364 Dagenham East – Goodmayes – Ilford

364 Mondays to Fridays

Dagenham East *Bull Inn*	0540	0555	0610	0625	0637	0647	0657	0707	0718	0728	0739	0751			2030	2045	2100	2115
Dagenham East Station	0541	0556	0612	0627	0639	0650	0702	0713	0725	0736	0748	0801			2031	2046	2101	2116
Dagenham Heathway *Parsloes Avenue*	0546	0601	0617	0632	0644	0657	0710	0721	0735	0747	0800	0814	*Then*		2036	2051	2105	2120
Becontree *Martins Corner*	0550	0606	0622	0637	0649	0702	0715	0727	0741	0753	0807	0821	*about*		2041	2056	2109	2124
Goodmayes Station	0559	0616	0632	0647	0700	0714	0728	0741	0756	0809	0823	0837	*every 12*		2051	2104	2117	2132
Meads Lane *Aldborough Road South*	0605	0622	0638	0654	0708	0722	0737	0751	0806	0819	0833	0847	*minutes*		2057	2110	2123	2138
Perth Road *Ley Street*	0608	0625	0641	0658	0712	0727	0742	0756	0811	0824	0838	0851	*until*		2100	2113	2126	2141
Ilford Station	0614	0632	0648	0706	0721	0736	0751	0806	0821	0834	0847	0900			2105	2118	2131	2146
Ilford High Road *Hainault Street*	0617	0635	0652	0710	0725	0740	0755	0810	0825	0838	0851	0904			2108	2121	2134	2149

Dagenham East *Bull Inn*	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345
Dagenham East Station	2131	2146	2201	2216	2231	2246	2301	2316	2331	2346
Dagenham Heathway *Parsloes Avenue*	2135	2150	2205	2220	2235	2250	2304	2319	2334	2349
Becontree *Martins Corner*	2139	2154	2209	2224	2239	2254	2308	2323	2338	2353
Goodmayes Station	2147	2202	2217	2232	2247	2302	2315	2330	2345	0000
Meads Lane *Aldborough Road South*	2153	2207	2222	2237	2252	2307	2320	2335	2350	0005
Perth Road *Ley Street*	2156	2209	2224	2239	2254	2309	2322	2337	2352	0007
Ilford Station	2201	2214	2229	2244	2259	2313	2326	2341	2356	0011
Ilford High Road *Hainault Street*	2204	2217	2232	2247	2302	2316	2329	2344	2359	0014

364 Saturdays (also Good Friday)

Dagenham East *Bull Inn*	0540	0600	0620	0640	0700	0715	0730	0745	0800		1802	1816	1830	1844	1858	1914	1930
Dagenham East Station	0541	0601	0621	0641	0701	0716	0731	0746	0801		1809	1823	1836	1849	1902	1916	1931
Dagenham Heathway *Parsloes Avenue*	0545	0605	0625	0645	0705	0720	0735	0750	0805	*Then*	1820	1833	1846	1858	1910	1923	1937
Becontree *Martins Corner*	0549	0609	0629	0649	0709	0724	0739	0754	0809	*about*	1825	1838	1851	1903	1915	1928	1942
Goodmayes Station	0557	0617	0637	0657	0717	0732	0747	0802	0818	*every 12*	1838	1851	1903	1915	1927	1940	1954
Meads Lane *Aldborough Road South*	0602	0622	0642	0702	0722	0737	0752	0808	0824	*minutes*	1845	1858	1910	1922	1934	1947	2001
Perth Road *Ley Street*	0605	0625	0645	0705	0725	0740	0755	0811	0827	*until*	1848	1901	1913	1925	1937	1950	2004
Ilford Station	0610	0630	0650	0710	0730	0745	0800	0817	0833		1856	1908	1920	1932	1944	1957	2010
Ilford High Road *Hainault Street*	0613	0633	0653	0713	0733	0748	0803	0820	0836		1900	1912	1924	1936	1948	2001	2014

Dagenham East *Bull Inn*	1945	2000	2015	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345
Dagenham East Station	1946	2001	2016	2031	2046	2101	2116	2131	2146	2201	2216	2231	2246	2301	2316	2331	2346
Dagenham Heathway *Parsloes Avenue*	1952	2007	2021	2036	2051	2105	2120	2135	2150	2205	2220	2235	2250	2304	2319	2334	2349
Becontree *Martins Corner*	1957	2012	2026	2041	2056	2109	2124	2139	2154	2209	2224	2239	2254	2308	2323	2338	2353
Goodmayes Station	2008	2022	2036	2050	2104	2117	2132	2147	2202	2217	2232	2247	2302	2315	2330	2345	0000
Meads Lane *Aldborough Road South*	2014	2028	2042	2056	2110	2123	2138	2153	2207	2222	2237	2252	2307	2320	2335	2350	0005
Perth Road *Ley Street*	2017	2031	2045	2059	2113	2126	2141	2155	2209	2224	2239	2254	2309	2322	2337	2352	0007
Ilford Station	2023	2037	2051	2105	2118	2131	2146	2200	2214	2229	2244	2259	2313	2326	2341	2356	0011
Ilford High Road *Hainault Street*	2027	2041	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		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	*Then*	1352	1407	1422	1437	1452	1507	1522	1537	1552	1606	1621	1636	1651	1706	
Becontree *Martins Corner*	1157	1212	*every 15*	1357	1412	1427	1442	1457	1512	1527	1542	1557	1611	1626	1641	1656	1711	
Goodmayes Station	1212	1227	*minutes*	1412	1426	1441	1456	1511	1526	1540	1555	1608	1622	1637	1652	1707	1721	
Meads Lane *Aldborough Road South*	1220	1235	*until*	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		1915	1930	1945	2000	2015	2030	2045	2100		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	*Then*	1921	1936	1951	2005	2020	2035	2050	2105	*Then*	2235	2250	2304	2319	2334	2349	
Becontree *Martins Corner*	1726	*every 15*	1926	1941	1956	2009	2024	2039	2054	2109	*every*	2239	2254	2308	2323	2338	2353	
Goodmayes Station	1736	*minutes*	1936	1951	2005	2018	2033	2048	2103	2117	*15*	2247	2302	2315	2330	2345	0000	
Meads Lane *Aldborough Road South*	1742	*until*	1942	1957	2010	2023	2038	2053	2108	2122	*mins.*	2252	2307	2320	2335	2350	0005	
Perth Road *Ley Street*	1745		1945	2000	2013	2026	2041	2056	2110	2124	*until*	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	

