

499		Mondays to Fridays	
Gallows Corner Tesco	0507 0536 0603 0621 0638 0655 0713 0734 0756 0819 0842 0905 0928 0951 1013 1035 1058		1332 1354 1415
Gallows Corner Straight Road	0515 0544 0612 0631 0649 0706 0725 0746 0808 0831 0854 0917 0940 1003 1025 1047 1109		1343 1405 1426
Harold Hill Hilldene Avenue	0523 0552 0620 0640 0658 0715 0735 0757 0819 0842 0905 0928 0950 1013 1035 1057 1119	Then	1353 1415 1436
Chase Cross Havering Road	0531 0601 0629 0649 0708 0725 0746 0808 0830 0853 0916 0938 1000 1023 1045 1107 1129	about	1403 1425 1446
Pettits Lane Marshalls Park School	0536 0606 0635 0655 0715 0733 0755 0817 0839 0902 0924 0946 1008 1030 1052 1114 1135	every	1409 1430 1452
Romford Station	0542 0613 0643 0704 0725 0744 0806 0828 0850 0912 0933 0955 1017 1039 1101 1123 1145	22	1419 1440 1502
Crow Lane Jutsums Lane	0550 0621 0653 0714 0735 0754 0816 0838 0900 0922 0943 1005 1027 1049 1111 1133 1155	mins.	1429 1450 1512
Becontree Heath Morrisons	0556 0628 0700 0723 0744 0805 0827 0849 0911 0932 0953 1015 1037 1059 1121 1143 1205	until	1439 1501 1523
Heath Park Stansgate Road (dep.)	0600 0632 0704 0727 0748 0809 0831 0853 0915 0936 0957 1019 1041 1103 1125 1147 1209		1443 1505 1527
Dagenham Road Birkbeck Road	0606 0639 0712 0735 0756 0818 0840 0902 0924 0945 1006 1028 1050 1112 1133 1155 1217		1453 1515 1537
Additional journey: 0739 Gallows Corner to Queens Hospital			
499		Saturdays (also Good Friday)	
Gallows Corner Tesco	0507 0540 0613 0645 0717 0748 0807 0827 0846 0904 0924 0944 1005 1026 1047 1108 1129 1151 1211 1232 1254		
Gallows Corner Straight Road	0515 0548 0621 0654 0726 0757 0817 0837 0856 0915 0935 0955 1016 1037 1059 1120 1142 1204 1224 1245 1307		
Harold Hill Hilldene Avenue	0522 0555 0628 0701 0733 0804 0824 0845 0904 0923 0944 1004 1025 1047 1109 1130 1152 1214 1234 1255 1317		
Chase Cross Havering Road	0530 0603 0636 0709 0741 0812 0832 0853 0913 0933 0954 1014 1035 1057 1119 1140 1202 1224 1244 1305 1327		
Pettits Lane Marshalls Park School	0534 0607 0640 0713 0745 0816 0836 0858 0919 0939 1000 1020 1041 1103 1125 1146 1208 1230 1250 1311 1333		
Romford Station	0541 0614 0647 0720 0752 0824 0845 0907 0928 0948 1009 1029 1051 1113 1135 1156 1218 1240 1301 1322 1344		
Crow Lane Jutsums Lane	0549 0622 0655 0728 0800 0832 0853 0915 0936 0956 1017 1037 1059 1121 1143 1205 1227 1249 1310 1332 1354		
Becontree Heath Morrisons	0556 0629 0702 0735 0807 0839 0901 0923 0944 1004 1025 1046 1108 1130 1152 1214 1236 1258 1320 1342 1404		
Heath Park Stansgate Road (dep.)	0600 0633 0706 0739 0811 0843 0905 0927 0948 1008 1029 1050 1112 1134 1156 1218 1240 1302 1324 1346 1408		
Dagenham Road Birkbeck Road	0606 0639 0712 0745 0817 0849 0912 0934 0955 1016 1037 1059 1121 1143 1206 1228 1250 1312 1333 1355 1417		
