

66	Fridays (school days)																	
Romford Station	0500	0515	0530	0545	0600	0610	0618	0626	0634	0642	0651	0700	0709	0717	0727	0737	0747	0757
Romford Market <i>St Edward's Way</i>	0502	0517	0532	0547	0602	0612	0621	0628	0637	0645	0654	0703	0712	0720	0730	0740	0750	0800
Romford North Street <i>(The Squire)</i>	0505	0520	0535	0550	0605	0615	0624	0631	0640	0648	0657	0706	0715	0724	0734	0744	0754	0804
Chadwell Heath <i>Moby Dick</i>	0510	0525	0540	0555	0611	0622	0631	0638	0647	0655	0704	0714	0723	0732	0742	0752	0802	0812
Little Heath <i>Eastern Avenue</i>	0514	0529	0544	0600	0616	0628	0637	0644	0653	0702	0712	0722	0731	0741	0751	0802	0812	0822
Newbury Park Station	0518	0533	0548	0604	0621	0633	0642	0649	0657	0707	0717	0727	0737	0747	0757	0808	0818	0828
Gants Hill Station <i>Eastern Avenue (E)</i>	0522	0537	0552	0608	0626	0638	0647	0654	0703	0713	0723	0733	0743	0753	0803	0814	0824	0834
Redbridge Station <i>Eastern Avenue</i>	0526	0541	0557	0614	0632	0646	0657	0704	0715	0727	0738	0750	0800	0810	0820	0831	0840	0848
Wanstead Station <i>Harrier Avenue</i>	0529	0544	0600	0617	0635	0649	0700	0707	0718	0730	0741	0753	0804	0814	0824	0835	0844	0852
Leytonstone <i>Green Man (High Road)</i>	0535	0550	0606	0623	0642	0656	0708	0716	0726	0739	0750	0802	0813	0823	0833	0844	0853	0901
Leytonstone Station <i>Bus Station</i>	0537	0552	0608	0625	0644	0658	0710	0718	0728	0741	0752	0805	0816	0826	0836	0847	0856	0904
Romford Station	0807	0818	0829	0840	0851	0902	0912	0922	0932	0943	0953	1004	1015	1026	1036	1046	1057	1107
Romford Market <i>St Edward's Way</i>	0810	0821	0832	0843	0854	0905	0915	0925	0935	0946	0956	1007	1018	1029	1039	1049	1100	1110
Romford North Street <i>(The Squire)</i>	0814	0825	0836	0847	0858	0909	0918	0928	0938	0949	0959	1010	1021	1032	1042	1052	1103	1113
Chadwell Heath <i>Moby Dick</i>	0822	0833	0844	0855	0905	0916	0925	0934	0944	0955	1005	1016	1027	1038	1048	1058	1109	1119
Little Heath <i>Eastern Avenue</i>	0832	0842	0852	0903	0913	0924	0933	0941	0950	1000	1010	1021	1031	1042	1052	1102	1113	1123
Newbury Park Station	0838	0848	0858	0908	0918	0929	0938	0946	0955	1005	1015	1026	1036	1047	1057	1107	1118	1128
Gants Hill Station <i>Eastern Avenue (E)</i>	0844	0854	0904	0914	0924	0934	0943	0951	1000	1010	1020	1031	1041	1052	1102	1112	1123	1133
Redbridge Station <i>Eastern Avenue</i>	0856	0905	0914	0924	0933	0942	0951	0959	1008	1018	1028	1038	1048	1058	1108	1118	1129	1139
Wanstead Station <i>Harrier Avenue</i>	0859	0908	0917	0927	0936	0945	0954	1002	1011	1021	1031	1041	1051	1101	1111	1121	1132	1142
Leytonstone <i>Green Man (High Road)</i>	0908	0917	0926	0936	0945	0954	1002	1010	1020	1030	1040	1050	1100	1110	1120	1130	1141	1151
Leytonstone Station <i>Bus Station</i>	0911	0920	0929	0939	0948	0957	1005	1013	1023	1033	1043	1053	1103	1113	1123	1133	1144	1154
Romford Station	1117	1127	1137	1147	1157	1207	1217	1227	1237	1247	Then every 10 minutes until	1407	1417	1426	1435	1445	1454	
Romford Market <i>St Edward's Way</i>	1120	1130	1140	1150	1200	1211	1221	1231	1241	1251		1411	1421	1430	1439	1449	1458	
Romford North Street <i>(The Squire)</i>	1123	1133	1143	1153	1203	1214	1224	1234	1244	1255		1415	1425	1434	1443	1453	1502	
Chadwell Heath <i>Moby Dick</i>	1129	1139	1149	1159	1209	1220	1230	1240	1250	1301		1421	1431	1440	1449	1459	1508	
Little Heath <i>Eastern Avenue</i>	1133	1143	1153	1203	1214	1225	1235	1245	1255	1306		1426	1436	1445	1454	1504	1513	
Newbury Park Station	1138	1148	1158	1208	1219	1230	1240	1250	1300	1311		1431	1441	1450	1459	1509	1518	
Gants Hill Station <i>Eastern Avenue (E)</i>	1143	1153	1203	1213	1224	1235	1245	1255	1305	1316		1436	1446	1455	1505	1515	1524	
