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Lakeside – Upminster – Romford

370	Mondays to Thursdays																	
Lakeside Bus Station	0524	0542	0556	0610	0622	0632	0642	0652	0702	0712	0721	0730	0742	0754	0806	0819	0831	0843
Chafford Hundred Sainsbury's	0527	0545	0559	0613	0625	0635	0645	0655	0705	0715	0724	0733	0745	0757	0809	0822	0834	0846
South Ockendon Royal Oak	0536	0554	0608	0622	0634	0645	0655	0705	0715	0725	0734	0744	0756	0808	0820	0833	0845	0857
North Ockendon Old White Horse	0539	0557	0611	0625	0637	0648	0658	0708	0718	0728	0737	0747	0759	0811	0823	0836	0848	0900
Corbets Tey Huntsman & Hounds	0545	0603	0617	0631	0643	0654	0704	0714	0725	0735	0744	0754	0806	0818	0830	0843	0855	0906
Upminster Station Station Road	0552	0610	0625	0639	0651	0703	0714	0724	0736	0747	0757	0808	0820	0832	0844	0856	0907	0917
Upminster Bridge Station	0555	0613	0628	0642	0654	0706	0717	0728	0740	0752	0802	0814	0826	0837	0849	0901	0912	0922
Hornchurch Town Centre	0557	0616	0631	0645	0657	0709	0721	0732	0744	0756	0807	0819	0831	0842	0854	0906	0917	0927
Gidea Park The Drill	0602	0621	0636	0651	0703	0716	0729	0741	0753	0805	0817	0830	0842	0853	0904	0915	0925	0935
Romford Station	0606	0626	0641	0656	0709	0722	0735	0747	0800	0812	0825	0838	0850	0901	0912	0922	0932	0942
Romford Market Mercury Gardens	0608	0628	0643	0658	0711	0724	0737	0749	0802	0814	0827	0840	0852	0903	0914	0924	0934	0944
Lakeside Bus Station	0856	0908	0921	0934	Then every 12 minutes until	1046	1057	Then every 12 minutes until	1309	1320	1331	1342	1352	1402	1412	1423		
Chafford Hundred Sainsbury's	0859	0911	0924	0937		1049	1100		1312	1323	1334	1345	1356	1406	1416	1427		
South Ockendon Royal Oak	0909	0921	0933	0946		1058	1109		1321	1332	1343	1354	1405	1415	1426	1437		
North Ockendon Old White Horse	0912	0924	0936	0949		1101	1112		1324	1335	1346	1357	1408	1418	1429	1440		
Corbets Tey Huntsman & Hounds	0918	0930	0942	0955		1107	1118		1330	1341	1352	1403	1414	1424	1435	1446		
Upminster Station Station Road	0929	0941	0953	1005		1117	1128		1340	1351	1402	1413	1424	1434	1445	1457		
Upminster Bridge Station	0934	0946	0957	1009		1121	1132		1344	1355	1406	1417	1428	1438	1449	1501		
Hornchurch Town Centre	0939	0951	1002	1014		1126	1137		1349	1400	1411	1422	1433	1443	1454	1506		
Gidea Park The Drill	0947	0958	1009	1021		1133	1145		1357	1408	1419	1430	1441	1452	1503	1516		
Romford Station	0953	1004	1015	1027		1139	1151		1403	1414	1425	1436	1447	1459	1511	1523		
Romford Market Mercury Gardens	0955	1006	1017	1029	1141	1153	1405	1416	1427	1438	1449	1501	1513	1525				
Lakeside Bus Station	1432	1441	1450	1502	1515	1528	1541	1553	1606	1619	Then every 12 minutes until	1719	1731	1743	1755	1807	1819	
Chafford Hundred Sainsbury's	1436	1445	1454	1506	1519	1532	1545	1557	1610	1623		1723	1735	1747	1759	1811	1823	
South Ockendon Royal Oak	1446	1455	1504	1516	1529	1542	1555	1607	1620	1633		1733	1745	1757	1809	1821	1833	
North Ockendon Old White Horse	1449	1458	1507	1519	1532	1545	1558	1610	1623	1636		1736	1748	1800	1812	1824	1836	
Corbets Tey Huntsman & Hounds	1456	1505	1514	1526	1539	1552	1605	1617	1630	1643		1743	1755	1807	1819	1830	1842	
Upminster Station Station Road	1507	1518	1530	1542	1554	1607	1619	1631	1643	1656		1756	1808	1819	1831	1842	1852	
Upminster Bridge Station	1512	1524	1536	1548	1600	1612	1624	1636	1648	1701		1801	1813	1823	1835	1846	1856	
Hornchurch Town Centre	1518	1530	1542	1554	1606	1618	1630	1642	1654	1706		1806	1818	1828	1839	1850	1900	
Gidea Park The Drill	1528	1540	1552	1604	1616	1627	1639	1651	1703	1715		1815	1826	1836	1846	1857	1907	
Romford Station	1535	1547	1559	1611	1623	1634	1646	1658	1710	1722		1822	1832	1842	1852	1903	1913	
Romford Market Mercury Gardens	1537	1549	1601	1613	1625	1636	1648	1700	1712	1724	1824	1834	1844	1854	1905	1915		
Lakeside Bus Station	1831	1845	1900	1915	1930	1945	2000	2015	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245
Chafford Hundred Sainsbury's	1834	1848	1903	1918	1933	1948	2003	2018	2033	2048	2103	2118	2133	2148	2203	2218	2233	2248
South Ockendon Royal Oak	1844	1857	1912	1927	1941	1956	2011	2026	2041	2056	2111	2126	2141	2156	2211	2226	2241	2255
North Ockendon Old White Horse	1847	1900	1915	1930	1944	1959	2014	2029	2044	2059	2114	2129	2144	2159	2214	2229	2244	2258
Corbets Tey Huntsman & Hounds	1853	1906	1921	1936	1950	2005	2020	2035	2050	2105	2119	2134	2149	2204	2219	2234	2249	2303
Upminster Station Station Road	1903	1915	1930	1945	1958	2013	2028	2042	2057	2112	2126	2141	2155	2210	2225	2240	2255	2309
