

# 364

## Dagenham East – Goodmayes – Ilford

364		Mondays to Fridays																		
Dagenham East Bull Inn	0539	0554	0609	0624	0637	0648	0659	0708	0717	0725	0731	0738	0745	0754	0804	0814	0824	0834		
Dagenham East Station	0540	0555	0610	0625	0638	0649	0700	0710	0719	0727	0733	0740	0747	0756	0806	0816	0826	0836		
Dagenham Heathway Parsloes Avenue	0544	0559	0614	0629	0642	0654	0705	0715	0724	0732	0739	0746	0754	0803	0813	0823	0833	0843		
Becontree Martins Corner	0548	0603	0618	0633	0646	0658	0710	0720	0729	0738	0745	0752	0800	0810	0820	0830	0840	0850		
Goodmayes Station	0555	0610	0626	0642	0655	0707	0719	0729	0739	0749	0757	0806	0816	0826	0836	0846	0856	0905		
Meads Lane Aldborough Road South	0559	0614	0631	0648	0701	0713	0725	0736	0746	0756	0806	0816	0826	0836	0846	0856	0906	0913		
Perth Road Ley Street	0602	0617	0635	0652	0705	0717	0729	0741	0751	0801	0812	0822	0832	0842	0851	0901	0911	0918		
Ilford Station	0606	0621	0639	0657	0710	0722	0734	0747	0758	0809	0820	0830	0840	0849	0857	0907	0917	0924		
Ilford High Road Hainault Street	0608	0623	0641	0659	0713	0725	0738	0751	0802	0813	0824	0834	0844	0853	0901	0911	0921	0928		
Dagenham East Bull Inn	0846	0857	0909				1109	1119			1359	1407	1416	1424	1433	1442	1450	1458	1510	
Dagenham East Station	0848	0859	0911				1111	1121			1401	1409	1418	1426	1435	1444	1452	1500	1512	
Dagenham Heathway Parsloes Avenue	0855	0906	0917	<i>Then</i>			1117	1127	<i>Then</i>		1407	1415	1424	1432	1441	1450	1458	1507	1519	
Becontree Martins Corner	0902	0913	0923	<i>every 10</i>			1123	1133	<i>every 10</i>		1413	1421	1430	1438	1447	1456	1504	1514	1526	
Goodmayes Station	0915	0925	0934	<i>minutes</i>			1134	1145	<i>minutes</i>		1425	1433	1442	1451	1500	1510	1520	1530	1541	
Meads Lane Aldborough Road South	0922	0932	0941	<i>until</i>			1141	1152	<i>until</i>		1432	1440	1450	1500	1510	1520	1530	1540	1550	
Perth Road Ley Street	0927	0936	0945				1145	1156			1436	1444	1454	1504	1514	1524	1535	1544	1554	
Ilford Station	0933	0942	0951				1151	1202			1442	1450	1500	1510	1520	1531	1543	1551	1601	
Ilford High Road Hainault Street	0937	0946	0955				1155	1206			1446	1454	1504	1514	1524	1535	1547	1555	1605	
Dagenham East Bull Inn	1521	1532	1543	1553	1603	1613			<i>Then</i>		1723	1733	1743	1753	1803	1813	1823	1833	1843	1853
Dagenham East Station	1523	1534	1545	1555	1605	1615			<i>every 10</i>		1725	1735	1745	1755	1805	1815	1825	1835	1845	1855
Dagenham Heathway Parsloes Avenue	1530	1541	1552	1602	1612	1621			<i>minutes</i>		1731	1741	1751	1801	1811	1821	1831	1841	1851	1901
Becontree Martins Corner	1537	1548	1558	1608	1618	1627			<i>until</i>		1737	1747	1757	1807	1817	1827	1837	1847	1857	1907
Goodmayes Station	1551	1601	1611	1621	1631	1640					1750	1800	1810	1820	1830	1840	1850	1900	1910	1920
Meads Lane Aldborough Road South	1600	1610	1620	1630	1640	1649					1759	1809	1818	1828	1838	1848	1858	1908	1918	1927
Perth Road Ley Street	1604	1614	1624	1634	1644	1653					1803	1813	1822	1832	1842	1852	1902	1912	1922	1931
Ilford Station	1611	1621	1631	1641	1651	1700					1810	1819	1828	1838	1848	1858	1907	1917	1926	1935
