

499	Mondays to Fridays																	
Gallows Corner Tesco	0507	0536	0603	0621	0638	0655	0713	0734	0739	0756	0819	0842	0905	0928	0951	1013	1035	1058
Gallows Corner Straight Road	0515	0544	0612	0631	0649	0706	0725	0746	0751	0808	0831	0854	0917	0940	1003	1025	1047	1109
Keats Avenue Heaton Avenue	0519	0548	0616	0635	0653	0710	0729	0751	0756	0813	0836	0859	0922	0945	1008	1030	1052	1114
Harold Hill Hilldene Avenue	0523	0552	0620	0640	0658	0715	0735	0757	0802	0819	0842	0905	0928	0950	1013	1035	1057	1119
Noak Hill North Hill Drive	0525	0554	0622	0642	0701	0718	0738	0800	0805	0822	0845	0908	0931	0953	1016	1038	1100	1122
Chase Cross Havering Road	0531	0601	0629	0649	0708	0725	0746	0808	0813	0830	0853	0916	0938	1000	1023	1045	1107	1129
Pettits Lane Marshalls Park School	0536	0606	0635	0655	0715	0733	0755	0817	0822	0839	0902	0924	0946	1008	1030	1052	1114	1135
Romford Station	0542	0613	0643	0704	0725	0744	0806	0828	0832	0850	0912	0933	0955	1017	1039	1101	1123	1145
Queen's Hospital	0546	0617	0648	0709	0730	0749	0811	0833	0837	0855	0917	0938	1000	1022	1044	1106	1128	1150
Crow Lane Jutsums Lane	0550	0621	0653	0714	0735	0754	0816	0838	--	0900	0922	0943	1005	1027	1049	1111	1133	1155
Becontree Heath Morrisons	0556	0628	0700	0723	0744	0805	0827	0849	--	0911	0932	0953	1015	1037	1059	1121	1143	1205
Heath Park Stansgate Road (arr.)	0558	0630	0702	0725	0746	0807	0829	0851	--	0913	0934	0955	1017	1039	1101	1123	1145	1207
Heath Park Stansgate Road (dep.)	0600	0632	0704	0727	0748	0809	0831	0853	--	0915	0936	0957	1019	1041	1103	1125	1147	1209
Becontree Heath Civic Cent.(Wood La.	0603	0636	0708	0731	0752	0814	0836	0858	--	0920	0941	1002	1024	1046	1108	1129	1151	1213
Dagenham Road Birkbeck Road	0606	0639	0712	0735	0756	0818	0840	0902	--	0924	0945	1006	1028	1050	1112	1133	1155	1217
Gallows Corner Tesco	1120	1142	1204	1226	1248	1310	1332	1354	1415	1436	1458	1519	1541	1603	1625	1648	1711	1734
Gallows Corner Straight Road	1131	1153	1215	1237	1259	1321	1343	1405	1426	1448	1510	1531	1553	1615	1637	1700	1723	1746
Keats Avenue Heaton Avenue	1136	1158	1220	1242	1304	1326	1348	1410	1431	1453	1515	1536	1558	1620	1642	1705	1728	1751
Harold Hill Hilldene Avenue	1141	1203	1225	1247	1309	1331	1353	1415	1436	1458	1520	1542	1604	1626	1648	1711	1734	1756
Noak Hill North Hill Drive	1144	1206	1228	1250	1312	1334	1356	1418	1439	1501	1523	1545	1607	1629	1651	1714	1737	1759
Chase Cross Havering Road	1151	1213	1235	1257	1319	1341	1403	1425	1446	1508	1530	1552	1614	1636	1658	1721	1744	1806
Pettits Lane Marshalls Park School	1157	1219	1241	1303	1325	1347	1409	1430	1452	1514	1536	1558	1620	1642	1704	1726	1749	1811
Romford Station	1207	1229	1251	1313	1335	1357	1419	1440	1502	1524	1546	1608	1630	1652	1714	1735	1758	1820
Queen's Hospital	1212	1234	1256	1318	1340	1402	1424	1445	1507	1529	1551	1613	1635	1657	1719	1740	1803	1825
Crow Lane Jutsums Lane	1217	1239	1301	1323	1345	1407	1429	1450	1512	1534	1556	1618	1640	1702	1724	1745	1808	1830
Becontree Heath Morrisons	1227	1249	1311	1333	1355	1417	1439	1501	1523	1545	1607	1629	1651	1713	1735	1757	1819	1841
Heath Park Stansgate Road (arr.)	1229	1251	1313	1335	1357	1419	1441	1503	1525	1547	1609	1631	1653	1715	1737	1759	1821	1843
Heath Park Stansgate Road (dep.)	1231	1253	1315	1337	1359	1421	1443	1505	1527	1549	1611	1633	1655	1717	1739	1801	1823	1845