Upminster Bridge Station	1907	1919	1934	1949	2002	2016	2031	2045	2100	2115	2129	2144	2158	2213	2228	2243	2258	2312
Hornchurch Town Centre	1911	1923	1938	1952	2005	2019	2034	2048	2103	2118	2132	2147	2201	2216	2231	2246	2301	2315
Gidea Park The Drill	1918	1930	1945	1959	2011	2025	2040	2054	2109	2124	2138	2153	2207	2222	2237	2252	2306	2320
Romford Station	1924	1936	1951	2004	2016	2030	2045	2059	2114	2129	2143	2158	2212	2227	2242	2257	2311	2325
Romford Market Mercury Gardens	1926	1938	1953	2006	2018	2032	2047	2101	2116	2131	2145	2200	2214	2229	2244	2259	2313	2327
Lakeside Bus Station	2300	2315	2330	2345														
Chafford Hundred Sainsbury's	2303	2318	2333	2348														
South Ockendon Royal Oak	2310	2325	2339	2354														
North Ockendon Old White Horse	2313	2328	2342	2357														
Corbets Tey Huntsman & Hounds	2318	2333	2347	0002														
Upminster Station Station Road	2324	2339	2353	0008														
Upminster Bridge Station	2327	2342	2356	0011														
Hornchurch Town Centre	2330	2345	2359	0014														
Gidea Park The Drill	2335	2350	0004	0019														
Romford Station	2340	2354	0008	0023														
Romford Market Mercury Gardens	2342	2356	0010	0025														

370		Fridays																
Lakeside Bus Station	0524	0542	0556	0610	0622	0632	0642	0652	0702	0712	0721	0730	0742	0754	0806	0819	0831	0843
Chafford Hundred Sainsbury's	0527	0545	0559	0613	0625	0635	0645	0655	0705	0715	0724	0733	0745	0757	0809	0822	0834	0846
South Ockendon Royal Oak	0536	0554	0608	0622	0634	0645	0655	0705	0715	0725	0734	0744	0756	0808	0820	0833	0845	0857
North Ockendon Old White Horse	0539	0557	0611	0625	0637	0648	0658	0708	0718	0728	0737	0747	0759	0811	0823	0836	0848	0900
Corbets Tey Huntsman & Hounds	0545	0603	0617	0631	0643	0654	0704	0714	0725	0735	0744	0754	0806	0818	0830	0843	0855	0906
Upminster Station Station Road	0552	0610	0625	0639	0651	0703	0714	0724	0736	0747	0757	0808	0820	0832	0844	0856	0907	0917
Upminster Bridge Station	0555	0613	0628	0642	0654	0706	0717	0728	0740	0752	0802	0814	0826	0837	0849	0901	0912	0922
Hornchurch Town Centre	0557	0616	0631	0645	0657	0709	0721	0732	0744	0756	0807	0819	0831	0842	0854	0906	0917	0927
Gidea Park The Drill	0602	0621	0636	0651	0703	0716	0729	0741	0753	0805	0817	0830	0842	0853	0904	0915	0925	0935
Romford Station	0606	0626	0641	0656	0709	0722	0735	0747	0800	0812	0825	0838	0850	0901	0912	0922	0932	0942
Romford Market Mercury Gardens	0608	0628	0643	0658	0711	0724	0737	0749	0802	0814	0827	0840	0852	0903	0914	0924	0934	0944
Lakeside Bus Station	0856	0908	0921	0934	Then every 12 minutes until	1046	1057	1109	1121	Then every 12 minutes until	1309	1320	1331	1341	1350	1400		
Chafford Hundred Sainsbury's	0859	0911	0924	0937		1049	1100	1112	1124		1312	1323	1334	1344	1354	1404		
South Ockendon Royal Oak	0909	0921	0933	0946		1058	1109	1121	1133		1321	1332	1343	1353	1403	1414		
North Ockendon Old White Horse	0912	0924	0936	0949		1101	1112	1124	1136		1324	1335	1346	1356	1406	1417		
Corbets Tey Huntsman & Hounds	0918	0930	0942	0955		1107	1118	1130	1142		1330	1341	1352	1402	1412	1423		
Upminster Station Station Road	0929	0941	0953	1005		1117	1128	1140	1153		1341	1352	1403	1413	1423	1434		
Upminster Bridge Station	0934	0946	0957	1009		1121	1132	1144	1157		1345	1356	1407	1417	1428	1439		
Hornchurch Town Centre	0939	0951	1002	1014		1126	1137	1149	1202		1350	1401	1412	1422	1433	1444		
Gidea Park The Drill	0947	0958	1009	1021		1133	1145	1157	1210		1358	1409	1420	1431	1442	1453		
Romford Station	0953	1004	1015	1027		1139	1151	1203	1216		1404	1415	1426	1437	1448	1500		
Romford Market Mercury Gardens	0955	1006	1017	1029	1141	1153	1205	1218	1406	1417	1428	1439	1450	1502				
Lakeside Bus Station	1410	1421	1431	1441	1450	1502	1515	1528	1541	1553	1606	1619	1631	1643	1655	1707	1719	1731
Chafford Hundred Sainsbury's	1414	1425	1435	1445	1454	1506	1519	1532	1545	1557	1610	1623	1635	1647	1659	1711	1723	1735
South Ockendon Royal Oak	1424	1435	1445	1455	1504	1516	1529	1542	1555	1607	1620	1633	1645	1657	1709	1721	1733	1745
North Ockendon Old White Horse	1427	1438	1448	1458	1507	1519	1532	1545	1558	1610	1623	1636	1648	1700	1712	1724	1736	1748
Corbets Tey Huntsman & Hounds	1434	1445	1455	1505	1514	1526	1539	1552	1605	1617	1630	1643	1655	1707	1719	1731	1743	1755
Upminster Station Station Road	1445	1457	1507	1519	1530	1542	1554	1607	1619	1631	1644	1657	1709	1721	1733	1745	1757	1808
Upminster Bridge Station	1450	1502	1513	1525	1536	1548	1600	1612	1624	1636	1649	1702	1714	1726	1738	1750	1802	1812
Hornchurch Town Centre	1455	1507	1519	1531	1542	1554	1606	1618	1630	1642	1655	1707	1719	1731	1743	1755	1807	1817
