

165		Mondays to Fridays																
Abbey Wood Lane	0439	0454	0509	0524	0539	0554	0609	0622	0634	0645	0657	0708	0718	0729	0740	0751	0802	0814
Rainham War Memorial	0447	0502	0517	0532	0547	0602	0617	0630	0642	0654	0706	0717	0727	0738	0750	0801	0813	0825
South Hornchurch Cherry Tree	0452	0507	0522	0537	0552	0607	0623	0636	0648	0700	0713	0724	0734	0745	0757	0809	0821	0833
Elm Park Station	0458	0513	0528	0543	0558	0613	0629	0643	0655	0707	0720	0731	0742	0753	0805	0817	0829	0841
Hornchurch Town Centre	0506	0521	0536	0551	0606	0621	0637	0651	0703	0715	0729	0740	0751	0803	0815	0827	0839	0851
Gidea Park Drill	0511	0526	0541	0556	0611	0626	0642	0657	0710	0722	0736	0747	0758	0810	0822	0834	0846	0858
Romford Station	0516	0531	0546	0601	0616	0632	0648	0703	0716	0728	0742	0753	0805	0817	0829	0841	0853	0905
Romford Market	0519	0534	0549	0604	0619	0635	0651	0706	0719	0731	0745	0757	0809	0821	0833	0845	0857	0909
Romford Brewery	0521	0536	0551	0606	0621	0637	0653	0708	0721	0733	0747	0759	0811	0823	0835	0847	0859	0911
Abbey Wood Lane	0826	0839	0852	0905	0918	0931	0944	Then every 12 minutes until	1432	1444	1456	1508	1520	1531	1543	1555	1607	
Rainham War Memorial	0837	0850	0903	0915	0928	0940	0952		1440	1452	1504	1516	1528	1539	1551	1603	1615	
South Hornchurch Cherry Tree	0845	0858	0910	0922	0935	0947	0959		1447	1459	1511	1523	1535	1546	1559	1611	1623	
Elm Park Station	0853	0906	0918	0930	0943	0955	1007		1455	1507	1519	1531	1543	1554	1607	1619	1631	
Hornchurch Town Centre	0903	0916	0928	0940	0952	1004	1016		1504	1516	1528	1540	1552	1604	1617	1629	1641	
Gidea Park Drill	0910	0923	0935	0946	0958	1010	1022		1510	1523	1535	1548	1600	1612	1625	1637	1649	
Romford Station	0917	0930	0942	0953	1005	1017	1029		1517	1530	1542	1555	1608	1620	1633	1645	1657	
Romford Market	0921	0934	0946	0957	1009	1021	1033	1521	1534	1546	1559	1612	1624	1637	1649	1701		
Romford Brewery	0923	0937	0949	1000	1012	1024	1036	1524	1537	1549	1602	1615	1627	1640	1652	1704		
Abbey Wood Lane	1618	1629	Then every 20 minutes until	1729	1742	1754	1807	1819	1831	1843	1858	1914	1929	1944	2000		0020	
Rainham War Memorial	1626	1637		1737	1750	1802	1815	1827	1839	1851	1906	1922	1937	1952	2008		0028	
South Hornchurch Cherry Tree	1634	1645		1745	1758	1810	1823	1835	1847	1859	1914	1929	1943	1958	2014		0034	
Elm Park Station	1642	1653		1753	1806	1818	1831	1843	1854	1906	1921	1936	1950	2005	2020		0040	
Hornchurch Town Centre	1652	1703		1803	1816	1828	1840	1852	1902	1914	1929	1944	1958	2013	2028		0048	
Gidea Park Drill	1700	1711		1811	1824	1835	1847	1859	1909	1921	1936	1951	2005	2019	2034		0054	
