

175

Hillrise Estate – Romford – Dagenham

175		Mondays to Fridays																
Hillrise Estate Hillrise Road	0430	0450	0510	0525	0540	0555	0610	0622	0634	0642	0649	0658	0706	0715	0723	0732	0742	0752
Collier Row Collier Row Lane	0434	0454	0515	0530	0545	0600	0615	0627	0640	0648	0655	0704	0712	0721	0729	0739	0749	0759
Romford North Street Bus Garage	0439	0459	0521	0536	0551	0606	0621	0633	0646	0655	0702	0711	0719	0729	0738	0748	0758	0808
Romford Market St Edward's Way	0441	0501	0523	0538	0553	0608	0623	0635	0648	0657	0704	0713	0722	0732	0741	0751	0801	0811
Romford Station	0444	0504	0526	0541	0556	0611	0627	0639	0652	0702	0709	0718	0727	0737	0747	0757	0807	0817
Queen's Hospital	0447	0507	0529	0544	0559	0614	0630	0643	0656	0706	0714	0723	0732	0742	0752	0802	0812	0822
Becontree Heath Ship & Anchor	0454	0514	0537	0552	0607	0621	0638	0651	0706	0716	0726	0736	0746	0756	0806	0816	0826	0836
Dagenham Heathway Station	0501	0521	0545	0600	0615	0630	0647	0700	0715	0725	0735	0746	0757	0808	0818	0828	0839	0849
Dagenham New Road/Kent Avenue	0504	0524	0548	0603	0618	0634	0651	0704	0719	0730	0741	0752	0803	0814	0824	0834	0845	0855
Hillrise Estate Hillrise Road	0802	0812	0822	0832	0842	0852	0902	0912	0922	0932	0942	0952	Then every 10 minutes until	1252	1302	1312	1322	
Collier Row Collier Row Lane	0809	0819	0829	0839	0849	0859	0909	0919	0928	0938	0948	0958		1258	1308	1318	1328	
Romford North Street Bus Garage	0819	0829	0840	0850	0900	0909	0919	0928	0936	0945	0955	1004		1304	1314	1324	1334	
Romford Market St Edward's Way	0822	0832	0843	0853	0903	0912	0921	0930	0938	0947	0957	1006		1306	1316	1326	1336	
Romford Station	0828	0838	0849	0859	0909	0918	0927	0936	0944	0953	1003	1012		1312	1322	1332	1342	
Queen's Hospital	0833	0843	0854	0904	0914	0923	0932	0941	0949	0958	1008	1017		1317	1327	1337	1347	
Becontree Heath Ship & Anchor	0846	0856	0906	0916	0926	0935	0944	0952	1000	1008	1018	1027		1327	1337	1347	1357	
Dagenham Heathway Station	0859	0909	0918	0927	0937	0946	0954	1002	1010	1018	1028	1037		1337	1348	1358	1408	
Dagenham New Road/Kent Avenue	0905	0915	0923	0932	0941	0950	0958	1006	1014	1022	1032	1041		1341	1352	1402	1412	
Hillrise Estate Hillrise Road	1332	1342	1352	1402	1412	1422	1432	1441	1449	1458	1508	1518		1528	1538	1548	1558	1608
Collier Row Collier Row Lane	1338	1348	1358	1408	1418	1428	1438	1447	1455	1504	1514	1524	1534	1544	1554	1604	1614	1624
Romford North Street Bus Garage	1344	1354	1404	1414	1424	1434	1444	1453	1502	1512	1522	1532	1542	1552	1602	1612	1622	1632
Romford Market St Edward's Way	1346	1356	1406	1416	1426	1436	1446	1455	1505	1515	1525	1535	1545	1555	1604	1614	1624	1634
Romford Station	1352	1402	1412	1422	1432	1442	1452	1501	1511	1521	1531	1541	1551	1601	1610	1620	1630	1640
Queen's Hospital	1357	1407	1417	1427	1437	1447	1457	1506	1516	1526	1536	1546	1556	1606	1616	1626	1636	1646
Becontree Heath Ship & Anchor	1407	1418	1428	1438	1448	1458	1509	1519	1529	1539	1549	1559	1609	1619	1629	1639	1649	1659
Dagenham Heathway Station	1418	1429	1439	1450	1500	1511	1523	1533	1543	1553	1603	1612	1621	1631	1641	1651	1701	1711
Dagenham New Road/Kent Avenue	1422	1433	1443	1454	1505	1516	1528	1538	1548	1558	1608	1617	1626	1636	1646	1656	1706	1716
Hillrise Estate Hillrise Road	1628	1638	1648	1658	1708	1718	1728	1738	1748	1758	1808	1818	1828	1838	1848	1900	1915	1930
Collier Row Collier Row Lane	1634	1644	1654	1704	1714	1724	1734	1744	1754	1804	1814	1824	1834	1844	1854	1905	1920	1935
Romford North Street Bus Garage	1642	1652	1702	1712	1722	1732	1742	1752	1802	1812	1822	1832	1841	1851	1901	1912	1926	1941
Romford Market St Edward's Way	1644	1654	1704	1714	1724	1734	1744	1754	1804	1814	1824	1834	1843	1853	1903	1914	1928	1943
Romford Station	1650	1700	1710	1720	1730	1740	1750	1800	1810	1820	1830	1839	1848	1858	1908	1919	1933	1948
