

103	Mondays to Fridays																	
Chase Cross Chase Cross Road	0500	0520	0540	0559	0614	0629	0639	0648	0655	0703	0712	0721	0730	0739	0747	0756	0805	0815
Eastern Avenue Pettits Lane	0505	0525	0545	0604	0620	0635	0645	0654	0701	0711	0720	0729	0738	0747	0755	0804	0814	0824
Romford North Street Bus Garage	0507	0527	0547	0607	0623	0638	0648	0657	0706	0716	0725	0734	0743	0752	0801	0811	0821	0831
Romford Market St Edward's Way	0509	0529	0549	0609	0625	0640	0650	0659	0709	0719	0728	0737	0746	0755	0805	0815	0825	0835
Romford Station	0512	0532	0553	0613	0629	0644	0654	0704	0714	0724	0733	0742	0751	0800	0810	0820	0830	0840
Becontree Heath Civic Cent. (Wood La.)	0519	0539	0600	0621	0637	0652	0704	0715	0725	0735	0744	0753	0802	0812	0822	0832	0842	0852
Dagenham East Station	0525	0545	0607	0628	0644	0659	0711	0722	0732	0742	0752	0801	0811	0821	0831	0841	0851	0901
South Hornchurch Newtons Corner	0528	0548	0610	0632	0648	0703	0715	0726	0736	0746	0756	0806	0816	0826	0836	0846	0856	0905
Rainham War Memorial	0532	0552	0615	0638	0655	0710	0722	0733	0743	0753	0803	0814	0824	0834	0844	0854	0904	0913
Rainham Station Celtic Farm Road	0533	0553	0616	0639	0656	0711	0723	0734	0744	0754	0804	0815	0825	0835	0845	0855	0905	0914
Chase Cross Chase Cross Road	0825	0835	0846	0857	0908	0919	0930	0941	Then every 10 minutes until	1411	1421	1430	1439	1447	1456	1505	1514	
Eastern Avenue Pettits Lane	0834	0844	0855	0906	0916	0926	0936	0947		1417	1427	1436	1445	1453	1502	1511	1521	
Romford North Street Bus Garage	0841	0851	0901	0911	0920	0930	0940	0950		1420	1430	1439	1448	1456	1506	1515	1525	
Romford Market St Edward's Way	0845	0855	0905	0914	0923	0933	0943	0953		1423	1433	1442	1451	1459	1509	1518	1528	
Romford Station	0850	0900	0910	0919	0928	0938	0948	0958		1428	1438	1447	1456	1504	1514	1523	1533	
Becontree Heath Civic Cent. (Wood La.)	0902	0912	0921	0930	0938	0948	0958	1008		1438	1448	1457	1506	1515	1525	1535	1545	
Dagenham East Station	0910	0919	0928	0937	0945	0955	1005	1015		1445	1455	1504	1514	1524	1534	1544	1554	
South Hornchurch Newtons Corner	0914	0923	0932	0941	0949	0959	1009	1019		1449	1459	1509	1519	1529	1539	1549	1559	
Rainham War Memorial	0922	0931	0939	0948	0956	1006	1016	1026		1456	1507	1517	1527	1537	1547	1557	1607	
Rainham Station Celtic Farm Road	0923	0932	0940	0949	0957	1007	1017	1027		1457	1508	1518	1528	1538	1548	1558	1608	
Chase Cross Chase Cross Road	1524	1534	1544	1555	1605	1615	1625	1635	1645	1655	1706	1716	1726	1736	1747	1758	1809	1824
Eastern Avenue Pettits Lane	1531	1541	1551	1601	1611	1621	1631	1641	1651	1701	1711	1721	1731	1741	1752	1803	1814	1829
Romford North Street Bus Garage	1535	1545	1555	1605	1615	1625	1635	1645	1655	1705	1715	1725	1735	1745	1756	1807	1817	1832
Romford Market St Edward's Way	1538	1548	1558	1608	1618	1628	1638	1648	1658	1708	1718	1728	1738	1748	1759	1810	1820	1835
Romford Station	1543	1553	1603	1613	1623	1633	1643	1653	1703	1713	1723	1733	1743	1753	1804	1814	1824	1839
Becontree Heath Civic Cent. (Wood La.)	1555	1605	1615	1625	1635	1645	1655	1705	1716	1726	1736	1746	1756	1806	1816	1826	1836	1850
