

364

Dagenham East – Goodmayes – Ilford

364		Mondays to Fridays																
Dagenham East Bull Inn	0540	0555	0610	0625	0637	0647	0657	0706	0714	0723	0732	0741	0751	0801	0812	0823	0834	0846
Dagenham East Station	0541	0556	0611	0626	0638	0649	0659	0708	0716	0725	0734	0743	0753	0803	0814	0825	0836	0848
Dagenham Heathway Parsloes Avenue	0546	0601	0616	0631	0643	0654	0705	0714	0722	0731	0741	0750	0800	0810	0821	0832	0842	0854
Becontree Martins Corner	0550	0606	0621	0636	0648	0659	0710	0719	0728	0737	0747	0757	0807	0817	0828	0838	0848	0859
Goodmayes Station	0559	0616	0631	0646	0659	0711	0723	0733	0743	0753	0803	0813	0823	0833	0843	0853	0903	0913
Meads Lane Aldborough Road South	0605	0622	0637	0653	0707	0719	0732	0742	0753	0803	0813	0823	0833	0843	0853	0902	0911	0921
Perth Road Ley Street	0608	0625	0640	0657	0711	0724	0737	0747	0758	0808	0818	0828	0838	0847	0857	0906	0915	0925
Ilford Station	0614	0632	0647	0705	0720	0733	0746	0757	0808	0818	0828	0837	0847	0856	0906	0914	0923	0933
Ilford High Road Hainault Street	0617	0635	0651	0709	0724	0737	0750	0801	0812	0822	0832	0841	0851	0900	0910	0918	0927	0937
Dagenham East Bull Inn	0858	0908	Then every 10 minutes until	1308	1317	1327	1337	1347	1356	1405	1413	1422	1432	1442	1452	1502	1513	
Dagenham East Station	0900	0910		1310	1319	1329	1339	1349	1358	1407	1415	1424	1434	1444	1454	1504	1515	
Dagenham Heathway Parsloes Avenue	0906	0916		1316	1325	1335	1345	1355	1404	1413	1421	1431	1441	1451	1501	1511	1522	
Becontree Martins Corner	0911	0921		1321	1330	1340	1350	1400	1409	1418	1427	1437	1448	1458	1508	1518	1529	
Goodmayes Station	0924	0933		1333	1343	1353	1403	1414	1423	1432	1441	1452	1504	1514	1524	1534	1544	
Meads Lane Aldborough Road South	0931	0940		1340	1350	1400	1411	1422	1432	1441	1451	1502	1514	1524	1534	1544	1554	
Perth Road Ley Street	0935	0944		1344	1354	1404	1415	1426	1437	1446	1456	1507	1519	1529	1538	1548	1558	
Ilford Station	0943	0952		1352	1402	1412	1423	1434	1445	1455	1505	1516	1528	1538	1547	1557	1606	
Ilford High Road Hainault Street	0947	0956	1356	1407	1417	1428	1439	1450	1500	1510	1521	1533	1543	1552	1602	1611		
Dagenham East Bull Inn	1523	1533	1545	1556	Then every 10 mins. until	1726	1736	1746	1756	1806	1816	1827	1837	1847	1858	1908	1918	1930
Dagenham East Station	1525	1535	1547	1558		1728	1738	1748	1758	1808	1818	1829	1839	1849	1859	1909	1919	1931
Dagenham Heathway Parsloes Avenue	1532	1542	1554	1604		1734	1744	1754	1804	1814	1824	1835	1845	1855	1904	1914	1924	1936
Becontree Martins Corner	1539	1549	1600	1610		1740	1750	1800	1810	1820	1830	1840	1850	1900	1909	1919	1929	1941
Goodmayes Station	1554	1604	1614	1624		1754	1804	1814	1824	1834	1843	1853	1903	1912	1921	1931	1940	1952
Meads Lane Aldborough Road South	1604	1614	1624	1634		1804	1813	1823	1833	1842	1851	1901	1911	1920	1929	1938	1947	1959
Perth Road Ley Street	1608	1618	1628	1638		1808	1817	1827	1837	1846	1855	1904	1914	1923	1932	1941	1950	2002
Ilford Station	1616	1626	1636	1646		1816	1825	1835	1844	1853	1902	1910	1920	1929	1938	1947	1956	2007
Ilford High Road Hainault Street	1621	1631	1641	1651	1821	1830	1839	1848	1857	1906	1914	1924	1933	1942	1951	2000	2010	
