

86	Mondays to Fridays																	
Romford Station	0530	0540	0550	0600	0610	0618	0626	0633	0640	0644	0649	0654	0657	0700	0705	0711	0717	0722
Romford Market St Edward's Way	0532	0542	0552	0602	0612	0620	0628	0635	0642	0646	0651	0656	0659	0703	0708	0714	0720	0725
Romford Stadium	0536	0546	0556	0606	0616	0624	0632	0639	0646	0650	0655	0700	0703	0708	0713	0719	0725	0730
Chadwell Heath Sainsbury's	0541	0551	0601	0611	0621	0629	0637	0644	0651	0655	0700	0705	0710	0715	0721	0727	0733	0738
Seven Kings Station	0549	0559	0609	0619	0629	0637	0645	0652	0659	0704	0709	0715	0721	0727	0733	0739	0745	0750
Ilford High Road Hainault Street	0555	0605	0615	0625	0635	0643	0651	0658	0706	0711	0717	0723	0729	0735	0741	0747	0753	0758
Ilford Broadway High Road	0558	0608	0618	0628	0638	0646	0654	0701	0710	0715	0721	0727	0733	0739	0745	0751	0757	0802
Manor Park Broadway	0606	0616	0626	0636	0646	0654	0702	0711	0720	0726	0732	0738	0744	0750	0756	0802	0808	0814
Forest Gate Police Station	0612	0622	0632	0642	0652	0700	0709	0718	0727	0733	0739	0745	0751	0757	0803	0810	0816	0822
Stratford Bus Station	0621	0631	0641	0651	0701	0710	0720	0729	0738	0744	0750	0756	0802	0808	0815	0822	0828	0834
Romford Station	0727	0733	0738	0743	0748	0753	0758	0803	0808	--	0814	0820	--	0826	0832	0838	0844	0850
Romford Market St Edward's Way	0730	0736	0741	0746	0751	0756	0801	0806	0811	--	0817	0823	--	0829	0835	0841	0847	0853
Romford Stadium	0735	0741	0746	0751	0756	0801	0806	0812	0817	--	0823	0829	--	0835	0841	0847	0853	0859
Chadwell Heath Sainsbury's	0743	0749	0754	0759	0804	0810	0816	0822	0827	--	0833	0839	--	0845	0851	0857	0903	0909
Seven Kings Station	0755	0800	0806	0811	0817	0823	0829	0835	0840	--	0846	0852	--	0858	0904	0910	0916	0922
Ilford High Road Hainault Street	0803	0809	0815	0821	0827	0833	0839	0845	0850	--	0856	0902	--	0908	0914	0920	0926	0932
Ilford Broadway High Road	0807	0813	0819	0825	0831	0837	0843	0849	0854	--	0900	0906	--	0912	0918	0924	0930	0936
Manor Park Broadway	0820	0826	0832	0838	0844	0850	0856	0902	0907	0811	0913	0919	0823	0925	0931	0937	0943	0949
Forest Gate Police Station	0828	0834	0840	0846	0852	0858	0904	0910	0915	0819	0921	0927	0831	0933	0939	0945	0951	0957
Stratford Bus Station	0840	0846	0852	0858	0904	0910	0916	0922	0927	0831	0933	0939	0843	0945	0951	0957	1003	1008
Romford Station	0856	0902	0908	0914	0920	0926	0932	0938	0944	0950	0956	1001	1007	1013	1019	1026	1033	1039
Romford Market St Edward's Way	0859	0905	0911	0917	0923	0929	0935	0941	0947	0953	0959	1004	1010	1016	1022	1029	1036	1042
Romford Stadium	0905	0911	0917	0923	0929	0935	0941	0947	0953	0959	1004	1009	1015	1021	1027	1034	1041	1047
Chadwell Heath Sainsbury's	0915	0921	0927	0933	0939	0945	0951	0956	1001	1006	1011	1016	1022	1028	1034	1041	1048	1054
Seven Kings Station	0928	0934	0940	0946	0952	0958	1003	1007	1012	1017	1022	1027	1033	1039	1045	1052	1059	1105
Ilford High Road Hainault Street	0938	0944	0950	0956	1002	1007	1012	1016	1021	1026	1031	1036	1042	1048	1054	1101	1108	1114
Ilford Broadway High Road	0942	0947	0953	0959	1005	1010	1015	1019	1024	1029	1034	1039	1045	1051	1057	1104	1111	1117
Manor Park Broadway	0955	1000	1005	1010	1016	1021	1026	1030	1035	1040	1045	1050	1056	1102	1108	1115	1122	1128
Forest Gate Police Station	1002	1007	1012	1017	1023	1028	1033	1037	1042	1047	1052	1057	1103	1109	1115	1122	1129	1135
