

165		Mondays to Fridays																
Abbey Wood Lane	0440	0455	0510	0525	0540	0555	0610	0625	0637	0646	0655	0706	0718	0730	0740	0750	0802	0814
Chandlers Corner	0444	0459	0514	0529	0544	0559	0615	0630	0642	0651	0700	0712	0724	0736	0746	0757	0809	0821
Rainham Tesco	0446	0501	0516	0531	0546	0601	0618	0633	0645	0654	0704	0716	0728	0740	0750	0801	0814	0826
South Hornchurch Cherry Tree	0451	0506	0521	0536	0551	0607	0624	0639	0651	0700	0711	0723	0735	0747	0757	0809	0822	0834
Elm Park Station	0457	0512	0527	0542	0558	0614	0631	0646	0658	0709	0721	0733	0745	0757	0808	0819	0832	0844
Hornchurch Town Centre	0504	0519	0534	0549	0605	0621	0638	0654	0706	0718	0730	0742	0754	0806	0818	0829	0842	0854
Gidea Park The Drill	0510	0525	0540	0555	0611	0628	0645	0702	0716	0728	0740	0752	0804	0816	0828	0840	0852	0904
Romford Station	0516	0531	0546	0602	0618	0635	0652	0709	0725	0737	0749	0802	0814	0826	0838	0850	0902	0914
Romford Market St Edward's Way	0519	0534	0549	0605	0621	0638	0655	0712	0728	0740	0752	0805	0817	0829	0841	0853	0905	0917
Romford Brewery	0521	0536	0551	0607	0623	0640	0657	0714	0730	0742	0754	0807	0819	0831	0843	0855	0907	0919
Abbey Wood Lane	0826	0838	0851	0904	0916	0928	0940	0952	Then every 12 minutes until	1304	1315	1326	1337	Then every 12 minutes until	1449	1501		
Chandlers Corner	0833	0845	0858	0911	0923	0935	0947	0958		1310	1321	1332	1343		1455	1507		
Rainham Tesco	0838	0850	0903	0916	0928	0940	0952	1003		1315	1326	1337	1348		1500	1512		
South Hornchurch Cherry Tree	0846	0858	0911	0924	0936	0947	0959	1010		1322	1333	1344	1355		1507	1519		
Elm Park Station	0856	0908	0921	0934	0946	0957	1009	1020		1332	1343	1354	1405		1517	1529		
Hornchurch Town Centre	0906	0918	0931	0944	0956	1007	1019	1030		1342	1353	1404	1415		1527	1539		
Gidea Park The Drill	0916	0928	0939	0952	1004	1015	1027	1038		1350	1401	1412	1423		1535	1547		
Romford Station	0926	0936	0947	0959	1011	1022	1034	1045		1357	1408	1419	1430		1542	1555		
Romford Market St Edward's Way	0929	0940	0951	1003	1015	1026	1038	1049		1401	1412	1423	1434		1546	1559		
Romford Brewery	0931	0942	0953	1005	1017	1028	1040	1051	1403	1414	1425	1436	1548	1601				
Abbey Wood Lane	1513	1525	1536	1548	1600	Then every 12 minutes until	1712	1724	1736	1748	1800	1813	1826	1838	1851	1904	1920	
Chandlers Corner	1519	1531	1542	1554	1606		1718	1730	1742	1754	1806	1819	1832	1844	1857	1910	1925	
Rainham Tesco	1524	1536	1547	1559	1610		1722	1734	1746	1758	1810	1823	1836	1848	1901	1914	1929	
South Hornchurch Cherry Tree	1531	1543	1554	1606	1618		1730	1742	1754	1806	1818	1831	1844	1855	1907	1920	1935	
Elm Park Station	1541	1553	1604	1616	1628		1740	1752	1804	1816	1828	1841	1854	1904	1916	1928	1943	
Hornchurch Town Centre	1551	1603	1614	1626	1638		1750	1802	1814	1826	1838	1851	1903	1914	1925	1936	1950	
Gidea Park The Drill	1559	1611	1623	1635	1647		1759	1811	1823	1835	1847	1859	1910	1921	1932	1943	1957	
Romford Station	1607	1619	1631	1643	1655		1807	1818	1830	1842	1854	1906	1917	1928	1939	1950	2003	
Romford Market St Edward's Way	1611	1623	1635	1647	1659		1811	1822	1834	1846	1858	1909	1920	1931	1942	1953	2006	
