

499		Mondays to Fridays										Saturdays (also Good Friday)									
Gallows Corner Tesco	0520	0550	0620	0653	0714	0738	0808	0838	0908			1338	1408	1438			1638	1708	1738		
Gallows Corner Straight Road	0522	0552	0622	0655	0720	0744	0815	0845	0913			1343	1413	1443			1643	1713	1743		
Keats Avenue Heaton Avenue	0526	0556	0626	0659	0724	0749	0820	0850	0918			1348	1418	1448			1648	1718	1748		
Harold Hill Hilldene Avenue	0529	0559	0629	0702	0728	0754	0825	0855	0923			1353	1423	1453			1653	1723	1753		
Noak Hill North Hill Drive	0531	0601	0631	0704	0730	0757	0828	0858	0926			1356	1426	1456			1656	1726	1756		
Chase Cross Havering Road	0536	0606	0636	0709	0737	0805	0836	0906	0933	Then		1403	1433	1502	Then		1702	1732	1802		
Pettits Lane Marshalls Park School	0540	0610	0640	0713	0743	0812	0843	0913	0938	every 30		1408	1438	1508	every 30		1708	1738	1808		
Romford Station	0546	0616	0646	0721	0751	0821	0852	0922	0946	minutes		1416	1446	1516	minutes		1716	1746	1816		
Crow Lane Jutsums Lane	0551	0621	0651	0728	0758	0828	0858	0928	0952	until		1422	1453	1523	until		1723	1753	1823		
Becontree Heath Morrisons	0557	0627	0657	0736	0806	0836	0906	0936	1000			1430	1501	1531			1731	1801	1831		
Heath Park Stansgate Road (arr.)	0559	0629	0659	0738	0808	0838	0908	0938	1002			1432	1503	1533			1733	1803	1833		
Heath Park Stansgate Road (dep.)	0601	0631	0701	0740	0810	0840	0910	0940	1004			1434	1505	1535			1735	1805	1835		
Becontree Heath Civic Cent.(Wood La.)	0604	0634	0704	0743	0813	0843	0913	0943	1007			1437	1508	1538			1738	1808	1838		
Dagenham Road Birkbeck Road	0608	0638	0709	0749	0819	0849	0919	0949	1013			1443	1514	1544			1744	1813	1843		
499		Mondays to Fridays (cont.)										Saturdays (also Good Friday)									
Gallows Corner Tesco	1808	1845	1920	1950	2020			2320	0520			0750	0820	0846	0911	0939	1009	1039	1105		
Gallows Corner Straight Road	1813	1849	1922	1952	2022			2322	0522			0752	0822	0848	0913	0942	1012	1042	1112		
Keats Avenue Heaton Avenue	1818	1854	1926	1956	2026			2326	0526			0756	0826	0852	0917	0946	1016	1046	1116		
Harold Hill Hilldene Avenue	1823	1858	1930	2000	2029			2329	0530			0800	0830	0856	0922	0951	1021	1051	1121		
Noak Hill North Hill Drive	1826	1902	1932	2002	2031			2331	0532			0802	0832	0858	0925	0954	1024	1054	1124		
Chase Cross Havering Road	1832	1907	1937	2007	2036	Then		2336	0537	Then		0807	0837	0903	0932	1001	1031	1101	1131		
Pettits Lane Marshalls Park School	1837	1911	1941	2011	2040	every 30		2340	0541	every 30		0811	0841	0908	0938	1007	1037	1107	1137		
Romford Station	1845	1917	1947	2017	2045	minutes		2345	0547	minutes		0817	0847	0915	0945	1015	1045	1115	1145		
Crow Lane Jutsums Lane	1852	1922	1952	2022	2050	until		2350	0552	until		0822	0852	0921	0951	1021	1051	1121	1151		
Becontree Heath Morrisons	1900	1929	1959	2029	2056			2356	0559			0829	0859	0929	0959	1029	1059	1129	1159		
Heath Park Stansgate Road (arr.)	1902	1931	2001	2031	2058			2358	0601			0831	0901	0931	1001	1031	1101	1131	1201		
Heath Park Stansgate Road (dep.)	1903	1933	2003	2033	2100			0000	0603			0833	0903	0933	1003	1033	1103	1133	1203		
Becontree Heath Civic Cent.(Wood La.)	1906	1936	2006	2036	2103			0003	0606			0836	0906	0936	1006	1036	1106	1136	1206		
Dagenham Road Birkbeck Road	1910	1940	2010	2040	2107			0007	0610			0840	0911	0942	1013	1043	1113	1143	1213		
499		Saturdays (also Good Friday)										Sundays and other Pub Hols									
Gallows Corner Tesco	1135		1405	1435	1509	1539	1609	1640	1710	1745	1820		2320	0620			0820	0848	0916		