Redbridge Station <i>Eastern Avenue</i>	1149	1159	1209	1219	1230	1241	1251	1301	1311	1322		1442	1452	1501	1511	1521	1530	
Wanstead Station <i>Harrier Avenue</i>	1152	1202	1212	1222	1233	1244	1254	1304	1314	1325		1445	1456	1505	1515	1525	1534	
Leytonstone <i>Green Man (High Road)</i>	1201	1211	1221	1231	1242	1253	1303	1313	1323	1334		1454	1505	1515	1525	1535	1544	
Leytonstone Station <i>Bus Station</i>	1204	1214	1224	1234	1245	1256	1306	1316	1327	1338	1458	1509	1519	1529	1539	1548		
Romford Station	1504	1514	Then every 10 minutes until	1614	1624	Then every 10 minutes until	1804	1815	1826	1837	1849	1901	1913	1928	1943	2000		
Romford Market <i>St Edward's Way</i>	1508	1518		1618	1628		1808	1818	1829	1840	1852	1904	1916	1931	1946	2003		
Romford North Street <i>(The Squire)</i>	1512	1522		1622	1632		1812	1822	1833	1844	1856	1908	1920	1934	1949	2006		
Chadwell Heath <i>Moby Dick</i>	1518	1529		1629	1639		1819	1829	1840	1851	1902	1914	1926	1940	1955	2011		
Little Heath <i>Eastern Avenue</i>	1523	1534		1634	1645		1825	1835	1846	1857	1907	1919	1931	1945	2000	2016		
Newbury Park Station	1528	1539		1639	1650		1830	1840	1850	1901	1911	1923	1935	1949	2004	2020		
Gants Hill Station <i>Eastern Avenue (E)</i>	1534	1545		1645	1656		1836	1846	1856	1907	1917	1929	1940	1954	2009	2025		
Redbridge Station <i>Eastern Avenue</i>	1540	1551		1651	1702		1842	1852	1902	1913	1923	1935	1946	2000	2014	2030		
Wanstead Station <i>Harrier Avenue</i>	1544	1554		1654	1705		1845	1855	1905	1916	1926	1938	1949	2003	2017	2033		
Leytonstone <i>Green Man (High Road)</i>	1554	1604		1704	1715		1855	1905	1915	1925	1935	1946	1957	2011	2025	2040		
Leytonstone Station <i>Bus Station</i>	1558	1608	1708	1718	1858	1908	1918	1928	1938	1949	2000	2014	2027	2042				
Romford Station	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340	0000	0020					
Romford Market <i>St Edward's Way</i>	2023	2043	2103	2123	2143	2203	2223	2243	2302	2322	2342	0002	0022					
Romford North Street <i>(The Squire)</i>	2026	2046	2106	2126	2146	2206	2225	2245	2304	2324	2344	0004	0024					
Chadwell Heath <i>Moby Dick</i>	2031	2051	2111	2131	2151	2211	2230	2249	2308	2328	2348	0008	0028					
Little Heath <i>Eastern Avenue</i>	2035	2055	2114	2134	2154	2214	2233	2252	2311	2331	2351	0011	0031					
Newbury Park Station	2039	2059	2118	2138	2158	2217	2236	2255	2314	2334	2354	0014	0034					
Gants Hill Station <i>Eastern Avenue (E)</i>	2043	2103	2122	2142	2202	2221	2240	2259	2318	2337	2357	0017	0037					
Redbridge Station <i>Eastern Avenue</i>	2048	2108	2127	2147	2206	2225	2244	2303	2322	2341	0001	0021	0041					
Wanstead Station <i>Harrier Avenue</i>	2051	2111	2130	2149	2208	2227	2246	2305	2324	2343	0003	0023	0043					
Leytonstone <i>Green Man (High Road)</i>	2058	2117	2136	2155	2214	2233	2252	2311	2330	2349	0008	0028	0048					
Leytonstone Station <i>Bus Station</i>	2100	2119	2138	2157	2216	2235	2254	2313	2332	2351	0010	0030	0050					

66	Sundays and other Public Holidays (except Christmas Day)																		
Romford Station	0500	0530	0600	0630	0700	0730	0800	0820	0840	0855	0910	0925	0940	0954	1008	1023	1038	1052	
Romford Market <i>St Edward's Way</i>	0502	0532	0602	0632	0702	0732	0802	0823	0843	0858	0913	0928	0943	0957	1011	1026	1041	1055	
Romford North Street <i>(The Squire)</i>	0504	0534	0604	0634	0704	0734	0804	0825	0846	0901	0916	0931	0946	1000	1014	1029	1044	1058	
Chadwell Heath <i>Moby Dick</i>	0508	0538	0608	0638	0708	0738	0809	0830	0851	0906	0921	0936	0951	1006	1020	1035	1050	1104	
Little Heath <i>Eastern Avenue</i>	0512	0542	0612	0642	0712	0742	0813	0834	0855	0910	0925	0940	0955	1010	1024	1039	1054	1108	