Becontree Heath Civic Cent.(Wood La.	1235	1257	1319	1341	1403	1425	1447	1509	1531	1553	1615	1638	1700	1721	1743	1805	1827	1849
Dagenham Road Birkbeck Road	1239	1301	1323	1346	1408	1431	1453	1515	1537	1559	1621	1644	1706	1727	1748	1810	1832	1853
Gallows Corner Tesco	1757	1820	1843	1906	1929	2002	2035	2108	2141	2214	2247	2320						
Gallows Corner Straight Road	1809	1832	1854	1917	1939	2011	2044	2116	2149	2222	2255	2328						
Keats Avenue Heaton Avenue	1814	1837	1859	1921	1943	2015	2047	2119	2152	2225	2258	2331						
Harold Hill Hilldene Avenue	1819	1842	1904	1926	1948	2020	2051	2123	2156	2229	2302	2335						
Noak Hill North Hill Drive	1822	1845	1907	1928	1950	2022	2053	2125	2158	2231	2304	2337						
Chase Cross Havering Road	1829	1852	1914	1935	1956	2028	2059	2131	2204	2237	2310	2342						
Pettits Lane Marshalls Park School	1834	1857	1919	1940	2000	2032	2103	2135	2208	2241	2313	2345						
Romford Station	1843	1906	1927	1947	2007	2038	2109	2141	2214	2246	2318	2350						
Queen's Hospital	1848	1911	1931	1951	2011	2042	2113	2145	2217	2249	2321	2353						
Crow Lane Jutsums Lane	1853	1916	1936	1956	2016	2046	2117	2149	2221	2253	2325	2357						
Becontree Heath Morrisons	1903	1925	1945	2005	2024	2053	2124	2155	2227	2259	2331	0003						
Heath Park Stansgate Road (arr.)	1905	1927	1947	2007	2026	2055	2126	2157	2229	2301	2333	0005						
Heath Park Stansgate Road (dep.)	1907	1929	1949	2009	2028	2057	2128	2159	2231	2303	2335	0007						
Becontree Heath Civic Cent.(Wood La.	1911	1933	1953	2012	2031	2100	2131	2202	2234	2306	2338	0010						
Dagenham Road Birkbeck Road	1915	1937	1957	2015	2034	2103	2134	2205	2237	2309	2341	0013						
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
Gallows Corner Straight Road	0515	0548	0621	0654	0726	0757	0817	0837	0856	0915	0935	0955	1016	1037	1059	1120	1142	1204
Keats Avenue Heaton Avenue	0518	0551	0624	0657	0729	0800	0820	0841	0900	0919	0939	0959	1020	1042	1104	1125	1147	1209
Harold Hill Hilldene Avenue	0522	0555	0628	0701	0733	0804	0824	0845	0904	0923	0944	1004	1025	1047	1109	1130	1152	1214
Noak Hill North Hill Drive	0524	0557	0630	0703	0735	0806	0826	0847	0906	0926	0947	1007	1028	1050	1112	1133	1155	1217
Chase Cross Havering Road	0530	0603	0636	0709	0741	0812	0832	0853	0913	0933	0954	1014	1035	1057	1119	1140	1202	1224
Pettits Lane Marshalls Park School	0534	0607	0640	0713	0745	0816	0836	0858	0919	0939	1000	1020	1041	1103	1125	1146	1208	1230
Romford Station	0541	0614	0647	0720	0752	0824	0845	0907	0928	0948	1009	1029	1051	1113	1135	1156	1218	1240
Queen's Hospital	0545	0618	0651	0724	0756	0828	0849	0911	0932	0952	1013	1033	1055	1117	1139	1201	1223	1245
Crow Lane Jutsums Lane	0549	0622	0655	0728	0800	0832	0853	0915	0936	0956	1017	1037	1059	1121	1143	1205	1227	1249
Becontree Heath Morrisons	0556	0629	0702	0735	0807	0839	0901	0923	0944	1004	1025	1046	1108	1130	1152	1214	1236	1258
Heath Park Stansgate Road (arr.)	0558	0631	0704	0737	0809	0841	0903	0925	0946	1006	1027	1048	1110	1132	1154	1216	1238	1300
Heath Park Stansgate Road (dep.)	0600	0633	0706	0739	0811	0843	0905	0927	0948	1008	1029	1050	1112	1134	1156	1218	1240	1302
Becontree Heath Civic Cent.(Wood La.	0603	0636	0709	0742	0814	0846	0908	0930	0951	1012	1033	1054	1116	1138	1200	1222	1244	1306
Dagenham Road Birkbeck Road	0606	0639	0712	0745	0817	0849	0912	0934	0955	1016	1037	1059	1121	1143	1206	1228	1250	1312

