

165		Mondays to Fridays																		
Abbey Wood Lane	0440	0455	0510	0525	0540	0555	0609	0623	0634	0645	0655	0706	0717	0729	0739	0749	0800	0812		
Chandlers Corner	0444	0459	0514	0529	0544	0559	0614	0628	0639	0650	0700	0712	0723	0735	0745	0756	0808	0820		
Rainham War Memorial	0446	0501	0516	0531	0546	0601	0617	0631	0642	0653	0704	0716	0727	0739	0749	0800	0812	0824		
South Hornchurch Cherry Tree	0451	0506	0521	0536	0551	0607	0623	0637	0648	0659	0711	0723	0734	0746	0756	0808	0820	0832		
Elm Park Station	0457	0512	0527	0542	0558	0614	0630	0644	0655	0707	0719	0731	0742	0754	0805	0817	0829	0841		
Hornchurch Town Centre	0504	0519	0534	0549	0605	0621	0637	0652	0703	0715	0727	0739	0750	0802	0814	0826	0838	0850		
Gidea Park The Drill	0510	0525	0540	0555	0611	0627	0643	0659	0711	0723	0735	0747	0758	0810	0822	0834	0846	0858		
Romford Station	0516	0531	0546	0602	0618	0634	0650	0706	0718	0730	0742	0754	0806	0818	0830	0842	0854	0906		
Romford Market St. Edward's Way	0519	0534	0549	0605	0621	0637	0653	0709	0721	0733	0745	0757	0809	0821	0833	0845	0857	0909		
Romford Brewery	0521	0536	0551	0607	0623	0639	0655	0711	0723	0735	0747	0759	0811	0823	0835	0847	0859	0911		
Abbey Wood Lane	0824	0836	0848	0900	0912	0925	0938	0951	Then every 12 minutes until	1451	1503	1515	1527	1539	1550	Then every 12 mins. until	1750			
Chandlers Corner	0832	0844	0856	0908	0920	0933	0945	0957		1457	1509	1521	1533	1545	1556		1756			
Rainham War Memorial	0836	0848	0900	0912	0924	0937	0949	1001		1501	1513	1525	1537	1549	1600		1800			
South Hornchurch Cherry Tree	0844	0856	0908	0920	0932	0944	0956	1008		1508	1520	1532	1544	1556	1608		1808			
Elm Park Station	0853	0905	0917	0929	0941	0953	1005	1017		1517	1529	1541	1553	1605	1617		1817			
Hornchurch Town Centre	0902	0914	0926	0938	0950	1002	1014	1026		1526	1538	1551	1603	1615	1627		1827			
Gidea Park The Drill	0910	0922	0934	0946	0958	1010	1022	1034		1534	1546	1600	1612	1624	1636		1836			
Romford Station	0918	0929	0941	0953	1005	1017	1029	1041		1541	1554	1608	1620	1632	1644		1844			
Romford Market St. Edward's Way	0921	0933	0945	0957	1009	1021	1033	1045		1545	1558	1611	1623	1635	1647		1847			
Romford Brewery	0923	0935	0947	0959	1011	1023	1035	1047	1547	1600	1613	1625	1637	1649	1849					
Abbey Wood Lane	1802	1814	1827	1839	1852	1905	1920	1935	1950	2005	2020	Then every 20 mins. until	2140	2200	2220	Then every 20 minutes until	0020			
Chandlers Corner	1808	1820	1833	1845	1858	1910	1925	1940	1955	2010	2025		2145	2205	2225		0025			
Rainham War Memorial	1812	1824	1837	1848	1901	1913	1928	1943	1958	2013	2028		2148	2208	2228		0028			
South Hornchurch Cherry Tree	1820	1832	1845	1855	1907	1919	1934	1949	2004	2019	2034		2154	2213	2233		0033			
Elm Park Station	1829	1841	1854	1904	1916	1927	1942	1957	2011	2026	2041		2201	2220	2239		0039			
Hornchurch Town Centre	1839	1851	1902	1912	1923	1934	1949	2004	2018	2033	2048		2208	2227	2246		0046			
