

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	
Gallows Corner Straight Road	0517	0547	0617	0634	0651	0708	0727	0746	0805	0825	0845	0904	0924		1304	1324	1344	
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	
Noak Hill North Hill Drive	0527	0557	0627	0644	0702	0720	0739	0758	0818	0838	0858	0917	0937		1317	1337	1357	
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 (arr.)	0558	0628	0658	0724	0745	0806	0826	0845	0904	0922	0939	0957	1016	1356	1416	1437		
Heath Park Stansgate Road (dep.)	0600	0630	0700	0726	0747	0808	0828	0847	0906	0924	0941	0959	1018	1358	1418	1439		
Becontree Heath Civic Cent. (Wood La.)	0603	0633	0703	0729	0750	0811	0831	0850	0909	0927	0944	1002	1021	1401	1421	1442		
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		
Gallows Corner Straight Road	1404	1424	1444		1644	1704	1724	1744	1804	1824	1843	1903	1922	1952		2322		
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		
Noak Hill North Hill Drive	1417	1437	1457		1657	1717	1737	1757	1816	1835	1854	1913	1932	2001		2331		
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 (arr.)	1457	1518	1539	1739	1759	1818	1836	1853	1910	1927	1944	2002	2030	0000				
Heath Park Stansgate Road (dep.)	1459	1520	1541	1741	1801	1820	1838	1855	1912	1929	1946	2004	2032	0002				
Becontree Heath Civic Cent. (Wood La.)	1502	1523	1544	1744	1804	1823	1841	1858	1915	1932	1949	2007	2035	0005				
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 minutes until	0745	0815	0830	0845	0900	0920	0940	1000	1020	1040	1100	1120	1140	1420		
Gallows Corner Straight Road	0517		0747	0817	0832	0847	0903	0923	0943	1003	1023	1043	1104	1125	1145	1425		
Keats Avenue Heaton Avenue	0521		0751	0821	0836	0851	0907	0927	0947	1007	1027	1047	1108	1129	1149	1429		
Harold Hill Hilldene Avenue	0525		0755	0825	0840	0855	0912	0932	0952	1012	1032	1052	1113	1134	1154	1434		
Noak Hill North Hill Drive	0527		0757	0827	0843	0858	0915	0935	0955	1015	1035	1055	1116	1137	1157	1437		
Chase Cross Havering Road	0532		0802	0832	0849	0904	0922	0942	1002	1022	1042	1102	1123	1144	1204	1444		
Pettits Lane Marshalls Park School	0536		0806	0836	0854	0910	0928	0948	1008	1028	1048	1108	1129	1150	1211	1451		
Romford Station	0544		0814	0844	0902	0920	0938	0958	1018	1038	1058	1118	1139	1200	1221	1501		
Queen's Hospital	0547		0817	0847	0906	0924	0942	1002	1022	1042	1102	1122	1143	1204	1225	1505		
Becontree Heath Morrisons	0556		0826	0856	0916	0934	0952	1012	1032	1053	1113	1133	1154	1215	1236	1516		
Heath Park Stansgate Road (arr.)	0558	0828	0858	0918	0936	0954	1014	1034	1055	1116	1136	1157	1218	1239	1519			
Heath Park Stansgate Road (dep.)	0600	0830	0900	0920	0938	0956	1016	1036	1057	1118	1138	1159	1220	1241	1521			
Becontree Heath Civic Cent. (Wood La.)	0603	0833	0903	0923	0941	0959	1019	1039	1100	1121	1141	1202	1223	1244	1524			
Dagenham Road Birkbeck Road	0607	0837	0908	0928	0946	1005	1025	1045	1106	1127	1147	1208	1229	1250	1530			
Gallows Corner Tesco	1440	1500	1520	1540	1600	1620	1640	1700	1720	1740	1800	1820	1850	1920	1950	2020	2050	2120
Gallows Corner Straight Road	1445	1504	1523	1543	1603	1623	1643	1703	1723	1743	1803	1823	1853	1922	1952	2022	2052	2122
Keats Avenue Heaton Avenue	1449	1508	1527	1547	1607	1627	1647	1707	1727	1747	1807	1827	1857	1926	1956	2026	2056	2126
