

499		Mondays to Fridays																			
Gallows Corner Tesco	0512	0541	0602	0612	0627	0645	0703	0723	0745	0807	0829	0850	0911		1311	1329	1348	1407	1427	1446	
Keats Avenue Heaton Avenue	0518	0547	0609	0619	0635	0654	0712	0732	0754	0816	0838	0859	0920		1320	1338	1357	1416	1436	1455	
Harold Hill Hilldene Avenue	0522	0551	0613	0623	0640	0700	0718	0738	0800	0821	0843	0904	0925	Then	1325	1343	1402	1421	1441	1500	
Chase Cross Havering Road	0530	0559	0622	0633	0651	0711	0729	0749	0811	0832	0853	0914	0935	about	1335	1353	1412	1431	1451	1510	
Pettits Lane Marshalls Park School	0535	0604	0628	0640	0659	0719	0738	0758	0820	0840	0900	0920	0941	every	1341	1359	1418	1437	1457	1516	
Romford Station	0541	0611	0636	0649	0709	0729	0749	0809	0829	0849	0909	0929	0950	20	1350	1409	1428	1447	1507	1526	
Crow Lane Jutsums Lane	0549	0619	0645	0659	0719	0739	0759	0819	0839	0859	0919	0939	0959	mins.	1359	1418	1437	1456	1516	1535	
Becontree Heath Morrisons	0556	0626	0653	0708	0728	0748	0808	0828	0848	0908	0928	0948	1008	until	1408	1427	1447	1507	1527	1547	
Heath Park Stansgate Road (dep.)	0600	0630	0657	0712	0732	0752	0812	0832	0852	0912	0932	0952	1012		1412	1431	1451	1511	1531	1551	
Dagenham Road Birkbeck Road	0607	0637	0706	0721	0741	0801	0821	0841	0900	0920	0940	1000	1020		1422	1441	1501	1521	1541	1601	
Gallows Corner Tesco	1506	1526	1546	1606	1627	1648	1711	1732	1753	1815	1837	1909	1943	2016	2047	2117	2149	2220	2250	2320	
Keats Avenue Heaton Avenue	1515	1535	1555	1615	1636	1657	1720	1741	1802	1824	1845	1916	1950	2023	2053	2123	2155	2225	2255	2325	
Harold Hill Hilldene Avenue	1520	1540	1600	1620	1641	1702	1725	1746	1807	1829	1850	1920	1954	2027	2057	2127	2159	2228	2258	2328	
Chase Cross Havering Road	1530	1550	1610	1630	1651	1712	1735	1756	1817	1839	1900	1930	2003	2034	2104	2134	2206	2235	2305	2335	
Pettits Lane Marshalls Park School	1536	1556	1616	1636	1656	1717	1740	1801	1822	1844	1904	1934	2007	2038	2108	2138	2210	2239	2309	2339	
Romford Station	1546	1606	1626	1646	1706	1726	1748	1809	1830	1851	1911	1941	2013	2044	2114	2144	2214	2244	2314	2344	
Crow Lane Jutsums Lane	1556	1616	1636	1657	1717	1737	1757	1818	1839	1900	1920	1950	2021	2052	2122	2152	2222	2252	2322	2352	
Becontree Heath Morrisons	1608	1628	1648	1708	1728	1748	1808	1828	1848	1908	1928	1958	2028	2058	2128	2158	2228	2258	2328	2358	
Heath Park Stansgate Road (dep.)	1612	1632	1652	1712	1732	1752	1812	1832	1852	1912	1932	2002	2032	2102	2132	2202	2232	2302	2332	0002	
Dagenham Road Birkbeck Road	1622	1642	1702	1722	1742	1802	1820	1840	1900	1920	1940	2009	2038	2108	2138	2208	2238	2308	2338	0008	
499		Saturdays (also Good Friday)																			
Gallows Corner Tesco	0515		0745	0815	0830	0845	0859	0919	0939	0958	1017	1037	1056	1115	1134					1414	1435
Keats Avenue Heaton Avenue	0521		0751	0821	0836	0851	0906	0926	0946	1005	1024	1044	1104	1124	1143					1423	1444
Harold Hill Hilldene Avenue	0525		0755	0825	0840	0855	0911	0931	0951	1010	1029	1049	1109	1129	1148					1428	1449
