

364		Mondays to Fridays															
		NSD	SD	NSD	SD	NSD	SD	NSD	SD	NSD	SD						
Dagenham East Bull Inn	0540	0555	0610	0625	0625	0637	0637	0647	0647	0658	0657	Then about every 10 minutes until	1918	1930	1942	1954	2006
Dagenham East Station	0541	0556	0611	0626	0626	0638	0638	0649	0649	0700	0659		1919	1931	1943	1955	2007
Dagenham Heathway Parsloes Avenue	0546	0601	0616	0631	0631	0643	0643	0654	0654	0705	0705		1924	1936	1948	2000	2012
Becontree Martins Corner	0550	0606	0621	0636	0636	0648	0648	0659	0659	0710	0710		1929	1941	1953	2005	2017
Goodmayes Station	0559	0616	0631	0646	0646	0659	0659	0711	0711	0723	0723		1940	1952	2004	2015	2027
Meads Lane Aldborough Road South	0605	0622	0637	0653	0653	0706	0707	0718	0719	0730	0732		1947	1959	2010	2021	2033
Perth Road Ley Street	0608	0625	0640	0656	0657	0709	0711	0721	0724	0733	0737		1950	2002	2013	2024	2036
Ilford Station	0614	0632	0647	0704	0705	0717	0720	0729	0733	0741	0746		1956	2007	2018	2029	2041
Ilford High Road Hainault Street	0617	0635	0651	0708	0709	0721	0724	0733	0737	0745	0750		2000	2010	2021	2032	2044
Dagenham East Bull Inn	2018	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245		2300	2315	2330	2345	
Dagenham East Station	2019	2031	2046	2101	2116	2131	2146	2201	2216	2231	2246	2301	2316	2331	2346		
Dagenham Heathway Parsloes Avenue	2024	2036	2051	2105	2120	2135	2150	2205	2220	2235	2250	2304	2319	2334	2349		
Becontree Martins Corner	2029	2041	2056	2109	2124	2139	2154	2209	2224	2239	2254	2308	2323	2338	2353		
Goodmayes Station	2039	2051	2104	2117	2132	2147	2202	2217	2232	2247	2302	2315	2330	2345	0000		
Meads Lane Aldborough Road South	2045	2057	2110	2123	2138	2153	2207	2222	2237	2252	2307	2320	2335	2350	0005		
Perth Road Ley Street	2048	2100	2113	2126	2141	2156	2209	2224	2239	2254	2309	2322	2337	2352	0007		
Ilford Station	2053	2105	2118	2131	2146	2201	2214	2229	2244	2259	2313	2326	2341	2356	0011		
Ilford High Road Hainault Street	2056	2108	2121	2134	2149	2204	2217	2232	2247	2302	2316	2329	2344	2359	0014		

364		Saturdays (also Good Friday)																
Dagenham East Bull Inn	0540	Then every 20 minutes until	0700	0715	0730	0745	0800	0812	0824	Then about every 10 minutes until	1812	1824	1836	1848	1900	1915		
Dagenham East Station	0541		0701	0716	0731	0746	0801	0813	0825		1813	1825	1837	1849	1901	1916		
Dagenham Heathway Parsloes Avenue	0545		0705	0720	0735	0750	0805	0817	0829		1819	1831	1843	1854	1906	1921		
Becontree Martins Corner	0549		0709	0724	0739	0754	0809	0821	0833		1824	1836	1848	1859	1911	1926		
Goodmayes Station	0557		0717	0732	0747	0802	0818	0830	0842		1837	1849	1900	1911	1923	1938		
Meads Lane Aldborough Road South	0602		0722	0737	0752	0808	0824	0836	0848		1844	1856	1907	1918	1930	1945		
Perth Road Ley Street	0605		0725	0740	0755	0811	0827	0839	0851		1847	1859	1910	1921	1933	1948		
Ilford Station	0610		0730	0745	0800	0817	0833	0845	0857		1855	1906	1917	1928	1940	1955		
