

165 Mondays to Fridays																		
Abbey Wood Lane	0440	0455	0510	0525	0540	0555	0610	0625	0637		0952		1304		1800			
Chandlers Corner	0444	0459	0514	0529	0544	0559	0615	0630	0642		0958		1310		1806			
Rainham Tesco	0446	0501	0516	0531	0546	0601	0618	0633	0645	Then	1003	Then	1315	Then	1810			
South Hornchurch Cherry Tree	0451	0506	0521	0536	0551	0607	0624	0639	0651	about	1010	every 12	1322	about	1818			
Elm Park Station	0457	0512	0527	0542	0558	0614	0631	0646	0658	every 12	1020	minutes	1332	every 12	1828			
Hornchurch Town Centre	0504	0519	0534	0549	0605	0621	0638	0654	0706	minutes	1030	until	1342	minutes	1838			
Gidea Park The Drill	0510	0525	0540	0555	0611	0628	0645	0702	0716	until	1038		1350	until	1847			
Romford Station	0516	0531	0546	0602	0618	0635	0652	0709	0725		1045		1357		1854			
Romford Brewery	0521	0536	0551	0607	0623	0640	0657	0714	0730		1051		1403		1900			
Abbey Wood Lane	1813	1826	1838	1851	1904	1920	1935	1950	2005	2020		2140	2200	2220	0020			
Chandlers Corner	1819	1832	1844	1857	1910	1925	1940	1955	2010	2025		2145	2205	2225	0025			
Rainham Tesco	1823	1836	1848	1901	1914	1929	1944	1959	2013	2028	Then	2148	2208	2228	0028			
South Hornchurch Cherry Tree	1831	1844	1855	1907	1920	1935	1950	2005	2019	2034	every 20	2154	2213	2233	0033			
Elm Park Station	1841	1854	1904	1916	1928	1943	1958	2012	2026	2041	minutes	2201	2220	2239	0039			
Hornchurch Town Centre	1851	1903	1914	1925	1936	1950	2005	2019	2033	2048	until	2208	2227	2246	0046			
Gidea Park The Drill	1859	1910	1921	1932	1943	1957	2011	2025	2039	2054		2214	2233	2252	0052			
Romford Station	1906	1917	1928	1939	1950	2003	2017	2031	2045	2100		2220	2239	2258	0058			
Romford Brewery	1911	1922	1933	1944	1955	2008	2022	2036	2050	2105		2225	2244	2303	0103			
165 Saturdays (also Good Friday)																		
Abbey Wood Lane	0440			0540	0555	0610	0625	0640	0655	0710	0725	0740	0755	0810	0824	1831	1846	
Chandlers Corner	0444			0544	0559	0614	0630	0645	0700	0715	0730	0745	0800	0815	0829	Then	1836	1851
Rainham Tesco	0447	Then		0547	0603	0618	0634	0649	0704	0719	0734	0749	0805	0820	0834	about	1841	1856
South Hornchurch Cherry Tree	0452	every 15		0552	0608	0623	0639	0654	0709	0724	0739	0754	0811	0826	0840	every	1846	1901
Elm Park Station	0458	minutes		0558	0615	0630	0646	0701	0716	0731	0746	0802	0819	0834	0848	12	1854	1909
Hornchurch Town Centre	0505	until		0605	0622	0637	0653	0708	0723	0738	0753	0810	0827	0843	0858	mins.	1903	1918
Gidea Park The Drill	0510			0610	0627	0643	0659	0714	0729	0744	0759	0816	0833	0849	0904	until	1910	1925
Romford Station	0516			0616	0633	0649	0705	0720	0735	0750	0805	0822	0839	0855	0911		1916	1931
Romford Brewery	0521			0621	0638	0654	0710	0725	0740	0755	0811	0828	0845	0902	0919		1922	1937
Abbey Wood Lane	1902	1917	1932	1948	2003	2019	2040	2059	2119	2140	2201	2221	2241	2300	2320	2340	0000	0020
Chandlers Corner	1907	1922	1937	1953	2008	2024	2045	2104	2123	2144	2205	2225	2245	2304	2324	2344	0004	0024
Rainham Tesco	1912	1927	1942	1958	2013	2029	2050	2109	2128	2149	2209	2229	2249	2308	2328	2348	0008	0028
South Hornchurch Cherry Tree	1917	1932	1947	2003	2018	2034	2055	2114	2133	2154	2214	2234	2254	2313	2333	2353	0013	0033
Elm Park Station	1925	1940	1955	2011	2026	2041	2102	2121	2140	2201	2221	2241	2301	2320	2339	2359	0019	0039