Queen's Hospital	1656	1706	1716	1726	1736	1746	1756	1806	1816	1825	1835	1844	1853	1903	1913	1924	1938	1953
Becontree Heath Ship & Anchor	1709	1720	1730	1740	1750	1800	1810	1819	1829	1838	1847	1855	1903	1913	1923	1934	1948	2002
Dagenham Heathway Station	1721	1732	1742	1752	1802	1812	1821	1830	1840	1849	1858	1905	1913	1923	1933	1943	1957	2011
Dagenham New Road/Kent Avenue	1726	1737	1747	1757	1807	1817	1826	1835	1844	1853	1902	1909	1917	1927	1937	1947	2001	2015
Hillrise Estate Hillrise Road	1945	2000	2015	2035	2055	2115	2135	2155	2215	2235	2255	2315	2335	2355				
Collier Row Collier Row Lane	1950	2005	2020	2040	2100	2120	2140	2200	2219	2239	2259	2319	2339	2359				
Romford North Street Bus Garage	1955	2010	2025	2045	2105	2125	2145	2205	2224	2244	2304	2324	2344	0004				
Romford Market St Edward's Way	1957	2012	2027	2047	2107	2127	2147	2207	2226	2246	2306	2326	2346	0006				
Romford Station	2002	2017	2032	2052	2111	2131	2151	2211	2230	2249	2309	2329	2349	0009				
Queen's Hospital	2007	2022	2037	2056	2114	2134	2154	2214	2233	2252	2312	2332	2352	0012				
Becontree Heath Ship & Anchor	2016	2031	2046	2105	2122	2142	2202	2222	2241	2300	2320	2340	0000	0020				
Dagenham Heathway Station	2025	2040	2055	2113	2130	2150	2209	2229	2248	2306	2326	2346	0006	0026				
Dagenham New Road/Kent Avenue	2029	2044	2059	2117	2134	2154	2213	2233	2252	2310	2330	2350	0010	0030				
175		Saturdays (also Good Friday)																
Hillrise Estate Hillrise Road	0430	0450	0510	0530	0550	0610	0630	0650	0710	0725	0740	0755	0809	0823	0834	0846	0857	0907
Collier Row Collier Row Lane	0434	0454	0514	0535	0555	0615	0635	0655	0715	0730	0745	0800	0814	0828	0839	0851	0902	0913
Romford North Street Bus Garage	0438	0458	0518	0540	0600	0620	0640	0700	0720	0735	0750	0805	0819	0833	0845	0857	0908	0919
Romford Market St Edward's Way	0440	0500	0520	0542	0602	0622	0642	0702	0722	0737	0752	0807	0821	0835	0847	0859	0910	0921
Romford Station	0443	0503	0523	0545	0605	0625	0645	0705	0726	0741	0756	0811	0825	0839	0851	0903	0915	0926
Queen's Hospital	0446	0506	0526	0548	0608	0628	0648	0708	0729	0744	0759	0814	0829	0843	0855	0907	0919	0930
Becontree Heath Ship & Anchor	0453	0513	0533	0555	0616	0636	0656	0716	0737	0752	0807	0822	0837	0851	0903	0915	0927	0939
Dagenham Heathway Station	0500	0520	0540	0602	0623	0643	0703	0723	0745	0800	0815	0830	0845	0900	0912	0924	0936	0949
Dagenham New Road/Kent Avenue	0503	0523	0543	0605	0626	0646	0706	0726	0748	0803	0818	0833	0848	0903	0916	0928	0940	0953

175		Saturdays (also Good Friday) (cont.)																	
Hillrise Estate Hillrise Road	0919	0930	0942	0953	1004	1016	1027	1038	1050	1101	1113	1125	1136	Then every 12 minutes until	1236	1248	1300		
Collier Row Collier Row Lane	0925	0936	0948	0959	1010	1022	1033	1044	1056	1108	1120	1132	1143		1243	1255	1307		
Romford North Street Bus Garage	0931	0942	0954	1005	1016	1028	1039	1050	1102	1115	1127	1139	1150		1250	1302	1314		
Romford Market St Edward's Way	0933	0944	0956	1007	1018	1030	1041	1052	1104	1117	1129	1141	1152		1252	1304	1316		
Romford Station	0938	0949	1001	1013	1024	1036	1047	1058	1110	1123	1135	1147	1158		1258	1311	1323		
Queen's Hospital	0942	0953	1005	1017	1028	1040	1052	1103	1115	1128	1140	1152	1203		1303	1316	1328		
Becontree Heath Ship & Anchor	0951	1003	1015	1027	1038	1050	1102	1113	1125	1138	1150	1202	1214		1314	1327	1339		
Dagenham Heathway Station	1001	1013	1025	1037	1049	1101	1114	1125	1137	1150	1202	1214	1226		1326	1339	1351		
Dagenham New Road/Kent Avenue	1005	1017	1029	1041	1053	1105	1118	1130	1142	1155	1207	1219	1232		1332	1345	1357		
Hillrise Estate Hillrise Road	1312	1324	1336	1348	1400	1412	1424	1436	1448	1500	1512	1524	1536		1548	1600	1612	1624	1636
Collier Row Collier Row Lane	1319	1331	1343	1355	1406	1418	1430	1442	1454	1506	1518	1530	1542	1554	1606	1618	1630	1642	
Romford North Street Bus Garage	1326	1338	1350	1402	1413	1425	1437	1449	1501	1513	1525	1537	1549	1601	1613	1625	1637	1649	