Dagenham East Bull Inn	1942	1954	2006	2018	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345
Dagenham East Station	1943	1955	2007	2019	2031	2046	2101	2116	2131	2146	2201	2216	2231	2246	2301	2316	2331	2346
Dagenham Heathway Parsloes Avenue	1948	2000	2012	2024	2036	2051	2105	2120	2135	2150	2205	2220	2235	2250	2304	2319	2334	2349
Becontree Martins Corner	1953	2005	2017	2029	2041	2056	2109	2124	2139	2154	2209	2224	2239	2254	2308	2323	2338	2353
Goodmayes Station	2004	2015	2027	2039	2051	2104	2117	2132	2147	2202	2217	2232	2247	2302	2315	2330	2345	0000
Meads Lane Aldborough Road South	2010	2021	2033	2045	2057	2110	2123	2138	2153	2207	2222	2237	2252	2307	2320	2335	2350	0005
Perth Road Ley Street	2013	2024	2036	2048	2100	2113	2126	2141	2156	2209	2224	2239	2254	2309	2322	2337	2352	0007
Ilford Station	2018	2029	2041	2053	2105	2118	2131	2146	2201	2214	2229	2244	2259	2313	2326	2341	2356	0011
Ilford High Road Hainault Street	2021	2032	2044	2056	2108	2121	2134	2149	2204	2217	2232	2247	2302	2316	2329	2344	2359	0014
364		Saturdays (also Good Friday)																
Dagenham East Bull Inn	0540	0600	0620	0640	0700	0715	0730	0745	0800	0812	0824	0834	0844	0853	0901	0911	0920	0930
Dagenham East Station	0541	0601	0621	0641	0701	0716	0731	0746	0801	0813	0825	0835	0845	0854	0902	0912	0921	0931
Dagenham Heathway Parsloes Avenue	0545	0605	0625	0645	0705	0720	0735	0750	0805	0817	0829	0839	0849	0858	0907	0917	0926	0936
Becontree Martins Corner	0549	0609	0629	0649	0709	0724	0739	0754	0809	0821	0833	0843	0853	0902	0912	0922	0931	0941
Goodmayes Station	0557	0617	0637	0657	0717	0732	0747	0802	0818	0830	0842	0852	0902	0912	0922	0932	0942	0952
Meads Lane Aldborough Road South	0602	0622	0642	0702	0722	0737	0752	0808	0824	0836	0848	0858	0908	0918	0928	0939	0949	0959
Perth Road Ley Street	0605	0625	0645	0705	0725	0740	0755	0811	0827	0839	0851	0901	0912	0922	0932	0943	0953	1003
Ilford Station	0610	0630	0650	0710	0730	0745	0800	0817	0833	0845	0857	0908	0919	0929	0939	0950	1000	1010
Ilford High Road Hainault Street	0613	0633	0653	0713	0733	0748	0803	0820	0836	0848	0900	0912	0923	0933	0943	0954	1004	1014
Dagenham East Bull Inn	0940	0949	0959	1009	1018	1028	1038	1048	1058	1107	1117	1127	1137	Then every 10 minutes until	1317	1327	1338	
Dagenham East Station	0941	0950	1000	1010	1019	1029	1039	1049	1059	1109	1119	1129	1139		1319	1329	1340	
Dagenham Heathway Parsloes Avenue	0946	0955	1005	1015	1024	1034	1044	1054	1105	1115	1125	1135	1145		1325	1335	1346	
Becontree Martins Corner	0951	1000	1010	1020	1029	1039	1049	1059	1110	1120	1130	1140	1150		1330	1340	1351	
Goodmayes Station	1002	1012	1022	1032	1042	1052	1102	1113	1124	1134	1144	1154	1205		1345	1355	1405	
Meads Lane Aldborough Road South	1009	1019	1029	1040	1050	1100	1110	1121	1132	1142	1152	1203	1214		1354	1403	1413	
Perth Road Ley Street	1013	1023	1033	1044	1054	1104	1114	1125	1136	1146	1156	1207	1218		1358	1407	1417	
Ilford Station	1020	1030	1040	1051	1102	1112	1122	1133	1144	1154	1204	1216	1227		1407	1416	1426	
Ilford High Road Hainault Street	1024	1034	1044	1055	1106	1116	1126	1137	1148	1158	1209	1221	1232	1412	1421	1431		

