

175

Hillrise Estate – Romford – Dagenham

175	Mondays to Thursdays																	
Hillrise Estate Hillrise Road	0430	0450	0510	0525	0540	0555	0607	0619	0631	0639	0648	0658	0705	0712	0721	0729	0739	0749
Collier Row Collier Row Lane	0434	0454	0515	0530	0545	0600	0613	0625	0637	0645	0654	0704	0711	0719	0728	0736	0746	0756
Romford North Street Bus Garage	0439	0459	0520	0535	0550	0605	0618	0630	0643	0651	0700	0710	0718	0726	0736	0745	0755	0805
Romford Market St Edward's Way	0441	0501	0522	0537	0552	0607	0620	0632	0645	0653	0702	0712	0721	0729	0739	0748	0758	0808
Romford Station	0445	0505	0526	0541	0556	0611	0624	0636	0649	0658	0707	0717	0726	0734	0744	0753	0803	0813
Queen's Hospital	0448	0508	0529	0544	0600	0615	0628	0640	0653	0703	0712	0722	0731	0740	0750	0759	0809	0819
Becontree Heath Ship & Anchor	0455	0516	0537	0552	0608	0623	0636	0649	0703	0713	0723	0733	0743	0753	0803	0813	0823	0833
Dagenham Heathway Station	0502	0523	0544	0600	0616	0632	0645	0658	0712	0722	0733	0744	0755	0805	0816	0826	0836	0846
Dagenham New Road/Kent Avenue	0505	0526	0547	0603	0619	0636	0649	0703	0718	0728	0739	0751	0801	0811	0822	0832	0842	0852
Hillrise Estate Hillrise Road	0759	0810	0820	0830	0841	0851	0902	0912	0922	0932	0942	0952	1002	1012	1022	1032	1042	1052
Collier Row Collier Row Lane	0806	0817	0827	0837	0847	0857	0908	0918	0928	0938	0948	0958	1008	1018	1028	1038	1048	1058
Romford North Street Bus Garage	0816	0827	0837	0848	0858	0908	0917	0926	0935	0945	0955	1005	1015	1025	1035	1045	1055	1104
Romford Market St Edward's Way	0819	0830	0840	0851	0901	0911	0920	0929	0938	0948	0958	1008	1018	1028	1038	1048	1058	1107
Romford Station	0824	0835	0846	0857	0907	0917	0926	0935	0944	0954	1004	1014	1024	1034	1044	1054	1104	1113
Queen's Hospital	0829	0840	0851	0902	0912	0922	0931	0940	0949	0959	1009	1019	1029	1039	1049	1059	1109	1118
Becontree Heath Ship & Anchor	0843	0853	0903	0913	0923	0932	0941	0950	0959	1008	1018	1028	1038	1049	1059	1109	1119	1128
Dagenham Heathway Station	0856	0906	0915	0924	0934	0943	0951	1000	1009	1018	1028	1038	1048	1059	1109	1119	1129	1138
Dagenham New Road/Kent Avenue	0902	0912	0920	0928	0938	0947	0955	1004	1013	1022	1032	1042	1052	1103	1113	1123	1133	1142
Hillrise Estate Hillrise Road	1102	Then every 10 minutes until	1152	1202	1212	1222	Then every 10 minutes until	1342	1352	1402	1412	1422	1432	1441	1450	1459		
Collier Row Collier Row Lane	1108		1158	1208	1218	1228		1348	1358	1408	1418	1428	1438	1447	1456	1505		
Romford North Street Bus Garage	1114		1204	1214	1224	1234		1354	1404	1414	1424	1434	1444	1453	1502	1512		
Romford Market St Edward's Way	1117		1207	1217	1227	1237		1357	1407	1417	1427	1437	1447	1456	1505	1515		
Romford Station	1123		1213	1223	1233	1243		1403	1413	1423	1433	1443	1453	1502	1511	1521		
Queen's Hospital	1128		1218	1228	1238	1248		1408	1418	1428	1438	1448	1458	1507	1516	1526		
Becontree Heath Ship & Anchor	1138		1228	1238	1248	1258		1418	1428	1438	1449	1459	1509	1519	1529	1539		
Dagenham Heathway Station	1148		1238	1249	1259	1309		1429	1440	1451	1502	1513	1523	1534	1544	1554		
Dagenham New Road/Kent Avenue	1152		1242	1253	1303	1314		1434	1445	1456	1507	1518	1528	1539	1549	1559		
Hillrise Estate Hillrise Road	1508	1518	1528	Then every 10 minutes until	1618	1628	1638	1648	1658	1708	1718	1728	1738	1748	1758	1808	1818	