Romford Market St Edward's Way	1328	1340	1352	1404	1415	1427	1439	1451	1503	1515	1527	1539	1551	1603	1615	1627	1639	1651	
Romford Station	1335	1347	1359	1411	1422	1434	1446	1458	1509	1521	1533	1545	1557	1609	1621	1633	1645	1657	
Queen's Hospital	1340	1352	1404	1416	1427	1439	1451	1503	1514	1526	1538	1550	1602	1614	1626	1638	1650	1702	
Becontree Heath Ship & Anchor	1351	1403	1415	1427	1438	1450	1502	1514	1525	1537	1549	1601	1612	1624	1636	1648	1700	1711	
Dagenham Heathway Station	1403	1415	1427	1438	1449	1501	1513	1525	1536	1548	1600	1612	1623	1635	1647	1659	1710	1721	
Dagenham New Road/Kent Avenue	1409	1420	1432	1443	1454	1506	1518	1530	1541	1553	1605	1617	1628	1640	1652	1704	1715	1726	
Hillrise Estate Hillrise Road	1648	1700	Then every 12 minutes until	1800	1812	1825	1840	1855	1915	1935	1955	2015	2035	2055	2115	2135	2155		
Collier Row Collier Row Lane	1654	1706		1806	1818	1831	1845	1900	1920	1940	2000	2020	2040	2100	2119	2139	2159		
Romford North Street Bus Garage	1701	1712		1812	1824	1837	1851	1906	1926	1945	2005	2025	2045	2105	2124	2144	2204		
Romford Market St Edward's Way	1703	1714		1814	1826	1839	1853	1908	1928	1947	2007	2027	2047	2107	2126	2146	2206		
Romford Station	1709	1720		1820	1832	1844	1858	1913	1933	1952	2011	2031	2051	2111	2130	2150	2210		
Queen's Hospital	1714	1725		1825	1836	1848	1902	1917	1937	1956	2015	2035	2055	2115	2134	2154	2214		
Becontree Heath Ship & Anchor	1723	1734		1834	1845	1857	1911	1926	1946	2005	2024	2043	2103	2123	2142	2202	2222		
Dagenham Heathway Station	1733	1744		1844	1855	1907	1920	1935	1955	2014	2033	2052	2111	2131	2150	2210	2230		
Dagenham New Road/Kent Avenue	1738	1749		1849	1900	1912	1925	1940	2000	2018	2037	2056	2115	2135	2154	2214	2234		
Hillrise Estate Hillrise Road	2215	2235		2255	2315	2335	2355												
Collier Row Collier Row Lane	2219	2239	2259	2319	2339	2359													
Romford North Street Bus Garage	2224	2244	2304	2324	2344	0004													
Romford Market St Edward's Way	2226	2246	2306	2326	2346	0006													
Romford Station	2230	2249	2309	2329	2349	0009													
Queen's Hospital	2234	2253	2312	2332	2352	0012													
Becontree Heath Ship & Anchor	2242	2301	2320	2340	0000	0020													
Dagenham Heathway Station	2249	2308	2326	2346	0006	0026													
Dagenham New Road/Kent Avenue	2253	2312	2330	2350	0009	0029													
175		Sundays and other Public Holidays (except Christmas Day)																	
Hillrise Estate Hillrise Road	0555	0625	0655	0725	0755	0825	0855	0915	0935	0955	1014	1032	1052	1112	1130	1150	1210	1230	
Collier Row Collier Row Lane	0559	0629	0659	0729	0759	0830	0900	0920	0940	1000	1020	1038	1058	1118	1136	1156	1216	1236	
Romford North Street Bus Garage	0604	0634	0704	0734	0804	0835	0905	0925	0946	1006	1026	1044	1104	1124	1142	1202	1222	1242	
Romford Market St Edward's Way	0606	0636	0706	0736	0806	0837	0907	0927	0948	1008	1028	1046	1106	1126	1144	1204	1224	1244	
Romford Station	0609	0639	0709	0739	0809	0840	0910	0931	0952	1012	1032	1051	1111	1131	1149	1210	1230	1250	
Queen's Hospital	0612	0642	0712	0742	0812	0843	0913	0935	0956	1016	1036	1055	1115	1135	1153	1214	1234	1254	
Becontree Heath Ship & Anchor	0620	0650	0720	0750	0820	0851	0921	0943	1004	1024	1044	1104	1124	1144	1203	1224	1244	1304	
Dagenham Heathway Station	0627	0657	0727	0758	0828	0859	0929	0952	1013	1033	1054	1114	1134	1154	1214	1235	1255	1315	
Dagenham New Road/Kent Avenue	0630	0700	0730	0801	0831	0902	0932	0956	1017	1037	1058	1118	1138	1158	1219	1240	1300	1320	
Hillrise Estate Hillrise Road	1250	1310	1330	1350	1410	1430	1450	1510	1530	1550	1610	1630	1650	1710	1730	1750	1810	1825	
Collier Row Collier Row Lane	1256	1316	1336	1356	1416	1435	1455	1515	1535	1555	1615	1635	1655	1715	1735	1755	1815	1830	
