



145	Christmas Week (Fridays when a Saturday service is in operation)																		
Dagenham Asda	0456	0515	0534	0553	0612	0630	0648	0707	0726	0746	0805	0825	0843	0858	0913	0925	0937	0948	
Dagenham New Road/Kent Avenue	0500	0519	0538	0557	0616	0634	0652	0711	0730	0750	0809	0829	0847	0902	0918	0930	0942	0953	
Dagenham Park Secondary School	0502	0521	0540	0559	0618	0636	0654	0713	0732	0752	0811	0831	0849	0904	0920	0932	0944	0955	
Dagenham Library	0506	0525	0544	0603	0622	0640	0658	0717	0736	0756	0816	0836	0854	0909	0925	0937	0949	1000	
Becontree Station	0511	0530	0549	0608	0627	0645	0703	0723	0742	0802	0822	0842	0901	0916	0932	0944	0956	1007	
Becontree Martins Corner	0514	0534	0553	0613	0632	0650	0707	0727	0746	0806	0826	0846	0906	0921	0937	0949	1001	1012	
Faircross South Park Drive	0520	0540	0559	0620	0639	0657	0716	0736	0755	0815	0835	0855	0915	0930	0946	0958	1011	1022	
Ilford High Road Hainault Street	0527	0547	0606	0627	0646	0704	0724	0744	0803	0824	0844	0904	0924	0939	0955	1008	1021	1032	
Ilford Station	0531	0551	0610	0631	0650	0708	0728	0748	0808	0829	0849	0909	0929	0944	1000	1013	1026	1037	
Redbridge Station Eastern Avenue	0538	0558	0617	0638	0657	0717	0737	0757	0817	0838	0858	0919	0939	0954	1010	1023	1036	1047	
Wanstead Station Cambridge Park	0541	0601	0621	0642	0701	0721	0741	0801	0821	0842	0902	0923	0943	0958	1015	1028	1041	1052	
Leytonstone Station Bus Station	0546	0606	0626	0647	0707	0727	0747	0807	0827	0848	0909	0930	0950	1007	1024	1037	1050	1103	
Dagenham Asda	0959	1010	1021	1032	1043	1054	1105	1117	1128	1139	1151	1203	1215	1228	1241	1254	1307	1320	
Dagenham New Road/Kent Avenue	1004	1015	1026	1037	1048	1059	1111	1123	1134	1145	1157	1209	1221	1234	1247	1300	1313	1326	
Dagenham Park Secondary School	1007	1018	1029	1040	1051	1102	1114	1126	1137	1148	1201	1213	1225	1238	1251	1303	1316	1329	
Dagenham Library	1013	1024	1035	1046	1057	1109	1121	1133	1144	1155	1208	1220	1232	1245	1258	1310	1323	1336	
Becontree Station	1020	1031	1042	1053	1105	1117	1129	1141	1152	1203	1216	1228	1240	1253	1306	1318	1331	1344	
Becontree Martins Corner	1025	1036	1047	1059	1111	1123	1135	1147	1158	1209	1222	1234	1246	1259	1312	1324	1337	1350	
Faircross South Park Drive	1035	1046	1057	1109	1121	1133	1145	1157	1209	1220	1233	1245	1257	1310	1322	1334	1347	1400	
Ilford High Road Hainault Street	1045	1056	1107	1119	1131	1143	1155	1207	1220	1232	1245	1257	1309	1322	1334	1346	1359	1411	
Ilford Station	1050	1101	1113	1125	1137	1149	1201	1213	1226	1238	1251	1303	1315	1328	1340	1352	1405	1417	
Redbridge Station Eastern Avenue	1100	1112	1124	1136	1148	1201	1214	1226	1239	1252	1305	1317	1330	1343	1355	1407	1419	1431	
Wanstead Station Cambridge Park	1105	1117	1129	1141	1153	1206	1219	1231	1244	1257	1310	1322	1335	1348	1400	1412	1424	1436	
Leytonstone Station Bus Station	1116	1128	1141	1154	1206	1219	1232	1244	1257	1310	1323	1335	1348	1400	1412	1424	1436	1448	