Romford Station	1708	1719		1819	1832	1843	1855	1906	1916	1928	1942	1957	2011	2025	2040		0100	
Romford Market	1712	1723	1823	1836	1847	1859	1910	1920	1931	1945	2000	2014	2028	2043		0103		
Romford Brewery	1715	1726	1826	1838	1849	1901	1912	1922	1933	1947	2002	2016	2030	2045		0105		
165		Saturdays (also Good Friday)																
Abbey Wood Lane	0439	Then every 15 minutes until	0709	0723	0738	0753	0808	0823	0834	0846	0858	0909	0920	0931	0942	0953	1004	
Rainham War Memorial	0447		0717	0731	0746	0801	0816	0831	0842	0854	0906	0917	0928	0939	0950	1001	1013	
South Hornchurch Cherry Tree	0452		0722	0737	0752	0807	0822	0838	0849	0901	0913	0924	0935	0946	0957	1009	1021	
Elm Park Station	0458		0728	0743	0758	0813	0829	0845	0856	0908	0921	0932	0943	0954	1005	1017	1029	
Hornchurch Town Centre	0506		0736	0751	0806	0821	0837	0853	0905	0917	0930	0941	0952	1003	1015	1027	1039	
Gidea Park Drill	0511		0741	0756	0811	0826	0843	0859	0911	0923	0936	0948	0959	1010	1022	1034	1046	
Romford Station	0516		0746	0801	0817	0832	0850	0906	0918	0930	0943	0955	1007	1018	1030	1042	1054	
Romford Market	0519	0749	0804	0820	0836	0854	0910	0922	0934	0947	0959	1011	1022	1034	1046	1058		
Romford Brewery	0521	0751	0806	0822	0839	0857	0913	0925	0937	0950	1002	1014	1025	1037	1049	1101		
Abbey Wood Lane	1016	Then every 12 minutes until	1640	1653	1706	1719	1733	1745	1758	1813	1828	1843	1858	1913	1928	1943	2000	
Rainham War Memorial	1025		1649	1702	1714	1727	1741	1753	1806	1821	1836	1851	1906	1921	1936	1951	2008	
South Hornchurch Cherry Tree	1033		1657	1710	1722	1735	1748	1800	1813	1827	1842	1857	1912	1927	1942	1957	2014	
Elm Park Station	1041		1705	1718	1730	1742	1755	1807	1820	1834	1849	1904	1919	1934	1949	2003	2020	
Hornchurch Town Centre	1051		1715	1728	1740	1751	1804	1816	1829	1843	1858	1913	1928	1943	1958	2012	2028	
Gidea Park Drill	1058		1722	1735	1747	1758	1811	1823	1835	1849	1904	1919	1934	1949	2004	2018	2034	
Romford Station	1106		1730	1742	1754	1805	1818	1830	1842	1856	1911	1926	1941	1955	2010	2024	2040	
Romford Market	1110	1734	1746	1758	1809	1822	1834	1846	1900	1915	1929	1944	1958	2013	2027	2043		
Romford Brewery	1113	1737	1749	1801	1812	1825	1837	1848	1902	1917	1931	1946	2000	2015	2029	2045		
165		Saturdays (also Good Friday) (cont.)											Sundays and other Public Holidays					
Abbey Wood Lane	2020	Then every 20 minutes until	0020						0543			0803	0823	0841	0901	0920	0940	
Rainham War Memorial	2028		0028						0551			0811	0831	0849	0909	0928	0948	
South Hornchurch Cherry Tree	2034		0034						0556			0816	0837	0855	0915	0934	0954	