Romford North Street Bus Garage	1302	1322	1342	1402	1422	1441	1501	1521	1541	1601	1621	1641	1701	1721	1741	1801	1820	1835	
Romford Market St Edward's Way	1304	1324	1344	1404	1424	1443	1503	1523	1543	1603	1623	1643	1703	1723	1743	1803	1822	1837	
Romford Station	1310	1330	1350	1410	1430	1449	1509	1529	1549	1608	1628	1648	1708	1728	1748	1808	1826	1841	
Queen's Hospital	1314	1334	1354	1414	1434	1453	1513	1533	1553	1612	1632	1652	1712	1732	1752	1812	1830	1845	
Becontree Heath Ship & Anchor	1324	1344	1404	1424	1444	1503	1523	1543	1603	1622	1642	1701	1721	1741	1801	1821	1838	1853	
Dagenham Heathway Station	1335	1355	1415	1434	1454	1513	1533	1553	1613	1632	1652	1710	1730	1750	1810	1830	1847	1902	
Dagenham New Road/Kent Avenue	1340	1400	1420	1439	1459	1517	1537	1557	1617	1636	1656	1714	1734	1754	1814	1834	1851	1906	
Hillrise Estate Hillrise Road	1840	1857	1917	1937	1955	2015	2035	2055	2115	2135	2155	2215	2235	2255	2315	2335	2355		
Collier Row Collier Row Lane	1845	1902	1922	1942	2000	2019	2039	2059	2119	2139	2159	2219	2239	2259	2319	2339	2359		
Romford North Street Bus Garage	1850	1907	1927	1947	2005	2024	2044	2104	2124	2144	2204	2224	2244	2304	2324	2344	0004		
Romford Market St Edward's Way	1852	1909	1929	1949	2007	2026	2046	2106	2126	2146	2206	2226	2246	2306	2326	2346	0006		
Romford Station	1856	1913	1933	1953	2011	2030	2049	2109	2129	2149	2209	2229	2249	2309	2329	2349	0009		
Queen's Hospital	1900	1917	1937	1957	2015	2034	2053	2112	2132	2152	2212	2232	2252	2312	2332	2352	0012		
Becontree Heath Ship & Anchor	1908	1925	1945	2005	2023	2042	2101	2120	2140	2200	2220	2240	2300	2320	2340	0000	0020		
Dagenham Heathway Station	1916	1933	1953	2013	2031	2050	2108	2127	2147	2206	2226	2246	2306	2326	2346	0006	0026		
Dagenham New Road/Kent Avenue	1920	1937	1957	2017	2035	2054	2112	2131	2151	2210	2230	2250	2310	2330	2350	0009	0029		

175		Mondays to Fridays																
Dagenham Oval Road South	0420	0440	0455	0510	0525	0537	0549	0601	0613	0625	0635	0645	0654	0703	0712	0720	0729	0737
Dagenham New Road/Kent Avenue	0421	0441	0456	0511	0526	0538	0550	0602	0614	0626	0636	0646	0655	0704	0713	0721	0730	0738
Dagenham Heathway Station	0425	0445	0500	0515	0531	0543	0555	0608	0620	0632	0643	0654	0703	0712	0721	0730	0739	0748
Becontree Heath Ship & Anchor	0431	0451	0506	0521	0537	0549	0602	0615	0628	0640	0651	0703	0712	0721	0730	0740	0750	0800
Queen's Hospital	0438	0458	0513	0528	0545	0557	0610	0623	0636	0649	0700	0712	0722	0731	0741	0751	0801	0811
Romford Station	0442	0502	0517	0532	0549	0601	0614	0627	0640	0653	0705	0717	0727	0736	0746	0756	0806	0816
Romford Market St Edward's Way	0445	0505	0520	0535	0552	0604	0617	0630	0643	0656	0708	0720	0730	0740	0750	0800	0810	0820
Romford North Street Bus Garage	0446	0506	0521	0536	0553	0605	0618	0631	0644	0657	0709	0722	0732	0742	0752	0802	0812	0822
Romford North Street (The Squire)	0447	0507	0522	0537	0554	0606	0619	0632	0645	0658	0710	0723	0733	0743	0753	0803	0813	0823
Collier Row Chase Cross Road	0452	0512	0527	0542	0559	0611	0624	0637	0650	0703	0716	0729	0740	0750	0800	0810	0820	0830
Hillrise Estate Hillrise Road	0456	0516	0531	0546	0603	0615	0628	0641	0654	0707	0720	0733	0744	0754	0804	0814	0824	0834
Dagenham Oval Road South	0746	0755	0804	0814	0824	0834	0845	0855	0906	0917	0927	0937	0947	Then every 10 minutes until	1137	1147	1157	
Dagenham New Road/Kent Avenue	0747	0756	0805	0815	0825	0835	0846	0856	0907	0918	0928	0938	0948		1138	1148	1158	
Dagenham Heathway Station	0757	0807	0817	0827	0837	0847	0857	0907	0917	0927	0937	0946	0956		1146	1156	1206	
Becontree Heath Ship & Anchor	0810	0820	0830	0840	0850	0900	0910	0919	0928	0938	0948	0957	1006		1156	1206	1216	
Queen's Hospital	0821	0831	0841	0851	0901	0911	0921	0930	0939	0949	0958	1007	1016		1206	1216	1226	
Romford Station	0826	0836	0846	0856	0906	0916	0926	0935	0944	0954	1003	1012	1021		1211	1221	1231	
