

499		Mondays to Fridays														
Gallows Corner <i>Tesco</i>	0512 0541 0602 0612 0627 0645 0703 0723 0745 0807 0829 0850 0911		1311 1329 1348 1407 1427 1446													
Keats Avenue <i>Heaton Avenue</i>	0518 0547 0609 0619 0635 0654 0712 0732 0754 0816 0838 0859 0920		1320 1338 1357 1416 1436 1455													
Harold Hill <i>Hilldene Avenue</i>	0522 0551 0613 0623 0640 0700 0718 0738 0800 0821 0843 0904 0925	<i>Then</i>	1325 1343 1402 1421 1441 1500													
Chase Cross <i>Havering Road</i>	0530 0559 0622 0633 0651 0711 0729 0749 0811 0832 0853 0914 0935	<i>about</i>	1335 1353 1412 1431 1451 1510													
Pettits Lane <i>Marshalls Park School</i>	0535 0604 0628 0640 0659 0719 0738 0758 0820 0840 0900 0920 0941	<i>every</i>	1341 1359 1418 1437 1457 1516													
Romford Station	0541 0611 0636 0649 0709 0729 0749 0809 0829 0849 0909 0929 0950	<i>20</i>	1350 1409 1428 1447 1507 1526													
Crow Lane <i>Jutsums Lane</i>	0549 0619 0645 0659 0719 0739 0759 0819 0839 0859 0919 0939 0959	<i>mins.</i>	1359 1418 1437 1456 1516 1535													
Becontree Heath <i>Morrisons</i>	0556 0626 0653 0708 0728 0748 0808 0828 0848 0908 0928 0948 1008	<i>until</i>	1408 1427 1447 1507 1527 1547													
Heath Park <i>Stansgate Road (dep.)</i>	0600 0630 0657 0712 0732 0752 0812 0832 0852 0912 0932 0952 1012		1412 1431 1451 1511 1531 1551													
Dagenham Road <i>Birkbeck Road</i>	0607 0637 0706 0721 0741 0801 0821 0841 0900 0920 0940 1000 1020		1422 1441 1501 1521 1541 1601													
Gallows Corner <i>Tesco</i>	1506 1526 1546 1606 1627 1648 1711 1732 1753 1815 1837 1909 1943 2016 2047 2117 2149 2220 2250 2320															
Keats Avenue <i>Heaton Avenue</i>	1515 1535 1555 1615 1636 1657 1720 1741 1802 1824 1845 1916 1950 2023 2053 2123 2155 2225 2255 2325															
Harold Hill <i>Hilldene Avenue</i>	1520 1540 1600 1620 1641 1702 1725 1746 1807 1829 1850 1920 1954 2027 2057 2127 2159 2228 2258 2328															
Chase Cross <i>Havering Road</i>	1530 1550 1610 1630 1651 1712 1735 1756 1817 1839 1900 1930 2003 2034 2104 2134 2206 2235 2305 2335															
Pettits Lane <i>Marshalls Park School</i>	1536 1556 1616 1636 1656 1717 1740 1801 1822 1844 1904 1934 2007 2038 2108 2138 2210 2239 2309 2339															
Romford Station	1546 1606 1626 1646 1706 1726 1748 1809 1830 1851 1911 1941 2013 2044 2114 2144 2214 2244 2314 2344															
Crow Lane <i>Jutsums Lane</i>	1556 1616 1636 1657 1717 1737 1757 1818 1839 1900 1920 1950 2021 2052 2122 2152 2222 2252 2322 2352															
Becontree Heath <i>Morrisons</i>	1608 1628 1648 1708 1728 1748 1808 1828 1848 1908 1928 1958 2028 2058 2128 2158 2228 2258 2328 2358															
Heath Park <i>Stansgate Road (dep.)</i>	1612 1632 1652 1712 1732 1752 1812 1832 1852 1912 1932 2002 2032 2102 2132 2202 2232 2302 2332 0002															
Dagenham Road <i>Birkbeck Road</i>	1622 1642 1702 1722 1742 1802 1820 1840 1900 1920 1940 2009 2038 2108 2138 2208 2238 2308 2338 0008															
499		Saturdays (also Good Friday)														
Gallows Corner <i>Tesco</i>	0515		0745 0815 0830 0845 0859 0919 0939 0958 1017 1037 1056 1115 1134		1414 1435											
Keats Avenue <i>Heaton Avenue</i>	0521		0751 0821 0836 0851 0906 0926 0946 1005 1024 1044 1104 1124 1143		1423 1444											
