

499		Mondays to Fridays																	
		SD															Then every 20 minutes until	1231	1251
Gallows Corner Tesco	0512 0541 0602 0612 0627 0645 0703 0723 0745 0747 0807 0829 0850 0911	1231	1251																
Gallows Corner Straight Road	0514 0543 0605 0615 0631 0649 0707 0727 0749 0751 0811 0833 0854 0915	1235	1255																
Keats Avenue Heaton Avenue	0518 0547 0609 0619 0635 0654 0712 0732 0754 0756 0816 0838 0859 0920	1240	1300																
Harold Hill Hilldene Avenue	0522 0551 0613 0623 0640 0700 0718 0738 0800 0802 0821 0843 0904 0925	1245	1305																
Noak Hill North Hill Drive	0524 0553 0615 0625 0643 0703 0721 0741 0803 0805 0824 0846 0907 0928	1248	1308																
Chase Cross Havering Road	0530 0559 0622 0633 0651 0711 0729 0749 0811 0813 0832 0853 0914 0935	1255	1315																
Pettits Lane Marshalls Park School	0535 0604 0628 0640 0659 0719 0738 0758 0820 0822 0840 0900 0920 0941	1301	1321																
Romford Station	0541 0611 0636 0649 0709 0729 0749 0809 0829 0831 0849 0909 0929 0950	1310	1330																
Queen's Hospital	0545 0615 0641 0654 0714 0734 0754 0814 0834 0836 0854 0914 0934 0955	1315	1335																
Crow Lane Jutsums Lane	0549 0619 0645 0659 0719 0739 0759 0819 0839 -- 0859 0919 0939 0959	1319	1339																
Becontree Heath Morrisons	0556 0626 0653 0708 0728 0748 0808 0828 0848 -- 0908 0928 0948 1008	1328	1348																
Heath Park Stansgate Road (arr.)	0558 0628 0655 0710 0730 0750 0810 0830 0850 -- 0910 0930 0950 1010	1330	1350																
Heath Park Stansgate Road (dep.)	0600 0630 0657 0712 0732 0752 0812 0832 0852 -- 0912 0932 0952 1012	1332	1352																
Becontree Heath Civic Cent. (Wood La.)	0603 0633 0701 0716 0736 0756 0816 0836 0855 -- 0915 0935 0955 1015	1335	1355																
Dagenham Road Birkbeck Road	0607 0637 0706 0721 0741 0801 0821 0841 0900 -- 0920 0940 1000 1020	1340	1401																
Gallows Corner Tesco	1311 1329 1348 1407 1427 1446 1506 1526 1546 1606 1627 1648 1711 1732 1753 1815 1837 1909																		
Gallows Corner Straight Road	1315 1333 1352 1411 1431 1450 1510 1530 1550 1610 1631 1652 1715 1736 1757 1820 1841 1912																		
Keats Avenue Heaton Avenue	1320 1338 1357 1416 1436 1455 1515 1535 1555 1615 1636 1657 1720 1741 1802 1824 1845 1916																		
Harold Hill Hilldene Avenue	1325 1343 1402 1421 1441 1500 1520 1540 1600 1620 1641 1702 1725 1746 1807 1829 1850 1920																		
Noak Hill North Hill Drive	1328 1346 1405 1424 1444 1503 1523 1543 1603 1623 1644 1705 1728 1749 1810 1832 1853 1923																		
Chase Cross Havering Road	1335 1353 1412 1431 1451 1510 1530 1550 1610 1630 1651 1712 1735 1756 1817 1839 1900 1930																		
Pettits Lane Marshalls Park School	1341 1359 1418 1437 1457 1516 1536 1556 1616 1636 1656 1717 1740 1801 1822 1844 1904 1934																		
Romford Station	1350 1409 1428 1447 1507 1526 1546 1606 1626 1646 1706 1726 1748 1809 1830 1851 1911 1941																		
Queen's Hospital	1355 1414 1433 1452 1512 1531 1551 1611 1631 1652 1712 1732 1753 1814 1835 1856 1916 1946																		
Crow Lane Jutsums Lane	1359 1418 1437 1456 1516 1535 1556 1616 1636 1657 1717 1737 1757 1818 1839 1900 1920 1950																		
Becontree Heath Morrisons	1408 1427 1447 1507 1527 1547 1608 1628 1648 1708 1728 1748 1808 1828 1848 1908 1928 1958																		