Romford Brewery	1613	1625	1637	1649	1701	1813	1824	1836	1848	1900	1911	1922	1933	1944	1955	2008		
Abbey Wood Lane	1935	1950	2005	2020	2040	2100	2120	2140	2200	2220	Then every 20 minutes until	0020						
Chandlers Corner	1940	1955	2010	2025	2045	2105	2125	2145	2205	2225		0025						
Rainham Tesco	1944	1959	2013	2028	2048	2108	2128	2148	2208	2228		0028						
South Hornchurch Cherry Tree	1950	2005	2019	2034	2054	2114	2134	2154	2213	2233		0033						
Elm Park Station	1958	2012	2026	2041	2101	2121	2141	2201	2220	2239		0039						
Hornchurch Town Centre	2005	2019	2033	2048	2108	2128	2148	2208	2227	2246		0046						
Gidea Park The Drill	2011	2025	2039	2054	2114	2134	2154	2214	2233	2252		0052						
Romford Station	2017	2031	2045	2100	2120	2140	2200	2220	2239	2258		0058						
Romford Market St Edward's Way	2020	2034	2048	2103	2123	2143	2203	2223	2242	2301		0101						
Romford Brewery	2022	2036	2050	2105	2125	2145	2205	2225	2244	2303	0103							
165		Saturdays (also Good Friday)																
Abbey Wood Lane	0440	0455	0510	0525	0540	0555	0610	0625	0640	0655	0710	0725	0740	0755	0810	0824	0834	0845
Chandlers Corner	0444	0459	0514	0529	0544	0559	0614	0630	0645	0700	0715	0730	0745	0800	0815	0829	0839	0850
Rainham Tesco	0447	0502	0517	0532	0547	0603	0618	0634	0649	0704	0719	0734	0749	0805	0820	0834	0844	0855
South Hornchurch Cherry Tree	0452	0507	0522	0537	0552	0608	0623	0639	0654	0709	0724	0739	0754	0811	0826	0840	0850	0901
Elm Park Station	0458	0513	0528	0543	0558	0615	0630	0646	0701	0716	0731	0746	0802	0819	0834	0848	0858	0910
Hornchurch Town Centre	0505	0520	0535	0550	0605	0622	0637	0653	0708	0723	0738	0753	0810	0827	0843	0858	0909	0921
Gidea Park The Drill	0510	0525	0540	0555	0610	0627	0643	0659	0714	0729	0744	0759	0816	0833	0849	0904	0916	0928
Romford Station	0516	0531	0546	0601	0616	0633	0649	0705	0720	0735	0750	0805	0822	0839	0855	0911	0923	0935
Romford Market St Edward's Way	0519	0534	0549	0604	0619	0636	0652	0708	0723	0738	0753	0808	0825	0842	0858	0915	0927	0939
Romford Brewery	0521	0536	0551	0606	0621	0638	0654	0710	0725	0740	0755	0811	0828	0845	0902	0919	0931	0943
Abbey Wood Lane	0856	0907	0918	0929	0941	0953	1005	1017	1028	1039	1051	1103	1115	1127	1139	Then every 12 minutes until	1251	
Chandlers Corner	0901	0913	0924	0935	0947	0959	1011	1023	1034	1045	1057	1109	1121	1133	1145		1257	
Rainham Tesco	0907	0919	0930	0941	0953	1005	1017	1029	1040	1051	1103	1115	1127	1139	1151		1303	
South Hornchurch Cherry Tree	0913	0925	0936	0947	0959	1011	1023	1035	1046	1057	1109	1121	1133	1145	1158		1310	
Elm Park Station	0922	0934	0945	0956	1008	1020	1032	1044	1055	1106	1118	1130	1142	1154	1206		1219	
Hornchurch Town Centre	0933	0945	0957	1008	1020	1032	1044	1056	1107	1118	1130	1142	1154	1206	1219		1331	
Gidea Park The Drill	0940	0952	1004	1016	1028	1040	1052	1104	1115	1126	1138	1150	1202	1214	1227		1339	
Romford Station	0947	0959	1011	1023	1035	1047	1059	1111	1122	1133	1145	1157	1209	1221	1234		1346	
Romford Market St Edward's Way	0951	1003	1015	1027	1039	1051	1103	1115	1126	1137	1149	1201	1213	1225	1238		1350	
Romford Brewery	0955	1007	1019	1031	1043	1055	1107	1119	1130	1141	1153	1205	1217	1229	1242	1354		

