

103		Mondays to Fridays																	
Chase Cross	0500	0520	0540	0559	0614	0629	0637	0646	0654	0702	0711	0719	0727	0736			0906	0917	
Romford North Street Bus Garage	0507	0527	0547	0608	0623	0638	0646	0655	0703	0712	0721	0729	0739	0749			0919	0930	
Romford Market	0509	0529	0549	0610	0625	0640	0648	0657	0706	0715	0724	0733	0743	0753	Then every 10 minutes until		0923	0934	
Romford Station	0512	0532	0552	0613	0628	0643	0651	0700	0709	0718	0727	0737	0747	0757		0927	0938		
Becontree Heath Civic Centre	0519	0539	0559	0620	0635	0650	0700	0710	0719	0728	0737	0747	0757	0807		0937	0946		
Dagenham East Station	0525	0545	0605	0626	0641	0656	0706	0716	0725	0734	0744	0754	0804	0814		0944	0953		
South Hornchurch Newton's Corner	0529	0549	0609	0630	0645	0700	0710	0720	0729	0738	0748	0758	0808	0818		0948	0957		
Rainham War Memorial	0534	0554	0614	0635	0651	0706	0716	0726	0736	0745	0755	0805	0815	0825	0955	1004			
Chase Cross	0928	0939	0950	1001			1441	1450	1459	1508	1517	1526			Then every 10 minutes until	1656	1706	1716	1726
Romford North Street Bus Garage	0940	0950	1000	1010			1450	1459	1508	1517	1526	1536				1706	1716	1726	1736
Romford Market	0943	0953	1003	1013	Then every 10 minutes until		1453	1502	1511	1520	1529	1539	Then every 10 minutes until	1709		1719	1729	1739	
Romford Station	0947	0957	1007	1017		1457	1506	1515	1524	1533	1543	1713		1723		1732	1742		
Becontree Heath Civic Centre	0955	1005	1015	1025		1505	1514	1523	1533	1543	1553	1723		1734		1744	1754		
Dagenham East Station	1002	1012	1022	1032		1512	1521	1531	1541	1551	1601	1731		1742	1752	1802			
South Hornchurch Newton's Corner	1006	1016	1026	1036		1516	1525	1535	1545	1555	1605	1735		1746	1756	1806			
Rainham War Memorial	1013	1023	1033	1043	1523	1532	1542	1552	1602	1612	1742	1753	1803	1813					
Chase Cross	1736	1746	1757	1808	1823	1838	1853	1908	1923	1938	1953	2013	2035	2056	Then every 20 minutes until	2336			
Romford North Street Bus Garage	1745	1754	1805	1816	1831	1845	1900	1915	1930	1945	2000	2020	2042	2103		2343			
Romford Market	1748	1757	1808	1819	1833	1847	1902	1917	1932	1947	2002	2022	2044	2105		2345			
Romford Station	1751	1800	1811	1822	1836	1850	1905	1920	1935	1950	2005	2025	2047	2108		2348			
Becontree Heath Civic Centre	1803	1812	1823	1834	1847	1901	1915	1930	1944	1958	2013	2033	2055	2115		2355			
Dagenham East Station	1811	1820	1831	1841	1854	1908	1922	1936	1950	2004	2019	2039	2101	2121	0001				
South Hornchurch Newton's Corner	1815	1824	1835	1845	1858	1912	1926	1940	1954	2008	2023	2043	2105	2125	0005				
Rainham War Memorial	1822	1831	1841	1851	1904	1918	1932	1946	2000	2014	2029	2049	2110	2130	0010				
103		Saturdays (also Good Friday)																	
Chase Cross	0500		0820	0829	0838	0847	0856	0905	0915	0924	0932	0940	0949	0958	1007	Then every 10 mins. until	1727		
Romford North Street Bus Garage	0507	Then every 20 minutes until	0827	0836	0845	0854	0903	0914	0924	0933	0941	0949	0958	1008	1018		1738		
Romford Market	0509		0829	0838	0847	0856	0905	0916	0926	0935	0943	0951	1001	1011	1021		1741		
Romford Station	0512		0832	0841	0850	0859	0909	0920	0930	0939	0947	0956	1006	1016	1026		1746		
Becontree Heath Civic Centre	0519		0839	0848	0857	0907	0917	0928	0938	0947	0956	1006	1016	1026	1036		1756		
Dagenham East Station	0525		0845	0854	0903	0913	0923	0934	0944	0954	1003	1013	1023	1033	1043	1803			
South Hornchurch Newton's Corner	0529	0849	0858	0907	0917	0927	0938	0948	0958	1007	1017	1027	1037	1047	1807				
Rainham War Memorial	0534	0854	0904	0914	0924	0934	0945	0955	1005	1014	1024	1034	1044	1054	1814				
Chase Cross	1738	1753	1808	1823	1838	1853	1913	1935	1956	Then every 20 minutes at these minutes past the hour	16	36	56	2336					
