

499		Mondays to Fridays																
Gallows Corner Tesco	0515	0545	0615	0632	0649	0706	0724	0742	0801	0821	0841	0900	0920	Then every 20 minutes until	1300	1320	1340	
Keats Avenue Heaton Avenue	0521	0551	0621	0638	0655	0713	0731	0750	0810	0830	0850	0909	0929		1309	1329	1349	
Harold Hill Hilldene Avenue	0525	0555	0625	0642	0659	0717	0736	0755	0815	0835	0855	0914	0934		1314	1334	1354	
Chase Cross Havering Road	0532	0602	0632	0652	0710	0728	0747	0806	0826	0846	0906	0925	0944		1324	1344	1404	
Pettits Lane Marshalls Park School	0536	0606	0636	0656	0716	0736	0755	0814	0834	0853	0912	0930	0949		1329	1349	1410	
Romford Station	0542	0612	0642	0705	0725	0745	0804	0823	0843	0902	0920	0938	0957		1337	1357	1418	
Queen's Hospital	0547	0617	0647	0710	0730	0750	0809	0828	0848	0907	0925	0943	1002		1342	1402	1423	
Becontree Heath Morrisons	0556	0626	0656	0722	0743	0804	0824	0843	0902	0920	0937	0955	1014		1354	1414	1435	
Heath Park Stansgate Road (dep.)	0600	0630	0700	0726	0747	0808	0828	0847	0906	0924	0941	0959	1018		1358	1418	1439	
Dagenham Road Birkbeck Road	0607	0637	0708	0734	0755	0816	0836	0855	0914	0932	0949	1007	1026		1406	1427	1448	
Gallows Corner Tesco	1400	1420	1440	Then every 20 minutes until	1640	1700	1720	1740	1800	1820	1840	1900	1920	1950	Then every 30 minutes until	2320		
Keats Avenue Heaton Avenue	1409	1429	1449		1649	1709	1729	1749	1809	1828	1848	1907	1926	1956		2326		
Harold Hill Hilldene Avenue	1414	1434	1454		1654	1714	1734	1754	1813	1832	1852	1911	1930	1959		2329		
Chase Cross Havering Road	1424	1443	1503		1703	1723	1743	1803	1822	1841	1900	1918	1937	2006		2336		
Pettits Lane Marshalls Park School	1430	1449	1509		1709	1729	1749	1808	1827	1846	1904	1922	1941	2010		2340		
Romford Station	1438	1457	1517		1717	1737	1756	1815	1833	1851	1909	1927	1946	2015		2345		
Queen's Hospital	1443	1502	1522		1722	1742	1801	1820	1838	1856	1914	1932	1951	2020		2350		
Becontree Heath Morrisons	1455	1516	1537		1737	1757	1816	1834	1851	1908	1925	1942	2000	2028		2358		
Heath Park Stansgate Road (dep.)	1459	1520	1541		1741	1801	1820	1838	1855	1912	1929	1946	2004	2032		0002		
Dagenham Road Birkbeck Road	1509	1530	1551		1751	1810	1828	1846	1903	1920	1937	1954	2011	2039		0009		
499		Saturdays (also Good Friday)																
Gallows Corner Tesco	0515	Then every 30 mins. until	0745	0815	0830	0845	0900	0920	0940	1000	1020	1040	1100	1120	1140	every 20 mins. until	1420	1440
Keats Avenue Heaton Avenue	0521		0751	0821	0836	0851	0907	0927	0947	1007	1027	1047	1108	1129	1149		1429	1449
Harold Hill Hilldene Avenue	0525		0755	0825	0840	0855	0912	0932	0952	1012	1032	1052	1113	1134	1154		1434	1454
Chase Cross Havering Road	0532		0802	0832	0849	0904	0922	0942	1002	1022	1042	1102	1123	1144	1204		1444	1504
Pettits Lane Marshalls Park School	0536		0806	0836	0854	0910	0928	0948	1008	1028	1048	1108	1129	1150	1211		1451	1510
Romford Station	0544		0814	0844	0902	0920	0938	0958	1018	1038	1058	1118	1139	1200	1221		1501	1520
Queen's Hospital	0547		0817	0847	0906	0924	0942	1002	1022	1042	1102	1122	1143	1204	1225		1505	1524
Becontree Heath Morrisons	0556		0826	0856	0916	0934	0952	1012	1032	1053	1113	1133	1154	1215	1236		1516	1535
Heath Park Stansgate Road (dep.)	0600		0830	0900	0920	0938	0956	1016	1036	1057	1118	1138	1159	1220	1241		1521	1540
