

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	1440
Keats Avenue Heaton Avenue	0521	0551	0621	0643	0656	0711	0731	0750	0810	0830	0850	0909		1329	1350	1409	1429	1449
Harold Hill Hilldene Avenue	0525	0555	0625	0646	0700	0716	0736	0755	0815	0835	0855	0914		1334	1355	1414	1434	1454
Chase Cross Havering Road	0532	0602	0632	0653	0709	0727	0747	0806	0826	0846	0905	0924		1344	1405	1423	1443	1503
Pettits Lane Marshalls Park School	0536	0606	0636	0657	0716	0735	0755	0814	0834	0854	0910	0929		1349	1410	1429	1449	1509
Romford Station	0542	0612	0642	0705	0724	0744	0804	0823	0843	0903	0918	0937		1357	1418	1437	1457	1517
Queen's Hospital	0547	0617	0647	0710	0729	0749	0809	0828	0848	0908	0923	0942		1402	1423	1442	1502	1522
Becontree Heath Morrisons	0556	0626	0656	0722	0742	0804	0824	0843	0903	0923	0935	0954		1414	1435	1455	1515	1537
Heath Park Stansgate Road (arr.)	0558	0630	0700	0726	0746	0808	0828	0847	0907	0927	0939	0958		1418	1439	1459	1519	1539
Dagenham Road Birkbeck Road	0605	0637	0708	0735	0754	0816	0836	0855	0915	0935	0947	1006	1426	1447	1509	1529	1551	
Gallows Corner Tesco	1500	1520	1540	1600	1620	1640	1700	1720	1740	1800	1820	1840	1900	1920	Then every 30 minutes until	2320		
Keats Avenue Heaton Avenue	1509	1529	1549	1609	1629	1649	1709	1729	1749	1809	1829	1847	1906	1926		2326		
Harold Hill Hilldene Avenue	1514	1534	1554	1614	1634	1654	1714	1734	1754	1814	1833	1851	1910	1929		2329		
Chase Cross Havering Road	1523	1543	1603	1623	1643	1703	1723	1743	1803	1823	1842	1900	1917	1936		2336		
Pettits Lane Marshalls Park School	1529	1549	1609	1629	1649	1709	1729	1749	1809	1829	1846	1904	1921	1940		2340		
Romford Station	1537	1557	1617	1637	1657	1717	1737	1757	1817	1837	1853	1911	1927	1945		2345		
Queen's Hospital	1542	1602	1622	1642	1702	1722	1742	1802	1822	1842	1858	1916	1932	1950		2350		
Becontree Heath Morrisons	1557	1617	1637	1657	1717	1737	1757	1817	1837	1855	1907	1925	1941	1958		2358		
Heath Park Stansgate Road (arr.)	1559	1619	1639	1659	1719	1739	1759	1819	1839	1857	1909	1927	1943	2000		0000		
Dagenham Road Birkbeck Road	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	1500	
Keats Avenue Heaton Avenue	0521		0751	0821	0837	0857	0908	0928	0947	1007	1027	1047	1109		1429	1449	1507	
Harold Hill Hilldene Avenue	0525		0755	0825	0841	0901	0913	0933	0952	1012	1032	1052	1114		1434	1454	1512	
Chase Cross Havering Road	0532		0802	0832	0848	0908	0923	0943	1002	1022	1042	1102	1124		1444	1504	1522	
Pettits Lane Marshalls Park School	0536		0806	0836	0853	0913	0929	0949	1008	1028	1048	1108	1131		1451	1511	1528	
Romford Station	0544		0814	0844	0902	0922	0938	0958	1018	1038	1058	1118	1141		1501	1521	1538	
Queen's Hospital	0547		0817	0847	0906	0926	0942	1002	1022	1042	1102	1122	1145		1505	1525	1542	
Becontree Heath Morrisons	0556		0826	0857	0916	0936	0952	1012	1032	1053	1113	1133	1156		1516	1536	1553	
Heath Park Stansgate Road (arr.)	0558		0828	0859	0918	0938	0954	1014	1034	1055	1115	1135	1159		1519	1539	1555	
Dagenham Road Birkbeck Road	0607	0837	0909	0929	0949	1005	1025	1045	1106	1126	1146	1210	1530	1549	1608			