Heath Park Stansgate Road (arr.)	1410 1429 1449 1509 1529 1549 1610 1630 1650 1710 1730 1750 1810 1830 1850 1910 1930 2000																		
Heath Park Stansgate Road (dep.)	1412 1431 1451 1511 1531 1551 1612 1632 1652 1712 1732 1752 1812 1832 1852 1912 1932 2002																		
Becontree Heath Civic Cent. (Wood La.)	1416 1435 1455 1515 1535 1555 1616 1636 1656 1716 1736 1756 1815 1835 1855 1915 1935 2005																		
Dagenham Road Birkbeck Road	1422 1441 1501 1521 1541 1601 1622 1642 1702 1722 1742 1802 1820 1840 1900 1920 1940 2009																		
Gallows Corner Tesco	1943 2016 2047 2117 2149 2220 2250 2320																		
Gallows Corner Straight Road	1946 2019 2050 2120 2152 2222 2252 2322																		
Keats Avenue Heaton Avenue	1950 2023 2053 2123 2155 2225 2255 2325																		
Harold Hill Hilldene Avenue	1954 2027 2057 2127 2159 2228 2258 2328																		
Noak Hill North Hill Drive	1957 2029 2059 2129 2201 2230 2300 2330																		
Chase Cross Havering Road	2003 2034 2104 2134 2206 2235 2305 2335																		
Pettits Lane Marshalls Park School	2007 2038 2108 2138 2210 2239 2309 2339																		
Romford Station	2013 2044 2114 2144 2214 2244 2314 2344																		
Queen's Hospital	2017 2048 2118 2148 2218 2248 2318 2348																		
Crow Lane Jutsums Lane	2021 2052 2122 2152 2222 2252 2322 2352																		
Becontree Heath Morrisons	2028 2058 2128 2158 2228 2258 2328 2358																		
Heath Park Stansgate Road (arr.)	2030 2100 2130 2200 2230 2300 2330 0000																		
Heath Park Stansgate Road (dep.)	2032 2102 2132 2202 2232 2302 2332 0002																		
Becontree Heath Civic Cent. (Wood La.)	2035 2105 2135 2205 2235 2305 2335 0005																		
Dagenham Road Birkbeck Road	2038 2108 2138 2208 2238 2308 2338 0008																		
499		Saturdays (also Good Friday)																	
Gallows Corner Tesco	0515 0545 0615 0645 0715 0745 0815 0830 0845 0859 0919 0939 0958 1017 1037 1056 1115 1134																		
Gallows Corner Straight Road	0517 0547 0617 0647 0717 0747 0817 0832 0847 0902 0922 0942 1001 1020 1040 1100 1120 1139																		
Keats Avenue Heaton Avenue	0521 0551 0621 0651 0721 0751 0821 0836 0851 0906 0926 0946 1005 1024 1044 1104 1124 1143																		
Harold Hill Hilldene Avenue	0525 0555 0625 0655 0725 0755 0825 0840 0855 0911 0931 0951 1010 1029 1049 1109 1129 1148																		
Noak Hill North Hill Drive	0527 0557 0627 0657 0727 0757 0827 0843 0858 0914 0934 0954 1013 1032 1052 1112 1132 1151																		
Chase Cross Havering Road	0532 0602 0632 0702 0732 0802 0832 0849 0904 0921 0941 1001 1020 1039 1059 1119 1139 1158																		
Pettits Lane Marshalls Park School	0536 0606 0636 0706 0736 0806 0836 0854 0910 0927 0947 1007 1026 1045 1105 1125 1145 1205																		
Romford Station	0544 0614 0644 0714 0744 0814 0844 0902 0920 0938 0958 1018 1037 1056 1116 1136 1156 1216																		
Queen's Hospital	0547 0617 0647 0717 0747 0817 0847 0906 0924 0942 1002 1022 1041 1100 1120 1140 1200 1220																		
Crow Lane Jutsums Lane	0549 0619 0649 0719 0749 0819 0849 0908 0926 0944 1004 1024 1044 1103 1123 1143 1203 1223																		
Becontree Heath Morrisons	0556 0626 0656 0726 0756 0826 0856 0916 0934 0952 1012 1032 1052 1111 1131 1151 1211 1231																		
