

**ROUTE 145**

**Chingford - Woodford - Ilford - Becontree - Dagenham**

P.M. times are in heavy figures

Via Rangers Road, Station Road, Kings Road, Whitehall Road, High Road Woodford, Southend Road, Woodford Avenue, Cranbrook Road, High Road Ilford, Green Lane, Bennetts Castle Lane, Longbridge Road, Porters Avenue, Gale Street, Hedgemans Road, Heathway, New Road, Kent Avenue.

**RAILWAY STATIONS SERVED OR NEAR: Chingford, Gants Hill, Ilford, Becontree, Dagenham Heathway, Dagenham Dock.**

Service interval: MON. to FRI., Chingford-Ilford, see below, Ilford-Dagenham 15 mins. (peak hours 10 mins., eve. 20 mins.); SAT 8-9 mins. (before 9.30 a.m. and eve. 15 mins.); SUN. 20 mins. (before 9.30 a.m. 30 mins.). The intervals between buses may be longer in the early morning and late evening.

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**MONDAY TO FRIDAY**

**SATURDAY**

|                                   | MONDAY TO FRIDAY |      |      |      |      |      |      |      |      |       | SATURDAY |      |      |      |      |      |      |      |      |      |
|-----------------------------------|------------------|------|------|------|------|------|------|------|------|-------|----------|------|------|------|------|------|------|------|------|------|
|                                   | First            |      |      |      |      | Last |      |      |      |       | First    |      |      |      |      | Last |      |      |      |      |
| CHINGFORD Royal Forest Htl.       | 8.46             | 9.10 | 9.10 | 9.10 | 9.10 | 3.36 | 3.50 | 3.50 | 3.50 | 3.50  | 5.52     | 6.20 | 6.20 | 6.20 | 6.20 | 6.49 | 7.3  | 7.3  | 7.3  | 7.3  |
| Chingford Bull & Crown            | 8.50             | 9.5  | 9.5  | 9.5  | 9.5  | 3.40 | 3.54 | 3.54 | 3.54 | 3.54  | 5.56     | 6.24 | 6.24 | 6.24 | 6.24 | 6.53 | 7.7  | 7.7  | 7.7  | 7.7  |
| Woodford Wells Horse & Well       | 8.57             | 9.9  | 9.9  | 9.9  | 9.9  | 3.47 | 4.1  | 4.1  | 4.1  | 4.1   | 5.58     | 6.26 | 6.26 | 6.26 | 6.26 | 6.57 | 7.11 | 7.11 | 7.11 | 7.11 |
| South Woodford Maybank Road       | 9.6              | 9.18 | 9.21 | 9.30 | 9.30 | 3.56 | 4.10 | 4.10 | 4.10 | 4.10  | 6.2      | 6.34 | 6.34 | 6.34 | 6.34 | 6.59 | 7.13 | 7.13 | 7.13 | 7.13 |
| Gants Hill LT Station             | 9.15             | 9.27 | 9.30 | 9.39 | 9.39 | 4.5  | 4.19 | 4.19 | 4.19 | 4.19  | 6.2      | 6.30 | 6.30 | 6.30 | 6.30 | 6.59 | 7.13 | 7.13 | 7.13 | 7.13 |
| Ilford Station                    | 9.21             | 9.33 | 9.36 | 9.45 | 9.45 | 4.11 | 4.25 | 4.25 | 4.25 | 4.25  | 6.2      | 6.30 | 6.30 | 6.30 | 6.30 | 6.59 | 7.13 | 7.13 | 7.13 | 7.13 |
| Ilford Broadway                   | 5.50             | 6.27 | 6.41 | 9.22 | 9.34 | 3.49 | 4.12 | 4.26 | 4.54 | 9.48  | 5.52     | 6.20 | 6.20 | 6.20 | 6.20 | 6.49 | 7.3  | 7.3  | 7.3  | 7.3  |
| Green Lane High Road              | 5.54             | 6.31 | 6.45 | 9.25 | 9.37 | 3.53 | 4.15 | 4.29 | 4.58 | 9.52  | 5.56     | 6.24 | 6.24 | 6.24 | 6.24 | 6.53 | 7.7  | 7.7  | 7.7  | 7.7  |
| Green Lane Goodmayes Road         | 6.0              | 6.37 | 6.51 | 9.31 | 9.43 | 3.59 | 4.21 | 4.35 | 5.4  | 9.58  | 6.2      | 6.30 | 6.30 | 6.30 | 6.30 | 6.59 | 7.13 | 7.13 | 7.13 | 7.13 |
| Bennetts Castle Ln. Longb'dge Rd. | 5.22             | 5.40 | 6.6  | 6.43 | 6.57 | 4.5  | 4.27 | 4.41 | 5.10 | 10.4  | 5.22     | 6.9  | 6.37 | 6.51 | 7.6  | 6.70 | 7.11 | 7.11 | 7.11 | 7.11 |
| Becontree Station                 | 5.28             | 5.46 | 6.12 | 6.49 | 7.3  | 4.11 | 4.33 | 4.47 | 5.16 | 10.10 | 5.28     | 6.15 | 6.43 | 6.57 | 7.12 | 7.26 | 7.51 | 7.51 | 7.51 | 7.51 |
| Dagenham Chequers                 | 5.35             | 5.53 | 6.19 | 6.56 | 7.10 | 4.18 | 4.40 | 4.54 | 5.23 | 10.17 | 5.35     | 6.22 | 6.50 | 7.4  | 7.19 | 7.33 | 7.58 | 7.58 | 7.58 | 7.58 |
| DAGENHAM Kent Avenue              | 5.41             | 6.25 | 7.16 | 10.5 | 10.5 | 4.57 | 4.57 | 4.57 | 4.57 | 12.4  | 5.38     | 6.28 | 6.56 | 7.10 | 7.25 | 7.36 | 7.36 | 7.36 | 7.36 | 7.36 |
| DAGENHAM Fords Main Wks.          | 5.41             | 6.25 | 7.16 | 10.5 | 10.5 | 4.46 | 4.46 | 4.46 | 4.46 | 10.23 | 6.28     | 6.56 | 7.10 | 7.25 | 7.25 | 7.36 | 7.36 | 7.36 | 7.36 | 7.36 |
| DAGENHAM DOCK                     | 5.59             | 7.2  | 7.16 | 10.5 | 10.5 | 4.24 | 4.24 | 4.24 | 4.24 | 5.29  | 6.28     | 6.56 | 7.10 | 7.25 | 7.25 | 7.36 | 7.36 | 7.36 | 7.36 | 7.36 |