Romford North Street Bus Garage	1749	1804	1816	1830	1845	1900	1920	1942	2003		23	43	03	2343					
Romford Market	1752	1806	1818	1832	1847	1902	1922	1944	2005		25	45	05	2345					
Romford Station	1757	1810	1822	1835	1850	1905	1925	1947	2008		28	48	08	2348					
Becontree Heath Civic Centre	1807	1819	1831	1843	1858	1913	1933	1955	2015		35	55	15	2355					
Dagenham East Station	1813	1825	1837	1849	1904	1919	1939	2001	2021	41	01	21	0001						
South Hornchurch Newton's Corner	1817	1829	1841	1853	1908	1923	1943	2005	2025	45	05	25	0005						
Rainham War Memorial	1824	1836	1848	1900	1915	1930	1949	2010	2030	50	10	30	0010						
103		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																	
Chase Cross	0700		0900	0930	1000	1030	1100	1120		Then every 20 minutes until	1640	1700	1718	1736	Then every 20 minutes until	2336			
Romford North Street Bus Garage	0707	Then every 30 minutes until	0907	0937	1007	1037	1107	1127			1647	1707	1725	1743		2343			
Romford Market	0709		0909	0939	1010	1040	1110	1130			1650	1710	1728	1745		2345			
Romford Station	0712		0912	0943	1014	1044	1114	1134			1654	1714	1732	1748		2348			
Becontree Heath Civic Centre	0719		0919	0951	1022	1052	1122	1143			1703	1723	1739	1755		2355			
Dagenham East Station	0725		0925	0957	1028	1058	1128	1149		1709	1729	1745	1801	0001					
South Hornchurch Newton's Corner	0729	0929	1001	1032	1102	1132	1153		1713	1733	1749	1805	0005						
Rainham War Memorial	0734	0934	1006	1037	1107	1139	1200		1720	1738	1754	1810	0010						

103		Mondays to Fridays																
Rainham War Memorial	0500	0520	0540	0600	0615	0630	0640	0651	0701	0710	0718	0727	0735	0744	Then every 10 minutes until	0824	0835	
South Hornchurch Newton's Corner	0506	0526	0546	0606	0621	0636	0646	0657	0708	0717	0725	0734	0743	0752		0832	0843	
Dagenham East Station	0510	0530	0550	0610	0625	0640	0650	0701	0712	0721	0730	0740	0750	0800		0840	0850	
Becontree Heath Civic Centre	0516	0536	0556	0616	0631	0646	0656	0708	0719	0728	0738	0748	0758	0808		0848	0858	
Romford Station	0523	0543	0603	0623	0638	0653	0704	0716	0728	0738	0748	0758	0808	0818		0858	0908	
Romford Market	0526	0546	0606	0626	0641	0656	0707	0719	0731	0741	0751	0801	0811	0821		0901	0911	
Romford North Street Bus Garage	0528	0549	0609	0629	0644	0659	0711	0723	0735	0745	0755	0805	0815	0825	0905	0915		
Chase Cross	0535	0557	0617	0637	0652	0707	0720	0732	0744	0754	0804	0814	0824	0834	0914	0924		
Rainham War Memorial	0846	0857	0908	0918	0928	0937	Then every 10 minutes until	1407	1417	1427	1437	1447	1456	1505	1514	Then every 10 mins. until	1644	
South Hornchurch Newton's Corner	0853	0904	0915	0925	0935	0944		1414	1424	1434	1444	1454	1503	1512	1521		1651	
Dagenham East Station	0900	0910	0920	0930	0939	0948		1418	1428	1438	1448	1458	1507	1516	1525		1655	
Becontree Heath Civic Centre	0908	0918	0928	0938	0946	0955		1425	1435	1445	1455	1505	1514	1523	1532		1702	
Romford Station	0918	0928	0938	0947	0955	1004		1434	1444	1454	1504	1514	1524	1534	1544		1714	
Romford Market	0921	0932	0942	0951	0959	1008		1438	1448	1458	1508	1518	1528	1538	1548		1718	
Romford North Street Bus Garage	0925	0935	0945	0954	1002	1011	1441	1451	1501	1511	1521	1531	1541	1551	1721			
Chase Cross	0934	0944	0954	1003	1011	1020	1450	1501	1512	1523	1534	1545	1555	1605	1735			
Rainham War Memorial	1654	1704	1714	1724	1733	1743	1803	1813	1824	1835	1850	1905	1920	1935	1950	2011	2033	
South Hornchurch Newton's Corner	1701	1711	1721	1731	1740	1750	1800	1810	1820	1831	1841	1856	1911	1926	1941	1956	2017	2039
Dagenham East Station	1705	1715	1725	1735	1744	1754	1804	1814	1824	1835	1845	1900	1915	1930	1945	2000	2021	2043
Becontree Heath Civic Centre	1712	1722	1732	1742	1751	1801	1811	1821	1831	1842	1852	1907	1922	1937	1952	2007	2028	2050