364 Ilford – Goodmayes – Dagenham East

364 Mondays to Fridays

Ilford High Road *Hainault Street*	0500	0515	0530	0545	0559	0612	0625	0635	0645	0655	0707	0719			2022	2038	2053	2109
Ilford Station	0503	0518	0533	0548	0602	0615	0628	0639	0649	0659	0711	0723			2026	2042	2057	2112
Perth Road *Ley Street*	0509	0524	0539	0554	0608	0621	0635	0646	0657	0707	0719	0732	*Then*		2034	2050	2105	2120
Meads Lane *Aldborough Road South*	0511	0526	0541	0556	0610	0623	0637	0648	0659	0710	0722	0735	*about*		2036	2052	2107	2122
Goodmayes Station	0516	0531	0546	0601	0616	0630	0645	0656	0708	0719	0732	0746	*every 12*		2044	2059	2113	2128
Becontree *Martins Corner*	0522	0537	0552	0608	0623	0638	0653	0705	0717	0729	0743	0757	*minutes*		2052	2106	2120	2135
Dagenham Heathway *Parsloes Avenue*	0526	0541	0556	0613	0628	0643	0658	0711	0724	0736	0751	0805	*until*		2057	2111	2125	2140
Dagenham East Station	0530	0545	0601	0618	0634	0649	0705	0720	0734	0748	0803	0817			2102	2116	2130	2145
Dagenham East *Bull Inn*	0532	0547	0603	0620	0636	0652	0708	0724	0739	0754	0809	0824			2104	2118	2132	2147

Ilford High Road *Hainault Street*	2124	2140	2155	2210	2225	2240	2255	2310	2325	2340	2355
Ilford Station	2127	2143	2158	2213	2228	2243	2258	2313	2328	2343	2358
Perth Road *Ley Street*	2135	2151	2205	2220	2235	2250	2304	2319	2334	2349	0004
Meads Lane *Aldborough Road South*	2137	2153	2207	2222	2237	2252	2306	2321	2336	2351	0006
Goodmayes Station	2143	2159	2213	2228	2243	2258	2311	2326	2341	2356	0011
Becontree *Martins Corner*	2150	2205	2219	2234	2249	2303	2316	2331	2346	0001	0016
Dagenham Heathway *Parsloes Avenue*	2155	2209	2223	2238	2253	2306	2319	2334	2349	0004	0019
Dagenham East Station	2200	2213	2227	2242	2257	2310	2323	2338	2353	0008	0023
Dagenham East *Bull Inn*	2202	2215	2229	2244	2259	2312	2325	2340	2355	0010	0025

364 Saturdays (also Good Friday)

Ilford High Road *Hainault Street*	0500	0520	0540	0600	0620	0640	0700	0720	0740	0800	0815	0830	0844	0858			1910	1925
Ilford Station	0503	0523	0543	0603	0623	0643	0703	0723	0743	0804	0819	0834	0848	0902			1915	1930
Perth Road *Ley Street*	0509	0529	0549	0609	0629	0649	0709	0729	0749	0810	0826	0841	0855	0910	*Then*		1925	1940
Meads Lane *Aldborough Road South*	0511	0531	0551	0611	0631	0651	0711	0731	0751	0812	0828	0843	0857	0912	*about*		1928	1943
Goodmayes Station	0516	0536	0556	0616	0636	0656	0717	0737	0757	0819	0835	0850	0904	0919	*every 12*		1936	1951
Becontree *Martins Corner*	0522	0542	0602	0622	0642	0702	0724	0744	0804	0826	0842	0857	0912	0927	*minutes*		1945	2000
Dagenham Heathway *Parsloes Avenue*	0526	0546	0606	0626	0646	0706	0728	0748	0809	0831	0847	0902	0917	0932	*until*		1950	2005
Dagenham East Station	0530	0550	0610	0630	0650	0711	0733	0753	0814	0836	0852	0907	0922	0937			1956	2010
Dagenham East *Bull Inn*	0532	0552	0612	0632	0652	0713	0735	0755	0816	0838	0854	0909	0924	0939			2000	2013

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	2111	2125	2140	2155	2210	2225	2240	2255	2309	2323			0023
Dagenham East *Bull Inn*	2002	2016	2030	2045	2059	2113	2127	2142	2157	2212	2227	2242	2257	2311	2325			0025