Dagenham Asda	1333	1346	1359	1412	1425	1438	1450	1503	1515	1527	1540	1553	1606	1619	1632	1644	1657	1710	
Dagenham New Road/Kent Avenue	1339	1352	1405	1418	1431	1444	1456	1509	1521	1533	1546	1559	1612	1625	1638	1650	1703	1716	
Dagenham Park Secondary School	1342	1355	1408	1421	1434	1447	1459	1512	1524	1536	1549	1602	1615	1628	1641	1653	1706	1719	
Dagenham Library	1349	1402	1415	1428	1441	1454	1506	1519	1531	1543	1555	1608	1621	1634	1647	1659	1712	1725	
Becontree Station	1357	1409	1422	1435	1448	1501	1513	1526	1538	1550	1602	1615	1628	1641	1654	1706	1719	1732	
Becontree Martins Corner	1403	1415	1428	1441	1454	1507	1519	1532	1544	1556	1608	1621	1634	1647	1700	1712	1725	1738	
Faircross South Park Drive	1413	1425	1438	1451	1504	1517	1529	1542	1554	1606	1618	1631	1644	1657	1710	1722	1735	1748	
Ilford High Road Hainault Street	1424	1436	1449	1502	1514	1527	1539	1552	1604	1617	1629	1642	1655	1708	1720	1732	1745	1758	
Ilford Station	1430	1442	1455	1508	1520	1533	1545	1558	1610	1623	1635	1648	1701	1714	1726	1738	1751	1804	
Redbridge Station Eastern Avenue	1444	1456	1509	1521	1533	1546	1558	1611	1623	1636	1648	1701	1714	1727	1739	1751	1804	1816	
Wanstead Station Cambridge Park	1449	1501	1514	1526	1538	1551	1603	1616	1628	1641	1653	1706	1719	1732	1744	1756	1809	1821	
Leytonstone Station Bus Station	1501	1512	1525	1537	1549	1602	1614	1627	1639	1652	1704	1717	1730	1743	1755	1807	1820	1832	
Dagenham Asda	1723	1736	1750	1804	1819	1835	1850	1906	1922	1938	1953	2008	2023	2038	2053	2108	2124	2140	
Dagenham New Road/Kent Avenue	1729	1742	1756	1810	1825	1841	1856	1912	1928	1944	1959	2013	2028	2043	2058	2112	2128	2144	
Dagenham Park Secondary School	1732	1745	1759	1813	1828	1844	1859	1915	1931	1947	2002	2015	2030	2045	2100	2114	2130	2146	
Dagenham Library	1738	1751	1805	1818	1833	1849	1904	1920	1936	1952	2007	2020	2035	2050	2105	2119	2135	2151	
Becontree Station	1745	1758	1812	1825	1840	1856	1911	1927	1943	1959	2013	2026	2041	2056	2111	2125	2141	2157	
Becontree Martins Corner	1751	1804	1818	1831	1846	1902	1916	1932	1948	2004	2018	2031	2046	2101	2115	2129	2145	2201	
Faircross South Park Drive	1801	1814	1827	1840	1855	1911	1925	1941	1957	2013	2027	2040	2055	2109	2122	2136	2152	2208	
Ilford High Road Hainault Street	1810	1823	1836	1849	1904	1920	1934	1950	2006	2021	2035	2048	2103	2117	2130	2144	2200	2215	
Ilford Station	1816	1829	1842	1855	1910	1925	1939	1955	2011	2026	2040	2053	2107	2121	2134	2148	2204	2219	
Redbridge Station Eastern Avenue	1828	1841	1854	1907	1921	1936	1950	2006	2021	2036	2050	2103	2117	2130	2143	2157	2212	2227	
Wanstead Station Cambridge Park	1833	1846	1859	1911	1925	1940	1954	2010	2025	2040	2054	2107	2121	2134	2147	2201	2216	2231	
Leytonstone Station Bus Station	1844	1856	1909	1921	1935	1950	2004	2017	2032	2047	2101	2114	2127	2140	2153	2207	2222	2237	
Dagenham Asda	2155	2210	2226	2242	2258	2314	2329	2345	0000										
