

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 <i>Tesco</i>	0446	0501	0516	0531	0546	0601	0618	0633	0645	0654	0704	0716	0728	0740	0750	0801	0814	0826
South Hornchurch <i>Cherry Tree</i>	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 <i>Town Centre</i>	0504	0519	0534	0549	0605	0621	0638	0654	0706	0718	0730	0742	0754	0806	0818	0829	0842	0854
Gidea Park <i>The Drill</i>	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 <i>St Edward's Way</i>	0519	0534	0549	0605	0621	0638	0655	0712	0728	0740	0752	0805	0817	0829	0841	0853	0905	0917
Romford <i>Brewery</i>	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 <i>Tesco</i>	0838	0850	0903	0916	0928	0940	0952	1003		1315	1326	1337	1348		1500	1512		
South Hornchurch <i>Cherry Tree</i>	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 <i>Town Centre</i>	0906	0918	0931	0944	0956	1007	1019	1030		1342	1353	1404	1415		1527	1539		
Gidea Park <i>The Drill</i>	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 <i>St Edward's Way</i>	0929	0940	0951	1003	1015	1026	1038	1049		1401	1412	1423	1434		1546	1559		
Romford <i>Brewery</i>	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 <i>Tesco</i>	1524	1536	1547	1559	1610		1722	1734	1746	1758	1810	1823	1836	1848	1901	1914	1929	
South Hornchurch <i>Cherry Tree</i>	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 <i>Town Centre</i>	1551	1603	1614	1626	1638		1750	1802	1814	1826	1838	1851	1903	1914	1925	1936	1950	
Gidea Park <i>The Drill</i>	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 <i>St Edward's Way</i>	1611	1623	1635	1647	1659		1811	1822	1834	1846	1858	1909	1920	1931	1942	1953	2006	
Romford <i>Brewery</i>	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 <i>Tesco</i>	1944	1959	2013	2028	2048	2108	2128	2148	2208	2228		0028						
South Hornchurch <i>Cherry Tree</i>	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 <i>Town Centre</i>	2005	2019	2033	2048	2108	2128	2148	2208	2227	2246		0046						
Gidea Park <i>The Drill</i>	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 <i>St Edward's Way</i>	2020	2034	2048	2103	2123	2143	2203	2223	2242	2301		0101						
Romford <i>Brewery</i>	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	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 Tesco	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	0855	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 Tesco	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 Tesco	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 Tesco	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	0745	0805	0825	0845	0904	0922	0940	1000	1018	1037	1057	1117	1137	1157		
Chandlers Corner	0549		0729	0750	0810	0830	0850	0909	0927	0945	1005	1023	1042	1102	1122	1142	1202		
Rainham Tesco	0552		0732	0753	0813	0833	0853	0912	0931	0949	1009	1027	1046	1106	1126	1146	1206		
South Hornchurch Cherry Tree	0557		0737	0758	0818	0838	0858	0917	0937	0955	1015	1034	1053	1113	1133	1153	1213		
Elm Park Station	0604		0744	0805	0826	0846	0906	0925	0945	1004	1024	1043	1102	1122	1142	1202	1222		
Hornchurch Town Centre	0611		0751	0812	0833	0853	0913	0932	0952	1012	1032	1051	1111	1131	1151	1211	1230		
Gidea Park The Drill	0617		0757	0818	0839	0859	0919	0940	1000	1020	1040	1100	1120	1140	1200	1220	1239		
Romford Station	0622		0802	0823	0844	0904	0925	0946	1006	1026	1046	1106	1127	1147	1207	1226	1245		
Romford Market St Edward's Way	0625		0805	0826	0847	0907	0928	0949	1010	1030	1050	1110	1131	1151	1211	1230	1249		
