

145		Mondays to Fridays																	
Dagenham Asda	0455	0515	0535	0555	0610	0625	0635	0645	0655	0705	0714	0725	0736	0747	0757	0810	0822	0835	
Dagenham New Road/Kent Avenue	0459	0519	0539	0559	0614	0629	0639	0649	0659	0710	0719	0730	0741	0752	0802	0816	0828	0841	
Dagenham Park Secondary School	0501	0521	0541	0601	0616	0631	0641	0651	0701	0713	0722	0733	0744	0755	0806	0820	0832	0845	
Dagenham Library	0506	0526	0546	0606	0621	0636	0646	0656	0707	0719	0728	0739	0750	0801	0813	0827	0839	0852	
Becontree Station	0512	0532	0552	0612	0627	0642	0652	0702	0714	0726	0735	0746	0757	0809	0821	0835	0847	0900	
Becontree Martins Corner	0516	0536	0556	0617	0632	0647	0657	0708	0720	0732	0741	0752	0803	0816	0828	0842	0854	0906	
Faircross South Park Drive	0524	0544	0604	0626	0641	0656	0706	0719	0731	0743	0752	0803	0815	0828	0840	0854	0906	0917	
Ilford High Road Hainault Street	0531	0551	0612	0634	0649	0704	0717	0730	0742	0754	0803	0816	0828	0841	0853	0907	0917	0927	
Ilford Station	0535	0555	0616	0638	0654	0709	0722	0735	0747	0759	0809	0822	0834	0847	0859	0913	0923	0933	
Redbridge Station Eastern Avenue	0542	0604	0626	0648	0706	0723	0736	0749	0801	0813	0825	0838	0850	0903	0915	0925	0935	0945	
Wanstead Station Cambridge Park	0546	0608	0630	0652	0711	0728	0741	0754	0806	0818	0830	0843	0855	0908	0920	0930	0940	0950	
Leytonstone Station Bus Station	0552	0614	0636	0658	0718	0735	0748	0801	0814	0827	0839	0852	0904	0916	0928	0938	0948	0958	
Dagenham Asda	0847	0900	0912	0924	0936	Then every 12 minutes until	1300	1312	1324	1336	1347	1357	1407	1419	1429	1439	1450		
Dagenham New Road/Kent Avenue	0853	0906	0918	0930	0942		1306	1318	1330	1342	1353	1403	1413	1425	1435	1445	1456		
Dagenham Park Secondary School	0857	0909	0921	0933	0945		1309	1321	1333	1345	1356	1406	1416	1428	1438	1448	1459		
Dagenham Library	0904	0915	0927	0939	0951		1315	1327	1339	1351	1402	1413	1423	1435	1445	1455	1507		
Becontree Station	0911	0922	0934	0946	0958		1322	1334	1346	1358	1409	1420	1430	1442	1452	1503	1516		
Becontree Martins Corner	0917	0928	0940	0952	1004		1328	1340	1352	1404	1415	1426	1436	1448	1458	1510	1523		
Faircross South Park Drive	0928	0939	0951	1003	1014		1338	1350	1402	1414	1425	1436	1446	1458	1509	1521	1534		
Ilford High Road Hainault Street	0938	0949	1001	1013	1024		1348	1400	1412	1424	1435	1446	1456	1508	1521	1533	1546		
Ilford Station	0944	0955	1007	1019	1030		1354	1406	1418	1430	1441	1452	1502	1514	1527	1539	1552		
Redbridge Station Eastern Avenue	0956	1007	1018	1030	1041		1405	1418	1430	1442	1453	1504	1516	1528	1541	1553	1606		
Wanstead Station Cambridge Park	1001	1012	1023	1035	1046		1410	1423	1435	1447	1458	1509	1521	1533	1546	1558	1611		
Leytonstone Station Bus Station	1009	1020	1031	1043	1054		1418	1431	1443	1455	1507	1519	1531	1543	1556	1608	1621		
Dagenham Asda	1503	1515	1528	1540	1553		1605	1618	1630	1643	1655	1708	1720	1733	1745	1758	1811	1824	1838
Dagenham New Road/Kent Avenue	1509	1521	1534	1546	1559	1611	1624	1636	1649	1701	1714	1726	1739	1751	1804	1817	1830	1844	
Dagenham Park Secondary School	1513	1525	1538	1550	1603	1615	1627	1639	1652	1704	1717	1729	1742	1754	1807	1820	1833	1847	
Dagenham Library	1521	1533	1546	1558	1610	1621	1633	1645	1658	1710	1723	1735	1748	1800	1812	1825	1838	1852	
Becontree Station	1530	1542	1555	1607	1618	1629	1641	1653	1706	1718	1731	1743	1756	1808	1820	1833	1846	1900	
Becontree Martins Corner	1537	1549	1602	1614	1625	1636	1648	1700	1713	1725	1738	1750	1803	1814	1826	1839	1852	1906	
Faircross South Park Drive	1548	1600	1614	1626	1637	1648	1700	1712	1724	1736	1749	1801	1813	1824	1836	1849	1902	1916	
Ilford High Road Hainault Street	1600	1612	1625	1637	1648	1659	1711	1723	1735	1747	1800	1811	1823	1834	1846	1859	1912	1925	
Ilford Station	1606	1618	1631	1643	1654	1705	1717	1729	1741	1753	1806	1817	1829	1840	1852	1905	1918	1930	
Redbridge Station Eastern Avenue	1618	1630	1643	1655	1706	1717	1729	1741	1753	1805	1818	1829	1841	1852	1904	1916	1929	1941	
Wanstead Station Cambridge Park	1623	1635	1648	1700	1711	1722	1734	1746	1758	1810	1823	1834	1846	1857	1908	1920	1933	1945	
Leytonstone Station Bus Station	1633	1645	1658	1711	1722	1733	1745	1757	1809	1821	1833	1844	1856	1907	1918	1930	1942	1954	
Dagenham Asda	1852	1905	1918	1934	1950	2006	2022	2038	2053	2108	2123	2139	2155	2211	2227	2243	2259	2314	
Dagenham New Road/Kent Avenue	1858	1911	1924	1940	1956	2011	2027	2043	2058	2113	2128	2144	2200	2216	2232	2248	2304	2319	
Dagenham Park Secondary School	1901	1914	1927	1943	1959	2013	2029	2045	2100	2115	2130	2146	2202	2218	2234	2250	2306	2321	
Dagenham Library	1906	1919	1932	1948	2004	2018	2034	2050	2104	2119	2134	2150	2206	2222	2238	2254	2309	2324	
