

145

Dagenham – Ilford – Leytonstone

145		Mondays to Fridays																
Dagenham Asda	0455 0515 0535 0555 0610 0625	Then about every 12 minutes until	1813	1826	1839	1852	1905	1920	1937	1953	2009	2025						
Dagenham Library	0506 0526 0546 0606 0621 0636		1827	1840	1853	1906	1919	1934	1951	2007	2021	2037						
Becontree Martins Corner	0516 0536 0556 0617 0632 0647		1841	1854	1907	1919	1932	1947	2004	2018	2032	2048						
Faircross South Park Drive	0524 0544 0604 0626 0641 0656		1851	1904	1916	1928	1941	1956	2013	2027	2041	2057						
Ilford High Road Hainault Street	0531 0551 0612 0634 0649 0704		1901	1913	1925	1937	1950	2005	2021	2035	2049	2105						
Ilford Station	0535 0555 0616 0638 0654 0709		1906	1918	1930	1942	1955	2010	2026	2040	2054	2109						
Redbridge Station Eastern Avenue	0542 0604 0626 0648 0706 0723		1917	1929	1941	1953	2006	2020	2035	2049	2103	2118						
Leytonstone Station Bus Station	0552 0614 0636 0658 0718 0735	1930	1942	1954	2006	2018	2032	2046	2059	2113	2128							
Dagenham Asda	2041 2057 2113 2129 2145 2200 2215 2230	2245	2300	2315	2330	2345	0000											
Dagenham Library	2053 2108 2124 2140 2156 2211 2226 2241	2256	2310	2325	2340	2355	0010											
Becontree Martins Corner	2104 2119 2135 2151 2207 2221 2235 2250	2305	2319	2334	2349	0003	0018											
Faircross South Park Drive	2113 2128 2144 2200 2214 2228 2241 2256	2311	2325	2340	2355	0009	0024											
Ilford High Road Hainault Street	2121 2136 2152 2207 2221 2235 2248 2303	2317	2331	2346	0001	0015	0030											
Ilford Station	2125 2140 2156 2211 2225 2239 2252 2307	2321	2335	2350	0005	0019	0034											
Redbridge Station Eastern Avenue	2133 2148 2204 2219 2233 2247 2300 2314	2328	2342	2357	0012	0026	0041											
Leytonstone Station Bus Station	2143 2158 2213 2228 2242 2256 2308 2322	2336	2350	0005	0020	0034	0049											
145		Saturdays (also Good Friday)																
Dagenham Asda	0455 0515 0535 0555 0615 0635 0655 0715 0735 0755 0810 0825	Then about every 12 mins. until	1808	1824	1840	1856	1912											
Dagenham Library	0505 0525 0545 0605 0625 0645 0705 0725 0745 0806 0821 0836		1822	1838	1854	1910	1926											
Becontree Martins Corner	0514 0534 0554 0615 0635 0655 0715 0735 0755 0816 0831 0846		1835	1851	1906	1922	1938											
Faircross South Park Drive	0520 0540 0600 0622 0642 0702 0724 0744 0804 0825 0840 0855		1844	1900	1915	1931	1947											
Ilford High Road Hainault Street	0527 0547 0607 0629 0649 0710 0732 0752 0813 0834 0849 0904		1853	1909	1924	1940	1956											
Ilford Station	0531 0551 0611 0633 0653 0714 0736 0756 0818 0839 0854 0909		1859	1914	1929	1945	2001											
Redbridge Station Eastern Avenue	0538 0558 0618 0640 0700 0723 0745 0805 0827 0848 0903 0919		1911	1925	1940	1956	2012											
Leytonstone Station Bus Station	0546 0606 0627 0649 0710 0733 0755 0815 0837 0858 0914 0930	1926	1939	1954	2009	2024												
Dagenham Asda	1928 1944 2000 2015 2030 2045 2100 2115 2130 2145	2230	2245	2300	2315	2330	2345	0000										
Dagenham Library	1942 1958 2013 2027 2042 2057 2111 2126 2141 2156	2241	2256	2310	2325	2340	2355	0010										
Becontree Martins Corner	1954 2010 2024 2038 2053 2108 2121 2136 2151 2206	2251	2306	2320	2334	2349	0004	0019										
Faircross South Park Drive	2003 2019 2033 2047 2102 2116 2128 2143 2158 2213	2258	2312	2326	2340	2355	0010	0025										
Ilford High Road Hainault Street	2012 2027 2041 2055 2110 2124 2136 2151 2206 2220	2305	2319	2333	2347	0002	0016	0031										
Ilford Station	2017 2032 2046 2100 2114 2128 2140 2155 2210 2224	2309	2323	2337	2351	0006	0020	0035										
Redbridge Station Eastern Avenue	2027 2042 2056 2110 2124 2137 2149 2204 2218 2232	2317	2331	2345	2359	0014	0028	0043										
Leytonstone Station Bus Station	2039 2054 2108 2121 2134 2147 2159 2214 2228 2242	2326	2340	2354	0008	0023	0037	0052										
145		Sundays and other Public Holidays (except Christmas Day)																
Dagenham Asda	0600 0630 0700 0730 0750 0810 0830 0845 0900 0914 0928 0940 0954 1008 1023 1038 1052 1106																	
