

364		Mondays to Fridays																
Dagenham East Bull Inn	0539	0554	0609	0624	0636	0646	0657			0909		1309		1914	1926	1938		
Dagenham Heathway Parsloes Avenue	0545	0600	0615	0630	0642	0653	0704			0917		1317		1920	1932	1944		
Becontree Martins Corner	0549	0605	0620	0635	0647	0658	0709			0922		1322		1925	1937	1949		
Goodmayes Station	0558	0615	0630	0645	0658	0710	0721			0934		1334		1937	1948	2000		
Meads Lane Aldborough Road South	0603	0621	0636	0652	0706	0718	0730			0941		1341		1944	1955	2006		
Perth Road Ley Street	0606	0624	0639	0656	0710	0723	0735			0945		1345		1947	1958	2009		
Ilford Station	0612	0631	0646	0704	0719	0732	0744			0953		1353		1953	2004	2014		
Ilford High Road Hainault Street	0615	0634	0650	0708	0723	0736	0748			0957		1357		1957	2007	2017		
Dagenham East Bull Inn	1950	2002	2014	2029	2044	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345	
Dagenham Heathway Parsloes Avenue	1956	2008	2020	2035	2050	2105	2120	2135	2150	2205	2220	2235	2250	2304	2319	2334	2349	
Becontree Martins Corner	2001	2013	2025	2040	2055	2109	2124	2139	2154	2209	2224	2239	2254	2308	2323	2338	2353	
Goodmayes Station	2011	2023	2035	2050	2104	2117	2132	2147	2202	2217	2232	2247	2302	2315	2330	2345	0000	
Meads Lane Aldborough Road South	2017	2029	2041	2056	2110	2123	2138	2153	2207	2222	2237	2252	2307	2320	2335	2350	0005	
Perth Road Ley Street	2020	2032	2044	2059	2113	2126	2141	2156	2209	2224	2239	2254	2309	2322	2337	2352	0007	
Ilford Station	2025	2037	2049	2104	2118	2131	2146	2201	2214	2229	2244	2259	2313	2326	2341	2356	0011	
Ilford High Road Hainault Street	2028	2040	2052	2107	2121	2134	2149	2204	2217	2232	2247	2302	2316	2329	2344	2359	0014	
364		Saturdays (also Good Friday)																
Dagenham East Bull Inn	0539	0559	0619	0639	0659	0714	0729	0744	0759			1809	1821	1833	1845	1857	1912	1927
Dagenham Heathway Parsloes Avenue	0544	0604	0624	0644	0704	0719	0734	0749	0804			1816	1828	1840	1852	1903	1918	1933
Becontree Martins Corner	0548	0608	0628	0648	0708	0723	0738	0753	0808			1821	1833	1845	1857	1908	1923	1938
Goodmayes Station	0556	0616	0636	0656	0716	0731	0746	0801	0817			1834	1846	1858	1909	1920	1935	1950
Meads Lane Aldborough Road South	0601	0621	0641	0701	0721	0736	0751	0807	0823			1841	1853	1905	1916	1927	1942	1957
Perth Road Ley Street	0604	0624	0644	0704	0724	0739	0754	0810	0826			1844	1856	1908	1919	1930	1945	2000
Ilford Station	0609	0629	0649	0709	0729	0744	0759	0816	0832			1852	1903	1915	1926	1937	1952	2006
Ilford High Road Hainault Street	0612	0632	0652	0712	0732	0747	0802	0819	0835			1856	1907	1919	1930	1941	1956	2010
Dagenham East Bull Inn	1942	1958	2013	2028	2043	2059	2114	2129	2144	2159	2214	2229	2244	2300	2315	2330	2345	
Dagenham Heathway Parsloes Avenue	1948	2004	2019	2034	2049	2104	2119	2134	2149	2204	2219	2234	2249	2304	2319	2334	2349	
Becontree Martins Corner	1953	2009	2024	2039	2054	2108	2123	2138	2153	2208	2223	2238	2253	2308	2323	2338	2353	
Goodmayes Station	2004	2019	2034	2049	2103	2116	2131	2146	2201	2216	2231	2246	2301	2315	2330	2345	0000	
Meads Lane Aldborough Road South	2010	2025	2040	2055	2109	2122	2137	2152	2206	2221	2236	2251	2306	2320	2335	2350	0005	
