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Lakeside – Upminster – Romford

370		Mondays to Fridays																
Lakeside Bus Station	0525	0545	0605	0620	0635	0646	0701	0713	0724	0736	0750	0805	0820	0835	0850	0905	0920	0935
Chafford Hundred Sainsbury's	0528	0548	0608	0623	0638	0649	0704	0716	0727	0739	0753	0808	0823	0838	0853	0908	0923	0938
South Ockendon Royal Oak	0536	0556	0616	0631	0646	0657	0712	0724	0735	0749	0803	0818	0833	0848	0903	0918	0931	0946
North Ockendon Fen Lane	0539	0559	0619	0634	0649	0700	0715	0728	0739	0753	0807	0822	0837	0852	0907	0921	0934	0949
Corbets Tey Huntsman & Hounds	0545	0605	0625	0640	0655	0706	0721	0734	0745	0759	0813	0828	0843	0858	0913	0927	0940	0955
Upminster Station Station Road	0551	0611	0631	0646	0701	0715	0730	0743	0757	0812	0826	0841	0856	0910	0925	0938	0949	1004
Upminster Bridge Station	0554	0614	0634	0649	0704	0719	0734	0749	0804	0819	0833	0847	0901	0915	0929	0942	0953	1008
Hornchurch Town Centre	0557	0617	0637	0652	0707	0724	0739	0754	0809	0824	0838	0852	0906	0920	0933	0946	0957	1012
Gidea Park The Drill	0602	0622	0642	0657	0713	0731	0748	0803	0819	0834	0848	0902	0914	0928	0940	0953	1004	1019
Romford Station	0606	0626	0646	0701	0718	0739	0756	0811	0828	0843	0856	0910	0921	0934	0945	0958	1009	1024
Romford Station Victoria Road	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓
Romford Market Mercury Gardens	0608	0628	0648	0703	0720	0741	0758	0813	0830	0845	0858	0912	0923	0936	0947	1000	1011	1026
		SD																
Lakeside Bus Station	0950			1350	1400	1411	1426	1442	1451	1505	--	1520	1535	1550	1605	1620	1635	1650
Chafford Hundred Sainsbury's	0953			1353	1403	1414	1429	1445	1454	1508	--	1523	1538	1553	1608	1623	1638	1653
South Ockendon Royal Oak	1001			1401	1411	1422	1437	1453	1502	1516	--	1531	1546	1601	1616	1631	1646	1701
North Ockendon Fen Lane	1004			1404	1414	1425	1440	1456	1505	1519	--	1534	1549	1604	1619	1634	1649	1704
Corbets Tey Huntsman & Hounds	1010			1410	1420	1431	1446	1502	1511	1525	1525	1540	1555	1610	1625	1640	1655	1710
Upminster Station Station Road	1019			1419	1429	1440	1455	1511	1525	1539	1539	1554	1609	1619	1634	1649	1704	1719
Upminster Bridge Station	1023			1423	1433	1444	1459	1515	1530	1545	1545	1600	1615	1624	1639	1653	1708	1723
Hornchurch Town Centre	1027			1427	1438	1449	1504	1520	1535	1550	1550	1605	1620	1629	1644	1658	1713	1727
Gidea Park The Drill	1034			1434	1445	1457	1512	1528	1543	1558	1558	1613	1628	1637	1652	1706	1721	1735
Romford Station	1039			1439	1450	1503	1518	1534	1549	1604	1604	1619	1634	1643	1658	1712	1727	1741
Romford Station Victoria Road	↓			↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓
Romford Market Mercury Gardens	1041			1441	1452	1505	1520	1536	1551	1606	1606	1621	1636	1645	1700	1714	1729	1743
Lakeside Bus Station	1705	1720	1735	1750	1805	1820	1835	1855	1915	1945	2015	2045						2345
Chafford Hundred Sainsbury's	1708	1723	1738	1753	1808	1823	1838	1858	1918	1948	2018	2048						2348
South Ockendon Royal Oak	1716	1731	1746	1801	1816	1830	1845	1905	1925	1955	2025	2055						2355
North Ockendon Fen Lane	1719	1734	1749	1804	1819	1833	1848	1908	1928	1958	2028	2058						2358