499	Saturdays (also Good Friday) (cont.)																	
Gallows Corner Tesco	1211	1232	1254	1316	1338	1401	1423	1445	1508	1531	1553	1616	1638	1701	1724	1747	1810	1843
Gallows Corner Straight Road	1224	1245	1307	1329	1351	1414	1436	1458	1520	1543	1605	1628	1650	1713	1736	1758	1821	1853
Keats Avenue Heaton Avenue	1229	1250	1312	1334	1356	1419	1441	1503	1524	1547	1609	1632	1654	1717	1740	1802	1825	1857
Harold Hill Hilldene Avenue	1234	1255	1317	1339	1401	1424	1446	1508	1529	1552	1614	1637	1659	1722	1745	1807	1830	1902
Noak Hill North Hill Drive	1237	1258	1320	1342	1404	1427	1449	1511	1532	1554	1616	1639	1701	1724	1747	1809	1832	1904
Chase Cross Havering Road	1244	1305	1327	1349	1411	1434	1456	1518	1539	1601	1623	1646	1708	1731	1754	1815	1838	1910
Pettits Lane Marshalls Park School	1250	1311	1333	1355	1417	1439	1501	1523	1544	1606	1628	1651	1713	1736	1759	1820	1843	1914
Romford Station	1301	1322	1344	1406	1428	1450	1512	1534	1555	1617	1639	1701	1723	1746	1808	1829	1852	1921
Queen's Hospital	1306	1327	1349	1411	1433	1455	1517	1539	1600	1622	1644	1706	1728	1751	1813	1834	1857	1925
Crow Lane Jutsums Lane	1310	1332	1354	1416	1438	1500	1522	1544	1605	1627	1649	1711	1733	1756	1818	1839	1901	1929
Becontree Heath Morrisons	1320	1342	1404	1426	1448	1510	1532	1554	1615	1637	1659	1721	1743	1805	1827	1848	1909	1937
Heath Park Stansgate Road (arr.)	1322	1344	1406	1428	1450	1512	1534	1556	1617	1639	1701	1723	1745	1807	1829	1850	1911	1939
Heath Park Stansgate Road (dep.)	1324	1346	1408	1430	1452	1514	1536	1558	1619	1641	1703	1725	1747	1809	1831	1852	1913	1941
Becontree Heath Civic Cent.(Wood La.	1328	1350	1412	1434	1456	1518	1540	1602	1623	1645	1707	1729	1751	1813	1835	1856	1917	1945
Dagenham Road Birkbeck Road	1333	1355	1417	1439	1501	1523	1545	1606	1627	1649	1711	1733	1755	1817	1839	1900	1921	1948
Gallows Corner Tesco	1916	1949	2020	2050	2120	2150	2220	2250	2320									
Gallows Corner Straight Road	1926	1959	2030	2100	2129	2159	2228	2258	2328									
Keats Avenue Heaton Avenue	1930	2003	2034	2103	2132	2202	2231	2301	2331									
Harold Hill Hilldene Avenue	1934	2007	2038	2107	2136	2206	2234	2304	2334									
Noak Hill North Hill Drive	1936	2009	2040	2109	2138	2208	2236	2306	2336									
Chase Cross Havering Road	1942	2015	2046	2115	2143	2213	2241	2311	2341									
Pettits Lane Marshalls Park School	1946	2019	2050	2119	2147	2217	2245	2315	2345									
Romford Station	1953	2026	2056	2125	2153	2223	2251	2321	2350									
Queen's Hospital	1957	2030	2100	2129	2157	2226	2254	2324	2353									
Crow Lane Jutsums Lane	2001	2034	2104	2133	2201	2230	2258	2328	2357									
Becontree Heath Morrisons	2009	2041	2111	2140	2207	2236	2304	2334	0003									
Heath Park Stansgate Road (arr.)	2011	2043	2113	2142	2209	2238	2306	2336	0005									
Heath Park Stansgate Road (dep.)	2013	2045	2115	2144	2211	2240	2308	2338	0007									
Becontree Heath Civic Cent.(Wood La.	2017	2049	2118	2147	2214	2243	2311	2341	0010									
Dagenham Road Birkbeck Road	2020	2052	2121	2150	2217	2246	2314	2344	0013									
499	Sundays and other Public Holidays (except Christmas Day)																	
