145 Dagenham – Ilford – Leytonstone

145 Mondays to Fridays

Dagenham *Asda*	0455	0515	0535	0555	0610	0625	*Then about every 12 minutes until*	1918	1934	1950	2006	2022	2038	2053	2108	2123	2139
Dagenham *Library*	0506	0526	0546	0606	0621	0636		1932	1948	2004	2018	2034	2050	2104	2119	2134	2150
Becontree *Martins Corner*	0516	0536	0556	0617	0632	0647		1945	2001	2015	2029	2045	2101	2115	2130	2145	2201
Faircross *South Park Drive*	0524	0544	0604	0626	0641	0656		1954	2010	2024	2038	2054	2110	2124	2139	2154	2208
Ilford High Road *Hainault Street*	0531	0551	0612	0634	0649	0704		2003	2018	2032	2046	2102	2118	2132	2147	2201	2215
Ilford Station	0535	0555	0616	0638	0654	0709		2008	2023	2037	2051	2106	2122	2136	2151	2205	2219
Redbridge Station *Eastern Avenue*	0542	0604	0626	0648	0706	0723		2018	2032	2046	2100	2115	2130	2144	2159	2213	2227
Leytonstone Station *Bus Station*	0552	0614	0636	0658	0718	0735		2030	2043	2056	2110	2125	2140	2154	2208	2222	2236

145 Mondays to Fridays (cont.) / Saturdays

									X								
Dagenham *Asda*	2155	2211	2227	2243	2259	2314	2329	2344	0000	0000	*Then every 30 minutes until*	0430	0456	0515	0534	0553	0612
Dagenham *Library*	2206	2222	2238	2254	2309	2324	2339	2354	0010	0010		0440	0506	0525	0544	0603	0622
Becontree *Martins Corner*	2216	2231	2247	2303	2318	2333	2348	0003	0018	0018		0448	0514	0534	0553	0613	0632
Faircross *South Park Drive*	2223	2237	2253	2309	2324	2339	2354	0009	0024	0024		0454	0520	0540	0559	0620	0639
Ilford High Road *Hainault Street*	2230	2244	2300	2315	2330	2345	0000	0015	0030	0030		0500	0527	0547	0606	0627	0646
Ilford Station	2234	2248	2304	2319	2334	2349	0004	0019	0034	0034		0504	0531	0551	0610	0631	0650
Redbridge Station *Eastern Avenue*	2242	2256	2311	2326	2341	2356	0011	0026	0041	0041		0511	0538	0558	0617	0638	0657
Leytonstone Station *Bus Station*	2251	2305	2319	2334	2349	0004	0019	0034	0049	0049		0519	0546	0606	0626	0647	0707

145 Saturdays (cont.)

Dagenham *Asda*	0630	0648	0707	0726	0746	0805	0825	0843	0858	0911	*Then about every 12 mins. until*	1755	1755	1810	1825	1840	1854	1909
Dagenham *Library*	0640	0658	0717	0736	0756	0816	0836	0854	0909	0923		1809	1809	1824	1839	1854	1908	1923
Becontree *Martins Corner*	0650	0707	0727	0746	0806	0826	0846	0906	0921	0935		1822	1822	1837	1852	1906	1920	1935
Faircross *South Park Drive*	0657	0716	0736	0755	0815	0835	0855	0915	0930	0944		1831	1831	1846	1901	1915	1929	1944
Ilford High Road *Hainault Street*	0704	0724	0744	0803	0824	0844	0904	0924	0939	0953		1840	1840	1855	1910	1924	1938	1953
Ilford Station	0708	0728	0748	0808	0829	0849	0909	0929	0944	0958		1846	1846	1901	1915	1929	1943	1958
Redbridge Station *Eastern Avenue*	0717	0737	0757	0817	0838	0858	0919	0939	0954	1008		1858	1858	1912	1926	1940	1954	2009
Leytonstone Station *Bus Station*	0727	0747	0807	0827	0848	0909	0930	0950	1007	1022		1913	1913	1926	1940	1954	2007	2021
Dagenham *Asda*	1923	1938	1953	2008	2023	2038	2053	2108	2124	2140	2155	2210	2226	2242	2258	2314	2329	2345
Dagenham *Library*	1937	1952	2006	2020	2035	2050	2105	2119	2135	2151	2206	2221	2237	2253	2308	2324	2339	2355
Becontree *Martins Corner*	1949	2004	2017	2031	2046	2101	2115	2129	2145	2201	2216	2231	2247	2303	2318	2333	2348	0004
Faircross *South Park Drive*	1958	2013	2026	2040	2055	2109	2122	2136	2152	2208	2223	2238	2254	2309	2324	2339	2354	0010
Ilford High Road *Hainault Street*	2007	2021	2034	2048	2103	2117	2130	2144	2200	2215	2230	2245	2301	2316	2331	2346	0001	0016
Ilford Station	2012	2026	2039	2053	2107	2121	2134	2148	2204	2219	2234	2249	2305	2320	2335	2350	0005	0020
Redbridge Station *Eastern Avenue*	2022	2036	2049	2103	2117	2130	2143	2157	2212	2227	2242	2257	2313	2328	2343	2358	0013	0028
Leytonstone Station *Bus Station*	2034	2048	2101	2114	2127	2140	2153	2207	2222	2237	2252	2307	2322	2337	2352	0007	0022	0037