364		Saturdays (also Good Friday) (cont.)																
Dagenham East Bull Inn	1348	1358	1408	1418	1428	1438	1448	1458	1508	1518	Then every 10 minutes until	1608	1619	Then every 10 minutes until	1729	1740		
Dagenham East Station	1350	1400	1410	1420	1430	1440	1450	1500	1510	1520		1610	1621		1731	1742		
Dagenham Heathway Parsloes Avenue	1356	1406	1416	1426	1436	1446	1456	1506	1516	1526		1616	1627		1737	1748		
Becontree Martins Corner	1401	1411	1421	1431	1441	1451	1501	1511	1521	1531		1621	1632		1742	1753		
Goodmayes Station	1415	1425	1435	1445	1455	1505	1515	1525	1535	1545		1635	1646		1756	1807		
Meads Lane Aldborough Road South	1423	1433	1443	1453	1503	1513	1523	1533	1543	1553		1643	1654		1804	1814		
Perth Road Ley Street	1427	1437	1447	1457	1507	1517	1527	1537	1547	1557		1647	1657		1807	1817		
Ilford Station	1436	1446	1456	1506	1515	1525	1535	1545	1555	1605	1655	1705	1815	1825				
Ilford High Road Hainault Street	1441	1451	1501	1511	1520	1530	1540	1550	1600	1609	1659	1709	1819	1829				
Dagenham East Bull Inn	1751	1802	1812	1824	1836	1848	1900	1915	1930	1945	2000	2015	2030	2045	2100	2115	2130	2145
Dagenham East Station	1753	1803	1813	1825	1837	1849	1901	1916	1931	1946	2001	2016	2031	2046	2101	2116	2131	2146
Dagenham Heathway Parsloes Avenue	1759	1809	1819	1831	1843	1854	1906	1921	1936	1951	2006	2021	2036	2051	2105	2120	2135	2150
Becontree Martins Corner	1804	1814	1824	1836	1848	1859	1911	1926	1941	1956	2011	2026	2041	2056	2109	2124	2139	2154
Goodmayes Station	1817	1827	1837	1849	1900	1911	1923	1938	1953	2007	2021	2036	2050	2104	2117	2132	2147	2202
Meads Lane Aldborough Road South	1824	1834	1844	1856	1907	1918	1930	1945	2000	2013	2027	2042	2056	2110	2123	2138	2153	2207
Perth Road Ley Street	1827	1837	1847	1859	1910	1921	1933	1948	2003	2016	2030	2045	2059	2113	2126	2141	2155	2209
Ilford Station	1835	1845	1855	1906	1917	1928	1940	1955	2009	2022	2036	2051	2105	2118	2131	2146	2200	2214
Ilford High Road Hainault Street	1839	1849	1859	1910	1921	1932	1944	1959	2013	2026	2040	2055	2108	2121	2134	2149	2203	2217
Dagenham East Bull Inn	2200	2215	2230	2245	2300	2315	2330	2345										
Dagenham East Station	2201	2216	2231	2246	2301	2316	2331	2346										
Dagenham Heathway Parsloes Avenue	2205	2220	2235	2250	2304	2319	2334	2349										
Becontree Martins Corner	2209	2224	2239	2254	2308	2323	2338	2353										
Goodmayes Station	2217	2232	2247	2302	2315	2330	2345	0000										
Meads Lane Aldborough Road South	2222	2237	2252	2307	2320	2335	2350	0005										
Perth Road Ley Street	2224	2239	2254	2309	2322	2337	2352	0007										
Ilford Station	2229	2244	2259	2313	2326	2341	2356	0011										
Ilford High Road Hainault Street	2232	2247	2302	2316	2329	2344	2359	0014										
364		Sundays and other Public Holidays (except Christmas Day)																
Dagenham East Bull Inn	0640	0710	0740	0800	0820	0835	0850	0905	0920	0935	0949	1004	1018	1033	1047	1102	1116	1131
