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Lakeside – Upminster – Romford

370		Mondays to Fridays																
Lakeside Bus Station	0524	0542	0559	0616	0630	0643	0655	0707	0719	0731	0747	0803	0819	0835	0851	0907	0923	0938
Chafford Hundred Sainsbury's	0527	0545	0602	0619	0633	0646	0658	0710	0722	0734	0750	0806	0822	0838	0854	0910	0926	0941
South Ockendon Royal Oak	0536	0554	0611	0628	0643	0656	0708	0720	0732	0745	0801	0817	0832	0848	0904	0920	0936	0951
North Ockendon Old White Horse	0539	0557	0614	0631	0646	0659	0711	0723	0735	0748	0804	0820	0835	0851	0907	0923	0939	0954
Corbets Tey Huntsman & Hounds	0544	0602	0620	0637	0652	0705	0718	0730	0742	0755	0811	0827	0842	0857	0913	0929	0945	1000
Upminster Station Station Road	0551	0610	0628	0646	0702	0715	0729	0742	0756	0809	0825	0841	0855	0910	0925	0941	0956	1011
Upminster Bridge Station	0554	0613	0631	0649	0705	0718	0732	0746	0800	0814	0830	0846	0900	0915	0930	0945	1000	1015
Hornchurch Town Centre	0556	0615	0634	0652	0708	0722	0736	0750	0804	0819	0835	0850	0904	0919	0934	0949	1004	1019
Gidea Park The Drill	0601	0620	0640	0658	0715	0730	0745	0759	0815	0830	0845	0900	0913	0927	0942	0957	1012	1027
Romford Station	0605	0625	0645	0703	0721	0736	0752	0807	0823	0838	0853	0908	0921	0934	0948	1003	1018	1033
Romford Market Mercury Gardens	0607	0627	0647	0705	0723	0738	0754	0809	0825	0840	0855	0910	0923	0936	0950	1005	1020	1035
		SD																
Lakeside Bus Station	0953	1009															1714	
Chafford Hundred Sainsbury's	0956	1012															1718	
South Ockendon Royal Oak	1006	1021															1729	
North Ockendon Old White Horse	1009	1024	Then every 15 minutes until	1339	1352	1405	1419	1433	1444	1455	--	1509	1527	1542	1559			1732
Corbets Tey Huntsman & Hounds	1015	1030		1351	1405	1419	1434	1448	1459	1510	--	1524	1542	1557	1614			1739
Upminster Station Station Road	1026	1041		1354	1408	1422	1437	1451	1502	1513	--	1527	1545	1600	1617	Then every	15	1752
Upminster Bridge Station	1030	1045		1400	1414	1428	1443	1457	1509	1520	1525	1534	1552	1607	1624	mins.	1756	
Hornchurch Town Centre	1034	1049		1411	1425	1439	1454	1508	1521	1534	1539	1548	1606	1621	1637	until	1801	
Gidea Park The Drill	1042	1057		1415	1429	1443	1458	1512	1526	1540	1545	1554	1611	1626	1641		1810	
Romford Station	1048	1103		1419	1434	1448	1503	1517	1531	1546	1551	1600	1616	1631	1646		1817	
Romford Market Mercury Gardens	1050	1105		1427	1442	1457	1512	1527	1541	1556	1601	1610	1625	1640	1655		1819	
Lakeside Bus Station	1729	1744	1759	1814	1829	1845	1905	1925	1945	2015	2045	2115	2145	2215	2245	2315	2345	
Chafford Hundred Sainsbury's	1733	1748	1803	1818	1833	1848	1908	1928	1948	2018	2048	2118	2148	2218	2248	2318	2348	
South Ockendon Royal Oak	1744	1759	1813	1828	1843	1858	1917	1937	1957	2026	2056	2126	2156	2226	2255	2325	2355	
North Ockendon Old White Horse	1747	1802	1816	1831	1846	1901	1920	1940	2000	2029	2059	2129	2159	2229	2258	2328	2358	
