A-Z Directory

Business & Residential Listings

Ilford, Walthamstow and Loughton

2025/26

Product Code: 807

Business Listings

A-Z listings of local Businesses and Residential.

Information listed within the A-Z section **has been supplied by each Communication Provider** (service provider) and is published based on their directory status. If the business has been flagged as **Ex-Directory** it **will not be printed.** BT will only print information that **has been provided.** If you believe there is an omission or an error, please contact your Communication Provider to check the directory status of the information.

How to find a number

Entries are listed alphabetically. First by business name...

Adams Apples 49 Fore St .....
Bradway Hospital 7 Parade .....
Candlelight Rest 1 Watt St .....
Elley C M, Hosiers 1 The Lanes .....

...then by initials or next word...

Hall A, Plmbr 7 Water La .....
Hall Brothers 25 Fox La .....
Hall C F, Btchr 109 High St .....
Hall Denton, Hlge 16 Yorks Rise ...

...then by street name or, if there is no street name, by locality...

Smith A, Solr 14 Ambleside Lane .....
Smith A, Bldr 27 Brick Road .....
Smith A, Pntr Degas Drive .....
Smith A, Grcr 71 Endell Rd .....

Like-sounding names

Check alternative spellings of names, for example **Read...Reed... Reid...**

Unconnected words

If an entry has two or more unconnected words, for example **General Motors,** the first word is treated as the surname and the second word as a forename.

Initials

Initials separated by spaces or full stops are listed at the beginning of each entry. Initials that are not separated are treated as words.

AAA Autos, 21 New St .....
A B C Marketing, 44 King St .....
Abbott Autos, 47 Prior Road .....
ABC Plumbing, 52 Singer Close .....

Numbers as names

Names which begin with a number, such as **3M,** are listed in numerical order before the alphabetical entries.

1st Choice Fabrics, 6 Old St .....
2nd Hand Cars Ltd, 17 Park Rd .....
A1 Tyres, 53 Orwell St .....
Abbot A, 598 Frith St .....

Prefixes

ST comes after **SAINT,** which occurs after **SAH.**

Sah A, 12 Dales Clo .....
Sah Z, 15 Cecil St .....
Saint B.J, 17 Homer Rd .....
St. Clare, High St .....

M', MC, MAC are all treated as **MAC;** the next letter determines the position.

Mabey T, 63 Wilsons La .....
McBride J, 64 Manning Clo .....
MacCullum P, 289 Kings Rd .....
McEwan S, 24 Bembo Rd .....

DE and **DE LA** are arranged together, so that all **DEs** will be together and all **DE LAs** will be together, and so on. The order is determined by the next letter in the name.

Dayville A, 7 Box St .....
De Angel P.A, 16 Allisson St .....
de Silva P.A, 17 Upper Hill .....
De la Bere, 3 Egerton Street .....
de la Rue, 17 Cats Walk .....

Punctuation

Ampersands (&), apostrophes and hyphens are disregarded.

Abbreviations

Churches and places of worship are represented by an abbreviation.

BAP	Baptist Union of Great Britain
BUD	Buddhist
CE	Church of England
CI	Church of Ireland
CS	Church of Scotland
CW	Church in Wales
HIN	Hindu
JWSH	Jewish
LUTH	Lutheran
METH	Methodist
MUS	Muslim
ORTH	Orthodox
PENT	Pentecostal
QU	Quaker
RC	Roman Catholic
SA	Salvation Army
SE	Scottish Episcopal Church
SK	Sikh
URC	United Reformed Church

If you can't find a number

If the number you want is for a home business address, either check the Residential listings or call BT Directory Enquiries 24 hours a day, 7 days a week on **118 500**.

Calls to 118500 cost 77p per call plus £1.55 per minute inc VAT, plus your telephone service provider's Access Charge (excludes BT payphones). Prices correct at time of going to press.

Changes

Some numbers may change during the lifetime of The Phone Book. Customers affected by number changes will be notified in advance. Callers will receive a recorded announcement advising them of the new number.

1 24 Hour 7 Days Locksmith, 545 Battersea Park Rd E10 ... (0800) 8186542
1 24 Hour 7 Days Locksmith, 65 Beak St E10 ... (0800) 8186634
1 24 Hour 7 Days Locksmith, 84 Lordship La E11 ... (0800) 8186804
1 Ajafods, Coffee Sandwiches, 133 Cranbrook Road Ilford ... (020) 8514 5969
1 Call Detectives, Private Investigator, Knowles House Green Lane ... (07010) 600960
1 Call Detectives, Private Investigator, 4 Shernhall Street ... (0844) 5898115
1 Click Homes, Ltd, 320 High Rd Leyton E10 ... (020) 8556 1212
1 Green Foods, Ltd, 49 Chigwell Road South Woodford London ... (020) 3649 8693
1 Note 2 Notes Music Academy, 130 Hoe Street London ... (020) 8521 0261
1 Stop Glazing, Ltd, 101 Sunnyside Road Ilford ... (020) 3774 9576
1 Uk Training, Ltd, Third Floor I C Training Centre 16-20 Clements Road Ilford ... (020) 8478 2843
1aga Foods, Ltd, 133 Cranbrook Road Ilford ... (020) 3089 3702
1st Call Detectives, Private Detective, 20 High Street Barkingside ... (0844) 2478595
1st Call Private Investigator, Private Investigator, Freemore House George Lane ... (0844) 7723770
1st Central Heating Repairs, General Enquiries ... (0800) 0556170
1st Choice Chigwell Windows, 98 Fulborne Rd E17 ... (020) 8527 4442
1St City Van Hire, 120A Chigwell Road E18 ... (020) 8989 3300
1st Containers, (UK) Ltd, 24 Knighton La Buckhurst Hill ... (020) 8506 1123
1st Emergency Glaziers, Glaziers, Hainault Road Leytonstone, London ... (0845) 6656671
1st Emergency Glaziers, Glaziers, High Road Leyton, London ... (0845) 6656669
1st Emergency Glaziers, Glaziers, High Street North Manor Park, London ... (0845) 6656672
1st Emergency Glaziers, Glaziers, Hoe Street Walthamstow, London ... (0845) 6656677
1st Emergency Glaziers, Glaziers, New Road Chingford, London ... (0845) 6656683
1st Emergency Glaziers, Glaziers, Woodford Road South Woodford, London ... (0845) 6656678
1st Hainault Scout Group, The Stockade Davids Way Ilford ... (020) 8500 9992
1st International Couriers, Courier Services, Hainault Road Leytonstone, London ... (0845) 6602988
1st International Couriers, Courier Services, High Road Leyton, London ... (0845) 6602986
1st International Couriers, Courier Services, High Street North Manor Park, London ... (0845) 6602992
1st International Couriers, Courier Services, Hoe Street Walthamstow, London ... (0845) 6603174
1st International Couriers, Courier Services, New Road Chingford, London ... (0845) 6602928
1st International Couriers, Courier Services, Woodford Road South Woodford, London ... (0845) 6603176
1st London Chauffeurs, Car Hire - Chauffeur Driven, Hainault Road Leytonstone, London ... (0845) 6648531
1st London Chauffeurs, Car Hire - Chauffeur Driven, High Road Leyton, London ... (0845) 6648462
1st London Chauffeurs, Car Hire - Chauffeur Driven, High Street North Manor Park, London ... (0845) 6648540
1st London Chauffeurs, Car Hire - Chauffeur Driven, Hoe Street Walthamstow, London ... (0845) 6648643
1st London Chauffeurs, Car Hire - Chauffeur Driven, New Road Chingford, London ... (0845) 6648687
1st London Chauffeurs, Car Hire - Chauffeur Driven, Woodford Road South Woodford, London ... (0845) 6648655
1st Metropolitan Locksmiths, Ltd, Ilford Area ... (020) 8503 8888
1st Vauxhall Spares, Ltd, 363 Green Lane Ilford ... (020) 8590 6367
2PROCALC, Ltd, Bristol ... (0845) 6026726
3 T Networks, Ltd, Olympic Ho Clements Rd Ilford ... (020) 8553 5577
4 Corner Retail, Ltd, 627f High Road Ilford ... (020) 3876 6835
4 Wheel Services, Demolished Premise/97 Lea Bd Lea Bdge Rd E10 ... (020) 8539 5376
5 Star Network, Ltd, 62 Station Rd E4 ... (020) 3243 1001
Or ... (020) 3243 1002
5E, Ltd, 16 Clements Rd Ilford ... (020) 8911 8003
Or ... (020) 8911 8004
6 Kumars Silk House, 285 High Street North E12 ... (020) 8471 5742
7 In One Super Market, Newport Road London ... (020) 8539 2115
007 Spy Shop, High Rd Chigwell ... (0871) 9198240
7 Star, 140 High St E17 ... (020) 8503 6164
8 Zero Consulting, Ltd, Westside Grove Lane Chigwell ... (020) 8500 0038
12f Raf Air Cadets, Drill Hall 2b Eatington Road E10 ... (020) 8539 3526
14th Walthamstow Scout Group, 205A Wood Street London ... (020) 3759 7845
24 7 Available Emergency Locksmith, 78 Brindwood Rd E10 ... (0800) 8186740
24 7 Available Emergency Locksmith, 6 Redburn Indust Est E17 ... (0800) 8186606
24 7 Emergency locksmith, 72 Marylebone High St E10 ... (0800) 8186718
24 7 Emergency locksmith, 89 Old Church Rd E4 ... (0800) 8186828
24 Hour 7 Day Emergency Locksmith, 78 Fulham Rd E4 ... (0800) 8186741
24 Hour Emergency Locksmith, 55 High St IG6 ... (0800) 8186558
24 Hour Emergency Locksmith, 68a Neal St E11 ... (0800) 8186672
24 Hour Locksmith, 37 Bushey Ave London ... (0800) 8186313
24 Hour Locksmith, 308 High Road Leyton London ... (0800) 8186183
24 Hours Auto Locksmiths, Locksmiths, 24 Hours, Emergency, Auto Locksmiths, The Ridgeway LONDON ... (0844) 4117938
24-7 Detectives, Private Investigator, Church Ln Chmbs 11-12 Church Ln London ... (0844) 2478499
24hr Emergency Locksmith, Locksmiths, Call Centre London ... (0871) 7810962
24hr Emergency Locksmith, Locksmiths, Call Centre London ... (0871) 7810963
24hr Emergency Locksmith, Locksmiths, Call Centre London ... (0871) 7810964
24hr Emergency Locksmith, Locksmiths, Call Centre London ... (0871) 7810972
24hr Emergency Locksmith, Locksmiths, Call Centre London ... (0871) 7810973
24hr Emergency Locksmith, Locksmiths, Call Centre London ... (0871) 7810977
24hrs Detectives, Private Investigator, 144 High Street ... (07010) 600476
24hrs Investigations & Tracking, Private Detective, 211 High Road Ilford ... (0844) 2478408
71 Lounge, Ltd, 190-192 George Lane E18 ... (020) 3793 5540
102, Takeway, 102 Chingford Mount Road Chingford London ... (020) 8527 4414
127 Solutions, Ltd, Business IT And Cisco Communications Provider, Ilford
Sales ... (0872) 0858396
FAX ... (0872) 0858396
139 Station, Ltd, 139 Station Road Chingford ... (020) 8529 6235
247 Detectives, Private Detective, Cranbrook House Cranbrook Road ... (020) 0888 0449
247 Investigations, Private Investigators, Venn House Grange Court, High Road Loughton ... (0844) 4176541
247 Investigations and Detectives, Private Investigator, 2 High Street ... (0871) 2458749
247eastlondondlocksmiths.co.uk, Locksmith, 231 High Rd London ... (0844) 3340363
313 Fitness, Fitness Studio, 552a Romford Road London ... (020) 8911 9313
786 Tradings, Ltd, 560 Romford Road London ... (020) 8553 3060
888 Rio, Ltd, 85 High Street E17 ... (020) 3538 6340
999 Mini Cabs, Hainault Underground Stn New North Rd Ilford ... (020) 8501 1970
15241436, Food, 235 Hoe Street Walthamstow London ... (020) 3620 6978
15628012, Ret, 619 High Road Ilford ... (020) 8599 3893
1963, Ltd, Ideas House Eastwood Close E18 ... (020) 8530 3690
A 2 Z Windows, Ltd, 763/7 Romforoad Road E12 ... (020) 8911 8333
A A Dream, Ltd, 474 Ilford Lane Ilford ... (020) 3325 1461
A & A Electrical Distributors, Ltd, 234 Maybank Road E18 ... (020) 8559 7000
A & A Hair Salon, 11 New Road Ilford ... (020) 8599 7217
A Ahmed, 13 Argall Av E10 ... (020) 8558 2585
A & A Motors, 1 Pole Hill Road E4 ... (020) 8529 4321
A And H Deli, Ltd, Ground Floor Front Left Ilford ... (020) 3417 8559
A.A Security, 57 Green La Ilford ... (020) 8514 0861
A A Security, 57 Green Lane Ilford ... (020) 8478 6251
A B Halal, Cromwell Industrial Estate Unit 4 Staffa Road London ... (020) 3583 2070
A.C.H, Burnham House Residential Care Home 401 Cranbrook Road Ilford ... (020) 8518 0707
A D Antiques Loughton, Mr, Guy Michael Tomkins, 30 Church Hl Loughton ... (020) 8502 2691
A Hartdrodt(UK), Ltd, Transport, Ely House Ely Road London ... (020) 8819 5953
A & J Cars Travel Service, Ltd, Taxi, 413a High Rd Woodford Green ... (020) 8504 4444
A & J Cars Travel Service, Ltd, Taxi, 411 High Rd Woodford Gn ... (020) 8505 4444
A & J Cars Travel Service, Ltd, Taxi, Hainault Underground Stn New Nth Rd Ilford ... (020) 8501 1111
A & J Crowl, 2 Forest Rd E17 ... (020) 8509 1591
A J Metal Fabrications, Ltd, Unit 21, Walthamstow Business Centre Clifford Road E17 ... (020) 8527 4860
FAX ... (020) 8527 4870
A Jones Bathrooms, Kitchens Installations Showers, 857 Forest Road E17 ... (020) 8527 7189
A J Reid Pianos, 186 Forest Road Loughton ... (020) 4539 1816
A & J Retail, UK Ltd, 29 Hamilton Av Ilford ... (020) 8518 6751
A & K Off Licence, Ltd, 8 Lower Queens Road Buckhurst Hill ... (020) 8504 9694
A L K Direct, Ltd, Vitesse House 6 Estate Way E10 ... (020) 8617 8787
A Man With A Van Bridge, 116 Tower Bridge Road Tower Bridge, London ... (0871) 4253720
A Man With A Van Chingford, 111 Station Road Chingford, London ... (0871) 4253705
A Man With A Van Forest Gate, 670 Romford Road Forest Gate, London ... (0871) 4253713
A Man With A Van Leyton, 565 Lea Bdge Road Leyton, London ... (0871) 4253711
A Man With A Van Leytonstone, 130 Brading Cresent Leytonstone, London ... (0871) 4253712
A Man With A Van Walthamstow, 4 Station Road Walthamstow, London ... (0871) 4253718
A Man With A Van Woodford, 38 Grove Hill Woodford, London ... (0871) 4253719
A Man With Van, Removals & Storage, 72 Bromley Road Walthamstow ... (020) 8185 7251
286 Francis Road Leyton ... (020) 8185 7252
224 Tomswood Hill Ilford ... (020) 8185 7255
A M Panels, 479 Lea Bdge Rd E10 ... (020) 8556 2227
A M Tyres, 940 Eastern Avenue Ilford ... (020) 8597 5161
A.N.D Domestics, Washing Mach Rprs, 530 Chigwell Rd Woodford Green ... (020) 8505 5777
A Nice Man With A Van, Removals Storage & Domestic, 130 Brading Cres Leytonstone, London ... (0844) 2470295
A Nice Man With A Van, Removals Storage & Domestic, 9 Church Rd Leytonstone, London ... (0844) 2470529
A Nice Man With A Van, Removals Storage & Domestic, 146A Church Rd Forest Gate, London ... (0844) 2470531
A Nice Man With A Van, Removals Storage & Domestic, 108 Farmer Rd Leyton, London ... (0844) 2470528
A Nice Man With A Van, Removals, Fourth Avenue London ... (0871) 2217569
A Nice Man With A Van, Removals, Fulbourne Road London ... (0871) 2217576
A Nice Man With A Van, Removals Storage & Domestic, 114 George Ln Woodford, London ... (0844) 2470539
A Nice Man With A Van, Removals, Greenham Crescent London ... (0871) 2217561
A Nice Man With A Van, Removals Storage & Domestic, 38 Grove Hill Woodford, London ... (0844) 2470316
A Nice Man With A Van, Removals, Hermitage Walk London ... (0871) 2217577
A Nice Man With A Van, Removals Storage & Domestic, 565 Lea Bdge Rd Leyton, London ... (0844) 2470252
A Nice Man With A Van, Removals Storage & Domestic, 44 Mansfield Rd Walthamstow ... (0844) 2470538
A Nice Man With A Van, Removals, Poppleton Road London ... (0871) 2217568
A Nice Man With A Van, Removals Storage & Domestic, 670 Romford Rd Forest Gate, London ... (0844) 2470296
A Nice Man With A Van, Removals, Sherrin Road London ... (0871) 2217567
A Nice Man With A Van, Removals Storage & Domestic, 4 Station Rd Walthamstow, London ... (0844) 2470315
A Nice Man With A Van, Removals Storage & Domestic, 111 Station Rd Chingford, London ... (0844) 2470285
A P Antiques, 3 Hatch La E4 ... (020) 8529 6549
A P News Ltd, Goodmayes Road Ilford ... (020) 8590 3986
A P News Ltd, Goodmayes Road Ilford ... (020) 8597 7156
A P News Ltd, Goodmayes Road Ilford ... (020) 8598 9350
A P R Business Management, Ltd, 855 High Road Ilford ... (020) 3149 0484

A P T Property Management, Ltd,
Cctv Lorenzo House Medici Close Ilford....(020) 8597 0903
A.R Properties,
131 Markhouse Rd E17....(020) 8521 7489
A R S Decorator, Ltd,
38 Audley Gardens Ilford....(020) 3649 5587
A S Electrical,
266 Church Rd E10....(0843) 5154794
A & S Halal Meat, Ltd,
72 Goodmayes Road Ilford....(020) 3976 7590
A S K Letting, Ltd,
66 Goodmayes Road Ilford....(020) 8599 1429
A Smooth Move, Removals Storage & Domestic,
250 Blackhorse Lane Walthamstow....(0844) 4882829
233 High Road South Woodford....(0844) 4882830
A Star London, Ltd, Commercial Catering Equipment,
844B Romford Road E12....(020) 8514 0144
A Star Training,
Ideas House, Station Estate Eastwood Close
London....(020) 7998 6181
A S Watson,
561 Lea Bdge Rd E10....(020) 8558 0503
A Total Kleaning Service, Ltd,
Unit 2 Alexander Charles Ho Station Pass E18....(020) 3245 2000
Or....(020) 3245 2001
Or....(020) 3245 2012
FAX....(020) 3245 2014
A V N Granite, Ltd,
948 Eastern Avenue Ilford....(020) 8599 7542
A.W Cavanagh, (Spitalfields) Ltd,
New Spitalfields Mkt 43 New Spitalfields Mkt, Sherrin Rd Leyton...(020) 8556 3326
New Spitalfields Mkt Ruckholt Rd E10....(020) 8556 3637
A World Without Cancer, Ltd,
12 Chapel Rd Ilford....(020) 8594 4588
A1 Express Cars & A Star Cars,
238 High Rd Ilford....(020) 8514 6000
A1 Motor Stores,
617 Eastern Av Ilford....(020) 8554 2281
A1 Veg, Ltd,
70 Market Pavilion New Spitalfields Market Sherrin Road
E10....(020) 8988 0111
A1 Window, Office & Exhibition Cleaners,
63A Worcester Rd E17....(020) 8523 1516
FAX....(020) 8523 2516
A2B REMOVALS, Removals Storage & Domestic,
29 Fieldhouse Close South Woodford....(0844) 4882797
A2Z Consultancy London, Ltd,
First Floor Room 2 736-74 Romford Road
Manor Park....(020) 3093 1742
Aa Boilers,
85 Markhouse Road London....(020) 8521 8585
Aanu's Beauty, Ltd,
126 Horns Rd Ilford....(020) 8554 7382
Aaron Holmes, Ltd, Sales,Lettings & Mortgages,
595a Cranbrook Rd Gants Hill....(020) 8252 0115
595a Cranbrook Rd Liford....(020) 3771 8255
Aashish Motors,
Lea Bridge Road
459 Lea Bridge Rd E10....(020) 8539 6103
Aavrus, & Co Ltd,
344-48 High Road Ilford....(020) 8514 4472
Abacus, & Co, Chrtd Acctnt,
416 Green Lane Ilford....(020) 8590 0505
FAX....(020) 8598 8975
Abacus Fashions, Ltd,
222-24 High Road Ilford....(020) 8478 7727
Abacus, Litho Design & Print, Prntrs & Stnrs,
51 New North Rd Ilford....(020) 8500 7259
Abavus, Ltd,
78 Grove Hl E18....(020) 8530 2505
ABB Customer Support, (Ilford) Ltd,
Ley St Ilford....(020) 7465 9525
Abbas Autos, Garage,
4 The Sidings Hainault Road E11....(020) 8556 8274
Abbex Insurance Brokers, Ltd,
194 Cann Hall Road Leytonstone....(0843) 8162896
Abbey Dental, B,
25 St. James's Street E17....(020) 8521 2816
Abbey Ip Ltd,
212 Larkshall Road Chingford....(020) 8529 3729
Abbey Plastics, Ltd,
The Orbital Cntr Southend Rd Woodford Gn....(020) 8551 8000
Abbey Site & Property Services, Ltd,
4A The Avenue London....(0843) 5154766
Abbey Total Care Group Ltd,
Forest Place Roebuck Lane Buckhurst Hill....(020) 8504 3864
Abbey Total Care Group Ltd,
Forest Place Roebuck Lane Buckhurst Hill....(020) 8505 8595
Abbeyfield Society,The, Ltd,
Abbeyfield (Wanstead & Woodford) Society Ltd,The
10-12 Selworthy Close E11....(020) 8989 3293
Abbots South,
149 High Rd Loughton....(020) 8508 2204
Abbotts Estate Agents,
Branches
70 High St Barkingside....(020) 8551 0117
ABBOTTS, Travel Agency,
134 George La E18....(020) 8989 9445
ABC Travel,
Unit 6A Fresh Wharf Indust Cntr Barking....(020) 8989 6154
Aberdeen House,
14 Argyle Road Ilford....(020) 8478 4466
Abi Developements 3, Ltd,
Enable Care Sewardstone Road E4....(020) 8529 0553
Abi Food And Wine, Convenience,
7 Chigwell Road South Woodford London....(020) 7998 4632
Abiqails Cafe, Cafe,
556 Cranbrook Rd Ilford....(020) 8554 5518
ABL Investigations Bureau, Private Investigators,
218 Chingford Road Walthamstow, London....(0871) 2501660
Able Tree Services, Ltd,
Picks Fm Sewardstone Rd E4....(020) 8524 2271
Abode,
380 High Rd Woodford Gn....(020) 8506 5850
Abridge Motor Group, Ltd, Volkswagen Dealership,
Langston Rd Loughton....(020) 8532 5555
FAX....(020) 8532 5500
Absolute Lofts,
18 Lancelot Road Ilford, Essex....(0845) 8908905
Abu Maahi, Ltd,
151 Wadham Road E17....(020) 8531 2323
Or....(020) 8531 2942
AC Direct,
65 Albert Rd E18....(020) 8989 8989
FAX....(020) 8989 8988
ACA Institute,
Unit C Sutherland Ho Sutherland Rd E17....(020) 8527 1627
Acacia Nursery School,
Cecil Road E11....(020) 8532 8041
Or....(020) 8556 0504
Or....(020) 8988 3862
Academics, Ltd,
43 Perth Rd Ilford....(020) 8518 3550
Academy Heating, Ltd,
104 Palmerston Road Buckhurst Hill....(020) 8505 2991
Academy Roofing Supplies,
180 Ley St Ilford....(020) 8478 8101
ACAM Sisters, Ltd,
398b Cranbrook Road Ilford....(020) 8518 5553
Accent Catering Services Limited,
Catering Office Valentine School Upper 348-60 Cranbrook Road
Ilford....(020) 8518 4498
Access Couriers & Shipping, (Worldwide) Ltd,
28 Leyton Bsns Cntr Etloe Rd E10....(020) 8539 0707
Access Garage Doors, Ltd,
Chigwell Area....(020) 8500 6001
Access Lock Company,
The Old Bake House Eynsford Road Ilford....(020) 8597 1800
Access Locks,
21 Eynsford Road Ilford....(020) 8220 1800
Access Plant,
Unit 9 Orient Industrial Park Simonds Road E10....(020) 8518 7400
Accident Victims Helpline, Ltd, Claims,
88 Goodmayes Rd Ilford....(020) 8597 8872
Or....(020) 8599 6136
Accord Ops, Ltd, IT Servs,
Flat 12 & 57 Pendlestone Road E17....(020) 8904 7900
Accountant, C, Valerie Fone,
11 Broad Oak Woodford Green Greater London....(020) 8504 9982
Acculegal,
113A High Street Barkingside....(020) 8550 5666
Ace 1 Limo's, Ltd,
PO Box 1845 Ilford....(0870) 2401708
Ace Professionals Uk Ltd,
207 Cranbrook Road Ilford....(020) 3609 1024
Ace Removals, Removals Storage & Domestic,
2 Southend Road Chingford....(0844) 4882816
ACE Security & Electrical, Ltd,
32-33 Oakwood Hill Industrial Estate Loughton....(020) 8532 0666
Unit 32/33 Oakwood Hl Indust Est,Oakwood Hl....(020) 8506 1421
Ace Security & Electrical, Ltd, Elec,
2 Buckrell Rd E4....(0872) 4358650
Acertax, Ltd,
2 Rixsen Road....(020) 8472 7257
Acetrip, Ltd,
30 The Drive E18....(020) 8989 7941
Achillea, & Co, Solicitors,
Markfield Ho 35 Station Rd E4....(020) 8529 8555
FAX....(020) 8529 8383
Acl Finishing, Ltd,
24-26 Fowler Road, Hainault Business Park
Ilford....(020) 8500 7606
Acme Catering,
29 Mornington Rd Woodford Green....(020) 8505 0038
Acorn Hire Centre, Ltd,
291 Chingford Rd E17 FAX....(020) 8531 7201
Actar Ellis Brown, & Co (Uk) Ltd,
6 Seven Ways Pde Woodford A Venue Ilford....(020) 8551 6970
Action Duchenne, Ltd,
FAX....(020) 8556 9272
Active Recruitment, Ltd,
Caxton Ho Old Stn Rd Loughton....(020) 8508 7108
AD Photo Studio, Ltd,
26 Cranbrook Road Ilford....(020) 8478 6454
AD Porta, Security Conslts and Risk Mngmt,
19 Third Av London....(0845) 2603234
Adam James - Mens Grooming,
74A Queens Rd Buckhurst Hl....(020) 8504 7278
Adam Kennedy Estate Agents, Ltd,
224 Hoe St E17....(020) 8509 2000
Adam Kennedy Estate Agents, Ltd,
224 Hoe St E17....(020) 8521 4242
Adam Stein, & Co,
FAX....(020) 8989 4616
Adams, & Sons,
36 Hatch La E4....(020) 8529 5345
36 Hatch Lane E4....(020) 8524 1821
Adamz Chicken, Ltd,
22 Cameron Road Ilford....(020) 8590 4250
Adaptive Comforts Care Uk Ltd,
86 Craven Gardens Ilford....(020) 3624 1412
Adas Polish Shop,
State Pde High St Ilford....(020) 8550 7421
Adco London, Ltd, Admin Co,
396-98 High Road Leytonstone E11....(020) 8988 1461
Addax London, Ltd,
Unit 42 The Exchange The Exchange High Road
Ilford....(020) 8514 2595
Addison Khan Solicitors,
Second Floor 325-31 High Road Ilford....(020) 8514 4836
Adelaide Beauty Studio, Ltd,
50-52 Hoe Street London....(020) 8509 0001
Adelaide Care, Ltd,
502 Larkshall Road E4....(020) 8531 5885
Adil Cash & Carry, Ltd,
824 High Road Leyton E10....(020) 8558 2862
Aditya Trading, Co,
8 High View Parade,Woodford Avenue Ilford....(020) 8551 8448
8 High Vw Pde Woodford Av Ilford....(020) 8551 1722
Adm Glass, Ltd,
Oakwood Hl Indust Est Oakwood Hl Loughton....(020) 8418 0725
Or....(020) 8508 0020
Administration & Commercial Services, Bookkeeping Servs,
370 Cranbrook Rd Ilford....(020) 8518 1136
Adnan Cricket Academy, Ltd,
390 Billet Road London....(020) 3771 9444
Ads Security,
59 Hampton Rd E4....(020) 8529 3106
Advance Cars, Taxi Serv,
Unit 37 Leyton Indust Village Argall Av E10....(020) 8539 7777
Advance Cars, Taxi Serv,
75 Forest App Woodford Green....(020) 8504 7777
Advance Cars, Taxi Serv,
182 Hampton Rd E4....(020) 8523 9999
Advance Cars, Taxi Serv,
399 High Rd Woodford Green....(020) 8504 8888
Advance Cars,
94 Hoe St E17....(020) 8509 2828
Advance Cars, Taxi Serv,
261 Old Church Rd E4....(020) 8523 8888
Advance Cars, Taxi Serv,
49 Roma Rd E17....(020) 8527 4444
Advance Cars, Taxis,
749A Romford Rd E12....(020) 8478 8888
Advance Investments Managment Llp, Prpty Letting,
747 Eastern Av Ilford....(020) 8590 1717
Advanced Cars,
94 Hoe St E17....(020) 8509 9999
Advanced Computer Centre, Ltd, Cmptr Servs,
59 George La E18....(020) 8518 8353
Advanced Plants Solutions,
253 Wood St E17....(0870) 2414935
Advantage Consultants Uk Limited, Ltd, Ins Prodivers,
716 High Road Leyton London....(0843) 8162883
Adventure Experience, Ltd,
Fairways Golf Range Southend Rd E4....(020) 8527 3232
Advice Wise Solicitors,
322 Olympic Ho 28 Clements Rd Ilford....(020) 8553 9795
City Ho 9 Cranbrook Rd Ilford....(020) 8551 1777
Aeon Electronic Protection Systems, Ltd,
Unit 7 York Ho 1-4 Langston Rd Loughton....(020) 8502 4400
Aerzen Machines, Ltd,
FAX....(020) 8502 8102
Unit Britannia Clb Langston Loughton....(020) 8502 8100
Af Solicitors, Solrs,
Unit 20 80-84 St. Mary Road Walthamstow London....(020) 8520 5608
AF Travel,
10 Seven Kings Road Ilford....(020) 3089 9573
Affordable Private Investigators, Private Detective,
34-40 High Street Wanstead Leytonstone....(0843) 5121105
Afrikana Ilford,
Unit 3 Iscene 92 Clements Road Ilford....(020) 3336 7553
Afro Caribbean Elders Association,
8 William Morris Community Centr Greenleaf Road
London....(020) 8509 0067
AFRO Cosmetics,
241 High Street E17....(020) 8520 1341
Afro Traders, Ltd, Beauty Prod Shop,
115A High St E17....(020) 8520 6478
Afters,
47 Endsleigh Gardens Ilford....(01708) 592849
AGA Accountants,
2 Spurway Pde Woodford Av Ilford....(020) 8550 4403
Aga Meat, Ltd,
Ground floor 109-111 Old Church Road Chingford....(020) 3340 4734
Age Concern,

Redbridge
103 Cranbrook rd Ilford ..... (020) 8220 6000
Waltham Forest
Zenith Ho Church Rd E10 ..... (020) 8558 5512
Age Concern Insurance Services,
Essex 112 Springfield Rd Chelmsford ..... (01245) 264499
Age Uk Waltham Forest,
857 High Road Leyton Leyton ..... (020) 3621 1967
Aggys Ink,
203 Lea Bridge Road London ..... (020) 3417 0305
Agile Computer Technology, Ltd,
59 George Lane E18 ..... (020) 8530 5060
Agile Security Consultancy, Ltd,
Flat 6 Newton House Prospect Hill E17 ..... (020) 8521 4435
A&H Commercial Printers, Ltd, Prntg Servs,
153 Ley Street Ilford ..... (0843) 8163743
Ah Law, Ltd Ltd, Solrs,
Orion Ho Cranbrook Rd Ilford ..... (020) 8554 9670
Ah S Legal Services Limited,
254 Clayhall Avenue Ilford ..... (020) 8550 0835
Aha Global, Ltd, Confectionery,
33 Walthamstow Business Centre Clifford Road
E17 ..... (020) 8527 1777
Ahad, M,
704 Romford Road London ..... (020) 8514 7557
AIG Lettings & Management, Ltd,
352B Green Lane Ilford ..... (020) 3441 1695
Aimsecure, Ltd,
77 Hoe St E17 ..... (020) 8520 8778
Air Training Corps,
241 (Wanstead & Woodford) Sqn 80 Finchingfield Av Woodford Green
(020) 8505 4744
Airas Intersoft, Ltd, Compter Software,
406 Eastern Av Ilford ..... (020) 8554 0392
Airborn Direct,
Whilems Wks Forest Rd Ilford ..... (020) 8498 1200
Airborne Travel,
Whilems Wks Forest Rd Ilford ..... (020) 8500 7220
Airport King,
1 Bemsted Rd E17 ..... (020) 8529 3343
Airports & Vip Cars, Ltd,
39 Colombo Rd Ilford ..... (020) 8554 2550
Aitch Group,
88 Snakes La East Woodford Gn ..... (020) 8504 4500
AJ Bed & Furniture,
439 Hoe St E17 ..... (020) 8521 6463
AJ Legal Consultants, Ltd,
128 Cranbrook Road Ilford ..... (020) 3089 5200
Aj Pizza, Takeaway,
221 Ley Street Ilford ..... (020) 8553 1125
AJ Tech Services, Ltd,
815a High Road Leytonstone Leytonstone ..... (020) 3621 8660
Ajas,
251 High Road Ilford ..... (020) 8911 7428
Ajaz, & Co,
339 High Rd Ilford ..... (020) 8514 8855
Or ..... (020) 8514 5566
Ajaz,Omar, & Ptnrs,
339 High Rd Ilford ..... (020) 8514 5566
AJM International, Ltd,
251 High Rd Ilford ..... (020) 8553 2075
AJS Blinds,
181 High Rd Chigwell ..... (020) 8500 7999
Ajwa Sweets,
470 Cranbrook Road Ilford ..... (020) 8518 5386
Ak Educare, Educational Concultancy,
843a Romford Road Manor Park London ..... (020) 3609 8069
Akal Solicitors,
344-348 High Rd Ilford ..... (020) 8477 0280
Akilan Enterprises, Ltd,
274 High St Nth E12 ..... (020) 8548 0033
Akshai, Ltd,
109 Belgrave Road Ilford ..... (020) 8554 1145
Al Kareem Sweets & Bakers,
731 Romford Road Manor Park London ..... (020) 8478 4433
Al Madaar,
443 High Road Leyton London ..... (020) 3971 0289
Al Murad Diy, Ltd, Tiles Sales Co,
Unit 4, The Deacon Est Cabinet Wy E4 ..... (020) 8527 5309
Al Musdafa Spicy Chicken & Kebab, Chicken Shop,
237 Cranbrook Rd Ilford ..... (020) 8518 2131
Al Rahma Internet Cafe,
259 High Road Leytonstone Leytonstone London ..... (020) 7018 7880
Al Sharif Store,
705 High Road Leyton London ..... (020) 7998 0072
Al Taxl.T.D,
70 High Street Ilford ..... (020) 8556 5675
Al Zarina,
Unit 89 Upper Level The Exchange High Road
Ilford ..... (020) 8478 0854
Aladdin Cars,
78 Markhouse Rd E17 ..... (020) 8509 0555
Aladdins,
374-376 High Road Ilford ..... (020) 8911 8101
Alagoz, Ltd,
839 Forest Rd E17 ..... (020) 8527 6728
Alam Sweets, Ltd,
Kings And Queens Boutique 266 High Road Leytonstone
Leytonstone London ..... (020) 3544 1031
Alamut, (Uk) Ltd,
165 Cranbrook Road Ilford ..... (020) 8616 9797
Alan Harvey, Prpty Servs,
658 High Rd Leytonstone E11 ..... (020) 8539 9999
Alan Page Installations,
The Sidings Hainault Rd E11 ..... (020) 8539 4994
Alan Patient, & Co,
1 Shrubberies George La E18 ..... (020) 8532 9843
Alan Wheatley Art, Ltd,
4 Cedar Park High Road Chigwell ..... (020) 3556 8629
Alanahs Grill,
14 Clements Road Ilford ..... (020) 4568 5076
Alancia Fruit And Veg Ltd,
Sherrin Road 83 Sherrin Road London ..... (020) 8539 0165
Alandale Construction, Ltd,
Langston Rd Loughton ..... (020) 8418 0083
Albany Metal Spinners, Ltd,
18 Stirling Close Washington ..... (0191) 4194588
Albany Nursing Home,
11-12 Albany Road London ..... (020) 8558 9689
Albarakat,
126 High Rd Leyton E15 ..... (020) 8558 2046
Alberts Dog Grooming Care,
Central Parade 137 Hoe Street Walthamstow ..... (020) 8520 4070
Albion Wycliffe House, Ltd,
Wycliffe House 245-247 Cranbrook Road Ilford ..... (01995) 676009
Albirr Foundation, Charity,
106 Church Road E10 ..... (020) 8558 1328
Alchemy Associates, Ltd,
54 New Rd Ilford ..... (020) 8597 3316
Alchemy Investments Uk, Ltd, Alchemy Invests,
The Pavilion Elmhurst 98 High Rd London ..... (020) 3643 8659
Aldeen Associates, Structl Eng,
FAX 16 Castle Av E4 ..... (020) 8523 1538
Aldersbrook Bowls Club, Ltd,
34 Aldersbrook Road Manor Park ..... (020) 8989 8282
Alderton Infant School, Infant Sch,
Alderton County Junior & Infant School Alderton Hall Lane
Loughton ..... (020) 8508 7168
Alderton Junior School, Jun Sch,
Alderton County Junior & Infant School Alderton Hall Lane
Loughton ..... (020) 8508 2521
Aldgate Chambers Solicitors, Whsle Ret,
Suite 6 Excelsior House 3-5 Balfour Road Ilford ..... (020) 8553 3046
Ale Gratka,
142 High Street E17 ..... (020) 8520 1048
Alere Toxicology,
Unit 8 Prospect Business Park Langston Road
Loughton ..... (020) 8418 9329
Alexander, & Co Estates Ltd,
455 High Road Leyton London ..... (020) 8037 0732
Alexander Fox, Ltd,
3 The Shrubberies George Lane London ..... (020) 8530 6999
Alexander Jlo, Solrs,
7A The Broadway E4 ..... (020) 8527 3401
Alexander Kennedy, & Sons Ltd,
218 High Road Loughton ..... (020) 8418 9435
Alexander & Moore Couriers,
Unit 1B,4 Raven Rd E18 ..... (020) 8539 1500
Alexander Ward, Ltd,
Heraldic Ho 160 Cranbrook Rd Ilford ..... (020) 8518 1138
Unit 5 406 Roding Lane South Woodford Green ..... (020) 8550 1709
Aleyna, Ltd,
7-13 Goodmayes Road Ilford ..... (020) 8599 0407
Al-Falah The Sunflower Nursery,
57 Empress Av Ilford ..... (020) 8554 6556
Al-Fath Trust,
Wadham Bowling Club Kitchener Road E17 ..... (020) 8527 4602
Alfirdos Guest House,
50 Mansfield Rd Ilford ..... (020) 8554 7351
Algoos, Ltd,
40 Wood Street London ..... (020) 8509 0245
Ali, Money Exchange,
26 Goodmayes Road Ilford ..... (020) 8597 3878
Ali Catering Decor, Ltd,
647 Romford Road E12 ..... (020) 8911 9311
Ali Curry House,
Ali Curry House 303 High Road Ilford ..... (020) 8553 9009
Ali D Pizza, Ltd,
160 Church Road E1 ..... (020) 3196 7674
Ali, Mr,
63 High Street London ..... (020) 8520 0621
Ali S Accountax And, Chief, A, Co,
Suite 1, First Floor, 81 Old Church Road London ..... (020) 8616 2376
Ali, Dr, S.M, & Partners,
693-695 High Rd Leyton E10 ..... (020) 8539 2078
Alihsan,
Head Office 367 High Rd ..... (020) 8553 3171
Alijo, Ltd,
459 High Road Woodford Green ..... (020) 8504 4586
Al-Ikhlas, Material Boutique,
314 Hoe St E17 ..... (020) 8520 3430
Alito Colour Group, Ltd,
Alito Ho Argall Av E10 ..... (020) 8988 8700
Alkas Supermarket, Ltd,
119 Roding Road Loughton ..... (020) 8508 5997
All About Gates & Automation, Ltd,
Unit 5 Brownings Farm Gravel Lane Chigwell ..... (020) 8500 2453
All Aspects Glass & Glazing,
Unit 26 Leyton Business Cntr Etloe Rd E10 ..... (020) 8558 2211
All Breakdown Recovery, Co, 24 Hour Road Assistance,
Unit 9, Gateway Business Centre Church Road
Leyton ..... (0800) 7816742
All Cars Workshop,
Sartra International Ltd Forest Industrial Park Forest Road
Ilford ..... (020) 8501 0000
All Kinds Of Blinds,
90 George La E18 ..... (020) 8989 2600
All Locksmiths Needs, Locksmiths, 24 Hour,
The Ridgeway London ..... (0844) 4117240
All Rubbish Cleared, Waste Disposal Services,
Fourth Avenue London ..... (0845) 6693629
All Rubbish Cleared, Waste Disposal Services,
Fulbourne Road London ..... (0845) 6693634
All Rubbish Cleared, Waste Disposal Services,
Greenham Crescent London ..... (0845) 6693621
All Rubbish Cleared, Waste Disposal Services,
Hermitage Walk London ..... (0845) 6693635
All Rubbish Cleared, Waste Disposal Services,
Poppleton Road London ..... (0845) 6693628
All Rubbish Cleared, Waste Disposal Services,
Sherrin Road London ..... (0845) 6693627
All Saints P C C,
Inmans Row Woodford Green ..... (020) 8504 0216
Inmans Rw Woodford Green ..... (020) 8504 0266
All Seasons Climate,
Unit 2 Prospect Business Park Langston Road
Loughton ..... (020) 8502 4540
All Seasons Climate Control Projects, Ltd,
Unit 5 Prospect Business Park Langston Road
Loughton ..... (020) 8508 9351
All Seasons Lettings & Management, Ltd,
538 High St Nth E12 ..... (020) 8478 9992
All Star Car,
168 Church Rd E10 ..... (020) 8558 1000
All Tyres Trading, (Wholesale),
Unit 9 Woodford Trading Estate Southend Road
Woodford Green ..... (020) 8551 0033
Allen Briggs Motors, Ltd,
47 Chingford Mt Rd E4 (Sales) ..... (020) 8527 5004
Allen Davies, & Co,
342 High Rd Leyton E10 ..... (020) 8539 2121
Allens Pharmacy,
19 Electric Parade George Lane E18 ..... (020) 8989 3353
Allgard Engineering, Ltd,
Unit D Acorn Centre Roebuck Road Hainault Business Park
Ilford ..... (020) 8501 1235
Allied Security Systems,
41 Dover Rd London ..... (0843) 5156767
Allsorts Agency,
Marlborough Business Cntr George La E18 ..... (020) 8989 0500
Allum Medical Centre,
Allum Medical Centre Fairlop Road E11 ..... (020) 8539 2513
Allum Practice,The,
The Medical Cntr Fairlop Rd E11 FAX ..... (020) 8558 0525
Alluring Smiles, Ltd,
2A Station Road E4 ..... (020) 8529 2504
Al-Mousawi, Dr, A.H,
40 Perrymans Fm Rd Ilford ..... (020) 8554 1094
Or ..... (020) 8554 3944
Alpam Homes,
Ilford
70 Aldborough Rd Sth ..... (020) 8590 7076
Alpha Business Centre,
Unit 1 Alpha Business Centre 60 South Grove E17 ..... (020) 8503 6360
Alpha Embroidery Service, Ltd,
168 Railway Arches, Midland Rd E10 ..... (020) 8539 2468
Alpha Properties,
625 High Road Ilford ..... (020) 8590 3333
Alpha Security Installations,
Cromwell Indust Est Staffa Rd E10 ..... (020) 8559 8010
Alphaworlde, Ltd,
416 Green Lane Ilford ..... (020) 8590 0404
Alpine Air, Ltd,
Riggs Retreat Brook Road Buckhurst Hill ..... (020) 8505 8822
Al-Qassab, Dr, Hisham,
68 Bressey Grove E18 ..... (020) 8989 7678
Alsaeed Academy, Cargo Services,
381 High Rd Ilford ..... (020) 3645 4098
Altered Images, Hrdrsr,
716 High Rd E11 ..... (020) 8558 8237
Aluminium & Wood Frame Supplies, Ltd,
Unit 3 Station Estate Eastwood Close E18 ..... (020) 8530 5555
Always Locksmiths, 24 Hour Locksmith,
Aldborough Rd North Ilford ..... (0844) 4117638
Always Locksmiths, Locksmiths, 24 Hour,
James Lane London ..... (0844) 4117231
Alwaysmax Tradings Ta The Lucky Inn, Ltd,
St. Georges Road London ..... (020) 8507 3888
Alwyns, Llp,
Crown House 151 High Road Loughton ..... (020) 8418 9005
ALX Jewellers,
16 George Lane E18 ..... (020) 8530 3510
Alyaz, Ltd,
Rear Of 15 To 17 Old Church Road Chingford ..... (020) 8529 1212
Alytus, Ltd,
High Road Leyton London ..... (020) 8556 5448
Am Authors,

79-81 Cobbold Road London ..... (020) 3302 1323
Amadeal, Ltd, Bsns,
Unit 20 The Sidings Hainault Road Leytonstone ..... (020) 8558 4615
Aman Fashions, Ltd,
205 Ilford La Ilford ..... (020) 8553 5357
Amana Direct, Ltd,
606 Romford Road Manor Park London ..... (020) 4541 3900
Amana Photo For U, Photo Studio,
287 High Road Leyton Leyton London ..... (020) 8127 8636
Amanda Roberts Estate Agents,
118 Station Rd E4 ..... (020) 8529 6868
Amar Windows And Construction,
119 Woodlands Road Ilford ..... (020) 8514 4999
Amazing Woman, Ltd,
Sterling Ho Langston Rd Loughton ..... (020) 8508 2900
Ambal Cash & Carry, UK Ltd,
333 High Street North E12 ..... (020) 8471 8488
Ambassador Contracts, Ltd,
Unit 7 97-101 Peregrine Road Hainault Business Park
Ilford ..... (020) 8500 8855
AMBE INTERNATIONAL,
110 PALMERSTON ROAD LONDON ..... (020) 8223 0438
Ambitions Employment Agency, Ltd,
3 Chapel Road Ilford ..... (020) 8478 4446
Ambrose Housing,
Suite 229, 2A, The Legacy Business Centre Ruckholt Road
Leyton ..... (020) 4619 3400
AMBULANCE,
In Emergency dial 999 and ask the operator for Ambulance
Amed A&N, Ltd,
124-126 George Lane E18 ..... (020) 8989 3083
Amer Superfresh,
Stand 108 Market Pavilion New Spitalfiel 1 Sherrin Road
E10 ..... (020) 8556 0101
American Appliance Services Ltd,The,
52 Larkshall Rd E4 ..... (020) 8529 9666
American Appliance Services,The, Ltd,
52 Larkshall Rd E4 ..... (020) 8529 9556
American Golf,
Top Golf Game Centre Abridge Rd Chigwell ..... (0844) 4991982
American Nail,
503 Hale End Road Chingford London ..... (020) 8531 6633
Amex Associates, Ltd,
190 Forest Rd E17 ..... (020) 8520 4273
Amir Boutiques, Clothg Boutique,
110 Ilford Lane Ilford ..... (020) 8616 8764
Amirose London, Ltd,
Unit N 34-44 Peregrine Road Ilford ..... (020) 8559 8244
Amoroso, Eamonn R, Dent Surg,
624 Green La Ilford ..... (020) 8599 4966
Amplifon,
Ilford 247 High Rd ..... (0845) 6045780
Walthamstow 375 Hoe St ..... (0845) 6045844
Amplifon, Ltd,
375 Hoe Street Walthamstow ..... (020) 8090 1279
Amplivox & Ultratone Hearing Aid Centre,
Walthamstow 375 Hoe St E17 ..... (020) 8520 7756
AMR Heating Maintainace,
126 Church Rd E12 ..... (020) 8553 2700
Amrss Uk Service, Ltd,
736-40 Romford Road Manor Park ..... (020) 8553 2123
Amsprop Estates, Ltd,
Sterling Ho Langston Rd Loughton ..... (020) 3225 5100
Amurg, Ltd,
579 High Road Leytonstone E11 ..... (020) 8556 9602
Anacomp, Ltd, Information Technology,
Ely House Ely Road London ..... (020) 7100 6748
Anand Pan Centre, Ltd, Ticket Agencies,
116 Ilford Lane Ilford Essex ..... (0843) 8160132
Anand Travel,
Anand Travel / 344 High Street North London ..... (020) 3602 8718
Anand Travel & Communciation,
344 High St Nth E12 ..... (020) 8548 4897
Ananda Bhavan, Ltd,
240 High Street North Manor Park London ..... (020) 3714 9548
Anatolian Centre,
2 Truro Road The Muse ..... (020) 8509 3069
Anderson Sinclair Design, Ltd, Fitted Kitchs & Bedrooms,
Unit 13a Oakwood Hl Indust Est, Oakwood Hl
Loughton FAX ..... (020) 8508 1946
Oakwood Hl Indust Est Oakwood Hl Loughton ..... (020) 8508 1941
Andrew Howard Scaffolding, Ltd,
14a Hickman Avenue Chingford ..... (020) 8523 0444
Andrews Office Equipment, Ltd,
Unit 5 Chingford Indust Cntr Hall La E4 ..... (020) 8529 8129
Andrews Office Furniture,
16-18 Fowler Rd Hainault Bsns Pk IG6 ..... (020) 8558 2364
Andrews, Peter,
114 George La E18 ..... (020) 8530 4646
Anduff Car Wash, Ltd,
Ilford High Road Seven Kings ..... (020) 8597 1656
Anduff Car Wash, Ltd,
1 Leyton Mills Marshall Road E10 ..... (020) 8988 3882
Andy Catering Equipment, Ltd, Whsle China,Glasswear,
376 High Rd Leyton E10 ..... (020) 8556 0736
Or ..... (020) 8556 5405
Or ..... (020) 8556 9060
Anees Blossoms, Salon,
244B High Road Loughton ..... (020) 8508 1081
Angel Peter, & Co Ltd,
77 Queens Rd Buckhurst Hl ..... (020) 8504 6611
Angel Supported Homes, Ltd,
19a Primrose Road London ..... (020) 8558 8082
Angel Support Living, Ltd,
23 Vine Gardens Ilford ..... (020) 8637 5523
Angelian Construction, Ltd,
593 Lea Bridge Road Leyton ..... (020) 3544 1285
Angel's Hair & Nails,
43 High St Wanstead E11 ..... (020) 8530 7790
Angel'S Touch Hair & Beauty, Ltd,
788 High Road Leyton E1 ..... (020) 8558 0738
Anglo American Sewing Machines, Llp, Sewing Mach Dlrs,
Unit 3, 14a Burwell Rd E10 ..... (020) 8539 2220
Or ..... (020) 8539 2222
anicemanwithavan.com, Removals & Domestic,
Redbridge Ln East IlFORD ..... (0844) 2458993
anicemanwithavan.com, Removals & Domestic,
6 Beech Av Buckhurst Hill ..... (0844) 2458998
anicemanwithavan.com, Removals & Domestic,
765 Beechwood GDns Ilford ..... (0844) 2458994
anicemanwithavan.com, Removals & Domestic,
646A Chigwell Rd Woodford Green, Essex ..... (0844) 2458997
anicemanwithavan.com, Removals & Storage Domestic,
Church Hill London ..... (0844) 3345912
anicemanwithavan.com, Removals & Domestic,
22-24 Coventry Rd Ilford ..... (0844) 2458990
anicemanwithavan.com, Removals & Storage Domestic,
George Lane London ..... (0844) 3345913
anicemanwithavan.com, Removals & Domestic,
139 High Rd Loughton ..... (0844) 2458999
anicemanwithavan.com, Removals & Domestic,
774 High Rd Grays, Essex ..... (0844) 2458992
anicemanwithavan.com, Removals & Storage Domestic,
High Road Leyton, London ..... (0844) 3345905
anicemanwithavan.com, Removals & Domestic,
57 High St Barkingside ..... (0844) 2458995
anicemanwithavan.com, Removals & Domestic,
149 Lampbourne Rd Chigwell ..... (0844) 2458996
anicemanwithavan.com, Removals & Storage Domestic,
Manor Park Road London ..... (0844) 3345907
anicemanwithavan.com, Removals & Storage Domestic,
Station Road Chingford, London ..... (0844) 3345916
anicemanwithavan.com, Removals & Storage Domestic,
Wallwood Road London ..... (0844) 3345906
Anika Fruit & Veg, Ltd,
STAND 10 MARKET PAVILION Sherrin Road London ..... (020) 8988 0681
Animal Ark Veterinary Centre, Ltd,
54 Goodmayes Av Ilford ..... (020) 8599 8544
Anjuman-e-Islamia, Newham,
266 High Street North London ..... (020) 8472 5663
Anna Nails & Beauty,
468 Cranbrook Road Ilford ..... (020) 8518 1912
Annex Investigations, Private Investigator,
121 Harrow Road ..... (020) 7175 9918
Annex Investigations, Locksmiths,
244 High Street North ..... (0871) 2451923
Annie's Healthcare Services, CIC,
245A Beehive Lane Ilford ..... (020) 8551 4242
Another Dye Mention In Hair,
654 Green La Ilford ..... (020) 8597 3555
Ans Sweets Ltd,
40 High Street Ilford ..... (020) 8013 4044
Anthony, Ltd,
23 The Drive London ..... (020) 8529 2000
Anti-Ageing Clinic, Ltd,The,
18 Chigwell Road London ..... (020) 8989 9391
Antonopoulos, Andreas,
(Office) 26 Frith Rd E11 ..... (07050) 028988
FAX ..... (07050) 028987
Anujas House Of Beauty,
972 Eastern Avenue Ilford ..... (020) 8598 8777
Anwar, Htls,
7 Arlington Gdns Ilford ..... (020) 8518 2108
Anwars Halal Meat, Co,
370 Ilford La Ilford ..... (020) 8478 9900
Any Removals, Removals Storage & Domestic,
67 Browning Road Manor Park ..... (0844) 4882824
108 Cann Hall Road Leytonstone ..... (0844) 4882823
617 Lea Bridge Road Leyton ..... (0844) 4882822
Any Time Auto Locksmiths, Locksmiths, 24 Hour,
Eastern Avenue Ilford ..... (0844) 4117276
ANZ Money Exchange, Ltd,
743 High Rd Ilford ..... (020) 8599 5588
Apasen,
344-48 High Road Ilford ..... (020) 8553 2156
Apasenth Lodge,
90 Hermon Hill London ..... (020) 3441 4515
Apex Exports,
35 Salcombe Rd London ..... (0845) 2637259
Apex Insurance,
59 Hoe St Walthamstow ..... (0871) 9719630
Apna, Takeway,
105 Ilford Lane Ilford ..... (020) 8553 3343
Apni Rosoi, Wholesale Retail,
155 Cranbrook Road Ilford ..... (020) 8616 4622
Apolline House Practice, Ltd,
2A Buxton Road E4 ..... (020) 8529 1422
Apollo Dental Services, Ltd,
620 ROMFORD ROAD LONDON ..... (020) 8478 1531
Apollo Electrical Services, Ltd,
31 Ashley Avenue Ilford ..... (020) 8220 8518
Appiatse & Associates,
191 Waltham Way London ..... (020) 8524 4288
Apple And Way, Ltd,
683 Romford Road London ..... (020) 8553 4622
Appletree Housing Accommodation, Ltd,
17 Balfour Road Ilford ..... (020) 7585 5151
Appliance Giants,
721 Romford Road Manor Park London ..... (020) 8514 2300
Appliance Giants, UK Ltd,
721 Romford Rd E12 ..... (020) 8514 2302
AQ Archers Solicitors,
432 Hoe Street London ..... (020) 8521 2605
AQT Home Care Services,
198 Chingford Mount Road Chingford ..... (020) 8531 5239
Ara Aquila, Ltd,
10 Church Lane E11 ..... (020) 3161 3807
Arabella House Of Beauty And Hair,
114 High Street Ilford ..... (020) 8551 9351
Arbeit Studios, Ltd,
Unit 41 Uplands Business Park Blackhorse Lane
E17 ..... (020) 8527 1871
Arbon & Miller, Ltd,
86B High St Barkingside ..... (020) 8550 6181
Arbor Joinery & Furniture, Ltd,
Unit 10 Avenue Indust Est,Justin Rd E4 ..... (020) 8533 7335
Arc Design, Associates,
51 Fowler Rd Ilford ..... (020) 8559 8666
ARC Energy Assessment,
46 Wickets Way Ilford ..... (020) 8172 0080
Arc Solutions,
Unit 3 Anderson Rd Woodford Green ..... (020) 8498 8400
Archies,
3 Claybury Broadway Ilford ..... (020) 8550 5002
Architectural Roofing, Ltd,
57 Handsworth Avenue London ..... (020) 8531 4031
Aress Cash & Carry, Ltd,
253 High Rd E11 ..... (020) 8534 1230
Argall Properties, Ltd,
FAX ..... (020) 8539 3377
Argos Stores,
Walthamstow 2
Branch 0867
203-207 High Street Walthamstow ..... (0845) 1657867
Argos Stores, Ltd,
Ilford
Branch 462
187-191 High Road Ilford, London ..... (0845) 1657462
Walthamstow
50 High Street Walthamstow, Greater London ..... (0845) 1657037
Argus Lighting, Co Ltd, Ltg Rets,
55 George La E18 ..... (020) 8989 6226
Aria Systems,
Sterling Ho Langston Rd Loughton ..... (020) 8502 5553
Ariana Enterprise, Fast Food,
Subway 403 Larkshall Road Chingford London ..... (020) 3417 7036
Arin Mini Market, Ltd,
85 Grove Road London ..... (020) 3343 9832
Arina Cars, Ltd, Sec Hd Car,
814 ROMFORD ROAD MANOR PARK LONDON ..... (020) 8514 4331
Aristo Travels & Tours, Tour & Travels,
346 High St Nth E12 ..... (020) 8472 1212
Aristo T & T, Ltd, Consultant,
346 High Street North E12 ..... (020) 8552 5061
Ariya Halal Food, Ltd,
343 Ilford ..... (020) 8553 9376
Ark Homes Solutions,
298 Cann Hall Road London ..... (020) 8555 1440
Armstrong Hi-Fi & Video Service, Ltd,
32A Blackhorse Lane E17 ..... (020) 8523 0051
Army,
Regular Army
Army Careers Information Office
Ilford 180 Cranbrook Rd Ilford ..... (020) 8518 4565
Army Cadet Force,
Cadet Training Centre,Forest Lodge,Lea Bridge Road E17
..... (020) 8556 2616
Army - Territorial,
Redbridge
Ilford T.A Cntr
36 Eastern Signal Regiment Gordon Flds,Gordon Rd
Ilford ..... (020) 8478 1941
TA Centres
Ilford
36 Eastern Signal Regiment Gordon Flds, Gordon Rd
Ilford ..... (020) 8478 1941
Arnold George, & Co, Solrs,
102 Cranbrook Rd Ilford ..... (020) 8554 5484
Aroma (Chingford), Sandwich Bar,
Lazza Aroma Limited 8-9 Albert Crescent
Chingford London ..... (020) 8524 8888
Arran Guest House,
7 Argyle Rd Ilford ..... (020) 8478 3796
Arsan Supermarket,
D/377a Hoe St E17 ..... (020) 8509 2653
Arshad, Dr, Arslan,
59 Gladstone Avenue E12 ..... (020) 8471 4764

Arsu, Offlicence,
83 Belgrave Road Ilford ..... (020) 3490 4366
Art & Film Fabrication, Ltd,
Unit 14 Lea Park Trading Estate Warley Close
E10 ..... (020) 8988 1414
Artful Blend, Ltd,
8 Roding Lane South Ilford ..... (020) 3149 8727
Arthouse Gallery,
114 Station Rd E4 ..... (020) 8529 4406
Arthur Hutchinson, Ltd,
94 New Spitalfields Mkt Sherrin Rd E10 ..... (020) 8558 8000
Arun Estates,
25 Caernarvon Drive Ilford ..... (020) 8550 2978
Arun Estates,
21 Newton Road Chigwell ..... (020) 8501 3385
Arwaco Traders, Wtch Impt Whslr,
185-87 Wood Street London ..... (020) 8520 6475
Arwin Cleaning Services, Crpt,Uphol Clng,
2 The Meadway Loughton ..... (020) 8508 8471
A's Nursery & Soft Play Center, Ltd,
25-27 Horns Road Ilford ..... (020) 8554 7676
Asan Shadid, Ltd, Convivence,
116 George Lane South Woodford ..... (020) 8530 7774
Asbestos Risk Assessment,
3 Kings Mews Chigwell ..... (0845) 3006300
Asbestos Safety Training, Ltd,
Flat 342 Elizabeth Court Navestock Crescent
Woodford Green ..... (020) 8252 8906
Asda Stores, Ltd,
19 Selborne Walk London ..... (020) 3645 5493
Asda Stores Ltd,
1 Leyton Mills Marshall Road London ..... (020) 3754 5771
ASDA Superstores,
Walthamstowe
Selborne Walk Shopping Centre Selborne Rd E17 ..... (020) 8509 7700
FAX ..... (020) 8509 7749
Ash Autoparts & Cycles, Car & Cycle Parts,
94 Station Road E4 ..... (020) 8524 0063
Ash Tyres & Wheels,
731-73 EASTERN AVENUE ILFORD ..... (020) 8597 0011
Ashbrook Ct Care Home,
Sewardstone Road E4 ..... (020) 8524 7860
Ashcrofts,
601 High Road Leytonstone E11 ..... (020) 8556 2888
Ashfords Partnership, Llp,
114-116 Goodmayes Road Ilford ..... (020) 8599 7263
Ashiana,
Iqra Ct 750a High Rd Leytonstone E11 ..... (020) 8530 4217
Or ..... (020) 8530 8744
Ashiana,
16 St. Mary Road E17 ..... (020) 8520 9036
Ashleigh's Florist,
43 Linden Crescent Woodford Green ..... (020) 8505 5848
Ashley Smith Furniture,
Fairways Business Park Unit 15-17 Lammas Road
London ..... (020) 8556 6722
Ashley Spivack Physiotherapy, Ltd,
97 Netley Road Ilford ..... (020) 8554 0999
Ashley White Estate, Est,
46 Mount Pleasant Ilford Lane Ilford ..... (020) 8553 1111
Ashley White Estates, Ltd,
46 Ilford La Ilford ..... (020) 8478 1222
Ashlins Natural Health Clinic, Ltd,
181 Hoe Street E17 ..... (020) 8520 5268
Ashton Hart David Lee,
Sterling Ho Langston Rd Loughton ..... (020) 8502 2383
Ashurst Drive Baptist Church,
Ashurst Drive Baptist Church Ashurst Drive
Ilford ..... (020) 8554 9716
Ashvin Stores, Stores,
9 High View Parade 9 High View Parade ,Woodford Avenue
Ilford ..... (020) 8550 0065
Ashwood House, Ltd,
Daywear Ltd 18 Church Road E10 ..... (020) 8558 5879
Or ..... (020) 8558 5896
Ashwood House, Ltd,
21 Mansfield Road Ilford ..... (020) 8478 8459
Asian Grocery Point Limited,
430 High Street North London ..... (020) 3624 2231
Asianet Communications Europe, Ltd, Radio & Tv,
344 High Street North, Manor Park London ..... (0843) 8164398
Asianet Europe, Ltd,
Flat Above Shop 344 High Street North E12 ..... (020) 8586 6511
Asiatic Kitchen,
45 Green Lane Ilford ..... (020) 8478 0342
Asiq Fruit Basket Ltd,
Ashiq Food Basket 139 Ley Street Ilford ..... (020) 3712 0742
Ask Care, Ltd,
40 Argyle Road Ilford ..... (020) 8554 7766
Asn Partnership Llp, Acctcy Servs,
47 York Rd Ilford ..... (020) 8911 8000
Asonbury Ltd T/A Skyjet,
Astonbury Ltd 24 Cameron Rd Ilford ..... (020) 8548 7600
Aspire Islamic School,
9 City House Elsa Rd Welling ..... (020) 8177 0574
Aston Court Estates, Ltd,
15 Aston Court Broomhill Road Woodford Green ..... (020) 8506 1655
Aston Storage & Recovery, Ltd, Claims,
Spurway Pde Woodford Av Ilford ..... (020) 8550 3710
Astro Developments Ltd,
587 Forest Road London ..... (020) 3652 0505
Or ..... (020) 7998 8110
Astrology Corner,
416 Cranbrook Rd Ilford ..... (020) 8518 5500
At Rasoi,
200 Winchester Road E4 ..... (020) 8527 8222
Atco Estates,
360 Green La Ilford ..... (020) 8599 4557
Athia Building Solutions, A,
94 Matcham Road E11 ..... (020) 8177 4855
Atkins Physiotherapy Consultants, Ltd,
154 High Rd Woodford Gn ..... (020) 8504 0478
Atlantic Fish Bar,
405 Lea Bdge Rd E10 ..... (020) 8558 8887
Atlantic Lodge, (Housing)ltd,
4 The Bull On The Green 1a The Green E4 ..... (020) 8501 7770
Atlantic Lodge, Ltd, Property Management,
454 Larkshall Rd Chingford ..... (0871) 2711133
Atlantis Travel Of London, Ltd,
16 Brook Pde High Rd Chigwell ..... (020) 8501 0917
Or ..... (020) 8559 9007
Atlas Cars,
Atlas Radio Cars Ilford Hl Ilford ..... (020) 8478 1010
Or ..... (020) 8478 4888
Atlas Radio Cars, Ltd,
71 Ilford Hl Ilford ..... (020) 3771 8374
ATM Law,
18 Goodmayes Road Ilford ..... (020) 3091 2835
Or ..... (020) 3091 2836
Or ..... (020) 8262 5256
Or ..... (020) 8262 9616
ATS Euromaster, Ltd, Tyres,Batteries,Exhausts,
Centres
Leyton 28 Church Rd E10 ..... (020) 8539 7063
Leytonstone 238 Church Rd E10 ..... (020) 8539 5602
Attm,
Manford Way Manford Way Chigwell ..... (020) 3624 7657
Audio Vision, Wholesale Retail,
691 Cranbrook Road Ilford ..... (020) 8550 6220
Augustus, & Co, Acctnt,
FAX ..... (020) 8518 4018
Aurlmathey Motors, Car Servs,
275A Ley St Ilford ..... (020) 8911 8307
Aurora Associates, Ltd,
98 High Rd E18 ..... (020) 8505 1109
Austin Office Furniture, Ltd, Furn,
19 Millicent Rd E10 ..... (020) 8558 6499
Austin Rose,
Crown Ho 151 High Rd Loughton ..... (020) 3225 5060
AUSTRALIAN HIGH COMMISSION,
Australia Ho Strand WC2 ..... (020) 7379 4334
Auto Body Services,
82 Farnan Av E17 ..... (020) 8527 6855
Auto Emergency Locksmith, 24 Hour Locksmith,
Wannock Gardens Ilford ..... (0844) 4117639
Auto Emergency Locksmiths, Locksmiths, 24 Hour,
High St London ..... (0844) 4117232
Auto Mot Centre Ltd,
4 Rectory Road London ..... (020) 8553 9112
Autolak, Vhcle Electncs,
361 High Road Ilford ..... (020) 8911 8048
Autolak, Ltd,
363 High Road Ilford ..... (020) 8514 3637
Avenue Dental,
180 The Avenue E4 ..... (020) 8527 6400
Avenue Primary School,
Meanley Rd E12 ..... (020) 8553 5682
Or ..... (020) 8478 5172
Avery Emerson Solicitors,
335 Green La Ilford ..... (020) 8215 0884
Avis Europe, Plc,
Avis Ho Park Road Bracknell ..... (01344) 426644
Avon - Copperworks,
Lift Line Copper Works Apartments 57 Blackhorse Road
E17 ..... (020) 8520 5905
Avtar Singh Ta Veggie Master Ilf, Food Store,
391 High Road Ilford ..... (020) 8911 8077
Awal, Dr, Mohammad,
48 Madras Road Ilford ..... (020) 8553 4098
Away With Tax, Payroll,
341A Chigwell Rd Woodford Gn ..... (020) 8559 2703
AXA PPP healthcare,
Personal healthcare
Are you looking to join ..... (0800) 567686
Axis Windows, Ltd,
149 Tilbury Road London ..... (020) 3509 6120
Ayesha's Hair & Beauty, Ltd,
61 Palmerston Road London ..... (020) 8521 9576
Aytac,
Unit 4 Forest Business Park Argall Avenue
London ..... (020) 8520 7111
A-Z Furniture, Wholesale Retail,
721 High Road Ilford ..... (020) 8598 9528
Azalea Bar, Ltd,
90 Belgrave Road Ilford ..... (020) 3340 9222
Azhar Academy Azhar Academy,
470 High Road Leytonstone E11 ..... (020) 8558 2277
Azhar Academy, Ltd, Islamic Booksellers & Perfumery,
68 Little Ilford La E12 ..... (020) 8911 9797
FAX ..... (020) 8911 8999
Azura Travel, Ltd,
Loughton ..... (020) 8505 0261
B 1 Tyres,
694 Lea Bdge Rd E10 ..... (020) 8539 7444
B A T S Ilford, Ltd,
1a Mansfield Road Ilford ..... (020) 7062 2775
B Bailey Property Management, Prpty Mngmt,
Regency Court 89 111 High Road London ..... (020) 3305 6517
B B Cafe,
314 Lea Bdge Rd E10 ..... (020) 8558 9888
B & B Cash And Carry Limited, Wines & Spirits,
195 ILFORD LANE ILFORD ..... (020) 8514 7840
B B L Construction London, Ltd,
500 High Rd Woodford Gn ..... (020) 8506 2121
B & B Sealed Units,
Unit 1 Beaver Road Ilford ..... (020) 8501 5222
B J F Services,
FAX ..... (020) 8501 1865
B J Minicars,
383 Manford Wy Chigwell ..... (020) 8501 3333
B J Tyres & Exhausts,
662 Green Lane Ilford ..... (020) 8599 2746
B & K Builders Merchants,
410 Ilford Lane Ilford ..... (020) 8911 9187
B & K Building Merchants,
410 Ilford La Ilford ..... (020) 8553 1481
B Luban Hair Ltd,
74 Chigwell Road London ..... (020) 3685 8843
B N W Auto Specialists, Gar Servs,
498 High Rd Ilford ..... (020) 8478 4903
B Patient Tiling, Ltd,
90 Forest Rd Loughton ..... (020) 8502 1811
B & P Furnishings,
623 Romford Rd E12 ..... (020) 8553 5334
Or ..... (020) 8553 5282
B & Q, plc,
Supercentre
London
Waltham Forest Store 18 Heybridge Wy E10 ..... (020) 8558 4817
B.T.,
Please see under BT
B T C, (London East),
146 Roding Lane South Ilford ..... (020) 8551 9666
B Tech Solutions Pty, Retail,
169A High Road Ilford ..... (020) 8553 3434
B T P Drewitt, Ltd,
15 Palace View Road London ..... (020) 8529 2310
B & W, Darts & Trophies Ltd,
Unit 1 Walthamstow Business Centre Clifford Road
Walthamstow ..... (020) 8527 0019
FAX ..... (020) 8527 0108
B1 Tyres Online, Ltd,
Unit B 43-49 Fowler Road Ilford ..... (020) 3875 3525
B2B Lounge, Ltd,
759 Romford Road Manor Park London ..... (020) 8514 7300
Bababoom, Ltd,
265 High Rd Loughton ..... (020) 3174 0418
Babsons, Bathroom & Plumbing Supps,
2 Carlton Dv Ilford ..... (020) 8550 6771
Bacchus, Y, & Co Solicitors,
226 Chingford Mount Road E4 ..... (020) 8524 9111
Back 2 Balance Physiotherapy & Pilates Studio,
609 Forest Road London ..... (020) 8531 5662
Back Pain Centre,The,
South Woodford
50 Chigwell Rd E18 ..... (020) 8989 3330
Bagel Town,
556 Romford Road London ..... (020) 3602 2997
Bagurskas, V,
6 Chandler Road Loughton ..... (020) 8508 4013
Bailey, Dr, J,
The Surgery 107 Shernhall St E17 ..... (020) 8520 5138
FAX ..... (020) 8509 0532
Bailey Nicholson Grayson,
Unit 15 Bourne Ct Southend Rd IG8 ..... (020) 8418 2900
Bailey Watts, Ltd,
28 Queens Grove Road London ..... (020) 8529 0672
Bairstow Eves, Ltd, Est Agt,
Barkingside 31 High St ..... (020) 8550 2257
Chigwell
King William IV Cotts High Rd Chigwell ..... (020) 8500 0995
Goodmayes 837 High Rd Ilford ..... (020) 8599 5136
Leyton 224 High Rd Leyton E10 ..... (020) 8556 8777
Loughton 252 High Rd ..... (020) 8508 3871
Walthamstow 171 Hoe St E17 ..... (020) 8520 8966
Wanstead
68 High St Wanstead E11 ..... (020) 8530 7156
Woodford Green 411 High Rd ..... (020) 8505 7721
Bake Brothers, Mtr Vhcle Engs,
Unit A1 Seedbed Centre Langston Road Loughton ..... (020) 8502 5159
Baker Estates,
223 New North Road Ilford ..... (020) 8501 6360
Baker Ross, Ltd, Fundraising Services,
2-3 Forest Works Forest Road Walthamstow ..... (0844) 5768911
Baker Self Adhesive Label, Co. Ltd,
37 Sutherland Rd E17 ..... (020) 8523 2174
Baker Self Adhesive Label, Co. Ltd,

FAX ..... (020) 8527 6556
Bakers Court Care, Ltd,
138-140 Little Ilford Lane Manor Park London ..... (020) 8143 0216
Bakers Court Nursing Home,
Switchboard 138 Little Ilford La E12 ..... (020) 8514 3638
Bakhshi, (Uk) Ltd,
17-19 Beehive Lane Ilford ..... (020) 8554 4407
Bala Impex, Ltd,
Market Pavilion New Spitalfiel 1 Sherrin Road
E10 ..... (020) 8558 5874
Baldwin, L T, Transport Ltd,
Unit 18 Cromwell Indust Est,Staffa Rd E10 ..... (020) 8556 2535
Balfour Autos, Motor Garage,
1 Sansom Road E11 ..... (020) 8539 4509
Balfour Hotel,
31 Balfour Road Ilford ..... (020) 8514 3238
Balfour Medical Centre,
92 Balfour Road Ilford ..... (020) 8514 3299
Balfour Nursery,
7 Balfour Road Ilford ..... (020) 8553 1886
Balfour Sanson, Chrtd Acctnts,
Unit 17 Bourne Ct Unity Trading Est, Southend Rd
Woodford Gn ..... (020) 8551 8844
FAX ..... (020) 8551 9944
Balkan Coffee, Ltd,
64 Chingford Mount Road Chingford ..... (020) 3589 2039
Or ..... (020) 3941 2102
Bambach Saddle Seat Europe, Ltd,
Seedbed Cntr Langston Rd Loughton ..... (0800) 581108
Bambach Saddle Seat,The,
Prospect Bsns Pk Langston Rd Loughton ..... (020) 8532 5100
Bambini, Oilily Stksts,
15 Woodbine Place London ..... (020) 8530 1060
Bancroft, Ltd,
43 Perth Rd Ilford ..... (020) 8709 2500
Bancroft Rugby Club,
The Club House Old Bancroftians F C Buckhurst Way
Buckhurst Hill ..... (020) 8504 0429
Bancrofts School,
Bancrofts School 611-27 High Road
Woodford Green ..... (020) 8505 4821
Bancroft's School,
Bancrofts School 611-27 High Road
Woodford Green ..... (020) 8559 0032
Bancroft's School,Woodford Green,
Bursary ..... (020) 8505 4824
CCF ..... (020) 8505 4859
Head of Maintenance ..... (020) 8504 2132
West Grove Sports Ground ..... (020) 8504 2132
Banerji, P, FAX,
44 Tryfan Close Ilford ..... (020) 8550 0871
Bangla Car Parts, Uk,
UNIT 6 LEY STREET PLAZA 153-155 Ley Street
Ilford ..... (020) 3609 2147
Bank Machine, Ltd,
742 Eastern Avenue Ilford ..... (020) 8518 4299
Bank Of England,
Printing Works Langston Road Loughton ..... (020) 3022 2100
Or ..... (020) 8532 5070
Banks Hotel,
7 Park Av Ilford ..... (020) 8554 2515
Bannatynes Health Club,
Chingford 2 Morrison Av E4 ..... (020) 8503 2266
Bansal Garage, Ltd,
2A Millais Rd E11 ..... (020) 8556 7064
FAX ..... (020) 8539 2362
Bansal, Ltd, Buillding Supps,
Leytonstone
FAX ..... (020) 8556 7959
357 High St Nth E12 ..... (020) 8552 1145
Bap Glass,
24 Hatch Lane Chingford London ..... (020) 8517 1586
Baptist Housing Association, Ltd,
32A Cameron Rd Seven Kings ..... (020) 8599 8017
Bar 21 Ilford, Ltd, Wholesale Retail,
19-21 Chapel Road Ilford ..... (020) 8553 5114
Bar 94, Ltd,
94 Station Road E4 ..... (020) 4501 6953
Baraka Halal Butcher,
267 High Road E11 ..... (020) 8534 5767
Barakah Healthcare, Ltd,
80 Chingford Mount Road E4 ..... (020) 8531 3522
Barber 26,
271 High Road Leytonstone London ..... (020) 3304 7055
Barbosa, Maria,
108 Lambourne Road Chigwell ..... (020) 3719 6443
Barclays Bank,
Personal Customers ..... (03456) 052345
Business Customers ..... (03456) 052345
Barclays Bank, PLC,
Branches
Barkingside
Personal Customers ..... (03456) 052345
Business Customers ..... (03457) 345345
Chingford
Personal Customers ..... (03456) 052345
Business Customers ..... (03457) 345345
Forest Road
Personal Customers ..... (03456) 052345
Business Customers ..... (03457) 345345
Hainault
Personal Customers ..... (03456) 052345
Business Customers ..... (03457) 345345
Ilford
Personal Customers ..... (03456) 052345
Business Customers ..... (03457) 345345
Lea Bridge Road
Personal Customers ..... (03456) 052345
Business Customers ..... (03457) 345345
Leytonstone
Personal Customers ..... (03456) 052345
Business Customers ..... (03457) 345345
Loughton
Personal Customers ..... (03456) 052345
Business Customers ..... (03457) 345345
South Chingford
Personal Customers ..... (03456) 052345
Business Customers ..... (03457) 345345
South Woodford
Personal Customers ..... (03456) 052345
Business Customers ..... (03457) 345345
Walthamstow
Personal Customers ..... (03456) 052345
Business Customers ..... (03457) 345345
Wanstead
Personal Customers ..... (03456) 052345
Business Customers ..... (03457) 345345
Woodford Green
Personal Customers ..... (03456) 052345
Business Customers ..... (03456) 052345
Barking Dagenham & Ilford Methodist Circuit,
7 Hastings Avenue Ilford ..... (020) 8550 3822
Barkingside Dental Care,
47A High St Barkingside ..... (020) 8550 4433
Barkingside Dental Care, Ltd,
47A High Street Barkingside ..... (020) 8550 3893
47a High Street Ilford ..... (0843) 4878764
Barkingside Kababish, Eating & Takeaway,
55 High Street Barkingside ..... (020) 8550 1818
Barkingside Post Office,
Barkingside Post Office 115-23 High Street
Barkingside ..... (020) 8551 9550
Barley Lane Periodontal Practice,
34a Barley La Ilford ..... (020) 8590 9900
Barley Wines Supermarket, Ltd,
169 Barley Lane Ilford ..... (020) 8599 4246
Barley Wine Supermarkets, Ltd,
169 Barley La Ilford ..... (020) 8599 8392
Barn Croft Primary School,
Brunel Road E17 ..... (020) 8521 1145
Barnado's,
59 The Broadway Loughton ..... (0843) 5151320
Barnardo's,
Head Office & General Enquiries Tanners Lane Barkingside ..... (020) 8550 8822
Head Office & General Enquires Tanners Lane Barkingside ..... (020) 8550 8822
Jigsaw Project
Church Hl E17 ..... (020) 8521 0033
Barnardo's Garden Village Management, Co Ltd,
Block 4-19 Door Entry System Thomas Court New Mossford Way
Barkingside ..... (020) 8550 5425
Door Entry System Syrie Court New Mossford Way
Barkingside ..... (020) 8550 2092
Barnards Jewellers, Serv,
29 The Broadway Loughton ..... (020) 8508 8889
Barnes Roffe, Chrtd Acctnts,
Leystone Ho High Rd E11 ..... (020) 8539 5033
Barnett, M.N, Dent Surg,
21 Station Rd Loughton ..... (020) 8508 2793
Barnett Richards, Est Agts,
Mortgages,Lettings & Management
Ivy Ter Ley St Ilford ..... (020) 8554 4400
Barney Bear's Nursery,
The Learning Centre St. Lukes Courtyard Baxter Road
Ilford ..... (020) 8514 1771
406 Manford Way Chigwell ..... (020) 8500 0980
Barnfield Riding School,
Sewardstone Road E4 ..... (020) 8529 5200
Baronworth (Investment Services), Ltd,
Ilford ..... (0800) 5878666
Barrington Lettings,
26 High Rd Buckhurst Hl ..... (020) 8559 7485
Barrow, & Co, Chrtd Acctnts,
FAX ..... (020) 8524 2131
Barrow Management Services, Ltd,
Jackson House 95a Station Road E4 ..... (020) 8524 8134
Barry Middleton, Ltd,
Clubhouse, 156 High Road Chigwell ..... (020) 8500 2384
Barts Health NHS Trust,
Whipps Cross Hospital Whipps Cross Road E11 ..... (020) 8535 6900
Barwaaqo, A, Mobile,
63b Sherringham Avenue London ..... (07930) 332763
Barwaqo Cafe,
356 High Road Leyton Leyton London ..... (020) 3876 4274
Base,
Buckingham Court Rectory Lane Loughton ..... (020) 8532 5400
Base London, Ltd,
Unit 4-5 Buckingham Court Rectory Lane Loughton ..... (020) 8532 0000
Basi, S.S, & Co, Solrs,
153 Cranbrook Rd ..... (020) 8518 1236
FAX ..... (020) 8518 1131
Bassons Ltd,
131 Gordon Road Ilford ..... (020) 8514 2949
Or ..... (020) 8514 8284
Bates Investment Services,
235 Cranbrook Rd Ilford ..... (020) 8554 4433
Bates Millfield, Financial Advice,
548 Ley Street Ilford ..... (0845) 5008500
Bathstore,
Ilford 514 - 518 High Rd Ilford ..... (020) 8599 7111
Bavish & Brother, Uk Ltd,
110-12 Aldborough Rd Sth Ilford ..... (020) 8599 8906
Baxter Homes, Ltd,
561 High Road Ilford ..... (020) 8503 8174
Baxy, Ltd,
3 Cambridge Park E1 ..... (020) 8530 3305
Baylis Food & Wine, Ltd,
159 High Road Loughton ..... (020) 8508 6348
Baza Bar & Grill, Ltd,
32 Church Lane E11 ..... (020) 4629 8951
Bazlama, UK Ltd,
1a The Green Chingford E4 ..... (020) 4568 8202
BB Biz Dev, Ltd,
72 Trelawney Road Ilford ..... (020) 8500 6777
BB Telecom, Ltd,
39 Mannock Drive Loughton ..... (020) 3089 3341
Bbc Windows And Doors,
79 Old Church Road London ..... (020) 3590 8053
BBL Recruitment,
Clements Ct Clements La Ilford ..... (020) 8514 8866
BBL Technical, Ltd,
Unit 1 Clements Ct Clements La Ilford ..... (020) 8911 1070
BCC Business Gifts, Ltd,
13 Rutland Road E11 ..... (020) 8530 6169
Be Smart, Dry Clng,
18 Hoe St E17 ..... (020) 8509 1298
Be Smart Dry Cleaners, Dry Clnrs,
147 Station Road London ..... (020) 8524 7340
Beacon Scaffolding, Ltd,
UNIT D 120 CHIGWELL ROAD SOUTH WOODFORD LONDON (020) 8530 1103
Beal Guest House,
31 Argyle Road Ilford ..... (020) 8252 6191
Beales, Bottled Gases,
New Spitalfields Market 17 Sherrin Road E10 ..... (020) 8539 8882
Beales Gas,
New Spitalfields Market 17 Sherrin Road E10 ..... (020) 8988 9999
Bearfields, Ltd,
The Sidings Hainault Rd E11 ..... (020) 8988 5050
Unit 1 The Sidings Hainault Road E11 ..... (020) 8558 3514
Unit 2 The Sidings Hainault Road E11 ..... (020) 8556 1745
Unit 28 The Sidings Hainault Road E11 ..... (020) 8558 9718
Beaumont News,
Shop 13a Beaumont Road E10 ..... (020) 8988 1064
Beaute Parfaite, Salon,
12 Station Parade High Street Wanstead
Leytonstone London ..... (020) 3602 4735
Beaute Parfait, Ltd, Beauty Salon,
12 Station Parade High St Wanstead London ..... (020) 8530 4678
Beauty By ss, Beauty Plr,
682 Cranbrook Road Ilford ..... (020) 8554 1679
Beauty On The Mill,
14-22 Mill Lane Woodford Green ..... (020) 8505 6671
Beauty Shop,
45 Chigwell Road London ..... (020) 8530 3000
Beauty Spot (Ilford),
High Road Ilford ..... (020) 8590 5741
Beauty Suite Salon, Ltd,
222 Redbridge Lane East Ilford ..... (020) 8550 8892
Beauty Trendz, Ltd,
5 Brooks Parade, Green Lane Ilford ..... (01708) 761746
Becker Tree Contracts, Ltd,
32 Wellfields Loughton ..... (020) 8508 3832
Bedford House Community Association,
Bedford House 4 Westbury Road Buckhurst Hill ..... (020) 8504 6668
Bedrock Radio,
Sunflower Court Goodmayes Hospital 157 Barley Lane
Ilford ..... (020) 8599 2891
Beech Oak Farm, Montessori Pre School,
Church Road High Beech ..... (020) 8502 0006
Beechside Nursery, Ltd,
Mott Street E4 ..... (01992) 761743
Beehive Foot Clinic Limited,
27 Beehive Lane Ilford ..... (020) 8554 5412
Beehive Pharmacy,
8 Beehive La Ilford ..... (020) 8554 3560
Beehive Seed Specialists, Ltd,
175A Beehive Lane Ilford ..... (020) 3151 0848
Beehive Wine Store, Beer Wholesaler & Retailer,
243 Beehive La Ilford ..... (020) 8551 9364
Beehive Wine Store,
243 Beehive Lane Ilford ..... (020) 8550 4308
Bees, Maj, D,
112 Kings Head Hl E4 ..... (020) 8524 0318
Belgique, (Chingford) Ltd,
52-54 Station Rd E4 ..... (020) 8524 9840

Belgique, (Wanstead) Ltd,
29 Cambridge Pk E11 ..... (020) 8532 2255
Belgrave Motor Services,
10 Gantshill Crescent Ilford ..... (020) 8551 5988
Belgrave News, Nwsagt,
113 Belgrave Road Ilford ..... (020) 8554 0427
Bell, Cars,
66 Chingford Mt Rd E4 (Radio Controlled) ..... (020) 8527 1066
Bell Contracts, UK Ltd,
Maybank Est Maybank Rd E18 ..... (020) 8505 6644
Bell ICT, Ltd,
956 Eastern Av Ilford ..... (020) 8599 5285
Bell Locks & Locksmiths, Locksmiths, 24 Hour Emergency, Auto Locksmiths,
Eynsford Rd Essex ..... (0844) 4117952
Bell Locks & Locksmiths, Locksmiths. 24 Hour Emergency, Auto Locksmiths,
Hatton Ter ..... (0844) 4117992
Bell Pharmacy, Ret Chemst,
995 Romford Road E12 ..... (020) 8478 2861
Bella Capelli, Ladies Hrdrsrs,
164 Queens Road Buckhurst Hill ..... (020) 8506 0800
Bella Gusto, Bella Gusto,
181 Manford Way Chigwell ..... (020) 8501 5444
Bella's Beauty, Ltd,
133 Ley Street Ilford ..... (020) 3793 2226
Bellas Coffee, Ltd,
86 High Street Barkingside ..... (020) 3859 4549
Bellgrave News, Nwsagts,
113 Belgrave Road Ilford ..... (020) 8554 1344
Bell's College, Ltd,
38 Goodmayes Rd Ilford ..... (020) 8599 2211
FAX ..... (020) 8599 9964
Belmont Day Nursery, Ltd,
69 Belmont Road Ilford ..... (020) 8553 2020
Belmont Lodge, (Home for the Elderly),
(Payphone) ..... (020) 8559 8110
Belmont Road Dental Surgery,
26 BELMONT ROAD ILFORD ..... (020) 8478 6596
Benchmarx, Kitchens & Joinery,
Walthamstow
Unit 9 Waltham Parkway, Billet Rd E17 FAX ..... (020) 8531 3816
Beneficial Finance,
Branches
Gants Hill
FAX ..... (0845) 6030844
Ilford
FAX ..... (0845) 6030844
Benefit Cosmetics, Ltd,
222 High Rd Loughton ..... (020) 8502 4983
Bengal, Curry House, Rstnt,
24 St. James St E17 ..... (020) 8520 0385
Or ..... (020) 8520 4434
Bengal Steaks, Ltd,
14 Station Road E12 ..... (020) 8478 5064
Benjamin Pharmacy,
263 Chingford Mount Road E4 ..... (020) 8529 8263
Benjamin Pharmacy, Ltd,
30 Hatch Lane E4 ..... (020) 8529 0696
Bennett, A, & Sons Ltd, Undtkrs,Monmtl Masns,
61 Queens Rd Buckhurst Hl ..... (020) 8504 1674
Bennett, A, & Sons Ltd, Undtkrs,Monmtl Masns,
386 High Rd E10 ..... (020) 8539 3508
Bennett & Hawes, Ltd,
New Spitalfields Mkt Ruckholt Rd E10 ..... (020) 8558 9794
Bennett Phillips, (Luton) Ltd,
The Coach House 201 High Road Chigwell ..... (020) 8501 3000
Benning Construction, Ltd,
944 Eastern Av Ilford ..... (020) 8590 1599
Benstead, W.C, & Son Ltd,
10 Snakes Lane Jubilee Parade Woodford Green ..... (020) 8506 1155
Bentleys Solicitors,
182 Hoe St E17 ..... (020) 8521 8751
Benzy, Ltd,
157 Wood Street Walthamstow London ..... (020) 8520 4006
Berdan Supermarket,
Berdan Supermarket & Off Licence 838 High Road Leyton
London ..... (020) 8558 3145
Berliner London, Ltd,
313a Lea Bridge Road E10 ..... (020) 8558 2907
Bernard Group,
52 Peregrine Rd Ilford ..... (020) 8501 5408
Bernard's Jewellers, Jewellers Repairer Piercer,
63A Station Road E4 ..... (020) 8529 1227
Bernicia Boateng Studios, Ltd,
732 Lea Bridge Road E10 ..... (020) 3601 1010
Bernie Builders, & Sons Ltd,
2 Carlton Dv Barkingside ..... (020) 8551 0230
BERNS BRETT, & Co. Ltd, Ins Broks,
177 High Road E18 ..... (020) 8559 2111
FAX ..... (020) 8502 9900
Berns Brett Insurance Brokers, Ltd,
191 High Road South Woodford ..... (0843) 8162990
Bespoke Joinery, (London) Ltd,
The Old Forge Station Passage, London,E18 ..... (0845) 6040566
Best 72 Uk, Meat Shop,
360 High Road Leyton Leyton London ..... (020) 3759 0582
Best 79 Uk, Ltd,
718 Eastern Avenue Ilford ..... (020) 8091 8813
Best Bargain Furniture, Furn,
706 Romford Rd E12 ..... (020) 8911 8133
Best Buy Furniture,
418 Hoe St E17 ..... (020) 8521 9390
Best Chinese Food & Takeaway,The,
115 Old Church Road E4 ..... (020) 8524 1811
Best Copiers Ltd,
208 Forest Road London ..... (020) 8509 8898
Best Food,
Romford Road
670 ROMFORD ROAD LONDON ..... (020) 8478 3956
Best Friends Holbeach Vet Surgery,
97 Oak Hl Woodford Green ..... (020) 8527 0034
Best Glazing, Ltd,
546 Romford Road London ..... (020) 8514 4553
Best Health Protect, Ltd, Insurance Providers,
5 Eastwood Road South Woodford ..... (0843) 8162994
Best Inn Hotel, Bed & Breakfast,
10 Argyle Road Ilford ..... (020) 8478 3779
Best Luxury Cars, Ltd,
680 High Road Ilford ..... (020) 4529 1482
Best Moon Shop, Convience Store,
18 Cameron Road Ilford ..... (020) 8590 5069
Best Western Greater London Hotel,
60-64 Cranbrook Road Ilford ..... (020) 8514 0444
Beste Hairdresser,
20 High Street E17 ..... (020) 8521 1621
Bestech Private Limited,
Suite 103 344-348 High Road Ilford ..... (020) 3662 2483
Bestech Pvt Ltd,
Unit 1 City Mews Ilford ..... (020) 8637 5283
Bestgrade Education,
435 Cranbrook Road Ilford ..... (020) 3302 8140
Bestmoon Off License,
1 Cameron Road Ilford ..... (020) 3302 5301
Betfred,
6 Hall Lane Chingford ..... (020) 3602 7388
Better Lettings,
445 Cranbrook Rd Ilford ..... (020) 8554 8749
Better Pest Control,
32 Fairlight Avenue London ..... (020) 8524 2160
Bevan, A, & Son Ltd,
Unit 6-7 Forest Industrial Park Forest Road
Ilford ..... (020) 8501 4900
Bew Electrical Distributors,
623 Ley St Ilford ..... (020) 8518 5511
Bexfort Ltd,
53A York Road Ilford ..... (020) 8514 3030
Beyaz Kosk, Ltd,
85 Old Church Rd E4 ..... (020) 8529 8333
Beydili, Takeaway,
232 Chingford Road Walthamstow London ..... (020) 8062 6647
Bfc Distribution,
Forest Business Park Unit 17 Argall Avenue
London ..... (020) 3302 7702
Bfc Distribution,
Forest Business Park Unit 17 Argall Avenue
London ..... (020) 7998 3902
BG Cargo Minimarket, Ltd,
37 High Street London ..... (020) 8520 1748
Bgs Music,
365 High Rd Ilford ..... (020) 8514 5650
Bhalp, Ltd,
428 Hale End Road Chingford London ..... (020) 3887 9958
Bhangra Beat, Bhangra,
156 George Lane E18 ..... (020) 8989 8909
Bhangra Beat, Ltd,The,
156 George Lane E18 ..... (020) 8989 3833
Bharat Mahal, Ltd,
392 High Street North Manor Park London ..... (020) 3343 8339
Bhogals Auto Spares,
Romford Road London ..... (020) 8478 4781
Bi Hospitality, Takeaway,
103 Hoe Street Walthamstow London ..... (020) 8520 5151
Bi Hospitality, Takeaway,
103 Hoe Street Walthamstow London ..... (020) 8521 7587
BI Signs,
Unit 2, 100 Roseberry Avenue Manor Park, London ..... (0845) 3880329
Bidaai London, Ltd,
97 Ilford Lane Ilford ..... (020) 8514 4906
Biddle & Mumford, (Gears) Ltd,
14-18 Kings Place Buckhurst Hill ..... (020) 8505 4615
Big Mama Burger, Ltd,
117 Belgrave Road Ilford ..... (020) 8554 1212
Big Yellow,
Ilford
374 Eastern Av Ilford ..... (020) 8518 4552
FAX ..... (020) 8518 9439
Bigbe Foodie, Ltd,
Unit T 8 Leyton Industrial Village Argall Avenue
Leyton ..... (020) 8556 2927
Bijou Beauty,
74 St. Mary Rd E17 ..... (020) 8520 4283
Bill Bean,
23 Sherrin Rd E10 ..... (020) 8539 3636
Billet Dry Cleaners,
280 Chingford Rd E17 ..... (020) 8527 3235
Billets Corner Nursery,
11 Walthamstow Avenue Chingford ..... (0843) 5154925
Billiards Club,
Gants Hill Billiard Club Rear Of 347 Eastern Avenue
Ilford ..... (020) 8551 0007
Billy Graham Evangelistic Association,
Victoria Ho Victoria Rd Buckhurst Hl ..... (020) 8559 0342
Bim's Restaurants, Ltd,
Ilford Lane Ilford ..... (020) 4512 1102
Biovic Atlantic, Ltd, Mortgage Broker,
Excelsior House, 3-5 Balfour Road Ilford, Essex ..... (0845) 1701881
Biowise London, Ltd,
8 Raven Road London ..... (020) 3802 4495
Birashwamys, Indian Tandori Rstnt,
4 Fencepiece Rd Ilford ..... (020) 8500 5430
Bird & Fairley, Ltd, Dispng Optcns,
269 High Rd Loughton ..... (020) 8508 4070
Birk Video Productions, Ltd,
15 Highlands Gdns Ilford ..... (0843) 5157201
Birkbeck Tavern, The,
Birkbeck Tavern P H 45 Langthorne Road
Leytonstone ..... (020) 8539 2584
Bishop, Ltd,
3 Stanmore Way Loughton ..... (020) 8926 2010
Bishop of Barking, Barking Episcopal Office,
Barking Ldg Verulam Av E17 ..... (020) 8509 7377
Bites, UK, IT Support Service For The SME,
PO Box 2294 Woodford, Essex ..... (0845) 2211000
Biyoni Hair, Ltd, Haircare,
56 High St Wanstead ..... (020) 8530 1550
Or ..... (020) 8989 5308
Biz In Bloom, Floristcafe,
23 The Broadway Woodford Green ..... (020) 8559 1599
Bjs Fashion Ltd,
107A Ilford Lane Ilford ..... (020) 8478 2888
Black Deer,The,
Pound Field Road Loughton ..... (020) 8508 4440
Black Horse Estates, Ltd,
22 Kirkdale Rd E11 ..... (020) 8558 5533
Blackhorse Domestic Appliances,
1 Blackhorse Road London ..... (020) 8521 7446
Blackhorse Food & Wine,
73 Forest Rd E17 ..... (020) 8531 0728
73 Forest Road London ..... (020) 8527 3634
Blackstone Financial Advice, Ltd,
9 The Shrubberies George Lane London ..... (020) 8530 3655
Bladez Of Doner, Ltd,
748-750 Romford Road London ..... (020) 3941 6962
Blah D Blah Design, Ltd,
Marketing, Branding, Print, Web Development,
Ilford
Sales ..... (0872) 0855973
FAX ..... (0872) 0855973
Blak Diamond Social Care, Ltd,
36 Yellowpine Way Chigwell ..... (020) 3149 9619
Blake & Ernst, Limited,
102 Bressey Grove London ..... (020) 8257 7677
Blakesley Arms,The, Pblc Ho Entertainment,
53 Station Road E12 ..... (020) 8553 3432
Blase Hairdressers, Sal,
185A High Road Loughton ..... (020) 8532 1213
Bleepers Business Te,
Flat 1 241-243 High Road Ilford ..... (020) 8553 7869
Bleepers Business Te,
241-243 High Road Ilford ..... (020) 8553 7872
Blitz Gooday, Ltd,
18 Ravenings Pde Goodmayes Rd Goodmayes ..... (020) 8598 2288
Blobar67, Ltd,
87 Queens Road Buckhurst Hill ..... (020) 8505 3736
Bloom Of The Block,
148 Hoe Street E17 ..... (020) 8520 3307
Bloom Room,The,
Chingford Rly Stn Station App Stn Rd E4 ..... (020) 8529 8484
Bloomfield Leyton RTM Company, Ltd, Marketing Pr Advertising,
Bloomfield Court 2 Brisbane Road E10 ..... (020) 8558 4195
Bloomfield Leyton Rtm Company, Ltd, IT Telecoms Internet,
Bloomfield Court 2 Brisbane Road E10 ..... (020) 8558 7727
BLR LT, Ltd,
365 Eastern Avenue Ilford ..... (020) 7018 0259
Blue Dwellings, Ltd, Property,
39 Bressey Gro E18 ..... (020) 8530 7788
Blue Line Cars, (Ilford) Ltd, Mini Cab,
363 Ley St Ilford ..... (020) 8478 7263
Blue Sapphire Hotel, Ltd,
Blue Sapphire 643 High Road Ilford ..... (020) 3674 2194
Blue & White, Car Service,
809 High Rd Ilford ..... (0800) 3895185
Blue & White, Taxi,
809 High Road Ilford ..... (020) 8599 5000
Blue & White, Car Service,
809 High Rd Ilford ..... (0800) 3895185
Bluebell Dental Practice, Dent,
140 Tomswood Hl Chigwell ..... (0844) 8542752
Bluebell Dental Practice, Ltd,
140 Tomswood Hl Ilford ..... (020) 8500 6789
Bluebells Day Nursery (London), Nrsry,
283 Hall Lane Chingford London ..... (020) 8529 6058
Bluebird Care, (Redbridge),
137 George La E18 ..... (020) 8989 8444
Bluecross Locums, Ltd,
Bourne Ct Unity Trdg Est Southend Rd

Woodford Gn ..... (020) 8551 1001
Bluefire,
192b Chingford Mount Road London ..... (020) 8529 5885
Bluejay Homes, Ltd,
154 High Rd Chigwell ..... (020) 8502 7311
Bluestar Print Finishers,
Unit 2 Whilems Works Forest Road Ilford..... (020) 8500 7319
Bluestone FM, Ltd,
Suite B4 Balfour House 390-92 High Road Ilford ..... (020) 3149 8734
Bml,
259 Aldborough Road South Ilford ..... (020) 8590 2829
Bml,
King George Hospital Barley Lane Essex ..... (020) 8599 4265
Bml,
8 Cameron Road Ilford..... (020) 8598 9580
Bml,
357 Chigwell Road Woodford Bridge..... (020) 8505 7163
Bml,
229-231 Chingford Mount Road London ..... (020) 8529 7502
Bml,
Bp Greengate Connect, 709 Eastern Avenue Ilford..... (020) 8554 2295
Bml,
758 Eastern Avenue Ilford..... (020) 8554 5975
Bml,
619 Forest Road Walthamstow ..... (020) 8527 5461
Bml,
55-57 George Lane South Woodford ..... (020) 8989 1132
Bml,
206 New North Road Ilford..... (020) 8500 9940
Bml,
53 Sewardstone Road London..... (020) 8524 9446
Bml,
173 Wood Street Walthamstow ..... (020) 8509 1475
Bml,
Woodford Self Service Station Woodford New Road
London..... (020) 8505 9920
Bobo And Wild, Cafe,
127 George Lane South Woodford London ..... (020) 3674 6501
Bodrum Kitchen, Ltd,
303 Lea Bridge Road London ..... (020) 8556 9171
Body Bliss At Essentuals,
15 Electric Parade George Lane E18..... (020) 8989 9040
Body Clock Health Care,
108 George La E18 ..... (020) 8532 9595
FAX ..... (020) 8532 9551
Body Inc Spas, Ltd,
804 High Rd Ilford ..... (020) 8599 0101
Boiler & Heating Care, Ltd,
Unit 18 Leyton Business Centre Etloe Road
Leyton ..... (020) 3225 4071
Bojangles, Ltd, Brasserie Bar,
1 Old Church Road E4 ..... (020) 8529 8181
Boleyn Car & Van Hire, Ltd,
Unit 5-6,Period Wks 1 Lammas Rd E10..... (020) 8556 0595
Or..... (020) 8988 3203
Boleyn Court Management, Ltd,
Gleves Ldg Epping New Rd Buckhurst Hill ..... (020) 8505 8470
Bombay Kebab Original, (UK) Ltd,
465 High Road Leytonstone E11 ..... (020) 8556 0993
Bon Bons Beauty,
351 High Street North E1 ..... (020) 8472 1609
Bond Associates, Ltd,
500 Larkshall Road E4 ..... (020) 8418 5627
Bond Lovis Insurance Brokers Limited,
374-376 High Road Ilford ..... (0843) 8163478
Bone Dry,
59 Cowley Road Ilford..... (020) 8554 7284
Boningtons, Vals & Auctnrs,
Ambrose Ho Old Stn Rd Loughton..... (020) 8508 4800
Boningtons,
Ambrose Ho Old Stn Rd Loughton..... (020) 8508 4800
Boojhawon, R,
716 Lea Bridge Road E10..... (020) 8539 7215
Book & Go, Ltd,
64 Holmwood Rd Ilford..... (020) 8503 8333
Book Protectors, & Co, Bk Jacket Mfrs,
76 South Gro E17 ..... (020) 8520 0012
Book Shop Loughton,The,
150 High Road Loughton ..... (020) 8502 5500
Or..... (020) 8508 9855
Book Shop Loughton, The,
9 Stony Path Loughton..... (020) 8508 4928
Booker Hart, Ltd,
19 Market Pavilion New Spitalfiel Sherrin Road
London..... (020) 8539 8787
Boomer, E.F, Sgn Writing,Gilding,
28 Sunnydene Av E4 ..... (020) 8531 2742
Boonsong, Ltd, Trade,
4 Hoe Street Walthamstow London ..... (020) 8521 0949
Boots The Chemists,
Branches
Chigwell 169 Manford Wy Chigwell..... (020) 8500 4570
Chingford
19 Station Rd E4..... (020) 8529 2628
Ilford
117 High Rd Ilford ..... (020) 8553 0607
Leytonstone 813 High Rd Leytonstone E11 ..... (020) 8539 2550
South Woodford 170 George La E18..... (020) 8989 2274
Wanstead 59 High St E11..... (020) 8989 0511

Boots, UK Ltd,
247 High Rd Loughton..... (020) 8508 7497
Boraster Blinds & Shutters,
30 Victoria Rd E17 ..... (020) 8527 5599
Borno Chemist,
9 Signal Walk E4 ..... (020) 8527 1653
Borno, (Chemists) Ltd, Ret Pharmacy,
Broadway Mkt 15 Fencepiece Rd Ilford ..... (020) 8500 6714
69 Perrymans Fm Rd Ilford..... (020) 8554 3428
Borough Estates,
700 Lea Bridge Road London ..... (020) 8556 3699
Bosworths Family Butchers,
8A Church Hill Loughton ..... (020) 8508 4498
Boundary Surveillance, Ltd,
269 Boundary Road E17..... (020) 8520 1234
Boundary Surveillance, Ltd,
269 Boundary Road London ..... (020) 8509 8000
Boundary Surveillance, Ltd,
Office 7 Hillcrest House 49A Vicarage Road
London ..... (020) 3609 2110
Bow Joinery,
1b Cowslip Road E18..... (020) 8989 0404
Bower Chemist,
340 Grove Green Road E11 ..... (020) 8539 1922
BP Service Stations,
Leyton Service Station 666 High Rd Leyton..... (020) 8532 8585
Bradshaw Stairlifts, Ltd,
199 Manford Way Chigwell..... (020) 8252 8192
Braeside School, Ltd,
130 High Road Buckhurst Hill..... (020) 8504 1133
Brain Thomas,
412 Green Lane Ilford..... (020) 8590 4890
Brassington, & Co,
500 High Road Woodford Green..... (020) 3931 0097
Bray Glass,
704 Cranbrook Rd Ilford ..... (020) 8550 5755
Or..... (020) 8550 9432
Bread & Oregano, Ltd,
1 High Road Leyton Hainault Buildings Leyton ..... (020) 3859 8791
Breamfold Packaging, Ltd,
Unit 7 Avenue Indust Est,Justin Rd E4..... (020) 7249 6735
Or..... (020) 8527 6060
Bremadent Premier, Mr, Kq, (Bristol) Ltd,
25A St. James's Street E17 ..... (020) 8521 9456
Brian Thomas Financial Services, Ltd,
711 Cranbrook Rd Ilford..... (020) 8550 0500
Brick Lane Estates, Ltd,
16 Grovewood Place Woodford Green..... (020) 3971 4942
Bridge Building Supplies, Ltd,
Portacabin At 9 Mill Road Ilford..... (020) 8478 6442
Bridge Financial Services,
500 High Rd Woodford Gn..... (020) 8505 3563
Bridge Flooring,
650 Chigwell Road Woodford Green..... (020) 8505 5591
Bridge Recruitment,
112 Station Rd E4..... (020) 8529 0548
Bridge Telecomes, Ltd,
Unit 3, Oakfield Ho Oakfield Rd Ilford..... (0800) 2321343
Briggs, Allen, Ltd, Mtr,
(Sales) 47 Chingford Mt Rd E4..... (020) 8527 5004
(Service) 47 Chingford Mt Rd E4 ..... (020) 8531 8132
(Stores) 47 Chingford Mt Rd E4..... (020) 8531 8131
Briggs Motors,
24-26 CHINGFORD MOUNT ROAD LONDON..... (020) 8531 2004
Bright As White Cleaners Ltd,
251 Chingford Mount Road London ..... (020) 8529 4363
Bright Button Apps, Ltd,
43 Sedley Rise Loughton ..... (020) 8508 5446
Bright Futures Nursery,
1 Signal Walk London..... (020) 3719 4562
Bright Kids Nursery,
1 The Square High Road Leyton ..... (020) 8558 0666
BrightHouse, Radio TV & Video,
Walthamstow 72 High St E17..... (020) 8521 7757
Brit Windows, Ltd,
Unit Q2 Pegasus Works Roebuck Road Ilford ..... (020) 8500 9900
Britannia Halal Meat, Ltd,
141-43 Ilford Lane Ilford..... (020) 8553 4770
Britannia Pharmacy,
429-31 High Road Woodford Green..... (020) 8504 4049
Britannia Pharmacy,
414 Green Lane Ilford..... (020) 8590 6477
Ilford
53 Green Lane ..... (020) 8478 0484
Head Office Unit 1-4 Uppark Drive ..... (020) 8709 2744
Retail 21-23 Horns Road Ilford ..... (020) 8554 1313
417 The Loxford Polyclinic Ilford Lane Ilford ..... (020) 8478 4347
50 Queens Road London..... (020) 8520 2012
Britannia Pharmacy,
265 Aldborough Road South Ilford ..... (020) 8590 2353
Britcut2,
Elite Vision 230 High Street North London..... (020) 3092 7643
British Environmental Plumbing & Heating,
20 The Shrubbery, Grosvenor Rd E11 ..... (0800) 0665558
British Heart Foundation, Heart Research Charity,
Charity Shops
Furniture & Electrical Shops
Unit 23, The Mall, 47 Selborne Walk Walthamstow..... (0844) 2489103
Loughton 2 Centric Pde 200 High Rd..... (020) 8502 0888

Walthamstowe 257 High St..... (020) 8521 9500
Furniture & Electrical Shops 783-785 High Rd London.... (0844) 4994156
Furniture & Electrical Store
100 Cranbrook Road Ilford ..... (0844) 2489156
British Heart Foundation,
119C High Street Wanstead E11..... (020) 8530 0366
BRITISH TELECOMMUNICATIONS PLC,
Please see under BT
British Tenpin Bowlin Association,
114 Balfour Rd..... (020) 8478 1745
Brits Connect Limited,
52 Pyrles Lane Loughton ..... (020) 8508 2698
Britwise College, Ltd,
Cranbrook Ho Cranbrook Rd Ilford..... (020) 8514 0006
Broadway Chicken Pizza, Takeaway,
40 The Broadway Loughton ..... (020) 8502 1222
Broadway Fish House,The,
7 The Broadway Woodford Green ..... (020) 8506 9538
Broadway Mini Cabs,
Booking Hall Debden Stn Loughton ..... (020) 8502 3344
Broadway Music & Vision, Sales,Serv,TV,Elec Gds,
8 The Broadway Woodford Green ..... (020) 8504 7500
31 The Broadway Woodford Green ..... (0843) 5152409
Broadway Saloon, Ltd,
249 High Road Ilford..... (020) 8514 5191
Broadway Surgery,The,
3 Broadway Gardens Monkhams Avenue
Woodford Green ..... (020) 8505 3204
Brocade, Clothg Shop,
201 Ilford La Ilford ..... (020) 8514 4000
Broda Cycles,
394 Forest Road London ..... (020) 7062 6709
Broker House Insurance Services, Ltd, Ins Brok,
18 Station Rd E12 ..... (0872) 4365850
Broker House Lettings, Ltd,
18 Station Road E12 ..... (020) 8478 8203
Brook Buds, Ltd, Flors Cards & Gifts,
12 Brook Parade High Road Chigwell ..... (020) 8500 2002
Brook, J,
Baytree House 2 Dells Close E4 ..... (020) 8529 0471
Brook Physiotherapy, Ltd,
Virgin Active Health Club Manor Rd Repton Park
Woodford Green ..... (020) 8501 1449
Brooks,
2 High Road Chigwell..... (020) 8500 3515
Brooks Jewellery Services,
45 Atherton Road Ilford..... (020) 8551 7999
Brookside Garage,
Brookside Gravel Lane Chigwell ..... (020) 8500 3136
Broom Builders,
24 Westwood Rd Ilford..... (0845) 2637993
Broomes Newsagents,
34 Queens Rd Buckhurst Hl..... (020) 8504 4213
Brothers Accountants, Ltd, Commercial Personal Accountant,
441 High Street North Manor Park London ..... (020) 8548 1000
Brothers Cake & Patisserie, Ltd,
861 Romford Road London ..... (020) 3089 3162
Brothers Fish Bar, The,
7 Cameron Road Ilford ..... (020) 8597 6873
Brothers Fish Bar, UK Ltd,
122 Wood Street London ..... (020) 8509 2249
Brothers Foods Store London, Ltd, Wholesale Retail,
424 High Street North E12..... (020) 8471 0510
Browline Consulting, Ltd,
Unit 16 Bourne Court Unity Trading Estate Southend Road
Woodford Green ..... (020) 8141 5888
Brown Eagle Supreme, Ltd,
107 Old Church Road E4..... (020) 3245 0060
Browning Off Licence,
110 Browning Road E12 ..... (020) 8586 9077
Browning Off Licence, Ltd, Wines & Beer,
Browning Off Licence, 110 Browning Road London..... (020) 3689 0216
Bruce Burke, & Co. Ltd, Ins Broks,
819 High Rd Ilford..... (020) 8597 2515
819 High Rd IG3..... (0872) 4365733
819 High Rd Ilford..... (020) 8597 6669
Brunch Cafe & Grill London,
698 High Road Leyton E10..... (020) 8558 0356
BS Solicitors, Ltd,
602a High Road Ilford..... (020) 8503 8615
Bs10, Ltd,
Flat Over 168 Fencepiece Road Ilford..... (020) 8500 3838
BSB Outdoor, Ltd,
1 Railway Ter E17..... (020) 8531 8844
Bsip Walthamstow Foods, Ltd,
290 Hoe Street Walthamstow London..... (020) 8509 0301
BT,
Services & Subsidiaries
Audio Conferencing Services
see BT Conferencing
BT Directories
Directory Enquiries
UK & Irish Directory Enquiries 118 500
International Directory Enquiries 118 505
International Directory Enquiries from Payphones 118 060
UK Classified Service 118 500
UK & Irish Directory Enquiries for Business Users 118 707
UK & Irish Directory Enquiries for Welsh Speaking 118 404
UK & Irish Directory Enquiries from Payphones 118 141

Blind & Disabled Directory Enquiries 195
Operator Assistance
UK Operator 100
International Operator 155
Special Operator Assistance 198
Video Conferencing Services
see BT Conferencing
BTA Contract Interiors, Ltd,
First Floor 142A Hermon Hill E18 ..... (020) 8245 2301
Buckhurst Chauffeur Services, Ltd,
82 Station Wy, Buckhurst Hl Essex ..... (0845) 2699127
Buckhurst Hill Bowling Club,
72 Epping New Road Buckhurst Hill ..... (020) 8504 0780
Buckhurst Hill Convenience Store & Post Office,
167 Queens Road Buckhurst Hill ..... (020) 8505 5216
Buckhurst Hill County Primary School,
Buckhurst Hl County Primary Lower Queens Rd
Buckhurst Hl ..... (020) 8505 7300
Buckhurst Hill Cricket Club,
Buckhurst Hill Cricket Club Roding Lane
Buckhurst Hill ..... (020) 8504 5652
Buckhurst Hill Information Centre,
George Ct Queens Rd Buckhurst Hill ..... (020) 8498 9933
Buckhurst Hill Parish Council,
50 Loughton Way Buckhurst Hill ..... (020) 3089 9492
62 Queens Rd Buckhurst Hl ..... (020) 8498 9933
FAX ..... (020) 8498 9966
Buckhurst Hill Station News Kiosk,
Buckhurst Hl Stn Station App Buckhurst Hl ..... (020) 8559 0640
Buckhurst Hill Store, Ret,
81 High Rd Buckhurst Hl ..... (020) 3225 0071
Buddies School Of Motoring,
Ilford
249 Aldborough Rd Sth ..... (020) 8598 9743
Budget Insurance, Ins,
905 Romford Rd E12 ..... (0872) 4358686
Budget Insurance Services,
Walthamstow
390 Hoe St E17 ..... (0871) 9719631
Budget Windscreens, Mobile Windscreen Replacements,
Ilford ..... (020) 8599 1825
Budo Store, Ltd,
249 Markhouse Road E17 ..... (020) 8556 8887
Buhler And, Co,
8 Chingford Road London ..... (020) 8527 3652
Build, Graphic Design,
Unit 15,Hiltongrove Bsns Cntr Hatherley Mws E17 ..... (020) 8521 1040
Builders' Warehouse,The,
Walthamstow Selco Trade Centre Walthamstow Av E4 ..... (020) 8501 8700
Buildersmart, Ltd,
104 Manford Wy Chigwell ..... (020) 8500 8814
Or ..... (020) 8500 8818
Building Maintain, Ltd,
77 Ilford ..... (020) 3621 1564
Built On The Rock International Ministries,
140 Boundary Rd E17 ..... (020) 8503 7006
BUPA,
Health Care
42-48 High Rd South Woodford ..... (020) 8913 2800
Roding Hospital Roding La South Ilford ..... (020) 8551 1100
Buraq Private, Ltd,
9 Hall La E4 ..... (020) 8524 3209
Burch Drainage,
40 Bourne Gardens London ..... (020) 3754 3601
Burch Services, Ltd,
Burwell Indust Est Burwell Rd E10 ..... (020) 8556 1222
Burger King,
Unit F Marshall Road E10 ..... (020) 8988 1478
Burger Wingz, UK Ltd,
249 Chingford Mount Road Chingford ..... (020) 8529 0180
Burlington Motor, Co London Ltd,
135-137 Station Road E4 ..... (020) 8500 5588
Burney Legal,
Unit 2A Bourne Court Unity Trading Estate, Southend Road
Woodford Green ..... (020) 8550 1024
Unit 6 Bourne Ct Unity Trading Est, Southend Rd
Woodford Green ..... (020) 8551 2211
Burnt Ltd,
Railway Arches, 161a Midland Road London ..... (020) 3648 0401
Burton News, Nwsagt,
595 Cranbrook Road Ilford ..... (020) 8551 1463
Burton Performance Centre, Mtr Acces,
629 Eastern Av Ilford ..... (020) 8554 2281
Burwell Motors, Commercial Vchle Rprs,
East 10 Enterprise Pk Argall Wy E10 ..... (020) 8558 1455
5 Parkland Clo Chigwell ..... (020) 8500 1135
Bury Social Club,
Aldborough Rd Sth Newbury Pk Ilford ..... (020) 8590 3571
Business, Bsns,
Gable House 1 Balfour Road Ilford ..... (020) 3581 9476
Business, Bsns,
281 Forest Road Walthamstow London ..... (020) 3583 5286
Business, Bsns,
143 High Street London ..... (020) 3719 2605
Business, Bsns,
86 Westbury Lane Buckhurst Hill ..... (020) 3556 9275
Business International, (GB) Ltd,
3 Oakfield Ho 1 Oakfield Rd Ilford ..... (020) 8553 2503
Butler, A.G, & Son Ltd, Funrl Dirs,
333 Green La Ilford ..... (020) 8599 7832
Butler & Stag, Estate Agency,
Lincoln House 184-86 Queens Road Buckhurst Hill ..... (020) 8504 9000
Butt & Co Accountants, Ltd,
161 Ley Street Ilford ..... (020) 8514 8014
Butt, & Co Acctnts Ltd,
161 Ley Street Ilford ..... (020) 8553 3504
Buy Labels For Less, Ltd, Ret Store,
51 High Street Barkingside ..... (020) 8550 5108
Buytech Ltd,
Unit 15 Warley Close London ..... (020) 8556 4654
Buzby's Garage, Ltd,
45 Salisbury Road E4 ..... (020) 8524 1700
Bven Logistics, Ltd,
3 Staffa Rd E10 ..... (020) 8539 6661
By Design, Jwlrs & Pwnbrkrs,
218 High Street E17 ..... (020) 8520 2310
Bycity, Ltd,
85 Brunner Road E17 ..... (020) 8521 5653
Byron, Gents Barbs,
3A Broadway Market Fencepiece Road Ilford ..... (020) 8501 2728
C A E Diesel, Ltd,
Sewardstone Hall Fm Sewardstone Rd E4 ..... (020) 8524 8432
C A E Diesel, Ltd,
Sewardstone Hall Fm Sewardstone Rd E4 ..... (020) 8527 8077
C B Distributors,
Confrontation Press 240 Church Road E10 ..... (020) 8556 5510
C & C Accountants, Acctnts,
40 Station Road Manor Park London ..... (020) 8911 0913
C Electrical Services, Ltd,
1A Melford Rd Ilford ..... (020) 8911 9101
C & G Computer Supplies,
The Shrubberies George La E18 ..... (020) 8518 8266
C G Metal Spinners,
34 Fairways Bsns Pk E10 ..... (020) 8532 8314
C H Domestic, Dom Ret Store,
921 Romford Rd E12 ..... (020) 8514 0241
C K Solicitors,
717 Leytonstone Rd E11 ..... (020) 8536 9911
FAX ..... (020) 8536 9922
C & N Plumbing, Ltd,
120 Chingford Mt Road E4 ..... (020) 8524 8006
C & S Builders Merchants, (Stamford Hill) Ltd,
151 Blackhorse Lane E17 ..... (020) 8498 2000
126 Grove Green Road Leytonstone ..... (020) 8539 2391
C W Print Group,
Loughton
Oakwood Hl Indust Est Oakwood Hl ..... (020) 8498 6800
Ca Phe Sang, Ltd,
642 Lea Bridge Road London ..... (020) 8556 6110
Cabot Enterprise, Ltd,
1 Westview Drive Woodford Green ..... (020) 3771 8066
Cabsurance, Ltd,
606 High Rd Seven Kings ..... (020) 8597 2622
Cafe 6,
378 Ilford Lane Ilford ..... (020) 8616 0051
Cafe 2007 Ltd,
67 Station Road London ..... (020) 8524 3925
Cafe Bengal, Rstnt,
41 The Broadway Loughton ..... (020) 8508 2526
Cafe De Vivaldi Restaurant,
236 High Road Loughton ..... (020) 8502 4326
Cafe Ila,
121 Fencepiece Road Ilford ..... (020) 8500 6420
Cafe Mondial, Cafe,
367 High Road Leyton E10 ..... (020) 7998 3939
Cafe Royale,
65 George Lane E18 ..... (020) 8530 7646
Cafegullotti, Ltd, Wholesale Retail,
62 Borders Lane Loughton ..... (020) 8502 3703
Cafepoint,
13 Highams Lodge Business Centre Blackhorse Lane
E17 ..... (020) 8523 3000
Cagdas, Offlicence,
459-461 High Road Leytonstone E11 ..... (020) 8558 8433
Cagdas, Mr, S, Harrow Green New Agent,
461 High Road Leytonstone Leytonstone London ..... (020) 8539 7583
Cain Motors, Gar Servs,
Sansom Road E11 ..... (020) 8539 5026
Calabash, Restaurant,
12 Chapel Road Ilford ..... (020) 8911 8350
Calabash Catering Services,
12 Chapel Road Ilford ..... (020) 8091 7904
Call Center Associates,
Becketts Ho Ilford Hl Ilford ..... (020) 8514 7400
Cambridge Day Nursery Limited,
38 Cambridge Road Ilford ..... (020) 8598 8059
Cambridge Nursing Home, Ltd,
61 Cambridge Pk E11 ..... (020) 8989 1175
Camden Plant, Ltd,
Portacabin Pumping Station ..... (020) 8559 3000
Camden Town Typesetters,
Sutherland Ho Sutherland Rd E17 ..... (020) 8523 6700
Camelot, Ltd,
52 Sewardstone Road E4 ..... (020) 8529 1374
Camires Hair Lounge,
Allure Beauty Care, 420 Green Lane Ilford ..... (020) 8599 8084
Cancer Research, UK,
Shops
Barkingside 3 High St ..... (020) 8551 8124
Ilford 36 Little Gearies Cranbrook Road ..... (020) 8553 0903
Ilford 36 Cranbrook Rd IG1 ..... (0872) 4358190
Loughton 246 High Rd ..... (020) 8508 5727
Cani Property Services,
Countrywide Ho High St E11 ..... (020) 8530 6644
Canimsin Limited,
328 Hoe Street London ..... (020) 8252 0433
Canon Business Solutions,
Consumables Sales
Consumables Sales ..... (0844) 8920844
Canopy Goodmayes, Canopy Goodmayes,
55 Goodmayes Road Ilford ..... (020) 3802 5613
Cantale Tony Designs, Graphic Typographic,
4 Broadmead Rd Woodford Gn ..... (020) 8504 6030
Capel, C S, Ltd,
638 Cranbrook Rd Ilford ..... (020) 8518 5354
Capel Waterproofing, Ltd,
Unit 4B The Acorn Centre Roebuck Road,Hainault Business Park
Ilford ..... (020) 8500 9574
Capisco, Ltd, Architectural Metalwork & Patination,
Unit 1 Period Wks 1 Lammas Rd E10 ..... (020) 8532 8838
Capital Cafe, Limited,
16B Raven Road South Woodford,London ..... (020) 8505 7269
Capital Carpets,
68 Chigwell Rd E18 ..... (020) 8530 3313
Capital Carpets & Flooring Contractors,
68 Chigwell Road London ..... (020) 8530 3401
Capital Finance,
Kirkdale Ho Kirkdale Rd E11 ..... (020) 8539 3322
Capital Granite, Ltd,
Unit 8 Lockwood Wy E17 ..... (020) 8531 2963
Capital Letting & Estate Agents, Ltd,
316 High Road Leyton London ..... (020) 8558 3688
FAX ..... (020) 8558 2155
Capital Linen, Ltd,
Unit 4 17 Argall Avenue Leyton ..... (020) 8985 7563
Capital Locums, Ltd,
156 Loughton Way Buckhurst Hill ..... (020) 8559 1011
Capital & Regional Property Management,
Upper Level The Exchange High Rd Ilford ..... (020) 8553 3000
Capital Removal Service,
3 Bowland Rd Woodford Gn ..... (020) 8505 7287
Capital Security Service, Ltd,
8 Bourne Ct Woodford ..... (020) 8498 8888
Capital Stone Renovation, Ltd,
Sewardstone Hall Farm Sewardstone Road E4 ..... (020) 8524 5849
Capla, Ltd,
81A Station Rd E4 ..... (020) 8524 0435
Caplen Estates, Ltd,
12 Queens Road Buckhurst Hill ..... (020) 8505 6685
Caprinos Pizza,
17 Cranbrook Road Ilford ..... (020) 8553 9444
Car Doctor Mobile Car Body Repairs, Ltd, Car Rprs/Gars,
51 Kings Road London ..... (0843) 8164129
Car Drift, Ltd,
741 High Road Ilford ..... (020) 3700 1130
Car Planet, Ltd,
745 High Road Ilford ..... (020) 7646 4444
Car Sound Security,
2a Cantley Gardens Ilford ..... (020) 8554 5554
Car Special Locksmiths, Locksmiths. 24 Hour Emergency, Auto
Locksmiths,
Hoe St LONDON ..... (0844) 4117993
Cardcraft, Ltd,
174a George Lane South Woodford London ..... (020) 8530 5978
Care 2 Share, Ltd,
19 St Mary Rd E17 ..... (020) 8520 7762
Care And Repair,
179 Manford Way Chigwell ..... (020) 8500 5057
Care Avenues, Ltd, Care Agcy,
202 Olympic Ho 28 Clements Rd Ilford ..... (020) 8514 7755
Care Central, Ltd,
76 Markhouse Road London ..... (020) 3489 0687
Care Central, Ltd,
76 Markhouse Rd E17 ..... (020) 8223 0100
Care Management Group, Ltd,
1 Cleveland Rd E18 ..... (020) 8530 2180
Care Optics, Opticians,
14 The Broadway Woodford Green ..... (020) 3551 6075
Care UK-Ivy Grove,
71 Hatch Lane E4 ..... (020) 3225 4075
Career Advice London, Careers Advice,
Hainault Road London ..... (0871) 2217688
Career Advice London, Careers Advice,
High Road London ..... (0871) 2217687
Career Advice London, Careers Advice,
High Street London ..... (0871) 2217689
Career Advice London, Careers Advice,
Hoe Street London ..... (0871) 2217694
Career Advice London, Careers Advice,
New Road London ..... (0871) 2217681
Career Advice London, Careers Advice,
Woodford Road London ..... (0871) 2217695
Career Online, Ltd,
Arodene Ho Perth Rd Ilford ..... (020) 8554 9968
Careers Enterprise, (Future) Ltd,
3Rd Floor Bdwy Chmbs 1 Cranbrook Rd Ilford ..... (020) 8514 9560
Caremark, (Red Bridge), Caremark,

19B Mill La Woodford Gn ..... (020) 8504 0111
Carers Support Group, (Waltham Forest),
St. Andrews Cntr Church Rd E17 ..... (020) 8531 9652
Carers Trust,
Unit 14, Bourne Ct Unity Trading Est, Southend Rd
Woodford Green ..... (0844) 8004361
Caretech, Ltd,
26 Brisbane Road Ilford ..... (020) 8518 3216
Carewatch,
Forest
508 High Rd Woodford Gn ..... (020) 8505 2211
Caribean Foods, Ltd,
235 High Street E17 ..... (020) 8509 9880
Carlton Construction,
21 High Street Wanstead London ..... (0843) 5156990
Carlton Construction, Ltd,
23 Lancaster Avenue E18 ..... (020) 8532 9988
Carlton Financial Services, Financial Servs,
742 Eastern Av Ilford ..... (020) 8554 0000
Carlton Grove Developments, Ltd,
Boiler Room 80 Ruckholt Rd E10 ..... (020) 8556 1457
80 Ruckholt Rd E10 ..... (020) 8558 7459
Block A Core 5 80 Ruckholt Rd E10 ..... (020) 8556 0255
Carlton Grove Developments, Ltd Ltd,
Lift Line Rookery Court 80 Ruckholt Road E10 ..... (020) 8558 6332
Carlton Leisure, UK Ltd,
742 Eastern Av Ilford ..... (020) 8554 4200
Carole Langley, Ltd, Flor,
33 Station Rd E4 ..... (020) 8529 4130
FAX ..... (020) 8524 3414
Carouse London, Ltd,
151 Forest Road Walthamstow London ..... (020) 4537 0079
Carousel Amusements,
795 High Road Leytonstone London ..... (020) 8558 2646
Carpet 4 Less, Crpt Wholsalers,
Unit 10-11 The Deacon Estate Cabinet Way London ..... (020) 8531 4190
Carpet 4 London,
50 St. Albans Crescent Woodford Green ..... (020) 8505 1432
Carpet Factory Outlet,
186A Hoe St E17 ..... (020) 8503 6533
Carpet & Flooring,
Unit E1 Stour Rd E3 ..... (020) 8525 5691
Carpet Shop,The, Crpt Shop,
5 Albert Crescent Chingford ..... (020) 3859 5228
Or ..... (020) 3935 8701
Carpet World London,
1 The Deacon Estate Cabinet Way E4 ..... (020) 8523 5858
Carpet World, Ltd, Ltd,
Carpet World, 2 Cabinet Way London ..... (020) 8527 3475
CARPHONE WAREHOUSE, Ltd, Mobile Phone Retailer,
Ilford
353 Eastern Avenue Ilford ..... (0843) 5380167
100 High Rd ..... (0870) 1682167
Or ..... (0870) 7204167
Walthamstow
Unit 30 Selbourne Wlk Walthamstow ..... (0870) 1682242
CARPHONE WAREHOUSE, Ltd, Mobile Phone Retailer,
Carrolls Jewellery, M, Mobile,
51 Queens Road Buckhurst Hill ..... (07985) 646636
Cars Hunt, Ltd,
769 High Road Ilford ..... (020) 8590 5440
Cartel Financial & Property Services,
598 Green La Ilford ..... (020) 8599 5935
Carter Clark, Insolvency Practioners,
64 Station Rd E4 ..... (020) 8524 1447
Carter Devile, Solrs,
592 Green La Ilford ..... (020) 8590 1066
82 Queens Rd Buckhurst Hill ..... (020) 8506 0636
82 Queens Road Buckhurst Hill ..... (020) 8504 2461
Carter Global, UK Ltd,
Unit 1c-1d Maybank Road Industrial Estate 109 Maybank Road
E18 ..... (020) 8504 2887
Cartier Estate Agent, Estate Agent,
623 High Road Ilford ..... (020) 8599 0000
Cartwright Cunningham Haselgrove, & Co, Solrs,
Chingford
233A Chingford Mt Rd E4 ..... (020) 8524 2878
Walthamstow
282 Hoe St E17 ..... (020) 8520 1021
Woodford Green
13 The Broadway ..... (020) 8506 5200
FAX ..... (020) 8506 5202
Carvery, Ltd, The,
Unit 3 Warley Close E10 ..... (020) 8539 7555
Carvery,The,
Unit 3 Lea Park Trading Estate Millicent Road
E10 ..... (020) 8533 9532
Cash Converters,
Leyton 795 High Road Leyton E10 ..... (020) 8558 7776
Cash Converters Ilford,
87 Cranbrook Road Ilford ..... (020) 8514 6010
Cash Convertors,
Walthamstow 12 St. James St E17 ..... (020) 8521 5550
Cash Dynamics, Ltd,
8-10 Fowler Road Hainault Business Park Ilford ..... (020) 8500 5462
Cashrite Store.Com, Cash Converters,
670-672 High Road Leytonstone ..... (0870) 1021212
Cassia Contract Manufacturing,
Unit 2 Lennox Road E17 ..... (020) 8509 1440
Castle Motors,
1 Sansom Road E11 ..... (020) 8539 2514
Castle,The,
High Rd Woodford Gn ..... (020) 8505 8615
Castleman, B,
Flat 10 Homecherry House, 86 High Road Loughton ..... (020) 8502 4490
Catalyst Image Solutions, Ltd,
83 Hurst Avenue E4 ..... (020) 8524 0791
Caterers Agency,The,
620 High Rd Leytonstone E11 ..... (020) 8539 9662
Catering By Clarke's, Ltd,
65 Century Rd E17 ..... (020) 8503 3033
Catering Leasing Solutions, Ltd,
15 Beehive Lane Ilford ..... (020) 8554 1229
Catholic Church,
See under Churches & Other Places of Worship
Catholic Church Of SS Peter & Paul,
342 High Road Ilford ..... (020) 8478 0583
Caton & Partners, Chrtd Acctnts,
8 George La E18 ..... (020) 8989 0077
Catt, D, (Spitalfields) Ltd,
Stand 52 Market Pavilion New Spitalfields Mkt Sherrin Rd
E10 ..... (020) 8558 9787
FAX ..... (020) 8556 2168
Catwalk Pets & Aquatics,
159 High St Barkingside ..... (020) 8551 3933
CAVE RESCUE,
In Emergency dial 999 and ask the operator for Cave Rescue
Cavendish Pharmacy,
281 Forest Road E17 ..... (020) 8527 1358
Caxton Development Centre,
2 Caxton Pl Roden St Ilford ..... (020) 8477 1800
Cbd Friends Uk,
Bengal Parade Bengal Road Ilford ..... (020) 3715 8018
C&C Planet & Construction, Ltd,
1 Ferndale Av E17 ..... (020) 8923 7788
Ccf Plant Hire,
Unit 9 Orient Industrial Park Simonds Road E10 ..... (020) 8518 7004
Cedarhyde Properties,
The Manor Flat 26 Regents Drive Woodford Green ..... (020) 8500 7489
Cedars Dental Practice,
775 High Road Leyton E10 ..... (020) 8558 1122
Ceejay Maintenance, Ltd,
Fairways Bsns Pk Lammas Rd E10 ..... (020) 8518 7644
Celtmark, Ltd,
125 High Street Wanstead E11 ..... (020) 8989 1098
Cennox,
Post Office, 481 Hale End Rd London ..... (020) 8617 0543
Central Accounting Services,
170 Church Road E10 ..... (020) 8539 7599
Central Baptist Church,
101a Orford Road London ..... (020) 8503 7577
Central Financial Services,
281 High Street North E12 ..... (020) 8471 2828
Central Properties Estates, Ltd,
179 Hoe St E17 ..... (020) 8520 0033
Central Radio Cars, Taxi,
13 Lukin Cres E4 ..... (020) 8524 7000
Central Radio Cars, Taxi,
15 Rolls Pk Rd E4 ..... (020) 8527 7000
Central Radio Cars,
9 Station App, Hoe St E17 ..... (020) 8520 5111
Central Restaurant And Lounge,
271 Green Lane Ilford ..... (020) 3565 8307
Or ..... (020) 8599 4181
Centurion Staunch Innovative Solutions,
14 Westernville Gardens Ilford ..... (020) 8050 5630
Century 21,
Century 21 Primeview Esta, 310-312 High Road Leyton
Leyton ..... (020) 8926 7538
Century 21 Cameron Adams,
30 Church La E11 ..... (020) 8558 2000
Century 21 Goodmayes, Est Agt,
102 Goodmayes Road Ilford ..... (020) 8547 2870
Century 21 Goodmayes, Ltd, Estate Agents,
102 Goodmayes Road Ilford ..... (020) 8597 1900
Century 21 Harris & Martin Sales, Ltd,
87 Hoe St E17 ..... (020) 8923 2121
Century 21 Primeview Estates,
312 High Rd Leyton E10 ..... (020) 8923 8884
Cex,
36 Selborne Walk London ..... (020) 8509 3467
CHA,
347 Higham Hill Road E17 ..... (020) 8527 5535
Chabad Lubavitch Centre,
395 Eastern Av Ilford ..... (020) 8554 1624
Chader, Co,
Flat 21,Harley Court Blake Hall Road London ..... (020) 3302 1911
Chadwell Travel, (Goodmayes) Ltd,
514 High Rd Ilford ..... (020) 8597 7483
FAX ..... (020) 8599 3045
Chadwell Travel Ltd,
Chadwell Travel Highbury House 516 High Rd
Ilford ..... (020) 3759 2430
Chai Pan, Sushi Rstnt,
167 High Rd Loughton ..... (020) 8508 3443
Chaii Club, Ltd,
128 Hoe Street London ..... (020) 3795 1799
Chaii Studio,
106 Ilford Lane Ilford ..... (020) 3532 1080
Chaman Sweets & Bakers, Ltd,
296 High Street North Manor Park London ..... (020) 3719 2893
Chambers, T, & Son Ltd,
583 High Road Leyton Leyton ..... (020) 8539 6491
Chan, B, Dent Surg,
11 High St E11 ..... (020) 8530 4230
Chandarana, & Co,
297 High Rd Ilford ..... (020) 8478 2475
Chandra Express, U K Ltd,
30a Woodford Avenue Ilford ..... (020) 3887 9959
Channai Spice Hyderabad Biryani Ltd,
367 High Street North London ..... (020) 3016 5259
Charcoal Grill Loughton, Ltd,
166 High Road Loughton ..... (020) 8532 0961
Charis Christian Centre,
78 CAPWORTH STREET LEYTON LONDON ..... (020) 8988 0000
Charles Letchford, & Sons,
145 Ley St Ilford ..... (020) 8514 2282
Charles Letchford & Sons, Ltd, Insurance Providers,
145 Ley Street Ilford ..... (0843) 8163463
Charles Peter, & Co,
359 Eastern Av Ilford ..... (020) 8550 4455
Charles Simmons Immagration Solicitors,
31 York Rd Ilford ..... (020) 8514 0222
Charles Simmons Immigration Solicitors,
31 York Road Ilford ..... (020) 8514 0000
Charles Simmons Solicitors, Solrs,
45 Cranbrook Rd Ilford ..... (020) 8911 8841
Charles Simmons Solicitors,
45 Cranbrook Road Ilford ..... (020) 7998 1517
Charlesworth, Ltd,
84a Gaysham Avenue Ilford ..... (020) 3874 2212
Charlie Brown's Car Wash,
162 Chigwell Road E18 ..... (020) 8505 1456
Charm Office Solutions,
3 Grosvenor Road London ..... (020) 3031 1535
Charter Mandell,
Bourne Ct Unity Trdg Est Southend Rd
Woodford Gn ..... (020) 8551 5182
Chartered Insurance Institute,
42-48 High Rd E18 ..... (020) 8989 8464
Chartered Insurance Institute, Ltd,
42-48 High Road South Woodford ..... (0843) 8162984
Chasha Bubble Tea, Ltd,
14 Cameron Road Ilford ..... (020) 4539 5269
Chasni Mithai House, Sweet Shop,
627A High Road Ilford ..... (020) 8590 8888
Chatham-Glyn Fabrics, Ltd,
74 Norlington Rd E10 ..... (020) 8558 7705
Chaudharys Peri Peri,
195 High Street Walthamstow ..... (020) 3441 9504
Cheeko Mot Centre, Wholesale Retail,
431 Ilford Lane Ilford ..... (020) 8514 0404
Chelsea Cleaning Contractor, Off Clng,
FAX ..... (020) 8551 8804
Chelsea Cleaning Contractors,
11-17 Hainault Business Park Ilford ..... (020) 8500 9421
CHELTENHAM & GLOUCESTER, Plc,
Branches
Chingford
36 Old Church Rd E4 ..... (020) 8529 0041
Chennai Store, Uk Ltd, Gen Store,
318 High Street North E12 ..... (020) 8471 6161
Cheques Cashed,
114 High Street E17 ..... (020) 8520 6857
Cherry Retail, Ltd,
97 Lea Bridge Industrial Estate Lea Bridge Road
E10 ..... (020) 8539 7247
Cherryland Patisserie, Cafe,
115 Fencepiece Road Ilford ..... (020) 8502 6333
Cherrywood Projects, Ltd,
2 Station Parade Cherry Tree Rise
Buckhurst Hill ..... (020) 8505 0150
Chevin Video, Ltd,
5 Sunnymede Chigwell ..... (020) 8502 7232
Chevron Distribution Limited,
123 Hall Lane London ..... (020) 8524 8240
Chewton Rose Of,
Chigwell
728 Chigwell Rd Woodford Green ..... (020) 8504 0977
Chicken 4 U, Take Away,
409 Ilford Lane Ilford ..... (020) 8478 1569
Chicken Spot E17, Ltd,
392 Hoe Street E17 ..... (020) 8521 1786
Chicken Wings Takaway,
19 St James Street Walthamstow ..... (020) 8127 5820
Chicks Chicken And Pizza,
497 High Road Leytonstone London ..... (020) 3208 0019
Chigwell And Hainault Synagogue,
Chigwell And Hainault Synagogue Limes Avenue
Chigwell ..... (020) 8500 0215
Chigwell Carpet Centre,
177 Manor Rd Chigwell ..... (020) 8500 4545
Chigwell Cars, Ltd,
191 Manor Rd Chigwell ..... (020) 8500 7777
Chigwell Catering, Fish Bar,
10a Brook Parade High Rd Chigwell ..... (020) 8500 6127
Chigwell Construction, (London) Ltd,

Aaron House,Unit 8 Forest Road,Hainault Business Park
Ilford ..... (020) 8500 4100
Chigwell Convent,
803 Chester Road Chigwell ..... (020) 8506 0329
Chigwell Day Care,
College Nursery Luxborough Lane Chigwell ..... (020) 8505 2162
Chigwell Food & Wine, Ltd,
652 Chigwell Road Woodford Green ..... (020) 8504 6544
Chigwell Golf Club,
(Clubhouse) High Rd Chigwell ..... (020) 8500 2059
Chigwell Golf Shop,
56 High Road Chigwell ..... (0843) 5156020
Chigwell & Hainault Synagogue,
Limes Av Chigwell ..... (020) 8500 2451
Chigwell Medical Centre,
300 Fence Piece Road Ilford ..... (0844) 3878866
Chigwell Plumbers,
32 Aragon Drive Ilford ..... (020) 8172 0070
Chigwell Primary Academy,
Mandir Lane Chigwell ..... (020) 8500 2666
Chigwell Riding Trust For Special Needs,
Grange Farm High Road Chigwell ..... (020) 8500 6051
Chigwell Row Infant School,
43 Lambourne Road Chigwell ..... (020) 8500 3355
Chigwell School,
Headmaster
Admissions Secretary ..... (020) 8501 5706
Development Manager ..... (020) 8501 5705
Director of Studies ..... (020) 8501 5706
Examinations Officer ..... (020) 8501 5708
Headmaster ..... (020) 8501 5701
HM Secretary ..... (020) 8501 5703
School Secretary ..... (020) 8501 5704
Second Master ..... (020) 8501 5730
Academic
Head of Art ..... (020) 8501 5731
Head of CDT ..... (020) 8501 5732
Head of Economics ..... (020) 8501 5733
Director of IT ..... (020) 8501 5734
IT Technician ..... (020) 8501 5743
Biology Prep. Room ..... (020) 8501 5735
Careers ..... (020) 8501 5746
Chaplain ..... (020) 8501 5744
Chemistry Prep. Room ..... (020) 8501 5756
Gymnasium ..... (020) 8501 5737
Head of Classics ..... (020) 8501 5739
Head of Foreign Languages ..... (020) 8501 5740
Head of Geography ..... (020) 8501 5738
Head of Mathematics ..... (020) 8501 5741
Head of Science ..... (020) 8501 5736
Head of VI Form ..... (020) 8501 5751
House Master Caswalls ..... (020) 8501 5752
House Master Lambourne ..... (020) 8501 5753
House Master Penn's ..... (020) 8501 5754
House Master Swallow's ..... (020) 8501 5757
Library ..... (020) 8501 5745
Music Department ..... (020) 8501 5742
Physics Prep. Room ..... (020) 8501 5755
Sports Hall ..... (020) 8501 5750
U.C.R ..... (020) 8501 5760
Boarding Houses/Sanatorium
Grange Court House Master ..... (020) 8501 5761
Grange Court Deputy House Master ..... (020) 8501 5762
Grange Court Assistant House Master ..... (020) 8501 5764
Hainault House Master ..... (020) 8501 5765
Hainault House Matron ..... (020) 8501 5763
Sanatorium ..... (020) 8501 5766
Sandon House Mistress ..... (020) 8501 5710
Bursar
Bursar ..... (020) 8501 5711
Bursar's Secretary ..... (020) 8501 5712
School Accountant ..... (020) 8501 5713
Housekeeper ..... (020) 8501 5714
Bursar's Fax Line ..... (020) 8501 5719
Caretaker ..... (020) 8501 5715
Catering ..... (020) 8501 5717
Head Groundsman ..... (020) 8501 5716
Maintenance ..... (020) 8501 5718
School Shop ..... (020) 8501 5720
Junior School
Master of the Junior School ..... (020) 8501 5721
Master of the Junior School Secretary ..... (020) 8501 5722
Under Mistress Junior School ..... (020) 8501 5723
Junior School Fax Line ..... (020) 8501 5725
Resources Room ..... (020) 8501 5724
Staff Room ..... (020) 8501 5726
JS Co-ord (Annex) ..... (020) 8501 5727
Lower Floor Office (Annex) ..... (020) 8501 5728
Upper Floor Office (Annex) ..... (020) 8501 5770
Residential
Housemaster's Residence ..... (020) 8501 5771
Master Junior School's Residence ..... (020) 8501 5772
Church House Residences ..... (020) 8501 5773
Stanmore House Residence ..... (020) 8501 5773
Chigwell School,
High Rd Chigwell ..... (020) 8501 5700
Chigwell Smile,
188 Manor Road Chigwell ..... (020) 8501 3905
Chigwell Spice, Ltd, Takeaway,
181 Manor Road Chigwell ..... (020) 8500 0303
Or ..... (020) 8500 7808
Chigwell Window Centre,
Unit 8 Aaron House Hainault Business Park,Forest Road
Hainault ..... (020) 8500 4900
Children's Day,
P.O Box 18 Ilford ..... (020) 8550 8822
Children's Society,The (Church of England Children's Society),
Charity Gift Shops
Chingford 43 Station Rd E4 ..... (020) 8524 6923
South Woodford 113 George La E18 ..... (020) 8989 0042
Childsplay, Chldns Desnr Clothg,
11-13 Clements Rd Ilford ..... (020) 8514 5007
Chillfrost, Comml Refrigration Whsle,
Independent Barn Forest Farm Forest Road Ilford ..... (020) 3638 1876
Chillfrost, Comml Refrigration Whsle,
Independent Barn Forest Farm Forest Road Ilford ..... (020) 3674 3972
Chillfrost, Ltd,
Warehouse Forest Farm Forest Road Ilford ..... (020) 8500 0555
Chimes Chiropractic,
Richmond Park 4 Richmond Park Loughton ..... (020) 8508 9377
China Golden Gate Ltd,
394 Lea Bridge Road London ..... (020) 8558 5882
Chinaman,The,
Loughton 58 Borders La Loughton ..... (020) 8508 8999
Chinese And Pizza Tow, Takeaway,
357-59 High Rd Leytonstone E11 ..... (020) 8558 9993
357-59 HIGH ROAD LEYTONSTONE LONDON ..... (020) 8558 8455
Chinese & Herbal Medicine & Health Care Clinic,
44 The Broadway Loughton ..... (020) 8508 9249
Chinese Medicine & Health Care Clinic,
41 Station Road E4 ..... (020) 8559 3480
Chingford Audi,
Unit 6,Cork Tree Wy Hall La E4 ..... (0808) 1000044
FAX ..... (020) 8529 9487
Chingford Bespoke Mortgages, Mortgages,
New Road Chingford, London ..... (0845) 6676978
Chingford Chinese Restaurant,
4 Station Rd E4 ..... (020) 8529 3987
Chingford C Of E Infant School,
Chingford Prim School 20 Kings Road E4 ..... (020) 8529 7601
Chingford C Of E Primary School,
Chingford C Of E Primary School Kings Road
London ..... (020) 8523 9165
Chingford Community Association,
56 Friday Hill East London ..... (020) 3638 2013
Chingford Dental Laboratories,
118 Chingford Mount Road E4 ..... (020) 8531 1212
Chingford Emergency Drain Cleaners, Drain Cleaners,
New Road Chingford, London ..... (0845) 6605738
Chingford Emergency Plumbers, Plumbers,
New Road Chingford, London ..... (0845) 6604584
Chingford Fruit & Veg,
6 Albert Cres E4 ..... (020) 8524 1441
Chingford Funeralcare,
31 Station Road E4 ..... (020) 8524 1656
Chingford Leisure Centre,
Unit 4,Larkswood Leisure Pk,175 New Rd E4 ..... (020) 8523 8215
Chingford Medical Practice,
FAX ..... (020) 8501 7070
Chingford Mount Dental Practice,
35 Hall La E4 ..... (020) 8529 1246
Chingford Mount Monumental Masons,
90 Old Church Road E4 ..... (020) 8523 7194
Chingford Radio Cars,
1A Hall La E4 ..... (020) 8529 1111
Chingford Removals, Removals & Storage - Domestic,
New Road Chingford, London ..... (0845) 6600481
Chingford Road Dental Surgery,
31 Chingford Road E17 ..... (020) 8527 9062
Chingford Rubbish Clearance, Waste Disposal Services,
New Road Chingford, London ..... (0845) 6693486
Chingford Rugby Club Ltd,
Chingford Rugby Club 291 Waltham Way London ..... (020) 3685 7886
Chingford School Of Tennis,
The Rolls Sports Ground Hickman Avenue London ..... (020) 8523 0900
Chingford Smile,
66 Station Road E4 ..... (020) 8524 8433
Chingford Tandoori,
101 Old Church Rd E4 ..... (020) 8529 5171
Chingford Tyre, Co,
105 Chingford Mt Rd ..... (020) 8531 7796
Chingford Tyres & Spares, Tyres Sprs & Alloys,
48 Hoe St E17 ..... (020) 8521 4521
Chingford United Reform Church,
2B Buxton Road E4 ..... (020) 8529 8888
Chiro One Stop Shop,
470 High Road Leyton E10 ..... (020) 8539 2423
Chissick Estates,
4 Carlton Dv Ilford ..... (020) 8551 5333
Chisti & Co Property Services,
239 Cranbrook Road Ilford ..... (020) 3645 0724
Chiswick, Janice, Prpty Servs Ltd,
184 Manor Rd Chigwell ..... (020) 8501 2999
Chitter Chatter Telecom, Ltd,
Selborne Walk
10 Selborne Wlk E17 ..... (020) 8521 9121
FAX ..... (020) 8521 9992
Chives Cafe, Coffee Cafe,
5 Winchester Rd E4 ..... (020) 8527 3670
Chocdock, Ltd,
3 Acacia Bsns Cntr Howar D Rd E11 ..... (020) 8539 2983
Chocobella Desserts,
836 Romford Road Manor Park London ..... (020) 3149 9682
Chocolate Xplosion, Ltd,
26 Goodmayes Road Ilford ..... (020) 4537 9894
Chocolatine, Ltd,
131 Wood Street London ..... (020) 3874 5233
Choices, Crisis Pregnancy Counselling,
YMCA Forest Rd E17 ..... (020) 8523 9699
Choir Connexion, Ltd,
75 Brookdale Rd E17 ..... (020) 8509 7288
Chop Shop Tavern,
Arch 141 Tilbury Road London ..... (01277) 715004
Chopra Manufacturing, Co Ltd,
240 Church Rd E10 ..... (020) 8539 4148
Christ Apostolic Church,
158 Grove Green Road London ..... (020) 8988 1743
Christ Apostolic Church Livingword Centr,
Living Word Centre Argall Avenue E10 ..... (020) 8556 6120
Christian Alliance Housing Association, Ltd,
1B Copeland Rd E17 ..... (020) 8509 1090
Christian Education Project,
62 Harewood Drive Ilford ..... (020) 8551 3070
Christofi Wells, & Co Solrs,
708 High Rd Leytonstone E11 ..... (020) 8539 3123
Chrome Residential, Ltd,
41 High Road London ..... (020) 3062 7601
Chrysalis Day Nursery & Pre-School,
3 Church Hill Loughton ..... (020) 8508 1888
Chrystalls Pharmacy,
12 The Broadway Woodford Green ..... (020) 8504 0128
Or ..... (020) 8504 2815
Chs Tv, Ltd, Radio & Tv,
26 Clifford Road London ..... (0843) 8164396
Chunky Chicken & Pizza, (Ilford) Ltd,
279 Ilford La Ilford ..... (020) 8478 1114
Church Hill Dental Practice,
18 Church Hill E17 ..... (020) 8520 3872
Church Hill Nursery School,
47 Woodbury Road E17 ..... (020) 8520 4919
Church Of God, (UK),
37 Manor Pk Rd E12 ..... (020) 8911 9494
Churchcrest, Ltd,
2B Hatch La E4 ..... (020) 8506 3670
Churches & Other Places of Worship,
Chigwell
Chigwell & Hainault Synagogue Limes Av ..... (020) 8500 2451
Church of the Assumption 98 Manford Way Chigwell ... (020) 8500 3953
Chingford
Chingford United Reform Church 2B Buxton Rd ..... (020) 8529 8888
Christ The King Catholic Church 455 Chingford Rd E4 ..... (020) 8527 3087
First Church of Christ Scientist Chingford
82 Woodland Rd E4 Christian Science ..... (020) 8524 0754
Gants Hill
St. Augustines Church (RC) Presbytery Loudoun Av Ilford ..... (020) 8554 3568
Goodmayes
St. Cedd's Church (RC) 4 Blythswood Rd Ilford ..... (020) 8590 9026
Highams Park
Highams Park Methodist Church Winchester Rd E4 ..... (020) 8531 8663
Ilford
Clayhall Synagogue
Sinclair Ho Woodford Bdge Rd Ilford ..... (020) 8551 6533
Clementswood Baptist Church 132 Ilford La Ilford ..... (020) 8514 3136
Newbury Park Synagogue 23 Wessex Clo Ilford ..... (020) 8597 0958
Leyton
Cornerstone Church & Community Hall
The Corner Stone 149 Canterbury Road Leyton ..... (020) 8558 2121
St. Eleftherios Greek Orthodox Church Ruckholt Rd E10 (020) 8539 1425
Loughton
Loughton Methodist Church 260 High Rd ..... (020) 8502 3071
Loughton, Chigwell & District Synagogue
The Spinnye Borders La Loughton ..... (020) 8508 0303
Manor Park
St. Barnabas Church (CE) Browning Rd E12 ..... (020) 8472 2777
Newbury Pk
South West Essex & Settlement Reform Synagogue Oaks La .. (020) 8599 0936
Walthamstow
Rivers Of Life Church 107 Roberts Road London ..... (020) 8527 9879
St. Andrews Christian Centre
St. Andrews Church & Hall Church Rd E17 ..... (020) 8531 2120
St. Gabriels Church & Family Cntr Havant Rd E17 ..... (020) 8503 7505
Wanstead
Our Lady of Lourdes(RC) 51 Cambridge Park E11 ..... (020) 8989 2074
Woodford
Wanstead & Woodford Synagogue 20 Churchfields E18 (020) 8504 1990
Churchfield Pharmacy,
211 High Road E18 ..... (020) 8504 0563
Churchfields Infants School,
Coopersale Clo Woodford Green ..... (020) 8505 6740
Lambourne Ct Navestock Cres Woodford Green ..... (020) 8505 7877
Elizabeth Ct Navestock Cres Woodford Green ..... (020) 8505 9014
Blenheim Ct Navestock Cres Woodford Green ..... (020) 8505 9938
Sunset Ct Navestock Cres Woodford Green ..... (020) 8506 9699
Churchfields Nursing Home,
37 Churchfields E18 ..... (020) 8559 2995

Churchfields School (South Woodford),
(Junior) Churchfields E18 ..... (020) 8504 4650
(Nursery) Churchfields E18 ..... (020) 8505 5273
Churchill, Est Agts,
242 Chingford Mt Rd E4 ..... (020) 8524 9944
157 Station Rd E4 ..... (020) 8529 5500
Churchill Curtain Cleaning Services,
30 Kings Rd E4 ..... (020) 8524 8824
Churchill Estates,
242 Chingford Mt Rd E4 ..... (020) 8524 0000
23 Electric Pde George La E18 ..... (020) 8530 3333
Or ..... (020) 8530 6337
FAX ..... (020) 8530 8222
157 Station Rd E4 ..... (020) 8529 5500
Churchill Estates Agencies, Ltd,
17 Queens Rd Buckhurst Hl ..... (020) 8504 2222
FAX ..... (020) 8498 9999
Churchill Estates, Ltd,
242 Chingford Mt Rd E4 ..... (020) 8524 8899
Churchill Lettings, Est Agts,
Sales 141 Hoe St E17 ..... (020) 8503 6060
Sales 141 Hoe St E17 FAX ..... (020) 8503 6160
Churchill Lettings,
72 Queens Rd Buckhurst Hl ..... (020) 8504 4443
Churchill Lettings & Jordan James,
Churchill Lettings & Propert High Rd Loughton ..... (020) 8418 8120
Churchill Lodge,
50 Savill Row Woodford Green ..... (020) 8504 7676
Churchills International, Ltd,
17 Queens Rd Buckhurst Hill ..... (020) 3225 0100
Churley & Associates,
716 Eastern Avenue Ilford ..... (020) 8518 5100
Chutney,
153 High Street Wanstead E11 ..... (020) 8989 1534
Chutney Indian Takeaway,
362 High Rd Woodford Green ..... (020) 8559 0793
Or ..... (020) 8559 2449
Circa Residential Property, Ltd, Letting Agt,
144 George La E18 ..... (0872) 4358124
Circa Residential Property, Ltd,
144 George Lane E18 ..... (020) 8536 4480
Circle Anglia,
3-81 & 6-54 Sudeley Court 7 Broughton Place E17 ..... (020) 8523 5346
Circle Anglia,
Sudeley Court 7 Broughton Place E17 ..... (020) 8527 8423
Circle Anglia,
8-73 Sudeley Court 7 Broughton Place E17 ..... (020) 8531 0556
Circle Anglia,
Tuscany House 6 Sherwood Close E17 ..... (020) 8523 1177
Circle Anglia,
Bodiam Court 8 Thornbury Way E17 ..... (020) 8523 4449
Circle Anglia,
Kestrel Court 14 Woolston Close E17 ..... (020) 8527 0316
Circular Property Services,
2A St. Barnabas Rd Woodford Green ..... (0800) 7310595
Citi Kitchen,
21 Beehive Lane Ilford ..... (020) 8518 2022
Citrine 888 Holdings, Ltd,
126 High Road Loughton .....
City Beds, Ltd, Beds,Sofabeds,Mattresses,
Ilford
20 Fowler Rd, Hainault Bsns Pk ..... (020) 8502 7389
Or ..... (020) 8501 2426
City Cab Rentals,
9 Rigg Approach London ..... (020) 8556 2435
City Connect, Ltd,
Unit 32,The Exchange High Rd Ilford ..... (020) 8514 3322
City Copy Centre, Ltd,
Unit 12A Bourne Court Southend Road
Woodford Green ..... (020) 7336 8008
City Gates Christian Centre,
Office 316 High Rd Ilford ..... (020) 8514 0188
City Gates School,
330 Uphall Rd Ilford ..... (020) 8911 8083
City Heating Spares, Plmbg Supps,
Unit 13 Waltham Parkway, Billet Rd E17 ..... (020) 8523 2429
City Herbs, Ltd,
Horner Ho Sherrin Rd E10 ..... (020) 8558 9708
City of London, Cemetery & Crematorium,
Aldersbrook Rd E12 ..... (020) 8530 2151
City of London Corporation,
City of London Cemetery & Crematorium Aldersbrook Rd E12 .....(020) 8530 2151
Markets
Spitalfields Markets E10 ..... (020) 8518 7670
Museums,Art Galleries & Tourist Attractions
Queen Elizabeth Hunting Lodge 8 Rangers Rd E4 ..... (020) 8529 6681
Open Spaces
Epping Forest
Education Cntr Paul's Nursery Rd High Beech ..... (020) 8508 7714
Information Cntr Paul's Nursery Rd High Beech ..... (020) 8508 0028
Queen Elizabeth Hunting Lodge Rangers Rd E4 ..... (020) 8529 6681
Superintendent's Office ..... (020) 8532 1010
City Pets, Pet Shop,
62 Sewardstone Road Chingford, London ..... (0845) 1301116
City Plumbing, Ltd,
11 Raven Road London ..... (020) 8504 5152
City Plumbing Supplies,
Walthamstow
Unit 13,Wltham Park Way Billet Rd E17 ..... (020) 8523 5755
FAX ..... (020) 8531 8474
City Property Services,
311 High Street North Manor Park London ..... (020) 8548 4343
City Shopfitters, Ltd,
17 Westminster Gardens Ilford ..... (020) 8911 6400
City Tutors, Providers of private lectures/tuition in Science,
Enterprise Ho, 115 George La South Woodford ..... (0800) 0931165
City & Urban Scaffolding, (Essex) Ltd,
49 Wanstead Park Road Ilford ..... (0800) 0304361
City Visual Systems, Visual Systems,
35 Brackley Square Woodford Green ..... (020) 8559 0800
City Waste Haulage Limited, Ltd, Logistics,
58 Firth Road London ..... (0843) 8164641
Cityedge, & Co, Chrtd Cert Acctnts,
43A High Street Barkingside ..... (020) 8550 5295
Cityside Estates, Ltd,
174 Roding Lane South Ilford ..... (020) 8551 5006
Cityspace Construct, Ltd,
Interior Construction/Fit Out/Construction Mngmt,
Sovereign Ho, Dorma Trdg Pk Staffa Rd E10 ..... (0870) 9904154
Cityspace Group, Ltd, Office Furn/Int Construction,
Sovereign Ho, Dorma Trading Pk Staffa Rd London ..... (0870) 9904150
Citywide Investigation, Private Investigator,
52 St. James's Street Walthamstow ..... (0844) 8408222
Citywide Investigations, Private Investigator,
51 Cann Hall Road ..... (020) 0888 0330
Civils Consulting, Ltd,
The Basement 35 York Road Ilford ..... (020) 8553 1144
Claim4refunds,
205 Sterling Ho Langston Rd Loughton ..... (020) 8502 0589
Or ..... (020) 8502 1720
Or ..... (020) 8502 3780
Claims For Refunds, Ltd,
205 Sterling Ho Langston Rd Loughton ..... (020) 8508 5736
Claire Fashions,
150 Ilford Lane Ilford ..... (020) 8514 3493
Claire, Ms, Harjinder, Home Logic Homes Ltd,
333 Ley Street Ilford ..... (020) 8911 6222
Claire's Accessories, (UK) Ltd,
Ilford Unit 36,Middle Level The Exch,High Rd ..... (020) 8514 3408
Clarence House Dental,
58 Clarence Avenue Ilford ..... (020) 8554 8727
Clarke Hillyer,
502 Larkshall Rd E4 ..... (020) 8501 9200
Clarke International, Ltd,
Service Div 2A Shrubland Rd E10 ..... (020) 8556 4443
Spare Parts 2A Shrubland Rd E10 ..... (020) 8558 6696
Clarkins Car Accessories,
345-51 Forest Road E17 ..... (020) 8527 2171
Clark's Garage,
300-02 Chigwell Road Woodford Green ..... (020) 8504 7477
Clark's Mini Cars,
Station App George La E18 ..... (020) 8989 8588
Station App George La E18 ..... (020) 8989 8888
Or ..... (020) 8989 8888
Clarks Shop,The,
Ilford 116 High Rd ..... (020) 8553 0547
Loughton Unit 4 Centric Pde 200 High Rd ..... (020) 8508 1132
Walthamstow 36 Selbourne Wlk ..... (020) 8520 3715
Class Fruit & Veg,
463 Lea Bdge Rd E10 ..... (020) 8556 6427
Class Fruit & Veg, Ltd, Frt & Vegs,
463 Lea Bridge Road Leyton London ..... (020) 8556 5865
Classic Burger,
4 Cameron Road Ilford ..... (020) 3686 9549
Classic Nail Salon, The,
535 Cranbrook Road Ilford ..... (020) 8518 1118
Classic Travel Of Loughton, Ltd, Trvl Agts,
261 High Rd Loughton ..... (020) 8508 5588
Classic Upholstery,
1 Colworth Road E11 ..... (020) 8539 6549
Classy Nails, Ltd,
208a Fencepiece Road Ilford ..... (020) 3302 8683
Clayhall Dental Care,
137 Clayhill Av Ilford ..... (020) 8550 2777
Clayhall Executive Cars, Ltd,
3 Seven Ways Pde, Woodford Av Ilford ..... (020) 8550 5656
Or ..... (020) 8550 6767
Clayhall Fish Bar,
13 Claybury Broadway Ilford ..... (020) 8550 7648
Clayhall Synagogue,
Sinclair Ho Woodford Bdge Rd Ilford ..... (020) 8551 6533
Clean And Classy,
2 Roding Road Loughton ..... (020) 8508 3999
Clean Slate Dry Cleaners, Ret,
499 Hale End Road Chingford London ..... (020) 8531 6567
Cleanwell London, Ltd,
9-11 Loughton ..... (020) 8508 8129
Clear Sound & Vision, Ltd,
51 Marlborough Rd E18 ..... (020) 8989 8777
Clearance Store Ltd,The,
74 Oakfield Rd E17 ..... (020) 8503 3131
Or ..... (0800) 7312689
Clearview Financial Consultants,
28 Chalgrove Cres Ilford ..... (020) 8550 4587
Clearwater Care, (Hackney) Ltd,
6 Harold Road E11 ..... (020) 3208 0152
Clementine Walk Rtm, Co,
6 Clementine Walk Woodford Green ..... (020) 8506 0156
Clements Agency, Ltd,
Connaught Ho 112 High Rd Loughton ..... (020) 8508 1799
Cliftons, Print Finishing & Bk Bndrs,
Uplands Bsns Pk Blackhorse La E17 ..... (020) 8523 1133
Clinton Cards, Plc,
Loughton
Head Office Crystal Bldg Langston Rd Loughton ..... (020) 8502 3711
Clintons - Chingford North,
37 Station Road E4 ..... (020) 8524 7594
Clintons Property Management, Est Agts,
168 Stainforth Rd Ilford ..... (020) 8597 7342
Clip Mason, Unisex Hair Sal,
214 High St E17 ..... (020) 8520 2265
Clothing Discount Store, Ltd,
148 Chingford Road E17 ..... (020) 8527 4249
Clow Group, Ltd,
562-84 Lea Bridge Road E10 ..... (020) 8558 0300
FAX ..... (020) 8558 0301
Club Le Print,
Unit 18 The Sidings Hainault Rd E11 ..... (020) 8988 1037
Clue Adventures, (Leyton) Ltd,
Coach And Horses 391 High Road Leyton E10 ..... (020) 8556 6615
Cm Sealants,
Kendon Ho Selby Rd E11 ..... (020) 8519 6358
CMC Estates, Ltd,
332 Hoe Street E17 ..... (020) 8520 8746
C-Mercs Seedbed Cntr,
Seedbed Cntr Langston Rd Loughton ..... (020) 8418 9713
Cms Accountacy Services Ltd,
399 Copperfield Chigwell ..... (020) 8501 2173
COASTGUARD H.M,
In Emergency dial 999 and ask the operator for Coastguard
Cocked Hat,
Harvester Rstnt Southend Rd Woodford Gn ..... (020) 8551 3848
Coco Colour & Extensions Specialist,
180 Queens Rd Buckhurst Hl ..... (020) 8559 2279
Coconut Bay Restaurant,
120 Horns Road Ilford ..... (020) 3592 8371
Coffee House,
78 Chingford Mount Road London ..... (020) 3754 7255
Coggan Associates,
17 Gordon Avenue E4 ..... (020) 8527 5346
Coggers In Bloom, Ltd,
849 Forest Road London ..... (020) 8527 1051
Coldham Shield & Mace, Solrs,
Chingford
123-125, Station Road Chingford ..... (020) 8524 6323
Colegrave Arms, Public House,
145 Cann Hall Rd E11 ..... (020) 8522 0184
Coles & Wall, (Growers) Ltd,
Market Pavilion New Spitalfields Mkt Sherrin Rd
E10 ..... (020) 8558 2424
Colins Store, Store,
83 Palmerston Rd E17 ..... (020) 8521 3177
Colinson,
Unit 3 210 Church Road London ..... (020) 8127 1180
Collards Upholstry London, Ltd, Lthr & Fabrics,
42 Fowler Rd Hainault Busines S Pk Ilford ..... (020) 8500 1121
Collective Distribution, Ltd,
Waltham Parkway Billet Rd E17 ..... (020) 8531 1404
Colorbond, Ltd,
Unit 12 Avenue Indust Est Justin Rd E4 ..... (020) 8531 0222
Colourscript, Ltd,
Unit 4,Whilems Works Forest Road Ilford ..... (020) 3875 9727
Combi Boiler Services, Ltd,
319 High Road Leytonstone ..... (0843) 5156972
Combi Boilers, Ltd,
313 High Rd Leytonstone E11 ..... (020) 8558 4017
Combs, E.A, Ltd,
Combs E.A Ltd Station Estate Eastwood Close E18 ..... (020) 8530 4216
Comdata, Ltd,
Orion Hs Cranbrook Rd Ilford ..... (020) 8636 1696
Comfort Cars,
361 Henley Rd Ilford ..... (020) 8478 5050
Or ..... (020) 8478 7700
Comfort Cars, Ltd,
361 Henley Road Ilford ..... (020) 8478 1623
Commercial & Fiscal Services,
FAX ..... (020) 8559 1128
Commercial Fiscal Solutions,
76 Station Way Buckhurst Hill ..... (020) 8559 1182
Commercial Trade Services Group, Ltd,
Unit 10 Lea Pk Trading Est Warley Clo E10 ..... (020) 8558 9988
Commongate Hotels,
131 Markhouse Road E17 ..... (020) 8521 1551
Commongate Hotels, Ltd,
131-133 Markhouse Rd E17 ..... (0872) 4365462
Community Fibre,
18 Coppermill Lane E17 ..... (020) 8509 9831
Community Fibre,
B 89 Leyspring Road E11 ..... (020) 8530 3151
Community Fibre,
12 Montfort Gardens Ilford ..... (020) 8500 0770
Community Security Trust,
Clore Tikva School 115 Fullwell Avenue Ilford ..... (020) 8551 6195
Companion Care Vet Surgery, Pets At Home,
Corktree Retail Pk Hall La Chingford ..... (020) 8524 7200
Complete Blind Service, Ltd,The,

Unit 20 Clifford Road E17 ..... (020) 8531 3995
Complete Cladding, Co Ltd,The,
Freephone Quotes 13 Roundmoor Dv Cheshunt ..... (0800) 7314064
Complete Colour, Complete Colour,
Unit 8 Leyton Business Centre Etloe Road E10 ..... (020) 8558 0057
Complete Colour, Ltd, Picture Framers,
Unit 8 Leyton Bsns Cntr E10 ..... (020) 8558 0057
Complete Communications, (Essex) Ltd,
30b Woodford Avenue Ilford ..... (020) 8924 5656
Complete Driver Management,
Unit M Forest Industrial Park Forest Road
Ilford ..... (020) 8559 6920
Completion Sales & Lettings, Ltd,
337 Forest Rd E17 ..... (020) 8527 7007
Or ..... (020) 8527 7658
Compugrafix, Ltd,
Unit 44A Argall Avenue London ..... (020) 8556 6400
Computer Alliance, Ltd,
709 Romford Road Manor Park E12 ..... (020) 8911 0911
Comyns, Dr, M,
4 Brook Way Chigwell ..... (020) 8500 3020
Conbury, Ltd,
84 Abbey Road Ilford ..... (020) 8554 2927
Connaught Farm Nurseries,
Connaught Fm And Nursery Epping New Road
Loughton ..... (020) 8504 5168
Connaught School For Girls,
Connaught School For Girls 39 Connaught Road, Leytonstone
London ..... (020) 8558 0106
Or ..... (020) 8558 0354
Or ..... (020) 8558 4487
Connaught School For Girls,
39 Connaught Road E11 ..... (020) 8558 5835
Connaught Tennis Squash & Bowls Club,
Rangers Rangers Rd Chingford London ..... (020) 8529 2341
Connect Nursing, Ltd,
577 High Rd Leytonstone E11 ..... (020) 8988 1110
Conquest Shipping, Ltd,
Bourne Ct Unity Trading Est, Southend Rd
Woodford Green ..... (020) 8550 1066
Consensa Care, Ltd,
21-25 Third Av E12 ..... (020) 8514 5169
Consensa Care, Ltd, Mental Health Care,
Unit 11 Bourne Ct Unity Trading Est, Southend Rd
Woodford Green ..... (020) 8551 1867
Or ..... (020) 8551 2299
Conservative Associations,
Chingford & Woodford Green Constituency Office, 64a Station Rd E4
(020) 8524 4344
Epping Forest, Conservative Assoc Thatcher Ho 4 Meadow Rd Loughton
(020) 8508 6608
Conservators Of Epping Forest,The, Enquiries Line,
Epping Forest Fld Cntr Paul's Nursery Rd
High Beech ..... (020) 8508 2266
Consolidated Security, Ltd,
72 Colombo Rd Ilford ..... (020) 8554 0787
Constructfutures,
1-4 The Parade Monarch Way Ilford ..... (020) 8518 2111
Contact Roller Shutters, Ltd,
7-9 Fowler Rd,Hainault Bsns Pk Ilford ..... (020) 8500 4000
Contrast Interiors, Ltd,
114 Wanstead Lane Ilford ..... (020) 8518 4551
Convenience Store,The,
134 New Rd E4 ..... (020) 8529 5777
Convoy Mastics, Ltd,
44A Selby Road E11 ..... (020) 8555 7121
Conway Levene, Llp,
Connaught Ho Broomhill Rd Woodford Gn ..... (020) 8505 4555
Cook Trading, Ltd,
257 High Rd Loughton ..... (020) 8508 1916
Cool Runnings,
31 Tomswood Hill Ilford ..... (020) 8500 3813
Co-Op Food,
Unit 9 Billet Works Billet Road E17 ..... (020) 8527 3458
5a Blackhorse Lane E17 ..... (020) 8531 3439
55-57 George Lane E18 ..... (020) 8530 4602
Cooper, Paul, Chrtd Acctnts,
14-18 Forest Road Loughton ..... (020) 8508 8214
Cooper & Parks, Ltd,
High Vw Pde Woodford Av Ilford ..... (020) 3022 7003
Cooper Young, Acctnts & Auditors,
7 Kirkdale Rd E11 ..... (020) 8539 0700
Cooper Young, & Co,
109 Snakes La Woodford Gn ..... (020) 8498 0163
FAX ..... (020) 8505 9797
Cooper Young, & Co,
406 Eastern Av Ilford ..... (020) 8554 4000
Co-operative Food,The,
Barkingside
111 Fencepiece Rd ..... (020) 8500 6305
Chingford
16 Hatch La ..... (020) 8529 1301
1 Station Rd ..... (020) 8529 2347
Petrol Station
London
Walthamstow 124 Markhouse Rd ..... (020) 8521 8791
Walthamstow
323 Higham Hl Rd ..... (020) 8527 1961
Wanstead
87 High St ..... (020) 8989 5400
Woodford Bridge
686 Chigwell Rd ..... (020) 8504 7987
Co-operative Funeralcare, The,
Barkingside 19 High St ..... (020) 8550 1127
Chigwell 215 Manford Wy IG7 ..... (020) 8501 2343
Highams Pk 10 Winchester Rd E4 ..... (020) 8503 3258
Loughton 178 High Rd ..... (020) 8508 0865
Manor Park 50 Whitta Rd E12 ..... (020) 8478 5166
CO-OPERATIVE FUNERAL SERVICE,
Whipps Cross Bereavement Office Whipps Cross Hospital E11 ..... (020) 8535 6808
Co-operative Travel,
224 High Rd Loughton ..... (0844) 8798656
8-12 Sailsbury Hall Gdns Chingford ..... (0844) 8798702
Copycats,
FAX ..... (020) 8520 9776
Copyright Business Supplies,
104 Cranbrook Rd Ilford ..... (0800) 0280474
FAX Orion Hse, 104-106 Cranbrook Road Ilford ..... (020) 8636 9978
Corner Stone Under 5's,
St. Catherine & St. Paul Church 149 Canterbury Road
E10 ..... (020) 8556 8585
Cornerstones Solicitors,
Wood St E17 ..... (020) 8520 6330
Corporation of London,
Epping Forest
Conservators Of Epping Forest Nursery Rd Loughton ..... (020) 8532 1010
Information Centre Paul's Nursery Rd High Beech ..... (020) 8508 0028
Corvinview, Ltd, Bldg Contrs,
Union Wks 185a Farmer Rd E10 ..... (020) 8556 9611
COS Systems, Ltd,
13 Highams Lodge Business Centre Blackhorse Lane
E17 FAX ..... (020) 8527 2222
Costa Coffee,
113 High Street Barkingside ..... (020) 8551 2329
Costa Marios, Hrdrsr,
560 High Road Leytonstone E11 ..... (020) 8539 8747
Costco Chingford,
1 Shadbolt Avenue E4 ..... (020) 8523 4479
Costco Wholesale, UK Ltd (Chingford Warehouse),
Shadbolt Av E4 ..... (020) 8501 9305
Costcutter Supermarket, Off License,
77 Grove Road E18 ..... (020) 8520 2450
Costello, & Sons Ltd,
284-294 LEY STREET ILFORD ..... (020) 8478 2780
Cosy Home Bargains, Ltd,
28 St. Andrews Road E17 ..... (020) 8527 8388
Coultons Estate Agents, Ltd,
26 Station Road E4 ..... (020) 8524 6048
County Arms,
420 Hale End Road E4 ..... (020) 8527 2103
County Construction Chemicals,
Unit 4 Chingford Indust Centre Hall La E4 ..... (020) 8524 1931
County Courts,
See Courts
County & Urban, Ltd,
Bourne Ct Unity Trading Est, Southend Rd
Woodford Gn ..... (020) 8551 5897
Courier Service & Removals 24hr,
14 Chingford Industrial Estate
Chingford, London ..... (0870) 3611478
Courier Service & Removals 24hr,
9 Church Lane Leytonstone, London ..... (0870) 3611485
Courier Service & Removals 24hr,
146 Church Road Manor Park, London ..... (0870) 3611486
Courier Service & Removals 24hr,
108 Farmer Road Leyton, London ..... (0870) 3611484
Courier Service & Removals 24hr,
114 George Lane Woodford, London ..... (0870) 3611492
Courier Service & Removals 24hr,
44 Mansfield Road Walthamstow, London ..... (0870) 3611491
Course Centre, Ltd,
Suite 611 1-3 Coventry Road Ilford ..... (020) 7052 4680
Courtney Transport Services,
Unit E12 Seedbed Centre Langston Road Loughton ..... (020) 8502 1277
Courtney Transport Services, Ltd, Logistics,
Unit E12 Seebed Centre Langston Road Loughton ..... (0843) 8164837
COURTS,
Crown Courts
Snaresbrook
All Enqs 75 Hollybush Hill E11 ..... (020) 8530 0000
Magistrates Courts
Redbridge 850 Cranbrook Rd Ilford ..... (020) 8437 6525
Courtstar,
1 Michael Road London ..... (020) 8539 9565
Cousins Coaches,
38 High Rd Buckhurst Hl ..... (020) 8505 8551
Cove Solutions Ltd, Limited Company, Designer,
Suite 4 Roebuk House, Cromwell Centre Roebuk Road
London ..... (020) 7871 3004
Coventry Financial Services,
1 Coventry Rd Ilford ..... (0870) 7703373
FAX ..... (0870) 7703374
Coventry Service Station,
366 Horns Rd Ilford ..... (020) 8550 4215
Covered Buckles, Ltd,
181 Forest Rd Ilford ..... (020) 8500 9059
Coverplus Insurance Services, Ltd,
Unit 24, South Park Business Centre Green Lane
Ilford ..... (0843) 8163445
Coversure Insurance Services,
Leyton
General Insurance Intermediary 177 Lea Bridge Rd Leyton ..... (0870) 4585666
Coversure Leyton,
177 Lea Bdge Rd E10 ..... (020) 8539 6010
Coversure, Ltd, Ins Prodivers,
177 Lea Bridge Road London ..... (0843) 8163395
Covras, Ltd,
44 Hatch Lane Chingford London ..... (020) 8501 7341
Cox Drew Neale Partnership,
Crawford Ho 1A Willow St E4 ..... (020) 8524 3535
Cphoeins Nail Bar, Nail Bar,
53 Queens Road Buckhurst Hill ..... (020) 8109 1639
Craftedwooduk,
Aldborough Hall Farm Aldborough Road North
Ilford ..... (020) 3673 2352
Craig Plant, Ltd,
Rigg App E10 ..... (020) 8558 2533
Cranbrook Basements, Ltd,
General Enqs ..... (0800) 525883
Cranbrook Castle Montessori, Ltd,
St. Georges Road St. Georges Road Ilford ..... (020) 8554 8979
Cranbrook Electrics,
50 The Broadway Loughton ..... (020) 8502 5454
Cranbrook Garage,
714 Cranbrook Road Ilford ..... (020) 8550 3030
Cranbrook Hotel,
22-24 Coventry Road Ilford ..... (020) 8554 6544
Cranbrook House Dental Practice,
635 Cranbrook Road Ilford ..... (020) 8550 4832
Cranbrook Loft Conversions,
General Enqs ..... (0800) 525883
Cranbrook Road 126 Post Office,
126 Cranbrook Road Ilford ..... (020) 4568 6889
Cranbrooke Hotel,
9-15 York Road Ilford ..... (020) 8911 4541
Crangrove,
Plmbg & Elec Whslrs
East London
Unit 30b Billet Works E17 ..... (020) 8527 1101
Cranham Spinks, Ltd, Insurance Providers,
1B High View Parade, Redbridge Lane East Ilford ..... (0843) 8163448
Crave London, Crave London,
345 Ley Street Ilford ..... (020) 3417 7198
Crave Station, Ltd,
17 Cranbrook Road Ilford Essex ..... (020) 3336 6024
Crazy 4 Kids, Ltd,
Frederic St Pre School Frederic St E17 ..... (020) 8521 9006
Frederic Street Preschool, 5, Community Centre Frederic Street
E17 ..... (020) 8521 5274
Crc Leisure, Ltd,
68a George Lane London ..... (020) 3340 7371
Creative Biscuit,
61 George La E18 ..... (020) 8532 2824
Crest Waltham Forest,
Unit 1, 2a Truro Rd E17 ..... (020) 8521 2975
Crester Services, Ltd,
416 Green Lane Ilford ..... (020) 8597 6373
Cricketers,The, Pblc Ho,
The Cricketers Arms 299-01 High Road
Woodford Green ..... (020) 8504 2734
CRIPTO BARBERS,
722 Eastern Avenue Ilford ..... (020) 8117 1669
Crisp Cars, Ltd, Car Rental,
15 New Road Ilford, Essex ..... (020) 3051 4964
Cristal Insulations, Ltd,
48 Goodmayes Road Ilford ..... (020) 8597 0442
CRK London, Whsle Clothg,
Kudhail Industrial Complex 68 Little Ilford Lane
E12 ..... (020) 3302 9273
Crosby Electrical Services, Ltd,
56 Baldwins Hill Loughton ..... (020) 8508 4092
Crown & Crooked Billet, Pblc Ho,
13 Cross Rd Woodford Green ..... (020) 8498 9451
Crown & Crooked Billet,
13 Cross Road Woodford Green ..... (020) 8502 9192
Crown Doors,
Unit D,Pegasus Wks Roebuck Rd Hainault Bsns Pk
Ilford ..... (020) 8558 1961
Crown Event Management, Limited,
182 Cranbrook Road Ilford ..... (020) 8554 8411
Crown Medical Services, Ltd,
167 Wood St E17 ..... (020) 8521 4968
Crown Of India Ltd,
58 Borders Lane Loughton ..... (020) 3712 3369
Or ..... (020) 3712 3370
Crown Personnel, Ltd,
110 Cranbrook Rd Ilford ..... (020) 8518 4499
Crown Self Drive,
763 Romford Road E12 ..... (020) 8967 2311
Crownchoice, Ltd,
Community Place 806 High Road Leyton
Leyton London ..... (020) 3621 7925
Crush LDN, Ltd,
408 Hoe Street Walthamstow ..... (020) 3336 9344
Crystal Amusements, Ltd,

307 High Street North London ..... (020) 7062 6345
Crystal Nails,
95 George Lane E18 ..... (020) 8989 8994
Crystal Services, PLC, Security,
Unit 6, Loughton Business Centre Langston Road
London ..... (020) 8503 3380
FAX ..... (020) 8527 8963
Crystal Suite Wines,
481 High Road Leytonstone Leytonstone London ..... (020) 3700 0096
Crystalkil, Ltd,
38 Chigwell Lane Loughton ..... (020) 3642 0659
Cube Developments & Investments, Ltd,
98 High Rd E18 ..... (020) 8498 9500
FAX ..... (020) 8498 0110
Cuckfield, Pub,
31 High St Wanstead ..... (020) 8989 1913
Cunningtons,
131 Cranbrook Road Ilford ..... (020) 8553 0002
Cupping, Cupping,
726 High Road Leyton Leyton London ..... (020) 3952 8927
Cupping Clinic,
538 Lea Bdge Rd E10 ..... (020) 8539 1010
Curious Goat London, Ltd,
4 Old Brewery Way E17 ..... (020) 8521 2424
Curocare, Ltd,
20 Connington Cres E4 ..... (020) 8529 7668
Currency Exchange Corporation, Ltd,
Unit 51A The Exchange High Road Ilford ..... (020) 8553 5300
Current Communication,
125A St Albans Rd Ilford ..... (0845) 1947265
Curry Emporium,
597 Cranbrook Road Ilford ..... (020) 8550 7429
Curry Leaf, Rstnt,
65-67 High Road South Woodford, London ..... (020) 8989 8276
Or ..... (020) 8989 8862
Curry Leaf, UK Ltd, Takeaway,
289 Hall La E4 ..... (020) 8529 3272
Or ..... (020) 8529 9966
Curry Spice Kitchen, Ltd, Wholesale Retail,
487 Hale End Road E4 ..... (020) 8523 1700
Currys, Elec Dom Appl,
Branches
Walthamstow 11 Selbourne Wlk E17 ..... (03445) 610000
Superstores
Chingford 1 Corktree Wy ..... (03445) 610000
Currys,
Leyton Mills Unit C Marshall Road London ..... (020) 8091 8641
Currys Digital, Elec Retlrs,
Branches
Walthamstow 20 Selborne Wlk E17 ..... (03445) 610000
Currys, Ltd,
Unit 1B Cork Tree Way Hall Lane ..... (020) 3620 8014
CustomICE, In-Car Audio & Security,
Unit 6 Chingford Indust Cntr,Hall La E4 ..... (020) 8529 3939
Cut Above, Unisex Hrdrsr,
207 Manford Wy Chigwell ..... (020) 8500 3443
Cut Label Apparel, Clothing Fashions,
173 High Road Ilford ..... (020) 8553 9999
Cutlass Security Services, Ltd,
26 Levett Gardens Ilford ..... (020) 8478 5669
Cyana,
31 Snowshill Rd E12 ..... (020) 8553 5366
Cycle Mot, Ltd The,
400 Forest Road Walthamstow London ..... (020) 3092 3210
Cypriana Restaurant, Rstnt,
37 Westview Drive Woodford Green ..... (020) 8550 7262
D & A Tuition, Ltd,
92 Lechmere Avenue Woodford Green ..... (020) 3325 1900
D & B Accountancy, Ltd,
Suite 219 Olympic House 28-42 Clements Road
Ilford ..... (020) 8514 0541
Or ..... (020) 8911 6196
D.B.J. (Woodford), Limited,
Unit 28 Oakwood Hill Industrial Estate, Oakwood Hill
Loughton ..... (0843) 5157160
D Bourne,
High Vw Pde Woodford Av Ilford ..... (020) 8550 3438
D C I & E Food,
Golden Business Park Unit 5 Orient Way London ..... (020) 8887 6887
D C Interiors, Ltd,
Flat C 725 High Road Leytonstone E11 ..... (020) 8558 6428
D Davis & Sons Plasterers uk, Ltd, East london plastering,
179, Terrece house Vicarage Road Leyton ..... (0800) 9997275
D D Smith and Co,
264 St. Johns Road London ..... (0870) 1165316
D E W Electronic Engineers,
Unit 6 Taylors Gravel La Chigwell ..... (020) 8501 5169
D & F Party, Ltd,
Unit 25 Walthamstow Bsns Cntr Clifford Rd E17 ..... (020) 8523 5555
D & H Fashions, Ltd,
36 Fowler Rd, Hainault Bsns Pk Ilford FAX ..... (020) 8500 6620
D M H Developments, Ltd,
Beech Farm Barn Beech Farm High Road Loughton ..... (020) 8418 0521
D P Nail Spa,
264 High Road Leytonstone London ..... (020) 3340 9223
D. Reese, & Co Ltd,
Office 6 36 Church Hill Loughton ..... (020) 8037 8185
D S A G Auto Body & Paint,
Marshfield Sevice Station Sewardstone Road
Chingford London ..... (020) 8524 4515
D S C Motors,
The Coach Works 10 Garfield Road London ..... (020) 8529 7494
D.S Plumbers,
51 Dore Road London ..... (0845) 0095014
D S Watson, D S Watson, D S Watson,
561 Lea Bridge Road E10 ..... (020) 8558 9120
D T L C, Ltd,
Flat 14 Xavier House 17 Priory Court London ..... (020) 8527 3155
D.T.S Network Solutions,
490 Hoe Street Walthamstow, London ..... (0845) 0095002
Da Dadyal Hair Salon Ltd,
349 Ley Street Ilford ..... (020) 3536 0079
Daaks Uk,
73 Grove Road London ..... (020) 3609 8531
Daanyaal Halal Meat & Food Store, Ltd,
Ground Floor 359 Lea Bridge Road Leyton ..... (020) 3089 5055
Dabora Conway, Ltd,
9 High St. Wanstead E11 ..... (020) 8989 5678
FAX ..... (020) 8989 1199
121 George La E18 ..... (020) 8530 7200
Dada, Mr, S,
43 Eighth Avenue London ..... (020) 7165 7234
Dadd, Brian, Commercial Chrtd Survyrs,
28 Queens Rd Buckhurst Hl ..... (020) 8505 5112
FAX ..... (020) 8506 0089
Daffodil Advocacy Project,The,
249 Cranbrook Rd Ilford ..... (020) 8554 2328
Dagenham Motors, Ltd,
Ilford
902 Eastern Av ..... (020) 8597 3331
Woodford Green
Rapid Fit 357 Chigwell Rd ..... (020) 8498 9838
Daiglen School,The, Preparatory,
68 Palmerston Rd Buckhurst Hl ..... (020) 8504 7108
Daisy, Shop,
121a High St Wanstead E11 ..... (020) 8989 6506
Daley Care Nurseries,
43 West Avenue Road London ..... (020) 8521 7612
Dalin Tyres & Alignment, Ltd,
408a Ilford La Ilford ..... (020) 8478 0505
Dallas Wear,
Unit 6 Avenue Industrial Estate Justin Road E4 ..... (020) 8523 3323
Dam Stahl, Ltd,
44 The Drive Loughton ..... (020) 8502 5400
Dama De Elche, Ltd,
7 Cambridge Park E11 ..... (020) 8518 8111
Dan Asia Services, Trvl Agt,
297 High St Leytonstone ..... (0871) 9781152
Dan Lancaster Productions, Ltd,
7 Broadwest Apartments 245 Wood Street
Walthamstow ..... (020) 3649 4532
Dan Nails E18,
109A George Lane London ..... (020) 3583 6526
Dana Food Distribution, Ltd,
Unit 12 Avenue Industrial Estate,Justin Road
London ..... (020) 8531 0763
Daniel Alexander Recruitment, Ltd,
5 Lime Tree Close South Woodford ..... (020) 8989 4020
Daniel Bryant, Haircare Centre,
131 Station Rd E4 ..... (020) 8559 4800
Daniel, Mr, T,
2 Elmstead Road Ilford ..... (020) 8590 8320
Daniels, J, & Co Ltd,
10 Wallers Hoppet Loughton ..... (020) 8508 5172
Daniyal Halal Meats & Groceries, Ltd,
169 Longwood Gardens Ilford ..... (020) 3325 1214
Danluker, Ltd,
172 Kings Avenue Woodford Green ..... (020) 3093 9761
Dans Luxury Travel, Ltd, Luxury Trvl,
109 Maybank Rd Woodford ..... (0871) 9781131
Darnberry, Investment Co,
Unit 21 Forest Business Pk E17 ..... (020) 8503 6577
Darussalam International Publication, Ltd,
3 Estate Way, Leyton E10 ..... (020) 8539 4885
Darvin, & Co, Chrtd Acctnts,
123 Eastern Av Ilford ..... (020) 8551 8330
Das Enterprise London, Ltd,
425 High Road Ilford ..... (020) 3903 8946
Dashmesh Darbar, Sikh Temple,
99 Rosebery Avenue E12 ..... (020) 8471 2204
Dashs Off License, Off License,
123 Fencepiece Rd Ilford ..... (020) 8500 6175
Data Artisans, Ltd,
297 High Street North London ..... (020) 3161 8413
Data Double Glazing,
132 Palmerston Rd E17 ..... (020) 8520 5039
Dauti Brothers, Ltd,
190-192 Longwood Gardens Ilford ..... (020) 3325 7672
Davco Construction, Ltd, Bldg Contrs,
181 Wood St E17 ..... (020) 8520 2971
Or ..... (020) 8520 8066
Davenheath, Ltd,
Unit 3 Kingfisher House Trinity Park Trinity Way
E4 ..... (020) 8531 2003
Davenport Lift Control,
3 Broadway Mws Woodford Gn ..... (020) 8504 8286
David Anthony's,
116 George Lane South Woodford ..... (020) 8989 2028
David Bowden & Associates,
27 Selby Rd E11 ..... (020) 8221 0221
David Clulow Opticians,
297 High Road Loughton ..... (020) 8502 5259
David Fletcher, & Co, Acctnt,
78a Nightingale Lane London ..... (020) 8989 8969
David Harper, & Co Ltd,
28 Larkswood Road London ..... (020) 8524 0219
David Lawrence, Ltd,
Unit 5 Roebuck Mews Roebuck Road Hainault Business Park
Ilford ..... (020) 8500 7758
Or ..... (020) 8501 0090
David Lloyd Leisure,
Roding La Buckhurst Hl ..... (020) 8559 8466
David Smith, Financial Servs,
78 The Broadway Loughton ..... (020) 8508 0156
David Smith Financial, David Smith Financial,
78 The Broadway Loughton ..... (020) 8502 0916
David Wolff,
36 Poplar Way Ilford ..... (020) 8551 2384
Davidson, Sandra, Est Agts,
Seven Kings
353 Green La Ilford ..... (020) 8597 7372
FAX ..... (020) 8983 8979
Davies Lane Primary School,
74 Davies Lane E11 ..... (020) 8556 8542
Davies-James, Paul,
14 York Hl Loughton ..... (020) 8418 9100
Davis, & Co, Solrs-Conveyancing/Litigation/Matrimonial,
34-36 High St Barkingside ..... (020) 8551 4228
59A High Street Barkingside FAX ..... (020) 8550 6698
Davis Grant,
186 High Rd Ilford ..... (020) 8477 0700
Dawn,
326 High Road Ilford ..... (020) 3609 4088
Dawn To Dusk 79, Ltd,
79 Station Road Chingford London ..... (020) 3589 5898
Dawsongroup, Dawsongroup Plc Plc, Heavy/Small Good Rental,
New Spitalfields Market 11 Sherrin Road E10 ..... (020) 8556 7919
Dawsongroup, Plc, Heavy/Small Gds Rental,
New Spitalfields Market 17 Sherrin Road E10 ..... (020) 8988 4005
Day Or Night Locksmiths, Locksmiths, 24 Hour, Emergency Auto
Locksmith,
Eton Rd Ilford ..... (0845) 1647423
Day Webster, Ltd,
Unit 9b Bourne Ct Unity Trading Est, Southend Rd
Woodford Gn ..... (020) 8498 8200
DB Chingford, Ltd,
38 Kings Road E4 ..... (020) 8529 4444
Dc White, Ltd, Accident Repair,
424 Hoe St E17 ..... (020) 8520 6134
DCC 4 X 4,
51B Marlborough Rd E18 ..... (020) 8530 0505
D'cruz & Grew, Dent Surgery,
6 The Broadway Woodford Gn ..... (020) 8504 0262
D-D The Aquarium Solution, Ltd,
11 Fowler Rd, Hainault Bsns Pk Ilford ..... (020) 8501 2492
Ddn,
26 Fairlop Road London ..... (020) 8539 0900
Deal-u-Like, Ltd,
410e High Street North E1 ..... (020) 8470 6203
Dean Associates,
163 Francis Rd E10 ..... (020) 8556 6774
FAX ..... (020) 8556 6868
Debden Car Hire, Mini Cabs,
Booking Hall, Debden Stn Loughton ..... (020) 8508 9875
Debden House Centre,
Debden House Debden Green Loughton ..... (020) 8508 3008
Debden Motor Spares, Debden Motor Spares Ltd, Ltd,
58 The Broadway Loughton ..... (020) 8508 8619
Debden Sports Club,
Oldbridge Farm Chigwell Lane Loughton ..... (020) 8508 9392
Debra Chigwell Boutique,
8 Brook Parade High Road Chigwell ..... (020) 8500 2913
Decorators In Loughton,
7c Forest Road Loughton ..... (020) 8508 3598
Decra, Ltd,
Forest Bsns Pk South Access Rd E17 ..... (020) 8520 4371
Dediu A Construction Services, Ltd,
4 Newton Road Chigwell ..... (020) 8500 5642
Deger London, Ltd,
135-137 Chingford Road E1 ..... (020) 8523 2568
Dehal Investments, Ltd,
578 Ilford ..... (020) 3621 2354
De-Jasmine Laser & Beauty Clinic,
130A Ilford Lane Ilford ..... (020) 8553 5289
Delenco Foods, Ltd,
Unit 7 Heybridge Wy,Lea Bdge Rd E10 ..... (020) 8558 3278
Delicatessen Palmeira, Ltd,
234 High Road Leyton Leyton London ..... (020) 8539 9320
Delice Bistro, Ltd, Wholesale Retail,
141 Station Road Chingford ..... (020) 8523 9660
Delice Lloyd Park,
Aveling Centre Lloyd Park Forest Road London ..... (020) 3490 0352
Delicio Patisserie, Ltd,
204 High Road Leytonstone E11 ..... (020) 8555 6612
Delicious Kebab & Pizza,
50 Sewardstone Road E4 ..... (020) 8524 0678
Delight Kebab & Cafe,

11 St. James's St E17 ..... (020) 8520 2205
Deliverance Outreach Ministries,
17 Argall Avenue E10 ..... (020) 8539 5443
Delshaw & Higgins, Llp,
Unit 5 Imperial Chambers 10-17 Seven Ways Parade Woodford Avenue Ilford ..... (020) 3981 2429
Delta Auto Parts,
Cromwell Centre Unit 4-5 Roebuck Road Hainault Business Park ..... (020) 8001 6128
Delta Group,
113-115 George La E18 ..... (020) 8530 9932
Delta Home Improvement, Ltd, Prpty Managment,
618 Green Lane Ilford ..... (020) 3602 8117
Delta Wines, Wine Shop,
48 Church Rd E10 ..... (020) 8539 9997
Deluxe Nails, Nails & Beauty,
101 High Street Barkingside ..... (020) 8551 4222
Demetriou, D,
Unit 9 180-82 George Lane E18 ..... (020) 8530 6613
Demipower, Ltd,
241 High Road Loughton ..... (020) 8502 3815
Or ..... (020) 8508 5314
Demsan, Ltd,
171 High Road Loughton ..... (020) 8508 1561
Dendale Construction,
418 Hale End Rd E4 ..... (020) 8527 5777
Denmans Electrical Wholesalers, Ltd,
759 High Rd IG3 ..... (020) 8503 8866
FAX ..... (020) 8503 8877
Dennis Golding Motor Engineers, Ltd, Mtr Eng,
3-5 Garfield Road E4 ..... (020) 8529 7979
Dennis Lock and Key Services,
137 Wood Street Walthamstow ..... (020) 8520 7450
Or ..... (020) 8521 2444
Denta Clinic, Ltd,
58 Oaklands Park Avenue Ilford ..... (020) 8553 5283
Dental Harmony, Ltd,
1 Seven Ways Parade, Woodford Avenue Ilford ..... (020) 7018 1893
Dental Health Centre,The,
128 Woodford Avenue Ilford ..... (020) 8550 0546
Dental Wizards, Dental Practice Activitie,
50 Cameron Rd Ilford ..... (020) 8590 1986
Dents, UK, Accident Car Repair,
490 High Rd Ilford ..... (020) 8514 8838
Denver Body Repair Centre, Ltd,
143-145 Harrow Road E11 ..... (020) 8519 8388
DEPARTMENT FOR TRANSPORT,
Headquarters Great Minster House, 76 Marsham St London SW1 (03003) 303000
Dermott Eyecare,
245 Chingford Mt Rd E4 ..... (020) 8524 3737
Dersingham Infant School,
Dersingham Primary School Dersingham Avenue E12 ..... (020) 8911 4460
Desai Insurance Services,
348 High Street North E12 ..... (020) 8472 3200
Desborough News, Ltd, News Paper,
61 Orford Road E17 ..... (020) 8520 5994
Deshi Foods, Uk Ltd,
825 Romford Road Road Forest Gate London ..... (020) 8514 8295
Desi Bazar, Ltd,
354 Ilford Lane Ilford ..... (020) 8911 8710
Design 4 Build Ltd,
Room 2 Alfred House 9-11, Alfred House High Beech Road Loughton ..... (020) 8502 4640
Design 911, Ltd,
Unit 5 Forest Ho 185 Forest Rd Ilford ..... (020) 8500 6699
Or ..... (020) 8500 8811
Design & Construct London, Ltd,
23-29 Abbey Road Ilford ..... (020) 8518 2822
Or ..... (020) 8554 3743
Design Engineering,
Unit 5 Hainault Road E11 ..... (020) 8539 7222
Designer Dhaage, Ltd,
149 Ilford Lane Ilford ..... (020) 3674 3398
Dessert Delicacy,
3 Blackhorse Road London ..... (020) 3556 3710
Dessertz, (Ilford) Ltd,
324 Ley Street Ilford ..... (020) 4568 8382
Detective Bureau, Inc, Private Investigators,
163 Francis Road London ..... (0845) 5204271
Dewan Removals Service Limited,
713 Romford Road London ..... (020) 3561 9394
DF Contractors, Ltd,
Unit 18 Bourne Court Unity Trading Estate Southend Road Woodford Green ..... (020) 8550 8625
Dg Solutions, (S.E.) Ltd,
97 Hainault Bsns Pk Ilford ..... (020) 8502 6668
Dgs Independant Financial Advisors, Ltd,
2 Crown Bldgs The Gn E4 ..... (020) 8524 8521
D&H Fashions Ltd,
36 Hainault Business Park Ilford ..... (020) 8500 2265
Dhaneshwar Sharma, Sharma Law Ilford, Law Firm,
First Floor 16 Hobbs Mews Ilford ..... (020) 8599 1642
Dhani Investments, Ltd,
99 Markhouse Road London ..... (020) 8520 1297
Dheere Leyton Cafe, Rstnt,
461 High Road Leyton Leyton London ..... (020) 8556 5965
Dhillon Wines,
128 Grove Green Road Leytonstone London ..... (020) 8539 2074
Dhillons,
26 Ilford ..... (020) 8262 6565
Dhol N Bass, Ltd,
218 Fullwell Avenue Ilford ..... (020) 8551 2944
Dial A Spare,
7 Juniper Rd Ilford ..... (020) 8478 2352
Or ..... (020) 8478 8510
Dial-A-Dream, Regd Chldns Charity,
7 Addison Road E11 ..... (020) 8530 5589
Diamond Hair & Beauty,
337 Lea Bridge Road E10 ..... (020) 8558 2796
Diamond Thai Massage Ltd,
22 High Street London ..... (020) 3649 0443
Diamondplus Cleaning Service, Clng Servs,
44 Salcombe Rd E17 ..... (020) 8988 9988
Dianel & Co Accounting Solutions,
Challenge House 57-59 Queens Road Buckhurst Hill ..... (020) 8505 2402
Different Class Cars,
51B Malbourgh Rd E18 ..... (020) 8989 0001
Different Shapes,
680 Chigwell Road Woodford Green ..... (020) 8504 7446
Digital Photos, Ltd,
762 Romford Road London ..... (020) 8514 1852
Dignity Funerals Walthamstow,
Unit 2 Priestley Wy E17 FAX ..... (020) 8523 4691
Dilara, Takeway,
442 Forest Road E17 ..... (020) 8521 6187
Dilara Kebab, Mehmet Zahit Basatogrul,
6 Station Rd E4 ..... (020) 8524 5154
Dilli Haat, Ltd,
513 Cranbrook Rd Ilford ..... (020) 8518 4111
Dilli Haat, Ltd,
513 Cranbrook Rd Ilford ..... (020) 8554 2097
Dina Wines, Ltd,
289 High Road Leytonstone London ..... (020) 8617 8598
Dineen, J.E, Dent Surg,
229 High Rd E10 ..... (020) 8558 6036
Dipsticks Tyres & Exhausts, Ltd,
150 Hermon Hill London ..... (020) 8989 4449
Direct Calculating, Ltd, Statisticians,
40 Goodmayes Rd Ilford ..... (020) 8590 0074
Direct Design Studios, Marketing, Branding, Web And New Media, Ilford
Sales ..... (0872) 0858185
FAX ..... (0872) 0858185
Direct Staff & Direct Calculating, Ltd,
40 Goodmayes Rd Ilford ..... (020) 8590 0074
Direct Wholesale Foods, Ltd,
Unit 12 Woodford Trdg Est Sout Hend Rd Woodford Gn ..... (020) 8550 4486
Dirty Rascals,
113 Station Road London ..... (020) 8524 3311
Disability Resource Centre,
1A Warner Rd E17 ..... (020) 8521 7203
Discount Decor, Cash N Carry,
Unit 5 Forest Business Park Argall Avenue E10 ..... (020) 8520 1991
Discount Decor, Pntg,
159 High Street E17 ..... (020) 8521 1999
Discount Fireworks,
22 Woodford Avenue Ilford ..... (020) 8220 0142
Discount Pine,
Unit 6 Chingford Indust Cntr Hall La E4 ..... (020) 8524 5100
Discount Store, Mr, Munir Ahmad, Ltd,
805 High Road Leyton Leyton London ..... (020) 8536 9899
Discount Warehouse,
715 Romford Road E12 ..... (020) 8514 2797
Discover Residential, Ltd,
1 Lower Road Loughton ..... (020) 3915 2458
Discreet 24hr Detectives, Private Investigator,
Ellis House Shernhall Street ..... (0844) 5856819
Discrete Architectural Electronics,
351 Lea Bdge Rd E10 ..... (020) 8988 9400
Disign House Maidstone,
Food Box 97-101 Peregrine Road Hainault Business Park Ilford ..... (020) 8501 4257
Dispensary Chemist,
700 High Road Leyton E10 ..... (020) 8539 2194
Divalentine Calver Recruitment, Ltd, Recrutmt Agcy,
32 Field Close E4 ..... (020) 3243 0077
Diverse Care, (UK) Ltd,
Unit 309 Harrow Rd E11 ..... (020) 8503 0305
Divine Boutique Afro-European Salon,
679-691 High Road Leyton Leyton ..... (020) 8521 7885
Dixie Original, Take Away,
686 High Road Leyton Leyton London ..... (020) 8558 4664
Dixy Chicken,
Ilford
79 Ilford Hl Ilford ..... (020) 8553 0202
Dixy Chicken,
279 High Road Leytonstone Leytonstone London ..... (020) 8555 4949
Dixy Chicken, Ltd,
247 Ilford Lane Ilford ..... (020) 8911 0601
Dizzy Ducks Day Nurseries, Ltd,
114 Huntsman Rd Ilford ..... (020) 8500 5285
DK Accounting Solutions, Ltd,
438 Ley Street Ilford ..... (020) 8491 4040
Dna Mobiles & Computers Ltd,
28 Hatch Lane London ..... (020) 3732 7034
Dna Tiles, Tiles Co,
114 Aldborough Road South Ilford ..... (020) 3689 4895
Docklands, Off Furn Supps,
310 Lea Bdge Rd E10 ..... (020) 8539 4820
Doctors House,The,
40 Cameron Rd Ilford ..... (020) 8983 8211
Doctors House, The, Doctors Surgery,
40 Cameron Rd Seven Kings ..... (0844) 4773582
Dodds Motor Repairs, Vhcle Mtr Rprs,
13-18 Hollybush Hill Leytonstone London ..... (020) 8989 4129
Dodosh, A,
48 Levett Gardens Ilford ..... (020) 8590 1301
Dolce Expresso,
434 Cranbrook Road Ilford ..... (020) 3305 6567
Dolce Patisserie, Ltd,
735 High Road Leytonstone Leytonstone ..... (020) 3409 7783
Dollond & Aitchison,
Branches
Barkingside 90 High St ..... (020) 8550 2920
Dolly's Interiors, Ltd,
69 Station Road Chingford ..... (020) 8523 9600
Dolphin Windows,
2-8 Winchester Road London ..... (020) 8127 3937
Doma, UK Ltd,
89 Green La Ilford ..... (020) 8514 2551
FAX ..... (020) 8478 2552
Dominion Roller Shutter, Ltd,
Unit 1 Argall Av E10 ..... (020) 8556 6156
Or ..... (020) 8558 6572
FAX LEWDEN METAL PRODUCTS LTD ARGALL AVENUE LONDON ..... (020) 8556 6956
Domino's Pizza,
Pizza Delivery & Takeaway
Leyton 814 High Rd E10 ..... (020) 8558 5588
Domum Care, Ltd,
10 Royal Close Ilford ..... (020) 8590 9333
Doorcheck, Ltd,
192b Balfour Rd Ilford ..... (020) 8553 3307
Doors R Us, Ltd,
946 Eastern Av Ilford ..... (020) 8599 0200
D'oro Pizza, Ltd,
208 Higham Hill Road London ..... (020) 8523 4000
Double Check Security, Ltd,
311 Hoe St E17 ..... (020) 8520 9797
Double Glazing London, Ltd,
883 Lea Bridge Road Walthamstow London ..... (020) 8521 1117
Douglas Allen, Ltd, Est Agt,Survyrs,Vals,
Branches
Barkingside
59B High St ..... (020) 8551 4025
Chigwell
102 High Road ..... (020) 8501 2131
Ilford
191 Cranbrook Rd ..... (020) 8518 0044
Loughton
234 High Rd ..... (020) 8502 1326
Woodford Green
12 Johnston Rd ..... (020) 8505 6343
DOUGLAS ALLEN SPIRO, Ltd, Est Agt,Survyrs,Vals,
Branches
Chingford 227 Chingford Mt Rd E4 ..... (020) 8524 6331
Walthamstow 1 Central Pde, Hoe St E17 ..... (020) 8509 0092
Wanstead 52 High St Wanstead E11 ..... (020) 8530 3741
Douglas Eyre Sports Centre, (London Playing Fields Soc),
148 Coppermill La E17 ..... (020) 8520 4918
Doyle, Dr, K,
Flat 3 17 Orford Road E17 ..... (020) 8520 3953
Dozo,
364 Green Lane Ilford ..... (020) 8590 5035
Dp Pharmacy,
84 Albert Road Ilford ..... (020) 8514 5198
DPD (Dynamic Parcel Delivery),
Woodford Green Trading Est Southend Rd Woodford Green ..... (0845) 9505505
Dr James Hamilton-Smith & Partners,
Goodmayes Telephone Exchange 787 High Road Ilford ..... (020) 8597 7819
Dr Oraelosi & Partners,
178 Snakes La East Woodford Gn ..... (020) 8504 2126
Dr Shantir Surgery,
354 Forest Rd E17 ..... (020) 8520 7115
Dragon House,
584 Cranbrook Road Ilford ..... (020) 8554 4201
Dragon Palace,
86 Chingford Mount Road London ..... (020) 8527 8282
Drain Doctor,
Seedbed Cntr Langston Rd Loughton ..... (020) 8502 3529
Dream Cuisine, Takeaway,
59 Green Lane Ilford ..... (020) 8553 0656
Dream Factory,The,
Unit 1a 62-70 Fowler Road Hainault Business Park Ilford ..... (020) 8501 1234
Dream Nail Of Louthton,
Dream Nails & Beauty 137 High Road Loughton ..... (020) 8508 0505
Dream Nails,
63 Old Church Rd E4 ..... (020) 8524 1008
Dreams, Plc,
Chingford
Unit 12 The Deacon Est E4 ..... (020) 8531 1666

Ilford 452 High Road ..... (020) 8478 5888
Drive Surgery,The,
68 The Drive Ilford ..... (020) 8554 6287
Or ..... (020) 8554 3014
Driver Hire Trading, Ltd,
Howard House Howard Road E11 ..... (020) 8988 4050
Driver Vehicle Standards Agency,
Test Centre 284 High Road Loughton ..... (020) 3302 0268
Drivertax, Ltd,
81A Station Rd E4 ..... (020) 8529 2600
Or ..... (020) 8529 3600
Drop Fix, Ltd,
494 Hoe Street Walthamstow London ..... (020) 7052 4814
Drs Lindall Gardner & Ostle,
2A Penrhyn Avenue E17 ..... (020) 8527 0541
Drts Advisors, Professional & Financial,
48 Queens Road Loughton ..... (020) 8502 3904
Drugsline-Chabad,
395 Eastern Av Ilford ..... (020) 8554 3220
Dry Cleaners,
791 Cranbrook Road Ilford ..... (020) 8252 7220
Dry Cleaning Business,The,
Unit 2 East 10 Enterprise Park Argall Way
London ..... (020) 8037 2230
Dry Cleaning Centre,The,
179 High Road Loughton ..... (020) 8532 1311
Dua Hair, Ltd,
183 Manor Road Chigwell ..... (020) 3827 8946
Duas Pizza, Ltd,
63 Hoe Street London ..... (020) 3518 5990
Dubois Enterprises, Ltd,
40 Market Pavilion New Spitalfields Market Sherrin Road
E10 ..... (020) 8518 7301
Duhul Telecom,
409 Hoe Street London ..... (020) 8521 7516
Duncan Smith, Iain, MP,
Chingford & Woodford Green Constituency
Office 105 C Station Rd E4 ..... (020) 8524 4344
Duragchef, Ltd,
Unit 8 The Galleria 180 George Lane
South Woodford London ..... (020) 8143 4725
Dutchmans,
3 Cherry Tree Rise Buckhurst Hill ..... (020) 8559 2066
DV8 Academy, Ltd,
Silver Birch Ho Uplands Business Pk, Blackhorse La
E17 ..... (020) 8498 3300
Dwelling Solutions, Ltd,
859 High Rd Ilford ..... (020) 8597 9176
Or ..... (020) 8597 9275
Dynamic Garage Limited,
109 Smarts Lane Loughton ..... (020) 8418 0455
Dynasty Chinese, Ltd,
139 High Road South Woodford ..... (020) 8504 0475
E B K Building Services, Ltd,
5 Lower Alderton Hall Lane Loughton ..... (020) 8508 9933
E F R Refrigeration Services,
695 High Rd Ilford ..... (020) 8590 0022
E & G Electrical Wholesalers, Ltd,
57 New North Rd Ilford ..... (020) 8500 9936
E G Support, Ltd,
Ground Floor Olympic House 28-42 Clements Road
Ilford ..... (020) 8911 8554
E J Lancaster, Ltd, Gdn Centres,
186 Wood Street London ..... (0843) 5151346
E L Johnson Sons & Mowatt,
Charter Ho High Rd Ilford ..... (020) 8514 2456
E M P Group, Ltd,
Rs Lounge 20 Woodford New Road Walthamstow ..... (020) 3793 1799
E & R Abbott, T/A Abbotts Travel,
South Woodford 134 George Lane London ..... (020) 8532 9250
E.T Clay Products,
FAX-Accounts ..... (020) 8500 9990
FAX-Sales ..... (020) 8500 9990
E Touch Explore Solutions Ltd Ta Gadget Pro,
135 George Lane London ..... (020) 8989 6164
E10 Deliveries, Ltd,
39 St. Georges Rd Leyton ..... (0845) 2692167
E12 Chicken & Pizza,
817 Romford Road Manor Park ..... (020) 3490 6449
E17 Cobbler,
361 Hoe Street E17 ..... (020) 8521 4606
E17 Nursery, Ltd,
6-7 West Avenue Walthamstow London ..... (020) 8520 1201
E17 Tyre Stop,
118 Markhouse Rd E17 ..... (020) 8509 9990
Eaeo, Ltd,
622 Lea Bdge Rd E10 ..... (020) 8988 9140
Eagle, Mini Car Services,
184 High Rd E10 ..... (020) 8556 1234
184 High Rd Leyton E10 ..... (020) 8556 3333
Eagle Recruiters, Ltd,
Vogel House 127 High Road Loughton ..... (020) 3771 7866
Eagle Wine, Off Licence,
88-90 Ilford Lane Ilford ..... (020) 8553 5643
Eagle Wines, Off Lic,
88 Ilford La Ilford ..... (020) 8553 5313
Early Buds Nursery,
St Barnabas Church St. Barnabas Road
Walthamstow London ..... (020) 3794 6930
Early Education Centre, Ltd,
Unity Hall Bramley Close E17 ..... (020) 8523 2992
34 Verulam Avenue E17 ..... (020) 8520 8300
Early Education, Ltd,
1 York Road E17 ..... (020) 8520 0351
Early Educators Montessori, Ltd,
St. Lukes Church Baxter Road Ilford ..... (020) 8478 2162
East End Investigators, Private Investigator,
33 Clarendon Rd London ..... (0844) 4113444
East London Blinds,
68 Overton Drive E11 ..... (020) 8989 9329
East London Brewing Co Limited, Ltd,
45 Fairways Business Park Lammas Road E10 ..... (020) 8539 0805
East London Christian Fellowship,
Whites Farm Oaks Lane Ilford ..... (020) 8597 8811
East London College, Ltd,
Panther Ho 647 High Rd Leytonstone E11 ..... (020) 8539 2224
FAX ..... (020) 8539 2225
East London Community Law Service,
702 High Road Leyton E10 ..... (020) 8558 1865
East London Electrical Distribution, Ltd,
56 Larkshall Road Chingford London ..... (020) 8523 7788
East London Flowers, Florist,
3 Grove Park London ..... (0844) 4113322
East London Transmissions, Gear Box Rprs,
Kimberley Indust Est Billet Rd E17 ..... (020) 8503 2182
East Thames Group,
9 Manor Rd E17 ..... (020) 8523 5601
East Thames Group,
9 Moyers Rd E10 ..... (020) 8556 3294
East Thames Group, Hsng,
Verdana Court 3 Papermill Place E17 ..... (020) 8523 3078
Eastbank Studios,
141 Hoe St E17 ..... (020) 8521 8589
Eastcourt Independent School, Ltd,
1-5 Eastwood Road Ilford ..... (020) 8590 5472
Eastern Carpets, Ltd,
392 Green La Ilford ..... (020) 8599 5600
Eastern Eye,
159A High Rd Loughton ..... (020) 8508 3119
Eastrock, Ltd,
8 Lodge Villas Lodge Villas Lodge Villas
Woodford Green ..... (020) 8504 3736
Eastside Estates, Ltd,
273 Forest Rd E17 ..... (020) 8527 6662
Eastside Multimedia Film & Video,
Massop FLAT 30, WALNUT COURT VALLENTIN ROAD LONDON ..... (020) 8520 3772
Eastwards Trust,
Behno Ka Ghar 19 Carlton Rd E12 ..... (020) 8514 7730
Eastway Electrical Contractors,
73 Clementina Road E10 ..... (020) 8556 4629
Eastway Property Services,
740 High Road E11 ..... (020) 8539 5615
Eastwood I-Support & Care Limite,
4 Valentines Road Ilford ..... (020) 8637 3611
Eastwood Lodge, Ltd,
49 Eastwood Road Ilford ..... (020) 8599 2983
Easy Move Estates, UK Ltd,
365 High Rd Leyton Leyton FAX ..... (020) 8539 5215
Easy Rusty Bar, Ltd,
134-138 Station Road Chingford London ..... (020) 8501 7465
Easylet Offices, Ltd,
Wellesley House 102 Cranbrook Road Ilford ..... (020) 8709 2040
Easyshelf,
17 Wellington Road E10 ..... (020) 8539 6466
Eat Tabaq Chicken & Pizza, Ltd,
10 Hoe Street Walthamstow London ..... (020) 8521 1048
Eat17 Walthamstow, Ltd,
Orford House 73 Orford Road Walthamstow ..... (020) 3795 7017
Eazy Serve, Ltd,
192 Higham Hill Road E17 ..... (020) 8527 8144
EazyWeb.net, Business, E-commerce & Editable Sites,
Ilford
Sales ..... (0872) 0855761
Fax ..... (0872) 0855761
Echo 24/7 Locksmith, Emergency 24hr locksmith,
Manor Rd Essex ..... (0845) 1647260
Eclipse,
5 Woodford Avenue Ilford ..... (020) 3583 8781
Eco Contracts, Ltd,
67 St. Marys Road Ilford ..... (020) 8514 1066
Eco Vibe Salon, Ltd,
342 Grove Green Road Leytonstone London ..... (020) 3089 2373
Ecobond, Ltd,
8 Cameron Road Ilford ..... (01646) 629794
Ecom Fire & Security,
12-14 Fowler Rd Ilford ..... (020) 3078 9459
Ecovert FM,
Siddeley Rd E17 ..... (020) 8523 4325
Ecovert FM,
Frederick Bremer School Siddeley Rd E17 ..... (020) 8523 4564
Frederick Bremer School Siddeley Road E17 ..... (020) 8523 3625
Eddies Motors, Gar,
11 Rigg Approach Leyton London ..... (020) 3538 0476
Eddie's Newsagents,
845 High Road Ilford ..... (020) 8590 1107
Edelman, Jeffery, & Co,
22 Draycot Road E11 ..... (020) 8530 7241
Edenlake, Ltd,
603 Lea Bridge Road London ..... (020) 8520 0122
Edinburgh Primary School,
97 Queens Road Greater London ..... (020) 3952 5529
Education,
Hawkswood School & Centre Antlers Hill E4 ..... (020) 8529 2561
Education Authorities,
Redbridge
Director of Education Lynton Ho High St Ilford ..... (020) 8478 3020
Redbridge 794 Cranbrook Rd Barkingside ..... (020) 8478 3020
Education, (Waltham Forest) Ltd,
265A High Rd Leyton E10 ..... (020) 8988 5410
Edward Marshall Solicitors,
Imperial Chambers 10-17 Seven Ways Parade Woodford Avenue
Ilford ..... (020) 8550 8555
Edward Taube, & Co,
Edward Taub & Co, 178 Queens Road
Buckhurst Hill ..... (020) 8281 7778
Edwards Office Supplies,
128 New Nth Rd Ilford ..... (020) 8500 4466
FAX ..... (020) 8500 6650
Edwards Upholstery,
13a Newbury Rd E4 ..... (020) 8531 0757
Efc Ilford, Supmkt,
751 Romford Road E12 ..... (020) 8478 1995
Efes Distribution, Ltd,
Cromwell Indust Est Staffa Rd E10 ..... (020) 8556 0185
Efes Distribution, Ltd,
Cromwell Indust Est Staffa Rd E10 ..... (020) 8556 0485
Efy, Ltd,
80-82 Leyswood Drive Ilford ..... (020) 8598 1325
EI Systems, Ltd,
Unit 12 York Ho 1 Langston Rd Loughton ..... (020) 8508 6700
EK Jewellers,
132 New North Rd Ilford ..... (020) 8500 3191
Ekbjj Fight & Fitness Academy, Ltd,
Sutherland House Sutherland Road London ..... (020) 3490 3033
Eks Performance Cars,
214a Wanstead Park Road Ilford ..... (020) 3935 9903
Elaine, Ladies Fashs,
29 Beehive Lane Ilford ..... (020) 8554 9990
Elanay Contracts, Ltd,
501 High Rd Ilford ..... (020) 8514 2777
Elect Training & Therapy Centre,
Fairways House 2A St. Barnabas Road
Woodford Green ..... (020) 8505 5335
Electrade101 Trading, Ltd,
Unit C 43-49 Fowler Road Ilford ..... (020) 3876 1715
Electric Center, Ltd, Elec Whslr,
Unit 5 Waltham Pk Wy,Billet Rd E17 ..... (020) 8527 1227
Electrical Surplus,
383 High Rd Leyton E10 ..... (020) 8558 4019
ELECTRICITY,
E-ON
Please see our display advertisement under E-ON
Electro Signs, Ltd, Electric Clock Signs,
97 VALLENTIN ROAD WALTHAMSTOW LONDON ..... (020) 8521 8066
Elegance,
62 Algers Road Loughton ..... (020) 8418 9599
Elegance Curtains & Blinds,
225 Aldborough Road South Ilford ..... (020) 8590 1765
Elegance Lockmasters, Drycleaners & Laundrette, Ltd,
39 Green Lane Ilford ..... (020) 8514 3313
Elegant Hair Care,
195a Lea Bridge Road London ..... (020) 3719 4020
Elegant Nail,
43 Chingford Mount Road E4 ..... (020) 8531 9003
Elem Group, Ltd,
208 High Road Loughton ..... (020) 3972 4162
Elex Electrical Contractors,
65 Roma Road E17 ..... (020) 8527 2276
Elgin Cars, Ltd,
119b Elgin Road Ilford ..... (020) 3151 4711
ELHAP,
E L H A P 119 Roding Lane North Woodford Green ..... (020) 8550 2636
Elhap, Ltd,
119 Roding Lane North Woodford Green ..... (020) 8551 9953
Elite Boutique,
56 Old Church Rd E4 ..... (020) 8529 6074
Elite Cars, Taxi,
1 Windsor Rd E10 ..... (020) 8556 9000
Elite Contract Labour Suppliers, Ltd,
580 Cranbrook Rd Ilford ..... (020) 8554 6655
Elite Design International, Ltd,
Fabric Mill, Textile, Fabric Wholesale, Clothing Merchants,
Elite Design, Unit 7 Lea Park Trading Estate Millicent Road
London ..... (0870) 0119191
Elite Force, Construction,
13 Richmond Road Ilford ..... (0870) 0507242
Elite Global, Ltd, Insurance Providers,
104-106 Cranbrook Road Ilford ..... (0843) 8163424
Elite Taxis, (London) Ltd,
11 Fowler Rd Hainault Busines S Pk Ilford ..... (020) 8498 1910
Elitenet, Ltd,
89 Green La Ilford ..... (020) 8514 2422
FAX ..... (020) 8514 7577
Elizabeth Pryce,
1A High St Wanstead E11 ..... (020) 8989 3322
Elizabeths,

