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Lakeside – Upminster – Romford

370		Mondays to Fridays																			
Lakeside Bus Station	0530	0550	0610	0625	0635	0647	0700	0711	0722	0735	0750	0805	0820	0835	0850	0905	0920	0935			
Chafford Hundred Sainsbury's	0533	0553	0613	0628	0638	0650	0703	0714	0725	0738	0753	0808	0823	0838	0853	0908	0923	0938			
South Ockendon Royal Oak	0541	0601	0621	0636	0646	0658	0711	0722	0733	0748	0803	0818	0833	0848	0903	0918	0931	0946			
North Ockendon Fen Lane	0544	0604	0624	0639	0649	0701	0714	0725	0736	0751	0806	0821	0836	0851	0906	0921	0934	0949			
Corbets Tey Huntsman & Hounds	0549	0609	0629	0644	0654	0706	0719	0730	0741	0756	0811	0826	0841	0856	0911	0926	0939	0954			
Upminster Station Station Road	0555	0615	0635	0650	0700	0715	0728	0739	0752	0807	0822	0838	0853	0908	0921	0936	0948	1003			
Upminster Bridge Station	0558	0618	0638	0653	0704	0719	0732	0745	0759	0814	0829	0843	0858	0913	0925	0940	0952	1007			
Hornchurch Town Centre	0601	0621	0641	0656	0709	0724	0737	0752	0806	0821	0836	0851	0906	0921	0929	0944	0957	1012			
Gidea Park The Drill	0606	0626	0646	0701	0716	0731	0746	0801	0816	0831	0846	0901	0914	0929	0935	0950	1003	1018			
Romford Station	0610	0630	0652	0707	0722	0744	0759	0814	0829	0844	0859	0909	0922	0936	0942	0957	1011	1026			
Romford Market Mercury Gardens	0612	0632	0654	0709	0724	0746	0801	0816	0831	0846	0901	0911	0924	0938	0944	0959	1013	1028			
		SD																			
Lakeside Bus Station	0950			1305	1320	1335	1348	1400	1410	1420	1435	1450	--	1505	1520	1535	1550	1605			
Chafford Hundred Sainsbury's	0953			1308	1323	1338	1351	1403	1413	1423	1438	1453	--	1508	1523	1538	1553	1608			
South Ockendon Royal Oak	1001			1316	1331	1346	1359	1411	1421	1431	1446	1501	--	1516	1531	1546	1601	1616			
North Ockendon Fen Lane	1004	Then every 15 minutes until		1319	1334	1349	1402	1414	1424	1434	1449	1504	--	1519	1534	1549	1604	1619			
Corbets Tey Huntsman & Hounds	1009			1324	1339	1354	1407	1419	1429	1439	1454	1509	1522	1524	1539	1554	1609	1624			
Upminster Station Station Road	1018			1333	1349	1404	1417	1429	1439	1450	1505	1520	1533	1535	1550	1605	1620	1635			
Upminster Bridge Station	1022			1337	1353	1408	1421	1433	1443	1454	1509	1525	1538	1540	1555	1610	1624	1639			
Hornchurch Town Centre	1027			1342	1358	1413	1426	1439	1450	1502	1517	1533	1546	1548	1603	1618	1632	1647			
Gidea Park The Drill	1033			1348	1404	1419	1432	1446	1458	1510	1525	1541	1554	1556	1611	1626	1640	1655			
Romford Station	1041			1356	1411	1426	1439	1453	1506	1518	1533	1549	1559	1604	1619	1634	1648	1703			
Romford Market Mercury Gardens	1043			1358	1413	1428	1441	1455	1508	1520	1535	1551	1601	1606	1621	1636	1650	1705			
Lakeside Bus Station	1620		1635	1650	1705	1720	1735	1750	1805	1820	1837	1900	1920	1945		15	45		2345		
Chafford Hundred Sainsbury's	1623		1638	1653	1708	1723	1738	1753	1808	1823	1840	1903	1923	1948		18	48		2348		
South Ockendon Royal Oak	1631	1646	1701	1716	1731	1746	1801	1816	1830	1847	1910	1930	1955	Then every 30 minutes at these minutes past the hour	25	55		2355			
