

499	Mondays to Fridays																	
Gallows Corner Tesco	0512	0541	0602	0612	0627	0645	0703	0723	0745	0807	0829	0850	0911	Then every 20 minutes until	1231	1251	1311	
Gallows Corner Straight Road	0514	0543	0605	0615	0631	0649	0707	0727	0749	0811	0833	0854	0915		1235	1255	1315	
Keats Avenue Heaton Avenue	0518	0547	0609	0619	0635	0654	0712	0732	0754	0816	0838	0859	0920		1240	1300	1320	
Harold Hill Hilldene Avenue	0522	0551	0613	0623	0640	0700	0718	0738	0800	0821	0843	0904	0925		1245	1305	1325	
Noak Hill North Hill Drive	0524	0553	0615	0625	0643	0703	0721	0741	0803	0824	0846	0907	0928		1248	1308	1328	
Chase Cross Havering Road	0530	0559	0622	0633	0651	0711	0729	0749	0811	0832	0853	0914	0935		1255	1315	1335	
Pettits Lane Marshalls Park School	0535	0604	0628	0640	0659	0719	0738	0758	0820	0840	0900	0920	0941		1301	1321	1341	
Romford Station	0541	0611	0636	0649	0709	0729	0749	0809	0829	0849	0909	0929	0950		1310	1330	1350	
Queen's Hospital	0545	0615	0641	0654	0714	0734	0754	0814	0834	0854	0914	0934	0955		1315	1335	1355	
Crow Lane Jutsums Lane	0549	0619	0645	0659	0719	0739	0759	0819	0839	0859	0919	0939	0959		1319	1339	1359	
Becontree Heath Morrisons	0556	0626	0653	0708	0728	0748	0808	0828	0848	0908	0928	0948	1008		1328	1348	1408	
Heath Park Stansgate Road (arr.)	0558	0628	0655	0710	0730	0750	0810	0830	0850	0910	0930	0950	1010		1330	1350	1410	
Heath Park Stansgate Road (dep.)	0600	0630	0657	0712	0732	0752	0812	0832	0852	0912	0932	0952	1012		1332	1352	1412	
Becontree Heath Civic Cent.(Wood La.	0603	0633	0701	0716	0736	0756	0816	0836	0855	0915	0935	0955	1015	1335	1356	1416		
Dagenham Road Birkbeck Road	0607	0637	0706	0721	0741	0801	0821	0841	0900	0920	0940	1000	1020	1340	1401	1422		
Gallows Corner Tesco	1329	1348	1407	1427	1446	1506	1526	1546	1606	1627	1648	1711	1732	1753	1815	1837	1909	1943
Gallows Corner Straight Road	1333	1352	1411	1431	1450	1510	1530	1550	1610	1631	1652	1715	1736	1757	1820	1841	1912	1946
Keats Avenue Heaton Avenue	1338	1357	1416	1436	1455	1515	1535	1555	1615	1636	1657	1720	1741	1802	1824	1845	1916	1950
Harold Hill Hilldene Avenue	1343	1402	1421	1441	1500	1520	1540	1600	1620	1641	1702	1725	1746	1807	1829	1850	1920	1954
Noak Hill North Hill Drive	1346	1405	1424	1444	1503	1523	1543	1603	1623	1644	1705	1728	1749	1810	1832	1853	1923	1957
Chase Cross Havering Road	1353	1412	1431	1451	1510	1530	1550	1610	1630	1651	1712	1735	1756	1817	1839	1900	1930	2003
Pettits Lane Marshalls Park School	1359	1418	1437	1457	1516	1536	1556	1616	1636	1656	1717	1740	1801	1822	1844	1904	1934	2007
Romford Station	1409	1428	1447	1507	1526	1546	1606	1626	1646	1706	1726	1748	1809	1830	1851	1911	1941	2013
Queen's Hospital	1414	1433	1452	1512	1531	1551	1611	1631	1652	1712	1732	1753	1814	1835	1856	1916	1946	2017
Crow Lane Jutsums Lane	1418	1437	1456	1516	1535	1556	1616	1636	1657	1717	1737	1757	1818	1839	1900	1920	1950	2021
Becontree Heath Morrisons	1427	1447	1507	1527	1547	1608	1628	1648	1708	1728	1748	1808	1828	1848	1908	1928	1958	2028
Heath Park Stansgate Road (arr.)	1429	1449	1509	1529	1549	1610	1630	1650	1710	1730	1750	1810	1830	1850	1910	1930	2000	2030
Heath Park Stansgate Road (dep.)	1431	1451	1511	1531	1551	1612	1632	1652	1712	1732	1752	1812	1832	1852	1912	1932	2002	2032