Collier Row Collier Row Lane	1514	1524	1534		1624	1634	1644	1654	1704	1714	1724	1734	1744	1753	1803	1813	1823	
Romford North Street Bus Garage	1522	1532	1542		1632	1641	1651	1701	1711	1721	1731	1741	1751	1800	1810	1820	1830	
Romford Market St Edward's Way	1525	1535	1545		1635	1644	1654	1704	1714	1724	1734	1744	1754	1803	1813	1823	1832	
Romford Station	1531	1541	1551		1641	1650	1700	1710	1720	1730	1740	1750	1800	1809	1819	1829	1838	
Queen's Hospital	1536	1546	1556		1646	1656	1706	1716	1726	1736	1745	1755	1805	1814	1824	1834	1843	
Becontree Heath Ship & Anchor	1549	1559	1609		1659	1709	1719	1729	1739	1749	1758	1807	1817	1826	1835	1845	1854	
Dagenham Heathway Station	1604	1614	1623		1713	1723	1733	1743	1753	1802	1811	1820	1829	1838	1847	1856	1905	
Dagenham New Road/Kent Avenue	1609	1619	1628		1718	1728	1738	1748	1758	1807	1816	1825	1834	1843	1852	1901	1910	
Hillrise Estate Hillrise Road	1828	1838	1848	1900	1912	1924	1939	1954	2009	2025	2040	2055	2111	2127	2142	2158	2214	2229
Collier Row Collier Row Lane	1833	1843	1853	1905	1917	1929	1944	1959	2014	2030	2045	2100	2115	2131	2146	2202	2218	2233
Romford North Street Bus Garage	1839	1849	1859	1910	1922	1934	1949	2004	2019	2035	2050	2105	2120	2135	2150	2206	2222	2237
Romford Market St Edward's Way	1841	1851	1901	1912	1924	1936	1951	2006	2021	2037	2052	2107	2122	2137	2152	2208	2224	2239
Romford Station	1846	1856	1906	1917	1929	1941	1956	2011	2026	2041	2056	2111	2126	2141	2156	2212	2228	2243
Queen's Hospital	1851	1901	1911	1922	1934	1946	2001	2016	2031	2046	2100	2115	2130	2145	2200	2216	2232	2247
Becontree Heath Ship & Anchor	1902	1911	1921	1932	1944	1955	2010	2025	2040	2055	2109	2123	2138	2153	2208	2224	2240	2255
Dagenham Heathway Station	1912	1921	1931	1942	1954	2004	2019	2034	2049	2104	2117	2131	2146	2201	2216	2232	2247	2302
Dagenham New Road/Kent Avenue	1917	1926	1935	1946	1958	2008	2023	2038	2053	2108	2121	2135	2150	2205	2220	2235	2250	2305
Hillrise Estate Hillrise Road	2245	2300	2315	2330	2345	0000												
Collier Row Collier Row Lane	2249	2304	2319	2334	2349	0004												
Romford North Street Bus Garage	2253	2308	2323	2338	2353	0008												
Romford Market St Edward's Way	2255	2310	2325	2340	2355	0009												
Romford Station	2259	2314	2329	2344	2358	0012												
Queen's Hospital	2303	2317	2332	2347	0001	0015												
Becontree Heath Ship & Anchor	2311	2325	2339	2354	0008	0022												
Dagenham Heathway Station	2317	2331	2345	0000	0014	0028												
Dagenham New Road/Kent Avenue	2320	2334	2348	0003	0017	0031												

175	Sundays and other Public Holidays (except Christmas Day)																	
Hillrise Estate Hillrise Road	0555	0615	0635	0655	0715	0735	0755	0815	0835	0855	0910	0925	0940	0954	1009	1023	1038	1053
Collier Row Collier Row Lane	0559	0619	0639	0659	0719	0740	0800	0820	0840	0900	0915	0930	0945	1000	1015	1029	1044	1059
Romford North Street Bus Garage	0603	0623	0643	0703	0723	0744	0804	0824	0845	0905	0920	0935	0950	1005	1020	1035	1050	1105
Romford Market St Edward's Way	0605	0625	0645	0705	0725	0746	0806	0826	0847	0907	0922	0937	0952	1007	1022	1037	1052	1107
Romford Station	0608	0628	0648	0708	0728	0749	0810	0830	0851	0911	0926	0942	0957	1012	1027	1042	1057	1112
Queen's Hospital	0611	0631	0651	0712	0732	0753	0814	0834	0855	0915	0930	0946	1001	1016	1031	1046	1101	1116
Becontree Heath Ship & Anchor	0619	0638	0659	0720	0740	0801	0822	0842	0903	0923	0938	0955	1010	1025	1040	1055	1110	1125
