

165		Saturdays (also Good Friday)																
Abbey Wood Lane	0440	0455	0510	0525	0540	0555	0610	0625	0640	0655	0710	0725	0740	0755	0810	0821	0832	0843
Chandlers Corner	0444	0459	0514	0529	0544	0559	0614	0629	0645	0700	0715	0730	0745	0800	0815	0826	0837	0848
Rainham Tesco	0447	0502	0517	0532	0548	0603	0618	0633	0649	0704	0720	0735	0750	0805	0820	0831	0842	0853
South Hornchurch <i>Cherry Tree</i>	0451	0507	0522	0537	0553	0608	0623	0638	0654	0709	0725	0740	0755	0810	0825	0836	0847	0858
Elm Park Station	0457	0513	0529	0544	0600	0615	0630	0645	0701	0717	0733	0748	0803	0818	0833	0845	0856	0907
Hornchurch <i>Town Centre</i>	0504	0520	0536	0551	0607	0622	0637	0652	0708	0724	0740	0756	0811	0827	0842	0854	0906	0917
Gidea Park <i>The Drill</i>	0509	0525	0541	0556	0612	0627	0643	0658	0714	0730	0746	0802	0817	0833	0848	0900	0912	0924
Romford Station	0514	0530	0546	0601	0617	0632	0648	0704	0720	0736	0752	0808	0823	0839	0854	0906	0918	0930
Romford Market <i>St Edward's Way</i>	0517	0533	0549	0604	0620	0635	0651	0707	0723	0739	0755	0811	0826	0842	0858	0910	0922	0934
Romford <i>Brewery</i>	0519	0535	0551	0606	0622	0637	0653	0709	0725	0741	0757	0813	0828	0844	0900	0912	0924	0936
Abbey Wood Lane	0853	0904	0914	0924	0935	0947	0958	1009	1021	1032	Then every 12 minutes until	1220	1233	1245	1257	1309	1322	
Chandlers Corner	0858	0909	0919	0930	0941	0953	1004	1015	1027	1038		1226	1239	1251	1303	1315	1328	
Rainham Tesco	0904	0915	0925	0936	0947	0959	1010	1021	1033	1045		1233	1246	1258	1310	1322	1335	
South Hornchurch <i>Cherry Tree</i>	0910	0921	0931	0942	0953	1005	1016	1027	1039	1051		1239	1252	1304	1316	1328	1341	
Elm Park Station	0919	0930	0941	0952	1003	1015	1026	1037	1049	1101		1249	1302	1314	1326	1338	1351	
Hornchurch <i>Town Centre</i>	0930	0941	0953	1005	1016	1028	1039	1051	1103	1115		1303	1315	1327	1339	1351	1404	
Gidea Park <i>The Drill</i>	0936	0948	1000	1012	1024	1036	1048	1100	1112	1124		1312	1324	1336	1348	1400	1412	
Romford Station	0942	0955	1007	1019	1031	1043	1055	1107	1119	1131		1319	1331	1343	1355	1407	1419	
Romford Market <i>St Edward's Way</i>	0946	0959	1011	1023	1035	1047	1059	1111	1123	1135		1323	1335	1347	1359	1411	1423	
Romford <i>Brewery</i>	0948	1001	1013	1025	1037	1049	1101	1113	1126	1138	1326	1338	1350	1402	1414	1426		
Abbey Wood Lane	1335	1348	1401	1413	1425	1438	Then every 12 minutes until	1602	1615	1627	1639	1651	1703	1716	1729	1742	1754	
Chandlers Corner	1341	1354	1407	1419	1431	1444		1608	1621	1633	1645	1657	1709	1722	1735	1747	1759	
Rainham Tesco	1348	1401	1413	1425	1437	1450		1614	1627	1639	1651	1703	1715	1728	1740	1752	1804	
South Hornchurch <i>Cherry Tree</i>	1354	1407	1419	1431	1443	1456		1620	1633	1645	1657	1709	1721	1734	1746	1758	1810	
Elm Park Station	1404	1416	1428	1440	1452	1505		1629	1642	1654	1706	1718	1730	1743	1755	1807	1819	
