145 Dagenham – Ilford – Leytonstone

145	Mondays to Fridays																		
Dagenham *Asda*	0455	0515	0535	0555	0610	0625	0634	0643	0653	0704	0716	0727	0738	0749	0801	0812	0824	0837
Dagenham *New Road/Kent Avenue*	0459	0519	0539	0559	0614	0629	0638	0647	0657	0709	0721	0732	0743	0754	0806	0818	0830	0843
Dagenham Park Secondary School	0501	0521	0541	0601	0616	0631	0640	0649	0659	0712	0724	0735	0746	0757	0809	0822	0834	0847
Dagenham *Library*	0506	0526	0546	0606	0621	0636	0645	0654	0704	0718	0730	0741	0752	0803	0816	0829	0841	0854
Becontree Station	0512	0532	0552	0612	0627	0642	0651	0701	0711	0725	0737	0748	0759	0810	0824	0837	0849	0902
Becontree *Martins Corner*	0516	0536	0556	0617	0632	0647	0656	0708	0719	0731	0743	0754	0805	0818	0831	0844	0856	0909
Faircross *South Park Drive*	0524	0544	0604	0626	0641	0656	0705	0717	0729	0742	0754	0805	0817	0830	0843	0856	0908	0920
Ilford High Road *Hainault Street*	0531	0552	0613	0636	0652	0708	0721	0734	0747	0801	0813	0825	0838	0851	0904	0916	0928	0940
Ilford Station	0535	0556	0617	0640	0657	0713	0726	0739	0752	0805	0818	0831	0844	0857	0910	0922	0934	0946
Redbridge Station *Eastern Avenue*	0542	0605	0627	0650	0709	0727	0740	0753	0806	0820	0834	0847	0900	0912	0924	0935	0947	0959
Wanstead Station *Cambridge Park*	0546	0609	0631	0654	0714	0732	0745	0758	0811	0825	0839	0852	0905	0917	0929	0940	0952	1004
Leytonstone Station *Bus Station*	0552	0615	0637	0700	0721	0739	0752	0806	0820	0834	0848	0901	0913	0925	0937	0948	1000	1012
Dagenham *Asda*	0850	0903	0916	0929	0942	0955	1008	1021			1257	1309	1322	1334	1347	1400	1413	1425
Dagenham *New Road/Kent Avenue*	0856	0909	0922	0935	0948	1001	1014	1027			1303	1315	1328	1340	1353	1406	1419	1431
Dagenham Park Secondary School	0900	0913	0925	0938	0951	1004	1017	1030			1306	1318	1331	1343	1356	1409	1422	1434
Dagenham *Library*	0907	0919	0931	0944	0957	1010	1023	1036			1312	1324	1337	1349	1402	1416	1429	1441
Becontree Station	0915	0926	0938	0951	1004	1017	1030	1043	*Then*		1319	1331	1344	1356	1409	1423	1436	1448
Becontree *Martins Corner*	0921	0932	0944	0957	1010	1023	1036	1049	*every 13*		1325	1337	1350	1402	1415	1429	1442	1454
Faircross *South Park Drive*	0932	0943	0955	1008	1020	1033	1046	1059	*minutes*		1335	1347	1400	1412	1425	1439	1452	1504
Ilford High Road *Hainault Street*	0951	1002	1014	1027	1039	1051	1104	1117	*until*		1353	1405	1418	1430	1443	1457	1510	1523
Ilford Station	0957	1008	1020	1033	1045	1057	1110	1123			1359	1411	1424	1436	1449	1503	1516	1529
Redbridge Station *Eastern Avenue*	1010	1021	1033	1045	1057	1109	1122	1134			1410	1423	1436	1448	1501	1515	1529	1542
Wanstead Station *Cambridge Park*	1015	1026	1038	1050	1102	1114	1127	1139			1415	1428	1441	1453	1506	1520	1534	1547
Leytonstone Station *Bus Station*	1023	1034	1046	1058	1110	1122	1135	1147			1423	1436	1449	1502	1516	1530	1544	1557
Dagenham *Asda*	1436	1447	1500	1512	1525	1538	1551	1604	1617	1631	1644	1657	1710	1723	1736	1749	1802	1815
Dagenham *New Road/Kent Avenue*	1442	1453	1506	1518	1531	1544	1557	1610	1623	1637	1650	1703	1716	1729	1742	1755	1808	1821
Dagenham Park Secondary School	1445	1457	1510	1522	1535	1548	1601	1613	1626	1640	1653	1706	1719	1732	1745	1758	1811	1824
Dagenham *Library*	1452	1504	1517	1529	1542	1555	1608	1620	1633	1646	1659	1712	1725	1738	1751	1804	1816	1829
Becontree Station	1500	1513	1526	1538	1551	1604	1616	1628	1641	1654	1707	1720	1733	1746	1759	1812	1824	1837
Becontree *Martins Corner*	1506	1519	1532	1545	1558	1611	1623	1635	1648	1701	1714	1727	1740	1753	1805	1818	1830	1843
Faircross *South Park Drive*	1516	1529	1542	1555	1608	1622	1635	1647	1700	1713	1725	1738	1751	1804	1816	1828	1840	1853
Ilford High Road *Hainault Street*	1536	1549	1602	1615	1628	1641	1654	1706	1719	1732	1744	1757	1810	1822	1833	1845	1857	1909
Ilford Station	1542	1555	1608	1621	1634	1647	1700	1712	1725	1738	1750	1803	1816	1828	1839	1851	1903	1914
Redbridge Station *Eastern Avenue*	1555	1608	1620	1633	1646	1659	1712	1724	1737	1750	1802	1815	1828	1840	1851	1903	1914	1925
Wanstead Station *Cambridge Park*	1600	1613	1625	1638	1651	1704	1717	1729	1742	1755	1807	1820	1833	1845	1856	1907	1918	1929
Leytonstone Station *Bus Station*	1610	1623	1635	1648	1701	1714	1727	1739	1752	1805	1817	1830	1842	1854	1905	1916	1927	1938
Dagenham *Asda*	1828	1841	1854	1907	1923	1939	1955	2010	2026	2042	2057	2112	2127	2142	2157	2212	2228	2244
Dagenham *New Road/Kent Avenue*	1834	1847	1900	1913	1929	1945	2001	2015	2031	2047	2102	2117	2132	2147	2202	2217	2233	2249
Dagenham Park Secondary School	1837	1850	1903	1916	1932	1948	2004	2018	2033	2049	2104	2119	2134	2149	2204	2219	2235	2251
Dagenham *Library*	1842	1855	1908	1921	1937	1953	2009	2023	2038	2053	2108	2123	2138	2153	2208	2223	2239	2255
