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Dagenham – Ilford – Leytonstone

145		Mondays to Fridays																
Dagenham Asda	0455	0515	0535	0555	0610	0625	0635	0644	0653	0703	0713	0723	0733	0745	0757	0808	0820	0832
Dagenham Oval Road South	0458	0518	0538	0558	0613	0628	0638	0647	0656	0706	0716	0726	0736	0748	0800	0812	0824	0836
Dagenham Village Post Office	0502	0522	0542	0602	0617	0632	0642	0651	0700	0710	0720	0730	0741	0753	0805	0817	0829	0841
Dagenham Church Elm	0505	0525	0545	0605	0620	0635	0645	0654	0703	0713	0723	0735	0746	0758	0810	0822	0834	0846
Becontree Station	0510	0530	0550	0610	0625	0640	0650	0659	0709	0719	0730	0742	0754	0806	0818	0830	0842	0854
Becontree Martins Corner	0514	0534	0554	0614	0629	0644	0654	0704	0714	0725	0736	0748	0800	0812	0824	0836	0848	0900
Fair Cross South Park Drive	0520	0540	0600	0620	0635	0650	0700	0710	0721	0732	0743	0755	0807	0819	0831	0843	0855	0907
Ilford High Road Hainault Street	0527	0547	0607	0627	0642	0657	0708	0718	0729	0740	0751	0803	0815	0827	0839	0851	0903	0915
Ilford Station	0532	0552	0612	0632	0647	0702	0713	0724	0735	0746	0757	0809	0821	0833	0845	0857	0909	0921
Redbridge Station	0542	0602	0622	0642	0657	0712	0723	0734	0746	0758	0810	0822	0834	0846	0858	0910	0922	0934
Wanstead Station	0546	0606	0626	0646	0701	0716	0728	0739	0751	0803	0815	0827	0839	0851	0903	0915	0927	0938
Leytonstone Station Bus Station	0552	0612	0632	0652	0709	0724	0738	0751	0803	0815	0827	0839	0851	0903	0915	0927	0939	0950
Dagenham Asda	0844	0857	0910	0923	0936	Then every 12 minutes until	1024	1037	1050	Then every 12 minutes until	1338	1349	1400	1411	1422	1433		
Dagenham Oval Road South	0848	0901	0914	0927	0940		1028	1041	1054		1342	1353	1404	1415	1426	1437		
Dagenham Village Post Office	0853	0906	0919	0932	0945		1033	1046	1059		1347	1358	1409	1420	1431	1442		
Dagenham Church Elm	0858	0911	0924	0937	0950		1038	1051	1104		1352	1403	1414	1425	1436	1447		
Becontree Station	0906	0919	0932	0945	0957		1045	1058	1111		1359	1410	1421	1432	1443	1454		
Becontree Martins Corner	0912	0925	0937	0950	1002		1050	1103	1116		1404	1415	1426	1437	1448	1459		
Fair Cross South Park Drive	0919	0932	0945	0958	1010		1058	1111	1124		1412	1423	1434	1445	1456	1507		
Ilford High Road Hainault Street	0927	0940	0953	1006	1018		1106	1119	1132		1420	1431	1442	1453	1504	1516		
Ilford Station	0933	0946	0959	1012	1024		1112	1125	1138		1426	1437	1448	1459	1510	1522		
Redbridge Station	0946	0959	1012	1025	1037		1125	1138	1151		1439	1450	1501	1512	1523	1535		
Wanstead Station	0950	1003	1016	1029	1041		1129	1142	1155		1443	1455	1506	1517	1528	1540		
Leytonstone Station Bus Station	1002	1014	1027	1040	1052		1140	1153	1206		1454	1506	1518	1529	1540	1552		
Dagenham Asda	1444	1455	1506	Then every 12 minutes until	1706		1718	1730	1742		1754	1807	1820	1832	1844	1857	1910	1924
Dagenham Oval Road South	1448	1500	1512		1712	1724	1736	1748	1800	1812	1825	1837	1849	1901	1914	1928	1943	
Dagenham Village Post Office	1453	1505	1517		1717	1729	1741	1753	1805	1817	1830	1842	1854	1906	1919	1933	1948	
Dagenham Church Elm	1458	1510	1522		1722	1734	1746	1758	1810	1822	1834	1846	1858	1910	1923	1937	1952	
Becontree Station	1505	1517	1529		1729	1741	1753	1805	1817	1829	1841	1853	1905	1917	1929	1943	1958	