Hornchurch <i>Town Centre</i>	1416	1428	1440	1452	1504	1516		1640	1653	1705	1717	1729	1741	1753	1805	1817	1829	
Gidea Park <i>The Drill</i>	1424	1436	1448	1500	1512	1524		1648	1701	1713	1725	1737	1749	1801	1813	1825	1836	
Romford Station	1431	1443	1455	1507	1519	1531		1655	1707	1719	1731	1743	1755	1807	1819	1831	1842	
Romford Market <i>St Edward's Way</i>	1435	1447	1459	1511	1523	1535		1659	1711	1723	1735	1747	1759	1811	1823	1835	1846	
Romford <i>Brewery</i>	1438	1450	1502	1514	1526	1538	1702	1714	1726	1738	1750	1802	1814	1826	1838	1849		
Abbey Wood Lane	1806	1818	1830	1845	1900	1915	1930	1945	2000	2020	2040	2100	2120	2140	2200	2220	2240	2300
Chandlers Corner	1811	1823	1835	1850	1905	1920	1935	1950	2005	2025	2045	2105	2124	2144	2204	2224	2244	2304
Rainham Tesco	1816	1828	1840	1855	1910	1925	1940	1955	2010	2030	2050	2110	2129	2149	2209	2228	2248	2308
South Hornchurch <i>Cherry Tree</i>	1822	1834	1846	1900	1915	1930	1945	2000	2015	2035	2055	2115	2134	2154	2214	2233	2253	2313
Elm Park Station	1831	1843	1854	1908	1923	1938	1953	2008	2023	2042	2102	2122	2141	2201	2221	2240	2300	2320
Hornchurch <i>Town Centre</i>	1840	1852	1903	1917	1932	1947	2002	2017	2032	2051	2111	2130	2149	2209	2228	2247	2307	2327
Gidea Park <i>The Drill</i>	1847	1859	1910	1924	1939	1954	2009	2024	2038	2057	2117	2136	2155	2215	2234	2253	2313	2333
Romford Station	1853	1905	1916	1930	1945	2000	2015	2030	2044	2103	2123	2142	2201	2220	2239	2258	2318	2338
Romford Market <i>St Edward's Way</i>	1857	1909	1920	1934	1949	2003	2018	2033	2047	2106	2126	2145	2204	2223	2242	2301	2321	2341
Romford <i>Brewery</i>	1900	1911	1922	1936	1951	2005	2020	2035	2049	2108	2128	2147	2206	2225	2244	2303	2323	2343
Abbey Wood Lane	2320	2340	0000	0020														
Chandlers Corner	2324	2344	0004	0024														
Rainham Tesco	2328	2348	0008	0027														
South Hornchurch <i>Cherry Tree</i>	2333	2353	0013	0032														
Elm Park Station	2340	2359	0019	0038														
Hornchurch <i>Town Centre</i>	2347	0006	0026	0045														
Gidea Park <i>The Drill</i>	2353	0012	0032	0051														
Romford Station	2358	0017	0037	0056														
Romford Market <i>St Edward's Way</i>	0001	0020	0040	0059														
Romford <i>Brewery</i>	0003	0022	0042	0101														

165	Sundays and other Public Holidays (except Christmas Day)																	
Abbey Wood Lane	0540	0600	0620	0640	0700	0720	0740	0800	0820	0840	0900	0920	0938	0957	1015	1033	1053	1113
Chandlers Corner	0544	0604	0624	0644	0704	0724	0745	0805	0825	0845	0905	0925	0943	1002	1021	1039	1059	1119
Rainham Tesco	0548	0608	0628	0648	0708	0728	0749	0809	0830	0850	0910	0930	0948	1007	1026	1044	1104	1124
South Hornchurch <i>Cherry Tree</i>	0553	0613	0633	0653	0713	0733	0754	0814	0835	0855	0915	0935	0954	1014	1033	1051	1111	1131
Elm Park Station	0600	0620	0640	0700	0720	0741	0802	0822	0843	0903	0923	0943	1003	1023	1042	1101	1121	1141