Dagenham East Station	1604	1614	1624	1634	1644	1654	1704	1714	1725	1735	1745	1755	1805	1815	1824	1834	1844	1858
South Hornchurch Newtons Corner	1609	1619	1629	1639	1649	1659	1709	1719	1730	1740	1750	1800	1810	1819	1828	1838	1848	1902
Rainham War Memorial	1617	1627	1637	1647	1657	1707	1717	1727	1737	1747	1757	1807	1816	1825	1834	1844	1854	1908
Rainham Station Celtic Farm Road	1618	1628	1638	1648	1658	1708	1718	1728	1738	1748	1758	1808	1817	1826	1835	1845	1855	1909
Chase Cross Chase Cross Road	1839	1854	1910	1926	1941	1956	Then every 20 minutes until	2156	2216	2236	2256	2316	2336					
Eastern Avenue Pettits Lane	1844	1859	1915	1931	1946	2001		2201	2221	2240	2300	2320	2340					
Romford North Street Bus Garage	1847	1902	1918	1934	1949	2004		2204	2224	2242	2302	2322	2342					
Romford Market St Edward's Way	1850	1905	1921	1936	1951	2006		2206	2226	2244	2304	2324	2344					
Romford Station	1854	1909	1925	1940	1955	2010		2210	2230	2248	2308	2328	2348					
Becontree Heath Civic Cent. (Wood La.)	1904	1919	1935	1949	2003	2018		2218	2237	2255	2315	2335	2355					
Dagenham East Station	1912	1927	1941	1955	2009	2024		2224	2242	2300	2320	2340	0000					
South Hornchurch Newtons Corner	1916	1931	1945	1959	2013	2028		2228	2245	2303	2323	2343	0003					
Rainham War Memorial	1922	1936	1950	2004	2018	2033		2233	2250	2308	2328	2348	0008					
Rainham Station Celtic Farm Road	1923	1937	1951	2005	2019	2034		2234	2251	2309	2329	2349	0009					

103		Saturdays (also Good Friday)																
Chase Cross Chase Cross Road	0500		0640	0659	0718	0738	0758	0816	0826	0836	0845	0855	0904	0914	0924	0933	0941	
Eastern Avenue Pettits Lane	0504		0644	0703	0723	0743	0803	0821	0831	0841	0850	0900	0910	0920	0930	0939	0947	
Romford North Street Bus Garage	0506		0646	0706	0726	0746	0806	0824	0834	0844	0853	0903	0913	0923	0933	0942	0950	
Romford Market St Edward's Way	0508	Then every 20 minutes until	0648	0708	0728	0748	0808	0826	0836	0846	0855	0905	0915	0925	0935	0944	0952	
Romford Station	0511		0651	0711	0731	0751	0811	0830	0840	0850	0859	0909	0919	0929	0939	0948	0957	
Becotree Heath Civic Cent. (Wood La.)	0518		0658	0718	0738	0758	0818	0837	0847	0857	0907	0917	0927	0937	0947	0956	1006	
Dagenham East Station	0523		0703	0724	0744	0804	0824	0843	0853	0903	0913	0923	0933	0943	0953	1003	1013	
South Hornchurch Newtons Corner	0526		0706	0727	0747	0807	0827	0847	0857	0907	0917	0927	0937	0947	0957	1007	1017	
Rainham War Memorial	0531		0711	0732	0752	0812	0832	0853	0903	0913	0923	0933	0943	0953	1003	1014	1024	
Rainham Station Celtic Farm Road	0532		0712	0733	0753	0813	0833	0854	0904	0914	0924	0934	0944	0954	1004	1015	1025	
Chase Cross Chase Cross Road	0950	0959	1008	1018	1028	1037	1046	1055	Then every 10 minutes until	1225	1234	Then every 10 minutes until	1354	1405	Then every 10 mins. until	1615		
Eastern Avenue Pettits Lane	0956	1005	1015	1025	1035	1044	1053	1102		1232	1241		1401	1411		1621		
Romford North Street Bus Garage	0959	1009	1019	1029	1039	1048	1057	1106		1236	1245		1405	1415		1625		
Romford Market St Edward's Way	1002	1012	1022	1032	1042	1051	1100	1109		1239	1248		1408	1418		1628		
