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Lakeside – Upminster – Romford

370		Mondays to Thursdays																
Lakeside Bus Station	0524	0542	0556	0610		1831	1845	1900	1915	1930	1945	2000	2015	2030	2045	2100	2115	
South Ockendon Royal Oak	0536	0554	0608	0622	Then about every 12 minutes	1844	1857	1912	1927	1941	1956	2011	2026	2041	2056	2111	2126	
Corbets Tey Huntsman & Hounds	0545	0603	0617	0631		1853	1906	1921	1936	1950	2005	2020	2035	2050	2105	2119	2134	
Upminster Station Station Road	0552	0610	0625	0639		1903	1915	1930	1945	1958	2013	2028	2042	2057	2112	2126	2141	
Hornchurch Town Centre	0557	0616	0631	0645	until	1911	1923	1938	1952	2005	2019	2034	2048	2103	2118	2132	2147	
Gidea Park The Drill	0602	0621	0636	0651		1918	1930	1945	1959	2011	2025	2040	2054	2109	2124	2138	2153	
Romford Market Mercury Gardens	0608	0628	0643	0658		1926	1938	1953	2006	2018	2032	2047	2101	2116	2131	2145	2200	
370		Mondays to Thursdays (cont.)										Fridays						
Lakeside Bus Station	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345	0524	0542	0556	0610	Then about every 12 minutes	1831	1845	
South Ockendon Royal Oak	2141	2156	2211	2226	2241	2255	2310	2325	2339	2354	0536	0554	0608	0622		1844	1857	
Corbets Tey Huntsman & Hounds	2149	2204	2219	2234	2249	2303	2318	2333	2347	0002	0545	0603	0617	0631		1853	1906	
Upminster Station Station Road	2155	2210	2225	2240	2255	2309	2324	2339	2353	0008	0552	0610	0625	0639	1903	1915		
Hornchurch Town Centre	2201	2216	2231	2246	2301	2315	2330	2345	2359	0014	0557	0616	0631	0645	1911	1923		
Gidea Park The Drill	2207	2222	2237	2252	2306	2320	2335	2350	0004	0019	0602	0621	0636	0651	1918	1930		
Romford Market Mercury Gardens	2214	2229	2244	2259	2313	2327	2342	2356	0010	0025	0608	0628	0643	0658	1926	1938		
370		Fridays (cont.)																
Lakeside Bus Station	1900	1915	1930	1945	2000	2015	2030	2045	2100	Then every 15 minutes until	2230	2245	2300	2315	2330	2345		
South Ockendon Royal Oak	1912	1927	1941	1956	2011	2026	2041	2056	2111		2241	2256	2310	2325	2340	2355		
Corbets Tey Huntsman & Hounds	1921	1936	1950	2005	2020	2035	2050	2105	2119		2249	2304	2318	2333	2348	0003		
Upminster Station Station Road	1930	1945	1959	2013	2028	2042	2057	2112	2126	2256	2310	2324	2339	2354	0009			
Hornchurch Town Centre	1938	1953	2006	2019	2034	2048	2103	2118	2132	2302	2316	2330	2345	0000	0015			
Gidea Park The Drill	1945	2000	2012	2025	2040	2054	2109	2124	2138	2308	2322	2336	2351	0006	0021			
Romford Market Mercury Gardens	1953	2007	2019	2032	2047	2101	2116	2131	2145	2315	2329	2343	2358	0013	0028			
370		Saturdays (also Good Friday)																
Lakeside Bus Station	0525	0545	0605	0625	0645	0659	0714	0729	0744	Then about every 12 minutes until	1735	1751	1807	1823	1839	1855	1910	
South Ockendon Royal Oak	0536	0556	0616	0636	0656	0710	0725	0740	0755		1747	1803	1819	1835	1851	1907	1922	
Corbets Tey Huntsman & Hounds	0544	0604	0625	0645	0705	0719	0734	0749	0804		1756	1812	1828	1844	1900	1916	1931	
Upminster Station Station Road	0550	0610	0631	0651	0711	0726	0741	0756	0811	1807	1823	1839	1855	1910	1925	1940		
Hornchurch Town Centre	0555	0615	0636	0657	0717	0732	0747	0802	0817	1815	1831	1846	1902	1917	1932	1947		
Gidea Park The Drill	0600	0620	0641	0702	0722	0737	0753	0808	0823	1823	1838	1853	1909	1924	1939	1954		
Romford Market Mercury Gardens	0606	0626	0647	0708	0729	0744	0800	0815	0830	1831	1846	1901	1917	1932	1947	2002		
Lakeside Bus Station	1926	1942	1958	2014	2029	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345