Dagenham Heathway Station	0626	0645	0706	0727	0747	0808	0829	0849	0910	0931	0946	1003	1018	1033	1049	1104	1120	1135
Dagenham New Road/Kent Avenue	0629	0648	0709	0730	0750	0811	0832	0852	0913	0934	0949	1006	1021	1037	1053	1109	1125	1140
Hillrise Estate Hillrise Road	1108	1123	1138	1153	1208	1223	1238	1253	1308	1323	1338	1353	1408	1423	1439	1455	1510	1525
Collier Row Collier Row Lane	1114	1129	1144	1159	1214	1229	1244	1259	1314	1329	1344	1359	1414	1429	1445	1501	1515	1530
Romford North Street Bus Garage	1120	1135	1150	1205	1220	1235	1250	1305	1320	1335	1350	1405	1420	1435	1451	1507	1521	1536
Romford Market St Edward's Way	1122	1137	1152	1207	1222	1237	1253	1308	1323	1338	1353	1408	1423	1438	1454	1509	1523	1538
Romford Station	1127	1142	1157	1212	1227	1242	1258	1313	1328	1343	1358	1414	1429	1444	1500	1515	1529	1544
Queen's Hospital	1131	1146	1201	1216	1231	1246	1302	1317	1332	1347	1402	1418	1433	1448	1504	1519	1533	1548
Becontree Heath Ship & Anchor	1140	1156	1211	1226	1241	1256	1312	1327	1342	1357	1412	1428	1443	1458	1513	1528	1542	1557
Dagenham Heathway Station	1150	1206	1221	1237	1252	1307	1323	1338	1353	1408	1423	1438	1453	1508	1523	1538	1552	1607
Dagenham New Road/Kent Avenue	1155	1211	1227	1243	1258	1313	1328	1343	1358	1413	1428	1443	1458	1513	1528	1543	1557	1612
Hillrise Estate Hillrise Road	1540	1555	1610	1625	1640	1655	1710	1725	1740	1755	1810	Then every 15 minutes until	1940	1955	2010	2026	2042	
Collier Row Collier Row Lane	1545	1600	1615	1630	1645	1700	1715	1730	1745	1800	1815		1945	2000	2015	2031	2047	
Romford North Street Bus Garage	1551	1606	1620	1635	1650	1705	1720	1735	1750	1805	1820		1950	2005	2020	2036	2051	
Romford Market St Edward's Way	1553	1608	1622	1637	1652	1707	1722	1737	1752	1807	1822		1952	2007	2022	2038	2053	
Romford Station	1558	1613	1627	1642	1657	1712	1727	1742	1757	1812	1826		1956	2011	2026	2042	2057	
Queen's Hospital	1602	1617	1631	1646	1701	1716	1731	1746	1801	1816	1830		2000	2015	2030	2046	2101	
Becontree Heath Ship & Anchor	1611	1626	1640	1655	1710	1725	1740	1755	1810	1825	1839		2009	2023	2038	2054	2109	
Dagenham Heathway Station	1621	1635	1649	1704	1719	1734	1749	1804	1818	1833	1847		2017	2031	2046	2102	2117	
Dagenham New Road/Kent Avenue	1626	1640	1654	1709	1723	1738	1753	1808	1822	1837	1851		2021	2035	2050	2105	2120	
Hillrise Estate Hillrise Road	2058	2114	2129	2145	2200	2215	2230	2245	2300	2315	2330	2345	0000					
Collier Row Collier Row Lane	2103	2118	2133	2149	2204	2219	2234	2249	2304	2319	2334	2349	0004					
Romford North Street Bus Garage	2107	2122	2137	2153	2208	2223	2238	2253	2308	2323	2338	2353	0008					
Romford Market St Edward's Way	2109	2124	2139	2155	2210	2225	2240	2255	2310	2325	2340	2355	0009					
Romford Station	2113	2128	2143	2159	2214	2229	2244	2259	2314	2328	2343	2358	0012					
Queen's Hospital	2117	2132	2147	2203	2218	2233	2248	2303	2317	2331	2346	0001	0015					
Becontree Heath Ship & Anchor	2125	2140	2155	2210	2225	2240	2255	2310	2324	2338	2353	0008	0022					
Dagenham Heathway Station	2132	2147	2202	2217	2232	2246	2301	2316	2330	2344	2359	0014	0028					
Dagenham New Road/Kent Avenue	2135	2150	2205	2220	2235	2249	2304	2319	2333	2347	0002	0017	0031					

175	Fridays																	
Dagenham Oval Road South	0420	0440	0500	0520	0540	0555	0610	0625	0635	0644	0653	0703	0711	0720	0728	0736	0744	0753