Ilford High Road Hainault Street	1615	1625	1635	1645	1655	1704					1814	1823	1832	1842	1852	1902	1911	1921	1930	1939
Dagenham East Bull Inn	1904	1915	1927	1939	1951	2003	2015	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300		
Dagenham East Station	1905	1916	1928	1940	1952	2004	2016	2031	2046	2101	2116	2131	2146	2201	2216	2231	2246	2301		
Dagenham Heathway Parsloes Avenue	1911	1921	1933	1945	1957	2009	2021	2036	2051	2106	2121	2135	2150	2205	2220	2235	2250	2305		
Becontree Martins Corner	1917	1927	1939	1950	2002	2014	2026	2041	2056	2111	2126	2139	2154	2209	2224	2239	2254	2309		
Goodmayes Station	1929	1939	1951	2000	2012	2024	2036	2051	2104	2119	2134	2147	2202	2216	2231	2246	2301	2316		
Meads Lane Aldborough Road South	1936	1946	1958	2006	2018	2030	2042	2057	2110	2125	2139	2152	2207	2221	2236	2251	2305	2320		
Perth Road Ley Street	1940	1950	2002	2010	2022	2034	2046	2100	2113	2128	2142	2155	2210	2224	2239	2254	2308	2323		
Ilford Station	1944	1954	2006	2014	2026	2038	2050	2104	2117	2132	2146	2159	2214	2228	2243	2258	2311	2326		
Ilford High Road Hainault Street	1948	1957	2009	2017	2029	2041	2053	2107	2120	2135	2149	2202	2216	2230	2245	2300	2313	2328		
Dagenham East Bull Inn	2315	2330	2345																	
Dagenham East Station	2316	2331	2346																	
Dagenham Heathway Parsloes Avenue	2320	2335	2350																	
Becontree Martins Corner	2324	2339	2354																	
Goodmayes Station	2331	2346	0001																	
Meads Lane Aldborough Road South	2335	2350	0005																	
Perth Road Ley Street	2338	2353	0008																	
Ilford Station	2341	2356	0011																	
Ilford High Road Hainault Street	2343	2358	0013																	
364		Saturdays (also Good Friday)																		
Dagenham East Bull Inn	0539	0559	0619	0639	0659	0715	0730	0745	0800	0810	0820	0830	0840	0850	0900	0908	0918	0928		
Dagenham East Station	0540	0600	0620	0640	0700	0716	0731	0746	0801	0811	0821	0831	0841	0851	0901	0909	0919	0929		
Dagenham Heathway Parsloes Avenue	0544	0604	0624	0644	0704	0720	0735	0750	0805	0815	0825	0835	0845	0856	0906	0914	0924	0934		
Becontree Martins Corner	0548	0608	0628	0648	0708	0724	0739	0754	0809	0819	0829	0839	0849	0900	0910	0919	0929	0939		
Goodmayes Station	0555	0615	0635	0655	0715	0731	0746	0801	0817	0827	0837	0847	0857	0908	0918	0928	0938	0948		
Meads Lane Aldborough Road South	0559	0619	0640	0700	0720	0736	0751	0806	0822	0832	0842	0853	0903	0914	0924	0934	0944	0954		
Perth Road Ley Street	0602	0622	0643	0703	0723	0739	0754	0809	0825	0836	0846	0857	0907	0918	0928	0938	0948	0958		
Ilford Station	0606	0626	0647	0707	0727	0743	0758	0813	0829	0840	0850	0901	0911	0924	0934	0944	0954	1004		
Ilford High Road Hainault Street	0608	0628	0650	0710	0730	0746	0801	0816	0832	0843	0853	0904	0914	0927	0937	0948	0958	1008		
Dagenham East Bull Inn	0937	0946	0955	1003	1011	1021	1030	1040	1048	1058	1108	1118	1128	1138					1228	1238
Dagenham East Station	0938	0947	0956	1004	1013	1023	1032	1042	1050	1100	1110	1120	1130	1140					1230	1240
Dagenham Heathway Parsloes Avenue	0943	0953	1002	1010	1019	1029	1038	1048	1056	1106	1117	1127	1137	1147					1237	1247