Gallows Corner Straight Road	1142		1412	1442	1512	1542	1612	1643	1713	1748	1822		2322	0622			0822	0850	0918		
Keats Avenue Heaton Avenue	1146		1416	1446	1516	1546	1616	1647	1717	1752	1826		2326	0626			0826	0854	0922		
Harold Hill Hilldene Avenue	1151		1421	1451	1521	1551	1621	1652	1722	1757	1830		2330	0630			0830	0858	0926		
Noak Hill North Hill Drive	1154	Then	1424	1454	1524	1554	1624	1655	1725	1800	1832	Then	2332	0632			0832	0900	0928		
Chase Cross Havering Road	1201	every	1431	1501	1531	1601	1631	1702	1732	1805	1837	every	2337	0637	Then		0837	0905	0933		
Pettits Lane Marshalls Park School	1207	30	1437	1507	1537	1607	1637	1707	1737	1810	1841	30	2341	0641	every 30		0841	0909	0938		
Romford Station	1215	mins.	1445	1515	1545	1615	1645	1715	1745	1817	1847	mins.	2347	0647	minutes		0847	0915	0945		
Crow Lane Jutsums Lane	1221	until	1451	1521	1551	1621	1651	1721	1751	1822	1852	until	2352	0652	until		0852	0921	0951		
Becontree Heath Morrisons	1229		1459	1529	1559	1629	1659	1729	1759	1829	1859		2359	0659			0859	0929	0959		
Heath Park Stansgate Road (arr.)	1231		1501	1531	1601	1631	1701	1731	1801	1831	1901		0001	0701			0901	0931	1001		
Heath Park Stansgate Road (dep.)	1233		1503	1533	1603	1633	1703	1733	1803	1833	1903		0003	0703			0903	0933	1003		
Becontree Heath Civic Cent.(Wood La.)	1236		1506	1536	1606	1636	1706	1736	1806	1836	1906		0006	0706			0906	0936	1006		
Dagenham Road Birkbeck Road	1243		1513	1542	1612	1642	1712	1741	1811	1841	1910		0010	0710			0910	0941	1012		
499		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																			
Gallows Corner Tesco	0944	1014	1044	1110			1340	1410	1440	1514			1644	1714	1748	1820			2320		
Gallows Corner Straight Road	0947	1017	1047	1117			1347	1417	1447	1517			1647	1717	1751	1822			2322		
Keats Avenue Heaton Avenue	0951	1021	1051	1121			1351	1421	1451	1521			1651	1721	1755	1826			2326		
Harold Hill Hilldene Avenue	0955	1025	1055	1125			1355	1425	1455	1525			1655	1725	1759	1830			2330		
Noak Hill North Hill Drive	0958	1028	1058	1128			1358	1428	1458	1528			1658	1728	1802	1832			2332		
Chase Cross Havering Road	1003	1033	1103	1133	Then		1403	1433	1503	1533	Then		1703	1733	1807	1837	Then		2337		
Pettits Lane Marshalls Park School	1008	1038	1108	1138	every 30		1408	1438	1508	1538	every 30		1708	1738	1811	1841	every 30		2341		
Romford Station	1015	1045	1115	1145	minutes		1415	1445	1515	1545	minutes		1715	1745	1817	1847	minutes		2347		
Crow Lane Jutsums Lane	1021	1051	1121	1151	until		1421	1451	1521	1551	until		1721	1751	1822	1852	until		2352		
Becontree Heath Morrisons	1029	1059	1129	1159			1429	1459	1529	1559			1729	1759	1829	1859			2359		
Heath Park Stansgate Road (arr.)	1031	1101	1131	1201			1431	1501	1531	1601			1731	1801	1831	1901			0001		
Heath Park Stansgate Road (dep.)	1033	1103	1133	1203			1433	1503	1533	1603			1733	1803	1833	1903			0003		
Becontree Heath Civic Cent.(Wood La.)	1036	1106	1136	1206			1436	1506	1536	1606			1736	1806	1836	1906			0006		
Dagenham Road Birkbeck Road	1042	1112	1142	1212			1442	1511	1541	1611			1741	1810	1840	1910			0010		

499		Mondays to Fridays																			
Crow Lane Jutsums Lane	0551	0621	0651	0728	0758	0828	0858	0928	0952			1352	1422	1453	1523	1553	1623	1653	1723		
Becontree Heath Morrisons	0557	0627	0657	0736	0806	0836	0906	0936	1000			1400	1430	1501	1531	1601	1631	1701	1731		
Heath Park Stansgate Road (arr.)	0559	0629	0659	0738	0808	0838	0908	0938	1002			1402	1432	1503	1533	1603	1633	1703	1733		