Dagenham New Road/Kent Avenue	0421	0441	0501	0521	0541	0556	0611	0626	0636	0645	0654	0704	0712	0721	0729	0737	0745	0754
Dagenham Heathway Station	0426	0446	0506	0526	0546	0601	0616	0632	0642	0652	0701	0711	0719	0728	0737	0746	0755	0805
Becontree Heath Ship & Anchor	0432	0452	0512	0532	0553	0608	0624	0640	0650	0700	0710	0720	0728	0738	0748	0758	0808	0818
Queen's Hospital	0438	0458	0519	0539	0601	0616	0632	0649	0659	0709	0720	0730	0739	0749	0759	0809	0819	0829
Romford Station	0441	0501	0522	0542	0605	0620	0636	0653	0703	0714	0725	0735	0744	0754	0804	0814	0824	0834
Romford Market St Edward's Way	0444	0504	0525	0545	0608	0623	0639	0656	0706	0717	0728	0738	0748	0758	0808	0818	0828	0838
Romford North Street (The Squire)	0446	0506	0527	0548	0611	0626	0642	0659	0709	0720	0731	0741	0751	0801	0811	0821	0831	0841
Collier Row Chase Cross Road	0451	0511	0532	0553	0616	0631	0647	0704	0715	0726	0737	0748	0758	0809	0819	0829	0839	0849
Hillrise Estate Hillrise Road	0454	0514	0535	0556	0619	0635	0651	0708	0719	0730	0741	0753	0803	0814	0824	0834	0844	0853
Dagenham Oval Road South	0802	0812	0822	0832	0842	0853	0904	0915	0925	0936	0947	Then every 10 minutes until	1047	1057	1107	1117	1127	
Dagenham New Road/Kent Avenue	0803	0813	0823	0833	0843	0854	0905	0916	0926	0937	0948		1048	1058	1108	1118	1128	
Dagenham Heathway Station	0815	0825	0835	0845	0855	0905	0915	0925	0935	0945	0956		1056	1106	1116	1126	1136	
Becontree Heath Ship & Anchor	0828	0838	0848	0858	0908	0917	0926	0936	0945	0955	1005		1105	1115	1125	1135	1145	
Queen's Hospital	0839	0849	0859	0909	0919	0928	0937	0947	0955	1005	1015		1115	1125	1135	1146	1156	
Romford Station	0844	0854	0904	0914	0924	0933	0942	0952	1000	1010	1020		1120	1130	1140	1151	1201	
Romford Market St Edward's Way	0848	0858	0908	0918	0928	0937	0946	0956	1004	1014	1024		1124	1134	1144	1155	1205	
Romford North Street (The Squire)	0851	0901	0911	0921	0931	0940	0949	0959	1007	1017	1027		1127	1137	1148	1159	1209	
Collier Row Chase Cross Road	0859	0908	0918	0928	0937	0946	0955	1005	1013	1023	1033		1133	1144	1155	1206	1216	
Hillrise Estate Hillrise Road	0903	0912	0922	0932	0941	0950	0959	1009	1017	1027	1037		1137	1148	1159	1210	1220	
Dagenham Oval Road South	1137	1147	1157	1207	1217	1227	1236	1246	1256	1306	1316	1326	1335	1345	1354	1403	1412	1420
Dagenham New Road/Kent Avenue	1138	1148	1158	1208	1218	1228	1237	1247	1257	1307	1317	1327	1336	1346	1355	1404	1413	1421
Dagenham Heathway Station	1146	1156	1206	1217	1227	1237	1246	1256	1306	1316	1326	1336	1345	1355	1404	1414	1423	1432
Becontree Heath Ship & Anchor	1155	1205	1215	1226	1236	1246	1255	1305	1315	1325	1335	1345	1354	1404	1413	1423	1433	1442
Queen's Hospital	1206	1216	1226	1237	1247	1257	1306	1316	1326	1336	1346	1356	1405	1415	1425	1435	1445	1454
Romford Station	1211	1221	1231	1242	1252	1302	1311	1321	1331	1341	1351	1401	1410	1420	1430	1440	1450	1459
Romford Market St Edward's Way	1215	1225	1235	1246	1256	1306	1315	1325	1335	1345	1355	1405	1414	1424	1434	1444	1454	1503
Romford North Street (The Squire)	1219	1229	1239	1250	1300	1310	1319	1329	1339	1349	1359	1409	1418	1428	1438	1448	1458	1507
Collier Row Chase Cross Road	1226	1236	1246	1257	1307	1317	1326	1336	1346	1356	1406	1416	1425	1435	1445	1455	1506	1515
Hillrise Estate Hillrise Road	1230	1240	1250	1301	1311	1321	1330	1340	1351	1401	1411	1421	1430	1440	1450	1500	1511	1520