Dagenham New Road/Kent Avenue	2159	2214	2230	2246	2302	2318	2333	2349	0004										
Dagenham Park Secondary School	2201	2216	2232	2248	2304	2320	2335	2351	0006										
Dagenham Library	2206	2221	2237	2253	2308	2324	2339	2355	0010										
Becontree Station	2212	2227	2243	2259	2314	2329	2344	0000	0015										
Becontree Martins Corner	2216	2231	2247	2303	2318	2333	2347	0003	0018										
Faircross South Park Drive	2223	2238	2254	2309	2324	2339	2353	0009	0024										
Ilford High Road Hainault Street	2230	2245	2301	2316	2331	2346	0000	0015	0030										
Ilford Station	2234	2249	2305	2320	2335	2350	0004	0019	0034										
Redbridge Station Eastern Avenue	2242	2257	2313	2328	2343	2358	0012	0027	0041										
Wanstead Station Cambridge Park	2246	2301	2316	2331	2346	0001	0015	0030	0044										
Leytonstone Station Bus Station	2252	2307	2322	2337	2352	0007	0021	0036	0050										

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## Leytonstone – Ilford – Dagenham

145	Christmas Week (Mondays to Thursdays when a Saturday service is in operation)																	
Leytonstone Station Bus Station	0455	0515	0535	0555	0615	0635	0655	0715	0735	0755	0810	0824	0836	0848	0859	0911	0923	0934
Wanstead Station Cambridge Park	0500	0520	0540	0600	0620	0640	0700	0720	0740	0800	0816	0830	0842	0854	0906	0918	0930	0941
Redbridge Station Eastern Avenue	0503	0523	0543	0604	0624	0644	0704	0724	0744	0804	0820	0834	0846	0858	0910	0922	0934	0945
Ilford Station	0510	0530	0550	0611	0631	0651	0711	0731	0751	0812	0828	0842	0854	0907	0920	0932	0944	0955
Ilford High Road Hainault Street	0513	0533	0553	0614	0634	0654	0715	0735	0755	0816	0832	0846	0858	0911	0924	0936	0948	0959
Faircross South Park Drive	0520	0540	0600	0621	0641	0701	0722	0742	0802	0824	0840	0854	0907	0920	0933	0945	0957	1009
Becontree Martins Corner	0526	0546	0606	0627	0647	0708	0729	0749	0809	0831	0847	0901	0914	0927	0940	0952	1004	1017
Becontree Station	0530	0550	0611	0632	0652	0713	0734	0754	0814	0836	0852	0907	0920	0933	0946	0958	1010	1023
Dagenham Library	0534	0554	0615	0636	0656	0717	0738	0758	0819	0841	0857	0912	0925	0938	0951	1003	1016	1029
Dagenham Park Secondary School	0539	0559	0620	0641	0701	0722	0743	0803	0825	0847	0903	0918	0931	0944	0957	1010	1023	1036
Dagenham New Road/Kent Avenue	0541	0601	0622	0643	0704	0725	0746	0806	0828	0850	0906	0921	0934	0947	1000	1013	1026	1039
Dagenham Asda	0545	0605	0626	0647	0708	0729	0750	0811	0833	0855	0912	0927	0940	0953	1006	1019	1032	1045
Leytonstone Station Bus Station	0945	0956	1007	1019	1031	1042	1053	1104	1116	1128	1141	1154	1206	1218	1230	1242	1254	1307
Wanstead Station Cambridge Park	0952	1003	1015	1027	1039	1050	1101	1113	1125	1137	1150	1203	1217	1229	1241	1253	1305	1318
Redbridge Station Eastern Avenue	0956	1007	1019	1031	1043	1054	1106	1118	1130	1142	1155	1208	1222	1234	1246	1258	1311	1324
