





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 New Road/Kent Avenue	0604	0634	0704	0734	0754	0814	0834	0849	0905	0919	0933	0945	0959	1013	1028	1043	1057	1111
Dagenham Park Secondary School	0606	0636	0706	0736	0756	0816	0836	0851	0907	0921	0935	0947	1001	1016	1031	1046	1100	1114
Dagenham Library	0610	0640	0710	0740	0800	0820	0840	0855	0911	0925	0939	0951	1006	1021	1036	1051	1105	1119
Becontree Station	0615	0645	0715	0745	0806	0826	0846	0901	0917	0931	0945	0957	1012	1027	1042	1057	1111	1125
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
Wanstead Station Cambridge Park	0647	0718	0749	0820	0841	0901	0922	0938	0954	1009	1024	1039	1054	1110	1126	1141	1155	1209
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 New Road/Kent Avenue	1125	1139	1153	1208	1222	1236	1251	1306	1321	1336	1351	1407	1422	1437	1452	1508	1524	1539
Dagenham Park Secondary School	1128	1142	1156	1211	1225	1239	1254	1309	1324	1339	1354	1410	1425	1440	1455	1511	1527	1542
Dagenham Library	1133	1147	1201	1217	1231	1245	1300	1315	1330	1345	1400	1416	1431	1446	1501	1516	1532	1547
Becontree Station	1139	1153	1208	1224	1238	1252	1307	1322	1337	1352	1407	1423	1438	1453	1508	1523	1539	1554
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
Wanstead Station Cambridge Park	1225	1241	1257	1313	1328	1343	1358	1412	1427	1442	1457	1513	1527	1542	1557	1611	1627	1641
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 New Road/Kent Avenue	1554	1609	1624	1639	1654	1709	1724	1740	1755	1810	1826	1841	1857	1913	1929	1944	1959	2014
Dagenham Park Secondary School	1557	1612	1627	1642	1657	1712	1727	1743	1758	1813	1829	1844	1900	1916	1932	1947	2002	2016
Dagenham Library	1602	1617	1632	1647	1702	1716	1731	1747	1802	1817	1833	1848	1904	1920	1936	1951	2006	2020
Becontree Station	1609	1624	1639	1654	1708	1722	1737	1753	1808	1823	1839	1854	1910	1926	1942	1957	2012	2026
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
Wanstead Station Cambridge Park	1654	1709	1723	1738	1752	1806	1819	1834	1849	1904	1919	1934	1949	2004	2019	2034	2049	2103
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 New Road/Kent Avenue	2030	2046	2102	2118	2133	2149	2204	2219	2234	2249	2304	2319	2334	2349	0004			
Dagenham Park Secondary School	2032	2048	2104	2120	2135	2151	2206	2221	2236	2251	2306	2321	2336	2351	0006			
Dagenham Library	2036	2052	2108	2124	2139	2155	2210	2225	2240	2255	2310	2325	2340	2355	0010			
Becontree Station	2042	2058	2114	2129	2144	2200	2215	2230	2245	2300	2314	2329	2344	2359	0014			
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			
Wanstead Station Cambridge Park	2118	2132	2147	2202	2217	2232	2247	2302	2316	2330	2344	2359	0014	0029	0044			
Leytonstone Station Bus Station	2124	2138	2153	2207	2222	2237	2252	2307	2321	2335	2349	0004	0019	0034	0049			





145	Sundays and other Public Holidays (except Christmas Day)																	
Leytonstone Station Bus Station	0700	0730	0800	0820	0840	0900	0915	0929	0942	0956	1010	1024	1038	1052	1106	1120	1134	1148
Wanstead Station Cambridge Park	0705	0735	0805	0825	0845	0906	0921	0935	0948	1002	1017	1031	1045	1059	1114	1128	1142	1156
Redbridge Station Eastern Avenue	0709	0739	0809	0829	0849	0910	0925	0939	0952	1006	1021	1035	1049	1103	1118	1132	1146	1200
Ilford Station	0716	0746	0816	0837	0857	0918	0933	0947	1000	1015	1030	1044	1059	1114	1129	1143	1157	1212
Ilford High Road Hainault Street	0719	0749	0819	0840	0900	0922	0937	0951	1004	1019	1034	1049	1104	1119	1134	1148	1202	1217
Faircross South Park Drive	0726	0756	0826	0847	0908	0930	0945	0959	1013	1028	1043	1058	1113	1128	1143	1157	1212	1227
Becontree Martins Corner	0732	0802	0833	0854	0915	0937	0952	1006	1021	1036	1051	1106	1121	1136	1151	1205	1220	1235
Becontree Station	0737	0807	0838	0859	0920	0942	0957	1012	1027	1042	1057	1112	1127	1142	1157	1211	1226	1241
Dagenham Library	0741	0811	0842	0903	0925	0947	1002	1017	1032	1047	1102	1117	1132	1147	1202	1217	1232	1247
Dagenham Park Secondary School	0745	0816	0847	0909	0931	0953	1009	1024	1039	1054	1109	1124	1139	1154	1210	1225	1240	1255