Heath Park Stansgate Road (dep.)	0601	0631	0701	0740	0810	0840	0910	0940	1004			1404	1434	1505	1535	1605	1635	1705	1735		
Becontree Heath Civic Cent.(Wood La.)	0604	0634	0704	0743	0813	0843	0913	0943	1007			1407	1437	1508	1538	1608	1638	1708	1738		
Dagenham Road Birkbeck Road	0608	0638	0709	0749	0819	0849	0919	0949	1013	Then		1413	1443	1514	1544	1614	1644	1714	1744		
Romford Station	0613	0643	0714	0755	0825	0855	0925	0955	1019	every 30		1419	1449	1520	1550	1620	1650	1720	1749		
Romford Western Road	0614	0644	0715	0756	0826	0856	0926	0956	1020	minutes		1420	1451	1522	1552	1622	1652	1722	1751		
Pettits Lane Marshalls Park School	0618	0648	0719	0801	0831	0901	0931	1001	1026	until		1426	1457	1528	1558	1629	1659	1729	1757		
Chase Cross Havering Road	0623	0653	0725	0807	0837	0907	0937	1007	1032			1432	1505	1536	1606	1636	1706	1736	1805		
Noak Hill North Hill Drive	0627	0657	0731	0813	0843	0913	0943	1013	1038			1438	1511	1542	1612	1642	1712	1742	1811		
Harold Hill Hilldene Avenue	0629	0659	0734	0816	0846	0916	0946	1016	1041			1441	1514	1545	1615	1645	1715	1745	1814		
Keats Avenue Heaton Avenue	0633	0705	0740	0822	0852	0922	0952	1022	1047			1447	1520	1551	1621	1651	1721	1751	1820		
Gallows Corner Straight Road	0637	0709	0744	0826	0856	0926	0956	1026	1051			1451	1524	1555	1625	1655	1725	1755	1824		
Gallows Corner Tesco	0639	0713	0748	0830	0900	0930	1000	1030	1054			1454	1528	1559	1629	1701	1731	1801	1829		

499		Mondays to Fridays (cont.)										Saturdays (also Good Friday)									
Crow Lane Jutsums Lane	1753	1823	1852	1922	1952	2022	2050	2120			2350	0552		0752	0822	0852	0921	0951		1451	
Becontree Heath Morrisons	1801	1831	1900	1929	1959	2029	2056	2126			2356	0559		0759	0829	0859	0929	0959		1459	
Heath Park Stansgate Road (arr.)	1803	1833	1902	1931	2001	2031	2058	2128			2358	0601		0801	0831	0901	0931	1001		1501	
Heath Park Stansgate Road (dep.)	1805	1835	1903	1933	2003	2033	2100	2130			0000	0603		0803	0833	0903	0933	1003		1503	
Becontree Heath Civic Cent.(Wood La.)	1808	1838	1906	1936	2006	2036	2103	2133			0003	0606		0806	0836	0906	0936	1006		1506	
Dagenham Road Birkbeck Road	1813	1843	1910	1940	2010	2040	2107	2137	Then		0007	0610	Then	0810	0840	0911	0942	1013	Then	1513	
Romford Station Victoria Road	↓	↓	↓	↓	↓	↓	↓	2142	every		0012	↓	every	↓	↓	↓	↓	↓	every	↓	
Romford Station	1819	1849	1915	1945	2015	2045	2112	↓	30		↓	0615	30	0815	0845	0917	0948	1019	30	1519	
Romford Western Road	1820	1850	1916	1946	2016	2046	2113	↓	mins.		↓	0616	mins.	0816	0846	0918	0949	1020	mins.	1520	
Pettits Lane Marshalls Park School	1825	1855	1920	1950	2020	2050	2117	2147	until		0017	0620	until	0820	0850	0923	0954	1025	until	1525	
Chase Cross Havering Road	1831	1901	1925	1955	2025	2055	2122	2152			0022	0625		0825	0855	0929	1000	1032		1532	
Noak Hill North Hill Drive	1837	1907	1930	2000	2030	2100	2127	2157			0027	0629		0829	0859	0934	1005	1038		1538	
Harold Hill Hilldene Avenue	1840	1909	1932	2002	2032	2102	2129	2159			0029	0631		0831	0902	0937	1008	1042		1542	
Keats Avenue Heaton Avenue	1846	1913	1936	2006	2036	2106	2133	2203			0033	0635		0835	0908	0943	1014	1049		1549	
Gallows Corner Straight Road	1850	1917	1940	2010	2040	2110	2137	2207			0037	0639		0839	0912	0947	1018	1054		1554	
Gallows Corner Tesco	1854	1921	1944	2014	2044	2112	2139	2209			0039	0641		0841	0915	0950	1022	1058		1558	

499		Saturdays (also Good Friday)										Suns and other Pub Hols									