Elm Park Station	2040		0040						0602			0822	0843	0901	0921	0940	1000	
Hornchurch Town Centre	2048		0048						0610			0830	0851	0909	0929	0948	1008	
Gidea Park Drill	2054		0054						0615			0835	0856	0914	0934	0954	1014	
Romford Station	2100		0100						0620			0840	0901	0920	0940	1000	1020	
Romford Market	2103	0103						0623			0843	0904	0923	0943	1003	1024		
Romford Brewery	2105	0105						0625			0845	0906	0925	0945	1005	1026		
165		Sundays and other Public Holidays (except Christmas Day and Boxing Day) (cont.)																
Abbey Wood Lane	1000	1020	1040	1100	1120	1140	Then every 20 minutes until	1700	1720	1740	1800	1820	1840	1900	Then every 20 minutes until	0020		
Rainham War Memorial	1008	1028	1048	1108	1128	1148		1708	1728	1748	1808	1828	1848	1908		0028		
South Hornchurch Cherry Tree	1014	1034	1055	1115	1135	1155		1715	1735	1755	1814	1834	1854	1914		0034		
Elm Park Station	1020	1041	1102	1122	1142	1202		1722	1742	1802	1821	1841	1900	1920		0040		
Hornchurch Town Centre	1028	1049	1110	1130	1150	1211		1731	1751	1811	1830	1849	1908	1928		0048		
Gidea Park Drill	1034	1055	1116	1136	1156	1217		1737	1757	1817	1836	1855	1914	1934		0054		
Romford Station	1040	1101	1122	1142	1203	1224		1744	1803	1823	1842	1901	1920	1940		0100		
Romford Market	1044	1105	1126	1146	1207	1228	1748	1807	1827	1846	1905	1924	1943	0103				
Romford Brewery	1047	1108	1129	1149	1210	1231	1751	1810	1830	1848	1907	1926	1945	0105				

165		Mondays to Fridays																	
Romford Brewery	0506	0521	0536	0551	0606	0621	0636	0651	0706	0720	0735	Then every 12 minutes until	0835	0847	0859	0910	0921		
Romford Market	0509	0524	0539	0554	0609	0624	0639	0654	0709	0723	0738		0838	0850	0902	0913	0924		
Romford Station	0512	0527	0542	0557	0612	0627	0642	0657	0713	0727	0742		0842	0854	0906	0918	0929		
Gidea Park Drill	0517	0532	0547	0602	0617	0632	0648	0703	0719	0734	0749		0849	0901	0913	0925	0936		
Hornchurch Town Centre	0523	0538	0553	0608	0623	0639	0655	0710	0726	0741	0756		0856	0908	0921	0933	0944		
Elm Park Station	0530	0545	0600	0615	0630	0646	0702	0718	0734	0750	0805		0905	0917	0929	0941	0952		
South Hornchurch Cherry Tree	0536	0551	0606	0621	0636	0652	0709	0725	0742	0758	0813		0913	0924	0936	0948	0959		
Rainham War Memorial	0541	0556	0611	0626	0642	0659	0716	0733	0750	0806	0821		0921	0932	0944	0955	1006		
Abbey Wood Lane	0548	0603	0618	0633	0650	0707	0724	0741	0758	0814	0829		0929	0940	0952	1003	1014		
		SDO																	
Romford Brewery	0932	Then every 12 minutes until	1444	1455	1506	1517	1527	1537	1547	1558	--	1609	Then every 12 minutes until	1709	1720	1732			
Romford Market	0935		1447	1458	1509	1520	1530	1541	1551	1602	--	1613		1713	1724	1736			
Romford Station	0940		1452	1503	1514	1525	1535	1546	1556	1607	1608	1618		1718	1729	1741			
Gidea Park Drill	0947		1459	1510	1521	1532	1542	1553	1603	1614	1615	1626		1726	1737	1749			
Hornchurch Town Centre	0955		1507	1518	1529	1540	1550	1602	1612	1623	1624	1635		1735	1746	1758			
Elm Park Station	1003		1515	1526	1537	1548	1558	1610	1620	1631	1632	1643		1743	1754	1806			
South Hornchurch Cherry Tree	1010		1522	1534	1545	1556	1606	1618	1628	1639	1640	1651		1751	1802	1814			
Rainham War Memorial	1017		1529	1541	1553	1604	1614	1626	1636	1647	1648	1659		1759	1810	1822			
Abbey Wood Lane	1025		1537	1549	1601	1612	1623	1635	1645	1656	--	1708		1808	1819	1831			
Romford Brewery	1744		1756	1809	1821	1833	1845	1858	1914	1929	1944	1959		2014	2029	2050	Then every 20 minutes until	0110	
Romford Market	1748	1800	1813	1825	1837	1849	1902	1917	1932	1947	2002	2017	2032	2053	0113				
Romford Station	1753	1805	1818	1830	1842	1854	1907	1922	1936	1951	2006	2021	2036	2057	0117				
Gidea Park Drill	1801	1813	1825	1837	1849	1901	1913	1928	1942	1957	2012	2026	2041	2102	0122				
Hornchurch Town Centre	1810	1822	1834	1845	1857	1908	1920	1935	1949	2003	2018	2032	2047	2108	0128				
Elm Park Station	1818	1830	1842	1853	1905	1916	1928	1943	1957	2011	2026	2040	2055	2115	0135				
South Hornchurch Cherry Tree	1826	1838	1849	1900	1912	1923	1935	1950	2004	2018	2033	2047	2102	2122	0142				
Rainham War Memorial	1834	1845	1856	1907	1919	1930	1942	1956	2010	2024	2039	2053	2108	2128	0148				
