

499		Mondays to Fridays															
Gallows Corner Tesco	0515	0545	0615	0637	0648	0702	0722	0741	0801	0821	0841	0900	Then every 20 minutes until	1320	1341	1400	1420
Gallows Corner Straight Road	0517	0547	0617	0639	0652	0706	0726	0745	0805	0825	0845	0904		1324	1345	1404	1424
Keats Avenue Heaton Avenue	0521	0551	0621	0643	0656	0711	0731	0750	0810	0830	0850	0909		1329	1350	1409	1429
Harold Hill Hilldene Avenue	0525	0555	0625	0646	0700	0716	0736	0755	0815	0835	0855	0914		1334	1355	1414	1434
Noak Hill North Hill Drive	0527	0557	0627	0648	0702	0719	0739	0758	0818	0838	0858	0917		1337	1358	1417	1437
Chase Cross Havering Road	0532	0602	0632	0653	0709	0727	0747	0806	0826	0846	0905	0924		1344	1405	1423	1443
Pettits Lane Marshalls Park School	0536	0606	0636	0657	0716	0735	0755	0814	0834	0854	0910	0929		1349	1410	1429	1449
Romford Station	0542	0612	0642	0705	0724	0744	0804	0823	0843	0903	0918	0937		1357	1418	1437	1457
Queen's Hospital	0547	0617	0647	0710	0729	0749	0809	0828	0848	0908	0923	0942		1402	1423	1442	1502
Crow Lane Jutsums Lane	0549	0619	0649	0712	0731	0753	0813	0832	0852	0912	0925	0944		1404	1425	1444	1504
Becontree Heath Morrisons	0556	0626	0656	0722	0742	0804	0824	0843	0903	0923	0935	0954	1414	1435	1455	1515	
Heath Park Stansgate Road (arr.)	0558	0628	0658	0724	0744	0806	0826	0845	0905	0925	0937	0956	1416	1437	1457	1517	
Heath Park Stansgate Road (dep.)	0558	0630	0700	0726	0746	0808	0828	0847	0907	0927	0939	0958	1418	1439	1459	1519	
Becontree Heath Civic Cent.(Wood La.)	0601	0633	0703	0729	0749	0811	0831	0850	0910	0930	0942	1001	1421	1442	1502	1522	
Dagenham Road Birkbeck Road	0605	0637	0708	0735	0754	0816	0836	0855	0915	0935	0947	1006	1426	1447	1509	1529	
Gallows Corner Tesco	1440	1500	1520	1540	1600	1620	1640	1700	1720	1740	1800	1820	1840	1900	1920	Then every 30 minutes until	2320
Gallows Corner Straight Road	1444	1504	1524	1544	1604	1624	1644	1704	1724	1744	1804	1824	1843	1902	1922		2322
Keats Avenue Heaton Avenue	1449	1509	1529	1549	1609	1629	1649	1709	1729	1749	1809	1829	1847	1906	1926		2326
Harold Hill Hilldene Avenue	1454	1514	1534	1554	1614	1634	1654	1714	1734	1754	1814	1833	1851	1910	1929		2329
Noak Hill North Hill Drive	1457	1517	1537	1557	1617	1637	1657	1717	1737	1757	1817	1836	1854	1912	1931		2331
Chase Cross Havering Road	1503	1523	1543	1603	1623	1643	1703	1723	1743	1803	1823	1842	1900	1917	1936		2336
Pettits Lane Marshalls Park School	1509	1529	1549	1609	1629	1649	1709	1729	1749	1809	1829	1846	1904	1921	1940		2340
Romford Station	1517	1537	1557	1617	1637	1657	1717	1737	1757	1817	1837	1853	1911	1927	1945		2345
Queen's Hospital	1522	1542	1602	1622	1642	1702	1722	1742	1802	1822	1842	1858	1916	1932	1950		2350
Crow Lane Jutsums Lane	1526	1546	1606	1626	1646	1706	1726	1746	1806	1826	1844	1900	1918	1934	1952		2352
Becontree Heath Morrisons	1537	1557	1617	1637	1657	1717	1737	1757	1817	1837	1855	1907	1925	1941	1958	2358	