165		Saturdays (also Good Friday) (cont.)																
Abbey Wood Lane	1303	1315	1327		1451	1503	1515	1527		1627	1639	1651	1703	1715	1727	1740		
Chandlers Corner	1309	1321	1333		1457	1509	1521	1533		1633	1645	1657	1709	1721	1733	1746		
Rainham Tesco	1315	1327	1339		1503	1515	1527	1539		1639	1651	1703	1715	1727	1738	1751		
South Hornchurch Cherry Tree	1321	1333	1345	Then every 12 minutes until	1509	1521	1533	1545	Then every 12 minutes until	1645	1657	1709	1721	1733	1744	1757		
Elm Park Station	1330	1342	1354		1518	1530	1542	1554		1654	1706	1718	1730	1741	1752	1805		
Hornchurch Town Centre	1342	1354	1405		1529	1541	1553	1604		1704	1716	1728	1740	1751	1802	1815		
Gidea Park The Drill	1350	1402	1413		1537	1549	1601	1612		1712	1724	1736	1748	1759	1810	1822		
Romford Station	1357	1409	1420		1544	1555	1607	1618		1718	1730	1742	1754	1805	1816	1828		
Romford Market St Edward's Way	1401	1413	1424		1548	1559	1611	1622		1722	1734	1746	1758	1809	1820	1832		
Romford Brewery	1405	1417	1428		1552	1603	1615	1626		1726	1737	1749	1801	1812	1823	1835		
Abbey Wood Lane	1753	1806	1819	1831	1846	1902	1917	1932	1948	2003	2019	2040	2059	2119	2140	2201	2221	2241
Chandlers Corner	1759	1811	1824	1836	1851	1907	1922	1937	1953	2008	2024	2045	2104	2123	2144	2205	2225	2245
Rainham Tesco	1804	1816	1829	1841	1856	1912	1927	1942	1958	2013	2029	2050	2109	2128	2149	2209	2229	2249
South Hornchurch Cherry Tree	1809	1821	1834	1846	1901	1917	1932	1947	2003	2018	2034	2055	2114	2133	2154	2214	2234	2254
Elm Park Station	1817	1829	1842	1854	1909	1925	1940	1955	2011	2026	2041	2102	2121	2140	2201	2221	2241	2301
Hornchurch Town Centre	1827	1839	1852	1903	1918	1933	1948	2003	2019	2034	2049	2109	2128	2147	2208	2228	2248	2308
Gidea Park The Drill	1834	1846	1859	1910	1925	1940	1955	2010	2026	2041	2055	2115	2134	2153	2214	2234	2254	2314
Romford Station	1840	1852	1905	1916	1931	1946	2001	2016	2032	2047	2101	2121	2140	2159	2219	2239	2259	2319
Romford Market St Edward's Way	1844	1856	1909	1920	1935	1950	2005	2020	2036	2051	2105	2124	2143	2202	2222	2242	2302	2322
Romford Brewery	1847	1859	1911	1922	1937	1952	2007	2022	2038	2053	2107	2126	2145	2204	2224	2244	2304	2324
Abbey Wood Lane	2300	2320	2340	0000	0020													
Chandlers Corner	2304	2324	2344	0004	0024													
Rainham Tesco	2308	2328	2348	0008	0028													
South Hornchurch Cherry Tree	2313	2333	2353	0013	0033													
Elm Park Station	2320	2339	2359	0019	0039													
Hornchurch Town Centre	2327	2346	0006	0026	0046													
Gidea Park The Drill	2333	2352	0012	0032	0052													
Romford Station	2338	2357	0017	0037	0057													
Romford Market St Edward's Way	2341	0000	0020	0040	0100													
Romford Brewery	2343	0002	0022	0042	0102													
165		Sundays and other Public Holidays (except Christmas Day)																
Abbey Wood Lane	0545			0725	0744	0804	0824	0844	0903	0922	0940	0959	1018	1038	1056	1116	1136	1156
