

# EL2

## Dagenham Dock – Barking – Becontree Heath

EL2	Mondays to Fridays																	
Dagenham Dock Station	0510	0530	0545	0600	0615	0623	0631	0639	0646	0653	0701	0709	0716	0724	0731	0739	0746	0754
Dagenham Thames Gateway Park	0512	0532	0547	0602	0617	0625	0633	0641	0648	0655	0703	0711	0718	0726	0733	0741	0748	0756
Thames View Estate Stern Close	0515	0535	0550	0606	0621	0629	0637	0645	0652	0659	0707	0715	0722	0730	0737	0745	0752	0800
Thames View Estate Abridge Way	0516	0536	0551	0607	0622	0630	0638	0646	0653	0701	0709	0717	0724	0732	0739	0747	0754	0802
River Road Barking By-Pass	0521	0541	0556	0613	0628	0636	0644	0652	0659	0707	0715	0723	0730	0738	0746	0754	0801	0809
Barking Station	0527	0547	0602	0620	0635	0644	0652	0700	0708	0716	0724	0732	0740	0748	0756	0804	0812	0820
Faircross Longbridge Road	0530	0550	0605	0623	0639	0648	0656	0704	0712	0720	0728	0736	0744	0752	0801	0809	0817	0825
Becontree Martins Corner	0536	0556	0611	0629	0645	0655	0703	0712	0720	0728	0736	0744	0752	0800	0809	0817	0825	0833
Becontree Heath Ship & Anchor	0543	0603	0618	0636	0652	0702	0711	0720	0728	0737	0745	0753	0801	0809	0818	0826	0834	0842
Dagenham Dock Station	0802	0810	0818	0826	0834	0842	0850	0859	0907	0915	0923	0932	Then every 8 minutes until	1356	1404	1412	1420	
Dagenham Thames Gateway Park	0804	0812	0820	0828	0836	0844	0852	0901	0909	0917	0925	0934		1358	1406	1414	1422	
Thames View Estate Stern Close	0808	0816	0824	0832	0840	0848	0856	0904	0912	0920	0928	0937		1401	1409	1417	1425	
Thames View Estate Abridge Way	0810	0818	0826	0834	0842	0850	0858	0906	0914	0922	0930	0938		1402	1410	1418	1426	
River Road Barking By-Pass	0817	0825	0833	0841	0849	0857	0905	0913	0921	0928	0936	0944		1408	1416	1424	1432	
Barking Station	0828	0836	0844	0852	0900	0908	0915	0923	0931	0938	0945	0953		1417	1425	1433	1441	
Faircross Longbridge Road	0833	0841	0849	0857	0906	0914	0921	0929	0937	0944	0951	0959		1423	1431	1439	1447	
Becontree Martins Corner	0841	0849	0857	0905	0914	0922	0929	0937	0945	0952	0959	1007		1431	1439	1447	1455	
Becontree Heath Ship & Anchor	0850	0858	0906	0915	0924	0932	0939	0947	0955	1002	1009	1017		1441	1450	1458	1506	
Dagenham Dock Station	1427	1434	1442	1449	1456	1503	1510	1518	1526	1534	1542	1550	1558	1606	1614	1622	1630	1638
Dagenham Thames Gateway Park	1429	1436	1444	1451	1458	1505	1512	1520	1528	1536	1544	1552	1600	1608	1616	1624	1632	1640
Thames View Estate Stern Close	1432	1439	1447	1454	1501	1508	1515	1523	1531	1539	1547	1555	1603	1611	1619	1627	1635	1643
Thames View Estate Abridge Way	1433	1440	1448	1455	1502	1509	1516	1524	1532	1540	1548	1556	1604	1612	1620	1628	1636	1644
River Road Barking By-Pass	1439	1446	1454	1501	1508	1516	1523	1531	1539	1547	1555	1603	1610	1618	1626	1634	1642	1650
Barking Station	1448	1455	1503	1510	1518	1526	1533	1541	1549	1557	1605	1613	1620	1628	1636	1644	1652	1700