Dagenham Road Birkbeck Road	0607		0837	0908	0928	0946	1005	1025	1045	1106	1127	1147	1208	1229	1250		1530	1549
Gallows Corner Tesco	1500	1520	Then about every 20 mins. until	1620	1640	1700	1720	1740	1800	1820	1850	1920	1950	2020	2050	2120	Then every 30 mins. until	2320
Keats Avenue Heaton Avenue	1508	1527		1627	1647	1707	1727	1747	1807	1827	1857	1926	1956	2026	2056	2126		2326
Harold Hill Hilldene Avenue	1513	1532		1632	1652	1712	1732	1752	1812	1832	1901	1930	2000	2030	2100	2129		2329
Chase Cross Havering Road	1523	1542		1642	1702	1722	1742	1801	1820	1839	1908	1937	2007	2037	2107	2136		2336
Pettits Lane Marshalls Park School	1529	1548		1648	1708	1728	1748	1807	1826	1845	1912	1941	2011	2041	2111	2140		2340
Romford Station	1539	1558		1658	1718	1738	1757	1816	1835	1854	1921	1950	2019	2048	2118	2147		2347
Queen's Hospital	1543	1602		1702	1722	1742	1801	1820	1839	1858	1924	1953	2022	2051	2121	2150		2350
Becontree Heath Morrisons	1554	1613		1713	1733	1753	1812	1831	1849	1908	1933	2002	2031	2100	2129	2158		2358
Heath Park Stansgate Road (dep.)	1559	1618		1717	1737	1757	1816	1835	1853	1912	1937	2006	2035	2104	2133	2202		0002
Dagenham Road Birkbeck Road	1608	1627		1725	1745	1805	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	0745	0818	0848	0918	0944	1014	1044	1112	1141	1210	1240	1310	1340	1410	1440
Keats Avenue Heaton Avenue	0621	0651	0721	0751	0824	0854	0925	0952	1022	1052	1120	1149	1218	1248	1318	1348	1418	1448
Harold Hill Hilldene Avenue	0624	0654	0724	0755	0828	0858	0929	0957	1027	1057	1125	1154	1223	1253	1323	1353	1423	1453
Chase Cross Havering Road	0631	0701	0731	0802	0835	0905	0937	1005	1035	1105	1133	1202	1232	1302	1332	1402	1432	1502
Pettits Lane Marshalls Park School	0635	0705	0735	0806	0839	0909	0941	1010	1040	1110	1138	1207	1237	1307	1337	1407	1437	1507
Romford Station	0643	0713	0743	0814	0847	0917	0949	1019	1049	1119	1148	1217	1247	1317	1347	1417	1447	1517
Queen's Hospital	0647	0717	0747	0818	0851	0921	0953	1023	1053	1123	1152	1221	1251	1321	1351	1421	1451	1521
Becontree Heath Morrisons	0655	0725	0756	0827	0900	0931	1003	1033	1103	1133	1202	1232	1302	1332	1402	1432	1502	1532
Heath Park Stansgate Road (dep.)	0700	0730	0801	0832	0904	0935	1007	1037	1107	1137	1206	1236	1306	1336	1406	1436	1506	1536
Dagenham Road Birkbeck Road	0707	0737	0808	0839	0911	0942	1014	1044	1114	1144	1213	1243	1313	1343	1413	1443	1513	1543
Gallows Corner Tesco	1510	1540	1610	1640	1710	1745	1819	1849	1920	Then every 30 minutes until	2320							
Keats Avenue Heaton Avenue	1518	1548	1618	1648	1718	1752	1825	1855	1926		2326							
Harold Hill Hilldene Avenue	1523	1553	1623	1652	1722	1756	1829	1859	1929		2329							
Chase Cross Havering Road	1531	1601	1631	1700	1730	1804	1836	1906	1936		2336							
Pettits Lane Marshalls Park School	1536	1606	1636	1705	1735	1808	1840	1910	1940		2340							
Romford Station	1546	1616	1645	1714	1744	1816	1847	1917	1947		2347							
Queen's Hospital	1550	1620	1649	1718	1748	1819	1850	1920	1950		2350							
Becontree Heath Morrisons	1601	1630	1659	1728	1758	1828	1858	1928	1958		2358							
Heath Park Stansgate Road (dep.)	1605	1634	1703	1732	1802	1832	1902	1932	2002		0002							
Dagenham Road Birkbeck Road	1612	1641	1710	1739	1809	1839	1909	1939	2009		0009							

499 Mondays to Fridays															