Romford Station	1007	1017	1027	1037	1047	1056	1105	1115		1245	1254		1414	1424		1634		
Becotree Heath Civic Cent. (Wood La.)	1016	1026	1036	1046	1056	1105	1115	1125	1255	1305	1425	1435	1645					
Dagenham East Station	1023	1033	1043	1053	1103	1113	1123	1133	1303	1313	1433	1443	1653					
South Hornchurch Newtons Corner	1027	1037	1047	1057	1107	1117	1127	1137	1307	1317	1437	1447	1657					
Rainham War Memorial	1034	1044	1054	1104	1114	1124	1134	1144	1314	1324	1444	1454	1704					
Rainham Station Celtic Farm Road	1035	1045	1055	1105	1115	1125	1135	1145	1315	1325	1445	1455	1705					
Chase Cross Chase Cross Road	1626	1636	1646	1656	1706	1716	1726	1736	1751	1806	1821	1838	1856	1916	1936	1956	2016	2036
Eastern Avenue Pettits Lane	1632	1642	1652	1702	1712	1722	1732	1742	1757	1811	1826	1843	1901	1921	1941	2000	2020	2040
Romford North Street Bus Garage	1636	1646	1656	1706	1716	1726	1736	1746	1801	1814	1829	1846	1904	1924	1944	2003	2023	2043
Romford Market St Edward's Way	1639	1649	1659	1709	1719	1729	1739	1749	1803	1816	1831	1848	1906	1926	1946	2005	2025	2045
Romford Station	1645	1655	1705	1715	1725	1735	1745	1755	1808	1821	1836	1853	1911	1931	1950	2009	2029	2049
Becotree Heath Civic Cent. (Wood La.)	1655	1705	1715	1725	1735	1745	1755	1805	1817	1830	1845	1902	1920	1940	1959	2017	2037	2057
Dagenham East Station	1703	1713	1723	1732	1742	1752	1802	1812	1824	1837	1852	1909	1927	1947	2006	2024	2043	2103
South Hornchurch Newtons Corner	1707	1717	1727	1736	1746	1756	1806	1816	1828	1841	1856	1913	1931	1951	2010	2028	2047	2107
Rainham War Memorial	1714	1724	1734	1743	1753	1803	1813	1823	1835	1848	1902	1919	1937	1957	2015	2033	2052	2112
Rainham Station Celtic Farm Road	1715	1725	1735	1744	1754	1804	1814	1824	1836	1849	1903	1920	1938	1958	2016	2034	2053	2113
Chase Cross Chase Cross Road	2056	2116	2136	2156	2216	2236	2256	2316	2336									
Eastern Avenue Pettits Lane	2100	2120	2140	2200	2220	2240	2300	2320	2340									
Romford North Street Bus Garage	2103	2123	2143	2203	2223	2242	2302	2322	2342									
Romford Market St Edward's Way	2105	2125	2145	2205	2225	2244	2304	2324	2344									
Romford Station	2109	2129	2149	2209	2229	2248	2308	2328	2348									
Becotree Heath Civic Cent. (Wood La.)	2116	2136	2156	2216	2236	2255	2315	2335	2355									
Dagenham East Station	2122	2142	2202	2222	2241	2300	2320	2340	0000									
South Hornchurch Newtons Corner	2126	2146	2206	2226	2244	2303	2323	2343	0003									
Rainham War Memorial	2131	2151	2211	2231	2249	2308	2328	2348	0008									
Rainham Station Celtic Farm Road	2132	2152	2212	2232	2250	2309	2329	2349	0009									
103		Sundays and other Public Holidays (except Christmas Day)																
Chase Cross Chase Cross Road	0700	0730	0800	0830	0859	0929	0958	1028	1056	Then every 20 minutes until	1236	1255	Then every 20 minutes until	1635	1655	1715		
Eastern Avenue Pettits Lane	0704	0734	0804	0834	0904	0934	1003	1033	1101		1241	1300		1640	1700	1720		
Romford North Street Bus Garage	0707	0737	0807	0837	0907	0937	1007	1037	1105		1245	1304		1644	1703	1723		
