

66	Mondays to Fridays (except summer holidays)																		
Romford Station	0500	0515	0530	0545	0600	0610	0620	0630	0638	0647	0656	0704	0712	0720	0730	0740	0750	0800	
Romford Market <i>St Edward's Way</i>	0502	0517	0532	0547	0602	0612	0622	0632	0640	0649	0658	0707	0715	0723	0733	0743	0753	0803	
Romford North Street <i>(The Squire)</i>	0504	0519	0535	0550	0605	0615	0625	0635	0643	0652	0701	0710	0718	0726	0736	0746	0756	0806	
Chadwell Heath <i>Moby Dick</i>	0509	0524	0540	0556	0611	0621	0631	0641	0650	0700	0709	0718	0727	0735	0745	0755	0805	0814	
Little Heath <i>Eastern Avenue</i>	0513	0528	0544	0600	0616	0626	0637	0648	0658	0708	0718	0727	0736	0744	0754	0804	0814	0823	
Newbury Park Station	0518	0533	0549	0605	0621	0631	0642	0653	0703	0714	0724	0734	0743	0751	0801	0811	0821	0830	
Gants Hill Station <i>Eastern Avenue (E)</i>	0522	0537	0553	0609	0626	0636	0647	0658	0708	0719	0729	0739	0748	0757	0807	0817	0827	0836	
Redbridge Station <i>Eastern Avenue</i>	0526	0541	0558	0614	0633	0646	0659	0711	0722	0733	0743	0753	0802	0811	0821	0831	0841	0850	
Wanstead Station <i>Harrier Avenue</i>	0529	0544	0601	0617	0636	0649	0702	0714	0725	0736	0746	0756	0805	0814	0824	0834	0844	0853	
Leytonstone <i>Green Man (High Road)</i>	0534	0549	0606	0623	0642	0656	0710	0722	0733	0744	0755	0805	0814	0823	0833	0843	0853	0902	
Leytonstone Station <i>Bus Station</i>	0536	0551	0608	0625	0644	0658	0712	0725	0736	0747	0758	0808	0817	0826	0836	0846	0856	0905	
Romford Station	0810	0820	0831	0841	0851	0901	0911	0921	0931	0941	0951	1002	Then every 10 minutes until	1152	1201	1211	1221		
Romford Market <i>St Edward's Way</i>	0813	0823	0834	0844	0854	0904	0914	0924	0934	0944	0954	1005		1155	1204	1214	1224		
Romford North Street <i>(The Squire)</i>	0816	0826	0837	0847	0857	0907	0917	0927	0937	0947	0957	1008		1158	1208	1218	1228		
Chadwell Heath <i>Moby Dick</i>	0824	0834	0844	0854	0904	0914	0924	0934	0944	0954	1004	1014		1204	1214	1224	1234		
Little Heath <i>Eastern Avenue</i>	0833	0843	0853	0903	0912	0922	0930	0940	0949	0959	1009	1019		1209	1219	1229	1239		
Newbury Park Station	0840	0850	0900	0910	0918	0927	0935	0945	0954	1004	1014	1024		1214	1224	1234	1244		
Gants Hill Station <i>Eastern Avenue (E)</i>	0846	0856	0906	0916	0924	0933	0941	0950	0959	1009	1019	1029		1219	1229	1239	1249		
Redbridge Station <i>Eastern Avenue</i>	0859	0909	0919	0927	0934	0942	0950	0958	1007	1016	1025	1035		1225	1235	1245	1255		
Wanstead Station <i>Harrier Avenue</i>	0902	0912	0922	0930	0937	0945	0953	1001	1010	1019	1028	1038		1228	1238	1248	1258		
Leytonstone <i>Green Man (High Road)</i>	0911	0921	0931	0939	0946	0954	1002	1010	1019	1028	1037	1047		1237	1247	1257	1307		
Leytonstone Station <i>Bus Station</i>	0914	0924	0934	0942	0949	0957	1005	1013	1022	1031	1040	1050	1240	1250	1300	1310			
Romford Station	1231	1241	1251	1301	1311	Then every 10 minutes until	1411	1420	1429	1439	Then every 10 minutes until	1739	1749	1759	1809	1819			
Romford Market <i>St Edward's Way</i>	1234	1244	1254	1304	1314		1414	1423	1433	1443		1743	1753	1803	1813	1823			
Romford North Street <i>(The Squire)</i>	1238	1248	1258	1308	1318		1418	1427	1437	1447		1747	1757	1807	1817	1827			
Chadwell Heath <i>Moby Dick</i>	1244	1254	1304	1314	1324		1424	1434	1444	1454		1754	1804	1814	1824	1834			
Little Heath <i>Eastern Avenue</i>	1249	1259	1309	1319	1329		1429	1439	1449	1500		1800	1810	1820	1830	1840			
Newbury Park Station	1254	1304	1314	1324	1334		1434	1444	1454	1505		1805	1815	1825	1835	1845			
Gants Hill Station <i>Eastern Avenue (E)</i>	1259	1309	1319	1330	1340		1440	1450	1500	1511		1811	1821	1831	1840	1850			
Redbridge Station <i>Eastern Avenue</i>	1305	1315	1325	1336	1346		1446	1456	1506	1517		1817	1827	1837	1846	1856			
Wanstead Station <i>Harrier Avenue</i>	1308	1318	1328	1339	1349		1449	1459	1509	1520		1820	1830	1840	1849	1859			
Leytonstone <i>Green Man (High Road)</i>	1317	1327	1337	1348	1358		1458	1508	1518	1529		1829	1839	1849	1858	1907			
Leytonstone Station <i>Bus Station</i>	1320	1330	1340	1351	1402	1502	1512	1522	1533	1833	1842	1852	1901	1910					
Romford Station	1829	1839	1849	1859	1913	1928	1944	2000	2020	2040	2100	2120	2140	2200	2221	2242	2302	2322	
Romford Market <i>St Edward's Way</i>	1833	1842	1852	1902	1916	1931	1947	2003	2023	2043	2103	2123	2143	2203	2224	2244	2304	2324	
Romford North Street <i>(The Squire)</i>	1837	1846	1856	1905	1919	1934	1950	2006	2025	2045	2105	2125	2145	2205	2226	2246	2306	2326	
Chadwell Heath <i>Moby Dick</i>	1844	1853	1902	1911	1925	1940	1955	2011	2030	2050	2110	2130	2150	2210	2231	2250	2310	2330	
Little Heath <i>Eastern Avenue</i>	1850	1858	1907	1916	1929	1944	1959	2015	2034	2054	2114	2133	2153	2213	2234	2253	2313	2333	