Becontree Station	1913	1926	1939	1955	2010	2024	2040	2056	2110	2125	2140	2156	2211	2227	2243	2259	2314	2329	
Becontree Martins Corner	1919	1932	1945	2001	2015	2029	2045	2101	2115	2130	2145	2201	2216	2231	2247	2303	2318	2333	
Faircross South Park Drive	1928	1941	1954	2010	2024	2038	2054	2110	2124	2139	2154	2208	2223	2237	2253	2309	2324	2339	
Ilford High Road Hainault Street	1937	1950	2003	2018	2032	2046	2102	2118	2132	2147	2201	2215	2230	2244	2300	2315	2330	2345	
Ilford Station	1942	1955	2008	2023	2037	2051	2106	2122	2136	2151	2205	2219	2234	2248	2304	2319	2334	2349	
Redbridge Station Eastern Avenue	1953	2006	2018	2032	2046	2100	2115	2130	2144	2159	2213	2227	2242	2256	2311	2326	2341	2356	
Wanstead Station Cambridge Park	1957	2010	2022	2036	2050	2104	2119	2134	2148	2203	2217	2231	2246	2300	2314	2329	2344	2359	
Leytonstone Station Bus Station	2006	2018	2030	2042	2056	2110	2125	2140	2154	2208	2222	2236	2251	2305	2319	2334	2349	0004	
X																			
Dagenham Asda	2329	2344	0000																
Dagenham New Road/Kent Avenue	2334	2349	0005																
Dagenham Park Secondary School	2336	2351	0007																
Dagenham Library	2339	2354	0010																
Becontree Station	2344	2359	0015																
Becontree Martins Corner	2348	0003	0018																
Faircross South Park Drive	2354	0009	0024																
Ilford High Road Hainault Street	0000	0015	0030																
Ilford Station	0004	0019	0034																
Redbridge Station Eastern Avenue	0011	0026	0041																
Wanstead Station Cambridge Park	0014	0029	0044																
Leytonstone Station Bus Station	0019	0034	0049																
Note:	X - On Fridays, these journeys are duplicated in the Saturday timetable.																		

145		Saturdays (also Good Friday)																
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 Park Secondary School	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	0913	0925	0937	0948	0959	1010	1021	1032	1043	1054	1105	1117	1128	1139	1151	1203	1215	1228
Dagenham New Road/Kent Avenue	0918	0930	0942	0953	1004	1015	1026	1037	1048	1059	1111	1123	1134	1145	1157	1209	1221	1234
Dagenham Park Secondary School	0920	0932	0944	0955	1007	1018	1029	1040	1051	1102	1114	1126	1137	1148	1201	1213	1225	1238
Dagenham Library	0925	0937	0949	1000	1013	1024	1035	1046	1057	1109	1121	1133	1144	1155	1208	1220	1232	1245
Becontree Station	0932	0944	0956	1007	1020	1031	1042	1053	1105	1117	1129	1141	1152	1203	1216	1228	1240	1253
Becontree Martins Corner	0937	0949	1001	1012	1025	1036	1047	1059	1111	1123	1135	1147	1158	1209	1222	1234	1246	1259
Faircross South Park Drive	0946	0958	1011	1022	1035	1046	1057	1109	1121	1133	1145	1157	1209	1220	1233	1245	1257	1310
Ilford High Road Hainault Street	0955	1008	1021	1032	1045	1056	1107	1119	1131	1143	1155	1207	1220	1232	1245	1257	1309	1322
Ilford Station	1000	1013	1026	1037	1050	1101	1113	1125	1137	1149	1201	1213	1226	1238	1251	1303	1315	1328
Redbridge Station Eastern Avenue	1010	1023	1036	1047	1100	1112	1124	1136	1148	1201	1214	1226	1239	1252	1305	1317	1330	1343
Wanstead Station Cambridge Park	1015	1028	1041	1052	1105	1117	1129	1141	1153	1206	1219	1231	1244	1257	1310	1322	1335	1348
Leytonstone Station Bus Station	1024	1037	1050	1103	1116	1128	1141	1154	1206	1219	1232	1244	1257	1310	1323	1335	1348	1400
Dagenham Asda	1241	1254	1307	1320	1333	1346	1359	1412	1425	1438	1450	1503	1515	1527	1540	1553	1606	1619
Dagenham New Road/Kent Avenue	1247	1300	1313	1326	1339	1352	1405	1418	1431	1444	1456	1509	1521	1533	1546	1559	1612	1625
Dagenham Park Secondary School	1251	1303	1316	1329	1342	1355	1408	1421	1434	1447	1459	1512	1524	1536	1549	1602	1615	1628
Dagenham Library	1258	1310	1323	1336	1349	1402	1415	1428	1441	1454	1506	1519	1531	1543	1555	1608	1621	1634
Becontree Station	1306	1318	1331	1344	1357	1409	1422	1435	1448	1501	1513	1526	1538	1550	1602	1615	1628	1641
Becontree Martins Corner	1312	1324	1337	1350	1403	1415	1428	1441	1454	1507	1519	1532	1544	1556	1608	1621	1634	1647
Faircross South Park Drive	1322	1334	1347	1400	1413	1425	1438	1451	1504	1517	1529	1542	1554	1606	1618	1631	1644	1657
Ilford High Road Hainault Street	1334	1346	1359	1411	1424	1436	1449	1502	1514	1527	1539	1552	1604	1617	1629	1642	1655	1708
Ilford Station	1340	1352	1405	1417	1430	1442	1455	1508	1520	1533	1545	1558	1610	1623	1635	1648	1701	1714
Redbridge Station Eastern Avenue	1355	1407	1419	1431	1444	1456	1509	1521	1533	1546	1558	1611	1623	1636	1648	1701	1714	1727
Wanstead Station Cambridge Park	1400	1412	1424	1436	1449	1501	1514	1526	1538	1551	1603	1616	1628	1641	1653	1706	1719	1732
