

165		Mondays to Fridays																
Abbey Wood Lane	0440	0455	0510	0525	0540	0555	0610	0622	0634	0645	0656	0708	0719	0730	0741	0752	0803	0815
Chandlers Corner	0444	0459	0514	0530	0545	0600	0615	0627	0639	0651	0702	0714	0725	0736	0748	0759	0811	0823
Rainham War Memorial	0446	0501	0517	0533	0548	0603	0618	0630	0642	0654	0705	0717	0728	0740	0752	0803	0815	0827
South Hornchurch Cherry Tree	0451	0506	0522	0538	0553	0608	0624	0636	0648	0700	0712	0724	0735	0747	0759	0811	0823	0835
Elm Park Station	0457	0512	0528	0544	0559	0615	0631	0644	0656	0708	0720	0732	0744	0756	0808	0820	0832	0844
Hornchurch Town Centre	0504	0519	0535	0551	0606	0622	0638	0651	0703	0715	0728	0740	0752	0805	0817	0829	0841	0853
Gidea Park The Drill	0510	0525	0541	0557	0612	0628	0644	0658	0711	0723	0736	0748	0800	0813	0825	0837	0849	0901
Romford Station	0516	0531	0547	0603	0619	0635	0651	0705	0718	0730	0743	0755	0808	0821	0833	0845	0857	0909
Romford Western Road	0518	0533	0549	0605	0621	0637	0653	0707	0720	0732	0745	0757	0810	0823	0835	0847	0859	0911
Romford Market St. Edward's Way	0519	0534	0550	0606	0622	0638	0654	0708	0721	0733	0746	0758	0811	0824	0836	0848	0900	0913
Romford Brewery	0521	0536	0552	0608	0624	0640	0656	0710	0723	0735	0748	0800	0813	0826	0838	0850	0902	0915
Abbey Wood Lane	0827	0839	0852	0905	0918	0931	0944	0957	1009	1020	Then every 12 minutes until	1508	1519	1530	1542	1554	1606	
Chandlers Corner	0835	0847	0900	0912	0925	0937	0950	1003	1015	1026		1514	1525	1536	1548	1600	1612	
Rainham War Memorial	0839	0851	0904	0916	0929	0941	0954	1007	1019	1030		1518	1529	1540	1552	1604	1616	
South Hornchurch Cherry Tree	0847	0859	0911	0923	0936	0948	1001	1014	1026	1037		1525	1536	1547	1600	1612	1624	
Elm Park Station	0856	0908	0920	0932	0945	0957	1010	1023	1035	1046		1534	1545	1556	1609	1621	1633	
Hornchurch Town Centre	0905	0917	0929	0941	0954	1006	1019	1032	1044	1055		1543	1554	1606	1619	1631	1643	
Gidea Park The Drill	0913	0925	0937	0949	1002	1014	1027	1040	1052	1103		1551	1603	1615	1628	1640	1652	
Romford Station	0921	0933	0945	0957	1009	1021	1034	1047	1059	1110		1558	1611	1623	1636	1648	1700	
Romford Western Road	0923	0935	0947	0959	1011	1023	1036	1049	1101	1112		1600	1613	1625	1638	1650	1702	
Romford Market St. Edward's Way	0925	0937	0949	1001	1013	1025	1038	1051	1103	1114		1602	1614	1626	1639	1651	1703	
Romford Brewery	0927	0939	0951	1003	1015	1027	1040	1053	1105	1116	1604	1616	1628	1641	1653	1705		
Abbey Wood Lane	1618	1630	Then every 12 minutes until	1742	1754	1806	1818	1830	1842	1854	1907	1922	1937	1952	2007	2022	2042	
Chandlers Corner	1624	1636		1748	1800	1812	1824	1836	1848	1900	1912	1927	1942	1957	2012	2027	2047	
Rainham War Memorial	1628	1640		1752	1804	1816	1828	1840	1851	1903	1915	1930	1945	2000	2015	2030	2050	
South Hornchurch Cherry Tree	1636	1648		1800	1812	1824	1836	1848	1859	1911	1922	1936	1951	2006	2021	2036	2056	
Elm Park Station	1645	1657		1809	1821	1833	1845	1856	1907	1919	1930	1944	1959	2013	2028	2043	2103	
Hornchurch Town Centre	1655	1706		1818	1830	1841	1853	1903	1914	1926	1937	1951	2006	2020	2035	2050	2110	
Gidea Park The Drill	1704	1715		1827	1838	1849	1901	1911	1921	1933	1944	1958	2012	2026	2041	2056	2116	
Romford Station	1712	1723		1835	1846	1857	1908	1918	1928	1939	1950	2004	2018	2032	2047	2102	2122	
Romford Western Road	1714	1725		1837	1848	1859	1910	1920	1930	1941	1952	2006	2020	2034	2049	2104	2124	