Gidea Park The Drill	1848	1858	1909	1919	1930	1941	1956	2010	2024	2039	2054		2214	2233	2252		0052			
Romford Station	1855	1905	1916	1926	1937	1948	2002	2016	2030	2045	2100		2220	2239	2258		0058			
Romford Market St. Edward's Way	1858	1908	1919	1929	1940	1951	2005	2019	2033	2048	2103		2223	2242	2301		0101			
Romford Brewery	1900	1910	1921	1931	1942	1953	2007	2021	2035	2050	2105	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	0754	0809	0823	0834	0844	
Chandlers Corner	0444	0459	0514	0529	0544	0559	0615	0630	0645	0700	0715	0730	0745	0759	0814	0828	0839	0849	
Rainham War Memorial	0446	0501	0516	0531	0546	0602	0618	0633	0648	0703	0718	0733	0748	0802	0817	0831	0842	0852	
South Hornchurch Cherry Tree	0451	0506	0521	0536	0551	0607	0623	0638	0653	0708	0723	0738	0753	0808	0823	0837	0848	0858	
Elm Park Station	0457	0512	0527	0542	0557	0613	0629	0644	0659	0715	0730	0745	0800	0816	0831	0845	0856	0907	
Hornchurch Town Centre	0504	0519	0534	0549	0604	0620	0636	0651	0706	0722	0737	0752	0807	0823	0838	0852	0904	0916	
Gidea Park The Drill	0510	0525	0540	0555	0610	0626	0642	0657	0712	0728	0743	0758	0813	0829	0844	0858	0911	0923	
Romford Station	0516	0531	0546	0601	0616	0632	0648	0703	0718	0734	0749	0804	0819	0835	0850	0905	0918	0930	
Romford Market St. Edward's Way	0519	0534	0549	0604	0619	0635	0651	0706	0721	0737	0752	0807	0822	0838	0853	0909	0922	0934	
Romford Brewery	0521	0536	0551	0606	0621	0637	0653	0708	0723	0739	0754	0810	0825	0841	0857	0913	0926	0938	
Abbey Wood Lane	0854	0905	0917	0928	0939	0951	1002	Then every 12 minutes until	1326	1338	1350	1402	1414	1427	Then every 12 minutes until	1627			
Chandlers Corner	0859	0911	0923	0934	0945	0957	1009		1333	1345	1357	1409	1421	1434		1634			
Rainham War Memorial	0903	0915	0927	0938	0949	1001	1013		1337	1349	1401	1413	1425	1437		1637			
South Hornchurch Cherry Tree	0910	0922	0934	0945	0956	1008	1020		1344	1356	1408	1420	1432	1444		1644			
Elm Park Station	0919	0931	0943	0954	1005	1017	1029		1353	1405	1417	1429	1441	1453		1653			
Hornchurch Town Centre	0928	0940	0952	1003	1015	1027	1039		1403	1415	1427	1439	1451	1503		1703			
Gidea Park The Drill	0935	0947	0959	1011	1023	1035	1047		1411	1423	1435	1447	1459	1511		1711			
Romford Station	0942	0954	1007	1019	1031	1043	1055		1419	1431	1442	1454	1506	1518		1718			
Romford Market St. Edward's Way	0946	0958	1011	1023	1035	1047	1059		1423	1435	1446	1458	1510	1522		1722			
Romford Brewery	0950	1002	1015	1028	1040	1052	1104		1428	1439	1450	1502	1514	1526		1726			
Abbey Wood Lane	1639	1651	1703	1715	1727	1740	1752	1805	1818	1831	1847	1903	1919	1934	1949	2004	2020	2040	
Chandlers Corner	1646	1658	1710	1722	1734	1746	1758	1810	1823	1836	1852	1908	1924	1939	1954	2009	2025	2045	
Rainham War Memorial	1649	1701	1713	1725	1737	1749	1801	1813	1826	1839	1855	1911	1927	1942	1957	2012	2028	2048	
South Hornchurch Cherry Tree	1656	1708	1720	1732	1744	1756	1808	1820	1833	1846	1902	1918	1933	1948	2003	2018	2034	2054	