Crow Lane Jutsums Lane	1521	1551	1621	1651	1721	1751	1822	1852			2052	2122		2352	0652		0822	0852	0921		
Becontree Heath Morrisons	1529	1559	1629	1659	1729	1759	1829	1859			2059	2129		2359	0659		0829	0859	0929		
Heath Park Stansgate Road (arr.)	1531	1601	1631	1701	1731	1801	1831	1901			2101	2131		0001	0701		0831	0901	0931		
Heath Park Stansgate Road (dep.)	1533	1603	1633	1703	1733	1803	1833	1903			2103	2133		0003	0703		0833	0903	0933		
Becontree Heath Civic Cent.(Wood La.)	1536	1606	1636	1706	1736	1806	1836	1906			2106	2136		0006	0706		0836	0906	0936		
Dagenham Road Birkbeck Road	1542	1612	1642	1712	1741	1811	1841	1910			2110	2140	Then	0010	0710	Then	0840	0910	0941		
Romford Station Victoria Road	↓	↓	↓	↓	↓	↓	↓	↓	Then		↓	2145	every	0015	↓	every	↓	↓	↓		
Romford Station	1548	1618	1648	1717	1746	1816	1846	1915	every 30		2115	↓	30	↓	0715	30	0845	0915	0947		
Romford Western Road	1549	1619	1649	1718	1747	1817	1847	1916	minutes		2116	↓	mins.	↓	0716	mins.	0846	0916	0948		
Pettits Lane Marshalls Park School	1554	1624	1654	1723	1752	1822	1851	1920	until		2120	2150	until	0020	0720	until	0850	0920	0953		
Chase Cross Havering Road	1600	1630	1700	1729	1758	1828	1856	1925			2125	2155		0025	0725		0855	0925	0958		
Noak Hill North Hill Drive	1606	1636	1706	1735	1804	1834	1902	1930			2130	2159		0029	0729		0859	0929	1002		
Harold Hill Hilldene Avenue	1609	1639	1709	1738	1807	1837	1904	1932			2132	2201		0031	0731		0901	0931	1005		
Keats Avenue Heaton Avenue	1615	1645	1715	1744	1812	1842	1909	1936			2136	2205		0035	0735		0905	0936	1010		
Gallows Corner Straight Road	1619	1649	1719	1748	1816	1846	1913	1940			2140	2209		0039	0739		0909	0940	1014		
Gallows Corner Tesco	1623	1653	1723	1752	1818	1848	1915	1942			2142	2211		0041	0741		0911	0945	1019		

499		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																			
Crow Lane Jutsums Lane	0951		1421	1451	1521	1551	1621	1651	1721	1751	1822	1852	1922	1952	2022	2052	2122			2352	
Becontree Heath Morrisons	0959		1429	1459	1529	1559	1629	1659	1729	1759	1829	1859	1929	1959	2029	2059	2129			2359	
Heath Park Stansgate Road (arr.)	1001		1431	1501	1531	1601	1631	1701	1731	1801	1831	1901	1931	2001	2031	2101	2131			0001	
Heath Park Stansgate Road (dep.)	1003		1433	1503	1533	1603	1633	1703	1733	1803	1833	1903	1933	2003	2033	2103	2133			0003	
Becontree Heath Civic Cent.(Wood La.)	1006		1436	1506	1536	1606	1636	1706	1736	1806	1836	1906	1936	2006	2036	2106	2136			0006	
Dagenham Road Birkbeck Road	1012	Then	1442	1511	1541	1611	1641	1711	1741	1810	1840	1910	1940	2010	2040	2110	2140	Then		0010	
Romford Station Victoria Road	↓	every	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	0015	
Romford Station	1018	30	1448	1517	1547	1617	1647	1717	1747	1816	1846	1916	1945	2015	2045	2115	↓	30	↓		
Romford Western Road	1019	mins.	1449	1518	1548	1618	1648	1718	1748	1817	1847	1917	1946	2016	2046	2116	↓	mins.	↓		
Pettits Lane Marshalls Park School	1024	until	1454	1523	1553	1623	1653	1723	1753	1822	1852	1922	1950	2020	2050	2120	2150	until		0020	
Chase Cross Havering Road	1030		1500	1528	1558	1628	1658	1728	1758	1827	1857	1927	1955	2025	2055	2125	2155			0025	
Noak Hill North Hill Drive	1035		1505	1532	1602	1632	1702	1732	1802	1831	1901	1931	1959	2029	2059	2129	2159			0029	
Harold Hill Hilldene Avenue	1038		1508	1535	1605	1635	1705	1735	1804	1833	1903	1933	2001	2031	2101	2131	2201			0031	
Keats Avenue Heaton Avenue	1043		1513	1540	1610	1640	1710	1740	1808												