Becontree Martins Corner	0948	0958	1007	1016	1025	1035	1044	1054	1102	1112	1123	1133	1143	1153					1243	1253
Goodmayes Station	0958	1008	1017	1027	1037	1047	1057	1107	1116	1126	1137	1147	1158	1209					1259	1309
Meads Lane Aldborough Road South	1004	1014	1024	1034	1044	1054	1104	1114	1124	1134	1145	1155	1206	1217					1307	1317
Perth Road Ley Street	1008	1018	1028	1038	1048	1058	1108	1118	1128	1138	1149	1159	1210	1221					1311	1322
Ilford Station	1014	1024	1034	1044	1054	1104	1115	1125	1135	1145	1156	1206	1217	1228					1318	1329
Ilford High Road Hainault Street	1018	1028	1038	1048	1058	1108	1119	1129	1139	1149	1200	1210	1221	1232					1322	1333

<b>364 Saturdays (also Good Friday) (cont.)</b>																				
Dagenham East Bull Inn	1248	1258	1309	1319	1329	1339	1349	1359			1449	1459	1509	1519		1629	1639			
Dagenham East Station	1250	1300	1311	1321	1331	1341	1351	1401			1451	1501	1511	1521		1631	1641			
Dagenham Heathway Parsloes Avenue	1257	1307	1318	1327	1337	1347	1357	1407	<i>Then every 10 minutes until</i>		1457	1507	1517	1527	<i>Then every 10 minutes until</i>	1637	1647			
Becontree Martins Corner	1303	1313	1324	1333	1343	1353	1403	1413			1503	1513	1523	1533		1643	1653			
Goodmayes Station	1319	1329	1339	1348	1358	1408	1418	1427			1517	1527	1537	1546		1656	1706			
Meads Lane Aldborough Road South	1327	1337	1347	1356	1406	1416	1425	1434			1524	1534	1544	1553		1703	1713			
Perth Road Ley Street	1332	1342	1352	1401	1411	1421	1430	1439			1529	1538	1548	1557		1707	1717			
Ilford Station	1339	1349	1359	1408	1418	1428	1437	1446	1536	1545	1555	1604	1714	1723						
Ilford High Road Hainault Street	1343	1353	1403	1412	1422	1432	1441	1450	1540	1549	1559	1608	1718	1727						
Dagenham East Bull Inn	1649	1700	1710	1720	1731	1741	1751	1801	1812	1824	1836	1848	1900	1915	1930	1945	2000	2015		
Dagenham East Station	1651	1702	1712	1722	1732	1742	1752	1802	1813	1825	1837	1849	1901	1916	1931	1946	2001	2016		
Dagenham Heathway Parsloes Avenue	1657	1708	1718	1728	1738	1748	1758	1808	1819	1831	1843	1854	1906	1921	1936	1951	2006	2021		
Becontree Martins Corner	1703	1714	1724	1734	1744	1754	1804	1814	1825	1837	1849	1900	1912	1927	1941	1956	2011	2026		
Goodmayes Station	1716	1726	1736	1746	1756	1806	1816	1826	1837	1849	1901	1912	1924	1939	1953	2008	2023	2037		
Meads Lane Aldborough Road South	1723	1733	1743	1753	1803	1813	1823	1833	1844	1856	1908	1919	1931	1945	1959	2014	2029	2043		
Perth Road Ley Street	1727	1737	1747	1757	1807	1817	1827	1837	1848	1900	1912	1923	1935	1949	2003	2018	2033	2047		
Ilford Station	1733	1743	1753	1803	1812	1822	1832	1842	1853	1905	1917	1928	1939	1953	2007	2022	2037	2051		
Ilford High Road Hainault Street	1737	1747	1757	1807	1816	1826	1836	1846	1857	1908	1920	1931	1942	1956	2010	2025	2040	2054		
Dagenham East Bull Inn	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345						
Dagenham East Station	2031	2046	2101	2116	2131	2146	2201	2216	2231	2246	2301	2316	2331	2346						
Dagenham Heathway Parsloes Avenue	2036	2051	2106	2121	2135	2150	2205	2220	2235	2250	2305	2320	2335	2350						
Becontree Martins Corner	2041	2055	2110	2125	2139	2154	2209	2224	2239	2254	2309	2324	2339	2354						