Gidea Park The Drill	1505	1517	1529	1541	1552	1604	1616	1628	1640	1652	1705	1717	1729	1741	1753	1805	1816	1825
Romford Station	1512	1524	1536	1548	1559	1611	1623	1635	1647	1659	1712	1724	1736	1748	1800	1812	1823	1832
Romford Market Mercury Gardens	1514	1526	1538	1550	1601	1613	1625	1637	1649	1701	1714	1726	1738	1750	1802	1814	1825	1834
Lakeside Bus Station	1743	1755	1807	1819	1831	1845	1900	1915	1930	1945	2000	2015	2030	2045	2100	Then every 15 minutes until	2230	
Chafford Hundred Sainsbury's	1747	1759	1811	1823	1834	1848	1903	1918	1933	1948	2003	2018	2033	2048	2103		2233	
South Ockendon Royal Oak	1757	1809	1821	1833	1844	1857	1912	1927	1941	1956	2011	2026	2041	2056	2111		2241	
North Ockendon Old White Horse	1800	1812	1824	1836	1847	1900	1915	1930	1944	1959	2014	2029	2044	2059	2114		2244	
Corbets Tey Huntsman & Hounds	1807	1818	1830	1842	1853	1906	1921	1936	1950	2005	2020	2035	2050	2105	2119		2249	
Upminster Station Station Road	1819	1830	1841	1852	1903	1915	1930	1945	1959	2013	2028	2042	2057	2112	2126		2256	
Upminster Bridge Station	1823	1834	1845	1856	1907	1919	1934	1949	2002	2016	2031	2045	2100	2115	2129		2259	
Hornchurch Town Centre	1827	1838	1849	1900	1911	1923	1938	1953	2006	2019	2034	2048	2103	2118	2132		2302	
Gidea Park The Drill	1835	1846	1857	1908	1918	1930	1945	2000	2012	2025	2040	2054	2109	2124	2138		2308	
Romford Station	1841	1852	1903	1914	1924	1936	1951	2005	2017	2030	2045	2059	2114	2129	2143		2313	
Romford Market Mercury Gardens	1843	1854	1905	1916	1926	1938	1953	2007	2019	2032	2047	2101	2116	2131	2145	2315		
Lakeside Bus Station	2245	2300	2315	2330	2345													
Chafford Hundred Sainsbury's	2248	2303	2318	2333	2348													
South Ockendon Royal Oak	2256	2310	2325	2340	2355													
North Ockendon Old White Horse	2259	2313	2328	2343	2358													
Corbets Tey Huntsman & Hounds	2304	2318	2333	2348	0003													
Upminster Station Station Road	2310	2324	2339	2354	0009													
Upminster Bridge Station	2313	2327	2342	2357	0012													
Hornchurch Town Centre	2316	2330	2345	0000	0015													
Gidea Park The Drill	2322	2336	2351	0006	0021													
Romford Station	2327	2341	2356	0011	0026													
Romford Market Mercury Gardens	2329	2343	2358	0013	0028													

370	Saturdays (also Good Friday)																	
Lakeside Bus Station	0525	0545	0605	0625	0645	0659	0714	0729	0744	0755	0807	0818	0829	0840	0851	0902	0912	0923
Chafford Hundred Sainsbury's	0528	0548	0608	0628	0648	0702	0717	0732	0747	0758	0810	0821	0832	0843	0854	0905	0915	0926
South Ockendon Royal Oak	0536	0556	0616	0636	0656	0710	0725	0740	0755	0806	0818	0829	0840	0851	0902	0913	0923	0934
North Ockendon Old White Horse	0539	0559	0619	0639	0659	0713	0728	0743	0758	0809	0821	0832	0843	0854	0905	0916	0926	0937
Corbets Tey Huntsman & Hounds	0544	0604	0625	0645	0705	0719	0734	0749	0804	0815	0827	0838	0849	0900	0911	0922	0932	0943
Upminster Station Station Road	0550	0610	0631	0651	0711	0726	0741	0756	0811	0823	0835	0846	0857	0909	0920	0931	0942	0953
Upminster Bridge Station	0553	0613	0634	0654	0714	0729	0744	0759	0814	0826	0838	0849	0900	0913	0924	0935	0946	0957
Hornchurch Town Centre	0555	0615	0636	0657	0717	0732	0747	0802	0817	0829	0841	0852	0903	0916	0927	0939	0950	1001
Gidea Park The Drill	0600	0620	0641	0702	0722	0737	0753	0808	0823	0835	0847	0859	0910	0923	0934	0946	0957	1008
Romford Station	0604	0624	0645	0706	0727	0742	0758	0813	0828	0840	0852	0904	0915	0928	0940	0952	1003	1014
Romford Market Mercury Gardens	0606	0626	0647	0708	0729	0744	0800	0815	0830	0842	0854	0906	0917	0930	0942	0954	1005	1016
Lakeside Bus Station	0933	0945	0956	1007	1018	1029	1040	1051	1103	1115	1127	1139	1151	1203	1215	1227	1239	1252
Chafford Hundred Sainsbury's	0936	0948	0959	1010	1022	1033	1044	1055	1107	1119	1131	1143	1155	1207	1219	1231	1243	1256
South Ockendon Royal Oak	0945	0957	1008	1019	1031	1042	1053	1104	1116	1128	1140	1152	1204	1216	1228	1240	1252	1305
North Ockendon Old White Horse	0948	1000	1011	1022	1034	1045	1056	1107	1119	1131	1143	1155	1207	1219	1231	1243	1255	1308
Corbets Tey Huntsman & Hounds	0954	1006	1017	1028	1040	1051	1102	1113	1125	1137	1149	1201	1213	1225	1238	1250	1302	1314
Upminster Station Station Road	1004	1016	1028	1040	1052	1104	1116	1128	1140	1152	1204	1216	1228	1240	1253	1305	1316	1328
Upminster Bridge Station	1008	1020	1032	1044	1056	1108	1120	1132	1144	1156	1208	1221	1233	1245	1258	1309	1320	1332
Hornchurch Town Centre	1012	1024	1037	1049	1101	1113	1125	1137	1149	1201	1213	1226	1238	1250	1303	1314	1325	1337
