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Lakeside – Upminster – Romford

370		Mondays to Fridays																			
Lakeside Bus Station	0530	0550	0610	0625	0635	0647	0700	0711	0722	0735	0750	0805	0820	0835	0850	0905	0920	0935			
Chafford Hundred Sainsbury's	0533	0553	0613	0628	0638	0650	0703	0714	0725	0738	0753	0808	0823	0838	0853	0908	0923	0938			
South Ockendon Royal Oak	0541	0601	0621	0636	0646	0658	0711	0722	0733	0748	0803	0818	0833	0848	0903	0918	0931	0946			
North Ockendon Fen Lane	0544	0604	0624	0639	0649	0701	0714	0725	0736	0751	0806	0821	0836	0851	0906	0921	0934	0949			
Corbets Tey Huntsman & Hounds	0549	0609	0629	0644	0654	0706	0719	0730	0741	0756	0811	0826	0841	0856	0911	0926	0939	0954			
Upminster Station Station Road	0555	0615	0635	0650	0700	0715	0728	0739	0752	0807	0822	0838	0853	0908	0921	0936	0948	1003			
Upminster Bridge Station	0558	0618	0638	0653	0704	0719	0732	0745	0759	0814	0829	0843	0858	0913	0925	0940	0952	1007			
Hornchurch Town Centre	0601	0621	0641	0656	0709	0724	0737	0752	0806	0821	0836	0851	0906	0921	0929	0944	0957	1012			
Gidea Park The Drill	0606	0626	0646	0701	0716	0731	0746	0801	0816	0831	0846	0901	0914	0929	0935	0950	1003	1018			
Romford Station	0610	0630	0652	0707	0722	0744	0759	0814	0829	0844	0859	0909	0922	0936	0942	0957	1011	1026			
Romford Market Mercury Gardens	0612	0632	0654	0709	0724	0746	0801	0816	0831	0846	0901	0911	0924	0938	0944	0959	1013	1028			
		SD																			
Lakeside Bus Station	0950			1305	1320	1335	1348	1400	1410	1420	1435	1450	--	1505	1520	1535	1550	1605			
Chafford Hundred Sainsbury's	0953			1308	1323	1338	1351	1403	1413	1423	1438	1453	--	1508	1523	1538	1553	1608			
South Ockendon Royal Oak	1001			1316	1331	1346	1359	1411	1421	1431	1446	1501	--	1516	1531	1546	1601	1616			
North Ockendon Fen Lane	1004			1319	1334	1349	1402	1414	1424	1434	1449	1504	--	1519	1534	1549	1604	1619			
Corbets Tey Huntsman & Hounds	1009			1324	1339	1354	1407	1419	1429	1439	1454	1509	1522	1524	1539	1554	1609	1624			
Upminster Station Station Road	1018			1333	1349	1404	1417	1429	1439	1450	1505	1520	1533	1535	1550	1605	1620	1635			
Upminster Bridge Station	1022			1337	1353	1408	1421	1433	1443	1454	1509	1525	1538	1540	1555	1610	1624	1639			
Hornchurch Town Centre	1027			1342	1358	1413	1426	1439	1450	1502	1517	1533	1546	1548	1603	1618	1632	1647			
Gidea Park The Drill	1033			1348	1404	1419	1432	1446	1458	1510	1525	1541	1554	1556	1611	1626	1640	1655			
Romford Station	1041			1356	1411	1426	1439	1453	1506	1518	1533	1549	1559	1604	1619	1634	1648	1703			
Romford Market Mercury Gardens	1043			1358	1413	1428	1441	1455	1508	1520	1535	1551	1601	1606	1621	1636	1650	1705			
Lakeside Bus Station	1620	1635	1650	1705	1720	1735	1750	1805	1820	1837	1900	1920	1945			15	45	2345			
Chafford Hundred Sainsbury's	1623	1638	1653	1708	1723	1738	1753	1808	1823	1840	1903	1923	1948			18	48	2348			
South Ockendon Royal Oak	1631	1646	1701	1716	1731	1746	1801	1816	1830	1847	1910	1930	1955			Then	25	55	2355		
North Ockendon Fen Lane	1634	1649	1704	1719	1734	1749	1804	1819	1833	1850	1913	1933	1958			every 30	28	58	2358		
Corbets Tey Huntsman & Hounds	1639	1654	1709	1724	1739	1754	1809	1824	1838	1855	1918	1938	2003			minutes	33	03	0003		
