

372		Mondays to Fridays																				
Lakeside Bus Station	0535	0605	0635	0654		0854	0915	Then			35	55	15	1355	1415	1435	1455	1515				
Aveley Hall Road	0542	0612	0642	0702		0902	0923	every 20			43	03	23	1403	1423	1443	1503	1523				
Aveley Sandy Lane	0547	0617	0647	0707	Then every 20 minutes until	0907	0928	minutes			48	08	28	1408	1428	1448	1508	1528				
Wennington The Green	0550	0620	0651	0711		0911	0932	at these			52	12	32	until	1412	1432	1452	1512	1532			
Rainham Tesco	0556	0627	0658	0718		0918	0939	minutes			59	19	39	1419	1439	1459	1519	1539				
South Hornchurch Cherry Tree	0601	0633	0704	0724		0924	0944	past			04	24	44	1424	1444	1505	1525	1545				
Elm Park Station	0608	0640	0713	0733		0933	0953	the hour			13	33	53	1433	1453	1514	1534	1554				
Hornchurch Town Centre	0615	0648	0721	0741		0941	1001				21	41	01	1441	1502	1523	1543	1603				
Lakeside Bus Station	1535	1555	1615	1635	1655	1715	1735	1755	1815	1835	1855	1915	1945	2015	2045	2116	2146	2216				
Aveley Hall Road	1543	1603	1624	1644	1704	1724	1744	1804	1824	1843	1903	1923	1953	2023	2053	2123	2153	2223				
Aveley Sandy Lane	1548	1608	1629	1649	1709	1729	1749	1809	1828	1847	1907	1927	1957	2027	2057	2127	2157	2227				
Wennington The Green	1552	1612	1633	1653	1713	1733	1753	1813	1832	1851	1911	1931	2001	2030	2100	2130	2200	2230				
Rainham Tesco	1559	1619	1640	1700	1720	1740	1800	1820	1839	1858	1918	1938	2008	2036	2106	2136	2206	2236				
South Hornchurch Cherry Tree	1605	1625	1646	1706	1726	1746	1806	1825	1844	1903	1923	1943	2013	2040	2110	2140	2210	2240				
Elm Park Station	1614	1634	1655	1715	1735	1755	1815	1834	1853	1912	1932	1952	2021	2048	2117	2147	2217	2247				
Hornchurch Town Centre	1623	1643	1704	1724	1744	1804	1823	1842	1901	1920	1940	2000	2028	2054	2123	2153	2223	2253				
Lakeside Bus Station	2246	2316																				
Aveley Hall Road	2253	2323																				
Aveley Sandy Lane	2257	2327																				
Wennington The Green	2300	2330																				
Rainham Tesco	2306	2336																				
South Hornchurch Cherry Tree	2310	2340																				
Elm Park Station	2317	2347																				
Hornchurch Town Centre	2323	2353																				
372		Saturdays (also Good Friday)																				
Lakeside Bus Station	0535	0605	0635	0705	0733	0759	0819	0839	0859	0919	0939	0958	1017	1037	1056	Then every 20 minutes until	1436					
Aveley Hall Road	0542	0612	0642	0712	0740	0806	0826	0846	0906	0926	0946	1005	1025	1045	1105		1445					
Aveley Sandy Lane	0546	0616	0646	0716	0744	0810	0830	0850	0910	0930	0950	1009	1029	1049	1109		1449					
Wennington The Green	0549	0619	0649	0719	0747	0813	0833	0853	0914	0934	0954	1013	1033	1053	1113		1453					
Rainham Tesco	0555	0625	0655	0725	0753	0820	0840	0900	0921	0941	1001	1021	1041	1101	1121	1501						
South Hornchurch Cherry Tree	0559	0629	0659	0729	0757	0824	0845	0905	0926	0946	1006	1026	1046	1106	1126	1506						
Elm Park Station	0606	0636	0706	0736	0804	0831	0853	0914	0935	0955	1015	1035	1055	1115	1135	1515						
Hornchurch Town Centre	0613	0643	0713	0743	0811	0839	0901	0923	0944	1004	1024	1044	1104	1124	1144	1524						
Lakeside Bus Station	1456	Then every 20 minutes until	1716	1736	1756	1816	1836	1856	1916	1946	2016	2046	2116	2146	2216	2246	2316					
Aveley Hall Road	1505		1725	1745	1805	1824	1844	1904	1924	1953	2023	2053	2123	2153	2223	2253	2323					
Aveley Sandy Lane	1509		1729	1749	1809	1828	1848	1908	1928	1957	2027	2057	2127	2157	2227	2257	2327					
Wennington The Green	1513		1733	1753	1812	1831	1851	1911	1931	2000	2030	2100	2130	2200	2230	2300	2330					
Rainham Tesco	1520		1740	1800	1819	1838	1858	1918	1938	2007	2037	2106	2136	2206	2236	2306	2336					
South Hornchurch Cherry Tree	1525		1745	1805	1824	1843	1903	1923	1943	2012	2042	2111	2141	2210	2240	2310	2340					