Dagenham Library	0610 0640 0710 0740 0800 0820 0840 0855 0911 0925 0939 0951 1006 1021 1036 1051 1105 1119																	
Becontree Martins Corner	0619 0649 0719 0749 0810 0830 0850 0906 0922 0936 0950 1002 1017 1032 1047 1102 1116 1130																	
Faircross South Park Drive	0626 0656 0726 0757 0818 0838 0858 0914 0930 0944 0958 1011 1026 1041 1056 1111 1125 1139																	
Ilford High Road Hainault Street	0633 0703 0733 0804 0825 0845 0906 0922 0938 0952 1006 1021 1036 1051 1106 1121 1135 1149																	
Ilford Station	0637 0707 0737 0808 0829 0849 0910 0926 0942 0956 1011 1026 1041 1056 1111 1126 1140 1154																	
Redbridge Station Eastern Avenue	0644 0714 0745 0816 0837 0857 0918 0934 0950 1005 1020 1035 1050 1105 1121 1136 1150 1204																	
Leytonstone Station Bus Station	0652 0723 0754 0825 0846 0907 0929 0944 1001 1016 1031 1046 1101 1117 1133 1148 1203 1219																	
Dagenham Asda	1120 1134 1148 1202 1216 1230 1245 1300 1315 1330 1345 1401 1416 1431 1446 1502 1518 1533																	
Dagenham Library	1133 1147 1201 1217 1231 1245 1300 1315 1330 1345 1400 1416 1431 1446 1501 1516 1532 1547																	
Becontree Martins Corner	1144 1158 1214 1230 1244 1258 1313 1328 1343 1358 1413 1429 1444 1459 1513 1528 1544 1559																	
Faircross South Park Drive	1153 1209 1225 1241 1255 1309 1324 1338 1353 1408 1423 1439 1454 1509 1524 1539 1555 1610																	
Ilford High Road Hainault Street	1203 1219 1235 1251 1305 1320 1335 1349 1404 1418 1433 1449 1504 1519 1534 1549 1605 1619																	
Ilford Station	1208 1224 1240 1256 1310 1325 1340 1354 1409 1424 1439 1455 1510 1525 1540 1555 1611 1625																	
Redbridge Station Eastern Avenue	1220 1236 1252 1308 1323 1338 1353 1407 1422 1437 1452 1508 1522 1537 1552 1607 1623 1637																	
Leytonstone Station Bus Station	1235 1251 1307 1323 1338 1353 1408 1423 1438 1453 1508 1523 1537 1552 1607 1621 1635 1649																	
Dagenham Asda	1548 1603 1618 1633 1648 1703 1718 1734 1749 1804 1820 1835 1851 1907 1923 1938 1953 2009																	
Dagenham Library	1602 1617 1632 1647 1702 1716 1731 1747 1802 1817 1833 1848 1904 1920 1936 1951 2006 2020																	
Becontree Martins Corner	1614 1629 1644 1659 1713 1727 1742 1758 1813 1828 1844 1859 1915 1931 1947 2002 2017 2031																	
Faircross South Park Drive	1623 1638 1653 1708 1722 1736 1751 1807 1822 1837 1853 1908 1923 1939 1955 2010 2025 2039																	
Ilford High Road Hainault Street	1632 1647 1702 1717 1731 1745 1800 1815 1830 1845 1901 1916 1931 1947 2003 2018 2033 2047																	
Ilford Station	1638 1653 1707 1722 1736 1750 1805 1820 1835 1850 1906 1921 1936 1952 2007 2022 2037 2051																	
Redbridge Station Eastern Avenue	1650 1705 1719 1734 1748 1802 1815 1830 1845 1900 1915 1930 1945 2001 2016 2031 2046 2100																	
Leytonstone Station Bus Station	1702 1716 1730 1745 1759 1813 1826 1841 1856 1911 1926 1941 1956 2010 2025 2040 2055 2109																	
Dagenham Asda	2025 2041 2057 2113 2128 2144 2200 2215 2230 2245 2300 2315 2330 2345 0000																	
Dagenham Library	2036 2052 2108 2124 2139 2155 2210 2225 2240 2255 2310 2325 2340 2355 0010																	
Becontree Martins Corner	2047 2103 2118 2133 2148 2204 2219 2234 2249 2304 2318 2333 2348 0003 0018																	
Faircross South Park Drive	2055 2110 2125 2140 2155 2210 2225 2240 2255 2310 2324 2339 2354 0009 0024																	
Ilford High Road Hainault Street	2103 2117 2132 2147 2202 2217 2232 2247 2302 2316 2330 2345 0000 0015 0030																	
Ilford Station	2107 2121 2136 2151 2206 2221 2236 2251 2306 2320 2334 2349 0004 0019 0034																	
Redbridge Station Eastern Avenue	2115 2129 2144 2159 2214 2229 2244 2259 2313 2327 2341 2356 0011 0026 0041																	
Leytonstone Station Bus Station	2124 2138 2153 2207 2222 2237 2252 2307 2321 2335 2349 0004 0019 0034 0049																	

