

145		Mondays to Fridays																	
Dagenham Asda	0455	0515	0535	0555	0610	0625	0635	0644	0653	0702	0711	0722	0733	0744	0755	0806	0818	0830	
Dagenham New Road/Kent Avenue	0459	0519	0539	0559	0614	0629	0639	0648	0657	0707	0716	0727	0738	0749	0800	0812	0824	0836	
Dagenham Village Post Office	0501	0521	0541	0601	0616	0631	0641	0650	0659	0710	0719	0730	0741	0752	0803	0816	0828	0840	
Dagenham Library	0506	0526	0546	0606	0621	0636	0646	0655	0704	0716	0725	0736	0747	0758	0810	0823	0835	0847	
Becontree Station	0512	0532	0552	0612	0627	0642	0652	0701	0711	0723	0732	0743	0754	0805	0818	0831	0843	0855	
Becontree Martins Corner	0516	0536	0556	0617	0632	0647	0657	0707	0717	0729	0738	0749	0800	0812	0825	0838	0850	0902	
Faircross South Park Drive	0524	0544	0604	0626	0641	0656	0706	0718	0728	0740	0749	0800	0812	0824	0837	0850	0902	0913	
Ilford High Road Hainault Street	0531	0551	0612	0634	0649	0704	0717	0729	0739	0751	0800	0812	0825	0837	0850	0903	0913	0924	
Ilford Station	0535	0555	0616	0638	0654	0709	0722	0734	0744	0756	0806	0818	0831	0843	0856	0909	0919	0930	
Redbridge Station Eastern Avenue	0542	0604	0626	0648	0706	0723	0736	0748	0758	0810	0822	0834	0847	0859	0911	0921	0931	0942	
Wanstead Station Cambridge Park	0546	0608	0630	0652	0711	0728	0741	0753	0803	0815	0827	0839	0852	0904	0916	0926	0936	0947	
Leytonstone Station Bus Station	0552	0614	0636	0658	0718	0735	0748	0800	0812	0824	0836	0848	0900	0912	0924	0934	0944	0955	
Dagenham Asda	0842	0854	0906	0918	0930	0942	0955	1007	1020			1256	1307	1319	1330	1342	1354	1406	
Dagenham New Road/Kent Avenue	0848	0900	0912	0924	0936	0948	1001	1013	1026			1302	1313	1325	1336	1348	1400	1412	
Dagenham Village Post Office	0852	0904	0915	0927	0939	0951	1004	1016	1029			1305	1316	1328	1339	1351	1403	1415	
Dagenham Library	0859	0910	0921	0933	0945	0957	1010	1022	1035			1311	1322	1334	1345	1357	1410	1422	
Becontree Station	0907	0917	0928	0940	0952	1004	1017	1029	1042			1318	1329	1341	1352	1404	1417	1429	
Becontree Martins Corner	0913	0923	0934	0946	0958	1010	1023	1035	1048			1324	1335	1347	1358	1410	1423	1435	
Faircross South Park Drive	0924	0934	0945	0957	1009	1020	1033	1045	1058			1334	1345	1357	1408	1420	1433	1445	
Ilford High Road Hainault Street	0934	0945	0956	1008	1020	1031	1043	1055	1108			1344	1355	1407	1418	1430	1443	1455	
Ilford Station	0940	0951	1002	1014	1026	1037	1049	1101	1114			1350	1401	1413	1424	1436	1449	1501	
Redbridge Station Eastern Avenue	0952	1003	1014	1026	1038	1049	1101	1113	1125			1401	1413	1425	1436	1448	1501	1514	
Wanstead Station Cambridge Park	0957	1008	1019	1031	1043	1054	1106	1118	1130			1406	1418	1430	1441	1453	1506	1519	
Leytonstone Station Bus Station	1005	1016	1027	1039	1051	1102	1114	1126	1138			1414	1426	1438	1450	1503	1516	1529	
Dagenham Asda	1418	1429	1439	1449	1501	1513	1525	1537	1549	1601	1613	1625	1637	1649	1701	1713	1725	1737	
Dagenham New Road/Kent Avenue	1424	1435	1445	1455	1507	1519	1531	1543	1555	1607	1619	1631	1643	1655	1707	1719	1731	1743	
Dagenham Village Post Office	1427	1438	1448	1458	1511	1523	1535	1547	1559	1610	1622	1634	1646	1658	1710	1722	1734	1746	
Dagenham Library	1434	1445	1455	1505	1518	1531	1543	1555	1607	1618	1629	1640	1652	1704	1716	1728	1740	1752	
Becontree Station	1441	1452	1502	1514	1527	1540	1552	1604	1615	1626	1637	1648	1700	1712	1724	1736	1748	1800	
Becontree Martins Corner	1447	1458	1509	1521	1534	1547	1559	1611	1622	1633	1644	1655	1707	1719	1731	1743	1755	1806	
Faircross South Park Drive	1457	1508	1520	1532	1545	1558	1610	1623	1634	1645	1656	1707	1718	1730	1742	1754	1806	1816	
Ilford High Road Hainault Street	1507	1520	1532	1544	1557	1610	1622	1634	1645	1656	1707	1718	1729	1741	1753	1805	1816	1826	
Ilford Station	1513	1526	1538	1550	1603	1616	1628	1640	1651	1702	1713	1724	1735	1747	1759	1811	1822	1832	
Redbridge Station Eastern Avenue	1527	1540	1552	1604	1616	1628	1640	1652	1703	1714	1725	1736	1747	1759	1811	1823	1834	1844	
Wanstead Station Cambridge Park	1532	1545	1557	1609	1621	1633	1645	1657	1708	1719	1730	1741	1752	1804	1816	1828	1839	1849	
Leytonstone Station Bus Station	1542	1555	1607	1619	1631	1643	1655	1707	1719	1730	1741	1752	1803	1814	1826	1838	1849	1859	
Dagenham Asda	1749	1801	1813	1826	1839	1852	1905	1918	1934	1950	2006	2022	2038	2053	2108	2123	2139	2155	
Dagenham New Road/Kent Avenue	1755	1807	1819	1832	1845	1858	1911	1924	1940	1956	2011	2027	2043	2058	2113	2128	2144	2200	
Dagenham Village Post Office	1758	1810	1822	1835	1848	1901	1914	1927	1943	1959	2013	2029	2045	2100	2115	2130	2146	2202	
Dagenham Library	1804	1815	1827	1840	1853	1906	1919	1932	1948	2004	2018	2034	2050	2104	2119	2134	2150	2206	
Becontree Station	1812	1823	1835	1848	1901	1913	1926	1939	1955	2010	2024	2040	2056	2110	2125	2140	2156	2211	
Becontree Martins Corner	1818	1829	1841	1854	1907	1919	1932	1945	2001	2015	2029	2045	2101	2115	2130	2145	2201	2216	