Elm Park Station	1705	1717	1729	1741	1752	1804	1816	1828	1841	1854	1910	1925	1940	1955	2010	2025	2041	2101	
Hornchurch Town Centre	1715	1727	1739	1750	1801	1813	1825	1837	1850	1903	1918	1933	1948	2003	2018	2033	2049	2108	
Gidea Park The Drill	1723	1735	1747	1758	1809	1821	1833	1845	1858	1910	1925	1940	1955	2010	2025	2040	2055	2114	
Romford Station	1730	1742	1754	1805	1816	1828	1840	1852	1905	1917	1931	1946	2001	2016	2031	2046	2101	2120	
Romford Market St. Edward's Way	1734	1746	1758	1809	1820	1832	1844	1856	1909	1921	1935	1950	2005	2020	2035	2050	2104	2123	
Romford Brewery	1737	1749	1801	1812	1823	1835	1847	1859	1911	1923	1937	1952	2007	2022	2037	2052	2106	2125	
Abbey Wood Lane	2100	Then every 20 minutes until	0020																
Chandlers Corner	2105		0025																
Rainham War Memorial	2108		0028																
South Hornchurch Cherry Tree	2113		0033																
Elm Park Station	2119		0039																
Hornchurch Town Centre	2126		0046																
Gidea Park The Drill	2132		0052																
Romford Station	2138		0058																
Romford Market St. Edward's Way	2141		0101																
Romford Brewery	2143		0103																
165		Sundays and other Public Holidays (except Christmas Day)																	
Abbey Wood Lane	0545	Then every 20 minutes until	0725	0744	0804	0824	0844	0904	0922	0941	1000	1019	1038	1057	1116	1136	1156		
Chandlers Corner	0549		0729	0749	0809	0829	0849	0909	0927	0946	1005	1024	1043	1102	1121	1141	1201		
Rainham War Memorial	0551		0731	0751	0811	0831	0851	0911	0929	0949	1008	1027	1046	1105	1124	1144	1204		
South Hornchurch Cherry Tree	0556		0736	0756	0816	0836	0856	0916	0935	0955	1014	1033	1053	1112	1131	1151	1211		
Elm Park Station	0602		0742	0802	0822	0842	0902	0922	0941	1001	1021	1040	1100	1119	1139	1159	1219		
Hornchurch Town Centre	0609		0749	0809	0829	0849	0909	0929	0948	1008	1028	1047	1107	1127	1147	1207	1227		
Gidea Park The Drill	0614		0754	0814	0834	0854	0914	0934	0954	1014	1034	1054	1114	1134	1154	1214	1234		
Romford Station	0619		0759	0819	0839	0859	0920	0940	1000	1020	1040	1100	1120	1141	1201	1221	1241		
Romford Market St. Edward's Way	0621		0801	0821	0841	0902	0923	0943	1004	1024	1044	1104	1124	1145	1205	1225	1245		
Romford Brewery	0623		0803	0823	0843	0904	0925	0945	1006	1026	1046	1107	1127	1148	1208	1228	1248		
Abbey Wood Lane	1215	Then every 20 minutes until	1715	1736	1757	1817	1837	1858	1919	1939	2000	Then every 20 minutes until	0020						
Chandlers Corner	1221		1721	1742	1803	1823	1843	1904	1924	1944	2005		0025						
Rainham War Memorial	1224		1724	1745	1806	1826	1846	1907	1927	1947	2008		0028						
South Hornchurch Cherry Tree	1231		1731	1752	1812	1832	1852	1913	1933	1953	2013		0033						
Elm Park Station	1239		1739	1759	1819	1839	1859	1919	1939	1959	2019		0039						
Hornchurch Town Centre	1247		1747	1807	1827	1847	1907	1926	1946	2006	2026		0046						