Chandlers Corner	0549			0729	0749	0809	0829	0849	0908	0927	0945	1004	1023	1043	1101	1121	1141	1201
Rainham Tesco	0553			0733	0753	0813	0834	0854	0913	0932	0950	1009	1028	1048	1106	1126	1146	1206
South Hornchurch Cherry Tree	0558	Then every 20 minutes until		0738	0758	0818	0839	0859	0918	0938	0956	1015	1035	1055	1113	1133	1153	1213
Elm Park Station	0605		0745	0805	0826	0847	0907	0926	0946	1005	1024	1044	1104	1123	1143	1203	1223	
Hornchurch Town Centre	0612		0752	0812	0833	0855	0916	0936	0956	1016	1035	1055	1115	1134	1154	1214	1234	
Gidea Park The Drill	0618		0758	0818	0839	0901	0922	0943	1003	1023	1042	1102	1122	1142	1202	1222	1242	
Romford Station	0623			0803	0823	0844	0906	0928	0949	1009	1029	1048	1108	1129	1149	1209	1228	1248
Romford Market St Edward's Way	0626			0806	0826	0847	0909	0931	0953	1013	1033	1052	1112	1133	1153	1213	1232	1252
Romford Brewery	0628			0808	0828	0849	0911	0933	0955	1015	1035	1054	1115	1137	1157	1217	1237	1257
Abbey Wood Lane	1216	1236	1256	1316	1337	1357	1417	1437	1457	1517	1537	1557	1617	1637	1657	1717	1737	1758
Chandlers Corner	1221	1241	1302	1322	1343	1403	1423	1443	1502	1522	1542	1602	1622	1642	1702	1722	1742	1803
Rainham Tesco	1226	1246	1307	1327	1348	1408	1428	1448	1507	1527	1547	1607	1627	1647	1707	1727	1747	1807
South Hornchurch Cherry Tree	1233	1253	1314	1334	1355	1415	1435	1455	1514	1534	1553	1613	1633	1653	1713	1733	1753	1813
Elm Park Station	1243	1303	1323	1343	1404	1424	1444	1504	1523	1543	1602	1622	1642	1702	1722	1742	1801	1821
Hornchurch Town Centre	1254	1314	1334	1354	1414	1434	1454	1514	1533	1552	1611	1631	1651	1711	1731	1751	1809	1829
Gidea Park The Drill	1302	1322	1342	1402	1421	1441	1501	1521	1540	1559	1618	1638	1658	1718	1738	1758	1816	1836
Romford Station	1308	1328	1348	1408	1427	1447	1507	1527	1546	1605	1624	1644	1704	1724	1744	1804	1822	1842
Romford Market St Edward's Way	1312	1332	1352	1412	1431	1451	1511	1531	1550	1609	1628	1648	1708	1728	1748	1808	1826	1846
Romford Brewery	1317	1337	1357	1417	1436	1455	1515	1535	1554	1613	1632	1652	1712	1732	1752	1811	1829	1849
Abbey Wood Lane	1818	1838	1858	1918	1938	1959	2019	2040	2100	2120	2140	2200	2220	2240	2300	Then every 20 minutes until		0020
Chandlers Corner	1823	1843	1903	1923	1943	2004	2024	2045	2105	2124	2144	2204	2224	2244	2304		0024	
Rainham Tesco	1827	1847	1907	1927	1947	2008	2028	2049	2109	2128	2148	2208	2228	2248	2307		0027	
South Hornchurch Cherry Tree	1833	1853	1913	1933	1953	2014	2034	2054	2114	2133	2153	2213	2233	2253	2312		0032	
Elm Park Station	1841	1901	1920	1940	2000	2021	2041	2101	2121	2140	2200	2219	2239	2259	2318	0038		
Hornchurch Town Centre	1849	1909	1928	1948	2007	2028	2048	2108	2128	2147	2207	2226	2246	2306	2325	0045		
Gidea Park The Drill	1856	1916	1935	1954	2013	2034	2054	2114	2134	2153	2213	2232	2251	2311	2330	0050		
Romford Station	1902	1922	1941	2000	2018	2039	2059	2119	2139	2158	2218	2237	2256	2316	2335	0055		
Romford Market St Edward's Way	1906	1925	1944	2003	2021	2042	2102	2122	2142	2201	2221	2240	2259	2319	2338	0058		