Newbury Park Station	1855	1903	1911	1920	1933	1948	2003	2019	2038	2058	2118	2136	2156	2216	2237	2256	2316	2336	
Gants Hill Station <i>Eastern Avenue (E)</i>	1900	1908	1916	1925	1937	1952	2007	2023	2042	2102	2122	2140	2200	2220	2241	2300	2319	2339	
Redbridge Station <i>Eastern Avenue</i>	1906	1914	1922	1930	1942	1957	2012	2028	2047	2107	2126	2144	2204	2224	2245	2304	2323	2343	
Wanstead Station <i>Harrier Avenue</i>	1909	1917	1925	1933	1945	2000	2015	2031	2050	2110	2129	2147	2207	2227	2247	2306	2325	2345	
Leytonstone <i>Green Man (High Road)</i>	1917	1925	1933	1940	1952	2007	2022	2038	2057	2116	2135	2153	2213	2233	2253	2312	2331	2351	
Leytonstone Station <i>Bus Station</i>	1920	1928	1935	1942	1954	2009	2024	2040	2059	2118	2137	2155	2215	2235	2255	2314	2333	2353	
Romford Station	2342	0002	0022																
Romford Market <i>St Edward's Way</i>	2344	0004	0024																
Romford North Street <i>(The Squire)</i>	2346	0006	0026																
Chadwell Heath <i>Moby Dick</i>	2350	0010	0030																
Little Heath <i>Eastern Avenue</i>	2352	0012	0032																
Newbury Park Station	2355	0015	0035																
Gants Hill Station <i>Eastern Avenue (E)</i>	2358	0018	0038																
Redbridge Station <i>Eastern Avenue</i>	0002	0022	0042																
Wanstead Station <i>Harrier Avenue</i>	0004	0024	0044																
Leytonstone <i>Green Man (High Road)</i>	0010	0030	0050																
Leytonstone Station <i>Bus Station</i>	0012	0032	0052																

66		Mondays to Fridays (school holidays)																
Romford Station	0500	0515	0530	0545	0600	0610	0618	0627	0635	0643	0651	0700	Then every 10 minutes until	0830	0840	0851	0901	
Romford Market <i>St Edward's Way</i>	0502	0517	0532	0547	0602	0612	0620	0629	0637	0645	0654	0703		0833	0843	0854	0904	
Romford North Street <i>(The Squire)</i>	0504	0519	0535	0550	0605	0615	0623	0632	0640	0648	0657	0706		0836	0846	0857	0907	
Chadwell Heath <i>Moby Dick</i>	0509	0524	0540	0556	0611	0621	0629	0638	0646	0654	0703	0712		0842	0852	0903	0913	
Little Heath <i>Eastern Avenue</i>	0513	0528	0544	0600	0615	0625	0634	0643	0652	0700	0709	0718		0848	0858	0909	0919	
Newbury Park Station	0518	0533	0549	0605	0620	0630	0639	0648	0657	0706	0715	0724		0854	0904	0914	0924	
Gants Hill Station <i>Eastern Avenue (E)</i>	0522	0537	0553	0609	0625	0635	0644	0653	0702	0711	0720	0730		0900	0910	0920	0929	
Redbridge Station <i>Eastern Avenue</i>	0526	0541	0558	0614	0631	0642	0652	0702	0712	0721	0730	0740		0910	0919	0929	0938	
Wanstead Station <i>Harrier Avenue</i>	0529	0544	0601	0617	0634	0645	0655	0705	0715	0724	0733	0743		0913	0922	0932	0941	
Leytonstone <i>Green Man (High Road)</i>	0534	0549	0606	0623	0640	0652	0702	0712	0722	0732	0742	0752		0922	0931	0941	0950	
Leytonstone Station <i>Bus Station</i>	0536	0551	0608	0625	0642	0654	0704	0715	0725	0735	0745	0755	0925	0934	0944	0953		
Romford Station	0911	0921	0932	0943	Then every 10 minutes until	1143	1152	1201	Then every 10 minutes until	1431	1440	1450	1500	1510	1520	1530		
Romford Market <i>St Edward's Way</i>	0914	0924	0935	0946		1146	1155	1204		1434	1444	1454	1504	1514	1524	1534		
Romford North Street <i>(The Squire)</i>	0917	0927	0938	0949		1149	1158	1208		1438	1448	1458	1508	1518	1528	1538		
Chadwell Heath <i>Moby Dick</i>	0923	0933	0944	0955		1155	1204	1214		1444	1454	1504	1514	1524	1535	1545		
Little Heath <i>Eastern Avenue</i>	0929	0939	0949	1000		1200	1209	1219		1449	1459	1509	1519	1529	1540	1550		
Newbury Park Station	0934	0944	0954	1005		1205	1214	1224		1454	1504	1514	1524	1534	1545	1555		
Gants Hill Station <i>Eastern Avenue (E)</i>	0939	0949	0959	1010		1210	1219	1229		1459	1509	1519	1529	1539	1550	1600		
Redbridge Station <i>Eastern Avenue</i>	0947	0956	1006	1016		1216	1225	1235		1505	1515	1525	1535	1545	1556	1606		
Wanstead Station <i>Harrier Avenue</i>	0950	0959	1009	1019		1219	1228	1238		1508	1518	1528	1538	1548	1559	1609		
Leytonstone <i>Green Man (High Road)</i>	0959	1008	1018	1028		1228	1237	1247		1517	1527	1537	1547	1557	1608	1618		
Leytonstone Station <i>Bus Station</i>	1002	1011	1021	1031	1231	1240	1250	1520	1530	1540	1551	1601	1612	1622				
Romford Station	1540	Then every 10 minutes until	1630	1640	1650	Then every 10 minutes until	1740	1750	1800	1810	1820	1830	1840	1850	1900	1913		
Romford Market <i>St Edward's Way</i>	1544		1634	1644	1654		1744	1754	1804	1814	1824	1834	1843	1853	1903	1916		
Romford North Street <i>(The Squire)</i>	1548		1638	1648	1658		1748	1758	1808	1818	1828	1838	1847	1857	1906	1919		
Chadwell Heath <i>Moby Dick</i>	1555		1645	1655	1705		1755	1805	1815	1825	1835	1845	1854	1903	1912	1925		
Little Heath <i>Eastern Avenue</i>	1600		1650	1701	1711		1801	1811	1821	1831	1841	1851	1859	1908	1917	1929		