Gidea Park The Drill	1254		1754	1814	1834	1854	1913	1932	1952	2012	2032		0052						
Romford Station	1301		1801	1821	1840	1900	1919	1938	1958	2018	2038		0058						
Romford Market St. Edward's Way	1305		1805	1825	1844	1904	1923	1942	2001	2020	2040		0100						
Romford Brewery	1308		1808	1828	1847	1906	1925	1944	2003	2022	2042		0102						

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Romford – Hornchurch – Rainham

165		Mondays to Fridays																
Romford Brewery	0505	0520	0535	0550	0605	0619	0634	0647	0700	0711	0722	0733	0744	0755	0806	0818	0830	0842
Romford Market St. Edward's Way	0507	0522	0537	0552	0607	0621	0636	0649	0702	0714	0725	0736	0747	0758	0809	0821	0833	0845
Romford Station	0510	0525	0540	0555	0610	0624	0639	0652	0706	0718	0729	0740	0751	0802	0814	0826	0838	0850
Gidea Park The Drill	0515	0530	0545	0601	0616	0630	0645	0659	0714	0726	0737	0748	0759	0810	0822	0834	0846	0858
Hornchurch Town Centre	0520	0535	0551	0607	0622	0636	0652	0706	0721	0733	0744	0755	0806	0818	0830	0842	0854	0906
Elm Park Station	0526	0541	0557	0613	0628	0643	0659	0714	0729	0741	0753	0804	0816	0828	0840	0852	0904	0916
South Hornchurch Cherry Tree	0533	0548	0604	0620	0635	0650	0706	0723	0738	0750	0802	0814	0826	0838	0850	0902	0914	0926
Rainham Tesco	0539	0555	0611	0627	0642	0657	0714	0731	0746	0758	0810	0822	0834	0846	0858	0910	0922	0933
Chandlers Corner	0541	0557	0613	0629	0644	0700	0717	0734	0749	0801	0813	0825	0837	0849	0901	0913	0925	0936
Abbey Wood Lane	0546	0602	0618	0634	0649	0705	0722	0739	0754	0806	0818	0830	0842	0854	0906	0918	0930	0942
Romford Brewery	0854	0906	0918	0930	Then every 12 minutes until	1406	1418	1430	1441	1452	1504	1516	1528	1540	1552	Then every 12 mins. until	1740	
Romford Market St. Edward's Way	0857	0909	0921	0933		1409	1421	1433	1444	1455	1507	1519	1531	1543	1555		1743	
Romford Station	0902	0914	0926	0938		1414	1426	1438	1449	1500	1512	1524	1536	1548	1600		1748	
Gidea Park The Drill	0910	0922	0934	0945		1421	1433	1445	1457	1508	1520	1532	1544	1556	1609		1757	
Hornchurch Town Centre	0918	0931	0943	0954		1430	1442	1454	1506	1517	1529	1541	1553	1605	1617		1805	
Elm Park Station	0928	0941	0953	1004		1440	1452	1504	1516	1527	1539	1551	1603	1614	1626		1814	
South Hornchurch Cherry Tree	0938	0950	1002	1013		1449	1502	1514	1526	1537	1549	1601	1613	1625	1637		1825	
Rainham Tesco	0945	0957	1009	1020		1456	1509	1521	1533	1545	1557	1609	1621	1633	1645		1833	
Chandlers Corner	0948	1000	1012	1023		1459	1512	1524	1536	1548	1600	1612	1624	1636	1648		1836	
Abbey Wood Lane	0954	1006	1018	1029	1505	1518	1530	1542	1554	1606	1618	1630	1642	1654	1842			
Romford Brewery	1752	1804	1816	1828	1841	1854	1906	1918	1931	1944	1959	2015	2030	2050	2110	2131	2151	2211
Romford Market St. Edward's Way	1755	1807	1819	1831	1844	1857	1909	1921	1934	1947	2002	2017	2032	2052	2112	2133	2153	2213
Romford Station	1800	1812	1824	1836	1849	1902	1913	1925	1938	1951	2006	2021	2036	2056	2116	2137	2157	2217