Romford Market St Edward's Way	0830	0840	0850	0900	0910	0920	0930	0939	0948	0958	1007	1016	1025		1215	1225	1235	
Romford North Street Bus Garage	0832	0842	0852	0902	0912	0922	0932	0941	0950	1000	1009	1018	1027		1217	1228	1238	
Romford North Street (The Squire)	0833	0843	0853	0903	0913	0923	0933	0942	0951	1001	1010	1019	1028		1218	1229	1239	
Collier Row Chase Cross Road	0840	0850	0900	0910	0919	0929	0939	0948	0957	1007	1016	1025	1034		1224	1235	1245	
Hillrise Estate Hillrise Road	0844	0854	0904	0914	0924	0934	0944	0953	1002	1012	1021	1030	1039	1229	1240	1250		
Dagenham Oval Road South	1207	1217	1227	1236	Then every 10 minutes until	1326	1335	1345	1354	1403	1412	1420	1429	1438	1447	1456	1505	
Dagenham New Road/Kent Avenue	1208	1218	1228	1237		1327	1336	1346	1355	1404	1413	1421	1430	1439	1448	1457	1506	
Dagenham Heathway Station	1216	1226	1236	1245		1335	1344	1354	1403	1413	1422	1431	1440	1450	1459	1508	1517	
Becontree Heath Ship & Anchor	1226	1236	1246	1255		1345	1354	1404	1413	1423	1432	1441	1450	1500	1509	1519	1529	
Queen's Hospital	1236	1246	1256	1306		1356	1405	1415	1424	1434	1443	1452	1501	1511	1520	1530	1540	
Romford Station	1241	1251	1301	1311		1401	1410	1420	1429	1439	1448	1457	1506	1516	1525	1535	1545	
Romford Market St Edward's Way	1245	1255	1305	1315		1405	1414	1424	1433	1443	1452	1501	1510	1520	1529	1539	1549	
Romford North Street Bus Garage	1248	1258	1308	1318		1408	1417	1427	1436	1446	1455	1504	1513	1523	1533	1543	1553	
Romford North Street (The Squire)	1249	1259	1309	1319		1409	1418	1428	1437	1447	1456	1505	1514	1524	1534	1544	1554	
Collier Row Chase Cross Road	1255	1305	1315	1325		1415	1425	1435	1444	1454	1503	1513	1523	1533	1543	1553	1603	
Hillrise Estate Hillrise Road	1300	1310	1320	1330	1420	1430	1440	1449	1459	1508	1518	1528	1538	1548	1558	1608		
Dagenham Oval Road South	1515	1525	1535	1545	1556	1606	1616	1626	Then every 10 minutes until	1716	1727	1737	1747	1757	1807	1817	1827	
Dagenham New Road/Kent Avenue	1516	1526	1536	1546	1557	1607	1617	1627		1717	1728	1738	1748	1758	1808	1818	1828	
Dagenham Heathway Station	1527	1537	1547	1557	1608	1618	1628	1638		1728	1739	1749	1759	1809	1819	1829	1839	
Becontree Heath Ship & Anchor	1539	1549	1559	1609	1619	1629	1639	1648		1738	1749	1759	1809	1819	1829	1839	1849	
Queen's Hospital	1550	1600	1610	1620	1630	1640	1650	1659		1749	1800	1810	1820	1829	1839	1849	1858	
Romford Station	1555	1605	1615	1625	1635	1645	1655	1704		1754	1805	1815	1825	1834	1844	1854	1903	
Romford Market St Edward's Way	1559	1609	1619	1629	1639	1649	1659	1708		1758	1809	1819	1829	1838	1848	1858	1907	
Romford North Street Bus Garage	1603	1613	1623	1633	1643	1653	1703	1712		1802	1812	1822	1832	1840	1850	1900	1909	
Romford North Street (The Squire)	1604	1614	1624	1634	1644	1654	1704	1713		1803	1813	1823	1833	1841	1851	1901	1910	
Collier Row Chase Cross Road	1613	1623	1633	1643	1653	1703	1713	1722		1812	1821	1831	1841	1849	1858	1908	1917	
Hillrise Estate Hillrise Road	1618	1628	1638	1648	1658	1708	1718	1727	1817	1826	1836	1846	1854	1903	1913	1922		
Dagenham Oval Road South	1837	1847	1857	1909	1921	1933	1945	1957	2012	2027	2047	2107	2127	2147	2207	2227	2247	2307
Dagenham New Road/Kent Avenue	1838	1848	1858	1910	1922	1934	1946	1958	2013	2028	2048	2108	2128	2148	2208	2228	2248	2308
Dagenham Heathway Station	1849	1859	1909	1920	1932	1943	1954	2005	2019	2034	2054	2114	2133	2153	2213	2233	2253	2312
Becontree Heath Ship & Anchor	1859	1909	1919	1930	1941	1952	2003	2013	2027	2042	2102	2121	2140	2200	2220	2240	2300	2319
Queen's Hospital	1908	1918	1928	1939	1950	2001	2012	2021	2035	2050	2110	2129	2148	2208	2227	2247	2307	2326
Romford Station	1913	1923	1933	1944	1955	2006	2016	2025	2039	2054	2114	2133	2152	2212	2231	2251	2311	2330
Romford Market St Edward's Way	1917	1927	1937	1948	1959	2009	2019	2028	2042	2057	2117	2136	2155	2215	2234	2254	2314	2333