Corbets Tey Huntsman & Hounds	1754	1808	1822	1837	1852	1907	1926	1946	2006	2035	2104	2134	2204	2234	2303	2333	0003	
Upminster Station Station Road	1807	1820	1833	1847	1902	1916	1935	1954	2013	2042	2111	2141	2211	2241	2310	2339	0009	
Upminster Bridge Station	1811	1824	1837	1851	1906	1920	1938	1957	2016	2045	2114	2144	2214	2244	2313	2342	0012	
Hornchurch Town Centre	1816	1828	1841	1855	1910	1924	1942	2000	2019	2048	2117	2147	2217	2247	2316	2345	0015	
Gidea Park The Drill	1825	1836	1849	1903	1918	1931	1949	2006	2025	2054	2123	2153	2223	2253	2321	2350	0020	
Romford Station	1831	1842	1854	1908	1923	1936	1954	2011	2030	2059	2128	2158	2228	2258	2326	2354	0024	
Romford Market Mercury Gardens	1833	1844	1856	1910	1925	1938	1956	2013	2032	2101	2130	2200	2230	2300	2328	2356	0026	
Notes:	SD - Operates on school days only																	

370		Saturdays (also Good Friday)																	
Lakeside Bus Station	0525	0545	0605	0625	0645	0705	0725	0745	0805	0820	0834	0849	0904	0918	0932	0946	1000	1013	
Chafford Hundred Sainsbury's	0528	0548	0608	0628	0648	0708	0728	0748	0808	0823	0837	0852	0907	0921	0935	0949	1003	1016	
South Ockendon Royal Oak	0535	0555	0616	0636	0656	0716	0736	0756	0816	0831	0845	0900	0915	0929	0944	0958	1012	1025	
North Ockendon Old White Horse	0538	0558	0619	0639	0659	0719	0739	0759	0819	0834	0848	0903	0918	0932	0947	1001	1015	1028	
Corbets Tey Huntsman & Hounds	0543	0603	0624	0644	0704	0724	0744	0804	0824	0839	0853	0908	0923	0938	0953	1007	1021	1034	
Upminster Station Station Road	0549	0609	0630	0650	0710	0731	0751	0811	0832	0847	0902	0918	0933	0948	1003	1017	1032	1046	
Upminster Bridge Station	0552	0612	0633	0653	0713	0734	0754	0814	0835	0850	0905	0922	0937	0952	1007	1021	1036	1050	
Hornchurch Town Centre	0554	0614	0635	0655	0715	0736	0757	0817	0838	0853	0908	0925	0940	0956	1011	1025	1040	1055	
Gidea Park The Drill	0559	0619	0640	0700	0721	0742	0803	0823	0844	0859	0914	0932	0948	1004	1019	1033	1048	1103	
Romford Station	0603	0623	0644	0704	0725	0746	0807	0828	0849	0905	0920	0938	0954	1010	1026	1040	1055	1110	
Romford Market Mercury Gardens	0605	0625	0646	0706	0727	0748	0809	0830	0851	0907	0922	0940	0956	1012	1028	1042	1057	1112	
Lakeside Bus Station	1026	1039	1052	1106	1121	1136	1151	1206	1222	1238	1255	1311	1327	1343	1359	1414	1430	1445	
Chafford Hundred Sainsbury's	1029	1042	1055	1109	1124	1139	1154	1209	1225	1241	1258	1314	1330	1346	1402	1417	1433	1448	
South Ockendon Royal Oak	1038	1051	1104	1119	1134	1149	1204	1219	1235	1251	1308	1324	1340	1356	1412	1427	1443	1458	
North Ockendon Old White Horse	1041	1054	1107	1122	1137	1152	1207	1222	1238	1254	1311	1327	1343	1359	1415	1430	1446	1501	
Corbets Tey Huntsman & Hounds	1047	1100	1113	1128	1143	1158	1213	1228	1244	1300	1317	1333	1349	1405	1421	1436	1452	1507	
Upminster Station Station Road	1100	1114	1128	1143	1158	1213	1228	1243	1259	1314	1331	1346	1401	1416	1432	1447	1503	1518	