Romford Brewery	1909	1927	1946	2005	2023	2044	2104	2124	2144	2203	2223	2242	2301	2321	2340	0100		

165		Mondays to Fridays																
Romford Brewery	0505	0520	0535	0550	0605	0620	0634	0646	0658	0710	0721	0732	0743	0755	0805	0816	0828	0840
Romford Market St Edward's Way	0507	0522	0537	0552	0607	0622	0636	0648	0701	0713	0724	0735	0746	0758	0808	0819	0831	0843
Romford Station	0510	0525	0540	0555	0610	0625	0639	0651	0705	0717	0728	0739	0750	0802	0812	0824	0836	0848
Gidea Park The Drill	0515	0530	0545	0601	0616	0631	0645	0658	0713	0725	0736	0747	0758	0810	0821	0833	0845	0857
Hornchurch Town Centre	0520	0535	0551	0607	0622	0637	0652	0705	0720	0732	0743	0754	0805	0817	0829	0841	0853	0905
Elm Park Station	0526	0541	0557	0613	0628	0644	0659	0713	0728	0740	0752	0803	0815	0827	0839	0851	0903	0915
South Hornchurch Cherry Tree	0533	0548	0604	0620	0635	0651	0707	0722	0737	0749	0801	0813	0825	0837	0849	0901	0913	0925
Rainham Tesco	0539	0555	0611	0627	0642	0658	0715	0730	0745	0757	0809	0821	0833	0845	0857	0909	0921	0933
Chandlers Corner	0541	0557	0613	0629	0644	0701	0718	0733	0748	0800	0812	0824	0836	0848	0900	0912	0924	0936
Abbey Wood Lane	0546	0602	0618	0634	0650	0707	0724	0739	0754	0806	0818	0830	0842	0854	0906	0918	0930	0942
Romford Brewery	0852	0904	0916	0928	0940	Then every 12 minutes until	1352	1403	1415	1426	1437	1448	1459	1511	1523	1534	1546	
Romford Market St Edward's Way	0855	0907	0919	0931	0943		1355	1406	1418	1429	1440	1451	1502	1514	1526	1537	1549	
Romford Station	0900	0912	0924	0936	0948		1400	1411	1423	1434	1445	1456	1508	1520	1532	1543	1555	
Gidea Park The Drill	0909	0921	0933	0945	0956		1408	1419	1431	1442	1453	1505	1517	1529	1541	1552	1604	
Hornchurch Town Centre	0917	0930	0942	0954	1005		1417	1428	1440	1451	1502	1514	1526	1538	1550	1601	1613	
Elm Park Station	0927	0940	0952	1004	1015		1427	1438	1450	1501	1513	1525	1537	1549	1601	1612	1624	
South Hornchurch Cherry Tree	0937	0950	1002	1014	1025		1437	1448	1500	1512	1524	1536	1548	1600	1612	1623	1635	
Rainham Tesco	0945	0957	1009	1021	1032		1444	1455	1507	1519	1531	1543	1556	1608	1620	1631	1643	
Chandlers Corner	0948	1000	1012	1024	1035		1447	1459	1511	1523	1535	1547	1600	1612	1624	1635	1647	
Abbey Wood Lane	0954	1006	1018	1030	1041	1453	1505	1517	1529	1541	1553	1606	1618	1630	1641	1653		
Romford Brewery	1558	Then every 12 minutes until	1734	1746	1758	1810	1822	1833	1845	1857	1909	1921	1933	1945	2000	2015	2030	
Romford Market St Edward's Way	1601		1737	1749	1801	1813	1825	1836	1848	1900	1912	1924	1936	1948	2003	2017	2032	
Romford Station	1607		1743	1755	1807	1819	1831	1842	1854	1906	1917	1929	1941	1953	2007	2021	2036	
Gidea Park The Drill	1617		1753	1805	1817	1829	1841	1852	1904	1915	1925	1936	1948	2000	2013	2027	2042	
Hornchurch Town Centre	1625		1801	1813	1825	1837	1849	1900	1912	1922	1932	1943	1955	2006	2019	2033	2048	
Elm Park Station	1636		1812	1824	1836	1848	1900	1910	1920	1930	1940	1951	2003	2014	2027	2041	2055	
