

364 Mondays to Fridays																			
Dagenham East Bull Inn	0539	0554	0609	0624	0639	0650	0700	0707	0715	0723	0732	0740	0748	0756	0804	0815	0826	0837	
Dagenham East Station	0540	0555	0610	0625	0640	0651	0701	0709	0717	0725	0734	0742	0750	0758	0806	0817	0828	0839	
Dagenham Heathway Parsloes Avenue	0545	0600	0615	0630	0645	0656	0706	0714	0723	0731	0740	0748	0757	0805	0814	0825	0836	0846	
Becontree Martins Corner	0549	0604	0619	0634	0649	0700	0711	0720	0729	0737	0746	0754	0803	0812	0821	0832	0843	0853	
Goodmayes Station	0557	0613	0628	0643	0659	0710	0721	0730	0740	0749	0759	0808	0818	0828	0838	0848	0859	0908	
Meads Lane Aldborough Road South	0601	0617	0633	0648	0704	0716	0728	0738	0748	0758	0808	0818	0828	0838	0848	0858	0908	0916	
Perth Road Ley Street	0605	0621	0637	0652	0708	0720	0732	0742	0753	0803	0813	0823	0833	0843	0853	0903	0912	0920	
Ilford Station	0610	0626	0642	0657	0714	0727	0740	0750	0802	0812	0822	0832	0841	0851	0901	0910	0919	0927	
Ilford High Road Hainault Street	0613	0629	0645	0701	0718	0731	0744	0755	0807	0817	0827	0837	0846	0856	0905	0914	0923	0931	
Dagenham East Bull Inn	0847	0858	0909	0919	0929			1109	1119			1349	1359	1407	1417	1425	1432	1442	
Dagenham East Station	0849	0900	0911	0921	0931			1111	1121			1351	1401	1409	1419	1427	1434	1444	
Dagenham Heathway Parsloes Avenue	0856	0907	0917	0927	0937			1117	1127			1357	1407	1415	1425	1433	1441	1451	
Becontree Martins Corner	0903	0913	0923	0933	0942			1122	1132			1402	1412	1420	1430	1439	1447	1457	
Goodmayes Station	0917	0926	0935	0945	0954			1134	1145			1415	1425	1433	1443	1453	1502	1512	
Meads Lane Aldborough Road South	0924	0933	0942	0952	1001			1141	1152			1422	1433	1442	1452	1502	1512	1522	
Perth Road Ley Street	0928	0937	0946	0956	1005			1145	1156			1426	1438	1447	1457	1507	1517	1527	
Ilford Station	0935	0944	0953	1003	1012			1152	1203			1433	1445	1454	1504	1515	1525	1535	
Ilford High Road Hainault Street	0939	0948	0957	1007	1016			1156	1207			1437	1449	1458	1508	1519	1529	1539	
Dagenham East Bull Inn	1450	1459	1509	1520	1531	1542	1552	1603				1723	1733	1743	1753	1803	1813	1823	1833
Dagenham East Station	1452	1501	1511	1522	1533	1544	1554	1605				1725	1735	1745	1755	1805	1815	1825	1835
Dagenham Heathway Parsloes Avenue	1459	1509	1519	1530	1540	1551	1601	1611				1731	1741	1751	1801	1811	1821	1831	1841
Becontree Martins Corner	1506	1517	1527	1538	1547	1557	1607	1617				1737	1747	1757	1807	1817	1827	1837	1847
Goodmayes Station	1522	1533	1542	1552	1601	1611	1621	1631				1751	1801	1811	1821	1831	1841	1851	1901
Meads Lane Aldborough Road South	1532	1542	1551	1601	1610	1620	1630	1640				1800	1809	1819	1829	1839	1849	1859	1909
Perth Road Ley Street	1536	1546	1555	1605	1614	1624	1634	1644				1804	1813	1823	1833	1843	1853	1903	1912
Ilford Station	1544	1554	1603	1612	1621	1631	1641	1651				1811	1820	1830	1839	1849	1859	1908	1917
Ilford High Road Hainault Street	1548	1558	1607	1616	1625	1635	1645	1655				1815	1824	1834	1843	1853	1903	1912	1921
Dagenham East Bull Inn	1843	1853	1904	1914	1926	1938	1950	2002	2014	2029	2044	2059	2114	2129	2144	2200	2215	2230	
Dagenham East Station	1845	1855	1905	1915	1927	1939	1951	2003	2015	2030	2045	2100	2115	2130	2145	2201	2216	2231	
Dagenham Heathway Parsloes Avenue	1851	1901	1911	1921	1933	1945	1957	2008	2020	2035	2050	2105	2120	2135	2150	2205	2220	2235	