Hornchurch Town Centre	1933	1948	2003	2019	2034	2049	2109	2128	2147	2208	2228	2248	2308	2327	2346	0006	0026	0046
Gidea Park The Drill	1940	1955	2010	2026	2041	2055	2115	2134	2153	2214	2234	2254	2314	2333	2352	0012	0032	0052
Romford Station	1946	2001	2016	2032	2047	2101	2121	2140	2159	2219	2239	2259	2319	2338	2357	0017	0037	0057
Romford Brewery	1952	2007	2022	2038	2053	2107	2126	2145	2204	2224	2244	2304	2324	2343	0002	0022	0042	0102
165 Sundays and other Public Holidays (except Christmas Day)																		
Abbey Wood Lane	0545			0725	0744	0804	0824	0844	0903	0922	0940	0959	1018	1038	1056	1116	1136	1156
Chandlers Corner	0549			0729	0749	0809	0829	0849	0908	0927	0945	1004	1023	1043	1101	1121	1141	1201
Rainham Tesco	0553	Then		0733	0753	0813	0834	0854	0913	0932	0950	1009	1028	1048	1106	1126	1146	1206
South Hornchurch Cherry Tree	0558	every 20		0738	0758	0818	0839	0859	0918	0938	0956	1015	1035	1055	1113	1133	1153	1213
Elm Park Station	0605	minutes		0745	0805	0826	0847	0907	0926	0946	1005	1024	1044	1104	1123	1143	1203	1223
Hornchurch Town Centre	0612	until		0752	0812	0833	0855	0916	0936	0956	1016	1035	1055	1115	1134	1154	1214	1234
Gidea Park The Drill	0618			0758	0818	0839	0901	0922	0943	1003	1023	1042	1102	1122	1142	1202	1222	1242
Romford Station	0623			0803	0823	0844	0906	0928	0949	1009	1029	1048	1108	1129	1149	1209	1228	1248
Romford Brewery	0628			0808	0828	0849	0911	0933	0955	1015	1035	1054	1115	1137	1157	1217	1237	1257
Abbey Wood Lane	1216	1236	1256	1316	1337	1357	1417	1437	1457	1517	1537	1557	1617	1637	1657	1717	1737	1758
Chandlers Corner	1221	1241	1302	1322	1343	1403	1423	1443	1502	1522	1542	1602	1622	1642	1702	1722	1742	1803
Rainham Tesco	1226	1246	1307	1327	1348	1408	1428	1448	1507	1527	1547	1607	1627	1647	1707	1727	1747	1807
South Hornchurch Cherry Tree	1233	1253	1314	1334	1355	1415	1435	1455	1514	1534	1553	1613	1633	1653	1713	1733	1753	1813
Elm Park Station	1243	1303	1323	1343	1404	1424	1444	1504	1523	1543	1602	1622	1642	1702	1722	1742	1801	1821
Hornchurch Town Centre	1254	1314	1334	1354	1414	1434	1454	1514	1533	1552	1611	1631	1651	1711	1731	1751	1809	1829
Gidea Park The Drill	1302	1322	1342	1402	1421	1441	1501	1521	1540	1559	1618	1638	1658	1718	1738	1758	1816	1836
Romford Station	1308	1328	1348	1408	1427	1447	1507	1527	1546	1605	1624	1644	1704	1724	1744	1804	1822	1842
Romford Brewery	1317	1337	1357	1417	1436	1455	1515	1535	1554	1613	1632	1652	1712	1732	1752	1811	1829	1849
Abbey Wood Lane	1818	1838	1858	1918	1938	1959	2019	2040	2100	2120	2140	2200	2220	2240	2300			0020
Chandlers Corner	1823	1843	1903	1923	1943	2004	2024	2045	2105	2124	2144	2204	2224	2244	2304			0024
Rainham Tesco	1827	1847	1907	1927	1947	2008	2028	2049	2109	2128	2148	2208	2228	2248	2307	Then		0027
South Hornchurch Cherry Tree	1833	1853	1913	1933	1953	2014	2034	2054	2114	2133	2153	2213	2233	2253	2312	every 20		0032
Elm Park Station	1841	1901	1920	1940	2000	2021	2041	2101	2121	2140	2200	2219	2239	2259	2318	minutes		0038
Hornchurch Town Centre	1849	1909	1928	1948	2007	2028	2048	2108	2128	2147	2207	2226	2246	2306	2325	until		0045
Gidea Park The Drill	1856	1916	1935	1954	2013	2034	2054	2114	2134	2153	2213	2232	2251	2311	2330			0050