Newbury Park Station	1605		1655	1706	1716		1806	1816	1826	1836	1846	1856	1904	1912	1921	1933		
Gants Hill Station <i>Eastern Avenue (E)</i>	1610		1700	1711	1722		1812	1822	1832	1841	1851	1901	1909	1917	1926	1937		
Redbridge Station <i>Eastern Avenue</i>	1616		1706	1717	1728		1818	1828	1838	1847	1857	1907	1915	1923	1931	1942		
Wanstead Station <i>Harrier Avenue</i>	1619		1709	1720	1731		1821	1831	1841	1850	1900	1910	1918	1926	1934	1945		
Leytonstone <i>Green Man (High Road)</i>	1628		1718	1729	1740		1830	1840	1850	1859	1908	1918	1926	1934	1941	1952		
Leytonstone Station <i>Bus Station</i>	1632	1722	1733	1744	1834	1843	1853	1902	1911	1921	1929	1936	1943	1954				
Romford Station	1928	1944	2000	2020	2040	2100	2120	2140	2200	2221	2242	2302	2322	2342	0002	0022		
Romford Market <i>St Edward's Way</i>	1931	1947	2003	2023	2043	2103	2123	2143	2203	2224	2244	2304	2324	2344	0004	0024		
Romford North Street <i>(The Squire)</i>	1934	1950	2006	2025	2045	2105	2125	2145	2205	2226	2246	2306	2326	2346	0006	0026		
Chadwell Heath <i>Moby Dick</i>	1940	1955	2011	2030	2050	2110	2130	2150	2210	2231	2250	2310	2330	2350	0010	0030		
Little Heath <i>Eastern Avenue</i>	1944	1959	2015	2034	2054	2114	2133	2153	2213	2234	2253	2313	2333	2352	0012	0032		
Newbury Park Station	1948	2003	2019	2038	2058	2118	2136	2156	2216	2237	2256	2316	2336	2355	0015	0035		
Gants Hill Station <i>Eastern Avenue (E)</i>	1952	2007	2023	2042	2102	2122	2140	2200	2220	2241	2300	2319	2339	2358	0018	0038		
Redbridge Station <i>Eastern Avenue</i>	1957	2012	2028	2047	2107	2126	2144	2204	2224	2245	2304	2323	2343	0002	0022	0042		
Wanstead Station <i>Harrier Avenue</i>	2000	2015	2031	2050	2110	2129	2147	2207	2227	2247	2306	2325	2345	0004	0024	0044		
Leytonstone <i>Green Man (High Road)</i>	2007	2022	2038	2057	2116	2135	2153	2213	2233	2253	2312	2331	2351	0010	0030	0050		
Leytonstone Station <i>Bus Station</i>	2009	2024	2040	2059	2118	2137	2155	2215	2235	2255	2314	2333	2353	0012	0032	0052		
66		Saturdays (also Good Friday)																
Romford Station	0500	0530	0600	0630	0700	0715	0730	0745	0759	0814	0826	0837	0849	0900	0911	0923	0934	0946
Romford Market <i>St Edward's Way</i>	0502	0532	0602	0632	0702	0717	0732	0747	0801	0816	0828	0839	0851	0902	0913	0925	0937	0949
Romford North Street <i>(The Squire)</i>	0504	0534	0604	0634	0704	0719	0734	0749	0803	0818	0830	0841	0853	0905	0916	0928	0940	0952
Chadwell Heath <i>Moby Dick</i>	0509	0539	0609	0639	0709	0724	0739	0754	0809	0824	0836	0847	0859	0911	0922	0934	0946	0958
Little Heath <i>Eastern Avenue</i>	0513	0543	0613	0643	0713	0728	0743	0758	0813	0828	0840	0851	0903	0915	0926	0938	0950	1002
Newbury Park Station	0518	0548	0618	0648	0718	0733	0748	0803	0818	0833	0845	0856	0908	0920	0931	0943	0955	1007
Gants Hill Station <i>Eastern Avenue (E)</i>	0522	0552	0622	0652	0723	0738	0753	0808	0823	0838	0850	0901	0913	0925	0936	0948	1000	1012
Redbridge Station <i>Eastern Avenue</i>	0526	0556	0626	0656	0727	0742	0757	0812	0827	0842	0854	0906	0918	0931	0942	0954	1006	1018
Wanstead Station <i>Harrier Avenue</i>	0528	0558	0628	0658	0730	0745	0800	0815	0830	0845	0857	0909	0921	0934	0945	0957	1009	1021
Leytonstone <i>Green Man (High Road)</i>	0533	0603	0633	0703	0735	0750	0805	0821	0836	0851	0903	0916	0928	0942	0954	1006	1019	1031
Leytonstone Station <i>Bus Station</i>	0535	0605	0635	0705	0737	0752	0807	0823	0838	0853	0906	0919	0931	0945	0957	1009	1022	1035
Romford Station	0958	1010	1022	1034	1046	1058	1110	1122	1134	1146	1158	Then every 12 minutes until	1322	1334	1346	1358	1410	
Romford Market <i>St Edward's Way</i>	1001	1013	1025	1037	1049	1101	1114	1126	1138	1150	1202		1326	1338	1350	1402	1414	
Romford North Street <i>(The Squire)</i>	1004	1016	1028	1040	1052	1104	1117	1129	1141	1154	1206		1330	1342	1354	1406	1418	
Chadwell Heath <i>Moby Dick</i>	1010	1022	1034	1046	1058	1110	1123	1135	1147	1200	1213		1337	1349	1401	1412	1424	
Little Heath <i>Eastern Avenue</i>	1014	1026	1038	1050	1102	1114	1127	1139	1152	1205	1218		1342	1354	1406	1417	1429	
Newbury Park Station	1019	1031	1043	1055	1107	1119	1132	1144	1157	1210	1223		1347	1359	1411	1422	1434	
Gants Hill Station <i>Eastern Avenue (E)</i>	1024	1036	1048	1100	1112	1124	1137	1150	1203	1216	1229		1353	1405	1416	1427	1439	
Redbridge Station <i>Eastern Avenue</i>	1030	1042	1054	1107	1119	1132	1145	1158	1211	1224	1237		1401	1412	1423	1434	1446	
Wanstead Station <i>Harrier Avenue</i>	1033	1045	1057	1110	1122	1135	1148	1201	1214	1227	1240		1404	1415	1426	1437	1449	
Leytonstone <i>Green Man (High Road)</i>	1043	1055	1108	1121	1134	1147	1200	1213	1226	1239	1252		1416	1427	1438	1449	1501	
Leytonstone Station <i>Bus Station</i>	1047	1059	1112	1125	1138	1151	1204	1217	1230	1243	1256	1420	1431	1442	1453	1505		