Faircross Longbridge Road	1454	1501	1509	1517	1525	1533	1540	1548	1556	1604	1611	1619	1626	1634	1642	1650	1658	1706
Becontree Martins Corner	1502	1510	1518	1526	1534	1542	1549	1557	1605	1613	1620	1628	1635	1643	1651	1659	1706	1714
Becontree Heath Ship & Anchor	1514	1522	1530	1538	1546	1554	1601	1608	1615	1623	1630	1637	1644	1652	1700	1708	1715	1723
Dagenham Dock Station	1646	Then every 8 minutes until	1742	1750	1759	1807	1815	1823	1831	1839	1847	1859	1911	1923	1935	1948	2003	
Dagenham Thames Gateway Park	1648		1744	1752	1801	1809	1817	1825	1833	1841	1849	1901	1913	1925	1937	1950	2005	
Thames View Estate Stern Close	1651		1747	1755	1804	1812	1820	1828	1836	1844	1852	1904	1916	1928	1940	1953	2008	
Thames View Estate Abridge Way	1652		1748	1756	1805	1813	1821	1829	1837	1845	1853	1905	1917	1929	1941	1954	2009	
River Road Barking By-Pass	1658		1754	1802	1810	1818	1826	1834	1842	1850	1858	1910	1922	1934	1946	1959	2014	
Barking Station	1708		1804	1811	1819	1827	1835	1843	1851	1859	1907	1919	1930	1942	1954	2006	2021	
Faircross Longbridge Road	1714		1810	1817	1825	1833	1840	1848	1856	1904	1912	1924	1935	1947	1959	2010	2025	
Becontree Martins Corner	1722		1818	1825	1833	1840	1847	1855	1903	1911	1919	1931	1942	1954	2006	2017	2032	
Becontree Heath Ship & Anchor	1731		1827	1834	1841	1848	1855	1903	1911	1918	1926	1938	1949	2001	2013	2024	2039	
Dagenham Dock Station	2018	Then every 15 minutes until	2133	2148	2204	2219	2234	2249	2304	2319	2335	2350	0005	0020	0035			
Dagenham Thames Gateway Park	2020		2135	2150	2206	2221	2236	2251	2306	2321	2337	2352	0007	0022	0037			
Thames View Estate Stern Close	2023		2138	2153	2209	2224	2239	2254	2309	2324	2339	2354	0009	0024	0039			
Thames View Estate Abridge Way	2024		2139	2154	2210	2225	2240	2255	2310	2325	2340	2355	0010	0025	0040			
River Road Barking By-Pass	2029		2144	2159	2214	2229	2244	2259	2314	2329	2344	2359	0013	0028	0043			
Barking Station	2036		2151	2205	2220	2235	2250	2305	2320	2335	2350	0005	0018	0033	0048			
Faircross Longbridge Road	2040		2155	2209	2224	2239	2254	2308	2323	2338	2353	0008	0021	0036	0051			
Becontree Martins Corner	2047		2202	2216	2231	2246	2301	2314	2329	2344	2359	0014	0027	0042	0057			
Becontree Heath Ship & Anchor	2054		2209	2223	2237	2252	2306	2319	2334	2349	0004	0019	0032	0047	0102			

EL2		Saturdays (also Good Friday)																		
Dagenham Dock Station	0510	0530	0550	0610	0630	0650	0705	0720	0735	0750	0800	0810	0820	0830	0840	0850	0900	0910		
Dagenham Thames Gateway Park	0512	0532	0552	0612	0632	0652	0707	0722	0737	0752	0802	0812	0822	0832	0842	0852	0902	0912		
Thames View Estate Stern Close	0515	0535	0555	0615	0635	0655	0710	0725	0740	0755	0805	0815	0825	0835	0845	0855	0905	0915		
Thames View Estate Abridge Way	0516	0536	0556	0616	0636	0656	0711	0726	0741	0756	0806	0816	0826	0836	0846	0856	0906	0916		
River Road Barking By-Pass	0520	0540	0600	0621	0641	0701	0716	0731	0746	0801	0811	0821	0831	0841	0851	0901	0911	0921		