Romford Market St. Edward's Way	1715	1726		1838	1849	1900	1911	1921	1931	1942	1953	2007	2021	2035	2050	2105	2125	
Romford Brewery	1717	1728	1840	1851	1902	1913	1923	1933	1944	1955	2009	2023	2037	2052	2107	2127		
Abbey Wood Lane	2102	2122	2142	2202	2222	2242	2302	2322	2342	0002	0022							
Chandlers Corner	2107	2127	2147	2207	2227	2247	2307	2327	2347	0007	0027							
Rainham War Memorial	2110	2130	2150	2210	2230	2250	2310	2330	2350	0010	0030							
South Hornchurch Cherry Tree	2116	2136	2156	2216	2236	2255	2315	2335	2355	0015	0035							
Elm Park Station	2123	2143	2203	2222	2242	2301	2321	2341	0001	0021	0041							
Hornchurch Town Centre	2130	2150	2210	2229	2249	2308	2328	2348	0008	0028	0048							
Gidea Park The Drill	2136	2156	2216	2235	2255	2314	2334	2354	0014	0034	0054							
Romford Station	2142	2202	2222	2241	2301	2320	2340	0000	0020	0040	0100							
Romford Western Road	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓							
Romford Market St. Edward's Way	2145	2205	2225	2244	2304	2323	2342	0002	0022	0042	0102							
Romford Brewery	2147	2207	2227	2246	2306	2325	2344	0004	0024	0044	0104							

165		Saturdays (also Good Friday)																
Abbey Wood Lane	0440	0455	0510	0525	0540	0555	0610	0625	0640	0655	0710	0725	0740	0755	0810	0823	0833	0845
Chandlers Corner	0444	0459	0514	0530	0545	0600	0615	0630	0645	0700	0715	0730	0745	0800	0815	0828	0838	0850
Rainham War Memorial	0446	0501	0516	0532	0547	0602	0618	0633	0648	0703	0718	0733	0748	0803	0818	0831	0841	0853
South Hornchurch Cherry Tree	0451	0506	0521	0537	0552	0607	0623	0638	0653	0708	0723	0738	0753	0809	0824	0838	0848	0900
Elm Park Station	0457	0512	0527	0543	0558	0613	0629	0644	0659	0715	0730	0745	0800	0816	0832	0846	0856	0908
Hornchurch Town Centre	0504	0519	0534	0550	0605	0620	0636	0651	0706	0722	0737	0752	0807	0823	0839	0854	0905	0917
Gidea Park The Drill	0510	0525	0540	0556	0611	0626	0642	0657	0712	0728	0743	0758	0813	0829	0845	0900	0912	0924
Romford Station	0516	0531	0546	0602	0617	0632	0648	0703	0718	0734	0749	0804	0819	0835	0851	0907	0919	0931
Romford Western Road	0518	0533	0548	0604	0619	0634	0650	0705	0720	0736	0751	0806	0821	0837	0853	0909	0921	0933
Romford Market St. Edward's Way	0519	0534	0549	0605	0620	0635	0651	0706	0721	0737	0752	0807	0822	0839	0855	0911	0923	0935
Romford Brewery	0521	0536	0551	0607	0622	0637	0653	0708	0723	0739	0754	0809	0825	0842	0859	0915	0927	0939
Abbey Wood Lane	0855	0906	0916	0928	0939	0950	Then every 12 minutes until	1326	1338	1350	1402	1414	1426	1438	1450	Then every 12 mins. until	1626	
Chandlers Corner	0901	0912	0922	0934	0945	0957		1333	1345	1357	1409	1421	1433	1445	1457		1633	
Rainham War Memorial	0904	0915	0926	0938	0949	1001		1337	1349	1401	1413	1425	1436	1448	1500		1636	
South Hornchurch Cherry Tree	0911	0922	0933	0945	0956	1008		1344	1356	1408	1420	1432	1443	1455	1507		1643	
Elm Park Station	0920	0931	0942	0954	1005	1017		1353	1405	1417	1429	1441	1452	1504	1516		1652	
Hornchurch Town Centre	0929	0940	0951	1003	1015	1027		1403	1415	1427	1439	1451	1502	1514	1526		1702	
Gidea Park The Drill	0936	0948	0959	1011	1023	1035		1411	1423	1435	1447	1459	1510	1522	1534		1710	
Romford Station	0943	0955	1007	1019	1031	1043		1419	1431	1443	1454	1506	1517	1529	1541		1717	
Romford Western Road	0945	0957	1009	1021	1033	1045		1421	1433	1445	1456	1508	1519	1531	1543		1719	