Heath Park Stansgate Road (arr.)	0558 0628 0658 0728 0758 0828 0858 0918 0936 0954 1014 1034 1054 1114 1134 1154 1214 1234																		
Heath Park Stansgate Road (dep.)	0600 0630 0700 0730 0800 0830 0900 0920 0938 0956 1016 1036 1056 1116 1136 1156 1216 1236																		
Becontree Heath Civic Cent. (Wood La.)	0603 0633 0703 0733 0803 0833 0903 0923 0941 0959 1019 1039 1059 1119 1139 1159 1219 1239																		
Dagenham Road Birkbeck Road	0607 0637 0707 0737 0807 0837 0908 0928 0946 1004 1025 1045 1105 1125 1145 1205 1225 1245																		
Note:	SD - Operates on school days only																		

<b>499</b>		<b>Saturdays (also Good Friday) (cont.)</b>																
Gallows Corner <i>Tesco</i>	1154		1414	1435	1456	1517	1537	1557	1618	1639	1659	1720	1740	1800	1820	1850	1920	
Gallows Corner <i>Straight Road</i>	1159		1419	1440	1500	1520	1540	1600	1621	1642	1702	1723	1743	1803	1823	1853	1922	
Keats Avenue <i>Heaton Avenue</i>	1203		1423	1444	1504	1524	1544	1604	1625	1646	1706	1727	1747	1807	1827	1857	1926	
Harold Hill <i>Hilldene Avenue</i>	1208		1428	1449	1509	1529	1549	1609	1630	1651	1711	1732	1752	1812	1832	1901	1930	
Noak Hill <i>North Hill Drive</i>	1211		1431	1452	1512	1532	1552	1612	1633	1654	1714	1735	1755	1814	1834	1903	1932	
Chase Cross <i>Havering Road</i>	1218	<i>Then</i>	1438	1459	1519	1539	1559	1619	1640	1701	1721	1742	1801	1820	1839	1908	1937	
Pettits Lane <i>Marshalls Park School</i>	1225	<i>every 20</i>	1445	1505	1525	1545	1605	1625	1646	1707	1727	1748	1807	1826	1845	1912	1941	
Romford Station	1236	<i>minutes</i>	1456	1516	1536	1556	1616	1636	1657	1717	1737	1757	1816	1835	1854	1921	1950	
Queen's Hospital	1240	<i>until</i>	1500	1520	1540	1600	1620	1640	1701	1721	1741	1801	1820	1839	1858	1924	1953	
Crow Lane <i>Jutsums Lane</i>	1243		1503	1523	1543	1603	1623	1643	1704	1724	1744	1804	1823	1842	1901	1926	1955	
Becontree Heath <i>Morrisons</i>	1251		1511	1531	1551	1611	1631	1651	1712	1732	1752	1812	1831	1849	1908	1933	2002	
Heath Park <i>Stansgate Road (arr.)</i>	1254		1514	1534	1554	1614	1634	1654	1714	1734	1754	1814	1833	1851	1910	1935	2004	
Heath Park <i>Stansgate Road (dep.)</i>	1256		1516	1536	1556	1616	1636	1656	1716	1736	1756	1816	1835	1853	1912	1937	2006	
Becontree Heath <i>Civic Cent. (Wood La.)</i>	1259		1519	1539	1559	1619	1639	1659	1719	1739	1759	1819	1838	1856	1915	1940	2009	
Dagenham Road <i>Birkbeck Road</i>	1305		1525	1545	1605	1625	1645	1704	1724	1744	1804	1824	1843	1901	1920	1945	2013	
Gallows Corner <i>Tesco</i>	1950	2020	2050	2120	2150	2220	2250	2320										
Gallows Corner <i>Straight Road</i>	1952	2022	2052	2122	2152	2222	2252	2322										
Keats Avenue <i>Heaton Avenue</i>	1956	2026	2056	2126	2156	2226	2256	2326										
Harold Hill <i>Hilldene Avenue</i>	2000	2030	2100	2129	2159	2229	2259	2329										
Noak Hill <i>North Hill Drive</i>	2002	2032	2102	2131	2201	2231	2301	2331										
Chase Cross <i>Havering Road</i>	2007	2037	2107	2136	2206	2236	2306	2336										
Pettits Lane <i>Marshalls Park School</i>	2011	2041	2111	2140	2210	2240	2310	2340										
Romford Station	2019	2048	2118	2147	2217	2247	2317	2347										
Queen's Hospital	2022	2051	2121	2150	2220	2250	2320	2350										
Crow Lane <i>Jutsums Lane</i>	2024	2053	2123	2152	2222	2252	2322	2352										
Becontree Heath <i>Morrisons</i>	2031	2100	2129	2158	2228	2258	2328	2358										