South Ockendon Royal Oak	1938	1954	2010	2026	2041	2057	2111	2126	2141	2156	2211	2226	2240	2255	2310	2325	2340	2355
Corbets Tey Huntsman & Hounds	1947	2003	2019	2035	2050	2106	2120	2135	2149	2204	2219	2234	2248	2303	2318	2333	2348	0003
Upminster Station Station Road	1955	2011	2027	2043	2058	2113	2127	2142	2156	2211	2226	2241	2255	2310	2325	2339	2354	0009
Hornchurch Town Centre	2002	2018	2033	2049	2104	2119	2133	2148	2202	2217	2232	2247	2301	2316	2331	2345	0000	0015
Gidea Park The Drill	2009	2025	2040	2056	2110	2125	2139	2154	2208	2223	2238	2253	2307	2322	2337	2351	0006	0021
Romford Market Mercury Gardens	2017	2032	2047	2103	2117	2132	2146	2201	2215	2230	2245	2300	2314	2329	2344	2358	0013	0028
370		Sundays and other Public Holidays (except Christmas Day)																
Lakeside Bus Station	0630	Then every 20 mins. until	0810	0829	0842	0856	0910	0924	0938	0952	1006	1020	1034	1048	1102	1117	1131	1146
South Ockendon Royal Oak	0641		0821	0840	0853	0907	0921	0935	0949	1003	1017	1031	1046	1100	1114	1129	1143	1158
Corbets Tey Huntsman & Hounds	0649		0829	0848	0901	0915	0930	0944	0958	1012	1026	1040	1055	1109	1123	1138	1152	1207
Upminster Station Station Road	0655	0835	0854	0907	0922	0937	0952	1006	1020	1035	1050	1105	1120	1134	1149	1204	1219	
Hornchurch Town Centre	0700	0840	0900	0913	0928	0943	0958	1012	1027	1042	1057	1112	1127	1142	1157	1212	1227	
Gidea Park The Drill	0705	0845	0905	0918	0934	0949	1004	1019	1034	1049	1104	1119	1134	1149	1204	1219	1234	
Romford Market Mercury Gardens	0711	0851	0911	0924	0941	0956	1011	1026	1041	1056	1111	1126	1141	1156	1212	1227	1242	
Lakeside Bus Station	1201	Then every 15 mins. until	1246	1301	1316	1331	1346	1401	1416	1431	1546	1601	Then every 15 mins. until	1731	1745	1759	1814	
South Ockendon Royal Oak	1213		1258	1313	1328	1343	1358	1413	1428	1443	1558	1613		1743	1757	1810	1825	
Corbets Tey Huntsman & Hounds	1222		1307	1322	1337	1352	1407	1422	1437	1452	1607	1622		1752	1806	1819	1834	
Upminster Station Station Road	1234	1319	1333	1348	1402	1417	1431	1446	1501	1515	1616	1630	1800	1814	1827	1842		
Hornchurch Town Centre	1242	1327	1341	1356	1410	1425	1439	1454	1508	1623	1637	1807	1820	1833	1848			
Gidea Park The Drill	1250	1335	1349	1403	1417	1432	1446	1501	1515	1630	1644	1814	1827	1840	1855			
Romford Market Mercury Gardens	1258	1343	1357	1411	1425	1440	1454	1509	1523	1638	1652	1822	1834	1847	1902			
Lakeside Bus Station	1829	1844	1859	1914	Then every 15 mins. until	1959	2015	2030	2045	2100	2115	2130	2245	2300	2315	2330	2345	
South Ockendon Royal Oak	1840	1855	1910	1925		2010	2026	2041	2056	2110	2125	2140	2255	2309	2324	2339	2354	
Corbets Tey Huntsman & Hounds	1849	1904	1919	1934		2019	2035	2050	2104	2118	2133	2148	2303	2317	2332	2347	0002	
Upminster Station Station Road	1857	1912	1927	1941	2026	2041	2056	2110	2124	2139	2154	2309	2323	2338	2353	0008		
Hornchurch Town Centre	1903	1918	1933	1947	2032	2047	2102	2116	2130	2145	2200	2315	2329	2344	2359	0014		
Gidea Park The Drill	1909	1924	1939	1953	2038	2053	2107	2121	2135	2150	2205	2320	2334	2349	0004	0019		
Romford Market Mercury Gardens	1916	1931	1946	2000	2045	2100	2114	2128	2142	2157	2211	2326	2340	2355	0010	0025		

370		Mondays to Thursdays																
Romford Market Mercury Gardens	0555	0615	0629	0640	Then about every 12 minutes until	1828	1841	1855	1910	1925	1940	1955	2010	2025	2040	2055	2110	
Gidea Park The Drill	0603	0623	0637	0649		1837	1850	1904	1919	1934	1949	2004	2019	2034	2049	2104	2119	