Hornchurch <i>Town Centre</i>	0607	0627	0647	0707	0727	0748	0809	0829	0851	0912	0932	0953	1013	1033	1053	1113	1133	1153
Gidea Park <i>The Drill</i>	0613	0633	0653	0713	0733	0754	0815	0835	0857	0918	0939	1000	1020	1040	1100	1120	1140	1200
Romford Station	0618	0638	0658	0718	0738	0759	0820	0841	0903	0924	0945	1006	1026	1046	1106	1126	1147	1207
Romford Market <i>St Edward's Way</i>	0621	0641	0701	0721	0741	0802	0823	0844	0906	0927	0948	1010	1030	1050	1110	1130	1151	1211
Romford <i>Brewery</i>	0623	0643	0703	0723	0743	0804	0825	0846	0908	0929	0951	1013	1033	1054	1114	1134	1155	1215
Abbey Wood Lane	1132	1151	1211	1231	1251	1312	1332	1352	1412	1432	1453	1513	1534	1555	1615	1635	1655	1715
Chandlers Corner	1138	1157	1217	1237	1257	1318	1338	1358	1418	1438	1458	1518	1539	1600	1620	1640	1700	1720
Rainham Tesco	1143	1202	1222	1243	1303	1324	1344	1404	1424	1444	1504	1524	1545	1606	1626	1646	1706	1726
South Hornchurch <i>Cherry Tree</i>	1150	1209	1229	1250	1310	1331	1351	1411	1431	1451	1511	1531	1551	1612	1632	1652	1712	1732
Elm Park Station	1200	1219	1239	1300	1320	1341	1400	1420	1440	1500	1520	1540	1600	1621	1641	1701	1721	1741
Hornchurch <i>Town Centre</i>	1212	1231	1251	1312	1332	1352	1411	1431	1451	1511	1531	1551	1611	1631	1650	1710	1730	1750
Gidea Park <i>The Drill</i>	1220	1239	1259	1320	1340	1400	1419	1438	1458	1518	1538	1558	1618	1638	1657	1717	1737	1757
Romford Station	1227	1246	1306	1327	1347	1407	1426	1445	1504	1524	1544	1604	1624	1644	1703	1723	1743	1803
Romford Market <i>St Edward's Way</i>	1231	1250	1310	1331	1351	1411	1430	1449	1508	1528	1548	1608	1628	1648	1707	1727	1747	1807
Romford <i>Brewery</i>	1235	1255	1315	1336	1356	1416	1435	1453	1512	1532	1552	1611	1631	1651	1710	1729	1749	1809
Abbey Wood Lane	1735	1755	1815	1835	1855	1915	1935	1956	2016	2036	2057	2118	2139	2200	2220	2240	2300	2320
Chandlers Corner	1740	1800	1820	1840	1900	1920	1940	2001	2021	2041	2102	2122	2143	2204	2224	2244	2304	2324
Rainham Tesco	1746	1805	1825	1845	1905	1925	1945	2006	2026	2046	2107	2127	2147	2208	2228	2248	2308	2327
South Hornchurch <i>Cherry Tree</i>	1752	1811	1831	1851	1911	1931	1951	2012	2032	2051	2112	2132	2152	2213	2233	2253	2313	2332
Elm Park Station	1801	1820	1839	1859	1919	1939	1959	2019	2039	2058	2119	2139	2159	2219	2239	2259	2319	2338
Hornchurch <i>Town Centre</i>	1810	1829	1848	1907	1927	1947	2007	2027	2047	2106	2126	2146	2206	2226	2246	2306	2326	2345
Gidea Park <i>The Drill</i>	1817	1836	1855	1914	1934	1954	2013	2033	2053	2112	2132	2152	2212	2232	2252	2311	2331	2350
Romford Station	1823	1842	1901	1920	1940	2000	2019	2039	2058	2117	2137	2157	2217	2237	2257	2316	2336	2355
Romford Market <i>St Edward's Way</i>	1827	1846	1905	1924	1944	2003	2022	2042	2101	2120	2140	2200	2220	2240	2300	2319	2339	2358
Romford <i>Brewery</i>	1829	1848	1907	1926	1946	2005	2024	2044	2103	2122	2142	2202	2222	2242	2302	2321	2341	0000