Becontree Station	1850	1903	1915	1928	1944	2000	2015	2029	2044	2059	2114	2129	2144	2159	2214	2229	2244	2300
Becontree *Martins Corner*	1856	1909	1921	1934	1950	2005	2020	2034	2049	2104	2119	2134	2149	2204	2219	2233	2248	2304
Faircross *South Park Drive*	1906	1918	1930	1942	1957	2012	2027	2041	2056	2111	2125	2140	2155	2210	2225	2239	2254	2310
Ilford High Road *Hainault Street*	1921	1932	1943	1954	2008	2022	2036	2049	2103	2117	2131	2146	2201	2216	2231	2245	2300	2316
Ilford Station	1926	1937	1948	1959	2013	2027	2041	2054	2108	2121	2135	2150	2205	2220	2235	2249	2304	2320
Redbridge Station *Eastern Avenue*	1937	1948	1959	2009	2022	2036	2050	2103	2116	2129	2143	2158	2213	2228	2243	2257	2312	2328
Wanstead Station *Cambridge Park*	1941	1952	2003	2013	2026	2040	2054	2107	2120	2133	2147	2202	2217	2232	2246	2300	2315	2331
Leytonstone Station *Bus Station*	1950	2001	2012	2021	2034	2047	2100	2113	2126	2139	2152	2207	2222	2237	2251	2305	2320	2336
Dagenham *Asda*	2300	2315	2330	2345	0000													
Dagenham *New Road/Kent Avenue*	2305	2320	2335	2350	0005													
Dagenham Park Secondary School	2307	2322	2337	2352	0007													
Dagenham *Library*	2310	2325	2340	2355	0010													
Becontree Station	2315	2330	2345	0000	0015													
Becontree *Martins Corner*	2319	2334	2349	0003	0018													
Faircross *South Park Drive*	2325	2340	2355	0009	0024													
Ilford High Road *Hainault Street*	2331	2346	0001	0015	0030													
Ilford Station	2335	2350	0005	0019	0034													
Redbridge Station *Eastern Avenue*	2342	2357	0012	0026	0041													
Wanstead Station *Cambridge Park*	2345	0000	0015	0029	0044													
Leytonstone Station *Bus Station*	2350	0005	0020	0034	0049													

145	Saturdays (also Good Friday)																		
Dagenham *Asda*	0455	0515	0535	0555	0615	0635	0655	0715	0736	0757	0813	0829	0841	0853	0906	0918	0931	0943	
Dagenham *New Road/Kent Avenue*	0459	0519	0539	0559	0619	0639	0659	0719	0740	0801	0817	0833	0845	0857	0910	0923	0936	0948	
Dagenham Park Secondary School	0501	0521	0541	0601	0621	0641	0701	0721	0742	0803	0819	0835	0847	0859	0912	0925	0938	0950	
Dagenham *Library*	0505	0525	0545	0605	0625	0645	0705	0725	0746	0808	0824	0840	0852	0904	0917	0930	0943	0955	
Becontree Station	0510	0530	0550	0610	0630	0650	0711	0731	0752	0814	0830	0846	0859	0911	0924	0937	0950	1002	
Becontree *Martins Corner*	0514	0534	0554	0615	0635	0655	0715	0735	0756	0818	0834	0850	0903	0916	0929	0942	0955	1007	
Faircross *South Park Drive*	0520	0540	0600	0622	0642	0702	0723	0744	0805	0827	0843	0859	0912	0925	0938	0951	1004	1016	
Ilford High Road *Hainault Street*	0528	0549	0611	0633	0654	0715	0738	0800	0822	0844	0900	0916	0929	0942	0955	1008	1021	1034	
Ilford Station	0532	0553	0615	0637	0658	0719	0742	0805	0827	0849	0905	0921	0934	0947	1000	1013	1026	1039	
Redbridge Station *Eastern Avenue*	0539	0600	0622	0644	0706	0728	0751	0814	0836	0858	0915	0931	0944	0957	1010	1023	1036	1049	
Wanstead Station *Cambridge Park*	0542	0604	0626	0648	0710	0732	0755	0818	0840	0902	0919	0935	0948	1001	1015	1028	1041	1054	
Leytonstone Station *Bus Station*	0547	0609	0631	0653	0716	0738	0801	0824	0846	0909	0926	0942	0956	1010	1024	1037	1050	1103	
Dagenham *Asda*	0955	1006	1018	1031	1044	1057	1110	1123	1136	1149	1202	1215	1228	1242	1256	1309	1322	1335	
Dagenham *New Road/Kent Avenue*	1000	1011	1023	1036	1049	1102	1116	1129	1142	1155	1208	1221	1234	1248	1302	1315	1328	1341	
Dagenham Park Secondary School	1002	1014	1026	1039	1052	1105	1119	1132	1145	1158	1211	1225	1238	1252	1305	1318	1331	1344	
Dagenham *Library*	1007	1020	1032	1045	1058	1112	1126	1139	1152	1205	1218	1232	1245	1259	1312	1325	1338	1351	
Becontree Station	1014	1027	1039	1052	1106	1120	1134	1147	1200	1213	1226	1240	1253	1307	1320	1333	1346	1359	
Becontree *Martins Corner*	1019	1032	1045	1058	1112	1126	1140	1153	1206	1219	1232	1246	1259	1313	1326	1339	1352	1405	
Faircross *South Park Drive*	1029	1042	1055	1108	1122	1136	1150	1203	1216	1230	1243	1257	1310	1323	1336	1349	1402	1415	
Ilford High Road *Hainault Street*	1047	1100	1113	1126	1140	1154	1208	1222	1236	1250	1303	1317	1330	1343	1356	1409	1421	1434	
Ilford Station	1052	1105	1118	1132	1146	1200	1214	1228	1242	1256	1309	1323	1336	1349	1402	1415	1427	1440	
Redbridge Station *Eastern Avenue*	1102	1115	1129	1143	1157	1212	1227	1241	1255	1309	1323	1337	1351	1404	1417	1429	1441	1454	
Wanstead Station *Cambridge Park*	1107	1120	1134	1148	1202	1217	1232	1246	1300	1314	1328	1342	1356	1409	1422	1434	1446	1459	
Leytonstone Station *Bus Station*	1117	1131	1145	1159	1214	1229	1244	1259	1313	1327	1341	1355	1408	1421	1434	1446	1458	1511	