Becontree Martins Corner	1857	1906	1916	1926	1938	1950	2002	2013	2025	2040	2055	2109	2124	2139	2154	2209	2224	2239	
Goodmayes Station	1911	1919	1929	1939	1950	2001	2012	2023	2035	2050	2104	2117	2132	2147	2202	2216	2231	2246	
Meads Lane Aldborough Road South	1919	1927	1937	1946	1957	2007	2018	2029	2041	2056	2110	2123	2138	2153	2207	2221	2236	2251	
Perth Road Ley Street	1922	1930	1940	1949	2000	2010	2021	2032	2044	2059	2113	2126	2141	2156	2210	2224	2239	2254	
Ilford Station	1927	1935	1945	1954	2005	2015	2026	2037	2049	2104	2118	2131	2146	2201	2215	2229	2244	2259	
Ilford High Road Hainault Street	1931	1939	1949	1958	2008	2018	2029	2040	2052	2107	2121	2134	2149	2204	2218	2232	2247	2302	
Dagenham East Bull Inn	2245	2300	2315	2330	2345														
Dagenham East Station	2246	2301	2316	2331	2346														
Dagenham Heathway Parsloes Avenue	2250	2305	2320	2335	2350														
Becontree Martins Corner	2254	2309	2324	2339	2354														
Goodmayes Station	2301	2316	2331	2346	0001														
Meads Lane Aldborough Road South	2305	2320	2335	2350	0005														
Perth Road Ley Street	2307	2322	2337	2352	0007														
Ilford Station	2311	2326	2341	2356	0011														
Ilford High Road Hainault Street	2314	2329	2344	2359	0014														
364 Saturdays (also Good Friday)																			
Dagenham East Bull Inn	0539	0559	0619	0639	0659	0715	0730	0745	0800	0810	0820	0830	0840	0849	0859	0909	0918	0927	
Dagenham East Station	0540	0600	0620	0640	0700	0716	0731	0746	0801	0811	0821	0831	0841	0850	0900	0910	0919	0928	
Dagenham Heathway Parsloes Avenue	0544	0604	0624	0644	0704	0720	0735	0750	0805	0815	0825	0835	0845	0854	0904	0914	0923	0932	
Becontree Martins Corner	0548	0608	0628	0648	0709	0725	0740	0755	0810	0820	0830	0840	0850	0859	0909	0919	0928	0937	
Goodmayes Station	0555	0615	0635	0655	0716	0732	0747	0802	0818	0828	0838	0848	0858	0908	0918	0928	0937	0947	
Meads Lane Aldborough Road South	0559	0619	0640	0700	0721	0737	0752	0807	0823	0833	0843	0853	0903	0914	0924	0934	0944	0954	
Perth Road Ley Street	0602	0622	0643	0703	0724	0740	0755	0810	0826	0836	0846	0856	0906	0917	0927	0937	0947	0957	
Ilford Station	0606	0626	0647	0707	0728	0744	0759	0814	0830	0840	0850	0900	0911	0922	0932	0943	0953	1003	
Ilford High Road Hainault Street	0609	0629	0650	0710	0731	0747	0802	0818	0834	0844	0854	0904	0915	0926	0936	0947	0957	1007	
Dagenham East Bull Inn	0936	0946	0954	1003	1013	1022	1032	1040	1049	1058	1108	1117	1127	1136	1145	1154	1204	1214	
Dagenham East Station	0937	0947	0955	1005	1015	1024	1034	1042	1051	1100	1110	1119	1129	1138	1147	1156	1206	1216	
Dagenham Heathway Parsloes Avenue	0942	0952	1000	1010	1020	1029	1039	1047	1056	1106	1116	1125	1135	1144	1153	1203	1213	1223	
Becontree Martins Corner	0947	0957	1006	1016	1026	1035	1045	1053	1102	1112	1122	1131	1141	1150	1159	1209	1219	1229	
Goodmayes Station	0957	1007	1017	1027	1037	1047	1057	1106	1116	1126	1136	1145	1155	1205	1215	1225	1235	1245	
Meads Lane Aldborough Road South	1004	1014	1024	1034	1044	1054	1104	1114	1124	1134	1144	1153	1203	1213	1223	1233	1243	1253	
Perth Road Ley Street	1008	1018	1028	1038	1048	1058	1108	1118	1128	1138	1148	1157	1207	1217	1227	1237	1247	1257	
Ilford Station	1014	1024	1034	1045	1055	1105	1116	1126	1136	1146	1156	1205	1215	1225	1235	1245	1255	1305	
Ilford High Road Hainault Street	1018	1028	1038	1049	1059	1109	1120	1130	1140	1150	1200	1210	1220	1230	1240	1250	1300	1310	

