

372 Mondays to Fridays																
Lakeside Bus Station	0535	0605	0635	0657	0717	0737	0757	0817	0837	0857		17 37 57	1417 1437 1456			
Aveley Hall Road	0542	0612	0643	0705	0725	0745	0805	0825	0845	0905	Then	25 45 05	1425 1445 1504			
Aveley Sandy Lane	0546	0617	0648	0710	0730	0750	0810	0830	0850	0910	every 20	30 50 10	1430 1450 1509			
Wennington The Green	0550	0621	0652	0714	0734	0754	0814	0834	0854	0914	minutes	34 54 14	1434 1454 1513			
Rainham Station	0554	0625	0656	0718	0738	0758	0818	0838	0858	0918	at these	38 58 18 until	1438 1458 1517			
Rainham Tesco	0556	0627	0658	0720	0740	0800	0820	0840	0900	0920	minutes	40 00 20	1440 1500 1519			
Mungo Park Road Kingaby Gardens	0603	0634	0706	0728	0748	0808	0828	0848	0908	0928	past	48 08 28	1448 1508 1528			
Elm Park Station	0608	0639	0711	0733	0754	0814	0834	0854	0914	0934	the hour	54 14 34	1454 1514 1534			
Hornchurch Town Centre	0615	0647	0719	0741	0802	0822	0842	0902	0922	0941		01 21 41	1501 1522 1542			
Lakeside Bus Station	1516	1536	1556			1736	1756	1816	1836	1856	1916	1946	2016	46 16	2316	
Aveley Hall Road	1524	1544	1603			1743	1803	1823	1843	1903	1923	1953	2022	Then	52 22	2322
Aveley Sandy Lane	1529	1549	1608	Then		1748	1808	1828	1847	1907	1927	1956	2025	every 30	55 25	2325
Wennington The Green	1533	1553	1612	every 20		1752	1812	1832	1851	1911	1931	2000	2029	minutes	59 29	2329
Rainham Station	1537	1557	1616	minutes		1756	1816	1836	1855	1915	1935	2004	2033	at these	03 33 until	2333
Rainham Tesco	1539	1559	1618	until		1758	1818	1838	1857	1917	1937	2006	2035	minutes	05 35	2335
Mungo Park Road Kingaby Gardens	1548	1608	1628			1808	1828	1847	1905	1925	1945	2013	2042	past	12 42	2342
Elm Park Station	1554	1614	1634			1814	1834	1852	1910	1930	1950	2018	2047	the hour	17 47	2347
Hornchurch Town Centre	1602	1622	1642			1822	1841	1859	1917	1937	1957	2025	2054		24 54	2354
372 Saturdays (also Good Friday)																
Lakeside Bus Station	0535		05 35			0805	0824	0841	0900	0920	0938	0957		17 37 57		1717
Aveley Hall Road	0542	Then	12 42			0812	0831	0848	0907	0927	0945	1004		Then	24 44 04	1724
Aveley Sandy Lane	0545	every 30	15 45			0815	0834	0851	0911	0931	0949	1008		every 20	28 48 08	1728
Wennington The Green	0549	minutes	19 49			0819	0838	0855	0915	0935	0953	1012		minutes	32 52 12	1732
Rainham Station	0553	at these	23 53 until			0823	0842	0859	0919	0939	0957	1016		at these	36 56 16 until	1736
Rainham Tesco	0555	minutes	25 55			0825	0844	0901	0921	0941	0959	1018		minutes	38 58 18	1738
Mungo Park Road Kingaby Gardens	0602	past	32 02			0832	0851	0909	0929	0949	1008	1028		past	48 08 28	1748
Elm Park Station	0607	the hour	37 07			0837	0856	0915	0935	0955	1014	1034		the hour	54 14 34	1754
Hornchurch Town Centre	0614		44 14			0844	0903	0923	0943	1003	1023	1043			03 23 43	1803
Lakeside Bus Station	1737	1757	1817	1837	1857	1917	1946				Then	16 46				2316
Aveley Hall Road	1744	1804	1824	1844	1904	1924	1952				every 30	22 52				2322
Aveley Sandy Lane	1748	1808	1828	1848	1908	1928	1955				minutes	25 55				2325
Wennington The Green	1752	1812	1832	1852	1912	1932	1959				at these	29 59				2329
Rainham Station	1756	1816	1836	1856	1916	1936	2003				minutes	33 03 until				2333
Rainham Tesco	1758	1818	1838	1858	1918	1938	2005				past	35 05				2335
Mungo Park Road Kingaby Gardens	1808	1828	1847	1907	1927	1945	2012				the hour	42 12				2342