66		Saturdays (also Good Friday) (cont.)																
Romford Station	1422	1434	1446	1458	1511			1611	1623			1711	1723	1735	1747	1759	1814	1829
Romford Market <i>St Edward's Way</i>	1426	1438	1450	1502	1514			1614	1626			1714	1726	1738	1750	1802	1817	1832
Romford North Street <i>(The Squire)</i>	1430	1442	1454	1506	1518			1618	1630			1718	1730	1742	1754	1806	1821	1836
Chadwell Heath <i>Moby Dick</i>	1436	1448	1500	1512	1524		Then	1624	1636		Then	1724	1736	1748	1800	1811	1826	1841
Little Heath <i>Eastern Avenue</i>	1441	1453	1505	1517	1529		every 12	1629	1641		every 12	1729	1741	1753	1805	1816	1831	1846
Newbury Park Station	1446	1458	1510	1522	1534		minutes	1634	1646		minutes	1734	1746	1758	1810	1821	1836	1851
Gants Hill Station <i>Eastern Avenue (E)</i>	1451	1503	1515	1527	1539		until	1639	1651		until	1739	1751	1803	1815	1826	1841	1856
Redbridge Station <i>Eastern Avenue</i>	1458	1510	1522	1534	1546			1646	1658			1746	1758	1810	1822	1833	1848	1903
Wanstead Station <i>Harrier Avenue</i>	1501	1513	1525	1537	1549			1649	1701			1749	1801	1813	1825	1836	1851	1906
Leytonstone <i>Green Man (High Road)</i>	1512	1524	1536	1548	1600			1700	1711			1759	1811	1823	1835	1846	1901	1915
Leytonstone Station <i>Bus Station</i>	1516	1528	1540	1552	1604			1704	1715			1803	1814	1826	1838	1849	1904	1918
Romford Station	1844	1900	1921	1942	2002	2022	2042	2102	2122	2142	2202	2222	2242	2302	2322	2342	0002	0022
Romford Market <i>St Edward's Way</i>	1847	1902	1923	1944	2004	2024	2044	2104	2124	2144	2204	2224	2244	2304	2324	2344	0004	0024
Romford North Street <i>(The Squire)</i>	1851	1905	1926	1947	2006	2026	2046	2106	2126	2146	2206	2226	2246	2306	2326	2346	0006	0026
Chadwell Heath <i>Moby Dick</i>	1856	1910	1931	1952	2011	2031	2051	2111	2131	2151	2211	2230	2250	2310	2330	2350	0010	0030
Little Heath <i>Eastern Avenue</i>	1901	1915	1935	1956	2015	2034	2054	2114	2134	2154	2214	2233	2253	2313	2332	2352	0012	0032
Newbury Park Station	1905	1919	1939	2000	2019	2038	2058	2118	2138	2158	2217	2236	2256	2316	2335	2355	0015	0035
Gants Hill Station <i>Eastern Avenue (E)</i>	1910	1924	1944	2004	2023	2042	2102	2122	2142	2201	2220	2239	2259	2319	2338	2358	0018	0038
Redbridge Station <i>Eastern Avenue</i>	1916	1930	1950	2009	2028	2047	2107	2127	2146	2205	2224	2243	2303	2323	2342	0002	0022	0042
Wanstead Station <i>Harrier Avenue</i>	1919	1933	1953	2012	2031	2050	2110	2130	2149	2207	2226	2245	2305	2325	2344	0004	0024	0044
Leytonstone <i>Green Man (High Road)</i>	1928	1942	2002	2020	2038	2057	2116	2136	2155	2213	2232	2251	2311	2331	2350	0010	0030	0050
Leytonstone Station <i>Bus Station</i>	1931	1945	2004	2022	2040	2059	2118	2138	2157	2215	2234	2253	2313	2333	2352	0012	0032	0052
66		Sundays and other Public Holidays (except Christmas Day)																
Romford Station	0550	0620	0650	0720	0749	0819	0839	0859	0919	0939	0959	1019	1039	1059	1119	1139	1159	1219
Romford Market <i>St Edward's Way</i>	0552	0622	0652	0722	0751	0821	0841	0901	0921	0941	1002	1022	1042	1102	1122	1142	1202	1222
Romford North Street <i>(The Squire)</i>	0554	0625	0655	0725	0754	0824	0844	0904	0924	0944	1005	1025	1045	1105	1125	1145	1206	1226
Chadwell Heath <i>Moby Dick</i>	0558	0629	0659	0729	0758	0828	0848	0909	0930	0950	1011	1031	1051	1111	1131	1151	1212	1233
Little Heath <i>Eastern Avenue</i>	0601	0632	0702	0732	0801	0831	0852	0913	0934	0954	1015	1035	1055	1115	1135	1156	1217	1238
Newbury Park Station	0605	0636	0706	0736	0805	0835	0856	0917	0938	0959	1020	1040	1100	1120	1140	1201	1222	1243
Gants Hill Station <i>Eastern Avenue (E)</i>	0608	0639	0709	0740	0809	0839	0900	0921	0943	1004	1025	1045	1105	1125	1145	1206	1227	1248
Redbridge Station <i>Eastern Avenue</i>	0612	0643	0713	0744	0813	0843	0904	0926	0948	1009	1031	1051	1112	1133	1153	1214	1235	1256
Wanstead Station <i>Harrier Avenue</i>	0614	0645	0716	0747	0816	0846	0907	0929	0951	1012	1034	1054	1115	1136	1156	1217	1238	1259
Leytonstone <i>Green Man (High Road)</i>	0619	0650	0721	0752	0822	0852	0913	0935	0957	1019	1041	1102	1124	1146	1207	1228	1249	1310
Leytonstone Station <i>Bus Station</i>	0621	0652	0723	0754	0824	0854	0915	0937	0959	1021	1043	1105	1127	1149	1211	1232	1253	1314
Romford Station	1239	1259	1319	1339	1359	1419	1439	1459	1519	1539	1559	1619	1639	1659	1719	1740	1801	1821
Romford Market <i>St Edward's Way</i>	1242	1302	1322	1342	1402	1422	1442	1502	1522	1542	1602	1622	1642	1702	1722	1743	1803	1823
Romford North Street <i>(The Squire)</i>	1246	1306	1326	1346	1406	1426	1446	1505	1525	1545	1605	1625	1645	1705	1725	1746	1806	1826
Chadwell Heath <i>Moby Dick</i>	1253	1313	1333	1353	1413	1433	1453	1511	1531	1551	1611	1631	1651	1710	1730	1751	1811	1831
Little Heath <i>Eastern Avenue</i>	1258	1318	1338	1358	1418	1438	1458	1516	1536	1556	1616	1636	1656	1715	1735	1756	1815	1835
Newbury Park Station	1303	1323	1343	1403	1423	1443	1503	1521	1541	1601	1621	1641	1701	1720	1740	1801	1820	1840
Gants Hill Station <i>Eastern Avenue (E)</i>	1308	1328	1348	1408	1428	1448	1508	1526	1546	1606	1626	1646	1706	1725	1745	1806	1825	1845
Redbridge Station <i>Eastern Avenue</i>	1316	1336	1356	1416	1436	1456	1514	1532	1552	1612	1632	1652	1712	1731	1751	1811	1830	1850
Wanstead Station <i>Harrier Avenue</i>	1319	1339	1359	1419	1439	1459	1517	1535	1555	1615	1635	1655	1715	1734	1754	1814	1833	1853
Leytonstone <i>Green Man (High Road)</i>	1330	1350	1410	1430	1450	1510	1528	1546	1605	1624	1644	1703	1722	1741	1801	1821	1840	1900
Leytonstone Station <i>Bus Station</i>	1334	1354	1414	1434	1454	1513	1531	1549	1608	1627	1647	1706	1725	1744	1803	1823	1842	1902
Romford Station	1841	1902	1922	1942	2002	2022	2042	2102	2122	2142	2202	2222	2242	2302	2322	2342	0002	0022