364 Saturdays (also Good Friday) (cont.)																		
Dagenham East Bull Inn	1224	1234	1244	1254	1305	1315	1325	1335	1345	1355	1405	1415	1425	Then every 10 minutes until	1525	1535	1545	
Dagenham East Station	1226	1236	1246	1256	1307	1317	1327	1337	1347	1357	1407	1417	1427		1527	1537	1547	
Dagenham Heathway Parsloes Avenue	1233	1243	1253	1303	1313	1323	1333	1343	1353	1403	1413	1423	1433		1533	1543	1553	
Becontree Martins Corner	1239	1249	1259	1309	1319	1329	1339	1349	1359	1409	1419	1429	1439		1539	1549	1559	
Goodmayes Station	1255	1305	1314	1324	1334	1344	1354	1404	1413	1423	1433	1443	1453		1553	1603	1612	
Meads Lane Aldborough Road South	1303	1313	1322	1332	1342	1352	1402	1412	1421	1431	1441	1451	1501		1601	1610	1619	
Perth Road Ley Street	1307	1317	1326	1336	1346	1356	1406	1416	1425	1435	1445	1455	1505		1605	1614	1623	
Ilford Station	1315	1325	1334	1344	1354	1404	1414	1424	1433	1443	1453	1503	1512	1612	1621	1630		
Ilford High Road Hainault Street	1320	1330	1339	1349	1359	1409	1419	1429	1438	1448	1458	1507	1516	1616	1625	1634		
Dagenham East Bull Inn	1555	Then every 10 minutes until	1635	1645	1656	1706	1716	1727	1737	1747	1758	1809	1821	1833	1845	1857	1912	
Dagenham East Station	1557		1637	1647	1657	1707	1717	1728	1738	1748	1759	1810	1822	1834	1846	1858	1913	
Dagenham Heathway Parsloes Avenue	1603		1643	1653	1703	1713	1723	1734	1744	1754	1805	1816	1828	1840	1852	1904	1919	
Becontree Martins Corner	1609		1649	1659	1709	1719	1729	1740	1750	1800	1810	1821	1833	1845	1857	1909	1924	
Goodmayes Station	1622		1702	1711	1721	1731	1741	1752	1802	1812	1822	1833	1845	1857	1908	1920	1935	
Meads Lane Aldborough Road South	1629		1709	1718	1728	1738	1748	1759	1809	1819	1829	1840	1852	1904	1915	1927	1942	
Perth Road Ley Street	1633		1713	1722	1732	1742	1752	1802	1812	1822	1832	1843	1855	1907	1918	1930	1945	
Ilford Station	1640	1720	1729	1739	1749	1759	1809	1819	1829	1839	1850	1902	1913	1924	1936	1951		
Ilford High Road Hainault Street	1644	1724	1733	1743	1753	1803	1813	1823	1833	1843	1854	1906	1917	1928	1940	1955		
Dagenham East Bull Inn	1927	1942	1958	2013	2028	2043	2059	2114	2129	2144	2159	2214	2229	2244	2300	2315	2330	2345
Dagenham East Station	1928	1943	1959	2014	2029	2044	2100	2115	2130	2145	2200	2215	2230	2245	2301	2316	2331	2346
Dagenham Heathway Parsloes Avenue	1934	1949	2004	2019	2034	2049	2105	2120	2135	2150	2205	2220	2235	2250	2305	2320	2335	2350
Becontree Martins Corner	1939	1954	2009	2024	2039	2054	2109	2124	2139	2154	2209	2224	2239	2254	2309	2324	2339	2354
Goodmayes Station	1950	2005	2019	2034	2049	2103	2117	2132	2147	2202	2217	2232	2247	2301	2316	2331	2346	0001
Meads Lane Aldborough Road South	1956	2011	2025	2040	2054	2108	2122	2137	2152	2206	2221	2236	2251	2305	2320	2335	2350	0005
Perth Road Ley Street	1959	2014	2028	2043	2057	2111	2125	2140	2155	2209	2224	2239	2254	2308	2323	2338	2353	0008
Ilford Station	2005	2019	2033	2048	2102	2116	2130	2145	2200	2214	2229	2244	2259	2313	2328	2342	2357	0012
Ilford High Road Hainault Street	2009	2023	2037	2052	2105	2119	2133	2148	2203	2217	2232	2247	2302	2316	2331	2345	0000	0015
364 Sundays and other Public Holidays (except Christmas Day)																		
Dagenham East Bull Inn	0640	0710	0740	0800	0815	0830	0845	0900	0915	0930	0945	1000	1015	1029	1043	1057	1112	1126
Dagenham East Station	0641	0711	0741	0801	0816	0831	0846	0901	0916	0931	0946	1001	1016	1030	1044	1058	1113	1127
Dagenham Heathway Parsloes Avenue	0645	0715	0745	0805	0820	0835	0850	0906	0921	0936	0951	1007	1022	1036	1050	1104	1119	1133