Gallows Corner Tesco	1520	1540	1600	1620	1640	1700	1720	1740	1800	1820	1850	1920	1950	Then every 30 minutes until	2320			
Keats Avenue Heaton Avenue	1527	1547	1607	1627	1647	1707	1727	1747	1806	1826	1856	1926	1956		2326			
Harold Hill Hilldene Avenue	1532	1552	1612	1632	1652	1712	1732	1752	1810	1830	1900	1930	1959		2329			
Chase Cross Havering Road	1542	1602	1622	1642	1702	1722	1742	1800	1817	1837	1907	1937	2006		2336			
Pettits Lane Marshalls Park School	1548	1608	1628	1648	1707	1727	1747	1805	1821	1841	1911	1941	2010		2340			
Romford Station	1558	1618	1638	1658	1717	1737	1757	1814	1829	1849	1919	1949	2017		2345			
Queen's Hospital	1602	1622	1642	1702	1721	1741	1801	1817	1832	1852	1922	1952	2020		2350			
Becontree Heath Morrisons	1613	1633	1653	1713	1731	1751	1811	1826	1841	1901	1931	2001	2028		2358			
Heath Park Stansgate Road (arr.)	1615	1635	1655	1715	1733	1753	1813	1828	1843	1903	1933	2003	2030		0000			
Dagenham Road Birkbeck Road	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 Tesco	0615	0645	0715	0745	0818	0848	0918	0944	1014	1044	1110	1140	Then every 30 minutes until	1440	1510	1540	1610	1640
Keats Avenue Heaton Avenue	0621	0651	0721	0751	0824	0854	0924	0951	1021	1051	1118	1148		1448	1517	1547	1617	1647
Harold Hill Hilldene Avenue	0624	0654	0724	0754	0828	0858	0928	0955	1025	1055	1123	1153		1453	1521	1551	1621	1651
Chase Cross Havering Road	0631	0701	0731	0801	0835	0905	0935	1003	1033	1103	1132	1202		1502	1529	1559	1629	1659
Pettits Lane Marshalls Park School	0635	0705	0735	0805	0839	0909	0939	1008	1038	1108	1137	1207		1507	1534	1604	1634	1704
Romford Station	0643	0713	0743	0813	0847	0917	0947	1017	1047	1117	1147	1217		1517	1544	1613	1643	1713
Queen's Hospital	0647	0717	0747	0817	0851	0921	0951	1021	1051	1121	1151	1221		1521	1548	1617	1647	1717
Becontree Heath Morrisons	0655	0725	0755	0825	0900	0931	1001	1031	1101	1131	1201	1232		1532	1559	1627	1657	1727
Heath Park Stansgate Road (arr.)	0657	0727	0757	0827	0902	0933	1003	1033	1103	1133	1203	1234		1534	1601	1629	1659	1729
Dagenham Road Birkbeck Road	0707	0737	0807	0837	0910	0942	1012	1042	1112	1142	1212	1243	1543	1610	1638	1708	1738	
Gallows Corner Tesco	1710	1745	1820	1850	1920	Then every 30 minutes until	2320											
Keats Avenue Heaton Avenue	1717	1752	1826	1856	1926		2326											
Harold Hill Hilldene Avenue	1721	1756	1830	1900	1929		2329											
Chase Cross Havering Road	1729	1804	1837	1907	1936		2336											
Pettits Lane Marshalls Park School	1734	1808	1841	1911	1940		2340											
Romford Station	1743	1816	1849	1919	1947		2347											
Queen's Hospital	1747	1819	1852	1922	1950		2350											
Becontree Heath Morrisons	1757	1828	1901	1931	1958		2358											
Heath Park Stansgate Road (arr.)	1759	1830	1903	1933	2000		0000											
Dagenham Road Birkbeck Road	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			1404	1425	1444	1504	1526	
Becontree Heath Morrisons	0556	0626	0656	0722	0742	0804	0824	0843	0903	0923	0935	0954	1014			1414	1435	1455	1515	1537	
Heath Park Stansgate Road (dep.)	0558	0630	0700	0726	0746	0808	0828	0847	0907	0927	0939	0958	1018	Then		1418	1439	1459	1519	1541	