Dagenham New Road/Kent Avenue	0748	0819	0850	0912	0934	0956	1013	1028	1043	1058	1113	1128	1143	1158	1214	1229	1244	1259
Dagenham Asda	0752	0823	0854	0916	0938	1000	1018	1033	1048	1103	1118	1133	1148	1203	1219	1234	1249	1304
Leytonstone Station Bus Station	1203	1218	1233	1248	1303	1318	1333	1348	1403	1418	1433	1448	1504	1520	1535	1551	1607	1622
Wanstead Station Cambridge Park	1212	1227	1242	1257	1313	1328	1343	1358	1413	1428	1443	1458	1514	1529	1544	1600	1615	1630
Redbridge Station Eastern Avenue	1216	1231	1246	1302	1318	1333	1348	1403	1418	1433	1448	1503	1519	1534	1549	1605	1620	1635
Ilford Station	1228	1243	1258	1314	1330	1345	1400	1416	1431	1446	1501	1516	1531	1546	1601	1616	1631	1646
Ilford High Road Hainault Street	1233	1248	1303	1319	1335	1350	1405	1421	1436	1451	1506	1521	1536	1551	1606	1621	1636	1651
Faircross South Park Drive	1243	1258	1314	1330	1346	1401	1416	1432	1447	1502	1517	1533	1548	1603	1618	1633	1648	1703
Becontree Martins Corner	1251	1307	1323	1339	1355	1410	1425	1441	1456	1511	1526	1542	1557	1612	1627	1642	1657	1712
Becontree Station	1257	1313	1329	1345	1401	1416	1431	1447	1502	1517	1532	1548	1603	1618	1633	1648	1703	1718
Dagenham Library	1303	1318	1334	1350	1406	1421	1436	1452	1507	1522	1537	1553	1608	1623	1638	1653	1708	1723
Dagenham Park Secondary School	1311	1326	1342	1358	1413	1428	1443	1459	1514	1529	1544	1600	1615	1630	1645	1700	1715	1730
Dagenham New Road/Kent Avenue	1315	1330	1346	1402	1417	1432	1447	1503	1518	1533	1548	1603	1618	1633	1648	1703	1718	1733
Dagenham Asda	1320	1335	1351	1407	1422	1437	1452	1508	1523	1538	1553	1608	1623	1638	1653	1708	1723	1738
Leytonstone Station Bus Station	1637	1653	1709	1725	1740	1755	1810	1825	1840	1856	1912	1928	1944	2000	2015	2030	2045	2100
Wanstead Station Cambridge Park	1645	1701	1716	1732	1747	1802	1817	1832	1847	1903	1919	1935	1951	2006	2021	2036	2051	2106
Redbridge Station Eastern Avenue	1650	1706	1721	1737	1752	1807	1822	1837	1852	1907	1923	1939	1955	2010	2025	2040	2055	2109
Ilford Station	1701	1716	1731	1747	1802	1817	1832	1847	1902	1916	1932	1948	2004	2019	2034	2049	2104	2118
Ilford High Road Hainault Street	1706	1721	1736	1752	1807	1822	1837	1852	1907	1921	1937	1953	2008	2023	2038	2053	2108	2122
Faircross South Park Drive	1718	1733	1748	1804	1818	1832	1847	1902	1917	1931	1947	2003	2017	2032	2047	2102	2117	2131
Becontree Martins Corner	1727	1742	1757	1812	1826	1840	1855	1910	1925	1939	1955	2011	2025	2040	2055	2109	2124	2138
Becontree Station	1733	1748	1803	1818	1832	1846	1901	1915	1930	1944	2000	2016	2030	2045	2100	2114	2129	2143
Dagenham Library	1738	1753	1808	1823	1837	1851	1906	1920	1935	1949	2005	2021	2035	2050	2105	2119	2134	2148
Dagenham Park Secondary School	1745	1800	1814	1829	1843	1857	1912	1926	1941	1955	2010	2026	2040	2055	2110	2124	2139	2153
Dagenham New Road/Kent Avenue	1748	1803	1817	1832	1846	1900	1915	1929	1944	1958	2013	2029	2043	2058	2113	2127	2142	2156
Dagenham Asda	1753	1808	1822	1837	1851	1905	1920	1934	1949	2003	2018	2033	2047	2102	2117	2131	2146	2200
Leytonstone Station Bus Station	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345	0000						
Wanstead Station Cambridge Park	2121	2136	2151	2205	2220	2235	2250	2305	2320	2335	2350	0005						
Redbridge Station Eastern Avenue	2124	2139	2154	2208	2223	2238	2253	2308	2323	2338	2353	0008						
Ilford Station	2132	2147	2202	2216	2231	2246	2301	2316	2330	2345	0000	0015						
Ilford High Road Hainault Street	2136	2151	2206	2220	2235	2250	2305	2320	2334	2349	0004	0019						
Faircross South Park Drive	2145	2200	2215	2228	2243	2258	2313	2327	2341	2356	0011	0026						
Becontree Martins Corner	2152	2207	2222	2235	2250	2305	2319	2333	2347	0002	0016	0031						
Becontree Station	2157	2212	2226	2239	2254	2309	2323	2337	2351	0006	0020	0035						
Dagenham Library	2202	2216	2230	2243	2258	2313	2327	2341	2355	0010	0024	0039						
Dagenham Park Secondary School	2207	2221	2235	2248	2303	2317	2331	2345	2359	0014	0028	0043						
Dagenham New Road/Kent Avenue	2210	2224	2238	2251	2306	2320	2334	2348	0002	0017	0031	0046						
Dagenham Asda	2214	2228	2242	2255	2310	2324	2338	2352	0006	0021	0035	0050						