Leytonstone Station Bus Station	1412	1424	1436	1448	1501	1512	1525	1537	1549	1602	1614	1627	1639	1652	1704	1717	1730	1743
Dagenham Asda	1632	1644	1657	1710	1723	1736	1750	1804	1819	1835	1850	1906	1922	1938	1953	2008	2023	2038
Dagenham New Road/Kent Avenue	1638	1650	1703	1716	1729	1742	1756	1810	1825	1841	1856	1912	1928	1944	1959	2013	2028	2043
Dagenham Park Secondary School	1641	1653	1706	1719	1732	1745	1759	1813	1828	1844	1859	1915	1931	1947	2002	2015	2030	2045
Dagenham Library	1647	1659	1712	1725	1738	1751	1805	1818	1833	1849	1904	1920	1936	1952	2007	2020	2035	2050
Becontree Station	1654	1706	1719	1732	1745	1758	1812	1825	1840	1856	1911	1927	1943	1959	2013	2026	2041	2056
Becontree Martins Corner	1700	1712	1725	1738	1751	1804	1818	1831	1846	1902	1916	1932	1948	2004	2018	2031	2046	2101
Faircross South Park Drive	1710	1722	1735	1748	1801	1814	1827	1840	1855	1911	1925	1941	1957	2013	2027	2040	2055	2109
Ilford High Road Hainault Street	1720	1732	1745	1758	1810	1823	1836	1849	1904	1920	1934	1950	2006	2021	2035	2048	2103	2117
Ilford Station	1726	1738	1751	1804	1816	1829	1842	1855	1910	1925	1939	1955	2011	2026	2040	2053	2107	2121
Redbridge Station Eastern Avenue	1739	1751	1804	1816	1828	1841	1854	1907	1921	1936	1950	2006	2021	2036	2050	2103	2117	2130
Wanstead Station Cambridge Park	1744	1756	1809	1821	1833	1846	1859	1911	1925	1940	1954	2010	2025	2040	2054	2107	2121	2134
Leytonstone Station Bus Station	1755	1807	1820	1832	1844	1856	1909	1921	1935	1950	2004	2017	2032	2047	2101	2114	2127	2140
Dagenham Asda	2053	2108	2124	2140	2155	2210	2226	2242	2258	2314	2329	2345						
Dagenham New Road/Kent Avenue	2058	2112	2128	2144	2159	2214	2230	2246	2302	2318	2333	2349						
Dagenham Park Secondary School	2100	2114	2130	2146	2201	2216	2232	2248	2304	2320	2335	2351						
Dagenham Library	2105	2119	2135	2151	2206	2221	2237	2253	2308	2324	2339	2355						
Becontree Station	2111	2125	2141	2157	2212	2227	2243	2259	2314	2329	2344	0000						
Becontree Martins Corner	2115	2129	2145	2201	2216	2231	2247	2303	2318	2333	2348	0004						
Faircross South Park Drive	2122	2136	2152	2208	2223	2238	2254	2309	2324	2339	2354	0010						
Ilford High Road Hainault Street	2130	2144	2200	2215	2230	2245	2301	2316	2331	2346	0001	0016						
Ilford Station	2134	2148	2204	2219	2234	2249	2305	2320	2335	2350	0005	0020						
Redbridge Station Eastern Avenue	2143	2157	2212	2227	2242	2257	2313	2328	2343	2358	0013	0028						
Wanstead Station Cambridge Park	2147	2201	2216	2231	2246	2301	2316	2331	2346	0001	0016	0031						
Leytonstone Station Bus Station	2153	2207	2222	2237	2252	2307	2322	2337	2352	0007	0022	0037						

145		Sundays and other Public Holidays (except Christmas Day)																
Dagenham Asda	0000		0530	0600	0630	0700	0730	0800	0820	0840	0900	0916	0929	0943	0957	1011	1026	
Dagenham New Road/Kent Avenue	0004		0534	0604	0634	0704	0734	0804	0824	0844	0905	0921	0934	0948	1002	1016	1031	
Dagenham Park Secondary School	0006		0536	0606	0636	0706	0736	0806	0826	0846	0907	0923	0936	0950	1005	1019	1034	
Dagenham Library	0010		0540	0610	0640	0710	0740	0810	0830	0850	0911	0927	0940	0954	1010	1024	1039	
Becontree Station	0015	Then every 30 minutes until	0545	0615	0645	0715	0745	0816	0836	0856	0917	0933	0946	1000	1016	1030	1045	
Becontree Martins Corner	0019		0549	0619	0649	0719	0749	0820	0840	0900	0922	0938	0951	1005	1021	1035	1050	
Faircross South Park Drive	0025		0555	0626	0656	0726	0757	0828	0848	0908	0930	0946	0959	1014	1030	1044	1059	
Ilford High Road Hainault Street	0031		0601	0633	0703	0733	0804	0835	0855	0916	0938	0954	1008	1024	1040	1054	1109	
Ilford Station	0035		0605	0637	0707	0737	0808	0839	0859	0920	0942	0958	1013	1029	1045	1059	1114	
Redbridge Station Eastern Avenue	0043		0613	0644	0714	0745	0816	0847	0907	0928	0950	1006	1022	1038	1054	1109	1124	
Wanstead Station Cambridge Park	0046		0616	0647	0718	0749	0820	0851	0911	0932	0954	1010	1026	1042	1058	1114	1129	
Leytonstone Station Bus Station	0052	0622	0652	0723	0754	0825	0856	0917	0939	1001	1017	1033	1049	1105	1121	1137		
Dagenham Asda	1041	1056	1110	1124	1138	1152	1206	1222	1237	1252	1307	1323	1339	1355	1411	1428	1444	1500
Dagenham New Road/Kent Avenue	1046	1101	1115	1129	1143	1157	1212	1228	1243	1258	1313	1329	1345	1401	1417	1434	1450	1506
Dagenham Park Secondary School	1049	1104	1118	1132	1146	1200	1215	1231	1246	1301	1316	1332	1348	1404	1420	1437	1453	1509
Dagenham Library	1054	1109	1123	1137	1151	1205	1221	1237	1252	1307	1322	1338	1354	1410	1426	1443	1459	1514
Becontree Station	1100	1115	1129	1143	1157	1212	1228	1244	1259	1314	1329	1345	1401	1417	1433	1450	1506	1521