Chase Cross Havering Road	0532	Then	0802	0832	0849	0904	0921	0941	1001	1020	1039	1059	1119	1139	1158	Then				1438	1459
Pettits Lane Marshalls Park School	0536	every 30	0806	0836	0854	0910	0927	0947	1007	1026	1045	1105	1125	1145	1205	every 20				1445	1505
Romford Station	0544	minutes	0814	0844	0902	0920	0938	0958	1018	1037	1056	1116	1136	1156	1216	minutes				1456	1516
Crow Lane Jutsums Lane	0549	until	0819	0849	0908	0926	0944	1004	1024	1044	1103	1123	1143	1203	1223	until				1503	1523
Becontree Heath Morrisons	0556		0826	0856	0916	0934	0952	1012	1032	1052	1111	1131	1151	1211	1231					1511	1531
Heath Park Stansgate Road (dep.)	0600		0830	0900	0920	0938	0956	1016	1036	1056	1116	1136	1156	1216	1236					1516	1536
Dagenham Road Birkbeck Road	0607		0837	0908	0928	0946	1004	1025	1045	1105	1125	1145	1205	1225	1245					1525	1545
Gallows Corner Tesco	1456	1517	1537	1557	1618	1639	1659	1720	1740	1800	1820	1850	1920	1950	2020	2050	2120			2320	
Keats Avenue Heaton Avenue	1504	1524	1544	1604	1625	1646	1706	1727	1747	1807	1827	1857	1926	1956	2026	2056	2126			2326	
Harold Hill Hilldene Avenue	1509	1529	1549	1609	1630	1651	1711	1732	1752	1812	1832	1901	1930	2000	2030	2100	2129			2329	
Chase Cross Havering Road	1519	1539	1559	1619	1640	1701	1721	1742	1801	1820	1839	1908	1937	2007	2037	2107	2136	Then		2336	
Pettits Lane Marshalls Park School	1525	1545	1605	1625	1646	1707	1727	1748	1807	1826	1845	1912	1941	2011	2041	2111	2140	every 30		2340	
Romford Station	1536	1556	1616	1636	1657	1717	1737	1757	1816	1835	1854	1921	1950	2019	2048	2118	2147	minutes		2347	
Crow Lane Jutsums Lane	1543	1603	1623	1643	1704	1724	1744	1804	1823	1842	1901	1926	1955	2024	2053	2123	2152	until		2352	
Becontree Heath Morrisons	1551	1611	1631	1651	1712	1732	1752	1812	1831	1849	1908	1933	2002	2031	2100	2129	2158			2358	
Heath Park Stansgate Road (dep.)	1556	1616	1636	1656	1716	1736	1756	1816	1835	1853	1912	1937	2006	2035	2104	2133	2202			0002	
Dagenham Road Birkbeck Road	1605	1625	1645	1704	1724	1744	1804	1824	1843	1901	1920	1945	2013	2042	2111	2140	2209			0009	
499		Sundays and other Public Holidays (except Christmas Day)																			
Gallows Corner Tesco	0615	0645	0715	0744	0813	0840	0906	0935	1004	1034	1103	1133	1202	1232	1302	1333	1404	1434	1504	1535	
Keats Avenue Heaton Avenue	0621	0651	0721	0750	0820	0848	0914	0943	1012	1042	1111	1141	1211	1241	1311	1342	1412	1442	1512	1543	
Harold Hill Hilldene Avenue	0625	0655	0725	0754	0824	0852	0919	0948	1017	1047	1116	1146	1216	1246	1316	1347	1417	1447	1517	1548	
Chase Cross Havering Road	0633	0703	0733	0802	0832	0900	0928	0958	1027	1057	1126	1156	1226	1256	1326	1357	1427	1457	1527	1558	
Pettits Lane Marshalls Park School	0637	0707	0737	0806	0836	0904	0933	1003	1032	1102	1131	1201	1231	1301	1331	1402	1432	1502	1532	1603	
Romford Station	0643	0713	0743	0813	0843	0911	0941	1011	1040	1110	1140	1211	1241	1311	1341	1411	1441	1511	1541	1611	
Crow Lane Jutsums Lane	0650	0720	0750	0820	0850	0919	0949	1019	1048	1118	1148	1219	1249	1319	1349	1419	1449	1519	1549	1619	