Becontree Martins Corner	0649	0719	0749	0809	0824	0839	0854	0911	0926	0941	0956	1012	1027	1041	1055	1109	1124	1138
Goodmayes Station	0656	0726	0756	0817	0832	0847	0902	0919	0934	0949	1004	1021	1036	1051	1106	1121	1136	1150
Meads Lane Aldborough Road South	0700	0731	0801	0822	0837	0852	0908	0925	0940	0955	1011	1028	1043	1058	1113	1128	1143	1157
Perth Road Ley Street	0703	0734	0804	0825	0840	0855	0911	0928	0943	0958	1014	1031	1046	1101	1116	1131	1146	1200
Ilford Station	0707	0738	0808	0829	0844	0859	0916	0933	0948	1003	1020	1037	1052	1108	1123	1138	1153	1207
Ilford High Road Hainault Street	0709	0740	0811	0832	0847	0902	0919	0936	0951	1006	1023	1041	1056	1112	1127	1142	1157	1211
Dagenham East Bull Inn	1141	1155	1210	1225	1240	1255	1310	1325	1340	1355	1410	1425	1440	1456	1511	1527	1542	1558
Dagenham East Station	1142	1156	1211	1226	1241	1256	1311	1326	1341	1356	1411	1426	1441	1457	1512	1528	1543	1559
Dagenham Heathway Parsloes Avenue	1148	1202	1217	1232	1247	1302	1317	1332	1347	1402	1416	1431	1446	1502	1517	1533	1548	1604
Becontree Martins Corner	1153	1208	1223	1238	1253	1308	1323	1338	1353	1408	1422	1437	1452	1508	1523	1539	1554	1610
Goodmayes Station	1205	1221	1237	1252	1307	1323	1338	1353	1408	1423	1437	1452	1507	1522	1537	1552	1606	1621
Meads Lane Aldborough Road South	1213	1229	1245	1300	1315	1331	1346	1401	1415	1430	1444	1459	1514	1529	1544	1559	1612	1627
Perth Road Ley Street	1216	1232	1248	1303	1318	1334	1349	1404	1418	1433	1447	1502	1517	1532	1547	1602	1615	1630
Ilford Station	1223	1239	1255	1310	1325	1341	1356	1411	1425	1440	1454	1509	1524	1539	1554	1608	1621	1636
Ilford High Road Hainault Street	1227	1243	1259	1314	1329	1345	1400	1415	1429	1444	1458	1513	1528	1543	1558	1612	1625	1640
Dagenham East Bull Inn	1613	1628	1643	1659	1714	1729	1744	1759	Then every 15 minutes until	1914	1929	1944	1959	2015	2030	2045	2100	
Dagenham East Station	1614	1629	1644	1700	1715	1730	1745	1800		1915	1930	1945	2000	2016	2031	2046	2101	
Dagenham Heathway Parsloes Avenue	1619	1634	1649	1705	1720	1735	1750	1805		1920	1935	1950	2005	2020	2035	2050	2105	
Becontree Martins Corner	1625	1640	1655	1711	1726	1741	1756	1810		1925	1940	1955	2009	2024	2039	2054	2109	
Goodmayes Station	1636	1651	1706	1721	1736	1751	1806	1820		1935	1950	2005	2018	2033	2048	2103	2117	
Meads Lane Aldborough Road South	1642	1657	1712	1727	1742	1757	1811	1825		1940	1955	2009	2022	2037	2052	2107	2121	
Perth Road Ley Street	1645	1700	1715	1730	1745	1800	1814	1828		1943	1958	2012	2025	2040	2055	2110	2124	
Ilford Station	1651	1706	1721	1736	1751	1805	1819	1833	1948	2003	2016	2029	2044	2059	2114	2128		
Ilford High Road Hainault Street	1655	1710	1725	1740	1755	1809	1823	1837	1952	2006	2019	2032	2047	2102	2117	2131		
Dagenham East Bull Inn	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345							
Dagenham East Station	2116	2131	2146	2201	2216	2231	2246	2301	2316	2331	2346							
Dagenham Heathway Parsloes Avenue	2120	2135	2150	2205	2220	2235	2250	2305	2320	2335	2350							
Becontree Martins Corner	2124	2139	2154	2209	2224	2239	2254	2309	2324	2339	2354							
Goodmayes Station	2132	2147	2202	2216	2231	2246	2301	2316	2331	2346	0001							
Meads Lane Aldborough Road South	2136	2151	2206	2220	2235	2250	2305	2320	2335	2350	0005							
Perth Road Ley Street	2139	2154	2209	2223	2238	2253	2307	2322	2337	2352	0007							
Ilford Station	2143	2158	2213	2227	2242	2257	2311	2326	2341	2356	0011							