145 Sundays

Dagenham *Asda*	0000	*Then every 30 minutes until*	0530	0600	0630	0700	0730	0759	0820	0840	0900	0914	0928	0940	0954	1008	1023
Dagenham *Library*	0010		0540	0610	0640	0710	0740	0809	0830	0850	0911	0925	0939	0951	1006	1021	1036
Becontree *Martins Corner*	0019		0549	0619	0649	0719	0749	0819	0840	0900	0922	0936	0950	1002	1017	1032	1047
Faircross *South Park Drive*	0025		0555	0626	0656	0726	0757	0827	0848	0908	0930	0944	0958	1011	1026	1041	1056
Ilford High Road *Hainault Street*	0031		0601	0633	0703	0733	0804	0834	0855	0916	0938	0952	1006	1021	1036	1051	1106
Ilford Station	0035		0605	0637	0707	0737	0808	0838	0859	0920	0942	0956	1011	1026	1041	1056	1111
Redbridge Station *Eastern Avenue*	0043		0613	0644	0714	0745	0816	0846	0907	0928	0950	1005	1020	1035	1050	1105	1121
Leytonstone Station *Bus Station*	0052		0622	0652	0723	0754	0825	0855	0917	0939	1001	1016	1031	1046	1101	1117	1133
Dagenham *Asda*	1038	1052	1106	1120	1134	1148	1202	1216	1230	1245	1300	1315	1330	1345	1401	1416	1431	1446
Dagenham *Library*	1051	1105	1119	1133	1147	1201	1217	1231	1245	1300	1315	1330	1345	1400	1416	1431	1446	1501
Becontree *Martins Corner*	1102	1116	1130	1144	1158	1214	1230	1244	1258	1313	1328	1343	1358	1413	1429	1444	1459	1513
Faircross *South Park Drive*	1111	1125	1139	1153	1209	1225	1241	1255	1309	1324	1338	1353	1408	1423	1439	1454	1509	1524
Ilford High Road *Hainault Street*	1121	1135	1149	1203	1219	1235	1251	1305	1320	1335	1349	1404	1418	1433	1449	1504	1519	1534
Ilford Station	1126	1140	1154	1208	1224	1240	1256	1310	1325	1340	1354	1409	1424	1439	1455	1510	1525	1540
Redbridge Station *Eastern Avenue*	1136	1150	1204	1220	1236	1252	1308	1323	1338	1353	1407	1422	1437	1452	1508	1522	1537	1552
Leytonstone Station *Bus Station*	1148	1203	1219	1235	1251	1307	1323	1338	1353	1408	1423	1438	1453	1508	1523	1537	1552	1607
Dagenham *Asda*	1502	1518	1533	1548	1603	1618	1633	1648	1703	1718	1733	1748	1803	1818	1833	1848	1903	1918
Dagenham *Library*	1516	1532	1547	1602	1617	1632	1647	1702	1716	1731	1746	1801	1816	1831	1846	1901	1916	1931
Becontree *Martins Corner*	1528	1544	1559	1614	1629	1644	1659	1713	1727	1742	1757	1812	1827	1842	1857	1912	1927	1942
Faircross *South Park Drive*	1539	1555	1610	1623	1638	1653	1708	1722	1736	1751	1806	1821	1836	1851	1906	1920	1935	1950
Ilford High Road *Hainault Street*	1549	1605	1619	1632	1647	1702	1717	1731	1745	1800	1814	1829	1844	1859	1914	1928	1943	1958
Ilford Station	1555	1611	1625	1638	1653	1707	1722	1736	1750	1805	1819	1834	1849	1904	1919	1933	1948	2003
Redbridge Station *Eastern Avenue*	1607	1623	1637	1650	1705	1719	1734	1748	1802	1815	1829	1844	1859	1913	1928	1942	1957	2012
Leytonstone Station *Bus Station*	1621	1635	1649	1702	1716	1730	1745	1759	1813	1826	1840	1855	1910	1924	1939	1953	2007	2021
Dagenham *Asda*	1934	1949	2005	2021	2037	2053	2109	2125	2141	2156	2212	2228	2244	2300	2315	2330	2345	0000
Dagenham *Library*	1947	2002	2016	2032	2048	2104	2120	2136	2152	2207	2222	2238	2254	2310	2325	2340	2355	0010
Becontree *Martins Corner*	1958	2013	2027	2043	2059	2114	2129	2145	2201	2216	2231	2247	2303	2318	2333	2348	0003	0018
Faircross *South Park Drive*	2006	2021	2035	2051	2107	2121	2136	2152	2207	2222	2237	2253	2309	2324	2339	2354	0009	0024
Ilford High Road *Hainault Street*	2014	2029	2043	2059	2114	2128	2143	2159	2214	2229	2244	2300	2315	2330	2345	0000	0015	0030
Ilford Station	2018	2033	2047	2103	2118	2132	2147	2203	2218	2233	2248	2304	2319	2334	2349	0004	0019	0034
Redbridge Station *Eastern Avenue*	2027	2042	2056	2111	2126	2140	2155	2211	2226	2241	2256	2311	2326	2341	2356	0011	0026	0041
Leytonstone Station *Bus Station*	2036	2051	2105	2120	2135	2149	2204	2219	2234	2249	2304	2319	2334	2349	0004	0019	0034	0049

