

372		Mondays to Fridays																
Lakeside Bus Station	0535	0605	0635	0654		0854	0915		1355	1415	1435	1455	1515	1535	1555	1615		
Aveley Hall Road	0542	0612	0642	0702		0902	0923		1403	1423	1443	1503	1523	1543	1603	1624		
Aveley Sandy Lane	0547	0617	0647	0707	Then	0907	0928	Then	1408	1428	1448	1508	1528	1548	1608	1629		
Wennington The Green	0550	0620	0651	0711	every 20	0911	0932	every 20	1412	1432	1452	1512	1532	1552	1612	1633		
Rainham Station Wennington Road	0554	0625	0656	0716	minutes	0916	0937	minutes	1417	1437	1457	1517	1537	1557	1617	1638		
Rainham Tesco	0556	0627	0658	0718	until	0918	0939	until	1419	1439	1459	1519	1539	1559	1619	1640		
South Hornchurch Cherry Tree	0601	0633	0704	0724		0924	0944		1424	1444	1505	1525	1545	1605	1625	1646		
Elm Park Station	0608	0640	0713	0733		0933	0953		1433	1453	1514	1534	1554	1614	1634	1655		
Hornchurch Town Centre	0615	0648	0721	0741		0941	1001		1441	1502	1523	1543	1603	1623	1643	1704		
Lakeside Bus Station	1635	1655	1715	1735	1755	1815	1835	1855	1915	1945	2015	2045	2116	2146	2216	2246	2316	
Aveley Hall Road	1644	1704	1724	1744	1804	1824	1843	1903	1923	1953	2023	2053	2123	2153	2223	2253	2323	
Aveley Sandy Lane	1649	1709	1729	1749	1809	1828	1847	1907	1927	1957	2027	2057	2127	2157	2227	2257	2327	
Wennington The Green	1653	1713	1733	1753	1813	1832	1851	1911	1931	2001	2030	2100	2130	2200	2230	2300	2330	
Rainham Station Wennington Road	1658	1718	1738	1758	1818	1837	1856	1916	1936	2006	2034	2104	2134	2204	2234	2304	2334	
Rainham Tesco	1700	1720	1740	1800	1820	1839	1858	1918	1938	2008	2036	2106	2136	2206	2236	2306	2336	
South Hornchurch Cherry Tree	1706	1726	1746	1806	1825	1844	1903	1923	1943	2013	2040	2110	2140	2210	2240	2310	2340	
Elm Park Station	1715	1735	1755	1815	1834	1853	1912	1932	1952	2021	2048	2117	2147	2217	2247	2317	2347	
Hornchurch Town Centre	1724	1744	1804	1824	1842	1901	1920	1940	2000	2028	2054	2123	2153	2223	2253	2323	2353	
372		Saturdays (also Good Friday)																
Lakeside Bus Station	0535	0605	0635	0705	0733	0759	0819	0839	0859	0919	0939	0958	1017	1037	1056		1436	
Aveley Hall Road	0542	0612	0642	0712	0740	0806	0826	0846	0906	0926	0946	1005	1025	1045	1105		1445	
Aveley Sandy Lane	0546	0616	0646	0716	0744	0810	0830	0850	0910	0930	0950	1009	1029	1049	1109	Then	1449	
Wennington The Green	0549	0619	0649	0719	0747	0813	0833	0853	0914	0934	0954	1013	1033	1053	1113	every 20	1453	
Rainham Station Wennington Road	0553	0623	0653	0723	0751	0818	0838	0858	0919	0939	0959	1018	1038	1058	1118	minutes	1458	
Rainham Tesco	0555	0625	0655	0725	0753	0820	0840	0900	0921	0941	1001	1021	1041	1101	1121	until	1501	
South Hornchurch Cherry Tree	0559	0629	0659	0729	0757	0824	0845	0905	0926	0946	1006	1026	1046	1106	1126		1506	
Elm Park Station	0606	0636	0706	0736	0804	0831	0853	0914	0935	0955	1015	1035	1055	1115	1135		1515	
Hornchurch Town Centre	0613	0643	0713	0743	0811	0839	0901	0923	0944	1004	1024	1044	1104	1124	1144		1524	
Lakeside Bus Station	1456			1716	1736	1756	1816	1836	1856	1916	1946	2016	2046	2116	2146	2216	2246	2316