Becontree Heath Morrisons	0657	0727	0757	0827	0857	0927	0957	1027	1057	1127	1157	1228	1258	1328	1358	1428	1458	1528	1558	1628	
Heath Park Stansgate Road (dep.)	0700	0730	0800	0830	0900	0930	1000	1030	1100	1130	1200	1231	1301	1331	1401	1431	1501	1531	1601	1631	
Dagenham Road Birkbeck Road	0706	0736	0806	0836	0906	0936	1007	1037	1107	1137	1207	1238	1308	1338	1408	1438	1508	1538	1608	1637	
Gallows Corner Tesco	1605	1637	1709	1741	1813	1844	1915	1946	2017	2048	2118	2149	2219	2249	2320						
Keats Avenue Heaton Avenue	1613	1645	1717	1749	1821	1852	1922	1953	2024	2055	2125	2155	2225	2255	2325						
Harold Hill Hilldene Avenue	1617	1649	1721	1753	1825	1856	1926	1957	2028	2058	2128	2158	2228	2258	2328						
Chase Cross Havering Road	1627	1658	1730	1802	1833	1904	1934	2005	2036	2106	2136	2206	2236	2306	2336						
Pettits Lane Marshalls Park School	1632	1703	1734	1806	1837	1908	1938	2009	2040	2110	2140	2210	2240	2310	2340						
Romford Station	1641	1711	1742	1813	1844	1914	1944	2015	2046	2116	2146	2216	2246	2316	2346						
Crow Lane Jutsums Lane	1649	1719	1750	1821	1851	1921	1951	2022	2052	2122	2152	2222	2252	2322	2352						
Becontree Heath Morrisons	1658	1728	1758	1828	1858	1928	19														

499		Mondays to Fridays										
Crow Lane Jutsums Lane	0549 0619 0645 0659		0819 0839 0859 0919		1239 1259 1319 1339 1359 1418 1437 1456							
Becontree Heath Morrisons	0556 0626 0653 0708		0828 0848 0908 0928		1248 1308 1328 1348 1408 1427 1447 1507							
Heath Park Stansgate Road (dep.)	0600 0630 0657 0712		0832 0852 0912 0932		1252 1312 1332 1352 1412 1431 1451 1511							
Dagenham Road Birkbeck Road	0607 0637 0706 0721	Then every 20 minutes until	0841 0900 0920 0940	Then every 20 minutes until	1300 1320 1340 1401 1422 1441 1501 1521							
Romford Station	0615 0645 0715 0732		0852 0911 0931 0950		1310 1330 1350 1411 1432 1452 1512 1532							
Pettits Lane Marshalls Park School	0621 0651 0721 0739		0859 0918 0938 0958		1318 1339 1359 1420 1442 1503 1523 1543							
Chase Cross Havering Road	0626 0656 0727 0745		0905 0924 0944 1004		1324 1345 1406 1428 1450 1511 1531 1551							
Harold Hill Hilldene Avenue	0633 0704 0735 0755		0915 0934 0954 1014		1334 1355 1416 1438 1500 1521 1541 1601							
Keats Avenue Heaton Avenue	0637 0708 0740 0800		0920 0939 0959 1019		1339 1400 1421 1443 1506 1527 1547 1607							
Gallows Corner Tesco	0644 0717 0749 0809		0929 0948 1008 1028		1348 1409 1430 1452 1515 1536 1556 1616							
Crow Lane Jutsums Lane	1516 1535 1556 1616 1636 1657 1717 1737 1757 1818 1839 1900		1920 1950 2021 2052 2122		2352							
Becontree Heath Morrisons	1527 1547 1608 1628 1648 1708 1728 1748 1808 1828 1848 1908		1928 1958 2028 2058 2128		2358							
Heath Park Stansgate Road (dep.)	1531 1551 1612 1632 1652 1712 1732 1752 1812 1832 1852 1912		1932 2002 2032 2102 2132		0002							
Dagenham Road Birkbeck Road	1541 1601 1622 1642 1702 1722 1742 1802 1820 1840 1900 1920	Then every 30 minutes until	1940 2009 2038 2108 2138		0008							