Becontree Martins Corner	1511	1523	1535		1735	1747	1759	1810	1822	1834	1846	1858	1910	1922	1934	1948	2003	
Fair Cross South Park Drive	1519	1531	1543		1743	1755	1807	1818	1830	1842	1854	1906	1917	1929	1941	1955	2009	
Ilford High Road Hainault Street	1528	1540	1552		1752	1804	1814	1825	1837	1849	1901	1913	1924	1936	1948	2002	2016	
Ilford Station	1534	1546	1558		1758	1810	1820	1831	1843	1855	1906	1918	1929	1941	1953	2007	2021	
Redbridge Station	1547	1559	1611		1811	1823	1833	1844	1856	1907	1918	1929	1940	1952	2004	2017	2029	
Wanstead Station	1552	1604	1616		1816	1827	1837	1848	1900	1911	1922	1933	1944	1956	2008	2020	2032	
Leytonstone Station Bus Station	1604	1616	1628		1828	1839	1849	1900	1911	1922	1933	1944	1955	2005	2015	2026	2038	
Dagenham Asda	1957	2017	Then every 20 minutes at these minutes past the hour		37	57	17	2357										
Dagenham Oval Road South	2001	2020		40	00	20	2400											
Dagenham Village Post Office	2006	2024		44	04	24	0004											
Dagenham Church Elm	2009	2027		47	07	27	0007											
Becontree Station	2013	2031		51	11	31	0011											
Becontree Martins Corner	2017	2035		55	15	35	0015											
Fair Cross South Park Drive	2023	2041		01	21	41	0021											
Ilford High Road Hainault Street	2030	2048		08	28	48	0028											
Ilford Station	2035	2053		13	33	53	0033											
Redbridge Station	2043	2101		21	41	01	0041											
Wanstead Station	2046	2104		24	44	04	0044											
Leytonstone Station Bus Station	2052	2110		30	50	10	0050											

145		Saturdays (also Good Friday)																
Dagenham Asda	0500		20	40	00	0740	0800	0820	0839	0852	0904	0914	0923	0933	0943	0953	1004	
Dagenham Oval Road South	0503		23	43	03	0743	0803	0823	0842	0855	0907	0917	0927	0937	0947	0957	1008	
Dagenham Village Post Office	0507	Then	27	47	07	0747	0807	0827	0846	0859	0911	0921	0931	0941	0951	1002	1013	
Dagenham Church Elm	0510	every 20	30	50	10	0750	0810	0830	0849	0902	0914	0924	0934	0945	0955	1006	1017	
Becontree Station	0514	minutes	34	54	14	0754	0814	0834	0854	0907	0919	0929	0939	0950	1000	1011	1022	
Becontree Martins Corner	0517	at these	37	57	17	until	0757	0817	0837	0857	0910	0922	0932	0943	0954	1005	1016	1027
Fair Cross South Park Drive	0523	minutes	43	03	23	0803	0823	0843	0903	0916	0928	0939	0951	1002	1013	1024	1035	
Ilford High Road Hainault Street	0530	past	50	10	30	0810	0830	0850	0910	0923	0935	0947	0959	1011	1022	1033	1044	
Ilford Station	0535	the hour	55	15	35	0815	0835	0855	0915	0928	0940	0952	1004	1016	1028	1039	1051	
Redbridge Station	0543		03	23	43	0823	0843	0904	0924	0937	0949	1002	1015	1027	1039	1051	1103	
Wanstead Station	0546		06	26	46	0826	0846	0907	0927	0940	0953	1006	1019	1031	1043	1055	1107	
Leytonstone Station Bus Station	0552		12	32	52	0832	0853	0914	0934	0949	1003	1017	1030	1042	1054	1106	1119	
Dagenham Asda	1015	1026	1037	1048		1236	1249	1300			1648	1700	1712	1724	1737	1750	1803	
Dagenham Oval Road South	1019	1030	1041	1052		1240	1253	1304			1652	1704	1716	1728	1741	1754	1807	
Dagenham Village Post Office	1024	1035	1046	1057		1245	1258	1309			1657	1709	1721	1733	1746	1759	1812	
Dagenham Church Elm	1028	1039	1050	1101		1249	1302	1313			1701	1713	1725	1737	1750	1803	1815	
