364 Dagenham East – Goodmayes – Ilford

364	Mondays to Fridays																		
Dagenham East *Bull Inn*	0540	0555	0610	0625	0637	0647	0657	0707	0718	0728	0739	0751	0803	0816	0829	0842	0854	0906	
Dagenham East Station	0541	0556	0612	0627	0639	0650	0702	0713	0725	0736	0748	0801	0813	0826	0838	0851	0903	0915	
Dagenham Heathway *Parsloes Avenue*	0546	0601	0617	0632	0644	0657	0710	0721	0735	0747	0800	0814	0827	0840	0851	0903	0915	0927	
Becontree *Martins Corner*	0550	0606	0622	0637	0649	0702	0715	0727	0741	0753	0807	0821	0834	0846	0857	0908	0920	0932	
Goodmayes Station	0559	0616	0632	0647	0700	0714	0728	0741	0756	0809	0823	0837	0849	0901	0912	0922	0933	0944	
Meads Lane *Aldborough Road South*	0605	0622	0638	0654	0708	0722	0737	0751	0806	0819	0833	0847	0859	0910	0920	0930	0940	0951	
Perth Road *Ley Street*	0608	0625	0641	0658	0712	0727	0742	0756	0811	0824	0838	0851	0903	0914	0924	0934	0944	0955	
Ilford Station	0614	0632	0648	0706	0721	0736	0751	0806	0821	0834	0847	0900	0911	0922	0932	0942	0952	1003	
Ilford High Road *Hainault Street*	0617	0635	0652	0710	0725	0740	0755	0810	0825	0838	0851	0904	0915	0926	0936	0946	0956	1007	
Dagenham East *Bull Inn*	0918	0930			1254	1306	1317	1329	1341	1352	1403	1414	1425	1437	1449	1502	1514	1526	
Dagenham East Station	0927	0938			1302	1314	1325	1337	1349	1400	1411	1422	1433	1445	1457	1510	1522	1534	
Dagenham Heathway *Parsloes Avenue*	0939	0950			1314	1326	1337	1349	1401	1413	1424	1436	1447	1459	1511	1524	1536	1548	
Becontree *Martins Corner*	0944	0955			1319	1331	1342	1354	1406	1418	1430	1442	1454	1506	1518	1531	1543	1555	
Goodmayes Station	0956	1007			1331	1343	1355	1407	1420	1432	1445	1457	1510	1522	1534	1546	1558	1610	
Meads Lane *Aldborough Road South*	1003	1014			1338	1350	1402	1415	1428	1441	1454	1507	1520	1532	1544	1556	1608	1620	
Perth Road *Ley Street*	1007	1018			1342	1354	1406	1419	1433	1446	1459	1512	1525	1536	1548	1600	1612	1624	
Ilford Station	1015	1026			1350	1402	1414	1427	1441	1455	1508	1521	1534	1545	1557	1608	1620	1632	
Ilford High Road *Hainault Street*	1019	1030			1354	1407	1419	1432	1446	1500	1513	1526	1539	1550	1602	1613	1625	1637	
Dagenham East *Bull Inn*	1538	1551			1715	1727	1739	1751	1803	1815	1827	1839	1851	1904	1917	1930	1942	1954	
Dagenham East Station	1547	1600			1724	1736	1748	1759	1811	1823	1834	1845	1856	1907	1919	1932	1943	1955	
Dagenham Heathway *Parsloes Avenue*	1601	1613			1737	1749	1800	1811	1823	1835	1845	1855	1905	1915	1926	1938	1949	2000	
Becontree *Martins Corner*	1607	1619			1743	1755	1806	1817	1829	1840	1850	1900	1910	1920	1931	1943	1954	2005	
Goodmayes Station	1621	1633			1757	1809	1820	1831	1842	1853	1903	1912	1922	1932	1942	1954	2005	2015	
Meads Lane *Aldborough Road South*	1631	1643			1807	1818	1829	1839	1850	1901	1911	1920	1930	1939	1949	2001	2011	2021	
Perth Road *Ley Street*	1635	1647			1811	1822	1833	1843	1854	1904	1914	1923	1933	1942	1952	2004	2014	2024	
Ilford Station	1643	1655			1819	1830	1840	1850	1900	1910	1920	1929	1939	1948	1958	2009	2019	2029	
Ilford High Road *Hainault Street*	1648	1700			1824	1834	1844	1854	1904	1914	1924	1933	1943	1952	2002	2012	2022	2032	
Dagenham East *Bull Inn*	2006	2018	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345			