Heath Park Stansgate Road (arr.)	1539	1559	1619	1639	1659	1719	1739	1759	1819	1839	1857	1909	1927	1943	2000	0000	
Heath Park Stansgate Road (dep.)	1541	1601	1621	1641	1701	1721	1741	1801	1821	1841	1859	1911	1929	1945	2002	0002	
Becontree Heath Civic Cent.(Wood La.)	1544	1604	1624	1644	1704	1724	1744	1804	1824	1844	1902	1914	1932	1948	2005	0005	
Dagenham Road Birkbeck Road	1551	1611	1631	1650	1710	1730	1750	1810	1829	1849	1907	1918	1936	1952	2009	0009	
499		Saturdays (also Good Friday)															
Gallows Corner Tesco	0515	Then every 30 minutes until	0745	0815	0831	0851	0902	0922	0940	1000	1020	1040	1100	Then every 20 minutes until	1420	1440	
Gallows Corner Straight Road	0517		0747	0817	0833	0853	0904	0924	0943	1003	1023	1043	1105		1425	1445	
Keats Avenue Heaton Avenue	0521		0751	0821	0837	0857	0908	0928	0947	1007	1027	1047	1109		1429	1449	
Harold Hill Hilldene Avenue	0525		0755	0825	0841	0901	0913	0933	0952	1012	1032	1052	1114		1434	1454	
Noak Hill North Hill Drive	0527		0757	0827	0843	0903	0916	0936	0955	1015	1035	1055	1117		1437	1457	
Chase Cross Havering Road	0532		0802	0832	0848	0908	0923	0943	1002	1022	1042	1102	1124		1444	1504	
Pettits Lane Marshalls Park School	0536		0806	0836	0853	0913	0929	0949	1008	1028	1048	1108	1131		1451	1511	
Romford Station	0544		0814	0844	0902	0922	0938	0958	1018	1038	1058	1118	1141		1501	1521	
Queen's Hospital	0547		0817	0847	0906	0926	0942	1002	1022	1042	1102	1122	1145		1505	1525	
Crow Lane Jutsums Lane	0549		0819	0849	0908	0928	0944	1004	1024	1045	1105	1125	1148		1508	1528	
Becontree Heath Morrisons	0556	0826	0857	0916	0936	0952	1012	1032	1053	1113	1133	1156	1516	1536			
Heath Park Stansgate Road (arr.)	0558	0828	0859	0918	0938	0954	1014	1034	1055	1115	1135	1159	1519	1539			
Heath Park Stansgate Road (dep.)	0600	0830	0901	0920	0940	0956	1016	1036	1057	1117	1137	1201	1521	1541			
Becontree Heath Civic Cent.(Wood La.)	0603	0833	0904	0923	0943	0959	1019	1039	1100	1120	1140	1204	1524	1544			
Dagenham Road Birkbeck Road	0607	0837	0909	0929	0949	1005	1025	1045	1106	1126	1146	1210	1530	1549			
Gallows Corner Tesco	1500	1520	1540	1600	1620	1640	1700	1720	1740	1800	1820	1850	1920	1950	Then every 30 minutes until	2320	
Gallows Corner Straight Road	1503	1523	1543	1603	1623	1643	1703	1723	1743	1802	1822	1852	1922	1952		2322	
Keats Avenue Heaton Avenue	1507	1527	1547	1607	1627	1647	1707	1727	1747	1806	1826	1856	1926	1956		2326	
Harold Hill Hilldene Avenue	1512	1532	1552	1612	1632	1652	1712	1732	1752	1810	1830	1900	1930	1959		2329	
Noak Hill North Hill Drive	1515	1535	1555	1615	1635	1655	1715	1735	1755	1812	1832	1902	1932	2001		2331	
Chase Cross Havering Road	1522	1542	1602	1622	1642	1702	1722	1742	1800	1817	1837	1907	1937	2006		2336	
Pettits Lane Marshalls Park School	1528	1548	1608	1628	1648	1707	1727	1747	1805	1821	1841	1911	1941	2010		2340	
Romford Station	1538	1558	1618	1638	1658	1717	1737	1757	1814	1829	1849	1919	1949	2017		2347	
Queen's Hospital	1542	1602	1622	1642	1702	1721	1741	1801	1817	1832	1852	1922	1952	2020		2350	