Romford Station	1902	1922	1941	2000	2018	2039	2059	2119	2139	2158	2218	2237	2256	2316	2335			0055
Romford Brewery	1909	1927	1946	2005	2023	2044	2104	2124	2144	2203	2223	2242	2301	2321	2340			0100

165 Mondays to Fridays																		
Romford Brewery	0505	0520	0535	0550	0605	0620	0634	0646	0658		0940		1352		1945			
Romford Station	0510	0525	0540	0555	0610	0625	0639	0651	0705		0948		1400		1953			
Gidea Park The Drill	0515	0530	0545	0601	0616	0631	0645	0658	0713	Then	0956	Then	1408	Then	2000			
Hornchurch Town Centre	0520	0535	0551	0607	0622	0637	0652	0705	0720	about	1005	every 12	1417	about	2006			
Elm Park Station	0526	0541	0557	0613	0628	0644	0659	0713	0728	every 12	1015	minutes	1427	every 12	2014			
South Hornchurch Cherry Tree	0533	0548	0604	0620	0635	0651	0707	0722	0737	minutes	1025	until	1437	minutes	2021			
Rainham Tesco	0539	0555	0611	0627	0642	0658	0715	0730	0745	until	1032		1444	until	2027			
Chandlers Corner	0541	0557	0613	0629	0644	0701	0718	0733	0748		1035		1447		2029			
Abbey Wood Lane	0546	0602	0618	0634	0650	0707	0724	0739	0754		1041		1453		2034			
Romford Brewery	2000	2015	2030	2050	2110	2131	2151	2211	2231	2250			0110					
Romford Station	2007	2021	2036	2056	2116	2137	2157	2217	2237	2256			0116					
Gidea Park The Drill	2013	2027	2042	2102	2122	2143	2203	2223	2243	2302	Then		0122					
Hornchurch Town Centre	2019	2033	2048	2108	2128	2149	2208	2228	2248	2307	every 20		0127					
Elm Park Station	2027	2041	2055	2115	2135	2155	2214	2234	2254	2313	minutes		0133					
South Hornchurch Cherry Tree	2034	2048	2102	2122	2142	2202	2221	2241	2301	2320	until		0140					
Rainham Tesco	2040	2054	2108	2128	2148	2208	2227	2247	2307	2326			0146					
Chandlers Corner	2042	2056	2110	2130	2150	2210	2229	2249	2309	2328			0148					
Abbey Wood Lane	2047	2101	2115	2135	2155	2215	2234	2254	2314	2333			0153					
165 Saturdays (also Good Friday)																		
Romford Brewery	0505			0635	0650	0705	0720	0735	0750	0805	0820		1846	1901	1915	1929	1944	
Romford Station	0511			0641	0657	0712	0727	0742	0757	0812	0827		1855	1909	1923	1937	1952	
Gidea Park The Drill	0516	Then		0646	0702	0718	0733	0748	0803	0818	0833	Then	1902	1916	1930	1944	1958	
Hornchurch Town Centre	0521	every 15		0651	0707	0723	0738	0753	0809	0824	0839	about	1909	1923	1937	1951	2005	
Elm Park Station	0527	minutes		0657	0713	0729	0745	0800	0816	0832	0847	every 12	1916	1930	1944	1958	2012	
South Hornchurch Cherry Tree	0534	until		0704	0720	0736	0752	0807	0823	0840	0855	minutes	1924	1938	1952	2006	2020	
Rainham Tesco	0539			0709	0725	0741	0757	0812	0829	0846	0902	until	1930	1944	1958	2012	2026	
Chandlers Corner	0541			0711	0727	0743	0759	0814	0831	0848	0904		1933	1947	2001	2015	2029	
Abbey Wood Lane	0546			0716	0732	0748	0804	0819	0836	0853	0909		1939	1953	2007	2021	2035	
Romford Brewery	1959	2014	2029	2050	2111	2132	2151	2210	2230	2250			0110					
Romford Station	2007	2022	2036	2057	2117	2138	2157	2216	2236	2256			0116					
Gidea Park The Drill	2013	2028	2042	2103	2123	2144	2203	2222	2242	2302	Then		0122					
Hornchurch Town Centre	2020	2035	2049	2109	2129	2150	2209	2228	2248	2307	every 20		0127					
Elm Park Station	2027	2042	2056	2116	2135	2156	2215	2234	2254	2313	minutes		0133					