Stratford Bus Station	1013	1018	1023	1028	1034	1039	1044	1048	1053	1058	1103	1108	1114	1120	1126	1133	1140	1146
Romford Station	1045			1139	1145	1151	1157	1203	1209	1215	1221	1227			1357	1403	1409	1415
Romford Market St Edward's Way	1048			1142	1148	1154	1200	1207	1213	1219	1225	1231			1401	1407	1413	1419
Romford Stadium	1053			1147	1153	1159	1205	1212	1218	1224	1230	1236			1406	1412	1418	1424
Chadwell Heath Sainsbury's	1100	Then		1154	1200	1206	1212	1219	1225	1231	1237	1243	Then		1413	1419	1425	1431
Seven Kings Station	1111	every 6		1205	1212	1218	1224	1231	1237	1243	1249	1255	minutes		1425	1431	1437	1443
Ilford High Road Hainault Street	1120	minutes		1214	1221	1227	1233	1240	1246	1252	1258	1304	minutes		1434	1440	1446	1452
Ilford Broadway High Road	1123	until		1217	1224	1230	1236	1243	1249	1255	1301	1308	until		1438	1444	1450	1456
Manor Park Broadway	1134			1228	1235	1241	1247	1254	1300	1306	1312	1319			1449	1455	1501	1507
Forest Gate Police Station	1141			1235	1242	1248	1254	1301	1307	1313	1319	1326			1456	1502	1508	1514
Stratford Bus Station	1152			1246	1253	1259	1305	1312	1318	1324	1330	1337			1507	1514	1520	1526
Romford Station	1420	1426	1432	1438	1443	1449	1454	1458			1546	1552			1634	1640	1646	1652
Romford Market St Edward's Way	1424	1430	1436	1442	1447	1453	1458	1502			1550	1556			1638	1644	1650	1656
Romford Stadium	1429	1435	1441	1447	1452	1458	1503	1508			1556	1602			1644	1650	1656	1702
Chadwell Heath Sainsbury's	1436	1442	1448	1454	1459	1505	1511	1517	Then		1605	1611	Then		1653	1659	1704	1710
Seven Kings Station	1448	1454	1500	1506	1512	1518	1524	1530	every 6		1618	1624	minutes		1706	1711	1716	1722
Ilford High Road Hainault Street	1457	1503	1509	1515	1521	1527	1533	1539	minutes		1627	1633	minutes		1715	1720	1725	1731
Ilford Broadway High Road	1501	1507	1513	1519	1525	1531	1537	1543	until		1631	1637	until		1719	1724	1729	1735
Manor Park Broadway	1513	1519	1525	1531	1537	1543	1549	1555			1643	1649			1731	1736	1741	1747
Forest Gate Police Station	1520	1526	1532	1538	1544	1550	1556	1602			1650	1656			1738	1743	1748	1754
Stratford Bus Station	1532	1538	1544	1550	1556	1602	1608	1614			1702	1707			1749	1754	1759	1805
Romford Station	1658			1758	1804	1810	1816	1822	1828	1834	1840	1846	1852	1858	1904	1912	1920	1928
Romford Market St Edward's Way	1702			1802	1808	1814	1820	1826	1832	1838	1844	1850	1856	1902	1907	1915	1923	1931
Romford Stadium	1708			1808	1814	1820	1826	1832	1838	1844	1850	1856	1901	1907	1912	1920	1928	1936
Chadwell Heath Sainsbury's	1716	Then		1816	1822	1828	1834	1840	1846	1852	1858	1903	1908	1914	1919	1927	1935	1943
Seven Kings Station	1728	every 6		1828	1834	1840	1846	1852	1858	1904	1910	1915	1920	1926	1931	1939	1947	1955
Ilford High Road Hainault Street	1737	minutes		1837	1843	1849	1855	1901	1906	1912	1918	1923	1928	1934	1939	1947	1955	2003
Ilford Broadway High Road	1741	until		1841	1847	1853	1858	1904	1909	1915	1921	1926	1931	1937	1942	1950	1958	2006
Manor Park Broadway	1753			1853	1859	1905	1910	1916	1921	1927	1933	1938	1943	1949	1954	2002	2009	2017
Forest Gate Police Station	1800			1900	1905	1911	1916	1922	1927	1933	1939	1944	1949	1955	2000	2008	2015	2023
Stratford Bus Station	1811			1911	1916	1922	1927	1933	1938	1944	1950	1955	2000	2005	2010	2018	2025	2033

