

Energy performance certificate (EPC)

300 Barking Road
Plaistow
LONDON
E13 8HL

Energy rating

C

Valid until: 24 March 2036

Certificate number: 2081-3297-3060-8808-4091

Property type Retail/Financial and Professional Services

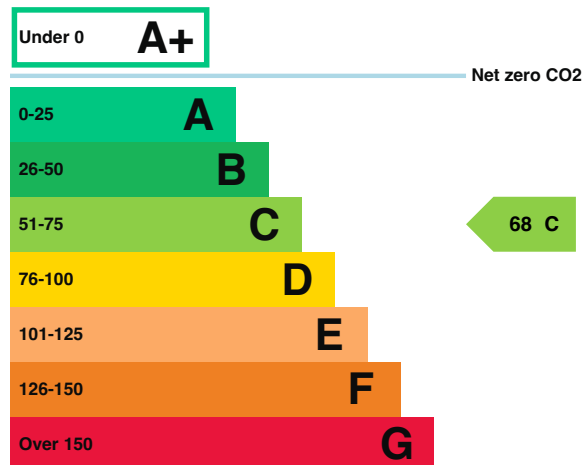
Total floor area 164 square metres

Rules on letting this property

Properties can be let if they have an energy rating from A+ to E.

Energy rating and score

This property's energy rating is C.



Properties get a rating from A+ (best) to G (worst) and a score.

The better the rating and score, the lower your property's carbon emissions are likely to be.

How this property compares to others

Properties similar to this one could have ratings:

If newly built

28 B

If typical of the existing stock

114 E

Breakdown of this property's energy performance

Main heating fuel	Natural Gas
Building environment	Heating and Natural Ventilation
Assessment level	3
Building emission rate (kgCO ₂ /m ² per year)	25.53
Primary energy use (kWh/m ² per year)	189

Recommendation report

Guidance on improving the energy performance of this property can be found in the [recommendation report \(/energy-certificate/2408-3846-8002-1997-0802\)](/energy-certificate/2408-3846-8002-1997-0802).

Who to contact about this certificate

Contacting the assessor

If you're unhappy about your property's energy assessment or certificate, you can complain to the assessor who created it.

Assessor's name	Muhammad Tahir
Telephone	07969748503
Email	m_tahir_3005@yahoo.com

Contacting the accreditation scheme

If you're still unhappy after contacting the assessor, you should contact the assessor's accreditation scheme.

Accreditation scheme	Quidos Limited
Assessor's ID	QUID204640
Telephone	01225 667 570
Email	info@quidos.co.uk

About this assessment

Employer	EPC & ELEC TESTING LTD
Employer address	IG1 1HB
Assessor's declaration	The assessor is not related to the owner of the property.
Date of assessment	14 March 2026
Date of certificate	25 March 2026