Dagenham East Station	0641	0711	0741	0801	0821	0836	0851	0906	0921	0936	0950	1005	1019	1034	1048	1103	1117	1132
Dagenham Heathway Parsloes Avenue	0645	0715	0745	0805	0825	0840	0855	0911	0926	0941	0955	1010	1024	1039	1053	1108	1122	1137
Becontree Martins Corner	0649	0719	0749	0809	0829	0844	0859	0916	0931	0946	1000	1015	1029	1044	1058	1113	1127	1142
Goodmayes Station	0657	0727	0757	0817	0837	0852	0908	0925	0941	0956	1011	1026	1041	1056	1111	1126	1141	1156
Meads Lane Aldborough Road South	0702	0732	0802	0822	0842	0857	0914	0931	0947	1002	1018	1033	1048	1103	1118	1133	1149	1204
Perth Road Ley Street	0705	0735	0805	0825	0845	0900	0917	0934	0950	1005	1021	1036	1051	1106	1121	1136	1152	1207
Ilford Station	0710	0740	0810	0830	0850	0906	0923	0940	0956	1011	1027	1042	1057	1113	1128	1143	1159	1215
Ilford High Road Hainault Street	0713	0743	0813	0833	0853	0909	0926	0943	0959	1015	1031	1046	1101	1117	1132	1147	1203	1219
Dagenham East Bull Inn	1146	1200	Then every 15 minutes until	1345	1400	1415	1430	1445	1500	1515	1530	1545	1600	1615	1630	1645	1700	
Dagenham East Station	1147	1201		1346	1401	1416	1431	1446	1501	1516	1531	1546	1601	1616	1631	1646	1701	
Dagenham Heathway Parsloes Avenue	1152	1207		1352	1407	1422	1437	1452	1507	1522	1537	1552	1606	1621	1636	1651	1706	
Becontree Martins Corner	1157	1212		1357	1412	1427	1442	1457	1512	1527	1542	1557	1611	1626	1641	1656	1711	
Goodmayes Station	1212	1227		1412	1426	1441	1456	1511	1526	1540	1555	1608	1622	1637	1652	1707	1721	
Meads Lane Aldborough Road South	1220	1235		1420	1434	1449	1504	1519	1534	1548	1602	1615	1629	1644	1659	1713	1727	
Perth Road Ley Street	1224	1239		1424	1438	1453	1508	1523	1538	1552	1605	1618	1632	1647	1702	1716	1730	
Ilford Station	1232	1247	1432	1446	1501	1515	1530	1545	1559	1612	1625	1639	1654	1708	1722	1736		
Ilford High Road Hainault Street	1236	1251	1436	1450	1505	1519	1534	1549	1603	1616	1629	1643	1658	1712	1726	1740		
Dagenham East Bull Inn	1715	Then every 15 minutes until	1915	1930	1945	2000	2015	2030	2045	2100	Then every 15 mins. until	2230	2245	2300	2315	2330	2345	
Dagenham East Station	1716		1916	1931	1946	2001	2016	2031	2046	2101		2231	2246	2301	2316	2331	2346	
Dagenham Heathway Parsloes Avenue	1721		1921	1936	1951	2005	2020	2035	2050	2105		2235	2250	2304	2319	2334	2349	
Becontree Martins Corner	1726		1926	1941	1956	2009	2024	2039	2054	2109		2239	2254	2308	2323	2338	2353	
Goodmayes Station	1736		1936	1951	2005	2018	2033	2048	2103	2117		2247	2302	2315	2330	2345	0000	
Meads Lane Aldborough Road South	1742		1942	1957	2010	2023	2038	2053	2108	2122		2252	2307	2320	2335	2350	0005	
Perth Road Ley Street	1745		1945	2000	2013	2026	2041	2056	2110	2124		2254	2309	2322	2337	2352	0007	
Ilford Station	1751	1951	2005	2018	2031	2046	2101	2115	2129	2259	2313	2326	2341	2356	0011			
Ilford High Road Hainault Street	1755	1955	2008	2021	2034	2049	2104	2118	2132	2302	2316	2329	2344	2359	0014			