Upminster Bridge Station	1104	1118	1132	1147	1202	1217	1232	1247	1303	1318	1335	1350	1405	1420	1436	1451	1507	1522	
Hornchurch Town Centre	1109	1123	1138	1153	1208	1223	1238	1253	1308	1323	1340	1355	1410	1425	1441	1455	1511	1526	
Gidea Park The Drill	1118	1132	1147	1202	1217	1232	1247	1302	1317	1332	1348	1403	1418	1433	1449	1503	1519	1534	
Romford Station	1125	1140	1155	1210	1225	1240	1255	1310	1325	1340	1355	1410	1425	1440	1455	1509	1524	1539	
Romford Market Mercury Gardens	1127	1142	1157	1212	1227	1242	1257	1312	1327	1342	1357	1412	1427	1442	1457	1511	1526	1541	
Lakeside Bus Station	1500			1745	1805	1825	1845	1905	1925	1945	2015	2045	2115	2145	2215	2245	2315	2345	
Chafford Hundred Sainsbury's	1503			1748	1808	1828	1848	1908	1928	1948	2018	2048	2118	2148	2218	2248	2318	2348	
South Ockendon Royal Oak	1513			1758	1818	1838	1857	1917	1937	1957	2027	2056	2126	2156	2226	2255	2325	2355	
North Ockendon Old White Horse	1516	Then		1801	1821	1841	1900	1920	1940	2000	2030	2059	2129	2159	2229	2258	2328	2358	
Corbets Tey Huntsman & Hounds	1522	every 15		1807	1827	1847	1906	1926	1946	2006	2035	2104	2134	2204	2234	2303	2333	0003	
Upminster Station Station Road	1533	minutes		1818	1837	1856	1914	1934	1954	2013	2042	2111	2141	2211	2241	2310	2340	0010	
Upminster Bridge Station	1537	until		1822	1841	1900	1918	1938	1958	2016	2045	2114	2144	2214	2244	2313	2343	0013	
Hornchurch Town Centre	1541			1826	1844	1903	1921	1941	2001	2019	2048	2117	2147	2217	2247	2316	2346	0016	
Gidea Park The Drill	1549			1834	1852	1910	1928	1948	2007	2025	2054	2123	2153	2223	2253	2321	2351	0021	
Romford Station	1554			1839	1857	1915	1933	1953	2012	2030	2059	2128	2158	2228	2258	2326	2355	0025	
Romford Market Mercury Gardens	1556			1841	1859	1917	1935	1955	2014	2032	2101	2130	2200	2230	2300	2328	2357	0027	
370		Sundays and other Public Holidays (except Christmas Day)																	
Lakeside Bus Station	0614	0644	0714	0746	0816	0846	0910	0934	1003	1032	1100	1130	1200	1230	1300	1330	1400	1430	
Chafford Hundred Sainsbury's	0617	0647	0717	0749	0819	0849	0913	0937	1006	1035	1103	1133	1203	1233	1303	1333	1403	1433	
South Ockendon Royal Oak	0624	0654	0724	0756	0826	0856	0920	0945	1014	1044	1112	1142	1212	1242	1312	1342	1412	1442	
North Ockendon Old White Horse	0627	0657	0727	0759	0829	0859	0923	0948	1017	1047	1115	1145	1215	1245	1315	1345	1415	1445	
Corbets Tey Huntsman & Hounds	0632	0702	0732	0804	0834	0904	0928	0954	1023	1053	1121	1151	1221	1251	1321	1351	1421	1451	
Upminster Station Station Road	0638	0708	0738	0810	0840	0911	0936	1002	1031	1102	1131	1202	1232	1302	1332	1401	1431	1500	
Upminster Bridge Station	0641	0711	0741	0813	0843	0914	0939	1005	1035	1106	1135	1206	1236	1306	1336	1405	1435	1504	
Hornchurch Town Centre	0643	0713	0743	0815	0845	0917	0942	1008	1038	1109	1139	1210	1240	1310	1340	1409	1438	1507	
Gidea Park The Drill	0648	0718	0748	0820	0850	0923	0948	1014	1045	1116	1146	1217	1247	1317	1347	1416	1445	1514	