Corbets Tey Huntsman & Hounds	1725	1740	1755	1809	1824	1838	1853	1913	1933	2003	2033	2103						0003
Upminster Station Station Road	1734	1749	1804	1818	1833	1847	1900	1919	1939	2009	2039	2109						0009
Upminster Bridge Station	1738	1753	1808	1822	1837	1851	1903	1922	1942	2012	2042	2112						0012
Hornchurch Town Centre	1742	1757	1812	1826	1841	1855	1907	1925	1945	2015	2045	2115						0015
Gidea Park The Drill	1749	1804	1819	1833	1848	1901	1913	1930	1950	2020	2050	2120						0020
Romford Station	1755	1810	1825	1838	1853	1906	1917	1934	1954	2024	2054	↓						↓
Romford Station Victoria Road	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	2124						0024
Romford Market Mercury Gardens	1757	1812	1827	1840	1855	1908	1919	1936	1956	2026	2056	2126						0026
370		Saturdays (also Good Friday)																
Lakeside Bus Station	0525			0745	0805	0820	0832	0847	0900	0915	0930	0945	1000	1015	1030	1043	1058	1113
Chafford Hundred Sainsbury's	0528			0748	0808	0823	0835	0850	0903	0918	0933	0948	1003	1018	1033	1046	1101	1116
South Ockendon Royal Oak	0535			0755	0815	0830	0842	0857	0911	0926	0941	0956	1011	1026	1041	1054	1110	1125
North Ockendon Fen Lane	0538			0758	0818	0833	0845	0900	0914	0929	0944	0959	1014	1029	1044	1057	1113	1128
Corbets Tey Huntsman & Hounds	0543			0803	0823	0838	0850	0905	0919	0934	0949	1004	1019	1034	1049	1102	1118	1133
Upminster Station Station Road	0549			0809	0829	0844	0859	0914	0929	0944	0959	1014	1029	1044	1059	1114	1130	1145
Upminster Bridge Station	0552			0812	0832	0848	0903	0918	0933	0948	1003	1018	1033	1048	1103	1119	1135	1150
Hornchurch Town Centre	0556			0816	0836	0853	0908	0923	0938	0953	1008	1023	1038	1053	1108	1124	1140	1155
Gidea Park The Drill	0601			0821	0842	0859	0914	0929	0944	0959	1014	1030	1045	1100	1115	1132	1148	1203
Romford Station	0605			0825	0846	0903	0918	0934	0949	1004	1019	1035	1050	1105	1120	1137	1153	1208
Romford Station Victoria Road	↓			↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓
Romford Market Mercury Gardens	0607			0827	0848	0905	0920	0936	0951	1006	1021	1037	1052	1107	1122	1139	1155	1210
Lakeside Bus Station	1128	1143	1158	1213	1229			1344	1401			1546	1602	1617	1632	1647	1703	1719
Chafford Hundred Sainsbury's	1131	1146	1201	1216	1232			1347	1404			1549	1605	1620	1635	1650	1706	1722
South Ockendon Royal Oak	1140	1155	1210	1225	1241			1356	1413			1558	1614	1629	1644	1659	1715	1731
North Ockendon Fen Lane	1143	1158	1213	1228	1244			1359	1416			1601	1617	1632	1647	1702	1718	1734
Corbets Tey Huntsman & Hounds	1148	1203	1218	1233	1249			1404	1421			1606	1622	1637	1652	1707	1723	1739
Upminster Station Station Road	1200	1215	1230	1245	1259			1414	1431			1616	1632	1647	1702	1717	1733	1749
Upminster Bridge Station	1205	1220	1235	1250	1304			1419	1435			1620	1636	1651	1706	1721	1737	1753
Hornchurch Town Centre	1210	1225	1240	1255	1309			1424	1440			1625	1641	1656	1711	1726	1741	1757
Gidea Park The Drill	1218	1233	1248	1302	1316			1431	1447			1632	1648	1703	1718	1733	1748	1804
Romford Station	1223	1238	1253	1307	1321			1436	1452			1637	1653	1708	1723	1738	1753	1809
Romford Station Victoria Road	↓	↓	↓	↓	↓			↓	↓			↓	↓	↓	↓	↓	↓	↓
Romford Market Mercury Gardens	1225	1240	1255	1309	1323			1438	1454			1639	1655	1710	1725	1740	1755	1811