Newbury Park Station	0516	0546	0616	0646	0716	0746	0817	0838	0859	0914	0929	0944	0959	1014	1028	1043	1058	1112	
Gants Hill Station <i>Eastern Avenue (E)</i>	0519	0549	0619	0650	0720	0750	0821	0842	0903	0918	0933	0948	1003	1018	1033	1048	1103	1117	
Redbridge Station <i>Eastern Avenue</i>	0523	0553	0623	0654	0724	0754	0825	0846	0907	0923	0938	0954	1009	1024	1039	1054	1109	1123	
Wanstead Station <i>Harrier Avenue</i>	0525	0555	0625	0656	0726	0757	0828	0849	0910	0926	0941	0957	1012	1027	1042	1057	1112	1126	
Leytonstone <i>Green Man (High Road)</i>	0530	0600	0630	0701	0732	0803	0834	0855	0916	0933	0948	1004	1020	1035	1050	1106	1121	1135	
Leytonstone Station <i>Bus Station</i>	0532	0602	0632	0703	0734	0805	0836	0857	0918	0935	0950	1006	1022	1037	1052	1108	1124	1138	
Romford Station	1105	1120	1135	1150	1204	1219	1234	1249	Then every 15 minutes until	1404	1420	1435	1450	1506	1521	1536	1552		
Romford Market <i>St Edward's Way</i>	1108	1123	1138	1153	1207	1223	1238	1253		1408	1424	1439	1454	1510	1525	1540	1556		
Romford North Street <i>(The Squire)</i>	1111	1126	1141	1156	1210	1226	1241	1257		1412	1428	1443	1458	1514	1529	1544	1559		
Chadwell Heath <i>Moby Dick</i>	1117	1132	1147	1202	1216	1232	1248	1304		1419	1435	1450	1505	1520	1535	1550	1605		
Little Heath <i>Eastern Avenue</i>	1121	1137	1152	1207	1221	1237	1253	1309		1424	1440	1455	1510	1525	1540	1555	1610		
Newbury Park Station	1126	1142	1157	1212	1226	1242	1258	1314		1429	1445	1500	1515	1530	1545	1600	1615		
Gants Hill Station <i>Eastern Avenue (E)</i>	1130	1148	1203	1218	1232	1248	1304	1320		1435	1451	1505	1520	1535	1550	1605	1620		
Redbridge Station <i>Eastern Avenue</i>	1136	1154	1210	1226	1241	1257	1313	1329		1444	1459	1513	1527	1541	1556	1611	1626		
Wanstead Station <i>Harrier Avenue</i>	1139	1157	1213	1229	1244	1300	1316	1332		1447	1502	1516	1530	1544	1559	1614	1629		
Leytonstone <i>Green Man (High Road)</i>	1148	1206	1222	1239	1254	1311	1327	1343		1458	1512	1526	1540	1554	1608	1623	1637		
Leytonstone Station <i>Bus Station</i>	1151	1209	1225	1242	1257	1314	1330	1346		1501	1515	1529	1543	1557	1611	1626	1640		
Romford Station	1608	1623	1639	1654	1710	1725	1740	1800		1820	1840	1900	1920	1940	2000	2020	2040	2100	2120
Romford Market <i>St Edward's Way</i>	1612	1627	1642	1657	1713	1728	1743	1803		1823	1843	1903	1923	1943	2003	2023	2043	2103	2123
Romford North Street <i>(The Squire)</i>	1615	1630	1645	1700	1716	1731	1746	1806	1826	1846	1906	1926	1946	2006	2026	2045	2105	2125	
Chadwell Heath <i>Moby Dick</i>	1621	1636	1651	1706	1721	1736	1751	1811	1831	1851	1911	1931	1951	2011	2031	2050	2110	2130	
Little Heath <i>Eastern Avenue</i>	1626	1641	1656	1711	1726	1741	1756	1816	1835	1855	1915	1935	1955	2015	2035	2054	2113	2133	
Newbury Park Station	1631	1646	1701	1716	1731	1746	1801	1821	1840	1859	1919	1939	1959	2019	2039	2058	2117	2137	
Gants Hill Station <i>Eastern Avenue (E)</i>	1636	1651	1706	1721	1736	1751	1806	1826	1845	1904	1924	1943	2003	2023	2043	2102	2121	2141	
Redbridge Station <i>Eastern Avenue</i>	1642	1657	1712	1727	1742	1757	1812	1831	1850	1909	1929	1948	2008	2028	2048	2107	2126	2145	
Wanstead Station <i>Harrier Avenue</i>	1645	1700	1715	1730	1745	1800	1815	1834	1853	1912	1932	1951	2011	2031	2051	2110	2129	2148	
Leytonstone <i>Green Man (High Road)</i>	1653	1708	1723	1737	1752	1807	1822	1841	1900	1919	1939	1958	2017	2037	2057	2116	2135	2154	
Leytonstone Station <i>Bus Station</i>	1655	1710	1725	1739	1754	1809	1824	1843	1902	1921	1941	2000	2019	2039	2059	2118	2137	2156	
Romford Station	2140	2200	2220	2240	2300	2320	2340	0000	0020										
