

ROUTE 145A

Leytonstone - Ilford - Becontree - Dagenham

P.M. times are in heavy figures

Via Cambridge Park Road, Eastern Avenue, The Drive, Cranbrook Road, Ilford High Road, Green Lane, Bennetts Castle Lane, Longbridge Road, Porters Avenue, Gale Street, Hedgemans Road, Heathway, New Road.

RAILWAY STATIONS SERVED OR NEAR: Wanstead, Redbridge, Ilford, Becontree, Dagenham Heathway.

Service interval: SUNDAY, 20 minutes (before 10 0 a.m. 30 minutes). The intervals between buses may be longer in the early morning and late evening.

	First	SUNDAY	Last																	
LEYTONSTONE <i>Green Man</i>	9 25	11 14	11 35
Wanstead <i>LT Station</i>	9 29	11 18	11 39
The Drive <i>Eastern Avenue</i>	†8 1	9 34	11 23	11 44
Ilford Station	8 10	9 41	11 30	11 51
Ilford <i>Broadway</i>	7 41	8 11	9 42	11 31	11 52	12 43
Green Lane <i>Ilford High Road</i>	7 44	8 14	9 45	11 34	11 55	12 46
Green Lane <i>Goodmayes Road</i>	7 50	8 20	9 51	11 40	12 1
Bennetts Castle Lane <i>Longbridge Road</i>	7 56	8 26	9 57	11 46
Becontree Station	8 2	8 32	10 3	11 52
Dagenham <i>Chequers</i>	8 9	8 39	10 10	11 59
DAGENHAM <i>Kent Avenue</i>	8 12	8 42	10 13	12 2
DAGENHAM <i>Kent Avenue</i>	8 15	10 45	12 5
Dagenham <i>Chequers</i>	8 18	10 48	12 8
Becontree Station	8 25	10 55	12 15
Bennetts Castle Lane <i>Longbridge Road</i>	8 31	11 1	12 21
Green Lane <i>Goodmayes Road</i>	8 37	11 7	12 27
Green Lane <i>Ilford High Road</i>	7 30	7 41	8 43	11 13	12 33
Ilford <i>Broadway</i>	7 34	7 44	8 46	11 16	12 37
Ilford Station	7 45	8 47	11 17
The Drive <i>Eastern Avenue</i>	†7 55	8 54	11 24
Wanstead <i>LT Station</i>	8 59	11 29
LEYTONSTONE <i>Green Man</i>	9 2	11 32

†-Time at Redbridge LT Station.

(5.7.64)

LIST OF DEPARTURES

Leytonstone *Green Man* to Dagenham *Kent Avenue* at 9 25, 9 45, 10 5, 10 25, 10 46, 11 6, 11 26, 11 46 a.m., 12 6, 12 27, 12 47, 1 7, 1 27, 1 47, 2 8, 2 28, 2 48, 3 8, 3 28, 3 49, 4 9, 4 29, 4 49, 5 9, 5 30, 5 50, 6 10, 6 30, 6 50, 7 11, 7 31, 7 51, 8 11, 8 31, 8 52, 9 12, 9 33, 9 54, 10 18, 10 34, 10 53, 11 14 p.m.
 Leytonstone *Green Man* to Green Lane *Goodmayes Road* at 11 35 p.m.
 Redbridge *LT Station* to Dagenham *Kent Avenue* at 8 31, 9 2 a.m.

Dagenham *Kent Avenue* to Leytonstone *Green Man* at 8 15, 8 45, 9 15, 9 45, 10 15, 10 35, 10 55, 11 15, 11 36, 11 56 a.m., 12 16, 12 36, 12 56, 1 17, 1 37, 1 57, 2 17, 2 37, 2 58, 3 18, 3 38, 3 58, 4 18, 4 39, 4 59, 5 19, 5 39, 5 59, 6 20, 6 40, 7 0, 7 20, 7 40, 8 1, 8 21, 8 42, 9 4, 9 21, 9 45, 10 3, 10 24, 10 45 p.m.
 Dagenham *Kent Avenue* to Ilford *Broadway* at 11 8, 11 27, 11 44, p.m., 12 5 a.m.

Ilford *H Road* to Leytonstone *Green Man* at 10 3 a.m.
 Redbridge *LT Station* at 7 41, 8 14

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