118 Roding Rd Loughton ..... (020) 8508 6525
Elkaz, Ltd,
67 The Broadway Loughton ..... (020) 8502 0440
Ellingham Employment, Recrutmt Agcy,
Unit 21 Bourne Court Unity Trading Estate Southend Road
Woodford Green ..... (020) 8550 8415
Or ..... (020) 8551 4369
Ellis Bass, Optometrists,
3 High St Barkingside ..... (020) 8550 9288
Ellis, & Co,
389 High Rd Leyton E10 ..... (020) 8558 0911
Elmar Printers,
UNIT 4-5 Justin Road London ..... (020) 8523 4133
ELS Solicitors,
Orion Ho Cranbrook Rd Ilford ..... (020) 8262 5010
Els Solicitors,
Unit A Fullers Parade Fullers Road E18 ..... (020) 3245 1800
Elyss, Ltd, Bagel Shop,
107 Station Road E4 ..... (020) 8524 4455
Eman Foundation, Ltd,
2 Ashgrove Road Ilford ..... (020) 8597 7055
Embassy Court Residents Association, Ltd,
Embassy Ct Woodford Rd E18 ..... (020) 8530 7770
Embassy Snooker & Social Club, Social Club,
2 High St E17 ..... (020) 8520 2414
EMCo Assessors, Ltd,
612 Chigwell Road Woodford Green ..... (020) 8505 7531
Emerald Enterprises, Ltd,
35 Mayfair Avenue Ilford ..... (0844) 8731120
Emerald Express,
789 Lea Bridge Road Walthamstow London ..... (020) 8520 7620
Emergency 24 Locksmith, 24 Hour Locksmith,
Oak Hill Gardens Woodford Green ..... (0844) 4117640
Emergency Auto Lock & Locksmiths, Locksmiths, 24 Hour, Emergency Auto Locksmith,
Cranbrook Rd Ilford ..... (0845) 1647424
Emily Grace Florist Ltd,
51 The Broadway Loughton ..... (020) 8508 3107
Emin, & Sons,
1 Market Pavilion New Spitalfiel Sherrin Road
E10 ..... (020) 8988 0462
Emmanuel Community School,
The Drive E17 ..... (020) 8520 0775
Emperor Vision,
Eternity House 21-24 Hickman Avenue E4 ..... (020) 8531 4441
Empire College London,
Forest Ho 16 Clements Rd Ilford ..... (020) 8553 2683
FAX ..... (020) 8553 2684
Empire Lets, Estates,
75A Forest Road E17 ..... (020) 8527 8595
Empire Of Delicacies, Ltd,
31 Church Lane London ..... (020) 8558 9318
Emro Consultancy,
718 Eastern Avenue Ilford ..... (020) 8252 7773
Emrose, (Insurance Brokers) Ltd,
606 High Rd Seven Kings ..... (020) 8597 2622
EMS, (Express Mortgage Solutions),
207 Ley St Ilford ..... (020) 8514 2345
Emson Haig, Ltd,
305 High Rd Loughton ..... (020) 8418 9222
Endermospa, (UK) Ltd,
2 Lower Road Loughton ..... (020) 8508 9755
Energie Fitness Chingford,
Energie Fitness 83 Chingford Mount Road London ..... (020) 8531 7987
Engelsman, & Co,
Estate Ho High Rd Chigwell ..... (020) 8501 5254
Engie,
Estates And Facilities Whipps Cross Road London ..... (020) 3638 2493
English, Alfred, Funrls,Cremation,Embalming,
72 St. James St E17 ..... (020) 8520 6676
ENGLISH CHURCHES HOUSING GROUP, Ltd,
John Chadwick House 32a Cameron Road Ilford ..... (020) 8586 1691
English, W, & Son Ltd, Funrl Dirs,
Electric Pde George La E18 (Funeral Dir) ..... (020) 8989 8422
Enterprise Trials,
75 Wansford Road Woodford Green ..... (020) 8506 0222
Entertainer, The,
Ilford Unit 83 The Exchange ..... (0844) 8005124
Entindale Ltd Co Heywood Partners,
First Floor Arodene House 43-55 Perth Road
Ilford ..... (020) 8554 6067
Envi Nails, Nails Sal,
143a High St Wanstead E11 ..... (020) 8532 9400
Envirotect,
113 George La E18 ..... (020) 8530 2699
EOS Consulting,
9 Roding Gdns Loughton ..... (020) 8508 8938
Epping Forest, Centenary Trust,
Warren Ldg The Warren Loughton ..... (020) 8508 9061
Epping Forest Community Church, Community Ch,
Saint Gabriels Church Hall Grosvenor Drive
Loughton ..... (020) 8502 0695
Epping Forest District Council,
Elderly Persons Accommodation
Wickfields Limes Avenue Chigwell ..... (020) 8500 8744
Information Desks
62-64 Queens Rd Buckhurst Hill ..... (020) 8498 9933
Epping Taxis,
35 Maypole Dv Chigwell ..... (020) 8500 4444
Epsen Consulting, Ltd,
119 Elgin Rd Ilford ..... (0845) 3371916
EQ Systems, Ltd, Computer Services,
4 Clyde Place London ..... (020) 3051 4970
Equifax, Plc,
Personal - Commercial Credit Information & Sales
Chapel St London NW1 ..... (0844) 3350550
Eral Metalworks, Ltd,
158 Railway Arches Midland Rd E10 ..... (020) 8556 4863
Eriera, Leslie,
23 Fowler Rd Ilford ..... (020) 8501 3991
Erikson,
652 High Road Leyton London ..... (020) 3417 3450
Ersign & Awning,
54 Chingford Mount Road London ..... (020) 8076 0005
Esh Transport, Ltd, Logistics,
28 Brocket Way Chigwell ..... (0843) 8164878
Esiton Global Concepts, Ltd,
110 Hoe Street E17 ..... (020) 3149 9140
ESS, Ltd, Accounts and Share Scheme Specialists,
Kensway House, 388 High Road Ilford, Essex ..... (0870) 2022123
Or ..... (0870) 2022124
Essex, Recrutmt,
117A Ley Street Ilford ..... (020) 8911 9111
Essex Car Repairs, Car Gar,
11 Essex Road Walthamstow London ..... (020) 8521 4448
Essex Cellular Telephones Ltd,
29B Old Church Road London ..... (020) 8524 5118
Essex Coin-Op Controls, Ltd,
12 Nelson Road E11 ..... (020) 8989 2833
Essex County Lawn Tennis Association,
Forest Rd Barkingside Ilford ..... (020) 8502 6364
Essex Electrical Supplies, Ltd, Elec Whslr,Supps,
682 Green La Ilford ..... (020) 8590 4443
FAX ..... (020) 8599 7102
Essex Engineering Works, (Wanstead) Ltd, Tool Mkrs,
12 Nelson Rd E11 ..... (020) 8989 2833
Or ..... (020) 8989 2012
Essex FM Services, Ltd,
213 High Road Illford ..... (020) 4568 0794
Essex Golf Complex,
Hainault Forest Golf Clb Romford Rd Chigwell ..... (020) 8500 2470
Essex Police,
Loughton Police Station 158 High Road Loughton ..... (020) 8508 4107
Essex Property Inventory Services Ltd, Property Inventory Clerks,
112b High Road Ilford ..... (020) 3394 0077
Essex Property Services, Ltd,
Unit 2,Coventry House Coventry Road Ilford ..... (020) 8518 2500
Essex Security Services, Ltd,
154 Church Hl Loughton ..... (020) 8502 1360
Essex Security Services, Ltd,
154-156 Church Hill Loughton ..... (020) 8279 8701
Essex Shoe Repairs,
15 Old Chuch Rd E4 ..... (020) 8524 7554
Essex Silver,
41 Roebuck Rd Ilford ..... (020) 8500 3700
FAX ..... (020) 8500 5333
Essex Telecom Installations, Ltd, Voice & Data Systems & Cabling,
40 Laurel Close Hainault, Ilford, Essex ..... (07000) 384583
Estate Agency Professionals, Recrutmt Spclsts In Est Agcy,
16 York Hl Loughton ..... (020) 8508 8111
Estate Agents Of, UK Ltd,
40 High St Barkingside ..... (020) 8550 2177
Estates 17, Ltd,
185 Francis Rd E10 ..... (020) 8539 4213
40 Orford Rd E17 ..... (020) 8520 9300
Estates 17, Ltd, Estate Agent,
40 Orford Road E17 ..... (020) 8521 8777
Esthetica Clinic, Ltd,
87 Hoe Street London ..... (020) 8520 2525
ET Browne, (UK) Ltd,
5 Loughton Business Centre 5 Langston Road
Loughton ..... (020) 8508 4129
ET Clay,
7 Fowler Rd, Hainault Business Pk Ilford ..... (020) 8501 2100
Et Clay Products,
Unit 26A Bourne Court Unity Trading Estate Southend Road
Woodford Green ..... (020) 8550 0853
Et Clay Products,
Unit 26A Bourne Court Unity Trading Estate Southend Road
Woodford Green ..... (020) 8551 4723
Et Clay Products,
Unit 26A Bourne Court Unity Trading Estate Southend Road
Woodford Green ..... (020) 8551 5930
Etec Group,
Suite 7 Elmhurst 98-106 High Road E18 ..... (020) 8504 1864
Etec Services,
Suite 7 Elmhurst 98-106 High Road E18 ..... (020) 8504 0916
Eternal Essence, Beauty Salon,
91 Station Road Chingford London ..... (020) 8529 5280
Eternally, Ltd,
240 Hoe Street E17 ..... (020) 8521 1278
Ethames Graduate School, Ltd,
Montrose Ho 412-416 Eastern Av IG2 ..... (020) 8518 5190
Ethnic Land, Ltd,
9 Redbridge Lane East Ilford ..... (020) 3621 2197
Ethos Carpet Care, Ltd,
8 Lindley Road E10 ..... (020) 8539 6060
Eton Manor Rfc,
Wanstead Sports Ground Nutter Lane E11 ..... (020) 8532 2946
Euro Car Parts, Ltd, Car Parts Splrs,
East London
Units 1 & 2 Roding La Sth Woodford Gn ..... (020) 8709 7979
Euro Design, Ltd,
Period Wks Lammas Rd E10 ..... (020) 8556 1221
Euro Digital Print, Cafe,
787 Romford Rd E12 ..... (020) 8553 4740
Euro Eggs,
FAX 13 Rigg App E10 ..... (020) 8558 2069
Euro Floor Design,
Unit 12 Chingford Industrial Centre, Hall Lane
London ..... (020) 8529 3033
Euro Fresh, Ltd, Whsle Food,
74 Market Pavilion, New Spitalfields Mkt 1 Sherrin Rd
E10 ..... (020) 8556 0088
Euro Hotels, (Leyton) Ltd,
543 Lea Bridge Road E10 ..... (020) 8558 2479
Euro Leisurewear, Ltd,
30 St. Andrews Rd E17 ..... (020) 8531 0100
Euro Nail Supply,
Unit 3 12 Argall Avenue London ..... (020) 3730 1523
Euro Parking Services, Ltd,
102 High Street E17 ..... (020) 8520 6663
Euro Rod, (London) Ltd,
49-53 Roebuck Road Hainault Business Park
Ilford ..... (020) 8500 6002
Eurobangla,
438 High St Nth E12 ..... (020) 8586 0153
Eurocoms & Internet Cafe,
539 High Rd Leytonstone E11 ..... (020) 8539 5589
Eurodatacom,
Flat 14 / Magnolia Lodge / 73 Chingford Avenue
London ..... (020) 3632 2569
Eurolink Trader, UK Ltd,
610 Lea Bridge Road E10 ..... (020) 3876 6489
Euronox Limited, Ltd, Logistics,
104 Cranbrook Road Ilford ..... (0843) 8164679
Euronox, Ltd, Logistics,
104 Cranbrook Road Ilford ..... (0843) 8164913
European Claims And Services Ltd, A,
29 Woodberry Way London ..... (020) 8559 3464
European Fast Food, Ltd,
Snakes Lane 4 Snakes Lane Woodford Green ..... (020) 3971 0828
European Real Estate Investment, Co, Llp, Prpty,
Branch Off 104 Station Road Chingford London ..... (020) 8529 5040
Euro's Best Profiles, Ltd,
407 Ley Street Ilford ..... (020) 8478 8833
Eurosite Medical,
Sterling Ho Langston Rd Loughton ..... (020) 8418 3000
Eurostar,
2 Orient Way E10 ..... (020) 8556 4269
Eurotrans, Ltd,
12 Dacre Gardens Chigwell ..... (020) 8500 2088
Evans, M.L, Dent Surg,
252A Chingford Mount Road E4 ..... (020) 8529 1587
Evelia Care Limited,
241E High Street North London ..... (020) 3715 7500
Evergreen Garden Supplies, Ltd,
Mott Street Nursery,Mott Street E4 ..... (01992) 716222
Evergreen, (Spitalfield) Ltd,
91 New Spitalfields Market 1 Sherrin Road E10 ..... (020) 8558 8855
Evergreen Surgery,The,
26 High Street Wanstead E11 ..... (020) 8518 8746
Evershine Glazing Ltd,
275A Ley Street Ilford ..... (020) 8793 5636
Everyday Loans, Loans-Personal Finance,
Cranbrook Ho Cranbrook Rd Ilford ..... (020) 8553 1847
Evoca Enterprises, Ltd,
Hiltongrove Bsns Cntr 12 Hatherley Mws E17 ..... (020) 8509 7500
Evolve,
Unit 1 Station Passage London ..... (020) 3952 1325
Excel Insurance Consultants,
142A Hermon Hl E18 ..... (0872) 4365828
Excel Insurance Consultants, Ltd,
142A Hermon Hill South Woodford ..... (0843) 8162982
Excel Kids Day Nursery,
62 Hainault Road Leytonstone London ..... (020) 8556 1732
Excel Locations,
619 Romford Rd E12 ..... (020) 8514 4409
Excel Plastering, Ltd,
1 Natal Rd Ilford ..... (020) 8553 2244
Excelstar, Ltd,
400 Roding La Sth Woodford Gn ..... (020) 8551 7795
Excess Electrical Materials,
FAX ..... (020) 8559 3713
Excess Electrical Materials,
Unit D 52 Larkshall Road E4 ..... (020) 8559 3712
Excess Electrical Materials, Ltd,
58 Larkshall Road, Larkshall Business Park
London ..... (020) 8559 4390
Exclusive Staff Bureau,
33 Cranbrook Road Ilford ..... (020) 8478 4747
Exicor, Ltd,
62 Cherrydown Avenue E4 ..... (020) 8524 2993
Explore Learning, Ltd,
Sainsbury's 11 Walthamstow Avenue London ..... (020) 3714 1228
Express By Holiday Inn,
Hotels

Buckhurst Hill
High Rd ..... (0870) 0660245
FAX ..... (0870) 0660245
Express Cut Unisex Salon,
545 Green Lane Ilford ..... (020) 8599 6091
Express Food Centre,
421 High Road Leytonstone Leytonstone ..... (020) 8539 4556
Express Lodging, Ltd,
10 Granville Rd Ilford ..... (020) 8518 3312
Express Searches, Home Information Pack Provider,
The Old Surgery Leadale Avenue ..... (0844) 5867801
Express Toughening,
51 Fowler Rd Ilford ..... (020) 8500 1188
Express Toughening, Ltd,
51 Fowler Rd Ilford ..... (020) 8500 1010
Exquisite Nails And Beauty, Beauty Plr,
42 Hatch Lane Chingford London ..... (020) 3243 1005
Exsa Imports, Ltd,
Unit 7 New Spitalfields Market 23 Sherrin Road
E10 ..... (020) 8558 3788
Extend-Able, Co.UK,
92 Princes Road Buckhurst Hill Essex ..... (020) 3325 4533
Ex-Tennant Tracing Services, Private Investigator,
230 High Street North ..... (0844) 5881804
Extrastaff, Ltd,
422 Cranbrook Rd Ilford ..... (020) 8518 1000
FAX ..... (020) 8518 4488
Eye Clinic Chigwell, Ltd,
173 Manor Rd Chigwell ..... (020) 8928 1500
Or ..... (020) 8928 1501
Eye Footwear,
223 High Rd Ilford ..... (020) 8911 0201
Eyedeal Vision,
40 Station Road E4 ..... (020) 8524 2887
Eyelash Design, Co Ltd,The,
Cedar Ho 56 Peregrine Rd Ilford ..... (020) 8500 9028
F.A.F, Ltd, Chimney Servs,
561 High Rd Ilford ..... (020) 8597 8384
F D Financial Consultancy,
11 Laura Close Lorne Gardens E11 ..... (020) 8989 2288
F G,
104 FELBRIGGE ROAD ILFORD ..... (020) 8599 8106
F L K Solicitors,
304 High Rd Leyton E10 ..... (020) 8558 9693
F L K Solicitors,
304 High Road Leyton London ..... (020) 8558 9699
F M K Solutions, Cmptr Resellers & Cnsltns,
Crown Bldgs The Green E4 ..... (020) 8524 3595
F N H Furniture,
64 Wood Street E17 ..... (020) 8520 6243
F S People,
84 Queens Rd Buckhurst Hl ..... (020) 8505 8855
F2GO, Takeaway,
890 Romford Road E12 ..... (020) 8553 2277
Fab Bakers, The, Ltd,
119a High Street Wanstead Leytonstone London ..... (020) 8530 1129
Fab Hijab,
Unit 14-15 The Exchange High Road Ilford ..... (020) 8514 0055
Fabio Restaurant,
13 Brook Parade High Road Chigwell ..... (020) 8500 6080
Fabrics Direct, Uk Ltd,
1a Westerham Road Leyton London ..... (020) 8532 8636
Faces Leisure, Llp,
458-60 Cranbrook Road Ilford ..... (020) 8554 8899
Factory Clearing House, Ltd,
38 Station Road London ..... (020) 3904 5396
Factory Settings, Ltd,
Unit 10 Orient Industrial Park Simonds Road E10 ..... (020) 8988 1418
Fags & Mags, Nwsagts,
13 Grays Cnr Ilford ..... (020) 8554 7587
Fairdeal Builders, Ltd,
48 Kingswood Rd Ilford ..... (0800) 6783271
Fairhead, Harry, Ltd,
Forest Nursery Nursery Road Loughton ..... (020) 8508 1377
Fairlop Outdoor Activity Centre,
Fairlop Waters Forest Rd Ilford ..... (020) 8500 1468
Fairlop Pharmacy,
High Street Ilford ..... (020) 8551 3017
Fairlop Waters,
General Enquiries Forest Rd Ilford ..... (020) 8500 9911
Fairview Lets, Ltd,
38 Cameron Rd Ilford ..... (020) 8491 8989
FAX ..... (020) 8491 9007
Fairways,
71-79 Chingford Mt Rd E4 ..... (020) 8531 8133
Fairways Newsagent, Nwsagt,
13 Chapel Road Ilford ..... (020) 8553 4279
Fais Mortgages,
58 Ilford La Ilford ..... (020) 8227 1722
Faizan Blinds, Ltd,
4 Broadway Parade,Fencepiece Road Barkingside ..... (020) 8470 8862
Faizan Halal Meat, Ltd,
45 Wood Street E17 ..... (020) 8520 9995
Familycare Homes, Ltd,
28 Leigh Avenue Ilford ..... (020) 3887 4296
Famoso,
42 Station Way Buckhurst Hill ..... (020) 3345 7735
Famz Doner Kebab Ltd,
545 Cranbrook Road Ilford ..... (020) 8496 7852
Fancy Cloth Centre,
129 Ashburton Avenue Ilford ..... (020) 8552 4374
Fareacres Pre-School & Day Nursery,
1 Chelmsford Road E18 ..... (020) 8505 3248
Fareacres Pre-School Nursery,
681 Cranbrook Road Ilford ..... (020) 8550 7847
Farmfoods, Ltd,
261 High Rd Ilford ..... (020) 8478 4644
Walthamstow 46 High St E17 ..... (020) 8521 7277
Farmiloe, S,
74A High Street Wanstead E11 ..... (020) 8989 3714
Farouk Randera,
2-6 Fowler Road Hainault Business Park ..... (020) 3556 1626
Farouk Randera,
12-14 Fowler Road Ilford ..... (020) 3754 2517
Farr O'neil Residential Estate Agents,
76A Queens Rd Ll Buckhurst Hl ..... (020) 8504 9344
Fashion Avenue,
237A High Rd Loughton ..... (020) 8508 8213
Fashion Fair, Retail,
184 High Street E17 ..... (020) 8503 7048
Fashion Nails,
80 High Street Barkingside ..... (020) 3645 8564
Fast Link,
97 Ilford La Ilford ..... (020) 8553 2225
Fast Open Auto Locksmith, Locksmiths, 24 Hour, Emergency Auto Locksmith,
Cranbrook Rd Ilford ..... (0845) 1647425
Fast Track Electrics, Ltd,
2A Browning Rd E11 ..... (020) 8530 4488
Fat Fish,
25 The Broadway Woodford Green ..... (020) 3686 9232
Fat-Catz-Copy-Catz, Ltd,
Aldborough Hall Farm Aldborough Road North
Ilford ..... (020) 8599 3777
Favourite Chicken,
2 Rex Pde Snakes La Woodford Gn ..... (020) 8504 4484
Favourite Chicken & Ribs,
385 Eastern Avenue Ilford ..... (020) 8518 1110
Fayers, W, & Son, Bldrs Mrcnts,
FAX ..... (020) 8505 0626
Fb Gants Hill,
355 Eastern Avenue Ilford ..... (020) 3105 5528
Feel Good Look Good Beauty Salon,
472 Cranbrook Road Ilford ..... (020) 8518 0033
Feline Corporation, Ltd,
24 Violet Road E17 ..... (020) 3208 0100
Fellowes, R.J, & Son, Solrs,
21 Church Hl E17 ..... (020) 8520 7392
FAX ..... (020) 8509 0759
Femight, Ltd, African Food Mail Order,
Enquiries ..... (0800) 0325633
Fencepiece Dental Practice,
139a Fencepiece Road Ilford ..... (020) 8500 9909
Fencepiece Road Medical Centre,
FAX ..... (020) 8924 1188
Fencor, Ltd,
Unit 5a Zenith House 210 Church Road E10 ..... (020) 8539 3339
Fenton Flooring Contracts, Ltd,
157 Queens Rd Buckhurst Hl ..... (020) 8504 0529
Fenton, P.J,
47 Clinton Cres Ilford ..... (07956) 844912
Fern Leaf Care, Ltd,
16 Kenilworth Gardens Ilford ..... (020) 8911 6046
Ferndown Residents Association Ltd 2,
Ferndown Woodford Road E18 ..... (020) 8530 8162
Ferndown Residents Association, Ltd,
Ferndown Woodford Road E18 ..... (020) 8989 4038
Fernleaf Carehome, Ltd,
52 Bedford Road Ilford ..... (020) 8911 8696
8 Eastwood Road Ilford ..... (020) 8597 9922
Few Metal,
163 Railway Arches Midland Rd E10 ..... (020) 8988 3205
Fg Barbers Ltd,
689A High Road Ilford ..... (020) 3524 5762
Fh Auto Tech,
103 Lea Bridge Road London ..... (020) 3524 9583
Fh Law Solicitors,
732 Romford Road Manor Park London ..... (020) 8911 7100
Fields Engine Service, Ltd,
Engs 2A Leslie Rd E11 ..... (020) 8539 5205
Filrooms, Ltd, Education,
51 Granleigh Road E11 ..... (020) 8539 9205
Finance & Leasing, (London)ltd,
40 High Rd E18 ..... (020) 8530 4247
Or ..... (020) 8530 5031
Financial Staffing Solutions, Ltd,
158 Hermon Hl E18 ..... (020) 8532 2644
Finch & Sons Garage Sevices,
236 Billet Road E17 ..... (020) 8531 4645
Findlay Wetherfield Scott, & Co, Chrtd Acctnts,
137A Station Rd E4 ..... (020) 8524 0119
Fine Fair Consultancy, Ltd,
Ilford
552 Ley St ..... (020) 8554 0500
Fine Lines, (UK) Ltd,
Unit 1 41-43 Roebuck Road Hainault Business Park
Ilford ..... (020) 8500 9199
Finegold's Insurance Services, Ltd,
9 Mellows Road Ilford ..... (0843) 8163484
Finesse, Unisex Hrdrsrs,
19 York Road Ilford ..... (020) 8478 6339
Finger Licking Chicken, Takeaway,
41 Palmerston Road E17 ..... (020) 8520 2737
Fingertips,
196 Queens Rd Buckhurst Hl ..... (020) 8505 5469
FIRE,
In Emergency dial 999 and ask the operator for Fire
Fireaway, (Loughton) Ltd, Marketing Pr Advertising,
120 Roding Road Loughton ..... (020) 8508 5580
Fireaway Pizza, Takeaway,
10 State Parade High Street Barkingside ..... (020) 8550 4583
Fireplace Design, Centre, Fireplaces & Gas Fires,
Unit 6 Chingford Indust Cntr Hall La E4 ..... (020) 8529 1010
Firetruck Communications, Ltd,
29 Russell Road Buckhurst Hill ..... (020) 7062 2773
First Academy Foundation,
62-64 Cranbrook Road Ilford ..... (020) 8514 3388
First Call Detectives, Private Investigator,
644 High Road Leyton ..... (0844) 5898039
First Call Scaffolding, Ltd,
Meridian House 62 Station Road E4 ..... (020) 8524 1777
First Call Training Force, Ltd,
Herbert Rd E12 ..... (020) 8477 7910
First Choice GB, Ltd, Clothes,
122 High St E17 ..... (020) 8520 7510
First Choice Travel Shop,
Barkingside 8 High St Ilford ..... (0844) 5615713
First Class,
Unit 9 The Sidings Hainault Rd E11 ..... (020) 8539 2741
First Class Barbers,
468 High Road Leyton London ..... (020) 8558 5515
First Class Insurance Consultants, Ltd,
38 High Road South Woodford ..... (020) 8532 9637
FAX ..... (020) 8532 9638
First Contact Property Services,
826 Romford Rd E12 ..... (020) 8911 8787
FAX ..... (020) 8553 4440
First Fruits,
27 Alexandra Road London ..... (020) 3345 6048
First Impressions Dry Cleaners,
241 Clayhall Avenue Ilford ..... (020) 3441 3007
First Mr Clutch, Gar,
21 Buckingham Road Ilford ..... (020) 8478 2372
First Step Property Services, Ltd,
Coventry House 1-3 Coventry Road Ilford ..... (020) 8518 2555
Fish, Bros Ltd, Jwlrs & Pwnbrkrs,
114 High St E17 ..... (020) 8520 6857
Or ..... (020) 8520 4687
Fish, Ltd Bros, Pwnbrkrs & Cheque Cashing Off,
114 High Street E17 ..... (020) 8521 2628
Fisharee, Ltd,
21 Foxglove Gardens London ..... (020) 4516 1471
Fisk Fire Protection,
140 Ashburton Av Ilford ..... (020) 8983 8999
Five Lads, Rstnt,
308 High Road Leyton E10 ..... (020) 8556 2666
Five Star Fisheries, Ltd,
684 High Road Leytonstone London ..... (020) 8556 8330
Five Star Fisheries, Ltd,
81 High Street Barkingside ..... (020) 8550 1239
FJC Serve, Ltd,
735 High Rd Ilford ..... (020) 8597 7639
Flame Leyton, Ltd,
38 Oliver Road E10 ..... (020) 8558 0630
Flamelog & Coal Fires, Ltd,
Unit 6 Chingford Indust Cntr Hall La E4 ..... (020) 8524 0007
Flavorino Pizza, Ltd,
121 Ley Street Ilford ..... (020) 8478 3714
Fleetlink Associates,
92 Lambourne Road Chigwell ..... (020) 8559 8000
Fletcher, Dr, B,
Flat 35 Belgrave Heights 26 Belgrave Road E11 ..... (020) 8532 9424
Flexilearning Centre, Ltd,
Olympic House 28-42 Clements Road Ilford ..... (020) 8478 4813
FLOC, Ltd, Consultancy,
63 Norman Road Ilford ..... (01708) 873896
Floor Masters, Ltd,
47 Perth Rd Ilford ..... (0800) 7312804
Floor Store Direct, Ltd,
Unit 13a Heybridge Wy Lea Bdge Rd E10 ..... (020) 8558 7300
Floor Story, Ltd,
118 Beulah Road London ..... (020) 7871 3013
Floorcraft Contractors, (London) Ltd,
17A Station Rd E17 ..... (020) 8521 4446
FAX ..... (020) 8521 9165
Floral Inspirations, Florist,
1 New Rd London ..... (0844) 4113314
Florey Investments, Ltd,
70A Balfour Road Ilford ..... (020) 8478 1470
Flower Power, Florist,
1 Chingford Mount Rd London ..... (0844) 4113324
Flower Shop,
2 Roding Lane South Ilford ..... (020) 8551 2434
Flowers 4 U, Florist,
4 Forest Rd London ..... (0844) 4113309
Flowers by Karen,
787 Cranbrook Road Ilford ..... (020) 8551 7665

Flowers of the East, Florist,
65 Queens Rd London ..... (0844) 4113323
Floyd, & Son Ltd,
Aaron House 8 Hainault Business Park Forest Road
Hainault ..... (020) 8500 7475
Fluorel, Ltd, Illumination Engs,
Riverside Wks Broadmead Rd Woodford Gn ..... (020) 8504 9691
Flutegold, Ltd,
Unit 12,109 Maybank Road E18 ..... (020) 8504 3516
Flying Carpets London, Ltd,
322 High Rd Leyton E10 ..... (020) 8558 9272
Flypharm, Flypharm Ltd, Ltd,
90 Forest Road E17 ..... (020) 3689 9040
Focal Point Pharmacy,
72 Waverley Road E17 ..... (020) 8520 7791
Focal Tuition,
96 Palmerston Road London ..... (020) 3489 7879
Foley Homes,
1A High St E11 ..... (07071) 347744
Fone M8 Uk, Ltd,
207 Ley Street Ilford ..... (020) 8616 3663
Fonefix Walthamstow, Mobile Shop,
2 Garnett Way E17 ..... (020) 8531 4475
Foodstore,
154 Broadmead Road Woodford Green ..... (020) 8505 8166
Foot & Ankle Centre,
66 Station Road E4 ..... (020) 8524 4516
Footsteps Day Nursery, Chris Sheen,
2 Preston Road London ..... (020) 8530 5471
For Her Hair & Beauty Salon,
615 Lea Bridge Road London ..... (020) 3302 1290
Force Maintenance Team, Ltd,
Aldborough Hall Farm Aldborough Road North
Newbury Park Ilford ..... (020) 8590 4936
Ford Sports & Social Club,
Fords Sports & Social Clb Aldborough Rd Sth
Ilford ..... (020) 8590 3797
Fordco, Vehicle Sprs/Acces,
658 High Rd Leyton London ..... (0843) 5154851
Forefront Foods, Ltd,
48 High Street Barkingside ..... (020) 8551 1670
Forefront Services, Ltd,
5 Saxon Clo E17 ..... (020) 8509 2250
Foreign & Commonwealth Office,
Foresight Associates, Ltd,
Sterling Ho Langston Rd Loughton ..... (020) 8502 1767
Foresight Associates, Ltd,
Sterling Ho Langston Rd Loughton ..... (020) 8532 1933
Forest Cars,
88 Colson Rd Loughton ..... (020) 8502 1010
487 New Nth Rd Ilford ..... (020) 8500 3333
Forest Cars, Trade,
287 Hall Lane London ..... (020) 8524 9288
Forest Cars,
Electric Pde Seven Kings Rd Ilford ..... (020) 8590 4444
Forest Communications,
Flat 6 The Vista, 23 Forest View Chingford ..... (0844) 8440691
Forest Dispensing Chemist,
615 Forest Road E17 ..... (020) 8527 2185
Forest Flooring Company,
28-30 Hoe Street London ..... (020) 8509 0632
Forest Foods, (UK) Ltd,
105 High Street E17 ..... (020) 3643 8741
Forest Healthcare NHS Trust,
Trust Headquarters Office Whipps Cross Hospital E11 FAX .... (020) 8535 6439
Trust Headquarters Office Whipps Cross Hospital E11 ... (020) 8535 6800
Clinics
Women's Health,General Enq.9.15am-3.00pm Mon to Fri Woodford Gn (020) 8535 6794
Mental Health Servs
Stonelea (Acute Mental Health Unit) Langthorne Rd E11 ..... (020) 8535 6477
Woodbury (Acute Mental Health Unit) James La E11..... (020) 8535 6478
Servs for Elderly People
Highams Court (Continuing Care Unit) 1 Friars Clo Larkshill Rd E4 .. (020) 8535 6533
Forest Housing Association, Ltd,
FAX Flat 20 Edgar House Blake Hall Road E11 ..... (020) 8532 2113
Forest, K,
285 Forest Road E17 ..... (020) 8531 7637
Forest Learning, Education,
12 Smarts Lane Loughton ..... (020) 8508 2090
Forest Lettings & Estates, Ltd,
176 Forest Road E17 ..... (020) 8520 9393
Forest Park Cemetery & Crematorium,
Forest Park Cemetary & Crematorium Forest Road
Ilford ..... (020) 8501 2236
Forest Place Nursing Home,
Forest Place Roebuck Lane Buckhurst Hill ..... (020) 8505 2063
Forest Practice,
26 Pyrles La Loughton ..... (020) 8418 1800
11 Station Rd Loughton ..... (020) 8532 0324
Forest Road Post Office,
532-6 Forest Road E17 ..... (020) 8509 0101
Forest Surgery, The,
2 MacDonald Rd Walthamstow ..... (0844) 4778725
Forest Therapeutic Counselling Agency,
3 The Shrubberies George La South Woodford ..... (020) 8502 4674
Forest Therapy Centre,
2 Station Passage E18 ..... (020) 8989 5936
Forest Veterinary Centre,
Woodford Bdge 32 Waltham Rd Woodford Green ..... (020) 8505 4078
Forest Vets-Woodford Bridge Surgery, Ltd,
32 Waltham Road Woodford Green ..... (020) 8504 7729
Forest View Residential Home,
45 Upper Walthamstow Rd E17 ..... (020) 8520 2361
Foresters Arms, The,
15 Baldwins Hill Loughton ..... (020) 8502 5087
Foresters Solicitors,
155 Hoe St E17 ..... (020) 8521 5999
Forever Young Ltd,
18 Sunnymede Drive Ilford ..... (020) 8551 0796
Form Design Europe, Ltd,
25 Rectory Rd E17 ..... (020) 8983 1400
Formal Wear Ltd,
123-125 High Road Ilford ..... (020) 3489 8735
Formula One Auto Centres, Ltd,
Unit 1 Woodford Trading Estate Southend Road
Woodford Green ..... (020) 8551 2020
Forrest Dental,
1a Forest Road Loughton ..... (020) 8502 2625
Forstaff,
104 Cranbrook Rd Ilford ..... (020) 8636 1662
Fortune House,
454 High Road Leyton E10 ..... (020) 8556 3512
Foskett Marr Gadsby & Head,
106 High Rd Loughton ..... (020) 8418 1300
Foundations Estate Agents,
4 Beehive Lane Ilford ..... (020) 8554 2121
Four Pillars Brewery,
Unit 2 Ravenswood Industrial Estate Shernhall Street
E17 ..... (020) 8521 5552
Four Seasons, Takeaway,
836A Romford Road E12 ..... (020) 8911 0588
Four Star Second Ig1, Ltd, Four Star Second,
292 Ilford Lane Ilford ..... (020) 8911 8714
Fourstar Minicabs, Ltd,
38 Cranbrook Rd Ilford ..... (020) 8553 1414
Fourstar Minicabs Ltd - Ig1, Ltd, Fourstar Minicabs Ig1,
38 Cranbrook Road Ilford ..... (020) 8514 3967
Fowler Fire Alarms,
1 Hermitage Walk London ..... (020) 8530 8005
Foxstone Estates,
Unit 2 Stone Terrace Buxton Road London ..... (020) 8524 7119
Foxton Homes,
369 Green La Ilford ..... (020) 8599 0061
Foxtons Loughton, Estate Agency,
199 High Road Loughton ..... (020) 3829 1400
Foxtons Walthamstow, Estate Agency,
183-185 Hoe Street Walthamstow ..... (020) 3728 2323
Foxwoods Residential, Ltd,
756 High Road Ilford ..... (020) 8598 2008
FP Associates, Ltd,
36A Goodmayes Rd Ilford ..... (020) 8586 1846
Fragrance Shop,The,
Unit 71 The Exchange The Exchange High Road
Ilford ..... (020) 8514 4859
Frame, Margaret M, & Co, Solrs,
70 Wanstead La Ilford ..... (020) 8518 6767
Francesca Beau, Ltd,
162 High Road Loughton ..... (020) 8508 3433
Francis & Friends,
Mainyard Studios 102 Rookery Court London ..... (020) 3621 8818
Francis Rd Supermarket,
Francis Road London ..... (020) 8558 7881
Francis Road Medical Centre,
94 Francis Road E10 ..... (020) 8539 3131
Or ..... (020) 8558 6335
Frank Grace Internet Cafe,
886 Lea Bridge Road London ..... (020) 4537 0864
Frank Nigel, & Co, Chrtd Survyrs & Vals,
1 Balfour Rd Ilford ..... (020) 8252 6222
Franklin, Micheal, (Chemsts) Ltd,
51-55 St. James's Street E17 ..... (020) 8521 3610
Freah Juice Junction Ltd,
96 Ilford Lane Ilford ..... (020) 3662 0391
Freak Fitness, Ltd,
453 Lea Bridge Road London ..... (020) 8556 1091
Frederick Bremer School,
Siddeley Rd E17 ..... (020) 8498 3340
Fredericks, Ltd,
106 Charter Avenue Ilford ..... (020) 8518 4319
Freedman, Mark,
267 Chingford Mount Road E4 ..... (020) 8524 3916
Freeman, I.V, Remov Contr,
284 Green Lane Ilford ..... (020) 8478 1258
Freemont Property Managers, (Golding Cour,
30 Golding Court Riverdene Road Ilford ..... (020) 8478 4269
French at 48,
48 Queens Rd Buckhurst Hl ..... (020) 8559 0606
Frenford Youth Club,
Frenford Clubs Jack Carter Centre The Drive
Ilford ..... (020) 8518 0992
Fresco Frutas Ltd,
20 Allen House 23, New Spitalfields Market Sherrin Road
London ..... (020) 3294 0368
Or ..... (020) 3294 0369
Fresh & Fruity,
Unit 3 Spital House New Spitalfields Market 27 Sherrin Road
E10 ..... (020) 8558 0077
Fresh Halal Meat,
394 Green La Ilford ..... (020) 8598 2727
Fresko, Cafe,
27 The Broadway Loughton ..... (020) 8508 8367
Fried Hut, Ltd,
980 Eastern Ave Ilford ..... (020) 3336 7429
Friedmans, & Co, Chrtd Actnt,
13 High St Wanstead E11 ..... (020) 8530 7275
Friend & Farrelly Property Services,
Sterling Ho Langston Rd Loughton ..... (020) 8508 5976
Friend, Jonathan S, Osteo,
80 Falmouth Gardens Ilford ..... (020) 8550 0982
Fringe Furniture, Ltd,
Unit 30 Cromwell Industrial Estate,Staffa Road
E10 ..... (020) 8532 8600
Front Room,The,
122-124 Station Road Chingford London ..... (020) 8529 2265
Frontiers Consulting, Accountant,
7 Lindale Close Ilford ..... (020) 8550 0000
Frostbite, UK Ltd,
Suite 1b, Elmhurst, 98-106 High Road
South Woodford ..... (020) 8363 6445
Frozen Fast Food, Ltd,
Unit 9 Forest Business Park Argall Avenue E10 ..... (020) 8509 8004
Frozen Fast Foods,
Unit 9 Forest Business Park Argall Avenue
Leyton ..... (020) 8509 8008
Fruits For You, Ltd,
Stand 79 Market Pavilion Sherrin Road London ..... (020) 8558 6002
Fry-Days Fish & Chicken, Ltd,
218 Chingford Mount Road Chingford London ..... (020) 3742 3742
Fullers Hall, Day Nursery,
64A Fullers Road E18 ..... (020) 8505 5779
Fullwell Avenue Surgery,
272 Fullwell Avenue Ilford ..... (020) 8550 9988
Fullwell Estates,
4 Fullwell Pde Fullwell Av Ilford ..... (020) 8550 0777
Fullwell Parade News,
3 Fullwell Avenue Ilford ..... (020) 8551 0341
Funeral Director,
45 New Nth Rd Ilford ..... (020) 8501 1735
Funky Dogs Limited,
200B Chingford Mount Road London ..... (020) 8524 1919
Furniture Fleet,
88 High Street Barkingsite ..... (020) 3609 8413
Fusion Exclusive, Ltd,
135 Ley Street Ilford ..... (020) 8553 0590
Future Garden, Ltd,
The Grain Store Browning Farm Gravel Lane
Chigwell ..... (020) 8502 7722
Future Training 4 Jobs, Ltd,
Olympic Ho 42 Clements Rd Ilford ..... (020) 8514 7280
Futures For Children,
78 Nightingale La E11 ..... (020) 8530 8680
Futures For Children, Ltd,
79 Nightingale La E11 ..... (020) 8989 6016
G.B.N Removal, Co.Ltd,
9 Estate Wy E10 ..... (020) 8556 2211
G B N Services, Ltd,
9 Estate Wy E10 ..... (020) 8556 1138
G.C. Johnson, G C JOHNSON LTD, Ltd,
Oakwood Hl Indust Est Oakwood Hl Loughton ..... (020) 8508 1886
G Clays, Ltd,
Suite 9, Cranbrook House, 61 Cranbrook Road
Ilford ..... (020) 3659 5052
G D G Electrical Services, Ltd,
17 Oakland Place Buckhurst Hill ..... (020) 8559 7445
G H L Developments, Ltd,
29 Madeira Grove Woodford Green ..... (020) 8502 9721
G & J Financial Services, Ltd,
391 Hale End Rd Woodford Gn ..... (020) 8503 3060
G & K Associates, Ltd,
Second Floor Sterling House Langston Road
Loughton ..... (020) 8532 5600
G M G Autos,
56A Perkins Road Ilford ..... (020) 8554 8283
G Middleton Engineering,
Unit 8d Cromwell Centre Roebuck Road Hainault Business Park
Ilford ..... (020) 8500 2551
G M S,
167 Ilford La Ilford ..... (020) 8478 1486
Or ..... (020) 8478 2404
G & M Services, Ltd,
Highview House,Unit B Grasmere Gardens Ilford ..... (020) 8551 8731
G N R Motors, Car Mech,
1 Lister Road London ..... (020) 8558 0211
G S Plumbing & Heating Merchants,
85 Wood Street Walthamstow ..... (020) 8521 3399
G T Wines, Off License,
238 High Rd Leyton E10 ..... (020) 8558 1022
G3 Security, Security Co,
Olympic House 28-42 Clements Road Ilford ..... (020) 3288 0000
G3 Security, Security Servs,
Suite 121 Olympic House 28-42 Clements Road
Ilford ..... (020) 3288 0011
G9 Tech, Ltd,

108 High Street Walthamstow London ..... (020) 8521 1796
Gabhen, Accountancy,
313B Hoe Street E17 ..... (020) 8520 2298
Gabhen ACC, Ltd,
313b Hoe St E17 ..... (020) 8520 3354
Gabriel & Associates,
293a High Road Leytonstone London ..... (020) 8556 1444
Gabriel Christopher, & Co,
Forest House Business Centre 8 Gainsborough Road
E11 ..... (020) 8556 1947
Gaduvi, K.G,
66 George La E18 ..... (020) 8989 2661
Gala 1905, Ltd,
127 High Road South Woodford London ..... (020) 3337 0495
Gala Clubs,
Barkingside Fairlop Rd ..... (020) 8551 2558
Galaxy Travel, Galaxy Trvl,
37 Woodside Park Avenue Walthamstow London ..... (020) 3490 2502
Gales Dental Laboratory,
4 Central Store Roding Rd Loughton ..... (020) 8502 5274
Galley, The, Trade,
213 Fulbourne Road Walthamstow ..... (020) 8531 7884
Galliard Holdings,
246 High Road Ilford ..... (020) 8514 0047
Gam Construction And Maintenance Ltd,
126 Gam Construction And Maintenance Ltd 126 Church Hill
Loughton ..... (020) 3536 4648
GAM General Building, Ltd,
Unit E 400 Roding Lane South Woodford Green ..... (020) 8550 3694
Gamestation, Ltd,
Ilford
172 - 174 High Road
Ilford Calls cost up to 10 pence per minute plus network extras ...(0871) 5940088
Walthamstow
174 High Street
Walthamstow Calls cost up to 10 pence per minute plus network
extras ..... (0871) 5940088
Gandhi Express,
710 Chigwell Rd Woodford Gn ..... (020) 8504 2121
Or ..... (020) 8504 0008
Gandhi Tandoori Restaurant,
712 Chigwell Rd Woodford Green ..... (020) 8505 3212
712 Chigwell Rd Woodford Bdge ..... (020) 8506 0556
Ganesha Stores,
Aldborough Parade 1 Aldborough Road North
Ilford ..... (020) 7998 8630
Gants Hill Cars,
565 Cranbrook Road Ilford ..... (020) 8550 0050
Gants Hill Discount Store,
392 Cranbrook Road Ilford ..... (020) 8518 4300
Gants Hill Super Food,
Moving House Uk Ltd Seven Ways Parade Woodford Avenue
Ilford ..... (020) 8550 0925
Gantshill Methodist Church,
Gantshill Crescent Ilford ..... (020) 8550 1518
Garage Door, Ltd,
64 Connaught Avenue London FAX ..... (020) 8524 0087
Garden News,
50 High St E17 ..... (020) 8520 3686
Garden Studios,
341 Lea Bridge Rd E10 ..... (020) 8988 7592
Gardens Of Peace Muslim Cemetery Trust,
Elmbridge Rd Ilford ..... (020) 8502 6000
Gardezi Jay, & Co,
1 Hamilton Ho 4a The Avenue E4 ..... (020) 8523 4477
Or ..... (020) 8527 5668
FAX ..... (020) 8527 0739
Gardiners Arms,The,
103 York Hl Loughton ..... (020) 8508 1655
Gardo Doors, Ltd,
64 Connaught Av E4 ..... (01992) 642990
64 Connaught Avenue E4 ..... (020) 8524 7209
Garnet Uk 3 New Ltd Eeh Ventures, Ltd,
3 Caxton Place Roden Street Ilford ..... (020) 8911 7012
Garwood Builders & Glazing, Co Ltd,
69 George La E18 ..... (020) 8530 5050
Garwood Glazing Contractors, Ltd,
69 George Lane South Woodford London ..... (020) 8530 8965
Gary Green, Monmtl Stone Msns,
14 Claybury Bdwy Ilford ..... (020) 8551 6866
FAX ..... (020) 8503 9889
Gary & Ian's, Deli On Broadway, Delctssn,
5 Claybury Bdwy Clayhall ..... (020) 8550 7035
Gary Jacobs, & Co,
137 George La E18 ..... (020) 8536 4050
Gas Plumbing & Heating,
12 Forest Drive Woodford Green ..... (020) 8531 4411
Gaska,
301 High Road Leyton E10 ..... (020) 8988 0501
Gatelands Supplies, Ltd,
Gateway Business Centre 210 Church Road E10 ..... (020) 8539 2690
Gates of Woodford, Car Dealership,
357 Chigwell Road Woodford Green ..... (020) 3912 6124
Gavincoyle Studio,
56-58 Boundary Road E17 ..... (020) 8520 4399
Gavro, Ltd,
107b George Lane E18 ..... (020) 8989 9996
GB Autos,
233 Ley Street Ilford ..... (020) 8478 4279
Gb Macks Skips, Skip Hire,
45-47 Roebuck Road Hainault Business Park
Ilford ..... (020) 8501 0100
Gb Xpress Cargo,
Excelsior House 3-5 Balfour Road Ilford ..... (020) 8127 6880
Gba Computax,
172 Hoe St E17 ..... (020) 8520 7727
Gbn Office Solutions, Ltd,
9 Estate Wy E10 ..... (020) 8558 8210
Gbn Self Store, Ltd,
9 Estate Wy E10 ..... (020) 8558 1234
GBN Services, Ltd,
10 Estate Way E10 ..... (020) 8558 3628
Gee Vee Constructions,
36 Morris Avenue London ..... (020) 8553 1860
Geevee Constructions, Ltd,
36 Morris Avenue E12 ..... (020) 8553 4235
Gelato Kitchen, Ltd, The,
248 High Road Loughton ..... (01268) 646811
Gem Hospitality And Catering Ltd,
123 High Street Wanstead London ..... (020) 8530 4024
Gemstones & Jewellery,
637b Romford Road London ..... (020) 8477 1776
General Motors,
92 Harrow Road London ..... (020) 8519 5551
General Softwares, Ltd,
Suite 522 1-3 Coventry Road Ilford ..... (020) 3876 5821
Gentleman Club, Ltd,
182 High Road Woodford Green ..... (020) 4559 9601
Genton, Ltd,
The Plough 173 Wood Street E17 ..... (020) 8521 0794
Geo Kebabish, Ltd,
323 High Street North Manor Park London ..... (020) 8472 9086
George Harrington, Co Ltd,
113A Hoe St E17 ..... (020) 8520 5309
George Mitchell School,
Farmer Rd E10 ..... (020) 8539 6198
George Mitchell Schools,
192 Vicarage Road London ..... (020) 8127 8563
George, Mr, S,
5 Ambleside Close London ..... (020) 8558 0572
Georges Den, Chief, A,
171 Francis Road London ..... (020) 8539 1433
Georges Fish Restaurant,
164 George La E18 ..... (020) 8989 3970
Georges Removal Services,
27 Drayton Road London ..... (0843) 5156994
Gerald Freed Chain, Ltd,
FAX ..... (020) 8523 3030
Geraldines Hair Fashions, Hrdrsrs,
76 The Broadway Loughton ..... (020) 8508 6070
German Car Repairs,
Unit 63 Cromwell Industrial Estate Staffa Road
London ..... (020) 8558 3560
Gerrys For Nets,
46 Chingford Mount Road E4 ..... (020) 8531 8777
Ghosh, Dr, Anshua,
3 Beechwood Park E18 ..... (020) 8989 7361
Giant Loughton,
235 High Road Loughton ..... (020) 8508 1384
Gilbert,Turner, Solrs,
188 Hoe St E17 ..... (020) 8509 6800
Gildacroft, Ltd,
621 Romford Rd E12 ..... (020) 8478 6512
FAX ..... (020) 8553 0161
GILDERSON, & Sons Ltd, Funrl Dirs,
Barkingside
49 High St Barkingside ..... (020) 8551 7241
FAX ..... (020) 8551 2477
612 High Rd Ilford ..... (020) 8597 5341
Giles & Abraham, Ltd, Whsle Ret,
745 High Road Leytonstone E11 ..... (020) 8556 7199
Gills Grill & Bar,
43 Goodmayes Rd Ilford ..... (020) 8597 8154
Gilwell Park,Scout Association,
Gilwell Park E4 (Admin) ..... (020) 8524 5246
Giovanis Pizza,
65 Luton Road Walthamstow London ..... (020) 8037 1812
Giovanni Hairdressers,
212 High Road Woodford Green ..... (020) 8505 1511
Girl Friday, Ltd, Emplymt Agcy,
(Legal) 21 Cambridge Pk E11 ..... (020) 8989 7794
(Perms) 21 Cambridge Pk E11 ..... (020) 8530 3618
(Temps) 21 Cambridge Pk E11 ..... (020) 8989 1118
Girlguiding Chigwell Row Campsite,
Oaklands Farm Lambourne Road Chigwell ..... (020) 8500 2450
Givehand, Ltd,
78 Brunner Road E17 ..... (020) 8223 1320
Gizmo Display Services,
97 Peregrine Rd Hainault Bsns Pk Ilford ..... (020) 8500 6919
Glace & Grind Cafe, Ltd,
593 High Road Seven Kings ..... (020) 4636 5705
Glades And Fades,
Atherton Road 49 Atherton Road Ilford ..... (020) 3509 6331
Glazing Squad,
Flat 43 Bulwer Court Bulwer Court Road
Leytonstone ..... (020) 8539 3788
Glenny Llp - Wentworth House,
Wentworth House 350 Eastern Avenue Ilford ..... (020) 8554 7217
Glitz Fashion, Ltd, Ladies Occasion Wear,
East Wing Unit G5 Sterling House Langston Road
Loughton ..... (020) 8532 0654
Glitzy Desserts & Coffee, Ltd,
59 St. James's Street E17 ..... (020) 8520 9193
Global Business Associates, Ltd,
Unit 1 Oaklands House 58 Oaklands Park Avenue
Ilford ..... (020) 8507 7650
Global Car Service, Ltd,
747 Eastern Avenue Ilford ..... (020) 8590 2323
Global Protein Solutions,
Loughton Bsns Cntr, Unit 5 Langston Rd Loughton ..... (020) 8498 6750
Global Trade & Services, Ltd,
440 New North Road Ilford ..... (020) 8501 1281
Global Windows & Doors Llp, Double Glazing,
Unit 1 Whilems Wks Forest Rd Ilford ..... (020) 8500 9930
Globle Investments, Ltd,
7 Goldings Rise Loughton ..... (020) 8508 0055
Glow Up Cosmetics, Ltd,
71 Old Church Road E4 ..... (020) 8529 9405
Glyn Hopkin (Fiat & Nissan), Ltd,
Epping New Rd Buckhurst Hill ..... (020) 8504 1171
Glyn Hopkin, Ltd (East London),
80 Ruckholt Rd E10 ..... (020) 8988 5000
FAX ..... (020) 8988 5001
Gm 2017, Used Car Sales,
707 High Road Ilford ..... (020) 8597 7603
Go Airports, Ltd, Ret,
Unit 28 Alpha Bsns Cntr 60 South Gro E17 ..... (020) 8520 2000
Go Further Cycling Limited,
4 Bury Road E4 ..... (020) 8524 6626
Go Green Hydro, Ltd,
Forest Ho Bracken Indust Est Fo Rest Rd Ilford ..... (020) 8500 9500
Go Signs, Ltd,
26 Chapel Road Ilford ..... (020) 3410 7569
Go-Airports,
50 Colchester Rd London ..... (0843) 5384857
Goddard, Veterinary Gp,
Branch Surgeries
New Wanstead
The Veterinary Hospital 84 New Wanstead E11 ..... (020) 8989 7744
FAX ..... (020) 8532 2821
Goddard Veterinary, Gp, Vet Surg,
84 New Wanstead E11 ..... (0844) 8542653
Goddard Veterinary Group, Ltd, Vets,
117 Grove Road London ..... (0843) 8161476
Goddard Veterinary Group, Ltd, Vets,
8, Snaresbrook House Woodford Road
South Woodford ..... (0843) 8161497
Goddards Vet Group,
84 New Wanstead E11 ..... (020) 8530 7587
Godfrey, Jack H, Dent Surg,
161 Clayhall Av Clayhall ..... (020) 8550 6211
Godske,
Unit 22 Bourne Court Southend Road ..... (020) 8550 3491
Godske Group, UK Ltd,
Head Office 214 Maybank Rd E18 ..... (020) 8504 6554
Go-Hypo, Ltd,
24 High Rd E18 ..... (020) 8989 2700
Gold Line Car Services, Ltd,
22 Church La E11 ..... (020) 8558 1151
Or ..... (020) 8558 6558
Gold, L S, & Co,
110 Station Rd E4 ..... (020) 8559 3550
Gold N Image,
19 Old Church Road Chingford ..... (020) 8529 7788
Gold S & Sons Direct Sales, Video & Audio Whslrs,
Customer Services ..... (020) 8282 7014
Goldberg Estates,
332 Hoe Street E17 ..... (020) 8521 0222
Goldberg, Norman, Kosher Btchr,Poultr,
12 Claybury Bdwy Ilford ..... (020) 8551 2828
Golden Anchor, Traditional Fish Chips,
28 The Broadway Loughton ..... (020) 8508 6058
Golden Curry, Takeaway & Rstnt,
14 Clements Road Ilford ..... (020) 8514 5111
Golden Delight,
Ground Floor 385 Hale End Road Woodford Green ..... (020) 3712 2236
Or ..... (020) 3712 2237
Golden Fleece,The,
166 Capel Rd E12 ..... (020) 8478 0024
Golden Herbs,
56 Chingford Mount Road London ..... (020) 3243 0070
Golden Parts, Ltd,
786 High Road Ilford ..... (020) 3903 3594
Goldings Hill Post Office,
11 Englands Lane Loughton ..... (020) 8502 5503
Goldline Garage, Mot & Gar,
1A Carlyle Road E12 ..... (020) 8911 4632
Golds Cafe,
424 Cranbrook Road Ilford ..... (020) 8518 4984
Gold's Pharmacy,
Golds Chemist 24 Seven Ways Parade Woodford Avenue
Ilford ..... (020) 8550 1050
Goldsmith Personal, Ltd,
98 Hoe St E17 ..... (020) 8509 3766
Goldstar Care Services, Ltd,
Olympic House 28-42 Clements Road Ilford ..... (020) 8478 7000

Golfe Group, Ltd,
Edmond House 1a Perth Road Ilford....(020) 8518 1266
Good 2 Go Cars, Ltd,
773-775 High Road Ilford....(020) 8637 4696
Good Deals On Wheels, Ltd,
129 Wards Road Ilford....(020) 8220 8540
Good Estate Agent,The,
Caxton House Old Station Road Loughton....(020) 8508 4334
Good Friend Chinese Restaurant,
23 Winchester Road Chingford London....(020) 8527 0777
Good Health Practice,The,
161 Queens Road Buckhurst Hill....(020) 8505 8353
Good & Ready Locksmiths, Locksmiths, 24 Hour, Emergency Auto Locksmith,
Abbotsford Rd Ilford.... (0845) 1647426
Good & Ready Locksmiths, Locksmiths. 24 Hour Emergency, Auto Locksmiths,
Leyspring Rd LONDON.... (0844) 4117997
Good Vibes Coffee Shop Ltd,
Unit 2 Montague House, 527 Green Lane Ilford....(020) 8306 5158
Good View, Wholesale Retail,
324 Lea Bridge Road E10....(020) 8539 6787
Goodfellas,
119b Old Church Road London....(020) 8529 9299
Goodmayes,
616 Green Lane Ilford....(020) 8590 1882
Goodmayes Baptist Church,
Goodmayes Baptist Church Kinfauns Road Ilford....(020) 8599 5827
Goodmayes Consulting Services, Ltd,
1 Westwood Road Ilford....(020) 8252 0913
Goodmayes Fish & Chip, Co Ltd,
43 Goodmayes Road Ilford....(020) 8599 3448
Goodmayes Food And Wine Stall,
22 Goodmayes Road Ilford....(020) 3015 2889
Goodmayes, Ltd, Flights,
514 High Rd Ilford....(020) 8597 7483
Goodmayes Medical Centre,
595 Green Lane Ilford....(020) 3668 7499
Or....(020) 8597 7940
Goodmayes Motor Centre,
670 Green La Goodmayes....(020) 8590 2748
Goodmayes News,
Goodmayes Road Ilford, Essex....(020) 8597 3210
Goodmayes Primary School,
Castleton Road Ilford....(020) 8590 5810
Goodmayes Turkish Kebab,
760 High Road Ilford....(020) 8503 8143
Or....(020) 8597 6565
Goodmays Green Lane Post Office,
612 Green Lane Ilford....(020) 8590 2325
Goodstart, Gym,
The Britannia P H 493 High Road Leytonstone
Leytonstone London....(020) 8558 0002
Goodwill Business Services Limit,
Olympic House Suite, 317a, 28-42 Clements Road
Ilford....(020) 8514 2783
Goodwin Tyres,
111 Green Lane Ilford....(020) 8478 8484
Goose Wlathamstow, Pub,
264 Hoe St E17....(020) 8520 4751
Gordon Lomond, Ltd, Spclst Flooring Contr,
635 Lea Bridge Rd E10....(020) 8521 6133
Gordon Pennington Property Maintenance, Ltd,
64 Queens Rd E17....(020) 8520 0538
Gordon Tomalin Partnership, Ltd,
298 Green La Ilford....(020) 8503 8090
Gorefco, Llp, Professional & Financial,
79 Althorne Gardens South Woodford London....(020) 8530 4307
Gormley, Margaret-Kelly,
Flat 3, 61 Handsworth Avenue London....(020) 8556 0153
Gossip Nails Ltd,
49 Old Church Road London....(020) 8524 6888
Goto,
187 High St E17....(020) 8509 1588
Gourmet London, Ltd,
155 Manor Road Chigwell....(020) 8500 3322
GOVERNMENT OFFICE FOR THE EAST OF ENGLAND,
Eastbrook Shaftesbury Rd Cambridge.... (01223) 372500
Gp Practices,
357 High Road Woodford Green....(020) 3490 1181
Grace & Albert Cookshop,
406 Hale End Road London....(020) 8523 4447
Grace, E.W, Glss Mrcnt,
28 High Rd Buckhurst Hill....(020) 8505 5656
Grace System Services, Ltd,
459 New North Road Ilford,Essex....(020) 3935 3034
Gracelands Cms,
Seedbed Cntr Langston Rd Loughton....(020) 8502 2250
Grafton Brickwork Services,
100 Station Road London....(020) 3723 6278
Graham Bldr,
Graham Builders Woodford Av Ilford....(020) 8551 0252
Graham Page Trading,
Prospect Bsns Pk Langston Rd Loughton....(020) 8532 1022
Grand Trunk Road,
219 High Road E18....(020) 8505 1965
Grandaestheticsx, Ltd,
118 High Street Barkingside Ilford....(020) 8550 9749
Granditer Menswear Ltd Ta Base,
Woodford Gn Woodford Trdg Est Southend Rd.... (020) 8551 3344
Grant Haze, (London) Ltd,
Walthamstow Bsns Cnt Clifford Rd E17.... (020) 8531 9696
Grant, L, Ymca,
5 Blackhorse La E17.... (020) 8527 8505
Grant, Lionel,
48 Penrhyn Avenue London.... (020) 3620 9663
Gravel Lane Autos, Mot Vhcle Rprs,
Unit 2 Brownings Farm Gravel Lane Chigwell.... (020) 8502 6868
Gravesend & North Kent Hospital,
Bath St Gravesend.... (01474) 360500
Grays Of Chingford,
Chingford Mount Road London.... (020) 8523 0713
Grays Tyre & Exhaust,
81 Chingford Mount Road E4.... (020) 8527 3871
Great Harvest Foods,
339 High Street North London.... (020) 3602 5428
Great Wall,
12 Roding Lane South Ilford.... (020) 8551 7953
Greater London Northeast Scout Hq, Scouts Glne,
429 Wanstead Park Road Ilford.... (020) 8554 0299
Greek On Broadway,
9 The Broadway London.... (020) 3154 8581
Green, A, (Coaches) Ltd,
357A Hoe St E17.... (020) 8520 1138
Green, J,
669a Lea Bridge Road London.... (020) 8520 6473
Green Lane Motor Spares,
Ilford 47 Green La.... (020) 8553 0160
Green Leaf Introducers Services, Ltd,
708 Lea Bridge Road Leyton London.... (020) 3062 4484
Green Man,
191 Old Church Road E4.... (020) 8524 9101
Green Owl, Ltd,The,
44 Queens Rd Ll Buckhurst Hl.... (020) 8505 4400
Greenberg Glass, Ltd,
9 Jubilee Av E4.... (020) 8527 3333
Greenland Travel & Tourist, Trvl Agt,
800 Eastern Av Ilford.... (020) 8554 4004
Greens Health & Fitness,
5 Larkswood Leisure Pk New Rd E4.... (020) 8523 7474
FAX.... (020) 8523 7544
Greenwich Leisure, Ltd,
Kelmscott Leisure Centre
Markhouse Rd E17.... (020) 8520 7464
Leyton Leisure Lagoon
763 High Rd Leyton E10.... (020) 8558 8858
Greggs The Bakers,
Barkingside
75 High St.... (020) 8550 4113
Grill No.1,
411 Hoe Street E17.... (020) 8521 9090
Grill on The Green, Ltd,
Church View Buildings 1 The Green London.... (020) 8524 8438
Grip Van, (London) Ltd,
B08 Leyton Industrial Village Argall Avenue
Leyton.... (020) 3325 2471
Grocery Hut, Ltd,
571 Cranbrook Road Ilford.... (020) 8550 0170
Group One Investigations, Private Investigator,
Huntingdon House Selsdon Road.... (020) 0888 1052
Groupcall, Ltd,
Estate Ho High Rd Chigwell.... (020) 8502 7344
Grove Coachworks,
Marshfield Filling Station Sewardstone Rd
London.... (0843) 5155400
Grove Hill Hotel,
38 Grove Hill South Woodford London.... (020) 8989 3344
Grove Pharmacy,
73 Grove Road E17.... (020) 8521 6436
Grove Windows, Ltd, Double Glazing Mfrs,
16A Raven Rd E18.... (020) 8505 8113
Or.... (020) 8505 6810
Growatt New Energy Technology, Ltd,
Unit 1 Hainault Business Park Ilford.... (020) 8500 6618
GSM Exchange, Ltd,
156 High Street E17.... (020) 8521 8880
Gsr Studio, Ltd,
174 High Road Woodford Green.... (020) 7018 2648
GT Joinery Woodworking, Ltd,
205 Ley Street Ilford.... (020) 8232 8585
Guardian Care Services, Ltd,
Holmwood Road Ilford.... (020) 8590 5564
Guardians,
27 High St Barkingside.... (020) 8551 4002
Guide Dogs For The Blind Assn,
Findlay House Manor Road Woodford Green.... (0845) 3727421
Guide Dogs For The Blind Association,
Puppy Walking Team At Redbridge 7 Manor Road Woodford Green (03451) 430212
Redbridge Reception 7 Manor Road Woodford Green... (03451) 430225
Guide Dogs for the Blind Association, The, FAX, Guide Dogs,
Findlay Hse Manor Rd Woodford Gn.... (0845) 3727343
Guild Architectural Restoration, Ltd,
61 Leybourne Road London.... (020) 3669 8025
Gul Enterprises, Mobile Acces,
232 High St E17.... (020) 8521 2666
Gulliver Walthamstow, Ltd,
161 High Street E17.... (020) 4631 7161
Gullu Catering, Ltd,
217a Manford Way Chigwell.... (020) 8501 0009
Gulsun Ltd,
Ley Street Ilford.... (020) 8514 3566
Gunn, C.A.G, Plmbg,Htg,
19 Rokeby Gardens Woodford Green.... (020) 8504 5122
Gupta, Dr, R.K,
260 Higham Hill Road E17.... (020) 8527 2677
Gupta, S.K, Dent Surg,
399 High Rd E10.... (020) 8539 1653
Guru Gobind Singh Khalsa College,
Roding La Chigwell.... (020) 8559 9160
Guru Nanak Sat Sang Sabha, Karamsar Uk,
Ilford 400 High Road Ilford.... (020) 8553 5470
Guru Nanak Sat Sang Sabha, (Karmsar) UK,
400 High Road Ilford.... (020) 8478 8090
Guru Nanak Sat Sang Sabha Maidenhead,
Ilford Co Court Buckingham Road Ilford.... (020) 8514 1987
Guru Soundz,
46 Dacre Gdns Chigwell.... (020) 8594 4040
Guvenc (Lnd) T/A Monoux 2 Coffee House, Ltd,
Billet Road London.... (020) 8531 9310
Gwyn Jones Primary School,
219 Hainault Rd E11.... (020) 8556 7904
219 Hainault Road E11.... (020) 8556 5564
H A Q Hamilton Hughes, & Co,
26 Blackhorse Road Walthamstow.... (020) 8509 8007
H D S Driving School,
1 Habgood Rd Loughton.... (0845) 6017730
H.& K.(Commissions), Turf Acctnts,
Loughton
71 The Broadway.... (020) 8502 0222
H.L.Hawes, & Son Ltd,
153 Station Rd E4.... (020) 8559 3235
H & M Security, Ltd, Security Servs,
474 Larkshall Rd E4.... (020) 8523 2227
Or.... (020) 8523 2249
H.R.P Sales, Ltd, Refrig Eqpt Splrs,
Unit 12,Waltham Parkway Billet Rd E17.... (020) 8531 9329
H R S Electricals, Elec,
446 Green Lane Ilford.... (020) 3759 6513
H T K Heaven, Ltd,
Arch 312-316 Courtenay Rd E11.... (020) 8534 0287
H & T Pawnbrokers,
Branches
Leyton 281 High Rd.... (020) 8539 8332
Walthamstow 234 High St E17.... (020) 8521 8156
Ilford 91 Cranbrook Rd.... (020) 8514 3334
haart, Est Agts,
Branches
Leytonstone
49 Church La E11 (Residential Sales).... (020) 8539 1194
Loughton
232 High Rd.... (020) 8502 3838
South Woodford
143 George La E18 (Residential Sales).... (020) 8530 5991
Walthamstow
143 Hoe St E17.... (020) 8520 6731
Woodford Green
728 Chigwell Rd Woodford Gn.... (020) 8505 0700
Haart Estate Agents, Est Agt,
143 George La E18.... (020) 8530 6060
Haart Lettings Barkingside,
54 High St Barkingside.... (020) 8550 3927
Haart Lettings Walthamstow,
143 Hoe St E17.... (020) 8521 5906
Haart Lettings Wanstead,
64 High St Wanstead E11.... (020) 8530 4592
Haart Leytonstone Lettings,
49 Church La E11.... (020) 8539 2116
Hagon Products,
7 Roebuck Road Hainault Business Park Ilford.... (020) 8502 6222
Hainault Baptist Church,
Franklyn Gardens Ilford.... (020) 8500 3654
Hainault BBQ Kebab,
210 New North Road Ilford.... (020) 8501 5300
Hainault Food & Wine,
597 New North Road Ilford.... (020) 8501 3527
Hainault Forest Community Association,
General Enquiries 100B Manford Wy Chigwell.... (020) 8500 4311
Day Nursery.... (020) 8501 6862
Hainault Forest Golf Club,
Hainault Forest Golf Club Romford Road Chigwell.... (020) 3243 2007
Hainault Forest Golf Complex,
Pro Shop.... (020) 8500 2131
Hainault Forest Private Golf Club,
Chigwell (12pm onwards).... (020) 8500 2097
Chigwell Secretary.... (020) 8500 0385
Hainault Golf Club, Ltd,
Romford Road Chigwell.... (020) 8501 4574
Hainault House, Ltd,
10B, Baptist Church Hainault Road E11.... (020) 8075 4146
Hainault Supermarket, Ltd,
206 New North Road Ilford.... (020) 8491 1329
Hainhault Golf Club, Ltd,
Hainault Forest Golf Club Romford Road Chigwell.... (020) 8501 4840
Hair 186,
186 High Road Woodford Green.... (020) 8504 3111
Hair & Beauty Art Vision, Ltd,

208 High Road Leytonstone London ..... (020) 3976 8363
Hair Candy, Ltd,
23 High Street Wanstead E11 ..... (020) 8989 7611
Hair & Comb, Healthcare & Social,
83 Old Church Road London ..... (020) 8524 8513
Hair Design,
88 Leyswood Dv Ilford ..... (020) 8590 4823
Hair Ilford, Ltd,
Middle Level The Exchange High Rd Ilford ..... (020) 8911 6217
Hair Male,
143 High Road South Woodford London ..... (020) 8559 2400
Hair Nest,
653 HIGH ROAD LEYTON LONDON ..... (020) 8539 8162
Hair Son, Llp,
Boleyn Court Epping New Road Buckhurst Hill ..... (020) 8504 4655
Hair Studio,The,
102 Tanners Lane Ilford ..... (020) 8550 8412
Haircraft,
144 Loughton Wy Buckhurst Hill ..... (020) 8504 2232
Hairforce 1, Trade,
29 Green Lane Ilford ..... (020) 8478 8830
Hairy Hounds & Pets, Ltd,
654 Chigwell Road Woodford Green ..... (020) 8505 2323
Hak Enterprises, Ltd,
112 Wood Street Walthamstow ..... (020) 8521 1361
Hale End Sub Post Office,
481 Hale End Road E4 ..... (020) 8527 2448
Hales Consulting, Ltd,
Bourne Ct Unity Trdg Est Southen D Rd
Woodford Gn ..... (020) 8551 2796
Halfords Autocentre,
573 High Rd Ilford ..... (020) 8599 3459
Halifax,
Branches
Barkingside 58-62 High St ..... (020) 8210 9704
Ilford 84-86 High Rd ..... (020) 8210 9636
Leyton 606-608 Lea Bridge Rd E10 ..... (020) 8273 6958
Leytonstone 17 Church La E11 ..... (020) 8273 6902
Loughton 186 High Rd ..... (020) 8273 1409
Walthamstow 176-178 High St E17 ..... (020) 8919 0510
Halifax Estate Agents,
Barkingside 40 High St IG6 ..... (020) 8550 2136
Haliloz, Ltd,
1c Hall Lane London ..... (020) 8524 1608
Hallmark Labels,
Unit 10 Oakwood Hill Indust Est Oakwood Hl
Loughton ..... (020) 8532 0620
Hamid Fabric,
52a High Street London ..... (020) 8521 6059
Hamilton, & Co,
128 Ilford Lane Ilford ..... (020) 8514 6654
Hamilton Fox, (South Woodford) Ltd,
180 George La E18 ..... (020) 8989 7612
Hammond Walker, Ltd, Acctnts,
8A Cranbrook Road Ilford ..... (020) 8553 5531
Hamra Hair Beauty,
635 High Road Leytonstone London ..... (020) 3581 5985
Handfield Deleeuw Rayner, & Co, Acctnts,
427 High Rd Woodford Gn ..... (020) 8504 9693
Handweavers Studio & Gallery,The,
29 Haroldstone Rd E17 ..... (020) 8521 2281
Hansons Estates, Sales & Lettings,
5 Cameron Rd Ilford ..... (020) 8590 1222
Hansons Estates, Ltd,
5 Cameron Road N/A ..... (020) 8590 1626
Happy Dragon Arts Limited,
103 Horn Lane Woodford Green ..... (020) 8505 2229
Happy Events, Ltd,
249 High Road Leytonstone Leytonstone London ..... (020) 8221 1322
Happy Kidz Zone, Ltd,
Unit 23A The Exchange Mall Management The Exchange, High Road
Ilford ..... (020) 8514 2002
Happy Orkids, Ltd,
Ilford Jewish Primary School Forest Road Ilford ..... (020) 8500 7817
Hardas Consulting Ltd,
Flat 8 Churcher House 88 Jack Cornwell Street
London ..... (020) 8911 9117
Hardly Pharma,
3 Ranelagh Gardens Ilford ..... (020) 8554 9159
Hare Wines Limited,
22-24 Rigg Approach E10 ..... (020) 8556 7784
Harkia Accountants, Harkia Accountants,
727 High Road Leytonstone E11 ..... (020) 8539 1295
Harkin, Julie, Casting Ltd,
Tramworks 24-28 Hatherley Mews London ..... (020) 7336 0433
Harley Fitzrovia Health, Harley Fitzrovia Health,
Unit 1 Evergreen Apartments 253-69 High Road
Woodford Green ..... (020) 8062 8026
Harling, E.E.C, & Partners,
FAX ..... (020) 8505 3116
Harman Retail, Ret,
812 High Road Ilford ..... (020) 8091 4986
Harmony Hair Salon, Salon,
53 Hainault Road Leytonstone London ..... (020) 8539 6237
Harmony Medical Distribution, Ltd,
629 High Rd Leytonstone E11 ..... (020) 8518 7337
Harold White Funerals, Funeral Directors,
95 Old Church Road E4 ..... (020) 8529 1530
Harold White Funerals, Funeral Servs,
178 Queens Road Buckhurst Hill ..... (020) 8505 7051
Harold White Funerals, Funeral Directors,
99 Wood Street E17 ..... (020) 8520 4166
Harold White Independent Funeral Directors,
Harold White 95 Old Church Road London ..... (020) 3730 1503
Harold White Independent Funeral Directors,
178 Queens Road Buckhurst Hill ..... (020) 4501 8615
Harold Wood Funeral Services, Ltd,
45 New Nth Rd Ilford ..... (020) 8501 6907
Harriot Ellis Recruitment Specialists, Ltd,
8 Lee Gro Chigwell ..... (0870) 2420925
Harris, Howard, Optcns,
474 Cranbrook Road Ilford ..... (020) 8518 3666
Harris Walters Solicitors,
406 High Rd Ilford ..... (020) 8478 0888
Harrison Catering Services,
School Kitchen Loxford School Of Science & Technology Loxford Lane
Ilford ..... (020) 8478 5616
Harrisons, Buy & Sell,
6 Station Road E17 ..... (020) 8521 5555
Harrow Green Post Office,
Harrow Green Post Office 355 High Road Leytonstone
E11 ..... (020) 8556 5334
Harrow Road Surgery,
108-110 Harrow Rd Leytonstone ..... (0844) 4778944
Harry's Fast Food, Ltd,
Apt Rex 2 Snakes Lane Woodford Green ..... (020) 3874 0580
Hart 2 Hart, Taxi Service,
70 Rivenhall Gardens E18 ..... (020) 8989 4989
Hart, R.W, Ltd, Off Furn Retlr,
742 Forest Rd E17 ..... (020) 8520 3151
Harvester Beehive, Harvester Rstnt,
The Harvester Beehive La Ilford ..... (020) 8550 3361
Harvester Restaurants,
Chingford
Larkswood Leisure Pk 175 New Rd E4 ..... (020) 8529 2990
Woodford Green
Cocked Hat Southend Rd Woodford Gn ..... (020) 8551 3848
Harvey 1 Stop Shop, Ltd, Conner Shop,
371 High Road Ilford ..... (020) 8553 9583
Harveys Furnishing Group, Ltd,
Chingford Unit 2 Cork Tree Way Hall Lane E4 ..... (020) 8559 3085
Haslaw, & Co Ltd,
45 Station Rd E12 ..... (020) 8478 7188
45 Station Road E12 ..... (020) 8514 5551
Haslers,
Hawke House Old Station Road Loughton ..... (020) 8508 3633
Hawke House Old Stn Rd Loughton ..... (020) 8418 3300
Hasmat-Ali, S,
2 Balmoral Rd E10 ..... (020) 8539 0362
Hathi, A.M, Dent Surg,
153 Hainault Road E11 ..... (020) 8558 4478
Haus Of Blonde,
15 Queens Road Buckhurst Hill ..... (020) 3612 7605
Haven Care, Ltd,
Olympic House 28-42 Clements Road Ilford ..... (020) 8911 8931
Haven House Foundation,
Whitehouse High Rd Woodford Gn ..... (020) 8505 9944
Havey House Nursery,
Harvey House 1a Harvey Road E11 ..... (020) 8539 4435
Havin London Ltd,
111 George Lane London ..... (020) 3689 5910
Hawad Exchange, Convenience,
108 High Street Walthamstow London ..... (020) 3583 7490
Hawes, H.L, & Son Ltd,
883 High Rd Leytonstone E11 ..... (020) 8532 9600
Hawes, H.L, & Son Ltd,
106 Tanners Lane Ilford, Essex ..... (020) 8550 4047
Hawes, James S & B.E, Ltd, Funrl Dirs,
5 The Broadway E4 ..... (020) 8527 1508
Hawk Systems,
Unit 6-6b Uplands Business Park Blackhorse Lane
E17 ..... (020) 8531 4473
Haydar Ozcan, Haydar Ozcan,
54 Boardman Avenue Chingford London ..... (020) 3441 9786
Hd, Ilford Ltd,
Unit 3 Iscene Leisure Complex Ilford Essex ..... (020) 8553 0378
Headcorn Constructions, Ltd,
6 Fairmeadside Loughton ..... (020) 3971 4709
Headlam Rackhams, Co Ltd, Crpt & Rug Whslrs,
6 Jubilee Avenue E4 ..... (020) 8498 2840
Heales Cycles,
FAX ..... (020) 8531 4283
Heales Cycles Limited,
477 Hale End Road London ..... (020) 3624 6282
Or ..... (020) 8527 1592
Healthplus Clinics, Ltd,
1A South Vw Rd Loughton ..... (020) 8532 0559
Healthwatch Redbridge,
3Rd Floor Ladbrokes Ltd 16 Clements Rd Ilford ..... (020) 8553 1236
Healthy Feet First, Ltd,
86 Hoe Street E17 ..... (020) 8520 6016
Healthy Living Projects, Ltd,
11A Green La Ilford ..... (020) 8514 3283
Healthy Living Projects, Ltd,
322 High Rd Ilford ..... (020) 8478 6478
Heap & Partners,
Bourne Ct Unity Trdg Est Southen D Rd
Woodford Gn ..... (020) 8550 5013
Heart & Soul Restaurant,
512 Lea Bridge Road E10 ..... (020) 8536 9903
Heartfelt Funeral,The, Co, Wholesale Retail,
132 Snakes Lane East Woodford Green ..... (020) 8505 1276
Heat for Homes,
Unit G,The Acorn Centre 29 Roebuck Road,Hainault Business Park
Ilford ..... (020) 8500 0510
Heatcraft, Ltd,
3 Chigwell Rd E18 ..... (020) 8989 1320
Heathcote School,
Secondary School Normanton Pk E4 ..... (020) 8498 5110
Heathway Properties, Ltd,
86 Spring Grove Loughton ..... (020) 8502 4996
Heaven House London Ltd,
378 Ilford Lane Ilford ..... (020) 3560 6134
Hedin, (Holdings) Ltd,
Seedbed Cntr Langston Rd Loughton ..... (020) 8532 0500
Heenas Beauty,
7 High View Parade, Woodford Avenue Ilford ..... (020) 7998 0355
Heeni Lawson, Ltd,
7a Ley Street Ilford ..... (020) 8554 0017
HELM Asset Management,
5A,Station Pde High St Wanstead E11 ..... (020) 8532 9444
Henry Morgan Ophthalmic Opticians, Optcns,
3 Bank Bldgs The Av E4 ..... (020) 8527 2723
Henry Stewart Conference Studies, Llp,
33 Alderton Hill Loughton ..... (020) 8508 1057
Henscott Solicitors, Solicitors,
45 Selbourne Walk Walthamston, London ..... (0870) 8800007
45 Selbourne Walk Walthamston, London Fax ..... (0870) 8800006
Henscott Solicitors,
413 Chingford Road E17 ..... (020) 8527 6349
Or ..... (020) 8527 8638
Herb Master,
83 George La E18 ..... (020) 8530 2062
Herbal Traditions,
19a Green Lane Ilford ..... (020) 3105 0499
Herbert, Daryl, Osteopath,
Churchill Medical Centre 1 Churchill Terrace E4 ..... (020) 8524 1505
Heritage Care, Ltd, Care Serv Provider,
(Headquarters) 112 High Rd Loughton ..... (020) 8502 3933
Heritage Insurance Brokers, Ltd,
194 Cann Hall Rd E11 ..... (020) 8519 2044
Or ..... (020) 8536 1921
Heritage Insurance Brokers, Ltd,
194 Cann Hall Road Leytonstone ..... (0843) 8162897
Hern & Company,
Unit 3 Buckingham Court Rectory Lane Loughton ..... (020) 8418 3520
Heron'S Nest Ltd,
Unit 7 180-182 George Lane London ..... (020) 8530 2572
Hetheringtons Countrywide,
Loughton
252 High Rd ..... (020) 8508 5424
Hetrag Superstore, Ltd,
96 Francis Road E10 ..... (020) 8556 0280
Hewitt Carpers,
24A Hatch Lane E4 ..... (020) 8524 0378
Hexagon Property, Co Ltd,
115 Fencepiece Road Ilford ..... (020) 8502 6227
Hf Food And Wine Ltd,
289 Higham Hill Road London ..... (020) 8527 2269
Hfca,
Community Centre 100b Manford Way Chigwell ..... (020) 8501 2382
Hi Fi Tech, Sales Rprs,
17 Old Church Road Chingford London ..... (020) 8109 2757
Hi Juice Bars,
The Exchange High Rd Ilford ..... (020) 8553 5222
Hi Klas Fashion, High Class Fash,
430 Hoe Street Walthamstow London ..... (020) 8520 4575
Hi Spec Plumbing And Heating Ltd,
Daines Nursery Mott Street London ..... (01992) 914565
Hi Spek Living,
455 High Rd Woodford Gn ..... (020) 8498 9333
Hi Vision,
43 Station Road E12 ..... (020) 8478 6628
Hideaway,The,
62 Queens Rd Buckhurst Hl ..... (020) 8504 8999
Hidman Associates,
14, Forest Ho Business Cntr 8 Gainsborough Rd
E11 ..... (020) 8556 9898
High Beech Golf Course,
High Beech Golf Club Wellington Hill Loughton ..... (020) 8508 7323
High Performance Cricket Centre, Ltd,
Unit D Fowler Road 43-49 Fowler Road Ilford ..... (020) 3589 9165
High Tech Appliances Centre, Dom Appl,
375 High Street North Manor Park London ..... (020) 8470 3518
Highams Lodge Management C/O Koopmans, Ltd,
Unit 13 Blackhorse Lane Highams Lodge ..... (020) 3754 9710
Highams Market & Off Licence, Off Licence,
27 Winchester Rd E4 ..... (020) 8523 3333
Highams Park Motor, Co Ltd,
35 Winchester Road E4 ..... (020) 8523 3443
Highams Park School,
34 Handsworth Av E4 ..... (020) 8527 4051
Highams Park Seventh Day Adventist Church,
40 Malvern Avenue London ..... (020) 8531 6813
Highbury Quadrant Congregational Church,
254 Capworth Street E10 ..... (020) 7359 6806
Highcroft Care Home, Ltd,

13 Rectory Road Walthamstow London ..... (020) 8521 0427
Highland Lounge,
14 The Avenue London ..... (020) 8523 5938
Highland Solicitors,
Ground Floor Suite 3 Excelsior House 3-5 Balfour Road
Ilford ..... (020) 3941 7656
Highway Vineyard Church,
Gainsborough Gospel Hall Gainsborough Avenue Manor Park
London ..... (020) 8553 2994
Hilcrest Solicitors,
209A Ilford Lane Ilford ..... (020) 8514 4878
Or ..... (020) 8911 9169
Hill Partnerships, Ltd,
Osprey Ho Trinity Pk Trinity Wy E4 ..... (020) 8527 1400
Hillbrow Produce, Ltd, Importation Of Food,
New Spitalfields Mkt 15 Sherrin Rd E10 ..... (020) 8558 5995
Hillcrest Cleaning Contractors, Ltd,
49A Vicarage Rd E10 ..... (020) 8556 5411
Hillcrest Timber,
49A Vicarage Rd E10 ..... (020) 8556 5411
Hillcrest Timber Preservation, Ltd,
49A Vicarage Rd E10 ..... (020) 8556 5411
Hills Automobiles, (Woodford) Ltd,
536-64 High Road Woodford Green ..... (020) 8559 2553
Hills Estate, Ltd,
124 Ley St Ilford ..... (020) 8553 3036
Hills News,
643 High Road Leytonstone Leytonstone ..... (020) 3302 2519
Hillside Tandoori,
128 Church Hl Loughton ..... (020) 8508 5287
128 Church Hill Loughton ..... (020) 8502 2480
Hilma Estate Management, Co, Prpty Dvlpmts & Conversions,
FAX ..... (020) 8556 5558
Hiltongrove, UK Ltd,
6 Church Hl E17 ..... (020) 8521 9292
Hines,
210 Estate Wy E10 ..... (020) 8988 2800
Hing Wok,
140 Hing Wok Chinese Takeawa Church Road London ... (020) 8013 0646
Hire Car, Co Ltd The,
Partners House 22 Montague Road E11 ..... (020) 8556 6633
Hire Frequencies, Ltd, Audio/Visual Hire,
33 Fairways Bsns Pk,Lammas Rd Leyton ..... (020) 3302 6947
Hitchem, Dispng Chemst,
84 Albert Road Ilford ..... (020) 8478 1030
Hitit Sun, Ltd,
376 Cranbrook Road Ilford ..... (020) 8554 1121
Hive Loughton, Ltd,The,
38B Chigwell Lane Loughton ..... (020) 8508 7547
Hm Academy, Ltd, Education,
427 Lea Bridge Road E10 ..... (020) 8558 0884
HMV, UK Ltd,
Ilford
Unit 55/56 The Exchange Mall, The Exchange High Rd
IG1 ..... (0843) 2210232
Ho Ho Restaurant, Chinese Rstnt,
20 High Rd E18 ..... (020) 8530 1267
Ho Wah,
2 Broadway Parade, Fencepiece Road Ilford ..... (020) 8500 8686
Hob Salons,
263 High Rd Loughton ..... (020) 8532 0001
Hobson Property Lettings & Management,
The Office 31 Falmouth Avenue Highams Park
London ..... (020) 8531 8172
Hoddy B G, & Co,
15 Electric Parade Seven Kings Road Ilford ..... (020) 8590 1015
Hoffman Thornwood,
Hookers Rd E17 ..... (020) 8527 5555
Hogshead,
184 George La E18 ..... (020) 8989 8542
Hokkaido Teppanyaki Restaurant,
160 Station Road Chingford London ..... (020) 8529 9688
Holdom, A.C, Ltd, Survyrs,
159A Station Rd E4 ..... (020) 8529 5588
Holidays, Holidays,
136 Palmerston Road E17 ..... (020) 8520 9444
Holland,
65 High St Barkingside ..... (020) 8551 7573
Holland & B,
162 High Road Ilford ..... (020) 8553 5433
Holland & B,
34 Selborne Walk E17 ..... (020) 8521 5281
Holland & Barrett, Health Food Retlrs,
Ilford 52 Cranbrook Rd ..... (020) 8553 2808
Loughton 212 High Rd ..... (020) 8532 1163
Holland & Barrett,
162 High Road Ilford ..... (020) 8062 4246
Holland & Barrett, Ltd,
3 Selborne Wlk E17 ..... (020) 8520 5459
Hollybush,The, Pblc Ho,
140 High Road Loughton ..... (020) 8508 1156
Home,
77 Prospect Road Woodford Green ..... (020) 8505 5224
Home & Auto Locksmith Service, Locksmiths, 24 Hour, Emergency Auto Locksmith,
Cheriton Av Ilford ..... (0845) 1647427
Home Connect,
426 High St Nth E12 ..... (020) 8472 7020
Home Counties Care, Ltd,
12 Chapel Road Ilford ..... (020) 8514 6095
Home Energy Efficiency Training, Ltd,
58 Orford Road E17 ..... (020) 8520 1900
Home Glaze,
Unit 19 Taylors Gravel La Chigwell ..... (020) 8502 7560
Unit 19-20 Taylors Gravel Lane Chigwell ..... (020) 8501 3608
Home Instead Senior Care, Domiciliary Care,
Unit 129 Essex Hall 313 Billet Rd E17 ..... (020) 8527 1464
Home Locators,
145 Cranbrook Rd Ilford ..... (020) 8911 8666
Home Of Sewing,
4-6 Chapel Road Ilford ..... (020) 8514 7552
Home Solutions, Inc Ltd,
676 Green La Ilford ..... (020) 8510 1420
Home Tiles, Ltd,
396 High Rd Leytonstone E11 ..... (020) 8558 8645
Horns Rd Ilford ..... (020) 8518 0335
Home To Home, Removals & Storage - Domestic,
532 Lea-Bridge Rd London ..... (03303) 338418
Home To Home, Removals & Storage - Domestic,
2 Sandpiper Cl London ..... (03303) 338419
Home Travels Ltd,
Ilford Lane Ilford ..... (020) 8478 8840
Home Travels, Ltd,
46 Ilford La Ilford ..... (020) 8911 6194
Homebase, Ltd,
Branches
Loughton 140 Church Hl ..... (0845) 6407617
Sevenkings 706-720 High Rd ..... (0845) 6407301
Walthamstowe 2C Fulbourne Rd ..... (0845) 6407022
Homes 4 You Direct,
30 Station Rd E12 ..... (020) 8553 5777
Homes, & Co,
131 High Road South Woodford ..... (020) 8504 8844
Homesdale, (Woodford Baptist Homes) Ltd,
Residential Care Home
5 New Wanstead E11 (Off) ..... (020) 8989 0847
Sheltered Housing
Housing Manager E11 (Off) ..... (020) 8530 3134
Mountier Court
5-7 New Wanstead E11 ..... (020) 8530 4906
Homesearch,
143 Woodford Avenue Ilford ..... (020) 3876 6939
Homzz Group, Ltd,
614 Romford Rd E12 ..... (020) 8478 1090
Honey & Thyme Catering,
Flat A-E 50-52 Hoe Street London ..... (020) 8617 9270
Honeytree Court, Sheltered Accom,
Pyrles Lane Loughton ..... (020) 8502 4958
Hoo Hing,
Dorma Trading Park Staffa Rd E10 ..... (020) 8988 6210
Dorma Trading Park Staffa Road Leyton ..... (020) 8988 6228
Hope Superjobs & Golden Care Estates,
1B Balfour Rd Ilford ..... (020) 8553 0827
Horizon Media, UK Ltd, Computer Retail Shop,
74 Hoe St E17 ..... (020) 8521 4646
Horizon Residential Care, Ltd,
5 St. Mary Road E17 ..... (020) 8257 7200
Horizon Residential Care, Ltd,
5 St. Mary Road E17 ..... (020) 8520 1639
Horizontal Matters, Ltd,
Unit 47, Fairways Business Park Lammas Road
London ..... (020) 3759 4539
Horizontal Matters, Ltd,
157 Wadham Road London ..... (020) 3759 4212
Hornchurch Management Services,
The Shrubberies George La E18 ..... (020) 8530 7851
Hornchurch Management Services,
3 George Lane E18 ..... (020) 8530 1390
Horrod, W.J, Ltd,
1 Leaway E10 ..... (020) 8539 8746
Hospitality London, Ltd,
78 Nightingale Lane E11 ..... (020) 8530 8555
Hospitals,
BUPA Roding Hospital Roding Lane Sth Ilford ..... (020) 8551 1100
Newham University Hospital Glen Rd E13 ..... (020) 7476 4000
Whipps Cross Hospital Whipps X Rd E11 ..... (020) 8539 5522
Hot & Cold Leytonstone, Ltd,
662 High Road Leytonstone ..... (020) 3971 8244
Hot Dogs Grooming Parlour,
1 Forest Rd Loughton ..... (020) 8508 5552
Hotwings Fried Chicken,
Hotwings Fried Chicken 198 Billet Road London ..... (020) 8523 3268
House Clearance, House Clearance,
9 Church Road Leytonstone, London ..... (0845) 2505041
House Clearance, House Clearance,
146a Church Road Forest Gate, London ..... (0845) 2505042
House Clearance, House Clearance,
108 Farmer Road Leyton, London ..... (0845) 2505040
House Clearance, House Clearance,
114 George Lane Woodford, London ..... (0845) 2505048
House Clearance, House Clearance,
44 Mansfield Road Walthamstow, London ..... (0845) 2505047
House Clearance, House Clearance,
115-117 The Ridgeway Chingford, London ..... (0845) 2505034
House of Commons,
Westminster,SW1 ..... (020) 7219 3000
Members of Parliament, Please refer to listing under Members of Parliament
House Of Education, Education,
10 Meldrum Road Ilford ..... (020) 8599 9294
House Of Leather,
12 Billet Road E17 ..... (020) 8531 1214
House Of Luggage,
Flat Above Pixel House 12 Billet Road E17 ..... (020) 8531 7465
House Of Prayer, Church,
Pentecostal Church Kingston Road Ilford ..... (020) 8478 0973
House Of She,
198 High Road Woodford Green ..... (020) 3648 3899
House Owners Conveyancers, Ltd,
Branches
53 Montalt Rd Woodford Gn ..... (020) 8506 1787
Housing 21,
Court Managers
Hatfield Ldg 30 Hatfield Clo Ilford ..... (03701) 924583
Kenneth Chambers Ct Stoneycroft Rd
Woodford Bridge ..... (03701) 924578
Housing & Community Association,
Enterprise House 112 Kings Head Hl E4 ..... (020) 8524 0318
Howdens Joinery,
350-362 High Rd Ilford ..... (020) 8514 4211
Howdens Joinery,
Unit 2 Hainault Indust Est 40-44 Peregrine Rd
Ilford ..... (020) 8104 0000
Howdens Joinery Walthamstow,
Blackhorse La E17 ..... (020) 8531 8413
Hoxtons Solicitors,
159A Station Rd E4 ..... (020) 8523 7841
HQ Redline, UK Ltd,
773 Romford Road Manor Park ..... (020) 8514 0244
HS Beauty, Ltd,
Unit 3 10-17 Imperial Chambers Woodford Avenue
Ilford ..... (020) 3337 7713
Hs Motoring Solutions, Ltd,
762/70 Romford Road Manor Park E12 ..... (020) 8553 5746
HSBC Bank, plc,
Local Branches
Siaredir Cymraeg ..... (03457) 030304
Welsh Speaking ..... (03457) 030304
HSS Hire Shops, Tool & Eqpt Hire,
Walthamstow
362 Forest Rd E17 ..... (020) 8520 3294
HTA Architects, Ltd,
18 Foresters Drive Walthamstow ..... (020) 7062 4096
HTK Heaven, Ltd, PCO Car Hire,
Arch 312 Courtenay Road Leytonstone ..... (020) 3701 6602
Or ..... (020) 3935 7807
Huckleberrys Chicken, Ltd,
16 Station Rd E4 ..... (020) 8524 0416
Or ..... (020) 8524 3636
Hucks Cafe,
81 Grove Road E17 ..... (020) 3105 7251
Hufana, Estrella,
146 Blackhorse Road London ..... (020) 3774 2678
Huggins & Lewis Foskett, Solcrs,
5 The Shrubberies George La E18 ..... (020) 8989 3000
Huggins & Lewis Foskett,
5-6 The Shrubberies George Lane E18 ..... (020) 8989 9000
Hull, And Co,
164 Cranbrook Road Ilford, Essex ..... (020) 8518 3944
Hull, & Company,FRICS, Est Agts,
164 Cranbrook Rd Ilford ..... (020) 8518 0131
Surveyors
164 Cranbrook Rd Ilford ..... (020) 8518 0131
Human Relief Foundation,
764 Leyton High Road Leyton ..... (020) 3490 8252
Human Relief Foundation,
755 Romford Rd E12 ..... (020) 8514 6540
Humphery, & Co Estates,
125 Hoe St E17 ..... (020) 8521 0755
Hunalp Beauty,
100a Wood St E17 ..... (020) 8509 0907
Hussain, & Co,
447B High St Nth E12 ..... (020) 8548 1135
Hussain Fabrics, Fabric Shop,
86 Ilford Lane Ilford ..... (020) 8478 7791
Hussean, K,
826 Romford Road London ..... (020) 8478 2199
Hutchin Of Loughton,
197 High Rd Loughton ..... (020) 8508 3039
Hutchings, Dr, A,
FAX ..... (020) 8518 8435
Hutchinson 3g,
Unit 40 The Mall Shopping Centre Selborne Walk
E17 ..... (020) 8520 4960
Hutchinson 3G, UK Ltd,
Unit 40 The Mall Shopping Centre Selborne Walk
E17 ..... (020) 8509 1970
Huth, G,
Fullwell Parade 6 Fullwell Avenue Ilford ..... (020) 8551 4033
Huttons AM-PM, Wine Mrcnts,
Leytonstone 87 COLWORTH ROAD LEYTONSTONE LONDON . (020) 8539 6295
Huynh, Hrdrsrs,
29 Woodford Avenue Ilford ..... (020) 8551 1338
Hybel Opticians,
153 Wood St E17 ..... (020) 8520 3769
Hyclass Services, Ltd,

33 Southwest Road Leytonstone ..... (020) 8988 9490
Or ..... (020) 8539 6336
Or ..... (020) 8988 9494
FAX ..... (020) 8988 9495
Hyde Consultants, Ltd,
342 Hoe Street E17 ..... (020) 8520 0776
Hyde Rabadi Spice, Ltd, Rstnt,
309 High St Nth E12 ..... (020) 8472 0255
Hyderabadi Biryani Hut,
372 High Street North London ..... (020) 8127 4710
Hyderabadi Mehfil, Limited,
290 Ilford Lane Ilford ..... (020) 8637 3224
Hyland House School,
896 Forest Rd E17 ..... (020) 8520 4186
Hymas, Refrigeration Service, Sales & Serv,
178 Grove Gn Rd E11 ..... (020) 8539 4222
Or ..... (020) 8539 4333
Hypoxi WLS, Ltd,
24 High Road E18 ..... (020) 8530 2558
I.D.S Solutions,
289 High Road Leyton, London ..... (0871) 3100954
I E Barmanias Dental Practice,
Dental Surgery 318 High Road Leytonstone E11 ..... (020) 8534 2668
I Fashion Club, Ltd,
Unit E 43-49 Fowler Road Ilford ..... (020) 3887 0364
I Fix Technology, Ltd,
A 286 High Road Leyton Leyton ..... (020) 3345 5451
I.L.N, Ltd,
Unit D6 Seedbed Cntr Langston Rd Loughton ..... (020) 8502 0119
I P B Motor Services, Car & Agric Mach,
Sewardstone Hall Farm Sewardstone Road London ..... (020) 8524 9064
I Spot Property, Ltd,
187 Hoe Street E17 ..... (020) 8521 4145
I.T. Competitor, Ltd Ltd, Computer Equipment,
237A Ilford Lane Ilford ..... (020) 8553 2081
I Technics,
Chingford Mount Road London ..... (020) 8529 0485
I T S, Ltd,
Unit 1 The Britannia Cntr Lenthal L Rd Loughton ..... (020) 8532 5000
I V F Unit,
Holly House Holly Ho Private High Rd
Buckhurst Hill ..... (020) 8505 3315
IAIM, (UK) Cic,
Suite 10,96 George Lane E18 ..... (020) 8989 9597
Iak Cupping, Ltd,
538 Lea Bridge Road Leyton ..... (020) 8257 1496
Ian Anderson Plc, Mobile,
110a Westward Road London ..... (07956) 275222
Ian Gibbs High Cedar Tree,
High Cedars Leicester Rd E11 ..... (020) 8530 2683
Or ..... (020) 8530 6719
Or ..... (020) 8530 7693
Ian Steinberg Charetered Accountants,
40 Woodford Av Ilford ..... (020) 8550 0434
IBB Solutions, Ltd,
736-740 Romford Road E1 ..... (020) 8143 3952
Ibuild UK Construction Services, Ltd,
Old Farm Green Lane Chigwell ..... (020) 8500 9577
Ice And Fire Ltd,
373 High Road Leyton London ..... (020) 3561 9503
Ice Cloud, Ltd,
146 Hoe Street E17 ..... (020) 8521 7718
Ice Menswear,
232a High Road Loughton ..... (020) 8257 9005
Iceberg Projects, Ltd,
423 High Road Ilford ..... (020) 8553 1399
Iceni Court Residents Association, Ltd,
Iceni Court 66 Epping New Road Buckhurst Hill ..... (020) 8506 0180
Icon, Dry Clnrs,
Unit 1 Gainsborough Rd E11 ..... (020) 8530 5544
Icon,
52 Queens Road Buckhurst Hill ..... (020) 8559 1540
Iconic Glazing,
Unit 2 137 Beehive Lane Ilford ..... (020) 8550 5558
Ideal Housing Solutions, Hsng Solutions,
Suite 2 Excelsior House 3-5 Balfour Road Ilford ..... (020) 8911 8888
Ideal Housing Solutions, Ltd,
Excelsior Ho 3 Balfour Rd Ilford ..... (020) 8911 8555
Ideal Plumbing & Bathrooms DIY, Ltd, Shwrm Supply & Instl,
546 High Road Leytonstone Leytonstone ..... (020) 8558 5580
Ideal Property Consultants, Ltd,
83 Station Rd E4 ..... (020) 8523 9444
Ideal Residentials,
88 Ley St Ilford ..... (020) 8478 2999
Ideal Vision,
40 Station Road E4 ..... (020) 8524 2887
Identity Hair & Beauty,
125 Fencepiece Road Ilford ..... (020) 8500 5202
Ifex Consulting, Ltd,
Unit 5 Knight Ho Lenthall Rd Loughton ..... (020) 8502 4222
Ifix Repairs,
Palmerston Road 114 Palmerston Road London ..... (020) 3624 4683
IFM Events,
Unit 3 St. Vincent House, 99a Station Road
London ..... (0843) 5154564
Ifrahim, & Co Solicitors, Solrs,
468 Ilford Lane Ilford ..... (020) 8911 9222
Ihomes Lettings & Management, Ltd,
976 Eastern Avenue Ilford ..... (020) 8599 2555
Iiman, Shop,
4 Church Hill Walthamstow London ..... (020) 8520 3048
Iklaas, Ltd,
381 High Road Leyton E10 ..... (020) 3876 3148
Il Prato, Ltd,
1-5 Beehive Lane Ilford ..... (020) 8597 6294
Ilford 2 Coffee, Ltd,
70-72 Cranbrook Road Ilford ..... (01646) 476101
Ilford Car & Commercial Salvage Brokers,
1043 Romford Road London ..... (020) 8514 0015
Ilford Chiropody Practice,The,
Clements Rd Ilford ..... (020) 8478 0758
Ilford Double Glazing Limited,
656 Green Lane Ilford ..... (020) 8599 8833
Ilford Express,
219 High Road Ilford ..... (020) 8553 9713
Ilford Garage,
399 Ilford Lane Ilford ..... (020) 8514 7600
Ilford Golf Club, Ltd,
(Clubhouse Bar) 291 Wanstead Pk Rd Ilford ..... (020) 8554 5174
Ilford Hairdressers,
96 Ilford Lane Ilford ..... (020) 8478 1927
Ilford Halal Meat And Fresh Bazar,
171 High Road Ilford ..... (020) 3674 2782
Ilford Hotel,
3 Argyle Road Ilford ..... (020) 8911 6083
Ilford Islamic Centre, Ltd,
Albert Road Ilford ..... (020) 8911 8448
Ilford Kitchens & Bedrooms, Ltd,
7 Central Pde, Ley St Ilford ..... (020) 8554 1188
Ilford Lane Surgery, Surgery,
The Plough 417 Ilford Lane Ilford ..... (020) 8478 0636
Ilford Mikvah,
463 Cranbrook Road Ilford ..... (020) 8554 8532
Ilford Mobile Catering, Ltd,
15 New Rd Ilford ..... (0845) 2699016
Ilford Motor, Co Ltd,
777 High Rd Ilford ..... (020) 8597 1090
Ilford North Conservative Association,
9 Woodford Avenue Ilford ..... (020) 8551 4333
Ilford Radio Cars, Mini Cabs,
315 High Rd Ilford ..... (020) 8553 4114
Ilford Recorder,
539 High Rd Ilford ..... (020) 8478 4444
Ilford Spicer McColl Lettings,
184 Cranbrook Rd Ilford ..... (020) 8554 7982
Ilford Travel, Ltd,
Barwicks 91 Ilford La Ilford ..... (020) 8514 4343
Ilford Ursuline High School,
Morland Rd Ilford ..... (020) 8554 1995
Ilyas Wholesale Limited,
Unit 1b 10 Argall Avenue London ..... (020) 8558 8659
Imaani London,
93 Ilford Lane Ilford ..... (020) 8478 8558
Image 2000,
594 Romford Road Manor Park London ..... (020) 8514 3452
Imaginary Workshop, Ltd,
Unit 14 Ravenswood Industrial Estate Shernhall Street
London ..... (020) 8509 8444
Imagine The Future Consulting, Ltd,
131 Queens Road Buckhurst Hill ..... (020) 8504 6712
Img Garage,
1b Colchester Avenue London ..... (020) 7998 0600
Immanuel Christian Centre,
89 Vallentin Road Walthamstow ..... (020) 8509 8838
89 Vallentin Road Walthamstow London ..... (020) 3827 6015
Immediate Medical Solutions, Ltd,
18 Raven Road E18 ..... (020) 8885 5111
Immigration Advisory Bureau, Ltd,
179A Francis Rd E10 ..... (020) 8558 2468
Imperial Carpet Traders, Ltd,
Olympic Ho 28-42 Clements Rd Ilford ..... (020) 8478 6222
Imperial Windows & Doors,
101 Sunnyside Rd Ilford ..... (020) 8514 0170
Impress Retail Ltd., Gift Shop,
851 High Rd Leyton E10 ..... (020) 8556 4749
Impressions Worldwide Ltd., Gift Shop,
Henley Ct Ilford La Ilford ..... (020) 8514 5731
In & Out Auto Locksmiths, Locksmiths, 24 Hour Emergency Auto
Locksmith,
The Lowe Chigwell ..... (0845) 1647428
Incey Winceys Childcare, Ltd,
10 Eastwood Close E18 ..... (020) 8518 8001
Independent Asian Fostering Bureau,
FAX ..... (020) 8553 2989
Independent Building Investigation Services, Ltd,
10 Clarendon Road London ..... (020) 8518 8646
Independent Home Care,
James Yd Larkshall Rd E4 ..... (020) 8531 9779
India Eteries, Ltd, Indian Rstnt,
300 High St Nth E12 ..... (020) 8548 9454
India Garden Ashlin Ltd,
12 Nightingale Lane London ..... (020) 3638 4526
Or ..... (020) 8530 4650
India Grill Restaurant,
India Grill 159A High Road Loughton ..... (020) 8508 7799
Indian Ocean, Indian Takeaway,
16 Burnside Av E4 ..... (020) 8531 3835
Indian Street Drinks & Food, Co Ltd The,
154 High Road Loughton ..... (020) 3794 1012
Indiano, Ltd, Takeaway,
631 Lea Bridge Road E10 ..... (020) 3968 9614
Or ..... (020) 3972 6400
Or ..... (020) 3972 6408
Or ..... (020) 3972 6411
Or ..... (020) 3972 6412
Or ..... (020) 3972 6946
Indiano Pizza,
17 St. James's St E17 ..... (020) 8509 0111
Or ..... (020) 8509 0999
Indimax, Indimax,
288 Chingford Road London ..... (020) 3602 4025
Indra Travel Services, Ltd,
791 Romford Rd E12 ..... (020) 8478 6212
Or ..... (0843) 5155940
Indulgance, Coffe Shop,
142 Hoe Street E17 ..... (020) 8509 9666
Indulgence Dessert Leyton, Ltd,
382 High Road Leyton E10 ..... (020) 8558 4866
Indus Valley Business & Financial Services, Ltd,
6 Ravenings Parade Goodmayes Road Ilford ..... (020) 8590 1900
Industrial Dwellings Society, (1885) Ltd,
39A Charlotte Ct Clarence Av Ilford ..... (020) 8518 6416
Infinitas Security, Ltd,
13 High Beech Rd Loughton ..... (020) 8508 2500
Ingenious Accountants Ltd, Limited Company, Chartered Accountant,
23 Corbett Road Walthamstow ..... (020) 3727 5448
Ingenius Accountants,
74 Corbett Road London ..... (020) 3754 3956
Inger, & Co,
7 Redbridge La East Ilford ..... (020) 8550 9300
Inglehurst Dental Practice, Ltd,
51 Redbridge Lane East Ilford ..... (020) 8551 3550
Initial Hygiene,
Orbital Cntr Southend Rd Woodford Green ..... (0800) 3134982
Inka Snacks, Ltd, Food Impts,
773 Chigwell Rd Woodford Gn ..... (020) 8506 0700
Inn Time Wine Ltd,
14 Station Road London ..... (020) 8520 4749
Inner Beauty, Ltd,
539 Cranbrook Rd Ilford ..... (020) 8554 2345
Innkeepers Lodge Snaresbrook, Hotel,
73 Hollybush Hill London ..... (0845) 1126122
Innova Trade, U K Ltd,
121 Ley Street Ilford ..... (020) 3876 5688
Inovexia Limited,
969 Romford Road London ..... (020) 3304 2083
Or ..... (020) 3304 2084
Inside Job By Lellow,
18 Mill La Woodford Gn ..... (020) 8504 7171
In-Site Construction,
658 High Rd Leytonstone E11 ..... (020) 8988 1111
Inspiration,
93 George Lane E18 ..... (020) 8532 9164
Inspirational Investments, Ltd,
FAX ..... (020) 8597 1198
Inspirations Hair Art, Ltd, Hair Salon,
668 Lea Bridge Road E10 ..... (020) 8539 6515
Instant Mortages, Ltd,
374 High Road Woodford Green ..... (020) 8498 9222
Institute Of Cemetery & Crematorium Management,
Aldersbrook Road Manor Park ..... (020) 8989 4661
Institute of Videograpy,The,
174 Roding Rd Loughton ..... (0845) 7413626
Insu Inn, Ltd,
7 Cherrydown Avenue London ..... (020) 8529 1516
Integrity Claims Management, Ltd,
Partners House 22 Montague Road E11 ..... (020) 8556 6363
Integrity Lifestyle,
63 Huntsman Road Ilford ..... (020) 7998 0180
IntenseCity UK, Limited Company, Sports,
105 Chingford Road Walthamstow ..... (020) 3375 8609
Interior Design, Wlppr & Paints,
17 High St E11 ..... (020) 8989 9058
Internatioal Vegetables, Ltd,
Barrons of london New spitalfields market 23 Sherrin Road
E10 ..... (020) 8556 2385
International Council Ophthalmology,
Unit 2 Forest Indust Pk Forest Rd Ilford ..... (020) 8500 7786
Or ..... (020) 8500 8935
Or ..... (020) 8500 9091
International Firearms, Sporting Guns,Acces,
528 Chigwell Road Woodford Green ..... (020) 8504 9652
International Food Centre, Ltd,
558 High Road Leytonstone E11 ..... (020) 4619 7599
International It. Com, Ltd, It Solutions,
79 Station Rd E4 ..... (0800) 9177770
International Legal Network,
19 Fowler Rd, Hainault Business Pk Ilford ..... (020) 8501 6610
International Lift Equipment, Ltd,
D N L Ho 17 Hickman Av Chingford ..... (020) 8527 9669
International Security Associates, Private Detective,
92 Cranbrook Road Ilford, Essex ..... (0844) 7767300
International Wholesale Bakery,
Wholesale Bakers Unit 7 Forest Trading Estate Priestley Way
E17 ..... (020) 8527 5002
Interstor Contracts, Ltd, Shopftrs,
Walthamstow Bsns Cntr Clifford Rd E17 ..... (020) 8531 5050

Interview Room Ltd,The,
48 Church La E11 ..... (020) 8558 2838
Intoto Loughton,
Vogel House 127 High Road Loughton ..... (020) 8508 8976
Investigation, Tracing and Tracking, Private Investigator,
Gateway Bsns Cntr 210 Church Rd London ..... (0844) 2478490
Investigations 1st, Private Detectives,
61 Cranbrook Road ..... (020) 0888 0337
Investigations 24hrs, Private Investigator,
Broadway House High Road ..... (07017) 041890
Investment Seekers, Ltd,
51 Newlands Rd IG8 ..... (020) 8529 7766
FAX ..... (020) 8524 9991
Invotex Limited,
40 Queens Road Buckhurst Hill ..... (020) 8504 2298
Ios Kouzina, Bar & Restaurant,
22 Broadway ..... (0800) 2346450
Iq Fire Solutions, Ltd,
Hainault Forest Golf Clb Romford Rd Chigwell ..... (020) 8500 9885
Iqra School, Sch,
57 Gladstone Avenue Manor Park London ..... (020) 8001 6986
Irfana's Hair & Beauty Salon,
Post Office 256 High Street North E12 ..... (020) 8471 1234
Iris Auto & Home Locksmith, Emergency 24Hr Auto Locksmith,
Vicarage Ln Essex ..... (0845) 1647186
Isaac Newton School,
470 High Road Ilford ..... (020) 8553 1079
Isagba, J, (Mobile),
158 Stradbroke Gro Ilford ..... (07956) 285484
Islam Halal Meat Fish Quality, Ltd,
370 High Street North London ..... (020) 8472 8342
Islamic Aid, Charity,
47 Theydon Street London ..... (0845) 1308990
Islamic Aid, Charity,
Islamic Aid, 47 Theydon Street
Walthamstow, London ..... (03001) 113001
Islamic Sharia Council,
34 Francis Road E10 ..... (020) 8558 7872
Islamic Sharia Council Of Great Britain & Northern Island,
34 Francis Rd E10 ..... (020) 8558 0581
Island Travel & Tours,
742 Eastern Av Ilford ..... (020) 8554 2500
Island Travel & Tours,
742 Eastern Av Ilford ..... (020) 8554 6200
Islington & Shoreditch Housing Association,
28 Hurst Road E17 ..... (020) 8509 1306
Islington & Shoreditch Housing Association,
Repton House 2 Jacks Farm Way E4 ..... (020) 8531 8653
Ismael,
92 High Rd Ilford ..... (020) 8911 7023
Ismiell Education Ltd,
Hyland House School Forest Road London ..... (020) 3720 5605
ISS Mediclean,
Christchurch Primary School Wellesley Road
Ilford ..... (020) 8553 3896
Ist Compucare,
742 High Rd Leytonstone E11 ..... (020) 8989 1700
IT Careers, Uk Ltd,
382 Ley St Ilford ..... (0870) 8502757
IT IT,
273 Dersingham Avenue London ..... (0870) 8147778
IT Positive, Ltd,
11a Forest Road Loughton ..... (020) 3161 4505
IT Vantage,
Suite 202 Cranbrook Rd Ilford ..... (020) 8636 1650
Ivape London, Ltd,
139 Ley Street Ilford ..... (020) 8514 5656
Iwant Design, Ltd,
2 Grove Park London ..... (020) 8989 2501
Izel Local, Ltd,
68 Borders Lane Loughton ..... (020) 8532 0244
Izmir Fashions,
72-74 High Street London ..... (020) 3723 3200
Or ..... (020) 3723 3201
J A B Mirrors & Glass,
FAX ..... (020) 8675 8382
J B Foods, Ltd, Vegetarian Catrers,
Unit 1a, Lea Pk Trading Est Warley Clo E10 ..... (020) 8539 3282
Or ..... (020) 8556 9283
J Bianca, Ltd,
119 High Street Wanstead E11 ..... (020) 7998 1518
J B K Off Licence, Ltd,
387 High St Nth E12 ..... (020) 8470 0965
Or ..... (020) 8586 0064
J & B Leathers,
37 Orford Gdns E17 ..... (020) 8923 7719
J.C.J Locum, Ltd,
8 Gainsborough Rd E11 ..... (0800) 590979
J D Sports, Ltd,
177 High Road Ilford ..... (020) 8911 8164
J H Plant Services, Ltd,
30 St. Ronans Cres Woodford Gn ..... (020) 8505 7020
Or ..... (020) 8505 7030
J & H Sales International,
11A Cambridge Pk E11 ..... (020) 8989 6606
J & H Trading, Ltd,
Pegasus Wks Roebuck Rd Hainault Bsns Pk Ilford ..... (020) 8559 8651
J J Cutting Room,
93 Station Road E4 ..... (020) 8529 3507
Loughton Seedbed Centre Langston Road
Loughton FAX ..... (020) 8559 3223
J J Network Services, Ltd, J & J Solutions Group, Ltd,
J & J Solutions Group, Ltd,
Floor Second 117 George Lane
South Woodford London ..... (020) 3751 4267
J K Accountants,
230 High St Nth E12 ..... (020) 8471 0101
FAX ..... (020) 8471 2200
J K Roofing Specialists, Ltd,
62 Station Rd E4 ..... (020) 8524 8577
J & L Double Glazing, Ltd,
444 High Road Leyton London ..... (020) 3874 8975
J Markfield, Ltd,
2 Diggins Court High Road Loughton ..... (020) 8502 1883
J M Autos, Ltd,
234 Billet Rd E17 ..... (020) 8531 1418
J & M Motors, Ltd,
234 Billet Rd E17 ..... (020) 8523 5577
J P Aero-Com Engineering, Co Ltd,
Station App Cherry Tree Rse Buckhurst Hl ..... (020) 8504 8833
J.P.C Electrical Wholesalers, (Woodford Ltd),
8 Jubilee Pde Woodford Gn ..... (020) 8505 5123
J P Pan Centre,
142 Ilford Lane Ilford ..... (020) 3490 3641
J P Pan Centre, Ltd,
220 High Road Ilford ..... (020) 3551 7411
J Reynolds Builders,
J Reynolds (Builders) Ltd 46-48 Nightingale Lane
London ..... (020) 8530 7777
J & R News,
437 High St Nth E12 ..... (020) 8552 8694
J & S Autos,
739 Romford Rd E12 Mobile ..... (07071) 229745
J S Entertainments,
Unit 5-7A,109 Maybank Rd E18 ..... (020) 8505 8115
J & S Turton, Ltd,
22 Ickworth Park Road E17 ..... (020) 4631 1051
J T K Food & Wine, Ltd,
279 Hampton Road Ilford ..... (020) 8478 7800
J.T.L Hire Company,
67 High Street Walthamstow, London ..... (0870) 1165138
J.T Produce, Ltd,
24 Market Pavilion New Spitalfields Mkt, Sherrin Rd
E10 ..... (020) 8558 8757
Stand 26 Market Pavilion New Spitalsfield Mkt E10 ..... (020) 8556 3228
FAX ..... (020) 8556 5873
J.T.S Constructions,
65 Dore Road London ..... (0870) 3612114
Jack'S Diy And Joinery Ltd,
1 Chigwell Road London ..... (020) 8530 2042
Or ..... (020) 8530 4453
Jackson & Jackson Accountants, Ltd, Chrtd Acctnts,
33 Chingford Mt Rd E4 ..... (020) 8527 6912
Jackson, R.L, & Co, Acctnts & Auditors,
370 Cranbrook Rd Ilford ..... (020) 8518 1006
Or ..... (020) 8518 1032
Jacobs Solicitors,
723A Romford Rd E12 ..... (020) 8911 9171
Jade Financial, Ltd,
38 Selbourne Road Ilford ..... (0845) 0179859
Jade Hair, Ltd,
Prestige House, 84 Queens Road Buckhurst Hill ..... (020) 8504 2585
Jaffe Group, Ltd, The,
7 Laurel Close Ilford ..... (020) 8500 1063
Jafor Hjaled Bashir, T/A Compensation Claims Network,
Suite 8 Cranbrook House 61 Cranbrook Road
Ilford ..... (020) 3759 3030
Jag Spares,
163 Wood Street E17 ..... (020) 8520 8565
Jaggar Support Services,
9 Englands La Loughton ..... (020) 8502 2359
Jaipur Indian Foods, Ltd,
734 Chigwell Road Woodford Green ..... (020) 8504 0248
Jakes Hamburgers,
631 High Road Ilford ..... (020) 8599 4990
Jamaica & Asian Groceries, Ltd, Wholesale Retail,
6 Palace Parade High Street E17 ..... (020) 8521 4090
Jamaica Blue,
Unit 65 Middle Level The Exchange High Road ..... (020) 8514 2582
James Brown Unisex Hairdressers,
2 West Grove Woodford Green ..... (020) 8505 8709
James Meryl Opticians,
24 Forest Road Loughton ..... (020) 8508 1325
James Randall,
29 Ashford Road London ..... (020) 8062 4594
James Town Foods, Convenience Store,
650 Lea Bridge Road E10 ..... (020) 8539 7766
James William Estate Agents,
140 Hoe St E17 ..... (020) 8509 8666
Janata Mini Cabs,
461 High St Nth E12 ..... (020) 8478 1032
Jane Nash Hair Studio,The,
149A Queens Rd Buckhurst Hl ..... (020) 8504 1663
Janice Tildsley Associates, Ltd,
71A Grove Rd E17 ..... (020) 8521 1888
Jannat Halal Meat, Ltd,
247 Beehive Lane Ilford ..... (020) 8551 6363
Jas Cash & Carry, Ltd,
Unit 5 167 Ilford Lane Ilford ..... (020) 3149 1633
Jas Store London, Convenience Store,
227 High St E17 ..... (020) 8520 6183
Jasmine Designer, Ltd, Jwlrs,
127 Ilford Lane Ilford ..... (020) 8478 2553
Jasmine Tandoori,
169 Dersingham Avenue London ..... (020) 3149 1891
Jason The 24H Locksmith Service, Emergency 24hr locksmith,
Ley Street Essex ..... (0845) 1647187
Jauri, Ltd,
176 Hoe Street E17 ..... (020) 8509 1941
Javid Nazir Solicitors, Solicitors,
Suite 501 1-3 Coventry Road Ilford ..... (020) 8554 1666
Jay London, Ltd,
127 Millfield Avenue Walthamstow London ..... (020) 3794 3129
Jay Newsagent,
106 WOODHOUSE ROAD LONDON ..... (020) 8221 2345
Jaycan Ltd,
438 High Road Leyton London,London ..... (020) 3302 8590
JB Investigations, Private Investigator,
1 High Road ..... (020) 0888 0404
Jb Newsagents, Servs,
178 Higham Hl Rd E17 ..... (020) 8527 8286
Jb Transmission Serviced Ltd,
Unit 15 Staffa Road London ..... (020) 3652 4801
JB Transmissions Services,
Unit 15 Cromwell Industrial Estate Staffa Road
E10 ..... (020) 8616 9939
JBBC Contractors, Ltd,
363 Ley Street Ilford Essex ..... (020) 8553 7793
Jbiz Services, Ltd,
26 Church Lane London ..... (020) 8556 3650
JDS Recruitment, Ltd,
19-20 Bourne Ct Southend Rd Woodford Green ..... (020) 3794 6662
JEHOVAH'S WITNESSES,
Chingford,Kingdom Hall 86 Larkshall Rd E4 ..... (020) 8524 8985
Lea Bridge & Walthamstow Congregation 5a-7A HOE STREET
WALTHAMSTOW ..... (020) 8520 6411
Jenkin Partnership, Ltd,The,
38 Church Hill Loughton ..... (020) 8508 8810
Jenkin Partnership, Ltd,The,
38 Church Hl Loughton ..... (020) 8502 1339
Jennngs Bet,
27 Old Church Road London ..... (020) 8091 6727
Jenpiana Hakia,
354 High Street North E12 ..... (020) 8471 1496
Jerk Hut, Ltd,
257 Hoe St E17 ..... (020) 8520 8599
Jerk & Juice Restaurant, Fast Food Restaurant,
268 High Road Leytonstone E11 ..... (020) 8555 5909
Jesses Cafe,
68 High Street E17 ..... (020) 8521 5215
Jessgrove, Ltd,
Higham Hl Joint Service E Billet Rd E17 ..... (020) 8531 2665
Jesus Power House Ministries, Ch Charity,
Suite 10 Cranbrook Ho 61 Cranbrook Rd Ilford ..... (020) 8478 4766
Jet Enterprise London Limited,
40 Westview Drive Woodford Green ..... (020) 3015 0933
Jet Fly, Ltd,
303 High Rd Leytonstone E11 ..... (020) 8556 1818
Jet, (Murco) Ltd, Petrol Stns,
Leyco Filling Station 462 Leyton High Rd E10 ..... (020) 8558 9882
Jewel Lock & Locksmith, Locksmiths, 24 Hour Emergency Auto Locksmith,
Chigwell Rd Woodford Green ..... (0845) 1647429
Jewel Lock & Locksmith, Locksmiths, 24 Hour, Emergency Auto Locksmith,
Grange Pk Rd London ..... (0845) 1647389
JEWISH BLIND & DISABLED (JBD), (Formerly The Jewish Blind & Physically Handicapped Society),

The Sheltered Housing Projects
Milne Court
14 Churchfields,S Woodford E18 ..... (020) 8559 7529
Jewish Blind & Physically Handicapped Society,
Flat 14 Aztec House 163 Tomswood Hill Ilford ..... (020) 8500 0009
Jewish Care,
Residential Homes
Vi & John Rubens Ho 5 Clarence Av Ilford Resdts(2nd Flr) ..... (020) 8518 2830
Jewish Joint Burial Society,
1 Victory Rd E11 ..... (020) 8989 5252
1 Victory Rd E11 FAX ..... (020) 8989 6075
Jewish Lads' & Girls' Brigade,
3 Beechcroft Rd E18 ..... (020) 8989 8990
Jewson, Ltd, Bldrs Mrcnts,
Leytonstone
Joseph Ray Rd E11 ..... (020) 8556 8844
Jey, & Sons Ltd,
749 High Road Leytonstone Leytonstone London ..... (020) 7062 9069
Jeya, & Co, Solrs,
322 High St Nth E12 ..... (020) 8552 1999
FAX ..... (020) 8552 9933
Jfades, Barb Shop,
42a Woodford Avenue Ilford ..... (020) 8127 1238
J'harts Repro Services,
119 MARKHOUSE ROAD LONDON ..... (020) 8503 7633
Jigsaw Day Nurseries, Ltd,
Head Office

Jigsaw Day Nursery
Unit 2 Larkswood Leisure Pk 175 New Rd E4 (020) 8524 7063
Jigsaw Mortgages, Ltd,
Bosworth House 4 Church Hill Loughton (020) 8502 2980
Jilani Chicken & Chips,
8 Claybury Broadway Ilford (020) 8550 8833
Jimmy Vachou Agencies Supplies, Ltd,
54 Chingford Mt Rd E4 (020) 8531 9919
JJI, Co Ltd,
77-79 Grove Road London (020) 8509 9700
JJ's Paws, Ltd,
287 Ilford Lane Ilford (020) 3062 3726
Jm Samys, Ltd, Takeaway,
123 Fulbourne Road E17 (020) 8531 4112
JMP Plumbing & Heating,
9 Pelham Rd E18 (020) 8989 2218
Job Space Europe,
Lex House 1-7 Hainault Street Ilford (020) 8478 8222
Job Space Europe,
Lex House 1-7 Hainault Street Ilford (020) 8514 3572
Jodi Group Company,
62 Bloxhall Road Leyton (020) 8281 2354
Joevic Security Services, Ltd,
Unit E 11-17 Fowler Road Hainault Business Park
Ilford (020) 8500 7510
Johal Regan, Ltd, Chrtd Survyr,
87A High St Wanstead E11 (020) 8532 2222
FAX (020) 8532 2233
John Bold, & Co,
1e Willow Street, Chingford E4 (020) 8524 9090
John Hill Associates, Ltd,
Fax (020) 8559 4969
John Hyman House,
Residents 36 Goodmayes La Ilford (020) 8598 2179
John Maclennan Textiles,
Golfe Ho Golfe Rd Ilford (020) 8553 1503
John Price, & Co, Property Conslts,
100 High Rd Loughton (020) 8502 0202
FAX (020) 8502 3444
John Simmons, & Co, Prpty Mngmt,
141 High Rd Loughton (020) 8502 4455
FAX (020) 8508 0195
Johns, D.W, & Sons, Funrl Dirs,
108 Station Rd E4 (020) 8529 1154
Johns School Of Motoring,
162 Hoe St E17 (020) 8520 1033
Johnson, F.V,
Cromwell Indust Est Staffa Rd E10 (020) 8558 6686
Johnson, G.C,
32 High Rd Buckhurst Hl (020) 8504 7925
Johnston's Cafe,
626 Lea Bridge Road London (020) 8539 2802
Jolliffe, J, Bldrs,
Gwynne Ho High St Wanstead E11 (020) 8989 0094
Jolly Learning, Ltd,
Tailours Ho Tailours 59 High Road Chigwell (020) 8501 0405
Jolly News, Nws Agt,
867 Lea Bridge Road Walthamstow London (020) 8520 1434
Jolly's Sandwich Bar, Ltd,
707 Romford Road E12 (020) 8911 8736
Jomana, Ltd,
Warehouse Forest Farm Forest Road Ilford (020) 8500 7636
Or (020) 8500 9971
Jonathan, Norris, Ltd,
35 Wadley Road London (020) 3161 5996
Jonathan Richards Accountants, Acctnts,
487A Hale End Road E4 (020) 8531 3066
Jones Bespoke Interiors, Ltd,
Unit 3 Roebuck Mews Hainault Business Park
Ilford (020) 8617 8030
Jones, & Co,
5 Broadway Mkt Ilford (020) 8501 1197
Or (020) 8501 0318
Jones, J, & Sons,
150 Loughton Wy Buckham (020) 8281 0881
Jones, Muriel,
119 Ching Way London (020) 8527 6062
Jones, & Sons South Woodford,
98-106 High Road E18 (020) 3336 7579
Jordan James, Ltd,
Unit 10 Southend Road Woodford Green (020) 3225 2021
Jordan Xavier, Ltd,
16 Seven Kings Road Ilford (020) 8711 1549
Joseph Clarke School,
31 Vincent Rd E4 (020) 8523 0774
Or (020) 8531 3226
Joseph, Ms,
76 Markhouse Road London (020) 8509 0998
Josh Properties, Ltd,
5 Central Pde, Ley St Ilford (020) 8518 0444
JP & S Services, Ltd,
339 Hall La E4 (020) 8531 2916
JPS Carpets, Ltd,
6A Valley Hill Loughton (020) 8502 2422
JR Account Compilations, Ltd,
164 High Rd Ilford (020) 8911 8899
Jr Printers,
61 Hoe St E17 (020) 8521 3967
Jrc Maintenance, Ltd, Jrc Maintce Ltd,
742 Forest Road London (020) 8520 0803
JS Surveying & Design Services, Ltd,
110 Goodmayes Road Ilford (020) 8597 2827
Jude Consultancy, Ltd,
2 Woodford Avenue Ilford (020) 8551 1767
Judiya Enterprises, Ltd,
171 Longwood Gdns Ilford (020) 8551 3121
Jump Factory, Ltd, Jumping Boots Supplier,
113 George Lane London (0845) 1304147
Junior Green Hair An,
18 Kenwood Gardens Ilford (020) 8551 9187
junkanddisorderly.com, Waste disposal & domestic,
Church Hill London (0844) 3345508
Junkanddisorderly.com, House Clearances,
Church Hill London (0844) 3345644
junkanddisorderly.com, Waste disposal & domestic,
George Lane London (0844) 3345509
Junkanddisorderly.com, House Clearances,
George Ln London (0844) 3345645
Junkanddisorderly.com, House Clearances,
High Rd, Leyton London (0844) 3345637
junkanddisorderly.com, Waste disposal & domestic,
High Road Leyton London (0844) 3345501
junkanddisorderly.com, Waste disposal & domestic,
Manor Park Road London (0844) 3345503
Junkanddisorderly.com, House Clearances,
Manor Pk Rd London (0844) 3345639
Junkanddisorderly.com, House Clearances,
Station Rd, Chingford London (0844) 3345648
junkanddisorderly.com, Waste disposal & domestic,
Station Road Chingford, London (0844) 3345512
Junkanddisorderly.com, House Clearances,
Wallwood Rd London (0844) 3345638
junkanddisorderly.com, Waste disposal & domestic,
Wallwood Road London (0844) 3345502
Jupp, D,
38 New Road Ilford (020) 8590 1089
Just Hospitality,
110 Station Road London (020) 3982 2807
Just Learning, Ltd,
157 Barley La Ilford (020) 8599 0066
Higham Hill Day Nursery 20 Sutton Rd E17 (020) 8527 9711
20 Sutton Rd E17 (020) 8531 9767
Whipps X Hosp Whipps X Rd E11 (020) 8988 0818
Just Move Estate,
44 Hoe Street E17 (020) 8520 7373
Just Tanned, Tanning Studio,
608 Chigwell Rd Woodford Gn (020) 8502 9559
K 1 Tyres, Ltd,
115 Ilford La Ilford (020) 8514 0600
K A Insurance Services,
118D Windsor Rd Ilford (020) 8478 3199
K A Insurance Services, Ltd,
118 Windsor Road Ilford (0843) 8163452
K.B Carpets, Carpet Whipping & Fringing,
The Sidings Hainault Rd E11 (020) 8558 4818
FAX (020) 8556 1634
K C Fisheries,
1 Oakwood Hill Loughton (020) 8508 4372
K C Systems, Ltd,
11 Dacre Gardens Chigwell (020) 3089 7579
K. G Fabrications, Ltd,
210 Maybank Rd E18 (020) 8505 8420
K G M Motor Insurance Services, Ltd,
KGM Ho Eastwood Clo E18 (020) 8530 7351
K G M Motor Insurance Services, Ltd,
14 Eastwood Close South Woodford (0843) 8162986
K G M Motor Policies at Lloyd's, Undwtrs,
KGM Ho Eastwood Clo E18 (020) 8530 7351
K G M Underwriting Agencies, Ltd,
KGM Ho Eastwood Clo E18 (020) 8530 7351
K & H Timber Supplies, Ltd, Timb, Bldg, D-i-Y,
460 Lea Bridge Road E10 (020) 8539 6137
FAX (020) 8556 0886
K L F Domestic Cleaning Service,
34 Markhouse Rd E17 (020) 8509 2222
K M S, Acctnts & Tax Conslts,
161 Forest Rd E17 (020) 8503 3375
K R, (London) Ltd,
98 Cann Hall Road E11 (020) 8555 3313
K1 Tyres & Wheels, Ltd,
41 Chigwell Road London (020) 8518 8010
K9 Clinic,
194 Green Lane Ilford (020) 3904 7288
Kaba, (UK) Ltd,
20 Waltham Park Way Billet Road E17 (020) 8523 2187
Kabelan, Ltd,
758 Eastern Av Ilford (020) 8518 2120
KAH Technologies, Ltd,
90 Trotwood Chigwell (01268) 222921
Kai Corporation,The, Ltd, Management Consultancy,
E14 (07071) 224913
FAX (07071) 224913
Kai Ren Lin Ta Oriental Chef,
78 Woodford Green (020) 8505 5704
Kaizen Now, Ltd,
135 Redbridge Lane East Ilford (020) 8551 2866
Kalisi Motors, Ltd,
Unit 36 Staffa Road,Cromwell Industrial Estate
E10 (020) 8539 6119
Kams Chinese Restaurant,
554 High Rd Leytonstone E11 (020) 8539 2573
Kanchans,
53-55 Perth Road Ilford (020) 8518 9282
KANR Legal Services, Limited Company, Business,
5 Burns Close London (020) 7871 3076
Kapasi Auto Spares, Car Acces,
768 High Rd Leyton E10 (020) 8539 7968
Karagoz, Mr, H,
Sen Sauna, 16 Goodmayes Road Ilford (020) 8599 8276
Karak Chaii,
128 Hoe Street Walthamstow (020) 3340 9287
Karbhari, & Co.,
133 Ley Street Ilford (020) 8911 8111
Karbhari Kour Accountant, Acctnts,
133 Ley St Ilford (020) 8911 6120
Karen Janes Florist,
9a The Broadway Chingford (020) 8527 4439
Kashmir Bazar, Ltd,
705-07 Cranbrook Road Ilford (020) 8551 6959
Kashmir Food Store, Ltd,
705 Cranbrook Rd Ilford (020) 8551 0042
Kashmir Halal Foods, Ltd,
28 Sackville Gdns Ilford (020) 8554 3008
Kaska, UK Ltd, Kaska UK Ltd,
Suite 1a Elmhurst 98 High Rd E18 (020) 8504 4666
Kassandra 24/7 Locksmith Service, Locksmith,
Woodbine Pl London (0845) 1283716
Kaymer, Ltd,
212 New North Road Ilford (020) 4619 9427
Kays Corner Shop,
371 Green Lane Ilford (020) 8599 8883
Kaysted, Ltd,
137 Beehive Lane Ilford (020) 8551 0381
Kaz Takeaway, Ltd,
45 Queens Road Buckhurst Hill (020) 8504 5299
Kc Eggs,
69 Cambridge Park E11 (020) 8989 6442
Kc Kitchen, Grill Periperi Chicken,
777 Cranbrook Road Ilford (020) 8551 9990
Kds Appliances, Ltd,
K D S Appliances Ltd 33-35 Beehive Lane Ilford (020) 8518 1988
Keating Jewellers, Ltd,
123A High St E11 (020) 8989 2532
Kebab World,
151 QUEENS ROAD BUCKHURST HILL, ESSEX (020) 8506 0394
Kedron Marketing,
65 Blthyswood Rd Ilford (0845) 2637994
Keen Hallifax, & Assoc Ltd,
391 Hale End Rd Woodford Gn (020) 8503 3050
FAX (020) 8503 3090
Keeran Designs, Ltd,
157 Forest Rd E17 (020) 8531 6000
FAX (020) 8531 5444
Keith Turner Motors, Ltd, Auto Elec Engs,
224 Billet Rd E17 (020) 8531 9772
Keith's Greetings Cards,
18 Station Rd E4 (020) 8524 2554
Kelmscott School,
245 Markhouse Rd E17 (020) 8521 2115
Kelsall F & Barron M,
Office 8 First Floor New Spitalfields Market 23 Sherrin Road
E10 (020) 8558 7274
KELVIN HUGHES, Ltd,
Charts & Maritime Supplies
New North Rd Ilford (020) 8502 6887
FAX (020) 8559 8535
Maritime Radar Systems
New North Rd Ilford (020) 8502 6887
FAX (020) 8500 0837
Kem & Tan, Ltd,
682 High Road Leytonstone E11 (020) 3340 0340
Kem & Tan Ltd,
682 High Road Leytonstone London (020) 8711 0365
Kemsley, J.T, (London) Ltd, Frt/Veg Slsmn,
99 New Spitalfields Market,Sherrin Road Leyton (020) 8558 7711
Kemz, Ltd, Barbs,
74 Chingford Mount Road London (020) 3774 8565
Kendal Office Contracts, Ltd, Off Furn,
Kendal Ltd 400 Roding Lane South Woodford Green (020) 8550 6711
KENNARD & SONS LTD,
718 HIGH ROAD LEYTONSTONE LONDON (020) 8556 3234
KENNARD & SONS LTD,
718 HIGH ROAD LEYTONSTONE LONDON (020) 8558 1813
KENNARD & SONS LTD,
718 HIGH ROAD LEYTONSTONE LONDON (020) 8558 4351
Kennard Street Health Centre,
45 Coventry Rd Ilford (0844) 4778949
KENNARD WELLS, Solrs,
FAX 6 Roding La Sth Redbridge (020) 8550 9148
718 High Rd Leytonstone E11 (020) 8539 8258
Or (020) 8539 8338
Kennard Wells Solicitors,
718 High Road Leytonstone E11 (020) 8988 3608
Kennedy, Solrs,
West Essex Golf Club Ltd Bury Road E4 (020) 8529 7558
Kenner, Ltd,
169 High Road Loughton (020) 8508 0555

Kenneth More Theatre,
Oakfield Road,Ilford
Box Office ..... (020) 8553 4464
Administration ..... (020) 8553 0444
Costume Hire ..... (020) 8553 5476
FAX ..... (020) 8553 5476
Kenton, E,
Flat 14 All Saints Tower Beaumont Road London ..... (0843) 5156793
Kenward, Denis,
5 Belgrave Road London ..... (020) 8530 8594
Kenya Veg, Ltd,
58 Market Pavilion New Spitalfields Market Sherrin Road
London ..... (020) 8558 4935
Or ..... (020) 8558 5056
New Spitalfields Mkt Ruckholt Rd E10 ..... (020) 8558 5180
Keppler, B.J, Precision,Gen Engng,
133 Gordon Rd Ilford ..... (020) 8514 2408
Kerrys Caterers,
Clubhouse 156 High Road Chigwell ..... (020) 8559 9434
Kestrel House,
Residents 75 Harold Rd E11 ..... (020) 8558 5423
Kevin Cook,
24 Stanmore Way Loughton ..... (020) 3602 3356
Key Locators,
423 Lea Bdge Rd E10 ..... (020) 8988 3835
Keys, H.H, Estates Ltd,
27 St. Albans Cres Woodford Gn ..... (020) 8504 1813
Keystar Computer Training, Ltd,
110 High Rd Chigwell ..... (020) 8559 8097
Keywise Properties,
36 Goodmayes Rd Ilford ..... (020) 8590 1288
Keywise Properties, Ltd,
36 Goodmayes Rd Ilford ..... (020) 8983 8218
KFC,
Drive Thru
590 Lea Bdge Rd E10 ..... (020) 8518 7102
Or ..... (020) 8988 0654
Restaurant
Leytonstone (Express) 638 High Rd ..... (020) 8532 8810
KFC,
204 High Rd Ilford ..... (020) 8514 3710
Khakhar Solicitors,
8A Cranbrook Rd Ilford ..... (020) 8478 9881
FAX ..... (020) 8478 9890
Khalique Kingsley,
175a Hoe Street London ..... (020) 7998 3364
Khan G Kebabish,
341 Lea Bridge Road London ..... (020) 8558 3636
Khan, M, (Mobile),
716 High Road Leyton E10 ..... (07956) 198461
Khan Super Foods,
396-398 GREEN LANE ILFORD ..... (020) 8597 4934
Khans Butchers East Ham, Ltd,
21 Torquay Gardens Ilford ..... (020) 4559 0445
Khans Fruit & Veg, Frt & Veg,
1b Balfour Road Ilford ..... (020) 8553 0430
Khans Solicitors,
165 Ley St Ilford ..... (020) 8553 5995
FAX ..... (020) 8553 0950
Khaya Project, Ltd,
71 Wellesley Road Ilford ..... (020) 8316 4051
Khaya Project, Ltd,
71 Wellesley Road Ilford ..... (020) 8554 7902
Khubsoorat Collections,
4 Raven Rd E18 ..... (020) 8475 0037
Khyber Grill, Ltd,
765 High Rd Ilford ..... (020) 8597 7272
Khyber Grill Restaurant, Rstnt,
832 Romford Road Manor Park London ..... (020) 8478 2200
Kickin Chicken, Mr, Fried Chicken Takeaway,
232 Chingford Mount Road Chingford London ..... (020) 8524 4552
Kiddy Care Nursery, Admiral, Ltd,
The Acorn Centre 2B Ashgrove Road Ilford ..... (020) 8599 2481
Kids Inc Day Nurseries,
71 Cleveland Rd E18 ..... (0843) 5154741
Kids Inc Day Nursery,
Beehive Lane
231 Beehive La Ilford ..... (020) 8550 7400
Chingford
3 Friday Hl Wst E4 ..... (020) 8524 6745
Ilford
Crown Ho 227 Aldborough Rd Sth ..... (020) 8598 2600
Loughton
Lex House 29 Old Station Road ..... (020) 8502 4488
South Woodford
71 Cleveland Rd E18 ..... (020) 8518 8855
York Road
81 York Rd Ilford ..... (020) 8478 6510
Kids In Charge, (Making A Choice For A Better Future) Ltd,
Wanstead Youth Cntr Elmcroft Av E11 ..... (020) 8530 7075
Kids R Us,
881 High Rd Leytonstone E11 ..... (020) 8530 5333
Kids Uni-Day Care Centre,
566 Romford Road Manor Park ..... (020) 8075 4299
Kier, Ltd,
Kier London Ltd Elizabeth French House 2 Langston Road
Loughton ..... (020) 8418 8000
Kilroy Developments, (London) Ltd,
175 High Street Barkingside ..... (020) 3874 0533
Kim Betts Solicitors,
231A High Rd Loughton ..... (020) 8508 5505
Kim Son, Ltd,
4 Estate Way E10 ..... (020) 8558 9171
Kimono, & Co, Hrdsg,
167 Manor Road Chigwell ..... (020) 8500 2321
Kind, & Co (Bldrs),
530 High Rd Leytonstone E11 ..... (020) 8988 7600
Kind, & Co (Builders) Ltd,
530 High Road Leytonstone Leytonstone FAX ..... (020) 8558 7566
King Edward VII's Hospital, Sister Agnes,
10 Beaumont St W1 ..... (020) 7486 4411
King Glazing, Double Glazing,
377 High Road Ilford ..... (020) 8911 6377
King Home & Auto Locksmith, Locksmiths, 24 Hour, Emergency Auto
Locksmith,
Wanstead High St London ..... (0845) 1647390
King Home & Auto Locksmiths, Locksmiths, 24 Hour Emergency Auto
Locksmith,
Monalt Rd Woodford Green ..... (0845) 1647430
King Solomon High School,
Forest Rd Ilford ..... (020) 8498 1300
Kingham, W.J, Mtrs Ltd, Mtr Rprs,
630 Chigwell Rd Woodford Gn ..... (020) 8505 7524
Kings Dry Cleaner, Dry Cleaner,
25 Winchester Rd E4 ..... (020) 8523 1440
Kings Eyecare,
608 High Rd Ilford ..... (020) 8590 2710
Kings Florist, Flor,
119a Old Church Road Chingford London ..... (020) 8524 0222
Kings Green Dental Surgery,
2 Kings Green Loughton ..... (020) 8508 6687
Kings Group,
97 George La E18 ..... (020) 8530 2323
Kings Group,
84 Old Church Rd E4 ..... (020) 8524 7444
Kings Group,
32 Station Rd E4 ..... (020) 8529 7685
Kings Medical Centre,
23 Kings Av Buckhurst Hill ..... (020) 8504 0122
23 Kings Av Buckhurst Hl ..... (020) 8506 9830
Kings Oak Hotel,
Paul's Nursery Road High Beech ..... (020) 8508 5000
Kings of North Chingford, Hair Drsr,
4 Kings Rd E4 ..... (020) 8529 6049
Kings Of Walthamstow,
248 Hoe St E17 ..... (020) 8521 1122
Kings Private Clinics,
Unit 1, Balfour House 390-392 High Road Ilford ..... (020) 3489 7500
Kings & Queens,
1 Queens Mews Queens Road Buckhurst Hill ..... (020) 8505 1199
Kingsbridge Estate Agents,
96 George La E18 ..... (020) 8989 9811
FAX ..... (020) 8989 9851
Kingsdale Group, Ltd,
Limewood Ct 162 Limewood Ct Beehive La Ilford ..... (020) 8550 4592
Kingsley, & Co,
20 Kirkdale Road Leytonstone ..... (020) 8556 0888
Kingsman Turkish Barber Ltd,
25A The Broadway Woodford Green ..... (020) 3590 5433
Kingsman Turkish Barber, Ltd, Healthcare & Social,
25A The Broadway Woodford Green ..... (020) 8506 0370
Kingston College Of London, Ltd,
Olympic Ho Clements Rd Ilford ..... (020) 8514 6446
Kingsway International Christian Centre,
466 Hoe Street E17 ..... (020) 8558 0975
KINGSWAY INTERNATIONAL CHRISTIAN CENTRE,
468-474 HOE STREET LONDON ..... (020) 8539 6242
KINGSWAY INTERNATIONAL CHRISTIAN CENTRE,
468-474 HOE STREET LONDON ..... (020) 8539 9405
Kip McGrath,
57 Green Lane Ilford ..... (020) 8598 9922
Kishaan Food & Wine,
41 Meads Lane Ilford ..... (020) 8599 9726
Kishone Enterprises, Ltd,
378 High Road Woodford Green ..... (020) 8505 0547
Kismat Tandoori,
82 Lambourne Road Chigwell ..... (020) 8500 1700
Kitchen Studio,
High Road Ilford ..... (0870) 2910016
Kizai Kitchen Limited,
Chigwell Road 341 Chigwell Road Woodford Green ..... (020) 3686 9581
KK & AC, Ltd,
76 High Street Walthamstow ..... (020) 8520 2855
Kleinevangelou, Cert Chrtd Acctnts,
368 Forest Rd E17 ..... (020) 8509 3232
FAX ..... (020) 8509 3220
Klew,
28 High Road E18 ..... (020) 8530 1500
Klore Tikva School,
Clore Tikva School 115 Fullwell Avenue Ilford ..... (020) 8551 1097
KMC Dynasty, Ltd,
122 James Lane Leyton E10 ..... (020) 8556 8820
Kni Foundation,
236 Chingford Mt Rd E4 ..... (020) 8524 0008
Knighton Cleaning Services, Ltd,
Unit 1 Curlew Ho Trinity Pk, Trinity Wy E4 ..... (020) 8531 4616
Unit 1 Avocet Ho Trinity Pk, Trinity Wy E4 ..... (020) 8531 9149
KNS Insurance Services,
43 Malvern Dv Woodford Gn ..... (020) 8506 0601
Koala Bear Day Nursery, Ltd,
Ross Wyld Hall Church Hl E17 ..... (020) 8520 0762
Kombe 68, Cafe,
34-40 High Street Wanstead E11 ..... (020) 8989 7059
Kompas, Ltd,
16 Electric Parade,Seven Kings Road Ilford ..... (020) 8599 3773
Kono, Ltd,
181 Lea Bridge Road E10 ..... (020) 8556 4110
Kool Cuts, Hrdrsrs,
760 Lea Bridge Road Walthamstow London ..... (020) 3952 8218
Kool Kidze, Ltd,
St Barnabas Church Browning Road
Manor Park London ..... (020) 8821 9022
Koolkrew,
Unit 24c Fairways Bsns Pk Lamma S Rd E10 ..... (020) 8539 6867
Korosec, G, T/A G K Locksmiths, Locksmiths,
96 Old Church Rd Chingford ..... (0871) 3308247
Kounnis Insuforce, Ltd,
Sterling House 2b Fulbourne Road E17 ..... (020) 8527 0028
Kounnis Insuforce, Ltd, Insurance Providers,
2B Fulbourne Road Walthamstow ..... (0843) 8162954
Kounnis & Partners, Plc,
Sterling House 2b Fulbourne Road E17 ..... (020) 8498 2777
KPL Solicitors,
9 Hatch La E4 ..... (020) 3875 5090
KPM Coopers,
186 Cann Hall Rd E11 ..... (020) 8522 6655
Krazykopy,
26 Park Rd E17 ..... (020) 8521 6297
Krfc Chicken, Takeaway,
65 St. James's Street Walthamstow London ..... (020) 8520 6141
Krishna News Agents,
117 Old Church Road Chingford E4 ..... (020) 3084 9871
Kristoffs Barbers Shop,
244 High Rd Loughton ..... (020) 8508 9177
Krypto Security, Security Conslts,
564 High Rd E11 ..... (020) 8556 1000
Krypton Consulting, Ltd,
67 Bawdsey Avenue Ilford ..... (020) 8599 8348
Krypton Komics,
94 Blackhorse Lane E17 ..... (020) 8527 7558
Ksi Food, Ltd,
200 High Street London ..... (020) 8521 1498
Ktm London, Ltd,
160b Midland Road London ..... (020) 8556 4278
Kudhail Quilting, Co,
68 Little Ilford Lane E12 ..... (020) 8514 0605
Kugapala, Dr, G,
243 High St Nth E12 ..... (020) 8470 2500
FAX ..... (020) 8470 2200
Kugathasan, Mrs, M,
Unit 3, seven Ways Parade Woodford Av
Ilford, Essex ..... (020) 8141 2410
Kuknus International, Ltd,
Unit 9 Cromwell Centre Roebuck Road Hainault Business Park
Ilford ..... (020) 8500 2299
Kukus Peri Peri,
629 High Road Ilford ..... (020) 8599 1111
Kulan Restaurant, Ltd,
347 Lea Bridge Road London ..... (020) 8539 6619
Kum, Kum,
249 Aldborough Road South Ilford ..... (020) 3645 4084
Kumar Legal, Ltd,
367 High St. Nth E12 ..... (020) 8552 4255
Kumar, Dr, S,
287 High Road Leytonstone E11 ..... (020) 8532 8460
Kumarans,
144 Hoe Street London ..... (020) 8521 4955
Kumon Higham Hill,
307 Higham Hill Road London ..... (020) 7998 6670
Kumuthini Ketharalingam,
736 Eastern Avenue Ilford ..... (020) 8637 5171
Kurtis Estates, Est Agts,
600 Green La Ilford ..... (020) 8598 9151
Kuttin Krew,
682A Cranbrook Road Ilford ..... (020) 8518 4053
Kwik Cross, Ltd,
36 Woodlands Rd Ilford ..... (0845) 2177916
Kwik-Fit, Tyre, Exhaust & Brake,
Chingford Unit 5 Deacon Industrial Est ..... (0870) 9997470
Gants Hill 480 Cranbrook Rd ..... (020) 8518 6939
Ilford
480 Cranbrook Rd ..... (0870) 9997332
Ilford Manor Park 1041 Romford Road London ..... (0870) 9997200
Ilford 1041 Romford Rd ..... (020) 8553 2320
Leyton 344-346 High Rd ..... (020) 8539 6118
Leyton 344-346 High Road ..... (0870) 9997111
Leyton 225-227 Lea Bridge Rd ..... (020) 8539 1137
Leyton 225-227 Lea Bridge St Leyton ..... (0870) 9997258
Manor Park
409 High Street North Eastford Manor Park ..... (0870) 9997174
Manor Park 409 High Street North E12 ..... (020) 8472 4744
Seven Kings
597-601 High Rd ..... (0870) 9997020
Seven Kings 597-601 High Rd ..... (020) 8599 9021
Walthamstow 2-10 Billet Rd E17 ..... (020) 8527 2181
Kybele Group, Ltd,
Unit E Pegasus Works Hainault Business Park

Ilford ..... (020) 3971 8418
Kzm Brothers, Rstnt,
825 High Road Ilford ..... (020) 8599 3737
L & H, Tents, Marquee,Tent Mkrs,
362 High Rd Leyton E10 ..... (020) 8539 8987
L J Mead & Son,
19 Brook Parade, High Road Chigwell ..... (020) 8500 3612
L & M, Food Group Ltd, Imptrs & Exptrs,
Rolls Pk Fm High Rd Chigwell ..... (020) 8501 1053
L & M Installing, Ltd,
Unit 4a Cromwell Centre Roebuck Road Hainault Business Park
Ilford ..... (020) 8172 0032
L.P.L Commercial Investigations, Credit Collection Agcy,
Newbury Ho 890 Eastern Av Ilford ..... (020) 8597 2229
FAX ..... (020) 8597 1180
L & Q,
Flat 1 227 Goodmayes Lane Ilford ..... (020) 8597 7316
L & Q Housing Trust,
34-64 Fixie Building 6 Track Street E17 ..... (020) 8509 3008
L & Q London Housing Trust,
Riders Tower 39 Track Street E17 ..... (020) 8509 1659
Or ..... (020) 8509 8966
Or ..... (020) 8520 4142
L & Q London Housing Trust,
65-97 Fixie Building 66 South Grove E17 ..... (020) 8520 0510
L & Q London Housing Trust,
65-97 Fixie Building 66 South Grove E17 ..... (020) 8520 7249
L Q London Housing Trust,
Wells Apartments 79 Sutherland Road E17 ..... (020) 8527 4160
L & Q London Housing Trust,
34-64 Fixie Building 6 Track Street E17 ..... (020) 8520 9229
La Boucherie, (Kosher) Ltd,
145 High Street Barkingside ..... (020) 8551 9215
La Gateau,
132 Cranbrook Rd Ilford ..... (020) 8554 0777
La Marcel,
812 Romford Road London ..... (020) 3417 3730
La Rocca,
43 Old Church Road Chingford ..... (020) 3601 2892
LA Stretch Limos,
115 Beehive Lane Ilford ..... (020) 8554 9292
Labh Ltd T/A Budgens, (481),
109 Snakes Lane Woodford Green ..... (020) 8504 0594
LABOUR PARTY, THE,
Constituencies
Walthamstow 23 Orford Rd E17 ..... (020) 8520 6586
For Labour MPs See Entry Under "Members of Parliament"
LAC,
Unit M, Forest Indust Pk Forest Rd Ilford ..... (020) 8501 0110
Or ..... (020) 8501 0117
Lachic Beauty, Salon,
169 Longwood Gardens Ilford ..... (020) 3689 7667
Laderman, & Co,
4 The Shrubberies,George Lane South Woodford ..... (020) 8530 7319
FAX ..... (020) 8530 6805
Lagoon Dry Cleaners,
18 High St Barkingside ..... (020) 8551 0097
Lagos Island Restaurant,
417 Lea Bridge Road London ..... (020) 3686 5031
Lahore Spice, Takeaway,
621 High Rd Ilford ..... (020) 8503 8157
Lahori Darbar, Ltd,
62 Ilford Lane Ilford ..... (020) 8911 8800
Laima Beuty, Beauty Salon,
39 New North Road Ilford ..... (020) 8500 6923
Laing, Eleanor, MP,
Epping Forest Constituency
Thatcher Ho Meadow Rd Loughton ..... (020) 8508 6608
Lake Bushells, Chrtd Acctnt,
FAX 342 Hoe St E17 ..... (020) 8223 0222
Lakeside Double Glazing, Ltd,
255 Aldborough Road South Ilford ..... (020) 3538 3325
Lakeside Uk Limited, Ltd, Ins Providers,
351-353 Lea Bridge Road Leyton, London ..... (0843) 8162861
Lakeside (UK), Ltd, Insurance,
351 Lea Bdge Rd E10 ..... (020) 8558 4040
351 Lea Bridge Rd E10 ..... (0872) 4365649
351 Lea Bdge Rd E10 ..... (020) 8988 3414
Lakshmi Enterprises Divine Home, Ltd,
241c High Street North London ..... (020) 8471 2853
Lakshmis Jewellers,
276 High Street North E12 ..... (020) 8470 3448
276 High Street North Manor Park ..... (020) 8472 6800
Lall Ondhia, Ltd,
10 Station Rd E12 ..... (020) 8478 0800
10A Station Road E12 ..... (020) 8478 5054
Lambourne Carpets & Flooring,
246 Chingford Mount Rd E4 ..... (020) 8529 3496
FAX ..... (020) 8523 9441
LAMBOURNE REFRIGERATION,
51-55 Fowler Road Hainault Business Park
Ilford FAX ..... (020) 8501 5500
Lambourne Refrigeration, Ltd,
51-55 Fowler Road Hainault Business Park Ilford ..... (020) 8501 0500
Lancashire Flooring, Ltd, Flooring Contrs,
Unit 23 Oakwood Hl Indust Est,Oakwood Hl
Loughton ..... (020) 3225 5050
Lancaster, E J, Ltd,
The Old Station Yard 186 Unit 2 Wood Street
London ..... (020) 8520 1088
Lancasters Gardencare, Ltd,
34 Wellesley Road E11 ..... (020) 8539 4443
Land Commercial,
143 Beehive La Ilford ..... (020) 8498 8080
Landmark House,
Landmark House Uplands Business Park Blackhorse Lane
Walthamstow
London ..... (020) 8527 5301
Landmark House,
Landmark House Uplands Business Park Blackhorse Lane
Walthamstow
London ..... (020) 8531 4426
Landmark Housing Group, Ltd,
54 Mansfield Road Ilford ..... (020) 8554 5009
Lane, F A, & Son,
Hazelwood Wks Larkshall Rd E4 ..... (020) 8523 9098
Lane,The, Indian Bar Rstnt,
82 Nightingale La E11 ..... (020) 8989 1500
Langthorne Grocers, Ltd,
Langthorne Road London ..... (020) 8539 6490
Langthorne Pharmacy,
Langthorne Health Cntr 13 Langthorne Rd E11 ..... (020) 8539 4324
Language Business,The,
Hilton Gro Bsns Cntr Hatherley Mws E17 ..... (020) 8503 7766
Laptop Outlet, Ltd,
Unit 10 Woodford Trading Est, Southend Rd
Woodford Green ..... (020) 8551 5650
Laraucе, Messrs, J, Ltd,
12 Chapel Rd Ilford ..... (020) 3288 0001
Larder, The,
12 Rangers Road Chingford London ..... (020) 8989 7181
Larkshall Medical Centre,
1 Larkshall Road E4 ..... (020) 8524 6355
Larkswood Primary Academy,
70-72 New Road E4 ..... (020) 8524 2975
Larkswood Primary School,
70-72 New Road E4 ..... (020) 8529 4979
Las Restaurant Ltd,
381 High Road Leyton London ..... (020) 3380 1217
Or ..... (020) 3380 1218
LASERASE LONDON CITY & EAST, Tattoo & Hair Removal,
Marlborough Cntr,96 George La,E18
Admin ..... (020) 8530 7873
Latif, Mini Cars,
794 High Rd Ilford ..... (020) 8599 5555
Laurence, Jenny, Ltd,
117 Roding Rd Loughton ..... (020) 8502 2244
Laurence London, Hrdrsr,
100 Station Rd E4 ..... (020) 8529 7749
Lavender Flowers, Florist,
103 Falmouth Av London ..... (0844) 4113311
Lawlors Letting Services,
165 High Rd Loughton ..... (020) 8502 3388
457 High Rd Woodford Green ..... (020) 8506 0828
Lawlors Property Services,
165 High St Loughton ..... (020) 8502 5588
Lawrence E Regan & Associates,
4 Cobbetts Avenue Ilford ..... (020) 8252 2888
Laxmi Property, Prpty Mngmt,
1e Kensington Avenue E12 ..... (020) 8552 3555
Layla's Beauty, Ltd,
570 Romford Road E12 ..... (020) 8514 6777
Lazza Sandwich Bar, Cafe & Sandwich Bar,
253 Chingford Mt Rd E4 ..... (020) 8529 0089
Lb Property Lawyers,
Flat 15, Henley Lodge 2 Willow Walk London ..... (020) 8885 1553
Lca Consultants, Lca Conslts,
9 The Broadway Woodford Green ..... (020) 8505 5444
Lcc Trans-Sending, Ltd,
143 Ley St Ilford ..... (020) 8553 4408
Ldn Fashion Design, Ldn Fash Design,
2 Station Pde Cherry Tree R Ise Buckhurst Hl ..... (020) 8505 4152
Le Delice Cafe, Ltd,
114 Hoe Street London ..... (020) 3719 9268
Le Parisien Cafe,
Leytonstone Station Church Lane E11 ..... (020) 8558 2010
Le, T,
Kims Nail Bar 6 High Street Barkingside ..... (020) 8551 7536
Lea Bridge Ceramic, Ltd,
221-223 Lea Bdge Rd E10 ..... (020) 8558 8181
Lea Bridge Dental Practice,
433 Lea Bridge Road Leyton ..... (020) 8539 6152
Lea Car Services,
370 Lea Bdge Rd E10 ..... (020) 8539 4424
Lea Valley Motor Company, (Chingford) Ltd,
(Garage) 3 Lea Valley Rd E4 ..... (020) 8559 4050
Leadale Upholsterers, Manufacture Of Chairs,
162A Chingford Mt Rd E4 ..... (020) 8529 1546
Leaders Romans Bidco, The,
207 Cranbrook Road Ilford ..... (020) 8091 4068
Leagold, Ltd,
127 Station Road E4 ..... (020) 8506 3920
Leagold Miller, Ins Brokers,
Ilford
34 High St Barkingside ..... (020) 8550 5888
Or ..... (020) 8550 5577
FAX ..... (020) 8550 7888
League Of British Muslims, U K,
Lift Line Muslim Community Centre Eton Rd
Ilford ..... (020) 8514 0706
Learn Centres London, Ltd,
660 Lea Bridge Road London ..... (020) 8988 2928
Learning For Life London,
194 High Road Leytonstone Leytonstone London ..... (020) 8555 5200
LEATHER WORKSHOP, Reproduction & Chesterfield Mkrs,
69 Chingford Mt Rd E4 ..... (020) 8531 4914
Leaver Charles Granger, Ltd,
8 BARTON CLOSE CHIGWELL ..... (020) 7018 1156
Leberta London Furniture, Bespoke Furniture,
7 Hall Lane Chingford ..... (020) 8529 2222
Lee & Alan, Chapman Butchers,
415 High Road Woodford Green ..... (020) 8504 1715
Lee Bridge Supermarket, Convenience Store,
301 Lea Bridge Rd London ..... (020) 8556 3233
Lee Valley Audi,
Corktree Wy Cork Tree Wy Hall La E4 ..... (020) 8529 7077
Lee Valley Estates,
13 Argall Av E10 ..... (020) 8558 7000
Lee Valley, Regional Park Authority,
Sports & Leisure
Lee Valley
Golf Course (18 Holes Par 3) Leyton ..... (020) 8988 7566
Lee Valley Solicitors,
Office 26, 806 High Road Leyton London ..... (020) 8617 3230
Lee Valley Solicitors,
241 High Street London ..... (020) 3305 6538
Leeds Building Society,
Barkingside
84 High St Barkingside ..... (020) 8550 7678
Lees Garden Centre,
14 Mossford Gn Ilford ..... (020) 8550 8475
Legal Solutions, Legal Advice,
6 Woodford Av Ilford ..... (020) 8551 0151
Legal Workshop, Ltd,
184 Queens Rd Buckhurst Hl ..... (020) 8505 4110
Leisure Entertainment Holders, Ltd,
630 Lea Bdge Road E10 ..... (020) 8556 2459
Lenny Flavours, Ltd,
Ground Floor 198 Winchester Road E4 .....
Leonard Magee, Ltd,
21 Market Pavilion New Spitalfields Market Sherrin Road
E10 ..... (020) 8558 6000
23 Market Pavilion New Spitalfields Market Sherrin Road
E10 ..... (020) 8556 1416
Leonardo,
49 Queens Rd Buckhurst Hl ..... (020) 8504 5034
Lepus AP, Ltd,
10 Church Lane E11 ..... (020) 3941 9949
Les Enfants Parties, Ltd,
14 The Meadway Buckhurst Hl ..... (020) 8502 9988
Les Paul Motors, Ltd,
Les Pauls Motors Ltd Unit 7 Anderson Road
Woodford Green ..... (020) 8551 8537
Leslie Rosner, & Co, Accountants,
603 CRANBROOK ROAD ILFORD ..... (020) 8550 4441
Lesser, & Co, Chrtd Acctnts,
147 Station Rd E4 ..... (020) 8524 2556
FAX ..... (020) 8529 9097
Let Homes, Ltd,
859 Romford Road London ..... (020) 8478 4600
Letting International, Ltd,
Gabrielle Ho 332 Perth Rd Ilford ..... (020) 8554 9999
Lettkings, Est Agt,
202 Francis Road E10 ..... (020) 8988 4123
Levelheaded,
9 Brancepeth Gardens Buckhurst Hill ..... (020) 8505 2151
Levy, A, & Son Ltd,
Uplands Bsns Pk E17 ..... (020) 8531 7651
LEVY, Lawrence Andrew, BDS(Lond) LDS,RCS(Eng), Dent Surg,
620 Romford Rd E12 ..... (020) 8478 1431
LEWDEN METAL PRODUCTS, Ltd, Die Casters Elec Mfrs,
5 Argall Av E10 (Sales) ..... (020) 8539 0237
Lexus Woodford,
536 High Rd Woodford Gn ..... (020) 8559 7660
Leyton Bespoke Mortgages, Mortgages,
High Road Leyton, London ..... (0845) 6676964
Leyton Dental Surgery,
724 High Road Leyton London ..... (020) 8539 6022
Leyton Dining Club, Ltd,
815 High Road LONDON ..... (020) 8556 6717
Leyton E10 Locksmith, Locksmith Services,
Hainault Buildings High Road London ..... (07010) 600495
Leyton Emergency Drain Cleaners, Drain Cleaners,
High Road Leyton, London ..... (0845) 6604919
Leyton Emergency Plumbers, Plumbers,
High Road Leyton, London ..... (0845) 6604198
Leyton Engineering,
Fairways Business Park Lammas Rd E10 ..... (020) 8556 3709
Leyton Green NHS, Neighbourhood Health Service,
180 Essex Rd E10 ..... (020) 8539 0756
Leyton Halal Meat Poultry,
246 High Road Leyton Leyton ..... (020) 4619 3297
Leyton Insurance Consultants Limited, Ltd, Ins Prodivers,
430 High Road Leyton, London ..... (0843) 8162863
Leyton Legend Barbers, Barbershop,
269 High Road Leyton Leyton London ..... (020) 8556 1685
Leyton Midland Cars,

637 High Rd Leyton E10 ..... (020) 8539 0127
Or ..... (020) 8558 1100
Or ..... (020) 8558 8642
Or ..... (020) 8558 8644
Leyton Office Cleaning, Ltd,
41A St. Georges Rd Leyton ..... (0845) 2692985
Leyton Orient Community Sports Programme,
100 Oliver Rd E10 ..... (020) 8556 5973
Leyton Plumbers Merchant,
712 Lea Bridge Road E10 ..... (020) 8556 4981
Leyton Private Investigations, Private Investigator,
644 High Road ..... (0844) 5007688
Leyton Removals, Removals & Storage - Domestic,
High Road Leyton, London ..... (0845) 6600556
Leyton Rubbish Clearance, Waste Disposal Services,
High Road Leyton, London ..... (0845) 6684355
Leyton Senior High For Girls,
London Borough Of Waltham Forest Colworth Rd E11 .. (020) 8496 2800
Leyton Sixth Form College,
100 Essex Rd E10 ..... (020) 8928 9000
Leyton Taxi Parts 2004,
Unit 6 Acacia Business Cntr 3 Howard Rd E11 ..... (020) 8556 4433
Leyton Telecom,
FAX ..... (020) 8558 2163
Leyton's Mortgage Shop,
48 Chingford Mount Road London ..... (020) 8539 2600
Leytonstone Bespoke Mortgages, Mortgages,
Hainault Road Leytonstone, London ..... (0845) 6676965
Leytonstone Emergency Drain Cleaners, Drain Cleaners,
Hainault Road Leytonstone, London ..... (0845) 6605058
Leytonstone Emergency Plumbers, Plumbers,
Hainault Road Leytonstone, London ..... (0845) 6604238
Leytonstone Halal Meat, Ltd,
765 High Road Leytonstone E11 ..... (020) 8556 3520
Leytonstone Islamic Association,
8 London ..... (020) 8539 7251
Leytonstone Kiosk,
Leytonstone Underground Stn Church Lane London ..... (020) 8558 5887
Leytonstone Local, Off Lic,
749 High Rd Leytonstone E11 ..... (020) 8539 3920
Leytonstone Removals, Removals & Storage - Domestic,
Hainault Road Leytonstone, London ..... (0845) 6600558
Leytonstone Rubbish Clearance, Waste Disposal Services,
Hainault Road Leytonstone, London ..... (0845) 6684356
Leytonstone School,
Leytonstone Bsns & Enterprise School 159 Colworth Rd
E11 ..... (020) 8988 7420
Leytonstone Spice, Ltd,
639 High Road Leytonstone E11 ..... (020) 8558 4275
Lfs, UK Ltd, Upholstery,
406 Roding La Sth Woodford Gn ..... (020) 8550 0333
LHM Healthcare, Ltd,
Hyperbaric Unit Whipps Cross Road E11 ..... (020) 8539 1222
Whipps X Hosp Whipps X Rd E11 ..... (020) 8558 1139
FAX ..... (020) 8539 1333
Libda Building Supplies, Ltd,
227 Clayhall Av Ilford ..... (020) 8551 5211
Libertalia Brewing, Co,
X X X Arch 142, Tilbury Road London ..... (020) 3802 5824
Liberty Christian Connections,
Floor First 452-458 High Road Ilford ..... (020) 8514 0145
Liberty Legal Solicitors Llp,
182 High Road Roman Road Ilford ..... (020) 7377 6804
Libraries,
Branches
Debden ..... (020) 8508 5869
Harrow Green Library 6a Cathall Rd E11 ..... (020) 8496 1063
Loughton ..... (020) 8502 0181
Libraries - Essex County Council,
Buckhurst Hill
165 Queens Road ..... (03456) 037628
Chigwell
Hainault Road ..... (03456) 037628
Debden
68 The Broadway ..... (020) 8508 5869
Epping Forest College Borders Lane ..... (03456) 037628
Loughton
Traps Hill
Traps Hill ..... (03456) 037628
Or ..... (03456) 037628
Lifeboats - RNLI,
see RNLI
In EMERGENCY dial 999 and ask for "COASTGUARD"
Lighthouse Fish Bar London, Ltd,
8 Clock House Parade High Street Wanstead E11 ..... (020) 8989 8740
Lightside,The,
6 Gainsborough Rd E11 ..... (020) 8556 2776
Lilian Davis Group, Ltd, Ltd,
48 Penrhyn Avenue London ..... (01843) 491443
Lilian Davis Group, Ltd, Ltd,
48 Penrhyn Avenue London ..... (020) 3302 1735
Lilian Davis Group, Ltd, Ltd,
48 Penrhyn Avenue London ..... (020) 3302 7142
Lilian Davis Group, Ltd, Ltd,
48 Penrhyn Avenue London ..... (020) 3602 5387
Lilian Davis Group, Ltd, Ltd,
48 Penrhyn Avenue London ..... (020) 3620 2877
Lilian Davis Group, Ltd, Ltd,
48 Penrhyn Avenue London ..... (020) 3674 1303
Lilian Davis Group, Ltd, Ltd,
48 Penrhyn Avenue London ..... (020) 3759 4054
Lilian Davis Group, Ltd, Ltd,
48 Penrhyn Avenue London ..... (020) 3952 0484
Li-Lo Leisure Products, Ltd,
Sterling Ho Langston Rd Loughton ..... (020) 8532 5800
Lily And Zaman Ltd,
251 Hoe Street London ..... (020) 8117 8653
Or ..... (020) 8117 8654
Lime Tree Surgery,
321 High Rd Leytonstone E11 ..... (020) 8556 8911
Lime Tree Surgery,
38 Cann Hall Rd E11 ..... (020) 8519 9914
Limes Farm Infant School,
Limes Farm County Prim & Infant School Limes Avenue
Chigwell ..... (020) 8501 1115
Limes Farm Junior School,
Limes Av Chigwell ..... (020) 8500 7566
Linards Carpets,
St. Swithins Fm Woodford Bdge Rd Ilford ..... (020) 8550 0016
Lincs Engineering & Formers, Ltd, Gen Engineering,
56 Grove Rd E17 ..... (07071) 202890
Linear Kitchens, Ltd,
17 Lyndhurst Drive Leyton ..... (020) 8675 3605
Linebest, Ltd,
1c The Avenue E4 ..... (020) 8531 0404
Linens Direct, Ltd,
301A High Rd Loughton ..... (020) 8508 4229
Linguine,
Hainault Forest Golf Club Romford Road Chigwell ..... (020) 8500 1678
Linguistics On Point, Translation Servs,
20 Rodney Place E17 ..... (020) 8523 5791
Link Legal Solicitors,
42 Redbridge La East Ilford ..... (020) 8551 2979
Link Up Solutions,
39 St Georges Rd Leyton ..... (0845) 4569564
Linkhaven Estates, Ltd,
Amanveer House 523 Green Lane Ilford ..... (020) 8599 4922
Links Legal Solicitors,
42 Redbridge La East Ilford ..... (020) 8551 0999
Linkside Lawn Tennis Club,,
Linkside Lawn Tennis Club Overton Drive London ..... (020) 8989 5773
Linton Contractors, Linton Contrs Ltd Ltd, Civ Engng,
26A Roding La Sth Ilford ..... (020) 8550 6800
Linus Auto Locksmith Serv, Locksmith,
Chingford Rd London ..... (0845) 1283717
Linus Auto locksmith services, Emergency 24hr locksmith,
Woodbine Pl London ..... (0845) 1647293
Lion Care, Ltd,
186 Forest Rd Loughton ..... (020) 3225 5500
Lion & Key Hotel,
Lion & Key Ho 475 High Rd Leyton E10 ..... (020) 8556 5498
Or ..... (020) 8558 7850
Lions Gents Hairdressers,
636 Lea Bridge Road London ..... (020) 8988 0900
Lisa 'n' Girls,
79 Station Road Chingford ..... (020) 8529 1036
Lists The Bakers,
46 Hatch La E4 ..... (020) 8524 8614
Little Angels, (London) Ltd,
20 Addison Road London ..... (020) 8520 1329
Little Bears Nursery School Limited,
3 The Green E11 ..... (020) 8532 9562
Little Characters,
12 Station Rd E4 ..... (020) 8559 3667
Little Diamonds Nursery,
206 Northcote Road E17 ..... (020) 8509 3420
Little Fidgets,
7b Forest Road Loughton ..... (020) 3305 9136
Little Green Man Nursery,
15 Lemna Road Leytonstone ..... (020) 8539 7228
Little, K.A, Turf Acctnts Ltd,
162 Loughton Wy Buckhurst Hl ..... (020) 8505 7911
Little Kidsown, Ltd,
208 Maybank Road E18 ..... (020) 8504 5757
Little Miracles Day Nursery,
58 Friday Hill East E4 ..... (020) 8524 4700
Little Rainbow Nursery, Ltd,
64 Essex Road E12 ..... (020) 8471 7370
Little Temptations, Ltd,
97 Sixth Avenue E12 ..... (020) 8514 3080
Littlecroft Properties, Ltd,
Gable Ho Balfour Rd Ilford ..... (020) 8478 5947
Littlemoore Food, Ltd,
771 Romford Road E12 ..... (020) 8478 5224
Living Flames Baptist Church, Charity,
363 Fulbourne Road E17 ..... (020) 8523 0811
Lloyds Pharmacy,
Chigwell 155 Manford Wy ..... (020) 8500 4929
413 Hoe St E17 FAX ..... (020) 8503 7312
Ilford 2 Brooks Pde Green La ..... (020) 8599 2495
208 New North Road Ilford ..... (020) 8500 2099
Walthamstow 196 Higham Hill Rd E17 ..... (020) 8531 9057
Lloyds Residential Property Services, Ltd,
Woodford Green
356 High Rd Woodford Gn ..... (020) 8505 5005
Lmsl Group, Ltd, Landlord,
63 New Wanstead E11 ..... (020) 8530 7133
Local Boy'z, Ltd,
Loughton Business Centre Langston Road Loughton ..... (020) 8498 6590
Local Offy Limited,The,
167 Manford Way Chigwell ..... (020) 8500 1260
Lock & Locksmiths 24 Hours, Locksmiths, 24 Hour, Emergency Auto Locksmith,
Capel Rd London ..... (0845) 1647391
Locks & Locksmiths 24 Hours, Locksmiths, 24 Hour Emergency Auto Locksmith,
High Rd Essex ..... (0845) 1647311
Locksmith,
62 Wandsworth Rd E4 ..... (0800) 8186621
Locksmiths, Locksmith,
1 Heybridge Way, Lea Bridge Road London ..... (0844) 7723293
Locksmiths, 24 Hour Locksmith,
Salisbury Hall Gardens London ..... (0844) 4117613
Locksmiths 24hr Service, Locksmiths,
Mobile Unit London ..... (0871) 2217669
Locksmiths 24hr Service, Locksmiths,
Mobile Unit London ..... (0871) 2217670
Locksmiths 24hr Service, Locksmiths,
Mobile Unit London ..... (0871) 2217671
Locksmiths 24hr Service, Locksmiths,
Mobile Unit London ..... (0871) 2217677
Locksmiths 24hr Service, Locksmiths,
Mobile Unit London ..... (0871) 2217812
Locksmiths 24hr Service, Locksmiths,
Mobile Unit London ..... (0871) 2217815
Locksmiths 24hr Service, 24 Hour Locksmith,
Mobile Unit London ..... (0871) 2217955
Locksmiths 24hr Service, 24 Hour Locksmith,
Mobile Unit London ..... (0871) 2217956
Locksmiths 24hr Service, 24 Hour Locksmith,
Mobile Unit London ..... (0871) 2217957
Locksmiths 24hr Service, 24 Hour Locksmith,
Mobile Unit London ..... (0871) 2217962
Locksmiths 24hr Service, 24 Hour Locksmith,
Mobile Unit London ..... (0871) 2217963
Locksmiths 24hr Service, 24 Hour Locksmith,
Mobile Unit London ..... (0871) 2217967
Locksmiths Shop, Locksmith, 24 Hour,
Higham Hill London ..... (0844) 4117237
Locksmiths Shop, Locksmiths, 24 Hour,
Manor Rd Chigwell ..... (0844) 4117277
Locktec Security Group,
Unit 1 24-26 Fowler Road Hainault Business Park
Ilford ..... (020) 8500 0014
Loders Croklaan, Ltd,
65 Rokeby Gardens Woodford Green ..... (020) 3971 2086
Loft Rooms Staircase Company,The, Ltd,
12-13 Raven Road E18 ..... (020) 8559 0008
Loft Shop,The, Ltd,
137 Beehive La Ilford ..... (020) 8551 5800
Logistrans, Ltd,
UNIT 2 FIRST FLOOR SWAN HOUSE 9-10 Johnston Road
Woodford Green ..... (020) 8075 0780
Logo This, Ltd,
69 Sewardstone Road E4 ..... (020) 8524 9955
Lohia Electronics,
186 High Road Leytonstone London ..... (020) 8519 6981
Lola, A,
799A Romford Road E12 ..... (020) 8514 3565
Lond Catering Equipment Supply, Catering Equipment Supply,
4 Lorne Road E17 ..... (020) 8509 1263
Londek, Retail,
66 Cranbrook Road Ilford ..... (020) 8478 2548
London Academy Of Culinary Arts And Healthcare,
Sixth Floor 16-20, Forest House Clements Road
Ilford ..... (020) 3015 8117
Or ..... (020) 3015 8118
London Airports Taxi Transfer, Taxis,
Hainault Road London ..... (0871) 2217441
London Airports Taxi Transfer, Taxis,
High Road London ..... (0871) 2217440
London Airports Taxi Transfer, Taxis,
High Street London ..... (0871) 2217442
London Airports Taxi Transfer, Taxis,
Hoe Street London ..... (0871) 2217448
London Airports Taxi Transfer, Taxis,
Mile End Road London ..... (0871) 2217434
London Airports Taxi Transfer, Taxis,
Woodford Road London ..... (0871) 2217449
London Anglers Association,
Forest Rd Hall Harvey Pk Rd E17 ..... (020) 8520 7477
London Auto Centre, Gar Repair Servs,
355-359 Ley Street Ilford ..... (020) 8478 3817
Or ..... (020) 8478 6680
London Borough Of Waltham Forest,
Births Deaths and Marriages 106 Grove Rd Walthamstow ..... (020) 8496 2716
Environmental Health & Trading Standards
Sycamore Ho, Town Hall Complex Forest Rd
Walthamstow ..... (020) 8496 3000
Walthamstow Central Library High St Walthamstow ..... (020) 8496 1100
London Building Maintenance, Ltd,
558 Romford Rd E12 ..... (020) 8514 8088
London Carpets And Flooring, Ltd,
129 Woodlands Road Ilford ..... (020) 8514 1777
London & City Contracts,
Wanstead Golf Club Overton Drive E11 ..... (020) 8532 2299

London & City Finance,
28 Monkswood Gardens Ilford ..... (020) 8550 9050
London & City Property Investments, Ltd,
Ground Floor 11 Chantal House 13-17 High Beech Road
Loughton ..... (020) 8508 8119
London City Shopfront, Ltd,
Unit 1 Opal Mws Ilford ..... (020) 8911 6000
London Community Gospel Choir,
Brookdale House 75 Brookdale Road Walthamstow ..... (020) 8509 2266
London Darbar, Ltd,
198 Cranbrook Rd Ilford ..... (020) 8518 3533
London Display, Co Ltd,The,
51-53 High St Wanstead E11 ..... (020) 8530 4728
London D I Y Centre,
603 Lea Bdge Rd E10 ..... (020) 8503 6820
London Ductworks, Ltd,
1 Raven Rd E18 ..... (020) 8270 8877
London Ductworks Ser,
6 Raven Road London ..... (020) 3602 8178
London Ductworks Ser,
6 Raven Road London ..... (020) 3609 7603
London Ductworks Ser,
Project House / 6 Raven Road London ..... (020) 3645 8327
London East Security Centre Limited,
21 Clarence Gate Woodford Green ..... (020) 8500 2062
London East Security Centre, Ltd,
641 Romford Rd E12 ..... (020) 8553 9000
Or ..... (020) 8514 2000
London Educators Illford,
Cranbrook House, 61 Cranbrook Road Ilford ..... (020) 3302 4747
London Electrical Lighting, Elec,
118d Windsor Road Ilford ..... (020) 8478 0778
London Energy, Ltd,
48 Kings Road E4 ..... (020) 8524 2567
Or ..... (020) 8529 2279
London Fire Consultants & Design Associates, Ltd,
Unit 3a Forest Indust Pk Fores T Rd Ilford ..... (020) 8501 0295
London Food Wholesalers, Ltd,
Leyton Indust Village Argall Av E10 ..... (020) 8539 6128
London Hairdressing Apprenticeship Academy, Ltd,The,
20-22 Forest Road Loughton ..... (020) 8508 6930
London Health & Beauty,
5 Ashford Road London ..... (020) 8989 6011
London Hybrids, Ltd,
743-745 Romford Road E12 ..... (020) 8553 2424
London Kitchen, Co,The,
210 Grove Green Road E11 ..... (020) 8988 0809
London Landscapes, Ltd,
44 Forest Rd Loughton ..... (020) 8418 9498
London Locksmith Service,
374 Forest Rd London ..... (0800) 8186320
London Locksmith Service,
301 Lea Bridge Rd London ..... (0800) 8186174
London Locksmith Service,
4 Station Rd London ..... (0800) 8186370
London Locksmith Service,
62 Station Rd E10 ..... (0800) 8186620
London Mint Office,
Harmsworth House, 13-15 Bouverie Street London ..... (0800) 0374321
London Plumbing & Heating Supplies, Ltd,
Valentines Motors Balfour Road Ilford ..... (020) 8911 9211
London Property Solutions, Ltd,
334c Ley Street Street Ilford ..... (020) 3887 2176
London & Quadrant,
Warden Call Flats 1-24 227 Goodmayes Lane
Ilford ..... (020) 8597 0599
Or ..... (020) 8598 1574
London & Quadrant,
Glebelands 33 Church Road E10 ..... (020) 8558 5209
London & Quadrant,
Fixie Building 6 Track Street E17 ..... (020) 8509 3256
London & Quadrant,
Tourers House 7 Track Street E17 ..... (020) 8509 3433
London & Quadrant,
Tourers House 7 Track Street E17 ..... (020) 8520 2601
London & Quadrant,
Velo House 9 Track Street E17 ..... (020) 8520 4383
London & Quadrant,
Velo House 9 Track Street E17 ..... (020) 8520 4784
London & Quadrant,
Saddlers House 27 Track Street E17 ..... (020) 8520 4539
London & Quadrant,
Saddlers House 27 Track Street E17 ..... (020) 8520 9039
London & Quadrant,
Flat 1 Tyndall Gardens 60 Tyndall Road E10 ..... (020) 8556 4715
London & Quadrant Housing,
Emanuel Court 29 Capworth Street E10 ..... (020) 8556 5017
London & Quadrant Housing Trust,
Block 16 Capworth Court Beaumont Road London ..... (020) 8988 7854
London & Quadrant Housing Trust,
1 George Davies Lodge 14 Veronique Gardens
Ilford ..... (020) 8518 1880
London & Quadrant Housing Trust, Ltd,
London & Quadrant Housing Trust Limited 15 Beaumont Road
London ..... (020) 8556 0144
London & Quadrant Housing Trust, Ltd,
London & Quadrant Housing Trust Limited 15 Beaumont Road
London ..... (020) 8988 1759
London & Quadrant Housing Trust, Ltd,
London & Quadrant Housing Trust Limited 15 Kings Close
London ..... (020) 8556 9683
London & Quadrant Housing Trust, Ltd,
London & Quadrant Housing Trust Limited 15 Kings Close
London ..... (020) 8558 4894
London & Quadrant Housing Trust, Ltd,
London & Quadrant Housing Trust Limited 16 Kings Close
London ..... (020) 8556 5366
London & Quadrant Housing Trust, Ltd,
London & Quadrant Housing Trust Limited 16 Kings Close
London ..... (020) 8558 8684
London & Quadrant Housing Trust, Ltd,
London & Quadrant Housing Trust Limited 16 Ryder Avenue
London ..... (020) 3208 0181
London & Quadrant Housing Trust, Ltd,
London & Quadrant Housing Trust Limited 16 Ryder Avenue
London ..... (020) 8558 6783
London & Quadrant Housing Trust, Ltd,
London & Quadrant Housing Trust Limited 9A Beaumont Road
London ..... (020) 8539 9047
London & Quadrant Housing Trust, Ltd,
London & Quadrant Housing Trust Limited 9A Beaumont Road
London ..... (020) 8988 1622
London & Quadrant Housing Trust, Ltd,
Ayerst Court 162 Beaumont Road London ..... (020) 8539 2973
London & Quadrant Housing Trust, Ltd,
Ayerst Court 162 Beaumont Road London ..... (020) 8988 1744
London & Quadrant Housing Trust, Ltd,
St. Matthew's Court Reception Of Flats St. Matthews Court 49
Capworth Street
London ..... (020) 8558 0071
London Quakers Property Trust,
Quaker Meeting House Bush Road
Leytonstone London ..... (020) 8989 2170
London Removal Service, Removals & Storage,
6 Lorne Road London ..... (0871) 4230542
London School Of English Language, Ltd,
325-331 High Road Ilford ..... (020) 8478 8748
London School Of Scholars,
555-557 Cranbrook Road Ilford ..... (020) 8617 0177
London Speed-GS Jet Tech,
231 High Road ..... (020) 8504 0011
Or ..... (020) 8505 1795
Or ..... (020) 8506 0755
London Sri Murugan Temple,
78 Church Road E12 ..... (020) 8478 8433
Ave Hotel 90 Church Road E12 ..... (020) 8478 0407
London Tamil Sangam,
369 High Street North E12 ..... (020) 8471 7672
London Training Pool, Ltd,The,
Wentworth Ho 350 Eastern Av Ilford ..... (020) 8709 6540
London Tyres,
822 Romford Road London ..... (020) 8478 0608
London Who'S Who, Ltd,
6Suite 2 Room 3 Trinity House Clements Court Clements Lane
Ilford ..... (020) 8553 4177
Londonenergy, Ltd,
48 Kings Road E4 ..... (020) 8529 0318
Longdan, Ltd,
4 Estate Wy E10 ..... (020) 8556 8828
Longwood Foot Clinic,
163a Longwood Gardens Ilford ..... (020) 8551 6729
Longwood House Dental Care, Dent,
150 Longwood Gdns Ilford ..... (020) 8551 0088
Longwood Parade Post Office,
156-158 Longwood Gardens Ilford ..... (020) 8550 1516
Longwood Pharmacy,
164-66 Longwood Gardens Ilford ..... (020) 8550 0895
Looker's Garage, MOT & Servicing,
Eynsford Road Ilford Essex ..... (020) 8590 1820
Lord Associates, Ltd,
Office 15 First Floor Alfred House 9-11 High Beech Road
Loughton ..... (020) 8418 9101
Lords Solicitors, Solrs,
466 Cranbrook Road Ilford ..... (020) 8518 2244
Lordz Catering, Ltd,
Unit 20 Leyton Business Centre Etloe Road
London ..... (020) 3793 9267
Lorraine, Electronics Surveillance,
716 Lea Bdge Rd E10 ..... (020) 8558 4226
Lost Luggage Claims, Ltd,
Enquiries ..... (0845) 6027498
Lotolie,
38 Orford Road E17 ..... (020) 8521 2100
Lotus Cafe, Ltd,
597 Cranbrook Road Ilford ..... (020) 7585 5161
Lough,
First Floor Rear 199 High Road Loughton ..... (020) 8508 9368
Loughton Academy, The, The Loughton Acad,
Sports Pavillion Langston Rd Loughton ..... (020) 8502 8950
Loughton Bathrooms, Shwrm,
5 Peterson Ct Lower Rd Loughton ..... (020) 8508 2985
Loughton Bathrooms, Ltd,
4 Lower Rd Loughton ..... (020) 8502 3800
Loughton Car Hire, Ltd,
Debden Stn Chigwell La Loughton ..... (020) 8508 0888
Loughton Clinic, Ltd,
115 High Road Loughton ..... (020) 8508 7741
Loughton Community Gymnastics Cic,
40 Oakwood Hill Industrial Estate Oakwood Hill
Loughton ..... (020) 8532 0888
Loughton Contracts, Plc,
8 Loughton Business Cntr 5 Langston Rd Loughton ..... (020) 8508 9394
8-9 Loughton Business Centre 5 Langston Road
Loughton ..... (020) 8508 2056
Loughton Cricket Club,
Gen Enqs ..... (020) 8502 2064
Loughton Dental Clinic,
98 High Rd Loughton ..... (020) 8508 4195
Loughton Glass,
11 Forest Road Loughton ..... (020) 8508 6669
Loughton Mental Health Centre,
8 High Beech Rd ..... (020) 8271 4000
Loughton Methodist Church,
260 High Road Loughton ..... (020) 8502 3071
Loughton Post Office,
197 High Road Loughton ..... (020) 8508 4561
Loughton Scaffolding Merchants, Ltd,
Enterprise House 10 Church Hill Loughton ..... (020) 8532 0044
Loughton Self Drive, Ltd,
Debden Stn Chigwell La Loughton ..... (020) 8508 0888
Loughton Town Council,
1 Buckingham Ct Loughton ..... (020) 8508 4200
FAX ..... (020) 8508 4400
Loughton Training Centre For The Mentally Handicapped,
Adult Training Cent Torrington Dv Loughton ..... (020) 8508 4537
Loughton Tyres, Ltd, Tyre Servs,
Unit A4 Seedbed Centre Langston Road Loughton ..... (020) 8502 0208
Love Toast,
215 High Street E17 ..... (020) 8520 3926
Lovelock, & Taylor Ltd,
Roebuck Ho Roebuck Rd Ilford ..... (020) 8559 9949
Low Hall Nursery School,
Low Hall La London ..... (0843) 5154522
Loxford School Of Science & Technology,
Loxford School Of Science & Technology Loxford Lane
Ilford ..... (020) 8514 7754
Loxford Social, (Non-Political) Club & Institute,
104 South Park Drive Ilford ..... (020) 8598 1850
Loyola Preparatory School,
103 Palmerston Rd Buckhurst Hl ..... (020) 8504 7372
LPS Estates, Ltd,
625 High Rd Leytonstone E11 ..... (020) 8539 3677
LS Accountants Services, Ltd,
316 Ilford Lane Ilford ..... (020) 3649 0474
Lucas McMullen Jacobs,
258 High Rd Loughton ..... (020) 8418 3222
Lucilla Schoolwear, Ltd,
180A Cranbrook Road Ilford ..... (020) 8554 5133
Lucky Castle,
8 Copper Beech Close Ilford ..... (020) 8550 0177
Lucky Centre,
304 High Street North London ..... (020) 8586 8530
Lucky Inn,
321 High Street North E12 ..... (020) 8552 8949
Ludchumi Traders, Ltd,
66 Wetherden Street E17 ..... (020) 8558 4512
Ludlow Thompson, Ltd, Est Agts,
The Branches
Walthamstow
159 Hoe St E17 ..... (020) 8405 5430
Or ..... (020) 8509 6650
Lugano,
3 Powell Road Buckhurst Hill ..... (020) 8505 2695
Lulu Luxe,
76 High Street Ilford ..... (020) 3560 2523
Or ..... (020) 3560 2524
Lumley's, Crpts & Flooring,
45b Queen's Rd Buckhurst Hl ..... (020) 8505 2800
Or ..... (020) 8505 2255
Luna & Sunny, Ltd,
7 Church Lane E11 ..... (020) 8518 7463
L'unico Coffee,
Unit 1 Uplands Bsns Pk,Blackhorse La E17 ..... (020) 8531 2662
FAX Unit 2 Hookers Rd E1 ..... (020) 8527 6667
Luongs Nail Studio,
31 The Broadway Loughton ..... (020) 8508 3555
Luppolo Pizza, Ltd,
34-40 High Street Wanstead London ..... (020) 8530 8528
LUTON INTERNATIONAL AIRPORT,
All Enquiries ..... (01582) 405100
Lux Electrical Contractors,
96 Old Church Road London ..... (020) 3302 7110
Luxurious Beauty Boutique, Laser & Skin Aesthetics Clinic,
253-269 High Road Woodford Green ..... (020) 3976 7100
Luxurious Beauty Boutique, Ltd,
253-269 High Road Woodford Green ..... (020) 8505 0001
LWC Engineering, Ltd,
92A Forest Rd Loughton ..... (020) 8508 4063
Lynk Management Consultants, Ltd,
83 Woodford Rd E18 ..... (020) 8536 4100
Lynpat Services, Cash Regr Dlrs,
120 Wood St E17 ..... (020) 8521 8265
Lynx Dry Cleaning Supplies,
Pegasus Wks Roebuck Rd, Hainault Business Pk
Ilford ..... (020) 8500 0202
Lynx Dry Cleaning Supplies, Ltd,
Unit S, Pegasus Wks Roebuck Rd Hainault ..... (020) 8500 2786

2-8 Roebuck Road Hainault Business Park Ilford ..... (020) 8172 0383
Or ..... (020) 8501 5247
Lyonswood Investigations and Forensics Group, Private Investigator,
228 High Street North Manor Park ..... (0844) 7766255
M.A.C Automotive Components, Ltd,
524-526 High Road Ilford ..... (020) 8598 2000
M A Electronics, Ltd,
746a Romford Road E12 ..... (020) 8553 3441
M A Properties, (UK) Ltd,
56 Thornton Road Ilford ..... (020) 8514 6458
M A S, (London) Co,
56 Gordon Road Ilford ..... (020) 3968 0256
M Bhatti, Car Body Rprs,
64 Ravensbourne Gdns Ilford ..... (020) 8551 9416
M B M Supermarket,
5 Redbridge La East Ilford ..... (020) 8550 7910
M & Carpet & Furniture, Crpt Shop,
237 Hoe St E17 ..... (020) 8520 4100
M Cook & Son Roofing Contractors, Ltd,
26 Heathfield London ..... (020) 8524 0431
M D Motors (Walthamstow), Motor Repairs,
M D Motors Rear Of 55 Hoe Street E17 ..... (020) 8521 8460
M.G.A Ceramic Wholesale Distributor,
188 Chingford Mt Rd E4 ..... (020) 8524 1326
M.Gajendran, Financial Servs,
1 Stradbroke Gro Ilford ..... (020) 8550 2000
M & G Construction, Ltd,
Gilbert Ho Stanley Rd Ilford ..... (020) 8478 2725
M G Hair & Body Treatments, Ayurbedik Treatment,
34-36 Cameron Road Ilford ..... (020) 8599 0909
M G Products, Ltd,
137 Beehive La Ilford ..... (020) 8551 5565
M & H Retail, Ltd,
680 Chigwell Road Woodford Green ..... (020) 3337 9070
M. H. Traders, Ltd,
797 Romford Road Manor Park ..... (020) 3325 1993
M K Associates, Ltd,
FAX ..... (020) 8418 3550
M K Carpets & Furniture,
192 Ilford La Ilford ..... (020) 8514 0442
M & K Cleaning Services, Cleanning and Maintenance,
130 Church Hl Loughton ..... (020) 8502 1162
M & M Accountants,
528 Forest Road Walthamstow ..... (020) 8509 9708
M.mile Studios, Ltd,
15 Clifford Road Walthamstow London ..... (020) 8531 8362
M N S Motors,
M N S Motors 710 Eastern Avenue Ilford ..... (020) 8518 3399
M P Builders,
9 Woodstock Gardens Ilford ..... (020) 8215 3148
M.Ps,
See under Members Of Parliament
M. R Solicitors,
Montrose Ho 412-16 Eastern Av Ilford ..... (020) 8518 1956
M R Solicitors Llp,
140 High Road London ..... (020) 8091 9514
M R T, & Co Ltd,
449 High Street North E1 ..... (020) 3196 1716
M R T Trade, Ltd,
445 High Street North London ..... (01708) 985960
M S, & Co, Acctnts,
7 Amwell View New North Road Ilford ..... (020) 8501 5122
M.T.B Computers,
1 Old Church Road London ..... (0870) 1164162
M T C Learning,
638 High Road Leytonstone E11 ..... (020) 8556 3775
M.T Grounds Maintenance, Ltd,
14 College Gdns E4 ..... (020) 8524 8734
M Three Service, Ltd,
Unit B4 20-22 Fowler Road Ilford ..... (020) 3859 6824
Ma Zero Shop, Ltd, Convenience Store,
619 High Rd Leyton E10 ..... (020) 8539 1451
Maala Dining, Events,
300-10 High Road Ilford ..... (020) 8911 0500
"MAC",
m',Mc & Mac are to be treated as "Mac" & the next letter in the name determines position of the entry. Similarly , with names such as "Mace" & "Mack" the fourth letter determines t heir position.
Mac Joe Catering And Decoration Services Ltd,
627 High Road Leytonstone London ..... (020) 3632 3349
McCarthy & Stone, (Developments) Ltd,
Sales Office,Sovereign Pl 2 St. Johns Rd
Loughton ..... (020) 8502 3655
Or ..... (020) 8502 3664
McDonald's Restaurants, Ltd,
Restaurants
Barkingside
21 High St ..... (020) 8551 2016
Chingford
51 Sewardstone Rd E4 ..... (020) 8523 8140
Ilford
The Greengate Eastern Avenue ..... (020) 8554 2144
Leytonstone 865 High Rd E11 ..... (020) 8530 7796
Mace Ltd,
High Road 6 High Road Chigwell ..... (020) 8500 2506
McGowan Carr, Ltd, Independent Financial Advisers,
PO Box 50910 London E4 ..... (0870) 8508012
McGrath, Ltd Bros,
43 Horsley Road E4 ..... (020) 8529 5578
Macgreggors Chemist, Chemst,
21 Priory Court E17 ..... (020) 8527 2020
McGregor, R,
77 Roebuck La Buckhurst Hl ..... (020) 8502 9357
Machine Mart, Ltd,
503 Lea Bridge Road E10 ..... (020) 8558 8284
Machine Mart, Ltd,
746 Eastern Av Ilford ..... (020) 8518 4286
McKinley Residential,
127 High Rd Loughton ..... (020) 3771 8316
McLarty, & Co,
38 Hatherley Mews E17 ..... (020) 8223 9890
Macleish Littlestone & Cowan,
269 Ilford La Ilford ..... (020) 8514 3000
McRae's Property Services, Ltd,
18 The Avenue Chingford London ..... (020) 8503 3336
Madina Foods,
793 Romford Road,Manor Park London ..... (020) 8514 8999
Or ..... (020) 8514 7779
Madisons, Est Agt,
36A St. James's St E17 ..... (020) 8509 0088
Maedah Grill,
49 Hainault Rd E11 ..... (020) 8539 7974
Maendry Dental Practice,
147 Flat 6 Queens Road Buckhurst Hill ..... (020) 8504 5700
MAESTRO LITE, Ltd,
5 Argall Av E10 ..... (020) 8539 0237
Maghreb Food Store,
222 Hoe St E17 ..... (020) 8520 8981
Magic Brick Properties,
116 High St Barkingside ..... (020) 8550 0088
Magic Lamp Entertainments & Events,
132 Foots Cray La Sidcup ..... (0845) 6032817
Magic Mouse Design Llp,
Knight House Lenthall Road Loughton ..... (020) 8532 1000
Magic Roundabout Nursery, Ltd,
Wadham Rd
FAX ..... (020) 8523 5557
161 Wadham Road E17 ..... (020) 8523 5551
Magical Media, Ltd, Multimedia Services,
322 Green Lane Ilford, Essex ..... (020) 3051 4969
Mahalingam Stores,
174 Billet Road E17 ..... (020) 8527 4717
Maharaja Music, Ltd,
Unit C1 Shoreline House 11-17 Fowler Road, Hainault Business Park
Ilford ..... (020) 8500 8093
Mahj, Ltd,
27 High Street E17 ..... (020) 8520 4105
Mahmood, A,
196 Francis Rd E10 ..... (020) 8556 8699
Mahmood, A,
732 High Road Leyton Leyton E10, London ..... (020) 8556 8397
Maibel's, Ltd,
179 Manor Road Chigwell ..... (020) 3971 1614
Maidenway, Ltd,
175A Hoe St E17 ..... (020) 8520 8638
Mainline Hire,
271 High Rd Woodford Gn ..... (020) 8559 7333
Mainstream Car Services, Ltd,
139 High Rd Loughton ..... (020) 8508 7777
Maintenance Office, Ltd,
35 Dover Road London ..... (020) 4541 7092
Maison Fraise Patisserie,
50 High Street Barkingside Ilford ..... (020) 8551 3726
Maison Residential, Ltd,
22 Courtland Avenue London ..... (020) 8559 3377
Maitlands Limited,
Maitlands 50 Church Hill Loughton ..... (020) 8502 0625
Majestic Solicitors, Ltd,
97A Ilford Lane Ilford ..... (020) 8478 4492
FAX ..... (020) 8514 5476
Majestic Wine Warehouses, Ltd,
Branches
Wanstead 60 High St E11 ..... (020) 8530 5710
Majid, Sons Ltd,
207 Ilford La Ilford ..... (020) 8478 1880
Majoo Pizza & Grill, Ltd,
288 Ilford Lane Ilford ..... (020) 3325 4197
Major Bite, Takeaway,
173 Ilford Lane Ilford ..... (020) 8478 5557
Major Bite,
705 High Road Ilford ..... (020) 3092 4999
Malayalee Association Of The, U K, Charity,
671 Romford Road Manor Park London ..... (020) 8553 4667
Malik, M.H,
53 Market Pavilion New Spitalfields Market Sherrin Road
E10 ..... (020) 8558 3721
Malindi Care Services, Ltd,
1St Floor Balfour House 390-392 High Road
Ilford ..... (020) 8514 3450
Mallard Jewellers,
42 Cranbrook Road Ilford ..... (020) 8553 1561
Mallard Pawnbrokers,
90 High Road Ilford ..... (020) 3638 4711
Malmin Orthodontic Group, Ltd,
16 Woodstock Gardens Ilford ..... (020) 3904 7466
Mama Mia Pizzeria,
92 Station Rd E4 ..... (020) 8524 1333
Mamachari, Ltd,
163 Forest Road E17 ..... (020) 8531 2585
MAN Financial Services,
2A Vaughan Gdns Ilford ..... (020) 8518 3484
Man Foods, Ltd, Food Whslrs,
Dorma Trdg Pk Staffa Rd E10 ..... (020) 8556 1574
Or ..... (020) 8558 6203
Man Foods, Ltd,
Unit 3 Dorma Trading Park Staffa Road E10 ..... (020) 8988 0932
Man Foods, Ltd, Whsle Food Supplier,
Unit 5 Dorma Trading Park Staffa Road E10 ..... (020) 8558 2078
Man Foods, Man Foods Ltd, Ltd,
Dorma Trdg Pk Staffa Rd E10 ..... (020) 8539 6138
Mandarin Palace, Chinese Rstnt,
559 Cranbrook Rd Ilford ..... (020) 8550 7661
Or ..... (020) 8550 4882
Mandora Leathercraft,
FAX ..... (020) 8498 4801
Manforce Security, Ltd,
394 Ilford Lane Ilford ..... (020) 8911 8385
Manford Motors,
300-02 Chigwell Road Woodford Green ..... (020) 8504 3182
Manford Way Supermarket,
360 Manford Way Chigwell ..... (020) 8500 7921
Mangos Restaurant & Banqueting, Ltd,
717-719 High Road Ilford ..... (020) 8599 6948
Manhattan Nights, Ltd,
The Seedbed Centre Langston Rd Loughton ..... (020) 8501 2469
Manor, Fish & Chip Shop,
153 Manor Road Chigwell ..... (020) 8501 3345
Manor Aquatics,
653 Romford Road E12 ..... (020) 8478 4478
Manor Bangla Kitchen, Ltd,
596 Romford Road London ..... (01708) 898240
Manor Beauty,
163 Manor Rd Chigwell ..... (020) 8500 8070
Manor Car Services, Mini Cabs,
420 High St Nth E12 ..... (020) 8503 4444
Manor Deli,
716 Chigwell Rd Woodford Gn ..... (020) 8505 0634
Manor Glazing, Ltd,
863 Romford Rd E12 ..... (020) 8514 0066
Manor House,The, Pub,
129 High St Wanstead E11 ..... (020) 8530 2998
Manor Lodge Court,
1 - Residential Manageress Manor Court Lodge 175 High Road
E18 ..... (020) 8505 8352
Manor Lounge London Limited,
544 High Street North London ..... (020) 3715 4028
Manor Park Autos, Mtr Vhcles Repair,
432b High St Nth E12 ..... (020) 8552 5696
Manor Park Bespoke Mortgages, Mortgages,
High Street North Manor Park, London ..... (0845) 6676966
Manor Park Cabin, Ltd,
824 Romford Road London ..... (020) 3719 3915
Manor Park Christian Centre,
High Street North London ..... (020) 8470 9930
Manor Park Community Association,
524 London ..... (020) 8514 0903
Manor Park Emergency Drain Cleaners, Drain Cleaners,
High Street North Manor Park, London ..... (0845) 6605059
Manor Park Emergency Plumbers, Plumbers,
High Street North Manor Park, London ..... (0845) 6604282
Manor Park Mini Market, Ltd,
631 Romford Road E12 ..... (020) 8553 1627
Manor Park Removals, Removals & Storage - Domestic,
High Street North Manor Park, London ..... (0845) 6600590
Manor Park Rubbish Clearance, Waste Disposal Services,
High Street North Manor Park, London ..... (0845) 6690667
Manor Pre-School, Ltd,
395 HIGH STREET NORTH LONDON ..... (020) 8475 0642
Manor Road Store, Ltd,
169 Manor Road Chigwell ..... (020) 8500 4731
Manors Sales & Lettings,
Ground Floor 253 Cranbrook Road Ilford ..... (020) 8554 8700
Manpower Direct, (UK) Ltd,
Charter Ho 450 High Rd Ilford ..... (020) 8514 7299
Charter Ho High Rd Ilford ..... (020) 8514 2444
Or ..... (020) 8911 0933
Mansat Double Glazing & Home Improvement,
51 Queens Rd E17 ..... (020) 8520 1233
Mansat Windows, Glazing, Ltd,
51 Queens Road E17 ..... (020) 8509 3875
Manzoor Store London, Convenience Store,
259 Hoe Street E17 ..... (020) 8521 9540
Manzoor Stores,
259 Hoe Street London ..... (020) 8521 1028
Maple Windows & Doors, Ltd,
Unit 2 Eastgate Business Park Argall Way London ..... (020) 8556 8637
Marc Stewart, Hair Design,
196 Longwood Gdns Clayhall ..... (020) 8550 1221
Marcline, Ltd, Menswr Whslrs,
48 Levett Gdns Ilford ..... (020) 8361 8107
Marcovitch,
4 Mellish Gardens Woodford Green ..... (020) 8505 1749
Marcus Donn,
Sterling Ho Langston Rd Loughton ..... (020) 8502 1725
Margaret Brown, Margaret Brown, Bsns,
9 Fernside Buckhurst Hill ..... (020) 8559 1116

Margarets Florist,
585 Cranbrook Road Ilford ... (020) 8550 7030
Margarito Interiors, Ltd,
6 Church Hl E17 ... (020) 8521 1866
Margem, Ltd,
37 Roebuck Rd, Hainault Bsns Pk Ilford ... (020) 8501 2266
Marheineke Stuart M,
6 Wallers Close Woodford Green ... (020) 8505 5934
Marian Mission Educational & Family Support Centre,
1 Colchester Road E10 ... (020) 8518 7499
Marijak, Pharmacy,
822 High Road Leyton E10 ... (020) 8539 4751
Mark Taylor Chartered Surveyors,
First Floor Enterprise House 10 Church Hill
Loughton ... (020) 8508 7008
Mark Wittey Cars, Car Sales,
2 Kings Road E4 ... (020) 8524 2611
Marketing Specialists, UK Ltd,
500 High Rd Woodford Gn ... (020) 8506 0644
Markfield Funeral Directors,
73 The Broadway Loughton ... (020) 8508 7127
MARKS & SPENCER, PLC,
Branches
Ilford
Main Store 135 High Rd Ilford ... (020) 8514 3474
Main Store 135 High Rd Ilford FAX ... (020) 8553 2199
Loughton
Loughton Simply Food 161-163 High St Loughton FAX ... (020) 8508 3259
Loughton Simply Food 161 High St Loughton ... (020) 8508 6723
South Woodford 174 George La E18 ... (020) 8532 9771
Marla,
163 Queens Road Buckhurst Hill ... (020) 3645 4343
Marlborough Homes, Inc Ltd, Mngmt Agent,
Unit 9, 96 George La E18 ... (020) 8989 8796
Marshalls Motor Repairs, Mr, Mtr Rprs,
Pathways 353 Eastern Avenue Ilford ... (020) 8551 4535
Marshfield Service Station,
Sewardstone Road Chingford ... (020) 8529 9886
Martin Castle, Ltd,
Unit 4 Leyton Indust Village Ar Gall Av E10 ... (020) 8558 5688
Martin & Co Wanstead,
Summit Ho High St Wanstead E11 ... (020) 8518 8099
Martin, G,
8 Rigg Approach E10 ... (020) 3022 3080
Martin Lock & Safe, Locksmiths,
77 High Rd E18 ... (020) 8989 2955
FAX ... (020) 8989 7771
Martini Cars, Ltd, Taxi Oprtn,
646A Chigwell Rd Woodford Gn ... (020) 8505 7000
Martini Radio Cars,
646A Chigwell Rd Woodford Bdge ... (020) 8505 6677
646A Chigwell Rd Woodford Gn ... (020) 8505 4828
Marwa,
4 Station Road London ... (020) 8478 3589
Masala,
Avenue Ph Eastern Av Ilford ... (020) 8599 5479
Masala 910,
Aldborough Road South Ilford ... (020) 8599 5991
Masjid E Umer,
79 Queens Road E17 ... (020) 8520 2658
Maslen Motors,
876 Lea Bridge Road E17 ... (020) 8539 0033
Mason Plumbing & Heating,
1a Chingford Mount Road Chingford ... (020) 8523 3994
Masonic Lodge,
16 High Beech Road Loughton ... (020) 8508 1452
Masons Minicar Service,
Station App Snakes La Woodford Green ... (020) 8505 1685
Massis Kitchen,
106 Gordon Road Ilford ... (020) 8514 7894
Masszab, Ltd,
300/10 High Road Ilford ... (020) 8514 4400
Mastcraft, Ltd,
Forest House 16-20 Clements Road Ilford ... (020) 8478 4379
Master Auto Glass,
Unit 2-3 C & S Works Hookers Road E17 ... (020) 8531 9219
Master Brain Academy, Ltd,
326 Cardinal Heenan Centre High Road Ilford ... (020) 8551 6761
Master Tech,
157 Wadham Rd E17 ... (020) 8503 3052
Mastercargo International, Ltd, Frght Fwrdrs,
Crown Bldgs The Green E4 ... (020) 8523 7772
FAX ... (020) 8523 7774
Mat Partnership,The,
342 Hoe St E17 ... (020) 8520 2223
Matalan, plc,
Leytonstone
829-837 High Rd E11 ... (020) 8988 8630
Matchbench, Ltd, Whsle Paint/Wlppr,
262 Church Road E10 ... (020) 8539 6297
Matthews The Printers, Ltd,
Corktree Wy Hall La E4 ... (020) 8498 5200
Matwala Vyas Solicitors, Llp,
3 Electric Pde, Seven Kings Ilford ... (020) 8597 5097
Mavida Enterprise, Ltd,
552-556 Limes Avenue Chigwell ... (020) 8559 9100
Mavida Enterprises,
552-556 Limes Avenue Chigwell ... (020) 8501 6680
Mawaha, Ltd,
80 Northbank Road London ... (020) 3093 1761
Mawson, Sarah,
20 Addison Road Ilford ... (020) 3802 5867
Maxcroft Securities, Ltd,
632 Eastern Av Ilford ... (020) 8518 1828
Maxim Barbers,
13 Queens Road Buckhurst Hill ... (020) 8504 8584
Maxim Immigration Advisory Services, Ltd,
5 Blackhorse La E17 ... (020) 8531 6888
Maxim Solicitors,
Unit 4 Imperial Chambers 10-17 Seven Ways Parade
Woodford Avenue ... (020) 8551 2867
Maxwell Pinborough Ltd,
13 Argall Avenue London ... (020) 8525 5522
May of London, (Gunmakers),
21 Cherry Tree Rse Buckhurst Hl ... (020) 8504 5946
FAX ... (020) 8505 6664
Mayespark Primary School,
Goodmayes La Ilford ... (020) 8599 2263
Mayfair Drivers, Ltd,
35 Mayfair Av Ilford ... (0845) 2695964
Mayfair Stationers,
80 High St Ilford ... (020) 8550 4995
Mayflower Travel,
2 Roebuck Road Ilford ... (020) 8500 0000
Maylone, Ltd,
730 Romford Rd E12 ... (020) 8478 6368
Maylone, Ltd, Est Agent,
730 Romford Rd E12 ... (020) 8478 6060
Mayon, H,
10 Harts Grove Woodford Green ... (020) 8506 1846
Mayors Chemist, Chemst,
115 Snakes La Woodford Gn ... (020) 8505 4259
Mays Salon,
46 Capworth Street London ... (020) 8558 5914
Maysoon Designer, Ltd,
76 Ilford Lane Ilford ...
Maytime Montessori Nursery,
341 Cranbrook Road Ilford ... (020) 8554 3079
Maytime Montessori Nursery School,
2 Eastwood Road Ilford ... (020) 8599 3744
Maz, & Co, Chrtd Acctnts,
63 Beehive La Ilford ... (020) 8554 2020
MBA Cars, Ltd,
177 Wood St E17 ... (020) 8520 5544
Or ... (020) 8520 9090
Mbn Food & Wine, Food & Wine,
166 Stainforth Rd Ilford ... (020) 8599 3659
"Mc",
Names with a prefix Mc are sorted with those beginning Mac
MCS Systems,
45 Preston Rd E11 ... (020) 8530 7803
Meade, W.J, Est Agts,
Broadway
2 Broadway Pde The Broadway Chingford ... (020) 8531 5454
Meadows Electrics, Ltd, Elec Contrs,
1-4 Chester Rd E11 ... (020) 8530 6827
Or ... (020) 8530 6829
Meads Lane Supermarket,
59 Meads Lane Ilford ... (020) 8590 5888
Meadway Properties,
35 Boundary Road Walthamstow London ... (020) 8509 9964
MECS Medical,
137 George Lane London ... (0845) 3016955
Medco Pharmacy,
Radiant Ho 28 Fowler Rd, Hainault Business Pk
Ilford ... (020) 8500 1238
Medequip Assistive Technolody, Ltd (Woodford),
Unit 2 The Orbital Cntr Southend Rd Woodford Gn ... (020) 8709 7050
Media Electrics, Ltd,
95 Oak Hill Woodford Green ... (020) 8523 0303
Media Natives London, Ltd,
Unit 5 13A Newbury Road E4 ... (020) 8531 4533
Media Ten, Ltd,
Crown Ho High Rd Loughton ... (020) 3225 5200
Medicos Pharmacy,
399 Hoe Street E17 ... (020) 8521 5471
Medina Impex, Ltd,
Unit 2A Market Pavillion 1 London ... (020) 3161 0130
Mediscan Healthcare, Ltd,
3 Forest Road Loughton ... (020) 8502 1002
Medway Cafeteria, Ltd,
3 Worcester Gardens Ilford ... (020) 8554 2136
Meenta Bazaar,
341 High St Nth E12 ... (020) 8472 2595
Meera Store,
13 Goodmayes Road Ilford ... (020) 8598 8988
Meera Sweets, Indian Takeaway,
122 Woodlands Rd Ilford ... (020) 8478 0701
Or ... (020) 8553 2014
Megasun International,
52 Old Church Road E4 ... (020) 8524 2214
Megasun International, Ltd,
52 Old Church Road E4 ... (020) 8524 4488
Megatan Lounge Limited,
28 Barrington Green Loughton ... (020) 8220 9814
Mehak Asian & Chinese Food, Takeaway,
786 High Road Ilford ... (020) 8599 7863
Mehak Tailors, Tlrs,
49 Queens Rd E17 ... (020) 8520 2823
Mehta, Chartered Accountants,
50 De Vere Gardens Ilford ... (020) 8554 6511
Mehta, & Co,
50 De Vere Gardens Ilford FAX ... (020) 8518 6511
Melia Proffessional Locksmith Serv, Locksmith,
Bluehouse Rd London ... (0845) 1283718
Mellows, Care Home,
38 Station Rd Loughton ... (020) 8508 6017
Mellows Rest Home, Residential Care Home,
The Mellows Nursing Home 38 Station Road
Loughton ... (020) 8508 4649
Melo Services, Ltd,
47 Rowden Road London ... (020) 8616 8673
Members of Parliament,
Creasy Stella (Walthamstow Constituency)
Walthamstow Constituency
Office 23 Orford Rd E17 ... (020) 8521 1223
Duncan Smith Iain (Chingford & Woodford Green Constituency)
Chingford & Woodford Green Constituency
Office 105 C Station Rd E4 ... (020) 8524 4344
Laing Eleanor (Epping Forest Constituency)
House of Commons, Westminster SW1
Epping Forest Constituency
Epping Forest Conservative Assoc Thatcher Ho Meadow Rd Loughton
(020) 8508 6608
Streeting Wes (Ilford North Constituency)
House of Commons, Westminster SW1
Direct Line ... (020) 7219 6132
Ilford North Constituency
Office 12A High View Parade, Woodford Avenue Ilford ... (020) 3475 7901
Memo Cash & Carry, Ltd,
3 Argall Avenue E10 ... (020) 8539 9406
Memo South Woodford, Ltd,
146 George Lane E18 ... (020) 3022 1037
Memo Walthamstow,
15-17 HIGH STREET LONDON ... (020) 8509 9557
Memory Lane,
48 Studley Avenue London ... (020) 8531 7913
Menaway, Ltd,
62A Felbrigge Rd Ilford ... (020) 8599 9176
Mentor International Management Consultants,
241 Waltham Way London ... (020) 8524 5379
Meraj 2, Ltd,
55 Hainault Road London ... (020) 8539 2535
Meraj, Ltd,
Leyton
471 High Rd Leyton E10 ... (020) 8539 3432
Or ... (020) 8539 2702
Meraj Pharmacy, Ltd,
694 High Road Leyton London ... (020) 8539 7032
Mercedes Parts Centre,
FAX Unit 12 Chingford Industrial Centre Hall Lane ... (020) 8524 9933
Mercedes Parts Centre, The,
Chingford Industrial Centre Unit 12 Hall Lane
London ... (020) 8524 9922
Mercedes-Benz Loughton,
Langston Rd Loughton ... (020) 8418 7700
Mercury Investigations Services, Private Detective,
Farley House High Road South Woodford, London ... (0843) 5050094
Meridian Express,
8 Station Approach Station Road E4 ... (020) 8524 7247
Merit Accountancy, Ltd, Accountants,
29B Aberdour Road Goodmayee ... (020) 3051 4971
Merlin Carpets,
30 The Broadway Loughton ... (020) 8508 7004
Merrgold, Ltd (Geminex),
30 Oak Hl Woodford Gn ... (020) 8787 9988
Mershfield Station,
Marshfield Filling Station Sewardstone Road E4 ... (020) 8529 2236
Met Developments, Construction,
491 Lea Bridge Road London ... (020) 7998 1313
Metallico, Ltd,
Unit 8 Roxwell Trading Pk Argall Av E10 ... (020) 8539 1717
METHODIST CHURCHES,
Winchester Road E4 ... (020) 8531 8663
Loughton
260 High Rd Loughton ... (020) 8502 3071
Metro Express, Convenience Store,
26 Hoe St E17 ... (020) 8520 6074
Or ... (020) 8521 2434
Or ... (020) 8521 4901
Or ... (020) 8521 5329
Metro Express,
Hoe Street London ... (020) 8520 9680
Metro Super Saver, Ltd, Trade,
785 Chigwell Road Woodford Green ... (020) 8504 7834
Metropolitain Housing Trust, Ltd,
Reception Of Flats Beaumont Rd E10 ... (020) 8558 2366
Staton Court 8 Beaumont Road E10 ... (020) 8558 3321
Reception Of Flats Beaumont Road E10 ... (020) 8558 2531
Reception Of Flats Campion Rd E10 ... (020) 8558 4516
Block 7 Door Entry Panel New Flats Hopkins Rd
E10 ... (020) 8558 2548
Metwin, Ltd, Mtl Windows,
Chingford
104 Chingford Mount Rd E4 ... (020) 8523 2081
Or ... (020) 8527 3560
Or ... (020) 8527 6264