Becontree Station	1033	1044	1056	1108	Then	1256	1309	1320	Then		1708	1720	1732	1744	1756	1808	1820	
Becontree Martins Corner	1038	1049	1101	1113	every 12	1301	1314	1325	every 12		1713	1725	1737	1749	1801	1813	1825	
Fair Cross South Park Drive	1046	1057	1109	1121	minutes	1309	1322	1333	minutes		1721	1733	1745	1757	1809	1820	1832	
Ilford High Road Hainault Street	1056	1108	1120	1132	until	1320	1333	1344	until		1732	1744	1756	1808	1818	1828	1840	
Ilford Station	1103	1115	1127	1139		1327	1340	1351			1739	1751	1803	1813	1823	1833	1845	
Redbridge Station	1115	1127	1139	1151		1339	1352	1403			1751	1803	1814	1824	1834	1844	1856	
Wanstead Station	1119	1131	1143	1155		1343	1356	1407			1755	1807	1818	1828	1838	1848	1900	
Leytonstone Station Bus Station	1131	1143	1155	1207		1355	1408	1419			1807	1818	1828	1838	1848	1858	1910	
Dagenham Asda	1817	1831	1846	1902	1919	1938	1957		17	37	57		2357					
Dagenham Oval Road South	1821	1835	1850	1906	1923	1942	2000			20	40	00	2400					
Dagenham Village Post Office	1825	1839	1854	1910	1927	1946	2004		Then	24	44	04	0004					
Dagenham Church Elm	1828	1842	1857	1913	1930	1949	2007		every 20	27	47	07	0007					
Becontree Station	1833	1847	1902	1918	1935	1953	2011		minutes	31	51	11	0011					
Becontree Martins Corner	1838	1851	1906	1922	1939	1957	2015		at these	35	55	15	until	0015				
Fair Cross South Park Drive	1845	1858	1913	1929	1946	2003	2021		minutes	41	01	21	0021					
Ilford High Road Hainault Street	1853	1906	1921	1937	1953	2010	2028		past	48	08	28	0028					
Ilford Station	1858	1911	1926	1942	1958	2015	2033		the hour	53	13	33	0033					
Redbridge Station	1909	1922	1937	1953	2008	2023	2041			01	21	41	0041					
Wanstead Station	1913	1926	1941	1956	2011	2026	2044			04	24	44	0044					
Leytonstone Station Bus Station	1923	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	1202	1222	1242
Becontree Station	0619	0649	0719	0749	0814	0834	0854	0914	0934	0952	1010	1029	1048	1107	every	1207	1227	1247
Becontree Martins Corner	0622	0652	0722	0752	0817	0837	0857	0917	0937	0955	1014	1033	1052	1111	20	1211	1231	1251
Fair Cross South Park Drive	0628	0658	0728	0758	0823	0843	0903	0923	0943	1002	1021	1040	1059	1119	mins.	1219	1239	1259
Ilford High Road Hainault Street	0635	0705	0735	0805	0830	0850	0910	0930	0950	1010	1029	1048	1108	1128	until	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 Station 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			1500	1520	1540	1601	1623	1644	1705	1726	1747	1807	1827		0007	
Becontree Station	1306	1326	Then		1506	1526	1546	1606	1627	1648	1709	1730	1751	1811	1831	Then	0011	
Becontree Martins Corner	1311	1331	every 20		1511	1531	1551	1611	1631	1652	1713	1734	1755	1815	1835	every 20	0015	
Fair Cross South Park Drive	1319	1339	minutes		1519	1539	1559	1619	1639	1659	1720	1741	1801	1821	1841	minutes	0021	
Ilford High Road Hainault Street	1328	1348	until		1528	1548	1608	1628	1648	1708	1729	1749	1809	1828	1848	until	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 Station Bus Station	1400	1420			1600	1618	1636	1654	1714	1734	1754	1814	1832	1850	1910		0050	
145		Boxing Day																
A Sunday service operates, commencing with the 0820 journey from Dagenham.																		

