

Chase Cross Chase Cross Road	0500	0520	0540	0600	0620	0640	0700	0720	0735	0750	0805	0817	0829	0839	0849	0858	0907	0916	
Eastern Avenue Pettits Lane	0504	0524	0545	0605	0625	0645	0705	0725	0741	0756	0811	0823	0835	0845	0855	0904	0913	0922	
Romford North Street Bus Garage	0506	0526	0547	0607	0627	0647	0707	0727	0743	0759	0814	0826	0838	0848	0858	0907	0916	0925	
Romford Market St Edward's Way	0507	0527	0549	0609	0629	0649	0709	0729	0745	0801	0816	0828	0840	0850	0900	0909	0918	0927	
Romford Station	0510	0530	0552	0612	0632	0653	0713	0733	0749	0805	0820	0832	0844	0854	0904	0913	0923	0932	
Becontree Heath Civic Cent. (Wood La.)	0517	0537	0559	0619	0640	0701	0721	0742	0758	0814	0829	0841	0853	0903	0913	0922	0932	0941	
Dagenham East Station	0522	0543	0605	0625	0646	0708	0728	0749	0805	0821	0836	0848	0900	0911	0921	0930	0940	0949	
South Hornchurch Newtons Corner	0525	0546	0608	0628	0649	0711	0732	0753	0809	0825	0840	0852	0904	0915	0925	0934	0944	0953	
Rainham Station Celtic Farm Road	0530	0551	0613	0634	0655	0717	0739	0800	0816	0832	0847	0859	0911	0922	0932	0941	0951	1000	
Chase Cross Chase Cross Road	0926	0936	0945	0954	1003	1012				1112	1122	1132	1143	1153	1204	1214	1225	1235	1246
Eastern Avenue Pettits Lane	0932	0942	0951	1000	1010	1019				1119	1129	1140	1151	1201	1212	1222	1233	1243	1254
Romford North Street Bus Garage	0935	0945	0954	1003	1013	1022			Then	1122	1132	1143	1154	1204	1215	1225	1236	1246	1257
Romford Market St Edward's Way	0937	0947	0956	1005	1015	1025			every 10	1125	1135	1146	1157	1207	1218	1228	1239	1249	1300
Romford Station	0942	0952	1001	1010	1020	1030			minutes	1130	1140	1151	1202	1213	1224	1234	1245	1255	1306
Becontree Heath Civic Cent. (Wood La.)	0951	1002	1011	1020	1030	1040			until	1140	1150	1201	1212	1223	1235	1245	1256	1306	1317
Dagenham East Station	0959	1010	1020	1029	1039	1049				1149	1200	1211	1222	1233	1244	1254	1305	1315	1326
South Hornchurch Newtons Corner	1003	1014	1024	1034	1044	1054				1154	1205	1216	1227	1238	1249	1259	1310	1320	1331
Rainham Station Celtic Farm Road	1011	1022	1032	1042	1052	1102				1202	1213	1224	1235	1246	1257	1307	1318	1328	1339
Chase Cross Chase Cross Road	1256	1307	1317	1327	1338	1348	1358	1409	1419	1430	1440	1451	1501	1512	1522	1532	1542	1552	
Eastern Avenue Pettits Lane	1304	1315	1325	1335	1345	1355	1405	1416	1426	1437	1447	1458	1508	1519	1529	1538	1548	1558	
Romford North Street Bus Garage	1307	1318	1328	1338	1348	1358	1408	1419	1429	1440	1450	1501	1511	1522	1532	1541	1551	1601	
Romford Market St Edward's Way	1310	1321	1331	1341	1351	1401	1411	1422	1432	1443	1453	1504	1514	1525	1535	1544	1553	1603	
Romford Station	1316	1327	1337	1347	1357	1407	1417	1428	1438	1449	1459	1510	1520	1531	1541	1550	1559	1609	
Becontree Heath Civic Cent. (Wood La.)	1327	1338	1348	1358	1408	1418	1428	1439	1449	1500	1510	1521	1531	1542	1552	1601	1610	1620	