Becontree Heath Civic Cent.(Wood La.	1435	1455	1515	1535	1555	1616	1636	1656	1716	1736	1756	1815	1835	1855	1915	1935	2005	2035
Dagenham Road Birkbeck Road	1441	1501	1521	1541	1601	1622	1642	1702	1722	1742	1802	1820	1840	1900	1920	1940	2009	2038
Gallows Corner Tesco	2016	2047	2117	2149	2220	2250	2320											
Gallows Corner Straight Road	2019	2050	2120	2152	2222	2252	2322											
Keats Avenue Heaton Avenue	2023	2053	2123	2155	2225	2255	2325											
Harold Hill Hilldene Avenue	2027	2057	2127	2159	2228	2258	2328											
Noak Hill North Hill Drive	2029	2059	2129	2201	2230	2300	2330											
Chase Cross Havering Road	2034	2104	2134	2206	2235	2305	2335											
Pettits Lane Marshalls Park School	2038	2108	2138	2210	2239	2309	2339											
Romford Station	2044	2114	2144	2214	2244	2314	2344											
Queen's Hospital	2048	2118	2148	2218	2248	2318	2348											
Crow Lane Jutsums Lane	2052	2122	2152	2222	2252	2322	2352											
Becontree Heath Morrisons	2058	2128	2158	2228	2258	2328	2358											
Heath Park Stansgate Road (arr.)	2100	2130	2200	2230	2300	2330	0000											
Heath Park Stansgate Road (dep.)	2102	2132	2202	2232	2302	2332	0002											
Becontree Heath Civic Cent.(Wood La.	2105	2135	2205	2235	2305	2335	0005											
Dagenham Road Birkbeck Road	2108	2138	2208	2238	2308	2338	0008											
499	Saturdays (also Good Friday)																	
Gallows Corner Tesco	0515	0545	0615	0645	0715	0745	0815	0830	0845	0859	0919	0939	0958	1017	1037	1056	1115	1134
Gallows Corner Straight Road	0517	0547	0617	0647	0717	0747	0817	0832	0847	0902	0922	0942	1001	1020	1040	1100	1120	1139
Keats Avenue Heaton Avenue	0521	0551	0621	0651	0721	0751	0821	0836	0851	0906	0926	0946	1005	1024	1044	1104	1124	1143
Harold Hill Hilldene Avenue	0525	0555	0625	0655	0725	0755	0825	0840	0855	0911	0931	0951	1010	1029	1049	1109	1129	1148
Noak Hill North Hill Drive	0527	0557	0627	0657	0727	0757	0827	0843	0858	0914	0934	0954	1013	1032	1052	1112	1132	1151
Chase Cross Havering Road	0532	0602	0632	0702	0732	0802	0832	0849	0904	0921	0941	1001	1020	1039	1059	1119	1139	1158
Pettits Lane Marshalls Park School	0536	0606	0636	0706	0736	0806	0836	0854	0910	0927	0947	1007	1026	1045	1105	1125	1145	1205
Romford Station	0544	0614	0644	0714	0744	0814	0844	0902	0920	0938	0958	1018	1037	1056	1116	1136	1156	1216
Queen's Hospital	0547	0617	0647	0717	0747	0817	0847	0906	0924	0942	1002	1022	1041	1100	1120	1140	1200	1220
Crow Lane Jutsums Lane	0549	0619	0649	0719	0749	0819	0849	0908	0926	0944	1004	1024	1044	1103	1123	1143	1203	1223
Becontree Heath Morrisons	0556	0626	0656	0726	0756	0826	0856	0916	0934	0952	1012	1032	1052	1111	1131	1151	1211	1231
Heath Park Stansgate Road (arr.)	0558	0628	0658	0728	0758	0828	0858	0918	0936	0954	1014	1034	1054	1114	1134	1154	1214	1234
Heath Park Stansgate Road (dep.)	0600	0630	0700	0730	0800	0830	0900	0920	0938	0956	1016	1036	1056	1116	1136	1156	1216	1236
Becontree Heath Civic Cent.(Wood La.	0603	0633	0703	0733	0803	0833	0903	0923	0941	0959	1019	1039	1059	1119	1139	1159	1219	1239
Dagenham Road Birkbeck Road	0607	0637	0707	0737	0807	0837	0908	0928	0946	1004	1025	1045	1105	1125	1145	1205	1225	1245