Harold Hill <i>Hilldene Avenue</i>	0525		0755 0825 0840 0855 0911 0931 0951 1010 1029 1049 1109 1129 1148		1428 1449											
Chase Cross <i>Havering Road</i>	0532	<i>Then</i>	0802 0832 0849 0904 0921 0941 1001 1020 1039 1059 1119 1139 1158	<i>Then</i>	1438 1459											
Pettits Lane <i>Marshalls Park School</i>	0536	<i>every 30</i>	0806 0836 0854 0910 0927 0947 1007 1026 1045 1105 1125 1145 1205	<i>every 20</i>	1445 1505											
Romford Station	0544	<i>minutes</i>	0814 0844 0902 0920 0938 0958 1018 1037 1056 1116 1136 1156 1216	<i>minutes</i>	1456 1516											
Crow Lane <i>Jutsums Lane</i>	0549	<i>until</i>	0819 0849 0908 0926 0944 1004 1024 1044 1103 1123 1143 1203 1223	<i>until</i>	1503 1523											
Becontree Heath <i>Morrisons</i>	0556		0826 0856 0916 0934 0952 1012 1032 1052 1111 1131 1151 1211 1231		1511 1531											
Heath Park <i>Stansgate Road (dep.)</i>	0600		0830 0900 0920 0938 0956 1016 1036 1056 1116 1136 1156 1216 1236		1516 1536											
Dagenham Road <i>Birkbeck Road</i>	0607		0837 0908 0928 0946 1004 1025 1045 1105 1125 1145 1205 1225 1245		1525 1545											
Gallows Corner <i>Tesco</i>	1456 1517 1537 1557 1618 1639 1659 1720 1740 1800 1820 1850 1920 1950 2020 2050 2120				2320											
Keats Avenue <i>Heaton Avenue</i>	1504 1524 1544 1604 1625 1646 1706 1727 1747 1807 1827 1857 1926 1956 2026 2056 2126				2326											
Harold Hill <i>Hilldene Avenue</i>	1509 1529 1549 1609 1630 1651 1711 1732 1752 1812 1832 1901 1930 2000 2030 2100 2129				2329											
Chase Cross <i>Havering Road</i>	1519 1539 1559 1619 1640 1701 1721 1742 1801 1820 1839 1908 1937 2007 2037 2107 2136	<i>Then</i>			2336											
Pettits Lane <i>Marshalls Park School</i>	1525 1545 1605 1625 1646 1707 1727 1748 1807 1826 1845 1912 1941 2011 2041 2111 2140	<i>every 30</i>			2340											
Romford Station	1536 1556 1616 1636 1657 1717 1737 1757 1816 1835 1854 1921 1950 2019 2048 2118 2147	<i>minutes</i>			2347											
Crow Lane <i>Jutsums Lane</i>	1543 1603 1623 1643 1704 1724 1744 1804 1823 1842 1901 1926 1955 2024 2053 2123 2152	<i>until</i>			2352											
Becontree Heath <i>Morrisons</i>	1551 1611 1631 1651 1712 1732 1752 1812 1831 1849 1908 1933 2002 2031 2100 2129 2158				2358											
Heath Park <i>Stansgate Road (dep.)</i>	1556 1616 1636 1656 1716 1736 1756 1816 1835 1853 1912 1937 2006 2035 2104 2133 2202				0002											
Dagenham Road <i>Birkbeck Road</i>	1605 1625 1645 1704 1724 1744 1804 1824 1843 1901 1920 1945 2013 2042 2111 2140 2209				0009											
499		Sundays and other Public Holidays (except Christmas Day)														
Gallows Corner <i>Tesco</i>	0615 0645 0715 0744 0813 0840 0906 0935 1004 1034 1103 1133 1202 1232 1302 1333 1404 1434 1504 1535															
Keats Avenue <i>Heaton Avenue</i>	0621 0651 0721 0750 0820 0848 0914 0943 1012 1042 1111 1141 1211 1241 1311 1342 1412 1442 1512 1543															
Harold Hill <i>Hilldene Avenue</i>	0625 0655 0725 0754 0824 0852 0919 0948 1017 1047 1116 1146 1216 1246 1316 1347 1417 1447 1517 1548															
Chase Cross <i>Havering Road</i>	0633 0703 0733 0802 0832 0900 0928 0958 1027 1057 1126 1156 1226 1256 1326 1357 1427 1457 1527 1558															