Aveley Hall Road	1505			1725	1745	1805	1824	1844	1904	1924	1953	2023	2053	2123	2153	2223	2253	2323
Aveley Sandy Lane	1509	Then		1729	1749	1809	1828	1848	1908	1928	1957	2027	2057	2127	2157	2227	2257	2327
Wennington The Green	1513	every 20		1733	1753	1812	1831	1851	1911	1931	2000	2030	2100	2130	2200	2230	2300	2330
Rainham Station Wennington Road	1518	minutes		1738	1758	1817	1836	1856	1916	1936	2005	2035	2104	2134	2204	2234	2304	2334
Rainham Tesco	1520	until		1740	1800	1819	1838	1858	1918	1938	2007	2037	2106	2136	2206	2236	2306	2336
South Hornchurch Cherry Tree	1525			1745	1805	1824	1843	1903	1923	1943	2012	2042	2111	2141	2210	2240	2310	2340
Elm Park Station	1534			1754	1814	1833	1852	1912	1932	1950	2019	2049	2118	2148	2217	2247	2317	2347
Hornchurch Town Centre	1543			1803	1822	1841	1900	1920	1939	1957	2025	2055	2124	2154	2223	2253	2323	2353
372		Sundays and other Public Holidays (except Christmas Day)																
Lakeside Bus Station	0715	0745	0815	0845	0915	0941	1007		37	07	1337	1408		38	08	1708		
Aveley Hall Road	0722	0752	0822	0852	0922	0948	1015	Then	45	15	1345	1416	Then	46	16	1716		
Aveley Sandy Lane	0725	0755	0826	0856	0926	0952	1019	every 30	49	19	1349	1420	every 30	50	20	1720		
Wennington The Green	0728	0758	0830	0900	0930	0956	1023	minutes	53	23	1353	1423	minutes	53	23	1723		
Rainham Station Wennington Road	0732	0802	0834	0904	0934	1000	1028	at these	58	28	1358	1428	at these	58	28	1728		
Rainham Tesco	0734	0804	0836	0906	0936	1002	1030	minutes	00	30	1400	1430	minutes	00	30	1730		
South Hornchurch Cherry Tree	0738	0808	0840	0910	0940	1006	1035	past	05	35	1405	1435	past	05	35	1735		
Elm Park Station	0745	0815	0847	0917	0947	1015	1044	the hour	14	44	1414	1444	the hour	14	44	1744		
Hornchurch Town Centre	0751	0822	0854	0924	0954	1023	1052		22	52	1422	1452		22	52	1752		
Lakeside Bus Station	1739	1810	1842	1914	1945	2015	2046	2117	2147	2217	2247	2317						
Aveley Hall Road	1747	1818	1850	1921	1952	2022	2053	2124	2154	2224	2254	2324						
Aveley Sandy Lane	1751	1822	1854	1925	1956	2026	2057	2127	2157	2227	2257	2327						
Wennington The Green	1754	1825	1857	1928	1959	2029	2100	2130	2200	2230	2300	2330						
Rainham Station Wennington Road	1759	1830	1902	1932	2003	2033	2104	2134	2204	2234	2304	2334						
Rainham Tesco	1801	1832	1904	1934	2005	2035	2106	2136	2206	2236	2306	2336						
South Hornchurch Cherry Tree	1806	1837	1908	1938	2009	2039	2110	2140	2210	2240	2310	2340						
Elm Park Station	1815	1845	1915	1945	2016	2046	2117	2147	2217	2247	2317	2347						
Hornchurch Town Centre	1822	1852	1922	1952	2022	2052	2123	2153	2223	2253	2323	2353						

372 Mondays to Fridays																		
Hornchurch Town Centre	0606	0633	0700	0718	0736	0756	0816	0836	0856	0916	0938		1358	1418	1436	1455	1514	
Elm Park Station	0612	0639	0707	0726	0745	0805	0825	0845	0905	0925	0947		1407	1427	1445	1504	1524	
South Hornchurch Cherry Tree	0620	0649	0717	0736	0756	0816	0836	0856	0916	0936	0956	Then every 20 minutes until	1416	1436	1456	1516	1536	