FAX ..... (020) 8531 8313
Mews Productions,
Suite 201 Hiltongrove Business Centre 12-15 Hatherley Mews
Walthamstow ..... (020) 8520 3949
Mews Productions,
The Hiltongrove Bsns Cntr, 12-15 Hatherley Mws
London ..... (0843) 5154801
Mexstone Limited,
514 Lea Bridge Road E10 ..... (020) 8539 1667
Mezbani Bangladeshi Restaurant,
576 Cranbrook Road Ilford ..... (020) 3685 1879
Or ..... (020) 3685 1880
Mezze,
24 The Broadway Woodford Green ..... (020) 8504 4034
Mezze Ocakbasi,
1-2 Johnston Road Woodford Green ..... (020) 8505 4312
Mfjr, Limited,
733 High Road Ilford ..... (020) 8637 4086
M&g RPF GP, Ltd,
Orchestra House 20 Ilford Hill Ilford ..... (020) 8553 5828
MGM Investigations, Private Investigator,
3 High Street Wanstead Leytonstone ..... (0843) 5121933
MGS Transport,
26 Cheyne Avenue E18 ..... (020) 8989 8060
Mhf Metal Works,
Unit 1 14A Burwell Road London ..... (020) 8558 3271
Miben Financial Consultancy,
16a Station Rd E4 ..... (020) 8524 9001
Michael Angelo, Hair Fashs,
32 Hatch Lane E4 ..... (020) 8529 3616
Midas Chauffeurs,
63 Wanstead Lane Ilford ..... (020) 8518 5040
Midland Supermarket,
644 High Rd Leyton E10 ..... (020) 8558 4089
Midland Veterinary Surgery,
(Surgery - 24 Hrs) 655 High Rd Leyton E10 ..... (020) 8539 3538
Midnight,
56 Old Church Road London ..... (020) 3509 2746
Midyat, Ret,
526 Chigwell Road Woodford Green ..... (020) 8505 1133
Mieszko Foodcity, (Watford) Ltd,
414-16 High Street North E12 ..... (020) 8552 6225
Mighty Pound, U K Ltd,
175 High Road Ilford ..... (020) 4531 3184
Migrant Training,
Harrow Gn Lib Cathall Rd E11 ..... (020) 8558 9270
Mike Harrison Trading, Ltd,
37a Hainault Rd E11 ..... (020) 8988 1901
Mike Nudd, Conslt,
65a Princes Road Buckhurst Hill ..... (020) 8504 6468
Milano Couture,
Unit 16 27 Selborne Walk E17 ..... (020) 8521 4134
Milano Pizza,
550 High Road Leytonstone London ..... (020) 4501 4376
Milestone786, Ltd,
91 Markhouse Road E17 ..... (020) 3345 4987
Milindu,
Amifro Associates 40 Woodford Avenue Ilford ..... (020) 8550 6969
Milk 2, Ltd,
23A St. James's Street E17 ..... (020) 8521 9185
Mill Grove Christian Charitable Trust,
10 Crescent Road E18 ..... (020) 8504 2702
Millad, Est Agt,
806 Romford Rd E12 ..... (020) 8514 3228
Millbrook, (Chigwell) Management Co Ltd,
164 Manor Rd Chigwell ..... (020) 8501 2031
Millbrook Interiors,
22 Stony Path Loughton ..... (020) 8502 0050
Millenium Cars, Mini Cab,
604 Lea Bdge Rd E10 ..... (020) 8556 1111
Millenium Cars, Taxi,
604 Lea Bdge Rd E10 ..... (020) 8556 1717
Millennium Cars,
604 LEA BRIDGE ROAD LEYTON LONDON ..... (020) 8558 7171
Millennium Cars, Taxi Firm,
604 Lea Bdge Rd E10 ..... (020) 8988 1000
Mind Your Own Block, Ltd,
98 Elmhurst High Road South Woodford ..... (020) 3441 1931
Elmhurst High Road South Woodford ..... (020) 3441 3285
Mini & Metro Centre A1,
82 Vallentin Rd E17 ..... (020) 8520 1666
Miniature Broadcast Cameras, Ltd,
Unit I,Acorn Cntr Roebuck Rd Hainault Busine Ss Pk
Ilford ..... (020) 8500 4385
Minosla, Ltd,
3a Farmilo Road London ..... (020) 8090 1697
Minuteman Press,
243 Cranbrook Road Ilford ..... (020) 8554 3337
Minuteman Press, Wholesale Retail,
311 Hoe Street E17 ..... (020) 8520 4488
MIR Produce, Ltd,
31 Market Pavilion New Spitalfields Market Sherrin Road
E10 ..... (020) 8539 4044
Mirage Events, UK Ltd,
Gateway Bsns Cntr 210 Church Rd E10 ..... (020) 3022 3025
Mirage, Genay,
740 Eastern Av Ilford ..... (020) 8518 6620
Mirza, & Co,
216 Hoe St E17 ..... (020) 8520 4416
Misha Trading, Ltd,
614e Green Lane Ilford ..... (020) 8590 5999
Mission Grove Primary School,
108 Edinburgh Rd E17 ..... (020) 8509 9340
Mission Locksmith, Locksmiths, 24 Hour, Emergency Auto Locksmith,
Byron Av London ..... (0845) 1647392
MITCHELL A.V.A & CO,
39 Forest App Woodford Gn ..... (020) 8504 7766
Mitre Construction, Co Ltd,
387 Hale End Rd Woodford Green ..... (020) 8527 7270
Mizrahi, Dr, Orthodontist,
128 Woodford Avenue Ilford ..... (020) 8551 9336
Mjr Printers, Mjr Printers Ltd, Ltd,
282 Chingford Rd E17 ..... (020) 8527 1830
mkfashion.co.uk, Clothes Shop - Ladies,
Units 22 & 23, Lower Level The Exchange High Rd
Ilford ..... (0871) 6631053
mkfashion.co.uk, Clothes Shop - Ladies,
33 Selbourne Walk Walthamstow ..... (0871) 6631193
Mmk & Associates, Acctcy,
388 Lea Bdge Rd E10 ..... (020) 8558 6007
Moben Kitchens, Ltd,
Branches
Ilford 63 Cranbrook Rd Ilford ..... (020) 8514 7597
Kings Rd 4 Kings Rd E4 ..... (020) 8529 2521
Mobien Restaurant & Takeaway, Ltd,
725 High Road Leyton E10 ..... (020) 8518 7727
Mobile 365,
227 Chingford Mount Road London ..... (020) 3015 2667
Mobile Doctors Group, PLC, Provider of Medical Evidence,
4 Bourne Court Southend Road Woodford Green ..... (0844) 8488800
Mobile Doctors, Ltd,
Bourne Court Unity Trading Estate
Woodford Green ..... (020) 8551 8360
FAX ..... (020) 8551 8576
Mobile Glass Replacement,
89 Chequers Road Loughton ..... (020) 8502 4100
Mobile Optical Services, Ltd,
583 Cranbrook Rd Ilford ..... (020) 8551 7512
Mobile Pc-Fix,
23 Norton Road Leyton ..... (0843) 5154705
Mobile & PC Solutions,
286 High Road Leyton London ..... (020) 3457 6221
Mobileyes,
474 Cranbrook Road Ilford ..... (020) 8554 7959
Mode Beauty Therapy, Ltd,
Caxton House Old Station Road Loughton ..... (020) 8508 4295
Model Platform, Ltd,
222 Grove Green Road London ..... (020) 3982 8667
Mohamed Ayub,
284 High Road Leyton London ..... (020) 8306 7482
Mohammed, Dr, M.A.M,
Greenman Medical Cntr 1 Hanbury Dv E11 ..... (020) 8989 2606
Or ..... (020) 8989 2610
Mohi Uddin,
668 Green Lane Ilford ..... (020) 8597 7759
Mohib Quality Meat Ltd,
405 Hoe Street London ..... (020) 8521 7119
Mohinder Bal, Ltd,
14 Eastwood Road Ilford ..... (020) 8599 7034
Molla,
90a Beehive Lane Ilford ..... (020) 3874 7270
Momart, Ltd,
Unit 11 Argall Wy E10 ..... (020) 8532 8865
Or ..... (020) 8532 8876
Moneta Direct, Ltd,
13 Cranbrook Road Ilford ..... (020) 8514 6671
Money Shop,
Leyton 577 Lea Bdge Rd E10 ..... (020) 8520 9600
Money Shop,The,
59 Cranbrook Rd Ilford ..... (020) 8514 4777
1 Hall La E4 ..... (020) 8524 9904
96 High St Ilford ..... (020) 8550 7772
172 High St Ilford ..... (020) 8911 7276
Monkhams Roast Inn, Carvery Rstnt Bars,
Buckhurst Wy Buckhurst Hl ..... (020) 8504 4525
Monoux Coffee House, Cafe,
214 Chingford Road E17 ..... (020) 8923 9322
Monoux Kebab,
220 Chingford Road E17 ..... (020) 8527 5678
Monsieur, Ltd,
26 Woodford Avenue GANTS HILL Essex Ilford ..... (020) 8503 9900
Monster Burger,
34 Cranbrook Road Ilford ..... (020) 3091 7644
Or ..... (020) 3091 7645
Montalt Management,
76 Wood St E17 ..... (020) 8223 9820
Montessori Pre School,
Beechoak Farm Church Road High Beech ..... (020) 8502 0006
Montgomery Fruit & Veg, Ltd,
Stand 46 Market Pavilion New Spitalfields Mkt, Sherrin Rd
E10 ..... (020) 8558 4545
Moon Light Supermarket, Off License,
10 St. James's Street E17 ..... (020) 8521 2121
Moonlight Cafe,
143 Wood St E17 ..... (020) 8503 7200
Mooro's,
Woolston Hall Abridge Road Chigwell ..... (020) 8559 8714
Mora Restaurant, Whsle Ret,
487 High Road Leytonstone E11 ..... (020) 8539 1731
Moral Cafe,
313 High Road Ilford ..... (020) 8553 0055
More Italy Ltd,
33 High Street Wanstead London ..... (020) 3592 0634
Or ..... (020) 8616 1360
Morgan Lane Solicitors,
SUITE 4 ROOMS 1 AND 4 EXCELSIOR HOUSE 3-5 Balfour Road
Ilford ..... (020) 8514 2983
Morgan Randall, Ltd,
149 High St Wanstead ..... (020) 8989 7566
Morgan Thomas Construction, Ltd,
Unit 14 17 Argall Avenue E10 ..... (020) 7739 2288
Morleys,
12 Hoe Street Walthamstow London ..... (020) 8509 9884
Morleys Coffee, Cafe,
19 Grays Corner Ley St Ilford ..... (020) 8554 5147
Moroccan Garden, Ltd,
73 Belgrave Road Ilford ..... (020) 8518 4931
Morris & Laken Signs, Ltd,
Unit 14 Ravenswood Indust Est,Shernall St E17 ..... (020) 8521 1910
Morris, Michael, Dent Surg,
108 Wood St E17 ..... (020) 8520 4080
Morrison, H,
Regency House Kings Place Buckhurst Hill ..... (020) 8504 9901
Morrison, W M, Supermarkets Plc,
Supermarkets
Chingford 1 Salisbury Hall Gdns E4 ..... (020) 8531 3631
Mortgages 4U Direct,
73B Palmerston Road E17 ..... (020) 8520 1222
73b Palmerston Road London ..... (020) 3904 7237
Mosaic Cafe, Cafe,
4 Goldings Hill Loughton ..... (020) 8508 1331
Moss Bros,
Ilford 175 High Road Ilford, Essex ..... (0844) 8479314
Moss, F.E, Glaz,Bldrs Mrcnt,
678 Green Lane Ilford ..... (020) 8590 5180
Mossford Fire Protection, Ltd,
110 High Road Loughton ..... (020) 8508 6060
Mossford Table Tennis Club,
Bury Soc Clb Aldborough Rd Sth Ilford ..... (020) 8597 9689
Motha, Gowri,
34 Cleveland Road South Woodford ..... (020) 8530 1146
Motha, Dr, J,
34 Cleveland Rd E18 ..... (020) 8530 1146
Mother Hubbards Walthamstow, Ltd,
256 Hoe Street E17 ..... (020) 3337 0140
Moto Hack, Ltd,
656-666 Romford Road London ..... (020) 3417 3642
Motor Spares,
746 Romford Rd E12 ..... (020) 8553 5766
Motor Trade Recruitment,
Holywell Ho Wellington Pass E11 ..... (020) 8532 2831
Motorwise Auto Solutions, Ltd,
633 Eastern Avenue Ilford ..... (020) 8554 1223
Mount, Takeway,
230 Chingford Mount Road Chingford London ..... (020) 8523 8686
Mount Cars, Car Dlr,
12 Palmerston Road Walthamstow London ..... (020) 7018 2622
Mount Dry Cleaners, Dry Clnrs,
29 Old Church Road Chingford London ..... (020) 8529 3398
Mouth Dental Care,
2 Fencepiece Road Ilford ..... (020) 8500 7988
Move Direct,
127 Hoe Street E17 ..... (020) 8521 7221
MP Sahu & NN Dudda, Dr,
417 Ilford Lane Ilford ..... (020) 8491 9066
MPs,
See under Members Of Parliament
Mr Asim Ilyas,
556 High Rd Leytonstone E11 ..... (020) 8556 9649
Mr Azid Sanu,
Golden Lion Pub Newmans La Loughton ..... (020) 8508 1766
Mr Bryan Green,
Loughton Lawn Tennis & Bowling Club Eleven Acre Rise
Loughton ..... (020) 8508 3546
Mr Cameron Khalid,
12 Frimley Road Ilford ..... (020) 8590 7877
Mr Chippy Leytonstone,
High Road Leytonstone London ..... (020) 8556 2555
Mr Clutch, Clutch Ftrs,
Branches
Leyton
451 High Rd E10 ..... (020) 8556 8369
Mr Gadget Solutions, Ltd,
Unit 14 London ..... (020) 8520 6990
Mr. Gordan Goldie,
747 High Road Buckhurst Hill ..... (020) 8505 9819
Mr Khaled Rahman,
Unit 30 Walthamstow Business Centre Clifford Road
E17 ..... (020) 8527 0908
Mr Lender,
West Wing Sterling House Langston Road Loughton ..... (020) 8502 1288
Mr Saghir Ahmed,
44 Wood St E17 ..... (020) 8520 9317
Mr. Shuaib Rasool, Stationary,
113 George Lane E18 ..... (020) 8989 4866
MR Skin Fade, Ltd,
72c George Lane South Woodford E18 ..... (020) 3859 6908

Mr William Aska,
Flat 119 Glebelands 33 Church Road London (020) 3784 6705
MRP Associates,
4 Queens Mews Queens Rd Buckhurst Hill (020) 8177 8352
MS Action, Ltd,
Unit 17 Waltham Parkway Billet Road London (020) 8531 9216
Ms Britannia, Dining & Takeaway,
48 Station Rd E4 (020) 8523 8833
Msc Group,
Part First Floor Left 201, Estate House High Road
Chigwell (020) 3648 6780
MSL Investment, Ltd,
42 Old Church Road E4 (020) 8524 8035
MSR Accounting & Tax Consultancy, Ltd,
329 Ley Street Ilford (020) 8514 2678
Muffin Break,
Unit 2 Lower Level High Road Ilford (020) 3689 1582
Muffin Break,
Unit 2 Lower Level High Road The Exchange (020) 3784 6227
Mughal Consultants Ltd,
350 Ilford Lane Ilford (020) 7018 9037
Mugisha, W,
Office 17, Church Lane Chambers 11-12 Church Lane
London (020) 8556 2738
Mukhtar & Associates, Ltd,
Flat 11 Bloomfield Court 2 Brisbane Road London (020) 8539 0294
Mulberry Interiors,
8 Church Hill Loughton (020) 8508 1294
Multi Refrigeration,
134 Trotwood Chigwell (020) 8500 2223
Multifinance Solutions, Ltd,
Northwick House 191/3 Kenton Rd Harrow (0845) 6038567
Multiyork, Ltd,
Loughton 165 High Rd (020) 8502 4123
Mum Caterer, Ltd,
681 Romford Road Manor Park London (020) 3154 2761
Mumtaz, H,
104 Ilford Lane Ilford (020) 3719 4397
Munro Instruments, Ltd,
Unit 6, 406 Roding La Sth Woodford Gn (020) 8551 7000
Murco Service Stations,
Chingford 73 Hatch La E4 (020) 8529 2196
Murdochs Solicitors,
45 High Street Wanstead E11 (020) 8530 7291
Murkem, Ltd,
110 High Street Walthamstow London (020) 8520 2020
Murphy, E, Associates Ltd,
50 High St Wanstead E11 (020) 8989 4122
Murray, W, & Co,
FAX (020) 8503 8353
Murugan Idli Shop, Ltd,
315 HIGH STREET NORTH E12 (020) 8552 0001
Museums,
Vestry House Museum Walthamstow E17 (020) 8496 4391
Muslim Cultural Society,
715 High Rd,Leyton E10 (020) 8539 0769
Musti 46, Ltd,
Church Road London (020) 8558 9834
Mutla, Takeaway,
108 Snakes Lane East Woodford Green (020) 8505 3716
Muzik Millenium Studios,
Unit 1,Leyton Studio 15 Argall Avenue London (020) 8533 8311
MXM Contractors, Ltd,
Unit 4 Kingfisher House Trinity Way E4 (020) 8527 9955
My Cake & More, Ltd,
15c Old Church Road E4 (020) 8524 1229
My Clove, Ltd,
78 Snakes Lane East Woodford Green
My Dream Kitchen, Ltd,
708 Lea Bdge Rd E10 (020) 8988 0444
My Key Projects, Locksmiths,
224 Chingford Road (020) 7175 1394
My London Room, Ltd,
1B Redbridge La East Ilford (020) 8550 0899
My Tasty Cafe, Ltd,
UNIT 47 STAFFA ROAD LONDON (020) 8988 0998
Myers Accountants,
383 Eastern Av Ilford FAX (020) 8554 2005
Myers, Ltd,
383 Eastern Avenue Ilford (020) 8554 2004
mylocallocksmith.co.uk, Locksmith,
113 George Ln London (0844) 3340359
Mylocum, Ltd,
Arodene Ho 43 Perth Rd Ilford (020) 8518 4336
FAX (020) 8554 8430
Mystique Hair & Beauty Salon,
330 Hoe Street Walthamstow London (020) 8521 8440
Myzau, Diy Store,
115a High Street Walthamstow London (020) 8001 0276
N & A London, Ltd,
152 High Street E17 (020) 8521 2268
N C S Plumbing & Heating Services, Ltd,
440 Larkshall Rd E4 (020) 8523 3103
N D General Trading, Mr, K.Sellathdurai, Off Lic,
720a Eastern Avenue Ilford (020) 8554 9064
N K S London, Ltd,
86 Nightingale Lane Leytonstone London (020) 3337 2951
N R V Tax, Ltd,
SUITES 12 AND 13 13-17 High Beech Road Loughton (020) 3976 7426
N S K & Co International Accountants,
4 Kinross Terrace E17 (020) 8527 7426
N. T Cost Cutters,
129 Gordon Road Ilford (020) 8478 4854
N.T Mini Supermarket, Convience Store,
439 High Street North Manor Park London (020) 8552 4933
N.W Trading,
11-17 Fowler Rd Hainault (020) 8500 0077
N3a Ltd T/A Dp Pharmacy,
84 Albert Road Ilford (020) 8514 6680
Nacro,
77 Wallwood Rd E11 (020) 8539 6855
Nacro Housing in London,
67 Mornington Rd E11 (020) 8556 4009
Nadim Express, Ltd,
1a,1 Redbridge Lane East Ilford (020) 8988 9916
Nagina Restaurant, Ltd,
2a Hickling Road Ilford (020) 3876 1024
296 Ilford Lane Ilford (020) 8478 2229
Nail Beauty Salon,
170 Hoe Street E17 (020) 8509 2578
Nail World, Nail Salon,
23 Clifford Road Walthamstow London (020) 3302 4709
Nails,
90 Snakes Lane East Woodford Green (020) 8505 6793
Nails And Hair City, Ltd,
11 Snakes Lane Woodford Green (020) 8504 3566
Nails & Cocktails, Nail Bar & Beauty Treatments,
2 Churchview Buildings Chingford (020) 3903 0749
Nails Studio 6666, Ltd,
626 High Road Leytonstone London (020) 3089 4839
Naina's Beauty Box,
71 George Lane South Woodford (020) 3795 5929
Naina's Beauty Box, Ltd,
92 High Street Barkingside (020) 8550 3332
Nainas Hair Beauty,
516 Forest Road E17 (020) 8520 8286
Naked Lounge, Ltd,
175 Manor Road Chigwell (020) 3770 8322
Naman Restaurant,
FAX (020) 8532 2906
Nando's Chickenland, Ltd,
Stores
Ilford Clements Rd Ilford (020) 8514 6012
Nanna Ilford, Ltd,
217 Cranbrook Road Ilford (020) 4636 4028
Nappy Gang Nursery,
100 Oliver Rd E10 (020) 8539 8359
Narenthiran, S,
14 Jubilee Parade Snakes Lane Woodford Green (020) 7998 7747
Nares International, Ltd,
4 High Mead Chigwell (020) 8500 4528
Narrow Homes, Limited Company, Proprietor,
Narrow Homes, 49a Icknield Drive Ilford (020) 3727 7233
Naseeb Indian Takeaway, Ltd,
65 Old Church Road E4 (020) 8523 9799
Naseeb London Limited, Whsle Ret,
65 Old Church Road E4 (020) 8529 7264
Nation Cars, Cab Station,
749A Romford Road E12 (020) 8478 3555
National Co-op Pharmacies,
Barkingside 109 Fencepiece Rd (0500) 970600
Barkingside 87 High St (0500) 970596
Chingford 267 Chingford Mount Rd (0500) 970594
Chingford 20 Hatch La (0500) 970606
Highams Park 10 The Avenue (0500) 970593
Loughton 216 High Rd (0500) 970591
Walthamstow 19 High St (0500) 970599
Walthamstow 41 Wood St (0500) 970590
Woodford Green 2 Jubilee Pde Snakes La (0500) 970595
National Council For Divorced And Separated,The, Charitable Trust,
45 Russell Road London (07041) 478120
National Council of YMCA's,
640 Forest Rd E17 (Admin Only) (020) 8520 5599
National Glazing Uk, Ltd,
High Road Ilford (020) 3759 6185
National Jazz Archive,The,
Central Library Traps Hl Loughton (020) 8502 4701
National Slimming & Cosmetic Centre,
446 Cranbrook Road Ilford (020) 8518 6020
National Union of Teachers,The,
(Regional Office-London East) 103 Cranbrook Rd Ilford (020) 8477 1234
Nationwide Building Society,
Branches
Barkingside
108 High St (0800) 5540233
FAX (0845) 5860233
Chingford
266 Chingford Mt Rd (0800) 5540245
FAX (0845) 5860245
Ilford
62 High Rd (0800) 5540212
FAX (0845) 5860212
Leyton
589 Lea Bdge Rd (0800) 5540636
FAX (0845) 5860636
Loughton
106-108 High Road (0800) 5540209
FAX (0845) 5860209
South Woodford
123 George La (0800) 5540633
FAX (0845) 5860633
Walthamstow
179/181 High Street (0800) 5540240
FAX (0845) 5860240
Wanstead
4 Clockhouse Pde (0800) 5540634
FAX (0845) 5860634
Or visit us at www.nationwide.co.uk
Nationwide Commercials,
Nationwide Commercials Groun New Rd Ilford (020) 8599 9959
Nationwide Commercials, Ltd,
Nationwide Commercials Groun New Rd Ilford (020) 8599 9994
Nationwide Construction, UK Ltd,
Warren Cottage Overton Drive E11 (020) 8989 3460
Nationwide Debt Consultants,
Olympic House 28-42 Clements Rd Ilford (0800) 1214733
Nationwide Solicitors,
183 Wood St E17 (020) 8509 1802
Nattafood, Ltd,
56 Beresford Road London (020) 7052 4693
Natures Choice Health Food Store,
47 Church Lane E11 (020) 8539 4196
NatWest,
Branches
Barkingside
Branch 133 High St (03457) 888444
Chingford
Branch 88 Station Rd (03457) 888444
Ilford
Branch 50 Ilford Hl (03457) 888444
Leytonstone
Branch 694 High Rd E11 (03457) 888444
Loughton
Branch 102 High St (03457) 888444
Seven Kings
Branch 634 High Rd (03457) 888444
South Woodford
Branch 110 George La (03457) 888444
Walthamstow
Branch 204 High St (03457) 888444
Wanstead
Branch 53 High St (03457) 888444
West Ealing
Branch 53 High St (03457) 888444
Woodford Green
Branch 3 The Broadway (03457) 888444
Navagra Hospitality, Ltd,
Unit B 501 Site Office High Road Ilford Essex (020) 3651 4649
NAVAL ESTABLISHMENTS,
Careers Offices
Royal Navy & Royal Marines Careers Office
180A Cranbrook Rd (East London Area Enq) (020) 8518 5855
Navwar Productions, Hobby Shop,
11 Electric Parade Seven Kings Road Ilford (020) 8590 6731
Nazim, & Co,
18B Beehive La Ilford (020) 8554 6496
Nebo Consultancy,
69 Abbotts Park Road Leyton (0871) 9871319
Nebo Consultancy,
69 Abbotts Pk Rd (0845) 9871319
Nebulon,
4 Ripley View Loughton (020) 3589 5903
NEC Travels & Cargo, Ltd,
624a Romford Road E12 (020) 8552 6438
Nees London,
189 Ilford Lane Ilford (020) 4559 2341
Neil Travel & Tours, Ltd,
317 High Street North E12 (020) 8548 1210
Nelson College London, Ltd,
Olympic Ho 28 Clements Rd Ilford (020) 8514 0033
Commercial Ho 406-10 Eastern Av Ilford (020) 8518 1154
Netcafe,
24 High Street London (020) 8520 8829
Netherhouse,
Sewardstone Road Chingford (0843) 5154582
Nets International, Ltd,
Unit 5 Oakfield House 1-6 Oakfield Road Ilford (020) 3876 6918
Net-Telco, Telecom Services,
Ilford All Enquiries (020) 3332 0008
Ilford FAX (0872) 0850217
Network Clinic, Clinic,
Comms Room E C C Clinic Buckhurst Way
Buckhurst Hill (020) 8504 2420
Network Dry Cleaners,
2 Redbridge Lane East Ilford (020) 8550 3545
Net-Work Internet, Internet Solutions Provider,
Ilford All Enquiries (020) 3332 0109
Ilford FAX (0872) 0850112
Network Rail, Plc,
Switchboard (020) 7557 8000
Network ROI, Ltd,
70 The Broadway Loughton (020) 8508 7280
Network Roi, Ltd,
7 Wyatts Lane E17 (020) 8521 6795
Neunie Associates, Ltd,
50 College Gardens London (020) 8529 9982
Neuropsych, Ltd,

500 Larkshall Rd E4 ..... (020) 8527 8408
New Abode, Ltd,
3 Cherry Tree Rse Buckhurst Hl ..... (020) 8559 7010
New Aqees Communication, Ltd,
331 Green Lane Ilford ..... (020) 8599 9133
New Beginnings Nursery,
Alderton County Junior & Infant School Alderton Hall Lane
Loughton ..... (020) 8508 5665
New Breed Bottle Shop, Ltd,
287 High Road Loughton ..... (020) 8502 1388
New Chow Cha, Chinese Takeaway,
7 Blackhorse Road E17 ..... (020) 8509 8818
New Concept Interiors, Ltd,
Sterling Ho Langston Rd Loughton ..... (020) 8502 3308
New Delta Wine 2, Off Lic,
2 Oliver Road Leyton London ..... (020) 8556 9716
New Direction Studio,
60 Queens Road Buckhurst Hill ..... (020) 8504 0504
New Fame Foods, Food,
115-27 Cranbrook Road Ilford ..... (020) 8911 9581
New Generation Salon,
701 High Rd, Leyton E10 ..... (020) 8556 3395
New Hong Kong, Chinese Rstnt,
158 Church Hill Loughton ..... (020) 8508 6178
New Kenya Halal,
759 High Road Leytonstone London ..... (020) 8556 6621
New Life,
The Shrubberies 9 George Lane London ..... (020) 3643 3728
New London Metal, Mr, Haci Yildirim, Ret,
Units 12 And 13 Cromwell Industrial Estate Staffa Rd
London ..... (020) 8988 1989
New Look, Ladies Fash Retlr,
Branches
Ilford Unit 85 Upper Level The Exchange High Rd Ilford . (020) 8477 0940
New Lotus House, Chinese Takeaway,
4 Tanners La Ilford ..... (020) 8550 4366
Or ..... (020) 8550 6838
New Loughton Food And Wine Ltd,
6 Lower Road Loughton ..... (020) 8502 4019
New Old Parks Ltd The Old Parkonions Pavilion,
Oakfield Playing Fields Forest Road Ilford ..... (020) 8559 8379
New Sonargaon, Ltd,
Office 2 736-740 Romford Road Manor Park London ..... (020) 4537 0948
New Tech Roofing, Ltd,
41 Thaxted Road Buckhurst Hill ..... (020) 3903 7072
New Testament Assembly Property Charity,
214 Langthorne Road ..... (020) 8556 6578
New York Nail,
59 Station Road E4 ..... (020) 8524 8157
Newbury Group Practice,
40 Perrymans Fm Rd Ilford ..... (020) 8554 1094
Or ..... (020) 8518 2414
Or ..... (020) 8554 3944
Newbury Park Primary School,
Perrymans Farm Road Ilford ..... (020) 8554 6343
Newbury Park Synagogue,
23 Wessex Clo Ilford (24 Hr Ansaphone) ..... (020) 8597 0958
Newham Community Renewal Programme,
Centres
Trinity East Av E12 ..... (020) 8472 8947
Newham London Borough Of,
Education Department
Debden House Residential Centre Debden Ho Debden Gn Loughton
(020) 8508 3008
Schools
Comprehensive
Little Ilford Browning Rd E12 ..... (020) 8478 8024
Nursery
Sheringham Sheringham Av E12 ..... (020) 8553 2479
Primary
Essex Sheridan Rd E12 ..... (020) 8472 0322
Monega Monega Rd E12 ..... (020) 8472 0533
Voluntary Primary
St. Winefride's R.C Church Rd E12 ..... (020) 8478 0510
Jack Cornwell Community Cntr Jack Cornwell St
E12 ..... (020) 8553 3459
Newham Trading Standards & Consumer Protection Division,
495 High St Nth E12 ..... (020) 8557 8969
Newham University Hospital,
Glen Rd E13 ..... (020) 7476 4000
Newmech, Ltd,
966 Eastern Avenue Ilford ..... (020) 8597 7245
Newport Nursery School,
167 Dawlish Road E10 ..... (020) 8558 8229
News Plus Food & Wine, Ltd,
131 Hale End Road E17 ..... (020) 8527 2024
Newsbox,
152 Church Hill Loughton ..... (020) 8508 1994
Next Home, Ltd, Sales & Lettings Agts,
318 High Rd Leyton E10 ..... (020) 8518 7899
Or ..... (020) 8556 7533
Next Move, (Est Agts),
2 Station Approach, Station Road E4 ..... (020) 8529 0122
Next Retail, Ltd,
Ilford
102-104 High Road Ilford ..... (0844) 8445276
Next Room Karaoke Studio, Karaoke,
Hainault Road London ..... (0871) 2217023
Next Room Karaoke Studio, Karaoke,
High Road London ..... (0871) 2217022
Next Room Karaoke Studio, Karaoke,
High Street London ..... (0871) 2217024
Next Room Karaoke Studio, Karaoke,
Hoe Street London ..... (0871) 2217029
Next Room Karaoke Studio, Karaoke,
New Road London ..... (0871) 2217034
Next Room Karaoke Studio, Karaoke,
Woodford Road London ..... (0871) 2217031
Next Room Music Productions, Music Studios & Practice Rooms,
Hainault Road London ..... (0871) 2217151
Next Room Music Productions, Music Studios & Practice Rooms,
High Road Leyton, London ..... (0871) 2217150
Next Room Music Productions, Music Studios & Practice Rooms,
High Street North London ..... (0871) 2217152
Next Room Music Productions, Music Studios & Practice Rooms,
Hoe Street London ..... (0871) 2217157
Next Room Music Productions, Music Studios & Practice Rooms,
New Road London ..... (0871) 2217161
Next Room Music Productions, Music Studios & Practice Rooms,
Woodford Road London ..... (0871) 2217158
Next Room Music Recording, Recording Services-Sound,
Hainault Road London ..... (0871) 2217275
Next Room Music Recording, Recording Services-Sound,
High Road Leyton London ..... (0871) 2217274
Next Room Music Recording, Recording Services-Sound,
High Street London ..... (0871) 2217276
Next Room Music Recording, Recording Services-Sound,
Hoe Street London ..... (0871) 2217281
Next Room Music Recording, Recording Services-Sound,
New Road London ..... (0871) 2217285
Next Room Music Recording, Recording Services-Sound,
Wood Road London ..... (0871) 2217282
Nexus Foods, Ltd,
1 Albert Cres E4 ..... (020) 8523 7385
Nexus Jobs, Ltd,
Sterling Ho Langston Rd Loughton ..... (020) 8508 8300
Ng Minimarket, Ltd, Takeway,
5-6 Broadway Parade The Broadway London ..... (020) 3638 1271
NGR Hire, Ltd,
288 Chingford Road E17 ..... (020) 8523 2444
Niblow, Ltd,
92 Station Road E4 ..... (020) 3518 2224
Nicholas Hall, & Co, Chrtd Acctnt,
7 Johnston Rd Woodford Gn ..... (020) 8506 2333
Nicholas,Razak & Mallery, Acctnts,
70 Wood St E17 ..... (020) 8520 2422
Nichols Bros (Wood Turners), Ltd,
2a Milton Road E17 ..... (020) 8520 3566
Nichols Interiors & Construction, Ltd,
96 The Ridgeway E4 ..... (020) 8529 3636
Nicholson, J, & Son, Est Agts/Survyrs,
255 Cranbrook Road Ilford ..... (020) 8554 6065
Nickel Press,
703 High Road Ilford ..... (020) 8590 3264
Nielsens Accountants, Ltd,
453 Cranbrook Road Ilford ..... (020) 8554 8100
Nieman Walters Niman, Chrtd Cert Acctnts,
Unit 7 Bourne Ct Unity Trading Est, Southend Rd
Woodford Green ..... (020) 8550 3131
Nightingale Lifts, Ltd,
35 Wellfields Loughton ..... (020) 8418 0184
Nightingale On The Green,
51 Nightingale Lane E11 ..... (020) 8530 4683
Nightingale Public House,The,
51 Nightingale Lane E11 ..... (020) 8530 4540
Nikki's Beauty & Academy,
108a Ilford Lane Ilford ..... (020) 8553 0868
NILANS,
617 LEA BRIDGE ROAD LONDON ..... (020) 8520 3389
Nilco, Ltd,
614 Chigwell Rd Woodford Gn ..... (020) 8504 0585
Or ..... (020) 8504 0677
Ninagold, Ltd,
Market Pavilion New Spitalfi Sherrin Rd E10 ..... (020) 8539 8440
Ninos,
Electric Pde George La E18 ..... (020) 8989 6192
Nino's Restaurant, Italian Restaurant,
18 Electric Parade George Lane E18 ..... (020) 8518 8503
Nirala Sweets, (London),
316 High St E12 ..... (020) 8548 1303
Nisa Homemade Recipes,
Leyton Bsns Cntr Etloe Rd E10 ..... (020) 8558 8011
Nisa Local,
422-26 Hale End Road E4 ..... (020) 8531 3780
Nisa Local,
134 Horns Road Ilford ..... (020) 8554 4350
Nittyo Bazaar, Grocery,
Balfour House 394-98 High Road Ilford ..... (020) 8514 2222
Nk Elite Ltd Ta Wo Fat,
270-272 High Road Loughton ..... (020) 3624 2618
Or ..... (020) 3624 2620
Noahs Ark Chemicals, Ltd,
Evergreen Apartments 253-69 High Road
Woodford Green ..... (020) 8559 7080
Noble, Trvl,
112 Ilford Lane Ilford ..... (020) 8553 9985
Noble Travel & Money Exchange, Ltd,
198 High Street Walthamstow London ..... (020) 8521 8804
Noble Travel Services, Ltd,
198 High Street Walthamstow ..... (020) 8520 8261
Noir Hair Salon,
193 Wood Street E17 ..... (020) 8520 2923
Non, Non,
4 St. James's Street Walthamstow London ..... (020) 8520 6071
Non, Non,
62 Wood St London ..... (020) 8520 7006
Non, Mr, Brian Huckle, Non,
38 Cowslip Road South Woodford London ..... (020) 8530 5519
Noor Ul Islam,
715 High Rd Leyton E10 ..... (020) 8558 0786
Noor Ul Islam Primary School,
135 Dawlish Rd E10 ..... (020) 8558 8765
Noori Halal Butchers,
328 High Street North Manor Park ..... (020) 8472 1655
Nordens, Ltd,
The Retreat Gilbert House 406 Roding Lane South
Woodford Green ..... (020) 8551 7149
Norman M Raven Associates, Est Agt & Survyrs,
175 Manor Rd Chigwell ..... (020) 8500 9986
Normanhurst School,
68 Station Rd E4 ..... (020) 8529 4307
FAX ..... (020) 8524 7737
Normanshire Care Services, Ltd,
119 Eastern Avenue Ilford ..... (020) 8550 0672
Norris Steam Svs London, Ltd,
6 The Warren Drive E11 ..... (020) 8989 0969
North City SAAB,
Chigwell
Station Works High Rd Chigwell (Parts Dept) ..... (020) 8500 3561
North Life,
7 The Broadway London ..... (020) 8617 1976
North London Partitions,
168 Hale End Rd Woodford Gn ..... (020) 8527 7814
Northampton Boot Stores, Ltd,
Chingford Road
FAX ..... (020) 8527 2229
Northbrook Garage London, Ltd,
264 Maybank Rd E18 ..... (020) 8505 0003
264 Maybank Road E18 ..... (020) 8505 0200
Northbrook Garage, Ltd,
Manor Park
1A Carlyle Rd E12 ..... (020) 8514 0001
Or ..... (020) 8514 2665
Northfield Nurseries,
Northfield Nursery Sewardstone Road E4 ..... (020) 8529 0367
Norton Folgate, Solrs,
Unit 20 80-84 St. Mary Road Walthamstow London ..... (020) 8520 4368
Norzak, Ltd,
2 Balmoral Rd E10 ..... (020) 8539 9940
Noshaba Akhter, Chigwell Medical Centre,
Chigwell Medical Centre 300 Fencepiece Road
Ilford ..... (020) 8500 6808
Noted Eel & Pie House,
481A High Road Leytonstone London ..... (020) 8539 2499
Nouveau Deco Arts, Ltd,
50 Smarts Lane Loughton ..... (020) 8508 7793
Nova Atlas, (UK) Ltd,
2 Richmond Park Loughton ..... (020) 8502 0259
Nova Insurance,
38 Woodford Av Ilford ..... (0843) 5153115
Nova Insurance Services, Ltd,
22 Woodford Avenue Ilford ..... (0843) 8163465
Novelty Bakery, Bakery Shop,
393 High Street North London ..... (020) 8471 3415
Novo Star Trading,
Dyers Hall Road 223 Dyers Hall Road London ..... (020) 3539 9558
NR Legal Solicitors,
Raphael House 250 High Road Ilford ..... (020) 8514 2311
Or ..... (020) 8911 8990
NR Legal Solicitors, Ltd,
250 Hoe St E17 ..... (020) 8509 2656
Nrb,
98 High Rd E18 ..... (020) 8504 0473
NRM Metal Recycling, Ltd,
129 Green La Ilford ..... (020) 7998 0233
Nt Fursse, & Sons,
39 Meads Lane Ilford ..... (020) 8597 2206
Ntel Communications, Ltd, Telecoms,
2 Connaught Avenue E4 ..... (020) 8524 2222
Or ..... (020) 8524 3333
Nuclear Decommissioning Authority (NDA),
Herdus House, Westlakes Science And Technology Park Moor Row,
Cumbria
..... (01925) 802001
Nu-fit-U, Tlrg Serv,
2 Station Approach George Lane E18 ..... (020) 8989 6103
NUMAST,
Ocean Air House High Rd E11 ..... (020) 8989 6677
FAX ..... (020) 8530 1015
Nuru Agriculture, Llp,
Market Pavilion New Spitalfiel 1 Sherrin Road
E10 ..... (020) 8556 6343
Nutech Consulting, Ltd,
81 Vaughan Gardens Ilford ..... (020) 8554 7855
Nuthan Mall, Ltd, Dental Surgery,
Dental Surgery 78 Church Hill Loughton ..... (020) 3345 7705
Nuvotech Limited, It Telecoms Internet,

66 Stradbroke Grove Ilford ..... (020) 8550 0992
Nv For Men Hairdressing,
100 Chingford Mount Road E4..... (020) 8523 0027
NYC Financial Services,
Ilford
277 Ilford Lane Ilford..... (020) 8477 1443
O & D Auto Recovery, Ltd, Logistics,
47a Wanstead Park Road Ilford ..... (0843) 8164673
O & D Auto Recovery, Ltd, Vhcle Recovery,
47a Wanstead Park Road Ilford ..... (0843) 8164918
O & D Auto Recovery, Ltd, Vhcle Recovery,
47a Wanstead Park Road Ilford ..... (0843) 8164919
O.E.M.D, Ltd, Photocopiers & Faxes,
16 Galeborough Av Woodford Green ..... (0800) 0854670
O2 Store Walthamstow,
Unit 4, Selbourne Walk Shopping Centre Walthamstow
..... (020) 8509 1299
Oak Foundation,The,
2a Boundary Road London ..... (020) 8520 0373
Oak Gold Associates, Acctnt,
117 Worcester Cres Woodford Gn ..... (020) 8502 6555
Oak House Childrens Home Ltd,
Seventh Avenue London..... (020) 8478 0077
Oak Tree Medical Centre,
Dr F.J Shaw, Dr A.E O'brien & Dr Kanagasundrem
Appts Only ..... (020) 8599 3977
Oak Tree Medical Parctice,
273 Green La Ilford ..... (020) 8599 3474
Oak View School,
Oak View School Whitehills Road Loughton ..... (020) 8508 4293
Oakdale Infants School,
Oakdale Prim School Woodville Road E18..... (020) 8989 7895
Oakhill Service Station, Petrol Stn,
Oakhill Service Station Woodford New Road
Woodford Green..... (020) 8505 6151
Oakland Estate Property Management,
964 Eastern Av Ilford..... (020) 8597 2626
Oaklands School,
6 Albion Hill Loughton ..... (020) 8508 3109
Oaktree,
Unit 2 Priestley Wy E17..... (020) 8523 3300
Oakwood Construction London,
5 Merlin Gro Ilford ..... (020) 8500 3310
Oakwood Corporation, Ltd,
Oakwood House Oakwood Hill Ind Estate Loughton ..... (020) 8281 0011
Oakwood Ho Oakwood Hl Loughton..... (020) 8502 1732
Oasis Hair Salon,
29 Winchester Road Chingford London..... (020) 8527 1414
Oballoons, Ltd,
70 George Lane London..... (020) 3343 7356
Object Design, CNC Router Shop,
Unit 12 Forest Business Park Argall Avenue E10..... (020) 8520 5319
Or..... (020) 8521 5533
Obsession Hair Design,
176 Wood St E17..... (020) 8521 0818
Ocean Fish Bar Retaurant,
157 Ley St Ilford ..... (020) 8478 5298
Ocean Global, Ltd,
81 Lennox Road E17..... (020) 8520 3534
Oceano Restaurant,
381 High Road Leyton E10 ..... (020) 8988 3070
Oceans Delight, Trade,
620 Chigwell Road Woodford Green ..... (020) 8505 6978
Octagon Software,
82 Station Way Buckhurst Hill..... (0845) 2637255
Octokhan Investment Services, Ltd,
76 Lord Avenue Ilford..... (020) 7377 1230
Oddisey,
Cromwell Industrial Estate Staffa Road London ..... (020) 3302 7878
Oddisey,
Cromwell Industrial Estate Unit 5 Staffa Road
London..... (020) 3441 7857
Office Green,
Sales Sovereign Ho Dorma Trading Pk Staffa Rd..... (0800) 833480
3 Estate Wy E10 ..... (020) 8539 9990
Office Machine, Mobile,
2 Lessingham Avenue Ilford, Essex ..... (07956) 275712
O'gradys Irish Bar,
Bar
699 High Rd Ilford ..... (020) 8599 0008
Restaurant
699 High Rd Ilford ..... (020) 8599 1388
Oh My Chilli, Ltd,
80 Hoe Street Walthamstow London ..... (020) 3343 6968
Oha International Ltd,
720 Lea Bridge Road London ..... (020) 8556 1122
Old Chigwellians Clubhouse,
Roding Lane Chigwell..... (020) 8500 0896
Or..... (020) 8500 2477
Old Loughtonians Hockey Club,
Office Only ..... (020) 8504 4010
Old Street Butchers, Ltd,
9 Queens Road Buckhurst Hill ..... (020) 8502 9130
Oliva Tours And Travel,
230 High Street North London..... (020) 3620 4271
Olive Health & Travel Clinic, Private Medical Centre,
23a Seven Ways Parade, Woodford Avenue Ilford..... (020) 8550 2276
Olive Health & Travel, Ltd,
635a Cranbrook Rd Ilford..... (020) 3771 8733
Olive & Thyme Organic Shop, Ltd,
84 Hoe Street Walthamstow London..... (020) 3794 7520
Olive'S Boutique, Ltd,
185 HIGH ROAD LOUGHTON ..... (020) 8502 5273
Oltenia Traditional, Ltd,
9 Cherrydown Avenue London ..... (020) 3105 6278
Olu Olu Foods, Ltd,
1 Heybridge Way Lea Bridge Road E10 ..... (020) 8518 7836
Olu Olu Gourmet,
1 Heybridge Way Lea Bridge Road E10 ..... (020) 8518 7094
Olympic House,
Clements Rd Ilford..... (020) 8514 1444
Omar, & Co,
337 High Road Ilford..... (020) 8553 9363
Omega Computers,
685 Cranbrook Road Ilford ..... (020) 8550 9295
Omega Homecare Ltd,
130 Snakes Lane East Woodford Green ..... (020) 8306 0624
Omega Lettings, Ltd,
Omega Ho 495 Lea Bdge Rd E10..... (020) 8988 2830
Omega Ho, 495 Lea Bridge Rd E10..... (0872) 4358115
Omega Locksmiths,
176 High Rd Woodford Gn ..... (020) 8504 9696
OMG Chartered Accountants,
111A George La E18 ..... (020) 8530 6764
Omni Market Chez Bruno,
345 Ley St Ilford..... (020) 8478 2877
Omniscient Homes,
Walthamstow Business Centre 26 Clifford Road
E17..... (020) 8527 8364
Oms London, Limited,
72 Marlands Road Ilford ..... (020) 8550 0663
On Stop Print, Ltd, Printing,
239 Ilford La Ilford ..... (020) 8553 1907
Onami,
4 Kirby Close Loughton ..... (020) 8508 8883
One Call Private Investigator, Private Investigator,
28 Shernhall Street..... (0870) 8661342
One Six Queens,
16 Queens Road Buckhurst Hill..... (020) 8505 1614
One Stop Shop Solutions, Ltd,
8 Tanners La Ilford ..... (020) 8550 7773
O'neills, Pblc Ho,
762 High Rd Leytonstone E11 ..... (020) 8536 4039
O'neills,
Station Rd Ilford ..... (020) 8514 6343
Online Bikes,
1 Lower Queens Road Buckhurst Hill..... (020) 8504 5033
Only Way Is Flowers,The, The Only Way Is Flowers Ltd, Ltd,
579 Lea Bridge Road E10..... (020) 8520 4740
Onsite Solutions Services, Ltd,
Suite 110 Hiltongrove Bsns Cntr 12-15 Hatherley Mws
E17..... (020) 8521 2000
Onur BBQ,
139 High Street Barkingside Ilford ..... (020) 8551 9653
Onyems & Partners,
188 High Rd Loughton..... (020) 8418 8380
Opal Bay, Ltd, Real Estate,
27 Lily Road Waltham Forest, London ..... (020) 3384 6616
Open Creative Consultants, Ltd,
23 Handsworth Av E4..... (020) 3243 0011
Optical World,
Leyton 853 High Rd Leyton E10..... (020) 8556 6777
Opticians, Opitcians,
108 De Vere Gdns Ilford ..... (020) 8554 8400
Orchid Thai Massage & Beauty,
39 Chingford Mount Road London ..... (020) 8523 4488
Orford Road Industrial, Ltd, Professional & Financial,
149 Orford Road E17..... (020) 8520 8589
Organica Food & Wine, Ltd,
Unit C3 Argall Avenue E10 ..... (020) 3490 7990
Orient, Takeway,
288 High Road Leyton London..... (020) 8539 6441
Orient Physiotherapy Ltd,
721 High Road Leytonstone London..... (020) 3638 0797
Oriental Chef,
25 High Street Wanstead London ..... (020) 8989 6288
Oriental Chef, Takeaway,
222 Chingford Mount Road E4..... (020) 8529 2606
Oriental Chef,
235 High Road E18 ..... (020) 8504 0324
Oriental Kitchen,
6 Market Parade Forest Road E17..... (020) 8531 8283
Oriental Kitchen, Chinese Takeaway,
1 NEW NORTH ROAD HAINAULT ILFORD..... (020) 8559 8838
Oriental Pearl,
78 Snakes Lane East Woodford Green ..... (020) 8505 7115
Origin Coffee, Ltd,
Unit 3 11 Argall Avenue E10..... (020) 4517 6655
Origin Foods, Ltd,
6 Argall Av E10..... (020) 8539 1441
Original Iree Island Bakery, Ltd,
Unit 3 Argall Avenue London ..... (020) 3876 5552
Orion House,
104 Cranbrook Rd Ilford..... (020) 8636 9999
Oris Dry Cleaners, Ltd,
110 Goodmayes Rd Ilford..... (020) 8590 1090
Orthodontic Practice Dental Clinic,
237 Hall La E4..... (020) 8559 4272
Osiana Florists,
68 Old Church Rd E4..... (020) 8529 1551
Osteopathy Plus, Ltd,
2a Oak Ldg Av Chigwell ..... (020) 8501 0937
Otocyon, Ltd,
1b Hanover Gardens Ilford..... (020) 8500 1538
Our Lady Of Lourdes Catholic Church,
51 Cambridge Pk E11..... (020) 8530 5512
Or..... (020) 8989 2074
Our Lady Of Lourdes Rc Primary School,
Chestnut Drive E11..... (020) 8989 9521
Our Lady & St. George's Catholic Church,
132 Shernhall Street E17 ..... (020) 8520 5877
Outlook,
254-256 High Road Leyton London ..... (020) 8001 0432
Outlook Property Agents,
254 High Rd Leyton E10..... (020) 8539 9966
Outpost Communications, Llp,
59 Kings Avenue Woodford Green..... (020) 8504 3207
Outward Housing Group,
Cowan Ldge 2 Prospect Rd Woodford Gn ..... (020) 8505 6382
Rowan Ho 15 Rowan Clo Ilford..... (020) 8478 4701
George Davies Lodge 14 Veronique Gardens Ilford..... (020) 8518 6046
George Davies Ldge 14 Veronique Gdns Ilford ..... (020) 8518 1064
179 Wood St E17 ..... (020) 8520 7745
FAX ..... (020) 8514 3686
Owl, The,
The Owl Lippitts Hill Loughton ..... (020) 8502 0663
Oxfam,
Oxfam Gift Shops
South Woodford 151 High Rd E18..... (020) 8505 7771
Walthamstow 2 High St E17..... (020) 8503 6334
Oxygen,
251 High Road Loughton..... (020) 8418 9088
P A K Direct Cargo Service, Ltd,
Hainault Road Unit 25 Hainault Road London ..... (020) 3196 1910
P C C Of St Mary,
Christ Church Wanstead Pl E11 ..... (020) 8530 8743
P C Plumbers,
43 West End Ave Leyton..... (0845) 2637226
P D J Cinemas Walthamstow, Ltd,
Cinema 267 High Street Walthamstow..... (01582) 363012
P.D.S.A, (People's Dispensary for Sick Animals),
Veterinary Centre
Ilford P D S A Animal Treatment Cntr Woodford Bdge Rd..... (020) 8550 6644
P.G Constructions,
420 Hale End Road London ..... (0870) 1163911
P J Byrne,
555 High Road Ilford..... (020) 8590 6714
P & J Entertainment, Ltd,
Unit 28 Forest Business Park Argall Avenue E10 ..... (020) 8509 2596
P & J Entertainments,
Unit 28 Forest Business Park Argall Avenue E10 ..... (020) 8509 0150
P & M Blinds, Ltd,
1c Cuthbert Road E17..... (020) 8520 5600
1C Cuthbert Road London..... (020) 8521 7858
P M F Roofcraft, Ltd,
Warwick Ho 116 Palmerston Rd Buckhurst Hl ..... (020) 8505 6898
P M W German Car Specialist,
109 Smarts La Loughton..... (020) 8508 0947
P & P Body Shop,
P & P Body Shop 25 St. James's Street E17 ..... (020) 8521 8333
P & P Plumbing & Heating,
21 Goldsborough Crescent London..... (020) 8529 2311
P & P T/A Pan Center, Pan Center,
116 Ilford Lane Ilford ..... (020) 8514 3800
P S Chemist,
Ilford Lane 111 Ilford Lane Ilford ..... (020) 8478 6108
Paak Sweets & Bakers, Ltd,
194 Ilford Lane Ilford ..... (020) 8553 1943
Pace Detectives & Investigations, Private Investigator,
247 Beehive Lane Ilford..... (0843) 5122083
Packford, C.J, FADO,SMC, Dispng Optcn,
372 High Rd Woodford Green..... (020) 8504 2296
Paekakariki Press, Ltd,
4 Mitre Avenue E17..... (020) 8509 8175
Page, A.H, Solrs,Commr for Oaths,
Barkingside
640 Cranbrook Rd Barkingside..... (020) 8554 1985
Pagrandyte, Alvyda,
76 Kingswood Road London..... (020) 3583 8808
Pak Al Reyan Restaurant Uk Limit,
57 Hoe Street London ..... (020) 8387 0017
Pak Butchers,
587 Lea Bdge Rd E10 ..... (020) 8521 2012
Pak Seth Butchers, Ltd,
52 Ilford Lane Ilford ..... (020) 3859 9189
PAL Audio Vision Centre,
48 St. James's Street E17 ..... (020) 8521 8914
Palm Enterprises,
33 Palmerston Rd E17 ..... (020) 8923 7715
Palmerston Road Dental Surgery,
67A-67 Palmerston Road E17..... (020) 8521 6656
Palmerston Veterinary Group,
93 Palmerston Rd Buckhurst Hl..... (020) 8505 1435
Or..... (0871) 9783672
Palmhurst Securities, Ltd,
258 High Rd Loughton..... (020) 8281 1010

Palms Medical Centre, The,
97-101 Netley Rd IG2 ..... (0872) 4358779
Palms Medical Centre, The,
97-101 Netley Rd Ilford ..... (0844) 4778730
Palo-Thai Therapy, Ltd,
29 Mill Lane Woodford Green ..... (020) 8498 0371
Pamirfabrics, Fabrics,
189 High Street E17 ..... (020) 8223 9918
Pan Fresh, Ltd,
FAX ..... (020) 8558 7018
Pan Lock & Locksmith Service, Emergency 24hr locksmith,
The Ridgeway London ..... (0845) 1647219
Pan Lock & Locksmith Service, Emergency 24hr locksmith,
The Ridgeway London ..... (0845) 1647271
Panai, Ltd,
71 High St Barkingside ..... (020) 8550 3778
337 High St Nth E12 ..... (020) 8472 3357
Pandoos,
112 Cranbrook Rd Ilford ..... (020) 8518 6677
Pandora Ilford, Ltd, Pandora Jwly,
Unit 63 The Exchange The Exchange High Road
Ilford ..... (020) 8911 6429
Panels 4 U, Ltd,
169 Railway Arches, Midland Rd E10 ..... (020) 8556 4822
Panesar Electrical, Co, Whsle,
364A High St Nth E12 ..... (020) 8472 1873
Pang, Siu Kee,
954 Eastern Av Ilford ..... (020) 8599 2644
Pangolin Joinery, Ltd,
Railway Arches 220 Grove Green Road E1 ..... (020) 3336 0984
Pantry Express Ltd,The,
Unit 9 Peregrine Rd Hainault Busi Ness Pk
Ilford ..... (020) 8500 1141
Papa Chicken, Food,
247 High Rd Leytonstone E11 ..... (020) 8536 1492
Papa Johns,
61 Old Church Road E4 ..... (020) 8529 5000
Papa Johns Pizza Wanstead,
35 High Street Wanstead E11 ..... (020) 8530 5533
Papillon, (Chigwell) Ltd,
13 Brook Parade 13 Brook Parade ,High Road
Chigwell ..... (020) 8500 6977
Papino, Ltd,
100 Hoe Street E17 ..... (020) 3478 2372
Paradgim Creative Services, Ltd, Recrutmt,
54 The Broadway Loughton ..... (020) 8508 9555
Paradgim Recruitment, Ltd,
54 The Broadway Loughton ..... (020) 8508 3982
Or ..... (020) 8508 5046
Or ..... (020) 8508 7203
Paradise Off License,
Leytonstone 736 High Rd E11 ..... (020) 8556 5461
Paratha Junction, Ltd,
390 Green Lane Ilford ..... (020) 8599 7058
Parchaus, Ltd,
7 Tillotson Road Ilford ..... (01646) 839496
Pares Building & Property Services,
12 Gaynes Hl Rd Woodford Gn ..... (020) 8504 0721
Park Hotel,
327 Cranbrook Road Ilford ..... (020) 8554 9616
Park School For Girls, (Ilford) Ltd,
20-22 Park Avenue Ilford ..... (020) 8554 2466
Park Vue Dental Surgery,
Park View Dental Practice 330 Cann Hall Road
E11 ..... (020) 8519 2990
Parker Dairies,
220 Wood St E17 ..... (020) 8520 5943
Parker Merchanting, Ltd, Bldrs Mrcnts,
The Orbital Cntr Southend Rd Woodford Gn ..... (020) 8709 7600
Parmar, Dr, H.R,
40 Perrymans Fm Rd Ilford ..... (020) 8554 1094
Or ..... (020) 8554 3944
Parmegiani, N, Mobile,
Flat 4A, Latchingdon Court, 26 Forest Road
London ..... (07956) 430148
Parsons, J & J, (London) Ltd,
New Spitalfields Market 7 Sherrin Road London ..... (020) 8558 9999
Partners, Snaresbrook NWS,
1A Gwynne House High Street Wanstead E11 ..... (020) 8989 1981
Partnership Of East London Co-Ops, Ltd,
Becketts House 2-14 Ilford Hill Ilford ..... (020) 8911 1130
Partwise, Ltd,
633 Eastern Avenue Ilford ..... (020) 8518 0838
Party Sevices, Party Ret,
342 High St Nth E12 ..... (020) 8552 9336
Passion For Flowers, Flower Shop,
159 Manor Rd Chigwell ..... (020) 8501 3461
Passion Weave And Braid Centre, Hair Salon,
168 Church Road Leyton London ..... (020) 3774 1198
Patel, Furn Shop,
16 20 Clements Road Ilford ..... (020) 3759 8245
Patel, Ahmed,
New Spitalfields Mkt 38 Market Pavilion Sherrin Rd E10 (020) 8518 7008
New Spitalfields Mkt
Or ..... (020) 8539 7757
Patel, J.J,
T So 354 High Road Leyton E10 ..... (020) 8539 2168
Patel & Joachim, LLP,
Balfour Ho 390/398 High Rd Ilford ..... (020) 8477 1399
FAX ..... (020) 8477 1799
Patel, M.M, Orthodontist/Dentist,
26 Clarence Av Ilford ..... (020) 8518 1022
Patel, Ramesh, Ltd,
1 Kensington Drive Woodford Green ..... (020) 3793 5694
Patra Massage, Ltd,
430 High Road Leyton London ..... (020) 8539 7611
Pattrick Brothers Communications,
383 High Road Ilford ..... (020) 8553 5352
Paul Henry Architects,
Countrywide Ho High St Wanstead E11 ..... (020) 8532 2448
Paull, Dr, Michelle,
14 Willingale Close Woodford Green ..... (020) 8504 3553
Paul's Bakery, Ltd,
99 Ilford Lane Ilford ..... (020) 8553 3822
Pauls Motor Works,
33 George Lane E18 ..... (020) 8989 2211
Pavilion Venue, Ltd,
324 Hoe Street E17 ..... (020) 8223 0606
Paw Print, Ltd,
Arch 307,183A Harrow Road London ..... (020) 7739 7200
Paw-Fect,
180 Longwood Gardens Ilford ..... (020) 8551 4776
Payable, A,
(Mobile) 600 High Rd Seven Kings ..... (07956) 277902
Payne, & Co Residentials Llp, Est Agts,
151 Cranbrook Road Ilford ..... (020) 8518 3000
187 Cranbrook Road Ilford ..... (020) 8554 6233
Ilford
Lettings & Management
151 Cranbrook Rd Ilford ..... (020) 8597 7555
FAX ..... (020) 8518 4000
Payne Simmons, Ltd,
New Spitalfields Mkt Sherrin Rd E10 ..... (020) 8558 9045
Or ..... (020) 8558 9048
PC House, (London) Ltd,
Unit 3 172-174 High Road Ilford ..... (020) 8037 6699
PC Integration 2000, Ltd,
Spurway Pde Woodford Av Ilford ..... (020) 8503 9183
Pc Merc Centre, Ltd,
East 10 Enterprise Pk Argall Wy E10 ..... (020) 8556 5585
Pce Fabric, Fabric Retlrs,
70 High Street Walthamstow London ..... (020) 3305 9030
Pce Retail T/A The Fabric Store, Fabric Ret,
80 High St E17 ..... (020) 8503 7166
Peabody Trust,
Estate Offices
Vicarage 22 Jaffe Rd ..... (020) 7021 4080
Peaches London, Ltd,
639 High Road Ilford ..... (020) 8590 6398
Peak Services, (UK) Ltd,
1 Gable House Balfour Rd Ilford ..... (020) 8514 7200
Pearl Print, Prntrs & Stnrs,
232 Aldborough Road South Ilford ..... (020) 8590 4422
Pearson McKinsey-Billing Address,
55 Beulah Rd E17 ..... (020) 8520 8442
Pee Jay Television & Audio,
267B Hoe Street E17 ..... (020) 8521 2634
Pee Jay Television & Audio, Ltd,
277B Hoe St E17 ..... (020) 8521 7491
Peek Traffic Services, Plc,
Unit 18 Waltham Parkway Billet Rd E17 ..... (020) 8523 1626
Pegasus Court,
1A Victoria Road Buckhurst Hill ..... (020) 8504 4788
Pegasus Office Supplies, Ltd,
13 Lawrence Hl E4 ..... (020) 8524 6555
Pekalp Of London, Ltd,
258 Church Road E10 ..... (020) 8556 6999
Pema Rules,
15 Leyton Bsns Cntr Etloe Rd E10 ..... (020) 8532 8940
Pempamsie Walthamstow Stone,
375b Hoe Street London ..... (020) 8521 2118
Pena Martins, Ltd,
Pena Martins Ltd Uplands Business Park Blackhorse Lane
E17 ..... (020) 8531 9898
Pencil Pots Day Nursery,
321 The Drive Essex ..... (020) 8554 0033
Penelope Wilde,
3 Broadway Parade Fencepiece Road Barkingside ..... (020) 8500 0070
Penn Brothers,
547A Lea Bridge Road E10 ..... (020) 8558 7644
Pennington IT Services,
64 Queen St E17 ..... (020) 8520 0538
Penrose, & Co,
Suite 5,Room 1,Excelsior House 3-5 Balfour Road
Ilford ..... (020) 8911 9094
Pentagon Solutions, Ltd,
3 St Georges Rd Leyton ..... (0845) 4566506
Pentaluck, Ltd,
Unit 10-14 Lea Valley Bsns 2-3 Lammas Rd E10 ..... (020) 8988 3800
Pepe Peri Peri, Ltd, Pepe Peri Peri,
226 Hoe Street Walthamstow London ..... (020) 3609 1326
Pepes Piri Piri Ilford,
527 Cranbrook Road Ilford Essex ..... (020) 8554 1618
Pepper Dosa,
75 Queens Road Buckhurst Hill ..... (020) 3731 4651
Pepperman's Deli,
143 High Street Ilford ..... (020) 8551 0888
Per Capelli, Ltd,
1 Connect Lane Barkingside ..... (020) 8551 5719
Perfect Cuisine Foods, UK Ltd,
Unit 10 Leyton Business Centre Etloe Road E10 ..... (020) 8556 3723
Perfect Fried Chicken,
Branches
252B High Rd Loughton ..... (020) 8532 0283
Perfect Fried Chicken,
879 Lea Bridge Road E17 ..... (020) 3774 3165
Perfect Gardens, Ltd, Whsle Ret,
10 Chingford Mount Road E4 ..... (020) 8531 9223
Perfect Nail Bar,
235 Chingford Mount Road Chingford ..... (020) 8529 9555
Perfects Nails,
Unit 1 330 High Road Leyton London ..... (020) 8556 8199
Perfume Shop,The,
Branches
Walthamstow 37A Selborne Wlk E17 ..... (020) 3233 0100
Perfumery,The,
122 George La E18 ..... (020) 8989 8799
Perkins, (Garages) Ltd, Car Dlrs,
Rigg Approach E10 FAX ..... (020) 8539 9462
Perpetual Systems, (UK) Ltd,
261 Hall La E4 ..... (020) 8559 4431
FAX ..... (020) 8559 4432
Perry Owen,
13 Hatch Lane E4 ..... (020) 8529 3533
Pers, & Co,
The Shrubberies 3 George Lane London ..... (020) 8166 8680
Personal Electric Transport, Ltd,
Unit 45D Leyton Industrial Village London ..... (020) 3318 2254
Personnel Hygiene Services, Ltd,
Osier Wy Dept Osier Wy E10 ..... (020) 8988 5090
Pest3.Com, Ltd,
50 Templeton Av E4 ..... (020) 8523 7111
Petals & Blooms,
19 Orford Road E17 ..... (020) 8520 3222
Petals By Lukshmi, Ltd,
102 Meads Lane Ilford ..... (020) 8590 9636
Peter Displays, Ltd,
107 George Lane E18 ..... (020) 8989 6105
Peter The Pleater, Ltd,
164 Hermon Hl E18 ..... (020) 8532 2833
Petersons, & Co Ltd,
Suite 107 344-348 High Road Ilford ..... (020) 8553 9505
Petrova, A,
64 Calderon Road E11 ..... (020) 8558 5693
Pets At Home, Ltd,
Chingford
Unit 1 Corktree Retail Pk, Hall La ..... (0845) 6008918
Ilford
Unit 2 Newbury Retail Pk Homs Rd ..... (0845) 6009520
Pets Clinic,
134 Forest Road Walthamstow ..... (020) 8928 9999
Pettex, Ltd, Cat Litter Mfrs,
62-70 Fowler Road Hainault Business Park Ilford ..... (020) 8501 1033
FAX ..... (020) 8501 3943
Pettex, Ltd,
62-70 Fowler Road Hainault Business Park Ilford ..... (020) 8500 9029
Petty Son Prestwich,
Lincoln Ho 184 Queens Rd Buckhurst Hill ..... (020) 8504 5403
Peverel OM, Ltd,
South Lodge Repton Pk Manor Rd Woodford Gn ..... (020) 8559 7515
PFE International, Ltd,
Oakwood Hl Indust Est Oakwood Hl Loughton ..... (020) 8502 8400
PFE International, Ltd (UK Head Office),
Oakwood Hl Indust Est Oakwood Hl Loughton ..... (020) 8502 1011
Pg Global, UK Ltd,
Buckingham Ct Rectory La Loughton ..... (020) 8418 7950
Pharmacy Cube,
1A Kingsley Gardens London ..... (020) 3662 0722
Pharmaram Chemists,
641 High Road Ilford ..... (020) 8590 1624
Pharmaram Dispensing Chemists,
600 High Road Ilford ..... (020) 8599 4436
Phebean Hair, Marketing Pr Advertising,
443d High Street North London ..... (020) 8470 2398
Phetrin Thai, Takeaway,
6c Valley Hill Loughton ..... (020) 8279 5563
Phil Estate Agents,
276 Church Road E10 ..... (020) 8556 6661
Phillcreates Studio Limited, Consultant,
Unit 11 6-8 Argall Avenue E10 ..... (020) 8558 4772
Phillip Leigh Associates,
22 Brook Pde High Rd Chigwell ..... (020) 8501 2424
Phoenix Axles & Suspensions, Ltd,
101 Chesterfield Rd E10 ..... (020) 8539 6871
Phone A Plumber,
General Enquiries ..... (0800) 0556170
Phone Box, Mobile Communications,
613 Forest Rd E17 ..... (0800) 3898980
Phonestop, Mobile Phone Retlr,
254 Chingford Mount Road Chingford London ..... (020) 8524 2444
Photomart,
Unit 14 Waltham Parkway Billet Rd E17 ..... (020) 8527 6006
Physicals Fitness Club,
327 High Road Woodford Green ..... (020) 8505 4914
Physicals, Ltd, Health Clubs and Gyms,
327 High Road Woodford Green ..... (0843) 4879819
Physio Answers, Physiotherapy Clinic,

300 High Road Leyton E10 ..... (020) 3538 3808
Physio Works, Physio,
59a High St Barkingside Ilford ..... (020) 8550 9224
Physiotherapy & Injury Centre,
David Lloyd Leisure Roding Lane Chigwell ..... (020) 8500 6678
Phytocan, Ltd,
74 London ..... (020) 3154 7757
Pic-A-Frame, Ltd,
Acorn Cntr Roebuck Rd Ilford ..... (020) 8559 8735
Pickett, H.J, & Co,
Melbourne Road Ilford ..... (020) 8554 4176
Picture Perfect Gallery,
71 High St Wanstead E11 ..... (020) 8530 5959
Pier 1 Management, Ltd,
16 York Hl Loughton ..... (020) 8508 7567
Pill Box Chemist, Dispng Chemst,
23 St James's St E17 ..... (020) 8520 5820
FAX ..... (020) 8520 5820
Pillbox 38, (Uk) Limited Ta Totally Wicke,
251 High Road Loughton ..... (020) 8508 8211
Pimpernel Transport Company,The,
Leyton Business Cntr Etloe Rd E10 ..... (020) 8532 8921
Pine Store,The,
239 High Rd E18 ..... (020) 8559 1213
Pinewood Finance, Co Ltd,
116 George La E18 ..... (020) 8530 4287
Pink Telecommunications, Telecom Off Equip,
15 The Broadway Woodford Green ..... (020) 8506 6464
Pinx, Shoe Shop,
325 Green La Ilford ..... (020) 8599 6336
PIONEER PRINT, Ltd,
Unit 15 Raven Rd E18 ..... (020) 8505 1552
Pioneer Steel Trading, Ltd,
Beaulieu Manor Rd High Beech ..... (020) 8502 5666
Piper Hales Flooring Group, Flooring Contractor,
Unit 6b,Cromwell Centre Roebuck Road,Hainault Business Park
Ilford ..... (020) 8517 5711
Pirtek, UK Ltd,
Unit 5 Orient Indust Pk, Simonds Rd E10 ..... (020) 8556 9500
(FAX) ..... (020) 8556 9576
Pixel Direct, Ltd,
353 Hoe Street London ..... (020) 8520 6082
Pizza Chicken, Ltd,
Flat 12,St. Andrew's Court St. Andrew's Road
Walthamstow ..... (020) 8807 2424
Pizza & Co Leyton, Ltd,
345 Lea Bridge Road E10 ..... (020) 8539 6666
Pizza Express, Ltd, Rstnts,
Unit 2 Central Pde,Hoe St Walthamstow ..... (020) 8521 8889
PIZZA GO GO,
Chingford 12 The Avenue E4 ..... (020) 8523 4040
East Ham 366 High St Nth E12 ..... (020) 8471 2366
Gants Hill 51 Perth Rd Gants Hl ..... (020) 8554 2222
Pizza Go Go Mk,
123 Levett Gardens Ilford ..... (020) 8599 8566
Pizza Hut,
21 The Broadway Loughton ..... (020) 8502 0110
Pizza Hut, (UK) Ltd,
Delivery Units
Barkingside 4 High St Barkingside ..... (020) 8551 6543
Chingford 96 Chingford Mount Rd ..... (020) 8523 3366
Ilford 84 Cranbrook Rd Ilford ..... (020) 8553 3388
Leyton 271 High Rd E10 ..... (020) 8556 3500
South Woodford 25 Electric Pde George La E18 ..... (020) 8532 9077
Walthamstow 106 High St E17 ..... (020) 8521 1211
Woodford Green 3 Rex Pde Snakes La East Woodford Gn ..... (020) 8504 9595
Restaurants
Ilford
84 Cranbrook Rd Ilford ..... (020) 8553 3388
Leyton Mills 14 The Square, High Rd E10 ..... (020) 8539 9342
PizzaExpress, Plc,
Restaurants
Loughton 281 High Rd Loughton ..... (020) 8508 3303
South Woodford 76 High Rd E18 ..... (020) 8924 4488
Pizza'n'chicken House,
662 High Road Leyton E10 ..... (020) 8558 2854
Planet Products, Ltd,
760 Eastern Av Ilford ..... (020) 8518 4202
Plansure Developments, Ltd,
67 Orford Rd E17 ..... (020) 8509 1150
Planteria, Plant Display Contrs,
Chigwell Row Nrsry Gravel La Chigwell ..... (020) 8559 9990
Platinum Ace Events, Ltd, Entertainment,
Unit G05 Regent 88 Church Road Leyton ..... (020) 8150 7276
Platinum Hair Beauty, Hair & Beauty,
64 Borders Lane Loughton ..... (020) 8616 6944
Platinum Lounge,
463 Aldborough Rd Sth Ilford ..... (020) 8597 0334
Plaut International, Ltd,
Unit 8 Bourne Court Unity Trading Estate Southend Road
Woodford Green ..... (020) 8550 6842
Or ..... (020) 8550 7024
Or ..... (020) 8550 7115
Players Bookmakers,
Betting ..... (0871) 2003117
Commentary ..... (0871) 2003117
Plough & Harrow,The,
419 High Road Leytonstone ..... (020) 8558 2660
Plough,The,
Sewardstone Road E4 ..... (01992) 711097
PLP Investigations, Private Investigator,
726 High Road Leyton Leyton ..... (0843) 5122026
Plumb Center,
Plumbing & Heating Merchants
Ilford
Unit 4 Redbridge Enterprise Cntr Thompson Clo ..... (020) 8553 4183
Plume Of Feathers,
123 Church Hill Loughton ..... (020) 8502 0444
Plush Couture,
115 Station Road London ..... (020) 8529 1163
Plush Port, & Co, Egg & Potato Whslrs,
1a Hainault Rd E11 ..... (020) 8558 0399
Plush Port, Co, Food Prods,
1a Hainault Road E11 ..... (020) 8558 0139
Pmloughton,
6 Goldings Hill Loughton ..... (020) 3685 5278
PNC Shop Fitters,
Ravenswood Indust Est Unit 6 Shernhall Street E17 ..... (020) 8520 5570
POLICE,
In Emergency dial 999 and ask the operator for Police
Non Emergency Contact Number for all Enquiries, Please dial 101
Police-(Metropolitan)
The Sports Clubs
Chigwell,Office ..... (020) 8500 2735
Polish Me Loughton, Ltd,
6 Goldings Hill Loughton ..... (020) 3457 6245
Polished By Jo, Ltd,
1B High Street Wanstead E11 ..... (020) 8530 4196
Pollock Taylor, Acctnts,
124 Church Hl Loughton ..... (020) 8502 5243
Pollys Ironing Parlour,
72 Borders Lane Loughton ..... (020) 3441 2171
Polo Communications, Ltd, Business Communications,
12A Oakwood Gardens Ilford ..... (020) 8819 8146
Pombouri, S,
5 Coppermill Lane E17 ..... (020) 8520 3456
Ponnaiah Kumar,
693 Cranbrook Road Ilford ..... (020) 3490 9393
Pook Productions, Ltd,
Unit 46B Argall Avenue E10 ..... (020) 3874 5152
Pooten, C,
Grove Residential Home 107-9 Grove Road E17 ..... (020) 8520 6435
Poplar Detectives, Private Detective,
119 George Lane London ..... (0845) 5204292
Popoola529, Ltd,
78 Goodmayes Road Ilford ..... (020) 8597 5796
Pops Confectioner Tobacconist, Confec Tbcnst,
27 Cranbrook Road Ilford ..... (020) 8478 8454
Popsoda, Whsle Ladies Fash,
48-50 Fowler Road Hainault Business Park Ilford ..... (020) 8501 2838
Popsoda, Ltd, Ret,
48-50 Fowler Road Hainault Business Park Ilford ..... (020) 8501 3838
Porter Forster, Upholstery & Soft Furnishing Whslr,
Sales 3 Imprimo Pk Lenthall Rd Loughton ..... (020) 8418 1100
Accts 3 Imprimo Pk Lenthall Rd Loughton ..... (020) 8418 1102
FAX ..... (020) 8418 1122
Portland Place, Ltd,
Lippitts Hill Lodge Lippitts Hill Loughton ..... (020) 8532 1111
Posner Interiors, Posner Ints,
98 George Lane E18 ..... (020) 8989 0226
Posner, L, Gen Drprs,
98 George La E18 (Hd Off,Wreho) ..... (020) 8989 8354
Post Master, Ltd,
667 Romford Road E12 ..... (020) 8553 0436
Post Office,
Chingford Station Rd 104 Station Road E4 ..... (020) 8524 2721
POST OFFICE, Ltd,
406 High Street North E12 ..... (020) 8472 5253
Potomind Solutions, Ltd,
17 Woodstock Gardens Ilford ..... (020) 3340 8462
Potters House,
366 Lea Bridge Road E10 ..... (020) 8558 6010
Pound Plus World, Ltd,
111 High Street Barkingside, Ilford ..... (020) 8550 4541
Poundstretcher, Ltd,
Chingford 6 Cherrydown Av E4 ..... (020) 8524 6731
Leyton 832 High Rd E10 ..... (020) 8556 2022
Powell, D.F, & Co, Cert Acctnts,
332 Cranbrook Rd Ilford ..... (020) 8518 5120
Power Cleaning Services, Ltd,
87 Belgrave Road Ilford ..... (020) 8554 4838
POWER CUT,
Helpline - Please Call 105 to report or get information about a power cut in your areas
Power Signs, Ltd,
21 Valley Side Parade Chingford London ..... (020) 8524 4533
Powerleague, 5 a side football,
Forest Oak Playing Fields Forest Rd Hainault ..... (020) 8501 4567
Powertech,
Acacia Bsns Cntr Howard Rd E11 ..... (020) 8539 0772
Powerzone, UK, Dscnt Elec Appl,
73 Little Gearies Cranbrook Road Ilford ..... (020) 8478 1401
Or ..... (020) 8553 2002
Precious Homes, Ltd,
21-25 Third Av E12 ..... (020) 8478 4029
Precise Tax, Ltd,
37 The Lindens Loughton ..... (020) 8508 7291
Premier Carpet Furniture,
80 Palmerston Rd E17 ..... (020) 8520 7013
Premier Dry Cleaners & Launders, Ltd,
FLAT FIRST FLOOR 433-435 High Road
Woodford Green ..... (020) 8504 7037
Premier Inn,
Loughton /Buckhurst Hill High Road Buckhurst Hill ..... (0871) 5278686
Loughton /Buckhurst Hill High Road Buckhurst Hill FAX . (0871) 5278687
Premier Inn, Hotel,
High Road Buckhurst Hill ..... (0845) 1126136
FAX ..... (0845) 1126167
Premier Plating Works, (Walthamstow) Ltd, Electro Platrs,
90 Shernhall Street E17 ..... (020) 8520 5361
Premier Properties,
9 Chigwell Road London ..... (020) 3718 1339
Premier Security Consultants, Ltd,
19-21 Roebuck Road Hainault Business Park
Ilford ..... (020) 8502 6888
Premier Travel Inn,
Ilford Redbridge La East ..... (0871) 5278542
Ilford Redbridge La East fax ..... (0871) 5278543
Premiere Podiatry, Ltd,
28 Connaught Av Loughton ..... (020) 8502 1777
Prescott Thomas, Ltd,
Unit 1 Horner Ho New Spitalfields Mkt,Sherrin Rd
E10 ..... (020) 8558 9550
Press Parts,
The Hat Works Rectory La Loughton ..... (0844) 8006066
Pressed 2 Perfection, Drycleaning,
Broadway Pde The Broadway E4 ..... (020) 8531 8255
Prestec, UK Ltd,
53a High Street Wanstead Leytonstone ..... (020) 8530 6808
Prestige Accounts Limited,
16 Khartoum Road Ilford ..... (020) 8478 1490
Prestige Auto Express,
Arley Wks Clifford Rd E17 ..... (020) 8523 1666
Prestige Hair Salon,
501 High Road Leytonstone Leytonstone London ..... (020) 8988 0420
Prestige Nursing,
Suite 1, First Floor 178 Cranbrook Road Ilford ..... (020) 8616 4405
Prestons Accountancy, Ltd,
364 Cranbrook Rd Ilford ..... (020) 8518 5566
Pretty Network Solutions,
216 High Road Leyton, London ..... (0870) 1169204
Pretty Things, Ltd,
30 Queens Road Buckhurst Hill ..... (020) 8505 9138
Previa, UK Ltd,
785 Romford Road London ..... (020) 3935 3240
Prezzo, Ltd,
Johnston Ho Johnston Rd Woodford Gn ..... (020) 8505 4782
Prezzo Plc, Ltd, Rstnt,
98 High Road South Woodford ..... (0843) 8160654
Prezzo Restaurants,
Woodford Green 8 Johnston Road Woodford Green ..... (020) 8505 2400
Price, Christine,
12 The Hollies New Wanstead London ..... (020) 7018 7189
Price & Patel, Drs, D.R.G & (Mrs) G,
Appointments & Enqs
Seven Kings Health Centre 1 Salisbury Rd Ilford ..... (020) 8590 1143
Seven Kings Health Centre
Or ..... (020) 8590 1320
Pricecutters,
472 High Road Leyton London ..... (020) 8988 1542
Pride Asia Food, Ltd, Supmkt,
77 High St Barkingside ..... (020) 8550 6132
Primavera Financial Partners,
First Floor 87A High Street Wanstead
Leytonstone London ..... (020) 8532 9652
Prime Care, Ltd, Unicom,
183 Brookscroft Road E17 ..... (020) 8531 2653
Prime Cars & Contracts, Ltd,
434 Hoe St E17 ..... (020) 3771 8765
Prime Wholesale, U K Ltd,
43-49 Fowler Road Ilford ..... (020) 8500 0777
Primelodge Estates, Ltd,
652 Lea Bdge Rd E10 ..... (020) 8539 8539
Primemove Property & Finance, Real Est,
441 High Rd Ilford ..... (020) 8553 0096
Prince Regent Hotel,
Prince Regent Hotel Manor Road Woodford Green ..... (020) 8505 9966
Principles School of Motoring,
Mobile ..... (07860) 320462
Printexpert, Co.UK,
Unit 4 Avenue Indust Est Justin Rd E4 ..... (020) 8531 2891
Printing Services,
FAX ..... (020) 8478 8968
Priors Medical, Ltd,
8 Forest Rd Loughton ..... (020) 8418 0362
Pristine,
35 Thurlow Gardens Ilford,Essex ..... (020) 8500 0015
Private Investigator, Private Investigator,
Pall House The Square, High Road Leyton ..... (0871) 2500241
Privilege Supported Care,
57 Tryfan Close Ilford ..... (020) 3715 0838
PRMI Developments, Ltd,
Unit 22 Bourne Court Unity Trading Estate Southend Road
Woodford Green ..... (020) 8709 7930
Pro Aesthetics & Beauty, Ltd,
71 Chingford ..... (020) 3731 7858

Professional Idiots Record,
64 Mount Pleasant Road Chigwell ..... (020) 3665 2733
Profile Distributions, Ltd,
Waltham Parkway Billet Rd E17 ..... (020) 8527 2016
Progon I.T, Ltd,
177 Express Drive Ilford ..... (020) 8598 2484
Project Zero Wf, Cic,
The Outset Project 2a Grange Road E17 ..... (020) 8521 1777
Prop Positions, Ltd,
Unit 12 6 Argall Avenue London ..... (020) 3874 5226
Property Care Services,
Challenge House 57-59 Queens Road
Buckhurst Hill ..... (020) 8506 2233
Property Dot Com, Properties,
139 Ley St Ilford ..... (020) 8478 0011
Property Dot Com, Properties,
139 Ley St Ilford ..... (020) 8478 0022
Property Headquaters,
95 Wood Street E17 ..... (020) 8520 0345
Property Link (E17), Ltd,
Hoe Street London, London ..... (020) 8520 2033
Property Link, (E17) Ltd,
336 Hoe St E17 ..... (020) 8521 7733
Property Links, UK Ltd,
193 Cranbrook Road Ilford ..... (020) 8554 8554
Property Masterz Uk Ltd,
Ilford Lane Ilford ..... (020) 8911 0849
Property & Mortgage, Co,The,
148 Cranbrook Rd Ilford ..... (020) 8518 6555
Or ..... (0800) 7312336
FAX ..... (020) 8518 6444
Property Trend, Est Agent,
R2,679-691 High Rd E10 ..... (020) 8558 2181
Prosase Installations,
59 Hampton Road E4 ..... (020) 8524 6353
Protech Alarms, Ltd,
812 Romford Rd Manor Park ..... (0843) 5156752
Protech Embroidery, Ltd,
Unit 44 Leyton Indust Village Argall Av E10 ..... (020) 8556 1011
FAX ..... (020) 8556 1012
Providence Capital Securities, Ltd,
271 Hoe Street Walthamstow London ..... (020) 3340 5581
Provident London, Ltd,
First Floor 600 High Road Woodford Green ..... (020) 8505 1026
PRS Flooring,
Unit 15 The Sidings Hainault Rd E11 ..... (020) 8556 9192
Or ..... (020) 8558 6895
PSR Coaching Leytonstone, Ltd,
UNIT 3 THE HITCHCOCK BUSINESS CENTRE High Road Leytonstone
E11 ..... (020) 4619 5698
Public Sector Recruitment, Ltd,
14a High Street Wanstead Leytonstone London ..... (020) 8530 2288
Pugie & Peanut, Ltd,
23 Kirkdale Road E11 ..... (020) 8556 3045
Pulse Environmental,
Unit 7a 210 Church Road E10 ..... (020) 8539 3647
Pulse Productions,
Unit K Blackhorse Mws E17 ..... (020) 8527 0440
Pulse Refrigeration, Ltd,
47 Habgood Rd Loughton ..... (020) 8508 6615
Pulse Studio The Heartbeat Of Beauty, Ltd,
200 High Road Leytonstone ..... (020) 3161 5876
Punjab Halal Meat Centre,
435 High Street North E12 ..... (020) 8472 6355
Punjabi Lounge, Rstnt,
43 York Road Ilford ..... (020) 8514 3004
Punjabi Rasoi London Limited,
847 High Road Ilford ..... (020) 8597 9797
Pura Wanstead, Ltd,
54a High St Wanstead E11 ..... (020) 8530 3339
Purbani Restaurant, Indian Rstnt,
153 High St Wanstead E11 ..... (020) 8989 4174
Or ..... (020) 8989 6202
Purdy Contracts, Ltd,
Brooklyn Ldg Mott St E4 ..... (01992) 703410
Pure Elegance Hair And Beauty Ltd,
2 Tring Close Ilford ..... (020) 3623 0429
Pure Raw Protein, Ltd,
Unit 6 The Acorn Centre Roebuck Road Hainault Business Park
Ilford ..... (020) 3243 2097
Pure Tech Electronics Ltd,
14 Landseer Avenue London ..... (020) 8478 4899
Putian Uk, Ltd,
726 Lea Bridge Road London ..... (020) 8539 9037
PVC Strip Curtains,
7-9 Fowler Rd,Hainault Bsns Pk Ilford ..... (020) 8500 4000
Pye, London Ltd, Gen & Mech Lift Engs,
Head Off,Engineering,Unit 7 Hookers Rd E17 ..... (020) 8531 3334
Unit 7 Hookers Rd E17 ..... (020) 8531 3336
Pyramid Pharmacy,
413 Hoe Street E17 ..... (020) 8520 5081
Or ..... (020) 8520 5122
Pyxis Mart Retail, Ltd,
662 Leystonstone ..... (0131) 563 1435
QALB Centre,The, Asian Mental Health Project,
Ferguson Cntr, Low Hall Depot Markhouse Av E17 ..... (020) 8521 5223
Qazi & Qazi Law Offices, Ltd,
Oakfield Ho Oakfield Rd Ilford ..... (020) 8911 4561
QC Laboratory, Ltd,The,
13a Newbury Road E4 ..... (020) 8523 3003
Qin Dynasty, Ltd, Whsle,
Unit 5 Walthamstow Business Centre Clifford Road
E17 ..... (020) 8531 0001
Or ..... (020) 8531 6888
QS Familywear, Clothing Retlr,
Branches
4-10 Old Church Rd Chingford ..... (0844) 3951584
QS Familywear, Clothing Retlr,
Branches
74 High Rd Ilford ..... (0844) 3951672
Quakers (Religious Society of Friends),
Meeting Houses With Telephones
Walthamstow 1A Jewel Rd E17 ..... (020) 8521 2363
Quality Foods,
118-126 Ilford Lane Ilford ..... (020) 8514 8888
Quality Halal Meat, Btchr,
201 Ley Street Ilford ..... (020) 8514 8080
Quality Halal Meats & Fish, Btchr Shop,
135 High Street E17 ..... (020) 8520 3301
Quality Independence,
19 Mill La Woodford Gn ..... (020) 8531 9916
Quantum Education,
123 Woodlands Road Ilford ..... (020) 8478 3309
Quattro Mori, Ltd, Italian Rstnt,
55 Wood St E17 ..... (020) 8521 7153
Queen Mary Practice,The,
114 High Road E18 ..... (020) 8491 3303
Queen Mary Practice,The,
114 High Road E18 ..... (020) 8506 2161
Queen Marys Hospital,
Frognal Av Sidcup ..... (020) 8302 2678
Queens Court Nursing Home,
52-74 Lower Queen's Rd Buckhurst Hl ..... (020) 8559 0620
FAX ..... (020) 8559 0315
Queens Road Medical Centre,
48 Queens Road E17 ..... (020) 8520 2625
Queen's Road Opticians,
55 Queen's Rd Buckhurst Hl ..... (020) 8504 5175
Queens Road Osteopathy,
48A Queens Rd Buckhurst Hl ..... (020) 8502 9244
Querky Cafe, Professional & Financial,
23 High Street London ..... (020) 8521 5765
Quest Auto Locksmith, Locksmiths, 24 Hour, Emergency Auto Locksmith,
Forest Rd London ..... (0845) 1647396
Quick Claims Management Ltd,The,
397 High Rd Woodford Gn ..... (020) 8559 1444
Quick Property Group,
88 Chelmsford Road London ..... (020) 7998 1980
Quickie Heel Bar, Shoe Rprs,
563 Cranbrook Rd Ilford ..... (020) 8551 3654
Quickil Pest Control Services,
25 Hawkwood Cres E4 ..... (020) 8559 4999
Quickpick (London) Ltd,
Quick Pick London ..... (020) 8556 7104
Quynhs Nails Beauty,
161 Hoe Street London ..... (020) 8509 0333
R A Marketing, Ltd,
Unit 2 Lennox Road E17 ..... (020) 8509 0021
R & B Engineering,
16 Highams Lodge Business Centre Blackhorse Lane
E17 ..... (020) 8523 4059
R B Services, Property Maintenance,
Enquiries ..... (0870) 6083223
R Chef Express, Ltd,
17, Grays Corner Ley Street Ilford ..... (020) 8554 1041
R.C.H.L,
Head Office 2 Caxton Pl Roden St Ilford ..... (020) 8477 1800
Homes
5 Blueberry Clo Woodford Gn ..... (020) 8559 7585
83 Glengall Road Woodford Green ..... (020) 8559 0797
R C M 1 Accounting Services,
Suite 11 Church Lane Chambers 11-12 Church Lane
E11 ..... (020) 8988 1941
R.C.T Construction, Ltd,
105 Station Road London ..... (020) 8559 3533
Or ..... (020) 8559 3133
R D Robins Upholsters, Ltd,
39B Church Hl Rd E17 ..... (020) 8520 5228
R G B Hi-Fi,
203 Ilford La Ilford ..... (020) 8924 7755
Or ..... (020) 8514 7965
R & G Wholesales, Ltd,
673 High Road Ilford ..... (020) 8598 1719
R J Bristow, & Sons,
109 Market Pavilion New Spitalfields Mkt Sherrin Rd
E10 ..... (020) 8539 9190
R & J Gas Appliances,
397 Hoe St E17 ..... (020) 8520 3466
Or ..... (020) 8521 6800
R K J Developments Partnership,
32 Kings Rd E4 ..... (020) 8524 4088
R K Property Investments, Ltd,
8-10 High Beech Road Loughton ..... (020) 8502 3406
R N R Promotions, Ltd,
221-223 Chingford Mount Road London ..... (020) 8529 6060
R & P Painting and Decoratiing,
30 Sedgwick Rd Leyton ..... (0800) 7810330
R & R Couriers, Ltd, Logistics,
124 Stocksfield Road Walthamstow ..... (0843) 8164936
R & R Lift, Co Ltd,The,
71A High Rd E18 ..... (020) 8518 8937
R S Chicken,
506 High Road Ilford ..... (020) 8599 1040
R S K Tyres And Wheels, Tyres & Wheels,
507 High Road Leytonstone Leytonstone London ..... (020) 8558 0012
R & S Lets, Ltd,
60 Goodmayes Rd Ilford ..... (020) 8597 4848
Raavi Security, Ltd,
207 Cranbrook Road Ilford ..... (020) 3302 2951
Raceway E London, Ltd,
76 Hainault Road Chigwell ..... (020) 8501 4237
Rachid Saidi,
34 Church Lane London ..... (020) 7998 9432
Rackham, E.G, & Co Ltd, Crpt Whslr,
6 Jubilee Av E4 ..... (020) 8531 9225
Rackhams, Ltd,
6 Jubilee Avenue E4 ..... (020) 8531 0426
Radiocoms Systems, Ltd,
Northwood Tower 71 Marlowe Rd E17 ..... (020) 8520 3173
Radley Electrical,
72 Forest Dv East E11 ..... (020) 8556 5253
Raffingers Stuart, Chrtd Acctnts,
Unity Trading Est Southend Rd Woodford Gn ..... (020) 8551 7200
Raghu Travels, Trvl Agcy,
258 High Street North E12 ..... (020) 8586 2323
Ragu Travels, Ltd,
19 Bergholt Av Ilford ..... (020) 8503 9836
Rahman Haworth, Llp,
698 Lea Bridge Road E10 ..... (020) 3602 4728
Rahman Haworth, Llp, Wholesale Retail,
698 Lea Bridge Road E10 ..... (020) 8539 0075
Rahman, Dr, Mustafizur,
17 Raymond Avenue E18 ..... (020) 8530 3103
Raihan Fabrics,
149 High Street London ..... (020) 3659 9393
Railway Bell,
87 George La E18 ..... (020) 8989 0229
Rainbow Fast Food,
60 Borders Lane Loughton ..... (020) 8508 6611
Rainbow Fast Food Ltd,
Borders Lane Loughton ..... (020) 8508 4612
Rainbow International Chigwell,
Unit T Pegasus Wks Roebuck Rd Ilford ..... (020) 8502 7727
Rainbow Service Station,
298 Forest Road Walthamstow London ..... (020) 8509 1942
Rainbows Europe, Ltd,
Golfe Ho Golfe Rd Ilford ..... (020) 8514 7774
Rainguard, Ltd, Flat Roofing,
Gen Enqs ..... (0800) 1690170
Raja, J, & Co,
962 Eastern Av Ilford ..... (020) 8590 4500
Rajah Barbers Uk Ltd,
20 Woodford Avenue Ilford ..... (020) 3643 3150
Rajah'S Punjabi Meat Corner,
781 High Road Ilford ..... (020) 3336 9373
Ram, Trvl & Est Agent,
713 Cranbrook Rd Ilford ..... (020) 8550 8788
Ram Jewellers,
Balfour Ho High Rd Ilford ..... (020) 8478 7801
Ram Travel & Estate Agents,
FAX 713 Cranbrook Rd Ilford ..... (020) 8550 6677
Ramondson Company Accountants Auditors,
1 Ickworth Park Road Walthamstow London ..... (020) 8509 0390
Ranc Care Homes, Ltd,
766 Eastern Av Ilford ..... (020) 8554 5600
FAX ..... (020) 8554 5944
Randstad Education,
Ilford
3a Cranbrook Ho 61 Cranbrook Rd ..... (020) 8478 2250
FAX ..... (020) 8553 3278
Randy'S Sauce, Co Ltd The,
Unit 44H Argall Avenue London ..... (020) 3651 4789
Ranelagh Motors, Mtr Repair,
1 Ranelagh Road E11 ..... (020) 8534 0430
Rang Mahal London, Ltd,
207 Ilford Lane Ilford ..... (020) 8514 4944
Range Pay International, Ltd,
310 Green La Ilford ..... (020) 8598 9997
Ranger D Motors, Mtr Reprs,Sales,
1A Rolls Pk Av E4 ..... (020) 8527 1996
Rapid Renault Repairs,
Unit 2 Brunner Rd E17 FAX ..... (020) 8520 7057
Rasco Enterprise, Ltd,
Springfield Farm Lippitts Hill Loughton ..... (020) 3876 7057
Rasmiia Hazel,
546a High Road Leytonstone London ..... (020) 3556 7027
Rasuls Food & Wine,
3 Jubilee Parade Snakes Lane Woodford Green ..... (020) 8502 9947
Rated Traders, Ltd,
64a Station Road E4 ..... (020) 3904 0890
Ratnanather, Dr, N,
5 Twentyman Close Woodford Green ..... (020) 8505 0323
Ravi Barbershop, Ltd,
394 High Street North E12 ..... (020) 3340 6492
Ray Lodge Tenant Management Organisation, Ltd,
Ray Lodge Rd Woodford Gn ..... (020) 8505 1932
Ray Park Cafe,

Ray Park Snakes Lane East Woodford Green ..... (020) 3652 0328
Rd Accountants, Acctnts,
Challenge Ho 57-59 Queens Rd Buckhurst Hl ..... (020) 8502 9000
RDS Plumbing & Heathing, Ltd,
Suite 1 Nelson Ho, 341 Lea Bridge Rd London ..... (0843) 5154826
Reaching Out East, Ltd,
58 Hall La E4 ..... (020) 8519 6369
Read Academy, Ltd, GH,
445-47 Ley Street Ilford ..... (020) 8554 9111
Real Taste, Ltd, Rstnt & Takeaway,
218 Redbridge La East Ilford ..... (020) 8551 5971
Rebecca Beauty, Hair & Beauty,
722 Eastern Ave Ilford ..... (020) 8554 8844
Rectory Lane Health Centre,
Reception ..... (020) 8272 4603
Reception FAX ..... (020) 8272 4690
District Nurse ..... (020) 8272 4630
Epping Forest Day Unit ..... (020) 8272 4646
FAX ..... (020) 8272 4646
Red Bridge Panjabi Fabhiacharik Sabha,
293-97 Ley Street Ilford ..... (020) 8478 4962
Red Camel,
552 High Road Leytonstone London ..... (020) 3663 6327
Red Chilliz,
18 Victoria Rd E17 ..... (020) 8527 9997
Red Electric Designs, Ltd,
Unit 10 York Ho 1 Langston Rd Loughton ..... (020) 8418 9059
Red Fashion House, Ltd,
Unit 95 Upper Level The Exchange High Road
Ilford ..... (020) 8911 6270
Red House The, Pblc Ho,
Redbridge La East Ilford ..... (020) 8550 6451
Red Liom,
640 High Road Leytonstone London ..... (020) 8988 2929
Red Onion Productions, Ltd,
26 Hatherley Mws E17 ..... (020) 8520 3975
Red Piri Piri, Ltd,
41 Cranbrook Road Ilford ..... (020) 8553 5222
Red Rose Property Services,
84 Queens Rd Buckhurst Hl ..... (020) 8504 3777
Redbridge Appliances, Ltd,
755 High Road Ilford ..... (020) 8590 4611
Redbridge Back Pain Clinic,
13 York Mews Ilford ..... (020) 8252 9292
Redbridge Builders Merchants, Ltd,
227 Clayhall Avenue Ilford ..... (020) 8550 5454
Redbridge Carers Support Services,
Unit 12 Clements Ct Clements La Ilford ..... (020) 8514 6251
Redbridge College,
4 Balfour Rd Ilford ..... (020) 8477 0200
Redbridge Community Housing,
2-4 Orchard Close E11 ..... (020) 8518 8262
Redbridge Disability Association,The,
98 Ilford La Ilford ..... (020) 8514 2565
Redbridge Diy Stores, Ltd,
6 Redbridge Lane East
High View Parade, Ilford, Essex ..... (020) 4631 8244
Redbridge Food Bank,
14 The Kings Centre Granville Road Ilford ..... (020) 8518 0056
Redbridge Garden Centre,
Roding Lane Nurseries Roding Lane North
Woodford Green ..... (020) 8550 9000
Redbridge Garden Centre, Ltd, Gdn Centres,
Roding Lane North Woodford Green ..... (0843) 5065535
Redbridge Gujarati Welfare Association,
Ilford Methodist Church Ilford Lane Ilford ..... (020) 8270 2303
Redbridge Institute of Adult Education,
Gaysham Avenue Ilford ..... (020) 8550 2398
REDBRIDGE LONDON BOROUGH OF,
Educational Enquiries
Adult Centres
Gearies Headquarters Gaysham Av Gants Hill ..... (020) 8550 2398
Wanstead House Community Centre 21 The Green Wanstead ..... (020) 8989 3693
Lifeline Enquiries ..... (020) 8553 5825
Social Services
Day Centres For Elderly People
Elderberries Day Centre Broadmead Rd Woodford Green ..... (020) 8504 2771
Family Day Centres
Link Place Personal Development Centre
Link Ho Bramston Clo
Ilford Physical & Sensory Disability ..... (020) 8501 2220
Homes For The Elderly
Hyleford
1 Boundary Clo Ilford ..... (020) 8590 5411
Redbridge Pct,
Forest Healthcare Trust Coleridge Road E17 ..... (020) 8521 1091
Redbridge Pct,
30 Coleridge Road E17 ..... (020) 8520 6063
Redbridge Pharmacy,
11 Redbridge Lane East Ilford ..... (020) 8550 9003
Redbridge Primary Care Trust,
30 Coleridge Road E17 ..... (020) 8520 2445
Redbridge Primary Care Trust,
Wanstead Hospital Hermon Hill E11 ..... (020) 8532 2711
Redbridge Radio Cars, Car Hire,Mini Cabs,
411 High Rd Woodford Green ..... (020) 8505 0000
4 Station App High St E11 ..... (020) 8989 5151
Kimberley House
172 Billet Rd E17 ..... (020) 8505 7776
Redbridge Station
Redbridge La East Ilford ..... (020) 8550 4444
Or ..... (020) 8551 0113
Or ..... (020) 8551 4444
Redbridge Radio Cars,
411 High Rd Woodford Green ..... (020) 8504 0860
Redbridge Radio Cars, Cab Serv,
4 Station App, High St Wanstead E11 ..... (020) 8530 1111
Redbridge Radio Cars, Mini Cab Office,
Hainault Underground Station New North Road
Ilford ..... (020) 8500 8588
Hainault Underground Stn New Nth Rd Ilford ..... (020) 8500 6960
Redbridge Radio Cars, Car Hire,Mini Cabs, Redbridge Radio Cars, Mini Cab Office,
Redbridge Radio Cars, Mini Cab Office,
Newbury Park Station Eastern Avenue Ilford ..... (020) 8554 3333
Redbridge Radio Cars, Taxi,
411 High Rd Woodford Gn ..... (020) 8505 3333
Redbridge Radio Cars, Taxi,
417 High Rd Woodford Gn ..... (020) 8504 1000
Redbridge Radio Cars, Taxi,
421 High Rd Woodford Gn ..... (020) 8505 0505
Redbridge Radio Cars, Mini Cab Office,
Unit 2 Redbridge Station Redbridge Lane East
Ilford ..... (020) 8550 8389
Redbridge Radio Cars, Mini Cab Off,
Unit 2 Redbridge Station Redbridge Lane East
Ilford ..... (020) 8551 1119
Redbridge Radio Cars, Taxi,
17 Wards Rd Ilford ..... (020) 8590 7000
Redbridge Radio Cars, Ltd, Mini Cab Office,
458-60 Cranbrook Road Ilford ..... (020) 8554 8117
Hainault Underground Stn New Nth Rd Ilford ..... (020) 8500 2659
Or ..... (020) 8500 5555
Redbridge Roofing,
36 Bute Road Ilford ..... (020) 8554 3707
Redbridge Sport Centre,
Forest Road Ilford ..... (020) 8498 1000
Redbridge Superstore, Ltd,
220 Redbridge Lane East Ilford ..... (020) 3161 8802
Redbridge Surgery,
49 Windermere Gardens Ilford ..... (020) 8551 1513
Redbridge Talking Newspaper Association,
Ilford ..... (020) 8518 2827
Redbridge Voluntary Service,
Forest Ho Clements Rd Ilford ..... (020) 8553 1004
FAX ..... (020) 8911 9128
Redeemed Church Of God,
49 Grange Pk Rd E10 ..... (020) 8558 0058
Redfort,
875 High Road Leytonstone E11 ..... (020) 8989 7666
Redspot Homecare Contracts, Ltd,
Newbury Ho Eastern Av Ilford ..... (020) 8510 1600
REED,
Reed Accountancy
Ilford 35 Cranbrook Rd ..... (020) 8911 0400
Reed Employment
Ilford 35 Cranbrook Rd ..... (020) 8514 3777
Rees Funiture & Beds, Ltd,
758-760 Romford Road E12 ..... (020) 8478 8213
Refrigeration Spares, Ltd,
31 Harrow Rd E11 ..... (020) 8555 1321
FAX ..... (020) 8519 8219
Refugee & Migrant Forum Of East London, Charity,
Cardinal Heenan Centre 326 High Road Ilford ..... (020) 8553 9851
Regal Dubai Investments, Ltd,
Waltham Parkway Billet Rd E17 ..... (020) 8527 6551
Or ..... (020) 8527 7010
Regal Homes & Gardens,
143-145 Station Road E4 ..... (020) 8529 0859
Regal Law Solicitors, Ltd,
46 Ilford La Ilford ..... (020) 8553 4420
Regal Stationery, (UK) Ltd,
50-54 Farnham Road Ilford ..... (020) 8586 1000
Regency International (GB), Limited,
Orion House, 104-106 Cranbrook Road
Ilford, Essex ..... (020) 8636 1678
Regent Home of Sewing,
FAX ..... (020) 8514 0699
Regent Tyres & Exhausts, Ltd,
1 Greengate Pde Horns Rd Ilford ..... (020) 8554 9375
REGISTRATION OF BIRTHS,DEATHS & MARRIAGES,
Births & Deaths
Sub-Districts
Barkingside ..... (020) 8478 3020
Redbridge 794 Cranbrook Rd Barkingside ..... (020) 8478 3020
Marriages (Superintendent Registrars) & Copies of Old B.D & M. Certificates
Districts
Barkingside ..... (020) 8478 3020
Redbridge 794 Cranbrook Rd Barkingside ..... (020) 8478 3020
Rei Pro Supplies, Ltd,
8 Walthamstow Business Centre Clifford Road E17 ..... (020) 3336 1938
Rekon Accounting, Ltd,
66 Rosedene Gardens Ilford ..... (020) 8550 2097
Relabond, Ltd, Elec Contrs,
Unit 35 Oakwood Hl Indust Est,Oakwood Hl
Loughton ..... (020) 8508 6080
Relaxation Place,The,
740a High road leytonstone E11 ..... (020) 8539 0001
Reliance Employment, Ltd,
630 Lea Bdge Rd E10 ..... (020) 8539 4411
Reliance Transport,
10 Bishops Clo E17 ..... (020) 8509 2727
Religious Science,
24 Beresford Road E4 ..... (020) 8529 8097
Remar Association, UK Ltd,
845 High Rd Leytonstone E11 ..... (020) 8556 9507
Removals, Removals,
Church Hill London ..... (0844) 3345779
Removals, Removals,
George Ln London ..... (0844) 3345780
Removals, Removals,
High Rd Leyton London ..... (0844) 3345772
Removals, Removals,
Manor Park Rd London ..... (0844) 3345774
Removals, Removals,
Station Rd Chingford, London ..... (0844) 3345783
Removals, Removals,
Wallwood Rd London ..... (0844) 3345773
Removals Cheap & Reliable, Removals Storage & Household,
816 High Rd Leyton ..... (0871) 4235773
Removals Cheap & Reliable, Removals Storage & Household,
205 Larkshall Rd London ..... (0871) 4235767
Renaissance Solicitors,
Renaissance Solicitors 413 Hoe Street E17 ..... (020) 8521 1100
Renault Ilford,
New Car Sales ..... (020) 8276 5040
Used Car Sales ..... (020) 8276 5050
Fleet Sales ..... (020) 8276 5070
Aftersales ..... (020) 8276 5070
Rentokil Pest Control,
The Sidings Hainault Rd Leytonstone ..... (0800) 3891076
Orbital Cntr Southend Rd Woodford Green ..... (0800) 3891076
Bournecourt Southend Rd Woodford Green ..... (0800) 3891076
Rep Installations, Ltd,
29 Oakwood Hill Industrial Estate Oakwood Hill
Loughton ..... (020) 8508 4877
Replica Food,
Uplands Bsns Pk Blackhorse La E17 ..... (020) 8523 3523
Replica Projects, Ltd,
Uplands Bsns Pk Blackhorse La E17 ..... (020) 8523 3523
Repose Studio,
179 Queens Road Buckhurst Hill ..... (020) 8559 0520
Reptile Ranch, Exotic Pet Shop,
113 Maybank Rd E18 ..... (020) 8505 2900
Resolve Care, Ltd,
13 Coventry Road Ilford ..... (020) 8500 0066
Resolve Immigration Consultancy,
Coventry Ho 1 Coventry Rd Ilford ..... (020) 8518 0054
Resource Management Associates, Ltd,
23 Grovewood Pl Woodford Gn ..... (020) 8504 7788
Restaurant, Rstnt,
98 Station Rd London ..... (020) 8529 8311
Restaurant Manor Park, Ltd,
815 Romford Road Manor Park London ..... (020) 3340 8135
Restaurants, Rstnts,
23a The Broadway Woodford Green ..... (020) 8504 1145
Restore,
Unit 10-12 Forest Trading Estate Priestley Way
E17 ..... (020) 8527 9261
Restore Community Centre,
68 The Broadway Loughton ..... (020) 8508 7247
Retail Locations,
30 The Broadway Woodford Green ..... (020) 8559 1944
Re-Verb Design, Ltd,
22 Addison Road E17 ..... (020) 8509 8566
Revival House Floor, Kitchs,
500 High Street North Manor Park London ..... (020) 8478 2626
Revive Beauty Clinic,
47 Atherton Rd Ilford ..... (020) 8551 2700
Rgb Hi Fi & Video,
121 Roding Rd Loughton ..... (020) 8508 3399
RGE Services, Ltd,
19 Roebuck Rd Hainault Busine Ss Pk Ilford ..... (020) 8559 8686
RGE Services, Ltd,
Planteria Gravel Lane Chigwell ..... (020) 8501 5488
Rhl Body Shop, Motor Repair,
149 Tilbury Rd E10 ..... (020) 8539 4676
Rhythmic Care, Uk Ltd, Care Servs,
2nd Floor Prudential Bldgs Cranbrook Rd Ilford ..... (020) 8553 2000
Rican Securities, Ltd,
Estate Ho High Rd Chigwell ..... (020) 8500 6171
Rice N Spice International, Ltd,
7 Redbridge Lane East Ilford ..... (020) 8551 9894
Rich Hair,
20 High Street Ilford ..... (020) 8550 4333
Richard Baker Harrison,
253 Cranbrook Rd Ilford ..... (020) 8554 0102
Richard Baker Harrison, Ltd, Chem,Min Distribs,
FAX ..... (020) 8554 9282
Richard John Clarke, Chartered Surveyors,
The Galleria Unit 1 180 George La E18 ..... (020) 8505 2065
Richards, Martin, Financial Management,
121 Longwood Gdns Ilford ..... (07071) 717272
Richardson-Hill, Ltd, Health & Safety Conslts,

23 Springfield Road E4 ..... (020) 8524 8396
Richmond Fellowship For Community Mental Health,The,
19 Mansfield Rd Ilford ..... (020) 8514 9650
Richway Property, Ltd,
188 Queens Road Buckhurst Hill ..... (020) 8505 8800
Ridgeway Hotel, Htl,
117 The Ridgeway E4 ..... (0872) 4365479
Ridgeway Hotel, Ltd,
115 The Ridgeway Chingford ..... (020) 8523 9258
117 The Ridgeway E4 ..... (0872) 4365353
Right Angle Windows, Ltd,
Unit 10 13 Argall Avenue London ..... (020) 3325 4702
Right Choice Mobility,
391 Larkshall Road E4 ..... (020) 8527 7487
Right Solutions, Ltd,
54 New Road Ilford ..... (020) 8597 3270
Rima Tandoori,
Ilford
14 Roding Lane Sth Ilford ..... (020) 8550 7981
Ring Back,
20 Bosgrove E4 ..... (020) 8529 9483
Rios Cafe, Coffee Shop Cafe,
294 Hoe Street Walthamstow London ..... (020) 3489 5282
Ritu Dhariwal, Ltd,
1St Floor Church Hill London Loughton ..... (020) 8508 4205
Riva Recruitment, Ltd,
41A St Georges Rd Leyton ..... (0845) 4569591
River Island,
Branches
Ilford Unit 42, The Exchange, Mid Level High Road
Ilford ..... (0844) 8269813
River Island, Ilford, Clothing Store,
Unit 42 The Exchange, High Road Ilford ..... (03448) 269813
River Island, Walthamstow, Clothing Store,
24 Selborne Walk Walthamstow ..... (03448) 472570
River Kwai Thai Massage 2,
518 Lea Bridge Road E10 ..... (020) 8558 6697
River Surgery,
16 Rous Road Buckhurst Hill ..... (020) 8504 7364
River Surgery,The,
FAX ..... (020) 8559 0269
Riverley Primary School,
Riverly Primary School 40 Park Road E10 ..... (020) 8558 4203
Riz Family Foods, UK Ltd,
804 Romford Road Manor Park London ..... (020) 3876 0790
Riz Khan Ltd Ta Woodland,
407 Hoe Street E17 ..... (020) 8520 2112
Riza Supermarket, Ltd,
75 Boundary Road E17 ..... (020) 8520 1007
Rizz Security Guards, Ltd,
195 Wood Street Walthamstow London ..... (020) 3410 9916
RJB Industrial Training Services, Ltd,
Unit 26 Uplands Bsns Pk,Blackhorse La E17 ..... (020) 8418 5672
RJK Security Systems,
9 Hatch La E4 ..... (020) 8529 7999
FAX ..... (020) 8529 7333
Rjs Fried Chicken, Takeaway,
980 Eastern Avenue Ilford ..... (020) 8598 2057
Rm Auto Centre, Ltd,
Marshfield Sewardstone Rd London ..... (020) 8529 8282
RMG Settings, Mobile,
11 Carrick Drive Barkingside ..... (07956) 308390
Rmr Recruitment, Ltd,
Beckett Ho Ilford Hl Ilford ..... (020) 8553 5119
RNID - for Deaf & Hard of Hearing People,
Unit 25 Bourne Ct Unity Trading Est, Southend Rd
Woodford Green ..... (020) 8551 7700
RNLI,
In EMERGENCY dial 999 and ask for "COASTGUARD"
Head Office & General Enquiries West Quay Rd Poole ... (0845) 1226999
Roadsure, Ltd, Ins,
14 Eastwood Cl E18 ..... (0872) 4365629
Rob Retail, Ret,
233 High Road South Woodford London ..... (020) 8504 0159
Robbins, Helen, Solrs,
6 Gainsborough Rd E11 ..... (020) 8558 0038
Robert Bell Salon,
7 Jubilee Parade Snakes Lane Woodford Green ..... (020) 8505 1642
Robert Clements, Ltd,
The Sidings Hainault Rd E11 ..... (020) 8556 6595
Robert, Gerrard, & Co,
144 Station Road E4 ..... (020) 8529 3333
Robert Lewis, Ltd,
2 Cheviot Way Ilford ..... (020) 8599 1300
ROBERT LEWIS (MARYLEBONE), Ltd,
5 Argall Av E10 ..... (020) 8539 0237
Roberts, E.J, Roofing Ltd,
33 Skeltons La E10 ..... (020) 8539 0077
FAX ..... (020) 8539 0099
Roberts Motorworks,
13 Mulberry Way South Woodford ..... (020) 8989 1829
Robin Bradley T/A R B Services,
Unit 1 The Acorn Centre Roebuck Road Hainault Business Park
Ilford ..... (020) 3225 3078
Robin Hood,The, Pblc Ho,
Robin Hood Htl Epping New Rd Loughton ..... (020) 8508 1104
Robins And Day,
Robins And Day Chingford Road North London ..... (020) 3489 3143
Robins And Day,
Robins And Day Chingford Road North London ..... (020) 8001 2741
Robins Pie & Mash,
14 High St Wanstead E11 ..... (020) 8989 1988
Robins Pie & Mash, Ltd,
Unit E10 Seedbed Centre Langston Road Loughton ..... (020) 8508 1513
Robinson Sterling, Chtrd Acctnts,
277 Ilford Lane Ilford ..... (020) 8478 4008
Robinson Sterling Chartered Accountants,
616D Green La Ilford ..... (020) 8598 4130
616D Green Lane Ilford ..... (020) 8590 5266
Robinson Sterling Chartered Accountants, Ltd,
616D Green Lane Ilford ..... (020) 8586 1789
Robinson Sterling Financial Planning, Ltd,
277 Ilford La Ilford ..... (020) 8477 1449
Robinson, W, & Sons, Pump & Pumping Eqpt Sales & Serv,
35 Fowler Rd Ilford ..... (020) 8559 6000
Roche Commercial Mortgages (Chingford), Commercial Mortgage Broker,
New Road Chingford, London ..... (0871) 2218146
Roche Commercial Mortgages (Leyton), Commercial Mortgage Broker,
High Road Leyton, London ..... (0871) 2218134
Roche Commercial Mortgages (Leytonstone), Commercial Mortgage Broker,
Hainault Road Leytonstone, London ..... (0871) 2218135
Roche Commercial Mortgages (Manor Park), Commercial Mortgage Broker,
High Street North Manor Park, London ..... (0871) 2218136
Roche Commercial Mortgages (South Woodford), Commercial Mortgage Broker,
Woodford Road South Woodford, London ..... (0871) 2218143
Roche Commercial Mortgages (Walthamstow), Commercial Mortgage Broker,
Hoe Street Walthamstow, London ..... (0871) 2218142
Rochem, Ltd,
214 Redbridge Lane East Ilford ..... (020) 8551 3741
Rock On Music, Ltd,
851 High Road Ilford ..... (020) 8599 6230
Rockdale Service Station, Petrol Stn,
142 Markhouse Rd E17 ..... (020) 8521 8907
Roding Valley High School,
Alderton Hl Loughton ..... (020) 8508 1173
Or ..... (020) 8532 0990
Roebuck Contractors,
271A High Rd Woodford Gn ..... (020) 3225 0000
Roffeys Residential Sales,
The Apex 31 Station Rd Loughton ..... (020) 8508 0101
Rogene,
2A Chadwick Rd Ilford ..... (020) 8514 8513
Rohan Foods, Ltd,
Unit 15 8 Argall Avenue E10 ..... (020) 8988 9788
Rohpharm, Ltd, Dispng Chemst,
149 Cranbrook Road Ilford ..... (020) 8514 3254
ROJ Coffee, Ltd,
24 Queens Road Buckhurst Hill ..... (020) 8504 0913
Rolamvale,
11 Forest Road Loughton ..... (020) 7998 0556
Rolamvale,
11 Forest Road Loughton ..... (020) 8502 5625
Role Recruitment,
Unit 3 James Yard Larkshall Road E4 ..... (020) 8527 2676
Roliam Road Services,
9 Oakwood Hill Industrial Estate, Oakwood Hill
Loughton ..... (020) 8508 6262
9 Oakwood Hill Industrial Estate Oakwood Hill
Loughton ..... (020) 8508 1234
Romain Coleman, & Co, Solrs,
185 Hoe St E17 ..... (020) 8520 4555
Romanian Grocers, Ltd,
1-6, Oakfield House Oakfield Road Ilford ..... (020) 8911 8313
Romford Glass, (London) Ltd,
E4 ..... (020) 8523 9133
Rona Ilford,
164 Cranbrook Road Ilford ..... (020) 8518 6913
Rona Partnership, Chrtd Survyrs,
225 Cranbrook Rd Ilford ..... (020) 8554 9511
RONALD BROWN GROUP OF OPTICIANS,
Practices
Leyton
Bakers Arm 583 Lea Bridge Rd E10 ..... (020) 8509 2467
Roofing Trade Services, Ltd, Rfg Servs,
Unit 9 Uplands Business Park Blackhorse Lane
E17 ..... (020) 8531 0639
Or ..... (020) 8531 1300
Or ..... (020) 8531 1400
Roof-Link Industrial Services, Ltd,
Brooklyn Lodge Mott St London ..... (0843) 5155572
Room In London, J,
699a High Rd Leyton E10 ..... (020) 8988 3664
Rooster Kebab UK, Ltd,
536 High Road Leytonstone Leytonstone ..... (020) 8556 6644
Rosalee Guest House,
25 Argyle Road Ilford ..... (020) 8478 2777
Rose Domestic Appliances,
411 Lea Bridge Road London ..... (020) 8539 2905
Rose Optometrists, Opthal Optcn,
583 Cranbrook Rd Ilford ..... (020) 8551 5353
Rosehill Cafe,
272 Higham Hl Rd E17 ..... (020) 8527 5074
Roselins, Ltd, Est Agt,
81 Station Rd E4 ..... (020) 8529 8700
Roselins, Ltd, Estate Agency,
81 Station Road E4 ..... (020) 8529 9922
Rosemount Flooring, Ltd, Flooring,
The Sidings Hainault Rd E11 ..... (020) 8988 0370
Rosemount Flooring, Ltd, Flooring,
Unit 11 The Sidings Hainault Road E11 ..... (020) 8539 9476
Rosenbloom & Simyab,
630 Eastern Avenue Ilford ..... (020) 8554 5691
Rosens,
620 High Rd E11 ..... (0800) 1699341
Rosen's Business Transfer Agents, (Fish Trade),
620 High Rd Leytonstone E11 ..... (020) 8539 6426
Or ..... (020) 8539 9662
Roshni Clasical Indian Takeaway,
160 Hermon Hl E18 ..... (020) 8530 3222
Rossi Cafe, Ltd,
209D High Road Loughton ..... (020) 8257 1458
Rossmore Hotel,
301 Cranbrook Rd Ilford ..... (020) 8554 3481
Roti Restaurant, Rstnt,
869 Lea Bridge Road Walthamstow London ..... (020) 8509 8777
Routine 2000, (UK) Ltd,
Unit 2 Lockwood Wy E17 ..... (020) 8527 2151
FAX ..... (020) 8503 3520
Rover Parts Centre, (The),
Roxwell Trdg Pk Argall Av E10 ..... (020) 8556 0803
Rowers Express, Ltd,
104 Ilford La Ilford ..... (020) 8478 6888
Royal Bank of Scotland, PLC,
Branches
Ilford
70 Cranbrook Rd ..... (020) 8553 3815
ROYAL BRITISH LEGION,THE,
Branches
Chingford 67 Hall La E4 ..... (020) 8529 2688
Royal Brittish Legion North East Met,The,
63 Hall Lane E4 ..... (020) 8529 1333
Royal Dock Financial Services,
2B Royal Victoria Pl E16 ..... (020) 8500 1255
Royal Epping Forest Golf Club,
Royal Epping Forest Golf Club Forest Approach
E4 ..... (020) 8529 2195
Royal Forest,The,
4 Rangers Rd E4 ..... (020) 8523 7246
Royal Oak, Pblc Ho,
Royal Oak P.H 219 Kings Head Hill E4 ..... (020) 8529 1492
Royal Ribs, Takeaway,
252b High Rd Loughton ..... (020) 8532 0283
Royal Scot Crystal, Ltd,
2 Westfield Loughton ..... (020) 8508 2435
Royal Society Of St. George,The,
10 Church Hl Loughton ..... (020) 3225 5011
R&R Couriers, Ltd, Logistics,
124 Stocksfield Road London ..... (0843) 8164656
RS Car Sales, Ltd,
83-85 Russell Road E10 ..... (020) 3795 0500
RS Worldwide, Htl Mngmt Servs,
121 Olympic Ho 28 Clements Rd Ilford ..... (020) 8478 8494
279 Ilford Lane Ilford ..... (020) 8911 9546
Rs Z & Z Store, Offlicence,
530 High St Nth E12 ..... (020) 8911 9173
Rsc Auto Experts Ltd,
104 Lea Bridge Road London ..... (020) 3731 4977
Rs&N Ltd,
757 High Road Leytonstone London ..... (020) 8637 4906
Rubyrose Healthcare,
Woodland Grange Care Home Rectory Lane Loughton .. (020) 8508 9220
Rugby House,
877 High Rd Leytonstone E11 ..... (020) 8518 8333
Rule One Productions, Ltd, Marketing Pr Advertising,
Unit 4 East 10 Enterprise Park Argall Way
London ..... (020) 8558 8110
Rupas Techniques Ltd,
523 Cranbrook Road Ilford ..... (020) 8518 0999
Ruperts, Furn Rprs,
33 Victoria Road E18 ..... (020) 8530 6229
Rushcroft School,
Rush Croft Sports College 57 Rushcroft Road E4 ..... (020) 8531 9231
Russells, Solrs,
119 Station Rd E4 ..... (020) 8529 5933
Rustic Shop Costan, Ltd,
281 High Road Leytonstone E11 ..... (020) 8555 9321
Ruttycom, Garage,
109 Railway Arches Lea Bridge Road E10 ..... (020) 8539 0576
Rvl,
Second Floor 210 Estate Way E10 ..... (020) 8558 3845
RyanCare Fostering,
5A Wellington Rd E11 ..... (020) 8989 4970
Ryancare Fostering, Ltd,
5A Wellington Road E11 ..... (020) 8989 0854
Rydal Group Practice,
375 High Rd Woodford Green ..... (020) 8504 6686
S A A M Logistics, Uk Ltd,
736-740 Romford Road Manor Park London ..... (020) 8553 0008
S & A Gregory, Ltd,
Lynwood Steeds Way Loughton ..... (020) 8508 2861
S & A Hairdressing, Ltd, Sal,
742 Romford Road E12 ..... (020) 8514 6450

S A Law Chambers,
Ilford
160 Cranbrook Rd Ilford ..... (020) 8554 0012
S B Accountancy,
23 Tudor Road E4 ..... (020) 8523 0727
S & B Food, Ltd,
116 High Street E17 ..... (020) 8520 8350
S.J.M. Alloys & Metals,
191a Princes Road Buckhurst Hill ..... (020) 8505 2210
S K Property Services,
Leyton
638 Lea Bdge Rd ..... (020) 8556 4222
S K S Double Glazing, Ltd,
Offices Rear Of 58 Ilford Lane Ilford ..... (020) 8514 5642
S M Khairul Islam,
Durham Place, 6 Eton Road Ilford ..... (020) 3490 4995
S N R Property, Co U K Ltd,
8 Parklands Chigwell ..... (020) 8471 8181
S Odedra, Food,
649 Romford Road E12 ..... (020) 8553 0894
S P L Drywall, Ltd,
34 Anne Way Ilford ..... (020) 3827 6208
S P Professionals,
UNIT 7 City Mews Ilford ..... (020) 3887 7328
S.P.T Software,
72 Dersingham Avenue London ..... (0870) 8147793
S.S Builders Merchants, Ltd,
40 Bickley Rd E10 ..... (020) 8539 0414
40 Bickley Road E10 ..... (020) 8558 7747
FAX 404 Hoe Street E17 ..... (020) 8521 4618
404 Hoe Street E17 ..... (020) 8520 4641
Or ..... (020) 8520 6525
S & S Investigations, Private Investigator,
230 High Street North ..... (0844) 8021574
S T Bennett, & Co,
Warwick Ho 116 Palmerston Rd Buckhurst Hl ..... (020) 8505 2941
SA Law Chambers,
S A Law Chambers (Solicitors Heraldic House 162 Cranbrook Road
Ilford ..... (020) 8518 4051
Saab,
Dealer Network
Chigwell (North City Saab)
177 High St Chigwell (Parts Dept,) ..... (020) 8500 3561
Saaki, Ltd,
20 Bakers Avenue E17 ..... (020) 8518 7078
Saar Takeaway, Ltd,
22 Hoe Street Walthamstow ..... (020) 3795 8577
Saay Tharn, Bistro,
Loughton
13 Forest Rd Loughton ..... (020) 8508 4423
Sabina Ilford, Hair Cosms,
106 High Road Ilford ..... (020) 3632 8255
Sabras,
400 High Street North London ..... (020) 8470 2007
Sac Structural Engineering,
Suite 202 344-48 High Road Ilford ..... (020) 3724 9557
Sackwild, D, & Associates, Dent Surgs,
16 Glebelands Avenue E18 ..... (020) 8989 1935
Saddlers,
9 The Shrubberies George Lane E18 ..... (020) 8989 2222
Saddlers Taxis,
Station App Loughton ..... (020) 8502 5555
Saddlers Taxis,
Chingford E4 ..... (020) 8524 7777
Saddlers, UK Ltd,
8 Yew Clo Buckhurst Hl ..... (020) 8505 1111
Sadlers Taxis,
Station App Loughton ..... (020) 8508 6600
Sadler's Taxi Service,
Loughton
Station Approach Loughton ..... (020) 8502 2322
Or ..... (020) 8508 0107
Saeed, I,
945b Romford Road London ..... (020) 8514 4599
Saeeds Fabrics,
96 High Street London ..... (020) 8509 1836
Safedale,
32 Queens Road Buckhurst Hill ..... (020) 8504 2162
Safestore Self Storage,
Ilford
778-784 High Rd Ilford ..... (020) 8503 8140
FAX ..... (020) 8503 8148
Saffron Accessories, Ltd,
197 Larkshall Road London ..... (020) 8522 7350
Saffron Supplies, Ltd, Clothing Wholesaler Ladies,
12 St. Marys Road Ilford, Essex ..... (0845) 5081598
SAFT Power Systems, Ltd,
Ilford
97-101 Peregrine Rd Ilford ..... (020) 8498 1177
Saghana Jewellers,
254 High Street North Manor Park ..... (020) 8586 5861
Sahara For Life,
211 Forest Rd E17 ..... (020) 8523 1115
Sahara Homes,
477-81 Cranbrook Road Ilford ..... (020) 8554 2057
Saho Financial Services, Financial Services,
232 High Street North E12 ..... (020) 8470 4444
Sahra Homes,
477-81 Cranbrook Road Ilford ..... (020) 8518 6091
Sahu & Mughal, Drs, U.N & R,
Ilford
63 Ethelbert Gdns Ilford ..... (020) 8550 7944
Sai Nursery, Ltd,
208 Clayhall Avenue Ilford ..... (020) 8551 2577
Sainsburys, J, plc,
Stores
Barkingside 92 Tanner's La Barkingside ..... (020) 8551 0921
Chingford 13 Hall La E4 ..... (020) 8529 1204
Ilford
Ilford Lane Ilford ..... (020) 8553 0145
Newbury Park Chase Lane Newbury Pk ..... (020) 8551 6333
Loughton
Old Station Rd Loughton ..... (020) 8508 6681
12 Torrington Dv Debden ..... (020) 8508 3122
Low Hall Chingford Walthamstow Av E4 ..... (020) 8523 2617
South Woodford 176 George La E18 ..... (020) 8989 8224
Walthamstow 112 High St E17 (General Enquiries) ..... (020) 8521 6113
Sainsburys Supermarket,
Sainsburys Supermarket King George Avenue
Ilford ..... (020) 8550 4005
Saint,
See also Saints listed after St.
St. Aidan's Catholic Primary Academy,
Benton Road Ilford ..... (020) 8590 5223
St. Andrews, Church Hall,
The Drive Ilford ..... (020) 8554 9721
St. Aubyn's School,
Woodford Green
Woodford New Rd Woodford Gn (Sports Centre) ..... (020) 8559 0676
St. Cedd'S Catholic Club, Ltd,
2 Blythswood Road Essex ..... (020) 8597 8191
St. Cedd's RC Church,
Goodmayes 4 Blythswood Rd Ilford (Presbytery) ..... (020) 8590 9026
St. Eleftherios Greek Orthodox Church,
Ruckholt Road E10 ..... (020) 8539 1425
St. Engineering,
366 Horns Road Ilford ..... (020) 8551 1516
St. Francis' Hospice,
Shops
Ilford 127-129 High St Ilford ..... (020) 8550 6100
St. Francis Residentail Care Home,
65 Falmouth Av E4 ..... (020) 8527 3072
St. Gabriels Church & Family Centre,
Havant Rd E17 ..... (020) 8503 7505
St. Ives Lodge,
25-29 The Drive E4 ..... (020) 8529 7952
St. James Cars,
28 St. James's St E17 ..... (020) 8520 1177
St. James cars,
28 St. James's St E17 ..... (020) 8521 7777
St. James Practice,The,
47 St. James's St E17 ..... (020) 3233 0870
St. James Street Limited, Ltd,
18-20 St. James's Street E17 ..... (020) 8520 6004
St. James United Reformed Church,
Palmerston Road Buckhurst Hill ..... (020) 8505 0300
St. John Fisher Catholic Primary School,
Loughton
Burney Dv ..... (020) 8508 6315
St.John's Lodge Management, Ltd,
St. Johns Lodge St. Johns Road Loughton ..... (020) 8508 6256
St. John's RC Special School,
Woodford Bridge Turpin's Lane Woodford Bdge ..... (020) 8504 1818
St. Joseph's Catholic Infants School,
St. Joseph's R C Infants School 1 Marsh Lane
E10 ..... (020) 8539 3000
St. Lukes Care Home,
330 Ilford Lane Ilford ..... (020) 8553 5395
St. Lukes Church,
St. Lukes Church Hall Baxter Rd Ilford ..... (020) 8553 7606
St. Mary'S Church,
St Marys Vicarage High Road Chigwell ..... (020) 8559 9574
St. Marys Church House, (Warden),
St. Marys Church Ho Orford Rd E17 ..... (020) 8521 5361
St. Mary's C Of E Primary School,
1 Brooke Rd E17 ..... (020) 8521 1066
St. Marys Welcome Centre,
8 Church End E17 ..... (020) 8520 1430
St. Patrick's Catholic Cemetery,
St. Patrick's Rc Cemetery Lodge 57 Langthorne Road
E11 ..... (020) 8539 2451
St. Patrick's Catholic Primary School,
1 Longfield Avenue E17 ..... (020) 8509 4300
St. Pauls Goodmayes Parish Church,
20 Eastwood Road Ilford ..... (020) 8590 6596
St. Saviours C Of E Primary School,
33 Verulam Avenue E17 ..... (020) 8520 2739
St. Saviours Primary School,
33 Verulam Avenue E17 ..... (020) 8520 0612
Saints,
See also Saint listed before St.
Sai-Pac, (UK) Ltd, Packing,Polythene Bags,
Ilford
South Pk Bsns Cntr 310 Green La ..... (020) 8590 4563
Saji Property Services, Ltd,
10-12 Argyle Road Ilford ..... (020) 3078 9338
Sajid Food Store, Convience Store Btchr,
704 High Road Leyton Leyton London ..... (020) 3208 0012
Saki Soft, Ltd, Beverage,
Unit 16 Bourne Court Southend Road
Woodford Green ..... (020) 8550 0111
Sakura Hot Food And Buns,
160 Hermon Hill London ..... (020) 8617 3030
Salamis Restaurant,
402A Cranbrook Road Ilford ..... (020) 8554 0900
Or ..... (020) 8554 8233
Or ..... (020) 8554 8579
Saleem Optical, Ltd, Opticians,
7 Palace Parade High Street E17 ..... (020) 8520 5535
Salennix, Ltd,
18 Southview Crescent Ilford ..... (020) 8518 1155
Salim Caterers,
90 Palmerston Rd E17 ..... (020) 8509 2555
Salim Caterers, Ltd,
528 High Road Ilford ..... (01708) 452917
Salim Caterers, Ltd,
528 High Road Ilford ..... (020) 8599 7366
Sali's Lounge, Ltd,
19 Winchester Road Chingford London ..... (020) 3795 7463
Sally Hair & Beauty Supplies, Ltd,
Branches
Ilford 537 Cranbrook Rd Ilford ..... (020) 8554 1210
Salmon Brothers Plumbing,
209 Ashburton Avenue Ilford ..... (020) 3151 2575
Salon 182, Ltd,
182 High Road Loughton ..... (020) 8502 4212
Salon At 74, Ltd,
74 Beulah Road E17 ..... (020) 8279 2667
Salon Connections,
157 High St Barkingside ..... (020) 8418 2490
Salon, Ltd, Salon,
561 High Road Leytonstone Leytonstone London ..... (020) 7041 8897
Salon Services, Ltd,
Unit A2 Seedbed Centre Langston Road Loughton ..... (020) 8502 2009
Salters Garage, Master,
Unit D 224 Billet Road Walthamstow London ..... (020) 8527 5067
Salvation Army,
Local Corps & Community Centres
Ilford Corps
15 Clements Rd ..... (020) 8478 2961
Walthamstow
Charity Shop 434 Forrest Rd E17 ..... (020) 8521 4980
Salvation Army Charity Shop,
208 High Road Ilford ..... (020) 8478 8015
Salvation Army Walthamstow,The,
2 Rodney Place E17 ..... (020) 8531 3264
Salvation Army Walthamstow,The, The Salvation Army Walthamstow,
434 Forest Road E17 ..... (020) 8521 3029
Salvation Army Woodford Corps,The,
58 Cranbourne Avenue E11 ..... (020) 8989 8569
Salway Cookhouse,
172 High Road Woodford Green ..... (020) 8559 2122
Salway Evangelical Church,
Salway Hall Forest Approach Woodford Green ..... (020) 8505 9619
Sam Auto Electric,
317 High St Nth E12 ..... (020) 8470 0846
Sam Travel And Tours,
714 Romford Road London ..... (020) 4501 1305
Sam Travel Centres,
Main 803 Romford Rd E12 ..... (020) 8478 8911
805 Romford Rd E12 ..... (020) 8553 3433
FAX ..... (020) 8553 4374
Samaritans Purse,
Victoria House Victoria Road Buckhurst Hill ..... (020) 8559 1180
Samaritan's Purse International,
Buckhurst Hill
Victoria Ho Victoria Rd Buckhurst Hl ..... (020) 8559 2044
Victoria House Victoria Rd Buckhurst Hl ..... (020) 8504 6843
Samcon Technologies, Ltd,
67 Chingford Mount Road E4 ..... (020) 8523 0698
Same Day Office Space,
Ilford
Olympic Ho 28 Clements Rd Ilford ..... (020) 8514 4965
Samia Hussain,
52 Queens Road London ..... (020) 8503 7143
Sam's Accounting Services, Ltd,
Walthamstow
92 Forest Rd E17 ..... (020) 8509 8484
FAX ..... (020) 8509 8282
Sam's Fish & Chips,
15 Station Rd E4 ..... (020) 8523 9394
Sams Solutions, Ltd,
960 Eastern Avenue Ilford ..... (020) 3345 6805
Samsco Global, Mr, M.M.Ahmed, Technology,
661 High Road Ilford ..... (020) 8599 9966
Samuel, H, Ltd, Wtchmkr & Jwlr,
Ilford The Exchange High Road ..... (020) 8514 5098
Sana Mechanical & Electrical, Ltd,
Unit 37 Selborne Walk E17 ..... (020) 8520 5016
Sande Housing,
23 Cambrian Road London ..... (020) 7018 8730
Sandra Davidson, Est Agts,
Seven Kings
353 Green La Ilford ..... (020) 8597 7372
FAX ..... (020) 8983 8979
Sandra Davidson Estate Agents, Ltd,
10 Roding Lane South Ilford ..... (020) 8550 2671

Or ..... (020) 8551 7111
Sandringham Commercials, Ltd,
Woodford Green
51 Hillside Avenue ..... (020) 8505 1683
Sanghera Fashion Fabrics,
60-62 QUEENS ROAD LONDON ..... (020) 8520 1628
Sanjana Textile, Ltd,
287 High Street North London ..... (020) 8471 1133
Branches
Barkingside 99 High St ..... (0800) 0304321
Chingford 50 Old St ..... (0800) 0304321
Debden 65 The Bdwy Loughton ..... (0800) 0304321
Ilford 88 High Rd ..... (0800) 0304321
Ilford 144 High Rd ..... (0800) 0304321
Leytonstone 662 High Rd E11 ..... (0800) 0304321
Loughton 253 High Rd ..... (0800) 0304321
North Chingford 39 Station Rd E4 ..... (0800) 0304321
South Chingford 35 Old Church Rd E4 ..... (0800) 0304321
Walthamstow 207 High St E17 ..... (0800) 0304321
Wanstead 74 High St E11 ..... (0800) 0304321
Santander, Sarahkiki, (London) Ltd,
Sarahkiki, (London) Ltd,
30a Woodstock Gardens Ilford ..... (020) 3302 8620
Saravana Bhavan, Indian Rstnt,
300 High Street North London ..... (020) 8552 4677
Sarduzzo, Ltd,
9 Forest Road, Market Parade E17 ..... (020) 3976 0699
Sarwar Trading Ltd,
7 Queens Road Buckhurst Hill ..... (020) 3774 9385
SAS Consultancy, Accountancy,
220 Wards Road Ilford ..... (020) 8518 0888
Satedoc 2, Electnc Splrs,
773 Romford Rd E12 ..... (020) 8553 3222
Satha, Solrs,
378 High St Nth E12 ..... (020) 8471 9484
Sathguru, Plmbrs Elec Mrcnts,
114 Aldborough Rd Sth Ilford ..... (020) 8590 0451
Or ..... (020) 8590 0718
Sathguru, Plmbrs,
110-12 Aldborough Road South Ilford ..... (020) 3581 7340
Satsang Sweets Mart, Sweet Shop,
149 Ley Street Ilford ..... (020) 8514 8288
Satt Caterers Ltd,
6 Connaught Road Ilford ..... (020) 8478 6000
Saunier Duval Specialists,
799 Romford Road London ..... (0843) 5156991
Savills, (L&P) Ltd, Est Agts & Survyrs,
Branches
Loughton
The Triangle Smarts La ..... (020) 8498 6600
FAX ..... (020) 8498 6666
Saxons Direct,
2 Valley Side Parade E4 ..... (020) 8524 7549
Sbk Tuition,
203 Redbridge Lane East Ilford ..... (020) 8551 6432
Sc Andrews,
17 Ethelbert Gardens Ilford ..... (020) 3673 0279
Or ..... (020) 3673 0280
Scarborough Garage,
2A Scarborough Rd E11 ..... (020) 8539 2662
2A Scarborough Road E11 ..... (020) 8558 0999
Scher & Ward, Optcns,
278 High Rd Loughton ..... (020) 8508 5852
Schools,
London Borough of Redbridge
255-259 High Road Ilford ..... (020) 8478 1554
Primary
Aldersbrook Ingatestone Rd E12 ..... (020) 8989 0210
Christchurch Wellesley Rd Ilford ..... (020) 8478 5560
Churchfields School (South Woodford)
(Infants) Churchfields E18 ..... (020) 8505 0386
(Junior) Churchfields E18 ..... (020) 8504 4650
(Nursery) Churchfields E18 ..... (020) 8505 5273
Downshall Meads La Ilford (Junior) ..... (020) 8590 2157
Fairlop Colvin Gdns Hainault ..... (020) 8500 3857
Farnham Green Primary Farnham Rd Seven Kings ..... (020) 8599 1206
Fullwood 21-24 Burford Close Ilford ..... (020) 8551 3288
Gearies Gaysham Av Ilford (Infants) ..... (020) 8550 1803
Gearies Gaysham Av Ilford (Junior) ..... (020) 8550 4755
Gilbert Colvin Strafford Av Ilford ..... (020) 8550 4630
Gordon Golfe Road Ilford (Infants) ..... (020) 8478 2977
Highlands Highlands Gdns Cranbrook (Junior) ..... (020) 8554 0044
John Branston Newcastle Av Hainault ..... (020) 8500 4640
Manford Inf School Manford Wy Chigwell ..... (020) 8500 2143
Mayes Park Primary Goodmayes Lane Ilford ..... (020) 8599 2263
Mossford Green Fairlop Road Ilford ..... (020) 8550 1602
Nightingale Ashbourne Av E18 ..... (020) 8989 9987
Parkhill Lord Avenue Ilford (Infants) ..... (020) 8550 1730
Redbridge College Gardens Ilford (Junior) ..... (020) 8551 7429
Roding Primary School Roding Lane North Woodford Green. (020) 8504 3706
St. Anthony's Catholic Mornington Rd Woodford Gn ..... (020) 8504 4706
St. Augustines Catholic Loudoun Avenue Ilford ..... (020) 8554 3453
St. Peter's & St. Paul's Catholic Gordon Rd Ilford ..... (020) 8478 1267
Uphall Primary School Uphall Rd Ilford ..... (020) 8478 2993
Woodlands Loxford La Ilford (Junior) ..... (020) 8478 4612
Secondary
Canon Palmer High R.C Aldborough Road South Ilford .. (020) 8590 3808
Hainault Forest High Harbourer Rd Ilford ..... (020) 8500 4266
Ilford County High for Boys Fremantle Rd Ilford ..... (020) 8551 6496
Ilford Ursuline High School Morland Rd Ilford ..... (020) 8554 1995
Loxford High Loxford La Ilford ..... (020) 8514 4666
Loxford High Loxford La Ilford (FAX) ..... (020) 8514 6257
Oaks Park High 45 Oaks La Ilford ..... (020) 8590 2245
Trinity Catholic High (Lower) Sydney Rd Woodford Green ..... (020) 8504 8946
Trinity Catholic High (Upper) Mornington Rd Woodford Green ..... (020) 8504 3419
Wanstead High Redbridge La West E11 ..... (020) 8989 2791
Woodbridge High St. Barnabas Rd Woodford Green ..... (020) 8504 9618
Woodford County High for Girls High Rd Woodford Green .... (020) 8504 0611
Special
Hatton Roding La Sth Woodford Green ..... (020) 8551 4131
Newbridge 258 Barley La Ilford ..... (020) 8599 1768
New Rush Hall Fencepiece Road Ilford ..... (020) 8501 3951
Newbury Park Perrymans Fm Rd Ilford ..... (020) 8518 2423
Schools Marketing Company,
Science of Mind,
24 Beresford Road E4 ..... (020) 8529 8097
Scientists Lab, The,
Unit 5 Bourne Court Unity Trading Estate Southend Road
Woodford Green ..... (020) 8551 2777
Scissors & Blades,
234 Chingford Mount Road Chingford London ..... (020) 7041 6272
Scope,
Scope Residential Unit
Woodford Court 6 Snakes Lane West Woodford Green. (020) 8502 9502
Scope Shops
Barkingside 151 High St ..... (020) 8550 3765
Walthamstow 210 High St E17 ..... (020) 8520 5273
Scorpio Furniture, Ret Furn,
847 Romford Road E12 ..... (020) 8553 3688
Scott, & Sons Ltd,
Unit 8, 97 Peregrine Rd, Hainault Business Pk
Ilford ..... (020) 8500 4736
Scotts Removals,
55 Hall La E4 ..... (020) 8529 1559
15-16 Hickman Av London ..... (0843) 5156867
Scottys Tyres, Car Tyre,
1 Market Parade ,Forest Road Walthamstow London ... (020) 8523 4567
SCOUT ASSOCIATION,
All General Enquiries Gilwell Pk E4 ..... (0845) 3001818
Scout Association Burton,
All General Enquiries Gilwell Pk E4 ..... (0845) 3001818
SCOUT ASSOCIATION, County of Birmingham,The,
All General Enquiries Gilwell Pk E4 ..... (0845) 3001818
Scout Association, (Durham County),
All General Enquiries Gilwell Pk E4 ..... (0845) 3001818
Scout Association For Gloucestershire,
All General Enquiries Gilwell Pk E4 ..... (0845) 3001818
Scout Association-Hampshire,
All General Enquiries Gilwell Pk E4 ..... (0845) 3001818
SCOUT ASSOCIATION,THE,
All General Enquiries E4 ..... (0845) 3001818
All General Enquiries Gilwell Pk E4 ..... (0845) 3001818
Gilwell Park E4 (Admin) ..... (020) 8524 5246
Scout Association,The,
All General Enquiries Gilwell Pk E4 ..... (0845) 3001818
Scout Association,The,
Gilwell Pk E4 ..... (0845) 3001818
Scouts,The,
The Scout Association Gilwell Park E4 ..... (020) 8524 7793
Scrivens Opticians,
262 High Road Leyton E10 ..... (020) 8558 4724
13 Old Church Rd E4 ..... (020) 8529 8998
ScrutinEyes Detectives, Private Detective,
414 Hoe Street Walthamstow ..... (0843) 5121699
Scylla Select, Ltd,
697 High Road Leyton Leyton ..... (020) 3161 0590
Sea Fish,
107 Manor Road London ..... (020) 8109 7069
Seal Equipment Autos, Ltd,
214 New North Rd Ilford ..... (020) 8500 5709
214 New North Road Ilford ..... (020) 8500 9516
Sean Corr Joinery Limited,
Unit 7 Roebuck Trading Estate Roebuck Road Hainault Business Park
Ilford ..... (020) 8500 7300
Search A Mortgage, Ltd, Mortgage Advisor,
164 Hoe Street London ..... (0871) 7891112
Search Enquiries "Talk to the Web", Directory enquiry service for websites,
10 Forest Wy Woodfordgreen ..... (0906) 3495000
Secom, Plc,
Ash Lodge 48 Peregrine Road Ilford ..... (020) 8498 1800
Second Nature, Organic Foods,
78 Wood St E17 ..... (020) 8520 7995
Secret Garden Costan, Ltd,The,
184 High Road Leytonstone E11 ..... (020) 4568 8175
Secret Salon, The, Professional & Financial,
Unit C Rear Of 112 Station Road Chingford ..... (020) 3583 4377
Seeded1, Ltd,
7 Oakfield Works 74 Oakfield Road London ..... (020) 3062 3297
Seeleys, Chrtd Survyrs,
Regency Ho Kings Pl Buckhurst Hl ..... (020) 8505 5881
Selco The Builders' Warehouse,
Walthamstow Selco Trade Centre Walthamstow Av E4. (020) 8501 8700
Select Enterprises, (South East) Ltd,
Crown House 227 Aldborough Road South Ilford ..... (020) 8597 0050
Select Estate & Lettings,
288 High St Nth E12 ..... (020) 8470 1500
Select Intensive Driving Courses, Ltd, Intense Driving Course,
44 Darnley Rd Woodford Green, Essex ..... (03455) 050321
Select Right Properties, Ltd,
25 Goodmayes Road Ilford ..... (020) 8599 6000
Selwyn School,
102 Cavendish Rd E4 ..... (020) 8527 3814
Senator Dry Cleaners,
843 High Rd Ilford ..... (020) 8590 0113
Sennik, Ltd,
20 New Forest Lane Chigwell ..... (020) 8505 2817
SENSE,The National Deaf-Blind & Rubella, Association,
Charity Shops
239A High Rd Loughton ..... (020) 8508 3055
585 Lea Bdge Rd E10 ..... (020) 8521 5077
Senthuran Thirunavukkarasu, Wines Shop,
636 Chigwell Rd Woodford Green ..... (020) 8505 1629
Sentinel Group Security, Ltd,
Cranbrook Ho Cranbrook Rd Ilford ..... (020) 8514 2520
Sentor Trading, Ltd,
406 Green Lane Ilford ..... (020) 8598 1861
Serdar's Barbers,
682 Chigwell Road Woodford Green ..... (020) 8504 0688
Serene's Fish & Chips,
27 Woodford Avenue Ilford ..... (020) 8551 5655
Servebrook, Chemst,
36 The Broadway Loughton ..... (020) 8502 1915
Service Offset Supplies, Ltd,
Oakwood Hl Indust Est Oakwood Hl Loughton ..... (020) 8502 4291
Service Spares,
177 Francis Rd E10 ..... (020) 8558 9100
Set Market, Ltd, Grcr,
745 Eastern Av Ilford ..... (020) 8599 3279
Setex Global Sourcing, Ltd,
Suite 1 First Floor 9 The Shrubberies E18 ..... (020) 4541 1973
Seven Kings Cars,
614 High Rd Ilford ..... (020) 8590 0132
Seven Kings Mini Cars,
614 High Rd Ilford ..... (020) 8590 9990
Or ..... (020) 8599 2814
Seven Kings Muslim Education Trust,
645 High Rd Ilford ..... (020) 8590 6130
Sevendec Consulting, Ltd,
13 Southview Crescent Ilford ..... (020) 8554 8881
Sevenex Stores Ltd,
15 New Road Ilford ..... (020) 8597 6054
Sevenoaks Sound & Vision, Ltd,
7A-9a Goldings Hill Loughton ..... (020) 8532 0770
Sevens Market, Convenience,
34 Kings Road E4 ..... (020) 8529 0026
Sew Clean Drycleaning,
7 Lower Road Loughton ..... (020) 3605 1370
Sewardstone Land, Ltd,
Unit 5 Netherhouse Farm Sewardstone Road London ... (020) 3325 6751
Sexton, B.J, & Co, Cert Acctnts,
2 Shrubberies E18 ..... (020) 8532 9205
Sf Preston, Chrpdst,
156 Hermon Hl E18 ..... (020) 8989 5876
Shades,
54 Larkshall Rd E4 ..... (020) 8524 8439
Or ..... (020) 8524 8658
Shades Colour Centre, Discount Paint,Wallpaper,
678 Chigwell Rd Woodford Gn ..... (020) 8504 8098
Or ..... (020) 8505 4419
Shah Exclusive,
675 High Road Ilford ..... (020) 8590 0000
Shah, H, Bargain Bed Centre,
Bargain Bed Centre 3-5 Market Parade Forest Road
London ..... (020) 8523 2319
Shah, J.K, Ltd, Accounting Servs,
572-574 Romford Road London ..... (020) 8553 2436
Shah, M.H, Dent Surg,
161 Ilford La Ilford ..... (020) 8478 1050
Shahlab Baig, Survivor,
401 Ilford Lane Ilford ..... (020) 8514 3720
Or ..... (020) 8553 2231
Shahsons UK, Law Firm,
Unit 3 Imperial Chambers 10-17 Seven Ways Parade Woodford Avenue
Ilford ..... (020) 8551 3333
Shahzad Halal Butcher, Btchr,
146 Richmond Road Ilford ..... (020) 8911 8550
Shahzadi Sweet Corner & Po,
406 High Street North London ..... (020) 3302 2700
Shahzad's Solicitors & Estate Agents,
271 Hoe St E17 ..... (020) 8503 7979
Shake Town,
240-242 High Road Leyton London ..... (020) 3691 4785
Shalom Bakery,
35 Park View Gardens Woodford Avenue Ilford ..... (020) 8551 5503
Shami Furniture,
334 Hoe Street London ..... (020) 7018 1130
Shamsuddin,
Shanks East London,
Refuse Transfer Depot Chigwell Road
Woodford Green ..... (020) 8504 5808
Shanti Healthcare, Ltd,
75 Harold Road E11 ..... (020) 8556 4037

Shapla Kitchen, Takeaway,
Flat Above Shop 15 Winchester Road E4 (020) 8523 2164
Sharer Chapman Investments, Ins,
31 Sewardstone Rd E4 (0872) 4365622
Sharer Chapman Investments, Ltd, Insurance Providers,
31 Sewardstone Road Chingford (0843) 8163497
Sharma Law Solicitors,
531 High Rd Ilford (020) 8478 2500
Sharma, Dr, P.C,
13 Langthorne Rd E11 (020) 8539 7769
Sharman Detectives, Private Investigator,
2 Cann Hall Road Leytonstone (0844) 8500532
Sharods, Ltd,
3 High Street Barkingside (020) 8551 5550
Sharpen Up By Martin, Hrdrsrs,
229 Clayhall Av Ilford (020) 8550 4272
Or (020) 8550 5655
Shaw, A,
29 Station Road E4 (020) 8529 3174
Shaw & Associates,
20 Lancing Road Ilford (020) 8518 5900
Shaw-Lloyd, & Co,
91 De Vere Gardens Ilford (020) 8518 2662
Shcomms Ltd,
207 Ley Street Ilford (020) 3489 6656
Sheeley & Associates,
36 Church Hl Loughton (020) 8508 2001
Sheikh Halal, Ltd,
8 High Street Barkingside (020) 8551 5411
Shekinah, UK Ltd,
440 Cranbrook Rd Ilford (020) 8518 2818
Shelly'S,
Unit 2-3 Village Arcade Station Road London (020) 8501 7445
Sheltransrem, Ltd,
15 Hickman Av E4 (020) 8527 1633
Shenz Boutique, Fash Boutique,
39 Old Church Road Chingford London (020) 8524 5303
Sherico Care Services, Ltd,
2 Balmoral Rd E10 (020) 8518 7896
Sheridans Removals,
25 Crofton Grove E4 (020) 8529 7087
Shernhall Pre-School,
Church Hall 136 Shernhall Street E17 (020) 8520 6756
Sherrard Solicitors,
31B Green La Ilford (020) 8514 5064
Sherrygreen,
James Yd Larkshall Rd E4 (020) 8523 1060
Sherrygreen, Ltd,
Wentworth House 350 Eastern Avenue Ilford (020) 8554 3361
Shesha Dera, Ltd,
9 Claybury Broadway Ilford (020) 3859 0889
Shield Double Glazing, Ltd,
Unit 3 Gilbert House 406 Roding Lane South
Woodford Green (020) 8550 2929
Shikha Indian Take Away,
164 Queens Road Buckhurst Hill (020) 8559 1050
Shirins Tandoori,
712 Romford Rd E12 (020) 8514 7381
Shirin's Tandoori, Wholesale Retail,
712 Romford Road E12 (020) 8553 0619
Shirin'S Tandoori,
712 Romford Road London (020) 3737 0288
Shoe Zone,
121 High Road Ilford (020) 8911 8570
Shomadan, Ltd,
672 Romford Road Manor Park London (020) 3089 4452
Shop, Shop,
410 Green Lane Ilford (020) 8590 9487
Shop, Shop,
249 High Road South Woodford London (020) 8504 4303
Shop, Aj,
409 Ley Street Ilford (020) 8518 1771
Shopitem Ltd T/A Gioberti Restaurant,
117B High St Wanstead E11 (020) 8989 9989
Shree Mathji Sanatan, Hindu Temple,
159 Whipps X Rd E11 (020) 8989 7539
159 Whipps Cross Road E11 (020) 8989 2034
Shree Sanatan Dharm Mandal Ilford,
3-9 Norman Road Ilford (020) 8514 4781
Shri Guru Ravidass Sabha Newham-London,
28 London (020) 8478 1530
Shrub & Tub, Plant Habitat,
Chigwell Underground Station High Road Chigwell (020) 8559 8595
FAX (020) 8559 9199
Shumailas Hair & Beauty,
6 Beehive Lane Ilford (020) 8518 2300
Shuropody, Ltd,
Upper Level The Exchange High Rd Ilford (020) 8514 8736
Si5 Spymissions, Ltd,
65 Fulbourne Road London (020) 3583 8870
Sidco, Ltd, Ro,
97 Cann Hall Road E11 (020) 8534 7312
SIETECH HEARING AID CENTRE,
247 High Rd Ilford (020) 8478 6043
Sign O Graphics, Ltd,
51 Green Lane Ilford (020) 8514 6708
Sign Stop,
623 Romford Road London (020) 8514 6622
Sign Trading, Ltd, Illuminated Sgn Manufacturers,
Unit 5 Cromwell Indust Est,Staffa Rd E10 (020) 7837 0703
Signature Smile,
7 Johnston Road Woodford Green (020) 8505 4466
Signtech,
19/21 Hainault Business Park Ilford (020) 8501 3528
Sihra, D.S, Dent Surg,
438 Green La Ilford (020) 8590 0575
Silk Trends, Ltd,
202 Chingford Mount Road Chingford (020) 8529 8000
Silom International, Ltd,
8 Brixham Gdns Ilford (020) 8594 2907
Silva Foods London, Ltd,
Roxwell Trdg Pk Roxwell Trdg Pk Argall Av E10 (020) 8558 8524
Silver Fox Property Mng T/A Martin, & Co,
94 Roding Rd Loughton (020) 8502 3609
Silver J, Ltd, Clothing Wholesaler,
Woodford Gn (020) 8559 1445
Silver Lake, Ltd,
437 High Rd Woodford Gn (020) 8504 9236
Silver Recruitment, Silv Recrutmt,
5 Chigwell Rd E18 (020) 8989 1989
Silver Sea,
543 Green Lane Ilford (020) 8590 4395
Silver Service Estate Agents, Ltd,
Seven Ways Pde Woodford Av Ilford (020) 8550 8192
Simge Food Centre,
190 High Road Leytonstone E11 (020) 8519 6687
Simmi, UK Ltd,
Unit 10 Prospect Business Park Langston Road
Loughton (020) 8508 2447
Simon Community,The,
160 Higham Hill Road London (020) 8527 2782
Simple Art, Ltd, Art And Craft Shop,
11 New Road Ilford, Essex (020) 3051 4966
Simply Accountants Services, Ltd,
104 CHINGFORD MOUNT ROAD CHINGFORD LONDON (020) 8527 9745
Simply Financial & Estates,
Ilford
602a High Rd Ilford (020) 8597 6777
Simply Financial & Estates,
77 Water Lane Ilford (020) 8590 9478
Simply Financial & Estates, Ltd,
Rear Of 718 Romford Rd E12 (020) 8911 9615
Simply Food Direct, Ltd,
2 Bay Tree Close Ilford (020) 3715 0839
Simply Packaging,
Unit 27 Harlow Enterprise Cntr Harlow (020) 8500 8500
Simply Rhino, Ltd,
33 Montalt Road Woodford Green (020) 8498 9900
Sinclair Engineering,
Rear Of 714 Cranbrook Road Ilford (020) 8550 2345
Sinden Flooring,
6 Mayhew Close London (020) 8524 0639
Sing Sabha London East,
722 High Rd Ilford (020) 8597 8822
Singer & James, Archtl Mtl Work,
33 Roebuck Rd Ilford (020) 8500 4115
Singh, & Co (Vegfruit) Ltd, Imptrs Of Fruit,
New Spitalfields Market,Sherrin Road Leyton (020) 8539 1166
Single Homeless Project,The,
10 North Birkbeck Road E11 (020) 8558 2648
Sinha, Dr, S,
92 Balfour Rd Ilford (020) 8478 0209
Sinnott Road Surgery,
12B Sinnott Rd Walthamstow (0844) 4770917
Sips Nails Spa & Bar, Ltd,
274 High Road Leytonstone London (020) 3198 9768
Sipwhale, Ltd,
181 Shakespeare Crescent Manor Park (020) 3691 2655
Sir Alfred Hitchcock Hotel,The,
147 Whipps Cross Road E11 (020) 8530 3724
Sirius Accountants,
8 Forest House Business Centre Gainsborough Road
London (020) 8637 4281
Sirius Amf, Sushi Takeaway,
226 High Street E17 (020) 8520 2666
Sirius Carpet Care, Ltd,
Unit 6,Waltham Parkway Billet Rd E17 (020) 8523 3360
Sisters Unisex Hair & Bueaty Salon,
770 Lea Bridge Road E17 (020) 8988 0380
Site Sales Marketing, Ltd,
11 Loughton Bsns Cntr Langston Rd Loughton (020) 8502 5758
Sitelink Communications, Ltd,
7 Loughton Business Cntr 5 Langston Rd Loughton (020) 8508 6688
Sitting Prettie Academy Cic, Vocational Training,
38 Chingford Mount Road E4 (020) 3417 4042
Sivakumarlingam Kanagan,
91 Wood Street Walthamstow (020) 8062 5313
Sixt Rent A Car,
534 High Rd Ilford (020) 8597 5064
Sixty Six Salon,
66 High Street Barkingside Ilford (020) 8550 5661
SJ Fried Chicken, Ltd,
82 Markhouse Road London (020) 8509 2724
SJ Solicitors,
604 Green La Ilford FAX (020) 8548 3701
Skin Spark Beauty Clinic,
96 Snakes Lane East Woodford Green (020) 8504 0033
Skingsley, D,
24 Hazelbrouck Gdns Ilford (Mobile) (07956) 267866
Skips, Skips,
5 Staffa Road Leyton London (020) 3774 1549
Skoda,
Tran's City Car Centre Ltd (Authorised Skoda Retailer)
65 Hoe St E17 Sales, Service & Parts (020) 8520 6758
SKS, (Ilford) Ltd, Plmbr Mrcnts,
424 Green La Ilford (020) 8590 7287
SKS, (Ilford) Ltd, Plmbrs Mechants,
424 Green Lane Ilford (020) 8590 6749
Sky Air Conditioning, Ltd,
92 Forest Road Loughton (020) 8508 6970
Sky Coffee Lounge, Ltd,
249-251 Beehive Lane Ilford (020) 3149 8860
Sky Consultants Limited,
7 Broadway Parade The Broadway E4 (020) 8527 3007
Sky Powers Property Services Ltd,
449 High Street North London (020) 3685 5654
Sky Services London, Ltd,
276-278 High Road Leytonstone
Leytonstone London (020) 3089 4840
Skyjet,
24 Cameron Rd Ilford (020) 8510 1590
Skylark Windows Ltd,
673 Romford Road London (020) 8514 6978
Skylight Double Glazing, Ltd,
Unit 3 58 Oaklands Park Avenue Ilford (020) 8478 5000
Sleek Financial Services,
607 Lea Bdg Rd E10 FAX (020) 8521 3363
SLR supplies, Ltd,
S Lr Supplies Ltd Unit 3-4 Orbital Centre Southend Road
Woodford Green (020) 8551 9391
SLR Supplies, Ltd,
Unit 3,The Orbital Cntr Southend Rd Woodford Gn (020) 8556 0527
Sm,
43 The Crescent Loughton (020) 8502 0473
Sma Repair Centre Ltd,
Unit 5 288 Ilford Lane Ilford (020) 3663 1402
Or (020) 3663 1403
Smak 24, Ltd, The,
828 High Road Leyton London (020) 3941 8954
Smart Loughton, Sales/After Sales,
3 Langston Rd Loughton (020) 8418 7700
Smart Move Estates, Estate Agent,
2 Electric Parade Seven Kings Road Ilford (020) 8599 0899
Smart Move Estates, Est Agt,
Electric Pde Electric Pde Seven Kings Rd Ilford (020) 8598 8866
Smart Prints & Design, Ltd,
Acorn Cntr Roebuck Rd Hainault Busine Ss Pk
Ilford (020) 8500 4285
Smartstarts Day Nursery,
Little Ilford Centre Church Road London (020) 8478 2700
Smile Dental Clinic, Ilford,
271 Aldborough Road South Ilford (020) 8598 9090
Smile Design By Ash,
6 Chigwell Rse Chigwell (020) 8500 0544
Smile In London,
19 Cambridge Park E11 (020) 8532 9990
Smiles & Sons Ltd,
52 Wyatts Lane Wyatts Lane London (020) 8520 8575
Smith & Newton Architects,
26 Hatherley Mews E17 (020) 8520 3867
Smith, W.H, Ltd,
High St Branches (Nwsagts,Bksellrs,Stnrs)
Ilford 50 The Exchange,High Rd (020) 8553 3344
Loughton, 5 Centric Pde Loughton (020) 8502 2415
Smiths Residential, Ltd,
14 High Street Barkingside (020) 8551 9933
Smokers Paradise, Tbcnst,Confec & Nwsagt,
High St Ilford (020) 8551 7982
Smokers Paradise,
28 Old Church Rd E4 (020) 8524 3060
Smokers Paradise, Convenience Store,
28 Old Church Road Chingford London (020) 3556 8603
Smokers Paradise,
23a Station Road E4 (020) 8529 2610
Smooth Lights, Ltd, Lighting Consultants,
118 Windsor Road Ilford, Essex (020) 3051 4968
SN Autohaus,
181 Forest Rd Ilford (020) 8502 6100
FAX (020) 8498 1280
Snakes Lane BP Service Station,
158-64 Snakes Lane East Woodford Green (020) 8504 2988
Snappy Snaps,
Palace Pde High St E17 (020) 8521 5152
Snaresbrook Arts Project Cic,
15 Davies Lane London (020) 3154 9189
Snaresbrook College Preparatory School,
75 Woodford Road E18 (020) 8989 2394
Snaresbrook News, Nws Agent,
1A Gwynne House High Street Wanstead E11 (020) 8989 2280
Snaresbrook Primary School,
Snaresbrook Primary School Meadow Walk E18 (020) 8989 9975
SNC Facilities Management, Ltd,
82 Windsor Road Ilford (020) 8514 7000
Sneaker, Ltd,
404 Ilford (020) 8554 0868
Snip N Shape,
206 High Road Leyton E10 (020) 8558 7555

Soapsmith, Ltd,
656 Forest Road Walthamstow (020) 3233 0009
Soares, & Co,
302 Stradbroke Grove Ilford (020) 8551 4004
Soares, Dr, P,
Heathcote Clinic Heathcote Avenue Ilford (020) 8550 6362
Sobhan Travel,
809 Romford Road London (020) 3016 6809
Social Spider, Cic,
St. James Street Library Coppermill Lane E17 (020) 8521 7956
Socialist Party,The,
PO Box 24697 E11 (020) 8988 8777
Sodexho C/O School Business Services, Ltd,
The Lammas School 150 Seymour Road E10 (020) 8539 7790
Sofia Bakers, Ltd,
808a High Road Goodmayes Ilford (020) 4619 4891
Software Development, Ltd, Computer,
150a Greenway Avenue Walthamstow (020) 3375 6143
Soha, Ltd,
80 Hoe Street Walthamstow London (020) 3887 4222
Sokhi & Associates, Ltd,
86B Albert Rd Ilford (020) 8478 4430
FAX (020) 8514 6163
Solamex, Ltd,
691 High Rd Ilford (020) 8590 1111
Solanki, M,
324 High Street North E12 (020) 8472 2901
Solanky, M, Chemst,
467 Lea Bridge Road E10 (020) 8539 3417
Solcrown Business Sup, Ltd,
Unit 1 Orbital Centre Southend Road
Woodford Green (020) 8551 9178
Solcrown Business Supplies, Ltd,
Unit 1 Orbital Cntr Southend Rd Woodford Gn (020) 8550 6699
Solcrown Stationery, Ltd,
General Enquiries Unit 1 Orbital Cntr Southend Rd Woodford Green (020) 8551 9955
Soldiers, Sailors, Airmen & Families Association,
See SSAFA Forces Help
Sole Trader,
176 Morley Road London (020) 8556 7443
Solent Insulation Supplies, Ltd,
210 Church Rd E10 (020) 8556 4439
Or (020) 8556 4472
Solicitors,
845 Romford Road E12 (020) 8514 8188
Solis Launderette,
429 Lea Bridge Road London (020) 3539 6010
Somerville,
235-241 Clayhall Avenue Ilford (020) 8551 6042
SONIKU, Ltd,
568 Cranbrook Road Ilford (020) 8518 9090
Sonneborn & Rieck,
91 Peregrine Rd, Hainault Business Pk Ilford (020) 8500 9941
Sonographers Medical, Ltd,
10A High View Parade Woodford Avenue Ilford (020) 8551 1299
Soper, David, & Co,
1 York Hl Loughton (020) 8508 3800
FAX (020) 8508 3822
Sophisticut, Hrdsg Beauty Treatment,
295 Hall Lane E4 (020) 8524 1969
SOS Catering Equipment & Engineering, Ltd,
206-208 Billet Road Walthamstow (020) 8531 8543
SOS On The Spot, Ltd,
50 Suffield Rd E4 (020) 8523 9667
Souls Choice, Ltd,
2b Chingford Road London (020) 8527 5030
Sound Locksmiths, Locksmiths, 24 Hour Emergency Auto Locksmith,
Lushes Rd Essex (0845) 1647318
Sound Mortgage Options, Ltd,
361 Eastern Avenue Ilford (020) 8551 0361
Soundlab Studios,
Unit 22 Oakwood Hill Industrial Estate Oakwood Hill
Loughton (020) 8508 2726
South Chingford Community Library,
South Chingford Community Library 265 Chingford Mount Road
E4 (020) 8529 3035
South East Corvette Centre,
190 Larkshall Rd E4 (020) 8529 4477
190-94 Larkshall Road E4 (020) 8529 7744
South Park Removal Service, Ltd,
Ilford
284 Green La Ilford (020) 8478 1258
South West Essex & Settlement Reform Synagogue,
Oaks La Newbury Pk (020) 8599 0936
South Woodford Bespoke Mortgages, Mortgages,
Woodford Road South Woodford, London (0845) 6676974
South Woodford Emergency Drain, Drain Cleaners,
Woodford Road South Woodford, London (0845) 6605478
South Woodford Emergency Plumbers, Plumbers,
Woodford Road South Woodford, London (0845) 6604541
South Woodford Post Office,
115 George Lane London (020) 7041 7265
South Woodford Removals, Removals & Storage - Domestic,
Woodford Road South Woodford, London (0845) 6600648
South Woodford Rubbish Clearance, Waste Disposal Services,
Woodford Road South Woodford, London (0845) 6693481
Southend Hall, Venue Hire,
61 Littlemoor Road Ilford (020) 8477 1356
Southpark Glazing, Ltd,
309 Eton Road Ilford (020) 8478 4121
Southpark Signs, Ltd, Sgn Mfrs,
258 Green La Ilford (020) 8553 1123
Sovereign CCTV, Ltd,
SterlingHo Langston Rd Loughton FAX (020) 8508 3344
Sovereign House Estate, Ltd,
176 Longwood Gdns Ilford (020) 8220 1500
Sovereign UK Financial Services, Ltd,
8 George La E18 (020) 8530 4218
Sp Sivas Tutors Inspired Learnin,
38 Woodford Avenue Ilford (020) 8496 0494
Space Generators,
706-720 High Road Ilford (020) 3794 7244
Space NK, Ltd,
FAX (020) 8502 1367
291 High Road Loughton (020) 8508 3029
Space Retail, Ltd, Wmns Fashs,
23 Brook Parade High Road Chigwell (020) 8500 7752
Spark,
Valley Hall 5 Valley Hill Loughton (020) 8508 6743
Sparkmotion, Ltd,
Unit 4 Period Works 1 Lammas Road E10 (020) 8558 5656
Sparks, P.A, & Sons, Grngrcr,
26 The Broadway Loughton (020) 8502 3330
Spartan Electronics, Audio Tv Rprs,
46 Francis Road E10 (020) 8558 2201
Spartan Property Services, Ltd,
Ilford
325 Ley St (020) 8514 5355
Spartan Safety, Ltd,
3-5 Billet Rd,Waltham Parkway E17 (020) 8527 5888
Spartan Security Services, Private Investigator,
61 Barclay Road (0844) 5894172
Spearhead Technology Solutions, Ltd,
24 Stradbroke Gro Ll Buckhurst Hl (020) 8504 7324
Specchia Upholstery, Fabrics & Curtains,
4 Spurway Parade Woodford Avenue Ilford (020) 8550 4110
Special Fruit & Veg, Ltd,
80 Market Pavilion New Spitalfields Mkt E10 (020) 8532 8882
Specialist Catering Limited,
283 High Road Leyton E10 (020) 8539 3014
Specialized Door Services, Commercial Door Repairs,
James Yd, 480 Larkshall Rd Chingford (0845) 1302112
Specialized Door Services, Commercial Door Repairs,
James Yard 480 Larkshall Rd E4 (0845) 1302112
Specialized Locksmiths, Locksmiths, 24 Hour,
Queens Road Buckhurst Hill (0844) 4117278
Specsavers Loughton,
231 High Road Loughton (020) 8502 5857
Specsavers Opticians, Spectacles & Contact Lenses,
Chingford
26 Old Church Rd E4 (020) 8506 3780
Loughton Branch
231 High Rd Loughton (020) 8498 6740
Walthamstow Branch
203 High St E17 (020) 8520 7200
Specsavers Opticians,
45 High St Barkingside (020) 8418 2480
Specsavers Opticians,
92 High Road Ilford (020) 8553 1122
Spectrum Tower, (Ilford) Rtm Co. Ltd,
2-20, Spectrum Tower Hainault Street Ilford
Speed Fast Internet Cafe,
8 Hoe Street London (020) 8503 6960
Speedstitch, Embroidery Sch Uniform,
Unit 32 Walthamstow Bsns Cntr, Clifford Rd E17 (020) 8531 4446
Or (020) 8531 4800
Or (020) 8531 4880
Speedy Auto Centre, Ltd,
115 Railway Arches, Lea Bridge Road E10 (020) 8558 1892
Speedy Cash, Pay Day Loans,
8 Cranbrook Rd Ilford (020) 8478 8934
Speedy Hire Centres, (Southern) Ltd,
101 Blackhorse La E17 (020) 8531 3568
Unit 8 Waltham Parkway E17 (020) 8531 7621
Spencer Craig Partnership, Ltd, Est Agt,
76 Station Way Buckhurst Hill (020) 8498 9292
Spencer Curtis Estates,
25 Beehive Lane Ilford (020) 8518 4222
Spencer Munson Lettings, Ltd,
128 High Rd Loughton (020) 8502 2222
Spencer Munson Llp,
73 High Rd E18 (020) 8989 3331
Spencers Estate Agents,
461 High Road Woodford Green (020) 8504 5823
Or (020) 8559 2110
Spencers Leyton, Est Agt,
252 High Road Leyton E10 (020) 8539 3650
Spencers Property Services, Est Agts & Prpty Rental,
(Ilford)
211 Cranbrook Rd (020) 8518 5411
Spice,
103 High Street Barkingside (020) 8550 7575
Spice Chingford Restaurant, Ltd,
140 Station Road Chingford (020) 8524 0707
Spice Fusion Grill, Ltd,
618a Green Lane Ilford (020) 8590 3493
Spice House, Takeaway,
391 High Street North Manor Park London (020) 8472 5008
Spice Hut Barkingside, Ltd,
38 High Street Barkingside Ilford (020) 3875 5428
Spice Hut Leyton, Ltd,
728 High Road Leyton London (020) 8556 6000
Spice Khazana, Spice Khazana,
266 High Road Ilford (020) 8553 1177
Spice Station & Bar, Ltd,
140 Station Road E4 (020) 8524 0883
Spicer McColl, Ltd, Est Agt,
Barkingside
54 High St (020) 8551 1181
Wanstead
64 High St E11 (020) 8989 1131
Spicer McColl, Ltd,
186 Cranbrook Rd Ilford (020) 8518 1890
Spick & Span Gardens, Ltd,
38 Stains Road Ilford (020) 3151 1622
Spicy Tandoori,
Tandoori Hut Station Approach Loughton (020) 8502 0209
SPINKS, G.H, (Insurance),
1B High Vw Pde Redbridge La East (020) 8551 8692
Spinks G H Insurance, Ltd,
1B High View Parade, Redbridge Lane East Ilford (0843) 8163449
Spinney,The,
21 Forest Vw E4 (020) 8524 2200
FAX (020) 8529 1346
Spiritual Healing,
38 High Street E17 (020) 4501 7032
Spitalfields Market,
New Spitalfields Market - Wholesale Fruit & Veg Market
Allen Ho 23 Sherrin Rd E10 (020) 8518 7670
Spitalfields Market Tenants Association, Ltd,
23 Sherrin Rd E10 (020) 8556 1479
Sports World International, Sports Goods Shop,
Unit D Leyton Mills Retail Park Marshall Road
Leyton (0870) 3339565
Sports World International, Sports Goods Shops,
88 The Exchange Ilford (0870) 8387355
Spot Off, Dry Clnrs,
349 Lea Bridge Road E10 (020) 8539 2676
Springbank Electrical Services, Ltd,
53 Brackley Square Woodford Green (020) 8223 0444
Springbok Newsagents,
67 Browning Rd E12 (020) 8472 3111
Sps Communications,
499 Aldborough Rd Nth Ilford (020) 8590 0299
Spurling, & Co, Acctnts & Auditors,
112B High Rd Ilford (020) 8553 3071
Spy Shop, Security Consultants,
Call Centre Church Road Leyton, London (0871) 7810163
Spy Shop, Security Consultants,
Call Centre High Road Chigwell (0871) 7178062
Spy Shop, Security Consultants,
Call Centre High St London (0871) 7810156
Squirrel Storage, Ltd,
Walthamstow
FAX (020) 8527 9251
Sri Express,
403 Ilford Lane Ilford (020) 8514 6080
Sri Food & Wine, Servs,
396 Ilford La Ilford (020) 8553 7737
Sriselva Vinayagar Temple, Temple,
299-301 Ley Street Ilford (020) 8911 8934
SRM Motors, Ltd,
749 High Road Ilford (020) 8597 3444
SRN Horizon, Ltd,
72 Hoe St E17 (020) 8520 9485
SRS Distributors,
297 Stradbroke Grove Ilford (020) 8550 4756
Ss Basi,
153 Cranbrook Road Ilford (020) 8554 3288
SS Guarding, Ltd,
Sterling Ho Langston Rd Loughton (020) 8508 5544
Ss Supermarket, Ltd,
Station Road London (020) 8514 5810
SSP Sports Specific Products,
5 Loughton Business Centre,5 Langston Rd
Loughton (0845) 6028861
SSR Group,
5 Blackhorse La E17 (020) 8626 3100
SSR Textiless,
244 High Street North E12 (020) 8471 5411
Sss Fast Food, Mr, Mohammed Siddique,
A Goodmayes Lane Ilford (020) 8599 9866
"St",
The abbreviation "St" is listed after "Saint"
Stadium Group, plc,
Highams Park
11 Jubilee Av E4 (FAX) (020) 8531 4646
Stair Lifts,
391 Larkshall Road E4 (020) 8527 0322
Stairway Projects, Open Plan Staircases,
Chigwell 16 Taylor's Gravel Lane Chigwell (020) 8559 9226
Stalks & Stems, Florist,
232, High St North London (0844) 4113303
Stan Hope Assoc,
3 Kings Mews Chigwell (0870) 4119999
Stanbury Printers, Mike,

1 Brantwood Clo E17 ..... (0870) 7301730
Standard Carpets, Ltd,
444 High Road Leyton ..... (020) 8532 8277
Stanton Drycleaners, S.K,
161 Wood Street London ..... (020) 8521 0129
Stanway Engineering, Ltd,
Unit 14a Chingford Industrial Centre Hall Lane
E4 ..... (020) 8559 4988
Stapley, & Co, Solrs,
141a High Road Loughton ..... (020) 8502 1934
Or ..... (020) 8502 1935
Or ..... (020) 8508 9557
STAR CARE UK LTD,
Hainault Indust Est Fowler Rd Hainault Busines S Pk
Ilford ..... (020) 8502 6663
Star Dry Cleaners,
11 Beehive Lane Ilford ..... (020) 8554 5153
Star Lettings, Ltd Ltd,
Star Lettings 451 High Street North E12 ..... (020) 8586 2929
Star Mortgage,
9 St. James's Street E17 ..... (020) 8520 0139
Starlight Suite, Ltd,
282-300 Lea Bridge Road E10 ..... (020) 8988 7885
Starna Scientific, Ltd,
52-54 Fowler Road Hainault Business Park Ilford ..... (020) 8500 1264
Staropolska Polish Artisan Bakery, Ltd,
Unit 3,2-6 Fowler Road Hainault Business Park
Ilford ..... (020) 8500 7314
Startax Accountancy Services, Ltd,
Orion Ho 104-106 Cranbrook Rd Ilford ..... (020) 7624 3933
Station Cafe, Rstnt,
Station Cafe 436 Cranbrook Road Ilford ..... (020) 8554 9436
Station Car Hire, Ltd,
Manor Pk Rly Stn Station Rd E12 ..... (020) 8553 4444
Or ..... (020) 8553 5555
Station Road Dental,
66 Station Road Chingford ..... (0844) 5769697
Station Road Dental Practise,
78 Church Hl Loughton ..... (020) 8508 3104
Station Self Storage, Ltd,
42 Station Rd E12 ..... (020) 8478 7776
Stay Beautiful,
130a New North Road Ilford ..... (01646) 629515
Stayer Cycles,
Acacia Business Centre 5 Howard Road London ..... (020) 3581 3280
Steak Box Original, Ltd,
8 Chapel Road Ilford ..... (020) 3154 3621
Steele Roofing & Building, Ltd,
1 Valognes Av E17 ..... (020) 8523 0007
Stein McBride Property, Estate Letting Agents,
158 George Lane E18 ..... (020) 8530 5956
Stephens, Nicholas, Construction Ltd,
Chingford
64 Stanley Rd E4 ..... (020) 8529 3000
Stepping Stones Child Care, Ltd,
Church Of St. Margaret With St. Columbia 31 Woodhouse Road
E11 ..... (020) 8555 2473
Sterling Associates,
144 Cranbrook Rd Ilford ..... (020) 8709 6755
Sterling Solution, Ltd, Acctnts,
37 York Rd Ilford ..... (020) 8911 9295
Stevens Motors,
3 Wellington Road Leytonstone London ..... (020) 8989 9809
Stevens, R.G, Mtr Eng,
Brookside Gravel Lane Chigwell FAX ..... (020) 8500 3177
Steve's Hair Salon,
Unit 5 Golden Pde Wd St E17 ..... (020) 8520 5550
Steyson Granolithic Contractors, Ltd,
99 Sunnyside Rd Ilford ..... (020) 8553 2636
Stone Security,
564 High Rd Leytonstone E11 ..... (020) 8539 9000
Stoneydown Park Primary School,
1 Warner Rd E17 ..... (020) 8521 3839
Stop N Go,
572 Cranbrook Road Ilford ..... (020) 8554 2470
Stop & Shop Manorpark, Ltd,
836 Romford Road Manor Park London ..... (020) 3062 7624
Store Maintenance, Ltd,
501 High Rd Ilford ..... (020) 8514 2777
Storesafe, Ltd,
108 Blackhorse La E17 ..... (020) 8531 1888
Storm Motorwerks, Ltd,
330 Eastern Av Ilford ..... (020) 8554 5349
Stow, Bros Ltd,
236 Hoe Street Walthamstow ..... (020) 3397 9797
Or ..... (020) 8520 6220
Stow Residential, Ltd,
117 High Street Wanstead Leytonstone London ..... (020) 3325 7227
Strand Business Systems, Ltd,
Woodford Green
542 Chigwell Rd Woodford Gn ..... (020) 8559 2555
Strandhaven Ta Leyton Orient Pharmacy,
Leyton Orient Football Club, 2Nd Floor Matchroom Stadium, Brisbane Road
London ..... (020) 8539 2828
Strategic IT Solutions, Ltd,
Orion Ho Cranbrook Rd Ilford FAX ..... (020) 8636 1621
Stratstone,
50-56 High Rd E18 ..... (020) 8989 6644
Strawberry Glow, Ltd,
289 High Road Loughton ..... (020) 8508 2828
Streetlife Radio, Ltd, Radio & Tv,
707 Forest Road London ..... (0843) 8164395
Walthamstow
Auction Dept
189-203 Hoe St E17 ..... (020) 8520 8383
Commercial Dept
189-203 Hoe St E17 ..... (020) 8520 9911
FAX ..... (020) 8520 8022
Residential Dept
189-203 Hoe St E17 ..... (020) 8520 8877
Strettons, Ltd, Chrtd Survyrs & Vals, Strictly Silver,
Strictly Silver, (London) Ltd,
2 Old Church Road Chingford ..... (020) 8524 7459
Structural Steelworks & Engineering, Ltd,
16 Rigg App E10 ..... (020) 8539 6961
Stuart Dunstan, & Co, Chrtd Acctnt,
105 Oak Hill Woodford Green ..... (020) 8527 9327
FAX ..... (020) 8527 9141
Stublla, M,
Walthamstow 80 Hoe St E17 ..... (020) 8520 0110
Studio MG, Ltd,The,
718 Chigwell Road Woodford Green ..... (020) 8505 2121
Study Plus Centre, Ltd,
STUDY PLUS CENTRE LTD STUDY PLUS CEN 441 Cranbrook Road
Essex United Kingdom ..... (020) 8550 9867
Style My Bedroom,
Sehzad Husain Cromwell Industrial Estate Unit 47 Staffa Road
London ..... (020) 8556 0012
Styles Ahead,
256 Chingford Mount Road London ..... (020) 8529 2023
Styles Ahead,
78 High Street Ilford ..... (020) 8551 8801
Stylex Menswear,
7-9 Chapel Road Ilford ..... (020) 8478 3698
Subhan, (UK) Ltd,
773-775 High Rd Ilford ..... (020) 8599 5992
Subra Enterprises,
165 Forest Road London ..... (020) 8523 0700
Subtle Investigations, Corp, Private Detective,
349 Cann Hall Road London ..... (0845) 5204277
Subway,
648 Lea Bridge Road E10 ..... (020) 8558 4193
Subway Ilford, Mr, Deli,
95 Cranbrook Road Ilford ..... (020) 8553 0223
Sue Ryder Care, Ltd, Charity,
195 Manford Way Chigwell ..... (020) 8501 3242
Sugarplum, Ltd,
142 George Lane E18 ..... (020) 8989 2004
Suite Centre,The,,
Leytonstone 647 High Rd ..... (020) 8556 8283
Sukhi Takhar,
33 Mansfield Rd Ilford ..... (020) 8554 4044
Sule Phones, Ltd,
Unit 2 350 Ilford ..... (020) 3972 3989
Sultans Inn,
801 Romford Road E12 ..... (020) 8553 4817
Summerfield Centre, Educational Psycological Servs,
FAX ..... (020) 8539 2359
Summit Cladding,
15 Forest View Road Loughton ..... (020) 8508 9606
Summit Tuition Center,
1a Berkeley Road,Manor Park E12 ..... (020) 8472 0465
Sumo Fresh,
141 High Street Wanstead Leytonstone ..... (020) 8530 7500
Sun City Tanning,
Unit 2 462 Larkshall Road Chingford ..... (020) 8616 6916
Sun City Tanning, Ltd,
4 Oakwood Pde, Oakwood Hl Loughton ..... (020) 8502 3623
Sun City Tanning, Ltd,
462 Larkshall Rd E4 ..... (020) 8527 8709
Sun Goddess Tanning & Beauty Salon,
Station Pde High St Wanstead E11 ..... (020) 8989 7903
Sun On Take Away,
196 Winchester Road E4 ..... (020) 8527 5163
Sunbeam Family Services, Ltd,
8 Greenleaf Rd E17 ..... (020) 8521 5524
Sunflower Nails Ltd,
16 Winchester Road London ..... (020) 8531 0762
Sunfresh,
New Spitalfields Mkt Sherrin Rd E10 ..... (020) 8988 0600
FAX ..... (020) 8988 0601
Sunland Caribbean, Ltd,
3 Highams Lodge Business Centre Blackhorse Lane
Walthamstow ..... (020) 8531 0569
Sunny Professional, Ltd,
121 Manor Road London ..... (020) 8531 7715
Sunnymede Of Chigwell, Gar Servs,
Hainault Indust Est Fowler Rd Ilford ..... (020) 8500 2813
Sunrise Advertising, Ltd, Advertising,
17 New Road Ilford, Essex ..... (020) 3051 4965
Sunrise Capital Consultants, Mortg,Finance Broks,
196 Cranbrook Rd Ilford ..... (020) 8518 1124
Sunrise Double Glazing,
749 Romford Road E12 ..... (020) 8478 7390
Sunrise Estate,
196 Cranbrook Road Ilford ..... (020) 8518 2412
Sunsational, Tanning Sal,
63 Chingford Mount Road E4 ..... (020) 8527 3727
Sunshine Eggs, Restnt,
97 Burrow Rd Chigwell ..... (020) 8559 8159
Sunshine Vegetables, Ltd,
Unit 12 New Spitalfields Market 23 Sherrin Road
Leyton London ..... (02037) 525467
Sunstar Produce, Whole Frt Veg,
86 Market Pavilion New Spitalfields Market 1 Sherrin Road
E10 ..... (020) 8539 8875
Supadance International,
Supadance Unit 3 Prospect Business Park Langston Road
Loughton ..... (020) 8508 1687
Supadance International,
159 Queens Road Buckhurst Hill ..... (020) 8504 6000
Supadance Shoes,
159 Queens Rd Buckhurst Hl ..... (020) 8505 8888
Super Destinations,
344-348 High Road Ilford ..... (020) 8911 9303
Super Financial, Ltd,
275 High Rd Leyton E10 ..... (020) 8925 0070
Super Grows Cosmetics, Ltd,
600 Lea Bdge Rd E10 ..... (020) 8518 7116
Super Nails, Ltd,
204 New North Road Ilford ..... (020) 8500 4114
Supercuts, Regis,
9 Selbourne Walk London London ..... (020) 8520 6997
Superdrug Stores, Plc,
Branches
Barkingside 93-95 High Street ..... (020) 8551 6847
Chingford 1A Old Church Rd E4 ..... (020) 8524 2540
Debden 32 The Broadway ..... (020) 8532 0734
Ilford
118 High Rd ..... (020) 8478 1149
Leytonstone 634-36 High Road Leytonstone E11 ..... (020) 8556 4734
50 Little Gearies Cranbrook Road Ilford ..... (020) 8553 5380
Loughton,Centric Pde 6, 200 High Rd Loughton ..... (020) 8508 1654
Walthamstow
36-44 High Street E17 ..... (020) 8520 2748
Supermart Food, Ltd,
2-8 Winchester Road Chingford London ..... (020) 8531 7959
Supplementary Education Centre, Tuition Services,
50 Farnham Rd Ilford ..... (020) 8532 0535
Supporta Care, Care for Elderly,
Oakwood Hl Indust Est Oakwood Hl Loughton ..... (020) 8502 3133
Supporting Young Futures,
9 Supporting Young Futures 9 Selborne Road
Ilford ..... (020) 3509 8462
Supportline,
Admin PO Box 1596 Ilford ..... (01708) 765200
Supreme Glazing, Glazing,
710 Lea Bridge Road E10 ..... (020) 8556 1924
Supreme Glazing, (Euro) Ltd, Glazing,
710 Lea Bridge Road E10 ..... (020) 8556 0032
Sure Care,
Hainault Indust Est Fowler Rd Hainault Busines S Pk
Ilford ..... (020) 8502 7778
Sure Print Services South East, Ltd,
187D High Rd Loughton ..... (020) 8502 0227
Surecare,
Hainault Indust Est Fowler Rd Ilford ..... (020) 8500 3033
Or ..... (020) 8502 6660
Suresite,
71-79 Chingford Mount Road E4 ..... (020) 8418 5723
Surikat Ltd,
10 Forest Road London ..... (020) 3686 0724
Suriya Jewels, Ltd,
Fashion Paradise 292 High Street North London ..... (020) 8552 2224
Surveillance & 247 Detectives, Private Investigator,
St. Pauls House Woodford Avenue ..... (0844) 8126602
Surveillance and Counter Surveillance Services, Private Detective,
Estate House, The 201 High Road Chigwell ..... (0844) 2478481
Surveillance and Tracking Investigators, Private Investigator,
317 High Road Ilford ..... (0844) 7763364
Surveillance & Investigators, Private Detective,
140 High Street ..... (0871) 2342390
Surveillance Services, Private Detective,
251 Beehive Lane Ilford ..... (0844) 2478593
Susan Dean,
365 High Road Leyton E10 ..... (020) 8539 5500
Sutherland Insurance Services, Ltd,
153B Queens Rd Buckhurst Hl ..... (020) 8504 8222
Swagaat Jewellers,
121 Ilford Lane Ilford ..... (020) 8553 4296
SWAINS PACKAGING,
Brook Rd Buckhurst Hl ..... (020) 8504 0507
Swedish Motor Services, Car Rprs,
40B Grange Pk Rd E10 ..... (020) 8523 5237
Or ..... (020) 8503 3559
Sweeping and Counter Surveillance, Private Investigator,
20 Chapel Road ..... (020) 7175 2312
Swift Accounting Decisions, Ltd,
34 Station Road London ..... (020) 8520 3727
Swift Electrical,
56 Thornton Road Ilford ..... (020) 8262 6395
Swift Heat, Ltd,
Unit 30 Walthamstow Business Cntr Clifford Rd
E17 ..... (020) 8527 7974
Swift Letting London, Ltd,
710 Romford Rd E12 ..... (020) 8478 0642

Swift Repairs, Ltd, Mechanics Mobile,
315 Mortlake Road Ilford, Essex....(020) 3051 4967
Swift Travel,
2 Station Rd Loughton....(020) 8508 0919
Or....(020) 8508 6340
Or....(020) 8508 9398
Swift UK Taxi Transfers,
79 Rutland Road Ilford....(020) 8037 6006
Swinton Group, Ltd,
390 Hoe St E17....(020) 8520 5734
Manor Park 905 Romford Rd E12....(020) 8553 3925
North London 232 High St Nth E12....(020) 8472 2359
Swinton Insurance - London, ITD,
390 Woodbury Road Walthamstow....(0843) 8160346
Swinton - London, Ltd, Ins Provider,
Manor Park London....(0843) 8160465
Swinton, Ltd, Insurance Providers,
199 Chingford Mount Road Chingford....(0843) 8162985
Swinton, Ltd, Insurance Providers,
232 High Street North Manor Park....(0843) 8162960
Swinton, Ltd, Ins Prodivers,
390 Hoe Street Walthamstow, London....(0843) 8162884
Swinton, Ltd, Insurance Providers,
905 Romford Road Manor Park....(0843) 8162977
SWR Group,
137 George Lane London....(0845) 3094600
Sydney Properties, Ltd,
976 Eastern Avenue Ilford....(020) 8599 3400
SYL Link, Ltd,
156 George La E18....(020) 8530 7273
Or....(020) 8989 6986
Syl Link, Ltd,
156 George Lane London....(020) 3490 1753
Sylhet Mini Cab,The,
146 Church Road E12....(020) 8514 6666
SYNAGOGUES,
Chigwell
Chigwell & Hainault Synagogue Limes Av....(020) 8500 2451
Ilford
Clayhall Synagogue Sinclair Ho Woodford Bdge Rd Ilford....(020) 8551 6533
Newbury Park Synagogue 23 Wessex Clo Ilford....(020) 8597 0958
Newbury Park
South West Essex & Settlement Reform Synagogue Oaks La . (020) 8599 0936
Woodford
Wanstead & Woodford Synagogue 20 Churchfields E18 (020) 8504 1990
Synergy Comms,
125A St Albans Rd Ilford....(0845) 1947281
Synergy Peaks, Ltd,
98 Cobham Road Ilford....(01646) 629564
Sytner BMW,
Langston Road Loughton....(020) 8508 4303
T A Motors,
1A Chingford Mt Rd E4....(020) 8527 8250
T & C Metal Recycling Ltd,
Railway Arches 208-209 Grove Green Road London....(020) 8558 2720
T.D.P Hardware Solutions,
219 Kings Head Hill London....(0870) 3610210
T Ellis Dental Lab,
16 Meads Lane Ilford....(020) 8597 8105
T & F Agents, Ltd,
596 High Rd Woodford Gn....(020) 8502 9837
T G Heating, Ltd, Boiler and Heating Service and Repair,
129A Sunnyside Road Ilford....(0843) 2248297
T J Automotive, Ltd,
271 Ilford La Ilford....(020) 8478 7851
T & J Kelly,
82 The Broadway Loughton....(020) 8508 7113
T.J Lords & Lofts, Ltd,
354 High Street North E12....(020) 3612 0554
T.J Wholesale Fashion & Communications,
South Pk Bsns Cntr Green La Ilford....(020) 8590 1011
T & L Digital, Ltd,
1/103 Prudential Bldgs Cranbrook Rd Ilford....(020) 8477 1529
T & M Logistics, Ltd,
354 Lea Bridge Road E10....(020) 8558 8436
T Neal,
90 Old Church Road E4....(020) 8523 8868
T Patton Highams Park,
Jubilee Av E4....(020) 8527 6387
T Patton, Ltd,
George Mitchell Ho 31 Dunton Rd E10....(020) 8539 1599
Or....(020) 8539 4942
Or....(020) 8539 5408
Or....(020) 8539 6663
T & R Scaffolding, Ltd,
Biggleswade....(0800) 3289199
T.R.S International Foods, Ltd,
44 South Access Rd E17....(020) 8556 2117
T R Sterling Ltd,
Knight House Unit 4 Lenthall Road Loughton....(020) 8418 9931
T S Electrical, T S Elec, Elec Contrs,
102 Chingford Av E4....(020) 8529 6918
T S Sheesh, Ltd,
410-412 Cranbrook Road Ilford....(020) 3325 1215
T T S Meat Bazaar, Ltd,
107 Church Road Manor Park....(020) 8514 7270
T & T Timber Merchants,
70 Wood St E17....(020) 8521 5900
T.V Licensing,
All Enquiries....(03007) 906135
T W C Systec, Ltd,
2 Roebuck Rd Ilford....(020) 8501 6060
T4 Bubble Tea,
2 Palace Parade High Street E17....(020) 4559 9748
TA Convoy Mastics, Ltd,
Kendon Ho 44a Selby Rd E11....(020) 8555 7121
Ta Delicacy, Delicacy,
161 Manor Rd Chigwell....(020) 8500 1070
Ta Traders (Uk) Ltd,
Ilford Lane Ilford....(020) 8911 8222
Tachic,
382 HOE STREET LONDON....(020) 8520 5127
Tad In The Hole, Ltd,
Hainault Forest Golf Club Romford Road Chigwell....(020) 8500 8369
TADR, Ltd,
10 Grangeway Gardens Ilford....(01268) 382293
TAFS Foods, Ltd,
590 Lea Bdge Rd E10....(020) 8558 3050
Tafs Foods, Ltd,
687 High Road Ilford....(020) 8599 4600
Tag Florist, Florists And Flowers,
Redbridge, London....(0845) 2998290
Tag Florist, Florists And Flowers,
Waltham Forest, London....(0845) 2998290
Tag Flowers, Florists And Flowers,
Redbridge, London....(0845) 2998291
Tag Flowers, Florists And Flowers,
Waltham Forest, London....(0845) 2998291
Tag Hackney Cab, Travel & Transportation,
Redbridge, London....(0845) 2998243
Tag Hackney Cab, Travel & Transportation,
Waltham Forest, London....(0845) 2998243
Tag Radio Taxis, Travel & Transportation,
Redbridge, London....(0845) 2998241
Tag Radio Taxis, Travel & Transportation,
Waltham Forest, London....(0845) 2998241
Tag Taxi, Travel & Transportation,
Redbridge, London....(0845) 2998240
Tag Taxi, Travel & Transportation,
Waltham Forest, London....(0845) 2998240
Taj Carpets, Crpt & Furn,
2 Hickling Rd Ilford....(020) 8478 7775
Taj Grill, Rstnt,
72 Ilford Lane Ilford....(020) 8478 8352
TALK TALK, Telecoms Supplier,
Head Office 1 Portal Wy London....(0800) 0497664
Talking Heads, Unisex Hair Sal,
394 Forest Road E17....(020) 8520 6572
Talman, Ltd, Whslr Identification Jwly,
Grays Cnr Ley St Ilford....(020) 8554 5579
Talon Clothing, Co Ltd,
Unit 12 8 Argall Avenue London....(020) 8988 3389
Tamba Day Nursery, Ltd,
29 Mansfield Rd Ilford....(020) 8553 1513
Tamil Singing & Comedy Tutor, Tutor,
21 Shakespeare Crescent E12....(020) 8279 1984
Tamy's Nails, Ltd,
Scarborough Road London....(020) 8558 3882
Tamy's Nails, Ltd,
Tammys Nails London....(020) 8558 7148
Tan, M, Eral Mtl Ltd, Eral Mtl Ltd,
Eral Metal Limited Leytonstone London....(020) 8127 8634
Tandoori Cottage,
68 Chingford Mount Road London....(020) 8531 9547
Or....(020) 8531 9555
Tandoori Cottage 1,
68 Chingford Mount Road London....(020) 8117 9808
Tanganyika Exports Services, Tanganyika Exports Services, Ltd,
28 Station Rd E12....(020) 8553 0906
Tanglewood Cattery,
Manor Pk 89 Aldersbrook Road Manor Park London....(01375) 640898
Tangopay, Ltd,
125 High Street E17....(020) 8520 8600
Tanners,
14 Brook Parade High Road Chigwell....(020) 8500 0018
Tapemaster,
760 Eastern Av Ilford....(020) 8518 4202
Tapi Carpets & Floors Limited, Carpet & Flooring Company,
Tapi Carpets & Floors Limited
Chingford Warehouse
Store
Tapi Carpets & Floors Limited
Unit B3 Circular Point, Jubilee Avenue
Chingford London....(020) 8629 6830
Taqwa Carpets, Ltd,
645-647 High Road,Seven Kings Ilford....(020) 8590 8600
Or....(020) 8599 1800
Tara Hair & Beauty, Ltd,
58 Station Road Chingford London....(020) 3876 8947
Tarantula Electronics,
64 Cavendish Dv London....(0843) 5154753
Target Contracts Furniture, Ltd,
Unit 7 Whilems Works Forest Road Hainault....(020) 8501 6817
Target Fit PT, Ltd,
15 High Street Wanstead E11....(020) 8532 2778
Tariq Food Store,
503 High Road Leytonstone Leytonstone....(020) 8539 5716
Tariq Halal Meat, (Leyton) Ltd,
792 High Rd Leyton E10....(020) 8539 6200
Tariq, M,
332 High Road Leytonstone E11....(020) 8519 8234
Tartz Beauty Salon,
102 Tanners Lane Ilford....(020) 8551 9019
Tash The Barber Shop,
38 Station Road Chingford London....(020) 8524 3499
Taste Of India, Ltd,
340 High Street North E12....(020) 8586 0681
Taste Of India Pure Vegetarian, Ltd,
293-29 High Street North London....(020) 8472 9779
Taste Of Jamaica, The,
Green Lane Ilford....(020) 8599 9298
Tasteco, Ltd,
238 High Road Loughton....(020) 8508 7838
Tasty Chicken Ilford Lane, Mr, Fast Food Takeaway,
198 Ilford La Ilford....(020) 8553 9988
Tasty Foody,
596 Romford Road Manor Park....(020) 8514 4477
Tates Transport, Co (UK) Ltd,
Unit 3 Roxwell Trading Pk Argall Av E10....(020) 8539 7170
Tav Supermarket, Shop,
429 High Street North Manor Park London....(020) 3802 5741
Tawakal Foods,
Unit 10, 13 Argall Av E10....(020) 8556 9933
Tax S A Accountancy,
353 High Street North London....(020) 3842 1075
TaxAssist Accountants,
1 Broadway Mkt Fencepiece Rd Ilford....(020) 8500 7114
Taxcare Accountants, Acctnts,
First Floor Prudential Buildings 103 Cranbrook Road
Ilford....(020) 8478 3383
Taxexpress.Org.Uk, Ltd,
18 Beehive Lane Ilford....(020) 8554 6000
Taxi Call, Taxi Firm,
8 Greenwood Rd Chigwell....(020) 8500 7575
Taxi Vans Big & Small, Removals & Storage - Domestic,
261 - 275 High Road Ilford....(0871) 2217618
Taxpedia, Ltd,
241, First Floor High Street, Walthamstow E17....(020) 3971 4846
Taxwise Accounts Specialists, Ltd,
439 High St Nth E12....(020) 8471 0045
Taylor, F.W, Chrtd Survyr,
3A Richmond Crescent E4....(020) 8531 8616
Taylorgaze, Ltd,
17 Hawthorn Road Buckhurst Hill....(020) 8281 8282
Taylors Cards Limited,
17-19 The Broadway Loughton....(020) 8508 9432
Taylors Legal,
FAX....(020) 8501 3008
Tayyab Food Store,
104 Palmerston Road London....(020) 8520 0784
Taza Chaiwala, Ltd,
400 Green Lane Ilford....(020) 8599 8464
Taza Chaiwala, Ltd,
400 Green Lane Ilford....(020) 8590 8208
TCG Design & Management, Ltd,
369B High Road Leyton E10....(020) 8558 3501
Tealk Services, Ltd, Care Home,
Goodmayes Pk Ldg Abbotsford Rd Ilford....(020) 8127 8234
The Lodge, Goodmayes Pk Abbotsford Rd Ilford....(020) 8599 2480
Tealk Services, Ltd,
45 Norfolk Road Ilford....(020) 3759 0029
Team Good Music, UK Ltd,
5 Argall Avenue London....(020) 3794 6905
Tech Engineering, U K Ltd,
Unit 2 133B Ilford Lane Ilford....(020) 3343 8334
Tech Smart Group Limited,
Unit 9 Maybank Industrial Estate, 109 Maybank Road
London....(020) 8252 0246
Tech Smart Group, Ltd,
332 Cranbrook Road Ilford....(020) 3827 9458
Techcube, Ltd,
988 Eastern Av Ilford....(020) 8586 1500
Technolink Ltd,
577 Lea Bridge Road London....(020) 3524 2618
Technostart, Ltd,
1A Clifton Av E17....(020) 8503 2778
FAX....(020) 8523 3054
Tecnico Technology,
Curlew Ho Trinity Wy E4....(020) 8503 3222
Tecnodeals, Ltd,
225 Cranbrook Road Ilford....(01646) 839227
Teen Challenge London,
Wilkerson House Uphall Road Ilford....(020) 8553 3338
Tees Barbers,
15b Valley Side Parade London....(020) 3105 7376
Tehxeeb London, Ltd,
197 Ilford Lane Ilford....(020) 3305 6778
Tekniko, Ltd,
160 Wanstead La Ilford....(020) 8554 9155
Temati, (UK)ltd,
Field Indust Est Lowmoor....(01623) 721888
Templetons, (UK) Ltd,
309 Hoe St E17....(020) 8925 0440
Tenby & Penny, Co Ltd, Glss Mrcnts,
38A Beulah Rd E17....(020) 8520 2494

Tendering Security, Ltd,
11-17 Fowler Road Ilford ..... (020) 8500 4141
Tennessee Fried Chicken,
High Street North London ..... (020) 8471 4933
Tenny 1, Ltd,
78 Lambourne Road Chigwell ..... (020) 8500 0007
Teparay Precision Sheet Metal, Ltd,
1 Fowler Rd, Hainault Business Pk Ilford ..... (020) 8501 1222
FAX ..... (020) 8501 1888
Teras Bbq House Limited,
117 Wood Street London ..... (020) 8521 4182
Tesco ANPR,
Southend Road Woodford Green ..... (020) 8551 4656
Tesco Stores,
Chigwell
Express 185 Manford Wy Grange Hl Est ..... (0845) 0269455
Express
Chigwell 185 Manford Wy, Grange Hl Est ..... (03450) 269897
Chingford 239 Chingford Mount Rd ..... (03456) 102736
Gants Hill 476 Cranbrook Rd ..... (03450) 269144
Ilford 74 Cranbrook Rd ..... (03456) 719516
Ilford Esso 229 Green La ..... (03456) 779374
Ilford 284 Ley St ..... (03456) 746372
Leyton Esso 727a Lea Bdge Rd ..... (03456) 779408
Leyton 401 High Rd ..... (03456) 719424
Leytonstone 567 High Rd ..... (03456) 757268
Romford 849 Romford Rd ..... (03456) 757142
Walthamstow Esso 394 Hoe St ..... (03456) 779697
Walthamstow 82 Forest Rd ..... (03456) 102840
Walthamstow 43 St. James St ..... (03456) 719619
Walthamstow Tower Mews ..... (03450) 269929
Wanstead 65 High St ..... (03456) 757207
Woodford Green 253 High Rd ..... (03456) 719518
Superstore
Highams Park 405 Larkshall Rd ..... (03456) 719558
Ilford 796 Cranbrook Rd Barkingside ..... (03456) 779038
Leyton 825 High Rd ..... (03456) 779427
Leytonstone Gainsborough Rd ..... (03456) 779409
Woodford Green Southend Rd ..... (03456) 779733
Tew, Terry, Sound & Light,
Link Ho 42b Chigwell La Loughton ..... (020) 8502 2943
FAX ..... (020) 8532 0254
Tfc London Bond,
Cromwell Indust Est Staffa Rd E10 ..... (020) 8556 6555
TG Productions, Ltd,
Unit 10,8 Argall Avenue Leyton ..... (020) 3904 7889
TGF Pizza,
13 Woodford Avenue Ilford ..... (020) 8551 7070
Thames Building Supplies,
Carlton Dv Ilford ..... (020) 8550 1178
Thames Gateway Manufacturing, Thames Gateway Mfg,
Unit 5 Forest Road Hainault Business Park
Ilford ..... (020) 8501 5558
Thames Gateway Manufacturing Centre, Ltd,The,
Unit 5 Forest Rd, Hainault Bsns Pk Ilford ..... (020) 8501 4777
Thames Roofing & Building Supplies, Ltd,
Goods Yard Wood Street Railway Station Wood Street
E17 ..... (020) 8520 0200
Or ..... (020) 8521 0293
Thames Water Utilities, Ltd,
Lower Hall Lane Pumping Station Mandeville Court
E4 ..... (020) 8529 3490
Thames Water Utilities, Ltd,
Coppermills Wtw Coppermill Lane E17 ..... (020) 8509 1074
Thameside Roofing, Ltd,
Gable Ho 1 Balfour Rd Ilford ..... (020) 8478 4100
Thanalakshme Jewellers, Ltd,
82 High Street Barkingside Ilford ..... (020) 8551 1153
Thapper, Ltd,
821 High Road Goodmayes ..... (020) 8590 6004
Thatched Cars, (GB) Ltd,
177 Wood St E17 ..... (020) 8521 6888
Thatched House Cars,
261A High Rd Leytonstone E11 ..... (020) 8519 0305
Or ..... (020) 8555 6000
The,
See also second word of name
The Apostolic Church,
Manor Park Methodist Church Herbert Road London ... (020) 3091 9723
Or ..... (020) 3091 9724
The Coppermill Public House,
205 Coppermill Lane London ..... (020) 8520 3709
The Cornerstone,
149 St. Catherine & St. Paul Churc Canterbury Road
London ..... (020) 3665 7538
Or ..... (020) 3665 7539
Or ..... (020) 8558 2121
The Hoe Street Dental Practice, Ltd, Dent,
337 Hoe Street London ..... (0843) 5150544
The Money Shop, Instant Cash Loans,
Barkingside 96 High St IG6 ..... (0843) 3093976
Chingford 1 Hall La E4 ..... (0843) 3094098
Ilford 59 Cranbrook Rd IG1 ..... (0843) 3093998
Ilford 172-174 High Rd IG1 ..... (0843) 3094192
Leyton 577 Lea Bridge Rd E10 ..... (0843) 3094010
Walthamstow 187 Hoe St E17 ..... (0843) 3094012
The Old Church Surgery,
99 Chingford Av E4 ..... (020) 8529 5543
Or ..... (020) 8559 4148
The Policy Asssessment Services, Ltd, Insurance Providers,
23-27 Electric Parade, George Lane
South Woodford ..... (0843) 8162989
The Robin Hood Thai Restaurant,
Robin Hood Hotel Epping New Road Loughton ..... (020) 8508 9887
The Royal Regency,
The Royal Regency Club 501 High Street North
London ..... (020) 3623 0685
Or ..... (020) 8478 6020
The Sadaf Halal Meat Uk Ltd,
198 Longwood Gardens Ilford ..... (020) 8550 1232
The Wild Goose Bakery Limited,
654 High Road Leytonstone London ..... (020) 3662 8698
The Woodford Barber Shop,
The Woodford Barber Shop, 473 High Road
Woodford Green ..... (020) 8252 5068
Thendele Engineer, Ltd,
24c Balfour Road Ilford ..... (020) 3659 9191
Theori Investments, Ltd,
840 High Rd Leyton E10 FAX ..... (020) 8988 1095
Theurbandealership Ltd,
769 High Road Ilford ..... (020) 8306 6932
Theva Solicitors,
128 Ilford La Ilford ..... (020) 8478 5797
They Compare, Ltd, Insurance Providers,
6 Connaught Road Ilford ..... (0843) 8163483
Theydon Garage,
Unit 3 Taylors Gravel Lane Chigwell ..... (020) 8617 1099
Theydon Property Services,
20 Church La E11 ..... (020) 8539 2009
Theydon Timber, Co Ltd, Timb Mrcnts & Joinrs,
Unit C1 Seedbed Centre Langston Road Loughton ..... (020) 8502 0155
Think Fire Defence, Fire Serv Activities,
Unit 5 Forest Industrial Park Fores T Road
Ilford ..... (020) 8172 0265
Thirsk Winton, Llp,
445 High Rd Woodford Gn ..... (020) 8506 1294
Thomas Cook Travel,
Chingford
Branch
3 Hall La ..... (0844) 3357172
3 Hall La FAX ..... (0844) 3359172
Bureau de Change
3 Hall La ..... (0844) 3357172
Ilford
Branch
Unit 1 171 High Rd FAX ..... (0845) 3049371
Walthamstow
Branch
Unit 2C Selborne Walk Shopping Cntr FAX ..... (0845) 3049623
Unit 2C Selborne Walk Shopping Cntr ..... (0845) 3089623
Bureau de Change
Unit 2C Selborne Walk Shopping Cntr ..... (0845) 3089623
Thomas Lyte,
19-21 Fowler Road Hainault Business Park Ilford ..... (020) 8500 0294
Or ..... (020) 8500 4056
Or ..... (020) 8501 2479
Thomasons Llp, Llp, Consltg Civ & Structl Engs,
528 High Rd Leystone ..... (020) 8988 5820
Thompson's,
68 Snakes La East Woodford Gn ..... (020) 8504 2454
Thompsons Estate Agents,
103 Cranbrook Road Ilford ..... (020) 8478 2181
Thomson Travel Shop,
Barkingside
Unit 4 High Street Barkingside ..... (0845) 0713786
Chingford
22 Old Church Road E4 ..... (0845) 0713751
Ilford
90 High Road Ilford ..... (0845) 0713257
Loughton
243 High Rd IG10 ..... (0845) 0713455
South Woodford
140 George Lane E18 ..... (0845) 0713502
Walthamstow
Unit 2 Selborne Walk E17 ..... (0845) 0713263
Thomson Travel Shops,
Chingford 22 Old Church Rd E4 ..... (020) 8559 3111
South Woodford 140 George La E18 ..... (020) 8989 1770
Thornton Rones, Ltd,
311 High Road Loughton ..... (020) 8418 9333
Thorogood, S, & Sons (Covent Garden) Ltd, Grwr Slsmn,
FAX ..... (020) 8532 8645
Thorpe Hall Primary School,
123 Hale End Road E17 ..... (020) 8527 4062
THP,
95 High Street Wanstead E11 ..... (01245) 251731
THP Chartered Accountants,
34 High St Wanstead E11 ..... (020) 8989 5147
Three Colts, The,
The Three Colts 54 Princes Road Buckhurst Hill ..... (020) 8504 0407
Three Cs,
25 Kingswood Road Ilford ..... (020) 3674 0457
Three Jolly Wheelers,
735 Chigwell Rd Woodford Green ..... (020) 8502 9296
Three Oaks, Ltd,
160 Fencepiece Road Essex ..... (020) 8501 3322
Three Willows,
35 Woodberry Way E4 ..... (020) 8529 7088
35 Woodberry Wy E4 ..... (020) 8529 1881
TIC International, Ltd,
156 Hoe Street E17 ..... (020) 8521 3737
Tidy Books Europe, Ret Shop Furn,
10 Hatherley Mws E17 ..... (020) 8520 4647
Tight Fit, Unisex Jean Boutique,
Branches
Ilford
FAX ..... (020) 8514 0900
Tight Fit,
49 Cranbrook Road Ilford ..... (020) 8514 0800
Tilbury Garages,
Main Enquiries Uplands Bsns Pk Blackhorse La E17 ..... (020) 8531 3139
Breakdown Recovery ..... (0870) 8508439
Tiles And Quartz Centre, Limited,
374-376 High Road Ilford ..... (020) 8496 0065
Tillship, Ltd,
12 St. Marys Av E11 ..... (020) 8989 1921
TIME,,
(Accurist Timeline) Dial 123
Timeport, Ltd,
137 Woodlands Road Ilford ..... (020) 8553 3969
Timeport Travel,
137 Woodlands Rd Ilford ..... (020) 8553 3993
Timpson,
8 Salisbury Hall Gardens E4 ..... (020) 8531 8710
Timpson,
27B Selborne Walk E17 ..... (020) 8520 9873
Timpson,
27B Selborne Walk E17 ..... (020) 8521 1905
Timpson, Ltd,
796 Cranbrook Rd Ilford ..... (020) 8551 0340
Timpson, Ltd,
176 George La E18 ..... (020) 8989 6205
Timpson Shoe Repairs, Ltd,
249 High Rd Loughton ..... (020) 8502 3582
Tinseltown, Ltd,
1 Woodford Av Ilford ..... (020) 8550 8088
Tiny Champs Nursery, Ltd,
183 Wood Street E17 ..... (020) 8521 4640
Tish Leibovitch,
249 Cranbrook Rd Ilford ..... (020) 8709 6000
Tish, Press & Co, Acctnts,
Cambridge Ho Cambridge Mws Cambridge Pk E11 ..... (020) 8530 7676
Titan Forge, Ornmtl Irnwks,
Unit 3 Shaftesbury Court Shaftesbury Road E10 ..... (020) 8558 9000
Tiwa Foods, African Food Groceries,
6 Argall Avenue Leyton London ..... (020) 8556 0570
Tj Automotive, Ltd,
271 Ilford La Ilford ..... (020) 8514 8007
TJR Bathrooms, Ltd,
666 Romford Rd E12 ..... (020) 8514 5510
Or ..... (020) 8553 2658
Tjs Global Logistics, Ltd,
West Wing Sterling House Langston Road Loughton ..... (020) 8502 1018
TJ's Hair Salon,
Unit 6 180-82 George Lane E18 ..... (020) 8518 8100
TK Maxx, Ret Trade,
11 Loughton Business Centre 5 Langston Road
Loughton ..... (020) 8508 1423
TK Maxx, Ret Trade,
Tk Maxx Leyton Mills Marshall Road E10 ..... (020) 8558 7778
TK Maxx, Ret Trade,
The Mall Walthamstow Shopping Selborne Walk E17 ..... (020) 8509 0146
Tm & Rm Limited,
369 High Road Ilford ..... (020) 3624 4896
TMH Research, Ltd,
The Stables North End Buckhurst Hill ..... (020) 8504 6868
T-Mobile, (UK) Retail Ltd,
Ilford
163 High Rd Ilford ..... (020) 8478 6014
TMP Worldwide, Ltd,
5 Jubilee Av E4 ..... (020) 8527 6100
TNAX Trade,
200 Richmond Road Ilford ..... (020) 4568 7062
Tobias, Dr, A,
19 Roll Gardens Ilford ..... (020) 8491 7853
Toby Carvery,
Buckhurst Hill
High Rd Buckhurst Hl ..... (020) 8559 0909
Snaresbrook Hollybush Hl E11 ..... (020) 8989 7618
Togar, Ltd,
87 St. Andrews Road Ilford ..... (01229) 481229
Toggs, Hrdrsrs,
15 The Broadway Woodford Green ..... (020) 8505 2425
Tolias Humphries, & Co,
84 Kirkland Av Ilford ..... (020) 8551 4459
FAX ..... (020) 8551 0308
Tom Cecil Ltd,
Unit 11, Period Works 1 Lammas Road London ..... (020) 8556 4316
Tom & Georgies, Ltd,
154 High Road Loughton ..... (020) 8508 0526
Tom Hood School,
Tom Hood Senior High School Terling Clo E11 ..... (020) 8534 3425
Tonerflow, Ltd,
Sales Hotline ..... (0845) 9452020
Toni & Guy Ilford,
213 High Rd Ilford ..... (020) 8514 7700
Toni & Guy South Woodford, Hair Salon,