Ilford High Road <i>Hainault Street</i>	0500	0520	0540	0600	0620	0640	0700	0720	0740	0800	0815	0830	0844	0858	0910	0920	0930	0938
Ilford Station	0503	0523	0543	0603	0623	0643	0703	0723	0743	0804	0819	0834	0848	0902	0914	0924	0934	0942
Perth Road <i>Ley Street</i>	0509	0529	0549	0609	0629	0649	0709	0729	0749	0810	0826	0841	0855	0910	0922	0932	0942	0950
Meads Lane <i>Aldborough Road South</i>	0511	0531	0551	0611	0631	0651	0711	0731	0751	0812	0828	0843	0857	0912	0924	0934	0944	0952
Goodmayes Station	0516	0536	0556	0616	0636	0656	0717	0737	0757	0819	0835	0850	0904	0919	0931	0941	0951	1000
Becontree <i>Martins Corner</i>	0522	0542	0602	0622	0642	0702	0724	0744	0804	0826	0842	0857	0912	0927	0939	0949	0959	1009
Dagenham Heathway <i>Parsloes Avenue</i>	0526	0546	0606	0626	0646	0706	0728	0748	0809	0831	0847	0902	0917	0932	0944	0954	1004	1014
Dagenham East Station	0530	0550	0610	0630	0650	0711	0733	0753	0814	0836	0852	0907	0922	0937	0949	0959	1009	1019
Dagenham East <i>Bull Inn</i>	0532	0552	0612	0632	0652	0713	0735	0755	0816	0838	0854	0909	0924	0939	0951	1001	1011	1021
Ilford High Road <i>Hainault Street</i>	0948	0958	1007	1016	1026	1036	1045	1055	1105	1115	1125	1135	1145	1154	Then every 10 minutes until	1244	1254	
Ilford Station	0952	1002	1012	1021	1031	1041	1050	1100	1110	1120	1130	1140	1150	1159		1249	1300	
Perth Road <i>Ley Street</i>	1000	1010	1020	1029	1039	1049	1058	1109	1119	1129	1139	1149	1159	1209		1259	1310	
Meads Lane <i>Aldborough Road South</i>	1002	1012	1022	1032	1042	1052	1101	1112	1122	1132	1142	1152	1202	1212		1302	1313	
Goodmayes Station	1010	1020	1030	1040	1050	1100	1110	1121	1131	1141	1151	1201	1212	1222		1312	1323	
Becontree <i>Martins Corner</i>	1019	1029	1039	1049	1059	1109	1119	1130	1140	1150	1200	1211	1222	1232		1322	1333	
Dagenham Heathway <i>Parsloes Avenue</i>	1024	1034	1044	1054	1104	1114	1124	1135	1145	1155	1205	1216	1227	1237		1327	1338	
Dagenham East Station	1029	1040	1050	1100	1110	1120	1130	1141	1151	1201	1212	1223	1234	1244		1334	1345	
Dagenham East <i>Bull Inn</i>	1031	1042	1052	1102	1112	1122	1132	1143	1153	1203	1214	1225	1236	1246		1336	1347	
Ilford High Road <i>Hainault Street</i>	1304	1314	1324	1334	Then every 10 minutes until	1434	1445	1455	1505	1515	1525	1535	Then every 10 minutes until	1655	1706	1716		
Ilford Station	1310	1320	1330	1340		1440	1451	1501	1511	1521	1531	1541		1701	1711	1721		
Perth Road <i>Ley Street</i>	1320	1330	1340	1350		1450	1501	1511	1521	1531	1541	1551		1711	1721	1731		
Meads Lane <i>Aldborough Road South</i>	1323	1333	1343	1353		1453	1504	1514	1524	1534	1544	1554		1714	1724	1734		
Goodmayes Station	1333	1343	1353	1403		1503	1513	1523	1533	1543	1553	1603		1723	1733	1743		
Becontree <i>Martins Corner</i>	1343	1353	1403	1413		1513	1523	1533	1543	1553	1603	1612		1732	1742	1752		
Dagenham Heathway <i>Parsloes Avenue</i>	1348	1358	1408	1418		1518	1528	1538	1548	1558	1608	1617		1737	1747	1757		