Faircross South Park Drive	1828	1839	1851	1904	1916	1928	1941	1954	2010	2024	2038	2054	2110	2124	2139	2154	2208	2223	
Ilford High Road Hainault Street	1838	1849	1901	1913	1925	1937	1950	2003	2018	2032	2046	2102	2118	2132	2147	2201	2215	2230	
Ilford Station	1844	1855	1906	1918	1930	1942	1955	2008	2023	2037	2051	2106	2122	2136	2151	2205	2219	2234	
Redbridge Station Eastern Avenue	1856	1907	1917	1929	1941	1953	2006	2018	2032	2046	2100	2115	2130	2144	2159	2213	2227	2242	
Wanstead Station Cambridge Park	1901	1911	1921	1933	1945	1957	2010	2022	2036	2050	2104	2119	2134	2148	2203	2217	2231	2246	
Leytonstone Station Bus Station	1910	1920	1930	1942	1954	2006	2018	2030	2043	2056	2110	2125	2140	2154	2208	2222	2236	2251	
X																			
Dagenham Asda	2211	2227	2243	2259	2314	2329	2344	0000											
Dagenham New Road/Kent Avenue	2216	2232	2248	2304	2319	2334	2349	0005											
Dagenham Village Post Office	2218	2234	2250	2306	2321	2336	2351	0007											
Dagenham Library	2222	2238	2254	2309	2324	2339	2354	0010											
Becontree Station	2227	2243	2259	2314	2329	2344	2359	0015											
Becontree Martins Corner	2231	2247	2303	2318	2333	2348	0003	0018											
Faircross South Park Drive	2237	2253	2309	2324	2339	2354	0009	0024											
Ilford High Road Hainault Street	2244	2300	2315	2330	2345	0000	0015	0030											
Ilford Station	2248	2304	2319	2334	2349	0004	0019	0034											
Redbridge Station Eastern Avenue	2256	2311	2326	2341	2356	0011	0026	0041											
Wanstead Station Cambridge Park	2300	2314	2329	2344	2359	0014	0029	0044											
Leytonstone Station Bus Station	2305	2319	2334	2349	0004	0019	0034	0049											
Note:	X - On Fridays, this journey is duplicated in the Saturday timetable.																		

145		Saturdays																
Dagenham Asda	0000		0430	0456	0515	0534	0553	0612	0630	0648	0707	0726	0746	0805	0825	0843	0858	
Dagenham New Road/Kent Avenue	0005		0435	0500	0519	0538	0557	0616	0634	0652	0711	0730	0750	0809	0829	0847	0902	
Dagenham Village Post Office	0007		0437	0502	0521	0540	0559	0618	0636	0654	0713	0732	0752	0811	0831	0849	0904	
Dagenham Library	0010		0440	0506	0525	0544	0603	0622	0640	0658	0717	0736	0756	0816	0836	0854	0909	
Becontree Station	0015	Then every 30 minutes until	0445	0511	0530	0549	0608	0627	0645	0703	0723	0742	0802	0822	0842	0901	0916	
Becontree Martins Corner	0018		0448	0514	0534	0553	0613	0632	0650	0707	0727	0746	0806	0826	0846	0906	0921	
Faircross South Park Drive	0024		0454	0520	0540	0559	0620	0639	0657	0716	0736	0755	0815	0835	0855	0915	0930	
Ilford High Road Hainault Street	0030		0500	0527	0547	0606	0627	0646	0704	0724	0744	0803	0824	0844	0904	0924	0939	
Ilford Station	0034		0504	0531	0551	0610	0631	0650	0708	0728	0748	0808	0829	0849	0909	0929	0944	
Redbridge Station Eastern Avenue	0041		0511	0538	0558	0617	0638	0657	0717	0737	0757	0817	0838	0858	0919	0939	0954	
Wanstead Station Cambridge Park	0044		0514	0541	0601	0621	0642	0701	0721	0741	0801	0821	0842	0902	0923	0943	0958	
Leytonstone Station Bus Station	0049	0519	0546	0606	0626	0647	0707	0727	0747	0807	0827	0848	0909	0930	0950	1007		
Dagenham Asda	0911	0923	0934	0945	0956	1007	1019	1031	1042	1052	1103	1114	1124	1135	1147	1158	1208	1220
Dagenham New Road/Kent Avenue	0916	0928	0939	0950	1001	1012	1024	1036	1047	1057	1109	1120	1130	1141	1153	1204	1214	1226
Dagenham Village Post Office	0918	0930	0941	0952	1004	1015	1027	1039	1050	1100	1112	1123	1133	1144	1156	1208	1218	1230
Dagenham Library	0923	0935	0946	0957	1009	1021	1033	1045	1056	1107	1119	1130	1140	1151	1203	1215	1225	1237
Becontree Station	0930	0942	0953	1004	1016	1028	1040	1052	1103	1115	1127	1138	1148	1159	1211	1223	1233	1245
Becontree Martins Corner	0935	0947	0958	1009	1021	1033	1045	1057	1109	1121	1133	1144	1154	1205	1217	1229	1239	1251
Faircross South Park Drive	0944	0956	1007	1019	1031	1043	1055	1107	1119	1131	1143	1154	1204	1216	1228	1240	1250	1302
Ilford High Road Hainault Street	0953	1005	1017	1029	1041	1053	1105	1117	1129	1141	1153	1204	1216	1228	1240	1252	1302	1314
Ilford Station	0958	1010	1022	1034	1046	1058	1110	1123	1135	1147	1159	1210	1222	1234	1246	1258	1308	1320
Redbridge Station Eastern Avenue	1008	1020	1032	1044	1056	1108	1121	1134	1146	1158	1211	1223	1235	1247	1259	1311	1323	1335
Wanstead Station Cambridge Park	1013	1025	1037	1049	1101	1113	1126	1139	1151	1203	1216	1228	1240	1252	1304	1316	1328	1340
Leytonstone Station Bus Station	1022	1034	1046	1058	1111	1124	1137	1150	1203	1216	1229	1241	1253	1305	1317	1329	1341	1353
Dagenham Asda	1233	1246	1259	1312	1325	1337	1350	1403	1415	1428	1440	1452	1504	1516	1527	1539	1551	1603
Dagenham New Road/Kent Avenue	1239	1252	1305	1318	1331	1343	1356	1409	1421	1434	1446	1458	1510	1522	1533	1545	1557	1609