Harold Hill Hilldene Avenue	1454	1513	1532	1552	1612	1632	1652	1712	1732	1752	1812	1832	1901	1930	2000	2030	2100	2129
Noak Hill North Hill Drive	1457	1516	1535	1555	1615	1635	1655	1715	1735	1755	1814	1834	1903	1932	2002	2032	2102	2131
Chase Cross Havering Road	1504	1523	1542	1602	1622	1642	1702	1722	1742	1801	1820	1839	1908	1937	2007	2037	2107	2136
Pettits Lane Marshalls Park School	1510	1529	1548	1608	1628	1648	1708	1728	1748	1807	1826	1845	1912	1941	2011	2041	2111	2140
Romford Station	1520	1539	1558	1618	1638	1658	1718	1738	1757	1816	1835	1854	1921	1950	2019	2048	2118	2147
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 (arr.)	1538	1557	1616	1636	1656	1715	1735	1755	1814	1833	1851	1910	1935	2004	2033	2102	2131	2200
Heath Park Stansgate Road (dep.)	1540	1559	1618	1638	1658	1717	1737	1757	1816	1835	1853	1912	1937	2006	2035	2104	2133	2202
Becontree Heath Civic Cent. (Wood La.)	1543	1602	1621	1641	1701	1720	1740	1800	1819	1838	1856	1915	1940	2009	2038	2107	2136	2205
Dagenham Road Birkbeck Road	1549	1608	1627	1647	1706	1725	1745	1805	1824	1843	1901	1920	1945	2013	2042	2111	2140	2209

499		Saturdays (also Good Friday) (cont.)																	
Gallows Corner Tesco	2150	2220	2250	2320															
Gallows Corner Straight Road	2152	2222	2252	2322															
Keats Avenue Heaton Avenue	2156	2226	2256	2326															
Harold Hill Hilldene Avenue	2159	2229	2259	2329															
Noak Hill North Hill Drive	2201	2231	2301	2331															
Chase Cross Havering Road	2206	2236	2306	2336															
Pettits Lane Marshalls Park School	2210	2240	2310	2340															
Romford Station	2217	2247	2317	2347															
Queen's Hospital	2220	2250	2320	2350															
Becontree Heath Morrisons	2228	2258	2328	2358															
Heath Park Stansgate Road (arr.)	2230	2300	2330	0000															
Heath Park Stansgate Road (dep.)	2232	2302	2332	0002															
Becontree Heath Civic Cent. (Wood La.)	2235	2305	2335	0005															
Dagenham Road Birkbeck Road	2239	2309	2339	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	
Gallows Corner Straight Road	0617	0647	0717	0747	0820	0850	0921	0948	1018	1048	1116	1145	1214	1244	1314	1344	1414	1444	
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	
Noak Hill North Hill Drive	0626	0656	0726	0757	0830	0900	0932	1000	1030	1100	1128	1157	1226	1256	1326	1356	1426	1456	
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 (arr.)	0657	0727	0758	0829	0902	0933	1005	1035	1105	1135	1204	1234	1304	1334	1404	1434	1504	1534	
Heath Park Stansgate Road (dep.)	0700	0730	0801	0832	0904	0935	1007	1037	1107	1137	1206	1236	1306	1336	1406	1436	1506	1536	
Becontree Heath Civic Cent. (Wood La.)	0703	0733	0804	0835	0907	0938	1010	1040	1110	1140	1209	1239	1309	1339	1409	1439	1509	1539	
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								
Gallows Corner Straight Road	1514	1544	1614	1644	1714	1748	1821	1851	1922		2322								
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								
Noak Hill North Hill Drive	1526	1556	1626	1655	1725	1759	1831	1901	1931		2331								
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 (arr.)	1603	1632	1701	1730	1800	1830	1900	1930	2000		0000								
Heath Park Stansgate Road (dep.)	1605	1634	1703	1732	1802	1832	1902	1932	2002		0002								
