

86		Christmas Eve																	
Romford Station	0530	0545	0600	0610	0620	0630	0640	0650	0700	0710	0720	0730	0740	0748	0756	0803	0810	0816	
Romford Market St Edward's Way	0532	0547	0602	0612	0622	0632	0642	0652	0702	0712	0722	0732	0742	0750	0758	0806	0813	0819	
Romford Stadium	0536	0551	0606	0616	0626	0636	0646	0656	0706	0716	0726	0736	0746	0754	0802	0810	0817	0823	
Chadwell Heath Sainsbury's	0540	0555	0610	0620	0630	0640	0650	0700	0711	0721	0731	0741	0751	0759	0807	0815	0822	0828	
Seven Kings Station	0547	0602	0617	0627	0637	0647	0657	0708	0719	0729	0739	0749	0759	0807	0815	0823	0830	0836	
Ilford High Road Hainault Street	0552	0607	0622	0632	0642	0652	0702	0714	0725	0735	0745	0755	0805	0813	0821	0829	0836	0842	
Ilford Broadway High Road	0555	0610	0625	0635	0645	0655	0705	0717	0728	0738	0748	0758	0808	0816	0824	0832	0839	0845	
Manor Park Broadway	0601	0616	0631	0641	0651	0701	0712	0724	0735	0745	0755	0805	0815	0823	0831	0839	0846	0852	
Forest Gate Police Station	0606	0621	0636	0646	0656	0706	0717	0729	0740	0750	0800	0810	0820	0828	0836	0844	0851	0857	
Stratford Bus Station	0614	0629	0644	0654	0704	0715	0726	0738	0749	0759	0809	0819	0829	0837	0845	0853	0900	0906	
Romford Station	0822	0828	0833	0839	0844	0849	0854	0859	0905	0911	0917	0923	0928	0933	0939	0945	0950	0955	
Romford Market St Edward's Way	0825	0831	0836	0842	0847	0852	0857	0902	0908	0914	0920	0926	0931	0936	0942	0948	0953	0958	
Romford Stadium	0829	0835	0840	0846	0851	0856	0901	0907	0913	0919	0925	0931	0936	0941	0947	0953	0958	1003	
Chadwell Heath Sainsbury's	0834	0840	0845	0851	0856	0901	0907	0913	0919	0925	0931	0937	0942	0947	0953	0959	1004	1009	
Seven Kings Station	0842	0848	0853	0859	0904	0910	0916	0922	0928	0934	0940	0946	0951	0956	1002	1008	1014	1020	
Ilford High Road Hainault Street	0848	0854	0859	0905	0911	0917	0923	0929	0935	0941	0947	0953	0958	1003	1009	1015	1021	1027	
Ilford Broadway High Road	0851	0857	0902	0908	0914	0920	0926	0932	0938	0944	0950	0956	1001	1006	1012	1018	1024	1030	
Manor Park Broadway	0858	0904	0910	0916	0922	0928	0934	0940	0946	0952	0958	1004	1010	1016	1022	1028	1034	1040	
Forest Gate Police Station	0903	0910	0916	0922	0928	0934	0940	0946	0952	0958	1004	1010	1016	1022	1028	1034	1040	1046	
Stratford Bus Station	0913	0920	0926	0932	0938	0944	0950	0956	1002	1008	1014	1020	1026	1032	1038	1044	1050	1056	
Romford Station	1001	1007	1013	1019	1025	1031	1037	1043	1049	1055	1101	1107	1113	1119	1125	1131	1137	1143	
Romford Market St Edward's Way	1004	1010	1016	1022	1028	1034	1040	1046	1052	1058	1104	1111	1117	1123	1129	1135	1141	1147	
Romford Stadium	1009	1015	1021	1027	1033	1039	1045	1051	1057	1103	1110	1117	1123	1129	1135	1141	1147	1153	
Chadwell Heath Sainsbury's	1015	1021	1027	1033	1039	1045	1051	1057	1103	1110	1117	1124	1130	1136	1142	1148	1154	1200	
Seven Kings Station	1026	1032	1038	1044	1050	1056	1102	1108	1115	1122	1129	1136	1142	1148	1154	1200	1206	1213	
Ilford High Road Hainault Street	1033	1039	1045	1051	1057	1103	1110	1116	1123	1130	1137	1144	1150	1156	1202	1209	1215	1222	