Becontree Martins Corner	1105	1120	1134	1148	1202	1218	1234	1250	1305	1320	1335	1351	1407	1423	1439	1456	1511	1526
Faircross South Park Drive	1114	1129	1143	1157	1212	1228	1245	1301	1315	1330	1345	1401	1417	1433	1449	1506	1522	1537
Ilford High Road Hainault Street	1124	1139	1153	1207	1223	1239	1255	1311	1326	1341	1356	1411	1427	1443	1459	1516	1532	1547
Ilford Station	1129	1144	1158	1212	1228	1244	1300	1316	1331	1346	1401	1417	1433	1449	1505	1522	1538	1553
Redbridge Station Eastern Avenue	1139	1154	1209	1225	1241	1257	1313	1329	1344	1359	1414	1430	1446	1502	1518	1534	1550	1605
Wanstead Station Cambridge Park	1144	1159	1214	1230	1246	1302	1318	1334	1349	1404	1419	1435	1451	1507	1523	1539	1555	1609
Leytonstone Station Bus Station	1153	1208	1224	1240	1256	1312	1328	1344	1359	1415	1430	1446	1502	1517	1533	1549	1605	1619
Dagenham Asda	1516	1532	1548	1604	1620	1636	1652	1708	1724	1740	1756	1812	1828	1844	1900	1916	1932	1948
Dagenham New Road/Kent Avenue	1522	1538	1554	1610	1626	1642	1658	1714	1730	1746	1802	1818	1834	1850	1906	1922	1938	1954
Dagenham Park Secondary School	1525	1541	1557	1613	1629	1645	1701	1717	1733	1749	1805	1821	1837	1853	1909	1925	1941	1956
Dagenham Library	1530	1546	1602	1618	1634	1650	1705	1721	1737	1753	1809	1825	1841	1857	1913	1929	1945	2000
Becontree Station	1537	1553	1609	1625	1641	1657	1712	1727	1743	1759	1815	1831	1847	1903	1919	1935	1951	2006
Becontree Martins Corner	1542	1558	1614	1630	1646	1702	1717	1732	1748	1804	1820	1836	1852	1908	1924	1940	1956	2011
Faircross South Park Drive	1553	1609	1624	1639	1655	1711	1726	1741	1757	1813	1829	1845	1901	1916	1932	1948	2004	2019
Ilford High Road Hainault Street	1603	1618	1633	1648	1704	1720	1735	1750	1806	1822	1837	1853	1909	1924	1940	1956	2012	2027
Ilford Station	1609	1624	1639	1654	1709	1725	1740	1755	1811	1827	1842	1858	1914	1929	1945	2001	2016	2031
Redbridge Station Eastern Avenue	1621	1636	1651	1706	1721	1737	1752	1807	1822	1837	1852	1908	1923	1938	1954	2010	2025	2040
Wanstead Station Cambridge Park	1625	1640	1655	1710	1725	1741	1756	1811	1826	1841	1856	1912	1927	1942	1957	2013	2028	2043
Leytonstone Station Bus Station	1634	1649	1704	1719	1734	1749	1804	1819	1834	1849	1904	1919	1934	1949	2004	2019	2034	2049
Dagenham Asda	2004	2020	2036	2052	2108	2124	2140	2156	2212	2228	2244	2300	2315	2330	2345	0000		
Dagenham New Road/Kent Avenue	2009	2025	2041	2057	2113	2129	2145	2201	2216	2232	2248	2304	2319	2334	2349	0004		
Dagenham Park Secondary School	2011	2027	2043	2059	2115	2131	2147	2203	2218	2234	2250	2306	2321	2336	2351	0006		
Dagenham Library	2015	2031	2047	2103	2119	2135	2151	2207	2222	2238	2254	2310	2325	2340	2355	0010		
Becontree Station	2021	2037	2053	2108	2124	2140	2156	2212	2227	2243	2259	2314	2329	2344	2359	0014		
Becontree Martins Corner	2026	2042	2058	2113	2128	2144	2200	2216	2231	2247	2303	2318	2333	2348	0003	0018		
Faircross South Park Drive	2034	2050	2106	2121	2136	2151	2207	2222	2237	2253	2309	2324	2339	2354	0009	0024		
Ilford High Road Hainault Street	2042	2058	2113	2128	2143	2158	2214	2229	2244	2300	2315	2330	2345	0000	0015	0030		
Ilford Station	2046	2102	2117	2132	2147	2202	2218	2233	2248	2304	2319	2334	2349	0004	0019	0034		
Redbridge Station Eastern Avenue	2055	2110	2125	2140	2155	2210	2226	2241	2256	2311	2326	2341	2356	0011	0026	0041		
Wanstead Station Cambridge Park	2058	2113	2128	2143	2158	2213	2229	2244	2259	2314	2329	2344	2359	0014	0029	0044		
Leytonstone Station Bus Station	2104	2119	2134	2149	2204	2219	2234	2249	2304	2319	2334	2349	0004	0019	0034	0049		

# 145

## Leytonstone – Ilford – Dagenham

145	Mondays to Fridays																	
Leytonstone Station <i>Bus Station</i>	0500	0520	0540	0600	0620	0635	0648	0658	0708	0719	0730	0741	0751	0802	0815	0827	0839	0852
Wanstead Station <i>Cambridge Park</i>	0505	0525	0545	0605	0625	0640	0653	0703	0715	0726	0737	0748	0758	0811	0824	0836	0848	0901
Redbridge Station <i>Eastern Avenue</i>	0508	0528	0548	0609	0629	0644	0657	0708	0720	0731	0742	0753	0803	0816	0829	0841	0853	0906
Ilford Station	0515	0535	0555	0617	0637	0652	0707	0719	0731	0742	0753	0804	0817	0830	0843	0855	0907	0918
Ilford High Road <i>Hainault Street</i>	0518	0538	0558	0620	0640	0655	0711	0723	0735	0746	0757	0809	0822	0835	0848	0900	0912	0923
Faircross <i>South Park Drive</i>	0525	0545	0606	0628	0648	0704	0721	0733	0745	0756	0807	0820	0833	0846	0859	0910	0922	0933
Becontree <i>Martins Corner</i>	0531	0551	0613	0635	0655	0712	0729	0741	0753	0804	0816	0829	0842	0855	0908	0919	0931	0942
Becontree Station	0536	0556	0618	0640	0700	0718	0735	0747	0759	0812	0824	0837	0850	0903	0914	0925	0937	0948