Dagenham East Station	2007	2019	2031	2046	2101	2116	2131	2146	2201	2216	2231	2246	2301	2316	2331	2346			
Dagenham Heathway *Parsloes Avenue*	2012	2024	2036	2051	2105	2120	2135	2150	2205	2220	2235	2250	2304	2319	2334	2349			
Becontree *Martins Corner*	2017	2029	2041	2056	2109	2124	2139	2154	2209	2224	2239	2254	2308	2323	2338	2353			
Goodmayes Station	2027	2039	2051	2104	2117	2132	2147	2202	2217	2232	2247	2302	2315	2330	2345	0000			
Meads Lane *Aldborough Road South*	2033	2045	2057	2110	2123	2138	2153	2207	2222	2237	2252	2307	2320	2335	2350	0005			
Perth Road *Ley Street*	2036	2048	2100	2113	2126	2141	2156	2209	2224	2239	2254	2309	2322	2337	2352	0007			
Ilford Station	2041	2053	2105	2118	2131	2146	2201	2214	2229	2244	2259	2313	2326	2341	2356	0011			
Ilford High Road *Hainault Street*	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	0855	0904	0914	0923	0934	
Dagenham Heathway *Parsloes Avenue*	0545	0605	0625	0645	0705	0720	0735	0750	0805	0817	0829	0839	0850	0900	0910	0920	0930	0942	
Becontree *Martins Corner*	0549	0609	0629	0649	0709	0724	0739	0754	0809	0821	0833	0843	0854	0904	0915	0925	0935	0947	
Goodmayes Station	0557	0617	0637	0657	0717	0732	0747	0802	0818	0830	0842	0852	0903	0914	0925	0935	0946	0958	
Meads Lane *Aldborough Road South*	0602	0622	0642	0702	0722	0737	0752	0808	0824	0836	0848	0858	0909	0920	0931	0942	0953	1005	
Perth Road *Ley Street*	0605	0625	0645	0705	0725	0740	0755	0811	0827	0839	0851	0901	0913	0924	0935	0946	0957	1009	
Ilford Station	0610	0630	0650	0710	0730	0745	0800	0817	0833	0845	0857	0908	0920	0931	0942	0953	1004	1016	
Ilford High Road *Hainault Street*	0613	0633	0653	0713	0733	0748	0803	0820	0836	0848	0900	0912	0924	0935	0946	0957	1008	1020	
Dagenham East *Bull Inn*	0940	0950	1000	1011	1023	1035	1047	1059	1110	1121	1133			1309	1321	1334	1346	1358	
Dagenham East Station	0945	0956	1006	1017	1030	1042	1054	1106	1118	1129	1141			1317	1329	1342	1354	1406	
Dagenham Heathway *Parsloes Avenue*	0954	1005	1016	1027	1040	1053	1105	1118	1130	1141	1153			1329	1341	1354	1406	1418	
Becontree *Martins Corner*	0959	1010	1021	1032	1045	1058	1110	1123	1135	1146	1158			1334	1346	1359	1411	1423	
Goodmayes Station	1010	1022	1033	1045	1058	1111	1124	1137	1149	1200	1213			1349	1401	1413	1425	1437	
Meads Lane *Aldborough Road South*	1017	1029	1041	1053	1106	1119	1132	1145	1157	1209	1222			1358	1409	1421	1433	1445	
Perth Road *Ley Street*	1021	1033	1045	1057	1110	1123	1136	1149	1201	1213	1226			1402	1413	1425	1437	1449	
Ilford Station	1028	1040	1052	1105	1118	1131	1144	1157	1209	1222	1235			1411	1422	1434	1446	1458	
Ilford High Road *Hainault Street*	1032	1044	1056	1109	1122	1135	1148	1201	1214	1227	1240			1416	1427	1439	1451	1503	
Dagenham East *Bull Inn*	1410	1422	1434	1446	1458	1510	1522	1534	1546	1558	1610	1623	1635	1647	1659	1711	1723	1736	
Dagenham East Station	1418	1430	1442	1454	1506	1518	1530	1542	1554	1606	1618	1631	1643	1655	1707	1719	1731	1744	
Dagenham Heathway *Parsloes Avenue*	1430	1442	1454	1506	1518	1530	1542	1554	1606	1618	1630	1643	1655	1707	1719	1731	1743	1756	
Becontree *Martins Corner*	1435	1447	1459	1511	1523	1535	1547	1559	1611	1623	1635	1648	1700	1712	1724	1736	1748	1801	