Ilford Station	1006	1018	1030	1042	1054	1107	1120	1132	1144	1156	1209	1222	1236	1249	1301	1314	1328	1341
Ilford High Road Hainault Street	1011	1023	1035	1047	1059	1112	1125	1137	1149	1201	1214	1227	1241	1254	1307	1320	1334	1347
Faircross South Park Drive	1022	1034	1046	1058	1111	1124	1137	1149	1201	1214	1227	1240	1254	1307	1320	1333	1347	1400
Becontree Martins Corner	1030	1042	1054	1107	1120	1133	1146	1158	1210	1223	1236	1249	1303	1316	1329	1342	1356	1409
Becontree Station	1036	1048	1100	1113	1126	1139	1152	1204	1217	1230	1243	1256	1310	1323	1336	1349	1403	1415
Dagenham Library	1042	1054	1107	1120	1133	1146	1159	1211	1224	1237	1250	1303	1317	1330	1343	1356	1409	1421
Dagenham Park Secondary School	1049	1101	1114	1127	1140	1153	1206	1219	1232	1245	1258	1311	1324	1337	1350	1403	1416	1428
Dagenham New Road/Kent Avenue	1052	1105	1118	1131	1144	1157	1210	1223	1236	1249	1302	1315	1328	1341	1354	1407	1420	1432
Dagenham Asda	1058	1111	1124	1137	1150	1203	1216	1229	1242	1255	1308	1321	1334	1347	1400	1413	1426	1438
Leytonstone Station Bus Station	1319	1332	1344	1357	1409	1422	1434	1447	1459	1512	1524	1537	1549	1602	1614	1627	1639	1651
Wanstead Station Cambridge Park	1330	1343	1355	1408	1420	1433	1445	1458	1510	1522	1534	1547	1559	1612	1624	1637	1649	1701
Redbridge Station Eastern Avenue	1336	1349	1401	1414	1426	1439	1451	1504	1515	1527	1539	1552	1604	1617	1629	1642	1654	1706
Ilford Station	1353	1406	1417	1430	1442	1455	1507	1518	1529	1541	1553	1606	1618	1631	1643	1656	1708	1719
Ilford High Road Hainault Street	1359	1412	1423	1436	1448	1501	1513	1524	1535	1547	1559	1612	1624	1637	1649	1702	1713	1724
Faircross South Park Drive	1412	1425	1436	1449	1501	1514	1526	1537	1548	1600	1612	1625	1637	1650	1702	1715	1726	1737
Becontree Martins Corner	1421	1434	1445	1458	1510	1523	1535	1546	1557	1609	1621	1634	1646	1659	1711	1724	1735	1746
Becontree Station	1427	1440	1451	1504	1516	1529	1541	1552	1603	1615	1627	1640	1652	1705	1717	1730	1741	1752
Dagenham Library	1433	1446	1457	1510	1522	1535	1547	1558	1609	1621	1633	1646	1658	1711	1723	1736	1747	1758
Dagenham Park Secondary School	1440	1453	1504	1517	1529	1542	1554	1605	1616	1628	1640	1653	1705	1718	1730	1743	1754	1805
Dagenham New Road/Kent Avenue	1444	1457	1508	1521	1533	1546	1558	1609	1620	1632	1644	1657	1709	1722	1734	1746	1757	1808
Dagenham Asda	1450	1503	1514	1527	1539	1552	1604	1615	1626	1638	1650	1703	1715	1728	1740	1752	1803	1814
Leytonstone Station Bus Station	1703	1716	1729	1742	1756	1810	1825	1840	1855	1910	1925	1940	1955	2010	2025	2040	2056	2112
Wanstead Station Cambridge Park	1713	1726	1739	1752	1806	1819	1834	1849	1904	1919	1933	1948	2003	2017	2032	2047	2103	2118
Redbridge Station Eastern Avenue	1718	1731	1744	1757	1811	1824	1839	1854	1909	1924	1938	1953	2007	2021	2036	2051	2107	2122
Ilford Station	1731	1744	1757	1810	1823	1836	1851	1906	1920	1935	1949	2004	2017	2031	2046	2101	2116	2131