Hornchurch Town Centre	0608	0628	0642	0655		1844	1857	1910	1925	1940	1955	2010	2025	2040	2054	2109	2124	
Upminster Station Station Road	0616	0636	0651	0705		1856	1908	1921	1936	1950	2004	2018	2033	2048	2102	2116	2131	
Corbets Tey Huntsman & Hounds	0620	0640	0655	0710		1902	1914	1927	1941	1955	2009	2023	2038	2053	2107	2121	2136	
South Ockendon Royal Oak	0629	0649	0704	0719	1911	1923	1936	1950	2004	2018	2032	2047	2102	2116	2130	2145		
Lakeside Bus Station	0639	0659	0714	0729	1923	1934	1946	2000	2014	2028	2042	2057	2112	2126	2140	2155		
Romford Market Mercury Gardens	2125	2140	2155	2210	2225	2240	2255	2310	2325	2340	2355	0010	0025	0040				
Gidea Park The Drill	2133	2147	2202	2217	2232	2247	2302	2317	2332	2347	0002	0017	0032	0047				
Hornchurch Town Centre	2138	2152	2207	2222	2237	2252	2307	2322	2336	2351	0006	0021	0036	0051				
Upminster Station Station Road	2145	2159	2214	2229	2244	2259	2314	2329	2343	2358	0013	0028	0043	0058				
Corbets Tey Huntsman & Hounds	2150	2204	2219	2234	2249	2304	2318	2333	2347	0002	0017	0032	0047	0102				
South Ockendon Royal Oak	2159	2213	2228	2243	2257	2312	2326	2341	2355	0010	0025	0040	0055	0110				
Lakeside Bus Station	2209	2223	2238	2252	2306	2321	2335	2350	0004	0019	0034	0049	0104	0118				
370		Fridays																
Romford Market Mercury Gardens	0555	0615	0629	0640	Then about every 12 minutes until	1828	1841	1855	1910	1925	1940	1955	2010	2025	2040	2055	2110	
Gidea Park The Drill	0603	0623	0637	0649		1837	1850	1904	1919	1934	1949	2004	2019	2034	2049	2104	2119	
Hornchurch Town Centre	0608	0628	0642	0655		1844	1857	1910	1925	1940	1955	2010	2025	2040	2054	2109	2124	
Upminster Station Station Road	0616	0636	0651	0705		1856	1908	1921	1936	1950	2004	2018	2033	2048	2102	2116	2131	
Corbets Tey Huntsman & Hounds	0620	0640	0655	0710		1902	1914	1927	1941	1955	2009	2023	2038	2053	2107	2121	2136	
South Ockendon Royal Oak	0629	0649	0704	0719	1911	1923	1936	1950	2004	2018	2032	2047	2102	2116	2130	2145		
Lakeside Bus Station	0639	0659	0714	0729	1923	1934	1946	2000	2014	2028	2042	2057	2112	2126	2140	2155		
Romford Market Mercury Gardens	2125	2140	2155	2210	2225	2240	2255	2310	2325	2340	2355	0010	0025	0040				
Gidea Park The Drill	2134	2148	2203	2218	2232	2247	2302	2317	2332	2347	0002	0017	0032	0047				
Hornchurch Town Centre	2139	2153	2208	2223	2237	2252	2307	2322	2337	2352	0007	0022	0037	0051				
Upminster Station Station Road	2146	2200	2215	2230	2244	2259	2314	2329	2344	2359	0014	0029	0044	0058				
Corbets Tey Huntsman & Hounds	2151	2205	2220	2235	2249	2304	2319	2334	2348	0003	0018	0033	0048	0102				
South Ockendon Royal Oak	2200	2214	2229	2244	2257	2312	2327	2342	2356	0011	0026	0041	0056	0110				
Lakeside Bus Station	2210	2224	2239	2253	2306	2321	2336	2351	0005	0020	0035	0050	0105	0119				
370		Saturdays (also Good Friday)																
Romford Market Mercury Gardens	0555	0615	0635	0655	0714	0729	0743	0757	Then about every 12 minutes until	1809	1824	1840	1856	1911	1926	1942	1957	
Gidea Park The Drill	0602	0622	0642	0702	0721	0738	0752	0806		1818	1833	1849	1905	1920	1935	1951	2006	
Hornchurch Town Centre	0607	0627	0647	0707	0726	0743	0758	0812		1824	1839	1855	1911	1926	1941	1957	2012	
Upminster Station Station Road	0614	0634	0654	0714	0733	0750	0806	0821		1835	1850	1905	1921	1936	1951	2006	2020	
Corbets Tey Huntsman & Hounds	0618	0638	0658	0718	0737	0754	0811	0826		1840	1855	1910	1926	1941	1956	2011	2025	
