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Dagenham East – Goodmayes – Ilford

364		Mondays to Fridays																
Dagenham East Bull Inn	0539	0554	0609	0624	0636	0646	0657	0705	0712	0721	0730	0739	0748	0758	0808	0818	0829	0839
Dagenham East Station	0540	0555	0610	0625	0637	0648	0659	0707	0714	0723	0732	0741	0750	0800	0810	0820	0831	0841
Dagenham Heathway Parsloes Avenue	0545	0600	0615	0630	0642	0653	0704	0713	0720	0729	0738	0748	0757	0807	0817	0827	0837	0847
Becontree Martins Corner	0549	0605	0620	0635	0647	0658	0709	0718	0726	0735	0744	0754	0804	0814	0824	0834	0843	0853
Goodmayes Station	0558	0615	0630	0645	0658	0710	0721	0731	0740	0750	0800	0810	0820	0830	0840	0849	0858	0908
Meads Lane Aldborough Road South	0603	0621	0636	0652	0706	0718	0730	0740	0750	0800	0810	0820	0830	0840	0850	0859	0907	0916
Perth Road Ley Street	0606	0624	0639	0656	0710	0723	0735	0745	0755	0805	0815	0825	0835	0845	0854	0903	0911	0920
Ilford Station	0612	0631	0646	0704	0719	0732	0744	0755	0805	0815	0825	0835	0844	0854	0903	0911	0919	0928
Ilford High Road Hainault Street	0615	0634	0650	0708	0723	0736	0748	0759	0809	0819	0829	0839	0848	0858	0907	0915	0923	0932
Dagenham East Bull Inn	0849	0859	0909	Then every 10 minutes until	1309	1319	1329	1339	1349	1357	1406	1415	1425	1433	1442	1451	1501	
Dagenham East Station	0851	0901	0911		1311	1321	1331	1341	1351	1359	1408	1417	1427	1435	1444	1453	1503	
Dagenham Heathway Parsloes Avenue	0857	0907	0917		1317	1327	1337	1347	1357	1405	1414	1423	1433	1442	1451	1500	1510	
Becontree Martins Corner	0903	0912	0922		1322	1332	1342	1352	1402	1410	1419	1429	1439	1448	1458	1507	1517	
Goodmayes Station	0917	0925	0934		1334	1345	1355	1405	1416	1424	1433	1443	1453	1503	1513	1523	1533	
Meads Lane Aldborough Road South	0924	0932	0941		1341	1352	1402	1413	1424	1433	1442	1453	1503	1513	1523	1533	1543	
Perth Road Ley Street	0928	0936	0945		1345	1356	1406	1417	1428	1438	1447	1458	1508	1518	1528	1537	1547	
Ilford Station	0936	0944	0953		1353	1404	1414	1425	1436	1446	1456	1507	1517	1527	1537	1546	1556	
Ilford High Road Hainault Street	0940	0948	0957	1357	1409	1419	1430	1441	1451	1501	1512	1522	1532	1542	1551	1601		
Dagenham East Bull Inn	1511	1522	1532	1543	1553	1603	Then every 10 minutes until	1723	1733	1743	1753	1803	1813	1823	1833	1843	1853	
Dagenham East Station	1513	1524	1534	1545	1555	1605		1725	1735	1745	1755	1805	1815	1825	1835	1845	1855	
Dagenham Heathway Parsloes Avenue	1520	1531	1541	1552	1602	1611		1731	1741	1751	1801	1811	1821	1831	1841	1851	1901	
Becontree Martins Corner	1527	1538	1548	1558	1608	1617		1737	1747	1757	1807	1817	1827	1836	1846	1856	1906	
Goodmayes Station	1543	1553	1603	1613	1622	1631		1751	1801	1811	1821	1831	1840	1849	1859	1909	1918	
Meads Lane Aldborough Road South	1553	1603	1613	1623	1632	1641		1801	1810	1820	1830	1839	1848	1857	1907	1917	1926	