Dagenham <i>Library</i>	0540	0600	0622	0644	0704	0724	0741	0753	0805	0818	0830	0843	0856	0909	0920	0931	0943	0954
Dagenham Park Secondary School	0545	0606	0628	0650	0711	0731	0748	0800	0812	0825	0837	0850	0903	0916	0927	0938	0950	1001
Dagenham <i>New Road/Kent Avenue</i>	0548	0609	0631	0653	0714	0734	0751	0804	0816	0829	0841	0854	0906	0919	0930	0941	0953	1004
Dagenham <i>Asda</i>	0552	0614	0636	0658	0720	0740	0757	0810	0822	0835	0847	0900	0912	0925	0936	0947	0959	1010
Leytonstone Station <i>Bus Station</i>	0904	0916	0928	0940	0952	1004	1016	1028	1040	1052	1104	1116	1128	1140	1152	1204	1216	1228
Wanstead Station <i>Cambridge Park</i>	0913	0925	0937	0949	1000	1012	1024	1036	1048	1100	1112	1124	1136	1148	1200	1213	1225	1237
Redbridge Station <i>Eastern Avenue</i>	0918	0930	0942	0954	1005	1017	1029	1041	1053	1105	1117	1129	1141	1153	1205	1218	1230	1242
Ilford Station	0930	0942	0953	1005	1016	1028	1040	1052	1104	1116	1128	1141	1153	1205	1217	1230	1242	1254
Ilford High Road <i>Hainault Street</i>	0935	0947	0958	1010	1021	1033	1045	1057	1109	1121	1133	1146	1158	1210	1222	1235	1247	1259
Faircross <i>South Park Drive</i>	0945	0957	1009	1021	1032	1044	1056	1108	1121	1133	1145	1158	1210	1222	1234	1247	1259	1311
Becontree <i>Martins Corner</i>	0954	1006	1018	1030	1041	1053	1105	1117	1130	1142	1154	1207	1219	1231	1243	1256	1308	1320
Becontree Station	1000	1012	1024	1036	1047	1059	1111	1123	1136	1148	1200	1213	1225	1237	1249	1302	1314	1326
Dagenham <i>Library</i>	1006	1018	1030	1042	1053	1105	1117	1129	1142	1154	1206	1219	1231	1243	1255	1308	1320	1332
Dagenham Park Secondary School	1013	1025	1037	1049	1100	1112	1124	1136	1149	1201	1213	1226	1238	1250	1302	1315	1327	1339
Dagenham <i>New Road/Kent Avenue</i>	1016	1028	1040	1052	1104	1116	1128	1140	1153	1205	1217	1230	1242	1254	1306	1319	1331	1343
Dagenham <i>Asda</i>	1022	1034	1046	1058	1110	1122	1134	1146	1159	1211	1223	1236	1248	1300	1312	1325	1337	1349
Leytonstone Station <i>Bus Station</i>	1240	1252	1304	1316	1328	1339	1351	1402	1414	1425	1435	1445	1456	1509	1521	1533	1546	1558
Wanstead Station <i>Cambridge Park</i>	1249	1301	1313	1325	1337	1348	1400	1411	1423	1434	1444	1454	1505	1519	1531	1543	1556	1608
Redbridge Station <i>Eastern Avenue</i>	1254	1306	1318	1330	1342	1353	1405	1416	1428	1439	1449	1459	1511	1525	1537	1549	1602	1614
Ilford Station	1306	1318	1330	1342	1354	1405	1417	1428	1440	1451	1501	1513	1526	1540	1552	1604	1616	1628
Ilford High Road <i>Hainault Street</i>	1311	1323	1335	1347	1359	1411	1423	1434	1446	1457	1507	1519	1532	1546	1558	1610	1622	1634
Faircross <i>South Park Drive</i>	1322	1334	1346	1358	1410	1423	1435	1446	1458	1510	1521	1533	1546	1600	1612	1624	1636	1648
Becontree <i>Martins Corner</i>	1331	1343	1355	1407	1419	1432	1444	1455	1507	1519	1531	1543	1556	1610	1622	1634	1646	1658
Becontree Station	1337	1349	1401	1414	1426	1439	1451	1503	1516	1528	1540	1552	1605	1617	1629	1641	1653	1705
Dagenham <i>Library</i>	1343	1355	1407	1420	1432	1445	1457	1510	1523	1535	1547	1559	1611	1623	1635	1647	1659	1711
Dagenham Park Secondary School	1350	1402	1414	1427	1439	1452	1505	1518	1531	1543	1555	1607	1619	1631	1643	1655	1707	1719
Dagenham <i>New Road/Kent Avenue</i>	1354	1406	1418	1431	1443	1456	1509	1522	1535	1547	1559	1611	1623	1635	1647	1659	1711	1723
Dagenham <i>Asda</i>	1400	1412	1424	1437	1449	1502	1515	1528	1541	1553	1605	1617	1629	1641	1653	1705	1717	1729
Leytonstone Station <i>Bus Station</i>	1611	1623	1636	1648	1700	1713	1726	1738	1751	1803	1815	1828	1840	1853	1908	1923	1938	1953
Wanstead Station <i>Cambridge Park</i>	1622	1634	1647	1659	1711	1724	1737	1749	1802	1814	1825	1838	1850	1903	1918	1932	1947	2002
Redbridge Station <i>Eastern Avenue</i>	1628	1640	1653	1706	1718	1731	1744	1756	1809	1821	1832	1845	1857	1910	1925	1938	1952	2006
Ilford Station	1642	1654	1707	1720	1732	1745	1758	1810	1822	1834	1845	1858	1910	1923	1937	1949	2003	2016
Ilford High Road <i>Hainault Street</i>	1648	1700	1713	1726	1738	1751	1804	1816	1828	1840	1851	1904	1916	1929	1942	1954	2007	2020
Faircross <i>South Park Drive</i>	1702	1714	1727	1740	1752	1805	1816	1828	1840	1852	1903	1915	1927	1940	1953	2005	2017	2030
Becontree <i>Martins Corner</i>	1712	1724	1737	1750	1802	1814	1825	1837	1849	1901	1912	1924	1936	1949	2002	2014	2026	2038
Becontree Station	1719	1731	1744	1757	1809	1821	1832	1844	1856	1907	1918	1930	1942	1955	2007	2019	2031	2043
Dagenham <i>Library</i>	1725	1737	1750	1803	1815	1827	1838	1850	1902	1913	1923	1935	1947	2000	2012	2024	2036	2048
Dagenham Park Secondary School	1732	1744	1757	1810	1822	1834	1845	1857	1909	1920	1930	1942	1954	2007	2019	2031	2043	2055