South Hornchurch Cherry Tree	1647		1823	1835	1847	1859	1909	1919	1929	1939	1949	2000	2011	2021	2034	2048	2102	
Rainham Tesco	1655		1831	1843	1855	1906	1916	1926	1936	1946	1956	2007	2017	2027	2040	2054	2108	
Chandlers Corner	1659		1835	1847	1858	1909	1919	1929	1939	1949	1959	2009	2019	2029	2042	2056	2110	
Abbey Wood Lane	1705	1841	1852	1903	1914	1924	1934	1944	1954	2004	2014	2024	2034	2047	2101	2115		
Romford Brewery	2050	2110	2131	2151	2211	2231	2250	Then every 20 minutes until	0110									
Romford Market St Edward's Way	2052	2112	2133	2153	2213	2233	2252		0112									
Romford Station	2056	2116	2137	2157	2217	2237	2256		0116									
Gidea Park The Drill	2102	2122	2143	2203	2223	2243	2302		0122									
Hornchurch Town Centre	2108	2128	2149	2208	2228	2248	2307		0127									
Elm Park Station	2115	2135	2155	2214	2234	2254	2313		0133									
South Hornchurch Cherry Tree	2122	2142	2202	2221	2241	2301	2320		0140									
Rainham Tesco	2128	2148	2208	2227	2247	2307	2326		0146									
Chandlers Corner	2130	2150	2210	2229	2249	2309	2328		0148									
Abbey Wood Lane	2135	2155	2215	2234	2254	2314	2333	0153										
165		Saturdays (also Good Friday)																
Romford Brewery	0505	Then every 15 minutes until	0635	0650	0705	0720	0735	0750	0805	0820	0831	0841	0852	0903	0912	0922	0933	
Romford Market St Edward's Way	0508		0638	0653	0708	0723	0738	0753	0808	0823	0834	0844	0855	0906	0915	0925	0936	
Romford Station	0511		0641	0657	0712	0727	0742	0757	0812	0827	0838	0848	0859	0910	0920	0930	0941	
Gidea Park The Drill	0516		0646	0702	0718	0733	0748	0803	0818	0833	0844	0854	0905	0916	0926	0936	0947	
Hornchurch Town Centre	0521		0651	0707	0723	0738	0753	0809	0824	0839	0850	0900	0912	0923	0933	0943	0955	
Elm Park Station	0527		0657	0713	0729	0745	0800	0816	0832	0847	0858	0909	0921	0932	0942	0952	1004	
South Hornchurch Cherry Tree	0534		0704	0720	0736	0752	0807	0823	0840	0855	0906	0917	0929	0940	0951	1002	1014	
Rainham Tesco	0539		0709	0725	0741	0757	0812	0829	0846	0902	0913	0924	0936	0947	0958	1009	1021	
Chandlers Corner	0541		0711	0727	0743	0759	0814	0831	0848	0904	0916	0927	0939	0950	1001	1012	1024	
Abbey Wood Lane	0546	0716	0732	0748	0804	0819	0836	0853	0909	0921	0932	0944	0956	1007	1018	1030		
Romford Brewery	0943	0953	Then every 12 minutes until	1253	1305	Then every 12 minutes until	1405	1417	Then every 12 minutes until	1629	1641	1653	1706	1719	1732			
Romford Market St Edward's Way	0946	0956		1256	1308		1408	1420		1632	1644	1656	1709	1722	1735			
Romford Station	0951	1002		1302	1314		1414	1426		1638	1650	1702	1715	1728	1741			
Gidea Park The Drill	0958	1010		1310	1322		1422	1433		1645	1657	1709	1722	1735	1748			
Hornchurch Town Centre	1006	1018		1318	1330		1430	1441		1653	1705	1717	1730	1743	1756			
Elm Park Station	1016	1028		1328	1340		1440	1451		1703	1715	1727	1739	1752	1804			
South Hornchurch Cherry Tree	1026	1038		1338	1350		1450	1501		1713	1725	1736	1747	1800	1812			