Dagenham *Asda*	1349	1403	1417	1431	1444	1457	1510	1523	1536	1549	1603	1616	1629	1643	1656	1709	1722	1736	
Dagenham *New Road/Kent Avenue*	1355	1409	1423	1437	1450	1503	1516	1529	1542	1555	1609	1622	1635	1649	1702	1715	1728	1742	
Dagenham Park Secondary School	1358	1412	1426	1440	1453	1506	1519	1532	1545	1558	1612	1625	1638	1652	1705	1718	1731	1745	
Dagenham *Library*	1405	1419	1433	1447	1500	1513	1526	1539	1552	1605	1618	1631	1644	1658	1711	1724	1737	1751	
Becontree Station	1412	1426	1440	1454	1507	1520	1533	1546	1559	1612	1625	1638	1651	1705	1719	1732	1745	1759	
Becontree *Martins Corner*	1418	1432	1446	1500	1513	1526	1539	1552	1605	1618	1631	1644	1657	1711	1725	1738	1751	1805	
Faircross *South Park Drive*	1428	1442	1456	1510	1523	1536	1549	1602	1615	1628	1641	1654	1707	1721	1735	1748	1801	1815	
Ilford High Road *Hainault Street*	1447	1501	1515	1528	1541	1554	1607	1620	1634	1647	1700	1713	1726	1739	1752	1804	1816	1829	
Ilford Station	1453	1507	1521	1534	1547	1600	1613	1626	1640	1653	1706	1719	1732	1745	1758	1810	1822	1835	
Redbridge Station *Eastern Avenue*	1507	1520	1534	1547	1600	1613	1626	1639	1653	1706	1719	1732	1745	1758	1811	1822	1834	1847	
Wanstead Station *Cambridge Park*	1512	1525	1539	1552	1605	1618	1631	1644	1658	1711	1724	1737	1750	1803	1816	1827	1839	1852	
Leytonstone Station *Bus Station*	1524	1537	1550	1603	1616	1629	1642	1655	1709	1722	1735	1748	1801	1814	1826	1837	1849	1902	
Dagenham *Asda*	1749	1804	1819	1834	1849	1904	1919	1934	1948	2002	2016	2030	2045	2100	2115	2130	2145	2200	
Dagenham *New Road/Kent Avenue*	1755	1810	1825	1840	1855	1910	1925	1940	1954	2007	2021	2035	2050	2104	2119	2134	2149	2204	
Dagenham Park Secondary School	1758	1813	1828	1843	1858	1913	1928	1942	1956	2009	2023	2037	2052	2106	2121	2136	2151	2206	
Dagenham *Library*	1804	1818	1833	1848	1903	1918	1933	1947	2001	2014	2028	2042	2057	2111	2126	2141	2156	2211	
Becontree Station	1812	1826	1840	1855	1910	1925	1940	1953	2007	2020	2034	2048	2103	2117	2132	2147	2202	2217	
Becontree *Martins Corner*	1818	1832	1846	1901	1915	1930	1945	1958	2012	2025	2039	2053	2108	2122	2136	2151	2206	2221	
Faircross *South Park Drive*	1827	1841	1855	1910	1924	1939	1954	2007	2021	2034	2048	2102	2116	2130	2143	2158	2213	2228	
Ilford High Road *Hainault Street*	1840	1853	1906	1921	1934	1948	2002	2015	2029	2042	2055	2109	2123	2137	2150	2205	2220	2235	
Ilford Station	1846	1859	1912	1926	1939	1953	2007	2020	2034	2047	2100	2113	2127	2141	2154	2209	2224	2239	
Redbridge Station *Eastern Avenue*	1858	1911	1924	1937	1949	2003	2017	2030	2044	2057	2110	2123	2136	2150	2203	2218	2233	2247	
Wanstead Station *Cambridge Park*	1903	1916	1929	1942	1953	2007	2021	2034	2048	2101	2114	2127	2140	2154	2207	2222	2237	2251	
Leytonstone Station *Bus Station*	1913	1926	1939	1952	2003	2016	2029	2042	2055	2107	2120	2133	2146	2200	2213	2228	2243	2257	
Dagenham *Asda*	2215	2230	2245	2300	2315	2330	2345	0000											
Dagenham *New Road/Kent Avenue*	2219	2234	2249	2304	2319	2334	2349	0004											
Dagenham Park Secondary School	2221	2236	2251	2306	2321	2336	2351	0006											
Dagenham *Library*	2226	2241	2256	2310	2325	2340	2355	0010											
Becontree Station	2232	2247	2302	2316	2330	2345	0000	0015											
Becontree *Martins Corner*	2236	2251	2306	2320	2334	2349	0004	0019											
Faircross *South Park Drive*	2243	2258	2312	2326	2340	2355	0010	0025											
Ilford High Road *Hainault Street*	2250	2305	2319	2333	2347	0002	0016	0031											
Ilford Station	2254	2309	2323	2337	2351	0006	0020	0035											
Redbridge Station *Eastern Avenue*	2302	2317	2331	2345	2359	0014	0028	0043											
Wanstead Station *Cambridge Park*	2305	2320	2334	2348	0002	0017	0031	0046											
Leytonstone Station *Bus Station*	2311	2326	2340	2354	0008	0023	0037	0052											

145	Sundays and other Public Holidays (except Christmas Day)																		
Dagenham *Asda*	0600	0631	0702	0733	0754	0815	0836	0852	0908	0923	0938	0952	1006	1021	1037	1053	1108	1123	
Dagenham *New Road/Kent Avenue*	0604	0635	0706	0737	0758	0819	0840	0856	0912	0928	0943	0957	1011	1026	1042	1058	1113	1128	
Dagenham Park Secondary School	0606	0637	0708	0739	0800	0821	0842	0858	0914	0930	0945	0959	1013	1029	1045	1101	1116	1131	
Dagenham *Library*	0610	0641	0712	0743	0804	0825	0846	0902	0918	0934	0949	1003	1018	1034	1050	1106	1121	1136	
Becontree Station	0615	0646	0717	0748	0810	0831	0852	0908	0924	0940	0955	1009	1024	1040	1056	1112	1127	1142	
Becontree *Martins Corner*	0619	0650	0721	0752	0814	0835	0856	0913	0929	0945	1000	1014	1029	1045	1101	1117	1132	1147	
Faircross *South Park Drive*	0626	0657	0728	0800	0822	0843	0904	0921	0937	0953	1008	1023	1038	1054	1110	1126	1141	1157	