Romford Market <i>St Edward's Way</i>	1843	1904	1924	1944	2004	2024	2044	2104	2124	2144	2204	2224	2244	2304	2324	2344	0004	0024
Romford North Street <i>(The Squire)</i>	1846	1907	1927	1947	2007	2027	2047	2106	2126	2146	2206	2226	2246	2306	2326	2346	0006	0026
Chadwell Heath <i>Moby Dick</i>	1851	1912	1932	1952	2012	2032	2052	2111	2131	2151	2210	2230	2250	2310	2330	2350	0010	0030
Little Heath <i>Eastern Avenue</i>	1855	1916	1936	1956	2016	2035	2055	2114	2134	2154	2213	2233	2253	2313	2332	2352	0012	0032
Newbury Park Station	1900	1920	1940	2000	2020	2039	2059	2118	2138	2158	2217	2236	2256	2316	2335	2355	0015	0035
Gants Hill Station <i>Eastern Avenue (E)</i>	1904	1924	1944	2003	2024	2043	2103	2122	2141	2201	2220	2239	2259	2319	2338	2358	0018	0038
Redbridge Station <i>Eastern Avenue</i>	1909	1929	1949	2008	2028	2047	2107	2126	2145	2205	2224	2243	2303	2323	2342	0002	0022	0042
Wanstead Station <i>Harrier Avenue</i>	1912	1932	1952	2011	2031	2050	2110	2129	2148	2208	2227	2246	2305	2325	2344	0004	0024	0044
Leytonstone <i>Green Man (High Road)</i>	1919	1939	1959	2018	2038	2057	2116	2135	2154	2214	2233	2252	2311	2331	2350	0010	0030	0050
Leytonstone Station <i>Bus Station</i>	1921	1941	2001	2020	2040	2059	2118	2137	2156	2216	2235	2254	2313	2333	2352	0012	0032	0052

66	Mondays to Fridays (except summer holidays)																		
Leytonstone Station Bus Station	0530	0545	0559	0613	0627	0636	0645	0654	0703	0712	0721	0730	0739	0748	0757	0807	0817	0827	
Leytonstone Green Man (High Road)	0532	0547	0601	0615	0629	0638	0647	0656	0705	0714	0723	0732	0741	0751	0800	0810	0820	0830	
Wanstead Station High Street	0536	0551	0606	0620	0635	0644	0653	0702	0711	0721	0730	0739	0748	0758	0808	0818	0828	0838	
Redbridge Station Eastern Avenue	0540	0555	0610	0624	0639	0648	0657	0706	0715	0725	0735	0745	0754	0804	0814	0824	0834	0844	
Gants Hill Station Eastern Avenue (W)	0542	0557	0613	0628	0643	0652	0702	0711	0720	0730	0740	0750	0759	0809	0819	0829	0839	0849	
Newbury Park Station	0548	0603	0619	0634	0649	0658	0708	0717	0726	0736	0746	0756	0805	0815	0825	0835	0845	0855	
Little Heath Eastern Avenue	0553	0608	0624	0639	0655	0704	0714	0723	0733	0743	0753	0803	0813	0823	0833	0843	0853	0903	
Chadwell Heath Moby Dick	0557	0612	0628	0643	0659	0708	0718	0727	0737	0747	0757	0807	0817	0827	0837	0847	0857	0907	
Romford North Street Bus Garage	0603	0618	0634	0650	0706	0715	0725	0735	0746	0756	0806	0817	0827	0837	0847	0857	0907	0917	
Romford Market St Edward's Way	0605	0620	0636	0652	0708	0718	0728	0738	0749	0759	0809	0820	0830	0840	0850	0900	0910	0920	
Romford Station	0609	0624	0640	0656	0712	0722	0732	0742	0753	0804	0814	0825	0835	0845	0855	0905	0915	0925	
Leytonstone Station Bus Station	0837	0847	0857	0907	0917	0927	0937	Then every 10 minutes until	1147	1156	1206	1215	1225	1235	1245	1254	1304		
Leytonstone Green Man (High Road)	0840	0850	0900	0910	0920	0930	0940		1150	1200	1210	1219	1229	1239	1249	1258	1308		
Wanstead Station High Street	0848	0858	0908	0918	0927	0937	0947		1157	1207	1217	1226	1236	1246	1256	1305	1315		
Redbridge Station Eastern Avenue	0854	0903	0913	0923	0932	0942	0952		1202	1212	1222	1231	1241	1251	1301	1310	1320		
Gants Hill Station Eastern Avenue (W)	0859	0908	0918	0928	0937	0947	0957		1207	1217	1227	1236	1246	1256	1306	1316	1326		
Newbury Park Station	0905	0914	0924	0934	0943	0953	1003		1213	1223	1233	1242	1252	1302	1312	1322	1332		
Little Heath Eastern Avenue	0913	0922	0931	0940	0949	0959	1008		1218	1228	1238	1248	1258	1308	1318	1328	1338		
Chadwell Heath Moby Dick	0917	0926	0935	0944	0953	1003	1012		1222	1232	1242	1252	1302	1312	1322	1332	1342		
Romford North Street Bus Garage	0926	0934	0943	0952	1001	1011	1020		1230	1240	1250	1300	1310	1320	1330	1340	1350		
Romford Market St Edward's Way	0929	0937	0946	0955	1004	1014	1023		1233	1243	1253	1303	1313	1323	1333	1343	1353		
Romford Station	0933	0941	0950	0959	1008	1018	1027		1237	1247	1257	1307	1317	1327	1337	1347	1357		
Leytonstone Station Bus Station	1314	1324	1334	1344	1353	1403	1412	1422	1431	1440	1449	1458	1507	1516	1525	Then every 10 minutes until	1705		
Leytonstone Green Man (High Road)	1318	1328	1338	1348	1357	1407	1416	1426	1435	1444	1453	1502	1511	1520	1529		1709		
Wanstead Station High Street	1325	1335	1345	1355	1404	1414	1423	1433	1442	1451	1500	1509	1518	1528	1538		1718		
Redbridge Station Eastern Avenue	1330	1340	1350	1400	1409	1419	1429	1439	1448	1457	1506	1515	1524	1534	1544		1724		
Gants Hill Station Eastern Avenue (W)	1336	1346	1356	1406	1415	1426	1436	1446	1456	1505	1514	1523	1532	1542	1552		1732		
Newbury Park Station	1342	1352	1402	1412	1421	1432	1442	1453	1503	1513	1522	1531	1541	1551	1601		1741		
Little Heath Eastern Avenue	1348	1358	1408	1418	1428	1439	1449	1500	1510	1520	1530	1540	1550	1600	1610		1750		
Chadwell Heath Moby Dick	1352	1402	1412	1422	1432	1443	1453	1504	1515	1525	1535	1545	1555	1605	1615		1755		
Romford North Street Bus Garage	1400	1410	1420	1430	1440	1451	1502	1513	1524	1534	1545	1555	1605	1615	1625		1805		
Romford Market St Edward's Way	1403	1413	1423	1433	1443	1454	1505	1516	1527	1537	1548	1558	1608	1618	1628		1808		
Romford Station	1407	1417	1427	1437	1448	1459	1510	1521	1532	1542	1553	1603	1613	1623	1633		1813		
Leytonstone Station Bus Station	1715	1725	1735	1745	1755	1805	1815	1825	1835	1845	1900	1915	1930	1945	2000	2020	2040	2100	
Leytonstone Green Man (High Road)	1719	1729	1739	1749	1759	1809	1819	1829	1839	1849	1904	1919	1934	1949	2003	2023	2043	2103	
Wanstead Station High Street	1728	1738	1748	1758	1808	1817	1827	1837	1847	1857	1912	1927	1940	1955	2009	2028	2048	2108	
Redbridge Station Eastern Avenue	1734	1744	1754	1804	1814	1823	1833	1843	1853	1903	1918	1932	1945	2000	2013	2032	2052	2112	