Ilford High Road Hainault Street	0613		0733	0748	0803	0820	0836	0848	0900		1859	1910	1921	1932	1944	1959		
Dagenham East Bull Inn	1930		1945	2000	2015	2030	2045	2100	2115		2130	2145	2200	2215	2230	2245	2300	2315
Dagenham East Station	1931	1946	2001	2016	2031	2046	2101	2116	2131	2146	2201	2216	2231	2246	2301	2316	2331	2346
Dagenham Heathway Parsloes Avenue	1936	1951	2006	2021	2036	2051	2105	2120	2135	2150	2205	2220	2235	2250	2304	2319	2334	2349
Becontree Martins Corner	1941	1956	2011	2026	2041	2056	2109	2124	2139	2154	2209	2224	2239	2254	2308	2323	2338	2353
Goodmayes Station	1953	2007	2021	2036	2050	2104	2117	2132	2147	2202	2217	2232	2247	2302	2315	2330	2345	0000
Meads Lane Aldborough Road South	2000	2013	2027	2042	2056	2110	2123	2138	2153	2207	2222	2237	2252	2307	2320	2335	2350	0005
Perth Road Ley Street	2003	2016	2030	2045	2059	2113	2126	2141	2155	2209	2224	2239	2254	2309	2322	2337	2352	0007
Ilford Station	2009	2022	2036	2051	2105	2118	2131	2146	2200	2214	2229	2244	2259	2313	2326	2341	2356	0011
Ilford High Road Hainault Street	2013	2026	2040	2055	2108	2121	2134	2149	2203	2217	2232	2247	2302	2316	2329	2344	2359	0014

364		Sundays and other Public Holidays (except Christmas Day)																
Dagenham East Bull Inn	0640	0710	0740	0800	0820	0835	0850	0905	0920	0935	0949	1004	1018	1033	1047	1102	1116	1131
Dagenham East Station	0641	0711	0741	0801	0821	0836	0851	0906	0921	0936	0950	1005	1019	1034	1048	1103	1117	1132
Dagenham Heathway Parsloes Avenue	0645	0715	0745	0805	0825	0840	0855	0911	0926	0941	0955	1010	1024	1039	1053	1108	1122	1137
Becontree Martins Corner	0649	0719	0749	0809	0829	0844	0859	0916	0931	0946	1000	1015	1029	1044	1058	1113	1127	1142
Goodmayes Station	0657	0727	0757	0817	0837	0852	0908	0925	0941	0956	1011	1026	1041	1056	1111	1126	1141	1156
Meads Lane Aldborough Road South	0702	0732	0802	0822	0842	0857	0914	0931	0947	1002	1018	1033	1048	1103	1118	1133	1149	1204
Perth Road Ley Street	0705	0735	0805	0825	0845	0900	0917	0934	0950	1005	1021	1036	1051	1106	1121	1136	1152	1207
Ilford Station	0710	0740	0810	0830	0850	0906	0923	0940	0956	1011	1027	1042	1057	1113	1128	1143	1159	1215
Ilford High Road Hainault Street	0713	0743	0813	0833	0853	0909	0926	0943	0959	1015	1031	1046	1101	1117	1132	1147	1203	1219
Dagenham East Bull Inn	1146	1200	Then every 15 minutes until	1345	1400	1415	1430	1445	1500	1515	1530	1545	1600	1615	1630	1645	1700	
Dagenham East Station	1147	1201		1346	1401	1416	1431	1446	1501	1516	1531	1546	1601	1616	1631	1646	1701	
Dagenham Heathway Parsloes Avenue	1152	1207		1352	1407	1422	1437	1452	1507	1522	1537	1552	1606	1621	1636	1651	1706	
Becontree Martins Corner	1157	1212		1357	1412	1427	1442	1457	1512	1527	1542	1557	1611	1626	1641	1656	1711	
Goodmayes Station	1212	1227		1412	1426	1441	1456	1511	1526	1540	1555	1608	1622	1637	1652	1707	1721	
Meads Lane Aldborough Road South	1220	1235		1420	1434	1449	1504	1519	1534	1548	1602	1615	1629	1644	1659	1713	1727	