Barking Station	0526	0546	0607	0628	0648	0708	0723	0738	0753	0808	0818	0828	0838	0848	0859	0909	0919	0929		
Faircross Longbridge Road	0529	0549	0610	0631	0651	0711	0726	0741	0756	0811	0821	0831	0841	0851	0903	0913	0923	0933		
Becontree Martins Corner	0535	0555	0616	0637	0657	0717	0732	0747	0802	0817	0827	0837	0847	0857	0910	0920	0930	0940		
Becontree Heath Ship & Anchor	0541	0601	0622	0643	0703	0723	0739	0754	0809	0824	0834	0844	0854	0904	0918	0928	0938	0948		
Dagenham Dock Station	0920	0930	0940	0950	0959	1009	1018	1028			1138	1147			1437	1447	1458	1508		
Dagenham Thames Gateway Park	0922	0932	0942	0952	1001	1011	1020	1030			1140	1149			1439	1449	1500	1510		
Thames View Estate Stern Close	0925	0935	0945	0955	1004	1014	1023	1033	Then		1143	1152	Then		1442	1452	1503	1513		
Thames View Estate Abridge Way	0926	0936	0946	0956	1005	1015	1024	1034	every 10		1144	1153	every 10		1443	1453	1504	1514		
River Road Barking By-Pass	0931	0941	0951	1001	1011	1021	1030	1040	minutes		1150	1159	minutes		1449	1459	1509	1519		
Barking Station	0939	0949	0959	1009	1019	1029	1039	1049	until		1159	1209	until		1459	1508	1518	1528		
Faircross Longbridge Road	0943	0953	1004	1014	1024	1034	1044	1054			1204	1214			1504	1513	1523	1533		
Becontree Martins Corner	0950	1000	1012	1022	1032	1042	1052	1102			1212	1222			1512	1521	1531	1541		
Becontree Heath Ship & Anchor	0958	1009	1021	1031	1041	1051	1101	1112			1222	1232			1522	1531	1541	1551		
Dagenham Dock Station	1518			1618	1628	1638	1648	1658	1708	1718	1728	1738	1748			1838	1848	1903		
Dagenham Thames Gateway Park	1520			1620	1630	1640	1650	1700	1710	1720	1730	1740	1750			1840	1850	1905		
Thames View Estate Stern Close	1523	Then		1623	1633	1643	1653	1703	1713	1723	1733	1743	1753	Then		1843	1853	1908		
Thames View Estate Abridge Way	1524	every 10		1624	1634	1644	1654	1704	1714	1724	1734	1744	1754	every 10		1844	1854	1909		
River Road Barking By-Pass	1529	minutes		1629	1639	1649	1659	1709	1719	1729	1739	1749	1759	minutes		1849	1859	1914		
Barking Station	1538	until		1638	1648	1658	1708	1718	1728	1738	1748	1758	1807	until		1857	1907	1922		
Faircross Longbridge Road	1543			1643	1653	1703	1713	1723	1733	1743	1753	1803	1812			1902	1911	1926		
Becontree Martins Corner	1551			1651	1701	1711	1721	1731	1741	1751	1801	1810	1819			1909	1918	1933		
Becontree Heath Ship & Anchor	1601			1701	1710	1720	1729	1739	1749	1759	1808	1817	1826			1916	1925	1940		
Dagenham Dock Station	1918	1933	1948	2003	2018				2148	2203	2219	2234	2249	2305				0035		
Dagenham Thames Gateway Park	1920	1935	1950	2005	2020				2150	2205	2221	2236	2251	2307				0037		
Thames View Estate Stern Close	1923	1938	1953	2008	2023	Then			2153	2208	2224	2239	2254	2309	Then			0039		
Thames View Estate Abridge Way	1924	1939	1954	2009	2024	every 15			2154	2209	2225	2240	2255	2310	every 15			0040		