Gidea Park The Drill	1019	1032	1045	1058	1110	1122	1134	1147	1159	1211	1223	1235	1247	1259	1312	1323	1334	1346
Romford Station	1025	1038	1051	1104	1117	1129	1141	1154	1206	1218	1230	1242	1254	1306	1319	1330	1341	1353
Romford Market Mercury Gardens	1027	1040	1053	1106	1119	1131	1143	1156	1208	1220	1232	1244	1256	1308	1321	1332	1343	1355
Lakeside Bus Station	1305	1318	1331	1344	1357	1410	1423	1435	Then every 12 minutes until	1735	1751	1807	1823	1839	1855	1910	1926	
Chafford Hundred Sainsbury's	1309	1322	1335	1348	1401	1414	1427	1438		1738	1754	1810	1826	1842	1858	1913	1929	
South Ockendon Royal Oak	1318	1331	1344	1357	1410	1423	1436	1447		1747	1803	1819	1835	1851	1907	1922	1938	
North Ockendon Old White Horse	1321	1334	1347	1400	1413	1426	1439	1450		1750	1806	1822	1838	1854	1910	1925	1941	
Corbets Tey Huntsman & Hounds	1328	1340	1353	1406	1419	1432	1445	1456		1756	1812	1828	1844	1900	1916	1931	1947	
Upminster Station Station Road	1342	1354	1406	1418	1431	1443	1456	1507		1807	1823	1839	1855	1910	1925	1940	1955	
Upminster Bridge Station	1346	1358	1410	1422	1435	1447	1500	1511		1811	1827	1843	1859	1914	1929	1944	1959	
Hornchurch Town Centre	1351	1403	1415	1427	1439	1451	1504	1515		1815	1831	1846	1902	1917	1932	1947	2002	
Gidea Park The Drill	1359	1411	1423	1435	1447	1459	1512	1523		1823	1838	1853	1909	1924	1939	1954	2009	
Romford Station	1405	1417	1429	1441	1453	1505	1518	1529		1829	1844	1859	1915	1930	1945	2000	2015	
Romford Market Mercury Gardens	1407	1419	1431	1443	1455	1507	1520	1531	1831	1846	1901	1917	1932	1947	2002	2017		
Lakeside Bus Station	1942	1958	2014	2029	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345	
Chafford Hundred Sainsbury's	1945	2001	2017	2032	2048	2103	2118	2133	2148	2203	2218	2233	2248	2303	2318	2333	2348	
South Ockendon Royal Oak	1954	2010	2026	2041	2057	2111	2126	2141	2156	2211	2226	2240	2255	2310	2325	2340	2355	
North Ockendon Old White Horse	1957	2013	2029	2044	2100	2114	2129	2144	2159	2214	2229	2243	2258	2313	2328	2343	2358	
Corbets Tey Huntsman & Hounds	2003	2019	2035	2050	2106	2120	2135	2149	2204	2219	2234	2248	2303	2318	2333	2348	0003	
Upminster Station Station Road	2011	2027	2043	2058	2113	2127	2142	2156	2211	2226	2241	2255	2310	2325	2339	2354	0009	
Upminster Bridge Station	2015	2030	2046	2101	2116	2130	2145	2159	2214	2229	2244	2258	2313	2328	2342	2357	0012	
Hornchurch Town Centre	2018	2033	2049	2104	2119	2133	2148	2202	2217	2232	2247	2301	2316	2331	2345	0000	0015	
Gidea Park The Drill	2025	2040	2056	2110	2125	2139	2154	2208	2223	2238	2253	2307	2322	2337	2351	0006	0021	
Romford Station	2030	2045	2101	2115	2130	2144	2159	2213	2228	2243	2258	2312	2327	2342	2356	0011	0026	
Romford Market Mercury Gardens	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		0810	0829	0842	0856	0910	0924	0938	0952	1006	1020	1034	1048	1102	1117	1131	
Chafford Hundred Sainsbury's	0633		0813	0832	0845	0859	0913	0927	0941	0955	1009	1023	1037	1051	1105	1120	1134	
South Ockendon Royal Oak	0641		0821	0840	0853	0907	0921	0935	0949	1003	1017	1031	1046	1100	1114	1129	1143	
North Ockendon Old White Horse	0644	Then	0824	0843	0856	0910	0924	0938	0952	1006	1020	1034	1049	1103	1117	1132	1146	
Corbets Tey Huntsman & Hounds	0649	every 20	0829	0848	0901	0915	0930	0944	0958	1012	1026	1040	1055	1109	1123	1138	1152	
Upminster Station Station Road	0655	minutes	0835	0854	0907	0922	0937	0952	1006	1020	1035	1050	1105	1120	1134	1149	1204	
Upminster Bridge Station	0658	until	0838	0857	0910	0925	0940	0955	1009	1024	1039	1054	1109	1124	1138	1153	1208	
Hornchurch Town Centre	0700		0840	0900	0913	0928	0943	0958	1012	1027	1042	1057	1112	1127	1142	1157	1212	
Gidea Park The Drill	0705		0845	0905	0918	0934	0949	1004	1019	1034	1049	1104	1119	1134	1149	1204	1219	
Romford Station	0709		0849	0909	0922	0939	0954	1009	1024	1039	1054	1109	1124	1139	1154	1210	1225	
Romford Market Mercury Gardens	0711		0851	0911	0924	0941	0956	1011	1026	1041	1056	1111	1126	1141	1156	1212	1227	
Lakeside Bus Station	1146	1201	1216	1231	1246	1301	1316	1331	1346	1401	1416	1431		1546	1601		1731	
Chafford Hundred Sainsbury's	1149	1204	1219	1234	1249	1304	1319	1334	1349	1404	1419	1434		1549	1604		1734	
South Ockendon Royal Oak	1158	1213	1228	1243	1258	1313	1328	1343	1358	1413	1428	1443		1558	1613		1743	
North Ockendon Old White Horse	1201	1216	1231	1246	1301	1316	1331	1346	1401	1416	1431	1446	Then	1601	1616	Then	1746	
Corbets Tey Huntsman & Hounds	1207	1222	1237	1252	1307	1322	1337	1352	1407	1422	1437	1452	every 15	1607	1622	every	1752	
Upminster Station Station Road	1219	1234	1249	1304	1319	1333	1348	1402	1417	1431	1446	1501	minutes	1616	1630	15	1800	