Ilford High Road Hainault Street	1736	1749	1802	1815	1828	1841	1856	1910	1924	1939	1953	2008	2021	2035	2050	2105	2120	2135
Faircross South Park Drive	1749	1802	1814	1827	1840	1853	1908	1922	1936	1951	2005	2018	2031	2045	2100	2114	2129	2144
Becontree Martins Corner	1758	1811	1823	1836	1849	1902	1916	1930	1944	1959	2013	2026	2039	2053	2108	2122	2137	2152
Becontree Station	1804	1817	1829	1842	1855	1908	1922	1936	1950	2004	2018	2031	2044	2058	2113	2127	2142	2157
Dagenham Library	1809	1822	1834	1847	1900	1913	1927	1941	1955	2009	2023	2036	2049	2103	2118	2132	2147	2202
Dagenham Park Secondary School	1816	1829	1841	1854	1907	1920	1934	1948	2002	2016	2030	2043	2056	2109	2124	2138	2153	2207
Dagenham New Road/Kent Avenue	1819	1832	1844	1857	1910	1923	1937	1951	2005	2019	2033	2046	2059	2112	2127	2141	2156	2210
Dagenham Asda	1825	1838	1850	1903	1916	1929	1943	1957	2009	2023	2037	2050	2103	2116	2131	2145	2200	2214
Leytonstone Station Bus Station	2128	2144	2200	2215	2230	2245	2300	2315	2330	2345	0000							
Wanstead Station Cambridge Park	2134	2150	2206	2221	2236	2251	2306	2321	2336	2351	0006							
Redbridge Station Eastern Avenue	2138	2154	2210	2225	2240	2255	2309	2324	2339	2354	0009							
Ilford Station	2147	2203	2218	2233	2248	2303	2317	2332	2347	0002	0016							
Ilford High Road Hainault Street	2151	2207	2222	2237	2252	2307	2321	2336	2351	0006	0020							
Faircross South Park Drive	2200	2216	2231	2246	2301	2315	2329	2344	2359	0013	0027							
Becontree Martins Corner	2208	2223	2238	2253	2307	2321	2335	2350	0005	0019	0033							
Becontree Station	2213	2228	2243	2258	2311	2325	2339	2354	0009	0023	0037							
Dagenham Library	2217	2232	2247	2302	2315	2329	2343	2358	0013	0027	0041							
Dagenham Park Secondary School	2222	2237	2252	2307	2320	2334	2348	0003	0018	0032	0046							
Dagenham New Road/Kent Avenue	2225	2240	2255	2309	2322	2336	2350	0005	0020	0034	0048							
Dagenham Asda	2229	2244	2259	2313	2326	2340	2354	0009	0024	0038	0052							

145	Christmas Week (Fridays when a Saturday service is in operation)																	
Leytonstone Station Bus Station	0455	0515	0535	0555	0615	0635	0655	0715	0735	0755	0810	0824	0836	0848	0859	0911	0923	0934
Wanstead Station Cambridge Park	0500	0520	0540	0600	0620	0640	0700	0720	0740	0800	0816	0830	0842	0854	0906	0918	0930	0941
Redbridge Station Eastern Avenue	0503	0523	0543	0604	0624	0644	0704	0724	0744	0804	0820	0834	0846	0858	0910	0922	0934	0945
Ilford Station	0510	0530	0550	0611	0631	0651	0711	0731	0751	0812	0828	0842	0854	0907	0920	0932	0944	0955
Ilford High Road Hainault Street	0513	0533	0553	0614	0634	0654	0715	0735	0755	0816	0832	0846	0858	0911	0924	0936	0948	0959
Faircross South Park Drive	0520	0540	0600	0621	0641	0701	0722	0742	0802	0824	0840	0854	0907	0920	0933	0945	0957	1009
Becontree Martins Corner	0526	0546	0606	0627	0647	0708	0729	0749	0809	0831	0847	0901	0914	0927	0940	0952	1004	1017