Gallows Corner Tesco	1316 1338 1401 1423 1445 1508 1531 1553 1616 1638 1701 1724 1747 1810 1843 1916 1949 2020 2050 2120 2150		
Gallows Corner Straight Road	1329 1351 1414 1436 1458 1520 1543 1605 1628 1650 1713 1736 1758 1821 1853 1926 1959 2030 2100 2129 2159		
Harold Hill Hilldene Avenue	1339 1401 1424 1446 1508 1529 1552 1614 1637 1659 1722 1745 1807 1830 1902 1934 2007 2038 2107 2136 2206		
Chase Cross Havering Road	1349 1411 1434 1456 1518 1539 1601 1623 1646 1708 1731 1754 1815 1838 1910 1942 2015 2046 2115 2143 2213		
Pettits Lane Marshalls Park School	1355 1417 1439 1501 1523 1544 1606 1628 1651 1713 1736 1759 1820 1843 1914 1946 2019 2050 2119 2147 2217		
Romford Station	1406 1428 1450 1512 1534 1555 1617 1639 1701 1723 1746 1808 1829 1852 1921 1953 2026 2056 2125 2153 2223		
Crow Lane Jutsums Lane	1416 1438 1500 1522 1544 1605 1627 1649 1711 1733 1756 1818 1839 1901 1929 2001 2034 2104 2133 2201 2230		
Becontree Heath Morrisons	1426 1448 1510 1532 1554 1615 1637 1659 1721 1743 1805 1827 1848 1909 1937 2009 2041 2111 2140 2207 2236		
Heath Park Stansgate Road (dep.)	1430 1452 1514 1536 1558 1619 1641 1703 1725 1747 1809 1831 1852 1913 1941 2013 2045 2115 2144 2211 2240		
Dagenham Road Birkbeck Road	1439 1501 1523 1545 1606 1627 1649 1711 1733 1755 1817 1839 1900 1921 1948 2020 2052 2121 2150 2217 2246		
499		Saturdays Sundays and other Public Holidays (except Christmas Day)	
Gallows Corner Tesco	2220 2250 2320 0609 0641 0713 0744 0815 0844 0912 0942 1013 1043 1114 1145 1216 1248 1320 1352 1424 1456		
Gallows Corner Straight Road	2228 2258 2328 0617 0649 0721 0752 0823 0853 0922 0953 1024 1055 1127 1158 1230 1302 1334 1406 1437 1509		
Harold Hill Hilldene Avenue	2234 2304 2334 0624 0656 0728 0759 0830 0902 0931 1002 1033 1104 1136 1207 1239 1311 1343 1415 1446 1518		
Chase Cross Havering Road	2241 2311 2341 0632 0704 0736 0807 0838 0910 0940 1012 1043 1114 1146 1217 1249 1321 1353 1425 1456 1528		
Pettits Lane Marshalls Park School	2245 2315 2345 0636 0708 0740 0811 0842 0914 0945 1017 1048 1119 1151 1222 1254 1326 1358 1430 1501 1533		
Romford Station	2251 2321 2350 0642 0714 0746 0817 0849 0921 0953 1025 1056 1128 1200 1231 1303 1335 1407 1439 1510 1542		
Crow Lane Jutsums Lane	2258 2328 2357 0650 0722 0754 0825 0857 0929 1001 1033 1104 1136 1208 1239 1311 1343 1415 1447 1518 1550		
Becontree Heath Morrisons	2304 2334 0003 0657 0729 0801 0833 0905 0937 1009 1041 1113 1145 1217 1249 1321 1353 1425 1456 1527 1559		
Heath Park Stansgate Road (dep.)	2308 2338 0007 0700 0732 0804 0836 0908 0940 1012 1044 1116 1148 1220 1252 1324 1356 1428 1459 1530 1602		
Dagenham Road Birkbeck Road	2314 2344 0013 0706 0738 0810 0842 0914 0946 1018 1051 1123 1155 1227 1259 1332 1404 1436 1507 1537 1609		