Romford Brewery	0627		0807	0828	0849	0909	0930	0951	1012	1032	1052	1113	1134	1154	1214	1234	1253		
Abbey Wood Lane	1217	Then every 20 minutes until	1657	1717	1737	1758	1819	1839	1859	1919	1939	1959	2020	2041	2100	Then every 20 mins. until	0020		
Chandlers Corner	1223		1703	1723	1743	1804	1825	1845	1905	1924	1944	2004	2025	2046	2105		0025		
Rainham Tesco	1227		1707	1727	1747	1807	1828	1848	1908	1927	1947	2007	2028	2049	2108		0028		
South Hornchurch Cherry Tree	1234		1714	1734	1754	1813	1834	1854	1914	1933	1953	2013	2033	2054	2113		0033		
Elm Park Station	1243		1723	1743	1802	1821	1842	1902	1921	1940	2000	2020	2040	2100	2119		0039		
Hornchurch Town Centre	1251		1731	1751	1810	1829	1850	1910	1928	1947	2007	2027	2047	2107	2126		0046		
Gidea Park The Drill	1259		1739	1759	1818	1837	1857	1917	1935	1954	2014	2033	2053	2113	2132		0052		
Romford Station	1305		1745	1805	1824	1843	1903	1923	1941	2000	2019	2038	2058	2118	2137		0057		
Romford Market St Edward's Way	1309		1749	1809	1828	1847	1907	1927	1945	2003	2022	2041	2101	2121	2140		0100		
Romford Brewery	1313		1753	1812	1831	1850	1910	1929	1947	2005	2024	2043	2103	2123	2142		0102		

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Romford – Hornchurch – Rainham

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 <i>St Edward's Way</i>	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 <i>The Drill</i>	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 <i>Cherry Tree</i>	0533	0548	0604	0620	0635	0651	0707	0722	0737	0749	0801	0813	0825	0837	0849	0901	0913	0925	
Rainham <i>Tesco</i>	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	<i>Then every 12 minutes until</i>			1352	1403	1415	1426	1437	1448	1459	1511	1523	1534	1546
Romford Market <i>St Edward's Way</i>	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 <i>The Drill</i>	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 <i>Cherry Tree</i>	0937	0950	1002	1014	1025				1437	1448	1500	1512	1524	1536	1548	1600	1612	1623	1635
Rainham <i>Tesco</i>	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	<i>Then every 12 minutes until</i>		1734	1746	1758	1810	1822	1833	1845	1857	1909	1921	1933	1945	2000	2015	2030	
Romford Market <i>St Edward's Way</i>	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 <i>The Drill</i>	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 <i>Cherry Tree</i>	1647			1823	1835	1847	1859	1909	1919	1929	1939	1949	2000	2011	2021	2034	2048	2102	
Rainham <i>Tesco</i>	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	<i>Then every 20 minutes until</i>			0110								
Romford Market <i>St Edward's Way</i>	2052	2112	2133	2153	2213	2233	2252				0112								
Romford Station	2056	2116	2137	2157	2217	2237	2256				0116								
Gidea Park <i>The Drill</i>	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 <i>Cherry Tree</i>	2122	2142	2202	2221	2241	2301	2320				0140								
Rainham <i>Tesco</i>	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		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				1642	1655	1708	1721	1734	1747	1759	1811	1823	1835	1848	1901	1916
Romford Market St Edward's Way	0959	1010	1021				1645	1658	1711	1724	1737	1750	1802	1814	1826	1838	1851	1904	1919
Romford Station	1003	1015	1027				1651	1704	1717	1730	1743	1756	1808	1820	1832	1844	1857	1909	1924
Gidea Park The Drill	1010	1022	1034	Then every 12 minutes until			1658	1711	1724	1737	1749	1802	1814	1826	1838	1850	1903	1915	1930
Hornchurch Town Centre	1019	1031	1043		1707	1720	1733	1745	1757	1809	1821	1833	1845	1857	1909	1921	1936		