Perth Road Ley Street	1557	1607	1617	1627	1636	1645		1805	1814	1824	1834	1843	1852	1901	1910	1920	1929	
Ilford Station	1606	1615	1625	1635	1644	1653		1813	1822	1832	1841	1850	1859	1907	1916	1926	1935	
Ilford High Road Hainault Street	1611	1620	1630	1640	1649	1658	1818	1827	1836	1845	1854	1903	1911	1920	1930	1939		
Dagenham East Bull Inn	1904	1914	1926	1938	1950	2002	2014	2029	2044	2100	2115	2130	2145	2200	2215	2230	2245	2300
Dagenham East Station	1905	1915	1927	1939	1951	2003	2015	2030	2045	2101	2116	2131	2146	2201	2216	2231	2246	2301
Dagenham Heathway Parsloes Avenue	1910	1920	1932	1944	1956	2008	2020	2035	2050	2105	2120	2135	2150	2205	2220	2235	2250	2304
Becontree Martins Corner	1915	1925	1937	1949	2001	2013	2025	2040	2055	2109	2124	2139	2154	2209	2224	2239	2254	2308
Goodmayes Station	1927	1937	1948	2000	2011	2023	2035	2050	2104	2117	2132	2147	2202	2217	2232	2247	2302	2315
Meads Lane Aldborough Road South	1935	1944	1955	2006	2017	2029	2041	2056	2110	2123	2138	2153	2207	2222	2237	2252	2307	2320
Perth Road Ley Street	1938	1947	1958	2009	2020	2032	2044	2059	2113	2126	2141	2156	2209	2224	2239	2254	2309	2322
Ilford Station	1944	1953	2004	2014	2025	2037	2049	2104	2118	2131	2146	2201	2214	2229	2244	2259	2313	2326
Ilford High Road Hainault Street	1948	1957	2007	2017	2028	2040	2052	2107	2121	2134	2149	2204	2217	2232	2247	2302	2316	2329
Dagenham East Bull Inn	2315	2330	2345															
Dagenham East Station	2316	2331	2346															
Dagenham Heathway Parsloes Avenue	2319	2334	2349															
Becontree Martins Corner	2323	2338	2353															
Goodmayes Station	2330	2345	0000															
Meads Lane Aldborough Road South	2335	2350	0005															
Perth Road Ley Street	2337	2352	0007															
Ilford Station	2341	2356	0011															
Ilford High Road Hainault Street	2344	2359	0014															
364		Saturdays (also Good Friday)																
Dagenham East Bull Inn	0539	0559	0619	0639	0659	0714	0729	0744	0759	0809	0819	0829	0839	0848	0858	0907	0917	0926
Dagenham East Station	0540	0600	0620	0640	0700	0715	0730	0745	0800	0810	0820	0830	0840	0849	0859	0908	0918	0927
Dagenham Heathway Parsloes Avenue	0544	0604	0624	0644	0704	0719	0734	0749	0804	0814	0824	0834	0844	0853	0904	0913	0923	0932
Becontree Martins Corner	0548	0608	0628	0648	0708	0723	0738	0753	0808	0818	0828	0838	0848	0857	0909	0918	0928	0937
Goodmayes Station	0556	0616	0636	0656	0716	0731	0746	0801	0817	0827	0837	0847	0857	0907	0919	0928	0938	0948
Meads Lane Aldborough Road South	0601	0621	0641	0701	0721	0736	0751	0807	0823	0833	0843	0853	0903	0913	0925	0935	0945	0955
Perth Road Ley Street	0604	0624	0644	0704	0724	0739	0754	0810	0826	0836	0846	0856	0907	0917	0929	0939	0949	0959
Ilford Station	0609	0629	0649	0709	0729	0744	0759	0816	0832	0842	0852	0902	0914	0924	0936	0946	0956	1006
