

372 Mondays to Fridays													
Lakeside Bus Station	0535	0605	0635	0657	0717	0737	0757	0817	0837	0857		17 37 57	1417 1437 1456
Aveley Hall Road	0542	0612	0643	0705	0725	0745	0805	0825	0845	0905	Then	25 45 05	1425 1445 1504
Aveley Sandy Lane	0546	0617	0648	0710	0730	0750	0810	0830	0850	0910	every 20	30 50 10	1430 1450 1509
Wennington The Green	0550	0621	0652	0714	0734	0754	0814	0834	0854	0914	minutes	34 54 14	1434 1454 1513
Rainham Station	0554	0625	0656	0718	0738	0758	0818	0838	0858	0918	at these	38 58 18 until	1438 1458 1517
Rainham Tesco	0556	0627	0658	0720	0740	0800	0820	0840	0900	0920	minutes	40 00 20	1440 1500 1519
Mungo Park Road Kingaby Gardens	0603	0634	0706	0728	0748	0808	0828	0848	0908	0928	past	48 08 28	1448 1508 1528
Elm Park Station	0608	0639	0711	0733	0754	0814	0834	0854	0914	0934	the hour	54 14 34	1454 1514 1534
Hornchurch Town Centre	0615	0647	0719	0741	0802	0822	0842	0902	0922	0941		01 21 41	1501 1522 1542

Lakeside Bus Station	1516	1536	1556		1736	1756	1816	1836	1856	1916	1946	2016	46 16	2316	
Aveley Hall Road	1524	1544	1603	Then	1743	1803	1823	1843	1903	1923	1953	2022	every 30	52 22	2322
Aveley Sandy Lane	1529	1549	1608	every 20	1748	1808	1828	1847	1907	1927	1956	2025	minutes	55 25	2325
Wennington The Green	1533	1553	1612	minutes	1752	1812	1832	1851	1911	1931	2000	2029	at these	59 29	2329
Rainham Station	1537	1557	1616	until	1756	1816	1836	1855	1915	1935	2004	2033	minutes	03 33 until	2333
Rainham Tesco	1539	1559	1618		1758	1818	1838	1857	1917	1937	2006	2035	minutes	05 35	2335
Mungo Park Road Kingaby Gardens	1548	1608	1628		1808	1828	1847	1905	1925	1945	2013	2042	past	12 42	2342
Elm Park Station	1554	1614	1634		1814	1834	1852	1910	1930	1950	2018	2047	the hour	17 47	2347
Hornchurch Town Centre	1602	1622	1642		1822	1841	1859	1917	1937	1957	2025	2054		24 54	2354

372 Saturdays (also Good Friday)															
Lakeside Bus Station	0535		05 35		0805	0824	0842	0900	0920	0935	0950		05 20 35 50	1720	
Aveley Hall Road	0542	Then	12 42		0812	0831	0849	0907	0927	0942	0957		Then	12 27 42 57	1727
Aveley Sandy Lane	0545	every 30	15 45		0815	0834	0852	0911	0931	0946	1001		every 15	16 31 46 01	1731
Wennington The Green	0549	minutes	19 49		0819	0838	0856	0915	0935	0950	1005		minutes	20 35 50 05	1735
Rainham Station	0553	at these	23 53 until		0823	0842	0900	0919	0939	0954	1009		at these	24 39 54 09 until	1739
Rainham Tesco	0555	minutes	25 55		0825	0844	0902	0921	0941	0956	1011		minutes	26 41 56 11	1741
Mungo Park Road Kingaby Gardens	0602	past	32 02		0832	0852	0910	0930	0950	1005	1021		past	36 51 06 21	1751
Elm Park Station	0607	the hour	37 07		0837	0857	0916	0936	0956	1011	1027		the hour	42 57 12 27	1757
Hornchurch Town Centre	0614		44 14		0844	0904	0924	0944	1004	1020	1036			51 06 21 36	1806

Lakeside Bus Station	1735	1750	1805	1820	1839	1859	1919	1946		Then	16 46		2316	
Aveley Hall Road	1742	1757	1812	1827	1846	1906	1926	1952		every 30	22 52		2322	
Aveley Sandy Lane	1746	1801	1816	1831	1850	1910	1930	1955		minutes	25 55		2325	
Wennington The Green	1750	1805	1820	1835	1854	1914	1934	1959		at these	29 59		2329	
Rainham Station	1754	1809	1824	1839	1858	1918	1938	2003		minutes	33 03 until		2333	
Rainham Tesco	1756	1811	1826	1841	1900	1920	1940	2005		past	35 05		2335	
Mungo Park Road Kingaby Gardens	1806	1821	1835	1850	1909	1929	1947	2012		the hour	42 12		2342	
Elm Park Station	1812	1826	1840	1855	1914	1934	1952	2017			47 17		2347	
Hornchurch Town Centre	1820	1834	1848	1903	1922	1941	1959	2024			54 24		2354	