Upminster Bridge Station	1223	1238	1253	1308	1323	1337	1352	1406	1421	1435	1450	1505	until	1620	1634	mins.	1804	
Hornchurch Town Centre	1227	1242	1257	1312	1327	1341	1356	1410	1425	1439	1454	1508		1623	1637	until	1807	
Gidea Park The Drill	1234	1250	1305	1320	1335	1349	1403	1417	1432	1446	1501	1515		1630	1644		1814	
Romford Station	1240	1256	1311	1326	1341	1355	1409	1423	1438	1452	1507	1521		1636	1650		1820	
Romford Market Mercury Gardens	1242	1258	1313	1328	1343	1357	1411	1425	1440	1454	1509	1523		1638	1652		1822	
Lakeside Bus Station	1745	1759	1814	1829	1844	1859	1914	1929	1944	1959	2015	2030	2045	2100	2115	2130		2245
Chafford Hundred Sainsbury's	1748	1802	1817	1832	1847	1902	1917	1932	1947	2002	2018	2033	2048	2103	2118	2133		2248
South Ockendon Royal Oak	1757	1810	1825	1840	1855	1910	1925	1940	1955	2010	2026	2041	2056	2110	2125	2140		2255
North Ockendon Old White Horse	1800	1813	1828	1843	1858	1913	1928	1943	1958	2013	2029	2044	2059	2113	2128	2143	Then	2258
Corbets Tey Huntsman & Hounds	1806	1819	1834	1849	1904	1919	1934	1949	2004	2019	2035	2050	2104	2118	2133	2148	every	2303
Upminster Station Station Road	1814	1827	1842	1857	1912	1927	1941	1956	2011	2026	2041	2056	2110	2124	2139	2154	15	2309
Upminster Bridge Station	1817	1830	1845	1900	1915	1930	1944	1959	2014	2029	2044	2059	2113	2127	2142	2157	mins.	2312
Hornchurch Town Centre	1820	1833	1848	1903	1918	1933	1947	2002	2017	2032	2047	2102	2116	2130	2145	2200	until	2315
Gidea Park The Drill	1827	1840	1855	1909	1924	1939	1953	2008	2023	2038	2053	2107	2121	2135	2150	2205		2320
Romford Station	1832	1845	1900	1914	1929	1944	1958	2013	2028	2043	2058	2112	2126	2140	2155	2209		2324
Romford Market Mercury Gardens	1834	1847	1902	1916	1931	1946	2000	2015	2030	2045	2100	2114	2128	2142	2157	2211		2326
Lakeside Bus Station	2300	2315	2330	2345														
Chafford Hundred Sainsbury's	2303	2318	2333	2348														
South Ockendon Royal Oak	2309	2324	2339	2354														
North Ockendon Old White Horse	2312	2327	2342	2357														
Corbets Tey Huntsman & Hounds	2317	2332	2347	0002														
Upminster Station Station Road	2323	2338	2353	0008														
Upminster Bridge Station	2326	2341	2356	0011														
Hornchurch Town Centre	2329	2344	2359	0014														
Gidea Park The Drill	2334	2349	0004	0019														
Romford Station	2338	2353	0008	0023														
Romford Market Mercury Gardens	2340	2355	0010	0025														

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Romford – Upminster – Lakeside

370	Mondays to Thursdays																	
Romford Market Mercury Gardens	0555	0615	0629	0640	0652	0703	0713	0722	0730	0739	0750	0801	0814	0826	0839	0852	0904	0915
Romford Station Victoria Road	0558	0618	0632	0644	0656	0707	0717	0726	0734	0743	0754	0805	0818	0830	0843	0856	0908	0919
Gidea Park The Drill	0603	0623	0637	0649	0701	0712	0722	0731	0740	0749	0800	0811	0824	0836	0849	0902	0913	0924
Hornchurch Town Centre	0608	0628	0642	0655	0707	0718	0728	0737	0747	0757	0808	0820	0834	0846	0858	0909	0920	0931
Upminster Bridge Station	0611	0631	0645	0658	0710	0721	0731	0741	0752	0804	0815	0827	0840	0851	0902	0913	0924	0935
Upminster Station Station Road	0616	0636	0651	0705	0717	0729	0740	0751	0803	0815	0827	0839	0852	0902	0912	0923	0934	0944
Corbets Tey Huntsman & Hounds	0620	0640	0655	0710	0722	0734	0746	0758	0810	0822	0834	0846	0858	0908	0918	0929	0940	0950
North Ockendon Old White Horse	0626	0646	0701	0716	0728	0741	0753	0805	0817	0829	0840	0852	0904	0914	0924	0935	0946	0956
South Ockendon Royal Oak	0629	0649	0704	0719	0731	0744	0756	0808	0820	0832	0843	0855	0907	0917	0927	0938	0949	0959
Chafford Hundred Sainsbury's	0637	0657	0712	0727	0740	0753	0805	0817	0829	0841	0852	0904	0916	0926	0936	0947	0958	1008
Lakeside Bus Station	0639	0659	0714	0729	0742	0755	0807	0819	0831	0843	0854	0906	0918	0928	0938	0949	1000	1010
Romford Market Mercury Gardens	0926	0936	0946	0956	1008	1019	Then every 12 minutes until	1319	1331	1343	1355	1407	1418	1429	1440	1451	1502	
Romford Station Victoria Road	0930	0940	0950	1000	1012	1023		1323	1335	1347	1359	1411	1422	1433	1444	1455	1506	
Gidea Park The Drill	0935	0945	0955	1005	1017	1028		1328	1340	1352	1404	1416	1427	1439	1450	1501	1512	
Hornchurch Town Centre	0942	0952	1002	1012	1024	1035		1335	1347	1359	1411	1423	1434	1446	1458	1509	1520	
Upminster Bridge Station	0946	0956	1006	1016	1028	1039		1339	1351	1403	1415	1427	1438	1450	1502	1513	1524	
Upminster Station Station Road	0954	1004	1014	1024	1036	1047		1347	1400	1412	1424	1436	1447	1459	1511	1523	1535	
