station Forecourt	0508	0528	0548	0609	0629	0644	0700	0711	0722	0733	0743	0752	0802	0813	0825	0837	0849	0902
Ilford Station	0516	0536	0556	0618	0638	0653	0710	0722	0733	0744	0754	0804	0816	0828	0840	0852	0904	0916
Ilford High Road Hainault Street	0520	0540	0600	0622	0642	0657	0714	0726	0737	0748	0758	0809	0821	0833	0845	0857	0909	0921
Fair Cross South Park Drive	0527	0547	0608	0630	0650	0705	0723	0735	0746	0757	0808	0820	0832	0844	0856	0908	0920	0932
Becontree Martins Corner	0532	0552	0613	0635	0655	0711	0729	0741	0752	0803	0815	0827	0839	0851	0903	0915	0927	0939
Becontree Station	0536	0556	0617	0639	0659	0716	0734	0746	0757	0809	0821	0833	0845	0857	0909	0921	0933	0945
Dagenham Church Elm	0540	0600	0621	0643	0703	0721	0739	0751	0803	0815	0827	0839	0851	0903	0915	0927	0939	0951
Dagenham Village Post Office	0544	0604	0625	0647	0707	0725	0743	0755	0807	0819	0831	0843	0855	0907	0919	0931	0943	0955
Dagenham New Road/Kent Avenue	0548	0608	0629	0651	0712	0730	0748	0800	0813	0825	0837	0849	0901	0913	0925	0937	0949	1001
Dagenham Asda	0551	0611	0632	0654	0715	0733	0751	0803	0816	0828	0840	0852	0904	0916	0928	0940	0952	1004
Leytonstone Station Bus Station	0901			1025	1037	1049	1101			1349	1401	1413	1424	1434	1445	1455	1506	1518
Wanstead Station Cambridge Park	0909			1033	1045	1057	1110			1358	1410	1422	1433	1443	1454	1504	1516	1528
Redbridge Station Forecourt	0914			1038	1050	1102	1115			1403	1415	1427	1438	1448	1459	1510	1522	1534
Ilford Station	0927			1051	1103	1115	1128			1416	1428	1440	1451	1501	1513	1525	1537	1549
Ilford High Road Hainault Street	0932	Then		1056	1108	1120	1133	Then		1421	1433	1445	1456	1506	1518	1530	1542	1554
Fair Cross South Park Drive	0943	every 12		1107	1120	1132	1145	every 12		1433	1445	1457	1508	1520	1532	1544	1556	1608
Becontree Martins Corner	0950	minutes		1114	1127	1139	1152	minutes		1440	1452	1504	1516	1528	1540	1552	1604	1616
Becontree Station	0956	until		1120	1133	1145	1158	until		1446	1458	1510	1522	1534	1546	1558	1610	1622
Dagenham Church Elm	1002			1126	1139	1151	1204			1452	1504	1516	1528	1540	1552	1604	1616	1628
Dagenham Village Post Office	1007			1131	1144	1156	1209			1457	1509	1521	1533	1545	1557	1609	1621	1633
Dagenham New Road/Kent Avenue	1013			1137	1150	1202	1215			1503	1516	1528	1540	1552	1604	1616	1628	1640
Dagenham Asda	1016			1140	1153	1205	1218			1506	1519	1531	1543	1555	1607	1619	1631	1643
Leytonstone Station Bus Station	1530			1642	1654	1706	1718	1730	1742	1754	1807	1820	1833	1846	1902	1919	1936	1953
Wanstead Station Cambridge Park	1540			1652	1704	1716	1728	1740	1752	1804	1817	1829	1842	1855	1911	1928	1945	2002
Redbridge Station Forecourt	1546			1658	1710	1722	1734	1746	1758	1810	1823	1835	1848	1901	1916	1933	1950	2006
Ilford Station	1601			1713	1725	1737	1749	1801	1813	1824	1836	1848	1901	1912	1927	1944	2001	2015
Ilford High Road Hainault Street	1607	Then		1719	1731	1743	1755	1806	1818	1829	1841	1853	1906	1917	1932	1949	2005	2019