Dagenham Oval Road South	1430	1439	1448	1457	1507	1517	1527	1537	1547	1557	Then every 10 minutes until	1717	1727	1737	1747	1757	1807	
Dagenham New Road/Kent Avenue	1431	1440	1449	1458	1508	1518	1528	1538	1548	1558		1718	1728	1738	1748	1758	1808	
Dagenham Heathway Station	1442	1451	1500	1509	1519	1529	1539	1549	1559	1609		1729	1739	1749	1759	1809	1819	
Becontree Heath Ship & Anchor	1452	1502	1512	1521	1531	1541	1551	1601	1610	1619		1739	1749	1759	1809	1819	1829	
Queen's Hospital	1504	1514	1524	1533	1543	1553	1603	1613	1622	1631		1751	1800	1810	1819	1829	1839	
Romford Station	1509	1519	1529	1539	1549	1559	1609	1619	1628	1637		1757	1806	1816	1825	1835	1844	
Romford Market St Edward's Way	1513	1523	1533	1543	1553	1603	1613	1623	1632	1641		1801	1810	1820	1829	1839	1848	
Romford North Street (The Squire)	1517	1527	1537	1547	1557	1607	1617	1627	1637	1646		1806	1814	1824	1833	1842	1852	
Collier Row Chase Cross Road	1526	1536	1546	1555	1605	1615	1625	1635	1645	1654		1814	1822	1831	1840	1849	1859	
Hillrise Estate Hillrise Road	1531	1541	1551	1600	1610	1620	1630	1640	1650	1659		1819	1827	1836	1845	1854	1904	
Dagenham Oval Road South	1817	1828	1839	1849	1900	1910	1921	1933	1946	2000	2015	2030	2045	2100	2115	2130	2145	2200
Dagenham New Road/Kent Avenue	1818	1829	1840	1850	1901	1911	1922	1934	1947	2001	2016	2031	2046	2101	2116	2131	2146	2201
Dagenham Heathway Station	1829	1840	1851	1901	1912	1922	1933	1944	1957	2010	2024	2038	2053	2107	2121	2136	2151	2206
Becontree Heath Ship & Anchor	1838	1849	1900	1910	1921	1931	1942	1953	2005	2018	2032	2046	2101	2115	2129	2143	2158	2213
Queen's Hospital	1848	1859	1910	1920	1931	1941	1951	2002	2014	2027	2040	2054	2109	2123	2137	2151	2206	2220
Romford Station	1853	1904	1915	1925	1936	1946	1956	2006	2018	2031	2044	2058	2113	2127	2141	2155	2210	2224
Romford Market St Edward's Way	1857	1908	1919	1929	1939	1949	1959	2009	2021	2034	2047	2101	2116	2130	2144	2158	2213	2227
Romford North Street (The Squire)	1901	1912	1923	1932	1942	1952	2002	2012	2024	2037	2050	2104	2119	2133	2147	2201	2216	2230
Collier Row Chase Cross Road	1908	1919	1929	1938	1948	1958	2008	2018	2030	2043	2056	2109	2124	2138	2152	2206	2221	2235
Hillrise Estate Hillrise Road	1913	1923	1933	1942	1952	2002	2012	2022	2034	2047	2100	2113	2128	2142	2156	2210	2225	2239
Dagenham Oval Road South	2215	Then every 15 minutes until	2330	2345	0000	0015	0030	0045										
Dagenham New Road/Kent Avenue	2216		2331	2346	0001	0016	0031	0046										
Dagenham Heathway Station	2221		2336	2351	0006	0021	0036	0051										
Becontree Heath Ship & Anchor	2228		2343	2357	0012	0027	0042	0057										
Queen's Hospital	2235		2350	0004	0019	0034	0048	0103										
Romford Station	2239		2354	0008	0023	0038	0052	0107										
Romford Market St Edward's Way	2242		2357	0011	0026	0041	0055	0110										
Romford North Street (The Squire)	2245		0000	0014	0029	0043	0057	0112										
Collier Row Chase Cross Road	2250		0005	0019	0034	0048	0102	0117										
Hillrise Estate Hillrise Road	2254		0009	0023	0038	0052	0106	0121										

175	Saturdays (also Good Friday)																	
Dagenham Oval Road South	0415	0435	0455	0515	0535	0555	0615	0635	0655	0715	0730	0745	0800	0815	0826	0837	0848	0859
Dagenham New Road/Kent Avenue	0416	0436	0456	0516	0536	0556	0616	0636	0656	0716	0731	0746	0801	0816	0827	0838	0849	0900