86		Mondays to Fridays (cont.)																	
Romford Station	1936	1944	1952	2000	2010	2020	2030	2040	2050	2059	2109	2119	2129	2139	2149	2159	2209	2219	
Romford Market St Edward's Way	1939	1947	1955	2003	2013	2023	2033	2043	2053	2102	2112	2122	2132	2142	2152	2202	2212	2222	
Romford Stadium	1944	1952	2000	2008	2018	2028	2038	2048	2057	2106	2116	2126	2136	2146	2156	2206	2216	2226	
Chadwell Heath Sainsbury's	1951	1959	2006	2014	2024	2034	2044	2054	2102	2111	2121	2131	2141	2151	2201	2211	2221	2231	
Seven Kings Station	2002	2009	2016	2024	2034	2044	2054	2103	2111	2120	2130	2140	2150	2159	2209	2219	2229	2239	
Ilford High Road Hainault Street	2010	2017	2024	2032	2042	2052	2101	2110	2118	2127	2137	2147	2157	2206	2216	2226	2236	2246	
Ilford Broadway High Road	2013	2020	2027	2035	2045	2055	2104	2113	2121	2130	2140	2150	2200	2209	2219	2229	2239	2249	
Manor Park Broadway	2024	2031	2038	2046	2055	2104	2113	2122	2130	2139	2149	2158	2208	2217	2227	2237	2247	2257	
Forest Gate Police Station	2030	2037	2044	2052	2101	2110	2119	2128	2136	2145	2155	2204	2214	2223	2233	2243	2253	2302	
Stratford Bus Station	2040	2047	2054	2102	2110	2119	2128	2137	2145	2154	2204	2213	2223	2232	2242	2252	2301	2310	
Romford Station	2229	2239	2249	2259	2309	2319	2329	2339	2349	2359	0009	0019							
Romford Market St Edward's Way	2232	2242	2252	2301	2311	2321	2331	2341	2351	0001	0011	0021							
Romford Stadium	2236	2246	2256	2305	2315	2325	2335	2345	2355	0005	0015	0025							
Chadwell Heath Sainsbury's	2241	2251	2301	2310	2320	2330	2340	2350	2359	0009	0019	0029							
Seven Kings Station	2249	2259	2309	2318	2328	2338	2348	2357	0006	0016	0026	0036							
Ilford High Road Hainault Street	2256	2305	2315	2324	2334	2344	2354	0003	0012	0022	0032	0042							
Ilford Broadway High Road	2259	2308	2318	2327	2337	2347	2357	0006	0015	0025	0035	0045							
Manor Park Broadway	2306	2315	2325	2334	2344	2354	0004	0013	0022	0032	0042	0052							
Forest Gate Police Station	2311	2320	2330	2339	2349	2359	0009	0018	0027	0037	0047	0056							
Stratford Bus Station	2319	2328	2338	2347	2357	0007	0017	0026	0035	0045	0055	0103							
86		Saturdays (also Good Friday)																	
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				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

86	Sundays and other Public Holidays (except Christmas Day)																	
Romford Station	0530	0545	0600	0615	0630	0645	0700	0715	0730	0745	0800	Then every 10 minutes until	0850	0900	0910	0920	0930	
Romford Market St Edward's Way	0532	0547	0602	0617	0632	0647	0702	0717	0732	0747	0802		0852	0903	0913	0923	0933	
Romford Stadium	0536	0551	0606	0621	0636	0651	0706	0721	0736	0751	0806		0856	0907	0917	0927	0937	
Chadwell Heath Sainsbury's	0541	0556	0611	0626	0641	0656	0711	0726	0741	0756	0811		0901	0912	0922	0932	0942	
Seven Kings Station	0548	0603	0618	0633	0648	0703	0719	0734	0749	0804	0819		0909	0920	0930	0940	0950	