Goodmayes Station	1449	1501	1513	1525	1537	1549	1601	1613	1625	1637	1649	1702	1714	1726	1738	1750	1802	1814	
Meads Lane *Aldborough Road South*	1457	1509	1521	1533	1545	1557	1609	1621	1633	1645	1657	1710	1722	1734	1746	1758	1809	1821	
Perth Road *Ley Street*	1501	1513	1525	1537	1549	1601	1613	1625	1637	1649	1700	1713	1725	1737	1749	1801	1812	1824	
Ilford Station	1509	1521	1533	1545	1557	1609	1621	1633	1645	1657	1708	1721	1733	1745	1757	1809	1820	1832	
Ilford High Road *Hainault Street*	1514	1526	1538	1550	1602	1613	1625	1637	1649	1701	1712	1725	1737	1749	1801	1813	1824	1836	

Then every 12 minutes until

Then every 12 minutes until

Then every 12 minutes until

364	Saturdays (also Good Friday) (cont.)																		
Dagenham East *Bull Inn*	1749	1802	1816	1830	1844	1858	1914	1930	1945	2000	2015	2030	2045	2100	2115	2130	2145	2200
Dagenham East Station	1757	1809	1823	1836	1849	1902	1916	1931	1946	2001	2016	2031	2046	2101	2116	2131	2146	2201
Dagenham Heathway *Parsloes Avenue*	1808	1820	1833	1846	1858	1910	1923	1937	1952	2007	2021	2036	2051	2105	2120	2135	2150	2205
Becontree *Martins Corner*	1813	1825	1838	1851	1903	1915	1928	1942	1957	2012	2026	2041	2056	2109	2124	2139	2154	2209
Goodmayes Station	1826	1838	1851	1903	1915	1927	1940	1954	2008	2022	2036	2050	2104	2117	2132	2147	2202	2217
Meads Lane *Aldborough Road South*	1833	1845	1858	1910	1922	1934	1947	2001	2014	2028	2042	2056	2110	2123	2138	2153	2207	2222
Perth Road *Ley Street*	1836	1848	1901	1913	1925	1937	1950	2004	2017	2031	2045	2059	2113	2126	2141	2155	2209	2224
Ilford Station	1844	1856	1908	1920	1932	1944	1957	2010	2023	2037	2051	2105	2118	2131	2146	2200	2214	2229
Ilford High Road *Hainault Street*	1848	1900	1912	1924	1936	1948	2001	2014	2027	2041	2055	2108	2121	2134	2149	2203	2217	2232
Dagenham East *Bull Inn*	2215	2230	2245	2300	2315	2330	2345											
Dagenham East Station	2216	2231	2246	2301	2316	2331	2346											
Dagenham Heathway *Parsloes Avenue*	2220	2235	2250	2304	2319	2334	2349											
Becontree *Martins Corner*	2224	2239	2254	2308	2323	2338	2353											
Goodmayes Station	2232	2247	2302	2315	2330	2345	0000											
Meads Lane *Aldborough Road South*	2237	2252	2307	2320	2335	2350	0005											
Perth Road *Ley Street*	2239	2254	2309	2322	2337	2352	0007											
Ilford Station	2244	2259	2313	2326	2341	2356	0011											
Ilford High Road *Hainault Street*	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			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		*Then*	1352	1407	1422	1437	1452	1507	1522	1537	1552	1606	1621	1636	1651	1706
Becontree *Martins Corner*	1157	1212		*every 15*	1357	1412	1427	1442	1457	1512	1527	1542	1557	1611	1626	1641	1656	1711
Goodmayes Station	1212	1227		*minutes*	1412	1426	1441	1456	1511	1526	1540	1555	1608	1622	1637	1652	1707	1721
Meads Lane *Aldborough Road South*	1220	1235		*until*	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			1915	1930	1945	2000	2015	2030	2045	2100		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	*Then*		1921	1936	1951	2005	2020	2035	2050	2105	*Then*	2235	2250	2304	2319	2334	2349