Dagenham East Station	1336	1347	1357	1407	1417	1427	1437	1448	1458	1509	1519	1530	1540	1551	1600	1609	1618	1628	
South Hornchurch Newtons Corner	1341	1352	1402	1412	1422	1432	1442	1453	1503	1514	1524	1535	1545	1556	1605	1614	1623	1633	
Rainham Station Celtic Farm Road	1349	1400	1410	1420	1430	1440	1450	1501	1511	1522	1532	1543	1553	1604	1613	1622	1631	1641	
Chase Cross Chase Cross Road	1602	1612	1622	1632	1642	1652	1703	1713	1725	1737	1749	1801	1813	1825	1837	1851	1905	1920	
Eastern Avenue Pettits Lane	1608	1618	1628	1638	1648	1658	1709	1719	1731	1743	1755	1807	1819	1831	1843	1857	1911	1926	
Romford North Street Bus Garage	1611	1621	1631	1641	1651	1701	1712	1722	1734	1746	1758	1810	1822	1834	1846	1900	1914	1929	
Romford Market St Edward's Way	1613	1623	1633	1643	1653	1703	1714	1724	1736	1748	1800	1812	1824	1836	1848	1902	1916	1931	
Romford Station	1619	1629	1638	1648	1658	1708	1719	1729	1741	1753	1805	1817	1829	1841	1853	1907	1921	1936	
Becontree Heath Civic Cent. (Wood La.)	1630	1640	1649	1659	1709	1719	1730	1740	1752	1804	1815	1827	1839	1851	1903	1917	1931	1946	
Dagenham East Station	1638	1648	1657	1707	1717	1727	1738	1748	1800	1812	1823	1835	1847	1859	1911	1925	1939	1953	
South Hornchurch Newtons Corner	1643	1653	1702	1712	1722	1732	1743	1753	1805	1817	1828	1839	1851	1903	1915	1929	1943	1957	
Rainham Station Celtic Farm Road	1651	1701	1710	1720	1730	1740	1751	1801	1813	1825	1836	1847	1858	1910	1922	1936	1950	2004	
Chase Cross Chase Cross Road	1935	1950	2005	2020	2035	2050	2105	2120	2135	2150	2205	2220	2235	2250	2305	2320	2335		
Eastern Avenue Pettits Lane	1940	1955	2010	2025	2040	2055	2110	2125	2139	2154	2209	2224	2239	2254	2309	2324	2339		
Romford North Street Bus Garage	1943	1957	2012	2027	2042	2057	2112	2127	2141	2156	2211	2226	2241	2256	2311	2326	2341		
Romford Market St Edward's Way	1945	1959	2014	2029	2044	2059	2114	2129	2143	2158	2213	2228	2243	2258	2313	2328	2342		
Romford Station	1950	2004	2019	2033	2048	2103	2118	2133	2147	2202	2217	2232	2247	2302	2317	2331	2345		
Becontree Heath Civic Cent. (Wood La.)	2000	2014	2028	2042	2057	2112	2127	2142	2155	2210	2225	2240	2255	2310	2325	2339	2353		
Dagenham East Station	2007	2021	2035	2049	2104	2119	2134	2149	2202	2216	2231	2246	2301	2316	2331	2344	2358		
South Hornchurch Newtons Corner	2011	2025	2039	2053	2108	2123	2138	2153	2206	2220	2235	2249	2304	2319	2334	2347	0001		
Rainham Station Celtic Farm Road	2018	2032	2046	2100	2114	2129	2144	2159	2212	2226	2241	2255	2310	2325	2340	2353	0006		

103	Sundays and other Public Holidays (except Christmas Day)																	
Chase Cross Chase Cross Road	0500	0520	0540	0600	0620	0640	0700	0719	0738	0757	0817	0837	0857	0917	0937	0957	1017	1036
Eastern Avenue Pettits Lane	0504	0524	0544	0604	0624	0644	0704	0723	0743	0802	0822	0842	0902	0923	0943	1003	1023	1042
Romford North Street Bus Garage	0506	0526	0546	0606	0626	0646	0706	0725	0745	0804	0824	0844	0904	0925	0946	1006	1026	1045