Rainham Tesco	1033	1045		1345	1358		1458	1509		1721	1732	1743	1754	1806	1818			
Chandlers Corner	1036	1048		1348	1401		1501	1512		1724	1735	1746	1757	1809	1821			
Abbey Wood Lane	1042	1054	1354	1407	1507	1518	1730	1741	1752	1803	1815	1827						

165		Saturdays (also Good Friday) (cont.)																														
Romford Brewery	1745	1757	1809	1821	1833	1846	1901	1915	1929	1944	1959	2014	2029	2050	2111	2132	2151	2210														
Romford Market St Edward's Way	1748	1800	1812	1824	1836	1849	1904	1918	1932	1947	2002	2017	2031	2052	2113	2134	2153	2212														
Romford Station	1754	1806	1818	1830	1842	1855	1909	1923	1937	1952	2007	2022	2036	2057	2117	2138	2157	2216														
Gidea Park The Drill	1801	1813	1825	1837	1849	1902	1916	1930	1944	1958	2013	2028	2042	2103	2123	2144	2203	2222														
Hornchurch Town Centre	1808	1820	1832	1844	1856	1909	1923	1937	1951	2005	2020	2035	2049	2109	2129	2150	2209	2228														
Elm Park Station	1816	1828	1840	1852	1904	1916	1930	1944	1958	2012	2027	2042	2056	2116	2135	2156	2215	2234														
South Hornchurch Cherry Tree	1824	1836	1848	1900	1912	1924	1938	1952	2006	2020	2035	2050	2104	2124	2142	2203	2222	2241														
Rainham Tesco	1830	1842	1854	1906	1918	1930	1944	1958	2012	2026	2041	2056	2110	2129	2147	2208	2227	2246														
Chandlers Corner	1833	1845	1857	1909	1921	1933	1947	2001	2015	2029	2044	2059	2113	2132	2150	2211	2230	2249														
Abbey Wood Lane	1839	1851	1903	1915	1927	1939	1953	2007	2021	2035	2050	2105	2119	2138	2156	2216	2235	2254														
Romford Brewery	2230	2250																0110														
Romford Market St Edward's Way	2232	2252																0112														
Romford Station	2236	2256																0116														
Gidea Park The Drill	2242	2302																0122														
Hornchurch Town Centre	2248	2307																0127														
Elm Park Station	2254	2313																0133														
South Hornchurch Cherry Tree	2301	2320																0140														
Rainham Tesco	2306	2325																0145														
Chandlers Corner	2309	2328																0148														
Abbey Wood Lane	2314	2333																0153														
165		Sundays and other Public Holidays (except Christmas Day)																														
Romford Brewery	0555																	0735	0755	0815	0835	0855	0915	0934	0952	1010	1029	1048	1108	1128	1148	1208
Romford Market St Edward's Way	0557																	0737	0757	0817	0837	0857	0917	0936	0954	1012	1031	1050	1110	1130	1151	1211
Romford Station	0601																	0741	0801	0821	0841	0901	0921	0940	0958	1017	1036	1055	1115	1135	1156	1217
Gidea Park The Drill	0606																	0746	0806	0826	0846	0907	0927	0946	1005	1024	1043	1102	1122	1142	1203	1224
Hornchurch Town Centre	0611																	0751	0811	0831	0851	0912	0932	0952	1011	1030	1049	1109	1129	1149	1210	1231