Ilford High Road *Hainault Street*	0636	0707	0740	0813	0835	0857	0919	0936	0952	1008	1023	1039	1055	1111	1127	1143	1158	1214	
Ilford Station	0640	0711	0744	0817	0839	0901	0923	0940	0956	1012	1028	1044	1100	1116	1132	1148	1203	1219	
Redbridge Station *Eastern Avenue*	0647	0718	0751	0825	0847	0909	0931	0948	1004	1021	1037	1053	1109	1126	1142	1158	1215	1231	
Wanstead Station *Cambridge Park*	0650	0722	0755	0829	0851	0913	0935	0952	1008	1025	1041	1057	1113	1130	1147	1203	1220	1236	
Leytonstone Station *Bus Station*	0655	0727	0800	0834	0856	0919	0942	0959	1015	1032	1048	1104	1120	1137	1154	1211	1228	1245	
Dagenham *Asda*	1138	1153	1209	1225	1241	1257	1313	1329	1345	1401	1417	1433	1449	1505	1521	1537	1553	1609	
Dagenham *New Road/Kent Avenue*	1143	1158	1215	1231	1247	1303	1319	1335	1351	1407	1423	1439	1455	1511	1527	1543	1559	1615	
Dagenham Park Secondary School	1146	1201	1218	1234	1250	1306	1322	1338	1354	1410	1426	1442	1458	1514	1530	1546	1602	1618	
Dagenham *Library*	1151	1206	1223	1240	1256	1312	1328	1344	1400	1416	1432	1448	1504	1519	1535	1551	1607	1623	
Becontree Station	1157	1213	1230	1247	1303	1319	1335	1351	1407	1423	1439	1455	1511	1526	1542	1558	1614	1630	
Becontree *Martins Corner*	1202	1219	1236	1253	1309	1325	1341	1357	1413	1429	1445	1501	1516	1531	1547	1603	1619	1635	
Faircross *South Park Drive*	1213	1230	1247	1304	1320	1336	1351	1407	1423	1439	1455	1511	1527	1542	1558	1614	1629	1644	
Ilford High Road *Hainault Street*	1230	1247	1304	1321	1338	1354	1409	1425	1440	1456	1512	1528	1544	1559	1615	1630	1645	1700	
Ilford Station	1235	1252	1309	1326	1343	1359	1414	1430	1446	1502	1518	1534	1550	1605	1621	1636	1651	1706	
Redbridge Station *Eastern Avenue*	1247	1304	1321	1338	1355	1412	1427	1443	1459	1515	1530	1546	1602	1617	1633	1648	1703	1718	
Wanstead Station *Cambridge Park*	1252	1309	1326	1343	1400	1417	1432	1448	1504	1520	1535	1551	1607	1621	1637	1652	1707	1722	
Leytonstone Station *Bus Station*	1302	1319	1336	1353	1410	1427	1443	1459	1515	1530	1545	1601	1616	1630	1645	1700	1714	1729	
Dagenham *Asda*	1625	1641	1657	1713	1729	1745	1801	1816	1831	1846	1901	1916	1931	1946	2001	2016	2031	2046	
Dagenham *New Road/Kent Avenue*	1631	1647	1703	1719	1735	1751	1807	1822	1837	1852	1907	1922	1937	1952	2006	2021	2036	2051	
Dagenham Park Secondary School	1634	1650	1706	1722	1738	1754	1810	1825	1840	1855	1910	1925	1940	1955	2009	2023	2038	2053	
Dagenham *Library*	1639	1655	1711	1727	1742	1758	1814	1829	1844	1859	1914	1929	1944	1959	2013	2027	2042	2057	
Becontree Station	1646	1702	1717	1733	1748	1804	1820	1835	1850	1905	1920	1935	1950	2005	2019	2033	2048	2103	
Becontree *Martins Corner*	1651	1707	1722	1738	1753	1809	1825	1840	1855	1910	1925	1940	1955	2010	2024	2038	2053	2107	
Faircross *South Park Drive*	1700	1716	1731	1747	1802	1818	1834	1849	1904	1918	1933	1948	2003	2018	2032	2046	2100	2114	
Ilford High Road *Hainault Street*	1716	1732	1747	1803	1818	1833	1849	1903	1917	1930	1944	1958	2012	2026	2039	2053	2107	2121	
Ilford Station	1721	1737	1752	1808	1823	1838	1854	1908	1922	1935	1949	2002	2016	2030	2043	2057	2111	2125	
Redbridge Station *Eastern Avenue*	1733	1748	1803	1818	1833	1848	1903	1917	1931	1944	1958	2011	2025	2039	2052	2105	2119	2133	
Wanstead Station *Cambridge Park*	1737	1752	1807	1822	1837	1852	1907	1921	1935	1948	2001	2014	2028	2042	2055	2108	2122	2136	
Leytonstone Station *Bus Station*	1744	1759	1814	1829	1844	1859	1914	1928	1942	1955	2008	2021	2034	2048	2101	2114	2128	2142	
Dagenham *Asda*	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345	0000						
Dagenham *New Road/Kent Avenue*	2105	2120	2135	2150	2204	2219	2234	2249	2304	2319	2334	2349	0004						
Dagenham Park Secondary School	2107	2122	2137	2152	2206	2221	2236	2251	2306	2321	2336	2351	0006						
Dagenham *Library*	2111	2126	2141	2156	2210	2225	2240	2255	2310	2325	2340	2355	0010						
Becontree Station	2117	2131	2146	2201	2215	2230	2245	2300	2314	2329	2344	2359	0014						
Becontree *Martins Corner*	2121	2135	2150	2205	2219	2234	2249	2304	2318	2333	2348	0003	0018						
Faircross *South Park Drive*	2128	2142	2157	2211	2225	2240	2255	2310	2324	2339	2354	0009	0024						
Ilford High Road *Hainault Street*	2135	2149	2204	2218	2232	2247	2302	2316	2330	2345	0000	0015	0030						
Ilford Station	2139	2153	2208	2222	2236	2251	2306	2320	2334	2349	0004	0019	0034						
Redbridge Station *Eastern Avenue*	2147	2201	2216	2230	2244	2259	2313	2327	2341	2356	0011	0026	0041						
Wanstead Station *Cambridge Park*	2150	2204	2219	2233	2247	2302	2316	2330	2344	2359	0014	0029	0044						
Leytonstone Station *Bus Station*	2156	2210	2224	2238	2252	2307	2321	2335	2349	0004	0019	0034	0049						

145 Leytonstone – Ilford – Dagenham