Heath Park <i>Stansgate Road (arr.)</i>	2033	2102	2131	2200	2230	2300	2330	0000										
Heath Park <i>Stansgate Road (dep.)</i>	2035	2104	2133	2202	2232	2302	2332	0002										
Becontree Heath <i>Civic Cent. (Wood La.)</i>	2038	2107	2136	2205	2235	2305	2335	0005										
Dagenham Road <i>Birkbeck Road</i>	2042	2111	2140	2209	2239	2309	2339	0009										
<b>499</b>		<b>Sundays and other Public Holidays (except Christmas Day)</b>																
Gallows Corner <i>Tesco</i>	0615	0645	0715	0744	0813	0840	0906	0935	1004	1034	1103	1133	1202	1232	1302	1333	1404	1434
Gallows Corner <i>Straight Road</i>	0617	0647	0717	0746	0816	0844	0910	0939	1008	1038	1107	1137	1207	1237	1307	1338	1408	1438
Keats Avenue <i>Heaton Avenue</i>	0621	0651	0721	0750	0820	0848	0914	0943	1012	1042	1111	1141	1211	1241	1311	1342	1412	1442
Harold Hill <i>Hilldene Avenue</i>	0625	0655	0725	0754	0824	0852	0919	0948	1017	1047	1116	1146	1216	1246	1316	1347	1417	1447
Noak Hill <i>North Hill Drive</i>	0627	0657	0727	0756	0826	0854	0922	0951	1020	1050	1119	1149	1219	1249	1319	1350	1420	1450
Chase Cross <i>Havering Road</i>	0633	0703	0733	0802	0832	0900	0928	0958	1027	1057	1126	1156	1226	1256	1326	1357	1427	1457
Pettits Lane <i>Marshalls Park School</i>	0637	0707	0737	0806	0836	0904	0933	1003	1032	1102	1131	1201	1231	1301	1331	1402	1432	1502
Romford Station	0643	0713	0743	0813	0843	0911	0941	1011	1040	1110	1140	1211	1241	1311	1341	1411	1441	1511
Queen's Hospital	0647	0717	0747	0817	0847	0915	0945	1015	1044	1114	1144	1215	1245	1315	1345	1415	1445	1515
Crow Lane <i>Jutsums Lane</i>	0650	0720	0750	0820	0850	0919	0949	1019	1048	1118	1148	1219	1249	1319	1349	1419	1449	1519
Becontree Heath <i>Morrisons</i>	0657	0727	0757	0827	0857	0927	0957	1027	1057	1127	1157	1228	1258	1328	1358	1428	1458	1528
Heath Park <i>Stansgate Road (arr.)</i>	0658	0728	0758	0828	0858	0928	0958	1028	1058	1128	1158	1229	1259	1329	1359	1429	1459	1529
Heath Park <i>Stansgate Road (dep.)</i>	0700	0730	0800	0830	0900	0930	1000	1030	1100	1130	1200	1231	1301	1331	1401	1431	1501	1531
Becontree Heath <i>Civic Cent. (Wood La.)</i>	0703	0733	0803	0833	0903	0933	1003	1033	1103	1133	1203	1234	1304	1334	1404	1434	1504	1534
Dagenham Road <i>Birkbeck Road</i>	0706	0736	0806	0836	0906	0936	1007	1037	1107	1137	1207	1238	1308	1338	1408	1438	1508	1538
Gallows Corner <i>Tesco</i>	1504	1535	1605	1637	1709	1741	1813	1844	1915	1946	2017	2048	2118	2149	2219	2249	2320	
Gallows Corner <i>Straight Road</i>	1508	1539	1609	1641	1713	1745	1817	1848	1918	1949	2020	2051	2121	2151	2221	2251	2322	
Keats Avenue <i>Heaton Avenue</i>	1512	1543	1613	1645	1717	1749	1821	1852	1922	1953	2024	2055	2125	2155	2225	2255	2325	
Harold Hill <i>Hilldene Avenue</i>	1517	1548	1617	1649	1721	1753	1825	1856	1926	1957	2028	2058	2128	2158	2228	2258	2328	
Noak Hill <i>North Hill Drive</i>	1520	1551	1620	1652	1724	1756	1827	1858	1928	1959	2030	2100	2130	2200	2230	2300	2330	
Chase Cross <i>Havering Road</i>	1527	1558	1627	1658	1730	1802	1833	1904	1934	2005	2036	2106	2136	2206	2236	2306	2336	
Pettits Lane <i>Marshalls Park School</i>	1532	1603	1632	1703	1734	1806	1837	1908	1938	2009	2040	2110	2140	2210	2240	2310	2340	
Romford Station	1541	1611	1641	1711	1742	1813	1844	1914	1944	2015	2046	2116	2146	2216	2246	2316	2346	
Queen's Hospital	1545	1615	1645	1715	1746	1817	1848	1918	1948	2019	2049	2119	2149	2219	2249	2319	2349	
Crow Lane <i>Jutsums Lane</i>	1549	1619	1649	1719	1750	1821	1851	1921	1951	2022	2052	2122	2152	2222	2252	2322	2352	