Ilford High Road Hainault Street	0612	0632	0652	0712	0732	0747	0802	0819	0835	0845	0855	0906	0918	0928	0940	0950	1000	1010

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Ilford – Goodmayes – Dagenham East

364		Mondays to Fridays																	
Ilford High Road <i>Hainault Street</i>	0500	0515	0530	0545	0600	0615	0630	0642	0650	0702	0712	0722	0734	0743	0752	0802	0812	0822	
Ilford Station	0503	0518	0533	0548	0603	0618	0633	0646	0654	0706	0716	0726	0738	0747	0756	0806	0816	0826	
Perth Road <i>Ley Street</i>	0509	0524	0539	0554	0609	0624	0640	0653	0702	0714	0724	0735	0747	0757	0806	0816	0826	0836	
Meads Lane <i>Aldborough Road South</i>	0511	0526	0541	0556	0611	0626	0642	0655	0705	0717	0727	0738	0750	0800	0809	0819	0829	0839	
Goodmayes Station	0516	0531	0546	0601	0617	0633	0650	0703	0714	0726	0737	0749	0801	0811	0820	0830	0840	0849	
Becontree <i>Martins Corner</i>	0522	0537	0552	0608	0624	0641	0659	0712	0724	0736	0748	0800	0812	0822	0831	0841	0850	0859	
Dagenham Heathway <i>Parsloes Avenue</i>	0526	0541	0556	0613	0629	0646	0704	0718	0731	0743	0756	0808	0820	0830	0839	0848	0857	0906	
Dagenham East Station	0530	0545	0600	0618	0634	0651	0710	0724	0737	0750	0803	0815	0827	0837	0846	0855	0904	0912	
Dagenham East <i>Bull Inn</i>	0532	0547	0602	0620	0636	0653	0712	0726	0740	0753	0806	0818	0830	0839	0848	0857	0906	0914	
Ilford High Road <i>Hainault Street</i>	0832	0842	0852	0902	0912	0922	0932	Then every 10 minutes until	1052	1102	Then every 10 minutes until	1152	1202	1212	1222	1232			
Ilford Station	0836	0846	0856	0906	0916	0926	0937		1057	1107		1157	1207	1217	1227	1237			
Perth Road <i>Ley Street</i>	0845	0855	0905	0914	0924	0934	0945		1105	1116		1206	1217	1227	1237	1247			
Meads Lane <i>Aldborough Road South</i>	0848	0858	0908	0917	0927	0937	0948		1108	1119		1209	1220	1230	1240	1250			
Goodmayes Station	0857	0907	0916	0925	0935	0945	0956		1116	1127		1217	1228	1238	1248	1258			
Becontree <i>Martins Corner</i>	0907	0916	0925	0934	0944	0954	1005		1125	1136		1226	1237	1247	1257	1307			
Dagenham Heathway <i>Parsloes Avenue</i>	0913	0922	0931	0939	0949	0959	1010		1130	1141		1231	1242	1252	1302	1313			
Dagenham East Station	0919	0928	0937	0945	0955	1005	1016	1136	1147	1237	1248	1258	1308	1319					
Dagenham East <i>Bull Inn</i>	0921	0930	0939	0947	0957	1007	1018	1138	1149	1239	1250	1300	1310	1321					
Ilford High Road <i>Hainault Street</i>	1242	1252	1302	1312	1322	1332	1342	1350	1358	1406	1415	1423	1433	1443	1451	1501	1511	1521	
Ilford Station	1247	1257	1307	1317	1327	1337	1347	1355	1403	1412	1421	1429	1439	1449	1457	1507	1517	1527	
Perth Road <i>Ley Street</i>	1257	1307	1317	1327	1337	1347	1357	1405	1414	1423	1432	1440	1450	1500	1509	1519	1529	1539	
Meads Lane <i>Aldborough Road South</i>	1300	1310	1320	1330	1340	1350	1400	1408	1417	1426	1435	1443	1453	1503	1512	1522	1532	1542	
Goodmayes Station	1308	1318	1328	1338	1348	1358	1408	1417	1426	1436	1446	1455	1505	1515	1525	1535	1545	1555	