499		Sundays and other Public Holidays (except Christmas Day) (cont.)	
Gallows Corner Tesco	1528 1600 1632 1704 1736 1807 1838 1909 1940 2011 2043 2115 2147 2218 2249 2320		
Gallows Corner Straight Road	1541 1612 1644 1716 1748 1819 1850 1921 1951 2022 2054 2125 2157 2228 2258 2329		
Harold Hill Hilldene Avenue	1550 1621 1652 1724 1756 1827 1858 1928 1958 2029 2101 2132 2203 2234 2304 2335		
Chase Cross Havering Road	1559 1630 1701 1733 1805 1836 1906 1936 2006 2037 2109 2139 2210 2241 2311 2342		
Pettits Lane Marshalls Park School	1604 1635 1706 1737 1809 1840 1910 1940 2010 2041 2113 2143 2214 2245 2315 2346		
Romford Station	1613 1643 1714 1745 1816 1847 1917 1946 2016 2047 2119 2149 2220 2251 2321 2352		
Crow Lane Jutsums Lane	1621 1651 1722 1753 1824 1855 1925 1954 2024 2055 2126 2156 2227 2258 2328 2359		
Becontree Heath Morrisons	1630 1700 1731 1801 1832 1902 1932 2001 2031 2101 2132 2202 2233 2304 2334 0004		
Heath Park Stansgate Road (dep.)	1633 1703 1734 1804 1835 1905 1935 2004 2034 2104 2135 2205 2236 2307 2337 0007		
Dagenham Road Birkbeck Road	1640 1710 1741 1810 1841 1911 1941 2010 2040 2110 2141 2211 2242 2313 2343 0013		

499		Mondays to Fridays																				
Crow Lane Jutsums Lane	0550	0621	0653	0714	0735	0754		0900	0922	0943		1111	1133	1155	1217	1239	1301	1323	1345	1407	1429	
Becontree Heath Morrisons	0556	0628	0700	0723	0744	0805		0911	0932	0953		1121	1143	1205	1227	1249	1311	1333	1355	1417	1439	
Heath Park Stansgate Road (dep.)	0600	0632	0704	0727	0748	0809	Then	0915	0936	0957	Then	1125	1147	1209	1231	1253	1315	1337	1359	1421	1443	
Dagenham Road Birkbeck Road	0606	0639	0712	0735	0756	0818	about	0924	0945	1006	about	1133	1155	1217	1239	1301	1323	1346	1408	1431	1453	
Romford Station	0613	0646	0721	0745	0806	0828	every	0934	0956	1017	every	1144	1205	1227	1249	1311	1333	1356	1418	1442	1504	
Pettits Lane Marshalls Park School	0618	0652	0728	0752	0813	0836	22	0942	1004	1025	22	1152	1214	1236	1258	1320	1342	1405	1429	1453	1515	
Chase Cross Havering Road	0623	0658	0734	0758	0820	0842	mins.	0948	1010	1031	mins.	1158	1220	1242	1304	1327	1349	1413	1438	1502	1524	
Harold Hill Hilldene Avenue	0631	0707	0743	0807	0830	0852	until	0958	1020	1041	until	1208	1230	1252	1314	1337	1401	1425	1450	1514	1536	
Gallows Corner Straight Road	0640	0717	0753	0817	0840	0902		1008	1030	1051		1219	1241	1303	1325	1348	1412	1436	1501	1525	1547	
Gallows Corner Tesco	0643	0721	0757	0822	0845	0907		1015	1037	1058		1226	1248	1310	1332	1355	1418	1442	1507	1531	1553	
Crow Lane Jutsums Lane	1450	1512	1534	1556	1618	1640	1702	1724	1745	1808	1830	1853	1916	1936	1956	2016	2046	2117	2149		2357	
Becontree Heath Morrisons	1501	1523	1545	1607	1629	1651	1713	1735	1757	1819	1841	1903	1925	1945	2005	2024	2053	2124	2155		0003	