370		Saturdays (also Good Friday) (cont.)																	
Lakeside Bus Station	1735	1755	1815	1835	1855	1915	1945	2015	2045	2115	2145	2215	2245	2315	2345				
Chafford Hundred Sainsbury's	1738	1758	1818	1838	1858	1918	1948	2018	2048	2118	2148	2218	2248	2318	2348				
South Ockendon Royal Oak	1747	1807	1827	1847	1906	1926	1956	2026	2056	2126	2155	2225	2255	2325	2355				
North Ockendon Fen Lane	1750	1810	1830	1850	1909	1929	1959	2029	2059	2129	2158	2228	2258	2328	2358				
Corbets Tey Huntsman & Hounds	1755	1815	1835	1855	1914	1934	2004	2034	2104	2134	2203	2233	2303	2333	0003				
Upminster Station Station Road	1805	1825	1843	1903	1921	1941	2010	2040	2110	2140	2209	2239	2309	2339	0009				
Upminster Bridge Station	1809	1829	1846	1906	1924	1944	2013	2043	2113	2143	2212	2242	2312	2342	0012				
Hornchurch Town Centre	1813	1833	1850	1910	1928	1948	2017	2047	2117	2147	2215	2245	2315	2345	0015				
Gidea Park The Drill	1820	1840	1857	1917	1934	1954	2022	2052	2122	2152	2220	2250	2320	2350	0020				
Romford Station	1825	1845	1902	1922	1939	1959	2027	2057	↓	↓	↓	↓	↓	↓	↓				
Romford Station Victoria Road	↓	↓	↓	↓	↓	↓	↓	↓	2127	2157	2224	2254	2324	2354	0024				
Romford Market Mercury Gardens	1827	1847	1904	1924	1941	2001	2029	2059	2129	2159	2226	2256	2326	2356	0026				
370		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																	
Lakeside Bus Station	0620	0650	0720	0750	0820	0850	0920	0940	1010	1040	1110	1140	1210	1240	1310	1340	1410	1440	
Chafford Hundred Sainsbury's	0623	0653	0723	0753	0823	0853	0923	0943	1013	1043	1113	1143	1213	1243	1313	1343	1413	1443	
South Ockendon Royal Oak	0630	0700	0730	0800	0830	0900	0930	0952	1022	1052	1122	1152	1222	1252	1322	1352	1422	1452	
North Ockendon Fen Lane	0633	0703	0733	0803	0833	0903	0933	0955	1025	1055	1125	1155	1225	1255	1325	1355	1425	1455	
Corbets Tey Huntsman & Hounds	0638	0708	0738	0808	0838	0908	0938	1000	1030	1100	1130	1200	1230	1300	1330	1400	1430	1500	
Upminster Station Station Road	0644	0714	0744	0814	0845	0916	0946	1010	1040	1110	1140	1210	1239	1309	1339	1409	1439	1509	
Upminster Bridge Station	0647	0717	0747	0817	0849	0920	0950	1014	1044	1114	1144	1214	1243	1313	1343	1413	1443	1513	
Hornchurch Town Centre	0650	0720	0750	0820	0852	0923	0953	1018	1048	1118	1148	1218	1247	1317	1347	1417	1447	1517	
Gidea Park The Drill	0655	0725	0755	0825	0858	0929	0959	1025	1055	1125	1155	1225	1254	1324	1354	1424	1454	1523	
Romford Station	0658	0728	0758	0828	0902	0933	1003	1030	1100	1130	1200	1230	1259	1329	1359	1429	1459	1528	
Romford Station Victoria Road	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓
Romford Market Mercury Gardens	0700	0730	0800	0830	0904	0935	1005	1032	1102	1132	1202	1232	1301	1331	1401	1431	1501	1530	
Lakeside Bus Station	1510	1540	1610	1640	1710	1740	1810	1845	1915	1945	2015	2045							2345
Chafford Hundred Sainsbury's	1513	1543	1613	1643	1713	1743	1813	1848	1918	1948	2018	2048							2348
South Ockendon Royal Oak	1522	1552	1622	1652	1722	1752	1822	1855	1925	1955	2025	2055							2355
North Ockendon Fen Lane	1525	1555	1625	1655	1725	1755	1825	1858	1928	1958	2028	2058							2358
Corbets Tey Huntsman & Hounds	1530	1600	1630	1700	1730	1800	1830	1903	1933	2003	2033	2103							0003
Upminster Station Station Road	1539	1608	1638	1708	1737	1807	1837	1909	1939	2009	2039	2109							0009
Upminster Bridge Station	1543	1612	1642	1712	1740	1810	1840	1912	1942	2012	2042	2112							0012
Hornchurch Town Centre	1547	1616	1646	1716	1743	1813	1843	1915	1945	2015	2045	2115							0015
Gidea Park The Drill	1553	1622	1652	1722	1748	1818	1848	1920	1950	2020	2050	2120							0020
Romford Station	1558	1627	1657	1727	1753	1822	1852	1924	1954	2024	2054	↓							↓
Romford Station Victoria Road	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	2124							0024
Romford Market Mercury Gardens	1600	1629	1659	1729	1755	1824	1854	1926	1956	2026	2056	2126							0026