Ilford High Road Hainault Street	0554	0609	0624	0639	0654	0710	0726	0741	0756	0811	0826		0916	0927	0937	0947	0957	
Ilford Broadway High Road	0556	0611	0626	0642	0657	0713	0729	0744	0759	0814	0829		0919	0930	0940	0950	1000	
Manor Park Broadway	0604	0619	0634	0650	0705	0721	0737	0752	0807	0822	0837		0927	0938	0948	0959	1009	
Forest Gate Police Station	0608	0623	0638	0654	0710	0726	0742	0757	0812	0827	0842		0932	0943	0953	1004	1014	
Stratford Bus Station	0616	0631	0646	0702	0718	0734	0750	0805	0821	0836	0851		0941	0952	1002	1014	1024	
Romford Station	0939	0948	0956	1006	1016	1025	1034	1044	1054	1104	1114	1124	1134	1144	1154	1204	1214	1224
Romford Market St Edward's Way	0942	0951	0959	1009	1019	1028	1037	1047	1057	1107	1117	1127	1137	1147	1157	1207	1217	1227
Romford Stadium	0946	0955	1003	1013	1023	1032	1041	1051	1101	1112	1122	1132	1142	1152	1202	1213	1223	1233
Chadwell Heath Sainsbury's	0951	1000	1009	1019	1029	1038	1047	1057	1107	1118	1128	1138	1148	1158	1208	1219	1229	1239
Seven Kings Station	0959	1009	1019	1029	1039	1048	1057	1107	1118	1129	1139	1149	1159	1209	1220	1232	1242	1252
Ilford High Road Hainault Street	1007	1017	1027	1037	1047	1056	1105	1115	1126	1137	1147	1157	1207	1218	1229	1241	1251	1301
Ilford Broadway High Road	1010	1020	1030	1040	1050	1059	1108	1118	1129	1140	1150	1200	1210	1221	1232	1244	1254	1304
Manor Park Broadway	1019	1029	1039	1049	1059	1109	1119	1129	1140	1151	1201	1212	1222	1233	1244	1256	1306	1317
Forest Gate Police Station	1025	1035	1045	1055	1105	1115	1125	1135	1146	1157	1208	1219	1229	1240	1251	1303	1314	1325
Stratford Bus Station	1035	1045	1055	1105	1115	1125	1135	1145	1156	1207	1218	1229	1240	1251	1303	1315	1326	1337
Romford Station	1234	1244	1254	1304	Then every 10 minutes until	1404	1414	1424	1434	1444	1454	1504	1514	1524	1534	1544	1554	
Romford Market St Edward's Way	1237	1247	1257	1307		1407	1417	1427	1437	1447	1457	1507	1517	1527	1537	1547	1557	
Romford Stadium	1243	1253	1303	1313		1413	1423	1433	1443	1453	1503	1513	1523	1533	1543	1553	1603	
Chadwell Heath Sainsbury's	1249	1259	1310	1320		1420	1430	1440	1450	1459	1509	1519	1529	1539	1549	1559	1609	
Seven Kings Station	1302	1313	1324	1335		1435	1445	1454	1503	1512	1522	1532	1542	1552	1602	1611	1621	
Ilford High Road Hainault Street	1311	1322	1333	1344		1444	1454	1503	1512	1521	1531	1541	1551	1601	1611	1620	1630	
Ilford Broadway High Road	1314	1325	1336	1347		1447	1457	1506	1515	1524	1534	1544	1554	1604	1614	1623	1633	
Manor Park Broadway	1328	1339	1350	1401		1501	1510	1519	1528	1537	1547	1557	1606	1616	1626	1635	1645	
Forest Gate Police Station	1336	1347	1358	1409		1509	1518	1527	1536	1545	1555	1604	1613	1623	1633	1642	1652	
Stratford Bus Station	1348	1359	1410	1421		1521	1530	1539	1548	1557	1606	1615	1624	1634	1644	1653	1702	
Romford Station	1604	1614	1624	1634	1644	Then every 10 minutes until	1734	1744	Then every 10 minutes until	1834	1844	1854	1904	1914	1924	1934		