372 Sundays and other Public Holidays (except Christmas Day and Boxing Day)													
Lakeside Bus Station	0714	0744	0814	0844	0914	0940	1008		Then	28 48 08			1708 1728 1748 1813 1845 1916
Aveley Hall Road	0721	0751	0821	0851	0921	0947	1015		every 20	35 55 15			1715 1735 1755 1820 1852 1922
Aveley Sandy Lane	0724	0754	0824	0854	0924	0950	1019		minutes	39 59 19			1719 1739 1759 1824 1855 1925
Wennington The Green	0728	0758	0828	0858	0928	0954	1023		at these	43 03 23			1723 1743 1803 1828 1859 1929
Rainham Station	0732	0802	0832	0902	0932	0958	1027		minutes	47 07 27 until			1727 1747 1807 1832 1903 1933
Rainham Tesco	0734	0804	0834	0904	0934	1000	1029		past	49 09 29			1729 1749 1809 1834 1905 1935
Mungo Park Road Kingaby Gardens	0741	0811	0841	0911	0941	1009	1039		the hour	59 19 39			1739 1759 1817 1842 1912 1942
Elm Park Station	0746	0816	0846	0916	0946	1015	1045			05 25 45			1745 1805 1822 1847 1917 1947
Hornchurch Town Centre	0753	0823	0853	0923	0953	1023	1053			13 33 53			1753 1812 1829 1854 1924 1954

Lakeside Bus Station	1946		16 46		2316									
Aveley Hall Road	1952	Then	22 52		2322									
Aveley Sandy Lane	1955	every 30	25 55		2325									
Wennington The Green	1959	minutes	29 59		2329									
Rainham Station	2003	at these	33 03 until		2333									
Rainham Tesco	2005	minutes	35 05		2335									
Mungo Park Road Kingaby Gardens	2012	past	42 12		2342									
Elm Park Station	2017	the hour	47 17		2347									
Hornchurch Town Centre	2024		54 24		2354									

372 Boxing Day												
A Sunday service operates, commencing with the 0814 journey from Lakeside.												

372 Mondays to Fridays																			
Hornchurch Town Centre	0605	0632	0700	0718	0736	0756	0816	0836	0856	0916	0936		56	16	36	1456	1517		
Elm Park Station	0610	0637	0707	0726	0745	0805	0825	0845	0905	0925	0945		Then	05	25	45	1505	1526	
Mungo Park Road Kingaby Gardens	0615	0642	0712	0731	0750	0810	0830	0850	0910	0930	0950		every 20	10	30	50	1510	1531	
Rainham Tesco	0623	0653	0723	0743	0803	0823	0843	0903	0923	0941	0959		minutes	19	39	59	1519	1540	
Rainham Station	0624	0655	0725	0745	0805	0825	0845	0905	0925	0943	1001		at these	21	41	01	until	1521	1542
Wennington The Green	0628	0659	0729	0749	0809	0829	0849	0909	0929	0947	1005		minutes	25	45	05		1525	1546
Aveley Sandy Lane	0632	0703	0733	0753	0813	0833	0853	0913	0933	0951	1009		past	29	49	09		1529	1550
Aveley Hall Road	0637	0708	0738	0758	0818	0838	0858	0918	0938	0956	1014		the hour	34	54	14		1534	1555
Lakeside Bus Station	0644	0715	0745	0805	0825	0845	0905	0925	0945	1004	1022			42	02	22		1542	1602

Hornchurch Town Centre	1537		57	17	37		1817	1838	1859	1920	1941	2002			32	02		0002
Elm Park Station	1546	Then	06	26	46		1826	1846	1906	1926	1947	2007		Then	37	07		0007
Mungo Park Road Kingaby Gardens	1551	every 20	11	31	51		1831	1851	1911	1931	1952	2012		every 30	42	12		0012
Rainham Tesco	1600	minutes	20	40	00		1840	1900	1920	1940	2000	2020		minutes	50	20		0020
Rainham Station	1602	at these	22	42	02	until	1842	1902	1922	1942	2001	2021		at these	51	21	until	0021
Wennington The Green	1606	minutes	26	46	06		1846	1906	1926	1946	2005	2025		minutes	55	25		0025
Aveley Sandy Lane	1610	past	30	50	10		1850	1910	1930	1950	2009	2029		past	59	29		0029
Aveley Hall Road	1615	the hour	35	55	15		1855	1915	1935	1954	2013	2033		the hour	03	33		0033
Lakeside Bus Station	1622		42	02	22		1902	1922	1942	2001	2020	2040			10	40		0040