Gidea Park The Drill	1809	1821	1833	1845	1858	1910	1921	1932	1945	1958	2012	2027	2042	2102	2122	2143	2203	2223
Hornchurch Town Centre	1817	1829	1841	1853	1906	1917	1928	1939	1952	2004	2018	2033	2048	2108	2128	2149	2208	2228
Elm Park Station	1826	1838	1850	1902	1914	1925	1936	1947	2000	2012	2026	2041	2056	2115	2135	2155	2214	2234
South Hornchurch Cherry Tree	1837	1849	1859	1911	1923	1934	1945	1956	2008	2019	2033	2048	2103	2122	2142	2202	2221	2241
Rainham Tesco	1845	1856	1906	1918	1930	1941	1952	2003	2014	2025	2039	2054	2109	2128	2148	2208	2227	2247
Chandlers Corner	1848	1859	1909	1921	1933	1944	1955	2005	2016	2027	2041	2056	2111	2130	2150	2210	2229	2249
Abbey Wood Lane	1853	1904	1914	1926	1938	1949	2000	2010	2021	2032	2046	2101	2116	2135	2155	2215	2234	2254
Romford Brewery	2231	Then every 20 minutes until	0111															
Romford Market St. Edward's Way	2233		0113															
Romford Station	2237		0117															
Gidea Park The Drill	2243		0123															
Hornchurch Town Centre	2248		0128															
Elm Park Station	2254		0134															
South Hornchurch Cherry Tree	2301		0141															
Rainham Tesco	2307		0147															
Chandlers Corner	2309		0149															
Abbey Wood Lane	2314	0154																

165		Saturdays (also Good Friday)															
Romford Brewery	0505		0650	0705	0720	0735	0750	0805	0820	0831	0842	0852	0903	0914	0924	0935	0945
Romford Market St. Edward's Way	0507		0652	0707	0722	0737	0752	0807	0822	0833	0844	0854	0906	0917	0927	0938	0948
Romford Station	0510		0655	0710	0725	0740	0755	0811	0826	0837	0848	0858	0910	0921	0931	0942	0952
Gidea Park The Drill	0515	Then every 15 minutes until	0700	0715	0730	0745	0800	0816	0831	0842	0853	0904	0916	0927	0937	0948	0958
Hornchurch Town Centre	0520		0705	0720	0735	0750	0806	0822	0837	0848	0859	0911	0923	0934	0944	0956	1007
Elm Park Station	0526		0711	0727	0742	0758	0814	0830	0845	0856	0908	0920	0932	0943	0953	1005	1017
South Hornchurch Cherry Tree	0533		0718	0734	0749	0805	0821	0837	0852	0904	0916	0928	0940	0952	1003	1015	1027
Rainham Tesco	0539		0724	0740	0755	0811	0827	0843	0859	0911	0923	0935	0947	0959	1011	1023	1035
Chandlers Corner	0541		0726	0742	0757	0813	0829	0845	0901	0914	0926	0938	0950	1002	1014	1026	1038
Abbey Wood Lane	0546		0731	0747	0802	0818	0834	0850	0906	0919	0931	0943	0955	1007	1019	1031	1043
Romford Brewery	0956	1007	1018														
Romford Market St. Edward's Way	0959	1010	1021														
Romford Station	1003	1015	1027														
Gidea Park The Drill	1010	1022	1034	Then every 12 minutes until	1642	1655	1708	1721	1734	1747	1759	1811	1823	1835	1848	1901	1916
Hornchurch Town Centre	1019	1031	1043		1645	1658	1711	1724	1737	1750	1802	1814	1826	1838	1851	1904	1919
Elm Park Station	1029	1041	1053		1651	1704	1717	1730	1743	1756	1808	1820	1832	1844	1857	1909	1924
South Hornchurch Cherry Tree	1039	1051	1103		1658	1711	1724	1737	1749	1802	1814	1826	1838	1850	1903	1915	1930