Dagenham <i>New Road/Kent Avenue</i>	1736	1748	1801	1813	1825	1837	1848	1900	1912	1923	1933	1945	1957	2010	2022	2034	2046	2058
Dagenham <i>Asda</i>	1742	1754	1807	1819	1831	1843	1854	1905	1917	1928	1938	1950	2002	2014	2026	2038	2050	2102
																		X
Leytonstone Station <i>Bus Station</i>	2008	2023	2038	2053	2108	2123	2138	2154	2210	2226	2242	2258	2313	2328	2344	0000		
Wanstead Station <i>Cambridge Park</i>	2016	2030	2045	2100	2114	2129	2144	2200	2216	2232	2248	2304	2319	2334	2350	0005		
Redbridge Station <i>Eastern Avenue</i>	2020	2034	2049	2104	2118	2133	2148	2203	2219	2235	2251	2307	2322	2337	2353	0008		
Ilford Station	2030	2044	2059	2113	2127	2142	2157	2212	2227	2243	2259	2314	2329	2344	0000	0015		
Ilford High Road <i>Hainault Street</i>	2034	2048	2103	2117	2131	2146	2201	2216	2231	2247	2303	2318	2333	2348	0004	0019		
Faircross <i>South Park Drive</i>	2043	2057	2112	2126	2140	2155	2209	2224	2239	2255	2310	2325	2340	2355	0011	0026		
Becontree <i>Martins Corner</i>	2051	2105	2119	2133	2147	2202	2216	2231	2246	2302	2316	2331	2346	0001	0016	0031		
Becontree Station	2056	2110	2124	2138	2152	2207	2220	2235	2250	2306	2320	2335	2350	0005	0020	0035		
Dagenham <i>Library</i>	2101	2115	2129	2143	2157	2211	2224	2239	2254	2310	2324	2339	2354	0009	0024	0039		
Dagenham Park Secondary School	2105	2121	2135	2149	2203	2216	2229	2244	2259	2315	2329	2344	2359	0014	0029	0044		
Dagenham <i>New Road/Kent Avenue</i>	2110	2124	2138	2152	2206	2219	2232	2247	2302	2317	2331	2346	0001	0016	0031	0046		
Dagenham <i>Asda</i>	2114	2128	2142	2156	2210	2223	2236	2251	2306	2321	2335	2350	0005	0020	0035	0050		

Note: X - On Fridays, these journeys are duplicated in the Saturday timetable.

145		Saturdays (also Good Friday)																
Leytonstone Station Bus Station	0000		0430	0455	0515	0535	0555	0615	0635	0655	0715	0735	0755	0810	0824	0836	0848	
Wanstead Station Cambridge Park	0005		0435	0500	0520	0540	0600	0620	0640	0700	0720	0740	0800	0816	0830	0842	0854	
Redbridge Station Eastern Avenue	0008		0438	0503	0523	0543	0604	0624	0644	0704	0724	0744	0804	0820	0834	0846	0858	
Ilford Station	0015		0445	0510	0530	0550	0611	0631	0651	0711	0731	0751	0812	0828	0842	0854	0907	
Ilford High Road Hainault Street	0019	Then every 30 minutes until	0449	0513	0533	0553	0614	0634	0654	0715	0735	0755	0816	0832	0846	0858	0911	
Faircross South Park Drive	0026		0456	0520	0540	0600	0621	0641	0701	0722	0742	0802	0824	0840	0854	0907	0920	
Becontree Martins Corner	0031		0501	0526	0546	0606	0627	0647	0708	0729	0749	0809	0831	0847	0901	0914	0927	
Becontree Station	0035		0505	0530	0550	0611	0632	0652	0713	0734	0754	0814	0836	0852	0907	0920	0933	
Dagenham Library	0039		0509	0534	0554	0615	0636	0656	0717	0738	0758	0819	0841	0857	0912	0925	0938	
Dagenham Park Secondary School	0044		0514	0539	0559	0620	0641	0701	0722	0743	0803	0825	0847	0903	0918	0931	0944	
Dagenham New Road/Kent Avenue	0046		0516	0541	0601	0622	0643	0704	0725	0746	0806	0828	0850	0906	0921	0934	0947	
Dagenham Asda	0050	0520	0545	0605	0626	0647	0708	0729	0750	0811	0833	0855	0912	0927	0940	0953		
Leytonstone Station Bus Station	0859	0911	0923	0934	0945	0956	1007	1019	1031	1042	1053	1104	1116	1128	1141	1154	1206	1218
Wanstead Station Cambridge Park	0906	0918	0930	0941	0952	1003	1015	1027	1039	1050	1101	1113	1125	1137	1150	1203	1217	1229
Redbridge Station Eastern Avenue	0910	0922	0934	0945	0956	1007	1019	1031	1043	1054	1106	1118	1130	1142	1155	1208	1222	1234
Ilford Station	0920	0932	0944	0955	1006	1018	1030	1042	1054	1107	1120	1132	1144	1156	1209	1222	1236	1249
Ilford High Road Hainault Street	0924	0936	0948	0959	1011	1023	1035	1047	1059	1112	1125	1137	1149	1201	1214	1227	1241	1254
Faircross South Park Drive	0933	0945	0957	1009	1022	1034	1046	1058	1111	1124	1137	1149	1201	1214	1227	1240	1254	1307
Becontree Martins Corner	0940	0952	1004	1017	1030	1042	1054	1107	1120	1133	1146	1158	1210	1223	1236	1249	1303	1316
Becontree Station	0946	0958	1010	1023	1036	1048	1100	1113	1126	1139	1152	1204	1217	1230	1243	1256	1310	1323
Dagenham Library	0951	1003	1016	1029	1042	1054	1107	1120	1133	1146	1159	1211	1224	1237	1250	1303	1317	1330
Dagenham Park Secondary School	0957	1010	1023	1036	1049	1101	1114	1127	1140	1153	1206	1219	1232	1245	1258	1311	1324	1337
Dagenham New Road/Kent Avenue	1000	1013	1026	1039	1052	1105	1118	1131	1144	1157	1210	1223	1236	1249	1302	1315	1328	1341
Dagenham Asda	1006	1019	1032	1045	1058	1111	1124	1137	1150	1203	1216	1229	1242	1255	1308	1321	1334	1347
Leytonstone Station Bus Station	1230	1242	1254	1307	1319	1332	1344	1357	1409	1422	1434	1447	1459	1512	1524	1537	1549	1602