372 Saturdays (also Good Friday)																				
Hornchurch Town Centre	0605	0635	0705	0735	0805	0825	0844	0903	0923	0938	0953	1007	1021					1706	1721	1736
Elm Park Station	0610	0640	0710	0740	0810	0830	0850	0910	0930	0945	1000	1014	1029					1714	1729	1744
Mungo Park Road Kingaby Gardens	0615	0645	0715	0745	0815	0835	0855	0915	0935	0950	1005	1019	1034		Then			1719	1734	1749
Rainham Tesco	0623	0653	0723	0753	0823	0844	0904	0925	0945	1000	1016	1031	1046		every 15			1731	1746	1801
Rainham Station	0624	0654	0724	0754	0824	0845	0905	0926	0946	1002	1018	1033	1048		minutes			1733	1748	1803
Wennington The Green	0628	0658	0728	0758	0828	0849	0909	0930	0950	1006	1022	1037	1052		until			1737	1752	1807
Aveley Sandy Lane	0632	0702	0732	0802	0832	0853	0913	0934	0954	1010	1026	1041	1056					1741	1756	1811
Aveley Hall Road	0636	0706	0736	0806	0836	0857	0917	0938	0958	1014	1031	1046	1101					1746	1801	1816
Lakeside Bus Station	0643	0713	0743	0813	0843	0904	0925	0946	1007	1023	1040	1055	1110					1755	1809	1824

Hornchurch Town Centre	1751	1806	1822	1842	1902	1922	1942	2002			32	02		0002				
Elm Park Station	1759	1814	1829	1849	1909	1929	1948	2007		Then	37	07		0007				
Mungo Park Road Kingaby Gardens	1804	1819	1834	1854	1914	1934	1953	2012		every 30	42	12		0012				
Rainham Tesco	1815	1830	1845	1905	1924	1942	2001	2020		minutes	50	20		0020				
Rainham Station	1817	1832	1847	1907	1926	1943	2002	2021		at these	51	21	until	0021				
Wennington The Green	1821	1836	1851	1911	1930	1947	2006	2025		minutes	55	25		0025				
Aveley Sandy Lane	1825	1840	1855	1915	1934	1951	2010	2029		past	59	29		0029				
Aveley Hall Road	1829	1844	1859	1919	1938	1955	2014	2033		the hour	03	33		0033				
Lakeside Bus Station	1837	1852	1907	1927	1945	2002	2021	2040			10	40		0040				

372 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																						
Hornchurch Town Centre	0704	0734	0804	0834	0904	0934	1004	1025			45	05	25					1725	1745	1805	1832	1902
Elm Park Station	0709	0739	0809	0839	0910	0940	1011	1032		Then	52	12	32					1732	1752	1812	1838	1907
Mungo Park Road Kingaby Gardens	0713	0743	0813	0843	0914	0944	1016	1037		every 20	57	17	37					1737	1757	1817	1843	1912
Rainham Tesco	0720	0750	0820	0850	0921	0952	1024	1045		minutes	05	25	45					1745	1805	1825	1851	1920
Rainham Station	0721	0751	0821	0851	0923	0954	1026	1047		at these	07	27	47	until				1747	1807	1826	1852	1921
Wennington The Green	0725	0755	0825	0855	0927	0958	1030	1051		minutes	11	31	51					1751	1811	1830	1856	1925
Aveley Sandy Lane	0729	0759	0829	0859	0931	1002	1034	1055		past	15	35	55					1755	1815	1834	1900	1929
Aveley Hall Road	0733	0803	0833	0903	0935	1006	1038	1059		the hour	19	39	59					1759	1819	1838	1904	1933
Lakeside Bus Station	0739	0809	0839	0909	0942	1014	1046	1107			27	47	07					1807	1826	1845	1911	1940

Hornchurch Town Centre	1932		02	32										0002				
Elm Park Station	1937	Then	07	37										0007				
Mungo Park Road Kingaby Gardens	1942	every 30	12	42										0012				
Rainham Tesco	1950	minutes	20	50										0020				
Rainham Station	1951	at these	21	51	until									0021				
Wennington The Green	1955	minutes	25	55										0025				
Aveley Sandy Lane	1959	past	29	59										0029				
Aveley Hall Road	2003	the hour	33	03										0033				
Lakeside Bus Station	2010		40	10										0040				

372 Boxing Day

A Sunday service operates, commencing with the 0804 journey from Hornchurch.