15 Electric Pde George La E18 ..... (020) 8989 8699
Tonis Fish Bar,
180 High Rd Woodford Gn ..... (020) 8505 9654
Tony's,
61 The Broadway Loughton ..... (020) 8508 4924
Top Auto Locksmiths, Locksmiths, 24 Hour Emergency Auto Locksmith,
Chequers Rd Essex ..... (0845) 1647319
Top Cars Mini Cab Company,
322 Hoe St E17 ..... (020) 8520 1112
Or ..... (020) 8521 1000
Top Chicken,
286 Hoe St E17 ..... (020) 8521 9999
Top Curries, Ltd,
12 Forest Road Loughton ..... (020) 8508 7185
Or ..... (020) 8508 8480
Top Dog Joinery, Ltd,
252 Railway Arches Joseph Ray Rd E11 ..... (020) 8558 0511
Top Gear Autocentre,
378 Forest Road London ..... (020) 8520 3710
Top Hat Pizza, Ltd, Pizza Takeaway,
811 Romford Rd E12 ..... (020) 8553 2999
Top Mark Tuition,
889 High Road Leytonstone London ..... (020) 8989 4666
Top Services,
6 Argall Av E10 ..... (020) 8558 8528
Top T, Co, The,
708 Lea Bdge Rd E10 ..... (020) 8988 0222
Top Travel, UK Ltd,
353 High Rd Ilford ..... (020) 8220 3333
Topcoat Construction, Ltd,
Unit 8 Orient Industrial Park Simonds Road E10 ..... (020) 8539 7977
TopGolf,
Top Golf Game Cntr Abridge Rd Chigwell ..... (020) 8500 2644
Topps Tiles,
750 Eastern Av Ilford ..... (020) 8554 3767
8 The Deacon Estate Cabinet Way E4 ..... (020) 8523 2110
Toprak, U K,
Stand 60A Market Pavillion, 1 Sherrin Road
London ..... (020) 8539 9090
Tops Treatz,
760 High Road Ilford ..... (020) 8599 9880
Torino Express,
776 High Road Ilford ..... (020) 8597 3334
Or ..... (020) 8599 2222
Tormo & Mario Auto Services, Ltd,
48 Station Rd E4 ..... (020) 8529 5775
Tosaka Sushi, Ltd,
178 Longwood Gardens Ilford ..... (020) 8551 3293
Total Engines, Ltd,
9 Rigg Approach Leyton London ..... (020) 3149 9836
Total Medcare, Ltd,
Seedbed Cntr Langston Rd Loughton ..... (020) 8502 1480
Total Security Services, Ltd,
485 Hale End Rd E4 ..... (020) 8523 5533
Totem Communications, Ltd,
57 Queens Rd Buckhurst Hill ..... (020) 8505 7777
Tots And Tweenies,
54B New Road Ilford ..... (020) 8599 1664
Toucan Tools,
373 Church Road E10 ..... (020) 8556 6060
Touch Hair Salon Chigwell, Ltd,
193 Manford Way Chigwell ..... (020) 8500 0022
Touch Of Class 3,
12A Station Parade High Street Wanstead E11 ..... (020) 8532 9543
Touch Of Class Dry Cleaners, (Pvt) Ltd,
67 George Lane London ..... (020) 8530 1227
Touch Of Class Ii, Dry Clnrs,
106 George La E18 ..... (020) 8989 4484
Tourist Information Centres,
Ilford
Town Hall High Rd Ilford ..... (020) 8478 3020
Tower Boots London, Ltd,
Palace Pde High St E17 ..... (020) 8521 7518
Town Centre Securities, Plc,
Office Multi Storey Car Park Clements Road
Ilford ..... (020) 8478 2661
Town & Country Photographic,
59 Goldings Road Loughton ..... (020) 8502 3293
Toyat, Ltd,
244 London ..... (020) 4539 3264
TPD London, Ltd,
Unit 3 Walthamstow Business Cntr Clifford Rd
E17 ..... (020) 8531 8181
TPSM,
1-5 Fowler Road Hainault Business Park Ilford ..... (020) 8500 1099
Tracing & 24hr Detectives, Private Investigator,
77 High Street ..... (0844) 5886854
Tracing And Surveillance Services, Private Investigator,
35 York Road ..... (0844) 7724773
Tracing & Investigations, Private Investigator,
Pall House The Square, High Road Leyton, London ..... (0843) 5050093
Tracing Missing Persons, Locksmiths,
245 Cranbrook Road ..... (020) 7175 9247
Tracing Services, Private Investigator,
Wenlock House Cranbrook Road ..... (07017) 404762
Tracing Tracking and Investigations, Private Investigator,
2 Cann Hall Road ..... (0844) 5857159
Trade All Ltd,
84 Hoe Street London ..... (020) 3612 9972
Tradeprince,
592 Lea Bridge Road London ..... (020) 3105 7392
Traders & General Insurance Services, Ltd,
38 Church Hill Loughton ..... (020) 8519 5950
Tradex Insurance Limited, Ltd,
199 Ilford Lane Ilford ..... (0843) 8163422
Trading Places, Ltd,
46 Church La E11 ..... (020) 8556 6665
Trading Standard Offices,
Redbridge General Enquiries ..... (020) 8478 3020
Wanstead General Enqs ..... (020) 8478 3020
Traditional Barbershop, Barbers,
34A Queens Road Buckhurst Hill ..... (020) 8559 2289
Trafalgar Demolition Solutions, Ltd,
Hillcrest House 49a Vicarage Road E10 ..... (020) 8539 3221
Training Consultancy & Research, Ltd,
309A High Rd Loughton ..... (020) 8502 1970
Tranquility Health & Beauty,
26 High Road E18 ..... (020) 8989 2349
Tran's City Car Centre, Ltd, Car Sales,Rprs,
Sales 65 Hoe St E17 ..... (020) 8520 6758
Workshops 67 Hoe St E17 ..... (020) 8521 8363
67 Hoe St E17 ..... (020) 8520 8529
FAX ..... (020) 8521 0875
Transaction Network Services,
70 Borders Lane Loughton ..... (020) 8508 9118
Transaction Network Services,
636 Chigwell Road Woodford Green ..... (020) 8505 8525
Transaction Network Services,
172 Church Road London ..... (020) 8539 5712
Transaction Network Services,
81 Colworth Road London ..... (020) 8558 4036
Transaction Network Services,
735 Eastern Avenue Ilford ..... (020) 8590 6264
Transaction Network Services,
165 Forest Road Walthamstow ..... (020) 8531 9133
Transaction Network Services,
298 Forest Road Walthamstow ..... (020) 8520 8993
Transaction Network Services,
299 Hall Lane London ..... (020) 8501 7505
Transaction Network Services,
92-96 High Road London ..... (020) 8530 4339
Transaction Network Services,
315 High Road Ilford ..... (020) 8514 6408
Transaction Network Services,
502 High Road Ilford ..... (020) 8597 2311
Transaction Network Services,
674 High Road Ilford ..... (020) 8590 6587
Transaction Network Services,
Turkish Food Centre, 647-661 High Road Leytonstone
London ..... (020) 8539 8690
Transaction Network Services,
24 High Street Walthamstow ..... (020) 8521 0908
Transaction Network Services,
409-419 High Street North East Ham ..... (020) 8470 3520
Transaction Network Services,
273-275 Ilford Lane Ilford ..... (020) 8514 6628
Transaction Network Services,
Bank Of England Langston Road Loughton ..... (020) 8502 3855
Transaction Network Services,
470 Larkshall Road London ..... (020) 8527 0156
Transaction Network Services,
209 Lea Bridge Road Leyton ..... (020) 8558 4391
Transaction Network Services,
135 Ley Street London ..... (020) 8478 1861
Transaction Network Services,
124 Manor Road Chigwell ..... (020) 8172 0068
Transaction Network Services,
29 Old Church Road London ..... (020) 8524 0491
Transaction Network Services,
119 Roding Road Loughton ..... (020) 8508 3581
Transaction Network Services,
893-903 Romford Road London ..... (020) 8911 9176
Transaction Network Services,
149 Station Road Chingford ..... (020) 8524 5752
Transaction Network Services,
157-159 Wood Street London ..... (020) 8521 2403
Transil Travel Agency,
52 St. Barnabas Rd Woodford Gn ..... (020) 8506 1664
Transitional Care, Ltd,
122 Cranbrook Rd Ilford ..... (020) 8518 3779
Traps Hill Surgery,
25 Traps Hill Loughton ..... (0844) 4778738
Travel 4 U, Ltd,
82-84 High Street London ..... (020) 8520 1433
Travel Hut, (Gants Hill) Ltd,
577 Cranbrook Road Ilford ..... (020) 8551 0516
Travel Plus, Ltd, Trvl Agcy,
617 Romford Rd E12 ..... (020) 8553 4499
Travel With Us, Ltd,
11 The Broadway E4 ..... (020) 8531 9000
Travellers Friend,
496-498 High Road Woodford Green ..... (020) 8062 5419
Travellers Friend,
496-498 High Road Woodford Green ..... (020) 8062 5836
Travellers Friend Pub,The,
Travellers Friend P H 496-98 High Road
Woodford Green ..... (020) 8504 2435
Travelodge,
London Ilford
Clements Rd Ilford ..... (0871) 9846194
London Ilford Gants Hill
The Beehive Beehive La Gants Hill ..... (0871) 9846193
Travis Perkins, Bldrs Mrcnts,
Branches
Walthamstow
171 Wood St E17 ..... (020) 8521 8891
FAX ..... (020) 8520 4172
Woodford
31 Marlborough Rd E18 ..... (020) 8989 0034
FAX ..... (020) 8530 2037
Tre Monti,
Oakwood Parade Oakwood Hill Loughton ..... (020) 8502 1989
Tre Monti,
4A Oakwood Parade Oakwood Hill Loughton ..... (020) 8502 4226
Treat Hut,
131 High Road London ..... (020) 3712 4444
Tree Jolly Weavers The, Pub,
FAX ..... (0845) 1126186
Treehouse Nursery School Wanstead,
35 Woodbine Pl E11 ..... (020) 8532 2535
Trevor Vale,
599 Cranbrook Road Ilford ..... (020) 8551 2229
Trexel Metals,
Wellesley House 102 Cranbrook Rd Ilford ..... (020) 8242 9030
Wellesley House 102 Cranbrook Rd Ilford FAX ..... (020) 8242 9033
Trichromic, Llp,
Ground Floor Flat 88 Coventry Road Ilford ..... (020) 8554 4445
Trident Business Supplies, Ltd,
25A York Road Ilford ..... (020) 8270 0030
Trident Insurance Brokers, Ltd,
374-376 High Road Ilford ..... (0843) 8163479
Trident Publications, Ltd,
12 Poppleton Road London ..... (020) 8989 5819
Trident Recruitment, Ltd, Recruitment Consultants,
14 Goodmayes Road Ilford ..... (020) 3051 4974
Trilogy Designs, Ltd,
19-21 Fowler Road Hainault Busines Ilford ..... (020) 8501 0126
Trinity Community Centre,
East Av E12 ..... (020) 8472 8947
Trinity Estates,
Reception Desk Oleastor Court Stoneleigh Road
Ilford ..... (020) 8550 5921
Trinity London Care, Ltd,
113 Ruckholt Rd E10 ..... (020) 8558 4828
Trio Salon,
43 Green Lane Ilford ..... (020) 8553 3341
Triton Cycles,
Unit 4 Prospect Business Park Langston Road
Loughton ..... (020) 8508 0682
Tronicgold, Ltd,
Ashbrook Ct Care Home Sewardstone Rd E4 ..... (020) 8524 5530
Tropifresh, Ltd,
Market Pavilion New Spitalfields Sherrin Rd E10 ..... (020) 8558 6760
Tropifruit, UK Ltd,
73 Market Pavilion New Spitalfields Mkt Sherrin Rd
E10 ..... (020) 8558 0909
Trotman, D,
1A Hall Lane E4 ..... (020) 8529 6088
Trotman, D,
1A Hall Lane E4 ..... (020) 8529 3111
Trotman, D,
4 Snakes La Wst Woodford Gn ..... (020) 8559 1111
Trouble & Desire Films, Ltd,
7 Morgan Avenue E17 ..... (020) 8521 4944
Troy Logistics, Ltd,
38A Mansfield Road Ilford ..... (0845) 0179830
Truro Rd, Community Centre,
Truro Rd Community Centre Truro Road E17 ..... (020) 8520 7909
TSGK Enterprises, Ltd,
54 Station Way Buckhurst Hill ..... (020) 8502 9997
Tsn Shop, Ltd,
1 Ashville Road E11 ..... (020) 3827 0393
T-Space Architects,
2 Grove Pk E11 ..... (020) 8989 7180
Tsunami Hair & Beauty,
15 The Broadway Woodford Green ..... (020) 8506 6465
TTS Solicitors,
1-4 The Parade Monarch Way Ilford ..... (020) 8554 9533
Tuckers Solicitors,
601 High Road Leyton E10 ..... (020) 8539 0299
Tudor Motors,
41 Tudor Cres Ilford ..... (020) 8500 0176
Tulek Tutoring,
221a High Road London ..... (020) 4568 8006
Tulip Care,
5 Oakwood Hill Industrial Estate Oakwood Hill
Loughton ..... (020) 8502 0320
Tura London,
Unit C9 Leyton Industrial Village Argall Avenue
E10 ..... (020) 8988 0458
Turdo, B.M,
102Artist Studios Rookery Court 80 Ruckholt Road
E10 ..... (020) 8558 6366
Turkk Retail Services, Ltd,
54 Capworth Street Leyton ..... (020) 8556 0523
Turner, Steven, Osteopath,
58 Clarence Av Ilford ..... (020) 8554 6622

Turtle Bay Walthamstow, Rstnt,
269 High St E17 ... (020) 8520 7839
Tuscany Restaurant,The,
167 High Road Loughton ... (020) 8508 0082
Twenty First Century Land, Ltd,
39 High St E17 ... (020) 8521 1221
FAX ... (020) 8521 9901
TWH Buses,
The Academy Langston Rd Loughton ... (0844) 8000211
Two Brewers,
57 Lambourne Rd Chigwell ... (020) 8501 1313
Two Way Hire, Ltd, Tool Hire,
291 Chingford Rd E17 ... (020) 8531 7200
Or ... (020) 8531 7999
Tydene, Fruit & Veg,
5 Market Pavilion,New Spitalfields Mkt Sherrin Rd
E10 ... (020) 8558 8047
Tyrecheck, Ltd,
368 High Street North Manor Park London ... (020) 8586 0886
Tyremax,
162 Chigwell Road E18 ... (020) 8505 1176
Tyremax, Ltd,
Tyremax Ltd 162A Chigwell Road London ... (020) 8559 2347
TZ Peri Peri, Takeaway,
644 Chigwell Rd Woodford Green ... (020) 8504 1795
U Fix, Bldg Matls,
94 Goodmayes Road Ilford ... (020) 8590 3510
U M Vyas,
8 High View Parade Woodford Avenue Ilford ... (020) 8551 8338
Ubs Ag,
Manor Farm Mott Street Loughton ... (020) 8532 0674
Ucom Events, Ltd,
13A Heybridge Way Lea Bridge Road E10 ... (020) 8556 5619
Uddin, Mr, A, Uddin,
Ground Floor Comms Cabinet 150-52 High Road
Ilford ... (020) 8514 6799
Uffizzi Restaurant, Rstnt,
753 Lea Bridge Road Walthamstow London ... (020) 8509 2259
Ugsg Limited,
Gainsborough Place 2 Gainsborough Place
Chigwell ... (020) 8281 1976
UK Aparanji Silks, Ltd,
289-91 High Street North E12 ... (020) 8586 6924
Uk Car Servicing, Car Servicing,
165-69 Wood Street London ... (020) 8520 1169
UK College Of Business Computing,
Orion House, 104 Cranbrook Road Ilford ... (020) 8636 1661
UK College Of Business & Computing, Ltd,
Wentworth Ho 350 Eastern Av Ilford ... (020) 8518 4994
UK Investigators, Private Investigator,
524 Chigwell Road ... (07017) 602475
UK Property Consultants, Prpty Conslts,
133 Ley St Ilford ... (020) 8553 3399
UK Systems Servicing, Ltd,
355 Lea Bdge Rd E10 ... (020) 8539 8008
UK TBG, Ltd,
44-46 Prospect Road Woodford Green ... (020) 8505 3610
UK Trade Supplies, Ltd, Doors & Conservatories,
616-618 Chigwell Road Woodford Green ... (01702) 523353
Or ... (020) 8504 6766
UK Tyre Centre,
415 Ilford Lane Ilford ... (020) 8553 5177
Ultimate Body Shop, Ltd,
Unit 3 Beaver Rd Ilford ... (020) 8500 3454
Ultrabrook Ltd,
Kilroy House Woodford Green ... (020) 8551 4502
Ultrabrook Ltd,
Kilroy House Woodford Green ... (020) 8551 6770
Ultratone Hearing Aids,
Walthamstow 375 Hoe St E17 ... (020) 8520 7756
Uncharted Projects,
3 Flempton Road London ... (020) 8532 8484
Undre,
28 Lancaster Rd Leytonstone ... (020) 3645 3568
Uniksource Logistics, Ltd,
Unit 17a Forest Trdg Est Priestley Wy E17 ... (020) 8523 5000
Unique Child Nursery, Ltd,
45 Manor Road E17 ... (020) 3409 2512
Unique Cosmetics, Ltd,
41 Oakwood Hill Industrial Estate Oakwood Hill
Loughton ... (020) 8502 1202
Unique Interior Solutions,
Ilford
Cedar Ho 56 Peregrine Rd Ilford ... (020) 8500 2121
Unique Locksmith, Locksmith & Keys,
89 Station Road E4 ... (020) 8524 9292
Unique Nails,
41 High Street Walthamstow ... (020) 8521 6730
Unique Nails,
14a Queens Road Buckhurst Hill ... (020) 8559 1666
Unique Office Solutions, Ltd,
Ilford
Solutions House 56 Peregrine Road ... (020) 8500 2121
Solutions House 56 Peregrine Road Ilford ... (020) 8559 6280
Unistat Barkingside, Ltd,
141 High Street Barkingside ... (020) 8550 2119
Unit 8 Motors,
UNIT 8 400 RODING LANE SOUTH WOODFORD GREEN (020) 8550 8944
United 247 Detectives, Private Detective,
290 Chingford Road ... (07017) 331247
United 247 Investigations, Private Detective,
640 High Road ... (0871) 3155992
United Detectives, Private Detectives,
180 Cranbrook Road ... (020) 7175 4582
United Investgations, Private Detectives,
Praed House High Road ... (07010) 068331
United Investigators, Private Investigator,
88 Ley Street ... (020) 7175 8132
United Kars, Car Hire,
394 Ilford Lane Ilford ... (020) 8514 1888
United Lights, UK Ltd,
Unit 31 Forest Bsns Pk, Argall Av E10 ... (020) 8521 5021
Or ... (020) 8521 5521
United Print Finishers, Ltd,
Unit 20 Leyton Business Centre Etloe Road E10 ... (020) 8556 9577
United Reformed Church,
Cromwell Church Hall Nightingale Lane E11 ... (020) 8989 2426
United Trading Company, Ltd,
46 Larkshall Road E4 ... (020) 8559 4334
Unity Investigators, Private Investigator,
Kingswood House Selborne Walk ... (0844) 8126517
Universal Capital Investments, Ltd,
Office 19-19A 11-17 Fowler Road Ilford ... (020) 7052 3556
Universal Exchange,
238 High Road Leyton E10 ... (020) 8558 7533
Universal Hotel Reservations,
6 Crown Buildings The Green E4 ... (020) 8524 6311
Universal Investigations, Private Detectives,
114 Horns Road Ilford ... (0843) 5121994
Universal Investigators, Private Investigator,
166 High Street Walthamstow, London ... (0844) 2478516
Universal Lubricants & Supplies, Ltd,
Unit 13A Cromwell Indust Est, Staffa Rd E10 ... (020) 8539 2157
Universal Managment & Services, Pco Rental Cars,
48 Chingford Mount Road E4 ... (020) 8523 0888
Universal Pentecostal Church,
21 Coniston Gardens Ilford ... (020) 8551 9799
Universal Property Management, Ltd,
625 High Rd Ilford ... (020) 8598 8579
Universal Tyres,
105 Chingford Mt Rd E4 ... (020) 8527 3486
Universal Vibes, Ltd,
7 North Road Ilford ... (020) 3876 3221
UnLockerz, Locksmiths,
201 Coppermill Lane Walthamstow ... (0843) 5121160
Uplands Motors,
Walthamstow
Unit 10 Uplands Business Pk E17 ... (020) 8531 4040
Uppercut Hair Salons, Ltd,
Head Office 62 Wayside Mews Gants Hl ... (020) 8551 4808
UPSDALES, Chrtd Survyrs,Est Agts,
734 Romford Rd E12 ... (020) 8514 8555
Uptown Appointments,
238 Hoe St E17 ... (020) 8520 8989
Urban Bites,
4 Eastern Road London ... (020) 7018 5603
Urban Move,
Unit 4, 10-17 Seven Ways Pde Woodford Av Ilford ... (020) 8550 8808
Urbanmyth, Ltd,
7 The Deacon Estate Cabinet Way E4 ... (020) 8531 3413
Urkish Food Centre Leytonstone, Supmkt,
661 High Rd Leytonstone E11 ... (020) 8558 8149
US Airtours,
Loughton Business Cntr 5 Langston Rd Loughton ... (020) 8418 8200
US & UK Eagle Taxation, Ltd,
15 The Broadway Woodford Green ... (020) 8989 1666
USA Chicken & Pizza,
29 Church Lane Leytonstone ... (020) 8556 7733
Usedcarnetwork,
Unit 1, Home Fm High Rd Chigwell ... (020) 8500 1777
UTCL Group, Ltd,
Ilford
1 Balfour Rd Ilford (Sales) ... (0800) 3899435
UWPS London, Ltd,
144 Church Road E12 ... (020) 8478 7171
V And A Books And Gifts,
2 The Avenue London ... (020) 3605 3722
Or ... (020) 8527 7165
V & G Store,
36 Pyrles La Loughton ... (020) 8508 4808
V.H Holmes, Bldrs Mrcnts,
686 Romford Rd E12 ... (020) 8478 2374
V & R Contracts, Ltd,
Cromwell Indust Est Staffa Road E10 ... (020) 8556 8877
Vacuum Coatings, Ltd,
66 Barrett Rd E17 ... (020) 8520 5353
Vader Sports, Ltd,
865 Forest Rd E17 ... (020) 8531 0288
Vajra London, Ltd,
210 Ilford Lane Ilford ... (020) 3972 4789
Valentine Dental Practice, Ltd,
274 Cranbrook Road Ilford ... (020) 8554 9865
Valentine,The, Pblc Ho,
27 Perth Rd Ilford ... (020) 8554 6005
Valentines High School,
Valentine School Upper 348-60 Cranbrook Road
Ilford ... (020) 8554 3608
Valentines House Management, Co,
Valentines House 51-69 Ilford Hill Ilford ... (020) 3092 5682
Valentines House Management, Co,
Valentines House 51-69 Ilford Hill Ilford ... (020) 3719 0956
Valentines House Management, Co,
Valentines House 51-69 Ilford Hill Ilford ... (020) 3802 4691
Valeting Centre The,
587-595 High Road Ilford ... (020) 8599 5902
Valley Dental Practice,
83 Loughton Wy Buckhurst Hl ... (020) 8504 5787
Valley Food & Wine Stores,
38 Station Way Buckhurst Hill ... (020) 8504 5201
Valley Groomers,
22 Valley Side Parade E4 ... (020) 8529 9311
Valley Hill, Builders Merchants,
2 Valley Hl Loughton ... (020) 8508 3168
FAX
FAX ... (020) 8532 1323
Or ... (020) 8532 1323
Valley Takeaway,
8 Valley Hill Loughton ... (020) 8508 2991
Valli Enterprise, Ltd, Professional Financial Services,
1a Sibley Grove E12 ... (020) 8471 7050
Vallis Uk, Ltd,
Vallis 76 Church Road London ... (020) 8514 7777
Value Added Products,
41 High Rd E18 ... (020) 8530 6111
Vance International, Private Detective,
640 High Road Leyton London ... (0845) 5204255
Vandevelde Software, Ltd, It Telecoms Internet,
61 Ethelbert Gardens Ilford ... (020) 8550 8217
Van-Haaren, R, & Sons Ltd,
323 Chingford Rd E17 ... (020) 8527 3292
Vanilla Blooms,
159 Manford Wy Chigwell ... (020) 8500 8833
Vanish Dry Cleaners,
372 Forest Road E17 ... (020) 8503 6362
Vanity Tanning & Beauty, Ltd,
61 Station Road Chingford London ... (020) 8524 0710
Vans & Cars 4 U, Ltd,
13-17 High Beech Road Loughton ... (020) 8508 7020
Vantis,
151 High Rd Loughton ... (020) 8502 0411
Vape Empire, Ltd,
622 Lea Bridge Road Leyton ... (020) 8988 0700
Vape, Ltd,
214 Hoe Street E17 ... (020) 8521 4455
Vape Out,
702 Lea Bridge Road E10 ... (020) 3794 7851
Vara Dental Practice, Dent Surg,
290 High Street North E12 ... (020) 8552 1626
Vasily Enterprises,
50 Chigwell Road London ... (020) 8530 7487
Vasily Enterprises,
50 Chigwell Road London ... (020) 8532 2827
Vasily Enterprises, Ltd, Back Pain Centre,
50 Chigwell Road E18 ... (020) 8989 3338
Veer Events, Ltd,
Greengate Pde Horns Rd Ilford ... (020) 8518 3003
Velvet Fox,
32 High St Wanstead E11 ... (020) 8989 6060
Venture Portraits,
223 High Road E18 ... (020) 8504 8463
Verity Healthcare, Ltd,
Suite 234 Gateway Bsns Cntr,210 Church Rd
Leyton ... (020) 3771 5653
Veromia Group,
Seedbed Centre Langston Road Loughton ... (020) 8502 2257
Versatile Group, Ltd,
South Park Business Centre 302 Green Lane
Ilford ... (020) 8586 1118
Vestry House Museum,
Vestry Rd E17 ... (020) 8496 4391
Vet Savers,
70 The Broadway Loughton ... (020) 8532 1999
Vetcall, Veterinary Surgery,
91 Station Rd North Chingford ... (07000) 838225
Vetcall Veterinary Surgery,
113 Station Road Chingford London ... (020) 8529 4004
Vibrance,
Green House 7 Madeira Grove Woodford Green ... (020) 8505 1904
Or ... (020) 8506 1637
Vibrance,
Louise House 194 Brookscroft Road E17 ... (020) 8523 4700
Vibration Music,
Ferry La Indust Est Forest Rd E17 ... (020) 8523 3967
Vibration Music, Ltd,
Unit 8 Ferry La Indust Est, Forest Rd E17 ... (020) 8531 2216
Unit 4 Forest Trading Est Walthamstow ... (020) 8523 5762
Unit 4b Forest Trading Estate Priestley Way E17 ... (020) 8527 4583
Unit 4a Forest Trading Estate Priestley Wy E17 ... (020) 8531 3989
Vickery & Utteridge, Ltd,
64 Station Rd E4 ... (020) 8529 1703
Victim Support Waltham Fores,
Victimsupport Waltham Forest Ruckholt Rd E10 ... (020) 8988 8690
Victor Michael, Ltd (Ig8),
449 High Rd Woodford Gn ... (020) 8559 7040
Victoria Bodyworks, Ltd,
2A Castleton Rd Ilford ... (020) 8590 8361
Victoria Tavern, The,

165 Smarts Lane Loughton....(020) 8508 1779
Victory Place Management Company,
Osprey House Trinity Park Trinity Way E4....(020) 7515 6200
Vida Hairdressing, Hrdrsr,
Unit 92 Upper Level The Exchange High Road
Ilford....(020) 8478 9783
Vijayakanthan,
6 Cameron Road Ilford....(020) 8590 1373
Villa 1, Ltd,
579 Forest Road London....(020) 8527 2983
Village Estates,
54 Hoe St E17....(020) 8223 0784
Village Florist,The,
2 Station Approach The Avenue E4....(020) 8531 8324
Village Florist, The,
2 Station Approach The Avenue London....(020) 8523 5395
Village India Restaurant,
241-45 High Road E18....(020) 8505 2727
Village Quality Products, Ltd,
Unit A3 Circular Point Hickman Avenue E4....(020) 8527 1049
Unit A3 Jubilee Av E4....(020) 8531 3688
Vince Court, Business Centre,
Olympic House 28-42 Clements Road Ilford....(020) 8553 5242
Vincent Brown,
8 The Broadway Woodford Gn....(020) 8502 9516
Vincent, K, Dent Surg,
21 Station Rd Loughton....(020) 8508 2793
Vinn Cleaners,
304 Hoe Street London....(020) 8521 0595
Vinoramica,
2a Winchester Road London....(020) 8062 6195
VIP Cars, Hackney CarrgeTaxis,
64 The Broadway Loughton....(020) 8502 3333
Or....(020) 8508 1111
Or....(020) 8508 4444
Or....(020) 8502 2020
Vip Event,
Pegasus Works Unit Q Roebuck Road
Hainault Business Park....(020) 3583 2728
Vipcuts M & H Barbers,
76 Old Church Road E4....(020) 8529 1600
Virgin Active,
Woolston Manor Cottages Abridge Road Chigwell....(020) 8498 1600
Virgin Mobile,
Customer Service....(03456) 000789
Viscount International, Ltd, Sun Roofs,
341-343 Chigwell Rd Woodford Gn....(020) 8505 3259
341/43 Chigwell Rd Woodford Gn....(020) 8505 4711
Vision Consulting,
555 Cranbrook Road Ilford....(020) 8554 2135
Vision Express, Ophthal Optcns,
257 High Road Loughton....(020) 8418 9140
Vision RCL, Ltd,
Wanstead High School Redbridge Lane West E11....(020) 8530 6823
Wanstead Sports Centre Redbridge Lane West E11....(020) 8989 1172
Vision-Redbridge Culture & Leisure,
Fairlop Outdoor Activity Centre Fairlop Waters Forest Rd Ilford....(020) 8500 1468
Visions Today Ltd,
25 Rosebery Avenue London....(020) 8637 3692
Vista Contract Management, Ltd,
Kirkdale Ho Kirkdale Rd E11....(020) 8539 0700
Vista Properties,
686b Green Lane Ilford....(020) 8599 9599
Vistamatic, Ltd,
51 Fowler Road Hainault Business Park Ilford....(020) 8500 2200
Vitacress Salads, Ltd,
Market Pavilion New Spitalfields Mkt Sher Rin Rd
E10....(020) 8558 4026
Vitacress, (Spitalfields) Ltd,
98 Market Pavilion New Spitalfields Mkt, Sherrin Rd
Leyton FAX....(020) 8558 2452
Vitalise Centre,
Jubilee Lodge, Grange Fm High Rd Chigwell....(020) 8501 2331
Vjon Indian Take Away,
43b Hatch Lane London....(020) 8529 1666
Vladi 4, Ltd,
10 Lea Bridge Road E10....(020) 8556 5553
Vodafone Wlr Three Limited, Vodafone Wlr Three Limited,
Unit 18 Redbridge Enterprise Centre Thompson Close
Ilford....(020) 8514 1901
Volkspares, Ltd, Sprs,Acces,Rprs,
591 High Rd Leytonstone E11....(020) 8539 0513
Volkswagen Commercial Vehicles,
Abridge Van Centre (Authorised Volkswagen Van Centre)
Langston Rd Loughton....(020) 8532 5555
Vortech, Ltd,
36 Church Hl Loughton....(020) 8508 5567
Voucher Systems,
86 Beehive La Ilford....(020) 8550 1770
Vs Tax Ltd,
96 George Lane London....(020) 3524 1010
Vt Food & Wine,
149a Lambourne Road Chigwell....(020) 8559 9654
Vujon,
43b Hatch Lane Chingford....(020) 8529 0666
Vulcan Lock & Locksmith, Locksmith,
Ley St Ilford....(0845) 1283727
W F Wellcomm, Charity,
1 Russell Rd E10....(020) 8558 3614
W.I Chambers, Ltd,
Laurley Site Forest House 185 Bracken Industrial Estate Forest Road
Ilford....(020) 8500 6772
W. & I. Craig (Civil Engineering), Ltd,
Rigg Approach Leyton....(0843) 5156631
W J Kingham Motors, Ltd,
624 Chigwell Road Woodford Green....(020) 8504 3355
W & M Properties,
80 Nightingale Lane E11....(020) 8989 1415
W Murray, & Co Ltd,
21A New Road Ilford....(020) 8590 4233
Or....(020) 8598 9732
W.P Wakefield, Ltd,
680 Lea Bridge Road Leyton, E10....(020) 8539 5482
Wagland, W.H, Txtl Mrcnts,
1 Hookers Rd E17....(020) 8531 9702
Wagon Boulangerie, Ltd,The,
174 High Road Loughton....(020) 8418 9516
Wah Do, Chinese Rstnt,
17 Broadway Market ,Fencepiece Road Ilford....(020) 8500 0149
Waitham Forest Tution Centre,
350 Hoe Street E17....(020) 8509 8165
Waitrose, Ltd,
Branches
South Woodford 92 High Rd E18....(020) 8989 0022
Supermarkets
Buckhurst Hill 27 Queens Rd....(020) 8506 1331
Waldon, (Fruit) Ltd,
Stand 37 Market Pavilion New Spitalfields 1 Sherrin Road
Leyton....(020) 8558 8818
Walter Braund, (London) Ltd,
62 Market Pavilion New Spitalfields Market Sherrin Road
E10....(020) 8558 9868
Walters, Francis & C, Ltd, Funrl Dirs,
Wansted 121 High St E11....(020) 8989 1626
Waltham Fencing,
142 High Rd E18....(020) 8506 1355
Waltham Forest Black People, Mental Health Assn,
2 Priory Av E17....(020) 8509 2646
FAX....(020) 8509 2866
Waltham Forest Carers Associates, Ltd,
1 Russell Rd E10....(020) 8556 0857
Waltham Forest Cars,
261a High Rd Leytonstone E11....(020) 8520 7411
Or....(020) 8520 7272
Or....(020) 8520 8545
Waltham Forest Citizen Advice Bureau,
220 Hoe St E17....(020) 8509 7503
Waltham Forest College,
Main Switchboard....(020) 8501 8000
Waltham Forest Community Credit Union,
4 Church Hl E17....(020) 8520 8740
Waltham Forest Energy Services, Ltd, Energy Conslts/Design Engng,
Energy Cntr 31 Church Hl E17....(020) 8520 9880
FAX....(020) 8520 9882
Waltham Forest Engineering, Ltd,
Indust Est Oakwood Hl Loughton....(020) 8502 0337
Waltham Forest Insurance,
7-9 Chingford Mount Rd Chingford....(0843) 5156366
Waltham Forest Insurance,
2B Fulbourne Road Walthamstow....(0843) 8162955
Waltham Forest Insurance, Ltd,
2B Fulbourne Road Walthamstow....(0843) 8162956
WALTHAM FOREST LONDON BOROUGH OF,
Arts & Leisure Department
Halls
Chingsford Assembly Hall The Green E4....(020) 8529 0555
Walthamstow Assembly Hall Waltham Forest Town Hall Forest Rd E17 (020) 8531 4187
Leisure Centres
Cathall Leisure Cntr E11....(020) 8539 8343
Kelmscott Leisure Centre Markhouse Rd E17....(020) 8520 7464
Leyton Leisure Lagoon 763 High Rd Leyton E10....(020) 8558 8858
Playschemes
Lloyds E17....(020) 8531 9522
Recreation Services
Chingford Mount Cemetery....(020) 8524 5030
Hawkwood Plant Nursery 115 Hawkwood Cres E4....(020) 8524 4994
Education Department
Careers Service,Community Education
College see Waltham Forest College
Schools
Nursery
Acacia Cecil Road E11....(020) 8558 4444
Chapel End Early Learning Cntr Brookscroft Rd
E17....(020) 8527 9192
Lloyd Park Under-Fives Centre Nursery Winns Av E17....(020) 8531 9522
Low Hall Low Hall La E17....(020) 8520 1689
Primary
Ainslie Wood 140 Ainslie Wood Rd E4....(020) 8523 7913
Barclay Infants School Nursery Canterbury Road E10....(020) 8539 1299
Barclay Junior Canterbury Rd E10....(020) 8539 2928
Cann Hall Primy Sch Cann Hall Rd E11....(020) 8534 3563
Chapel End Infants 3 Beresford Rd E17....(020) 8527 1388
Chapel End Junior Roberts Rd E17....(020) 8527 6876
Chase Lane Infants York Rd E4....(020) 8529 6827
Chase Lane Juniors York Rd E4....(020) 8529 6827
Chingford C of E Junior Cambridge Rd E4....(020) 8524 5466
Church Mead Infants Riverly Primary School 40 Park Rd E10 FAX....(020) 8558 1358
Copper Mill Edward Rd E17....(020) 8520 6267
Dawlish Primary 4 Jesse Rd E10....(020) 8558 1566
George Tomlinson 20 Vernon Rd E11....(020) 8539 3577
Greenleaf Junior/Infants 80 Greenleaf Road E17....(020) 8520 7963
Gwyn Jones 219 Hainault Road E11....(020) 8556 7904
Longshaw Junior/Infants 18 Longshaw Rd E4....(020) 8529 5693
Mayville Junior Mayville Rd E11....(020) 8539 5907
Newport Infants Newport Rd E10....(020) 8539 4552
Newport Junior Newport Rd E10....(020) 8539 4322
Oakhill Jun and Inf Alders Av Woodford Green....(020) 8527 3309
Riverly Primary 40 Park Rd E10....(020) 8539 4535
Roger Ascham 1 Wigton Rd E17....(020) 8527 3157
South Grove Primary 37 Ringwood Rd E17....(020) 8521 6000
St. Joseph's R.C Junior 150 Vicarage Road E10....(020) 8539 5971
Stoneydown Park 89 Pretoria Av E17....(020) 8520 7026
Sybourn Infants 3 Sybourn Street E17 FAX....(020) 8558 2688
Whittingham Community 340 Higham Hl Rd E17....(020) 8523 3228
Winns Infant School Fleeming Rd E17....(020) 8527 1872
Woodside Infants Wood St E17....(020) 8520 5168
Woodside Junior Wood St E17....(020) 8520 4572
Yardley Junior/Infants Hawkwood Cres E4....(020) 8529 3671
Secondary Schools
Connaught Girls High Connaught Rd E11....(020) 8539 3029
Connaught Girls High 39 Connaught Rd E11 FAX....(020) 8558 3827
George Mitchell Farmer Rd E10 FAX....(020) 8532 8766
Holy Family College,The Shernhall St E17....(020) 8520 3587
Holy Family College,The Shernhall St E17....(020) 8520 3594
Or....(020) 8520 3594
McEntee Billet Rd E17 FAX....(020) 8527 3603
McEntee Billet Rd E17....(020) 8527 3750
Norlington Boys Norlington Rd E10....(020) 8539 3055
Norlington Boys Norlington Rd E10 FAX....(020) 8988 9661
Special
Brookfield House Alders Av Woodford Green....(020) 8527 2464
Joseph Clarke 31 Vincent Road E4....(020) 8523 5003
Whitefield School Macdonald Rd E17....(020) 8531 3426
William Morris Folly Lane E17....(020) 8503 2225
Youth Centres
Pastures 15 Davies La E11 FAX....(020) 8558 6533
Minicomm Services For People With Hearing Difficulties
Housing Services
Registrations Cedar Wd Ho 2D Fulbourne Rd E17....(020) 8531 9113
Transfers 869 Forest Rd E17....(020) 8531 8106
Museums
Vestry House Museum Vestry Rd E17....(020) 8496 4391
William Morris Gallery,Lloyd Pk Forest Rd E17....(020) 8496 4390
Social Services,Director Of
Mental Health Centres
Larkswood Centre Thorpe Coombe Hosp....(020) 8535 6848
Red Oak Lodge Langthorne Hosp Langthorne Rd E11....(020) 8535 6476
Stonleigh House Langthorne Hosp Langthorne Rd E11..(020) 8535 6477
Mental Health Services
Larkswood Centre (Locality Mental Health Team)
Thorpe Coombe Hospital Forest Rd E17....(020) 8535 6848
Red Oak Lodge (Locality Mental Health Team)
Thorne Clo Langthorne Rd E11....(020) 8535 6476
People With A Learning Difficulty
Group Home Training Unit 104 James La E10....(020) 8556 7276
Services For Elderly People
Residential Homes
Alliston House Church Hl Rd E17....(020) 8520 4984
George Mason Lodge Chelmsford Rd E11....(020) 8539 0218
Sheltered Housing
Boothby Court 15 Ashingdon Clo E4....(020) 8524 9232
Chantry,The The Ridgeway E4....(020) 8524 3738
Clifton House 4 Beechcroft Rd E11....(020) 8539 1100
Dilwyn Court 1 Hillyfield E17....(020) 8527 1914
Downland Court 1 Lancaster Rd E11....(020) 8558 5532
Flat 28 Goddarts House 23 Hoe Street E17....(020) 8521 5313
Holmcroft House 14 Orford Rd E17....(020) 8509 1911
Lime Court 5 Western Rd E17....(020) 8521 1606
Longfield House 35 Netley Rd E17....(020) 8509 0844
Pelly Court Summit Rd E17....(020) 8520 5769
Winters Court 115 Alpha Rd E4....(020) 8524 7191
2A, Plaxton Ct Woodhouse Rd E11....(020) 8519 8876
Waltham Forest MENCAP,
1A Matlock Rd E10....(020) 8556 8893
1A Matlock Rd E10 (Volunteers & Transport)....(020) 8556 3445
Waltham Forest Mental Health Befriending Service,
2A Truro Rd E17....(020) 8520 1592
Waltham Forest Metals,
277 Wood Street Walthamstow....(020) 8521 3113
Waltham Forest Town Hall,
Forest Rd E17....(020) 8496 5000
Waltham Forest Youth For Christ,
Cornerstone Church 149 Canterbury Road London....(020) 8518 7707
Waltham Guards, Ltd,
Flat 3 Stoneydown House Blackhorse Road London....(020) 8220 7893
Waltham Place, Ltd,
247-49 Wood Street E17....(020) 8520 3385
Walthamstow Bespoke Mortgages, Mortgages,
Hoe Street Walthamstow, London....(0845) 6676973
Walthamstow & Chingford Almshouse Charity,
Monoux Almshouses Church End E17....(020) 8520 0295
Collards Almshouses Maynard Road Walthamstow....(020) 8521 4915
Walthamstow Conservative Club,
76 Church Lane E17....(020) 8520 3666

Walthamstow Dental Practice, Dent Surg, 129 High St E17 ... (020) 8521 4333
Walthamstow Emergency Drain Cleaners, Drain Cleaners, Hoe Street Walthamstow, London ... (0845) 6605458
Walthamstow Emergency Plumbers, Plumbers,
Walthamstow Employment & Nursing Services, 785 Lea Bdge Rd E17 ... (020) 8521 7689
Walthamstow Montessori School, Ltd, Penrhyn Hall Penrhyn Avenue E17 ... (020) 8523 2968
Walthamstow Radio Cars, 2 Marlowe Rd E17 ... (020) 8521 1111
Walthamstow Removals, Removals & Storage - Domestic, Hoe Street Walthamstow, London ... (0845) 6600626
Walthamstow Rubbish Clearance, Waste Disposal Services, Hoe Street Walthamstow, London ... (0845) 6693479
Walthamstow Scene, Ltd,
Walthamstow Arc Central Pde Hoe St E17 ... (020) 8521 4158
Block D2 Grant House Cleveland Pk Av E17 ... (020) 8520 2113
Chaplin House Hoe Street E17 ... (020) 8521 2415
Walthamstow Trades Hall And Institute Ltd, 61-63 Tower Hamlets Road London ... (020) 8520 3806
Walthamstow Veterinary Surgery, 7 Wyatts Lane E17 ... (020) 8520 6335
Walthamstow Veterinary Surgery, Ltd, Vets, 07 Jan Wyatts Lane London ... (0843) 8161487
Walthamstow Village Garage, Ltd, 28 Ravenswood Road London ... (020) 3904 1281
Walthamstow Working Men'S Club, 82 High St London ... (020) 8520 5300
Wanstead Carriages, Ltd, 253b Chingford Mount Road E4 ... (020) 8524 0077
Wanstead Coffee Shop, Ltd, 7 High Street Wanstead London ... (020) 8989 1777
Wanstead Community Riding Stables Cic, Livery Stables Empress Avenue E12 ... (020) 8530 3890
Wanstead Dental Practice, Dental Practice, 1 Nutter Lane E11 ... (020) 8989 4624
Wanstead Design Service, 59A High St E11 ... (020) 8477 5855
Wanstead Golf Club, Overton Dv E11 ... (020) 8989 3938
Wanstead House Community Association, Adult Education
21 The Green E11 ... (020) 8989 3693
Wanstead News, 117A High Street Wanstead E11 ... (020) 8530 7886
Wanstead Opticians, 127 High Street Wanstead E11 ... (020) 8989 3327
Wanstead Osteopaths, Phoenix House 24 High Street Wanstead E11 ... (020) 8530 3388
Wanstead Sub Post Office, 75-77 High Street Wanstead E11 ... (020) 8989 4208
Wanstead Surgery, 45 Wanstead Place London ... (0844) 4778606
Wanstead Village Dental & Health Centre, Phoenix Ho 24 High St Wanstead E11 ... (020) 8530 2126
Wanstead & Woodford, Synagogue, 20 Churchfields E18 ... (020) 8504 1990
Wansted & Delta Cars, Taxi Oprtn, 95 Aldersbrook Rd E12 ... (020) 8530 6666
Waqas Autos, Limited, 431 Ilford Lane Ilford ... (020) 8553 3111
War Pensions Agency, Please see Service Personnel & Veterans Agency,The
Waris Food Store, 420 HOE STREET LONDON ... (020) 8521 0000
Warner & Associates, Private Detectives, Leyton Business Centre Etloe Road Leyton ... (0844) 8400397
Warriner, & Sons, Monmntl Mason,Undtkrs, FAX ... (020) 8508 9409
Wash & Dry Launderette, 141 Cann Hall Rd E11 ... (020) 8555 5232
Washx, Ltd, 339 Forest Road London ... (020) 3092 7314
Waterman, (UK) Ltd, Waterman Pharmacy, 248-250 Forest Road London ... (020) 8520 0795
Waterstones, Book Shops, Walthamstow
Unit 30 Shopping Cntr Selborne Wlk E17 ... (020) 8521 3669
Waterstones Booksellers, 26 Selborne Walk London ... (020) 8520 9636
Waterstone's Booksellers, Ltd, Branches
Ilford
158 High Rd Ilford ... (020) 8478 8428
FAX ... (020) 8553 2672
Waterworks Nature Reserve & Golf Centre, Main Office 2 Lammas Road E10 ... (020) 8539 7004
Watoto Child Care Ministries, 2A James Yard Larkshall Road E4 ... (020) 8592 1287
Wavetel Ltd, Sevenways Parade 6 Woodford Avenue Ilford ... (020) 8127 6794
Way International, UK Ltd, The, Flat 3 Gaitskell House The Drive Walthamstow ... (020) 8520 9760
Wayne Franklin, & Associates, 173 Whitehall Road Woodford Green ... (020) 8505 4160
WB Baxters, Ltd, 263 Cranbrook Rd Ilford ... (020) 8554 5500
We Are Verified, Ltd, Unit 3 400 Roding Lane South Woodford Green ... (020) 3691 3233
We Fix Now, Ltd, Plmbg, 350 Eastern Avenue Essex ... (0843) 5044030
We Love Ironing 4 You, 34 William Street E10 ... (020) 8558 4694
We Sell Any Motor, 53 St. Johns Road Ilford ... (020) 3793 2711
Weaver, G, Crpt Planner, 70 Greenway Avenue E17 ... (020) 8520 5140
Weavers Almshouses, Weavers Almshouses New Wanstead E11 ... (020) 8989 1174
Wed-In-Style, Ltd, 470 Cranbrook Rd Ilford ... (020) 8554 4741
Wefixnow, Ltd, Wentworth Ho Eastern Av Ilford ... (020) 8554 8000
Weitzel, David S, Chrtd Patent Agt, All Enquiries Mobile ... (07071) 201953
Welcome Center, The, Mr, Phil, 2-6 St. Marys Road Ilford ... (020) 3719 2769
Welcome Chinese & Tai Takeaway, Chinese Tai Takeaway, 805 Forest Road Walthamstow London ... (020) 8527 6085
Well, Essex
Barkingside - High Street Somerfield Store 115 ... (020) 8550 5816
Loughton - Loughton HC The Drive ... (020) 8502 5268
Woodford - Jubilee Parade 2 Snakes La ... (020) 8504 0121
London
Chingford - Chingford Mount Road 267 ... (020) 8529 1351
Chingford - Hatch Lane 20 ... (020) 8524 4310
Highams Park - The Avenue 10 ... (020) 8527 1727
Walthamstow - High Street 19 ... (020) 8520 4769
Walthamstow - Wood Street 147 ... (020) 8520 3055
Wellesley House Dental Surgery, 9 Wellesley Rd Ilford ... (020) 8554 4150
Well-Fittt, Ltd, 196 Chingford Mount Road Chingford London ... (020) 8524 3470
Wells Gate Management, Co Ltd, 5 Mornington Road Woodford Green ... (020) 8505 4498
Wells Park School & Training Centre, Lambourne Rd Chigwell ... (020) 8502 6442
Wenn Stage School The, 6 & 7 Electric Parade Seven Kings Road
Ilford, Essex ... (020) 8597 6033
Wentworth Apartments, Ltd, 239 Cranbrook Road Ilford ... (020) 3084 7210
Wentworth Housing, Ltd, 106 Ilford Lane Ilford ... (020) 8478 4786
Wentworth Property, UK Ltd, Est Agt, 239 Cranbrook Rd Ilford ... (020) 8518 2000
Wenzels The Bakers, 157 Manford Way Chigwell ... (020) 8501 4424
West Dale Assets, Ltd, 143 Whipps Cross Road London ... (020) 3325 7744
West Essex Golf Club, Ltd, (Professional) ... (020) 8529 4367
WEST ESSEX HEALTH, Authority, Health Service Clinics
Buckhurst Way Buckhurst Hl ... (020) 8504 0405
West Hatch Technical High School, High Rd Chigwell ... (020) 8504 8216
Western International Trading, Ltd, 51 Goldsmith Avenue E12 ... (020) 8552 4105
Westernville Flooring, Ltd, 44 Westernville Gardens Ilford ... (020) 8270 9624
Westminster Car Hire, Ltd, W1 ... (020) 8554 0004
1 Wakefield Gdns Ilford ... (020) 8554 0004
Westside Motors, (Woodford) Ltd, 391 High Rd Woodford Gn ... (020) 8505 5215
11 The Broadway Woodford Gn ... (020) 8505 5259
Westye Group Europe, Ltd,The, 6B Imprimo Pk Langston Rd Loughton ... (020) 8418 3800
Wetherspoon, J.D, Pblc Ho, The New Fairlop Oak Fencepiece Road Ilford ... (020) 8500 2217
Great Spoon Of Ilford 114 Cranbrook Road ... (020) 8518 0535
King's Ford 250 Chingford Mount E4 ... (020) 8523 9365
Walnut Tree 857 High St E11 ... (020) 8539 2526
WFHA, Flat 1 WFHA Housing Electric House 18 Teresa Mews
E17 ... (020) 8509 0908
Wheelie Cleen, 6 Connaught Rd Ilford ... (0800) 9171720
Whipps Cross Hospital, All Enqs E11 ... (020) 8539 5522
Whipps Cross Hospital Radio, Ltd, Radio & Tv, Whipps Cross Hospital Whipps Cross Road London ... (0843) 8164388
Whipps Cross University Hospital NHS Trust, Main Switchboard Whipps Cross Hospital E11 ... (020) 8539 5522
White Bridge Primary School, Infant Sch, White Bridge County Infant & Junior School Greensted Road
Loughton ... (020) 8508 8624
White Doves,The, Co. Ltd, Dove Release, Sterling Ho Langston Rd Loughton ... (020) 8508 1414
FAX ... (020) 8502 2461
White, G.R, 146 Loughton Wy Buckhurst Hl ... (020) 8505 7830
White House Dental Surgery, Ground Floor 2 Roding View Buckhurst Hill ... (020) 8504 9393
White Lawrence, & Co, FAX ... (020) 8505 5228
Whitefields Solicitors, 618 Lea Bridge Road E10 ... (020) 8558 7985
Whitehall County Primary School, 90 Normanton Pk E4 ... (020) 8529 3813
Whitehall Ergonomic Systems, Electrical Contractors, 4 British Legion Rd E4 ... (0800) 3897620
Whitehall Service Centre, 58 The Ridgeway Chingford ... (020) 3795 7312
Whitehaze, Ltd, Dispng Chemts, 124 Langthorne Rd E11 ... (020) 8539 0983
Whitestar Dental Care, The Exchange The Exchange High Road Ilford ... (020) 8477 0920
Whitneys Carpets, 187a High Road Loughton ... (020) 8502 5476
Whitres Dry Cleaners, 162 Fencepiece Road Ilford ... (020) 8500 7447
Wholesale Tropicals (Uk) Ltd, Merlin Grove Ilford ... (020) 8500 9356
Why Not Wine, 75 Station Rd E4 ... (020) 8524 6035
Wickremasinghe, Dr.(Mrs), S.M, 40 Perrymans Fm Rd Ilford ... (020) 8554 1094
Or ... (020) 8554 3944
Wickremasinghe, Dr, S.P, 40 Perrymans Fm Rd Ilford ... (020) 8554 1094
Or ... (020) 8554 3944
Wifa Advice Consultancy, 736-740 Romford Road London ... (020) 3730 7324
Wiiwii Productions, T 105 497-01 London ... (020) 7052 7165
Wildcard Promotions, (UK), Postcard Printers, PO Box 2305 Woodford Green, Essex ... (0870) 7605505
Wilder Creative, 11A Argall Avenue E10 ... (020) 8556 2741
Wilding Sound, Ltd, 50 Beulah Rd E17 ... (020) 8520 3401
Wilkins, P.A, Cpntr, 48 Stonards Hl Loughton ... (020) 8502 1690
Wilkinson Hardware Stores, FAX ... (020) 8911 9008
William Fountain, Ltd, 68A Cobden Road E11 ... (020) 8558 3464
William Morris Gallery, Lloyd Pk Forest Rd E17 ... (020) 8496 4390
William Morris School, William Morris School Folly Lane
Walthamstow, London ... (020) 8503 2227
William Morris School, William Morris School Folly Lane
Walthamstow, London ... (020) 8503 2870
William The Fourth, King William IV P H 816 High Road Leyton E10 ... (020) 8556 2460
Or ... (020) 8988 1251
William Torbitt Primary School, Eastern Avenue Ilford ... (020) 8599 1209
William Webb News, Nwsagts, 81 High Road South Woodford London ... (020) 8989 2891
Williamjack Communications, Ltd, 77 Hampton House The Ridgeway Chingford ... (020) 3649 6556
Willow Brook Primary School, 190 Church Road E10 ... (020) 8539 1428
Willow Paper Solutions, Ltd, 5 Holcombe Road Ilford, Essex ... (020) 8925 8223
Willowbrook Primary School, 190 Church Road E10 ... (020) 8556 0366
Willows Medical Practice, Hainault Health Cntr Manford Wy Chigwell ... (020) 8500 6442
Willows,The, The Willows Banqueting and Events Forest Road Forest Road
Ilford ... (020) 8500 5580
Wilsons Fish & Chips, Ltd, 101 Station Rd E4 ... (020) 8524 9065
Wiltshire Court, Pte Retirement Home, Pittman Gardens Ilford ... (020) 8478 6729
Wincastle, 21 Long Deacon Rd E4 ... (020) 8524 0304
Wincastle, Ltd, 8 Station App Stn Roa D E4 ... (020) 8524 2649
Winchmore, Ltd, 403 High Road Woodford Green ... (020) 8924 1104
Windscreen, Co Ltd The, 4 Forest Rd E17 ... (020) 8509 0666
Wing Ho, 47 George La E18 ... (020) 8989 6999
Wing House, 47 George La E18 ... (020) 8530 0435
Wing Sing, (2015) Ltd, 78 George Lane E18 ... (020) 8532 2883
Wingate Builders Merchants, Timb Mrcnts, Wingate House 340-48 Ilford Lane Ilford ... (020) 8478 5075
Or ... (020) 8553 2677
Winkworth Estate Agents, 76 George La E18 ... (020) 8989 8998
Winnies Pie And Mash, Station Road London ... (020) 8524 1824
Winns Nursery Unit, The Winns Primary School Fleeming Road E17 ... (020) 8531 0781
Wint Augustus, Ltd,

4 Clementine Walk Woodford Green ..... (020) 8506 9625
Wisdom Kids Nursery, Nrsry,
500 High Street North Manor Park London ..... (020) 8478 2805
Wise Auto, Ltd,
769 High Road Ilford ..... (020) 3795 8162
Wise Way Carriage,
122 Meads La Ilford ..... (020) 8590 5376
Wishes Wedding Services, Ltd,
70 Norlington Rd E10 ..... (020) 8257 8141
Wizpark,
62 Mulberry Way E18 ..... (020) 8530 7373
Wm Morrisons, Plc,
203 High Road Loughton ..... (020) 8508 7856
Wo Fat,
270-272 High Road Loughton ..... (020) 8508 0464
Or ..... (020) 8508 4576
Wod,
111 Snakes Lane Woodford Green ..... (020) 8505 4921
Women On The Frontline Ministries,
1 Toronto Avenue Manor Park London ..... (020) 3340 7278
Wonderlease, Ltd, Letting & Mngmt Conslts,
1 Station Approach,Hoe Street E17 ..... (020) 8520 7334
Or ..... (020) 8509 3000
Wong's Chinese Takeaway,
42 Wood Street E17 ..... (020) 8520 0738
Wongs Dental Surgery,
845 High Rd Leytonstone E11 ..... (020) 8539 4720
Wood & Flames Grill,
Rear Of 371 High Road Leyton E10 ..... (020) 8556 7788
Wood 'N' Floors Specialists,
1A Kingsley Gdns E4 ..... (020) 8559 4599
Wood Street Autos Ltd,
Vallentin Road London ..... (020) 8520 9359
Wood Street Auto Welding,
82 Vallentin Rd E17 ..... (020) 8520 1666
Wood Street Car Service,
177 Wood Street E17 ..... (020) 8520 8585
Wood Street Dental Practice,
176 Wood Street E17 ..... (020) 8509 0055
Wood Street Food & Wine, Ltd,
241 Wood Street Walthamstow ..... (020) 8520 6785
Woodbridge Autos,
1B Daisy Road E18 ..... (020) 8530 2511
Or ..... (020) 8530 6605
Woodbury Estates,
244 High Rd Loughton ..... (020) 8508 2030
Woodbury Practice, Dents,
77 Woodford Rd E18 ..... (020) 8989 2113
Woodcock, V, & Co (Ins) Ltd, Broks,
110 High Road Loughton ..... (020) 8508 2126
Woodcroft School, Ltd,
Whitakers Way Loughton ..... (020) 8508 1369
Woodford Accident Repair Centre,
3 Raven Rd E18 ..... (0870) 4211057
FAX ..... (0870) 4214591
Woodford Aquatics, Aquarium Specialists,
115-17 Maybank Road E18 ..... (020) 8505 6444
Woodford Autos,
400 Roding Lane South Woodford Green ..... (020) 8551 7777
Woodford Baptist Church,
Baptist Church George Lane London ..... (020) 8530 4916
Woodford County,
Woodford County High School High Rd Woodford Gn ... (020) 8498 0344
Woodford Express, Ltd,
George Lane London ..... (020) 8530 7963
Woodford Gates, Ltd,
Unit B 400 Roding Lane South Woodford Green ..... (020) 8503 9292
Woodford Golf Club, Golf Club,
Sunset Avenue Woodford Green ..... (020) 8504 3330
Or ..... (020) 8504 4254
(Payphone) Sunset Av Woodford Gn ..... (020) 8504 0553
Woodford Green Dental Centre,The, Dent Practice,
80 Snakes La East Woodford Gn ..... (020) 8502 9966
Woodford Green Funeral Directors, Ltd,
354 High Road Woodford Green ..... (020) 8559 1979
Woodford Green Preparatory School,
Woodford Green Preparatory School Snakes Lane
Woodford Green ..... (020) 8504 5045
Woodford Green Sub Post Office,
471 High Road Woodford Green ..... (020) 8559 1016
Woodford Heating & Energy, Ltd,
Oakwood House Oakwood Hill Industrial Estate Oakwood Hill
Loughton ..... (020) 3225 5067
Woodford Memorial Hall, Halls For Hire,
209 High Road E18 ..... (020) 8505 3352
Woodford Motor Cycles,
51-53 George Lane South Woodford London ..... (020) 8989 3157
Woodford Muslim Cultural Centre,
114-116 Snakes Lane East Woodford Green ..... (020) 3337 2313
Woodford Parish Office,
Woodford Parish Ch High Rd E18 ..... (020) 8505 3000
Woodford Scrap Metal, Ltd,
129-133 Green Lane Ilford ..... (0843) 5066486
Woodford Service Station, Petrol Stn,
Woodford Self Serv Gar Woodford New Rd E18 ..... (020) 8504 1904
Woodford Self Serv Garage Woodford New Road E18 ... (020) 8504 7048
Woodford Taxis, Taxi Cabs,
411 High Rd Woodford Green ..... (020) 8498 0105
Woodford Wells Club,
Woodford Wells Cricket & Law Monkhams Lane
Woodford Green ..... (020) 8504 1954
Woodford Wine Room, (Woodford) Ltd,The,
17 Mill Lane Woodford Green ..... (020) 8504 2440
Woodford Wise Solicitors,
9 Woodford Av Ilford ..... (020) 8550 2908
Woodgrange Estates,
Forest Gate 4 Fullwell Pde,Fullwell Av Ilford ..... (020) 8522 6666
Woodgrange Park Village Cooperative,
Estate Office Woodgrange Park Community Centre Bluebell Avenue
E12 ..... (020) 8503 5041
Woodland Leathers, Ltd,
11 Loughton Bsns Cntr, Langston Rd Loughton ..... (020) 8502 2910
Woodlands Nursing Home,
1 Gordon Rd Ilford ..... (020) 8553 2946
Woodlands Total Care Nursing Home, Ltd,
1 Gordon Road Ilford ..... (020) 8553 2841
Woodsfords Barber, Barbs,
63 High Road London ..... (020) 3609 1875
Woodside Pharmacy,
633 High Road Leytonstone Leytonstone London ..... (020) 8539 3586
Woodside Pharmacy,
851 High Road Leytonstone E11 ..... (020) 8556 2502
Woodside School,The,
Warwick Junior Comprehensive Boys School Barrett Rd
E17 ..... (020) 8509 0763
Or ..... (020) 8520 5467
Woolwich, plc, Banking,
Branches
Woodford Green
98 Snakes Lane East Woodford Green ..... (0845) 0718676
WOOLWORTHS, PLC,
Stores
South Woodford 146 George La E18 ..... (020) 8989 5118
Wordsworth Health Centre,
19 Wordsworth Av E12 ..... (020) 8548 5960
FAX ..... (020) 8548 5983
Wordsworth Health Centre,The,
19 Wordsworth Av E12 ..... (020) 8470 3935
Work Link, Indust Catrng Agcy,
21 Cambridge Pk E11 ..... (020) 8989 1125
Working Girl, Ltd,
223 High Road Ilford ..... (020) 8911 0231
World Calls STD,
130 Ilford La Ilford ..... (020) 8514 4675
World Of Windows & Doors, Ltd,
68 Sewardstone Rd E4 ..... (020) 8885 3009
World Soul Winning Church Of Christ,
Unit 3 2-8 Hainault Business Park Ilford ..... (01646) 839276
World Wide Solicitors,
Aztec Ho High Rd Ilford ..... (020) 8514 1829
Worlds Larder, Ltd, The,
12 Rangers Road E4 ..... (020) 7998 7858
Worldwide Company Incorporation, PLC, Bsns Financial Servs,
5 Blackhorse La London ..... (0870) 4601037
FAX 5 Blackhorse La London ..... (0870) 4601036
Worldwide Travel Solutions,
353 Thorold Road Ilford ..... (020) 3161 5811
Worshipful Company Of Weavers,The,
Weavers Almshouses New Wanstead E11 ..... (020) 8530 5145
Wow Brows By Zarish,
1 Ollards Grove Loughton ..... (020) 8502 3758
40 Queens Road Buckhurst Hill ..... (020) 8504 4244
Wrights Gallerys Services, Ltd,
11A Rigg App E10 ..... (020) 8558 5374
Wrightways, (Domestic Appliances) Ltd,
287 Hall Lane London ..... (020) 8529 0753
Ws Building & Development, Ltd,
Lift Thurlow Court Wellesley Road E11 ..... (020) 8989 5650
www.freecovered.com, Ltd, Insurance Providers,
186-192 High Road Ilford ..... (0843) 8163453
Wyles Howard, & Co,
146 Chester Road Ilford ..... (020) 8598 8523
X L Hair Design,
76 St. Mary Road E17 ..... (020) 8509 3157
76 St. Mary Road London ..... (020) 8521 0210
X M B Motors, Ltd, Car Rprs/Gars,
Unit 71 Kimberley Industrial Estate Billet Road
London ..... (0843) 8164105
Xchange Sales & Lettings, Ltd,
141 Cranbrook Road Ilford ..... (020) 8553 1444
Xenon Locksmith, Emergency 24hr locksmith,
Ley Street Essex ..... (0845) 1647279
XGRO Accountants, Ltd,
6 Connaught Road Ilford ..... (020) 3478 6747
Xpress Cars,
671 High Rd Leytonstone E11 ..... (020) 8539 8883
Or ..... (020) 8556 6800
Or ..... (020) 8558 0085
Xra, Whsle & Packaging,
Unit 5 Lea Valley Business Park
Lammas Road London ..... (020) 3643 3394
XSELV, Ltd,
53 Onslow Gardens E18 ..... (020) 3941 2045
Xtec Communications, Ltd, Telecommunications,
32 St. James's St E17 ..... (020) 8509 6700
Y U Garden, Take Away,
346 High St Nth E12 ..... (020) 8470 8282
Y Wait, Ltd,
The Georgian Village 100 Wood Street London ..... (020) 8520 7083
Yagmur, Ltd,
616-618 High Road Leytonstone London ..... (020) 8558 1131
Yahyas Grill,
508 High Road Ilford ..... (020) 3952 9024
Yam-Man Imports,
27 Walthamstow Business Centre Clifford Road
E17 ..... (020) 8527 1741
Yangfan, Mrs, Yong Hong Li, Ltd,
41 Station Road Chingford London ..... (020) 8559 3481
Yangming, (UK) Ltd,
FAX ..... (020) 8532 4636
Yankee Hardware Solutions,
291 High Road Leyton, London ..... (0871) 4250868
Yardley Primary School,
Hawkwood Crescent E4 ..... (020) 8529 3671
Yas Carpet And Flooring,
118 George Lane London ..... (020) 3091 1621
Or ..... (020) 3091 1622
Yatsing Chinese Takeaway,
316 Grove Green Road E11 ..... (020) 8539 4957
Yellands Estates, Ltd,
70 George La E18 ..... (020) 8491 5656
Or ..... (020) 8491 8080
Yellow Birds Play Academy, Ltd,
11 Sinclair Road London ..... (020) 8509 0006
Yens Foodstore,
1 Ashville Road E11 ..... (020) 8539 9346
YK Foods, Ltd,
23 Woodford Avenue Ilford ..... (020) 4506 0569
YMCA,
YMCA Head Office England
Finance,Fundraising,Human Resources,Marketing,Operations,PR Shops
640 Forest Rd E17 (Reg.Office) ..... (020) 8520 5599
Y Care International (YMCA International Development Agency)
640 Forest Rd E17 ..... (020) 8520 5599
FAX E17 ..... (020) 8503 7461
Yogi Krupa Food & Wine,
133 Woodlands Road Ilford ..... (020) 8478 1348
York Supermarket Convenience Store,
York Road Ilford ..... (020) 8477 0663
York Surgery,
55 York Rd Ilford ..... (020) 8514 0906
Or ..... (020) 8924 6371
You Me, Nail,
118 High Street Walthamstow London ..... (020) 3784 1597
Youd, Brian, & Co,
The Shrubberies George La E18 ..... (020) 8530 5156
Young, & Co Accountants Ltd,
702 Romford Road Manor Park ..... (020) 8514 7944
Young Inspirations After School Club,
322 High Rd Ilford ..... (020) 8514 4284
Youngertabbitt, Ltd,
42 Orford Rd E17 ..... (020) 8520 9184
Or ..... (020) 8521 5364
Your Estate Management,
425 High Rd Ilford ..... (020) 8478 5463
Your Move Sterling, & Co,
232 Hoe St E17 ..... (020) 8520 3077
Your Seven Stars, Ltd,
667 High Road Ilford ..... (020) 8548 3835
Yourtravelshop.Com, Ltd,
197 Cranbrook Rd Ilford ..... (020) 8554 7070
Yum Bun,
11a Heybridge Way Lea Bridge Road London ..... (020) 7998 1644
Yume House,
293 High Road Leytonstone E11 ..... (020) 8539 6559
Yummy Dosa, Ltd,
68 Cranbrook Road Ilford ..... (020) 8637 3026
Yummy Hut, Ltd,
Spice Hut 569 Cranbrook Road Ilford ..... (020) 3225 2023
Yummy Thai,
136 Hermon Hill London ..... (020) 8530 8611
Yung And Kush,
84 Prestige House Queens Road Buckhurst Hill ..... (020) 3842 6030
Yunky Baba,
Crown Fried Chicken, 55 London ..... (020) 8911 9100
Z K Trading Enterprises, Ltd,
167 High Road Ilford ..... (020) 8553 9878
Z L London,
Unit 1 Estate Way E10 ..... (020) 8556 5623
Z S Double Glazing, Ltd,
Unit P2 Pegasus Works Hainault Business Park
Ilford ..... (020) 8501 2712
Zac Worldwide Travel, Ltd,
70 Ilford La Ilford ..... (020) 8514 8444
Zadams Chemist, Pharm,
Goodmayes 841 High Road Ilford ..... (020) 8599 3150
Zadoo, Dr, K,
53 Lyndhurst Drive E10 ..... (020) 8539 1663
Zahra Grill Restaurant, Ltd,
82 Ilford Lane Ilford ..... (020) 4568 0710
Zaib Inport Export,
50 Clarence Rd E12 ..... (020) 8478 3797
Zakco, Ltd,
12 High Street Barkingside ..... (020) 3915 3944
ZAKK Associates & Solicitors,
279A Ilford La Ilford ..... (020) 8478 1391
Zam Zam Builders, Ltd,

335 Strone Rd E12 ..... (0800) 1214505
Zamcorp, Ltd,
18 Hoe Street Walthamstow ..... (020) 3325 1420
Zarms Hair & Beauty, Ltd,
Zodiac House, 257 Ilford Lane Ilford ..... (020) 8514 8826
Zebaish Clothing Store,
Zebaish Ltd 329 Green Lane Ilford ..... (020) 8597 5291
Zeba'ish, Ltd,
329 Green La Ilford ..... (020) 8215 1275
Zee, & Co Ltd,
221 High Rd Loughton ..... (020) 8508 8040
225 High Rd Loughton ..... (020) 8508 1378
Or ..... (020) 8508 6702
Zekana, Ltd,
151 Station Road E4 ..... (020) 8501 7575
Zeta Homes, Est Agcy,
991 Romford Rd E12 ..... (020) 8514 2232
991 Romford Road E12 ..... (020) 8514 2617
Zetra, UK Ltd,
44A High St Wanstead E11 ..... (020) 8518 8615
ZFA, Ltd, Prpty,
336 Ley St Ilford ..... (020) 8514 3333
Zi Tyres,
378 Ilford Lane Ilford ..... (020) 8553 2953
Zig Zags Day Nursery, Ltd,
38 Wellwood Road Ilford ..... (020) 8597 0555
Zoe Drycleaner, Ltd,
321 Ley Street Ilford ..... (020) 8478 0494
Zone Contractors, Ltd,
Suite 5 The Gateway Business Centre,Church Road
Leyton ..... (020) 8558 8124
Zoology, Unisex Hrdrsrs,
145 High Street Wanstead London ..... (020) 8530 3005
Zorba, Ltd,
23 Woodford Avenue Ilford ..... (020) 8550 6610
Zoya's Health & Beauty Clinic, Ltd,
94 Chingford Mount Road Chingford ..... (020) 8527 4865
Zsk London, Ltd,
17 New Road Ilford ..... (020) 3441 4753
Zss Trading, Ltd,
751 High Road Leytonstone E11 ..... (020) 8556 6544
Ztk Tax Advisory,
Suite 1 Ideas House Station Estate Eastwood Close
London ..... (020) 3294 9476
Zu's Ilford, Takeaway,
815 High Road Ilford ..... (020) 8598 1110

A. ASSOGBA, S, 33 Grantham Road, LONDON (020) 3623 1879
A KHANKHARA, S, 393 High Road Leyton, London (020) 7022 3581
AAMIL, K, 15 New Rd, Ilford (020) 3132 1490
AANONSON-RAWLINGS, N, 5 East View, London (020) 8531 0879
ABAGA, A, Flat 1 Pigeon Court 95a Aldriche Way, London (020) 3669 8790
ABAGREY, G, 25 Colchester Road, London (020) 3441 5233
ABANA, S, 73 Northbank Rd, London (020) 3132 5307
ABAYOMI, A, 9/591a New Nth Rd, Ilford (020) 8500 7571
ABBAS, F, 261 Coventry Road, Ilford (020) 8262 5359
A, S, 2 Granton Road, Ilford (020) 8117 1548
A, S, 4 Lombard Avenue, Ilford, Essex (020) 3489 3957
A, T, 168 Church Road, London (020) 3375 6886
ABBASI, K, 6 Fifth Avenue, London (020) 3715 4231
A, V, 89 Churchill Terrace, London (020) 3638 0541
ABBEY, I, 3 The Avenue, Loughton (020) 8508 2586
ABBOTT, Frank, Flat 10 Helwys Court 107 Selwyn Avenue, E4 (020) 8527 2416
A, P, 22A Courtenay Rd, E17 (020) 8521 4914
A, S, 41 Gardner Close, London (020) 8530 2422
A, S, 72 Northwood Gardens, Ilford (020) 8550 1052
A, Mr S, Mr 91 Sewardstone Road, London (020) 8559 3217
ABDALLA, Ruweyda, 24 Westwood Road, Ilford (020) 8597 9525
ABDI, Ms F, Flat 3/290 Chingford Road, London (020) 3132 4992
A, N, 46 Wittenham Way, London (020) 3092 8476
A, Mr S, 130 Maybank Road, London (020) 3132 8636
ABDILLE, N, 8 Rookton Terrace Dunedin Road, London (020) 8558 1457
ABDUL REHMAN, M, 7 Jewel Road, E17 (020) 8177 5459
ABDUL, S, 6 Oakfield House 76 Oakfield Road, Walthamstow (020) 3015 7645
ABDULBARI, A, 871 Romford Rd, E12 (020) 8911 9703
ABDULLA, N, 108 Shelley Avenue, London (020) 3417 0766
ABDULLAH, Mr A M, 9 Coleridge Avenue, London (020) 3375 6716
A, M, 3 Waterloo Road, Ilford (020) 8214 7307
ABDULLAHI, S, Flat 2 Hinton Court Leyton Grange Estate, London (020) 3602 1624
ABDUL'LATEEF, M, 179 Chingford Road, London (020) 8531 2977
ABDULMAGID, S, 27 Colchester Avenue, London (020) 8014 4625
ABDUSALAM, A, 12 Gloucester Rd, London (020) 8514 6511
ABEL, K, 18 Sinclair Road, LONDON (020) 8529 2011
ABELIA FAST FOOD, 216 New North Road, Ilford (020) 4501 0147
ABERNETHY, W.J, 5 Bawdsey Avenue, Ilford (020) 8599 3899
ABERY, P, 58 Larkswood Road, London (020) 8529 1662
ABHINAKI, R, 5 Tudor Mews Mansfield Rd, E17 (020) 8509 7617
ABID, S, 20 Millfield Avenue, Walthamstow (020) 3605 7447
ABIODUN, M, Mobile, 10 Aberdour Road, Ilford, Essex (07904) 907331
ABLE, B, Mobile, 40 Sky Peals Road, Woodford Green, Essex (07956) 403838
ABLEY, P, 84 Perth Road, Ilford (020) 8554 0784
ABOAGYE-FRIMPONG, J, 2 Longfellow Road, E17 (020) 8520 0186
ABOLOU, K, 35 Lyttelton Rd, London (020) 3138 0565
ABORA, A, 53 Leyton Park Road, Leyton (020) 8558 0439
ABOUD, Y, 23 Beaumont Road, London (020) 4568 5460
ABRAHAM, A, 170 Cann Hall Rd, E11 (020) 8519 9349
A, M, 112 Chingford Road, London (020) 3304 1653
A, Mr R, 2 Madras Road, Ilford (020) 8177 1488
A, Mr R, 112 Seventh Av, E12 (020) 3132 2931
ABRAHAMS, D, 91 Howard Road, London (020) 8926 2997
A, R, 6 Southdown Crescent, Ilford (020) 8220 6779
A, S, 73 Elphinstone Road, Walthamstow (020) 8527 8580
ABRAMOV, M, Clement House Flat 2 2, Village Way, Ilford (020) 8014 4857
ABRAMSON, J, 20 Harewood Drive, Ilford (020) 8551 5228
ABREU, J, 321 Church Road, E12 (020) 8553 4325
A, Mr R, 364a High Road Leyton, London (020) 8556 3773
ABSAR, U, 19 Piper Way, Ilford (020) 3302 6826
ABU, Mr A, 16d Argyle Road, Ilford (020) 8478 4291
ABUBAKAR, F, 35 Charlbury Gdns, Ilford (020) 8510 1451
ABUBAKR, O, Flat 20 Ley Street House 497-99 Ley Street, Ilford (020) 8518 3591
ABU-GYAMFI, R, 118 Green Pond Close, London (020) 8925 4430
ABUIN VILARINO, S, Flat 4 The Point 1 Selborne Road, E17 (020) 8509 8109
ABUU, O, 201, 6Th Avenue, London (020) 8141 0511
ACHARYA, I, Flat 4 34 Budoch Drive, Ilford (020) 3722 6418
ACHARZEWSAI, R, 38 Wellington Rd, E17 (020) 8521 6069
ACKERMAN, A, 12 Collinwood Gardens, Ilford (020) 8550 1036
ACKERS, E, 38 Brunswick Street, London (020) 8521 6144
ACKLAND, Mr John, Flat 22, Ellen Court 14 The Ridgeway, London (020) 8524 9277
ADAMIEC, C, 76 2, Manston Court Thornbury Way, London (020) 3091 8462
ADAMOU, Z, 19 Crofton Grove, E4 (020) 3243 1008
ADAMS, B, 7 Saxon Road, Ilford, Ilford (020) 3732 6870
A, C, Flat 22 Buxton House Buxton Drive, E11 (020) 8530 1475
A, C, Flat 3 John Cornwell V C House Grantham Road, E12 (020) 8514 0718
A, E, Flat 3, 3 Wavertree Road, London (020) 8924 2752
A, G.W, 38 Kings Avenue, Woodford Green (020) 8505 4992
A, I, 70 Monkhams Avenue, Woodford Green (020) 8504 2897
A, J, 2 High View Close, Loughton (020) 8418 0730
A, J, 59 Stonards Hill, Loughton (020) 8508 0869
A, J, 49 Tycehurst Hill, Loughton (020) 8502 0517
A, L, Apartment 6 Chapel Green Apartments 499-01 High Road, Woodford Green (020) 8502 9453
A, M, 22 Quebec Road, Ilford (020) 8554 1930
A, N, 62 Mount Pleasant Road, Walthamstow (020) 8531 0303
A, R, 17 Addison Road, London (020) 8925 0148
A, R, 28 Bushey Avenue, E18 (020) 8530 3520
A, R, 10 Felstead Road, Loughton (020) 3971 9578
A, S, 8 Lowbrook Road, Ilford (020) 8141 2441
A, S, 3 Swans Hope, LOUGHTON (020) 8508 1264
A, Y.P, 28 Lowbrook Road, Ilford (020) 8553 5526
ADAN, S, 20 Drayton Close, Ilford (020) 3659 7090
ADAO, O, 49 Coopersale Close, Woodford Green (020) 8506 1606
ADAWA, A, 42 Norman Road, E11 (020) 8539 4826
ADDAE, M, Basement Flat, 527 Lea Bridge Road, London (020) 3609 0111
ADDINGTON, Millie, 69 Clarendon Gardens, Ilford (020) 8554 1487
ADDO, K, 4 Glenthorne Road, E17 (020) 8509 2035
ADE, M.J, Flat 2 58 Davies Lane, E11 (020) 8539 0876
ADEBANJO, A, 19 Hannards Way, Ilford (020) 3380 3876
ADEBAYO, E, 25 The Birches Station Road, LONDON (020) 3288 0045
ADEBIYI, Jocelyn, Flat 27 Maybrook Court 43 St. Gabriel's Close, E11 (020) 8989 7429
ADEFARAKAN, A, Mobile, 128 Gordon Road, Ilford, Essex (07946) 367438
ADEGBITE, A, 38 Audrey Road, Ilford (020) 8141 7330
ADEGBOYE, A, 1122 Eastern Avenue, Ilford (020) 3643 7144
ADEGDILE, A, 74 Coopersale Close, WOODFORD GREEN (020) 3605 2182
ADEKUNLE, S, 2 Eastfield House Eastfield Road, London (020) 3015 7088
ADELAKUN, I, 18 Merlin Close, Ilford (020) 3662 8053
ADELANWA, O, 4 Brooks Mansions Green Lane, Ilford (020) 3132 0507
ADEOSUN, Sheri, 13 Whitfield Court 72 Clarendon Gardens, Ilford (020) 8518 1004
ADERI, B, 19 Brettenham Rd, London (020) 3132 1071
ADESHINA, I, 110 Limes Avenue, Chigwell (020) 3722 6545
A, T, Flat 2, 327 Markhouse Road, London (020) 3132 6727
ADESUGBA, A, Mobile, 11 Clifton Avenue, London (07930) 678977
ADETUTU, A, Flat 1, 1 Lister Rd, London (020) 8518 7079
ADEUSI, Melanie, 5 Baden Drive, E4 (020) 8529 3608
ADEWOLE, W, 18 Cherry Close, LONDON (020) 3732 8392
ADEYINKA, F, 41 New North Road, Ilford (020) 8501 1278
A, M, 36 Colebrooke Drive, London (020) 8923 7915
ADHAM, S, 60A Queens Road, E11 (020) 8558 2568
ADIE, B, 105 Bluehouse Road, E4 (020) 8524 7342
ADIL, R, 146 Coventry Road, Ilford (020) 3561 3838
A, S, Flat 2 361a High Street North, London (020) 3732 2403
ADJEI, F, 41 Epsom Road, Leyton (020) 8558 1406
ADO EL ELLA, M, 48 Roll Gardens, Ilford (020) 8177 3824
ADOLPHE, A, 16 Whittle Close, London (020) 3679 1217
A, C, 20 Sedgwick Road, London (020) 8556 4101
ADOLPHUS, S, 3 Roll Gardens, Ilford Essex (020) 8551 2312
ADOMAVICIUS, A, 480 High Road, Leyton, London (020) 8141 3444
ADRESS, M, 19 Thornhill Gardens, London (020) 8177 0695
ADU-GYAMFI, A, 32 Queensberry Place, London (020) 8013 6938
ADUNURI, V, 98 Shelley Avenue, London (020) 8471 8697
AFFUL, J, First Floor Flat 33 Poppleton Road, E11 (020) 8530 5669
AFJAL, S, 82 Mortlake Road, Ilford (020) 3608 4196
AFRANIE, R, 183 Chingford Road, London (020) 8117 6374
AFSAR, N, Flat 1, The Lodge, 174 New North Road, Ilford (020) 8616 2785
AFZAL, B, 41 Hamilton Road, Ilford (020) 3132 9171
A, K, 121 Woodlands Avenue, London (020) 8989 4439
A, S, 99 Fenman Gdns, Ilford (020) 8597 3026
A, S, 95 Water La, Ilford (020) 8586 4535
A, Z, 11 Cumberland Road, London (020) 8141 7345
AGANMWONYI, R, 26 Wigmore Place, E17 (020) 8523 3914
AGASS, D, 28 Cypress Grove, Ilford (020) 8500 2488
AGBAPURUONWU, B.C, 52 Tallack Road, E10 (020) 8556 9315
AGBLEZE, D, 88 Onslow Gardens, LONDON (020) 3016 1407
AGBODO, D, 8 Queen Mary Av, E18 (020) 8559 1874
AGENCY, J, 2 Elstree Gardens, Ilford (020) 3304 0889
AGGARWAL, A, 82 Emmott Avenue, Ilford (020) 8518 2717
A, A, 6 Thomas Barnardo Way, Ilford (020) 8551 4689
A, L, 8 Monkswood Gardens, Ilford (020) 8550 5975
AGGUS, D.G, 338 Larkshall Road, E4 (020) 8527 5286
A, J, 232 Larkshall Road, London (020) 8529 6226
AGHA SOLEIMANI, K, Blackborough House Flat 9 23, Beatrice Court, Buckhurst Hill (020) 3712 4145
AGNEW, K, 86 Herongate Road, London (020) 8926 6859
AGNIHOTRI, G, 109 Auckland Road, Ilford (020) 8554 7264
AGRAWAL, V, 4 Sackville Gardens, Ilford (020) 8924 0077
AGUIAR, Mrs Albertina, 6 Bluebell Avenue, Manor Park (020) 8552 1540
AGYAKWAH, E, Flat 2 84 Ley Street, Ilford (020) 3605 2871
AHAMAD, H, 318 Stocksfield Road, London (020) 3556 3077
AHAMED, A, 4/56 Bulwer Rd, E11 (020) 8177 4151
AHDHI, Mrs Surjit, 72 Pearcroft Road, London (020) 8558 0479
AHEIKPOR, W, 10 St Mary's Approach, London (020) 8141 5435
AHIR, S, 175 Eton Road, Ilford (020) 7172 5278
AHLUWALIA, J, 12 Airthrie Road, Ilford (020) 8590 9379
A, J, 388 Green Lane, Ilford (020) 8597 2007
A, S, Gloucester Ho, 355 Green Ln, IG3 (020) 8599 9442
AHMAD, A, 39 Gyllyngdune Gdns, Ilford (020) 8503 8623
A, A, Mobile, 45 Rushden Gardens, (07904) 579372
A, B, 200a Capworth St, London (020) 3132 3136
A, F, 172b Midland Road, London (020) 3132 6539
A, F, 59 St. Albans Road, Ilford (020) 3354 3201
A, G, Flat 170 City View Centreway Apartments Axon Place, ILFORD (020) 8478 5208
A, J, 48 Wellesley Road, London (020) 8521 1181
A, K, 3 Milton Crescent, Ilford (020) 8554 9858
A, L, 194a High Street, London (020) 8141 6591
A, N, 151b Thorold Road, Ilford Essex (020) 3719 7004
A, R, 3 Mulberry Close, London (020) 8524 5072
A, S, 27 Ryecroft Avenue, Clayhall (020) 7671 4504
AHMADI, A, 13 Byron Road, London (020) 3380 2189
AHMED, A, 38 Carnarvon Road, London (020) 3632 1774
A, Admiral A, 1043 Forest Road, London (020) 4541 5887
A, A, 23 Howard Road, Ilford (020) 8141 7607
A, Ahmed, 42 Morris Avenue, Manor Park (020) 3675 5149
A, A, 27 Mortlake Road, Ilford (020) 3722 1597
A, A, 12 Raymond Road, Ilford (020) 3649 5519
A, A, 23 Vine Gdns, Ilford (020) 8478 1200
A, E, 19 Chewton Road, E17 (020) 8177 2454
A, E, 7a Lansdowne Road, E18 London (020) 8989 1296
A, Mr Farid, 40 Chudleigh Crescent, Ilford (020) 8252 3584
A, F, 1C Gladstone Avenue, London (020) 8552 6430
A, F, 30 Helena Road, Walthamstow,London (020) 8509 2749
A, F, 925 Romford Road, London (020) 8514 1550
A, F, 19a Wellesley Road, Ilford (020) 8554 7550
A, F, 31 Westerham Road, E10 (020) 8558 1408
A, G, 2 Imperial Heights Queen Mary Avenue, London (020) 3138 8355
A, H, 153b Beehive Lane, Ilford (020) 8551 2522
A, H, 42 Brook Cres, E4 (020) 8529 7448
A, H, 32 Mornington Road, London (020) 3132 7482
A, H, 8 Rutland Road, ILFORD (020) 8262 5141
A, H, 25 Waremead Rd, Ilford (020) 8177 0556
A, H.M, 113 Onslow Gardens, South Woodford London (020) 3489 1836
A, I, 16 Beaconsfield Road, E10 (020) 8558 5573
A, I, 125 Clayhall Avenue, Ilford (020) 8551 9208
A, I, Mobile, 37 Lark Row, London (07904) 401616
A, I, 186 Lawrence Avenue, London (020) 3132 9161
A, I, 277 Mortlake Road, Ilford (020) 3132 9464
A, Mr Jamil, Seetha House 499 High Road, Ilford (020) 3719 3423
A, K, 189 Brookscroft Road, London (020) 3132 0310
A, L, 56 Room 2 Rushden Gdns, Ilford (020) 3132 1502
A, M, Churchill Lodge 34 50, Savill Row, Woodford Green (020) 3172 7949
A, M, 699b High Road Leyton, Leyton, London (020) 8558 2125
A, M, 879 Lea Bridge Road, E17 (020) 8177 9969
A, M, 113A Richmond Road, Ilford (020) 8220 6765
A, Mohammed, 74 Sandhurst Drive, Ilford (020) 8597 2263
A, M, 198 Westwood Road, Ilford (020) 8597 7523
A, M, 36 Widecombe Gdns, Ilford (020) 8551 3805
A, N, 263 Henley Road, Ilford (020) 8117 7967
A, N, 350 Henley Road, ILFORD (020) 3561 0056
A, N, 633 High Road Leyton, London (020) 8556 9235
A, N, 85 Kettlebaston Road, London (020) 3132 7861
A, N, 61 Khartoum Road, Ilford (020) 3608 0863
A, N, Ignition, 459-461 Lea Bridge Road, London (020) 3674 3678
A, N, 4 Mansel Grove, London (020) 3608 1824
AHMED OMAR, S, 69 Little Ilford Lane, London (020) 3723 1141
AHMED, R, 103 Otley Drive, Ilford (020) 8554 0552
A, R, 47 Quebec Road, Ilford (020) 3729 6377
A, R, 174 Richmond Road, Ilford (020) 8141 5560
A, R, 24 Windermere Gardens, Ilford (020) 8924 7509
A, S, 4 B Heybridge Drive Ilford (020) 8550 2752
A, S, 10 Bentley Drive, ILFORD (020) 8215 0289
A, S, 3 Carlton Road, E12 (020) 4619 4661
A, S, 66 Flat 6 Iceni Court Epping New Road, BUCKHURST HILL (020) 3844 8138
A, S, 20 Fairfield Road, Ilford (020) 8514 2082
A, S, 2 King Edward Rd, London (020) 7165 7220
A, S, 17 Lord Avenue, Ilford (020) 3152 5993
A, S, Flat 1/21 Pendlestone Rd, London (020) 8521 3264
A, S, Flat A-C 821 Romford Road, London (020) 3138 5227
A, S, 3 Simonds Road, London (020) 8556 0041
A, Shageela, 8 Thorpe Cres, London (020) 8531 3822
A, S.N, 9 Carlyle Road, E12 (020) 8478 0349
A, T, 9 Wellesley Rd, London (020) 8521 8667
A, U, 2 Water Lane, Ilford (020) 8586 1427
A, W, 15 Milton Crescent, Ilford (020) 3723 7546
A, Z, 8 Rowan House 3 Allerton Grove, Chigwell (020) 8500 4872
A, Z, 163 Hainault Road, LONDON (020) 8558 4883
A, Z, 10A High View Parade Woodford Avenue, Ilford (020) 8550 9108
A, Z, 72b Hoe Street, London (020) 8521 8058
A, Z, 1C Kensington Avenue, E12 (020) 8141 8024
A, Z, 70 Kensington Gardens, Ilford (020) 8518 2775
AHMET, A, Mobile, Flat 34 Nash House Prospect Hill, (07932) 679136
A, H, 14 Atherton Road, Ilford (020) 8550 3063
A, H, 14 Atherton Road, Ilford (020) 8551 2149
A, I, Mobile, 174 Waltham Way, London (07961) 075744
A, S, 52 Caterham Avenue, Ilford (020) 8551 6244
A, S, Flat 4 Mark Samuel Court 23 Higham Place, E17 (020) 8531 1892
A, S, 27 27 Saddlers House Track Street, Walthamstow (020) 3592 5864
A, T, Mobile, Flat 29, Nash House Prospect Hill, London (07986) 306415
AHMOD, K, 77A Pearcroft Road, London (020) 3662 0785
AHSAN, R, 46 Skeltons Lane, London (020) 8177 4149
AHSON, S, 38 Wadham Avenue, London (020) 8523 0457
AHUJA, G, 309 Strone Rd, London (020) 8141 1475
AIANO, F, 27 Horn Lane, Woodford Green (020) 8504 2433
AIDEN, J, 90 Lynn Road, Ilford (020) 8554 9131
AIHE, P, Flat 4 Gean Court, 4 Langthorne Road, E11 (020) 8177 4867
AIKEN, Mrs 5 Harman Close, London (020) 8531 2647
AIRLIE, A, 9 Ravenswood Road, London (020) 3590 4447
AITKEN, M, 67 Leyspring Road, London (020) 8530 6218
A, W, 17 Ridgeway, Woodford Green (020) 8505 3810
AJAM, N, Flat B 212 Twickenham Road, London (020) 4541 2393
A, Y, 123 Worcester Crescent, Woodford Green (020) 8504 3007
AJAS, A, 8 Whitings Oaks Lane, Ilford (020) 3536 5349
AJAY, K, 29 Trotwood, Chigwell (020) 8243 7294
AJAYBIN, J, 65 East Avenue, London (020) 8471 9771
AKAM, M, 3 Roycroft Close, London (020) 8505 8905
AKAMO, T, 16 Shernhall Street, London (020) 8521 6814
AKAZZAN, A, Robin Hood Epping New Rd, Loughton (020) 8508 0944
AKBAR, A, 43 Wallington Rd, Ilford (020) 8590 4216
A, M, 280 Forest Road, London (020) 3774 9274
A, S, 119 Horn Lane, Woodford Green (020) 3662 0007
AKBARPOOR, A, 63 Lindley Rd, London (020) 8141 7019
AKHTAR, L, 260a Halley Road, London (020) 8586 7788
A, Ma, 4 Cambrian Road, E10 (020) 8558 1485
A, M, 12 Francis Road, London (020) 3718 2861
A, M, 171 Lea Bridge Road, E10 (020) 8556 1344
A, M, 15 Meanley Road, London (020) 8553 5857
A, N, 28 Asthall Gardens, Ilford (020) 3158 0225
A, N, 1/6 Parkside Ter,Loxford La, Ilford (020) 8478 7293
A, N, Flat 6 Willow Court 34 Trinity Close, E11 (020) 8556 9682
A, N, 13 Washington Av, E12 (020) 8553 9819
A, N, 4 Williams Avenue, LONDON (020) 3686 8319
A, O, 14 Cheriton Avenue, Ilford (020) 8389 2800
A, S, 249 Cann Hall Road, E11 (020) 8177 1520
A, S, 17 Lupin Crescent, Ilford (020) 8141 1111
A, Z, 16 Richmond Road, E11 (020) 8556 7844
AKHTER, B, 60 Fenman Gardens, Ilford (020) 3069 1088
A, N, 27 Kingsdown Road, London (020) 3673 0290
A, R, 80 Warrior Square, E12 (020) 8478 8133
A, S, 5 Kesteven Close, Ilford (020) 8802 2952
A, S, 1 Selborne Avenue, LONDON (020) 3842 2782
AKHUNZADA, T, 5/152 Westward Rd, E4 (020) 8523 5028
AKIN UNAL, G, 13 Selworthy Close, E11 (020) 8530 5400
AKINFENWA, Mrs A, Mrs 28 Roding View, Buckhurst Hill (020) 8504 6499
AKINTOYE-LUXENBURG, F.K, 69 Kimberley Rd, E17 (020) 8418 5516
AKINYEMI, D, Flat 3 7 Courtland Avenue, ILFORD (020) 3532 0504
AKMAL, M, 88 Hatherley rd, London (020) 3132 2205
AKOMOLEDE, F, 33 Powell Drive, London (020) 3294 7271
AKON, H, 18 Newcomen Road, London (020) 3490 5543
AKORTSU, J, 5/60 The Avenue, E4 (020) 8523 3849
AKOT, N, Flat 31 Napier Court 521 Green Lane, Ilford (020) 8599 0448
AKOWUA-APPIAH, E, 3 Kays Ter Walpole Rd, E18 (020) 8141 8328
AKRAM, C, 102 Palmerston Road, LONDON (020) 8014 7979
A, M, 20 Ave Ct Claybury Bdwy, Ilford (020) 8550 1191
A, M, 23 Windsor Road, Ilford (020) 8177 9507
A, S, 29 Shrubland Road, E17 (020) 3132 3557
A, T, 24 Church Lane, London (020) 8177 8395
A, Z, 2 King Edward Rd, London (020) 8141 8491
AKRAWI, Z, Flat 6,58 Hermon Hill, London (020) 3138 8266
AKTAR, N, 47 Dersingham Avenue, LONDON (020) 3560 1328
A, P, Flat 1 23 Parham Drive, Ilford (020) 3623 3513
AKTER, A, City View Flat 235 Axon Place, Ilford (020) 3304 0986
A, A, Flat 1 425a High Road, Ilford (020) 4636 7873
A, M, 194 Church Road, London (020) 3536 4624
A, R, 52 Daines Close, Manor Park (020) 3727 5419
A, S, Flat 1 363a Green Lane, Ilford (020) 3712 0599
A, S, 2 Hyacinth Close, ILFORD (020) 3843 5170
AKTES, S, 18 The Cedars, Buckhurst Hill (020) 3654 8493
AKTHER, M, 91 Buttsbury Road, Ilford (020) 3640 8071
AKUFFO, L, 244 Dersingham Avenue, London (020) 8514 2920
AKUOKU, K, Mobile, 51 Kitchner Road, London (07960) 926742
AKYIAA, M, 143 Aldriche Way, London (020) 3556 1747
AL I., M, 20 Redbridge Court Redbridge Lane East, Ilford (020) 3612 3428
AL MAHMUD, A, 67 Pittman Gardens, Ilford (020) 3132 6277
ALA, G, 7/112b Hainault Rd, E11 (020) 8556 1377
ALABI, B, Kross Studios Unit 22 Argall Avenue, London (020) 8141 7898
ALABO, J, Flat 8, 137 Beresford Road, London (020) 3759 9306
ALAGUNDOYE, A, Flat 12 Flat 12, Reginald Sorenson House Wallwood Road, London (020) 3294 2666
ALAHAKOON, Grace, Flat 23 Parkview Court 54 Brancaster Road, Ilford (020) 3686 8898
ALAM, M, Flat 5, 1 Aldborough Road South, Ilford (020) 8001 4677
A, M, 69 Sandringham Rd, E10 (07956) 566335
A, S, 89 First Avenue, London (020) 3902 9893
A, T, 568 Green Lane, Ilford (020) 8590 7333
ALAN, R, 3 Queen Victoria Street, London (020) 7168 1988
ALAUDEEN, H, 161 Browning Rd, London (020) 8552 0502
ALBUM, J, 292 Courtney Ldg Ashurst Drive, Ilford (020) 8550 9724
ALBUREY, R, 16 Lyndhurst Drive, London (020) 8556 9306

ALCID, K.L, 11 Kensington Avenue, London ..... (07957) 272301
ALDERMAN, G, 378 Hale End Road, London ..... (020) 8925 1353
A, K, 21 Baden Drive, LONDON ..... (020) 3663 3495
A, R, 12 Sewardstone Road, London ..... (020) 8923 2021
ALDERSLEY, M, Flat 6 High Oaks Lodge 90 The Drive, E18 ..... (020) 8530 7152
ALDERSON, K, 37 Stanley Road, London ..... (020) 3685 3566
A, R, 40 Loughton Way, Buckhurst Hill ..... (020) 8504 1957
ALDRED, C, 36 Alexandra Road, London ..... (020) 8928 0309
ALDRICH, C, Flat 36 Cowan Lodge 2 Prospect Road, Woodford green ..... (020) 8117 9475
ALDRIDGE, P, 33 Mornington Road, LONDON ..... (020) 8529 2450
ALDULAIMA, Dawd, 19 Tycehurst Hl, Loughton ..... (020) 8502 3555
ALEKSANDROVA, J, 46 Cromwell Road, London ..... (020) 8141 8308
ALEMAYEHU, K, 2 Hornbeam Lodge Montalt Road, Woodford Green ..... (020) 3441 4436
ALEMSEGHED, T, 241 Winns Avenue, E17 ..... (020) 8531 9503
ALENZI, M, 2 King Edward Road, London ..... (020) 3719 3092
ALESKEVICIUTE, L, 35A Waverley Rd, London ..... (020) 3132 1941
ALEXA, C, 15 Hazelwood Park Close, Chigwell ..... (020) 8252 6173
A, M, Flat 9 Vellum Court 2 Hillyfield, London ..... (020) 8531 3508
ALEXANDER, D, 19 Marmion Close, E4 ..... (020) 8524 7974
A, G, Flat 4 Aztec House 163 Tomswood Hill, ILFORD ..... (020) 8500 4626
A, G.J, 5 Elderfield Walk, E11 ..... (020) 8989 9622
A, V, 84 Grange Park Road, London ..... (020) 8556 1074
ALEXANDRA-GUILLEN, H, 73 Barrett Road, London ..... (020) 3132 8461
ALEXANDROU, N, 94 Pretoria Avenue, London ..... (020) 8923 0174
ALEXIS, J, 135a Shakespeare Crescent, London ..... (020) 8552 6725
A, R, 16 Lowton Lodge, Higham Hill Rd, E17 ..... (07956) 926295
ALEYAS, P, Flat 61 Thames View Axon Place, Ilford ..... (020) 3565 1928
AL-FARUQUI, A, 73 Falmouth Gardens, ILFORD ..... (020) 3091 0281
ALFORD, R.R, 525 New North Road, Ilford ..... (020) 8500 0466
ALFRED, A, 120 Hoe Street, Walthamstow ..... (020) 8141 2731
ALGIS, A, 41 Bernards Close, Ilford ..... (020) 8501 3731
ALHIN, E, Flat 23 Blakesley House Grantham Road, E12 ..... (020) 8514 7278
ALI, A, Mobile, 19 Harbourer Road, ... (07932) 477829
A, A, Mobile, 19 Harbourer Road, ... (07932) 477841
A, A, Flat 9 12, Plaza Heights Maud Road, London ..... (020) 3016 5331
A, Mr A, 53 Norman Rd, Ilford ..... (020) 8141 0718
A, Mr A, 52 Ripley Rd, Ilford ..... (020) 3132 6667
A, A, 15 St. Egbert's Way, London ..... (020) 3662 6695
A, A, 34 St. John'S Road, LONDON ..... (020) 3172 0395
A, A, 68 Somers Road, London ..... (020) 8509 0184
A, A, 40 Stoneleigh Road, Ilford ..... (020) 8551 9576
A, A, 92 Warrior Square, London ..... (020) 8257 1935
A, A, 57 Wesley Road, E10 ..... (020) 3132 2595
A, A, 90 Westwood Rd, IG3 ..... (020) 8597 0891
A, A.M, 20 Percy Road, E11 ..... (020) 8558 0862
A, B, Mobile, 14 Mundon Gardens, Ilford, Essex ..... (07940) 002735
A, B, Flat 207 Lambourne Court Navestock Crescent, Woodford Green ..... (020) 3565 8523
ALI BIBI, A, 44 Albert Road, London ..... (020) 8013 8488
ALI, F, 50 Castleview Gardens, Ilford ..... (020) 8554 6197
A, F, 2 Lockwood Place, London ..... (020) 3669 9713
A, F, 56 Priory Court, London ..... (020) 3673 8212
A, F, 11/67 Vallentin Rd, E17 ..... (020) 8509 0678
A, Mr H, 86 Albert Road, Ilford ..... (020) 8141 7621
A, H, Flat 3, Daisy Baker House 452A High Road Leyton, London ..... (020) 8558 3643
A, H, 63 Lindley Road, E10 ..... (020) 8141 7027
A, I, 5 Queensland Close, Walthamstow ..... (020) 8418 5966
A, K, 339b Ley Street, Ilford ..... (020) 8177 9478
A, Mr L, 22 Clandon Road, Ilford ..... (020) 8177 9662
A, M, 42 Flat 1 Forest Drive West, E11 ..... (020) 3132 5765
A, M, 212 Hathaway Crescent, London ..... (020) 8470 7724
A, M, 4 Melbourne Road, London ..... (020) 8558 0617
A, M, 233 Shakespeare Crescent, E12 ..... (020) 8141 8004
A, Muma Mohamed, 40 40 Montague Rd, London ..... (020) 8556 0866
A, R, Mobile, 1 De Vere Gardens, Ilford, Essex ..... (07983) 800947
A, R, 7 Malta Road, E10 ..... (020) 7165 6796
A, R, 6 Rochester Gardens, ILFORD ..... (020) 3663 1872
A, R, 20 St. Edmunds Road, Ilford ..... (020) 8554 0823
ALI RIAZ, M, 74 Macdonald Road, London ..... (020) 8117 2831
ALI, S, 1 Albert Avenue, London ..... (020) 8524 0913
A, S, 17 Beatrice Court, Buckhurst Hill ..... (020) 3561 8245
A, S, 65 Belgrave Road, London ..... (020) 8281 3136
A, Mrs S, 28 Carlton Ct Craven Gdns, Ilford ..... (020) 8551 9186
A, S, 220 Grantham Road, E12 ..... (020) 8514 6855
A, S, 116 Hermon Hill, London ..... (020) 8989 6615
A, S, 13 Littlemoor Road, Ilford ..... (020) 3623 3378
A, S, 182 Sheringham Av, E12 ..... (07956) 444012
A, S, 63 Wyemead Crescent, London ..... (020) 3441 9072
A, T, Mobile, 86 Hampton Road, ... (07958) 116023
A, Mr T, 104 Napier Road, E11 ..... (020) 8519 6750
A, T.H, 92 Windsor Rd, E10 ..... (020) 8988 1947
A, W, 15 Khartoum Road, Ilford ..... (020) 8177 8563
A, Mr Y, 123 Belmont Park Road, London ..... (020) 3132 9530
A, Y, 105A Hoe Street, London ..... (020) 8520 1495
ALIA, A, 85 New Road, E4 ..... (020) 8524 4094
ALIANE, M, 13 Longcourt Mews, E11 ..... (020) 8530 8392
ALIKER, P, 18 Forest View Road, Loughton ..... (020) 8502 1338
A, P, 18 Forest View Road, Loughton ..... (020) 8502 4912
ALIN, H, 230 High Road, E10 ..... (020) 8177 5014
ALIYEV, Mr 57 Gardner Close, London ..... (020) 3659 2717
ALLAN, D, 196 Vicarage Rd, London ..... (020) 3132 4932
ALLARD, J, 12a Beacontree Avenue, London ..... (020) 3583 6024
A, S, 14 Aurora Court 14A Sunset Avenue, Woodford Green. (020) 8506 0770
ALLCOCK, J, 23 Manor Way, Chingford ..... (020) 8524 8501
ALLEN, C.R, A 4 Hawarden Road, E17 ..... (020) 8521 9050
A, D, 96 Grosvenor Drive, Loughton ..... (020) 8508 1109
A, D, 21 Lansdowne Road, Chingford ..... (020) 8529 0998
A, J, 11 Amberley Road, Buckhurst Hill ..... (020) 8504 7904
A, J.J, 24A Meadow Way, Chigwell ..... (020) 8500 8926
A, K.R, 147 Monkhams Lane, Woodford Green ..... (020) 8504 9704
A, L, 8 St. Mark's House Evelyn Road, E17 London ..... (020) 8509 3938
A, M, 57 Peel Road, London ..... (020) 8504 3095
A, Norman J, 81 Colvin Gardens, Ilford ..... (020) 8500 3201
A, P, 132 Queens Road, Buckhurst Hill ..... (020) 8505 0854
A, R, 3a Elstree Gardens, Ilford ..... (020) 8911 6276
A, R, 38 Lister Road, E11 ..... (020) 8556 5741
A, R, 31 Spruce Hills Road, LONDON ..... (020) 8523 2455
A, S, 221a Fullwell Avenue, Ilford ..... (020) 8503 9844
A, S, 3 Margaretting Road, London ..... (020) 8530 4393
A, V, 29 Epping New Road, Buckhurst Hill ..... (020) 8281 7890
A, W, 17 Ingatestone Road, Woodford Green Essex ..... (020) 8504 1199
ALLEN-HUNT, V, 171 St. Johns Road, London ..... (020) 8531 7035
ALLEYNE, C, 18 Theydon Grove, Woodford Green ..... (020) 8505 9897
A, D, 18 Knights Way, Ilford ..... (020) 3648 1213
ALLI, Y, 93 Maple Gate, Loughton ..... (020) 8793 4063
ALLIRAJAH, L, 67 Hainault Road, Chigwell ..... (020) 8501 6897
ALLITT, R, Flat 10 Wentworth Court 25 Castle Avenue, E4 ..... (020) 8527 0705
ALLMAN, J, 73 Clavering Road, London ..... (020) 8530 1489
A, M, 41 South Park Road, Ilford ..... (020) 8514 8831
ALLMARK, C, Flat 11,Goodridge House,147 Wadham Road, London (020) 8226 1340
ALLOWAY, E, 26 Preston Road, E11 ..... (020) 8989 5365
ALLSUCH, B, 59 Grange Crescent, Chigwell ..... (020) 8501 0301
ALLWRIGHT, L, 97 Colebrook Lane, Loughton ..... (020) 8508 6362
ALLY, S, 7 Russell Road, Walthamstow ..... (020) 8520 3242
ALLYBACCUS, W, 209 Beehive Lane, Ilford ..... (020) 8550 3775
ALLYBOCCUS, H, 65 Woodford Avenue, Ilford ..... (020) 3648 9482
ALLYJAUN, Mr Mamode, 39 Harvey Road, London ..... (020) 8558 2380
ALMOND, Mrs Debbie, Flat 1, Stavely Court Hermon Hill, London ..... (020) 8530 3995
ALMUTAIRI, D, Laybrook Lodge 1 63, Snaresbrook Road, London ..... (020) 3663 4279
ALOM, M, 357 Dersingham Avenue, E12 ..... (020) 8514 1695
A, M, 5A Grantham Road, LONDON ..... (020) 8013 7161
A, M, 720A High Road Leytonstone, Leytonstone ..... (020) 8278 4086
ALONSO PARADELA, M, Flat 2 312 Grove Green Road, London ..... (020) 3731 2932
ALORA, J, 225-227 High Rd, Ilford ..... (020) 8514 0847
ALPER, R, 46 Epping Way, E4 ..... (020) 8559 4942
AL-QASSAB, Dr Hisham, 68 Bressey Grove, E18 ..... (020) 8989 7678
ALS, A, 198 Dersingham Avenue, E12 ..... (020) 8478 2105
ALSAEED, A, 28 Adam Road, London ..... (020) 3673 6336
ALSILIK, O, 18 Hatfield Close, Ilford ..... (020) 3732 9006
ALTAF, M, (Mobile), 651 High Rd, Ilford, Essex ..... (07956) 383397
A, M, 11 Ryder Avenue, Leyton ..... (020) 8558 9872
A, M, 41 Wood Street, London ..... (020) 8520 0261
ALTAY, M, 102 Fencepiece Road, Ilford ..... (020) 8500 9898
ALTHAM, H.S, 243 Murchison Road, E10 ..... (020) 8556 6784
ALVAREZ, Res, 12, 1st Fl Fl Toronto Road, Ilford ..... (020) 8220 8026
ALVES, P, 250 Stocksfield Road, London ..... (020) 8279 7452
A, P.L, 173 Gordon Road, Ilford ..... (020) 8553 3057
ALVIS, Mrs A, Flat 6, Etloe House, 180 Church Road, London ..... (020) 8539 0430
ALY, M, 34 Dalkeith Road, Ilford ..... (020) 3720 5622
ALYAS, Tayyab, 37 Wordsworth Avenue, E12 ..... (020) 8552 4636
AMALAN, G, 31 Birkbeck Road Ilford, Essex ..... (020) 8554 3584
AMALAVANNAN, R, Mobile, 15 Devonshire Rd, London ..... (07961) 700049
AMANULLA, M, 6 Maple Close, Ilford ..... (020) 8501 1734
AMANULLAH, R, 23 Langley Drive, London ..... (020) 3561 2499
AMARIEI, I, Flat 803 Lea Bridge Road, London ..... (020) 3509 1105
AMBROSE, C, 66 Hazelwood Road, London ..... (020) 8923 5887
A, P, 180 Willingale Road, Loughton ..... (020) 8508 8307
A, T, 82 Exmouth Rd, E17 ..... (07956) 320030
AMBULANCE
In Emergency dial 999 and ask the operator for Ambulance
See business section for full list of entries
AMED, S, 430C High Street North, London ..... (020) 3158 7249
AMEDEE, M, 60 Carnarvon Road, London ..... (020) 8558 6571
AMEER, M, 50 Greenway Avenue, Walthamstow ..... (020) 3757 5579
AMEY, R, 55 New Wanstead, E11 ..... (020) 8530 6357
AMHED, S, 110 Forest View Rd, London ..... (020) 8503 3309
AMIN, Ms A, 1/375 High Road, E10 ..... (020) 8177 6394
A, A, 124 Kings Avenue, Woodford Green ..... (020) 3566 5749
A, J, 58 Highlands Gardens, Ilford ..... (020) 8262 4299
A, N, Flat 13, Marnie Court, 675 High Road Leytonstone, London ..... (020) 3674 1852
A, P, 2 Eastfield Rd, E17 ..... (020) 8503 6710
A, R, 10A Barrington Road, London ..... (020) 3686 0174
A, R, 84 Billet Road, London ..... (020) 8279 4077
A, W, 147 Green Pond Close, London ..... (020) 3370 2240
A, W, 48 Milton Road, London ..... (020) 3685 1457
AMIRTHALINGAM, S, Mobile, 194 Mortlake Road, Ilford, Essex ..... (07944) 697670
A, S, Mobile, 4 Newton Road, Chigwell, Essex ..... (07984) 275920
AMOATIN, O, 12 Middlefield Gardens, Ilford ..... (020) 8518 1695
AMODE, M, 6 Argyle Road, Ilford ..... (020) 8637 3147
AMPADU-ASANTE, S, 29 Gabrielle House 332-36 Perth Road, Ilford ..... (020) 8554 1756
AMWAR, N, 152 High Road, Loughton ..... (020) 3478 7187
ANAND, G, 115 Hoe Street, E17 ..... (020) 8521 6222
A, R, 286 Cranbrook Road, Ilford ..... (020) 8220 3221
A, S, Buckhurst Way, Buckhurst Hill IG9 ..... (07956) 385470
A, S, 6 Beech Close, Loughton ..... (020) 8418 9678
ANANG, A, 23 Freedom Close, London ..... (020) 8257 9371
ANASTASIOU, Andreas, 4 Monmouth Avenue, E18 ..... (020) 8530 3386
A, C, 57 Sewardstone Road, E4 ..... (020) 8529 2601
ANCILL, K, Flat A, 2 Chertsey Rd, Leytonstone, ... (07951) 388072
AND ALEX TALKS, S, 13 Karina Close, Chigwell ..... (020) 3851 0868
AND JOEL CHIKA IBEMEZIE, R, 191 Express Drive, Ilford ..... (020) 8597 1319
AND MARTIN GABA, O, 67 Vicarage Road, LONDON ..... (020) 8556 7268
ANDERSON, A, Flat 2 Arnold Court Chelmsford Road, E18, South Woodford ..... (020) 8504 2881
A, A, 2 Cooper Avenue, LONDON ..... (020) 8527 6381
A, A, 1 Eatington Road, London ..... (020) 8539 4977
A, D, 23 Sheredan Road, London ..... (020) 8527 5134
A, H, 5 Brocket Close, Chigwell ..... (020) 8501 0297
A, H, 31 Mayfield Road, London ..... (020) 8524 2555
A, H.G, 4 Grange Avenue, Woodford Green ..... (020) 8504 2688
A, H.M, 135 Henley Rd, Ilford ..... (07956) 421115
A, Irene, 57 Waltham Way, Chingford ..... (020) 8529 2033
A, J, 32 Bradwell Road, Buckhurst Hill ..... (020) 8281 0036
A, J, 98 Stanley Road, Ilford ..... (020) 8220 8393
A, Miss Lorraine, 44 Edward Avenue, Chingford, London ..... (020) 8523 0094
A, L.A, 241 Sinclair Road, E4 ..... (020) 8529 5686
A, M, Lilys Design, 109 Station Road, London ..... (020) 3719 9328
A, S, 106 Higham Hill Road, London ..... (020) 8177 7488
A, W, 134 Wood St, London ..... (020) 3138 3987
ANDREW, Miss Flavia, 124 Quebec Road, Ilford ..... (020) 3489 9964
ANDREWS, B, 116 Wansford Road, Woodford Green ..... (020) 8504 0767
A, C, 12 North Birkbeck Road, E11 ..... (020) 8539 2150
A, J, Flat 8 118 Burnham Road, E4 ..... (020) 8524 8119
A, J, 58 Melford Road, E17 ..... (020) 8521 9146
A, N, 34 Whitehall Road, London ..... (020) 8524 3343
A, R.E.W, 79 Dale View Avenue, E4 ..... (020) 8524 4239
A, W, 28 Brindwood Road, E4 ..... (020) 8524 3544
ANDRUSKEVICIUS, G, 18 Greville Rd, London ..... (020) 8177 2424
ANGEL, R, 8 Seymour Gardens, Ilford ..... (020) 8518 0159
ANGELOV, P, 279d The Drive, Ilford ..... (020) 8518 3038
ANGELOVE, G, 111 Calderon Rd, E11 ..... (020) 8518 7688
ANHAL, R, 68 Woodford Avenue, Ilford ..... (020) 8550 1716
ANJUM, Muhammad, 266 Monega Road, E12 ..... (020) 8472 3312
ANN BURTON, Z, 255 Fulbourne Road, London ..... (020) 8923 1259
ANNESS, L.L, 31 Gyllyngdune Gardens, Ilford ..... (020) 8590 6294
ANNETTS, H, 11 Forest Dv, Woodford Gn ..... (020) 8527 6748
ANOKYE, D, Peach Court 25 Orchard Close, LONDON ..... (020) 8524 6622
ANON, S, 92 Thornhill Gardens, London ..... (020) 8141 7885
ANSAH, P, 151 Fulbourne Road, E17 ..... (020) 8527 7019
ANSARI, F, 52 Robinia Crescent, E10 ..... (020) 8558 5130
A, S, 649a High Rd, Ilford ..... (020) 3132 4742
ANSARY, M, 414A High Street North, London ..... (020) 3686 2919
ANSHER, B, 88 Beechwood Gardens, Ilford ..... (020) 8550 4595
ANSLOW, C, 33 Avon Road E17 ..... (020) 8521 7051
ANTHONY, G, 12 Eltisley Road, Ilford ..... (020) 8553 4693
ANTONIAK, Mrs Adam, 39 Kinfauns Road, Ilford ..... (020) 8597 8184
ANTONIO, J, 3 Mornington Avenue, Ilford ..... (020) 8554 8771
ANTONIOU, K, 76 College Gardens, London ..... (020) 8524 1253
ANTONOPOULOS, Andreas, (Mobile), 26 Frith Rd, E11 ..... (07050) 040988
ANUBA, P, 72 Cecil Road, LONDON ..... (020) 3539 7907
ANUTOIU, A, 59 Alexandra Road, Walthamstow ..... (020) 3308 6988
ANUWORAKARN, W, Ground Floor, 441 Grove Green Road, London ..... (020) 8558 2013
ANWAR, F, 91 Farmilo Road, London ..... (020) 3539 6495
A, K, 38 Hermitage Walk, South Woodford ..... (020) 8530 3623
ANWAR KAUSAR, A, 250 Sheringham Avenue, London ..... (020) 3592 3858
ANWAR, M, 24 Belgrave Road, London ..... (020) 8989 0574
A, M, 222 Buckhurst Way, Buckhurst Hill ..... (020) 3665 2383
A, M, 285 High Rd Leyton, E10 ..... (020) 8988 1687
A, Dr N, 95 Millfield Avenue, Walthamstow ..... (020) 8418 5946
A, Nadeem, 93 Warren Road, London ..... (020) 8539 0745
A, S, 105 Marlowe Road, London ..... (020) 8223 0964
ANWARALI, I, 29 St. Lukes Av, Ilford ..... (020) 8514 6305
ANYAPU, S, 9 Wellmead, Wellmead Road ..... (020) 3172 5941
ANYIMIAH, B, Flat 51 Stavely Court Hermon Hill, E11 London. (020) 8530 7259
APOLLUS, C, 9 Radlix Road, London ..... (020) 3132 8545
APOPA, G, 565A-565b High Road Leytonstone, London ..... (020) 8793 4961
APOSTOL, M, Flat 4,Albert House Reservoir Way, Ilford ..... (020) 8501 4024
A, P, 5 Imperial Heights Queen Mary Avenue, South Woodford ..... (020) 7172 5410
APOSTOLI, A, 46 Sunset Avenue, E4 ..... (020) 8529 4356
APPIAGYEI, F, 464 Larkshall Rd, E4 ..... (020) 8523 2414
APPIAH, D, 16 Corn Way, E11 ..... (020) 8556 6794
A, Kofi, 121 Beresford Road, E4 ..... (020) 8529 1117
APPLETON, G, 103 The Lindens, Loughton ..... (020) 8532 0388
A, J, Willow Lodge 6 Montalt Road, Woodford Green ..... (020) 3172 3821
A, S, 22 Keynsham Avenue, Woodford Green ..... (020) 8505 5375
ARABADZHI, M, 15 Kirby Close, Ilford ..... (020) 7294 6190
ARABOU, T, 65 Grosvenor Drive, LOUGHTON ..... (020) 8279 2525
ARACHCHIGHE, D, 36 Herbert Road, Ilford ..... (020) 8599 5885
ARAIN, A, 26 Waterloo Rd, London ..... (020) 8536 9723
ARAVINTHAN, S, 12 Lombard Avenue, Ilford ..... (020) 3566 5297
ARBAB, R, 1 Selwyn Avenue, Ilford ..... (020) 8599 5172
ARBAN, Antonio, 830 High Road Leyton, London ..... (020) 8556 7750
ARBI, G, 4 Newcomen Road, London ..... (020) 8091 6646
A, R, 24 Newcomen Rd, E11 ..... (07947) 846149
ARCHER, S, mobile, 194 Carr Rd, E17 ..... (07960) 682943
A, W, 19 Betoyne Avenue, London ..... (020) 8523 2014
ARCHIBALD, A, 31 Richmond Crescent, London ..... (020) 8531 9842
ARGENT, L, 26 Beech Hall Crescent, London ..... (020) 8527 1698
ARGISANU, E, 672 Cranbrook Road, Ilford ..... (020) 8518 0632
ARGYLE, L, 3 Aldeburgh Place, Woodford Green ..... (020) 8559 0311
ARIAS, A, 168 Ray Lodge Road, Woodford Green ..... (020) 3720 6133
ARIF, M, 64C Ilford Lane, Ilford ..... (020) 3294 0183
ARIFEEN, M, 6 Theobold Road, London ..... (020) 8141 1850
ARKELL, S, 6 Clacton Road, E17 ..... (020) 8521 8687
ARKUS, T, 83 Vaughan Gdns, Ilford ..... (07956) 200133
ARMANI, Dr D, 24 Albert Rd, Ilford ..... (020) 8141 7816
ARMOGAN, S, 6 Craven Gardens, Ilford ..... (020) 8220 7362
ARMON, C, 27 Voluntary Place, Leytonstone,London ..... (020) 8530 1035
ARMSBY, M, 12 Cedar Close, Buckhurst Hill ..... (020) 8505 3649
ARMSTRONG, G, 197 Coppermill Lane, London ..... (020) 8177 5171
A, M.J & J.C, FAX, 21 Broomhill Road, Woodford Green ..... (020) 8504 2979
A, P, 223 Henley Road, Ilford ..... (020) 8141 7235
A, S, 40 Campbell Road, London ..... (020) 8926 2575
A, S, 16 St. Peter's Avenue, London ..... (020) 3730 6860
ARMSTRONG-FOX, M.J & J.C, 21 Broomhill Road, Woodford Green ..... (020) 8504 2479
ARNOLD, B, 94 Manor Farm Drive, London ..... (020) 8926 7362
A, D, 70 Fairlop Road, E11 ..... (020) 8556 3803
A, J, 26 Herongate Road, London ..... (020) 8928 1846
A, Mr Martin, 18 Albert Road, London ..... (020) 8989 9566
ARNOULD, P, 121 Marmion Avenue, London ..... (020) 8524 5195
ARORA, C, 6 9, Cranfield Court Sunset Avenue, Woodford Green ..... (020) 3654 3964
A, P, 23 Martley Drive, Ilford ..... (020) 8220 5839
A, S, 13 Wellington Road, London ..... (020) 3524 7444
ARRACHE, A, 6 Wagtail Apartments,110 Hylands Road, London ..... (020) 3138 5528
ARSHAD, A, 51 Felbrigge Road, Ilford ..... (020) 8590 5906
A, N, 131 Second Avenue, London ..... (020) 8177 7447
A, O, 42 Brownlea Gardens, Ilford ..... (020) 8141 8029
ARSLAN, A, 159 Ilford Lane, Ilford ..... (020) 8177 7431
ARTAMONOVA, A, 271 Prospect Road, Woodford Green ..... (020) 7018 2694
ARTHUR, J, 63 Collinwood Gardens, Ilford ..... (020) 8551 1551
ARTINO, A, Flat 3 Crest House Crest Walk, South Woodford, London ..... (020) 8989 1648
ARULAMPALAM, Mr S, 29 Grange Road, Ilford ..... (020) 3556 8644
ARUUHO, M, Flat 2 Brook Court 2A Harrow Road, London ..... (020) 3689 4300
ASAD, S, 374 Stocksfield Road, London ..... (020) 3556 6131
ASAMOAH, E, Flat 3 Kingsmead Lodge Heathcote Grove, Chingford ..... (020) 3875 5668
ASANTE, K, 178 Hale End Road, Woodford Green ..... (020) 8523 0896
ASEF, Mr Raja, 12 Wingate Road, Ilford ..... (020) 8001 9774
ASGHAR, F, 1/185 Ashville Road, E11 ..... (020) 8177 2186
A, M, Flat 19 Springfield Court Forsythia Close, Ilford ..... (020) 8478 2580
A, S, 216 Thorold Road, Ilford ..... (020) 3729 1916
A, Waqar, 80 Westminster Gardens, E4 ..... (020) 8524 5608
ASGILL, Mr O, Mr 249 Fencepiece Road, Chigwell ..... (020) 8500 5034
ASH, B, 2 Faversham Avenue, London ..... (020) 8257 8897
ASHEN, R, 7 Coningsby Gardens, Chingford ..... (020) 8527 6806
ASHER, L, Flat 3 Half Acre 67-69 Woodford Road, LONDON ..... (020) 8989 9164
ASHFAQ, M.D, 6 Trevor Roper Close, Ilford ..... (020) 3673 4195
ASHGAR, R, 74 Hoe St, London ..... (020) 8141 0615
ASHLEY, R, 4 Wallington Road, Ilford ..... (020) 8597 3608
ASHMAN, A, 2/53 Mayfair Avenue, Ilford ..... (020) 3132 2197
ASHO KUMAR, S, 301-305 Ley Street, Ilford ..... (020) 3638 4537
ASHOKNATHAN, M, 190 Wards Road, Ilford ..... (020) 8554 6609
ASHRA, S, 70 Chester Road, ILford ..... (020) 8252 2722
ASHRAF, F, 601 Lea Bridge Road, London ..... (020) 3581 5180
A, Furat, 68 Rose Avenue, E18 ..... (020) 8989 8620
A, K, 53 Shakespeare Road, LONDON ..... (020) 3612 6780
A, N, 51 Tavistock Gardens, Ilford ..... (020) 3669 6338
A, S, 156 Cranbrook Rd, Ilford ..... (020) 3132 1389

A, S, Mobile, Flat 5, 9-11 Drive The, London (07956) 903188
A, U, 54 Wallwood Road, London (020) 8141 2745
A, U, 54 Wallwood Road, London (020) 8177 8400
ASHUK, Z, 12 Manford Way, Chigwell (020) 8500 1901
ASHWATHNARAYAN, H, Flat 32 571, O T O Tower High Road, Ilford . (020) 3665 5583
ASHWELL, M, 47 Essex Road, Chingford (020) 8524 7659
ASIF, M, 90 Fenman Gardens, Ilford (020) 8377 0669
A, M, 22A Harvey Road, Ilford (020) 3624 6624
A, Mohammed, Melford House Melford Road, Ilford (020) 8911 8303
A, R, 25-43 Windsor Road, Ilford (020) 8177 3500
A, S, 25 Lennox Road, London (020) 3509 1399
ASILI, I, 240 The Broadway, Loughton (020) 3712 8425
ASKARI, S, 179 Byron Av, East Ham (020) 8470 9692
ASLAM, A.S, 41 Grove Rd, Walthamstow, (07956) 285154
A, G, Flat 7 178A High Road Leytonstone, Leytonstone (020) 4541 6167
A, M, Flat 8 81 Chingford Avenue, London (020) 3172 3977
A, R, 228 Lea Bridge Road, London (020) 3132 8303
A, S, Flat 39, Bulwer Court Bulwer Court Road, E11 (020) 8177 6400
ASPESS, B, 27 Roding Gardens, Loughton (020) 8532 1289
ASPINALL, Bridget, 6 Alderton Close, Loughton (020) 8502 5331
ASSAN, Z, 415 Higham Hill Road, London (020) 8257 0098
ASSEFA, S, 19 Clyde Place, E10 (020) 8558 6597
A, T, Flat 39 312, Windsor Court Forest Road, London (020) 3723 0492
ASSING, M, 33 Rensburg Road, London (020) 8223 0844
ASSOCIATES, M, 142 Station Road, E4 (020) 8529 3004
ASTIN, D, 81 Herongate Rd, E12 (020) 8989 1037
A, J, 57 Adelaide Road, London (020) 8923 8259
ASTON, V.E, 18 Broomfield Avenue, Loughton (020) 8508 9358
ASWANI, J, 34 Southdown Cres, Ilford (020) 3132 3748
A, P, 49 Elmcroft Avenue, E11 (020) 8530 8882
ASWAT, S, 300 Thorold Road, Ilford (020) 8270 0984
ASZAM, M, 179a Breamore Road, Ilford (020) 8590 2731
ATACRGIN, S, 140 Chingford Rd, E17 (020) 8523 3971
ATAMANCHUK, M, 171A Manor Road, Chigwell (020) 3712 6278
ATANASIU, A, 19A Mill Lane, Woodford Green (020) 8504 7437
ATANDA, H, 5 Bradwell Close, London (020) 8532 9861
ATCHIA, A, Fixie Building 27 6, Track Street, Walthamstow (020) 3686 1279
ATHITHARAN, Mr 73 Cann Hall Road, Leytonstone, London (020) 8534 2552
ATISTODIMOU, A, 30 Naseby Road, Ilford, Essex (020) 8141 5890
ATKIN, V.A, 64 Barfields, Loughton (020) 8508 2328
ATKINS, Sheila, 64 Gordon Road, Ilford (020) 8514 3964
ATKINSON, C, 62 Alexandra Road, E18 (020) 8530 5036
A, D, 4 Russell Road, Buckhurst Hill (020) 8559 0285
A, H, Flat 61 Hainault Court Forest Rise, E17 London (020) 8521 6645
A, J, 8 Stanmore Road, London (020) 8989 9332
ATMA, M, 7 Norton Close, London (020) 8793 7707
ATOBAMRERE, C, Flat 7 Annie Taylor House Walton Road, London (020) 3337 0318
ATTA, I, 39 Lancaster Drive, LOUGHTON (020) 8257 3402
ATTALIA, A.S, 31 Byron Avenue, E12 (020) 8552 7476
ATTERBURY, J.W, 137 Horns Road, Ilford (020) 8554 0648
ATTIQUE, M, Flat 4 22 Barley Lane, Ilford (020) 8597 3438
ATTIQUE-UR-REHMAN SHAFQ, A, 29 Calderon Rd, E11 (020) 8988 3763
ATTOE, C, Flat 3,Avondale Court,50 Fillebrook Road, London (020) 3672 5235
ATUAHENE, V, 55 Granleigh Road, London (020) 8539 0419
ATWAL, G, 28 Elmstead Road, Ilford (020) 8586 4111
A, K, 2 Staines Rd, Ilford (020) 7165 2251
AUGUSTE, P, 4 Callis Road, London (020) 8521 8694
AUGUSTINE, D, 7, Lime Lodge Montalt Road, Woodford Green (020) 3689 5047
A, J, 143 Quebec Road, Ilford (020) 8252 4645
AUGUSTO, C, Flat 7 West Central Apartments 8 Hoe Street, E17 (020) 8520 3738
AURINO, C, Flat 2,28 Redbridge Lane West, London (020) 8616 2369
AUSTIN, A, 12 Albion Hill, Loughton (020) 8508 2625
A, D, 31 Highwood Lane, Loughton (020) 3091 6050
A, John, 40 Forest Drive West, London (020) 8556 7184
A, K.D, 1 Hempstead Close, Buckhurst Hill (020) 8505 0033
A, K.L.A, 48 Preston Drive, E11 (020) 8530 2127
A, L, Flat 6 St. Peters Court 5 Upper Walthamstow Road, LONDON (020) 3524 3434
A, Mrs Flat 2 91 The Ridgeway, London (020) 8524 9805
A, T, 90 Durham Road, London (020) 8911 9542
AUTIER, D, 26 Flat A Felbridge Rd, ILford (020) 8177 9658
AVEIRO, J, 8 Barnes Close, Manor Park (020) 8478 4220
AVELLA, G.M, 74 New Road, E4 (020) 8529 5623
AVIS, D, Brookside 4 Hainault, Ilford (020) 3561 6985
A, P, 38 Douglas Road, E4 (020) 8524 6588
AWAIS, M, 14 Cary Rd, Leytonstone (020) 3617 4948
AWAL, Dr Mohammad, 48 Madras Road, Ilford (020) 8553 4098
AWAN, B, 128D Woodlands Road, Ilford (020) 3662 9112
A, M, 11 Springfield Court Forsythia Close, Ilford (020) 3132 8201
A, S, 1 Abbotts Park Road, London (020) 8925 9486
A, S, 419 Cranbrook Road, Ilford (020) 8220 2552
A, S, 9 Evanston Gardens, ILFORD (020) 3560 9733
A, S, 35 Sandyhill Road, Ilford (020) 3648 4290
AWASTHY, V, 36 Malford Grove, E18 (020) 8518 8656
AWDE, R, 4 Halstead Road, London (020) 8989 1189
AWES, M, Flat 7, Howard Mansions Forest Road, London (020) 8109 6804
AWEYS, S, 64 Pearl Road, London (020) 8521 1415
AWUAH, F, 26 Greenham Cres Chingford Hall Est,, Chingford, .. (07956) 416360
A, L, Mills Court Flat 3 19, Harrow Green, London (020) 3294 2199
A, T, 26 Greenham Crescent, Chingford (020) 3158 2482
AXON, K, First Floor Flat 131 Coventry Road, Ilford (020) 8554 7107
AYAZ, S, 131 Henley Road, Ilford (020) 8553 4588
AYDIN, Mr Mustafa, Brooklyn Court High Road, Loughton (020) 3556 1412
A, U, Flat 3,Harley House,155 Hainault Road, London (020) 7817 3785
AYED, N, 98 Woodhouse Rd, London (020) 8519 4649
AYELOWO, T, 131 Millais Road, E11 (020) 8177 4140
AYEMI, I, Flat 7 Masey Court 20 Blackhorse Road, London (020) 8521 7270
AYERS, Stephen, Flat 15 Tylers Court 8 Westbury Road, E17 (020) 8223 0130
AYINDE, O, Mobile, 35 Franklyn Gardens, Ilford, Essex (07984) 257963
AYIPERRUMA, H, 180 Byron Ave, London (020) 8141 2294
AYITEY, A, 6 St. Gabriel's Close, Leytonstone (020) 8530 6084
AYLING, D, 43 Longshaw Road, E4 (020) 8524 4216
A, J, 44 Lytton Road, London (020) 8558 1800
A, T, 88 Whitehall Road, London (020) 8558 0752
AYLOTT, J, 36 Russell Road, Buckhurst Hill (020) 8505 7713
AYRES, J.T, 17 Somerset Road, E17 (020) 8521 3332
AYRTON, J, 44 Retreat Way, Chigwell (020) 8500 3579
A, R, 14 Chigwell Rise, Chigwell (020) 8501 2163
AYTON, T, Mobile, 29 Woodstock Road, (07939) 476677
AYUBI, A, 112 Westbury Rd, Ilford (020) 8514 2597
AYVAZOV, David, 38 Stocksfield Road, E17 (020) 8509 0679
AYYAZ, S, 4 Falmer Road, LONDON (020) 8520 7531
AZAD, M, Mobile, 49 Grosvenor Road, Ilford, Essex (07932) 629346
AZAM, M, 2 Sunnyside Road, London (020) 8556 4247
A, R, 20 Tavistock Gardens, Ilford (020) 8177 3285
AZEEZ, A, 22 Farnham Road, Ilford (020) 3612 1645
AZEVEDO, R, 7 Woodlands Avenue, London (020) 8530 7827
AZIZ, Mr A, 58 Salcombe Road, London (020) 8926 2705
A, Miss A, Mobile, 15 Station Road, London (07951) 877894
A, H, Harrison House Flat 4 211, Westwood Road, Ilford (020) 3726 4540
A, M, 49 Longwood Gardens, Ilford (020) 8220 8901
A, N, 434 High Road, E10 (020) 8141 2741
A, S, Flat 4 Shirley Court 7 Abbey Road, Ilford (020) 8518 0735
A, S, 45A Meads Lane, ILford (020) 3132 4812
AZIZI, M, 59 Windsor Rd, Ilford (020) 3132 0827
AZIZOV, J, 387 Grove Green Road, London (020) 3612 6995
AZMAT, M, 50 Blackthorn Road, Ilford (020) 3605 8640
AZMI, M, 4 Riverdene Road, Ilford (020) 8141 7855
A, M, 26 Rowden Park Gdns, London (020) 8527 6777
BAARS, D, 2 Chase Lane, Ilford (020) 8554 7659
BABICIU, C, 25 Trenance Gardens, Ilford (020) 8599 4105
BABIN, M, 23 Tower Hamlets Road, E17 (020) 7159 2993
BABU, H, 746A-746b High Rd, Leytonstone, London (020) 3617 4954
B, S, 74 Hamilton Avenue, Ilford (020) 8518 6236
BABUL, T, 631B High Road, Ilford (020) 3722 8828
BACHA, I, 62B Gloucester Road, E17 (020) 8177 5533
BACIU, C, 62 Long Green, Chigwell (020) 3152 9140
BACON, J, 11 Palmerston Road, Buckhurst Hill (020) 8506 0616
B, M, 67 Essex Road, London (020) 8552 8229
B, P.A, 28 Keith Road, E17 (020) 8531 7363
BACUETES, E, 5 Langley Meadows Loughton, Essex (020) 8508 4991
BADIU, C, 675 Cranbrook Road, Ilford (020) 8551 3504
BADMUS, I, Flat 2 St. Peters Court 5 Upper Walthamstow Road, Walthamstow (020) 8509 0884
BADR, Mr A, 25 Harvey Ho Hainault Rd, Leytonstone (020) 8556 1490
BADSHAH, H, 100 Castleton Road, Ilford (020) 8599 6963
BAGGA, A, 28 Bentley Way, Woodford Green (020) 8553 1245
BAGGOTT, M, Flat 11, Woodford House Woodford Road, London (020) 3645 5782
BAGLEY, J, 206 Old Church Road, London (020) 8529 1205
BAGNALL, J, 95 Worcester Crescent, Woodford Green (020) 8505 2661
BAGONA, P, 10 Rowden Park Gardens, London (020) 3318 9555
BAH, K, 9 Norseman Close, Ilford (020) 8597 0187
BAHAR, M, 37 Kirkland Avenue, Ilford (020) 3091 2490
BAHARA, J, 28 Danehurst Gardens, Ilford (020) 8550 2984
BAHRA, S, 6 Manor Road, Chigwell (020) 8505 2785
BAI, Mrs L, 41 Clifford Rd, London (020) 3132 5598
BAIDOO COBBINA, J, 189 Wood Street, E17 (020) 8520 3359
BAIDOO, P, 305 Hall Lane, London (020) 3842 8940
BAIG, M, 1 Piper Way, Ilford (020) 3592 0378
B, M.A, 10 Hamilton Road, Ilford (020) 8478 5755
B, U, Mobile, 41a Meath Road, Ilford, Essex (07984) 520481
BAILEY, B.C.T, 41 Montalt Road, Woodford Green (020) 8504 2878
B, B.M.D, 9 Rectory Lane, Loughton (020) 8502 0575
B, Keith, 225 Chester Road, Loughton (020) 8502 0076
B, M, 38 Ashville Road, London (020) 3132 6086
B, R.G, 36 Loughton Way, Buckhurst Hill (020) 8505 3863
B, S, 127 Clementina Road, London (020) 8558 3370
B, S, 31 Hereward Green, Loughton (020) 8508 3401
BAILLIE, R, 52 Rivenhall Gardens, London (020) 7285 5028
BAIN, J, 140 Hainault Road, London (020) 8556 0380
BAINES, T, 19 Colson Road, Loughton (020) 8508 6377
BAINS, R.S, 34 Shere Road, Ilford (020) 8550 2894
BAIRD, W, 74 Roding Lane North, Woodford Green (020) 8504 5950
BAJIKA, M, 1/15 Coventry Rd, Ilford (020) 8518 5672
BAJJOU, S, 42 Saunders Close, Ilford (020) 3718 5797
BAJPAI, Anil, 24 Glebelands Avenue, Ilford (020) 8518 5251
BAJRAKTARI, S, Flat 7,173a Wood Street, Walthamstow (020) 3152 5780
BAJRIAMI, K, 37 Marmion Avenue, London (020) 3305 8823
BAKER, A, 335 Clayhall Avenue, Ilford (020) 8551 0158
B, A, 1 Forest View Road, London (020) 8531 0409
B, Mrs Barbara, 19 Grosvenor Rise East, London (020) 8521 1294
B, D, 14, Viking Pl Seymour Rd, London (020) 3132 2963
B, E, 81 Handsworth Avenue, London (020) 8527 2622
B, F, 103 Kirkland Avenue, ILFORD (020) 8550 6522
B, G, 77 Priory Avenue, London (020) 8524 2575
B, J, 9 Beech Hall Road, London (020) 8527 0579
B, K, 86 Theydon Street, London (020) 8539 7960
B, K, 10 Orestes Court 39 Woodford Road, South Woodford (020) 8989 0276
B, L, Mobile, 8a Peterson Court, Lower Road, Loughton (07904) 767197
B, L.C.W, 62 Malvern Drive, Ilford (020) 8599 0010
B, M, 103 Fyfield Road, London (020) 8923 4673
B, P, 20 Fairlight Close, London (020) 8529 6230
B, P, 27 Levett Gardens, Ilford (020) 8597 6990
B, P, 7 Mount Echo Avenue, London (020) 8524 0167
B, R, 127 Brocket Way, Chigwell (020) 8501 4733
B, S, 11 Dymchurch Close, Ilford (020) 8551 5030
B, V.M, 29 Meadow Rd, Loughton (020) 8508 0188
B, W, 5 Bluehouse Rd, London (020) 3138 0528
BAKKI, N, 4 Windermere Gardens, Ilford (020) 3665 7398
BAKSH, J, 130 Barley Lane, Ilford (020) 8519 9657
B, M, 85c Netley Road, Ilford (020) 8518 0968
BALA, A, 1 Crossways Lower Alderton Hall Lane, Loughton (020) 3536 1783
BALACHIA, I, 34 Victoria Road, London (020) 8989 0575
BALAISIS, A, 35 Chatham Rd, London (020) 3132 2425
BALAMBULA, Tshika, 2 Bearing Close, Chigwell (020) 8500 2165
BALAMURALIDHARAN, S, Ground Floor Flat 11 Herbert Road, London (020) 3380 7867
BALAMURUGAN, K, 19 Bridge End, London (020) 3560 2662
BALAN, P, 94 Princes Road, Buckhurst Hill (020) 8505 0968
BALASA, R, 6 Centenary House Lena Kennedy Close, London (020) 3152 3029
BALASINGAM, J, 433 New North Road, Ilford (020) 3737 0175
BALASINGHAM, N, 35 Grangeway Gardens, Ilford (020) 8550 6467
BALASOIU, Vasile, 176 South Park Road, Ilford (020) 8478 1303
BALASUNBARAM, M, 11 Ellesmere Gdns, Ilford (020) 8551 8192
BALAYOGAN, S, Mobile, 166 Browning Road, London (07930) 405123
BALAZOVA, V, 64 Hawkwood Crescent, London (020) 3715 2283
BALCA, E, 39 Stanley Road, E4 (020) 3759 3227
BALCI, O, 9 Travers Close, London (020) 8616 1474
BALCOMBE, T, 23 Chelmsford Road, E18 (020) 8504 8757
BALD, A, 17 Worcester Road, London (020) 8911 8743
BALDE, C, 104 Shakespeare Crescent, London (020) 3712 6703
BALDWIN, C, 28 Barncroft Close, Loughton (020) 8508 0985
B, D.A, 1047A Forest Road, E17 (020) 8523 0179
BALINT, G, Flat 3 11 Bulwer Rd, London (020) 7159 8037
B, G, 26 Westward Road, E4 (020) 7159 3157
BALL, D.A, 19 Mundon Gardens, Ilford (020) 8478 3138
B, M, 25 Elsham Road, London (020) 8926 3185
B, Mr Peter, 15 Manor Way, London (020) 8529 6471
B, R, 17 Forest View Road, London (020) 3732 3659
B, S.H, 48 Hall Lane, E4 (020) 8524 6739
BALLARD, D, 43 Bergholt Avenue, Ilford (020) 8550 7113
BALLESTEROS, D, 7 Addison Road, London (020) 3723 8964
BALLINGER, K.J.M, Flat 9 Trent Court New Wanstead, E11 (020) 8989 5007
BALLO, S, 87 Chesterford Rd, E12 (020) 8514 2925
BALLON, G, 320 Eastern Avenue, Ilford (020) 8554 3766
BALLOO, P, 59A Ingleby Road, Ilford (020) 3623 8658
BALMFORTH, K, 34 Wellfields, Loughton (020) 8508 8265
B, T, 343 Cann Hall Road, London (020) 8281 6787
BALOG, L, 52 Belmont Park Road, London (020) 3581 7304
BALOGUN, F, 13 Queens Drive, London (020) 8556 8473
BAMBA, F, 31 Titley Close, LONDON (020) 3654 5570
BAMENT, J.M, 12 Cross Road, Woodford Green (020) 8505 8092
BAMGBOYE, F.B, 211 St. Fabian Tower, Iris Wy, E4 (07956) 965365
BAMPTON, D, The Grange Lynmouth Road, London (020) 8509 1062
BAMUNUARACHCHIGE, S, Flat 2 349b Chigwell Road, Woodford Green (020) 3565 7523
BANARAS, I, 4 Glen Road, E17 (020) 8520 3959
B, M, 28 Harrington Road, London (020) 8257 0652
BANDARI, V, 4 Ketts Place, Chigwell (020) 8500 3498
BANDARU, S, 333 Express Drive, Ilford (020) 8177 1016
BANERJEE, G, 91 Stradbroke Grove, ILFORD (020) 8551 1624
BANERJI, P, FAX, 44 Tryfan Close, Ilford (020) 8550 0871
B, P, 44 Tryfan Close, Ilford (020) 8550 3324
BANFIELD, R.A, 58 The Drive, E17 (020) 8520 6508
BANGA, A, Flat 42 Malford Court The Drive, South Woodford (020) 3337 0488
BANGURA, A, 3/1 Wellwood Road, Ilford (020) 8141 1772
BANKS, D, 9 St. Ronans Crescent, Woodford Green (020) 8504 9234
B, F.A, 110 Broadmead Road, Woodford Green (020) 8504 6552
B, H, 12 Forest Approach, Woodford Green (020) 8505 2012
B, J, 43 The Drive, Loughton (020) 8508 4199
B, Mrs Pauline, 57 Alexandra Road, London (020) 8521 2578
B, Peter, 32 Warren Rd, London (020) 8529 1774
BANNERMAN, A.J, 167 St. Johns Road, E17 (020) 8531 9193
BANNERMAN-BRUCE, R.K, 32 Colenso Road, Ilford (020) 8599 8834
BANNISTER, C, 19 Cherry Court Longwood Gardens, Ilford (020) 8270 3904
BANO CHAUDHRY, S, 44 Richmond Road, Ilford (020) 8478 7067
BANSAL, Ravi, 175 Dawlish Drive, Ilford (020) 8597 9378
BANU, H, Flat 13, Colby Lodge 1C The Drive, London (020) 3609 6193
B, S, 112 Coventry Road, Ilford (020) 3380 7176
BANWAIT, T, 16 Aberdour Road, Ilford (020) 8598 9394
BANWELL, K, 10 Millers Close, Chigwell (020) 8257 0352
BAPNA, A, 43 Imperial Heights Queen Mary Avenue, London (020) 3624 3826
BAPTISTE, N, 16 Hathaway Cres, E12 (020) 8472 3317
B, R, 108 Wyemead Crescent, London (020) 3015 8675
BARBER, C, 92 Bawdsey Avenue, Ilford (020) 8590 1992
B, G, 136 Richmond Road, Ilford (020) 8553 0016
B, G, 43 Woolhampton Way, Chigwell (020) 8501 1124
B, J, 337A Mortlake Road, Ilford (020) 8220 6279
B, P, 254 Buckhurst Way, BUCKHURST HILL (020) 8505 6438
B, T, 13 Coopers Close, Chigwell (020) 8500 5239
BARBERESS, B, 143A Ley Street, Ilford (020) 8252 9010
BARBIER, Mrs Ghislaine, 41 Mount Avenue, London (020) 8529 7649
BARBU, S, 50A Grove Green Road, E11 (020) 8556 6025
BARCLAY, T, 36 Brookscroft Road, London (020) 8926 0173
BARDOT, S, Flat 4 19 Carlton Road, E12 (020) 8553 4953
BAREFIELD, Kenneth, 84 Chelnsford Road, South Woodford (020) 8505 7109
BAREN ZAMBRANO, N, 318 Halley Road, Manor Park (020) 3643 8364
BARGAN, V, 6 Gatekeepers House Queen Mary Avenue, London (020) 7543 8073
BARHAM, A.P, 18 Ashbourne Avenue, E18 (020) 8989 7513
B, B.F, 41 High Road, Loughton (020) 8508 5420
B, H, 79 Wansford Road, Woodford Green (020) 8504 2385
B, P, 22 Preston Drive, London (020) 8925 3155
B, R.L, 67 Coppermill Lane, E17 (020) 8521 3701
BARKATAKI, Dr Nripen, 86 Tamar Square, Woodford Green (020) 3952 2648
BARKER, A, 145 Redbridge Lane East, Ilford (020) 8550 6928
B, A, 26 Valentines Road, Ilford (020) 8554 9424
B, C, 9 Powell Drive, London (020) 3561 5716
B, J, 42 Malmesbury Rd, E18 (020) 8559 1397
B, K.A.L, 166 Belgrave Road, E11 (020) 8532 9722
B, R, Flat 93 Leyton Green Towers, 1 Leyton Green Road, London . (020) 8279 9934
B, S T, 89 Oak Hill, Woodford Green (020) 8527 4968
BARKUS, D, 282 Limes Avenue, Chigwell (020) 3645 7055
BARLOW, S, 12 Owen Waters House, 380 Fullwell Avenue, Ilford (020) 8262 7545
BARMAN, S, Mobile, 16 Brook Road, Ilford, Essex (07961) 155998
B, S, 36A Monkhams Avenue, WOODFORD GREEN (020) 8518 2374
BARMANIA, Z, 656 High Road, Woodford Green (020) 8220 3763
BARMI, N, 21 East Avenue, E12 (020) 8472 5930
BARNARD, J.D, 41 Hamilton Road, E17 (020) 8527 3061
B, R, 82 Pentire Road, E17 (020) 8531 8705
B, R.E, 41 Hawkdene, E4 (020) 8529 0461
BARNBY, Mrs Margaret, 80 Cornwallis Road, London (020) 8521 7971
BARNES, C.V, 16 Whitehall Lane, Buckhurst Hill (020) 8504 8507
B, M, 14 Cheney Row, E17 (020) 3623 5421
B, N, 219 Huntsman Road, Ilford (020) 8500 1502
B, Admiral R, 20 Anworth Close, Woodford Green (020) 3457 1730
B, R, 29 Aragon Drive, Ilford (020) 8500 0683
B, T, 87 Winns Avenue, Walthamstow (020) 8523 0229
B, W.H, 34 Merlin Grove, Ilford (020) 8500 3708
BARNETT, B.H, 16 Southview Crescent, Ilford (020) 8554 1529
B, C, 30 Murchison Road, E10 (020) 8556 7618
B, D, 34 Walnut Way, Buckhurst Hill (020) 8281 9021
B, D.J, 41 Grantock Rd, E17 (020) 8523 2220
B, J, 29 Alveston Square, London (020) 7310 1771
B, R, 35 Cherry Court Longwood Gardens, Ilford (020) 8551 1891
B, S, 12 Warren Ct, Chigwell (020) 8500 8489
BARNS, V, 32 Hillcrest Road, London (020) 8531 1814
BARR, B, Flat 7 Barton Meadows, Ilford (020) 8550 1446
B, G, 10 The Shrubbery Grosvenor Road, E11 (020) 8989 5349
B, J, 41 Salisbury Road, London (020) 8514 3845
B, W, 2 Greaves Cottages Harbet Road, London (020) 8531 8856
BARRA, N, 73 Manor Farm Drive, E4 (020) 8524 0530
B, R, 98 Antlers Hill, London (020) 8524 1609
BARRASS, A, 96 The Lindens, Loughton (020) 8508 0375
BARRAT, S, 22 Tallack Road, London (020) 8928 0435
BARRETT, A, 38 Penrith Road, Ilford (020) 8500 9601
B, H, 129 Walnut Road, E10 (020) 8556 2203
B, J, 79 Essex Road, London (020) 8558 5463
B, J, 238 Henley Road, Ilford (020) 8514 4051
B, K, 24 Newmans Lane, Loughton (020) 8281 0826
B, K, 54 Wellfields, Loughton (020) 8502 0242
B, S, 48 Meath Road, Ilford (020) 8924 9199
B, T, 54 Deynecourt Gardens, London (020) 8925 9382
BARRIE, I, Flat 5 Malford Court The Drive, South Woodford (020) 8075 2668
BARRIW, J, Flat 50 St Catherines Tower Beaumont Road, London (020) 8141 7868
BARRY, B, 5 Burford Cl, E4 (020) 8503 2289
B, E, 4 St. Ronans Crescent, Woodford Green (020) 8504 6511
B, L, 335 Wanstead Park Road, Ilford (020) 8554 8686

B, M, 47 Forest View Road, Walthamstow (020) 8523 3969
B, T, 27 Coleridge Road, London (020) 8520 6222
BARTCZAK, N, 16 Lennox Road, Walthamstow (020) 8509 3431
BARTHRAM, J, 22 Kenilworth Gdns, Loughton (07961) 519574
B, J.D, 22 Kenilworth Gardens, Loughton (020) 8508 9802
BARTLETT, Paul, 36 Caernarvon Drive, Ilford (020) 8551 1898
BARTLEY, D, 4 Horatio Lodge Orford Road, London (020) 3601 3665
BARTON, C, 13 Church Path, E17 (020) 8520 1855
B, D, 22 Retreat Way, Chigwell (020) 8501 3566
B, D.J, 14 The Hollow, Woodford Green (020) 8504 3356
B, John, 7 Woodedge Close, E4 (020) 8559 3330
BART-WILLIAMS, A, 138 Stradbroke Grove, Ilford (020) 8215 0337
BARWICK, A, 21 Penrith Road, Ilford (020) 8270 3637
BARZEY, Essther, Flat 18 John Cornwell V C House Grantham Road, E12 (020) 8478 8376
BASDEV, Sarra, 6/1 St. Mary Rd, E17 (020) 8521 0884
BASHAR, M, 43 Saunders Close, Ilford (020) 8514 0032
BASHEER, F, 43 Mayville Rd, London (020) 7165 7221
BASHFORD, N, 237 The Avenue, LONDON (020) 3723 7370
BASHIR, A, Boleyn Ct Epping New Rd, Buckhurst Hl (020) 8504 5195
B, A.A, 15 Gordon Rd, Ilford (07956) 545269
B, I, 289 Kingston Road, Ilford (020) 8514 4765
B, Saber, 14 Studley Dv, Ilford (020) 8554 5436
B, Z, 64 Melford Road, Walthamstow (020) 8521 3649
BASHKARAN, T, 35 Woodend Road, London (020) 8527 2309
BASIR SHAKH, S, 71 Burwell Road, London (020) 3004 0651
BASLER, C, 139 Chester Road, Ilford (020) 3649 8696
B, S, 153 Mortlake Road, Ilford (020) 8514 5531
BASS, G.D, 1 Kirby Close, Loughton (020) 8508 0077
B, S, 31 Atherton Road, Ilford (020) 8550 5123
BASSETT, C, 175 Aldriche Way, London (020) 8117 2106
BASSI, B, 17 Wensleydale Avenue, ILFORD (020) 8551 3190
B, H.S, 6 Bethell Avenue, Ilford (020) 8554 4214
B, Kulwinder, 4B Jefferson Close, Ilford (020) 8518 6215
B, S, 101 Stradbroke Grove, ILFORD (020) 8550 0530
BASSO, A, 11 Morgan Avenue, London (020) 8257 8709
BASTER, Renate, 80 Forest Edge, Buckhurst Hill (020) 8504 1055
BASTIN, L, 58 Express Drive, Ilford (020) 7285 7711
BASTONE, A, 6 Powell Drive, London (020) 4541 1925
BASU, G, 68 Broadmead Road, Woodford Green (020) 8504 4197
BATAC, J, Flat 1 279 Forest Road, E11 London (020) 8556 8382
BATEMAN, A, 29 Belgrave Road, London (020) 8530 6523
B, W, 9 Spanbrook High Road, Chigwell (020) 8252 1531
BATES, B, 39 Tennyson Avenue, E11 (020) 8989 2885
B, D, 40 Belle Vue Road, E17 (020) 8418 5942
B, P, 32 Goldsmith Road, E17 (020) 8531 9343
B, R, 18 Maynard Road, Walthamstow (020) 8520 5280
BATEY, Mr John, 3b Forest Glade, London (020) 8530 5084
BATHINA, S, 28 Redbridge Ct Redbridge La East, Ilford (020) 8551 1170
BATI-HEF, Ms M, 25 Meanley Road, E12 (020) 8141 7829
BATRAS, Mr V, 797a Lea Bridge Rd, London (020) 3138 1120
BATSON, M, 165 St. Johns Road, E17 (020) 8531 2676
BATTEN, M, 139 First Avenue, E12 (020) 8553 4967
BATTERSBY, Ms L, 2 Spurway Parade, Woodford Avenue, Ilford (020) 3326 9483
BATTIE, A, 32 Morgan Avenue, London (020) 8637 5632
BATTYE, M, 15 Gamuel Close, E17 (020) 8521 9567
BAUER, D, 77 Sixth Avenue, E12 (020) 8478 3652
BAUM, A, 23 Colebrooke Drive, London (020) 8925 3003
BAVEY, R, 51 Blackmore Road, Buckhurst Hill (020) 8281 1292
BAVIN, M, 24 Charnwood Drive, London (020) 8989 9322
BAVINGTON, M.H, 17 Higham Station Avenue, E4 (020) 8527 5818
BAWDEN, D, Flat 65 Greenhill High Road, Buckhurst Hill (020) 8504 7391
BAWHOM, M, Church Of Christ Cranley Road, Iilford (020) 8554 3204
BAXARIA, Mr M, Flat 710A Romford Rd, London (020) 8177 8555
BAXTER, A.P, 27 Avril Way, E4 (020) 8527 4391
B, I, 15 High Meadows, Chigwell (020) 8500 9780
B, J, 144 Middleton Avenue, London (020) 8923 5363
BAYLEY, Miss D, 10 Rowan Close, Ilford (020) 8177 7433
BAYLIS, A, 23 Salisbury Hall Gardens, E4 (020) 8531 0771
BAYLISS, R, Flat 5 High Oaks Lodge, 90 The Drive, London (020) 8279 2868
BAYS, J.J, 17 The Risings, E17 (07958) 467366
BAZALGETTE, A, 337A Forest Road, London (020) 7411 7719
BAZARNIK, A, 19 Preston Road, London (020) 8530 4452
BAZIN, J, 9 Anworth Close, Woodford Green (020) 8504 3996
BEACH, D, 9 Wyfields, Ilford (020) 8924 4572
BEAGER, F, Flat 3 21 Aldersbrook Road, E12 (020) 8530 6043
BEAK, E, Flat 1, Hunter Court Homesdale Close, London (020) 8001 1773
B, N, 14 Oak Hall Road, E11 (020) 8530 8247
BEAL, A, 44 Cheyne Avenue, LONDON (020) 8989 0284
BEALBY, M, 12 Chalgrove Crescent, Ilford (020) 8550 9194
BEALES, J, 71 Church Lane, Loughton (020) 8279 1273
BEALL, S, 60 Sewardstone Road, London (020) 7910 1959
BEAN, J, 11 Folkestone Road, London (020) 8503 6671
BEARD, J, 24 Tree Tops 9 Sydney Road, Woodford Green (020) 8505 2395
BEARFIELD, T, 133 Kings Avenue, Woodford Green (020) 8504 5633
BEASLEY, A, 6 Kimberley Way, London (020) 8529 6472
B, S, 58 Northumberland Avenue, London (020) 8989 5950
BEATON, R, 1 Southernhay, Loughton (020) 8923 0229
BEATTIE, P, 17 Spruce Hills Road, LONDON (020) 3673 6633
BEAUMONT, A, 21 Hawsted, Buckhurst Hill (020) 8505 0590
B, T, 20 Scotland Road, Buckhurst Hill (020) 8505 3193
BECAREVIC, M, Flat 55 Latchingdon Court 26 Forest Road, E17 (020) 8520 3431
BECCALONI, G, 14 Wimborne Close, Buckhurst Hill (020) 8505 4842
BECK, A, 101 Ruskin Avenue, London (020) 8552 7096
B, J, 2 Sovereign Place 2 St. Johns Road, Loughton (020) 8508 0341
B, R, Flat 5 35 Falmouth Avenue, E4 London (020) 8527 7012
BECKERSON, A.M, 68 Pulteney Road, E18 (020) 8989 5431
BECKETT, H, 27 Parkmore Close, WOODFORD GREEN (020) 3623 7770
BECKWITH, G, 30 Rochdale Road, London (020) 8539 4477
B, S, 39 Harvey Gardens, Loughton (020) 8508 9651
BEDDING, R.J, 132 Middleton Avenue, E4 (020) 8529 0710
BEDFORD, Mr R, 227 Express Drive, Ilford (020) 8141 1250
BEDOYA, F, 42 Salcombe Road, London (020) 8556 7264
BEDRYLO, Mr O, 64a Norman Rd, London (020) 3132 0209
BEDWELL, F, Flat 44 Rayner Towers 2 Albany Road, E10 (020) 8556 6976
BEE, J, FLAT 13,Avondale Court,50 Fillebrook Road, Leytonstone (020) 8556 4099
BEEDEN, J, 11 Mendip Road, Ilford (020) 8597 1760
BEG, A, 108 Erskine Road, London (020) 8521 4381
BEGUM, A, 365 Sherrard Road, Manor Park (020) 8470 9159
BEGUM ALI, T, 59 Walton Road, London (020) 8514 7131
BEGUM, B, 17 St. Lukes Avenue, Ilford (020) 3726 6302
B, F, 104 Bloxhall Road, E10 (020) 8556 9259
B, H, 503 Green La, Ilford (020) 8597 5192
B, Ismat Ara, 23 Fairlop Road, London (020) 8558 3996
B, M, 3 Cantley Gardens, Ilford (020) 8014 8309
B, M, 13C Elgin Road, Ilford (020) 3532 8571
B, M, 39E Mansfield Road, Ilford (020) 7671 4777
B, M, 13 Northdown Gardens, Ilford (020) 3592 4374
B, M, 13 Roding Lodge Royston Gardens, Ilford (020) 8554 7539
BEGUM MIAH, S, 34 Saunders Close, Ilford (020) 8514 0759
BEGUM, N, 49 Melford Road, E17 (020) 3132 7057
B, N, 94 Woodford Avenue, Ilford (020) 3294 7687
B, R, 30 Trevor Roper Close, Ilford (020) 8478 2983
B, S, Parkview Court Flat 14 54, Brancaster Road, Ilford (020) 3380 9735
B, Admiral S, 29a Fourth Avenue, Manor Park (020) 4568 7985
B, Mrs S, 30 Grange Park Road, E10 (020) 8177 2188
B, Miss S, 139 Kensington Avenue, London (020) 8177 7039
B, S, Flat 327 Ley Street House 497-499 Ley Street, Ilford (020) 3509 9146
B, S, 63 Long Green, Chigwell (020) 8500 7703
B, S, Mobile, 214 Ray Lodge Road, Wood Green, Essex (07949) 752489
B, S, 1017 Romford Rd, E12 (020) 8478 0431
B, Mrs S, 28 Windsor Road, London (020) 8530 7727
B, T, 55 Vicarage Lane, Ilford (020) 8597 6474
BEHAN, J, 9 Trevose Road, London (020) 8923 4518
BEHRENS, L, 8A Woodford Road, London (020) 3648 8499
BEINE, J, 347 Fullwell Avenue, Ilford (020) 8550 9484
BEINY, A, 20 Fairlop Road, Ilford (020) 8550 3677
BEIU, D, Flat 2 33 Chesterfield Road, Leyton (020) 3724 6412
BEJLIU, V, 18 Monarch Way, Ilford (020) 3648 4916
BELAHYA, B, 55 Wilmot Road, London (020) 8558 7422
BELAM, R, 92 Douglas Avenue, London (020) 8923 1148
BELBE, V, 53 Crescent Road, London (020) 3538 6261
BELCHER, C, 3 Tower Close, Ilford (020) 8501 0084
BELL, H, 29 The Avenue, Loughton (020) 8508 3840
B, I, 119 Fyfield Road, E17 (020) 8520 5405
B, J, 12 Dorchester Gardens, E4 (020) 8529 5007
B, J, 28 Greensted Rd, Loughton (020) 8418 7801
B, J, 181 Kings Head Hill, London (020) 8524 3661
B, Mr Newton, No 584 High Road Leyton, London (020) 8539 5748
B, S.M, 29 Bridge End, E17 (020) 8531 5668
BELLAJ, H, 44 St. Stephens Close, London (020) 8509 1450
BELLAMY, C, 11 Norseman Close, Ilford (020) 8013 2428
B, R.C, 118 Forest Road, E17 (020) 8520 1133
BELLE, W.H, 128 Kingston Road, Ilford (020) 8478 8544
BELLINGHAM, L, 106 Sky Peals Road, Woodford Green (020) 8527 7651
B, R, 18 Silverthorn Gardens, E4 (020) 8529 8988
BELLO, M, Flat 4 Elder House 1b Broomhill Road, Ilford (020) 8590 6631
B, Mr S, Flat 19 Grantham Rd, London (020) 8141 6365
B, S, Flat 19 Alfred Prior House Grantham Road, E12 (020) 8141 7850
BELLO-OSAGIE, D, Potters House Folkestone Road Walthamstow, London (020) 3663 9233
BELLWOOD, B, 19 St. Annes Road, E11 (020) 8556 8973
BELNIKOFF, H.P, 6 Martinsfield Close, Chigwell (020) 8500 3534
BELO DE OLIVEIRA, Mr J, 2A The Avenue, E4 (020) 8177 5530
BELOBI, A, 8 Denmark Street, London (020) 3662 5720
BELTRAN, Miss C, Flat 2 68A Wallwood Road, London (020) 8177 5009
BEN, O, mobile, 186 Richmond Rd, Ilford, Essex (07944) 950466
BENDELOW, C.M, 48 Lloyd Road, E17 (020) 8520 6133
BENDON, Paul, 5 The Ridings Romford Road, Chigwell (020) 8501 1224
B, S, 42 Fullwell Avenue, ILFORD (020) 8550 2768
BENEAKO, M, 3 Apollo Place, London (020) 7910 1698
BENELBIDA, N, 23 Kenilworth Gardens, ILFORD (020) 3560 3799
BENEY, C.M, 127 Claude Road, E10 (020) 8539 6499
BEN-HYLTON, A, Flat 27 Calver Court 52a Radbourne Crescent, London (020) 3565 5844
BENJAMIN, B, Benjamin Pharmacy, 263 Chingford Mount Road, London (020) 8281 4606
B, C, 35 Bute Road, Ilford (020) 8554 9432
B, G, 43 Chingford Avenue, London (020) 8529 3055
B, J.C, 20 Monkhams Drive, Woodford Green (020) 8559 0286
B, O, 42 Macdonald Road, E17 (020) 8527 5399
B, R, 110 Little Ilford Lane, E12 (020) 8478 4998
B, R, 58 Palmerston Road, LONDON (020) 8520 7514
B, R.E, 178 Manor Road, Chigwell (020) 8500 2032
BENN, H.R, 13 Inglewood Close, Ilford (020) 8500 7413
BENNACEF, J, 194B Queens Road, Buckhurst Hill (020) 8505 2449
BENNET, P, 87 Harold Road, London (020) 8556 1090
BENNETT, C, 17 Peel Road, London (020) 8502 9050
B, Miss Carol Anne, 136 Torrington Drive, Loughton (020) 8418 9086
B, E.R, 38 Scarborough Road, E11 (020) 8558 5901
B, G, 10 Corbicum, E11 (020) 8539 7953
B, K, 23 Felstead Road, Loughton (020) 3509 9669
B, K, 70 Grosvenor Park Road, London (020) 8281 3393
B, M, 47 Wellesley Road, London (020) 8530 8152
B, R, 75 Cavendish Drive, London (020) 8539 7501
B, Robert, Flat 8 St. Josephs Court 24 Forest View, E4 (020) 8524 7719
B, R.J.T, 3 Newcastle Avenue, Ilford (020) 8500 9716
B, S, 29 Pelham Road, London (020) 8989 0381
B, S.T, 36 Bracken Drive, Chigwell (020) 8501 0459
BENNETTO, P, 18 Blenheim Road, E17 (020) 8527 5675
BENSON, G, Mobile, 23 Lyndhurst Road, London (07976) 263269
BENT, Miss D, 111 Blyth Rd, London (020) 8558 1805
B, Miss S, 158 Stockfield Road, London (020) 8177 8325
BENTINCK, B, 60 Mulberry Court 6 Langthorne Road, London (020) 8518 7299
BENTLEY, D, 12 Leader Avenue, Manor Park (020) 3158 8822
B, D, 250 Mortlake Road, Ilford (020) 8478 9624
B, J, 34 Grantock Road, London (020) 8531 4945
B, S, 10 Brook Rise, Chigwell (020) 8500 4302
BENTON, T, 1 Browning Close, E17 (020) 8509 0200
B, T, 11 Wood Lane, Woodford Green (020) 8504 1346
BENVEGNU, M, 52 Francis Road, London (020) 7305 6386
BENYAM, D, 296 Limes Avenue, CHIGWELL (020) 3643 3022
BENYO, P, 7 Kings Farm Roberts Road, LONDON (020) 3605 3157
BERAKET, E, 95 Sixth Av, E12 (07940) 397549
BERESFORD, I, Flat 11 Cyan Court Frederic Street, LONDON (020) 3536 8788
BERETA, Mark, 24 Mannock Drive, Loughton (020) 8418 9127
BERG, R, 66 Endlebury Road, London (020) 8524 9119
BERGER, I, 63 63 Grange Cres, Chigwell (020) 8500 1697
BERGIN, Mrs M, 62 Higham Station Avenue, London (020) 8527 7105
BERGONZI, J, 1 Ardmore Lane, BUCKHURST HILL (020) 8504 9147
BERICA, I, 23 Calderon Road, Leytonstone (020) 7464 6715
BERKLEY, D, Flat 1 Thomas Court New Mossford Way, Barkingside (020) 8551 2387
BERLEA, A, Flat A 180 Vicarage Road, Leyton (020) 3723 2836
BERMAN, A, 33 Felstead Avenue, Ilford (020) 8551 2525
BERNAL, N, 19 Chester Road, London (020) 8989 1904
BERNARD, Ola, 32 The Birches Stn Rd, E12 (020) 8514 0988
BERNHEIM, E, 17 Westbury Road, Buckhurst Hill (020) 8505 1314
BERNSTIEN, H, 37 Abbotswood Gardens, Ilford (020) 8551 1414
BERRECLOTH, P, 112 West Grove, Woodford Green (020) 8504 8505
BERRIDGE, L, 16 Fraser Road, London (020) 8257 6654
BERRIMAN, Adm B, 90 York Road, E4 (020) 8524 5015
BERRY, E, 23 Brettenham Road, London (020) 8925 4057
B, Mrs E, 54 Highwood Lane, Loughton (020) 8508 8239
B, F, 30 Dellwood Gardens, Ilford (020) 8491 6593
B, K, 57 Meadway, Ilford (020) 8599 0069
B, M, 37 Croft Lodge Close, Woodford Green (020) 8505 6876
B, P, 60 Rivenhall Gardens, London (020) 8989 5127
B, R, 111 Oakwood Hill, LOUGHTON (020) 8281 1520
B, S, 32 Carriage Mews, Ilford (020) 8553 2750
B, V, 33 Kingfisher Avenue, London (020) 8530 5796
BERRYMAN, F, 7 Bentley Way, Woodford Green (020) 8504 9083
BERTELLA, D, 93A Colworth Road, E11 London (020) 8556 5198
BERTRAND, J, 47 Woodcote Road, E11 (020) 8989 4276
BERWICK, S, 54 Roma Road, London (020) 8926 1935
BESINSKI, M, 81 Essex Road, E12 (020) 3132 0540
BESSELL, B, 3 Colwall Gardens, WOODFORD GREEN (020) 8505 6257
BESSINTIE, T, Flat 31,Rosewood Court,4 Victoria Road, Leytonstone (020) 3138 6337
BEST, A.J, 24 Bourne Gdns, E4 (020) 8524 4579
B, H, 20 Ashville Road, London (020) 8558 3469
B, Julie, 20 Blenheim Rd, Walthamstow (020) 8523 3385
B, J, 3 Dane Road, Ilford (020) 8252 9612
BETTERIDGE, P, 40 Broadmead Road, Woodford Green (020) 7671 5843
BEURKLIAN-CARTER, Reverend S, 116 Blythswood Road, Ilford (020) 8599 0399
BEVERLY, D, 36 Tavistock Road, London (020) 8989 9072
BEXAVOGUI, M, 13 Buttsbury Road, Ilford (020) 3724 7477
BEXLEY, S, 12 Wavertree Road, London (020) 8252 0319
BEYEN, B, 37 Upper Walthamstow Road, Walthamstow (020) 8037 0198
BEYENE, E, Mobile, 754B Romford Rd, London (07904) 260768
BEZANT, P, 17 Broadfield Way, Buckhurst Hill (020) 8504 4140
BHACHU, B, 62 Windsor Road, Ilford (020) 8252 4291
BHAGALIA, M, 22 Westerham Road, London (020) 8539 1525
BHAKAR, D, 7A Mornington Road, Woodford Green (020) 8559 2035
BHAMRA, J, 35 Sunnyside Road, ILFORD (020) 8553 0433
B, J, 118a Windsor Road, Ilford (020) 8514 1009
BHARA, S, 111 Staines Road, Ilford (020) 8220 3880
BHARAJ, J, 17 Wray Avenue, Ilford (020) 8270 1204
B, L, 59 Ridgeway Gardens, Ilford (020) 8924 7385
BHARATHAN, B, 412 Ley Street, Ilford (020) 8793 9007
B, L, 57 Malvern Drive, Ilford (020) 8599 2313
BHARDWAJ, A, 3 Khartoum Road, Ilford (020) 8514 8013
B, M, 70 Empress Avenue, Ilford (020) 8554 7364
BHARGAVA, S, 7 Glen Crescent, Woodford Green (020) 8252 7869
BHASKAR, S, 18 Wycliffe House,245-247 Cranbrook Road, Ilford (020) 3672 4486
B, S, Flat 28 Runcie Court New Mossford Way, Ilford (020) 3623 1843
BHASKARAN, S, 9 Copper Beech Close, Ilford (020) 8550 3160
B, S, 352 Fullwell Avenue, Ilford (020) 8550 7241
BHATIA, G, 163 Headley Drive, ILFORD, Essex (020) 8518 4307
B, J, 91 Sandhurst Drive, ILFORD (020) 3016 3362
BHATT, J.N, Dr 52 Ladysmith Avenue, Ilford (020) 8599 9089
B, N, 142 Leyswood Drive, Ilford (020) 8599 2346
B, Mr N, 34 Pearl Rd, London (020) 8141 6587
B, R, 66 Roding Lane South, Ilford (020) 8550 3212
B, Mr Y, 5 Pembroke Rd, Ilford (020) 8599 0780
BHATTACHARYA, K, 110 Castleview Gardens, Ilford (020) 8518 3617
BHATTACHARYYA, I, Raphael House Flat 1601 250, High Road, Ilford (020) 3722 2708
BHATTI, A, Mobile, Flat 31, Buxton House Buxton Drive, London (07958) 168794
B, H, 43 Cambridge Road, Ilford (020) 8590 2935
B, Mr H, 12 Elstree Gardens, Ilford (020) 8553 9663
B, I, 29 Theobald Road, London (020) 3685 5106
B, M, 90 Grosvenor Road, Ilford (020) 8478 4061
BHAVANANTHAN, Chienniah, 48 Bawdsey Avenue, Ilford (020) 8590 0263
BHEKHA, S, 167A Wood Street, London (020) 3161 3701
BHESANIA, E, Flat 2, 81 Howard Road, London (020) 8926 6258
BHEWA, V, 12 Higham Hill Road, London (020) 8531 4913
BHOGAL, Jaswant, 186 Grange Road, Ilford (020) 8553 0355
B, S, 75 Sunnymede Drive, ILFORD (020) 8551 1645
BHOJWANI, H, (Mobile), 12 Braintree Avenue, Ilford (07956) 567182
BHONSLE, V, 10 The Uplands, Loughton (020) 3337 9353
BHUDIA, D, 62 Dawlish Dv, Ilford (020) 8590 2900
B, Mr Dhiraj, 26 Denham Drive, Ilford (020) 8220 8929
B, K, 367A Eastern Avenue, Ilford (020) 8550 2239
B, K, 367 Eastern Avenue, Ilford (020) 8550 3569
B, R, 60 Marlands Road, ILFORD (020) 8551 1081
BHUIYAN, S, 3 Suffolk Court, Ilford (020) 7671 3274
BHULA, M, 11 Harold Road, London (020) 8925 8479
BHUNDIA, B, 26 Ridgeway Gardens, Ilford (020) 8924 7593
BHURJI, J, 83 Wensleydale Avenue, Ilford (020) 8551 2775
BHUTTA, P, 11 Wanti Terrace Yellowpine Way, Chigwell (020) 8278 5010
BHUVANENDRAN, D, Mobile, 253 Westward Rd, London (07903) 335353
BI, K, 17 Chingdale Road, London (020) 3754 9759
B, Y, 601D 2 Vanguard Way, London (020) 3016 3065
BIALEK, E, 62 Farmer Road, Leyton, London, London (020) 3602 6889
BIANCHI, M, Flat 11 St. Columbas House 16 Prospect Hill, London (020) 8520 7808
BIBBY, Emmanuel, 26 Owen Waters House 380 Fullwell Avenue, Ilford (020) 8551 6361
BIBI, F, 106 Burrow Road, Chigwell (020) 3726 0330
B, Miss F, 77 Stanley Rd, ILford (020) 8177 7423
B, N, Flat 19 395 Eastern Avenue, Ilford (020) 8554 4284
BIBISHENAZ, A, Ground Floor Flat 320 Strone Road, London (020) 3509 3548
BIBIZADEH, H, 39 Levett Gardens, Ilford (020) 8598 8001
BICKERS, S, 27 Amanda Close, Chigwell (020) 8500 7925
BICKFORD, G, 194 The Broadway, Loughton (020) 8502 3175
BICKNELL, D, 46 Rosedene Gardens, Ilford (020) 8551 2694
BIDMEAD, Miss M, 88 Woodlands Avenue, London (020) 8989 3773
BIELECKI, D, 22C Belmont Road, ILFORD (020) 8478 3192
BIFUTU, T, 14 Jaffe Road, Ilford (020) 3560 9280
BIGGS, A, 27 Valley Close, Loughton (020) 8502 0862
BIGLEY, J.C, 21 Brindwood Road, E4 (020) 8529 8519
BIHAL, P, (Mobile), 85 Woodlands Rd, Ilford, Essex (07960) 504694
BIJEIKIS, S, Dentalux Ltd 489 High Road Leytonstone, London London (020) 8558 8656
BILAL, A, 7c Selborne Rd, Ilford (020) 8514 1675
BILGU, A, Unit 1 Allen House,New Spitalfields Market,23 Sherrin Road, London (020) 3672 5171
BILL, S, 1 Raymond Avenue, London (020) 8989 2283
BILLA, A, 142 Buckhurst Way, Buckhurst Hill (020) 8793 4559
BILLETT, A, 26 Crofton Grove, London (020) 8523 9196
BINGER, G.A, 18 Hervey Park Road, E17 (020) 8521 5763
BINGHAM, E, 17 The Bramblings, London (020) 8524 4540
BIRCH, Ms 153 Little Ilford Lane, London (020) 8553 3296
BIRD, A, 4 Fairview Gardens, Woodford Green (020) 8505 7042
B, A, 20 Leighton Avenue, E12 (020) 8911 7425
B, F.G, 64 High Beech Road, Loughton (020) 8508 1047
B, L, 14 Burrow Close, CHIGWELL (020) 8502 7270
B, P.L, 18A Aldersbrook Road, London (020) 8530 5750
B, S, 15 Bethell Avenue, Ilford (020) 8554 2283
BIRKETT, E, 43 Wilton Place, London (020) 3489 9268
BIRRING, B, Mobile, Flat 8, St. James Court Aldersbrook Road,

Manor Park ..... (07939) 818542
B, M, Flat 43 Ennerdale Court 57 Cambridge Road, London... (020) 4529 0104
BIRT, J, 126 Penrhyn Avenue, London..... (020) 8257 5386
BISCHOFF, M, 32 Wren House 4 Frank Searle Passage, London (020) 8037 7499
BISHOP, C.J, 27 Westmede, Chigwell..... (020) 8501 2200
B, J.M, 10A St. Albans Rd, Ilford..... (020) 8599 9843
B, Mr O, 109 Colson Road, Loughton ..... (020) 7165 2136
BISPHAM, E, 144 Langthorne Road, E11 ..... (020) 8558 2309
BITLA, S, 4 Clifton Ct Snakes La, Woodford Gn ..... (020) 8505 3621
BITNARAJAH, Vijitha, 75 Hampton Road, Ilford ..... (020) 8514 6284
BLAAUW, Mr L, 44 Wilmot Road, London..... (020) 8177 0696
BLACK, D, 132 Hall Lane, London..... (020) 8529 7122
B, E, 3 Woodlands Avenue, London ..... (020) 3345 2900
B, Mrs Janet, Shanklin House, 4 Sherwood Close, Walthamstow, London ..... (020) 3645 6529
B, K, 286 Perth Road, Ilford ..... (020) 8554 2858
BLACKBURN, D, 3 Holly Drive, E4 ..... (020) 8524 1569
B, L, 22 Holmwood Road, Ilford ..... (020) 8924 3611
BLACKMAN, T, 55 Sandringham Road, E10 ..... (020) 8556 0368
BLACKWELL, E, 11 Levett Gardens, Ilford ..... (020) 8590 3077
BLAGDEN, F, 97 Barley Lane, Ilford ..... (020) 8599 0836
BLAIN, G, 154 Glengall Road, Woodford Green..... (020) 8505 7954
B, H.J, 67 Ardmore Lane, Buckhurst Hill..... (020) 8504 9801
BLAIR, V, 31 Haslemere Road, Ilford..... (020) 8503 8761
B, Z, 49 Coney Burrows, London ..... (020) 8270 7005
BLAKE, Miss N, 28 Malvern Avenue, London ..... (020) 8177 5522
B, R, 46 Barrington Green, Loughton ..... (020) 8508 7822
B, Mr Rew, Flat 1, Kendal Court 63 The Ridgeway, London..... (020) 8524 4746
BLANAR, J, 148 Colchester Rd, E10..... (020) 8988 6394
BLANCHARD, H, 8 Hampton Mead, Loughton ..... (020) 3623 9297
B, R, 74 Abbotswood Gardens, Ilford..... (020) 8551 9842
BLANCHFIELD, Joseph, 7 Nyssa Close, Woodford Green..... (020) 8491 0994
BLAND, A, Flat 34, Stavely Court Hermon Hill, London ..... (020) 8530 6241
B, M, 22 Teesdale Road, London ..... (020) 8530 5957
BLANEY, J.W, 1 North Close, Chigwell ..... (020) 8500 0446
BLAY, J, 16 Rosslyn Avenue, London ..... (020) 8524 8079
BLENHAM, R.G, 39 Leicester Gardens, Ilford..... (020) 8597 1015
BLIGH, M, 32 Woodbury Road, E17..... (020) 8520 2234
BLIGHT, R.A, 22 Charnwood Drive, E18 ..... (020) 8989 1394
BLOCK, J, 84 Otley Drive, Ilford ..... (020) 8554 2077
B, S.D, 74 River Way, Loughton ..... (020) 8508 5069
BLOIS, R, 13 Roding Gardens, Loughton..... (020) 8502 3902
BLOME, J, 25 Dale View Avenue, London..... (020) 8524 3716
BLOOM, E, Flat 20 Oleastor Court Stoneleigh Road, Ilford..... (020) 8551 5108
B, M, 23 Churchill Lodge 50 Savill Row, Woodford Green..... (020) 8505 2369
BLOOMAN, K, 65 Kirkland Avenue, Ilford..... (020) 8550 1958
BLOOMFIELD, S, A 44 Leybourne Road, E11..... (020) 8279 5660
B, V.A, 30 Fyfield Road, E17..... (020) 8521 1205
BLOON, Mrs Phyllis, 479 New North Road, Ilford..... (020) 3659 9186
BLYTH, Mr John, 21 Silverthorn Gdns, ... (020) 8524 6610
B, K, 44 Smeaton Road, Woodford Green..... (020) 8281 9809
B, P, 4 Connington Crescent, London ..... (020) 8281 3768
BOACHIE, K, Flat 132, Blenheim Court Navestock Crescent, Woodford Green ..... (020) 8498 0419
BOAK, A, 103 Bridge End, E17 ..... (020) 8527 7351
BOAKYE-BOATENG, D, 26 Thurlow Gardens, Ilford ..... (020) 8500 5727
BOAKYE-TYSMSI, K, 83 Prospect Hl, E17 ..... (020) 8223 0716
BOARD, A, 72 Kimberley Road, LONDON..... (020) 3731 8593
B, M, 20 Woodberry Way, London..... (020) 8524 2610
BOATENG, Ameyaw, 50 Theydon Street, E17..... (020) 8539 1123
B, C, 25a Capworth Street, London ..... (020) 8556 4647
B, S, 155 Queens Road, London ..... (020) 8503 7845
BOATSWAIN, Mrs Donna, 4 Folkestone Road, London ..... (020) 8520 6412
BOBY, A, Flat 3 Churcher House 88 Jack Cornwell Street, E12... (020) 8013 2023
BODNAR, O, Flat 8 Hedgemoor Court Castle Avenue, London . (020) 3718 5419
BOE, D, Flat 6 Lindal Court Chelmsford Road, London ..... (020) 8924 4736
B, Mr E, 123 Albert Road, London..... (020) 8558 7211
BOENKE, C, 23 Barfields, Loughton ..... (020) 8508 9868
B, S, 49 Pearcroft Road, E11 ..... (020) 8539 7858
BOGGI, Ivana, 1 Drysdale Av, Chingford ..... (020) 8529 2857
BOHDANOWICZ, K, 45 Brettenham Road, Walthamstow..... (020) 8531 7580
BOHUSLAVSCHII, N, 74 Cobden Road, London ..... (020) 8988 1992
BOHUSZEWISZ, J.V, 39 Forest App, Woodford Gn..... (020) 8504 7766
BOKWA, Muzinga, Flat 314 Elizabeth Court Navestock Crescent, Woodford Green ..... (020) 8504 7173
BOLAND, K.T, 16 Shaftesbury Road, E4..... (020) 8529 5317
BOLAZI, Mr G, 75 St. Johns Rd, London..... (020) 8523 5335
BOLDING HOWE, M, 4 Doubleday Court 40 Primrose Road, E10 ..... (020) 8558 5160
BOLINA, Mohinder, 16 Newbury Road, Ilford ..... (020) 8597 4772
BOLINGBROKE, L.J, 24 Herbert Rd, E12..... (020) 8514 4956
BOLISTER, R, 13 Long Deacon Road, E4..... (020) 8529 3820
BOLLE, M, Flat 12 Oleastor Court Stoneleigh Road, Ilford..... (020) 8550 3258
BOLLEGALA, A.J, 25 Monkswood Gardens, Ilford ..... (020) 8550 1171
BOLLEY, T, 4 Rolls Park Road, London ..... (020) 8925 0138
BOLT, R, 75 Millais Road, LONDON ..... (020) 3538 3781
BOLTON, D, Flat 427 Enterprise House 112 Kings Head Hill, E4. (020) 8523 7761
B, S, 73c Elgin Road, Ilford ..... (020) 8598 1133
B, V, 34 Waltham Way, LONDON ..... (020) 8529 8896
B, V, 34 Waltham Wy, E4 ..... (020) 8529 4008
BOLZONI, E, 4 Treetops Apartments 49 Leicester Road, London ..... (020) 3161 4800
BOMPUMU, B, 241 Luctons Close, Loughton..... (020) 3380 2027
BOMTELA, G, 27 Stow Crescent, LONDON..... (020) 3566 6107
BONASSI, Miss L, 325 Hoe Street, E17..... (020) 8141 7616
BOND, C, 70 Chingford Avenue, London ..... (020) 3308 6993
B, C, 11 Woolhampton Way, Chigwell..... (020) 8257 0388
B, Joseph, 15 Hillside Gdns, Walthanstow London ..... (020) 8521 1676
B, P, 26 Cleveland Park Crescent, London ..... (020) 8923 5842
BONDAR, R, The Point Flat 42 6, Tower Mews, London ..... (020) 3724 2077
BONE, Mr Keith, 80 Brindwood Road, London ..... (020) 8501 7485
B, L, Flat 13, Callonfield, 89 Blackhorse Road, London..... (020) 3952 0752
BONGO, M, Walton House Flat 14 The Drive, London..... (020) 3532 8232
BONNER, R, 80 Nevin Drive, E4 ..... (020) 8524 2418
BONNICK, C.M, 26 Empress Parade Chingford Road, E4..... (020) 8523 0889
BONSOR, D, 205 Mortlake Road, Ilford ..... (020) 8911 7222
BONSU, G, 50 Ching Way, E4 ..... (020) 8531 4651
BOORER, A, 13 Shaftesbury, Loughton..... (020) 8502 4017
BOOT, M, 11 Fullers Road, London..... (020) 8505 4315
BOOTE, Michael, 37 Cypress Grove, Ilford..... (020) 8500 7918
BOOTH, B, 5 Brodie Road, London ..... (020) 8559 3827
B, C, 227 Fencepiece Road, Chigwell..... (020) 8501 3962
B, G, 46 Cecil Road, Walthamstow..... (020) 8531 1779
B, J, Flat 3 27, Ridgeway Court The Ridgeway, London ..... (020) 3648 1558
B, Miss 7, Collard Court, 1 Maynard Road, London ..... (020) 8520 0879
BORAN, Mr M, 11c St. James's St, London..... (020) 3132 3052
BORCHARD, M, 166 New Road, E4..... (020) 8529 7423
BOREHAM, K, 119 Greensted Road, Loughton ..... (020) 8923 2878
B, R, 54 Ardwell Avenue, Ilford ..... (020) 8518 0712
BORIES, C, 184A Sheringham Avenue, E12 ..... (020) 8514 0334
BORISOVA, N, 33 High View Road, London ..... (020) 3623 0704
BORKOWSKA, A, 71 Victoria Road, London..... (020) 3016 4905
BORKOWSKI, J, 49 Harman Rise, ILFORD..... (020) 3532 0232
BOROS, A, 103 Diana Road, London ..... (020) 3654 3066
BOROVSKI, V, 237 St. Barnabas Road, Woodford Green ..... (020) 8504 4467
BORRELL, J, 24 Manor Road, London..... (020) 8539 6536
BOSOMPEM, P, Flat 44,Oakside Court Fencepiece Road, Ilford (020) 7671 4698
BOSOMTWE, A, 10 Silver Birch Avenue, London..... (020) 8523 2348
BOSSICK, M.P, 49 Worcester Crescent, Woodford Green ..... (020) 8505 4297
BOSTON, J, Flat 7 St. John's Court 40 Harvey Road, E11 ..... (020) 8539 7449
BOTCHWAY, S, 41 Melville Road, Walthamstow, London ..... (020) 3952 3254
BOTHWELL, J, 112 Luxbrough Lane, Chigwell ..... (020) 8505 6203
BOTT, K, Flat 14 Morris Court 3 Flaxen Road, E4 ..... (020) 8524 7909
B, P, 40 Woodberry Way, E4..... (020) 8529 5678
BOUAL, J, 41 Bergholt Avenue, Ilford..... (020) 8558 5541
BOUCHER, T, Flat 3, 25 Woodford Road, London..... (020) 3784 1399
BOUDINE, A, 43 Leucha Road, London ..... (020) 8521 5681
BOUGHERARA, S, Flat 5 461, Aztec House High Road, Ilford .... (020) 8013 7469
BOUHAFS, K, 54 Pinder Road, London..... (020) 3662 6599
BOULTER, W, 16 Handsworth Avenue, London ..... (020) 8523 3722
BOULTON, I, 5 Beech Avenue, Buckhurst Hill..... (020) 8505 1611
BOURI, Mr L, 19 Hathaway Cres, E12..... (020) 8821 9420
BOURKA, L, 8 Saunders Close, Ilford..... (020) 7671 3395
BOURN, J, 43 Rutland Road, London ..... (020) 8989 1751
BOURNE, A, 588 Eastern Avenue, Ilford..... (020) 8220 5748
BOUSFIELD, L.G, 23 Warwick Road, E4..... (020) 8524 5701
BOVELL, H, 242 Hall Lane, London ..... (020) 8501 7357
BOWDEN, Mrs E, 4 Lennox Road, London ..... (020) 8521 3578
BOWEN, C.P, 371 Dersingham Avenue, E12..... (020) 8478 6863
B, D, 48 Grenville Gardens, Woodford Green..... (020) 8505 1598
B, J, 38 Huntsman Road, Ilford..... (020) 8500 4355
BOWER, Mr C.B, 41 Millfield Avenue, London..... (020) 8523 1253
BOWERMAN, Rachel, 22 Corbett Road, London ..... (020) 8520 3338
BOWERS, J, 102 Birkbeck Road, Ilford..... (020) 8518 2145
B, Riedwaan, 34 Inks Gn, London ..... (020) 8527 3813
BOWES, G, 25 Nine Acres Close, E12..... (020) 8553 5190
BOWLES, C, 20 Spruce Hills Road, London ..... (020) 8531 4962
B, C.M, 58 Old Church Road, E4..... (020) 8559 3207
B, Mr G, 75 Belgrave Road, London ..... (020) 8925 7747
BOWMAN, G, 22 Ardleigh Rd, E17..... (07956) 849785
B, H, 175 Albert Road, Leyton..... (020) 8539 3059
B, Mrs Joan, 4 Oakmoor Way, Chigwell..... (020) 8500 7801
BOWMER, K, 75 Abbess Terrace, Loughton ..... (020) 8508 8407
BOWRING, R, 34 Renness Road, LONDON ..... (020) 8281 7871
BOXER, J, 76 Mayesbrook Road, Ilford..... (020) 8597 4095
BOYCE, J, 99 Brackley Square, Woodford Green ..... (020) 8491 6179
BOYD, Peter, 14 Mallards Road, Woodford Green ..... (020) 8505 6818
BOYES, John H, 129 Endlebury Road, E4..... (020) 8529 8561
BOYLE, Sir H, 107 Beresford Road, London ..... (020) 8524 6837
B, L, Flat 1 19a Suffolk Court, Ilford..... (020) 3732 5047
B, M, 3 Murtwell Drive, Chigwell..... (020) 8925 3791
BOYTON, B, 27 Copper Beech Court Goldings Road, Loughton (020) 8014 8126
BOZDEMIR, N, Flat 19 Hopson House 93 Vallentin Road, London..... (020) 8521 2635
BOZENA, L, 37 Aldborough Road South, Ilford ..... (020) 8599 3143
BOZIER, C, 1D Gladding Road, E12..... (020) 8478 8642
BRACHER, P, 17 Sedley Rise, Loughton ..... (020) 8502 3598
BRACKEN, G, 23 Lynton Road, E4..... (020) 8524 4539
B, J, 43 Fullers Road, London ..... (020) 8504 2417
BRACKPOOL, E, Flat 69,Cannock Court,3 Hawker Place, London ..... (020) 7285 5910
BRADBURY, J, 11 Beverley Crescent, Woodford Green..... (020) 8504 0301
BRADDICK, Miss Tess, 21 Boxted Close, Buckhurst Hill..... (020) 8504 8299
BRADFORD, D, 4 Courtland Avenue, LONDON ..... (020) 3524 3040
B, M, 4, De La Warr Court, 21 Church Avenue, London ..... (020) 8527 2653
BRADLEY, I, 238 Roding Lane South, Ilford..... (020) 8551 5757
B, J, 20 Abbotts Crescent, E4..... (020) 8523 2317
B, J, 16 Bedford Road, London..... (020) 8262 9240
B, Mr K, Flat 22 Hockley Court, London..... (020) 3132 8622
B, L.M, 26 Ashwood Road, E4..... (020) 8529 6015
B, M, 42 Larkshall Crescent, E4..... (020) 8559 4866
B, P, 20 Vicarage Road, Woodford Green..... (020) 8504 3634
B, S, 60 Capel Gardens, Ilford..... (020) 4537 4084
B, S, 108 Dover Road, London ..... (020) 8518 8797
BRADLY, Keith, 15 Madeira Grove, Woodford Green..... (020) 8505 6554
BRADNOCK, Mr Dervin, 39 Melbourne Road, London..... (020) 8556 0634
BRAGGINS, K, 24 Gloucester Road, E10..... (020) 8539 7224
BRAGHIS, V, 30 Imperial Heights Queen Mary Avenue, London ..... (020) 3624 5414
BRAILSFORD, I, 74 Armstrong Avenue, Woodford Green..... (020) 3645 6185
BRAITHEWAITE, M, 1 Herongate Road, E12 ..... (020) 8989 6419
BRAITHWAITE, Mr A, 365 Aldborough Rd South, ILford..... (020) 8597 8768
B, K, Mobile, Ground Floor Flat. 44 Kings Road, London..... (07903) 450245
B, O, 28 Calderon Rd, E11..... (07956) 557322
BRAME, Mr K, 16 Chestnut Walk, Woodford Green..... (020) 8505 1426
BRAMHAM, G, 27 Hereford Road, E11..... (020) 8989 1773
BRAMLEY, P, 14 Bentley Way, Woodford Green..... (020) 8506 0944
BRAMZELL, Mr Rew, 37 Lime Grove, Ilford..... (020) 8500 5842
BRANDON, I, Flat 30 Poets Place 11 Alderton Hill, Loughton ... (020) 3712 1729
B, S, 10 Cavendish Avenue, Woodford Green..... (020) 8504 8551
BRANDT, L, Flat 13 Connaught Court, 14c Orford Road, London ..... (020) 8925 4637
BRANSGROVE, A, 16 Sedley Rise, Loughton ..... (020) 8502 3362
BRASSETT, A.C, 12 St. Patricks Court Bridle Path, Woodford Green..... (020) 8531 5031
BRATHWAITE, M, 8 Wilmot Road, London ..... (020) 8556 2231
BRATI, D, 62 The Crescent, Loughton ..... (020) 3573 0886
BRATT, P.D, 107 Onslow Gardens, E18 ..... (020) 8989 8323
B-RATTIGAN, Kz, 27 Radlix Road, E10 ..... (020) 8556 5066
BRATU, Mihaela, 8B Gordon Road, E11..... (020) 8530 0334
BRAUN, Miss L, Flat 4 Abbotts House 8 Sherwood Close, London .... (020) 8503 3201
BRAY, A, 32 Stanmore Road, E11..... (020) 8989 2406
B, A, 156 West Grove, Woodford Green..... (020) 8504 1174
B, H, 1 Coppice Path Court Coppice Path, Chigwell ..... (020) 3015 4808
BRAZIER, H, 41 Beech Hall Crescent, E4..... (020) 8527 8556
BREAME, R, 85 Ashville Rd, LONDON ..... (020) 8539 6112
BREARLEY, Sheila, Flat 628 Enterprise House 112 Kings Head Hill, E4 ..... (020) 8524 7581
BRECKNELL, M, Flat 6, Ash Court, 29 Forest View, London..... (020) 3638 3652
BREEN, C, 34E Connaught Road, London..... (020) 7524 3675
BREMMER, Mr 9 Daventry Avenue, London ..... (020) 8521 0816
BRENNAN, C, 79 Handsworth Avenue, London..... (020) 8531 4802
B, J, 33A Lower Queens Rd, Buckhurst Hl..... (020) 8504 9591
B, J.S, 49 Leyswood Drive, Ilford ..... (020) 8599 2735
B, K.E, 273 Strone Road, E12..... (020) 8552 6654
B, M, 149 Bramley Close, E17 ..... (020) 8531 8548
B, M.R, 1 Edwina Gardens, Ilford ..... (020) 8550 1735
B, R, 52 Mornington Road, LONDON ..... (020) 8539 5944
BRERETON, S, 11 Royston Avenue, London..... (020) 8527 3009
BRESGALL, Danny, 36 Heathside Clo, Ilford ..... (020) 8518 0681
BRETT, G, 49 Bawdsey Avenue, Ilford..... (020) 8597 5643
B, G, 120 Southern Drive, LOUGHTON..... (020) 8502 1361
B, H, 40 Northbank Road, London ..... (020) 8923 5148
B, S, 109 Carr Road, E17 ..... (020) 8531 6545
BREWER, C, 136 Church Road, E10..... (020) 8556 0871
B, J, 7 Etheridge Green, Loughton ..... (020) 8508 0975
B, J, 106 Westbury Road, Ilford ..... (020) 8141 2956
B, K, 4 Osprey Close, London..... (020) 3662 2811
B, Valerie, 16 Oaks Grove, E4 ..... (020) 8524 2905
BREWIS, L, 97 Dover Road, London..... (020) 3632 2739
B, R.J, 29 Underwood Road, Woodford Green ..... (020) 8504 4624
BREWSTER, J, 76 Beresford Road, E17..... (020) 8531 5371
BRICKNELL, A, 58 Leybourne Road, London..... (020) 8530 5420
B, J, 62 Luton Road, London ..... (020) 8531 9409
B, R.W.C, 77 Baron Gardens, Ilford ..... (020) 8551 4350
BRIDGE, M, 31 Colebrook Lane, Loughton ..... (020) 8279 9190
B, R, 9 Cranston Gardens, London..... (020) 8527 2195
BRIDGER, F.A, 80 Mannock Drive, Loughton..... (020) 8502 2445
BRIDGES-BRIGGS, M, 9 Percy Road, London ..... (020) 8556 0059
BRIERLEY, W, Flat 68,Hainault Court Forest Rise, London..... (020) 8389 6522
BRIGGS, B.S.E, 44 Charnwood Drive, E18 ..... (020) 8989 4340
B, J.D, 13 Russell Road, Buckhurst Hill..... (020) 8505 4682
B, Mrs Lucy, 36 Vallentin Road, London ..... (020) 8503 6839
BRIGHT, J, 14 Lancaster Avenue, E18 ..... (020) 8989 2322
BRIGHTWELL, V, 68 Clacton Road, E17 ..... (020) 8509 8983
BRIHIT, K, 30 Peterborough Road, London ..... (020) 3731 0719
BRILL, R, 45 Park View, Chigwell ..... (020) 8501 4890
BRINDLEY, E, 134 Maybank Road, E18..... (020) 8504 7449
BRINKIENE, L, Flat 10 Sippets Court Ley Street, Ilford ..... (020) 8478 2901
BRINKJOHNSEN, L, 70 Meadow Road, Loughton..... (020) 8281 1006
BRISCOE, Ashley H.D, 182 Oaks Lane, Ilford ..... (020) 8590 1687
BRISTOL, C, 84 Lowbrook Road, Ilford ..... (020) 8924 7914
BRISTY, J, Flat 66,Hermitage Court Woodford Road, London ... (020) 8278 5707
BRITT-HAZARD, Admiral C, 9 Serbin Close, London..... (020) 8149 3396
BRITTO, Margaret, 17 Excalibur Court Queen Mary Avenue, E18..... (020) 8505 6518
BRITTON, V, 8 Blackthorne Drive, London..... (020) 8529 2861
BRITTON-SMITH, M, 1 The Owl Caravan Site Owl Park Lippitts Hill, Loughton ..... (020) 8502 1540
BROAD, K, 31 Frankland Road, London..... (020) 8926 8238
BROCI, U, 978 Eastern Avenue, Ilford ..... (020) 8590 6495
BROCK, H, 19 Grosvenor Drive, Loughton ..... (020) 3654 6651
B, H, 7 Torrington Road, E18..... (020) 8989 1475
B, P, 2 Goldsborough Crescent, E4..... (020) 8529 2960
BROCKINGTON, A, 20 Richmond Road, London ..... (020) 8529 3077
BROMAGE, E.A, 52 Westrow Gardens, Ilford..... (020) 8599 9641
BROMLEY, J, 65 Lower Queens Road, Buckhurst Hill..... (020) 8559 2557
B, V, 5 Arbor Road, London ..... (020) 8524 3452
BRONI, F, 53 Bromley Road, E17..... (020) 8523 0165
BRONZIET, H, 16 Asthall Gardens, Ilford ..... (020) 8551 4730
BRONZITE, D, Flat 7 Berica Court Mossford Green, Barkingside..... (020) 8550 5911
BROOK, C, Flat 1 Malford Court The Drive, E18..... (020) 8989 5080
B, S, 555 Copperfield, Chigwell..... (020) 8501 1644
BROOKER, D, 56 Coningsby Gardens, London..... (020) 8531 7132
B, L, 69 Frances Road, London..... (020) 8527 5061
B, L, 28 Tupelo Road, London ..... (020) 8558 6209
BROOKNER, B, 7 Hannards Way, Ilford..... (020) 8500 9193
BROOKS, D, 96A High Street, Barkingside, Ilford..... (020) 8550 0758
B, G, 32 Parkes Road, Chigwell ..... (020) 8500 1993
B, G.A, 179 Gainsborough Avenue, E12..... (020) 8478 8710
B, Jeffrey, 44 44 Grange Park Road, London..... (020) 8539 5638
BROOME, F, 275 Copperfield, Chigwell ..... (020) 8501 0282
BROOMFIELD, S, 861 Cranbrook Road, Ilford..... (020) 8550 0139
B, V, 5 First Avenue, E12 ..... (020) 8553 1679
BROON, F, 4 Nonsuch Close, Ilford ..... (020) 8501 1172
BROSNAN, A, 41 Dover Road, London ..... (020) 8989 9971
B, C, 55 Mulberry Way, ILFORD ..... (020) 8550 5469
BROUGH, A, 43 Craven Gardens, Ilford ..... (020) 8550 1991
BROUGHILL-DOWLING, Mrs Janice, 1 Lambourne Gardens, London ..... (020) 8524 5252
BROWER, B, 4 Lombardy Close, Ilford ..... (020) 8500 0748
BROWN, A, 23 Hartley Road, E11..... (020) 8989 2535
B, Mr A, 593 Lea Bridge Rd, London..... (020) 8141 6568
B, Miss A, 92 John Walsh Tower Montague Road, E11..... (020) 8177 8674
B, Anthony, 10 Palace Parade High Street, E17 ..... (020) 8521 0200
B, A, 44 Peel Road, London ..... (020) 8505 9712
B, A, 10 Woodland Way, Woodford Green ..... (020) 8504 4549
B, A.M.M, 53 Chelmsford Road, E17..... (020) 8521 6660
B, B, 61 Canfield Road, Woodford Green ..... (020) 8505 9173
B, B, 10 Droveway, Loughton ..... (020) 3304 2853
B, Mr Bernard, 50 Drysdale Avenue, London..... (020) 8524 0521
B, B, Richard Burton Court Flat 3 30, Palmerston Road, Buckhurst Hill ..... (020) 3524 0946
B, B, 130 Winchester Rd, E4 ..... (020) 8141 5931
B, B.F, 19 Kimberley Road, E4..... (020) 8529 2912
B, C, Mobile, 222 Francis Road, London ..... (07932) 324426
B, C, 24 Spruce Hills Road, Walthamstow ..... (020) 8531 2785
B, D, Mobile, 23 Ive Farm Close, ... (07957) 117281
B, D, 60A Marlborough Road, London ..... (020) 8989 0049
B, D, 174 Winchester Road, London..... (020) 8527 8225
B, F, 43 Mapleton Road, E4..... (020) 8523 8726
B, G, 156 Dawlish Drive, Ilford..... (020) 8599 3190
B, G, 31 Deepdene Path, Loughton ..... (020) 8502 0630
B, G, 37 Sherwood Avenue, London ..... (020) 3685 7420
B, H, 78 Courtenay Road, E17..... (020) 8520 6836
B, H, 49 Halstead Road, London..... (020) 8925 1927
B, I, 20 Castle Avenue, London..... (020) 8531 5268
B, I, 34 Loxham Road, London..... (020) 8531 0564
B, J, 26 Cadogan Gardens, E18 ..... (020) 8989 4212
B, J, 31 Church Lane, E17 ..... (020) 8521 5394
B, J, 89 Kings Road, London..... (020) 8524 1835
B, J, 18 Oakland Place, Buckhurst Hill..... (020) 8504 9599
B, J.F, 61 Blackhorse Road, E17..... (020) 8520 3647
B, J.M, 26 Naseby Road, Ilford ..... (020) 8551 1604
B, Melvyn, 57 Leybourne Rd, Leytonstone ..... (020) 8530 3569
B, M, 56 Overton Drive, E11..... (020) 8989 5687
B, M, Flat 46 Hermitage Court Woodford Road, E18 ..... (020) 8989 5150
B, Mr 8a Grosvenor Park Road, London..... (020) 8521 8138
B, P, 46 Preston Road, E11..... (020) 8530 6120
B, P, 18 Rowden Road, E4..... (020) 8531 2503
B, R, 24 Queens Grove Road, E4..... (020) 8524 1974
B, Admiral R, 78 MANSTON COURT 2 Thornbury Way, London ..... (020) 4568 5512

