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Lakeside – Upminster – Romford

370		Mondays to Fridays (Summer school holidays)																
Lakeside Bus Station	0524	0542	0559	0616	0630	0643	0656	0709		0839	0854	0908	0923	0938	0953	1009		1324
Chafford Hundred Sainsbury's	0527	0545	0602	0619	0633	0646	0659	0712		0842	0857	0911	0926	0941	0956	1012		1327
South Ockendon Royal Oak	0536	0554	0611	0628	0643	0656	0709	0722		0852	0907	0921	0936	0951	1006	1021		1336
North Ockendon Old White Horse	0539	0557	0614	0631	0646	0659	0712	0725	Then	0855	0910	0924	0939	0954	1009	1024	Then	1339
Corbets Tey Huntsman & Hounds	0544	0602	0620	0637	0652	0705	0718	0731	every	0901	0916	0930	0945	1000	1015	1030	every	1345
Upminster Station Station Road	0551	0610	0628	0645	0700	0714	0728	0741	15	0911	0927	0941	0956	1011	1026	1041	15	1356
Upminster Bridge Station	0554	0613	0631	0648	0703	0717	0731	0744	mins.	0914	0930	0945	1000	1015	1030	1045	mins.	1400
Hornchurch Town Centre	0556	0615	0634	0651	0706	0721	0735	0748	until	0918	0934	0949	1004	1019	1034	1049	until	1404
Gidea Park The Drill	0601	0620	0640	0657	0713	0728	0742	0756		0926	0942	0957	1012	1027	1042	1057		1412
Romford Station	0605	0625	0645	0702	0719	0734	0749	0803		0933	0948	1003	1018	1033	1048	1103		1418
Romford Market Mercury Gardens	0607	0627	0647	0704	0721	0736	0751	0805		0935	0950	1005	1020	1035	1050	1105		1420
Lakeside Bus Station	1338	1351	1404	1418	1432	1445	1459		1714	1729	1744	1759	1814	1829	1845	1905	1925	
Chafford Hundred Sainsbury's	1341	1354	1407	1422	1436	1449	1503		1718	1733	1748	1803	1818	1833	1848	1908	1928	
South Ockendon Royal Oak	1350	1404	1418	1433	1447	1500	1514		1729	1744	1759	1813	1828	1843	1858	1917	1937	
North Ockendon Old White Horse	1353	1407	1421	1436	1450	1503	1517	Then	1732	1747	1802	1816	1831	1846	1901	1920	1940	
Corbets Tey Huntsman & Hounds	1359	1413	1427	1442	1456	1510	1524	every 15	1739	1754	1808	1822	1837	1852	1907	1926	1946	
Upminster Station Station Road	1410	1424	1438	1453	1507	1522	1537	minutes	1752	1807	1820	1833	1847	1902	1916	1935	1954	
Upminster Bridge Station	1414	1428	1442	1457	1511	1526	1541	until	1756	1811	1824	1837	1851	1906	1920	1938	1957	
Hornchurch Town Centre	1418	1432	1446	1501	1515	1530	1545		1800	1815	1828	1841	1855	1910	1924	1942	2000	
Gidea Park The Drill	1426	1440	1455	1510	1524	1539	1554		1809	1824	1836	1849	1903	1918	1931	1949	2006	
Romford Station	1432	1446	1501	1516	1531	1546	1601		1816	1830	1842	1854	1908	1923	1936	1954	2011	
Romford Market Mercury Gardens	1434	1448	1503	1518	1533	1548	1603		1818	1832	1844	1856	1910	1925	1938	1956	2013	
Lakeside Bus Station	1945	2015	2045	2115	2145	2215	2245	2315	2345									
Chafford Hundred Sainsbury's	1948	2018	2048	2118	2148	2218	2248	2318	2348									
South Ockendon Royal Oak	1957	2026	2056	2126	2156	2226	2255	2325	2355									
North Ockendon Old White Horse	2000	2029	2059	2129	2159	2229	2258	2328	2358									
Corbets Tey Huntsman & Hounds	2006	2035	2104	2134	2204	2234	2303	2333	0003									
Upminster Station Station Road	2013	2042	2111	2141	2211	2241	2310	2339	0009									
Upminster Bridge Station	2016	2045	2114	2144	2214	2244	2313	2342	0012									
Hornchurch Town Centre	2019	2048	2117	2147	2217	2247	2316	2345	0015									
Gidea Park The Drill	2025	2054	2123	2153	2223	2253	2321	2350	0020									
Romford Station	2030	2059	2128	2158	2228	2258	2326	2354	0024									
Romford Market Mercury Gardens	2032	2101	2130	2200	2230	2300	2328	2356	0026									