Dagenham Heathway Station	0420	0440	0500	0520	0540	0601	0621	0641	0701	0721	0736	0751	0806	0821	0832	0843	0855	0906
Becontree Heath Ship & Anchor	0426	0446	0506	0526	0546	0607	0627	0648	0708	0728	0743	0758	0813	0828	0839	0851	0903	0914
Queen's Hospital	0432	0452	0512	0532	0553	0614	0634	0655	0716	0736	0751	0806	0821	0836	0848	0900	0912	0923
Romford Station	0435	0455	0515	0535	0556	0617	0637	0659	0720	0740	0755	0810	0825	0840	0852	0904	0916	0928
Romford Market St Edward's Way	0438	0458	0518	0538	0559	0620	0640	0702	0723	0743	0758	0813	0828	0843	0855	0907	0919	0931
Romford North Street (The Squire)	0440	0500	0520	0540	0601	0622	0643	0705	0726	0746	0801	0816	0831	0846	0858	0910	0922	0934
Collier Row Chase Cross Road	0443	0503	0523	0543	0605	0626	0648	0710	0731	0751	0806	0821	0836	0852	0904	0916	0928	0940
Hillrise Estate Hillrise Road	0446	0506	0526	0546	0608	0629	0651	0713	0735	0755	0810	0825	0840	0856	0908	0920	0932	0944
Dagenham Oval Road South	0911	0922	0933	0945	0955	1006	1017	1029	1041	1053	1105	1116	1128	1139	1149	1201	1212	1224
Dagenham New Road/Kent Avenue	0912	0923	0934	0946	0956	1007	1018	1030	1042	1054	1106	1117	1129	1140	1150	1202	1213	1225
Dagenham Heathway Station	0918	0929	0940	0952	1003	1015	1026	1038	1051	1103	1115	1126	1138	1150	1200	1213	1224	1236
Becontree Heath Ship & Anchor	0926	0937	0948	1000	1012	1024	1035	1047	1100	1113	1125	1136	1148	1200	1210	1224	1235	1247
Queen's Hospital	0935	0946	0958	1010	1022	1034	1046	1058	1111	1124	1137	1148	1201	1213	1223	1237	1248	1300
Romford Station	0940	0951	1003	1015	1027	1039	1051	1103	1116	1129	1142	1153	1206	1218	1228	1242	1253	1305
Romford Market St Edward's Way	0943	0955	1007	1019	1031	1043	1055	1107	1120	1133	1146	1157	1210	1222	1232	1246	1257	1309
Romford North Street (The Squire)	0946	0958	1010	1022	1034	1046	1058	1110	1123	1137	1150	1201	1214	1226	1236	1250	1301	1313
Collier Row Chase Cross Road	0952	1004	1016	1028	1040	1052	1104	1117	1130	1144	1157	1208	1221	1233	1243	1257	1308	1320
Hillrise Estate Hillrise Road	0956	1008	1020	1032	1044	1056	1108	1121	1134	1148	1202	1213	1226	1238	1248	1302	1313	1325
Dagenham Oval Road South	1236	1248	1300	1312	1324	1336	1348	1400	1412	1424	1436	1448	1500	1512	1524	1536		1712
Dagenham New Road/Kent Avenue	1237	1249	1301	1313	1325	1337	1349	1401	1413	1425	1437	1449	1501	1513	1525	1537		1713
Dagenham Heathway Station	1248	1300	1312	1324	1336	1347	1359	1411	1423	1435	1447	1459	1511	1523	1534	1546	Then	1722
Becontree Heath Ship & Anchor	1259	1310	1322	1334	1346	1357	1409	1421	1433	1445	1457	1509	1521	1533	1544	1555	every	1731
Queen's Hospital	1312	1323	1335	1347	1359	1410	1421	1433	1445	1457	1508	1520	1532	1543	1554	1605	12	1741
Romford Station	1317	1328	1340	1352	1404	1415	1426	1438	1450	1502	1513	1525	1537	1548	1559	1610	mins.	1746
Romford Market St Edward's Way	1321	1332	1344	1356	1408	1419	1430	1442	1454	1506	1517	1529	1541	1552	1603	1614	until	1750
Romford North Street (The Squire)	1325	1336	1348	1400	1412	1423	1434	1446	1458	1510	1521	1533	1545	1556	1607	1618		1754
Collier Row Chase Cross Road	1332	1343	1355	1407	1419	1430	1441	1453	1505	1517	1528	1540	1552	1603	1614	1625		1801
Hillrise Estate Hillrise Road	1337	1348	1400	1412	1424	1435	1446	1458	1510	1522	1533	1545	1557	1608	1619	1630		1806