499 Saturdays (also Good Friday) (cont.)

Gallows Corner Tesco	1154		1414	1435	1456	1517	1537	1557	1618	1639	1659	1720	1740	1800	1820	1850	1920
Gallows Corner Straight Road	1159		1419	1440	1500	1520	1540	1600	1621	1642	1702	1723	1743	1803	1823	1853	1922
Keats Avenue Heaton Avenue	1203		1423	1444	1504	1524	1544	1604	1625	1646	1706	1727	1747	1807	1827	1857	1926
Harold Hill Hilldene Avenue	1208		1428	1449	1509	1529	1549	1609	1630	1651	1711	1732	1752	1812	1832	1901	1930
Noak Hill North Hill Drive	1211		1431	1452	1512	1532	1552	1612	1633	1654	1714	1735	1755	1814	1834	1903	1932
Chase Cross Havering Road	1218	Then	1438	1459	1519	1539	1559	1619	1640	1701	1721	1742	1801	1820	1839	1908	1937
Pettits Lane Marshalls Park School	1225	every 20	1445	1505	1525	1545	1605	1625	1646	1707	1727	1748	1807	1826	1845	1912	1941
Romford Station	1236	minutes	1456	1516	1536	1556	1616	1636	1657	1717	1737	1757	1816	1835	1854	1921	1950
Queen's Hospital	1240	until	1500	1520	1540	1600	1620	1640	1701	1721	1741	1801	1820	1839	1858	1924	1953
Crow Lane Jutsums Lane	1243		1503	1523	1543	1603	1623	1643	1704	1724	1744	1804	1823	1842	1901	1926	1955
Becontree Heath Morrisons	1251		1511	1531	1551	1611	1631	1651	1712	1732	1752	1812	1831	1849	1908	1933	2002
Heath Park Stansgate Road (arr.)	1254		1514	1534	1554	1614	1634	1654	1714	1734	1754	1814	1833	1851	1910	1935	2004
Heath Park Stansgate Road (dep.)	1256		1516	1536	1556	1616	1636	1656	1716	1736	1756	1816	1835	1853	1912	1937	2006
Becontree Heath Civic Cent.(Wood La.	1259		1519	1539	1559	1619	1639	1659	1719	1739	1759	1819	1838	1856	1915	1940	2009
Dagenham Road Birkbeck Road	1305		1525	1545	1605	1625	1645	1704	1724	1744	1804	1824	1843	1901	1920	1945	2013

Gallows Corner Tesco	1950	2020	2050	2120	2150	2220	2250	2320									
Gallows Corner Straight Road	1952	2022	2052	2122	2152	2222	2252	2322									
Keats Avenue Heaton Avenue	1956	2026	2056	2126	2156	2226	2256	2326									
Harold Hill Hilldene Avenue	2000	2030	2100	2129	2159	2229	2259	2329									
Noak Hill North Hill Drive	2002	2032	2102	2131	2201	2231	2301	2331									
Chase Cross Havering Road	2007	2037	2107	2136	2206	2236	2306	2336									
Pettits Lane Marshalls Park School	2011	2041	2111	2140	2210	2240	2310	2340									
Romford Station	2019	2048	2118	2147	2217	2247	2317	2347									
Queen's Hospital	2022	2051	2121	2150	2220	2250	2320	2350									
Crow Lane Jutsums Lane	2024	2053	2123	2152	2222	2252	2322	2352									
Becontree Heath Morrisons	2031	2100	2129	2158	2228	2258	2328	2358									
Heath Park Stansgate Road (arr.)	2033	2102	2131	2200	2230	2300	2330	0000									
Heath Park Stansgate Road (dep.)	2035	2104	2133	2202	2232	2302	2332	0002									
Becontree Heath Civic Cent.(Wood La.	2038	2107	2136	2205	2235	2305	2335	0005									
Dagenham Road Birkbeck Road	2042	2111	2140	2209	2239	2309	2339	0009									

499 Sundays and other Public Holidays (except Christmas Day)

Gallows Corner Tesco	0615	0645	0715	0744	0813	0840	0906	0935	1004	1034	1103	1133	1202	1232	1302	1333	1404	1434
Gallows Corner Straight Road	0617	0647	0717	0746	0816	0844	0910	0939	1008	1038	1107	1137	1207	1237	1307	1338	1408	1438