Becontree *Martins Corner*	1726	*every 15*		1926	1941	1956	2009	2024	2039	2054	2109	*every*	2239	2254	2308	2323	2338	2353
Goodmayes Station	1736	*minutes*		1936	1951	2005	2018	2033	2048	2103	2117	*15*	2247	2302	2315	2330	2345	0000
Meads Lane *Aldborough Road South*	1742	*until*		1942	1957	2010	2023	2038	2053	2108	2122	*mins.*	2252	2307	2320	2335	2350	0005
Perth Road *Ley Street*	1745			1945	2000	2013	2026	2041	2056	2110	2124	*until*	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

364 Ilford – Goodmayes – Dagenham East

364	Mondays to Fridays																		
Ilford High Road *Hainault Street*	0500	0515	0530	0545	0559	0612	0625	0635	0645	0655	0707	0719	0731	0743	0755	0807	0819	0832
Ilford Station	0503	0518	0533	0548	0602	0615	0628	0639	0649	0659	0711	0723	0735	0747	0759	0811	0823	0836
Perth Road *Ley Street*	0509	0524	0539	0554	0608	0621	0635	0646	0657	0707	0719	0732	0745	0757	0809	0821	0833	0845
Meads Lane *Aldborough Road South*	0511	0526	0541	0556	0610	0623	0637	0648	0659	0710	0722	0735	0748	0800	0812	0824	0836	0848
Goodmayes Station	0516	0531	0546	0601	0616	0630	0645	0656	0708	0719	0732	0746	0759	0811	0823	0835	0846	0857
Becontree *Martins Corner*	0522	0537	0552	0608	0623	0638	0653	0705	0717	0729	0743	0757	0810	0822	0834	0846	0856	0907
Dagenham Heathway *Parsloes Avenue*	0526	0541	0556	0613	0628	0643	0658	0711	0724	0736	0751	0805	0818	0830	0842	0853	0903	0913
Dagenham East Station	0530	0545	0601	0618	0634	0649	0705	0720	0734	0748	0803	0817	0831	0844	0856	0907	0916	0926
Dagenham East *Bull Inn*	0532	0547	0603	0620	0636	0652	0708	0724	0739	0754	0809	0824	0838	0851	0904	0916	0925	0935
Ilford High Road *Hainault Street*	0845	0857	0909	0921			1045	1057	1109	1121	1133	1145	1157	1209	1221	1232	1244	1256
Ilford Station	0849	0901	0913	0926			1050	1102	1114	1126	1138	1150	1202	1214	1226	1237	1249	1301
Perth Road *Ley Street*	0858	0909	0921	0934	*Then*		1058	1111	1123	1135	1147	1159	1212	1224	1236	1247	1259	1311
Meads Lane *Aldborough Road South*	0901	0912	0924	0937	*every 12*		1101	1114	1126	1138	1150	1202	1215	1227	1239	1250	1302	1314
Goodmayes Station	0909	0920	0932	0945	*minutes*		1109	1122	1134	1146	1158	1210	1223	1235	1247	1258	1310	1322
Becontree *Martins Corner*	0918	0929	0941	0954	*until*		1118	1131	1143	1155	1207	1219	1232	1244	1256	1308	1320	1332
Dagenham Heathway *Parsloes Avenue*	0924	0934	0946	0959			1123	1136	1148	1200	1212	1224	1237	1249	1302	1314	1326	1338
Dagenham East Station	0936	0946	0958	1011			1135	1148	1200	1212	1224	1236	1249	1301	1314	1326	1338	1350
Dagenham East *Bull Inn*	0945	0955	1007	1019			1143	1156	1208	1220	1232	1244	1257	1309	1322	1334	1346	1359
Ilford High Road *Hainault Street*	1308	1320	1332	1343	1353	1404	1414	1425	1436	1447	1459	1511	1524	1537	1549	1601	1613	1626
Ilford Station	1313	1325	1337	1348	1358	1410	1420	1431	1442	1453	1505	1517	1530	1543	1555	1607	1619	1632
Perth Road *Ley Street*	1323	1335	1347	1358	1409	1421	1431	1442	1453	1505	1517	1529	1542	1555	1607	1619	1631	1644
Meads Lane *Aldborough Road South*	1326	1338	1350	1401	1412	1424	1434	1445	1456	1508	1520	1532	1545	1558	1610	1622	1634	1647
Goodmayes Station	1334	1346	1358	1410	1421	1434	1445	1457	1509	1521	1533	1545	1558	1610	1622	1634	1646	1659
