145 Dagenham – Ilford – Leytonstone

145 Mondays to Fridays

Dagenham *Asda*	0455	0515	0535	0555	0610	0625							1907	1923	1939	1955	2010	2026	2042	2057	2112	2127
Dagenham *Library*	0506	0526	0546	0606	0621	0636							1921	1937	1953	2009	2023	2038	2053	2108	2123	2138
Becontree *Martins Corner*	0516	0536	0556	0617	0632	0647							1934	1950	2005	2020	2034	2049	2104	2119	2134	2149
Faircross *South Park Drive*	0524	0544	0604	0626	0641	0656							1942	1957	2012	2027	2041	2056	2111	2125	2140	2155
Ilford High Road *Hainault Street*	0531	0552	0613	0636	0652	0708							1954	2008	2022	2036	2049	2103	2117	2131	2146	2201
Ilford Station	0535	0556	0617	0640	0657	0713							1959	2013	2027	2041	2054	2108	2121	2135	2150	2205
Redbridge Station *Eastern Avenue*	0542	0605	0627	0650	0709	0727							2009	2022	2036	2050	2103	2116	2129	2143	2158	2213
Leytonstone Station *Bus Station*	0552	0615	0637	0700	0721	0739							2021	2034	2047	2100	2113	2126	2139	2152	2207	2222

Then about every 13 minutes until

Dagenham *Asda*	2142	2157	2212	2228	2244	2300	2315	2330	2345	0000
Dagenham *Library*	2153	2208	2223	2239	2255	2310	2325	2340	2355	0010
Becontree *Martins Corner*	2204	2219	2233	2248	2304	2319	2334	2349	0003	0018
Faircross *South Park Drive*	2210	2225	2239	2254	2310	2325	2340	2355	0009	0024
Ilford High Road *Hainault Street*	2216	2231	2245	2300	2316	2331	2346	0001	0015	0030
Ilford Station	2220	2235	2249	2304	2320	2335	2350	0005	0019	0034
Redbridge Station *Eastern Avenue*	2228	2243	2257	2312	2328	2342	2357	0012	0026	0041
Leytonstone Station *Bus Station*	2237	2251	2305	2320	2336	2350	0005	0020	0034	0049

145 Saturdays (also Good Friday)

Dagenham *Asda*	0455	0515	0535	0555	0615	0635	0655	0715	0736	0757	0813	0829		1749	1804	1819	1834	1849		
Dagenham *Library*	0505	0525	0545	0605	0625	0645	0705	0725	0746	0808	0824	0840	*Then*	1804	1818	1833	1848	1903		
Becontree *Martins Corner*	0514	0534	0554	0615	0635	0655	0715	0735	0756	0818	0834	0850	*about*	1818	1832	1846	1901	1915		
Faircross *South Park Drive*	0520	0540	0600	0622	0642	0702	0723	0744	0805	0827	0843	0859	*every*	1827	1841	1855	1910	1924		
Ilford High Road *Hainault Street*	0528	0549	0611	0633	0654	0715	0738	0800	0822	0844	0900	0916	*13*	1840	1853	1906	1921	1934		
Ilford Station	0532	0553	0615	0637	0658	0719	0742	0805	0827	0849	0905	0921	*mins.*	1846	1859	1912	1926	1939		
Redbridge Station *Eastern Avenue*	0539	0600	0622	0644	0706	0728	0751	0814	0836	0858	0915	0931	*until*	1858	1911	1924	1937	1949		
Leytonstone Station *Bus Station*	0547	0609	0631	0653	0716	0738	0801	0824	0846	0909	0926	0942		1913	1926	1939	1952	2003		