Ilford Broadway High Road	1036	1042	1048	1054	1100	1106	1113	1119	1126	1133	1140	1147	1153	1159	1206	1213	1219	1226	
Manor Park Broadway	1046	1052	1058	1104	1111	1118	1125	1131	1138	1145	1152	1159	1205	1212	1219	1226	1232	1239	
Forest Gate Police Station	1052	1058	1104	1111	1118	1125	1132	1138	1145	1152	1159	1206	1212	1219	1226	1233	1239	1246	
Stratford Bus Station	1102	1108	1115	1122	1129	1136	1143	1149	1156	1203	1210	1217	1223	1230	1237	1244	1250	1257	
Romford Station	1149	1155	1201	1207	1213	1219	1225	1231	1237	1243	1249	1255	1301	Then every 6 minutes until	1519	1525	1531		
Romford Market St Edward's Way	1153	1159	1205	1211	1217	1223	1229	1235	1241	1247	1253	1259	1305		1523	1529	1535		
Romford Stadium	1159	1205	1211	1217	1223	1229	1235	1241	1247	1253	1259	1305	1312		1530	1536	1542		
Chadwell Heath Sainsbury's	1206	1212	1218	1224	1230	1236	1242	1248	1254	1300	1306	1312	1319		1537	1543	1549		
Seven Kings Station	1219	1225	1231	1237	1243	1249	1255	1301	1307	1314	1320	1326	1333		1551	1557	1603		
Ilford High Road Hainault Street	1228	1234	1240	1246	1252	1258	1304	1310	1316	1323	1329	1335	1342		1600	1605	1611		
Ilford Broadway High Road	1232	1238	1244	1250	1256	1302	1308	1314	1320	1327	1333	1339	1346		1604	1609	1615		
Manor Park Broadway	1245	1251	1257	1303	1309	1316	1322	1328	1334	1341	1347	1353	1400		1618	1623	1629		
Forest Gate Police Station	1252	1258	1304	1310	1316	1323	1329	1335	1341	1348	1354	1400	1407		1625	1630	1636		
Stratford Bus Station	1303	1309	1315	1321	1327	1334	1340	1346	1352	1359	1405	1411	1418		1636	1641	1647		
Romford Station	1537	1543	1549	1555	1601	1607	1613	1619	1625	1631	1637	1643	1649	1655	1701	Then every 6 minutes until	1737		
Romford Market St Edward's Way	1541	1547	1553	1559	1605	1611	1617	1623	1629	1635	1641	1647	1653	1658	1704		1740		
Romford Stadium	1548	1554	1600	1605	1611	1616	1622	1628	1634	1640	1646	1652	1658	1703	1709		1745		
Chadwell Heath Sainsbury's	1555	1601	1607	1612	1618	1623	1629	1635	1641	1647	1653	1659	1705	1710	1715		1751		
Seven Kings Station	1608	1614	1620	1625	1631	1636	1641	1647	1653	1659	1705	1710	1716	1721	1726		1802		
Ilford High Road Hainault Street	1616	1622	1628	1633	1639	1644	1649	1655	1701	1707	1713	1718	1724	1729	1734		1810		
Ilford Broadway High Road	1620	1626	1632	1637	1643	1648	1653	1658	1704	1710	1716	1721	1727	1732	1737		1813		
Manor Park Broadway	1634	1640	1646	1651	1657	1702	1707	1712	1717	1723	1728	1733	1738	1743	1748		1824		
Forest Gate Police Station	1641	1647	1653	1658	1704	1709	1714	1719	1724	1730	1735	1740	1745	1750	1755		1831		
Stratford Bus Station	1652	1658	1704	1709	1715	1720	1725	1730	1735	1740	1745	1750	1755	1800	1805		1841		
Romford Station	1743	Then every 6 minutes until	1831	1839	1847	1855	1903	1911	1921	1931	1941	1951	2001	2011	2021	2031	2041		
Romford Market St Edward's Way	1746		1834	1842	1850	1858	1906	1914	1924	1934	1944	1954	2004	2014	2024	2034	2044		
Romford Stadium	1751		1839	1847	1855	1902	1910	1918	1928	1938	1948	1958	2008	2018	2028	2038	2048		
Chadwell Heath Sainsbury's	1757		1845	1853	1901	1908	1916	1924	1934	1944	1953	2003	2013	2023	2033	2043	2053		