Romford Market <i>St Edward's Way</i>	2143	2203	2223	2242	2302	2322	2342	0002	0022										
Romford North Street <i>(The Squire)</i>	2145	2205	2225	2244	2304	2324	2344	0004	0024										
Chadwell Heath <i>Moby Dick</i>	2150	2210	2230	2249	2308	2328	2348	0008	0028										
Little Heath <i>Eastern Avenue</i>	2153	2213	2233	2252	2311	2331	2351	0011	0030										
Newbury Park Station	2157	2217	2236	2255	2314	2334	2354	0014	0033										
Gants Hill Station <i>Eastern Avenue (E)</i>	2201	2221	2240	2259	2318	2337	2357	0017	0036										
Redbridge Station <i>Eastern Avenue</i>	2205	2225	2244	2303	2322	2341	0001	0020	0039										
Wanstead Station <i>Harrier Avenue</i>	2207	2227	2246	2305	2324	2343	0003	0022	0041										
Leytonstone <i>Green Man (High Road)</i>	2212	2232	2251	2310	2329	2348	0008	0027	0046										
Leytonstone Station <i>Bus Station</i>	2214	2234	2253	2312	2331	2350	0010	0029	0048										

66		Fridays (school holidays)																			
Leytonstone Station Bus Station	0530	0545	0600	0615	0630	0641	0652	0700	0708	0717	Then every 10 minutes until	0837	0846	0856	Then every 10 minutes until	1016					
Leytonstone Green Man (High Road)	0532	0547	0602	0617	0632	0643	0654	0702	0710	0720		0840	0849	0859		1019					
Wanstead Station High Street	0537	0552	0607	0622	0637	0649	0700	0708	0717	0727		0847	0856	0906		1026					
Redbridge Station Eastern Avenue	0541	0556	0611	0626	0641	0653	0705	0713	0722	0732		0852	0901	0911		1031					
Gants Hill Station Eastern Avenue (E)	0544	0600	0615	0630	0645	0657	0709	0718	0727	0737		0857	0906	0916		1036					
Newbury Park Station	0548	0604	0619	0634	0650	0702	0714	0723	0732	0742		0902	0911	0921		1041					
Little Heath Eastern Avenue	0552	0608	0624	0639	0655	0708	0720	0729	0738	0748		0908	0917	0926		1046					
Chadwell Heath Moby Dick	0556	0612	0628	0643	0659	0712	0724	0733	0742	0752		0912	0921	0930		1050					
Romford North Street Bus Garage	0602	0618	0634	0650	0706	0720	0732	0741	0750	0800		0920	0929	0938		1058					
Romford Market St Edward's Way	0604	0620	0636	0652	0708	0723	0735	0744	0753	0803		0923	0932	0941		1101					
Romford Station	0608	0624	0640	0656	0712	0727	0740	0749	0758	0808	0928	0937	0946	1106							
Leytonstone Station Bus Station	1025	1035	1045	1055	1105	1114	1123	1133	1143	1153	1202	1212	1222	1231	Then every 10 minutes until	1331	1341				
Leytonstone Green Man (High Road)	1028	1038	1048	1058	1108	1117	1127	1137	1147	1157	1206	1216	1226	1235		1335	1346				
Wanstead Station High Street	1035	1045	1055	1105	1115	1124	1134	1144	1154	1204	1213	1223	1233	1242		1342	1353				
Redbridge Station Eastern Avenue	1040	1050	1100	1110	1120	1129	1139	1149	1159	1209	1218	1228	1238	1247		1347	1358				
Gants Hill Station Eastern Avenue (E)	1045	1055	1105	1115	1125	1134	1144	1154	1204	1214	1223	1233	1243	1252		1352	1404				
Newbury Park Station	1050	1100	1110	1120	1130	1140	1150	1200	1210	1220	1229	1239	1249	1258		1358	1410				
Little Heath Eastern Avenue	1055	1105	1115	1125	1135	1145	1155	1205	1215	1225	1234	1244	1254	1304		1404	1416				
Chadwell Heath Moby Dick	1059	1109	1119	1129	1139	1149	1159	1209	1219	1229	1238	1248	1258	1308		1408	1420				
Romford North Street Bus Garage	1107	1117	1127	1137	1147	1157	1207	1217	1227	1237	1246	1256	1306	1316		1416	1428				
Romford Market St Edward's Way	1110	1120	1130	1140	1150	1200	1210	1220	1230	1240	1249	1259	1309	1319		1419	1431				
Romford Station	1115	1125	1135	1145	1155	1205	1215	1225	1235	1245	1254	1304	1314	1324	1424	1436					
Leytonstone Station Bus Station	1351	1401	1411	1421	1430	1439	1448	1457	1506	1515	1525	1535	1545	1555	Then every 10 minutes until	1725	1735				