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Romford Market Mercury Gardens	0554	0614	0633	0646	0659	0712	0724	0737	0751	0806	0821	0836	0851	0906	0920	0935	0950	1005
Romford Station Victoria Road	0557	0617	0636	0649	0702	0715	0727	0740	0755	0810	0825	0840	0855	0910	0924	0939	0954	1009
Gidea Park The Drill	0601	0621	0641	0654	0707	0720	0732	0745	0800	0815	0830	0845	0900	0915	0929	0944	0959	1014
Hornchurch Town Centre	0607	0627	0647	0700	0713	0726	0738	0751	0806	0821	0836	0851	0907	0923	0937	0952	1007	1022
Upminster Bridge Station	0610	0630	0650	0703	0716	0729	0741	0754	0809	0824	0839	0854	0910	0926	0940	0955	1010	1025
Upminster Station Station Road	0615	0635	0656	0710	0723	0736	0748	0801	0816	0831	0846	0901	0917	0934	0948	1003	1018	1033
Corbets Tey Huntsman & Hounds	0619	0639	0700	0715	0728	0741	0753	0806	0821	0836	0851	0906	0922	0939	0954	1009	1024	1039
North Ockendon Old White Horse	0625	0645	0706	0721	0734	0747	0759	0812	0827	0842	0857	0912	0928	0945	1000	1015	1030	1045
South Ockendon Royal Oak	0628	0648	0709	0724	0737	0750	0802	0815	0830	0845	0900	0915	0931	0948	1003	1018	1033	1048
Chafford Hundred Sainsbury's	0636	0656	0717	0732	0746	0759	0811	0824	0839	0854	0909	0924	0940	0957	1012	1027	1042	1057
Lakeside Bus Station	0638	0658	0719	0734	0748	0801	0813	0826	0841	0856	0911	0926	0942	0959	1014	1029	1044	1059
Romford Market Mercury Gardens	1019			1319	1333	1348	1402	1416	1431	1445	1459			1729	1745	1800	1815	1830
Romford Station Victoria Road	1023			1323	1337	1352	1406	1420	1435	1449	1503			1733	1749	1804	1819	1834
Gidea Park The Drill	1028			1328	1342	1357	1411	1425	1440	1454	1509			1739	1755	1810	1825	1840
Hornchurch Town Centre	1036	Then		1336	1350	1405	1419	1433	1448	1502	1517	Then		1747	1803	1817	1832	1847
Upminster Bridge Station	1039	every 15		1339	1353	1408	1422	1436	1451	1505	1520	every 15		1750	1806	1820	1835	1850
Upminster Station Station Road	1047	minutes		1347	1401	1416	1430	1444	1459	1513	1528	minutes		1758	1814	1828	1843	1858
Corbets Tey Huntsman & Hounds	1053	until		1353	1407	1422	1437	1451	1506	1520	1535	until		1805	1821	1835	1849	1904
North Ockendon Old White Horse	1059			1359	1413	1428	1443	1457	1512	1526	1541			1811	1827	1841	1855	1910
South Ockendon Royal Oak	1102			1402	1416	1431	1446	1500	1515	1529	1544			1814	1830	1844	1858	1913
Chafford Hundred Sainsbury's	1111			1411	1426	1441	1456	1510	1525	1540	1555			1825	1840	1854	1908	1923
Lakeside Bus Station	1114			1414	1429	1444	1459	1513	1528	1543	1558			1828	1843	1857	1911	1926
Romford Market Mercury Gardens	1845	1900	1920	1940	2010	2040	2110	2140	2210	2240	2310	2340	0010	0040				
Romford Station Victoria Road	1849	1904	1924	1944	2013	2043	2113	2143	2213	2243	2313	2343	0013	0043				
Gidea Park The Drill	1854	1909	1929	1949	2018	2048	2118	2148	2218	2247	2317	2347	0017	0047				
Hornchurch Town Centre	1901	1916	1936	1955	2023	2053	2123	2153	2223	2252	2322	2352	0022	0052				
Upminster Bridge Station	1904	1919	1938	1957	2025	2055	2125	2155	2225	2254	2324	2354	0024	0054				
Upminster Station Station Road	1911	1926	1945	2004	2031	2101	2131	2201	2231	2300	2329	2359	0029	0059				
Corbets Tey Huntsman & Hounds	1917	1932	1951	2010	2036	2106	2136	2206	2236	2305	2334	0003	0033	0103				
North Ockendon Old White Horse	1923	1938	1956	2015	2041	2111	2141	2211	2241	2310	2339	0008	0038	0108				
South Ockendon Royal Oak	1926	1941	1959	2018	2044	2114	2144	2214	2244	2313	2342	0011	0041	0111				
Chafford Hundred Sainsbury's	1935	1950	2007	2026	2052	2122	2152	2222	2251	2320	2349	0018	0048	0118				
Lakeside Bus Station	1937	1952	2009	2028	2054	2124	2154	2224	2253	2322	2351	0020	0050	0120				