Romford Market St Edward's Way	0709	0739	0809	0839	0909	0939	1009	1039	1108		1248	1307		1647	1705	1725		
Romford Station	0712	0742	0812	0843	0913	0943	1013	1043	1113		1253	1312		1652	1710	1730		
Becotree Heath Civic Cent. (Wood La.)	0719	0749	0819	0850	0920	0950	1021	1051	1121	1301	1321	1701	1719	1738				
Dagenham East Station	0724	0754	0824	0855	0926	0957	1028	1058	1128	1308	1328	1708	1726	1745				
South Hornchurch Newtons Corner	0727	0757	0827	0858	0929	1001	1032	1102	1132	1312	1332	1712	1730	1749				
Rainham War Memorial	0732	0802	0833	0904	0935	1007	1039	1109	1139	1319	1339	1719	1737	1756				
Rainham Station Celtic Farm Road	0733	0803	0834	0905	0936	1008	1040	1110	1140	1320	1340	1720	1738	1757				
Chase Cross Chase Cross Road	1735	1755	1815	Then every 20 minutes until	1955	2015	2035	2055	2116	Then every 20 minutes until	2336	Then every 20 minutes until	2336					
Eastern Avenue Pettits Lane	1740	1800	1819		1959	2019	2039	2059	2120		2340							
Romford North Street Bus Garage	1743	1803	1822		2002	2022	2042	2102	2122		2342							
Romford Market St Edward's Way	1745	1805	1824		2004	2024	2044	2104	2124		2344							
Romford Station	1750	1809	1828		2008	2028	2048	2108	2128		2348							
Becotree Heath Civic Cent. (Wood La.)	1758	1817	1836	2016	2035	2055	2115	2135	2355									
Dagenham East Station	1805	1823	1842	2022	2041	2101	2120	2140	0000									
South Hornchurch Newtons Corner	1809	1827	1846	2026	2045	2104	2123	2143	0003									
Rainham War Memorial	1815	1833	1852	2032	2051	2109	2128	2148	0008									
Rainham Station Celtic Farm Road	1816	1834	1853	2033	2052	2110	2129	2149	0009									

103	Mondays to Fridays																	
Rainham Station Celtic Farm Road	0458	0518	0538	0558	0615	0629	0638	0645	0652	0701	0710	0719	0728	0737	0745	0753	0803	0813
Rainham War Memorial	0459	0519	0539	0559	0616	0630	0639	0646	0653	0702	0711	0720	0729	0738	0746	0754	0804	0814
South Hornchurch Newtons Corner	0504	0524	0544	0604	0622	0636	0645	0653	0700	0709	0719	0728	0737	0746	0754	0802	0812	0822
Dagenham East Station	0508	0528	0548	0609	0627	0641	0650	0659	0707	0716	0726	0735	0744	0753	0801	0811	0821	0831
Becontree Heath Civic Cent. (Wood La.)	0513	0533	0554	0615	0633	0648	0657	0706	0715	0724	0734	0743	0752	0801	0811	0821	0831	0841
Romford Station	0520	0541	0602	0623	0641	0656	0705	0715	0725	0735	0745	0754	0803	0813	0823	0833	0843	0853
Romford Market St Edward's Way	0523	0544	0605	0626	0644	0659	0708	0718	0728	0738	0748	0757	0806	0816	0826	0836	0846	0856
Romford North Street (The Squire)	0526	0547	0608	0629	0647	0702	0712	0722	0732	0742	0752	0801	0810	0820	0830	0840	0850	0900
Eastern Avenue Pettits Lane	0528	0549	0610	0631	0649	0705	0715	0725	0735	0745	0755	0804	0813	0823	0833	0843	0853	0903
Chase Cross Chase Cross Road	0532	0554	0615	0636	0654	0710	0720	0730	0740	0750	0800	0810	0819	0829	0839	0849	0859	0909
Rainham Station Celtic Farm Road	0823	0833	0843	0853	0904	0914	0924	0934	0944	0955	1006	1016	1026	1036	Then every 10 minutes until	1346	1355	
Rainham War Memorial	0824	0834	0844	0854	0905	0915	0925	0935	0945	0956	1007	1017	1027	1037		1347	1356	