Corbets Tey Huntsman & Hounds	1000	1010	1020	1030	1042	1053		1353	1406	1418	1430	1442	1454	1506	1518	1530	1542	
North Ockendon Old White Horse	1006	1016	1026	1036	1048	1059		1359	1412	1424	1436	1448	1500	1512	1524	1537	1549	
South Ockendon Royal Oak	1009	1019	1029	1039	1051	1102		1402	1415	1427	1439	1451	1503	1515	1527	1540	1552	
Chafford Hundred Sainsbury's	1018	1028	1038	1048	1100	1111		1411	1424	1436	1448	1500	1512	1524	1536	1549	1602	
Lakeside Bus Station	1020	1030	1040	1050	1102	1114	1414	1427	1439	1451	1503	1515	1527	1539	1552	1605		
Romford Market Mercury Gardens	1514	1526	1538	Then every 12 minutes until	1714	1726	1738	1750	1803	1816	1828	1841	1855	1910	1925	1940	1955	
Romford Station Victoria Road	1518	1530	1543		1719	1731	1743	1755	1807	1820	1832	1845	1859	1914	1929	1944	1959	
Gidea Park The Drill	1524	1536	1549		1725	1737	1749	1801	1813	1826	1837	1850	1904	1919	1934	1949	2004	
Hornchurch Town Centre	1532	1544	1557		1733	1745	1756	1808	1820	1833	1844	1857	1910	1925	1940	1955	2010	
Upminster Bridge Station	1536	1548	1601		1737	1749	1800	1812	1824	1837	1847	1900	1913	1928	1943	1958	2012	
Upminster Station Station Road	1547	1559	1611		1747	1759	1810	1822	1834	1846	1856	1908	1921	1936	1950	2004	2018	
Corbets Tey Huntsman & Hounds	1554	1606	1618		1754	1806	1816	1828	1840	1852	1902	1914	1927	1941	1955	2009	2023	
North Ockendon Old White Horse	1601	1613	1625		1801	1812	1822	1834	1846	1858	1908	1920	1933	1947	2001	2015	2029	
South Ockendon Royal Oak	1604	1616	1628		1804	1815	1825	1837	1849	1901	1911	1923	1936	1950	2004	2018	2032	
Chafford Hundred Sainsbury's	1614	1626	1638		1814	1825	1835	1846	1858	1910	1920	1932	1944	1958	2012	2026	2040	
Lakeside Bus Station	1617	1629	1641	1817	1828	1838	1849	1901	1913	1923	1934	1946	2000	2014	2028	2042		
Romford Market Mercury Gardens	2010	2025	2040	2055	2110	2125	2140	2155	2210	2225	2240	2255	2310	2325	Then every 15 minutes until	0025	0040	
Romford Station Victoria Road	2014	2029	2044	2059	2114	2128	2143	2158	2213	2228	2243	2258	2313	2328		0028	0043	
Gidea Park The Drill	2019	2034	2049	2104	2119	2133	2147	2202	2217	2232	2247	2302	2317	2332		0032	0047	
Hornchurch Town Centre	2025	2040	2054	2109	2124	2138	2152	2207	2222	2237	2252	2307	2322	2336		0036	0051	
Upminster Bridge Station	2027	2042	2056	2111	2126	2140	2154	2209	2224	2239	2254	2309	2324	2338		0038	0053	
Upminster Station Station Road	2033	2048	2102	2116	2131	2145	2159	2214	2229	2244	2259	2314	2329	2343		0043	0058	
Corbets Tey Huntsman & Hounds	2038	2053	2107	2121	2136	2150	2204	2219	2234	2249	2304	2318	2333	2347		0047	0102	
North Ockendon Old White Horse	2044	2059	2113	2127	2142	2156	2210	2225	2240	2254	2309	2323	2338	2352		0052	0107	
South Ockendon Royal Oak	2047	2102	2116	2130	2145	2159	2213	2228	2243	2257	2312	2326	2341	2355		0055	0110	
Chafford Hundred Sainsbury's	2055	2110	2124	2138	2153	2207	2221	2236	2250	2304	2319	2333	2348	0002		0102	0116	
Lakeside Bus Station	2057	2112	2126	2140	2155	2209	2223	2238	2252	2306	2321	2335	2350	0004	0104	0118		

370		Saturdays (also Good Friday)																	
Romford Market Mercury Gardens	0555	0615	0635	0655	0714	0729	0743	0757	0809	0821	0832	0844	0856	0908	0919	0930	0941	0952	
Romford Station Victoria Road	0558	0618	0638	0658	0717	0733	0747	0801	0813	0825	0836	0848	0900	0912	0923	0934	0945	0956	
Gidea Park The Drill	0602	0622	0642	0702	0721	0738	0752	0806	0818	0830	0841	0853	0905	0917	0928	0939	0950	1001	
Hornchurch Town Centre	0607	0627	0647	0707	0726	0743	0758	0812	0824	0836	0847	0859	0911	0923	0934	0945	0956	1008	
Upminster Bridge Station	0609	0629	0649	0709	0728	0745	0800	0815	0827	0839	0850	0902	0914	0926	0937	0948	0959	1011	
Upminster Station Station Road	0614	0634	0654	0714	0733	0750	0806	0821	0833	0845	0857	0909	0921	0933	0945	0956	1007	1019	
Corbets Tey Huntsman & Hounds	0618	0638	0658	0718	0737	0754	0811	0826	0838	0850	0902	0914	0926	0938	0950	1002	1013	1025	
North Ockendon Old White Horse	0624	0644	0704	0724	0743	0800	0817	0832	0844	0856	0908	0920	0932	0944	0956	1008	1019	1031	
South Ockendon Royal Oak	0627	0647	0707	0727	0746	0803	0820	0835	0847	0859	0911	0923	0935	0947	0959	1011	1022	1034	
Chafford Hundred Sainsbury's	0634	0654	0714	0734	0754	0811	0828	0843	0855	0907	0919	0931	0943	0955	1007	1019	1031	1043	
Lakeside Bus Station	0636	0656	0716	0736	0757	0814	0831	0846	0858	0910	0922	0934	0946	0958	1010	1022	1034	1046	
Romford Market Mercury Gardens	1004	1015	1026	1037	1048	1058	1109	1121	1133	Then every 12 minutes until	1233	1245	1257	1309	1321	1333	1345		