Dagenham Village Post Office	1243	1256	1308	1321	1334	1346	1359	1412	1424	1437	1449	1501	1513	1525	1536	1548	1600	1612
Dagenham Library	1250	1303	1315	1328	1341	1353	1406	1419	1431	1444	1456	1508	1520	1532	1543	1555	1606	1618
Becontree Station	1258	1311	1323	1336	1349	1401	1413	1426	1438	1451	1503	1515	1527	1539	1550	1602	1613	1625
Becontree Martins Corner	1304	1317	1329	1342	1355	1407	1419	1432	1444	1457	1509	1521	1533	1545	1556	1608	1619	1631
Faircross South Park Drive	1314	1327	1339	1352	1405	1417	1429	1442	1454	1507	1519	1531	1543	1555	1606	1618	1629	1641
Ilford High Road Hainault Street	1326	1339	1351	1404	1416	1428	1440	1453	1505	1517	1529	1541	1553	1605	1617	1629	1640	1652
Ilford Station	1332	1345	1357	1410	1422	1434	1446	1459	1511	1523	1535	1547	1559	1611	1623	1635	1646	1658
Redbridge Station Eastern Avenue	1347	1400	1412	1424	1436	1448	1500	1513	1524	1536	1548	1600	1612	1624	1636	1648	1659	1711
Wanstead Station Cambridge Park	1352	1405	1417	1429	1441	1453	1505	1518	1529	1541	1553	1605	1617	1629	1641	1653	1704	1716
Leytonstone Station Bus Station	1405	1417	1429	1441	1453	1505	1517	1529	1540	1552	1604	1616	1628	1640	1652	1704	1715	1727
Dagenham Asda	1615	1627	1640	1652	1705	1717	1730	1742	1755	1810	1825	1840	1854	1909	1923	1938	1953	2008
Dagenham New Road/Kent Avenue	1621	1633	1646	1658	1711	1723	1736	1748	1801	1816	1831	1846	1900	1915	1929	1944	1959	2013
Dagenham Village Post Office	1624	1636	1649	1701	1714	1726	1739	1751	1804	1819	1834	1849	1903	1918	1932	1947	2001	2015
Dagenham Library	1630	1642	1655	1707	1720	1732	1745	1757	1809	1824	1839	1854	1908	1923	1937	1952	2006	2020
Becontree Station	1637	1649	1702	1715	1728	1740	1753	1805	1816	1831	1846	1901	1915	1930	1944	1959	2012	2026
Becontree Martins Corner	1643	1655	1708	1721	1734	1746	1759	1811	1822	1837	1852	1906	1920	1935	1949	2004	2017	2031
Faircross South Park Drive	1653	1705	1718	1731	1744	1756	1809	1820	1831	1846	1901	1915	1929	1944	1958	2013	2026	2040
Ilford High Road Hainault Street	1704	1716	1728	1741	1754	1806	1818	1829	1840	1855	1910	1924	1938	1953	2007	2021	2034	2048
Ilford Station	1710	1722	1734	1747	1800	1812	1824	1835	1846	1901	1915	1929	1943	1958	2012	2026	2039	2053
Redbridge Station Eastern Avenue	1723	1735	1747	1800	1812	1824	1836	1847	1858	1912	1926	1940	1954	2009	2022	2036	2049	2103
Wanstead Station Cambridge Park	1728	1740	1752	1805	1817	1829	1841	1852	1903	1916	1930	1944	1958	2013	2026	2040	2053	2107
Leytonstone Station Bus Station	1739	1751	1803	1815	1827	1839	1851	1902	1913	1926	1940	1954	2007	2021	2034	2048	2101	2114
Dagenham Asda	2023	2038	2053	2108	2124	2140	2155	2210	2226	2242	2258	2314	2329	2345				
Dagenham New Road/Kent Avenue	2028	2043	2058	2112	2128	2144	2159	2214	2230	2246	2302	2318	2333	2349				
Dagenham Village Post Office	2030	2045	2100	2114	2130	2146	2201	2216	2232	2248	2304	2320	2335	2351				
Dagenham Library	2035	2050	2105	2119	2135	2151	2206	2221	2237	2253	2308	2324	2339	2355				
Becontree Station	2041	2056	2111	2125	2141	2157	2212	2227	2243	2259	2314	2329	2344	0000				
Becontree Martins Corner	2046	2101	2115	2129	2145	2201	2216	2231	2247	2303	2318	2333	2348	0004				
Faircross South Park Drive	2055	2109	2122	2136	2152	2208	2223	2238	2254	2309	2324	2339	2354	0010				
Ilford High Road Hainault Street	2103	2117	2130	2144	2200	2215	2230	2245	2301	2316	2331	2346	0001	0016				
Ilford Station	2107	2121	2134	2148	2204	2219	2234	2249	2305	2320	2335	2350	0005	0020				
Redbridge Station Eastern Avenue	2117	2130	2143	2157	2212	2227	2242	2257	2313	2328	2343	2358	0013	0028				
Wanstead Station Cambridge Park	2121	2134	2147	2201	2216	2231	2246	2301	2316	2331	2346	0001	0016	0031				
Leytonstone Station Bus Station	2127	2140	2153	2207	2222	2237	2252	2307	2322	2337	2352	0007	0022	0037				

145		Sundays																
Dagenham Asda	0000		0530	0600	0630	0700	0730	0759	0820	0840	0900	0914	0928	0940	0954	1008	1023	
Dagenham New Road/Kent Avenue	0004		0534	0604	0634	0704	0734	0803	0824	0844	0905	0919	0933	0945	0959	1013	1028	
Dagenham Village Post Office	0006		0536	0606	0636	0706	0736	0805	0826	0846	0907	0921	0935	0947	1001	1016	1031	
Dagenham Library	0010		0540	0610	0640	0710	0740	0809	0830	0850	0911	0925	0939	0951	1006	1021	1036	
Becontree Station	0015	Then every 30 minutes until	0545	0615	0645	0715	0745	0815	0836	0856	0917	0931	0945	0957	1012	1027	1042	
Becontree Martins Corner	0019		0549	0619	0649	0719	0749	0819	0840	0900	0922	0936	0950	1002	1017	1032	1047	
Faircross South Park Drive	0025		0555	0626	0656	0726	0757	0827	0848	0908	0930	0944	0958	1011	1026	1041	1056	
Ilford High Road Hainault Street	0031		0601	0633	0703	0733	0804	0834	0855	0916	0938	0952	1006	1021	1036	1051	1106	
Ilford Station	0035		0605	0637	0707	0737	0808	0838	0859	0920	0942	0956	1011	1026	1041	1056	1111	
Redbridge Station Eastern Avenue	0043		0613	0644	0714	0745	0816	0846	0907	0928	0950	1005	1020	1035	1050	1105	1121	