Romford Market St Edward's Way	1607	1617	1627	1637	1647		1737	1747		1837	1847	1857	1907	1917	1927	1937		
Romford Stadium	1612	1622	1632	1642	1652		1742	1752		1842	1852	1901	1911	1921	1931	1941		
Chadwell Heath Sainsbury's	1618	1628	1638	1648	1658		1748	1758		1848	1858	1907	1917	1927	1937	1947		
Seven Kings Station	1630	1640	1650	1700	1709		1759	1808		1858	1907	1916	1926	1936	1946	1956		
Ilford High Road Hainault Street	1639	1649	1659	1708	1717		1807	1816		1906	1915	1924	1934	1944	1954	2003		
Ilford Broadway High Road	1642	1652	1702	1711	1720		1810	1819		1909	1918	1927	1937	1947	1957	2006		
Manor Park Broadway	1654	1703	1713	1722	1731		1821	1830		1920	1929	1938	1948	1958	2007	2016		
Forest Gate Police Station	1701	1710	1720	1729	1738		1828	1837		1927	1936	1945	1955	2005	2014	2023		
Stratford Bus Station	1711	1720	1730	1739	1748		1838	1847		1937	1946	1955	2005	2015	2024	2033		
Romford Station	1944	1954	2004	2014	2024	2034	2044	2055	2105	2115	2125	2135	Then every 10 minutes until	2235	2245	2255	2305	
Romford Market St Edward's Way	1947	1957	2007	2017	2027	2037	2047	2057	2107	2117	2127	2137		2237	2247	2257	2307	
Romford Stadium	1951	2001	2011	2021	2031	2041	2051	2101	2111	2121	2131	2141		2241	2251	2301	2311	
Chadwell Heath Sainsbury's	1956	2006	2016	2026	2036	2046	2056	2106	2116	2126	2136	2146		2246	2256	2306	2316	
Seven Kings Station	2005	2015	2025	2035	2045	2055	2104	2114	2124	2134	2144	2154		2254	2303	2313	2323	
Ilford High Road Hainault Street	2012	2022	2032	2042	2052	2102	2111	2121	2131	2141	2151	2200		2300	2309	2319	2329	
Ilford Broadway High Road	2015	2025	2035	2045	2055	2105	2114	2124	2134	2144	2154	2203		2303	2312	2322	2332	
Manor Park Broadway	2025	2035	2045	2055	2104	2114	2123	2133	2143	2153	2202	2211		2311	2320	2330	2340	
Forest Gate Police Station	2032	2042	2052	2101	2110	2120	2129	2139	2149	2158	2207	2216		2316	2325	2335	2345	
Stratford Bus Station	2042	2052	2101	2110	2119	2129	2138	2148	2158	2207	2216	2225		2325	2334	2344	2354	
Romford Station	2315	2325	2335	2345	2355	0005	0015		2317	2327	2337	2347	2357	0007	0017			
Romford Market St Edward's Way	2321	2331	2341	2351	0001	0011	0021		2321	2331	2341	2351	0001	0011	0021			
Romford Stadium	2326	2336	2346	2355	0005	0015	0025		2326	2336	2346	2355	0005	0015	0025			
Chadwell Heath Sainsbury's	2333	2343	2353	0002	0012	0022	0032		2333	2343	2353	0002	0012	0022	0032			
Seven Kings Station	2339	2349	2358	0007	0017	0027	0037		2339	2349	2358	0007	0017	0027	0037			
Ilford High Road Hainault Street	2342	2352	0001	0010	0020	0030	0040		2342	2352	0001	0010	0020	0030	0040			
Ilford Broadway High Road	2350	2359	0008	0017	0027	0037	0047		2350	2359	0008	0017	0027	0037	0047			
Manor Park Broadway	2355	0004	0013	0022	0032	0042	0052		2355	0004	0013	0022	0032	0042	0052			
Forest Gate Police Station	0003	0012	0021	0030	0040	0050	0100		0003	0012	0021	0030	0040	0050	0100			
Stratford Bus Station																		