Leytonstone Green Man (High Road)	1356	1406	1416	1426	1435	1444	1453	1502	1511	1520	1530	1540	1550	1600		1730	1740				
Wanstead Station High Street	1403	1413	1423	1433	1442	1451	1500	1509	1519	1528	1538	1548	1558	1608		1738	1748				
Redbridge Station Eastern Avenue	1408	1419	1429	1439	1448	1457	1506	1515	1525	1534	1544	1554	1604	1615		1745	1755				
Gants Hill Station Eastern Avenue (E)	1414	1425	1436	1446	1455	1504	1513	1522	1532	1541	1551	1601	1611	1622		1752	1802				
Newbury Park Station	1421	1432	1443	1454	1503	1512	1521	1531	1541	1550	1600	1610	1620	1631		1801	1811				
Little Heath Eastern Avenue	1427	1438	1449	1501	1510	1520	1529	1539	1549	1558	1608	1618	1628	1639		1809	1819				
Chadwell Heath Moby Dick	1431	1442	1453	1505	1515	1525	1534	1544	1554	1603	1613	1623	1633	1644		1814	1824				
Romford North Street Bus Garage	1440	1452	1504	1516	1526	1536	1545	1555	1605	1614	1624	1634	1644	1655		1825	1834				
Romford Market St Edward's Way	1443	1455	1507	1519	1529	1539	1548	1558	1608	1617	1627	1637	1647	1658		1828	1837				
Romford Station	1448	1500	1512	1524	1534	1544	1553	1603	1613	1622	1632	1642	1652	1703	1833	1842					
Leytonstone Station Bus Station	1745	1755	1805	1815	1825	1835	1845	1855	1905	1917	1929	1944	1959	2019	2039	2100	2120	2140			
Leytonstone Green Man (High Road)	1750	1800	1810	1820	1830	1840	1850	1900	1910	1922	1933	1948	2003	2023	2041	2102	2122	2142			
Wanstead Station High Street	1758	1808	1818	1828	1838	1847	1857	1907	1917	1929	1939	1954	2009	2029	2047	2108	2128	2147			
Redbridge Station Eastern Avenue	1805	1815	1825	1835	1845	1854	1904	1913	1923	1935	1945	1959	2014	2033	2051	2112	2132	2151			
Gants Hill Station Eastern Avenue (E)	1812	1822	1832	1842	1852	1901	1911	1919	1929	1941	1951	2005	2019	2038	2056	2117	2136	2155			
Newbury Park Station	1821	1830	1840	1850	1900	1908	1918	1926	1936	1947	1957	2011	2025	2043	2101	2122	2141	2200			
Little Heath Eastern Avenue	1828	1837	1847	1857	1907	1915	1924	1932	1942	1953	2003	2017	2031	2049	2107	2127	2146	2205			
Chadwell Heath Moby Dick	1833	1842	1852	1901	1911	1919	1928	1936	1946	1957	2007	2021	2035	2053	2111	2131	2150	2209			
Romford North Street Bus Garage	1843	1852	1902	1910	1919	1927	1935	1943	1953	2004	2014	2027	2041	2059	2117	2137	2156	2215			
Romford Market St Edward's Way	1846	1855	1905	1913	1921	1929	1937	1945	1955	2006	2016	2029	2043	2101	2119	2139	2158	2217			
Romford Station	1851	1900	1909	1917	1925	1933	1941	1949	1959	2010	2020	2033	2047	2105	2123	2143	2202	2220			
Leytonstone Station Bus Station	2200	2220	2240	2300	2320	2340	0000	0020	0040												
Leytonstone Green Man (High Road)	2202	2222	2242	2302	2322	2342	0002	0022	0042												
Wanstead Station High Street	2207	2227	2247	2307	2327	2347	0007	0027	0047												
Redbridge Station Eastern Avenue	2211	2231	2251	2311	2331	2350	0010	0030	0050												
Gants Hill Station Eastern Avenue (E)	2215	2235	2255	2315	2334	2353	0013	0033	0053												
Newbury Park Station	2219	2239	2259	2319	2338	2357	0017	0037	0057												
Little Heath Eastern Avenue	2224	2244	2304	2323	2342	0001	0021	0041	0101												
Chadwell Heath Moby Dick	2228	2247	2307	2326	2345	0004	0024	0044	0104												
Romford North Street Bus Garage	2234	2253	2312	2331	2350	0009	0029	0048	0108												
Romford Market St Edward's Way	2236	2255	2314	2333	2352	0011	0030	0049	0109												
Romford Station	2239	2258	2317	2336	2355	0014	0033	0052	0112												

66	Saturdays (also Good Friday)																		
Leytonstone Station Bus Station	0530	0550	0610	0630	0650	0710	0730	0745	0800	0815	0830	0842	0853	0902	0911	0920	0929	0939	