Becontree <i>Martins Corner</i>	1318	1328	1338	1348	1358	1408	1418	1427	1437	1447	1457	1507	1517	1527	1537	1547	1557	1607	
Dagenham Heathway <i>Parsloes Avenue</i>	1324	1334	1344	1354	1404	1414	1424	1433	1444	1454	1505	1515	1525	1535	1544	1554	1604	1614	
Dagenham East Station	1330	1340	1350	1400	1411	1421	1431	1441	1452	1502	1513	1523	1533	1543	1552	1602	1612	1622	
Dagenham East <i>Bull Inn</i>	1332	1342	1352	1402	1413	1423	1433	1443	1454	1504	1515	1525	1535	1545	1554	1604	1614	1624	
Ilford High Road <i>Hainault Street</i>	1532	1542	1552	1602	1612	1622	1632	1642	1652	1702	1712	1722	1732	1742	1753	1804	1814	1824	
Ilford Station	1538	1548	1558	1608	1618	1628	1638	1648	1658	1708	1718	1728	1738	1748	1759	1810	1820	1830	
Perth Road <i>Ley Street</i>	1550	1600	1610	1620	1630	1640	1650	1700	1710	1719	1729	1739	1749	1759	1810	1820	1830	1840	
Meads Lane <i>Aldborough Road South</i>	1553	1603	1613	1623	1633	1643	1653	1703	1713	1722	1732	1742	1752	1802	1813	1823	1833	1843	
Goodmayes Station	1606	1615	1625	1635	1645	1655	1705	1715	1725	1734	1744	1754	1804	1813	1824	1834	1843	1853	
Becontree <i>Martins Corner</i>	1617	1626	1636	1646	1656	1706	1716	1726	1736	1745	1755	1805	1814	1823	1834	1844	1853	1903	
Dagenham Heathway <i>Parsloes Avenue</i>	1624	1633	1643	1653	1703	1712	1722	1732	1742	1751	1801	1811	1820	1829	1840	1850	1858	1908	
Dagenham East Station	1632	1641	1651	1701	1711	1720	1730	1740	1750	1759	1808	1818	1827	1836	1846	1856	1904	1914	
Dagenham East <i>Bull Inn</i>	1634	1643	1653	1703	1713	1722	1732	1742	1752	1801	1810	1820	1829	1838	1848	1858	1906	1916	
Ilford High Road <i>Hainault Street</i>	1835	1846	1856	1906	1917	1928	1938	1949	1959	2011	2023	2038	2053	2108	2123	2138	2153	2209	
Ilford Station	1840	1851	1901	1911	1922	1932	1942	1953	2003	2015	2027	2042	2057	2111	2126	2141	2156	2212	
Perth Road <i>Ley Street</i>	1850	1901	1911	1921	1931	1941	1951	2002	2011	2023	2035	2050	2105	2119	2134	2149	2204	2219	
Meads Lane <i>Aldborough Road South</i>	1853	1904	1914	1924	1934	1944	1954	2004	2013	2025	2037	2052	2107	2121	2136	2151	2206	2221	
Goodmayes Station	1903	1913	1923	1933	1942	1952	2002	2012	2021	2033	2045	2059	2113	2127	2142	2157	2212	2227	
Becontree <i>Martins Corner</i>	1912	1922	1932	1942	1951	2001	2010	2020	2029	2041	2053	2107	2120	2134	2149	2204	2218	2233	
Dagenham Heathway <i>Parsloes Avenue</i>	1917	1927	1937	1947	1956	2006	2015	2025	2034	2046	2058	2112	2125	2139	2154	2208	2222	2237	
Dagenham East Station	1923	1933	1942	1952	2001	2011	2020	2030	2039	2051	2103	2117	2130	2144	2159	2213	2226	2241	
Dagenham East <i>Bull Inn</i>	1925	1935	1944	1954	2003	2013	2022	2032	2041	2053	2105	2119	2132	2146	2201	2215	2228	2243	
Ilford High Road <i>Hainault Street</i>	2224	2239	2254	2310	2325	2340	2355												
Ilford Station	2227	2242	2257	2313	2328	2343	2358												