Wanstead Station Cambridge Park	1241	1253	1305	1318	1330	1343	1355	1408	1420	1433	1445	1458	1510	1523	1535	1547	1559	1612
Redbridge Station Eastern Avenue	1246	1258	1311	1324	1336	1349	1401	1414	1426	1439	1451	1504	1516	1529	1541	1553	1605	1617
Ilford Station	1301	1314	1328	1341	1353	1406	1417	1430	1442	1455	1507	1519	1531	1544	1556	1607	1619	1631
Ilford High Road Hainault Street	1307	1320	1334	1347	1359	1412	1423	1436	1448	1501	1513	1525	1537	1550	1602	1613	1625	1637
Faircross South Park Drive	1320	1333	1347	1400	1412	1425	1436	1449	1501	1514	1526	1538	1550	1603	1615	1626	1638	1650
Becontree Martins Corner	1329	1342	1356	1409	1421	1434	1445	1458	1510	1523	1535	1547	1559	1612	1624	1635	1647	1659
Becontree Station	1336	1349	1403	1415	1427	1440	1451	1504	1516	1529	1541	1553	1605	1618	1630	1641	1653	1705
Dagenham Library	1343	1356	1409	1421	1433	1446	1457	1510	1522	1535	1547	1559	1611	1624	1636	1647	1659	1711
Dagenham Park Secondary School	1350	1403	1416	1428	1440	1453	1504	1517	1529	1542	1554	1606	1618	1631	1643	1654	1706	1718
Dagenham New Road/Kent Avenue	1354	1407	1420	1432	1444	1457	1508	1521	1533	1546	1558	1610	1622	1635	1647	1658	1710	1722
Dagenham Asda	1400	1413	1426	1438	1450	1503	1514	1527	1539	1552	1604	1616	1628	1641	1653	1704	1716	1728
Leytonstone Station Bus Station	1614	1627	1639	1652	1704	1717	1730	1743	1756	1810	1825	1840	1855	1910	1925	1940	1955	2010
Wanstead Station Cambridge Park	1624	1637	1649	1702	1714	1727	1740	1753	1806	1819	1834	1849	1904	1919	1933	1948	2003	2017
Redbridge Station Eastern Avenue	1629	1642	1654	1707	1719	1732	1745	1758	1811	1824	1839	1854	1909	1924	1938	1953	2007	2021
Ilford Station	1643	1656	1708	1720	1732	1745	1758	1811	1824	1836	1851	1906	1920	1935	1949	2004	2017	2031
Ilford High Road Hainault Street	1649	1702	1714	1726	1738	1751	1804	1817	1829	1841	1856	1910	1924	1939	1953	2008	2021	2035
Faircross South Park Drive	1702	1715	1727	1739	1751	1804	1817	1830	1841	1853	1908	1922	1936	1951	2005	2018	2031	2045
Becontree Martins Corner	1711	1724	1736	1748	1800	1813	1826	1839	1850	1902	1916	1930	1944	1959	2013	2026	2039	2053
Becontree Station	1717	1730	1742	1754	1806	1819	1832	1845	1856	1908	1922	1936	1950	2004	2018	2031	2044	2058
Dagenham Library	1723	1736	1748	1800	1812	1825	1837	1850	1901	1913	1927	1941	1955	2009	2023	2036	2049	2103
Dagenham Park Secondary School	1730	1743	1755	1807	1819	1832	1844	1857	1908	1920	1934	1948	2002	2016	2030	2043	2056	2109
Dagenham New Road/Kent Avenue	1734	1746	1758	1810	1822	1835	1847	1900	1911	1923	1937	1951	2005	2019	2033	2046	2059	2112
Dagenham Asda	1740	1752	1804	1816	1828	1841	1853	1906	1917	1929	1943	1957	2009	2023	2037	2050	2103	2116
Leytonstone Station Bus Station	2025	2041	2056	2112	2128	2144	2200	2215	2230	2245	2300	2315	2330	2345				
Wanstead Station Cambridge Park	2032	2048	2103	2118	2134	2150	2206	2221	2236	2251	2306	2321	2336	2351				
Redbridge Station Eastern Avenue	2036	2052	2107	2122	2138	2154	2210	2225	2240	2255	2309	2324	2339	2354				
Ilford Station	2046	2102	2116	2131	2147	2203	2218	2233	2248	2303	2317	2332	2347	0002				
Ilford High Road Hainault Street	2050	2106	2120	2135	2151	2207	2222	2237	2252	2307	2321	2336	2351	0006				
Faircross South Park Drive	2100	2115	2129	2144	2200	2216	2231	2246	2301	2315	2329	2344	2359	0013				
Becontree Martins Corner	2108	2123	2137	2152	2208	2223	2238	2253	2307	2321	2335	2350	0005	0019				
Becontree Station	2113	2128	2142	2157	2213	2228	2243	2258	2311	2325	2339	2354	0009	0023				
Dagenham Library	2118	2133	2147	2202	2217	2232	2247	2302	2315	2329	2343	2358	0013	0027				
Dagenham Park Secondary School	2124	2139	2153	2207	2222	2237	2252	2307	2320	2334	2348	0003	0018	0032				
Dagenham New Road/Kent Avenue	2127	2142	2156	2210	2225	2240	2255	2309	2322	2336	2350	0005	0020	0034				
Dagenham Asda	2131	2146	2200	2214	2229	2244	2259	2313	2326	2340	2354	0009	0024	0038				

145		Sundays and other Public Holidays (except Christmas Day)																
Leytonstone Station Bus Station	0000		0630	0700	0730	0800	0820	0840	0900	0914	0929	0943	0958	1013	1028	1043	1057	
Wanstead Station Cambridge Park	0006		0636	0705	0735	0805	0825	0845	0906	0920	0935	0949	1004	1020	1036	1051	1105	
Redbridge Station Eastern Avenue	0009		0639	0709	0739	0809	0829	0849	0910	0924	0939	0953	1008	1024	1040	1055	1109	
Ilford Station	0016		0646	0716	0746	0816	0837	0857	0918	0932	0947	1001	1017	1033	1049	1104	1120	
Ilford High Road Hainault Street	0020	Then every 30 minutes until	0650	0719	0749	0819	0840	0900	0922	0936	0951	1005	1021	1037	1053	1109	1125	
Faircross South Park Drive	0027		0657	0726	0756	0826	0847	0908	0930	0944	0959	1014	1030	1046	1102	1118	1134	