Goodmayes Station	2052	2104	2119	2134	2147	2202	2217	2231	2246	2301	2316	2331	2346	0001						
Meads Lane Aldborough Road South	2058	2110	2125	2139	2152	2207	2222	2236	2251	2306	2321	2335	2350	0005						
Perth Road Ley Street	2102	2114	2129	2142	2155	2210	2225	2239	2254	2309	2324	2338	2353	0008						
Ilford Station	2106	2118	2133	2146	2159	2214	2229	2243	2258	2313	2328	2341	2356	0011						
Ilford High Road Hainault Street	2109	2121	2136	2149	2202	2217	2231	2245	2300	2315	2330	2343	2358	0013						
<b>364 Sundays and other Public Holidays (except Christmas Day and Boxing Day)</b>																				
Dagenham East Bull Inn	0640	0710	0740	0800	0815	0830	0845	0900	0915	0930	0945	1000	1015	1029	1043	1058	1113	1127		
Dagenham East Station	0641	0711	0741	0801	0816	0831	0846	0901	0916	0931	0946	1001	1016	1030	1044	1059	1114	1128		
Dagenham Heathway Parsloes Avenue	0645	0715	0745	0805	0820	0835	0850	0906	0921	0936	0951	1007	1022	1036	1050	1105	1120	1134		
Becontree Martins Corner	0649	0719	0749	0809	0824	0839	0854	0911	0926	0941	0956	1012	1027	1041	1055	1110	1125	1140		
Goodmayes Station	0656	0726	0756	0816	0831	0847	0902	0919	0934	0950	1005	1021	1036	1051	1105	1120	1135	1150		
Meads Lane Aldborough Road South	0700	0730	0801	0821	0836	0852	0907	0924	0940	0956	1011	1027	1042	1057	1112	1127	1142	1157		
Perth Road Ley Street	0703	0733	0804	0824	0839	0855	0911	0928	0944	1000	1015	1031	1046	1101	1116	1131	1146	1201		
Ilford Station	0707	0737	0808	0828	0843	0859	0915	0932	0948	1004	1019	1036	1051	1106	1121	1136	1151	1206		
Ilford High Road Hainault Street	0709	0740	0811	0831	0846	0902	0918	0935	0951	1007	1022	1039	1054	1109	1124	1139	1154	1209		
Dagenham East Bull Inn	1142	1156	1211	1226	1241	1256			<i>Then every 15 minutes until</i>		1411	1426	1441	1457	1512	1528	1543	1559	1614	1629
Dagenham East Station	1143	1157	1212	1227	1242	1257					1412	1427	1442	1458	1513	1529	1544	1600	1615	1630
Dagenham Heathway Parsloes Avenue	1149	1203	1218	1233	1248	1303					1418	1433	1448	1504	1519	1535	1550	1605	1620	1635
Becontree Martins Corner	1155	1209	1224	1239	1254	1309					1424	1439	1454	1509	1524	1540	1555	1610	1625	1640
Goodmayes Station	1207	1223	1238	1253	1308	1323					1438	1453	1508	1523	1538	1553	1608	1621	1636	1651
Meads Lane Aldborough Road South	1214	1230	1245	1300	1315	1330			1445	1500	1515	1530	1545	1600	1615	1628	1643	1658		
Perth Road Ley Street	1218	1234	1249	1304	1319	1334			1449	1504	1519	1534	1549	1604	1619	1632	1647	1702		
Ilford Station	1223	1239	1254	1309	1324	1340			1455	1509	1524	1539	1554	1609	1624	1637	1652	1707		
Ilford High Road Hainault Street	1226	1243	1258	1313	1328	1344			1459	1513	1528	1543	1558	1613	1628	1641	1656	1710		
Dagenham East Bull Inn	1644	1700	1715	1730	1745	1800			<i>Then every 15 minutes until</i>		1930	1945	2000	2015	2030	2045	2100	2115	2130	2145
Dagenham East Station	1645	1701	1716	1731	1746	1801					1931	1946	2001	2016	2031	2046	2101	2116	2131	2146
Dagenham Heathway Parsloes Avenue	1650	1706	1721	1736	1751	1806					1936	1951	2006	2020	2035	2050	2105	2120	2135	2150
Becontree Martins Corner	1655	1711	1726	1741	1756	1811					1941	1956	2011	2024	2039	2054	2109	2124	2139	2154