Crow Lane Jutsums Lane	1545	1605	1625	1645	1705	1723	1743	1803	1819	1834	1854	1924	1954	2022		2352	
Becontree Heath Morrisons	1553	1613	1633	1653	1713	1731	1751	1811	1826	1841	1901	1931	2001	2028	2358		
Heath Park Stansgate Road (arr.)	1555	1615	1635	1655	1715	1733	1753	1813	1828	1843	1903	1933	2003	2030	0000		
Heath Park Stansgate Road (dep.)	1557	1617	1637	1657	1717	1735	1755	1815	1830	1845	1905	1935	2005	2032	0002		
Becontree Heath Civic Cent.(Wood La.)	1600	1620	1640	1700	1720	1738	1758	1818	1833	1848	1908	1938	2008	2035	0005		
Dagenham Road Birkbeck Road	1608	1625	1645	1705	1725	1743	1803	1823	1838	1852	1912	1942	2012	2039	0009		

499 Sundays and other Public Holidays (except Christmas Day)																	
Gallows Corner <i>Tesco</i>	0615	0645	0715	0745	0818	0848	0918	0944	1014	1044	1110	1140		1440	1510	1540	1610
Gallows Corner <i>Straight Road</i>	0617	0647	0717	0747	0820	0850	0920	0947	1017	1047	1114	1144		1444	1513	1543	1613
Keats Avenue <i>Heaton Avenue</i>	0621	0651	0721	0751	0824	0854	0924	0951	1021	1051	1118	1148		1448	1517	1547	1617
Harold Hill <i>Hilldene Avenue</i>	0624	0654	0724	0754	0828	0858	0928	0955	1025	1055	1123	1153		1453	1521	1551	1621
Noak Hill <i>North Hill Drive</i>	0626	0656	0726	0756	0830	0900	0930	0958	1028	1058	1126	1156		1456	1524	1554	1624
Chase Cross <i>Havering Road</i>	0631	0701	0731	0801	0835	0905	0935	1003	1033	1103	1132	1202	<i>Then every 30 minutes until</i>	1502	1529	1559	1629
Pettits Lane <i>Marshalls Park School</i>	0635	0705	0735	0805	0839	0909	0939	1008	1038	1108	1137	1207		1507	1534	1604	1634
Romford Station	0643	0713	0743	0813	0847	0917	0947	1017	1047	1117	1147	1217		1517	1544	1613	1643
Queen's Hospital	0647	0717	0747	0817	0851	0921	0951	1021	1051	1121	1151	1221		1521	1548	1617	1647
Crow Lane <i>Jutsums Lane</i>	0649	0719	0749	0819	0853	0923	0953	1023	1053	1123	1153	1224		1524	1551	1619	1649
Becontree Heath <i>Morrisons</i>	0655	0725	0755	0825	0900	0931	1001	1031	1101	1131	1201	1232		1532	1559	1627	1657
Heath Park <i>Stansgate Road (arr.)</i>	0657	0727	0757	0827	0902	0933	1003	1033	1103	1133	1203	1234		1534	1601	1629	1659
Heath Park <i>Stansgate Road (dep.)</i>	0700	0730	0800	0830	0903	0935	1005	1035	1105	1135	1205	1236		1536	1602	1631	1701
Becontree Heath <i>Civic Cent. (Wood La.)</i>	0703	0733	0803	0833	0906	0938	1008	1038	1108	1138	1208	1239		1539	1605	1634	1704
Dagenham Road <i>Birkbeck Road</i>	0707	0737	0807	0837	0910	0942	1012	1042	1112	1142	1212	1243		1543	1610	1638	1708
Gallows Corner <i>Tesco</i>	1640	1710	1745	1820	1850	1920			2320								
Gallows Corner <i>Straight Road</i>	1643	1713	1748	1822	1852	1922			2322								
Keats Avenue <i>Heaton Avenue</i>	1647	1717	1752	1826	1856	1926			2326								
Harold Hill <i>Hilldene Avenue</i>	1651	1721	1756	1830	1900	1929			2329								
Noak Hill <i>North Hill Drive</i>	1654	1724	1759	1832	1902	1931			2331								