Heath Park Stansgate Road (dep.)	1505	1527	1549	1611	1633	1655	1717	1739	1801	1823	1845	1907	1929	1949	2009	2028	2057	2128	2159	Then	0007	
Dagenham Road Birkbeck Road	1515	1537	1559	1621	1644	1706	1727	1748	1810	1832	1853	1915	1937	1957	2015	2034	2103	2134	2205	about	0013	
Romford Station	1526	1548	1610	1632	1655	1717	1738	1759	1821	1843	1903	1925	1946	2005	2023	2042	2111	2141	2212	every	0020	
Pettits Lane Marshalls Park School	1537	1559	1621	1643	1705	1727	1748	1809	1831	1852	1911	1932	1953	2011	2029	2048	2116	2146	2217	32	0025	
Chase Cross Havering Road	1546	1608	1630	1651	1713	1735	1756	1817	1839	1859	1917	1938	1958	2016	2034	2053	2121	2150	2221	mins.	0029	
Harold Hill Hilldene Avenue	1558	1620	1641	1701	1723	1745	1806	1827	1849	1909	1927	1948	2008	2026	2043	2102	2129	2158	2229	until	0037	
Gallows Corner Straight Road	1609	1631	1652	1711	1733	1755	1816	1837	1859	1917	1935	1956	2016	2034	2051	2109	2136	2205	2236		0043	
Gallows Corner Tesco	1615	1637	1658	1717	1739	1801	1822	1843	1905	1922	1940	2000	2020	2037	2054	2112	2139	2208	2239		0046	
499		Saturdays (also Good Friday)																				
Crow Lane Jutsums Lane	0549	0622	0655	0728	0800	0832	0853	0915	0936	0956	1017	1037	1059	1121	1143	1205	1227	1249	1310	1332	1354	
Becontree Heath Morrisons	0556	0629	0702	0735	0807	0839	0901	0923	0944	1004	1025	1046	1108	1130	1152	1214	1236	1258	1320	1342	1404	
Heath Park Stansgate Road (dep.)	0600	0633	0706	0739	0811	0843	0905	0927	0948	1008	1029	1050	1112	1134	1156	1218	1240	1302	1324	1346	1408	
Dagenham Road Birkbeck Road	0606	0639	0712	0745	0817	0849	0912	0934	0955	1016	1037	1059	1121	1143	1206	1228	1250	1312	1333	1355	1417	
Romford Station	0613	0646	0720	0753	0825	0857	0921	0943	1005	1026	1047	1109	1131	1153	1216	1238	1300	1322	1343	1405	1427	
Pettits Lane Marshalls Park School	0618	0651	0725	0759	0831	0904	0928	0950	1012	1034	1055	1117	1139	1201	1224	1247	1309	1331	1352	1413	1435	
Chase Cross Havering Road	0622	0655	0729	0803	0835	0909	0933	0955	1017	1039	1101	1123	1145	1207	1230	1253	1315	1337	1358	1419	1441	
Harold Hill Hilldene Avenue	0630	0703	0737	0811	0843	0918	0942	1004	1027	1049	1111	1133	1155	1217	1240	1303	1325	1347	1408	1429	1451	
Gallows Corner Straight Road	0636	0709	0744	0818	0851	0926	0951	1014	1037	1059	1121	1143	1205	1227	1250	1313	1335	1357	1418	1439	1501	
Gallows Corner Tesco	0638	0711	0746	0821	0854	0930	0955	1019	1042	1105	1127	1149	1211	1233	1256	1319	1341	1403	1424	1445	1507	
Crow Lane Jutsums Lane	1416	1438	1500	1522	1544	1605	1627	1649	1711	1733	1756	1818	1839	1901	1929	2001	2034	2104	2133	2201	2230	
Becontree Heath Morrisons	1426	1448	1510	1532	1554	1615	1637	1659	1721	1743	1805	1827	1848	1909	1937	2009	2041	2111	2140	2207	2236	
Heath Park Stansgate Road (dep.)	1430	1452	1514	1536	1558	1619	1641	1703	1725	1747	1809	1831	1852	1913	1941	2013	2045	2115	2144	2211	2240	