Becontree Heath <i>Morrisons</i>	1558	1628	1658	1728	1758	1828	1858	1928	1958	2028	2058	2128	2158	2228	2258	2328	2358	
Heath Park <i>Stansgate Road (arr.)</i>	1559	1629	1659	1729	1759	1829	1859	1929	1959	2029	2059	2129	2159	2229	2259	2329	2359	
Heath Park <i>Stansgate Road (dep.)</i>	1601	1631	1701	1731	1801	1831	1901	1931	2001	2031	2101	2131	2201	2231	2301	2331	0001	
Becontree Heath <i>Civic Cent. (Wood La.)</i>	1604	1634	1704	1734	1804	1834	1904	1934	2004	2034	2104	2134	2204	2234	2304	2334	0004	
Dagenham Road <i>Birkbeck Road</i>	1608	1637	1707	1737	1807	1837	1907	1937	2007	2037	2107	2137	2207	2237	2307	2337	0007	

499	Mondays to Fridays																			
Crow Lane Jutsums Lane	0549	0619	0645	0659	0719	0739	0759	0819	0839	0859	0919		1239	1259	1319	1339	1359			
Becontree Heath Morrisons	0556	0626	0653	0708	0728	0748	0808	0828	0848	0908	0928		1248	1308	1328	1348	1408			
Heath Park Stansgate Road (arr.)	0558	0628	0655	0710	0730	0750	0810	0830	0850	0910	0930		1250	1310	1330	1350	1410			
Heath Park Stansgate Road (dep.)	0600	0630	0657	0712	0732	0752	0812	0832	0852	0912	0932		1252	1312	1332	1352	1412			
Becontree Heath Civic Cent. (Wood La.)	0603	0633	0701	0716	0736	0756	0816	0836	0855	0915	0935		1255	1315	1335	1356	1416			
Dagenham Road Birkbeck Road	0607	0637	0706	0721	0741	0801	0821	0841	0900	0920	0940	Then every 20 minutes until	1300	1320	1340	1401	1422			
Queen's Hospital	0610	0640	0710	0726	0746	0806	0826	0846	0905	0925	0944		1304	1324	1344	1405	1426			
Romford Station	0615	0645	0715	0732	0752	0812	0832	0852	0911	0931	0950		1310	1330	1350	1411	1432			
Pettits Lane Marshalls Park School	0621	0651	0721	0739	0759	0819	0839	0859	0918	0938	0958		1318	1339	1359	1420	1442			
Chase Cross Havering Road	0626	0656	0727	0745	0805	0825	0845	0905	0924	0944	1004		1324	1345	1406	1428	1450			
Noak Hill North Hill Drive	0631	0701	0732	0752	0812	0832	0852	0912	0931	0951	1011		1331	1352	1413	1435	1457			
Harold Hill Hilldene Avenue	0633	0704	0735	0755	0815	0835	0855	0915	0934	0954	1014		1334	1355	1416	1438	1500			
Keats Avenue Heaton Avenue	0637	0708	0740	0800	0820	0840	0900	0920	0939	0959	1019		1339	1400	1421	1443	1506			
Gallows Corner Straight Road	0641	0713	0745	0805	0825	0845	0905	0925	0944	1004	1024		1344	1405	1426	1448	1511			
Gallows Corner Tesco	0644	0717	0749	0809	0829	0849	0909	0929	0948	1008	1028		1348	1409	1430	1452	1515			
Crow Lane Jutsums Lane	1418	1437	1456	1516	1535	1556	1616	1636	1657	1717	1737		1757	1818	1839	1900	1920	1950	2021	
Becontree Heath Morrisons	1427	1447	1507	1527	1547	1608	1628	1648	1708	1728	1748		1808	1828	1848	1908	1928	1958	2028	
Heath Park Stansgate Road (arr.)	1429	1449	1509	1529	1549	1610	1630	1650	1710	1730	1750		1810	1830	1850	1910	1930	2000	2030	
Heath Park Stansgate Road (dep.)	1431	1451	1511	1531	1551	1612	1632	1652	1712	1732	1752	1812	1832	1852	1912	1932	2002	2032		
Becontree Heath Civic Cent. (Wood La.)	1435	1455	1515	1535	1555	1616	1636	1656	1716	1736	1756	1815	1835	1855	1915	1935	2005	2035		
Dagenham Road Birkbeck Road	1441	1501	1521	1541	1601	1622	1642	1702	1722	1742	1802	1820	1840	1900	1920	1940	2009	2038		
Queen's Hospital	1446	1506	1526	1546	1606	1627	1647	1707	1727	1747	1806	1824	1843	1903	1923	1943	2012	2041		
Romford Station	1452	1512	1532	1552	1612	1633	1653	1713	1733	1753	1812	1830	1849	1909	1928	1948	2017	2046		