Keats Avenue Heaton Avenue	0621	0651	0721	0750	0820	0848	0914	0943	1012	1042	1111	1141	1211	1241	1311	1342	1412	1442
Harold Hill Hilldene Avenue	0625	0655	0725	0754	0824	0852	0919	0948	1017	1047	1116	1146	1216	1246	1316	1347	1417	1447
Noak Hill North Hill Drive	0627	0657	0727	0756	0826	0854	0922	0951	1020	1050	1119	1149	1219	1249	1319	1350	1420	1450
Chase Cross Havering Road	0633	0703	0733	0802	0832	0900	0928	0958	1027	1057	1126	1156	1226	1256	1326	1357	1427	1457
Pettits Lane Marshalls Park School	0637	0707	0737	0806	0836	0904	0933	1003	1032	1102	1131	1201	1231	1301	1331	1402	1432	1502
Romford Station	0643	0713	0743	0813	0843	0911	0941	1011	1040	1110	1140	1211	1241	1311	1341	1411	1441	1511
Queen's Hospital	0647	0717	0747	0817	0847	0915	0945	1015	1044	1114	1144	1215	1245	1315	1345	1415	1445	1515
Crow Lane Jutsums Lane	0650	0720	0750	0820	0850	0919	0949	1019	1048	1118	1148	1219	1249	1319	1349	1419	1449	1519
Becontree Heath Morrisons	0657	0727	0757	0827	0857	0927	0957	1027	1057	1127	1157	1228	1258	1328	1358	1428	1458	1528
Heath Park Stansgate Road (arr.)	0658	0728	0758	0828	0858	0928	0958	1028	1058	1128	1158	1229	1259	1329	1359	1429	1459	1529
Heath Park Stansgate Road (dep.)	0700	0730	0800	0830	0900	0930	1000	1030	1100	1130	1200	1231	1301	1331	1401	1431	1501	1531
Becontree Heath Civic Cent.(Wood La.	0703	0733	0803	0833	0903	0933	1003	1033	1103	1133	1203	1234	1304	1334	1404	1434	1504	1534
Dagenham Road Birkbeck Road	0706	0736	0806	0836	0906	0936	1007	1037	1107	1137	1207	1238	1308	1338	1408	1438	1508	1538
Gallows Corner Tesco	1504	1535	1605	1637	1709	1741	1813	1844	1915	1946	2017	2048	2118	2149	2219	2249	2320	
Gallows Corner Straight Road	1508	1539	1609	1641	1713	1745	1817	1848	1918	1949	2020	2051	2121	2151	2221	2251	2322	
Keats Avenue Heaton Avenue	1512	1543	1613	1645	1717	1749	1821	1852	1922	1953	2024	2055	2125	2155	2225	2255	2325	
Harold Hill Hilldene Avenue	1517	1548	1617	1649	1721	1753	1825	1856	1926	1957	2028	2058	2128	2158	2228	2258	2328	
Noak Hill North Hill Drive	1520	1551	1620	1652	1724	1756	1827	1858	1928	1959	2030	2100	2130	2200	2230	2300	2330	
Chase Cross Havering Road	1527	1558	1627	1658	1730	1802	1833	1904	1934	2005	2036	2106	2136	2206	2236	2306	2336	
Pettits Lane Marshalls Park School	1532	1603	1632	1703	1734	1806	1837	1908	1938	2009	2040	2110	2140	2210	2240	2310	2340	
Romford Station	1541	1611	1641	1711	1742	1813	1844	1914	1944	2015	2046	2116	2146	2216	2246	2316	2346	
Queen's Hospital	1545	1615	1645	1715	1746	1817	1848	1918	1948	2019	2049	2119	2149	2219	2249	2319	2349	
Crow Lane Jutsums Lane	1549	1619	1649	1719	1750	1821	1851	1921	1951	2022	2052	2122	2152	2222	2252	2322	2352	
Becontree Heath Morrisons	1558	1628	1658	1728	1758	1828	1858	1928	1958	2028	2058	2128	2158	2228	2258	2328	2358	
Heath Park Stansgate Road (arr.)	1559	1629	1659	1729	1759	1829	1859	1929	1959	2029	2059	2129	2159	2229	2259	2329	2359	
Heath Park Stansgate Road (dep.)	1601	1631	1701	1731	1801	1831	1901	1931	2001	2031	2101	2131	2201	2231	2301	2331	0001	