Becontree Heath Civic Cent. (Wood La.)	1608	1637	1706	1735	1805	1835	1905	1935	2005		0005								
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	Then every 20 minutes until	1302	1322	1342										
Becontree Heath Morrisons	0556	0626	0656	0722	0743	0804	0824	0843	0902	0920	0937	0955	1014		1314	1334	1354										
Heath Park Stansgate Road (arr.)	0558	0628	0658	0724	0745	0806	0826	0845	0904	0922	0939	0957	1016		1316	1336	1356										
Heath Park Stansgate Road (dep.)	0600	0630	0700	0726	0747	0808	0828	0847	0906	0924	0941	0959	1018		1318	1338	1358										
Becontree Heath Civic Cent. (Wood La.)	0603	0633	0703	0729	0750	0811	0831	0850	0909	0927	0944	1002	1021		1321	1341	1401										
Dagenham Road Birkbeck Road	0607	0637	0708	0734	0755	0816	0836	0855	0914	0932	0949	1007	1026		1326	1346	1406										
Queen's Hospital	0609	0639	0712	0739	0800	0821	0841	0900	0918	0936	0953	1011	1030		1330	1350	1410										
Romford Station	0614	0644	0717	0745	0806	0827	0847	0906	0924	0942	0959	1017	1036		1336	1356	1416										
Pettits Lane Marshalls Park School	0620	0650	0723	0752	0813	0834	0854	0913	0931	0949	1006	1024	1043		1343	1403	1424										
Chase Cross Havering Road	0625	0655	0729	0758	0819	0840	0900	0919	0937	0955	1012	1030	1049		1349	1410	1431										
Noak Hill North Hill Drive	0629	0659	0734	0805	0826	0847	0907	0926	0944	1002	1019	1037	1056		1356	1417	1438										
Harold Hill Hilldene Avenue	0631	0701	0737	0808	0829	0850	0910	0929	0947	1005	1022	1040	1059		1359	1420	1441										
Keats Avenue Heaton Avenue	0635	0707	0743	0814	0835	0856	0916	0935	0953	1011	1028	1046	1105		1405	1426	1447										
Gallows Corner Straight Road	0639	0711	0747	0818	0839	0900	0920	0939	0957	1015	1032	1050	1109		1409	1430	1451										
Gallows Corner Tesco	0641	0715	0751	0822	0843	0904	0924	0943	1001	1018	1035	1053	1112	1412	1433	1454											
Queen's Hospital	1402	1423	1443	1502	1522	1542	Then every 20 minutes until	1722	1742	1801	1820	1838	1856	1914	1932	1951	2020										
Becontree Heath Morrisons	1414	1435	1455	1516	1537	1557		1737	1757	1816	1834	1851	1908	1925	1942	2000	2028										
Heath Park Stansgate Road (arr.)	1416	1437	1457	1518	1539	1559		1739	1759	1818	1836	1853	1910	1927	1944	2002	2030										
Heath Park Stansgate Road (dep.)	1418	1439	1459	1520	1541	1601		1741	1801	1820	1838	1855	1912	1929	1946	2004	2032										
Becontree Heath Civic Cent. (Wood La.)	1421	1442	1502	1523	1544	1604		1744	1804	1823	1841	1858	1915	1932	1949	2007	2035										
Dagenham Road Birkbeck Road	1427	1448	1509	1530	1551	1611		1751	1810	1828	1846	1903	1920	1937	1954	2011	2039										
Queen's Hospital	1431	1452	1513	1534	1555	1615		1755	1814	1832	1849	1905	1922	1939	1956	2013	2041										
Romford Station	1437	1458	1519	1540	1601	1621		1801	1820	1838	1855	1911	1927	1944	2001	2018	2046										
Pettits Lane Marshalls Park School	1445	1507	1529	1551	1612	1632		1812	1830	1847	1903	1919	1935	1951	2007	2023	2051										
Chase Cross Havering Road	1453	1515	1537	1559	1620	1640		1820	1837	1853	1909	1924	1940	1956	2012	2028	2056										
Noak Hill North Hill Drive	1500	1522	1544	1606	1627	1647		1827	1844	1900	1915	1930	1946	2002	2017	2033	2101										
Harold Hill Hilldene Avenue	1503	1525	1547	1609	1630	1650		1830	1846	1902	1917	1932	1948	2004	2019	2035	2103										