145	Mondays to Fridays																		
Leytonstone Station *Bus Station*	0500	0520	0540	0600	0620	0635	0646	0655	0705	0717	0729	0740	0752	0805	0818	0831	0844	0857	
Wanstead Station *Cambridge Park*	0505	0525	0545	0605	0625	0640	0651	0700	0711	0724	0736	0747	0759	0812	0826	0840	0853	0906	
Redbridge Station *Eastern Avenue*	0508	0528	0548	0609	0629	0644	0655	0705	0716	0729	0741	0752	0804	0817	0831	0845	0858	0911	
Ilford Station	0515	0535	0555	0617	0637	0652	0703	0715	0727	0740	0752	0803	0815	0829	0844	0859	0912	0924	
Ilford High Road *Hainault Street*	0518	0538	0558	0620	0640	0655	0707	0719	0731	0744	0756	0807	0820	0834	0849	0904	0917	0929	
Faircross *South Park Drive*	0525	0545	0606	0628	0649	0705	0720	0733	0746	0759	0811	0823	0836	0850	0905	0919	0932	0944	
Becontree *Martins Corner*	0531	0551	0613	0635	0657	0714	0730	0743	0756	0809	0822	0834	0847	0901	0916	0930	0943	0955	
Becontree Station	0536	0556	0618	0641	0705	0721	0737	0750	0803	0816	0829	0842	0855	0909	0922	0936	0949	1002	
Dagenham *Library*	0540	0600	0623	0646	0710	0727	0743	0756	0809	0822	0835	0848	0901	0915	0928	0942	0955	1008	
Dagenham Park Secondary School	0545	0606	0629	0652	0717	0734	0750	0803	0816	0829	0842	0855	0908	0922	0935	0949	1002	1015	
Dagenham *New Road/Kent Avenue*	0548	0609	0632	0655	0720	0737	0753	0806	0820	0833	0846	0859	0912	0926	0939	0952	1005	1018	
Dagenham *Asda*	0552	0614	0637	0700	0726	0743	0759	0812	0826	0839	0852	0905	0918	0932	0945	0958	1011	1024	
Leytonstone Station *Bus Station*	0909	0922	0935	0948	1001	1014	1027	1040	1053			1158	1211	1224	1238	1251	1304	1317	
Wanstead Station *Cambridge Park*	0918	0931	0944	0956	1009	1022	1035	1048	1101			1206	1220	1233	1247	1300	1313	1326	
Redbridge Station *Eastern Avenue*	0923	0936	0949	1001	1014	1027	1040	1053	1106			1211	1225	1238	1252	1305	1318	1331	
Ilford Station	0936	0948	1001	1013	1025	1038	1051	1104	1118			1223	1237	1250	1304	1317	1330	1343	
Ilford High Road *Hainault Street*	0941	0953	1006	1018	1030	1043	1056	1109	1123	*Then*		1228	1242	1255	1309	1322	1335	1348	
Faircross *South Park Drive*	0956	1008	1021	1034	1046	1059	1112	1126	1140	*every 13*		1245	1259	1312	1325	1338	1351	1404	
Becontree *Martins Corner*	1007	1019	1032	1045	1057	1110	1123	1137	1151	*minutes*		1256	1310	1323	1336	1349	1402	1415	
Becontree Station	1014	1026	1039	1052	1104	1117	1130	1144	1158	*until*		1303	1317	1330	1343	1356	1409	1423	
Dagenham *Library*	1020	1032	1045	1058	1110	1123	1136	1150	1204			1309	1323	1336	1349	1402	1415	1429	
Dagenham Park Secondary School	1027	1039	1052	1105	1117	1130	1143	1157	1211			1316	1330	1343	1356	1409	1422	1436	
Dagenham *New Road/Kent Avenue*	1030	1042	1055	1108	1121	1134	1147	1201	1215			1320	1334	1347	1400	1413	1426	1440	
Dagenham *Asda*	1036	1048	1101	1114	1127	1140	1153	1207	1221			1326	1340	1353	1406	1419	1432	1446	
Leytonstone Station *Bus Station*	1330	1343	1356	1408	1420	1432	1444	1456	1508	1521	1534	1547	1600	1613	1626	1639	1652	1705	
Wanstead Station *Cambridge Park*	1339	1352	1405	1417	1429	1441	1453	1506	1518	1531	1544	1557	1610	1623	1636	1649	1702	1716	
Redbridge Station *Eastern Avenue*	1344	1357	1410	1422	1434	1446	1458	1511	1523	1536	1549	1602	1616	1629	1642	1655	1709	1723	
Ilford Station	1356	1409	1422	1434	1446	1458	1511	1524	1537	1550	1603	1616	1630	1643	1656	1709	1723	1737	
Ilford High Road *Hainault Street*	1401	1415	1428	1440	1452	1504	1517	1530	1543	1556	1609	1622	1636	1649	1702	1715	1729	1743	
Faircross *South Park Drive*	1418	1432	1445	1457	1509	1522	1535	1549	1602	1615	1628	1641	1655	1708	1721	1734	1748	1802	
Becontree *Martins Corner*	1429	1443	1456	1508	1520	1533	1546	1600	1613	1626	1640	1653	1707	1720	1733	1746	1800	1813	
Becontree Station	1437	1451	1504	1517	1530	1543	1556	1609	1622	1635	1649	1702	1716	1729	1741	1754	1808	1821	
Dagenham *Library*	1443	1457	1510	1524	1537	1550	1603	1616	1629	1642	1656	1709	1722	1735	1747	1800	1814	1827	
Dagenham Park Secondary School	1450	1504	1518	1532	1545	1558	1611	1624	1637	1650	1704	1717	1729	1742	1754	1807	1821	1834	
Dagenham *New Road/Kent Avenue*	1454	1508	1522	1536	1549	1602	1615	1628	1641	1654	1708	1721	1733	1746	1758	1811	1824	1837	
Dagenham *Asda*	1500	1514	1528	1542	1555	1608	1621	1634	1647	1700	1714	1727	1739	1752	1804	1817	1830	1843	
Leytonstone Station *Bus Station*	1718	1731	1744	1757	1810	1823	1836	1849	1902	1917	1932	1947	2002	2017	2032	2047	2102	2117	
Wanstead Station *Cambridge Park*	1729	1742	1755	1808	1820	1833	1846	1859	1912	1927	1941	1956	2011	2025	2039	2054	2108	2123	
Redbridge Station *Eastern Avenue*	1736	1749	1802	1815	1827	1840	1853	1906	1919	1933	1947	2001	2015	2029	2043	2058	2112	2127	
Ilford Station	1750	1803	1816	1828	1840	1853	1906	1919	1932	1946	2000	2013	2026	2039	2052	2106	2120	2135	