Becontree Heath Civic Cent.(Wood La.	1604	1634	1704	1734	1804	1834	1904	1934	2004	2034	2104	2134	2204	2234	2304	2334	0004	
Dagenham Road Birkbeck Road	1608	1637	1707	1737	1807	1837	1907	1937	2007	2037	2107	2137	2207	2237	2307	2337	0007	

499 Mondays to Fridays																			
Crow Lane Jutsums Lane	0549	0619	0645	0659	0719	0739	0759	0819	0839	0859	0919	1239	1259	1319	1339	1359			
Becontree Heath Morrisons	0556	0626	0653	0708	0728	0748	0808	0828	0848	0908	0928	1248	1308	1328	1348	1408			
Heath Park Stansgate Road (arr.)	0558	0628	0655	0710	0730	0750	0810	0830	0850	0910	0930	1250	1310	1330	1350	1410			
Heath Park Stansgate Road (dep.)	0600	0630	0657	0712	0732	0752	0812	0832	0852	0912	0932	1252	1312	1332	1352	1412			
Becontree Heath Civic Cent.(Wood La.	0603	0633	0701	0716	0736	0756	0816	0836	0855	0915	0935	1255	1315	1335	1356	1416			
Dagenham Road Birkbeck Road	0607	0637	0706	0721	0741	0801	0821	0841	0900	0920	0940	1300	1320	1340	1401	1422			
Queen's Hospital	0610	0640	0710	0726	0746	0806	0826	0846	0905	0925	0944	1304	1324	1344	1405	1426			
Romford Station	0615	0645	0715	0732	0752	0812	0832	0852	0911	0931	0950	1310	1330	1350	1411	1432			
Pettits Lane Marshalls Park School	0621	0651	0721	0739	0759	0819	0839	0859	0918	0938	0958	1318	1339	1359	1420	1442			
Chase Cross Havering Road	0626	0656	0727	0745	0805	0825	0845	0905	0924	0944	1004	1324	1345	1406	1428	1450			
Noak Hill North Hill Drive	0631	0701	0732	0752	0812	0832	0852	0912	0931	0951	1011	1331	1352	1413	1435	1457			
Harold Hill Hilldene Avenue	0633	0704	0735	0755	0815	0835	0855	0915	0934	0954	1014	1334	1355	1416	1438	1500			
Keats Avenue Heaton Avenue	0637	0708	0740	0800	0820	0840	0900	0920	0939	0959	1019	1339	1400	1421	1443	1506			
Gallows Corner Straight Road	0641	0713	0745	0805	0825	0845	0905	0925	0944	1004	1024	1344	1405	1426	1448	1511			
Gallows Corner Tesco	0644	0717	0749	0809	0829	0849	0909	0929	0948	1008	1028	1348	1409	1430	1452	1515			
Crow Lane Jutsums Lane	1418	1437	1456	1516	1535	1556	1616	1636	1657	1717	1737	1757	1818	1839	1900	1920	1950	2021	
Becontree Heath Morrisons	1427	1447	1507	1527	1547	1608	1628	1648	1708	1728	1748	1808	1828	1848	1908	1928	1958	2028	
Heath Park Stansgate Road (arr.)	1429	1449	1509	1529	1549	1610	1630	1650	1710	1730	1750	1810	1830	1850	1910	1930	2000	2030	
Heath Park Stansgate Road (dep.)	1431	1451	1511	1531	1551	1612	1632	1652	1712	1732	1752	1812	1832	1852	1912	1932	2002	2032	
Becontree Heath Civic Cent.(Wood La.	1435	1455	1515	1535	1555	1616	1636	1656	1716	1736	1756	1815	1835	1855	1915	1935	2005	2035	
Dagenham Road Birkbeck Road	1441	1501	1521	1541	1601	1622	1642	1702	1722	1742	1802	1820	1840	1900	1920	1940	2009	2038	
Queen's Hospital	1446	1506	1526	1546	1606	1627	1647	1707	1727	1747	1806	1824	1843	1903	1923	1943	2012	2041	
Romford Station	1452	1512	1532	1552	1612	1633	1653	1713	1733	1753	1812	1830	1849	1909	1928	1948	2017	2046	
Pettits Lane Marshalls Park School	1503	1523	1543	1603	1623	1644	1704	1724	1743	1802	1820	1838	1857	1916	1935	1954	2022	2051	
Chase Cross Havering Road	1511	1531	1551	1611	1631	1652	1712	1732	1751	1809	1827	1845	1904	1922	1940	1959	2027	2056	