Dagenham Oval Road South	1725	1737	1749	1802	1814	1830	1845	1900	1916	1931	1946	2001	2016	2032	2048	2103	2119	2135
Dagenham New Road/Kent Avenue	1726	1738	1750	1803	1815	1831	1846	1901	1917	1932	1947	2002	2017	2033	2049	2104	2120	2136
Dagenham Heathway Station	1735	1747	1759	1812	1824	1840	1855	1910	1926	1940	1955	2009	2024	2039	2055	2110	2126	2141
Becontree Heath Ship & Anchor	1744	1756	1808	1821	1833	1849	1904	1919	1935	1949	2004	2018	2032	2047	2103	2118	2133	2148
Queen's Hospital	1754	1806	1818	1831	1843	1858	1913	1928	1944	1958	2013	2026	2040	2055	2111	2126	2141	2156
Romford Station	1759	1811	1823	1836	1848	1903	1918	1933	1949	2002	2017	2030	2044	2059	2115	2130	2145	2200
Romford Market St Edward's Way	1803	1815	1827	1840	1852	1907	1922	1937	1952	2005	2020	2033	2047	2102	2118	2133	2148	2203
Romford North Street (The Squire)	1806	1818	1830	1843	1855	1910	1925	1940	1955	2008	2023	2036	2050	2105	2121	2136	2151	2206
Collier Row Chase Cross Road	1813	1825	1837	1849	1901	1916	1931	1946	2001	2014	2029	2042	2056	2111	2126	2141	2156	2211
Hillrise Estate Hillrise Road	1818	1829	1841	1853	1905	1920	1935	1950	2005	2018	2033	2046	2100	2115	2130	2145	2200	2215
Dagenham Oval Road South	2150	2205	2220	2235	2250	2305	2320	2335	2350	0005	0020	0035	0050					
Dagenham New Road/Kent Avenue	2151	2206	2221	2236	2251	2306	2321	2336	2351	0006	0021	0036	0051					
Dagenham Heathway Station	2156	2211	2226	2241	2256	2311	2326	2341	2356	0011	0026	0041	0055					
Becontree Heath Ship & Anchor	2203	2218	2233	2248	2303	2318	2333	2348	0002	0017	0032	0047	0101					
Queen's Hospital	2211	2226	2241	2255	2310	2325	2340	2355	0009	0024	0039	0053	0107					
Romford Station	2215	2230	2245	2259	2314	2329	2344	2359	0013	0028	0043	0057	0111					
Romford Market St Edward's Way	2218	2233	2248	2302	2317	2332	2347	0002	0016	0031	0046	0100	0114					
Romford North Street (The Squire)	2221	2236	2251	2305	2320	2335	2350	0005	0019	0034	0048	0102	0116					
Collier Row Chase Cross Road	2226	2241	2256	2310	2325	2340	2355	0010	0024	0039	0053	0107	0121					
Hillrise Estate Hillrise Road	2230	2245	2300	2314	2329	2344	2359	0014	0028	0043	0057	0111	0125					

175		Sundays and other Public Holidays (except Christmas Day)																
Dagenham Oval Road South	0605		0825	0845	0900	0915	0930	0945	0959	1014	1028	1041	1056	1111	1126	1141	1156	
Dagenham New Road/Kent Avenue	0606		0826	0846	0901	0916	0931	0946	1000	1015	1029	1042	1057	1112	1127	1142	1157	
Dagenham Heathway Station	0611		0831	0851	0906	0921	0937	0952	1006	1021	1036	1049	1104	1119	1134	1150	1205	
Becontree Heath Ship & Anchor	0618	Then every 20 minutes until	0838	0858	0913	0928	0945	1000	1014	1029	1044	1058	1113	1128	1143	1159	1215	
Queen's Hospital	0625		0845	0906	0921	0936	0954	1009	1023	1038	1053	1108	1123	1138	1153	1209	1225	
Romford Station	0629		0849	0910	0925	0940	0958	1013	1027	1042	1057	1112	1127	1142	1157	1213	1230	
Romford Market St Edward's Way	0632		0852	0913	0928	0943	1001	1016	1031	1046	1101	1116	1131	1146	1201	1217	1234	
Romford North Street (The Squire)	0634		0854	0915	0931	0946	1004	1019	1034	1049	1104	1119	1134	1150	1205	1221	1238	
Collier Row Chase Cross Road	0639		0859	0920	0936	0951	1009	1024	1040	1055	1110	1125	1140	1156	1211	1228	1245	
Hillrise Estate Hillrise Road	0643		0903	0924	0940	0955	1013	1028	1044	1059	1114	1129	1144	1200	1216	1233	1250	