Seven Kings Station	1807		1855	1902	1910	1917	1925	1933	1943	1953	2002	2012	2022	2032	2042	2052	2101		
Ilford High Road Hainault Street	1815		1903	1910	1918	1925	1933	1941	1951	2000	2009	2019	2029	2039	2049	2059	2108		
Ilford Broadway High Road	1818		1906	1913	1921	1928	1936	1944	1954	2003	2012	2022	2032	2042	2052	2102	2111		
Manor Park Broadway	1829		1917	1924	1932	1939	1947	1955	2004	2013	2022	2032	2042	2052	2101	2111	2120		
Forest Gate Police Station	1836		1924	1931	1939	1946	1954	2002	2011	2020	2029	2039	2049	2058	2107	2117	2126		
Stratford Bus Station	1846		1934	1941	1949	1956	2004	2012	2021	2030	2039	2049	2058	2107	2116	2126	2135		
Romford Station	2051	2101	2111	2121	2131	Then every 10 minutes until	2231	2241	2251	2301	2311	2321	2331	2341	2351				
Romford Market St Edward's Way	2053	2103	2113	2123	2133		2233	2243	2253	2303	2313	2323	2333	2343	2353				
Romford Stadium	2057	2107	2117	2127	2137		2237	2247	2257	2307	2317	2327	2337	2347	2357				
Chadwell Heath Sainsbury's	2102	2112	2122	2132	2142		2242	2252	2302	2312	2322	2332	2342	2351	0001				
Seven Kings Station	2110	2120	2130	2140	2150		2250	2259	2309	2319	2329	2339	2349	2358	0008				
Ilford High Road Hainault Street	2117	2127	2137	2147	2156		2256	2305	2315	2325	2335	2345	2354	0003	0013				
Ilford Broadway High Road	2120	2130	2140	2150	2159		2259	2308	2318	2328	2338	2348	2357	0006	0016				
Manor Park Broadway	2129	2139	2149	2158	2207		2307	2316	2326	2336	2346	2355	0004	0013	0023				
Forest Gate Police Station	2135	2145	2154	2203	2212		2312	2321	2331	2341	2351	0000	0009	0018	0028				
Stratford Bus Station	2144	2154	2203	2212	2221		2321	2330	2340	2350	2359	0008	0017	0026	0036				

86		Christmas Eve																
Stratford Bus Station	0550	0605	0620	0635	0645	0655	0705	0715	0725	0735	0745	0753	0801	0809	0817	0823	0829	0835
Forest Gate Police Station	0558	0613	0628	0643	0653	0703	0714	0724	0734	0744	0754	0802	0810	0818	0826	0832	0838	0844
Manor Park Broadway	0601	0616	0631	0646	0656	0707	0718	0728	0738	0748	0758	0806	0814	0822	0830	0836	0842	0848
Ilford Broadway Chapel Road	0608	0623	0638	0653	0703	0714	0725	0735	0745	0755	0805	0814	0822	0830	0838	0844	0850	0856
Ilford High Road Hainault Street	0611	0626	0641	0656	0706	0717	0728	0738	0748	0758	0808	0817	0825	0833	0841	0847	0853	0859
Seven Kings Station	0616	0631	0646	0701	0711	0722	0733	0743	0753	0803	0813	0822	0830	0838	0846	0852	0858	0904
Chadwell Heath Sainsbury's	0622	0637	0652	0708	0718	0729	0740	0750	0800	0811	0821	0830	0838	0846	0854	0900	0906	0912
Romford Stadium	0626	0641	0656	0713	0723	0734	0745	0755	0805	0816	0826	0835	0843	0851	0859	0906	0912	0918
Romford Market St Edward's Way	0630	0645	0701	0718	0728	0739	0750	0800	0810	0821	0831	0840	0848	0856	0904	0911	0917	0923
Romford Station	0634	0649	0705	0722	0732	0743	0754	0804	0814	0825	0835	0844	0852	0900	0908	0915	0921	0927
Stratford Bus Station	0840	0846	0852	0858	0903	0909	0915	0921	0927	0932	0937	0941	0946	Then every 6 minutes until	1016	1022	1028	