River Road Barking By-Pass	1929	1944	1959	2014	2029	minutes			2159	2214	2230	2245	2300	2314	minutes			0044		
Barking Station	1937	1952	2007	2022	2036	until			2206	2221	2236	2251	2306	2320	until			0050		
Faircross Longbridge Road	1941	1956	2011	2026	2040				2210	2225	2240	2255	2309	2323				0053		
Becontree Martins Corner	1948	2003	2018	2033	2047				2217	2232	2247	2302	2315	2329				0059		
Becontree Heath Ship & Anchor	1955	2010	2025	2040	2054				2224	2238	2253	2307	2320	2334				0104		
EL2		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																		
Dagenham Dock Station	0510	0540	0610	0640	0710	0740	0810	0840	0905	0920	0935	0950	1003	1018	1033	1048	1103	1117		
Dagenham Thames Gateway Park	0512	0542	0612	0642	0712	0742	0812	0842	0907	0922	0937	0952	1005	1020	1035	1050	1105	1119		
Thames View Estate Stern Close	0515	0545	0615	0645	0715	0745	0815	0845	0910	0925	0940	0955	1008	1023	1038	1053	1108	1122		
Thames View Estate Abridge Way	0516	0546	0616	0646	0716	0746	0816	0846	0911	0926	0941	0956	1010	1025	1040	1055	1110	1124		
River Road Barking By-Pass	0520	0550	0621	0651	0721	0751	0821	0851	0916	0931	0946	1001	1016	1031	1046	1101	1116	1130		
Barking Station	0526	0556	0627	0657	0728	0758	0828	0858	0923	0938	0953	1009	1024	1039	1054	1109	1124	1139		
Faircross Longbridge Road	0529	0559	0630	0700	0731	0801	0831	0901	0926	0941	0957	1014	1029	1044	1059	1114	1129	1144		
Becontree Martins Corner	0535	0605	0636	0706	0737	0807	0838	0908	0933	0948	1005	1022	1037	1052	1107	1122	1137	1152		
Becontree Heath Ship & Anchor	0540	0610	0641	0711	0742	0812	0844	0914	0939	0954	1012	1029	1044	1059	1115	1130	1145	1200		
Dagenham Dock Station	1132			1447	1502	1517	1532	1547	1602	1617	1632	1647	1702	1717	1732	1747	1802	1817		
Dagenham Thames Gateway Park	1134			1449	1504	1519	1534	1549	1604	1619	1634	1649	1704	1719	1734	1749	1804	1819		
Thames View Estate Stern Close	1137	Then		1452	1507	1522	1537	1552	1607	1622	1637	1652	1707	1722	1737	1752	1807	1822		
Thames View Estate Abridge Way	1139	every 15		1454	1508	1523	1538	1553	1608	1623	1638	1653	1708	1723	1738	1753	1808	1823		
River Road Barking By-Pass	1145	minutes		1500	1514	1529	1544	1559	1614	1629	1644	1659	1713	1728	1743	1758	1813	1828		
Barking Station	1154	until		1509	1523	1538	1553	1608	1623	1638	1652	1707	1721	1736	1751	1806	1821	1836		
Faircross Longbridge Road	1159			1514	1528	1543	1558	1613	1628	1643	1657	1712	1726	1741	1756	1811	1826	1840		
Becontree Martins Corner	1207			1522	1536	1551	1605	1620	1635	1650	1704	1719	1733	1748	1803	1818	1833	1847		
Becontree Heath Ship & Anchor	1215			1530	1544	1558	1612	1627	1642	1657	1711	1726	1740	1755	1810	1825	1840	1854		
Dagenham Dock Station	1832	1847	1902			2047	2103				2218	2233	2249	2305	2320	2335	2350	0005	0020	0035
Dagenham Thames Gateway Park	1834	1849	1904			2049	2105				2220	2235	2251	2307	2322	2337	2352	0007	0022	0037