Romford Market St Edward's Way	0507	0527	0548	0608	0628	0648	0708	0727	0747	0806	0826	0846	0906	0927	0948	1008	1028	1047
Romford Station	0510	0530	0551	0611	0631	0651	0711	0731	0751	0810	0830	0850	0910	0931	0952	1012	1032	1051
Becontree Heath Civic Cent. (Wood La.)	0517	0537	0558	0618	0638	0658	0719	0739	0759	0818	0838	0858	0919	0940	1001	1021	1041	1101
Dagenham East Station	0522	0542	0603	0623	0644	0704	0725	0745	0805	0825	0845	0905	0926	0947	1009	1029	1049	1109
South Hornchurch Newtons Corner	0525	0545	0606	0626	0647	0707	0728	0748	0809	0829	0849	0909	0930	0951	1013	1033	1053	1113
Rainham Station Celtic Farm Road	0530	0550	0611	0632	0653	0713	0734	0754	0815	0835	0856	0916	0937	0958	1020	1040	1101	1121
Chase Cross Chase Cross Road	1055	1113	1129	1144	1200	1215	1231	1246	1302	1317	1330	1344	1359	1414	1429	1444	1459	1514
Eastern Avenue Pettits Lane	1102	1120	1136	1151	1207	1222	1238	1253	1309	1324	1337	1351	1406	1421	1435	1450	1505	1520
Romford North Street Bus Garage	1105	1123	1139	1154	1210	1225	1242	1257	1313	1328	1341	1354	1409	1424	1438	1453	1508	1523
Romford Market St Edward's Way	1107	1126	1142	1157	1213	1228	1245	1300	1316	1331	1344	1357	1412	1427	1441	1455	1510	1525
Romford Station	1111	1131	1147	1202	1218	1233	1250	1305	1321	1336	1349	1402	1417	1432	1446	1500	1515	1530
Becontree Heath Civic Cent. (Wood La.)	1121	1141	1157	1212	1228	1243	1300	1316	1332	1347	1400	1413	1428	1443	1457	1511	1525	1540
Dagenham East Station	1129	1149	1206	1221	1237	1252	1309	1325	1341	1356	1409	1422	1437	1452	1505	1519	1533	1548
South Hornchurch Newtons Corner	1133	1153	1211	1226	1242	1257	1314	1330	1346	1401	1414	1427	1442	1457	1510	1524	1538	1553
Rainham Station Celtic Farm Road	1141	1201	1219	1234	1250	1305	1322	1338	1354	1409	1422	1435	1450	1505	1518	1532	1546	1601
Chase Cross Chase Cross Road	1528	1542	1557	1612	1627	1642	1657	1713	1729	1745	1800	1816	1831	1846	1901	1917	1932	1946
Eastern Avenue Pettits Lane	1534	1548	1603	1617	1632	1647	1702	1718	1734	1750	1805	1821	1836	1851	1906	1922	1937	1951
Romford North Street Bus Garage	1537	1551	1606	1620	1635	1650	1705	1720	1736	1752	1807	1823	1838	1853	1908	1924	1939	1953
Romford Market St Edward's Way	1539	1553	1608	1622	1637	1652	1707	1722	1738	1754	1809	1825	1840	1855	1910	1926	1941	1955
Romford Station	1544	1558	1613	1627	1642	1657	1712	1727	1743	1759	1814	1830	1845	1859	1914	1930	1945	1959
Becontree Heath Civic Cent. (Wood La.)	1554	1608	1623	1637	1652	1707	1722	1737	1753	1809	1823	1839	1854	1908	1923	1939	1954	2008
Dagenham East Station	1602	1616	1631	1645	1700	1715	1730	1745	1801	1816	1830	1846	1901	1915	1930	1946	2001	2015
South Hornchurch Newtons Corner	1607	1621	1635	1649	1704	1719	1734	1749	1805	1820	1834	1850	1905	1919	1934	1950	2005	2019
Rainham Station Celtic Farm Road	1615	1629	1643	1657	1711	1726	1741	1756	1812	1827	1841	1857	1912	1926	1941	1957	2012	2026