Dagenham Road Birkbeck Road	1439	1501	1523	1545	1606	1627	1649	1711	1733	1755	1817	1839	1900	1921	1948	2020	2052	2121	2150	2217	2246	
Romford Station	1449	1511	1533	1555	1616	1637	1659	1721	1743	1804	1826	1847	1908	1929	1956	2028	2100	2129	2157	2224	2253	
Pettits Lane Marshalls Park School	1457	1519	1541	1603	1624	1645	1707	1729	1750	1811	1833	1854	1915	1935	2002	2034	2106	2135	2203	2230	2258	
Chase Cross Havering Road	1503	1525	1547	1609	1630	1651	1713	1735	1756	1817	1839	1900	1920	1940	2007	2039	2111	2140	2208	2235	2303	
Harold Hill Hilldene Avenue	1513	1535	1557	1619	1640	1701	1723	1744	1805	1826	1848	1909	1929	1949	2016	2048	2119	2148	2216	2243	2311	
Gallows Corner Straight Road	1523	1545	1607	1629	1650	1710	1732	1753	1814	1835	1856	1917	1937	1957	2024	2056	2127	2156	2224	2250	2318	
Gallows Corner Tesco	1529	1551	1613	1635	1655	1715	1737	1758	1819	1840	1901	1921	1941	2001	2028	2100	2131	2200	2228	2253	2320	
499		Saturdays Sundays and other Public Holidays (except Christmas Day)																				
Crow Lane Jutsums Lane	2258	2328	2357	0650	0722	0754	0825	0857	0929	1001	1033	1104	1136	1208	1239	1311	1343	1415	1447	1518	1550	
Becontree Heath Morrisons	2304	2334	0003	0657	0729	0801	0833	0905	0937	1009	1041	1113	1145	1217	1249	1321	1353	1425	1456	1527	1559	
Heath Park Stansgate Road (dep.)	2308	2338	0007	0700	0732	0804	0836	0908	0940	1012	1044	1116	1148	1220	1252	1324	1356	1428	1459	1530	1602	
Dagenham Road Birkbeck Road	2314	2344	0013	0706	0738	0810	0842	0914	0946	1018	1051	1123	1155	1227	1259	1332	1404	1436	1507	1537	1609	
Romford Station	2321	2351	0020	0713	0745	0817	0849	0921	0954	1026	1059	1131	1203	1235	1307	1340	1412	1444	1515	1545	1617	
Pettits Lane Marshalls Park School	2326	2356	0025	0718	0751	0823	0855	0927	1000	1033	1106	1138	1210	1242	1314	1347	1419	1451	1522	1552	1624	
Chase Cross Havering Road	2331	0000	0029	0722	0755	0828	0900	0932	1005	1038	1111	1143	1216	1248	1320	1353	1425	1457	1527	1557	1629	
Harold Hill Hilldene Avenue	2338	0007	0036	0729	0803	0836	0909	0941	1014	1047	1120	1153	1226	1258	1330	1402	1434	1506	1536	1606	1638	
Gallows Corner Straight Road	2345	0014	0043	0737	0811	0844	0917	0949	1022	1056	1130	1203	1236	1308	1340	1412	1444	1516	1546	1616	1648	
Gallows Corner Tesco	2347	0016	0045	0739	0814	0847	0921	0954	1028	1103	1137	1210	1243	1315	1347	1419	1451	1523	1553	1623	1654	
499		Sundays and other Public Holidays (except Christmas Day) (cont.)																				
Crow Lane Jutsums Lane	1621	1651	1722	1753	1824	1855	1925	1954	2024	2055	2126	2156	2227	2258	2328	2359						
Becontree Heath Morrisons	1630	1700	1731	1801	1832	1902	1932	2001	2031	2101	2132	2202	2233	2304	2334	0004						
Heath Park Stansgate Road (dep.)	1633	1703	1734	1804	1835	1905	1935	2004	2034	2104	2135	2205	2236	2307	2337	0007						
Dagenham Road Birkbeck Road	1640	1710	1741	1810	1841	1911	1941	2010	2040	2110	2141</											