Gants Hill Station Eastern Avenue (W)	1742	1752	1802	1812	1822	1831	1841	1851	1901	1911	1925	1938	1951	2005	2018	2037	2057	2116	
Newbury Park Station	1751	1801	1811	1821	1831	1840	1849	1859	1909	1918	1931	1944	1957	2011	2023	2042	2102	2121	
Little Heath Eastern Avenue	1800	1809	1819	1829	1839	1848	1856	1906	1916	1925	1938	1951	2004	2017	2029	2048	2108	2126	
Chadwell Heath Moby Dick	1805	1814	1824	1834	1844	1853	1901	1910	1920	1929	1942	1955	2008	2021	2033	2052	2112	2130	
Romford North Street Bus Garage	1814	1824	1834	1843	1852	1901	1909	1917	1927	1936	1949	2002	2014	2027	2039	2058	2118	2136	
Romford Market St Edward's Way	1817	1827	1837	1846	1855	1903	1911	1919	1929	1938	1951	2004	2016	2029	2041	2100	2120	2138	
Romford Station	1822	1832	1841	1850	1859	1907	1915	1923	1933	1942	1955	2008	2020	2033	2045	2104	2123	2141	
Leytonstone Station Bus Station	2120	2140	2200	2220	2240	2300	2320	2340	0000	0020	0040								
Leytonstone Green Man (High Road)	2122	2142	2202	2222	2242	2302	2322	2342	0002	0022	0042								
Wanstead Station High Street	2127	2147	2207	2227	2247	2307	2326	2346	0006	0026	0046								
Redbridge Station Eastern Avenue	2131	2151	2211	2231	2250	2310	2329	2349	0009	0029	0049								
Gants Hill Station Eastern Avenue (W)	2135	2155	2215	2235	2254	2314	2333	2353	0012	0032	0052								
Newbury Park Station	2140	2200	2220	2240	2259	2319	2338	2358	0017	0037	0057								
Little Heath Eastern Avenue	2145	2205	2224	2244	2303	2323	2342	0002	0021	0041	0101								
Chadwell Heath Moby Dick	2149	2209	2228	2248	2307	2327	2346	0006	0025	0045	0105								
Romford North Street Bus Garage	2155	2214	2233	2252	2311	2331	2350	0010	0029	0049	0109								
Romford Market St Edward's Way	2157	2216	2235	2254	2313	2333	2352	0012	0031	0051	0111								
Romford Station	2200	2219	2238	2257	2316	2336	2355	0015	0034	0054	0114								

**66 Mondays to Fridays (school holidays)**

Leytonstone Station Bus Station	0530	0545	0559	0613	0627	0637	0647	0657	0705	0713	0721	0730	0739	0748	0757	Then every 10 minutes until	0847
Leytonstone Green Man (High Road)	0532	0547	0601	0615	0629	0639	0649	0659	0707	0715	0723	0732	0742	0751	0800		0850
Wanstead Station High Street	0536	0551	0606	0620	0634	0644	0654	0704	0713	0721	0729	0738	0748	0757	0806		0856
Redbridge Station Eastern Avenue	0540	0555	0610	0624	0638	0648	0658	0708	0717	0725	0733	0743	0753	0802	0811		0901
Gants Hill Station Eastern Avenue (W)	0542	0557	0613	0628	0642	0652	0702	0712	0721	0730	0738	0748	0758	0807	0816		0906
Newbury Park Station	0548	0603	0619	0634	0648	0658	0708	0718	0727	0736	0744	0754	0804	0813	0822		0912
Little Heath Eastern Avenue	0553	0608	0624	0639	0653	0703	0713	0723	0732	0741	0750	0800	0810	0819	0828		0918
Chadwell Heath Moby Dick	0557	0612	0628	0643	0657	0707	0717	0727	0736	0745	0754	0804	0814	0823	0832		0922
Romford North Street Bus Garage	0603	0618	0634	0650	0704	0714	0724	0734	0744	0753	0802	0812	0822	0831	0840		0930
Romford Market St Edward's Way	0605	0620	0636	0652	0706	0716	0726	0736	0746	0755	0805	0815	0825	0834	0843		0933
Romford Station	0609	0624	0640	0656	0710	0720	0730	0740	0750	0800	0810	0820	0830	0839	0848	0938	

Leytonstone Station Bus Station	0857	Then every 10 minutes until	1037	1046	Then every 10 minutes until	1146	1156	1206	1215	1225	1235	1245	1254	1304	1314	1324
Leytonstone Green Man (High Road)	0900		1040	1049		1149	1200	1210	1219	1229	1239	1249	1258	1308	1318	1328
Wanstead Station High Street	0907		1047	1056		1156	1207	1217	1226	1236	1246	1256	1305	1315	1325	1335
Redbridge Station Eastern Avenue	0912		1052	1101		1201	1212	1222	1231	1241	1251	1301	1310	1320	1330	1340
Gants Hill Station Eastern Avenue (W)	0917		1057	1106		1206	1217	1227	1236	1246	1256	1306	1316	1326	1336	1346
Newbury Park Station	0923		1103	1112		1212	1223	1233	1242	1252	1302	1312	1322	1332	1342	1352
Little Heath Eastern Avenue	0928		1108	1117		1217	1228	1238	1248	1258	1308	1318	1328	1338	1348	1358
Chadwell Heath Moby Dick	0932		1112	1121		1221	1232	1242	1252	1302	1312	1322	1332	1342	1352	1402
Romford North Street Bus Garage	0940		1120	1129		1229	1240	1250	1300	1310	1320	1330	1340	1350	1400	1410
Romford Market St Edward's Way	0943		1123	1132		1232	1243	1253	1303	1313	1323	1333	1343	1353	1403	1413
Romford Station	0947	1127	1136	1236	1247	1257	1307	1317	1327	1337	1347	1357	1407	1417		

Leytonstone Station Bus Station	1334	1343	1352	1401	1410	1419	1427	1436	1445	1455	1504	1513	1522	1531	Then every 10 minutes until	1701	1712
Leytonstone Green Man (High Road)	1338	1347	1356	1405	1414	1423	1431	1440	1449	1459	1508	1517	1526	1535		1705	1716
Wanstead Station High Street	1345	1354	1403	1412	1421	1430	1438	1447	1456	1506	1515	1525	1534	1543		1713	1724
Redbridge Station Eastern Avenue	1350	1359	1408	1418	1427	1436	1444	1453	1502	1512	1521	1531	1540	1549		1719	1730
Gants Hill Station Eastern Avenue (W)	1356	1405	1415	1425	1434	1443	1452	1501	1510	1520	1529	1539	1548	1557		1727	1738
Newbury Park Station	1402	1411	1421	1431	1440	1449	1459	1508	1517	1527	1537	1547	1556	1606		1736	1747
Little Heath Eastern Avenue	1408	1417	1427	1437	1446	1455	1505	1515	1524	1534	1544	1554	1604	1614		1744	1755
Chadwell Heath Moby Dick	1412	1421	1431	1441	1450	1500	1510	1520	1529	1539	1549	1559	1609	1619		1749	1800
Romford North Street Bus Garage	1420	1429	1439	1449	1459	1509	1519	1529	1539	1549	1559	1609	1619	1629		1759	1809
Romford Market St Edward's Way	1423	1432	1442	1452	1502	1512	1522	1532	1542	1552	1602	1612	1622	1632		1802	1812
Romford Station	1427	1437	1447	1457	1507	1517	1527	1537	1547	1557	1607	1617	1627	1637	1807	1817	

Leytonstone Station Bus Station	1723	1734	1745	1755	1805	1815	1825	1835	1845	1900	1915	1930	1945	2000	2020	2040	2100	2120