North Ockendon Fen Lane	1634	1649	1704	1719	1734	1749	1804	1819	1833	1850	1913	1933	1958		28	58		2358			
Corbets Tey Huntsman & Hounds	1639	1654	1709	1724	1739	1754	1809	1824	1838	1855	1918	1938	2003		33	03		0003			
Upminster Station Station Road	1648	1703	1718	1733	1748	1803	1818	1833	1846	1902	1924	1944	2009		39	09	until	0009			
Upminster Bridge Station	1652	1707	1722	1737	1752	1807	1822	1837	1850	1905	1927	1947	2012		42	12		0012			
Hornchurch Town Centre	1700	1715	1730	1744	1759	1811	1826	1841	1854	1909	1931	1951	2016		46	16		0016			
Gidea Park The Drill	1708	1723	1738	1751	1806	1818	1833	1848	1900	1915	1936	1956	2021		51	21		0021			
Romford Station	1716	1731	1746	1759	1814	1826	1841	1856	1908	1923	1943	2002	2027		57	27		0027			
Romford Market Mercury Gardens	1718	1733	1748	1801	1816	1828	1843	1858	1910	1925	1945	2004	2029		59	29		0029			
370		Saturdays (also Good Friday)																			
Lakeside Bus Station	0530		0750	0810	0825	0837	0852	0905		1735	1755	1820	1840	1902	1922	1945		2115			
Chafford Hundred Sainsbury's	0533		0753	0813	0828	0840	0855	0908		1738	1758	1823	1843	1905	1925	1948		2118			
South Ockendon Royal Oak	0540		0800	0820	0835	0847	0902	0916		1746	1806	1831	1851	1913	1933	1956		2126			
North Ockendon Fen Lane	0543	Then every 20 mins. until	0803	0823	0838	0850	0905	0919	Then every 15 mins. until	1749	1809	1834	1854	1916	1936	1959	Then every 30 mins. until	2129			
Corbets Tey Huntsman & Hounds	0548		0808	0828	0843	0855	0910	0924		1754	1814	1839	1859	1921	1941	2004		2134			
Upminster Station Station Road	0554		0814	0834	0849	0904	0919	0934		1804	1824	1846	1906	1927	1947	2010		2140			
Upminster Bridge Station	0557		0817	0838	0853	0908	0923	0939		1809	1828	1849	1909	1930	1950	2013		2143			
Hornchurch Town Centre	0601		0821	0843	0858	0913	0928	0944		1814	1832	1853	1913	1934	1954	2017		2147			
Gidea Park The Drill	0606		0826	0849	0904	0919	0934	0950		1820	1837	1858	1918	1939	1959	2022		2152			
Romford Station	0610		0830	0853	0908	0923	0941	0957		1827	1844	1905	1925	1946	2006	2029		2159			
Romford Market Mercury Gardens	0612		0832	0855	0910	0925	0943	0959		1829	1846	1907	1927	1948	2008	2031		2201			
370			Saturdays (ctd) Sundays and other Public Holidays (except Christmas Day and Boxing Day)																		
Lakeside Bus Station	2145			2345	0635	0710	0740	0810		0840	0910	0940		1710	1743	1815					2345
Chafford Hundred Sainsbury's	2148		2348	0638	0713	0743	0813	0843	0913	0943		1713	1746	1818				2348			
South Ockendon Royal Oak	2155		2355	0645	0720	0750	0820	0850	0922	0952		1722	1755	1825				2355			
North Ockendon Fen Lane	2158	Then every 30 mins. until	2358	0648	0723	0753	0823	0853	0925	0955	Then every 30 minutes until	1725	1758	1828	Then every 30 minutes until	2358					
Corbets Tey Huntsman & Hounds	2203		0003	0653	0728	0758	0828	0858	0930	1000		1730	1803	1833		0003					
Upminster Station Station Road	2209		0009	0659	0734	0804	0834	0905	0939	1009		1739	1809	1839		0009					
Upminster Bridge Station	2212		0012	0702	0737	0807	0837	0909	0943	1013		1743	1812	1842		0012					