|                                   | 6.7  | 7.7  | 6.7  | 7.27 | 7.39 | 7.50 | 8.4  | 4.30 | 5.35 | 11.11 | 11.32 | 12.8  | 5.48 | 6.34 | 7.4  | 7.20 | 7.29 | 12.8  | 11.45 | 12.1  |
|-----------------------------------|------|------|------|------|------|------|------|------|------|-------|-------|-------|------|------|------|------|------|-------|-------|-------|
| DAGENHAM DOCK                     | 5.44 | 6.13 | 7.12 | 7.33 | 7.46 | 7.57 | 8.4  | 4.36 | 5.41 | 11.14 | 11.35 | 12.11 | 5.51 | 6.40 | 7.10 | 7.26 | 7.35 | 12.14 | 11.48 | 12.4  |
| DAGENHAM Fords Main Wks.          | 5.51 | 6.20 | 7.19 | 7.40 | 7.53 | 8.4  | 8.14 | 4.43 | 5.49 | 11.21 | 11.42 | 12.18 | 5.58 | 6.47 | 7.17 | 7.33 | 7.42 | 12.21 | 11.59 | 12.11 |
| DAGENHAM Kent Avenue              | 5.58 | 6.4  | 6.26 | 7.25 | 7.46 | 7.59 | 8.10 | 4.49 | 5.55 | 11.27 | 11.48 | 12.24 | 6.4  | 6.53 | 7.23 | 7.39 | 7.48 | 12.27 | 12.1  | 12.17 |
| Dagenham Chequers                 | 5.51 | 6.10 | 6.32 | 7.31 | 7.52 | 8.5  | 8.16 | 2.39 | 2.57 | 4.55  | 6.1   | 11.33 | 5.36 | 6.11 | 7.07 | 7.30 | 7.46 | 12.34 | 12.8  | 12.8  |
| Bennetts Castle Ln. Longb'dge Rd. | 5.34 | 6.16 | 6.38 | 7.37 | 7.58 | 8.11 | 8.22 | 2.45 | 3.3  | 5.16  | 7.11  | 11.39 | 5.42 | 6.17 | 7.67 | 7.36 | 7.52 | 12.40 | 12.14 | 12.14 |
| Green Lane Goodmayes Road         | 5.40 | 6.16 | 6.38 | 7.37 | 7.58 | 8.11 | 8.22 | 2.49 | 3.7  | 5.6   | 6.11  | 11.44 | 5.47 | 6.22 | 7.11 | 7.41 | 7.57 | 12.45 | 12.19 | 12.19 |
| Green Lane High Road              | 5.40 | 6.16 | 6.38 | 7.37 | 7.58 | 8.11 | 8.22 | 2.50 | 3.8  | 5.6   | 6.11  | 11.44 | 5.47 | 6.22 | 7.11 | 7.41 | 7.57 | 12.45 | 12.19 | 12.19 |
| Ilford Broadway                   | 5.45 | 6.21 | 6.43 | 7.42 | 8.2  | 8.15 | 8.26 | 2.56 | 3.14 | 5.6   | 6.11  | 11.44 | 5.47 | 6.22 | 7.11 | 7.41 | 7.57 | 12.45 | 12.19 | 12.19 |
| Ilford Station                    | 5.45 | 6.21 | 6.43 | 7.42 | 8.2  | 8.15 | 8.26 | 2.56 | 3.14 | 5.6   | 6.11  | 11.44 | 5.47 | 6.22 | 7.11 | 7.41 | 7.57 | 12.45 | 12.19 | 12.19 |
| Gants Hill LT Station             | 5.45 | 6.21 | 6.43 | 7.42 | 8.2  | 8.15 | 8.26 | 2.56 | 3.14 | 5.6   | 6.11  | 11.44 | 5.47 | 6.22 | 7.11 | 7.41 | 7.57 | 12.45 | 12.19 | 12.19 |
| South Woodford Maybank Road       | 5.45 | 6.21 | 6.43 | 7.42 | 8.2  | 8.15 | 8.26 | 2.56 | 3.14 | 5.6   | 6.11  | 11.44 | 5.47 | 6.22 | 7.11 | 7.41 | 7.57 | 12.45 | 12.19 | 12.19 |
| Woodford Wells Horse & Well       | 5.45 | 6.21 | 6.43 | 7.42 | 8.2  | 8.15 | 8.26 | 2.56 | 3.14 | 5.6   | 6.11  | 11.44 | 5.47 | 6.22 | 7.11 | 7.41 | 7.57 | 12.45 | 12.19 | 12.19 |
| Chingford Bull & Crown            | 5.45 | 6.21 | 6.43 | 7.42 | 8.2  | 8.15 | 8.26 | 2.56 | 3.14 | 5.6   | 6.11  | 11.44 | 5.47 | 6.22 | 7.11 | 7.41 | 7.57 | 12.45 | 12.19 | 12.19 |
| CHINGFORD Royal Forest Htl.       | 5.45 | 6.21 | 6.43 | 7.42 | 8.2  | 8.15 | 8.26 | 2.56 | 3.14 | 5.6   | 6.11  | 11.44 | 5.47 | 6.22 | 7.11 | 7.41 | 7.57 | 12.45 | 12.19 | 12.19 |