South Hornchurch Newtons Corner	0832	0842	0852	0902	0913	0922	0932	0942	0952	1003	1013	1023	1033	1043		1353	1402	
Dagenham East Station	0841	0851	0901	0910	0919	0928	0938	0948	0958	1008	1018	1028	1038	1048		1358	1407	
Becontree Heath Civic Cent. (Wood La.)	0851	0901	0910	0919	0928	0936	0946	0956	1006	1016	1026	1036	1046	1056		1406	1415	
Romford Station	0902	0912	0921	0930	0939	0947	0956	1006	1016	1026	1036	1046	1056	1106		1416	1426	
Romford Market St Edward's Way	0906	0916	0925	0934	0943	0951	1000	1010	1020	1030	1040	1050	1100	1110		1420	1430	
Romford North Street (The Squire)	0910	0920	0929	0938	0947	0955	1004	1014	1024	1034	1044	1054	1104	1114		1424	1434	
Eastern Avenue Pettits Lane	0913	0923	0932	0941	0950	0958	1007	1017	1027	1037	1047	1057	1107	1117		1427	1437	
Chase Cross Chase Cross Road	0919	0929	0937	0946	0955	1003	1012	1022	1032	1042	1052	1102	1112	1123	1433	1443		
Rainham Station Celtic Farm Road	1405	1415	1425	1434	1443	1452	1501	1510	1519	Then every 10 minutes until	1709	1719	1730	1740	1750	1801	1812	
Rainham War Memorial	1406	1416	1426	1435	1444	1453	1502	1511	1520		1710	1720	1731	1741	1751	1802	1813	
South Hornchurch Newtons Corner	1412	1422	1432	1441	1450	1459	1509	1519	1528		1718	1728	1739	1749	1759	1810	1820	
Dagenham East Station	1417	1427	1437	1446	1455	1504	1514	1524	1533		1723	1733	1744	1754	1804	1815	1825	
Becontree Heath Civic Cent. (Wood La.)	1425	1435	1445	1454	1503	1512	1522	1532	1541		1731	1741	1752	1802	1812	1822	1832	
Romford Station	1436	1446	1456	1505	1515	1525	1535	1545	1554		1744	1754	1804	1813	1823	1833	1843	
Romford Market St Edward's Way	1440	1450	1500	1509	1519	1529	1539	1549	1558		1748	1758	1807	1816	1826	1836	1846	
Romford North Street (The Squire)	1444	1454	1504	1513	1523	1533	1543	1553	1602		1752	1802	1811	1820	1830	1840	1850	
Eastern Avenue Pettits Lane	1447	1457	1508	1518	1528	1538	1548	1558	1608		1758	1807	1815	1824	1834	1844	1854	
Chase Cross Chase Cross Road	1453	1503	1515	1525	1535	1545	1555	1605	1615	1805	1813	1821	1830	1840	1850	1900		
Rainham Station Celtic Farm Road	1822	1832	1847	1902	1918	1934	1949	2010	2031	2052	2112	2132	2152	2214	2235	Then every 20 minutes until	0015	
Rainham War Memorial	1823	1833	1848	1903	1919	1935	1950	2011	2032	2053	2113	2133	2153	2215	2236		0016	
South Hornchurch Newtons Corner	1830	1840	1855	1910	1925	1940	1955	2016	2037	2058	2118	2138	2158	2220	2241		0021	
Dagenham East Station	1835	1845	1900	1915	1930	1944	1959	2020	2041	2102	2122	2142	2202	2224	2245		0025	
Becontree Heath Civic Cent. (Wood La.)	1842	1852	1907	1922	1936	1950	2005	2026	2047	2108	2128	2148	2208	2230	2251		0031	
Romford Station	1853	1903	1917	1931	1944	1958	2013	2034	2055	2116	2136	2156	2216	2237	2258		0038	
Romford Market St Edward's Way	1856	1906	1920	1934	1947	2001	2016	2037	2058	2119	2139	2159	2219	2240	2301		0041	
Romford North Street (The Squire)	1900	1910	1924	1938	1951	2005	2020	2041	2102	2123	2143	2203	2223	2244	2304		0044	
Eastern Avenue Pettits Lane	1904	1914	1927	1941	1954	2008	2023	2044	2105	2126	2146	2206	2226	2246	2306		0046	
Chase Cross Chase Cross Road	1910	1920	1933	1946	1959	2013	2028	2049	2110	2131	2151	2211	2231	2251	2311	0051		