Perth Road Ley Street	2013	2028	2043	2058	2112	2125	2140	2155	2208	2223	2238	2253	2308	2322	2337	2352	0007	
Ilford Station	2019	2034	2049	2104	2117	2130	2145	2200	2213	2228	2243	2258	2312	2326	2341	2356	0011	
Ilford High Road Hainault Street	2023	2038	2053	2107	2120	2133	2148	2203	2216	2231	2246	2301	2315	2329	2344	2359	0014	
364		Sundays and other Public Holidays (except Christmas Day)																
Dagenham East Bull Inn	0640	0710	0740	0800	0815	0830	0845	0900	0915	0930	0945	1000	1015	1029	1044	1058	1112	1126
Dagenham Heathway Parsloes Avenue	0645	0715	0745	0805	0820	0835	0850	0906	0921	0936	0951	1006	1021	1035	1050	1104	1118	1132
Becontree Martins Corner	0649	0719	0749	0809	0824	0839	0854	0911	0926	0941	0956	1011	1026	1040	1055	1109	1123	1137
Goodmayes Station	0657	0727	0757	0817	0832	0847	0903	0920	0935	0951	1006	1022	1037	1052	1107	1122	1136	1151
Meads Lane Aldborough Road South	0702	0732	0802	0822	0837	0852	0909	0926	0941	0957	1013	1029	1044	1059	1114	1129	1144	1159
Perth Road Ley Street	0705	0735	0805	0825	0840	0855	0912	0929	0944	1000	1016	1032	1047	1102	1117	1132	1147	1202
Ilford Station	0710	0740	0810	0830	0845	0900	0917	0934	0949	1006	1022	1038	1053	1109	1124	1139	1154	1210
Ilford High Road Hainault Street	0713	0743	0813	0833	0848	0903	0920	0937	0952	1010	1026	1042	1057	1113	1128	1143	1158	1214
Dagenham East Bull Inn	1141	1155	1209			1339	1354	1409	1424	1439	1454	1509	1525	1541	1557	1613	1628	1643
Dagenham Heathway Parsloes Avenue	1147	1201	1216			1346	1401	1416	1431	1446	1501	1516	1532	1548	1604	1619	1634	1649
Becontree Martins Corner	1152	1206	1221			1351	1406	1421	1436	1451	1506	1521	1537	1553	1609	1624	1639	1654
Goodmayes Station	1206	1221	1236			1406	1420	1435	1450	1505	1520	1535	1550	1605	1620	1635	1650	1705
Meads Lane Aldborough Road South	1214	1229	1244			1414	1428	1443	1458	1513	1528	1543	1558	1612	1627	1642	1657	1711
Perth Road Ley Street	1217	1233	1248			1418	1432	1447	1502	1517	1532	1547	1602	1615	1630	1645	1700	1714
Ilford Station	1225	1241	1256			1426	1440	1455	1509	1524	1539	1554	1609	1622	1637	1652	1706	1720
Ilford High Road Hainault Street	1229	1245	1300			1430	1444	1459	1513	1528	1543	1558	1613	1626	1641	1656	1710	1724
Dagenham East Bull Inn	1659			1914	1929	1944	2000	2015	2030	2045	2100		2230	2245	2300	2315	2330	2345
Dagenham Heathway Parsloes Avenue	1705			1920	1935	1950	2005	2020	2035	2050	2105		2235	2250	2304	2319	2334	2349
Becontree Martins Corner	1710			1925	1940	1955	2009	2024	2039	2054	2109		2239	2254	2308	2323	2338	2353
Goodmayes Station	1720			1935	1950	2005	2018	2033	2048	2103	2117		2247	2302	2315	2330	2345	0000
Meads Lane Aldborough Road South	1726			1941	1956	2010	2023	2038	2053	2108	2122		2252	2307	2320	2335	2350	0005
Perth Road Ley Street	1729			1944	1959	2013	2026	2041	2056	2110	2124		2254	2309	2322	2337	2352	0007
Ilford Station	1735			1950	2005	2018	2031	2046	2101	2115	2129		2259	2313	2326	2341	2356	0011
Ilford High Road Hainault Street	1739			1954	2008	2021	2034	2049	2104	2118	2132		2302	2316	2329	2344	2359	0014

364 Mondays to Fridays
Ilford High Road Hainault Street 0500 0515 0530 0545 0600 0615 0630 0642 0650 0702 0712 0722 0734
Ilford Station 0503 0518 0533 0548 0603 0618 0633 0646 0654 0706 0716 0726 0738