Chase Cross <i>Havering Road</i>	1659	1729	1804	1837	1907	1936		<i>Then every 30 minutes until</i>	2336								
Pettits Lane <i>Marshalls Park School</i>	1704	1734	1808	1841	1911	1940			2340								
Romford Station	1713	1743	1816	1849	1919	1947			2347								
Queen's Hospital	1717	1747	1819	1852	1922	1950			2350								
Crow Lane <i>Jutsums Lane</i>	1719	1749	1821	1854	1924	1952			2352								
Becontree Heath <i>Morrisons</i>	1727	1757	1828	1901	1931	1958			2358								
Heath Park <i>Stansgate Road (arr.)</i>	1729	1759	1830	1903	1933	2000			0000								
Heath Park <i>Stansgate Road (dep.)</i>	1731	1801	1832	1905	1935	2002			0002								
Becontree Heath <i>Civic Cent. (Wood La.)</i>	1734	1804	1835	1908	1938	2005			0005								
Dagenham Road <i>Birkbeck Road</i>	1738	1808	1839	1912	1942	2009			0009								

499		Mondays to Fridays																
Crow Lane Jutsums Lane	0549	0619	0649	0712	0731	0753	0813	0832	0852	0912	0925	0944	1004	Then every 20 minutes until	1404	1425	1444	
Becontree Heath Morrisons	0556	0626	0656	0722	0742	0804	0824	0843	0903	0923	0935	0954	1014		1414	1435	1455	
Heath Park Stansgate Road (arr.)	0558	0628	0658	0724	0744	0806	0826	0845	0905	0925	0937	0956	1016		1416	1437	1457	
Heath Park Stansgate Road (dep.)	0558	0630	0700	0726	0746	0808	0828	0847	0907	0927	0939	0958	1018		1418	1439	1459	
Becontree Heath Civic Cent. (Wood La.)	0601	0633	0703	0729	0749	0811	0831	0850	0910	0930	0942	1001	1021		1421	1442	1502	
Dagenham Road Birkbeck Road	0605	0637	0708	0735	0754	0816	0836	0855	0915	0935	0947	1006	1026		1426	1447	1509	
Queen's Hospital	0607	0639	0710	0739	0759	0821	0841	0900	0920	0939	0951	1010	1030		1430	1451	1513	
Romford Station	0612	0644	0715	0745	0805	0827	0847	0906	0926	0945	0957	1016	1036		1436	1457	1519	
Pettits Lane Marshalls Park School	0618	0650	0722	0752	0812	0834	0854	0913	0933	0952	1004	1023	1043		1443	1507	1529	
Chase Cross Havering Road	0623	0655	0728	0758	0818	0840	0900	0919	0939	0958	1010	1029	1049		1449	1515	1537	
Noak Hill North Hill Drive	0627	0659	0734	0805	0825	0847	0907	0926	0946	1005	1017	1036	1056		1456	1522	1544	
Harold Hill Hilldene Avenue	0629	0701	0737	0808	0828	0850	0910	0929	0949	1008	1020	1039	1059		1459	1525	1547	
Keats Avenue Heaton Avenue	0633	0707	0743	0814	0834	0856	0916	0935	0955	1014	1026	1045	1105		1505	1531	1553	
Gallows Corner Straight Road	0637	0711	0747	0818	0838	0900	0920	0939	0959	1018	1030	1049	1109		1509	1535	1557	
Gallows Corner Tesco	0639	0715	0751	0822	0842	0904	0924	0943	1003	1022	1034	1053	1112		1512	1539	1601	
Crow Lane Jutsums Lane	1504	1526	1546	1606	1626	1646	1706	1726	1746	1806	1826	1844	1900		1918	1934	1952	2022
Becontree Heath Morrisons	1515	1537	1557	1617	1637	1657	1717	1737	1757	1817	1837	1855	1907	1925	1941	1958	2028	2058
Heath Park Stansgate Road (arr.)	1517	1539	1559	1619	1639	1659	1719	1739	1759	1819	1839	1857	1909	1927	1943	2000	2030	2100
Heath Park Stansgate Road (dep.)	1519	1541	1601	1621	1641	1701	1721	1741	1801	1821	1841	1859	1911	1929	1945	2002	2032	2102