Leytonstone Green Man (High Road)	1727	1738	1749	1759	1809	1819	1829	1839	1849	1904	1919	1934	1949	2003	2023	2043	2103	2122
Wanstead Station High Street	1735	1746	1757	1807	1817	1827	1837	1846	1855	1910	1925	1940	1955	2009	2028	2048	2108	2127
Redbridge Station Eastern Avenue	1741	1752	1803	1813	1823	1833	1843	1852	1901	1916	1931	1945	2000	2013	2032	2052	2112	2131
Gants Hill Station Eastern Avenue (W)	1749	1800	1811	1821	1831	1841	1851	1900	1909	1923	1937	1951	2005	2018	2037	2057	2116	2135
Newbury Park Station	1758	1809	1820	1830	1840	1849	1859	1907	1916	1929	1943	1957	2011	2023	2042	2102	2121	2140
Little Heath Eastern Avenue	1805	1816	1827	1837	1847	1856	1906	1914	1922	1935	1949	2003	2017	2029	2048	2108	2126	2145
Chadwell Heath Moby Dick	1810	1821	1832	1842	1852	1901	1910	1918	1926	1939	1953	2007	2021	2033	2052	2112	2130	2149
Romford North Street Bus Garage	1819	1829	1840	1849	1859	1908	1917	1925	1933	1946	2000	2014	2027	2039	2058	2118	2136	2155
Romford Market St Edward's Way	1822	1832	1843	1852	1901	1910	1919	1927	1935	1948	2002	2016	2029	2041	2100	2120	2138	2157
Romford Station	1827	1837	1847	1856	1905	1914	1923	1931	1939	1952	2006	2020	2033	2045	2104	2123	2141	2200

Leytonstone Station Bus Station	2140	2200	2220	2240	2300	2320	2340	0000	0020	0040							
Leytonstone Green Man (High Road)	2142	2202	2222	2242	2302	2322	2342	0002	0022	0042							
Wanstead Station High Street	2147	2207	2227	2247	2307	2326	2346	0006	0026	0046							
Redbridge Station Eastern Avenue	2151	2211	2231	2250	2310	2329	2349	0009	0029	0049							
Gants Hill Station Eastern Avenue (W)	2155	2215	2235	2254	2314	2333	2353	0012	0032	0052							
Newbury Park Station	2200	2220	2240	2259	2319	2338	2358	0017	0037	0057							
Little Heath Eastern Avenue	2205	2224	2244	2303	2323	2342	0002	0021	0041	0101							
Chadwell Heath Moby Dick	2209	2228	2248	2307	2327	2346	0006	0025	0045	0105							
Romford North Street Bus Garage	2214	2233	2252	2311	2331	2350	0010	0029	0049	0109							
Romford Market St Edward's Way	2216	2235	2254	2313	2333	2352	0012	0031	0051	0111							
Romford Station	2219	2238	2257	2316	2336	2355	0015	0034	0054	0114							

**66 Saturdays (also Good Friday)**

Leytonstone Station Bus Station	0530	0600	0630	0700	0730	0745	0800	0815	0827	0839	0851	0902	0913	0924	0935	0946	0958	1009
Leytonstone Green Man (High Road)	0532	0602	0632	0702	0732	0747	0802	0817	0829	0841	0853	0905	0916	0927	0938	0949	1001	1012
Wanstead Station High Street	0536	0606	0636	0707	0737	0752	0807	0822	0834	0846	0858	0911	0922	0933	0945	0956	1008	1019
Redbridge Station Eastern Avenue	0540	0610	0640	0711	0741	0756	0811	0826	0838	0850	0902	0915	0927	0938	0950	1001	1013	1024
Gants Hill Station Eastern Avenue (W)	0542	0612	0642	0714	0744	0759	0814	0829	0841	0853	0905	0918	0930	0941	0953	1004	1016	1027
Newbury Park Station	0548	0618	0648	0720	0750	0805	0820	0835	0847	0900	0912	0925	0937	0949	1001	1013	1025	1036
Little Heath Eastern Avenue	0553	0623	0653	0725	0755	0810	0825	0840	0852	0905	0917	0930	0942	0954	1006	1018	1030	1042
Chadwell Heath Moby Dick	0556	0626	0656	0728	0758	0813	0828	0843	0856	0909	0921	0934	0946	0958	1010	1022	1034	1046
Romford North Street Bus Garage	0602	0632	0702	0734	0805	0820	0835	0850	0903	0916	0928	0941	0953	1005	1018	1030	1042	1054
Romford Market St Edward's Way	0604	0634	0704	0736	0807	0822	0837	0852	0905	0918	0931	0944	0956	1008	1021	1033	1045	1057
Romford Station	0607	0637	0708	0740	0811	0826	0841	0856	0909	0922	0935	0948	1000	1012	1025	1037	1049	1101

66		Saturdays (also Good Friday) (cont.)																								
Leytonstone Station Bus Station	1021	1032	1044	1055	1107	1118	1130	1142	1154											1306	1318	1330	1342	1354	1407	1419
Leytonstone Green Man (High Road)	1024	1036	1048	1059	1112	1123	1135	1147	1159											1311	1323	1335	1347	1359	1412	1424
Wanstead Station High Street	1031	1043	1055	1107	1120	1131	1143	1155	1207											1319	1331	1343	1355	1407	1420	1432
Redbridge Station Eastern Avenue	1036	1048	1100	1113	1126	1137	1149	1201	1214											1326	1338	1350	1402	1414	1426	1438
Gants Hill Station Eastern Avenue (W)	1039	1051	1104	1117	1130	1141	1153	1206	1219											1331	1343	1355	1407	1419	1431	1443
Newbury Park Station	1048	1100	1113	1126	1139	1150	1203	1216	1229											1341	1353	1405	1417	1429	1441	1453
Little Heath Eastern Avenue	1054	1106	1119	1132	1145	1156	1209	1222	1235											1347	1359	1411	1423	1435	1447	1459
Chadwell Heath Moby Dick	1058	1110	1123	1136	1149	1200	1213	1226	1239											1351	1403	1415	1427	1439	1451	1503
Romford North Street Bus Garage	1106	1119	1132	1145	1158	1210	1223	1236	1249											1401	1412	1423	1435	1447	1459	1511
Romford Market St Edward's Way	1109	1122	1135	1148	1201	1213	1226	1239	1252											1404	1415	1426	1438	1450	1502	1513
Romford Station	1114	1127	1140	1153	1206	1218	1231	1244	1257											1409	1420	1431	1443	1454	1506	1517
Leytonstone Station Bus Station	1431	1443	1456	1509			1609	1621	1633	1645	1658			1746	1759	1814	1829	1844								
Leytonstone Green Man (High Road)	1436	1448	1501	1513			1613	1625	1637	1649	1702			1750	1803	1818	1833	1848								
Wanstead Station High Street	1444	1456	1508	1520			1620	1632	1644	1656	1709			1757	1809	1824	1839	1854								
Redbridge Station Eastern Avenue	1450	1502	1514	1526			1626	1638	1650	1702	1714			1802	1814	1829	1844	1859								
Gants Hill Station Eastern Avenue (W)	1455	1507	1518	1530			1630	1642	1654	1706	1718			1806	1818	1833	1848	1903								
Newbury Park Station	1505	1516	1527	1539			1639	1651	1703	1715	1727			1815	1827	1842	1857	1911								
Little Heath Eastern Avenue	1511	1522	1533	1545			1645	1657	1709	1721	1733			1821	1833	1848	1903	1917								
