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Leytonstone – Ilford – Dagenham

145		Mondays to Fridays																	
Leytonstone Station Bus Station	0500	0520	0540	0600	0620	0635	0648				1853	1908	1923	1938	1953	2008	2023	2038	2053
Redbridge Station Eastern Avenue	0508	0528	0548	0609	0629	0644	0657				1910	1925	1938	1952	2006	2020	2034	2049	2104
Ilford Station	0515	0535	0555	0617	0637	0652	0707				1923	1937	1949	2003	2016	2030	2044	2059	2113
Ilford High Road Hainault Street	0518	0538	0558	0620	0640	0655	0711				1929	1942	1954	2007	2020	2034	2048	2103	2117
Faircross South Park Drive	0525	0545	0606	0628	0648	0704	0721				1940	1953	2005	2017	2030	2043	2057	2112	2126
Becontree Martins Corner	0531	0551	0613	0635	0655	0712	0729				1949	2002	2014	2026	2038	2051	2105	2119	2133
Dagenham Library	0540	0600	0622	0644	0704	0724	0741				2000	2012	2024	2036	2048	2101	2115	2129	2143
Dagenham Asda	0552	0614	0636	0658	0720	0740	0757				2014	2026	2038	2050	2102	2114	2128	2142	2156

145		Mondays to Fridays (cont.)												Saturdays (also Good Friday)							
Leytonstone Station Bus Station		2108	2123	2138	2154	2210	2226	2242	2258	2313	2328	2344	0000	X							
Redbridge Station Eastern Avenue		2118	2133	2148	2203	2219	2235	2251	2307	2322	2337	2353	0008	0008	Then		0430	0455	0515	0535	
Ilford Station		2127	2142	2157	2212	2227	2243	2259	2314	2329	2344	0000	0015	0015	every		0445	0510	0530	0550	
Ilford High Road Hainault Street		2131	2146	2201	2216	2231	2247	2303	2318	2333	2348	0004	0019	0019	30		0449	0513	0533	0553	
Faircross South Park Drive		2140	2155	2209	2224	2239	2255	2310	2325	2340	2355	0011	0026	0026	mins.		0456	0520	0540	0600	
Becontree Martins Corner		2147	2202	2216	2231	2246	2302	2316	2331	2346	0001	0016	0031	0031	until		0501	0526	0546	0606	
Dagenham Library		2157	2211	2224	2239	2254	2310	2324	2339	2354	0009	0024	0039	0039			0509	0534	0554	0615	
Dagenham Asda		2210	2223	2236	2251	2306	2321	2335	2350	0005	0020	0035	0050	0050			0520	0545	0605	0626	

145		Saturdays (also Good Friday) (cont.)																			
Leytonstone Station Bus Station	0555	0615	0635	0655	0715	0735	0755	0810	0824					1742	1756	1810	1825	1840	1855	1910	
Redbridge Station Eastern Avenue	0604	0624	0644	0704	0724	0744	0804	0820	0834					1757	1811	1824	1839	1854	1909	1924	
Ilford Station	0611	0631	0651	0711	0731	0751	0812	0828	0842					1810	1823	1836	1851	1906	1920	1935	
Ilford High Road Hainault Street	0614	0634	0654	0715	0735	0755	0816	0832	0846					1815	1828	1841	1856	1910	1924	1939	
Faircross South Park Drive	0621	0641	0701	0722	0742	0802	0824	0840	0854					1827	1840	1853	1908	1922	1936	1951	
Becontree Martins Corner	0627	0647	0708	0729	0749	0809	0831	0847	0901					1836	1849	1902	1916	1930	1944	1959	
Dagenham Library	0636	0656	0717	0738	0758	0819	0841	0857	0912					1847	1900	1913	1927	1941	1955	2009	
Dagenham Asda	0647	0708	0729	0750	0811	0833	0855	0912	0927					1903	1916	1929	1943	1957	2009	2023	

Leytonstone Station Bus Station	1925	1940	1955	2010	2025	2041	2056	2112	2128	2144	2200	2215	2230	2245	2300	2315	2330	2345
Redbridge Station Eastern Avenue	1938	1953	2007	2021	2036	2052	2107	2122	2138	2154	2210	2225	2240	2255	2309	2324	2339	2354
Ilford Station	1949	2004	2017	2031	2046	2102	2116	2131	2147	2203	2218	2233	2248	2303	2317	2332	2347	0002
Ilford High Road Hainault Street	1953	2008	2021	2035	2050	2106	2120	2135	2151	2207	2222	2237	2252	2307	2321	2336	2351	0006
Faircross South Park Drive	2005	2018	2031	2045	2100	2115	2129	2144	2200	2216	2231	2246	2301	2315	2329	2344	2359	0013
Becontree Martins Corner	2013	2026	2039	2053	2108	2123	2137	2152	2208	2223	2238	2253	2307	2321	2335	2350	0005	0019
Dagenham Library	2023	2036	2049	2103	2118	2133	2147	2202	2217	2232	2247	2302	2315	2329	2343	2358	0013	0027
Dagenham Asda	2037	2050	2103	2116	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	
Redbridge Station Eastern Avenue	0009			0639	0709	0739	0809	0829	0849	0910	0924	0939	0953	1008	1024	1040	1055	1109	
Ilford Station	0016	Then		0646	0716	0746	0816	0837	0857	0918	0932	0947	1001	1017	1033	1049	1104	1120	
Ilford High Road Hainault Street	0020	every 30		0650	0719	0749	0819	0840	0900	0922	0936	0951	1005	1021	1037	1053	1109	1125	
Faircross South Park Drive	0027	minutes		0657	0726	0756	0826	0847	0908	0930	0944	0959	1014	1030	1046	1102	1118	1134	
Becontree Martins Corner	0033	until		0703	0732	0802	0833	0854	0915	0937	0951	1006	1022	1038	1054	1110	1126	1142	
Dagenham Library	0041			0711	0741	0811	0842	0903	0925	0947	1001	1017	1033	1049	1105	1121	1137	1153	
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
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
Dagenham Library	1208	1224	1240	1256	1312	1328	1345	1401	1418	1434	1450	1505	1521	1537	1552	1608	1624	1640
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
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
Dagenham Library	1655	1710	1726	1741	1756	1811	1826	1840	1855	1909	1924	1939	1954	2010	2025	2040	2055	2110
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				
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	21														