Pettits Lane <i>Marshalls Park School</i>	0637 0707 0737 0806 0836 0904 0933 1003 1032 1102 1131 1201 1231 1301 1331 1402 1432 1502 1532 1603															
Romford Station	0643 0713 0743 0813 0843 0911 0941 1011 1040 1110 1140 1211 1241 1311 1341 1411 1441 1511 1541 1611															
Crow Lane <i>Jutsums Lane</i>	0650 0720 0750 0820 0850 0919 0949 1019 1048 1118 1148 1219 1249 1319 1349 1419 1449 1519 1549 1619															
Becontree Heath <i>Morrisons</i>	0657 0727 0757 0827 0857 0927 0957 1027 1057 1127 1157 1228 1258 1328 1358 1428 1458 1528 1558 1628															
Heath Park <i>Stansgate Road (dep.)</i>	0700 0730 0800 0830 0900 0930 1000 1030 1100 1130 1200 1231 1301 1331 1401 1431 1501 1531 1601 1631															
Dagenham Road <i>Birkbeck Road</i>	0706 0736 0806 0836 0906 0936 1007 1037 1107 1137 1207 1238 1308 1338 1408 1438 1508 1538 1608 1637															
Gallows Corner <i>Tesco</i>	1605 1637 1709 1741 1813 1844 1915 1946 2017 2048 2118 2149 2219 2249 2320															
Keats Avenue <i>Heaton Avenue</i>	1613 1645 1717 1749 1821 1852 1922 1953 2024 2055 2125 2155 2225 2255 2325															
Harold Hill <i>Hilldene Avenue</i>	1617 1649 1721 1753 1825 1856 1926 1957 2028 2058 2128 2158 2228 2258 2328															
Chase Cross <i>Havering Road</i>	1627 1658 1730 1802 1833 1904 1934 2005 2036 2106 2136 2206 2236 2306 2336															
Pettits Lane <i>Marshalls Park School</i>	1632 1703 1734 1806 1837 1908 1938 2009 2040 2110 2140 2210 2240 2310 2340															
Romford Station	1641 1711 1742 1813 1844 1914 1944 2015 2046 2116 2146 2216 2246 2316 2346															
Crow Lane <i>Jutsums Lane</i>	1649 1719 1750 1821 1851 1921 1951 2022 2052 2122 2152 2222 2252 2322 2352															
Becontree Heath <i>Morrisons</i>	1658 1728 1758 1828 1858 1928 1958 2028 2058 2128 2158 2228 2258 2328 2358															
Heath Park <i>Stansgate Road (dep.)</i>	1701 1731 1801 1831 1901 1931 2001 2031 2101 2131 2201 2231 2301 2331 0001															
Dagenham Road <i>Birkbeck Road</i>	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		0819 0839 0859 0919		1239 1259 1319 1339 1359 1418 1437 1456								
Becontree Heath Morrisons	0556 0626 0653 0708		0828 0848 0908 0928		1248 1308 1328 1348 1408 1427 1447 1507								
Heath Park Stansgate Road (dep.)	0600 0630 0657 0712		0832 0852 0912 0932		1252 1312 1332 1352 1412 1431 1451 1511								
Dagenham Road Birkbeck Road	0607 0637 0706 0721	Then every 20 minutes until	0841 0900 0920 0940	Then every 20 minutes until	1300 1320 1340 1401 1422 1441 1501 1521								
Romford Station	0615 0645 0715 0732		0852 0911 0931 0950		1310 1330 1350 1411 1432 1452 1512 1532								
Pettits Lane Marshalls Park School	0621 0651 0721 0739		0859 0918 0938 0958		1318 1339 1359 1420 1442 1503 1523 1543								
Chase Cross Havering Road	0626 0656 0727 0745		0905 0924 0944 1004		1324 1345 1406 1428 1450 1511 1531 1551								
Harold Hill Hilldene Avenue	0633 0704 0735 0755		0915 0934 0954 1014		1334 1355 1416 1438 1500 1521 1541 1601								
Keats Avenue Heaton Avenue	0637 0708 0740 0800		0920 0939 0959 1019		1339 1400 1421 1443 1506 1527 1547 1607								
Gallows Corner Tesco	0644 0717 0749 0809		0929 0948 1008 1028		1348 1409 1430 1452 1515 1536 1556 1616								