Abbey Wood Lane	2340	0000	0020															
Chandlers Corner	2344	0004	0024															
Rainham Tesco	2347	0007	0027															
South Hornchurch <i>Cherry Tree</i>	2352	0012	0032															
Elm Park Station	2358	0018	0038															
Hornchurch <i>Town Centre</i>	0005	0025	0045															
Gidea Park <i>The Drill</i>	0010	0030	0050															
Romford Station	0015	0035	0055															
Romford Market <i>St Edward's Way</i>	0018	0038	0058															
Romford <i>Brewery</i>	0020	0040	0100															

165 Saturdays (also Good Friday)																		
Romford Brewery	0505	0520	0535	0550	0605	0620	0635	0650	0705	0720	0735	0750	0805	0820	0835	0846	0856	0907
Romford Market St Edward's Way	0508	0523	0538	0553	0608	0623	0638	0653	0708	0723	0738	0753	0808	0823	0838	0849	0859	0910
Romford Station	0512	0527	0542	0557	0612	0627	0642	0658	0713	0728	0743	0758	0813	0828	0843	0854	0904	0915
Gidea Park The Drill	0517	0532	0547	0603	0618	0633	0648	0704	0719	0734	0749	0804	0819	0834	0849	0900	0911	0922
Hornchurch Town Centre	0522	0537	0552	0608	0623	0638	0653	0709	0725	0740	0755	0810	0825	0840	0855	0906	0918	0929
Elm Park Station	0528	0543	0558	0614	0629	0644	0659	0715	0731	0747	0803	0818	0833	0848	0903	0915	0927	0939
South Hornchurch Cherry Tree	0535	0550	0605	0621	0636	0651	0706	0722	0738	0754	0810	0825	0841	0856	0911	0923	0935	0947
Rainham Tesco	0539	0554	0610	0626	0641	0656	0711	0727	0743	0759	0816	0831	0847	0902	0917	0929	0941	0953
Chandlers Corner	0541	0556	0612	0628	0643	0659	0714	0730	0746	0802	0819	0834	0850	0905	0920	0932	0944	0956
Abbey Wood Lane	0546	0601	0617	0633	0648	0704	0719	0735	0751	0807	0824	0839	0855	0911	0926	0938	0950	1002
Romford Brewery	0918	0929	0940	0950	1001	1013	1025	1037	1049	Then every 12 minutes until	1237	1249	1301	1313	1326	1338	1350	
Romford Market St Edward's Way	0921	0932	0943	0953	1004	1016	1028	1040	1052		1240	1252	1304	1316	1329	1341	1353	
Romford Station	0926	0937	0949	0959	1010	1022	1034	1046	1058		1246	1259	1311	1323	1336	1348	1400	
Gidea Park The Drill	0933	0944	0956	1006	1018	1030	1042	1054	1107		1255	1308	1320	1332	1345	1357	1408	
Hornchurch Town Centre	0940	0951	1003	1014	1026	1038	1050	1103	1116		1304	1316	1328	1340	1353	1405	1416	
Elm Park Station	0950	1001	1013	1025	1037	1049	1101	1114	1127		1315	1327	1339	1351	1403	1415	1426	
South Hornchurch Cherry Tree	0959	1011	1023	1035	1047	1059	1111	1124	1137		1325	1337	1349	1401	1413	1425	1436	
Rainham Tesco	1005	1017	1029	1041	1053	1106	1118	1131	1144		1332	1344	1356	1408	1420	1432	1444	
Chandlers Corner	1008	1020	1033	1045	1057	1110	1122	1135	1148		1336	1348	1400	1412	1424	1436	1448	
Abbey Wood Lane	1014	1026	1039	1051	1103	1116	1128	1141	1154		1342	1354	1406	1418	1430	1442	1454	
Romford Brewery	1402	Then every 12 minutes until	1626	1639	1652	1705	1718	1731	1744	1757	1810	1822	1835	1847	1900	1915	1930	