Abbey Wood Lane	1842	1853	1904	1915	1926	1937	1949	2003	2017	2031	2046	2100	2115	2135	0155				
165		Saturdays (also Good Friday)																	
Romford Brewery	0506	Then every 15 minutes until	0736	0751	0806	0820	0833	0845	0857	0908	0920	0932	0944	0956	1008	1020	1032		
Romford Market	0509		0739	0754	0809	0823	0836	0848	0900	0911	0923	0935	0947	0959	1011	1023	1035		
Romford Station	0512		0742	0757	0812	0826	0839	0851	0903	0915	0927	0939	0951	1004	1016	1028	1040		
Gidea Park Drill	0517		0747	0802	0817	0831	0845	0857	0909	0921	0933	0945	0958	1011	1023	1035	1048		
Hornchurch Town Centre	0523		0753	0808	0823	0837	0851	0903	0915	0927	0940	0952	1005	1018	1031	1043	1056		
Elm Park Station	0530		0800	0815	0830	0845	0859	0912	0924	0936	0949	1002	1015	1028	1041	1053	1106		
South Hornchurch Cherry Tree	0536		0806	0821	0837	0852	0906	0919	0931	0943	0956	1009	1022	1035	1048	1101	1114		
Rainham War Memorial	0541		0811	0827	0843	0858	0913	0926	0939	0951	1004	1017	1030	1043	1056	1109	1122		
Abbey Wood Lane	0548		0818	0834	0850	0905	0920	0934	0947	0959	1012	1025	1038	1051	1104	1117	1130		
Romford Brewery	1045		Then every 12 minutes until	1645	1657	1709	1720	1733	1746	1758	1810	1822	1834	1846	1859	1914	1929	1944	
Romford Market	1048	1648		1700	1712	1723	1736	1749	1801	1813	1825	1837	1849	1902	1917	1932	1947		
Romford Station	1053	1653		1705	1717	1728	1741	1754	1806	1818	1829	1841	1853	1906	1921	1936	1951		
Gidea Park Drill	1101	1701		1713	1725	1736	1749	1801	1812	1824	1835	1847	1859	1912	1926	1941	1956		
Hornchurch Town Centre	1109	1709		1721	1733	1743	1756	1808	1819	1831	1842	1854	1906	1919	1932	1947	2002		
Elm Park Station	1119	1719		1731	1743	1753	1805	1817	1828	1840	1851	1902	1914	1927	1940	1955	2010		
South Hornchurch Cherry Tree	1127	1727		1738	1750	1800	1812	1824	1835	1847	1858	1909	1921	1934	1947	2002	2017		
Rainham War Memorial	1135	1735		1746	1757	1807	1819	1831	1842	1854	1905	1916	1927	1940	1953	2008	2023		
Abbey Wood Lane	1143	1743		1754	1805	1815	1827	1839	1850	1901	1912	1923	1934	1947	2000	2015	2030		
165		Saturdays & Good Friday (cont.)					Sundays and other Public Holidays (not Christmas/Boxing Days)												
Romford Brewery	1959	2014	2030	Then every 20 minutes until	0110	0600	Then every 20 minutes until	0800	0820	0840	0900	0920	0940	1000	1020	1040			
Romford Market	2002	2017	2033		0113	0603		0803	0823	0843	0903	0923	0943	1003	1023	1043			
Romford Station	2006	2021	2037		0117	0606		0806	0826	0846	0906	0926	0946	1006	1026	1046			
Gidea Park Drill	2011	2026	2042		0122	0611		0811	0831	0851	0912	0932	0952	1012	1032	1052			
Hornchurch Town Centre	2017	2032	2048		0128	0617		0817	0837	0857	0918	0938	0958	1018	1038	1058			
Elm Park Station	2024	2039	2055		0135	0624		0824	0844	0904	0925	0945	1005	1026	1046	1106			
South Hornchurch Cherry Tree	2031	2046	2102		0142	0630		0830	0850	0910	0931	0952	1012	1033	1053	1113			
Rainham War Memorial	2037	2052	2108		0148	0635		0835	0856	0916	0937	0958	1018	1039	1059	1119			
Abbey Wood Lane	2044	2059	2115		0155	0642		0842	0903	0923	0944	1005	1025	1046	1107	1127			
165		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																	
Romford Brewery	1100	1120	1140	1200	1220	Then every 20 mins. until	1700	1719	1738	1757	1816	1835	1854	1913	1931	1950	0110		
Romford Market	1103	1123	1143	1203	1223		1703	1722	1741	1800	1819	1838	1857	1916	1934	1953	0113		
Romford Station	1106	1127	1147	1207	1227		1707	1726	1745	1804	1823	1842	1901	1920	1938	1957	0117		
Gidea Park Drill	1112	1133	1153	1213	1233		1713	1732	1751	1810	1829	1848	1907	1926	1944	2002	0122		
Hornchurch Town Centre	1119	1140	1200	1220	1241		1721	1740	1759	1817	1836	1855	1914	1932	1950	2008	0128		
Elm Park Station	1127	1148	1208	1228	1249		1729	1748	1807	1825	1843	1902	1921	1939	1957	2015	0135		
South Hornchurch Cherry Tree	1134	1155	1215	1235	1256		1736	1755	1814	1832	1850	1909	1928	1946	2004	2022	0142		
Rainham War Memorial	1140	1201	1221	1242	1303		1743	1801	1820	1838	1856	1915	1934	1952	2010	2028	0148		
Abbey Wood Lane	1148	1209	1229	1250	1311		1751	1809	1828	1846	1904	1923	1941	1959	2017	2035	0155		

Note: SDO – Operates on school days only.