Perth Road Ley Street 0509 0524 0539 0554 0609 0624 0640 0653 0702 0714 0724 0735 0747
Meads Lane Aldborough Road South 0511 0526 0541 0556 0611 0626 0642 0655 0705 0717 0727 0738 0750
Goodmayes Station 0516 0531 0546 0601 0617 0633 0650 0703 0714 0726 0737 0749 0801
Becontree Martins Corner 0522 0537 0552 0608 0624 0641 0659 0712 0724 0736 0748 0800 0812
Dagenham Heathway Parsloes Avenue 0526 0541 0556 0613 0629 0646 0704 0718 0731 0743 0756 0808 0820
Dagenham East Bull Inn 0532 0547 0602 0620 0636 0653 0712 0726 0740 0753 0806 0818 0830

Ilford High Road Hainault Street 2038 2053 2108 2123 2138 2153 2209 2224 2239 2254 2310 2325 2340 2355
Ilford Station 2042 2057 2111 2126 2141 2156 2212 2227 2242 2257 2313 2328 2343 2358
Perth Road Ley Street 2050 2105 2119 2134 2149 2204 2219 2234 2249 2304 2319 2334 2349 0004
Meads Lane Aldborough Road South 2052 2107 2121 2136 2151 2206 2221 2236 2251 2306 2321 2336 2351 0006
Goodmayes Station 2059 2113 2127 2142 2157 2212 2227 2242 2257 2311 2326 2341 2356 0011
Becontree Martins Corner 2107 2120 2134 2149 2204 2218 2233 2248 2303 2316 2331 2346 0001 0016
Dagenham Heathway Parsloes Avenue 2112 2125 2139 2154 2208 2222 2237 2252 2306 2319 2334 2349 0004 0019
Dagenham East Bull Inn 2119 2132 2146 2201 2215 2228 2243 2258 2312 2325 2340 2355 0010 0025

364 Saturdays (also Good Friday)
Ilford High Road Hainault Street 0500 0620 0640 0700 0720 0740 0800 0815 0830 0845 0900 1831 1843 1855 1910 1925
Ilford Station 0503 0623 0643 0703 0723 0743 0804 0819 0834 0849 0904 1836 1848 1900 1915 1930
Perth Road Ley Street 0509 0629 0649 0709 0729 0749 0810 0826 0841 0856 0912 1846 1858 1910 1925 1940
Meads Lane Aldborough Road South 0511 0631 0651 0711 0731 0751 0812 0828 0843 0858 0914 1849 1901 1913 1928 1943
Goodmayes Station 0516 0636 0656 0717 0737 0757 0819 0835 0850 0905 0921 1858 1909 1921 1936 1951
Becontree Martins Corner 0522 0642 0702 0724 0744 0804 0826 0842 0857 0913 0929 1907 1918 1930 1945 2000
Dagenham Heathway Parsloes Avenue 0526 0646 0706 0728 0748 0809 0831 0847 0902 0918 0934 1912 1923 1935 1950 2005
Dagenham East Bull Inn 0532 0652 0713 0735 0755 0816 0838 0854 0909 0925 0941 1920 1931 1943 1958 2012
Ilford High Road Hainault Street 1940 1955 2010 2025 2040 2055 2110 2125 2140 2155 2210 2225 2240 2255 2310 2325 2340 2355
Ilford Station 1945 2000 2014 2029 2044 2059 2114 2129 2144 2158 2213 2228 2243 2258 2313 2328 2343 2358
Perth Road Ley Street 1955 2009 2023 2037 2052 2107 2122 2137 2152 2205 2220 2235 2250 2305 2319 2334 2349 0004
Meads Lane Aldborough Road South 1958 2012 2026 2040 2055 2109 2124 2139 2154 2207 2222 2237 2252 2307 2321 2336 2351 0006
Goodmayes Station 2006 2019 2033 2047 2102 2115 2130 2145 2200 2213 2228 2243 2258 2312 2326 2341 2356 0011
Becontree Martins Corner 2014 2027 2041 2055 2109 2122 2137 2152 2206 2219 2234 2249 2304 2318 2332 2347 0002 0016
Dagenham Heathway Parsloes Avenue 2019 2032 2046 2100 2113 2126 2141 2156 2210 2223 2238 2253 2308 2322 2336 2351 0005 0019
Dagenham East Bull Inn 2026 2039 2053 2107 2120 2133 2148 2203 2216 2229 2244 2259 2314 2328 2342 2357 0011 0025

364 Sundays and other Public Holidays (except Christmas Day)