Forest Gate Police Station	0849	0855	0901	0907	0913	0919	0925	0931	0937	0942	0947	0951	0956		1026	1032	1038	
Manor Park Broadway	0853	0859	0905	0911	0917	0923	0929	0935	0941	0946	0951	0955	1000		1030	1036	1042	
Ilford Broadway Chapel Road	0901	0907	0913	0919	0925	0931	0937	0943	0949	0954	0959	1003	1009		1039	1045	1051	
Ilford High Road Hainault Street	0904	0910	0916	0922	0928	0934	0940	0946	0952	0957	1002	1007	1013		1043	1049	1055	
Seven Kings Station	0910	0916	0922	0928	0934	0940	0946	0952	0958	1003	1008	1014	1020		1050	1056	1102	
Chadwell Heath Sainsbury's	0918	0924	0930	0936	0942	0948	0954	1000	1006	1012	1018	1024	1030		1100	1106	1113	
Romford Stadium	0924	0930	0936	0942	0948	0954	1000	1006	1012	1018	1024	1030	1036		1106	1113	1120	
Romford Market St Edward's Way	0929	0935	0941	0947	0953	0959	1005	1011	1017	1023	1029	1035	1041		1111	1118	1125	
Romford Station	0933	0939	0945	0951	0957	1003	1009	1015	1021	1027	1033	1039	1045		1115	1122	1129	
Stratford Bus Station	1034	1040	1046	1052	1058	1104	1110	1116	1122	1128	1134	1140	1146	1152	1158	Then every 6 minutes until	1240	
Forest Gate Police Station	1044	1050	1056	1102	1109	1115	1121	1128	1134	1140	1146	1152	1158	1204	1210		1252	
Manor Park Broadway	1048	1054	1100	1107	1114	1120	1126	1133	1139	1145	1151	1157	1203	1209	1215		1257	
Ilford Broadway Chapel Road	1057	1103	1110	1117	1124	1130	1136	1143	1149	1155	1201	1207	1213	1220	1227		1309	
Ilford High Road Hainault Street	1101	1107	1114	1121	1128	1134	1140	1147	1153	1159	1205	1211	1217	1224	1231		1313	
Seven Kings Station	1108	1114	1121	1128	1135	1141	1147	1154	1200	1206	1212	1218	1225	1232	1239		1321	
Chadwell Heath Sainsbury's	1120	1126	1133	1140	1147	1153	1159	1206	1213	1219	1225	1231	1238	1245	1252		1334	
Romford Stadium	1127	1133	1140	1147	1154	1200	1206	1213	1220	1226	1232	1238	1245	1252	1259		1341	
Romford Market St Edward's Way	1132	1139	1146	1153	1200	1206	1212	1219	1226	1232	1238	1244	1251	1258	1305		1347	
Romford Station	1136	1143	1150	1157	1204	1211	1217	1224	1231	1237	1243	1249	1256	1303	1310		1352	
Stratford Bus Station	1246	Then every 6 minutes until	1346	1352	1358	Then every 6 minutes until	1546	1552	1558	1604	1610	1616	1622	1628	1634	1640		
Forest Gate Police Station	1258		1358	1404	1411		1559	1605	1611	1617	1623	1629	1635	1641	1647	1653	1659	
Manor Park Broadway	1303		1403	1409	1416		1604	1611	1617	1623	1629	1635	1641	1647	1653	1659		
Ilford Broadway Chapel Road	1316		1416	1423	1430		1618	1624	1630	1636	1642	1648	1654	1700	1706	1712		
Ilford High Road Hainault Street	1320		1420	1427	1434		1622	1628	1634	1640	1646	1652	1658	1704	1710	1716		
Seven Kings Station	1328		1428	1435	1442		1630	1636	1642	1648	1654	1700	1706	1712	1718	1724		
Chadwell Heath Sainsbury's	1341		1441	1448	1455		1643	1649	1655	1701	1706	1712	1718	1724	1730	1736		
Romford Stadium	1348		1448	1455	1501		1649	1655	1701	1707	1712	1718	1724	1730	1736	1741		
Romford Market St Edward's Way	1354		1454	1500	1506		1654	1700	1706	1712	1717	1723	1729	1735	1741	1746		
Romford Station	1358		1458	1504	1510		1658	1704	1710	1716	1721	1727	1733	1739	1745	1750		