Elm Park Station	1534	1754	1814	1833	1852	1912	1932	1950	2019	2049	2118	2148	2217	2247	2317	2347						
Hornchurch Town Centre	1543	1803	1822	1841	1900	1920	1939	1957	2025	2055	2124	2154	2223	2253	2323	2353						
372		Sundays and other Public Holidays (except Christmas Day)																				
Lakeside Bus Station	0715	0745	0815	0845	0915	0941	1007	Then			37	07	1337	1408	Then		38	08	1708			
Aveley Hall Road	0722	0752	0822	0852	0922	0948	1015	every 30			45	15	1345	1416	every 30		46	16	1716			
Aveley Sandy Lane	0725	0755	0826	0856	0926	0952	1019	minutes			49	19	1349	1420	minutes		50	20	1720			
Wennington The Green	0728	0758	0830	0900	0930	0956	1023	at these			53	23	until	1353	1423	at these			53	23	until	1723
Rainham Tesco	0734	0804	0836	0906	0936	1002	1030	minutes			00	30	1400	1430	minutes		00	30	1730			
South Hornchurch Cherry Tree	0738	0808	0840	0910	0940	1006	1035	past			05	35	1405	1435	past		05	35	1735			
Elm Park Station	0745	0815	0847	0917	0947	1015	1044	the hour			14	44	1414	1444	the hour		14	44	1744			
Hornchurch Town Centre	0751	0822	0854	0924	0954	1023	1052				22	52	1422	1452				22	52	1752		
Lakeside Bus Station	1739	1810	1842	1914	1945	2015	2046	2117	2147	2217	2247	2317										
Aveley Hall Road	1747	1818	1850	1921	1952	2022	2053	2124	2154	2224	2254	2324										
Aveley Sandy Lane	1751	1822	1854	1925	1956	2026	2057	2127	2157	2227	2257	2327										
Wennington The Green	1754	1825	1857	1928	1959	2029	2100	2130	2200	2230	2300	2330										
Rainham Tesco	1801	1832	1904	1934	2005	2035	2106	2136	2206	2236	2306	2336										
South Hornchurch Cherry Tree	1806	1837	1908	1938	2009	2039	2110	2140	2210	2240	2310	2340										
Elm Park Station	1815	1845	1915	1945	2016	2046	2117	2147	2217	2247	2317	2347										
Hornchurch Town Centre	1822	1852	1922	1952	2022	2052	2123	2153	2223	2253	2323	2353										

372		Mondays to Fridays																	
Hornchurch Town Centre	0606	0633	0700	0718	0736	0756	0816	0836	0856	0916	0938			1358	1418	1436	1455	1514	
Elm Park Station	0612	0639	0707	0726	0745	0805	0825	0845	0905	0925	0947			1407	1427	1445	1504	1524	
South Hornchurch Cherry Tree	0620	0649	0717	0736	0756	0816	0836	0856	0916	0936	0956	Then every 20 minutes until		1416	1436	1456	1516	1536	
Rainham Tesco	0625	0654	0723	0743	0803	0823	0843	0903	0923	0942	1002		1422	1442	1502	1522	1543		
Wennington The Green	0631	0701	0731	0751	0811	0831	0851	0911	0931	0950	1010		1430	1451	1511	1531	1551		
Aveley Sandy Lane	0635	0705	0735	0755	0815	0835	0855	0915	0935	0954	1014		1434	1455	1515	1535	1555		
Aveley Hall Road	0639	0709	0740	0800	0820	0840	0900	0920	0939	0958	1018		1438	1459	1519	1540	1600		
Lakeside Bus Station	0646	0716	0747	0807	0827	0847	0907	0927	0946	1005	1025		1445	1506	1526	1547	1607		
Hornchurch Town Centre	1534	1554	1614	1634	1654	1713	1732	1752	1812	1833	1855	1917	1938	1959	2031	2102	Then every 30 mins. until	0002	
Elm Park Station	1544	1604	1624	1644	1704	1723	1742	1802	1822	1843	1904	1925	1946	2007	2038	2108		0008	
South Hornchurch Cherry Tree	1556	1615	1635	1655	1715	1734	1753	1813	1833	1853	1913	1934	1954	2014	2045	2115		0015	
Rainham Tesco	1603	1622	1642	1702	1722	1741	1800	1819	1839	1859	1919	1939	1959	2019	2050	2119		0019	
Wennington The Green	1611	1630	1650	1710	1730	1749	1808	1827	1847	1907	1927	1947	2006	2025	2056	2125		0025	
Aveley Sandy Lane	1615	1634	1654	1714	1734	1753	1812	1831	1851	1911	1931	1951	2010	2029	2100	2129		0029	
Aveley Hall Road	1620	1639	1659	1719	1739	1758	1817	1836	1856	1916	1936	1956	2014	2033	2104	2133	0033		
Lakeside Bus Station	1628	1648	1708	1728	1748	1807	1825	1843	1903	1923	1943	2003	2021	2039	2110	2139	0039		
372		Saturdays (also Good Friday)																	
Hornchurch Town Centre	0606	0636	0706	0735	0802	0822	0841	0900	0919	0939	0958	1016	1036	1056			1336	1356	