Queen's Hospital	0547	0617	0647	0710	0730	0750	0809	0828	0848	0907	0925	0943	1002		1302 1322 1342 1402
Becontree Heath Morrisons	0556	0626	0656	0722	0743	0804	0824	0843	0902	0920	0937	0955	1014		1314 1334 1354 1414
Heath Park Stansgate Road (dep.)	0600	0630	0700	0726	0747	0808	0828	0847	0906	0924	0941	0959	1018	Then	1318 1338 1358 1418
Queen's Hospital	0609	0639	0712	0739	0800	0821	0841	0900	0918	0936	0953	1011	1030	every	1330 1350 1410 1431
Romford Station	0614	0644	0717	0745	0806	0827	0847	0906	0924	0942	0959	1017	1036	20	1336 1356 1416 1437
Pettits Lane Marshalls Park School	0620	0650	0723	0752	0813	0834	0854	0913	0931	0949	1006	1024	1043	mins.	1343 1403 1424 1445
Chase Cross Havering Road	0625	0655	0729	0758	0819	0840	0900	0919	0937	0955	1012	1030	1049	until	1349 1410 1431 1453
Harold Hill Hilldene Avenue	0631	0701	0737	0808	0829	0850	0910	0929	0947	1005	1022	1040	1059		1359 1420 1441 1503
Keats Avenue Heaton Avenue	0635	0707	0743	0814	0835	0856	0916	0935	0953	1011	1028	1046	1105		1405 1426 1447 1509
Gallows Corner Tesco	0641	0715	0751	0822	0843	0904	0924	0943	1001	1018	1035	1053	1112		1412 1433 1454 1516
Queen's Hospital	1423	1443	1502	1522	1542		1722	1742	1801	1820	1838	1856	1914	1932	1951 2020
Becontree Heath Morrisons	1435	1455	1516	1537	1557		1737	1757	1816	1834	1851	1908	1925	1942	2000 2028
Heath Park Stansgate Road (dep.)	1439	1459	1520	1541	1601	Then	1741	1801	1820	1838	1855	1912	1929	1946	2004 2032
Queen's Hospital	1452	1513	1534	1555	1615	every	1755	1814	1832	1849	1905	1922	1939	1956	2013 2041
Romford Station	1458	1519	1540	1601	1621	20	1801	1820	1838	1855	1911	1927	1944	2001	2018 2046
Pettits Lane Marshalls Park School	1507	1529	1551	1612	1632	mins.	1812	1830	1847	1903	1919	1935	1951	2007	2023 2051
Chase Cross Havering Road	1515	1537	1559	1620	1640	until	1820	1837	1853	1909	1924	1940	1956	2012	2028 2056
Harold Hill Hilldene Avenue	1525	1547	1609	1630	1650		1830	1846	1902	1917	1932	1948	2004	2019	2035 2103
Keats Avenue Heaton Avenue	1531	1553	1615	1636	1656		1836	1851	1906	1921	1936	1952	2008	2023	2039 2107
Gallows Corner Tesco	1538	1600	1622	1643	1704		1844	1859	1914	1929	1944	1959	2014	2029	2045 2113
499 Saturdays (also Good Friday)															
Queen's Hospital	0547		0747	0817	0847	0906	0924	0942	1002	1022	1042	1102	1122	1143	1204 1225
Becontree Heath Morrisons	0556		0756	0826	0856	0916	0934	0952	1012	1032	1053	1113	1133	1154	1215 1236
Heath Park Stansgate Road (dep.)	0600	Then	0800	0830	0900	0920	0938	0956	1016	1036	1057	1118	1138	1159	1220 1241
Queen's Hospital	0609	every	0809	0839	0910	0930	0949	1009	1029	1049	1110	1131	1151	1212	1233 1254
Romford Station	0614	30	0814	0845	0916	0936	0955	1015	1035	1055	1116	1137	1157	1218	1239 1300
Pettits Lane Marshalls Park School	0619	mins.	0819	0850	0922	0942	1001	1021	1041	1101	1122	1143	1203	1224	1245 1306
Chase Cross Havering Road	0624	until	0824	0855	0928	0948	1008	1029	1049	1109	1130	1151	1212	1233	1254 1315
Harold Hill Hilldene Avenue	0630		0830	0902	0936	0957	1017	1038	1058	1118	1139	1200	1221	1242	1303 1324
Keats Avenue Heaton Avenue	0634		0834	0907	0941	1002	1023	1044	1104	1124	1145	1206	1227	1248	1309 1330
Gallows Corner Tesco	0640		0840	0914	0949	1011	1032	1053	1114	1134	1154	1215	1236	1258	1319 1340
Queen's Hospital	1524	1543	1602	1622	1642	1702	1722	1742	1801	1820	1839	1858	1924	1953	2022 2051 2121 2150