Fair Cross South Park Drive	1620	every 12		1732	1744	1756	1808	1818	1830	1841	1853	1905	1916	1927	1942	1959	2014	2028
Becontree Martins Corner	1628	minutes		1740	1752	1804	1815	1825	1837	1848	1900	1912	1923	1934	1949	2006	2020	2034
Becontree Station	1634	until		1746	1758	1810	1821	1831	1843	1854	1905	1917	1928	1939	1954	2012	2026	2040
Dagenham Church Elm	1640			1752	1804	1815	1826	1836	1848	1859	1910	1922	1933	1944	1959	2016	2030	2044
Dagenham Village Post Office	1645			1757	1809	1820	1831	1841	1853	1904	1915	1927	1938	1949	2004	2020	2034	2048
Dagenham New Road/Kent Avenue	1652			1804	1815	1826	1837	1847	1859	1910	1921	1933	1944	1955	2009	2024	2038	2052
Dagenham Asda	1655			1807	1818	1829	1840	1850	1902	1913	1924	1936	1947	1958	2012	2027	2041	2055
Leytonstone Station Bus Station	2010	2025	2040	2100	2120	2140	2200	2220	2240				0000					
Wanstead Station Cambridge Park	2017	2032	2047	2106	2126	2146	2206	2226	2246				0006					
Redbridge Station Forecourt	2021	2036	2051	2109	2129	2149	2209	2229	2249				0009					
Ilford Station	2030	2045	2100	2118	2138	2158	2217	2237	2257				0017					
Ilford High Road Hainault Street	2034	2049	2104	2122	2142	2202	2221	2241	2301				0021					
Fair Cross South Park Drive	2043	2058	2112	2130	2150	2210	2229	2249	2308				0028					
Becontree Martins Corner	2049	2104	2118	2136	2156	2216	2235	2255	2313				0033					
Becontree Station	2055	2109	2123	2141	2201	2221	2240	2300	2318				0038					
Dagenham Church Elm	2059	2113	2127	2145	2205	2225	2244	2304	2322				0042					
Dagenham Village Post Office	2103	2117	2131	2149	2209	2229	2248	2307	2325				0045					
Dagenham New Road/Kent Avenue	2107	2121	2135	2153	2213	2233	2252	2311	2329				0049					
Dagenham Asda	2110	2124	2138	2156	2216	2236	2255	2314	2332				0052					



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 Church Elm	0740	0811	0842	0902	0923	0945	1006	1027	1049	1110	1132	1154	1215	1235	1256	1317	1337	1358
Dagenham Village Post Office	0743	0814	0845	0905	0927	0949	1010	1031	1053	1114	1136	1158	1220	1240	1301	1322	1342	1403
Dagenham New Road/Kent Avenue	0747	0818	0849	0909	0931	0953	1014	1035	1057	1119	1141	1203	1225	1245	1306	1327	1347	1408
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 Church Elm	1418	1440	1500	1520	1540	1559	1619	1637	1656	1716	1736	1753	1812	1830	1850	1910	1930	1949
Dagenham Village Post Office	1423	1444	1504	1524	1544	1603	1623	1641	1700	1720	1740	1757	1816	1834	1854	1914	1934	1953
Dagenham New Road/Kent Avenue	1428	1449	1509	1529	1549	1608	1628	1646	1704	1724	1744	1801	1820	1838	1858	1918	1938	1957
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	Then every 20 minutes until	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 Church Elm	2007	2024	2044	2104	2124	2144	2204	2222	2242	2302	2321		0041					
Dagenham Village Post Office	2011	2028	2048	2108	2128	2148	2207	2225	2245	2305	2324		0044					
Dagenham New Road/Kent Avenue	2015	2032	2052	2112	2132	2152	2211	2229	2249	2309	2328		0048					
Dagenham Asda	2018	2035	2055	2115	2135	2155	2214	2232	2252	2312	2331	0051						