Dagenham *Asda*	1904	1919	1934	1948	2002	2016	2030	2045	2100	2115			2230	2245	2300	2315	2330	2345	0000	
Dagenham *Library*	1918	1933	1947	2001	2014	2028	2042	2057	2111	2126	*Then*		2241	2256	2310	2325	2340	2355	0010	
Becontree *Martins Corner*	1930	1945	1958	2012	2025	2039	2053	2108	2122	2136	*about*		2251	2306	2320	2334	2349	0004	0019	
Faircross *South Park Drive*	1939	1954	2007	2021	2034	2048	2102	2116	2130	2143	*every*		2258	2312	2326	2340	2355	0010	0025	
Ilford High Road *Hainault Street*	1948	2002	2015	2029	2042	2055	2109	2123	2137	2150	*15*		2305	2319	2333	2347	0002	0016	0031	
Ilford Station	1953	2007	2020	2034	2047	2100	2113	2127	2141	2154	*mins.*		2309	2323	2337	2351	0006	0020	0035	
Redbridge Station *Eastern Avenue*	2003	2017	2030	2044	2057	2110	2123	2136	2150	2203	*until*		2317	2331	2345	2359	0014	0028	0043	
Leytonstone Station *Bus Station*	2016	2029	2042	2055	2107	2120	2133	2146	2200	2213			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 *Library*	0610	0641	0712	0743	0804	0825	0846	0902	0918	0934	0949	1003	1018	1034	1050	1106	1121	1136		
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		
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 *Library*	1151	1206	1223	1240	1256	1312	1328	1344	1400	1416	1432	1448	1504	1519	1535	1551	1607	1623		
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		
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 *Library*	1639	1655	1711	1727	1742	1758	1814	1829	1844	1859	1914	1929	1944	1959	2013	2027	2042	2057		
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		
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 *Library*	2111	2126	2141	2156	2210	2225	2240	2255	2310	2325	2340	2355	0010
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
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				0752	0805	0818	0831			1902	1917	1932	
Redbridge Station *Eastern Avenue*	0508	0528	0548	0609	0629	0644	0655	*Then*			0804	0817	0831	0845	*Then*		1919	1933	1947	
Ilford Station	0515	0535	0555	0617	0637	0652	0703	*about*			0815	0829	0844	0859	*about*		1932	1946	2000	
Ilford High Road *Hainault Street*	0518	0538	0558	0620	0640	0655	0707	*every 13*			0820	0834	0849	0904	*every 13*		1938	1951	2005	
Faircross *South Park Drive*	0525	0545	0606	0628	0649	0705	0720	*minutes*			0836	0850	0905	0919	*minutes*		1948	2001	2015	
Becontree *Martins Corner*	0531	0551	0613	0635	0657	0714	0730	*until*			0847	0901	0916	0930	*until*		1956	2009	2023	
Dagenham *Library*	0540	0600	0623	0646	0710	0727	0743				0901	0915	0928	0942			2006	2019	2033	
Dagenham *Asda*	0552	0614	0637	0700	0726	0743	0759				0918	0932	0945	0958			2020	2034	2048	
Leytonstone Station *Bus Station*	1947	2002	2017	2032	2047	2102	2117	2132	2146	2200	2215	2230	2245	2300	2315	2330	2345	0000		
Redbridge Station *Eastern Avenue*	2001	2015	2029	2043	2058	2112	2127	2142	2155	2209	2224	2239	2254	2309	2324	2339	2354	0008		
Ilford Station	2013	2026	2039	2052	2106	2120	2135	2150	2203	2217	2232	2247	2302	2316	2331	2346	0001	0015		
Ilford High Road *Hainault Street*	2018	2031	2043	2056	2110	2124	2139	2154	2207	2221	2236	2251	2306	2320	2335	2350	0005	0019		
Faircross *South Park Drive*	2027	2039	2051	2103	2117	2131	2146	2201	2214	2228	2243	2258	2313	2327	2342	2357	0012	0026		
Becontree *Martins Corner*	2035	2047	2059	2111	2125	2139	2153	2208	2221	2235	2250	2305	2319	2333	2348	0003	0017	0031		
Dagenham *Library*	2045	2057	2109	2121	2135	2149	2203	2217	2229	2243	2258	2313	2327	2341	2356	0011	0025	0039		
Dagenham *Asda*	2059	2111	2123	2135	2149	2203	2217	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		1045	1058		1810		
Redbridge Station *Eastern Avenue*	0508	0528	0548	0609	0629	0649	0710	0731	0752	0814	0829	0845	0900	*Then*	1057	1111	*Then*	1824		
Ilford Station	0515	0535	0555	0616	0636	0656	0717	0738	0759	0822	0837	0853	0908	*about*	1110	1125	*about*	1836		
Ilford High Road *Hainault Street*	0518	0538	0558	0619	0639	0659	0721	0742	0803	0826	0841	0857	0912	*every*	1115	1130	*every*	1841		
Faircross *South Park Drive*	0525	0545	0606	0628	0648	0710	0733	0754	0816	0839	0854	0910	0926	*13*	1132	1147	*13*	1853		
Becontree *Martins Corner*	0531	0552	0613	0635	0657	0719	0742	0804	0826	0848	0903	0919	0935	*mins.*	1144	1159	*mins.*	1904		
Dagenham *Library*	0539	0600	0622	0644	0706	0729	0752	0815	0837	0859	0915	0931	0947	*until*	1158	1213	*until*	1916		
Dagenham *Asda*	0550	0611	0633	0655	0718	0741	0804	0829	0851	0914	0930	0946	1002		1215	1230		1932		
Leytonstone Station *Bus Station*	1825	1840	1855	1910	1925	1940	1956	2011	2026	2041	2056	2111	2127	2143	2159	2215	2230	2245		
Redbridge Station *Eastern Avenue*	1839	1854	1909	1924	1938	1953	2008	2022	2037	2052	2106	2121	2137	2153	2209	2225	2240	2255		
Ilford Station	1851	1906	1920	1935	1949	2004	2018	2032	2047	2101	2115	2130	2146	2202	2217	2233	2248	2303		
Ilford High Road *Hainault Street*	1856	1910	1924	1939	1953	2008	2022	2036	2051	2105	2119	2134	2150	2206	2221	2237	2252	2307		
Faircross *South Park Drive*	1908	1922	1936	1950	2004	2018	2032	2046	2100	2114	2128	2143	2159	2215	2230	2246	2301	2315		
Becontree *Martins Corner*	1917	1930	1944	1957	2011	2025	2039	2053	2107	2121	2136	2151	2206	2222	2237	2252	2307	2321		
Dagenham *Library*	1929	1942	1956	2009	2022	2036	2050	2104	2118	2132	2147	2201	2216	2231	2246	2300	2315	2329		
Dagenham *Asda*	1944	1957	2010	2023	2036	2050	2104	2118	2131	2145	2159	2213	2228	2243	2258	2312	2326	2340		