Romford Station Victoria Road	1008	1019	1030	1041	1052	1102	1113	1125	1138		1238	1250	1302	1314	1326	1338	1350		
Gidea Park The Drill	1013	1024	1035	1046	1057	1107	1119	1131	1144		1244	1256	1308	1320	1332	1344	1356		
Hornchurch Town Centre	1020	1032	1043	1054	1105	1115	1127	1139	1152		1252	1304	1316	1328	1340	1352	1403		
Upminster Bridge Station	1023	1035	1046	1058	1109	1119	1131	1143	1156		1256	1307	1319	1331	1343	1355	1406		
Upminster Station Station Road	1031	1043	1055	1107	1118	1129	1141	1153	1206		1306	1317	1329	1340	1352	1404	1415		
Corbets Tey Huntsman & Hounds	1037	1049	1101	1113	1125	1136	1148	1200	1213		1313	1324	1336	1347	1358	1410	1421		
North Ockendon Old White Horse	1044	1056	1108	1120	1132	1143	1155	1207	1219		1319	1330	1342	1353	1404	1416	1427		
South Ockendon Royal Oak	1047	1059	1111	1123	1135	1146	1158	1210	1222		1322	1333	1345	1356	1407	1419	1430		
Chafford Hundred Sainsbury's	1056	1108	1120	1132	1144	1155	1207	1219	1231		1331	1342	1354	1405	1416	1428	1439		
Lakeside Bus Station	1059	1111	1123	1135	1147	1158	1210	1222	1234	1334	1345	1357	1408	1419	1431	1442			
Romford Market Mercury Gardens	1357	Then every 12 minutes until	1533	1545	Then every 12 minutes until	1645	1657	1709	1721	1733	1745	1757	1809	1824	1840	1856			
Romford Station Victoria Road	1402		1538	1550		1650	1702	1714	1726	1738	1750	1802	1813	1828	1844	1900			
Gidea Park The Drill	1408		1544	1555		1655	1707	1719	1731	1743	1755	1807	1818	1833	1849	1905			
Hornchurch Town Centre	1415		1551	1602		1702	1714	1726	1737	1749	1801	1813	1824	1839	1855	1911			
Upminster Bridge Station	1418		1554	1605		1705	1717	1729	1740	1752	1804	1816	1827	1842	1858	1914			
Upminster Station Station Road	1426		1602	1613		1713	1725	1737	1748	1800	1812	1824	1835	1850	1905	1921			
Corbets Tey Huntsman & Hounds	1432		1608	1619		1719	1731	1743	1754	1805	1817	1829	1840	1855	1910	1926			
North Ockendon Old White Horse	1438		1614	1625		1725	1737	1749	1800	1811	1823	1835	1846	1901	1916	1932			
South Ockendon Royal Oak	1441		1617	1628		1728	1740	1752	1803	1814	1826	1838	1849	1904	1919	1935			
Chafford Hundred Sainsbury's	1450		1626	1637		1737	1748	1800	1811	1822	1834	1846	1857	1912	1927	1943			
Lakeside Bus Station	1453	1629	1640	1740	1751	1803	1814	1825	1837	1849	1900	1915	1930	1945					
Romford Market Mercury Gardens	1911	1926	1942	1957	2012	2027	2042	2057	2112	2127	2142	2157	2212	2227	2242	2257	2312	2327	
Romford Station Victoria Road	1915	1930	1946	2001	2016	2031	2046	2101	2116	2131	2146	2200	2215	2230	2245	2300	2315	2330	
Gidea Park The Drill	1920	1935	1951	2006	2021	2036	2051	2106	2121	2136	2150	2204	2219	2234	2249	2304	2319	2334	
Hornchurch Town Centre	1926	1941	1957	2012	2027	2041	2056	2111	2126	2141	2155	2209	2224	2239	2254	2309	2324	2339	
Upminster Bridge Station	1929	1944	2000	2014	2029	2043	2058	2113	2128	2143	2157	2211	2226	2241	2256	2311	2326	2341	
Upminster Station Station Road	1936	1951	2006	2020	2035	2049	2104	2119	2134	2149	2203	2217	2232	2247	2302	2317	2332	2347	
Corbets Tey Huntsman & Hounds	1941	1956	2011	2025	2040	2054	2109	2124	2139	2154	2208	2222	2237	2252	2307	2322	2337	2351	
North Ockendon Old White Horse	1947	2002	2017	2031	2046	2100	2115	2130	2145	2200	2214	2228	2243	2258	2312	2327	2342	2356	
South Ockendon Royal Oak	1950	2005	2020	2034	2049	2103	2118	2133	2148	2203	2217	2231	2246	2301	2315	2330	2345	2359	
Chafford Hundred Sainsbury's	1958	2013	2028	2042	2057	2111	2126	2141	2156	2211	2225	2239	2254	2309	2323	2338	2352	0006	
Lakeside Bus Station	2000	2015	2030	2044	2059	2113	2128	2143	2158	2213	2227	2241	2256	2311	2325	2340	2354	0008	
Romford Market Mercury Gardens	2342	2357	0012	0027	0042														
Romford Station Victoria Road	2345	0000	0015	0030	0045														
Gidea Park The Drill	2349	0004	0019	0034	0049														
Hornchurch Town Centre	2354	0009	0024	0039	0053														
Upminster Bridge Station	2356	0011	0026	0041	0055														
Upminster Station Station Road	0001	0016	0031	0046	0100														
Corbets Tey Huntsman & Hounds	0005	0020	0035	0050	0104														
North Ockendon Old White Horse	0010	0025	0040	0055	0109														
South Ockendon Royal Oak	0013	0028	0043	0058	0112														
Chafford Hundred Sainsbury's	0020	0035	0050	0105	0119														
Lakeside Bus Station	0022	0037	0052	0107	0121														

370		Sundays and other Public Holidays (except Christmas Day)																
Romford Market Mercury Gardens	0640		0820	0838	0853	0907	0920	0933	0946	0959	1013	1027	1041	1055	1110	1124	1139	