Romford Market St. Edward's Way	0947	0959	1011	1023	1035	1047		1423	1435	1447	1458	1510	1521	1533	1545		1721	
Romford Brewery	0951	1004	1016	1028	1040	1052	1428	1439	1451	1502	1514	1525	1537	1548	1724			
Abbey Wood Lane	1639	1651	1703	1715	1728	1741	1754	1807	1820	1833	1847	1902	1917	1932	1947	2002	2022	2042
Chandlers Corner	1645	1657	1709	1721	1733	1746	1759	1812	1825	1838	1852	1907	1922	1937	1952	2007	2027	2047
Rainham War Memorial	1648	1700	1712	1724	1736	1749	1802	1815	1828	1841	1855	1910	1925	1940	1955	2010	2030	2050
South Hornchurch Cherry Tree	1655	1707	1719	1731	1743	1756	1809	1822	1834	1847	1901	1916	1931	1946	2001	2016	2036	2056
Elm Park Station	1704	1716	1728	1740	1752	1804	1817	1830	1842	1855	1909	1924	1938	1953	2008	2023	2043	2103
Hornchurch Town Centre	1714	1726	1738	1750	1802	1813	1825	1838	1850	1903	1917	1932	1946	2001	2015	2030	2050	2110
Gidea Park The Drill	1722	1734	1746	1758	1810	1821	1833	1845	1857	1910	1924	1939	1953	2008	2022	2037	2056	2116
Romford Station	1729	1741	1753	1805	1817	1828	1840	1852	1904	1917	1930	1945	1959	2014	2028	2043	2102	2122
Romford Western Road	1731	1743	1755	1807	1819	1830	1842	1854	1906	1919	1932	1947	2001	2016	2030	2045	2104	2124
Romford Market St. Edward's Way	1733	1745	1757	1809	1821	1832	1844	1856	1908	1921	1934	1949	2003	2018	2032	2047	2105	2125
Romford Brewery	1736	1748	1800	1812	1824	1835	1847	1858	1910	1923	1936	1951	2005	2020	2034	2049	2107	2127
Abbey Wood Lane	2102	2122	2142	2202	2222	2242	2302	2322	2342	0002	0022							
Chandlers Corner	2107	2127	2147	2207	2227	2247	2307	2327	2347	0007	0027							
Rainham War Memorial	2110	2130	2150	2210	2230	2250	2310	2330	2350	0010	0030							
South Hornchurch Cherry Tree	2116	2136	2156	2216	2236	2255	2315	2335	2355	0015	0035							
Elm Park Station	2123	2143	2203	2222	2242	2301	2321	2341	0001	0021	0041							
Hornchurch Town Centre	2130	2150	2210	2229	2249	2308	2328	2348	0008	0028	0048							
Gidea Park The Drill	2136	2156	2216	2235	2255	2314	2334	2354	0014	0034	0054							
Romford Station	2142	2202	2222	2241	2301	2320	2340	0000	0020	0040	0100							
Romford Western Road	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓							
Romford Market St. Edward's Way	2145	2205	2225	2244	2304	2323	2342	0002	0022	0042	0102							
Romford Brewery	2147	2207	2227	2246	2306	2325	2344	0004	0024	0044	0104							

165 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																									
Abbey Wood Lane	0545	0605	0625	0645	0705	0725	0745	0805	0824	0843	0903	0922	0941	1000	1019	1038	1058	1117							
Chandlers Corner	0549	0609	0629	0649	0709	0730	0750	0810	0829	0848	0908	0927	0946	1005	1024	1043	1103	1122							
Rainham War Memorial	0551	0611	0631	0651	0711	0732	0752	0812	0831	0850	0910	0929	0948	1008	1027	1046	1106	1125							
South Hornchurch Cherry Tree	0556	0616	0636	0656	0716	0737	0757	0817	0837	0856	0916	0935	0954	1014	1033	1053	1113	1132							
Elm Park Station	0602	0622	0642	0702	0722	0743	0803	0823	0843	0902	0922	0941	1000	1020	1040	1100	1121	1140							
Hornchurch Town Centre	0609	0629	0649	0709	0729	0750	0810	0830	0850	0909	0929	0948	1007	1027	1047	1107	1128	1147							
Gidea Park The Drill	0614	0634	0654	0714	0734	0755	0815	0835	0855	0914	0934	0954	1013	1033	1053	1113	1134	1154							
Romford Station	0619	0639	0659	0719	0739	0800	0820	0840	0900	0920	0940	1000	1019	1039	1059	1119	1140	1201							