Dagenham East Station	1355	1405	1415	1424		1524	1534	1544	1554	1604	1614	1623		1743	1753	1803		
Dagenham East <i>Bull Inn</i>	1357	1407	1417	1426		1526	1536	1546	1556	1606	1616	1625		1745	1755	1805		
Ilford High Road <i>Hainault Street</i>	1726	Then every 10 minutes until	1836	1846	1858	1910	1925	1940	1955	2010	2025	2040	2055	2110	2125	2140	2155	
Ilford Station	1731		1841	1851	1903	1915	1930	1945	2000	2014	2029	2044	2059	2114	2129	2144	2158	
Perth Road <i>Ley Street</i>	1741		1851	1901	1913	1925	1940	1955	2009	2023	2037	2052	2107	2122	2137	2152	2205	
Meads Lane <i>Aldborough Road South</i>	1744		1854	1904	1916	1928	1943	1958	2012	2026	2040	2055	2109	2124	2139	2154	2207	
Goodmayes Station	1753		1903	1912	1924	1936	1951	2006	2019	2033	2047	2102	2115	2130	2145	2200	2213	
Becontree <i>Martins Corner</i>	1802		1912	1921	1933	1945	2000	2014	2027	2041	2055	2109	2122	2137	2152	2206	2219	
Dagenham Heathway <i>Parsloes Avenue</i>	1807		1917	1926	1938	1950	2005	2019	2032	2046	2100	2113	2126	2141	2156	2210	2223	
Dagenham East Station	1813		1923	1932	1944	1956	2010	2024	2037	2051	2105	2118	2131	2146	2201	2214	2227	
Dagenham East <i>Bull Inn</i>	1815		1925	1934	1946	1958	2012	2026	2039	2053	2107	2120	2133	2148	2203	2216	2229	
Ilford High Road <i>Hainault Street</i>	2210	2225	2240	2255	2310	2325	2340	2355										
Ilford Station	2213	2228	2243	2258	2313	2328	2343	2358										
Perth Road <i>Ley Street</i>	2220	2235	2250	2305	2319	2334	2349	0004										
Meads Lane <i>Aldborough Road South</i>	2222	2237	2252	2307	2321	2336	2351	0006										
Goodmayes Station	2228	2243	2258	2312	2326	2341	2356	0011										
Becontree <i>Martins Corner</i>	2234	2249	2304	2318	2332	2347	0002	0016										
Dagenham Heathway <i>Parsloes Avenue</i>	2238	2253	2308	2322	2336	2351	0005	0019										
Dagenham East Station	2242	2257	2312	2326	2340	2355	0009	0023										
Dagenham East <i>Bull Inn</i>	2244	2259	2314	2328	2342	2357	0011	0025										

364	Sundays and other Public Holidays (except Christmas Day)																	
Ilford High Road <i>Hainault Street</i>	0625	0655	0725	0755	0825	0845	0905	0925	0940	0953	1007	1021	1035	1050	1104	1117	1132	1146
Ilford Station	0628	0658	0728	0758	0828	0848	0908	0928	0943	0956	1010	1024	1039	1054	1108	1121	1136	1150
Perth Road <i>Ley Street</i>	0634	0704	0734	0804	0834	0854	0914	0934	0949	1002	1017	1031	1046	1101	1116	1129	1144	1159
Meads Lane <i>Aldborough Road South</i>	0636	0706	0736	0806	0836	0856	0916	0936	0951	1004	1019	1033	1048	1103	1118	1131	1147	1202
Goodmayes Station	0641	0711	0741	0812	0842	0902	0922	0942	0957	1011	1026	1041	1056	1111	1126	1140	1156	1212
Becontree <i>Martins Corner</i>	0647	0717	0747	0819	0849	0909	0929	0949	1004	1019	1034	1049	1104	1119	1134	1149	1205	1221
Dagenham Heathway <i>Parsloes Avenue</i>	0651	0721	0751	0823	0853	0913	0933	0953	1009	1024	1039	1054	1109	1124	1140	1155	1211	1227
Dagenham East Station	0655	0726	0756	0828	0858	0918	0938	0958	1014	1029	1044	1059	1114	1129	1146	1201	1217	1233