145 Saturdays (cont.) | Sundays and other Public Holidays (except Christmas Day)

Leytonstone Station *Bus Station*	2300	2315	2330	2345	0000	0701	0732	0803	0824	0845	0906	0921	0936	0950	1006	1021	1036	1051		
Redbridge Station *Eastern Avenue*	2309	2324	2339	2354	0009	0710	0741	0812	0833	0854	0916	0931	0946	1000	1016	1032	1047	1102		
Ilford Station	2317	2332	2347	0002	0016	0717	0748	0819	0841	0902	0924	0939	0954	1009	1025	1041	1056	1112		
Ilford High Road *Hainault Street*	2321	2336	2351	0006	0020	0720	0751	0822	0844	0905	0928	0943	0958	1013	1029	1045	1101	1117		
Faircross *South Park Drive*	2329	2344	2359	0013	0027	0731	0802	0833	0855	0917	0940	0955	1010	1026	1042	1058	1114	1130		
Becontree *Martins Corner*	2335	2350	0005	0019	0033	0738	0810	0841	0903	0925	0948	1003	1019	1035	1051	1107	1123	1139		
Dagenham *Library*	2343	2358	0013	0027	0041	0747	0819	0850	0913	0935	0958	1014	1030	1046	1102	1118	1134	1150		
Dagenham *Asda*	2354	0009	0024	0038	0052	0758	0830	0902	0925	0948	1012	1028	1044	1101	1118	1134	1150	1207		