Perth Road <i>Ley Street</i>	2234	2249	2304	2319	2334	2349	0004												
Meads Lane <i>Aldborough Road South</i>	2236	2251	2306	2321	2336	2351	0006												
Goodmayes Station	2242	2257	2311	2326	2341	2356	0011												
Becontree <i>Martins Corner</i>	2248	2303	2316	2331	2346	0001	0016												
Dagenham Heathway <i>Parsloes Avenue</i>	2252	2306	2319	2334	2349	0004	0019												
Dagenham East Station	2256	2310	2323	2338	2353	0008	0023												
Dagenham East <i>Bull Inn</i>	2258	2312	2325	2340	2355	0010	0025												

Ilford High Road <i>Hainault Street</i>	0500	0520	0540	0600	0620	0640	0700	0720	0740	0800	0815	0830	0845	0900	0910	0920	0930	0938
Ilford Station	0503	0523	0543	0603	0623	0643	0703	0723	0743	0804	0819	0834	0849	0904	0914	0924	0934	0942
Perth Road <i>Ley Street</i>	0509	0529	0549	0609	0629	0649	0709	0729	0749	0810	0826	0841	0856	0912	0922	0932	0942	0950
Meads Lane <i>Aldborough Road South</i>	0511	0531	0551	0611	0631	0651	0711	0731	0751	0812	0828	0843	0858	0914	0924	0934	0944	0952
Goodmayes Station	0516	0536	0556	0616	0636	0656	0717	0737	0757	0819	0835	0850	0905	0921	0931	0941	0951	1000
Becontree <i>Martins Corner</i>	0522	0542	0602	0622	0642	0702	0724	0744	0804	0826	0842	0857	0913	0929	0939	0949	0959	1009
Dagenham Heathway <i>Parsloes Avenue</i>	0526	0546	0606	0626	0646	0706	0728	0748	0809	0831	0847	0902	0918	0934	0944	0954	1004	1014
Dagenham East Station	0530	0550	0610	0630	0650	0711	0733	0753	0814	0836	0852	0907	0923	0939	0949	0959	1009	1019
Dagenham East <i>Bull Inn</i>	0532	0552	0612	0632	0652	0713	0735	0755	0816	0838	0854	0909	0925	0941	0951	1001	1011	1021
Ilford High Road <i>Hainault Street</i>	0948	0958	1007	1016	1026	1036	1045	1054	1104	1114	1124	1134	1143	1153	1202	1212	1222	1232
Ilford Station	0952	1002	1012	1021	1031	1041	1050	1059	1109	1119	1129	1139	1148	1158	1207	1217	1227	1237
Perth Road <i>Ley Street</i>	1000	1010	1020	1029	1039	1049	1058	1108	1118	1128	1138	1148	1157	1207	1217	1227	1237	1247
Meads Lane <i>Aldborough Road South</i>	1002	1012	1022	1032	1042	1052	1101	1111	1121	1131	1141	1151	1200	1210	1220	1230	1240	1250
Goodmayes Station	1010	1020	1030	1040	1050	1100	1110	1120	1130	1140	1150	1200	1210	1220	1230	1240	1250	1300
Becontree <i>Martins Corner</i>	1019	1029	1039	1049	1059	1109	1119	1129	1139	1149	1159	1210	1220	1230	1240	1250	1300	1310
Dagenham Heathway <i>Parsloes Avenue</i>	1024	1034	1044	1054	1104	1114	1124	1134	1144	1154	1204	1215	1225	1235	1245	1255	1305	1315
Dagenham East Station	1029	1040	1050	1100	1110	1120	1130	1140	1150	1200	1211	1222	1232	1242	1252	1302	1312	1322
Dagenham East <i>Bull Inn</i>	1031	1042	1052	1102	1112	1122	1132	1142	1152	1202	1213	1224	1234	1244	1254	1304	1314	1324
Ilford High Road <i>Hainault Street</i>	1242	1252	1302	1312	1322	1332				1432	1442	1452	1502	1512	1522	1532		1652
