

165																		
Mondays to Fridays																		
Abbey Wood Lane	0440	0455	0510	0525	0540	0555	0610	0625	0637	0646	0655	0705	0714	0724	0734	0743	0752	0802
Chandlers Corner	0444	0459	0514	0529	0544	0559	0615	0630	0642	0651	0700	0710	0720	0730	0740	0749	0759	0809
Rainham <i>Tesco</i>	0446	0501	0516	0531	0546	0601	0618	0633	0645	0654	0704	0714	0724	0734	0744	0753	0803	0814
South Hornchurch <i>Cherry Tree</i>	0451	0506	0521	0536	0551	0607	0624	0639	0651	0700	0711	0721	0731	0741	0751	0800	0811	0822
Elm Park Station	0457	0512	0527	0542	0558	0614	0631	0646	0658	0709	0721	0731	0741	0751	0801	0811	0821	0832
Hornchurch <i>Town Centre</i>	0504	0519	0534	0549	0605	0621	0638	0654	0706	0718	0730	0740	0750	0800	0810	0820	0830	0842
Gidea Park <i>The Drill</i>	0510	0525	0540	0555	0611	0628	0645	0702	0716	0728	0740	0750	0800	0810	0820	0830	0840	0852
Romford Station	0516	0531	0546	0602	0618	0635	0652	0709	0725	0737	0749	0800	0811	0820	0830	0840	0850	0902
Romford Market <i>St Edward's Way</i>	0519	0534	0549	0605	0621	0638	0655	0712	0728	0740	0752	0803	0814	0823	0833	0843	0853	0905
Romford <i>Brewery</i>	0521	0536	0551	0607	0623	0640	0657	0714	0730	0742	0754	0805	0816	0825	0835	0845	0855	0907
Abbey Wood Lane	0814	0826	0838	0851	0904	0916	0928	0940	0952	<i>Then every 12 minutes until</i>	1304	1315	1326	1337	<i>Then every 12 minutes until</i>	1449		
Chandlers Corner	0821	0833	0845	0858	0911	0923	0935	0947	0958		1310	1321	1332	1343		1455		
Rainham <i>Tesco</i>	0826	0838	0850	0903	0916	0928	0940	0952	1003		1315	1326	1337	1348		1500		
South Hornchurch <i>Cherry Tree</i>	0834	0846	0858	0911	0924	0936	0947	0959	1010		1322	1333	1344	1355		1507		
Elm Park Station	0844	0856	0908	0921	0934	0946	0957	1009	1020		1332	1343	1354	1405		1517		
Hornchurch <i>Town Centre</i>	0854	0906	0918	0931	0944	0956	1007	1019	1030		1342	1353	1404	1415		1527		
Gidea Park <i>The Drill</i>	0904	0916	0928	0939	0952	1004	1015	1027	1038		1350	1401	1412	1423		1535		
Romford Station	0914	0926	0936	0947	0959	1011	1022	1034	1045		1357	1408	1419	1430		1542		
Romford Market <i>St Edward's Way</i>	0917	0929	0940	0951	1003	1015	1026	1038	1049		1401	1412	1423	1434		1546		
Romford <i>Brewery</i>	0919	0931	0942	0953	1005	1017	1028	1040	1051		1403	1414	1425	1436		1548		
Abbey Wood Lane	1501	1513	1525	1536	1548	1600	<i>Then every 12 minutes until</i>	1712	1724	1736	1748	1800	1813	1826	1838	1851	1904	
Chandlers Corner	1507	1519	1531	1542	1554	1606		1718	1730	1742	1754	1806	1819	1832	1844	1857	1910	
Rainham <i>Tesco</i>	1512	1524	1536	1547	1559	1610		1722	1734	1746	1758	1810	1823	1836	1848	1901	1914	
South Hornchurch <i>Cherry Tree</i>	1519	1531	1543	1554	1606	1618		1730	1742	1754	1806	1818	1831	1844	1855	1907	1920	
Elm Park Station	1529	1541	1553	1604	1616	1628		1740	1752	1804	1816	1828	1841	1854	1904	1916	1928	
Hornchurch <i>Town Centre</i>	1539	1551	1603	1614	1626	1638		1750	1802	1814	1826	1838	1851	1903	1914	1925	1936	
Gidea Park <i>The Drill</i>	1547	1559	1611	1623	1635	1647		1759	1811	1823	1835	1847	1859	1910	1921	1932	1943	
Romford Station	1555	1607	1619	1631	1643	1655		1807	1818	1830	1842	1854	1906	1917	1928	1939	1950	
Romford Market <i>St Edward's Way</i>	1559	1611	1623	1635	1647	1659		1811	1822	1834	1846	1858	1909	1920	1931	1942	1953	
Romford <i>Brewery</i>	1601	1613	1625	1637	1649	1701		1813	1824	1836	1848	1900	1911	1922	1933	1944	1955	
Abbey Wood Lane	1920	1935	1950	2005	2020	2040	2100	2120	2140	2200	2220	<i>Then every 20 minutes until</i>	0020	<i>Then every 20 minutes until</i>	0103			
Chandlers Corner	1925	1940	1955	2010	2025	2045	2105	2125	2145	2205	2225		0025					
Rainham <i>Tesco</i>	1929	1944	1959	2013	2028	2048	2108	2128	2148	2208	2228		0028					
South Hornchurch <i>Cherry Tree</i>	1935	1950	2005	2019	2034	2054	2114	2134	2154	2213	2233		0033					
Elm Park Station	1943	1958	2012	2026	2041	2101	2121	2141	2201	2220	2239		0039					
Hornchurch <i>Town Centre</i>	1950	2005	2019	2033	2048	2108	2128	2148	2208	2227	2246		0046					
Gidea Park <i>The Drill</i>	1957	2011	2025	2039	2054	2114	2134	2154	2214	2233	2252		0052					
Romford Station	2003	2017	2031	2045	2100	2120	2140	2200	2220	2239	2258		0058					
Romford Market <i>St Edward's Way</i>	2006	2020	2034	2048	2103	2123	2143	2203	2223	2242	2301		0101					