Perth Road Ley Street	1224	1239		1424	1438	1453	1508	1523	1538	1552	1605	1618	1632	1647	1702	1716	1730	
Ilford Station	1232	1247		1432	1446	1501	1515	1530	1545	1559	1612	1625	1639	1654	1708	1722	1736	
Ilford High Road Hainault Street	1236	1251		1436	1450	1505	1519	1534	1549	1603	1616	1629	1643	1658	1712	1726	1740	
Dagenham East Bull Inn	1715	Then every 15 minutes until		1915	1930	1945	2000	2015	2030	2045	2100	Then every 15 mins. until	2230	2245	2300	2315	2330	2345
Dagenham East Station	1716		1916	1931	1946	2001	2016	2031	2046	2101	2231		2246	2301	2316	2331	2346	
Dagenham Heathway Parsloes Avenue	1721		1921	1936	1951	2005	2020	2035	2050	2105	2235		2250	2304	2319	2334	2349	
Becontree Martins Corner	1726		1926	1941	1956	2009	2024	2039	2054	2109	2239		2254	2308	2323	2338	2353	
Goodmayes Station	1736		1936	1951	2005	2018	2033	2048	2103	2117	2247		2302	2315	2330	2345	0000	
Meads Lane Aldborough Road South	1742		1942	1957	2010	2023	2038	2053	2108	2122	2252		2307	2320	2335	2350	0005	
Perth Road Ley Street	1745		1945	2000	2013	2026	2041	2056	2110	2124	2254		2309	2322	2337	2352	0007	
Ilford Station	1751		1951	2005	2018	2031	2046	2101	2115	2129	2259		2313	2326	2341	2356	0011	
Ilford High Road Hainault Street	1755		1955	2008	2021	2034	2049	2104	2118	2132	2302		2316	2329	2344	2359	0014	

Notes: SD – Operates on school days, half term and Christmas only NSD – Operates during Summer and Easter school holidays only

364		Mondays to Fridays																	
		NSD	SD	NSD	SD	NSD	SD	NSD	SD	NSD	SD	NSD	SD	NSD	SD	NSD	SD		
Ilford High Road Hainault Street	0500	0515	0530	0545	0559	0612	0625	0625	0635	0635	0645	0645	0656	0655	0708	0705	0720	0715	
Ilford Station	0503	0518	0533	0548	0602	0615	0628	0628	0639	0639	0649	0649	0700	0659	0712	0709	0724	0719	
Perth Road Ley Street	0509	0524	0539	0554	0608	0621	0635	0635	0646	0646	0657	0657	0708	0707	0720	0717	0732	0728	
Meads Lane Aldborough Road South	0511	0526	0541	0556	0610	0623	0637	0637	0648	0648	0659	0659	0711	0710	0723	0720	0735	0731	
Goodmayes Station	0516	0531	0546	0601	0616	0630	0645	0645	0656	0656	0707	0708	0719	0719	0731	0730	0743	0742	
Becontree Martins Corner	0522	0537	0552	0608	0623	0638	0653	0653	0705	0705	0717	0717	0729	0729	0741	0741	0753	0753	
Dagenham Heathway Parsloes Avenue	0526	0541	0556	0613	0628	0643	0658	0658	0710	0711	0722	0724	0734	0736	0746	0749	0758	0801	
Dagenham East Station	0530	0545	0601	0618	0633	0648	0703	0704	0715	0717	0727	0730	0739	0743	0751	0756	0803	0808	
Dagenham East Bull Inn	0532	0547	0603	0620	0635	0650	0705	0706	0717	0719	0729	0733	0742	0746	0754	0759	0806	0811	
	NSD	SD																	
Ilford High Road Hainault Street	0730	0727		1958	2010	2022	2038	2053	2109	2124	2140	2155	2210	2225	2240	2255		2355	
Ilford Station	0734	0731	Then	2002	2014	2026	2042	2057	2112	2127	2143	2158	2213	2228	2243	2258		2358	
Perth Road Ley Street	0742	0740	about	2010	2022	2034	2050	2105	2120	2135	2151	2205	2220	2235	2250	2304	Then	0004	