Thames View Estate Stern Close	1837	1852	1907	Then		2052	2108	Then			2223	2238	2253	2309	2324	2339	2354	0009	0024	0039
Thames View Estate Abridge Way	1838	1853	1908	very 1		2053	2109	every 15			2224	2239	2254	2310	2325	2340	2355	0010	0025	0040
River Road Barking By-Pass	1843	1858	1913	minute		2058	2113	minutes			2228	2243	2258	2313	2328	2343	2358	0013	0028	0043
Barking Station	1851	1906	1920	until		2105	2119	until			2234	2249	2304	2319	2334	2349	0004	0018	0033	0048
Faircross Longbridge Road	1855	1910	1924			2109	2123				2238	2252	2307	2322	2337	2352	0007	0021	0036	0051
Becontree Martins Corner	1902	1917	1931			2116	2130				2245	2258	2313	2328	2343	2358	0013	0027	0042	0057
Becontree Heath Ship & Anchor	1909	1924	1938			2123	2137				2252	2304	2318	2333	2348	0003	0018	0032	0047	0102

# EL2

## Becontree Heath – Barking – Dagenham Dock

EL2	Mondays to Fridays																	
Becontree Heath Ship & Anchor	0510	0530	0550	0610	0625	0638	0644	0651	0659	0706	0713	0721	0728	0736	0744	0752	0800	0807
Becontree Martins Corner	0516	0536	0556	0617	0632	0646	0652	0659	0707	0714	0721	0729	0737	0745	0753	0801	0809	0816
Faircross Longbridge Road	0522	0542	0602	0624	0640	0654	0701	0709	0717	0724	0731	0739	0747	0755	0803	0811	0819	0826
Barking Station	0525	0545	0606	0628	0645	0659	0707	0715	0723	0731	0738	0746	0754	0802	0810	0818	0826	0833
River Road Barking By-Pass	0529	0550	0611	0633	0650	0705	0713	0721	0729	0737	0745	0753	0801	0809	0817	0825	0833	0841
Thames View Estate Abridge Way	0533	0554	0615	0637	0654	0709	0717	0725	0734	0742	0750	0758	0807	0815	0823	0831	0839	0847
Thames View Estate Stern Close	0534	0555	0616	0638	0655	0710	0718	0726	0735	0743	0751	0759	0808	0816	0824	0832	0840	0848
Dagenham Thames Gateway Park	0537	0558	0619	0641	0658	0713	0721	0729	0738	0746	0754	0802	0811	0819	0827	0835	0843	0851
Dagenham Dock Station	0538	0559	0620	0642	0659	0714	0722	0730	0739	0747	0755	0803	0812	0820	0828	0836	0844	0852
Becontree Heath Ship & Anchor	0815	0823	0831	0839	0847	0855	0903	Then every 8 minutes until	1127	1135	Then every 8 minutes until	1415	1423	1431	1438	1446		
Becontree Martins Corner	0824	0832	0840	0848	0856	0904	0911		1135	1143		1423	1431	1439	1446	1454		
Faircross Longbridge Road	0834	0842	0850	0858	0906	0913	0920		1144	1152		1432	1441	1449	1456	1504		
Barking Station	0841	0849	0857	0904	0912	0919	0926		1150	1158		1438	1447	1455	1502	1510		
River Road Barking By-Pass	0849	0857	0905	0912	0920	0926	0933		1157	1206		1446	1455	1503	1511	1519		
Thames View Estate Abridge Way	0855	0903	0910	0917	0925	0931	0938		1202	1211		1451	1500	1509	1517	1526		
Thames View Estate Stern Close	0856	0904	0911	0918	0926	0932	0939		1203	1212		1452	1501	1510	1518	1527		
Dagenham Thames Gateway Park	0859	0907	0914	0921	0929	0935	0942		1206	1215		1455	1504	1513	1521	1530		
Dagenham Dock Station	0900	0908	0915	0922	0930	0936	0943	1207	1216	1456	1505	1514	1522	1531				