Romford Station	1724	1734	1744	1754	1803	1813	1823	1833	1842	1852	1902	1916	1931	1945	1959	2014	2035	2057
Romford Market	1728	1738	1748	1758	1807	1817	1827	1836	1845	1855	1905	1919	1934	1948	2002	2017	2038	2100
Romford North Street Bus Garage	1731	1741	1751	1801	1810	1820	1830	1839	1848	1858	1908	1922	1937	1951	2005	2020	2041	2103
Chase Cross	1744	1753	1803	1813	1822	1832	1841	1850	1859	1909	1919	1933	1947	2001	2015	2030	2051	2111
103		Mondays to Fridays (cont.) Saturdays (also Good Friday)																
Rainham War Memorial	2054	2115	Then every 20 minutes until	0015	0500	Then every 20 minutes until	0820	0840	0849	0859	0908	0918	0927	0936	0946	0956		
South Hornchurch Newton's Corner	2100	2120		0020	0506		0826	0846	0855	0905	0915	0925	0934	0943	0953	1003		
Dagenham East Station	2104	2124		0024	0510		0830	0850	0859	0909	0919	0929	0938	0947	0957	1007		
Becontree Heath Civic Centre	2110	2130		0030	0516		0836	0856	0905	0916	0926	0936	0945	0954	1004	1015		
Romford Station	2117	2137		0037	0523		0843	0903	0914	0925	0935	0945	0954	1003	1014	1025		
Romford Market	2120	2140		0040	0526		0846	0906	0917	0928	0938	0948	0957	1007	1018	1029		
Romford North Street Bus Garage	2123	2143	0043	0528	0848	0909	0920	0931	0941	0951	1000	1010	1021	1032				
Chase Cross	2131	2151	0051	0535	0855	0918	0929	0940	0951	1002	1012	1022	1033	1044				
103		Saturdays (also Good Friday) (cont.)																
Rainham War Memorial	1006	1016	1026	1036	1046	Then every 10 minutes until	1136	1145	Then every 10 minutes until	1445	1455	1505	1515	Then every 10 minutes until	1715			
South Hornchurch Newton's Corner	1013	1023	1033	1043	1053		1143	1152		1452	1502	1512	1522		1722			
Dagenham East Station	1017	1027	1037	1047	1057		1147	1156		1456	1506	1516	1526		1726			
Becontree Heath Civic Centre	1025	1035	1045	1055	1105		1155	1204		1504	1514	1524	1534		1734			
Romford Station	1035	1045	1056	1107	1118		1208	1217		1517	1526	1535	1544		1744			
Romford Market	1039	1049	1100	1111	1122		1212	1221		1521	1530	1539	1548		1748			
Romford North Street Bus Garage	1042	1052	1103	1114	1125	1215	1224	1524	1533	1542	1551	1751						
Chase Cross	1054	1104	1115	1126	1137	1227	1236	1536	1545	1554	1603	1803						
Rainham War Memorial	1725	1735	1750	1805	1820	1835	1850	1911	1933	1954	2015	Then every 20 minutes until	0015					
South Hornchurch Newton's Corner	1732	1742	1757	1811	1826	1841	1856	1917	1939	2000	2020		0020					
Dagenham East Station	1736	1746	1801	1815	1830	1845	1900	1921	1943	2004	2024		0024					
Becontree Heath Civic Centre	1744	1754	1809	1822	1837	1852	1907	1928	1950	2010	2030		0030					
Romford Station	1754	1804	1818	1831	1844	1859	1914	1935	1957	2017	2037		0037					
Romford Market	1758	1807	1821	1834	1847	1902	1917	1938	2000	2020	2040		0040					
Romford North Street Bus Garage	1801	1810	1824	1837	1850	1905	1920	1941	2003	2023	2043	0043						
Chase Cross	1811	1820	1834	1847	1900	1915	1930	1951	2011	2031	2051	0051						
103		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																
Rainham War Memorial	0715	0745	0814	0843	0913	0942	1012	Then every 20 minutes until	1712	1733	1755	Then every 20 minutes until	0015					
South Hornchurch Newton's Corner	0721	0751	0820	0850	0920	0949	1019		1719	1739	1800		0020					
Dagenham East Station	0725	0755	0824	0854	0924	0953	1023		1723	1743	1804		0024					
Becontree Heath Civic Centre	0731	0801	0830	0900	0930	0959	1029		1729	1749	1810		0030					
Romford Station	0738	0808	0837	0907	0937	1007	1037		1737	1757	1817		0037					
Romford Market	0741	0811	0840	0910	0940	1010	1040		1740	1800	1820		0040					
Romford North Street Bus Garage	0743	0813	0842	0912	0942	1012	1043	1743	1803	1823	0043							
Chase Cross	0750	0820	0850	0920	0950	1020	1051	1751	1811	1831	0051							