86		Mondays to Fridays																
Stratford Bus Station	0550	0600	0610	0620	0628	0636	0644	0652	0700	0706	0711	0717	0722	0727	0733	0738	0743	0747
Forest Gate Police Station	0558	0608	0618	0628	0636	0644	0652	0700	0709	0716	0721	0727	0732	0737	0743	0748	0753	0757
Manor Park Broadway	0601	0612	0622	0632	0640	0648	0656	0705	0714	0721	0726	0732	0737	0742	0748	0753	0758	0802
Ilford Broadway Chapel Road	0608	0619	0629	0639	0647	0655	0703	0714	0723	0730	0735	0741	0746	0751	0757	0802	0807	0812
Ilford High Road Hainault Street	0612	0623	0633	0643	0651	0659	0707	0718	0727	0734	0739	0745	0750	0755	0801	0806	0811	0816
Seven Kings Station	0617	0628	0638	0648	0656	0704	0713	0724	0733	0740	0745	0751	0756	0802	0808	0814	0819	0825
Chadwell Heath Sainsbury's	0625	0636	0646	0656	0704	0713	0723	0734	0743	0750	0755	0801	0807	0813	0819	0825	0830	0836
Romford Stadium	0630	0641	0651	0701	0711	0721	0731	0741	0751	0757	0803	0809	0815	0821	0827	0833	0838	0844
Romford Market St Edward's Way	0635	0646	0656	0706	0716	0726	0736	0746	0756	0802	0808	0814	0820	0826	0832	0838	0843	0849
Romford Station	0639	0650	0700	0710	0720	0730	0740	0750	0800	0806	0812	0818	0824	0830	0836	0842	0847	0853
Stratford Bus Station	0752	0758	0803	Then every 6 minutes until	0857	0903	0909	0915	0922	0929	0935	0941	0947	0953	0959	1005	1012	
Forest Gate Police Station	0802	0808	0814		0908	0914	0920	0926	0933	0940	0946	0952	0958	1004	1010	1016	1023	
Manor Park Broadway	0808	0814	0820		0914	0920	0926	0932	0939	0946	0952	0957	1003	1009	1015	1021	1028	
Ilford Broadway Chapel Road	0818	0824	0830		0924	0930	0936	0942	0949	0956	1002	1007	1013	1019	1025	1031	1038	
Ilford High Road Hainault Street	0822	0828	0834		0928	0934	0940	0946	0953	1000	1006	1011	1017	1023	1029	1035	1042	
Seven Kings Station	0831	0837	0843		0937	0943	0949	0955	1001	1007	1013	1018	1024	1030	1036	1042	1049	
Chadwell Heath Sainsbury's	0842	0848	0854		0948	0954	0959	1005	1011	1017	1023	1028	1034	1040	1046	1052	1059	
Romford Stadium	0850	0856	0902		0956	1001	1006	1012	1018	1024	1030	1035	1041	1047	1053	1059	1105	
Romford Market St Edward's Way	0855	0901	0907		1001	1006	1011	1017	1023	1029	1035	1040	1046	1052	1058	1104	1110	
Romford Station	0859	0905	0911	1005	1010	1015	1021	1027	1033	1039	1044	1050	1056	1102	1108	1114		
Stratford Bus Station	1018	Then every 6 minutes until	1042	1047	Then every 6 minutes until	1141	1146	1152	1158	1203	1209	1215	1220	Then every 6 minutes until	1402			
Forest Gate Police Station	1029		1053	1058		1152	1157	1203	1209	1215	1221	1227	1232		1414			
Manor Park Broadway	1034		1058	1103		1157	1202	1208	1214	1220	1226	1232	1237		1419			
Ilford Broadway Chapel Road	1044		1108	1114		1208	1214	1220	1226	1232	1238	1244	1249		1431			
Ilford High Road Hainault Street	1048		1112	1118		1212	1218	1224	1230	1236	1242	1248	1253		1435			
Seven Kings Station	1055		1119	1125		1219	1225	1231	1237	1243	1249	1255	1300		1442			