Rainham Tesco	1047	1059	1111		1707	1720	1733	1745	1757	1809	1821	1833	1845	1857	1909	1921	1936
Chandlers Corner	1050	1102	1114	1717	1730	1742	1754	1805	1817	1829	1841	1853	1905	1916	1928	1943	
Abbey Wood Lane	1055	1107	1119	1727	1739	1750	1802	1813	1825	1837	1849	1901	1912	1923	1935	1950	
Romford Brewery	1931	1946	2001	2016	2031	2051	2112										
Romford Market St. Edward's Way	1934	1949	2004	2019	2034	2054	2114										
Romford Station	1939	1954	2009	2024	2039	2059	2118										
Gidea Park The Drill	1945	2000	2015	2030	2045	2104	2123	Then every 20 minutes until	0112								
Hornchurch Town Centre	1951	2006	2021	2036	2051	2109	2128		0114								
Elm Park Station	1958	2013	2028	2043	2058	2115	2134		0118								
South Hornchurch Cherry Tree	2005	2020	2035	2050	2105	2122	2141		0123								
Rainham Tesco	2012	2027	2042	2057	2111	2128	2147		0128								
Chandlers Corner	2015	2030	2045	2100	2113	2130	2149	0134									
Abbey Wood Lane	2020	2035	2050	2105	2118	2135	2154	0141									
									0147								
									0149								
									0154								
165		Sundays and other Public Holidays (except Christmas Day)															
Romford Brewery	0555	0620															
Romford Market St. Edward's Way	0557	0622															
Romford Station	0600	0625															
Gidea Park The Drill	0605	0630	Then every 20 minutes until	0820	0840	0900	0920	0940	0959	1019	1038	1057	1117	1137	1157	1217	1237
Hornchurch Town Centre	0610	0635		0822	0842	0902	0922	0942	1001	1021	1040	1059	1119	1139	1159	1220	1240
Elm Park Station	0616	0641		0825	0845	0905	0925	0945	1005	1025	1044	1104	1124	1144	1204	1225	1245
South Hornchurch Cherry Tree	0622	0647		0830	0850	0910	0930	0951	1011	1031	1050	1110	1130	1150	1210	1231	1251
Rainham Tesco	0627	0652		0835	0855	0915	0936	0957	1017	1037	1056	1116	1136	1156	1216	1237	1257
Chandlers Corner	0629	0654	0841	0901	0922	0943	1004	1024	1044	1103	1123	1143	1203	1224	1245	1305	
Abbey Wood Lane	0634	0659	0847	0908	0929	0950	1011	1031	1051	1111	1131	1151	1211	1232	1253	1313	
Romford Brewery	1257	1317															
Romford Market St. Edward's Way	1300	1320															
Romford Station	1305	1325															
Gidea Park The Drill	1311	1331	Then every 20 minutes until	1717	1737	1756	1815	1834	1853	1912	1932	1952	2012				0112
Hornchurch Town Centre	1317	1337		1720	1740	1759	1818	1837	1856	1915	1935	1955	2014				0114
Elm Park Station	1325	1345		1725	1745	1804	1823	1842	1900	1919	1939	1959	2018				0118
South Hornchurch Cherry Tree	1333	1353		1731	1751	1810	1829	1848	1906	1925	1945	2004	2023				0123
Rainham Tesco	1340	1400		1737	1757	1816	1835	1854	1912	1931	1951	2009	2028				0128
Chandlers Corner	1343	1403	1745	1804	1823	1842	1901	1919	1938	1957	2015	2034				0134	
Abbey Wood Lane	1348	1409	1753	1812	1831	1850	1908	1926	1945	2004	2022	2041				0141	
																	0147
																	0149
																	0154