Meads Lane Aldborough Road South	0745	0743	every	2012	2024	2036	2052	2107	2122	2137	2153	2207	2222	2237	2252	2306	every	0006	
Goodmayes Station	0753	0754	10	2020	2032	2044	2059	2113	2128	2143	2159	2213	2228	2243	2258	2311	15	0011	
Becontree Martins Corner	0803	0805	mins.	2028	2040	2052	2106	2120	2135	2150	2205	2219	2234	2249	2303	2316	mins.	0016	
Dagenham Heathway Parsloes Avenue	0808	0813	until	2033	2045	2057	2111	2125	2140	2155	2209	2223	2238	2253	2306	2319	until	0019	
Dagenham East Station	0813	0820		2038	2050	2102	2116	2130	2145	2200	2213	2227	2242	2257	2310	2323		0023	
Dagenham East Bull Inn	0816	0822		2040	2052	2104	2118	2132	2147	2202	2215	2229	2244	2259	2312	2325		0025	
364		Saturdays (also Good Friday)																	
Ilford High Road Hainault Street	0500			0620	0640	0700	0720	0740	0800	0815	0830	0844	0858	0910		1846	1858	1910	1925
Ilford Station	0503			0623	0643	0703	0723	0743	0804	0819	0834	0848	0902	0914	Then	1851	1903	1915	1930
Perth Road Ley Street	0509	Then		0629	0649	0709	0729	0749	0810	0826	0841	0855	0910	0922	about	1901	1913	1925	1940
Meads Lane Aldborough Road South	0511	every		0631	0651	0711	0731	0751	0812	0828	0843	0857	0912	0924	every	1904	1916	1928	1943
Goodmayes Station	0516	20		0636	0656	0717	0737	0757	0819	0835	0850	0904	0919	0931	10	1912	1924	1936	1951
Becontree Martins Corner	0522	mins.		0642	0702	0724	0744	0804	0826	0842	0857	0912	0927	0939	mins.	1921	1933	1945	2000
Dagenham Heathway Parsloes Avenue	0526	until		0646	0706	0728	0748	0809	0831	0847	0902	0917	0932	0944	until	1926	1938	1950	2005
Dagenham East Station	0530			0650	0711	0733	0753	0814	0836	0852	0907	0922	0937	0949		1932	1944	1956	2010
Dagenham East Bull Inn	0532			0652	0713	0735	0755	0816	0838	0854	0909	0924	0939	0951		1934	1946	1958	2012
Ilford High Road Hainault Street	1940	1955	2010	2025	2040	2055	2110	2125	2140	2155	2210	2225	2240	2255	2310	2325	2340	2355	
Ilford Station	1945	2000	2014	2029	2044	2059	2114	2129	2144	2158	2213	2228	2243	2258	2313	2328	2343	2358	
Perth Road Ley Street	1955	2009	2023	2037	2052	2107	2122	2137	2152	2205	2220	2235	2250	2305	2319	2334	2349	0004	
Meads Lane Aldborough Road South	1958	2012	2026	2040	2055	2109	2124	2139	2154	2207	2222	2237	2252	2307	2321	2336	2351	0006	
Goodmayes Station	2006	2019	2033	2047	2102	2115	2130	2145	2200	2213	2228	2243	2258	2312	2326	2341	2356	0011	
Becontree Martins Corner	2014	2027	2041	2055	2109	2122	2137	2152	2206	2219	2234	2249	2304	2318	2332	2347	0002	0016	
Dagenham Heathway Parsloes Avenue	2019	2032	2046	2100	2113	2126	2141	2156	2210	2223	2238	2253	2308	2322	2336	2351	0005	0019	
Dagenham East Station	2024	2037	2051	2105	2118	2131	2146	2201	2214	2227	2242	2257	2312	2326	2340	2355	0009	0023	
Dagenham East Bull Inn	2026	2039	2053	2107	2120	2133	2148	2203	2216	2229	2244	2259	2314	2328	2342	2357	0011	0025	
364		Sundays and other Public Holidays (except Christmas Day)																	