† Single journey.

★ - The service is extended from Dagenham Chequers to Dagenham Fords Main Works during the following periods only (Monday to Friday):  
 Dagenham Chequers to Dagenham Fords Main Works from 5.35 to 8.54 a.m., 3.28 to 6.29 and at 8.36, 9.36, 10.17 p.m.  
 Dagenham Fords Main Works to Dagenham Chequers from 5.44 to 9.7 a.m., 3.37 to 6.39 and at 8.46, 9.46, 10.26 p.m.

-continued

## SUNDAY

|                                      | First | Last  |       |      |      | First                                | Last |       |
|--------------------------------------|-------|-------|-------|------|------|--------------------------------------|------|-------|
| ILFORD Broadway                      | 7 40  | 11 30 | 12 45 | .... |      | DAGENHAM Kent Avenue                 | 8 15 | 12 5  |
| Green Lane High Road                 | 7 44  | 11 34 | 12 49 | ..   | ..   | Dagenham Chequers                    | 8 18 | 12 8  |
| Green Lane Goodmayes Road            | 7 50  | 11 40 | ....  | .... | .... | Becontree Station                    | 8 25 | 12 15 |
| Bennetts Castle Lane Longbridge Road | 7 56  | 11 46 | ....  | ..   | ..   | Bennetts Castle Lane Longbridge Road | 8 31 | 12 21 |
| Becontree Station                    | 8 2   | 11 52 | ....  | .... | .... | Green Lane Goodmayes Road            | 8 37 | 12 27 |
| Dagenham Chequers                    | 8 9   | 11 59 | ....  | .... | .... | Green Lane High Road                 | 7 30 | 8 43  |
| DAGENHAM Kent Avenue                 | 8 12  | 12 2  | ....  | .... | .... | ILFORD Broadway                      | 7 34 | 8 47  |