Stratford Bus Station	1646	1652	1658	1704	1710	1716	Then every 6 minutes until	1904	1912	1920	1928	1936	1944	1952	2000	2010	2020	
Forest Gate Police Station	1659	1705	1711	1717	1723	1729		1917	1925	1933	1941	1949	1957	2004	2012	2022	2032	
Manor Park Broadway	1705	1711	1717	1723	1729	1735		1923	1931	1939	1947	1955	2003	2010	2018	2028	2038	
Ilford Broadway Chapel Road	1718	1724	1729	1734	1740	1746		1934	1942	1950	1958	2006	2013	2020	2028	2038	2048	
Ilford High Road Hainault Street	1722	1728	1733	1738	1744	1750		1938	1946	1953	2001	2009	2016	2023	2031	2041	2051	
Seven Kings Station	1730	1735	1740	1745	1751	1757		1945	1953	2000	2008	2016	2023	2030	2038	2048	2057	
Chadwell Heath Sainsbury's	1741	1746	1751	1756	1801	1806		1954	2001	2008	2016	2024	2031	2038	2046	2056	2105	
Romford Stadium	1746	1751	1756	1801	1806	1811		1959	2006	2013	2021	2029	2036	2043	2051	2101	2110	
Romford Market St Edward's Way	1751	1756	1801	1806	1811	1816		2004	2011	2018	2025	2033	2040	2047	2055	2105	2114	
Romford Station	1755	1800	1805	1810	1815	1820		2008	2015	2022	2029	2037	2044	2051	2059	2109	2118	
Stratford Bus Station	2030	2040	2050	2100	2110	2120	2130	2140	2150	2200	2210	2220	2230	2240	2250	2300	2310	2320
Forest Gate Police Station	2042	2052	2101	2111	2121	2131	2141	2151	2200	2210	2220	2230	2240	2250	2300	2310	2320	2330
Manor Park Broadway	2048	2057	2106	2116	2126	2136	2146	2156	2205	2215	2225	2235	2245	2255	2304	2314	2324	2334
Ilford Broadway Chapel Road	2058	2107	2116	2126	2136	2146	2156	2205	2214	2224	2234	2244	2254	2303	2312	2322	2332	2342
Ilford High Road Hainault Street	2101	2110	2119	2129	2139	2149	2159	2208	2217	2227	2237	2247	2257	2306	2315	2325	2335	2345
Seven Kings Station	2107	2116	2125	2135	2145	2155	2204	2213	2222	2232	2242	2252	2302	2311	2320	2330	2340	2350
Chadwell Heath Sainsbury's	2115	2124	2133	2143	2153	2202	2211	2220	2229	2239	2249	2259	2309	2318	2327	2337	2347	2357
Romford Stadium	2120	2129	2138	2148	2157	2206	2215	2224	2233	2243	2253	2303	2313	2322	2331	2341	2351	0001
Romford Market St Edward's Way	2124	2133	2142	2152	2201	2210	2219	2228	2237	2247	2257	2307	2317	2326	2335	2345	2355	0005
Romford Station	2128	2137	2146	2156	2205	2214	2223	2232	2241	2251	2301	2311	2321	2330	2339	2349	2359	0009
Stratford Bus Station	2330	2340	2350	0000	0010	0020	0030	0040	0050									
Forest Gate Police Station	2340	2350	0000	0010	0020	0030	0040	0050	0100									
Manor Park Broadway	2344	2354	0004	0014	0024	0034	0044	0054	0104									
Ilford Broadway Chapel Road	2352	0001	0011	0021	0031	0041	0051	0101	0111									
Ilford High Road Hainault Street	2355	0004	0014	0024	0034	0044	0054	0104	0114									
Seven Kings Station	0000	0009	0019	0029	0039	0049	0059	0109	0119									
Chadwell Heath Sainsbury's	0007	0016	0026	0036	0046	0056	0105	0115	0125									
Romford Stadium	0011	0020	0030	0040	0050	0100	0109	0119	0129									
Romford Market St Edward's Way	0015	0024	0034	0044	0054	0104	0113	0123	0133									
Romford Station	0019	0028	0038	0048	0058	0108	0117	0127	0137									