Becontree Martins Corner	0033		0703	0732	0802	0833	0854	0915	0937	0951	1006	1022	1038	1054	1110	1126	1142	
Becontree Station	0037		0707	0737	0807	0838	0859	0920	0942	0956	1012	1028	1044	1100	1116	1132	1148	
Dagenham Library	0041		0711	0741	0811	0842	0903	0925	0947	1001	1017	1033	1049	1105	1121	1137	1153	
Dagenham Park Secondary School	0046		0716	0745	0816	0847	0909	0931	0953	1008	1024	1040	1056	1112	1128	1144	1200	
Dagenham New Road/Kent Avenue	0048		0718	0748	0819	0850	0912	0934	0956	1012	1028	1044	1100	1116	1132	1148	1204	
Dagenham Asda	0052	0722	0752	0823	0854	0916	0938	1000	1017	1033	1049	1105	1121	1137	1153	1209		
Leytonstone Station Bus Station	1111	1127	1142	1157	1213	1228	1244	1259	1315	1330	1346	1401	1417	1432	1448	1504	1520	1536
Wanstead Station Cambridge Park	1119	1135	1150	1205	1222	1237	1253	1308	1325	1340	1356	1411	1427	1442	1458	1514	1530	1546
Redbridge Station Eastern Avenue	1123	1139	1154	1209	1226	1241	1257	1313	1330	1345	1401	1416	1432	1447	1503	1519	1535	1551
Ilford Station	1134	1150	1205	1221	1238	1253	1309	1325	1342	1358	1414	1429	1445	1500	1515	1531	1547	1603
Ilford High Road Hainault Street	1139	1155	1210	1226	1243	1258	1314	1330	1347	1403	1419	1434	1450	1505	1520	1536	1552	1608
Faircross South Park Drive	1148	1204	1220	1236	1253	1308	1325	1341	1358	1414	1430	1445	1501	1517	1532	1548	1604	1620
Becontree Martins Corner	1156	1212	1228	1244	1301	1317	1334	1350	1407	1423	1439	1454	1510	1526	1541	1557	1613	1629
Becontree Station	1202	1218	1234	1250	1307	1323	1340	1356	1413	1429	1445	1500	1516	1532	1547	1603	1619	1635
Dagenham Library	1208	1224	1240	1256	1312	1328	1345	1401	1418	1434	1450	1505	1521	1537	1552	1608	1624	1640
Dagenham Park Secondary School	1216	1232	1248	1304	1320	1336	1353	1409	1425	1441	1457	1512	1528	1544	1559	1615	1631	1647
Dagenham New Road/Kent Avenue	1220	1236	1252	1308	1324	1340	1357	1413	1429	1445	1501	1516	1532	1548	1603	1619	1634	1650
Dagenham Asda	1225	1241	1257	1313	1329	1345	1402	1418	1434	1450	1506	1521	1537	1553	1608	1624	1639	1655
Leytonstone Station Bus Station	1552	1608	1624	1640	1656	1711	1727	1742	1758	1813	1829	1845	1901	1917	1932	1948	2004	2020
Wanstead Station Cambridge Park	1602	1617	1633	1648	1704	1719	1734	1749	1805	1820	1836	1852	1908	1924	1939	1955	2010	2026
Redbridge Station Eastern Avenue	1607	1622	1638	1653	1709	1724	1739	1754	1810	1825	1841	1857	1912	1928	1943	1959	2014	2030
Ilford Station	1618	1633	1649	1704	1719	1734	1749	1804	1820	1835	1851	1906	1921	1937	1952	2008	2023	2039
Ilford High Road Hainault Street	1623	1638	1654	1709	1724	1739	1754	1809	1825	1840	1856	1911	1926	1942	1957	2012	2027	2043
Faircross South Park Drive	1635	1650	1706	1721	1736	1751	1806	1821	1836	1850	1906	1921	1936	1952	2007	2022	2037	2052
Becontree Martins Corner	1644	1659	1715	1730	1745	1800	1815	1829	1844	1858	1914	1929	1944	2000	2015	2030	2045	2100
Becontree Station	1650	1705	1721	1736	1751	1806	1821	1835	1850	1904	1919	1934	1949	2005	2020	2035	2050	2105
Dagenham Library	1655	1710	1726	1741	1756	1811	1826	1840	1855	1909	1924	1939	1954	2010	2025	2040	2055	2110
Dagenham Park Secondary School	1702	1717	1733	1748	1803	1817	1832	1846	1901	1915	1930	1945	2000	2015	2030	2045	2100	2115
Dagenham New Road/Kent Avenue	1705	1720	1736	1751	1806	1820	1835	1849	1904	1918	1933	1948	2003	2018	2033	2048	2103	2118
Dagenham Asda	1710	1725	1741	1756	1811	1825	1840	1854	1909	1923	1938	1953	2007	2022	2037	2052	2107	2122
Leytonstone Station Bus Station	2036	2051	2106	2122	2138	2154	2210	2226	2242	2258	2314	2329	2345	0000				
Wanstead Station Cambridge Park	2042	2057	2112	2128	2144	2200	2215	2231	2247	2303	2319	2334	2350	0005				
Redbridge Station Eastern Avenue	2046	2101	2115	2131	2147	2203	2218	2234	2250	2306	2322	2337	2353	0008				
Ilford Station	2055	2109	2123	2139	2155	2211	2226	2242	2258	2313	2329	2344	0000	0015				
Ilford High Road Hainault Street	2059	2113	2127	2143	2159	2215	2230	2246	2302	2317	2333	2348	0004	0019				
Faircross South Park Drive	2108	2122	2136	2152	2208	2223	2238	2254	2309	2324	2340	2355	0011	0026				
Becontree Martins Corner	2115	2129	2143	2159	2215	2230	2245	2301	2316	2331	2346	0001	0016	0031				
Becontree Station	2120	2134	2148	2204	2219	2234	2249	2305	2320	2335	2350	0005	0020	0035				
Dagenham Library	2125	2139	2153	2208	2223	2238	2253	2309	2324	2339	2354	0009	0024	0039				
Dagenham Park Secondary School	2130	2144	2158	2213	2228	2243	2258	2313	2328	2343	2358	0013	0028	0043				
Dagenham New Road/Kent Avenue	2133	2147	2201	2216	2231	2246	2301	2316	2331	2346	0001	0016	0031	0046				
Dagenham Asda	2137	2151	2205	2220	2235	2250	2305	2320	2335	2350	0005	0020	0035	0050				