Dagenham Oval Road South	1211	1226	1241	1256	1311	1326	1341	1357	1412	1428	1443	1459	1514	1530	1545	1600	1615	1630
Dagenham New Road/Kent Avenue	1212	1227	1242	1257	1312	1327	1342	1358	1413	1429	1444	1500	1515	1531	1546	1601	1616	1631
Dagenham Heathway Station	1221	1236	1251	1306	1321	1336	1351	1407	1422	1438	1453	1509	1524	1539	1554	1609	1624	1639
Becontree Heath Ship & Anchor	1231	1246	1301	1316	1331	1346	1401	1417	1432	1447	1502	1518	1533	1548	1603	1617	1632	1647
Queen's Hospital	1241	1256	1312	1327	1342	1357	1412	1427	1442	1457	1512	1528	1542	1557	1612	1626	1641	1656
Romford Station	1246	1302	1318	1333	1348	1403	1417	1432	1447	1502	1517	1533	1547	1602	1617	1631	1645	1700
Romford Market St Edward's Way	1250	1306	1322	1337	1352	1407	1421	1436	1451	1506	1521	1537	1551	1606	1621	1635	1649	1704
Romford North Street (The Squire)	1254	1310	1326	1341	1356	1411	1425	1440	1455	1510	1525	1540	1554	1609	1624	1638	1652	1707
Collier Row Chase Cross Road	1301	1317	1333	1348	1403	1418	1432	1447	1502	1517	1532	1547	1600	1615	1630	1644	1658	1713
Hillrise Estate Hillrise Road	1306	1322	1338	1353	1408	1423	1437	1452	1506	1521	1536	1551	1604	1619	1634	1648	1702	1717
Dagenham Oval Road South	1645	1700	1715	1730	1745	1800	1815	1830	1845	1900	1915	1930	1945	2000	2015	2030	2045	2100
Dagenham New Road/Kent Avenue	1646	1701	1716	1731	1746	1801	1816	1831	1846	1901	1916	1931	1946	2001	2016	2031	2046	2101
Dagenham Heathway Station	1654	1708	1723	1738	1753	1807	1822	1837	1852	1907	1922	1937	1952	2007	2021	2036	2051	2106
Becontree Heath Ship & Anchor	1702	1716	1731	1746	1801	1815	1830	1845	1900	1915	1930	1945	2000	2015	2029	2043	2058	2113
Queen's Hospital	1711	1725	1740	1754	1809	1823	1838	1853	1908	1923	1938	1953	2008	2023	2037	2051	2105	2120
Romford Station	1715	1729	1744	1758	1813	1827	1842	1857	1912	1927	1942	1957	2012	2027	2041	2055	2109	2124
Romford Market St Edward's Way	1719	1733	1747	1801	1816	1830	1845	1900	1915	1930	1945	2000	2015	2030	2044	2058	2112	2127
Romford North Street (The Squire)	1722	1736	1750	1804	1819	1833	1848	1903	1918	1933	1948	2003	2018	2033	2047	2101	2115	2130
Collier Row Chase Cross Road	1728	1742	1756	1810	1825	1839	1854	1909	1924	1939	1953	2008	2023	2038	2052	2106	2120	2135
Hillrise Estate Hillrise Road	1732	1746	1800	1814	1829	1843	1858	1913	1928	1943	1957	2012	2027	2042	2056	2110	2124	2139
Dagenham Oval Road South	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345	0000	0015	0030	0045			
Dagenham New Road/Kent Avenue	2116	2131	2146	2201	2216	2231	2246	2301	2316	2331	2346	0001	0016	0031	0046			
Dagenham Heathway Station	2121	2136	2151	2206	2221	2236	2251	2305	2320	2335	2350	0005	0020	0035	0050			
Becontree Heath Ship & Anchor	2128	2143	2158	2212	2227	2242	2257	2311	2326	2341	2356	0011	0025	0040	0055			
Queen's Hospital	2135	2150	2205	2219	2234	2249	2304	2318	2332	2347	0002	0017	0031	0046	0101			
Romford Station	2139	2154	2209	2223	2238	2253	2308	2322	2336	2351	0006	0020	0034	0049	0104			
Romford Market St Edward's Way	2142	2157	2212	2226	2241	2256	2311	2325	2339	2354	0009	0023	0037	0052	0107			
Romford North Street (The Squire)	2145	2200	2215	2229	2244	2258	2313	2327	2341	2356	0011	0025	0039	0054	0109			
Collier Row Chase Cross Road	2150	2205	2220	2234	2249	2303	2318	2332	2346	0001	0016	0030	0044	0058	0113			
Hillrise Estate Hillrise Road	2154	2209	2224	2238	2253	2307	2322	2336	2350	0005	0019	0033	0047	0101	0116			