Chadwell Heath Moby Dick	1515	1526	1537	1549			1649	1701	1713	1725	1737			1825	1837	1852	1907	1921								
Romford North Street Bus Garage	1523	1534	1545	1557			1657	1708	1720	1732	1744			1832	1844	1859	1913	1927								
Romford Market St Edward's Way	1525	1536	1547	1559			1659	1710	1722	1734	1746			1834	1846	1901	1915	1929								
Romford Station	1529	1540	1551	1603			1703	1714	1726	1738	1750			1838	1850	1905	1919	1933								
Leytonstone Station Bus Station	1859	1919	1939	1959	2019	2039	2100	2120	2140	2200	2220	2240	2300	2320	2340	0000	0020	0040								
Leytonstone Green Man (High Road)	1903	1922	1942	2002	2022	2042	2102	2122	2142	2202	2222	2242	2302	2322	2342	0002	0022	0042								
Wanstead Station High Street	1909	1928	1948	2007	2027	2047	2107	2127	2147	2207	2227	2247	2307	2327	2347	0006	0026	0046								
Redbridge Station Eastern Avenue	1914	1933	1953	2012	2032	2051	2111	2131	2150	2210	2230	2250	2310	2330	2350	0009	0029	0049								
Gants Hill Station Eastern Avenue (W)	1918	1937	1957	2016	2035	2054	2114	2134	2153	2213	2233	2253	2313	2333	2353	0012	0032	0052								
Newbury Park Station	1926	1945	2005	2023	2042	2101	2120	2140	2159	2218	2238	2258	2318	2338	2358	0017	0037	0057								
Little Heath Eastern Avenue	1932	1951	2010	2028	2047	2106	2125	2145	2204	2223	2242	2302	2322	2342	0002	0021	0041	0101								
Chadwell Heath Moby Dick	1936	1955	2014	2032	2051	2110	2129	2149	2208	2227	2246	2306	2326	2346	0006	0025	0045	0105								
Romford North Street Bus Garage	1942	2001	2019	2037	2056	2115	2134	2154	2213	2232	2251	2311	2330	2350	0010	0029	0049	0109								
Romford Market St Edward's Way	1944	2003	2021	2039	2058	2117	2136	2156	2215	2234	2253	2313	2332	2352	0012	0031	0051	0111								
Romford Station	1948	2006	2024	2042	2101	2120	2139	2159	2218	2237	2256	2316	2335	2355	0015	0034	0054	0114								
66		Sundays and other Public Holidays (except Christmas Day)																								
Leytonstone Station Bus Station	0700	0730	0800	0830	0900	0920	0940	1000	1020	1040	1058	1118	1138	1158	1218											1358
Leytonstone Green Man (High Road)	0702	0732	0802	0832	0902	0923	0943	1003	1023	1043	1101	1121	1141	1201	1222											1402
Wanstead Station High Street	0707	0737	0807	0837	0908	0929	0949	1009	1029	1049	1108	1128	1148	1208	1229											1409
Redbridge Station Eastern Avenue	0710	0740	0811	0841	0912	0933	0954	1014	1034	1054	1113	1134	1154	1214	1235											1415
Gants Hill Station Eastern Avenue (W)	0712	0742	0813	0844	0915	0936	0957	1017	1037	1057	1117	1138	1158	1219	1240											1420
Newbury Park Station	0718	0748	0819	0850	0921	0943	1004	1025	1045	1105	1125	1147	1207	1228	1249											1429
Little Heath Eastern Avenue	0722	0752	0823	0854	0926	0948	1009	1030	1050	1110	1130	1152	1213	1234	1255											1435
Chadwell Heath Moby Dick	0726	0756	0827	0858	0930	0952	1013	1034	1054	1114	1134	1156	1217	1238	1259											1439
Romford North Street Bus Garage	0731	0801	0832	0904	0936	0958	1020	1041	1101	1122	1143	1205	1226	1247	1308											1448
Romford Market St Edward's Way	0733	0803	0834	0906	0938	1000	1022	1043	1104	1125	1146	1208	1229	1250	1311											1451
Romford Station	0736	0807	0838	0910	0942	1004	1026	1047	1108	1129	1150	1212	1233	1254	1315											1455
Leytonstone Station Bus Station	1418	1438	1458	1518	1538	1558	1618	1638	1658	1718	1738	1758	1818	1838	1858	1918	1938	1958								
Leytonstone Green Man (High Road)	1422	1442	1502	1522	1542	1602	1622	1642	1702	1721	1741	1801	1821	1841	1901	1921	1941	2001								
Wanstead Station High Street	1429	1449	1509	1529	1549	1609	1629	1649	1709	1728	1748	1808	1827	1847	1907	1926	1946	2006								
Redbridge Station Eastern Avenue	1435	1455	1515	1534	1554	1614	1634	1654	1713	1732	1752	1812	1831	1851	1911	1930	1950	2009								
Gants Hill Station Eastern Avenue (W)	1440	1500	1520	1539	1558	1618	1638	1658	1717	1736	1756	1816	1835	1855	1915	1934	1954	2013								
Newbury Park Station	1449	1508	1528	1547	1606	1626	1646	1706	1725	1744	1804	1824	1843	1903	1922	1941	2001	2019								
Little Heath Eastern Avenue	1455	1514	1534	1553	1612	1632	1652	1712	1731	1750	1810	1830	1849	1908	1927	1946	2006	2024								
Chadwell Heath Moby Dick	1459	1518	1538	1557	1616	1636	1656	1716	1735	1754	1814	1834	1853	1912	1931	1950	2010	2028								
Romford North Street Bus Garage	1508	1527	1546	1605	1624	1643	1703	1722	1741	1800	1820	1840	1859	1918	1937	1956	2015	2033								
Romford Market St Edward's Way	1510	1529	1548	1607	1626	1645	1705	1724	1743	1802	1822	1842	1901	1920	1939	1958	2017	2035								
Romford Station	1514	1533	1552	1611	1630	1649	1709	1728	1747	1806	1826	1846	1905	1924	1943	2002	2020	2038								
Leytonstone Station Bus Station	2019	2039	2100	2120	2140	2200	2220	2240	2300	2320	2340	0000	0020	0040												
Leytonstone Green Man (High Road)	2021	2041	2102	2122	2142	2202	2222	2242	2302	2322	2342	0002	0022	0042												
Wanstead Station High Street	2026	2046	2107	2127	2147	2207	2227	2247	2307	2327	2346	0006	0026	0046												
Redbridge Station Eastern Avenue	2029	2049	2110	2130	2150	2210	2230	2250	2310	2330	2349	0009	0029	0049												
Gants Hill Station Eastern Avenue (W)	2033	2053	2113	2133	2153	2213	2233	2253	2313	2333	2352	0012	0032	0052												
Newbury Park Station	2039	2059	2119	2139	2159	2218	2238	2258	2318	2338	2357	0017	0037	0057												
Little Heath Eastern Avenue	2044	2104	2124	2144	2204	2223	2242	2302	2322	2342	0001	0021	0041	0101												
Chadwell Heath Moby Dick	2048	2108	2128	2148	2208	2227	2246	2306	2326	2346	0005	0025	0045	0105												
Romford North Street Bus Garage	2053	2113	2133	2153	2213	2232	2251	2311	2331	2350	0009	0029	0049	0109												
Romford Market St Edward's Way	2055	2115	2135	2155	22																					