Romford North Street Bus Garage	1919	1929	1939	1950	2001	2011	2021	2030	2044	2059	2119	2138	2157	2217	2236	2256	2316	2334
Romford North Street (The Squire)	1920	1930	1940	1951	2002	2012	2022	2031	2045	2100	2120	2139	2158	2218	2237	2257	2317	2335
Collier Row Chase Cross Road	1927	1937	1947	1957	2008	2018	2028	2037	2051	2105	2125	2144	2203	2223	2242	2302	2322	2340
Hillrise Estate Hillrise Road	1932	1942	1952	2002	2013	2022	2032	2041	2055	2109	2129	2148	2207	2227	2246	2306	2326	2344
Dagenham Oval Road South	2327	2347	0007	0027	0047													
Dagenham New Road/Kent Avenue	2328	2348	0008	0028	0048													
Dagenham Heathway Station	2332	2352	0012	0032	0052													
Becontree Heath Ship & Anchor	2339	2358	0018	0038	0058													
Queen's Hospital	2346	0005	0024	0044	0104													
Romford Station	2350	0009	0028	0048	0108													
Romford Market St Edward's Way	2353	0012	0031	0051	0111													
Romford North Street Bus Garage	2354	0013	0032	0052	0112													
Romford North Street (The Squire)	2355	0014	0033	0053	0113													
Collier Row Chase Cross Road	0000	0019	0038	0058	0118													
Hillrise Estate Hillrise Road	0004	0023	0042	0101	0121													

175	Saturdays (also Good Friday)																	
Dagenham Oval Road South	0422	0442	0502	0522	0542	0602	0622	0642	0702	0721	0736	0751	0806	0817	0829	0841	0850	0900
Dagenham New Road/Kent Avenue	0423	0443	0503	0523	0543	0603	0623	0643	0703	0722	0737	0752	0807	0818	0830	0842	0851	0901
Dagenham Heathway Station	0427	0447	0507	0527	0547	0608	0628	0648	0708	0727	0742	0757	0813	0824	0836	0848	0857	0908
Becontree Heath Ship & Anchor	0433	0453	0513	0533	0553	0614	0635	0655	0715	0734	0749	0804	0821	0832	0844	0856	0906	0917
Queen's Hospital	0440	0500	0520	0540	0600	0621	0642	0702	0722	0742	0757	0812	0829	0841	0853	0905	0915	0926
Romford Station	0444	0504	0524	0544	0604	0625	0646	0706	0726	0746	0801	0816	0833	0845	0857	0909	0920	0931
Romford Market St Edward's Way	0447	0507	0527	0547	0607	0628	0649	0709	0729	0749	0804	0819	0836	0848	0900	0912	0923	0935
Romford North Street Bus Garage	0448	0508	0528	0548	0608	0629	0650	0710	0730	0750	0805	0821	0838	0850	0902	0914	0925	0937
Romford North Street (The Squire)	0449	0509	0529	0549	0609	0630	0651	0711	0731	0751	0806	0822	0839	0851	0903	0915	0926	0938
Collier Row Chase Cross Road	0454	0514	0534	0554	0614	0635	0656	0716	0736	0756	0811	0827	0844	0856	0908	0920	0932	0944
Hillrise Estate Hillrise Road	0458	0518	0538	0558	0618	0639	0700	0720	0740	0800	0815	0831	0848	0900	0912	0924	0936	0948
Dagenham Oval Road South	0912	0924	0935	0946	0958	1009	1021	1033	1042	1053	1105	1116	1128	1139	1149	1201	1212	1224
Dagenham New Road/Kent Avenue	0913	0925	0936	0947	0959	1010	1022	1034	1043	1054	1106	1117	1129	1140	1150	1202	1213	1225
Dagenham Heathway Station	0920	0932	0944	0955	1007	1018	1031	1043	1052	1103	1115	1126	1138	1150	1201	1213	1225	1237
Becontree Heath Ship & Anchor	0929	0941	0953	1004	1017	1028	1041	1053	1103	1114	1126	1137	1149	1201	1212	1224	1236	1248
Queen's Hospital	0938	0951	1003	1014	1027	1038	1051	1103	1114	1125	1137	1148	1200	1212	1223	1235	1247	1259
Romford Station	0943	0956	1008	1019	1032	1043	1056	1108	1119	1130	1142	1153	1205	1217	1228	1240	1252	1304
Romford Market St Edward's Way	0947	1000	1012	1023	1036	1047	1100	1112	1123	1134	1146	1157	1209	1221	1232	1244	1256	1308
Romford North Street Bus Garage	0949	1002	1014	1025	1038	1049	1102	1114	1125	1137	1149	1200	1212	1224	1235	1247	1259	1311
Romford North Street (The Squire)	0950	1003	1015	1026	1039	1050	1103	1115	1126	1138	1150	1201	1213	1225	1236	1248	1300	1312
Collier Row Chase Cross Road	0956	1009	1021	1033	1046	1057	1110	1122	1133	1145	1157	1208	1220	1232	1243	1255	1307	1319
Hillrise Estate Hillrise Road	1001	1014	1026	1038	1051	1102	1115	1127	1138	1150	1202	1213	1225	1237	1248	1300	1312	1324