Ilford High Road Hainault Street	2146	2201	2216	2230	2245	2300	2314	2329	2344	2359	0014							

364

Ilford – Goodmayes – Dagenham East

364		Mondays to Fridays																
Ilford High Road Hainault Street	0500	0515	0530	0545	0600	0615	0630	0642	0654	0704	0715	0725	0735	0743	0752	0801	0811	0822
Ilford Station	0503	0518	0533	0548	0603	0618	0633	0645	0658	0708	0719	0729	0739	0747	0756	0805	0815	0826
Perth Road Ley Street	0508	0523	0538	0553	0608	0623	0639	0651	0704	0714	0726	0736	0746	0755	0805	0815	0825	0836
Meads Lane Aldborough Road South	0510	0525	0540	0555	0610	0625	0641	0653	0707	0717	0729	0739	0749	0758	0808	0818	0828	0839
Goodmayes Station	0515	0530	0545	0600	0615	0630	0647	0700	0714	0725	0737	0748	0759	0809	0819	0829	0839	0850
Becontree Martins Corner	0521	0536	0551	0606	0621	0636	0654	0708	0722	0734	0746	0758	0810	0820	0830	0840	0850	0900
Dagenham Heathway Parsloes Avenue	0525	0540	0555	0611	0626	0641	0659	0714	0728	0740	0753	0805	0818	0828	0838	0847	0857	0907
Dagenham East Station	0530	0545	0600	0616	0631	0646	0704	0720	0734	0746	0800	0813	0826	0836	0846	0855	0905	0915
Dagenham East Bull Inn	0532	0547	0602	0618	0633	0648	0706	0722	0736	0748	0802	0816	0828	0838	0848	0857	0907	0917
Ilford High Road Hainault Street	0832	0842	0852	0902	0912			1022	1032	1042	1052	1102			1312	1322	1332	1342
Ilford Station	0836	0846	0856	0906	0916			1026	1036	1046	1056	1106			1316	1326	1336	1346
Perth Road Ley Street	0845	0855	0905	0914	0924			1034	1044	1054	1104	1115			1325	1335	1345	1355
Meads Lane Aldborough Road South	0848	0858	0908	0917	0927			1037	1047	1057	1107	1118			1328	1338	1348	1358
Goodmayes Station	0859	0909	0918	0926	0935			1045	1055	1105	1115	1126			1336	1346	1356	1406
Becontree Martins Corner	0908	0918	0927	0935	0944			1054	1104	1114	1124	1135			1345	1355	1405	1415
Dagenham Heathway Parsloes Avenue	0914	0923	0932	0940	0949			1059	1110	1120	1130	1141			1351	1401	1411	1421
Dagenham East Station	0921	0930	0938	0946	0955			1105	1116	1126	1136	1147			1357	1408	1418	1428
Dagenham East Bull Inn	0923	0932	0940	0948	0957			1107	1118	1128	1138	1149			1359	1410	1420	1430
Ilford High Road Hainault Street	1352	1401	1410	1420	1428	1436	1443	1451	1501	1511	1521	1532			1702	1712	1722	1732
Ilford Station	1356	1406	1415	1425	1433	1441	1448	1456	1506	1516	1526	1537			1707	1717	1727	1737
Perth Road Ley Street	1405	1415	1424	1434	1442	1450	1458	1508	1518	1528	1538	1548			1718	1728	1738	1748
Meads Lane Aldborough Road South	1408	1418	1427	1437	1445	1453	1501	1511	1521	1531	1541	1551			1721	1731	1741	1751
Goodmayes Station	1416	1426	1435	1445	1455	1504	1514	1524	1534	1544	1554	1604			1734	1744	1754	1804
Becontree Martins Corner	1425	1436	1446	1456	1506	1516	1526	1536	1545	1555	1605	1615			1745	1755	1805	1814
Dagenham Heathway Parsloes Avenue	1431	1442	1452	1502	1513	1524	1533	1543	1552	1602	1611	1621			1751	1801	1811	1820
Dagenham East Station	1438	1449	1459	1510	1521	1532	1542	1552	1601	1610	1619	1629			1759	1808	1818	1827
Dagenham East Bull Inn	1440	1451	1501	1512	1523	1534	1544	1554	1603	1612	1621	1631			1801	1810	1820	1829
Ilford High Road Hainault Street	1742	1753	1804	1814	1824	1834	1845	1855	1905	1916	1927	1937	1947	1959	2011	2023	2038	2053
Ilford Station	1747	1758	1809	1819	1829	1839	1850	1900	1910	1921	1931	1941	1951	2002	2014	2026	2041	2056
Perth Road Ley Street	1758	1809	1819	1829	1839	1849	1900	1909	1919	1930	1939	1949	1959	2010	2022	2034	2049	2104
Meads Lane Aldborough Road South	1801	1812	1822	1832	1842	1852	1903	1912	1922	1933	1942	1952	2002	2013	2025	2037	2052	2106