Becontree Heath Civic Cent. (Wood La.)	1522	1544	1604	1624	1644	1704	1724	1744	1804	1824	1844	1902	1914	1932	1948	2005	2035	2105
Dagenham Road Birkbeck Road	1529	1551	1611	1631	1650	1710	1730	1750	1810	1829	1849	1907	1918	1936	1952	2009	2039	2109
Queen's Hospital	1533	1555	1615	1635	1654	1714	1734	1754	1814	1833	1853	1909	1920	1938	1954	2011	2041	2111
Romford Station	1539	1601	1621	1641	1700	1719	1739	1800	1820	1839	1858	1914	1925	1943	1959	2016	2046	2116
Pettits Lane Marshalls Park School	1549	1611	1631	1652	1713	1732	1752	1813	1833	1847	1906	1922	--	1950	--	2023	2053	2123
Chase Cross Havering Road	1557	1619	1639	1659	1721	1740	1759	1821	1841	1853	1912	1928	--	1955	--	2028	2058	2128
Noak Hill North Hill Drive	1604	1626	1646	1706	1728	1747	1806	1828	1848	1859	1918	1934	--	2000	--	2033	2103	2133
Harold Hill Hilldene Avenue	1607	1629	1649	1709	1731	1750	1809	1831	1851	1902	1920	1936	--	2002	--	2035	2105	2135
Keats Avenue Heaton Avenue	1613	1635	1655	1715	1737	1756	1815	1837	1857	1908	1924	1940	--	2006	--	2039	2109	2139
Gallows Corner Straight Road	1617	1639	1659	1719	1741	1800	1819	1841	1901	1912	1928	1944	--	2010	--	2043	2113	2143
Gallows Corner Tesco	1621	1643	1703	1723	1745	1804	1823	1845	1905	1916	1932	1948	--	2014	--	2047	2115	2145
Crow Lane Jutsums Lane	2122													2352				
Becontree Heath Morrisons	2128													2358				
Heath Park Stansgate Road (arr.)	2130													0000				
Heath Park Stansgate Road (dep.)	2132													0002				
Becontree Heath Civic Cent. (Wood La.)	2135													0005				
Dagenham Road Birkbeck Road	2139	Then every 30 minutes until													0009			
Queen's Hospital	2141														0011			
Romford Station	2146														0016			
Pettits Lane Marshalls Park School	2151														0021			
Chase Cross Havering Road	2156														0026			
Noak Hill North Hill Drive	2201														0031			
Harold Hill Hilldene Avenue	2203														0033			
Keats Avenue Heaton Avenue	2207														0037			
Gallows Corner Straight Road	2211														0041			
Gallows Corner Tesco	2213														0043			

499		Saturdays (also Good Friday)																					
Crow Lane Jutsums Lane	0549		0749	0819	0849	0908	0928	0944	1004	1024	1045	1105	1125	1148									1508
Becontree Heath Morrisons	0556		0756	0826	0857	0916	0936	0952	1012	1032	1053	1113	1133	1156									1516
Heath Park Stansgate Road (arr.)	0558		0758	0828	0859	0918	0938	0954	1014	1034	1055	1115	1135	1159									1519
Heath Park Stansgate Road (dep.)	0600		0800	0830	0901	0920	0940	0956	1016	1036	1057	1117	1137	1201									1521
Becontree Heath Civic Cent. (Wood La.)	0603		0803	0833	0904	0923	0943	0959	1019	1039	1100	1120	1140	1204									1524
Dagenham Road Birkbeck Road	0607		0807	0837	0909	0929	0949	1005	1025	1045	1106	1126	1146	1210									1530
Queen's Hospital	0609		0809	0839	0911	0931	0951	1008	1029	1049	1110	1130	1150	1214									1534