Romford Station	1552 1612 1633 1653 1713 1733 1753 1812 1830 1849 1909 1928		1948 2017 2046 2116 2146	0016								
Pettits Lane Marshalls Park School	1603 1623 1644 1704 1724 1743 1802 1820 1838 1857 1916 1935		1954 2022 2051 2121 2150	0020								
Chase Cross Havering Road	1611 1631 1652 1712 1732 1751 1809 1827 1845 1904 1922 1940		1959 2027 2056 2126 2155	0025								
Harold Hill Hilldene Avenue	1621 1641 1702 1722 1742 1801 1819 1837 1855 1914 1932 1949		2008 2036 2105 2134 2203	0033								
Keats Avenue Heaton Avenue	1627 1647 1707 1727 1747 1806 1824 1842 1859 1918 1936 1953	2012 2040 2109 2138 2207	0037									
Gallows Corner Tesco	1636 1656 1716 1736 1755 1813 1831 1849 1906 1925 1943 2000	2019 2047 2116 2144 2213	0043									
499		Saturdays (also Good Friday)										
Crow Lane Jutsums Lane	0549 0619 0649 0719 0749 0819 0849 0908 0926 0944 1004 1024 1044 1103 1123 1143				1523 1543							
Becontree Heath Morrisons	0556 0626 0656 0726 0756 0826 0856 0916 0934 0952 1012 1032 1052 1111 1131 1151				1531 1551							
Heath Park Stansgate Road (dep.)	0600 0630 0700 0730 0800 0830 0900 0920 0938 0956 1016 1036 1056 1116 1136 1156				1536 1556							
Dagenham Road Birkbeck Road	0607 0637 0707 0737 0807 0837 0908 0928 0946 1004 1025 1045 1105 1125 1145 1205	Then every 20 minutes until			1545 1605							
Romford Station	0614 0644 0714 0744 0814 0845 0916 0936 0955 1014 1035 1055 1115 1135 1155 1215		1555 1615									
Pettits Lane Marshalls Park School	0619 0649 0719 0749 0819 0850 0922 0942 1001 1020 1041 1101 1121 1141 1201 1221		1601 1621									
Chase Cross Havering Road	0624 0654 0724 0754 0824 0855 0929 0949 1009 1028 1049 1109 1129 1149 1210 1230		1610 1630									
Harold Hill Hilldene Avenue	0630 0700 0730 0800 0830 0902 0938 0958 1018 1037 1058 1118 1138 1158 1219 1239		1619 1639									
Keats Avenue Heaton Avenue	0634 0704 0734 0804 0834 0907 0943 1003 1024 1043 1104 1124 1144 1204 1225 1245		1625 1645									
Gallows Corner Tesco	0640 0710 0740 0810 0840 0914 0951 1012 1032 1051 1114 1134 1153 1213 1234 1255		1635 1654									
Crow Lane Jutsums Lane	1603 1623 1643 1704 1724 1744 1804 1823 1842 1901 1926 1955 2024 2053 2123 2152 2222 2252 2322 2352											
Becontree Heath Morrisons	1611 1631 1651 1712 1732 1752 1812 1831 1849 1908 1933 2002 2031 2100 2129 2158 2228 2258 2328 2358											
Heath Park Stansgate Road (dep.)	1616 1636 1656 1716 1736 1756 1816 1835 1853 1912 1937 2006 2035 2104 2133 2202 2232 2302 2332 0002											
Dagenham Road Birkbeck Road	1625 1645 1704 1724 1744 1804 1824 1843 1901 1920 1945 2013 2042 2111 2140 2209 2239 2309 2339 0009											
Romford Station	1635 1655 1714 1734 1754 1813 1833 1851 1909 1927 1952 2020 2049 2118 2147 2216 2246 2316 2346 0016											
Pettits Lane Marshalls Park School	1641 1701 1720 1740 1800 1819 1839 1857 1915 1933 1958 2026 2054 2123 2152 2221 2251 2321 2351 0021											
Chase Cross Havering Road	1650 1708 1727 1747 1807 1826 1846 1904 1922 1940 2005 2031 2059 2128 2157 2226 2256 2326 2356 0026											