Dagenham East <i>Bull Inn</i>	0657	0728	0758	0830	0900	0920	0940	1000	1016	1031	1046	1101	1116	1131	1148	1203	1219	1235
Ilford High Road <i>Hainault Street</i>	1201	1216	1231	1246	1301	1316	Then every 15 minutes until	1531	1547	1602	1617	1632	1647	1703	1718	1733	1748	
Ilford Station	1205	1220	1235	1250	1305	1321		1536	1552	1607	1622	1637	1652	1708	1723	1738	1753	
Perth Road <i>Ley Street</i>	1214	1229	1244	1259	1315	1331		1546	1602	1617	1632	1647	1702	1717	1732	1747	1802	
Meads Lane <i>Aldborough Road South</i>	1217	1232	1247	1302	1318	1334		1549	1605	1620	1635	1650	1705	1720	1735	1750	1805	
Goodmayes Station	1227	1242	1257	1312	1328	1344		1559	1614	1629	1644	1659	1713	1728	1743	1758	1813	
Becontree <i>Martins Corner</i>	1236	1251	1306	1321	1337	1353		1608	1623	1638	1653	1708	1722	1737	1752	1807	1821	
Dagenham Heathway <i>Parsloes Avenue</i>	1242	1257	1312	1327	1343	1358		1613	1628	1643	1658	1713	1727	1742	1757	1812	1826	
Dagenham East Station	1248	1303	1318	1333	1349	1404		1619	1634	1649	1704	1718	1732	1747	1802	1817	1831	
Dagenham East <i>Bull Inn</i>	1250	1305	1320	1335	1351	1406		1621	1636	1651	1706	1720	1734	1749	1804	1819	1833	
Ilford High Road <i>Hainault Street</i>	1804	1820	1835	1851	1906	1921	1936	1952	2007	2022	2037	2052	2108	2123	2138	2154	2210	2225
Ilford Station	1809	1824	1839	1855	1910	1925	1940	1956	2011	2025	2040	2055	2111	2126	2141	2157	2213	2228
Perth Road <i>Ley Street</i>	1817	1832	1847	1903	1918	1933	1948	2004	2019	2033	2048	2103	2118	2133	2148	2204	2219	2234
Meads Lane <i>Aldborough Road South</i>	1820	1835	1850	1905	1920	1935	1950	2006	2021	2035	2050	2105	2120	2135	2150	2206	2221	2236
Goodmayes Station	1827	1842	1857	1912	1927	1942	1957	2012	2027	2041	2056	2111	2126	2141	2156	2211	2226	2241
Becontree <i>Martins Corner</i>	1835	1850	1905	1920	1935	1950	2005	2019	2034	2048	2103	2117	2132	2147	2202	2217	2232	2247
Dagenham Heathway <i>Parsloes Avenue</i>	1840	1855	1910	1925	1940	1955	2009	2023	2038	2052	2107	2121	2136	2151	2206	2221	2236	2251
Dagenham East Station	1845	1900	1915	1930	1945	2000	2014	2028	2043	2057	2111	2125	2140	2155	2210	2225	2240	2255
Dagenham East <i>Bull Inn</i>	1847	1902	1917	1932	1947	2002	2016	2030	2045	2059	2113	2127	2142	2157	2212	2227	2242	2257
Ilford High Road <i>Hainault Street</i>	2240	2255	2310	2325	2340	2355												
Ilford Station	2243	2258	2313	2328	2343	2358												
Perth Road <i>Ley Street</i>	2249	2304	2319	2334	2349	0004												
Meads Lane <i>Aldborough Road South</i>	2251	2306	2321	2336	2351	0006												
Goodmayes Station	2256	2311	2326	2341	2356	0011												
Becontree <i>Martins Corner</i>	2302	2316	2331	2346	0001	0016												
Dagenham Heathway <i>Parsloes Avenue</i>	2305	2319	2334	2349	0004	0019												
Dagenham East Station	2309	2323	2338	2353	0008	0023												
Dagenham East <i>Bull Inn</i>	2311	2325	2340	2355	0010	0025												