Romford <i>Brewery</i>	2008	2022	2036	2050	2105	2125	2145	2205	2225	2244	2303		0103					

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	1424	1434	1443	1452	1502	1512	1522	1534
Romford Market <i>St Edward's Way</i>	0855	0907	0919	0931	0943				1355	1406	1418	1427	1437	1446	1455	1505	1515	1525	1537
Romford Station	0900	0912	0924	0936	0948				1400	1411	1423	1432	1442	1451	1501	1511	1521	1531	1543
Gidea Park <i>The Drill</i>	0909	0921	0933	0945	0956				1408	1419	1431	1440	1450	1500	1510	1520	1530	1540	1552
Hornchurch Town Centre	0917	0930	0942	0954	1005				1417	1428	1440	1449	1459	1509	1519	1529	1539	1549	1601
Elm Park Station	0927	0940	0952	1004	1015				1427	1438	1450	1500	1510	1520	1530	1540	1550	1600	1612
South Hornchurch <i>Cherry Tree</i>	0937	0950	1002	1014	1025				1437	1448	1500	1511	1521	1531	1541	1551	1601	1611	1623
Rainham <i>Tesco</i>	0945	0957	1009	1021	1032				1444	1455	1507	1518	1528	1538	1549	1559	1609	1619	1631
Chandlers Corner	0948	1000	1012	1024	1035				1447	1459	1511	1522	1532	1542	1553	1603	1613	1623	1635
Abbey Wood Lane	0954	1006	1018	1030	1041	1453	1505	1517	1528	1538	1548	1559	1609	1619	1629	1641			
Romford Brewery	1546	1558	<i>Then every 12 minutes until</i>			1734	1746	1758	1810	1822	1833	1845	1857	1909	1921	1933	1945	2000	2015
Romford Market <i>St Edward's Way</i>	1549	1601				1737	1749	1801	1813	1825	1836	1848	1900	1912	1924	1936	1948	2003	2017
Romford Station	1555	1607				1743	1755	1807	1819	1831	1842	1854	1906	1917	1929	1941	1953	2007	2021
Gidea Park <i>The Drill</i>	1604	1617				1753	1805	1817	1829	1841	1852	1904	1915	1925	1936	1948	2000	2013	2027
Hornchurch Town Centre	1613	1625				1801	1813	1825	1837	1849	1900	1912	1922	1932	1943	1955	2006	2019	2033
Elm Park Station	1624	1636				1812	1824	1836	1848	1900	1910	1920	1930	1940	1951	2003	2014	2027	2041
South Hornchurch <i>Cherry Tree</i>	1635	1647				1823	1835	1847	1859	1909	1919	1929	1939	1949	2000	2011	2021	2034	2048
Rainham <i>Tesco</i>	1643	1655				1831	1843	1855	1906	1916	1926	1936	1946	1956	2007	2017	2027	2040	2054
Chandlers Corner	1647	1659				1835	1847	1858	1909	1919	1929	1939	1949	1959	2009	2019	2029	2042	2056
Abbey Wood Lane	1653	1705	1841	1852	1903	1914	1924	1934	1944	1954	2004	2014	2024	2034	2047	2101			
Romford Brewery	2030	2050	2110	2131	2151	2211	2231	2250	<i>Then every 20 minutes until</i>			0110							
Romford Market <i>St Edward's Way</i>	2032	2052	2112	2133	2153	2213	2233	2252				0112							
Romford Station	2036	2056	2116	2137	2157	2217	2237	2256				0116							
Gidea Park <i>The Drill</i>	2042	2102	2122	2143	2203	2223	2243	2302				0122							
Hornchurch Town Centre	2048	2108	2128	2149	2208	2228	2248	2307				0127							
Elm Park Station	2055	2115	2135	2155	2214	2234	2254	2313				0133							
South Hornchurch <i>Cherry Tree</i>	2102	2122	2142	2202	2221	2241	2301	2320				0140							
Rainham <i>Tesco</i>	2108	2128	2148	2208	2227	2247	2307	2326				0146							
Chandlers Corner	2110	2130	2150	2210	2229	2249	2309	2328				0148							
Abbey Wood Lane	2115	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															
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	0012	0031	0050	0110						
Hornchurch Town Centre	1951	2006	2021	2036	2051	2109	2128		0014	0033	0052	0112						
Elm Park Station	1958	2013	2028	2043	2058	2115	2134		0018	0037	0056	0116						
South Hornchurch Cherry Tree	2005	2020	2035	2050	2105	2122	2141		0023	0042	0101	0121						
Rainham Tesco	2012	2027	2042	2057	2111	2128	2147		0028	0047	0106	0126						
Chandlers Corner	2015	2030	2045	2100	2113	2130	2149		0034	0053	0112	0132						
Abbey Wood Lane	2020	2035	2050	2105	2118	2135	2154	0041	0100	0119	0139							
								0047	0106	0125	0145							
								0049	0108	0127	0147							
								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		0116	
Gidea Park The Drill	1323	1343	1403		1743	1803	1823	1843	1903	1922	1942	2003	2024	2043	2102		Then every 20	0122
Hornchurch Town Centre	1330	1350	1409		1749	1809	1829	1849	1909	1928	1948	2009	2029	2048	2107		mins.	0127
Elm Park Station	1340	1400	1418		1758	1817	1837	1857	1917	1936	1956	2016	2035	2054	2113		until	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	