Elm Park Station	0617																	0757	0818	0838	0858	0919	0940	1000	1020	1039	1059	1119	1139	1159	1220	1241
South Hornchurch Cherry Tree	0624																	0804	0825	0845	0905	0926	0948	1008	1028	1048	1108	1128	1148	1208	1229	1250
Rainham Tesco	0629																	0809	0830	0850	0910	0932	0954	1014	1034	1054	1114	1134	1154	1214	1236	1257
Chandlers Corner	0631																	0811	0832	0852	0912	0934	0957	1017	1037	1057	1117	1137	1157	1217	1239	1300
Abbey Wood Lane	0636																	0816	0837	0857	0917	0939	1002	1022	1042	1102	1122	1142	1202	1223	1245	1306
Romford Brewery	1228	1247	1307	1327	1347	1407	1427	1447	1507	1527	1547	1607	1627	1647	1707	1727	1747	1807														
Romford Market St Edward's Way	1231	1250	1310	1330	1350	1410	1430	1450	1510	1530	1550	1610	1630	1650	1710	1730	1750	1810														
Romford Station	1237	1256	1316	1336	1356	1416	1436	1455	1515	1535	1555	1615	1635	1655	1715	1735	1755	1815														
Gidea Park The Drill	1244	1303	1323	1343	1403	1423	1443	1502	1522	1542	1602	1622	1642	1702	1722	1742	1802	1822														
Hornchurch Town Centre	1251	1310	1330	1350	1410	1430	1450	1509	1529	1549	1609	1629	1649	1708	1728	1748	1808	1828														
Elm Park Station	1301	1320	1340	1400	1420	1440	1459	1518	1538	1558	1618	1638	1658	1717	1737	1757	1816	1836														
South Hornchurch Cherry Tree	1310	1329	1349	1409	1429	1449	1508	1527	1547	1607	1627	1647	1707	1726	1746	1806	1825	1845														
Rainham Tesco	1317	1337	1357	1417	1437	1457	1516	1535	1554	1614	1634	1654	1714	1733	1753	1813	1831	1851														
Chandlers Corner	1320	1340	1400	1420	1440	1500	1519	1538	1557	1617	1637	1657	1717	1736	1756	1816	1834	1854														
Abbey Wood Lane	1326	1346	1406	1426	1446	1506	1525	1544	1603	1623	1643	1703	1723	1742	1802	1822	1840	1900														
Romford Brewery	1827	1847	1907	1927	1947	2008	2029	2050	2110	2130	2150	2210	2230	2250	2310			0110														
Romford Market St Edward's Way	1830	1850	1910	1930	1950	2011	2032	2052	2112	2132	2152	2212	2232	2252	2312			0112														
Romford Station	1835	1855	1914	1934	1954	2015	2036	2056	2116	2136	2156	2216	2236	2256	2316			0116														
Gidea Park The Drill	1842	1902	1921	1940	2000	2021	2042	2102	2122	2142	2202	2222	2242	2302	2321			0121														
Hornchurch Town Centre	1848	1908	1927	1946	2006	2026	2047	2107	2127	2147	2207	2227	2247	2307	2326			0126														
Elm Park Station	1856	1916	1935	1954	2014	2034	2054	2114	2134	2154	2214	2234	2253	2313	2332			0132														
South Hornchurch Cherry Tree	1905	1924	1943	2002	2022	2041	2101	2121	2141	2201	2221	2241	2300	2320	2339			0139														
Rainham Tesco	1910	1929	1948	2007	2027	2046	2106	2126	2146	2206	2226	2246	2305	2324	2343			0143														
Chandlers Corner	1913	1932	1951	2010	2030	2049	2109	2129	2149	2209	2229	2249	2308	2327	2346			0146														
Abbey Wood Lane	1919	1938	1957	2015	2035	2054	2114	2134	2154	2214	2234	2254	2313	2332	2351			0151														