Romford Station	0614		0814	0844	0917	0937	0957	1014	1035	1055	1116	1136	1156	1220									1540
Pettits Lane Marshalls Park School	0619		0819	0849	0923	0943	1003	1020	1041	1101	1122	1142	1202	1226									1546
Chase Cross Havering Road	0624		0824	0854	0929	0949	1009	1027	1048	1108	1131	1151	1211	1235									1555
Noak Hill North Hill Drive	0628		0828	0858	0934	0954	1014	1033	1054	1114	1137	1157	1217	1241									1601
Harold Hill Hilldene Avenue	0630		0830	0900	0937	0957	1017	1036	1057	1117	1140	1200	1220	1244									1604
Keats Avenue Heaton Avenue	0634		0834	0905	0943	1003	1023	1042	1103	1123	1146	1206	1226	1250									1610
Gallows Corner Straight Road	0638		0838	0909	0947	1007	1027	1047	1108	1128	1151	1211	1231	1255									1615
Gallows Corner Tesco	0640		0840	0915	0950	1011	1031	1051	1112	1132	1155	1215	1235	1259									1619
Crow Lane Jutsums Lane	1528	1545	1605	1625	1645	1705	1723	1743	1803	1819	1834	1854	1924	1954	2022								2352
Becontree Heath Morrisons	1536	1553	1613	1633	1653	1713	1731	1751	1811	1826	1841	1901	1931	2001	2028								2358
Heath Park Stansgate Road (arr.)	1539	1555	1615	1635	1655	1715	1733	1753	1813	1828	1843	1903	1933	2003	2030								0000
Heath Park Stansgate Road (dep.)	1541	1557	1617	1637	1657	1717	1735	1755	1815	1830	1845	1905	1935	2005	2032								0002
Becontree Heath Civic Cent. (Wood La.)	1544	1600	1620	1640	1700	1720	1738	1758	1818	1833	1848	1908	1938	2008	2035								0005
Dagenham Road Birkbeck Road	1549	1608	1625	1645	1705	1725	1743	1803	1823	1838	1852	1912	1942	2012	2039								0009
Queen's Hospital	1553	1609	1629	1649	1708	1728	1745	1805	1825	1840	1854	1914	1944	2014	2041								0011
Romford Station	1559	1615	1635	1655	1713	1733	1750	1810	1830	1845	1859	1919	1949	2019	2046								0016
Pettits Lane Marshalls Park School	1605	1621	1641	1701	1719	1739	1756	1816	1836	1850	1904	1924	1954	2024	2051								0021
Chase Cross Havering Road	1612	1631	1648	1708	1726	1746	1803	1823	1843	1856	1909	1929	1959	2029	2056								0026
Noak Hill North Hill Drive	1618	1637	1654	1714	1732	1752	1809	1829	1849	1902	1914	1934	2004	2034	2101								0031
Harold Hill Hilldene Avenue	1621	1640	1657	1717	1735	1755	1812	1832	1852	1904	1916	1936	2006	2036	2103								0033
Keats Avenue Heaton Avenue	1626	1642	1702	1722	1740	1800	1816	1836	1856	1908	1920	1940	2010	2040	2107								0037
Gallows Corner Straight Road	1630	1646	1706	1726	1744	1804	1820	1840	1900	1912	1924	1944	2014	2044	2111								0041
Gallows Corner Tesco	1634	1650	1710	1730	1748	1808	1822	1842	1902	1914	1926	1946	2016	2046	2113								0043
499		Sundays and other Public Holidays (except Christmas Day)																					
Crow Lane Jutsums Lane	0649	0719	0749	0819	0853	0923	0953	1023	1053	1123	1153	1224	1254	1324	1354	1424	1454	1524					
Becontree Heath Morrisons	0655	0725	0755	0825	0900	0931	1001	1031	1101	1131	1201	1232	1302	1332	1402	1432	1502	1532					