Rainham Tesco	0625	0654	0723	0743	0803	0823	0843	0903	0923	0942	1002		1422	1442	1502	1522	1543	
Rainham Station Wennington Road	0626	0656	0725	0745	0805	0825	0845	0905	0925	0944	1004		1424	1444	1504	1524	1545	
Wennington The Green	0630	0700	0730	0750	0810	0830	0850	0910	0930	0949	1009		1429	1450	1510	1530	1550	
Aveley Sandy Lane	0634	0704	0734	0754	0814	0834	0854	0914	0934	0953	1013		1433	1454	1514	1534	1554	
Aveley Hall Road	0638	0708	0739	0759	0819	0839	0859	0919	0938	0957	1017		1437	1458	1518	1539	1559	
Lakeside Bus Station	0645	0715	0746	0806	0826	0846	0906	0926	0945	1004	1024		1444	1505	1525	1546	1606	
Hornchurch Town Centre	1534	1554	1614	1634	1654	1713	1732	1752	1812	1833	1855	1917	1938	1959	2031	2102	0002	
Elm Park Station	1544	1604	1624	1644	1704	1723	1742	1802	1822	1843	1904	1925	1946	2007	2038	2108	0008	
South Hornchurch Cherry Tree	1556	1615	1635	1655	1715	1734	1753	1813	1833	1853	1913	1934	1954	2014	2045	2115	Then every 30 mins. until	0015
Rainham Tesco	1603	1622	1642	1702	1722	1741	1800	1819	1839	1859	1919	1939	1959	2019	2050	2119	0019	
Rainham Station Wennington Road	1605	1624	1644	1704	1724	1743	1802	1821	1841	1901	1921	1941	2001	2021	2051	2120	0020	
Wennington The Green	1610	1629	1649	1709	1729	1748	1807	1826	1846	1906	1926	1946	2006	2025	2055	2124	0024	
Aveley Sandy Lane	1614	1633	1653	1713	1733	1752	1811	1830	1850	1910	1930	1950	2010	2029	2059	2128	0028	
Aveley Hall Road	1619	1638	1658	1718	1738	1757	1816	1835	1855	1915	1935	1955	2014	2033	2103	2132	0032	
Lakeside Bus Station	1627	1647	1707	1727	1747	1806	1824	1842	1902	1922	1942	2002	2021	2039	2109	2138	0038	
372 Saturdays (also Good Friday)																		
Hornchurch Town Centre	0606	0636	0706	0735	0802	0822	0841	0900	0919	0939	0958	1016	1036	1056			1336	1356
Elm Park Station	0612	0642	0712	0741	0809	0829	0848	0908	0927	0947	1007	1025	1045	1105			1345	1405
South Hornchurch Cherry Tree	0619	0649	0719	0748	0817	0837	0856	0917	0936	0956	1016	1035	1055	1115	Then every 20 minutes until		1355	1415
Rainham Tesco	0623	0653	0723	0752	0822	0842	0902	0922	0942	1002	1022	1042	1102	1122		1402	1422	
Rainham Station Wennington Road	0625	0655	0725	0754	0824	0844	0904	0924	0944	1004	1024	1044	1104	1124		1404	1424	
Wennington The Green	0629	0659	0729	0758	0828	0849	0909	0929	0949	1009	1029	1049	1109	1129		1409	1429	
Aveley Sandy Lane	0633	0703	0733	0802	0832	0853	0913	0933	0953	1013	1033	1053	1113	1133		1413	1433	
Aveley Hall Road	0637	0707	0737	0806	0836	0857	0917	0937	0957	1017	1037	1057	1117	1137		1417	1437	
Lakeside Bus Station	0643	0713	0743	0813	0843	0904	0924	0944	1004	1025	1045	1106	1126	1147		1427	1446	
Hornchurch Town Centre	1416	1436	1456	1517			1717	1737	1758	1819	1840	1901	1922	1942	2002	2033	2103	2132
Elm Park Station	1425	1445	1505	1525			1725	1745	1806	1827	1848	1908	1929	1949	2009	2039	2109	2138
South Hornchurch Cherry Tree	1435	1455	1515	1535	Then every 20 minutes until		1735	1755	1815	1836	1857	1917	1937	1957	2017	2047	2116	2145