Goodmayes Station	1813	1824	1834	1843	1853	1902	1912	1921	1931	1941	1950	2000	2010	2021	2033	2045	2059	2112
Becontree Martins Corner	1823	1834	1844	1853	1903	1911	1921	1930	1940	1950	1959	2008	2018	2029	2041	2053	2107	2119
Dagenham Heathway Parsloes Avenue	1829	1840	1850	1859	1909	1917	1927	1935	1945	1955	2004	2013	2023	2034	2046	2058	2112	2124
Dagenham East Station	1836	1847	1856	1905	1915	1923	1933	1941	1951	2001	2009	2018	2028	2039	2051	2103	2117	2129
Dagenham East Bull Inn	1838	1849	1858	1907	1917	1925	1935	1943	1953	2003	2011	2020	2030	2041	2053	2105	2119	2131
Ilford High Road Hainault Street	2108	2123	2138	2153	2208	2224	2239	2254	2310	2325	2340	2355						
Ilford Station	2111	2126	2141	2156	2211	2227	2242	2257	2313	2328	2343	2358						
Perth Road Ley Street	2118	2133	2148	2203	2217	2233	2248	2303	2318	2333	2348	0003						
Meads Lane Aldborough Road South	2120	2135	2150	2205	2219	2235	2250	2305	2320	2335	2350	0005						
Goodmayes Station	2126	2141	2156	2210	2224	2240	2255	2310	2325	2340	2355	0010						
Becontree Martins Corner	2133	2148	2203	2216	2230	2246	2301	2316	2331	2346	0001	0016						
Dagenham Heathway Parsloes Avenue	2138	2153	2207	2220	2234	2250	2304	2319	2334	2349	0004	0019						
Dagenham East Station	2143	2158	2212	2225	2239	2255	2308	2323	2338	2353	0008	0023						
Dagenham East Bull Inn	2145	2200	2214	2227	2241	2257	2310	2325	2340	2355	0010	0025						
364		Saturdays (also Good Friday)																
Ilford High Road Hainault Street	0500	0520	0540	0600	0620	0640	0700	0720	0739	0759	0815	0830	0845	0900	0910	0920	0928	0937
Ilford Station	0503	0523	0543	0603	0623	0643	0703	0723	0742	0802	0818	0833	0848	0903	0913	0923	0932	0941
Perth Road Ley Street	0508	0528	0548	0608	0628	0648	0708	0729	0748	0808	0825	0840	0855	0910	0920	0930	0940	0949
Meads Lane Aldborough Road South	0510	0530	0550	0610	0630	0650	0710	0731	0750	0810	0827	0842	0857	0912	0922	0932	0942	0951
Goodmayes Station	0515	0535	0555	0615	0635	0655	0716	0737	0756	0816	0833	0848	0903	0919	0929	0939	0949	0958
Becontree Martins Corner	0521	0541	0601	0621	0641	0701	0722	0743	0802	0823	0840	0856	0911	0927	0937	0947	0957	1007
Dagenham Heathway Parsloes Avenue	0525	0545	0605	0625	0645	0705	0726	0747	0806	0827	0844	0900	0916	0932	0942	0952	1002	1012
Dagenham East Station	0529	0549	0609	0629	0649	0710	0731	0752	0811	0832	0849	0905	0921	0937	0947	0957	1007	1017
Dagenham East Bull Inn	0531	0551	0611	0631	0651	0712	0733	0754	0813	0834	0851	0907	0923	0939	0949	0959	1009	1019
Ilford High Road Hainault Street	0947	0957	1007	1016	1025	1035	1045	1055	1103	1113	1123	1133	1143	1152				1232
Ilford Station	0951	1001	1011	1020	1029	1039	1049	1059	1108	1118	1128	1138	1148	1157				1237
Perth Road Ley Street	0959	1009	1019	1028	1037	1047	1057	1107	1117	1127	1137	1147	1157	1206				1246
Meads Lane Aldborough Road South	1001	1011	1021	1030	1040	1050	1100	1110	1120	1130	1140	1150	1200	1209				1249
Goodmayes Station	1008	1018	1028	1038	1048	1058	1108	1118	1128	1138	1148	1158	1208	1218				1258
Becontree Martins Corner	1017	1027	1037	1047	1057	1107	1117	1127	1137	1147	1157	1207	1217	1227				1307
Dagenham Heathway Parsloes Avenue	1022	1032	1042	1052	1102	1112	1122	1132	1142	1152	1202	1213	1223	1233				1313
Dagenham East Station	1027	1038	1048	1058	1109	1119	1129	1139	1149	1159	1209	1220	1230	1240				1320
Dagenham East Bull Inn	1029	1040	1050	1100	1111	1121	1131	1141	1151	1201	1211	1222	1232	1242				1322