B, S, 40 Grosvenor Road, London (020) 8989 3143
B, S, Flat 8 Pine View Court 3 The Ridgeway, E4 (020) 8523 9110
B, Mr T, 416 Forest Road, E17 (020) 8177 5441
B, V, 42 Liverpool Road, London (020) 8556 0488
BROWNBILL, Mr E, 4 Byron Road, London (020) 8558 5681
BROWNE, C.P, 30 Studley Av, Highams Pk (07956) 847711
B, J, 103 Manor Farm Drive, E4 (020) 8524 5039
B, J, 46 Ritchings Avenue, London (020) 8509 1808
B, Mr T, Unit 1 Highmans Lodge Business Centre Blackhorse Street, Walthamstow (020) 8531 1153
B, V.M.N, 46 Grosvenor Gardens, Woodford Green (020) 8504 7485
BROWNING, R.L, 77 Cadogan Gardens, E18 (020) 8989 0271
B, S, 85 Englands Lane, Loughton (020) 8508 0758
BROWNLIE, M.H, 12 St. Mary's Avenue, E11 (020) 8989 4702
BROWN-STONE, A, 14 Grovewood Place, Woodford Green (020) 8506 2346
BRUCE, M, 5 Oakhurst Gardens, E17 (020) 8520 5733
BRUCK, D.R, Flat 42 Westminster Court 23 Cambridge Park, E11 (020) 8532 9919
BRUNZU, M, 18 John Walsh Tower Montague Rd, E11 (020) 8518 7290
BRUTON, J, 40 Keswick Gardens, Ilford (020) 8551 4178
BRUZGULIS, Mr G, 156 Murchison Rd, London (020) 8141 7870
BRYAN, C, 29 Forest Avenue, Chigwell (020) 3715 0575
B, D.G, 160 Northcote Road, E17 (020) 8520 3675
B, G, 1 Elmbridge Road, Ilford (020) 8500 9507
B, R, 12 Mead Crescent, E4 (020) 8524 2049
BRYANT, B, 122 Forest Road, Loughton (020) 8508 7812
B, E, 81 Cambridge Road, Ilford (020) 8599 4241
B, G, 46 Dover Road, London (020) 8530 5019
B, M.J, 5D Chingford Lane, Woodford Green (020) 8505 2557
B, P.W, 95 Douglas Avenue, E17 (020) 8527 1979
B, R, 15 Westbury Lane, Buckhurst Hill (020) 8923 4645
B, S, 130 Pembroke Road, Ilford (020) 8252 6891
BRYETT, J, 65 The Lindens, Loughton (020) 3620 1187
BUBB, R.D, 31 Brandville Gardens, Ilford (020) 8551 2772
BUCHANAN, Mr G, 642b Romford Road, London (020) 8177 9492
BUCHI, H, 124 Springfield Drive, Ilford (020) 8220 9092
BUCK, C.A, 155 Lansdowne Road, Ilford (020) 8597 8250
B, J, 468 Chigwell Road, Woodford Green (020) 8491 7549
B, R, 219 South Countess Road, Walthamstow (020) 8531 6599
BUCKINGHAM, B.A, 104 Walden Way, Ilford (020) 8500 9621
BUCKLAND, H, 39 Valley Hill, Loughton (020) 8508 9603
BUCKLE, A, High Clere Flat 669 High Road, Buckhurst Hill (020) 8498 9546
B, I.L, 24 Thurlestone Av, Ilford (07956) 511988
B, R, 19 Habgood Road, Loughton (020) 8508 8951
BUCKLEY, E, 16 Meadway, Ilford (020) 8599 4599
BUDANOV, D, Mobile, Flat 297 Elizabeth Court Navestock Crescent, Woodford Green (07939) 500933
BUDES, E, 6 Queenborough Gardens, Ilford (020) 3490 3595
BUDGEN, S.J, 52 Winns Terrace, E17 (020) 8523 0786
BUFFA, S, Flat B 33 Wallwood Road, Leytonstone (020) 8558 5970
BUFFOMGE, Mrs Bernice, 4 Grove Park Avenue, London (020) 8531 4959
BUGLASS, A, 19 Glastonbury Avenue, Woodford Green (020) 8504 6541
BUHORAH, Mr L, 403 Higham Hill Rd, London (020) 3132 2858
BUKHARI, Mr A, Flat 20 Norwich Mews, ILford (020) 8177 8149
B, S, 2 Atkins Rd, E10 (020) 8177 0682
B, S, 82 Auckland Road, Ilford (020) 3016 9117
B, S, 52B Ranelagh Gardens, Ilford (020) 8227 0984
BULALE, Mrs A, 105 Second Avenue, London (020) 3132 8381
BULL, C, 3 Terling Close, London (020) 8555 5741
B, D, 75 Connaught Avenue, E4 (020) 8529 5807
B, J, 24 Studley Avenue, E4 (020) 8531 7391
B, R.M, 53A Dawlish Road, E10 (020) 8558 2491
BULLETT, S, 15 Glebe Avenue, Woodford Green (020) 8504 0883
BULUT, R, 55 Cherrydown Close, London (020) 3172 9022
BUMI, Mr A, 4 Woodend Road, London (020) 8527 8859
BUNDU, A, Mobile, 951 Forest Road, (07944) 734803
BUNGHEZ, I, 40 Kimberley Avenue, Ilford (020) 3754 3461
BUNTING, G, Croft Beech Lane, Buckhurst Hill (020) 8504 1008
BUNTON, A, 2 Boscombe Avenue, London (020) 3612 0753
BURACK, S, Flat 45 Oakside Court Fencepiece Road, Ilford (020) 8500 5841
BURANOV, M, 61 Wood Street, London (020) 3732 1763
BURBERRY, C, 19 Belgrave Road, Leytonstone (020) 8989 2795
BURCEIA, L, 25 Brunswick Road, London (020) 3592 9202
BURDEN, T, Flat 9 Draymans Court, 87 Chingford Mount Road, London (020) 8262 0094
BURDETT, J, 43 South Avenue, London (020) 3590 0670
BURENKOV, Vladimir, 9 Hadleigh Lodge Snakes Lane, Woodford Green (020) 8559 1578
BUREYKO, V, 38 Fairfield Road, London (020) 3659 3193
BURGESS, C, 87 Peel Rd, E18 (020) 8504 9638
B, J, 53 Pembroke Road, London (020) 8521 5009
B, J.D, 36 Preston Drive, E11 (020) 8989 5581
B, K.C, 80 The Drive, Loughton (020) 8508 4198
B, R, 15 Gwynne Park Avenue, Woodford Green (020) 8505 9558
BURKE, Mr Athol, 425 Cranbrook Road, Ilford (020) 8554 1923
B, B, 29 Ford End, Woodford Green (020) 8505 6918
B, E, Flat 66, Hainault Court Forest Rise, London (020) 8223 0567
B, P, 80 Forest Glade, London (020) 8527 0224
B, R, 6 Mendip Road, Ilford (020) 8597 5102
BURKETT, D.M, 40 North Countess Road, E17 (020) 8527 6330
B, J, 41 Cypress Grove, Ilford (020) 8500 0735
BURKIN, L, 113 Trotwood, Chigwell (020) 8501 4557
BURKINSHAW, C, 10 Woodville Gardens, Ilford (020) 8550 6597
BURLACU, T, Flat 3,2a Eve Road, Leytonstone (020) 8519 5309
BURLEY, Margaret, 15 Clifton Rd, Loughton (020) 8508 7645
BURLING, D, 4 Newpiece, Loughton (020) 8508 9396
BURNELL, Andrew, 70 Gordon Road, London (020) 8504 0843
B, A, Flat 41 Greenhill High Road, Buckhurst Hill (020) 8504 3920
BURNEY, D, 46 Forest Lane, Chigwell (020) 8506 0045
BURNIKELL, R, 21 Forest Way, Loughton (020) 8508 0103
BURNS, A, 15 Shernwood House 2 Hermitage Walk, South Woodford (020) 8989 0810
B, E, 15 Longcourt Mews, London (020) 8062 0348
B, R, 21 Rectory Crescent, Leytonstone (020) 8989 8029
B, T, 15 Hillyfields, Loughton (020) 8281 1170
BURNSIDE, E, 5 Sylvan Road, London (020) 8257 8018
BUROSEE, A, 2 Juniper House 221 Hoe Street, London (020) 3091 8051
BURRELL, G, Flat 9 Devereux Court 44-46 Snakes Lane West, Woodford Green (020) 8506 1820
B, M, 25 Hollybush Hill, London (020) 3560 2718
BURRIDGE, L, 21 Craven Gardens, Ilford (020) 8551 0416
BURROUGHS, D, 61B Wellesley Road, Ilford (020) 8220 8987
BURROW, Maria, 103 Manor Road, E10 (020) 8556 5306
BURROWES, P, 110 The Lindens, Loughton (020) 8502 0079
BURROWS, Mr Colin, 21 Coteford Close, Loughton (020) 8508 6326
B, H, 7 Brindwood Road, E4 (020) 8529 0416
BURT, I, 195 Manor Road, Chigwell (020) 8501 2542
B, J, Flat 6 Hayward House 11 Orford Road, E17 (020) 8509 8534
BURTON, Mr Alex & Er, 24 Pentire Road, London (020) 8279 3783
B, Mr Alex & Er, 24 Pentire Road, London (020) 8923 4692
B, D.F.J, 35 Mansfield Road, E17 (020) 8520 4088
B, J, 79 Drysdale Avenue, E4 (020) 8524 4133
B, J, 120 Mortlake Road, Ilford (020) 8911 9264
B, J, 202 Queens Road, Buckhurst Hill (020) 8504 7753
BURUIAN, O, 69 Clinton Crescent, Ilford (020) 7411 8573
BURWOOD, B, 42 Cedar Close, Buckhurst Hill (020) 3583 6548
BUSBY, I, 65A Rectory Road, London (020) 8925 7786
BUSH, Barry, 5 Woodside Gardens, E4 (020) 8527 4417
B, D, 68 Bernard Ho Henrys Walk, Ilford (020) 8500 7544
B, D, 78 Netley Road, Ilford (020) 8554 1710
B, D.G, 36 Chelmsford Road, E11 (020) 8539 8495
B, G, Westleigh Court Flat 3 2, Nightingale Lane, London (020) 3654 2649
B, M, 9 Merlin Road, London (020) 8989 5890
BUSHELL, S, 11 Britannia Road, ILFORD (020) 8514 0317
BUSHRA, S, 18 Bude Close, London (020) 8509 7661
BUSKIN, S.D, Mobile, 9 Ludham Close, Ilford (07956) 965531
BUSSELL, D, 18 Cherry Tree Rise, Buckhurst Hill (020) 8504 0844
BUSSEY, J, 1 Ferndale Road, London (020) 8539 6339
BUTCHER, B, 26 Hycliffe Gardens, Chigwell (020) 8500 9388
B, J.D, 4 Sylvan Wy, Chigwell (07956) 299622
B, K, 49 Prospect Road, Woodford Green (020) 8502 9236
B, M, 1 Roberts Road, Walthamstow (020) 8531 9891
BUTE, S, 26 Stanmore Road, London (020) 8926 7507
BUTHORA, Mr S, 57 Blackthorn Road, Ilford (020) 8141 6377
BUTLER, C, 3 Hatfield Close, Ilford (020) 8503 9145
B, C, Flat 1, 152 Westward Road, London (020) 3730 6232
B, J, 37 Warwick Road, London (020) 8529 2575
B, S, Clock Court Flat 16 Victory Road, London (020) 3686 3086
B, S, 15 Lancaster Drive, Loughton (020) 8532 1247
B, T, 47 Grosvenor Road, London (020) 8925 8946
B, V.L, 22 Norman Rd, Ilford (07956) 406099
BUTLIN, A, 61a Cowslip Rd, London (020) 8989 7356
BUTT, A, 59 Forest Drive West, E11 (020) 8556 9159
B, A, 45 Sixth Av, E12 (020) 8514 5130
B, F, 12 Holcombe Road, Ilford (020) 8262 2068
B, M, 40 Bengal Road, Ilford (020) 8553 5347
B, M, 75b Church Road, London (020) 3719 3749
B, M, 16 Melbourne Road, Ilford (020) 4568 8262
B, N, Flat Ground Floor 103 Cowley Road, Ilford (020) 3304 8971
B, N, 27 Copeland Road, Walthamstow (020) 8520 7715
B, Mr N, 124 Hoe St, London (020) 3132 2343
B, Mr R, 61 St. James's Street, London (020) 3132 0736
B, S, 105 Dunedin Road, London (020) 8013 4677
B, S, 62 Melford Road, E17 (020) 8520 0580
B, S, 72 Ripley Road, ILFORD (020) 8252 3434
B, T, 14 Barton Meadows, Ilford (020) 3602 7886
B, U, 133 Henley Road, Ilford (020) 8553 3946
B, Mr W, 27 Farmilo Rd, London (020) 7165 7219
B, Mr W, 27 Farmilo Road, London (020) 3132 7285
B, Z, 9 Belle Staines Pleasaunce, E4 (020) 8523 8770
B, Z, 37 Lamorna Clo, E17 (020) 8523 5199
BUTTERWORTH, A, 36 Kimberley Road, London (020) 8529 4201
B, D, 85 St. Barnabas Road, Woodford Green (020) 8505 4175
BUTTON, A, 12 The Charter Road, Woodford Green (020) 8504 7878
BUZATU, S, 55 Baron Gardens, Ilford (020) 3645 4769
BYNOE, J, 86 Harcourt Avenue, London (020) 8553 9210
BYRNE, E, 84 Wyemead Crescent Chingford, E4 London (020) 8529 1538
B, J, Flat 6 Westminster Court 23 Cambridge Park, E11 (020) 8530 5130
B, Mr John, 97 Eton Road, Ilford (020) 8553 4976
B, L, 14 Barclay Road, London (020) 8520 3311
B, Miss Lawrence, Flat 4, Stoneleigh Court Herent Drive, Ilford (020) 8550 3466
B, Mr Lilian, 22 Rushcroft Road, London (020) 8527 1269
B, Mrs Patricia, Flat 6, Lichen Court, 38 Mossford Green, Ilford (020) 8551 2735
BYRNES, M, 45 Vaughan Gardens, Ilford (020) 8554 4229
B, T, 1 Worcester Rd, E17 (020) 8527 1770
BYRON, M.J, 159 Trotwood, Chigwell (020) 8500 4247
B, S, Flat 16 857 Lea Bridge Road, London (020) 3669 3643
BYSSHE STANFORD, S, 92 Mulberry Way, London (020) 8530 3917
CABALLERO, H, Flat 18,Mill Court,61 Ruckholt Road, Leyton (020) 7543 9312
CADENHEAD, E, Flat 18,Lindal Court Chelmsford Road, London (020) 8474 2172
CADOGAN, S, 13 Belgrave Road, London (020) 8521 1196
CAECA, W, 103 Millais Road, London (020) 3318 3924
CAHILL, B, Arundel House 47 1, Thornbury Way, London (020) 8117 0227
C, M, 19 Stainforth Road, Newbury Park (020) 8599 0500
C, P, 71 Clarence Road, London (020) 8281 2010
CAHILLANE, Cc, 29 Chingford Lane, Woodford Green (020) 8504 9586
CAI, Yudong, 26 Nightingale Av, London (020) 8527 0122
CAICEDO REDIN, L, 52 Arkley Road, Walthamstow (020) 7524 2075
CAIN, J.W, 32 Empress Parade Chingford Road, E4 (020) 8531 6793
C, L, 30 Bramston Close, Ilford (020) 8501 3987
CALEY, P, 1 Chequers Road, Loughton (020) 8508 4246
CALINGHEN, R, 77 Wanstead Lane, Ilford (020) 8554 5424
CALLAGHAN, P, 72 Glebelands Avenue, Ilford (020) 8220 0306
CALLAN, L, 7 Corbicum, E11 (020) 8558 3455
CALLAND, R, 35 Campbell Road, London (020) 8509 0537
CALLCUT, N, 29 Chequers Road, LOUGHTON (020) 8532 1921
CALLEN, S, 7 Albert Terrace, Buckhurst Hill (020) 8926 8437
CALLEY, M, 36 Mighell Avenue, Ilford (020) 8550 4820
CALLOW, M, 81B Russell Road, Buckhurst Hill (020) 8505 5003
CALLYCHURN, H.K, 28 Southwell Gro Rd, E11 (020) 8518 7930
CALUME, T, 5 Karen Terrace, LONDON (020) 8556 2143
CALVELEY, J, 8 Woodland Road, Loughton (020) 8281 4843
CALVERT, G, 68 Nelson Road, London (020) 8531 7828
CALVINO, Mr 13 Sutherland Road, London (020) 8527 8362
CAMACHO, Elisabeth, 9 Cotton Close, E11 (020) 8988 2905
CAMARA, D, 3 4, Medway Court Melsetter Road, London (020) 3673 3907
C, M, 93 Bluehouse Road, London (020) 3532 3754
C, Y, 14 Cromwell Road, LONDON (020) 3842 9869
CAMBREA, D, 1 Leicester Gardens, Ilford (020) 8590 0542
CAMERON, C, 27 Somerset Road, London (020) 3509 5286
CAMFIELD, Mrs Flat 10, Washington House 9 Priory Court, London (020) 8531 2489
CAMILLE, Mr Kouchner, Jasmine Court, 15 Kings Close, Leyton, London (020) 3489 6484
CAMP, M, 74 Goldsborough Crescent, E4 (020) 8524 3677
CAMPBELL, C.F, 191 Beehive Lane, Ilford (020) 8551 2587
C, E.M, 55 Audley Gardens, Loughton (020) 8508 4554
C, H, 2A Elmsdale Road, London (020) 3605 8679
C, J, 60 Maynard Road, E17 (020) 8520 4284
C, J, 5 Rivington Avenue, Woodford Green (020) 8551 0892
C, K, 88 Sturge Avenue, London (020) 8527 9289
C, L, 2 Millfield Avenue, London (020) 8925 0903
C, M, 2 Beaufort Close, LONDON (020) 8793 3808
C, M, 41 James Collins Twr Oliver Clo, E10 (020) 8558 3470
C, M.H, 2 Bloomfield Cres, Ilford (020) 8518 5582
CAMPBELL NEE DRAKE, A, 30 Boscombe Avenue, Leyton (020) 3731 0497
CAMPBELL, P, 40 Spring Grove, LOUGHTON (020) 8508 2218
C, R, 38 View Close, Chigwell (020) 8501 4544
C, T, 188 High Road Leytonstone, London (020) 8534 3081
C, T, 98 Park Road, ILFORD (020) 8478 1313
C, W, 31 Goldhaze Close, Woodford Green (020) 3654 6255
CAMPEN, Mr K, 72 Monksgrove, Loughton (020) 8508 4757
CAMPILLO CUCALON, P, 154 Prospect Hill, London (020) 8520 3397
CAMPINO, A, 2 Rose Ct Hurstleigh Gdns, Ilford (020) 8550 1964
CAMPION, F, 4 Newgate Street, London (020) 8524 1397
CAMPLIN, J, 33 Retreat Way, Chigwell (020) 3536 1715
CAMPOS, D, Flat 6 628-32 High Road Leytonstone, LONDON (020) 3561 2437
CANAVAN, E, 58 Sedley Rise, Loughton (020) 8508 7850
CANDAN, Chief Inspector H, NEW SPITALFIELDS MARKET 11 SHERRIN ROAD, LONDON (020) 8539 0323
CANEY, D, 23 Elphinstone Rd, Elphinstone Road London (020) 8531 9305
CANNELL, J, 3 Cedar Close, Buckhurst Hill (020) 8505 3604
CANNON, A.G, 11 Elmslie Close, Woodford Green (020) 8505 3970
C, J, 19 Parkhill Road, Chingford (020) 8529 0224
CANO, M, 4 Alexandra Road, London (020) 8521 8954
CANT, B, 32 Wordsworth Avenue, E18 (020) 8989 7646
CANTALE, A, 4 Broadmead Road, Woodford Green (020) 8505 4435
CANTEENWALA, J.S, 15 The Warren Drive, E11 (020) 8530 4200
CANTURK, Fisun, Kings Oak Hotel Paul's Nursery Road, High Beech (020) 8508 0478
CAO, Thi, Flat 102 Suffolk Court 25 Cambrian Road, E10 (020) 8556 9021
C, Miss Y, 26 Alexandra Rd, London (020) 3132 0689
CAPELO, G, Flat 1,Electric House Station Road, London (020) 3138 5983
CAPLAN, M, 32 Beresford Road, London (020) 8529 8425
CARBERRY, A, 24 Ashbourne Avenue, London (020) 8989 9875
CARBINE, D, 13 Colebrooke Drive, London (020) 8989 3823
CARBONARA, M, 40 Higham Station Avenue, London (020) 8527 2580
CARCHO, K, Spring Court Flat 9 Hermon Hill, London (020) 3532 2300
CARD, J, 51 Normanshire Drive, London (020) 8529 8001
CARDNO, S, 28 Fairmeads Pyrles Lane, LOUGHTON (020) 3842 5350
CARDOSO, S, 58 Queensberry Place, Manor Park (020) 7543 9353
CAREFORD, J, Lower Flat, 14 Hazelwood Road, London (020) 8926 9772
CAREY, L, 35 Cassiobury Road, E17 (020) 8521 3385
CARIBBEAN CORNER, 4 Hall Lane, London (020) 8529 3131
CARLINE, J, 4 Nelson Road, London (020) 8527 4660
CARLTON, H, 32 Mansfield Hill, E4 (020) 8529 1651
CARMODY, Ann, 32 College Road, London (020) 8520 1981
CARNE, A, 1 The Crescent, Loughton (020) 8508 0695
CARNELL, J, 22 Marmion Close, LONDON (020) 3648 1480
C, K, 11 Buckhurst Court Albert Road, Buckhurst Hill (020) 3302 1875
CARPENTER, A, 33 Cazenove Road, Walthamstow (020) 8531 9039
C, Hc, Flat 42 Riverside Court 1 Chelwood Close, E4 (020) 8529 5484
CARR, A, 50 Glenwood Gardens, Ilford (020) 8551 6986
C, A, 45 North Dene, Chigwell (020) 8501 3575
C, Mr D, 621A Romford Road, E12 (020) 8478 0236
C, J, 4 Burchell Road, London (020) 8556 0160
C, L, 26 High Meadows, Chigwell (020) 8501 0362
C, W, 402 Horns Road, Ilford (020) 8550 2480
CARRIE, S, 13 Waltham Way, London (020) 8524 7614
CARRINGTON, Mr B, 15 Percy Road, Ilford (020) 8177 3289
CARROLL, B.A, 25 Carlton Ho Algers Rd, Loughton (020) 8532 1303
C, John, 31 Montalt Road, Woodford Green (020) 8504 6768
C, P, Flat 4 Forest House, 5 Crescent Road, London (020) 8524 4119
C, S, 19 Harford Road, London (020) 8529 9855
CARRUTHERS, D, 37 Onslow Gardens, London (020) 8530 1209
CARSTAIRS, D, 1 Acle Close, Ilford (020) 8501 4002
C, E, 7 High Gables, Loughton (020) 8500 5907
CARTER, A.M, Flat 9 Beaumont House Skeltons Lane, E10 (020) 8539 0975
C, D, 43D Ringwood Road, London (020) 3673 3476
C, Mrs G, 68 Lansdowne Road, London (020) 8521 3259
C, G, 82 Loughton Way, Buckhurst Hill (020) 8505 2117
C, H, 166 Tudor Crescent, Ilford (020) 8500 1368
C, M, 22 Bulwer Road, London (020) 8539 2462
C, R, 165 Waltham Way, London (020) 8529 6871
C, S, 63 Roundmead Avenue, Loughton (020) 8508 1575
CARTWRIGHT, R, 2 Larches Lodge Montalt Road, Woodford Green (020) 3092 4350
C, Miss S, 5 Heron Mews, Ilford (020) 8141 6373
CARVALHO, M, Flat 9 133 Westward Road, London (020) 8531 7321
CARYER, R, 82 Dale View Crescent, E4 (020) 8529 4299
CASANOVA, L, 15 Springfield Road, E17 (020) 8521 5634
CASAS, F, 5 Ley Street, Ilford (020) 8014 3159
CASE, S, 57 Cheneys Road, E11 (020) 8555 0687
CASEY, S, 15 Fairview Close, Chigwell (020) 8500 4825
C, T, 23 Colebrook Gardens, Loughton (020) 8502 3102
CASH, B, Flat 8 Mallard Court Connaught Avenue, E4 (020) 8524 4984
CASLAW, J, 12 North Dene, Chigwell (020) 8501 0941
CASONA, R, 29 Tuscany House Medici Close, Ilford (020) 3672 1324
CASS, Y, 37 Mayfield Road, E17 (020) 8523 0884
CASSELL, L, Mobile, 127 Bramley Close, London (07957) 116087
CASSIDY, B, 6 All Saints Close Chigwell, Essex (020) 8501 3617
CASTILLO-GUEVARA, V, 32 Leyspring Road, London (020) 8989 7653
CATER, D.C, Jimandi Five Oaks Lane, Chigwell (020) 8500 7682
CATHCART, G, 4 Oak Lodge Avenue, Chigwell (020) 8501 4388
CATHPOLE, T, 536 Limes Avenue, Chigwell (020) 3536 2978
CATLIN, J, 135 Clacton Road, E17 (020) 8521 6870
CATMUR, D, 15 Bush Road, Buckhurst Hill (020) 8506 0512
C, N, 54 Derby Road, London (020) 8504 1861
C, S, 134 Tomswood Hill, Ilford (020) 8500 5386
CATO, C, 10 Mead Close, Loughton (020) 8418 9133
CATTELL, D, 2 The Shrubbery Grosvenor Road, E11 (020) 8989 8215
CATTERALL, A, 61 York Hill, Loughton (020) 8508 9834
CAUDELL, Mrs B, 8 Herongate Road, London (020) 8530 8582
CAUNHYE, R, 92 Cheriton Avenue, Ilford (020) 8550 8701
CAVANAGH, M, Flat 27 145, Flat 27, Woodbridge House Mornington Road, London (020) 8556 4535
CAVICCHINI, R, Flat 5 The Point 1 Selborne Road, E17 (020) 8521 8958
CAWLEY, D, 58 St. Johns Road, Ilford (020) 8598 8828
CAZAI, Mr J, 708 Leyton High Road, London (020) 8141 2476
CAZLEY, Mr C, 22 Clandon Road, Ilford (020) 8177 9659
CEARNS, S, 30 Mornington Road, Woodford Green (020) 3662 2097
CEBULA, J, 570 Green La, Goodmayes (020) 8599 8567
CELAIRE, L, 2 Elsenham Road, London (020) 3720 1814
CELEBI, T, 1 Wadham Avenue, London (020) 8252 8105
CELISSE, T, 104 Genas Clo, Ilford (020) 8551 6480
CEMETEEY, Fp, Forest Park Cemetary & Crematorium Forest Road, Ilford (020) 8500 4174
CEREMISOV, Mr V, 21 Cavendish Drive, London (020) 8141 7862
CERNEAVSCHI, A, 17 Regent Gardens, Ilford (020) 8599 5881
CESIONYTE, Ms A, 10 Almond Close, London (020) 3659 4203
CESONIS, Mr G, 70 Mortlake Road, Ilford (020) 8141 5441
CETIN, B, 246 St. John's Road, Walthamstow (020) 3152 6503
CHACKO, Aji, 283 Manford Wy, Chigwell (020) 8500 3269

CHADD, K, 1 1, Trinity Court 72-74 Westbury Lane, Buckhurst Hill ..... (020) 3566 1299
CHADDERTON, J, 69 Marlescroft Way, Loughton ..... (020) 8502 0084
CHADWICK, D, 11 Spencer Close, Woodford Green ..... (020) 8505 8645
CHAKRABORTY, N, 16 Wickham Road, E4 ..... (020) 8531 3751
C, R, Flat 9 Blacksmiths House Gillards Mews, LONDON ..... (020) 8509 8821
CHAKRAVARTY, R, Flat 8 Woodford House Woodford Road, E18 ..... (020) 8989 6475
CHALAL, Mrs J, 37 Liden Clo, London ..... (020) 8556 3683
CHALK, F.T.J, 2 Hale Close, E4 ..... (020) 8524 1563
CHALKER, M, 40A Wanstead Park Avenue, E12 ..... (020) 8530 3687
CHALLA, M, 5 Wellmead Wellwood Rd, Ilford ..... (020) 8983 8378
CHALLIS, B.M, 191 Prospect Road, Woodford Green ..... (020) 8504 9088
CHALMERS, T, 34 Mortlake Road, Ilford ..... (020) 8514 2256
CHAMBERLAIN, J, 12 Winns Avenue, Walthamstow ..... (020) 8527 5868
C, M, 1 Ashingdon Clo, E4 ..... (020) 8524 3305
CHAMBERS, A.A, 59 Third Avenue, E12 ..... (020) 8478 7945
CHAMPANERI, R, 103 Mayfair Avenue, Ilford ..... (020) 8554 6334
CHAMPION, K, 78 Sandhurst Drive, Ilford ..... (020) 8220 2669
C, L, 147 Dawlish Drive, Ilford ..... (020) 8590 1163
CHAN, C, 63 Lynmouth Road, E17 ..... (020) 8521 6080
C, L, 25 Longfellow Road, E17 London ..... (020) 8509 2403
CHANA, A, 2 Essex Road, London ..... (020) 8471 9813
C, A.S, 32 Goldsmith Avenue, E12 ..... (020) 8475 0264
C, B, 21 Hoveton Way, Ilford ..... (020) 8502 6725
CHAND, D, 22 The Albany, Woodford Green ..... (020) 8504 9821
C, M, 28 Beattyville Gardens, Ilford ..... (020) 8550 2012
C, T, 120 Hainault Road, Chigwell ..... (020) 8500 9867
CHANDA, R, Doctors Surgery, 266-268 Forest Road, London ..... (020) 3602 1800
CHANDLER, D.A, 31 Mead Crescent, E4 ..... (020) 8524 2337
C, N, 124 South Park Road, Ilford ..... (020) 8478 8195
C, R.S, 240 Prospect Road, Woodford Green ..... (020) 8505 1960
C, T.D, 35 Ladyfields, Loughton ..... (020) 8508 6912
CHANDRA, O, Flat 99 City View Axon Place, Ilford ..... (020) 3091 2552
CHANDRAKUMAR, K, 911 Eastern Avenue, Ilford ..... (020) 8599 3416
CHANG, Mr Rew Mark, 34 St. Ronans Crescent, Woodford Green ... (020) 8504 2488
CHANGAIZY, Mr R, 54 Dudley Road, Ilford ..... (020) 3132 9165
C, Mr R, 54 Dudley Road, Ilford ..... (020) 3132 9167
CHAPLIN, B, 53 Headley Drive, Ilford Essex ..... (020) 8554 1480
C, H.M, 17 Wanstead Lane, Ilford ..... (020) 8554 7154
C, P.J, 20 Woodview Avenue, E4 ..... (020) 8524 0571
CHAPMAN, B, Flat 1 Stanway House Stanway Close, Chigwell ..... (020) 8500 7185
C, C, 10 Nafferton Rise, Loughton ..... (020) 8502 3282
C, C.R, 82 St. Barnabas Road, Woodford Green ..... (020) 8504 4158
C, E, 34 Godwin Close Sewardstone Road, London ..... (020) 8524 2408
C, J, 4 Malvern Avenue, London ..... (020) 8527 4665
C, J, 48 Rous Road, Buckhurst Hill ..... (020) 8504 4552
C, J.A, 37 Khartoum Road, Ilford ..... (020) 8514 3748
C, J.D, Motts Cottage Mott Street, Loughton ..... (020) 8508 1767
C, J.P, 33 Cann Hall Road, E11 ..... (020) 8555 1980
C, M, 68 Pearcroft Road, Leytonstone ..... (020) 8988 0151
C, P, 84 Roding Lane North, Woodford Green ..... (020) 8504 6750
C, P.W, 29 St. Albans Road, Woodford Green ..... (020) 8504 3878
CHARACH, B, 33 Mighell Avenue, Ilford ..... (020) 8551 4680
CHARALAMBOUS, M, 31 Goldhaze Clo, Woodford Gn ..... (020) 8505 3418
C, M, 43 Lytton Road, London ..... (020) 8925 8250
CHARCHAROS, M.N, 45 Greenway Avenue, E17 ..... (020) 8521 0280
CHARLES, A, 71 Melville Road, London ..... (020) 8521 6958
C, C, Mobile, 166 Hall Lane, London ..... (07951) 213879
C, C, 49 Stonards Hill, Loughton ..... (020) 8502 5933
C, C, 14 The Warren, LONDON ..... (020) 8514 1158
C, Mrs Edna, 2 Peel Road, London ..... (020) 8505 9382
C, G, Goddarts House Flat 19, 23 Hoe Street, London ..... (020) 8520 3310
C, M, 8 Kings Avenue, Buckhurst Hill ..... (020) 8281 6303
CHARLESWORTH, M, 65 Rous Road, Buckhurst Hill ..... (020) 8504 0081
CHARLTON, P, 34 Wadley Road, London ..... (020) 8558 2256
CHARLWOOD, D, 23C Grosvenor Road, E11 ..... (020) 8989 2683
CHARTER, N, 124 Englands La, Loughton ..... (020) 8532 0934
CHARTONAS, D, 44 Lynmouth Road, E17 ..... (020) 8520 6308
CHARYKOWSKI, Mr R, Lower Flat 17 Lonsdale Road, London ..... (020) 8530 5726
CHASE, G.W, 15 Eden Road, E17 ..... (020) 8520 3297
C, S.M, 15 Pretoria Road, London ..... (020) 8529 2880
CHASIKUMAR, K, 696 New North Road, Ilford ..... (020) 3509 6707
CHASTELL, G, 143 Roding Road, Loughton ..... (020) 8508 4079
CHATTERJAI, A, 134 Herent Drive, Ilford ..... (020) 8257 8917
CHATTERJI, Amar, Flat 8 Embassy Court Woodford Road, E18 ..... (020) 8989 7051
C, B, 119 Stradbroke Grove, Ilford ..... (020) 8550 9648
CHATTERLEY, S, 227 Woodford Av, Redbridge, Ilford ..... (07957) 217983
CHATWIN, S, 57 Coningsby Gardens, E4 ..... (020) 8531 9897
CHAU, B, 2 Carbis Close, E4 ..... (020) 8529 9417
CHAUDHARY, Mr M, 76 Dersingham Avenue, London ..... (020) 8177 9509
C, S, Flat 43 Flat 43 Ashdown Court 2e Fulbourne Road, LONDON ..... (020) 3015 9950
C, Usman, 62 Empress Avenue, Ilford ..... (020) 8554 3688
CHAUDHAY, A, 198 Beethall Rd, Highams Pk ..... (07944) 886255
CHAUDHRI, Dr A, 22 Selsdon Road, London ..... (020) 8989 2300
CHAUDHRY, H, 35 Sandhurst Drive, Ilford ..... (020) 8599 0070
C, K, 30 Penrith Road, Ilford ..... (020) 8500 8891
C, M, 6 Elliott Close, Ray Lodge Road ..... (020) 3590 0968
C, Mr M, 4 Kendon Close, London ..... (020) 8530 8663
CHAUDRY, A, 37 Keswick Gardens, Ilford ..... (020) 8550 1424
CHAUHAN, C, 4 Cambridge Road, Ilford ..... (020) 8590 9093
CHAVDA, H, Flat 85, Mulberry Court Langthorne Road, London ..... (020) 8558 8183
CHAWDA, P, 50 Nine Acres Close, Manor Park ..... (020) 8478 1385
CHAZADIS, G, 20 Milton Crescent, Ilford ..... (020) 8554 9062
CHEAVEAU, C.M, 181 Burrow Road, Chigwell ..... (020) 8501 0708
CHEBROLU, K, 61D Mansfield Road, Ilford ..... (020) 3649 4404
CHEDOZIE, K, 394B Sherrard Rd, E12 ..... (07956) 347917
CHEEK, C, 77 Church Hill, Loughton ..... (020) 8502 2089
C, J, 11 Trelawney Road, Ilford ..... (020) 8500 8429
CHEEMA, R, 22 Ashwood Road, London ..... (020) 3566 1484
CHEESEMAN, R.J, 6 Heathfield, E4 ..... (020) 8524 2835
CHEKKOIAR, S, 10 Ashurst Drive, Ilford ..... (020) 8554 1579
CHELARIU, A, 109 Greensted Road, Loughton ..... (020) 8502 1676
CHELARU, M, 36 Morgan Avenue, E17 ..... (020) 3441 1389
CHEN, Mr H, 57 Grove Road, London ..... (020) 8141 2478
CHENG, T, 18 Tavistock Road, E18 ..... (020) 8530 5146
CHERKOFF, L.L, 121 Stradbroke Grove, Ilford ..... (020) 8550 3939
CHERNEY, S, 3 Cherrydown Close, E4 ..... (020) 8529 7597
CHESHER, A, 25 Hilltop, Loughton ..... (020) 8508 3539
CHESNEAU, Louise, 29 Romford Road, Chigwell ..... (020) 8500 1220
CHESTER, C, 11 Ellesmere Close, London ..... (020) 8989 4332
CHESTERMAN, Mrs Jean, 26 Ainslie Wood Gardens, London ..... (020) 8524 3511
CHETRUSCA, I, 5 Evesham Way, ILFORD ..... (020) 3524 2877
CHEUNG, Y.P, 79 Mount Pleasant Road, Chigwell ..... (020) 8500 3849
CHEW, M, 32 Onslow Gardens, E18 ..... (020) 8989 4586
CHHADEH, Mr A, 73a High St, London ..... (020) 8177 8316
CHIAT, Sheila, Flat 9 Milne Court 14 Churchfields, E18 ..... (020) 8505 1717
CHICKAH, V, 140 Limes Avenue, Chigwell ..... (020) 8500 3833
CHIDAMBARAM, M, 14 St Mary'S Approach, London ..... (020) 3732 7886
CHIHAIA, P, 12 Betchworth Road, Ilford ..... (020) 8590 1964
CHIHEB, Y, 32 Central Parade Hoe Street, E17 ..... (020) 8509 1054
CHIHUNDI, Bertha, 89 Coopersale Close, Woodford Green ..... (020) 8504 1823
CHIKIHI, Kadija, 10 Mark Wade Close, E12 ..... (020) 8989 2471
CHILD, F, 1 Loxford Lane, Ilford ..... (020) 3345 4859
C, L, 29 Colebrook Lane, Loughton ..... (020) 8279 2888
CHILDS, LR, 140 Attlee Terrace Prospect Hill, E17 ..... (020) 8521 3208
C, O, 116 Essex Road, E10 ..... (020) 8539 7052
CHILTON, Mr C, 6b Kings Road, London ..... (020) 8558 7306
CHINALOY, J, 39 Westbury Lane, Buckhurst Hill ..... (020) 8281 0301
CHINCHARO, C, Mobile, 59 Waterloo Road, London ..... (07903) 724139
CHINERY, P, 96 Bawdsey Avenue, Ilford ..... (020) 8599 2286
CHIPPERFIELD, F, Froghall Cabin Grove Lane, Chigwell ..... (020) 8500 5921
C, L, 32B Mornington Road, E4 ..... (020) 8529 3858
CHIRIAC, A, 8A High Street, Ilford ..... (020) 3015 0522
CHIRILOV, E, Flat 27 Old Mill Court Chigwell Road, E18 London ..... (020) 8530 0587
CHISIUC, L, 25 Goldhaze Close, Woodford Green ..... (020) 3172 1773
CHISSICK, A, 8 Redbridge Lane East, Ilford ..... (020) 8262 6235
CHISTI, B, 64 Windsor Road, LONDON ..... (020) 8558 6092
CHISWELL, J, 10 Woodland Road, Loughton ..... (020) 8508 3997
CHITHIRALA, Mr S, Flat 26 Churchill Court Albert Rd, Ilford ..... (020) 8514 1137
CHITNIS, A, 9 Marias Gardens Palmerston Road, E17 ..... (020) 8521 7658
CHIUNIA, Mrs A, 180 Barley Lane, Ilford ..... (020) 8177 3275
C, Mrs A, 180 Barley Lane, Ilford ..... (020) 8177 3276
CHIVALINGHAM, N, 67 Dawlish Drive, Ilford ..... (020) 3632 4006
CHIVERS, Mrs M, 25 Albion Park, Loughton ..... (020) 8508 3010
CHLEBOWSKA, M, 165 Sansom Road, E11 ..... (020) 8988 1874
CHOC, K, 1/223A Hoe St, E17 ..... (020) 3132 5447
CHOCKEN, Mr N, 262 Hoe St, London ..... (020) 8141 6899
C, S, 209 Parkhurst Road, LONDON ..... (020) 8911 9558
CHOHAN, B, 27 Lynton Crescent, Ilford ..... (020) 8220 5869
CHOKSHI, J, 25 Gartmore Road, Ilford ..... (020) 8220 5593
C, N, 138 Thorold Road, Ilford ..... (020) 8514 7556
CHOMKA, G, 3 85, Harbhajan House Colchester Road, London ..... (020) 3685 7095
CHOOHAN, Mr A, 415 Grove Green Road, E11 ..... (020) 8532 8974
CHOONARA, Philippa, Flat 45 Etloe House 180 Church Road, E10 ..... (020) 3624 5674
CHOOYIN, Miss M, 145 Walnut Road, London ..... (020) 8177 9767
CHOPRA, C, 63 Hainault Road, CHIGWELL ..... (020) 3843 8631
CHOPRA MANUFACTURING COMPANY LTD, 654-658 Lea Bridge Road, London ..... (020) 8539 0275
CHOUDHARY, K, 66 Abbotts Park Road, London ..... (020) 8558 2033
CHOUDHRY, K, 42 Malvern Drive, Ilford ..... (020) 8597 9289
C, Mr S, 320 Kingston Road, Ilford ..... (020) 8177 3493
CHOUDHURY, B, Mobile, 7 De Vere Gardens, Ilford, Essex ..... (07939) 600007
C, I, 8 Denham Drive, ILFORD ..... (020) 8554 0547
C, I, 15 Grantham Road, London ..... (020) 8478 7626
C, I.U, 11 Seventh Av, E12 ..... (07956) 459022
C, M, 38 Castleton Road, Ilford ..... (020) 8227 0235
C, M, 62 Corbett Road, LONDON ..... (020) 3669 5163
C, M, 31 Pembroke Road, Ilford ..... (020) 8598 8227
C, M, Mobile, 36 Pretoria Road, London ..... (07951) 207615
C, M, 67 Somersby Gardens, ILFORD ..... (020) 8551 9947
C, R, 106 College Gardens, LONDON ..... (020) 3560 8487
C, T, Flat 193 City View Axon Place, Ilford ..... (020) 3686 0849
CHOUHAN, H, 67 Rokeby Gardens, Woodford Green ..... (020) 3294 0525
C, V, 22 Felbrigge Road, Ilford ..... (020) 8599 7427
CHOUHDRY, M, Flat 10, John Walsh Tower Montague Road, E11 ..... (020) 3132 7278
CHOWDHARY, S, 13 Seagry Road, E11 ..... (020) 8530 3518
CHOWDHRY, A, 155 Forest Road, London ..... (020) 8926 2508
C, M, 50 Gordon Road, Ilford ..... (020) 8599 7665
C, Mr R, 44 Morris Av, London ..... (020) 8911 8242
CHOWDHURY, Dr A, 58 Seventh Avenue, London ..... (020) 8514 3243
C, A, Mobile, 54 Sheringham Avenue, London ..... (07984) 459879
C, D, Food Palace, 626 Romford Road, London ..... (020) 8109 3433
C, J, 8 Cormorant Close, E17 ..... (020) 8531 5760
C, J, 22 Markmanor Avenue, London ..... (020) 3731 0645
C, Admiral M, 341 Clayhall Avenue, Ilford ..... (020) 4537 4854
C, Maansib, Flat 3 25 De Vere Gardens, Ilford ..... (020) 8518 4096
C, M, 72 Friars Close, Ilford ..... (020) 3715 1802
C, M, 13 Gayfere Road, ILFORD ..... (020) 8551 0996
C, M, 295 The Drive, Ilford ..... (020) 8554 7126
C, R, 60 Glenthorne Gardens, Ilford ..... (020) 8550 1513
C, R, 6 St. Edmunds Road, Ilford ..... (020) 8518 9097
C, S, Parks Depot House Station Road, Ilford ..... (020) 3624 4073
C, T, Flat 3 37a Suffolk Court, Newbury Park ..... (020) 3592 3863
CHRISMAS, N, 100 Drysdale Avenue, Chingford ..... (020) 8524 5066
CHRISTIAN, V, 4 Hillyfield, Flat 4 Papyrus Court, LONDON ..... (020) 3623 0364
CHRISTIE, R.J, 618B Green Lane, Ilford ..... (020) 8597 4103
CHRISTMAS, C.A, 33 The Drive, E4 ..... (020) 8529 0925
CHRISTOFOROU, R, 13 Bloomfield Crescent, Ilford ..... (020) 8518 0491
CHRISTOFOU, C, 124 Gosport Road, E17 ..... (020) 8521 0405
CHRISTOU, A, 30 Sheldon Avenue, Ilford ..... (020) 8551 1922
C, C, 144 Northcote Road, E17 ..... (020) 8520 5471
C, Admiral C, 22 Stow Crescent, London ..... (020) 4539 3333
C, Admiral K, 15 Shakespeare Road, London ..... (020) 4529 1465
CHRISTOULOU, S, 18 Royston Gardens, Ilford ..... (020) 8554 3124
CHROSTOWSKA, B, 504 Lea Bridge Road, E10 ..... (020) 8556 8863
CHRUSZCZ, P, 16 Eastwood Road, E18 ..... (020) 8530 4890
CHRZANOWSKA, S, 482 Lea Bridge Road, London ..... (020) 8539 1430
CHRZANOWSKI, K, 79 Morieux Rd, E10 ..... (020) 8558 5578
CHU, W, 2 Oaklands Apartments 53 Nutter Lane, E11 London ..... (020) 8989 4142
CHUADHARY, I.A, 50 Mansfield Rd, Ilford ..... (020) 8554 5800
CHUDASAMA, H, 77 Leyswood Drive, Ilford ..... (020) 8598 8119
C, Mr Jayprakash, 70 Stanley Road, London ..... (020) 8502 9388
CHUGHTAI, H, 20 Croft Lodge Close, Woodford Green ..... (020) 8504 8770
CHUKWUNWEIKE, I, Selwyn Court Flat 17 2, Yunus Khan Close, London ..... (020) 3380 6371
CHUMLEY, V, 2 Alderton Close, Loughton ..... (020) 8508 7027
CHUNDURI, P, 31 Mortlake Road, Ilford ..... (020) 8514 0114
CHUNG, I.I, 40 Mulberry Way, E18 ..... (020) 8530 3078
CHUNG PIN YONG, J, 38 East Avenue, E12 ..... (020) 8552 1597
CHURCH, A, 38 Wray Avenue, Ilford ..... (020) 8550 1767
C, Brian, 27 Sedley Rse, Loughton ..... (020) 8508 3152
C, S, 68 Grange Park Road, E10 ..... (020) 8539 2908
CHURCHILL, G, 72 Farmer Road, London ..... (020) 8556 0167
C, John, Flat 8 Etloe House 180 Church Road, E10 ..... (020) 8558 4791
CID AROUGUE, T, 43 Radbourne Crescent, Walthamstow ..... (020) 8520 0463
CIELTO, N, Unit B 56-58 Boundary Road, E17 ..... (020) 8503 7738
CIFALDI, S, 6A Endlebury Road, London ..... (020) 8013 7372
CIFCI, Deniz, 25 Hurst Avenue, E4 ..... (020) 8524 3208
CIL, Z, 16 Albion Road, Walthamstow ..... (020) 8419 5772
CILOCI, I, 3 Holland Park Avenue, Ilford ..... (020) 8597 2496
CINQUE, G, Flat 48,Fixie Building,8 Track Street, London ..... (020) 3158 0959
CIOBANU, S, 2 Badlis Rd, E17 ..... (020) 8527 1257
C, Vasile, 2 Sibley Grove, E12 ..... (020) 8472 4906
CIOBOTARIU, A, 7a Cherrydown Avenue, London ..... (020) 8524 1310
CIONI, R, 100 Emmott Avenue, Ilford ..... (020) 8554 1509
CIUCHE, A, 9 Bramshill Close, Chigwell ..... (020) 3620 7510
CIUCULESCU, C, 32 Lee Close, London ..... (020) 3643 5873
CKEY, Mr S, 22 Kings Garden, ILford ..... (020) 8141 2457
CLAIRE, K, 12 Belmont Road, ILFORD ..... (020) 3590 8275
CLAIRMONT, K, Mobile, 1 Tennyson Avenue, London ..... (07903) 218679
CLANCY, M, 36 Richmond Crescent, London ..... (020) 8527 1600
CLAPHAM, J, 10 Ivydene Court 152-154 Queens Road, Buckhurst Hill ..... (020) 3612 1232
C, S, 45 Knighton Lane, Buckhurst Hill ..... (020) 8504 4038
CLARE, J, 14 Lorne Gardens, London ..... (020) 8518 8725
C, R, 42 Poppleton Road, London ..... (020) 8989 4991
CLARK, A, 15 Retingham Way, E4 ..... (020) 8529 3586
C, B.L, 12 Aveling Park Road, London ..... (020) 8923 2413
C, C, Flat 3 Milestone Court 584b Lea Bridge Road, London .. (020) 3904 2836
C, D, 45 St. Barnabas Road, Woodford Green ..... (020) 8504 9309
C, D.J, 47 Heathcote Court Heathcote Avenue, Ilford ..... (020) 8551 8368
C, E, Flat 126 Enterprise House 112 Kings Head Hill, Chingford ..... (020) 8524 4845
C, L, 15 Queen Mary House Queen Mary Avenue, E18 ..... (020) 8505 4864
C, L.R, 41 Brindwood Road, E4 ..... (020) 8524 4645
C, S, 46d Argyle Road, Ilford ..... (020) 8554 5556
C, Stephen, 87 Monkham Lane, Woodford Green ..... (020) 8504 9789
C, S, 52 Overton Drive, London ..... (020) 8530 5603
C, Mr Terence, 101 Orange Grove, London ..... (020) 8558 0228
C, V.L, 42 Broadwalk, E18 ..... (020) 8530 4825
CLARKE, A, 28 Lancaster Drive, LOUGHTON ..... (020) 8502 0820
C, A, 49 Lindley Road, London ..... (020) 8926 0833
C, A.W, 12 Beaconsfield Road, E17 ..... (020) 8521 1600
C, C, 9 Dymchurch Close, Ilford ..... (020) 8551 2359
C, D, 61 Elmfield Road, London ..... (020) 8529 9016
C, D.M, 106 Ainslie Wood Road, E4 ..... (020) 8524 7276
C, E, 43 Harcourt Avenue, Manor Park ..... (020) 8478 5740
C, E.J, Ground Floor 129 Norman Road, E11 ..... (020) 8558 2417
C, I, 7 Dalton Holme Cross Road, Woodford Green ..... (020) 8504 1116
C, Mr J, 457 Aldborough Rd Sth, Ilford ..... (020) 8141 7783
C, L, 30 Wilton Place, London ..... (020) 3737 1211
C, M, 19 Fairlop Gardens, Ilford ..... (020) 8501 1510
C, M.A, 23 Cavendish Drive, E11 ..... (020) 8556 3741
C, P, 32 Glenwood Gardens, Ilford ..... (020) 8252 7567
C, P, 59 Penrhyn Avenue, London ..... (020) 8531 3398
C, R, 20 Bushfields, Loughton ..... (020) 8502 2791
C, R, 95 Otley Drive, Ilford ..... (020) 8554 4495
C, R.W.J, 29 Rodney Place, E17 ..... (020) 8531 5339
CLAXTON, C, 22 Khartoum Road, Ilford ..... (020) 8514 3371
CLAY, H, 52 Grosvenor Gardens, Woodford Green ..... (020) 8505 2928
CLAYDEN, F, 19a Marlborough Road, Chingford ..... (020) 8531 9874
CLAYDON, N, 31 Vincent Close, Ilford ..... (020) 8501 0811
CLAYTON, C, 38 Dunspring Lane, Ilford ..... (020) 8551 4199
C, D, 29 Lyne Crescent, LONDON ..... (020) 3843 9032
C, E, 3 Larchwood House 39 Baywood Square, Chigwell ..... (020) 8501 5429
C, K, Flat 1 61 Handsworth Avenue, London ..... (020) 3729 9549
C, M, 17 Rolls Park Avenue, London ..... (020) 8531 9564
CLAYTON-FISHER, Admiral S, 7 Chatham Road, Walthamstow ..... (020) 8531 4628
CLEAVER, H, 97 High View Road, London ..... (020) 8989 5305
C, Mr R, 23 Dyson Road, London ..... (020) 8989 5593
CLEAVERLY, Clifford, 5 A Lonsdale Rd, London ..... (020) 8989 7250
CLEMENS, B, 14 Whitney Rd, Leyton ..... (07956) 282237
CLEMENTS, Mr B, Mobile, 10 Yoxley Drive, Ilford,Essex ..... (07984) 255877
C, C, 38 Woodland Way, Woodford Green ..... (020) 8505 7960
C, G, 37 Spring Grove, Loughton ..... (020) 8508 0176
C, J, Carlton Court 8 Craven Gardens, Ilford ..... (020) 3715 7578
C, R, 29 Ranelagh Gardens, Ilford ..... (020) 8554 4750
C, S, 3 Mansfield Road, London ..... (020) 8989 6065
CLEMINSON, A, 44 Forest Way, Woodford Green ..... (020) 8505 5878
C, D, 51 Hollywood Wy, Woodford Gn ..... (020) 8531 6971
CLERCK, J, 16 Wannock Gardens, Ilford ..... (020) 3902 3014
CLERKIN, C, 14 Morland Road, London ..... (020) 8509 3081
CLEVELAND, R.H, 1 Jubilee Vill The Green, E4 ..... (020) 8524 0761
CLEWER, S.B, 167B Whitehall Road, Woodford Green ..... (020) 8504 3942
CLIFF, Pauline, 2 Coney Burrows, London London ..... (020) 8524 1890
CLIFFORD, G, 18 Tycehurst Hill, Loughton ..... (020) 8508 3459
C, J, 91 Buxton Road, E17 ..... (020) 8520 4715
C, M, 297 Capworth Street, London ..... (020) 8539 5918
CLIFTON, P.J, 13 Harman Av, Woodford Green ..... (07956) 298636
C, W, 50 Studley Avenue, London ..... (020) 8531 3087
CLOSE, J, Highams Park Baptist Church, 125 Cavendish Road, Chingford, London ..... (020) 8062 7051
CLOUTING, K, 58 Grenville Gardens, Woodford Green ..... (020) 8504 1212
CLOVER, E, 1172 Eastern Avenue, Ilford ..... (020) 8598 2922
CLOWES, B, 176 Princes Road, Buckhurst Hill ..... (020) 8505 8328
CLUMP, Michelle, 69 Coolgardie Avenue, E4 ..... (020) 8281 3786
COASTGUARD H.M
In Emergency dial 999 and ask the operator for Coastguard

COATES, C, 33 Woodville Road, E17 ..... (020) 8521 9055
C, D, Fairwinds Chapel Lane, Chigwell ..... (020) 8500 7534
C, L, 36 Coningsby Gardens, London ..... (020) 8923 2344
C, R, 8 Audleigh Place, Chigwell ..... (020) 8505 0536
COBB, K, 5 Tufton Rd, E4 ..... (020) 8524 9598
COBBING, M, Flat 705 Enterprise House 112 Kings Head Hill, E4 ..... (020) 8529 3317
COBBOLD, K, 11 Macdonald Road, London ..... (020) 8925 0464
C, Susan, 34 Halstead Road, E11 ..... (020) 8989 5490
COCK, D, 40 Sandhurst Drive, Ilford ..... (020) 8597 5778
COCKER, R.A, 31 Hollybush Hill, E11 ..... (020) 8989 1491
COCKLE, D, 5 Keynsham Avenue, Woodford Green ..... (020) 8926 7902
COCKLIN, A, 16 Collard Avenue, Loughton ..... (020) 8508 3314
CODLING, C, 80 Hall Lane, London ..... (020) 8523 7871
CODRINGTON, Meicya, 36 Rayne Court, E18 ..... (020) 8989 4855
COE, A, 45 Queens Road, Loughton ..... (020) 3566 2672
C, C, 91 Wynndale Road, E18 ..... (020) 8504 0988
COFFEY, K, 150 Belgrave Road, London ..... (020) 8989 5171
COFIEBRUCE, Sammilia, 22 Lawson Close, Ilford ..... (020) 8514 2599
COHEN, A, 33 Rosedene Gardens, Ilford ..... (020) 8550 5608
C, B, 121 Hamilton Avenue, Ilford ..... (020) 8554 2351
C, C, 4 Heatherley Drive, Ilford ..... (020) 8550 7039
C, C, Warren Hall Manor Road, Loughton ..... (020) 8532 1993
C, Derek, 55 Clarendon Gardens, Ilford Essex ..... (020) 8518 1970
C, E, 3 Burnett Road, ILFORD ..... (020) 7018 1602
C, E, 1 Laurel Close, Ilford ..... (020) 8500 5799
C, J, 9 Storey Road, London ..... (020) 8928 1880
C, M, 6, Spanbrook High Road, Chigwell ..... (020) 8500 4735
C, N, 11 Cedar Drive, Loughton ..... (020) 8508 7580
C, P, Flat 11 Mistley Thorn 5 Cranbrook Rise, Ilford ..... (020) 8554 4566

C, R, 89 Grosvenor Gardens, Woodford Green Essex (020) 3602 8664
C, R, Flat 26 Hilary Dennis Court 34 Sylvan Road, London (020) 3689 7693
C, R, Flat 2 69 Vicarage Road, E10 (020) 8556 5156
C, U, 106 Calderon Road, London (020) 8539 5180
COIDAN, B, 6 Milton Road, London (020) 8925 2714
COKE, E, 11 Elmore Road, London (020) 3663 2908
C, K, 93 Colchester Road, London (020) 8925 8829
COLAK, N, 96 Waltham Way, London (020) 8524 2314
COLBURN, T.J, 143 South Park Drive, Ilford (020) 8597 6002
COLE, C, 126 Chestnut Avenue South, E17 (020) 7370 0673
C, J, 311 Billet Road, London (020) 8527 5859
C, J, 69 Cedar Close, Buckhurst Hill (020) 8505 4719
C, Luke, 76 Netley Road, Ilford (020) 8518 4816
C, M, 13 Felstead Avenue, Ilford (020) 8551 1695
C, Matthew, Ground Floor Flat 9 Stainforth Road, E17 (020) 8520 5950
C, N, 11 The Uplands, Loughton (020) 8508 8120
C, S.W, 107 Aldriche Way, E4 (020) 8523 1818
COLEING, R.A, 63 Cornwallis Road, E17 (020) 8521 6995
COLEMAN, E, 6A The Green, London (020) 3198 4718
C, E, 65 Vincent Road, E4 (020) 8531 1425
C, J, 7 Frating Crescent, Woodford Green (020) 8505 0769
C, M, 18 Queens Avenue, Woodford Green (020) 8559 2860
C, S.M, 33 Colson Road, Loughton (020) 8508 5925
C, V, FLAT 7 DEVEREUX COURT 44-46 Snakes Lane West, Woodford Green (020) 8504 5940
COLENSO, T, 70 Uplands Road, Woodford Green (020) 3566 1464
COLERIDGE, K, 109 Laing Close, Ilford (020) 8500 7576
COLES, S.J, 48 Ardmore Lane, Buckhurst Hill (020) 8505 1954
COLLEY, V, 2 The Elms Lippitts Hill, Loughton (020) 8508 3749
COLLIER-MCDERMOTT, S, 32 Albion Road, LONDON (020) 8509 0343
COLLINGE, J, 205 Twickenham Road, London (020) 8539 3591
COLLINGS, K, 102 Windsor Road, London (020) 8539 2450
C, M, 49 The Lindens, Loughton (020) 8508 7502
COLLINS, A, Mobile, 5 Fairlop Gardens, Ilford, Essex (07931) 909130
C, Alexandra, 17 Maple Close, Buckhurstthill (020) 8504 0791
C, B, 54 Broadwalk, E18 (020) 8989 4356
C, Mr Donald, 62 Abbotts Crescent, London (020) 8527 1848
C, D, mobile, 38 Balmoral Rd, E10 (07960) 647657
C, D, 30 Park View, Chigwell (020) 8500 1657
C, D, 30A Tomswood Road, Chigwell (020) 8502 9108
C, D.G, 30 Hillside Avenue, Woodford Green (020) 8504 7118
C, I, 2 Pell Court 12 Green Walk, Woodford Green (020) 8504 8280
C, J, 28 Copper Beech Court Goldings Road, Loughton (020) 8508 5940
C, J, 3 Grovewood Place, Woodford Green (020) 8505 3552
C, Mrs Joyce, 9 Millwell Crescent, Chigwell (020) 8500 3326
C, J.E, 58 Newcastle Avenue, Ilford (020) 8500 0882
C, K, 9 Abbotswood Gardens, Ilford Essex (020) 8550 0167
C, L, 68 Bushwood, E11 (020) 8530 7235
C, L, 20 Esther Road, E11 (020) 8539 0813
C, P, 7 Colchester Road, E10 (020) 8556 5906
C, S, 116 Auckland Road, Ilford (020) 8554 2830
C, T, 7 Rectory Road, London (020) 8520 3693
COLLISON, T, 88 Wynndale Road, LONDON (020) 8504 8632
COLMAN, S, 24 Woodville Gardens, Ilford (020) 8550 4967
C, T.H, Silver Timbers Green Lane Bury Road, E4 (020) 8529 4177
COLTMAN, S, 36 Grosvenor Drive, Loughton (020) 3652 2423
COMPTON, E, 152 Rushden Gardens, Ilford (020) 8262 1988
C, K, Flat 2 Corrigan Court 3 Brockway Close, E11 (020) 8539 8602
C, L, 18 Avondale Drive, Loughton (020) 8504 8178
COMYNS, Dr M, 4 Brook Way, Chigwell (020) 8500 3020
CONDRON, S, 240 Sherrard Road, London (020) 3726 5538
CONLAN, S, 8 King George Way, E4 (020) 8529 4423
CONLON, P, 72 Brunswick Gardens, Ilford (020) 8500 3971
CONNELAN, S, Flat 5 Norton Court, 1 Church Road, Ilford (020) 8924 9843
CONNELL, P, 37 Roy Gardens, Ilford (020) 8590 4744
C, Mr R, 3 Oakhurst Close, Ilford (020) 8551 9545
CONNELLY, Mr A, 50 Oakwood Hill, Loughton (020) 8502 5968
C, T, 78 Goldingham Avenue, Loughton (020) 8508 2423
CONNEW, F.W.G, 163 Hall Lane, E4 (020) 8529 6514
CONNOLLY, Admiral J, 26 Amesbury Drive, London (020) 4568 0255
C, R, 19 Horace Road, Ilford (020) 8550 2989
CONNOR, J, 36 Godwin Close Sewardstone Road, London (020) 8529 2210
CONOLAN, M, 74 Matcham Road, E11 (020) 8555 2672
CONOLEY, A, 124 Roding Lane North, Woodford Green (020) 8550 8519
CONRAD, Josephneil, 89 Stanley Road, E18 (020) 8505 3376
CONSIGLIO, S, 30 Cavendish Avenue, Woodford Green (020) 8220 0518
CONSTABLE, A, 3 Alma Avenue, Chingford (020) 8531 1756
CONSTANTINESCU, B, 191 Edward Rd, E17 (020) 8520 2524
CONSTANTINOU, A, 9 Brantwood Close, E17 (020) 8521 4091
C, K, 12 Stapleford Close, London (020) 8523 7883
CONTACT, M, Flat 16 Grosvenor Court Brewster Road, E10 (020) 8539 6142
CONTEH, Ms M, 18 Chamberlain Close, London (020) 3132 7747
CONTRERAS, C, Flat 3 175b Longwood Gardens, Ilford (020) 3532 9173
CONWAY, B, 44 Kensington Drive, Woodford Green (020) 8270 1598
C, P, 23 Whitehall Lane, Buckhurst Hill (020) 8504 3838
C, P.P, 27 Oak Hill, Woodford Green (020) 8505 1116
COOK, Miss Clare, 20 Dale View Crescent, London (020) 8524 0334
C, D, 15 Beechwood Park, E18 (020) 8530 4786
C, D, 35 Harpenden Road, London (020) 8925 8660
C, D.W, Bottom Flat 61 Hatch Lane, E4 (020) 8529 1137
C, E.G, 62 St. Barnabas Road, Woodford Green (020) 8504 8649
C, G, 48 Lambourne Road, Chigwell (020) 8500 5446
C, I.W, 31 Rushbrook Crescent, E17 (020) 8531 2173
C, Mrs Joan, 26 Southwest Road, London (020) 8556 4016
C, L, Flat 1 14-15 Church Lane, London (020) 3731 1142
C, M, 22 Fenman Gdns, Ilford (020) 8597 7318
C, P, Davis Court Flat 4 35, Burton Road, Loughton (020) 3592 3349
C, P.J, Flat 6 Oak Court 111 Higham Station Avenue, E4 (020) 8523 2882
C, W, 25 Wansford Road, Woodford Green (020) 8505 7215
C, Z, 60 Wellfields, Loughton (020) 8508 4322
COOKE, David, 172 Colchester Road, E10 (020) 8556 9468
C, J, 38 Dale View Avenue, Chingford (020) 8529 1263
C, M, 12 Woolston Close, London (020) 8925 9694
C, P.L, 6 Bentley Way, Woodford Green (020) 8504 7457
COOMB, T, 162 The Drive, Ilford (020) 8518 1785
COOMBER, A, 1 Golding Court Riverdene Road, Ilford (020) 8553 1578
COOMBS, J, 85 Springfield Rd, E17 (07961) 845525
COONEY, M, 91 Norman Road, E11 (020) 8558 0243
COOPER, B, 32 Ascot Close, Ilford (020) 8500 4231
C, B, 57 Farnan Avenue, Walthamstow (020) 8531 1885
C, C, 49 Wanstead Park Avenue, E12 (020) 8989 2722
C, G, 28 Woodland Way, Woodford Green (020) 8505 6988
C, H, 78 The Charter Road, Woodford Green (020) 8505 0969
C, J, 107 Longwood Gdns, Ilford (07956) 825567
C, M, 22 Gravel Lane, Chigwell (020) 8500 2546
C, Michael, 60 Malvern Drive, Woodford Green (020) 8505 4406
C, P, 59 Colebrook Lane, Loughton (020) 4529 6560
C, P, 60 Forest View Road, London (020) 8013 1214
C, P, Flat 6 Aldham Hall New Wanstead, E11 (020) 8989 3167
C, R, 86 Woodhouse Road, Leytonstone (020) 8519 4094
C, S, 6 Warren Hall Manor Road, LOUGHTON (020) 8418 9143
C, S, 27 Moreland Way, London (020) 8529 4528
C, S.A, 1 Woodcote Road, E11 (020) 8989 5654
COOTE, J, 55 Hollywood Way, Woodford Green (020) 8531 4301
COPE, Mrs Ursula, 18 Byron Avenue, London (020) 8989 0252
COPLAND, J.R, Flat 6 Aranya Court 198 Higham Hill Road, E17 (020) 8527 3446
COPLESTONE, M, Lippitts Hill Lippitts Hill, Loughton (020) 8502 1669
COPLEY, C, 133 New Road, London (020) 8923 2119
COPPER, B, 105 Attlee Terrace Prospect Hill, E17 (020) 8503 6204
C, L, 10 Integer Gardens, Forest Road, London (020) 8539 2947
CORAM, J, 50 Limewood Court Beehive Lane, Ilford (020) 8551 7367
CORBIN, M, 54 Ranelagh Road, London (020) 7998 5726
CORDES, J, 6 Greenway Court 1 Valentines Road, Ilford (020) 8518 0399
COREN, S, 2 Birkbeck Gardens, Woodford Green (020) 8506 0820
CORFIELD, G, 44 Aldborough Road South, Ilford (020) 8590 2878
CORLESS, B.P, 43 Claude Road, E10 (020) 8556 5851
C, T, Flat 128, Enterprise House, 112 Kings Head Hill, London (020) 3674 8907
CORNELL, Mr 36 Balgonie Road, Chingford, London (020) 8524 0389
CORNELLISSEN, Ms R, 97 Grove Green Rd, London (020) 7165 7217
CORNHILL, E, 70 Tomswood Hill, Ilford (020) 8252 3706
CORNISH, Mrs Edna, 14 Long Leys, London (020) 8531 8722
C, J, Flat 21 St. Mary's Lodge St. Mary's Avenue, Leytonstone (020) 8989 8534
C, T, 55 Granville Road, E17 (020) 8521 4073
CORNS, J, 46 Cowley Road, E11 (020) 8530 2977
CORNWALL, S, Mobile, 21 Kimberley Way, London (07939) 627006
COROPCEAN, E, 16 Piper Way, Ilford (020) 3536 0218
CORPE, A.J, 2 The Stables, Buckhurst Hill (020) 8504 8160
C, D, 298 Ashurst Drive, Ilford (020) 8270 2223
CORRY, D.G, 2A Chestnut Dv, E11 (07956) 468776
CORTON, G, 25 Glastonbury Avenue, Woodford Green (020) 8505 3704
CORY, A, 15 Galeborough Avenue, Woodford Green (020) 8923 6172
C, A.J, 15 Galeborough Avenue, Woodford Green (020) 8531 0387
COSSINGTON, D, 118 Trotwood, Chigwell (020) 8500 2485
COSSO, N, Flat H 163-65 Hoe Street, E17 (020) 4568 6349
COSTA, Mr R, 29 Brunswick Road, London (020) 8177 9926
COSTELLO, K, 83 The Lindens, Loughton (020) 8502 2434
COSTI, S, Flat 19 Flat 19, Morris Court 3 Flaxen Road, LONDON (020) 3652 3562
COSTIS, M, 7 Mersey Road, London (020) 8527 5406
COSY LOST, C, 51 Lambourne Road, Chigwell (020) 8500 2159
COTTER, W.C, 54 Calderon Road, E11 (020) 8556 3788
COTTERELL, J, 5 Summerose Court 318a Higham Hill Road, London (020) 3592 4182
COTTON, L, 44 Onslow Gardens, London (020) 8532 2242
COTTRILL, P, 67 Pretoria Road, London (020) 8926 1311
COUCH, D, 180 Windsor Road, Ilford (020) 8514 2340
COUCHMAN, Peter, 3 Forest View Road, Loughton (020) 8502 0551
COUGHLIN, D, 80 Tine Road, Chigwell (020) 8501 0185
COULL, Beatrice, 9 Ingleby Gdns, Chigwell (020) 8500 5701
COULSON, N, 13 Greenwood Drive, E4 (020) 8523 3440
COUNCIL, E, Emmanuel Vicarage 149 Hitcham Road, Walthamstow (020) 8539 2200
COUNSEL, W, 21 Cleveland Road, London (020) 8530 6849
COUPLAND, R, 2 Campion Gardens, Woodford Green (020) 8559 1429
COURCHA, J, 6 Willow Close, BUCKHURST HILL (020) 8505 4328
COURSE, S, 1 Wigram Road, London (020) 8989 4259
COURT, K, 14 Selworthy Close, E11 (020) 8530 4783
COURTENAY, A, The Shrubbery 6 Wadley Road, Leytonstone (020) 8556 6922
COURTNELL, A, 85 Church Road, Manor Park (020) 8478 1778
COURTNEY, G, 104 Forest Road, E17 (020) 8521 5194
C, J, 1b Beacontree Avenue, London (020) 8531 9560
C, J, 14 Garden Way, Loughton (020) 8508 0201
COUSINS, L, 124 Aldriche Way, London (020) 8527 4942
C, L, 50 The Bowls, Chigwell (020) 8501 3183
COUSSELL, S, 130 Wanstead Park Avenue, E12 (020) 8530 3984
COVENEY, F, 1 Kings Road, London (020) 8529 1804
COVENTRY, P, 165 Hermon Hill, E18 (020) 8518 8284
COVETTE, Mr G, 5 Eighth Ave, London (020) 8141 1330
COWAN, E, 44B Farmer Road, London (020) 3566 0477
C, K, 113 Gordon Road, Ilford (020) 8220 6574
C, M, 48 Theydon Street, London (020) 8925 8288
C, M, 46 Woodland Road, Loughton (020) 8508 3779
C, P, 9 Winns Avenue, London (020) 8923 9201
COWELL, F, 57 Thorpe Road, London (020) 8531 1475
COWIE, A, 10 Woodland Close, Woodford Green (020) 8504 9722
COX, A, 7A Forest Court, London (020) 8529 7233
C, B, 58 Hollywood Way, WOODFORD GREEN (020) 8527 2413
C, C, 48 Durham Avenue, Woodford Green (020) 8505 1678
C, C, 42 Lea Hall Gardens Lea Hall Road, E10 (020) 8556 5358
C, D, 25 Browns Road, E17 (020) 8521 3587
C, J, 41 Stonards Hill, Loughton (020) 8508 8539
C, M, 96 Burnham Road, London (020) 8529 7308
C, Norma, 101 Colson Rd, Loughton (020) 8508 5331
C, P, 16 Queens Road, Loughton (020) 8502 1106
C, P, 28 Worsley Road, London (020) 8555 6030
C, R, 24 Flat 7 St. Josephs Court Forest View, LONDON (020) 8559 3737
C, Mr Stuart, 66, Dale View Crescent Dale View Crescent, London (020) 8524 6577
CRABB, M, 24 Wolsey Gardens, Ilford (020) 8252 4283
CRABBE, R, 16 Hatley Avenue, Ilford (020) 8550 1838
CRACKNELL, P, 10 Millers Lane, Chigwell (020) 8501 0079
CRAFT, R, Flat 14 Runcie Court New Mossford Way, Barkingside (020) 8550 3169
CRAGGS, B, 20 Heathcote Court Heathcote Avenue, Ilford (020) 8551 9510
CRAGIE, M, 70 Dale View Crescent, London (020) 4619 6175
CRAIG, D, 8 Parkhurst Road, London (020) 8923 5831
C, M, 47 Knighton Lane, Buckhurst Hill (020) 8504 9960
CRAMER, L, 7 Westview Drive, Woodford Green (020) 8550 4084
CRANDON, I, 4 Ripley View, Loughton (020) 8532 1181
C, R, 5 Priors Croft, London (020) 8531 4615
CRANE, K, 84 Edinburgh Road, London (020) 3556 7092
C, K, 111 Warren Road, London (020) 8989 1453
C, S.V, 57 Guildford Road, Ilford (020) 8599 8560
CRANFIELD, A.B, 38 Fernhill Court, E17 (020) 8520 4282
CRASKE, P, 171 Wallwood Road, London (020) 8539 3642
CRAWLEY, C.J, 72 Belgrave Road, E17 (020) 8521 0985
C, R, 35 Seymour Road, E4 (020) 8529 2797
CRAYFER, D, 581 Copperfield, Chigwell (020) 8501 5301
CREASEY, H, Flat 1 Atholl Court Atholl Road, Ilford (020) 8599 2217
CREED, G, 8 Victoria Road, Buckhurst Hill (020) 8505 8273
C, H, 3 The Drive, E4 (020) 8529 7268
C, S, 99 Howard Road, E17 (020) 8521 4898
C, S, 23 Onslow Gardens, London (020) 8989 0295
CRESSEY, M, 40 Mount Pleasant Road, Chigwell (020) 8500 1873
CREST, L, 31 Chadacre Avenue, Ilford (020) 8551 1386
CRIDDLE, D, 25 High Meadows, Chigwell (020) 8500 8793
CRISTIAN, G, Flat 75 City Gate House 399-425 Eastern Avenue, ILFORD (020) 8013 6301
CROCKER, S.A, 4 Belmont Close, E4 (020) 8523 3516
CROCOMBE, L, 32 Snowshill Road, LONDON (020) 3685 1029
CROFTS, D, Flat 7 Orestes Court, 39 Woodford Road, London (020) 8530 7900
CROKE, D, 69 Chestnut Avenue, Buckhurst Hill (020) 8281 0349
CROLL, P.F, 7 The Uplands, Loughton (020) 8502 3638
CROME, C, 5 Evanston Avenue, Chingford (020) 8527 0099
C, V, Flat 6 Julia Court 57 Pendlestone Road, E17 (020) 8509 1101
CROOK, A, 59 Monkhams Avenue, Woodford Green (020) 8504 6393
C, M, 5 Chase Gardens, Chingford (020) 8529 7850
C, R, 104 Brook Crescent, E4 (020) 8524 1895
CROOKENDALE, A, 68 Kettlebaston Road, London (020) 8923 7309
CROOKS, C, 56 Darnley Road, Woodford Green (020) 8506 1881
CROSHAW, C, 29A High Street Wanstead, E11 (020) 8279 3347
CROSS, A, 72 Oak Hill Crescent, Woodford Green (020) 8523 0643
C, D, 27 Forest Avenue, Chigwell (020) 8793 2667
C, J.H, 36 Knebworth Avenue, E17 (020) 8523 0625
C, M, 78 Genas Close, Ilford (020) 8550 4030
C, Mr Josh Milyn Chapel Lane, Chigwell (020) 8616 9136
CROSSAN, Mrs 24 Donington Avenue, Ilford (020) 8270 0628
CROSSBRIMMELL, R, Flat 45,Malford Court The Drive, London (020) 7310 0277
CROSSWELL, A, 47 Kingswood Road, Ilford (020) 8599 7965
CROSTON, G, 41a Hawarden Road, London (020) 8279 2482
CROUCH, J, 23A Hermon Hill, London (020) 7464 6765
CROUCHER, S, Flat 9 St. Theresa Court 25 Forest View, E4 (020) 8524 6055
CROWE, D.L, 15A Lancelot Road, Ilford (020) 8500 9581
C, H, 52 Holland Park Avenue, Ilford (020) 8220 1358
CROWLEY, J, 16 Keynsham Avenue, Woodford Green (020) 8505 1689
CROWN, A, 43 Frederica Road, Chingford (020) 8529 8205
CROXON, T.A, 22 Hurst Road, Buckhurst Hill (020) 8504 2200
CRUDGINTON, A, 55 Friday Hill West, E4 (020) 8524 5976
CRUMP, D, Flat 2 Larkshall Court Larkshall Road, E4 London (020) 8527 4502
CRUTCHFIELD, B.E, 87 New Rd, E4 (020) 8529 8925
CSUKA, Sandor, 117 Albert Road, Ilford (020) 8911 8309
CUBITT, R, 3 Pendlestone Road, E17 (020) 8520 1593
CUDDEFORD, T, 2 Malford Grove, London (020) 8281 3644
CUFF, Mr Michel, 29 Barfields, Loughton (020) 3620 8255
CUFFE, N, 82 Forest View Road, London (020) 8793 6921
CUFFLEY, V, 53 Jessel Drive, Loughton (020) 8281 7382
CUFFY, C, Flat 11 Manor Court 80 Beresford Road, London (020) 8523 9316
CULLEN, A, 43 Thorold Rd, Ilford (020) 8514 1589
C, P, 475 Green Lane, Ilford (020) 8597 4973
C, Thomas, 9 Finchingfield Avenue, Woodford Green (020) 8504 4850
C, T, 50 Hermitage Walk, E18 (020) 8989 4558
CULLIGAN, M, 205 Smarts Lane, Loughton (020) 3659 4909
CULLUM, A, 118 Drysdale Avenue, London (020) 8529 4741
CULPIN, L, 127 West Grove, Woodford Green (020) 8504 5927
CUMMING, R, 45 Copeland Road, E17 (020) 8521 0292
CUMMINGS, M, 5A Lord Gardens, Ilford (020) 8550 7367
C, P, Mobile, 2 The Shubberies George Lane, London (07802) 840681
CUMMINGS-JOHN, M, 54 Clarence Road, E17 (020) 8531 1914
CUMNERPRICE, M, 19 Parkland Road, Woodford Green (020) 8504 3716
CUNDY, A, 206 Oaks Lane, Ilford (020) 8491 8342
CUNHA, Mr L, 255A High Road, E11 (020) 8177 6516
CUNINGHAME, B, 49 Warner Rd, E17 (020) 8520 3875
CUNNINGHAM, A, 15 Churchill Lodge 50 Savill Row, Woodford Green (020) 8504 2972
C, B, 34 Brackley Square, Woodford Green (020) 8491 7540
C, June, 48A High Beech Road, Loughton (020) 8508 8827
C, M, 119 Windsor Road, Ilford (020) 8478 7996
CUNNINGTON, J, 126 Higham Station Avenue, London (020) 8527 8253
CURNELL, N, Mobile, 29 Pines The, Woodford Green (07960) 476769
CURRAN, C, Flat 11 116, Rook Apartments Hylands Road, London (020) 3737 5052
C, M, 8 Sands Way, Woodford Green (020) 8504 1479
C, T, 67 Fyfield Road, London (020) 8520 9822
CURRELL, P.J, (Mobile), Flat 5 The Bungalows Forest Rd, Ilford, Essex (07984) 869896
CURRY, B.E, 11 Dorchester Gardens, E4 (020) 8524 1080
CURTIS, D, 78 Pulteney Road, London (020) 8989 9658
C, E, 5 Pyrles Green, Loughton (020) 8508 7089
C, F, 112 Forest Road, Loughton (020) 8508 5088
C, F, 3 Ingatestone Road, Woodford Green (020) 8504 9466
C, G, 31 Steele Road, London (020) 8555 6484
C, J, 24 South Park Road, Ilford (020) 8514 1954
C, L, 40 Mount View Road, London (020) 8524 1894
C, Phillip, 49 Osprey Close, E11 (020) 8530 5807
C, S, 110A Westward Road, London (020) 8531 6136
C, T, 25 Rayleigh Road, Woodford Green (020) 8506 0430
CURTISS, L, 61 Cranley Road, Ilford (020) 8554 6342
CUSHMAN, T, 21 Elmcroft Avenue, London (020) 8491 7057
CUSHWAY, G, 79 Abbotts Crescent, London (020) 8527 6657
C, R.A, 5 Robert Close, Chigwell (020) 8500 7593
CUTHDERT, Brian, 8 Harford Close 8 Harford Close, London (0191) 2663417
CUTHELL, J, 52 Gwynne Park Avenue, Woodford Green (020) 8505 7552
CUTLER, B.I, Flat 11 Watership Down House Cambridge Park Road, E11 (020) 8530 3514
CUTMORE, L, 40 Homefield Avenue, Ilford (020) 8597 9462
C, M, 9 Highfield Road, Woodford Green (020) 8505 7405
CUTTING, L, 24 Belle Vue Road, London (020) 8531 4601
CWENEBOAH, S, 173 Warrior Sq, E12 (07944) 461409
CZARNECKA, B, First Floor Flat, 13 Downsfield Road, Walthamstow, London (020) 3659 3254
CZARNUAK, A, 67A Argyle Road, Ilford (020) 3686 1862
CZERKAWSKI, M, 104 Charter Avenue, Ilford (020) 8220 8150
DA COSTA, M, 10 Barnes Close, E12 (020) 8911 4907
D, Miss Y, 96a Cranbrook Rd, Ilford (020) 3132 4513
DA SANTOS, Mrs 7 Livingstone Road, London (020) 8521 5087
DA SILVA, Mr D, 232 High Road Leyton, London (020) 8177 0691
D, Mr J, 5 Brighton Av, London (020) 3132 1409
D, Mrs M, 104a Hoe St, London (020) 3132 0741
DABBAKUTI, S, 43 Park Avenue, Ilford (020) 3654 4979
DABER, T, 3 Cavalry Place, London (01832) 270286
DABHI, Mr T, 12 Brook Road, Ilford (020) 8141 3423
DABKOWSKA, K, 49 Grosvenor Road, London (020) 3674 0800
DABROWNY, J, 74 Granleigh Road, E11 (020) 8177 8469
DACOSTA, H, 467 Cranbrook Road, Ilford (020) 3380 9816
D, H, 9 St. Edmunds Rd, Ilford (020) 8554 5273
D, Mrs Helen, Flat 20, Hilary Dennis Court, 34 Sylvan Road, London (020) 8532 9803
D, John, 81 Douglas Rd, Ilford Goodmayes (020) 8597 2771
D, L, 15 Charlotte Court Clarence Avenue, Ilford (020) 8554 2942
D, Sherol, 177 Capel Road, E12 (020) 8478 3334
D, S, 11 Lytton Close, LOUGHTON (020) 8502 1047
D, S, 77 Perrymans Farm Road, Ilford (020) 8220 6558
DACRES, A, 100 Claude Road, Leyton (020) 8558 9555
D, Miss J, Miss 76 Ranelagh Road, London (020) 8519 6856
DADA, Mr S, 43 Eighth Avenue, London (020) 7165 7234

DADABHOY, R, 13 Kenilworth Avenue, LONDON ....(020) 8531 4328
DAGUIAR, J.I, 13 Copper Beech Court Goldings Road, Loughton ....(020) 8508 1458
DAHIR, A, 35 Navestock Crescent, Woodford Green....(020) 3632 8748
D, O, 201 Sixth Av, E12....(020) 8514 6125
DAINES, D.W, 54 Waltham Way, E4 ....(020) 8524 7514
DAKIN, K, 44 Fullers Road, London....(020) 8505 5239
DALE, P, 25 Millsmead Way, Loughton ....(020) 8281 1536
DALEY, A, 79 Wadham Avenue, LONDON ....(020) 3673 8690
D, J, 11 Leeds Road, ILFORD ....(020) 3842 7680
D, J.I, 5 Whitehall Close, Chigwell....(020) 8500 6212
D, N, Flat 602 Valentines House 51-69 Ilford Hill, Ilford ....(020) 8911 8442
DALGARNO, P, 79 Chingdale Road, London....(020) 8529 0714
DALLADAY, J, 89 Albert Road, London ....(020) 8503 6229
DALLENDER, R, 10 West Grove, Woodford Green....(020) 8504 6358
DALPHINIS, A, 194 Westwood Road, Ilford ....(020) 8599 7284
DALTON, B, 6 Dale View Gardens, London....(020) 8524 1234
D, J.W.A, 189 Hillyfields, Loughton....(020) 8508 7594
D, L, 55 Barclay Road, E17 ....(020) 8509 0707
D, S, 52 Spring Grove, LOUGHTON....(020) 8508 4710
DALY, C, 22 Lea Hall Gardens Lea Hall Road, London....(020) 3015 9841
D, J, 51 Covert Road, Ilford ....(020) 8500 3709
D, J, 60 Leybourne Road, London....(020) 8989 6476
D, P, 122 Walnut Road, E10....(020) 8556 6675
D, T, 9 Newgate Street, London....(020) 8529 9811
DAMANIA, B, 133 Huxley Road, London....(020) 8556 9449
DAMAS, J, 6 Audley Court, London ....(020) 3663 1967
DAMBRAUSKAS, R, Flat 12 Church Court 154 Snakes Lane East, WOODFORD GREEN....(020) 8502 9403
DAMIANO, Rd, 331 New North Road, Ilford ....(020) 8500 1048
DAMOO, D.S.D, 42A St. James's Street, E17....(020) 8521 2437
DAN, A, 211 Byron Avenue, London....(020) 3759 0125
DANAOS, Edmund A, 19 Lonsdale Road, E11....(020) 8989 3953
DANCE, S, 17 Long Deacon Road, Chingford ....(020) 8529 5645
DANGERFIELD, D.J, 5 Ritchings Avenue, E17 ....(020) 8520 4631
DANIAL GILL, J, 36 Ethelbert Gardens, Ilford ....(020) 3605 9367
DANIEL, P.F, 100 Eton Rd, Ilford ....(020) 8478 4875
D, R, 158 Burney Drive, Loughton ....(020) 8502 5508
DANIELS, B.L, 119 Whitta Road, E12....(020) 8553 4739
D, Mr C, 207 Tiptree Crescent, Ilford ....(020) 8177 3804
D, E.J, 30 Charnwood Drive, E18 ....(020) 8989 4738
D, I, 10 Keynsham Avenue, Woodford Green ....(020) 8504 9911
D, J, 29 Halstead Road, London....(020) 8989 1286
D, K, 20 Cypress Grove, Ilford....(020) 8501 4964
D, Ms K, Flat 173 Northwood tower, 71 Marlowe Road, London... (020) 8177 5175
D, M, 123 Chingford Avenue, London....(020) 8926 6195
D, M.B, Flat 6 St. Mary's Lodge St. Mary's Avenue, E11....(020) 8989 4485
D, P, 200 New Road, London....(020) 8524 9290
D, P.G, 9 Oakhurst Gardens, E4 ....(020) 8529 6373
D, R, 80 Douglas Avenue, E17 ....(020) 8531 7740
D, S.A, 402 Stocksfield Road, E17....(020) 8520 0055
DANNIELL, C, 75 Wansford Road, Woodford Green....(020) 8262 0789
DANQUAH, K, 17 St Nicholas Place, LOUGHTON ....(020) 3524 6149
DANSIE, J, 13 Park Road, London....(020) 8556 3738
DAR, M, 1 South Park Villas South Park Drive, Ilford....(020) 3729 4746
D, N, 45 Grange Crescent, CHIGWELL....(020) 3016 7457
D, T, 17A New Road, Ilford ....(020) 3731 5669
DARBAN, Peyman, 27 Meadow Road, Loughton....(020) 8502 3984
DARBAR, V, 3 Foxglove House,16 Foxglove Gardens, Chigwell .(020) 8501 2558
DARBEN, Fatma, 126 Hale End Rd, London....(020) 8531 3263
DARBO, R, 53 North Countess Rd, E17....(020) 8503 2839
DARBY, A, 11 Broxbourne Avenue, London....(020) 8530 3881
D, F.C, 13 South Dale, Chigwell....(020) 8501 1204
D, Mr G, 20 Madeline Gr, London ....(020) 8141 7390
D, J, 186 Forest Edge, Buckhurst Hill....(020) 8504 9785
DARBYSHIRE, N.J, 68 Fourth Avenue, E12 ....(020) 8514 1254
DARIE, M, 10 Walnut Road, E10 London....(020) 8539 6789
DARK, I, 19 The Heights, Loughton....(020) 8508 3074
DARKE, K, 33 Winsbeach, E17 ....(020) 8521 0153
DARKO, Elsie, 24 St. Patricks Court Bridle Path, Woodford Green ....(020) 8531 8719
DARLIN, E, Flat 4 809, Flat 4 Romford Road, London....(020) 3662 6407
DARLING, B, 86 Belgrave Road, London ....(020) 8989 2244
D, B, 3 Sapling Lodge Montalt Road, Woodford Green....(020) 8505 4990
DARLING-GRANT, D, 36 Hazel Way, London....(020) 8527 1612
DARLINGTON, A, 25 Marmion Close, LONDON ....(020) 8013 3119
DARR, I, 363 Ilford Lane, Ilford....(020) 8478 5167
D, T, 43 Birch Grove, E11....(020) 8556 2737
DARWOOD, Mrs Kathleen, 63 Murchison Road, London....(020) 8556 3905
DAS, H, 40 Roding Lane North, WOODFORD GREEN ....(020) 8498 9372
D, J, 26 Karina Close, Chigwell....(020) 7671 0604
D, S, 21A Bramley Crescent, ILFORD ....(020) 8013 0098
D, Dr S.K, 39 Cheyne Avenue, E18....(020) 8530 5691
DASCHOUDHURY, E.M, 36 Pretoria Road, E11....(020) 8539 0997
DASGUPTA, A, 4 Kensington Drive, Woodford Green ....(020) 8551 0386
D, S, 11 High Meadows, Chigwell....(020) 8925 5901
D, S, 91 Tamar Sq, Woodford Green.... (07956) 952672
DASILVA, K, 77 South View Drive, London....(020) 8491 0190
D, Sylnet, 77 Adelaide Road, E10 ....(020) 8558 7531
DASNANDI, Mr P, 67 Glenthorne Road, London ....(020) 8509 7463
DASS, N, 277 Hampton Road, Ilford ....(020) 8553 1119
DASSANAYAKE, I, Flat 12 St. Augustines Court Mornington Road, London ....(020) 3712 4041
DATT, L, Vishnu Court 723-733 Flat 8 Cranbrook Road, Ilford....(020) 3016 9681
DATTA, B, 221 Coventry Road, Ilford....(020) 8220 5426
D, P, 87 Grange Road, Ilford....(020) 8553 1132
DATTANI, V, 60 Fairlop Road, Ilford Essex ....(020) 8551 0811
DAUDA, R, 66 Norman Road, London ....(020) 8257 8305
DAUGHTERS, C, 25 Pasquier Road, London....(020) 8527 1047
D, D, 138 Bramley Close, London ....(020) 8923 6923
DAUKSEVICIUS, Gediminas, Unit 5 The Acorn Centre Roebuck Road Hainault Business Park, Ilford....(020) 8500 3100
DAVDA, V, 144 Aldborough Road South, Ilford ....(020) 8590 1876
D, V, 94 Inglehurst Gardens, Ilford....(020) 8551 0769
DAVDRA, K, 219 Shakespeare Crescent, London....(020) 8470 1791
DAVE, K, Flat 22 Ashton Court 2 Connington Crescent, LONDON ..... (020) 8529 1910
DAVENPORT, P, 6 Epping Way, London....(020) 8529 3228
DAVEY, J, 4 Farm Way, Buckhurst Hill....(020) 8559 0116
D, Kirsty, 58 Omnibus Way, E17....(020) 8531 9881
D, T, 90 The Lindens, Loughton....(020) 8508 4214
DAVID, Mr C, 189 Grantham Road, London ....(020) 8141 2952
D, F, 13 Waremead Rd, Ilford....(020) 8551 5304
D, G, 2 Harbourer Close, Ilford ....(020) 8262 3262
D, R, 115 Greenway Avenue, E17....(020) 8520 3633
DAVIDS, J, 51 Maple Gate, Loughton....(020) 3198 3099
DAVIDSON, P, 22 Spruce Hills Road, London ....(020) 8531 5319
D, Shermica, 170 Brettenham Road, E17....(020) 8527 3568
D, S, 159 Hale End Road, London....(020) 8531 7714
D, W, Flat 5 Eastmead 29 Eastwood Road, Ilford....(020) 8597 3330
DAVIE, J, 3D Valebrook 2 Park Avenue, Ilford ....(020) 8554 5488
DAVIES, A, 76 Belmont Park Road, London....(020) 8556 3099
D, B, 36 Broadwalk, E18....(020) 8989 4446
D, I, Flat 25 Westminster Court 23 Cambridge Park, E11....(020) 8530 7957
D, I, 18 Campions, Loughton....(020) 8502 5078
D, J, 41 Baldwins Hill, Loughton....(020) 8502 5574
D, J, 14 Orchard Way, Chigwell ....(020) 8501 5413
D, J.E, 13 Elmfield Road, E4....(020) 8524 3379
D, J.M, 45 Colville Road, E17....(020) 8531 1161
D, M, 21 Warren Court, Chigwell....(020) 8500 8674
D, M.H, 13 Eastwood Road, E18....(020) 8989 3195
D, Mr Martin John, 6 Broadmead Road, Woodford Green ....(020) 8505 9932
D, P, 27 Dangan Road, London....(020) 8989 5946
D, R, 15 George Lane, South Woodford....(020) 8989 3054
D, S, 31 Bushfields, LOUGHTON....(020) 8508 1634
D, S, 14 Preston Drive, London ....(020) 8989 2123
DAVIGHI, D, 24 Forest Way, WOODFORD GREEN ....(020) 8504 3062
DAVIS, A, 22 Bromley Rd, E17 ....(020) 8418 5591
D, A, Flat 3 Dale Court Grove Hill, London....(020) 3172 0093
D, B, 18 Cleveland Park Avenue, London....(020) 8925 4807
D, B, Flat 28 Rosewood Court, 4 Victoria Rd, London....(020) 8177 1731
D, D, 1A Gainsford Road, E17....(020) 8520 8367
D, E, Flat 62 The Grange 1 Lynmouth Road, E17....(020) 8520 1340
D, J, Flat 11 Copperfield Court 1 Village Way, Ilford....(020) 8550 8552
D, J.M, Flat 17 Manor Court 80 Beresford Road, E4 ....(020) 8524 7375
D, L, Ground Floor 446 Lea Bridge Road, E10 ....(020) 8539 8905
D, L, 249 Manor Road, Chigwell....(020) 3686 1540
D, M, 38 Queens Grove Road, London ....(020) 8523 8789
D, M, Flat 5, Bradfield House The Boulevard, Woodford Green.....(020) 8502 6606
D, M.T, 38 Queens Grove Road, E4 ....(020) 8523 7313
D, N, 164 Murchison Road, London....(020) 3612 5205
D, P, 60 Milton Road, London ....(020) 8279 6528
D, R, 21 Frating Crescent, Woodford Green....(020) 8491 6173
D, R, 648 High Road, Woodford Green ....(020) 8504 4057
D, S, 9 Mallards Blake Hall Road, E11 ....(020) 8530 7617
D, S, 106 Sewardstone Gdns, Chingford ....(07961) 962944
D, S.A, 22 The Summit, Loughton....(020) 8508 8573
D, T, 29 Titley Close, E4....(020) 8524 6848
DAVISON, H, 8 Priory Road, Loughton ....(020) 8418 9517
D, K, 143 Marmion Avenue, London ....(020) 8529 1873
D, S, 106A Coppermill Lane, E17....(020) 8509 1982
DAVY, E, 41 Mayfield Road, E4 ....(020) 8529 8812
DAWE, M.L, 9 Gaywood Road, E17....(020) 8521 9826
DAWES, A, 102 South Park Road, Ilford ....(020) 8553 4404
D, D, 2 Bernwell Road, London....(020) 8524 5981
DAWKINS, D, 22 Highland Avenue, Loughton....(020) 8508 7830
D, D, 48 Woodman Path, Ilford....(020) 8500 3641
D, Miss L, Flat 93 Lambourne Court Navestock Crescent, Woodford Green....(020) 8141 4791
DAWNES, T, 52 Sandyhill Road, Ilford....(020) 8220 5746
DAWNEY, L, 105 Highfield Road, Woodford Green ....(020) 8504 4395
DAWSON, B, 28 Ivy Road, London ....(020) 8923 9695
D, F, 36 Kimberley Road, London....(020) 8527 6856
D, Mr Leonard, 17 Coteford Close, Loughton ....(020) 8508 0893
D, P, 1 Geariesville Gardens, Ilford....(020) 8551 2801
D, R, Highfield Cottage Mott St, Loughton....(020) 8502 5284
D, S, Flat A 22 Fairlop Road, E11 ....(020) 8558 5889
DAY, F, 27 Leyspring Road, London....(020) 8989 7928
D, G, 18 Wickham Road, E4 ....(020) 8531 2422
D, Mr 67 King Edward Road, London....(020) 8531 0309
D, P, 10 Rayleigh Road, Woodford Green ....(020) 8491 6444
D, R, 64 Ropers Avenue, London ....(020) 8523 0028
D, V, 120 Chester Road, LOUGHTON....(020) 8508 6915
DAYA, D, Flat 16 Flat 16, Tarragon Court 205-223 Green Lane, Ilford ....(020) 8478 7993
D'CRUZ, R, 13 William Street, London ....(020) 8556 0553
DE BURGH, P, Flat 5 Colby Lodge 1c The Drive, London....(020) 3669 9163
DE CARVALHO, M, 20 Kirk Road, London....(020) 8521 4990
DE LA SABLIERE, J.Y, 31 Broadmead Road, Woodford Green ....(020) 8505 0199
DE LUCA, Monica, 75 Forest Side, London....(020) 8529 0244
D, S, Flat 4 83 Whipps Cross Road, London ....(020) 8530 7863
DE LUCIA, A, 57 Fremantle Road, Ilford ....(020) 8550 9381
DE MELLO, J, 3 Lennox Gardens, Ilford....(020) 8925 6034
DE MONT, H, 16 Hazelwood, Loughton ....(020) 8508 4489
DE SALVO, N.C, 8 Merton Road, E17 ....(020) 8520 5312
DE SILVA, Mr N, 7 Granville Rd, London....(020) 8509 9739
D, P, 11 Buryside Close Aldborough Road North, Ilford....(020) 8597 8029
DE VER HUNT, M, Flat 10, The Vista, 23 Forest View, London....(020) 7018 0089
DEACON, M.T, 7 Deynecourt Gardens, E11....(020) 8989 0949
DEAGAN, K.S, 53 Grosvenor Road, Ilford ....(020) 8478 4886
DEAGON, D, 55 Grosvenor Road, Ilford ....(020) 8514 5569
DEAN, Adm A, 23 Woodstock Gardens, Ilford ....(020) 8599 5063
D, D, 66 The Drive, Loughton....(020) 8508 2769
D, J, 62 Wellfields, Loughton....(07956) 581849
D, Y, 62 Calderon Road, London....(020) 8925 0955
DEAR, W, 55 Charter Avenue, Ilford....(020) 8554 7102
DEARN, B, 76 The Charter Road, Woodford Green....(020) 8559 1557
DEAS, R, 75 Malford Grove, London ....(020) 8518 8919
D, Stephen, A 5 Colchester Avenue, E12....(020) 8911 4652
DE'ATH, J, Flat 42 Manor Court Lodge 175 High Road, E18....(020) 8504 6533
D, S, 7 Ansell House Fitzgerald Road, London....(020) 8989 4904
DECELVA, Mr S, 15 Paget Rd, London....(020) 3132 2054
DECHEN, Mr G, 56 Westwood Road, Ilford....(020) 8141 4421
DECLERK, T, 66 Sturge Avenue, London ....(020) 8926 1162
DEDAT, Y, Flat 3 Harvey Court 6 Yunus Khan Close, E17 ....(020) 8520 1924
DEDIC, A, Flat 176 Lambourne Court Navestock Crescent, Woodford Green....(020) 8505 7374
D, S, 5 Alder Walk, Ilford ....(020) 8477 0154
DEDMAN, N, 43 Hillcrest Road, E17....(020) 8531 8599
DEEMING, B, FLAT 16,47 Gainsford Road, London....(020) 0027 6675
DEERY, B, 1 Glen Rise, Woodford Green....(020) 8505 7371
DEFARIA, Paulo, 52 Carlyle Road, E12....(020) 8553 4858
DEFREITAS, A, 22 Waverley Road, LONDON ....(020) 3842 2258
DEGA, E, 16 Roll Gardens, Ilford....(020) 8550 1921
DEGRUCHY, B, 46 Loughton Way, Buckhurst Hill....(020) 8504 9671
DEHBOUZORGI, Mr M, 59, Owen Waters Ho 380 Fullwell Av, Ilford .(020) 8551 7425
DEHMOBED, Farin, 7 Shaftesbury, Loughton....(020) 8508 2995
DEL CID, N, 30 Poplars Road, London....(020) 7910 0044
DELACRUZ, W, 13 Ambleside Gardens, Ilford ....(020) 8550 1656
DELAHUNTY, A, 26 Kenwood Gardens, Ilford ....(020) 8550 1071
DELANEY, Mr Roy, Waterstone Sewardstone Road, London ....(020) 8529 0446
DELFGOU, M, 20 Carroll Hill, Loughton....(020) 8508 6333
DELISLE, R.A, 88 Mornington Road, E4 ....(020) 8524 6915
DELL, G, 311 Roding Lane North, Woodford Green ....(020) 8551 1443
DELLOW, R, 6 Woodland Close, Woodford Green ....(020) 8559 2193
DELUCA, Mr Tony, 58 St. Mary's Road, London....(020) 8556 7026
DEMARS, T, Flat 5 27 East Avenue, E17 ....(020) 8509 1392
DEMBER, Jean, 21 Ladysmith Avenue, Ilford....(020) 8590 0469
DEMETRI, D, Flat 11 Capital House 454 Larkshall Road, London ....(020) 3652 6665
DEMETRIOU-CRANE, L, 15A Albert Road, London ....(020) 8520 8997
DEMIR, S, 26 Frankland Road, London ....(020) 8529 5482
DEMIRCI, T, 30 Bramley Close, Woodford Green....(020) 3652 6886
DEMIRCIVI, I, 157 Murchison Road, London ....(020) 8532 8610
DEMPSEY, A, 353 Chingford Road, London....(020) 8923 9753
DENHAM, R, 23 Burslem Avenue, Ilford....(020) 8252 6039
DENHARD, R.F, 17 Hillcroft, Loughton ....(020) 8502 1634
DENIESE, M.V, 235 Kingston Road, Ilford....(020) 8514 0910
DENMARK, P, 100 Abbotsford Gardens, Woodford Green....(020) 8491 0788
DENNIS, C, 2 Woodberry Way, LONDON....(020) 8529 1527
D, Eugena, 88 St Barnabas Road, Woodford Green ....(020) 8504 9125
DENNY, T, 53 Carnanton Road, E17....(020) 8926 1476
DENTON, M, 12 Victoria Road, Buckhurst Hill....(020) 8504 7167
DEPE, C, 2B Coopers Lane, E10 ....(020) 8539 1909
DEREN, I, Flat 34,Osborne Court,23 Capworth Street, Leyton .(020) 8558 4624
DE-RIGGS, S, 15 Parkland Road, WOODFORD GREEN....(020) 8504 8851
DERRETT, C, 17 Castleton Road, London....(020) 8531 3451
DERRICK, G, 75B Cowslip Road, E18....(020) 8989 6773
D, M, 22 Borders Lane, Loughton....(020) 8281 7336
DERRY, D.E, 11 Ranelagh Road, E11....(020) 8534 0520
DERSON, A, 75 Coopers Lane, E10....(020) 8556 4216
DERVIS, Mrs F, 2 Flempton Road, London ....(020) 8141 1783
DERVISH, S, Chilterns The Avenue, London....(020) 8989 4213
DESAI, Anant, 3 Walnut Way, Buckhurst Hill ....(020) 8504 6172
D, B, 54 Brackley Square, Woodford Green ....(020) 8252 1989
D, H, Flat 9 Elmslie Lodge 16 Village Way, Barkingside....(020) 8551 6239
D, M, 11 Albemarle Gardens, Ilford ....(020) 8252 4802
D, N, 98 Ardwell Avenue, Ilford....(020) 8518 0570
D, P, 18 Marquess Heights Queen Mary Avenue, London ....(020) 8793 5212
D, S, 6 Michigan Avenue, E12....(020) 8514 1556
D, Y, 247 Clayhall Avenue, Ilford....(020) 8924 8495
DESBOROUGH, L, 3 Ingrebourne Court Chingford Avenue, Chingford....(020) 8529 4837
DESILVA, C, 605 Forest Road, London....(020) 8523 4616
DESILVASOARES, Marinela, 45 Ravenoak Way, Chigwell....(020) 8500 4556
DESLANDES, G, Flat 7 Devon House 2 Darndale Close, London (020) 8523 2769
DESOUSA, B, 105 Winchester Road, Chingford ....(020) 8527 9078
DE-STE-CROIX, R, 78 The Avenue, London....(020) 8926 9168
DEUDNEY, C, 17A Carr Road, London ....(020) 8925 9951
DEV, B, 229 Browning Road, London....(020) 8471 6110
DEVADASAN, V, 87 Nottingham Road, London....(020) 8926 1989
DEVANDRAN, Mrs Rajit, 1 Cheviot Way, Ilford....(020) 8599 1516
DEVANEY, E, 33 Colebrooke Drive, London ....(020) 8989 8350
DEVARE, I.J, 5 Rectory Road, E12....(020) 8478 6541
D, S, 15 Fairway, Woodford Green ....(020) 8504 7440
DEVERE, E, 70 Hollywood Way, Woodford Green ....(020) 8531 6824
DEVEREUX, M, 56 South View Drive, London ....(020) 8518 8522
DEVINE, S, 4 River Way, Loughton ....(020) 8508 1137
DEWAR, Mr James, 66 Beech Hall Road, London....(020) 8523 2151
DEWDHARY, M, 28 Ashgrove Road, Ilford ....(020) 8599 2415
DEWS, M, 5 Grosvenor Rise East, E17 ....(020) 8520 0534
DEY, S, 4 Seventh Avenue, E12....(020) 8911 8958
DHAMI, A, 137 Redbridge Lane East, Ilford ....(020) 8550 5416
DHANA PAL, B, 80a Fourth Av, E12....(020) 8553 2674
DHANDA, Ms Neelam, 37a Gartmore Road, Ilford ....(020) 8599 0571
DHANGAL, K, 145 Blythswood Road, Ilford....(020) 8590 7574
DHANI, I, 130 Browning Road, Manor Park....(020) 8470 2092
DHANJAL, G, 125 Gordon Road, Ilford....(020) 3092 3997
DHARMAJAN, K, 135 Sheringham Avenue, Manor Park....(020) 8553 0510
DHESI, H, 31 Wanstead Park Avenue, London....(020) 8530 1426
DHILLON, A.S, 91 Queenborough Gdns, Ilford, Essex....(07940) 498580
DHIMAN, Mr V, 23 Howard Road, Ilford....(020) 3132 8205
D, V, 58 Stoneleigh Road, Ilford....(020) 8551 0904
DI SILVA, Mr S, 5 Washington Ave, London ....(020) 8141 6369
DIA NIANG, L, Flat 2 49-50, Seascape House Church Lane, Leytonstone....(020) 3612 3689
DIAF, M, 18 Broadwalk, London ....(020) 8306 6276
DIAMOND, C, 46 Deepdene Path, Loughton....(020) 8508 0315
DIAS, P, 58 Gascoigne Gardens, Woodford Green....(020) 8504 3304
D, S, 22 Worcester Gdns, Ilford, Essex....(07932) 876058
DIAS SE BRITO, P, 5 Salway House,25-33 Thornhill Road, London ....(020) 3352 7600
DIBBLE, C, 90 Peel Road, London....(020) 8530 6795
DICK, R, 10 Mansfield Road, London....(020) 8989 7281
DICKENS, G, 20 Tuscany House Medici Close, Ilford....(020) 3730 2990
DICKIN, A, 10 Laurel Gardens, London ....(020) 8279 7472
DIDIALLY, H, 87 Canterbury Avenue, ILFORD....(020) 8554 4515
DIDIER, S, Flat 3 69, Flat 3 Vicarage Road, London ....(020) 3673 3464
DIDINO, L, Oaklands Apartments 3, 53 Nutter Lane, London ..(020) 8989 6587
DIETHEL, Z, 14 Scholars Rd, E4....(020) 8523 7399
DIEZ CLEMENTE, J.L, 21 Radley Avenue, Ilford ....(020) 8597 8394
DIGGAN, L, Trelawn Clarendon Road, E18....(020) 8989 4923
DIGHTON, J, 2 Chadwick Avenue, London....(020) 8524 6643
DIGNAN, H, 36 Castleton Road, Ilford ....(020) 8590 0885
DIKE, L, 114 Stanley Road, Ilford....(020) 8553 4972
DIL, A, 201 Manford Way, Chigwell....(020) 8389 3058
DILJAN, S, 207 Woodford Avenue, Ilford....(020) 8550 5198
DILLEEN, J, 3 Selborne Road, Ilford....(020) 8478 8028
DILLEY, P.F, 151 Fencepiece Road, Ilford....(020) 8500 5572
DILLON, F, 22 Arbor Road, London ....(020) 3669 0416
DILMAHOMED, A, 369 Sherrard Road, E12....(020) 8471 3252
DILWORTH, Mr P, 42 Pittman Gardens, Ilford....(020) 8177 3505
DIMA, L, Lord Roberts House Flat 3 16, Macdonald Road, London ..(020) 3723 0168
DIMENT, S.J, 19 Kenilworth Gdns, Ilford....(020) 8599 2962
DIMITROV, D, Flat 3 7a Goodmayes Road, Ilford....(020) 3560 4904
D, D, 44A High Road, Buckhurst Hill ....(020) 3654 0083
DIMITROVA, E, 34 Cambria Court 24 Sutherland Road, London..... (020) 3689 0159
D, T, 53 Parkmead, Loughton ....(020) 8508 7802
DIMMOCK, R, 5A Chingford Lane, WOODFORD GREEN ....(020) 8505 4700
DIMOFTE, D, 376 Hoe Street, London ....(020) 7018 5165
DIN, A, 36 Keswick Gardens, Ilford....(020) 8550 7271
D, Nasir, 55 Auckland Road, Ilford....(020) 8518 5793
DING, T.C, 12 Brandville Gardens, Ilford ....(020) 8551 7553
DINH, B, 95 Station Road, E4 ....(020) 8529 5095
DINICA, D, Flat 5 30 Arundel Gardens, Ilford....(020) 8599 8457
DINSLEY, A, 10 Chestnut Close, Buckhurst Hill....(020) 8505 0100
DIOMANDE-TAQUI, M, Flat 16 Walnut Court Vallentin Road, Walthamstow....(020) 8520 7399
DIPLOCK, S, 23 Marten Road, Walthamstow ....(020) 8527 0270
DIRA, F, 27 Medway Close, Ilford....(020) 8478 1002
DISHINGTON, M.N, 179 Whitehall Road, Woodford Green..... (020) 8505 0134

DISOJA, Mr D, 375 High Road Leytonstone, London ... (020) 8988 3096
DIVAKARAN, A, 19 Waterloo Road, Ilford ... (020) 4537 8184
DIX, J.H.G, 14 Mount Echo Dv, E4 ... (020) 8529 6175
DIXIT, A, 113 Browning Road, E12 ... (020) 8470 4077
DIXON, C, 15 Ropers Avenue, London ... (020) 8793 7921
D, D, Flat 7 558 Forest Road, E17 ... (020) 8509 0227
D, Mr Grant, 11 Arundel Gardens, Ilford ... (020) 8983 8117
D, J.A, 98 Nelson Road, E4 ... (020) 8531 9082
D, L.J, 247 Henley Road, Ilford ... (020) 8553 3646
D, Mr Paul, 8 Broomhill Road, Ilford ... (020) 8590 8048
DIYENLI, N, 162 Stocksfield Road, E17 ... (020) 8520 4950
DJALO, A, 86 Stanley Road, Ilford ... (020) 3536 7924
DJAQUITE, B, 158A Markhouse Road, London ... (020) 3016 4013
DJEBBAR, A, 23 Hartwell Drive, London ... (020) 3759 8046
DJEHICHE, Mr S, 117 Ground Floor Murchison Rd, London ... (020) 3132 1937
DJIRIT, A, 60 Lansdowne Road, London ... (020) 3560 1826
DMELLOW, D, 91 Glenwood Gardens, Ilford ... (020) 8550 7068
DMITRIENKO, Mr A, 97 D'Vine Higham Hill Rd, London ... (020) 3132 1069
D'NETTO, C, 76 South Park Terrace, Ilford ... (020) 8478 8595
DOAL, P, 67 Beaminster Gardens, Ilford ... (020) 8551 2605
D, S, 708 Eastern Avenue, ILFORD ... (020) 8554 1722
DOBAC, I, 392 Limes Avenue, Chigwell ... (020) 8117 0943
DOBBS, A, Flat 1 160 Hainault Road, E11 ... (020) 8558 6508
D, A, 5 Harcourt Avenue, E12 ... (020) 8478 3438
D, P, 24 Beresford Road, E4 ... (020) 8529 8097
DOBSON, K, 70 Chequers Road, Loughton ... (020) 8508 3946
D, N, 27 Poppleton Road, London ... (020) 3876 8312
DOCI, I, 62 Navestock Crescent, Woodford Green ... (020) 8506 0046
DOCKA, R.M, 66 Grosvenor Road, Ilford ... (020) 8478 5477
DODD, D, 276 Old Church Road, E4 ... (020) 8529 5692
D, Matthew, Flat 22 Craig House 263 High Street, Walthamstow ... (020) 8509 0065
DODDAPANENI, Mr B.G & P, 46 Shakespeare Cres, London ... (020) 3132 5081
DODDING, M, 27 Coppermill Lane, London ... (020) 8521 7204
DODIMEAD, K, 61 Russell Road, London ... (020) 8524 4433
DOE, S, 35D Courtland Avenue, Ilford ... (020) 8518 5962
DOGAN, M, 30 Pretoria Avenue, E17 ... (020) 8520 5531
DOGANCIOGLU, H, 26 Oaktree Grove, Ilford ... (020) 3686 3531
DOHERTY, J, 88 Meadway, Ilford ... (020) 8591 6529
D, M, 91 Westwood Rd, Ilford, Essex ... (07960) 650278
DOLAN, N, 176 Northcote Road, E17 ... (020) 8521 5120
D, N, 176 Northcote Road, London ... (020) 8257 3002
DOLE, H, Mobile, 15 Hoveton Way, Ilford, Essex ... (07961) 743325
DOLMA, T, 23 Frankland Road, London ... (020) 3015 9061
DOLYAK, C, 12A Gladding Road, E12 ... (020) 8553 3033
DOMENICO, D, Mobile, 17 Viking Place, London ... (07904) 132118
DOMI, E, 7 Glen Road, London ... (020) 3158 1135
DON, P, Westminster Court Flat 41 23, Cambridge Park, London ... (020) 3536 3262
DONAGHEY, E, 50 Salisbury Hall Gardens, LONDON ... (020) 3894 2155
DONALD, G, 199 Maybank Road, London ... (020) 8505 9232
D, P, Ceres Broadmead Road, Woodford Green ... (020) 8504 2017
DONALDSON, Mrs 68 St. Mary's Road, London ... (020) 8556 6396
DONCHEV, Radi, 128 Queensberry Place, E12 ... (020) 8472 2638
DONKER, M, 208 Henley Road, Ilford ... (020) 8553 5310
DONKOR, D, 28 Balgonie Road, E4 ... (020) 8524 4699
D, T, 12 Victoria Road, LONDON ... (020) 3724 2418
DONNELLAN, E, 49 Gardner Close, London ... (020) 3712 5815
D, P, 4 Nafferton Rise, High Road, Loughton ... (020) 8502 1029
DONNELLY, D, 41 Grosvenor Drive, Loughton ... (020) 8281 7152
D, M, 11 Addison Road, E11 ... (020) 8989 2822
D, R, 21 Bradford Road, Ilford ... (020) 8013 4620
DONOGHUE, H, 102 Hanson Drive, Loughton ... (020) 8418 9315
D, K, 104 Clacton Road, E17 London ... (020) 8520 3721
DONOVAN, J, 158 Belgrave Road, London ... (020) 8530 3545
D, R, 33 Cottesmore Avenue, Ilford ... (020) 8252 9396
DOOLEY, G, 47 St. Andrews Court, Higham Hill Road ... (020) 8527 4364
D, M, Flat 37 Heron Court Morland Road, Ilford ... (020) 8553 5646
D, S, 73 Church Hill, Loughton ... (020) 8508 5464
D, S.A, 253C Aldborough Road South, Ilford ... (020) 8599 8413
DORAN, C, 64 High Road, Buckhurst Hill ... (020) 8504 8267
D, R, 64 Connington Crescent, E4 ... (020) 8524 1854
D, S, 102 Dunedin Road, E10 ... (020) 8558 6945
DORDOE, V, 26 Brading Crescent, London ... (020) 3605 5957
DORE, M, 59 Palace Gardens, Buckhurst Hill ... (020) 8925 6502
D, M, 6 Preston Avenue, London ... (020) 8531 9836
D, R, B, 28 St. Johns Road, Walthamstow, London, London ... (020) 3581 7266
DOREE, A, 11 Sansom Road, London ... (020) 8556 2441
DORLING, G, 3 St. Edmunds Road, Ilford ... (020) 8518 1928
DORWUNA, Vivian, 18 Tiptree Crescent, Ilford ... (020) 8551 7679
DOS SANTOS, A, Flat 17 De Havilland Square Piper Way, Ilford ... (020) 7506 2523
D, Miss O, Flat 3 Batten House The Drive, London ... (020) 3138 0485
DOSA, T, 148 Church Rd, E12 ... (020) 8478 6899
DOSHI, D, 44 Albemarle Gardens, Ilford ... (020) 8262 9488
D, R, 44 Tomswood Road, Chigwell ... (020) 8500 8137
DOSI, V, 18 Eynsford Road, Ilford ... (020) 8491 9104
DOSWELL, E.M, Flat 27 Westminster Court 23 Cambridge Park, E11 ... (020) 8989 5906
DOTSIKA, F, 40 Danbury Way, Woodford Green ... (020) 8505 7914
DOUBOULAY, A, 4 Greenfield Terrace Hursley Road, Chigwell ... (020) 8117 3092
DOUGHLIN, K, 30 Green Lane, Ilford ... (020) 8478 6533
DOUGHTY, Sharon, 117 Sansom Road, E11 ... (020) 8556 8731
DOUGLAS, C, 35 Stow Crescent, E17 ... (020) 8531 2969
D, D.C, 106 Manor Road, E10 ... (020) 8558 9760
D, M.M, 50 Station Road, Loughton ... (020) 8508 7589
D, Mrs S, 2 Spurway Parade, Ilford ... (020) 3370 2800
DOUGLASS, J.M, 15 Grangeway, Woodford Green ... (020) 8504 5842
DOUGLES, Admiral K, 31 Beck Square, London ... (020) 4541 8822
DOUSE, Chris, 40 Queens Avenue, Woodford Green ... (020) 8504 0388
D, S, 103 Chestnut Avenue, Buckhurst Hill ... (020) 8504 2691
DOVER, C.S, 19 Shakespeare Crescent, E12 ... (020) 8471 8948
D, S, 5 Emmaus Way, Chigwell ... (020) 8504 9219
DOVES, D, 150 The Drive, Ilford ... (020) 8227 1365
DOVOVAN, B, 21 Owen Gardens, Woodford Green ... (020) 8505 3494
DOW, K, 53 Barley Lane, Ilford ... (020) 8597 6903
D, S, 29 Fifth Avenue, LONDON ... (020) 8553 1370
DOWDING, E.M, Flat 44 Village Heights 72 Chingford Lane, Woodford Green ... (020) 8505 0018
DOWLING, M, 44 Goldingham Avenue, Loughton ... (020) 8279 6354
D, N, 5 Mount View Road, London ... (020) 8529 4780
DOWLUT, A.R, 15 Woodville Road, E17 ... (020) 8521 9447
D, G, Mobile, 55 Ashgrove Road, Ilford, Essex ... (07956) 878771
DOWLUTTA, D, 3 Huxley Rd, E10 ... (020) 8556 1802
DOWN, A, 75 Douglas Avenue, Walthamstow ... (020) 3632 7484
D, D, 7 Penrhyn Avenue, London ... (020) 3718 6433
D, V, 15 Forest Side, London ... (020) 8529 3172
DOWNER, Miss L, 49 Goodmayes Lane, Ilford ... (020) 8590 2891
DOWNES, W.M, 87 River Way, Loughton ... (020) 8502 0580
DOWNIE, Fay, 27 Pearl Road, London ... (020) 8521 8176
DOWNS, D, Flat 1 Elizabeth Court Sinclair Road, E4 London ... (020) 8524 9271
DOWSETT, L, 71 Leyton Grange, E10 ... (020) 8556 7436
DOY, Mr Harold, 52 Morieux Road, London ... (020) 8556 6619
DOYE, P.F, 22 Monkhams Drive, Woodford Green ... (020) 8505 1418
DOYLE, A, 75A Pulteney Road, London ... (020) 8989 7089
D, A.C, Flat 34 Burrell Towers 1 Albany Road, E10 ... (020) 8558 3365
D, D, 53 Wellwood Road, Ilford ... (020) 8597 5066
D, E, 42 Manford Way, Chigwell ... (020) 8500 5058
D, Dr K, Flat 3 17 Orford Road, E17 ... (020) 8520 3953
D, R.B, 207 Huntsman Road, Ilford ... (020) 8500 9752
DRABEESAN, Reverend J, The Presbytery 146 Little Ilford Lane, Manor Park ... (020) 8478 1895
DRAGE, J.M, 205 St. Barnabas Road, Woodford Green ... (020) 8505 6797
D, R, 49 Ethelbert Gardens, Ilford ... (020) 8550 8726
D, R, 6 Hutton Close, Woodford Green ... (020) 8504 1433
DRAGIEV, Mr I, 55 Browns Road, London ... (020) 8141 6897
DRAGISIC, T, 8 Audley Court, London ... (020) 8989 9118
DRAKE, A, Mobile, 24 Connaught Ave, Loughton ... (07957) 771001
D, R, 6 King George Way, Chingford ... (020) 8524 4828
DRALI, Mohamed, 5 Churchill Terrace, E4 ... (020) 8529 1490
DRAMMEH, A, 1A Oregon Avenue, London ... (020) 3566 6382
DRANE, M, 75 Ladysmith Avenue, Ilford ... (020) 8599 8367
DRAPER, J, 31 Forest View Road, Loughton ... (020) 8508 1970
DRAPPER, D, 18 Cherrydown Avenue, E4 ... (020) 8524 4147
D, R, St. Andrews Vicarage Sutton Road, E17 ... (020) 8527 3969
DRECKETT, S, 10 Sunnymede Drive, Ilford ... (020) 3842 8571
DRENNAN, P, 41 Seymour Road, E4 ... (020) 8524 4030
DREVER, W, 3 Kirk Road, London ... (020) 8925 7813
DREW, R, 62 Loughton Way, Buckhurst Hill ... (020) 8281 7554
DRILLAT, B, 29 Chatham Road, London ... (020) 4539 6844
DRISCOLL, M, 10 Oak Lodge Avenue, Chigwell ... (020) 8501 4386
DRIVER, G, 6 Whitehills Road, Loughton ... (020) 8502 4236
D, N, 1 Albion Park, Loughton ... (020) 8502 3221
D, N, 11 The Warren Drive, E11 ... (020) 8989 8009
D, Raina, 50 Bracken Dv, Chigwell ... (020) 8501 3504
DROGMAN, D, 8 Connaught Hill, Loughton ... (020) 8502 1178
DRYER, Ms Helen, 5 Nightingale Close, London ... (020) 8529 3894
DU PREEZ, N, 77A Woodford Road, London ... (020) 8419 5571
DUARI, S, Flat 32 5, Starling Heights Teal Road, Ilford ... (020) 3624 0860
DUBB, V, 24 Forest Lane, Chigwell ... (020) 3673 4142
DUBERRY, M, 188A Chingford Mount Road, LONDON ... (020) 3844 7017
DUBININ, Mr D, 68 Chingford Rd, London ... (020) 8141 8851
DUBOS, J, Cannock Court Flat 77 3, Hawker Place, London ... (020) 3737 0472
DUCHUK, Sergiy, 170 Auckland Road, Ilford ... (020) 8518 2384
DUCK, K, 115 Arrowsmith Road, Chigwell ... (020) 8500 2065
DUDA, A, Mobile, 10a Garnett Way, London ... (07877) 292751
DUDDRIDGE, Mr Robert, 69 Sky Peals Road, Woodford Green ... (020) 8527 1992
DUDMAN, E, 39 South Park Crescent, Ilford ... (020) 8478 0415
D, S, 61 High Beech Road, LOUGHTON ... (020) 8508 5706
DUFFIELD, J, 64 Spring Grove, Loughton ... (020) 8281 0676
DUFFILL, D, 3A Homecroft Gardens, Loughton ... (020) 8532 1932
DUFFUS, Mrs A, 45A Glencoe Av, Ilford ... (020) 8270 1230
D, G, 13 Beverley Crescent, Woodford Green ... (020) 8504 4922
DUGGAN, F.J, 70 Hale End Road, London ... (020) 8527 8904
DUGGLEBY, J, 55 Elmsdale Road, London ... (020) 8520 1591
DUJON, S, 15 Cranley Drive, Ilford ... (020) 8554 0602
DUKE, S, 22 Atherton Road, Ilford ... (020) 8550 7866
DUL, Mr A, 24 Kimberley Road, London ... (020) 8509 8832
DULIUS, Z, 94 Trotwood, Chigwell ... (020) 8500 0607
DUMAN, G, 174 Southend Road, Woodford Green ... (020) 8013 1833
DUMANI, R, 35 The Copse, London ... (020) 8524 6061
DUMITRESCU, A, 90 Highwood Lane, Loughton ... (020) 8502 0286
DUMITRIU, A, 170B High Road, Woodford Green ... (020) 8505 0484
D, George, 109 Garner Road, E17 ... (020) 8523 5839
DUMLUPINAR, S, 109 Bluehouse Road, London ... (020) 7305 8865
DUN, Mr R, 2 Woodford Avenue, Ilford, Spurway Parade ... (020) 3479 4718
DUNCAN, D, 227 Vicarage Rd, E10 ... (020) 8988 3086
D, G.M, 19 Forest Drive, Woodford Green ... (020) 8527 7894
D, J, 1 Rushcroft Road, London ... (020) 8523 4575
D, S, 39 Priors Croft, London ... (020) 3532 1881
DUNE, Mr W, Flat 1 185 Ashville Road, London ... (020) 3132 5051
DUNK, G, 47 Lambourne Road, Chigwell ... (020) 8500 2375
DUNKLEY, C, 28 Rabbits Road, London ... (020) 3662 2299
D, J, 8 Priory Avenue, London ... (020) 8928 0783
DUNN, A, 124 Matlock Road, E10 ... (020) 8556 1301
D, A, 124 Matlock Road, London ... (020) 8926 6643
D, C, 10 Gayfere Road, Ilford ... (020) 8550 3334
D, C, Mobile, 10 Gayfere Road, Ilford, Essex ... (07946) 220855
D, John, 25 The Risings, E17 ... (020) 8520 1315
D, K, 5 Wyatts Lane, London ... (020) 8520 0010
D, L.J, 135 Millfield Avenue, E17 ... (020) 8531 5563
D, M, 44 Spring Grove, Loughton ... (020) 8281 0655
DUNNE, D, 10 Blyth Road, London ... (020) 8923 9466
D, V, 318E High Road Leyton, E10 ... (020) 8556 7808
DUNSTAN, S, 9 Laybrook Lodge Snaresbrook Road, E11 ... (020) 8530 6149
DUODU, A, 4 Chichester Road, LONDON ... (020) 8279 2858
D, Mr C, 3 Mandora House Blackhouse Lane, London ... (020) 8141 5961
DUPRATT, D, 7 Lombard Avenue, Ilford ... (020) 8590 1153
DURAIRAJ, S, Thomas Court Flat 26 New Mossford Way, Ilford ... (020) 3715 5876
DURAISINGAM, U, 92A Forest Road, London ... (020) 8521 9671
DURDLE, C, 4 Toronto Road, Ilford ... (020) 8554 5889
DURHAM, M.J, 98 Redbridge Lane East, Ilford ... (020) 8550 4411
D, Mrs Sheila, 15 Queens Road, Loughton ... (020) 8502 2384
DURKIN, R, 152 Normanshire Drive, London ... (020) 8524 3111
DURRANE, A, 452a Hoe Street, Walthamstow, London ... (020) 8062 7296
DURRANT, R, 2 Swansland Gardens, London ... (020) 8531 1466
DURWOOD, R, 60 Church Road, Ilford ... (020) 8597 7694
DUS, L, 46 Malford Grove, E18 ... (020) 8989 0642
DUSTAGHEER, N, 81 The Drive, Ilford ... (020) 8518 0177
DUTTON, C, 52 Hampton Road, London ... (020) 8524 8038
DUVAL, N, 12 Arnett Square, London ... (020) 3654 3512
DWEBE, S, 11 Crowndale Place, London ... (020) 8418 5682
DYCE, L, 360 Hale End Road, E4 ... (020) 8527 6357
DYE, Geo, 204 Thorold Road, Ilford ... (020) 8553 4407
D, K, 293 Copperfield, Chigwell ... (020) 8501 4335
DYER, Miss E, 10 Bude Close, E17 7NY ... (020) 8503 6869
D, H.F, 124 Farmilo Road, E17 ... (020) 8556 3730
DYKE, A, 17 Newnham Close, Loughton ... (020) 8508 4859
DYKES, Gordon K, 50 Spring Grove, Loughton ... (020) 8508 8329
DYLAG, L, 14 Chiltern Way, WOODFORD GREEN ... (020) 3612 7011
DYSON, M, Mobile, 44 Stoneleigh Road, Ilford, Essex ... (07984) 647294
D, Mr 63 Forest Road, Loughton ... (020) 3602 3402
D, Susan, 24 Salisbury Road, E17 ... (020) 8521 2590
DZAH, E, 2/2 Brockway Clo, E11 ... (020) 8539 5110
DZIUS, Mrs A, 58 Farmilo Road, London ... (020) 8141 7556
D, Mrs A, Flat 7 Hagger Ct 88 Woodlands Rd, London ... (020) 8177 0434
E MANUELTA, Mr D, 294 Monega Rd, London ... (020) 8177 4966
E MOUSSA, Mrs S, 17 Queensland Close, London ... (020) 3132 7276
EADES, S, 84 Pulteney Road, London ... (020) 8989 0738
EAGLAND, A, 2 The Green, Woodford Green ... (020) 8559 1678
EAGLES, P.J, 11 Larkshall Road, E4 ... (020) 8529 5501
EAGLESTONE, A, 15 Kirby Close, Loughton ... (020) 8508 8338
E, J.F, 78 Kings Head Hill, E4 ... (020) 8529 8501
EAGLETON, P, 68 Clinton Crescent, Ilford ... (020) 8502 6335
EAMES, R, 20 Bellamy Road, London ... (020) 8923 1996
EAREY, D.L, 25 Empress Avenue, Woodford Green ... (020) 8504 4201
EARL, O, Mobile, Flat 15, Chamomile Court, 5 Yunus Khan Close, London ... (07903) 053468
EARLE, A.C, 75 Westward Road, E4 ... (020) 8527 3591
EARWAKER, A, 446 New North Road, Ilford ... (020) 8500 7843
EASTGATE, C, 86 Oak Hill Crescent, Woodford Green ... (020) 8527 3597
EASTON, M, 16 Buckingham Road, London ... (020) 8989 9937
EASTWELL, D, 813 Cranbrook Road, Ilford ... (020) 8550 6093
EASWARALINGAM, R, 108 Ashurst Drive, Ilford ... (020) 8518 3316
E, R, 108 Ashurst Drive, Ilford ... (020) 8518 5052
E, R, 108 Ashurst Drive, Ilford ... (020) 8518 6530
EATON, J, 2 Flat 5 Stag Heights Stag Lane, BUCKHURST HILL ... (020) 3722 3468
EAVES, P, 15 Kings Avenue, Buckhurst Hill ... (020) 8504 1689
EBBS, A, 51 Underwood Road, LONDON ... (020) 8529 2245
EBDEN, M, 8 Preston Avenue, London ... (020) 8527 4914
EBENEZER, M, 25 Fenman Gardens, Ilford ... (020) 8001 0654
EBRAHIMOFF, S, 48 Park Grove Road, E11 ... (020) 8539 8668
ECCLESTON, P, 11 Hatley Avenue, Ilford ... (020) 8550 2470
ECKERSLEY, A.B, 28 Queens Road, Loughton ... (020) 8508 2576
EDAVANA, A, 59 Baron Gardens, Ilford ... (020) 8550 0948
EDEKO, V, 18 Brook Road, Loughton ... (020) 8418 9941
EDEN, S, 2 Appleton Road, Loughton ... (020) 8508 0209
EDGAR, I, 28 Limes Avenue, Chigwell ... (020) 8923 6085
EDGE, B, Flat 4, Cunningham C 73 Oliver Road, London ... (020) 3302 6151
EDGLEY, Miss Barbara, 3 Hainault Road, London ... (020) 8556 2568
EDMANDS, C, Mobile, 11 Victoria Road, London ... (07758) 826666
EDMONDS, C, 1 The Retreat Brook Road, BUCKHURST HILL, London ... (020) 3225 0041
EDMONDSON, P.J, 12 Bentley Way, Woodford Green ... (020) 8504 3187
EDMONSON, N, 573 Green Lane, Ilford ... (020) 8597 0812
EDMUNDS, L, Wickfields 544-46 Limes Avenue, Chigwell ... (020) 8501 0938
EDNEY, J, 19 Woodhouse Road, Leytonstone ... (020) 8534 3991
EDOLE, Pauline, 96 Meanley Road, E12 ... (020) 8478 0686
EDUNG, H, 41 Fairfield Road, Ilford ... (020) 8478 7217
EDWARDS, A, Flat 4, Freesia Court, 1 Campion Road, London ... (020) 8617 3779
E, A.G, 3 Lowther Road, E17 ... (020) 8531 7500
E, B, 65 Palmerston Rd, E17 ... (020) 8509 1864
E, C, 16 Haldon Close, Chigwell ... (020) 8500 8620
E, Mr D, 74 Fenman Gardens, Goodmays ... (020) 8141 1797
E, D, 13 Stag Heights 2 Stag Lane, Buckhurst Hill ... (020) 8502 9435
E, E, Mobile, 167 Little Ilford Lane, London ... (07958) 168963
E, E, Flat 13, Cheltenham House Repton Park, WOODFORD BRIDGE ... (020) 8501 2252
E, F, 65 Copthorne Avenue, ILFORD ... (020) 8500 2841
E, Admiral F, 72 Royston Avenue, Chingford ... (020) 3751 4744
E, H, 54 Mulberry Way, LONDON ... (020) 8989 6687
E, J, A 77 Bulwer Road, E11 ... (020) 8558 4271
E, J, 74 Millfield Avenue, London ... (020) 8923 5730
E, J, 26 Springfield Road, LONDON ... (020) 8520 9725
E, M.A, 51 Heathcote Court Heathcote Avenue, Ilford ... (020) 8551 5217
E, M.D, 13 Redbridge Lane West, London ... (020) 8925 8691
E, M.W, 28 Longshaw Rd, Chingford ... (07956) 589669
E, P.L, Monticello Wellington Hill, Loughton ... (020) 8532 1654
E, R, 148 Greenway Avenue, London ... (020) 8521 7434
E, R, 36 St. Johns Rd, Walthamstow ... (07956) 238890
E, S, 1 Craigen Gardens, ILFORD ... (020) 3685 6833
EELS, J.R, 66 Cherrydown Avenue, E4 ... (020) 8529 0123
EFFAH, Mr E, 9 Burwell Road, London ... (020) 8558 5490
E, E, 52 Butterfields, E17 ... (020) 8509 2285
EFFIOM, Mr K, 110 Sibley Grove, E12 ... (020) 8177 4975
EGAN, C, 48 Leigh Road, London ... (020) 8539 5060
EGBO, J, Carmel House 332-336 11 Perth Road, Ilford ... (020) 3654 8368
EGEMONYE, Mr O, 288 Francis Rd, London ... (020) 3132 2597
EGLIN, Dr G, 39 Broadwalk, London ... (020) 8989 3818
EGOH, J, 103 The Ridgeway, E4 ... (020) 8524 6783
EGRIBAYIR, M, 18 Louisa Oakes Close, E4 ... (020) 8524 7521
EHIRIM, C, 3 Foresters Court The Croft, Loughton ... (020) 3669 9836
EHREN, A.E, 2 Haigville Gardens, Ilford ... (020) 8550 1865
EHSAN, M, 4 Clematis Gardens, Woodford Green ... (020) 3685 9175
EKE, S, Flat 1 147 Coppermill Lane, Walthamstow ... (020) 8509 8564
EKHAISE, Mr H, 16 Norfolk Road, E17 ... (020) 8177 3131
EKOMBOLO, E, 8 Anglian Road, Leytonstone, London ... (020) 3441 9403
EKONG, C, 123C Whipps Cross Road, E11 ... (020) 8989 6757
EKPENYONG, C, Mobile, 74 Empress Avenue, Ilford, Essex ... (07930) 471975
E, Mr J, 231B Ilford Lane, Ilford ... (020) 8177 3476
EKUNDAYO, F.F, (Mobile), 120 Brading Crescent, London ... (07956) 508489
EL HAIROURI, Messouda, 19 Dorchester Court, South Woodford ... (020) 8559 0601
ELAM, A, 150 Selwyn Avenue, London ... (020) 8523 1191
ELDER, Mr A, 777A Chigwell Road, Woodford Green ... (020) 8141 2880
ELDERTON, J, 45 Mount Echo Avenue, Chingford ... (020) 8529 7904
ELDRED, L, 4 Tollesbury Gardens, Ilford ... (020) 8551 3924
ELDRIDGE, A, 3 Redwood Gardens, CHIGWELL ... (020) 3737 2083
E, A, 26 Sherwood Road, Ilford ... (020) 8550 3021
E, R, 8 Regarder Road, Chigwell ... (020) 8500 8994

ELECTRICITY
Please see listings in Business & Services Section

ELEY, Miss C, 41 Lea Hall RD, London ... (020) 8141 0423
ELEZI, A, 43 Tower Hamlets Road, Walthamstow,London ... (020) 8521 8861
E, D, 30 Heathcote Court Heathcote Avenue, Ilford ... (020) 8013 8347
ELEZKURTAJ, B, 3 Woodlands Court Barncroft Road, Loughton (020) 8508 6670
ELFILALI, A, 615 New North Road, Ilford ... (020) 3581 8687
ELFORD, S, 34 Thornton Road, Ilford ... (020) 8553 5178
ELHOSEINY, A, 22 Gatekeepers House Queen Mary Avenue, London ... (020) 3605 0610
EL-HUSSEINI, M, 55 Manford Cross, Chigwell ... (020) 8252 5554
ELIAS, Mr D, 130 Varley Road, London ... (020) 7159 0882
E, M, 16 Millais Road, E11 ... (020) 8558 6396
ELITOK, I, 205 Lea Bridge Road, Leyton ... (020) 8558 3666
ELLAM, V, 86 College Gardens, E4 ... (020) 8524 0054
ELLINGHAM, J, 62 Dunspring Lane, Ilford Essex ... (020) 8550 6808
ELLIOT, K, 98 Kinfauns Road, Ilford ... (020) 8590 5192
ELLIOTT, C, 34 Hurst Avenue, London ... (020) 8529 1384
E, D, 16 Broadfield Way, Buckhurst Hill ... (020) 8505 3651
E, D, 11 Fairview Close, Chigwell ... (020) 8500 0725
E, F.E, 24 Loughton Way, Buckhurst Hill ... (020) 8505 0871
E, J, 244 Brocket Way, Chigwell ... (020) 8501 1009
E, P, 2 Ollards Court Ollards Grove, Loughton ... (020) 8508 2867
ELLIS, B.A, 17 Gascoigne Gardens, Woodford Green ... (020) 8505 1243
E, E, 62 Hale End Road, E17 ... (020) 8923 1870
E, M, 43 Ruckholt Close, London ... (020) 8556 8981

E, P, 15 Cherrydown Close, Chingford ..... (020) 8524 7517
E, R, 25 Fairmeads, Loughton ..... (020) 8508 2321
E, Mrs R, Whitegarth Chambers 37 The Uplands, Loughton ..... (020) 8508 1810
E, S, 5 Hillview Cres, Ilford ..... (07956) 573882
ELLISDON, D, 161 Redbridge Lane East, Ilford ..... (020) 8550 7348
E, G, 2 Hereford Road, E11 ..... (020) 8530 7658
ELLISON, C, 5 Forest Glade, London ..... (020) 8530 4440
E, D, 57 Belmont Road, Ilford ..... (020) 3524 7884
E, I, Mobile, 14 Longfield, Loughton ..... (07947) 741389
ELLSOM, L, 4 Dunedin Road, E10 ..... (020) 8539 1887
ELLWOOD, J, 26 Langley Crescent, E11 ..... (020) 8989 7229
ELMS, Lee, 153A Forest Road, E17 ..... (020) 8527 0731
ELTAHER, H, 55 Salisbury Road, London ..... (020) 3731 9900
ELVENA, Ms M, 146 Grange Rd, Ilford ..... (020) 8478 7179
ELVEY, M, 138 Maynard Road, London ..... (020) 8281 5652
ELVIDGE, J, 1 Brettenham Rd, E17 ..... (020) 8531 5967
ELVY, B, 51 Mornington Road, Woodford Green ..... (020) 8504 3240
ELWELL, B, 208 St. Barnabas Road, Woodford Green ..... (020) 8504 5566
ELWOOD, V, 7 Dean Gardens, London ..... (020) 8520 3455
EMAGONO, E, Flat 26 Twelve Acre House Grantham Road, E12 ..... (020) 8911 8182
EMANUELS, F, 10 Finch Gardens, E4 ..... (020) 8524 6660
E, K, 10 Finch Gardens, E4 ..... (020) 8529 9890
EMBALO, R, 5 Seymour Road, Leyton ..... (020) 0027 8432
EMBERSON, L, 9 West Gro, Woodford Gn ..... (020) 8504 1705
EMBLETON, T, 23B Cottenham Road, London ..... (020) 8520 9522
EMBORG, A, 307B 7 Vanguard Way, London ..... (020) 3605 3522
EMECHEBE, E, 241 Fulbourne Road, London ..... (020) 3648 1444
EMERTON, Pamela, Flat 7 Emanuel Court 29 Capworth Street, E10 ..... (020) 8558 5032
EMERY, R, 5 Chester Road, CHIGWELL ..... (020) 8501 0046
E, S, 117 Sunnyside Road, Ilford ..... (020) 8478 6679
EMILE, Mrs V, 19 Elmbridge Road, Ilford ..... (020) 3371 3525
EMINOVA, I, 49A Cann Hall Road, Leytonstone ..... (020) 3665 6169
EMMETT, M, 81 Lambourne Road, Chigwell ..... (020) 8501 1960
E, R.J, 32 Seymour Gardens, Ilford ..... (020) 8518 1250
EMMINS, J, 38 Blackthorne Drive, E4 ..... (020) 8529 7203
E, S, 43 Rayleigh Road, Woodford Green ..... (020) 8505 0721
EMPSON, Mr H, 27 Blackthorn Road, Ilford ..... (020) 3132 8189
ENACHE, G.E, 71 Hatherley Rd, E17 ..... (020) 8520 8727
E, M, 47 Hunter Road, Ilford ..... (020) 3715 9375
END, R.F, 153 Blythswood Road, Ilford ..... (020) 8599 2340
ENDACOTT, J, 87 Whitehall Gardens, London ..... (020) 8529 5844
ENE, Mr A, 66 Lynmouth Road, E17 ..... (020) 8177 5440
ENEGBUMA, Sunday, Flat 71 Memorial Heights Monarch Way, Ilford ..... (020) 8554 4788
ENGELYTE, D, 1 Limes Avenue, Chigwell ..... (020) 3015 5562
ENGLAND, M.E, 416 Manford Way, Chigwell ..... (020) 8500 0807
ENGLEFIELD, S.R, 47 Wroths Path, Loughton ..... (07956) 505637
ENGLISH, R.A, 110 Malford Grove, E18 ..... (020) 8989 7859
E, T, 42 Parkstone Road, London ..... (020) 8521 1349
ENIAFE, G, 1B Seven Kings Road, Ilford ..... (020) 3665 9201
ENNION, C, 25 Downsfield Road, London ..... (020) 7285 5457
ENNIS, K, 52 Newbury Road, Ilford ..... (020) 8599 6445
ENOH JOSEPH, R, 2 Farnborough Avenue, London ..... (020) 8037 8295
ENTICKNAP, L, 1 Duke Road, Ilford ..... (020) 8551 2444
ENTONU, A, 23 Barclay Oval, Woodford Green ..... (020) 8014 6336
ENVER, Nilay, 212 Beech Hall Road, E4 ..... (020) 8531 7712
ERACLEOUS, A, 18 Somersby Gardens, Ilford ..... (020) 8550 2060
EREIRA, M, 18 Gaysham Hall Longwood Gardens, Ilford ..... (020) 8551 2742
ERISEN, T, 38 Donington Avenue, ILFORD ..... (020) 8518 1084
EROGLULARI, Mr M, 35 Wood Street, E17 ..... (020) 8177 3151
E, Z, Flat 10, Gower House The Drive, London ..... (020) 8223 0776
ERRINGTON, P, 9 Keynsham Avenue, Woodford Green ..... (020) 8504 5665
ERSHAD, S, 90 Matlock Rd, E10 ..... (020) 8539 5142
ESMAIL, A, 71 Queens Road, London ..... (020) 8521 8228
ESPINOSA, Mr E, 169 Queens Road, London ..... (020) 8521 9359
E, Y, 52 Stoneleigh Road, Ilford ..... (020) 3732 7331
ESSON, N, Flat 42 Oakhall Court Harrier Avenue, Leytonstone ..... (020) 3601 1846
ESTALL, L, 25 Parsonage Court Rectory Lane, Loughton ..... (020) 3715 1273
ESTEVES, C, Flat 1 2-4 Coppermill Lane, London ..... (020) 3623 3916
ETTERSHANK, B.C, 79 Loughton Way, Buckhurst Hill ..... (020) 8504 8277
ETTI, Bolanle, 135 Bluehouse Road, E4 ..... (020) 8523 7405
EUROPEAN CLAIMS, 29 Woodberry Way, London ..... (020) 8524 0598
EUSTACE, E, 21 Stanford Close, Woodford Green ..... (020) 3560 2972
E, I, 21 Hilltop, Loughton ..... (020) 8508 6725
EVANS, A, 4 Cairns Avenue, Woodford Green ..... (020) 8270 1712
E, A, 114 Redbridge Lane East, Ilford ..... (020) 8550 7586
E, A.A, 10 Brookway, Chigwell ..... (020) 8500 2679
E, C, 101 Chester Road, Ilford ..... (020) 8597 0646
E, D.L, Workshop Manor Farm Mott Street, Loughton ..... (020) 8418 0242
E, E, 5 Britannia Road, Ilford ..... (020) 8478 6473
E, E.H, 143 Chingford Lane, Woodford Green ..... (020) 8504 8747
E, G, 361 Higham Hill Road, Walthamstow ..... (020) 8527 2457
E, J.L, 14 Goldsborough Crescent, E4 ..... (020) 8529 4542
E, J.L.R, 15 Victoria Road, E4 ..... (020) 8529 2330
E, J.T, 27 Copthorne Avenue, Ilford ..... (020) 8500 9307
E, K, 79 Bressey Grove, London ..... (020) 8989 1250
E, K, 37 Fladgate Road, London ..... (020) 8989 3172
E, K, 4 Sturge Avenue, London ..... (020) 8926 6255
E, L, 16 Hollywood Road, London ..... (020) 8529 6711
E, L, 73 Normanshire Drive, London ..... (020) 8926 2342
E, M, 32 York Hill, Loughton ..... (020) 8502 1788
E, Mrs 105 Applegarth Drive, Ilford ..... (020) 8597 3332
E, Mrs Flat 6, Washington House 9 Priory Court, London ..... (020) 8531 8832
E, O, 9 Parklands, Chigwell ..... (020) 8501 1950
E, O, 67 Ruckholt Road, London ..... (020) 3726 4791
E, P, 8 Campbell Avenue, Ilford ..... (020) 8551 5454
E, P, 46 Chudleigh Crescent, Ilford ..... (020) 8590 8381
E, S, 23 Hatley Avenue, Ilford ..... (020) 8550 7082
E, S, 6 The Meadway, Loughton ..... (020) 8508 0507
E, Warren, 12 Glenham Drive, Ilford ..... (020) 8518 6699
E, Ms Z, 94 Tiptree Crescent, Ilford ..... (020) 8177 3818
EVELEIGH, D, 8 Mornington Close, Woodford Green ..... (020) 8504 7405
EVELING, R.T, 26 Onslow Gardens, E18 ..... (020) 8989 2253
EVERALL, E, 53B Preston Road, E11 ..... (020) 8530 7248
EVERARD, Mrs 20 Kirby Close, Loughton ..... (020) 8502 5756
EVERETT, A.R, 66 Lambourne Road, Chigwell ..... (020) 8500 0313
E, C, 57 Brunel Road, London ..... (020) 8520 3169
E, Christine, 10 Chase Lane, Ilford ..... (020) 8554 7941
E, C, 6 Collard Avenue, LOUGHTON ..... (020) 8502 2605
E, G, 30 Grosvenor Gardens, Woodford Green ..... (020) 8505 4407
E, G.F.J, 30 Grosvenor Gardens, Woodford Green ..... (020) 8504 3693
EVERITT, P.F.J, 84 Winns Avenue, E17 ..... (020) 8531 8587
E, Sophia, 15 Spratt Hall Rd, London ..... (020) 8530 7737
E, W, 2 Highfield Road, Woodford Green ..... (020) 8491 6994
EVERSDEN, S, 8 Gaysham Avenue, Ilford ..... (020) 8491 6964
EVERTON, P, 5 Onslow Close, London ..... (020) 8524 1085
EWERS, D, 32 Morgan Way, Woodford Green ..... (020) 8504 2088
E, R, 13 Devon Clo, Buckhurst Hl ..... (020) 8506 0295
EXLEY, D, 500 High Road, Woodford Green ..... (020) 8505 2720
E, K, Flat 2 Hewitt House Castle Avenue, E4 ..... (020) 8531 4277
EZEKILE, D, Flat 60 Home Heather House 128 Beehive Lane, ILFORD ..... (020) 3590 9758
F ELLMORE, Graham, 470 Ilford Lane, Ilford Essex ..... (020) 8514 2414
FACEY, M.J, 52 Goldsborough Cres, E4 ..... (020) 8529 6735
FADAHUNSI, O, 6 Grantock Road, Walthamstow ..... (020) 8075 7049
FADOJUTIMI, K, 62 Castleview Gardens, Ilford ..... (020) 8554 4079
FAHAD, C, 142 Meads Lane, Ilford ..... (020) 8598 1119
FAHEY, M, 26 Winns Terrace, London ..... (020) 8523 3766
FAHMY, H, 30 Albert Rd, E18 ..... (020) 8989 2276
FAHY, M, 72 Elgin Road, Ilford ..... (020) 8590 1775
FAIRBAIRN, J, 137 Express Drive, Ilford ..... (020) 8598 2566
F, M, 103 Whitehall Gardens, London ..... (020) 8524 3898
FAIRMAN, E.M, 38 Denham Drive, Ilford ..... (020) 8554 6613
F, G, 5 Fawn Road, Chigwell ..... (020) 8500 5937
FAIRWEATHER, P, 25 Roundmead Close, Loughton ..... (020) 8508 9804
FAISAL, H, 159 Mortlake Road, Ilford ..... (020) 3623 2951
FAIZ, Mr R, 429 Ilford Lane, Ilford ..... (020) 8141 1321
FAJEMIGBESI, A, 227 Hampton Road, Ilford ..... (020) 3612 4574
FAKIR, A, 4 Whitta Road, London ..... (020) 7671 3152
FAKRUL ISLAM, M, 50 Gaysham Hall Longwood Gardens, Ilford ..... (020) 4568 0410
FALAHAT, D, 83 Kingswood Road, Ilford ..... (020) 7412 6763
F, H, 83 Kingswood Road, Ilford ..... (020) 8598 9048
FALCO, Jacqueline, Lower Flat 27 Third Avenue, E17 ..... (020) 8520 8075
FALDO, D, 15 Fairview Gardens, Woodford Green ..... (020) 8504 6078
FALKUS, A.J, 38 Courtland Avenue, E4 ..... (020) 8529 8244
FALLARIA, D, 4 Woolhampton Way, Chigwell ..... (020) 8500 8253
FALLOWFIELD, A, 20 Wanstead Park Avenue, London ..... (020) 8530 5044
FALLOWS, Miss K, 25 Salters Road, London ..... (020) 8177 2422
F, L, 81A Balfour Road, Ilford ..... (020) 8478 8051
FALOLA, Mr I, 372 Fulwell Avenue, Ilford ..... (020) 8177 7333
FALSHAW, F, Gravel Lodge Gravel Lane, Chigwell ..... (020) 8501 2510
FAMIGLIETTI, S.L, 18 Station Road, Loughton ..... (020) 8418 9800
FANG, R, 62 Sinclair Road, E4 ..... (020) 8529 1286
FANTHAM, B, 201 Willingale Road, LOUGHTON ..... (020) 8502 5245
FARAH, A, Flat 19 Beaumont House Lake Road, E10 ..... (020) 8556 3334
F, S, Flat 45 577 High Road, Ilford ..... (020) 3536 1342
FARAZI, M, 1A Colchester Avenue, London ..... (020) 3566 0460
F, T, 19 Riverhead Close, London ..... (020) 3624 8849
FARHAN, A, 120a Hampton Road, Ilford ..... (020) 8062 1207
FARHAT, Maqbool, 76 Park Rd, Ilford ..... (020) 8553 1896
FARIA, B, Flat 17 Nathaniel Court 2 Luther King Close, E17 ..... (020) 8521 4907
F, R, Oak Lodge Flat 28 56, Cambridge Road, London ..... (020) 3509 8206
FARLEY, Rev Dr I.D, St. Johns Rectory High Road, Buckhurst Hill ..... (020) 8504 1931
FARNES, T.J, 1 Ravenswood Road, E17 ..... (020) 8521 2187
FARQUHAR, D, 27 Forest Road, Loughton ..... (020) 8502 1702
FARQUHARSON, S, 29B Airlie Gardens, Ilford ..... (020) 8554 6140
FARR, D, 22 Kingswood Road, E11 ..... (020) 8539 6990
FARRELL, F, 25 Davids Way, Ilford ..... (020) 8501 2580
F, G, 14 Frinton Drive, Woodford Green ..... (020) 8523 1990
FARRESS, C, 123 St. Johns Road, Walthamstow ..... (020) 8531 3395
FARRIER, D, Flat 29 Larkswood Court The Avenue, London ..... (020) 3612 6638
FARRINGTON, A.D, 58 Garner Road, E17 ..... (020) 8531 2056
FARROW, C, 102 Highwood Lane, Loughton ..... (020) 3532 4657
F, Janet, 172 Willingale Road, Loughton ..... (020) 8508 0342
F, K, 44 Carmel House 332-36 Perth Road, Ilford ..... (020) 8554 2841
F, M, 8 Elm Close, Buckhurst Hill ..... (020) 8281 0283
FARTHING, E, 42 Torrington Gardens, Loughton ..... (020) 8508 7818
FARUK, O, 410C High Street North, London ..... (020) 3723 4660
FARWELL, S, 29 Birch Grove, E11 ..... (020) 8556 0813
FATEMINOROOZANI, d, 218 Henley Rd, ILford ..... (020) 8911 8173
FATIMA, S, 183 Stradbroke Grove, Ilford ..... (020) 8550 0675
FAUTLEY, P, 3 Gravel Lane, Chigwell ..... (020) 8281 0811
FAWCETT, M, 11 Littleholt New Wanstead, LONDON ..... (020) 3715 0362
FAY, J, 913 Eastern Avenue, Ilford ..... (020) 8598 9014
FAYYAZ, S, 1a Ley Street, Ilford ..... (020) 8518 5204
FAZELITOUR, S, 91 Ashville Road, London ..... (020) 3648 4657
FAZIL, Z, 16 Northwood Gardens, Ilford ..... (020) 3612 4797
FEALY, F, 176 Brettenham Road, E17 ..... (020) 8531 5134
FEARON, Andrew, 28 Denner Rd, London ..... (020) 8524 9098
F, D, 297 Markhouse Road, London ..... (020) 8556 4209
FEASEY, W, Mobile, 200 Sewardstone Road, London ..... (07939) 042571
FEBRUARY, L, Flat 3,Tyndall Gardens,60 Tyndall Road, London ..... (020) 3158 8255
FEDERMAN, A, 22 Lamerton Road Berkingside, Berkingside ..... (020) 8924 7564
FEDIRI, J, 7 Norbury Road, Chingford ..... (020) 8501 7436
FEDORIV, M, Flat 2 952a Eastern Avenue, Ilford ..... (020) 3665 5204
FEENEY, M, 74 Somers Road, London ..... (020) 8520 7741
FELDMAN, M, 3 Emmaus Way, Chigwell ..... (020) 8504 9259
F, T, 3 Earlswood Gardens, ILFORD ..... (020) 8551 5251
FELGATE, J.S, Flat 22 St. Mary's Lodge St. Mary's Avenue, E11 ..... (020) 8989 2260
FELLOWS, Mr 96 Chelmsford Road, Walthamstow, London ..... (020) 8521 6259
FELTHAM, J, 158 Sewardstone Road, LONDON ..... (020) 8529 4328
FENILI, L, 33 Danbury Wy, Woodford Gn ..... (020) 8498 0031
FENN, A, 79 Trotwood, Chigwell ..... (020) 8501 3619
F, S.M, 36 Forest Road, Loughton ..... (020) 8508 4430
FENNELL, I, 13 Wellington Road, London ..... (020) 8521 6523
FENNESSY, Admiral B, 51a Nelson Road, London ..... (020) 4539 1537
FENTIMAN, Dorothy, 15 Wanstead Park Avenue, London ..... (020) 8989 9981
FENTON, C.M, 25 Princes Road, Buckhurst Hill ..... (020) 8504 7501
F, R, Mobile, 40 Larkshall Crescent, London ..... (07947) 497110
FERARIU, M, 21 Fulbourne Road, London ..... (020) 3380 6480
FERDOUS, S, 5 Ripon Gardens, Ilford ..... (020) 8554 0542
FERENCZIK, Rajmund, 37 Gainsborough Avenue, E12 ..... (020) 8553 3497
FERGUSON, F, 44 Fieldhouse Close, London ..... (020) 8504 2473
F, Mr J, Flat 18/258 Grantham Rd, London ..... (020) 8177 3489
F, Mr K, Flat 5 Grantham Rd, London ..... (020) 8141 7256
F, L, 56 Sheridan Road, London ..... (020) 8471 2787
F, P, 11 Fairview Close, London ..... (020) 8496 0452
FERNANDES, Mr F, 36 St. Georges Rd, London ..... (020) 3138 3213
F, J, Flat 4 231-33 Hoe Street, London ..... (020) 3105 8352
F, Miss L, 175 Stains Rd, Ilford ..... (020) 3138 3360
F, M, Flat 11 70 Beaumont Road, London ..... (020) 8539 9511
FERNANDEZ, Mr A, 38a North Birkbeck Rd, London ..... (020) 8141 7741
F, Mr E, 6 Norwich Mws, Ilford ..... (020) 8597 0773
F, N, Flat 2 Felix Court 8 West Avenue, E17 ..... (020) 8520 0315
F, S, 82 Burnham Road, LONDON ..... (020) 3016 1917
FERNANDO, Anthony, 120 Meanley Road, London ..... (020) 8553 1223
F, Mr A, 377 Stradbroke Grove, Ilford ..... (020) 8177 3827
F, Mr J, 5b Kingswood Rd, Ilford ..... (020) 8141 1096
F, Mr J, Flat B/5 Kingswood Rd, Ilford ..... (020) 8177 3280
F, P, 12 Cranbourne Gardens, Ilford ..... (020) 8550 8179
FERORO, Mrs M, 111 Warner Rd, London ..... (020) 3132 3038
FEROZ, A, 16A Glenthorne Rd, E17 ..... (020) 8521 0797
FERRARO, Mr A, 176a Shernall St, London ..... (020) 8141 2676
FERREIRA, A, 46 Davids Way, Ilford ..... (020) 3742 7995
F, M, 96 Rookery Court 80 Ruckholt Road, London ..... (020) 8988 3334
FERRERIA, C, Flat 4 Tempus Court 128-138 High Road, London ..... (020) 3560 5585
FERRY, C, Flat 47 Hermitage Court Woodford Road, E18 London ..... (020) 8530 3466
FETESCU, A, 715A High Road, Ilford ..... (020) 3665 1294
FEUER, R, 8 Gardner Close, Leytonstone ..... (020) 8518 8991
FEW, D, 114 Fairlop Road, Ilford ..... (020) 8924 0698
FEWELL, O, 29A The Charter Road, Woodford Green ..... (020) 8504 5222
FIAMANYA, W, 50 Hale End Road, London ..... (020) 8923 8545
FIBBENS, A.F, 16 Spring Grove, Loughton ..... (020) 8508 0617
FIDLAN, N, 13 Crealock Grove, Woodford Green ..... (020) 8505 7198
F, Dr N, 13 Crealock Grove, Woodford Green ..... (020) 8926 7178
FIDLER, R.G, May Cottage Sewardstone Road, E4 ..... (020) 8529 9905
FIELD, J, 19 Beverley Crescent, Woodford Green ..... (020) 8505 5624
F, J, Lumiere Building Apt. 7 195 Howard Road, London ..... (020) 3016 7241
F, J, 82A Leyswood Drive, ILFORD ..... (020) 8590 5562
F, Mrs Sheila, 16 Beehive Lane, Ilford ..... (020) 8550 4185
F, S, 104 Hall Lane, London ..... (020) 8559 3998
F, S, 52 Matcham Road, E11 ..... (020) 8221 0328
FIELDER, P, 49 Exeter Gardens, ILFORD ..... (020) 8554 9053
FIELDS, M, Flat 17 Buxton House Buxton Drive, London ..... (020) 8989 3601
FIERSTEIN, D, 29 Bysouth Close, Ilford ..... (020) 8551 0874
FIGG, T, 295 New North Road, Ilford ..... (020) 8637 2524
FIGUEIREDO, S, 45 Karina Close, Chigwell ..... (020) 3016 8559
FIKRI, H, 200 Colchester Road, London ..... (020) 8558 2275
FILE, A, 27 Baldwins Hill, Loughton ..... (020) 8502 4832
FILTNESS, L, 11B Seymour Gardens, Ilford ..... (020) 8518 1764
FINAMORE, R, 157 Essex Road, London ..... (020) 8556 0002
FINBERG, S, 55 Headley Drive, Ilford ..... (020) 8554 1291
FINCH, G.L, 16 Oak Hill, Woodford Green ..... (020) 8504 2345
F, M.B, 14 Whitehall Road, E4 ..... (020) 8529 7891
FINDLAY, R, 26 Witham Close, Loughton ..... (020) 8281 7710
FINE, A.W.P, 101 Brackley Square, Woodford Green ..... (020) 8505 0623
FINEMAN, D, Flat 9,36 Greenstead Avenue, Woodford Green ..... (020) 8506 0513
FINGLESON, B, 79 Horns Road, Ilford ..... (020) 8554 9535
FINKUNIE, Miss L, 28E Richmond Road, London ..... (020) 8141 5463
FINLEY, A, Monoux Almshouses 2 Church End, LONDON ..... (020) 3844 8118
FINNEGAN, Patrick, 20 The Crescent, Loughton ..... (020) 8502 5418
FINNEY, R, 46 Rivington Avenue, Woodford Green ..... (020) 8551 0846
FINNIE, M.B, 48 Grosvenor Road, Ilford ..... (020) 8478 1889
F, R.J, 34 Aveling Park Road, E17 ..... (020) 8531 1668
FIODOROVIENE, O, 24 Stapleford Close, LONDON ..... (020) 3560 2733
FIORE, C, 10 Windsor Avenue, London ..... (020) 8531 6377
FIRE
In Emergency dial 999 and ask the operator for Fire
See business section for full list of entries.
FIRMIN, L, 203 Fencepiece Road, ILFORD ..... (020) 8500 2369
FIRMINGER, N, 56 West Grove, WOODFORD GREEN ..... (020) 3605 8521
FIRTH, G, 8 Manderley Mews, London ..... (020) 3673 4769
FISERYTE, Mrs E, Flat 18 Richard Fell Ho Walton Rd, London ..... (020) 3138 2795
FISHER, B, Flat 28 Village Heights 72 Chingford Lane, Woodford Green ..... (020) 8505 9576
F, Mr M, 50 Francis Avenue, Ilford ..... (020) 3132 8206
F, Mr M, 50 Francis, Ave ..... (020) 8177 7420
F, Mr P, 15 Underwood Road, London ..... (020) 8529 7751
F, Mr S, 74 Blythswood Rd, Ilford ..... (020) 8141 1249
FITCH, C, 70 Cadogan Gardens, London ..... (020) 8989 2957
F, P, 20 Lyndhurst Gardens, Ilford ..... (020) 8554 0257
FITT, L, 47 Colvin Gardens, London ..... (020) 8524 1423
FITZ - GERALD, G, 79 Staples Road, Loughton ..... (020) 8508 6939
FITZGERALD, Miss B, Mobile, 72 Melford Road, London ..... (07903) 885209
F, G, 24 Middleton Avenue, E4 ..... (020) 8529 4606
FITZ-GERALD, John, 10 Somerset Close, Woodford Green ..... (020) 8505 3989
FITZGIBBON, H, 74 Brookdale Road, E17 ..... (020) 8509 1464
FITZPATRICK, A, 15 St. Johns Road, Loughton ..... (020) 8502 0723
F, J, 23 Deynecourt Gardens, London ..... (020) 8989 4648
F, R, 64 Princes Avenue, Woodford Green ..... (020) 8504 1466
FLACK, C.E, 23 Greystone Gardens, Ilford ..... (020) 8550 3056
F, S, 70 Grosvenor Road, E11 ..... (020) 8530 6471
FLAHERTY, W, 72 Chester Road, London ..... (020) 8530 2358
FLAVIN, P, 236 Chingford Road, LONDON ..... (020) 8523 4475
FLEET, B, 19 Chivers Road, E4 ..... (020) 8524 4977
F, J, 18 Roding Court Mill Road, Ilford ..... (020) 8478 5251
F, M, 2 Rowans Way, Loughton ..... (020) 8502 0569
FLEMING, A, 7 Morley Rd, E10 ..... (020) 8558 6574
F, J, 9 Faversham Clo, Chigwell ..... (020) 8501 0470
F, M, 372 Hale End Road, London ..... (020) 8527 1154
F, P, 175 Sansom Road, London ..... (020) 8558 1192
FLETCHER, A, 42 Greenwood Gardens, Ilford ..... (020) 8500 7749
F, A, 13 Selwyn Avenue, Ilford ..... (020) 8220 5324
F, Dr B, Flat 35 Belgrave Heights 26 Belgrave Road, E11 ..... (020) 8532 9424
F, D, 28 Dersingham Avenue, London ..... (020) 8514 0599
F, G, 321 Ley St, Ilford ..... (020) 8514 3266
F, R, 30 Ascham End, LONDON ..... (020) 3380 3598
F, V, 5 Verulam Avenue, London ..... (020) 8521 6772
F, Z, 63 George Road, LONDON ..... (020) 3560 6035
FLINT, Miss Sheila, 6 Lilac Close, London ..... (020) 8531 0991
FLORA, H, Mobile, 35 Vine Gardens, Ilford, Essex ..... (07956) 655049
FLORACZAK, Mr M, 89 Cann Hall Road, London ..... (020) 3138 1596
FLORCZAK, A, 34 Thorpe Road, Walthamstow ..... (020) 8531 5833
FLOREA, A, 747A High Road, Ilford ..... (020) 3352 9796
FLORENCE UGBOMA, S, Flat 5 47 Mansfield Road, Ilford ..... (020) 8117 7021
FLORES, S, 53 Daffodil Gardens, Ilford ..... (020) 3354 7905
FLOROIU, I, 31 Groveside Road, London ..... (020) 3354 4373
FLOYD, K, 4 Tiptree Crescent, Ilford ..... (020) 8550 0744
F, S, 9 Hillside Gardens, London ..... (020) 8520 4858
FLYNN, C, 412a Lea Bridge Road, London ..... (020) 8558 5135
F, R, 17 Stanley Road, E18 ..... (020) 8505 1444
FLYNNE, M, 6 Abbotsford Road, Ilford ..... (020) 8252 4823
FOAD, Miss Marion, 17 Stoneycroft Road, Woodford Green ..... (020) 8498 0222
FOAKES, E, 36 Burnham Road, E4 ..... (020) 8529 0337
FODOR, N, 14A Jubilee Parade Snakes Lane, Woodford Green ..... (020) 8504 3824
FOGGO, K, 4 Blake Hall Crescent, E11 ..... (020) 8989 2859
FOJOYE, Mr M, 64 Grantham Road, London ..... (020) 8141 5476
FOKHAR, U, Jupiter House Flat 2, 32 Postway Mews, Ilford ..... (020) 3524 9500
FOLAN, B, 38 Swans Hope, Loughton ..... (020) 3723 6806
FOLEY, Mr Harry, Central Court, 88 Manford Way, Chigwell ..... (020) 4501 5671
F, L, 15 Whitfield Court 72 Clarendon Gardens, Ilford ..... (020) 8554 2957
F, S, 10 Parkway, Woodford Green ..... (020) 8505 2484
FOLKMAN, I, 3 Fullers Avenue, Woodford Green ..... (020) 8504 2163
FOLLETT, L.G, 75 Mapleton Road, E4 ..... (020) 8529 1675
FOLLEY, R, Flat 10 Clifton House 4 Beachcroft Road, E11 ..... (020) 8556 7483
FONE, G.J, 12 Clover Close, E11 ..... (020) 8556 3492
FONSECA, C, 173 Dersingham Avenue, E12 ..... (020) 3132 5525
F, Mr S, 1/24 Renness Road, E17 ..... (020) 8531 0711
FOOT, M, 4 Ruby Road, London ..... (020) 8521 8020
FORD, C, Flat 34 Westminster Court 23 Cambridge Park, E11 ..... (020) 8530 2756

F, D, 90 2, Alder Point Green Ferry Way, London ... (020) 3686 7868
F, K.H, 28 York Road, E17 ... (020) 8521 3564
F, L.M, 47 Stonards Hill, Loughton ... (020) 8508 4344
F, M.A, Flat 4 George Court Kings Place, Buckhurst Hill ... (020) 8504 6700
F, P, 146 Connington Crescent, E4 ... (020) 8524 6526
F, P, 75 Kings Road, E4 ... (020) 8524 6723
F, Rob, 2 Lea Valley Road, E4 ... (020) 8529 7926
F, R, 14 Ridgeway, Woodford Green ... (020) 8505 0164
FORD-COLEMAN, L, 15 Pentire Rd, E17 ... (020) 8531 2282
FORDE, J, 36 Dalkeith Road, Ilford ... (020) 8478 0801
FORDHAM, S, 11a Thomas Barnardo Way, Barkingside ... (020) 8550 9531
FORD-PANTON, Ms Lorna, 89 Buttsbury Road, Ilford ... (020) 8478 2656
FORECAST, C, 140 Essex Road, London ... (020) 8556 0980
FOREMAN, H.A.J, 9 Glenwood Gardens, Ilford ... (020) 8550 8650
FORI, S, 78 11 Garratt House Brunner Road, Walthamstow ... (020) 3623 2328
FORINO, D, 75 Waverley Avenue, London ... (020) 8926 6684
FORMAN, S, 54 Sunnymede Drive, Ilford ... (020) 8550 5209
FORRESTER, B, 589 Forest Road, London ... (020) 8527 8990
F, O, 43 Silverthorn Gardens, London ... (020) 8529 1040
F, W.H, 268 Sherrard Road, E12 ... (020) 8472 1939
FORRISTAL, Nf, 137 Normanshire Drive, E4 ... (020) 8524 8213
FORSTER, R.M, 465A Aldborough Road North, Ilford ... (020) 8597 2124
FORTEZA, J, 49 Albemarle Gardens, Ilford ... (020) 8518 6075
FORTUNE, J, Ideas House Eastwood Close, E18 ... (020) 8989 2847
FORYSYUK, Mr O, 121 First Avenue, London ... (020) 8141 1110
FOSH, Walter P, 74 Buckingham Road, E18 ... (020) 8504 8847
FOSTER, A, 6 Broadfield Way, BUCKHURST HILL ... (020) 8505 1831
F, C, 6 Golfe Road, Ilford ... (020) 8553 1178
F, C, 46 Roll Gardens, Ilford ... (020) 8550 2782
F, H, Mobile, 119 Huntsman Road, ... (07930) 731507
F, J, 4A Spareleaze Hill, Loughton ... (020) 8502 1316
F, Mr M, 23 Lansdowne Road, London ... (020) 8989 0999
F, S, 9 Colebrook Path, Loughton ... (020) 8508 5803
F, T, 72 Bushwood, E11 ... (020) 8530 4144
F, T, 86 Staines Road, Ilford ... (020) 8478 8852
F, T.W, 44 Oakwood Hill, Loughton ... (020) 8508 2462
FOSU, E, Flat 3 The Point 1 Selborne Road, E17 ... (020) 8521 4049
FOTHERGLLL, S, 45 Monkhams Drive, Woodford Green ... (020) 8504 3129
FOTWE, S, Flat 46 Thames View Centreway Apartments Axon Place, Ilford ... (020) 8911 8640
FOUHY, Mr J, 20 Orsett Terrace, Woodford Green ... (020) 8141 4783
FOULGER, J.E, 44 Wickham Road, E4 ... (020) 8527 6572
F, R, 34 Brookdale Road, London ... (020) 8925 8759
FOULKES, J, 59 Pearl Road, London ... (020) 8616 3387
FOX, B, 33 Vallentin Road, E17 ... (020) 8521 9787
F, D, 50 Regency Court 89-111 High Road, E18 ... (020) 8505 0058
F, Mr G, 4 Victoria Road, London ... (020) 3132 8402
F, J, 4 Parkway, Woodford Green ... (020) 8270 1561
F, Mary, 17 St. Johns Road, Loughton ... (020) 8532 0596
F, M, (Mobile), 15 Hillcrest Mansions Upper Walthamstow, E17 ... (07956) 225482
F, P, 18 Parkland Road, Woodford Green ... (020) 8504 9503
F, S, Flat 2 3 Claremont Grove, Woodford Green ... (020) 8502 9117
F, S, 62 Hainault Road, Chigwell ... (020) 8500 6108
F, S, 1 Sunderland Way, E12 ... (020) 8530 4801
FOXTON, R, 64 Roebuck Lane, Buckhurst Hill ... (020) 8504 0035
FRACHET, G, 3 The Fountains, Loughton ... (020) 8502 3584
FRAME, W, 26 Draycot Road London, ... (020) 8530 2727
FRAMPTON, M, 71 Cadogan Gardens, London ... (020) 8530 1331
FRANCIS, A.E, 17 Woodville Rd, E17 ... (020) 8503 7640
F, C, 113 Queens Road, Buckhurst Hill ... (020) 8521 5585
F, H.J, 30 Lyne Crescent, E17 ... (020) 8527 0476
F, J, 31 Marlborough Road, Chingford ... (020) 8527 3938
F, J.E, 25 First Avenue, E17 ... (020) 8521 5916
F, L.M, 172 Canterbury Road, E10 ... (020) 8539 7835
F, R, 8 Bancroft Avenue, Buckhurst Hill ... (020) 8252 6700
F, Y, 317 Fullwell Avenue, ILFORD ... (020) 8220 5462
FRANCOIS, J, 28b Eatington Rd, London ... (020) 8539 1931
F, T, 80 Priors Croft, London ... (020) 8923 6010
FRANGIAMORE, G, 14 Elmsdale Road, E17 ... (020) 8521 2897
FRANKE, E, 41 Waverley Avenue, E4 ... (020) 8529 7832
FRANKLAND, K.J, 169 Marmion Avenue, E4 ... (020) 8529 3769
FRANKLIN, H, 5 Clarence Avenue, Ilford ... (020) 4529 4601
F, Kathryn, 175 Howard Road, E17 ... (020) 8509 3769
F, L, Top Flat 19 Folkestone Road, E17 ... (020) 8503 7960
F, M, 899 Eastern Avenue, Ilford ... (020) 8599 3175
F, N, 64 Bracken Drive, CHIGWELL ... (020) 3720 2682
F, N.E, 63 Abbotswood Gdns, Ilford ... (07958) 556980
FRANKLYN, R, 105 Burnham Road, E4 ... (020) 8524 8172
FRANKS, A, Flat 5 Oakwood Court Gordon Road, E4 ... (020) 8529 3645
F, D, 12 Edwina Gardens, Ilford ... (020) 8551 2972
F, T, (Mobile), 1 Lincoln Rd, E18 ... (07956) 229068
FRANZ, R, 1 Arden Mews, London ... (020) 3654 4377
FRANZOTTI MIRANDA BINNS, D, St. Georges Court Flat 31 287 Wood Street, London ... (020) 3524 2762
FRASER, G, 83 Montalt Road, Woodford Green ... (020) 8504 8548
FRASINEANU, O, Flat 28 Hennessy Court 127 Leyton Green Road, E10 ... (020) 8539 1916
FRATEL, B, 127A Fullwell Avenue, Ilford ... (020) 8551 2654
FREEDMAN, B, Flat 7 Aurora Court 14a Sunset Avenue, Woodford Green ... (020) 8505 1776
F, E, 615 Cranbrook Road, Ilford ... (020) 8550 1048
F, M, 7 Peel Drive, Ilford ... (020) 8177 7325
F, P, 15 Hobart Court 14 Sunset Avenue, Woodford Green ... (020) 8505 7252
F, S, 77 Boleyn Court, Buckhurst Hill ... (020) 8559 1746
F, S, 4 Montfort Gardens, Ilford ... (020) 8924 5490
F, S.L, 53 Roll Gardens, Ilford ... (020) 8550 5938
FREEMAN, A, 16 Stevens Way, Chigwell ... (020) 8500 5793
F, B, 5 St. Edmunds Road, Ilford ... (020) 8554 4698
F, Mr Dudley, Flat 42 Village Heights 72 Chingford Lane, Woodford Green ... (020) 8506 2275
F, D, 17 Roebuck Lane, Buckhurst Hill ... (020) 8505 3880
F, E, 13 Tufton Road, LONDON ... (020) 8524 4301
F, J.R, 223A Fullwell Av, Ilford ... (020) 8551 8698
F, M, FLAT 6 2 Summit Road, London ... (020) 8521 7011
F, Mrs Etloe House, 180 Church Road, London ... (020) 8988 9874
F, P, Mobile, 41 Preston Road, London ... (07956) 264287
F, R, 1 Hedgers Close, Loughton ... (020) 8508 4744
FREESTON, P, 67 Derby Road, London ... (020) 8505 2951
FREITAS, A, Flat 3 112 Grove Road, London ... (020) 8520 6729
F, C, 329a Dersingham Avenue, E12 ... (020) 8141 0526
F, G, Flat 12 119, Flat 12, Elm Court Higham Station Avenue, London ... (020) 3726 6251
FREITAS MACHADO, O, Flat 22 Cedar Court Churchfields, South Woodford, London ... (020) 8504 7304
FRENCH, M, FLAT 3 30C Forest View, London ... (020) 8529 7406
F, P, 37 Kingsley Road, Loughton ... (020) 8508 3435
F, S, 47 Horn Lane, Woodford Green ... (020) 8504 1020
FRENKEL, J, 104 Collinwood Gardens, Ilford ... (020) 8550 0312
FROLOVS, R, 22 Lichfield Court 2 Gandhi Close, Walthamstow ... (020) 8520 6051
FROME, S, 4 Broad Oak Close, LONDON ... (020) 3654 6282
FROMONT, M, Flat 11 Hyh House 260 Chingford Road, E17 ... (020) 8531 9775
FRONTY, M, Flat 1 26 Cleveland Road, London ... (020) 3648 5474
FROST, G, Tudor Lodge The Avenue, E11 ... (020) 8989 0567
F, M, 102B Edward Road, London ... (020) 8923 8017
FROUD, B, Little Christies High Rd, Chigwell ... (020) 8501 4990
FRYER, A, 21 Roundmead Close, Loughton ... (020) 8502 1560
FU, F, 10 Warren Court, Chigwell ... (020) 3354 5677
F, W.K, 4 Forest Farm Cott, Forest Rd, Hainault, Ilford ... (07956) 228888
FUKIAU, Mr R N, 64 Brookfield Avenue, London ... (020) 3479 5796
FULLER, K, 173 Mornington Road, Leytonstone, London ... (020) 3489 1433
F, Lorie, 19 Jacklin Green, Woodford Green ... (020) 8504 0150
F, P, 77 Kenwood Gardens, Ilford ... (020) 8551 1378
F, P.J, 33 Forest View Road, Loughton ... (020) 8508 3004
F, R, 3 Carisbrooke Road, E17 ... (020) 8520 8140
F, S, The Gantocks St. Johns Rd, Loughton ... (020) 8508 9044
F, V.C, 5 Waterside Coppermill Lane, E17 ... (020) 8509 1409
FULLMAN, S, 50 Home Heather House 128 Beehive Lane, Ilford ... (020) 8551 7321
FULTON, D, 33 Walpole Road, London ... (020) 8252 9810
F, N, 20 Clock Court Victory Road, Leytonstone ... (020) 8530 5033
FUNG, F, 39 High View Road, South Woodford ... (020) 8989 4782
F, S, 34 Queen Elizabeth Road, E17 ... (020) 8527 0289
FURNACE, N, 51 Highwood Gardens, Ilford ... (020) 8550 1600
FURNEAUX, M, 1/34 Fifth Av, E12 ... (020) 8514 2960
FURNER, H, 13 Stanway Close, Chigwell ... (020) 8281 1271
FURQUAN, S, 329 Mortlake Road, Ilford ... (020) 3016 1142
FUSCHILLO, A, 11 South View Drive, London ... (020) 8530 5642
FUTLOO, Mrs B, 446 Hoe Street, London ... (020) 3132 7020
FYNN, P, 305 Cann Hall Road, E11 ... (020) 8536 1216
F, P, Flat 6 Collins Court Lower Park Road, Loughton ... (020) 3718 0002
G K LOUNGE LIMITED, 298 Green Lane, Ilford ... (020) 8597 2552
GABA, P, 39 Webster Rd, E11 ... (020) 8257 1407
GABANAIT, Ms Z, Flat 18 Witham Ct Thant Close, London ... (020) 3132 0098
GABARA, Mr P, 1 Essex Road, London ... (020) 8141 5330
GABRIEL, D, 4 Essex Road, E12 ... (020) 8471 5092
G, G, 101 Essex Road, E12 ... (020) 8552 2631
GABRIELLA, Miss B, 485 Forest Road, London ... (020) 8177 3125
GABUAT, R, 84 Somers Rd, E17 ... (07956) 475958
GABUCCI, R, 302 Limes Avenue, Chigwell ... (020) 3719 5307
GADIAN, A, 21 Hillington Gardens, Woodford Green ... (020) 8551 0733
GAETA, Arianna, 6 Selworthy Close, E11 ... (020) 8530 3819
GAFFNEY, Raymond, Birch House 3 Potters Clo, Loughton ... (020) 8508 3860
GAGE, M, 34 Middleton Close, E4 ... (020) 8529 2686
GAGNEJA, A, Flat 7,Linney House,43 Tanners Lane, Ilford ... (020) 3138 5945
GAISFORD, D, 23 Holly Road, Leytonstone,London ... (020) 8530 5392
GAJADHARSINGH, Mr C, 8 Forest Drive West, London ... (020) 8556 7374
GAJIA, Z, Unit 25 Staffa Road, E10 ... (020) 8558 7477
GALBRAITH, James, 1206 Eastern Avenue, Ilford ... (020) 8599 0575
GALDEM, Mr M, 31 Montague Rd, London ... (020) 8141 1844
GALE, A, Flat 1, 49 Beresford Road, London ... (020) 8923 1338
G, Mr H, Mobile, Stable Cottage Whitakers Way, Loughton ... (07958) 578031
GALEA, A, 24 Dore Avenue, E12 ... (020) 8478 5851
GALENZOGA, Mr R, 30 Palmerston Rd, London ... (020) 3132 0296
GALIBARDY, N, 42 Newlands Road, Woodford Green ... (020) 8521 3763
GALLACCIO, Maureen, Ground Floor Flat 8 Clacton Road, E17 ... (020) 8509 7439
GALLACHER, B, 57 Cranston Gardens, London ... (020) 8923 5557
GALLAGER, E.A, 19 Cambridge Road, E11 ... (020) 8530 6919
GALLAGHER, J, 17 Chudleigh Crescent, Ilford ... (020) 8590 7862
G, K, 27 Ground Floor Woodlands Road, Ilford ... (020) 8141 7599
G, M, 14 Newpiece, Loughton ... (020) 3565 0278
GALLEY, E.O, 78 Haldan Road, E4 ... (020) 8527 7002
GALLIERS, Eva, Flat 6 Belgrave Heights 26 Belgrave Road, E11 ... (020) 8989 4090
GALLO, Carlos, 42 Landseer Avenue, E12 ... (020) 8514 0435
GALLOGLY, L, 46 Hamilton Avenue, Ilford ... (020) 8554 1536
GALLOP, R, 110C New Road, E4 ... (020) 8524 4658
GALLOWAY, D.D, mobile, 60 Stocksfield Rd, E17 ... (07903) 358143
GAMBLE, C, 64 Hanson Drive, LOUGHTON ... (020) 8281 5840
GAMMAGE, B, 79 Marmion Close, London ... (020) 8529 9295
GAMON, F, 72 Henrys Walk, Ilford ... (020) 8500 6908
GANCHEVA, Miss B, 196 Blackhorse La, London ... (020) 3132 4091
GANCHI, Mr I.K, 7 Rachel Clo, Ilford ... (020) 8550 4452
GANDECHA, Dr A, 299 New North Road, Ilford ... (020) 8500 3978
GANDESHA, S, 22 Northumberland Avenue, E12 ... (020) 8530 7921
GANESAN, S, 42d Northbrook Rd, Ilford ... (020) 8514 1464
GANESHAN, B, 13 Khartoum Road, Ilford ... (020) 8270 7855
GANESHARAJ, D, Mobile, 105 Wards Road, ... (07904) 832331
GANESSHALINGAM, Mr P, 38 Essex Rd, London ... (020) 8177 5888
GANGADHARAN, Sureshkumar, Flat 18 Tej Court 30 Clarence Road, E12 ... (020) 8478 5791
GANI, M, 126 Thorold Road, Ilford ... (020) 8220 8640
G, S, Flat 10 547-549 Cranbrook Road, ILFORD ... (020) 3669 4340
G, S, 208 Thorold Road, Ilford ... (020) 8220 8643
GANT, S, Flat 9, Heron Court Morland Road, Ilford ... (020) 8550 0201
GARAPATI, A, 195 City Vw Centreway Apartments Axon Pl Ace, Ilford ... (020) 8514 8810
GARCIA, E, 41 Harwater Drive, Loughton ... (020) 8281 9384
GARCIA SANCHEZ, A, Flat 28, Henley Lodge, 2 Willow Walk, London ... (020) 3952 0231
GARD, M.B, 6 Wensley Avenue, Woodford Green ... (020) 8504 4122
GARDINER, C, 5 Mapleton Road, London ... (020) 8524 5149
G, D, 55 Elmsdale Road, E17 ... (020) 8520 9542
G, P, Flat 8 Copsfield Court 27-29 Woodford Road, London ... (020) 4537 9674
GARDNER, K, 13 Hatley Avenue, Ilford ... (020) 8551 1675
GARDYGA, Mr W, 64 Palmerston Rd, London ... (020) 8141 0015
GAREL, Winston, 5 Telford Clo, London ... (020) 8521 6899
GARFIELD, A.L, 39 Malford Grove, E18 ... (020) 8989 6417
G, P, 34 Overton Drive, London ... (020) 8989 2737
GARG, A, Tempus Court 128-138 Flat 7 High Road, London ... (020) 8013 8668
G, Mr D, 25/1 Mansfield Road, Ilford ... (020) 8141 1109
G, K, 13 Wigram Road, London ... (020) 3566 2093
GARLICK, J.H, 52 Redbridge Lane West, E11 ... (020) 8989 3100
GARNER, E, 2 Hatchwood Close, Woodford Green ... (020) 8505 4502
GARRAD, M.J, 27 Harwater Drive, Loughton ... (020) 8508 1606
GARRETT, G, 55 Orford Rd, E18 ... (020) 8530 5133
G, J, 96 Hanson Drive, Loughton ... (020) 8502 0098
G, R, 67 Beech Hall Road, Chingford ... (020) 8531 2695
GARTH, Maureen, 13 Woodside Road, Woodford Green ... (020) 8504 3750
GARVEY, R, 61 Ferndale Road, London ... (020) 8539 0403
GARWOOD, Mrs Carolanne, 5 Barrington Close, Loughton ... (020) 8502 2160
GAS
Please see listings in Business & Services Section

GASKIN, R, 236 Henley Road, Ilford ... (020) 8478 7610
G, R, 7, Ashgrove Lodge Montalt Road, Woodford Green ... (020) 3601 6203
GATCUM, A.C, 2 Nyssa Clo, Woodford Gn ... (020) 8504 2456
GATES, A, 72 Woodland Road, London ... (020) 8523 9918
G, C, 148 Highwood Lane, LOUGHTON ... (020) 8508 0245
GATTY, R, 17 Merlin Road, E12 ... (020) 8989 9469
GAUDINSKAS, Mr T, 153 Lansdowne Rd, Ilford ... (020) 8177 1005
GAUGHAN, Thomas, 1 Hatchwood Close, Woodford Green ... (020) 8504 8424
GAUNT, J, 26A Wallwood Road, LONDON ... (020) 3624 2511
GAUR, Mr A, 201 Westwood Rd, Ilford ... (020) 8597 5963
GAURUS, O, 9 Sylvester Road, Walthamstow ... (020) 7285 7744
GAUTHAMAN, T, 34 Oaks Lane, Ilford ... (020) 8598 9665
GAUTREY, K, 5 Kimberley Way, London ... (020) 8529 6800
GAXHA, F, 16 Aldeburgh Place, Woodford Green ... (020) 3304 8376
GAY, M, 6/43 Woodford Rd, E18 ... (020) 8989 7000
GAY MASSALA, R, Flat 31 Dilwyn Court 1 Hillyfield, E17 ... (020) 8531 6059
GAYE, C, 184 Sinclair Road, Chingford ... (020) 8529 2073
GAYLE, C, 28 Hampton Road, Chingford ... (020) 8377 2328
GAYLOR, D.W, 2 Dacre Gardens, Chigwell ... (020) 8500 6555
GAYNOR, O, 239 Waltham Way, E4 ... (020) 8524 8853
GAYWOOD, S, Mobile, 17 Tulip Gardens, ... (07939) 659507
GAZI, P, 23 Alverstone Road, Manor Park ... (02037) 528573
GAZOUNI, H, 75 Wellwood Road, Ilford ... (020) 8598 1714
GAZZALI, M, 27 Gladstone Avenue, London ... (020) 3640 8223
GEAGAN, Mr J, Mr 87a Wellesley Road, Ilford ... (020) 8554 8746
GEAR, H, 13 Clivedon Road, London ... (020) 8527 3278
GEARY, J, 96 Grosvenor Road, E10 ... (020) 8556 9586
GEBRESLASE, E, Flat 3, 37 Endsleigh Gardens, Ilford ... (020) 3556 9841
GEDDES, Miss T, 30A Forest Rd, London ... (020) 8141 0018
GEE, G, 86 Chelmsford Road, E18 ... (020) 8504 0533
GEEDI, Ms F, 29 Nagle Close, London ... (020) 3132 9675
GEETHANANTHI, Mrs V, 113 Springfield Drive, Ilford ... (020) 3370 2508
GEKE, H, 1012 Eastern Avenue, Ilford ... (020) 3720 1999
GELERNTER, R, 46 Winningales Court Vienna Close, Ilford ... (020) 8550 0037
GELGOTA, Mr T, 33A Queens Road, London ... (020) 8141 7565
GELKOFF, Z, Room 1 36 Church Hill, Loughton ... (020) 3016 0853
GELLEN, Ms J, 13 Stanley Road, London ... (020) 8177 7048
GEMZA, M, 275 High Road Leyton, London ... (020) 3732 3570
GENC, C, 137 Hall Lane, LONDON ... (020) 8523 9079
GENOVESA, S, 16 Mark Avenue, London ... (020) 3612 3652
GENT, S, 23 Douglas Avenue, London ... (020) 8257 2726
GENTRY, R, 29 Langley Drive, E11 ... (020) 8989 4428
GEORGE, C, 108 Napier Road, E11 ... (020) 8534 1341
G, G, 29 Evanston Avenue, E4 ... (020) 8523 0737
G, J, 67 Inverness Drive, Ilford ... (020) 8501 3964
G, L, 3 Grasmere Close, Loughton ... (020) 8508 8822
G, P, 29 Cheyne Avenue, London ... (020) 8530 2979
G, P, 21 Mount Echo Avenue, Chingford ... (020) 8524 2455
G, Rita, Flat 8 Friars Court 31a Lyne Crescent, E17 ... (020) 8527 0647
G, Susan, 137 Edward Road, London ... (020) 8509 3079
GEORGESCU, R, 14 Mornington Road, Loughton ... (020) 3581 0512
GEORGIADOU, C, 585A Forest Road, E17 ... (020) 8527 4783
GEORGIO, M, 5 Great Owl Road, Chigwell ... (020) 8501 4932
GEORGIOU, D, 2A Lawrence Avenue, London ... (020) 7671 7959
GEPPERT, T, 15 Tudor Close, Chigwell ... (020) 8500 0599
GERALD, Miss M, 1a Colville Rd, London ... (020) 3132 4131
GERRARD, Mr B, 78 Sheringham Ave, London ... (020) 8478 1461
G, S, Flat 50 Heron Court Morland Road, Ilford ... (020) 8553 0077
GERRETT, W, 2 Fletcher Road, Chigwell ... (020) 8500 4717
GERREYN, C, 100 Blackhorse Lane, London ... (020) 8527 8550
GERSON, L, 41 Mapleton Road, E4 ... (020) 8501 7386
GERTSON, J, 154 The Drive, Ilford ... (020) 8554 4366
GHANI, A, 181 Loxford Lane, Ilford ... (020) 8514 1480
G, Mr U, 111 North Birkbeck Rd, London ... (020) 3132 8300
GHASEMZACDEH, A, 5 Grove Rd, E11 ... (020) 8539 6680
GHATTA-AUREH, J, 11 Essex Road, London ... (020) 8471 3087
GHINEA, E, 39 Highbury Gardens, Ilford ... (020) 3638 7297
GHIONTUL, N, 369 Clayhall Avenue, Ilford ... (020) 8550 3810
GHIR, K, 46B Clarendon Gardens, Ilford ... (020) 8554 9811
GHOSH, Dr Anshua, 3 Beechwood Park, E18 ... (020) 8989 7361
G, S, 2a Brantwood Gardens, Ilford ... (020) 8550 6821
GHOSHAL, A, 62 Woodville Road, E18 ... (020) 8530 5459
G, A, 62 Woodville Road, London ... (020) 8220 5434
GHUFRAN, M, 8 Hawkesbury Close, Ilford ... (020) 3592 1314
GHURBURRUN, Miss R, 38 Albany Rd, London ... (020) 3132 3824
GIBBINS, A.R, 77 The Ridgeway, E4 ... (020) 8524 5322
G, B, 31 Hereford Road, London ... (020) 8923 7993
G, C, 39 Wanstead Lane, Ilford ... (020) 8518 1609
G, Paul, 59B Essex Road, E10 ... (020) 8556 3295
G, Mr S, 15 St. George's Rd, London ... (020) 8141 1215
GIBBONS, Mr A, 12 Peach Grove, London ... (020) 8141 1838
G, B, 247 Winchester Road, E4 ... (020) 8418 5692
G, K, 53A Gosport Road, London ... (020) 8520 1180
G, Mr P, 5 Eighth Avenue, London ... (020) 8177 7417
GIBBS, G, 26 Cardinal Drive, Ilford ... (020) 8501 1389
G, J, DELLBROOK Wellington Hill, Loughton ... (020) 8508 7684
G, M, 780 Chigwell Road, Woodford Green ... (020) 8506 1402
G, M, 69 Leyspring Road, E11 ... (020) 8530 4098
G, M, 3 Maple Road, Leytonstone,London ... (020) 8989 4977
GIBSON, A, 11 Luton Road, Walthamstow ... (020) 8527 4145
G, B, Flat 5 115, Poplar Court Higham Station Avenue, London ... (020) 3673 0006
G, B, 21 Walnut Way, Buckhurst Hill ... (020) 8505 2138
G, F.C, 82 Charter Avenue, Ilford ... (020) 8554 0224
G, G, 202 Old Church Road, London ... (020) 8529 7020
G, J, 106 Forest Rise, London ... (020) 8520 4974
G, N, Rowans Lambourne Road, Chigwell ... (020) 8500 1726
G, R, 25 Applegarth Drive, Ilford ... (020) 8599 9617
G, T.M, 2 Wood Lane, Woodford Green ... (020) 8505 2258
GIDDINGS, Mr N, Flat 18 Tenby Court Tenby Rd, London ... (020) 8521 9047
GIFFORD, D, 26 Cedars Avenue, London ... (020) 8521 7190
GILARDONI, A.C, Flat 27 John Strype Court High Road Leyton, E10 ... (020) 8558 5386
GILBERT, B, 10 Sewardstone Road, Chingford ... (020) 8559 4320
G, G, 215 High Road, Chigwell ... (020) 3490 0049
G, M, Flat 1 41 De Vere Gardens, Ilford ... (020) 8518 6212
G, M, 8 Oakwood Hill, Loughton ... (020) 8281 1280
G, S, 778 Eastern Avenue, Ilford ... (020) 8554 8537
GILBEY, L, 14 Acorn Close, E4 Chingford,London ... (020) 8523 7855
GILCHRIST, G.D, Milestones 61 High Road, Chigwell ... (020) 8500 2157
GILDING, G, 32 Retreat Way, Chigwell ... (020) 8502 7779
GILES, S, 105 Abbotts Crescent, London ... (020) 8257 5991
G, William, 46 Queen Elizabeth Road, London ... (020) 8531 1911
GILL, Mr Anthony, Flat 1, Edwin House Downsfield Road, London ... (020) 8509 0823
G, B, 128 Middleton Avenue, LONDON ... (020) 8529 5452
G, C, 3 Belvedere Road, E10 ... (020) 8558 3121
G, C, 74 Rectory Road, E12 ... (020) 8478 6353
G, K, 2 Lupin Cres, Ilford ... (020) 8553 2959

G, M, 15 Capel Gardens, Ilford (020) 8599 0446
G, M, 9 Nelson Road, London (020) 3686 0228
G, M.I, Flat 21 Hatfield Lodge 30 Hatfield Close, Ilford (020) 8551 5886
G, N, 121 Willingale Road, Loughton (020) 8926 3973
G, Mr Z, 3 Clementina Road, E10 (020) 8141 8667
GILLAN, S, 15 Leicester Road, E11 (020) 8530 4052
GILLARY, J, Flat 12 61 Suffolk Court Suffolk Road, Ilford, Essex (020) 3731 9918
GILLESPIE, H, 4 Brunel Road, Woodford Green (020) 8505 2307
GILLIGAN, M, 111 Waltham Road, Woodford Green (020) 8220 5556
GILLINGS, C, 37 Hillyfields, Loughton (020) 8508 6891
GILLMAN, Brian M, 15 Granville Road, E18 (020) 8989 2177
G, I.R, 14 Hookstone Way, Woodford Green (020) 8506 1608
GILLMORE, G.L, 16 Gladstone Road, Buckhurst Hill (020) 8506 1720
GILMAN, R, 79 Ulverston Road, London (020) 8923 4416
GILSON, L, 8A Glebe Avenue, Woodford Green (020) 8504 9876
GILZEN, Kadean, Flat 19 Clewer Court Leyton Grange Estate, E10 (020) 8988 0718
GINIMAV, Mr P, 506 High Rd, Ilford (020) 7159 9557
GIRATO, M, 18 Forest Side, E4 (020) 8529 6424
GISSANE, K.L, 51 Forest Side, E4 (020) 8529 7614
GIUBEGA, F, 52 Farmer Road, E10 London (020) 8558 6929
GJANA, L, Flat A 4 North Birkbeck Road, Leytonstone (020) 3732 2276
G, R, 223B High Road, Ilford (020) 3573 1995
GJETA, Mr A, 108 Aldborough Road South, Essex (020) 8141 4427
GLADMAN, V, 55 Finchingfield Avenue, Woodford Green (020) 8504 9794
GLANVILLE, M, 151 Normanshire Drive, London (020) 8529 3851
GLASGOW, A, 54 Sunnyside Road, Ilford (020) 8514 5475
GLASSBERG, A.H, 9 Greenheys Drive, London (020) 8530 3392
GLASSCOCK, P.A, 102 The Drive, Loughton (020) 8508 0768
GLASSMAN, S, 27 Cadogan Gardens, LONDON (020) 8989 7712
GLAZEBROOK, K, 4 Hurst Road, Buckhurst Hill (020) 3536 6105
GLEAVE, E, 15 Laurel Clo, Ilford (020) 8500 1759
GLEESON, R, 41 Dangan Road, E11 (020) 8530 6581
G, R, 77 BODIAM COURT 8 Thornbury Way, London (020) 8527 1057
GLENDINING, C, 75 Huntsman Road, Ilford (020) 8500 8982
GLENDON, A, 24 Guildford Road, Ilford (020) 8599 8753
GLESSING, A, 30 Queens Road, Loughton (020) 8281 1962
GLICK, D, 26 Bracken Drive, CHIGWELL (020) 8500 5170
GLIKSON, Mr M, 37 Wragby Rd, London (020) 3132 2612
GLOUTON, V, 28 Erskine Road, London (020) 8923 5763
GLOVER, B, 38 Wynndale Road, London (020) 8491 0308
G, D, 28 Primrose Rd, E10 (020) 8558 8356
G, E, 68 Oakwood Hill, Loughton (020) 8508 9277
G, J, 12 Willow Street, London (020) 8524 2088
G, N, 51 Fairway Gardens, Ilford (020) 8478 5594
GLYNN, J, 24 Ainslie Wood Gardens, E4 (020) 8524 3654
G, M, Parsonage Court 14 Rectory Lane, LOUGHTON (020) 8508 2501
GNANAPRAGASAM, M, 224 Queens Road, Buckhurst Hill (020) 8504 3395
GOAD, A, The Barn Rats Lane, Loughton (020) 8508 8472
GOBLE, Tg, 261 Forest Road, E11 (020) 8558 1242
GODAVARTHI, V, 120 Park Road, Ilford (020) 8306 0048
GODDARD, J, Flat 9 Wanstead Heights 1 High Street Wanstead, E11 (020) 8989 2776
G, S, 26 The Meadway, Buckhurst Hill (020) 8505 2570
GODFREY, A, 30 Vernon Road, Ilford (020) 8590 6690
G, A.F, 42 Knebworth Avenue, E17 (020) 8527 1865
G, Adm B, 146 Ruskin Avenue, E12 (020) 8552 3544
G, G, 13 Brunswick Road, E10 (020) 8558 0161
GODIN, P, 28 Addison Road, London (020) 8530 4769
GODLONTON, A.A, 9 Lancelot Road, Ilford (020) 8500 7451
GODSALVE, Miss L, Miss 37 Wroths Path, Loughton (020) 8508 2363
GODWIN, S, 131 Winns Avenue, London (020) 8923 7898
GOEL, S, Wanstead Police Station Spratt Hall Road, E11 (020) 8989 9156
G, V, 70A Derby Road, LONDON (020) 8504 4463
GOGGIN, D.G, 70 Wallwood Road, E11 (020) 8556 1708
G, P, 22 Fairlop Gardens, Ilford (020) 8501 2674
GOIS, E, 56 Empress Avenue, London (020) 3524 7234
GOJRA, Mr J, 9 Barley Lane, Essex (020) 8141 0741
GOKGEZICI, H, Flat 24 Rosewood Court 4 Victoria Road, London (020) 3632 1282
GOLD, J, 22 Selwyn Avenue, Ilford (020) 8220 1449
G, M, 44 Ardwell Avenue, Ilford (020) 8554 4372
G, V, 80 Brettenham Road, E17 (020) 8527 1199
G, V, 15 Vienna Close, Ilford (020) 8550 3193
GOLDBERG, P, 37 Knebworth Avenue, London (020) 8923 7322
GOLDEN, K, 97 Wellington Road, London (020) 8220 4766
G, T.J, 28 New Road, E4 (020) 8559 4415
GOLDING, D, 73 Gardner Close, E11 (020) 8989 1994
G, D, 14 Kinnaird Way, Woodford Green (020) 8252 4729
G, R, 19 Brinkworth Road, Ilford (020) 8551 3464
GOLDINGAY, P, 3 Cranworth Crescent, London (020) 8529 2119
GOLDMAN, I.M, 192 Hathaway Crescent, E12 (020) 8548 8554
G, P, 17 Lyndhurst Rise, Chigwell (020) 8502 6727
GOLDSMITH, Dale, 4 Weavers Almhouses New Wanstead, E11 (020) 8989 3879
G, Mr John, 35 St. Mary's Avenue, London (020) 8989 9922
G, J, 35 St Marys Avenue, London (020) 8530 7334
G, Sue, 26 Field Clo, London (020) 8503 2100
GOLDSTEIN, J, 6 Clarence Avenue, Ilford (020) 8554 8158
G, S, Montgomerie Lodge Flat 4 152, High Road, Chigwell (020) 3732 2475
GOLDSTONE, Mr G, 50 Peterborough Rd, London (020) 3132 9668
GOLLA, P, 31 Shelley Avenue, E12 (020) 3132 5548
GOLUBKOVA, J, 14 Queens Drive, London (020) 3673 6640
GOMES, E, 12 Sunnyside Drive, London (020) 8923 1546
G, Miss M, 94 Fred Wigg Tower Montague Road, London (020) 8141 1845
G, M.V, 39 St. Mary's Road, E10 (020) 8558 3298
G, V, Flat 9 Briscoe Close 9 Briscoe Close Acacia Road, London (020) 3581 4545
GOMEZ, G, 314 Perth Road, Ilford (020) 8220 8499
G, M, 55 Kenilworth Avenue, Walthamstow (020) 8523 2624
GOMM, D.P, 114 Glenwood Gardens, Ilford (020) 8550 9502
GONCALVES, R, 10 Frith Road, London (020) 3318 4089
GONZALEZ, C, 10 Hatherley Mews, London (020) 3719 7231
G, E, 66 Thorpe Road, Walthamstow (020) 8523 5121
GOOBEY, D.A, 72 Selwyn Avenue, E4 (020) 8531 6930
G, L, STONECROFT Mott Street, Loughton (020) 8508 1120
GOOCH, Mr N, 94 Church La, London (020) 8521 5265
G, R, 26 Alderton Hill, Loughton (020) 8502 0795
GOOD, E.B, 17 Charteris Road, Woodford Green (020) 8504 3997
G, J, 133 Middleton Avenue, Chingford (020) 8529 0705
G, P, 79 Goldsmith Road, LONDON (020) 3605 4469
G, P.A, 37 Amanda Close, Chigwell (020) 8500 8409
GOODALL, J, 21 Dalkeith Road, Ilford (020) 8478 8190
G, L, 71 Glengall Road, Woodford Green (020) 8505 4316
G, P, 47 Hilltop, Loughton (020) 8508 7310
GOODCHILD, G, 157 Whipps Cross Road, London (020) 8926 3717
GOODE, B, 102 Bridge End, E17 (020) 8531 9714
GOODENOUGH, M, 55 Chestnut Drive, London (020) 8925 3889
GOODES, D, 78A Leybourne Road, London (020) 8926 0797
G, H, 39 Hillside Avenue, Woodford Green (020) 8504 5686
GOODING, A, 107 Hall Lane, London (020) 3648 9037
GOODMAN, A, 80 Lechmere Av, Woodford Gn (020) 8551 8676
G, I, 12 Kensington Drive, WOODFORD GREEN (020) 8551 8565
G, J, Flat 28 Stone Hill Court Markfield Gardens, E4 (020) 8524 9278
G, K, 39 Falmouth Gardens, Ilford (020) 8550 4915
G, P, 34 Fullers Road, London (020) 8504 4149
G, R.T, 28 Longacre Road, E17 (020) 8531 8086
GOODSMAN, M, 127 Princes Road, Buckhurst Hill (020) 8505 3755
GOODWIN, J, 70 Hainault Court Forest Rise, Walthamstow (020) 8520 0595
G, J, 45 Swans Hope, Loughton (020) 8502 4501
G, K, Fairview Willowmead, Chigwell (020) 3509 3222
G, M.H, mobile, 227 Capworth St, E10 (07930) 897392
GOODY, Mrs Christine, 92 Gardner Close, London (020) 8989 4116
GOOLD, N, 4 Cranbourne Avenue, E11 (020) 8989 7681
GOOLJAR, H, Downland Court Flat 35 Lancaster Road, London (020) 8556 4649
GOPAULEN, P, 20 Marlborough Road, E18 (020) 8530 4969
GOPINATH, Dr D, 10 Buxton Close, Woodford Green (020) 8262 2920
GORDON, E, 35 St. John's Road, E4 (020) 8524 7043
G, Mr G, 17 Hove Av, London (020) 3132 3040
G, Mr J, 39 Beaconsfield Rd, London (020) 8177 0450
G, J, 53 Kensington Gardens, Ilford (020) 8554 3172
G, K, 40 Meadow Road, LOUGHTON (020) 8508 0171
G, Maria, 257 Ashburton Av, Ilford (020) 8599 7561
G, M, 31 Cottesmore Avenue, Ilford (020) 8551 1650
G, Mr Peter, 73 Woodville Road, London (020) 3659 8162
G, R.S, (Mobile), 132 Catherham Av, Ilford (07956) 127756
GOREHAM, E, 22 Alderton Way, Loughton (020) 8508 5936
GORGE, Mr A, 21 Littlemore Rd, Ilford (020) 8177 9515
GORING, Mrs Doris, 162 Clayhall Avenue, Ilford (020) 8551 2154
G, E.S, 20 Grange Road, Ilford (020) 8553 5965
GORMAN, C, 19 Stoneycroft Road, Woodford Green (020) 8506 1568
G, S, 255 Copperfield, Chigwell (020) 3539 9394
GORN, L.H, 614 Limes Avenue, Chigwell (020) 8500 3481
GORNALL, B, 28 Vista Drive, Ilford (020) 8550 7924
G, R, 158 Willingale Road, Loughton (020) 8508 7100
G, R.W, 158 Willingale Rd, Loughton (07956) 226310
GORST, I, 1 Cranbourne Avenue, London (020) 8270 3972
GORVAN, S, 57 Parkmead, Loughton (020) 8508 5360
GOSHAWK, J, Flat 47 1, Precision House Wood Street, London (020) 3662 5800
G, Robert, 18 Almonds Avenue, Buckhurst Hill (020) 8505 1744
GOSLING, Emily, Flat 1 Wellington Mansions 183 Church Road, E10 (020) 8558 1273
G, L, 49 Wanstead Park Avenue, E12 (020) 8989 3276
G, R, 30 Frederica Road, E4 (020) 8524 9577
GOSS, E, 108 Walden Way, ILFORD (020) 8500 1537
GOUGH, L, 14 Empress Avenue, Woodford Green (020) 8505 3884
G, T, 79 Nevill Way, LOUGHTON (020) 8508 1613
GOULBOURNE, H, 69 Hanover Gardens, Ilford (020) 8500 8182
G, P, 43 St. Albans Crescent, Woodford Green (020) 8491 7890
GOULD, Brenda, 28 Cantley Gardens, Ilford (020) 8554 1653
G, Adm B, 16 Werneth Hall Road, Ilford (020) 8550 1998
G, J, 28 Park Road, London (020) 8989 3552
GOULT, Mr Doreen, 3 Trehearn Road, Ilford (020) 8500 9183
GOUNDRY, R, 31 Lytton Rd, E11 (020) 8556 0191
GOUNEL, E, 13 Maida Way, London (020) 8524 7781
GOUVEIA, R, Redbridge Extra Care Oakfield Lodge, Ilford (020) 3509 3167
GOVENDER, K, 3 Angel Court 33A Wilmot Road, E10 London (020) 8556 2447
GOVIER, P, Ridgeway Evangelical Church The Ridgeway, Chingford (020) 8524 1410
GOVINDASAMY, E, Flat 5 William Court 122 Crown Road, Ilford (020) 8551 5059
GOWAN, M, 18 Norwich Mws, Ilford (020) 8599 6392
GOWER, A, 6 Heron Close, Buckhurst Hill (020) 8504 3830
GOWRIKARAN, M, 46 Millwell Crescent, Chigwell (020) 8500 4852
GOY, C, 27 Horsley Road, LONDON (020) 3724 8433
GOZEN, M, 73 Friday Hill West, London (020) 3158 5293
GRACA, Miss 35 Sinnott Road, Walthamstow, London (020) 8001 8115
GRACE, D, 8 Vine Gardens, Ilford (020) 8478 8421
GRAHAM, A, 4 Laurel Close, Ilford (020) 8500 5052
G, B, 1a Scarborough Road, London (020) 8558 6840
G, D, 87 Ladysmith Avenue, Ilford (020) 8599 6953
G, D, 7 NORMAN COURT Monkhams Avenue, Woodford Green (020) 8505 4256
G, D, 32 Monkhams Lane, Woodford Green (020) 8505 3834
G, E, 31 Leicester Road, E11 (020) 8518 8778
G, I, 45A Charnwood Drive, London (020) 8530 6162
G, K, 150B Wellesley Road, Ilford (020) 8518 5837
G, P, 7 Theydon Street, E17 (020) 8556 9860
G, S, Flat 5 Allanson Court Leyton Grange Estate, E10 (020) 8558 1444
GRAJ, Mr O, 34 Spencer Rd, Ilford (020) 8599 7483
GRAJCAREK, G, 17 Ryecroft Avenue, Ilford (020) 8550 8534
GRAMI, S, 6/72 Horn La, Woodford Gn (020) 8505 2078
GRANDISON, Miss S, 7 Meanley Road, London (020) 8478 4371
GRANELLI, M, 102 Gantshill Crescent, Ilford (020) 8550 9891
GRANGER, R, 7 Silverdale Road, E4 (020) 3340 4581
GRANNUM, M, 1 Banbury Road, E17 (020) 8523 0770
GRANT, A, 15 Castleview Gardens, Ilford (020) 8220 5563
G, A, Flat, 5 Hainault Road, London (020) 8928 1401
G, A, 224 The Avenue, E4 (020) 8531 5354
G, Miss Bridget, 178 Billet Road, London (020) 8925 0729
G, C, 115 Farnan Avenue, London (020) 8923 9502
G, C, 18 Lichfield Road, Woodford Green (020) 8506 2391
G, D, 5 Bracken Drive, Chigwell (020) 8500 6247
G, I, 101A Belgrave Road, Ilford (020) 8554 9211
G, I, 317 Manford Way, Chigwell (020) 8252 5341
G, Miss J, Miss 2a Garnett Way, London (020) 8523 2012
G, J, 2 Rose Tree Mews, WOODFORD GREEN (020) 8506 1168
G, P, Flat 18 Newton House Prospect Hill, London (020) 3652 6324
G, P, 147 Stradbroke Grove, Ilford (020) 8551 3518
G, R, 5 Fairlands Avenue, Buckhurst Hill (020) 8505 0869
G, S, 24 Edward Road, LONDON (020) 8509 2881
G, S, Flat C 61 Wallwood Road, E11 (020) 8556 7166
GRAPPY, E, 33 Blake Hall Crescent, Leytonstone (020) 8530 4734
GRAVES, A, 4 The Terrace City Of London Cemetary Aldersbrook Road, Manor Park, London (020) 8530 6135
G, D, 43 Empress Avenue, Manor Park, LONDON (020) 8989 6239
G, R, 66 Farmilo Road, London (020) 8556 2395
GRAVESON, A, 54 Chapelmount Road, Woodford Green (020) 8505 7774
GRAY, B, 69 Stapleford Close, E4 (020) 8524 8622
G, D, 48 Forest Way, Woodford Green (020) 8504 9772
G, E, Flat 47 Cassis Court Chigwell Lane, Loughton (020) 3654 1539
G, F, 51 Mayfield Road, London (020) 8531 0642
G, J, 9 Ascham Drive, E4 (020) 8527 8816
G, J, 106 Lechmere Avenue, Chigwell (020) 8500 1606
G, J, Woodcroft Sewardstone Road, London (020) 8523 7464
G, N, 10 Daleside Gardens, Chigwell (020) 8500 5892
G, R, Mobile, 49 Cool Gardie Avenue, Chigwell, Essex (07960) 892166
G, S, 7 Kingsley Road, Loughton (020) 8502 0405
GRAYSON, B, 9 Grove Park, E11 (020) 8989 2164
G, Mrs Bettina, Flat 4 John Sands House, 9 Village Way, Ilford (020) 3441 8173
GREAVES, C, 4 Walpole Road, London (020) 8520 7940
GRECU, M, Ground Floor Flat 5 Belmont Park Road, E10 (020) 8558 4181
GREEN, C, 88 Coolgardie Avenue, E4 (020) 8527 3624
G, C, 3 Dagenham Road, E10 (020) 8539 8393
G, C, 72 Nightingale Lane, Leytonstone (020) 8989 8604
G, E, 32 Bramston Close, Ilford (020) 8172 0248
G, G, 16 Matcham Road, E11 (020) 8534 7505
G, J, Limewood Court Beehive Lane, Ilford (020) 8550 6474
G, Mr John, Friary Cottage Mornington Road, Woodford Green (020) 8504 1136
G, J, 41 Woolhampton Way, Chigwell (020) 8257 0444
G, Linda, 48a Pembroke Road, London London (020) 8520 6900
G, M, Unit 23 227 Goodmayes Lane, Ilford (020) 8598 9574
G, M, Flat 2 Wentworth Court, 25 Castle Avenue London, London (020) 8531 8836
G, Marcia, 17 Pearcroft Road, E11 (020) 8558 5420
G, M.W, Flat 22 Mallard Court 1 Stocksfield Road, E17 (020) 8521 7798
G, Miss P, 130 Hathaway Cres, London (020) 8471 6214
G, R, 1 Dalton Holme, Woodford Green (020) 8504 5217
G, R, 64 Swans Hope, Loughton (020) 8502 0879
G, S, 45 Badlis Road, E17 (020) 8531 0761
G, S, 11 Owl Park Lippitts Hill, Loughton (020) 8508 0797
G, S, 40 Pentire Road, London (020) 8117 0678
G, S, 10, Sovereign Place, 2 St Johns Road, Loughton (020) 3645 4491
G, Mrs Sheila, 28 Trafford Close, Ilford (020) 8501 1055
G, T, Flat 19 5, St. Luke'S Court Campion Road, London (020) 8013 7637
G, V, 19 Wroxham Way, Ilford (020) 3152 4994
GREENALL, R, 79 Finchingfield Avenue, Woodford Green (020) 8559 1494
GREENAWAY, C, 71 Pulteney Road, London (020) 8989 3937
G, D, Flat 46 The Grange 1 Lynmouth Road, Walthamstow,London (020) 8520 9983
G, E.M, 83A Wellesley Road, Ilford (020) 8554 3309
GREENBERG, A.E, 114 Headley Drive, Ilford (020) 8554 1183
GREENE, F, 47 Long Deacon Road, London (020) 3380 6195
G, G, 68 Derby Road, London (020) 8505 8354
G, I, Aspen Court Flat 7 Stoneleigh Road, Ilford (020) 3737 2086
G, L, 25 Underwood Road, Woodford Green (020) 8491 6806
G, R, 30 St. Augustines Court Mornington Road, Leytonstone (020) 8556 5801
G, S.L, Flat 46 Forest Heights Epping New Road, Buckhurst Hill (020) 8505 7148
GREENFIELD, J, 306 Manford Way, Chigwell (020) 8502 6797
G, L, 100 Lechmere Avenue, Chigwell (020) 8500 3351
GREENGRASS, P, 11 Kenwood Gardens, London (020) 8989 0196
GREENHILL, C.M, 99 The Lindens, Loughton (020) 8502 2064
GREENIDGE, S, 89 Windsor Road, London (020) 8558 7690
GREENLAND, P, Flat 64 St. Pauls Tower, 6 Beaumont Rd, E10 (07931) 819325
GREENSWORD, R, Mobile, 43 Haroldstone Road, London (07984) 698748
GREENWAY, Christopher, 37 Tavistock Road, London (020) 8989 5795
G, D, 11 Granville Road, London (020) 8257 9825
GREENWOOD, T, 78 Upper Walthamstow Road, London (020) 8521 2770
GREER, I, 57 The Bowls, Chigwell (020) 3665 5102
GREGORY, A, 12 Chamberlain Close, Ilford (020) 3729 3921
G, G, 10 Tomswood Road, Chigwell (020) 8504 9926
G, I, 30 Valley Close, Loughton (020) 8502 5952
G, J, 18 Westall Road, Loughton (020) 8508 9599
G, Mrs Rose, 182 Willingale Road, Loughton (020) 8508 0628
GREHAN, Mrs A, Fullwell Court, 1 Fullwell Avenue, Ilford (020) 8551 5683
GREW, R.M, 84 Royston Avenue, E4 (020) 8523 3527
GREY, D, 96 Morley Rd, E10 (07931) 606579
G, Ms J, 128 Gloucester Road, London (020) 8141 5945
GREYMAN, E, 55 Meadway, Ilford (020) 8599 7541
GRICIUS, E, 752 Chigwell Road, Woodford Green (020) 8505 7113
GRIEFF, A, 57 South Park Road, Ilford (020) 8478 3638
GRIEVE, J, 35 South View Drive, London (020) 8252 7030
G, Keith, 21 Church Path, London (020) 8520 7067
GRIFFIN, G, 6 Buckingham Road, London (020) 8530 5238
G, W, 72 Leyspring Road, London (020) 8989 5761
GRIFFITH, A, 9 Coopers Lane, London (020) 8558 3858
G, A, 269 Tiptree Crescent, Ilford (020) 8550 4020
G, E.K, 105 Queenswood Gardens, E11 (020) 8530 2527
G, N, 1C Hamilton Avenue, Ilford (020) 8558 8126
G, S, 58 Belvedere Road, LONDON (020) 3612 8310
GRIFFITHS, F, 46 Lawton Road, Loughton (020) 3654 4992
G, J, 18 Southwell Grove Road, London (020) 8539 6408
G, Kayleigh, 10 Serbin Close, E10 (020) 8558 0598
G, Percy L, 43 Montalt Road, Woodford Green (020) 8505 0089
G, Mr R, Flat 5, Adams Ct, 4 Luther King Clo, London (020) 3132 2959
GRIGORE, C, 20 Heybridge Drive, Ilford (020) 3566 2450
G, E, 17 Charles Church Walk, Ilford (020) 3015 7977
GRILLI, Teresa, 136 College Gardens, London (020) 8524 2702
GRIMSHAW, M, 10 Lea Bridge Road, Leyton (020) 8558 1417
GRIOLI, Mr N, 66 Whitney Rd, London (020) 8141 7029
GRISALES, B, 20 Boar Close, Chigwell (020) 8500 0476
GRISDALE, E, 43 East View, London (020) 8527 5044
GRIVER, A, 187 Redbridge Lane East, Ilford (020) 8550 7907
GROBLER, E, mobile, 171 Wallwood Rd, E11 (07944) 794812
GRODENT, L, 101 Abbey Road, ILFORD (020) 8518 3811
G, S, 105 Lynn Road, Ilford (020) 8554 3087
GROOME, H, 37 Summit Drive, Woodford Green (020) 8551 4642
GROSS, J, 73A Byron Road, E17 (020) 8520 6145
GROSSMAN, R, 122 Onslow Gardens, London (020) 8532 9598
GROVE, S, 56 College Gardens, London (020) 8524 3626
GROVER, H, 8 Matson Court The Bridle Path, Woodford Green (020) 8527 7830
GROVES, B, 78 The Ridgeway, London (020) 8529 6233
G, D, Flat 12 Helmsley Cleveland Road, London (020) 8530 6153
G, R, 28 Love Lane, Woodford Green (020) 8504 9928
GRUBB, J, 46 Lushes Road, Loughton (020) 8508 7010
G, R.M, 55 Goodmayes Avenue, Ilford (020) 8599 5567
GRUHN, S, 252 Balfour Road, Ilford (020) 8518 2543
GRUNDY, A, 13 Cavendish Road, London (020) 8527 7652
GRUNILL, N, Flat 5 Rockwell Court 6 Papermill Place, E17 (020) 8527 8438
GRZESIEK, Miss K, 25 Diana Rd, London (020) 3132 4255
GUAGLIANONE, G, 2 Pond Fld End, Loughton (020) 8508 4883
GUASTELLA, G, 155 Peterborough Road, E10 (020) 8539 0699
GUEVARRA, E, 3 Glebelands Avenue, Ilford (020) 8924 7168
G, T, 108 Buntingbridge Road, Ilford (020) 8518 1279
GUIMARAES, C, 146 Langthorne Road, London (020) 3318 4537
GUINANE, Admiral D, 36 Guildford Road, Ilford (020) 8590 4537
GUJA, M, Flat B 50 Abbotts Park Road, Leyton (020) 8389 6940
GUL, F, 48 Charlbury Gardens, Ilford (020) 8597 2010
GULL, S, Flat E 65 Wallwood Road, Leytonstone (020) 3092 8057
GULLIVER, D, 41 Huntsman Road, Ilford (020) 3590 1529