Leytonstone Green Man (High Road)	0532	0552	0612	0632	0652	0712	0732	0747	0802	0817	0832	0844	0856	0905	0914	0923	0932	0942	
Wanstead Station High Street	0537	0557	0617	0637	0657	0717	0738	0753	0808	0823	0838	0850	0902	0911	0920	0929	0939	0949	
Redbridge Station Eastern Avenue	0540	0600	0621	0641	0701	0721	0742	0757	0812	0827	0842	0854	0906	0916	0925	0934	0944	0954	
Gants Hill Station Eastern Avenue (E)	0543	0603	0624	0644	0705	0725	0746	0801	0816	0831	0846	0858	0910	0920	0929	0938	0948	0958	
Newbury Park Station	0547	0607	0628	0648	0710	0730	0751	0806	0821	0836	0851	0903	0915	0925	0935	0944	0954	1004	
Little Heath Eastern Avenue	0551	0611	0632	0653	0715	0735	0756	0811	0826	0841	0856	0908	0920	0930	0940	0950	1000	1010	
Chadwell Heath Moby Dick	0554	0614	0636	0657	0719	0739	0800	0815	0830	0845	0900	0912	0924	0934	0944	0954	1004	1014	
Romford North Street Bus Garage	0600	0620	0642	0703	0725	0745	0806	0821	0836	0851	0907	0919	0931	0941	0951	1001	1011	1021	
Romford Market St Edward's Way	0602	0622	0644	0705	0727	0747	0808	0823	0838	0853	0909	0921	0933	0944	0954	1004	1014	1024	
Romford Station	0605	0625	0648	0709	0731	0751	0812	0827	0842	0857	0913	0925	0937	0948	0958	1009	1019	1029	
Leytonstone Station Bus Station	0948	0958	1007	1016	1025	1035	1045	1055	1105	1115	1125	1135	1144	1153	Then every 10 minutes until	1313	1324		
Leytonstone Green Man (High Road)	0951	1001	1011	1020	1029	1039	1049	1059	1109	1119	1130	1140	1149	1158		1318	1329		
Wanstead Station High Street	0958	1008	1018	1028	1037	1047	1057	1107	1117	1127	1138	1148	1157	1206		1326	1337		
Redbridge Station Eastern Avenue	1003	1013	1023	1033	1042	1052	1102	1112	1122	1133	1144	1154	1203	1212		1332	1343		
Gants Hill Station Eastern Avenue (E)	1008	1018	1028	1038	1047	1057	1107	1117	1127	1138	1149	1159	1208	1217		1337	1348		
Newbury Park Station	1014	1024	1034	1044	1054	1104	1115	1125	1135	1146	1157	1207	1216	1226		1346	1357		
Little Heath Eastern Avenue	1020	1030	1040	1050	1100	1110	1121	1131	1141	1152	1203	1213	1223	1233		1353	1404		
Chadwell Heath Moby Dick	1024	1034	1044	1054	1104	1114	1125	1136	1146	1157	1208	1218	1228	1238		1358	1409		
Romford North Street Bus Garage	1032	1042	1052	1102	1113	1123	1134	1145	1156	1207	1218	1228	1238	1248		1408	1418		
Romford Market St Edward's Way	1035	1045	1055	1105	1116	1126	1137	1148	1159	1210	1221	1231	1241	1251		1411	1421		
Romford Station	1040	1050	1100	1110	1121	1131	1142	1153	1204	1215	1226	1236	1246	1256	1416	1426			
Leytonstone Station Bus Station	1335	1345	1356	1406	1416	1426	1436	1446	1456	1506	1516	1526	1536	1546	Then every 10 minutes until	1636	1646		
Leytonstone Green Man (High Road)	1340	1350	1401	1411	1421	1431	1441	1451	1501	1511	1521	1531	1541	1551		1641	1651		
Wanstead Station High Street	1348	1358	1409	1419	1429	1439	1449	1459	1509	1519	1529	1539	1549	1558		1648	1658		
Redbridge Station Eastern Avenue	1354	1404	1415	1425	1435	1445	1455	1505	1514	1524	1534	1544	1554	1603		1653	1703		
Gants Hill Station Eastern Avenue (E)	1359	1409	1420	1430	1440	1450	1500	1510	1519	1529	1539	1549	1559	1608		1658	1708		
Newbury Park Station	1408	1418	1429	1439	1449	1459	1508	1518	1527	1537	1547	1557	1607	1616		1706	1716		
Little Heath Eastern Avenue	1415	1425	1435	1445	1455	1505	1514	1524	1533	1543	1553	1603	1613	1622		1712	1722		
Chadwell Heath Moby Dick	1419	1429	1439	1449	1459	1509	1518	1528	1537	1547	1557	1607	1617	1626		1716	1726		
Romford North Street Bus Garage	1428	1438	1448	1458	1508	1518	1527	1537	1546	1555	1605	1615	1625	1634		1724	1734		
Romford Market St Edward's Way	1431	1441	1451	1501	1511	1521	1530	1540	1549	1558	1607	1617	1627	1636		1726	1736		