Becontree Heath Ship & Anchor	1453	1501	1509	1516	1524	1532	1540	1549	Then every 8 minutes until	1701	1709	1717	1725	1733	Then every 8 minutes until	1805		
Becontree Martins Corner	1501	1509	1517	1525	1533	1541	1549	1558		1710	1718	1726	1734	1741		1813		
Faircross Longbridge Road	1511	1519	1527	1535	1543	1551	1559	1607		1719	1727	1734	1742	1749		1821		
Barking Station	1517	1525	1533	1541	1549	1557	1605	1613		1725	1732	1739	1747	1754		1826		
River Road Barking By-Pass	1527	1535	1543	1551	1559	1606	1614	1622		1734	1741	1748	1756	1803		1835		
Thames View Estate Abridge Way	1534	1542	1550	1558	1605	1612	1620	1628		1740	1747	1754	1802	1809		1841		
Thames View Estate Stern Close	1535	1543	1551	1559	1606	1613	1621	1629		1741	1748	1755	1803	1810		1842		
Dagenham Thames Gateway Park	1538	1546	1554	1602	1609	1616	1624	1632		1744	1751	1758	1806	1813		1845		
Dagenham Dock Station	1539	1547	1555	1603	1610	1617	1625	1633	1745	1752	1759	1807	1814	1846				
Becontree Heath Ship & Anchor	1813	1821	1830	1838	1850	1902	1914	1926	1938	1953	2008	2023	2038	2054	2109	Then every 15 minutes until	2239	
Becontree Martins Corner	1821	1829	1837	1845	1857	1909	1921	1933	1945	2000	2015	2030	2044	2100	2115		2245	
Faircross Longbridge Road	1829	1837	1845	1853	1905	1917	1929	1941	1953	2008	2023	2037	2051	2107	2122		2252	
Barking Station	1834	1842	1850	1858	1910	1922	1934	1946	1958	2013	2028	2041	2055	2110	2125		2255	
River Road Barking By-Pass	1842	1850	1858	1906	1917	1929	1941	1953	2005	2020	2035	2048	2102	2116	2131		2301	
Thames View Estate Abridge Way	1848	1856	1904	1912	1923	1935	1947	1959	2011	2026	2041	2054	2108	2122	2136		2306	
Thames View Estate Stern Close	1849	1857	1905	1913	1924	1936	1948	2000	2012	2027	2042	2055	2109	2123	2137		2307	
Dagenham Thames Gateway Park	1852	1900	1908	1916	1927	1939	1951	2003	2015	2030	2045	2058	2112	2126	2140		2310	
Dagenham Dock Station	1853	1901	1909	1917	1928	1940	1952	2004	2016	2031	2046	2059	2113	2127	2141	2311		
Becontree Heath Ship & Anchor	2254	2310	2325	2340	2355													
Becontree Martins Corner	2300	2315	2330	2345	0000													
Faircross Longbridge Road	2306	2321	2336	2351	0005													
Barking Station	2309	2324	2339	2354	0008													
River Road Barking By-Pass	2314	2329	2344	2359	0013													
Thames View Estate Abridge Way	2319	2334	2349	0004	0018													
Thames View Estate Stern Close	2320	2335	2350	0005	0019													
Dagenham Thames Gateway Park	2323	2338	2353	0008	0022													
Dagenham Dock Station	2324	2339	2354	0009	0023													

EL2		Saturdays (also Good Friday)																
Becontree Heath Ship & Anchor	0510		0650	0710	0730	0745	0800	0815	0830	0840	0849	0857	0906	0916	0926	0936	0945	
Becontree Martins Corner	0515		0655	0716	0736	0751	0806	0821	0836	0846	0855	0903	0913	0923	0933	0943	0952	
Faircross Longbridge Road	0521	Then	0701	0722	0743	0758	0813	0828	0843	0853	0902	0911	0921	0931	0941	0951	1000	