Goodmayes Station	1706	1720	1735	1750	1805	1820					1950	2004	2019	2032	2047	2102	2116	2131	2146	2201
Meads Lane Aldborough Road South	1712	1726	1741	1756	1811	1826			1956	2010	2025	2037	2052	2107	2121	2136	2151	2205		
Perth Road Ley Street	1716	1730	1745	1800	1815	1830			2000	2014	2028	2040	2055	2110	2124	2139	2154	2208		
Ilford Station	1721	1735	1750	1805	1820	1834			2004	2018	2032	2044	2059	2114	2128	2143	2158	2212		
Ilford High Road Hainault Street	1724	1738	1753	1808	1823	1837			2007	2021	2035	2047	2102	2116	2130	2145	2200	2214		
Dagenham East Bull Inn	2200	2215	2230			2345			<i>Then every 15 minutes until</i>											
Dagenham East Station	2201	2216	2231			2346														
Dagenham Heathway Parsloes Avenue	2205	2220	2235			2350														
Becontree Martins Corner	2209	2224	2239			2354														
Goodmayes Station	2216	2231	2246			0001														
Meads Lane Aldborough Road South	2220	2235	2250			0005														
Perth Road Ley Street	2223	2238	2253			0008														
Ilford Station	2227	2242	2256			0011														
Ilford High Road Hainault Street	2229	2244	2258			0013														

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## Ilford – Goodmayes – Dagenham East

364		Mondays to Fridays																
Ilford High Road <i>Hainault Street</i>	0500	0515	0530	0545	0600	0615	0630	0642	0654	0706	0716	0725	0735	0745	0754	0803	0813	0824
Ilford Station	0503	0518	0533	0548	0603	0618	0633	0645	0658	0710	0720	0729	0739	0749	0758	0807	0817	0828
Perth Road <i>Ley Street</i>	0508	0523	0538	0553	0608	0623	0639	0651	0704	0716	0726	0736	0746	0757	0806	0816	0826	0837
Meads Lane <i>Aldborough Road South</i>	0510	0525	0540	0555	0610	0625	0641	0653	0707	0719	0729	0739	0749	0800	0809	0819	0829	0840
Goodmayes Station	0515	0530	0545	0600	0615	0631	0647	0659	0714	0726	0737	0748	0759	0811	0820	0830	0840	0851
Becontree <i>Martins Corner</i>	0521	0536	0551	0606	0621	0637	0654	0706	0722	0734	0746	0758	0810	0822	0832	0842	0852	0902
Dagenham Heathway <i>Parsloes Avenue</i>	0525	0540	0555	0610	0625	0641	0658	0711	0727	0739	0751	0804	0817	0829	0839	0849	0859	0908
Dagenham East Station	0529	0544	0559	0614	0629	0645	0703	0716	0732	0745	0757	0810	0824	0836	0846	0856	0906	0914
Dagenham East <i>Bull Inn</i>	0531	0546	0601	0616	0631	0647	0705	0718	0734	0747	0759	0813	0826	0838	0848	0858	0908	0916
Ilford High Road <i>Hainault Street</i>	0834	0844	0854	0904	<i>Then every 10 minutes until</i>	1354	1402	1411	1420	1429	1439	1446	1455	1504	1514	1525	1536	
Ilford Station	0838	0848	0858	0908		1358	1407	1416	1425	1434	1444	1451	1500	1509	1519	1530	1541	
Perth Road <i>Ley Street</i>	0847	0856	0906	0916		1406	1415	1424	1434	1443	1453	1501	1510	1520	1531	1541	1552	
Meads Lane <i>Aldborough Road South</i>	0850	0859	0909	0919		1409	1418	1427	1437	1446	1456	1505	1514	1524	1534	1544	1555	
Goodmayes Station	0901	0910	0919	0927		1417	1426	1436	1446	1456	1506	1516	1526	1536	1546	1556	1607	
Becontree <i>Martins Corner</i>	0910	0919	0928	0936		1426	1436	1446	1457	1507	1517	1527	1537	1547	1557	1607	1617	