Crow Lane Jutsums Lane	1516 1535 1556 1616 1636 1657 1717 1737 1757 1818 1839 1900 1920 1950 2021 2052 2122				2352								
Becontree Heath Morrisons	1527 1547 1608 1628 1648 1708 1728 1748 1808 1828 1848 1908 1928 1958 2028 2058 2128				2358								
Heath Park Stansgate Road (dep.)	1531 1551 1612 1632 1652 1712 1732 1752 1812 1832 1852 1912 1932 2002 2032 2102 2132				0002								
Dagenham Road Birkbeck Road	1541 1601 1622 1642 1702 1722 1742 1802 1820 1840 1900 1920 1940 2009 2038 2108 2138	Then every 30 minutes until			0008								
Romford Station	1552 1612 1633 1653 1713 1733 1753 1812 1830 1849 1909 1928 1948 2017 2046 2116 2146		0016										
Pettits Lane Marshalls Park School	1603 1623 1644 1704 1724 1743 1802 1820 1838 1857 1916 1935 1954 2022 2051 2121 2150		0020										
Chase Cross Havering Road	1611 1631 1652 1712 1732 1751 1809 1827 1845 1904 1922 1940 1959 2027 2056 2126 2155		0025										
Harold Hill Hilldene Avenue	1621 1641 1702 1722 1742 1801 1819 1837 1855 1914 1932 1949 2008 2036 2105 2134 2203		0033										
Keats Avenue Heaton Avenue	1627 1647 1707 1727 1747 1806 1824 1842 1859 1918 1936 1953 2012 2040 2109 2138 2207		0037										
Gallows Corner Tesco	1636 1656 1716 1736 1755 1813 1831 1849 1906 1925 1943 2000 2019 2047 2116 2144 2213		0043										
499		Saturdays (also Good Friday)											
Crow Lane Jutsums Lane	0549 0619 0649 0719 0749 0819 0849 0908 0926 0944 1004 1024 1044 1103 1123 1143	Then every 20 minutes until			1523 1543								
Becontree Heath Morrisons	0556 0626 0656 0726 0756 0826 0856 0916 0934 0952 1012 1032 1052 1111 1131 1151		1531 1551										
Heath Park Stansgate Road (dep.)	0600 0630 0700 0730 0800 0830 0900 0920 0938 0956 1016 1036 1056 1116 1136 1156		1536 1556										
Dagenham Road Birkbeck Road	0607 0637 0707 0737 0807 0837 0908 0928 0946 1004 1025 1045 1105 1125 1145 1205		1545 1605										
Romford Station	0614 0644 0714 0744 0814 0845 0916 0936 0955 1014 1035 1055 1115 1135 1155 1215		1555 1615										
Pettits Lane Marshalls Park School	0619 0649 0719 0749 0819 0850 0922 0942 1001 1020 1041 1101 1121 1141 1201 1221	1601 1621											
Chase Cross Havering Road	0624 0654 0724 0754 0824 0855 0929 0949 1009 1028 1049 1109 1129 1149 1210 1230	1610 1630											
Harold Hill Hilldene Avenue	0630 0700 0730 0800 0830 0902 0938 0958 1018 1037 1058 1118 1138 1158 1219 1239	1619 1639											
Keats Avenue Heaton Avenue	0634 0704 0734 0804 0834 0907 0943 1003 1024 1043 1104 1124 1144 1204 1225 1245	1625 1645											
Gallows Corner Tesco	0640 0710 0740 0810 0840 0914 0951 1012 1032 1051 1114 1134 1153 1213 1234 1255	1635 1654											
Crow Lane Jutsums Lane	1603 1623 1643 1704 1724 1744 1804 1823 1842 1901 1926 1955 2024 2053 2123 2152 2222 2252 2322 2352												
Becontree Heath Morrisons	1611 1631 1651 1712 1732 1752 1812 1831 1849 1908 1933 2002 2031 2100 2129 2158 2228 2258 2328 2358												
Heath Park Stansgate Road (dep.)	1616 1636 1656 1716 1736 1756 1816 1835 1853 1912 1937 2006 2035 2104 2133 2202 2232 2302 2332 0002												
Dagenham Road Birkbeck Road	1625 1645 1704 1724 1744 1804 1824 1843 1901 1920 1945 2013 2042 2111 2140 2209 2239 2309 2339 0009												