Becontree Station	0530	0550	0611	0632	0652	0713	0734	0754	0814	0836	0852	0907	0920	0933	0946	0958	1010	1023
Dagenham Library	0534	0554	0615	0636	0656	0717	0738	0758	0819	0841	0857	0912	0925	0938	0951	1003	1016	1029
Dagenham Park Secondary School	0539	0559	0620	0641	0701	0722	0743	0803	0825	0847	0903	0918	0931	0944	0957	1010	1023	1036
Dagenham New Road/Kent Avenue	0541	0601	0622	0643	0704	0725	0746	0806	0828	0850	0906	0921	0934	0947	1000	1013	1026	1039
Dagenham Asda	0545	0605	0626	0647	0708	0729	0750	0811	0833	0855	0912	0927	0940	0953	1006	1019	1032	1045
Leytonstone Station Bus Station	0945	0956	1007	1019	1031	1042	1053	1104	1116	1128	1141	1154	1206	1218	1230	1242	1254	1307
Wanstead Station Cambridge Park	0952	1003	1015	1027	1039	1050	1101	1113	1125	1137	1150	1203	1217	1229	1241	1253	1305	1318
Redbridge Station Eastern Avenue	0956	1007	1019	1031	1043	1054	1106	1118	1130	1142	1155	1208	1222	1234	1246	1258	1311	1324
Ilford Station	1006	1018	1030	1042	1054	1107	1120	1132	1144	1156	1209	1222	1236	1249	1301	1314	1328	1341
Ilford High Road Hainault Street	1011	1023	1035	1047	1059	1112	1125	1137	1149	1201	1214	1227	1241	1254	1307	1320	1334	1347
Faircross South Park Drive	1022	1034	1046	1058	1111	1124	1137	1149	1201	1214	1227	1240	1254	1307	1320	1333	1347	1400
Becontree Martins Corner	1030	1042	1054	1107	1120	1133	1146	1158	1210	1223	1236	1249	1303	1316	1329	1342	1356	1409
Becontree Station	1036	1048	1100	1113	1126	1139	1152	1204	1217	1230	1243	1256	1310	1323	1336	1349	1403	1415
Dagenham Library	1042	1054	1107	1120	1133	1146	1159	1211	1224	1237	1250	1303	1317	1330	1343	1356	1409	1421
Dagenham Park Secondary School	1049	1101	1114	1127	1140	1153	1206	1219	1232	1245	1258	1311	1324	1337	1350	1403	1416	1428
Dagenham New Road/Kent Avenue	1052	1105	1118	1131	1144	1157	1210	1223	1236	1249	1302	1315	1328	1341	1354	1407	1420	1432
Dagenham Asda	1058	1111	1124	1137	1150	1203	1216	1229	1242	1255	1308	1321	1334	1347	1400	1413	1426	1438
Leytonstone Station Bus Station	1319	1332	1344	1357	1409	1422	1434	1447	1459	1512	1524	1537	1549	1602	1614	1627	1639	1652
Wanstead Station Cambridge Park	1330	1343	1355	1408	1420	1433	1445	1458	1510	1523	1535	1547	1559	1612	1624	1637	1649	1702
Redbridge Station Eastern Avenue	1336	1349	1401	1414	1426	1439	1451	1504	1516	1529	1541	1553	1605	1617	1629	1642	1654	1707
Ilford Station	1353	1406	1417	1430	1442	1455	1507	1519	1531	1544	1556	1607	1619	1631	1643	1656	1708	1720
Ilford High Road Hainault Street	1359	1412	1423	1436	1448	1501	1513	1525	1537	1550	1602	1613	1625	1637	1649	1702	1714	1726
Faircross South Park Drive	1412	1425	1436	1449	1501	1514	1526	1538	1550	1603	1615	1626	1638	1650	1702	1715	1727	1739
Becontree Martins Corner	1421	1434	1445	1458	1510	1523	1535	1547	1559	1612	1624	1635	1647	1659	1711	1724	1736	1748
Becontree Station	1427	1440	1451	1504	1516	1529	1541	1553	1605	1618	1630	1641	1653	1705	1717	1730	1742	1754