Pettits Lane Marshalls Park School	1503	1523	1543	1603	1623	1644	1704	1724	1743	1802	1820	1838	1857	1916	1935	1954	2022	2051		
Chase Cross Havering Road	1511	1531	1551	1611	1631	1652	1712	1732	1751	1809	1827	1845	1904	1922	1940	1959	2027	2056		
Noak Hill North Hill Drive	1518	1538	1558	1618	1638	1659	1719	1739	1758	1816	1834	1852	1911	1929	1946	2005	2033	2102		
Harold Hill Hilldene Avenue	1521	1541	1601	1621	1641	1702	1722	1742	1801	1819	1837	1855	1914	1932	1949	2008	2036	2105		
Keats Avenue Heaton Avenue	1527	1547	1607	1627	1647	1707	1727	1747	1806	1824	1842	1859	1918	1936	1953	2012	2040	2109		
Gallows Corner Straight Road	1532	1552	1612	1632	1652	1712	1732	1752	1810	1828	1846	1903	1922	1940	1957	2016	2044	2113		
Gallows Corner Tesco	1536	1556	1616	1636	1656	1716	1736	1755	1813	1831	1849	1906	1925	1943	2000	2019	2047	2116		
Crow Lane Jutsums Lane	2052	2122		2352																
Becontree Heath Morrisons	2058	2128		2358																
Heath Park Stansgate Road (arr.)	2100	2130		0000																
Heath Park Stansgate Road (dep.)	2102	2132		0002																
Becontree Heath Civic Cent. (Wood La.)	2105	2135		0005																
Dagenham Road Birkbeck Road	2108	2138	Then every 30 minutes until	0008																
Queen's Hospital	2111	2141		0011																
Romford Station	2116	2146		0016																
Pettits Lane Marshalls Park School	2121	2150		0020																
Chase Cross Havering Road	2126	2155		0025																
Noak Hill North Hill Drive	2132	2201		0031																
Harold Hill Hilldene Avenue	2134	2203		0033																
Keats Avenue Heaton Avenue	2138	2207		0037																
Gallows Corner Straight Road	2142	2211		0041																
Gallows Corner Tesco	2144	2213		0043																
499	Saturdays (also Good Friday)																			
Crow Lane Jutsums Lane	0549				0749	0819	0849	0908	0926	0944	1004	1024	1044	1103	1123	1143				1523
Becontree Heath Morrisons	0556				0756	0826	0856	0916	0934	0952	1012	1032	1052	1111	1131	1151				1531
Heath Park Stansgate Road (arr.)	0558			0758	0828	0858	0918	0936	0954	1014	1034	1054	1114	1134	1154				1534	
Heath Park Stansgate Road (dep.)	0600			0800	0830	0900	0920	0938	0956	1016	1036	1056	1116	1136	1156				1536	
Becontree Heath Civic Cent. (Wood La.)	0603			0803	0833	0903	0923	0941	0959	1019	1039	1059	1119	1139	1159				1539	
Dagenham Road Birkbeck Road	0607	Then every 30 minutes until		0807	0837	0908	0928	0946	1004	1025	1045	1105	1125	1145	1205	Then every 20 minutes until				1545
Queen's Hospital	0609		0809	0839	0910	0930	0949	1008	1029	1049	1109	1129	1149	1209	1549					
Romford Station	0614		0814	0845	0916	0936	0955	1014	1035	1055	1115	1135	1155	1215	1555					
Pettits Lane Marshalls Park School	0619		0819	0850	0922	0942	1001	1020	1041	1101	1121	1141	1201	1221	1601					
Chase Cross Havering Road	0624		0824	0855	0929	0949	1009	1028	1049	1109	1129	1149	1210	1230	1610					
Noak Hill North Hill Drive	0628		0828	0859	0935	0955	1015	1034	1055	1115	1135	1155	1216	1236	1616					
Harold Hill Hilldene Avenue	0630		0830	0902	0938	0958	1018	1037	1058	1118	1138	1158	1219	1239	1619					
Keats Avenue Heaton Avenue	0634		0834	0907	0943	1003	1024	1043	1104	1124	1144	1204	1225	1245	1625					
Gallows Corner Straight Road	0638		0838	0911	0948	1008	1029	1048	1109	1129	1149	1209	1230	1250	1630					
Gallows Corner Tesco	0640		0840	0914	0951	1012	1032	1051	1114	1134	1153	1213	1234	1255	1635					