Chadwell Heath Sainsbury's	1105		1129	1135		1229	1235	1241	1247	1253	1259	1305	1311		1453			
Romford Stadium	1111		1135	1141		1235	1241	1247	1253	1259	1305	1311	1317		1459			
Romford Market St Edward's Way	1116		1140	1146		1240	1246	1252	1258	1304	1310	1316	1322		1504			
Romford Station	1120	1144	1150	1244	1250	1256	1302	1308	1314	1320	1326	1508						
Stratford Bus Station	1408	1413	1418	1423	1428	1433	1438	1443	1448	1453	1459	1504	1509	1514	1520	1526	1532	1538
Forest Gate Police Station	1420	1425	1430	1435	1440	1445	1450	1455	1500	1505	1511	1517	1523	1528	1534	1540	1546	1552
Manor Park Broadway	1425	1430	1435	1440	1445	1450	1455	1500	1506	1511	1517	1523	1529	1534	1540	1546	1552	1558
Ilford Broadway Chapel Road	1437	1442	1447	1452	1457	1502	1507	1513	1519	1525	1531	1537	1543	1548	1554	1600	1606	1612
Ilford High Road Hainault Street	1441	1446	1451	1456	1501	1506	1511	1517	1523	1529	1535	1541	1547	1552	1558	1604	1610	1616
Seven Kings Station	1448	1453	1458	1503	1508	1514	1520	1526	1532	1538	1544	1550	1556	1601	1607	1613	1619	1625
Chadwell Heath Sainsbury's	1459	1504	1509	1515	1521	1527	1533	1539	1545	1551	1557	1603	1609	1615	1621	1627	1633	1639
Romford Stadium	1505	1511	1517	1523	1529	1535	1541	1547	1553	1559	1605	1611	1617	1623	1629	1635	1641	1647
Romford Market St Edward's Way	1511	1517	1523	1529	1535	1541	1547	1553	1559	1605	1611	1617	1623	1629	1635	1641	1647	1653
Romford Station	1515	1521	1527	1533	1539	1545	1551	1557	1603	1609	1615	1621	1627	1633	1639	1645	1651	1657
Stratford Bus Station	1543	1549	1555	Then every 6 minutes until	1637	1642	1648	1653	1659	1704	1710	1715	1721	1726	1732	1737	1743	
Forest Gate Police Station	1557	1603	1609		1651	1656	1702	1707	1713	1718	1724	1729	1735	1740	1746	1751	1757	
Manor Park Broadway	1603	1609	1616		1658	1703	1709	1714	1720	1725	1731	1736	1742	1747	1753	1758	1804	
Ilford Broadway Chapel Road	1618	1624	1631		1713	1718	1724	1729	1735	1740	1746	1751	1757	1802	1808	1813	1819	
Ilford High Road Hainault Street	1622	1628	1635		1717	1722	1728	1733	1739	1744	1750	1755	1801	1806	1812	1817	1823	
Seven Kings Station	1631	1637	1644		1726	1731	1737	1742	1748	1753	1759	1804	1810	1815	1821	1826	1832	
Chadwell Heath Sainsbury's	1645	1651	1658		1740	1745	1751	1756	1802	1807	1813	1818	1824	1829	1835	1840	1846	
Romford Stadium	1653	1659	1705		1747	1752	1758	1803	1809	1814	1820	1825	1831	1836	1842	1847	1853	
Romford Market St Edward's Way	1659	1705	1711		1753	1758	1804	1809	1815	1820	1826	1831	1837	1842	1848	1853	1859	
Romford Station	1703	1709	1715	1757	1802	1808	1813	1819	1824	1830	1835	1841	1846	1852	1857	1903		
Stratford Bus Station	1748	1754	1759	1805	1811	1817	1823	1829	1836	1843	1850	1857	1904	1911	1918	1924	1932	1940
Forest Gate Police Station	1802	1808	1813	1819	1825	1831	1837	1843	1850	1857	1904	1911	1918	1925	1932	1938	1946	1954
Manor Park Broadway	1809	1815	1820	1826	1832	1838	1844	1850	1857	1903	1910	1917	1924	1931	1938	1944	1952	2000