364		Saturdays (also Good Friday) (cont.)																				
Ilford High Road Hainault Street	1252	1302	1312	1322	1332	Then every 10 minutes until	1412	1422	1432	1442	Then every 10 minutes until	1542	1552	Then every 10 minutes until	1752							
Ilford Station	1257	1307	1317	1327	1337		1417	1427	1437	1447		1547	1557		1757							
Perth Road Ley Street	1306	1317	1327	1337	1347		1427	1437	1447	1457		1557	1607		1807							
Meads Lane Aldborough Road South	1310	1321	1331	1341	1351		1431	1441	1451	1501		1601	1610		1810							
Goodmayes Station	1320	1331	1341	1351	1401		1441	1451	1501	1510		1610	1619		1819							
Becontree Martins Corner	1329	1340	1350	1400	1410		1450	1500	1510	1519		1619	1628		1828							
Dagenham Heathway Parsloes Avenue	1335	1346	1356	1406	1415		1455	1505	1515	1524		1624	1633		1833							
Dagenham East Station	1342	1353	1403	1413	1422	1502	1511	1521	1530	1630	1639	1839										
Dagenham East Bull Inn	1344	1355	1405	1415	1424	1504	1513	1523	1532	1632	1641	1841										
Ilford High Road Hainault Street	1801	1811	1821	1831	1843	1855	1910	1925	1940	1955	2010	2025	2040	2055	2110	2125	2140	2155				
Ilford Station	1806	1816	1826	1836	1848	1900	1914	1929	1944	1959	2014	2029	2044	2059	2114	2128	2143	2158				
Perth Road Ley Street	1816	1826	1836	1846	1858	1910	1924	1939	1954	2009	2023	2037	2052	2107	2121	2135	2150	2205				
Meads Lane Aldborough Road South	1819	1829	1839	1849	1901	1913	1927	1942	1957	2012	2026	2040	2055	2110	2124	2138	2152	2207				
Goodmayes Station	1828	1838	1848	1858	1909	1921	1935	1950	2005	2019	2033	2047	2102	2116	2130	2144	2158	2212				
Becontree Martins Corner	1837	1847	1857	1907	1918	1930	1944	1959	2014	2028	2042	2056	2111	2125	2139	2153	2207	2220				
Dagenham Heathway Parsloes Avenue	1842	1852	1902	1912	1923	1935	1949	2004	2019	2033	2047	2101	2115	2129	2143	2157	2211	2224				
Dagenham East Station	1848	1858	1908	1918	1929	1941	1955	2009	2024	2038	2052	2106	2120	2134	2148	2202	2215	2228				
Dagenham East Bull Inn	1850	1900	1910	1920	1931	1943	1957	2011	2026	2040	2054	2108	2122	2136	2150	2204	2217	2230				
Ilford High Road Hainault Street	2210	2225	2240	2255	2310	2325	2340	2355														
Ilford Station	2213	2228	2243	2258	2313	2328	2343	2358														
Perth Road Ley Street	2219	2234	2249	2304	2319	2334	2349	0004														
Meads Lane Aldborough Road South	2221	2236	2251	2306	2321	2336	2351	0006														
Goodmayes Station	2226	2241	2256	2311	2326	2341	2356	0011														
Becontree Martins Corner	2234	2249	2304	2318	2332	2347	0002	0017														
Dagenham Heathway Parsloes Avenue	2238	2253	2308	2322	2336	2351	0005	0020														
Dagenham East Station	2242	2257	2312	2326	2340	2355	0009	0024														
Dagenham East Bull Inn	2244	2259	2314	2328	2342	2357	0011	0026														
364		Sundays and other Public Holidays (except Christmas Day)																				
Ilford High Road Hainault Street	0625	0655	0725	0755	0825	0845	0901	0916	0931	0946	1001	1015	1029	1043	1058	1112	1127	1141				
Ilford Station	0628	0658	0728	0758	0828	0848	0904	0919	0934	0949	1004	1018	1032	1046	1101	1116	1131	1145				
Perth Road Ley Street	0633	0703	0734	0804	0834	0854	0910	0925	0940	0955	1011	1025	1039	1053	1108	1123	1138	1152				
Meads Lane Aldborough Road South	0635	0705	0736	0806	0836	0856	0912	0927	0942	0957	1013	1027	1041	1055	1110	1125	1140	1154				
Goodmayes Station	0640	0710	0741	0812	0842	0902	0918	0933	0948	1003	1019	1033	1048	1102	1117	1132	1147	1202				