Wanstead Station Cambridge Park	0046		0616	0647	0718	0749	0820	0850	0911	0932	0954	1009	1024	1039	1054	1110	1126	
Leytonstone Station Bus Station	0052	0622	0652	0723	0754	0825	0855	0917	0939	1001	1016	1031	1046	1101	1117	1133		
Dagenham Asda	1038	1052	1106	1120	1134	1148	1202	1216	1230	1245	1300	1315	1330	1345	1401	1416	1431	1446
Dagenham New Road/Kent Avenue	1043	1057	1111	1125	1139	1153	1208	1222	1236	1251	1306	1321	1336	1351	1407	1422	1437	1452
Dagenham Village Post Office	1046	1100	1114	1128	1142	1156	1211	1225	1239	1254	1309	1324	1339	1354	1410	1425	1440	1455
Dagenham Library	1051	1105	1119	1133	1147	1201	1217	1231	1245	1300	1315	1330	1345	1400	1416	1431	1446	1501
Becontree Station	1057	1111	1125	1139	1153	1208	1224	1238	1252	1307	1322	1337	1352	1407	1423	1438	1453	1508
Becontree Martins Corner	1102	1116	1130	1144	1158	1214	1230	1244	1258	1313	1328	1343	1358	1413	1429	1444	1459	1513
Faircross South Park Drive	1111	1125	1139	1153	1209	1225	1241	1255	1309	1324	1338	1353	1408	1423	1439	1454	1509	1524
Ilford High Road Hainault Street	1121	1135	1149	1203	1219	1235	1251	1305	1320	1335	1349	1404	1418	1433	1449	1504	1519	1534
Ilford Station	1126	1140	1154	1208	1224	1240	1256	1310	1325	1340	1354	1409	1424	1439	1455	1510	1525	1540
Redbridge Station Eastern Avenue	1136	1150	1204	1220	1236	1252	1308	1323	1338	1353	1407	1422	1437	1452	1508	1522	1537	1552
Wanstead Station Cambridge Park	1141	1155	1209	1225	1241	1257	1313	1328	1343	1358	1412	1427	1442	1457	1513	1527	1542	1557
Leytonstone Station Bus Station	1148	1203	1219	1235	1251	1307	1323	1338	1353	1408	1423	1438	1453	1508	1523	1537	1552	1607
Dagenham Asda	1502	1518	1533	1548	1603	1618	1633	1648	1703	1718	1733	1748	1803	1818	1833	1848	1903	1918
Dagenham New Road/Kent Avenue	1508	1524	1539	1554	1609	1624	1639	1654	1709	1724	1739	1754	1809	1824	1839	1854	1909	1924
Dagenham Village Post Office	1511	1527	1542	1557	1612	1627	1642	1657	1712	1727	1742	1757	1812	1827	1842	1857	1912	1927
Dagenham Library	1516	1532	1547	1602	1617	1632	1647	1702	1716	1731	1746	1801	1816	1831	1846	1901	1916	1931
Becontree Station	1523	1539	1554	1609	1624	1639	1654	1708	1722	1737	1752	1807	1822	1837	1852	1907	1922	1937
Becontree Martins Corner	1528	1544	1559	1614	1629	1644	1659	1713	1727	1742	1757	1812	1827	1842	1857	1912	1927	1942
Faircross South Park Drive	1539	1555	1610	1623	1638	1653	1708	1722	1736	1751	1806	1821	1836	1851	1906	1920	1935	1950
Ilford High Road Hainault Street	1549	1605	1619	1632	1647	1702	1717	1731	1745	1800	1814	1829	1844	1859	1914	1928	1943	1958
Ilford Station	1555	1611	1625	1638	1653	1707	1722	1736	1750	1805	1819	1834	1849	1904	1919	1933	1948	2003
Redbridge Station Eastern Avenue	1607	1623	1637	1650	1705	1719	1734	1748	1802	1815	1829	1844	1859	1913	1928	1942	1957	2012
Wanstead Station Cambridge Park	1611	1627	1641	1654	1709	1723	1738	1752	1806	1819	1833	1848	1903	1917	1932	1946	2001	2015
Leytonstone Station Bus Station	1621	1635	1649	1702	1716	1730	1745	1759	1813	1826	1840	1855	1910	1924	1939	1953	2007	2021
Dagenham Asda	1934	1949	2005	2021	2037	2053	2109	2125	2141	2156	2212	2228	2244	2300	2315	2330	2345	0000
Dagenham New Road/Kent Avenue	1940	1955	2010	2026	2042	2058	2114	2130	2146	2201	2216	2232	2248	2304	2319	2334	2349	0004
Dagenham Village Post Office	1943	1958	2012	2028	2044	2100	2116	2132	2148	2203	2218	2234	2250	2306	2321	2336	2351	0006
Dagenham Library	1947	2002	2016	2032	2048	2104	2120	2136	2152	2207	2222	2238	2254	2310	2325	2340	2355	0010
Becontree Station	1953	2008	2022	2038	2054	2110	2125	2141	2157	2212	2227	2243	2259	2314	2329	2344	2359	0014
Becontree Martins Corner	1958	2013	2027	2043	2059	2114	2129	2145	2201	2216	2231	2247	2303	2318	2333	2348	0003	0018
Faircross South Park Drive	2006	2021	2035	2051	2107	2121	2136	2152	2207	2222	2237	2253	2309	2324	2339	2354	0009	0024
Ilford High Road Hainault Street	2014	2029	2043	2059	2114	2128	2143	2159	2214	2229	2244	2300	2315	2330	2345	0000	0015	0030
Ilford Station	2018	2033	2047	2103	2118	2132	2147	2203	2218	2233	2248	2304	2319	2334	2349	0004	0019	0034
Redbridge Station Eastern Avenue	2027	2042	2056	2111	2126	2140	2155	2211	2226	2241	2256	2311	2326	2341	2356	0011	0026	0041
Wanstead Station Cambridge Park	2030	2045	2059	2114	2129	2143	2158	2214	2229	2244	2259	2314	2329	2344	2359	0014	0029	0044
Leytonstone Station Bus Station	2036	2051	2105	2120	2135	2149	2204	2219	2234	2249	2304	2319	2334	2349	0004	0019	0034	0049

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Leytonstone – Ilford – Dagenham

145	Mondays to Fridays																	
Leytonstone Station Bus Station	0500	0520	0540	0558	0616	0632	0648	0658	0708	0718	0729	0739	0749	0759	0811	0823	0836	0849
Wanstead Station Cambridge Park	0505	0525	0545	0603	0621	0637	0653	0703	0715	0725	0736	0746	0756	0806	0820	0832	0845	0858