103		Saturdays (also Good Friday)																
Rainham Station Celtic Farm Road	0458		0738	0758	0818	0838	0848	0858	0907	0917	0927	0936	0945	0954	1004	1014	1024	
Rainham War Memorial	0459		0739	0759	0819	0839	0849	0859	0908	0918	0928	0937	0946	0955	1005	1015	1025	
South Hornchurch Newtons Corner	0504		0744	0804	0824	0844	0854	0904	0914	0924	0934	0943	0952	1001	1011	1021	1031	
Dagenham East Station	0508	Then every 20 minutes until	0748	0808	0829	0849	0859	0909	0919	0929	0939	0948	0957	1006	1016	1026	1036	
Becontree Heath Civic Cent. (Wood La.)	0514		0754	0815	0836	0856	0906	0916	0926	0936	0946	0955	1004	1014	1024	1034	1044	
Romford Station	0521		0801	0822	0843	0904	0915	0925	0935	0945	0955	1004	1014	1024	1034	1044	1054	
Romford Market St Edward's Way	0524		0804	0825	0846	0907	0918	0928	0938	0948	0958	1008	1018	1028	1038	1048	1058	
Romford North Street (The Squire)	0527		0807	0828	0849	0910	0921	0931	0941	0951	1001	1011	1021	1031	1041	1051	1101	
Eastern Avenue Pettits Lane	0529		0809	0830	0851	0912	0924	0934	0944	0955	1005	1015	1025	1035	1045	1055	1106	
Chase Cross Chase Cross Road	0533		0813	0834	0855	0917	0929	0939	0949	1000	1011	1021	1031	1041	1051	1101	1112	
Rainham Station Celtic Farm Road	1034	1044	1054	1104	1114	1124	1133	Then every 10 minutes until	1333	1343	Then every 10 minutes until	1423	1433	Then every 10 minutes until	1633			
Rainham War Memorial	1035	1045	1055	1105	1115	1125	1134		1334	1344		1424	1434		1634			
South Hornchurch Newtons Corner	1041	1051	1101	1112	1122	1132	1141		1341	1351		1431	1441		1641			
Dagenham East Station	1046	1056	1106	1117	1127	1137	1146		1346	1356		1436	1446		1646			
Becontree Heath Civic Cent. (Wood La.)	1054	1104	1114	1125	1135	1145	1154		1354	1404		1444	1454		1654			
Romford Station	1104	1115	1126	1137	1147	1157	1207	1407	1416	1456	1505	1705						
Romford Market St Edward's Way	1108	1119	1130	1141	1151	1201	1211	1411	1420	1500	1509	1709						
Romford North Street (The Squire)	1112	1123	1134	1145	1155	1205	1215	1415	1424	1504	1513	1713						
Eastern Avenue Pettits Lane	1117	1128	1139	1150	1200	1210	1220	1420	1429	1509	1518	1718						
Chase Cross Chase Cross Road	1123	1134	1145	1156	1206	1216	1226	1426	1435	1515	1524	1724						
Rainham Station Celtic Farm Road	1643	1653	1703	1713	1723	1733	1748	1803	1818	1833	1848	1908	1929	1951	2013	2033	2054	2114
Rainham War Memorial	1644	1654	1704	1714	1724	1734	1749	1804	1819	1834	1849	1909	1930	1952	2014	2034	2055	2115
South Hornchurch Newtons Corner	1651	1701	1711	1721	1731	1741	1756	1810	1825	1840	1855	1915	1936	1958	2019	2039	2100	2120
Dagenham East Station	1656	1706	1716	1726	1736	1746	1801	1815	1830	1845	1900	1920	1941	2003	2023	2043	2104	2124
Becontree Heath Civic Cent. (Wood La.)	1704	1713	1723	1733	1743	1753	1808	1822	1837	1852	1907	1927	1948	2009	2029	2049	2110	2130
Romford Station	1714	1723	1733	1743	1753	1803	1817	1831	1846	1901	1916	1936	1957	2017	2037	2057	2117	2137
Romford Market St Edward's Way	1718	1727	1737	1747	1757	1806	1820	1834	1849	1904	1919	1939	2000	2020	2040	2100	2120	2140