Barking Station	0524	every 20	0704	0725	0746	0801	0817	0832	0847	0857	0907	0916	0926	0936	0946	0956	1006	
River Road Barking By-Pass	0529	minutes	0709	0730	0752	0807	0823	0838	0853	0903	0913	0923	0933	0943	0953	1003	1013	
Thames View Estate Abridge Way	0533	until	0713	0734	0756	0811	0827	0842	0857	0908	0918	0928	0938	0948	0958	1008	1018	
Thames View Estate Stern Close	0534		0714	0735	0757	0812	0828	0843	0858	0909	0919	0929	0939	0949	0959	1009	1019	
Dagenham Thames Gateway Park	0537		0717	0738	0800	0815	0831	0846	0901	0912	0922	0932	0942	0952	1002	1012	1022	
Dagenham Dock Station	0538		0718	0739	0801	0816	0832	0847	0902	0913	0923	0933	0943	0953	1003	1013	1023	
Becontree Heath Ship & Anchor	0954	1003		1133	1143	1153	1203	1213	1223	1233			1733	1743	1754	1804	1814	
Becontree Martins Corner	1001	1011		1141	1151	1201	1211	1221	1231	1241			1741	1751	1802	1812	1822	
Faircross Longbridge Road	1010	1020	Then	1150	1200	1210	1220	1230	1240	1250	Then		1750	1800	1810	1820	1830	
Barking Station	1016	1026	every 10	1156	1206	1216	1226	1236	1246	1256	every 10		1756	1806	1816	1826	1836	
River Road Barking By-Pass	1023	1033	minutes	1203	1214	1224	1234	1244	1254	1304	minutes		1804	1813	1823	1833	1843	
Thames View Estate Abridge Way	1028	1038	until	1208	1219	1229	1239	1249	1259	1310	until		1810	1819	1829	1839	1849	
Thames View Estate Stern Close	1029	1039		1209	1220	1230	1240	1250	1300	1311			1811	1820	1830	1840	1850	
Dagenham Thames Gateway Park	1032	1042		1212	1223	1233	1243	1253	1303	1314			1814	1823	1833	1843	1853	
Dagenham Dock Station	1033	1043		1213	1224	1234	1244	1254	1304	1315			1815	1824	1834	1844	1854	
Becontree Heath Ship & Anchor	1824	1836	1848	1901	1914	1926	1938	1953	2009	2024			2239	2255	2310	2325	2340	2355
Becontree Martins Corner	1832	1844	1856	1909	1921	1933	1945	2000	2015	2030			2245	2301	2316	2331	2346	0001
Faircross Longbridge Road	1840	1852	1904	1917	1929	1941	1953	2007	2022	2037	Then		2252	2307	2322	2337	2352	0006
Barking Station	1846	1858	1910	1922	1934	1946	1957	2010	2025	2040	every 15		2255	2310	2325	2340	2355	0009
River Road Barking By-Pass	1853	1905	1917	1929	1941	1953	2004	2017	2032	2046	minutes		2301	2316	2331	2346	0001	0015
Thames View Estate Abridge Way	1859	1911	1923	1935	1947	1959	2009	2022	2037	2051	until		2306	2321	2336	2351	0006	0020
Thames View Estate Stern Close	1900	1912	1924	1936	1948	2000	2010	2023	2038	2052			2307	2322	2337	2352	0007	0021
Dagenham Thames Gateway Park	1903	1915	1927	1939	1951	2003	2013	2026	2041	2055			2310	2325	2340	2355	0010	0024
Dagenham Dock Station	1904	1916	1928	1940	1952	2004	2014	2027	2042	2056			2311	2326	2341	2356	0011	0025
EL2		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																
Becontree Heath Ship & Anchor	0510	0540	0610	0640	0710	0740	0810	0830	0850	0910	0925	0939	0952	1005	1020	1034	1047	1059