Noak Hill North Hill Drive	1518	1538	1558	1618	1638	1659	1719	1739	1758	1816	1834	1852	1911	1929	1946	2005	2033	2102	
Harold Hill Hilldene Avenue	1521	1541	1601	1621	1641	1702	1722	1742	1801	1819	1837	1855	1914	1932	1949	2008	2036	2105	
Keats Avenue Heaton Avenue	1527	1547	1607	1627	1647	1707	1727	1747	1806	1824	1842	1859	1918	1936	1953	2012	2040	2109	
Gallows Corner Straight Road	1532	1552	1612	1632	1652	1712	1732	1752	1810	1828	1846	1903	1922	1940	1957	2016	2044	2113	
Gallows Corner Tesco	1536	1556	1616	1636	1656	1716	1736	1755	1813	1831	1849	1906	1925	1943	2000	2019	2047	2116	
Crow Lane Jutsums Lane	2052	2122										2352							
Becontree Heath Morrisons	2058	2128										2358							
Heath Park Stansgate Road (arr.)	2100	2130										0000							
Heath Park Stansgate Road (dep.)	2102	2132										0002							
Becontree Heath Civic Cent.(Wood La.	2105	2135										0005							
Dagenham Road Birkbeck Road	2108	2138										0008							
Queen's Hospital	2111	2141										0011							
Romford Station	2116	2146										0016							
Pettits Lane Marshalls Park School	2121	2150										0020							
Chase Cross Havering Road	2126	2155										0025							
Noak Hill North Hill Drive	2132	2201										0031							
Harold Hill Hilldene Avenue	2134	2203										0033							
Keats Avenue Heaton Avenue	2138	2207										0037							
Gallows Corner Straight Road	2142	2211										0041							
Gallows Corner Tesco	2144	2213										0043							
499 Saturdays (also Good Friday)																			
Crow Lane Jutsums Lane	0549						0749	0819	0849	0908	0926	0944	1004	1024	1044	1103	1123	1143	1523
Becontree Heath Morrisons	0556						0756	0826	0856	0916	0934	0952	1012	1032	1052	1111	1131	1151	1531
Heath Park Stansgate Road (arr.)	0558						0758	0828	0858	0918	0936	0954	1014	1034	1054	1114	1134	1154	1534
Heath Park Stansgate Road (dep.)	0600						0800	0830	0900	0920	0938	0956	1016	1036	1056	1116	1136	1156	1536
Becontree Heath Civic Cent.(Wood La.	0603						0803	0833	0903	0923	0941	0959	1019	1039	1059	1119	1139	1159	1539
Dagenham Road Birkbeck Road	0607						0807	0837	0908	0928	0946	1004	1025	1045	1105	1125	1145	1205	1545
Queen's Hospital	0609						0809	0839	0910	0930	0949	1008	1029	1049	1109	1129	1149	1209	1549
Romford Station	0614						0814	0845	0916	0936	0955	1014	1035	1055	1115	1135	1155	1215	1555
Pettits Lane Marshalls Park School	0619						0819	0850	0922	0942	1001	1020	1041	1101	1121	1141	1201	1221	1601
Chase Cross Havering Road	0624						0824	0855	0929	0949	1009	1028	1049	1109	1129	1149	1210	1230	1610
Noak Hill North Hill Drive	0628						0828	0859	0935	0955	1015	1034	1055	1115	1135	1155	1216	1236	1616
Harold Hill Hilldene Avenue	0630						0830	0902	0938	0958	1018	1037	1058	1118	1138	1158	1219	1239	1619
Keats Avenue Heaton Avenue	0634						0834	0907	0943	1003	1024	1043	1104	1124	1144	1204	1225	1245	1625
Gallows Corner Straight Road	0638						0838	0911	0948	1008	1029	1048	1109	1129	1149	1209	1230	1250	1630
Gallows Corner Tesco	0640						0840	0914	0951	1012	1032	1051	1114	1134	1153	1213	1234	1255	1635