Romford Station	1635 1655 1714 1734 1754 1813 1833 1851 1909 1927 1952 2020 2049 2118 2147 2216 2246 2316 2346 0016												
Pettits Lane Marshalls Park School	1641 1701 1720 1740 1800 1819 1839 1857 1915 1933 1958 2026 2054 2123 2152 2221 2251 2321 2351 0021												
Chase Cross Havering Road	1650 1708 1727 1747 1807 1826 1846 1904 1922 1940 2005 2031 2059 2128 2157 2226 2256 2326 2356 0026												
Harold Hill Hilldene Avenue	1659 1717 1736 1756 1816 1835 1855 1913 1931 1949 2012 2038 2106 2135 2204 2233 2303 2333 0003 0033												
Keats Avenue Heaton Avenue	1704 1722 1741 1801 1821 1840 1859 1917 1935 1953 2016 2042 2110 2139 2208 2237 2307 2337 0007 0037												
Gallows Corner Tesco	1712 1730 1749 1809 1829 1848 1906 1924 1941 1959 2022 2048 2116 2145 2214 2243 2313 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 1549 1619												
Becontree Heath Morrisons	0657 0727 0757 0827 0857 0927 0957 1027 1057 1127 1157 1228 1258 1328 1358 1428 1458 1528 1558 1628												
Heath Park Stansgate Road (dep.)	0700 0730 0800 0830 0900 0930 1000 1030 1100 1130 1200 1231 1301 1331 1401 1431 1501 1531 1601 1631												
Dagenham Road Birkbeck Road	0706 0736 0806 0836 0906 0936 1007 1037 1107 1137 1207 1238 1308 1338 1408 1438 1508 1538 1608 1637												
Romford Station	0713 0743 0813 0843 0914 0944 1015 1045 1115 1145 1215 1246 1316 1346 1416 1446 1516 1546 1616 1645												
Pettits Lane Marshalls Park School	0718 0748 0818 0849 0920 0950 1021 1052 1122 1153 1224 1254 1324 1354 1424 1454 1523 1553 1623 1652												
Chase Cross Havering Road	0723 0753 0823 0854 0926 0958 1028 1058 1128 1159 1230 1300 1330 1400 1430 1459 1528 1558 1628 1657												
Harold Hill Hilldene Avenue	0730 0800 0830 0902 0935 1007 1037 1107 1137 1208 1239 1309 1339 1409 1439 1508 1537 1607 1637 1706												
Keats Avenue Heaton Avenue	0734 0804 0835 0907 0940 1012 1042 1112 1142 1213 1244 1314 1344 1414 1444 1513 1542 1612 1642 1711												
Gallows Corner Tesco	0741 0811 0842 0914 0947 1020 1051 1121 1151 1222 1253 1323 1353 1423 1453 1522 1551 1621 1649 1718												
Crow Lane Jutsums Lane	1649 1719 1750 1821 1851 1921 1951 2022 2052 2122 2152 2222 2252 2322 2352												
Becontree Heath Morrisons	1658 1728 1758 1828 1858 1928 1958 2028 2058 2128 2158 2228 2258 2328 2358												
Heath Park Stansgate Road (dep.)	1701 1731 1801 1831 1901 1931 2001 2031 2101 2131 2201 2231 2301 2331 0001												
Dagenham Road Birkbeck Road	1707 1737 1807 1837 1907 1937 2007 2037 2107 2137 2207 2237 2307 2337 0007												
Romford Station	1715 1745 1815 1844 1914 1944 2014 2044 2114 2144 2214 2244 2314 2344 0014												
Pettits Lane Marshalls Park School	1721 1751 1821 1850 1920 1950 2020 2049 2119 2149 2219 2249 2319 2349 0019												
Chase Cross Havering Road	1726 1756 1826 1855 1925 1955 2025 2054 2124 2154 2224 2254 2324 2354 0024												
Harold Hill Hilldene Avenue	1735 1805 1835 1904 1934 2004 2034 2103 2132 2202 2232 2302 2332 0002 0032												
Keats Avenue Heaton Avenue	1740 1810 1840 1909 1938 2008 2038 2107 2136 2206 2236 2306 2336 0006 0035												
Gallows Corner Tesco	1747 1817 1847 1916 1945 2015 2045 2114 2143 2212 2242 2312 2342 0012 0041												