GULMA, Mr Zuber, 23 Goldsmith Avenue, London (020) 8470 6822
GULSTON, H, MULBERRY Woodbury Hill, Loughton (020) 8508 9100
GULZAR, Shiguftah, 90 Chelmsford Road, E17 (020) 8521 8456
GUNARAJAH, B, 1/39 The Ridgeway, E4 (020) 8524 7794
GUNARATNAM, M, 53 Windsor Road, Ilford (020) 8924 0080
GUNBY, R, 14 Brook Meadow Close, Woodford Green (020) 8527 1472
GUNDLASH, K, 20 Haigville Gardens, Ilford (020) 8550 9710
GUNDRY, P, 347 Church Road, E10 (020) 8556 1347
GUNER, H, 47 Covert Road, Ilford (020) 8220 6711
GUNES, U, 18 Broxbourne Avenue, London (020) 8530 5840
GUNN, C.A, 19 Rokeby Gdns, Woodford Green (07956) 247512
G, M, 8 Fencepiece Road, Ilford (020) 8501 4375
GUO, Mr M, 64 Knotts Green Road, E10 (020) 8177 3138
G, Y.Q, 84 Hoe Street, London (020) 3602 3176
GUPTA, B, Flat 65 City Gate House 399-25 Eastern Avenue, Ilford (020) 8518 1552
G, I, 2 Ellesmere Close, LONDON (020) 8989 6582
G, R, 11 Saltash Road, Ilford (020) 8500 3937
G, S, 208 Chigwell Road, South Woodford (020) 8491 9456
GURBAN, E, 4 London Master Bakers Almshouses Lea Bridge Road, E10 (020) 8539 2496
GURNANI, G, Willow House Flat 4 6, Village Way, Ilford (020) 8550 3629
GURNEY, G.A, 2 Moreland Way, E4 (020) 8529 3972
G, S, 28 Bromley Road, London (020) 8928 1297
GURR, Mr Peter, 61 St. Mary Road, London (020) 8520 8211
GURZONG, C, 100 Stocksfield Road, London (020) 8925 6871
GUSSO, G, 50 Chigwell Lane, Loughton (020) 3352 8565
GUTH, H.S, 32 Chigwell La, Loughton (020) 8508 9300
GUTTERING SERVICES, 2 Rookwood Gardens, Loughton (020) 8502 4062
GUY, J.A, Flat 8 Callonfield 89 Blackhorse Road, E17 (020) 8520 4178
G, L, 9 Forest Road, London (020) 3663 6009
G, R, 55 Larkshall Road, LONDON (020) 8529 9125
GUYMER, D, 67 Priory Avenue, London (020) 8529 1939
GUZEL, M, Flat 14 275, Flat 14 Wood Street, London (020) 3015 3090
GYAMFI, Mr K, 25 Fraser Rd, London (020) 8141 6566
GYASI, A, 73 Empress Avenue, Ilford (020) 3509 4759
HABETSLASSIE, L, 101 Sheridan Road, London (020) 7018 5181
HABIB, A, 30 Albemarle Gardens, ILFORD (020) 8554 2343
HABIEB, R, 91 Forest Road, London (020) 3560 9370
HACKER, M, 56 Carnanton Road, E17 (020) 8527 8724
HACKETT, J, 67 Habgood Road, Loughton (020) 8502 4650
HACKMAN, P, 8 Fernie Close, Chigwell (020) 3435 8131
HADDOCK, M, 23 John Drinkwater Close, London (020) 8989 0105
HADDOU, B, Unit 12, 17 Argall Avenue, Leyton, London (020) 3490 0472
HADGETT, A, 19 Claremont Rd, E17 (020) 8503 2269
HADLEY, G, 1 Beaufort Gardens, Ilford (020) 8554 8938
HADWIN, E, 29 Brooklyn Court High Road, Loughton Essex (020) 8508 3234
HAFAYAD, A, 48 Fernhill Ct, E17 (020) 8520 7072
HAFESJI, I, 145 Balfour Road, Ilford (020) 8553 5904
HAFIZ, I, 58 New Road, Ilford (020) 8983 8263
H, J, 50 Albert Road, Ilford (020) 8177 7439
HAGGER, M, 102 Felbrigge Road, Ilford (020) 8590 7477
HAGGERTY, T, 22 Howard Road, London (020) 8520 8706
HAGON, B, 13 Atherton Road, Ilford (020) 8550 7314
HAGON-TORKINGTON, J, Flat 3 Robin Court Upper Walthamstow Road, London (020) 3662 6719
HAHESSY, P, 59 Lansdowne Road, South Woodford (020) 8530 5800
HAIDER, G, 21 Uphall Road, Ilford (020) 3573 2218
H, M, 148 The Drive, ILFORD (020) 8001 1790
H, S, 390 Ley Street, Ilford (020) 8518 5504
H, Z, 245a Capworth Street, Leyton (020) 8558 4174
HAIGH, K, 9 Brodie Road, London (020) 8524 8003
H, V, 36 Grove Green Road, London (020) 8558 1780
HAILEY, D.F, 132 Howard Road, E17 (020) 8520 5855
HAIMOWITZ, L, 50 St. Marys Way, Chigwell (020) 8504 6584
HAINES, D.E, 165 High Street, Barkingside (020) 8551 5511
H, H, 3 Hartley Road, E11 (020) 8989 1274
H, P, 43 Leadale Avenue, London (020) 8529 8141
H, P, 5 The Heights, Loughton (020) 8502 0374
HAINSBY, B, 38 Wittenham Way, E4 (020) 8524 4364
HAJI, A, 71 Blackhorse Road, Walthamstow (020) 3609 4681
H, A, 45 Cambridge Rd, Ilford (07931) 602777
HAJI MUSA, A, 4 Highlands Gardens, Ilford (020) 8518 6296
HAJI, Admiral Z, 58 Coventry Road, Ilford (020) 3875 3870
HAKIM, Mrs A, 116 Woodford Avenue, Ilford (020) 8177 7317
H, M, Flat 5,6 Goldsmith Road, London (020) 7910 1338
HALAT, M, 30 Inks Green, London (020) 8527 7788
HALEEM, N, 35 St. Andrews Road, Ilford (020) 8554 2605
HALES, R, 59 Colvin Gardens, Ilford (020) 8252 3454
HALEY, N, 11 Saxlingham Road, London (020) 8524 5332
HALFHIDE, R, 73 Cherrydown Avenue, London (020) 8524 4402
HALFYARD, M, 48 Beechwood Drive, Woodford Green (020) 8505 1567
HALIBURN, H, 29 The Bowls, Chigwell (020) 8500 5919
HALIK, M, 84 Chingford Road, London (020) 3663 8562
HALKYARD, Mr Melvyn, Flat 39, Etloe House, 180 Church Road, London (020) 8556 2663
HALL, A, 4 Faversham Avenue, LONDON (020) 8523 8307
H, C, 99 Lynmouth Road, London (020) 8923 7039
H, C, 259 Murchison Road, London (020) 3715 4274
H, D, 41 Marlyon Road, Ilford (020) 8501 2787
H, D, 25 Maypole Drive, Chigwell (020) 8500 0972
H, D, 7 Millers Lane, Chigwell (020) 8500 6230
H, J, 14 Avon Way, South Woodford (020) 8530 2985
H, J, 54 Broadmead Road, Woodford Green (020) 8504 0223
H, M, 75 Hove Avenue, London (020) 8279 1241
H, M, 35 Mulberry Way, London (020) 8491 0977
H, M, 94 Swans Hope, Loughton (020) 8502 3690
H, M.E, 21 Faversham Avenue, E4 (020) 8529 0685
H, N, Flat A 174 Wallwood Road, LONDON (020) 8281 6632
H, R, 2 Blyth Road, E17 (020) 8556 4523
H, Reta, 3 Elms Lippits Hill, Louthun (020) 8508 8642
H, R, 59 Ruby Road, London (020) 8923 5270
H, S, 42 Danbury Road, Loughton (020) 8508 5144
H, T, 69 Barclay Road, London (020) 8257 9141
H, V, 25 Duke Road, Ilford (020) 8551 5493
HALLADEY, B, 40 The Crescent, Loughton (020) 8508 7348
HALLARD, P, 8 Tudor Close, Woodford Green (020) 8504 1812
HALLIDAY, M, 5 Heronway, Woodford Green (020) 8491 7046
HALLIGAN, W, 8 Underwood Road, Woodford Green (020) 8505 3323
HALLS, C, 105 Manor Rd, E17 (07956) 364594
H, S.C, 50 Forest Glade, E4 (020) 8531 6856
HALPIN, D, 3 Richmond Road, E11 (020) 8556 4391
HAM, C, 16 Calderon Road, London (020) 8926 8143
H, J, 4 Woodleigh Churchfields, E18 (020) 8504 4773
HAMBLETON, M, Flat 124 Nicholson Court 32 Forest Road, E17 (020) 8509 2279
HAMBLIN, W, 14 Colwall Gardens, Woodford Green (020) 8559 0104
HAMDANI, K, 1 Hamilton Road, Ilford (020) 8911 8945
HAMEED, S, 33 Stradbroke Drive, Chigwell (020) 8213 6152
HAMER, D.L, 52 Broadmead Road, Woodford Green (020) 8504 2051
HAMID, Mrs P, 328 Thorold Road, Ilford (020) 8177 9517
H, S, 10 Stonehall Av, Ilford (020) 8554 7751
HAMIDI, D, Flat 6 547-549 Cranbrook Road, Ilford (020) 3565 2720
HAMILTON, B.M, 88 Warrior Square, E12 (020) 8514 2042
H, E, 32 Millais Road, E11 (020) 8556 6069
H, Miss 58 Connington Crescent, London (020) 8523 9274
H, R.C, 591 Copperfield, Chigwell (07956) 853614
H, S, 37 Millsmead Way, Loughton (020) 8508 7966
H, V, 61 Harold Road, London (020) 8988 1610
HAMMOND, F, 54 Mandeville Court, LONDON (020) 3380 5581
H, J, 57 Hove Avenue, London (020) 3632 9323
H, R, 126 Otley Drive, Ilford (020) 8518 6652
H, S, 8 Carlyle Road, Manor Park (020) 8911 0980
HAMPTON, D, 3 Albion Park, Loughton (020) 8502 1629
H, G, Ryder House, 121 High Road, Loughton (020) 8281 8161
HAMSHAW, E, 4 Lilian Gardens, Woodford Green (020) 8504 6636
HAMZAOUI, J, 71 Henrys Walk, Ilford (020) 7671 0089
HANCOCK, B, 143 Kings Avenue, Woodford Green (020) 8504 8900
HAND, D, 108 Beresford Road, E17 (020) 8527 0219
H, E, CASTON Hornbeam Lane, London (020) 8524 4512
H, Mr P, 30 St Ronans Crescent, Woodford Green (020) 8504 8457
HANDS, B, 71 Maynard Road, E17 (020) 8521 6771
HANDSLEY, D, 70 Nelson Road, Chingford (020) 8527 0774
HANDWORKER, L, 37 Kings Avenue, Woodford Green (020) 8506 0262
H, L.I, 37 Kings Avenue, Woodford Green (020) 8504 8602
HANECHE, M, 28 Roding Court Mill Road, Ilford (020) 8478 8644
HANIF, Wing Commander M, 60 Barrington Road, London, London. (020) 3490 9255
H, Mr M, 41 Breamore Road, Ilford (020) 8141 7778
H, S, 297 Strone Road, London (020) 8109 7064
HANLEY, Dr M, 49 Greenheys Drive, E18 (020) 8989 8066
HANN, A.J, 16 River Way, Loughton (020) 8502 2569
HANNAN, A, 85 Sixth Avenue, London (020) 8553 2863
H, N, 155 Vicarage Road, London (020) 3556 1089
H, Miss S, 77 Courtenay Rd, London (020) 3138 2003
HANNAY, Mr D, 40 Scholars Road, London (020) 3138 1485
HANNON, D, 23 Grange Court, Loughton (020) 8502 4194
HANSON, A, 100 Grove Road, E17 (020) 8509 1190
H, P, 26 Burrow Green, Chigwell (020) 3730 8326
HANSPAL, Admiral S, 4 Nutter Lane, London (020) 3700 9136
HAQ, Mr A, 51 Ringwood Road, London (020) 8177 5455
H, K.F, First Floor Flat 16 Melford Road, E11 (020) 8518 7487
H, S, 368 Mortlake Road, Ilford (020) 3645 1816
HAQUE, A, 51 Dovedale Avenue, Ilford (020) 3152 2980
H, A, 107 Park Road, Ilford (020) 3793 2415
H, Mr Dulal, 203 Sherrard Rd, London (020) 3759 9270
H, E, 153 Blackthorn Road, ILFORD (020) 3643 9370
H, F.F, 8 Ely Gardens, Ilford (020) 8554 0051
H, M, 4 Woodford Avenue, Ilford (020) 3724 0022
H, S, 12 Nine Acres Close, E12 London (020) 3490 8629
H, Mr S, 63 Sixth Avenue, London (020) 8514 1998
H, S.N, 15 Torquay Gdns, Ilford (020) 3370 2153
H, Z, 380 Ley Street, Ilford (020) 3561 1981
H, Z, 187 Warrior Square, E12 (020) 8478 0945
HARALAMBOUS, S, Flat 25 John Strype Court High Road Leyton, E10 (020) 8558 3967
HARAR, B S, 120 Lowbrook Road, Ilford (020) 3318 9012
HARAWA, C, 380 Horns Road, ILFORD (020) 8550 2659
HARBER, J.E, 30 Chestnut Wlk, Woodford Green (07956) 309189
HARBORNE, C, 55 Blackmore Road, Buckhurst Hill (020) 8281 0358
HARBUTT, P, 32 Colson Road, LOUGHTON (020) 8418 0648
HARDAKER, C, 33 Rayleigh Rd, Woodford Gn (020) 8505 2518
HARDEN, G, 2 Treetops View, Loughton (020) 8508 0063
HARDING, A, 208 Colchester Road, E10 (020) 8556 0162
H, C, 22 Grove Park Avenue, E4 (020) 8527 8790
H, K.M, 590 Cranbrook Road, Ilford (020) 8554 6206
H, M.R, 33 Oakhurst Clo, Ilford, Essex (07956) 315656
H, P.G, Flat 18 Avondale Court Churchfields, E18 (020) 8505 2703
H, T, 11 Lambourne Crescent, Chigwell (020) 8501 2770
HARDWOOD, M, 64 Ingatestone Road, Woodford Green (020) 8505 4329
HARDY, P, 53 Glebelands Avenue, Ilford (020) 8220 8200
H, P, 14 Woodbury Road, E17 (020) 8521 7356
HARE, D, 236 Old Church Road, London (020) 8529 2588
H, Admiral P, 41 Grosvenor Road, London (020) 8989 5072
HAREERI, H, Flat 3 Flat 3, Arodene House 41-55 Perth Road, Ilford (020) 3662 6199
HAREWOOD, D, 190 Winns Avenue, LONDON (020) 3737 9186
H, E, Flat 25 Flack Court 33 Beaumont Road, E10 (020) 8558 1786
HARKIN, J, 65 Salop Road, London (020) 8521 8959
HARKNETT, John, 32 The Lindens, Loughton (020) 8502 1627
HARLAND, P, 44 Church Hill, Loughton (020) 8281 1858
HARLEY, L, 128 Selwyn Avenue, E4 (020) 8531 3893
HARLING, R, 6 Mornington Close, Woodford Green (020) 8505 5932
HARMAN, M.D, 13 Chingdale Road, E4 (020) 8529 0226
H, Ms Shirley, Flat 3, Pegasus Court Victoria Road, Buckhurst Hill (020) 3609 7189
HARMAS, Mr G, 114 Frith Road, London (020) 8558 8994
HARMER, J, 6 The Heights, Loughton (020) 8508 5941
HARMON, Georgina, 05 Elmfield Road, London (020) 8524 9715
HARNETT, S, 14 Wellington Road, London (020) 8518 8109
HAROLD, J, 16 Manford Way, CHIGWELL (020) 8500 5139
HARPER, D, 46 Thornhill Gardens, Leyton (020) 8556 8923
H, G, Malvernia Church Path, E11 (020) 8530 8470
H, G, Malvernia Church Path, London (020) 8925 2043
H, J, 53 Priory Avenue, London (020) 8926 4593
H, J, 4 Rosslyn Avenue, London (020) 8529 0534
H, R.K, 39 Nightingale Avenue, E4 (020) 8531 8901
HARRADENCE, A, 275 Chigwell Road, Woodford Green (020) 8502 9210
HARRIDGE, P, 3 The Albany, WOODFORD GREEN (020) 3561 7831
HARRINGTON, Miss Cassie, 9 Algers Road, Loughton (020) 3601 3846
HARRIS, B, 34 Cromwell Road, E17 (020) 8509 2682
H, C, 15 Chestnut Grove, Ilford (020) 8500 6549
H, D, 38A Falmouth Gardens, Ilford (020) 8550 7970
H, D, 77 Loughton Way, Buckhurst Hill (020) 8504 1249
H, D, 6 Pasquier Rd, E17 (07931) 136018
H, G.L, 27 Epping Way, E4 (020) 8524 0551
H, H, 21 Buckingham Road, London (020) 8491 0830
H, H.G, 8 Eltisley Road, Ilford (020) 8478 4429
H, I, 77 Greenleafe Drive, Ilford (020) 8551 4310
H, J, 58 Crownhill Road, Woodford Green (020) 8505 0647
H, J, 49 Elmsdale Road, London (020) 8521 4150
H, Latesha, 108 Ching Way, E4 (020) 8527 7829
H, L, 80 Greenleafe Drive, Ilford (020) 8924 9305
H, L, 50 Woolhampton Way, Chigwell (020) 8500 9202
H, L.J, 32 Upper Park, Loughton (020) 8508 1333
H, M, 93 Bridge End, London (020) 8923 1539
H, Mrs M, 55 Fairway Gardens, Ilford (020) 8553 4907
H, N, 8 Haldan Road, London (020) 8527 7875
H, R, 46 College Gardens, London (020) 8529 2115
H, R, 22 New Jubilee Court, Grange Avenue, Woodford Green (020) 8127 6284
H, S, 3 Lawrence Hl, E4 (020) 8524 0082
H, S.J, 34 View Close, Chigwell (020) 8500 9812
H, T, 17 5, Regency House Vanguard Way, London (020) 3715 0026
H, V, 17 Algers Road, Loughton (020) 8502 1664
HARRISON, A, 2 Uplands Court 2a The Uplands, Loughton (020) 3623 1018
H, C, 56 St. Albans Crescent, Woodford Green (020) 8262 1355
H, I, Flat 31 Westminster Court 23 Cambridge Park, E11 (020) 8530 7119
H, J, Flat 12 Devereux Court 44-46 Snakes Lane West, Woodford Green (020) 8504 6116
H, K.J, (Mobile), 116 Mersey Rd, E17 (07956) 232252
H, M, 24 Leyton Green Road, E10 (020) 8558 5898
H, M, 71 Royston Av, E4 (020) 8531 3938
H, M, 28 Wigton Road, E17 (020) 8527 0883
H, Nicola, 26 Adelaide Road, E10 (020) 8556 8720
H, R, 11 Willow Road, Chigwell (020) 3138 8099
H, S, 20 Foxglove Gardens, London (020) 8532 9397
HARRISONBANFIELD, R, 1 Harman Avenue, Woodford Green, Essex (020) 8504 8668
HARRY, H.H, 2 Westerham Road, E10 (020) 8539 4968
HARRYMAN, Douglas, 221 Chester Rd, Loughton (020) 8508 3454
HARSTON, J, 65 Marlyon Road, Ilford (020) 8500 4689
HART, A, 4 Greenleafe Drive, Ilford (020) 8550 9414
H, A.W, 99 Mayfair Avenue, Ilford (020) 8554 5136
H, C, 17 Derby Road, London (020) 8491 7760
H, D, 35 Chingdale Road, London (020) 8524 3024
H, David, 12 Hillcroft, Loughton (020) 8532 0810
H, G, 19 Manor Way, E4 (020) 8529 8112
H, J, 65 Acacia Road, Leytonstone (020) 8539 9739
H, J, 5 Bentley Drive, Ilford (020) 8554 4094
H, John, 6 Brook Rd, Loughton (020) 8508 1968
H, J, 6 Glade Court The Glade, ILFORD (020) 3623 8096
H, M, 54 Clayhall Av, Clayhall (020) 8550 6079
H, M, 58 The Bowls, Chigwell (020) 8500 2905
H, N, 28 Mount Pleasant Road, Chigwell (020) 8500 2537
H, P, 40 The Drive, Loughton (020) 8508 4438
H, P.R, 29 Brandesbury Square, Woodford Green (020) 8500 1243
HARTILL, Dr J, 51 Pearl Road, London (020) 8520 2251
HARTLEY, A, 43 Eatons Mead, London (020) 8523 7348
H, E, 17 Ruckholt Road, London (020) 3380 1461
H, E.A, 35 River Way, Loughton (020) 8508 4703
H, Mr P, 29 Granville Road, London (020) 8989 6372
HARTREY, A, 44B Chelmsford Road, E18 (020) 8506 0725
HARTSHORN, D, 8 Grangeway, Woodford Green (020) 8505 0362
HARVEY, Anne, 65 65 Smarts La, Loughton (020) 8508 4794
H, A, 65 Smarts Lane, Loughton (020) 8279 8086
H, E, 74 Leyton Park Road, E10 (020) 8539 2881
H, G.C, 9 Brandville Gardens, Ilford (020) 8551 1068
H, M, 27 Kingspark Court, E18 (020) 8989 5661
H, P, 483 Hale End Road, London (020) 8531 2347
H, S, 1 The Croft, Loughton (020) 8508 8295
HARVEY-JONES, Valerie, 28 Hind Clo, Chigwell (020) 8500 6078
HARVIE, P, 33 Pole Hill Road, E4 (020) 8524 8540
HARWOOD, C, 174 Forest Edge, Buckhurst Hill (020) 8504 3972
H, R, 63 Sunnymede Drive, Ilford (020) 8550 3394
HASAN, M, 585 High Road Leytonstone, London (020) 8539 5470
H, Mr N, 445 Aldborough Road South, Tyneside (0191) 2171741
H, O, 149 Farmilo Road, London (020) 8923 9818
H, P, 75 Middleton Gardens, Ilford (020) 8518 3260
H, U, 85 Essex Road, London (020) 8257 2181
HASHEM, R, 104 Kings Avenue, Woodford Green (020) 8504 2191
HASHMI, Miss A, 38 Redbridge Lane East, Ilford (020) 8177 7329
H, F.M, 30 Haslemere Road, Ilford (020) 8597 9455
H, S, 23 Elmfield Road, London (020) 8523 9306
H, S, 27 Farmilo Rd, E17 (020) 8556 9053
HASIM, Mr M, 235a High Street, London (020) 3132 6287
HASKETT, M, 7 Carnanton Road, London (020) 8257 8060
HASLAM, R, 168 Forest Edge, Buckhurst Hill (020) 8504 8000
HASLER, P.L, 6 Lamerton Road, Ilford (020) 8551 8613
H, R.E, 12 Woodland Close, Woodford Green (020) 8504 4943
HASMI, M, 37 Haslemere Road, Ilford (020) 8590 0624
HASSAN, C, 20 Greenhill Grove, LONDON (020) 8911 9273
H, F, Flat 129 City View Axon Place, Ilford (020) 3091 3440
H, Mr M, 22 Warren Road, London (020) 8141 0706
H, O.T, (Mobile), 209 Sansom Rd, E11 (07956) 899088
H, R, 125B Balfour Road, Ilford (020) 3015 4649
H, S, 91 Beehive Lane, Ilford (020) 8554 0220
H, W, Flat 10 2-10 Billet Road, London (020) 8527 4830
H, Z, 27 Eton Road, Ilford (020) 8478 4341
H, Z, 161 The Drive, Ilford (020) 8491 5437
HASSETT, E.F, 12 Forest Close, E11 (020) 8530 1340
H, E.F, 12 Forest Close, E11 (020) 8989 1011
HASSIB, Ms A, 243 Sheringham Road, E12 (020) 8477 1786
HASTING-PROSSER, H, 2 Spring Grove, Loughton (020) 8508 6583
HASTINGS, J, Charnwood 753 High Road, Buckhurst Hill (020) 8559 7334
HASWELL, S, 12 Ladham Close, Hainhalt (020) 8501 5540
HATCH, Dr D.J, Anaesthetist, 6 Darnley Road, Woodford Green (020) 8504 4134
HATFULL, H, 165 Brackley Square, Woodford Green (020) 8505 5527
HATHAWAY, G, 151 Fenman Gardens, Ilford (020) 8590 1896
HATHERALL, B, 28 Quebec Road, Ilford (020) 3490 0758
HATIM, M, 1 Almshouses Church Road, E10 (020) 8558 1086
HATIMY, A.M, Mobile, 87 Leyswood Dv, Ilford, Essex (07956) 432938
HATLEY, A.J, 164 St. Barnabas Road, Woodford Green (020) 8504 8140
HATT, G, 3 New North Road, Ilford (020) 8501 2660
HATTERSLEY, D, 22 Malvern Drive, Woodford Green (020) 8504 8263
HATTON, P.J, 21 Mornington Road, Loughton (020) 8502 2718
H, V, 56A Queens Road, Buckhurst Hill (020) 8502 9087
HATZAR, P, 15 Fraser Road, London (020) 8925 8260
HAUGHIAN, S, 49 Amanda Close, Chigwell (020) 8281 6697
HAVER, Raymond, 21 Denehurst Gardens, Woodford Green (020) 8504 4118
HAWA, A, 43 Rosebank Grove, London (020) 8926 0182
H, M, 45 Glenthorne Road, London (020) 8521 3841
HAWES, W, Mobile, 87 Kings Road, London (07957) 396963
H, W, 6 Little Friday Road, E4 (020) 8529 5088
HAWKEN, M, 11 Ruby Road, London (020) 8279 9426
HAWKES, C.J, 37 Pretoria Rd, E4 (020) 8524 1612
H, M.J, 27 Southern Drive, Loughton (020) 8508 9685
H, S, Mobile, 18 Albert Avenue, London (07949) 143241
H, S, 110 Whitehall Road, London (020) 8529 0886
HAWKINS, E, 322 Brettenham Road, London (020) 3723 2266
H, Miss Elsie, 117 Hainault Road, London (020) 8539 6705
H, F, 44 Dickens Rise, Chigwell (020) 8500 3808
H, K, 24 Beverley Crescent, Woodford Green (020) 8491 0810
H, R, 16 Broadwalk, E18 (020) 8989 8200
H, R, 28 Melford Road, London (020) 8520 7437
HAWORTH, J, 76 Clavering Road, London (020) 8989 7142

HAWTHORNE, J, 45A Gainsford Road, London (020) 8923 4195
H, M, 19 Redbridge La East, Ilford (020) 8503 9073
HAWTIN, K, 140 Meads Lane, Ilford (020) 8598 8481
HAY, J, 98 Sewardstone Gdns, E4 (020) 8559 4372
HAYAT, K, 1 Leasowes Road, LONDON (020) 8558 5339
HAYER, S, 24 Cotswold Gardens, ILFORD (020) 8518 5598
HAYES, B, 9 Ree Lane Cottages Englands Lane, Loughton (020) 8502 3403
H, B.G, 69 Chalgrove Crescent, Ilford (020) 8550 9944
H, G.W, mobile, 59 Rosedene Gdns, Ilford, Essex (07944) 061881
H, H.A, 45 Clayhall Av, Ilford (07956) 882534
H, J, 87 Cowley Road, Ilford (020) 8518 1167
H, J, 5 Woodbury Close, London (020) 8989 6323
H, J.D, 16 Underwood Road, Woodford Green (020) 8559 1864
H, K, 18 Harford Road, LONDON (020) 8524 6802
H, L, 5 Marjorams Avenue, Loughton (020) 8925 7659
H, M, 93 Ashville Road, E11 (020) 8926 8618
H, M, 62 Wanstead Park Road, Ilford (020) 8553 2616
H, N, 25 Kingspark Court, London (020) 8530 6536
H, P, 22 Wanstead Park Avenue, London (020) 8989 5636
H, R, 44 Lorne Gardens, London (020) 8925 4982
H, R, 45 Pyrles Lane, Loughton (020) 8508 0656
H, V, 199 Chester Road, Loughton (020) 8508 4915
HAYHOW, F, 34 Gordon Road, E4 (020) 8524 3255
HAYLEPT, C, Flat 12 Steepleton Court 65 Norlington Road, E10 (020) 8558 9604
HAYMAN, J, 18 Clifton Road, Loughton (020) 8508 3784
H, J, 16 Hartwell Drive, London (020) 8527 8698
H, N, 4 Betoyne Avenue, London (020) 8531 4003
HAYNE, B, 493 Aldborough Road North, Ilford (020) 8599 7857
HAYNES, D, 30 Stainforth Road, E17 (020) 8520 3496
H, J, 4 Greenfields Close, Loughton (020) 8508 4538
H, O, 37, Buckthorne House, 43 Yellowpine Way, Chigwell (020) 8500 4511
H, R, 3 Ashwood Road, E4 (020) 8524 7759
H, S, 65 Cherrydown Avenue, London (020) 8524 6245
H, S.T, 33 Ely Place, Woodford Green (020) 8505 9726
HAYWARD, A.B, 4 Fulready Road, E10 (020) 8556 5530
H, B, 125 Waltham Way, London (020) 8524 7129
H, L, 70 Elm Road, Leytonstone (020) 8558 7867
H, L.D, 5 Felstead Avenue, Ilford (020) 8550 6745
H, V, Flat C 43 Barclay Road, Leytonstone (020) 7543 8830
H, V, 33 Hornbeam Grove, E4 (020) 8524 1721
H, W, 62 Church Lane, Loughton (020) 8502 4303
HAYWOOD, S, 14 Maude Terrace, London (020) 8279 0278
HAZELDINE, J, 10 Blackthorne Drive, London (020) 8926 6989
HAZIZI, N, 116 Waltham Way, London (020) 3802 2754
HE, F, Oriental Village 69 Old Church Road, London (020) 3659 1660
HEADLEY, V, 151 Church Road, E12 (020) 8478 5087
HEADON, John, 16 St Marys App, Manor Park (020) 8553 0525
HEAGREN, A.T, 40 The Lindens, Loughton (020) 8508 3410
H, C, 11a Princes Road, Buckhurst Hill (020) 3225 0095
HEALES, N, 66 Oak Hill Crescent, Woodford Green (020) 8923 0635
H, S, 50 High View Road, London (020) 8989 9102
HEALEY, B, HAWES LANE NURSERY Hawes Lane, London (01992) 711070
H, G, 10 Studley Drive, Ilford (020) 8554 2427
H, G, 11 The Glade, Ilford (020) 8924 0662
H, K, 16 Habgood Road, Loughton (020) 8508 9747
HEALY, J, Mobile, 10 Cleves Close, Loughton, Essex (07949) 247581
H, J, 1 King William Iv Cottages, 104 High Road, Chigwell (020) 8279 5903
H, Mrs M, 38 Hathaway Crescent, London (020) 8470 6401
H, Mr N, 34 Hathley Mews, London (020) 8509 8929
H, Mr T, 67 Herent Drive, ILford (020) 3138 1832
HEARD, J.J, 33 Fullers Road, E18 (020) 8505 7978
HEARN, R, 32 Scholars Road, London (020) 8524 6075
H, T, FLAT 1 6 Goldsmith Road, London (020) 8539 8426
HEARY, C, Flat 5 32a Tavistock Road, London (020) 3605 2012
HEATH, A, 40 Mount Avenue, E4 (020) 8524 5018
H, G, 7 Kinnaird Way, Woodford Green (020) 8504 4935
H, N, 10 Evanston Avenue, London (020) 8503 2463
H, R.J, 28 Lemna Road, E11 (020) 8556 4934
H, S, 26 Leybourne Road, London (020) 8117 2822
HEATHER, D, 47 Albemarle Gardens, Ilford (020) 8518 0219
HEATHMAN, Kathleen, 67 Bemsted Road, E17 (020) 8523 0693
HEAVEN, H, 6 Halford Road, E10 (020) 8556 6379
HEBBES, H, 22 Hillcrest Road, London (020) 8926 9815
HEBBS, C, 29 York Road, London (020) 8524 1576
HEBDEN, V, 21 Richmond Way, London (020) 8530 2480
HECTOR, C, Mobile, 84 Arkley Road, (07946) 345677
HEDGES, P, 12 Clematis Gardens, Woodford Green (020) 8504 5717
HEESTER, B, 179 Colchester Road, London (020) 8925 4894
H, J, 61 Bridge End, London (020) 8527 7600
H, L, Flat 3, Avon Court The Ridgeway, London (020) 3685 5681
HEFFER, M, 223 Sherrard Road, London (020) 8552 7195
HEFFERNAN, J, 62 Alderton Hall Lane, LOUGHTON (020) 8418 0981
H, L, 4 Lodge Close, Chigwell (020) 8500 4490
HEGARTY, K, 55 Leyswood Drive, Ilford (020) 8599 8449
HEGDE, Miss S, 30 St. Peters Close, Ilford (020) 8177 8140
HEINZE, H, 8 Larkshall Road, London (020) 8524 6722
HELE, D, 7 Davids Way, Ilford (020) 8500 3975
HELENE, Miss N, 93 Francis Rd, London (020) 3138 0193
HELLEN, B, 27 Burghley Road, E11 (020) 8539 8686
HELMAN, H, 11 Fowey Avenue, Ilford (020) 8551 6626
HELPS, J, 242 South Countess Road, E17 (020) 8531 2686
HELSTEIN, H, 41 Cary Road, E11 (020) 8519 7258
HELWIN, Mr Travor, 227 Winchester Road, London (020) 8531 2008
HENDERSON, E, 63 Grantham Rd, E12 (07956) 856064
H, J, 189 Wanstead Park Road, Ilford (020) 8554 7623
H, M, 79D Alderbrook, Manor Park, London (020) 3304 6781
H, P, 10 Latchett Road, London (020) 8504 9956
H, R.A.L, 21 Brookdale Road, E17 (020) 8521 7186
HENDRICKS, Y, Mobile, 29 Salters Road, Walthamstow (07951) 204662
HENDRY, R.J, 40 Seagry Road, E11 (020) 8530 4536
HENLEY, R, 3 Linden Crescent, Woodford Green (020) 8491 6703
HENNESSEY, K, 58 Trentbridge Close, Ilford (020) 8501 4987
HENNESSY, G, 118 Chewton Road, E17 (020) 8521 5983
H, V, 103 Ruskin Avenue, London (020) 3689 4934
HENNING, D, 25 Drysdale Avenue, E4 (020) 8524 4443
HENRIQUES, I.M, 17 Rixsen Road, E12 (020) 8470 5344
HENRY, C, 48 Frith Road, London (020) 8539 4117
H, G, 833 Forest Road, London (020) 4636 9012
H, G.A, 21 Charnwood Drive, E18 (020) 8989 7198
H, J, 27 Lytton Road, London (020) 8539 8445
H, L, 2 Mapleton Road, London (020) 8524 3007
H, M, 34 Belle Vue Road, London (020) 8523 4153
H, M, 208 Hainault Road, London (020) 8539 0187
H, M.F, 29 Colworth Road, E11 (020) 8539 7578
H, P, 96 Arkley Road, Walthamstow (020) 8509 1459
H, S, Mobile, 109 Greenway Avenue, London (07831) 554442
HENSHAW, Deeana, 38 Lennox Road, London (020) 8223 0391
HENSON, W, 54 Maynard Road, London (020) 8257 8248
HEPTING, D, 128 Clacton Road, E17 (020) 8509 0071
HEPWORTH, R, 4 Oakwood Hill, Loughton (020) 3654 4985
HERBAN, A, 49 Winns Av, E17 (020) 8523 2018
HERBERT, D.C, 116 Southern Drive, Loughton (020) 8508 5062
H, E, 160 Burney Drive, Loughton (020) 3225 5036
H, J.M, 15 Ashwood Rd, E4 (020) 8559 4337
H, W, 39 Fontayne Avenue, Chigwell (020) 8500 1967
HERLIHY, Philip, 5 Campbell Road, E17 (020) 8521 9157
HERMAN, L, 15 Greenhill Grove, London (020) 8514 6523
HERRING, M, 4 Limes Avenue, London (020) 8257 3168
HERSELMAN, H, 80 Wyemead Crescent, London (020) 3524 4210
HERSI, A, Flat 31,St. Matthew's Court,49 Capworth Street, London (020) 7310 0535
H, D, Flat 5,Katherine House,2b Ruckholt Road, London (020) 8419 3653
HERTZ, Z, Unit 23, Ravenswood Industrial Estate Shernhall Street, Walthamstow (020) 3802 3541
HERTZBERG, S.J, 18 Glebelands Avenue, E18 (020) 8989 3228
HESTER, F, 55 Grove Road, London (020) 8521 3362
HETUBA, L, 40A Vaughan Gardens, ILFORD (020) 8518 4019
HEWER, A.D, 198 Forest Road, E17 (020) 8521 9395
HEWES, Admiral J, 23 Mapleton Road, London (020) 3523 7525
HEWITT, V, 10 Grenville Gardens, Woodford Green (020) 8220 3344
HEWSON, B, 55 Lancaster Road, London (020) 8926 1771
HEYDEN, D, 48 Kirkland Avenue, Ilford (020) 8550 3255
HIBBERD, R.J, 17 Parkland Road, Woodford Green (020) 8505 1595
HIBBETT, Derrick, 110 Beech Hall Rd, London (020) 8503 3567
HICKEY, T, 39 Carisbrooke Road, London (020) 8521 2907
HICKIE, G.A, 19 Waremead Road, Ilford (020) 8550 8564
HICKMIN, J, 24 Longfield, Loughton (020) 8508 2417
HICKS, L, 176 Limes Avenue, Chigwell (020) 8500 6455
H, M, 65 Hornbeam Road, Buckhurst Hill (020) 8504 3904
H, P, 24 Horn Lane, Woodford Green (020) 8505 2172
HIGGINS, D, 6 Latchett Road, London (020) 8504 8638
H, G, 14 The Risings, London (020) 8520 9915
H, J, 71 Forest Road, E11 (020) 8539 8838
H, J, 86 Greenstead Avenue, Woodford Green (020) 8505 2023
H, J, 59 St. Johns Road, Ilford (020) 8590 3987
H, M, 138 Roding Road, Loughton (020) 8508 3230
H, S, 19 Oakley Court Hillyfields, Loughton (020) 8532 1139
HIGGS, I, 57 Hurst Avenue, E4 (020) 8524 4677
HIGH, B, 5 Greenway, Woodford Green (020) 8498 9850
H, L.W, 26 North Dene, Chigwell (020) 8500 6526
HILAIRE, M, 31 Anworth Close, Woodford Green (020) 3654 0811
H, R, 66 George Road, London (020) 8923 9517
HILL, A, 39-62 Beck Square, E10 (020) 3208 0071
H, A, 63-90 Beck Square, E10 (020) 8539 4742
H, A, Block E 91-132 Beck Square, E10 (020) 8539 2689
H, A, 57 Exeter Road, London (020) 8520 8985
H, A, 6 Pardoe Road, London (020) 3022 3085
H, B.G, 33 Broomhill Road, Ilford (020) 8599 1729
H, C, 1 Gyllyngdune Gardens, Ilford (020) 8590 2626
H, C, 74A New Wanstead, E11 (020) 8989 4305
H, C, 63 Oak Hill Crescent, Woodford Green (020) 8531 4531
H, G, 33 Forest Drive East, E11 (020) 8539 1862
H, G, 79 Tudor Crescent, Ilford (020) 8500 7045
H, J.G, 246 Ashburton Avenue, Ilford (020) 8590 0517
H, M, 775A High Road Leytonstone, London (020) 8923 1373
H, M, 43 Wards Road, Ilford (020) 8220 8102
H, M, 16 Wolsey Gardens, Ilford (020) 8500 5860
H, Ms Clifton Avenue, London (020) 8531 9782
H, P, 49 Woodstock Road, London (020) 8527 1918
H, R, 50 Forest Way, Woodford Green (020) 8506 0697
HILLIARD, D, Flat 8 Flat 8 Lushes Court Lushes Road, LOUGHTON (020) 3894 1072
H, L, 14 Falmouth Avenue, E4 (020) 8527 3374
HILLIER, F.G, 114 Pembroke Road, Ilford (020) 8597 3506
HILLILNG, C, Flat 2 1, Flat 2, Brunswick Lodge Heathcote Grove, London (020) 8529 1287
HILLMAN, B, 14 Brantwood Gardens, Ilford (020) 8550 4978
HILLOCKS, Maria, 52 Trelawney Road, Ilford (020) 8501 4541
HILLS, A, Flat 52 Scenix House 86 Chigwell Road, LONDON (020) 3561 9471
HILLSON, E, 12 Fairmeads, Loughton (020) 8923 4970
HILTON, Mr David, 5 Brook Road, Buckhurst Hill (020) 8504 5130
H, G, Flat 9 Embassy Court Woodford Road, London (020) 3602 5305
H, L, 21 Stoneleigh Road, Ilford (020) 8550 4761
HINA, Mrs S, Flat 13 Richard Fell House Walton Road, London (020) 8141 7609
HINBEST, A, 26 Third Avenue, London (020) 8553 2256
HINCKS, L.F.F, 85 Lechmere Avenue, Chigwell (020) 8500 6300
HINDS, L, 214 Aldborough Road South, Ilford (020) 8598 2963
H, L, 4 Mayfair Gardens, Woodford Green (020) 8559 2522
H, Ms Mondelle, 202 Green Lane, Ilford (020) 8478 0023
HINES, J, 29 New Jubilee Court Grange Avenue, Woodford Green (020) 3843 3423
HING, Mr Ronald, 58 Broadwalk, London (020) 3556 5705
HINGER, M, 67 St. Georges Road, London (020) 7817 2069
HINKINS, Alan, 20 20 Greenheys Drive, South Woodford (020) 8989 1080
HINKLEY, K.L, 7A Hornbeam Road, Buckhurst Hill (020) 8281 0297
HINKSON, J, 44 Norlington Road, E10 (020) 8257 2789
HIPGRAVE, K, 136 Glengall Road, Woodford Green (020) 8504 3407
HIRALDO LEON, M, 40 Buckland Road, E10 (020) 8558 4355
HIRSCH, S, 51 Parkmore Close, Woodford Green (020) 8506 0992
HISCOCK, L, 132 Manor Farm Drive, E4 (020) 8524 5258
HISCOTT, 25 Church Lane, Loughton (020) 8508 1550
HO, T, 26 Sandyhill Road, Ilford (020) 8553 4176
HOANG, M, 384 Stocksfield Road, London (020) 3091 8715
H, S, 8 Alander Mews, London (020) 3624 1829
HOBAN, J, 41 Nesta Road, Woodford Green (020) 8504 9363
HOBBS, D, 1 Millsmead Way, Loughton (020) 8508 8994
H, D, 3 IBROX COURT Palmerston Road, Buckhurst Hill (020) 8505 3298
H, D.J, 15 Tycehurst Hill, Loughton (020) 8508 7654
H, I, 3A Meadow Road, LOUGHTON (020) 8502 2389
HOCKADAY, Rachael, 2 Meads Lane, Ilford (020) 8597 8704
HOCKEY, D.G, 68 Buckingham Road, E18 (020) 8504 9285
HODBY, M, 23 Dale View Crescent, E4 (020) 8529 7281
HODDER, N.A, Flat 2 Elizabeth Court Churchfields, E18 (020) 8504 6648
HODDY, D, 49 Forest Road, London (020) 8539 8567
HODGES, Mrs Daphne, 38 Eden Road, London (020) 8509 1136
H, J, 125 Endlebury Road, E4 (020) 8529 2246
H, M, 50 Halstead Road, E11 (020) 8989 1181
H, S.G, Flat 19 Livingstone Court 45 Matlock Road, E10 (020) 8539 5038
HODGESON, Miss J, 7 Heybridge Drive, Ilford (020) 8177 3819
HODGSON, C, 21 Park Rd, E17 (020) 8521 5336
HODKINSON, M, 19 Cavendish Road, E4 (020) 8531 0406
H, S, 92 Borders Lane, Loughton (020) 8508 2605
HOEHFURTNER, P, 52 Abbotts Park Road, London (020) 8556 1792
HOFFMAN, C.J, 11 Lorne Gardens, E11 (020) 8989 4784
H, J, 11 Nightingale Close, London (020) 3685 0234
H, R, 5 823, Stowbridge Apartments Lea Bridge Road, London (020) 3669 3555
HOGAN, A, 10 St. Barnabas Road, London (020) 8520 7840
H, S.A, 62 Belmont Park Rd, E10 (07956) 956752
HOGG, I, 1 Beech Hall Road, E4 (020) 8527 1371
H, J, Flat 31 Homecherry House 86 High Road, LOUGHTON (020) 3673 2270
HOHXA, F, 24 Dahlia Gardens, Ilford (020) 8177 7445
HOLBROOK, A, 3A Douglas Road, London (020) 8524 2715
HOLDAWAY, P, 98 Whitehall Road, E4 (020) 8529 3456
HOLDEN, E, 14 Brading Crescent, E11 (020) 8530 6307
H, J, 2 Cherston Gdns, Loughton, Essex (07951) 516912
HOLDER, J, 49 St. Winefride'S Avenue, London (020) 8478 8084
HOLDWAY, J, 14 Whitehills Road, London (020) 8508 6756
HOLE, D, 27 Nightingale Avenue, London (020) 8523 4749
HOLEK, Norbert G, 38 Parkway, Ilford (020) 8590 2692
HOLFORD, Gillian, Norman Court Monkhams Avenue, Woodford Green (020) 8505 9019
HOLIGAN, Mrs Alfreda, 6 Hillcroft, Loughton (020) 8508 9778
HOLLAND, D, 51 Mighell Avenue, Ilford (020) 8551 2088
H, E, 22 Carlton Road, E17 (020) 8531 8890
H, J, 54 Golfe Road, Ilford (020) 8478 5034
H, P, 29 Alders Avenue, Woodford Green (020) 8531 3471
HOLLIER, R, 14 Shrublands Close, Chigwell (020) 8500 4995
HOLLINGSHEAD, C, 59 Tufton Road, E4 (020) 8529 9063
HOLLIS, Robert, 267 Hale End Road, Woodford Green (020) 3536 4612
HOLLOWAY, B, 1 Wheeler Close, Woodford Green (020) 8505 1766
HOLMAN, M.M, 22 Vincent Close, Ilford (020) 8500 8100
HOLMES, B.W, 36 Millsmead Way, Loughton (020) 8502 1806
H, G.F, 31 Leonard Road, E4 (020) 8527 1020
H, J, 47 Blackmore Road, Buckhurst Hill (020) 8504 2866
H, J, 44 Rectory Road, Manor Park (020) 8478 5585
H, J.R, 36 Hillside Gardens, E17 (020) 8520 6313
H, K, 79 Tiptree Crescent, Ilford (0191) 6809669
H, Miss Lynda, 62b Grove Hill, London (020) 3441 7996
H, Mr C, 5 Browning Road, London (020) 8530 6269
H, R, 14 Falmouth Av, E4 (020) 8531 3677
H, R.G, 7 Inglewood Close, Ilford (020) 8500 1791
H, Slyvia, 177 Whitehall Road, Woodford Green (020) 8505 3110
HOMAD, W, 287 High Road, Woodford Green (020) 3566 2156
HOMAN, B, 26 Lechmere Avenue, WOODFORD GREEN (020) 8550 7820
HOMAYOUNI, S, Mobile, 8 Tudor Close, Chigwell, Essex (07956) 210666
HONE, Mr P.J, 72 Bridge End, London (020) 8531 8098
HONEY, P.J, 24 Bush Rd, Buckhurst Hill (07956) 269290
HONEYMAN, G.B, 92 Lambourne Road, Chigwell (020) 8500 7485
HOOD, J, 27 Rushbrook Crescent, E17 (020) 8531 4437
H, L, 164 St. John'S Road, London (020) 8531 1930
HOOK, F, 20 The Copse, London (020) 8524 4419
HOOKES, J, 140 Carr Road, E17 (020) 8531 6442
HOOPER, J, 115 High Road, Buckhurst Hill (020) 8504 0604
HOPKINS, B, 21B Woodford Road, E18 (020) 8989 2478
H, P, 120 Perth Road, Ilford (020) 8518 5899
H, R.W, 338 Brettenham Road, E17 (020) 8531 8686
HOPKINSON, T, 63 Kielder Close, Ilford (020) 8500 5861
H, T, 6 The Campus, LOUGHTON (020) 8502 4957
HOPPER, R, 9 Chichester Gardens, Ilford (020) 8554 7666
HOPSON, A, 5 Forest Avenue, E4 (020) 8524 1959
H, J, 39 Newport Road, London (020) 8556 8907
HOPWOOD, Mrs Maureen, 29 Violet Road, London (020) 8530 3160
HOQUE, M, Flat 6 Matrix House 566a Romford Road, London (020) 3718 0349
H, M, 33 Collinwood Gardens, Ilford (020) 8550 5510
H, S, 3 Rabbits Road, LONDON (020) 3016 3543
HORA, R, 3 Queens Walk, London (020) 8524 6366
HORAN, D, 3 Nevin Drive, LONDON (020) 8529 1389
HORGAN, L, 20 Bradwell Road, Buckhurst Hill,Essex (020) 8281 0390
H, V, 71 Clarence Road, E12 (020) 8553 4790
HORNE, A.C, 17 Hillcrest Road, London (020) 8523 0016
HORNETT, M, Homefield 52 Meadow Way, Chigwell (020) 8500 4700
HORNSBY, P, 29 Southview Road, Loughton (020) 8502 2482
HORNSEY, P, 27 Tennyson Avenue, London (020) 8989 0019
HORSFALL, J, 8 Boxted Close, Buckhurst Hill (020) 8281 1928
HORSLEY, C, 83 Birkbeck Road, Ilford (020) 8554 0381
H, D, Flat 5 Madeleine Court Robinia Close, Ilford (020) 3842 7655
HORSMAN, G, 7 Bunyan Road, Walthamstow (020) 8531 5779
HORSNELL, M, 58 Rokeby Gardens, Woodford Green (020) 8505 0059
H, R, FLAT 7 78 Hermon Hill, London (020) 8530 5417
HORSPOOL, D, 47 Hungerdown, Chingford (020) 8524 8548
HORTON, Dnld, 246 Brocket Way, Chigwell (020) 8500 9686
H, D.L, 124 Ashurst Drive, Ilford (020) 8554 4243
H, T, 57 Maynard Road, London (020) 8521 9229
HORVATH, M, 73 Kimberley Road, London (020) 8529 5865
HORWOOD, C, 219 High Road, Chigwell (020) 8923 8364
H, C.F, Broomhill Ho High Road, Chigwell (020) 8500 2349
H, K, Mobile, 53 Wingate Rd, Ilford, Essex (07940) 200450
HOSAMEEA, Mr M, 145A Wood Street, London (020) 3132 5329
HOSKINS, J, 25 Elm Grove, Woodford Green (020) 8505 8360
H, J, Mobile, 39 Langthorne Road, London (07931) 364784
H, M, 56 Greenway Avenue, London (020) 8521 8888
H, R, Churchill Lodge 36 50, Savill Row, Woodford Green (020) 3712 9337
HOSSAIN, A, 9 Hoveton Way, ILFORD (020) 3673 6868
H, Mr A, 73 Park Road, Ilford (020) 8478 5015
H, E, 29A Valentines Road, Ilford (020) 3565 2673
H, F, 94 Falmouth Gardens, Ilford (020) 8551 8471
H, F, 9 Nightingale Lane, London (020) 3712 3881
H, Mr Imam, Thames View Axon Place, Ilford (020) 3609 6398
H, K, 23 Claremont Gardens, Ilford (020) 3590 7517
HOSSAIN KHAN, M, 7 South Park Crescent, Ilford, Ilford (020) 3685 9742
HOSSAIN, L, 223 Hall Lane, London (020) 3669 4686
H, M, 199 Blackthorn Road, Ilford (020) 3727 5577
H, M, Flat 7, Breamore Court Breamore Road, Ilford (020) 3623 0242
H, M, 76 Perth Road, London (020) 8062 5336
H, M, 29 Woodville Road, South Woodford, London (020) 3489 8184
H, M.K, 226 Mallard Court Ley Street, Ilford (020) 3727 5259
H, T, 183 Express Drive, Ilford (020) 8014 5990
H, Z, 1005A Romford Road, London (020) 3686 2477
HOSSAN, A, 3 40, Graphite House Postway Mews, Ilford (020) 3605 8083
HOSSEN, M, Flat 2 508a High Road, Ilford (020) 3726 3895
HOUGH, J, Mobile, 2 Dorchester Gdns, London (07958) 396343
HOUGHTON, F, 43 Addison Road, London (020) 8530 2852
H, K, 17 Linden Crescent, Woodford Green (020) 8504 9795
H, N.R, 54 Springfield Road, E17 (020) 8503 6955
HOULDSWORTH, R, 41 Pole Hill Road, Chingford (020) 8529 7282
HOUNSLOW, A.W, 19 Maida Way, E4 (020) 8524 2615
HOUSDON, Edward, 181 Hoe St, London (020) 8509 2999
HOUSE, A, 24 Wanstead Park Avenue, LONDON (020) 8530 6887
H, J.I, 1 Bailey Close, E4 (020) 8529 6051
HOUSTON, D, 26 North Birkbeck Road, E11 (020) 8556 9048
H, F, Flat 2, 57 Erskine Road, London (020) 8925 2470
HOWARD, Alan, 181 Dawlish Drive, Ilford (020) 8590 5801
H, B.M, 26 Rowden Road, E4 (020) 8527 2640

H, C, 49 Poplar Way, Ilford ..... (020) 8503 9355
H, D.P, (Mobile), 30 Upper Walthamstow Rd, E17 ..... (07960) 488081
H, G, 117 Canterbury Road, London..... (020) 8539 0357
H, J, 6 Agister Road, Chigwell..... (020) 8270 0121
H, J, Flat 102, Blenheim Court Navestock Crescent, Woodford Green ..... (020) 8141 3426
H, J, 70 Seymour Gardens, Ilford ..... (020) 8554 3128
H, K, Flat 16 Hatfield Lodge 30 Hatfield Close, Ilford ..... (020) 8550 0980
H, M, 36 Branch Road, Ilford ..... (020) 8500 0917
H, Marjorie, 29 Salisbury Rd, London..... (020) 8529 7360
H, N, 6 St Johns Road, ILFORD ..... (020) 8597 3151
HOWARTH, M.A, 16 Marjorams Avenue, Loughton..... (020) 8508 8644
HOWDEN, L, 135 Hermon Hill, London..... (020) 8252 3452
HOWE, B, 57 Crownhill Road, Woodford Green ..... (020) 8504 9141
H, D, 71 Bluebell Avenue, E12 ..... (020) 8472 8954
H, M, 85 Chalgrove Crescent, Ilford ..... (020) 8550 3033
H, S, 51 Harbourer Road, Ilford..... (020) 8500 7390
H, Wm.Dvd, 17 Yoxley Dv, Ilford ..... (020) 8554 5958
HOWELL, J, 211 Walnut Road, E10..... (020) 8539 1331
H, M, 82 Gloucester Road, London..... (020) 8531 6322
H, M, 112 Southern Drive, Loughton..... (020) 8508 1966
HOWELLS, T, 61c Mansfield Road, Ilford..... (020) 8518 3540
HOWES, G.G, 40 St. Albans Cres, Woodford Green ..... (07956) 825727
HOWGRAVE-GRAHAM, C.M, 26 Amberley Road, Buckhurst Hill ..... (020) 8504 9065
HOWSE, M, 40 Beech Grove, Ilford..... (020) 8500 8453
HOY, L.J, 5 Waverley Avenue, E4 ..... (020) 8529 0762
H, S, 16a Morris Avenue, Manor Park..... (020) 8553 9690
HOYE, Linda, 135 Roding Rd, Loughton ..... (020) 8508 5626
H, P, 2 Meadowcroft Gardens, Loughton ..... (020) 3665 5773
HOYLE, T, 251 Manor Road, Chigwell..... (020) 8500 5015
HOYTE, J, Flat 223 Flat 223, Ley Street House 497-499 Ley Street, Ilford ..... (020) 3729 6711
HRISTOVA, G, Flat 6, 138 Tomswood Hill, Ilford ..... (020) 3556 5920
HRYHARYAN, I, 309 Grove Gn Rd, E11 ..... (020) 8539 7234
HRYHORIV, N, First Floor Flat 1 296a High Road Leyton, Leyton..... (020) 3560 4277
HUANG, X, 56 Hatherley Road, Walthamstow,London ..... (020) 8521 7560
HUBA, J, 52 College Gardens, LONDON..... (020) 8529 2865
HUBBARD, J.A, 170 St. Barnabas Road, Woodford Green..... (020) 8504 0601
H, M, 36 Hamilton Avenue, Ilford..... (020) 8554 9356
HUBBLE, R, 72 Frankland Road, E4 ..... (020) 8524 0138
HUBER, Mrs Jolanthe, The Croft 20 20 Friday Hill, London..... (020) 8524 3238
HUBERMAN, D, 9 Fairstead Lodge Snakes Lane, Woodford Green ... (020) 8504 3684
H, M, 63 Mossford Lane, Ilford..... (020) 8550 0713
HUDDART, Mrs Katerina, 12 Brooklyn Avenue, Loughton..... (020) 8508 1904
HUDDLE, R, 31 Cottenham Road, London ..... (020) 8925 3253
HUDGELL, L, Flat 11 Devereux Court, WOODFORD GREEN..... (020) 3561 3020
HUDSON, Austin, 29 Jewel Road, E17..... (020) 8521 9702
H, C, 98 Leyswood Drive, Ilford..... (020) 3294 0822
H, E, 94 Clacton Road, London ..... (020) 8503 7176
H, I.A, 33 Hall Gardens, E4..... (020) 8524 3079
H, P, 72 Nevin Drive, London ..... (020) 8524 1477
H, Mr William, 644 New North Road, Ilford..... (020) 8500 7277
HUEBNER, S, 11 Hove Avenue, London ..... (020) 8928 1838
HUETON, J.B, 26 Sydney Road, Ilford..... (020) 8550 8608
HUGGINS, A, 19 Tavistock Road, E18..... (020) 8530 2142
HUGHES, A, 85 South View Drive, E18..... (020) 8989 6984
H, B, 44 Buckhurst Way, Buckhurst Hill..... (020) 8504 4381
H, B, 10 High View Road, London..... (020) 8530 3325
H, C, 53 Deynecourt Gardens, London ..... (020) 3742 1485
H, C, 12 Samantha Close, E17..... (020) 8556 2077
H, D, 14 Beatrice Court, Buckhurst Hill ..... (020) 8506 1521
H, D.C, 16 Southwell Grove Road, E11..... (020) 8556 0332
H, E, 59 Salop Road, London..... (020) 3742 0692
H, J, 19 Sophia Road, E10..... (020) 8556 8123
H, M, 25 Limewood Court 162 Beehive Lane, Ilford..... (020) 8550 1870
H, Mr M, 64 Belgrave Road, London ..... (020) 3132 5446
HUGHO, A.A, 24 Hervey Park Road, E17..... (020) 8520 0106
HUGILL, J, 8 Whitehall Road, London ..... (020) 8529 6909
HULBERT, M, 54 James Lane, London..... (020) 8925 8561
HULL, J.F, 21 Colenso Road, Ilford ..... (020) 8597 0108
HULSTROM, Josephine, 21 Grosvenor Heights 20 Forest View, E4..... (020) 8529 5060
HUMENNY, P, 173 Prospect Road, Woodford Green ..... (020) 3742 6617
HUMMERSTONE, J, 8 Pennant Terrace, Walthamstow ..... (020) 8527 5302
HUMPHREY, E, 6 Chaucer Road, London ..... (020) 8531 1762
H, J, 19 Walpole Road, E18..... (020) 8505 4065
HUMPHRYS, A, 7 Somerset Road, E17..... (020) 8520 3191
HUMPREYS, J.A, 20 Glen Crescent, Woodford Green..... (020) 8505 0760
HUNT, C, 6 Montrose Close, Woodford Green..... (020) 8505 2113
H, C.F, 49 Fullers Road, E18..... (020) 8504 9745
H, G, 20 Coopers Close, Chigwell..... (020) 8257 0362
H, G, 25 Sylvan Road, London..... (020) 8989 6522
H, M, 55 Woodend Road, London..... (020) 8531 3795
H, N, 13 Roundmead Close, Loughton ..... (020) 8508 7013
H, P, 165 Trotwood, Chigwell..... (020) 8501 4162
HUNTER, J, 22 Keith Road, London ..... (020) 8262 1114
H, J, 69 Princes Road, Buckhurst Hill..... (020) 8505 3105
H, L, Glenville Sewardstone Road, London..... (020) 8529 7194
H, M, 19 Wragby Road, London ..... (020) 8519 9941
H, R, 103 Leslie Road, London ..... (020) 8091 6791
HUNTINGFORD, Mr Flat 10, Maybrook Court 43 St. Gabriel's Close, London..... (020) 3022 1099
HUNTLEY, T, 11 Lime Street, E17 ..... (020) 8521 7706
HUQ, F, 221A High Street, London..... (020) 3380 1115
HURFURT, A, 55 Goldings Road, Loughton ..... (020) 8508 2561
HURREN, E, 40 Oak Hill Crescent, Woodford Green ..... (020) 8527 6534
HURST, D, 108 Eton Road, Ilford..... (020) 8220 6224
H, J, 39 Palamos Road, London..... (020) 8539 2823
H, K, 17 Algers Close, Loughton ..... (020) 4619 8996
H, N.M, (Mobile), 32 Queen Borough Gdns, Ilford..... (07956) 237304
H, T.J, 21 Forest Glade, E11..... (020) 8989 6740
HURT, M, 78 Whitehall Road, E4..... (020) 8529 2724
HUSAIN, Mr F, 58 Levett Gardens, Ilford..... (020) 8177 8119
HUSBAND, H.M, 60 Beech Hall Rd, E4 ..... (020) 8527 5773
HUSEYIN, K, 26 Poplars Road, E17..... (020) 8520 7132
HUSSAIN, A, Mobile, 3 Blackhorse Road, London ..... (07930) 270472
H, A, 111 Browning Road, E12..... (020) 8548 4832
H, Mr A, 122 Cambridge Rd, Ilford ..... (020) 8177 1019
H, Dr A, 9 Cherry Tree Rise, Buckhurst Hill ..... (020) 8559 1062
H, A, 22 Danehurst Gardens, Ilford..... (020) 8215 2564
H, A, 30 Meads Lane, Ilford ..... (020) 3654 4043
H, A, 26 Normanshire Drive, London ..... (020) 3720 4337
H, A, (Mobile), 148 Roading La Sth, Redbridge ..... (07956) 257930
H, A, Mobile, 105 Shakespear Crescent, London ..... (07956) 846308
H, A, mobile, 27 Wisteria Clo, Ilford, Essex..... (07940) 366292
H, A, 45 Woodman Path, Ilford ..... (020) 8500 7785
H, C, Atkinson Court Flat 1 2, Kings Close, London..... (020) 3842 9358
H, D, Tony Guy 213 High Road, Ilford ..... (020) 8911 9186
H, F, 167 Boundary Road, LONDON ..... (020) 8521 7711
H, F, 33 Percy Road, Ilford..... (020) 8590 9736
H, F, 93 Windsor Road, E10..... (020) 8558 4370
H, H, 34 Claude Road, LONDON..... (020) 8558 9324
H, Imran, 105 Browning Road, E12..... (020) 8471 5635
H, I, 38 Byron Avenue, E18..... (020) 8989 5006
H, Mr I, 302 Lea Bridge Road, London..... (020) 8141 0708
H, I, Flat 12 Woodside Court Northumberland Avenue, Manor Park ..... (020) 8530 7392
H, I, 52 Ruskin Avenue, LONDON..... (020) 8013 9637
H, Mr K, 184 Balfour Road, Ilford ..... (020) 8141 2955
H, Kamrul, Flat 3 21 Elgin Road, Ilford..... (020) 8590 6448
H, K, 46 Friars Close, Ilford ..... (020) 8514 4852
H, K, 3 Brownings Cottage Gravel Lane, Chigwell ..... (020) 3302 3888
H, Mr K, 4 Sidmouth Rd, E10..... (020) 8556 0836
H, M, ... (020) 3318 4853
H, M, Flat 39 Ayerst Court 162 Beaumont Road, E10 London (020) 3723 1721
H, Munawar, 84 Gordon Rd, Ilford..... (020) 8514 1555
H, M, 39 Netley Road, London..... (020) 8521 2834
H, Mr M, 132 Woodlands Rd, Ilford..... (020) 8478 6300
H, Mr 112 Vicarage Road, Leyton, London ..... (020) 8091 6281
H, N, 16 Francis Road, E10..... (020) 8539 9364
H, N, 30 Pinder Road, London..... (020) 3539 1403
H, Mr R, 78 Rectory Road, London..... (020) 8141 7623
H, S, mobile, 47 Burford Clo, Ilford, Essex ..... (07960) 604430
H, Mr S, 26 Danehurst Gardens, Ilford..... (020) 8177 0564
H, Mr S, 197 Easter Avenue, Gants Hill ..... (020) 8141 5875
H, S, 929 Eastern Avenue, Ilford..... (020) 8597 7256
H, Mr S, 119b Elgin Road, Ilford ..... (020) 8177 8121
H, S, 126 Green Lane, Ilford..... (020) 3566 3759
H, S, 299 Green Lane, Ilford..... (020) 8598 9628
H, S, 255 High Road Leytonstone, London..... (020) 7411 8104
H, Miss S, 435a High Street North, London..... (020) 8177 8567
H, S, Regency Apartments 114-18 Manor Road, Chigwell..... (020) 8500 0586
H, Mr S, 22 Mansfield Rd, London ..... (020) 3132 7063
H, S, 31 Twyford Road, Ilford ..... (020) 8617 8733
H, S, 124 Windsor Road, Ilford..... (020) 3673 6473
H, T, 46 Belgrave Road, LONDON..... (020) 8556 9447
H, Mr T, 17 Exmoor Clo, Ilford ..... (020) 3132 9080
H, T, Unit 9 York House 1-4 Langston Road, Loughton..... (020) 4537 9806
H, Mr T, 40 Stanley Road, London..... (020) 8141 5831
H, W, 90 Chingford Road, London..... (020) 8521 4596
H, Y, 131 Seventh Avenue, London ..... (020) 8553 2770
HUSSEIN, F, 30 Turner Road, E17..... (020) 8520 7223
H, R, 36 Wigmore Place, E17..... (020) 3489 2873
HUSSIAN ABDULLAH, A, 81 Hamilton Avenue, Ilford ..... (020) 3732 1156
HUSSSAIN, R, 18 Clinton Crescent, Ilford..... (020) 8501 4972
HUSTLER, G, 40 Churchfields, London..... (020) 8262 9672
HUTCHINS, G, 90 Oak Hill Crescent, Woodford Green ..... (020) 8531 4505
H, J, 63 Dale View Avenue, London ..... (020) 8529 0354
HUTCHINSON, B, 19 St. Helens Road, Ilford ..... (020) 8518 0429
H, L, 53 Karina Close, Chigwell ..... (020) 8501 0250
H, W.C, 72 Cavendish Drive, E11 ..... (020) 8558 3252
HUTLEY, Julia, 44 Selwyn Avenue, E4 ..... (020) 8531 9710
HUTSAL, D, 72 Ashville Road, E11 ..... (020) 8539 2380
HUTTON, D, Flat 22 Silvermead 22 Churchfields Silver Mead, London ..... (020) 3659 8991
H, E, 127 Wensleydale Avenue, Ilford ..... (020) 8550 2873
HUXLEY, S, 37 Bushey Avenue, LONDON ..... (020) 8989 2385
HYAMS, M, 1 Cantley Gardens, Ilford..... (020) 8518 1165
HYDE, L, 1 Windsor Road, London ..... (020) 8524 8685
H, M, 4 Reigate Road, Ilford ..... (020) 8590 9252
HYDER, J, 122 Dale View Crescent, London..... (020) 8524 4291
H, Susan, Flat 3 Celandine Court Chingford Avenue, E4 ..... (020) 8529 9212
H, Z, 29 Glastonbury Avenue, Woodford Green ..... (020) 8504 5618
HYLAND, M, 91 Walnut Road, E10 ..... (020) 8556 6123
HYMAN, B, 50 Falmouth Gardens, Ilford..... (020) 8503 9982
H, C, 18 Highwood 13 Sunset Avenue, Woodford Green..... (020) 8504 7767
H, D.J, 10 Teresa Mews, E17..... (020) 8521 2024
HYNES, Mr M, Mobile, 106 Lynmouth Road, London ..... (07939) 327161
IACONI, I, 7 Grove House Queen Mary Avenue, London ..... (020) 3380 0115
IANSON, J, 105 Grosvenor Gardens, Woodford Green ..... (020) 8505 1799
IBBETT, W.G, 4 Salisbury Road, E17..... (020) 8520 1425
IBE, E, 56 Sturge Avenue, London..... (020) 3689 3125
IBER, D, 2 Lowbrook Road, Ilford..... (020) 8514 8668
IBRAHEEM, M, 111 De Vere Gardens, Ilford ..... (020) 8518 5521
IBRAHIM, C, 9 Leadale Avenue, LONDON..... (020) 3673 4603
I, E, 35 Blyth Road, London ..... (020) 3583 9077
I, M, 334A High Street North, London ..... (020) 3592 4686
I, N, 117 Nelson Road, London..... (020) 3731 9638
I, S, 25 Calver Court 52a Radbourne Crescent, London ..... (020) 3686 7446
I, S.M, Flat 12 Lobelia Court 1 Ryder Avenue, E10 ..... (020) 8539 1206
I, Z, 17 Kingswood Rd, Ilford ..... (07956) 854905
I, Z, 5 Stapleford Close, London..... (020) 8928 0239
IBRAHIMKHAIL, A, Flat 705 High Clere High Road, Buckhurst Hill ..... (020) 8013 6668
IBRAHIMOSMAN, H, 113 Felbrigge Road, Ilford ..... (020) 8590 4707
IBRIHAM, H, 4/47 Mansfield Rd, Ilford ..... (020) 8554 1356
ICHALLAL, B, 186A High Street, E17..... (020) 8520 1661
ICHIM, L, 30 Gardner Close, London ..... (020) 7524 4607
IDOWU, F, Mobile, Flat 10, St Marks House Evelyn Road, London ..... (07904) 209604
IDREES, M, 49 Hartington Road, London..... (020) 3565 5998
IDTIHHAR, N, 34 Stow Cres, E17..... (020) 8531 4773
IEDERAN, D, 50 Knotts Green Road, London..... (020) 3158 8746
IERVOLINO, J, 196b Prospect Road, Woodford Green ..... (020) 8559 2666
IESAN, V, Flat 3 51-53 Ley Street, Ilford ..... (020) 3724 6380
IFEBAMIRO, D, 243 243, Brocket Way Brocket Way, Chigwell..... (020) 8500 6083
IFFAT, A, 82 Richmond Crescent, LONDON ..... (020) 8279 5995
IFRIM, C, 45 Colchester Avenue, London ..... (020) 3152 4060
IGNAT, S, 95 Quebec Road, Ilford..... (020) 8518 6428
I, V, 4 Erin Close, Ilford..... (020) 8590 5173
IGNATOV, G, 85 Goldsmith Road, E17 ..... (020) 8527 8557
IJAZ, S, 37 Primrose Road, London ..... (020) 3561 9318
I, S, 1A Tudor Crescent, Ilford ..... (020) 3718 3548
IKEOGU, C, 130 Elphinstone Road, LONDON ..... (020) 8527 1214
IKONOMOU, V, 34 Nightingale Lane, London ..... (020) 3645 3547
IKRAM, Mr T, 102b Beconsfield Road, London..... (020) 8177 8319
ILIE, I, 24a High Street, Barkingside, Ilford..... (020) 3802 5423
ILIEV, V, 98-100 Cann Hall Road, London..... (020) 3565 4257
ILLES, D, 4D Elgin Road, Ilford ..... (020) 3669 2250
I, P.K, 56 Woodland Road, London..... (020) 8524 5563
ILUMOKA, M, 42 Eton Road, Ilford..... (020) 8141 0722
ILYAS, I, 16c Argyle Road, Ilford..... (020) 8177 9464
I, I, Flat B, 716 Romford Road, E12..... (020) 8141 7836
I, Mr Mohammad, 13 Lyne Crescent, London ..... (020) 8523 5884
IMBERT, D, 36 Baden Road, Ilford..... (020) 8141 1305
IMPEY, G, 19 St. Barnabas Road, Woodford Green..... (020) 8506 0160
I, Mrs Joan, 120 Grosvenor Drive, Loughton ..... (020) 8508 8492
IMRAN, Tayyba, 101 Kenilworth Avenue, Walthamstow..... (020) 8527 1446
IMTIAZ, K, 50 Lyndhurst Drive, London ..... (020) 8532 8134
I, M, Second Floor 264 High Street North, E12..... (020) 8471 8552
INAYAT, Mr Mubashar, 28b Hoe Street, Walthamstow..... (020) 7018 3914
INCE, I.R, 45 Marmion Avenue, E4..... (020) 8524 2929
I, S.J, 179 Fencepiece Road, Ilford..... (020) 8501 0842
INDO, M, 29 Omnibus Way, Walthamstow ..... (020) 3763 8179
INGALAGI, M, Flat 80 39, Icon Building Ilford Hill, Ilford..... (020) 3712 8308
INGHAM, Miss Katie, 36b Frith Road, London..... (020) 3659 7407
INGLIMA, Lara, 82 Lynmouth Rd, Walthamstow..... (020) 8503 7203
INGLIS, N, 124 Canterbury Road, E10 ..... (020) 8539 6107
INGRAM, I, Flat 7 Collins Court Lower Park Road, Loughton .... (020) 3583 8540
INGRAO, F, 36 Elmfield Road, London..... (020) 8524 2720
INNES, S, 10 Hillside Close Woodford Green, Essex..... (020) 8505 0271
INNESTAYLOR, J, 19 The Avenue, E11..... (020) 8989 0708
INNISS, C, 13 Albert Road, Leyton..... (020) 8558 1693
INPANESAN, T, 22 Fulbourne Road, London ..... (020) 8531 6670
INWOOD, S.J, Flat 44 Alfred Prior House Grantham Road, E12 (020) 8478 8637
IONESCU, C, 143 Onslow Gardens, London ..... (020) 3609 2362
IONUTAS, V, 45A Stanley Road, London ..... (020) 3648 5439
IORDAN, D, 250 New North Road, Ilford ..... (020) 8500 2633
IP, B, 67 Gladstone Road, Buckhurst Hill ..... (020) 8505 4675
IQBAL, A, 49 Bressey Grove, London ..... (020) 8530 0629
I, A, 117 St. Albans Road, Ilford ..... (020) 8590 3941
I, A, 18 Studley Drive, Ilford..... (020) 3380 8603
I, D, 45 Wanstead Park Road, Ilford..... (020) 3583 2675
I, F, 314 Horns Road, Ilford..... (020) 3685 7857
I, H, 10 Colchester Av, E12 ..... (020) 8553 1664
I, Mr J, Unknown 27 Friars Close, Ilford..... (020) 8478 5615
I, J, 118 Staines Rd, Ilford..... (020) 8514 8624
I, M, 7 Beehive Lane, Ilford..... (020) 8554 3238
I, Mr M, 134 Chester Rd, Ilford ..... (020) 8177 3279
I, Mr M, 1/25 Gloucester Rd, London..... (020) 8478 8161
I, M, 137 Green Lane, Ilford..... (020) 8141 2436
I, M, 93 Northcote Road, London..... (020) 8503 7052
I, Mr M, 19 Selbourne Avenue, London ..... (020) 3132 2574
I, M, Flat 32 Susan Lawrence House Walton Road, London..... (020) 3509 8471
I, Mr N, Mobile, 49 Dalkeith Road, Essex ..... (07931) 838277
I, Mr N, 146 Grange Road, Ilford..... (020) 3132 5556
I, Mrs N, 167 Sheringham Av, London ..... (020) 8514 3482
I, S, 17 Lyttelton Road, E10 ..... (020) 8556 3494
I, Samaira, Kiosk Hainault Underground Station New North Road, Ilford ..... (020) 8501 5079
I, Y, 369a Eastern Avenue, Ilford ..... (020) 8177 3825
I, Z, 105 Beehive Lane, ILFORD ..... (020) 8554 9380
I, Z, 32 Exmouth Road, London..... (020) 8520 7194
I, Z, Flat 1 Takeley Court 6 Skeltons Lane, E10 ..... (020) 8539 4979
IRELAND, J, 139 Colvin Gardens, Ilford..... (01992) 730659
IRFAN, M, 46 Tennyson Avenue, London..... (020) 3843 0378
I, W, 57 St. Georges Road, E10 London..... (020) 8558 5497
IRIMIA, Mr T, 87 Seventh Av, E12..... (020) 8514 4232
IRISH, C, 6 Guernsey Road, E11..... (020) 8539 6959
IRVINE, A, 46 Roland Road, London..... (020) 8509 7659
I, V, 3 Marion Grove, Woodford Green..... (020) 8504 6117
IRVING, D.E, 21 Wadham Avenue, E17 ..... (020) 8531 1839
I, D.W, 246 Tomswood Hill, Ilford..... (020) 8500 0907
ISAAC, D, 93 North Birkbeck Road, LONDON..... (020) 8014 6763
I, S, 37 Winns Avenue, London..... (020) 3532 0853
ISAACS, D, Flat 2 Half Acre Woodford Road, South Woodford . (020) 8989 7297
ISAGBA, J, 2 Coniston Gardens, Ilford ..... (020) 8924 8274
ISAJA, Mrs A, 107 Carlyle Road, E12 ..... (020) 8141 2959
ISAT, F, Flat 3 Brook Court 2a Harrow Road, E11..... (020) 8558 2514
ISHAQ, C, 2 Kirk Road, London..... (020) 8521 6243
I, M, 26 Warren Road, E11..... (020) 8530 1562
I, Mohammed, 42 Westerham Road, E10..... (020) 8539 5150
I, N, 34 Werneth Hall Road, Ilford..... (020) 3592 5801
I, T, 41 Melford Road, London..... (020) 8521 1445
ISHII, Y, 43D Barclay Road, Leytonstone..... (020) 3620 8955
ISHRAT, Ms Tamsia, 72 Ray Lodge Road, Woodford Green..... (020) 8498 0427
ISLAM, H, Flat 27 Johnston Court 77 Oliver Road, E10 ..... (020) 8988 0901
I, M, 45b Colenso Road, Ilford ..... (020) 8616 7966
I, M, 24 Goddards Way, Ilford..... (020) 3015 0216
I, M, 283 High Street North, E12..... (020) 8552 8842
I, Mazharul, 5 Kenilworth Gardens, Ilford ..... (020) 3294 2018
I, M, 8 Pittman Gardens, Ilford ..... (020) 3731 4896
I, M, Flat 4 661 Romford Road, Manor Park..... (020) 3325 0820
I, M, 156 Snowshill Road, E12..... (020) 8478 2282
I, Mr 35 Cary Road, London..... (020) 3659 4354
I, N, 26 Colinton Road, ILFORD ..... (020) 8014 1997
I, R, 11a Chesterford Road, Manor Park ..... (020) 8478 8261
I, R, 43A Coventry Road, Ilford..... (020) 8518 4985
I, Mr R, 121 Fourth Avenue, E12..... (020) 8141 7817
I, S, Gilford House Apartment 10 93, Clements Road, Ilford .. (020) 3731 1876
I, S, 34 Arundel Gardens, Ilford..... (020) 8597 0902
I, Dr S, 33 Ashgrove Road, Ilford ..... (020) 8590 9723
I, Mr S, 66 Boundary Rd, London..... (020) 8503 6860
I, S, 42 Browning Road, London..... (020) 8514 0231
I, S, Tiptree Community Hall Tiptree Crescent, Ilford ..... (020) 8550 4218
I, Mr Z, 22A Frith Road, London..... (020) 8177 0702
ISMAIL, M, 32B Station Rd, E12..... (020) 8514 5934
I, Mr N, 23 Grantham Road, London ..... (020) 8141 7253
I, Mr N, 96 Thorold Road, Ilford..... (020) 8141 7821
I, Y, 12 Kings Gardens, Ilford..... (020) 8514 6378
ISMAN, A, Flat 41 John Cornwell V C House Grantham Road, E12.... (020) 8911 9330
ISRAEL, J, 34 Downsfield Road, E17 ..... (020) 8509 7216
ISSA, A, 10 Brockham Drive, Ilford ..... (020) 8793 7450
I, A, 33 High Road, Woodford Green ..... (020) 3592 8721
I, Ms F, 53 Fred Wigg Tower Montague Road, London..... (020) 8177 4146
ISSIMDAR, Admiral F, 143 Greenway Avenue, Walthamstow.. (020) 8143 3919
ISTEED, C, 3 Ladyfield Close, Loughton ..... (020) 8502 0981
I, R, 57 Maypole Crescent, ILFORD ..... (020) 8500 5883
ISZKIAEWICZ, Miss K, 71 Walton Rd, London ..... (020) 3138 4164
ITHIER, Miss M, 137 Francis Rd, London..... (020) 3138 0253
ITZCOVITZ, D, 65 Althorne Gardens, E18 ..... (020) 8989 1421
IVANAUSKAITE, Miss Goda, 330a Cann Hall Road, Leytonstone, London..... (020) 3719 3421
IVANOVA, S, 4 Hazeldene Road, Ilford ..... (020) 3016 4525
I, V, 54 Oliver Road, London ..... (020) 3742 4619
IVANOVE, Miss M, 166 Brookscroft Rd, London..... (020) 8177 7508
IVES, Mr Albert, Flat 34, Westleigh Court, 2 Nightingale Lane, London..... (020) 8530 1446
I, B.F, 25 Donington Avenue, Ilford..... (020) 8554 5744
I, D, 23 Cranston Gardens, London..... (020) 8527 0620
IVESON, P, 92 Coolgardie Avenue, London ..... (020) 8527 0572
IYENGAR, R, 5C,Valebrook,2 Park Avenue, Ilford..... (020) 8389 8997
IYER, D, 74 Lord Avenue, Ilford..... (020) 8551 9135

IZEGBU, E, 20 Thorne Close, London (020) 3712 6240
IZET, G, 67 St. Mary Road, E17 (020) 8509 1401
JABBIE, S, 547 Lea Bridge Road, London (020) 3648 9823
JABBOR, S, Flat 35, Johnston Court, 77 Oliver Road, London (020) 3612 2156
JABEEN, R, 91B Ilford La, Ilford (07956) 387392
JABIN, S, 153 Lavender Place, Ilford (020) 8478 2602
JACK, C, 32 Belmont Park Road, London (020) 8556 4849
JACKSON, A, 6 Alfred House Tennyson Avenue, Manor Park (020) 8552 7240
J, D, 24 Mafeking Avenue, Ilford (020) 8598 9567
J, Mr Derek, 16 Whitta Road, Manor Park (020) 8514 4931
J, F.M, 137 Headley Drive, Ilford (020) 8554 4166
J, H, 22 Higham Station Avenue, London (020) 8523 3717
J, J, 20 LANSDOWNE COURT Claybury Broadway, Ilford (020) 8550 7496
J, J, Merchants Lodge Flat 4 6, Westbury Road, London (020) 3566 5342
J, J, 13 Warner Road, London (020) 8521 2853
J, L, 148 Dersingham Avenue, E12 (020) 8478 7621
J, M, 2 Parkland Road, Woodford Green (020) 8505 9820
J, P.G, Hillside 4 Vestry Road, E17 (020) 8520 7440
J, R, 5, Chigwell Heights, 212 Manor Road, Chigwell (020) 3556 8812
J, R, 4 Maple Road, E11 (020) 8989 7327
J, S, 73A Southern Drive, LOUGHTON (020) 8508 3935
JACOBS, C, 263 High Road Leyton, London (020) 8925 7206
J, D, 81 Ardwell Av, Ilford (07956) 249198
J, D, 180 Beehive Lane, Ilford (020) 8924 8668
J, D, 1 Studley Avenue, E4 (020) 8531 9689
J, E, 90 Forest Approach, Woodford Green (020) 8504 1218
J, H, 14 Mead Crescent, London (020) 8925 8732
J, J, 45 Liverpool Road, London (020) 3673 5570
JACOVOU, J, 63 Hawkwood Crescent, London (020) 8529 0634
JACQUES, J, 8 Osborne Road, BUCKHURST HILL (020) 8257 7757
JADDER, M, 95B Chingford Rd, E17 (020) 8523 5600
JADWET, I, 56 Queens Road, Leytonstone (020) 8558 3280
JAFFREY, Dr S, 15 Broadstrood, Loughton (020) 8532 1064
JAFRI, I, 813 Lea Bridge Road, London (020) 8257 8758
JAGDEO, A, 2 Baird Close, E10 (020) 8558 7542
JAGGER, Abigail, 11A Shaftesbury Road, E17 (020) 8509 8677
J, E, 9 Hermitage Court Woodford Road, South Woodford (020) 8989 9675
JAGGS, P, 218 New Road, E4 (020) 8529 3118
JAGIELA, Z, 20 Caernarvon Drive, Ilford (020) 8550 2630
JAGIELLO, J, 15 Eynsford Road, Ilford (020) 8597 0322
JAHAN, I, 66 First Floor Flat Fourth Avenue, London (020) 3318 9395
J, N, 59 Stainforth Road, Ilford (020) 3561 4837
JAHROMI, M, 27 Arnett Square, London (020) 8527 3913
JAIGIRDAR, A, 27 Ashurst Drive, Ilford (020) 8220 1239
JAIN, A, 56 Holland Park Avenue, Ilford (020) 8014 1436
J, Mr R, 102 Coolgardie Ave, London (020) 3132 6406
JAISWAL, M, 125 Express Drive, Ilford (020) 3015 5325
JAKOB, K, 27 Colebrooke Drive, London (020) 8530 8548
JAKUBOWICZ, Mr L, Flat 25 Jackson Ct Brading Cres, London (020) 3138 2787
JALAL, Y, 10 Ive Farm Close, E10 (020) 8539 7554
JAMA, K, 2 Cambridge Road, Ilford (020) 3132 3399
JAMAL, A, 21C Coventry Road, Ilford (020) 8014 9427
JAMES, A, 55 Buckland Road, E10 (020) 8558 8846
J, B, 2 Osborne Road, Buckhurst Hill (020) 8281 0509
J, Miss C, 149A Fourth Av, E12 (020) 8478 6377
J, D, 30 Queens Grove Road, London (020) 8524 7705
J, E, 119 Breamore Road, Ilford (020) 8220 2382
J, G, 4 Mapperley Drive, Woodford Green (020) 8923 1715
J, H, 31 Chichester Gardens, ILFORD (020) 8518 2343
J, H, 7 Russets Close, E4 (020) 8529 5413
J, J, 34 Genas Clo, Ilford (020) 8551 3222
J, Keith, 43 Brancaster Road, Ilford (020) 8590 0550
J, M.D.J, 26 Princes Avenue, Woodford Green (020) 8504 1964
J, T, 17 Inverness Drive, Ilford (020) 8501 1903
J, T, 3 Staines Road, Ilford (020) 8478 2339
J, V, Flat D 18 Bushwood, E11 (020) 8530 6227
J, Miss V, Flat 31 Arthur Walls House Grantham Rd, London (020) 8177 3502
JAMIESON, C.L, 87 Calderon Road, E11 (020) 8556 9417
J, John, 263 Hathaway Crescent, E12 (020) 8503 5585
JAMIL, M, 42 Capworth St, E10 (07931) 821551
JAMISON, W.P, 11 Forest Way, Loughton (020) 8508 3270
JAMNADAS, L, 15 Walden Way, Ilford (020) 8220 4086
JAMPANA, S, 155 City Vw Centreway Apartments Axon Pl Ace, Ilford (020) 8478 3325
JAMSHED, M, Suite 401 1-3 Coventry Road, Ilford (020) 8554 4138
JANAKA, T, Stoneleigh Court Flat 32 Herent Drive, Ilford (020) 3304 4106
JANDU, G, 14 Meadway, ILFORD (020) 8599 5161
JANGA, D, 132 Maynard Road, Walthamstow,London (020) 3737 7844
JANJUA, K, 184 Ashburton Avenue, Ilford (020) 8227 0098
JANOO, A, 288 Capworth Street, London (020) 8923 8789
JANSEN, S, 87 Fencepiece Road, Ilford (020) 8001 8415
JARDIM, J, 44 Cranley Dv, Ilford (020) 8518 0048
JARMAN, Mr A, 125 Ashurst Drive, London (020) 8550 1196
JARO, J, 103A Boundary Road, London (020) 3685 9698
JARRETT, R, Flat 3 60 Montague Road, London (020) 8558 6635
JARVIS, B, 52 Malford Grove, E18 (020) 8530 3233
J, C.F, 184 Selwyn Avenue, E4 (020) 8527 5978
J, D, 16 The Avenue, Loughton (020) 8502 0518
J, J, 19 College Gardens, London (020) 8926 8849
J, J.M, 38 Roding Road, Loughton (020) 8508 2842
J, K, 35 Tresco Gardens, Ilford (020) 8590 3872
J, M, Flat 20 Boothby Court 15 Ashingdon Close, E4 (020) 8529 0386
J, R, 27 Godwin Close Sewardstone Road, LONDON (020) 8524 9296
J, R, 45 Queen Elizabeth Road, E17 (020) 8527 3917
JASAT, S, 73 Frinton Mews, Ilford (020) 8518 4847
JASMIN, Mr R, 20 Norman Rd, Ilford (020) 8141 2402
JASMIN-EMAMBOCU, B, 62 Chelmsford Road, London (020) 8925 3209
JASON, Mr C, 268 Francis Rd, London (020) 3132 5737
JASSAL, R, 41 Brading Crescent, LONDON (020) 8530 1480
JAVAID, Mr H, 153 Church Road, London (020) 8141 7692
J, Mr K, 152 Richmond Road, Ilford (020) 8141 2970
J, Mr M, 77 Shakespear Rd, London (020) 3138 3241
JAVED, M, 44 Dudley Road, Ilford (020) 8514 1707
JAVEED, Nazneen, 94 Grange Road, Ilford (020) 8514 7288
JAVIER, J, 16 Abraham Fisher House,258 Grantham Road, Manor Park (020) 8514 7229
JAYANTHI-WASAGE, P, 41 Preston Road, London (020) 8532 2555
JAYARAM, H, 67 Peterborough Road, LONDON (020) 8558 5134
JAYASUNDRAKUMAR, C, 18 Churchill Lodge 58 Barnardo Drive, Ilford (020) 8550 9734
JAYE, Mr David, 134 Englands Lane, Loughton (020) 8923 1820
JAYEOLA, D, 4 Iris Close, Ilford (020) 3659 0932
JAYORSKA, V, 117 Browning Rd, E12 (020) 8548 0841
JAYSON, M, 45 Ravensbourne Gardens, Ilford (020) 8924 5591
JEAN-JACQUES, R, 36 Stanley Road, Ilford (020) 8514 4344
JEBUNNESA, J, 144a Landseer Avenue, London (020) 3654 6794
JEEVAKUMARAN, G, 119 Springfield Drive, Ilford (020) 8554 1441
JEEVARATNAM, S, 10 Riverdene Road, Ilford (020) 8220 0995
JEFF, F, 60 Abbotsford Gardens, Woodford Green (020) 8505 2283
JEFFERY, S, 245 Waltham Way, London (020) 8529 8126
JEFFORD, P, 140 Gordon Road, E18 (020) 8504 4803
JEFFREYS, A, 38 Cranley Drive, Ilford (020) 8518 0118
JEGANATHAN, Nadarasar, 250 Wanstead Park Road, Ilford (020) 8554 8453
J, S, 48 Norman Road, Ilford (020) 8478 8420
JELLA, T, 109 Sheridan Rd, E12 (020) 8471 8182
JELLEY, Mr B, 80 Norman Rd, London (020) 3132 3543
JELLISS, J, 39 Durban Road, E17 (020) 8531 5973
JENKINS, B, 53 Lloyd Road, LONDON (020) 8521 4108
J, F, 110 Goldsmith Road, E10 (020) 8556 7745
J, J.R, 126 Elphinstone Road, E17 (020) 8531 3657
J, K, 2 Connor Close, Ilford (020) 3649 5156
J, R, 107 E4Nelson Road,

JENNER, A, 31 Livingstone Road, E17 (020) 8521 4583
JENNINGS, C, 10 Laing Close, Ilford (020) 7285 8665
J, E, 56 Pembroke Road, E17 (020) 8503 7937
J, I, Flat 6 99 Handsworth Avenue, E4 (020) 8527 0087
J, I, Flat 315 Enterprise House 112 Kings Head Hill, E4 (020) 8529 2524
J, M, 142 Greenway Avenue, London (020) 8923 7127
J, P, 10 Mansfield Road, London (020) 8923 9374
JERMUTUS, L, 52 The Uplands, Loughton (020) 8508 1456
JESIPOVA, T, 55 Albert Road, Walthamstow (020) 8520 9461
JESSOPP, D, 16 Fullers Road, London (020) 3774 2833
JESTICO, S, 87 Highwood Lane, Loughton (020) 3612 0620
JETHWA, A, 83 Forest Drive West, London (020) 8558 3637
JETHWAH, N, 66 Abbotswood Gardens, Ilford (020) 8924 9850
JEWELL, D, 88 Finchingfield Avenue, Woodford Green (020) 3158 7007
J, E.P, 6 Sunnymede, Chigwell (07956) 317542
JEYABASKARAN, K, 329 Billet Road, London (020) 8523 4054
JEYAKRISHNA, N, Flat 27 Beaumont House Lake Road, Leyton (020) 8558 1103
JEYAKUMAR, N, 75 Roding Lane North, Woodford Green (020) 8504 8088
J, P, 35 Redbridge Court Redbridge Lane East, Ilford (020) 8551 3451
JEYAMOHAN, Mr V, 53c Mansfield Road, Redbridge, Ilford (020) 3370 2605
JEYANATHAN, Mr D, 235 Strone Road, London (020) 8177 5489
JEYANTHAKUMAR, A, General Food Store, 315 Dersingham Avenue, London (020) 3302 5069
JEYAPLAN, M, Flat 7 Mountier Court Homesdale Close, LONDON (020) 3742 4066
JEYARATNAM, D, 8 Ardwell Avenue, Ilford (020) 8554 5308
JEYASANKAR, S, 164 Fulbourne Road, London (020) 8531 8435
JEYASEELAN, Mr V, 115 Colworth Road, London (020) 8141 0707
JHEETA, J, 29 Lord Avenue, Ilford (020) 8491 7928
JHOKE, S, 11 Gloucester Gardens, Ilford (020) 8518 1556
JHUMA, A, 130 Kensington Avenue, E12 (020) 8141 8001
JHUMMUN, Mr A, 248A Halley Road, E12 (020) 8177 2516
JIBRIL, Y, 171 Queens Road, Walthamstow (020) 8509 9790
JIGGINS, R, 14 Forest Road, London (020) 8558 5443
JIMENEZ, Mark, 13 Fairlight Avenue, Woodford Green Essex (020) 8559 2732
JINDAL, Mr A, 179 Westwood Road, Ilford (020) 8141 0739
JIVATHAS, V, 51 Byron Avenue, E12 (020) 8548 1706
JIWANI, A, 17 Park View, Chigwell (020) 8527 7271
JOBANPUTRA, K, 19A Richmond Road, Ilford (020) 8478 4953
JODA, N, 261 Billet Road, London (020) 8923 1858
JOFFE, V, 47 Inglehurst Gdns, Ilford (020) 8550 1910
JOGYET, Z, Mobile, 69 Mornington Rd, London (07939) 852998
JOHAL, A, 14 Westrow Gardens, Ilford (020) 8590 5245
J, B, 20 Ely Place, Woodford Green (020) 8505 5606
J, B, 148 Oaks Lane, Ilford (020) 8599 4142
J, B, 38 Oakwood Gardens, Ilford (020) 8598 1644
J, D, 3A Southbourne Gdns, Ilford (020) 8911 9589
J, P, 21A Seymour Gardens, Ilford (020) 8518 1009
JOHN, C, 24 Rosedene Terrace, London (020) 8556 7876
J, J, 39 Ranelagh Road, London (020) 8519 7940
JOHN LILLY, L, 19 Larkshall Road, E4 (020) 8529 5119
JOHN, M, Flat 12 Silks Court, 612 High Road Leytonstone, London (020) 8279 6557
JOHNS, L.D, 1 Coningsby Gardens, E4 (020) 8527 8749
J, Michael, 21 Mornington Road, London (020) 8529 2844
J, S, 117 Cavendish Road, LONDON (020) 8503 2865
JOHNSON, Mr A, 87 Warrior Sq, London (020) 3132 4274
J, B, 245 Buckhurst Way, BUCKHURST HILL (020) 3723 0864
J, B, 259 Church Rd, E10 (07946) 749473
J, C, 22 Dickens Rise, Chigwell (020) 8500 5759
J, C, 37 Forest Drive West, London (020) 8556 6381
J, Mr C, Flat 8/245 High Road Leytonstone, London (020) 3132 5142
J, Mr C, 11 Oregon Av, London (020) 8141 7840
J, Mr D, Lower Flat 87 Abbotts Park Rd, London (020) 3138 2610
J, D, 16 Grangeway, Woodford Green (020) 8504 1725
J, D, 49 Sunnymede, Chigwell (020) 8500 7402
J, Mr G, 3 Peel Close, London (020) 8523 7289
J, G, B 21 Redcliffe Gardens, Ilford (020) 8518 2314
J, G, 39 Salop Road, E17 (020) 8509 9569
J, Miss I, 118 Pittman Gardens, Ilford (020) 3132 7338
J, J, 49 Lower Park Road, Loughton (020) 8508 4167
J, J.G, 18 Shernhall Street, E17 (020) 8521 2201
J, K, 22 Dunedin Road, E10 (020) 8556 3375
J, M, 430 Chigwell Road, Woodford Green (020) 8270 3578
J, Nora, Flat 20 Jubilee Lodge 42 Eastwood Road, E18 (020) 8530 8448
J, O, Flat 18 857 Lea Bridge Road, Walthamstow (020) 8509 2867
J, P, 36 Ashburton Avenue, Ilford (020) 8594 9472
J, P, 6 Essex Road South, E11 (020) 8558 0708
J, P, Staff House 2 High View School Lambourne Road, Chigwell (020) 8502 6747
J, P, 8 Landscape Road, Woodford Green (020) 8505 0438
J, R, Mobile, 20 Chingford Avenue, London (07939) 870955
J, R, 4 Hawthorn Road, Buckhurst Hill (020) 8505 5550
J, S, 19 Langley Meadow, Loughton (020) 8508 3196
J, T, 270 Hollydown Wy, E11 (020) 8518 7342
J, T, 29 Valley Hill, Loughton (020) 8281 2235
JOHNSTON, E, 35 New Road London, (020) 8524 2494
J, J, 133 Torrington Drive, Loughton (020) 8508 0843
J, N, 47 Willingale Road, Loughton (020) 8502 5676
JOHNSTONE, B.J, 13 Lavender Place, Ilford (020) 8478 6241
JOINER, P, 20 Crealock Grove, Woodford Green (020) 8504 5073
JOLLY, C.J.H, Tailours House High Road, Chigwell (020) 8500 0293
JONES, Aj, 2 Breamore Road, Ilford (020) 8598 1818
J, A, 14 Heathway, Woodford Green (020) 8504 7153
J, A, 17 Lorne Gardens, London (020) 8989 2078
J, A.G, 85 Hawkwood Crescent, E4 (020) 8529 0507
J, B, 12 Brook Meadow Close, Woodford Green (020) 8531 6986
J, Mrs Brenda, 15 Richmond Road, London (020) 8524 0999
J, B.J, 29 Linden Crescent, Woodford Green (020) 8504 3160
J, C, 260 Vicarage Road, London (020) 8923 9433
J, C.P, 91 Duke Road, Ilford (020) 8550 7739
J, Charles Ronald, 8 The Crescent, Loughton (020) 8502 4174
J, D, 3 Campions, Loughton (020) 8502 0165
J, D, 21 Kelston Road, Ilford (020) 8551 7743
J, D, 78 Selwyn Avenue, London (020) 8531 9240
J, E.W, Flat 1 71 Oliver Road, E10 (020) 8556 8630
J, F, 81 Russell Road, Buckhurst Hill (020) 8505 0662
J, G, 6 Rous Road, Buckhurst Hill (020) 8502 9678
J, H, 133 Barclay Road, London (020) 8279 3923
J, H.L, 17 Nightingale Lane, E11 (020) 8989 4056
J, H.R, 12 Whitney Road, E10 (020) 8558 0595
J, J, 8 Emmaus Way, Chigwell (020) 3132 5601
J, J, 5A Mulberry Wy, E18 (020) 8518 8556
J, Mr J, 27 Tamar Sq, Woodford Gn (020) 8506 2314
J, L, 61 Barrett Road, LONDON (020) 8509 2920
J, L, 34 Trotwood, Chigwell (020) 8500 1246
J, M, 43A Douglas Rd, Ilford (020) 8503 8189
J, M, 42 Kingsley Road, London (020) 8925 9073
J, M, 36 Pendlestone Road, E17 (020) 8520 7458
J, M, 18 Raymond Road, ILFORD (020) 8518 6213
J, M.A, 34 Vista Drive, Ilford (020) 8550 3301
J, N, 63 Bernwell Road, London (020) 8529 8824
J, P, 176 Perth Road, Ilford (020) 8554 3832
J, P, 297 Sansom Road, London (020) 3665 3096
J, P.C.O, 82 St. Barnabas Road, Woodford Green (020) 8504 4158
J, R, 28 Alexandra Road, London (020) 8530 8443
J, R, 40 Brookdale Road, London (020) 8257 2954
J, Miss Rebecca, 47a Kings Road, London (020) 3620 4953
J, R, 14 Pollard Close, Chigwell (020) 8500 1517
J, R.S, 5 Middlefield Gardens, Ilford (020) 8554 1406
J, S, FLAT 17 ASHDOWN COURT 2E Fulbourne Road, London (020) 8523 1829
J, S, 106 Harold Road, E4 (020) 8529 2173
J, S, 326 High Road Leytonstone, London (020) 3561 0691
J, S, 112 Walden Way, ILFORD (020) 8172 0375
J, T, 22 Fallow Fields, Loughton (020) 8532 0395
J, V, 35 Manford Way, CHIGWELL (020) 8501 1439
JOOMA, Y, 136 Langthorne Road, London (020) 8518 7409
JOOTNA, K, 181 Shakespeare Cres, London (020) 8177 3920
JOPLING, N, Flat 17 Clock Court Victory Road, London (020) 8530 5277
JORDA, A, Flat 9,De Vere Court,91 Hoe Street, Walthamstow (020) 3354 4689
JORDAN, A, 15 Newbury Road, Ilford (020) 8597 6113
J, G, 75 Gordon Road, E11 (020) 8989 6555
J, K, 2 Marni House,145 Carlyle Road, London (020) 7294 6568
J, K, 12 Colinton Road, Ilford (020) 8599 1797
J, K, 11 Grange Park Road, 17 Oriana House (020) 3652 3767
J, M, 42 Herbert Road, Ilford (020) 8597 3597
J, P, 64 Queens Rd, Loughton (020) 8508 0876
JORGE, J, 77 Clarence Road, Manor Park (020) 8514 2099
JOSAH, Ms Judith, Flat 8, Wadsworth Court 689 Lea Bridge Road, London (020) 8520 9325
JOSEPH, A, Flat 7 Felix Court 8 West Avenue, LONDON (020) 8509 2800
J, E, 2 Fenman Gardens, Ilford (020) 8598 1749
J, F, Flat 16 Bechervaise Court Leyton Grange Estate, London (020) 8539 1219
J, J, 55 Stow Crescent, London (020) 8527 1177
J, M, 10 Baxter Road, Ilford (020) 8477 1387
J, M, Third Floor Broadway Chambers 1 Cranbrook Road, Ilford (020) 8478 0469
J, R, FLAT 40 REGAL HOUSE Royal Crescent, Ilford (020) 8554 6309
J, S, 53 Elmstead Road, Ilford (020) 8491 3189
J, S, 82 Marlands Road, Ilford (020) 8550 8439
J, Ms T, 32 Garner Rd, London (020) 8141 5922
J, V, 40 Chadwick Road, London (020) 8989 9703
JOSEPH-MORRIS, T, Mobile, 84 Carlton Road, London (07950) 911248
JOSEPHS, R, 67D Courtland Avenue, Ilford (020) 8554 8384
JOSHI, J, 75 Lord Avenue, Ilford (020) 8518 3219
J, K, 15 Breamore Road, ILFORD (020) 8983 8765
J, K, 30 Madras Road, Ilford (020) 3132 5523
JOSLIN, Adm J, 63 Adelaide Road, E10 (020) 8556 3378
J, P, 52 Gordon Avenue, E4 (020) 8527 7367
J, T.J, 18 Mead Close, Loughton (020) 8532 0160
JOUKA MESSODONG, V, Flat 19, St Andrews Court St Andrews Road, London (020) 3643 3504
JOY, K, 17 Georgeville Gardens, Ilford (020) 8550 6410
J, T, 3 Lambourne Close, Chigwell (020) 8500 4394
JOYCE, D, 36 Matcham Road, London (020) 8555 9409
J, D, 99 Tycehurst Hill, Loughton (020) 8502 4875
J, F, 45 Grantock Road, London (020) 8923 4193
JOYNER, M, 34 Hydliffe Gardens, Chigwell (020) 8559 8125
JUCHUA, P, 63 Southview Road, Loughton (020) 8502 1628
JUDD, A, 5 Gordon Rd, E18 (020) 8504 7596
JUDGE, Mr Daniel, 6 St. Leonards Avenue, London (020) 8527 0291
JUGGAPAH, J, 49 Underwood Road, Woodford Green (020) 3672 3185
JUKES, A, 4 Dale Gardens, Woodford Green (020) 8505 5095
JULES, Joseph, 121 Forest View Road, E12 (020) 8478 1108
JUMA, Mr M, 140 Lynmouth Road, London (020) 3132 9662
J, Miss S, 25 Saunders Clo, Ilford (020) 7165 7236
JUNAID, Mr M, 4 Lea Bridge Rd, London (020) 3132 9520
JUNCEWICZ, C, Flat 16 Westminster Court 23 Cambridge Park, E11 (020) 8989 8375
JUNIOR, M, 21 Parham Drive, Ilford Essex (020) 8554 0640
JUNJING, D, 127A George Lane, London (020) 3565 4320
JURGSAITIS, Mr A, 31 Herbert Road, Ilford (020) 8598 9815
JURKUS, Mr M, 27 Fourth Avenue, London (020) 8514 2218
JUSEINVICIUS, D, 61 Highfield Road, Woodford Green (020) 3712 6413
JUSEYNIARSKA, Miss Mitre Court Churchfields, South Woodford, London (020) 3302 0372
JUSTIN, V, 43 Goodmayes Avenue, ILFORD (020) 8599 5800
JUTAHSNA, K, 3 Nazeing Ho Blackmore Rd, Buckhurst Hl (020) 8559 0645
JUTLEY, T, 17 Devonport Gardens, Ilford (020) 8554 2464
JYAMERAA, J, Flat B, 21 Merton Road, London (020) 3620 0334
JYOTHIBASU AMBILI, J, Apartment 24 40, Paul Shekleton House Trinity Close, London (020) 3720 0678
K. BOAKYE, F, 64 Woodlands Road, LONDON (020) 3673 5597
KABASHI, Ak, Flat 14 Celandine Court Chingford Avenue, E4 (020) 8524 1968
KABEL, C, 26 Ardmore Lane, Buckhurst Hill (020) 8505 9945
KABEYA, Mr D, 29 St Luke's Avenue, Ilford (020) 3479 5671
KABIR, M, 80 Craven Gardens, Ilford (020) 8551 6100
K, M, Flat 6,Seetha House,499 High Road, Ilford (020) 3802 6722
KACHHLA, N, 11 Clarence Gate, Woodford Green (020) 8502 6151
KACIOVA, M, 83 Blyth Road, LONDON (020) 3645 2615
KADANJO, Mr C, 97 Grantham Road, London (020) 8177 9501
KADDU, A, 6 Sutton Road, London (020) 3621 5577
KADER, M, 1 Cranbrook Road, Ilford (020) 3539 3625
KADIR, A, 43 Wordsworth Avenue, Manor Park (020) 8471 8996
KADIV, Mr A, 597 Green Lane, Essex (020) 8177 6261
KADRI, G, 24 Keynsham Avenue, Woodford Green (020) 3638 3003
K, S, 30 Fillebrook Road, E11 (020) 8558 5466
KAFI, M, Mobile, 158 Langthorne Road, London (07939) 690649
KAHLON, H, Mobile, 134 Windsor Road, (07930) 035191
KAHOOT, M, 50A Eastwood Road, Ilford (020) 3560 8234
KAINTH, Mr K, 3 Highbury Gardens, Ilford (020) 8177 8142

KAIZER, A, 61 Middleton Gardens, Ilford ..... (020) 8554 8478
KAJENPHIRAN, S, 374A High St Nth, E12 ..... (020) 8472 6115
KAJENTHRA, V, 204 Gantshill Crescent, Ilford ..... (020) 8470 7750
KAKSHEPATI, U, 17 Icknield Dv, Ilford ..... (020) 8518 3042
KALAM, A, 22 Ryecroft Avenue, Ilford ..... (020) 7285 7343
KALAMALLA, Mr M, 100 Express Drive, Ilford ..... (020) 8597 9807
KALENKO, Mr T, Flat 2/ 53a St James's Street, London ..... (020) 8141 7734
KALEYS, Kaleys, Kaleys The Square, Woodford Green ..... (020) 8505 1871
KALIA, Mr Gopal, 8 Parkway, Ilford ..... (020) 8599 6195
K, S, 4 Shere Rd, Ilford ..... (020) 8551 0971
KALLAH, H, 62 Broadhurst Avenue, Ilford ..... (020) 8597 0888
KALONJI, Y, 12 Matson Court The Bridle Path, Woodford Green ..... (020) 3712 1372
KALRA, Mr S, 151 Woodford Av, Ilford ..... (020) 3132 1498
KALSI, G, 71 Friars Close, Ilford ..... (020) 8793 5523
K, I, 52 Warren Road, London ..... (020) 8558 3478
KALURAM, Dr R, Room 16, Whipps Cross Hosp Whipps Cross Rd, London ..... (020) 8177 4163
KALUZNY, Mr W, 13 Fairfield Rd, London ..... (020) 3132 6076
KAMAL, Miss F, 111 North Birbeck Road, London ..... (020) 8177 0697
K, Mr M, Flat 3 /373 High Rd, Leyton, London ..... (020) 3132 7008
KAMALALINGAM, G, 141 Hitcham Road, London ..... (020) 8419 5856
KAMALENDRAN, Thevy, 5 Windsor Road, Guilford ..... (020) 8514 1140
KAMALRAJ, M, 70 Thornton Road, Ilford ..... (020) 8514 6616
KAMAN BASHA, T, 225 Green Lane, Ilford ..... (020) 8514 3511
KAMANU, Mr S, 184 Third Avenue, London ..... (020) 8177 9479
KAMARA, B, 453C High Road, Ilford ..... (020) 3742 6497
KAMAU, D, 995A Romford Road, LONDON ..... (020) 8478 2354
KAMBERI, Mr A, 328 Elizabeth Court Navestock Cres, Woodford Green ..... (020) 8505 4895
KAMBO, K, 30 Sherwood Avenue, London ..... (020) 8989 8367
KAMRAN, A, Mobile, 114 Dellow Close, Ilford, Essex ..... (07931) 765845
KAN, H, 28 Boleyn Way, Ilford ..... (020) 8500 7514
K, P.L, Flat 2 37 Courtland Avenue, Ilford ..... (020) 8518 6294
K, W, 8 The Risings, London ..... (020) 8520 1649
KANABAR, A, 129 Northbrook Road, Ilford ..... (020) 8518 2158
K, V, 51 Lancing Road, Ilford ..... (020) 8554 5134
KANAGARATNAM, K, 31 Jerningham Avenue, Ilford ..... (020) 8551 9099
KANAPATHIPPILLAI, T, 50 Colville Road, London ..... (020) 3638 4099
KANBI, S, 89 Redbridge Lane East, ILFORD ..... (020) 3592 7869
KANCAUSKIENE, Mrs S, 16 Charles Church Walk, London ..... (020) 3138 1010
K, S, 17 Grove Road, E17 ..... (020) 8520 2622
KANCIOVA, R, Flat 22,Chessington Mansions,14 Albany Road, London ..... (020) 3354 5701
KANDASAMY, V, 1 The Chase, LOUGHTON ..... (020) 3539 5017
KANDIAH, R, 7 Hobart Road, Ilford ..... (020) 8551 2861
KANDREGULA, S, 16C Beaufort Gardens, Ilford ..... (020) 8518 6341
KANE, G.F, 134 Wallwood Road, E11 ..... (020) 8539 0390
K, O, 15 Matcham Road, London ..... (020) 8555 5248
K, R, 220 Prospect Road, Woodford Green ..... (020) 8504 0484
KANESALINGAM, C, 82 Eton Road, Ilford ..... (020) 8478 0966
KANG, Miss J, 62 Camden Road, London ..... (020) 8141 2437
KANHYE, Miss P, 34a St. James's St, London ..... (020) 3132 1410
KANJARIA, S, 41 Springfield Drive, Ilford ..... (020) 8220 9086
KANKU, Mr J, 184 Dawlish Dv, Ilford ..... (020) 8586 1759
KANNAN, V, 38 Borders Lane, Loughton ..... (020) 3685 4825
KANNANA, D, 22 Gladstone Avenue, Manor Park ..... (020) 8552 9998
KANPAMANENI, Mr P, 154 Grange Road, Ilford ..... (020) 8177 8553
KANTHARAJA, Mr Y, 58 Windsor Rd, Ilford ..... (020) 8514 4695
KANU, J, 41 Clarence Road, London ..... (020) 3590 3649
KANYANGE, Fatuma, 7 Rayleigh Road, Woodford Green ..... (020) 8504 7549
KAPUR, K, 10 The Drive, London ..... (020) 8530 4644
KARA, Z, 200 Francis Rd, E10 ..... (020) 8558 9646
KARAKUS, F, 232 Aldborough Road South, Ilford ..... (020) 8590 6261
KARANATSIS, E, Paramount House Flat 20, 362 High Road Leytonstone, London ..... (020) 3565 7374
KARASS, I, 100 Selby Road, E11 ..... (020) 3132 0564
KARAVIAS, D, 17 Beechwood Gardens, Ilford ..... (020) 8503 9525
KARDYNAL, V, 5 Falconer Road, Ilford ..... (020) 7671 0107
KAREEM, Mrs A, 87 Montague Road, London ..... (020) 8141 1843
KARIKARI-SARPONG, G, 134 Ashurst Drive, Ilford ..... (020) 8554 1247
KARIM, M.D, 52 Daines Close, London ..... (020) 3723 1303
KARKI, R, 754B Romford Road, London ..... (020) 3662 8066
KARMEN TALAVERA, Miss M, 113 Grove Green Road, London ..... (020) 3132 7022
KARSKE, Mr S, 50 Cedars Avenue, London ..... (020) 8177 8322
KARTAL, H, 1 Northcroft Sewardstone Road, E4 ..... (020) 8524 4959
KARTHA, G, Flat 22 30, Catherine Court Springfield Drive, Ilford ..... (020) 3590 0063
KARUL, I, 31 Grosvenor Drive, Loughton ..... (020) 3592 8734
KARUNAKARAN, R, 118 Bawdsey Avenue, Ilford ..... (020) 8590 1257
KASALAKO, D, Flat 1 40b Grange Park Road, London ..... (020) 3624 1984
KASHIF, Mr M, 20 Hamilton Rd, Ilford ..... (020) 3132 0640
KASOKILA, Mr T, 67 Granville Rd, London ..... (020) 7165 6770
KASONGO, B, 40 Arnett Square, London ..... (020) 3620 4774
KASPERKOWICZ, S, 174 Carr Road, E17 ..... (020) 8523 3981
KASPROWICZ, Mr D, 73 Chester Rd, Ilford ..... (020) 3132 2252
KASTRATI, M, 1 Benina Close, Ilford ..... (020) 4501 2614
K, M, 4 Walsham How Close, London ..... (020) 8521 6356
K, Ramush, 39 Leslie Road, E11 ..... (020) 8556 2968
KASTURI, M, 81 Lechmere Avenue, Chigwell ..... (020) 3016 9266
KATAORA, A, 71 Genas Close, Ilford ..... (020) 8550 1179
K, G, 60 Bracken Drive, Chigwell ..... (020) 8500 6251
KATARIA, Miss M, 57 Sheringham Av, E12 ..... (020) 8478 2345
KATHIRAVELU, P, 808 Romford Road, London ..... (020) 8553 5503
KATM, S, 21 Percy Rd, Ilford ..... (020) 8586 4925
KATONIA, Ekey, 85 Bluebell Avenue, E12 ..... (020) 8552 5265
KATZ, A, 58 Priory Avenue, E4 ..... (020) 8529 5965
KAUDHA, M, 84b Northbank Road, London ..... (020) 3732 0016
KAUR, A, 6 Chester Road, ILFORD ..... (020) 3532 9422
K, A, 42 Lorenzo House Medici Close, Ilford ..... (020) 8599 3875
K, Mrs A, 35 St. Albans Rd, Ilford ..... (020) 8177 1014
K, Mrs B, 61 Jack Cornwell Street, E12 ..... (020) 8141 7233
K, D, 52 Thurlestone Avenue, Ilford ..... (020) 8599 8551
K, Mrs G, 12a St. Winefrides Avenue, E12 ..... (020) 8177 3487
K, G, 34 Wellwood Road, Ilford ..... (020) 3560 5137
K, Mrs H, 732A High Road, Ilford ..... (020) 8141 1261
K, H, 17 Neville Rd, Ilford ..... (07956) 231220
K, H, Flat 6 1 South Birkbeck Road, E11 ..... (020) 8556 4886
K, I, 174 Browning Road, Manor Park ..... (020) 8552 5469
K, J, 45 Brackley Square, WOODFORD GREEN ..... (020) 3731 1810
K, J, 50 Dawlish Drive, ILFORD ..... (020) 8599 6498
K, K, 16 Herent Drive, ILFORD ..... (020) 3605 5360
K, K, 78 Mortlake Road, Ilford ..... (020) 8227 0823
K, K, 176 St Albans Road, Ilford ..... (020) 8586 1024
K, M, 17 Elgin Road, Ilford ..... (020) 8220 1275
K, M, 53 Kingsley Road, Ilford ..... (020) 3674 3930
K, M, 201 Manor Road, Chigwell ..... (020) 3609 7183
KAUR MIAH, J, Flat 17, Walnut Court Vallentin Road, London ..... (020) 8281 2536
KAUR, R, 49 Castleton Road, Ilford ..... (020) 3556 4065
K, R, Flat 2, 34 Telegraph Mews, Ilford ..... (020) 3645 8978
K, S, 18C Ashgrove Road, Ilford ..... (020) 3720 0390
K, T, 50 Breamore Road, Ilford ..... (020) 8599 8328
KAUR-VIRK, S, 32 Gordon Road, Ilford ..... (020) 8924 5216
KAUSER, M, 12 Phoenix Clo, E17 ..... (020) 8503 3128
KAVANAGH, A, 58 Cookes Close, E11 ..... (020) 8539 7527
K, K, 89 Harcourt Avenue, Manor Park ..... (020) 8478 6575
KAY, B, 18 Lodge Close, Chigwell ..... (020) 8501 0695
K, P, 6 Somersby Gardens, Ilford ..... (020) 8550 9262
K, R, Hobart Court 3 14, Sunset Avenue, WOODFORD GREEN ..... (020) 8504 8247
KAYA, C, 25 Gladding Road, London ..... (020) 3686 0571
KAYANI, Admiral R, 40 Hatch Lane, Chingford ..... (020) 3343 0720
K, R, 40 Hatch Lane, Chingford ..... (020) 8529 7030
KAYE, A, Apartment 2 Montpellier House 120 Manor Road, Chigwell ..... (020) 8501 1414
K, B, 163 Marmion Avenue, E4 ..... (020) 8524 3341
K, D, Flat 1 Hilary Dennis Court 34 Sylvan Road, E11 ..... (020) 8530 1598
K, D.S, 10 Blueberry Close, Woodford Green ..... (020) 8559 2184
K, S, Flat 19 Bradley House 50 Horn Lane, Woodford Green ..... (020) 8504 7311
K, S.I, 14 Evesham Wy, Ilford ..... (07956) 377610
K, Mr Terence, 29 Rowden Park Gardens, London ..... (020) 8531 5143
KAYLOR, J, 71 Airthrie Road, Ilford ..... (020) 8597 9162
KAZHUNGINTHODI, A, 173 Browning Road, London ..... (020) 3590 0123
KAZI, D, 18B Telegraph Mews, Ilford ..... (020) 3844 1173
K, F, 89 Beechwood Gardens, ILFORD ..... (020) 3648 6080
K, S, 45 Erskine Road, London ..... (020) 8923 5807
KAZLAUSKAS, Mr K, Upper Flat 35-37, Station Road, London ..... (020) 3132 8188
KAZMI, I, 29 Ickworth Pk Rd, E17 ..... (020) 8521 9167
K, Miss U, 34 Roman Road, Ilford ..... (020) 3132 8396
KEANE, A, 29 Melbourne Road, London ..... (020) 8520 9876
K, L, 51 Fairlop Road, E11 ..... (020) 8556 9130
K, P, 211 Eton Road, Ilford ..... (020) 8478 3174
KEAR, R, 41 Essex Close, E17 ..... (020) 8509 1024
KEARNEY, M, Flat 1 Maitlands 50 Church Hill, Loughton ..... (020) 8418 9447
K, M, 27 Ferndale Avenue, London ..... (020) 8923 9088
KEARNS, S, 17 Blenheim Road, E17 ..... (020) 8527 0113
KEATES, N.D, 55 South Park Drive, Ilford ..... (020) 8590 7890
KEATH, H, 73 Bute Rd, Barkingside, Ilford ..... (07956) 617765
KEATING, Mr D, 62 Matcham Road, London ..... (020) 8519 5633
KECHICHI, M, 175B Balfour Road, Ilford ..... (020) 3667 6103
KEDDIE, V, Flat 2 Farringdon House 29 The Avenue, London ..... (020) 3665 4028
KEE SEN CHAN YOU FEE, L, 113 Boundary Road, LONDON ..... (020) 8520 7005
KEELEY, W, 38 Tresco Gardens, Ilford ..... (020) 8597 3545
KEEN, A, 7 Albert Road, London ..... (020) 8530 3955
K, R, 30 Hills Road, Buckhurst Hill ..... (020) 8504 3118
K, R.J, 105 Larkshall Road, E4 ..... (020) 8529 5351
KEENE, N, 91 Marlands Road, Ilford ..... (020) 8550 9041
K, R, 75 Fairlop Road, London ..... (020) 8558 8206
KEEPING, F, 139 Horn Lane, Woodford Green ..... (020) 8505 2972
KEER, G, 194 Byron Av, Manor Pk ..... (020) 8472 7876
KEETIN, Mr G, 735 High Rd Leytonstone, London ..... (020) 3132 9527
KEHOE, Mr M, 114 Manor Road, London ..... (020) 8539 5123
KEIHANI, K, 78b Northcote Road, London ..... (020) 8509 3682
KEILTY, S, 21 Burton Road, Loughton ..... (020) 8502 5058
KEIR, N, 56 Richmond Avenue, E4 ..... (020) 8531 2803
KEIRAS, N, 47 Tavistock Road, London ..... (020) 8530 8033
KEITH, S, 63 Grenville Gardens, Woodford Green ..... (020) 8252 7402
KELLEY, M, 77 Russell Road, E4 ..... (020) 8524 2445
KELLMAN, K, Flat 6 17, Treehaven Court Skeltons Lane, London ..... (020) 8013 6794
KELLY, A, 39 Hervey Park Road, E17 ..... (020) 8521 2003
K, B, 36 Albert Road, London ..... (020) 3590 0117
K, B, 9 Poundfield Road, Loughton ..... (020) 8925 4863
K, D, 59 Park View, Chigwell ..... (020) 8500 0851
K, J.S, 22 Dangan Road, E11 ..... (020) 8989 1779
K, K, 45 Woodland Road, LONDON ..... (020) 3665 2156
K, M, 38 Farm Way, Buckhurst Hill ..... (020) 8504 0077
K, M, 32 Knighton Drive, Woodford Green ..... (020) 8504 6147
K, M, Mobile, 19 Lower Park Road, Loughton ..... (07951) 691217
K, Admiral O, 33 Abbotts Crescent, London ..... (020) 4539 5049
K, Mr P, 35 Rowden Pk Gdns, London ..... (020) 8527 8277
K, P, 77 Villiers Close, London ..... (020) 8556 4498
K, Rl, 91 Lechmere Av, Chigwell ..... (020) 8559 8303
K, R, 80 Manford Way, Chigwell ..... (020) 8501 0130
K, S, 39 Albany Road, London ..... (020) 8149 3032
K, S, 127 Maynard Road, London ..... (020) 8127 7303
KELSEY, R, 829 Eastern Avenue, Ilford ..... (020) 8599 3862
KEMAL, Miss 31 The Copse, London ..... (020) 3490 8517
KEMMEY, D, 87 Bute Road, Ilford ..... (020) 8554 4325
KEMP, A, 13 Devonshire Road, Ilford ..... (020) 8597 1517
K, Gweneth, Unit 1 227 Goodmayes Lane, Ilford ..... (020) 8598 2067
KEMPE, P, 7 Rowans Way, Loughton ..... (020) 8502 5399
KENDALL, A, 39 Chamberlain Place, London ..... (020) 8257 3941
K, D.J.C, 11 Mount View Road, E4 ..... (020) 8529 7434
K, P, 86 Abbotsford Gardens, Woodford Green ..... (020) 8491 0785
KENDRICK, D.H, 85 Ardmore La, Buckhurst Hill ..... (07956) 254752
KENEE, P, 100 Chingford Avenue, London ..... (020) 8523 8301
KENLIN, B, 39 Babbacombe Gardens, Ilford ..... (020) 8551 0870
KENNEDY, B, 33 Wanstead Park Avenue, London ..... (020) 8989 6508
KENNEDY DE KUMBA, J, Heron Court Flat 40 Morland Road, Ilford ..... (020) 3539 2729
KENNEDY, K, Highgrove Terrace 14 48, Larkshall Road, London ..... (020) 3623 7175
K, K, 40 Chingford Avenue, London ..... (020) 8524 3960
K, M, 37 Stainforth Road, Ilford ..... (020) 8598 8435
K, Miss M, 53b Stainforth Road, London ..... (020) 8177 8314
K, N, 59 Otley Drive, Ilford ..... (020) 8554 0159
K, P, 61 Sackville Gardens, Ilford ..... (020) 8554 7365
KENNELLY, T.A, 18 Holmwood Road, Ilford ..... (020) 8590 2582
KENNER, M, 12 Fairmead Gardens, Ilford ..... (020) 8550 8042
KENNERLEY, E, 9 Hollywood Way, Woodford Green ..... (020) 8527 4670
KENNING, E, Flat 2, 2 Gordon Road, London ..... (020) 3581 4120
KENNY, John C, 45 Gordon Avenue, E4 ..... (020) 8527 6929
K, L, 356 Higham Hl Rd, E17 ..... (020) 8531 4708
KENT, D, 14 Maple Close, BUCKHURST HILL ..... (020) 8504 0361
K, E.M, 31 Valley Close, Loughton ..... (020) 8508 3254
K, K, 83 Emmott Avenue, Ilford ..... (020) 8554 8577
K, P, 41 The Charter Road, Woodford Green ..... (020) 8505 6000
K, V, 77 Beech Hall Road, LONDON ..... (020) 8923 1450
KENTON, M, 146 Hamilton Avenue, Ilford ..... (020) 8554 8410
KENYON, Ms Unit D Blackhorse Mews, London ..... (020) 3759 4528
KERMANI, Kai, 10 Connaught Hill, Loughton ..... (020) 8508 9712
KERN, Derry, 177a Fullwell Avenue, Ilford ..... (020) 8550 2488
K, H, 48 Thurlow Gardens, Ilford ..... (020) 8262 0427
KERNAGHAN, G, 2 GRESHAM LODGE Orford Road, London ..... (020) 8503 6615
KERNS, E.A, 53 First Avenue, E12 ..... (020) 8478 8332
KERR, J, 16 Hazelwood Road, E17 ..... (020) 8521 1619
K, M, 39 Spring Grove, LOUGHTON ..... (020) 8502 2054
K, S, Jubilee Lodge Flat 32 42, Eastwood Road, London ..... (020) 3654 3468
KERRIGAN, V, 49B Oliver Road, E10 ..... (020) 3602 9324
KERSEY, Miss 29c The Broadway, Woodford Green ..... (020) 4501 0698
KESARIA, T, 4 Glenham Drive, Ilford ..... (020) 8554 9722
KESHINRO, Dr H, 5 Colchester Avenue, E12 ..... (020) 3754 6254
KESKAR, A, 126 Nelson Road, London ..... (020) 8531 5461
KESKIN, H, 13 Bude Close, Walthamstow ..... (020) 8520 0411
KESSEL, H, 209 Maybank Road, E18 ..... (020) 8505 0289
KETLEY, Mr & Mrs J, 118 Belgrave Road, London ..... (020) 8518 8190
K, J.H, 22 Barncroft Green, Loughton ..... (020) 8502 2192
KETTLE, J, 236 Murchison Road, Leyton ..... (020) 8556 9653
KEY, Harry, 24 Cecil Road, E17 ..... (020) 8531 8163
KEYT, A, 55 Stainforth Rd, Illford ..... (020) 8597 8622
KHALED, Mr M, 98 Hampton Road, Ilford ..... (020) 8177 3481
K, S, 320 Hoe Street, Walthamstow ..... (020) 8521 5318
KHALID, M, 55 Forest Drive West, E11 ..... (020) 8556 9645
K, R, 20 Cheriton Avenue, Ilford ..... (020) 8550 7785
K, Mr S, 26 Shakespeare Crescent, London ..... (020) 8177 4961
KHALIFA, S, 64 Second Avenue, London ..... (020) 3222 5104
KHALIQ, M, 12 Grasmere Gardens, ILFORD ..... (020) 8550 2330
KHALIQUE, M, 179A Ilford La, Ilford ..... (020) 8514 0027
KHALISH, Mr A, 311 Hoe Street, Walthamstow ..... (020) 8177 5187
KHAMBATI, A, 42 Park View, Chigwell ..... (020) 8500 2904
KHAMBAY, H, 55 Chigwell Rd, E18 ..... (020) 8989 6246
KHAN, Ms A, 133a Aldborough Rd Sth, Ilford ..... (020) 3132 4745
K, A, 74 Beechwood Gardens, Ilford ..... (020) 8551 1236
K, Mr A, 243A Beehive Lane, Ilford ..... (020) 8177 0557
K, A, 82 St. Patricks Court Bridle Path, Woodford Green ..... (020) 8523 3417
K, Abid, 285 Chingford Rd, London ..... (020) 8531 9704
K, A, Sterling Bed & Breakfast 112a Cranbrook Road, Ilford ..... (020) 8518 2898
K, A, 251 Cranbrook Road, Ilford ..... (020) 8554 4133
K, Mr A, 369a Eastern Avenue, Ilford ..... (020) 8177 3823
K, Ms A, 43 Edison Close, London ..... (020) 8177 5448
K, A, 138 Fourth Avenue, E12 ..... (020) 8553 4360
K, Mr A, 12 Goerge Rd, London ..... (020) 8141 5953
K, Mr A, 11 Goodmayes Avenue, Ilford ..... (020) 7165 7000
K, A, 1 Hickling Rd, Ilford ..... (020) 8478 1398
K, A, 72 Kingston Road, Ilford ..... (020) 3648 6098
K, Mr A, 16 Leamington Avenue, London ..... (020) 3132 7053
K, A, 57 Gaysham Hall Longwood Gardens, Ilford ..... (020) 3370 2978
K, Arif, 384 Monega Road, London ..... (020) 8471 7121
K, Mr A, Flat 1/15A Richmond Rd, Ilford ..... (020) 3132 4321
K, A, 107 Royal Crescent, Ilford ..... (020) 8518 4184
K, A, 263 Sheringham Avenue, E12 ..... (020) 8514 0467
K, Mr A, 70 Thornton Road, Ilford ..... (020) 3132 8397
K, A, 15 Trehearn Road, Ilford ..... (020) 8127 8871
K, A.A, Mobile, 56 Carr Road, London ..... (07956) 614631
K, A.A, 285 Chingford Rd, E17 ..... (07956) 394493
K, Mr D, 6 Dawlish Rd, London ..... (020) 3132 7016
K, D, 153 Normanshire Drive, LONDON ..... (020) 3623 5892
K, Mr F, 27 Cecil Road, Ilford ..... (020) 3132 8388
K, F, Flat 1 859 Lea Bridge Road, E17 ..... (020) 8521 0974
K, H, 81 Roman Rd, Ilford ..... (020) 8514 1085
K, I, 70a Princes Road, Buckhurst Hill ..... (020) 8504 6647
K, I, 148 Twickenham Rd, E11 ..... (07950) 679095
K, I, 196 Vicarage Road, E10 ..... (020) 8558 8837
K, J, 12 Cowley Road, Ilford ..... (020) 8252 6313
K, J, 61 Falmouth Gardens, Ilford ..... (020) 8924 4051
K, J, 35 Grosvenor Rd, Ilford ..... (020) 8553 4669
K, Mr J, 1 Renness Rd, London ..... (020) 8177 5528
K, J, Ground Floor Flat 31 Stanhope Gardens, Ilford ..... (020) 8518 6595
K, Mr K, 131 First Av, London ..... (020) 3132 1839
K, K, 108 Ray Ldg Rd, Woodford Gn ..... (020) 8505 3380
K, L, 257 Lavender Place, Ilford ..... (020) 3652 5561
K, M, Marni House 5 145, Carlyle Road, London ..... (020) 3532 2481
K, M, Flat 3 46 Cameron Road, Ilford ..... (020) 8597 5914
K, M, 47 Courtland Avenue, ILFORD ..... (020) 8554 4403
K, Mr M, 73 Exeter Rd, London ..... (020) 8177 5162
K, M, Mobile, 48 Frankland Road, London ..... (07949) 786537
K, Mohammed, 12 Hobbs Mews, Ilford ..... (020) 8597 2184
K, M, 334 Ilford Lane, Ilford ..... (020) 3592 9243
K, Miss M, 96 Meads La, Ilford ..... (020) 8590 6858
K, M, 289 Murchison Rd, E10 ..... (020) 8539 2216
K, Mr M, 1 The Close Oaks Lane, Ilford ..... (020) 8177 9623
K, M, Flat 7, Adelaide House, 5 Priory Court, London ..... (020) 8503 2157
K, Mr M, 116 Riverdene Rd, ILford ..... (020) 8514 7091
K, Mr M, 73 Second Avenue, London ..... (020) 3132 8195
K, M, 71 Stradbroke Grove, Ilford ..... (020) 8637 3475
K, M, 27B The Drive, Ilford ..... (020) 3686 8973
K, Munayem, 106 Wanstead Lane, Ilford ..... (020) 8554 2526
K, Mr M, 7b York Place, Ilford ..... (020) 8141 0258
K, M.A, 1156 Eastern Avenue, Ilford ..... (020) 8590 8038
K, M.D, 428A High Street North, London ..... (020) 8117 2185
K, Mr 266 Wood Street, London ..... (020) 3490 5891
K, M.S.A, 1 Kingswood Road, Ilford ..... (020) 8590 2051
K, M.Y, 70 Millfield Avenue, E17 ..... (020) 8531 5519
K, N, 58 Aldersbrook Lane, LONDON ..... (020) 3719 1198
K, N, 136 Eastern Avenue, Ilford ..... (020) 8518 4091
K, Miss N, 43 Edison Close, London ..... (020) 3132 5455
K, N, 1 Stanley Road, London ..... (020) 8505 9530
K, Miss N, Flat 14, Henley Ldg 2 Willow Wlk, London ..... (020) 8521 3257
K, P, 613A Lea Bridge Road, London ..... (020) 3605 5699
K, P, 17 Salisbury Road, London ..... (020) 8521 5188
K, Q, 42 Werneth Hall Road, Ilford ..... (020) 3686 7668
K, R.A, 155 Kensington Avenue, E12 ..... (020) 8552 7668
K, S, 187 Browning Road, LONDON ..... (020) 8472 4872
K, S, 24 Empress Avenue, Ilford ..... (020) 4568 8223
K, S, Flat 33, Ashdown Court 2E Fulbourne Road, London ..... (020) 3784 8128
K, Mr S, 48 Flat 2 Station Rd, London ..... (020) 7159 8627
K, T, 29 Belmont Road, Ilford ..... (020) 8553 1803
K, T, 55 Covert Road, Ilford ..... (020) 3565 3393
K, U, 19C Argyle Rd, Ilford ..... (020) 3288 0007
K, Mr W, 26 Madras Road, Ilford ..... (020) 8177 8551
K, Y, 37 Goldsmith Road, E10 ..... (020) 8556 3002
K, Mr Y, 25 Roma Rd, London ..... (020) 3132 3614
K, Z, 19 Chichester Gardens, Ilford ..... (020) 8491 5773
K, Mr Z, 81 High Street, London ..... (020) 8177 9968
K, Z, 233A High Street, London ..... (020) 3663 1858
K, Z, 21 Selborne Avenue, London ..... (020) 7671 6825
K, Z, 22 Tavistock Gardens, Ilford ..... (020) 3089 3551
KHANAM, A, First Floor Flat 577 Green Lane, Ilford ..... (020) 3652 8590
K, A, 15 St. Edmunds Road, Ilford ..... (020) 8554 1854
K, R, 32 Braintree Avenue, Ilford ..... (020) 8221 2404
KHANDELWAL, A, Flat 6,Athlone House,14 Thomas Barnardo Way, Ilford ..... (020) 3417 5433
KHANKHARA, S, 44 Church Road, London ..... (020) 3673 3601
KHANOM, Mrs A, 76b Welwood Road, Ilford ..... (020) 8141 7796
K, R, 123 Auckland Road, Ilford ..... (020) 3566 4972
K, R, 16 St. Francis Way, Ilford ..... (020) 8553 4805
KHATTAK, Mr M, 11 Church Rd, London ..... (020) 3132 4710

KHATUN, A, 70 Norman Road, Ilford (020) 3643 1787
K, F, 147 Billet Road, LONDON (020) 8527 2937
K, N, 106 Fenman Gardens, Ilford (020) 8062 1901
KHAWAJA, Mr F, Flat 185 City Vw Axon Pl, Ilford (020) 8141 6372
KHEDDARA, F, 83 Mersey Road, London (020) 8127 1192
KHELFI, Badredine, 57 Bressey Grove, E18 (020) 8989 7161
KHEYRE, Mr O, 34A Church Lane, London (020) 8141 4299
KHILOCHIA, K, 14 Cherston Road, Loughton (020) 3662 4162
KHILOSIA, D, 750 Cranbrook Road, Ilford (020) 3662 2314
KHMELNYTSKA, O, 208 Francis Road, London (020) 3352 7652
KHOCHAVA, L, Flat 1, Iris House, 5 Iris Close, Ilford (020) 3556 3443
KHODA, I, 117 Oaks Lane, Ilford (020) 3380 1211
K, S, 96A Wellesley Road, Ilford (020) 3663 7717
KHODAYARY, Y, 86a Edward Road, Walthamstow (020) 8257 8024
KHODIYARA, J, 29 Albemarle Gardens, Ilford (020) 8924 7319
KHOKHAR, I, 32 Cobham Road, Ilford (020) 3731 8053
KHORSANDYON, C, 1 Clinton Crescent, Ilford (020) 8500 0620
KIAMIL, H, 5 Harman Rise, Ilford (020) 8553 4754
K, M, 61 Meads Lane, Ilford (020) 8597 3396
K, Mr Sedat, Gainsfield Court, 18 Cathall Road, Leytonstone, London (020) 3730 5634
KIBBLE, Dr A, 47 Tudor Court, London (020) 8521 3519
KIDANE, N, 52 Fernhill Court, London (020) 8127 6435
KIDANEMARIAM, N, 8 Rodney Road, London (020) 3592 3801
KIDIA, E, 8 Gartmore Road, Ilford (020) 3602 8345
KIERLY, L, 2 Tupelo Road, E10 (020) 8539 6168
KIGSLEY, Miss M, 150 Shelly avenue, London (020) 8470 1629
KILIC, T, Geezers, 143 High Road, Loughton (020) 3952 0385
KILLICK, B.R, 32 Hollywood Way, Woodford Green (020) 8531 4707
KILPATRICK, R, 155 Westwood Road, Ilford (020) 8590 6717
KIM, Miss A, 72 Livingstone Road, London (020) 8141 2440
KIMBERLEY, Mr D, 108 Forest Road, London (020) 3132 9672
KIMBUGWE, A.N, 23 Dale View Avenue, London (020) 8923 5538
KIMONA, M, 102 Hale End Road, London (020) 3662 1120
KINAO, M, 15 Malinson Ct Brockway Clo, E11 (020) 8988 1158
KINCH, J, 6 Goldingham Avenue, Loughton (020) 8508 1618
KING, A, 51 Omnibus Way, Walthamstow, London (020) 3556 0668
K, A, 3 Stanstead Road, London (020) 8530 2506
K, B, 16 Thorpe Hall Road, London (020) 8281 3604
K, B.G, 16 Thorpe Hall Road, E17 (020) 8531 5445
K, C, 748 Chigwell Road, Woodford Green (020) 8559 2919
K, C, 22 Sky Peals Road, WOODFORD GREEN (020) 8527 9462
K, C, 281 Tiptree Crescent, Ilford (020) 3876 9360
KING COWAN, Miss K, Flat A 2 Grove Road, London (020) 8141 8495
KING, D, 16 Hampton Rd, Ilford (020) 8911 8635
K, E, 22 Newcastle Av, Ilford (020) 8500 6963
K, G, 41 Luton Road, London (020) 8531 1547
K, J, 86 Fenman Gardens, Ilford (020) 8983 8423
K, J, 90 Gloucester Road, E17 (020) 8531 6740
K, Dr J, 64 Hartington Road, London (020) 8509 2493
K, J, 298 Old Church Road, London (020) 8529 1748
K, J.A, 6 Duchess Grove, Buckhurst Hill (020) 8506 1284
K, K, 23 Loughton Way, Buckhurst Hill (020) 8504 2003
K, L, Fossils Roebuck Lane, Buckhurst Hill (020) 8504 3902
K, L, 72 Wensleydale Avenue, Ilford (020) 8550 8645
K, M, 3 Alexandra Road, London (020) 8925 2424
K, M, 82 Peel Place, Ilford (020) 8551 8299
K, P.W, 73 Auckland Rd, Ilford, Essex (07930) 683522
K, R, 39 Hawthorn Road, Buckhurst Hill (020) 8504 3820
K, R, 157 Vicarage Road, E10 (020) 8539 3876
K, R.J, 42 Rous Road, Buckhurst Hill (020) 8504 0271
K, R.R, 21 Applegarth Drive, Ilford (020) 8590 6674
K, Sk, 21 Brierley Road, E11 (020) 8556 5584
K, S, 38 Fairview Drive, Chigwell (020) 8270 8799
K, S, 65 Yoxley Drive, Ilford (020) 8518 2306
K, V, 63 Stonards Hill, Loughton (020) 8508 8803
KINGSLEY, G, Flat 29, Milne Court, 14 Churchfields, London (020) 3643 3285
K, Sharon, 7 Wannock Gardens, Ilford (020) 8500 2530
KINGSTON, D.L, 20 Monkhams Lane, Woodford Green (020) 8504 3271
KINILI, M, 108 Blackhorse La, E17 (020) 8531 0574
KINNANE, B, 84 St. Mary'S Road, LONDON (020) 8556 9056
KINYANJUI, J, 143 Eton Road, ILFORD (020) 3288 0048
KINYERA, M, Flat 22 St. Andrew'S Court St. Andrew'S Road, LONDON (020) 8531 3273
KINZLER, E, 14 Fullwell Court Fullwell Avenue, Ilford (020) 8270 9872
KIPLING, P, 176 The Avenue, London (020) 8527 7838
KIPWOLA, J, 54A Colchester Avenue, London (020) 8911 4817
KIRBY, J, 56 Chestnut Avenue, Buckhurst Hill (020) 8504 6713
K, Miss Marsha, 16 Parkmead, Loughton (020) 3730 7851
K, S, 135 Cherrydown Avenue, London (020) 8529 1054
K, T, 36 Durham Road, London (020) 8514 3353
KIRCHNER, S, 11 Wadley Road, London (020) 8539 0921
KIRK, C, 6 Essex Road, E4 (020) 8529 6948
KIRKBY, A, 35 Brownlea Gardens, Ilford (020) 8598 9367
K, T.M, 79 Spruce Hills Road, E17 (020) 8531 5651
KIRKPATRICK, J, 97 Gardner Close, E11 (020) 8530 2408
KIRSH, Daniel, 35 The Ridings Romford Road, Chigwell (020) 8501 4450
KIRUBAHARAN, B, 34 Cypress Grove, Ilford (020) 8500 2693
KIRUPALAN, S, 39 Vista Drive, Ilford (020) 3645 2566
KIRWAN, T, 55 Carnarvon Road, London (020) 3648 5975
KISLOV, Y, Flat 4 103, Hedge Court Hainault Road, London (020) 3720 3403
KISLY, M, 11 Avondale Drive, Loughton (020) 8508 4283
KITCHEN, S, 58 Dale View Crescent, London (020) 8928 0375
KITCHENER, J, Flat 1 Derby Court Derby Road, London (020) 8505 0122
KITCHIN, M, 177A High Street, London (020) 3354 6449
KITE, A, Flat 6 Holmes Court 64 Larkshall Road, LONDON (020) 3648 1615
KIVUMBI, J, 101 Henrys Walk, Ilford (020) 3590 6827
KIWANUKA, L.O, 194 Stanley Horstead Twr, Oliver Clo, E10 (07956) 926270
KIWANUKADCHANA, L.O, 194 Stanley Horstead Twr, Oliver Clo, E10 (07956) 461847
KLARNETT, Raymond, Flat 35 Oakside Ct, Fencepiece Road (020) 8500 6569
KLEIN, A.P, 31 Forest Lane, Chigwell (020) 8502 9800
K, D, Flat 32 Carlton House Algers Road, Loughton (020) 8502 2349
KLIMKOWSKA, A, Flat 17 The Vista 23 Forest View, London (020) 8529 5250
KLINGER, H, 10 Higham Station Avenue, E4 (020) 8531 2814
KLINKER, D, 71 Malvern Drive, Ilford (020) 8491 6785
KLOOS, S, 36 North Dene, Chigwell (020) 8213 6332
KLUDJESON, O, 301 Higham Hill Road, London (020) 8793 3958
KNAPP, Mr P, 22 The Bramblings, London (020) 8529 6930
K, S, 5 New Road, E4 (020) 8524 2565
KNIGHT, B, 52 Sunnymede, Chigwell (020) 8281 0102
K, B, 1 Torbitt Way, Ilford (020) 8598 9045
K, C, 124 Grove Hill, London (020) 8989 6701
K, E, 32 Melbourne Road, Ilford (020) 8554 2109
K, H, 47A Glencoe Avenue, Ilford (020) 8597 4594
K, J, 40 Fladgate Road, E11 (020) 8989 4303
K, K.W, 23 Arrowsmith Path, Chigwell (020) 8501 5446
K, L, 160B Station Road, E4 (020) 8524 3944
K, M, 49 Colworth Road, E11 (020) 8558 1023
K, Peter, 11 Baxter Road, Ilford (020) 8478 8464
K, R.C, 26 Claremont Grove, Woodford Green (020) 8504 6448
K, Miss T, 169 Fulbourne Road, London (020) 8141 5957
K, T, 107 Waltham Way, E4 (020) 8529 4529
KNIGHTLY, S, Flat 5 Lakeview Court 5 Handsworth Avenue, E4 (020) 8531 8778
KNIPE, P.D, 24C Forest Glade, E11 (020) 8530 1165
KNOCK, N, 80 Lynmouth Rd, E17 (020) 8521 7499
KNOTT, J.M, 40 Hilltop, Loughton (020) 8508 0851
K, M, Flat 6,Manor Court,80 Beresford Road, London (020) 7910 1990
KOCAK, A, 30 Walmer Close, London (020) 3091 8832
KODISH, Mr B.M, Mobile, 30 Windermere Gardens, Ilford, Essex (07956) 593016
KODURU, S, 19A Tudor Crescent, Ilford (020) 3573 7538
KOENEN, K, 3 Hutton Close, Woodford Green (020) 8505 0427
KOFFMAN, A, 167 Bawdsey Av, Ilford (020) 8597 9583
KOHLI, A, 6 Richmond Park, Loughton (020) 8508 1712
K, G, 70 Kensington Avenue, London (020) 3774 1625
KOIRIENE, I, 14 Agister Road, Chigwell (020) 8501 1399
KOKIOVA, K, Flat 1 80 Wellwood Road, Ilford (020) 3592 9278
KOKOSZKO, Miss J, 171 Howard Rd, London (020) 3132 2106
KOLEVA, Z, 9 Imperial Heights Queen Mary Avenue, E18 (020) 8504 7885
KOLHE, M, Flat 7 Oakside Court Fencepiece Road, Ilford, Essex (020) 3243 2004
KOLLIN, Hava, 25A Hollybush Hill, E11 (020) 8530 3784
KOLLOZIC, Mr A, 19 Buckingham Road, London (020) 8177 9933
KOMODROMOS, V, 28 Parham Drive, Ilford (020) 8518 2336
KONATHAM, B, 15 Trafford Close, Ilford (020) 3536 9019
KONCIUTE, Miss 32 Alders Close, Leytonstone, London (020) 3538 9435
KONDA, Mr M, 51 Gladstone Avenue, London (020) 8821 9756
KONDONU, Mr E, 1013a Forrest Road, London (020) 8177 5519
KONIZI, T, 20 The Drive, E4 (020) 8529 2670
KONNEH, S, 46 High Road, Woodford Green, Essex (020) 3538 2994
KONO, L, Flat 5 857 Lea Bridge Road, Walthamstow (020) 3612 6839
KONRATH, A, 5 Fernside, Buckhurst Hill (020) 8504 8749
KONSTANCIAK, A, 20 Tamar Square, Woodford Green (020) 8504 5202
KONSTANTYNOVA, Miss K, 46 The Crescent, London (020) 3132 9670
KOPDJA, S, Oriana House 15 11, Grange Park Road, London (020) 3662 2689
KOPELMAN, P, 36 Cleveland Road, E18 (020) 8989 3199
KORCZ, E, 143A Howard Road, London (020) 8281 3349
KORESHI, Mr S, 114 Stadbroke Grove, Ilford (020) 8177 3798
KORIE, R, 57 Trevose Road, London (020) 8523 3421
KOROGLU, C, Flat 7 John Strype Court High Road Leyton, London (020) 8539 1384
KOROTKINA, M, 7 Midland Rd, E10 (020) 8518 7256
KOROVA, S, 271 Hampton Road, Ilford (020) 4531 0977
KORSO, B, Flat 22 1, Flat 22, St. Thomas'S Court Lake Road, London (020) 3304 7051
KOSEV, A, 32 Wallers Close, Woodford Green (020) 8013 0629
KOSLOVER, M.B, 50 Abbotswood Gardens, Ilford (020) 8550 8743
KOSS, M, 7 Ethelbert Gardens, Ilford (020) 8551 2783
KOSTEP, M, 40 Heathcote Court Heathcote Avenue, Ilford (020) 8141 5912
KOTECHA, Kim, 1 Rowden Road, London (020) 8531 2198
KOTHIA, S, 26 Egerton Gardens, Ilford (020) 4541 8564
KOTMILO, Raki, Flat 16 Swell Court 4 Gandhi Close, E17 (020) 8520 3087
KOTOV, Mrs T, 49C Meads Lane, Ilford (020) 3132 7886
KOTOWSKI, L, Flat 4,53 Langthorne Road, London (020) 8558 9684
KOUE, A, Mobile, Flat 2, Hasler Court Carlyle Road, London (07932) 863599
KOVACS, A, 145 Hale End Rd, E17 (020) 8527 8216
KOVLER, I, 2 Harvest Lane, Loughton (020) 8502 0043
KOWAL, Mrs 9 Stanley Road, Chingford, London (020) 8529 7896
KOWALIK, J, 28a Forest Drive East, London (020) 8616 0318
KOWALSKI, Mr J, 28 Connaught Rd, London (020) 3132 6726
KRALCHEVA, G, 56 Woodstock Road, London (020) 3654 0929
KRANZ, B, 51 Hanson Drive, Loughton (020) 8508 5183
KRASAUSKAS, G, Flat 23 657-661 High Road Leyton, Leyton (020) 3565 2324
KRATKE, C, 27A Dane Rd, Ilford (020) 8911 9784
KRAUT, Walter, Flat 26 Rockwell Court 6 Papermill Place, E17 (020) 3490 2951
KRISHNAMOORTHY, Mr K, 16 Browning Road, Manorpark, London (020) 3370 2382
KRISHNAN, G, 228B High Street North, London (020) 8117 6429
K, Mr P, 119 Rosebery Avenue, London (020) 8552 2537
KRISHNANANDAPAVAN, S, 193 Horns Road, Ilford (020) 8554 6831
KRISHNASAMY, J, 14 Mount Pleasant Road, Chigwell (020) 8500 4389
KRISHNATHASAN, N, 220 Gantshill Cres, Ilford (07956) 309750
KRIST, Allan, 14 Lamerton Road, Ilford (020) 8550 0315
K, G, 33 Sunnymede Drive, Ilford (020) 8220 4551
K, L, 12 Hedgeley Woodford Avenue, Ilford (020) 8503 9359
KRISTUNIS, Mr A, Flat 10 492 Lea Bridge Rd, London (020) 8177 9768
KRKIC, K, 122 St. Johns Road, London (020) 7817 3560
KROMBERG, P, 8 Fairview Road, Chigwell (020) 8500 9647
KRONFLI, N, 167A Whitehall Road, Woodford Green (020) 8506 0226
KRUSZELNICKI, K, 23 Dane Road, Ilford (020) 8514 8688
KRYSA, M, 8 Headingley Close, Ilford (020) 3565 2173
KRZAK, Mr R, 31 Exeter Rd, London (020) 3132 4524
KRZEMIENIEWSKI, Mr P, 75 Springfield Road, London (020) 8177 5182
KUBACKA, J, Flat 1 Gosport House 145 Gosport Road, E17 (020) 8509 1503
KUBIAK, Mr D, 13 Washington Av, London (020) 3138 1815
KUCSOVA, S, 13 Beresford Drive, Woodford Green (020) 8215 4420
KUCUK, I, 6 Millsmead Way, Loughton (020) 8508 1685
KUCZYNSKA, M, 864b Romford Road, E12 (020) 8141 2385
KUDHAIL, A, 4 Violet Road, London (020) 3685 3648
K, R, 9 Stradbroke Drive, Chigwell (020) 8500 5686
KUDUKYTE, L, 110 Priory Court, E17 (020) 8523 3716
KUGATHASAN, S, Flat 5 6, Acorn Court Oaks Lane, Ilford (020) 3654 7734
KUKHTYAK, O, 2 Forest View Road, Manor Park (020) 3336 2157
KULESOVA, O, 207 Harrow Road, E11 (020) 8555 6634
KULHAS, Nihal, 7 Conference Close, E4 (020) 8529 3042
KUMAH, I, 191 Harrow Road, E11 (07956) 460773
KUMANARAJ, P, Flat 33 Buckthorne House 43 Yellowpine Way, Chigwell (020) 3774 1196
KUMAR, A, Flat 1 45 Lansdowne Road, Ilford (020) 3737 6563
K, Mr B, 78-90 Church Road, London (020) 3375 6769
K, Mr D, 25 Lupin Cres, Ilford (020) 3138 2126
K, N, 30 The Drive, E18 (020) 8989 4215
K, N, Flat 2 129 Woodlands Road, Ilford (020) 3685 9246
K, P, 18 Sands Way, Woodford Green (020) 3015 6683
K, R, 2 Acer Close, Woodford Green (020) 8505 6129
K, R, 19 High Road, Loughton (020) 3592 6142
K, R, 106a Ilford Lane, Ilford (020) 3132 7343
K, Mr R, 77B Sheridan Road, London (020) 8141 2555
K, R, 31 Springfield Gardens, Woodford Green (020) 3915 5490
K, S, 237 Copperfield, Chigwell (020) 3016 8649
K, Yogesh, 73, 73, Diana Rd, Walthamstow (020) 8527 3081
KUMARAN, S, 10 East Avenue, E12 (020) 8552 0716
KUME, A, 6a Wordsworth Avenue, London (020) 3754 3771
KUNASINGA, Nagamuthu, 227 South Park Dv, Ilford (020) 8597 0577
KUNDI, J.S, 49 Queens Road, E11 (020) 8556 4389
KUNDU, H.J, 5 Redcliffe Gardens, Ilford (020) 8554 6820
K, S, 1 Stanstead Road, E11 (020) 8989 2746
KUNGA, N, 19, Larchwood House, 39 Baywood Square, Chigwell (020) 8127 4354
KUNZRU, K.M.N, 33 Monkhams Drive, Woodford Green (020) 8504 5098
K, Dr K.M.N, 33 Monkhams Drive, Woodford Green (020) 8505 1619
KURIAN, Mrs R, 1 Whipps Cross Hospital Whipps Cross Road, London (020) 8177 8394
KURRI, A, Flat 704 Valentines House 51-69 Ilford Hill, Ilford (020) 8911 6348
KURUNATHAN, H, 40 Forest View Road, London (020) 8925 1580
KURUNIYAN, F, 71 Burwell Road, London (020) 3370 2094
KUSHURBAK, B, 268A High Road Leyton, E10 (020) 8556 0276
KUTNER, U, 40 Wray Avenue, Ilford (020) 8550 6257
KUZNETSOV, A, 56 Epping Way, E4 (020) 8529 0086
KVEC, I, 109 Manford Way, Chigwell (020) 3654 8599
KWAKYE, Y, 140 Wanstead Park Road, Ilford (020) 3737 6689
KWAMGO, Ms V, 31 Station Rd, London (020) 3132 6132
KWAN, T, 24 Grosvenor Rise East, E17 (020) 8521 0086
KWINTNER, N, 4 Foremark Close, Ilford (020) 8501 0002
KYRIACOU, A, 8 Fairview Close, CHIGWELL (020) 8500 2460
K, T, 4 Morland Road, E17 (020) 8520 6527
KYTE, Miss Melanie, 15 Audley Gardens, Loughton (020) 3674 8966
L PALMER, D, 40 Park Court Grosvenor Park Road, Walthamstow (020) 8520 4031
L. UKAC, M Lukac, 35 Priors Croft, London (020) 8013 6062
LABRAM, A.L, 24 Park Road, E12 (020) 8989 5525
LAC, T & E, 166 Grove Green Road, E11 (020) 8558 6543
LACAM, J, 39 Covert Road, Ilford (020) 7205 3110
LACERTA, Mr C, 26 Royston Gdns, Ilford (020) 3138 1364
LACEY, H, 22 Lansdowne Road, E4 (020) 8524 3680
LACHOURI, N, Flat 27 Berberis Court Hyacinth Close, Ilford (020) 8514 2506
LACOMIE, L, 45 Albert Road, Buckhurst Hill (020) 8505 4230
LADIPO, F, 37 Blackthorn Rd, Ilford (020) 8514 6558
LADLE, J, 21 South View Drive, London (020) 8530 6922
LADLOW, S, 30 Elmbridge Road, Ilford (020) 8501 6409
LAETITIA, E, 42 Cowley Road, Ilford (020) 3605 8439
LAGHMARI, F, 38 Marquess Heights Queen Mary Avenue, London (020) 3539 5743
LAGUERRE, A, 8a Albert Rd, Ilford (020) 8911 4503
LAIN, A, 28 Colvin Gardens, E4 (020) 8529 2791
LAING, A, 9 Bushey Close, E4 (020) 8529 7716
LAKATOS, A, The Point Flat 26 1, Selborne Road, London (020) 3015 5622
LAKE, G, 42 Lloyd Road, Walthamstow (020) 8520 5939
LAKEMAN, J, 15 Spring Gardens, Woodford Green (020) 8504 7912
L, P, 84 Shelley Avenue, E12 (020) 8471 1531
L, S, 707b Lea Bridge Road, London (020) 8062 8263
LAKER, C, 11 Oakhurst Gardens, London (020) 8529 6650
LAKHANI, J, 54 Parkway, Ilford (020) 8590 1003
LAKHLAF, Cherif, 34 Lee Clo, London (020) 8531 6693
LAL, R, 4 Jaffe Rd, Ilford (020) 8553 3359
LALL, D, 17 Stradbroke Drive, Chigwell (020) 8500 8142
LALLY, A, 85 Wigmore Place, London (020) 3685 5282
LAM, H, 17 Dunton Road, E10 (020) 8539 8394
L, H, 41 Malcolm Way, London (020) 8257 8101
L, S, 83 Ashgrove Road, Ilford (020) 8590 4934
LAM YAN FOON, Andrea, 6 Beatrice Road, London (020) 8521 5421
LAMALETIE, M, 13 Heybridge Drive, Ilford (020) 8551 9715
LAMBA, H, 30 Meanley Rd, E12 (07930) 645098
LAMBERT, Mr Alan, 66 Wensleydale Avenue, Ilford (020) 8551 0584
L, B, 284 Fencepiece Road, Ilford (020) 8500 2544
L, G, 5 Ascham Drive, London (020) 8531 1016
L, P, 17 Silverdale Road, London (020) 8527 7780
LAMEES, Z, 110 Park Road, Ilford (020) 3718 6539
LAMMIN, A.P, 115 Burrow Road, Chigwell (020) 8500 1597
LAMONT, Mr K, 5 Little Plucketts Way, Buckhurst Hill (020) 8141 0683
LAMOURI, B, 253 Sansom Road, London (020) 8270 8669
LANAGAN, E, 15 Frating Crescent, Woodford Green (020) 8504 4829
LANCASTER, H, 58 Brackley Square, Woodford Green (020) 8504 2814
L, J, 49 Broadwalk, London (020) 8518 8189
LANCER, G, 35 Tunstall Avenue, Ilford Essex (020) 8500 4451
L, Dr P, 30 Parham Drive, Ilford (020) 8554 9365
LANDON, G, 77 Beechwood Gardens, Ilford (020) 8550 4119
LANDRY, C.A, 62 Shernhall Street, E17 (020) 8520 1075
LANE, J, 44 Oak Hill Close, Woodford Green (020) 8527 8583
L, L, 74 Heathcote Grove, E4 (020) 8529 4075
LANGAR, A, 11 Woodville Road, E17 (020) 8520 4503
LANGHAM, E, 2/6 Wesley Rd, E16 (020) 7474 3690
L, S, 3 Brook Rise, Chigwell (020) 8500 4196
L, Mrs Valerie, Flat 425 Enterprise House 112 Kings Head Hill, London (020) 8559 3225
LANGRIDGEBROWN, J, 79 Woodville Road, London (020) 8530 8766
LANGSTON, J, 36 Goldsborough Crescent, London (020) 8529 2226
LANGTON, A, 41 Kingsley Road, Loughton (020) 8502 1900
L, C, 61 Lynn Road, Ilford (020) 3561 9182
LANT, Mrs Rose, 234 Vicarage Road, London (020) 8556 5421
LANTEIGNE, Ghislaine, 77 Clavering Road, E12 (020) 8989 6592
LANZ, M, 1 The Drive, Buckhurst Hill (020) 8505 9377
LAOUICE, Mr N, 30C Grovesnor Road, Ilford (020) 8141 2972
LAOUICI, Miss N, 30c Grosvenor Rd, ILford (020) 7159 8751
LARANGA QUEIRUGA, M, 190A Wellesley Road, Ilford (020) 7671 3903
LARGE, Dr J, 85 Boundary Road, Walthamstow (020) 3233 0088
LARRINGTON, D, 166 Higham Hill Road, E17 (020) 8531 4496
LASFER, Prof M, 25 Gordon Road, London (020) 8989 0780
LASHMAR, S, 191 Warrior Square, London (020) 8553 0596
LASKER, Tamzid, 15 The Crescent, Ilford (020) 8252 4936
LASKOWSKI, Mr P, 49a Hainault Rd, London (020) 7165 6442
LATIF, M, 339 Monega Road, London (020) 3601 0859
L, N, 32 Broadhurst Avenue, Ilford (020) 8597 5654
LATSKEMPIANI, M, 4 Montserrat Avenue, Woodford Green (020) 3015 6386
LATTY, Samantha, Flat 5 Laurence Court Shortlands Road, E10 (020) 8988 3959
LAU, H.R, 33 Melbourne Road, Ilford (020) 8554 5980
L, J, 24 Waverley Gardens, Ilford (020) 3560 4879
LAURENT, A, 91 Chelmsford Road, London (020) 8505 0502
LAURIE, W, 18 Higham Road, Woodford Green (020) 8504 5101
LAURSEN, P, 53 The Drive, Loughton (020) 8923 6404
LAUTMAN, M, 52 Northwood Gardens, Ilford (020) 8550 1349
LAVENDER, Claude, 14 The Drive, London (020) 8529 1520
LAVERS, Victor, 53 Chestnut Drive, E11 (020) 8530 6454
LAVILLE, C, 35 Colville Road, London (020) 3665 8687
L, C, 37 Colville Road, London (020) 3669 5559
L, Miss Heather, 52 Queensberry Place, London (020) 3632 9603
LAW, D, 59 Barfields, Loughton (020) 8508 1056
L, D, 68 Rushden Gardens, Ilford (020) 8550 0032
L, L, 5 Elphinstone Road, London (020) 8257 0363
L, Mr S, 30 Stag Lane, Buckhurst Hill (020) 8504 4849
L, V.P, 115 Hermon Hill, E18 (020) 8989 3711
LAWDAY, R.S, 52 Richmond Crescent, E4 (020) 8527 0788
LAWLER, S, 99 Hoe Street, London (020) 8520 3208

LAWLESS, Mr Corinne, 5 Epping Glade, London ..... (020) 8529 1975
L, J, 17 Forest Way, Woodford Green ..... (020) 8504 9651
L, V.B, 36 Cromdell Rd, Walthamstow ..... (07956) 502366
LAWLOR, D, 94 Oakwood Hill, Loughton ..... (020) 8281 1529
L, J, John Barker House Flat 23 Pelham Road, Ilford ..... (020) 3662 7719
LAWN, C, 528 Limes Avenue, Chigwell ..... (020) 3624 4003
LAWRENCE, C, 22 Linden Crescent, WOODFORD GREEN ..... (020) 3573 3986
L, I, 11 Coppice Way, E18 ..... (020) 8989 6047
L, J, 7 Manning Road, E17 ..... (020) 8520 0728
L, J, 39 Verderers Road, CHIGWELL ..... (020) 8502 7305
LAWS, J, 26 Ardleigh Road, E17 ..... (020) 8527 8141
LAWSON, A, Flat 8 The Grange 1 Lynmouth Road, London ..... (020) 8521 2669
L, D.V, 315 Cranbrook Road, Ilford ..... (020) 8554 5664
L, G, 40 Sedley Rise, Loughton ..... (020) 8508 2719
L, M, 22 Grange Road, London ..... (020) 3726 1868
L, S, 102 Aveling Park Road, LONDON ..... (020) 3561 7299
LAXMAN, B, 8 Woodford Avenue A, Ilford ..... (020) 8551 0792
LAYIWOLA, O, 54 Fenman Gardens, Ilford ..... (020) 8013 3250
LAYLA, D, Ravenings Parade 2 Goodmayes Road, Ilford ..... (020) 8599 8322
LAYTON, C, 60 Leucha Road, E17 ..... (020) 8509 1170
L, D.G, 88 Heathcote Grove, E4 ..... (020) 8529 3347
LAYZELL, A, 28 McFadden Court,25 Buckingham Road, London ..... (020) 3158 2297
LAYZELL-SMITH, W, 6 South View Drive, E18 ..... (020) 8989 4790
LAZAR, A, 92 Northwood Gardens, Ilford ..... (020) 3612 1833
LAZARUS, H, 447 Eastern Avenue, Ilford ..... (020) 8554 5118
L'BAZAR, I, Flat 15 Hardyng House 58 Blackhorse Road, London ..... (020) 3643 8297
LE GALLEZ, J.S.N, 191 Newport Road, E10 ..... (020) 8539 5041
LE, Miss I, 55G Bulwer Road, London ..... (020) 8141 7891
L, S, 24 Pine Close, London ..... (020) 8532 8938
LE VICOUNT, M.J, 7 Fullers Road, E18 ..... (020) 8504 1944
LEA, M, 24 Abbey Road, Ilford ..... (020) 8220 6957
L, M, 6 The Drummonds, Buckhurst Hill ..... (020) 8503 3423
LEACOCK, Ms C, 22 Millfield Avenue, London ..... (020) 8925 9373
LEADBEATER, L, 22 McEntee Avenue, LONDON ..... (020) 3304 3982
LEADERMAN, A.M.S, 12 Duke Road, Ilford ..... (020) 8551 0788
LEAGAS, E.C, 35 Turpins Lane, Woodford Green ..... (020) 8505 6055
LEAHU, R, Flat 1, 123 Montague Road, London ..... (020) 3490 9346
LEAHY, Maria, 13 Wetherden Street, London ..... (020) 8539 6075
LEAKE, Sheila, 6 Linden Crescent, Woodford Green ..... (020) 8504 9395
LEAMAN, Mr D, 141 Clayhall Av, Ilford ..... (020) 3138 2943
L, I, Flat 30 Hilary Dennis Court 34 Sylvan Road, E11 ..... (020) 8530 5523
L, S, 125 Forest Road, Loughton ..... (020) 8508 3673
LEARMONTH, Martin, 8 Grasmere Close, Loughton ..... (020) 8508 9552
LEATHERBARROW, A, 44 Edward Road, London ..... (020) 3015 8325
LEATHERS, D.J, 10 Ashbourne Avenue, E18 ..... (020) 8989 4576
LEBOFF, M, 75 Campbell Avenue, Ilford ..... (020) 8550 9738
LEBON, J, 20 Pelham Road, London ..... (020) 3726 1231
LEBRUN, A, 1 The Bramblings, E4 ..... (020) 8529 7341
LEE, A, 19 Edison Close, London ..... (020) 8520 9652
L, A, 27 Exeter Gardens, Ilford ..... (020) 8554 0811
L, B.R, 83 Brackley Square, Woodford Green ..... (020) 8504 5039
L, C, 71 Billet Road, LONDON ..... (020) 8531 5598
L, C, 44 Waterhall Avenue, London ..... (020) 8529 3893
L, D, (Mobile), 93 Trotwood, Chigwell, Essex ..... (07940) 010394
L, Mrs Ellen, 137 Willingale Road, Loughton ..... (020) 8508 3393
L, G, 16 Farmer Road, London ..... (020) 8257 5057
L, J, 152 Napier Road London, ... (020) 8534 1836
L, K, 80 Meadow Road, Loughton ..... (020) 8551 5219
L, K.Y, Upper Floor Flat 248 Francis Road, E10 ..... (020) 8556 0800
L, L, 5 Adelaide House 5 Priory Court, Walthamstow ..... (020) 8531 1585
L, M, 20 Ascot Close, Ilford ..... (020) 8500 9950
L, M, 71 Cann Hall Road, London ..... (020) 3015 7387
L, M, 44 Pittman Gardens, Ilford ..... (020) 8553 0578
L, M, 36 Roma Road, E17 ..... (020) 8531 7109
L, N, 49 Beresford Road, London ..... (020) 8529 3395
L, N, 433 Hale End Road, E4 ..... (020) 8531 7836
L, Mrs Patricia, 105 Badlis Road, London ..... (020) 8531 2251
L, P, 36 Dale View Avenue, E4 ..... (020) 8529 8197
L, R, 87 Harold Road, London ..... (020) 8529 5221
L, S.K, 11 Clematis Gardens, Woodford Green ..... (020) 8505 8188
LEECH, R, 101 Barrington Road, Loughton ..... (020) 8508 9084
LEEDHAM-GREEN, C.R, 17 Fullers Avenue, Woodford Green ..... (020) 8504 9002
LEEKS, P, 64 The Glade, Ilford ..... (020) 8252 9159
LEEMING, J, 23 Aveling Park Road, London ..... (020) 8527 4339
LEES, K, 100 Beech Hall Road, E4 ..... (020) 8527 8419
LEESON, G, 49 Franklyn Gardens, Ilford ..... (020) 8500 3767
LEEVY, D, 84 Cherrydown Avenue, London ..... (020) 8524 2182
LEFEVRE, L, 78 Hampton Road, London ..... (020) 8524 6255
LEFONDRE, D, 96 Landseer Avenue, E12 ..... (020) 8553 2844
LEFTLEY, B.D, 44 Spareleaze Hill, Loughton ..... (020) 8508 4068
LEGGETT, Mrs Maureen, 118 Dale View Crescent, London ..... (020) 8529 4675
LEGOLIE, E, 49 Billet Road, London ..... (020) 8531 5021
LEIBOWITZ, H, 14 Poplar Way, Ilford ..... (020) 8551 5331
LEIGH, L, 4 Poplar Way, Ilford ..... (020) 8551 7110
L, P, 20 Albion Hill, Loughton ..... (020) 8502 1509
LEIGHTON, R, 129 Windsor Road, Ilford ..... (020) 8514 0578
LEKA, A, 16 McFadden Court 25 Buckingham Road, E10 ..... (020) 8556 4492
LEKOV, Mr Dimitar, 4 Borders Walk, Loughton ..... (020) 3659 0948
LEMAN, G, 96 Elmcroft Avenue, E11 ..... (020) 8989 1568
LEMONIUS, Ms D, Flat 6 Harvey Road, London ..... (020) 8141 8490
L, Mr K, 6 Heron Close, London ..... (020) 8141 5928
LEMUS, Mr C, 26 Waterloo Road, Ilford ..... (020) 3132 9083
L, R, 227 Willingale Road, Loughton ..... (020) 8502 5587
LENAGHAN, A, 54 Lorne Gardens, London ..... (020) 8989 7558
L, B, 139 Norman Road, London ..... (020) 8117 4789
LENIHAM, J, 7 Carnarvon Road, London ..... (020) 8556 4860
LENKALAPALLI, D, City View Flat 180 Axon Place, Ilford ..... (020) 3648 2612
LENKIEWICZ, Rebecca, 8 WELLINGTON ROAD, LONDON ..... (020) 8556 9443
LENNON, Caroline, 19 Church Path, E17 ..... (020) 8521 8404
LENSH, E, 53 Wyemead Crescent, E4 ..... (020) 8529 2125
LEO, Z, 9 Royston Court Royston Gardens, Ilford ..... (020) 3715 5140
LEONARD, G.C, 230 Willingale Road, Loughton ..... (020) 8508 6811
L, Mr L, 25 The Lindens, Loughton ..... (020) 8502 0771
L, T.M, 21 Belle Vue Road, E17 ..... (020) 8523 3356
LEONTE, A, Topaz Court Flat 2 580, High Road Leytonstone, London ..... (020) 3715 9873
LERNER, H, 6 Beulah Road, London ..... (020) 8503 6308
L, H, 20 Newlands Road, Woodford Green ..... (020) 3566 8071
LEROUX, J, 2 North Close, CHIGWELL ..... (020) 8500 8461
LESAGE, J, 174C Queens Road, Buckhurst Hill ..... (020) 8504 7092
LESLEY, A, 17 Shaftesbury, Loughton ..... (020) 8508 8888
LESSER, H, Flat 17 Hermitage Court Woodford Road, E18 ..... (020) 8989 5452
L, M, 40 Hurst Road, London ..... (020) 8520 5837
LESTER, G.C, 34 Empress Avenue, Woodford Green ..... (020) 8504 0309
L, J, 24 Ainslie Wood Road, LONDON ..... (020) 8523 7644
LESTRANGE, N, Flat 5 Kestrel Court 14 Woolston Close, E17 ..... (020) 8527 3554
L, R.S, 87 Handsworth Avenue, E4 ..... (020) 8531 3502
LESURF, Helen, 34 Grosvenor Gardens, Woodford Green ..... (020) 8504 5118
LEVACK, R, 2 Royston Court Royston Gardens, Ilford ..... (020) 8554 3926
LEVCIK, Mr A, 124 Ruskin Av, London ..... (020) 8471 7002
LEVENE, C, 14 Grosvenor Gardens, Woodford Green ..... (020) 8505 3275
L, I, 48 Mount Pleasant Ilford Lane, Ilford ..... (020) 8553 2022
L, M, 2 Martham Close, Ilford ..... (020) 3648 7666
LEVENSON, M, FLAT 3 94 Norfolk Road, Ilford ..... (020) 8599 3811
LEVI, R, 24 Stanmore Way, Loughton ..... (020) 8508 2397
LEVICKAITE, A, 29 Pentire Rd, E17 ..... (020) 8527 5669
LEVINE, B, 17 Churchill Lodge 50 Savill Row, Woodford Green ..... (020) 8505 6442
L, M, 98 Trelawney Road, Ilford ..... (020) 8500 3639
LEVINSON, N, 144 Courtney Towers Glebelands Avenue, Ilford ..... (020) 8554 6036
LEVISON COHEN, J, 16 Dellwood Gardens, Ilford ..... (020) 8550 8132
LEVY, A.M, 45 Princes Avenue, Woodford Green ..... (020) 8504 9325
L, E, 19 Millwell Crescent, Chigwell ..... (020) 8500 7229
L, M, 24 Hurstleigh Gardens, Ilford ..... (020) 8220 4596
L, R.R, 8 Ladyfields, Loughton ..... (020) 8925 7340
L, S, 26 Hurstcombe Whitehall Lane, Buckhurst Hill ..... (020) 8559 0211
L, Stanley B, 45 Caterham Avenue, Ilford ..... (020) 8551 1462
LEWIN, B, 64 Hereward Green, Loughton ..... (020) 8418 0288
L, E, 8 Vallentin Road, London ..... (020) 8520 8294
L, M, 99 Bedford Road, London ..... (020) 8923 0835
LEWIS, A, 22 Haldan Road, Waltham Forest, London ..... (020) 8531 0546
L, Ms C, 33 Colchester Road, E17 ..... (020) 8177 5458
L, D, 42 Carnanton Road, Walthamstow ..... (020) 8527 4799
L, D.J, 34 Greenheys Drive, E18 ..... (020) 8989 5304
L, E, Flat 13 Home Heather House 128 Beehive Lane, Ilford ..... (020) 8550 8072
L, E, 27 Chestnut Avenue, Buckhurst Hill ..... (020) 8220 6783
L, E, 33 Russell Road, E4 ..... (020) 8529 0531
L, F, 16 Belmont Park Road, E10 ..... (020) 8556 0987
L, F, 59 Berkeley Avenue, Ilford ..... (020) 8550 7136
L, G, 48 Glenham Drive, Ilford ..... (020) 8220 9436
L, G, 9 Gramer Close, London ..... (020) 3673 1280
L, J, 83 Forest View Road, Walthamstow ..... (020) 8527 7725
L, Joseph, 22 Oakleafe Gardens, Ilford ..... (020) 8550 0910
L, J.R.M, 86 Grosvenor Road, Ilford ..... (020) 8478 7239
L, L, 61 Abbotts Crescent, E4 ..... (020) 8527 2431
L, Admiral L, 61 Abbotts Crescent, London ..... (020) 3345 5050
L, Lorraine, 14 Forest View Rd, Manor Park London ..... (020) 8478 4317
L, L, East Dene The Chase, Chigwell ..... (020) 3686 2997
L, M, 41 Ranelagh Gardens, Ilford ..... (020) 8554 5802
L, M, 56 Snakes Lane West, Woodford Green ..... (020) 8504 5840
L, Mr P, Flat 22 St. Matthew's Ct 49 Capworth St, London ..... (020) 3132 2181
L, Mr Paul, 28 Chingford Avenue, London ..... (020) 8524 5112
L, P, 4 Martley Drive, Ilford ..... (020) 8554 2692
L, R, 30 Cumberland Close, Ilford Essex ..... (020) 8617 9902
L, R.S, 33 Northumberland Road, E17 ..... (020) 8556 2393
L, S, 12 Connaught Road, Chingford ..... (020) 8524 6158
L, Sheila, 6 Malvern Gardens, Loughton ..... (020) 8508 9943
L, T, Homebush House Flat 25 142, Kings Head Hill, London ..... (020) 8529 5897
LEWISMAN, L, 7 Canterbury Close, Chigwell ..... (020) 8500 9896
LEYTON, J.W, 46 Forest Way, Woodford Green ..... (020) 8504 4856
LEYTON LEISURE CENTRE, Mr Gll Mr Gll, 763 High Road Leyton, London ..... (020) 3719 9557
LEYTONSTONE I.T. SOLUTIONS, Mr I, 724 High Road Leytonstone, Leytonstone London ..... (020) 8556 6013
LH CHAUFFEURS LIMITED, Mobile, 22 Gravel Lane, Chigwell ..... (07950) 267021
LI, Mr D, 19 Howard Rd, London ..... (020) 8223 0890
L, G, 5 Grove Rd, E11 ..... (020) 3208 0064
L, Miss J, 114 Stradbroke Grove, Ilford ..... (020) 8177 0566
L, Mingfeng, 178 Hoe Street, E17 ..... (020) 8520 5918
LIAO, Guan, 475 New North Road, Ilford ..... (020) 8500 0693
LIAQUAT, N, 10 Mildmay Road, Ilford ..... (020) 8553 0777
LICKRISH, N, 57 Mayville Road, Ilford ..... (020) 8252 1112
LIDDLE, D, 69 Coopers Lane, London ..... (020) 8558 4445
LIDINGTON, L.D, mobile, 10 Avon Rd, E17 ..... (07944) 906452
LIEBERMAN, S, 117 Glenwood Gardens, Ilford ..... (020) 8550 6128
LIGAGA, A, Runcie Court Flat 16 New Mossford Way, Ilford ..... (020) 3673 4445
LIGHT, G, Flat 10 Dilwyn Court 1 Hillyfield, E17 ..... (020) 3632 6152
L, J, 35 Park Road, London ..... (020) 8923 8800
L, P, 7 Lower Hall Lane, London ..... (020) 8529 1525
LIGMANOWSKA, Ms J, 145 Grange Road, Ilford ..... (020) 3132 7035
LIIV, Mr M, 20 Acacia Road, E17 ..... (020) 8177 2443
LIKOLO, Mr S, 107 Hoe Street, E17 ..... (020) 8141 0901
LILLEY, D, 82A Gordon Road, Ilford ..... (020) 8553 4017
L, M, 12 Marlborough Court Queens Road, Buckhurst Hill ..... (020) 8504 9639
LILLIE, D.R, 12 Glade Court The Glade, Ilford ..... (020) 8551 5674
LIMA, J, 11 Beck Square, London ..... (020) 4539 2742
LIMANI, D, Flat 63 Rosewood Court 4 Victoria Road, London ..... (020) 8555 0993
LIMB, P, 35 Grove Hill, London ..... (020) 8491 1034
LIMBADA, S, 2a Grange Rd, Ilford ..... (020) 3609 3252
LINARD, J, 5 Bentley Way, Woodford Green ..... (020) 8505 2589
L, M, 5 Bentley Way, Woodford Green ..... (020) 3345 4792
LINCAN, M, 19 Mayfair Avenue, Ilford ..... (020) 3532 8376
LINCH, R, 162a Forest Rd, E17 ..... (020) 8521 0468
LINDA, B, 44 Chingford Rd, E17 ..... (020) 8527 7580
LINDO, D, Mobile, 561 New N Rd, Ilford, Essex ..... (07904) 514398
LINDSEY, B, 9 Chapel Mews, Woodford Green ..... (020) 8501 4500
L, D, 164 Kings Avenue, Woodford Green ..... (020) 8262 2259
LINDSTROM, Asa, 46A Wood Street, E17 ..... (020) 8521 0173
LINE, M.D, 75 Skeltons Lane, E10 ..... (020) 8556 5263
L, S, 26 Farnan Avenue, E17 ..... (020) 8523 3591
LINEHAN, Janet, 84 Stanley Road, London ..... (020) 8505 2062
L, M, 51 Spencer Road, Ilford ..... (020) 8599 3677
LINES, J, 84 Goodmayes Lane, Ilford ..... (020) 8598 8548
LING, D.R, 57 Applegarth Drive, Ilford ..... (020) 8590 7615
LINNANE, A, 33 Purleigh Avenue, Woodford Green ..... (020) 8506 0752
LINSDALL, J, 48 Princes Avenue, Woodford Green ..... (020) 8505 5894
L, L, Woodsprite Green Lane Bury Road, E4 ..... (020) 8529 4104
LINSELL, A.P, 89 Peel Road, E18 ..... (020) 8505 1622
LINSTEAD, S, 32 Clarence Road, London ..... (020) 8514 3796
LINTON, A, 78 Woodhouse Road, Leytonstone ..... (020) 8143 9095
L, Miss C, 110 Highbury Gardens, Essex ..... (020) 8141 8300
L, M, 5 Gwynne Park Avenue, Woodford Green ..... (020) 8505 7665
LIOK, Y.K.D, 33 Selsdon Road, E11 ..... (020) 8989 6537
LIONY, D, 110 Chingford Avenue, London ..... (020) 8529 3766
LIPASSOI, Mr O, 336A Grove Green Road, London ..... (020) 8177 8465
LIPSCOMBE, Eileen, 37 Wordsworth Avenue, London ..... (020) 8989 6370
LISSACK, I, Flat 31 Homebush House 142 Kings Head Hill, E4 ..... (020) 8524 2625
LISSEN, M, 42 Margaret Way, Ilford ..... (020) 8551 5346
LISTER, M, 16 Riverhead Close, E17 ..... (020) 8527 3635
LITCHMAN, L, 26 Oak Tree Close, Loughton ..... (020) 8502 1645
LITON, M G K K, 62 durham road, London ..... (020) 3375 1626
LITT, F.J, 86 Greenleafe Drive, Ilford ..... (020) 8550 4790
LITTELL, S, 11 Belmont Road, Ilford ..... (020) 8478 4366
LITTLE, G, 48 Halstead Road, London ..... (020) 8530 3992
L, G, 79 Kirkland Avenue, Ilford ..... (020) 8550 8663
L, J, 33 Meadgate Avenue, Woodford Green ..... (020) 8505 7357
L, J, (Mobile), 28 Rayne Ct, E18 ..... (07931) 837376
L, J, 11 The Brambles, Chigwell ..... (020) 8500 3909
L, P, Highclear 673 High Rd, Buckhurst Hill ..... (020) 8504 1971
L, R, 38 Lower Queens Road, Buckhurst Hill ..... (020) 7671 1383
L, T.A, 18 Sackville Gardens, Ilford ..... (020) 8518 4039
LITTLEFORD, G, 17a Grosvenor Rd, E11 ..... (020) 8530 8426
LITTLEWOOD, R, 4 Herongate Road, London ..... (020) 8530 6584
LIU, Mr J, Flat 12, Julia Ct 57 Pendlestone Rd, London ..... (020) 8521 1553
LIVETT, T, 15 Lynton Crescent, Ilford ..... (020) 8554 1255
LIVINGSTONE, H.E, 7 Sheringham Avenue, E12 ..... (020) 8553 3661
LLESHI, G, 54 Wellington Road, London ..... (020) 8520 0268
LLEWELYN, P, Flat 21 Devereux Court 44-46 Snakes Lane West, Woodford Green ..... (020) 8504 5487
LLINES, V, 133 Burney Drive, Loughton ..... (020) 8502 0855
LLOYD, C, 76 Elm Road, London ..... (020) 3842 2714
L, J, 33 Grosvenor Road, Ilford ..... (020) 8553 5510
L, L.M.J, 133 Queenswood Gardens, E11 ..... (020) 8530 5173
L, P, 29 Lime Grove, Ilford ..... (020) 8014 4769
L, Mrs Patricia, 147 Mortlake Road, Ilford ..... (020) 8478 4681
LOACH, P.D, 60 Grantham Road, E12 ..... (020) 8553 4809
LOBO, A, 38 Ferndale Road, London ..... (020) 8539 4534
LOCA, B, Flat D 313 Eastern Avenue, Ilford ..... (020) 8550 6564
LOCKE, E.E, 75 Sandhurst Drive, Ilford ..... (020) 8599 3129
LOCKER, C, 45 Coney Burrows, E4 ..... (020) 8529 7568
LOCKLEY, S.J, 30 Albion Park, Loughton ..... (020) 8502 4129
LOCMELIS, A, 13 Sherwood Rd, Ilford ..... (020) 8550 5943
LODGE, A, Flat 3 Atkinson Court 2 Kings Close, E10 ..... (020) 8556 1872
L, Peter, E182Eq Beechwood Pk, London ..... (020) 8989 2660
LODHI, W, Room A, 165 Hampton Road, Ilford ..... (020) 3132 7028
LODY, K, Flat 5 29 Langthorne Road, Leytonstone ..... (020) 3016 5178
LOEBEN, M, 8 Church Lane, London ..... (020) 8520 3100
LOFUM, L, 165 Blackthorn Road, Ilford ..... (020) 8141 1355
LOGAN, A, 19 Hornbeam Close, Ilford ..... (020) 8177 9484
L, Mr John, 117 Hainault Road, London ..... (020) 8558 5589
L, R, 1C Victoria Road, E4 ..... (020) 8529 7440
L, V, 251 Hainault Rd, E11 ..... (020) 8558 6072
LOGESAN, Thakshini, 18 Westwood Road, Ilford ..... (020) 8590 5276
LOHANI, A, Flat 1504 Raphael House 250 High Road, Ilford ..... (020) 8478 1872
LOHIYA, Mr A, Plot 17,82 Marconi Road, London ..... (020) 8556 0656
LOIACONA, J, 4 Firs Walk, Woodford Green Essex ..... (020) 8504 4321
LOIZOU, C, Mobile, 58 Westview Drive, Woodford Green ..... (07930) 174884
LOMANTO, P, 10 Ripon Gardens, Ilford ..... (020) 8554 4980
LOMAS, A, Oakfield House Debden Road, Loughton ..... (020) 8418 9078
L, A, 24 St. Catherine's Road, London ..... (020) 8529 2041
L, R, 158 Borders Lane, Loughton ..... (020) 8502 4785
LOMTADZE, T, 83 Kings Road, London ..... (020) 8524 6806
LONDYNSKI, A, 38 Dunton Road, London ..... (020) 8214 2522
LONE, M, 43 Highcliffe Gardens, Ilford ..... (020) 8550 9561
LONG, A, 16 Lime Grove, Ilford ..... (020) 8501 5434
L, D, 32 Mulberry Way, Ilford ..... (020) 8550 4222
L, Mr F, 42 Harold Road, London ..... (020) 8539 8007
L, J.A, 9 Ashingdon Close, E4 ..... (020) 8524 5989
L, M, 13 Hazelbrouck Gardens, Ilford ..... (020) 8500 8535
L, M, 39 Maple Avenue, London ..... (020) 8531 6287
LONGCROFT, B, 32 Burnham Road, London ..... (020) 8529 7854
LONGLEY, D, 70 Woodville Road, LONDON ..... (020) 8530 4299
LONGMAN, Michelle, Flat B 48 Richmond Road, E11 ..... (020) 8556 0279
LOONAT, T, 7 Pardoe Road, LONDON ..... (020) 3685 2286
LOPES BAESSA, Inedia, First Floor Flat 14 Washington Avenue, E12 ..... (020) 3539 3859
LOPES DE MATOS, B, 7 Vicarage Road, Woodford Green ..... (020) 8616 0455
LOPEZ-CASCANTE, J, 62 Five Oaks Lane, Chigwell ..... (020) 8501 1617
LOPPAS, A, 20 Springfield Road, London ..... (020) 8257 2890
L, G, 44 Warwick Road, E4 ..... (020) 8529 2970
LORD, C, 18 Oakhurst Gardens, London ..... (020) 8529 1803
L, N, 53 High Beech Road, Loughton ..... (020) 8508 1642
LORKING, D, 38 Mornington Road, London ..... (020) 8923 5642
LOTA, G.S, 50 Leyton Park Road, E10 ..... (020) 8539 2105
LOTHIAN, T, 28 Whites Avenue, Ilford ..... (020) 8597 2128
LOTTRIE, J, Flat A 6 Lynn Mews, Leytonstone ..... (020) 8558 5932
LOUDEN, A, 19 Dagenham Road, London ..... (020) 8556 7253
LOUIS, Admiral S, 37 Worcester Road, Walthamstow ..... (020) 3649 5243
LOUNICI ALI, Mr S, 20/25 Capworth St, London ..... (020) 8556 2197
LOUTFI, Z, 36 New Jubilee Court 2A Grange Ave, Woodford Green ..... (020) 8504 3258
LOUW, H, 66 Richmond Road, London ..... (020) 8279 7644
LOVAGE, A, 15 Gravel Close, Chigwell ..... (020) 8500 1373
LOVE, C, 40 Empress Avenue, Ilford ..... (020) 8554 3353
LOVEJOY, S, 6 Windsor Road, London ..... (020) 8524 0939
LOVELL, A.K, 73 Beech Hall Road, E4 ..... (020) 8527 7409
LOVETT, J, 3 Sherwood Avenue, London ..... (020) 8989 8427
LOWE, B, 1/15 Kirkdale Rd, E11 ..... (020) 8539 4798
L, P, 74 Kingswood Road, Ilford ..... (020) 8597 6979
L, R, 39 Lushes Road, Loughton ..... (020) 8532 0584
LOWING, R, 19 Forest View Road, Loughton ..... (020) 8508 0299
LOWRY, R, Flat 1 Hedgemoor Court Castle Avenue, E4 ..... (020) 8523 0902
LOWRY-MULLINS, K, Mobile, 289 Cann Hall Rd, London ..... (07985) 328385
LOXTON, R, 19 Alderton Way, Loughton ..... (020) 8508 6133
LU, Mr S, 29A Cairo Rd, London ..... (020) 8141 6588
L, X, 38 Manor Way, E4 ..... (020) 8524 2458
LUBEK, A, 26 Woodbridge Court Vicarage Road, Woodford Green ..... (020) 3737 5757
LUCA, I, 52 Cypress Grove, Ilford ..... (020) 3754 8846
LUCAS, J.S, 72 Clavering Road, E12 ..... (020) 8532 9079
L, M, Forest Farm House Forest Road, Ilford ..... (020) 8500 2647
L, M, 70 Southern Drive, Loughton ..... (020) 8508 3358
LUCKETT, C, 12 Roding View, Buckhurst Hill ..... (020) 8505 4490
LUCKHURST, D, 212 Larkshall Road, E4 ..... (020) 8524 8385
L, J, 1 Haverhill Road, London ..... (020) 8524 7260
LUCKIN, D, 9 Shrubland Road, London ..... (020) 8925 7292
LUCKING, K, 25 Leybourne Road, E11 ..... (020) 8989 5855
L, P, 19 The Warren, London ..... (020) 8553 5915
LUDHI, A, 182 Eastern Avenue, Ilford ..... (020) 3565 7944
LUDICK, Mr L, 2 Osborne Road, London ..... (020) 8177 0699
LUDIK, Mr I, 68 Harold Road, London ..... (020) 8141 3157
LUDLOW, S, 94 Overton Drive, London ..... (020) 8530 5426
LUFADEJU, Mr A, Flat 11 King Ct 25 Capworth St, London ..... (020) 3132 6085
LUFF, W, 58 Barclay Road, London ..... (020) 8520 5217
LUIS, T, 9 Brancaster Road, Manor Park ..... (020) 8553 0249
LUKASENOKA, Ms S, 1A Woodstock Gardens, Ilford ..... (020) 8141 1264
LUKASHKINA, Admiral N, 77 Leucha Road, Walthamstow ..... (020) 4529 5738
LUKASINSKI, I, 200 Limes Avenue, Chigwell ..... (020) 8501 4169
LUKIN, A, 43 Charnwood Drive, E18 ..... (020) 8989 7023
LULDA, F, 33 Beaconsfield Road, Walthamstow, London ..... (020) 3490 8018
LUMVUIKA, B, 318 Grove Green Road, E11 ..... (020) 8988 1177
LUNAJ, V, 194 Oaks Lane, Ilford, Essex ..... (020) 8617 8557
LUNAN, T, 51 Lynwood Close, ... (020) 8504 3823

LUND, D, 95 High Road, Buckhurst Hill ..... (020) 8281 0505
LUNN, Christopher, 98 Pittman Gardens, Ilford ..... (020) 8911 4990
L, K, 26 Clinton Crescent, Ilford ..... (020) 8501 1380
L, Mr 7 Bramston Close, Ilford ..... (020) 8001 9845
LUONG, D, 18 Albemarle Gardens, Ilford ..... (020) 8554 7732
LUPTON, N, 13 Park Road, E17 ..... (020) 8521 6017
LUPU, Miss 2 Tyndall Road, Leyton, London ..... (020) 3583 4213
LUSAKUENO, K, 7 Caledonian Close, Ilford ..... (020) 8598 8692
LUSE, L, Flat 21 Plaza Heights 12 Maud Road, London ..... (020) 8556 1929
LUSHI, Qemal, 54 Thurlow Close, E4 ..... (020) 8527 3493
LUSHINGTON, J, 34 Monkhams Avenue, Woodford Green ..... (020) 8252 5620
LUSTIG, J, 18 Waltham Way, London ..... (020) 3665 7910
L, L, 16 New Road, London ..... (020) 8529 4967
LUTCHUMUN, K, 18 Leyton Park Road, E10 ..... (020) 3132 8540
LUTHER, I, Flat A, 91 Pearcroft Road, London ..... (020) 8518 7760
LUTON, B, 188 High Road, Loughton ..... (020) 8502 3869
LUXFORD, D, 2 Clockhouse Mews Daws Hill, London ..... (020) 3566 7409
LUYOMBYA, G, 39 Chigwell Park Drive, Chigwell ..... (020) 8500 2797
LYNCH, J, Flat 12 Gallery Court 63 Fulbourne Road, London ..... (020) 8013 3688
L, Martha, 24 Farmilo Road, E17 ..... (020) 8556 6556
L, T, 23 Boxted Close, Buckhurst Hill ..... (020) 8923 0464
LYNN, Wai, Flat 15 City House 9 Cranbrook Road, Ilford ..... (020) 8553 9958
LYON, B, 29 South View Drive, LONDON ..... (020) 3652 5715
L, M, Flat 63 Malford Court The Drive, London ..... (020) 8530 5561
L, V, 112 Academy Way, Loughton ..... (020) 3669 3699
LYONS, David, 27 Wellesley Road, Wanstead London ..... (020) 8530 8310
L, F, 9 Waterloo Road, London ..... (020) 8558 5930
L, H, 56 Wanstead Park Avenue, London ..... (020) 8989 9310
L, Raymd, 20 Empress Avenue, Ilford ..... (020) 8518 1739
L, S, 39 Goldingham Avenue, Loughton ..... (020) 3590 8566
L, S, 67 Gordon Road, South Woodford ..... (020) 8498 9746
M. SALEH, K, 5 Barnardo Drive, Ilford ..... (020) 3624 2039
M TAYLOR, C, 6 Eighth Avenue, E12 ..... (020) 8553 2303
M. UDDIN, M, 24 Eynsford Road, Ilford ..... (020) 3652 1943
"MAC"
m',Mc & Mac are to be treated as "Mac" & the next letter in the name determines position of the entry. Similarly , with names such as "Mace" & "Mack" the fourth letter determines their position.
MAC, H.D, 102 Skeltons Lane, E10 ..... (020) 8558 2002
MC, N, 63 Yardley Lane, London ..... (020) 8529 1102
MCAFEE, F, 93 Harold Road, Leytonstone ..... (020) 8539 7041
MCALISTER, Lesley, Flat 39 Riverside Court 1 Chelwood Close, E4 ..... (020) 8529 0012
MCALLISTER, W, 25 St. Leonards Gdns, Ilford ..... (020) 8553 0526
MCALMONT, I, 3 Rook Lodge Wanstead Lane, Ilford ..... (020) 8518 2066
MCARDLE, S, 49 Crossbow Road, Chigwell ..... (020) 8501 2022
MACARI, L, Flat 1 157a High Street, Barkingside ..... (020) 8550 0870
MCARTHUR, G, 965 Eastern Avenue, Ilford ..... (020) 8262 6159
MCARTHY, Richard, 30 Forest Glade, London ..... (020) 8527 2747
MCAVOY, J, 102 Empress Avenue, London ..... (020) 3091 6318
MCCABE, J, 6 Copthorne Avenue, Ilford ..... (020) 8500 7214
MCCALLUM, A, 66 Colworth Road, London ..... (020) 8539 6085
MACCALLUM, Neil G, 23 St. Albans Cres, Woodford Gn ..... (020) 8504 8296
MCCANN, L, 42 Hillside Avenue, Woodford Green ..... (020) 8559 1819
M, M, 2a Jewel Road, London ..... (020) 8521 2775
MCCARTHY, C, 9 Rosslyn Road, Walthamstow ..... (020) 8520 9794
M, D, 49 Highwood Lane, Loughton ..... (020) 8508 7236
M, G, Marchings Gravel Lane, Chigwell ..... (020) 8559 8143
M, J, Marchings Gravel Lane, Chigwell ..... (020) 8500 5302
M, K, 26 Brixham Gardens, Ilford ..... (020) 8594 1852
M, K, 55 James Lane, London ..... (020) 8539 2472
M, M, 27 Lancaster Avenue, E18 ..... (020) 8530 4529
M, M, 58 Natal Road, Ilford ..... (020) 8514 2802
M, P, 120 Chewton Road, E17 ..... (020) 8223 0772
M, P.A, 3 Radnor Crescent, Ilford ..... (020) 8551 0670
M, R, 73 Hampton Road, Ilford ..... (020) 8478 2786
M, S, 45 Sandringham Road, London ..... (020) 8539 5042
MCCARTNEY, C.J, 1 Fosters Close Latchett Road, E18 ..... (020) 8505 8917
M, H, Flat A, 51 Leysprng Road, London ..... (020) 3601 3914
MCCARTY, C, 7 Ellesmere Close, London ..... (020) 8989 4552
MCCLEAN, S, 33 Bulwer Road, E11 ..... (020) 8539 8677
M, S, 15 Coney Burrows, London ..... (020) 3509 3090
MCCLURE, B.D, 33 Belle Vue Road, E17 ..... (020) 8531 6475
MCCLURG, S, Flat 23 Furrow House 29 Hickman Avenue, London ... (020) 8527 3308
MCCORMACK, Miss A, 17 Kirk Rd, London ..... (020) 3132 4647
M, Mr D, 16/183 Church Road, London ..... (020) 3132 5903
MCCORMICK, S, Flat 2, Croft House, 2 St. Mary Road, London. (020) 8062 3618
MCCORTHY, M, 1 Leader Av, E12 ..... (020) 8478 0142
MCCOSH, R, 17 Woodland Road, Loughton ..... (020) 8508 7528
MCDADE, Mr D, 7 Woodville Road, London ..... (020) 8520 5572
MCDERMOTT, G, 43 Newmans Lane, Loughton ..... (020) 8502 1843
M, L, 36 Liden Close, E17 ..... (020) 8558 5823
MACDONALD, A, 6 Hillcrest Road, Loughton ..... (020) 8141 3753
MCDONALD, A, Flat 41 Wiltshire Court 54a Pittman Gardens, Ilford ..... (020) 8911 6593
M, B, 22 Richmond Road, Ilford ..... (020) 8553 9471
M, Mr John, 139 The Ridgeway, Chingford ..... (020) 8524 2766
MACDONALD, M, 27 Mapleton Road, E4 ..... (020) 8529 0297
MCDONNELL, A, 82 Millais Road, London ..... (020) 8539 2614
M, E, 73 Glencoe Avenue, Ilford ..... (020) 8597 1031
M, P, 109 St. Anthonys Avenue, WOODFORD GREEN ..... (020) 3891 3017
M, Tracy, Flat 34 Homebush House 142 Kings Head Hill, E4 ... (020) 8529 8707
MCDONOUGH, M, 44 The Crescent, Loughton ..... (020) 8508 1248
MCDOOM, F, 41A Langthorne Road, E11 ..... (020) 8556 3204
MCDOUGALL, M, 138 Oaks Lane, Ilford ..... (020) 8599 2909
MCDOWALL, P, 19 Whitehall Gardens, London ..... (020) 8524 7981
MCDOWE, Georgia, 675 High Road Leytonstone, London ..... (020) 8556 4429
MACELARU, N, 85 Peterborough Road, London ..... (020) 3731 3521
MCELWEE, C, 5 Melbourne Road, E10 ..... (020) 8558 2709
MCEVOY, R, Flat 32 Lyndhurst Court Churchfields, E18 London ..... (020) 8504 3846
MCEWAN, G.M, 8 Queenswood Gardens, E11 ..... (020) 8989 3188
M, J, Flat 610 112, Enterprise House Kings Head Hill, London (020) 3294 7306
MCFARLANE, D, 71 Boundary Road, London ..... (020) 3894 3526
MACFARLANE, D, 9 Harford Close, E4 ..... (020) 8559 3544
MCFARLANE, G, 31 Fraser Road, London ..... (020) 8520 8317
M, J.E, 37 Forest Drive, Woodford Green ..... (020) 8531 5741
M, M, 39 Scarborough Road, London ..... (020) 8539 0991
M, P, 58 Ainslie Wood Gardens, London ..... (020) 8923 4893
M, R, 10 Monarch Place Princes Road, Buckhurst Hill ..... (020) 8559 0699
M, S, A 3 Fleeming Road, E17 ..... (020) 8503 2515
MCGHIE, D, 194 Twickenham Road, London ..... (020) 3737 0673
MCGINITY, F, 32 Cairo Road, E17 ..... (020) 8509 2365
MCGINTY, Miss Pearl, 119 Blenheim Road, London ..... (020) 8531 8382
MCGLADDERY, Admiral P, 22 Wellington Road, London ..... (020) 8989 7338
MCGLOIN, M, 6 Bysouth Close, ILFORD ..... (020) 8550 0941
MCGLONE, M, 257 Roding Lane North, Woodford Green ..... (020) 8551 3947
MCGOVERN, J, 13 Meadow Way, Chigwell ..... (020) 8500 2509
MCGRAIL, S, FLAT 2 251 Boundary Road, London ..... (020) 8521 0355
MCGREADY, D.P, 44 Owen Gardens, Woodford Green ..... (020) 8505 9521
MCGREGOR, G, 105 Grange Crescent, Chigwell ..... (020) 8500 2808
MACGREGOR, Mr Ian, 145 Old Church Road, London ..... (020) 8524 3233
MCGURK, J, 46 Colson Road, LOUGHTON ..... (020) 8508 2572
MCHALE, J, 4 Sheringham Avenue, E12 ..... (020) 8514 2296
M, M, 5 Eastwood Rd, E18 ..... (020) 8989 0363
MACHIN, M, 36 Malvern Drive, WOODFORD GREEN ..... (020) 8505 6066
MCHUGH, M, 7 Cranston Gardens, London ..... (020) 8527 5174
MACI, Z, 5 Broomfield Avenue, Loughton ..... (020) 3304 6759
MACIEJOWSKA, M, Flat 3,105 Whipps Cross Road, Leytonstone ..... (020) 8530 6498
MACIKOWSKI, G, 144 Trotwood, Chigwell ..... (020) 3952 4125
MCINTOSH, I.J, 6 Lombard Av, Ilford ..... (07956) 574550
M, Peter, 87 Kingswood Road, Ilford ..... (020) 8598 9788
MCINTYRE, Doreen, 59 New Road, E4 ..... (020) 3624 3612
MACINTYRE, M, Flat 9 John Cornwell V C House, Grantham Road ... (020) 8514 3442
MCINTYRE, Mrs Wendy, 7 Butterworth Gardens, Woodford Green ..... (020) 8506 1289
MACK, E, 454 Chigwell Road, Woodford Green ..... (020) 8505 8388
MCKELVEY, J, 17 High View Road, London ..... (020) 8923 6093
MCKENNA, M.J, 49 Penrith Road, Ilford ..... (020) 8500 4650
MCKENZIE, B, 51 Leslie Road, London ..... (020) 8556 1980
M, D, 85 Third Avenue, E12 ..... (020) 8911 8104
MACKENZIE, E, 16 Halstead Road, London ..... (020) 8532 9046
MCKENZIE, E.W, 139 Rushden Gdns, Ilford ..... (07956) 532050
M, Marion, 9 Express Drive, Ilford ..... (020) 8598 2538
M, M.A, 73 Hartington Road, E17 ..... (020) 8521 2929
M, M.E, Mobile, 62 Water Lane, Ilford, Essex ..... (07956) 229976
M, N, 30 Harrow Road, London ..... (020) 3105 0464
MCKEOWN, A, FLAT 5 HINTON COURT Leyton Grange Estate, London ..... (020) 8556 0852
MACKIE, D, 130 Marmion Avenue, E4 ..... (020) 8524 3902
M, M.E, 16 Courtenay Road, E17 ..... (020) 8503 6520
M, R, 13 Abbotts Crescent, London ..... (020) 3654 8740
MCKIERNAN, M.B, Rosslyn Woodford New Road, Woodford Green (020) 8505 6758
MACKIN, S, 22 Trenance Gardens, Ilford ..... (020) 3490 6769
MCKNEE, S, 39 Millfield Avenue, E17 ..... (020) 8527 3852
MCKNIGHT, P, 229 Billet Road, London ..... (020) 8531 4639
MACLEAN, C, 10 Manor Way, London ..... (020) 8524 0089
M, S, 8 Campions, Loughton ..... (020) 8508 9892
MCLEAN, Y, 82 Marten Road, London ..... (020) 8531 6584
MACLEAY, A, 20 Tudor Close, Chigwell ..... (020) 8500 8444
MCLEGGAN, L.U, 1 Buckingham Road, E10 ..... (020) 8558 1365
MCLELLAN, R, Sewardstone Hall Cottage Sewardstone Road, Chingford ..... (020) 3089 3135
MCLEOD, A, 79 Prospect Hill, E17 ..... (020) 8521 9086
MACLEOD, C, 30 Long Deacon Road, London ..... (020) 3532 5354
M, J, 22 Clarence Avenue, Ilford ..... (020) 8252 1381
MCLEOD, J.J, 29 York Hill, Loughton ..... (020) 8508 1951
MCLOUGHLIN, C, 55A Granville Road, E17 ..... (020) 8520 8830
M, P, 12 Malvern Avenue, London ..... (020) 8523 5867
MCMAHONN, M, Flat 14 24 Stephenson Road, E17 ..... (020) 8509 0837
MCMANUS, S, Flat 8 Price House, 2 Oliver Road, London ..... (020) 8177 0449
MCMENEMY, L, 35 Nottingham Road, London ..... (020) 8556 7580
MACMILLAN, J, 121 Hainault Road, LONDON ..... (020) 8558 3166
MCMILLAN, J, 278 Horns Road, Ilford ..... (020) 8550 1149
MACMILLAN, J, Flat 21 Buchanan House 7 Troubridge Square, London ..... (020) 8520 0477
MCMORROW, B, 15 College Close, Loughton ..... (020) 8502 1696
M, S, 80 Lower Queens Road, Buckhurst Hill ..... (020) 8281 1253
MCMULLAN, Dr G, 16 Maynard Road, London ..... (020) 8521 8639
M, J, 32 Henrys Avenue, Woodford Green ..... (020) 8559 2375
MCMURTRIE, T, 298 Blackhorse Lane, London ..... (020) 8925 5816
MCNABOE, Admiral B, 58 Richmond Crescent, Chingford ..... (020) 8531 2023
MCNALLY, I, 19 Warboys Crescent, London ..... (020) 8527 0462
M, S, Flat 14,Phoenix Court Chingford Avenue, London ..... (020) 3672 1796
MCNAMARA, D, 49 Morland Rd, E17 ..... (020) 8521 0911
M, E, 2 Birch Grove, E11 ..... (020) 8558 1658
MCNEAL, C, 70 Nightingale Lane, E11 ..... (020) 8989 0478
MCNICHOLAS, H, 5 Barons Ct Connaught Rd, Ilford ..... (020) 8514 5398
MCPHERSON, D, 117a Carr Road, London ..... (020) 8523 2790
M, J, 29 Jersey Road, London ..... (020) 8556 8994
MACPHERSON, R, Apartment 5 Raine Gardens Mornington Road, Woodford Green ..... (020) 8504 7490
MCQUIRE, A.C, 264 Buckhurst Way, Buckhurst Hill ..... (020) 8505 0464
MCROBERTS, E, 7 Aldeburgh Place, Woodford Green ..... (020) 8498 9092
MCSWEENEY, J, 44 Maida Avenue, London ..... (020) 3565 8236
M, M, 133 Smarts Lane, Loughton ..... (020) 8508 8760
MCWATT, D, 43 Malford Grove, London ..... (020) 3337 2210
MCWILLIAM, C.M, 54 Rokeby Gardens, Woodford Green ..... (020) 8504 2506
MCWILLIAMS, H.G, 142 Highwood Lane, Loughton ..... (020) 8508 7507
MADDIESON, M.J, 11 Merrivale Avenue, Ilford ..... (020) 8551 2696
MADDOCK, K, 8 Meadow Close, London ..... (020) 8529 5186
MADDOX, P.J, 216 Prospect Road, Woodford Green ..... (020) 8504 0417
MADELEY, A, 27 Hillcrest Road, London ..... (020) 8491 6514
MADHU, R, 107 Staines Road, Ilford ..... (020) 8478 5857
MADIGAN, Miss Mary Margaret, 28 Camden Road, London ... (020) 8257 6020
MADLANI, R, 2 The Charter Road, Woodford Green ..... (020) 8504 0269
MADUIKE, S, 9 Larkshall Crescent, LONDON ..... (020) 8524 8058
MAEEI, S, 97 Granleigh Road, London ..... (020) 8539 9302
MAEFTRI, Jeff, 348-3 Cranbrook Road, Ilford Essex ..... (020) 8518 0994
MAEKH K.O, 22 High Street, Ilford ..... (020) 8551 0326
MAFETHE, P, 187 Brettenham Road, London ..... (020) 8926 4404
MAFFUCCI, T, 44 Nexus Court 10 Kirkdale Road, Leytonstone . (020) 8558 8718
MAGDIC, G, 12 Mansfield Hill, LONDON ..... (020) 3294 9856
MAGESWARAN, Mr Kumarasamy, Flat 19 Kestrel Court 14 Woolston Close, Walthamstow ..... (020) 3784 8918
MAGILL, E, 45 Weale Road, London ..... (020) 8925 8813
MAGOL, N, 16 Westminster Gardens, London ..... (020) 8559 4366
M, S, 69 Regency Court 89-111 High Rd, London ..... (020) 8989 1266
MAGUDIA, J, 18 Ramsgill Drive, ILFORD ..... (020) 8590 5167
MAGUIRE, A, 41 Elmfield Road, London ..... (020) 8520 3586
M, G.A, 76 Kings Avenue, Woodford Green ..... (020) 8504 5800
M, K, 9 Westrow Gardens, Ilford ..... (020) 4636 7858
M, P.C, 111 Coventry Rd, Ilford ..... (020) 8554 9806
MAH, C.C, 80 Woodlands Avenue, E11 ..... (020) 8989 8979
MAHAJAN, R, 102 Stanley Rd, Ilford ..... (020) 8514 8318
MAHALINGAM, Dr J, 23 Kingsley Gardens, Chingford ..... (020) 8524 9097
M, R, 12 Chase Lane, ILFORD ..... (020) 3673 9006
MAHARAJ, Mrs Joan, 28 Gunners Grove, London ..... (020) 8524 3434
MAHENDRA, Rajeev, 49 Holmwood Road, Ilford ..... (020) 8590 3806
MAHENDRAN, S, 55 Aldborough Road South, Ilford ..... (020) 3612 4795
MAHEROMENOS, J, 75 Atherton Road, Ilford ..... (020) 8550 6418
MAHIL, B, 42 Ashurst Drive, Ilford ..... (020) 8554 2577
MAHMODUL HASAN, M, 9 Eton Road, Ilford ..... (020) 3539 8706
MAHMOOD, A, 16 Bathurst Road, Ilford ..... (020) 3592 7932
M, A, 407 Lea Bridge Road, London ..... (020) 8539 3304
M, A, 12 Park View, Chigwell ..... (020) 8501 0333
M, A, 92 Sixth Av, E12 ..... (020) 8478 7391
M, F, 18 Manorhall Gardens, London ..... (020) 8257 5072
M, H, 8/244 Billet Rd, E17 ..... (020) 8503 2489
M, K, 81 Frith Road, London ..... (020) 8539 7641
M, N, 394 Ilford Lane, Ilford ..... (020) 8911 8050
M, N, 13 Westerham Road, London ..... (020) 8556 4025
M, O, Al Noor 92 High Road, Chigwell Essex ..... (020) 8500 1604
M, R, 53 Howard Road, London ..... (020) 4568 0033
M, S, Mobile, 96-98 Green Lane, ... (07961) 658096
M, T, 25 Beaconsfield Road, E10 ..... (020) 8558 3839
M, Mr Tariq, 23 Corbett Road, London ..... (020) 8923 4546
M, T, 40 Hillside Gardens, London ..... (020) 8925 7695
M, Mr W, 21 Colville Road, London ..... (020) 8177 9772
M, Y, 9 Parkway, ILFORD ..... (020) 3623 5680
MAHMOUD, M, 12 Kilmartin Rd, Ilford ..... (020) 8597 5932
MAHMUD, A, Flat 145 39, Icon Building Ilford Hill, Ilford ..... (020) 3015 1840
MAHON, A, 21 Madeira Road, London ..... (020) 8558 3068
MAHONEY, T, 23 Cumberland Road, London ..... (020) 8923 6473
MAHORN, Natasha, 10 Newcomen Road, E11 ..... (020) 8519 2646
MAIER, A, 90 Shakespeare Crescent, London ..... (020) 8377 5966
MAILLOU, G, 3 Foxley Close, Loughton ..... (020) 8508 0453
MAINE, S, A 41 Claude Road, E10 ..... (020) 8539 1515
MAIR, D.C, 60 Northwood Gardens, Ilford ..... (020) 8550 1404
M, L, 15 Clavering Road, E12 ..... (020) 8989 7481
M, S, 24 Richmond Road, E11 ..... (020) 8556 9297
MAISH, P, 28 Pelham Road, E18 ..... (020) 8530 5785
MAJ, G, 20 Livingstone Rd, E17 ..... (020) 8521 4499
MAJEED, A, 11 Ruskin Avenue, London ..... (020) 3730 5642
M, H, Flat 11 649 High Road Leyton, Leyton ..... (020) 3732 4414
M, Mr J, 13 Staines Road, Ilford ..... (020) 8514 6762
M, M, 52 Falmer Rd, E17 ..... (020) 8520 9590
MAJID, A, 20 Lansdowne Road, E17 ..... (020) 8509 9642
M, Muhammadabdul, 145 Auckland Road, Ilford ..... (020) 8554 9606
M, N, 27 Dunedin Road, London ..... (020) 8558 2332
M, S, Flat 3 Ellen Miller House Raglan Road, LONDON ..... (020) 8520 2821
MAJJIGAPU, S, Flat 230 City View Axon Place, Ilford ..... (020) 8014 4015
MAJOR, S, 62 Gordon Rd, E11 ..... (020) 8530 6714
MAKAM, Michael, 72 Mulberry Way, E18 ..... (020) 8989 2978
MAKEPEACE, E.A, 24 Jewel Rd, E17 ..... (020) 8520 2628
MAKIZOLELE, S.S, 13 Rochdale Road, Walthamstow ..... (020) 3757 5689
MAKKI, R, 268A Strone Road, London ..... (020) 3737 2689
MAKOVE, M, 247A High Road Leytonstone, London ..... (020) 7524 2909
MAKRAKIS, E, 75 Spruce Hills Road, E17 ..... (020) 8531 0847
MAKVANA, S, 5 Teresa Mws, E17 ..... (020) 8520 8251
MALANAPHY, Mr S, 11 The Beeches Gladstone Avenue, London ..... (020) 8141 4928
MALATE, C, 4 Craig Gardens, LONDON ..... (020) 8530 5808
MALCOLMSON, J, 71 Stanley Road, E4 ..... (020) 8529 3212
MALDE, C, 75 Cambridge Road, Ilford ..... (020) 8599 5551
MALEARY, John, 212 Fencepiece Road, Ilford ..... (020) 8501 1245
MALHI, B, 22 St. Lukes Avenue, Ilford ..... (020) 8553 4447
M, Darshan, 2 Lincoln Gdns, Ilford ..... (020) 8554 4999
M, M, 156 Goodmayes Lane, Ilford ..... (020) 8983 8656
M, R, 124 Kingston Road, Ilford ..... (020) 8491 0123
MALHODRA, S, 33 Danehurst Gdns, Ilford ..... (020) 8551 1034
MALII, N, 62 Priors Croft, Walthamstow ..... (020) 8523 5846
MALIK, A, 14 Arundel Gardens, Ilford ..... (01708) 930295
M, A, 19 Pooles Court Goodmayes Lane, Ilford ..... (020) 3715 8342
M, Mr A, 6 Annie Taylor Ho Walton Rd, E12 ..... (020) 8514 5398
M, Mr i, 62 Gloucester Road, London ..... (020) 3132 8942
M, K, 6 Addison Road, Ilford ..... (020) 8500 2957
M, K, 16 Gartmore Road, ILFORD ..... (020) 3652 0837
M, M, 111a Ilford Lane, Ilford ..... (020) 8514 6373
M, M, 3 Ravenings Parade, Goodmayes Road, Ilford ..... (020) 3092 4826
M, Miss N, 43 Salop Rd, London ..... (020) 3132 1592
MALIK RAMZAN, A, 15 Lawson Close, Ilford ..... (020) 3592 9364
MALIK, S, 777 High Road, Ilford ..... (020) 3674 3428
M, Mr S, 20 Hoe St, London ..... (020) 3132 5997
M, S, Stand 2a Market Pavilion New Spitalfields Market Sherrin Road, E10 ..... (020) 8556 9030
M, T, 64 Farmilo Road, London ..... (020) 8923 1375
M, T.A, 64 Farmilo Road, E17 ..... (020) 8539 6859
M, Dr Z, 7 Malford Grove, E18 ..... (020) 8989 2635
MALKANI, F, 115 Glenwood Gardens, ILFORD ..... (020) 3561 5147
MALKOCHEV, Mr Vladislav, 81 Colson Road, Loughton ..... (020) 8279 2176
MALLACH, A, 6 Laybrook Lodge, 63 Snaresbrook Road, London ..... (020) 8252 2052
MALLAWATHATHRIGE, Mr R, 73 Essex Clo, E17 ..... (020) 8223 0460
MALLEA, G, 31 Worsley Road, LONDON ..... (020) 8279 8093
MALLETT, J, 17 Mill Houses 27 Mill Lane, Woodford Green ..... (020) 8504 0406
MALLEY, J, 20 Arlington Road, Woodford Green ..... (020) 8504 3828
MALLINDINE, Julie, 11 Wroths Path, Loughton ..... (020) 8502 2165
MALLOYE, Ms S, Mobile, 66 Yorklea Croft, Birmingham, West Midlands ..... (07984) 209472
MALONE, J, 22 Ashingdon Close, London ..... (020) 8524 8319
MALONEY, A, 12 Arbor Road, E4 ..... (020) 8524 1694
M, R, 147 Cavendish Road, London ..... (020) 8531 8979
M, S, 27 Gordon Avenue, London ..... (020) 8926 9739
MAMAH, Mr E, 226 High Rd Leytonstone, London ..... (020) 8555 6793
MAMO, Miss L, 20 Whitehall Gardens, London ..... (020) 8524 7987
MAMPHEY, R, 5 Wadham Road, London ..... (020) 8523 4072
MAN, N, 50 Barclay Road, London ..... (020) 8923 4711
MANARA, F, 2 Colebrook Gardens, Loughton ..... (020) 8923 6142
MANARSARAY, R, Mobile, 951 Forest Road, London ..... (07944) 734839
MANCHA, M, 54 Aragon Drive, Ilford ..... (020) 8500 3071
MANDAZA, Mr W, 57 Daffodil Gardens, Ilford ..... (020) 8141 2438
MANDENDE, P, Flat 1 40 Pretoria Avenue, London ..... (020) 8521 0146
MANDIZHA, M, 168 Headley Drive, Ilford ..... (020) 8554 9181
MANDRELL, D, 35 Milton Road, London ..... (020) 8521 5870
MANE, Aurelio, Flat 1 3 Eatington Road, E10 ..... (020) 8539 5357
MANHOOD, G.L, 104 Oak Hl Cres, Woodfrod Gn ..... (020) 8527 4239
MANIAR, F, 21 Marlborough Road, Chingford ..... (020) 8527 8387
MANICKAM, S, Scout Hall Roding Lane South, Ilford ..... (020) 8551 2884
MANIK, A, 43 Jack Cornwell Street, E12 ..... (020) 8514 0738
M, Mr R, 32 Ruckholt Road, London ..... (020) 8556 4398
MANIVANNAN, J, 12 Thornton Road, Ilford ..... (020) 8478 8271
MANKELOW, A.F.J, 54 St. Patricks Court Bridle Path, Woodford Green ..... (020) 8527 6666
MANKU, K, 5 Bush Road, Buckhurst Hill ..... (020) 8281 8272
MANLEY, T, 17 Kimberley Way, LONDON ..... (020) 8529 4173
MANN, A, 34B Goodmayes Avenue, Ilford ..... (020) 7731 6199
M, Alan R, 17 Forterie Gardens, Ilford ..... (020) 8599 2050
M, Mr E, 3 Bude Close, London ..... (020) 3132 5696
M, H, 7 Southdown Crescent, ILFORD ..... (020) 8220 0885
M, J, 23 Mansfield Road, Ilford ..... (020) 8924 8388
M, K.S, 20 Argyle Road, Ilford ..... (020) 8478 7472