Hornchurch Town Centre	2216		0016	0706	0741	0811	0841	0913	0948	1018		1748	1816	1846		0016					
Gidea Park The Drill	2221		0021	0711	0746	0816	0846	0919	0954	1024		1754	1821	1851		0021					
Romford Station	2228		0028	0715	0750	0820	0850	0923	0958	1031		1801	1828	1858		0028					
Romford Market Mercury Gardens	2230		0030	0717	0752	0822	0852	0925	1000	1033		1803	1830	1900		0030					
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Romford – Upminster – Lakeside

370		Mondays to Fridays																	
		SD																	
Romford Market Mercury Gardens	0600	0620	0637	0649	0701	0714	0729	0739	0739	0751	0806	0821	0836	0851	0906	0919	0934	0949	
Romford Station	0603	0623	0640	0652	0704	0717	0732	0742	0742	0754	0809	0824	0839	0854	0909	0922	0938	0953	
Gidea Park The Drill	0607	0627	0644	0656	0709	0722	0737	0747	0747	0802	0817	0832	0847	0902	0917	0929	0945	1000	
Hornchurch Town Centre	0613	0633	0651	0703	0718	0731	0746	0757	0756	0811	0826	0841	0856	0911	0925	0937	0952	1007	
Upminster Bridge Station	0615	0635	0654	0707	0722	0736	0751	0801	0802	0817	0832	0847	0902	0917	0930	0941	0955	1010	
Upminster Station Station Road	0620	0640	0659	0713	0727	0742	0757	0810	0812	0827	0842	0857	0912	0925	0936	0947	1001	1016	
Corbets Tey Huntsman & Hounds	0625	0645	0704	0719	0733	0748	0803	0817	0818	0833	0848	0903	0918	0931	0942	0953	1007	1022	
North Ockendon Fen Lane	0631	0651	0710	0725	0739	0754	0809	--	0824	0839	0854	0909	0924	0937	0948	0959	1012	1027	
South Ockendon Royal Oak	0634	0654	0713	0728	0742	0757	0812	--	0827	0842	0857	0912	0927	0940	0951	1002	1015	1030	
Chafford Hundred Sainsbury's	0641	0701	0720	0735	0750	0805	0820	--	0835	0850	0905	0920	0935	0948	0959	1010	1023	1038	
Lakeside Bus Station	0643	0703	0722	0737	0752	0807	0822	--	0837	0852	0907	0922	0937	0950	1001	1012	1025	1040	
Romford Market Mercury Gardens	1004			1419	1433	1446	1500	1513	1526			1726	1741	1756	1810	1823	1838	1855	
Romford Station	1008			1423	1437	1450	1504	1517	1530			1730	1745	1800	1814	1827	1842	1858	
Gidea Park The Drill	1015			1430	1444	1457	1511	1524	1538			1738	1753	1808	1822	1834	1849	1904	
Hornchurch Town Centre	1022	Then		1437	1451	1504	1518	1532	1547	Then		1747	1800	1814	1828	1840	1855	1910	
Upminster Bridge Station	1025	every 15		1440	1454	1507	1521	1535	1550	every 15		1750	1804	1818	1831	1843	1858	1912	
Upminster Station Station Road	1031	minutes		1446	1500	1513	1528	1543	1559	minutes		1759	1812	1826	1838	1850	1904	1917	
Corbets Tey Huntsman & Hounds	1037	until		1452	1506	1521	1536	1551	1606	until		1806	1818	1832	1844	1856	1910	1923	
North Ockendon Fen Lane	1042			1457	1511	1526	1541	1556	1611			1811	1823	1837	1849	1901	1915	1928	
South Ockendon Royal Oak	1045			1500	1514	1529	1544	1559	1614			1814	1826	1840	1852	1904	1918	1931	
Chafford Hundred Sainsbury's	1053			1508	1522	1537	1552	1607	1622			1822	1834	1848	1900	1911	1925	1938	
Lakeside Bus Station	1055			1510	1524	1539	1554	1609	1624			1824	1836	1850	1902	1913	1927	1940	
Romford Market Mercury Gardens	1916	1939					0039												
Romford Station	1919	1942					0042												
Gidea Park The Drill	1925	1948					0048												