Becontree Martins Corner	0515	0545	0615	0645	0715	0745	0816	0836	0856	0916	0931	0945	0959	1013	1028	1042	1055	1107
Faircross Longbridge Road	0521	0551	0621	0651	0721	0751	0823	0843	0903	0923	0938	0952	1006	1021	1036	1050	1103	1116
Barking Station	0524	0554	0624	0654	0724	0754	0826	0846	0906	0926	0941	0956	1011	1026	1041	1055	1108	1122
River Road Barking By-Pass	0529	0559	0629	0659	0729	0759	0831	0851	0912	0932	0947	1002	1017	1032	1047	1101	1115	1129
Thames View Estate Abridge Way	0533	0603	0633	0703	0733	0803	0836	0856	0917	0937	0952	1007	1022	1037	1052	1106	1120	1134
Thames View Estate Stern Close	0534	0604	0634	0704	0734	0804	0837	0857	0918	0938	0953	1008	1023	1038	1053	1107	1121	1135
Dagenham Thames Gateway Park	0537	0607	0637	0707	0737	0807	0840	0900	0921	0941	0956	1011	1026	1041	1056	1110	1124	1138
Dagenham Dock Station	0538	0608	0638	0708	0738	0808	0841	0901	0922	0942	0957	1012	1027	1042	1057	1111	1125	1139
Becontree Heath Ship & Anchor	1113	1127	1140	1155	1210			1510	1525	1540	1555	1610	1625	1640	1655	1710	1725	1740
Becontree Martins Corner	1121	1135	1148	1203	1218			1518	1533	1547	1602	1617	1632	1647	1702	1717	1732	1746
Faircross Longbridge Road	1130	1144	1157	1212	1227	Then		1527	1541	1555	1610	1625	1640	1655	1710	1725	1740	1754
Barking Station	1136	1150	1203	1218	1233	every 15		1533	1547	1601	1616	1631	1646	1701	1716	1731	1745	1759
River Road Barking By-Pass	1143	1157	1211	1226	1241	minutes		1541	1555	1609	1624	1638	1653	1708	1723	1738	1752	1806
Thames View Estate Abridge Way	1148	1202	1216	1231	1247	until		1547	1601	1615	1630	1644	1659	1714	1729	1744	1758	1811
Thames View Estate Stern Close	1149	1203	1217	1232	1248			1548	1602	1616	1631	1645	1700	1715	1730	1745	1759	1812
Dagenham Thames Gateway Park	1152	1206	1220	1235	1251			1551	1605	1619	1634	1648	1703	1718	1733	1748	1802	1815
Dagenham Dock Station	1153	1207	1221	1236	1252			1552	1606	1620	1635	1649	1704	1719	1734	1749	1803	1816
Becontree Heath Ship & Anchor	1755		1910	1925	1940	1955		2140	2155	2210	2225	2240	2255	2310	2325	2340	2355	
Becontree Martins Corner	1801		1916	1931	1946	2001		2146	2201	2216	2231	2246	2301	2315	2330	2345	0000	
Faircross Longbridge Road	1808	Then	1923	1938	1953	2008	Then	2153	2208	2223	2238	2253	2307	2321	2336	2351	0006	
Barking Station	1813	every 15	1928	1942	1957	2011	every	2156	2211	2226	2241	2256	2310	2324	2339	2354	0009	
River Road Barking By-Pass	1820	minutes	1935	1948	2003	2017	15	2202	2216	2231	2246	2301	2315	2329	2344	2359	0014	
Thames View Estate Abridge Way	1825	until	1940	1953	2008	2022	mins.	2207	2221	2236	2251	2306	2320	2334	2349	0004	0019	
Thames View Estate Stern Close	1826		1941	1954	2009	2023	until	2208	2222	2237	2252	2307	2321	2335	2350	0005	0020	
Dagenham Thames Gateway Park	1829		1944	1957	2012	2026		2211	2225	2240	2255	2310	2324	2338	2353	0008	0023	
Dagenham Dock Station	1830		1945	1958	2013	2027		2212	2226	2241	2256	2311	2325	2339	2354	0009	0024	