499	Saturdays (also Good Friday) (cont.)																		
Crow Lane Jutsums Lane	1543	1603	1623	1643	1704	1724	1744	1804	1823	1842	1901	1926	1955	2024	2053	2123	2152	2222	
Becontree Heath Morrisons	1551	1611	1631	1651	1712	1732	1752	1812	1831	1849	1908	1933	2002	2031	2100	2129	2158	2228	
Heath Park Stansgate Road (arr.)	1554	1614	1634	1654	1714	1734	1754	1814	1833	1851	1910	1935	2004	2033	2102	2131	2200	2230	
Heath Park Stansgate Road (dep.)	1556	1616	1636	1656	1716	1736	1756	1816	1835	1853	1912	1937	2006	2035	2104	2133	2202	2232	
Becontree Heath Civic Cent.(Wood La.	1559	1619	1639	1659	1719	1739	1759	1819	1838	1856	1915	1940	2009	2038	2107	2136	2205	2235	
Dagenham Road Birkbeck Road	1605	1625	1645	1704	1724	1744	1804	1824	1843	1901	1920	1945	2013	2042	2111	2140	2209	2239	
Queen's Hospital	1609	1629	1649	1708	1728	1748	1807	1827	1845	1903	1922	1947	2015	2044	2113	2142	2211	2241	
Romford Station	1615	1635	1655	1714	1734	1754	1813	1833	1851	1909	1927	1952	2020	2049	2118	2147	2216	2246	
Pettits Lane Marshalls Park School	1621	1641	1701	1720	1740	1800	1819	1839	1857	1915	1933	1958	2026	2054	2123	2152	2221	2251	
Chase Cross Havering Road	1630	1650	1708	1727	1747	1807	1826	1846	1904	1922	1940	2005	2031	2059	2128	2157	2226	2256	
Noak Hill North Hill Drive	1636	1656	1714	1733	1753	1813	1832	1852	1910	1928	1946	2010	2036	2104	2133	2202	2231	2301	
Harold Hill Hilldene Avenue	1639	1659	1717	1736	1756	1816	1835	1855	1913	1931	1949	2012	2038	2106	2135	2204	2233	2303	
Keats Avenue Heaton Avenue	1645	1704	1722	1741	1801	1821	1840	1859	1917	1935	1953	2016	2042	2110	2139	2208	2237	2307	
Gallows Corner Straight Road	1649	1708	1726	1745	1805	1825	1844	1903	1921	1939	1957	2020	2046	2114	2143	2212	2241	2311	
Gallows Corner Tesco	1654	1712	1730	1749	1809	1829	1848	1906	1924	1941	1959	2022	2048	2116	2145	2214	2243	2313	
Crow Lane Jutsums Lane	2252	2322	2352																
Becontree Heath Morrisons	2258	2328	2358																
Heath Park Stansgate Road (arr.)	2300	2330	0000																
Heath Park Stansgate Road (dep.)	2302	2332	0002																
Becontree Heath Civic Cent.(Wood La.	2305	2335	0005																
Dagenham Road Birkbeck Road	2309	2339	0009																
Queen's Hospital	2311	2341	0011																
Romford Station	2316	2346	0016																
Pettits Lane Marshalls Park School	2321	2351	0021																
Chase Cross Havering Road	2326	2356	0026																
Noak Hill North Hill Drive	2331	0001	0031																
Harold Hill Hilldene Avenue	2333	0003	0033																
Keats Avenue Heaton Avenue	2337	0007	0037																
Gallows Corner Straight Road	2341	0011	0041																
Gallows Corner Tesco	2343	0013	0043																
499	Sundays and other Public Holidays (except Christmas Day)																		
Crow Lane Jutsums Lane	0650	0720	0750	0820	0850	0919	0949	1019	1048	1118	1148	1219	1249	1319	1349	1419	1449	1519	
Becontree Heath Morrisons	0657	0727	0757	0827	0857	0927	0957	1027	1057	1127	1157	1228	1258	1328	1358	1428	1458	1528	
Heath Park Stansgate Road (arr.)	0658	0728	0758	0828	0858	0928	0958	1028	1058	1128	1158	1229	1259	1329	1359	1429	1459	1529	