Becontree *Martins Corner*	1344	1356	1408	1420	1432	1445	1457	1509	1521	1533	1545	1557	1609	1621	1633	1645	1657	1710
Dagenham Heathway *Parsloes Avenue*	1350	1402	1414	1426	1439	1452	1504	1517	1529	1540	1552	1604	1616	1628	1640	1652	1704	1716
Dagenham East Station	1402	1415	1428	1441	1454	1507	1519	1532	1544	1555	1607	1619	1631	1643	1655	1707	1719	1731
Dagenham East *Bull Inn*	1411	1424	1437	1450	1503	1516	1528	1541	1553	1604	1616	1628	1640	1652	1704	1716	1728	1740
Ilford High Road *Hainault Street*	1638	1650	1703	1715	1728	1741	1754	1806	1818	1831	1843	1855	1907	1918	1928	1938	1948	1958
Ilford Station	1644	1656	1709	1721	1734	1747	1800	1812	1824	1836	1848	1900	1912	1923	1932	1942	1952	2002
Perth Road *Ley Street*	1656	1708	1720	1732	1745	1758	1810	1822	1834	1846	1858	1909	1921	1932	1941	1951	2001	2010
Meads Lane *Aldborough Road South*	1659	1711	1723	1735	1748	1801	1813	1825	1837	1849	1901	1912	1924	1935	1944	1954	2003	2012
Goodmayes Station	1711	1723	1735	1747	1800	1812	1824	1836	1847	1859	1910	1921	1933	1943	1952	2002	2011	2020
Becontree *Martins Corner*	1722	1734	1746	1758	1810	1822	1834	1846	1857	1908	1919	1930	1942	1952	2001	2010	2019	2028
Dagenham Heathway *Parsloes Avenue*	1728	1740	1752	1804	1816	1828	1840	1852	1902	1913	1924	1935	1947	1957	2006	2015	2024	2033
Dagenham East Station	1743	1755	1807	1818	1829	1840	1851	1902	1912	1922	1932	1942	1952	2002	2011	2020	2029	2038
Dagenham East *Bull Inn*	1752	1804	1815	1826	1837	1848	1858	1908	1918	1927	1936	1945	1954	2004	2013	2022	2031	2040
Ilford High Road *Hainault Street*	2010	2022	2038	2053	2109	2124	2140	2155	2210	2225	2240	2255	2310	2325	2340	2355		
Ilford Station	2014	2026	2042	2057	2112	2127	2143	2158	2213	2228	2243	2258	2313	2328	2343	2358		
Perth Road *Ley Street*	2022	2034	2050	2105	2120	2135	2151	2205	2220	2235	2250	2304	2319	2334	2349	0004		
Meads Lane *Aldborough Road South*	2024	2036	2052	2107	2122	2137	2153	2207	2222	2237	2252	2306	2321	2336	2351	0006		
Goodmayes Station	2032	2044	2059	2113	2128	2143	2159	2213	2228	2243	2258	2311	2326	2341	2356	0011		
Becontree *Martins Corner*	2040	2052	2106	2120	2135	2150	2205	2219	2234	2249	2303	2316	2331	2346	0001	0016		
Dagenham Heathway *Parsloes Avenue*	2045	2057	2111	2125	2140	2155	2209	2223	2238	2253	2306	2319	2334	2349	0004	0019		
Dagenham East Station	2050	2102	2116	2130	2145	2200	2213	2227	2242	2257	2310	2323	2338	2353	0008	0023		
Dagenham East *Bull Inn*	2052	2104	2118	2132	2147	2202	2215	2229	2244	2259	2312	2325	2340	2355	0010	0025		

364	Saturdays (also Good Friday)																		
Ilford High Road *Hainault Street*	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 *Ley Street*	0509	0529	0549	0609	0629	0649	0709	0729	0749	0810	0826	0841	0855	0910	0922	0932	0942	0950
Meads Lane *Aldborough Road South*	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 *Martins Corner*	0522	0542	0602	0622	0642	0702	0724	0744	0804	0826	0842	0857	0912	0927	0939	0949	0959	1009
Dagenham Heathway *Parsloes Avenue*	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	0950	1001	1012	1023
Dagenham East *Bull Inn*	0532	0552	0612	0632	0652	0713	0735	0755	0816	0838	0854	0909	0924	0939	0953	1005	1017	1029