Ilford Station	1247	1258	1308	1318	1328	1338				1438	1448	1458	1508	1518	1528	1538		1658
Perth Road <i>Ley Street</i>	1257	1308	1318	1328	1338	1348				1448	1458	1508	1518	1528	1538	1548		1708
Meads Lane <i>Aldborough Road South</i>	1300	1311	1321	1331	1341	1351				1451	1501	1511	1521	1531	1541	1551		1711
Goodmayes Station	1310	1321	1331	1341	1351	1401				1501	1510	1520	1530	1540	1550	1600		1720
Becontree <i>Martins Corner</i>	1320	1331	1341	1351	1401	1411				1511	1520	1530	1540	1550	1600	1609		1729
Dagenham Heathway <i>Parsloes Avenue</i>	1325	1336	1346	1356	1406	1416				1516	1525	1535	1545	1555	1605	1614		1734
Dagenham East Station	1332	1343	1353	1403	1413	1422				1522	1531	1541	1551	1601	1611	1620		1740
Dagenham East <i>Bull Inn</i>	1334	1345	1355	1405	1415	1424				1524	1533	1543	1553	1603	1613	1622		1742
Ilford High Road <i>Hainault Street</i>	1702			1752	1801	1811	1821	1831	1843	1855	1910	1925	1940	1955	2010	2025	2040	2055
Ilford Station	1707			1757	1806	1816	1826	1836	1848	1900	1915	1930	1945	2000	2014	2029	2044	2059
Perth Road <i>Ley Street</i>	1717			1807	1816	1826	1836	1846	1858	1910	1925	1940	1955	2009	2023	2037	2052	2107
Meads Lane <i>Aldborough Road South</i>	1720			1810	1819	1829	1839	1849	1901	1913	1928	1943	1958	2012	2026	2040	2055	2109
Goodmayes Station	1729			1819	1828	1838	1848	1858	1909	1921	1936	1951	2006	2019	2033	2047	2102	2115
Becontree <i>Martins Corner</i>	1738			1828	1837	1847	1857	1907	1918	1930	1945	2000	2014	2027	2041	2055	2109	2122
Dagenham Heathway <i>Parsloes Avenue</i>	1743			1833	1842	1852	1902	1912	1923	1935	1950	2005	2019	2032	2046	2100	2113	2126
Dagenham East Station	1749			1839	1848	1858	1908	1918	1929	1941	1956	2010	2024	2037	2051	2105	2118	2131
Dagenham East <i>Bull Inn</i>	1751			1841	1850	1900	1910	1920	1931	1943	1958	2012	2026	2039	2053	2107	2120	2133
Ilford High Road <i>Hainault Street</i>	2110	2125	2140	2155	2210	2225	2240	2255	2310	2325	2340	2355						
Ilford Station	2114	2129	2144	2158	2213	2228	2243	2258	2313	2328	2343	2358						
Perth Road <i>Ley Street</i>	2122	2137	2152	2205	2220	2235	2250	2305	2319	2334	2349	0004						
Meads Lane <i>Aldborough Road South</i>	2124	2139	2154	2207	2222	2237	2252	2307	2321	2336	2351	0006						
Goodmayes Station	2130	2145	2200	2213	2228	2243	2258	2312	2326	2341	2356	0011						
Becontree <i>Martins Corner</i>	2137	2152	2206	2219	2234	2249	2304	2318	2332	2347	0002	0016						
Dagenham Heathway <i>Parsloes Avenue</i>	2141	2156	2210	2223	2238	2253	2308	2322	2336	2351	0005	0019						
Dagenham East Station	2146	2201	2214	2227	2242	2257	2312	2326	2340	2355	0009	0023						
Dagenham East <i>Bull Inn</i>	2148	2203	2216	2229	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	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 <i>Ley Street</i>	0634	0704	0734	0804	0834	0854	0909	0924	0939	0954	1010	1025	1039	1054	1109	1123	1138	1153	