Romford Station	0652	0722	0752	0824	0854	0927	0953	1020	1051	1122	1152	1223	1253	1323	1353	1422	1451	1520	
Romford Market Mercury Gardens	0654	0724	0754	0826	0856	0929	0955	1022	1053	1124	1154	1226	1256	1326	1356	1424	1453	1522	
Lakeside Bus Station	1500	1530	1600	1630	1655	1720	1745	1815			1945	2015	2045	2115	2145	2215	2245	2315	2345
Chafford Hundred Sainsbury's	1503	1533	1603	1633	1658	1723	1748	1818			1948	2018	2048	2118	2148	2218	2248	2318	2348
South Ockendon Royal Oak	1512	1542	1612	1642	1707	1732	1757	1826			1956	2025	2055	2125	2155	2225	2255	2324	2354
North Ockendon Old White Horse	1515	1545	1615	1645	1710	1735	1800	1829	Then		1959	2028	2058	2128	2158	2228	2258	2327	2357
Corbets Tey Huntsman & Hounds	1521	1551	1621	1651	1716	1741	1805	1834	every		2004	2033	2103	2133	2203	2233	2303	2332	0002
Upminster Station Station Road	1530	1600	1629	1659	1724	1749	1813	1841	30		2011	2040	2110	2139	2209	2239	2309	2338	0008
Upminster Bridge Station	1534	1604	1633	1703	1728	1752	1816	1844	mins.		2014	2043	2113	2142	2212	2242	2312	2341	0011
Hornchurch Town Centre	1537	1607	1636	1706	1731	1755	1819	1847	until		2017	2046	2116	2145	2215	2245	2315	2344	0014
Gidea Park The Drill	1544	1614	1643	1713	1737	1801	1825	1853			2023	2052	2121	2150	2220	2250	2320	2349	0019
Romford Station	1549	1619	1648	1718	1742	1806	1830	1858			2028	2057	2126	2155	2225	2255	2324	2353	0023
Romford Market Mercury Gardens	1551	1621	1650	1720	1744	1808	1832	1900			2030	2059	2128	2157	2227	2257	2326	2355	0025

370		Saturdays (also Good Friday)																	
Romford Market Mercury Gardens	0555	0615	0635	0655	0714	0733	0748	0803	0818	0833	0848	0902	0916	0930	0944	0958	1012	1027	
Romford Station Victoria Road	0558	0618	0638	0658	0717	0736	0751	0806	0821	0836	0851	0905	0919	0933	0948	1002	1016	1031	
Gidea Park The Drill	0602	0622	0642	0702	0721	0741	0756	0811	0826	0841	0856	0910	0924	0938	0953	1007	1021	1036	
Hornchurch Town Centre	0607	0627	0647	0707	0726	0746	0801	0817	0832	0847	0902	0916	0931	0945	1000	1015	1029	1044	
Upminster Bridge Station	0609	0629	0649	0709	0728	0748	0803	0819	0834	0850	0905	0919	0934	0948	1003	1018	1032	1047	
Upminster Station Station Road	0614	0634	0654	0714	0734	0754	0810	0826	0841	0857	0912	0926	0941	0955	1011	1026	1040	1055	
Corbets Tey Huntsman & Hounds	0618	0638	0658	0718	0738	0758	0814	0830	0846	0902	0917	0931	0946	1001	1017	1032	1047	1102	
North Ockendon Old White Horse	0623	0644	0704	0724	0744	0804	0820	0836	0852	0908	0923	0937	0952	1007	1023	1038	1053	1108	
South Ockendon Royal Oak	0626	0647	0707	0727	0747	0807	0823	0839	0855	0911	0926	0940	0955	1010	1026	1041	1056	1111	
Chafford Hundred Sainsbury's	0633	0654	0714	0734	0754	0814	0830	0846	0902	0918	0933	0948	1003	1019	1035	1050	1106	1121	
Lakeside Bus Station	0635	0656	0716	0736	0757	0817	0833	0849	0905	0921	0936	0951	1006	1022	1038	1053	1109	1124	