Ilford High Road *Hainault Street*	0948	0958	1009	1020	1032	1043	1055	1107	1119	1131	1143	1154	1206	1218	1230	1242	1254	1306
Ilford Station	0952	1002	1014	1025	1037	1048	1100	1112	1124	1136	1148	1159	1211	1223	1235	1247	1300	1312
Perth Road *Ley Street*	1000	1010	1022	1033	1045	1056	1109	1121	1133	1145	1157	1209	1221	1233	1245	1257	1310	1322
Meads Lane *Aldborough Road South*	1002	1012	1024	1036	1048	1059	1112	1124	1136	1148	1200	1212	1224	1236	1248	1300	1313	1325
Goodmayes Station	1010	1020	1032	1044	1056	1108	1121	1133	1145	1157	1210	1222	1234	1246	1258	1310	1323	1335
Becontree *Martins Corner*	1019	1029	1041	1053	1105	1117	1130	1142	1154	1207	1220	1232	1244	1256	1308	1320	1333	1345
Dagenham Heathway *Parsloes Avenue*	1024	1034	1046	1058	1110	1122	1135	1147	1159	1212	1225	1237	1249	1301	1313	1325	1338	1350
Dagenham East Station	1034	1045	1057	1110	1122	1134	1147	1159	1212	1225	1238	1250	1302	1314	1326	1338	1351	1403
Dagenham East *Bull Inn*	1041	1053	1105	1118	1130	1142	1155	1207	1220	1233	1246	1258	1310	1322	1334	1346	1359	1411

364 Saturdays (also Good Friday) (cont.)

Ilford High Road *Hainault Street*	1318	1330		1430	1443	1455	1507	1519	1531	1543		1655	1708	1720	1732	1744			
Ilford Station	1324	1336		1436	1449	1501	1513	1525	1537	1549		1701	1713	1725	1737	1749			
Perth Road *Ley Street*	1334	1346	*Then*	1446	1459	1511	1523	1535	1547	1559	*Then*	1711	1723	1735	1747	1759			
Meads Lane *Aldborough Road South*	1337	1349	*every 12*	1449	1502	1514	1526	1538	1550	1602	*every 12*	1714	1726	1738	1750	1802			
Goodmayes Station	1347	1359	*minutes*	1459	1511	1523	1535	1547	1559	1611	*minutes*	1723	1735	1747	1759	1811			
Becontree *Martins Corner*	1357	1409	*until*	1509	1521	1533	1545	1557	1609	1620	*until*	1732	1744	1756	1808	1820			
Dagenham Heathway *Parsloes Avenue*	1402	1414		1514	1526	1538	1550	1602	1614	1625		1737	1749	1801	1813	1825			
Dagenham East Station	1415	1426		1526	1538	1550	1602	1614	1626	1637		1749	1801	1813	1825	1837			
Dagenham East *Bull Inn*	1423	1434		1534	1546	1558	1610	1622	1634	1645		1757	1809	1821	1833	1845			
Ilford High Road *Hainault Street*	1756	1808	1820	1832	1844	1857	1910	1925	1940	1955	2010	2025	2040	2055	2110	2125	2140	2155	
Ilford Station	1801	1813	1825	1837	1849	1902	1915	1930	1945	2000	2014	2029	2044	2059	2114	2129	2144	2158	
Perth Road *Ley Street*	1811	1823	1835	1847	1859	1912	1925	1940	1955	2009	2023	2037	2052	2107	2122	2137	2152	2205	
Meads Lane *Aldborough Road South*	1814	1826	1838	1850	1902	1915	1928	1943	1958	2012	2026	2040	2055	2109	2124	2139	2154	2207	
Goodmayes Station	1823	1835	1847	1859	1910	1923	1936	1951	2006	2019	2033	2047	2102	2115	2130	2145	2200	2213	
Becontree *Martins Corner*	1832	1844	1856	1908	1919	1932	1945	2000	2014	2027	2041	2055	2109	2122	2137	2152	2206	2219	
Dagenham Heathway *Parsloes Avenue*	1837	1849	1901	1913	1924	1937	1950	2005	2019	2032	2046	2100	2113	2126	2141	2156	2210	2223	
Dagenham East Station	1849	1900	1911	1922	1932	1944	1956	2010	2024	2037	2051	2105	2118	2131	2146	2201	2214	2227	
Dagenham East *Bull Inn*	1857	1907	1917	1927	1937	1948	2000	2013	2026	2039	2053	2107	2120	2133	2148	2203	2216	2229	
Ilford High Road *Hainault Street*	2210	2225	2240	2255	2310	2325	2340	2355											