South Hornchurch Cherry Tree	2035	2050	2104	2124	2142	2203	2222	2241	2301	2320	until		0140					
Rainham Tesco	2041	2056	2110	2129	2147	2208	2227	2246	2306	2325			0145					
Chandlers Corner	2044	2059	2113	2132	2150	2211	2230	2249	2309	2328			0148					
Abbey Wood Lane	2050	2105	2119	2138	2156	2216	2235	2254	2314	2333			0153					
165 Sundays and other Public Holidays (except Christmas Day)																		
Romford Brewery	0555			0735	0755	0815	0835	0855	0915	0934	0952	1010	1029	1048	1108	1128	1148	1208
Romford Station	0601			0741	0801	0821	0841	0901	0921	0940	0958	1017	1036	1055	1115	1135	1156	1217
Gidea Park The Drill	0606	Then		0746	0806	0826	0846	0907	0927	0946	1005	1024	1043	1102	1122	1142	1203	1224
Hornchurch Town Centre	0611	every 20		0751	0811	0831	0851	0912	0932	0952	1011	1030	1049	1109	1129	1149	1210	1231
Elm Park Station	0617	minutes		0757	0818	0838	0858	0919	0940	1000	1020	1039	1059	1119	1139	1159	1220	1241
South Hornchurch Cherry Tree	0624	until		0804	0825	0845	0905	0926	0948	1008	1028	1048	1108	1128	1148	1208	1229	1250
Rainham Tesco	0629			0809	0830	0850	0910	0932	0954	1014	1034	1054	1114	1134	1154	1214	1236	1257
Chandlers Corner	0631			0811	0832	0852	0912	0934	0957	1017	1037	1057	1117	1137	1157	1217	1239	1300
Abbey Wood Lane	0636			0816	0837	0857	0917	0939	1002	1022	1042	1102	1122	1142	1202	1223	1245	1306
Romford Brewery	1228	1247	1307	1327	1347	1407	1427	1447	1507	1527	1547	1607	1627	1647	1707	1727	1747	1807
Romford Station	1237	1256	1316	1336	1356	1416	1436	1455	1515	1535	1555	1615	1635	1655	1715	1735	1755	1815
Gidea Park The Drill	1244	1303	1323	1343	1403	1423	1443	1502	1522	1542	1602	1622	1642	1702	1722	1742	1802	1822
Hornchurch Town Centre	1251	1310	1330	1350	1410	1430	1450	1509	1529	1549	1609	1629	1649	1708	1728	1748	1808	1828
Elm Park Station	1301	1320	1340	1400	1420	1440	1459	1518	1538	1558	1618	1638	1658	1717	1737	1757	1816	1836
South Hornchurch Cherry Tree	1310	1329	1349	1409	1429	1449	1508	1527	1547	1607	1627	1647	1707	1726	1746	1806	1825	1845
Rainham Tesco	1317	1337	1357	1417	1437	1457	1516	1535	1554	1614	1634	1654	1714	1733	1753	1813	1831	1851
Chandlers Corner	1320	1340	1400	1420	1440	1500	1519	1538	1557	1617	1637	1657	1717	1736	1756	1816	1834	1854
Abbey Wood Lane	1326	1346	1406	1426	1446	1506	1525	1544	1603	1623	1643	1703	1723	1742	1802	1822	1840	1900
Romford Brewery	1827	1847	1907	1927	1947	2008	2029	2050	2110	2130	2150	2210	2230	2250	2310			0110
Romford Station	1835	1855	1914	1934	1954	2015	2036	2056	2116	2136	2156	2216	2236	2256	2316			0116
Gidea Park The Drill	1842	1902	1921	1940	2000	2021	2042	2102	2122	2142	2202	2222	2242	2302	2321	Then		0121
Hornchurch Town Centre	1848	1908	1927	1946	2006	2026	2047	2107	2127	2147	2207	2227	2247	2307	2326	every 20		0126
Elm Park Station	1856	1916	1935	1954	2014	2034	2054	2114	2134	2154	2214	2234	2253	2313	2332	minutes		0132
South Hornchurch Cherry Tree	1905	1924	1943	2002	2022	2041	2101	2121	2141	2201	2221	2241	2300	2320	2339	until		0139
Rainham Tesco	1910	1929	1948	2007	2027	2046	2106	2126	2146	2206	2226	2246	2305	2324	2343			0143
Chandlers Corner	1913	1932	1951	2010	2030	2049	2109	2129	2149	2209	2229	2249	2308	2327	2346			0146
Abbey Wood Lane	1919	1938	1957	2015	2035	2054	2114	2134	2154	2214	2234	2254	2313	2332	2351			0151