Dagenham Heathway <i>Parsloes Avenue</i>	0916	0924	0933	0941		1431	1442	1452	1503	1515	1525	1535	1544	1554	1604	1613	1623	
Dagenham East Station	0922	0930	0939	0947	1437	1448	1459	1510	1523	1533	1543	1552	1602	1612	1621	1631		
Dagenham East <i>Bull Inn</i>	0924	0932	0941	0949	1439	1450	1501	1512	1525	1535	1545	1554	1604	1614	1623	1633		
Ilford High Road <i>Hainault Street</i>	1546	<i>Then every 10 minutes until</i>	1656	1706	1716	1726	1736	1746	1757	1808	1818	1828	1838	1848	1858	1908	1919	
Ilford Station	1551		1701	1711	1721	1731	1741	1751	1802	1813	1823	1833	1843	1853	1903	1912	1923	
Perth Road <i>Ley Street</i>	1602		1712	1722	1732	1742	1752	1802	1813	1823	1833	1843	1853	1902	1912	1921	1932	
Meads Lane <i>Aldborough Road South</i>	1605		1715	1725	1735	1745	1755	1805	1816	1826	1836	1846	1856	1905	1915	1924	1935	
Goodmayes Station	1617		1727	1737	1747	1756	1806	1816	1826	1836	1846	1856	1906	1914	1924	1933	1944	
Becontree <i>Martins Corner</i>	1627		1737	1747	1757	1806	1816	1826	1836	1846	1856	1906	1915	1923	1933	1942	1953	
Dagenham Heathway <i>Parsloes Avenue</i>	1633		1743	1753	1803	1812	1822	1832	1842	1851	1901	1911	1920	1928	1938	1947	1957	
Dagenham East Station	1641	1751	1800	1810	1818	1828	1838	1848	1857	1907	1917	1926	1934	1943	1952	2002		
Dagenham East <i>Bull Inn</i>	1643	1753	1802	1812	1820	1830	1840	1850	1859	1909	1919	1928	1936	1945	1954	2004		
Ilford High Road <i>Hainault Street</i>	1930	1940	1950	2000	2012	2025	2040	2055	2110	2125	2140	2155	2210	<i>Then every 15 minutes until</i>	2355			
Ilford Station	1934	1944	1954	2004	2016	2029	2044	2059	2114	2128	2143	2158	2213		2358			
Perth Road <i>Ley Street</i>	1942	1952	2002	2012	2024	2037	2051	2106	2121	2135	2150	2205	2219		0004			
Meads Lane <i>Aldborough Road South</i>	1945	1955	2005	2015	2027	2040	2054	2109	2123	2137	2152	2207	2221		0006			
Goodmayes Station	1954	2003	2013	2023	2035	2047	2101	2116	2129	2143	2158	2212	2226		0011			
Becontree <i>Martins Corner</i>	2002	2011	2021	2031	2043	2055	2109	2123	2136	2150	2205	2218	2232		0017			
Dagenham Heathway <i>Parsloes Avenue</i>	2006	2015	2025	2035	2047	2059	2113	2127	2140	2154	2208	2221	2235		0020			
Dagenham East Station	2011	2020	2030	2040	2052	2104	2118	2131	2144	2158	2212	2225	2239	0024				
Dagenham East <i>Bull Inn</i>	2013	2022	2032	2042	2054	2106	2120	2133	2146	2200	2214	2227	2241	0026				

<b>364 Saturdays (also Good Friday)</b>																		
Ilford High Road Hainault Street	0500		0640	0700	0720	0740	0800	0815	0830	0845	0900	0910	0920	0930	0939	0949	0958	
Ilford Station	0503		0643	0703	0723	0743	0803	0818	0833	0848	0903	0913	0923	0933	0943	0953	1002	
Perth Road Ley Street	0508	<i>Then</i>	0648	0708	0728	0748	0809	0824	0839	0854	0910	0920	0930	0940	0950	1000	1009	
Meads Lane Aldborough Road South	0510	<i>every 20</i>	0650	0710	0730	0750	0811	0826	0841	0856	0912	0922	0932	0942	0952	1002	1011	
Goodmayes Station	0515	<i>minutes</i>	0655	0716	0736	0756	0817	0832	0847	0902	0919	0929	0939	0949	0959	1009	1019	
Becontree Martins Corner	0521	<i>until</i>	0701	0722	0742	0802	0824	0839	0854	0909	0927	0937	0947	0957	1007	1017	1027	
Dagenham Heathway Parsloes Avenue	0525		0705	0726	0746	0806	0828	0844	0859	0914	0932	0942	0952	1002	1012	1022	1032	