Elm Park Station	1029	1041	1053		1717	1730	1742	1754	1805	1817	1829	1841	1853	1905	1916	1928	1943		
South Hornchurch Cherry Tree	1039	1051	1103		1727	1739	1750	1802	1813	1825	1837	1849	1901	1912	1923	1935	1950		
Rainham Tesco	1047	1059	1111		1735	1746	1757	1809	1820	1832	1844	1856	1908	1919	1930	1942	1957		
Chandlers Corner	1050	1102	1114		1738	1749	1800	1812	1823	1835	1847	1859	1911	1922	1933	1945	2000		
Abbey Wood Lane	1055	1107	1119	1743	1754	1805	1817	1828	1840	1852	1904	1916	1927	1938	1950	2005			
Romford Brewery	1931	1946	2001	2016	2031	2051	2112					0012	0031	0050	0110				
Romford Market St Edward's Way	1934	1949	2004	2019	2034	2054	2114					0014	0033	0052	0112				
Romford Station	1939	1954	2009	2024	2039	2059	2118					0018	0037	0056	0116				
Gidea Park The Drill	1945	2000	2015	2030	2045	2104	2123	Then every 20 minutes until				0023	0042	0101	0121				
Hornchurch Town Centre	1951	2006	2021	2036	2051	2109	2128		0028	0047	0106	0126							
Elm Park Station	1958	2013	2028	2043	2058	2115	2134		0034	0053	0112	0132							
South Hornchurch Cherry Tree	2005	2020	2035	2050	2105	2122	2141		0041	0100	0119	0139							
Rainham Tesco	2012	2027	2042	2057	2111	2128	2147		0047	0106	0125	0145							
Chandlers Corner	2015	2030	2045	2100	2113	2130	2149		0049	0108	0127	0147							
Abbey Wood Lane	2020	2035	2050	2105	2118	2135	2154	0054	0113	0132	0152								
165		Sundays and other Public Holidays (except Christmas Day)																	
Romford Brewery	0555		0815	0835	0855	0915	0934	0952	1012	1032	1050	1108	1128	1148	1208	1228	1248		
Romford Market St Edward's Way	0557		0817	0837	0857	0917	0936	0954	1014	1034	1052	1110	1130	1150	1210	1231	1251		
Romford Station	0601		0821	0841	0901	0921	0940	0958	1018	1038	1056	1115	1135	1155	1215	1236	1256		
Gidea Park The Drill	0606	Then every 20 minutes until	0826	0846	0907	0927	0946	1005	1025	1045	1103	1122	1142	1202	1222	1243	1303		
Hornchurch Town Centre	0611		0831	0851	0912	0932	0952	1011	1031	1051	1110	1129	1149	1209	1229	1250	1310		
Elm Park Station	0617		0837	0857	0918	0940	1000	1020	1040	1100	1119	1138	1158	1218	1239	1300	1320		
South Hornchurch Cherry Tree	0624		0844	0904	0925	0947	1007	1027	1047	1107	1127	1147	1207	1227	1248	1309	1329		
Rainham Tesco	0629		0849	0909	0931	0953	1013	1033	1053	1113	1133	1153	1213	1234	1255	1316	1336		
Chandlers Corner	0631		0851	0912	0934	0956	1016	1036	1056	1116	1136	1156	1216	1237	1258	1319	1339		
Abbey Wood Lane	0636	0856	0917	0939	1001	1021	1041	1101	1121	1141	1201	1221	1243	1304	1325	1345			
Romford Brewery	1308	1328	1348	Then every 20 minutes until			1728	1748	1808	1828	1848	1908	1929	1950	2011	2030	2050		0110
Romford Market St Edward's Way	1311	1331	1351		1731	1751	1811	1831	1851	1911	1932	1953	2014	2033	2052				0112
Romford Station	1316	1336	1356		1736	1756	1816	1836	1856	1915	1936	1957	2018	2037	2056	Then every 20 mins. until			0116
Gidea Park The Drill	1323	1343	1403		1743	1803	1823	1843	1903	1922	1942	2003	2024	2043	2102		0122		
Hornchurch Town Centre	1330	1350	1409		1749	1809	1829	1849	1909	1928	1948	2009	2029	2048	2107		0127		
Elm Park Station	1340	1400	1418		1758	1817	1837	1857	1917	1936	1956	2016	2035	2054	2113		0133		
South Hornchurch Cherry Tree	1349	1409	1427	1807	1826	1846	1906	1925	1944	2004	2023	2042	2101	2120	0140				
Rainham Tesco	1356	1416	1434	1814	1832	1852	1911	1930	1949	2009	2028	2047	2106	2125	0145				
Chandlers Corner	1359	1419	1437	1817	1835	1855	1914	1933	1952	2012	2031	2050	2109	2128	0148				
Abbey Wood Lane	1405	1425	1443	1823	1841	1901	1920	1939	1958	2017	2036	2055	2114	2133	0153				