Redbridge Station Eastern Avenue	0508	0528	0548	0607	0625	0641	0657	0708	0720	0730	0741	0751	0801	0811	0825	0837	0850	0903
Ilford Station	0515	0535	0555	0615	0633	0649	0705	0719	0731	0741	0752	0802	0814	0825	0839	0851	0904	0915
Ilford High Road Hainault Street	0518	0538	0558	0618	0636	0652	0709	0723	0735	0745	0756	0807	0819	0830	0844	0856	0909	0920
Faircross South Park Drive	0525	0545	0606	0626	0644	0700	0719	0733	0745	0755	0806	0818	0830	0841	0855	0907	0919	0930
Becontree Martins Corner	0531	0551	0613	0633	0651	0708	0727	0741	0753	0803	0815	0827	0839	0850	0904	0916	0928	0939
Becontree Station	0536	0556	0618	0638	0656	0714	0733	0747	0759	0811	0823	0835	0847	0858	0910	0922	0934	0945
Dagenham Library	0540	0600	0622	0642	0700	0720	0739	0753	0805	0817	0829	0841	0853	0904	0916	0928	0940	0951
Dagenham Village Post Office	0545	0606	0628	0648	0707	0727	0746	0800	0812	0824	0836	0848	0900	0911	0923	0935	0947	0958
Dagenham New Road/Kent Avenue	0548	0609	0631	0651	0710	0730	0749	0804	0816	0828	0840	0852	0903	0914	0926	0938	0950	1001
Dagenham Asda	0552	0614	0636	0656	0716	0736	0755	0810	0822	0834	0846	0858	0909	0920	0932	0944	0956	1007
Leytonstone Station Bus Station	0901	0914	0926	0938	0950	1002	1014	1026	1037	1048	1100	1112	1124	1136	1148	1200	1212	1224
Wanstead Station Cambridge Park	0910	0923	0935	0946	0958	1010	1022	1034	1045	1056	1108	1120	1132	1144	1156	1209	1221	1233
Redbridge Station Eastern Avenue	0915	0928	0940	0951	1003	1015	1027	1039	1050	1101	1113	1125	1137	1149	1201	1214	1226	1238
Ilford Station	0927	0939	0951	1002	1014	1026	1038	1050	1101	1113	1125	1137	1149	1201	1213	1226	1238	1250
Ilford High Road Hainault Street	0932	0944	0956	1007	1019	1031	1043	1055	1106	1118	1130	1142	1154	1206	1218	1231	1243	1255
Faircross South Park Drive	0942	0955	1007	1018	1030	1042	1054	1106	1118	1130	1142	1154	1206	1218	1230	1243	1255	1307
Becontree Martins Corner	0951	1004	1016	1027	1039	1051	1103	1115	1127	1139	1151	1203	1215	1227	1239	1252	1304	1316
Becontree Station	0957	1010	1022	1033	1045	1057	1109	1121	1133	1145	1157	1209	1221	1233	1245	1258	1310	1322
Dagenham Library	1003	1016	1028	1039	1051	1103	1115	1127	1139	1151	1203	1215	1227	1239	1251	1304	1316	1328
Dagenham Village Post Office	1010	1023	1035	1046	1058	1110	1122	1134	1146	1158	1210	1222	1234	1246	1258	1311	1323	1335
Dagenham New Road/Kent Avenue	1013	1026	1038	1050	1102	1114	1126	1138	1150	1202	1214	1226	1238	1250	1302	1315	1327	1339
Dagenham Asda	1019	1032	1044	1056	1108	1120	1132	1144	1156	1208	1220	1232	1244	1256	1308	1321	1333	1345
Leytonstone Station Bus Station	1236	1248	1300	1312	1324	1336	1348	1400	1412	1422	1432	1443	1453	1505	1517	1529	1541	1553
Wanstead Station Cambridge Park	1245	1257	1309	1321	1333	1345	1357	1409	1421	1431	1441	1452	1502	1515	1527	1539	1551	1603
Redbridge Station Eastern Avenue	1250	1302	1314	1326	1338	1350	1402	1414	1426	1436	1446	1457	1508	1521	1533	1545	1557	1609
Ilford Station	1302	1314	1326	1338	1350	1402	1414	1426	1438	1448	1458	1510	1523	1536	1548	1600	1612	1623
Ilford High Road Hainault Street	1307	1319	1331	1343	1355	1408	1420	1432	1444	1454	1504	1516	1529	1542	1554	1606	1618	1629
Faircross South Park Drive	1318	1330	1342	1354	1407	1420	1432	1444	1456	1506	1518	1530	1543	1556	1608	1620	1632	1643
Becontree Martins Corner	1327	1339	1351	1403	1416	1429	1441	1453	1505	1516	1528	1540	1553	1606	1618	1630	1642	1653
Becontree Station	1333	1345	1357	1410	1423	1436	1448	1500	1513	1525	1537	1549	1602	1613	1625	1637	1649	1700
Dagenham Library	1339	1351	1403	1416	1429	1442	1454	1507	1520	1532	1544	1556	1608	1619	1631	1643	1655	1706
Dagenham Village Post Office	1346	1358	1410	1423	1436	1449	1502	1515	1528	1540	1552	1604	1616	1627	1639	1651	1703	1713
Dagenham New Road/Kent Avenue	1350	1402	1414	1427	1440	1453	1506	1519	1532	1544	1556	1608	1620	1631	1643	1655	1707	1717
Dagenham Asda	1356	1408	1420	1433	1446	1459	1512	1525	1538	1550	1602	1614	1626	1637	1649	1701	1713	1723
																		FO
Leytonstone Station Bus Station	1605	1617	1629	1641	1653	1705	1717	1729	1741	1753	1805	1817	1829	1841	1853	1908	1923	1938
Wanstead Station Cambridge Park	1615	1627	1639	1651	1703	1716	1728	1740	1752	1804	1815	1827	1839	1851	1903	1918	1932	1947
Redbridge Station Eastern Avenue	1621	1633	1645	1657	1710	1723	1735	1747	1759	1811	1822	1834	1846	1858	1910	1925	1938	1952
Ilford Station	1635	1647	1659	1711	1724	1737	1749	1801	1813	1824	1835	1847	1859	1911	1923	1938	1950	2003
Ilford High Road Hainault Street	1641	1653	1705	1717	1730	1743	1755	1807	1819	1830	1841	1853	1905	1917	1929	1943	1955	2007
Faircross South Park Drive	1655	1707	1719	1731	1744	1757	1808	1819	1831	1842	1853	1904	1916	1928	1940	1954	2006	2016
Becontree Martins Corner	1705	1717	1729	1741	1754	1806	1817	1828	1840	1851	1902	1913	1925	1937	1949	2003	2014	2025