Upminster Station Station Road	1648	1703	1718	1733	1748	1803	1818	1833	1846	1902	1924	1944	2009			at these	39	09	until	0009	
Upminster Bridge Station	1652	1707	1722	1737	1752	1807	1822	1837	1850	1905	1927	1947	2012			minutes	42	12	0012		
Hornchurch Town Centre	1700	1715	1730	1744	1759	1811	1826	1841	1854	1909	1931	1951	2016			past	46	16	0016		
Gidea Park The Drill	1708	1723	1738	1751	1806	1818	1833	1848	1900	1915	1936	1956	2021			the hour	51	21	0021		
Romford Station	1716	1731	1746	1759	1814	1826	1841	1856	1908	1923	1943	2002	2027				57	27	0027		
Romford Market Mercury Gardens	1718	1733	1748	1801	1816	1828	1843	1858	1910	1925	1945	2004	2029				59	29	0029		
370		Saturdays (also Good Friday)																			
Lakeside Bus Station	0530			0750	0810	0825	0837	0852	0905	0920			1735	1755	1820	1840	1902	1922	1945	2015	
Chafford Hundred Sainsbury's	0533			0753	0813	0828	0840	0855	0908	0923			1738	1758	1823	1843	1905	1925	1948	2018	
South Ockendon Royal Oak	0540			0800	0820	0835	0847	0902	0916	0931			1746	1806	1831	1851	1913	1933	1956	2026	
North Ockendon Fen Lane	0543			0803	0823	0838	0850	0905	0919	0934			1749	1809	1834	1854	1916	1936	1959	2029	
Corbets Tey Huntsman & Hounds	0548			0808	0828	0843	0855	0910	0924	0939			1754	1814	1839	1859	1921	1941	2004	2034	
Upminster Station Station Road	0554			0814	0834	0849	0904	0919	0934	0949			1804	1824	1846	1906	1927	1947	2010	2040	
Upminster Bridge Station	0557			0817	0838	0853	0908	0923	0939	0954			1809	1828	1849	1909	1930	1950	2013	2043	
Hornchurch Town Centre	0601			0821	0843	0858	0913	0928	0944	0959			1814	1832	1853	1913	1934	1954	2017	2047	
Gidea Park The Drill	0606			0826	0849	0904	0919	0934	0950	1005			1820	1837	1858	1918	1939	1959	2022	2052	
Romford Station	0610			0830	0853	0908	0923	0941	0957	1015			1830	1844	1905	1925	1946	2006	2029	2059	
Romford Market Mercury Gardens	0612			0832	0855	0910	0925	0943	0959	1019			1834	1846	1907	1927	1948	2008	2031	2101	
370		Saturdays (cont.)																			
Lakeside Bus Station	2045	2115	2145			2345	0635	0710	0740	0810	0840	0910	0940			1710	1743	1815		2345	
Chafford Hundred Sainsbury's	2048	2118	2148			2348	0638	0713	0743	0813	0843	0913	0943			1713	1746	1818		2348	
South Ockendon Royal Oak	2056	2126	2155			2355	0645	0720	0750	0820	0850	0922	0952			1722	1755	1825		2355	
North Ockendon Fen Lane	2059	2129	2158			2358	0648	0723	0753	0823	0853	0925	0955			Then	1725	1758	1828	Then	2358
Corbets Tey Huntsman & Hounds	2104	2134	2203			0003	0653	0728	0758	0828	0858	0930	1000			every	1730	1803	1833	every	0003
Upminster Station Station Road	2110	2140	2209			0009	0659	0734	0804	0834	0905	0939	1009			30	1739	1809	1839	30	0009
Upminster Bridge Station	2113	2143	2212			0012	0702	0737	0807	0837	0909	0943	1013			mins.	1743	1812	1842	mins.	0012
Hornchurch Town Centre	2117	2147	2216			0016	0706	0741	0811	0841	0913	0948	1018			until	1748	1816	1846	until	0016
Gidea Park The Drill	2122	2152	2221			0021	0711	0746	0816	0846	0919	0954	1024				1754	1821	1851		0021
Romford Station	2129	2159	2228			0028	0715	0750	0820	0850	0923	0958	1031				1801	1828	1858		0028
Romford Market Mercury Gardens	2131	2201	2230			0030	0717	0752	0822	0852	0925	1000	1033				1803	1830	1900		0030
		SD – Schooldays only. Operated by First London.																			