Chase Cross Chase Cross Road	2001	2017	2032	2047	2103	2118	2133	2148	2203	2219	2234	2250	2305	2320	2335			
Eastern Avenue Pettits Lane	2006	2022	2037	2052	2108	2122	2137	2152	2207	2223	2238	2254	2309	2324	2339			
Romford North Street Bus Garage	2008	2024	2039	2054	2110	2124	2139	2154	2209	2225	2240	2256	2311	2326	2341			
Romford Market St Edward's Way	2010	2026	2041	2056	2112	2126	2141	2156	2211	2226	2241	2257	2312	2327	2342			
Romford Station	2014	2030	2045	2100	2116	2130	2145	2200	2215	2230	2244	2300	2315	2330	2345			
Becontree Heath Civic Cent. (Wood La.)	2023	2039	2053	2108	2124	2138	2152	2207	2222	2237	2251	2307	2322	2337	2352			
Dagenham East Station	2030	2046	2100	2114	2130	2144	2158	2213	2227	2242	2256	2312	2327	2342	2357			
South Hornchurch Newtons Corner	2034	2050	2104	2118	2133	2147	2201	2216	2230	2245	2259	2315	2330	2345	0000			
Rainham Station Celtic Farm Road	2040	2056	2110	2124	2139	2153	2207	2222	2235	2250	2304	2320	2335	2350	0005			

103	Sundays and other Public Holidays (except Christmas Day)																	
Rainham Station Celtic Farm Road	0500	0520	0540	0600	0619	0640	0700	0720	0740	0800	0820	0840	0901	0921	0942	1000	1015	1029
South Hornchurch Newtons Corner	0505	0526	0546	0606	0625	0646	0706	0727	0747	0807	0827	0847	0908	0928	0950	1008	1023	1037
Dagenham East Station	0509	0530	0550	0610	0629	0650	0710	0731	0752	0812	0832	0852	0913	0933	0955	1013	1028	1043
Becontree Heath Civic Cent. (Wood La.)	0514	0535	0555	0615	0635	0656	0716	0737	0758	0819	0839	0859	0920	0941	1003	1021	1036	1051
Romford Station	0520	0541	0601	0622	0642	0703	0724	0745	0806	0827	0847	0908	0929	0950	1013	1031	1046	1101
Romford Market St Edward's Way	0522	0543	0604	0625	0645	0706	0727	0748	0809	0830	0850	0911	0932	0953	1016	1034	1049	1105
Romford North Street (The Squire)	0524	0545	0606	0628	0648	0709	0730	0751	0812	0833	0853	0914	0935	0956	1019	1037	1052	1108
Eastern Avenue Pettits Lane	0526	0547	0608	0630	0650	0711	0732	0753	0814	0835	0855	0916	0937	0958	1021	1039	1055	1111
Chase Cross Chase Cross Road	0530	0551	0612	0634	0655	0716	0737	0758	0819	0840	0900	0921	0942	1003	1026	1045	1101	1117
Rainham Station Celtic Farm Road	1043	1057	1112	1127	1143	1158	1214	1229	1245	1300	1316	1331	1347	1402	1418	1432	1445	1457
South Hornchurch Newtons Corner	1051	1106	1121	1136	1152	1207	1223	1238	1254	1309	1325	1340	1356	1411	1427	1441	1454	1506
Dagenham East Station	1057	1112	1127	1142	1158	1213	1229	1244	1300	1315	1331	1346	1402	1417	1433	1447	1500	1511
Becontree Heath Civic Cent. (Wood La.)	1105	1120	1135	1150	1207	1222	1238	1253	1309	1324	1340	1355	1411	1426	1441	1455	1508	1519
Romford Station	1115	1131	1146	1201	1218	1233	1249	1304	1320	1335	1351	1406	1422	1437	1452	1505	1518	1529
Romford Market St Edward's Way	1119	1135	1150	1205	1222	1237	1253	1308	1324	1339	1355	1410	1426	1441	1456	1509	1522	1533
Romford North Street (The Squire)	1123	1139	1154	1209	1226	1241	1257	1312	1328	1343	1359	1414	1430	1445	1500	1513	1526	1537