Hornchurch Town Centre	1931	1954	Then				0054												
Upminster Bridge Station	1933	1956	every 30				0056												
Upminster Station Station Road	1938	2001	minutes				0101												
Corbets Tey Huntsman & Hounds	1943	2006	until				0106												
North Ockendon Fen Lane	1948	2011					0111												
South Ockendon Royal Oak	1951	2014					0114												
Chafford Hundred Sainsbury's	1958	2021					0121												
Lakeside Bus Station	2000	2023					0123												
370		Saturdays (also Good Friday)																	
Romford Market Mercury Gardens	0600			0740	0757	0812	0827	0840	0852	0904			1734	1749	1804	1819	1839	1859	1919
Romford Station	0603			0743	0800	0815	0830	0843	0855	0908			1738	1753	1808	1823	1842	1902	1922
Gidea Park The Drill	0608			0748	0805	0820	0835	0848	0901	0914			1744	1759	1814	1829	1848	1908	1928
Hornchurch Town Centre	0614	Then		0754	0811	0826	0841	0854	0907	0923	Then		1753	1806	1821	1835	1854	1914	1934
Upminster Bridge Station	0616	every 20		0756	0813	0828	0843	0856	0910	0926	every		1756	1809	1824	1837	1856	1916	1936
Upminster Station Station Road	0621	minutes		0801	0818	0833	0848	0902	0916	0932	15		1802	1815	1830	1843	1901	1921	1941
Corbets Tey Huntsman & Hounds	0626	until		0806	0823	0838	0853	0907	0921	0938	mins.		1808	1821	1836	1849	1906	1926	1946
North Ockendon Fen Lane	0632			0812	0829	0844	0859	0913	0927	0943	until		1813	1826	1841	1854	1911	1931	1951
South Ockendon Royal Oak	0634			0814	0831	0846	0901	0915	0929	0945			1815	1828	1843	1856	1914	1934	1954
Chafford Hundred Sainsbury's	0641			0821	0838	0853	0910	0924	0938	0953			1823	1835	1850	1903	1921	1941	2001
Lakeside Bus Station	0643			0823	0840	0855	0912	0926	0940	0955			1825	1837	1852	1905	1923	1943	2003
370		Saturdays (ctd) Sundays and other Public Holidays (except Christmas Day and Boxing Day)																	
Romford Market Mercury Gardens	1939		0039	0645	0715	0740	0810	0840	0910	0938			1638	1708	1738	1809		0039	
Romford Station	1942		0042	0648	0718	0743	0813	0843	0913	0941			1641	1711	1741	1812		0042	
Gidea Park The Drill	1948		0048	0653	0723	0748	0818	0848	0918	0948			1648	1718	1748	1818		0048	
Hornchurch Town Centre	1954	Then	0054	0658	0728	0753	0823	0853	0924	0956	Then		1656	1725	1755	1824	Then	0054	
Upminster Bridge Station	1956	every	0056	0700	0730	0755	0825	0855	0927	0959	every 30		1659	1728	1757	1826	every	0056	
Upminster Station Station Road	2001	30	0101	0704	0734	0759	0829	0859	0932	1005	minutes		1705	1734	1802	1831	30	0101	
Corbets Tey Huntsman & Hounds	2006	mins.	0106	0708	0738	0803	0833	0903	0938	1011	until		1711	1739	1807	1836	mins.	0106	
North Ockendon Fen Lane	2011	until	0111	0713	0743	0808	0838	0908	0943	1016			1716	1744	1812	1841	until	0111	
South Ockendon Royal Oak	2014		0114	0716	0746	0811	0841	0911	0946	1019			1719	1747	1815	1844		0114	
Chafford Hundred Sainsbury's	2021		0121	0722	0752	0817	0847	0917	0952	1027			1727	1755	1822	1851		0121	
Lakeside Bus Station	2023		0123	0724	0754	0819	0849	0919	0954	1029			1729	1757	1824	1853		0123	
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