Gallows Corner Tesco	0609	0641	0713	0744	0815	0844	0912	0942	1013	1043	1114	1145	1216	1248	1320	1352	1424	1456
Gallows Corner Straight Road	0617	0649	0721	0752	0823	0853	0922	0953	1024	1055	1127	1158	1230	1302	1334	1406	1437	1509
Keats Avenue Heaton Avenue	0620	0652	0724	0755	0826	0857	0926	0957	1028	1059	1131	1202	1234	1306	1338	1410	1441	1513
Harold Hill Hilldene Avenue	0624	0656	0728	0759	0830	0902	0931	1002	1033	1104	1136	1207	1239	1311	1343	1415	1446	1518
Noak Hill North Hill Drive	0626	0658	0730	0801	0832	0904	0933	1005	1036	1107	1139	1210	1242	1314	1346	1418	1449	1521
Chase Cross Havering Road	0632	0704	0736	0807	0838	0910	0940	1012	1043	1114	1146	1217	1249	1321	1353	1425	1456	1528
Pettits Lane Marshalls Park School	0636	0708	0740	0811	0842	0914	0945	1017	1048	1119	1151	1222	1254	1326	1358	1430	1501	1533
Romford Station	0642	0714	0746	0817	0849	0921	0953	1025	1056	1128	1200	1231	1303	1335	1407	1439	1510	1542
Queen's Hospital	0646	0718	0750	0821	0853	0925	0957	1029	1100	1132	1204	1235	1307	1339	1411	1443	1514	1546
Crow Lane Jutsums Lane	0650	0722	0754	0825	0857	0929	1001	1033	1104	1136	1208	1239	1311	1343	1415	1447	1518	1550
Becontree Heath Morrisons	0657	0729	0801	0833	0905	0937	1009	1041	1113	1145	1217	1249	1321	1353	1425	1456	1527	1559
Heath Park Stansgate Road (arr.)	0658	0730	0802	0834	0906	0938	1010	1042	1114	1146	1218	1250	1322	1354	1426	1457	1528	1600
Heath Park Stansgate Road (dep.)	0700	0732	0804	0836	0908	0940	1012	1044	1116	1148	1220	1252	1324	1356	1428	1459	1530	1602
Becontree Heath Civic Cent.(Wood La.	0703	0735	0807	0839	0911	0943	1015	1048	1120	1152	1224	1256	1328	1400	1432	1503	1534	1606
Dagenham Road Birkbeck Road	0706	0738	0810	0842	0914	0946	1018	1051	1123	1155	1227	1259	1332	1404	1436	1507	1537	1609
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		
Keats Avenue Heaton Avenue	1545	1616	1648	1720	1752	1823	1854	1924	1954	2025	2057	2128	2200	2231	2301	2332		
Harold Hill Hilldene Avenue	1550	1621	1652	1724	1756	1827	1858	1928	1958	2029	2101	2132	2203	2234	2304	2335		
Noak Hill North Hill Drive	1552	1623	1654	1726	1758	1829	1900	1930	2000	2031	2103	2134	2205	2236	2306	2337		
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		
Queen's Hospital	1617	1647	1718	1749	1820	1851	1921	1950	2020	2051	2122	2152	2223	2254	2324	2355		
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 (arr.)	1631	1701	1732	1802	1833	1903	1933	2002	2032	2102	2133	2203	2234	2305	2335	0005		
Heath Park Stansgate Road (dep.)	1633	1703	1734	1804	1835	1905	1935	2004	2034	2104	2135	2205	2236	2307	2337	0007		
Becontree Heath Civic Cent.(Wood La.	1637	1707	1738	1807	1838	1908	1938	2007	2037	2107	2138	2208	2239	2310	2340	0010		
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	0816	0838	0900	0922	0943	1005	1027	1049	1111	1133	1155	1217
Becontree Heath Morrisons	0556	0628	0700	0723	0744	0805	0827	0849	0911	0932	0953	1015	1037	1059	1121	1143	1205	1227
Heath Park Stansgate Road (arr.)	0558	0630	0702	0725	0746	0807	0829	0851	0913	0934	0955	1017	1039	1101	1123	1145	1207	1229