Heath Park Stansgate Road (arr.)	0657	0727	0757	0827	0902	0933	1003	1033	1103	1133	1203	1234	1304	1334	1404	1434	1504	1534					
Heath Park Stansgate Road (dep.)	0700	0730	0800	0830	0903	0935	1005	1035	1105	1135	1205	1236	1306	1336	1406	1436	1506	1536					
Becontree Heath Civic Cent. (Wood La.)	0703	0733	0803	0833	0906	0938	1008	1038	1108	1138	1208	1239	1309	1339	1409	1439	1509	1539					
Dagenham Road Birkbeck Road	0707	0737	0807	0837	0910	0942	1012	1042	1112	1142	1212	1243	1313	1343	1413	1443	1513	1543					
Queen's Hospital	0709	0739	0809	0839	0912	0945	1015	1045	1115	1145	1215	1246	1316	1346	1416	1446	1516	1546					
Romford Station	0714	0744	0814	0844	0917	0950	1020	1050	1120	1150	1221	1252	1322	1352	1422	1452	1521	1551					
Pettits Lane Marshalls Park School	0719	0749	0819	0849	0922	0956	1026	1056	1126	1156	1227	1258	1328	1358	1428	1458	1527	1557					
Chase Cross Havering Road	0724	0754	0824	0854	0927	1002	1032	1102	1132	1202	1233	1304	1334	1404	1434	1504	1532	1602					
Noak Hill North Hill Drive	0728	0758	0828	0858	0931	1008	1038	1108	1138	1208	1239	1310	1340	1410	1440	1510	1537	1607					
Harold Hill Hilldene Avenue	0730	0800	0830	0900	0933	1011	1041	1111	1141	1211	1242	1313	1343	1413	1443	1513	1540	1610					
Keats Avenue Heaton Avenue	0734	0804	0834	0904	0938	1016	1046	1116	1146	1216	1247	1318	1348	1418	1448	1518	1545	1615					
Gallows Corner Straight Road	0738	0808	0838	0908	0942	1020	1051	1121	1151	1221	1252	1323	1353	1423	1453	1523	1549	1619					
Gallows Corner Tesco	0740	0810	0840	0910	0947	1026	1057	1127	1157	1227	1258	1329	1359	1429	1459	1529	1555	1625					
Crow Lane Jutsums Lane	1551	1619	1649	1719	1749	1821	1854	1924	1952	2022	2052	2122											2352
Becontree Heath Morrisons	1559	1627	1657	1727	1757	1828	1901	1931	1958	2028	2058	2128											2358
Heath Park Stansgate Road (arr.)	1601	1629	1659	1729	1759	1830	1903	1933	2000	2030	2100	2130											0000
Heath Park Stansgate Road (dep.)	1602	1631	1701	1731	1801	1832	1905	1935	2002	2032	2102	2132											0002
Becontree Heath Civic Cent. (Wood La.)	1605	1634	1704	1734	1804	1835	1908	1938	2005	2035	2105	2135											0005
Dagenham Road Birkbeck Road	1610	1638	1708	1738	1808	1839	1912	1942	2009	2039	2109	2139											0009
Queen's Hospital	1613	1641	1711	1741	1810	1841	1914	1944	2011	2041	2111	2141											0011
Romford Station	1618	1646	1716	1746	1815	1846	1919	1949	2016	2046	2116	2146											0016
Pettits Lane Marshalls Park School	1624	1652	1722	1752	1821	1852	1925	1954	2021	2051	2121	2151											0021
Chase Cross Havering Road	1629	1657	1727	1757	1826	1857	1930	1959	2026	2056	2126	2156											0026
Noak Hill North Hill Drive	1634	1702	1732	1802	1831	1902	1935	2003	2030	2100	2130	2201											0031
Harold Hill Hilldene Avenue	1637	1705	1735	1804	1833	1904	1937	2005	2032	2102	2132	2203											0033
Keats Avenue Heaton Avenue	1642	1710	1740	1808	1837	1908	1941	2009	2036	2106	2136	2207											0037
Gallows Corner Straight Road	1646																						