Elm Park Station	0612	0642	0712	0741	0809	0829	0848	0908	0927	0947	1007	1025	1045	1105			1345	1405	
South Hornchurch Cherry Tree	0619	0649	0719	0748	0817	0837	0856	0917	0936	0956	1016	1035	1055	1115	Then every 20 minutes until		1355	1415	
Rainham Tesco	0623	0653	0723	0752	0822	0842	0902	0922	0942	1002	1022	1042	1102	1122		1402	1422		
Wennington The Green	0630	0700	0730	0759	0829	0850	0910	0930	0950	1010	1030	1050	1110	1130		1410	1430		
Aveley Sandy Lane	0634	0704	0734	0803	0833	0854	0914	0934	0954	1014	1034	1054	1114	1134		1414	1434		
Aveley Hall Road	0638	0708	0738	0807	0837	0858	0918	0938	0958	1018	1038	1058	1118	1138		1418	1438		
Lakeside Bus Station	0644	0714	0744	0814	0844	0905	0925	0945	1005	1026	1046	1107	1127	1148		1428	1447		
Hornchurch Town Centre	1416	1436	1456	1517	Then every 20 minutes until	1717	1737	1758	1819	1840	1901	1922	1942	2002	2032	2102	2132		
Elm Park Station	1425	1445	1505	1525		1725	1745	1806	1827	1848	1908	1929	1949	2008	2038	2108	2138		
South Hornchurch Cherry Tree	1435	1455	1515	1535		1735	1755	1815	1836	1857	1917	1937	1957	2016	2046	2115	2145		
Rainham Tesco	1442	1502	1521	1541		1741	1801	1822	1842	1902	1922	1942	2002	2021	2050	2120	2150		
Wennington The Green	1450	1510	1529	1549		1749	1809	1829	1849	1909	1929	1949	2009	2027	2056	2126	2156		
Aveley Sandy Lane	1454	1514	1533	1553		1753	1813	1833	1853	1913	1933	1953	2013	2031	2100	2130	2200		
Aveley Hall Road	1458	1518	1537	1557	1757	1817	1837	1857	1917	1937	1957	2017	2035	2104	2134	2204			
Lakeside Bus Station	1507	1526	1545	1605	1805	1824	1844	1904	1924	1943	2003	2023	2040	2109	2139	2210			
Hornchurch Town Centre	2202	2232	2302	2332	0002														
Elm Park Station	2208	2238	2308	2338	0008														
South Hornchurch Cherry Tree	2215	2245	2315	2345	0015														
Rainham Tesco	2219	2249	2319	2349	0019														
Wennington The Green	2225	2255	2325	2355	0025														
Aveley Sandy Lane	2229	2259	2329	2359	0029														
Aveley Hall Road	2233	2303	2333	0003	0033														
Lakeside Bus Station	2239	2309	2339	0009	0039														
372		Sundays and other Public Holidays (except Christmas Day)																	
Hornchurch Town Centre	0703	0733	0803	0833	0904	0934	1005	Then every 30 minutes at these minutes past the hour	35	05	1235	1305	Then every 30 minutes at these minutes past the hour	35	05	1605			
Elm Park Station	0708	0738	0809	0839	0910	0941	1013		43	13	1243	1313		43	13	1613			
South Hornchurch Cherry Tree	0714	0744	0815	0846	0917	0949	1021		51	21	1251	1322		52	22	1622			
Rainham Tesco	0718	0748	0819	0851	0922	0954	1026		56	26	1256	1327		57	27	1627			
Wennington The Green	0724	0754	0825	0858	0930	1002	1034		04	34	1304	1335		05	35	1635			
Aveley Sandy Lane	0728	0758	0829	0902	0934	1006	1038		08	38	1308	1339		09	39	1639			
Aveley Hall Road	0731	0801	0832	0905	0938	1010	1042	12	42	1312	1343	13	43	1643					
Lakeside Bus Station	0737	0807	0838	0910	0944	1017	1050	20	50	1320	1350	20	50	1650					
Hornchurch Town Centre	1635	1705	1735	1804	1832	1902	1933	2003	2033	2103	Then every 30 minutes at these minutes past the hour	33	03	0003					
Elm Park Station	1643	1713	1743	1812	1839	1908	1939	2009	2039	2109		39	09	0009					
South Hornchurch Cherry Tree	1652	1722	1752	1820	1847	1915	1946	2016	2046	2115		45	15	0015					
Rainham Tesco	1657	1727	1757	1825	1852	1920	1950	2020	2050	2119		49	19	0019					
Wennington The Green	1705	1735	1805	1832	1859	1926	1956	2026	2056	2125		55	25	0025					
Aveley Sandy Lane	1709	1739	1809	1836	1903	1930	2000	2030	2100	2129		59	29	0029					
Aveley Hall Road	1713	1743	1813	1840	1907	1934	2004	2034	2104	2133	03	33	0033						
Lakeside Bus Station	1719	1749	1819	1846	1913	1939	2009	2040	2110	2139	09	39	0039						