Romford Western Road	0620	0640	0700	0720	0740	0801	0821	0842	0902	0922	0942	1002	1021	1041	1101	1121	1142	1203							
Romford Market St. Edward's Way	0621	0641	0701	0721	0741	0802	0822	0843	0903	0923	0943	1003	1023	1043	1103	1123	1144	1205							
Romford Brewery	0623	0643	0703	0723	0743	0804	0824	0845	0905	0925	0945	1005	1025	1046	1106	1126	1147	1208							
Abbey Wood Lane	1136					1656	1717	1738	1759	1820	1841	1902	1922	1942	2002	2022	2042	2102		0022					
Chandlers Corner	1142					1702	1723	1744	1805	1826	1847	1908	1928	1948	2007	2027	2047	2107		0027					
Rainham War Memorial	1145					1705	1726	1747	1808	1829	1850	1911	1931	1951	2010	2030	2050	2110		0030					
South Hornchurch Cherry Tree	1152					1712	1733	1753	1814	1835	1856	1917	1937	1956	2015	2035	2055	2115	Then	0035					
Elm Park Station	1200					1720	1741	1801	1822	1842	1902	1923	1943	2002	2021	2041	2101	2121	every 20	0041					
Hornchurch Town Centre	1208					1728	1749	1809	1830	1850	1909	1930	1950	2009	2028	2048	2108	2128	20	0048					
Gidea Park The Drill	1215					1735	1756	1816	1837	1856	1915	1936	1956	2015	2034	2054	2114	2134	mins.	0054					
Romford Station	1222					1742	1802	1822	1843	1902	1921	1942	2002	2021	2040	2100	2120	2140	until	0100					
Romford Western Road	1224					1744	1804	1824	1845	1904	1923	1944	2004	2023	2042	2101	2121	↓		↓					
Romford Market St. Edward's Way	1226					1746	1806	1826	1847	1906	1925	1945	2005	2024	2043	2102	2122	2142		0102					
Romford Brewery	1229					1749	1809	1829	1849	1908	1927	1947	2007	2026	2045	2104	2124	2144		0104					
165 Boxing Day																									
Abbey Wood Lane	0800	0820	0840	0900	0920	0940	1000	1019	1038	1058	1117	1136								1656	1717	1738	1759		
Chandlers Corner	0805	0825	0845	0905	0925	0945	1005	1024	1043	1103	1122	1141									1701	1722	1743	1804	
Rainham War Memorial	0808	0828	0848	0908	0928	0948	1008	1027	1046	1106	1125	1144									1704	1725	1746	1807	
South Hornchurch Cherry Tree	0814	0834	0854	0914	0934	0954	1014	1033	1053	1113	1132	1151								Then	1711	1732	1753	1813	
Elm Park Station	0820	0840	0900	0920	0940	1000	1020	1040	1100	1120	1139	1158								every 20	1718	1739	1800	1820	
Hornchurch Town Centre	0828	0848	0908	0928	0948	1008	1028	1048	1108	1128	1147	1207								minutes	1727	1748	1809	1829	
Gidea Park The Drill	0833	0853	0913	0933	0954	1014	1034	1054	1114	1134	1153	1213								until	1733	1754	1815	1835	
Romford Station	0838	0858	0919	0939	1000	1020	1040	1100	1120	1140	1200	1220									1740	1800	1821	1841	
Romford Western Road	0840	0900	0921	0941	1002	1022	1042	1102	1122	1142	1202	1222									1742	1802	1823	1843	
Romford Market St. Edward's Way	0841	0901	0922	0942	1003	1024	1044	1104	1124	1144	1204	1224									1744	1804	1825	1845	
Romford Brewery	0843	0903	0924	0944	1005	1026	1046	1106	1126	1146	1206	1226									1746	1806	1827	1847	
Abbey Wood Lane	1820	1841	1902																						
Chandlers Corner	1825	1846	1907																						
Rainham War Memorial	1828	1849	1910																						
South Hornchurch Cherry Tree	1834	1855	1916																		Then	2056	2116		
Elm Park Station	1841	1901	1922																		every 20	2102	2122		
Hornchurch Town Centre	1849	1909	1930																		minutes	2110	2130		
Gidea Park The Drill	1855	1915	1936																		until	2116	2136		
Romford Station	1901	1921	1942																			2122	2142		
Romford Western Road	1903	1923	1944																			2124	↓		