Ilford High Road *Hainault Street*	1756	1809	1822	1834	1846	1859	1912	1925	1938	1951	2005	2018	2031	2043	2056	2110	2124	2139	
Faircross *South Park Drive*	1814	1826	1838	1849	1900	1912	1924	1936	1948	2001	2015	2027	2039	2051	2103	2117	2131	2146	
Becontree *Martins Corner*	1825	1837	1848	1858	1908	1920	1932	1944	1956	2009	2023	2035	2047	2059	2111	2125	2139	2153	
Becontree Station	1833	1844	1855	1905	1915	1927	1938	1949	2001	2014	2028	2040	2052	2104	2116	2130	2144	2158	
Dagenham *Library*	1839	1850	1900	1910	1920	1932	1943	1954	2006	2019	2033	2045	2057	2109	2121	2135	2149	2203	
Dagenham Park Secondary School	1846	1857	1907	1917	1927	1939	1950	2001	2013	2026	2040	2052	2104	2116	2128	2142	2156	2210	
Dagenham *New Road/Kent Avenue*	1849	1900	1910	1920	1930	1942	1953	2004	2016	2029	2043	2055	2107	2119	2131	2145	2159	2213	
Dagenham *Asda*	1855	1906	1915	1925	1935	1947	1958	2009	2020	2034	2048	2059	2111	2123	2135	2149	2203	2217	
Leytonstone Station *Bus Station*	2132	2146	2200	2215	2230	2245	2300	2315	2330	2345	0000								
Wanstead Station *Cambridge Park*	2138	2152	2206	2221	2236	2251	2306	2321	2336	2351	0005								
Redbridge Station *Eastern Avenue*	2142	2155	2209	2224	2239	2254	2309	2324	2339	2354	0008								
Ilford Station	2150	2203	2217	2232	2247	2302	2316	2331	2346	0001	0015								
Ilford High Road *Hainault Street*	2154	2207	2221	2236	2251	2306	2320	2335	2350	0005	0019								
Faircross *South Park Drive*	2201	2214	2228	2243	2258	2313	2327	2342	2357	0012	0026								
Becontree *Martins Corner*	2208	2221	2235	2250	2305	2319	2333	2348	0003	0017	0031								
Becontree Station	2212	2225	2239	2254	2309	2323	2337	2352	0007	0021	0035								
Dagenham *Library*	2217	2229	2243	2258	2313	2327	2341	2356	0011	0025	0039								
Dagenham Park Secondary School	2224	2236	2248	2303	2318	2332	2346	0001	0016	0030	0044								
Dagenham *New Road/Kent Avenue*	2227	2239	2251	2305	2320	2334	2348	0003	0018	0032	0046								
Dagenham *Asda*	2231	2243	2255	2309	2324	2338	2352	0007	0022	0036	0050								

145	Saturdays (also Good Friday)																		
Leytonstone Station *Bus Station*	0500	0520	0540	0600	0620	0640	0701	0722	0743	0804	0819	0835	0850	0900	0911	0923	0934	0945
Wanstead Station *Cambridge Park*	0505	0525	0545	0605	0625	0645	0706	0727	0748	0810	0825	0841	0856	0907	0918	0930	0941	0952
Redbridge Station *Eastern Avenue*	0508	0528	0548	0609	0629	0649	0710	0731	0752	0814	0829	0845	0900	0911	0922	0934	0945	0956
Ilford Station	0515	0535	0555	0616	0636	0656	0717	0738	0759	0822	0837	0853	0908	0921	0932	0944	0956	1007
Ilford High Road *Hainault Street*	0518	0538	0558	0619	0639	0659	0721	0742	0803	0826	0841	0857	0912	0925	0936	0948	1000	1012
Faircross *South Park Drive*	0525	0545	0606	0628	0648	0710	0733	0754	0816	0839	0854	0910	0926	0939	0951	1003	1016	1028
Becontree *Martins Corner*	0531	0552	0613	0635	0657	0719	0742	0804	0826	0848	0903	0919	0935	0948	1000	1013	1026	1039
Becontree Station	0535	0556	0618	0640	0702	0725	0748	0810	0832	0854	0910	0926	0942	0955	1007	1020	1033	1046
Dagenham *Library*	0539	0600	0622	0644	0706	0729	0752	0815	0837	0859	0915	0931	0947	1000	1013	1026	1039	1052
Dagenham Park Secondary School	0544	0605	0627	0649	0711	0734	0757	0821	0843	0905	0921	0937	0953	1006	1020	1034	1047	1059
Dagenham *New Road/Kent Avenue*	0546	0607	0629	0651	0714	0737	0800	0824	0846	0908	0924	0940	0956	1009	1023	1037	1050	1103
Dagenham *Asda*	0550	0611	0633	0655	0718	0741	0804	0829	0851	0914	0930	0946	1002	1015	1029	1043	1056	1109
Leytonstone Station *Bus Station*	0957	1009	1022	1032	1045	1058	1111	1124	1137	1150	1203	1216	1229	1242	1255	1308	1321	1334
Wanstead Station *Cambridge Park*	1005	1017	1030	1040	1053	1106	1120	1133	1146	1200	1213	1227	1240	1253	1306	1319	1332	1345
Redbridge Station *Eastern Avenue*	1009	1021	1034	1044	1057	1111	1125	1138	1151	1205	1218	1232	1245	1258	1312	1325	1338	1351
Ilford Station	1020	1032	1045	1057	1110	1125	1139	1152	1205	1219	1232	1246	1259	1313	1327	1341	1355	1408
Ilford High Road *Hainault Street*	1025	1037	1050	1102	1115	1130	1144	1157	1210	1224	1237	1251	1305	1319	1333	1347	1401	1414
Faircross *South Park Drive*	1041	1053	1106	1119	1132	1147	1201	1214	1228	1242	1255	1309	1323	1337	1351	1405	1419	1432
Becontree *Martins Corner*	1052	1104	1118	1131	1144	1159	1213	1226	1240	1254	1307	1321	1335	1349	1403	1417	1431	1444
Becontree Station	1059	1111	1125	1138	1151	1206	1220	1234	1248	1302	1315	1329	1343	1357	1410	1424	1438	1451
Dagenham *Library*	1105	1118	1132	1145	1158	1213	1227	1241	1255	1309	1322	1336	1350	1404	1417	1431	1445	1458
Dagenham Park Secondary School	1112	1125	1139	1152	1205	1220	1235	1249	1303	1317	1330	1343	1357	1411	1424	1438	1452	1505