Dagenham East Station	0529		0709	0730	0750	0810	0832	0848	0903	0919	0937	0947	0957	1008	1018	1028	1038	
Dagenham East Bull Inn	0531		0711	0732	0752	0812	0834	0850	0905	0921	0939	0949	0959	1010	1020	1030	1040	
Ilford High Road Hainault Street	1008	1017	1026	1034	1044	1054	1104	1112	1121		1241	1251	1301			1701	1711	
Ilford Station	1012	1021	1030	1038	1048	1058	1108	1116	1126		1246	1256	1306			1706	1716	
Perth Road Ley Street	1019	1029	1038	1046	1056	1106	1116	1125	1135	<i>Then</i>	1255	1305	1316	<i>Then</i>		1716	1725	
Meads Lane Aldborough Road South	1021	1031	1040	1049	1059	1109	1119	1128	1138	<i>every 10</i>	1258	1308	1319	<i>every 10</i>		1719	1728	
Goodmayes Station	1029	1039	1048	1058	1108	1118	1128	1137	1147	<i>minutes</i>	1307	1317	1328	<i>minutes</i>		1728	1737	
Becontree Martins Corner	1037	1047	1057	1107	1117	1127	1137	1146	1156	<i>until</i>	1316	1326	1337	<i>until</i>		1737	1746	
Dagenham Heathway Parsloes Avenue	1042	1052	1102	1112	1123	1133	1143	1152	1202		1322	1332	1342			1742	1751	
Dagenham East Station	1048	1058	1108	1118	1129	1139	1149	1159	1209		1329	1338	1348			1748	1757	
Dagenham East Bull Inn	1050	1100	1110	1120	1131	1141	1151	1201	1211		1331	1340	1350			1750	1759	
Ilford High Road Hainault Street	1721	1731	1741	1751	1801	1811	1821	1831	1843	1855	1910	1925	1940	1955	2010	2025	2040	2055
Ilford Station	1726	1736	1746	1756	1806	1816	1826	1836	1848	1900	1915	1930	1945	1959	2014	2029	2044	2059
Perth Road Ley Street	1735	1745	1755	1805	1815	1825	1835	1845	1856	1908	1923	1938	1953	2007	2021	2036	2051	2106
Meads Lane Aldborough Road South	1738	1748	1758	1808	1818	1828	1838	1848	1859	1911	1926	1941	1956	2010	2024	2039	2054	2109
Goodmayes Station	1747	1757	1807	1817	1827	1837	1847	1857	1908	1920	1935	1950	2004	2018	2032	2046	2101	2116
Becontree Martins Corner	1756	1806	1816	1826	1836	1846	1856	1906	1917	1929	1944	1959	2013	2027	2040	2054	2109	2124
Dagenham Heathway Parsloes Avenue	1801	1811	1821	1831	1841	1851	1901	1911	1922	1934	1949	2004	2017	2031	2044	2058	2113	2128
Dagenham East Station	1807	1817	1827	1837	1847	1856	1906	1916	1927	1939	1954	2009	2022	2036	2049	2103	2118	2133
Dagenham East Bull Inn	1809	1819	1829	1839	1849	1858	1908	1918	1929	1941	1956	2011	2024	2038	2051	2105	2120	2135
Ilford High Road Hainault Street	2110	2125	2140	2155	2210	2225	2240	2255	2310	2325	2340	2355						
Ilford Station	2114	2129	2144	2159	2213	2228	2243	2258	2313	2328	2343	2358						
Perth Road Ley Street	2121	2136	2151	2206	2219	2234	2249	2304	2319	2334	2349	0004						
Meads Lane Aldborough Road South	2124	2138	2153	2208	2221	2236	2251	2306	2321	2336	2351	0006						
Goodmayes Station	2131	2144	2159	2214	2227	2242	2257	2312	2327	2342	2357	0011						
Becontree Martins Corner	2139	2152	2207	2221	2234	2249	2304	2318	2333	2348	0003	0017						
Dagenham Heathway Parsloes Avenue	2143	2156	2211	2225	2238	2253	2308	2322	2336	2351	0006	0020						
Dagenham East Station	2148	2201	2215	2229	2242	2257	2312	2326	2340	2355	0010	0024						
Dagenham East Bull Inn	2150	2203	2217	2231	2244	2259	2314	2328	2342	2357	0012	0026						