Romford Station	1436	1446	1456	1506	1516	1526	1535	1545	1554	1603	1612	1622	1632	1641	1731	1740			
Leytonstone Station Bus Station	1656	1706	1716	1726	1736	1746	1756	1806	1818	1830	1845	1900	1920	1940	2000	2020	2040	2100	
Leytonstone Green Man (High Road)	1701	1711	1721	1731	1741	1750	1800	1810	1822	1834	1849	1904	1924	1944	2003	2023	2043	2103	
Wanstead Station High Street	1708	1718	1728	1738	1748	1757	1807	1817	1829	1841	1855	1910	1930	1950	2009	2029	2049	2109	
Redbridge Station Eastern Avenue	1713	1723	1733	1743	1753	1802	1812	1822	1834	1846	1900	1915	1935	1955	2014	2033	2053	2113	
Gants Hill Station Eastern Avenue (E)	1718	1728	1738	1748	1758	1807	1817	1827	1839	1851	1905	1920	1940	2000	2019	2038	2057	2117	
Newbury Park Station	1726	1736	1746	1756	1806	1815	1825	1835	1847	1858	1912	1926	1946	2006	2025	2044	2103	2123	
Little Heath Eastern Avenue	1732	1742	1752	1802	1812	1821	1831	1841	1853	1904	1918	1932	1952	2011	2030	2049	2108	2128	
Chadwell Heath Moby Dick	1736	1746	1756	1806	1816	1825	1835	1845	1857	1908	1922	1936	1956	2015	2034	2053	2112	2132	
Romford North Street Bus Garage	1743	1753	1803	1813	1823	1832	1842	1852	1904	1915	1929	1943	2002	2021	2040	2059	2118	2138	
Romford Market St Edward's Way	1745	1755	1805	1815	1825	1834	1844	1854	1906	1917	1931	1945	2004	2023	2042	2101	2120	2140	
Romford Station	1749	1759	1809	1819	1829	1838	1848	1858	1910	1921	1935	1949	2008	2027	2046	2105	2124	2143	
Leytonstone Station Bus Station	2120	2140	2200	2220	2240	2300	2320	2340	0000	0020	0040								
Leytonstone Green Man (High Road)	2123	2143	2203	2223	2242	2302	2322	2342	0002	0022	0042								
Wanstead Station High Street	2129	2148	2208	2228	2247	2307	2327	2347	0007	0027	0047								
Redbridge Station Eastern Avenue	2133	2152	2212	2232	2251	2311	2331	2350	0010	0030	0050								
Gants Hill Station Eastern Avenue (E)	2137	2156	2216	2236	2255	2315	2334	2353	0013	0033	0053								
Newbury Park Station	2143	2202	2221	2241	2300	2320	2339	2358	0017	0037	0057								
Little Heath Eastern Avenue	2148	2207	2226	2246	2305	2324	2343	0002	0021	0041	0101								
Chadwell Heath Moby Dick	2152	2211	2230	2249	2308	2327	2346	0005	0024	0044	0104								
Romford North Street Bus Garage	2157	2216	2235	2254	2313	2332	2351	0010	0029	0049	0109								
Romford Market St Edward's Way	2159	2218	2237	2256	2315	2334	2353	0012	0031	0050	0110								
Romford Station	2202	2221	2240	2259	2318	2337	2356	0015	0034	0053	0113								

66	Sundays and other Public Holidays (except Christmas Day)																	
Leytonstone Station Bus Station	0530	0600	0630	0700	0730	0800	0830	0850	0910	0929	0943	0958	1012	1026	1040	1055	1110	1125
Leytonstone Green Man (High Road)	0532	0602	0632	0702	0732	0802	0832	0852	0912	0931	0946	1001	1015	1029	1043	1058	1113	1128
Wanstead Station High Street	0537	0607	0637	0707	0737	0807	0837	0858	0918	0937	0952	1007	1021	1036	1050	1105	1120	1135
Redbridge Station Eastern Avenue	0541	0611	0641	0711	0741	0811	0841	0902	0922	0942	0957	1012	1026	1041	1055	1110	1125	1140
Gants Hill Station Eastern Avenue (E)	0544	0614	0644	0714	0744	0814	0845	0906	0926	0946	1001	1016	1030	1045	1059	1114	1129	1145
Newbury Park Station	0548	0618	0648	0718	0748	0818	0849	0910	0931	0952	1007	1022	1036	1051	1106	1121	1136	1152
Little Heath Eastern Avenue	0552	0622	0652	0722	0752	0822	0854	0915	0936	0957	1012	1027	1042	1057	1112	1127	1142	1158
Chadwell Heath Moby Dick	0555	0625	0655	0725	0755	0826	0858	0919	0940	1001	1016	1031	1046	1101	1116	1131	1146	1202
Romford North Street Bus Garage	0601	0631	0701	0731	0801	0832	0904	0925	0947	1008	1023	1038	1053	1108	1123	1138	1154	1210