Meads Lane <i>Aldborough Road South</i>	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 <i>Martins Corner</i>	0647	0717	0747	0819	0849	0909	0924	0939	0954	1010	1027	1042	1057	1112	1127	1142	1158	1214	
Dagenham Heathway <i>Parsloes Avenue</i>	0651	0721	0751	0823	0853	0913	0928	0943	0958	1015	1032	1047	1102	1117	1132	1148	1204	1220	
Dagenham East Station	0655	0726	0756	0828	0858	0918	0933	0948	1003	1020	1037	1052	1107	1122	1138	1154	1210	1226	
Dagenham East <i>Bull Inn</i>	0657	0728	0758	0830	0900	0920	0935	0950	1005	1022	1039	1054	1109	1124	1140	1156	1212	1228	
Ilford High Road <i>Hainault Street</i>	1156	1211	1226	1241	1255	1310	1325	Then every 15 minutes until	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 <i>Ley Street</i>	1209	1224	1239	1254	1309	1324	1340		1555	1610	1625	1640	1655	1709	1724	1739	1754		
Meads Lane <i>Aldborough Road South</i>	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 <i>Martins Corner</i>	1231	1246	1301	1316	1331	1346	1402		1617	1631	1646	1701	1716	1729	1744	1759	1814		
Dagenham Heathway <i>Parsloes Avenue</i>	1237	1252	1307	1322	1337	1352	1407		1622	1636	1651	1706	1721	1734	1749	1804	1819		
Dagenham East Station	1243	1258	1313	1328	1343	1358	1413		1628	1642	1657	1711	1726	1739	1754	1809	1824		
Dagenham East <i>Bull Inn</i>	1245	1300	1315	1330	1345	1400	1415		1630	1644	1659	1713	1728	1741	1756	1811	1826		
Ilford High Road <i>Hainault Street</i>	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 <i>Ley Street</i>	1809	1822	1837	1852	1907	1922	1937	1952	2007	2021	2036	2051	2106	2120	2135	2150	2205	2219	
Meads Lane <i>Aldborough Road South</i>	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 <i>Martins Corner</i>	1827	1840	1855	1910	1924	1939	1954	2008	2022	2036	2051	2106	2120	2134	2149	2204	2218	2232	
Dagenham Heathway <i>Parsloes Avenue</i>	1832	1845	1900	1915	1929	1944	1959	2012	2026	2040	2055	2110	2124	2138	2153	2208	2222	2236	
Dagenham East Station	1837	1850	1905	1920	1934	1949	2004	2017	2031	2045	2100	2114	2128	2142	2157	2212	2226	2240	
Dagenham East <i>Bull Inn</i>	1839	1852	1907	1922	1936	1951	2006	2019	2033	2047	2102	2116	2130	2144	2159	2214	2228	2242	
Ilford High Road <i>Hainault Street</i>	2225	2240	2255	2310	2325	2340	2355												
Ilford Station	2228	2243	2258	2313	2328	2343	2358												
Perth Road <i>Ley Street</i>	2234	2249	2304	2319	2334	2349	0004												
Meads Lane <i>Aldborough Road South</i>	2236	2251	2306	2321	2336	2351	0006												
Goodmayes Station	2241	2256	2311	2326	2341	2356	0011												
Becontree <i>Martins Corner</i>	2247	2302	2316	2331	2346	0001	0016												
Dagenham Heathway <i>Parsloes Avenue</i>	2251	2305	2319	2334	2349	0004	0019												
Dagenham East Station	2255	2309	2323	2338	2353	0008	0023												
Dagenham East <i>Bull Inn</i>	2257	2311	2325	2340	2355	0010	0025												