Becontree Station	1712	1724	1736	1748	1801	1813	1824	1835	1847	1858	1909	1920	1931	1943	1955	2008	2019	2030
Dagenham Library	1718	1730	1742	1754	1807	1819	1830	1841	1853	1904	1914	1925	1936	1948	2000	2013	2024	2035
Dagenham Village Post Office	1725	1737	1749	1801	1814	1826	1837	1848	1900	1911	1921	1932	1943	1955	2007	2020	2031	2042
Dagenham New Road/Kent Avenue	1729	1741	1753	1805	1817	1829	1840	1851	1903	1914	1924	1935	1946	1958	2010	2023	2034	2045
Dagenham Asda	1735	1747	1759	1811	1823	1835	1846	1857	1908	1919	1929	1940	1951	2003	2015	2027	2038	2049
																		X
Leytonstone Station Bus Station	1938	1953	2008	2023	2038	2053	2108	2123	2138	2154	2210	2226	2258	2313	2328	2344	0000	
Wanstead Station Cambridge Park	1947	2002	2017	2030	2045	2100	2114	2129	2144	2200	2216	2232	2304	2319	2334	2350	0005	
Redbridge Station Eastern Avenue	1952	2006	2021	2034	2049	2104	2118	2133	2148	2203	2219	2235	2307	2322	2337	2353	0008	
Ilford Station	2003	2017	2031	2044	2059	2113	2127	2142	2157	2212	2227	2243	2314	2329	2344	0000	0015	
Ilford High Road Hainault Street	2007	2021	2035	2048	2103	2117	2131	2146	2201	2216	2231	2247	2318	2333	2348	0004	0019	
Faircross South Park Drive	2017	2030	2044	2057	2112	2126	2140	2155	2209	2224	2239	2255	2325	2340	2355	0011	0026	
Becontree Martins Corner	2025	2038	2052	2105	2119	2133	2147	2202	2216	2231	2246	2302	2331	2346	0001	0016	0031	
Becontree Station	2030	2043	2057	2110	2124	2138	2152	2207	2220	2235	2250	2306	2335	2350	0005	0020	0035	
Dagenham Library	2035	2048	2102	2115	2129	2143	2157	2211	2224	2239	2254	2310	2339	2354	0009	0024	0039	
Dagenham Village Post Office	2042	2055	2108	2121	2135	2149	2203	2216	2229	2244	2259	2315	2344	2359	0014	0029	0044	
Dagenham New Road/Kent Avenue	2045	2058	2111	2124	2138	2152	2206	2219	2232	2247	2302	2317	2346	0001	0016	0031	0046	
Dagenham Asda	2049	2102	2115	2128	2142	2156	2210	2223	2236	2251	2306	2321	2350	0005	0020	0035	0050	
Note:	X - On Fridays, this journey is duplicated in the Saturday timetable.																	
	FX - Operates on Mondays to Thursdays only																	
	FO - Operates on Fridays only																	

145		Saturdays																
Leytonstone Station Bus Station	0000	Then every 30 minutes until	0430	0455	0515	0535	0555	0615	0635	0655	0715	0735	0755	0810	0824	0836	0847	
Wanstead Station Cambridge Park	0005		0435	0500	0520	0540	0600	0620	0640	0700	0720	0740	0800	0816	0830	0842	0853	
Redbridge Station Eastern Avenue	0008		0438	0503	0523	0543	0604	0624	0644	0704	0724	0744	0804	0820	0834	0846	0857	
Ilford Station	0015		0445	0510	0530	0550	0611	0631	0651	0711	0731	0751	0812	0828	0842	0854	0905	
Ilford High Road Hainault Street	0019		0449	0513	0533	0553	0614	0634	0654	0715	0735	0755	0816	0832	0846	0858	0909	
Faircross South Park Drive	0026		0456	0520	0540	0600	0621	0641	0701	0722	0742	0802	0824	0840	0854	0906	0918	
Becontree Martins Corner	0031		0501	0526	0546	0606	0627	0647	0708	0729	0749	0809	0831	0847	0901	0913	0925	
Becontree Station	0035		0505	0530	0550	0611	0632	0652	0713	0734	0754	0814	0836	0852	0907	0919	0931	
Dagenham Library	0039		0509	0534	0554	0615	0636	0656	0717	0738	0758	0819	0841	0857	0912	0924	0936	
Dagenham Village Post Office	0044		0514	0539	0559	0620	0641	0701	0722	0743	0803	0825	0847	0903	0918	0930	0942	
Dagenham New Road/Kent Avenue	0046	0516	0541	0601	0622	0643	0704	0725	0746	0806	0828	0850	0906	0921	0933	0945		
Dagenham Asda	0050	0520	0545	0605	0626	0647	0708	0729	0750	0811	0833	0855	0912	0927	0939	0951		
Leytonstone Station Bus Station	0857	0908	0919	0929	0939	0950	1001	1013	1023	1034	1045	1056	1107	1119	1131	1143	1155	1207
Wanstead Station Cambridge Park	0903	0915	0926	0936	0946	0957	1009	1021	1031	1042	1053	1104	1116	1128	1140	1153	1205	1218
Redbridge Station Eastern Avenue	0907	0919	0930	0940	0950	1001	1013	1025	1035	1046	1057	1109	1121	1133	1145	1158	1210	1223
Ilford Station	0917	0929	0940	0950	1000	1012	1024	1036	1046	1058	1111	1123	1135	1147	1159	1212	1224	1237
Ilford High Road Hainault Street	0921	0933	0944	0954	1005	1017	1029	1041	1051	1103	1116	1128	1140	1152	1204	1217	1229	1242
Faircross South Park Drive	0930	0942	0953	1004	1016	1028	1040	1052	1103	1115	1128	1140	1152	1204	1217	1230	1242	1255
Becontree Martins Corner	0937	0949	1000	1012	1024	1036	1048	1100	1112	1124	1137	1149	1201	1213	1226	1239	1251	1304
Becontree Station	0943	0955	1006	1018	1030	1042	1054	1106	1118	1130	1143	1155	1208	1220	1233	1246	1258	1311
Dagenham Library	0948	1000	1012	1024	1036	1048	1100	1113	1125	1137	1150	1202	1215	1227	1240	1253	1305	1318
Dagenham Village Post Office	0954	1007	1019	1031	1043	1055	1107	1120	1132	1144	1157	1210	1223	1235	1248	1301	1313	1325
Dagenham New Road/Kent Avenue	0957	1010	1022	1034	1046	1058	1111	1124	1136	1148	1201	1214	1227	1239	1252	1305	1317	1329