Ilford High Road Hainault Street 0625 0655 0725 0755 0825 0845 0900 0915 0930 0945 1000 1015 1028 1043 1057 1111 1126 1141
Ilford Station 0628 0658 0728 0758 0828 0848 0903 0918 0933 0948 1003 1018 1032 1047 1101 1115 1130 1145
Perth Road Ley Street 0634 0704 0734 0804 0834 0854 0909 0924 0939 0954 1010 1025 1039 1054 1109 1123 1138 1153
Meads Lane Aldborough Road South 0636 0706 0736 0806 0836 0856 0911 0926 0941 0956 1012 1027 1041 1056 1111 1125 1140 1156
Goodmayes Station 0641 0711 0741 0812 0842 0902 0917 0932 0947 1002 1019 1034 1049 1104 1119 1133 1149 1205
Becontree Martins Corner 0647 0717 0747 0819 0849 0909 0924 0939 0954 1010 1027 1042 1057 1112 1127 1142 1158 1214
Dagenham Heathway Parsloes Avenue 0651 0721 0751 0823 0853 0913 0928 0943 0958 1015 1032 1047 1102 1117 1132 1148 1204 1220
Dagenham East Bull Inn 0657 0728 0758 0830 0900 0920 0935 0950 1005 1022 1039 1054 1109 1124 1140 1156 1212 1228
Ilford High Road Hainault Street 1156 1211 1226 1241 1255 1310 1325 1540 1555 1610 1625 1640 1655 1710 1725 1740
Ilford Station 1200 1215 1230 1245 1259 1314 1330 1545 1600 1615 1630 1645 1700 1715 1730 1745
Perth Road Ley Street 1209 1224 1239 1254 1309 1324 1340 1555 1610 1625 1640 1655 1709 1724 1739 1754
Meads Lane Aldborough Road South 1212 1227 1242 1257 1312 1327 1343 1558 1613 1628 1643 1658 1712 1727 1742 1757
Goodmayes Station 1222 1237 1252 1307 1322 1337 1353 1608 1622 1637 1652 1707 1720 1735 1750 1805
Becontree Martins Corner 1231 1246 1301 1316 1331 1346 1402 1617 1631 1646 1701 1716 1729 1744 1759 1814
Dagenham Heathway Parsloes Avenue 1237 1252 1307 1322 1337 1352 1407 1622 1636 1651 1706 1721 1734 1749 1804 1819
Dagenham East Bull Inn 1245 1300 1315 1330 1345 1400 1415 1630 1644 1659 1713 1728 1741 1756 1811 1826

Ilford High Road Hainault Street 1755 1810 1825 1840 1855 1910 1925 1940 1955 2010 2025 2040 2055 2110 2125 2140 2155 2210
Ilford Station 1800 1814 1829 1844 1859 1914 1929 1944 1959 2013 2028 2043 2058 2113 2128 2143 2158 2213
Perth Road Ley Street 1809 1822 1837 1852 1907 1922 1937 1952 2007 2021 2036 2051 2106 2120 2135 2150 2205 2219
Meads Lane Aldborough Road South 1812 1825 1840 1855 1909 1924 1939 1954 2009 2023 2038 2053 2108 2122 2137 2152 2207 2221
Goodmayes Station 1819 1832 1847 1902 1916 1931 1946 2001 2015 2029 2044 2059 2114 2128 2143 2158 2212 2226
Becontree Martins Corner 1827 1840 1855 1910 1924 1939 1954 2008 2022 2036 2051 2106 2120 2134 2149 2204 2218 2232
Dagenham Heathway Parsloes Avenue 1832 1845 1900 1915 1929 1944 1959 2012 2026 2040 2055 2110 2124 2138 2153 2208 2222 2236
Dagenham East Bull Inn 1839 1852 1907 1922 1936 1951 2006 2019 2033 2047 2102 2116 2130 2144 2159 2214 2228 2242
Ilford High Road Hainault Street 2225 2240 2255 2310 2325 2340 2355
Ilford Station 2228 2243 2258 2313 2328 2343 2358
Perth Road Ley Street 2234 2249 2304 2319 2334 2349 0004
Meads Lane Aldborough Road South 2236 2251 2306 2321 2336 2351 0006
Goodmayes Station 2241 2256 2311 2326 2341 2356 0011
Becontree Martins Corner 2247 2302 2316 2331 2346 0001 0016
Dagenham Heathway Parsloes Avenue 2251 2305 2319 2334 2349 0004 0019
Dagenham East Bull Inn 2257 2311 2325 2340 2355 0010 0025