145 Sundays and other Public Holidays (except Christmas Day) (cont.)

Leytonstone Station *Bus Station*	1106	1121	1136	1151	1206	1222	1238	1254	1310	1326	1342	1358	1414	1430	1446	1503	1520	1536		
Redbridge Station *Eastern Avenue*	1118	1133	1148	1203	1219	1235	1251	1308	1325	1341	1357	1413	1429	1445	1501	1518	1534	1550		
Ilford Station	1128	1144	1159	1215	1231	1247	1303	1320	1337	1353	1409	1426	1442	1458	1514	1530	1546	1602		
Ilford High Road *Hainault Street*	1133	1149	1204	1220	1236	1252	1308	1325	1342	1358	1414	1431	1447	1503	1519	1535	1551	1607		
Faircross *South Park Drive*	1146	1202	1218	1234	1250	1306	1323	1340	1357	1413	1429	1446	1502	1518	1534	1551	1607	1623		
Becontree *Martins Corner*	1155	1211	1227	1243	1259	1316	1333	1350	1407	1423	1439	1456	1512	1528	1544	1601	1617	1633		
Dagenham *Library*	1206	1223	1239	1255	1311	1327	1344	1401	1418	1434	1450	1507	1523	1539	1555	1612	1628	1644		
Dagenham *Asda*	1223	1240	1256	1312	1328	1344	1401	1418	1434	1450	1506	1523	1539	1555	1611	1627	1643	1659		
Leytonstone Station *Bus Station*	1553	1610	1626	1642	1659	1716	1733	1750	1807	1823	1839	1855	1911	1927	1943	1959	2015	2030		
Redbridge Station *Eastern Avenue*	1607	1623	1639	1655	1712	1728	1745	1802	1819	1835	1851	1906	1922	1938	1954	2009	2025	2040		
Ilford Station	1618	1634	1650	1706	1722	1738	1755	1812	1829	1845	1901	1916	1931	1947	2003	2018	2034	2049		
Ilford High Road *Hainault Street*	1623	1639	1655	1711	1727	1743	1800	1817	1834	1850	1906	1921	1936	1952	2007	2022	2038	2053		
Faircross *South Park Drive*	1639	1655	1711	1727	1743	1759	1816	1832	1848	1903	1918	1932	1946	2001	2015	2030	2046	2101		
Becontree *Martins Corner*	1649	1705	1721	1737	1753	1809	1825	1841	1856	1911	1926	1940	1954	2009	2023	2038	2053	2108		
Dagenham *Library*	1700	1716	1732	1748	1804	1820	1836	1852	1907	1921	1936	1950	2004	2019	2033	2048	2103	2118		
Dagenham *Asda*	1715	1731	1747	1803	1819	1834	1850	1906	1921	1935	1949	2003	2017	2031	2045	2100	2115	2130		
Leytonstone Station *Bus Station*	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345	0000						
Redbridge Station *Eastern Avenue*	2055	2109	2124	2139	2154	2208	2223	2238	2253	2308	2323	2338	2353	0008						
Ilford Station	2104	2118	2132	2147	2202	2216	2231	2246	2301	2316	2330	2345	0000	0015						
Ilford High Road *Hainault Street*	2108	2122	2136	2151	2206	2220	2235	2250	2305	2320	2334	2349	0004	0019						
Faircross *South Park Drive*	2116	2130	2144	2159	2214	2228	2243	2258	2313	2327	2341	2356	0011	0026						
Becontree *Martins Corner*	2123	2137	2151	2206	2221	2235	2250	2305	2319	2333	2347	0002	0016	0031						
Dagenham *Library*	2133	2147	2201	2215	2229	2243	2258	2313	2327	2341	2355	0010	0024	0039						
Dagenham *Asda*	2145	2159	2213	2227	2241	2255	2310	2324	2338	2352	0006	0021	0035	0050						