Heath Park Stansgate Road (dep.)	0600	0632	0704	0727	0748	0809	0831	0853	0915	0936	0957	1019	1041	1103	1125	1147	1209	1231
Becontree Heath Civic Cent.(Wood La.	0603	0636	0708	0731	0752	0814	0836	0858	0920	0941	1002	1024	1046	1108	1129	1151	1213	1235
Dagenham Road Birkbeck Road	0606	0639	0712	0735	0756	0818	0840	0902	0924	0945	1006	1028	1050	1112	1133	1155	1217	1239
Queen's Hospital	0609	0642	0716	0740	0801	0823	0845	0907	0929	0950	1011	1033	1055	1117	1138	1159	1221	1243
Romford Station	0613	0646	0721	0745	0806	0828	0850	0912	0934	0956	1017	1039	1101	1123	1144	1205	1227	1249
Pettits Lane Marshalls Park School	0618	0652	0728	0752	0813	0836	0858	0920	0942	1004	1025	1047	1109	1131	1152	1214	1236	1258
Chase Cross Havering Road	0623	0658	0734	0758	0820	0842	0904	0926	0948	1010	1031	1053	1115	1137	1158	1220	1242	1304
Noak Hill North Hill Drive	0629	0704	0740	0804	0827	0849	0911	0933	0955	1017	1038	1100	1122	1144	1205	1227	1249	1311
Harold Hill Hilldene Avenue	0631	0707	0743	0807	0830	0852	0914	0936	0958	1020	1041	1103	1125	1147	1208	1230	1252	1314
Keats Avenue Heaton Avenue	0635	0712	0748	0812	0835	0857	0919	0941	1003	1025	1046	1108	1130	1152	1214	1236	1258	1320
Gallows Corner Straight Road	0640	0717	0753	0817	0840	0902	0924	0946	1008	1030	1051	1113	1135	1157	1219	1241	1303	1325
Gallows Corner Tesco	0643	0721	0757	0822	0845	0907	0929	0952	1015	1037	1058	1120	1142	1204	1226	1248	1310	1332
Crow Lane Jutsums Lane	1239	1301	1323	1345	1407	1429	1450	1512	1534	1556	1618	1640	1702	1724	1745	1808	1830	1853
Becontree Heath Morrisons	1249	1311	1333	1355	1417	1439	1501	1523	1545	1607	1629	1651	1713	1735	1757	1819	1841	1903
Heath Park Stansgate Road (arr.)	1251	1313	1335	1357	1419	1441	1503	1525	1547	1609	1631	1653	1715	1737	1759	1821	1843	1905
Heath Park Stansgate Road (dep.)	1253	1315	1337	1359	1421	1443	1505	1527	1549	1611	1633	1655	1717	1739	1801	1823	1845	1907
Becontree Heath Civic Cent.(Wood La.	1257	1319	1341	1403	1425	1447	1509	1531	1553	1615	1638	1700	1721	1743	1805	1827	1849	1911
Dagenham Road Birkbeck Road	1301	1323	1346	1408	1431	1453	1515	1537	1559	1621	1644	1706	1727	1748	1810	1832	1853	1915
Queen's Hospital	1305	1327	1350	1412	1436	1458	1520	1542	1604	1626	1649	1711	1732	1753	1815	1837	1857	1919
Romford Station	1311	1333	1356	1418	1442	1504	1526	1548	1610	1632	1655	1717	1738	1759	1821	1843	1903	1925
Pettits Lane Marshalls Park School	1320	1342	1405	1429	1453	1515	1537	1559	1621	1643	1705	1727	1748	1809	1831	1852	1911	1932
Chase Cross Havering Road	1327	1349	1413	1438	1502	1524	1546	1608	1630	1651	1713	1735	1756	1817	1839	1859	1917	1938
Noak Hill North Hill Drive	1334	1357	1421	1446	1510	1532	1554	1616	1638	1658	1720	1742	1803	1824	1846	1906	1924	1945
Harold Hill Hilldene Avenue	1337	1401	1425	1450	1514	1536	1558	1620	1641	1701	1723	1745	1806	1827	1849	1909	1927	1948
Keats Avenue Heaton Avenue	1343	1407	1431	1456	1520	1542	1604	1626	1647	1706	1728	1750	1811	1832	1854	1913	1931	1952
Gallows Corner Straight Road	1348	1412	1436	1501	1525	1547	1609	1631	1652	1711	1733	1755	1816	1837	1859	1917	1935	1956