Romford Station Victoria Road	0643		0823	0841	0856	0910	0923	0936	0950	1003	1017	1031	1045	1059	1114	1128	1143	
Gidea Park The Drill	0647		0827	0845	0900	0914	0928	0941	0955	1008	1022	1036	1050	1104	1119	1133	1148	
Hornchurch Town Centre	0652	Then every 20 minutes until	0832	0850	0905	0919	0934	0947	1001	1014	1028	1042	1056	1111	1126	1140	1155	
Upminster Bridge Station	0654		0834	0852	0907	0922	0937	0950	1004	1017	1031	1045	1059	1114	1129	1143	1158	
Upminster Station Station Road	0659		0839	0857	0912	0927	0942	0956	1010	1024	1038	1053	1107	1122	1137	1152	1207	
Corbets Tey Huntsman & Hounds	0703		0843	0901	0916	0931	0946	1001	1015	1029	1043	1058	1113	1128	1143	1158	1213	
North Ockendon Old White Horse	0709		0849	0907	0922	0937	0952	1007	1021	1035	1049	1104	1119	1134	1149	1204	1219	
South Ockendon Royal Oak	0712		0852	0910	0925	0940	0955	1010	1024	1038	1052	1107	1122	1137	1152	1207	1222	
Chafford Hundred Sainsbury's	0719		0859	0918	0933	0948	1003	1018	1032	1046	1101	1116	1131	1146	1201	1216	1231	
Lakeside Bus Station	0721		0901	0920	0935	0950	1005	1020	1034	1049	1104	1119	1134	1149	1204	1219	1234	
Romford Market Mercury Gardens	1154		1209	1224	1240	1255	1310	1325	1340	1355	1410	1425	1440	1455	1510	1525	1540	1555
Romford Station Victoria Road	1158	1213	1228	1244	1259	1314	1329	1344	1359	1414	1429	1444	1459	1514	1529	1544	1559	1614
Gidea Park The Drill	1203	1218	1233	1249	1304	1319	1334	1349	1404	1419	1434	1449	1504	1519	1534	1549	1604	1619
Hornchurch Town Centre	1210	1225	1240	1256	1311	1326	1341	1356	1411	1426	1441	1456	1511	1526	1541	1556	1610	1625
Upminster Bridge Station	1213	1228	1243	1259	1314	1329	1344	1359	1414	1429	1444	1459	1514	1529	1544	1558	1613	1628
Upminster Station Station Road	1222	1237	1252	1307	1322	1337	1352	1407	1422	1436	1451	1506	1521	1536	1551	1605	1620	1635
Corbets Tey Huntsman & Hounds	1228	1243	1258	1313	1328	1343	1358	1413	1428	1442	1457	1512	1527	1541	1556	1610	1625	1640
North Ockendon Old White Horse	1234	1249	1304	1319	1334	1349	1404	1419	1434	1448	1503	1518	1533	1547	1602	1616	1631	1646
South Ockendon Royal Oak	1237	1252	1307	1322	1337	1352	1407	1422	1437	1451	1506	1521	1536	1550	1605	1619	1634	1649
Chafford Hundred Sainsbury's	1246	1301	1316	1331	1346	1401	1416	1431	1446	1500	1515	1529	1544	1558	1613	1627	1642	1657
Lakeside Bus Station	1249	1304	1319	1334	1349	1403	1418	1433	1448	1502	1517	1531	1546	1600	1615	1629	1644	1659
Romford Market Mercury Gardens	1625	1640	1654	1709	1724	Then every 15 minutes until	1839	1855	1910	1925	1940	1955	2010	2025	2040	2055	2110	
Romford Station Victoria Road	1629	1644	1658	1713	1728		1843	1859	1914	1929	1944	1959	2014	2029	2043	2058	2113	
Gidea Park The Drill	1634	1649	1703	1718	1733		1848	1904	1919	1934	1949	2004	2019	2034	2048	2103	2118	
Hornchurch Town Centre	1640	1655	1709	1724	1739		1854	1909	1924	1939	1954	2009	2024	2039	2053	2108	2123	
Upminster Bridge Station	1643	1658	1712	1727	1742		1857	1911	1926	1941	1956	2011	2026	2041	2055	2110	2125	
Upminster Station Station Road	1650	1705	1719	1734	1748		1903	1917	1932	1946	2001	2016	2031	2046	2100	2115	2130	
Corbets Tey Huntsman & Hounds	1655	1710	1724	1739	1753		1908	1922	1937	1951	2006	2020	2035	2050	2104	2119	2134	
North Ockendon Old White Horse	1701	1716	1730	1745	1759		1914	1928	1943	1957	2012	2026	2041	2056	2110	2125	2139	
South Ockendon Royal Oak	1704	1719	1733	1748	1802		1917	1931	1946	2000	2015	2029	2044	2059	2113	2128	2142	
Chafford Hundred Sainsbury's	1712	1727	1741	1756	1810	1925	1939	1954	2008	2023	2037	2052	2107	2121	2136	2150		
Lakeside Bus Station	1714	1729	1743	1758	1812	1927	1941	1956	2010	2025	2039	2054	2109	2123	2138	2152		
Romford Market Mercury Gardens	2125	2140	2155	2210	2225	2240	2255	2310	2325	2340	2355	0010	0025	0040				
Romford Station Victoria Road	2128	2143	2158	2213	2228	2243	2258	2313	2328	2343	2358	0013	0028	0043				
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 Bridge Station	2140	2154	2209	2224	2239	2254	2309	2324	2338	2353	0008	0023	0038	0053				
Upminster Station Station Road	2145	2159	2214	2229	2244	2259	2314	2329	2343	2358	0013	0028	0043	0058				
Corbets Tey Huntsman & Hounds	2149	2203	2218	2233	2248	2303	2318	2333	2347	0002	0017	0032	0047	0102				
North Ockendon Old White Horse	2154	2208	2223	2238	2253	2308	2323	2338	2352	0007	0022	0037	0052	0107				
South Ockendon Royal Oak	2157	2211	2226	2241	2256	2311	2326	2341	2355	0010	0025	0040	0055	0110				
Chafford Hundred Sainsbury's	2205	2219	2234	2248	2303	2318	2333	2348	0002	0017	0032	0047	0102	0116				
Lakeside Bus Station	2207	2221	2236	2250	2305	2320	2335	2350	0004	0019	0034	0049	0104	0118				