Dagenham Oval Road South	1236	1248	1300	1312	1324	1336	1348	Then every 12 minutes until	1448	1500	1512	Then every 12 minutes until	1700	1712	1724	1736		
Dagenham New Road/Kent Avenue	1237	1249	1301	1313	1325	1337	1349		1449	1501	1513		1701	1713	1725	1737		
Dagenham Heathway Station	1249	1301	1313	1325	1337	1348	1400		1500	1512	1523		1711	1723	1735	1747		
Becontree Heath Ship & Anchor	1300	1312	1324	1336	1348	1359	1411		1511	1522	1533		1721	1733	1745	1757		
Queen's Hospital	1311	1323	1335	1347	1359	1410	1421		1521	1532	1543		1731	1742	1754	1806		
Romford Station	1316	1328	1340	1352	1404	1415	1426		1526	1537	1548		1736	1747	1759	1811		
Romford Market St Edward's Way	1320	1332	1344	1356	1408	1419	1430		1530	1541	1552		1740	1751	1803	1815		
Romford North Street Bus Garage	1323	1335	1347	1359	1411	1422	1433		1533	1544	1555		1743	1754	1806	1818		
Romford North Street (The Squire)	1324	1336	1348	1400	1412	1423	1434		1534	1545	1556		1744	1755	1807	1819		
Collier Row Chase Cross Road	1331	1343	1355	1407	1419	1430	1441		1541	1552	1603		1751	1802	1814	1826		
Hillrise Estate Hillrise Road	1336	1348	1400	1412	1424	1435	1446	1546	1557	1608	1756	1806	1818	1830				
Dagenham Oval Road South	1751	1806	1827	1847	1907	1927	1947	2007	2027	2047	2107	2127	2147	2207	2227	2247	2307	2327
Dagenham New Road/Kent Avenue	1752	1807	1828	1848	1908	1928	1948	2008	2028	2048	2108	2128	2148	2208	2228	2248	2308	2328
Dagenham Heathway Station	1802	1817	1838	1858	1918	1937	1956	2015	2034	2054	2114	2134	2154	2214	2234	2254	2313	2333
Becontree Heath Ship & Anchor	1812	1827	1848	1908	1928	1947	2005	2024	2043	2103	2122	2142	2202	2221	2241	2301	2320	2340
Queen's Hospital	1821	1836	1857	1917	1937	1956	2013	2032	2051	2111	2130	2150	2210	2228	2248	2308	2327	2347
Romford Station	1826	1840	1901	1921	1941	2000	2017	2036	2055	2115	2134	2154	2214	2232	2252	2312	2331	2351
Romford Market St Edward's Way	1830	1844	1904	1924	1944	2003	2020	2039	2058	2118	2137	2157	2217	2235	2255	2315	2334	2354
Romford North Street Bus Garage	1833	1846	1906	1926	1946	2005	2022	2041	2100	2120	2139	2159	2219	2237	2257	2317	2335	2355
Romford North Street (The Squire)	1834	1847	1907	1927	1947	2006	2023	2042	2101	2121	2140	2200	2220	2238	2258	2318	2336	2356
Collier Row Chase Cross Road	1841	1854	1913	1933	1953	2012	2029	2047	2106	2126	2145	2205	2225	2243	2303	2323	2341	0001
Hillrise Estate Hillrise Road	1845	1858	1917	1937	1957	2016	2033	2051	2110	2130	2149	2209	2229	2247	2307	2327	2345	0005
Dagenham Oval Road South	2347	0007	0027	0047														
Dagenham New Road/Kent Avenue	2348	0008	0028	0048														
Dagenham Heathway Station	2353	0013	0033	0053														
Becontree Heath Ship & Anchor	0000	0019	0039	0059														
Queen's Hospital	0007	0026	0046	0106														
Romford Station	0011	0030	0050	0110														
Romford Market St Edward's Way	0014	0033	0053	0113														
Romford North Street Bus Garage	0015	0034	0054	0114														
Romford North Street (The Squire)	0016	0035	0055	0115														
Collier Row Chase Cross Road	0021	0040	0100	0120														
Hillrise Estate Hillrise Road	0025	0044	0103	0123														

175	Sundays and other Public Holidays (except Christmas Day)																	
Dagenham Oval Road South	0609	0639	0709	0739	0809	0828	0846	0904	0923	0940	0958	1016	1033	1052	1111	1129	1148	1207
Dagenham New Road/Kent Avenue	0610	0640	0710	0740	0810	0829	0847	0905	0924	0941	0959	1017	1034	1053	1112	1130	1149	1208
Dagenham Heathway Station	0615	0645	0715	0745	0815	0834	0852	0911	0930	0947	1005	1023	1041	1101	1121	1139	1158	1218
Becontree Heath Ship & Anchor	0622	0652	0722	0752	0822	0841	0900	0919	0939	0956	1014	1032	1050	1110	1130	1148	1208	1228
Queen's Hospital	0630	0700	0730	0800	0830	0849	0908	0927	0947	1004	1023	1041	1059	1119	1139	1157	1217	1237
Romford Station	0633	0703	0733	0803	0833	0852	0912	0931	0951	1008	1027	1045	1103	1123	1143	1201	1221	1241