Heath Park Stansgate Road (dep.)	0700	0730	0800	0830	0900	0930	1000	1030	1100	1130	1200	1231	1301	1331	1401	1431	1501	1531	
Becontree Heath Civic Cent.(Wood La.	0703	0733	0803	0833	0903	0933	1003	1033	1103	1133	1203	1234	1304	1334	1404	1434	1504	1534	
Dagenham Road Birkbeck Road	0706	0736	0806	0836	0906	0936	1007	1037	1107	1137	1207	1238	1308	1338	1408	1438	1508	1538	
Queen's Hospital	0709	0739	0809	0839	0909	0939	1010	1040	1110	1140	1210	1241	1311	1341	1411	1441	1511	1541	
Romford Station	0713	0743	0813	0843	0914	0944	1015	1045	1115	1145	1215	1246	1316	1346	1416	1446	1516	1546	
Pettits Lane Marshalls Park School	0718	0748	0818	0849	0920	0950	1021	1052	1122	1153	1224	1254	1324	1354	1424	1454	1523	1553	
Chase Cross Havering Road	0723	0753	0823	0854	0926	0958	1028	1058	1128	1159	1230	1300	1330	1400	1430	1459	1528	1558	
Noak Hill North Hill Drive	0728	0758	0828	0900	0932	1004	1034	1104	1134	1205	1236	1306	1336	1406	1436	1505	1534	1604	
Harold Hill Hilldene Avenue	0730	0800	0830	0902	0935	1007	1037	1107	1137	1208	1239	1309	1339	1409	1439	1508	1537	1607	
Keats Avenue Heaton Avenue	0734	0804	0835	0907	0940	1012	1042	1112	1142	1213	1244	1314	1344	1414	1444	1513	1542	1612	
Gallows Corner Straight Road	0738	0808	0839	0911	0944	1017	1047	1117	1147	1218	1249	1319	1349	1419	1449	1518	1547	1617	
Gallows Corner Tesco	0741	0811	0842	0914	0947	1020	1051	1121	1151	1222	1253	1323	1353	1423	1453	1522	1551	1621	
Crow Lane Jutsums Lane	1549	1619	1649	1719	1750	1821	1851	1921	1951	2022	2052	2122	2152	2222	2252	2322	2352		
Becontree Heath Morrisons	1558	1628	1658	1728	1758	1828	1858	1928	1958	2028	2058	2128	2158	2228	2258	2328	2358		
Heath Park Stansgate Road (arr.)	1559	1629	1659	1729	1759	1829	1859	1929	1959	2029	2059	2129	2159	2229	2259	2329	2359		
Heath Park Stansgate Road (dep.)	1601	1631	1701	1731	1801	1831	1901	1931	2001	2031	2101	2131	2201	2231	2301	2331	0001		
Becontree Heath Civic Cent.(Wood La.	1604	1634	1704	1734	1804	1834	1904	1934	2004	2034	2104	2134	2204	2234	2304	2334	0004		
Dagenham Road Birkbeck Road	1608	1637	1707	1737	1807	1837	1907	1937	2007	2037	2107	2137	2207	2237	2307	2337	0007		
Queen's Hospital	1611	1640	1710	1740	1810	1840	1910	1940	2010	2040	2110	2140	2210	2240	2310	2340	0010		
Romford Station	1616	1645	1715	1745	1815	1844	1914	1944	2014	2044	2114	2144	2214	2244	2314	2344	0014		
Pettits Lane Marshalls Park School	1623	1652	1721	1751	1821	1850	1920	1950	2020	2049	2119	2149	2219	2249	2319	2349	0019		
Chase Cross Havering Road	1628	1657	1726	1756	1826	1855	1925	1955	2025	2054	2124	2154	2224	2254	2324	2354	0024		
Noak Hill North Hill Drive	1634	1703	1732	1802	1832	1901	1931	2001	2031	2100	2130	2200	2230	2300	2330	0000	0030		
Harold Hill Hilldene Avenue	1637	1706	1735	1805	1835	1904	1934	2004	2034	2103	2132	2202	2232	2302	2332	0002	0032		
Keats Avenue Heaton Avenue	1642	1711	1740	1810	1840	1909	1938	2008	2038	2107	2136	2206	2236	2306	2336	0006	0035		
Gallows Corner Straight Road	1646	1715	1744	1814	1844	1913	1942	2012	2042	2111	2140	2209	2239	2309	2339	0009	0038		
Gallows Corner Tesco	1649	1718	1747	1817	1847	1916	1945	2015	2045	2114	2143	2212	2242	2312	2342	0012	0041		