Romford North Street (The Squire)	1722	1731	1741	1751	1801	1810	1824	1838	1853	1908	1923	1943	2004	2024	2044	2104	2124	2144
Eastern Avenue Pettits Lane	1727	1736	1746	1756	1805	1814	1828	1842	1857	1912	1927	1946	2006	2026	2046	2106	2126	2146
Chase Cross Chase Cross Road	1733	1742	1752	1802	1811	1820	1834	1848	1903	1918	1933	1952	2011	2031	2051	2111	2131	2151
Rainham Station Celtic Farm Road	2134	2154	2215	Then every 20 minutes until	0015													
Rainham War Memorial	2135	2155	2216		0016													
South Hornchurch Newtons Corner	2140	2200	2221		0021													
Dagenham East Station	2144	2204	2225		0025													
Becontree Heath Civic Cent. (Wood La.)	2150	2210	2231		0031													
Romford Station	2157	2217	2238	0038														
Romford Market St Edward's Way	2200	2220	2241	0041														
Romford North Street (The Squire)	2204	2224	2244	0044														
Eastern Avenue Pettits Lane	2206	2226	2246	0046														
Chase Cross Chase Cross Road	2211	2231	2251	0051														
103		Sundays and other Public Holidays (except Christmas Day)																
Rainham Station Celtic Farm Road	0715	0745	0815	0844	0912	0941	1009	1028	1046	Then every 20 minutes until	1426	1447	Then every 20 minutes until	1627	1647	1707		
Rainham War Memorial	0716	0746	0816	0845	0913	0942	1010	1029	1047		1427	1448		1628	1648	1708		
South Hornchurch Newtons Corner	0721	0751	0821	0850	0919	0948	1016	1035	1053		1433	1454		1634	1654	1714		
Dagenham East Station	0725	0755	0825	0855	0924	0953	1021	1040	1058		1438	1459		1639	1659	1719		
Becontree Heath Civic Cent. (Wood La.)	0731	0801	0831	0902	0931	1000	1028	1047	1105		1445	1506		1646	1706	1726		
Romford Station	0738	0808	0838	0909	0939	1009	1037	1056	1114	1454	1514	1654	1714	1734				
Romford Market St Edward's Way	0741	0811	0841	0912	0942	1012	1040	1059	1118	1458	1518	1658	1717	1737				
Romford North Street (The Squire)	0744	0814	0844	0915	0945	1015	1043	1102	1121	1501	1521	1701	1720	1740				
Eastern Avenue Pettits Lane	0746	0816	0846	0917	0948	1018	1046	1105	1124	1504	1524	1704	1723	1743				
Chase Cross Chase Cross Road	0750	0820	0850	0921	0952	1023	1051	1110	1129	1509	1529	1709	1728	1748				
Rainham Station Celtic Farm Road	1727	1747	1808	1829	1850	1911	1932	1953	2014	2035	Then every 20 minutes until	0015						
Rainham War Memorial	1728	1748	1809	1830	1851	1912	1933	1954	2015	2036		0016						
South Hornchurch Newtons Corner	1734	1754	1815	1836	1856	1917	1938	1959	2020	2041		0021						
Dagenham East Station	1739	1759	1820	1840	1900	1921	1942	2003	2024	2045		0025						
Becontree Heath Civic Cent. (Wood La.)	1746	1806	1826	1846	1906	1927	1948	2009	2030	2051		0031						
Romford Station	1754	1814	1834	1854	1914	1935	1956	2016	2037	2058	0038							
Romford Market St Edward's Way	1757	1817	1837	1857	1917	1938	1959	2019	2040	2101	0041							
Romford North Street (The Squire)	1800	1820	1840	1900	1920	1941	2002	2022	2043	2104	0044							
Eastern Avenue Pettits Lane	1803	1823	1843	1903	1923	1944	2005	2025	2045	2106	0046							
Chase Cross Chase Cross Road	1808	1828	1848	1908	1928	1949	2010	2030	2050	2111	0051							