Dagenham *New Road/Kent Avenue*	1116	1129	1143	1156	1209	1224	1239	1253	1307	1321	1334	1347	1401	1415	1428	1442	1456	1509
Dagenham *Asda*	1122	1135	1149	1202	1215	1230	1245	1259	1313	1327	1340	1353	1407	1421	1434	1448	1502	1515
Leytonstone Station *Bus Station*	1347	1400	1413	1426	1439	1452	1506	1519	1532	1545	1558	1611	1624	1638	1651	1705	1718	1731
Wanstead Station *Cambridge Park*	1358	1411	1424	1437	1450	1503	1517	1529	1542	1555	1608	1621	1634	1648	1701	1715	1728	1741
Redbridge Station *Eastern Avenue*	1404	1417	1430	1443	1456	1509	1522	1534	1547	1600	1613	1626	1639	1653	1706	1720	1733	1746
Ilford Station	1420	1433	1446	1459	1512	1525	1537	1549	1601	1614	1627	1640	1653	1707	1720	1733	1746	1759
Ilford High Road *Hainault Street*	1426	1439	1452	1505	1518	1531	1543	1555	1607	1620	1633	1646	1659	1712	1725	1738	1751	1804
Faircross *South Park Drive*	1444	1457	1510	1523	1536	1549	1601	1613	1625	1638	1651	1704	1717	1729	1741	1753	1806	1818
Becontree *Martins Corner*	1456	1509	1522	1535	1548	1601	1613	1625	1637	1650	1703	1716	1729	1741	1753	1805	1817	1829
Becontree Station	1503	1516	1529	1542	1555	1608	1620	1632	1644	1657	1710	1723	1736	1748	1800	1812	1824	1836
Dagenham *Library*	1510	1522	1535	1548	1601	1614	1626	1638	1650	1703	1716	1729	1742	1754	1806	1817	1829	1841
Dagenham Park Secondary School	1517	1529	1542	1555	1608	1621	1633	1645	1657	1710	1723	1736	1749	1801	1813	1824	1836	1848
Dagenham *New Road/Kent Avenue*	1521	1533	1546	1559	1612	1625	1637	1649	1701	1713	1726	1739	1752	1804	1816	1827	1839	1851
Dagenham *Asda*	1527	1539	1552	1605	1618	1631	1643	1655	1707	1719	1732	1745	1758	1810	1822	1833	1845	1857
Leytonstone Station *Bus Station*	1744	1757	1810	1825	1840	1855	1910	1925	1940	1956	2011	2026	2041	2056	2111	2127	2143	2159
Wanstead Station *Cambridge Park*	1754	1807	1819	1834	1849	1904	1919	1933	1948	2004	2018	2033	2048	2102	2117	2133	2149	2205
Redbridge Station *Eastern Avenue*	1759	1812	1824	1839	1854	1909	1924	1938	1953	2008	2022	2037	2052	2106	2121	2137	2153	2209
Ilford Station	1811	1824	1836	1851	1906	1920	1935	1949	2004	2018	2032	2047	2101	2115	2130	2146	2202	2217
Ilford High Road *Hainault Street*	1816	1829	1841	1856	1910	1924	1939	1953	2008	2022	2036	2051	2105	2119	2134	2150	2206	2221
Faircross *South Park Drive*	1830	1841	1853	1908	1922	1936	1950	2004	2018	2032	2046	2100	2114	2128	2143	2159	2215	2230
Becontree *Martins Corner*	1841	1852	1904	1917	1930	1944	1957	2011	2025	2039	2053	2107	2121	2136	2151	2206	2222	2237
Becontree Station	1848	1859	1911	1924	1937	1951	2004	2017	2031	2045	2059	2113	2127	2142	2156	2211	2227	2242
Dagenham *Library*	1853	1904	1916	1929	1942	1956	2009	2022	2036	2050	2104	2118	2132	2147	2201	2216	2231	2246
Dagenham Park Secondary School	1900	1911	1923	1936	1949	2003	2016	2029	2043	2057	2111	2124	2138	2152	2206	2221	2236	2251
Dagenham *New Road/Kent Avenue*	1903	1914	1926	1939	1952	2006	2019	2032	2046	2100	2114	2127	2141	2155	2209	2224	2239	2254
Dagenham *Asda*	1909	1920	1932	1944	1957	2010	2023	2036	2050	2104	2118	2131	2145	2159	2213	2228	2243	2258
Leytonstone Station *Bus Station*	2215	2230	2245	2300	2315	2330	2345	0000										
Wanstead Station *Cambridge Park*	2221	2236	2251	2306	2321	2336	2351	0006										
Redbridge Station *Eastern Avenue*	2225	2240	2255	2309	2324	2339	2354	0009										
Ilford Station	2233	2248	2303	2317	2332	2347	0002	0016										
Ilford High Road *Hainault Street*	2237	2252	2307	2321	2336	2351	0006	0020										
Faircross *South Park Drive*	2246	2301	2315	2329	2344	2359	0013	0027										
Becontree *Martins Corner*	2252	2307	2321	2335	2350	0005	0019	0033										
Becontree Station	2256	2311	2325	2339	2354	0009	0023	0037										
Dagenham *Library*	2300	2315	2329	2343	2358	0013	0027	0041										
Dagenham Park Secondary School	2305	2320	2334	2348	0003	0018	0032	0046										
Dagenham *New Road/Kent Avenue*	2308	2322	2336	2350	0005	0020	0034	0048										
Dagenham *Asda*	2312	2326	2340	2354	0009	0024	0038	0052										

145	Sundays and other Public Holidays (except Christmas Day)																		
Leytonstone Station *Bus Station*	0701	0732	0803	0824	0845	0906	0921	0936	0950	1006	1021	1036	1051	1106	1121	1136	1151	1206	
Wanstead Station *Cambridge Park*	0706	0737	0808	0829	0850	0912	0927	0942	0956	1012	1028	1043	1058	1114	1129	1144	1159	1215	
Redbridge Station *Eastern Avenue*	0710	0741	0812	0833	0854	0916	0931	0946	1000	1016	1032	1047	1102	1118	1133	1148	1203	1219	
Ilford Station	0717	0748	0819	0841	0902	0924	0939	0954	1009	1025	1041	1056	1112	1128	1144	1159	1215	1231	
Ilford High Road *Hainault Street*	0720	0751	0822	0844	0905	0928	0943	0958	1013	1029	1045	1101	1117	1133	1149	1204	1220	1236	