Dagenham Library	1433	1446	1457	1510	1522	1535	1547	1559	1611	1624	1636	1647	1659	1711	1723	1736	1748	1800
Dagenham Park Secondary School	1440	1453	1504	1517	1529	1542	1554	1606	1618	1631	1643	1654	1706	1718	1730	1743	1755	1807
Dagenham New Road/Kent Avenue	1444	1457	1508	1521	1533	1546	1558	1610	1622	1635	1647	1658	1710	1722	1734	1746	1758	1810
Dagenham Asda	1450	1503	1514	1527	1539	1552	1604	1616	1628	1641	1653	1704	1716	1728	1740	1752	1804	1816
Leytonstone Station Bus Station	1704	1717	1730	1743	1756	1810	1825	1840	1855	1910	1925	1940	1955	2010	2025	2041	2056	2112
Wanstead Station Cambridge Park	1714	1727	1740	1753	1806	1819	1834	1849	1904	1919	1933	1948	2003	2017	2032	2048	2103	2118
Redbridge Station Eastern Avenue	1719	1732	1745	1758	1811	1824	1839	1854	1909	1924	1938	1953	2007	2021	2036	2052	2107	2122
Ilford Station	1732	1745	1758	1811	1824	1836	1851	1906	1920	1935	1949	2004	2017	2031	2046	2102	2116	2131
Ilford High Road Hainault Street	1738	1751	1804	1817	1829	1841	1856	1910	1924	1939	1953	2008	2021	2035	2050	2106	2120	2135
Faircross South Park Drive	1751	1804	1817	1830	1841	1853	1908	1922	1936	1951	2005	2018	2031	2045	2100	2115	2129	2144
Becontree Martins Corner	1800	1813	1826	1839	1850	1902	1916	1930	1944	1959	2013	2026	2039	2053	2108	2123	2137	2152
Becontree Station	1806	1819	1832	1845	1856	1908	1922	1936	1950	2004	2018	2031	2044	2058	2113	2128	2142	2157
Dagenham Library	1812	1825	1837	1850	1901	1913	1927	1941	1955	2009	2023	2036	2049	2103	2118	2133	2147	2202
Dagenham Park Secondary School	1819	1832	1844	1857	1908	1920	1934	1948	2002	2016	2030	2043	2056	2109	2124	2139	2153	2207
Dagenham New Road/Kent Avenue	1822	1835	1847	1900	1911	1923	1937	1951	2005	2019	2033	2046	2059	2112	2127	2142	2156	2210
Dagenham Asda	1828	1841	1853	1906	1917	1929	1943	1957	2009	2023	2037	2050	2103	2116	2131	2146	2200	2214
Leytonstone Station Bus Station	2128	2144	2200	2215	2230	2245	2300	2315	2330	2345	0000							
Wanstead Station Cambridge Park	2134	2150	2206	2221	2236	2251	2306	2320	2335	2350	0005							
Redbridge Station Eastern Avenue	2138	2154	2210	2225	2240	2255	2309	2323	2338	2353	0008							
Ilford Station	2147	2203	2218	2233	2248	2303	2317	2331	2345	0000	0015							
Ilford High Road Hainault Street	2151	2207	2222	2237	2252	2307	2321	2335	2349	0004	0019							
Faircross South Park Drive	2200	2216	2231	2246	2301	2315	2329	2343	2357	0011	0026							
Becontree Martins Corner	2208	2223	2238	2253	2307	2321	2335	2349	0003	0017	0031							
Becontree Station	2213	2228	2243	2258	2311	2325	2339	2353	0007	0021	0035							
Dagenham Library	2217	2232	2247	2302	2315	2329	2343	2357	0011	0025	0039							
Dagenham Park Secondary School	2222	2237	2252	2307	2320	2334	2348	0002	0016	0030	0044							
Dagenham New Road/Kent Avenue	2225	2240	2255	2309	2322	2336	2350	0004	0018	0032	0046							
Dagenham Asda	2229	2244	2259	2313	2326	2340	2354	0008	0022	0036	0050							