Queen's Hospital	0607	0639	0710	0739	0759	0821	0841	0900	0920	0939	0951	1010	1030	every		1430	1451	1513	1533	1555	
Romford Station	0612	0644	0715	0745	0805	0827	0847	0906	0926	0945	0957	1016	1036	20		1436	1457	1519	1539	1601	
Pettits Lane Marshalls Park School	0618	0650	0722	0752	0812	0834	0854	0913	0933	0952	1004	1023	1043	mins.		1443	1507	1529	1549	1611	
Chase Cross Havering Road	0623	0655	0728	0758	0818	0840	0900	0919	0939	0958	1010	1029	1049	until		1449	1515	1537	1557	1619	
Harold Hill Hilldene Avenue	0629	0701	0737	0808	0828	0850	0910	0929	0949	1008	1020	1039	1059			1459	1525	1547	1607	1629	
Keats Avenue Heaton Avenue	0633	0707	0743	0814	0834	0856	0916	0935	0955	1014	1026	1045	1105			1505	1531	1553	1613	1635	
Gallows Corner Tesco	0639	0715	0751	0822	0842	0904	0924	0943	1003	1022	1034	1053	1112			1512	1539	1601	1621	1643	
Crow Lane Jutsums Lane	1546	1606	1626	1646	1706	1726	1746	1806	1826	1844	1900	1918	1934	1952	2022	2052	2122			2352	
Becontree Heath Morrisons	1557	1617	1637	1657	1717	1737	1757	1817	1837	1855	1907	1925	1941	1958	2028	2058	2128			2358	
Heath Park Stansgate Road (dep.)	1601	1621	1641	1701	1721	1741	1801	1821	1841	1859	1911	1929	1945	2002	2032	2102	2132	Then		0002	
Queen's Hospital	1615	1635	1654	1714	1734	1754	1814	1833	1853	1909	1920	1938	1954	2011	2041	2111	2141	every		0011	
Romford Station	1621	1641	1700	1719	1739	1800	1820	1839	1858	1914	1925	1943	1959	2016	2046	2116	2146	30		0016	
Pettits Lane Marshalls Park School	1631	1652	1713	1732	1752	1813	1833	1847	1906	1922	--	1950	--	2023	2053	2123	2151	mins.		0021	
Chase Cross Havering Road	1639	1659	1721	1740	1759	1821	1841	1853	1912	1928	--	1955	--	2028	2058	2128	2156	until		0026	
Harold Hill Hilldene Avenue	1649	1709	1731	1750	1809	1831	1851	1902	1920	1936	--	2002	--	2035	2105	2135	2203			0033	
Keats Avenue Heaton Avenue	1655	1715	1737	1756	1815	1837	1857	1908	1924	1940	--	2006	--	2039	2109	2139	2207			0037	
Gallows Corner Tesco	1703	1723	1745	1804	1823	1845	1905	1916	1932	1948	--	2014	--	2047	2115	2145	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	1528
Becontree Heath Morrisons	0556			0756	0826	0857	0916	0936	0952	1012	1032	1053	1113	1133	1156					1516	1536
Heath Park Stansgate Road (dep.)	0600			0800	0830	0901	0920	0940	0956	1016	1036	1057	1117	1137	1201					1521	1541
Queen's Hospital	0609	Then		0809	0839	0911	0931	0951	1008	1029	1049	1110	1130	1150	1214			Then		1534	1553
Romford Station	0614	every 30		0814	0844	0917	0937	0957	1014	1035	1055	1116	1136	1156	1220			every 20		1540	1559
Pettits Lane Marshalls Park School	0619	minutes		0819	0849	0923	0943	1003	1020	1041	1101	1122	1142	1202	1226			minutes		1546	1605
Chase Cross Havering Road	0624	until		0824	0854	0929	0949	1009	1027	1048	1108	1131	1151	1211	1235			until		1555	1612
Harold Hill Hilldene Avenue	0630			0830	0900	0937	0957	1017	1036	1057	1117	1140	1200	1220	1244					1604	1621
Keats Avenue Heaton Avenue	0634			0834	0905	0943	1003	1023	1042	1103	1123	1146	1206	1226	1250					1610	1626
Gallows Corner Tesco	0640			0840	0915	0950	1011	1031	1051	1112	1132	1155	1215	1235	1259					1619	1634
Crow Lane Jutsums Lane	1545	1605	1625	1645	1705	1723	1743	1803	1819	1834	1854	1924	1954	2022				Then		2352	