M, M.A, 37 Stonards Hill, Loughton ... (020) 8508 0510
M, P, 5 Inmans Row, Woodford Green ... (020) 8504 8685
M, R, 205 Goodmayes Lane, Ilford ... (020) 8599 9354
M, S, 70 Rokeby Gardens, WOODFORD GREEN ... (020) 8504 1684
M, W, 73 Vicarage Lane, Ilford ... (020) 8599 3130
MANNAN, Mr S, 154 Hampton Road, Ilford ... (020) 8514 5239
M, Zeba, 61 Trevose Road, E17 ... (020) 8527 8495
MANNING, A, 11 Southernhay, Loughton ... (020) 8013 0385
M, C, 14 South Access Road, London ... (020) 8214 5991
M, D, 18 Stafford Close, E17 ... (020) 8141 6578
M, F.C, 40 Grantock Road, E17 ... (020) 8527 8306
M, M, 9 Edward Avenue, London ... (020) 8527 8365
M, Mr 13 Hampton Road, London, Chingford ... (020) 8524 5861
M, P, Mobile, 13 Hervey Park Road, London ... (07788) 198347
M, R.G, 23 Richmond Avenue, E4 ... (020) 8531 7974
MANNION, M, Flat 1 Oak Lodge 56 Cambridge Road, E11 ... (020) 8989 8451
M, M, 45 Cambridge Road, London ... (020) 8989 7215
MANOCHA, K.S, 51 Bernards Clo, Ilford ... (020) 8501 4239
MANOJ SINDU, S, Flat C 45 The Drive, Ilford ... (020) 3566 2256
MANOLI, Y, 78 Westward Road, London ... (020) 8523 1040
MANRO, A, 21 Glebelands Avenue, Ilford ... (020) 8554 1717
MANSBRIDGE, C, 33 Chester Road, Chigwell ... (020) 8501 0501
MANSELL, D, 39 Roll Gardens, Ilford ... (020) 8551 1426
M, P, 32 Deynecourt Gardens, London ... (020) 8989 2608
MANSFIELD, D.J, 3 Fletcher Road, Chigwell ... (020) 8559 8293
MANSONVISRAM, C, Flat 2,1 Murchison Road, Leyton ... (020) 7524 2879
MANSOOR, Shazia, 72 Fenman Gardens, Ilford ... (020) 8599 4962
MANSUKHLAL, V, 98 Abbey Road, ILFORD ... (020) 8554 0061
MANTE, Gladys, 234 Hathaway Crescent, London ... (020) 8472 4845
MANUEL, N, 20 Albemarle Gardens, Ilford ... (020) 8554 4629
MANWARING, B, 167 Horns Road, Ilford ... (020) 8554 6533
MANZOOR, 213A Hoe Street, London ... (020) 8177 8320
M, M, Mobile, 56 Brooke Road, Walthamstow, London ... (07958) 496089
MAPLEY, G, 30 The Heights, Loughton ... (020) 8508 6056
MAPP, G, Apartment 5 Montague House Regents Drive, Woodford Green ... (020) 3654 1052
MAQBOOL, R, 270 Hampton Road, Ilford ... (020) 3318 8740
MAQSOOD, Mr I, 31B Goodmayes Rd, Ilford ... (020) 8590 7559
M, Mr M, 57 Peterborough Rd, London ... (020) 3138 3203
MARAN, P, 25 Greenleafe Drive, Ilford ... (020) 8550 1201
MARASCO, J, 4 Sparrow Court 45 Lena Kennedy Close, Chingford ... (020) 8523 0138
MARAVOLO, B, 104 Richmond Road, E11 ... (020) 8926 1964
MARCEL, Alvin, 237 Monega Road, E12 ... (020) 8548 4420
MARCH, R, 76 Monkhams Avenue, Woodford Green ... (020) 8559 2928
MARCHAND, N, 343 Elizabeth Ct Navestock Cres, Woodford Gn ... (020) 8498 0469
MARCIULIONYTE, L, 14 Excalibur Court Queen Mary Avenue, London ... (020) 3524 5614
MARCO, Mr Harold, 5 St. Winifreds Close, Chigwell ... (020) 3674 5002
MARCU, D, 2 165, Cherrydeal Court Forest Road, London ... (020) 3566 2159
M, M, 312 High Road Leytonstone, E11 ... (020) 8534 9075
MARDAD, Mr L, 632 Green Lane, Ilford ... (020) 8177 1018
MARDAN, B, Flat 3, 77 Meads Lane, Seven Kings, Ilford ... (020) 8109 0144
MARDARI, D, 129B Fencepiece Road, Ilford ... (020) 3669 8413
MARES, G, 53 First Avenue, London ... (020) 8478 8332
MARFO, A, Hyacinth House Flat 10 25, Vine Street, London ... (020) 8520 6622
MARGOLIS, G, 11 Beehive Lane, Ilford ... (020) 8550 7434
MARIADAS, A, 51 Albemarle Gardens, Ilford ... (020) 8518 3554
M, S, 123 Little Ilford Lane, London ... (020) 8478 2987
MARIASOOSAITHASAN, A, 37 Britannia Road, Ilford ... (020) 8478 1532
MARIE TAYAG, A, FLAT 2 88 Hainault Road, Leytonstone ... (020) 3542 4191
MARIN, V, 64B Elgin Road, Ilford ... (020) 8389 3214
MARINESCUGAIU, V, 43 Lechmere Avenue, Woodford Green. (020) 8550 3142
MARIS, A, 8 Sunset Avenue, Woodford Green ... (020) 3592 0387
MARIUS, Mrs S, 13 Frobisher Gardens Westerham Road, London ... (020) 3132 8541
MARIUS TEODOR, A, 79 Wellesley Road, Ilford ... (020) 3665 6713
MARIYARATNAM, Ratha, 816 Eastern Avenue, Ilford ... (020) 3002 0511
MARJORAM, K, First Floor Flat 117 Maynard Road, Walthamstow ... (020) 3233 0175
MARKEZINIS, S, 13 Charteris Road, Woodford Green ... (020) 8498 9000
MARKHAM, A, 107 Larkshall Road, London ... (020) 3524 5932
M, Keith, 17 High Meadows, Chigwell ... (020) 8500 5420
M, R, 13 Waterhall Avenue, London ... (020) 7018 0936
MARKMANN, C, Flat 10 Thornton House Cambridge Park, E11 ... (020) 8530 5730
MARKOVITCH, D, 2 Spareleaze Hill, Loughton ... (020) 8508 1150
MARKOWSKA, M, 40 Barrington Rd, E12 ... (020) 8514 4278
MARKS, G, 42 Bawdsey Avenue, Ilford ... (020) 8220 7216
M, S, 58 Canterbury Avenue, Ilford ... (020) 8554 1746
MARLBOROUGH, K, 64 Rous Road, Buckhurst Hill ... (020) 8504 5027
MARLOWE, Henry, 67 Margaret Way, Ilford ... (020) 8550 0423
MARNER, J, 21 Tine Road, Chigwell ... (020) 8500 8347
MAROKITY, N, 46 Wetherden Street, E17 ... (020) 3208 0056
MARQUES, L, 5 Crescent View High Road, Loughton ... (020) 3673 6828
MARRI, Mr V, 42 Kensington Avenue, London ... (020) 8177 6207
MARRIOT, Mr P, 38 Clandon Road, Ilford ... (020) 8141 1254
MARSDEN, Mr A, Mr 22 Castle Avenue, London ... (020) 8523 3213
M, Margaret, 39 Kimberley Rd, Chingford ... (020) 8529 2915
MARSH, Mr D, Flat 112, Blenheim Court Navestock Crescent, Woodford Green ... (020) 8141 5357
M, G, 16 Harbourer Road, Ilford ... (020) 8502 7019
M, H, 10 Grantock Road, Walthamstow ... (020) 8527 7435
M, K, 72 Limes Avenue, Chigwell ... (020) 8281 0837
M, M.L, 71 Matlock Road, E10 ... (020) 8556 0065
M, R.A.W, 2 Grange Court High Road, Loughton ... (020) 8508 3395
M, Miss S, 39b Tavistock Road, London ... (020) 8530 6915
MARSHALL, C.H, 43 Scotland Road, Buckhurst Hill ... (020) 8505 0382
M, J, 1 Stoneleigh Road, Ilford ... (020) 8550 4540
M, L, 207 Willingale Road, Loughton ... (020) 8508 2667
M, Mr P, 15b Cambridge Road, Ilford ... (020) 8141 1776
M, R, 36 Naseby Road, Ilford ... (020) 8550 3490
M, R, 66 Oakwood Hill, Loughton ... (020) 8508 8475
M, S, 1 Barrington Road, Loughton ... (020) 8508 7425
M, S, 82 Pyrles Lane, Loughton ... (020) 3380 4997
M, T, Flat 1 133 Queens Road, Buckhurst Hill ... (020) 8506 1614
M, T & K, 54 Church Hill, E17 ... (020) 8520 7370
M, W, 6 Merton Road, Ilford ... (020) 8599 8354
MARSON, S, 19 Brodie Road, E4 ... (020) 8524 2826
MARSZALEK, J, 204 Winns Avenue, London ... (020) 3689 9488
MARTIN, Mrs A, 2 Deepdene Path, Loughton ... (020) 8508 9896
M, A, 51 SUFFOLK COURT Suffolk Road, Ilford ... (020) 8983 8465
M, D, 51 Donington Avenue, Ilford ... (020) 8554 1844
M, D, 20 The Drive, Loughton ... (020) 8220 1353
M, D.W, 29 Fowey Avenue, Ilford ... (020) 8550 8044
M, E.S, 10 Wroths Path, Loughton ... (020) 8508 9843
M, G, 130 Gardner Close, E11 ... (020) 8989 1642
M, G, 31 Monkhams Drive, Woodford Green ... (020) 8504 8201
M, G, 14 Montfort Gardens, Ilford ... (020) 8500 8389
M, G.M, 2 Mayhew Clo, E4 ... (07956) 309862
M, I.L, 257 Wanstead Park Road, Ilford ... (020) 8554 6368
M, J, 15 Struan House High Street Wanstead, Leytonstone ... (020) 8530 7323
M, J, 420 New North Road, Ilford ... (020) 8500 5673
M, Kathleen, 4A Forest Drive, E12 ... (020) 8553 3382
M, K, 6 Whitehall Lane, Buckhurst Hill ... (020) 8506 1288
M, M, Beechwood House Manor Road, High Beech ... (020) 8508 4501
M, M, 53 Mornington Road, Woodford Green ... (020) 8504 0213
M, M.J, 15 Long Green, Chigwell ... (020) 8500 6528
M, P, 25 Chertsey Road, Leytonstone ... (020) 8558 1258
M, P, 27 Gordon Road, London ... (020) 8505 6512
M, R, Flat 43 Carlton House Algers Road, Loughton ... (020) 8418 9095
M, Robt S, 192 Roding Lane South, Ilford ... (020) 8550 4430
M, R.W, 63 Vista Drive, Ilford ... (020) 8550 6303
M, S, 6 Brockham Drive, Ilford ... (020) 8554 0997
M, S, Flat B-D 17 Grosvenor Road, London ... (020) 8532 2658
M, S, 9 Hillcrest Road, Loughton ... (020) 8508 1746
M, Mr T, 6 Cumberland Rd, E17 ... (020) 8523 5183
M, Miss Wendy, 41 Manford Way, Chigwell ... (020) 8500 0496
M, Wilhemina, 56 Stainforth Rd, Ilford ... (020) 8597 5838
MARTINDILL, A.H, 3 Chestnut Grove, Ilford ... (020) 8500 3521
MARTINEZ, D, Workabout 125 Trotwood, Chigwell ... (020) 8500 1438
MARTINEZ DOWSETT, D, 64 Coolgardie Avenue, E4 ... (020) 8523 2245
MARTINOVICH, A, 18 Pearl Apartments 53 Dunton Road, London ... (020) 8539 4380
MARTIN-PERRY, G, 22B St. Albans Crescent, Woodford Green. (020) 8504 4823
MARTINS, A, Noel Baker Court, 8 Brockway Close, Leytonstone ... (020) 8141 7035
M, J, Flat 34 Blakesley House Grantham Road, E12 ... (020) 8553 0405
MARUM, E, 49 Forest Court, E11 ... (020) 8530 2565
MARWAY, M, 195 Shakespeare Crescent, London ... (020) 8552 0272
MARYAN, A, 8 Alderton Close, LOUGHTON ... (020) 8502 0845
MASCARENHAS, A, 123 Brookscroft Road, LONDON ... (020) 3715 4339
MASELLA, M, 80 Canterbury Road, London ... (020) 8539 3958
MASILO, T, 1 Martina Terrace, Manford Way, Chigwell ... (020) 8091 6314
MASKELL, D.A, 8 Westbury Lane, Buckhurst Hill ... (020) 8505 2363
M, M, 4 Milkwell Gardens, Woodford Green ... (020) 8252 3958
MASKOLAITIS, Mr S, 66 Ickworth Park Road, London ... (020) 8141 1907
MASON, D, 5 Southern Drive, Loughton ... (020) 8508 9254
M, F, 9 Cecil Road, London ... (020) 8923 1170
M, H, 17 Park Avenue, Woodford Green ... (020) 8504 1208
M, J, 759 Chigwell Road, WOODFORD GREEN ... (020) 8498 0300
M, J, Flat 6 Dennis Court 148 Hainault Road, London ... (020) 8988 1241
M, K, 86 Larkswood Road, E4 ... (020) 8529 9273
M, P, 2 Starling Close, Buckhurst Hill ... (020) 8504 3762
M, R, Upper Floor Flat 427 Forest Road, E17 ... (020) 8523 0484
M, T, 1 Ashbridge Road, London ... (020) 3669 0899
MASONGA, J, 11 Marien Court 45 The Avenue, Highams Park (020) 3524 9706
MASOOD, A, 13 Gloucester Rd, E12 ... (020) 8478 9733
M, A, 2 The Mile End, LONDON ... (020) 3843 3452
M, Mrs K, 63 Farmilo Road, London ... (020) 8177 2178
M, Ms M, 41 Castleton Rd, Ilford ... (020) 8141 7773
M, Mr W, 1 Boscombe Avenue, London ... (020) 8141 2481
MASSALA, O, 1 Broomfield, London ... (020) 3685 9239
MASSEY, B.D, 31 Hale End Road, E17 ... (020) 8527 3102
M, C, 10 Summit Road, E17 ... (020) 8521 0458
M, K, 121 Byron Avenue, E12 ... (020) 8472 6078
MASSIAH, P, 52 Cowley Road, Ilford ... (020) 8518 5383
MASSIE, G, 55 High View Road, South Woodford ... (020) 8989 6293
MASTER, S, 26 Ellesmere Gardens, Ilford ... (020) 4541 9517
MASTERS, D, 19 Beechwood Drive, Woodford Green ... (020) 8925 1421
MASUD, S, 9 Meldrum Road, Ilford ... (020) 8270 2196
MASUM ATLANTIC COMPANY LTD, Mr A, 287 High Road, Leyton, London ... (020) 8558 9944
MATABADUL, V, 58 Aberdour Road, Ilford ... (020) 8599 7967
MATAITIS, D, Flat 1 50 Norlington Road, Leyton ... (020) 8556 9271
MATAJ, A, Flat 4 27 Wellwood Road, Ilford ... (020) 3662 1411
M, F, Flat A, 753 Lea Bridge Road, London ... (020) 8227 9884
MATARESE, A, Flat 4 Beech Court 38 Bisterne Avenue, London (020) 3417 3582
MATEEVA, D, 30 Gantshill Crescent, Ilford ... (020) 3843 3130
MATEUS, Mr S, 183 Grange Road, Ilford ... (020) 8177 9506
MATHARU, J, 4 Cardigan Gardens, ILFORD ... (020) 8598 1778
M, J.S, 58 Ingleby Rd, Ilford ... (07956) 285868
MATHESON, Sheila, 11 Dale Gardens, Woodford Green ... (020) 8505 7840
MATHEWS, H, 18 Alma Avenue, London ... (020) 8527 5323
M, J, 61 Oak Hill Crescent, Woodford Green ... (020) 8531 6146
MATHIAS, Mr W, 65 Westwood Rd, ILford ... (020) 8503 8688
MATHISON, C, Flat 62 Malford Court The Drive, E18 ... (020) 8989 4914
MATHOLUS, E, Flat 2 14, Ellen Court The Ridgeway, London ... (020) 3648 2372
MATHURALINGAM, Y, 10 Southdown Cres, Ilford ... (020) 8599 2315
MATILIONIENE, R, 44 Falmouth Gardens, Ilford ... (020) 3509 1342
MATSIKA, W, 7C Wessex Close, Ilford ... (020) 3340 8336
MATSON, D, 45A Woodland Road, LONDON ... (020) 8559 3520
MATSOV, M, Flat 4 2, Flat 4, Rose Court Campion Road, London ... (020) 8014 5365
MATTHEW, Obadiah, 24 Woodhouse Road, London ... (020) 8534 7745
MATTHEWS, A, 10 Tufton Road, London ... (020) 8524 8496
M, Gillian, Flat A 34 Fillebrook Road, E11 ... (020) 8556 7155
M, J, 91 Beechwood Drive, Woodford Green ... (020) 8504 9181
M, R, 1 Aubrey Road, London ... (020) 8923 8050
M, R, 93 Kings Head Hill, London ... (020) 8529 4372
M, S, Flat 15 Dale Court Grove Hill, London ... (020) 3842 7941
M, S.R, 11 Tollesbury Gardens, Ilford ... (020) 8551 9155
MATTINSON, C, Flat 2 168 Coppermill Lane, London ... (020) 8520 0799
MATTU, T.S, 14 Brownlea Gdns, Ilford ... (07956) 489473
MATULEVICIUS, Mr D, 70 Mansfield Rd, London ... (020) 3132 5694
MATUSIAK, K, 234 Albert Rd, E10 ... (020) 8558 3811
MAUGER, S, 25 Ashbourne Avenue, London ... (020) 8989 2313
MAULE, W, Flat 6 Homebush House 142 Kings Head Hill, E4 ... (020) 8524 4880
MAUNDERS, E, 93 Covert Road, Ilford ... (020) 8500 0107
MAVERS, S, 45 Bressey Grove, London ... (020) 8530 6619
MAXFIELD, A, 241 The Avenue, E4 ... (020) 8527 3313
MAXTED, R, 263 Billet Road, E17 ... (020) 8527 4012
MAXWELL, D, 6 Avenue Gate, Loughton ... (020) 8502 4157
MAY, Miss G, 17 Granville Rd, London ... (020) 3132 3036
M, M, 23 Preston Avenue, London ... (020) 8925 7409
M, R, Flat 6 48 Beresford Road, London ... (020) 3720 3283
M, S, 63 Beech Hall Road, Chingford ... (020) 8527 7400
M, V, 25 Jessel Drive, Loughton ... (020) 8281 7531
MAYAT, Y, 726A High Road Leytonstone, London ... (020) 8556 2080
MAYBARKSKAN, V, 286 Hoe Street, E17 ... (020) 8521 8000
MAYCOCK, S, 61 Sandhurst Drive, Ilford ... (020) 8590 5462
MAYERS, B, 7 Bourne Gardens, E4 ... (020) 8524 2285
M, G, 10 Kingsley Road, Walthamstow ... (020) 8531 2729
M, J, 13 Leycroft Close, Loughton ... (020) 8508 3290
M, V, Downstairs Flat 57 Bulwer Road, E11 ... (020) 8556 6193
MAYES, A, 1 The Stables, Buckhurst Hill ... (020) 8504 3619
M, Miss Pamela, 33 Hermon Hill, London ... (020) 8989 7385
M, P, 6A Morley Road, E10 ... (020) 8558 2824
MAYET, A.B, 33 Beaconsfield Rd, E10 ... (07956) 551265
M, S, 134A Ashville Road, E11 ... (020) 8558 5601
MAYHEW, E, 10 College Gardens, E4 ... (020) 8529 7852
MAYNARD, L, 27 Ravenoak Way, Chigwell ... (020) 7671 1092
M, S, 199 Hampton Road, Ilford ... (020) 8478 6713
MAYNES, D, 5 Balgonie Road, London ... (020) 8529 5516
MAYOR, B, 153 Onslow Gardens, E18 ... (020) 8530 5043
M, P, 52 Alderton Hill, Loughton ... (020) 8508 8821
MAZDON, S, 77 Forest Approach, Woodford Green ... (020) 8491 6155
MAZID, M, 6 Dyson Road, London ... (020) 8530 6049
MBA, C, 57 Tryfan Close, Ilford ... (020) 3665 4357
MBAMBO, J, 404 Manford Way, Chigwell ... (020) 8501 2362
MBENGUE NDIAYE, A, First Floor Flat 12 Ashville Road, Leytonstone ... (020) 3665 0570
MBOLO, J, 200 Stocksfield Road, E17 ... (020) 3172 8248
"MC"
Names with a prefix Mc are sorted with those beginning Mac
MCCLELLAND, E, Flat 1 Drayton House Drayton Road, London (020) 3662 0793
MCKENZIE, P, 16 New Jubilee Court 2A Grange Ave, Woodford Green ... (020) 8504 1456
MEABY, Chas, 14 Clarence Road, E12 ... (020) 8553 4868
MEAD, G, 18 Felbrigge Road, Ilford ... (020) 8599 4694
M, G, 51 Wanstead Park Road, Ilford ... (020) 3556 4825
M, H, 76A Somers Road, London ... (020) 8520 0559
M, J, 10 Cedar Close, Buckhurst Hill ... (020) 8505 8258
M, P, 93 Russell Road, E4 ... (020) 8524 3714
M, R, 42 Stonards Hill, Loughton ... (020) 8508 7879
M, S, 6 Colvin Gardens, E11 ... (020) 8989 7723
M, S, 191 Farmer Rd, E10 ... (020) 8556 7343
MEADE, J, 1 Higham Street, London ... (020) 8257 8978
M, W.N, 98 Emmott Avenue, Ilford ... (020) 8554 7874
MEADOWS, C, 4 Chester Road, LONDON ... (020) 8281 7098
MEADWAY, Drs Jeanette & R.J, 4 Glebe Avenue, Woodford Green ... (020) 8504 1958
MEAGHER, G, 31 Dene Road, Buckhurst Hill ... (020) 8505 9001
MEAKIN, D, 19 Boleyn Way, Ilford ... (020) 8500 2095
M, T, 23 Clementine Walk, Woodford Green,Essex ... (020) 8506 1208
MEARS, R.J, 33 Blenheim Road, E17 ... (020) 8527 3523
MEASURE, M.C.C, 90 Richmond Road, London ... (020) 8558 5491
MEATS, R, Flat 35 Malford Court The Drive, E18 ... (020) 8530 3594
MEDICI, Gordon, 6 Manford Court Manford Way, Chigwell ... (020) 8501 1782
MEDLAND, S, 47A Nightingale Lane, London ... (020) 8989 4422
MEDLYCOTTT, A.R, 168 Hampton Rd, E4 ... (07956) 527640
MEDNICK, J, 7 Aster Road, Chigwell ... (020) 8500 3812
MEEHAN, J, 58 Clavering Road, E12 ... (020) 8530 7934
MEERIAH, S, 6 Chigwell Park Drive, CHIGWELL ... (020) 3945 1143
MEETAROO, R, 178 Prospect Road, Woodford Green ... (020) 8505 4799
M, S, 160 Tomswood Hill, Ilford ... (020) 8500 5232
MEEYAN, S, 4/158 Norman Rd, E11 ... (020) 8539 2887
MEGGINSON, S, 30 Headbourne House 22d Sutherland Road, E17 . (020) 8531 4045
MEGGS, A.S, 3 Harold Road, E4 ... (020) 8529 1325
MEGHANI, D.K, 88 Bawdsey Av, Ilford ... (07956) 521164
MEGUESSA ADJIBOLO, Mr S, 33 Queens Rd, London ... (020) 3132 1412
MEHMET, A, 52 Glenthorne Road, E17 ... (020) 8520 2995
M, E.A, 25 Long Meadow Vicarage Lane, Chigwell ... (020) 8500 5710
M, M, 7 Fourth Avenue, E12 ... (020) 8478 7047
M, O, 55 Elphinstone Road, LONDON ... (020) 8220 9145
M, Seyhan, 52 Lambourne Gardens, E4 ... (020) 3715 2102
MEHMOOD, H, 124 Rushden Gardens, Ilford ... (020) 3732 1513
M, K, Flat 13 Blacksmiths House Gillards Mews, E17 ... (020) 8520 7630
M, Mr K, 47 Westerham Road, London ... (020) 8141 1809
M, Mr M, Flat A/550 Lea Bridge Rd, London ... (020) 3132 4709
M, Q, Flat 61,Carlton House,531-535 High Road, Ilford ... (020) 3158 3652
MEHMOOD RAJA, A, 7 Madras Road, Ilford ... (020) 3652 8992
MEHTA, B, 126 Mayfair Avenue, Ilford ... (020) 8252 9900
M, J, 81 Coventry Road, Ilford ... (020) 8554 2853
M, Dr V, 72 Broadmead Rd, Woodford Gn ... (020) 8505 5165
MEIR, R, 7 Little Ilford Lane, London ... (020) 8478 0455
MEITE, J, 12a Wordsworth Avenue, London ... (020) 8471 1792
MEKSEM, D, Flat 7, Ellis House, 190 Shernhall Street, London . (020) 7018 3857
MELDON, R.A.L, 15 Church Road, Ilford ... (020) 8597 3826
MELINEK, F, 14 Lansdowne Road, E18 ... (020) 8989 1209
MELLIS, B, 8 Habgood Road, Loughton ... (020) 8502 0992
M, D, 249 Manford Way, Chigwell ... (020) 8252 8854
M, P, 23 Beresford Drive, Woodford Green ... (020) 8504 6123
MELNIC, I, Flat 4 51-53 Ley Street, Ilford ... (020) 3718 3229
MELVILLE, R, 30 Wallwood Road, E11 ... (020) 8558 7770
M, S, 16 The Bramblings, London ... (020) 8925 1512
MELVIN, D, 3 Arrowsmith Road, Chigwell ... (020) 8501 0367
MEMBERS OF PARLIAMENT
See Listing In Business Section
MEMIA, S, 81 Netley Road, Ilford ... (020) 8924 7573
MENAHAM, C, 11 Hawkwood Crescent, E4 ... (020) 8524 5130
MENDEL, M, 17 Rutland Road, London ... (020) 8530 2237
M, S, 39 George Davies Lodge, 14 Veronique Gardens, Ilford (020) 8518 2370
MENDES, D, 5 Ash Way, Woodford Green ... (020) 3654 7933
M, E, Raphael House Flat 903 250, High Road, Ilford ... (020) 3720 6611
MENDOZA - MAPRA TECHNIK, R, Unit D13 Seedbed Centre Langston Road, Loughton ... (020) 8508 4207
MENGA, K, 157 Brocket Way, Chigwell ... (020) 8227 9547
MENG-QIONG, Miss W, 49 Poplars Rd, London ... (020) 8177 2441
MENSAH, A, 29 Holly Close, Buckhurst Hill ... (020) 8923 7371
M, J.D, 91 Blythswood Road, Ilford ... (020) 8599 7104
M, S, 24 Howard Road, E17 ... (020) 8223 0625
MEPHAM, H, 127 Brading Crescent, London ... (020) 8989 5941
MERAI, M, 15 Wellesley Road, London ... (020) 8520 1497
MERCER, T, 66 Manford Way, Chigwell ... (020) 8501 2152
M, V, 5 Triton Court Whitehall Lane, Buckhurst Hill ... (020) 8504 9561
MERCHANT, S, 4 Cranbrook Rise, Ilford ... (020) 8518 4975
M, T, 158 Blackhorse Road, London ... (020) 8520 0183
M, Mr Y, 358 Mortlake Rd, Ilford ... (020) 8141 0163
MERDZHANOV, R, 11 Barrington Green, Loughton ... (020) 8257 1148
MEREDEEN, C, 128 Maynard Road, London ... (020) 8520 5885
MEREDITH, R, 56 Woodview Avenue, London ... (020) 8524 0463
M, T, 73 Elmcroft Avenue, LONDON ... (020) 3722 3239
MERITT, J, 44 Dacre Gardens, Chigwell ... (020) 8501 4151
MERRIAN, H, 478 Eastern Avenue, Ilford ... (020) 8220 5466
MERRIFIELD, E, 25 Tennyson Avenue, London ... (020) 8530 8022
MERRITT, E, Flat 50, Carlton House Algers Road, Loughton ... (020) 8446 0868
M, P, 105 Church Hill, Loughton Essex ... (020) 8508 9862
MESFIN, S, 69 Ching Way, London ... (020) 7910 1508
MESSECAR, D, Unit 16, 17 Argall Avenue, London ... (020) 3305 5536
MESSENGER, M.J, 25 Grove Green Road, E11 ... (020) 8556 0856
MESSER, P, 89 Carnarvon Road, London ... (020) 8491 7802
MESSINA, M, 4 Eatons Mead, London ... (020) 3308 8109
MESSUM, R, 20A Cleveland Road, London ... (020) 8491 1240
MESURIA, K, 1 Stapleford Avenue, Ilford ... (020) 8599 7089

METCALFE, J, 67 Clavering Road, London (020) 8925 6324
METHA, J, 16 Brancaster Road, Ilford (020) 8597 1763
METROS, 611a Lea Bridge Road, London (020) 3802 1739
METSELAAR, John, 59 Lord Avenue, Ilford (020) 8550 3220
METZGER, T, Flat 10 Berica Court Mossford Green, Barkingside (020) 8550 8341
MEZOURI, Mr A, 23 Dovedale Avenue, Ilford (020) 8141 5905
MHALIE, T, 83 Piper Way, Ilford (020) 3524 5169
MHANGO, M, 6C Elgin Road, Ilford (020) 3754 7719
MHIKAE, Miss G, 18 Friars Close, Ilford (020) 3132 5261
MHLANGA, L, 145 Third Avenue, LONDON (020) 8553 1529
MIA, Mr M, 17A Station Rd, London (020) 8553 5253
M, S, 120 Staines Road, ILFORD (020) 8478 1166
M, S, 41 Thurlow Gardens, Ilford (020) 8555 2407
MIACH OR MIAH, A, Flat 6 109 High Road, Ilford (020) 3737 9877
MIAH, A, 16 Woodford Avenue, Ilford (020) 3336 3657
M, F, 12 Lincoln Gardens, ILFORD (020) 3851 4019
M, G, 60 Coleridge Avenue, LONDON (020) 3380 4252
M, H, 34 Glencoe Avenue, Ilford (020) 3532 7522
M, K, 50A Little Ilford Lane, E12 (020) 8478 0049
M, Mostab, 101 Bluebell Avenue, E12 (020) 8586 6935
M, M, 52 Gantshill Crescent, Ilford (020) 8551 4088
M, M, 131 Hathaway Crescent, LONDON (020) 3842 0949
M, Masud, 7 Sussex Close, Ilford (020) 8551 2537
M, N, 21 Chamberlain Close, Ilford (020) 3726 1047
M, S, 16 Worcester Gardens, Ilford (020) 8270 9755
M, Mr S, 14 Worcester Rd, London (020) 8514 8266
MIAN, Z, 3 Bentley Way, Woodford Green (020) 3091 4146
MICHAEL, C, 19 Merlin Grove, Ilford (020) 8252 1888
M, Mr J, 33 Norman Road, Ilford (020) 8141 1301
M, M, 44 Harcourt Avenue, Manor Park (020) 4537 3687
M, P, 41 Milton Crescent, Ilford (020) 8518 2498
MICHAELIDES, M, Flat 3, 694 High Road, Buckhurst Hill (020) 7018 9447
MICHAELS, Mr I, 255 Forest Road, E17 (020) 8177 3137
M, M, 1 Churchwood Gardens, Woodford Green (020) 3245 1138
M, M, 1 Churchwood Gardens, Woodford Green (020) 8505 8422
MICHEAL, S, 18 Aveling Park Road, Walthamstow (020) 8523 0750
MICHEL, Mr G, 92 Mayesbrook Road, Ilford (020) 3132 6113
MIDDLEMISS, Mr J, 61 Kenilworth Avenue, London (020) 8531 3217
MIDDLETON, C, 36 Blackthorne Drive, London (020) 8529 8101
M, J.H, 76 Charter Avenue, Ilford (020) 8554 5175
MIDLANE, S, 93 Cranley Drive, Ilford (020) 8270 2945
MIDO, G, 18 Hathaway Crescent, London (020) 3623 7659
MIEVSKI, Mr Viktor, Dorchester Court Buckingham Road, London (020) 3490 9409
MIFSUD, Dr A.J, 58 High Road, Buckhurst Hill (020) 8504 4048
MIGDAL, C, 238 Kingston Road, Ilford (020) 8478 0694
MIGNOT, M, 3 Newton Court Hornbeam Road, Buckhurst Hill (020) 3724 9231
MIHAI, L, 1198 Eastern Avenue, Ilford (020) 3654 3926
MIHALKINS, A, 27 Maude Terrace, E17 (020) 3132 3396
MIHAYLOV, Mr S, 162 Higham Stn Av, London (020) 8527 9701
MIHLAI-EVERARD, I, 58 Brettenham Road, E17 (020) 8257 8968
MIHOV, Mr Pavel, 4 Broad Oak, Woodford Green (020) 3620 1592
MIKA, M, 36 Cambria Court 24 Sutherland Road, E17 London (020) 8523 3080
MIKDADI, M, 15 Witham Close, Loughton (020) 8508 9846
MIKLE, Gina, 1A Station Road, E12 (020) 8514 3888
MIKOSINSKI, D, 25 Lotus Close, Chigwell (020) 8501 5455
MIKUTA, Mr R, 68 Oakdale Road, London (020) 8556 1832
MILBOURN, A, 186A Chingford Mount Road, London (020) 3672 1169
MILES, A, 54 York Road, E4 (020) 8529 7345
M, N, 6 The Close Oaks Lane, Ilford (020) 8590 5975
M, P, 8 Vincent Road, E4 (020) 8527 4608
MILFORD, S, 72 Edinburgh Road, London (020) 8520 7315
MILGROVE, R.R, 55 Chester Road, Ilford (020) 8597 3542
MILLAR, A, 142A Horns Road, Ilford (020) 8554 3179
M, F.Y, 43 Goldsmith Road, E17 (020) 8531 8914
MILLEN, C, 28 Titley Close, London (020) 8523 7024
MILLER, A, 16 Grange Avenue, Woodford Green (020) 8505 6102
M, A, 72 Hartington Road, E17 (020) 8520 3051
M, A, 60 Herongate Road, E12 (020) 8989 9882
M, B, 59 Forest Edge, Buckhurst Hill (020) 8504 8587
M, I, 85 Colombo Road, Ilford (020) 8554 9698
M, Leonard, Grantham Road Grantham Road, London London (020) 8478 6701
M, M, Flat 3 Aurora Court 14A Sunset Avenue, Woodford Green (020) 8505 6134
M, Mr S, 5 Suite M2 Waltham Forest Business Pk Blackhorse La, London (020) 3132 6397
M, Mr S, 5 M2 Waltham Forest Business Pk Blackhorse La, Walthamstow (020) 3132 8957
MILLEST, V, 83 Epping New Road, Buckhurst Hill (020) 8504 3029
MILLHAM, J, Broomhill Cott High Road, Chigwell (020) 8500 4107
MILLS, A, 82 Sinclair Road, E4 (020) 8524 6818
M, C, Flat 29 Ellen Court 14 The Ridgeway, Chingford (020) 8524 2957
M, D.W, 25 Selwyn Avenue, E4 (020) 8531 9692
M, E.G, 2 Albert Av, E4 (020) 8529 9594
M, J.P, 38 Gunners Grove, E4 (020) 8524 3981
M, N, 102e Beaconsfield Road, London (020) 8091 9044
M, Mrs Natalie, 36 Dover Road, London (020) 8989 5137
M, P, 3 Huxley Road, London (020) 8556 1903
M, S, 2 Mansel Grove, London (020) 8527 2592
M, Mr S, 24 Mount Pleasant Road, E17 (020) 8141 7322
MILNER, J, 88 Pearcroft Rd, E11 (020) 8556 9768
MILNES, W, 37 Marmion Close, Chingford (020) 8529 0513
MILUSKA, Izabella, Mill Grove 16-22 Crescent Road, E18 (020) 8505 3624
MIN, A, 55 Claude Road, London (020) 3514 1138
MINA, G, 35 Smeaton Road, Woodford Green (020) 8505 4878
MINAEI-PUR, B, Flat 20 Celandine Court Chingford Avenue, London (020) 8279 9683
MINHAS, I H, 4c Albert road, London (020) 3375 6761
MINNIS, D, 352 Fencepiece Road, Chigwell (020) 8500 1797
MIR, R, 10 Royston Gardens, Ilford (020) 8554 2581
MIRAVAL, D, 6 Ive Farm Close, London (020) 4568 3705
MIRONOVICS, K, 89 Penrhyn Avenue, London (020) 3152 4106
MIRZA, A, 8 Asthall Gardens, Ilford (020) 8117 3295
M, I, 17 Milverton Gardens, Ilford (020) 8599 4305
M, Kazim, 39 Horn Lane, Woodford Green (020) 8505 0641
M, Khayrul, 368 Sherrard Road, E12 (020) 8472 2328
M, N, 289 Church Road, London (020) 8923 8009
M, S, 76 Harewood Drive, Ilford (020) 8550 6737
M, T, 147 Kingston Rd, Ilford (020) 8514 5701
M, Z, Flat 25 Hubbard Court Valley Hill, Loughton (020) 8508 1205
MISERY, D, 59 St. Barnabas Road, London (020) 8925 7615
MISHAL, A, Rear Of 156 George Lane, South Woodford (020) 4619 5736
MISHRA, Mr V, 1126 Eastern Avenue, Ilford (020) 8141 1088
MISOMALI, Mrs A, 117 Lavender Pl, Ilford (020) 8478 2757
MISTARY, Mr A, 143 Blythswood Rd, Ilford (020) 8177 1021
MISTARZ, Krzysztof, 64 Stanley Road, Ilford (020) 8911 9479
MISTRY, D, 31a Brook Crescent, Chingford (020) 8524 9743
M, N, 39 Chadacre Avenue, Ilford (020) 8220 1975
M, N, Mobile, 50 Sandringham Road, London (07957) 572347
M, S, 4 Merlin Road, E12 (020) 8530 7324
MISZTELA, Mr W, 62 Whitney Rd, London (020) 3132 7019
MITCHELL, B, FLAT 6 DENNIS COURT 53 Fernhill Court, London (020) 8520 9865
M, J, 191 Brookscroft Road, E17 (020) 8523 4467
M, M, 32 Byron Road, London (020) 8923 1009
M, N, 152 Selwyn Avenue, E4 (020) 8527 6053
M, Mr Paul, 15 Alderton Way, Loughton (020) 8502 3563
M, P, 31 Hazelbrouck Gardens, Ilford (020) 8500 8710
M, Rm, Flat 29 Winters Court 115 Alpha Road, E4 (020) 8529 9574
M, R, 62 Bromley Road, London (020) 3685 0705
M, R, 31 Caterham Avenue, Ilford (020) 4539 8830
M, R.L, 44 Wanstead Park Road, Ilford (020) 8514 3926
MITSON, L, 26 Ashbourne Avenue, E18 (020) 8530 7624
MIXTER, B, 12 Broadmead Road, Woodford Green (020) 8505 9432
MKHEMAR, E, 6 Durban Road, E17 (020) 4568 7000
MLAMBO, E, The Technical Institute Flat 1 1a, Adelaide Road, Leyton (020) 3669 1690
MOAZZAM, S, 90 Normanshire Dv, E4 (020) 8523 7941
MOCHI, Mr A, 131 Claude Rd, London (020) 8556 6218
MOCK, Jm, 16 Foundry Mews, E17 (020) 8521 0286
MOCKFORD, Robert S, 23 Brunswick Street, E17 (020) 8520 3416
MODAN, E, 5 Somerset Road, London (020) 8509 0637
MODAYKHAN, A, 58 Warren Road, London,LEYTON (020) 8539 7327
MODDIE, F, 17 Orchard Way, Chigwell (020) 8501 0200
MODEN, K, 78 Malvern Road, E11 (020) 8556 9226
MODERNI, Mr E, 26 Edinburgh Rd, London (020) 3138 0922
MODHA, N, 93 Headley Drive, Ilford (020) 8518 3449
MODHWADIA, A, 303 Halley Road, London (020) 8470 2396
MODINOS, F, 113 Grove Gn Rd, E11 (020) 8539 5771
MODLIAR, C, Flat B 5 Waverley Road Walthamstow, London (020) 3729 2170
MOE-LOEMBE, C, Flat 46 46, Shore Point High Road, Buckhurst Hill (020) 3715 5704
MOFFAT, Dr M, 16 Fieldhouse Close, South Woodford (020) 8504 2514
MOGHADDASSI, L, 77 Grange Park Road, E10 (020) 8923 9062
MOHADESSADRI, Mr S, Flat 7 25 Wentworth Court Castle Avenue, London (020) 8531 5543
MOHAMED, A, 14 Alverstone Road, Manor Park, London (020) 3608 0967
M, Mr A, 17 Erskine Rd, London (020) 8141 0014
M, A, 11 Nottingham Road, Leyton (020) 8558 4554
M, A, 340 Sherrard Road, Manor Park (020) 8552 5038
M, B.A, 209 Halley Road, London (020) 8552 7298
M, H, Flat 20, Upshire House, 4 Eastleigh Road, London (020) 3759 6945
M, Hodan, Flat 11 Banstead Court 105 Goldsmith Road, E10 (020) 8518 7746
M, K, 109 Brookscroft Road, LONDON (020) 8527 8112
MOHAMED MUSTHAFA, Mr A, Flat 2 Romford Road, London. (020) 8141 7826
MOHAMED, Y, 368 Strone Road, E12 London (020) 8552 5810
M, Z, 3 Richmond Close, London (020) 3518 8977
MOHAMED ZAHIRUDEEN, W, 242 Sheringham Avenue, London (020) 8252 1525
MOHAMED-KALEEL, A, 14 Oaks Lane, Ilford (020) 8598 2224
MOHAMID, Mrs Khadir, 113, Glebelands, 33 Church Road, London. (020) 8988 1084
MOHAMMAD, Mr A, 134 Pembroke Rd, Ilford (020) 8590 0736
M, I, 13a St James Street, E17 (020) 3132 5280
M, N, 143 Essex Road, London (020) 3640 8276
M, Mr Shahid, 338 Copperfield, Chigwell (020) 3602 5473
MOHAMMED, A, 107 Ruskin Avenue, Manor Park (020) 4517 8104
M, G, 36 Wilmot Rd, E10 (020) 8988 4170
M, M, 29 Forest Edge, Buckhurst Hill (020) 8504 3038
M, M, 68 Ley Street, Ilford (020) 8478 1555
M, M, 3 Ruby Road, London (020) 8509 2506
M, S, 25 Pulteney Road, London (020) 8530 3140
M, S, 180 Shakespeare Cres, E12 (020) 8548 0407
M, Mr Y, 26 Hillington Gardens, Woodford Green (020) 8551 2393
MOHAMMMED, T, 5 Hempstead Road, E17 (020) 8520 6439
MOHAMOUD, Mr J, 163 Grantham Rd, London (020) 3132 2190
MOHAMUD, A, 1/75 Elgin Rd, Ilford (020) 8586 1041
MOHAN, S, 105 Elgin Road, Ilford (020) 8599 4660
M, Mr S, 29 Vine Gdns, Ilford (020) 3132 9178
MOHANAPRAKAS, R, 27 Brancaster Road, Ilford (020) 3605 8684
MOHAPADRA, M, 4/46 Belgrave Rd, Ilford (020) 8478 8674
MOHINDRA, G, 1 Dymchurch Close, Ilford (020) 8478 8718
MOHSIN, N, 407 Ilford Lane, Ilford (020) 3643 9287
M, N, 94 Kingston Road, ILFORD (020) 8553 9071
MOK, K.P, 54 Roman Road, Ilford (020) 8514 3822
MOKAKI, F, 81 Wadham Avenue, E17 (020) 8531 3607
MOKONEN, Miss S, Flat 7, Fanshaw Ho The Drive, London (020) 3132 0734
MOLDOVANU, Mr V, 22 Violet Road, London (020) 8177 8670
MOLLAH, R, 817A Romford Road, London (020) 3652 3958
MOLLOY, Mr D, 71 High Street, London (020) 8520 0249
M, J, 44 Inverness Drive, Ilford (020) 8500 3628
MOLONEY, Terence, 7 Grosvenor Gardens, Woodford Green (020) 8504 0672
MOLOTOKA, Kristine, Flat 2 Patricks Court Robinia Close, Ilford (020) 8500 2251
MOLTON, W.J, 32 Rolls Park Road, E4 (020) 8527 4465
MOLYNEAUX, B, 26 Melville Road, E17 (020) 8923 9979
MOLYNEUX, Kevin, 46 Beverley Crescent, Woodford Green (020) 8504 3318
MOMAN, A, 143 Uplands Road, Woodford Green (020) 8252 7378
MONGWA, A, 110 Pittman Gardens, Ilford (020) 3132 0551
MONIRUZZAMAN, M, 63 Fenman Gardens, Ilford (020) 3662 4605
MONIS RIZA, Mr S, 139a Green Lane, Ilford (020) 8141 7386
MONK, J.L, 19 Forterie Gardens, Ilford (020) 8599 1066
MONRO, S, 10 Belgrave Road, London (020) 8530 3944
MONTAGUE, G, 29 Walnut Way, Buckhurst Hill (020) 8559 2157
MONTANO, J, 83 Greensted Road, Loughton (020) 8508 8209
MONTEITH, Wm, 103 Greenway Avenue, E17 (020) 8520 4329
MOODIE, M, 69 Beechwood Gardens, Ilford (020) 8551 7490
MOODLEY, S, Flat 4 73, Spring House Fulbourne Road, London (020) 3802 4473
MOOLLA, M, Flat 123,Glebelands,33 Church Road, Leyton (020) 3308 4338
MOONEY, Dr B, 47 Palmerston Road, Buckhurst Hill (020) 8504 3675
M, M, 3 George Lane, London (020) 8530 3817
M, R, 601 Green Lane, Ilford (020) 8599 9588
MOOR, D.C, 33 Bentley Drive, Ilford (020) 8554 8494
MOORE, B, 226 Wellesley Road, Ilford (020) 8554 7927
M, C, 112 Grosvenor Drive, Loughton (020) 3673 3421
M, C, 25 Melon Road, London (020) 8556 7911
M, D.J, 6 Felstead Road, E11 (020) 8989 8745
M, J, 55 Elgar Close, Buckhurst Hill (020) 3731 7860
M, J, 12 River Way, LOUGHTON (020) 8502 3706
M, John C, 33 Pearcroft Road, E11 (020) 8556 5266
M, J.J.E, 37 Blythswood Road, Ilford (020) 8598 1102
M, M, 143 Chelmsford Road, London (020) 8520 7887
M, M, 123 Friday Hill West, E4 (020) 8524 4024
M, M, 358 Green Lane, Ilford (020) 8590 9552
M, M, 47b Marlborough Road, London (020) 3638 4559
M, P, 593B Green Lane, Ilford (020) 8220 0869
M, P, 54 Lord Avenue, Ilford (020) 8550 4321
M, P, 50 Morrab Gardens, Ilford (020) 8590 0374
M, P.V, 164 Higham Station Avenue, E4 (020) 8531 1906
M, S, 10 Westleigh Court 2 Nightingale Lane, Leytonstone (020) 8530 6056
M, T.C, 59 Marmion Clo, E4 (020) 8529 6387
M, V.W, 90 Third Avenue, E12 (020) 8514 3624
MOOSA, A, 125 Thorold Road, Ilford (020) 8220 9697
M, S, 18 Highbury Gardens, Ilford (020) 3566 2534
MOOSUN, F, Flat 31 Reginald Sorenson House Wallwood Road, London (020) 3441 8306
MOOTOOSHMY, Mr T, 86 Stanley Road, London (020) 8141 7818
MORABY, M.S, 93 Gladstone Avenue, E12 (020) 8552 9582
MORAITIS, G, 40 Newbury Road, Chingford,London (020) 8527 2742
MORAN, D, Mobile, 209 Oaks Lane, Essex (07950) 178749
M, R, 21 Holly Road, London (020) 3560 5140
MORAR, J, 74 Torquay Gardens, Ilford (020) 8220 6641
MOREIRA, E, 116 Forest Edge, Buckhurst Hill (020) 8279 3899
M, S, 696 High Road Leyton, London (020) 4501 7259
MORENO CARDENAS, B, 206 Fleeming Road, London (020) 3509 8646
MORENOCORTES, I, 163A Whitehall Road, Woodford Green . (020) 8505 0133
MORETTI, T, 4 Mallards, Blake Hall Road, London (020) 3774 4955
MORETTI-GREENE, P, 19 Hillcrest Road, London (020) 8530 6966
MORGAN, A, 12 Stag Lane, Buckhurst Hill (020) 8504 0436
M, A, 48 Wickham Road, London (020) 8527 8487
M, E, 361 Sherrard Road, LONDON (020) 8548 4492
M, I, 532 New North Road, Ilford (020) 8500 6568
M, J, 17 Abbess Terrace, Loughton (020) 3062 4048
M, J, 35 Leonard Road, E4 (020) 8527 8078
M, J, 16 Wigton Rd, E17 (020) 8531 9061
M, J.S, 43 St. Marys Road, Ilford (020) 8514 0957
M, Marilyn, 3 Verdon Roe Court 1 Flaxen Road, E4 (020) 8529 1392
M, M, 22 Inks Green, E4 (020) 8527 5797
M, R, 33 Arundel Gardens, Ilford (020) 8599 6422
MORKEVICIUS, T, 62A High Street, Ilford (020) 3726 3623
MORL, S, 27 Wansford Road, Woodford Green (020) 8504 0806
MORLEY, Mrs Eileen, 5 Madeira Grove, Woodford Green (020) 8505 8528
M, L.J, 132 Normanshire Drive, E4 (020) 8529 3062
M, M, 125 Sansom Road, E11 (020) 8556 3922
M, P, 1 Forest House Field Vicarage Lane, Chigwell (020) 8501 1225
M, R.F, 7 Genever Close, E4 (020) 8524 1217
MOROZ, V, 82A De Vere Gardens, Ilford (020) 3742 2194
MORRELL, D, 39 Westbourne Court Orford Road, E18 (020) 8530 5251
MORRIS, B, 52 Borwick Avenue, E17 (020) 8520 0305
M, B, 5 The Retreat Brook Road, Buckhurst Hill (020) 8559 2269
M, C, 15 Chester Road, Ilford (020) 8590 7466
M, C, 74 Hollywood Way, Woodford Green (020) 8531 2930
M, D, 10 Meadow Road, Loughton (020) 8508 7453
M, D, Milton House North End, Buckhurst Hill (020) 8505 8954
M, E, 119 Hitcham Road, E17 (020) 8558 4893
M, Edward J, 7 Bloomsbury Ho Waltham Rd, Woodford Green (07799) 395217
M, F, 108 Turner Road, E17 (020) 8520 4313
M, I, 57 Pembroke Road, London (020) 7464 7814
M, J, 5 Brandville Gardens, Ilford (020) 8550 7210
M, J, 41 Starch House Lane, Ilford (020) 8220 6955
M, J, 3 Westminster Gardens, Ilford (020) 8550 9976
M, J.M, 47 Chequers Road, Loughton (020) 8502 2924
M, J.P, 141 Onslow Gardens, E18 (020) 8989 9794
M, K, 48 Derby Road, London (020) 8270 1948
M, Lee, 4 Marmion Close, E4 (020) 8524 4474
M, M, 69 Trotwood, Chigwell (020) 8500 7144
M, R, Ground Floor, 63 Colworth Road, London (020) 8926 3519
M, R, 6 High Gables, Loughton (020) 8508 4974
M, T.T, 6 Norlington Road, E11 (020) 8556 4288
M, U, 93 Albert Road, E10 (020) 8556 6263
MORRISON, C, 1 Louisa House Medici Close, Ilford,Essex (020) 3380 6740
M, Errol, 8 Ferndale Avenue, E17 (020) 8520 3072
M, G, 2 Lloyd Road, E17 (020) 8521 8979
M, I, 1 Ledger Mews, E17 (020) 8509 3108
MORRISS, Mr Peter, 24 Monkhams Lane, Woodford Green (020) 8505 1550
MORROW, K, 25 Chester Road, London (020) 8521 4599
MORTHY, S.V, 40 Century Road, E17 (020) 8503 3503
MORTIMER, A, 57 Mayfield Road, London (020) 8531 4634
MORTON, A.R, 32 Wimborne Close, Buckhurst Hill (020) 8504 7909
M, D, 72 Fullers Road, E18 (020) 8504 3168
M, D.W, 273 Larkshall Road, E4 (020) 8529 4850
M, J, Flat H Fiona House Fairlop Road, E11 (020) 8558 1176
M, M, 85D Grange Park Road, London (020) 8279 5332
M, R, 7 Copper Beech Ct Goldings Rd, Loughton (020) 8418 0829
MORZARIA, V, 6 Evanston Gardens, ILFORD (020) 8554 3655
MOSELEY, J, 502 Chigwell Road, WOODFORD GREEN (020) 3539 4839
MOSENGO, C, 287 Flat 113, Flat 113 St. Georges Court Wood Street, LONDON (020) 3623 9406
MOSIEJKO, Mr M, 71 Orford Road, London (020) 3132 5448
MOSKAL, J, 32 Fairfield Road, London (020) 3016 5885
MOSS, K, 66 Oakfield Lodge Albert Road, Ilford (020) 8478 0483
M, M, 163 The Avenue, LONDON (020) 8527 7450
M, P, FLAT 29 FOREST HEIGHTS Epping New Road, Buckhurst Hill.. (020) 8504 3505
M, T, 13 Dunspring Lane, Ilford (020) 8550 0212
MOSSON, G, 13 Penrith Road, Ilford (020) 8500 4605
MOTA, W, 7 Millais Road, London (020) 3318 3925
MOTRICALA, V, 8 Smarts Lane Mews Smarts Lane, Loughton. (020) 4541 2997
MOTT, W, 1 Grosvenor Close, Loughton (020) 3719 5197
MOTTRAM, D, 17 Barncroft Road, Loughton (020) 8502 1483
MOULAY, M, 1b Browns Road, London (020) 8521 7683
MOULD, V, Flat 15 Doncel Court 28 Forest View, E4 (020) 8529 0346
MOULDER, S.S, 64 Wanstead Park Rd, Ilford (07956) 422501
MOULES, Richard, 51 Montalt Road, Woodford Green (020) 8505 1784
MOULTON, Mrs 48 Englands Lane, Loughton (020) 8508 5823
MOUMENI, N, Brennan House 20 608, High Road Leyton, London.. (020) 3565 0928
MOUNGANGA, N, 31 Station Rd, E17 (020) 8223 0882
MOUNTFORD, F, 3 Ormonde Rise, Buckhurst Hill (020) 8504 0704
M, M, 3 Ormonde Rise, Buckhurst Hill (020) 8504 6745
MOURSI, D, 107 Greensted Road, Loughton (020) 8508 5988
MOUSA, N, 19 Kimberley Road, E17 (020) 8527 0575
MOUSAVI, A, 22 Parkland Rd, Woodford Gn (020) 8504 5886
MOUSLEY, A, 4 Elmsdale Road, London (020) 4568 6342
MOUSSA, Mr B, 20 Lee Close, London (020) 8141 8859
MOUSSAID, R, 957 Forest Road, London (020) 8418 5582
MOUSTAFA, Z, 2 The Drive, E4 (020) 8529 2552
MOUTSA, Arntian, Flat 7 Elmwood Court 112 Goldsmith Road, E10 (020) 8558 0207
MOWATT, E.I, 18 Bloomfield Cres, Ilford (07956) 567763
MOY, Admiral R, 48 Greenstead Gardens, Woodford Green (020) 3700 3931
MOYIES, C, 83 Torrington Drive, LOUGHTON (020) 8502 3084
MOYNAGH, J.J, 52 Barley Lane, Ilford (020) 8599 4426

MOYNIHAN, C, 9A Alloa Road, Ilford ..... (020) 8270 0632
MOYO, N, 49 St. Gabriel's Close, Leytonstone ..... (020) 8226 1150
M, Mr T, Flat 9, Athlone Ct, 3 Stocksfield Rd, London ..... (020) 3132 7054
M, Mr T, Flat 9 Athlone Court 3 Stocksfield Road, London..... (020) 3132 7054
MPLEA, T, Gean Court Flat 15 4, Langthorne Road, London..... (020) 3685 1957
MR BARRY HEMINGS, M.B.H, 36 Cavendish Road, London ..... (020) 8531 3860
MR D.C. & MRS B.A. HARKER, Elmlea Sewardstone Road, London .. (020) 8524 1210
MRAN, K, 109 Colchester Rd, E10..... (020) 8556 9956
MROCZEK, R, 1B Pretoria Road, London..... (020) 8281 3328
MUBAREK, S, Mobile, 11 Eastfield Road, London ..... (07949) 293766
MUBASHIR ALI NAQVI, S, 30 Aldborough Road North, Ilford... (020) 3605 2552
MUBENGA, Mr J, 63 Landseer Avenue, London..... (020) 8141 2948
MUCKELL, C.R, 35 Coppermill Lane, E17..... (020) 8521 5538
MUDD, J.E, 4 Whitehall Gardens, E4..... (020) 8524 0384
MUDDAR, D, 136 St. Albans Road, Ilford..... (020) 8590 5165
M, H, 131 St. Albans Road, Ilford..... (020) 8599 4180
M, J, 19 Douglas Road, Ilford..... (020) 8599 5073
MUDHAR, K, 36 Hastings Avenue, Ilford ..... (020) 8551 6617
M, K, 40 Stonehall Avenue, Ilford..... (020) 8518 2949
MUDIYANSELAG, K, 30 Craven Gdns, Ilford ..... (020) 8550 7331
MUELLAR, B, 58 Woodlands Road, E17 ..... (020) 8520 4409
MUELLERRUCHHOLTZ, J, 148 Howard Road, Walthamstow .... (020) 3138 6733
MUENI, M, Flat B Courtenay Mews, London..... (020) 8177 8317
MUFTI, E, 14 Natal Road, Ilford..... (020) 8514 3583
M, T, 24 Lynton Crescent, Ilford ..... (020) 8532 8806
MUGALA, S.M, mobile, 165 Lavender Pl, Ilford, Essex ..... (07949) 309068
MUGHAL, A, 9 Berthons Gardens Wood Street, London ..... (020) 8521 8037
M, M, 115 Orford Road, London ..... (020) 8257 0669
M, Mr M, 36 Wilmot Road, London..... (020) 8539 4667
M, S, 47 Erskine Road, LONDON ..... (020) 3842 5668
MUGHEES, S, 347 Monega Road, E1..... (020) 8141 8014
MUGUNTHAN, Mr P, 29 New Road, Ilford..... (020) 3132 8356
MUHAMAD, Ardalan, 25 Suffolk Road, Ilford..... (020) 8597 2702
MUHAMMAD, Mr A, 5 Midland Road, London..... (020) 8177 6396
M, Mr O, 111 North Birkbeck Road, London..... (020) 8177 2200
M, W, Ground Floor Flat 6 Colchester Avenue, London ..... (020) 3158 9635
M, Y, 123 Westwood Road, Ilford ..... (020) 3654 0688
MUHAMMED, Mr A, 55 Grange Road, Ilford..... (020) 8177 9469
M, A, 32 Mornington Rd, E11..... (020) 8539 6470
M, M, 21 Golding Court, Riverdene Road, Ilford ..... (020) 3632 1772
MUIRHEAD, Mr Marcus, Unit 127 The-Legacy-Business-Centre 2A Ruckholt Road,
London ..... (020) 3581 2071
MUJADDIDI, S, 50 Chingford Avenue, E4..... (020) 8529 7476
MUKAMANA, Miss J, 35 Northumberland Road, London ..... (020) 3132 7291
MUKASA, Mr C, 4 Newton Close, London ..... (020) 7159 2904
MUKERJEE, Dr S, 838a High Road Leyton, London ..... (020) 3132 4737
MUKHERJEE, A, Flat 27 Berberis Court Hyacinth Close,
Ilford ..... (020) 8141 8244
M, S, 62/2 Hainault St, Ilford ..... (020) 8514 4361
MUKHTAR, Mr H, 30 Mansfield Road, London..... (020) 8521 4862
MUKHWANA, S, 126 Leslie Road, London..... (020) 8558 1707
MUKIZA, G, 44 Beaumont Road, London ..... (020) 3674 8384
MUKOMBWE, O, 202 Stocksfield Road, London ..... (020) 3732 5554
MUKTADIR, R, 3 Fifth avenue, london ..... (020) 3375 1668
MULE, J, 50 Kingswood Road, LONDON ..... (020) 3663 8591
MULHOLLAND, A, 60 Aldborough Road South, Ilford ..... (020) 8109 0952
MULLA, Mrs A, 2 Higham Station Avenue, London ..... (020) 8531 2125
M, P, 11 Wimborne Close, Buckhurst Hill..... (020) 8925 6663
MULLAJ, S, 15 Snaresbrook Road, Leytonstone, London ..... (020) 3538 4701
MULLAN, M, 174 Canterbury Road, London ..... (020) 8556 6471
MULLANY, R, 48A Bulwer Road, E11..... (020) 8558 6915
MULLBOCCAS, S, 32 Saxlingham Road, London..... (020) 8925 1987
MULLEN, D, 45 Aubrey Road, London ..... (020) 8521 0534
MULLINGS, Ms D, Ms 173a High Street, London ..... (020) 8520 1386
MULLINS, Lowry K, 289 Cann Hall Road, E11..... (020) 8555 0761
M, N, 33 Gordon Avenue, London ..... (020) 3573 7603
MUMFORD, L, 6 Somerset Close, Woodford Green ..... (020) 8559 1338
M, R, 48 Gordon Road, London..... (020) 3665 9855
MUMTAZ, A, 92 Leucha Road, LONDON ..... (020) 8521 2883
MUMUVRI, Miss M, 10 Lombard Av, Ilford ..... (020) 8586 1289
MUNAYEM, S, 63 Leyswood Drive, Ilford ..... (020) 8590 2890
MUNBODH, G, 91 Gloucester Road, LONDON ..... (020) 8527 5196
MUNCK, J, 63 Mansfield Road, London..... (020) 8509 8933
MUNDAY, W.F, Norman Ct Monkhams Av, Woodford Gn ..... (020) 8505 9019
MUNDY, A, 13 Pentlow Way, Buckhurst Hill ..... (020) 8504 3396
M, J, 103 Howard Road, E17..... (020) 8521 6178
M, Rex, 1 Chelwood Close, London..... (020) 8524 4868
M, R.M, 84 Spring Gro, Loughton..... (020) 8508 4345
MUNGHAN, B, 15 Drayton Road, London ..... (020) 8117 6292
MUNIR, M, 45 Exeter Road, LONDON ..... (020) 3654 6316
M, M, 2 Keswick Gardens, Ilford ..... (020) 3091 0977
MUNIYANDI, S, 106 Bevan Court Tallack Road, London..... (020) 3380 5083
MUNN, V, 173 Sheringham Avenue, E12..... (020) 8478 4350
MUNSHI, S, Flat 19 39, Icon Building Ilford Hill, Ilford..... (020) 3652 2677
MUNYE, M, 28 Selborne Avenue, Manor Park..... (020) 3490 5719
MUNYE-ALAWI, A, 65 Wingfield Road, London..... (020) 3719 1283
MUPARADZI, E, (Mobile), 64 Elmbridge Road, Ilford..... (07931) 600103
MURALIKRISHANAN, B.K, 674A Romford Rd, E12 ..... (020) 8478 2738
MURAT, M, 66 Kings Head Hill, London ..... (020) 8529 4026
MURCIA GONZALEZ, J, 133 Twickenham Road, London ..... (020) 3793 1701
MURCUTT, L, 57 Inverness Drive, Ilford ..... (020) 8500 1519
MURDOCH, C.E, 8 The Drive, Ilford..... (020) 8554 1224
MURPHER, I, 54 Genas Close, Ilford..... (020) 8551 9078
MURPHY, A, 28 Spencer Road, Ilford ..... (020) 8598 9238
M, A & C, Flat 26 Hunter Court Homesdale Close, E11 ..... (020) 8989 1936
M, A.T, 32 Thorpe Hall Road, E17 ..... (020) 8527 7077
M, E, 88 Bridge End, E17..... (020) 8531 6070
M, E, 56 Lansdowne Road, Ilford..... (020) 8599 5252
M, H, 68 Goldsmith Road, London ..... (020) 8925 9489
M, J, Essex..... (07071) 226840
M, J, 21 Harbourer Close, Ilford..... (020) 8501 3565
M, J, 33 Harbourer Road, Ilford ..... (020) 8637 2758
M, J, 59 Lushes Road, Loughton ..... (020) 8508 4264
M, J, 40 Ollards Grove, Loughton ..... (020) 8508 9700
M, K, 64 Dangan Road, E11 ..... (020) 8530 4176
M, M, 25 Clivedon Road, E4 ..... (020) 8527 5123
M, R, 46 Avondale Drive, Loughton..... (020) 8508 0384
M, R, 6 High View Close, Loughton ..... (020) 8508 2794
MURPHYV, K, 7 Bell Gdns Church Rd, E10 ..... (020) 8558 5176
MURRAY, Mr A, 548a Lea Bridge Rd, London ..... (020) 3132 6020
M, D, 2 Amesbury Drive, London ..... (020) 8527 1973
M, Debbie, 58B Kingswood Road, E11..... (020) 8988 1440
M, G, 30 Gladstone Road, Buckhurst Hill ..... (020) 8923 2188
M, Mr Gerald, Flat 15 Springfield Court, Forsythia Close ..... (020) 8227 1342
M, J, 37 Silverthorn Gardens, E4..... (020) 8529 2029
M, K, 14 Redwood Gardens, E4..... (020) 8524 7993
M, S, 1 AVONDALE COURT Avondale Drive, Loughton..... (020) 8508 7548

MURRAY SMITH, P.J.R, 119 Monkhams Lane, Woodford Green .....(020) 8504 9857
MURRAY, T.B, 3 Peppermint Place, E11 ..... (020) 8558 1007
MURRILL, T.R.G, 143 Queenswood Gardens, E11 ..... (020) 8530 6107
MURTON, A, 29 Warren Road, LONDON ..... (020) 8501 7366
MURUGATHAS, J, 28 Leyswood Drive, Ilford..... (020) 8597 2513
MURUGAYA, V, 16 Wellington Rd, E17..... (020) 8520 2159
MURUGESU, T, Flat 16 Fred Wigg Tower Montague Road, LONDON (020) 8014 2413
MURUHATHAS, V, 10 Shakespeare Crescent, Manor Park..... (020) 8472 2399
MUSA, N.M, 13 Meanley Rd, E12 ..... (07956) 453813
MUSAN, E, 210 Monega Road, E12..... (020) 8586 2733
MUSAWI, S, 50 High Meadows, Chigwell..... (020) 8501 0205
MUSCAT, Ms R, 29 Fleeming Rd, London ..... (020) 3138 3355
MUSCUTT, J, 72 Trotwood, Chigwell ..... (020) 8500 8573
M, V.A, 25 Avril Way, E4 ..... (020) 8527 3002
MUSGRAVE, Mrs Ruth, 3 Auckland Road, Ilford ..... (020) 7041 7194
MUSHTAQ, M, 16 Waterloo Road, London..... (020) 8279 6969
MUSONDA, J, 15 Navestock Crescent, Woodford Green ..... (020) 3560 0390
MUSSETT, Nicola, 9 The Copse, E4 ..... (020) 8529 2158
MUSTAFA, C, Flat 21 Merton Court 120 Castleview Gardens,
Ilford ..... (020) 3730 8187
M, G, 219 Halley Road, London ..... (020) 3352 6145
M, I, 39 Downshall Avenue, Ilford..... (020) 8599 7182
MUSTAQ, A, 48 Ruckholt Road, London ..... (020) 3731 2023
MUSTER, A, 20 Grange Crescent, Chigwell..... (020) 8500 4042
MUSUSWA, R, 5 St John's Rd, London ..... (020) 3617 4616
MUTHUSWAMY, Dr M, 1/89 Nurses Home Whipps Cross Road,
London ..... (020) 3132 2598
MUTLIB, A, 68 Flat 2, Flat 2 Ingleby Road, ILFORD ..... (020) 3561 5393
MUTONI, Miss M, Flat 9 Grosvenor Court Brewster Road,
London ..... (020) 8141 0239
MUTTER, A, 47 Hainault Road, E11..... (020) 8556 0880
MUTTUNAYAGAM, G, Flat 12 14, Flat 12, Ellen Court The Ridgeway,
London ..... (020) 3669 8067
MUWANGUZI, J, 24A Goldsmith Rd, E10 ..... (020) 8539 1651
MUYAMBI, Felicit, 55C North Residence 167 Barley Lane,
Ilford ..... (020) 8599 8396
MUZA, P, 110 Orford Road, LONDON..... (020) 3718 2967
MVUEZOLO, Luyikulu, 12 Warrior Square, London..... (020) 8514 5960
MYERFERREIRA, T, 145 Westwood Road, Ilford ..... (020) 8590 4586
MYERS, A.M, 2B Cascade Clo, Buckhurst Hl ..... (020) 8505 5422
M, E, Copper Beech Grove Lane, Chigwell..... (020) 8559 9227
M, K, 24 Buttsbury Road, Ilford..... (020) 8553 0887
MYLA, A, Ground Floor Flat 54 Goldsmith Avenue, London ..... (020) 3663 8819
MYLES, A, 63 Pyrles Lane, Loughton ..... (020) 8508 4581
MYNARD, Mrs Irene, Flat 16, Hunter Court Homesdale Close,
London ..... (020) 8989 7536
NABI, H, 50 Capworth Street, London..... (020) 7041 9601
NABOLLI, Mr Besim, 102 Colson Road, Loughton ..... (020) 3556 2694
NADANAKUMAR, G, Flat First Floor 32 Cameron Road, Ilford .. (020) 8599 0362
NADEEM, Mrs N, 8 Winchester Rd, Ilford ..... (020) 8911 9153
NAEEM, S, 15A Flat 1 Eastfield House, WALTHAMSTOW..... (020) 3565 5119
NAFIR, U, 12 Bracken Drive, Chigwell..... (020) 8500 7419
NAGENDRA, A, 33 Brisbane Road, Ilford..... (020) 8518 1717
NAGESHWARAN, K, 73 Abbotswood Gardens, Ilford ..... (020) 8262 2718
NAGESWARAN, P, 29 Bentley Way, Woodford Green ..... (020) 8505 1499
NAGY, Mr Z, 116 Little Ilford Lane, London..... (020) 8177 1461
NAHAR, A, 38 Friars Close, ILFORD..... (020) 3726 8559
N, N, 128B Snakes Lane, WOODFORD GRAIN ..... (020) 3737 4849
N, S, 207 Kingston Road, ILFORD ..... (020) 8478 2493
NAHID, M, 84 Grantham Road, LONDON ..... (020) 3669 7110
NAIDE, S, 96 Longwood Gardens, Ilford ..... (020) 4619 3373
NAIDOO, Mr D, 288 High Rd, London..... (020) 8177 0133
NAIL, Mrs I, 6 Cornwallis Rd, London ..... (020) 8521 3559
NAIM, A, 388 Ilford Lane, Ilford..... (020) 8062 8828
NAIR, C, 284 Hathaway Crescent, London..... (020) 8471 8265
N, H, 39 Kensington Avenue, London ..... (020) 8552 1650
N, K, 62 Peel Place, Ilford ..... (020) 3161 9256
N, V, 2b Broadwalk, London..... (020) 8989 9577
NAJNEEN, J, 132 Eton Road, Ilford..... (020) 3536 8355
NAKAWOZA, A, 6 Stephenson Road, London ..... (020) 3662 2842
NAKUM, S, 78 Hertford Road, Ilford..... (020) 3663 6770
NALIN, Mr A, 254 Staines Road, Ilford..... (020) 3318 8856
NALIVAIKA, Dn, 30 Acorn Close, E4..... (020) 8529 6078
NALLATHAMBY, N, 170 Wards Road, Ilford ..... (020) 3345 6231
NALUKWAGO, A, Flat 4 74 Green Lane, Ilford ..... (020) 3532 1036
NAMBIAROORAN, Mr C, 12 Norman Rd, Ilford ..... (020) 3132 4444
NAMUTEBI, Z, Flat 15 John Cornwell V C House Grantham Road,
E12 ..... (020) 8478 7999
NANASI, M, 323 Capworth St, E10..... (020) 8558 9119
NANAYAKKARA, D, 136 Westwood Road, ILFORD ..... (020) 8220 0688
NANDA, S, 5 Grangeway Gardens, ILFORD ..... (020) 8924 8234
NANDHA, V, 93 Beechwood Gardens, ILFORD..... (020) 8550 4063
NANDI, K, 1 Fairview Road, CHIGWELL ..... (020) 3612 0962
NANTHAGUMAR, S, 61 Dovedale Avenue, Ilford..... (020) 8550 4851
NANTWI, D, 54 Northbank Road, LONDON ..... (020) 8523 1395
NAPIER, Miss Blenda, Flat A 65 65 Wallwood Road, London.... (020) 8558 4519
NAPOLITANO, E, 59 Oak Hill Crescent, Woodford Green ..... (020) 8527 2880
NAPP, J, 49a Bateman Road, London ..... (020) 8531 2096
NARAINE, K, 57 Second Avenue, E12..... (020) 8514 1626
NARAYANASAMY, R, 68 Waltham Rd, Woodford Gn ..... (020) 8504 5494
NARAYNAN, L, 146 Kensington Avenue, E12 ..... (020) 8470 3568
NARBUTIENE, O, Flat 21 Flat 21 Woburn Court Bedford Road,
LONDON..... (020) 3673 0734
NARKHEDE, G, 23 Gardner Close, London ..... (020) 3648 3767
NARNOR, A, 17 Leucha Road, London ..... (020) 3305 6481
NARTEY, N, 21 Cathall Road, London..... (020) 3665 2267
NARWAL, A, 137 Blythswood Road, ILFORD..... (020) 8597 0991
NASH, G, 40 Falmouth Avenue, E4..... (020) 8531 2165
N, Mrs Kathleen, 13 Sunnymede, Chigwell..... (020) 8500 2618
N, Y, 3 Lancaster Drive, LOUGHTON ..... (020) 8502 3556
NASIM, Mr M, 71 Chesterford Rd, London ..... (020) 8514 7649
NASIR, M, 10 Jewel Road, E17..... (020) 8521 6629
NASIR MASIH, I, 831C Romford Road, E12..... (020) 8514 8547
NASIR, M.S, 34 Third Av, Manor Pk..... (07956) 274762
NASIRI, F, Flat 5 31 Quebec Road, Ilford ..... (020) 8518 2698
N, Z, 77 Little Gearies, Ilford..... (020) 3662 8186
NASSER, Mr F, 2/46 Cameron Road, Ilford ..... (020) 8177 9665
NASSIN, A, 92 Erskine Road, London ..... (020) 8520 7776
NASSRALLY, A, 199 Colchester Road, London..... (020) 8532 8724
NATARAJAN, S, 18 Stainforth Road, Ilford ..... (020) 8220 5015
NATH, A, 100 Billet Road, London ..... (020) 8923 1386
N, M, Flat 57 Munveer House 595 High Road, Ilford ..... (020) 3539 0059
NATHAN, A, 4 Rowland Crescent, Chigwell..... (020) 8501 0254
N, K, Milne Court 14 Churchfields, E18..... (020) 8506 1163
N, Admiral R, FLAT 17 FOREST HEIGHTS Epping New Road,
Buckhurst Hill ..... (020) 4619 2921
N, R, Flat 17 Forest Heights Epping New Road, Buckhurst Hill (020) 8504 9257

N, R, 66 Marlands Road, Ilford ..... (020) 8262 1573
NATHANSON, A, 146 Roding Lane South, Ilford ..... (020) 8551 5634
N, Michael, 30 Forest Approach, Woodford Green ..... (020) 8505 2221
NAVADIYA, C, Catherine Court Flat 21, 30 Springfield Drive,
Ilford ..... (020) 3539 0632
NAVARATNAM, K, 82 Churchill Terrace, London..... (020) 8527 4025
N, Mrs Suyatha, 255 Horns Road, Ilford ..... (020) 3602 4491
NAVARATNASINGHAM, Kanthini, 28 Falmouth Av, London..... (020) 8531 7627
NAVARRETE, H, 11 Wickham Road, E4 ..... (020) 8527 8313
NAVARRO, J.L, 53 Ainslie Wood Gardens, E4..... (020) 8524 6187
NAVEED, S, 50 Mortlake Rd, Ilford ..... (020) 8553 5350
N, U, 11 Capel Gardens, Ilford ..... (020) 3375 6796
NAVICKAITE, Ms A, Flat 2 Daisy House 796-802 High Road,
Ilford ..... (020) 3132 8357
NAVICKAS, Mr D, 15 Windsor Road, London..... (020) 8141 3431
NAWAB, A, 291 Ley Street, Ilford..... (020) 3302 4197
NAWAS, Mr M, 120 Billet Road, London ..... (020) 8141 8847
NAWAZ, A, 69 Grosvenor Road, Ilford ..... (020) 8252 3297
N, A, 8 The Hollies New Wanstead, LONDON ..... (020) 3685 2459
N, Mr M, 29 Dudley Rd, London..... (020) 8141 7838
N, M.N, (Mobile), 1 Stainforth Rd, E17..... (07956) 561143
N, P, 80 Windsor Road, Ilford..... (020) 8514 3942
N, R, 15 Windsor Avenue, London ..... (020) 8523 5241
NAWAZ RAJA, Mr A, 184 Markhouse Rd, London..... (020) 8509 2240
NAYABA, F, 236A Lea Bridge Road, London..... (020) 3663 1703
NAYLOR, V, 35 Warboys Crescent, Chingford..... (020) 8531 6460
NAZAREANU, I, 124 High Road, London ..... (020) 7817 3695
NAZARI SASIKOLOMI, K, 10 Plaza Heights,12 Maud Road, London... (020) 7671 7459
NAZEER, Mr A, 101a Billet Rd, London ..... (020) 8141 8853
NAZHA, M, 39 Crawley Road, London ..... (020) 8923 8103
NAZIMUDDIN, M, 53 Romford Road, Chigwell..... (020) 8215 0525
NAZIR, M, 181 Blackthorn Road, Ilford..... (020) 8514 4636
N, S, Flat 1b Redbridge Lane East, Ilford ..... (020) 3718 4984
N, T, 270 Eastern Avenue, Ilford..... (020) 8518 4849
N, T, 175 Henley Road, ILFORD ..... (020) 8514 0305
NDELE, A, Flat 15, Marien Court, 45 The Avenue, London ..... (020) 3556 9600
NDLOVU, P, Flat 79 Hermitage Court Woodford Road,
South Woodford ..... (020) 8989 5063
NDURE, Miss B, 15 Daines Clo, London ..... (020) 3132 2575
NEAGLE, D, 31 The Risings, London ..... (020) 8520 8168
NEAL, E, 127 Peel Road, E18..... (020) 8506 1499
N, I, 103 Mossford Lane, Ilford ..... (020) 8550 2109
NEALE, P, 59 Courtenay Road, London..... (020) 8923 9468
N, T, 308 Fencepiece Road, Ilford..... (020) 8500 1278
NEAVE, A, 82 James Lane, London..... (020) 8257 1811
NEAVES, M, 18 Park Road, E17 ..... (020) 8521 0742
NEBI, Mr M, 768A Lea Bridge Road, London ..... (020) 8141 7875
NECKLES, Y, 78 Queens Road, London ..... (020) 8520 5697
NECULA, A, 32 Gainsborough Avenue, London..... (020) 3730 6891
NEDD, E, 37 Rectory Road, London..... (020) 8926 8960
NEDELCU, T, 11a Colville Road, London ..... (020) 8531 4555
NEECH, D, 48 Collard Avenue, Loughton..... (020) 3737 9886
NEEDS, M, 595 Copperfield, Chigwell ..... (020) 8501 5056
NEENAN, C, 29 St. Albans Crescent, Woodford Green..... (020) 8504 1520
NEFZI, Mr M, 248A Tower Mews, London..... (020) 3132 6146
NEGASH, V, 55 Sanderstead Rd, Leyton..... (07961) 968254
NEGRU, C, 16 Ashville Road, London ..... (020) 3659 3459
NEICHO, G, 103 Highfield Road, Woodford Green..... (020) 8491 6380
NEILSON, P, Flat 2 8 Courtland Avenue, Ilford..... (020) 8554 2249
NELSON, Helen, 61 Bluebell Avenue, E12..... (020) 8552 0859
N, N, 38 Liden Close, London..... (020) 3685 2603
N, P, 51 Chaucer Road, E17..... (020) 8527 9855
N, S, 6 Cleveland Road, London..... (020) 8270 8668
N, S.J, 6 Cleveland Road, E18..... (020) 8530 3429
NELSON-KING, J, 9 Alfred Road, Buckhurst Hill..... (020) 8506 0591
NENADA, A, 116 Westbury Road, Ilford..... (020) 3652 2133
NENORTA, D, 6 Colchester Avenue, E12 ..... (020) 8911 4700
NEOCLEOUS, N, 165 Francis Road, Leyton ..... (020) 8539 5654
NEOFITOU, Barbara, 2 Gwynne House High Street Wanstead,
E11 ..... (020) 8518 8893
NESA, J, 304A Monega Road, London..... (020) 3592 6111
NESTOLA, B, 2 Pulteney Gardens, E18 ..... (020) 8989 3776
NESWAR, A.M, 258 Thorold Rd, Ilford ..... (07956) 837721
NETO, F, 100 Birch Grove, London..... (020) 8539 1967
N, H, 112 Onslow Gardens, E18..... (020) 8530 8142
NEUNIE, S.L, 14 Little Friday Rd, E4..... (07949) 420578
NEVES, Rita, Flat 19 Delamere Court 2 Hawker Place, E17 ..... (020) 8527 1549
NEVILLE, P, 11 Long Deacon Road, London..... (020) 8529 6515
N, R, 3 Richmond Road, E4..... (020) 8524 9375
NEVILLE-CARLE, R, 1 Little Ilford Lane, London ..... (020) 8514 8240
NEW, B, 17 Fairfield Court Fairfield Road, Woodford Green..... (020) 8498 9277
NEWBROOK, C.R, Flat 4 9 Woodland Road, E4..... (020) 8524 0280
NEWCOMBE, P, Parmiters Sports Ground 102A Nelson Road,
Chingford ..... (020) 8527 4759
NEWITT, K, 20a Rous Road, Buckhurst Hill..... (020) 8504 1550
NEWLAND, E, 232 Luctons Close, Loughton ..... (020) 3673 8112
N, G, 2 Ronver Lodge 2-3 Newgate Street, E4..... (020) 8524 6124
NEWMAN, C.M, 351 Fulbourne Road, E17..... (020) 8527 0840
N, E, 1 Tavistock Gardens, Ilford ..... (020) 8220 6283
N, J, Mobile, 48 Greensted Road, Loughton, Essex ..... (07956) 366877
N, Mr J, 11 Marjorams Avenue, Loughton ..... (020) 8508 3068
N, L, 40 Hillington Gardens, Woodford Green..... (020) 8252 7850
N, P, 24 Stanley Road, London ..... (020) 8524 0555
N, R, 96 River Way, Loughton ..... (020) 8508 3105
N, R.D, 100 The Willows Hornbeam Road, Buckhurst Hill..... (020) 8504 7081
N, V, 45/2A Grange Av, Woodford Gn ..... (020) 3225 0088
NEWSAM, C, Mobile, 66 Theydon Street,
..... (07947) 519381
NEWSOM, S, 27 Cheltenham Road, London ..... (020) 8988 3341
NEWSON, F, 12 Woolhampton Way, Chigwell..... (020) 8500 3800
N, Mrs Valerie, Jersey Road, London..... (020) 8556 1563
NEWTON, C, 25 Kingfisher Avenue, E11 ..... (020) 8530 1088
N, J, 33 Hastings Avenue, Ilford ..... (020) 8551 0617
N, S, 96 Wensleydale Avenue, Ilford..... (020) 8270 9178
NG, P, Lift Line Liberty Court 406 High Road Leyton, E10..... (020) 8539 8302
NGARAMBI, Mr S, Mobile, 5 Holstock Road, Ilford, Essex..... (07949) 015079
NGENDO, R, Mobile, 57 Bemsted Road, London..... (07951) 522954
NGJECI, Q, 109 Goodmayes Lane, Ilford ..... (020) 3489 2358
NGOYI, A, 94 Radbourne Crescent, E17..... (020) 8503 6624
NGUEMA, R, 4 Hedley House,21 Hainault Road, London..... (020) 3496 4214
NGUNGU, Miss 29 Selborne Road, Ilford..... (020) 3638 2694
NGUYEN, Mr A.V, 62 Belvedere Rd, London..... (020) 8558 8810
N, C, 157A Wood Street, Walthamstow..... (020) 3352 6574
N, Tuyet, 78 Bedford Road, Ilford ..... (020) 8553 5355
N, Thigai, 10C Courtland Avenue, Ilford ..... (020) 8554 5536
NIALL, K.L.H, 26 Warwick Road, E11..... (020) 8989 7049
NIAZDIA, F, 305 Green Lane, Seven Kings..... (020) 0027 5268
NIAZI, Mr S, 45 Durham Rd, London..... (020) 8141 2503

NIAZUR, R, Flat 530-532 High Road, Ilford....(020) 3590 2412
NICA, I, 15 Monarch Way, Ilford....(020) 8554 7151
NICHOLAOU, M, 62A Hove Av, E17....(020) 8509 3490
N, P, 4A Sunnydene Avenue, E4....(020) 8527 7733
NICHOLAS, J, 44 Grantock Road, London....(020) 8527 7459
N, K, mobile, 122 Upper Walthamstow Rd, E17....(07956) 253668
NICHOLAU, G, 43 Gantshill Crescent, Ilford....(020) 8551 5262
NICHOLLS, B.S, 282 Dersingham Avenue, E12....(020) 8553 1947
N, Mrs Newbury Cottages Ley Street, Ilford....(020) 8518 1915
N, R, 77 Horn Lane, Woodford Green....(020) 8504 0549
N, S, 16 Diana Road, London....(020) 8531 1857
NICHOLS, L, 35 Pretoria Crescent, London....(020) 8529 3448
NICHOLSON, A, 11 Sycamore House Albert Road, Buckhurst Hill....(020) 8505 0462
N, C, 13 Bradwell Close, London....(020) 3669 2936
N, H, 2 Burrow Road, Chigwell....(020) 8491 8832
N, H.S, 269 Hainault Road, E11....(020) 8539 7020
N, J, 21 Forest Edge, Buckhurst Hill....(020) 8504 5612
N, Katie, 13 Newmans Lane, Loughton....(020) 8508 3914
N, V.M, 62 Rushden Gardens, Ilford....(020) 8550 5898
NICKOLA, C, 9 Wensleydale Avenue, Ilford....(020) 8551 4752
NICKSON, H, Mobile, 74 Victory Road, London....(07932) 089830
NICOARA, S, 123 Piper Way, Ilford....(020) 8514 6023
NICODEMOS, G, 79 Brunswick Gardens, Ilford....(020) 3509 6476
NICOL, C, 2A Wannock Gardens, ILFORD....(020) 8500 2484
NICOLA, M.G, 155 Grove Road, E17....(020) 8520 2365
N, R.J, 24 Ormonde Rse, Buckhurst Hl....(020) 8504 2630
NICOLLI, L, 90 Mornington Rd, E11....(020) 8556 4175
NIE, Mrs Barbara, Flat 6, 81 Chingford Avenue, London....(020) 8523 9052
NIEBERG, D.P, 9 Cardinal Drive, Ilford....(020) 8500 3830
NIEUWERF, J, 57 Cary Road, London....(020) 8925 8892
NIJABAT, S, 52 Cranston Gardens, Chingford....(020) 8523 5596
NIJAM, Mn, Top Floor Flat 160 Sheringham Avenue, E12....(020) 8478 6902
NIJJER, P, 27 Gyllyngdune Gardens, Ilford....(020) 8590 3343
NIKIFOROVA, Miss A, 52 The Crescent, London....(020) 8141 6553
NIKOLAOU, M, 84 Edward Road, London....(020) 7305 8244
NIKOLOPOULOS, Ellen, 44 44 Pelham Wy, London....(020) 8530 4886
NIPPRESS, M, 15 Seymour Road, London....(020) 8924 1020
NISA, I, 39 Grange Road, Ilford....(020) 8478 5291
NITU, Violeta, 71 Billet Road, E17....(020) 8531 0799
NIZAM, G, 174 Northcote Road, Walthamstow....(020) 8521 5940
NJIE, M, 6 Fullwell Court Fullwell Avenue, Ilford....(020) 4531 7818
NJOH, Miss N, 53a High St, London....(020) 3132 5693
NKENDA, P, 78A Green La, Ilford, Essex....(07931) 169154
NOBES, L, 1 Mundon Gdns, Ilford....(07956) 341814
NOBLE, C, 78 Bushwood, London....(020) 8257 1275
N, J, 25 Elmfield Road, London....(020) 8524 2142
N, J, 27 Harcourt Avenue, Manor Park....(020) 8478 1699
N, Miss M, 146 Francis Rd, London....(020) 3132 4915
NOBREGA, J, 28 Withy Mead, London....(020) 8617 1847
NOCK, R.S, 12 Queens Avenue, Woodford Green....(020) 8504 2894
NOEL, A, 47 Walpole Road, E17....(020) 8521 3227
N, C, 653 High Road Leyton, E10....(020) 8539 8315
N, M, 101 Hampton Road, London....(020) 8556 0334
NOGA, E, 70 Lord Avenue, ILFORD....(020) 8550 5486
NOLAN, K, 22A Salisbury Road, LONDON....(020) 8524 1585
N, M, 5 Margaretting Road, LONDON....(020) 8989 4005
N, M.C, 131 Auckland Road, Ilford....(020) 8518 1503
NOLLAU, S, 43 Riverhead Close, London....(020) 8527 1356
NOLLETH, R, 67 Lea Hall Road, London....(020) 8923 7867
NOMANI, Mr N, 8 Norman Road, Ilford....(020) 8141 8738
NOONAN, J, 133 Sixth Avenue, London....(020) 8553 2023
NOORKHAN, M, Flat 2 3 Meanley Road, Manor Park....(020) 8911 8221
NOR, Mrs H, 73 Cobham Rd, Ilford....(020) 8598 8939
NORCARO, A, 64 Beechwood Park, E18....(020) 8989 5502
NORDEN, P, 22 Carnanton Road, London....(020) 8523 2955
NORFOLK, M, 16 Essex Road, LONDON....(020) 8530 3098
NORGATE, T.J, 4 Malvern Gardens, Loughton....(020) 8508 3763
NORGROVE, J.L, Flat 3 Kendal Court 63 The Ridgeway, E4....(020) 8524 6864
NORKETT, J, 11 Warwick Road, Walthamstow....(020) 8527 2689
NORMAN, C, Flat 3 Tempus Court 128-38 High Road, E18....(020) 8502 9858
N, Mr K, 59 Glenwood Gardens, Ilford....(020) 8141 5894
N, N, 36 Herongate Road, London....(020) 8989 7425
NOROOY, S, 25 Flat 3, Flat 3 Hyacinth House Vine Street, LONDON....(020) 3731 3609
NORRIS, A, 141 Ardmore Lane, Buckhurst Hill....(020) 8505 0846
N, A, 8 Beddington Road, Ilford....(020) 8252 3662
N, C, Unit 2 Percival House 526-534 High Road, Woodford Green....(020) 3648 4633
N, M, 21 Falmouth Avenue, E4....(020) 8527 3544
NORTH, Susan, 469 High Street North, E12....(020) 8514 0132
NORTHCOTT, H, 39 Monkhams Lane, Woodford Green....(020) 8504 3608
NORTHEDGE, M, 4 Knighton Drive, Woodford Green....(020) 8504 3552
NORTHOVER, L, 10 Ladysmith Avenue, Ilford....(020) 8262 1995
NORTON, G.G, 25 Cherston Road, Loughton....(020) 8502 0496
N, L, 2 Ravensbourne Gardens, ILFORD....(020) 8550 5712
NOTT, C, 24 Grove Road, London....(020) 8539 9083
NOTTAGE, P, 30 Stoneycroft Road, Woodford Green....(020) 8505 9678
NOVAC, L, First Floor Flat 194 High Road Leyton, Leyton....(020) 3560 7368
NOVAK, Mr J, 69 Stirling Rd, E17....(020) 8527 5849
NOVAKOVA, Miss Z, Flat 104 Northwood Tower 71 Marlowe Rd, London....(020) 8177 9967
NOVITT, J.H, 7 Broadhurst Gardens, Chigwell....(020) 8500 8442
NOWAK, P.J, 329 Kingston Road, Ilford....(020) 8553 1888
NOWARK, Mr A, 68 Roseberry Av, London....(020) 3132 1262
NOWELL, J, 52 Wanstead Park Road, Essex....(020) 8553 5640
NOYCE, Susan, 9 Chatham Road, E17....(020) 8527 6337
NTONGK, Z, 66 Russell Road, London....(020) 3672 5524
NUGENT, M, 48 Morland Road, London....(020) 8520 9581
NUNES, D, 11a Melbourne Road, Ilford....(020) 8554 2631
NUNEZ-MARTINEZ, I.J, 201 Aldborough Road South, Ilford....(020) 8597 1364
NUNN, J, 85 Caterham Avenue, Ilford....(020) 8550 0264
N, J, 50 Owen Gardens, Woodford Green....(020) 8504 7543
N, J.R, 55 Stanley Road, Ilford....(020) 8478 5754
N, M, 145 Tomswood Hill, Ilford....(020) 8924 4601
NUNYO, Mr R, 21 Sixth Avenue, London....(020) 8141 0364
NURCOMBE, A, 69 Bridge End, London....(020) 8527 2812
NUREIN, Mrs U, 8 Suffolk Court Suffolk Road, Ilford....(020) 8510 1438
NURSE, B, 3 Latimer Court 476 Lea Bridge Road, Leyton....(020) 8558 8067
NURSEY, G.R, 1 Gloucester Road, E11....(020) 8989 6502
NUTKINS, J, 45 Highfield Road, Woodford Green....(020) 8505 2196
NUTTALL, Ruth, 60 Coopers Close, Chigwell....(020) 8500 1685
NUUR, Miss M, 43 Lawson Close, Ilford....(020) 8478 4058
NWANAGA, G, Flat 14 Electric House 18 Teresa Mews, E17....(020) 8509 8069
NWOKEDI, A, FLAT 24 WINDSOR COURT 312 Forest Road, London . (020) 8509 3523
NWOKEJI, E, 609a Romford Rd, E12....(020) 8514 1634
NYAKURIMWA, F, 28A Arundel Gardens, Ilford....(020) 3648 2389
NYAME, S, 69 Francis Avenue, Ilford....(020) 3509 6509
NYANTAKYI, J, 754b High Road, Goodmayes, Ilford....(020) 8001 9668
N, Mr K, 26a Station Rd, London....(020) 8478 1892
NYARKO, E, 44 Wilton Place, London....(020) 3712 9696
O.SULLAVAN, Barbra, 127 The Drive, Ilford....(020) 8554 3318
O, V, 92 Church Lane, London....(020) 8223 0941
OAKABY, B, 128 Drysdale Avenue, London....(020) 8529 0412
OAKES, M, 12 Caernarvon Drive, Ilford....(020) 8550 0267
OAKMAN, R, 44 Grosvenor Road, London....(020) 8989 3243
OAKS, Melvin, 115 Richmond Avenue, London....(020) 8527 0457
OANA, N, 39 Lavender Place, Ilford....(020) 8014 8100
OATES, A, Mobile, 144 Gordon Rd, London....(07799) 037505
OATS, Michael, Flat 17 Kestrel Court 14 Woolston Close, E17 ..(020) 8523 4931
OBEDOZA, Rev W, 127 Snakes Lane East, Woodford Green....(020) 3659 4023
OBENEWAH, B, mobile, 179 Chingford La, Woodford Gn, Essex(07904) 051133
OBERMAN, T, Mobile, 97 Duke Road, Ilford....(07930) 576106
O'BRIAN, J.M, 72 Dover Road, E12....(020) 8989 8854
O'BRIEN, C, 18 Hazeldene Road, Ilford....(020) 8590 1381
O, F, 92 Penrhyn Avenue, Walthamstow....(020) 8527 5402
O, J, 8 Cambridge Road, E4....(020) 8529 1226
O, M, 43 Heaton Close, E4....(020) 8529 8784
O, M, 18 Peterborough Road, Leyton....(020) 8556 7706
O, Admiral M, 8 St. Leonards Avenue, Chingford....(01772) 356745
OBRIEN, Patrick, 4 Avril Way, London....(020) 8531 6403
O'BRIEN, R, 23 Woodside Road, Woodford Green....(020) 8504 4717
O'BRYAN, K, 237 Buckhurst Way, Buckhurst Hill....(020) 8505 6530
O'CALLAGHAN, Miss Bernadette, 24 Cantley Gardens, Ilford...(020) 8518 1628
O, J, 18 The Dell, Woodford Green....(020) 8506 2249
O, V, 44 Peel Place, Ilford....(020) 8551 6546
OCAMPO, Mr R, 29c North Residence King George Hospital Barley La, Ilford....(020) 3132 8352
OCHILTREE, G, 25 Nesta Road, Woodford Green....(020) 8504 7858
O, M, 92 Oakwood Hill, Loughton....(020) 8508 1736
OCONNELL, Malva, 17 Durham Road, E12....(020) 8553 3479
O'CONNOR, J, 42 Abbey Road, Ilford....(020) 8554 4032
O, M, 76 Leybourne Road, Leytonstone....(020) 8530 4953
ODA, P, Flat 2 5 Holstock Road, Ilford....(020) 8553 1382
ODDONETTO, P, 54 Brook Road, Ilford....(020) 8590 2868
ODDY, S, 14 Durham Avenue, Woodford Green....(020) 8505 7489
ODEDRA, H, Flat 30 Rowan House 15 Rowan Close, Ilford....(020) 8478 4882
ODEJINMI, Dr F, 12 Harts Grove, Woodford Green....(020) 8504 7059
ODEKU, M, Flat 25 Ingrebourne Court Chingford Avenue, LONDON....(020) 3729 2593
ODETOYINBO, O, 65 Tryfan Close, Ilford....(020) 8551 6609
ODEY, E, 17 Acacia Road, London....(020) 4531 4132
ODEYEMI, Mr S, 235 Chingford Rd, London....(020) 3132 4990
ODHAMS, C, 92 Valley Hill, Loughton....(020) 3091 8486
O'DONNELL, G.M, 32 Buxton Road, E4....(020) 8524 2515
O, S, 14 Parkway, Ilford....(020) 8599 4200
O'DONOGHUE, D, 7 East View, E4....(020) 8527 8759
O, D, 295 Willingale Road, Loughton....(020) 3689 1626
O'DRISCOLL, J, 150 Chester Road, Ilford....(020) 8590 7378
ODUBANJO, Mr O, Flat 34 All Saints Tower 47 Beaumont Raod, London....(020) 8536 9979
ODURO, Nancy, 55 Peel Road, E18....(020) 8505 0308
OFFORD, T, 154 Englands Lane, Loughton....(020) 8508 7644
O'GARRO, C.E, Flat 5 Frances Court 3 Gandhi Close, E17....(020) 8521 5896
OGDEN, Miss Mary, 2 Thurlestone Avenue, Ilford....(020) 8590 3097
OGE, A, Flat 99 Blenheim Court Navestock Crescent, Woodford Green....(020) 3737 7659
OGIEMWONYI, A, Crosbie House Flat 25 Prospect Hill, London....(020) 3665 5726
OGILVIE, M, 132 Grove Green Road, London....(020) 3652 5216
OGINNI, R, Mobile, 28 Sinnott Road, London....(07903) 007822
O'GRADY, M, 28 The Copse, London....(020) 8529 4508
OGUNBAMERU, Mr O, 222 Roxwell Studios Argall Avenue, London....(020) 8141 7883
OGUNBAYO, B, 149 Sinclair Road, London....(020) 8523 9105
OGUNDELE, O, 242A Perth Road, Ilford....(020) 3605 9457
OGUNLAJA, O, 12 Cross Keys Court Queen Mary Avenue, London...(020) 3689 7379
OGUNODE, Mr A, 11 Oregon Ave, London....(020) 8141 7833
OGUNSHEMI, Kofoworola, Flat 33 Osborne Court 23 Capworth St, London....(020) 8539 7149
O'HAGAN, D, 35 Canterbury Road, London....(020) 8558 8482
OHALLORAN, B, 81 Essex Road, London....(020) 8556 4251
O'HALLORAN, K, 34 Elmstead Road, Ilford....(020) 8586 4854
O'HARA, Christine, 120 Kings Avenue, Woodford Green....(020) 8504 1340
OHARA, Michael, 35 Beaconsfield Road, E10....(020) 8556 0266
O, M, 9A Holly Lane, Ilford....(020) 8389 7801
O'HARE, J, Flat A 7 Dalkeith Road, Ilford....(020) 8553 5916
OHEMENG, Mr N, 74 Tiptree Crescent, Ilford....(020) 3318 8080
OJEKWE, Dr C, 159a Wadham Road, Walthamstow....(020) 8527 0403
OJO, Mr A, 79 Abbey Rd, Ilford....(020) 3132 3854
O, O, 35 Longcroft Rise, Loughton....(020) 8925 8412
OKABAJOHANNES, S, Mobile, 326 Grove Green Road, London (07946) 193659
O'KANE, P, 44 Ferndale Road, London....(020) 8556 6503
O'KEEFE, R, 491 Green Lane, Ilford....(020) 8599 2620
OKEKE, Michael, 13 Whittle Clo, Walthamstow....(020) 8509 3495
OKELLO, A, 11 Clyde Place, E10....(020) 8558 8824
O'KELLY, M, 46 Clarence Avenue, Ilford....(020) 8518 6248
OKONJ, H, Flat 4 301 High Road Leyton, E10....(020) 8556 8253
OKORODUDU, J, 49 North Countess Road, Walthamstow....(020) 3161 7254
OKOSUN, Mr H, 81b Lechmere Avenue, Woodford Green....(020) 8141 5902
OKUNNU, M, 5 Westminster Gardens, Ilford....(020) 8550 7607
OLADIMEJI, A, Flat 17 Essex Mansions 1 Essex Road South, E11....(020) 8539 7067
OLADIPO, Miss J, Flat 11 Kingsley Mews Ley Street, Ilford....(020) 8177 9467
OLAGUNJU, D, 116 Long Green, Chigwell....(020) 3723 2360
OLD, P, 65 Frances Road, E4....(020) 8531 7821
OLDERSHAW, A, 232 Roding Lane South, Ilford....(020) 8550 3373
OLDSTEIN, F, 135 Herent Drive, Ilford....(020) 8550 6309
O'LEARY, D, mobile, 52 Whitney Rd, E10....(07930) 900602
O, J.F, 19 St. Johns Road, Ilford....(020) 8599 6485
O, M, 46 Hazelbrouck Gardens, Ilford....(020) 8500 0666
O, P, 21 The Albany, Woodford Green....(020) 3712 3873
OLESINSKI, D, Flat 1,24a Old Church Road, London....(020) 7285 8591
OLIVA, M, 120 George Lane, South Woodford....(020) 8530 0382
OLIVER, B, 48 Bushfields, LOUGHTON....(020) 3648 1285
O, C, 135 Ardmore Lane, Buckhurst Hill....(020) 8505 8721
O, Mr F, 45 Warren Road, London....(020) 8141 7894
O, K, 69 Barfields, Loughton....(020) 8508 7709
O, P, 101 St. Patricks Court Bridle Path, Woodford Green....(020) 8527 7609
O, S, 44 Sky Peals Road, Woodford Green....(020) 8531 3086
O, V, 3 Holmes Avenue, London....(020) 8531 1358
O, William, 63 Grosvenor Park Road, London....(020) 8520 7159
OLORUMRINU, S, 9 Meath Rd, Ilford....(020) 8514 4595
OLUMIDE, G, 44 Nine Acres Clo, E12....(020) 8478 2297
OMADELIEMJE, A, 7 Hornbeam Close, Ilford....(020) 3663 8758
O'MAHONEY, Miss Margaret, 5 Herongate Road, London....(020) 8989 4451
O'MALLEY, A, 56 Lorne Gardens, E11....(020) 8530 4316
OMAR, Asha, 20 Titley Close, E4....(020) 8529 0067
O, D, Ground Floor Flat 46 Abbotts Park Road, E10....(020) 8556 3676
O, F, Flat 10, Osborne Court, 23 Capworth Street, London....(020) 3581 8774
O, Halima, John Walsh Tower Montague Road, London....(020) 8558 0452
O, S, 13 Fairfield Court Fairfield Road, Woodford Green....(020) 3565 6309
OMARD, W, Mobile, 7 Byron Road, London....(07984) 944955
OMBATI, J, 115A Eastern Avenue, Ilford....(020) 3590 8834
OMISAKIN, T, 81 Overton Rd, E10....(020) 8923 9296
OMO, Y, 24B Aberdour Road, Ilford....(020) 3352 8449
OMOHUNA, B, 23 Dellow Close, Ilford....(020) 8554 6574
OMOLE, Mr O, 31 York Rd, Ilford....(020) 3132 7714
OMOSANYA, V, 9 Ashwood Road, London....(020) 8529 4988
OMOTAYO, M, 291A Eastern Avenue, Ilford....(020) 3592 7367
OMURI, V, 13 Basildon Avenue, Ilford....(020) 3532 9701
O'NEIL, C, Flat B 15 Avon Road, E17....(020) 8520 8892
O, S, 27A Castleton Road, LONDON....(020) 3612 5109
O'NEILL, D, 50 Kimberley Road, London....(020) 8281 9395
O, I.N, 145 New Rd, E4....(07956) 271500
O, Mr K, 78 Adelaide Road, London....(020) 3132 7011
O, T, 14 Fleeming Close, London....(020) 8527 1576
ONEK, J, 84 Rosebery Av, E12....(020) 8552 8351
ONEKAH, Mr V, 67 Attlee Terrace, London....(020) 8141 2650
ONIFADE, O, 48A High St, Barkingside....(020) 8551 5198
ONOUFIROU, T, 11 Cavendish Gardens, Ilford....(020) 8554 5245
ONUOHA, I, 261 Church Road, London....(020) 8478 6266
ONWUKA, N, 7 Gainsford Rd, E17....(020) 8521 0559
ONYECHE, Admiral I, 28 Scarborough Road, Leytonstone....(020) 4537 1850
OO, T, 613C High Road Leyton, London....(020) 3623 1562
OON, I, Wenlin Nursery Road, Loughton....(020) 8508 0762
OPONG, A, 110 Suffolk Court 25 Cambrian Road, Leyton....(020) 8556 1523
OPPONG, C, FLAT 9 ROWAN HOUSE 15 Rowan Close, Ilford....(02037) 524124
OPRYNSKI, A, 71 Sheridan Road, E12....(020) 8141 5763
OPUTA, V, 99 Flat 4, Flat 4 Burnham Road, LONDON....(020) 8014 5118
O, V, Mobile, 8 Meister Close, Ilford....(07960) 739858
ORAM, J, 59 Dover Road, LONDON....(020) 3022 1032
O'REILLY, B, 10 Monkhams Avenue, Woodford Green....(020) 8504 0322
O, Thomas, 94 Mulberry Wy, London....(020) 8989 2287
ORFORD, B, 89 Boundary Road, E17....(020) 8520 1254
ORHMAN, A, Flat 18 Charlbury House Grantham Road, London ....(020) 8471 4029
ORIGBO, I, 64 Chamberlain Place, London....(020) 3565 0943
ORMAN, I, Starfish & Chips 75 Belgrave Road, Ilford....(020) 8518 6784
O'ROURKE, Miss D, 59 Lindley Rd, E10....(020) 8532 8240
O, J.F, 12 The Uplands, Loughton....(020) 8508 3538
ORPHANOS, E, 111 Clayhall Avenue, Ilford....(020) 8550 6557
O, M, 11 Cottesmore Avenue, Ilford....(020) 8550 6993
ORR, Derrick, 50 The Uplands, Loughton....(020) 8508 2088
O, P, 43 Hatfields, LOUGHTON....(020) 8502 4833
OSAJ, J, Flat 123 Ley Street House 497-99 Ley Street, Ilford....(020) 3875 4326
OSBORN, G.T, 86 Mannock Drive, Loughton....(020) 8508 2507
OSBORNE, A, 7 Farley Drive, Ilford....(020) 8590 2021
O, Mrs Dawn, 74 Colson Road, Loughton....(020) 8418 0214
O, J, 107 Auckland Road, Ilford....(020) 8554 9050
O, Robert, 113 Chestnut Avenue South, Walthamstow....(020) 8520 2937
O, T, 41 Pulteney Road, London....(020) 8530 5575
O, V, 26 Godwin Close Sewardstone Road, E4....(020) 8529 9985
OSBOURNE, D, 31 Bracken Drive, Chigwell....(020) 8500 3005
OSBURNE, C, 21 Westmorland Close, LONDON....(020) 8923 1504
OSCAR OBI, J, 69 Browning Road, E12....(020) 8141 1398
OSCAR-OBI, Mr J, 169 Browning Road, London....(020) 8141 1553
OSEI ADDI, K, 31 Longfellow Road, London....(020) 8014 9129
OSEI, E, 5a Windsor Road, London....(020) 8001 4342
O, M, 19 Whitethroat Court Cecil Road, Leytonstone....(020) 3722 4937
OSEI-BONSU, S, 1 Imani Terrace 158 Boundary Road, E17....(020) 8503 7093
OSENIE, H, 13 Ansar Gardens Markhouse Road, London....(020) 8520 0929
O'SHEA, C, Mobile, 278 Strone Rd, Manor Pk....(07956) 534375
O, L, 4 Mannock Drive, Loughton....(020) 8502 5971
OSHODI, Miss K, 21 Lynford Gardens, Ilford....(020) 8141 3359
OSIECKA, A, 43 Gainsborough Avenue, London....(020) 3674 6936
OSMAN, Miss H, Flat 98 Fred Wigg Tower Monatgue Road, London (020) 8141 4417
O, Sharifa, Flat 4 Victor Court 80 Roden Street, Ilford....(020) 3632 4972
OSMANI, Bayan, 21 Eastwood Road, Ilford....(020) 8597 6260
OSOTNIMITDEE, W, 31c Greenleaf Road, Walthamstow....(020) 8521 8583
OSSEI, T, Flat 8 Jasmine Court 15 Kings Close, E10....(020) 8532 8675
OSUAGWU, J, 1037 Romford Road, E12....(020) 8478 6834
OSUJI, S, 40 Lowbrook Road, ILFORD....(020) 3843 2919
O'SULLIVAN, A, 85 Warren Road, E4....(020) 8529 1560
O, E, 67 Buttsbury Road, Ilford....(020) 8478 3547
OSULLIVAN, Dr P, 51 Cavendish Road, Chingford....(020) 8527 2039
O'SULLIVAN, Timothy C, 115 Henley Road, Ilford....(020) 8478 2069
OTI, E, Flat 18, Hammond Court Leyton Grange Estate, London....(020) 3689 4892
OUAGUENA, Mr R, 125 Blackthorn Rd, Ilford....(020) 8177 3478
OUDATHE, D, 5 Wigmore Place, London....(020) 8523 4390
OVERS, M, 21 Sunnymede Drive, Ilford....(020) 8551 3127
OVERTON, E, 29 Fullwell Avenue, Ilford....(020) 8551 3090
O, R, 12 Crownhill Road, Woodford Green....(020) 8491 6913
OWAIZ, M, 130 Sheringham Av, E12....(020) 8478 5528
OWEN, G, 59 Knebworth Avenue, Walthamstow....(020) 8527 6625
O, H.M, 40 Windsor Road, E11....(020) 8989 5951
O, K, 31 Forest Road, E11....(020) 8988 3297
O, Mr Michael, Flat 36, Westleigh Court, 2 Nightingale Lane, London....(020) 8530 4445
O, Dr R, 14 Aldersbrook Road, London....(020) 8989 4230
O, R, 83a Headley Drive, Ilford....(020) 8554 7488
O, T, 25 Wimborne Close, Buckhurst Hill....(020) 8504 6916
OWOLOWO, M, 172 Wards Road, Ilford....(020) 8518 3844
OWUSU ANSAH, J, 18 FIXIE BUILDING 6 Track Street, Walthamstow....(020) 4541 7181
OWUSU, Mr E, 60 Second Av, London....(020) 3132 7023
O, P, 11b Hartington Road, London....(020) 3105 6191
O, T, (Mobile), 4D Manor Park Rd, London....(07956) 202366
OWUSU-SEKYERE, Miss A, 2 Lascelles Close, London....(020) 8177 4987
OXLADE, J, 5 Blenheim Court,72 Horn Lane, Woodford Green....(020) 8914 2058
O, J, 51 Mulberry Way, London....(020) 8220 4705
O, P, 48 Alexandra Road, London....(020) 8520 3934
OYA, C, 39 Barrett Road, E17....(020) 8520 5063
OZCALIK, O, Scoff Cafe, 17 Station Road, London....(020) 8062 7601
OZELCI, Y, 116 Trelawney Road, Ilford....(020) 8501 1900
OZEN, R, 10 Northumberland Road, E17....(020) 8539 0479
OZKAN, Admiral A, 40 Wimborne Close, Buckhurst Hill....(020) 3457 0533
OZTAS, G, 26 Wood Lane, Woodford Green....(020) 3685 8474
OZVEREN, H, 8 Crowndale Place, London....(020) 3754 0317
P. KATHIRGAMAITHAIH, P, Floor First 8 Nine Acres Close, London....(020) 3605 2514
PA, S, 40 Highcliffe Gardens, Ilford....(020) 3623 6431
P, S, 26 Perkins Road, Ilford....(020) 4568 0714

PACKER, B, 123 Burney Drive, Loughton ... (020) 8508 8848
PACKHAM, Miss Margaret, 24 Marian Lawson Court 168-174 Manford Way, Chigwell ... (020) 8109 1605
PACZYNSKI, M, 25 Warwick Road, London ... (020) 8530 2309
PADAM, J, 105 Ashburton Avenue, Ilford ... (020) 8220 2378
P, N.K, 5 Little Ilford Lane, E12 ... (020) 8514 3547
PADDON, A.C, 12 Forest View Road, Loughton ... (020) 8508 2238
PADMAN, S, 142 Glenwood Gardens, Ilford ... (020) 8550 4124
PAFFEY, A.J, 61 Clavering Road, E12 ... (020) 8989 1790
PAGANUZZI, V, 229 Hall Lane, Chingford ... (020) 8524 7694
PAGE, B, Flat 2 Orestes Court 39 Woodford Road, London ... (020) 4568 0814
P, C.M, 15 Waterhall Av, E4 ... (020) 8559 3736
P, D, 91 Nelson Road, London ... (020) 8527 6248
P, F, 21 Parsonage Court Rectory Lane, Loughton ... (020) 8508 1552
P, H.W, 45 Brindwood Road, E4 ... (020) 8524 3202
P, J.C, Flat 2 Barker House 394 Markhouse Road, E17 ... (020) 8539 2878
P, K, 1 Jersey Rd, Ilford, Essex ... (07960) 326379
P, M, 20 King Henry Lodge 51 Hall Lane, E4 ... (020) 8524 6102
P, M, 7 Kenwood Gardens, Ilford ... (020) 8551 8891
P, R, 68 Malmesbury Road, London ... (020) 8504 4747
PAGGART, Beryl, 73 Levett Gardens, Ilford ... (020) 8599 3333
PAGUIO, Ms Lolita, 49 Oakwood Hill, Loughton ... (020) 8532 0153
PAHEERATHAN, Rajalingham, 42 Holmwood Road, Ilford ... (020) 8597 9449
PAHOMIS, A, Flat 28, Buxton House Buxton Drive, London ... (020) 8091 5603
PAHWA, A, 41 Draycot Road, LONDON ... (020) 8989 4312
PAIK, N.S, 97 Murchison Road, E10 ... (020) 8556 1477
PAINTER, Miss J, 39 Wanstead Park Road, Ilford ... (020) 8177 3492
PAINTIN, Mr G, Flat 3 / 326 Hoe Street, London ... (020) 8177 8321
PAKALFKI, Mr W, Flat 111, Tenby Court Tenby Road, London .. (020) 8509 0115
PAKER, D, Daisy House 796-802 Flat 9 High Road, Ilford ... (020) 3605 1287
PAKPOURTABRIZI, A, 50 Heathcote Grove, London ... (020) 3730 0742
PAKYANATHAN, Admiral T, Flat 15 Kenneth Chambers Court 21 Stoneycroft Road, Woodford Green ... (020) 8143 8725
PAL, N, 25 Durban Road, E17 ... (020) 8531 6934
P, P, 129a Ilford Lane, Ilford ... (020) 3638 6314
P, Ms S, 60 Colchester Road, London ... (020) 8177 8673
PALACIOS, Miss A, 47 Mount Pleasant Road, London ... (020) 3132 8940
PALFREEMAN, A, 23 Denner Road, E4 ... (020) 8529 4391
PALK, D, 3 Ashdon Close, Woodford Green ... (020) 8498 0649
PALLAV, Admiral P, Flat 20 Furrow House 29 Hickman Avenue, London ... (020) 4568 1239
PALLET, J.F.G, 36 Grove Hill, E18 ... (020) 8989 5696
PALLISTER, I, Flat 9 Hunter Court Homesdale Close, E11 ... (020) 8989 1404
PALMER, Mrs A, 14 Princes Road, Buckhurst Hill ... (020) 8502 9885
P, A.G.J, 73 Forest Approach, Woodford Green ... (020) 8505 8834
P, E, 27 Malvern Drive, Woodford Green ... (020) 8504 6189
P, G.J, 13 Mayfair Gardens, Woodford Green ... (020) 8504 7929
P, I, 104 Dover Road, E12 ... (020) 8925 8534
P, I.D, 21 Forest Way, Woodford Green ... (020) 8504 3694
P, R, 81 Lord Avenue, Ilford ... (020) 8550 3922
P, S, 27 Hamilton Avenue, Ilford ... (020) 8554 8843
P, T, 34 Broomhill Road, Woodford Green ... (020) 8559 0570
P, T, 13A Forest Road, Loughton ... (020) 3623 7648
PALMER-THOMPSON, J, 1 38, 1, Whitehouse Leyton Green Road, London ... (020) 3648 1934
PALTAN, B, 34 Cobham Road, Ilford ... (020) 8062 3595
PAMMENT, A, 36 Larchwood House 39 Baywood Square, Chigwell . (020) 8500 3189
PAMOKER, Mr P R, 388 Strone Road, London ... (020) 3370 2767
PANA, V, 113 Royal Crescent, Ilford ... (020) 3685 9955
PANAYI, K, 124 Malford Gro, E18 ... (020) 8989 7017
PANCHAL, B, 27 Manhattan Apartments,26 Clifford Road, London ... (020) 3152 5045
PANDA, R, Flat 4 44 Selborne Road, Ilford ... (020) 3737 3912
PANDELI, P, 57 Hawkwood Cres, E4 ... (020) 8529 0130
PANE, S, 21 Fernhill Court, London ... (020) 3648 7826
PANESAR, A.S, 21 Endsleigh Gardens, Ilford ... (020) 8518 0224
P, G, 16 Clays Lane, Loughton ... (020) 8502 2657
P, H, 170 Staines Road, ILFORD ... (020) 8220 6255
P, Mrs J, 45 Harrington Road, London ... (020) 8177 6408
P, K, 188 Grange Road, Ilford ... (020) 8553 9278
P, R, 39 Greenleafe Drive, Ilford ... (020) 8220 3242
P, T, 450 Hoe Street, London ... (020) 8988 7830
PANKHURST, J.F, 15 Oak Hill Crescent, Woodford Green ... (020) 8531 5523
PANKINA, L, 1A Colenso Road, Ilford ... (020) 3732 3837
PANNEERSELVAM, Rajoo, 9 North Brook Road, Ilford ... (020) 8911 8798
PANTELLI, C, 213 Colchester Road, E10 ... (020) 8539 2234
PANTURU, L, 2 New Wanstead, London ... (020) 3532 0986
PAPADOPOULOS, T, 4 Kingswood Road, E11 ... (020) 8518 7995
PAPAGEORGIOU, C, 40 Evanston Avenue, LONDON ... (020) 8527 0594
PAPATHEODOROU, M, 285 Markhouse Road, E17 ... (020) 8539 4197
PAPE, D, 78 Walden Way, Ilford ... (020) 8500 4561
PAPES, M, 30 Merlin Grove, Ilford ... (020) 8500 0707
PAPIERNIK, Mrs Madeleine, Flat 40 Hermitage Court Woodford Road, London ... (020) 8989 5727
PAPSKA, D, 39 Ethelbert Gardens, Ilford ... (020) 8550 7980
PAQANAS, Mr M, 32 Grove Rd, London ... (020) 8177 8296
PARAMESHWARAN, T, 85 Lord Avenue, Ilford ... (020) 8550 3809
P, T, 85 Lord Avenue, Ilford ... (020) 8550 7208
PARASCIUK, Miss E, 22a Pearcroft Road, London ... (020) 3138 1609
PARCHMENT, A.A, 194 Wellesley Road, Ilford ... (020) 8518 0951
PAREKH, D.M, 1 Peel Drive, Ilford ... (020) 8550 0644
P, R, 3 Longcourt Mews, E11, London ... (020) 3620 8835
PARFITT, Mr 65 Worcester Road, E17 ... (020) 8177 5517
PARIS, A.G, 52 Colworth Road, E11 ... (020) 8539 4669
PARISH, A, 42 Campbell Avenue, Ilford ... (020) 8551 1926
P, J, 62 Clarence Avenue, Ilford ... (020) 8220 0460
PARK, B, 210 Hillyfields, Loughton ... (020) 8502 4570
P, E, 61 Ching Way, E4 ... (020) 8531 0859
P, T, 10 Mornington Road, Loughton ... (020) 8532 1276
PARKER, A, 41 Pretoria Avenue, London ... (020) 8521 5557
P, A, 62b Vicarage Road, London ... (020) 3802 3647
P, C, 54 Sinclair Road, London ... (020) 8257 8704
P, E, 1/33 Fairlop Rd, E11 ... (020) 8518 7852
P, H, 34 Eagle Lane, Leytonstone ... (020) 8989 4083
P, J, 19 Churchfields, Loughton ... (020) 8508 6531
P, P, 115 Ashburton Avenue, Ilford ... (020) 8590 7188
P, S, 96 Drysdale Avenue, London ... (020) 8529 9469
P, Mrs Susan, 43 Glenwood Gardens, Ilford ... (020) 8227 0208
P, Mrs Susan, 43 Glenwood Gardens, Ilford ... (020) 8550 9130
P, S, 9 Woodcote Mews, Loughton ... (020) 8502 5160
P, T, 10A Endsleigh Gardens, Ilford ... (020) 8518 5594
P, T, 2 Newbury Road, LONDON ... (020) 8523 0513
PARKES, R, 163 Cambridge Rd, Ilford ... (020) 8599 0532
P, Susan, 46 Mannock Drive, Loughton ... (020) 8281 7159
PARKINSON, Miss Bryony, 4, Avon Terrace Avondale Drive, Loughton ... (020) 8281 4818
P, F.N, 9 Eden Road, E17 ... (020) 8520 3517
P, J, 8 Blackthorn Avenue, Chigwell ... (020) 3686 7829
PARKS, D.S, 196A Queens Road, Buckhurst Hill ... (020) 8504 4082
P, Florence, 46 Edward Avenue, London ... (020) 8531 5767
P, N, 13 Arlington Road, Woodford Green ... (020) 8505 9940
P, R, 5 Carroll Hill, Loughton ... (020) 8502 5228
PARLIKKATTIL, S, 54 Swans Hope, Loughton ... (020) 3592 8586
PARMAR, B, 628 High Road, Woodford Green ... (020) 8559 7559
P, K, 18 Mundon Gardens, Ilford ... (020) 8270 7989
PARNHAM, G, 113 Sheringham Av, E12 ... (020) 8514 3040
PARR, N, 33 Handsworth Avenue, London ... (020) 8523 4860
PARROCK, D, 34 Coolgardie Avenue, Chingford ... (020) 8527 0328
PARRY, D, 9 Audley Gardens, Loughton ... (020) 8502 1356
P, S, 65 Buxton Road, E17 ... (020) 8521 1247
PARSLIFFE, A, 76 Greenleafe Drive, ILFORD ... (020) 8550 4935
PARSONS, B, 170 Francis Road, London ... (020) 8556 9617
P, G.M, 12 Lytton Road, E11 ... (020) 8558 0994
P, M, 117 Wadham Road, London ... (020) 8531 5012
P, M.P, 1 South Park Crescent, Ilford ... (020) 8478 2991
PARTRIDGE, A, 8 Chigwell Pk Dv, Chigwell ... (020) 8559 9869
P, E, 16 Bergholt Avenue, Ilford ... (020) 8550 7756
P, E, 42 Eagle Lane, E11 ... (020) 8989 0440
P, P, 2 Corbicum, London ... (020) 8539 5710
PARU, D, 3 The Lowe, Chigwell ... (020) 8001 9291
PARV, Mr O, 37 Cameron Rd, ILford ... (020) 8599 5122
PARVEEN, Admiral N, 226 Mortlake Road, Ilford ... (020) 3457 0568
PARVEZ, M, 98 Bridge End, London ... (020) 8523 3628
PARVIN, K, 456 Ilford Lane, Ilford ... (020) 8514 8926
PASCAL, C, 44 Westview Drive, Woodford Green ... (020) 8924 0978
P, R, 192 Shakespeare Crescent, London ... (020) 8548 4902
P, S, 14 Dyson Road, London ... (020) 8530 6074
PASCOE, S, 14 Greensted Rd, Loughton ... (020) 8508 9707
P, T, 64 Woodlands Avenue, London ... (020) 8989 3412
PASH, J, 52 Middleton Avenue, London ... (020) 8529 5796
PASHA, J, 34 Heathcote Court Heathcote Avenue, Ilford ... (020) 3536 5719
PASHI, G, 116 New Road, London ... (020) 8524 5641
PASHLEY, Mrs R, 74 Nelson Rd, London ... (020) 8527 0166
PASK, S, 46 Church Hill, Loughton ... (020) 8502 2663
PASSANT, D, Flat 2 York House Chase Gardens, E4 ... (020) 8524 8804
PASSMAN, S, 14 Buckingham Road, London ... (020) 8530 3056
PASTO, D, Flat 3 7 Aberdour Road, Ilford ... (020) 8599 0923
PATAKI, R, 11 Peel Close, Chingford ... (020) 3138 5433
PATEL, A, 1 Breamore Road, Ilford ... (020) 8220 3026
P, A, 27 Langthorne Road, London ... (020) 3732 9924
P, A, 163 Loxford Lane, Ilford ... (020) 8911 8825
P, A, 46 Mayfair Avenue, ILFORD ... (020) 8518 3181
P, Ms A, Ms Flat 22 Stewart Rainbird House Parkhurst Road, London ... (020) 8478 2858
P, A, 81 Vernon Road, Ilford ... (020) 8014 1777
P, Arvind, 51 Worcester Crescent, Woodford Green ... (020) 8504 6683
P, B, 2 Merton Court 120 Castleview Gardens, Ilford ... (020) 3652 4997
P, Mr Bhanu, 96 Adelaide Road, London ... (020) 8558 0998
P, Mr B, 341-343 High Street North, East Ham London ... (020) 8141 2309
P, B, 55 Romford Road, Chigwell ... (020) 8220 2308
P, Mrs Consorcia, 50 Brook Road, Ilford ... (020) 8590 9774
P, D, 488 Eastern Avenue, Ilford ... (020) 8518 1916
P, D, 46 Woolhampton Way, Chigwell ... (020) 8500 6647
P, F, 76 Wilmot Road, E10 ... (020) 8539 6958
P, Mr G, 85 kingswood Rd, Ilford ... (020) 3132 6666
P, Mr H, 19 Cambrian Av, Ilford ... (020) 8141 7763
P, H, 213 Francis Road, London ... (020) 3645 6965
P, Hittsh, 14 Guildford Rd, Ilford ... (020) 8599 0161
P, H, 26 Ripley Road, Ilford ... (020) 8590 6435
P, H, Kilroy House 400 Roding Lane South, Woodford Green ... (020) 3689 6423
P, I, 35 St. Lukes Avenue, Ilford ... (020) 4529 0240
P, I, 102 Shernhall Street, E17 ... (020) 8521 6051
P, I, 330 Thorold Road, Ilford ... (020) 8220 8296
P, J, 5 Newton Road, Chigwell ... (020) 8500 0279
P, J, Mobile, 166 Oaks Lane, Ilford, Essex ... (07960) 310672
P, Mr J, Flat A/24 Third Av, London ... (020) 3132 7066
P, Mr K, 70 Beattyville Gdns, Ilford ... (020) 8550 6706
P, K, Mobile, 166 Beehive Lane, Illford, Essex ... (07944) 444469
P, K, 52 Spencer Road, Ilford ... (020) 8599 9439
P, K.B, 14 Blackhorse La, E17 ... (07944) 497424
P, M, 2a Church Rd, London ... (020) 8514 8741
P, M, 82 Dudley Road, Ilford ... (020) 8252 6985
P, M, 44 Glenham Drive, Ilford ... (020) 8491 3961
P, M, 11 Meister Close, ILFORD ... (020) 8553 4676
P, M, 74 Spencer Road, Ilford ... (020) 8220 9002
P, M, 143 Thorold Road, Ilford ... (020) 8478 6862
P, Mrs 25 Park Road, Ilford ... (020) 8478 5496
P, N, 80 Higham Station Avenue, E4 ... (020) 8531 9856
P, N, 80 Higham Station Avenue, London ... (020) 3859 7373
P, N, 84 Highwood Gardens, Ilford ... (020) 8551 9618
P, N, 58 Mount Pleasant Road, Chigwell ... (020) 8554 8344
P, N, 279 New North Road, Ilford ... (020) 8500 2336
P, P, 157 Epping New Road, Buckhurst Hill ... (020) 8502 9717
P, P, 53 Kingswood Road, Ilford ... (020) 8220 1412
P, P, 8 Water Lane, Ilford ... (020) 8279 2869
P, R, 237 Browning Road, London ... (020) 8470 8017
P, R, 4 Chiltern Road, ILFORD ... (020) 8590 2413
P, R, 47 Devonshire Road, Ilford ... (020) 3737 3507
P, R, 1 Kensington Drive, Woodford Green ... (020) 8550 4762
P, R, 1 Kensington Drive, Woodford Green ... (020) 8550 7935
P, R, 79 Natal Road, Ilford ... (020) 8553 2725
P, R, 10 Norman Road, Ilford ... (020) 8478 2561
P, R, 86 Oaks Lane, Essex ... (020) 8590 9056
P, R, 194 Shakespeare Crescent, E12 ... (020) 8552 2641
P, Rabia, Unit 15 Bourne Court Unity Trading Estate Southend Road, Woodford Green ... (020) 8551 3815
P, S, 37 Beacontree Road, London ... (020) 8928 0704
P, S, Mobile, 98 Bressey Grove, London ... (07939) 573786
P, S, 311 Cranbrook Road, Ilford ... (020) 8518 5070
P, S, 20 Lechmere Avenue, Chigwell ... (020) 3624 3563
P, S, 112 Matcham Rd, E11 ... (020) 8536 0907
P, S, 36 Rosebank Grove, E17 ... (020) 8521 0753
P, S, 78 Wanstead Lane, Ilford ... (020) 4541 0933
P, Mrs S, 81 Wanstead Park Road, Ilford ... (020) 3132 5386
P, U, 48 Rookery Court 80 Ruckholt Road, London ... (020) 8539 5549
P, U, 2 Marlborough Drive, Ilford ... (020) 8001 5405
P, Mr U, 111 North Birkbeck Rd, London ... (020) 3132 4931
P, Mr Vishva, 22 McFadden Court 25 Buckingham Road, London ... (020) 3730 6429
P, V, 75 Cranley Drive, Ilford ... (020) 8554 9587
P, V, 11 Highcliffe Gardens, ILFORD ... (020) 8550 6740
P, Mrs Y, 109 Fourth Av, E12 ... (020) 8514 5857
P, Y, 63 Shakespeare Crescent, Manor Park ... (020) 8472 6516
P, Z, 77 Gladstone Avenue, E12 ... (020) 8471 0484
PATELL, Mr A, 57 Pembroke Rd, Ilford ... (020) 8599 9996
P, S, 58 Inks Green, E4 ... (020) 8527 8502
P, V, 83B Fairlop Rd, E11 ... (020) 8532 8038
PATER, D, Flat 5, 9 Eastwood Road, Ilford ... (020) 8127 0559
PATERSON, D, 14 Harts Grove, Woodford Green ... (020) 8504 2084
P, W.Duncan, 32 Vaughan Gardens, Ilford ... (020) 8554 9499
PATHAK, B, 44 Wallington Road, Ilford ... (020) 8590 2215
PATHAN, I, 308 Thorold Road, Ilford ... (020) 8262 0343
P, Y, 227 Boundary Road, E17 ... (020) 8509 0220
PATHER, S, 57 Priors Croft, London ... (020) 8925 0951
PATIENCE, N, 40 Inglehurst Gardens, Ilford ... (020) 8590 4282
PATIL, D, Flat 7, Memorial Heights Monarch Way, Ilford ... (020) 3581 6114
PATMORE, H, 19 Kingsley Road, Loughton ... (020) 8502 4312
PATON, C, 149 Westwood Rd, Ilford ... (020) 8599 2849
P, N, Flat 30 Eaton Court 111 High Road, LONDON ... (020) 3669 6931
PATRA, A, Memorial Heights Flat 14 Monarch Way, Ilford ... (020) 3565 4533
PATRCIA, Elizabeth, 200 Clay Hall Avenue, Ilford ... (020) 8550 9998
PATRICK, N, Mobile, 91 Fencepiece Road, Ilford, Essex ... (07952) 427960
PATRUNO, M, 32A Leyton Park Road, E10 ... (020) 8558 7973
PATTERSON, S, 108 Nelson Road, London ... (020) 8527 0563
PATTISON, H, 84 North Countess Road, E17 ... (020) 8531 4168
P, M, 225 New North Road, Ilford ... (020) 8500 5287
P, P, 147 Albert Road, E10 ... (020) 8539 8481
PATTNAIK, Dr S, 99 Forest Approach, Woodford Green ... (020) 8559 1869
PATWARY, N, 18 Warren Road, Ilford ... (020) 3560 8170
PAUL, E, 44C Coppermill Lane, London ... (020) 8503 6405
P, R, 54A Argyle Road, ILFORD ... (020) 8554 6585
P, T, Flat 8, Repton House, 2 Jacks Farm Way, London ... (020) 3759 0148
PAULET, B, 230 Westward Road, London ... (020) 3561 7943
PAULL, Dr Michelle, 14 Willingale Close, Woodford Green ... (020) 8504 3553
PAULPANDIAN, F, Flat 122 Flat 122 Courtney Towers Glebelands Avenue, ILFORD ... (020) 3538 1278
PAULS, Mr R, 396 Strone Road, London ... (020) 8177 4330
PAVALEANU, O, 1A Dawlish Road, London ... (020) 8556 7351
PAVALUCA, I, 80A Lambourne Road, Chigwell ... (020) 3172 7183
PAVELEY, K, FLAT G RUSCON COURT 98A Hainault Road, London ... (020) 8558 0723
PAVLOVSKAJA, N, Mobile, 30 Kimberley Road, ... (07940) 098344
PAWSEY, H, 9 Barton Meadows, Ilford ... (020) 8550 8611
PAYANEEANDEE, C, 45 Pearcroft Road, London ... (020) 8558 3769
PAYNE, B, 110 Coolgardie Avenue, London ... (020) 8531 3140
P, D, 18 Coleridge Avenue, London ... (020) 8471 4079
P, G, 11 Ludgate House Hornbeam Lane, London ... (020) 8502 3987
P, J, 38 Normanshire Drive, London ... (020) 8524 0674
P, L, 43 Farnham Road, Ilford ... (020) 8599 1205
P, M, 1 Marion Grove, Woodford Green ... (020) 8504 4748
P, Sheila, 118 Southern Drive, Loughton ... (020) 8508 4318
P, T, 25 Ropers Avenue, E4 ... (020) 8531 0381
PAYNTER, S, 15 Chiltern Way, Woodford Green ... (020) 8506 0480
PEACH, T, 256 St. Barnabas Road, Woodford Green ... (020) 8504 4932
PEACHEY, N, 23 Ewanrigg Terrace, Woodford Green ... (020) 8505 6617
PEACOCK, David, 18 St. Mary Road, E17 ... (020) 8521 9391
P, J, 11 Buckrell Road, London ... (020) 3662 3542
P, J, 30 Fullers Road, E18 ... (020) 8504 7353
P, J, 19 Pretoria Crescent, London ... (020) 8524 9778
PEAK, S, Ash Green Baldwins Hill, Loughton ... (020) 8502 4191
P, S, Ash Green Baldwins Hill, Loughton ... (020) 8508 0718
PEAKE, L.E, 84 Torquay Gardens, Ilford ... (020) 8550 3537
PEARCE, Ann, 34 Latchett Road, London ... (020) 8504 2195
P, B, 49 Spencer Road, Ilford ... (020) 8270 1259
P, Reverend D, ST. TERESAS PRESBYTERY Eastern Avenue, Ilford ... (020) 8590 2414
P, H, 94 Warner Road, E17 ... (020) 8509 1554
P, I.J, 12 Redbridge Lane East, Ilford ... (020) 8550 1831
P, M, 10 Sunnydene Avenue, E4 ... (020) 8531 7818
P, N, Flat 5 The Atrium Lower Queens Road, Buckhurst Hill ... (020) 8504 1919
P, N.A.R, 33 Forest Drive West, E11 ... (020) 8539 8184
P, Mr Patricia, 115 Roll Gardens, Ilford ... (020) 8550 7408
PEARLMAN, R, 3 Lingmere Close, Chigwell ... (020) 8500 1961
PEARSE, B.G, 11 Alderton Rise, Loughton ... (020) 8508 5992
P, E, 44 Colson Road, Loughton ... (020) 8637 4954
PEARSON, A.R, 37 Russell Road, Buckhurst Hill ... (020) 8505 7003
P, B.J, 22 Bushey Avenue, E18 ... (020) 8989 4251
P, C, 33 Palmerston Road, Buckhurst Hill ... (020) 8504 2624
P, Ian, 100 100 Larkswood Road, London ... (020) 8529 3648
P, I, 4 Waterside Coppermill Lane, E17 ... (020) 8509 1408
P, J, 1 Moreland Way, London ... (020) 8529 7792
P, L.B, 52 Greville Road, E17 ... (020) 8520 4681
P, Mark, 244B Tower Mews, E17 ... (020) 8520 1779
P, R.A, Flat 65 Greenhill High Road, Buckhurst Hill ... (020) 8504 4363
P, R.D, 66 Uplands Road, Woodford Green ... (020) 8504 8601
P, S, 92 Stanley Road, E18 ... (020) 8505 3405
PEART, N, 14 Richmond Road, Leytonstone ... (020) 8556 5183
PEASE, M, 34 Broadhurst Avenue, Ilford ... (020) 8590 0818
P, R, 8 Empress Avenue, London ... (020) 8527 0344
PEATLING, A.A, 69 Connaught Avenue, E4 ... (020) 8529 1801
PEATTIE, R, 58 Beech Hall Road, London ... (020) 8503 3518
PECAKU, L, 64 High Street, London ... (020) 0027 6524
PECK, Mrs Constance, 36a Gordon Road, London ... (020) 3417 9302
P, J, 48 Buxton Road, E17 ... (020) 8521 4705
P, J, 190 Redbridge Lane East, Ilford ... (020) 8550 7405
PEERS, F, Flat 5,Gardner House,111 Gardner Close, London ... (020) 7158 7667
PEGG, J, 9 Studley Avenue, London ... (020) 8923 1262
PEGGS, R, 70a Hainault Road, London ... (020) 3632 3426
PEGRUM, B, 3 Boxted Close, Buckhurst Hill ... (020) 8504 2868
P, B, 4 Broomhill Walk, Woodford Green ... (020) 8504 5377
P, F, 59 Kensington Drive, Woodford Green ... (020) 8924 8964
PEKKAREVS, V, 90 Edinburgh Road, Walthamstow ... (020) 4537 4127
PELLEGRINI, P, 8 24 Bodiam Court Thornbury Way, LONDON .. (020) 3560 4808
PELLETIER, B, Apartment 305 Quant Building 6 Church Hill, E17 ... (020) 8521 1736
PELLICCI, G, 32 Chivers Road, London ... (020) 8524 5634
PEMBLE, R.A, 80A Mornington Road, E4 ... (020) 8524 3386
PENDYALA, Mr P, 122 Meanley Rd, London ... (020) 3132 1470
PENN, Dp, 44 Love Lane, Woodford Green ... (020) 8505 5712
PENNER, S, 126 Malford Grove, LONDON ... (020) 8989 3926
PENNINGTON, D, 64 Cobden Road, London ... (020) 8925 9603
P, R, 86 Goldings Road, Loughton ... (020) 8508 9944
PENNY, W, Flat 5 Hopson House 93 Vallentin Road, London ... (020) 8520 3036
PENROSE, K, 12 Saxon Close, London ... (020) 8509 3099
PENRY, L.M, 69 Cranbourne Avenue, E11 ... (020) 8989 5825
PENSLEY, H.C, 1 High Meadows, Chigwell ... (020) 8500 8020
PENVER, R.F, 56 Cottesmore Avenue, Ilford ... (020) 8550 2880
PEPPER, D, 90A Edward Road, E17 ... (020) 8521 6244
PERCHLICKA, A, 50 Liden Close, London ... (020) 8117 8756
PERCIVAL, R, 73 Gordon Road, London ... (020) 8505 8644
PERCY, B.I, 249 Henley Road, Ilford ... (020) 8478 5569
P, K, 57 Alderton Hill, Loughton ... (020) 8508 2506
PEREIRA, B, Westminster Court Flat 19 23, Cambridge Park, London ... (020) 3560 7724

P, C, 140 Aldborough Road South, Ilford ..... (020) 8599 3427
P, F, 5D Montalt Road, Woodford Green ..... (020) 8281 8592
P, H, 13 Walton Road, London ..... (020) 3560 0277
PEREZ, F, 66 Albert Rd, Leyton ..... (020) 8556 7058
P, M, Flat 1, 368A Forest Road, London ..... (020) 3842 3336
P, M, Flat A 29 Simonds Road, London ..... (020) 3417 5391
PERKINS, A, 4 Village Close, E4 ..... (020) 8527 1636
P, J, 36A Byron Rd, E17 ..... (020) 8509 7553
P, J, 8 Kinross Terrace, London ..... (020) 7464 6380
PERLMUTTER, B, 73 Tomswood Road, Chigwell ..... (020) 8505 2227
PERMUTT, M, 1 Kingspark Court, E18 ..... (020) 8530 3455
PERPEPAJ, L, 83 Longcroft Rise, Loughton ..... (020) 3152 4397
PERRAUDIN, D, 7 Higham Road, Woodford Green ..... (020) 8504 2275
PERRETT, M, Flat 11 Thornton House Cambridge Park, E11 ..... (020) 8530 4067
P, N.J, 108 High St, Ilford ..... (020) 8551 7657
PERRIMENT, R, 5 Westbury Court Palmerston Road, Buckhurst Hill ..... (020) 8505 7997
PERRY, A, 3/8 Holstock Rd, Ilford ..... (020) 8514 8441
P, A.R, 30 Woodlands Road, E11 ..... (020) 8539 3267
P, I, 18 Lake House Road, E11 ..... (020) 8989 8178
P, J, 15 Glebelands Avenue, E18 ..... (020) 8530 4726
P, R, Flat 5, Libro Court 2A Larkswood Road, London ..... (020) 3092 2819
P, T, 40 First Avenue, London ..... (020) 8478 3743
P, T.R, 34 Colinton Rd, Ilford ..... (07956) 455808
PERRYER, E, Unit 4 Percival House 526-534 High Road, Woodford Green ..... (020) 3612 1300
P, L, 2 Marion Grove, WOODFORD GREEN ..... (020) 8504 7571
PERRYMAN, R.F, 7 Brancepeth Gardens, Buckhurst Hill ..... (020) 8505 5973
PERSAUD, C, 54 Lowbrook Road, Ilford ..... (020) 8478 5385
PERSHAD, R.D, 72 Warren Rd, Leyton ..... (07956) 584378
PERUMAL PILLAI, K, Ground Floor Front Flat 16 Morris Avenue, London ..... (020) 3715 9756
PERVEEN, N, 24 Flempton Road, Leyton ..... (020) 8558 0346
PESCOTT, R, 50 The Risings, London ..... (020) 8925 2837
PESCUD, M, 9 Tennyson Road, London ..... (020) 8925 4399
PETCH, A, 47A The Broadway, Loughton ..... (020) 8508 1538
PETERS, Audrey, 22 Richmond Close, E17 ..... (020) 8520 1865
P, D, 16 Clarendon Road, London ..... (020) 3565 7770
P, M, 69 Ashville Road, London ..... (020) 8556 6601
P, P, 65 Colebrook Lane, Loughton ..... (020) 4529 1749
P, S, 38 King Edward Rd, E10 ..... (020) 8539 0770
PETEV, D, 60B Prospect Road, Woodford Green ..... (020) 3623 1252
PETGRAVE, B, 337 Grove Green Road, E11 ..... (020) 8539 8239
PETKOVA, Mrs 43 Stapleford Close, Chingford, London ..... (020) 3674 5297
PETRE, Nicolae, 30 Coopers Lane, E10 ..... (020) 8001 3097
PETRESKI, Christine, 54 54 Meadow Rd, Loughton ..... (020) 8508 1689
PETROU, C, 41 High Beech Road, Loughton ..... (020) 8508 0165
P, M, 40 The Ridgeway, London ..... (020) 8559 3390
PETROVA, Mr K, 1/191a Wood Street, London ..... (020) 8177 9976
P, Ms V, 111 Calderon Road, London ..... (020) 8177 5005
PETT, F, 229 Harrow Road, London ..... (020) 8534 2467
PETTIE, G, 41 Ruckholt Close, E10 ..... (020) 8558 5212
PETTIFER, J.F.G, 12 Hatley Avenue, Ilford ..... (020) 8550 5987
PETTIGREW, L, 117 Brackley Square, WOODFORD GREEN ..... (020) 8505 3809
PEVCHENKO, Tyetyana, 7 Foxburrows Court Sunnymede, Chigwell ..... (020) 8502 6414
PEYNADO, A.L, 88 Higham St, E17 ..... (07956) 349429
PFEFFER, S, 58 Cleveland Road, London ..... (020) 8530 2834
PHAM, Mr Van Lot, 29 The Glade, Woodford Green ..... (020) 3638 0018
PHAMGWANE, Mr P, 939-941 Romfdord Rd, London ..... (020) 8514 6066
PHAN, L, 35 Long Green, Chigwell ..... (020) 3719 6845
PHEBY, Mr Ronald, 189 Winchester Road, London ..... (020) 8531 2032
PHELAN, J, 42 Priory Avenue, E4 ..... (020) 8524 4522
PHILBRICK, S, Ground Floor 9A Chesterford Road, Manor Park ..... (020) 8478 4917
PHILIP, B, 52 Sanderstead Road, London ..... (020) 8558 3246
PHILLIP, S, 16 Seaton Avenue, Ilford ..... (020) 8591 0408
PHILLIPS, Byron, 36 Borwick Avenue, E17 ..... (020) 8520 1095
P, B, Spring House Flat 10 73, Fulbourne Road, London ..... (020) 3605 4959
P, B, 150 Whitehall Road, Woodford Green ..... (020) 8504 4551
P, C, 250 Staines Road, Ilford ..... (020) 8478 8145
P, D, 101 Higham Station Avenue, E4 ..... (020) 8523 5046
P, E, 28 Lynford Gardens, Ilford ..... (020) 8599 9342
P, Miss E, 44 Warner Road, London ..... (020) 3132 9671
P, E.C, 30 The Avenue, E4 ..... (020) 8531 0504
P, G, 44 Audley Gardens, Loughton ..... (020) 8925 1143
P, G, 101 Ravensbourne Gardens, Ilford ..... (020) 8924 4030
P, K, 113 Shakespeare Crescent, E12 ..... (020) 8470 8465
P, L, 24 Lord Avenue, Ilford ..... (020) 8550 4459
P, L, 38 Tower Hamlets Road, Walthamstow ..... (020) 8521 2334
P, M, 104 Elphinstone Road, London ..... (020) 8926 9975
P, P, 9 Seymour Road, Chingford ..... (020) 8524 6819
P, R, 1 Wycliffe House 245-47 Cranbrook Road, Ilford ..... (020) 8554 5871
P, Mr Stuart, 4 Empress Avenue, London ..... (020) 3759 8029
P, T, 14 Seymour Road, E10 ..... (020) 8556 0842
P, W.A, 5 Coles Green, Loughton ..... (020) 8508 3087
PHILP, D, 33 Mersey Road, London ..... (020) 3722 5446
PHILPOTT, L, 50 Cranston Gardens, London ..... (020) 8279 3854
PHIPPS, B, 21 Pelham Road, E18 ..... (020) 8530 5875
P, M, 30 The Meadway, BUCKHURST HILL ..... (020) 8505 6700
P, TJ, 19 Roding Lane, Buckhurst Hill ..... (020) 8505 2569
PHULL, H, 59 Chalgrove Crescent, Ilford ..... (020) 8550 9237
P, N, 59 Dangan Road, LONDON ..... (020) 3894 1774
PHYPERS, D, Flat 40 Carlton House Algers Road, Loughton ..... (020) 8502 1089
PICAZO CARRENO, N, 26 Grove Hill, E18 ..... (020) 8530 2141
PICCOLO, M, 33 Mafeking Avenue, Ilford ..... (020) 8590 4405
PICKARD, J, 15 Beulah Rd, E17 ..... (020) 8521 5100
PICKETT, E, 14 Holmes Avenue, LONDON ..... (020) 8925 0074
P, M, 8 Millicent Road, London ..... (020) 8558 7825
PICKTON, Mrs A, 13 Coronation Close, Ilford ..... (020) 8550 5855
PICONE, I, 32 Chaucer Road, E17 ..... (020) 8531 6838
PICTON, A, 65 Pembroke Road, London ..... (020) 3172 6941
PIDGEON, C, 13 Forest Edge, BUCKHURST HILL ..... (020) 3673 3393
PIERCE, T, 49 Oaklands Park Avenue, Ilford ..... (020) 8514 4893
PIERI, M, 85 Leadale Avenue, LONDON ..... (020) 8524 0258
PIERREIMCHEL, Miss L, 109a Green Lane, Ilford ..... (020) 8141 2685
PIETERSON, L, 2A New Jubilee Court Grange Avenue, Woodford Green ..... (020) 8505 1955
PIETRARU, C, 162 Belgrave Road, London ..... (020) 3561 5079
PIETRYGA, A, 158 Brookscroft Road, London ..... (020) 8925 3653
PIGGOTT, B.R, 29 Anne Way, Ilford ..... (020) 8500 3067
P, L.J, 67 Maypole Crescent, Ilford ..... (020) 8559 9866
PIGOTT, J, 10 Roebuck Lane, Buckhurst Hill ..... (020) 8504 8289
PIKE, L, 262 St. Barnabas Road, Woodford Green ..... (020) 8504 0256
P, P, 30 Kingsley Road, E17 ..... (020) 8527 2247
PILE, Donna, 1 Brook Gardens, E4 ..... (020) 8524 0984
PILGRIM, A.E, 26 Hampton Road, Ilford ..... (020) 8553 4945
PILLAI, S, 153A Second Avenue, LONDON ..... (020) 3945 1876
PILLEY, R, 24A Beehive Ct Beehive La, Ilford ..... (020) 8554 3103
PIMLEY, J.G, 3 Wyatts Lane, E17 ..... (020) 8520 5238
PINA, V, Mobile, 8 Sunnymede Drive, ... (07931) 660030
PINCUS, E, Flat 12, Hilary Dennis Court, 34 Sylvan Road, London ..... (020) 8501 1445
PINEDA, M, 96 St. Mary'S Road, London ..... (020) 8923 8586
PINEL, R, 29A Higham Street, E17 ..... (020) 8523 3067
PINES, J, 74 Normanshire Drive, London ..... (020) 8279 7772
PINTO, N, 16 Pooles Court Goodmayes Lane, Ilford ..... (020) 8590 2911
P, S, 170 Manor Road, CHIGWELL ..... (020) 8559 9123
PIOTROWICZ, Ms T, 223 Mortlake Road, Ilford ..... (020) 8177 9465
PIPE, N, 32 Raymond Avenue, E18 ..... (020) 8989 8288
PIPER, K.R, 8A Landscape Road, Woodford Green ..... (020) 8504 6915
PIPIRAS, Mr V, 77 Pembroke Rd, London ..... (020) 3132 2864
PIPKIN, B, 13 Bush Close, Ilford ..... (020) 8554 3941
PIPKING, K, 15 Baron Gardens, Ilford ..... (020) 8550 9594
PIRABAHARAN, T, 31 Hatley Avenue, Ilford ..... (020) 8550 6011
PIRBHAI, S, 2 Chesterfield Road, E10 ..... (020) 8518 7062
PISSARRO, P, 93 Gordon Road, Ilford ..... (020) 8117 2896
PITCH, L, 66 The Bowls, Chigwell ..... (020) 8500 8263
PITCHAIAPPAH, Mrs Rajeswary, Flat 12 19 Carlton Road, London ..... (020) 8091 4828
PITERA, J, 17 Manford Way, Chigwell ..... (020) 3198 0972
PITROLA, J, 14 Avery Gardens, Ilford ..... (020) 8054 4922
PITT, J, Flat 36 Arthur Walls House Grantham Road, E12 ..... (020) 8553 1342
PITTAL, D, 23 The Bowls, Chigwell ..... (020) 8501 3582
PITTS, Mrs 23 Asthall Gardens, Ilford ..... (020) 8551 3696
PLANE, P, 29 Harpenden Road, London ..... (020) 8530 5465
PLANT, C.C, 32 Scotland Road, Buckhurst Hill ..... (020) 8504 0288
P, G.E, 51 Ingatestone Road, Woodford Green ..... (020) 8505 3671
P, P, 54 Belgrave Road, London ..... (020) 8281 3348
PLASKETT, D, 15 Willow Street, London ..... (020) 8529 9646
PLASTOW, C, 38 St. Gabriel's Close, E11 ..... (020) 8530 3267
PLATT, R.A, 881 High Road Leytonstone, E11 ..... (020) 8989 3868
PLAYELL, Mr R, 1 Addison Road, E17 ..... (020) 8177 5439
PLAYFAIR, E, 1 Chadwick Road, London ..... (020) 8536 4108
PLAYFORD, D, 8 High Street Wanstead, Leytonstone ..... (020) 8989 2193
PLESCA, G, 241 Balfour Road, Ilford ..... (020) 3665 5357
PLISZKA, S, 250 Limes Av, Chigwell ..... (020) 8500 4253
PLOCIENNIK, J, 6 Devonport Gardens, Ilford ..... (020) 8554 2549
PLOWMAN, Mr W, 33 The Albany Sunset Avenue, Woodford Green ..... (020) 8504 3428
PLUMB, N, Flat 13,Lakeview Court,5 Handsworth Avenue, London ..... (020) 8278 5092
P, R.M, 175 Grantham Road, E12 ..... (020) 8553 0865
P, S, 2 Lansdowne Road, London ..... (020) 8530 2650
PLUMBLEY, D, 26 Aldersbrook Road, E12 ..... (020) 8989 3385
PLUME, M, 87 Greenleafe Drive, Ilford ..... (020) 8551 2025
PLUSNET PLC, Plusnet Plc, 174 High Road, Woodford Green ..... (020) 8220 8300
PLYWACZ, B, 292 Strone Road, E12 ..... (020) 3132 0824
PODARALLA, M, 126 Buntingbridge Road, Ilford ..... (020) 8554 8877
POHL, C, 6 The Avenue Princes Road, Buckhurst Hill ..... (020) 3624 4062
POINGDESTRE, Ms Dorothy, Flat 1, Ennerdale Court, 57 Cambridge Road, London ..... (020) 3774 0792
POINTER, E.G, 54 Chestnut Avenue, Buckhurst Hill ..... (020) 8504 7056
POKLEWSKI, C, Flat 1 Hillboro Court Buckingham Road, E18 ..... (020) 8505 4993
POKU, K, Mobile, Flat 34, Chartwell Court, 9 Broomhill Walk, Woodford Green ..... (07956) 422494
POKUAH, A, 17 Tulip Gardens, Ilford ..... (020) 3524 0899
POLAIN, A, 22 Hawsted, Buckhurst Hill ..... (020) 8498 0077
POLAT, A, 17A Winchester Road, London ..... (020) 3539 5751
P, H, 63 George Lane, London ..... (020) 8989 0406
POLICE
In Emergency dial 999 and ask the operator for Police
See business section for full list of entries
POLIUS, N, 1 Arundel Gardens, Ilford ..... (020) 8590 3194
POLLARD, G, 9 Milton Road, London ..... (020) 8520 5203
P, M, 11 Abbotts Crescent, London ..... (020) 8527 1764
POLLOCK, J, 36 Shaftesbury, LOUGHTON ..... (020) 8508 8444
POLNIK, A, Lyncroft The Avenue, E11 ..... (020) 8989 5719
POLSON, Miss 83 Thornhill Gardens, London ..... (020) 8539 9163
POLSTON, C, 466 New North Road, ILFORD ..... (020) 8501 2508
P, R, 8 Newgate Street, E4 ..... (020) 8529 1884
POLUMBO, M, 128 Balfour Road, Ilford ..... (020) 3774 5303
POLWARTH, D, 2 Heathway, Woodford Green ..... (020) 8505 2295
POLWORTH, D.R, 30 Sunderland Way, E12 ..... (020) 8530 3382
POMFRET, D.J, 1 Rutland Road, E11 ..... (020) 8989 2689
P, P, Flat 38 Heron Court Morland Road, ILFORD ..... (020) 3715 6349
PONAIDA, I, 160 Boundary Road, London ..... (020) 8268 5783
PONCE, Mr O, 12 Fulborne Road, London ..... (020) 3132 8954
POND, C.C, 7 Staples Road, Loughton ..... (020) 8508 2361
PONNUTHURAI, S, 57 Tryfan Clo, Ilford ..... (07956) 238098
POOK, K, 60 Farnan Avenue, E17 ..... (020) 8527 5441
POOLE, D.R, 97 Wanstead Park Avenue, E12 ..... (020) 8989 6526
P, M, 676 High Road, Buckhurst Hill ..... (020) 8504 8474
POONAWALA, M, Chigwell Row United Reform Free Church Chapel Lane, Chigwell ..... (020) 8172 0214
POONI, S, 60 St. Marys Road, Ilford ..... (020) 8553 2668
POORE, N, 25 Primrose Road, London ..... (020) 8989 7841
POP, G, 1 Ravenoak Way, Chigwell ..... (020) 7671 7115
POPA, A, 2, Alfred House Tennyson Avenue, London ..... (020) 8091 0842
P, V, 21 Westmede, Chigwell ..... (020) 3662 9172
POPAT, N.D, 38 Sibley Grove, E12 ..... (020) 8552 4038
P, S, 13 Foxglove Gardens, E11 ..... (020) 8530 7889
POPE, G.F, 19 Lawrence Hill, E4 ..... (020) 8524 0291
P, N, Mobile, Flat 1, Lanchington Court, 26 Forest Road, London ..... (07951) 171947
POPOVICI, A, 100 Cherrydown Avenue, London ..... (020) 3294 2970
POPPY, B, 8 Lingmere Close, CHIGWELL ..... (020) 8257 1419
POPURI, Miss P, 36 Northcote Rd, London ..... (020) 3132 0727
POPY, T.A, Mortlock Ct Whitta Road, Manor Park ..... (020) 3617 5254
PORNBANDHIT & ROBERTS, M, 13 High Street, Ilford ..... (020) 8177 3797
PORTER, D, 28 Warren Court, Chigwell ..... (020) 8500 1293
P, L.G, 41 Harbourer Road, Ilford ..... (020) 8227 1909
P, P, 30 Donington Avenue, Ilford ..... (020) 8554 4002
P, P.E, 76 Jewel Road, E17 ..... (020) 8520 2883
P, R, 1 Forest Drive, Woodford Green ..... (020) 8523 3085
P, Mr S, 50c Elgin Rd, Ilford ..... (020) 8141 8761
POSNER, A, 12 Newnham Close, Loughton ..... (020) 8502 2262
P, L, 36 Robinia Close, Ilford ..... (020) 8501 3187
P, R, 646 High Road, Woodford Green ..... (020) 8506 0626
POTIE, M, 63 Northcote Road, E17 ..... (020) 8521 5472
POTJVOS, D, 285 Aldborough Road South, Ilford ..... (020) 3674 6453
POTRYKUS-LUPTON, G, 49 Barclay Road, London ..... (020) 8521 7389
POTTER, A, 31 Stonards Hill, Loughton ..... (020) 8502 1799
P, J, 44c Cann Hall Road, London ..... (020) 8534 1432
P, J.E, 449 Ley Street, Ilford ..... (020) 8554 4666
P, P, 8 Wittenham Way, LONDON ..... (020) 8529 6674
P, S, 11 High Gables, Loughton ..... (020) 8925 3575
POTTS, Mr 62 Bluehouse Road, London ..... (020) 8529 3096
P, S, 52 Barrett Road, E17 ..... (020) 8521 7266
POULTEN, D.E, 2 Goldings Rise, Loughton ..... (020) 8508 1547
POULTER, C.A, 75 Horn Lane, Woodford Green ..... (020) 8504 3888
POULTON, M, 100 Dunedin Road, E10 ..... (020) 8556 1688
POUND, V, 47 Cherry Tree Rise, Buckhurst Hill ..... (020) 8505 0209
POUNSFORD, G, 5 Shakespeare Road, London ..... (020) 3539 4148
POVEY, B, Flat 20 Ullswater Court 1 Glebelands Avenue, E18 .. (020) 8989 0915
POWELL, A.J, 96 Green Pond Close, E17 ..... (020) 8527 8169
P, B, 8 Henrys Avenue, Woodford Green ..... (020) 8504 7089
P, D, 101 Gardner Close, E11 ..... (020) 8530 6141
P, D, 37 Marlborough Drive, Ilford ..... (020) 3336 7009
P, D, 2A Purley Close, Ilford ..... (020) 8550 7570
P, H, Flat 107 25, Suffolk Court Cambrian Road, London ..... (020) 3294 1766
P, H, 5 Clavering Road, London ..... (020) 8989 6572
P, I, 123 Greensted Road, Loughton ..... (020) 8508 4858
P, M, 183 Longwood Gardens, Ilford ..... (020) 8550 5495
P, N, 17 Clarendon Rd, E11 ..... (020) 8558 1089
P, S, 42 Harvey Road, Ilford ..... (020) 8478 1128
POWER CUT
Helpline - Please Call 105 to report or get information about a power cut in your areas
POWER, Mrs Eileen, 165 Grange Road, Ilford ..... (020) 8478 7198
POWLES, C, 19 Holly Dv, E4 ..... (020) 8524 0796
POWTER, D, 41 Fairway Gardens, Ilford ..... (020) 8478 3746
POYNTER, R, 232 Limes Avenue, Chigwell ..... (020) 8501 1497
PRABHAKAR, Mr 3 Levett Gardens, Ilford ..... (020) 8590 9561
PRABHASHANKAR, S, 30 Couchmore Avenue, Ilford ..... (020) 8551 6951
PRABHU, S, 60 Lowbrook Road, Ilford ..... (020) 8514 6170
PRADEPICUMAR, Mr B, 29 New Road, Ilford ..... (020) 8141 7767
PRADHAN, S, 7 Woodland Road, Chigwell ..... (020) 8500 9869
PRADIER, K, 25 Conyers Way, Loughton ..... (020) 8508 9729
PRAILL, J, 22 Burnham Rd, E4 ..... (020) 8559 4293
PRAJAPAT, R, 86 Highlands Gardens, Ilford ..... (020) 8252 2219
PRAJAPATI, H, 6 North Close, Chigwell ..... (020) 8500 9084
PRAKASH, S, 154 Browning Road, London ..... (020) 3648 4249
PRASAD, Mr S, 100 Express Dv, Ilford ..... (020) 3132 3747
P, Shanta, 260 Old Church Road, Chingford ..... (020) 8559 3031
PRASHAR, T, Flat 107,City View Axon Place, Ilford ..... (020) 3152 1479
PRATLEY, R.M, 10 Blake Hall Crescent, E11 ..... (020) 8989 1290
PRATT, S, 27 Budoch Drive, Ilford ..... (020) 8599 0386
PREDDY, M, Flat 34 1, Riverside Court Chelwood Close, London ..... (020) 3663 3171
PREDOIU, A, 19 Perrymans Farm Road, Ilford ..... (020) 3673 7331
PREMARASA, H, Flat 14 Sedum House 85 Beaumont Road, E10 ..... (020) 8001 1496
PRESCOTT, H, 24 Moreton Gardens, Woodford Green ..... (020) 8504 7466
P, J, 19 Oak Hill Crescent, Woodford Green ..... (020) 8531 6703
P, Stephen, 7 Queens Avenue, Woodford Green ..... (020) 8504 4338
PRESTAGE, L, 59 Chestnut Avenue, Buckhurst Hill ..... (020) 8504 0657
PRESTON, M, 33 Leucha Road, Walthamstow,London ..... (020) 8520 6025
P, P, 88 Peel Place, Ilford ..... (020) 8551 6209
PRETIOUS, P.A, 13 Woodville Gardens, Ilford ..... (020) 8550 0384
P, T, 40 Brookfield Avenue, London ..... (020) 8923 4665
PRICE, C, Flat 44, Kelvedon Lodge, 284 Clayhall Avenue, Ilford ..... (020) 3092 4765
P, D, 23 Cherrydown Avenue, London ..... (020) 8529 8485
P, D, 68 Cleveland Road, E18 ..... (020) 8530 2070
P, F, 13 Bradwell Road, Buckhurst Hill ..... (020) 8505 1721
P, M, 10 Greenwood Gardens, ILFORD ..... (020) 3524 4465
P, R.J, 78 Chichester Road, E11 ..... (020) 8519 9984
P, Mr S, 57 Charter Av, Ilford ..... (020) 7165 6080
PRICOPE, C, 74 Chewton Road, London ..... (020) 3556 3062
P, C, 81 Clarence Road, London ..... (020) 3842 5633
PRIDE, J, Enterprise House Flat 713 112, Kings Head Hill, London ..... (020) 3539 1623
PRIEST, R.G, 20 Alma Avenue, E4 ..... (020) 8527 9960
PRIGMORE, A, 46 Markhouse Avenue, E17 ..... (020) 8520 7794
P, B, 18 Fontayne Avenue, Chigwell ..... (020) 8500 6899
PRINCE, P, 30 Chesterfield Road, London ..... (020) 8925 1282
PRINGLE, Dr A, 17 Crescent Road, E4 ..... (020) 8529 4402
PRINN, A, 619 New North Road, Ilford ..... (020) 8500 0986
PRIOR, P, 76 Caterham Avenue, Ilford ..... (020) 8551 9534
P, R, 19 Kelsie Way, Ilford ..... (020) 8500 4804
PRISECARU, A, 1 Glengall Road, Woodford Green ..... (020) 8243 7664
PROBETT, R, 21 Stanley Road, London ..... (020) 8552 2655
PROBYN, C, 170 Bawdsey Avenue, Ilford ..... (020) 8590 6178
PROCHOWNIK, J, 25 Liden Close, E17 ..... (020) 8141 7889
PROCOPIOU, K, 13 Ewellhurst Road, Ilford ..... (020) 8550 5919
PROCOPIS, C, 45 Epping New Road, Buckhurst Hill ..... (020) 8505 3837
PRODAUS, I, 30 Oakmoor Way, Chigwell ..... (020) 7524 1549
PROKOPI, S, 14 Nesta Road, Woodford Green ..... (020) 8504 5523
PROTOCLI, Eleni, 1 Ramsgill Dv, Ilford ..... (020) 8590 5526
PRUDENCE, C, 16 The Friars, Chigwell ..... (020) 8500 6828
PRYOR BERRY, L, 52 Blackthorne Drive, London ..... (020) 3612 1975
PSAILA, M, 68 Queens Road, London ..... (020) 8558 5770
PUAAR, R, 246 Browning Road, Manor Park ..... (020) 8472 1237
PUCHALSKI, Pawel, 26 Shortlands Road, E10 ..... (020) 8988 1824
PUDO, A, 32 Sunnyside Road, London ..... (020) 3674 3973
PUDUE, S, 6 Dalton Holme Cross Road, Woodford Green ..... (020) 8505 1455
PUGH, C, 83 Lambourne Road, Chigwell ..... (020) 8500 2526
P, D.G, 29 Beresford Road, E4 ..... (020) 8524 6700
P, H, 19 Malford Ct The Drive, E18 ..... (020) 8989 3604
P, Russell, Flat 45 Homebush House 142 Kings Head Hill, E4 . (020) 3754 0051
P, S, Mobile, 11 Kingfisher Avenue, ... (07958) 691005
PUJARA, P, 53 Salop Road, LONDON ..... (020) 8279 9225
PULAVARTHI, S, 333 Express Dv, Ilford ..... (020) 8599 4510
PULHAM, J, 13 Warrior Square, Manor Park ..... (020) 8478 1844
PULLEN, L, 18 Latchford Place, Chigwell ..... (020) 8262 1245
P, S, 65 Glenwood Gardens, Ilford ..... (020) 8550 3821
PULLUM, J, 38 South View Drive, London ..... (020) 8989 3584
PUMMELL, A.R.J, 18 Lambourne Road, E11 ..... (020) 8556 1094
P, C, 13 Overton Drive, Leytonstone ..... (020) 8989 9144
PUNCHOO, R, 1 George Road, E4 ..... (020) 8527 7714
PUNJ, N, Flat 18 Beehive Court Beehive Lane, Ilford ..... (020) 8279 3552
P, S, 3 Swindon Close, Ilford ..... (020) 8598 8850
PURCELL, E, 48 Worsley Road, LONDON ..... (020) 8555 6659
P, G, 6 Twickenham Road, London ..... (020) 8556 7280
PURI, P, 14 The Drive, LONDON ..... (020) 8989 0146
PURKIS, J, 129 Princes Road, Buckhurst Hill ..... (020) 8281 0339
PUROHIT, K, 46 Brancaster Road, Ilford ..... (020) 8590 1647
PUROKAYASTHA, Proshanta, 270 Halley Road, London ..... (020) 8127 5389
PURSER, I, 25 The Shrubbery Grosvenor Road, E11 ..... (020) 8989 9317
PURSSORD, K, Mobile, 28 Rolls Park Rd, London ..... (07956) 854442
PURTON, C, 89 Cherry Tree Rise, Buckhurst Hill ..... (020) 8257 9545
P, M, 37 Brunel Road, Woodford Green ..... (020) 8559 0366
PURVES, I, 59 The Drive, Loughton ..... (020) 8508 7363
P, M, 25 Baldwins Hill, Loughton ..... (020) 8508 0445
PURVIS, Mr A, 341 Eton Road, Ilford ..... (020) 8177 7440

PUSEY, A.R, Flat 6 Beaumont House Skeltons Lane, E10 ..... (020) 8539 1499
P, Mrs Yvonne, 34 Mossford Green, Ilford ..... (020) 8270 7762
PUTHAN PURAYIL, S, 109 Trotwood, Chigwell ..... (020) 3673 3922
PUTTNAM, L.G, Flat 27 Brook Court 2 Green Pond Road, E17 . (020) 8531 0968
PUVANAKESARI, R, 112 Stradbroke Grove, ILFORD ..... (020) 8550 8084
PUVIRAJESINGHE, M, 49 Littlemoor Road, Ilford ..... (020) 8514 0777
PUWANENERAN, Ratnavathy, 130 Redbridge Lane East, Ilford (020) 8551 6026
PUZINS, Mr S, 36 Flat 11 Alderborough Rd Sth, Ilford ..... (020) 3132 8350
PYALL, D, 37 Birch Grove, Leytonstone ..... (020) 8558 8772
PYDIAH, Miss J, 277 Aldborough Rd South, ILford ..... (020) 3132 8105
PYGRAM, R.F, 78 Spring Grove, Loughton ..... (020) 8508 6951
PYKE, L, 56 Peel Close, London ..... (020) 3380 6317
PYLAK, Miss A, 20 Bateman Road, London ..... (020) 8141 5935
PYNE, M.A, 25 Montalt Road, Woodford Green ..... (020) 8504 9352
PYSER, J, 4 Milton Road, London ..... (020) 8509 0946
QADEER, N, 28 Theobald Road, LONDON ..... (020) 8926 2196
Q, R, 333 Lea Bridge Road, London ..... (020) 3652 3970
QALIB, Mr S, 91 Kensington Avenue, London ..... (020) 8475 0792
QAMAR, S, 257 Buckhurst Way, Buckhurst Hill ..... (020) 8262 7357
Q, T, 24 Sutherland Road, 42, LONDON ..... (020) 3605 3181
QAMARAHMED, U, 48 Stonehall Avenue, Ilford ..... (020) 8554 1582
QASIM, F, Flat 1 43 Overton Road, E10 ..... (020) 8556 1612
QAYYUM, Mr N, 71 Fourth Avenue, London ..... (020) 8177 9466
QOLIZADEH, M, 22 Celandine Ct Chingford Av, E4 ..... (020) 8524 2099
QUADEER, M, 13 Park Avenue, ILFORD ..... (020) 3532 9001
QUADIR, H, 5 Woodhouse Grove, London ..... (020) 8548 1534
QUADRI, Ms S, 47 St. Lukes Avenue, Ilford ..... (020) 8177 9470
QUAINTON, R, 19 Netley Road, Ilford ..... (020) 8554 2467
QUARCOO, Mr A, 112 St Georges Road, London ..... (020) 8539 0071
QUARM, J, 79A Coventry Road, Ilford ..... (020) 8518 1458
QUAYE, R.A, 180 Chigwell Road, London ..... (020) 8252 6509
QUAYYUM, K, 211 Mortlake Road, Ilford ..... (020) 8478 6159
QUELCH, P, 11 Stanmore Way, Loughton ..... (020) 8508 5087
QUILLE, C.A, 35 Brook Rise, Chigwell ..... (020) 8500 3549
QUINCE, A.J.C, 100 Belgrave Road, E11 ..... (020) 8989 1263
Q, J, 40 Elmbridge Road, Ilford ..... (020) 8270 0597
QUINN, G, Flat 8 Hyh House 260 Chingford Road, E17 ..... (020) 8531 3956
Q, H, 18 Ashwood Road, LONDON ..... (020) 8524 6296
QUINNEY, M, 291 Eton Road, Ilford ..... (020) 8478 5671
QUINTERO VALESQUEZ, D, 184A High Street, LONDON ..... (020) 3718 7021
QUIRIONES, R, 2 Brooklyn Ct High Rd, Loughton ..... (020) 8508 1985
QURAISHI, Z, 53 Station Road, London ..... (020) 8527 0200
QUREDHI, Sofia, Flat 1 Linden House 118 Priory Court, E17 .... (020) 8527 2193
QURESHI, Z, Flat 4, 49 Hermon Hill, London ..... (020) 8257 0560
QUYYUM, Mr Abdul, 65 Addison Road, London ..... (020) 8530 8241
RABBANI, K, 150 Chingford Road, E17 ..... (020) 3132 5306
RABICANO, A, 7 Dale Gardens, Woodford Green ..... (020) 8504 7855
RABICHANDRAN, S, Mobile, 47 Abbey Rd, Ilford ..... (07956) 802742
RABY, C, 102 Greenway Avenue, London ..... (020) 8925 2208
RACHMAN, R, 31 Malford Grove, London ..... (020) 8530 5822
RAD, I, 16 Southbourne Gardens, Ilford ..... (020) 3565 0075
RADFORD, D, 30 High Meadows, Chigwell ..... (020) 8281 1105
RADIA, D, 117 Clayhall Avenue, Ilford ..... (020) 8503 9201
RADLEY, S, 12 Katherine Gardens, Ilford ..... (020) 8500 3212
RADOSHZ, Mr R, 304 High Road, Leytonstone , London ..... (020) 8177 1077
RADU, M, Flat 19 Southwell Grove Road,Leytonstone, London..... (020) 8556 0720
R, M, Flat 4 139 Vicarage Road, E10 ..... (020) 8558 2718
RADUCA, R, 276 Markhouse Road, London ..... (020) 3737 4662
RADUCAN, R, 24 Southcote Road, E17 London ..... (020) 8520 4461
RAFACZ, L, 5 Tavistock Road, E18 London ..... (020) 8530 1355
RAFFERTY, T, 34 Priors Croft, LONDON ..... (020) 8531 0922
RAFI KHAN, Z, Flat 4 51 The Drive, Ilford ..... (020) 8013 7431
RAFIGH, M, 35 South Park Drive, Ilford ..... (020) 8252 0528
RAFIQ, A, 6/30 Borwick Av, E17 ..... (020) 8520 9346
R, M, 14 Applegarth Dv, Ilford ..... (07956) 495550
R, Z, 2 Christchurch Road, Ilford ..... (020) 8554 2223
RAFIQUE, A, 3 Mellish Flats Lea Bridge Road, London ..... (020) 3731 0756
R, S.R, 132 Richmond Rd, Ilford ..... (020) 8478 2306
RAGAVELAS, G, 47 Cambridge Road, Ilford ..... (020) 8590 5369
RAGUNATHAN, V, 56 Britannia Road, Ilford ..... (020) 8514 6800
RAHEEM, A, 203 Eastern Avenue, Ilford ..... (020) 8551 1437
RAHIMAN, Mr R, 76 Markhouse Rd, London ..... (020) 3132 7446
RAHMAN, A, 92 Crown Road, Ilford ..... (020) 8227 1437
R, A, 71 Essex Road, London ..... (020) 8306 0735
R, Atique, Flat 1 14 Kinfauns Road, Ilford ..... (020) 8590 1940
R, A, 23 Park Avenue, Ilford ..... (020) 8554 8374
R, J, 19 Budoch Court Budoch Drive, Ilford ..... (020) 3015 9947
R, Jannathara, 13 Castle Drive, Ilford ..... (020) 8554 9516
R, J, 18 Hart Crescent, Chigwell ..... (020) 8924 3773
R, J, 108A High Street, Ilford ..... (020) 3566 1262
R, J, 100 Snakes Lane East, Woodford Green ..... (020) 7817 2972
R, K, 50 Tennyson Avenue, London ..... (020) 8586 0322
RAHMAN KHAN, M, Flat 6 30, Star House Snowshill Road, London . (020) 3592 5819
RAHMAN, L, 193 Sheringham Avenue, LONDON ..... (020) 8478 1494
R, M, 135 Ashburton Avenue, Ilford ..... (020) 7247 7739
R, M, 43 Benton Road, ILFORD ..... (020) 8518 6282
R, M, 51 Cobham Road, Ilford ..... (020) 3608 2240
R, M, 45 Egerton Gardens, Ilford ..... (020) 3592 6472
R, Mr M, 299 High Rd, Ilford ..... (020) 8478 5793
R, M, 595 Ley Street, Ilford ..... (020) 3015 2132
R, M, 72 Little Ilford La, E12 ..... (020) 8514 3269
R, M, 5 Preston Gardens, Ilford ..... (020) 7671 8675
R, Dr Mustafizur, 17 Raymond Avenue, E18 ..... (020) 8530 3103
R, M, 4 St. Barnabas Road, Woodford Green ..... (020) 3605 8526
R, M, 90 Second Avenue, London ..... (020) 8478 9888
R, M, 93 Yoxley Drive, Ilford ..... (020) 8518 4530
R, Dr R, 10 Forest Close, London ..... (020) 8989 1411
R, R, 9 Madeline Grove, Ilford ..... (020) 8478 5240
R, S, 18 Chesterford Road, London ..... (020) 8553 5374
R, Soyedur, 2C Gladding Road, E12 ..... (020) 8478 0155
R, S, 18 Queensberry Place, London ..... (020) 3640 8245
R, S, 8 Chapel Court Rosedene Terrace, E10 ..... (020) 8539 0408
RAHMANA, S, FLAT 6 KINGSMEAD LODGE Heathcote Grove, London ..... (020) 8524 5517
RAI, S, 31 Parham Drive, Ilford ..... (020) 3149 0405
RAIA, G, 623b High Road Leyton, London ..... (020) 4501 6134
RAI-GREEN, J, 54 Bunyan Road, London ..... (020) 8527 5911
RAIKUNDALIA, C.R, 2 Third Avenue, E12 ..... (020) 8514 3672
RAINBOW, P, 24 Westall Road, Loughton ..... (020) 8306 4567
RAINE, Jacquline, Flat 5 The Grange 57-59 Woodford Road, Woodford ..... (020) 8530 6447
RAINS, P, 20 The Drive, South Woodford ..... (020) 8989 4053
RAISUTYTE, Miss R, 29 Farnborough Av, London ..... (020) 3132 6403
RAJA, G, 95 Aldborough Road South, Ilford ..... (020) 8252 3215
R, S, 36 Ardleigh Road, LONDON ..... (020) 3663 7993
R, V.G, 11 Cambridge Rd, Ilford ..... (07956) 374317
RAJAH, T, 77 Chingford Road, London ..... (020) 8523 1861
RAJARATNAM, T, 49 Steele Road, London ..... (020) 8534 3291
RAJATHURAI, J, 98 Fencepiece Road, Ilford ..... (020) 8262 7317
RAJENDRAN, S, 9 Grangeway Gardens, Ilford ..... (020) 8616 8656
RAJESH, Mr S, 125 Blyth Road, London ..... (020) 8556 4337
RAJKUMAR, R, 12 Ask Ct Coventry Rd, Ilford ..... (020) 8554 7353
R, Mr V, 13 Blythswood Road, Ilford ..... (020) 8177 8124
RAJPUT, P.R, 34 Essex Road, E12 ..... (020) 8552 7258
R, S, Churcher House 88 Jack Cornwell Street, Manor Park .... (020) 8553 0159
RAKELTAS, Mr R, 80 Hecham Close, London ..... (020) 8177 3139
RALELTAS, Mr R, 220 Brettenham Road, London ..... (020) 8141 5923
RALEY, D, 84 St. Barnabas Road, Woodford Green ..... (020) 8504 1186
RALF, J, Flat 1,Raglan Court,36 Raglan Road, London ..... (020) 7671 5591
RALLI, R.J, 60 Lorne Gardens, E11 ..... (020) 8530 3476
RALPH, B.J.S, 18 Orchard Way, Chigwell ..... (020) 8501 0547
R, J, 2 Anworth Close, Woodford Green ..... (020) 8117 0323
RAMACHANDRAN, B, 89a First Av, E12 ..... (020) 8553 4810
R, P, 42 Glenham Drive, Ilford ..... (020) 8270 3538
RAMAKRISHNAN, Mr R, 4 Clevland Park Avenue, London ..... (020) 3132 1874
RAMANATHAN, M, 32 Cumberland Road, London ..... (020) 8527 7329
RAMANI, V, 120 Lynn Road, Ilford ..... (020) 8478 9709
RAMASAMY, U, 65 Ramsgill Drive, Ilford ..... (020) 8220 7998
R, V, First Floor Flat 120 Browning Road, E12 London ..... (020) 8821 0238
RAMCHARAN, P, Flat 54 De Havilland Square Piper Way, ILFORD .... (020) 3665 0045
RAMDHIAN, G, 359 Fulbourne Road, London ..... (020) 8527 1999
RAMDHONEE, R, Flat A 117 Balfour Rd, Ilford ..... (020) 3539 3163
RAMESH, B.S, 27 Byron Avenue, E12 ..... (020) 8472 9674
RAMESHWARA, Mr R, 20 Couchmore Avenue, Ilford ..... (020) 8550 8547
RAMIAH, V, 108 Beattyville Gardens, Ilford ..... (020) 8262 5733
RAMILLON, E, 17 Weale Road, London ..... (020) 8419 2822
RAMISETTY, Mr B, 95 Shelley Avenue, London ..... (020) 8471 8987
RAMM, E.W, 4 Luctons Avenue, Buckhurst Hill ..... (020) 8504 6364
RAMMOHUN, R, 16 Blake Hall Crescent, E11 ..... (020) 8530 1380
RAMOS, P, Flat 22 Chamomile Court 5 Yunus Khan Close, E17, Walthamstow, London ..... (020) 8520 7384
RAMSDEN, M, 18 Sedley Rise, Loughton ..... (020) 8502 4937
RAMSEY, Mr P, 25 Jersey Road, London ..... (020) 8558 2954
RAMUITE, D, 42 Brook Road, Ilford ..... (020) 8597 3650
RAMZAN, Miss S, 15 Trinity Close, London ..... (020) 8177 8668
RANA, Mr A, 44 Eighth Avenue, E12 ..... (020) 8478 8067
R, A, 141 Northbrook Road, Ilford ..... (020) 8220 4422
R, J, 24 Osborne Rd, E10 ..... (020) 8539 3231
R, M, 23 Burton Road, Loughton ..... (020) 8502 4210
R, Mr M, 2 Millais Road, London ..... (020) 8988 6366
R, N, 614 High Road, Ilford ..... (020) 8586 1499
R, S, 69 Albert Rd, E17 ..... (020) 8509 8294
R, S, 689 High Road, Ilford ..... (020) 3727 5675
RANASINGHE, A, 803 Eastern Avenue, Ilford ..... (020) 8590 5022
RANCE, R, 36 Harwater Drive, Loughton ..... (020) 8502 1215
R, R, 41 Salisbury Road, E17 ..... (020) 8520 6476
R, S, 7 Ingatestone Road, Woodford Green ..... (020) 8506 2120
RANDERSONS CAFE, Helens Coffee, 5 The Green, London ..... (020) 3759 5841
RANGECROFT, D.H, 1 Hereford Rd, E11 ..... (020) 8989 1745
RANJAN, L, 40 Tanners Lane, Ilford ..... (020) 8550 7176
R, Mr R, 44 Pembroke Road, Ilford ..... (020) 8141 1090
R, S, 6 Hastings Avenue, Ilford ..... (020) 3674 0919
RANJIT, Mr S, 2 Woodford Avenue, Ilford ..... (020) 3370 2505
R, Mr S, 2 Woodford Avenue, Ilford ..... (020) 3370 2506
RANSOM, Mr C, 29 Osborne Rd, London ..... (020) 8539 3420
RAPHAEL, V, 7 POETS PLACE 11 Alderton Hill, Loughton ..... (020) 8508 8418
RAPHAELBIGGS, A, Flat 25,Howell Court,35 Clyde Place, London ..... (020) 3308 8718
RAPLEY, T, 44 Kingston Road, Ilford ..... (020) 3539 7866
RAPOLU, Mr R, 40 Third Avenue, London ..... (020) 8553 9427
RAPOZ, A, 67 Howard Road, London ..... (020) 8109 4221
R, A, 67 Howard Road, London ..... (020) 8521 5218
RAPPAPORT, P, 14 Maple Gate, Loughton ..... (020) 3337 2745
RAQUIB, Muhammad, 9 Regent Gardens, Ilford ..... (020) 8599 5536
RASANAYAGIAM, N, 61 Tryfan Clo, Ilford ..... (07958) 440182
RASCH, H, 121 South Park Drive, Ilford ..... (020) 8590 4790
RASHADUZZAMAN, M, 59 Downshall Avenue, Ilford ..... (020) 3370 2224
RASHEED, F, 69 Valley Side, London ..... (020) 3605 8567
R, G, First Floor Flat, 352 Strone Road, Manor Park, London .. (020) 3490 0581
R, M, 228 Chigwell Road, South Woodford ..... (020) 8505 8196
R, Mr U, 61 Flat A St. James St, London ..... (020) 8141 7617
RASHID, A, 213E Cranbrook Road, Ilford ..... (020) 3663 9594
R, A, 39 Glenthorne Rd, E17 ..... (07956) 396932
R, J, 122-124 Cranbrook Road, Ilford ..... (020) 8518 3713
R, K, 28 Monarch Way, Ilford ..... (020) 3624 0533
R, M, 14 Longwood Gardens, Ilford ..... (020) 8551 4616
R, M, 31 Otley Drive, Ilford ..... (020) 8518 4720
R, M, 31 The Glade, Ilford ..... (020) 8252 6177
R, S, 1 Fairfield Road, London ..... (020) 3837 0103
R, Mrs S, 45 Waremead Rd, Ilford ..... (020) 8550 6618
RASHIED, Mr M, 27 Windsor Road, Ilford ..... (020) 8177 3497
RASI, P, Beuleigh Court Flat 22 280, Wood Street, London ..... (020) 3648 6265
RASIAH, M, 2 Cecil Road, E17 ..... (020) 8531 6779
R, S, Flat 9 Payzes Gardens Payzes Gardens Chingford Lane, Woodford Green ..... (020) 7998 8966
RASOULI, A, 639 Romford Rd, E12 ..... (020) 8911 0265
RASTOGI, R, 127 Longwood Gardens, Ilford ..... (020) 8551 2096
RATCLIFF, D, 27 Kenilworth Gardens, Loughton ..... (020) 8508 1947
RATCLIFFE, M, 20 Bramston Close, Ilford ..... (020) 8502 7189
RATHBONE, J, 61 Clarendon Road, London ..... (020) 8520 7648
RATHER, G.M, 74 Malford Grove, E18 ..... (020) 8530 7695
RATHNASAMY, M, 43 Beech Grove, Ilford ..... (020) 3620 0538
RATHNAVEL, R, Flat 31 Stonehill Court Markfield Gardens, London ..... (020) 3509 1250
RATNAGE, J.J, 3 Little Dragons, Loughton ..... (020) 8508 5336
RATNANATHER, Dr N, 5 Twentyman Close, Woodford Green .. (020) 8505 0323
RATNAPALAN, M, 114 The Drive, Ilford ..... (020) 8554 6701
RATNARAJAH, A, 9 Longcourt Mws, E11 ..... (020) 8532 2512
RATNASINGHAM, Pavanerathan, 297 Aldborough Road South, Ilford ..... (020) 8590 1430
RATTANSI, P.M, 40 Grenville Gardens, Woodford Green ..... (020) 8504 9242
RATTEY, J.M, 70 High Beech Road, Loughton ..... (020) 8508 4767
RATTREY, K, 2 Wyatts Lane, E17 ..... (020) 8521 5094
RAUF, S, Flat 5, Mulberry Court Hatfield Close, Ilford ..... (020) 3305 8021
R, S, Flat 26 De Havilland Square Piper Way, Ilford ..... (020) 3726 9893
R, S, 47 Salisbury Road, LONDON ..... (020) 8509 1697
RAVAL, M, 124a Felbrigge Road, Ilford ..... (020) 8590 3407
RAVANI, P, 7 High Silver, Loughton ..... (020) 3612 4478
RAVEENDRAN, K, 27 Roll Gardens, Ilford ..... (020) 4537 8165
RAVEN, J, 37 Melford Road, E11 ..... (020) 8177 6416
R, J.H, 133 Longwood Gardens, Ilford ..... (020) 8550 0887
R, M, 18 Alexandra Road, London ..... (020) 8925 8057
R, R, 45 Littlemoor Road, Ilford ..... (020) 8514 0591
RAVENHILL, D, Mobile, 62 Vicarage Road, London ..... (07867) 781391
RAVI, Mr M, 32 Higham Ct Higham Rd, Woodford Gn ..... (020) 8505 2539
R, T, 41 Holmwood Road, Ilford ..... (020) 3326 9431
RAVINDRAN, B, 227 Chingford Road, London ..... (020) 8925 4679
RAVINUTHALA, Mr P, 154 Grange Road, London ..... (020) 8141 7321
RAWLES, D, Flat 4 King Court 25 Capworth Street, E10 ..... (020) 8558 7460
R, K, 13 Mansel Grove, London ..... (020) 8527 5972
RAWLINGS, A, 182 Kings Head Hill, London ..... (020) 8928 1339
R, G, 7a Wellington Road, London ..... (020) 8530 4404
R, M, 20 Granville Road, E18 ..... (020) 8530 3017
RAWLINSON, Antony, 5 Thorpe Crescent, E17 ..... (020) 8531 1533
R, C, 268 Buckhurst Way, Buckhurst Hill ..... (020) 8505 5424
RAWORTH, P, 78 Mornington Rd, E4 ..... (020) 8529 3094
RAWTHER, S, 466 Fullwell Avenue, Ilford ..... (020) 3674 3508
RAY, A, 44 Malcolm Way, London ..... (020) 3718 5980
R, C, 7, 279 Forest Road, Leytonstone, London, London ..... (020) 3583 1047
R, Liz, Flat 6 Batten Ho, The Drive ..... (020) 8520 8359
RAYMENT, K.H, 150 Wanstead Park Avenue, E12 ..... (020) 8989 1260
RAYMOND, C, 8 Mark Avenue, London ..... (020) 8524 2830
R, D, 67 Wittenham Way, London ..... (020) 8524 7264
R, G, 32 Traps Hill, Loughton ..... (020) 8530 1513
R, G, 32 Traps Hill, Loughton ..... (020) 8530 3008
R, J, 38A Monkhams Drive, Woodford Green ..... (020) 8505 7700
R, Mr R, 24 Cascade Rd, Buckhurst Hill ..... (020) 8141 5461
R, S, 120 Dersingham Avenue, E12 ..... (020) 8553 0085
R, V, 21 Raymond Avenue, LONDON ..... (020) 8532 2693
RAYNER, Mr G, 1a College Rd, London ..... (020) 8503 6927
R, K, 88 Harrow Road, London ..... (020) 8519 1830
R, M, 110 Dellow Close, Ilford ..... (020) 8554 5720
RAYNEY, J, 6A Valley Hill, Loughton ..... (020) 3566 5471
RAZA, A, 47 Aldborough Road South, Ilford ..... (020) 3573 7363
R, K, 14 Skeltons Lane, LONDON ..... (020) 3566 9282
R, Mr N, 5 Baxter Rd, ILford ..... (020) 3132 2222
R, Mr S, 64 Ashgrove Rd, Ilford ..... (020) 8590 6564
R, S, 52 Chesterford Road, LONDON ..... (020) 3565 8959
R, S, 4A Saxon Road, Ilford ..... (020) 3844 4504
RAZAQ, H, 643 High Road, Ilford ..... (020) 8599 3018
R, Mohammed, 9 Tillotson Road, Ilford ..... (020) 8554 1790
RAZAQ-ZADA, M, Sahadet Ltd, 10 Chapel Road, Ilford ..... (020) 3302 3602
RAZIA, S, 28 Elsenham Road, LONDON ..... (020) 8514 8244
RAZZAQ, A, 42 Budoch Drive, Ilford ..... (020) 8586 1501
R, T, 408 Cranbrook Rd, Ilford ..... (020) 8554 0707
RAZZAQUE, M, 449 High Street North, E12 ..... (020) 8552 8822
REA, C.K, 10 Wickets Way, Ilford ..... (020) 8500 4326
READ, C.C, 9 Sedgwick Road, E10 ..... (020) 8558 2507
R, Adm N, 27 Whitney Avenue, Ilford ..... (020) 8550 3761
R, P, 20 Antlers Hill, E4 ..... (020) 8524 1659
R, P, 34 Kinfauns Road, Ilford ..... (020) 8491 9432
R, R, 35 Charnwood Drive, South Woodford ..... (020) 3971 7258
R, T, 5 Parndon House Valley Hill, Loughton ..... (020) 8508 7364
REBBECK, M.J, 35 Parkland Road, Woodford Green ..... (020) 8505 5418
REDBRIDGE SOCIAL CENTRE, Redbridge Social Centre Rear Of 188-190 Beehive Lane, Ilford ..... (020) 8550 7467
REDDING, M, 171 Herent Drive, Ilford ..... (020) 8550 7755
REDDINGTON, R, 11 Ulverston Road, London ..... (020) 8531 1175
REDFORD, M, 36 Tycehurst Hill, Loughton ..... (020) 8925 1565
REDIFF, S, 27 Woodford Avenue, Ilford ..... (020) 8551 9464
REDJEP, Mr Ozan, 204 Sewardstone Road, London ..... (020) 3538 4955
REDMOND, N, 9 144, Manor Hall Manor Road, Chigwell ..... (020) 3561 0005
REDMONTH-SMITH, M, 40 Carr Road, London ..... (020) 8262 3888
REDSHAW, J, 17 Fulready Road, London ..... (020) 8539 3492
REDWOOD, N, 64 Chatham Road, London ..... (020) 8527 1372
REECE, N, 12 St. Stephens Avenue, London ..... (020) 8223 0441
R, Stephen, 29 Rabbits Road, London ..... (020) 8911 4657
REED, B.F, 19 St. Mary's Approach, E12 ..... (020) 8553 2269
R, Miss J, 354 Marlowe Rd, London ..... (020) 8141 8008
R, P, 65 Strafford Avenue, Ilford ..... (020) 8551 1602
R, S, Windmill Court 4a 25 Weale Road, London ..... (020) 3732 2286
REEDER, A, 26 Berkeley Avenue, Ilford ..... (020) 8550 4722
R, J, 12 Hawthorns, Woodford Green ..... (020) 8505 2674
REEKIE, J, 10 Tudor Close, Woodford Green ..... (020) 8505 6843
REES, P, 99 Mayville Road, E11 ..... (020) 8539 7817
REEVE, G, 29 The Avenue, LONDON ..... (020) 8527 4117
R, J, 40 Trelawney Road, Ilford ..... (020) 8501 1328
R, K, 19 Raymond Avenue, E18 ..... (020) 8989 9620
R, P.J, 29 Oakwood Gardens, Ilford ..... (020) 8590 9753
REEVES, J, 22 The Risings, London ..... (020) 8520 4787
R, K, 23 Summerfield Road, Loughton ..... (020) 8508 5293
R, P, 90 The Drive, Loughton ..... (020) 8508 9597
R, R.J, 6A West Avenue, E17 ..... (020) 8520 7048
REGAN, J, 22 Avery Gardens, Ilford ..... (020) 8550 3804
R, M, 28 Baldwins Hill, Loughton ..... (020) 8502 1975
REGISTE, A, 133 Sheringham Avenue, London ..... (020) 8553 9688
REHMAN, A, 40 Cecil Road, Ilford ..... (020) 8177 8546
R, Mr Javid, 111 Whitta Road, London ..... (020) 3643 9659
R, M, Wycliffe House 245-247 11 Cranbrook Road, Ilford ..... (020) 8554 3084
R, M.S.A, Mobile, 9 Millicent Rd, Leyton ..... (07956) 294402
R, T, Flat 4 3-5 Goodmayes Road, Ilford ..... (020) 3652 7478
REHSI, M, 39 Beechwood Gardens, ILFORD ..... (020) 8551 6640
REID, C.P, 1 Foresters Drive, E17 ..... (020) 8520 8729
R, Joyce, 2 Second Avenue, E17 ..... (020) 8521 3293
R, K.G.E, 78 Hillyfields, Loughton ..... (020) 8508 6516
R, M, Flat 6 34 Churchfields, E18 ..... (020) 8505 1370
R, M, Flat B 14 Howard Road, E17 ..... (020) 8521 9531
R, V, 85 Herongate Road, London ..... (020) 3005 8643
REIDY, T, 12 Short Road, London ..... (020) 8926 7892
REILLY, T, Flat 6 Cadogan House Richmond Drive, Woodford Green ..... (020) 8500 9385
REIS, H, 2 Austen Close, Loughton ..... (020) 8418 0665
REITERBUND, G, 20 Retreat Way, CHIGWELL ..... (020) 8500 1827
REJMAN, Ms E, 229 Francis Rd, London ..... (020) 3138 0292
REKIK MERNIZ, I, Flat 8 Temple Hall Court Elmfield Road, E4 ..... (020) 8524 5376
REMESKEVICIENE, V, Flat 5 61-63 High Street, Barkingside ..... (020) 3732 5316
REN, Miss Q, 68 St. Stephens Clo, London ..... (020) 3132 0294
RENAUD, D, 9 Oakhurst Close, London ..... (020) 8520 2010
RENDELL, A.W, 87 Lower Park Rd, Loughton ..... (07956) 507321
RENNIE, K, 19 Whitehouse,38 Leyton Green Road, London ..... (020) 7310 1695
RENOUF, H.E, 25 Fairlawn Drive, Woodford Green ..... (020) 8504 4940
RENSBURG, Mr J, 386a Hoe Street, London ..... (020) 8177 8305
REUTMULLER, M, 44 North Birkbeck Road, Leytonstone ..... (020) 3138 6501
REVAN, P, 42 Yardley Lane, London ..... (020) 8419 5660
REVELL, B.F, 9 Crescent Road, E18 ..... (020) 8504 3981
R, J, Flat B, 35 Poppleton Road, London ..... (020) 8530 2221
REVEREND GUARDIAN, 557/59 High Rd, Woodford Gn ..... (020) 8504 7540
R, 557/59 High Rd, Woodford Gn ..... (020) 8504 7547
REVIN, A, 53 St. Marys Road, E10 ..... (020) 8141 7861
REX, A, 3 Regent Gardens, Ilford ..... (020) 8599 5741
REXHAJ, A, 3 The Green, London ..... (020) 3620 6795
REXHEPI, B, 21 The Square, Loughton ..... (020) 3623 6141
REYES, J, 133 Uplands Road, Woodford Green ..... (020) 3842 5186

REYNOLDS, D, 8 Woodcote Road, London (020) 8923 7592
R, E.A, 17 Cherrydown Close, E4 (020) 8524 5022
R, J, 121 Hillyfields, Loughton (020) 8508 8914
R, K, 11 Ashmeads Church Lane, Loughton (020) 8502 1409
R, M, 171 Hermon Hill, London (020) 8530 5296
R, P, 58 Mulberry Way, London (020) 8989 1889
R, P, 34 Rivington Avenue, Woodford Green (020) 8550 5772
R, R, 18 Cooper Avenue, London (020) 8923 7267
R, S.W, 7 Frances Road, E4 (020) 8527 7881
REZAIE, D, 1 Campion Gardens, Woodford Green (020) 8505 2003
RHEMA, B, 258 Monega Road, London (020) 3509 8066
RHODEN, D, 99 Abbotts Crescent, E4 (020) 8527 2270
RHODES, G, 67 Fencepiece Road, Ilford (020) 8500 8417
RHYS, O, Flat 10, Ellen Court, 14 The Ridgeway, Chingford, London (020) 8505 2099
R, T, 36 Pearl Road, Walthamstow (020) 8520 6235
RIAZ, Zahida, 49 Capworth Street, London (020) 8556 2446
RIBAUT, Miss Elodie, 63 Lansdowne Road, London (020) 8520 2172
RIBBITS, T, 18 Fencepiece Road, Ilford (020) 8501 0535
RIBEIRO, A, 9 Hawkwood Crescent, London (020) 8257 3322
RICE, G.W, 18 Woolhampton Way, Chigwell (020) 8500 3069
R, K, 37 Albemarle Gardens, Ilford (020) 8554 1351
R, Mrs Sylvia, 97 Kings Road, London (020) 8524 8632
RICH, F, 18 Raymond Avenue, London (020) 8989 0243
RICHARD, A, Aragon Court 40 Aragon Drive, ILFORD (020) 8013 5334
RICHARDS, A, 370 Limes Avenue, Chigwell (020) 3612 4884
R, B.T, 40 Wallington Road, Ilford (020) 8590 8803
R, Claude, Flat 7 164 Hale End Road, London (020) 3581 9317
R, D, 23 Raglan Road, London (020) 8257 3632
R, G, 9C Sylvan Road, E11 (020) 8989 9115
R, Mr I, 2a The Warren, London (020) 3132 9172
R, J, 10 Rosedene Gardens, Ilford (020) 8550 7891
R, J, 60 Unit 33 Alpha Business Centre South Grove, E17 (020) 8177 5450
R, K, 257 Cann Hall Road, London (020) 3605 4933
R, K.A, 106 Bressey Grove, E18 (020) 8989 4183
R, M, 120 Ainslie Wood Road, London (020) 8257 2057
R, M, 257 Forest Road, E11 (020) 8556 5752
R, M, 32 The Square, Ilford (020) 8554 9594
R, P.E, 41 Mallards Blake Hall Road, E11 (020) 8530 4082
R, P.J, 87 Richmond Avenue, E4 (020) 8531 4479
R, S, 16 Grange Court, Loughton (020) 8502 2940
R, W, 24 Markhouse Avenue, London (020) 8520 5182
RICHARDSON, D, 44 St. Margarets Road, London (020) 8928 0208
R, D.C, 2 Glebe Avenue, Woodford Green (020) 8505 5817
R, E, 5 Eton Heights, WOODFORD GREEN (020) 3561 9246
R, G, 6 Avondale Road, London (020) 8539 3118
R, H.R, 230 Queens Road, E17 (020) 8521 4675
R, J, 8 Mighell Avenue, Ilford (020) 8551 8107
R, Jacqueline, 10 Shirley Close Addison Road, E17 (020) 8521 9366
R, P.E, 84 Forest Glade, E4 (020) 8531 7845
R, R, 4 Fallow Flds, Loughton (020) 8532 1409
RICHELL, B, 27 Essex Road, London (020) 8989 7975
RICHES, A, 9 Brewster Road, London (020) 8925 1956
R, C, 9 Western Road, London (020) 3726 7091
R, E, A 18 Haroldstone Road, E17 (020) 8520 6552
R, H, Flat 22 Henley Lodge 2 Willow Walk, E17 (020) 8520 4605
R, P, 89 Barley Lane, Ilford (020) 8599 4059
RICHNEV, M, 16a Dryden Close, Ilford (020) 8501 4203
RICKARD, J.M, 115A The Avenue, E4 (020) 8523 0660
RICKETTS, Mr Harold, 37 Maida Avenue, London (020) 8524 5797
RIDDICK, K, 60 Elmfield Road, E4 (020) 8524 7238
RIDDLE, Mr David, 4 Somerset Close, Woodford Green (020) 8506 1659
RIDEOUT, Miss Alex, 19 Bemsted Road, London (020) 8527 1079
RIDER, D.E, 212 Halley Road, E12 (020) 8471 2993
RIDGERS-WAITE, L, 83 Elmfield Road, E17 (020) 8509 3387
RIDLER, M.W.J, 54 Summit Drive, Woodford Green (020) 8551 2453
RIDLEY, J, 123 Willingale Road, Loughton (020) 8508 8293
R, Mr M, 59 Greenleafe Drive, Ilford (020) 8177 7341
R, M, 2 Valance Avenue, London (020) 8529 4714
RIDOUT, B, 13 Pennant Terrace, London (020) 8527 4467
RIGBY, J, 34 Essex Road, London (020) 8539 2796
RIGGE, M, 157 Whipps Cross Road, E11 (020) 8530 4420
RIGGS, C, 94 College Gdns, E4 (020) 8529 9308
RIGHALETO, Mrs I, 13 St Marys Road, Ilford (020) 8141 2965
RILEY, A.E, 31 Englands Lane, Loughton (020) 8508 5098
R, B.J, 99 Headley Drive, Ilford (020) 8518 2964
R, C, 19 Southview Road, Loughton (020) 8502 3581
R, I, 1 Martham Close, Ilford (020) 8500 0127
R, Mrs John, 34 Lyne Crescent, London (020) 8531 9141
R, K, 4 Old Saville Cottages The Cha Chigwell (020) 8500 7735
R, P, 247 Waltham Way, E4 (020) 8524 2269
R, T.J, 34 Roding View, Buckhurst Hill (020) 8505 1851
RIMEIKIS, R, 13 Cross Road, Woodford Green (020) 8504 0595
RIMMER, P, 79 Bushwood, London (020) 3648 7794
RINALDI, V, Flat 45 Hermitage Court Woodford Road, E18 (020) 8989 3436
RINALDO, C, 61 Nelson Road, Chingford (020) 8523 3944
RINGWOOD, J.F, 12 Linden Crescent, Woodford Green (020) 8505 4935
RIORDAN, C, 38 Colebrooke Drive, E11 (020) 8989 1620
RIPLEY, A.N, 28 Simmons Lane, E4 (020) 8529 2189
RIPPINGALE, T.W.D, 62 Robinia Close, Ilford (020) 8500 7479
RISING, M, 39 Colebrooke Drive, London (020) 8989 2895
RISK, P, 1 Cherrydown Close, E4 (020) 8529 2846
RIST, B, 10B Falmouth Avenue, E4 (020) 8527 7092
R, V, 331 Chigwell Road, Woodford Green (020) 8504 2276
RISTOW BUSS, C, Flat 8 Morley Court Sinclair Road, E4 London (020) 8524 5788
RITCHIE, S, 2 Nigel Mews, Ilford (020) 8553 4929
RIVERSIDE HAIR, C, 228A High Road, Loughton (020) 3605 3618
RIVET, J, 46 Garner Road, Walthamstow (020) 8531 6556
RIX, I, 17 Mayfair Gardens, Woodford Green (020) 8504 0936
R, Mr S, 24 Cowslip Road, London (020) 8989 4886
RIZA, L, 44 Seymour Road, London (020) 3623 3591
RIZWAN, A, 22 Goldsmith Avenue, E12 (020) 8470 4098
R, A, 4/226 Ley St, Ilford (020) 8911 0277
R, Mr J, 18 Lupin Crescent, Ilford (020) 8141 7379
R, R, 82 Friars Close, Ilford (020) 8062 4454
R, Talat, Flat 4 6 Granville Road, Ilford (020) 3092 6172
RIZZI, P, 66 Lancaster Road, London (020) 8556 5385
RNLI
In EMERGENCY dial 999 and ask for "COASTGUARD"
See business section for full list of entries
ROACH, C, 22 Kingsley Road, Loughton (020) 8502 1861
ROBBANI, M.G, 34 Church Rd, E12 (020) 8514 0721
ROBBENS, M, Flat 45 The Roses High Road, Woodford Green (020) 3560 6702
ROBBINS, H, 22 Rosedene Gardens, Ilford (020) 8550 7863
ROBERT GORSKI, M, 1 Droveway, Loughton (020) 8508 8712
ROBERTS, A, Flat 34 Fixie Building, 8 Track Street, London (020) 8496 9249
R, Mr Bob, 68 Liston Way, Woodford Green (020) 3151 1972
R, B, 4 Woodlands Road, E11 (020) 8556 5953
R, D, 9 Ainslie Wood Road, E4 (020) 8524 8644
R, J, Mobile, 215b Fulbourne Road, London (07956) 505786
R, K, 113 Colchester Rd, London (020) 8518 7085
R, L, 5 Ashley Grove Staples Road, Loughton (020) 8508 8007
R, M, 31 Chestnut Avenue North, LONDON (020) 3532 2415
R, N, Flat 8 Florence Court 114 Elmcroft Avenue, E11 (020) 8518 8763
R, P, The Old Cottage Manor Road, High Beech (020) 8502 3921
R, TJ, 110 Grove Green Road, London (020) 8518 7516
ROBERTSON, L, 152 Ashburton Avenue, Ilford (020) 8599 3249
R, S, 8 Faversham Close, Chigwell (020) 8501 2600
ROBIN, Ivan, Flat 5 Oxford House 126-128 Tomswood Hl, Ilford (020) 8502 7608
ROBINS, W.S, 17 Hillcrest Rd, E17 (020) 8523 0016
ROBINSON, A, 45 Fairfield Rd, E17 (020) 8531 4904
R, A, 8 Riches Road, Ilford (020) 8514 2922
R, A, 65 Westbury Road, E17 (020) 8521 9939
R, A.E, 60 Bushfields, Loughton (020) 8508 8277
R, B, 8 Carlisle Gardens, Ilford (020) 8554 2061
R, B, Flat 26 Stoneleigh Court Herent Drive, Ilford (020) 8551 4749
R, Admiral E, 144 Leucha Road, London (020) 3345 6761
R, E, 21 Lime Grove, Ilford (020) 8500 2780
R, G, Mobile, 135 Monkhams Lane, Woodford Green, Essex (07903) 103944
R, Mr G, 160 Murchison Street, E10 (020) 8141 7550
R, H, 22 Malcolm Way, Leytonstone (020) 8989 3609
R, J.P, 61 Cherrydown Av, Chingford (07956) 332306
R, K, 4 Summerfield Road, Loughton (020) 8925 7614
R, M, 68 High Beech Road, Loughton (020) 8508 1503
R, R, 161 Hibbert Road, E17 (020) 8556 4109
R, S, Upper Flat 46 Cleveland Park Crescent, E17 (020) 8223 0672
R, T, 99 Walpole Road, London (020) 8505 4904
ROBINSON-SMITH-HUNTE, H, 86 Brookdale Road, London (020) 3654 1586
ROBOTKIN, J, 58 Parham Drive, Ilford (020) 8252 0944
ROBSON, D, 12 High View Close, Loughton (020) 8508 9089
R, E, 23 Wigram Road, London (020) 8925 9833
ROBY, Mr Barry, 1a Madeira Grove, Woodford Green (020) 8505 9992
ROC, S, 13 Flat 12 St. Mary'S Church House Orford Road, LONDON (020) 3737 8138
ROCHE, C, 7 Priory Avenue, E17 (020) 8509 2709
R, D, 38 Grantock Road, London (020) 4541 4786
R, P, 29 Glenthorne Gardens, Ilford (020) 8550 0030
ROCK, A, 4 Austen Close, Loughton (020) 8502 1245
RODDA, M, 203 Ley Street, Ilford (020) 8514 1692
RODDICK, A.T, Picks Cottage Sewardstone Road, E4 (020) 8529 3922
RODDY, K, 9 Marden Close, Chigwell (020) 8500 3102
R, V, 24 Mornington Road, Woodford Green (020) 3623 1886
RODERICK, M, 65 Meadow Road, Loughton (020) 8502 5251
RODERICKS, J, 23 Woodlands Avenue, LONDON (020) 8989 3030
RODGER, C, 16 Morland Road, London (020) 8521 9076
RODGERS, V, 26 Loughton Way, BUCKHURST HILL (020) 8281 1385
RODNEY, W, 5 Leadale Avenue, E4 (020) 8524 6050
R, W, 5 Leadale Avenue, London (020) 8926 0121
RODRIGO, R, 18 Tudor Ct, E17 (020) 8521 7373
RODRIGUES, C, 36 Knighton Drive, Woodford Green (020) 8504 6515
R, L, 28 Westernville Gardens, Ilford, Essex (020) 3556 8495
R, R, 89 Nottingham Road, London (020) 8539 8023
RODRIGUEZ, F, Flat 1 74 Mayfair Avenue, Ilford (020) 8554 7899
RODWELL, D, 35 Northumberland Avenue, E12 (020) 8530 6281
R, E, 231 Parkhurst Road, E12 (020) 8553 2062
ROE, M, 7 Hornbeam Rd, Buckhurst Hill (020) 8261 0384
ROGERS, D, 23 Uphall Road, Ilford (020) 8553 0531
R, G, 99 Cherrydown Avenue, London (020) 3685 2931
R, J, 14 Brunel Road, London (020) 8928 0907
R, Prof Patricia, 12 Dale View Gardens, E4 (020) 8529 3512
ROGOFF, D, 1 CAMPUS COURT 1 The Campus, Loughton (020) 8508 4494
ROHEN, M, 114 Crown Road, Ilford (020) 8220 7641
ROJEK, W, Mobile, 27 Ruckholt Close, London (07949) 085999
ROKED, S, 103 Second Avenue, Manor Park (020) 8514 3085
ROKICKI, L, 13 Somerset Road, E17 (020) 3132 0574
ROKITA, Mr D, 111 Chewton Road, London (020) 8177 5457
ROKNI, Mr A, 5 Fremantle Rd, Ilford (020) 3132 3261
ROLA, Jacek, 1A Brook Parade High Road, Chigwell (020) 8500 3127
ROLFE, G, 10 Stony Path, Loughton (020) 8281 1972
R, P, 76 Herongate Road, E12 (020) 8989 8067
R, P, Flat 18 St. James Gate 105 Palmerston Road, Buckhurst Hill (020) 8505 6502
R, R, 65 Felbrigge Rd, Ilford (020) 8590 0713
R, R, 21 Millwell Crescent, Chigwell (020) 8500 4898
R, S, 207A Capel Road, E12 (020) 8478 5621
ROLLINGS, S.K, 239 St. John's Road, E17 (020) 8527 0208
ROLLINGSON, Vallerie, 18 Park Road, E10 (020) 3784 7195
ROMAN, K, First Floor Flat 178 Shernhall Street, E17 (020) 8509 2465
ROMANISINA, A, 7B Hermon Hill, London (020) 8117 6514
ROMANIUK, S, 118 Ley Street, Ilford (020) 8514 8286
ROMERO, P, 75 Queens Road, E11 (020) 8556 8712
ROMIN, N, 99 Little Ilford Lane, London (020) 3732 3850
RONES, J.L, 1 Barton Meadows, Ilford (020) 8550 2967
RONY, S, Flat 23 33, Fairwood Court Fairlop Road, London (020) 3561 0116
ROOK, M, 58 Sunnyside Road, E10 (020) 8556 7546
ROOKE, M, 11 Pretoria Road, E4 (020) 8524 5173
ROOME, P, 13 Orchard Close, Chingford (020) 3770 1429
ROONEY, Mr P, 30 Lee Grove, Chigwell (020) 8500 2015
ROOPRAI, G, 16 New Road, Ilford (020) 3380 6149
ROPELATO, O, 33 Draycot Road, E11 (020) 8989 5722
ROPUN, F, 100 Highbury Gardens, Ilford (020) 8599 3140
ROSAMUND, J.J, 5 Meriden Clo, Ilford (020) 8500 2300
ROSANO, Rosa, 36 Newbury Road, Ilford (020) 8599 6328
ROSARIO, L, 22 York Road, Ilford (020) 8514 1722
R, Mr 21 Marine Crecent, Ilford (020) 3957 8202
ROSE, A, 21 Hedgeley Woodford Avenue, Ilford (020) 8550 3506
R, J, 78 Cowley Road, Ilford (020) 8554 2232
R, J, 26 Cranbourne Avenue, E11 (020) 8989 3186
R, J.W, 8 Woodlands Avenue, E11 (020) 8530 2812
R, L, Flat 104 71, Northwood Tower Marlowe Road, London (020) 3844 6546
R, L, 79 The Lowe, Chigwell (020) 8924 5654
R, M, 14 Forest Edge, Buckhurst Hill (020) 8505 9140
R, Miss M, 49 Lavender Place, Ilford (020) 3132 8194
R, M, 103 Liston Way, Woodford Green (020) 8504 6133
R, M, 55 Middleton Gardens, Ilford (020) 8554 4713
R, P, 25 Oak Hill, Woodford Green (020) 8504 6316
R, R.N, 306 Horns Road, Ilford (020) 8550 0916
ROSEN, G, 103 Cadogan Gardens, London (020) 8989 1191
R, R, 52 Broadwalk, London (020) 8989 3380
ROSENBERG, D.S, Flat 21 Carlton House Algers Road, Loughton (020) 8550 4168
R, I, Flat 5 Walbrook Woodford Road, E18 (020) 3524 9904
ROSENFELD, D, 29/189 High Rd, E18 (020) 8498 9843
R, M, 4 Robinia Close, Ilford (020) 8220 1020
ROSENFIELD, A.D, 36 Roll Gardens, Ilford (020) 8551 7842
ROSIER, L, 36 Lynmouth Road, Walthamstow,London (020) 8521 3978
ROSS, Mr E, 10 Norfolk Rd, Ilford (020) 8141 7790
R, Mr G, 46b Kingswood Rd, ILford (020) 3132 8111
R, I, 81 Blythswood Road, Ilford (020) 8590 6443
R, M, 76 Normanshire Drive, E4 (020) 8529 0453
R, Marian, 27 Stapleford Av, Newbury Park (020) 8597 4316
ROSSDALE, P, 119 Headley Drive, Ilford (020) 8252 0343
ROSSHANDLER, J, 82 Manor Road, Chigwell (020) 8501 3538
ROSSI, C, 251 Chester Road, Loughton (020) 8508 1885
R, C.T, 60A Connaught Avenue, E4 (020) 8529 6812
ROSSITER, A, 19 Clifton Avenue, Walthamstow (020) 8531 4595
ROSTAS, M, 45 St. Albans Road, Ilford (020) 3565 8377
R, T, 293 Mortlake Road, Ilford (020) 3015 7891
ROTARI, I, Memorial Heights Flat 153 Monarch Way, Ilford (020) 3720 6191
ROTARU, M, Flat 1 196 High Road Leyton, London (020) 3720 8291
ROTE, J, 12 Waltham Road Woodford Green, Essex (020) 8505 0678
ROTH, D, 9 Grange Crescent, Chigwell (020) 8500 2383
R, P, 40 Grosvenor Park Road, London (020) 8503 6370
ROTHFARB, B, 20 Glenham Drive, Ilford (020) 8554 1708
ROTHWELL, B, 51 Belvedere Road, London (020) 8556 2156
R, J, 2 Wittenham Way, London (020) 8524 0203
ROTONDARO, A, 158 Coventry Road, Ilford (020) 8220 8508
ROUF, Mr A, 31 Carlyle Rd, E12 (020) 8514 4421
ROUGH, R, 84 South Park Terrace, Ilford (020) 8599 4797
ROUGHAN, C, 51 Salisbury Road, E12 (020) 8553 5232
ROUIBAH, A, 73 Hollybush Hill, E11 (020) 8530 8684
ROUTLEDGE, Derek, 17 Falmouth Avenue, E4 (020) 8527 3644
ROWAN, C, 10 Colombo Road, Ilford (020) 8262 6343
ROWBURY, A, 61 Ainslie Wood Gardens, Chingford (020) 8529 1644
ROWDEN, F, 10 Maple Drive, Chigwell (020) 8500 3439
ROWE, B, Flat 16 Atkinson Court 2 Kings Close, E10 (020) 8558 1237
R, Mr D, 383 Dersingham Av, London (020) 3132 2314
R, R, 69 Manor Farm Drive, London (020) 8529 9069
R, R, 178 Normanshire Drive, London (020) 8529 4734
ROWHOLD, E, 11 Knights Way, Ilford (020) 8500 4803
ROWLAND, D, 20 Parkmore Clo, Woodford Gn, Essex (07949) 372063
R, M, 9 Mill Lane, Woodford Green (020) 8505 5613
R, M, 21 St. Marys Way, Chigwell (020) 8505 8129
R, P.O, 4 Beddington Road, Ilford (020) 8597 9870
ROWLES, P, 80 Brocket Way, Chigwell (020) 8500 9814
ROY, B, 92 Inglehurst Gardens, Ilford (020) 8550 6639
R, D, 73 Dellow Close, Ilford (020) 8252 0752
R, Narrelle, 3 Leopold Road, E17 (020) 8520 4726
R, Shilpa, 6 Lindale Close, Ilford (020) 8551 3349
ROYALL, A, 54 Mornington Road, Chingford (020) 8529 3521
ROYCHOUDHURY, I, 13 Abbotsford Gardens, Woodford Green (020) 8262 5752
ROZEIK, M, 4 Carriage Mews, Ilford (020) 8911 7037
RUBYJOSEPH, A, 18 Emmott Avenue, Ilford (020) 8553 2248
RUDD, H, 50 Mossford Court Hatfield Close, Ilford (020) 8551 5695
R, S, 197 Beehive Lane, Ilford (020) 8550 1882
RUDDICK, P, Staff House 2 High View School Lambourne Rd, Chigwell (020) 8502 6683
RUDENKO, Mr O, 31a Penrhyn Cres, London (020) 3132 4268
RUDKIN, R.L.B, 11 Forest Approach, Woodford Green (020) 8504 8881
RUDNICKI, R, 5 Terling Close, London (020) 8519 5761
RUFFLE, Mr D, Flat 2 68 Lindley Road, London (020) 8558 8193
RUGG, H, 9 St. Anthonys Avenue, Woodford Green (020) 8502 9353
RUGHOOPUTH, Jawahurlall, 38 Dale View Crescent, E4 (020) 8524 1123
RUHMANE, I, 22 Dersingham Avenue, E12 London (020) 3643 7763
RULE, T.P.W, 13 Holly Drive, E4 (020) 8529 1341
RUMAK, G, 87 Crescent Road, London (020) 8220 9685
RUMMELL, Mrs 4 Nyssa Close, Woodford Green (020) 8502 9348
RUMMEY, T.D, 241 Copperfield, Chigwell, Essex (07944) 890816
RUMNEY, G.H.W, 10 Fitzgerald Road, E11 (020) 8989 0752
RUNECKLES, C, 5 Highlands Gardens, Ilford (020) 8518 1767
RUPARELL, H, 191A Ilford Lane, ILFORD (020) 3731 0198
RUPASINGHE, Mr S, 147f Hoe Street, London (020) 8177 9974
RUSAKOVAS, Mr L, 100 Seventh Avenue, London (020) 8514 4026
RUSHMOOR, B, Flat 8 Mallard Court 1 Stocksfield Road, E17 (020) 8503 6787
RUSLING, G, 3 Brandesbury Square, Woodford Green (020) 8500 9085
RUSSELL, A, Ground Floor 115 Carr Road, London (020) 8531 5175
R, A, 8 Jacks Farm Way, E4 (020) 8523 5993
R, A, 2A Stradbroke Grove, Buckhurst Hill (020) 8506 1467
R, Mr Barry, 29 Tine Road, Chigwell (020) 8500 4514
R, B.B, 54 Ranelagh Gardens, Ilford (020) 8554 9076
R, C, 91 Markmanor Avenue, London (020) 8556 0441
R, C, 24 Tennyson Avenue, London (020) 8989 8242
R, D.A, 191 Larkshall Road, E4 (020) 8529 4998
R, D.I, 51 Perth Road, E10 (020) 8539 0794
R, I, 88 Forest Glade, E4 (020) 8527 0502
R, J, 62 Bawdsey Av, Ilford (020) 8597 4745
R, J, 61 Harwater Drive, Loughton (020) 8508 0073
R, J, 167 Westwood Road, Ilford (020) 8599 2473
R, L, 25 Verulam Avenue, London (020) 8556 5785
R, S, 160 Fullwell Avenue, Ilford (020) 8550 5335
R, T, 30 Spratt Hall Road, E11 (020) 8530 4030
RUSSELLFAWCETT, Lynda, 48 Wesley Road, E10 (020) 8556 3560
RUTH WARD, K, 10 Hurst Close, London (020) 8524 8774
RUTLEY, M, 111 West Grove, Woodford Green (020) 8506 1447
RUTTER, I, 44 Kimberley Road, E4 (020) 8524 2707
R, P, FLAT 7 THE WATERGARDENS Elrington Road, Woodford Green (020) 8506 2059
RWEIKIZA, Miss G, 102 Roding Lane South, Ilford (020) 8141 5896
RYALL, M, The Main Lodge Barnardos Tanners Lane, Ilford (020) 8551 3870
R, P, 67 Normanton Park, E4 (020) 8524 2353
RYAN, A, 8 King Henry Lodge 51 Hall Lane, E4 (020) 8524 8304
R, Mrs A, 27 Violet Road, London (020) 8530 5601
R, A, 37 Warren Road, Wanstead, London (020) 8989 2817
R, H, 21 Shakespeare Road, E17 (020) 8527 2442
R, I, Flat 17 Flat 17, Pineview Court 3 The Ridgeway, LONDON (020) 8529 2924
R, J.M, 54 Bedford Road, E17 (020) 8531 2649
R, K, 54 Beacontree Avenue, London (020) 8531 7470
R, M, 68 Chelmsford Road, E18 (020) 8504 7104
R, Robert, 48 Stonards Hill, Loughton (020) 8502 1893
R, T, Flat 3, Struan House High Street Wanstead, London (020) 8001 8170
RYATT, B, 13 Elmstead Road, Ilford (020) 3737 3001
RYBAKOVAS, Mr G, 8 Forest View Road, London (020) 8141 6813
RYDER, A, 10 Whitehall Gardens, Chingford (020) 8529 5127
R, J, 6 Hampton Road, London (020) 8926 4973
RYKALA, G, 183 Tiptree Crescent, Ilford (020) 8551 7037
RYTON, R, 74 Withy Mead, LONDON (020) 8529 3547
RZEPA, P, Flat 26 Rayner Towers 2 Albany Road, London (020) 8558 6905
S AND S ACCIDENT REPAIRS, Sewardstone Hall Farm Sewardstone Road, Chingford (020) 8524 5660
S. VIRDEE, B, 162 Pembroke Road, Ilford (020) 8590 8238
SAADI, Mr F, 104 Mayfair Avenue, Ilford (020) 7165 6010
SAAQIB, Mr F, 52 Shakesphere Crescent, London (020) 8177 8330
SABANATHAN, R, 110 Glebelands Avenue, Ilford (020) 8518 0062
SABARATNAM, P, Flat 27 Stoneleigh Court Herent Drive,