Harold Hill Hilldene Avenue	1659 1717 1736 1756 1816 1835 1855 1913 1931 1949 2012 2038 2106 2135 2204 2233 2303 2333 0003 0033											
Keats Avenue Heaton Avenue	1704 1722 1741 1801 1821 1840 1859 1917 1935 1953 2016 2042 2110 2139 2208 2237 2307 2337 0007 0037											
Gallows Corner Tesco	1712 1730 1749 1809 1829 1848 1906 1924 1941 1959 2022 2048 2116 2145 2214 2243 2313 2343 0013 0043											
499		Sundays and other Public Holidays (except Christmas Day)										
Crow Lane Jutsums Lane	0650 0720 0750 0820 0850 0919 0949 1019 1048 1118 1148 1219 1249 1319 1349 1419 1449 1519 1549 1619											
Becontree Heath Morrisons	0657 0727 0757 0827 0857 0927 0957 1027 1057 1127 1157 1228 1258 1328 1358 1428 1458 1528 1558 1628											
Heath Park Stansgate Road (dep.)	0700 0730 0800 0830 0900 0930 1000 1030 1100 1130 1200 1231 1301 1331 1401 1431 1501 1531 1601 1631											
Dagenham Road Birkbeck Road	0706 0736 0806 0836 0906 0936 1007 1037 1107 1137 1207 1238 1308 1338 1408 1438 1508 1538 1608 1637											
Romford Station	0713 0743 0813 0843 0914 0944 1015 1045 1115 1145 1215 1246 1316 1346 1416 1446 1516 1546 1616 1645											
Pettits Lane Marshalls Park School	0718 0748 0818 0849 0920 0950 1021 1052 1122 1153 1224 1254 1324 1354 1424 1454 1523 1553 1623 1652											
Chase Cross Havering Road	0723 0753 0823 0854 0926 0958 1028 1058 1128 1159 1230 1300 1330 1400 1430 1459 1528 1558 1628 1657											
Harold Hill Hilldene Avenue	0730 0800 0830 0902 0935 1007 1037 1107 1137 1208 1239 1309 1339 1409 1439 1508 1537 1607 1637 1706											
Keats Avenue Heaton Avenue	0734 0804 0835 0907 0940 1012 1042 1112 1142 1213 1244 1314 1344 1414 1444 1513 1542 1612 1642 1711											
Gallows Corner Tesco	0741 0811 0842 0914 0947 1020 1051 1121 1151 1222 1253 1323 1353 1423 1453 1522 1551 1621 1649 1718											
Crow Lane Jutsums Lane	1649 1719 1750 1821 1851 1921 1951 2022 2052 2122 2152 2222 2252 2322 2352											
Becontree Heath Morrisons	1658 1728 1758 1828 1858 1928 1958 2028 2058 2128 2158 2228 2258 2328 2358											
Heath Park Stansgate Road (dep.)	1701 1731 1801 1831 1901 1931 2001 2031 2101 2131 2201 2231 2301 2331 0001											
Dagenham Road Birkbeck Road	1707 1737 1807 1837 1907 1937 2007 2037 2107 2137 2207 2237 2307 2337 0007											
Romford Station	1715 1745 1815 1844 1914 1944 2014 2044 2114 2144 2214 2244 2314 2344 0014											
Pettits Lane Marshalls Park School	1721 1751 1821 1850 1920 1950 2020 2049 2119 2149 2219 2249 2319 2349 0019											
Chase Cross Havering Road	1726 1756 1826 1855 1925 1955 2025 2054 2124 2154 2224 2254 2324 2354 0024											
Harold Hill Hilldene Avenue	1735 1805 1835 1904 1934 2004 2034 2103 2132 2202 2232 2302 2332 0002 0032											
Keats Avenue Heaton Avenue	1740 1810 1840 1909 1938 2008 2038 2107 2136 2206 2236 2306 2336 0006 0035											
Gallows Corner Tesco	1747 1817 1847 1916 1945 2015 2045 2114 2143 2212 2242 2312 2342 0012 0041											