

# 145

## Dagenham – Ilford – Leytonstone

145 Mondays to Fridays																															
Dagenham Asda	0455	0515	0535	0555	0610	0625								1844	1857	1910	1924	1939	1957	2017		2357									
Dagenham Oval Road South	0458	0518	0538	0558	0613	0628								1849	1901	1914	1928	1943	2001	2020		2400									
Dagenham Village Post Office	0502	0522	0542	0602	0617	0632								1854	1906	1919	1933	1948	2006	2024		0004									
Dagenham Church Elm	0505	0525	0545	0605	0620	0635								1858	1910	1923	1937	1952	2009	2027		0007									
Becontree Station	0510	0530	0550	0610	0625	0640								1905	1917	1929	1943	1958	2013	2031		0011									
Becontree Martins Corner	0514	0534	0554	0614	0629	0644								1910	1922	1934	1948	2003	2017	2035		0015									
Fair Cross South Park Drive	0520	0540	0600	0620	0635	0650								1917	1929	1941	1955	2009	2023	2041		0021									
Ilford High Road Hainault Street	0527	0547	0607	0627	0642	0657								1924	1936	1948	2002	2016	2030	2048		0028									
Ilford Station	0532	0552	0612	0632	0647	0702								1929	1941	1953	2007	2021	2035	2053		0033									
Redbridge Station	0542	0602	0622	0642	0657	0712								1940	1952	2004	2017	2029	2043	2101		0041									
Wanstead Station	0546	0606	0626	0646	0701	0716								1944	1956	2008	2020	2032	2046	2104		0044									
Leytonstone Station Bus Station	0552	0612	0632	0652	0709	0724								1955	2005	2015	2026	2038	2052	2110		0050									
145 Saturdays (also Good Friday)																															
Dagenham Asda	0500			20	40	00								0740	0800	0820	0839	0852					1724	1737	1750	1803	1817				
Dagenham Oval Road South	0503			23	43	03								0743	0803	0823	0842	0855						1728	1741	1754	1807	1821			
Dagenham Village Post Office	0507													0747	0807	0827	0846	0859						1733	1746	1759	1812	1825			
Dagenham Church Elm	0510													0750	0810	0830	0849	0902						1737	1750	1803	1815	1828			
Becontree Station	0514													0754	0814	0834	0854	0907						1744	1756	1808	1820	1833			
Becontree Martins Corner	0517													0757	0817	0837	0857	0910						1749	1801	1813	1825	1838			
Fair Cross South Park Drive	0523													0803	0823	0843	0903	0916						1757	1809	1820	1832	1845			
Ilford High Road Hainault Street	0530													0810	0830	0850	0910	0923						1808	1818	1828	1840	1853			
Ilford Station	0535													0815	0835	0855	0915	0928						1813	1823	1833	1845	1858			
Redbridge Station	0543													0823	0843	0904	0924	0937						1824	1834	1844	1856	1909			
Wanstead Station	0546													0826	0846	0907	0927	0940						1828	1838	1848	1900	1913			
Leytonstone Station Bus Station	0552													0832	0853	0914	0934	0949						1838	1848	1858	1910	1923			
Dagenham Asda	1831	1846	1902	1919	1938	1957								17	37	57							2357								
Dagenham Oval Road South	1835	1850	1906	1923	1942	2000								20	40	00							2400								
Dagenham Village Post Office	1839	1854	1910	1927	1946	2004																	0004								
Dagenham Church Elm	1842	1857	1913	1930	1949	2007																	0007								
Becontree Station	1847	1902	1918	1935	1953	2011																	0011								
Becontree Martins Corner	1851	1906	1922	1939	1957	2015																	0015								
Fair Cross South Park Drive	1858	1913	1929	1946	2003	2021																	0021								
Ilford High Road Hainault Street	1906	1921	1937	1953	2010	2028																	0028								
Ilford Station	1911	1926	1942	1958	2015	2033																	0033								
Redbridge Station	1922	1937	1953	2008	2023	2041																	0041								
Wanstead Station	1926	1941	1956	2011	2026	2044																	0044								
Leytonstone Station Bus Station	1936	1949	2004	2017	2032	2050																	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															1202	1222	1242
Becontree Station	0619	0649	0719	0749	0814	0834	0854	0914	0934	0952	1010	1029	1048	1107															1207	1227	1247
Becontree Martins Corner	0622	0652	0722	0752	0817	0837	0857	0917	0937	0955	1014	1033	1052	1111															1211	1231	1251
Fair Cross South Park Drive	0628	0658	0728	0758	0823	0843	0903	0923	0943	1002	1021	1040	1059	1119															1219	1239	1259
Ilford High Road Hainault Street	0635	0705	0735	0805	0830	0850	0910	0930	0950	1010	1029	1048	1108	1128															1228	1248	1308
Ilford Station	0640	0710	0740	0810	0835	0855	0915	0935	0955	1015	1035	1054	1114	1134															1234	1254	1314
Redbridge Station	0648	0718	0748	0818	0843	0903	0923	0943	1003	1024	1045	1106	1126	1146															1246	1306	1326
Wanstead Station	0651	0721	0751	0821	0846	0906	0926	0946	1006	1027	1048	1109	1130	1150															1250	1311	1331
Leytonstone Station Bus Station	0657	0727	0757	0827	0852	0912	0932	0952	1014	1036	1057	1118	1139	1159															1259	1320	1340
Dagenham Asda	1248	1307																													2357
Dagenham Oval Road South	1252	1311																													2400
Dagenham Village Post Office	1256	1315																													0004
Dagenham Church Elm	1300	1320																													0007
Becontree Station	1306	1326																													0011
Becontree Martins Corner	1311	1331																													0015
Fair Cross South Park Drive	1319	1339																													0021
Ilford High Road Hainault Street	1328	1348																													0028
Ilford Station	1334	1354																													0033
Redbridge Station	1346	1406																													0041
Wanstead Station	1351	1411																													0044
Leytonstone Station Bus Station	1400	1420																													0050