Romford Market St Edward's Way	0603	0633	0703	0733	0803	0834	0906	0927	0949	1010	1025	1040	1055	1110	1126	1141	1157	1213
Romford Station	0606	0636	0706	0736	0807	0838	0910	0931	0953	1014	1029	1044	1059	1114	1130	1146	1202	1218
Leytonstone Station Bus Station	1139	1154	1209	Then every 15 minutes until	1324	1339	1355	1410	1425	1440	1455	1510	1525	1541	1557	1612	1627	
Leytonstone Green Man (High Road)	1142	1157	1213		1328	1343	1359	1414	1429	1444	1459	1514	1529	1545	1601	1616	1631	
Wanstead Station High Street	1149	1205	1221		1336	1351	1407	1422	1437	1452	1507	1522	1536	1552	1608	1623	1638	
Redbridge Station Eastern Avenue	1154	1210	1226		1341	1357	1413	1428	1443	1458	1513	1528	1542	1557	1613	1628	1643	
Gants Hill Station Eastern Avenue (E)	1159	1215	1231		1346	1402	1418	1433	1448	1503	1518	1533	1547	1602	1618	1633	1648	
Newbury Park Station	1207	1223	1239		1354	1410	1426	1441	1456	1510	1525	1540	1554	1609	1624	1639	1654	
Little Heath Eastern Avenue	1213	1229	1245		1400	1416	1432	1447	1502	1516	1531	1546	1600	1615	1630	1645	1700	
Chadwell Heath Moby Dick	1217	1233	1249		1404	1420	1436	1451	1506	1520	1535	1550	1604	1619	1634	1649	1704	
Romford North Street Bus Garage	1226	1242	1258		1413	1428	1444	1459	1513	1527	1542	1557	1611	1626	1641	1656	1711	
Romford Market St Edward's Way	1229	1245	1301		1416	1431	1447	1502	1516	1530	1545	1559	1613	1628	1643	1658	1713	
Romford Station	1234	1250	1306	1421	1436	1451	1506	1520	1534	1549	1603	1617	1632	1647	1702	1717		
Leytonstone Station Bus Station	1643	1659	1714	1729	1745	1800	1820	1840	1900	1920	1940	2000	2020	2040	2100	2120	2140	2200
Leytonstone Green Man (High Road)	1646	1702	1717	1732	1748	1803	1823	1843	1903	1923	1943	2003	2023	2042	2102	2122	2142	2202
Wanstead Station High Street	1653	1709	1724	1739	1754	1809	1829	1849	1909	1929	1949	2009	2028	2047	2107	2127	2147	2207
Redbridge Station Eastern Avenue	1658	1714	1729	1744	1759	1814	1834	1854	1914	1934	1953	2013	2032	2051	2111	2131	2151	2211
Gants Hill Station Eastern Avenue (E)	1703	1719	1734	1749	1804	1819	1839	1859	1919	1939	1958	2017	2036	2055	2115	2135	2155	2215
Newbury Park Station	1709	1725	1740	1755	1810	1825	1845	1905	1925	1944	2003	2022	2041	2100	2120	2139	2159	2219
Little Heath Eastern Avenue	1715	1731	1746	1801	1816	1831	1851	1910	1930	1949	2008	2027	2046	2105	2125	2144	2203	2223
Chadwell Heath Moby Dick	1719	1735	1750	1805	1820	1835	1855	1914	1934	1953	2012	2031	2050	2109	2129	2148	2207	2226
Romford North Street Bus Garage	1726	1741	1756	1811	1826	1841	1901	1920	1940	1959	2018	2037	2056	2115	2135	2154	2213	2232
Romford Market St Edward's Way	1728	1743	1758	1813	1828	1843	1903	1922	1942	2001	2020	2039	2058	2117	2137	2156	2215	2234
Romford Station	1732	1747	1802	1817	1832	1847	1907	1926	1946	2005	2024	2043	2102	2120	2140	2159	2218	2237
Leytonstone Station Bus Station	2220	2240	2300	2320	2340	0000	0020	0040										
Leytonstone Green Man (High Road)	2222	2242	2302	2322	2342	0002	0022	0042										
Wanstead Station High Street	2227	2247	2307	2327	2346	0006	0026	0046										
Redbridge Station Eastern Avenue	2231	2250	2310	2330	2349	0009	0029	0049										
Gants Hill Station Eastern Avenue (E)	2235	2254	2314	2333	2352	0012	0032	0052										
Newbury Park Station	2239	2258	2318	2337	2356	0016	0036	0056										
Little Heath Eastern Avenue	2243	2302	2322	2341	0000	0020	0040	0100										
Chadwell Heath Moby Dick	2246	2305	2325	2344	0003	0023	0043	0103										
Romford North Street Bus Garage	2251	2310	2330	2349	0008	0028	0047	0107										
Romford Market St Edward's Way	2253	2312	2332	2351	0010	0029	0048	0108										
Romford Station	2256	2315	2335	2354	0013	0032	0051	0111										