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Leytonstone – Ilford – Dagenham

145		Mondays to Fridays																
Leytonstone Station Bus Station	0502	0522	0542	0602	0622	0637	0646	0654	0704	0714	0723	0734	0744	0755	0807	0819	0831	0843
Wanstead Station	0509	0529	0549	0609	0629	0644	0653	0701	0711	0721	0730	0741	0752	0803	0815	0827	0839	0851
Redbridge Station	0512	0532	0552	0612	0632	0647	0656	0705	0715	0725	0735	0746	0757	0808	0820	0832	0844	0856
Ilford Station	0520	0540	0600	0620	0640	0655	0705	0715	0725	0735	0747	0758	0809	0821	0833	0845	0857	0909
Ilford High Road Hainault Street	0524	0544	0604	0624	0644	0659	0709	0719	0729	0739	0751	0802	0814	0826	0838	0850	0902	0914
Fair Cross South Park Drive	0530	0550	0610	0630	0650	0705	0716	0726	0737	0748	0800	0812	0824	0836	0848	0900	0912	0924
Becontree Martins Corner	0536	0556	0616	0636	0656	0711	0722	0733	0744	0755	0807	0819	0831	0843	0855	0907	0919	0931
Becontree Station	0540	0600	0620	0640	0700	0715	0727	0738	0750	0801	0813	0825	0837	0849	0901	0913	0925	0937
Dagenham Church Elm	0544	0604	0624	0644	0704	0719	0731	0743	0755	0807	0819	0831	0843	0855	0907	0919	0931	0942
Dagenham Village Post Office	0547	0607	0627	0647	0707	0722	0735	0747	0759	0811	0823	0835	0847	0859	0911	0923	0935	0946
Dagenham Oval Road South	0551	0611	0631	0651	0711	0726	0740	0752	0804	0816	0828	0840	0852	0904	0916	0928	0940	0952
Dagenham Asda	0554	0614	0634	0654	0714	0729	0744	0756	0808	0820	0832	0844	0856	0908	0920	0932	0944	0956
Leytonstone Station Bus Station	0855	0906	0917	0928	0939	Then every 12 minutes until	1215	1228	Then every 12 minutes until	1340	1352	1404	1416	1427	1438	1449		
Wanstead Station	0903	0914	0925	0937	0949		1225	1238		1350	1402	1414	1426	1437	1448	1459		
Redbridge Station	0908	0919	0930	0942	0954		1230	1243		1355	1407	1419	1431	1442	1453	1504		
Ilford Station	0921	0932	0943	0955	1007		1243	1256		1408	1420	1432	1444	1455	1506	1517		
Ilford High Road Hainault Street	0926	0937	0948	1000	1012		1248	1301		1413	1425	1437	1449	1500	1511	1523		
Fair Cross South Park Drive	0936	0947	0958	1010	1022		1258	1311		1423	1435	1447	1459	1511	1523	1535		
Becontree Martins Corner	0943	0954	1005	1017	1029		1305	1318		1430	1442	1454	1506	1518	1530	1542		
Becontree Station	0949	1000	1011	1023	1035		1311	1324		1436	1448	1500	1512	1524	1536	1548		
Dagenham Church Elm	0954	1005	1016	1028	1040		1316	1329		1441	1453	1505	1517	1529	1541	1553		
Dagenham Village Post Office	0958	1009	1020	1032	1044		1320	1333		1445	1457	1510	1522	1534	1546	1558		
Dagenham Oval Road South	1004	1015	1026	1038	1050		1326	1339		1451	1504	1517	1529	1541	1553	1605		
Dagenham Asda	1008	1019	1030	1042	1054		1330	1343		1455	1508	1521	1533	1545	1557	1609		
Leytonstone Station Bus Station	1500	1511	Then every 12 minutes until	1711	1723		1735	1748		1801	1814	1827	1840	1855	1910	1925	1940	1955
Wanstead Station	1511	1522		1722	1734	1746	1759	1811	1823	1836	1849	1904	1919	1934	1949	2003	2017	