Note: X - On Fridays, this journey is duplicated in the Saturday timetable.

145 Leytonstone – Ilford – Dagenham

145	Mondays to Fridays																
Leytonstone Station *Bus Station*	0500	0520	0540	0558	0616	0632	0648	0658	*Then about every 12 minutes until*	1853	1908	1923	1938	1938	1953	2008	2023
Redbridge Station *Eastern Avenue*	0508	0528	0548	0607	0625	0641	0657	0708		1910	1925	1938	1952	1952	2006	2021	2034
Ilford Station	0515	0535	0555	0615	0633	0649	0705	0719		1923	1938	1950	2003	2003	2017	2031	2044
Ilford High Road *Hainault Street*	0518	0538	0558	0618	0636	0652	0709	0723		1929	1943	1955	2007	2007	2021	2035	2048
Faircross *South Park Drive*	0525	0545	0606	0626	0644	0700	0719	0733		1940	1954	2006	2016	2017	2030	2044	2057
Becontree *Martins Corner*	0531	0551	0613	0633	0651	0708	0727	0741		1949	2003	2014	2025	2025	2038	2052	2105
Dagenham *Library*	0540	0600	0622	0642	0700	0720	0739	0753		2000	2013	2024	2035	2035	2048	2102	2115
Dagenham *Asda*	0552	0614	0636	0656	0716	0736	0755	0810		2015	2027	2038	2049	2049	2102	2115	2128

145	Mondays to Fridays (cont.)													Saturdays		
													X			
Leytonstone Station *Bus Station*	2038	2053	2108	2123	2138	2154	2210	2226	2258	2313	2328	2344	0000	0000	*Then every 30 minutes until*	0430 0455
Redbridge Station *Eastern Avenue*	2049	2104	2118	2133	2148	2203	2219	2235	2307	2322	2337	2353	0008	0008		0438 0503
Ilford Station	2059	2113	2127	2142	2157	2212	2227	2243	2314	2329	2344	0000	0015	0015		0445 0510
Ilford High Road *Hainault Street*	2103	2117	2131	2146	2201	2216	2231	2247	2318	2333	2348	0004	0019	0019		0449 0513
Faircross *South Park Drive*	2112	2126	2140	2155	2209	2224	2239	2255	2325	2340	2355	0011	0026	0026		0456 0520
Becontree *Martins Corner*	2119	2133	2147	2202	2216	2231	2246	2302	2331	2346	0001	0016	0031	0031		0501 0526
Dagenham *Library*	2129	2143	2157	2211	2224	2239	2254	2310	2339	2354	0009	0024	0039	0039		0509 0534
Dagenham *Asda*	2142	2156	2210	2223	2236	2251	2306	2321	2350	0005	0020	0035	0050	0050		0520 0545