Dagenham Asda	1003	1016	1028	1040	1052	1104	1117	1130	1142	1154	1207	1220	1233	1245	1258	1311	1323	1335
Leytonstone Station Bus Station	1219	1231	1243	1255	1307	1319	1331	1343	1355	1407	1419	1431	1443	1455	1507	1519	1531	1543
Wanstead Station Cambridge Park	1230	1242	1254	1306	1318	1330	1342	1354	1406	1418	1430	1442	1454	1506	1517	1529	1541	1553
Redbridge Station Eastern Avenue	1235	1247	1259	1312	1324	1336	1348	1400	1412	1424	1436	1448	1500	1511	1522	1534	1546	1558
Ilford Station	1249	1302	1315	1328	1341	1353	1405	1416	1428	1440	1452	1504	1514	1525	1536	1548	1600	1612
Ilford High Road Hainault Street	1255	1308	1321	1334	1347	1359	1411	1422	1434	1446	1458	1510	1520	1531	1542	1554	1606	1618
Faircross South Park Drive	1308	1321	1334	1347	1400	1412	1424	1435	1447	1459	1511	1523	1533	1544	1555	1607	1619	1631
Becontree Martins Corner	1317	1330	1343	1356	1409	1421	1433	1444	1456	1508	1520	1532	1542	1553	1604	1616	1628	1640
Becontree Station	1324	1337	1350	1403	1415	1427	1439	1450	1502	1514	1526	1538	1548	1559	1610	1622	1634	1646
Dagenham Library	1331	1344	1357	1409	1421	1433	1445	1456	1508	1520	1532	1544	1554	1605	1616	1628	1640	1652
Dagenham Village Post Office	1338	1351	1404	1416	1428	1440	1452	1503	1515	1527	1539	1551	1601	1612	1623	1635	1647	1659
Dagenham New Road/Kent Avenue	1342	1355	1408	1420	1432	1444	1456	1507	1519	1531	1543	1555	1605	1616	1627	1639	1651	1703
Dagenham Asda	1348	1401	1414	1426	1438	1450	1502	1513	1525	1537	1549	1601	1611	1622	1633	1645	1657	1709
Leytonstone Station Bus Station	1555	1607	1619	1632	1644	1657	1709	1721	1733	1745	1757	1810	1825	1840	1855	1910	1925	1940
Wanstead Station Cambridge Park	1605	1617	1629	1642	1654	1707	1719	1731	1743	1755	1807	1819	1834	1849	1904	1919	1933	1948
Redbridge Station Eastern Avenue	1610	1622	1634	1647	1659	1712	1724	1736	1748	1800	1812	1824	1839	1854	1909	1924	1938	1953
Ilford Station	1624	1636	1648	1701	1713	1725	1737	1749	1801	1812	1824	1836	1851	1906	1920	1935	1949	2004
Ilford High Road Hainault Street	1630	1642	1654	1706	1718	1730	1742	1754	1806	1817	1829	1841	1856	1910	1924	1939	1953	2008
Faircross South Park Drive	1643	1655	1707	1719	1731	1743	1755	1807	1818	1829	1841	1853	1908	1922	1936	1951	2005	2018
Becontree Martins Corner	1652	1704	1716	1728	1740	1752	1804	1816	1827	1838	1850	1902	1916	1930	1944	1959	2013	2026
Becontree Station	1658	1710	1722	1734	1746	1758	1810	1822	1833	1844	1856	1908	1922	1936	1950	2004	2018	2031
Dagenham Library	1704	1716	1728	1740	1752	1804	1815	1827	1838	1849	1901	1913	1927	1941	1955	2009	2023	2036
Dagenham Village Post Office	1711	1723	1735	1747	1759	1811	1822	1834	1845	1856	1908	1920	1934	1948	2002	2016	2030	2043
Dagenham New Road/Kent Avenue	1714	1726	1738	1750	1802	1814	1825	1837	1848	1859	1911	1923	1937	1951	2005	2019	2033	2046
Dagenham Asda	1720	1732	1744	1756	1808	1820	1831	1843	1854	1905	1917	1929	1943	1957	2009	2023	2037	2050
Leytonstone Station Bus Station	1955	2010	2025	2040	2056	2112	2128	2144	2200	2215	2230	2245	2300	2315	2330	2345		
Wanstead Station Cambridge Park	2003	2017	2032	2047	2103	2118	2134	2150	2206	2221	2236	2251	2306	2321	2336	2351		
Redbridge Station Eastern Avenue	2007	2021	2036	2051	2107	2122	2138	2154	2210	2225	2240	2255	2309	2324	2339	2354		
Ilford Station	2017	2031	2046	2101	2116	2131	2147	2203	2218	2233	2248	2303	2317	2332	2347	0002		
Ilford High Road Hainault Street	2021	2035	2050	2105	2120	2135	2151	2207	2222	2237	2252	2307	2321	2336	2351	0006		
Faircross South Park Drive	2031	2045	2100	2115	2129	2144	2200	2216	2231	2246	2301	2315	2329	2344	2359	0013		
Becontree Martins Corner	2039	2053	2108	2123	2137	2152	2208	2223	2238	2253	2307	2321	2335	2350	0005	0019		
Becontree Station	2044	2058	2113	2128	2142	2157	2213	2228	2243	2258	2311	2325	2339	2354	0009	0023		
Dagenham Library	2049	2103	2118	2133	2147	2202	2217	2232	2247	2302	2315	2329	2343	2358	0013	0027		
Dagenham Village Post Office	2056	2109	2124	2139	2153	2207	2222	2237	2252	2307	2320	2334	2348	0003	0018	0032		
Dagenham New Road/Kent Avenue	2059	2112	2127	2142	2156	2210	2225	2240	2255	2309	2322	2336	2350	0005	0020	0034		
Dagenham Asda	2103	2116	2131	2146	2200	2214	2229	2244	2259	2313	2326	2340	2354	0009	0024	0038		

145		Sundays																	
Leytonstone Station Bus Station	0000		0630	0700	0730	0800	0820	0840	0900	0915	0929	0942	0956	1010	1024	1038	1052		
Wanstead Station Cambridge Park	0006		0636	0705	0735	0805	0825	0845	0906	0921	0935	0948	1002	1017	1031	1045	1059		
Redbridge Station Eastern Avenue	0009		0639	0709	0739	0809	0829	0849	0910	0925	0939	0952	1006	1021	1035	1049	1103		
Ilford Station	0016		0646	0716	0746	0816	0837	0857	0918	0933	0947	1000	1015	1030	1044	1059	1114		
Ilford High Road Hainault Street	0020	Then every 30 minutes until	0650	0719	0749	0819	0840	0900	0922	0937	0951	1004	1019	1034	1049	1104	1119		