Ilford High Road Hainault Street	0625	0655	0725	0755	0825		0925	0940	0953	1007		1050	1104	1117	1132	1146		1246	
Ilford Station	0628	0658	0728	0758	0828		0928	0943	0956	1010	Then	1054	1108	1121	1136	1150		1250	
Perth Road Ley Street	0634	0704	0734	0804	0834	Then	0934	0949	1002	1017	about	1101	1116	1129	1144	1159	Then	1259	
Meads Lane Aldborough Road South	0636	0706	0736	0806	0836	every	0936	0951	1004	1019	every	1103	1118	1131	1147	1202	every	1302	
Goodmayes Station	0641	0711	0741	0812	0842	20	0942	0957	1011	1026	14-15	1111	1126	1140	1156	1212	15	1312	
Becontree Martins Corner	0647	0717	0747	0819	0849	mins.	0949	1004	1019	1034	mins.	1119	1134	1149	1205	1221	mins.	1321	
Dagenham Heathway Parsloes Avenue	0651	0721	0751	0823	0853	until	0953	1009	1024	1039	until	1124	1140	1155	1211	1227	until	1327	
Dagenham East Station	0655	0726	0756	0828	0858		0958	1014	1029	1044		1129	1146	1201	1217	1233		1333	
Dagenham East Bull Inn	0657	0728	0758	0830	0900		1000	1016	1031	1046		1131	1148	1203	1219	1235		1335	
Ilford High Road Hainault Street	1301	1316		1531	1547	1602	1617	1632	1647	1703	1718	1733	1748	1804	1820	1835	1851	1906	
Ilford Station	1305	1321		1536	1552	1607	1622	1637	1652	1708	1723	1738	1753	1809	1824	1839	1855	1910	
Perth Road Ley Street	1315	1331	Then	1546	1602	1617	1632	1647	1702	1717	1732	1747	1802	1817	1832	1847	1903	1918	
Meads Lane Aldborough Road South	1318	1334	every	1549	1605	1620	1635	1650	1705	1720	1735	1750	1805	1820	1835	1850	1905	1920	
Goodmayes Station	1328	1344	15	1559	1614	1629	1644	1659	1713	1728	1743	1758	1813	1827	1842	1857	1912	1927	
Becontree Martins Corner	1337	1353	mins.	1608	1623	1638	1653	1708	1722	1737	1752	1807	1821	1835	1850	1905	1920	1935	
Dagenham Heathway Parsloes Avenue	1343	1358	until	1613	1628	1643	1658	1713	1727	1742	1757	1812	1826	1840	1855	1910	1925	1940	
Dagenham East Station	1349	1404		1619	1634	1649	1704	1718	1732	1747	1802	1817	1831	1845	1900	1915	1930	1945	
Dagenham East Bull Inn	1351	1406		1621	1636	1651	1706	1720	1734	1749	1804	1819	1833	1847	1902	1917	1932	1947	
Ilford High Road Hainault Street	1921	1936	1952	2007	2022	2037	2052	2108	2123	2138	2154	2210	2225	2240	2255			2355	
Ilford Station	1925	1940	1956	2011	2025	2040	2055	2111	2126	2141	2157	2213	2228	2243	2258			2358	
Perth Road Ley Street	1933	1948	2004	2019	2033	2048	2103	2118	2133	2148	2204	2219	2234	2249	2304	Then		0004	
Meads Lane Aldborough Road South	1935	1950	2006	2021	2035	2050	2105	2120	2135	2150	2206	2221	2236	2251	2306	every 15		0006	
Goodmayes Station	1942	1957	2012	2027	2041	2056	2111	2126	2141	2156	2211	2226	2241	2256	2311	minutes		0011	
Becontree Martins Corner	1950	2005	2019	2034	2048	2103	2117	2132	2147	2202	2217	2232	2247	2302	2316	until		0016	
Dagenham Heathway Parsloes Avenue	1955	2009	2023	2038	2052	2107	2121	2136	2151	2206	2221	2236	2251	2305	2319			0019	
Dagenham East Station	2000	2014	2028	2043	2057														