<b>364 Sundays and other Public Holidays (except Christmas Day and Boxing Day)</b>																		
Ilford High Road Hainault Street	0625	0655	0725	0755	0825	0845	0900	0915	0930	0945	1000	1013	1028	1043	1058	1112	1125	1140
Ilford Station	0628	0658	0728	0758	0828	0848	0903	0918	0933	0948	1003	1016	1031	1046	1101	1116	1129	1144
Perth Road Ley Street	0633	0703	0734	0804	0834	0854	0909	0924	0939	0954	1009	1023	1038	1053	1108	1123	1136	1151
Meads Lane Aldborough Road South	0635	0705	0736	0806	0836	0856	0911	0926	0941	0956	1011	1025	1040	1055	1110	1125	1139	1154
Goodmayes Station	0640	0710	0741	0812	0842	0902	0917	0932	0947	1002	1017	1032	1047	1102	1117	1132	1147	1202
Becontree Martins Corner	0645	0715	0747	0818	0849	0909	0924	0939	0954	1009	1025	1040	1055	1110	1125	1140	1155	1211
Dagenham Heathway Parsloes Avenue	0649	0719	0751	0822	0854	0914	0929	0944	0959	1014	1030	1045	1100	1115	1130	1145	1200	1217
Dagenham East Station	0653	0723	0755	0826	0858	0918	0933	0948	1003	1018	1034	1050	1105	1120	1135	1150	1206	1223
Dagenham East Bull Inn	0655	0725	0757	0828	0900	0920	0935	0950	1005	1020	1036	1052	1107	1122	1137	1152	1208	1225
Ilford High Road Hainault Street	1155			1310	1325	1340	1355	1410	1425	1440	1455			1725	1740			1855
Ilford Station	1159			1314	1329	1344	1359	1414	1429	1444	1459			1729	1744			1859
Perth Road Ley Street	1207	<i>Then</i>		1322	1338	1353	1408	1423	1438	1453	1508	<i>Then</i>		1738	1752	<i>Then</i>		1907
Meads Lane Aldborough Road South	1210	<i>every 15</i>		1325	1341	1356	1411	1426	1441	1456	1511	<i>every 15</i>		1741	1755	<i>every 15</i>		1910
Goodmayes Station	1219	<i>minutes</i>		1334	1350	1405	1420	1435	1450	1505	1519	<i>minutes</i>		1749	1803	<i>minutes</i>		1918
Becontree Martins Corner	1228	<i>until</i>		1343	1359	1414	1429	1444	1459	1514	1528	<i>until</i>		1758	1811	<i>until</i>		1926
Dagenham Heathway Parsloes Avenue	1234			1349	1405	1419	1434	1449	1504	1519	1533			1803	1816			1931
Dagenham East Station	1240			1355	1410	1424	1439	1454	1509	1524	1538			1808	1821			1936
Dagenham East Bull Inn	1242			1357	1412	1426	1441	1456	1511	1526	1540			1810	1823			1938
Ilford High Road Hainault Street	1910	1925	1940	1955	2010	2025	2040	2055	2110	2125	2140	2155	2210	2225	2240			2355
Ilford Station	1914	1929	1944	1959	2014	2029	2044	2059	2113	2128	2143	2158	2213	2228	2243			2358
Perth Road Ley Street	1922	1937	1951	2006	2021	2036	2051	2106	2119	2134	2149	2204	2219	2234	2249		<i>Then</i>	0004
Meads Lane Aldborough Road South	1925	1940	1954	2009	2024	2038	2053	2108	2121	2136	2151	2206	2221	2236	2251		<i>every 15</i>	0006
Goodmayes Station	1933	1947	2001	2016	2031	2044	2059	2114	2127	2142	2157	2212	2226	2241	2256		<i>minutes</i>	0011
Becontree Martins Corner	1941	1955	2008	2023	2038	2051	2106	2121	2134	2149	2204	2218	2232	2247	2302		<i>until</i>	0017
Dagenham Heathway Parsloes Avenue	1945	1959	2012	2027	2042	2055	2110	2125	2138	2153	2208	2222	2236	2251	2305			0020
Dagenham East Station	1950	2004	2016	2031	2046	2059	2114	2129	2142	2157	2212	2226	2240	2255	2309			0024
Dagenham East Bull Inn	1952	2006	2018	2033	2048	2101	2116	2131	2144	2159	2214	2228	2242	2257	2311			0026