Faircross South Park Drive	0027		0657	0726	0756	0826	0847	0908	0930	0945	0959	1013	1028	1043	1058	1113	1128		
Becontree Martins Corner	0033		0703	0732	0802	0833	0854	0915	0937	0952	1006	1021	1036	1051	1106	1121	1136		
Becontree Station	0037		0707	0737	0807	0838	0859	0920	0942	0957	1012	1027	1042	1057	1112	1127	1142		
Dagenham Library	0041		0711	0741	0811	0842	0903	0925	0947	1002	1017	1032	1047	1102	1117	1132	1147		
Dagenham Village Post Office	0046		0716	0745	0816	0847	0909	0931	0953	1009	1024	1039	1054	1109	1124	1139	1154		
Dagenham New Road/Kent Avenue	0048		0718	0748	0819	0850	0912	0934	0956	1013	1028	1043	1058	1113	1128	1143	1158		
Dagenham Asda	0052		0722	0752	0823	0854	0916	0938	1000	1018	1033	1048	1103	1118	1133	1148	1203		
Leytonstone Station Bus Station	1106		1120	1134	1148	1203	1218	1233	1248	1303	1318	1333	1348	1403	1418	1433	1448	1504	1520
Wanstead Station Cambridge Park	1114		1128	1142	1156	1212	1227	1242	1257	1313	1328	1343	1358	1413	1428	1443	1458	1514	1529
Redbridge Station Eastern Avenue	1118	1132	1146	1200	1216	1231	1246	1301	1318	1333	1348	1403	1418	1433	1448	1503	1519	1534	
Ilford Station	1129	1143	1157	1212	1228	1243	1258	1313	1330	1345	1400	1416	1431	1446	1501	1515	1531	1546	
Ilford High Road Hainault Street	1134	1148	1202	1217	1233	1248	1303	1318	1335	1350	1405	1421	1436	1451	1506	1520	1536	1551	
Faircross South Park Drive	1143	1157	1212	1227	1243	1258	1314	1329	1346	1401	1416	1432	1447	1502	1517	1532	1548	1603	
Becontree Martins Corner	1151	1205	1220	1235	1251	1307	1323	1338	1355	1410	1425	1441	1456	1511	1526	1541	1557	1612	
Becontree Station	1157	1211	1226	1241	1257	1313	1329	1344	1401	1416	1431	1447	1502	1517	1532	1547	1603	1618	
Dagenham Library	1202	1217	1232	1247	1303	1318	1334	1349	1406	1421	1436	1452	1507	1522	1537	1552	1608	1623	
Dagenham Village Post Office	1210	1225	1240	1255	1311	1326	1342	1357	1413	1428	1443	1459	1514	1529	1544	1559	1615	1630	
Dagenham New Road/Kent Avenue	1214	1229	1244	1259	1315	1330	1346	1401	1417	1432	1447	1503	1518	1533	1548	1603	1618	1633	
Dagenham Asda	1219	1234	1249	1304	1320	1335	1351	1406	1422	1437	1452	1508	1523	1538	1553	1608	1623	1638	
Leytonstone Station Bus Station	1535	1551	1607	1622	1637	1653	1709	1725	1740	1755	1810	1825	1840	1856	1911	1926	1942	1957	
Wanstead Station Cambridge Park	1544	1600	1615	1630	1645	1701	1716	1732	1747	1802	1817	1832	1847	1903	1918	1933	1949	2004	
Redbridge Station Eastern Avenue	1549	1605	1620	1635	1650	1706	1721	1737	1752	1807	1822	1837	1852	1907	1922	1937	1953	2008	
Ilford Station	1601	1616	1631	1646	1701	1716	1731	1747	1802	1817	1832	1847	1902	1916	1931	1946	2002	2017	
Ilford High Road Hainault Street	1606	1621	1636	1651	1706	1721	1736	1752	1807	1822	1837	1852	1907	1921	1936	1951	2006	2021	
Faircross South Park Drive	1618	1633	1648	1703	1718	1733	1748	1804	1818	1832	1847	1902	1917	1931	1946	2001	2015	2030	
Becontree Martins Corner	1627	1642	1657	1712	1727	1742	1757	1812	1826	1840	1855	1910	1925	1939	1954	2009	2023	2038	
Becontree Station	1633	1648	1703	1718	1733	1748	1803	1818	1832	1846	1901	1915	1930	1944	1959	2014	2028	2043	
Dagenham Library	1638	1653	1708	1723	1738	1753	1808	1823	1837	1851	1906	1920	1935	1949	2004	2019	2033	2048	
Dagenham Village Post Office	1645	1700	1715	1730	1745	1800	1814	1829	1843	1857	1912	1926	1941	1955	2009	2024	2038	2053	
Dagenham New Road/Kent Avenue	1648	1703	1718	1733	1748	1803	1817	1832	1846	1900	1915	1929	1944	1958	2012	2027	2041	2056	
Dagenham Asda	1653	1708	1723	1738	1753	1808	1822	1837	1851	1905	1920	1934	1949	2003	2017	2031	2045	2100	
Leytonstone Station Bus Station	2013	2029	2044	2059	2114	2129	2144	2159	2214	2229	2244	2259	2314	2329	2345	0000			
Wanstead Station Cambridge Park	2019	2035	2050	2105	2120	2135	2150	2205	2219	2234	2249	2304	2319	2334	2350	0005			
Redbridge Station Eastern Avenue	2023	2039	2054	2108	2123	2138	2153	2208	2222	2237	2252	2307	2322	2337	2353	0008			
Ilford Station	2032	2048	2103	2117	2131	2146	2201	2216	2230	2245	2300	2315	2329	2344	0000	0015			
Ilford High Road Hainault Street	2036	2052	2107	2121	2135	2150	2205	2220	2234	2249	2304	2319	2333	2348	0004	0019			
Faircross South Park Drive	2045	2101	2116	2130	2144	2159	2214	2228	2242	2257	2312	2326	2340	2355	0011	0026			
Becontree Martins Corner	2053	2108	2123	2137	2151	2206	2221	2235	2249	2304	2318	2332	2346	0001	0016	0031			
Becontree Station	2058	2113	2128	2142	2156	2211	2225	2239	2253	2308	2322	2336	2350	0005	0020	0035			
Dagenham Library	2103	2118	2133	2147	2201	2215	2229	2243	2257	2312	2326	2340	2354	0009	0024	0039			
Dagenham Village Post Office	2108	2123	2138	2152	2206	2220	2234	2248	2302	2316	2330	2344	2358	0013	0028	0043			
Dagenham New Road/Kent Avenue	2111	2126	2141	2155	2209	2223	2237	2251	2305	2319	2333	2347	0001	0016	0031	0046			
Dagenham Asda	2115	2130	2145	2159	2213	2227	2241	2255	2309	2323	2337	2351	0005	0020	0035	0050			