Romford Market St Edward's Way	1405		1629	1642	1655	1708	1721	1734	1747	1800	1813	1825	1838	1850	1903	1918	1933	
Romford Station	1412		1636	1649	1701	1714	1727	1740	1753	1806	1819	1831	1844	1856	1909	1924	1939	
Gidea Park The Drill	1420		1644	1657	1709	1722	1735	1748	1800	1813	1826	1838	1851	1903	1916	1931	1946	
Hornchurch Town Centre	1428		1652	1705	1717	1730	1743	1756	1808	1820	1833	1845	1858	1910	1923	1938	1953	
Elm Park Station	1438		1702	1714	1726	1739	1752	1805	1817	1829	1842	1854	1906	1918	1931	1946	2001	
South Hornchurch Cherry Tree	1448		1712	1724	1736	1749	1802	1814	1826	1838	1851	1903	1915	1927	1939	1954	2009	
Rainham Tesco	1456		1720	1732	1744	1756	1808	1820	1832	1844	1857	1909	1921	1933	1945	2000	2015	
Chandlers Corner	1500		1724	1736	1748	1800	1812	1824	1836	1848	1900	1912	1924	1936	1948	2003	2018	
Abbey Wood Lane	1506		1730	1742	1754	1806	1818	1830	1842	1854	1906	1918	1930	1942	1954	2009	2024	
Romford Brewery	1945	2000	2015	2030	2050	Then every 20 minutes until	2250	2310	2330	2350	0010	0030	0050	0110				
Romford Market St Edward's Way	1948	2003	2018	2033	2053		2253	2313	2333	2353	0013	0032	0052	0112				
Romford Station	1954	2008	2023	2038	2058		2258	2318	2338	2358	0018	0037	0057	0117				
Gidea Park The Drill	2001	2015	2029	2044	2104		2304	2324	2344	0004	0024	0043	0103	0123				
Hornchurch Town Centre	2008	2022	2036	2050	2110		2310	2330	2350	0009	0029	0048	0108	0128				
Elm Park Station	2015	2029	2043	2057	2117		2317	2337	2357	0016	0036	0055	0114	0134				
South Hornchurch Cherry Tree	2023	2037	2051	2105	2125		2325	2345	0005	0024	0043	0102	0121	0141				
Rainham Tesco	2029	2043	2057	2111	2130		2330	2350	0010	0029	0048	0107	0126	0146				
Chandlers Corner	2032	2046	2100	2114	2133		2333	2353	0013	0032	0051	0110	0129	0149				
Abbey Wood Lane	2038	2052	2106	2120	2139		2339	2358	0018	0037	0056	0115	0134	0154				

165		Sundays and other Public Holidays (except Christmas Day)																
Romford Brewery	0550	0610	0630	0650	0710	0730	0750	0810	0830	0850	0910	0930	0950	1010	1029	1048	1106	1126
Romford Market St Edward's Way	0553	0613	0633	0653	0713	0733	0753	0813	0833	0853	0913	0933	0953	1013	1032	1051	1109	1129
Romford Station	0557	0617	0637	0657	0717	0737	0757	0818	0838	0858	0918	0938	0958	1018	1037	1056	1115	1135
Gidea Park The Drill	0603	0623	0643	0703	0723	0743	0803	0824	0844	0904	0925	0945	1005	1025	1044	1103	1122	1143
Hornchurch Town Centre	0608	0628	0648	0708	0728	0749	0809	0830	0850	0910	0931	0951	1011	1031	1050	1110	1129	1150
Elm Park Station	0614	0634	0654	0714	0734	0755	0816	0837	0858	0918	0940	1000	1020	1040	1100	1120	1139	1200
South Hornchurch Cherry Tree	0621	0641	0701	0721	0741	0802	0823	0844	0906	0927	0949	1009	1029	1049	1109	1129	1149	1210
Rainham Tesco	0626	0646	0706	0726	0746	0807	0828	0850	0912	0934	0956	1016	1036	1057	1117	1137	1157	1218