Redbridge Station	1516	1528		1728	1740	1752	1804	1816	1828	1841	1854	1909	1924	1939	1954	2008	2022	
Ilford Station	1529	1541		1741	1753	1805	1816	1827	1839	1852	1905	1919	1934	1949	2004	2017	2030	
Ilford High Road Hainault Street	1535	1547		1747	1759	1811	1822	1833	1845	1858	1911	1925	1940	1955	2008	2021	2034	
Fair Cross South Park Drive	1547	1559		1759	1810	1821	1832	1843	1855	1907	1920	1933	1948	2003	2015	2028	2041	
Becontree Martins Corner	1554	1606		1806	1817	1828	1839	1850	1902	1914	1926	1939	1954	2009	2021	2034	2047	
Becontree Station	1600	1612		1812	1823	1834	1845	1856	1907	1919	1931	1944	1959	2013	2025	2038	2051	
Dagenham Church Elm	1605	1617		1817	1828	1839	1850	1901	1912	1924	1936	1949	2004	2016	2028	2041	2054	
Dagenham Village Post Office	1610	1622		1822	1833	1844	1855	1906	1917	1929	1941	1954	2007	2019	2031	2044	2057	
Dagenham Oval Road South	1617	1629		1829	1840	1851	1902	1912	1922	1934	1946	1959	2011	2023	2035	2048	2101	
Dagenham Asda	1621	1633		1833	1844	1855	1906	1916	1926	1938	1950	2002	2014	2026	2038	2051	2104	
Leytonstone Station Bus Station	2026	2043		2100	Then every 20 minutes at these minutes past the hour	20	40	00	2400									
Wanstead Station	2033	2050	2107	27		47	07	0007										
Redbridge Station	2037	2053	2110	30		50	10	0010										
Ilford Station	2045	2101	2118	38		58	18	0018										
Ilford High Road Hainault Street	2049	2105	2122	42		02	22	0022										
Fair Cross South Park Drive	2056	2112	2129	49		09	29	0029										
Becontree Martins Corner	2102	2118	2135	55		15	35	0035										
Becontree Station	2106	2122	2139	59		19	39	0039										
Dagenham Church Elm	2109	2125	2142	02		22	42	0042										
Dagenham Village Post Office	2112	2128	2145	05		25	45	0045										
Dagenham Oval Road South	2116	2132	2149	09		29	49	0049										
Dagenham Asda	2119	2135	2152	12		32	52	0052										

145		Saturdays (also Good Friday)																
Leytonstone Station Bus Station	0502		22	42	02	0802	0820	0837	0848	0858	0908	0918	0928	0937	0947	0958	1009	
Wanstead Station	0509		29	49	09	0809	0827	0844	0855	0905	0915	0925	0935	0945	0955	1006	1017	
Redbridge Station	0512	<i>Then</i>	32	52	12	0812	0830	0847	0858	0908	0918	0929	0939	0949	1000	1011	1022	
Ilford Station	0520	<i>every 20</i>	40	00	20	0820	0838	0855	0906	0916	0926	0937	0948	1000	1012	1024	1035	
Ilford High Road Hainault Street	0524	<i>minutes</i>	44	04	24	0824	0842	0859	0910	0920	0930	0941	0953	1005	1017	1029	1040	
Fair Cross South Park Drive	0530	<i>at these</i>	50	10	30	<i>until</i>	0830	0848	0905	0916	0927	0938	0950	1002	1014	1026	1038	1050
Becontree Martins Corner	0536	<i>minutes</i>	56	16	36	0836	0854	0911	0922	0933	0945	0957	1009	1021	1033	1045	1057	
Becontree Station	0540	<i>past</i>	00	20	40	0840	0858	0915	0926	0938	0950	1002	1014	1026	1038	1050	1102	
Dagenham Church Elm	0543	<i>the hour</i>	03	23	43	0843	0902	0919	0931	0943	0955	1007	1019	1031	1043	1056	1108	
Dagenham Village Post Office	0546		06	26	46	0846	0905	0922	0934	0946	0958	1010	1022	1034	1047	1100	1112	