Romford Market St. Edward's Way	1905	1925	1945																			2125	2145		
Romford Brewery	1907	1927	1947																			2127	2147		

165		Mondays to Fridays																					
Romford Brewery	0505	0520	0535	0550	0605	0620	0635	0650	0702	0713	0725	0737	0749	0801	0813	0825	0837	0849					
Romford Market St. Edward's Way	0507	0522	0537	0552	0607	0622	0637	0652	0705	0716	0728	0740	0752	0804	0816	0828	0840	0852					
Romford Station	0510	0525	0540	0555	0610	0625	0640	0655	0709	0720	0732	0744	0757	0809	0821	0833	0845	0857					
Gidea Park The Drill	0515	0530	0545	0601	0616	0631	0647	0702	0716	0728	0740	0752	0805	0817	0829	0841	0853	0905					
Hornchurch Town Centre	0520	0535	0550	0606	0621	0637	0653	0709	0723	0735	0747	0800	0813	0825	0837	0849	0901	0913					
Elm Park Station	0526	0541	0556	0612	0627	0643	0659	0717	0731	0744	0756	0809	0822	0835	0847	0859	0911	0923					
South Hornchurch Cherry Tree	0533	0548	0603	0619	0634	0650	0707	0725	0740	0753	0806	0819	0832	0845	0857	0909	0920	0932					
Rainham War Memorial	0539	0554	0609	0625	0641	0657	0714	0733	0748	0801	0814	0827	0840	0853	0905	0917	0928	0940					
Chandlers Corner	0541	0556	0611	0627	0643	0659	0717	0736	0751	0804	0817	0830	0843	0856	0908	0920	0931	0943					
Abbey Wood Lane	0546	0601	0616	0632	0648	0704	0722	0741	0756	0809	0822	0835	0848	0901	0913	0925	0936	0948					
SD																							
Romford Brewery	0901	0913							1401	1413	1425	1436	1448	1500	1511	1523	1535	1547	1559	1605	1611	1623	
Romford Market St. Edward's Way	0904	0916							1404	1416	1428	1439	1451	1503	1514	1526	1538	1550	1602	1608	1614	1626	
Romford Station	0909	0921							1409	1421	1433	1444	1456	1508	1519	1531	1543	1555	1607	1613	1619	1631	
Gidea Park The Drill	0916	0928	Then every 12 minutes until							1416	1428	1440	1452	1504	1516	1528	1540	1552	1604	1616	1622	1628	1640
Hornchurch Town Centre	0925	0937								1425	1437	1449	1501	1513	1525	1536	1548	1600	1612	1624	1630	1636	1648
Elm Park Station	0935	0947								1435	1447	1459	1511	1523	1535	1546	1558	1609	1621	1633	1639	1645	1657
South Hornchurch Cherry Tree	0944	0956								1444	1457	1509	1521	1533	1545	1556	1608	1620	1632	1644	1650	1656	1708
Rainham War Memorial	0951	1003								1451	1504	1516	1528	1540	1552	1604	1616	1628	1640	1652	1658	1704	1716
Chandlers Corner	0954	1006								1454	1507	1519	1531	1543	1555	1607	1619	1631	1643	1655	1701	1707	1719
Abbey Wood Lane	0959	1012								1500	1513	1525	1537	1549	1601	1613	1625	1637	1649	1701	1707	1713	1725
Romford Brewery	1635	Then every 12 minutes until		1747	1759	1811	1823	1835	1847	1859	1911	1923	1935	1947	2002	2017	2032	2052					
Romford Market St. Edward's Way	1638			1750	1802	1814	1826	1838	1850	1902	1914	1925	1937	1949	2004	2019	2034	2054					
Romford Station	1643			1755	1807	1819	1831	1843	1855	1907	1919	1930	1941	1953	2008	2023	2038	2058					
Gidea Park The Drill	1652			1804	1816	1828	1839	1851	1903	1915	1926	1937	1948	2000	2015	2029	2044	2104					
Hornchurch Town Centre	1700			1812	1824	1836	1847	1859	1911	1922	1933	1944	1955	2006	2021	2035	2050	2110					
Elm Park Station	1709			1821	1833	1845	1855	1907	1919	1930	1941	1952	2003	2014	2029	2043	2058	2117					
South Hornchurch Cherry Tree	1720			1832	1843	1854	1904	1915	1927	1938	1949	2000	2011	2021	2036	2050	2105	2124					
Rainham War Memorial	1728	1840	1851	1901	1911	1922	1934	1945	1956	2006	2017	2027	2042	2056	2111	2130							