Ilford ..... (020) 8551 3823
SABAU, G, 73A High Street, Barkingside ..... (020) 8550 2468
SABER, Brahim, Flat 12 Stoneydown House Blackhorse Road, E17 ..... (020) 8521 3948
SABEY, Nicolle, 17 Hadleigh Lodge Snakes Lane, Woodford Green ..... (020) 8506 1592
SABHARWAL, A, 239 Sherrard Road, London ..... (020) 3152 2300
SABIR, Mohmmad, 4 Russell Road, E17 ..... (020) 8520 1295
SABOOWALLA, A, 123 The Avenue, London ..... (020) 3648 5280
SABU, J, 77 Cranley Drive, Ilford ..... (020) 8518 6431
SACH, K, 86 Royston Avenue, London ..... (020) 3729 6515
S, S, 32 Horace Road, Ilford Essex ..... (020) 8550 9018
S, T, 25 Rowden Road, London ..... (020) 8531 9050
SACHDEV, M, Flat 105 5, Starling Heights Teal Road, Ilford ..... (020) 3380 2843
SACHDEVA, H, 3 Tylney Close, CHIGWELL ..... (020) 8502 6670
SACK, B, 1 Wallers Hoppet, Loughton ..... (020) 8502 2739
SACKEY, B, Flat E, 137 Whipps Cross Road, London ..... (020) 3581 0503
SACREE, M, 52 Charnwood Drive, E18 ..... (020) 8530 2713
SADDIQUE, M, 77 Durham Road, Manor Park ..... (020) 8514 6397
S, S, 188 Grove Green Road, London ..... (020) 8556 0858
SADEED, Miss W, 106 Highbury Gardens, Ilford ..... (020) 8590 7656
SADI, J, Suite 4,Meridian House,62 Station Road, Chingford ..... (020) 8474 1038
SADIA, S, 1A Oregon Avenue, London ..... (020) 3560 5948
SADIQ, M, 198 Staines Road, Ilford ..... (020) 8478 6696
S, Dr S, 21 Laing Close, Ilford ..... (020) 8262 8760
SADLER, E, 7 Avenue Ter Crownfield Av, Ilford ..... (020) 8590 2676
S, R.L, 100 Lynn Road, Ilford ..... (020) 8554 3821
S, T, 67 Grange Park Road, E10 ..... (020) 3208 0046
SADOWSKI, Mr M, 277 Ley St, Ilford ..... (020) 3132 7034
SAEDI, A, 1154 Eastern Avenue, Ilford ..... (020) 8117 1249
SAEED, M, 12 Beechwood Park, E18 ..... (020) 8530 8955
S, Mr M, 20 Norman Rd, Ilford ..... (020) 3132 0641
S, R, 24 Coney Burrows, LONDON ..... (020) 8923 4860
S, S, 50 Woodstock Road, London ..... (020) 8498 2936
S, Z, Frank Slater House 20 Green Lane, Ilford ..... (020) 3663 6388
SAFER, A, 382 Stocksfield Rd, E17 ..... (020) 8521 2004
S, Z, 2 Grosvenor Heights 20 Forest View, E4 London ..... (020) 8529 3790
SAFFER, B, Flat 36, Hilary Dennis Court, 34 Sylvan Road, London ..... (020) 8550 0942
S, Mr Martin, 341 Lea Bridge Road, London ..... (020) 8988 0102
S, V, 1 Chiltern Road, Ilford ..... (020) 8599 4536
SAFVAN, S, 147 Murchison Road, London ..... (020) 3648 2172
SAGHIR, J, 28 Conifer Ct Bluebell Wy, Ilford ..... (020) 8478 0266
SAGOO, Bhagat, 12 Forterie Gardens, Ilford ..... (020) 8590 8498
S, P, 3a Sackville Gardens, Ilford ..... (020) 8554 8782
S, S, 18 Lowe Chigwell, DAGENHAM ..... (020) 3489 0919
SAHA, M, 29 Redbridge Lane East, Ilford ..... (020) 8550 1632
SAHA SAHA, B, Flat 1 Hasler Court Carlyle Road, London ..... (020) 3015 0215
SAHA, S.K, 95 Wellington Road, E11 ..... (020) 8989 6324
SAHDEV, D.D, 2 The Crescent, Ilford ..... (020) 8554 5715
SAHGAL, U, 153 Hermon Hill, LONDON ..... (020) 8989 7473
SAID, K, Flat 12 John Walsh Tower Montague Road, Leytonstone ..... (020) 8558 7484
SAIN, S, 95 Dawlish Drive, Ilford ..... (020) 8983 8911
SAINDANE, M, 29 Oakland Place, Buckhurst Hill ..... (020) 3669 4987
SAINI, J, 43 Vernon Road, Ilford ..... (020) 3722 6749
SAINT
See also Saints listed after St.
SAINTS
See also Saint listed before St.
SAJILAL, P, 130 Falmouth Gardens, Ilford ..... (020) 8550 0928
SAKALAUSKAS, Mr G, 41 Grosvenor Rd, London ..... (020) 3132 3737
SAKELDIEN, T, 228 Stocksfield Rd, E17 ..... (020) 8503 6380
SALAH LAOUAR, H, 18 White House Mews, London ..... (020) 3605 8801
SALAHEDDIN, M, 17 Coronation Close, Ilford ..... (020) 8550 6383
SALAM, Mr M, 277 Chigell Rd, Essex ..... (020) 8141 2855
SALAMI, P, 219 Brocket Way, CHIGWELL ..... (020) 3663 6542
SALASNIK, J, 8 The Lindens Prospect Hill, E17 ..... (020) 8520 1759
S, Y.R.S, 11 The Lindens Prospect Hill, E17 ..... (020) 8520 3531
SALAZAR, F, Flat 4 Parker Court 106a South Birkbeck Road, London ..... (020) 3663 2293
SALEEM, A, 606 Green Lane, Ilford ..... (020) 3092 8561
S, A, 606 Green Lane, Ilford ..... (020) 3609 6597
S, Mr F, 65 Lavender Pl, Ilford ..... (020) 3132 4000
S, F, 2 Regent Gardens, Ilford ..... (020) 4568 2616
S, Ibrar, 27 Eastfield Road, E17 ..... (020) 8521 8005
S, Mr I, 4 Berthons Gdn Wood St, London ..... (020) 8521 1337
S, M, 66 Fairview Dv, Chigwell ..... (020) 8502 6902
S, Mr M, 36 Madras Rd, Ilford ..... (020) 8514 1426
S, M, 61 St. James's Street, E17 ..... (020) 8521 5075
S, Mr M, 93 Somers Road, London ..... (020) 8177 5442
S, N, 4 Vernon Road, LONDON ..... (020) 8521 6608
S, S, 4 Malford Grove, E18 ..... (020) 8989 0221
SALEEMI, H, 21 Cockerell Road, E17 ..... (020) 8503 6784
S, S, 58 Barrett Road, E17 ..... (020) 8521 1421
S, T, 2 Cheltenham Road, London ..... (020) 8539 2963
SALEEN, Mr S, 80 Cann Hall Rd, London ..... (020) 8177 1735
SALEH, A, 384 Lea Bridge Road, London ..... (020) 3609 5299
S, J, 163 Chester Road, Ilford ..... (020) 8599 4261
S, S, 53 Redwood Gdns, E4 ..... (020) 8524 7295
S, Mr Zahiruddin, 157 Hampton Road, Ilford ..... (020) 8553 2521
SALEM, M, 45 Ramsgill Drive, Ilford ..... (020) 8590 9450
SALES, Dr K, 6 Mayfield Avenue, Woodford Green ..... (020) 8505 0798
SALIH, J, 49 Cleveland Road, LONDON ..... (020) 3524 8493
SALIM, M, 68 Kenwood Gdns, Ilford ..... (020) 8551 3846
SALJA MUZHANGAL JACOB, T, Flat 13 310 Green Lane, Ilford ..... (020) 3561 7696
SALMON, A, 4 Shaftesbury, Loughton ..... (020) 8508 7951
S, D, 29 Silverthorn Gardens, London ..... (020) 8524 2508
S, J, 18 Perkins Road, Ilford ..... (020) 8554 2573
S, N, 105 Highwood Lane, Loughton ..... (020) 7524 0946
SAM, A P, 15 Duke Road, Ilford ..... (020) 3318 8508
SAMANTA, S, 27 Charteris Road, Woodford Green ..... (020) 8504 6718
SAMAROVA, K, 29 Salop Road, London ..... (020) 3732 3055
SAMBEE, S.S, 177 Byron Avenue, E12 ..... (020) 8552 7080
SAMBRIDGE, A, 30 Leadale Avenue, London ..... (020) 8529 0669
SAMBYA, C, Avonfield Court Flat 7 26, Avon Road, London ..... (020) 3715 0555
SAMEER, P, 53 Longcroft Rise, Loughton ..... (020) 3648 0047
SAMI, A, 3 Vernon Road, London ..... (020) 8013 4299
SAMMUT, J, 77 Hanson Drive, Loughton ..... (020) 8508 7934
SAMPSON, M, 43 Beattyville Gardens, Ilford ..... (020) 8220 6736
S, M, Mobile, 30 Rowden Park Gardens, Chingford ..... (07957) 922883
SAMS MINI MARKET, 149 High Street, Ilford ..... (020) 3632 7026
SAMUELS, A, 38 Highstone Avenue, London ..... (020) 8281 2777
S, A, Matthews Memorial Methodist Ch Penrhyn Crescent, London ..... (020) 8503 2316
S, A, 153 Stradbroke Grove, Ilford ..... (020) 3605 1560
S, L, 7 Cecil Road, Ilford ..... (020) 8514 4269
S, R, 11 Eighth Av, E12 ..... (020) 8553 4707
SANCHEZ, Jamie, 62 Aldriche Way, E4 ..... (020) 3556 9155
SANDALL, K.L, 20 Smarts Lane, Loughton ..... (020) 8508 3927
SANDEMAN, J, 98 Beech Hall Road, London ..... (020) 8527 2667
SANDERS, D, 37 Alderton Hill, Loughton ..... (020) 8508 0667
S, Mr E, 16 Essex Mansions, 1 Essex Rd Sth, E11 ..... (020) 8539 3192
S, G, 89 Hampton Road, London ..... (020) 8926 8653
S, J, 1 Maxwell Court, Sunnymede, CHIGWELL ..... (020) 8501 3753
S, V, 67 Tamar Square, Woodford Green ..... (020) 8505 7467
SANDHU, H, 3 Gladstone Avenue, London ..... (020) 8548 1992
S, N, 35 Atherton Road, Ilford ..... (020) 3536 4797
SANDOM, D.J, 11 Deacon Wy Manor Rd, Woodford Gn ..... (020) 8505 8624
SANDS, P, 86 Chamberlain Place, Walthamstow ..... (020) 8523 3792
SANDULACHE, I, 419D Lea Bridge Road, London ..... (020) 3726 3600
SANDUTA, A, 7 Elbury Court Vicarage Road, Woodford Green ..... (020) 8793 9226
SANDWELL, J, 12 Faversham Close, Chigwell ..... (020) 8500 7790
SANFORD, W, 24 Clandon Road, Ilford ..... (020) 8597 3985
SANGAR, A, 14 Shaw Square, London ..... (020) 3539 2713
SANGARAPANDAHAN, V, Memorial Heights Flat 22 Monarch Way, Ilford ..... (020) 8117 0080
SANGER, M, 32 Sutherland Road, E17 ..... (020) 8523 1114
SANGHERA, S, 5 Cleveland Park Crescent, London ..... (020) 8520 1781
SANKARAGURUKKAL, Mr K, 90, Manor Park, Newham Church Road, LONDON ..... (020) 3326 9434
SANNEH, Mr B, 17 St. Winefrides Av, E12 ..... (020) 8553 9461
SANTAMAS, O, 53 Osprey Close, E11 ..... (020) 8530 3840
SANTHAROOBAN, Ks, 143 Fenman Gardens, Ilford ..... (020) 8597 8700
SANTHIRAKUMAR, T, 30 Byron Avenue, London ..... (020) 8548 9691
SANTHOSHAM, N, First Floor Flat 6 Kensington Avenue, E12 ..... (020) 8471 6507
SANTIANO, S, Mobile, 46 Coventry Road, Ilford ..... (07949) 322892
SANTO, C, 1010 Eastern Avenue, Ilford ..... (020) 3638 7545
S, Jorge, 1 Clock House Wood Street, Walthamstow London ..... (020) 8521 1005
SANTOS, A, Flat 69 City Gate House 399-25 Eastern Avenue, Ilford ..... (020) 8554 6214
S, L, 69 Dryden Close, Ilford ..... (020) 3583 3843
S, S, 120 Brookscroft Road, London ..... (020) 3509 6838
SANYAL, Admiral B, Flat 8 Ash Court 171 Maybank Road, South Woodford ..... (020) 4619 3309
SAPSFORD, J, 22 Kings Head Hill, London ..... (020) 8524 4615
SAR, T, 558 High Road Leytonstone, E11 ..... (020) 8556 7452
SARAFIN, F.M, 26 Greenheys Drive, E18 ..... (020) 8530 4972
SARANGAN, J, 172 Roding Lane South, Ilford ..... (020) 3875 8292
SARAVANANUDHU, S, 13 Cecil Road, Walthamstow ..... (020) 8527 2344
SARBAH, C, Mobile, 54 Ferndale Road, London ..... (07949) 069727
SARBULAND, Gulrasol, Flat Above 318 Higham Hill Road, E17 ..... (020) 8523 1566
SARDAR BEGUM, A, 29 New Mossford Way, Ilford ..... (020) 3612 5314
SARDAR, T, 42 Morris Av, Manor Park ..... (020) 3675 5150
SARENDEN, L, Flat 25, Runcie Court New Mossford Way, Barkingside, Ilford ..... (020) 8550 4189
SARGEANT, T, 31 High View Road, LONDON ..... (020) 8989 4957
SARGENT, Dr J, 146 Wanstead Park Avenue, London ..... (020) 8281 0942
S, T.H, 190 Hampton Road, Ilford ..... (020) 8514 3458
SARKER, Subrata, 30-32 Sutherland Road, E17 ..... (020) 8531 2835
SARNA, D, 27 The Risings, London ..... (020) 8521 0501
SARODI, Y, 25 Northbrook Road, Ilford ..... (020) 8514 2790
SARPONG, I, FLAT 24 WESTSIDE APARTMENTS 69 Roden Street, Ilford ..... (020) 8478 5049
SARRIS, J, 17 St. Barnabas Road, Woodford Green ..... (020) 8504 6858
SARTORETTI, S, 10 Horace Road, Ilford ..... (020) 8550 1118
SARTORI, Mrs Maria, 61 Mansfield Hill, London ..... (020) 8529 3863
SARWAR, G, 32 Elmstead Rd, Ilford ..... (020) 8822 1608
S, Muhammadusman, Flat 9 Chancery Court 34 Fifth Avenue, E12 ..... (020) 8514 4784
SASIKUMAR, M, Flat A, 4 Morris Avenue, London ..... (020) 3774 5998
SASSA, S, 23 Belgrave Road, Walthamstow ..... (020) 8521 4464
SATGUNANATHAN, V, 10 Woodford Avenue, Ilford ..... (020) 3774 6452
SATHEESKUMAR, Mr S, 4 Southdown Crescent, Ilford ..... (020) 8597 3265
SATHIYABALAN, P, 23 Glenham Drive 23 Glenham Drive Glenham Drive, ILFORD ..... (020) 8554 5919
SATHYANARAYANA, A, 82 Fenman Gardens, Ilford ..... (020) 8586 1325
SATKUNARAKAH, T, 68 King Edward Road, London ..... (020) 8527 3250
SATTANI, N, 110 Woodford Avenue, Ilford ..... (020) 8551 8948
SATTIQUI, A, 369 Aldborough Rd Sth, Ilford ..... (020) 8597 5295
SATYANARAYANA, S, 129 High Road, London ..... (020) 4501 1754
SAUMTALLY, Mrs F, 157 Sixth Avenue, Essex ..... (020) 8141 1320
SAUNDERS, C, 1 Woolston Manor Cottages Abridge Road, Chigwell ..... (020) 8501 0387
S, C, 7 Oak Lodge Avenue, Chigwell ..... (020) 8500 9879
S, C, 7 Oak Lodge Avenue, Chigwell ..... (020) 8501 0853
S, K, 65 Chestnut Avenue, Buckhurst Hill ..... (020) 8504 1172
S, L, 6 Wentworth Court Albert Road, Buckhurst Hill ..... (020) 8117 4324
S, M, 119 Auckland Road, Ilford ..... (020) 8220 5373
S, M, 7 Cascade Close, Buckhurst Hill ..... (020) 8506 1646
SAVAGE, K.B, 15 Holcombe Road, Ilford ..... (020) 8554 4680
S, M.J, Flat 48 Cassis Court Chigwell Lane, Loughton ..... (020) 8508 2194
S, P, 3 Grange Avenue, Woodford Green ..... (020) 8504 1301
S, R, 11 Victory Road, London ..... (020) 8989 1748
S, S, 99 Horn Lane, Woodford Green ..... (020) 8491 1402
SAVILL, N, Mobile, 49 Warren Road, London ..... (07904) 192776
SAVILLE, A, Bottom Flat 39 Colchester Road, E10 ..... (020) 8556 6248
S, M, 97A Palmerston Road, Buckhurst Hill ..... (020) 8504 1128
S, R.W, 25 Devon Ct Chequers Hills Road, Buckhurst Hill ..... (020) 8506 1396
SAVOVA, V, 9 Trotwood, Chigwell ..... (020) 7018 1573
SAVVA, M, 37 Pulteney Road, London ..... (020) 8989 0417
SAVVAS, A, 30 The Albany, Woodford Green ..... (020) 8506 0588
SAW, L, 177 Huntsman Road, Ilford ..... (020) 8500 6570
SAWAGUTI, B, Flat B 36 Poplars Road, London ..... (020) 3663 4250
SAWALI, M, 2 Kirkland Av, Ilford ..... (020) 8550 0557
SAWTELL, A.V, Flat 39 Heron Court Morland Road, Ilford ..... (020) 8478 0989
SAWYER, Mr A, 23B Green Lane, Ilford ..... (020) 8141 0730
S, E, 22 Felstead Road, E11 ..... (020) 8989 6924
S, J, 50 Belle Vue Road, London ..... (020) 8523 1931
S, M.J, 9 Wimborne Close, Buckhurst Hill ..... (020) 8505 1624
SAXTON, Dr E, 130 Ashville Road, London ..... (020) 8558 3360
SAYEDHASSEN, S, 88 Buntingbridge Road, Ilford ..... (020) 3662 9049
SAYEED, M, Mobile, 40 Greenleafe Drive, Ilford ..... (07931) 780904
SAYERS, G.C, 581 Eastern Avenue, Ilford ..... (020) 8554 4655
S, Mr Noel, Flat 17, Helwys Court, 107 Selwyn Avenue, London ..... (020) 8531 0751
SAYID, Mr A, 56 Aldriche Way, London ..... (020) 8531 4110
S, A, Flat 23, Beehive Court Beehive Lane, Ilford ..... (020) 8127 1875
SCAHILL, M, 57A Sackville Gardens, Ilford ..... (020) 8554 3341
SCAMMELL, P, 110 High Road, Buckhurst Hill ..... (020) 8504 3401
SCANDRETT, J, 1 Pembroke Road, London ..... (020) 8520 6069
SCANTLEBURY, F, 31 Woodlands Road, E17 ..... (020) 8520 5958
SCARBROW, J, 81 Underwood Road, E4 ..... (020) 8531 3787
SCARSBROOK, M, 121 Endlebury Road, London ..... (020) 8559 4298
SCATES, G, 22 The Spinney, Loughton ..... (020) 8502 5722
SCEK, N.M, 108 Mortlake Rd, Ilford ..... (020) 8478 8215
SCERRI, A.J, 92 Cavendish Road, E4 ..... (020) 8527 6922
SCHAEDEL, J, 11 Oak Hall Road, E11 ..... (020) 8281 9479
SCHAFFER, A, 61 Limewood Court Beehive Lane, Beehive Lane ..... (020) 8554 4060
SCHARF, Lindsey, 249 Harrow Road, London ..... (020) 8555 0748
SCHASTLIVTSEV, O, 9 Colwall Gardens, Woodford Green ..... (020) 8616 9441
SCHAUB, J, Hedgeley 9 Woodford Avenue, ILFORD ..... (020) 3663 1987
SCHAVERIEN, Admiral K, 5 Ketts Place, Chigwell ..... (020) 4539 3869
SCHILLING, J, 15 The Vale, Woodford Green ..... (020) 8505 8927
SCHINDELAR, C, 2 Marias Gardens Palmerston Road, London ..... (020) 8520 4797
SCHLAZER, S, 57 Heybridge Drive, ILFORD ..... (020) 8551 3864
SCHLEIFER, Mirra, Flat 5 Lords Bushes Court 700 High Road, Buckhurst Hill ..... (020) 8504 1077
SCHMID, A, 67 Malcolm Way, E11 ..... (020) 8530 6524
SCHNEIDER, M, 1 Hurstcombe Whitehall Lane, Buckhurst Hill ..... (020) 8498 9050
SCHOFIELD, D, 1 Beech Hall Crescent, London ..... (020) 8923 1320
S, M, 3 St Marys Close, LOUGHTON ..... (020) 8502 4161
SCHULLER, R, 42 Fairmeads, Loughton ..... (020) 8502 4722
SCHWARTZ, N, 24 Lee Grove, Chigwell ..... (020) 8501 0409
SCHWARZ, R.H, 28 Haroldstone Road, E17 ..... (020) 8521 3374
SCITIENE, J, 109 Nelson Road, Chingford ..... (020) 8531 6067
SCOFIELD, A, 133 Fyfield Road, London ..... (020) 3565 7368
SCOLLAN, Mrs 39 Wordsworth Avenue, London, South Woodford ..... (020) 8989 1895
SCONDA, Mr A, Mobile, 132 Dersingham Avenue, London ..... (07985) 308195
SCOONES, A, 49 Lower Queens Road, Buckhurst Hill ..... (020) 8506 0389
S, I.B, 1 Warren Pond Road, E4 ..... (020) 8524 4161
SCOTCHMER, M, 142 Kings Avenue, Woodford Green ..... (020) 8504 7497
SCOTT, A, 55 Abbotts Park Road, London ..... (020) 8539 2316
S, A, 37 Buckingham Road, London ..... (020) 8262 2738
S, Miss A, 21 Tulip Gdns, Ilford ..... (020) 3132 7340
S, D.T, 24 Trafford Close, Ilford ..... (020) 8501 1003
S, E, 50 Basildon Avenue, Ilford ..... (020) 8550 9159
S, E, 1 St. Judes Court Vicarage Road, Woodford Green ..... (020) 8505 7779
S, E, 112 Winchester Road, London ..... (020) 8531 3021
S, J.M, 31 Bedford Road, E17 ..... (020) 8527 4111
S, L, 28 Highwood Lane, Loughton ..... (020) 8214 5366
S, P, 13 Ranelagh Gardens, Ilford ..... (020) 8554 0976
S, R, 23 Tryfan Close, Ilford ..... (020) 8551 3669
S, S, 52 Ravensbourne Gardens, ILFORD ..... (020) 3015 0810
SCOTTING, P, Flat 17 Woodford House Woodford Road, E18 ..... (020) 8989 3487
SCOULER, Dvd W, 23B Chepstow Crescent, Ilford ..... (020) 8597 3085
SCRIVENER, G, 38 Westmorland Close, London ..... (020) 8530 4197
S, J, 24 Millwell Crescent, Chigwell ..... (020) 8500 6193
SCRUBY, T, 18 Honeycroft, Loughton ..... (020) 8281 2045
SCULL, W, 12 Amberley Road, Buckhurst Hill ..... (020) 8504 9116
SCULTHORP, D.A, 65 Downsfield Road, E17 ..... (020) 8521 9903
SEABROOK, M, 32 Hermitage Walk, E18 ..... (020) 8530 3219
SEAGO, Mrs J, Flat 12, Burrell Towers, 1 Albany Rd, London ..... (020) 3132 2964
SEALY, E, 69 Long Green, Chigwell ..... (020) 8501 2818
SEAMAN, M, 4 Vernon Avenue, E12 ..... (020) 8553 5770
S, R, 3 Barfields Gardens, Loughton ..... (020) 8281 9526
S, S, 21 Coolgardie Avenue, E4 ..... (020) 8527 0655
SEAMONS, J, 43 Donington Avenue, Ilford ..... (020) 8554 8085
SEARBY, N, Flat B 51 Cleveland Road, E18 ..... (020) 3441 3691
SEARLE, H, 51 St. Patricks Court Bridle Path, Woodford Green ..... (020) 8527 9945
S, J, 28 Branch Road, Ilford ..... (020) 8501 3502
S, J, 101 Nottingham Road, London ..... (020) 8539 7753
S, M, 51 The Uplands, Loughton ..... (020) 8508 9007
S, P, 39 Rensburg Road, London ..... (020) 8926 9510
S, S, 114 Swans Hope, LOUGHTON ..... (020) 8508 6740
SEARLES, D, 131 Hibbert Road, Walthamstow , London ..... (020) 8558 5571
SEARS, Mr 117 Burrow Road, Chigwell ..... (020) 8500 1305
SEBASTIAN, Dulcene, 11 Artillery Clo, Ilford ..... (020) 8518 4919
S, D, 103A Fairlop Road, Leytonstone ..... (020) 3573 2678
S, M, 85 Matlock Rd, E10 ..... (020) 8539 1867
SEBASTIEN, Mr L, 19 Northbank Road, E17 ..... (020) 8141 7336
SEDANI, C, 75 St. Marys Road, Ilford ..... (020) 8514 8769
SEDGWICK, Miss Rachel, Flat 26, 47 Gainsford Road, London ..... (020) 3759 1135
SEEARAM, C, Flat 6 35 Beulah Road, London ..... (020) 8509 3266
SEED, R, 15 Snaresbrook House Woodford Road, South Woodford ..... (020) 8989 8491
SEEHRA, B.S, 18 Third Avenue, E12 ..... (020) 8553 2029
SEENEY, I, 5 Willow Street, London ..... (020) 8524 1030
SEGAL, J, 62 Beehive Lane, Ilford ..... (020) 8554 9818
S, L, 8 Ravenoak Way, Chigwell ..... (020) 3623 4132
S, Mr M, 253 Mortlake Rd, Ilford ..... (020) 8177 1466
SEGALL, R, 17 Fernhall Drive, Ilford ..... (020) 8551 5021
SEGUAN, M, Flat 40 High Road Leytonstone, E11 ..... (020) 8556 3677
SEHARAI, M, 27 Worsley Road, Leytonstone ..... (020) 8536 0349
SEIXAS, Mrs S, 63 Spencer Road, Ilford ..... (020) 8141 1244
SELBY, C, 9 Blueberry Close, Woodford Green ..... (020) 8505 3674
SELF, D.L, 2A Coopers Lane, E10 ..... (020) 8539 4785
SELIMI, F, 18 Emsworth Road, Ilford ..... (020) 3652 7854
S, R, 8 St. Helens Place, London ..... (020) 3802 5096
SELLAMUTHU, O, 126 Walpole Road, E18 ..... (020) 8498 0588
SELLATHURAI, S, 122 Lynn Road, ILFORD ..... (020) 3509 8911
SELLERS, D, 69 Byron Road, E17 ..... (020) 8509 0372
S, J.G, 45 Sandringham Road, E10 ..... (020) 8539 5042
SELLICK, L.C, 161 Marmion Avenue, E4 ..... (020) 8529 3829
SELLMAN, D, 237 Forest Road, E11 ..... (020) 8558 6777
SELLS, Mr 24 Sylvan Road, London ..... (020) 8532 9693
SELVAJENATHAS, Mr Stonehill Court Markfield Gardens, Chingford, London ..... (020) 3952 3319
SELVARAJAHMANOGARAN, S, 29 Springfield Drive, Ilford ..... (020) 8518 3145
SELVARATNAM, P, 40 Queenborough Gardens, Ilford ..... (020) 8551 0365
SEMAN, Mrs S, Flat 1 Hadleigh Court 4 Crescent Road, London ..... (020) 8524 8444
SEMBHI, Mr G, 22 Carriage Mws, Ilford ..... (020) 8553 9919
SEMBI, Mr H, 50A Balfour Road, Ilford ..... (020) 8141 7468
SEN, A, 57 Ewellhurst Road, Ilford ..... (020) 8550 8932
S, D, 28 Stradbroke Grove, Buckhurst Hill ..... (020) 8505 6188
SENATORE, N, Claire House Flat 11, 164 Ilford Lane, Ilford ..... (020) 3722 5539
SENDALL, D, 1003 Forest Road, Walthamstow ..... (020) 8531 7050
SENDHU, M.A, 126 First Av, Manor Park ..... (020) 3727 5716
SENGUPTA, D, 11 Grosvenor Road, London ..... (020) 3686 7210
S, S, 73 Water La, Ilford ..... (020) 3132 8098
S, S, 73 Water La, Ilford ..... (020) 8957 9904
SENIOR, K, 99 Valley Side, LONDON ..... (020) 8529 7259
S, O, 100A Lansdowne Road, Ilford ..... (020) 8590 5560
SENTHILSELVAN, A, 100 Gardner Clo, E11 ..... (020) 8518 8888
SENTHISELVAN, A, 406 Lea Bdge Rd, E10 ..... (020) 8518 7777
SEPHTON, T, 29 Melville Road, London ..... (020) 8521 4225
SEPPINGS, R.G, 12 Wyatts Lane, E17 ..... (020) 8521 9724
SEQUEIRA, S, 35 Buttsbury Road, Ilford ..... (020) 8514 2822
SERAJ, Feroz, 1 Goldsmith Av, London ..... (020) 8471 5911
SERCOMBE, J.V, 23 Murtwell Drive, Chigwell ..... (020) 8500 4027
SERGENT, A, 35 High Beech Road, Loughton ..... (020) 8508 3071
S, K, 8 Castle Drive, Ilford ..... (020) 8554 7238
SERRANO VASQUEZ, J, 70 Queensberry Place, London ..... (020) 3158 7067

SERRELI, C, 35 Bodiam Court 8 Thornbury Way, E17.....(020) 3851 5690
SERVIS, C, 9 Church Close, Loughton .....(020) 8508 5776
SESAY, Mr A, 25 Goldsmith Rd, London.....(020) 3132 7272
S, S, 235 Wood Street, London.....(020) 3669 7137
SETCHFIELD, C.E, 69 Normanshire Drive, E4.....(020) 8524 8729
S, P.E, 85 York Road, E4.....(020) 8524 4386
SETHI, N, 22 Brancaster Road, London .....(020) 8514 5649
SETTERFIELD, S, 16 Holly Drive, London .....(020) 8529 4963
SEVERN, R, 362 Limes Av, Chigwell.....(020) 8502 6181
SEWELL, G, Flat 7 Essex Mansions 1 Essex Road South, London..... (020) 3689 2739
S, Mr S, 91 Bluebell Avenue, London .....(020) 8141 2173
SEXCIUS, N, 1001b Romford Road, London.....(020) 3417 2015
SEYMOUR, A, 4 Cranbourne Gardens, Ilford .....(020) 8550 9297
S, L, 74 Warner Road, Walthamstow .....(020) 8509 1698
SEZEN, J, 11 Rowan Avenue, London .....(020) 8523 5855
SGEFANOVA, I, 125, The Gables, Flat 6 Harrow Road, London..(020) 8555 8431
SHABBIR, M, 77 Mansfield Hill, London .....(020) 3759 4657
SHABEEH, H, 47 First Floor Flat, First Floor Flat Ingleby Road, ILFORD.....(020) 3686 1711
SHAD, A, 10 Estate Way, Leyton, London, London .....(020) 7018 0729
SHAFFER, David, 31 Barten Meadows, Barkingside.....(020) 8550 1992
SHAFFI, S, 160 Twickenham Road, London .....(020) 8558 0874
SHAFI, Mr A, 75a Balfour Rd, Ilford .....(020) 3132 8192
S, N, 63 Essex Road, E10.....(020) 8539 7390
SHAFIEI, N, Flat 10 15a LondonEastfield Road,

SHAFIER, V.A, 7 Strafford Avenue, Ilford.....(020) 8924 0261
SHAFQ / MUHEMMAD SALEEN RANA, Mr A, 147 Millais Rd, London ..... (020) 3132 0094
SHAH, A, 41 Burford Close, Ilford Essex.....(020) 8550 8733
S, A, 99 Express Drive, Ilford.....(020) 3952 4516
S, A, 17 Seymour Gardens, Ilford .....(020) 8491 7937
S, Ashid, 17 Seymour Gardens, Ilford.....(020) 8518 6938
S, D, 37 Benton Road, Ilford .....(020) 8554 8742
S, D, 100 Meads Lane, Ilford.....(020) 8590 3734
S, F, 15 Cadogan Gardens, LONDON.....(020) 3632 0467
S, H, 112 The Drive, Ilford.....(020) 8518 6633
S, I, 17 Sunderland Way, London.....(020) 3731 4100
S, J, 62 Highlands Gardens, Ilford .....(020) 8554 8147
S, M, 91 Courtland Avenue, Ilford .....(020) 8924 4378
S, Nalin, 46 Breamomre Rd, Ilford.....(020) 8599 9481
S, Mrs N, 88 North Birkbeck Rd, London.....(020) 3132 7290
S, R, 50C Eastwood Rd, Ilford .....(020) 8510 1631
S, Mr R, 47 Selby Rd, London .....(020) 8177 5909
S, Mr R, Flat 1 (Downstair Flat) Sheringham Avenue, London(020) 8141 3017
S, Mr S, 168 Green La, Ilford.....(020) 8141 1327
S, Mr S, 168 green Ln, IG1 1YG .....(020) 8141 0091
S, Mr S, 235A High Street, London .....(020) 8509 1876
S, S, 111 Levett Gardens, Ilford.....(020) 8252 6442
S, S.S, 57 Manford Way, Chigwell.....(020) 8270 0260
S, T, 23A Stanhope Gardens, ILFORD.....(020) 3659 6568
S, Mr W, 86 BLackhorse Lane, London .....(020) 3132 0307
S, Mr W, 28 Fairfield Rd, ILford .....(020) 3132 5287
S, Z, 16 Netley Road, London .....(020) 3509 5263
SHAHEEN, A, 7 Grange Crescent, Chigwell,Essex.....(020) 3605 9190
S, N, Flat 3 133 Hainault Road, E11 .....(020) 8556 8587
SHAHID, Mr A, 85 Hitcham Road, London.....(020) 8177 4161
S, I, 130 Sheringham Avenue, E12.....(020) 7165 6720
SHAHIDULLAH, S.P, 515 Aldborough Road North, Ilford .....(020) 8599 5548
SHAHRIAR, Mr M, Flat 17 Mill Ct 61 Ruckholt Rd, London .....(020) 3138 3226
SHAH-TRIAL, D, 37 Benton Rd, Ilford.....(020) 8554 1037
SHAHZAD, N, 6 Sedgwick Road, London .....(020) 3016 7036
S, Mr S, 626 Lea Bridge Road, London.....(020) 8141 1213
S, U, Flat 3 650 Green Lane, Ilford .....(020) 8590 1137
SHAHZADI, K, 91 Horns Road, Ilford.....(020) 3016 0472
SHAHZED, Mr R, 129 Church Rd, E12.....(020) 8478 3323
SHAIKH, A, 14 Mount Echo Avenue, London .....(020) 8279 5350
S, H, 5 The Shrubberies, Chigwell.....(020) 3601 1462
SHAIRF, S, 83 Ingleby Road, Ilford.....(020) 8518 6931
SHAMIM, R, Mobile, 170 Wards Road, Ilford ..... (07956) 439345
SHANAHAN, N, 4 Bradford Road, Ilford.....(020) 8599 2763
SHANKS, D, Flat 30 Boothby Court 15 Ashingdon Close, E4.....(020) 8524 5155
SHANMUGALINGAM, K, 72 Stainforth Road, Ilford .....(020) 3874 5174
S, S, 5 Brendon Gardens, Ilford .....(020) 8599 1542
SHANMUGAM, Mr M, 41 Gladstone Av, London.....(020) 8141 7700
SHANMUGANATHAN, A, 2 Kirkland Avenue, Ilford .....(020) 8551 9911
SHANNON, K.J, 1 Thorpe Hall Road, E17.....(020) 8527 8379
SHAPIRO, R, Flat 8 Half Acre 67-69 Woodford Road, E18.....(020) 8530 3451
SHARIF, Leila, 4 Sherwood Close, London .....(020) 8531 3599
S, M, 130 Eton Road, Ilford.....(020) 8553 9214
S, N, 10 Warwick Road, London .....(020) 8616 8295
S, R, 78 Edinburgh Road, E17 .....(020) 8521 9061
S, S, 69 High Street, London .....(020) 3754 3914
S, T, 2 Westmorland Road, London .....(020) 3685 7212
S, Z, 2 Tristram Close, London .....(020) 3774 2465
SHARIFF, N, Rosewood Court Flat 32 4, Victoria Road, London.(020) 3091 5044
SHARIFI, Mr Cannock Court, 3 Hawker Place, London .....(020) 3952 5109
SHARLAND, M.T, Mobile, 57 Malmesbury Road, London ..... (07956) 438587
SHARMA, A, 20 Cleves Walk, Ilford .....(020) 8500 3387
S, A, 9 Exeter Gardens, ILFORD .....(020) 8117 8761
S, A, 127 Windsor Road, Ilford .....(020) 8553 0293
S, Mr A K, 74 Norman Road, London .....(020) 3375 6808
S, B, 11 Hillcrest Road, Loughton.....(020) 8508 6492
S, D, 43 Aintree Crescent, Ilford.....(020) 8550 9611
S, D, 42 Charter Avenue, Ilford .....(020) 8270 1202
S, D, 92 Levett Gardens, Ilford .....(020) 8599 9473
S, Mr R, 38 Coleridge Rd, London.....(020) 8520 6076
S, R, 230 Cranbrook Road, Ilford .....(020) 8554 4996
S, Mr R, 94a Felbrigge Road, Ilford.....(020) 3370 2979
S, R, 41 Jefferson Close, ILFORD .....(020) 3715 3379
S, Mr R, 725 Romford Rd, London.....(020) 3132 0829
S, R, 2 Rose Court, Loughton .....(020) 4531 3065
S, Mr S, 104 Beehive La, Ilford.....(020) 8551 8715
S, U, 153 Gainsborough Avenue, London .....(020) 8911 0630
SHARMAN, E, Flat 4 Pineview Court 3 The Ridgeway, London .(020) 8529 9554
S, S, 4 Regents Pl, Loughton .....(020) 8418 0476
SHARMU RAC KARA, G, Flat 28 62, Beech Court Riverdene Road, Ilford.....(020) 3612 5694
SHARP, T, 60 Copthorne Avenue, Ilford .....(020) 8262 7267
S, T, Flat 1 107 Oak Hill, Woodford Green .....(020) 8527 9253
SHARPE, D, 11 Highbeam House 581 High Road, Woodford Green.. (020) 8505 7176
S, H, 20 Ashley Avenue, Ilford .....(020) 8550 3231
S, L, 21A Pembroke Road, LONDON.....(020) 3669 3366
SHARPLEY, A, 54 Selby Rd, E11 .....(020) 8555 2268
SHARPSTONE, A, Copper Beech Grove Lane, Chigwell .....(020) 8500 8260
SHARROCK, S, 13 Fremantle Road, Ilford .....(020) 8550 6629
SHASEETHARAN, Y, Mobile, Flat 52, Hastingwood Court Youngs Road, Ilford .....(07903) 490969
SHASTRI, N, 72 Gordon Road, London.....(020) 3152 5982
SHATFORD, D, 11 Clacton Road, E17.....(020) 8509 3145
SHAUKAT, F, Mobile, 33 Goodall Road, London .....(07939) 716272
SHAVES, J.W, 47 Broadmead Road, Woodford Green.....(020) 8504 5819
SHAW, B, 22 Oak Hill Crescent, Woodford Green .....(020) 8527 7787
S, D, 11 The Retreat Brook Road, Buckhurst Hill.....(020) 8505 0829
S, D, Mobile, 213 Westward Road, London.....(07957) 766043
S, F, 34 Oakfield Lodge, Albert Road, Ilford.....(020) 3581 5623
S, G, 8 Well Cottage Close, London.....(020) 8530 5490
S, J, 7 Gantshill Cres, Ilford .....(020) 8551 0166
S, Mr John, 128 Perth Road, Ilford.....(020) 8554 6018
S, J, 1 Trentbridge Close, Ilford .....(020) 8252 6329
S, K, 17 St. Andrews Road, E17 .....(020) 3132 5305
S, L, 81 The Bowls, Chigwell.....(020) 8500 9335
S, M, Flat 8 Greenhill High Road, Buckhurst Hill .....(020) 4541 6236
S, M, 20 Lancing Road, Ilford .....(020) 8518 5900
S, S, 21 Lancaster Drive, Loughton.....(020) 8502 4183
SHAWYER, C, 89 Ardmore Lane, Buckhurst Hill .....(020) 8504 6251
S, P, 26 Mayfield Road, London .....(020) 8524 1693
SHEACH, J, 28 Rushden Gardens, Ilford .....(020) 8550 1259
SHEAR, J, 24 Rosebury Square, Woodford Green .....(020) 8501 2987
SHEARING, R.R.T, 110 Brocket Way, Chigwell.....(020) 8500 6642
S, S, 15 Longacre Road, London .....(020) 8925 7036
SHEARMAN, H, 4 Belgrave Terrace, Woodford Green .....(020) 8505 2902
SHEEHAN, M.W, 48 Birkbeck Road, Ilford .....(020) 8554 5346
SHEEHY, Ms J, 45 Northcote Rd, E17.....(020) 8223 0886
S, M, Ambresbury Clays Lane, Loughton .....(020) 8508 9960
SHEEKH, A, 205 St. Johns Rd, E17.....(020) 8531 0905
SHEEPWASH, R, 87 Norman Road, London .....(020) 8558 5077
SHEHARYAR, A, 55 Waltham Road, Woodford Green .....(020) 7412 6664
SHEHU, D, 29 Merlin Close, Ilford.....(020) 8500 4630
S, S, Flat 8 Sippets Court Ley Street, Ilford .....(020) 8553 3941
SHEIK DAWOOD, Mr R.A, 41 Goldsmith Av, London .....(020) 3138 3973
SHEIKH, A, 101 Meads Lane, Ilford.....(020) 8586 1338
S, A, Flat 7 166, Broadwest House Wood Street, London.....(020) 3648 4615
S, B, 47 Belmont Park Road, E10.....(020) 8539 6774
SHEIKH DAWOOD, Mr M, 41 Goldsmith Avenue, London.....(020) 8141 1425
SHEIKH, M, 56 St. Helens Place, E10 .....(020) 3643 3298
S, W, Mobile, 37 South Park Road, Ilford, Essex .....(07949) 038869
SHEKAJ, S, 7 Roycroft Close, London.....(020) 3605 7041
SHELDON, A.B, 18 Leigh Av, Ilford.....(020) 8550 5842
SHELLARD, C, 3 Andrews Close, Buckhurst Hill .....(020) 8505 5006
SHELLEY, P, 3 ELM TERRACE High Elms, Woodford Green.....(020) 8505 5045
SHELLY, V, Mobile, 13 Higham Street, London.....(07939) 109230
SHELSHER, L.J, 27 Valley Hill, Loughton.....(020) 8508 9250
SHELTON, H.T, 104 Levett Gardens, Ilford.....(020) 8590 8444
SHEPHARD, A, 109 Colebrook Lane, Loughton .....(020) 8508 6698
S, A, Flat 17 Highstone Court New Wanstead, E11.....(020) 8530 6734
S, Christopher, Flat 3 42 Hermon Hill, E11 .....(020) 8989 1092
SHEPHERD, E, Flat 53 St. David Court 60 Parkstone Road, E17.(020) 8521 7311
S, J, Scenix House Flat 42, 86 Chigwell Road, London.....(020) 3304 5233
S, J, 2 Shelley Avenue, London.....(020) 3092 7553
S, J, 22 Woodville Road, Leytonstone .....(020) 8989 9760
S, L, 47 Northcote Road, London .....(020) 8509 1011
S, R, 46 Russell Road, E4 .....(020) 8529 5240
S, Mr S, 77 Beulah Rd, London.....(020) 8141 0617
SHEPHERDSON, J, 314A Fullwell Avenue, Ilford .....(020) 8550 6179
SHEPPARD, A, 76 Eden Road, London.....(020) 8509 3648
S, A.J, 14 Forest Road, Woodford Green.....(020) 8504 8288
S, G, 174 Burney Drive, Loughton.....(020) 8508 8482
S, M, 26 Hale End Road, E17.....(020) 8527 7029
S, Miss Wendy, 56 Ashley Avenue, Ilford.....(020) 8551 2554
SHER, Mr F, 19 Rigby Mews, ILford .....(020) 8141 0443
S, Mr M, 132 Park Rd, ILford.....(020) 3132 9179
S, Y, 7 Clarendon Road, LONDON.....(020) 8520 9536
SHERAZ, H, 1226 Eastern Avenue, Ilford .....(020) 3539 6572
SHERIDAN, E, 33A Caernarvon Drive, Ilford .....(020) 3652 4924
S, Pauline, 31 Inverness, Ilford .....(020) 8500 6450
SHERIFAJ, R, 5 Bloomsbury Mews, Woodford Green .....(020) 8504 1835
SHERMAN, Alec, 24 Sandringham Road, E10 .....(020) 8539 4872
S, A, 195 Stradbroke Grove, ILFORD.....(020) 8551 7798
S, G, 11 The Avenue, Loughton.....(020) 8508 6656
SHERWOOD, C, 6 Coney Burrows, E4.....(020) 8524 4829
SHETTY, V, 69 Gantshill Crescent, Ilford.....(020) 3724 3312
SHEZHNAZ, B, 81A Palmerston Road, Walthamstow .....(020) 3345 0513
SHI, Mrs 25 Onra Road, Walthamstow, London .....(020) 3632 7048
SHICKELL, Miss Kaffrie, 31 Ching Way, Chingford, London.....(020) 8531 9152
SHIEL, T, 11 The Hollow, Woodford Green .....(020) 8504 0846
SHILLCOCK, J, Flat 3 Chartwell Court 9 Broomhill Walk, Woodford Green.....(020) 8504 1821
SHILLINGFORD, A, 34 Berkeley Road, London .....(020) 8472 8481
S, D, 43 10 Buckthorne House Yellowpine Way, CHIGWELL ...(020) 8793 4805
S, M, 13 Lorne Road, London.....(020) 8520 3782
SHILLOR, I, Warren Lodge Warren Pond Road, London.....(020) 8279 1821
SHILPI, Miss Icon Building, 39 Ilford Hill, Ilford.....(020) 3538 2454
SHIN, Mr Bernard, 54a Woodstock Road, Walthamstow, London ....(020) 8531 5883
SHINE, A, 9 Boscombe Avenue, London .....(020) 8539 7518
SHINOHARA, J, 24 Brookdale Road, E17.....(020) 8521 7791
SHIPLEY, H, 21 Chertsey Road, E11.....(020) 8539 7945
SHIPP, J, 37 Woodcote Road, London.....(020) 8530 3762
SHIPTON, Admiral R, 8 Edward Road, London.....(020) 3621 6561
SHIRLEY, J, 24 Rose Avenue, London .....(020) 8989 8688
SHIRREFFS, K, 72 Grosvenor Road, E11.....(020) 8989 6263
SHKOOR, A, Top Floor Flat 13 Norfolk Road, London.....(020) 3592 7519
SHOAIB, A, 39 East Avenue, London .....(020) 7998 3686
S, R, 13 Belmont Park Road, E10.....(020) 8556 5000
SHOIAB, N, 370 Cranbrook Road, Ilford .....(020) 8554 5541
SHOLA, Mr A, 17 Norwich Mews, ILford.....(020) 8177 9661
SHORE, J, 21 Thornton Road, Ilford.....(020) 8478 0201
SHORT, B, 64 Blackthorne Drive, E4 .....(020) 8524 3954
S, J, 119 Elmcroft Avenue, E11.....(020) 8530 2064
S, P, 26 Hylands Road, Walthamstow,London .....(020) 8521 6943
S, Mr Ray, 71 Inglehurst Gardens, Ilford .....(020) 8550 9448
SHOVA, S, 198 Meads Lane, Ilford .....(020) 3380 9978
SHOWHAM, S, 37 Waremead Road, Ilford .....(020) 8550 9828
SHRIBMAN, Mr D, Mr 14 Chestnut Walk, Woodford Green.....(020) 8504 9919
SHRIMPTON, S, 9 Exmouth Road, London.....(020) 8521 4209
SHTEINER, E, 117 George La, E18 .....(020) 8530 7160
SHUBHAKER, Dr U, 41 Lord Avenue, Ilford .....(020) 8220 2457
SHUKHLA, M, 312 High Rd Leytonstone, E11 .....(020) 8534 0129
SHUKLA, K, 35B Endsleigh Gardens, ILFORD.....(020) 8220 2113
S, Lisa, 118 Smarts Lane, Loughton.....(020) 8508 6381
S, S, 301 Brettenham Road, LONDON .....(020) 3015 6849
S, Mr V, 24 Cambridge Rd, ILford .....(020) 8177 8150
SHURE, L, 55 Mount Pleasant Road, Chigwell.....(020) 8500 0177
SHUVO, O, De Havilland Square Flat 45 Piper Way, Ilford.....(020) 3561 2041
SHUVRO, A, FLAT 2,167a Ilford Lane, Ilford.....(020) 0027 5353
SHYLLON, Sylvanus, 30 The Birches Station Road, London ..... (020) 8514 4618
SIAL, U, 332A Hoe Street, London .....(020) 3318 8349
SIBLEY, D, 31 Empress Avenue, Woodford Green.....(020) 8504 9451
S, R.L, 35 Chaucer Rd, E17 .....(020) 8531 2397
SIBTHORP, P, 23 Rectory Road, E17.....(020) 8520 3259
SICE, D, 37 Grenville Gardens, Woodford Green .....(020) 8504 7785
SICIUNAITE, E, 66 Woodlands Road, Ilford.....(020) 8117 4485
SICOBO, R, 49 Boundary Road, E17 .....(020) 8520 1896
SIDDIQI, F, 53 Middleton Avenue, London .....(020) 3091 9751
SIDDIQUA, A, Flat A 853 High Road, Ilford .....(020) 8586 1042
SIDDIQUE, A, 20 Woodbury Road, London .....(020) 8257 9003
S, Miss B, 37a Connaught Road, London.....(020) 8177 9773
S, Mr Mohammed, 73 Sibley Grove, London.....(020) 8586 9439
S, M, 13 Westminster Gardens, ILFORD.....(020) 3524 6730
S, N, 65A Alderton Hill, LOUGHTON.....(020) 3612 7977
S, N, 356 Horns Road, Ilford .....(020) 8550 1476
S, S, 42 East Avenue, E12.....(020) 8281 0007
SIDDIQUI, S, 101 Albert Road, LONDON.....(020) 8539 8255
S, S, Cole Rose 4 Birkbeck Gardens, Woodford Green .....(020) 8504 6062
S, Dr S, 59 West End Avenue, London .....(020) 3132 9529
SIDEKEJIANG, M, 6 Westmorland Close, London .....(020) 3536 4935
SIDHU, K, 392 Monega Road, LONDON.....(020) 3524 6069
SIELING, Miss M, 42 Ruckholt Road, London .....(020) 8141 7859
SIES, C, 95 Brindwood Road, London .....(020) 8524 0493
SIKA, M.F, 1 St. Ronans Crescent, Woodford Green .....(020) 8504 8767
SIKDER, M, 59A Goodmayes Road, Ilford.....(020) 3722 7782
SILK, W, 2 Hawthorn Road, Buckhurst Hill.....(020) 8505 6407
SILLAH, J, 10A Snakes Lane, Woodford Green.....(020) 3612 6846
SILVA, Miss A, 40 Mayville Road, London.....(020) 8141 7882
S, C, 18 Roding View, Buckhurst Hill .....(020) 3718 6383
S, D, 56 Nine Acres Close, Manor Park .....(020) 4568 7200
S, I, 73 Bluehouse Road, LONDON .....(020) 3643 7131
S, L, 3 Kelston Road, Ilford .....(020) 8550 5763
S, M, Flat 14 Churchill Lodge Barnardo Drive, Ilford.....(020) 8551 1090
S, M, 90A Green Lane, Ilford .....(020) 8478 7531
S, M, 11 Madeira Road, E11.....(020) 8177 4148
S, Mr R, Flat 366B High Street North, London.....(020) 3132 4073
S, Miss S, 116 Pittman Gardens, Ilford .....(020) 3132 5981
SILVER, Mrs Carol, 4 Ashmeads Church Lane, Loughton .....(020) 3602 7709
S, D, A 40 Chingford Mount Rd, London .....(020) 8523 0282
S, E, 17 Ewellhurst Road, Ilford.....(020) 8550 5413
S, J, Flat 40 Milne Court 14 Churchfields, E18.....(020) 4568 3786
S, J, Flat 21 Westleigh Court 2 Nightingale Lane, E11.....(020) 8530 2343
S, J, 8 Pardoe Road, LONDON.....(020) 8558 7923
SILVER M SYLLA, M, Mobile, 42d Argyle Road, Ilford, Essex..... (07956) 627075
SILVERNE, K, 5 Chase Lane, Chigwell .....(020) 8500 3018
SILVERSTEIN, Simeon, 55 Boleyn Court, Epping .....(020) 8505 8123
SILVERSTON, S.H, 7 Rosslyn Avenue, E4 .....(020) 8529 6884
SILVESTER, Miss C, 11 Pownsett Terrace Alder Walk, Ilford..... (020) 8177 7434
SILWIZYA, Mr 257 Murchison Road, Leyton, London .....(020) 3581 3931
SIMAKHA, B, 6a Melford Road, Ilford.....(020) 8177 1471
SIMANAVICIUS, Mr V, Flat 8 492 Lea Bridge Rd, London.....(020) 8177 8678
SIMAO, L, 44 Daines Close, E12 .....(020) 8553 4391
SIMCOX, Mrs Margaret, 40 Huxley Road, London.....(020) 8556 8453
SIMEON, Mr O, Flat 55 John Cornwell V C House Grantham Rd, London .....(020) 3132 3838
SIMEONOVA, L, Flat 4 Milliners Court The Croft, Loughton ..... (020) 8508 4626
SIMKUS, K, Flat 7 Thomas Court New Mossford Way, Barkingside.....(020) 8551 0501
SIMMONDS, E, 254 Limes Avenue, Chigwell.....(020) 8500 7724
S, R, 42 New Jubilee Court Grange Avenue, Woodford Green..... (020) 8504 7507
S, V, 65 Bulwer Road, E11.....(020) 8556 9463
SIMMONS, C, Mobile, 6 New Barns Way, ... (07940) 481593
S, C, 46 Thaxted Road, Buckhurst Hill.....(020) 8505 1676
S, J, 429 Forest Road, London.....(020) 8923 7202
S, Mr J, 62 Simmons Lane, London .....(020) 8529 0430
SIMMS, Miss T, 58 Pittman Gdns, Ilford .....(020) 3132 2934
SIMON, L, Flat 43 Gean Court 4 Langthorne Road, Leytonstone..... (020) 8519 2386
SIMONDS, F, 8 Beech Grove, Ilford .....(020) 8262 2302
SIMONE, Mr P, 61 Flat B East Avenue, London .....(020) 8141 5388
SIMONF, G, 41 Caterham Avenue, Ilford .....(020) 8551 7878
SIMONOVITCH, F, 96 Avondale Drive, Loughton .....(020) 8508 5935
SIMONS, B, 28 Gearieswille Gardens, Ilford .....(020) 8550 5136
S, M, Flat 18 Milne Court 14 Churchfields, LONDON .....(020) 3294 1091
SIMONSON, A, Mobile, 8 Edward Road, ... (07961) 870214
SIMPSON, A, 39 Blackhorse Road, London .....(020) 8520 2992
S, Mr A, 55 Dawlish Road, London.....(020) 8177 4982
S, D, 6 Harpenden Road, London .....(020) 8989 1051
S, D.P, 63 Kings Road, E11.....(020) 8539 5866
S, E, 64 Pasquier Road, London .....(020) 8527 5931
S, J, 37 Gaywood Road, London .....(020) 8521 9554
S, L.J, Flat 19 Wellington Mansions 183 Church Road, E10 .....(020) 8539 6334
S, M, 109 Waltham Way, E4 .....(020) 8524 2581
S, N, 550 New North Road, Ilford .....(020) 8500 4397
S, P, 14 Merton Road, London .....(020) 8521 5359
SIMS, G.M & P, 33 Empress Avenue, Woodford Green .....(020) 8502 9523
S, R, 3 Exeter Road, London.....(020) 8521 0708
SINCLAIR, A, 33 Roll Gardens, Ilford .....(020) 8252 0397
S, J, FLAT 30 NAPIER COURT 521 Green Lane, Ilford.....(020) 8599 0410
S, K, 85 Burrow Road, Chigwell .....(020) 8500 7586
S, L, 72 Addison Road, E11 .....(020) 8530 4093
S, M, 32a The Broadway, Woodford Green.....(020) 8505 0768
S, R, 5 Carlyle Road, Manor Park.....(020) 8478 8323
S, S, 97 Orange Grove, LONDON .....(020) 8558 0832
S, S, 55 Park Road, Ilford.....(020) 8553 3773
S, S, 164B Sinclair Rd, E4.....(020) 8529 1103
SINDHU, Mr R, 9 B Westwood Rd, Ilford .....(020) 8141 7801
SINFIELD, K, Mobile, 94 Corbert Road, ... (07931) 874169
S, K, 94 Corbett Road, London .....(020) 8509 8157
S, P, 13 Ardmore Lane, Buckhurst Hill .....(020) 8504 7783
SING, Ms A, 28 Granleigh Road, London.....(020) 8141 1833
SINGER, J, 101A Boundary Road, London .....(020) 3592 4371
S, J, 155 Old Church Road, London.....(020) 8524 0328
SINGH, A, 193 Cambridge Road, ILFORD.....(020) 8599 2453
S, A, 92 Chestnut Avenue South, London .....(020) 3325 4942
S, Mr A, 42 Mayfield Rd, London .....(020) 8523 2938
S, A, 24 Roman Road, Ilford.....(020) 8262 9469
S, A, 19 Thornwood Close, London .....(020) 3724 2898
S, B, 189 Goodmayes Lane, Ilford.....(020) 8470 7738
S, B, 28 Lechmere Avenue, Chigwell .....(020) 4541 6373
S, B, 74 Meads Lane, Ilford.....(020) 8262 1503
S, B, 33 Pelham Road, Ilford .....(020) 8514 5561
S, Bhaga, 249 Railway Arches Joseph Ray Road, E11 .....(020) 8558 6893
S, Mr B, 10 Suffolk Road, Ilford.....(020) 3132 8107

SINGH BHAMRA, B, 26 Byron Avenue, LONDON ..... (020) 8552 4668
SINGH, C, 46 Blythswood Road, Ilford ..... (020) 8983 8797
S, C, 22 Rowden Road, London ..... (020) 8531 0125
S, Mr D, 54 Spencer Road, London ..... (020) 8141 5936
S, D, 79 Sunnymede Drive, Ilford ..... (020) 3731 5231
S, E, 37 Vernon Road, Ilford ..... (020) 8220 3032
S, G, 92 Bracken Drive, Chigwell ..... (020) 8501 0559
S, Mr G, 480 Green Lane, ILford ..... (020) 3132 8095
S, G, 42 Nutfield Gardens, Ilford ..... (020) 8599 3012
S, G, 6 St. Thomas Gardens, Ilford ..... (020) 8478 5472
S, H, 18 Chester Road, Ilford ..... (020) 3663 5369
S, H, Mobile, 11 Goldsmith Avenue, London ..... (07958) 123567
SINGH HOTHI, P, 70 Argyle Road, Ilford ..... (020) 8518 5069
SINGH, J, 10 Albemarle Gardens, Ilford ..... (020) 8554 0365
S, J, 2 Benton Rd, Ilford ..... (020) 8554 2018
S, J, 128 Courtney Towers Glebelands Avenue, Ilford ..... (020) 8518 3302
S, Mr J, 476 Green Lane, ILford ..... (020) 3132 8103
S, J, 68 Ripley Road, Ilford ..... (020) 8279 1463
S, J, 22 Roundaway Road, Ilford ..... (020) 8550 9068
S, J, 94 Wanstead Lane, Ilford ..... (020) 8262 0479
S, K, 29 Brockenhurst Gardens, Ilford ..... (020) 3623 7321
S, K, 32 Castleton Road, Ilford ..... (020) 3624 3897
S, Mr K, 181a Francis Rd, London ..... (020) 3132 4934
S, K, 19a Leasowes Rd, London ..... (020) 8556 9224
S, K, 147 Roll Gardens, Ilford ..... (020) 8013 3193
S, L, 31 Budoch Court Budoch Drive, Ilford ..... (020) 3380 0185
S, Mr M, 20 Alloa Road, Ilford ..... (020) 8177 3284
S, M, 17 Herbert Rd, Ilford ..... (020) 8590 5059
S, Mr M, 86 Queensberry Pl, London ..... (020) 8470 8755
S, N, 11 Courtland Avenue, Ilford ..... (020) 3539 3127
S, P, 91 Essex Road, LONDON ..... (020) 8552 6497
S, P, Memorial Heights Flat 152 Monarch Way, Ilford ..... (020) 3669 9686
S, P, 347 High Road Leytonstone, London ..... (020) 3565 9185
S, P, 22 Jerningham Avenue, Ilford ..... (020) 8117 3187
S, P, 38 Keswick Gardens, Ilford ..... (020) 8551 3189
S, P, 450 New North Road, Ilford ..... (020) 3662 6396
SINGH PAUL, A, 13 Aberdour Road, Ilford ..... (020) 8590 0329
SINGH, Ranjit, 96 Castleton Road, Ilford ..... (020) 8597 1476
S, R, 604B Green Lane, Ilford ..... (020) 8117 3736
S, R, 18 Kensington Avenue, London ..... (020) 8471 3539
S, Mr R, 51A St Lukes Avenue, Ilford ..... (020) 8141 7841
S, Mr R, 26 The Avenue, London ..... (020) 8177 5523
S, R, 18 Tomswood Rd, Chigwell ..... (020) 8505 1561
S, S, 174 Arrowsmith Road, Chigwell ..... (020) 8500 7997
S, S, 176 Barley Lane, Ilford ..... (020) 3556 9172
S, S, 97 Breamore Road, Ilford ..... (020) 8220 2485
S, S, 1 Deynecourt Gardens, London ..... (020) 8989 2209
S, Mr S, 65 Francis Av, Ilford ..... (020) 3132 7742
S, S, 14 Fyfield Rd, Woodford Gn ..... (020) 8506 0722
S, S, 161 Herent Drive, Ilford ..... (020) 3539 9767
S, Mr S, 22 Princes Road, Ilford ..... (020) 8177 7321
S, S, 305 Strone Road, London ..... (020) 3565 7069
S, V, 203 Ilford La, Ilford ..... (020) 8478 0096
S, V, 203 Ilford La, Ilford ..... (020) 8514 0715
S, V, 203 Ilford La, Ilford ..... (020) 8514 3366
S, V, 203A Ilford La, Ilford ..... (020) 8553 1708
S, V, 52 Overton Road, LONDON ..... (020) 8257 2889
S, V, 802 Romford Road, LONDON ..... (020) 8553 9414
S, Mr V, 39 William St, London ..... (020) 3132 5764
S, Mr Y, 47 Wellwood Rd, ILford ..... (020) 8590 7166
SINGLETON, Mr Daniel, 103 Kinfauns Road, Ilford ..... (020) 8252 0919
S, G, 1 Harwater Drive, Loughton ..... (020) 8508 4258
SINHA, K, 5 Byron Rd, E10 ..... (020) 8556 8288
S, Mrs 14 Kings Road, London ..... (020) 8539 5036
SINNADURAI, S, 4 Tennyson Avenue, E12 ..... (020) 8470 2597
SINNAMON, G, 7 Mornington Road, Woodford Green ..... (020) 8498 9072
SINNATHAMBY, K, 90 Baron Gardens, Ilford ..... (020) 8551 7461
S, S, 89 Quebec Road, Ilford ..... (020) 8554 6466
SINNAYAH, G, 233 Ley Street, Ilford ..... (020) 3380 9779
SION, M, 23 Wickets Way, Ilford ..... (020) 8500 1095
SIROUS, S, 2 Glebe House Queen Mary Avenue, London ..... (020) 3565 2093
SITA, C, 22 Clark Grove, ILFORD ..... (020) 8478 0632
SITARA, P, 17 Neville Road, Ilford ..... (020) 8559 8094
SIVAGURU, A, 13 Riverhead Close, London ..... (020) 3669 4471
S, B, 6 Chadacre Avenue, Ilford ..... (020) 8551 8493
SIVAKUMAR, Mr V, 228 Chingford Rd, London ..... (020) 8418 5823
SIVALINGAM, A, 835 Eastern Avenue, Ilford ..... (020) 8599 5727
S, Mrs G, 23 Starch House Lane, Ilford ..... (020) 3370 2973
SIVANATHAN, Arunasalam, 16 Parklands Close, Ilford Essex ..... (020) 8554 2433
SIVANESWRAN, K, 87 Sunnyside Road, ILFORD ..... (020) 3172 5317
SIVAPIRAGASAM, V, 31 Cantley Gardens, Ilford, Essex ..... (020) 3609 1068
SIVAPRAKASAM, R, 16 Knotts Gn Rd, E10 ..... (020) 8556 6108
SIVARAJAH, E K, 4 Chamberlain Place, London ..... (020) 3318 8723
S, E K, 4 Chamberlain Place, London ..... (020) 3318 8724
S, E K, 4 Chamberlain Place, London ..... (020) 3318 8726
S, E K, 4 Chamberlain Place, London ..... (020) 3318 8727
S, E K, 4 Chamberlain Place, London ..... (020) 3318 8728
S, S, 2 Papavero Mews, Ilford ..... (020) 3152 4392
SIVARUPAN, Mr K, 338 Horns Rd, Ilford ..... (020) 8177 0562
SIVATHASAN, P, 5 Widecombe Gardens, Ilford ..... (020) 3539 4933
SIVAYOGAN, Y, 55 Sandyhill Road, Ilford ..... (020) 8514 2995
SIYANI, V, 1 Gayfere Road, Ilford ..... (020) 8471 4871
SIZER, A, Flat 31 Manor Court Lodge 175 High Road, E18 ..... (020) 8505 2767
SKAE, E, 39 Victoria Road, LONDON ..... (020) 3245 0098
SKALSKI, Mr M, 2 Rectory Road, London ..... (020) 3138 1587
SKEETE, M, 39 Sedgwick Road, E10 ..... (020) 8558 3031
S, M, 39 Sedgwick Road, London ..... (020) 8923 5857
SKELHORN, T, Flat 513 Enterprise House 112 Kings Head Hill, E4 ..... (020) 8524 4834
SKELTON, Mr Brian, 55d Valentines Road, Ilford ..... (020) 3490 6473
SKINNER, A, 58 The Square, Loughton ..... (020) 3843 1570
S, A.J.S, 41 Woodland Road, Loughton ..... (020) 8508 0757
S, Elizabeth, 41 Forest Road, E11 ..... (020) 8539 5979
S, G, 94 The Avenue, E4 ..... (020) 8531 6501
S, J.C, Flat 5 21 Blake Hall Road, E11 ..... (020) 8989 5805
S, Z, 31 Castle Avenue, Highams Park Kingford ..... (020) 8527 1091
SKRETKOWICZ, W, Flat 24 Fairwood Court 33 Fairlop Rd, E11 ..... (020) 8177 4997
SLACK, L, 81 Dunedin Road, E10 ..... (020) 8556 9502
SLADE, C, 18 Scotland Road, BUCKHURST HILL ..... (020) 8505 1005
SLATTERY, M.M, 8 Kimberley Avenue, Ilford ..... (020) 8597 0400
SLAVOV, Mr 74f Sinclair Road, Chingford, London ..... (020) 3417 5668
SLIPMAN, D, 16 Laurel Close, Ilford ..... (020) 8500 4859
SLISZ, R, 127 Ainslie Wood Road, London ..... (020) 8529 6056
SLIVNIK, G, 11 Greenway Avenue, London ..... (020) 8521 5792
SLIWA, Mr Z, 36 Haroldstone Rd, London ..... (020) 3132 7065
SLOCZYNSKA, Dr C, 3 Ashbourne Avenue, E18 ..... (020) 8989 7212
SLONGO, Mr D, 26 Flamouth Way, London ..... (020) 8177 0440
SLUGGETT, J, 155 Express Drive, Ilford ..... (020) 8597 5236
SMAKOVAITE, G, Flat 2 96 Napier Road, Leytonstone ..... (020) 3304 6016
SMAL, Y, Regal House Flat 15 Royal Crescent, Ilford ..... (020) 8013 5839
SMART, A.J, 16 Forest Terrace High Road, Chigwell ..... (020) 8504 9408
S, E.C, Flat 4 Queens Court 3 Queens Drive, E10 ..... (020) 8556 3727
S, J, 66 Chequers Road, Loughton ..... (020) 8117 6772
S, P, 5 Falmouth Avenue, Chingford ..... (020) 8523 2708
SMELLIE, S, 61 Queens Road, E11 ..... (020) 8556 9843
SMERDON, J, 80 Herongate Road, London ..... (020) 8530 5248
SMETHURST, D, 30 Oak Hill Crescent, Woodford Green ..... (020) 8523 5730
SMILLIE, A, 69 Grosvenor Road, London ..... (020) 8530 5516
SMITH, A, 24 Broomhill Road, Woodford Green ..... (020) 8504 0024
S, A, 1 Buxton Road, London ..... (020) 8529 6214
S, A, 32 Cleveland Park Avenue, London ..... (020) 8521 8432
S, A, 331 Eton Road, Ilford ..... (020) 8553 3736
S, A, 15 St. Ronans Crescent, Woodford Green ..... (020) 8505 2668
S, A, Zuidhorn Sewardstone Road, E4 ..... (020) 8524 4178
S, A, 54 Seymour Road, London ..... (020) 3328 5495
S, Mrs A, 49 Wordsworth Av, London ..... (020) 3132 1302
S, A.J, 13 Grenville Gardens, Woodford Green ..... (020) 8504 6519
S, B, 32 Ardwell Avenue, ILFORD ..... (020) 8554 2872
S, Mrs Beryl, Flat 16, Heron Court Morland Road, Ilford ..... (020) 8553 3094
S, B, 2 Rabbits Road, E12 ..... (020) 8141 7845
S, Brenda, 4 The Spinney Borders Lane, Loughton ..... (020) 8502 5533
S, C, 452 Forest Road, E17 ..... (020) 8520 0897
S, C, 2 Greenshank Clo, E17 ..... (020) 8928 1953
S, C, 1 Mountbatten Court, Buckhurst Hill ..... (020) 8504 1604
S, C.A, 96 Colworth Road, E11 ..... (020) 8539 4867
S, C.C, 81 Stirling Road, E17 ..... (020) 8527 7276
S, Mr D, 85 Bedford Rd, Ilford ..... (020) 3132 7349
S, D, 45 Fairlop Rd, London ..... (020) 8177 4992
S, D, 107 Gordon Road, London ..... (020) 8220 1960
S, D, 15 Rodney Road, E11 ..... (020) 8989 8425
S, E, 194 Gantshill Crescent, Ilford ..... (020) 8551 2319
S, E, Flat 2 120 New Road, E4 ..... (020) 8559 3258
S, E.J, Flat 14, Copperfield Court, 1 Village Way, Barkingside, Ilford ..... (020) 8530 4631
S, F, 3 Greenside Close, ILFORD ..... (020) 3732 5968
S, F, 18 St. Edmunds Road, Ilford ..... (020) 8554 3383
S, G, 36 Harold Road, London ..... (020) 8524 3608
S, Graham, 50 St. Georges Road, Ilford ..... (020) 8518 1585
S, G.D, 67 Castleton Road, E17 ..... (020) 8531 0493
S, G.R, 66 Mansfield Hill, E4 ..... (020) 8529 2713
S, Hedley, 3a Baldwins Hill, Loughton ..... (020) 8508 7274
S, Mr H, 354 Marlowe Rd, Londonm ..... (020) 3132 7450
S, Dr H, 35 Stainforth Road, London ..... (020) 8923 2803
S, J, 54 Brockham Drive, Ilford ..... (020) 8518 5210
S, J, 13 Carlton Road, Walthamstow ..... (020) 8527 5732
S, J, 46 Crownhill Road, Woodford Green ..... (020) 8504 0896
S, J, 48 Deynecourt Gardens, E11 ..... (020) 8989 3872
S, Julie, 57 Felstead Avenue, Ilford ..... (020) 8551 3393
S, John, 7 Vernon Rd, Leytonstone ..... (020) 8558 3959
S, John D, 15 Woodcote Road, E11 ..... (020) 8989 9979
S, Kirsty, 1 Broxbourne Avenue, E18 ..... (020) 8530 4139
S, K, 122 Gardner Close, E11 ..... (020) 8989 5716
S, K, 2 Hampton Rd, Ilford ..... (020) 8478 1766
S, Miss K, 520 High Rd Leyton, London ..... (020) 3132 7014
S, K, 48 Rayleigh Road, Woodford Green ..... (020) 8505 4791
S, K, 21 Southdown Crescent, Ilford ..... (020) 8599 0660
S, K, 35 Wallington Road, Ilford ..... (020) 8590 6632
S, Mrs Linda, 258 Brocket Way, Chigwell ..... (020) 8501 4467
S, L, Flat 1,267 Hall Lane, London ..... (020) 8377 4063
S, L, Mobile, 45 Redwood Gardens, ... (07904) 636791
S, L, Flat 4 Trinity House The Drive, LONDON ..... (020) 3844 8046
S, L, 38 The Lindens, Loughton ..... (020) 8502 1271
S, M, Flat 4 Flat 4, Bishops Court 43 Vicarage Road, LONDON ..... (020) 3623 7551
S, M, 15 Ainslie Wood Gardens, London ..... (020) 8524 2491
S, M, 7 Alpine Road, London ..... (020) 8377 4695
S, M, 39 Burney Drive, Loughton ..... (020) 3225 5015
S, M, 39 Campbell Road, E17 ..... (020) 8509 0615
S, M, 28 Fairlands Avenue, Buckhurst Hill ..... (020) 8505 4170
S, M, 24 Lansdowne Road, Ilford ..... (020) 8599 3931
S, M, 12 Ravenoak Way, Chigwell ..... (020) 8502 7949
S, M, Flat 23 Pelly Court Summit Road, E17 ..... (020) 8509 9555
S, M, Flat 92 St. Georges Court 287 Wood Street, E17 ..... (020) 8520 4116
S, M.G, 119 Covert Road, Ilford ..... (020) 8500 4331
S, M.J, 11 Lower Pk Rd, Loughton ..... (020) 8502 0986
S, N, 12 Harman Avenue, Woodford Green ..... (020) 8504 9668
S, N, 16 Ingatestone Road, Woodford Green ..... (020) 8504 3244
S, O, 2 Wells Apartments 79 Sutherland Road, E17 ..... (020) 8527 9077
S, P, 14 Keith Road, London ..... (020) 8531 6479
S, P, 4 Roydon Close, Loughton ..... (020) 8502 0359
S, P, 1 Wordsworth Avenue, London ..... (020) 8530 5063
S, P.J, 76 Woodland Road, E4 ..... (020) 8529 1125
S, R, 24C Grove Hill, London ..... (020) 3561 9458
S, R, 50 Mallards Blake Hall Road, E11 ..... (020) 8989 7807
S, R.D, 65 Spring Grove, Loughton ..... (020) 8508 1562
S, S, 499 Aldborough Rd Nth, Newbury Pk ..... (020) 8599 6452
S, S, 47 Burnham Road, London ..... (020) 8524 4432
S, S, 101 Chingford Avenue, London ..... (020) 8529 5225
S, S, 106 Dover Road, London ..... (020) 8989 9890
S, S, 21 Hatley Avenue, Ilford ..... (020) 8252 5377
S, S, 6 Millwell Crescent, Chigwell ..... (020) 8500 8944
S, S, 14 Oakland Place, Buckhurst Hill ..... (020) 8559 0250
S, S, 28 The Crescent, Loughton ..... (020) 8508 8430
S, Miss T, 192 Cambridge Rd, Ilford ..... (020) 8177 3288
S, T, Flat 8 Swallow Court 78 Kingswood Road, Leytonstone ..... (020) 8539 8861
S, T, 22 Melbourne Road, E17 ..... (020) 8509 8988
S, Thomas, 14 Millsmead Way, Loughton ..... (020) 8508 1826
S, T, 5 Raymond Avenue, London ..... (020) 8989 6153
S, T, 1 Sinnott Road, London ..... (020) 3565 5905
S, V, 51 Beech Grove, Ilford ..... (020) 8501 2480
S, V, 58 Sinclair Road, E4 ..... (020) 8524 4480
S, V.E, 64 Orford Road, E17 ..... (020) 8521 4744
SMITH-CHELCHER, Miss James, 25 Bankside Rd, Ilford ..... (020) 8553 5284
SMITHERS, F, 30 Tower Hamlets Road, E17 ..... (020) 8521 5516
SMITH-PRYOR, Mr John, Flat 4, 30A Forest View, London ..... (020) 8524 0218
SMYRNIOTIS, J, 11 Queenborough Gardens, Ilford ..... (020) 8550 9793
SMYTH, J, Flat 7 25, Highview Lodge The Ridgeway, London ..... (020) 3560 2855
SNAPE, Roger, 17 Byron Avenue, London ..... (020) 8989 8962
SNELL, Mrs Janet, 225 Wanstead Park Road, Ilford ..... (020) 8554 5465
S, T, 11 St. Patricks Court Bridle Path, Woodford Green ..... (020) 8527 0716
SNOOK, M, 49 Myrtle Road, London ..... (020) 8521 4852
SNOWDEN, T, 923 Eastern Avenue, Ilford ..... (020) 8590 8732
SNOWDON, E.C, 58 Fairlight Avenue, E4 ..... (020) 8524 1528
SNYMAN, P, Flat 25 Nexus Court 10 Kirkdale Road, E11 ..... (020) 8141 0715
SOAR, G, 11 Gloucester Road, London ..... (020) 8925 7078
SOBERS, A, Flat 1 Razia Mews 135 Church Rd, E12 ..... (020) 3132 5558
SOBHAN, R, 282 Monega Road, London ..... (020) 3718 1130
SOBOYE, D, 17 Roycroft Close, London ..... (020) 8504 7178
SOBRA, K, 110 Ashgrove Rd, Ilford ..... (020) 8597 7320
SOCCI, A, 102 Theydon Street, London ..... (020) 3536 0758
SOCHIRCA, D, 12 Monroe House 12-16 Church Hill, Loughton ..... (020) 3663 0282
SOE, Mr Y, 146 Sheringham Avenue, E12 ..... (020) 8553 5176
SOHAIL, Mr A, 56 Hunter Road, Ilford ..... (020) 8141 1571
SOHANPAL, S, 67 Worcester Crescent, Woodford Green ..... (020) 3667 6076
SOHEL, M, Montague House Apartment 12, 527 Green Lane, Ilford ..... (020) 3623 0895
SOKHI, J, 31 Aberdour Road, Ilford ..... (020) 8597 5188
SOKULSKYY, V, 62 Uplands Road, Woodford Green ..... (020) 8506 0264
SOLANKI, C, 86 Beechwood Gardens, Ilford ..... (020) 8551 2585
SOLLOWAY, A, 41 Aubrey Road, London ..... (020) 8109 1684
SOLOMON, A, 103 Invito House 1-7 Bramley Crescent, Ilford ..... (020) 3566 1305
S, C, Flat 22 Watership Down House Cambridge Park Road, London ..... (020) 3620 9014
S, E, 10 Edward Road, London ..... (020) 8520 9349
SOLOMONIDES, G, 67 Crownhill Road, Woodford Green ..... (020) 8465 8983
SOMASUNBARAM, P, 21 Caterham Avenue, Ilford ..... (020) 8551 9525
SOMASUNDRAM, P, Flat 6, Stoneleigh Court Herent Drive, Ilford ..... (020) 8550 0438
SOMBUNMEE, S, 49 Station Road, Chingford ..... (020) 8529 4080
SOOBEN, S, Flat 7 Candara Court 2 Papermill Place, E17 ..... (020) 8793 6251
SOOBUL, Mr S, 132 St Mary's Rd, London ..... (020) 8141 4208
SOOD, P, 52 Empress Avenue, Ilford ..... (020) 8220 5933
S, R, 120 The Ridgeway, London ..... (020) 8501 7475
S, V, 42 Chigwell Rise, Chigwell ..... (020) 8501 0999
SOOKHARRY, T, 309 Roding Lane North, Woodford Green ..... (020) 3409 7703
SOOKLALL, Y, 4 Danbury Way, Woodford Green ..... (020) 8506 1164
SOOMESSUR, M, 33 Hamilton Avenue, Ilford ..... (020) 8518 2566
SOORIYAKUMAR, B.R, 76 Coopersale Clo, Woodford Gn ..... (020) 8498 9862
SORIA BELTRAN, J, 182C High Road Leytonstone, London ..... (020) 8281 2512
SOROCEAN, G, 8 Fairstead Lodge Snakes Lane, Woodford Green ..... (020) 8505 7039
SOROUR, S, 112a High Street, London ..... (020) 8521 7158
SORUBY, V, 1C Kensington Avenue, London ..... (020) 3532 5068
SOSI, N, 26 Bearing Way, Chigwell ..... (020) 8501 3404
SOTKI, Mr L, 46 Livingstone Rd, London ..... (020) 8141 6567
SOUCH, M, 16 Nevin Drive, London ..... (020) 8524 0690
SOULEYMAN, U, 24 Dacre Gardens, Chigwell ..... (020) 8501 1928
SOUNDARAMOURTY, N, 58 Harcourt Avenue, London ..... (020) 8911 4717
SOUSA, A, 47 Calderon Road, London ..... (020) 3318 4548
S, P, 18 Sherwood Avenue, E18 ..... (020) 8989 3340
SOUTH, Hayley, 11 Phoenix Court 11 Phoenix Court, Chingford Ave, Chingford ..... (020) 8524 1175
SOUTHAM, R.C, 131 Blenheim Road, E17 ..... (020) 8527 0827
SOUTHERN, R, 60 Auckland Road, Ilford ..... (020) 8554 7639
SOW, O, The Grange Flat 2 1, Lynmouth Road, London ..... (020) 3623 4690
SOWA, P, Flat 7,Lesley Court,266 High Road, Loughton,Essex ..... (020) 8389 6519
SOWERBY, D, 21 Belgrave Road, London ..... (020) 8926 7250
SOWTER, G, Flat 2 2 Woodville Road, E18 ..... (020) 8532 9547
SOWYER, Mrs Bronwen, Flat 17, Washington House, 9 Priory Court, London ..... (020) 8531 7039
SOYKA, P, Flat 2 5 Carisbrooke Road, E17 Walthamstow,London ..... (020) 8520 7562
SPACKMAN, R.S, 39 Uplands Road, Woodford Green ..... (020) 8504 1337
SPAIN, K.B, 81 Princes Road, Buckhurst Hill ..... (020) 8504 2386
S, P, 9 West Gro, Woodford Gn ..... (020) 8505 8017
S, T, 13 Wroths Path, Loughton ..... (020) 8279 1200
SPAINE-DAVIES, A, 50 Hathaway Crescent, London ..... (020) 3774 5668
SPARGO, D, 20 College Road, London ..... (020) 8926 9635
S, P, 11 Stony Path, Loughton ..... (020) 8508 9420
SPARKE, L, Flat 36 Rectory Court, 189 High Road, London ..... (020) 8498 0668
SPARKES, M, 18 Farnborough Avenue, LONDON ..... (020) 8523 0954
S, P, 20 Newton Road, Chigwell ..... (020) 8500 8055
SPARKS, G, 58 Empress Avenue, London ..... (020) 8989 8935
S, J, 39 Leicester Road, London ..... (020) 8989 3450
SPARREY, H, 61 York Road, London ..... (020) 8529 3726
SPEARS, J, 6 Manor Road, London ..... (020) 8923 8684
SPEED, J.A, 44 Stonards Hill, Loughton ..... (020) 8502 0832
S, T, 18 Rutland Road, London ..... (020) 8989 1539
SPELLER, K, 1 Jefferson Close, Ilford ..... (020) 8554 7153
SPENCE, Denzil, 34 Toronto Road, Ilford ..... (020) 8554 1733
S, P, 6 Devonshire Road, Ilford ..... (020) 8590 3204
SPENCER, C, 7 Worsley Road, Leytonstone ..... (020) 8555 2394
S, M, 10 Broadstrood, Loughton ..... (020) 8502 4884
S, R, 3a Gainsborough Road, Woodford Green ..... (020) 8559 1900
S, Mr R, 328 Hoe St, London ..... (020) 8520 3989
S, V, 61 Dale View Avenue, London ..... (020) 8524 9396
SPENDLOW, J, 13 Burnham Road, Chingford ..... (020) 8529 3473
SPERLING, Michael, Flat 7 Eagle Court Hermon Hill, E11 ..... (020) 8989 7302
SPICER, G, 25 Seymour Road, London ..... (020) 8529 2241
S, Miss 35 Otterbourne Road, London ..... (020) 8524 6914
S, N, 10 Rolls Park Avenue, LONDON ..... (020) 8257 7465
SPIERS, M, Ground Floor Flat 1 210 Grove Green Road, Leytonstone ..... (020) 3539 5550
SPILL, Peter, 66 Beehive Lane, Ilford ..... (020) 8554 0366
SPILLER, Kathleen, 14a Kingsley Rd, Ilford ..... (020) 8500 2068
SPINKS, M, 40 Longcroft Rise, Loughton ..... (020) 3784 0510
SPINNER, I, 1 Beech Court 38 Bisterne Avenue, E17 ..... (020) 8509 0325
SPINNEY, D, Flat B, 129 Wallwood Road, London ..... (020) 8539 5232
SPIRACHE, C, 30 Trentbridge Close, Ilford ..... (020) 3539 3118
SPOFFORTH, E, 23 Rosslyn Avenue, London ..... (020) 8524 3984
SPRACKLING, S, 198 Fleeming Road, London ..... (020) 8527 0806
SPRATT, P, 15 Pump Hill, Loughton ..... (020) 8508 9548
SPRAY, J, Flat 35 Poets Place 11 Alderton Hill, Loughton ..... (020) 8508 8153
SPRINGER, C, 25 Grantock Road, London ..... (020) 8923 0166
SPRINGETT, J, 31 Pasquier Road, London ..... (020) 8923 4386
SPURLING, B, 96 Oakdale Road, London ..... (020) 8926 1831
SPYROU, E, 9 Lindley Road, E10 ..... (020) 8539 3173
SQUIRE, H, 30 Grange Road, Ilford ..... (020) 8514 1912
SQUIRES, D, 64 Mansfield Road, London ..... (020) 8521 8553
S, N, 59 Mansfield Hill, London ..... (020) 3566 6864
S, R, 29 Marlyon Road, Ilford ..... (020) 8500 2183
SREEKUMAR, S, 16 Horn Lane, Woodford Green ..... (020) 8504 1783
SRIBALAN, K, 18 Gaywood Road, E17 ..... (020) 8503 6973
SRIDHAR, Mr R, Flat 2 26 Rohan Place Radnor Crescent, Ilford ..... (020) 8177 3809
SRIKUMAR, Mr Mark & U, 266 Kingston Road, Ilford ..... (020) 3643 4863
SRINIVASAN, A, 71a Sibley Grove, Manor Park ..... (020) 8503 4042
SRIRANGAM, T, 36 Baron Gardens, ILFORD ..... (020) 8550 1989
SRIRATHAN, A, 97 Springfield Drive, Ilford ..... (020) 8252 2920
SRITHARAN, B, 105 Longwood Rd, Ilford ..... (020) 8141 5881
S, M, 1 Youngs Road, Ilford ..... (020) 8554 7815
S, S, 17 Hobart Road, Ilford ..... (020) 8551 4662
S, V, 25 Homefield Avenue, Ilford Essex ..... (020) 8597 0810
SRIVASTAV, S.K, mobile, 33 Frith Rd, E11 ..... (07939) 500612
SRIVASTAVA, A, 222 New North Road, ILFORD ..... (020) 3669 5023

"ST"

The abbreviation "St" is listed after "Saint"

ST LOUIS, F, 57 Grove Green Road, London ..... (020) 8539 8945

STACEY, R, 62 Bakers Avenue, London (020) 8558 4976
STADHART, C, 21 Hereford Road, London (020) 8530 3528
STAFF, M, 202 Blackhorse Lane, London (020) 8531 3874
STAFFORD, A, 2 St. Anthonys Avenue, Woodford Green (020) 8504 5410
S, P, 1 Rose Tree Mews, Woodford Green (020) 8505 3062
STAGGS, Mrs Doreen, 20 Larkshall Road, London (020) 8524 6649
STAINES, L, Flat 7 Ogrady House The Drive, London (020) 8923 5567
STALLARD, Mr Fenton, 3 Kestrel Close, Ilford (020) 8500 2089
STALLWOOD, D, 7 Richmond Road, London (020) 8529 9958
STAN, C, 777A High Road Leyton, E10 (020) 8558 4151
S, L, 777A High Road, Ilford (020) 3654 2897
STANBURY, J, 12 Wanstead Park Avenue, London (020) 8539 5741
S, K.E, 69 Hazeldene Road, Ilford (020) 8590 3976
STANDEN, L, 10 Barclay Road, London (020) 8556 3925
STANDING, C, 37A Eastwood Rd, Ilford (020) 8983 8873
S, H, 31 Heriot Avenue, E4 (020) 8529 4835
STANFORD, M, 9 Arundel Gardens, Ilford (020) 8262 0680
STANIFORD, M, 67 Cowslip Road, E18 (020) 8989 6907
STANISLAUS, L, Flat 7, John Chadwick House 32A Cameron Road, Ilford (020) 3674 1904
STANSFIELD, Darren, 32 Wilton Place, E4 (020) 8523 3061
STANTON, P, 4 The Lindens, Loughton (020) 8508 8082
S, R, 316 Copperfield, Chigwell (020) 8923 5461
S, T.A, 18 The Summit, Loughton (020) 8502 0803
STAPLETON, D, 212 Fullwell Avenue, Ilford (020) 8550 2421
S, F.F, 28 Lyndhurst Rise, Chigwell (020) 8501 2740
S, M.J, 15 Brandesbury Square, Woodford Green (020) 8559 8095
S, S, 5 1 Roding Heights Station Way, Buckhurst Hill (020) 8014 3401
STARK, K, 48 Edgar Ho Blake Hall Rd, E11 (020) 8989 7839
STARKEY, Calvin, Room 3 1 Chapel Road, Ilford (020) 8514 8550
STARR, Stephen, 17 Lynton Crescent, Ilford (020) 8554 6975
STAS, P, 23 Malvern Drive, Woodford Green (020) 8504 6252
STASZEWSKA, B, 281 Sansom Road, London (020) 3489 6897
STAUNTON, L, 120 Winchester Road, Chingford (020) 3243 0088
STAVROPOULOS, M, 13 Antlers Hill, E4 (020) 3556 9860
STEADMAN, G, 21 Greville Road, London (020) 8521 6154
S, W, 115 Auckland Road, Ilford (020) 8220 5623
STEAR, S, 66 Dangan Road, London (020) 8989 6567
STEARNS, P, 38 Stradbroke Grove, Buckhurst Hill (020) 8504 0724
STEDALL, L, 272 Brocket Way, Chigwell (020) 8501 3899
STEDMAN, D, 46 Willow Street, E4 (020) 8529 3318
STEEL, P, 28 Abbey Road, Ilford (020) 8554 2734
S, W.R, 5 Sunnyside Rd, Ilford (020) 8478 7906
STEELE, A, 34 Kimberley Road, London (020) 8527 0327
S, A, 28 Roding Gardens, Loughton (020) 8508 4618
S, D, 120 St. Mary's Road, London (020) 3518 3069
S, E, 38 Five Oaks Lane, Chigwell (020) 3669 9772
S, P, 16 Walpole Road, London (020) 3539 1496
STEENBERGEN, G.M, 269A Fullwell Avenue, Ilford (020) 8551 5896
STEERS, Mark, "Caretakers Flat" Breamore Cour Goodmayes La, Ilford (020) 8597 4552
STEFAN BUS, M, 65A Brunswick Gardens, Ilford (020) 3624 9467
STEFANOVA, Miss G, 26a Elsenham Road, London (020) 8478 5821
STEFANUCA, F, Flat 17 Stonehill Court Markfield Gardens, Chingford (020) 8529 8423
STEINER, G.W, 75 Forest Glade, Highams Park (020) 8527 6637
STEMPINSKI, Mr R, 109 Seventh Avenue, E12 (020) 8141 0438
STENING, D, 30 Russell Road, London (020) 8524 7563
STEPHENS, D, 96 Herongate Road, E12 (020) 8989 8489
S, J, 2a Richmond Avenue, E4 (020) 4529 7030
S, V, 151 Old Church Road, E4 (020) 8529 3453
STEPHENSON, Johnphillip, 83A St. Johns Road, E17 (020) 8523 3612
S, J.E, 92 Malford Grove, E18 (020) 8989 4146
S, J.K, 109 Mossford Lane, Ilford (020) 8551 3177
STERLAND, J, 12 Davies Lane, E11 (020) 8539 6141
STERLING, C, 160 Headley Drive, Ilford (020) 8117 1514
S, G, 469 Eastern Avenue, Ilford (020) 3732 5821
S, J, 39 Ramsgill Drive, Ilford (020) 8220 7172
STERN, B.M, 167 Peterborough Road, E10 (020) 8539 0971
STETCU, C, 32 Penrhyn Avenue, LONDON (020) 3592 4419
STETS, I, 69 Osprey Close, London (020) 3538 4617
STEVENS, A, 6 Hazel Lane, Ilford (020) 8501 6927
S, C, 114 Howard Road, London (020) 4619 7352
S, Mr D, 1120 Eastern Av, Ilford (020) 8599 2653
S, G, 10 Morley Avenue, E4 (020) 8503 2179
S, Henry A, 14 Vista Dv, Redbridge (020) 8550 4058
S, K, 134 Blackhorse Road, E17 (020) 8509 3982
S, K, 35 Mapleton Road, London (020) 8524 5184
S, K, 31 Preston Avenue, London (020) 8527 0062
S, L, St Pauls Church Cross Road, Woodford Green (020) 8504 5465
S, M, 44 The Lindens, Loughton (020) 8502 2038
S, M, 5 Wroths Path, Loughton (020) 8508 3610
S, R, 1 Silverthorn Gardens, London (020) 4537 0411
S, T, 86 Aldersbrook Rd, E12 (020) 8989 8557
S, T, 15 Woodside, Buckhurst Hill (020) 8504 0875
S, W, 230 New North Road, Ilford (020) 8501 2122
STEVENSON, Mr G, 88 Chesterford Road, London (020) 8141 7831
S, J, 55 Coney Burrows, E4 (020) 8529 5959
S, S.C, Flat 30 John Walsh Tower Montague Road, E11 (020) 8556 3215
STEWARD, D.A, 29 Colchester Road, E17 (020) 8503 6863
STEWART, C, Flat 23 Marnie Court 675 High Road Leytonstone, E11 (020) 8556 0645
S, D, 3b Epping New Road, Buckhurst Hill (020) 8504 0669
S, D, 17 Trinity Road, Ilford (020) 8550 4981
S, G, 5 St. Helens Place, London (020) 8518 7719
S, J, 32 Chiltern Way, WOODFORD GREEN (020) 8559 2385
S, K, 18 Deynecourt Gardens, Leytonstone (020) 8925 0244
S, M, Flat 16 Emanuel Court 29 Capworth Street, Leyton (020) 8556 5308
S, Mrs P, 40 Chelmsford Rd, London (020) 8141 1842
S, P, 18 Cromwell Road, E17 (020) 8520 9101
S, Mr P, 91 Kettlebaston Rd, London (020) 3132 7279
S, Mr Robert, 5 Goldingham Avenue, Loughton (020) 8418 0613
S, S, 9 Algers Mead, Loughton (020) 3091 8029
S, V, Flat 14 Collins Court Lower Park Road, Loughton (020) 8418 0918
STIMPSON, O, Hallingbury Court Flat 9 644, Forest Road, London (020) 3663 1228
STOCK, J.F, 68 Cranbourne Avenue, E11 (020) 8989 2374
S, R.W, 2 Larkshall Crescent, E4 (020) 8524 3687
STOCKER, P, 3 Arabia Close, London (020) 8524 1841
STOCKINGS, C, 14 Eagle Terrace, Woodford Green (020) 3172 7805
S, C.J, 12 Broadstrood, Loughton (020) 8502 3922
STOCKS, R, 90 Buckingham Road, London (020) 8505 1726
STOCKWELL, A.R, Flat 603 Enterprise House 112 Kings Head Hill, E4 (020) 8524 3465
S, D, 71 Snowshill Road, London (020) 8478 5213
S, J, 7 Glenthorne Gardens, Ilford (020) 8550 1246
STOHR, G, 14 High Elms, Chigwell (020) 8500 4560
STOIAN, R, Flat 1 31 Boundary Road, London (020) 3654 1292
STOINA, S, 4 Blackberry Court Queen Mary Avenue, South Woodford (020) 7524 3444
STOKES, L, 52 Malcolm Way, London (020) 3509 4908
S, R.L, 61 Ravensbourne Gardens, Ilford (020) 8550 0448
S, S.E, 65 Herongate Road, E12 (020) 8989 9213
S, W, 2 Taverners Way, London (020) 8524 5101
STOLL, D, 27 Chepstow Crescent, Ilford (020) 8590 3968
S, J, 123 Collinwood Gardens, Ilford (020) 8220 8994
STONE, A, 54 Alderton Hall Lane, Loughton (020) 8532 0917
S, A, 33 Cadogan Gardens, E18 (020) 8530 3745
S, B, 10 Bellestaines Pleasaunce, E4 (020) 8524 3139
S, D, 24 River Way, Loughton (020) 8508 9441
S, J, 666 Eastern Avenue, Ilford (020) 8554 3834
S, J, 31 Paley Gardens, Loughton (020) 8508 7974
S, Liam, Flat 1 58 Hermon Hill, E11 (020) 8530 4714
S, M, 5 Bute Road, Ilford (020) 8554 6555
S, S, 12 Cheltenham Gardens, Loughton (020) 3016 5842
S, Stanley, 94 Queenborough Gardens, Ilford (020) 8551 2010
STONEHAM, C, 71 Colvin Gardens, Ilford (020) 8270 5742
STOSKUTE, Miss A, 35 Avenue Court, Claybury Broadway ilford (020) 8177 3830
STOUT, M, 13 Dale Gardens, Woodford Green (020) 8506 0195
STOWE, L, 15 Brook Crescent, London (020) 8524 5434
STOYANOVA, V, 15a St. Andrew's Road, London (020) 8109 2884
STPIERRE, Mr Brian, 86 The Ridgeway, London (020) 8529 8566
STRACEY, G, 66 Goldings Road, Loughton (020) 8502 1969
STRACHN, A.D.A, Flat 36 Burrell Towers 1 Albany Road, E10 (020) 8539 2654
STRADLING, E, Flat 7 Heron Court Morland Road, Ilford (020) 8514 8454
STRANDERS, D, 56 Belgrave Road, E11 (020) 8989 6571
STRANGE, D, 106 Tomswood Hill, Ilford (020) 8500 9684
S, P, Flat 11 Kingswood Court 175 Chingford Mount Road, E4 (020) 8501 7523
S, Patricia, 69 Grosvenor Park Rd, London (020) 8521 3863
STRANGLEMAN, R.L, 8 Greenstead Avenue, Woodford Green (020) 8505 5090
STRATFORD, M, 36 Fullers Road, E18 (020) 8504 6278
S, Mr Robert, 12 South View Drive, South Woodford, London (020) 8532 9385
STRATH, M, 75 Cavendish Road, London (020) 8527 1334
STRATILA, E, 28 Longcroft Rise, Loughton (020) 8925 1734
STRATTON, S, Flat 31 Larkswood Court The Avenue, London (020) 8527 9590
S, Mr Victor, 4 Ford End, Woodford Green (020) 7998 1654
STRAUGHN, M, 41 Leadale Avenue, London (020) 8529 8377
STRAUSS, Rev S, 4 Broadway Gdns Kings Av, Woodford Gn (020) 8506 0885
STREADER, A, 18 Tupelo Road, Leyton, London, London (020) 3581 0168
STREET, C, 2 Drysdale Avenue, London (020) 8523 8694
S, Dr Catherine, 2 Drysdale Avenue, London (020) 8524 2218
S, C.J, 8 Hanson Green, Loughton (020) 8508 6707
STREETER, K.C, 6B Mansfield Road, Ilford (020) 8514 1761
STRIDE, C, 142 Sewardstone Road, Chingford (020) 8524 1914
STRINGER, S, 124 Gardner Close, E11 (020) 8530 2225
STRIPE, R.H, 10 Montrose Close, Woodford Green (020) 8504 3687
STROBL, I, 41 Bradwell Close, London (020) 7294 6981
STRONACH, E, 29 Arlington Road, Woodford Green (020) 8504 0569
STRONG, S, 3 Roundmead Close, Loughton (020) 8418 0747
STROUD, P, 20 Addison Road, London (020) 8509 9847
STROUDE, P, 69 Felbrigge Road, ILFORD (020) 8597 3510
STRUDWICK, Michael, 88 Bressey Gro, South Woodford (020) 8530 5195
STRUTT, J, 37 Birkbeck Road, Ilford (020) 8554 0449
STUART, C, 50 Roding Lane North, Woodford Green (020) 8504 6543
S, J, 5 Arlington Gardens, Ilford (020) 8554 2496
S, M, 38b Forest Drive West, London (020) 8558 1224
S, P, 93 Northbank Road, E17 (020) 8531 4545
S, T.S, 193 Eton Rd, Ilford (020) 8553 0273
STUBBS, P.A, 67 Coolgardie Avenue, E4 (020) 8527 8784
STUCHFIELD, J, 25 Stanmore Way, Loughton (020) 8508 4970
STUMBKE, W, 39 Grantock Road, London (020) 8527 1605
S, W, 39 Grantock Road, London (020) 8531 5245
STUMP, G.C, 8 Stanford Close, Woodford Green (020) 8559 2251
STURGE, L, 3 Brodie Road, E4 (020) 8529 5047
STURT, A, 40 Mornington Road, London (020) 8529 4792
STYLIANOU, C, 162 Twickenham Road, E11 (020) 8556 6309
SUAREZ, William, 57 South View Drive, E18 (020) 8989 7288
SUBASKARAN, P, 69 Manor Road, Chigwell (020) 3243 2066
SUBRAMANIAM, Kanagamany, Flat 3 Maybrook Court 43 St. Gabriel's Close, E11 (020) 8989 2821
S, P, 302 Fullwell Avenue, Ilford (020) 3731 5331
S, R, 17 Westmede, Chigwell (020) 7411 7557
SUBRAMANIYAM, Miss 11 Ellesmere Gardens, Ilford (020) 8551 0174
SUCKRA, Mr Herman, 64 Belvedere Road, London (020) 8539 6861
SUCKRAM, K, 94 Manor Road, LONDON (020) 8014 7412
SUCUOGLU, E, 14 Beech Hall Crescent, E4 London (020) 8925 6165
SUDHAKAR, Mr K, Basement Flat 1/89 Fairlop Road, London (020) 8177 9761
SUDHAN, S, 12 Grange Road, Ilford (020) 3665 0885
SUGARMAN, B.M, 104 Endlebury Road, E4 (020) 8524 0786
SUGIARTO, H, 5 Lingmere Close, Chigwell (020) 8500 0252
SUGLANI, C.S, 244-246 High St Nth, E12 (020) 8472 5676
SUHARAN, S, 8 BEECH COURT Albert Road, Buckhurst Hill (020) 8504 7249
SUKEERATHAN, C, FLAT 21 HUBBARD COURT Valley Hill, Loughton (020) 8502 2437
SUKHDIN, Mr S, 150d Church Road, London (020) 8177 1478
SUKI, B, 45 Broad Oak Close, LONDON (020) 3380 4952
S, W, 6 Valley Side Parade, London (020) 8529 8607
SULA, Mr Langbourn Court, 3 Luther King Close, London (020) 8127 0169
S, Mr Vasile, 24a Blackhorse Lane, London (020) 8527 5639
SULIKOWSKI, Mr B, 47 Kitchener Rd, London (020) 3132 8955
SULLENS, C, 74 Cornwallis Road, E17 (020) 8520 5911
SULLIVAN, A, 17 Alexandra Road, London (020) 8521 8938
S, B, 31 Goddards Way, Ilford (020) 8177 8554
S, D, Flat 7 High Oaks Lodge 90 The Drive, E18 (020) 8989 0066
S, E, Flat 5 Roebuck Heights North End, Buckhurst Hill (020) 8559 1171
S, M, 20 Manor Farm Drive, London (020) 8524 0075
S, P, 319 New North Road, Ilford (020) 8500 9605
S, R, 24 Thornhill Road, London (020) 8556 8335
S, S, 86 Brook Crescent, London (020) 8524 8233
S, T, 17 Tavistock Gardens, Ilford (020) 8262 1432
S, T.J, 2A Grove Road, E17 (020) 8520 8181
SULTAN, Mrs K, 39 Saunders Clo, Ilford (020) 3132 2196
S, Mr M, 17 Liden Close, London (020) 7165 7231
SULTANA, A, 19 Lansdowne Court Claybury Broadway, Ilford (020) 3663 4500
S, N, 1 Gantshill Crescent, Ilford (020) 3556 8097
S, P, 161 Howard Road, London (020) 8520 2991
S, S, 5 North Dene, Chigwell (020) 3731 1147
SUMA, S, 114 Hampton Road, Ilford (020) 8514 7031
SUMAL, K, 16 Dalkeith Road, Ilford (020) 8478 1180
SUMI, H, 37 Foremark Close, Ilford (020) 8014 6543
SUMMERBELL, J, 19 Strafford Avenue, Ilford (020) 8550 4969
SUMMERFIELD, J, 74 Wellesley Rd, E17 (020) 8521 3421
SUMMERS, C, 9 Union Close, London (020) 3662 7247
S, H, 8 Anworth Close, Woodford Green (020) 8505 5535
SUNGHA, M, Mobile, 82 Aberdour Road, Ilford, Essex (07931) 811822
SUNGKUR, N, 55 Icknield Drive, Ilford (020) 8554 0812
SUNGO, E, Flat 14 Abraham Fisher House 258 Grantham Road, London (020) 3638 9597
SUNTHARARAJAH, Satkunarajah, 35 Boardman Avenue, E4 (020) 8523 7352
SUPTI, S, 6 Limes Avenue, Chigwell (020) 7998 8701
SURA, B, 48 Kensington Drive, WOODFORD GREEN (020) 8551 3371
S, J, 42 St. Johns Road, Ilford (020) 8598 2482
SURENDRARAJ, R, 88 Ramsgill Drive, Ilford (020) 8220 7574
SURESHKUMAR, B, 27 Ripley Road, ILFORD (020) 3669 3914
S, M, 228 Monega road, London (020) 3617 4598
S, S, 99 Cranley Drive, Ilford (020) 3380 9204
SUSAN EHIGIE, A, 73A Rosebery Avenue, Manor Park (020) 3737 3697
SUSUZ, M, Flat 27,Furrow House,29 Hickman Avenue, London (020) 8226 1092
SUTCLIFFE, J, 11 Dalefield Roebuck Lane, Buckhurst Hill (020) 8505 2185
SUTHARSAN, B, 142 New North Road, Ilford (020) 8500 0453
SUTHERLAND, J, 86 Inglehurst Gardens, ILFORD (020) 8551 5722
S, R, 2 Haroldstone Road, London (020) 8521 8253
SUTTON, G, 30 Somers Road, E17 (020) 8520 9071
S, Jessica, 88 Northcote Road, E17 (020) 8509 8672
SVAICAS, Mr V, 325 Monega Rd, London (020) 8177 8363
SVIDRUK, V, 13 Academy Way, Loughton (020) 8214 7020
S, V, 19 King George Way, London (020) 8389 6688
SVOBIENE, A, Flat 13,Welcome Court,21 Saxon Close, London (020) 7285 6414
SWAIN, B, 32 De Vere Gardens, Ilford (020) 8252 1591
S, D, 80 Hollywood Way, Woodford Green (020) 8527 6282
SWAINE, Rev K, 82 Coolgardie Avenue, E4 (020) 8531 9954
SWAN, A, 23 Granville Road, London (020) 3654 2786
S, Thomas, 72 72 Ropers Ave, Chingford (020) 8527 3883
SWANSON, S, 3 Rutland Road, London (020) 8530 3568
SWANSTON, J.K, 20 Centreway, Ilford (020) 8514 1461
SWATI, M, 35 Regent Gardens, Ilford (020) 3089 9569
SWAYNE, J.T, 3 Gardenia Way, Woodford Green (020) 8505 7477
SWEDEN, R.C, 61 Greville Road, E17 (020) 8520 4746
SWEENEY, B, 25 Beechwood Park, E18 (020) 8062 7973
SWEENEY CLEMENTS, A, 291 Brocket Way, Chigwell (020) 3894 5736
SWEENEY, R, 34 Newlands Road, Woodford Green (020) 8504 2250
S, S, 20 Kestrel Close, Ilford (020) 8500 2949
SWEENY, R, 34 Newlands Road, Woodford Green (020) 8504 1161
SWEETING, J.A, 244 Ashurst Drive, Ilford (020) 8551 3309
SWIATEK, P, 64A Green Lane, Ilford (020) 8262 2386
SWIFT, R, 11 Makinen House, 49 Palmerston Road, Buckhurst Hill (020) 8252 3607
SWINDELL, A, 39 Tiptree Crescent, Ilford (020) 8551 3474
SWINDLE, Y, 11 Radnor Crescent, Ilford (020) 3601 2390
SYED, A, 50 Arkley Road, E17 (020) 8520 8533
S, Z, 27 Peterborough Road, London (020) 8923 6572
S, Mrs Z, 76 Sixth Avenue, London (020) 3138 1934
SYKES, J, 39 Lambourne Road, Chigwell (020) 8281 0691
SYLVESTER, F, 8 College Gardens, E4 (020) 8529 3714
SYMONDS, J.M.L, 34 Roebuck Lane, Buckhurst Hill (020) 8504 9797
SYRETT, K, 124 Woodlands Avenue, London (020) 8518 8356
SZABO, S, 131 Roll Gardens, Ilford (020) 8550 5383
SZAFRANSKI-FRAN, J.V, 179 Englands Lane, Loughton (020) 8508 8460
SZCZEPANSKI, Mr A, 60A Leyton Park Rd, London (020) 3132 7481
SZE, H, 7 Inglehurst Gardens, Ilford (020) 8550 7280
SZEBIN, N, 43 Fladgate Road, London (020) 8989 6826
SZYDLOWSKA, A, 34 Wesley Road, London (020) 3663 3093
SZYMANSKA, Mrs E, 4 Belle Vue Rd, E17 (020) 8523 0485
TAANI, S, Abbotts House Flat 7 8, Sherwood Close, London (020) 3638 9888
TABASAM, N, 301 Strone Road, LONDON (020) 8552 3511
TABASSUM, U, 29 Sydney Road, Ilford (020) 4541 8464
TABOR, B, Flat 25 Cedar Court Grosvenor Road, E11 (020) 8532 2777
T, R, 54 Woolhampton Way, Chigwell (020) 8501 4703
T, S.M, 43 The Bowls, Chigwell (020) 8502 7445
TADASSE, T, 2 Kennet Close, London (020) 8001 0674
TAEPUT, K, 64 Blythswood Road, Ilford (020) 8590 1761
TAFILAKU, Mr M, 107 Leyton Grange, London (020) 8988 1340
TAG-EL-GAROUANI, S, Flat 4 Grange Court Church Road, LONDON (020) 3673 6266
TAHER, A, Oldham House 3a Flat 12 Grantham Road, London (020) 3662 5200
T, J, 16 Church Road, Ilford (020) 8599 2782
TAHIR, Mr Mohsin, 5 Poplars Road, London (020) 8503 7776
TAHIRIQBAL, Mr R, 335 Strone Road, E12 (020) 8141 8863
TAHLIL, M, 122 Pittman Gardens, Ilford (020) 3490 2763
TAI, I, 36 Barclay Rd, E11 (07956) 919030
TAILOR, M, 124 Albert Road, LONDON (020) 8520 4264
TALAT, T, 208 Manor ParkChurch Road, TALBOT, A, 87 Chestnut Avenue, Buckhurst Hill (020) 8504 3376
T, J, 78 Elsenham Road, E12 (020) 8553 5187
TALL, A, 11 Fairview Gardens, WOODFORD GREEN (020) 3844 0660
TALLON, M, 81 Warren Road, London (020) 8257 3198
TALUKDAR, Mr Imam Uddin, Flat 15 Evergreen House 65 Medway Close, Medway Close (020) 3583 0836
TAMASATREDGETT, J, 207A Harrow Road, Leytonstone (020) 7671 8750
TAMASAUSKAS, A, Flat 3 577a High Road Leytonstone, Leytonstone (020) 3016 2998
TAMBRA, M, 390A Hoe St, E17 (020) 8503 7311
TAN, Mr B, 10 Washington Av, London (020) 8141 6995
T, Z, 3 Percy Rd, E11 (020) 8532 8024
TANALEGA, M, Flat 4 279 Forest Road, LONDON (020) 8539 8459
TANBA, U, 57 57, Suffolk Court Suffolk Road, Ilford (020) 3673 9395
TANCER, J, 9 Grosvenor Gardens, Woodford Green (020) 8498 0439
TANDY, G, 76 Bedford Road, E17 (020) 8531 8424
TANEJA, H, 87 Craven Gardens, Ilford (020) 8550 2836
TANENBAUM, E, Flat 35, Homecherry House, 86 High Road, Loughton (020) 8399 1160
TANK, S, 8 Mornington Avenue, Ilford (020) 8554 4854
TANN, Mrs Judith, 91 Lambourne Road, Chigwell (020) 8501 3524
TANNA, N, 2 GATEKEEPERS HOUSE Queen Mary Avenue, London (020) 3648 1341
TANNER, A, 80 Queens Road, LONDON (020) 3561 5285
TANSLEY, G, Flat 72 Regency Court 89-111 High Road, South Woodford (020) 8989 7875
TANT, J, 9 Clare Road, London (020) 8539 2576
TANYI, S, 13 Arkley Road, London (020) 8521 8530
TAPLIN, S, Flat 1 61 Fladgate Road, Leytonstone (020) 8013 2608
TAPP, R, 2 Rampton Close, London (020) 8529 0194
TAPPER, M, 83 Pentire Road, London (020) 8925 1577
TAPPIN, J, 73 Meanley Road, London (020) 8553 0324
TAQI, S, 18 Calderon Rd, E11 (020) 8539 6530
TARAKHAD SIVASUBRAMANIAN, N, City View Flat 82 Axon Place, Ilford (020) 3016 7897
TARASHANOVA, E, 198 Northcote Road, Walthamstow (020) 8503 6427
TARGET, L, 163 Howard Road, Walthamstow (020) 8521 7680
TARGRESS, K, 65 Withy Mead, London (020) 8524 8790
TARIM, E, 15 Timberdene Avenue, Ilford (020) 8551 3124
TARIQ HALAL MEAT SHOP, Tariq Halal Meat Shop, 123 Belgrave Road, Ilford (020) 8554 1759

TARIQ, M, 31 Westbury Rd, E17 ..... (020) 8509 0708
T, Nafees, 7 Market Parade Forest Road, E17 ..... (020) 8527 2050
TARIQUE, M, 20 Elgin Road, Ilford ..... (020) 8141 8040
TARKOVICS, Lajos, 25 Roll Gardens, Ilford ..... (020) 8551 2313
TARLEA, C, 6 Whitehall Lodge Bentley Way, Woodford Green . (020) 8504 7090
TARLING, K, 174 Empress Avenue, London ..... (020) 8530 7672
TARPLETT, P, 171 Larkshall Road, London ..... (020) 8529 8322
TARRAN, A, 1 Broadway Close, Woodford Green ..... (020) 8505 0625
TARRING, P, 29 Grosvenor Gardens, Woodford Green ..... (020) 8504 4310
TASKER, D, 9 Hawbridge Road, London ..... (020) 8556 2643
TASNEEM, Miss Q, 21 Rochdale Rd, London ..... (020) 8177 4152
TATAM, D.A, 44 Empress Avenue, E4 ..... (020) 8527 0556
TATE, C, 64 Chestnut Avenue, Buckhurst Hill ..... (020) 8504 8737
T, M, 25 Hawsted, Buckhurst Hill ..... (020) 8505 7643
TATMAN, D, 46A Cameron Road, Ilford ..... (020) 8983 8871
TATTERSDILL, V, 19 Chapel Court 4 Rosedene Terrace, London (020) 8558 7899
TATUM, S, 118 Tudor Crescent, Ilford ..... (020) 8500 9807
TAUSEEF, I, Flat 3 18 Eastwood Road, Ilford ..... (020) 8597 4992
TAYLOR, A, 3 Dale Gardens, Woodford Green ..... (020) 8505 1868
T, A, 18 Greenstead Avenue, Woodford Green ..... (020) 8505 0371
T, A, 72 Greenway Avenue, London ..... (020) 8520 6479
T, A, 69 Somerset Road, London ..... (020) 8925 8339
T, B, 29 Hawkdene, London ..... (020) 8524 1075
T, B, 236 Horns Road, Ilford ..... (020) 8518 6774
T, B.A, 22 Fairmead Gardens, Ilford ..... (020) 8550 5303
T, C, 28 Nevin Drive, E4 ..... (020) 8524 1832
T, Miss C, 124 Pearcroft Road, London ..... (020) 8177 8402
T, C, FLAT 4 PARK COURT 97 The Ridgeway, London ..... (020) 8524 7199
T, C.J, 41 Hornbeam Road, Buckhurst Hill ..... (020) 8505 8848
T, D, 124 Beech Hall Road,
..... (020) 8527 7543
TAYLOR DENTON, S, 20 Highview Court High Road, Loughton . (020) 8508 6568
TAYLOR, E, 65 Peterborough Road, E10 ..... (020) 8556 4362
T, F, Flat 1 Half Acre 67-69 Woodford Road, E18 ..... (020) 8989 4460
T, J, 11 Alexandra Road, E18 South Woodford,London ..... (020) 8530 4150
T, J, 1 Fairview Close, London ..... (020) 8523 1500
T, Mr J, Flat 4/109 Higham Station Av, London ..... (020) 3132 1085
T, J, 3 Phoenix Close, Walthamstow ..... (020) 8523 3547
T, J, 289 Stradbroke Grove, Ilford ..... (020) 8550 4777
T, J, 8 Trinity Road, Ilford ..... (020) 8551 0538
T, J.E, 17 Poundfield Road, Loughton ..... (020) 8508 2099
T, Kellyanne, 14 Cherry Close, E17 ..... (020) 8521 4879
T, K, 5 Newport Road, E10 ..... (020) 8556 7812
T, K, 31 Spareleaze Hill, Loughton ..... (020) 8508 1741
T, L, 38 Birch Grove, Leytonstone ..... (020) 8556 3216
T, L, Flat 2,5 Wellington Passage, London ..... (020) 3152 2110
T, M, George Davies Lodge 25 14, Veronique Gardens, Ilford (020) 3723 2278
T, M, 23 Bush Road, Buckhurst Hill ..... (020) 8505 2781
T, M, 41 Empress Avenue, Woodford Green ..... (020) 8504 6218
T, M, 38A High Beech Road, Loughton ..... (020) 3304 2359
T, Martin, Flat 1 Henley Court 265-67 Ilford Lane, Ilford ..... (020) 8478 2382
T, M, 22A Ingleby Road, Ilford ..... (020) 8554 6922
T, M, 55 Stoneycroft Road, Woodford Green ..... (020) 8504 3849
T, Mrs Marion, 3 Washington Road, London ..... (020) 8989 2321
T, P, 28 Morland Road, London ..... (020) 8923 8875
T, P, 156 Roding Road, Loughton ..... (020) 8508 5049
T, Richard, 9 Hoppett Road, Chingford ..... (020) 8529 0757
T, S, 78b Grosvenor Park Road, London ..... (020) 8503 6938
T, Steven, 64 Horn Lane, Woodford Green ..... (020) 8504 8404
T, S, 8 Warwick Road, E11 ..... (020) 8257 6743
T, S, 25 Williams Avenue, London ..... (020) 3718 5644
TAYO, M, 44 Russell Road, E17 ..... (020) 8521 6815
TEA, A.J, 27 The Lowe, Chigwell ..... (020) 8559 8748
TECA, M, 97 Baddow Close, Woodford Green ..... (020) 8091 6142
TEJANI, S.S, 107 Cadogan Gardens, E18 ..... (020) 8989 7974
TELI, J, 29 Ramsgill Drive, Ilford ..... (020) 8590 8669
TELLER, S, Goldsmith House Flat 4 Brandesbury Square,
Woodford Green ..... (020) 8500 9032
TEMPLEMAN, J, 6 The Green, WOODFORD GREEN ..... (020) 3726 1162
TEMPLER, C, 76 Woodlands Avenue, London ..... (020) 8989 0961
TENIC, R, Flat 9 Claymore Court 244 Billet Road,
Walthamstow ..... (020) 8531 4226
TENJO, J, 1b Greenleaf Road, London ..... (020) 8520 7753
TENNANT, A, 120 Northcote Road, E17 ..... (020) 8520 5386
T, J, 14 Stag Lane, Buckhurst Hill ..... (020) 8505 7577
TERPILOWSKI, R, 21 Leicester Gardens, Ilford ..... (020) 8220 1614
TERRELONGE, J, Flat 3 11 Fairlight Avenue, Woodford Green .. (020) 3624 5616
TERREY, W, 56 St. Barnabas Road, E17 ..... (020) 8521 3613
TERZIYSKA, A.P, 3 Amanda Close, Chigwell ..... (020) 3742 5027
TESTLER, E, 158 Thorold Road, ILFORD ..... (020) 8514 0060
TETLOW, A, 27 Ingatestone Road, E12 ..... (020) 8989 1032
TETTE, Mr F, 37 Windsor Road, Ilford ..... (020) 8177 7436
TEWARI, V, 41 The Drive, ILFORD ..... (020) 8554 1768
THABTI, Mr B, 119 Ruskin Avenue, London ..... (020) 8141 7102
THACKRAY, P, 39 Gordon Road, London ..... (020) 8989 4846
THAKKAR, C, Flat 18 Lyndhurst Court Churchfields, London .... (020) 3605 8473
T, J, 7 Wray Avenue, Ilford ..... (020) 8262 5928
THAKUR, A, 68 Belgrave Rd, E17 ..... (020) 8521 2747
T, K, Suite 20 1st Floor, 98-102 Cranbrook Road, London ..... (020) 3843 4702
THAM, L, 51 Bressey Grove, London ..... (020) 8989 0820
T, R, 40 Harvey Road, Ilford ..... (020) 8924 7079
THAMARAKULAM, A, 161A Fullwell Avenue, Ilford ..... (020) 3686 8797
THAMBITHURAI, Prabaharal, 208 Cambridge Road, Ilford ..... (020) 8590 3162
THAN, K, 55 Claude Road, London ..... (020) 3514 1140
THANABALASINGAM, Admiral T, 112 Lambourne Road, Chigwell ... (020) 4568 5439
THANGAM, S, 17 Gladstone Avenue, E12 ..... (020) 3132 0533
THANGARAJAH, Mr G, 334 High Street North, London ..... (020) 8141 0112
THANINDRA, Mr Y, Flat A/109 Balfour Rd, Ilford ..... (020) 7165 4494
THANKESHVARAN, S, 228 Monega Road, London ..... (01923) 605722
T, S, 228 Monega Road, London ..... (01923) 605723
T, S, 228 Monega Road, London ..... (01923) 605724
T, S, 228 Monega Road, London ..... (01923) 605725
T, S, 228 Monega Road, London ..... (01923) 605726
T, S, 228 Monega Road, London ..... (01923) 605727
T, S, 228 Monega Road, London ..... (01923) 605728
T, S, 228 Monega Road, London ..... (01923) 605730
T, S, 228 Monega Road, London ..... (01923) 605731
T, S, 228 Monega Road, London ..... (01923) 605732
T, S, 228 Monega Road, London ..... (01923) 605734
T, S, 228 Monega Road, London ..... (01923) 605735
THARMA, A, 358 Manor Park High Street North, London ..... (020) 3005 8645
THATCHER, V, 22 Wingfield Road, E17 ..... (020) 8503 6074
THAXTON, N, 39 Willingale Road, Loughton ..... (020) 3732 3657
THAYALAN, S, 82 Lynn Road, Ilford ..... (020) 8518 3585
THAYAPARAN, K, 90 Netley Road, Ilford ..... (020) 8554 5848
T, Admiral R, 10 Dellow Close, Ilford ..... (020) 3336 2081
THEBO, I, 40 Sylvan Road, E11 ..... (020) 8923 7017
T, Z, 82 Victory Road, E11 ..... (020) 8989 0800

THEOBALDS, A, 25 Brisbane Road, Ilford ..... (020) 8252 4964
T, S, Mobile, 25 Brisbane Road, Ilford ..... (07956) 525307
THEOCHAROUS, K, 42 Frith Road, E11 ..... (020) 8556 9640
THEODORAKOS, G, 14 Station Way, Buckhurst Hill ..... (020) 3352 9982
THEODOSIOU, A, 195 Chingford Mount Road, E4 ..... (020) 8529 2860
THEODOULOU, T, 100 Hartington Road, London ..... (020) 3565 3901
THEORI, P, 45 Dale View Crescent, London ..... (020) 8281 6909
THERON, H, 56 Adelaide Road, E10 ..... (020) 8539 9998
THETHI, R, 414 Thorold Road, Ilford ..... (020) 8220 8276
THEVARASA, B, 32 Aldriche Way, E4 ..... (020) 8527 9242
THIARA, Mr A, 128 Pembroke Rd, ILford ..... (020) 8177 9657
THILEEPKUMAR, Mr T, 10 Saxon Road, Ilford ..... (020) 3376 9397
THISTLEWAITE, J, 2D Greensted Road, Loughton ..... (020) 8502 1571
THIYAGARAJAH, S, 28 Yoxley Drive, Ilford ..... (020) 3380 6669
THOM, A, 13 The Meadway, Buckhurst Hill ..... (020) 8504 3439
THOMAS, A, Flat 2, Chartwell House Barnardo Drive, Ilford ..... (020) 3302 7466
T, A, 80 Pyrles Lane, LOUGHTON ..... (020) 8502 1966
T, Mr Brian, 8 Bickley Road, London ..... (020) 8556 8390
T, Mr Bryan, 42 Ferndale Avenue, London ..... (020) 8520 0736
T, B, 66 South View Drive, London ..... (020) 8989 9086
T, C, 12 Ashfields, LOUGHTON ..... (020) 3853 8084
T, D, 38 Cheyne Avenue, London ..... (020) 8530 4147
T, D.A, 51 Roding Lane, Buckhurst Hill ..... (020) 8505 1566
T, D.J, 128A Westward Road, E4 ..... (020) 8527 8239
T, Mr Errol, No 261 Parkhurst Road, London ..... (020) 8514 4267
T, E, 8 Pasquier Road, E17 ..... (020) 8531 2022
T, Miss G, Flat 3, Price Ho, 2 Oliver Rd, London ..... (020) 8177 2439
T, G.F, 317 Capworth St, Leyton ..... (07956) 360263
T, H, 57 Clavering Road, E12 ..... (020) 8530 4113
T, H, 18 Radlix Road, London ..... (020) 8556 7696
T, H.M, 54 Malcolm Way, E11 ..... (020) 8518 8878
T, I, 27 Parkland Road, Woodford Green ..... (020) 8220 7772
T, J, 66 Alexandra Road, London ..... (020) 8925 8123
T, J, 289 Copperfield, Chigwell ..... (020) 8500 9371
T, Mrs Jisha, 54 Forest Court, London ..... (020) 8091 9311
T, J, 35 Raymond Road, Ilford ..... (020) 8554 3190
T, Mr Michael, 57a Billet Road, Walthamstow ..... (020) 8527 9069
T, M, 30 Newnham Close, Loughton ..... (020) 8502 4594
T, M, 28 Sandyhill Road, Ilford ..... (020) 8553 1401
T, N, Flat 13 Buxton House Buxton Drive, London ..... (020) 8989 5401
T, O, 153 Queens Road, London ..... (020) 8521 7316
T, P, 179 Forest Road, E17 ..... (020) 8527 1867
T, P, William Morris Community Centre 6-8 Greenleaf Road,
London ..... (020) 8520 5021
T, P, 21 Westerham Road, London ..... (020) 8923 7696
T, Mr Russell, Flat 5, Cherrydeal Court, 165 Forest Road,
London ..... (020) 3151 0895
T, Rose, 71 Richmond Road, E11 ..... (020) 8558 4104
T, S, Flat 9 Choice View Centreway Apartments Place, Ilford .. (020) 8553 1795
T, Miss S, Miss 11 Lisbon Close, London ..... (020) 8527 3237
T, Tracey, 8 Orchard Close, E4 ..... (020) 8523 7787
THOMPSON, A, Buxton Court Flat 4 2, Hanbury Drive, London ..... (020) 3686 7001
T, A, 29 Dominion Apartments Mission Grove, Walthamstow ..... (020) 3524 6190
T, Miss A, Flat 22, Boyden House Shernhall Street, London ... (020) 8520 6050
T, C, 23 Poets Place 11 Alderton Hill, Loughton ..... (020) 8502 1311
T, C, 113 Avondale Drive, Loughton ..... (020) 8502 0809
T, C, 95 Henrys Walk, Ilford ..... (020) 3719 8607
T, D, Claymore Court Flat 11 244, Billet Road, London ..... (020) 3612 7225
T, E, 58 Airthrie Rd, Ilford ..... (020) 8252 4255
T, E, 32 Woodend Road, London ..... (020) 8923 1645
T, G.K, Upper Floor Flat 24 Redbridge Lane West, E11 ..... (020) 8989 3323
T, Juliette, 78 Beresford Rd, London ..... (020) 8524 8642
T, J, 42 Colebrook Lane, Loughton ..... (020) 8508 8090
T, J, A 27 Felbrigge Road, Ilford ..... (020) 8597 7038
T, J, 88 Selwyn Avenue, London ..... (020) 8109 0364
T, K, 5 Queens Grove Road, London ..... (020) 3592 6764
T, Mr M, 79 Exeter Rd, London ..... (020) 3132 0345
T, M, 79 Exeter Road, E17 ..... (020) 3132 2649
T, M, 85 George Lane, E18 ..... (020) 8989 9976
T, M, 247 Sherrard Road, E12 ..... (020) 8470 1973
T, N, 20 Union Close, LONDON ..... (020) 3654 2867
T, P, 7 Hardy Road, E4 ..... (020) 8531 3897
T, P.A, 12 Forest Edge, Buckhurst Hill ..... (020) 8504 0876
T, P.M, 113 Woodlands Av, E11 ..... (020) 8989 5663
T, S, 81 St. Patricks Court Bridle Path, Woodford Green ..... (020) 8531 0994
T, S, Flat A, 21 Wallwood Road, London ..... (020) 8925 8061
T, T, 42 Colebrook Lane, Loughton ..... (020) 8508 5968
T, Tina, 1a Yeomen Wy, Ilford ..... (020) 8501 5384
THOMS, A, 7 Selsdon Road, E11 ..... (020) 8530 6460
THOMSON, D, 37 Balfour Road, Ilford ..... (020) 8553 4934
T, D, 14 London Master Bakers Almshouse Lea Bridge Road,
London ..... (020) 3623 8799
T, G, 219A Francis Road, E10 ..... (020) 8556 8060
THORNE, A.G, 43 Mornington Rd, E4 ..... (020) 8559 4580
T, Mrs P, 10 Beaconsfield Road, London ..... (020) 8521 0948
THORNETT, D.B, 56 Clavering Road, E12 ..... (020) 8989 8932
THORNHILL, K, 51 The Crescent, Loughton ..... (020) 8281 1008
THORNTON, A, 22 Mapleleafe Gardens, Ilford ..... (020) 8550 6653
THORP, R.L, 19 Ainslie Wood Gardens, E4 ..... (020) 8529 0073
THORPE, G, 47 Mossford Lane, Ilford ..... (020) 8550 6681
T, H, 16 Murchison Road, E10 ..... (020) 8539 5310
T, J, 2 Colebrook Path, Loughton ..... (020) 8508 1971
THOTAPILLY, M, 26 Cheshire Close, London ..... (020) 8523 4227
THROWER, G.J, Flat 26, Manor Court Lodge, 175 High Road,
London ..... (020) 3759 1399
T, L, 49 Bradwell Close, London ..... (020) 8989 7870
THURAIRAJAH, K, 1 Yoxley Approach, Ilford ..... (020) 4568 5733
THURAIRATHNAM, M, Flat 25 30, Catherine Court Springfield Drive,
Ilford ..... (020) 3623 1617
THURGOOD, P, 5 Richmond Crescent, Chingford ..... (020) 8523 0134
THURPATI, V, First Floor Flat 20 Lyndhurst Drive, E10 Leyton,
London ..... (020) 8556 4747
THURSTON, Mr Charles, 1 Ely Gardens, Ilford ..... (020) 8554 1796
T, Martin, 37 Turpins Lane, Woodford Green ..... (020) 8505 0739
THYER, J.L, 11 View Close, Chigwell ..... (020) 8501 1916
TIBBER, H, 47 Queenborough Gardens, Ilford ..... (020) 8554 5758
TIBBY, N, 58 Bernwell Road, Chingford ..... (020) 8524 6357
TIBEBU, Miss A, 86 Church Rd, London ..... (020) 3132 7488
TICHONOVAS, V, 61 Ruskin Avenue, E12 ..... (020) 8177 3923
TICKTON, G, 8 Chester Path, LOUGHTON ..... (020) 8508 8568
TIERNEY, B, 19 Mayfield Avenue, Woodford Green ..... (020) 8504 6327
T, T, 60 Ainslie Wd Gdns, E4 ..... (020) 8529 7651
TIGHE, A, 10 Jaffe Road, Ilford ..... (020) 8478 3387
T, G, 16 Arrowsmith Close, Chigwell ..... (020) 8500 5872
T, G, 54 Felstead Road, London ..... (020) 8530 4894
TIHONOVA, Jelena, 92 Browning Rd, E12 ..... (020) 8586 2940
TILBURY, A, The Beehive Harvester Staff Accommodation Beehive Lane,
Ilford ..... (020) 3729 4845
TILBY, G.E, 93 Uplands Road, Woodford Green ..... (020) 8504 8678
TILL, R.S.J, Shaw Cottage Gravel Lane, Chigwell ..... (020) 8500 1599
TILLETT, S.C, Flat 8 Chapel End House 270 Chingford Road,
E17 ..... (020) 8531 6613
TILLEY, D, 12 Woodstock Road, London ..... (020) 8531 3984
TILLIE, T, 11 Tudor Road, E4 ..... (020) 8531 2651
TILLMAN, R, 4 Fieldhouse Close, London ..... (020) 8505 0580
TIMMON, A, 299 Thorold Road, Ilford ..... (020) 8553 1761
TIMMS, I, 10 St. Anthonys Avenue, Woodford Green ..... (020) 8505 0667
T, J, 1 Goldsborough Crescent, E4 ..... (020) 8529 4289
T, T, 5 The Seymours, Loughton ..... (020) 3490 5372
TIMSON, D.J, 6 Orford Road, E17 ..... (020) 8520 2928
TINCU, A, 124 Mandeville Court, London ..... (020) 3308 4903
TINGEY, G, 18 Woodbury Road, London ..... (020) 8520 6417
TINGLING, A, 13 Audleigh Place, Chigwell ..... (020) 8505 9518
TINKLER, Margaret, 37 Richmond Rd, Chingford ..... (020) 8529 6622
TINSLEY, J.V, 51A Pearcroft Road, E11 ..... (020) 8556 9740
TIPTON, Mr R, 2 Fairview Villas Chingford Rd, London ..... (020) 8531 1679
TIRCOMNICIOIU, M, 30A Gaysham Avenue, Ilford ..... (020) 8793 5047
TIRRUNIMALAN, N, 18 Hickling Road, Ilford ..... (020) 8924 9237
TISCH, C, 2 Claybury Hall Regents Drive, WOODFORD GREEN . (020) 8501 6844
TISI, Ferdinand, 8 Brook Rd, Loughton ..... (020) 8508 7512
TISSHAW, S, 74 Woodman Path, Ilford ..... (020) 8502 7371
TITEI, N, 4 Greystone Gardens, Ilford ..... (020) 3152 5664
TITHERIDGE, Mrs Patricia, 21 Kingspark Court, London ..... (020) 8989 6971
TITLEY, K.M, 59 Cranbourne Avenue, London ..... (020) 8989 4375
TITRE, R, 148 Hathaway Cres, Manor Pk ..... (07956) 564559
TOBIAS, Dr A, 19 Roll Gardens, Ilford ..... (020) 8491 7853
TOCALSCHI, A, 27 Grenville Gardens, Woodford Green ..... (020) 3566 0156
TODD, J, 127 Fyfield Road, E17 ..... (020) 8509 9779
TODOROVA, Miss Rumyana, 63 Greensted Road, Loughton .... (020) 3754 2237
TOE, Q, 6A Montalt Road, Woodford Green ..... (020) 3294 0899
TOFFALI, L, 90 Fairlop Road, London ..... (020) 3662 4816
TOKAR, Mr E, Northwood Marlowe Road, London ..... (020) 8141 0013
TOKKALLON, C, 7 Gosford Gardens, Ilford ..... (020) 8550 9761
TOLAINI, P, 37 Wanstead Park Avenue, E12 ..... (020) 8989 8815
TOLANUR, S, Flat 307, Raphael House, 250 High Road, Ilford .. (020) 8001 3930
TOLLEY, M.J, 5 Capel Gardens, Ilford ..... (020) 8599 6256
TOMA, M, 81A Wood Street, London ..... (020) 3718 8720
TOMLIN, F.D, 1 Jessie Cottages Low Hall Lane, E17 ..... (020) 8521 1377
T, F.J, 92 Dale View Crescent, E4 ..... (020) 8529 5027
TOMLINSON, A, 27 Rosslyn Avenue, LONDON ..... (020) 8524 3230
T, E, 57 Boleyn Court, Buckhurst Hill ..... (020) 8505 6527
T, L, 19 Brunel Road, Woodford Green ..... (020) 8505 8084
T, L, 21 Greenstead Gardens, Woodford Green ..... (020) 8505 7600
T, P, 202 Brocket Way, Chigwell ..... (020) 8500 8154
TOMPKINS, T, 63 Buttsbury Road, Ilford ..... (020) 8478 0446
TOMSETT, B, 8 Audley Gardens, Loughton ..... (020) 8281 7352
TOMUSANGE, Mr N, 3 Twelve Acre House Grantham Road, E12 ..... (020) 8553 9509
TONGE, C, 86 Hecham Close, London ..... (020) 8531 3466
TONGUE, D, 52 Manford Cross, Chigwell ..... (020) 8924 5741
TOOFANEERAM, Y, 65 St. Mary'S Rd, E10 ..... (07956) 926767
TOOK, J, 36 Abbotts Crescent, E4 ..... (020) 8531 6963
TOOLE, J, 177 Blackhorse Road, London ..... (020) 7305 9824
TOOMEY, M.B, 145A Fullwell Avenue, Ilford ..... (020) 8550 2811
TORO ZAPATA, Mr D, 29 Dunedin Rd, London ..... (020) 8556 7948
TORRIE, I, 37 Heathfield, E4 ..... (020) 8524 2310
TOSHEVA, A, 7 Langley Meadow, Loughton ..... (020) 3669 1948
TOSKO, J, 70 Cavendish Road, London ..... (020) 8531 3998
TOTH, H, Flat B 229 Cann Hall Road, London ..... (020) 3561 2352
TOUNSI, N, 34 Peach Grove, E11 ..... (020) 8988 1024
TOURE, Therese, 12 Bradwell Close, London London ..... (020) 8518 8115
TOUSSAINT, M, 69B Erskine Road, London ..... (020) 3842 7419
TOWAH, Mrs 300 Broadmead Road, Woodford Green ..... (020) 3659 6294
TOWERS, K, Flat 26 Hermitage Court Woodford Road, London (020) 8530 2901
TOWNDROW, B, 94 Farnan Avenue, London ..... (020) 3016 6208
TOWNSEND, A, 9 Hazelwood House Connaught Avenue,
Chingford ..... (020) 8523 7171
T, Jacqueline, Flat 106 Nicholson Court 32 Forest Road, E17 .. (020) 8521 0254
T, P, Flat 12 Walsingham House 27 Forest View, London ..... (020) 8523 7014
TOYE, W, 32 Neville Close, LONDON ..... (020) 3718 9640
TOZER, J, 48 Colson Road, London ..... (020) 8502 1107
TRAFFORD, S, A 29 Cornwallis Road, E17 ..... (020) 8509 2528
TRAILL, S, 8 Orchard Street, E17 ..... (020) 8521 4085
TRAIN, P, 5 Monkchester Close, Loughton ..... (020) 8508 2937
TRAN, L, Flat 7 Crusoe Court 6 Robinson Close, E11 ..... (020) 8555 6995
TRANFIELD, C, 13 Highwood 13 Sunset Avenue, Woodford Green ... (020) 8504 7035
TRANTER, 23 Evesham Way, Ilford ..... (020) 8551 1168
TRAQUAIR, Mrs Brenda, 36 Rose Avenue, London ..... (020) 8530 3432
TRAVERS, E, 142 Newport Road, Leyton ..... (020) 8558 8228
TRAVISS, Mrs C, 9 Eastleigh Rd, London ..... (020) 3132 7271
TRAYHERN, Alan F, 161 Princes Road, Buckhurst Hill ..... (020) 8504 6294
TRAYNER, S, 79 Monkhams Avenue, Woodford Green ..... (020) 8252 3621
TREACHER, S, Greenview 154 High Road, Chigwell ..... (020) 8500 3735
TREADWAY, D, 256 Tiptree Crescent, Ilford ..... (020) 8551 1836
TREAGUST, K, 108 Goldingham Avenue, Loughton ..... (020) 3592 7861
TREGLOHAN, J, 1 Beverley Crescent, Woodford Green ..... (020) 8262 7616
T, P.M, 78 Uplands Rd, Woodford Green ..... (07956) 253390
TRELOAR, David, 152 Ashurst Drive, Ilford ..... (020) 8550 1358
TREVELLYAN, B, 97 Chestnut Avenue, Buckhurst Hill ..... (020) 8504 1769
TREVETT -. PRITCHARD, J, 44 Bateman Road, LONDON ..... (020) 8531 4293
TREW, J, 4 Browns Road, E17 ..... (020) 8520 2045
TRIGG, A, Flat 23 Dominion Apartments, Mission Grove,
London ..... (020) 3138 5873
T, R, 16 Forest Side, London ..... (020) 8926 8225
TRILL, P.R, 257 Manford Way, Chigwell ..... (020) 8501 1042
TRIMAKAITE, D, 8 Evergreen Apartments,253-69 High Road,
Woodford Green ..... (020) 3496 1212
TRIMITHIOTIS, N, 65 Beech Hall Road, E4 ..... (020) 8527 1695
TRINH, T, 12 Maybury Close, Loughton ..... (020) 8109 3118
TRIUNFO, P, 20 Farmilo Road, E17 ..... (020) 8556 0804
TROMBETTE, Mr T, 1 Roxwell Trading Park Argall Avenue,
London ..... (020) 8141 3247
TRONCIU, C, 21A Washington Avenue, London ..... (020) 3532 6615
TROTT, P, Flat A 60 Richmond Road, Leytonstone ..... (020) 3662 5843
TROULLIDES, Y, 33 Peterborough Road, E10 ..... (020) 8556 3191
TROWBRIDGE, J, 200 Willingale Road, Loughton ..... (020) 3754 1548
TRUE, A, 40 Agister Road, Chigwell ..... (020) 8501 2853
TRULUCK, J.P, 276 Balfour Road, Ilford ..... (020) 8554 6500
TRUMAN, J, 30 Eden Road, E17 ..... (020) 8520 8028
T, L, 23 Whitehills Road, Loughton ..... (020) 3686 8434
TRUONG, Q, Broadmead Baptist Church Chigwell Road,
Woodford Green ..... (020) 8504 1073
TRUPPIN, L, Flat 40 Parkview Court 54 Brancaster Road,
Ilford ..... (020) 8599 4498
TRUST, J, 118 Dawlish Drive, Ilford ..... (020) 8590 6418

TSANG CHEUNG, W.F, 5 Alexandra Road, E18 ..... (020) 8989 8119
TSAPO, A, 182 Limes Avenue, Chigwell ..... (020) 8501 1551
TSCUHIYA, M, 21 Goldsmith Rd, E17 ..... (020) 8523 4760
TSEN, K, 12 Lord Avenue, Ilford ..... (020) 8270 8169
TSHINENE, J, 28 Colchester Road, E17 London ..... (020) 3417 7285
TSOMO, T, Flat 6 12 Castle Avenue, London ..... (020) 3565 4302
TUBUUZE, I, 29 Long Green, Chigwell ..... (020) 8062 3086
TUCK, T, 43 Richmond Crescent, London ..... (020) 3663 6067
TUCKER, B, 46 St. Georges Road, Ilford ..... (020) 8554 0203
T, C, Flat 17 Plaza Heights 12 Maud Road, E10 ..... (020) 8556 6908
T, L.J, 71 Hazeldene Rd, Ilford ..... (020) 8590 3570
T, M, ... (020) 3668 7626
TUCKEY, D, Flat 5, 1 Nation Way, London ..... (020) 8524 3022
TUDUWAGE, P, 80 Burnside Avenue, London ..... (020) 3722 5969
TUFA, M, 101 Dersingham Avenue, London ..... (020) 3539 5909
TUFAIL, M, Flat 47 Hainault Court Forest Rise, London ..... (020) 4541 7330
TUITT, J, 11 De La Warr Court 21 Church Avenue, E4 London ... (020) 8527 9198
T, J.E, 9 Chertsey Road, E11 ..... (020) 8539 6561
TULETT, E, 42 Station Road, Loughton ..... (020) 8508 6730
T, R, 24 Avondale Drive, Loughton ..... (020) 8508 8123
TULL, E, 5 Starling Close, Buckhurst Hill ..... (020) 8504 7907
TULUFU, Mr N, Flat C 4 Ivy Rd, London ..... (020) 8177 8666
TUMBA, B, Vector Point 1-5 Apartment 15 Hainault Street, Ilford ..... (020) 3624 8691
TUMBER, M, 16 Barnaby Way, Chigwell ..... (020) 8500 5691
TUNE, J, 45 Dover Road, London ..... (020) 8925 3285
TUNMER, K, 63 Peregrine Road, Ilford ..... (020) 8500 1026
TUOHY, Mrs D, Flat 7, Allanson Ct Leyton Grange Est, London.. (020) 3132 2689
TUPLIN, J, 38 New Jubilee Court Grange Avenue, Woodford Green ..... (020) 8504 4647
TURAY-CLARKE, C.S.A, Flat 22 St. Nicholas Court 121 Aldriche Way, London ..... (020) 8531 1375
TURLAND, C, 16 Longshaw Road, E4 ..... (020) 8524 2282
TURLEY, T, 9 High Meadows, Chigwell ..... (020) 8500 6371
TURNBULL, J, 39 Frederica Road, London ..... (020) 8524 2788
TURNER, A, 10 Camelia Close, London ..... (020) 8539 4127
T, A, 32 Park Road, London ..... (020) 8989 9355
T, A, FLAT 9 MADELEINE COURT Robinia Close, Ilford ..... (020) 8501 4963
T, A, 43 Voluntary Place, London ..... (020) 3737 1073
T, A.P, 5 Elstree Gardens, Ilford ..... (020) 8478 7193
T, C, 1 Holt Way, Chigwell ..... (020) 8924 5472
T, C.F, 63 Underwood Rd, Chingford ..... (07956) 319634
T, E, Flat 26 Lucida Court 1 Papermill Place, E17 ..... (020) 8531 3700
T, Mr I, Flat 3/ 86 Aldborough Road South, Ilford ..... (020) 8141 4431
T, J, FLAT 3 BETTY BROOKS HOUSE 31 Langthorne Road, London .. (020) 8558 0191
T, L.P, 65 Cairo Road, E17 ..... (020) 8521 1545
T, M, 6 Appleton Road, LOUGHTON ..... (020) 8418 7838
T, M, 13 Goldsmith Rd, E10 ..... (020) 8539 7403
T, M, 28a Meadway, Ilford ..... (020) 8597 0761
T, M, 65 Woodville Road, E17 ..... (020) 8520 0417
T, N, 20 Eastwood Road, London ..... (020) 8491 0974
T, P, 67 Manor Road, CHIGWELL ..... (020) 8500 5226
T, Robin, 52 Crownhill Road, Woodford Green ..... (020) 8504 5706
T, S, 30 Dacre Gardens, Chigwell ..... (020) 8279 5308
T, S, 6 New North Road, Hainault ..... (020) 8500 7009
T, T, 28a Devon Close, Buckhurst Hill ..... (020) 8504 1841
TURPIN, P, 24 Harts Grove, Woodford Green ..... (020) 8504 8429
TURRELL, C, 480 Chigwell Road, Woodford Green ..... (020) 8504 3026
TURTON, J, Flat First Floor 62 Chigwell Road, London ..... (020) 3573 0498
T, J, 22 Ickworth Park Road, London ..... (020) 8521 2162
T, James N, 53 Warren Road, E10 ..... (020) 8556 9102
T, S, 315 Woodford GreenChigwell Road,

TUSGUL, Mr A, 246 Carr Rd, London ..... (020) 8177 7506
TUSHA, N, 49 Connington Crescent, London ..... (020) 3726 2686
TUSIIME, R, 42 Daffodil Gardens, Ilford ..... (020) 3654 9393
TUTORING CENTRE, Get Smart, 57a High Street, Barkingside .. (020) 8503 9272
TUTTY, Mr Barry, 25 Connaught Avenue, London ..... (020) 8559 4911
TWAITES, H, 7 Albany View, Buckhurst Hill ..... (020) 8504 8334
TWINN, C, 11 Henrys Avenue, Woodford Green ..... (020) 8504 0568
T, R, 21 Antlers Hill, E4 ..... (020) 8524 5606
TWIST, W, 52 Northumberland Avenue, London ..... (020) 8925 5819
TWOMEY, C, 7 Elmcroft Close, E11 ..... (020) 8518 8546
TWYFORD, J.E, 88 Kenwood Gardens, Ilford ..... (020) 8550 3770
TYCHYNSKA, O, 12 Genas Close, Ilford ..... (020) 3561 1212
TYD, D, 133 Farmer Road, London ..... (020) 8539 8449
TYLOR, Mrs R, 60 Blackthorn Road, Ilford ..... (020) 8177 9498
TYRRELL, N, 110 Grange Road, Ilford ..... (020) 8514 3850
TYSER, R, 68 Snowshill Road, Manor Park ..... (020) 8553 1278
TYUTYUNNYK, P, 117A Coppermill La, E17 ..... (020) 8521 4426
TZITZIS, A, Flat B, 330 High Road Leyton, London ..... (020) 8925 0984
TZOULIOU, I, 20 Nottingham Road, E10 ..... (020) 8556 2283
TZVETKOV, Mr Tzezar, 47b Granville Road, London ..... (020) 8279 4261
UBANI, I, 22 Bracken Drive, Chigwell ..... (020) 3592 0825
UBHI, J, 92 Rosebery Avenue, LONDON ..... (020) 8471 3660
UCAR, H, 23 Medway Close, Ilford ..... (020) 8270 2885
UDDIN, Mr A, 4 Henley Rd, Ilford ..... (020) 3132 0822
U, Mr A, Flat B 29 Newbury Rd, London ..... (020) 3132 7262
U, J, 10 Thurlestone Avenue, ILFORD ..... (020) 8599 0190
U, K, 69 Browning Road, E12 ..... (020) 8552 3069
U, M, 746A-746b High Road Leytonstone, London ..... (020) 3375 1625
U, M, 17 Carriage Mews Ilford, Essex ..... (020) 3674 5785
U, M, 160 Lawrence Avenue, Manor Park ..... (020) 3723 2603
U, M, 14 Rabbits Road, E12 ..... (020) 8514 7698
U, M, Mobile, 339 Strone Road, London ..... (07961) 734325
U, Mr M, 81 Washington Avenue, London ..... (020) 3132 5553
U, N, 160 Lawrence Avenue, Manor Park ..... (020) 8514 6627
U, N, 54C North Birkbeck Road, Leytonstone ..... (020) 3722 3622
U, Mr R, 16 Ash Grove Road, Ilford ..... (020) 8586 1152
U, S, 50 South Park Terrace, Ilford ..... (020) 3686 6578
U, S, 69 Wellwood Rd, Goodmays, Ilford ..... (07956) 592586
U, M W, 59 Hathaway Crescent, London ..... (020) 8472 9322
U, Z, 69 Wellwood Road, Ilford ..... (020) 8590 3095
UFEL, Mr M, 184 Sixth Avenue, London ..... (020) 8553 7639
UGBOMAH, Mr M, Flat 5 Providence Ho 134 Orford Rd, London .... (020) 3132 6136
UL HAQUE, H, 61 Kimberley Avenue, Ilford ..... (020) 3581 5307
UL HASAN, G, 568 Ley Street, Ilford ..... (020) 8214 6316
UL-HAQ, A, 258 Strone Road, London ..... (020) 8522 7975
U, M, 102 Richmond Road, Ilford ..... (020) 3759 3184
ULLAH, Mr A, 24 Alexandra Rd, London ..... (020) 3138 0915
U, N, 97 St. Mary'S Road, London ..... (020) 8281 4690
ULLYART, K, 38 Bromley Rd, E17 ..... (020) 8928 1096
ULOZAS, Mrs Z, 66 Daffodil Gardens, Ilford ..... (020) 8177 9480
ULTIMATE AV, Ta, 100 Luxborough Lane, Chigwell ..... (020) 8504 6273
ULUS, H, 80 Priory Avenue, London ..... (020) 3561 0700
ULUSOY, G, First Floor 129 Beresford Road, London ..... (020) 7022 3835
UMAPATHY, U, 61 Torquay Gardens, Ilford ..... (020) 3417 9482
UMARJI, Mr M, 118 High St, London ..... (020) 3132 6134
UMEASALUGO, S, Woodford House Flat 12 Woodford Road, London ..... (020) 3731 5855
UMEH, J, 12 Tudor Road, London ..... (020) 3380 6622
UNADKAT, N, 15 Glencoe Avenue, Ilford ..... (020) 8599 2391
UNAL, R, 11 Whites Avenue, Ilford ..... (020) 8548 3888
UNDERHILL, C, 11 Hurstwood Avenue, London ..... (020) 8989 6857
U, S, 26 Balliol Avenue, E4 ..... (020) 8524 5468
UNDERWOOD, J, 27 Woodville Road, E17 ..... (020) 8520 4091
UNDRE, N, 53 Lansdowne Road, London ..... (020) 8925 7924
UNGUREANU, D, 70 Simmons Lane, London ..... (020) 8419 2113
UNIT 6, 95 Ilford Lane, Ilford ..... (020) 3602 1032
UNWIN, B, 22 Dale View Crescent, London ..... (020) 8529 4907
U, T, 76 Richmond Road, London ..... (020) 8923 6135
UPSON, D, 34 Kirkland Avenue, Ilford ..... (020) 8551 5423
URRAHMAN, S, 42 Wanstead Park Road, Ilford ..... (020) 3532 2326
USHER, Dr E.C, 57 Kingsdown Road, E11 ..... (020) 8555 5256
USMANI, Shahnaz, 101 Aveling Park Rd, Walthamstow ..... (020) 8527 3755
U, U.K, 32 Elgin Road, Ilford ..... (020) 8597 1366
UTHAYAKUMAR, S, 37 Wisteria Close, Ilford ..... (020) 3305 6342
UTHAYAMOORTHY, Mrs K, 55 Buttsbury Rd, Ilford ..... (020) 8270 3309
UTTING, S, 8 Hillyfields, Loughton ..... (020) 8508 7657
UTTON, R, 43 Alpha Road, London ..... (020) 8926 2431
UTWAL, Hemlata, 32 Brisbane Road, Ilford ..... (020) 8518 5530
UWINS, J, 16 Meadow Way, Chigwell ..... (020) 8559 9078
UZICE, J, 42, St Patricks Court The Bridle Path, Woodford Green ..... (020) 8523 4958
UZONG, Marilyn, Flat 1 Helwys Court 107 Selwyn Avenue, E4 (020) 8531 2194
VADHER, D, Flat 24 Oleastor Court Stoneleigh Road, Ilford ..... (020) 8550 3686
V, V, 54 Capel Gardens, Ilford ..... (020) 8590 7864
VAGHELA, Harish, 215 Church Rd, London ..... (020) 8478 7940
VAIRAMATHU, R, 23 Woodville Rd, E17 ..... (020) 8521 6140
VAISVILAITE, Miss J, 79 Chesterford Road, London ..... (020) 8478 5884
VAITHEESWARAN, N, Churchill Court Flat 18 Albert Road, Ilford ..... (020) 3718 7308
VAITYANADEN, Mr Hindujan, 184 Oaks Lane, Ilford ..... (020) 3583 1892
VAIYATA, M, 206 Monega Road, E12 ..... (020) 8470 9635
VALAM, Miss M, 32 Mayville Road, Ilford ..... (020) 8177 9499
VALANCIUNIENE, A, Flat 2 14-15 Church Lane, London ..... (020) 3730 5715
VALASKOVA, Miss R, 304 Stocksfield Rd, London ..... (020) 8521 4570
VALAVAN, K, 5 Longwood Gardens, Ilford ..... (020) 8551 7399
VALDES, J, 22 Marten Rd, E17 ..... (020) 8523 0508
VALDEZ, E.J, 9 Carlton Road, E11 ..... (020) 8558 6626
VALE, D, 3 Larch Rd, E10 ..... (07939) 844568
V, Miss 105 Dover Road, London ..... (020) 3609 2338
VALENTINE, C.J, 80 Alderton Hall Lane, Loughton ..... (020) 8508 9517
V, L.A, 67 Longshaw Road, E4 ..... (020) 8524 0997
VALISHTA, A, 5 Hillcroft, Loughton ..... (020) 3536 3038
VALLI, M, 18 Charlbury Gardens, Ilford ..... (020) 8590 8108
VALLIANE, S, 10 Rowan Close, Ilford ..... (020) 3624 6263
VAN DER MESCHT, Mr D, 2A York Rd, London ..... (020) 8509 7342
VAN DER NERWE, Mr B, 31 Warren Rd, London ..... (020) 8141 1829
VAN KRADENBURGH, K, 1A Cairo Road, LONDON ..... (020) 3648 5809
VANAM, G, Ground Floor Suite 3 Clements Court, Clements Lane ..... (020) 8478 8782
VANDENBERG, B.L, 6 Eltisley Rd, Ilford ..... (020) 8478 4139
VANEZIS, A, 97 Kings Avenue, WOODFORD GREEN ..... (020) 3737 3038
VANLINT, N, 12 Derby Road, London ..... (020) 8252 5134
VAQAS, S, 62 Cobham Road, Ilford ..... (020) 3132 1196
VARABAUSKAS, D, 31 Seymour Road, E10 ..... (020) 8556 7573
VARADARAJAN, Mr P, 52 Dersingham Ave, London ..... (020) 8141 0716
VARASKIENE, E, Flat 3 114 Goodmayes Road, ILFORD ..... (020) 3842 9286
VARATHARAJAN, S, 3 Millers Close, Chigwell ..... (020) 8502 6517
VAREY, K, 34 The Mile End, London ..... (020) 3669 0344
VARKONYI, G, 4 Century Road, London ..... (020) 3673 7880
VARNAS, Mr M, 22a Pearcroft Rd, London ..... (020) 3132 6725
VARSANI, A, 94 Quebec Road, Ilford ..... (020) 8554 4105
V, B, 384 Sherrard Road, Manor Park ..... (020) 8552 9417
VASANTHAM, R, 27 Trevor Roper Close, Ilford ..... (020) 8553 9989
VASCONCELOS, N, Flat 19,Bloomfield Court,2 Brisbane Road, Leyton ..... (020) 8556 6830
VASHI, H, 22 Longfield Avenue, E17 ..... (020) 8520 6136
VASILACHI, S, 66 Caernarvon Drive, Ilford ..... (020) 3152 1688
VASILE, C, 49 Leamington Gardens, ILFORD ..... (020) 3722 1264
V, E, 146 Oaks Lane, Ilford ..... (020) 3720 4419
VASILEV, G, 27 Karina Close, Chigwell ..... (020) 3654 1373
V, V, 54 Courtenay Road, London ..... (020) 8521 4360
VASSELL, C, 231 Larkshall Road, E4 ..... (020) 8529 1457
VASSILIOU, Solom, 3 Vicarage La, Ilford ..... (020) 8553 4424
VASSOU, T, 15 Holly Drive, London ..... (020) 8524 4057
VASU, L, 3 East Avenue, E12 ..... (020) 8552 7242
VATAMAN, Mr V, 55 Lower Queens RD, Buckhurst Hill ..... (020) 8504 7029
VAUDEAU, N, 3 Elphinstone Road, London ..... (020) 8527 7365
VAUGHAN, B, 104 Antlers Hill, E4 ..... (020) 8524 3441
V, J, 53 Tower Hamlets Road, E17 ..... (020) 8509 3657
V, T, 21 Colwall Gardens, Woodford Green ..... (020) 8498 0061
VAWDA, A, 4 Monarch Way, Ilford ..... (020) 8554 1235
V, I, 80 Cranbrook Rise, Ilford ..... (020) 8117 5433
VAZ E. COLONIA, C, First Floor Flat 283 Church Road, London.. (020) 3172 6803
VEAZEY, B, 183 Willingale Road, Loughton ..... (020) 8508 7347
VECCCHIONE, A, 124 Henley Road, Ilford ..... (020) 3489 9607
VEKRIA, H, 156 Bawdsey Avenue, Ilford ..... (020) 8270 8943
VELASQUEZ, Y, 14 Wragby Road, E11 ..... (020) 8555 5228
VELOSO, E, 59 Burney Drive, Loughton ..... (020) 3685 2783
VENABLES, K.W, 5 Hempstead Close, Buckhurst Hill ..... (020) 8504 1261
VENEGAS, M, 19 Crossbow Road, Chigwell ..... (020) 8500 3044
VENIAMINOVA, M, Flat 17 Berica Court Mossford Green, Barkingside ..... (020) 8551 2790
VENKATACHALAM, Mr K, 78 Church Road, London ..... (020) 3375 6784
VENKATASAMY, R, 33 Ethelbert Gardens, ILFORD ..... (020) 8550 2546
VENNER JONES, A, 126 Richmond Road, London ..... (020) 8558 6377
VENOUGOBAL, T, 100A Goldsmith Avenue, London ..... (020) 3612 0272
VENTER, A, 68 Ruckholt Road, E10 ..... (020) 8177 6401
VERARD, R, 119a Fencepiece Road, Ilford ..... (020) 8500 6427
VERDANT, E, 28 Rayleigh Road, Woodford Green ..... (020) 8505 3844
VERGEL, R, 7 Heather Road, London ..... (020) 3015 5616
VERGONI, Mr O, 21 Douglas Rd, Ilford ..... (020) 8590 7545
VERLKMAN, Mr K, 60 Vernon Road, E11 ..... (020) 8141 2482
VERMA, K, 113 Windsor Road, Ilford ..... (020) 8014 8304
V, K.K, 6/786 High Rd, Ilford ..... (020) 8586 1665
V, M, 56 Stradbroke Grove, Ilford ..... (020) 3605 1349
VERNEGE, Mr A, 108 Brookscroft Road, E17 ..... (020) 8141 7333
VERONIQUE, A, 28 Hastings Avenue, Ilford ..... (020) 8550 4012
VERRAN, A, 43A Nightingale Lane, London ..... (020) 8989 9995
VERRENT, K, 24 Browning Road, E11 ..... (020) 8989 8146
VICKERS, A.J, 36 Frances Rd, E4 ..... (020) 8531 1461
VICTOR, A, 36 Leadale Av, E4 ..... (020) 8559 4544
V, H, 14 Gascoigne Gardens, Woodford Green ..... (020) 8281 2682
V, J, 74 Beattyville Gdns, Ilford ..... (020) 8551 6948
V, M, 117 Withy Mead, E4 ..... (020) 3304 1441
VIDAL, J, 73 Marten Road, London ..... (020) 8925 7353
V, T, 23, Pearl Apartments, 53 Dunton Road, London ..... (020) 3759 0711
VIDHYADHARAN, M, 1 Glenside, Chigwell ..... (020) 8559 9897
VIDLER, V.M, 53 Finchingfield Avenue, Woodford Green ..... (020) 8505 8703
VIGLIANTE, G, 140 Grove Green Road, London ..... (020) 3724 7149
VIJAYABARATHY, V, 52 Icknield Drive, Ilford ..... (020) 8518 3938
VIJAYAKUMAR, S, 29 Staines Rd, Ilford ..... (07956) 319320
VIJAYAN, V, 10 Oaks Lane, Ilford ..... (020) 8590 6045
VIJAYENDRAN, S, 3 Bloomfield Crescent, Ilford ..... (020) 8252 1053
VILKS, Mr K, Flat B/74 Boundary Rd, London ..... (020) 3132 0292
VILLA, P, Flat 12 Albany Court 2 Chelwood Close, E4 ..... (020) 8529 4601
VILLACCI, E, Flat 4 Catherine Lodge 205 Maybank Road, E18 .. (020) 8504 8394
VINCE, T, 63 Gordon Road, South Woodford ..... (020) 8504 2543
VINCENT, J, 143 Goodmayes Lane, Ilford ..... (020) 8590 6843
VINCENT MWENSI, S, 7 Church Lane, London ..... (020) 8539 0504
VINCENT, R, 43 Ashburton Avenue, Ilford ..... (020) 8220 2527
V, R.J, 65 Oak Hill Crescent, Woodford Green ..... (020) 8925 2235
V, S, 8 Summit Road, London ..... (020) 8521 0264
VINE, B.J, 8 Greenway Court 1 Valentines Road, Ilford ..... (020) 8518 2129
VINES, R, 3 Mossford Court Hatfield Close, Ilford ..... (020) 8551 2165
VIRBAN, M, 26 Abbey Road, Ilford ..... (020) 8554 2764
VIRDEE, H, 11 Bramley Crescent, Ilford ..... (020) 8518 1347
V, Mr J, 34 Selborne Rd, Ilford ..... (020) 3132 1734
V, K, 67 Devonshire Road, ILFORD ..... (020) 8013 3381
VIRDI, P, 95 Sheridan Road, London ..... (020) 8470 4925
V, S.S, 16 Clifton Road, Ilford ..... (020) 8554 0948
VIRGIN, R, 69 Bakers Avenue, Walthamstow ..... (020) 8539 0960
VIRTANEN, Ms M, 49 Clarence Rd, London ..... (020) 8478 3592
VISAKARATNAM, D, 48 Melford Road, E17 ..... (020) 8509 0692
VISHAL, Mr V, 5 Rabbits Road, London ..... (020) 8177 1475
VISHNURAJAH, N, Flat 9 Vishnu Court 723-33 Cranbrook Road, Ilford ..... (020) 8551 2455
VISNEVS, A, 13 St. Barnabas Road, London ..... (020) 8520 8498
VISVALINGAM, Kugan, 44 Cheriton Avenue, Ilford ..... (020) 8550 1337
VITHLANI, P, 14B East Avenue, Manor Park, London ..... (020) 8552 3740
VLAD, M, 57 South Park Drive, Ilford ..... (020) 3843 3575
VLAS, N, 1 Benina Close, Ilford ..... (020) 8503 8233
VLASCEANU, D, 2 Wroth Close, Loughton ..... (020) 3016 5341
VOGG, A, 12 Langbourn Court, 3 Luther King Close, London ... (020) 8141 6569
VOICILA, L, 29 Cameron Road, Ilford ..... (020) 3016 6127
VOKA, E, 58 Lea Hall Gdns Lea Hall Ro Ad, E10 ..... (020) 8558 7140
VOLLMER, J, 54 Tycehurst Hill, Loughton ..... (020) 8508 6754
VORSTER, C, 8 Coppice Path Court Coppice Path, Chigwell ..... (020) 7671 5623
VOSA-BAIGRIE, I, 9 Woodlands Road, London ..... (020) 8503 6272
VOSS, D, 53 Byron Avenue, London ..... (020) 8989 3573
VOWLES, G, 8 Purley Close, Ilford ..... (020) 8551 3191
VRANAKIS, A, 2 Bewdley Place, Chigwell ..... (020) 7285 8683
VYAS, J, 9A Empress Avenue, ILFORD ..... (020) 8518 6214
V, J, 135 Rosebery Avenue, London ..... (020) 8471 6565
V, K, 1 Painters Road, Ilford ..... (020) 8599 9679
V, S, 49 Abbotswood Gardens, Ilford ..... (020) 8252 1198
V, T.P, Flat 25 Oaklea Lodge 124 Goodmayes Lane, Ilford ..... (020) 8597 1329
WADE, C, 77 Pyrles Lane, Loughton ..... (020) 8508 8744
W, M, 18B Gladding Road, E12 ..... (020) 8514 2303
W, M, Flat 24 Pelly Court Summit Road, London ..... (020) 7041 9839
W, M.L, 30 Southern Drive, Loughton ..... (020) 8508 6112
WADHAM-SMITH, N, 24 Waverley Road, London ..... (020) 8509 2023
WAGHORN, M, 51 Jersey Road, Ilford ..... (020) 8553 1734
WAGNER, J, 16 Elmstead Road, Ilford ..... (020) 8599 5819
W, J.M, Flat 19 Riverside Court 1 Chelwood Close, E4 ..... (020) 8529 7290
W, M.T, Flat 3 Tavistock House Rosebury Square, Woodford Green ..... (020) 8502 6818
WAHAB, H, 52 Fernways, Ilford ..... (020) 3560 1926
WAHEED, A, 375 High Road, Leytonstone, E11 ..... (020) 3132 5315
W, Mr 24 Hoe Street, London ..... (020) 8509 1866
WAHEEX, F, 19 Montfort Gardens, Ilford ..... (020) 8502 7813
WAHID, A, 323 Cranbrook Road, Ilford ..... (020) 8554 8225
W, Razia, 43 Seven Kings Road, Ilford ..... (020) 8597 8809
WAIDSON, C, 24 RODING LODGE Royston Gardens, Ilford ..... (020) 8518 2612
W, L, 96 Gaysham Avenue, Ilford ..... (020) 8550 8770
WAINAINA, P, Mobile, Flat 2, 27 Argyle Road, Ilford ..... (07984) 425686
WAINER, J, 91 Bushfields, Loughton ..... (020) 3532 1092
WAINWRIGHT, C.A, 31 Queens Road, E11 ..... (020) 8556 8129
W, J.L, 242 Fullwell Av, Ilford ..... (020) 8551 4974
WAITES, M, 10 Regency Lodge, Buckhurst Hill ..... (020) 8505 2457
WAITHE, C, Kestrel Court Flat 30 14, Woolston Close, London. (020) 3304 7495
W, M, 415 Ley Street, Ilford ..... (020) 8554 7912
W, S, 79 Henley Road, Ilford ..... (020) 8478 7875
WAJITH, Mr A, 42 Tennyson Avenue, London ..... (020) 3004 0679
WAKELING, P, 8 Willingale Close, Loughton ..... (020) 8502 1888
WALAWWE, S, 40A Francis Road, Leyton ..... (020) 3672 3948
WALDEN, V, Flat A 3 Westerham Road, E10 ..... (020) 8558 6485
WALDRON, P, 4 Appleby Close, E4 ..... (020) 8531 3921
WALES, A, 87 Tycehurst Hill, Loughton ..... (020) 8532 0801
WALESA, M, 21 Trafford Close, Ilford ..... (020) 3565 6454
WALESKA, Mrs K, 9 Selwyn Av, London ..... (020) 3132 7270
WALFORD-GRANT, M, 31 Cheyne Avenue, London ..... (020) 8530 3393
WALKER, A, 43 Prospect Road, Woodford Green ..... (020) 8504 5749
W, A, 82A Roding Lane North, Woodford Green ..... (020) 8491 6545
W, A, 2 St. Stephens Avenue, London ..... (020) 8521 3696
W, B, Flat 12 Albert Hse 3 Victoria Road, London ..... (020) 8530 7668
W, Charlie, Flat 1 21 Blake Hall Road, E11 ..... (020) 8989 1754
W, C, 16 Hoppett Road, London ..... (020) 8524 8545
W, D, 9 Salway House Thornhill Road, ... (07957) 308841
W, D, 6 Woodland Road, London ..... (020) 8793 9296
W, G.S, Unit B Highview House Grasmere Gdns, Redbridge, Ilford ..... (07956) 360708
W, H, 25 Hedgeley Woodford Avenue, Ilford ..... (020) 8551 5273
W, J, 69 Burney Drive, Loughton ..... (020) 8281 4856
W, J, 38 Mount Avenue, London ..... (020) 8524 4388
W, L, 70 Hurst Avenue, London ..... (020) 8529 0421
W, M, 38 Worsley Road, LONDON ..... (020) 8926 7089
W, Ronald, 20 Barnes Close, London ..... (020) 8478 7118
W, R, 27 Forest Approach, Woodford Green ..... (020) 8252 7077
W, R.J, BSC(Eng) 19 Forest Approach, Woodford Green ..... (020) 8505 1664
W, S, 10 The Hollow, Woodford Green ..... (020) 8504 2486
W, S, 98 Woodlands Avenue, London ..... (020) 8530 7836
W, V.J, mobile, 283B Capworth St, E10 ..... (07960) 674581
WALKER-ARNOTT, M, 71 Gloucester Road, London ..... (020) 8531 0023
WALL, J, 65 Tufton Rd, E4 ..... (020) 8523 9101
WALLACE, E, 7 Waverley Avenue, London ..... (020) 8524 2270
W, H, 23A Selsdon Road, E11 ..... (020) 8530 3581
W, J, 49 Brunswick Road, London ..... (020) 8281 6680
W, M, 35 College Gardens, Chingford ..... (020) 8524 4840
W, P, 597 High Road Leyton, London ..... (020) 8558 6401
W, P, Mobile, 220 Murchison Road, London ..... (07956) 434382
WALLEN, P, 97 Warner Road, E17 ..... (020) 8503 6013

WALLIS, B, 227 Old Church Road, E4 (020) 8529 2361
W, J, 8 Braintree Avenue, Ilford (020) 8550 5516
WALLMAN, D, 62 Dovedale Avenue, ILFORD (020) 3536 3073
WALMSLEY, G, 3 Stanley Rd, E18 (020) 8504 7742
W, Mr Robert, 25 Beacontree Avenue, London (020) 8923 4158
WALPOLE, A, 141 Coventry Road, Ilford (020) 8518 6603
WALSH, A, 26 Hollybush Hill, London (020) 8530 4814
W, E, A 33 Auckland Road, Ilford (020) 8518 5253
W, J, Flat 10 King Court, 25 Capworth Street, London (020) 8925 4694
W, N, 15 Woodhouse Road, E11 (020) 8519 0813
WALTER, H, 62 Maple Gate, Loughton (020) 8502 4727
W, L, 71 Rokeby Gardens, Woodford Green (020) 8504 5030
WALTERS, D, 22 Aragon Court Aragon Drive, Ilford (020) 8500 8878
W, E, 67 Normanshire Drive, E4 (020) 8524 4171
W, H.D, 11 Rosedene Gardens, Ilford (020) 8550 7902
W, Jacqueline, 90 St Barnabas Road, Woodford Green (020) 8504 5058
W, L, 56 Sewardstone Gardens, London (020) 3712 8262
W, M, 239 Eton Road, Ilford (020) 8553 2192
W, T, 30 Azalea Close, Ilford (020) 8514 3785
W, Mrs V, 110 Auckland Road, Ilford (020) 8220 5835
WALTHAM, M, 151 Larkshall Rd, E4 (020) 8529 8870
WALTON, M, 24 Herongate Road, London (020) 8989 5303
WAN, Miss X, 232 Capworth Street, London (020) 8141 4416
WANDWICH, Mr A, 39 Pasquier Rd, London (020) 8141 7334
WANG, J, 641 Lea Bridge Road, London (020) 3336 4989
W, J, 37 Somers Road, London (020) 3722 7114
W, Mrs X, 91 Queens Rd, London (020) 3132 6285
W, Mrs X, 91 Queens Rd, London (020) 3132 6646
W, Mr Z, 4 Poplars Road, London (020) 8141 8070
WANGSELL, E, 10C Shrubland Road, London (020) 3590 0366
WANSTALL, S.M, 17 Manford Cross, Chigwell (020) 8500 7773
WANT, R, 74 Queenswood Gardens, London (020) 8923 8155
WANZAM, I, 9 Long Leys, London (020) 8527 1630
WAPSHERE, B.L, 73 Ardwell Avenue, Ilford (020) 8554 4891
WAQAR, S, 322 Hoe Street, E17 (020) 8520 6677
WARADE, S, 576A Green Lane, Ilford (020) 3496 4056
WARBEY, N, 78 Empress Av, E12 (020) 8530 3964
WARBIS, H, 96 Connington Crescent, E4 (020) 8524 5161
WARBRICK, A, 4 Browning Road, London (020) 7671 1929
WARBURTON, N, 51 Hungerdown, London (020) 3645 1446
WARD, Alex, 138B Forest Road, E17 (020) 8521 3484
W, B, 26 Queenswood Avenue, London (020) 8531 4067
W, E, 197 Blackhorse Road, E17 (020) 8521 5026
W, E, 11 Eatington Road, Leyton (020) 8558 3605
W, E.W, 48 Mayfield Road, E4 (020) 8529 6059
W, H, 67 Queenborough Gardens, Ilford (020) 8550 0583
W, J, 43 Northumberland Avenue, London (020) 4501 0199
W, M, 28 Charnwood Drive, E18 (020) 8530 4085
W, N, 32 Abbess Terrace, LOUGHTON (020) 8418 9619
W, P, 13 Hatch Lane, E4, London (020) 7041 6982
W, R, 6 Clarendon Road, London (020) 8556 0674
W, Mr R, Mr Marian Lawson Court 168-174, 9 Manford Way, Chigwell (020) 8502 7245
W, S, 231 Maybank Road, E18 (020) 8505 2252
W, T.C, 28 Hills Road, Buckhurst Hill (020) 8505 5120
WARDELL, G, 44 Woodside Gardens, London (020) 8527 5993
WARDERE, H, 14 Hatherley House, 30 Westbury Road, London (020) 8923 5059
WARE, A, 115 Diana Road, London (020) 8503 2379
WARING, S, 4 Barfields Path, Loughton (020) 8281 1883
WARNE, P.F, 75 The Ridgeway, E4 (020) 8524 2006
WARNER, C, 89 Ainslie Wood Road, Chingford (020) 8529 6279
W, I, 55 Broadwalk, E18 (020) 8989 8968
W, R, 78 Goldings Road, Loughton (020) 8508 3349
W, T, 41 Salisbury Road, E4 (020) 8524 1875
W, W, 16 Portman Drive, Woodford Green (020) 8550 7411
WARREN, G, 87 Blyth Road, E17 (020) 8556 7578
W, H, 55A Station Road, Chingford (020) 8529 3206
W, I, 139 Onslow Gardens, London (020) 8530 2987
W, J, 28 Carrick Drive, Ilford (020) 8491 8262
W, M, 8 Baldwins Hill, Loughton (020) 8502 4655
W, Ray, 4 Greenstead Avenue, Woodford Green (020) 8504 7544
W, T.H, 34 Danbury Way, Woodford Green (020) 8504 9993
WARSAME, M, 50 Gosport Road, Walthamstow,London (020) 8509 1358
WARWICK, J, 27 Starling Close, Buckhurst Hill (020) 8504 0938
WASHER, E.A, 29 Pembar Avenue, E17 (020) 8531 7361
WASHINGTON, M, 144 South Birkbeck Road, London (020) 3685 3182
WASMUTH, S, 5 Trinity Garden South View Drive, London (020) 8530 6976
WASZKIEWICZ, P, Flat 11 Oakhurst Court Woodford New Road, London (020) 3654 5539
WATERHOUSE, J, 5 Clementine Walk, WOODFORD GREEN (020) 8559 0731
WATERS, P, 92A Goodmayes Lane, Ilford (020) 8599 1171
W, Raymond, 1 Lime Street, London (020) 8520 2679
WATKINS, A, 40 Danbury Way, Woodford Green (020) 8505 7914
W, A, Ground Floor Flat, 198 Warner Road, London (020) 8503 6440
W, G, 63 Deynecourt Gardens, E11 (020) 8530 2640
W, S, 34 Bloxhall Road, London (020) 3952 7478
W, V, 36 Luton Road, E17 (020) 8503 3231
WATKINSON, D, 83 Cowslip Road, E18 (020) 8491 6909
WATLING, J, 5 Fairlight Avenue, Woodford Green (020) 8504 9881
WATSON, Alfd R, 13C Alloa Road, Ilford (020) 8597 0207
W, B.H, 31 Albany Road, E12 (020) 8553 1830
W, C, 46 De Vere Gardens, Ilford (020) 8518 6405
W, C, 12 Long Green, Chigwell (020) 3737 0376
W, D, 22 Nightingale Avenue, E4 (020) 8531 9142
W, Miss E, 60 Blackthron Road, Ilford (020) 8177 7442
W, H, 56 Stanley Road, London (020) 3084 9886
W, I.R, 60 Cranley Road, Ilford (020) 8554 0565
W, J, 6 Clarence Avenue, Ilford (020) 8554 0749
W, J, 98 Herongate Road, London (020) 8530 8590
W, J, 46 The Bramblings, E4 (020) 8559 3664
W, J.W, 14 Merrivale Avenue, Ilford (020) 8550 3753
W, M, 12 Queens Grove Road, London (020) 8524 4472
W, N, 7 St. Mary's Avenue, E11 (020) 8989 5029
W, P, Dunellen Garden Way, Loughton (020) 8508 2070
W, R, 135 Chingford Road, E17 (020) 8531 2534
W, R.E, 25 Chelmsford Road, E17 (020) 8520 8000
W, S, 46 Peel Road, E18 (020) 8559 0522
W, S, 9 Regents Place, Loughton (020) 8508 2201
W, Mr S, 88 Sixth Avenue, E12 (020) 8141 0436
W, S, 14 Trelawney Close, E17 (020) 8509 8791
W, V, 92 Rous Road, Buckhurst Hill (020) 8504 1750
WATT, Y, 41 Leslie Road, London (020) 8556 0408
WATTON, C, 2 Hanover Gardens, ILFORD (020) 8500 2528
WATTS, Richard, A 11 Fleeming Road, E17 (020) 8523 3352
W, Richard, 60 Sanderstead Road, E10 (020) 8556 8995
W, Z, 10 The Lawns, E4 (020) 8523 8197
WAUCHOPE, M, 26 Brindwood Road, LONDON (020) 8523 8207
WAUER, T.F, 3 Gwynne Park Avenue, Woodford Green (020) 8504 7356
WEARS, Mrs J, 96 Onslow Gardens, London (020) 8989 1744
WEATHERBURN, I, 69 Traps Hill, Loughton (020) 8508 9050
WEAVER, K, 5 Chelmsford Road, E17 (020) 8521 5273
WEBB, A, 101 Prospect Road, Woodford Green (020) 8504 3461
W, C, 58 Stow Crescent, Walthamstow (020) 8527 2292
W, C, 80 Whitehall Gardens, E4 (020) 8529 6505
W, D, 17 Kelsie Way, Ilford (020) 8501 2548
W, D.E, 151 Brackley Sq, Woodford Gn (020) 8505 1617
W, G, 40 Roding Gardens, LOUGHTON (020) 8418 9551
W, J.H, 82 Warrior Square, E12 (020) 8553 2710
W, M, 48 Wanstead Park Avenue, London (020) 4619 4374
W, Ms R, 49 Somers Road, London (020) 8177 9966
WEBDALE, M, 8 Hawbridge Road, London (020) 8556 8608
WEBSTER, C, 4 Fairview Road, Chigwell (020) 8500 3374
W, C.C, 263 Hale End Road, Woodford Green (020) 8531 6008
W, P, 16A Woodlands Road, London (020) 8509 0411
W, S, 14 Colvin Gardens, E11 (020) 8989 0445
W, S, 65 Craven Gardens, ILFORD (020) 8550 2536
W, V, 40 Woodhouse Road, London (020) 8534 6727
WEDDERBURN, C, 1, Chesham Apartments, 40 Parade Gardens, London (020) 3556 3059
WEEDEN, H, 60 High Beech Road, Loughton (020) 8508 2762
WEEKES, M, 12 Silver Birch Avenue, LONDON (020) 8531 9286
WEEKS, M, 8 Malmesbury Road, E18 (020) 8504 1811
W, R, 14 Thurlow Court Wellesley Road, Leytonstone (020) 8530 3011
WEERASEKERA, M, 43 Broadhurst Avenue, Ilford (020) 8220 7682
WEHRFRITZ, B, 73 Bushwood, London (020) 8989 4868
WEINBURG, B, 51 Waremead Road, Ilford (020) 8550 6826
WEINFASS, H, 25 The Heights, Loughton (020) 8508 0654
WEIR, N.E, 54 Marlyon Rd, Ilford (07956) 509855
WEIST, D, 1 Cleveland Mansions Cleveland Road, London (020) 8270 7383
WELDON, N, 105 Worcester Crescent, Woodford Green (020) 8504 3289
WELHAM, J.A, 7 Forest Lane, Chigwell (020) 8504 9324
W, J.A, 7 Forest Lane, Chigwell (020) 8505 1967
W, J.A, 7 Forest Lane, Chigwell (020) 8505 4387
WELLER, Kerstin, 326 Brettenham Road, E17 (020) 8531 2523
W, P, 75A Gordon Road, London (020) 8270 3691
WELLINGS, D, 61 Forest Drive East, London (020) 8539 8547
W, H, 22 Hawkwood Crescent, London (020) 8524 0124
WELLINGTON, B, 25 Fairlop Road, Ilford (020) 8551 2169
WELLS, Alan, 2 Brancaster Place Church Hill, Loughton (020) 8532 1519
W, D, 69 Applegarth Drive, Ilford (020) 8599 8805
W, N, 45 Draycot Road, London (020) 8530 4689
WELSH, D, 33 Mount Echo Avenue, LONDON (020) 3673 6390
W, Mr N, 9 Kingsley Mews, Ilford (020) 8141 7624
WENDERLISH, Frank B, 29 View Close, Chigwell (020) 8500 8815
WERNICK, Alan, 7 Anworth Close, Woodford Green (020) 8506 0298
WESCOTT, G, 12 Antlers Hill, London (020) 8524 5724
WESOLOWSKI, M, 79 Beechwood Drive, Woodford Green (020) 8504 6230
WESS, D, 53a Carnarvon Road, London (020) 8539 2122
WEST, C, 17 Clarence Road, E12 (020) 3288 0073
W, D, 41 Bunyan Road, London (020) 8925 8641
W, D, 107 Burney Drive, Loughton (020) 8281 7172
W, D, 29 Knebworth Avenue, E17 (020) 8523 4181
W, Mr Frederick, 53 Chesterfield Road, London (020) 8556 4894
W, J, 9 Mead Close Loughton, Essex (020) 8508 5369
W, J, 29 Woodlands Road, London (020) 8520 2456
W, P, Flat 15 Ayerst Court, 162 Beaumont Road, London (020) 8926 3104
W, P, 4 CRANFIELD COURT 9 Sunset Avenue, Woodford Green (020) 8504 2930
W, S, 10 Cavenham Gardens, Ilford (020) 8478 1201
W, V, 28 Stonards Hill, Loughton (020) 8508 0530
WESTALL, J, Roebuck Heights Flat 14 North End, Buckhurst Hill (020) 3648 3261
WESTBROOK, M, 49 Crescent Road, South Woodford (020) 8505 4795
WESTBYRNE, M.J, 32 Coopers Close, Chigwell (020) 8500 0439
WESTERN, G, 31 Canning Road, London (020) 8520 3472
WESTERNDEW, J, 37 Elphinstone Road, London (020) 8923 6693
WESTFALL, M, 98 Lechmere Avenue, Chigwell (020) 8279 5231
WESTLEY, C, 33 Mannock Drive, LOUGHTON (020) 3851 9293
W, Miss Eileen, 27 Granville Road, London (020) 8530 4908
W, P, 3 Burnside Avenue, E4 (020) 8531 1322
W, S, 7 Meadow Rd, Loughton (020) 8508 3365
WESTON, G, 33 Oak Hill Court 81 Oak Hill, Woodford Green (020) 8531 1637
W, I, 35 Anne Wy, Ilford (020) 8501 1585
W, R, 220 Lea Bridge Road, London (020) 8539 8104
WESTWOOD, C, 115 Beehive Lane, Ilford (020) 8262 6283
W, H, 72 Farnan Avenue, E17 (020) 8531 2772
WETHERELL, A.R, 27 Ladyfields, Loughton (020) 8502 3132
WHALEY, R, 2 Leader Avenue, E12 (020) 8478 5040
WHEAT, S, 243 Chingford Road, London (020) 8928 1349
WHEATLEY, A.D, 91 Whipps Cross Road, E11 (020) 8989 9660
W, B, 36 Farnham Road, Ilford (020) 8491 7866
W, C, 70 Empress Avenue, London (020) 8989 9678
WHEELER, D, 56 St. Marys Way, Chigwell (020) 8505 8619
W, E.R, 162 South Birkbeck Road, E11 (020) 8539 3819
W, F.M, 191 Buckhurst Way, Buckhurst Hill (020) 8281 0151
W, J.E, 68 The Avenue, E4 (020) 8531 9655
W, K.G, 33 Dunedin Road, E10 (020) 8556 2708
W, M, 34 Malvern Drive, Woodford Green (020) 8505 8871
W, Mr R, 53 Newlands Road, Woodford Green (020) 8504 3658
W, Mr William, 285 Brocket Way, Chigwell (020) 8500 0443
WHEELHOUSE, S, 35 Greenstead Gardens, Woodford Green (020) 8504 6136
WHELAN, K, 129 Kings Avenue, Woodford Green (020) 8924 5883
WHELLAMS, R.W, 60 Marten Road, E17 (020) 8531 4078
WHERLY, P, 50 Quebec Road, Ilford (020) 8518 6089
WHIFFIN, K, 248 Brocket Way, Chigwell (020) 8500 4843
WHIPP, Z, Flat 4, 49 The Drive, London (020) 3754 5030
WHITAKER, S, 188 Browning Rd, E12 (07956) 378819
WHITBREAD, Miss D, 7 Bell Gardens Church Road Leyton, London (020) 8141 3191
W, D, 69 Levett Gardens, Ilford (020) 8597 3499
WHITE, A, 66 Pearcroft Road, London (020) 8556 1438
W, B, 16 Bramley Crescent, Ilford (020) 8554 7379
W, B, 25 Saltash Road, Ilford (020) 8500 4449
W, C, 77 Antlers Hill, London (020) 8524 8591
W, C, 40 Brunswick Street, E17 (020) 8521 5791
W, D, 37 Barclay Road, London (020) 8558 3421
W, D, 10 Haigville Gardens, Ilford (020) 8550 2008
W, Mr D, 41 Kingston Road, Ilford (020) 8141 0435
W, D.J, 133 Wensleydale Avenue, Ilford (020) 8550 8434
W, Eva, 9 Claremont Grove, Woodford Green (020) 8505 3882
W, E, 33 Fairmead Gardens, Ilford (020) 8551 3467
W, G.M, 68 Bromley Road, E17 (020) 8531 9872
W, G.P, 38 Carnanton Road, E17 (020) 8527 3416
W, H, 17 Mayfield Avenue, Woodford Green (020) 8491 6478
W, J, 98 Oaks Lane, Ilford (020) 8599 0120
W, J, 1 Thornwood Close, London (020) 8220 6600
W, J.L, 16 Queenswood Gardens, E11 (020) 8989 4667
W, J.T, 119 Ashburton Avenue, Ilford (020) 8590 4900
W, J.W, 82 Cadogan Gardens, E18 (020) 8989 9134
W, K, 21 Cecil Road, London (020) 8923 5464
W, M, 41 Beacontree Avenue, E17 (020) 8531 9946
W, P.C, Flat 228 Enterprise House 112 Kings Head Hill, E4 (020) 8524 1869
W, R.J, 40 Lakeland Close, Chigwell (020) 8500 3348
W, R.L, 35 Elmfield Road, E4 (020) 8529 0950
W, S, 6 Edinburgh Road, London (020) 8521 3993
W, S, 38 Hawkdene, London (020) 8524 6249
W, S, 154 Larkshall Road, E4 (020) 8279 0002
W, W.F, 15 Farnham Rd, Seven Kings (020) 8599 8902
WHITEHEAD, H, Mobile, 35 Horsley Road, (07984) 967351
W, J, 138 Winns Avenue, London (020) 8531 5123
W, L.O, 56 Frankland Road, E4 (020) 8524 5387
W, P, 56 Russell Road, Buckhurst Hill (020) 8505 1504
W, R, 25c Selborne Road, Ilford (020) 8478 0311
WHITEHOUSE, J, 10 Falmouth Way, E17 (020) 8520 6867
WHITESIDE, N, 2 Sandringham Gardens, Ilford (020) 8550 2986
WHITTAKER, D, 22 Queens Road, Loughton (020) 8508 8165
W, R.J, 18 Ascot Close, Ilford (020) 8500 4398
WHITTLE, K, 81 Monkhams Avenue, Woodford Green (020) 8505 3958
WHITTOCK, A, 48 Cowley Road, E11 (020) 8989 7289
WHYTE, D, 68 West Grove, Woodford Green (020) 8505 4211
W, K, Flat 1 Millbrook 164 Manor Road, Chigwell (020) 4568 6158
W, Ms Phyllis, 75 Sandford Avenue, Loughton (020) 8502 2087
WICKER, P, 3 Leyspring Road, E11 (020) 8989 6078
WICKERS, A, 39 Barton Meadows, Ilford (020) 3092 1713
WICKREMARATNE, Upecksha, 193 Clayhall Avenue, Ilford (020) 8551 9412
WICKS, M, 14 Matcham Road, Leytonstone (020) 8221 1276
WIDDECOMBE, G.A, 36-38 Rodney Road, E11 (020) 8530 2526
WIDDOWSON, R.J, 59 Whitehills Road, Loughton (020) 8508 5814
WIDYARATNA, Kideshini, A 27 Second Avenue, E17 (020) 8520 0175
WIECZOREK, Miss J.J, 38 Chesterford Rd, London (020) 8514 0839
WIGGINS, C, 31 Farmilo Road, London (020) 8556 0666
WIGGS, G, 40 Kingsley Road, ILFORD (020) 3731 3182
W, J, 83 Kinfauns Road, Ilford (020) 8590 2232
WIGHTMAN, Jacqueline, Flat 15 Honeytree Court Fairmeads, Loughton (020) 8508 4954
WIGLEY, J.W, 43 Queenborough Gardens, Ilford (020) 8550 5562
W, Mrs Pamela, 146 Hall Lane, London (020) 8529 5592
WIGZELL, J, 2 Lester House Hale End Road, Woodford Green (020) 8531 1061
WIJAYANANDA, C, 11 Baywood Square, Chigwell (020) 8501 0681
WIJESOMGHEGE, K, Flat 2 857 Lea Bridge Road, London (020) 8520 7563
WILCOCKS, Mr Kelvin, 61 Hampton Road, London (020) 8524 6929
WILD, A, 27 Douglas Road, London (020) 8524 0036
W, K, 10 Horsley Road, Chingford (020) 8529 9326
WILDING, D, 4 Sedley Rise, Loughton (020) 8508 6275
W, Mr T, 73 Marconi Rd, London (020) 3138 2147
WILDRIDGE, S, 51 Belgrave Road, London (020) 8556 1964
WILES, K, 27 Percy Road, Ilford (020) 8270 0895
WILKINS, A, 3 Warren Hall Manor Road, Loughton (020) 8418 0727
W, C, 11 George La, E18 (020) 8989 6471
W, I, 35 Renness Road, E17 (020) 8531 0809
W, J, 80 Park Grove Road, E11 (020) 8558 0110
W, J, 28 Willow Close, Buckhurst Hill (020) 8926 3264
W, Mr Keith, 7 Foremark Close, Ilford (020) 8500 2474
W, P, 140 Forest Edge, Buckhurst Hill (020) 8504 8383
WILKINSON, B, 49 Forest Edge, Buckhurst Hill (020) 8504 8647
W, E, 68 Coopers Close, Chigwell (020) 3723 2102
W, G.E, 18 Richmond Court High Road, Loughton (020) 8508 1400
W, J.M, 115 Elphinstone Rd, E17 (020) 8527 1442
W, L, 50 Garner Road, London (020) 3015 4660
W, R, 12 Forest View, LONDON (020) 8529 4021
WILKS, G, 20 Mayville Road, Ilford (020) 3632 7536
W, G, 20 Mayville Road, Ilford (020) 8553 5933
W, M, 66 Barclay Road, Walthamstow (020) 8520 3705
WILKSHIRE, K, 26 Salisbury Road, E17 (020) 8520 8699
WILLCOCKS, Brian J, 172 Church Road, E12 (020) 8553 5574
WILLES, N, Flat 13 Walsingham House 27 Forest View, Chingford (020) 8524 2442
WILLETT, P, 40 Rolls Park Avenue, London (020) 8527 1920
WILLETTS, J, 38 Dyson Road, London (020) 8989 5977
WILLIAM, M, 107 Bedford Road, E17 (020) 8177 7519
WILLIAMS, A, 42 Spratt Hall Road, London (020) 8989 4467
W, B, 95 Church Rd, E12 (07931) 807507
W, B, 16 Diana Close, London (020) 8505 5547
W, B, 27 Vicarage Lane, Ilford (020) 8478 4836
W, C, 1 Grove Rd, E11 (020) 8988 3368
W, C, 38 Lloyd Road, London (020) 8926 4547
W, C, 11 Starling Close, BUCKHURST HILL (020) 3712 7196
W, D, 25 Durnell Way, Loughton (020) 8502 5766
W, D, 61 Higham Street, Walthamstow (020) 3158 8058
W, D, 155 The Avenue, London (020) 8527 4423
W, D.E, 12 Ascot Close, Ilford (020) 8500 3042
W, E.J, 77 Wellington Rd, E11 (020) 8989 3859
W, E.M, 1 Gladstone Road, Buckhurst Hill (020) 8505 7106
W, G, 25 Hanover Gardens, Ilford (020) 8500 3744
W, G, 3 Hawsted, Buckhurst Hill (020) 8505 3226
W, G, 288 Kingston Road, Ilford (020) 8478 8798
W, G, 9 Trinity Road, Ilford (020) 8924 4401
W, J, 66 Goodall Road, E11 (020) 8558 8155
W, J, 42 Queens Avenue, Woodford Green (020) 8504 3059
W, J.F, 57 Tufter Road, Chigwell (020) 8500 8404
W, J.S, 112 Smarts Lane, Loughton (020) 8502 1983
W, K, 11 Gramer Close, London (020) 8926 6659
W, Mr K, 48 Manor Road, E10 (020) 8141 3439
W, K, 56 Preston Drive, E11 (020) 8530 2888
W, Mr K, 5 Reynolds Avenue, East London (020) 8478 8885
W, M, 24 St. Margarets Road, London (020) 8532 9203
W, M.E, 50 Northumberland Avenue, E12 (020) 8989 0638
W, N, 50 Inks Gn, Highams Pk (07956) 253712
W, N, 34 Leybourne Road, London (020) 8530 2942
W, N, 2 Woodville Road, London (020) 8988 0109
W, P, 41 Oak Hill Crescent, Woodford Green (020) 8527 2533
W, P, 12 West Grove, Woodford Green (020) 8505 0581
W, R, 94 Carnarvon Road, London (020) 8504 0674
W, R, 9 Grovewood Place, Woodford Green (020) 8498 0604
W, R, 59 Trevose Road, London (020) 8527 7810
W, Miss S, 79 Bridge End, London (020) 3132 8943
W, S, 9 Kenwood Gdns, E18 (020) 8989 0037
W, S, 3 Abberton, 64 Prospect Rd, Woodford Green (020) 3132 8628
W, V, 63 Friday Hill West, London (020) 8523 7742
W, Mrs V, Flat 23 Berberis Ct Hyacinth Clo, Ilford (020) 3132 7350
W, V, 55 Ladysmith Avenue, Ilford (020) 8590 8487
W, Mrs W, 153 Church Rd, Manor Park, London (020) 8514 6411
W, W, 105 Roberts Road, Walthamstow, London (020) 8127 6745
W, W.H, 55 Churchfields, E18 (020) 8505 9840
WILLIAMSON, A, Flat 12 Claypole Court 3 Yunus Khan Close,

Walthamstow....(020) 8520 6214
W, E, 46 Ashford Road, London....(020) 8530 5819
W, I, 11 Eagle Lane, Leytonstone....(020) 8530 3911
WILLIAMSON-TAYL, A, 5 Preston Road, London....(020) 8989 5521
WILLIS, D, 23 Hart Crescent, Chigwell....(020) 8500 8010
W, G, 177 Torrington Drive, Loughton....(020) 8508 1465
W, N, 50 Corbett Road, London....(020) 8521 2501
W, R, 137 Ching Way, London....(020) 8531 9987
WILLMONT, D.J, 106 Brading Crescent, E11....(020) 8530 2029
WILLOCK, J.E, 6 Mayfield Road, E17....(020) 8527 0922
W, T, 80 Matlock Road, London....(020) 8558 7097
WILLS, J, 27 Albert Avenue, E4....(020) 8529 8489
W, J, 16A Barclay Oval, Woodford Green....(020) 8559 0719
WILLSHER, D.L, 233 Fullwell Avenue, Ilford....(020) 8551 1646
WILLSON-FRASER, Mr C, 92 Staines Road, Ilford....(020) 8141 0190
WILLY, J.M, 1 Coppice Path, Chigwell....(020) 8500 5272
W, J.M, 21 Oakleafe Gdns, Ilford.... (07956) 348044
WILSHER, G.E, 47 Coolgardie Av, E4....(020) 8523 2743
WILSON, A, 5 Manhattan Apartments 26 Clifford Road, London ..... (020) 8531 4346
W, A, 179 Walnut Road, London....(020) 8539 4869
W, C, 8 Cavendish Drive, E11....(020) 8518 7756
W, C, 45 Cherrydown Avenue, LONDON....(020) 3686 7699
W, C, 659 Copperfield, Chigwell....(020) 8500 6186
W, D, 2 Leyland Gardens, Woodford Green....(020) 8505 5752
W, D, 45 South Park Drive, Ilford....(020) 8590 5663
W, D.C, 23 Whitehills Rd, Loughton....(020) 8508 6426
W, G, 152 Burrow Road, Chigwell....(020) 8924 5370
W, H, 307 Strone Road, E12....(020) 8552 5471
W, J, 387 High Road, Woodford Green....(020) 8505 7435
W, K, 135a Ravensbourne Gardens, Ilford....(020) 8551 0302
W, M, 53 Fairlop Road, Ilford....(020) 8491 1244
W, M, 1 Loxford Lane, Ilford....(020) 8514 8374
W, P, 11 Middleton Avenue, London....(020) 8529 5795
W, P.E, 26 Bressey Grove, E18....(020) 8530 2740
W, R, 200 Burrow Road, Chigwell....(020) 8500 7971
W, R, 110 Overton Drive, London....(020) 8530 7096
W, Sonja, Flat 1 68 Eastwood Road, Ilford....(020) 8597 6201
W, S, 11 Rover Avenue, Ilford....(020) 8501 1134
W, S, 74d Sinclair Road, London....(020) 8559 4489
W, S, Apartment 26 Paul Shekleton House 40 Trinity Close, London....(020) 8539 8295
W, T, 11 Preston Road, London....(020) 8257 3445
W, W, 24 Kings Avenue, Woodford Green....(020) 8505 1562
WILTON, R.J, 11 Lancaster Avenue, E18....(020) 8989 0555
WILTSHIRE, C, 5 Laurel Way, E18....(020) 8989 6385
W, J, 39 Palace Gardens, Buckhurst Hill....(020) 8281 0381
WINDER, Miss J, 84 Chewton Rd, London....(020) 3132 0288
WINFIELD, I, 27 Madeira Grove, Woodford Green....(020) 8989 6668
WINGROVE, K, 44 Luton Road, E17....(020) 8527 6975
WINSKY, M, 13 Lakeside Avenue, Ilford....(020) 8550 3721
W, Mr Z, 21 Bemsted Rd, London....(020) 8527 8535
WINSPEAR, C, Flat 9 Doncel Court 28 Forest View, London....(020) 8524 0751
WINSTEAR, M, 28 Horsley Road, London....(020) 8524 7311
WINTER, B, 36 Trehearn Road, Ilford....(020) 8501 5108
W, E, 13 Manor Road, Chigwell....(020) 8505 5658
W, Miss K, 46 Burford Close, Ilford....(020) 3624 0509
W, K.H, 1 Scoter Close, Woodford Green....(020) 8505 9128
WINTERFORD, A, 11 Wansford Road, Woodford Green....(020) 8559 0043
WINTLE, A, Mobile, 2 The Meadway, Loughton, Essex....(07956) 568078
WINTON, D, 16 Lord Avenue, Ilford....(020) 8550 1012
W, J, 22 Coburg Gardens, Ilford....(020) 8551 6932
WISBEY, C, 15 Verdon Roe Court 1 Flaxen Road, E4....(020) 8524 7683
WISEMAN, G, 45 Sedley Rise, Loughton....(020) 8508 3480
WITEK, L, 17 Stanford Close, Woodford Green....(020) 8505 0927
WITHAM, Mr David, 84 Hanson Drive, Loughton....(020) 3754 7928
WITHERS, J, 120 Queenswood Gardens, E11....(020) 8530 7621
WITNEY, Dr Katrina, 33 Coney Burrows, Chingford, London....(020) 3659 1358
WITTEN, P, 63 Spencer Road, E17....(020) 8523 5025
WITTON-DAURIS, R, 3 Spratt Hall Road, E11....(020) 8530 2431
WITTS, A.S, 10 Station Road, Loughton....(020) 8508 1934
WIXLEY, A.W, 9 The Meadway, Loughton....(020) 8508 8364
W, D, 2 Copper Beech Court Goldings Road, Loughton....(020) 8418 9284
WOJTYSIAK, R, 18 Handsworth Av, E4....(020) 8527 5232
WOLFINGER, Admiral S, 10 Dolphin Court High Road, Chigwell..... (020) 3887 9589
WOLOSZYN, M, 36 Lukin Cres, E4....(020) 8529 5882
WOLSEY, A, 7 Parkmead, LOUGHTON....(020) 8508 5404
WOLSTENHOLME, N, 233 Larkshall Road, LONDON....(020) 3669 2761
WONG, C, Flat 19 Maya Angelou Court 13 Bailey Close, E4....(020) 8529 9110
W, C.H, 185 Snakes Lane East, Woodford Green....(020) 8505 1794
W, D, 65 Forest Road, Ilford....(020) 8924 8296
W, F.Y, 647 Cranbrook Road, Ilford....(020) 8550 1412
W, K, Mobile, 30 Roydon Close, Loughton.... (07957) 792747
W, V, 80 Milton Road, LONDON....(020) 3712 9769
WONSOFF, S, 58 Caterham Avenue, Ilford....(020) 8550 0453
WOOD, A, 35 Regal House,4 Vanguard Way, London....(020) 3352 9162
W, D, 110 , The Willows Hornbeam Road, Buckhurst Hill....(020) 8505 3991
W, D, 12 Templeton Avenue, London....(020) 8559 3320
W, Dennis Ronald, 64 Dale View Avenue, London....(020) 8529 8983
W, D.R, 31 Sylvester Gdns, Ilford, Essex.... (07932) 940658
W, F.L, 52 Bateman Road, E4....(020) 8527 3440
W, G, 94 High Road, Chigwell....(020) 8281 0396
W, J, 3 Chandos Close, BUCKHURST HILL....(020) 8505 2872
W, L, 2 Lawrence Hill, London....(020) 8529 3778
W, M, 31 Billet Road, E17....(020) 4568 5255
W, M.J, 159 Green La, Ilford.... (07956) 868745
W, Mr Richard, 41 Forest View Road, London....(020) 3288 0013
W, Mr S, 2 Courtenay Road, London....(020) 8509 2191
W, S, 56 Queens Road, Buckhurst Hill....(020) 3556 9593
W, S.A, 33 Mornington Road, Woodford Green....(020) 8504 6537
WOODCOCK, L, 11 Knighton Drive, Woodford Green....(020) 8498 0713
WOODHATCH, C, 92 Hillyfields, LOUGHTON....(020) 3648 3805
WOODLAND, R, 2 The Avenue, Loughton....(020) 8508 6882
WOODMAN, J, 32 Clinton Crescent, Ilford....(020) 8500 2278
WOODMORE-WALKER, J.K, mobile, 59B Thornhill Rd, London....(07960) 661785
WOODROOF, John A, 7 Heronway, Woodford Green....(020) 8505 1897
WOODROW, Anne, 32 Century Road, E17....(020) 8923 6399
WOODRUFF, Mr I, Flat D 107 Hoe St, London....(020) 8177 8310
WOODS, Mrs Anita, 11 Grove Park, London....(020) 8989 4308
W, J.C, A 1 Woodland Road, Loughton....(020) 8508 1764
W, K, 1 Butlers Drive, Chingford....(020) 8529 8878
W, R, 33 Bourne Gardens, London....(020) 8529 9769
WOODVILLE, B, 53 Churchill Lodge Barnardo Drive, Ilford....(020) 8227 0251
WOODWARD, C, 4 Hawkwood Crescent, E4....(020) 8529 1980
W, Jw, 111 Chewton Road, E17....(020) 8520 0939
W, J.N, 10 Forest Terrace High Road, Chigwell....(020) 8504 5351
W, R, 80 Buckingham Rd, E18....(020) 8502 9266
W, S, Flat 2 567 Eastern Avenue, Ilford....(020) 3532 0719
W, V, 245 Larkshall Road, London....(020) 8529 8964
WOOLCOCK, P, 5A Montalt Road, Woodford Green....(020) 8505 7909
WOOLLHAMS, J.G, 74 Glengall Road, Woodford Green....(020) 8504 1709
WOOLNOUGH, J, 63 Oak Hill, Woodford Green....(020) 8523 1706
WOOLSTON, T, 42 Coopers Close, Chigwell....(020) 8501 2747
WOOTHIPOOM, Dr W, 9 Farm Way, Buckhurst Hill, Essex....(020) 8505 4452
WORBOYES, J.D.M, 108 Carr Road, E17....(020) 8531 1916
WORKMAN, S, 192 Langthorne Road, E11....(020) 8556 0271
WORLEDGE, C.J, 41 Snakes Lane West, Woodford Green....(020) 8504 2294
WORN, R.G, 5 Spring Grove, Loughton....(020) 8508 4994
WORTH, Amanda, 46 Heathcote Grove, E4....(020) 8529 6322
W, B, 32 Wansford Road, Woodford Green....(020) 8141 5739
W, M, 72 Thaxted Road, Buckhurst Hill....(020) 8505 1174
W, Patricia, 4 Retingham Way, E4....(020) 8501 7529
WORTLEY-MILLEK, R.G, 40 Forest Approach, Woodford Green....(020) 8505 9274
WOTTON, G, 109 Tamar Square, Woodford Green....(020) 8505 8706
WRAGG, A, 75 Nevill Way, LOUGHTON....(020) 8508 0489
WRENCH, G, 169 Herent Dv, Ilford....(020) 8551 3623
WRIGHT, A, 89 Somers Road, London....(020) 8520 0686
W, B, 116 Ashville Road, London....(020) 8923 5338
W, C, 23 Amberley Road, Buckhurst Hill....(020) 8504 7202
W, C, 21 Wigram Road, London....(020) 8530 5407
W, C.T, 7 Lyndhurst Road, E4....(020) 8531 3405
W, D, 84 Chelmsford Road, London....(020) 8505 5534
W, D, 61 Greenway Avenue, London....(020) 8925 9732
W, D, 91 Queensberry Place, E12....(020) 8552 0833
W, D, 24 Trelawney Road, Ilford Essex....(020) 8501 4369
W, E, 60 Frankland Road, E4....(020) 8524 0513
W, Mr Edward, 8 Latchford Place, Chigwell....(020) 8501 1744
W, Mr Gregory, Flat 16, Avondale Court Churchfields, London....(020) 8220 0052
W, Mr Ian, 4 Abbotsford Rd, ...(020) 8590 0322
W, J, 214 Manford Way, Chigwell....(020) 8500 4959
W, J.C, 29 Otterbourne Road, E4....(020) 8524 2651
W, K, 3 Tamworth Avenue, Woodford Green....(020) 8505 8024
W, P.C, 49 Chester Road, Chigwell....(020) 8500 5884
W, Dr P.L, 11 Albion Hill, Loughton....(020) 8508 6540
W, S, Flat 32,33 Heathcote Grove, London....(020) 8377 0647
W, S, 28 Highfield Road, Woodford Green....(020) 8505 0233
W, S.A, 19 Woodside Park Avenue, E17....(020) 8521 0929
WROBLEWSKI, S, 41 Monkhams Avenue, Woodford Green....(020) 8504 4658
WROLOWSKI, K, 73 Queens Rd, E17....(020) 8509 9974
WW ILSLEY, R, 47 Warren Road, London....(020) 8529 1946
WYATT, D, 6 Lime Grove, Ilford....(020) 8500 1361
WYBRANT, Margret, 26 Edward Avenue, London....(020) 8527 1287
WYMAN, M, 19 Dryden Close, Ilford....(020) 8500 4616
WYNN, R, 48 Darnley Road, Woodford Green....(020) 8504 3260
WYNNE, C.D, 43 Pulteney Road, E18....(020) 8518 8051
WYNTER, E, 29 Meanley Road, London....(020) 8553 1251
WYSOCKA, Miss I, 63 Chestnut Av South, London....(020) 3132 0295
WYTON, P, 14 Warboys Crescent, E4....(020) 8531 9645
X, X, 163 Grove Road, E17....(020) 8520 1862
XHAFERAJ, A, 585 High Road Leytonstone, London....(020) 7671 0511
XHIZDARI, E, 32 Huntsman Road, Ilford....(020) 8500 3420
XU, Mr M, 92 Ashville Road, E11....(020) 8141 0944
XYDAS, G.P, A 13 Kings Road, E11....(020) 8558 0366
YABAV, Mr R, 7 Farnham Rd, London....(020) 8597 8022
YACOOBALI, B, 8 Oaks Grove, London....(020) 8524 8840
Y, C, 187 Hoe Street, E17....(020) 8520 5446
YAKUBU, A, 9A Chudleigh Crescent, Ilford....(020) 3673 1051
YALLEY, Y, 51 Kesteven Clo, Ilford....(020) 8502 6007
YANDELL, K, 16 Serbin Close, E10....(020) 8556 0352
YAP, M, Marian Lawson Court 168-174 6 Manford Way, Chigwell....(020) 3673 3443
YAPIER, K, 104 Gosport Road, E17....(020) 8521 3781
YAPP, Peter, 166 Belgrave Road, E11....(020) 8989 8455
YAQOOB, Mr S, 7 Grantham Rd, London....(020) 8141 2581
YAQUB, Dr A, 18 Malford Grove, London....(020) 8530 4949
YARNELL, K, 137 Belmont Park Road, London....(020) 8926 2239
YARWOOD, M.M, 127 Torrington Drive, Loughton....(020) 8508 2057
YASIN, M, 17 Huntings Farm Green Lane, Redbridge....(020) 3605 8951
Y, M, 21 Melbourne Road, LONDON....(020) 8521 8976
Y, T, 8 Markhouse Road, London....(020) 8509 1039
YASMIN, F, 264 Balfour Road, Ilford....(020) 8518 1168
Y, Shahana, 20 Auckland Road, Ilford....(020) 8518 2939
YASSIN, M, 253 Chigwell Rd, Woodford Gn....(020) 8559 2073
Y, P, 7 Alveston Square, London....(020) 8989 1511
YATES, L, 9 Deacon Way, Woodford Green....(020) 8505 5033
Y, Stephen, 34 Woodside Rd, Woodford Green....(020) 8504 0070
YAVNA, Ms O, 317 Sherrard Road, London....(020) 8471 6686
YAYLA, S, 1 Dahlia Court 1 Oatland Rise, E17....(020) 8531 6445
YAZGAN, D, Latham House Flat 7 The Drive, London....(020) 3172 6972
YAZICIOGLU, B, 14 Piper Way, Ilford....(020) 8616 3924
YEASMIN, T, 41 Henrys Walk, Ilford....(020) 3016 7887
YEATES, A.R, 59 Thurlestone Avenue, Ilford....(020) 8590 3406
YEBOAH, Mr Alex & Er, Marnie Court, 675 High Road Leytonstone, Leytonstone, London....(020) 8558 7347
Y, Mr F, 393 Dersingham Av, London....(020) 3138 3049
YECHURI, G.K, 179 Express Dv, Ilford....(020) 8597 8413
YEMBE, Mavanga, 16 Church Road, E12....(020) 8514 3820
YESE, Mr N, 12 Reigate Rd, Ilford....(020) 8141 7805
YESHIN, K, 10 Westminster Close, Ilford....(020) 3802 5932
YIANNI, A, 58 Ravensbourne Gardens, Ilford....(020) 8550 2251
YIANNIS, C, 12 Frances Road, E4....(020) 8531 8443
YILDIRIM, H, 17 Centenary House Lena Kennedy Close, London....(020) 3565 2715
YILDIZ, A, 698 High Road Leytonstone, Leytonstone....(020) 8558 3785
YILMAZ, B, Flat 20 Calver Court 52a Radbourne Crescent, E17....(020) 8521 3126
YOCOLLY, R, 28 Bramley Close, Woodford Green....(020) 8504 2812
YOGALINGAM, K, 20 Westbury Rd, E17....(020) 8503 6351
YOGANATHAN, P, 1 Spurway Parade, Ilford....(020) 3370 2033
Y, P, 1 Spurway Parade, Ilford....(020) 3370 2034
YOGANAYAGAM, N, 17 Dale Gardens Woodford Green, Essex....(020) 8504 3604
YOKE LIM, H, 37 Hartley Road, London....(020) 8989 5479
YONG CEDENO, N, FLAT 3 PERRY HOUSE 1 Perry Close, Ilford....(020) 8518 2637
YORDANOV, I, 24, Clockworks, 656 Forest Road, London....(020) 3601 3231
Y, S, 31A Church Lane, London....(020) 8556 8941
YORKE, C, 9 Mornington Road, E4....(020) 8529 2180
YORRO, K, Flat 12 St Elizabeth Court 43 Capworth Street, LONDON....(020) 8556 8890
YOUD, B.M.F, 32 Princes Avenue, Woodford Green....(020) 8504 3229
YOUNG, A.P, 451 Ley Street, Ilford....(020) 8554 0093
Y, B.J, 417 Cranbrook Road, Ilford....(020) 8554 7573
Y, G, 86 Kinfauns Road, Ilford....(020) 8252 2892
Y, J, 104 Albert Road, LONDON....(020) 8923 6159
Y, L, 3 Mallards Road, Woodford Green....(020) 8504 8949
Y, L, 75 Queenborough Gdns, Ilford....(07956) 857687
Y, L, 2 Sylvester Gardens, Essex....(020) 8500 4360
Y, M, 76 Brindwood Road, London....(020) 8524 4250
Y, Malcolm, 13 Forest Drive East, E11....(020) 8539 8089
Y, M, 40 Matcham Road, London....(020) 8534 7612
Y, M.C, 124 Ley St, Ilford....(07931) 915954
Y, Robert, 36 Chigwell Road, E18....(020) 8530 2514
Y, R, 179 Horns Road, Ilford....(020) 8554 7909
YOUNGE, J, 140 Capworth Street, E10....(020) 8556 8345
YOUSAF, F, 28 Parklands Close, Ilford....(020) 3665 9449
Y, Mr M, 3 William St, London....(020) 8177 4173
Y, N, 722 Lea Bridge Road, London....(020) 3674 1933
YOUSUF, M, 33 Colville Road, E11....(020) 8539 4145
YU, K, 6 Whites Avenue, Ilford....(020) 8598 1398
YUCE, S, 1 Broadmead Court Broadmead Road, Woodford Green...(020) 3158 3146
YULHANSON, M, 112 Whitehall Road, London....(020) 3729 9426
YUSUF, A, 10 Rowden Road, London....(020) 8523 0753
Y, A, 50 Templeton Av, E4....(020) 8523 7948
Y, K, 96 Pretoria Road, Ilford....(020) 3417 9831
ZAFAR, H, 93 De Vere Gardens, Ilford....(020) 8554 6507
ZAFFAR, R, 99 South Park Drive, Ilford....(020) 3718 6231
ZAFFER, Karim, Ground Floor Flat 36 Edinburgh Road, E17....(020) 8520 3761
ZAGLUL, G, 7 Gladstone Avenue, E12....(020) 8472 2487
ZAHEER, K, 147 Express Drive, Ilford....(020) 8599 4366
Z, S, 259 Hampton Rd, Ilford....(020) 8514 3555
ZAHRA, L, 11/1 Teresa Mws, E17....(020) 8521 7050
Z, T, 17 Churchfields, London....(020) 8225 9420
ZAKIA, Mr H, 205a Aldborough Road South, Ilford....(020) 8177 8117
ZALUCKAJA, Ms Juliana, Lawrence Court Baddow Close, Woodford Green....(020) 3754 5839
ZAMA, Mr H, 23 Meads La, Ilford....(020) 8586 1171
ZAMAN, A, 53 Herent Drive, Ilford....(020) 8551 3940
Z, M, 110 Highwood Gardens, ILFORD....(020) 8550 6823
Z, M, 134 Ray Lodge Road, Woodford Green....(020) 8506 0488
Z, M, Stand 74 Market Pavilion Sherrin Road, London....(020) 3662 7298
Z, N, 28 New Wanstead, London....(020) 8989 7503
Z, Mr R, 66 Radbourne Crescent, London....(020) 8521 3743
ZAMANI, M, 30 Richmond Close, Kirk Road, London....(020) 3556 7306
ZAMMETT, N.P, 9 Gloucester Road, E11....(020) 8989 8080
ZANFIR, C, Flat 2 270, Chapel End House Chingford Road, London....(020) 3669 6959
ZANOT, M, 74 Coventry Road, Ilford....(020) 8518 0211
ZARB, H, 73 Coventry Road, Ilford....(020) 8554 3102
ZATECKA, Mrs Martina, 26 Pershore Close, Ilford....(020) 3659 3977
ZATO, Mr F, 208 Marlowe Road, London....(020) 8177 5178
ZAUNMAYR, S, 108 Broadmead Rd, Woodford Gn....(020) 8498 0257
ZAYILUYEYE, Silvie, Flat 49 Mortlock Court Whitta Road, E12....(020) 8478 0907
ZAZULYAK, I, 368B Hoe Street, LONDON....(020) 3729 6931
ZDANOWICZ, J, 15 Edison Close, Walthamstow, London....(020) 8520 1927
ZEALEY, N, 23A Wedmore Avenue, Ilford....(020) 8551 3493
ZEB, F, 106 Clarence Road, Manor Park....(020) 7464 7401
ZECCA, P, 32 Southwest Road, E11....(020) 8539 2841
ZEGHERU, I, 23A Ashville Road, London....(020) 8389 3246
ZEKAJ, Z, Flat 14,Longlands Court,49 Manor Road, London....(020) 3152 5269
ZEMLIAUSKAS, Mr 1c Cowslip Road, South Woodford, London....(020) 8530 4961
ZEOLLA, A, 219 Fencepiece Road, Chigwell....(020) 8502 6576
ZETTER, M, 43 Godwin Close Sewardstone Road, LONDON....(020) 3742 7288
ZHABOTYNSKA, Halyna, 27 Anworth Close, Woodford Green....(020) 8502 9446
ZHANG, X, 62 Hazelwood Rd, E17....(020) 8520 5903
ZHAO, X, 25 Wren House,4 Frank Searle Passage, London....(020) 3158 0460
ZHELEVA, S, Flat C 78 Roberts Road, Walthamstow....(020) 3662 2210
ZHI, D, 317 Aldborough Road South, Ilford....(020) 8599 8008
ZHONG, Y, 27a Selborne Walk, London....(020) 8520 9777
ZHU, X, 23 Woodford Avenue, Ilford....(020) 3742 7294
ZHUK, S, 13 Wolsey Avenue, LONDON....(020) 3722 6459
ZIANE, S, 5 Wallers Close, Woodford Green....(020) 8505 6790
ZIDZIUNIENE, R, 100 Seventh Av, E12....(020) 3132 0659
ZIEMANIS, N, 30 Balfour Road, Ilford....(020) 3198 6482
ZILESNICK, R, 1 The Bowls, Chigwell....(020) 8500 0393
ZILINSKIENE, I, 38E High Road, Buckhurst Hill....(020) 3565 0284
ZILIUS, A, 4 Forge Cottages Mossford Green, Ilford....(020) 8550 8952
ZINYAK, L, 5 Whitney Avenue, Ilford....(020) 3732 4431
ZIZI, F, 3 Bloomsbury Mews, Woodford Green....(020) 3605 1423
ZJUKIN, Mr V, 22 Cornwallis Road, London....(020) 3132 5459
ZNAJKIEWICZ, Mr M, 497-501 Lea Bridge Road, London....(020) 8141 4393
ZOGKA, L, 5 Whitethroat Court Sansom Road, London....(020) 3565 4075
ZOLDAK, Mr V, 189 Blackhorse Rd, London....(020) 3132 7439
ZORA, Jiyan, 24 Rushbrooke Cres, Walthamstow London....(020) 8523 5484
ZUBAIR, M, 17 Betchworth Road, Ilford....(020) 8599 1328
ZUBER, R, 83 Woodlands Avenue, London....(020) 8989 4311
ZUEL, M, 11A Glebelands Avenue, Ilford....(020) 8518 3472
ZUGRAVU, E, Flat B 214 High Road Leyton, London....(020) 8214 3816
ZUHDU, H, 61 Wanstead Lane, Ilford....(020) 8518 0885
ZULFIQAR, S, 215 St. Barnabas Road, Woodford Green....(020) 8504 1035
ZURIN, Mr V, 32 Kingsdown Road, London....(020) 8177 6506
ZYMBERI, S, 96 Skeltons Lane, London....(020) 8988 9969

Working towards a sustainable future

THINK before you PRINT!

Enter your postcode at **www.recyclenow.com** to find out how you can recycle (Search ‘Paper’).

recycle

BT

Residential Listings

A-Z listings of local residential numbers.

Information listed within the A-Z section **has been provided by each Communication Provider** (phone line provider) for that individual and is published based on their directory status. If the person has been flagged as **Ex-Directory** it **will not be printed**.
BT will only print information that **has been provided.** If you believe there is an omission or an error, please contact your Communication Provider to check the directory status of the information.

Data is updated annually. Changes made with your service provider will not take effect until the next A-Z Directory is created. Use of the term 'The Phone Book' also pertains to BT.