Romford Market St Edward's Way	0636	0706	0736	0806	0836	0855	0915	0934	0954	1011	1030	1048	1107	1127	1147	1205	1225	1245
Romford North Street Bus Garage	0637	0707	0737	0807	0837	0856	0916	0936	0956	1013	1032	1050	1109	1129	1149	1208	1228	1248
Romford North Street (The Squire)	0638	0708	0738	0808	0838	0857	0917	0937	0957	1014	1033	1051	1110	1130	1150	1209	1229	1249
Collier Row Chase Cross Road	0643	0713	0743	0813	0843	0902	0922	0942	1002	1020	1039	1057	1117	1137	1157	1216	1236	1256
Hillrise Estate Hillrise Road	0647	0717	0747	0817	0847	0906	0926	0946	1006	1024	1043	1101	1121	1141	1201	1221	1241	1301
Dagenham Oval Road South	1227	1247	1307	1327	1347	1407	1427	1447	1507	1527	1547	1607	1627	1647	1707	1727	1747	1807
Dagenham New Road/Kent Avenue	1228	1248	1308	1328	1348	1408	1428	1448	1508	1528	1548	1608	1628	1648	1708	1728	1748	1808
Dagenham Heathway Station	1238	1258	1318	1338	1358	1418	1437	1457	1517	1536	1556	1616	1635	1655	1715	1735	1755	1815
Becontree Heath Ship & Anchor	1248	1308	1328	1348	1408	1428	1447	1507	1527	1546	1605	1625	1644	1704	1723	1743	1803	1823
Queen's Hospital	1257	1317	1337	1357	1417	1437	1456	1516	1536	1555	1614	1634	1653	1712	1731	1751	1811	1831
Romford Station	1301	1321	1341	1401	1421	1441	1500	1520	1540	1559	1618	1638	1657	1716	1735	1755	1815	1835
Romford Market St Edward's Way	1305	1325	1345	1405	1425	1445	1504	1524	1544	1603	1622	1642	1701	1720	1739	1759	1818	1838
Romford North Street Bus Garage	1308	1328	1348	1407	1427	1447	1506	1526	1546	1605	1624	1644	1703	1722	1741	1801	1820	1840
Romford North Street (The Squire)	1309	1329	1349	1408	1428	1448	1507	1527	1547	1606	1625	1645	1704	1723	1742	1802	1821	1841
Collier Row Chase Cross Road	1316	1336	1356	1415	1435	1455	1514	1534	1554	1613	1632	1652	1710	1729	1748	1808	1827	1847
Hillrise Estate Hillrise Road	1321	1341	1401	1420	1440	1500	1518	1538	1558	1617	1636	1656	1714	1733	1752	1812	1831	1851
Dagenham Oval Road South	1827	1847	1907	1927	1947	2007	2027	2047	2107	2127	2147	2207	2227	2247	2307	2327	2347	0007
Dagenham New Road/Kent Avenue	1828	1848	1908	1928	1948	2008	2028	2048	2108	2128	2148	2208	2228	2248	2308	2328	2348	0008
Dagenham Heathway Station	1835	1855	1914	1934	1954	2014	2034	2054	2113	2133	2153	2213	2233	2252	2312	2332	2352	0012
Becontree Heath Ship & Anchor	1843	1903	1922	1942	2002	2021	2041	2101	2120	2140	2200	2220	2240	2259	2319	2339	2358	0018
Queen's Hospital	1851	1911	1930	1950	2010	2029	2049	2109	2128	2148	2208	2228	2247	2306	2326	2346	0005	0025
Romford Station	1855	1915	1934	1954	2013	2032	2052	2112	2131	2151	2211	2231	2250	2309	2329	2349	0008	0028
Romford Market St Edward's Way	1858	1918	1937	1957	2016	2035	2055	2115	2134	2154	2214	2234	2253	2312	2332	2352	0011	0031
Romford North Street Bus Garage	1900	1920	1939	1959	2018	2037	2057	2116	2135	2155	2215	2235	2254	2313	2333	2353	0012	0032
Romford North Street (The Squire)	1901	1921	1940	2000	2019	2038	2058	2117	2136	2156	2216	2236	2255	2314	2334	2354	0013	0033
Collier Row Chase Cross Road	1907	1927	1946	2006	2024	2043	2103	2122	2141	2201	2221	2241	2300	2319	2339	2359	0018	0038
Hillrise Estate Hillrise Road	1911	1931	1950	2010	2028	2047	2107	2126	2145	2205	2225	2245	2304	2323	2343	0003	0022	0042
Dagenham Oval Road South	0027	0047																
Dagenham New Road/Kent Avenue	0028	0048																
Dagenham Heathway Station	0032	0052																
Becontree Heath Ship & Anchor	0038	0058																
Queen's Hospital	0044	0104																
Romford Station	0047	0107																
Romford Market St Edward's Way	0050	0110																
Romford North Street Bus Garage	0051	0111																
Romford North Street (The Squire)	0052	0112																
Collier Row Chase Cross Road	0057	0117																
Hillrise Estate Hillrise Road	0100	0120																