370		Saturdays (also Good Friday) (cont.)									
Romford Market Mercury Gardens	1900 1920 1940		0040								
Romford Station Victoria Road	1903 1923 1943		0043								
Gidea Park The Drill	1908 1927 1947		0047								
Hornchurch Town Centre	1914 1933 1953	Then	0053								
Upminster Bridge Station	1917 1936 1955	every 30	0055								
Upminster Station Station Road	1922 1941 2000	minutes	0100								
Corbets Tey Huntsman & Hounds	1927 1946 2005	until	0105								
North Ockendon Fen Lane	1932 1951 2010		0110								
South Ockendon Royal Oak	1935 1954 2013		0113								
Chafford Hundred Sainsbury's	1942 2001 2020		0120								
Lakeside Bus Station	1944 2003 2022		0122								
370		Sundays and other Public Holidays (except Christmas Day and Boxing Day)									
Romford Market Mercury Gardens	0635 0705 0735 0805 0835 0910 0940 1010 1040 1110 1140 1210 1240 1310 1340 1410 1440 1510										
Romford Station Victoria Road	0638 0708 0738 0808 0838 0913 0943 1013 1043 1113 1143 1213 1243 1313 1343 1413 1443 1513										
Gidea Park The Drill	0642 0712 0742 0812 0842 0917 0948 1018 1048 1118 1148 1218 1248 1318 1348 1418 1448 1518										
Hornchurch Town Centre	0647 0717 0747 0817 0847 0923 0956 1026 1056 1126 1156 1226 1256 1326 1356 1426 1455 1525										
Upminster Bridge Station	0649 0719 0749 0819 0849 0926 0959 1029 1059 1129 1159 1229 1259 1329 1359 1429 1458 1528										
Upminster Station Station Road	0653 0723 0753 0823 0853 0931 1005 1035 1105 1136 1206 1236 1306 1336 1405 1435 1504 1534										
Corbets Tey Huntsman & Hounds	0657 0727 0757 0827 0857 0937 1011 1041 1111 1142 1212 1242 1312 1342 1411 1441 1510 1540										
North Ockendon Fen Lane	0703 0733 0803 0833 0903 0943 1017 1047 1117 1148 1218 1248 1318 1348 1417 1447 1516 1546										
South Ockendon Royal Oak	0706 0736 0806 0836 0906 0946 1020 1050 1120 1151 1221 1251 1321 1351 1420 1450 1519 1549										
Chafford Hundred Sainsbury's	0713 0743 0813 0843 0913 0953 1028 1058 1128 1159 1229 1259 1329 1359 1428 1458 1527 1557										
Lakeside Bus Station	0715 0745 0815 0845 0915 0955 1030 1100 1130 1201 1231 1301 1331 1401 1430 1500 1529 1559										
Romford Market Mercury Gardens	1540 1610 1640 1710 1740 1810 1840 1910		0040								
Romford Station Victoria Road	1543 1613 1643 1713 1743 1813 1843 1913		0043								
Gidea Park The Drill	1548 1618 1648 1717 1747 1817 1847 1917		0047								
Hornchurch Town Centre	1555 1625 1655 1723 1753 1823 1853 1923	Then	0053								
Upminster Bridge Station	1558 1628 1658 1726 1755 1825 1855 1925	every 30	0055								
Upminster Station Station Road	1604 1634 1704 1732 1800 1830 1900 1930	minutes	0100								
Corbets Tey Huntsman & Hounds	1610 1640 1710 1737 1805 1835 1905 1935	until	0105								
North Ockendon Fen Lane	1616 1646 1716 1743 1811 1841 1911 1941		0111								
South Ockendon Royal Oak	1619 1649 1719 1746 1814 1844 1914 1944		0114								
Chafford Hundred Sainsbury's	1627 1657 1727 1754 1822 1852 1922 1951		0121								
Lakeside Bus Station	1629 1659 1729 1756 1824 1854 1924 1953		0123								
Note:	SD - Operates on school days only										