Chandlers Corner	1731	1843	1854	1904	1914	1925	1936	1947	1958	2008	2019	2029	2044	2058	2113	2132							
Abbey Wood Lane	1737	1849	1859	1909	1919	1930	1941	1952	2003	2013	2024	2034	2049	2103	2118	2137							
Romford Brewery	2112	2132	2152	2212	2232	2252	2312	2332	Then every 20 minutes until				0112										
Romford Market St. Edward's Way	2114	2134	2154	2214	2234	2254	2314	2334					0114										
Romford Station	2118	2138	2158	2218	2238	2258	2318	2338					0118										
Gidea Park The Drill	2124	2144	2204	2224	2244	2304	2324	2343					0123										
Hornchurch Town Centre	2130	2150	2209	2229	2249	2309	2329	2348					0128										
Elm Park Station	2137	2156	2215	2235	2255	2315	2335	2354					0134										
South Hornchurch Cherry Tree	2144	2203	2222	2242	2302	2322	2342	0001					0141										
Rainham War Memorial	2150	2209	2228	2248	2308	2328	2348	0007	0147														
Chandlers Corner	2152	2211	2230	2250	2310	2330	2350	0009	0149														
Abbey Wood Lane	2157	2216	2235	2255	2315	2335	2355	0014	0154														
Note: SD - Operates on school days only																							
165		Saturdays (also Good Friday)																					
Romford Brewery	0505	Then every 15 minutes until		0650	0705	0720	0735	0750	0805	0819	0831	0842	0853	0905	0916	0926	0937	0948					
Romford Market St. Edward's Way	0507			0652	0707	0722	0737	0752	0807	0821	0833	0845	0856	0908	0919	0929	0940	0951					
Romford Station	0510			0655	0710	0725	0740	0755	0810	0825	0837	0849	0900	0912	0923	0933	0944	0956					
Gidea Park The Drill	0515			0700	0715	0730	0745	0800	0815	0830	0843	0855	0906	0918	0929	0939	0951	1003					
Hornchurch Town Centre	0520			0705	0720	0735	0750	0805	0821	0836	0849	0901	0912	0924	0936	0947	0959	1011					
Elm Park Station	0526			0711	0727	0742	0757	0812	0828	0844	0857	0910	0921	0933	0945	0957	1009	1021					
South Hornchurch Cherry Tree	0533			0718	0734	0749	0804	0820	0836	0852	0905	0918	0929	0941	0953	1005	1017	1029					
Rainham War Memorial	0539	0724	0740	0755	0810	0826	0842	0858	0912	0925	0937	0949	1001	1013	1025	1037							
Chandlers Corner	0541	0726	0742	0757	0812	0828	0844	0900	0914	0928	0940	0952	1004	1016	1028	1040							
Abbey Wood Lane	0546	0731	0747	0802	0817	0833	0849	0905	0919	0933	0945	0957	1010	1022	1034	1046							
Romford Brewery	0958	1009	Then every 12 minutes until		1121	1133	Then every 12 minutes until		1609	1621	1633	1645	1657	1709	1721	1733	1745	1758					
Romford Market St. Edward's Way	1001	1012			1124	1136			1612	1624	1636	1648	1700	1712	1724	1736	1748	1801					
Romford Station	1006	1017			1129	1142			1618	1630	1642	1654	1706	1718	1730	1742	1754	1807					
Gidea Park The Drill	1013	1024			1136	1149			1625	1637	1649	1701	1713	1725	1737	1749	1800	1813					
Hornchurch Town Centre	1022	1033			1145	1158			1634	1646	1658	1710	1722	1734	1744	1756	1807	1820					
Elm Park Station	1032	1043			1155	1208			1644	1656	1707	1719	1731	1743	1753	1804	1815	1828					
South Hornchurch Cherry Tree	1041	1053			1205	1218			1654	1705	1716	1727	1738	1750	1801	1812	1823	1836					
Rainham War Memorial	1049	1101	1213	1226	1702	1713	1724	1735	1746	1757	1808	1819	1830	1843									
Chandlers Corner	1052	1104	1216	1229	1705	1716	1727	1738	1749	1800	1811	1822	1833	1846									
Abbey Wood Lane	1058	1110	1222	1234	1710	1721	1732	1743	1754	1805	1816	1827	1838	1851									