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## Leytonstone – Ilford – Dagenham

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

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

Leytonstone 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	Then	50	10	30			0010						
Ilford Station	1924	1941	1958	2018	2038	every 20	58	18	38			0018						
Ilford High Road Hainault Street	1929	1946	2002	2022	2042	minutes	02	22	42			0022						
Fair Cross South Park Drive	1937	1953	2009	2029	2049	at these	09	29	49	until		0029						
Becontree Martins Corner	1944	1959	2015	2035	2055	minutes	15	35	55			0035						
Becontree Station	1949	2004	2019	2039	2059	past	19	39	59			0039						
Dagenham Church Elm	1953	2007	2022	2042	2102	the hour	22	42	02			0042						
Dagenham Village Post Office	1956	2010	2025	2045	2105		25	45	05			0045						
Dagenham Oval Road South	2000	2014	2029	2049	2109		29	49	09			0049						
Dagenham Asda	2003	2017	2032	2052	2112		32	52	12			0052						

145		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																
Leytonstone 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	Then	1519	1539	1559	1619	1636	1653	1711	1729	1747	1806	1824	1842	Then			0022
Fair Cross South Park Drive	1349	every 20	1529	1549	1609	1627	1644	1701	1719	1737	1755	1813	1831	1849	every 20			0029
Becontree Martins Corner	1356	minutes	1536	1556	1615	1633	1650	1707	1725	1743	1801	1819	1837	1855	minutes			0035
Becontree Station	1401	until	1541	1601	1619	1637	1654	1711	1729	1747	1805	1823	1841	1859	until			0039
Dagenham Church Elm	1407		1547	1605	1623	1641	1658	1715	1733	1751	1808	1826	1844	1902				0042
Dagenham Village Post Office	1410		1550	1608	1626	1644	1701	1718	1736	1754	1811	1829	1847	1905				0045
Dagenham Oval Road South	1415		1555	1613	1630	1648	1705	1722	1740	1758	1815	1833	1851	1909				0049
Dagenham Asda	1420		1600	1617	1634	1652	1709	1726	1744	1801	1818	1836	1854	1912				0052