Dagenham Oval Road South	0550		10	30	50	0850	0909	0926	0938	0950	1002	1014	1027	1039	1052	1105	1118	
Dagenham Asda	0553		13	33	53	0853	0913	0930	0942	0954	1006	1018	1031	1044	1057	1110	1123	
Leytonstone Station Bus Station	1020	1031	1042	1053	1104		1640	1652	1704	1716	1728	1741	1754	1807	1820	1833	1847	
Wanstead Station	1028	1039	1050	1101	1113		1649	1701	1713	1725	1737	1750	1803	1815	1828	1841	1855	
Redbridge Station	1033	1044	1055	1106	1118		1654	1706	1718	1730	1742	1755	1807	1819	1832	1845	1859	
Ilford Station	1046	1057	1109	1121	1133		1709	1721	1733	1745	1757	1810	1821	1832	1843	1855	1909	
Ilford High Road Hainault Street	1051	1103	1115	1127	1139	<i>Then</i>	1715	1727	1739	1751	1803	1815	1826	1837	1848	1900	1914	
Fair Cross South Park Drive	1102	1114	1126	1138	1150	<i>every 12</i>	1726	1738	1750	1801	1812	1823	1834	1845	1856	1908	1922	
Becontree Martins Corner	1109	1121	1133	1145	1157	<i>minutes</i>	1733	1745	1757	1808	1819	1830	1841	1852	1903	1915	1929	
Becontree Station	1115	1127	1139	1151	1203	<i>until</i>	1739	1751	1803	1813	1824	1835	1846	1857	1908	1920	1934	
Dagenham Church Elm	1121	1133	1145	1157	1209		1745	1757	1807	1817	1828	1839	1850	1901	1912	1924	1938	
Dagenham Village Post Office	1125	1137	1149	1201	1213		1749	1801	1811	1821	1832	1843	1854	1905	1916	1928	1942	
Dagenham Oval Road South	1131	1143	1155	1207	1219		1755	1806	1816	1826	1837	1848	1859	1910	1921	1933	1946	
Dagenham Asda	1136	1148	1200	1212	1224		1800	1810	1820	1830	1841	1852	1903	1914	1925	1937	1950	
Leytonstone Station 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	<i>Then</i>	50	10	30		0010							
Ilford Station	1924	1941	1958	2018	2038	<i>every 20</i>	58	18	38		0018							
Ilford High Road Hainault Street	1929	1946	2002	2022	2042	<i>minutes</i>	02	22	42		0022							
Fair Cross South Park Drive	1937	1953	2009	2029	2049	<i>at these</i>	09	29	49	<i>until</i>	0029							
Becontree Martins Corner	1944	1959	2015	2035	2055	<i>minutes</i>	15	35	55		0035							
Becontree Station	1949	2004	2019	2039	2059	<i>past</i>	19	39	59		0039							
Dagenham Church Elm	1953	2007	2022	2042	2102	<i>the hour</i>	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 Station 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
Fair Cross South Park Drive	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 Station 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	<i>Then</i>	1519	1539	1559	1619	1636	1653	1711	1729	1747	1806	1824	1842	<i>Then</i>			0022
Fair Cross South Park Drive	1349	<i>every 20</i>	1529	1549	1609	1627	1644	1701	1719	1737	1755	1813	1831	1849	<i>every 20</i>			0029
Becontree Martins Corner	1356	<i>minutes</i>	1536	1556	1615	1633	1650	1707	1725	1743	1801	1819	1837	1855	<i>minutes</i>			0035
Becontree Station	1401	<i>until</i>	1541	1601	1619	1637	1654	1711	1729	1747	1805	1823	1841	1859	<i>until</i>			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
145		Boxing Day																
A Sunday service operates, commencing with the 0822 journey from Leytonstone.																		