Gallows Corner Tesco	1355	1418	1442	1507	1531	1553	1615	1637	1658	1717	1739	1801	1822	1843	1905	1922	1940	2000
Crow Lane Jutsums Lane	1916	1936	1956	2016	2046	2117	2149	2221	2253	2325	2357							
Becontree Heath Morrisons	1925	1945	2005	2024	2053	2124	2155	2227	2259	2331	0003							
Heath Park Stansgate Road (arr.)	1927	1947	2007	2026	2055	2126	2157	2229	2301	2333	0005							
Heath Park Stansgate Road (dep.)	1929	1949	2009	2028	2057	2128	2159	2231	2303	2335	0007							
Becontree Heath Civic Cent.(Wood La.	1933	1953	2012	2031	2100	2131	2202	2234	2306	2338	0010							
Dagenham Road Birkbeck Road	1937	1957	2015	2034	2103	2134	2205	2237	2309	2341	0013							
Queen's Hospital	1941	2000	2018	2037	2106	2137	2208	2240	2312	2344	0016							
Romford Station	1946	2005	2023	2042	2111	2141	2212	2244	2316	2348	0020							
Pettits Lane Marshalls Park School	1953	2011	2029	2048	2116	2146	2217	2249	2321	2353	0025							
Chase Cross Havering Road	1958	2016	2034	2053	2121	2150	2221	2253	2325	2357	0029							
Noak Hill North Hill Drive	2005	2023	2040	2059	2127	2156	2227	2259	2331	0003	0035							
Harold Hill Hilldene Avenue	2008	2026	2043	2102	2129	2158	2229	2301	2333	0005	0037							
Keats Avenue Heaton Avenue	2012	2030	2047	2106	2133	2202	2233	2304	2336	0008	0040							
Gallows Corner Straight Road	2016	2034	2051	2109	2136	2205	2236	2307	2339	0011	0043							
Gallows Corner Tesco	2020	2037	2054	2112	2139	2208	2239	2310	2342	0014	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
Becontree Heath Morrisons	0556	0629	0702	0735	0807	0839	0901	0923	0944	1004	1025	1046	1108	1130	1152	1214	1236	1258
Heath Park Stansgate Road (arr.)	0558	0631	0704	0737	0809	0841	0903	0925	0946	1006	1027	1048	1110	1132	1154	1216	1238	1300
Heath Park Stansgate Road (dep.)	0600	0633	0706	0739	0811	0843	0905	0927	0948	1008	1029	1050	1112	1134	1156	1218	1240	1302
Becontree Heath Civic Cent.(Wood La.	0603	0636	0709	0742	0814	0846	0908	0930	0951	1012	1033	1054	1116	1138	1200	1222	1244	1306
Dagenham Road Birkbeck Road	0606	0639	0712	0745	0817	0849	0912	0934	0955	1016	1037	1059	1121	1143	1206	1228	1250	1312
Queen's Hospital	0609	0642	0715	0748	0820	0852	0915	0937	0959	1020	1041	1103	1125	1147	1210	1232	1254	1316
Romford Station	0613	0646	0720	0753	0825	0857	0921	0943	1005	1026	1047	1109	1131	1153	1216	1238	1300	1322
Pettits Lane Marshalls Park School	0618	0651	0725	0759	0831	0904	0928	0950	1012	1034	1055	1117	1139	1201	1224	1247	1309	1331
Chase Cross Havering Road	0622	0655	0729	0803	0835	0909	0933	0955	1017	1039	1101	1123	1145	1207	1230	1253	1315	1337
Noak Hill North Hill Drive	0628	0701	0735	0809	0841	0915	0939	1001	1024	1046	1108	1130	1152	1214	1237	1300	1322	1344
Harold Hill Hilldene Avenue	0630	0703	0737	0811	0843	0918	0942	1004	1027	1049	1111	1133	1155	1217	1240	1303	1325	1347
Keats Avenue Heaton Avenue	0633	0706	0740	0814	0847	0922	0946	1009	1032	1054	1116	1138	1200	1222	1245	1308	1330	1352
Gallows Corner Straight Road	0636	0709	0744	0818	0851	0926	0951	1014	1037	1059	1121	1143	1205	1227	1250	1313	1335	1357
Gallows Corner Tesco	0638	0711	0746	0821	0854	0930	0955	1019	1042	1105	1127	1149	1211	1233	1256	1319	1341	1403