Keats Avenue Heaton Avenue	1509	1531	1553	1615	1636	1656		1836	1851	1906	1921	1936	1952	2008	2023	2039	2107										
Gallows Corner Straight Road	1513	1535	1557	1619	1640	1700		1840	1855	1910	1925	1940	1956	2012	2027	2043	2111										
Gallows Corner Tesco	1516	1538	1600	1622	1643	1704	1844	1859	1914	1929	1944	1959	2014	2029	2045	2113											
Queen's Hospital	2050	Then every 30 minutes until	2350																								
Becontree Heath Morrisons	2058		2358																								
Heath Park Stansgate Road (arr.)	2100		0000																								
Heath Park Stansgate Road (dep.)	2102		0002																								
Becontree Heath Civic Cent. (Wood La.)	2105		0005																								
Dagenham Road Birkbeck Road	2109		0009																								
Queen's Hospital	2111		0011																								
Romford Station	2116		0016																								
Pettits Lane Marshalls Park School	2121		0021																								
Chase Cross Havering Road	2126		0026																								
Noak Hill North Hill Drive	2131		0031																								
Harold Hill Hilldene Avenue	2133		0033																								
Keats Avenue Heaton Avenue	2137		0037																								
Gallows Corner Straight Road	2141		0041																								
Gallows Corner Tesco	2143	0043																									
499														Saturdays (also Good Friday)													
Queen's Hospital	0547	0617	0647	0717	0747	0817	0847	0906	0924	0942	1002	1022	1042	1102	1122	1143	1204	1225									
Becontree Heath Morrisons	0556	0626	0656	0726	0756	0826	0856	0916	0934	0952	1012	1032	1053	1113	1133	1154	1215	1236									
Heath Park Stansgate Road (arr.)	0558	0628	0658	0728	0758	0828	0858	0918	0936	0954	1014	1034	1055	1116	1136	1157	1218	1239									
Heath Park Stansgate Road (dep.)	0600	0630	0700	0730	0800	0830	0900	0920	0938	0956	1016	1036	1057	1118	1138	1159	1220	1241									
Becontree Heath Civic Cent. (Wood La.)	0603	0633	0703	0733	0803	0833	0903	0923	0941	0959	1019	1039	1100	1121	1141	1202	1223	1244									
Dagenham Road Birkbeck Road	0607	0637	0707	0737	0807	0837	0908	0928	0946	1005	1025	1045	1106	1127	1147	1208	1229	1250									
Queen's Hospital	0609	0639	0709	0739	0809	0839	0910	0930	0949	1009	1029	1049	1110	1131	1151	1212	1233	1254									
Romford Station	0614	0644	0714	0744	0814	0845	0916	0936	0955	1015	1035	1055	1116	1137	1157	1218	1239	1300									
Pettits Lane Marshalls Park School	0619	0649	0719	0749	0819	0850	0922	0942	1001	1021	1041	1101	1122	1143	1203	1224	1245	1306									
Chase Cross Havering Road	0624	0654	0724	0754	0824	0855	0928	0948	1008	1029	1049	1109	1130	1151	1212	1233	1254	1315									
Noak Hill North Hill Drive	0628	0658	0728	0758	0828	0859	0933	0954	1014	1035	1055	1115	1136	1157	1218	1239	1300	1321									
Harold Hill Hilldene Avenue	0630	0700	0730	0800	0830	0902	0936	0957	1017	1038	1058	1118	1139	1200	1221	1242	1303	1324									
Keats Avenue Heaton Avenue	0634	0704	0734	0804	0834	0907	0941	1002	1023	1044	1104	1124	1145	1206	1227	1248	1309	1330									
Gallows Corner Straight Road	0638	0708	0738	0808	0838	0911	0946	1007	1028	1049	1109	1129	1150	1211	1232	1253	1314	1335									
Gallows Corner Tesco	0640	0710	0740	0810	0840	0914	0949	1011	1032	1053	1114	1134	1154	1215	1236	1258	1319	1340									