Eastern Avenue Pettits Lane	1126	1142	1157	1212	1229	1244	1300	1315	1331	1346	1402	1417	1433	1448	1503	1516	1529	1540
Chase Cross Chase Cross Road	1132	1148	1203	1219	1236	1251	1307	1322	1338	1353	1408	1423	1439	1454	1509	1522	1535	1546
Rainham Station Celtic Farm Road	1512	1527	1542	1557	1612	1627	1642	1657	1711	1727	1742	1756	1810	1825	1840	1856	1911	1926
South Hornchurch Newtons Corner	1521	1535	1550	1605	1620	1635	1650	1705	1719	1735	1750	1804	1818	1833	1847	1903	1918	1933
Dagenham East Station	1526	1540	1555	1610	1625	1640	1655	1710	1724	1740	1755	1809	1823	1838	1852	1908	1923	1938
Becontree Heath Civic Cent. (Wood La.)	1534	1548	1603	1618	1633	1648	1703	1718	1732	1747	1802	1816	1830	1845	1859	1915	1930	1945
Romford Station	1544	1558	1612	1627	1642	1657	1712	1727	1741	1756	1811	1825	1839	1854	1908	1924	1939	1954
Romford Market St Edward's Way	1548	1602	1616	1631	1646	1701	1716	1730	1744	1759	1814	1828	1842	1857	1911	1927	1942	1957
Romford North Street (The Squire)	1552	1606	1620	1635	1650	1704	1719	1733	1747	1802	1817	1831	1845	1900	1914	1930	1945	2000
Eastern Avenue Pettits Lane	1555	1609	1623	1638	1653	1707	1722	1736	1750	1805	1819	1833	1847	1902	1916	1932	1947	2002
Chase Cross Chase Cross Road	1601	1615	1629	1644	1659	1713	1728	1742	1756	1811	1825	1839	1853	1908	1922	1938	1953	2007
Rainham Station Celtic Farm Road	1942	1958	2013	2029	2045	2101	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345	0000
South Hornchurch Newtons Corner	1949	2005	2019	2035	2051	2107	2121	2136	2151	2206	2220	2235	2250	2305	2320	2335	2350	0004
Dagenham East Station	1954	2010	2024	2039	2055	2111	2125	2140	2155	2210	2223	2238	2253	2308	2323	2338	2353	0007
Becontree Heath Civic Cent. (Wood La.)	2001	2017	2031	2046	2102	2117	2131	2146	2201	2216	2229	2243	2258	2313	2328	2343	2358	0012
Romford Station	2009	2025	2039	2054	2110	2125	2139	2153	2208	2223	2236	2250	2305	2320	2334	2349	0004	0018
Romford Market St Edward's Way	2012	2028	2042	2057	2113	2128	2142	2156	2211	2226	2239	2252	2307	2322	2336	2351	0006	0020
Romford North Street (The Squire)	2015	2031	2045	2100	2116	2131	2145	2159	2214	2228	2241	2254	2309	2324	2338	2353	0008	0022
Eastern Avenue Pettits Lane	2017	2033	2047	2102	2118	2133	2147	2201	2216	2230	2243	2256	2311	2326	2340	2355	0010	0024
Chase Cross Chase Cross Road	2022	2038	2052	2107	2123	2138	2152	2206	2220	2234	2247	2300	2315	2330	2344	2359	0014	0028
Rainham Station Celtic Farm Road	0015																	
South Hornchurch Newtons Corner	0019																	
Dagenham East Station	0022																	
Becontree Heath Civic Cent. (Wood La.)	0027																	
Romford Station	0033																	
Romford Market St Edward's Way	0035																	
Romford North Street (The Squire)	0037																	
Eastern Avenue Pettits Lane	0039																	
Chase Cross Chase Cross Road	0043																	