Romford Market Mercury Gardens	1041	1055	1110	1125	1140	1155	1210	1225	1240	1255	1310	1325	1340	1355	1410	Then every 15 minutes until	1640		
Romford Station Victoria Road	1045	1059	1114	1129	1144	1159	1214	1229	1244	1259	1314	1329	1344	1359	1414		1644		
Gidea Park The Drill	1050	1105	1120	1135	1150	1205	1220	1235	1250	1305	1320	1335	1350	1405	1420		1650		
Hornchurch Town Centre	1058	1113	1128	1143	1158	1213	1228	1243	1258	1313	1328	1343	1358	1413	1427		1657		
Upminster Bridge Station	1101	1116	1131	1146	1201	1216	1231	1246	1301	1316	1331	1346	1401	1416	1430		1700		
Upminster Station Station Road	1110	1126	1141	1157	1212	1227	1242	1257	1311	1326	1341	1355	1410	1424	1438		1708		
Corbets Tey Huntsman & Hounds	1117	1133	1148	1204	1219	1234	1249	1304	1318	1333	1348	1402	1416	1430	1444		1714		
North Ockendon Old White Horse	1123	1139	1154	1210	1225	1240	1255	1310	1324	1339	1354	1408	1422	1436	1450		1720		
South Ockendon Royal Oak	1126	1142	1157	1213	1228	1243	1258	1313	1327	1342	1357	1411	1425	1439	1453		1723		
Chafford Hundred Sainsbury's	1136	1152	1207	1223	1238	1253	1308	1322	1336	1351	1406	1420	1434	1448	1502		1732		
Lakeside Bus Station	1139	1155	1210	1226	1241	1256	1311	1325	1339	1354	1409	1423	1437	1451	1505	1735			
Romford Market Mercury Gardens	1655	1710	1725	1740	1755	1810	1825	1840	1900	1920	1940	2010	2040	2110	2140	2210	2240	2310	
Romford Station Victoria Road	1659	1714	1729	1744	1759	1814	1829	1844	1904	1924	1944	2013	2043	2113	2143	2213	2243	2313	
Gidea Park The Drill	1705	1720	1735	1749	1804	1819	1834	1849	1909	1929	1949	2018	2048	2118	2148	2218	2248	2318	
Hornchurch Town Centre	1712	1727	1742	1756	1811	1826	1840	1855	1915	1935	1955	2024	2054	2124	2153	2223	2253	2323	
Upminster Bridge Station	1715	1730	1745	1759	1814	1829	1843	1858	1918	1938	1958	2026	2056	2126	2155	2225	2255	2325	
Upminster Station Station Road	1723	1738	1753	1807	1822	1836	1850	1905	1924	1944	2004	2032	2102	2132	2201	2231	2301	2330	
Corbets Tey Huntsman & Hounds	1729	1743	1758	1812	1827	1841	1855	1910	1929	1949	2008	2036	2106	2136	2205	2235	2305	2334	
North Ockendon Old White Horse	1735	1749	1804	1818	1833	1847	1901	1916	1935	1955	2014	2042	2112	2142	2211	2241	2311	2339	
South Ockendon Royal Oak	1738	1752	1807	1821	1836	1850	1904	1919	1938	1958	2017	2045	2115	2145	2214	2244	2314	2342	
Chafford Hundred Sainsbury's	1746	1800	1815	1829	1844	1858	1912	1927	1946	2006	2025	2053	2123	2153	2222	2251	2321	2349	
Lakeside Bus Station	1749	1803	1818	1832	1847	1901	1915	1929	1948	2008	2027	2055	2125	2155	2224	2253	2323	2351	
Romford Market Mercury Gardens	2340	0010	0040																
Romford Station Victoria Road	2343	0013	0043																
Gidea Park The Drill	2347	0017	0047																
Hornchurch Town Centre	2352	0022	0052																
Upminster Bridge Station	2354	0024	0054																
Upminster Station Station Road	2359	0029	0059																