165		Saturdays (also Good Friday) (cont.)																		
Romford Brewery	1811	1824	1837	1850	1902	1917	1932	1947	2002	2017	2032	2052	2112	2132	2152	2212	2232	2252		
Romford Market St. Edward's Way	1814	1827	1840	1853	1905	1920	1935	1950	2005	2020	2035	2055	2114	2134	2154	2214	2234	2254		
Romford Station	1820	1832	1845	1858	1910	1925	1940	1955	2010	2025	2040	2059	2118	2138	2158	2218	2238	2258		
Gidea Park The Drill	1826	1838	1851	1904	1916	1931	1946	2001	2016	2031	2046	2105	2124	2144	2204	2224	2244	2304		
Hornchurch Town Centre	1833	1845	1858	1911	1923	1937	1952	2007	2022	2037	2052	2111	2130	2150	2209	2229	2249	2309		
Elm Park Station	1841	1853	1905	1918	1930	1944	1959	2014	2029	2044	2059	2118	2137	2156	2215	2235	2255	2315		
South Hornchurch Cherry Tree	1848	1901	1913	1926	1937	1952	2007	2022	2036	2051	2106	2125	2144	2203	2222	2242	2302	2322		
Rainham War Memorial	1855	1908	1920	1933	1944	1959	2014	2029	2043	2058	2112	2131	2150	2209	2228	2248	2308	2328		
Chandlers Corner	1858	1911	1923	1935	1947	2002	2017	2032	2046	2100	2114	2133	2152	2211	2230	2250	2310	2330		
Abbey Wood Lane	1903	1916	1928	1940	1952	2007	2022	2037	2051	2105	2119	2138	2157	2216	2235	2255	2315	2335		
Romford Brewery	2312	2332																0112		
Romford Market St. Edward's Way	2314	2334																0114		
Romford Station	2318	2338																0118		
Gidea Park The Drill	2324	2343																0123		
Hornchurch Town Centre	2329	2348																0128		
Elm Park Station	2335	2354																0134		
South Hornchurch Cherry Tree	2342	0001																0141		
Rainham War Memorial	2348	0007																0147		
Chandlers Corner	2350	0009																0149		
Abbey Wood Lane	2355	0014																0154		
165		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																		
Romford Brewery	0600				0800	0820	0840	0900	0920	0940	0959	1019	1039	1058	1117	1137	1157	1216	1236	
Romford Market St. Edward's Way	0602				0802	0822	0842	0902	0922	0942	1001	1021	1041	1100	1119	1139	1159	1219	1239	
Romford Station	0605				0805	0825	0845	0905	0925	0945	1005	1025	1045	1104	1124	1144	1204	1224	1244	
Gidea Park The Drill	0610				0810	0830	0850	0911	0931	0951	1011	1031	1051	1110	1130	1150	1210	1230	1250	
Hornchurch Town Centre	0615				0815	0835	0855	0916	0936	0957	1017	1037	1057	1116	1136	1156	1216	1236	1256	
Elm Park Station	0621				0821	0841	0901	0922	0942	1003	1024	1044	1104	1123	1143	1203	1224	1244	1304	
South Hornchurch Cherry Tree	0627				0827	0847	0907	0928	0949	1010	1031	1051	1111	1131	1151	1212	1232	1252	1312	
Rainham War Memorial	0632				0832	0853	0913	0934	0955	1016	1037	1057	1117	1137	1157	1218	1239	1259	1319	
Chandlers Corner	0634				0834	0855	0915	0936	0957	1018	1039	1100	1120	1140	1200	1221	1242	1302	1322	
Abbey Wood Lane	0639				0839	0900	0920	0941	1002	1023	1044	1105	1125	1145	1205	1226	1247	1307	1327	