499	Saturdays (also Good Friday) (cont.)																		
Crow Lane Jutsums Lane	1543	1603	1623	1643	1704	1724	1744	1804	1823	1842	1901	1926	1955	2024	2053	2123	2152	2222	
Becontree Heath Morrisons	1551	1611	1631	1651	1712	1732	1752	1812	1831	1849	1908	1933	2002	2031	2100	2129	2158	2228	
Heath Park Stansgate Road (arr.)	1554	1614	1634	1654	1714	1734	1754	1814	1833	1851	1910	1935	2004	2033	2102	2131	2200	2230	
Heath Park Stansgate Road (dep.)	1556	1616	1636	1656	1716	1736	1756	1816	1835	1853	1912	1937	2006	2035	2104	2133	2202	2232	
Becontree Heath Civic Cent.(Wood La.)	1559	1619	1639	1659	1719	1739	1759	1819	1838	1856	1915	1940	2009	2038	2107	2136	2205	2235	
Dagenham Road Birkbeck Road	1605	1625	1645	1704	1724	1744	1804	1824	1843	1901	1920	1945	2013	2042	2111	2140	2209	2239	
Queen's Hospital	1609	1629	1649	1708	1728	1748	1807	1827	1845	1903	1922	1947	2015	2044	2113	2142	2211	2241	
Romford Station	1615	1635	1655	1714	1734	1754	1813	1833	1851	1909	1927	1952	2020	2049	2118	2147	2216	2246	
Pettits Lane Marshalls Park School	1621	1641	1701	1720	1740	1800	1819	1839	1857	1915	1933	1958	2026	2054	2123	2152	2221	2251	
Chase Cross Havering Road	1630	1650	1708	1727	1747	1807	1826	1846	1904	1922	1940	2005	2031	2059	2128	2157	2226	2256	
Noak Hill North Hill Drive	1636	1656	1714	1733	1753	1813	1832	1852	1910	1928	1946	2010	2036	2104	2133	2202	2231	2301	
Harold Hill Hilldene Avenue	1639	1659	1717	1736	1756	1816	1835	1855	1913	1931	1949	2012	2038	2106	2135	2204	2233	2303	
Keats Avenue Heaton Avenue	1645	1704	1722	1741	1801	1821	1840	1859	1917	1935	1953	2016	2042	2110	2139	2208	2237	2307	
Gallows Corner Straight Road	1649	1708	1726	1745	1805	1825	1844	1903	1921	1939	1957	2020	2046	2114	2143	2212	2241	2311	
Gallows Corner Tesco	1654	1712	1730	1749	1809	1829	1848	1906	1924	1941	1959	2022	2048	2116	2145	2214	2243	2313	
Crow Lane Jutsums Lane	2252	2322	2352																
Becontree Heath Morrisons	2258	2328	2358																
Heath Park Stansgate Road (arr.)	2300	2330	0000																
Heath Park Stansgate Road (dep.)	2302	2332	0002																
Becontree Heath Civic Cent.(Wood La.)	2305	2335	0005																
Dagenham Road Birkbeck Road	2309	2339	0009																
Queen's Hospital	2311	2341	0011																
Romford Station	2316	2346	0016																
Pettits Lane Marshalls Park School	2321	2351	0021																
Chase Cross Havering Road	2326	2356	0026																
Noak Hill North Hill Drive	2331	0001	0031																
Harold Hill Hilldene Avenue	2333	0003	0033																
Keats Avenue Heaton Avenue	2337	0007	0037																
Gallows Corner Straight Road	2341	0011	0041																
Gallows Corner Tesco	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	
Becontree Heath Morrisons	0657	0727	0757	0827	0857	0927	0957	1027	1057	1127	1157	1228	1258	1328	1358	1428	1458	1528	
Heath Park Stansgate Road (arr.)	0658	0728	0758	0828	0858	0928	0958	1028	1058	1128	1158	1229	1259	1329	1359	1429	1459	1529	
Heath Park Stansgate Road (dep.)	0700	0730	0800	0830	0900	0930	1000	1030	1100	1130	1200	1231	1301	1331	1401	1431	1501	1531	