Becontree Martins Corner	0646	0716	0747	0819	0849	0909	0925	0940	0955	1010	1026	1041	1056	1111	1126	1141	1156	1211				
Dagenham Heathway Parsloes Avenue	0650	0720	0751	0823	0853	0913	0929	0944	0959	1015	1031	1046	1101	1116	1131	1146	1201	1217				
Dagenham East Station	0654	0724	0755	0828	0858	0918	0934	0949	1004	1020	1036	1051	1107	1122	1137	1152	1207	1223				
Dagenham East Bull Inn	0656	0726	0757	0830	0900	0920	0936	0951	1006	1022	1038	1053	1109	1124	1139	1154	1209	1225				
Ilford High Road Hainault Street	1156	1211	1226	1241	1256	1311	1326	1341	1356	1411	1426	1441	1456	Then every 15 minutes until	1611	1626	1641					
Ilford Station	1200	1215	1230	1245	1300	1315	1330	1345	1400	1415	1430	1445	1500		1615	1630	1645					
Perth Road Ley Street	1207	1223	1238	1253	1308	1324	1339	1354	1409	1424	1439	1454	1509		1624	1639	1654					
Meads Lane Aldborough Road South	1210	1226	1241	1256	1311	1327	1342	1357	1412	1427	1442	1457	1512		1627	1642	1657					
Goodmayes Station	1219	1235	1250	1305	1320	1336	1351	1406	1421	1436	1451	1506	1520		1635	1650	1705					
Becontree Martins Corner	1228	1244	1259	1314	1329	1345	1400	1415	1430	1445	1500	1515	1529		1644	1659	1714					
Dagenham Heathway Parsloes Avenue	1234	1250	1305	1320	1335	1351	1406	1420	1435	1450	1505	1520	1534		1649	1704	1719					
Dagenham East Station	1240	1256	1312	1327	1342	1358	1412	1426	1441	1456	1511	1526	1540	1655	1709	1724						
Dagenham East Bull Inn	1242	1258	1314	1329	1344	1400	1414	1428	1443	1458	1513	1528	1542	1657	1711	1726						
Ilford High Road Hainault Street	1656	1711	1726	1741	1756	1810	1825	1840	1855	1910	1925	1940	1955	2010	2025	2040	2055	2110				
Ilford Station	1700	1715	1730	1745	1800	1814	1829	1844	1859	1914	1929	1944	1959	2014	2029	2044	2059	2113				
Perth Road Ley Street	1709	1724	1739	1754	1809	1822	1837	1852	1907	1921	1936	1951	2006	2020	2035	2050	2105	2119				
Meads Lane Aldborough Road South	1712	1727	1742	1757	1812	1825	1840	1855	1910	1924	1939	1954	2008	2022	2037	2052	2107	2121				
Goodmayes Station	1720	1735	1750	1805	1819	1832	1847	1902	1917	1931	1946	2001	2014	2028	2043	2058	2113	2127				
Becontree Martins Corner	1729	1744	1759	1814	1828	1841	1856	1910	1925	1939	1954	2008	2020	2034	2049	2104	2119	2133				
Dagenham Heathway Parsloes Avenue	1734	1749	1804	1819	1833	1846	1901	1914	1929	1943	1958	2012	2024	2038	2053	2108	2123	2137				
Dagenham East Station	1739	1754	1809	1824	1838	1851	1906	1919	1934	1948	2003	2017	2029	2043	2058	2113	2128	2142				
Dagenham East Bull Inn	1741	1756	1811	1826	1840	1853	1908	1921	1936	1950	2005	2019	2031	2045	2100	2115	2130	2144				
Ilford High Road Hainault Street	2125	2140	2155	2210	2225	2240	2255	2310	2325	2340	2355											
Ilford Station	2128	2143	2158	2213	2228	2243	2258	2313	2328	2343	2358											
Perth Road Ley Street	2134	2149	2204	2219	2234	2249	2304	2318	2333	2348	0003											
Meads Lane Aldborough Road South	2136	2151	2206	2221	2236	2251	2306	2320	2335	2350	0005											
Goodmayes Station	2142	2157	2211	2226	2241	2256	2311	2325	2340	2355	0010											
Becontree Martins Corner	2148	2203	2217	2232	2247	2302	2317	2330	2345	0000	0015											
Dagenham Heathway Parsloes Avenue	2152	2207	2221	2236	2251	2305	2320	2333	2348	0003	0018											
Dagenham East Station	2157	2211	2225	2240	2255	2309	2324	2337	2352	0007	0022											
Dagenham East Bull Inn	2159	2213	2227	2242	2257	2311	2326	2339	2354	0009	0024											