145	Saturdays (cont.)																	
Leytonstone Station *Bus Station*	0515	0535	0555	0615	0635	0655	0715	0735	0755	0810	0824	*Then about every 12 mins. until*	1810	1825	1840	1855	1910	1925
Redbridge Station *Eastern Avenue*	0523	0543	0604	0624	0644	0704	0724	0744	0804	0820	0834		1824	1839	1854	1909	1924	1938
Ilford Station	0530	0550	0611	0631	0651	0711	0731	0751	0812	0828	0842		1836	1851	1906	1920	1935	1949
Ilford High Road *Hainault Street*	0533	0553	0614	0634	0654	0715	0735	0755	0816	0832	0846		1841	1856	1910	1924	1939	1953
Faircross *South Park Drive*	0540	0600	0621	0641	0701	0722	0742	0802	0824	0840	0854		1853	1908	1922	1936	1951	2005
Becontree *Martins Corner*	0546	0606	0627	0647	0708	0729	0749	0809	0831	0847	0901		1902	1916	1930	1944	1959	2013
Dagenham *Library*	0554	0615	0636	0656	0717	0738	0758	0819	0841	0857	0912		1913	1927	1941	1955	2009	2023
Dagenham *Asda*	0605	0626	0647	0708	0729	0750	0811	0833	0855	0912	0927		1929	1943	1957	2009	2023	2037
Leytonstone Station *Bus Station*	1940	1955	2010	2025	2040	2056	2112	2128	2144	2200	2215	2230	2245	2300	2315	2330	2345	
Redbridge Station *Eastern Avenue*	1953	2007	2021	2036	2051	2107	2122	2138	2154	2210	2225	2240	2255	2309	2324	2339	2354	
Ilford Station	2004	2017	2031	2046	2101	2116	2131	2147	2203	2218	2233	2248	2303	2317	2332	2347	0002	
Ilford High Road *Hainault Street*	2008	2021	2035	2050	2105	2120	2135	2151	2207	2222	2237	2252	2307	2321	2336	2351	0006	
Faircross *South Park Drive*	2018	2031	2045	2100	2115	2129	2144	2200	2216	2231	2246	2301	2315	2329	2344	2359	0013	
Becontree *Martins Corner*	2026	2039	2053	2108	2123	2137	2152	2208	2223	2238	2253	2307	2321	2335	2350	0005	0019	
Dagenham *Library*	2036	2049	2103	2118	2133	2147	2202	2217	2232	2247	2302	2315	2329	2343	2358	0013	0027	
Dagenham *Asda*	2050	2103	2116	2131	2146	2200	2214	2229	2244	2259	2313	2326	2340	2354	0009	0024	0038	