Elm Park Station	1814	1833	1852	1912	1932	1950	2017					47 17				2347
Hornchurch Town Centre	1822	1841	1900	1920	1939	1957	2024					54 24				2354
372 Sundays and other Public Holidays (except Christmas Day)																
Lakeside Bus Station	0714	0744	0814	0844	0914	0940	1008				Then	38 08				1708 1741 1813 1845 1916 1946 2016
Aveley Hall Road	0721	0751	0821	0851	0921	0947	1015				every 30	45 15				1715 1748 1820 1852 1922 1952 2022
Aveley Sandy Lane	0724	0754	0824	0854	0924	0950	1019				minutes	49 19				1719 1752 1824 1855 1925 1955 2025
Wennington The Green	0728	0758	0828	0858	0928	0954	1023				at these	53 23				1723 1756 1828 1859 1929 1959 2029
Rainham Station	0732	0802	0832	0902	0932	0958	1027				minutes	57 27 until				1727 1800 1832 1903 1933 2003 2033
Rainham Tesco	0734	0804	0834	0904	0934	1000	1029				past	59 29				1729 1802 1834 1905 1935 2005 2035
Mungo Park Road Kingaby Gardens	0741	0811	0841	0911	0941	1009	1039				the hour	09 39				1739 1811 1842 1912 1942 2012 2042
Elm Park Station	0746	0816	0846	0916	0946	1015	1045					15 45				1745 1817 1847 1917 1947 2017 2047
Hornchurch Town Centre	0753	0823	0853	0923	0953	1023	1053					23 53				1753 1824 1854 1924 1954 2024 2054
Lakeside Bus Station	2046					16 46										2316
Aveley Hall Road	2052	Then	22 52													2322
Aveley Sandy Lane	2055	every 30	25 55													2325
Wennington The Green	2059	minutes	29 59													2329
Rainham Station	2103	at these	33 03 until													2333
Rainham Tesco	2105	minutes	35 05													2335
Mungo Park Road Kingaby Gardens	2112	past	42 12													2342
Elm Park Station	2117	the hour	47 17													2347
Hornchurch Town Centre	2124		54 24													2354

372 Mondays to Fridays														
Hornchurch Town Centre	0605	0632	0700	0718	0736	0756	0816	0836	0856	0916	0936	56 16 36	1456 1517	
Elm Park Station	0610	0637	0707	0726	0745	0805	0825	0845	0905	0925	0945	Then 05 25 45	1505 1526	
Mungo Park Road Kingaby Gardens	0615	0642	0712	0731	0750	0810	0830	0850	0910	0930	0950	every 20 minutes 10 30 50	1510 1531	
Rainham Tesco	0623	0653	0723	0743	0803	0823	0843	0903	0923	0941	0959	minutes 19 39 59	1519 1540	
Rainham Station	0624	0655	0725	0745	0805	0825	0845	0905	0925	0943	1001	at these 21 41 01 until	1521 1542	
Wennington The Green	0628	0659	0729	0749	0809	0829	0849	0909	0929	0947	1005	minutes 25 45 05	1525 1546	
Aveley Sandy Lane	0632	0703	0733	0753	0813	0833	0853	0913	0933	0951	1009	past 29 49 09	1529 1550	
Aveley Hall Road	0637	0708	0738	0758	0818	0838	0858	0918	0938	0956	1014	the hour 34 54 14	1534 1555	
Lakeside Bus Station	0644	0715	0745	0805	0825	0845	0905	0925	0945	1004	1022	42 02 22	1542 1602	
Hornchurch Town Centre	1537			57 17 37			1817 1838 1859 1920 1941 2002					32 02	0002	
Elm Park Station	1546	Then	06 26 46				1826 1846 1906 1926 1947 2007					Then 37 07	0007	
Mungo Park Road Kingaby Gardens	1551	every 20	11 31 51				1831 1851 1911 1931 1952 2012					every 30 42 12	0012	
Rainham Tesco	1600	minutes	20 40 00				1840 1900 1920 1940 2000 2020					minutes 50 20	0020	
Rainham Station	1602	at these	22 42 02 until				1842 1902 1922 1942 2001 2021					at these 51 21 until	0021	
Wennington The Green	1606	minutes	26 46 06				1846 1906 1926 1946 2005 2025					minutes 55 25	0025	
Aveley Sandy Lane	1610	past	30 50 10				1850 1910 1930 1950 2009 2029					past 59 29	0029	