499	Saturdays (also Good Friday) (cont.)																		
Crow Lane Jutsums Lane	1310	1332	1354	1416	1438	1500	1522	1544	1605	1627	1649	1711	1733	1756	1818	1839	1901	1929	
Becontree Heath Morrisons	1320	1342	1404	1426	1448	1510	1532	1554	1615	1637	1659	1721	1743	1805	1827	1848	1909	1937	
Heath Park Stansgate Road (arr.)	1322	1344	1406	1428	1450	1512	1534	1556	1617	1639	1701	1723	1745	1807	1829	1850	1911	1939	
Heath Park Stansgate Road (dep.)	1324	1346	1408	1430	1452	1514	1536	1558	1619	1641	1703	1725	1747	1809	1831	1852	1913	1941	
Becontree Heath Civic Cent.(Wood La.	1328	1350	1412	1434	1456	1518	1540	1602	1623	1645	1707	1729	1751	1813	1835	1856	1917	1945	
Dagenham Road Birkbeck Road	1333	1355	1417	1439	1501	1523	1545	1606	1627	1649	1711	1733	1755	1817	1839	1900	1921	1948	
Queen's Hospital	1337	1359	1421	1443	1505	1527	1549	1610	1631	1653	1715	1737	1758	1820	1842	1903	1924	1951	
Romford Station	1343	1405	1427	1449	1511	1533	1555	1616	1637	1659	1721	1743	1804	1826	1847	1908	1929	1956	
Pettits Lane Marshalls Park School	1352	1413	1435	1457	1519	1541	1603	1624	1645	1707	1729	1750	1811	1833	1854	1915	1935	2002	
Chase Cross Havering Road	1358	1419	1441	1503	1525	1547	1609	1630	1651	1713	1735	1756	1817	1839	1900	1920	1940	2007	
Noak Hill North Hill Drive	1405	1426	1448	1510	1532	1554	1616	1637	1658	1720	1741	1802	1823	1845	1906	1926	1946	2013	
Harold Hill Hilldene Avenue	1408	1429	1451	1513	1535	1557	1619	1640	1701	1723	1744	1805	1826	1848	1909	1929	1949	2016	
Keats Avenue Heaton Avenue	1413	1434	1456	1518	1540	1602	1624	1645	1706	1728	1749	1810	1831	1852	1913	1933	1953	2020	
Gallows Corner Straight Road	1418	1439	1501	1523	1545	1607	1629	1650	1710	1732	1753	1814	1835	1856	1917	1937	1957	2024	
Gallows Corner Tesco	1424	1445	1507	1529	1551	1613	1635	1655	1715	1737	1758	1819	1840	1901	1921	1941	2001	2028	
Crow Lane Jutsums Lane	2001	2034	2104	2133	2201	2230	2258	2328	2357										
Becontree Heath Morrisons	2009	2041	2111	2140	2207	2236	2304	2334	0003										
Heath Park Stansgate Road (arr.)	2011	2043	2113	2142	2209	2238	2306	2336	0005										
Heath Park Stansgate Road (dep.)	2013	2045	2115	2144	2211	2240	2308	2338	0007										
Becontree Heath Civic Cent.(Wood La.	2017	2049	2118	2147	2214	2243	2311	2341	0010										
Dagenham Road Birkbeck Road	2020	2052	2121	2150	2217	2246	2314	2344	0013										
Queen's Hospital	2023	2055	2124	2153	2220	2249	2317	2347	0016										
Romford Station	2028	2100	2129	2157	2224	2253	2321	2351	0020										
Pettits Lane Marshalls Park School	2034	2106	2135	2203	2230	2258	2326	2356	0025										
Chase Cross Havering Road	2039	2111	2140	2208	2235	2303	2331	0000	0029										
Noak Hill North Hill Drive	2045	2117	2146	2214	2241	2309	2336	0005	0034										
Harold Hill Hilldene Avenue	2048	2119	2148	2216	2243	2311	2338	0007	0036										
Keats Avenue Heaton Avenue	2052	2123	2152	2220	2247	2315	2342	0011	0040										
Gallows Corner Straight Road	2056	2127	2156	2224	2250	2318	2345	0014	0043										
Gallows Corner Tesco	2100	2131	2200	2228	2253	2320	2347	0016	0045										
499	Sundays and other Public Holidays (except Christmas Day)																		