Romford Brewery	1256	1316				1656	1716	1736	1756	1816	1836	1854	1914	1932	1952				0112	
Romford Market St. Edward's Way	1259	1319				1659	1719	1739	1759	1819	1839	1857	1917	1935	1954				0114	
Romford Station	1304	1324				1704	1724	1744	1804	1824	1844	1901	1921	1939	1958				0118	
Gidea Park The Drill	1310	1330				1710	1730	1750	1810	1830	1850	1907	1927	1945	2003				0123	
Hornchurch Town Centre	1316	1336				1716	1736	1756	1816	1836	1856	1913	1932	1950	2008				0128	
Elm Park Station	1324	1344				1724	1744	1803	1823	1843	1903	1920	1939	1956	2014				0134	
South Hornchurch Cherry Tree	1332	1352				1732	1752	1811	1831	1850	1910	1927	1946	2003	2021				0141	
Rainham War Memorial	1339	1359				1739	1758	1817	1837	1856	1916	1933	1952	2009	2027				0147	
Chandlers Corner	1342	1402				1742	1801	1820	1840	1859	1919	1935	1954	2011	2029				0149	
Abbey Wood Lane	1347	1408				1748	1807	1826	1845	1904	1924	1940	1959	2016	2034				0154	
165		Boxing Day																		
Romford Brewery	0800	0820	0840	0900	0920	0940	0959	1019	1039	1058	1117	1137	1157	1216					1656	1716
Romford Market St. Edward's Way	0803	0823	0843	0903	0923	0943	1002	1022	1042	1101	1120	1140	1200	1219					1659	1719
Romford Station	0806	0826	0846	0906	0926	0946	1005	1025	1045	1104	1124	1144	1204	1223					1703	1723
Gidea Park The Drill	0811	0831	0851	0912	0932	0952	1011	1031	1051	1110	1130	1150	1210	1229					1709	1729
Hornchurch Town Centre	0817	0837	0857	0918	0938	0958	1017	1037	1057	1117	1137	1157	1217	1237					1717	1737
Elm Park Station	0824	0844	0904	0925	0945	1005	1025	1045	1105	1125	1145	1205	1225	1245					1725	1745
South Hornchurch Cherry Tree	0830	0850	0910	0931	0952	1012	1032	1052	1112	1132	1152	1212	1232	1252					1732	1752
Rainham War Memorial	0836	0856	0916	0937	0958	1018	1038	1058	1118	1138	1158	1218	1239	1259					1739	1758
Chandlers Corner	0838	0858	0918	0939	1000	1020	1040	1101	1121	1141	1201	1221	1242	1302					1742	1801
Abbey Wood Lane	0843	0903	0923	0944	1005	1025	1045	1106	1126	1146	1206	1226	1247	1307					1747	1806
Romford Brewery	1736	1756	1816	1836	1854	1914	1932	1952												0112
Romford Market St. Edward's Way	1739	1759	1819	1839	1857	1917	1935	1955												0115
Romford Station	1743	1803	1823	1843	1901	1921	1939	1959												0119
Gidea Park The Drill	1749	1809	1829	1849	1907	1927	1945	2004												0124
Hornchurch Town Centre	1757	1816	1836	1856	1914	1933	1951	2010												0130
Elm Park Station	1805	1824	1843	1903	1921	1940	1958	2017												0137
South Hornchurch Cherry Tree	1812	1831	1850	1910	1928	1947	2005	2024												0144
Rainham War Memorial	1818	1837	1856	1916	1934	1953	2011	2030												0150
Chandlers Corner	1821	1840	1859	1919	1936	1955	2013	2032												0152
Abbey Wood Lane	1826	1845	1904	1924	1941	2000	2018	2037												0157