499		Saturdays (also Good Friday) (cont.)																
Queen's Hospital	1245		1505	1524	1543	1602	1622	1642	1702	1722	1742	1801	1820	1839	1858	1924	1953	
Becontree Heath Morrisons	1256		1516	1535	1554	1613	1633	1653	1713	1733	1753	1812	1831	1849	1908	1933	2002	
Heath Park Stansgate Road (arr.)	1259		1519	1538	1557	1616	1636	1656	1715	1735	1755	1814	1833	1851	1910	1935	2004	
Heath Park Stansgate Road (dep.)	1301		1521	1540	1559	1618	1638	1658	1717	1737	1757	1816	1835	1853	1912	1937	2006	
Becontree Heath Civic Cent. (Wood La.)	1304		1524	1543	1602	1621	1641	1701	1720	1740	1800	1819	1838	1856	1915	1940	2009	
Dagenham Road Birkbeck Road	1310	Then	1530	1549	1608	1627	1647	1706	1725	1745	1805	1824	1843	1901	1920	1945	2013	
Queen's Hospital	1314	every 20	1534	1553	1612	1631	1651	1710	1729	1749	1808	1827	1845	1903	1922	1947	2015	
Romford Station	1320	minutes	1540	1559	1618	1637	1657	1716	1735	1755	1814	1833	1851	1909	1927	1952	2020	
Pettits Lane Marshalls Park School	1326	until	1546	1605	1624	1643	1703	1722	1741	1801	1820	1839	1857	1915	1933	1958	2026	
Chase Cross Havering Road	1335		1555	1614	1633	1652	1710	1729	1748	1808	1827	1846	1904	1922	1940	2005	2031	
Noak Hill North Hill Drive	1341		1601	1620	1639	1658	1716	1735	1754	1814	1833	1852	1910	1928	1946	2010	2036	
Harold Hill Hilldene Avenue	1344		1604	1623	1642	1701	1719	1738	1757	1817	1836	1855	1913	1931	1949	2012	2038	
Keats Avenue Heaton Avenue	1350		1610	1629	1648	1706	1724	1743	1802	1822	1841	1859	1917	1935	1953	2016	2042	
Gallows Corner Straight Road	1355		1615	1634	1652	1710	1728	1747	1806	1826	1845	1903	1921	1939	1957	2020	2046	
Gallows Corner Tesco	1400		1620	1639	1657	1714	1732	1751	1810	1830	1849	1906	1924	1941	1959	2022	2048	
Queen's Hospital	2022	2051	2121	2150	2220	2250	2320	2350										
Becontree Heath Morrisons	2031	2100	2129	2158	2228	2258	2328	2358										
Heath Park Stansgate Road (arr.)	2033	2102	2131	2200	2230	2300	2330	0000										
Heath Park Stansgate Road (dep.)	2035	2104	2133	2202	2232	2302	2332	0002										
Becontree Heath Civic Cent. (Wood La.)	2038	2107	2136	2205	2235	2305	2335	0005										
Dagenham Road Birkbeck Road	2042	2111	2140	2209	2239	2309	2339	0009										
Queen's Hospital	2044	2113	2142	2211	2241	2311	2341	0011										
Romford Station	2049	2118	2147	2216	2246	2316	2346	0016										
Pettits Lane Marshalls Park School	2054	2123	2152	2221	2251	2321	2351	0021										
Chase Cross Havering Road	2059	2128	2157	2226	2256	2326	2356	0026										
Noak Hill North Hill Drive	2104	2133	2202	2231	2301	2331	0001	0031										
Harold Hill Hilldene Avenue	2106	2135	2204	2233	2303	2333	0003	0033										
Keats Avenue Heaton Avenue	2110	2139	2208	2237	2307	2337	0007	0037										
Gallows Corner Straight Road	2114	2143	2212	2241	2311	2341	0011	0041										
Gallows Corner Tesco	2116	2145	2214	2243	2313	2343	0013	0043										