Faircross *South Park Drive*	0731	0802	0833	0855	0917	0940	0955	1010	1026	1042	1058	1114	1130	1146	1202	1218	1234	1250	
Becontree *Martins Corner*	0738	0810	0841	0903	0925	0948	1003	1019	1035	1051	1107	1123	1139	1155	1211	1227	1243	1259	
Becontree Station	0743	0815	0846	0908	0930	0953	1009	1025	1041	1057	1113	1129	1145	1201	1217	1233	1249	1305	
Dagenham *Library*	0747	0819	0850	0913	0935	0958	1014	1030	1046	1102	1118	1134	1150	1206	1223	1239	1255	1311	
Dagenham Park Secondary School	0751	0823	0855	0918	0941	1004	1020	1036	1052	1109	1125	1141	1158	1214	1231	1247	1303	1319	
Dagenham *New Road/Kent Avenue*	0754	0826	0858	0921	0944	1007	1023	1039	1056	1113	1129	1145	1202	1218	1235	1251	1307	1323	
Dagenham *Asda*	0758	0830	0902	0925	0948	1012	1028	1044	1101	1118	1134	1150	1207	1223	1240	1256	1312	1328	
Leytonstone Station *Bus Station*	1222	1238	1254	1310	1326	1342	1358	1414	1430	1446	1503	1520	1536	1553	1610	1626	1642	1659	
Wanstead Station *Cambridge Park*	1231	1247	1303	1320	1336	1352	1408	1424	1440	1456	1513	1529	1545	1602	1618	1634	1650	1707	
Redbridge Station *Eastern Avenue*	1235	1251	1308	1325	1341	1357	1413	1429	1445	1501	1518	1534	1550	1607	1623	1639	1655	1712	
Ilford Station	1247	1303	1320	1337	1353	1409	1426	1442	1458	1514	1530	1546	1602	1618	1634	1650	1706	1722	
Ilford High Road *Hainault Street*	1252	1308	1325	1342	1358	1414	1431	1447	1503	1519	1535	1551	1607	1623	1639	1655	1711	1727	
Faircross *South Park Drive*	1306	1323	1340	1357	1413	1429	1446	1502	1518	1534	1551	1607	1623	1639	1655	1711	1727	1743	
Becontree *Martins Corner*	1316	1333	1350	1407	1423	1439	1456	1512	1528	1544	1601	1617	1633	1649	1705	1721	1737	1753	
Becontree Station	1322	1339	1356	1413	1429	1445	1502	1518	1534	1550	1607	1623	1639	1655	1711	1727	1743	1759	
Dagenham *Library*	1327	1344	1401	1418	1434	1450	1507	1523	1539	1555	1612	1628	1644	1700	1716	1732	1748	1804	
Dagenham Park Secondary School	1335	1352	1409	1425	1441	1457	1514	1530	1546	1602	1619	1635	1651	1707	1723	1739	1755	1811	
Dagenham *New Road/Kent Avenue*	1339	1356	1413	1429	1445	1501	1518	1534	1550	1606	1622	1638	1654	1710	1726	1742	1758	1814	
Dagenham *Asda*	1344	1401	1418	1434	1450	1506	1523	1539	1555	1611	1627	1643	1659	1715	1731	1747	1803	1819	
Leytonstone Station *Bus Station*	1716	1733	1750	1807	1823	1839	1855	1911	1927	1943	1959	2015	2030	2045	2100	2115	2130	2145	
Wanstead Station *Cambridge Park*	1723	1740	1757	1814	1830	1846	1902	1918	1934	1950	2005	2021	2036	2051	2106	2121	2136	2151	
Redbridge Station *Eastern Avenue*	1728	1745	1802	1819	1835	1851	1906	1922	1938	1954	2009	2025	2040	2055	2109	2124	2139	2154	
Ilford Station	1738	1755	1812	1829	1845	1901	1916	1931	1947	2003	2018	2034	2049	2104	2118	2132	2147	2202	
Ilford High Road *Hainault Street*	1743	1800	1817	1834	1850	1906	1921	1936	1952	2007	2022	2038	2053	2108	2122	2136	2151	2206	
Faircross *South Park Drive*	1759	1816	1832	1848	1903	1918	1932	1946	2001	2015	2030	2046	2101	2116	2130	2144	2159	2214	
Becontree *Martins Corner*	1809	1825	1841	1856	1911	1926	1940	1954	2009	2023	2038	2053	2108	2123	2137	2151	2206	2221	
Becontree Station	1815	1831	1847	1902	1916	1931	1945	1959	2014	2028	2043	2058	2113	2128	2142	2156	2211	2225	
Dagenham *Library*	1820	1836	1852	1907	1921	1936	1950	2004	2019	2033	2048	2103	2118	2133	2147	2201	2215	2229	
Dagenham Park Secondary School	1826	1842	1858	1913	1927	1942	1956	2010	2024	2038	2053	2108	2123	2138	2152	2206	2220	2234	
Dagenham *New Road/Kent Avenue*	1829	1845	1901	1916	1930	1945	1959	2013	2027	2041	2056	2111	2126	2141	2155	2209	2223	2237	
Dagenham *Asda*	1834	1850	1906	1921	1935	1949	2003	2017	2031	2045	2100	2115	2130	2145	2159	2213	2227	2241	
Leytonstone Station *Bus Station*	2200	2215	2230	2245	2300	2315	2330	2345	0000										
Wanstead Station *Cambridge Park*	2205	2220	2235	2250	2305	2320	2335	2350	0005										
Redbridge Station *Eastern Avenue*	2208	2223	2238	2253	2308	2323	2338	2353	0008										
Ilford Station	2216	2231	2246	2301	2316	2330	2345	0000	0015										
Ilford High Road *Hainault Street*	2220	2235	2250	2305	2320	2334	2349	0004	0019										
Faircross *South Park Drive*	2228	2243	2258	2313	2327	2341	2356	0011	0026										
Becontree *Martins Corner*	2235	2250	2305	2319	2333	2347	0002	0016	0031										
Becontree Station	2239	2254	2309	2323	2337	2351	0006	0020	0035										
Dagenham *Library*	2243	2258	2313	2327	2341	2355	0010	0024	0039										
Dagenham Park Secondary School	2248	2303	2317	2331	2345	2359	0014	0028	0043										
Dagenham *New Road/Kent Avenue*	2251	2306	2320	2334	2348	0002	0017	0031	0046										
Dagenham *Asda*	2255	2310	2324	2338	2352	0006	0021	0035	0050										