Rainham Tesco	1442	1502	1521	1541		1741	1801	1822	1842	1902	1922	1942	2002	2022	2051	2121	2150	
Rainham Station Wennington Road	1444	1504	1523	1543		1743	1803	1824	1844	1904	1924	1944	2004	2023	2052	2122	2151	
Wennington The Green	1449	1509	1528	1548		1748	1808	1828	1848	1908	1928	1948	2008	2027	2056	2126	2155	
Aveley Sandy Lane	1453	1513	1532	1552		1752	1812	1832	1852	1912	1932	1952	2012	2031	2100	2130	2159	
Aveley Hall Road	1457	1517	1536	1556		1756	1816	1836	1856	1916	1936	1956	2016	2035	2104	2134	2203	
Lakeside Bus Station	1506	1525	1544	1604		1804	1823	1843	1903	1923	1942	2002	2022	2041	2110	2140	2209	
Hornchurch Town Centre	2202	2232	2302	2332	0002													
Elm Park Station	2208	2238	2308	2338	0008													
South Hornchurch Cherry Tree	2215	2245	2315	2345	0015													
Rainham Tesco	2219	2249	2319	2349	0019													
Rainham Station Wennington Road	2220	2250	2320	2350	0020													
Wennington The Green	2224	2254	2324	2354	0024													
Aveley Sandy Lane	2228	2258	2328	2358	0028													
Aveley Hall Road	2232	2302	2332	0002	0032													
Lakeside Bus Station	2238	2308	2338	0008	0038													
372 Sundays and other Public Holidays (except Christmas Day)																		
Hornchurch Town Centre	0703	0733	0803	0833	0904	0934	1005			35	05	1235	1305		35	05	1605	
Elm Park Station	0708	0738	0809	0839	0910	0941	1013	Then every 30 minutes at these minutes past the hour		43	13	1243	1313	Then every 30 minutes at these minutes past the hour	43	13	1613	
South Hornchurch Cherry Tree	0714	0744	0815	0846	0917	0949	1021		51	21	1251	1322	52		22	1622		
Rainham Tesco	0718	0748	0819	0851	0922	0954	1026		56	26	1256	1327	57		27	1627		
Rainham Station Wennington Road	0719	0749	0820	0853	0924	0956	1028		58	28	1258	1329	59		29	1629		
Wennington The Green	0723	0753	0824	0857	0929	1001	1033		03	33	1303	1334	04		34	1634		
Aveley Sandy Lane	0727	0757	0828	0901	0933	1005	1037		07	37	1307	1338	08		38	1638		
Aveley Hall Road	0730	0800	0831	0904	0937	1009	1041		11	41	1311	1342	12		42	1642		
Lakeside Bus Station	0736	0806	0838	0910	0943	1016	1049	19	49	1319	1349	19	49	1649				
Hornchurch Town Centre	1635	1705	1735	1804	1832	1902	1933	2003	2033	2103		33	03				0003	
Elm Park Station	1643	1713	1743	1812	1839	1908	1939	2009	2039	2109		39	09				0009	
South Hornchurch Cherry Tree	1652	1722	1752	1820	1847	1915	1946	2016	2046	2115	Then every 30 minutes at these minutes past the hour	45	15				0015	
Rainham Tesco	1657	1727	1757	1825	1852	1920	1950	2020	2050	2119		49	19					0019
Rainham Station Wennington Road	1659	1729	1759	1827	1854	1921	1951	2021	2051	2120		50	20	until				0020
Wennington The Green	1704	1734	1804	1831	1858	1925	1955	2025	2055	2124		54	24					0024
Aveley Sandy Lane	1708	1738	1808	1835	1902	1929	1959	2029	2059	2128		58	28					0028
Aveley Hall Road	1712	1742	1812	1839	1906	1933	2003	2033	2103	2132		02	32					0032
Lakeside Bus Station	1718	1748	1818	1845	1912	1939	2009	2039	2109	2138		08	38					0038