499		Sundays and other Public Holidays (except Christmas Day)																
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 (arr.)	0657	0727	0758	0829	0902	0933	1005	1035	1105	1135	1204	1234	1304	1334	1404	1434	1504	1534
Heath Park Stansgate Road (dep.)	0700	0730	0801	0832	0904	0935	1007	1037	1107	1137	1206	1236	1306	1336	1406	1436	1506	1536
Becontree Heath Civic Cent. (Wood La.)	0703	0733	0804	0835	0907	0938	1010	1040	1110	1140	1209	1239	1309	1339	1409	1439	1509	1539
Dagenham Road Birkbeck Road	0707	0737	0808	0839	0911	0942	1014	1044	1114	1144	1213	1243	1313	1343	1413	1443	1513	1543
Queen's Hospital	0709	0739	0810	0841	0913	0944	1017	1047	1117	1147	1216	1246	1316	1346	1416	1446	1516	1546
Romford Station	0714	0744	0815	0846	0918	0949	1022	1052	1122	1152	1222	1252	1322	1352	1422	1452	1522	1552
Pettits Lane Marshalls Park School	0719	0749	0820	0851	0923	0954	1028	1058	1128	1158	1228	1258	1328	1358	1428	1458	1528	1558
Chase Cross Havering Road	0724	0754	0825	0856	0928	0959	1034	1104	1134	1204	1234	1304	1334	1404	1434	1504	1533	1603
Noak Hill North Hill Drive	0728	0758	0829	0900	0932	1003	1040	1110	1140	1210	1240	1310	1340	1410	1440	1510	1539	1608
Harold Hill Hilldene Avenue	0730	0800	0831	0902	0934	1006	1043	1113	1143	1213	1243	1313	1343	1413	1443	1513	1542	1611
Keats Avenue Heaton Avenue	0734	0804	0835	0907	0939	1011	1048	1118	1148	1218	1248	1318	1348	1418	1448	1518	1547	1616
Gallows Corner Straight Road	0738	0808	0839	0911	0943	1016	1053	1123	1153	1223	1253	1323	1353	1423	1453	1523	1552	1620
Gallows Corner Tesco	0740	0810	0841	0913	0946	1022	1059	1129	1159	1229	1259	1329	1359	1429	1459	1529	1558	1625
Queen's Hospital	1550	1620	1649	1718	1748	1819	1850	1920										
Becontree Heath Morrisons	1601	1630	1659	1728	1758	1828	1858	1928										
Heath Park Stansgate Road (arr.)	1603	1632	1701	1730	1800	1830	1900	1930										
Heath Park Stansgate Road (dep.)	1605	1634	1703	1732	1802	1832	1902	1932										
Becontree Heath Civic Cent. (Wood La.)	1608	1637	1706	1735	1805	1835	1905	1935										
Dagenham Road Birkbeck Road	1612	1641	1710	1739	1809	1839	1909	1939	Then									
Queen's Hospital	1615	1644	1713	1742	1812	1842	1912	1941	every 30									
Romford Station	1620	1649	1718	1747	1817	1847	1917	1946	minutes									
Pettits Lane Marshalls Park School	1626	1655	1724	1753	1823	1853	1922	1951	until									
Chase Cross Havering Road	1631	1700	1729	1758	1828	1858	1927	1956										
Noak Hill North Hill Drive	1637	1706	1735	1804	1834	1904	1932	2001										
Harold Hill Hilldene Avenue	1640	1709	1738	1807	1837	1906	1934	2003										
Keats Avenue Heaton Avenue	1645	1714	1743	1812	1842	1910	1938	2007										
Gallows Corner Straight Road	1649	1718	1747	1816	1846	1914	1942	2011										
Gallows Corner Tesco	1654	1723	1752	1820	1849	1916	1944	2013										