Crow Lane Jutsums Lane	0650	0722	0754	0825	0857	0929	1001	1033	1104	1136	1208	1239	1311	1343	1415	1447	1518	1550	
Becontree Heath Morrisons	0657	0729	0801	0833	0905	0937	1009	1041	1113	1145	1217	1249	1321	1353	1425	1456	1527	1559	
Heath Park Stansgate Road (arr.)	0658	0730	0802	0834	0906	0938	1010	1042	1114	1146	1218	1250	1322	1354	1426	1457	1528	1600	
Heath Park Stansgate Road (dep.)	0700	0732	0804	0836	0908	0940	1012	1044	1116	1148	1220	1252	1324	1356	1428	1459	1530	1602	
Becontree Heath Civic Cent.(Wood La.	0703	0735	0807	0839	0911	0943	1015	1048	1120	1152	1224	1256	1328	1400	1432	1503	1534	1606	
Dagenham Road Birkbeck Road	0706	0738	0810	0842	0914	0946	1018	1051	1123	1155	1227	1259	1332	1404	1436	1507	1537	1609	
Queen's Hospital	0709	0741	0813	0845	0917	0949	1021	1054	1126	1158	1230	1302	1335	1407	1439	1510	1540	1612	
Romford Station	0713	0745	0817	0849	0921	0954	1026	1059	1131	1203	1235	1307	1340	1412	1444	1515	1545	1617	
Pettits Lane Marshalls Park School	0718	0751	0823	0855	0927	1000	1033	1106	1138	1210	1242	1314	1347	1419	1451	1522	1552	1624	
Chase Cross Havering Road	0722	0755	0828	0900	0932	1005	1038	1111	1143	1216	1248	1320	1353	1425	1457	1527	1557	1629	
Noak Hill North Hill Drive	0727	0801	0834	0906	0938	1011	1044	1117	1150	1223	1255	1327	1359	1431	1503	1533	1603	1635	
Harold Hill Hilldene Avenue	0729	0803	0836	0909	0941	1014	1047	1120	1153	1226	1258	1330	1402	1434	1506	1536	1606	1638	
Keats Avenue Heaton Avenue	0733	0807	0840	0913	0945	1018	1052	1125	1158	1231	1303	1335	1407	1439	1511	1541	1611	1643	
Gallows Corner Straight Road	0737	0811	0844	0917	0949	1022	1056	1130	1203	1236	1308	1340	1412	1444	1516	1546	1616	1648	
Gallows Corner Tesco	0739	0814	0847	0921	0954	1028	1103	1137	1210	1243	1315	1347	1419	1451	1523	1553	1623	1654	
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 (arr.)	1631	1701	1732	1802	1833	1903	1933	2002	2032	2102	2133	2203	2234	2305	2335	0005			
Heath Park Stansgate Road (dep.)	1633	1703	1734	1804	1835	1905	1935	2004	2034	2104	2135	2205	2236	2307	2337	0007			
Becontree Heath Civic Cent.(Wood La.	1637	1707	1738	1807	1838	1908	1938	2007	2037	2107	2138	2208	2239	2310	2340	0010			
Dagenham Road Birkbeck Road	1640	1710	1741	1810	1841	1911	1941	2010	2040	2110	2141	2211	2242	2313	2343	0013			
Queen's Hospital	1643	1713	1744	1813	1844	1914	1944	2013	2043	2113	2144	2214	2245	2316	2346	0016			
Romford Station	1648	1718	1749	1818	1849	1919	1949	2018	2048	2118	2148	2218	2249	2320	2350	0020			
Pettits Lane Marshalls Park School	1655	1725	1755	1824	1855	1925	1955	2023	2053	2123	2153	2223	2254	2325	2355	0025			
Chase Cross Havering Road	1700	1730	1800	1829	1900	1930	1959	2027	2057	2127	2157	2227	2258	2329	2359	0029			
Noak Hill North Hill Drive	1706	1736	1806	1835	1906	1936	2005	2033	2103	2133	2203	2233	2304	2335	0005	0035			
Harold Hill Hilldene Avenue	1709	1739	1809	1838	1909	1938	2007	2035	2105	2135	2205	2235	2306	2337	0007	0037			
Keats Avenue Heaton Avenue	1713	1743	1813	1842	1913	1942	2011	2039	2109	2139	2208	2238	2309	2340	0010	0040			
Gallows Corner Straight Road	1718	1747	1817	1846	1917	1946	2015	2043	2113	2143	2211	2241	2312	2343	0013	0043			
Gallows Corner Tesco	1724	1753	1823	1851	1922	1951	2020	2048	2118	2147	2214	2244	2314	2345	0015	0045			