Corbets Tey Huntsman & Hounds	0003	0033	0103																
North Ockendon Old White Horse	0008	0038	0108																
South Ockendon Royal Oak	0011	0041	0111																
Chafford Hundred Sainsbury's	0018	0048	0118																
Lakeside Bus Station	0020	0050	0120																
370		Sundays and other Public Holidays (except Christmas Day)																	
Romford Market Mercury Gardens	0628	0700	0730	0800	0832	0902	0926	0950	1015	1040	1110	1140	1210	1240	1310	1340	1410	1440	
Romford Station Victoria Road	0631	0703	0733	0803	0835	0905	0929	0953	1018	1043	1113	1144	1214	1244	1314	1344	1414	1444	
Gidea Park The Drill	0635	0707	0737	0807	0839	0909	0933	0957	1023	1048	1118	1149	1219	1249	1319	1349	1419	1449	
Hornchurch Town Centre	0640	0712	0742	0812	0844	0914	0939	1003	1029	1055	1125	1156	1226	1256	1326	1356	1425	1455	
Upminster Bridge Station	0642	0714	0744	0814	0846	0916	0942	1006	1032	1058	1128	1159	1229	1259	1329	1359	1428	1458	
Upminster Station Station Road	0647	0719	0749	0819	0851	0922	0948	1012	1038	1105	1136	1207	1237	1307	1337	1406	1435	1505	
Corbets Tey Huntsman & Hounds	0651	0723	0753	0823	0855	0926	0952	1017	1043	1111	1142	1213	1243	1313	1343	1412	1441	1510	
North Ockendon Old White Horse	0657	0729	0759	0829	0901	0932	0958	1023	1049	1117	1148	1219	1249	1319	1349	1418	1447	1516	
South Ockendon Royal Oak	0700	0732	0802	0832	0904	0935	1001	1026	1052	1120	1151	1222	1252	1322	1352	1421	1450	1519	
Chafford Hundred Sainsbury's	0707	0739	0809	0839	0911	0943	1009	1035	1101	1129	1200	1231	1301	1331	1401	1430	1459	1528	
Lakeside Bus Station	0709	0741	0811	0841	0913	0945	1011	1038	1104	1132	1203	1234	1304	1334	1403	1432	1501	1530	
Romford Market Mercury Gardens	1510	1540	1610	1640	1710	1740	1810	1840	1910	1940	2010	2040	2110	2140	2210	Then every 30 minutes until	0040		
Romford Station Victoria Road	1514	1544	1614	1644	1714	1743	1813	1843	1913	1943	2013	2043	2113	2143	2213		0043		
Gidea Park The Drill	1519	1549	1619	1649	1719	1748	1818	1848	1918	1948	2018	2048	2118	2148	2217		0047		
Hornchurch Town Centre	1525	1555	1625	1655	1725	1754	1824	1854	1923	1953	2023	2053	2123	2153	2222		0052		
Upminster Bridge Station	1528	1558	1628	1658	1728	1757	1826	1856	1925	1955	2025	2055	2125	2155	2224		0054		
Upminster Station Station Road	1534	1604	1634	1704	1734	1803	1832	1902	1931	2001	2031	2101	2130	2200	2229		0059		
Corbets Tey Huntsman & Hounds	1539	1609	1639	1709	1738	1807	1836	1906	1935	2005	2035	2105	2134	2204	2233		0103		
North Ockendon Old White Horse	1545	1615	1645	1715	1744	1813	1842	1912	1941	2011	2041	2111	2140	2209	2238		0108		
South Ockendon Royal Oak	1548	1618	1648	1718	1747	1816	1845	1915	1944	2014	2044	2114	2143	2212	2241		0111		
Chafford Hundred Sainsbury's	1557	1626	1656	1726	1755	1824	1853	1923	1952	2022	2051	2121	2150	2219	2248		0118		
Lakeside Bus Station	1559	1628	1658	1728	1757	1826	1855	1925	1954	2024	2053	2123	2152	2221	2250	0120			