145	Sundays																	
Leytonstone Station *Bus Station*	0000	*Then every 30 minutes until*	0630	0700	0730	0800	0820	0840	0900	0915	0929	0942	0956	1010	1024	1038	1052	
Redbridge Station *Eastern Avenue*	0009		0639	0709	0739	0809	0829	0849	0910	0925	0939	0952	1006	1021	1035	1049	1103	
Ilford Station	0016		0646	0716	0746	0816	0837	0857	0918	0933	0947	1000	1015	1030	1044	1059	1114	
Ilford High Road *Hainault Street*	0020		0650	0719	0749	0819	0840	0900	0922	0937	0951	1004	1019	1034	1049	1104	1119	
Faircross *South Park Drive*	0027		0657	0726	0756	0826	0847	0908	0930	0945	0959	1013	1028	1043	1058	1113	1128	
Becontree *Martins Corner*	0033		0703	0732	0802	0833	0854	0915	0937	0952	1006	1021	1036	1051	1106	1121	1136	
Dagenham *Library*	0041		0711	0741	0811	0842	0903	0925	0947	1002	1017	1032	1047	1102	1117	1132	1147	
Dagenham *Asda*	0052		0722	0752	0823	0854	0916	0938	1000	1018	1033	1048	1103	1118	1133	1148	1203	
Leytonstone Station *Bus Station*	1106	1120	1134	1148	1203	1218	1233	1248	1303	1318	1333	1348	1403	1418	1433	1448	1504	1520
Redbridge Station *Eastern Avenue*	1118	1132	1146	1200	1216	1231	1246	1301	1318	1333	1348	1403	1418	1433	1448	1503	1519	1534
Ilford Station	1129	1143	1157	1212	1228	1243	1258	1313	1330	1345	1400	1416	1431	1446	1501	1515	1531	1546
Ilford High Road *Hainault Street*	1134	1148	1202	1217	1233	1248	1303	1318	1335	1350	1405	1421	1436	1451	1506	1520	1536	1551
Faircross *South Park Drive*	1143	1157	1212	1227	1243	1258	1314	1329	1346	1401	1416	1432	1447	1502	1517	1532	1548	1603
Becontree *Martins Corner*	1151	1205	1220	1235	1251	1307	1323	1338	1355	1410	1425	1441	1456	1511	1526	1541	1557	1612
Dagenham *Library*	1202	1217	1232	1247	1303	1318	1334	1349	1406	1421	1436	1452	1507	1522	1537	1552	1608	1623
Dagenham *Asda*	1219	1234	1249	1304	1320	1335	1351	1406	1422	1437	1452	1508	1523	1538	1553	1608	1623	1638
Leytonstone Station *Bus Station*	1535	1551	1607	1622	1637	1653	1709	1725	1740	1755	1810	1825	1840	1856	1911	1926	1942	1957
Redbridge Station *Eastern Avenue*	1549	1605	1620	1635	1650	1706	1721	1737	1752	1807	1822	1837	1852	1907	1922	1937	1953	2008
Ilford Station	1601	1616	1631	1646	1701	1716	1731	1747	1802	1817	1832	1847	1902	1916	1931	1946	2002	2017
Ilford High Road *Hainault Street*	1606	1621	1636	1651	1706	1721	1736	1752	1807	1822	1837	1852	1907	1921	1936	1951	2006	2021
Faircross *South Park Drive*	1618	1633	1648	1703	1718	1733	1748	1804	1818	1832	1847	1902	1917	1931	1946	2001	2015	2030
Becontree *Martins Corner*	1627	1642	1657	1712	1727	1742	1757	1812	1826	1840	1855	1910	1925	1939	1954	2009	2023	2038
Dagenham *Library*	1638	1653	1708	1723	1738	1753	1808	1823	1837	1851	1906	1920	1935	1949	2004	2019	2033	2048
Dagenham *Asda*	1653	1708	1723	1738	1753	1808	1822	1837	1851	1905	1920	1934	1949	2003	2017	2031	2045	2100
Leytonstone Station *Bus Station*	2013	2029	2044	2059	2114	2129	2144	2159	2214	2229	2244	2259	2314	2329	2345	0000		
Redbridge Station *Eastern Avenue*	2023	2039	2054	2108	2123	2138	2153	2208	2222	2237	2252	2307	2322	2337	2353	0008		
Ilford Station	2032	2048	2103	2117	2131	2146	2201	2216	2230	2245	2300	2315	2329	2344	0000	0015		
Ilford High Road *Hainault Street*	2036	2052	2107	2121	2135	2150	2205	2220	2234	2249	2304	2319	2333	2348	0004	0019		
Faircross *South Park Drive*	2045	2101	2116	2130	2144	2159	2214	2228	2242	2257	2312	2326	2340	2355	0011	0026		
Becontree *Martins Corner*	2053	2108	2123	2137	2151	2206	2221	2235	2249	2304	2318	2332	2346	0001	0016	0031		
Dagenham *Library*	2103	2118	2133	2147	2201	2215	2229	2243	2257	2312	2326	2340	2354	0009	0024	0039		
Dagenham *Asda*	2115	2130	2145	2159	2213	2227	2241	2255	2309	2323	2337	2351	0005	0020	0035	0050		

Note: X - On Fridays, this journey is duplicated in the Saturday timetable.