Becontree Heath Civic Cent.(Wood La.)	0703	0733	0803	0833	0903	0933	1003	1033	1103	1133	1203	1234	1304	1334	1404	1434	1504	1534	
Dagenham Road Birkbeck Road	0706	0736	0806	0836	0906	0936	1007	1037	1107	1137	1207	1238	1308	1338	1408	1438	1508	1538	
Queen's Hospital	0709	0739	0809	0839	0909	0939	1010	1040	1110	1140	1210	1241	1311	1341	1411	1441	1511	1541	
Romford Station	0713	0743	0813	0843	0914	0944	1015	1045	1115	1145	1215	1246	1316	1346	1416	1446	1516	1546	
Pettits Lane Marshalls Park School	0718	0748	0818	0849	0920	0950	1021	1052	1122	1153	1224	1254	1324	1354	1424	1454	1523	1553	
Chase Cross Havering Road	0723	0753	0823	0854	0926	0958	1028	1058	1128	1159	1230	1300	1330	1400	1430	1459	1528	1558	
Noak Hill North Hill Drive	0728	0758	0828	0900	0932	1004	1034	1104	1134	1205	1236	1306	1336	1406	1436	1505	1534	1604	
Harold Hill Hilldene Avenue	0730	0800	0830	0902	0935	1007	1037	1107	1137	1208	1239	1309	1339	1409	1439	1508	1537	1607	
Keats Avenue Heaton Avenue	0734	0804	0835	0907	0940	1012	1042	1112	1142	1213	1244	1314	1344	1414	1444	1513	1542	1612	
Gallows Corner Straight Road	0738	0808	0839	0911	0944	1017	1047	1117	1147	1218	1249	1319	1349	1419	1449	1518	1547	1617	
Gallows Corner Tesco	0741	0811	0842	0914	0947	1020	1051	1121	1151	1222	1253	1323	1353	1423	1453	1522	1551	1621	
Crow Lane Jutsums Lane	1549	1619	1649	1719	1750	1821	1851	1921	1951	2022	2052	2122	2152	2222	2252	2322	2352		
Becontree Heath Morrisons	1558	1628	1658	1728	1758	1828	1858	1928	1958	2028	2058	2128	2158	2228	2258	2328	2358		
Heath Park Stansgate Road (arr.)	1559	1629	1659	1729	1759	1829	1859	1929	1959	2029	2059	2129	2159	2229	2259	2329	2359		
Heath Park Stansgate Road (dep.)	1601	1631	1701	1731	1801	1831	1901	1931	2001	2031	2101	2131	2201	2231	2301	2331	0001		
Becontree Heath Civic Cent.(Wood La.)	1604	1634	1704	1734	1804	1834	1904	1934	2004	2034	2104	2134	2204	2234	2304	2334	0004		
Dagenham Road Birkbeck Road	1608	1637	1707	1737	1807	1837	1907	1937	2007	2037	2107	2137	2207	2237	2307	2337	0007		
Queen's Hospital	1611	1640	1710	1740	1810	1840	1910	1940	2010	2040	2110	2140	2210	2240	2310	2340	0010		
Romford Station	1616	1645	1715	1745	1815	1844	1914	1944	2014	2044	2114	2144	2214	2244	2314	2344	0014		
Pettits Lane Marshalls Park School	1623	1652	1721	1751	1821	1850	1920	1950	2020	2049	2119	2149	2219	2249	2319	2349	0019		
Chase Cross Havering Road	1628	1657	1726	1756	1826	1855	1925	1955	2025	2054	2124	2154	2224	2254	2324	2354	0024		
Noak Hill North Hill Drive	1634	1703	1732	1802	1832	1901	1931	2001	2031	2100	2130	2200	2230	2300	2330	0000	0030		
Harold Hill Hilldene Avenue	1637	1706	1735	1805	1835	1904	1934	2004	2034	2103	2132	2202	2232	2302	2332	0002	0032		
Keats Avenue Heaton Avenue	1642	1711	1740	1810	1840	1909	1938	2008	2038	2107	2136	2206	2236	2306	2336	0006	0035		
Gallows Corner Straight Road	1646	1715	1744	1814	1844	1913	1942	2012	2042	2111	2140	2209	2239	2309	2339	0009	0038		
Gallows Corner Tesco	1649	1718	1747	1817	1847	1916	1945	2015	2045	2114	2143	2212	2242	2312	2342	0012	0041		