South Ockendon Royal Oak	0627	0647	0707	0727	0746	0803	0820	0835	1849	1904	1919	1935	1950	2005	2020	2034		
Lakeside Bus Station	0636	0656	0716	0736	0757	0814	0831	0846	1900	1915	1930	1945	2000	2015	2030	2044		
Romford Market Mercury Gardens	2012	2027	Then every 15 minutes until	2127	2142	2157	2212	2227	2242	2257	2312	2327	2342	2357	0012	0027	0042	
Gidea Park The Drill	2021	2036		2136	2150	2204	2219	2234	2249	2304	2319	2334	2349	0004	0019	0034	0049	
Hornchurch Town Centre	2027	2041		2141	2155	2209	2224	2239	2254	2309	2324	2339	2354	0009	0024	0039	0053	
Upminster Station Station Road	2035	2049		2149	2203	2217	2232	2247	2302	2317	2332	2347	0001	0016	0031	0046	0100	
Corbets Tey Huntsman & Hounds	2040	2054		2154	2208	2222	2237	2252	2307	2322	2337	2351	0005	0020	0035	0050	0104	
South Ockendon Royal Oak	2049	2103	2203	2217	2231	2246	2301	2315	2330	2345	2359	0013	0028	0043	0058	0112		
Lakeside Bus Station	2059	2113	2213	2227	2241	2256	2311	2325	2340	2354	0008	0022	0037	0052	0107	0121		
370		Sundays and other Public Holidays (except Christmas Day)																
Romford Market Mercury Gardens	0640	Then every 20 mins. until	0820	0838	0853	0907	0920	0933	0946	0959	1013	1027	1041	1055	1110	1124	Then every 15 mins. until	1224
Gidea Park The Drill	0647		0827	0845	0900	0914	0928	0941	0955	1008	1022	1036	1050	1104	1119	1133		1233
Hornchurch Town Centre	0652		0832	0850	0905	0919	0934	0947	1001	1014	1028	1042	1056	1111	1126	1140		1240
Upminster Station Station Road	0659		0839	0857	0912	0927	0942	0956	1010	1024	1038	1053	1107	1122	1137	1152		1252
Corbets Tey Huntsman & Hounds	0703		0843	0901	0916	0931	0946	1001	1015	1029	1043	1058	1113	1128	1143	1158		1258
South Ockendon Royal Oak	0712	0852	0910	0925	0940	0955	1010	1024	1038	1052	1107	1122	1137	1152	1207	1307		
Lakeside Bus Station	0721	0901	0920	0935	0950	1005	1020	1034	1049	1104	1119	1134	1149	1204	1219	1319		
Romford Market Mercury Gardens	1240	Then about every 15 mins. until	1355	1410	1425	1440	1455	1510	1525	1540	Then every 15 mins. until	1640	1654	1709	1724	Then every 15 mins. until	1839	1855
Gidea Park The Drill	1249		1404	1419	1434	1449	1504	1519	1534	1549		1649	1703	1718	1733		1848	1904
Hornchurch Town Centre	1256		1411	1426	1441	1456	1511	1526	1541	1555		1655	1709	1724	1739		1854	1909
Upminster Station Station Road	1307		1422	1436	1451	1506	1521	1536	1551	1605		1705	1719	1734	1748		1903	1917
Corbets Tey Huntsman & Hounds	1313		1428	1442	1457	1512	1527	1541	1556	1610		1710	1724	1739	1753		1908	1922
South Ockendon Royal Oak	1322	1437	1451	1506	1521	1536	1550	1605	1619	1719	1733	1748	1802	1917	1931			
Lakeside Bus Station	1334	1448	1502	1517	1531	1546	1600	1615	1629	1729	1743	1758	1812	1927	1941			
Romford Market Mercury Gardens	1910	1925	1940	1955	2010	2025	2040	2055	2110	2125	2140	Then about every 15 mins. until	2310	2325	Then every 15 minutes until	0025	0040	
Gidea Park The Drill	1919	1934	1949	2004	2019	2034	2048	2103	2118	2133	2147		2317	2332		0032	0047	
Hornchurch Town Centre	1924	1939	1954	2009	2024	2039	2053	2108	2123	2138	2152		2322	2336		0036	0051	
Upminster Station Station Road	1932	1946	2001	2016	2031	2046	2100	2115	2130	2145	2159		2329	2343		0043	0058	
Corbets Tey Huntsman & Hounds	1937	1951	2006	2020	2035	2050	2104	2119	2134	2149	2203		2333	2347		0047	0102	
South Ockendon Royal Oak	1946	2000	2015	2029	2044	2059	2113	2128	2142	2157	2211	2341	2355	0055	0110			
Lakeside Bus Station	1956	2010	2025	2039	2054	2109	2123	2138	2152	2207	2221	2350	0004	0104	0118			