Becontree Heath Morrisons	1535	1554	1613	1633	1653	1713	1733	1753	1812	1831	1849	1908	1933	2002	2031 2100 2129 2158
Heath Park Stansgate Road (dep.)	1540	1559	1618	1638	1658	1717	1737	1757	1816	1835	1853	1912	1937	2006	2035 2104 2133 2202
Queen's Hospital	1553	1612	1631	1651	1710	1729	1749	1808	1827	1845	1903	1922	1947	2015	2044 2113 2142 2211
Romford Station	1559	1618	1637	1657	1716	1735	1755	1814	1833	1851	1909	1927	1952	2020	2049 2118 2147 2216
Pettits Lane Marshalls Park School	1605	1624	1643	1703	1722	1741	1801	1820	1839	1857	1915	1933	1958	2026	2054 2123 2152 2221
Chase Cross Havering Road	1614	1633	1652	1710	1729	1748	1808	1827	1846	1904	1922	1940	2005	2031	2059 2128 2157 2226
Harold Hill Hilldene Avenue	1623	1642	1701	1719	1738	1757	1817	1836	1855	1913	1931	1949	2012	2038	2106 2135 2204 2233
Keats Avenue Heaton Avenue	1629	1648	1706	1724	1743	1802	1822	1841	1859	1917	1935	1953	2016	2042	2110 2139 2208 2237
Gallows Corner Tesco	1639	1657	1714	1732	1751	1810	1830	1849	1906	1924	1941	1959	2022	2048	2116 2145 2214 2243
499 Saturdays (cont.)															
Queen's Hospital	2220	2250	2320	2350		0647	0717	0747	0818	0851	0921	0953	1023	1053	1123 1152 1221 1251 1321
Becontree Heath Morrisons	2228	2258	2328	2358		0655	0725	0756	0827	0900	0931	1003	1033	1103	1133 1202 1232 1302 1332
Heath Park Stansgate Road (dep.)	2232	2302	2332	0002		0700	0730	0801	0832	0904	0935	1007	1037	1107	1137 1206 1236 1306 1336
Queen's Hospital	2241	2311	2341	0011		0709	0739	0810	0841	0913	0944	1017	1047	1117	1147 1216 1246 1316 1346
Romford Station	2246	2316	2346	0016		0714	0744	0815	0846	0918	0949	1022	1052	1122	1152 1222 1252 1322 1352
Pettits Lane Marshalls Park School	2251	2321	2351	0021		0719	0749	0820	0851	0923	0954	1028	1058	1128	1158 1228 1258 1328 1358
Chase Cross Havering Road	2256	2326	2356	0026		0724	0754	0825	0856	0928	0959	1034	1104	1134	1204 1234 1304 1334 1404
Harold Hill Hilldene Avenue	2303	2333	0003	0033		0730	0800	0831	0902	0934	1006	1043	1113	1143	1213 1243 1313 1343 1413
Keats Avenue Heaton Avenue	2307	2337	0007	0037		0734	0804	0835	0907	0939	1011	1048	1118	1148	1218 1248 1318 1348 1418
Gallows Corner Tesco	2313	2343	0013	0043		0740	0810	0841	0913	0946	1022	1059	1129	1159	1229 1259 1329 1359 1429
499 Sundays and other Public Holidays (except Christmas Day)															
Queen's Hospital	1351	1421	1451	1521	1550	1620	1649	1718	1748	1819	1850	1920			2350
Becontree Heath Morrisons	1402	1432	1502	1532	1601	1630	1659	1728	1758	1828	1858	1928			2358
Heath Park Stansgate Road (dep.)	1406	1436	1506	1536	1605	1634	1703	1732	1802	1832	1902	1932			0002
Queen's Hospital	1416	1446	1516	1546	1615	1644	1713	1742	1812	1842	1912	1941		every 30	0011
Romford Station	1422	1452	1522	1552	1620	1649	1718	1747	1817	1847	1917	1946		minutes	0016
Pettits Lane Marshalls Park School	1428	1458	1528	1558	1626	1655	1724	1753	1823	1853	1922	1951		until	0021
Chase Cross Havering Road	1434	1504	1533	1603	1631	1700	1729	1758	1828	1858	1927	1956			0026
Harold Hill Hilldene Avenue	1443	1513	1542	1611	1640	1709	1738	1807	1837	1906	1934	2003			0033
Keats Avenue Heaton Avenue	1448	1518	1547	1616	1645	1714	1743	1812	1842	1910	1938	2007			0037
Gallows Corner Tesco	1459	1529	1558	1625	1654	1723	1752	1820	1849	1916	1944	2013			0043