Chandlers Corner	0629	0649	0709	0729	0749	0810	0831	0853	0915	0937	0959	1019	1040	1101	1121	1141	1201	1222
Abbey Wood Lane	0634	0654	0714	0734	0754	0815	0836	0858	0920	0942	1004	1025	1046	1107	1127	1147	1207	1228
Romford Brewery	1146			1346	1407	1428	1448	1508	1528	1548	1608	1628	1648	1708	1728	1748	1808	1828
Romford Market St Edward's Way	1149			1349	1410	1431	1451	1511	1531	1551	1611	1631	1651	1711	1731	1751	1811	1831
Romford Station	1155			1355	1416	1437	1457	1517	1537	1557	1617	1637	1657	1717	1737	1757	1817	1837
Gidea Park The Drill	1203	Then		1403	1424	1445	1505	1525	1544	1604	1624	1644	1704	1724	1744	1804	1824	1844
Hornchurch Town Centre	1211	every 20		1411	1432	1453	1512	1532	1551	1611	1631	1651	1711	1731	1751	1811	1830	1850
Elm Park Station	1221	minutes		1421	1442	1502	1521	1541	1600	1620	1640	1700	1720	1739	1759	1819	1838	1858
South Hornchurch Cherry Tree	1231	until		1431	1452	1512	1531	1551	1610	1630	1650	1709	1729	1748	1808	1828	1847	1907
Rainham Tesco	1239			1439	1500	1520	1539	1558	1617	1637	1657	1716	1736	1755	1815	1834	1853	1912
Chandlers Corner	1243			1443	1503	1523	1542	1601	1620	1640	1700	1719	1739	1758	1818	1837	1856	1915
Abbey Wood Lane	1249			1449	1509	1529	1548	1607	1626	1646	1706	1725	1745	1804	1824	1843	1902	1921
Romford Brewery	1849	1909	1929	1949	2010	2030	2050	2110	2130	2150	2210	2230	2250	2310	2330	2350	0010	0030
Romford Market St Edward's Way	1852	1912	1932	1952	2013	2033	2053	2113	2133	2153	2213	2233	2253	2313	2333	2353	0012	0032
Romford Station	1857	1917	1937	1957	2018	2038	2058	2118	2138	2158	2217	2237	2257	2317	2337	2357	0016	0036
Gidea Park The Drill	1904	1924	1944	2004	2024	2044	2104	2124	2144	2204	2223	2243	2303	2322	2342	0002	0021	0041
Hornchurch Town Centre	1910	1930	1950	2010	2030	2049	2109	2129	2149	2209	2228	2248	2308	2327	2347	0007	0026	0046
Elm Park Station	1918	1938	1958	2018	2038	2057	2116	2136	2156	2216	2235	2254	2314	2333	2353	0013	0032	0052
South Hornchurch Cherry Tree	1927	1946	2006	2026	2046	2105	2124	2144	2203	2223	2242	2301	2321	2340	0000	0020	0039	0059
Rainham Tesco	1932	1951	2011	2031	2051	2110	2129	2149	2208	2228	2247	2306	2325	2344	0004	0024	0043	0103
Chandlers Corner	1935	1954	2014	2034	2054	2113	2132	2152	2211	2231	2250	2309	2328	2347	0007	0027	0046	0106
Abbey Wood Lane	1941	2000	2020	2040	2100	2119	2138	2157	2216	2236	2255	2314	2333	2352	0012	0032	0051	0111
Romford Brewery	0050	0110																
Romford Market St Edward's Way	0052	0112																
Romford Station	0056	0116																
Gidea Park The Drill	0101	0121																
Hornchurch Town Centre	0106	0126																
Elm Park Station	0112	0132																
South Hornchurch Cherry Tree	0119	0139																
Rainham Tesco	0123	0143																
Chandlers Corner	0126	0146																
Abbey Wood Lane	0131	0151																