Aveley Hall Road	1615	the hour	35 55 15				1855 1915 1935 1954 2013 2033					the hour 03 33	0033	
Lakeside Bus Station	1622		42 02 22				1902 1922 1942 2001 2020 2040					10 40	0040	
372 Saturdays (also Good Friday)														
Hornchurch Town Centre	0605	0635	0705	0735	0805	0825	0844	0902	0922	0939	0958	1016	36 56 16	1716
Elm Park Station	0610	0640	0710	0740	0810	0830	0850	0909	0929	0946	1005	1024	Then 44 04 24	1724
Mungo Park Road Kingaby Gardens	0615	0645	0715	0745	0815	0835	0855	0914	0934	0951	1010	1029	every 20 minutes 49 09 29	1729
Rainham Tesco	0623	0653	0723	0753	0823	0844	0904	0924	0944	1002	1021	1041	minutes 01 21 41	1741
Rainham Station	0624	0654	0724	0754	0824	0845	0905	0925	0945	1003	1023	1043	at these 03 23 43 until	1743
Wennington The Green	0628	0658	0728	0758	0828	0849	0909	0929	0949	1007	1027	1047	minutes 07 27 47	1747
Aveley Sandy Lane	0632	0702	0732	0802	0832	0853	0913	0933	0953	1011	1031	1051	past 11 31 51	1751
Aveley Hall Road	0636	0706	0736	0806	0836	0857	0917	0937	0957	1016	1036	1056	the hour 16 36 56	1756
Lakeside Bus Station	0643	0713	0743	0813	0843	0904	0925	0945	1005	1025	1045	1105	25 45 05	1805
Hornchurch Town Centre	1736	1756	1817	1838	1859	1920	1941	2002					32 02	0002
Elm Park Station	1744	1804	1825	1845	1906	1927	1947	2007					Then 37 07	0007
Mungo Park Road Kingaby Gardens	1749	1809	1830	1850	1911	1932	1952	2012					every 30 42 12	0012
Rainham Tesco	1801	1821	1841	1901	1921	1940	2000	2020					minutes 50 20	0020
Rainham Station	1803	1823	1843	1903	1923	1941	2001	2021					at these 51 21 until	0021
Wennington The Green	1807	1827	1847	1907	1927	1945	2005	2025					minutes 55 25	0025
Aveley Sandy Lane	1811	1831	1851	1911	1931	1949	2009	2029					past 59 29	0029
Aveley Hall Road	1816	1835	1855	1915	1935	1953	2013	2033					the hour 03 33	0033
Lakeside Bus Station	1824	1843	1903	1923	1942	2000	2020	2040					10 40	0040
372 Sundays and other Public Holidays (except Christmas Day)														
Hornchurch Town Centre	0704	0734	0804	0834	0904	0934	1004						34 04	1704 1734 1803 1832 1902 1932 2002
Elm Park Station	0709	0739	0809	0839	0910	0940	1011						Then 41 11	1711 1741 1810 1838 1907 1937 2007
Mungo Park Road Kingaby Gardens	0713	0743	0813	0843	0914	0944	1016						every 30 46 16	1716 1746 1815 1843 1912 1942 2012
Rainham Tesco	0720	0750	0820	0850	0921	0952	1024						minutes 54 24	1724 1754 1823 1851 1920 1950 2020
Rainham Station	0721	0751	0821	0851	0923	0954	1026						at these 56 26 until	1726 1756 1824 1852 1921 1951 2021
Wennington The Green	0725	0755	0825	0855	0927	0958	1030						minutes 00 30	1730 1800 1828 1856 1925 1955 2025
Aveley Sandy Lane	0729	0759	0829	0859	0931	1002	1034						past 04 34	1734 1804 1832 1900 1929 1959 2029
Aveley Hall Road	0733	0803	0833	0903	0935	1006	1038						the hour 08 38	1738 1808 1836 1904 1933 2003 2033
Lakeside Bus Station	0739	0809	0839	0909	0942	1014	1046						16 46	1746 1815 1843 1911 1940 2010 2040
Hornchurch Town Centre	2032			02 32										0002
Elm Park Station	2037	Then	07 37											0007
Mungo Park Road Kingaby Gardens	2042	every 30	12 42											0012
Rainham Tesco	2050	minutes	20 50											0020
Rainham Station	2051	at these	21 51 until											0021
Wennington The Green	2055	minutes	25 55											0025
Aveley Sandy Lane	2059	past	29 59											0029
Aveley Hall Road	2103	the hour	33 03											0033
Lakeside Bus Station	2110		40 10											0040