Becontree Heath Morrisons	1553	1613	1633	1653	1713	1731	1751	1811	1826	1841	1901	1931	2001	2028				every 30		2358	
Heath Park Stansgate Road (dep.)	1557	1617	1637	1657	1717	1735	1755	1815	1830	1845	1905	1935	2005	2032				minutes		0002	
Queen's Hospital	1609	1629	1649	1708	1728	1745	1805	1825	1840	1854	1914	1944	2014	2041				until		0011	
Romford Station	1615	1635	1655	1713	1733	1750	1810	1830	1845	1859	1919	1949	2019	2046				minutes		0016	
Pettits Lane Marshalls Park School	1621	1641	1701	1719	1739	1756	1816	1836	1850	1904	1924	1954	2024	2051				until		0021	
Chase Cross Havering Road	1631	1648	1708	1726	1746	1803	1823	1843	1856	1909	1929	1959	2029	2056				until		0026	
Harold Hill Hilldene Avenue	1640	1657	1717	1735	1755	1812	1832	1852	1904	1916	1936	2006	2036	2103						0033	
Keats Avenue Heaton Avenue	1642	1702	1722	1740	1800	1816	1836	1856	1908	1920	1940	2010	2040	2107						0037	
Gallows Corner Tesco	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	1551		
Becontree Heath Morrisons	0655	0725	0755	0825	0900	0931	1001	1031	1101	1131	1201	1232	1302	1332	1402	1432	1502	1532	1559		
Heath Park Stansgate Road (dep.)	0700	0730	0800	0830	0903	0935	1005	1035	1105	1135	1205	1236	1306	1336	1406	1436	1506	1536	1602		
Queen's Hospital	0709	0739	0809	0839	0912	0945	1015	1045	1115	1145	1215	1246	1316	1346	1416	1446	1516	1546	1613		
Romford Station	0714	0744	0814	0844	0917	0950	1020	1050	1120	1150	1221	1252	1322	1352	1422	1452	1521	1551	1618		
Pettits Lane Marshalls Park School	0719	0749	0819	0849	0922	0956	1026	1056	1126	1156	1227	1258	1328	1358	1428	1458	1527	1557	1624		
Chase Cross Havering Road	0724	0754	0824	0854	0927	1002	1032	1102	1132	1202	1233	1304	1334	1404	1434	1504	1532	1602	1629		
Harold Hill Hilldene Avenue	0730	0800	0830	0900	0933	1011	1041	1111	1141	1211	1242	1313	1343	1413	1443	1513	1540	1610	1637		
Keats Avenue Heaton Avenue	0734	0804	0834	0904	0938	1016	1046	1116	1146	1216	1247	1318	1348	1418	1448	1518	1545	1615	1642		
Gallows Corner Tesco	0740	0810	0840	0910	0947	1026	1057	1127	1157	1227	1258	1329	1359	1429	1459	1529	1555	1625	1651		
Crow Lane Jutsums Lane	1619	1649	1719	1749	1821	1854	1924	1952	2022	2052	2122							Then		2352	
Becontree Heath Morrisons	1627	1657	1727	1757	1828	1901	1931	1958	2028	2058	2128							every 30		2358	
Heath Park Stansgate Road (dep.)	1631	1701	1731	1801	1832	1905	1935	2002	2032	2102	2132							minutes		0002	
Queen's Hospital	1641	1711	1741	1810	1841	1914	1944	2011	2041	2111	2141							until		0011	
Romford Station	1646	1716	1746	1815	1846	1919	1949	2016	2046	2116	2146							minutes		0016	
Pettits Lane Marshalls Park School	1652	1722	1752	1821	1852	1925	1954	2021	2051	2121	2151							until		0021	
Chase Cross Havering Road	1657	1727	1757	1826	1857	1930	1959	2026	2056	2126	2156							until		0026	
Harold Hill Hilldene Avenue	1705	1735	1804	1833	1904	1937	2005	2032	2102	2132	2203									0033	
Keats Avenue Heaton Avenue	1710	1740	1808	1837	1908	1941	2009	2036	2106	2136	2207									0037	
Gallows Corner Tesco	1717	1747	1814	1843	1914	1947	2015	2042	2112	2142	2213									0043	