Ilford Station	2213	2228	2243	2258	2313	2328	2343	2358											
Perth Road *Ley Street*	2220	2235	2250	2305	2319	2334	2349	0004											
Meads Lane *Aldborough Road South*	2222	2237	2252	2307	2321	2336	2351	0006											
Goodmayes Station	2228	2243	2258	2312	2326	2341	2356	0011											
Becontree *Martins Corner*	2234	2249	2304	2318	2332	2347	0002	0016											
Dagenham Heathway *Parsloes Avenue*	2238	2253	2308	2322	2336	2351	0005	0019											
Dagenham East Station	2242	2257	2312	2326	2340	2355	0009	0023											
Dagenham East *Bull Inn*	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	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 *Ley Street*	0634	0704	0734	0804	0834	0854	0914	0934	0949	1002	1017	1031	1046	1101	1116	1129	1144	1159	
Meads Lane *Aldborough Road South*	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 *Martins Corner*	0647	0717	0747	0819	0849	0909	0929	0949	1004	1019	1034	1049	1104	1119	1134	1149	1205	1221	
Dagenham Heathway *Parsloes Avenue*	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 *Bull Inn*	0657	0728	0758	0830	0900	0920	0940	1000	1016	1031	1046	1101	1116	1131	1148	1203	1219	1235	
Ilford High Road *Hainault Street*	1201	1216	1231	1246	1301	1316			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 *Ley Street*	1214	1229	1244	1259	1315	1331	*Then*		1546	1602	1617	1632	1647	1702	1717	1732	1747	1802	
Meads Lane *Aldborough Road South*	1217	1232	1247	1302	1318	1334	*every 15*		1549	1605	1620	1635	1650	1705	1720	1735	1750	1805	
Goodmayes Station	1227	1242	1257	1312	1328	1344	*minutes*		1559	1614	1629	1644	1659	1713	1728	1743	1758	1813	
Becontree *Martins Corner*	1236	1251	1306	1321	1337	1353	*until*		1608	1623	1638	1653	1708	1722	1737	1752	1807	1821	
Dagenham Heathway *Parsloes Avenue*	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 *Bull Inn*	1250	1305	1320	1335	1351	1406			1621	1636	1651	1706	1720	1734	1749	1804	1819	1833	
Ilford High Road *Hainault Street*	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 *Ley Street*	1817	1832	1847	1903	1918	1933	1948	2004	2019	2033	2048	2103	2118	2133	2148	2204	2219	2234	
Meads Lane *Aldborough Road South*	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 *Martins Corner*	1835	1850	1905	1920	1935	1950	2005	2019	2034	2048	2103	2117	2132	2147	2202	2217	2232	2247	
Dagenham Heathway *Parsloes Avenue*	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 *Bull Inn*	1847	1902	1917	1932	1947	2002	2016	2030	2045	2059	2113	2127	2142	2157	2212	2227	2242	2257	
Ilford High Road *Hainault Street*	2240	2255	2310	2325	2340	2355													
Ilford Station	2243	2258	2313	2328	2343	2358													
Perth Road *Ley Street*	2249	2304	2319	2334	2349	0004													
Meads Lane *Aldborough Road South*	2251	2306	2321	2336	2351	0006													
Goodmayes Station	2256	2311	2326	2341	2356	0011													
Becontree *Martins Corner*	2302	2316	2331	2346	0001	0016													
Dagenham Heathway *Parsloes Avenue*	2305	2319	2334	2349	0004	0019													
Dagenham East Station	2309	2323	2338	2353	0008	0023													
Dagenham East *Bull Inn*	2311	2325	2340	2355	0010	0025													