Ilford Broadway Chapel Road	1824	1830	1835	1841	1847	1853	1859	1905	1911	1917	1924	1931	1938	1945	1952	1958	2005	2012
Ilford High Road Hainault Street	1828	1834	1839	1845	1851	1857	1903	1909	1915	1921	1928	1935	1942	1949	1956	2002	2009	2016
Seven Kings Station	1837	1843	1848	1854	1900	1906	1912	1918	1924	1930	1937	1944	1951	1958	2004	2010	2017	2024
Chadwell Heath Sainsbury's	1851	1857	1902	1908	1913	1919	1925	1931	1937	1943	1949	1956	2002	2008	2014	2020	2027	2034
Romford Stadium	1858	1904	1909	1915	1920	1926	1932	1938	1944	1950	1956	2002	2008	2014	2020	2026	2033	2040
Romford Market St Edward's Way	1903	1909	1914	1920	1925	1931	1937	1943	1949	1955	2001	2007	2013	2019	2025	2031	2038	2045
Romford Station	1907	1913	1918	1924	1929	1935	1941	1947	1953	1959	2005	2011	2017	2023	2029	2035	2042	2049

86		Mondays to Fridays (cont.)																		
Stratford Bus Station	1948	1956	2005	2015	2025	2035	2045	2055	2105	2115	2125	2135	2145	2155	2205	2215	2225	2235		
Forest Gate Police Station	2002	2008	2017	2027	2037	2047	2057	2106	2116	2126	2136	2146	2156	2205	2215	2225	2235	2245		
Manor Park Broadway	2007	2013	2022	2032	2042	2052	2102	2111	2121	2131	2141	2151	2200	2209	2219	2229	2239	2249		
Ilford Broadway Chapel Road	2019	2025	2034	2044	2053	2102	2111	2120	2130	2140	2150	2200	2209	2218	2228	2238	2248	2258		
Ilford High Road Hainault Street	2023	2029	2038	2048	2057	2105	2114	2123	2133	2143	2153	2203	2212	2221	2231	2241	2251	2301		
Seven Kings Station	2031	2037	2046	2056	2104	2112	2121	2130	2140	2150	2200	2209	2218	2227	2237	2247	2257	2306		
Chadwell Heath Sainsbury's	2041	2047	2056	2105	2113	2121	2130	2139	2149	2159	2208	2217	2226	2235	2245	2255	2304	2313		
Romford Stadium	2047	2053	2102	2110	2118	2126	2135	2144	2154	2204	2213	2222	2231	2240	2250	2300	2309	2318		
Romford Market St Edward's Way	2052	2058	2106	2114	2122	2130	2139	2148	2158	2208	2217	2226	2235	2244	2254	2304	2313	2322		
Romford Station	2056	2102	2110	2118	2126	2134	2143	2152	2202	2212	2221	2230	2239	2248	2257	2307	2316	2325		
Stratford Bus Station	2245					2335	2345	2355	0005	0015	0025	0035	0045	0055						
Forest Gate Police Station	2255					2345	2355	0004	0014	0024	0034	0044	0054	0103						
Manor Park Broadway	2259					2349	2359	0008	0018	0028	0038	0048	0057	0106						
Ilford Broadway Chapel Road	2307					2357	0006	0015	0025	0035	0045	0055	0104	0113						
Ilford High Road Hainault Street	2310					0000	0009	0018	0028	0038	0048	0057	0106	0115						
Seven Kings Station	2315					0005	0014	0023	0033	0043	0053	0102	0111	0120						
Chadwell Heath Sainsbury's	2322					0012	0021	0030	0040	0050	0059	0108	0117	0126						
Romford Stadium	2327					0017	0026	0035	0045	0055	0103	0112	0121	0130						
Romford Market St Edward's Way	2331					0021	0030	0039	0049	0058	0106	0115	0124	0133						
Romford Station	2334					0024	0033	0042	0052	0101	0109	0118	0127	0136						
86		Saturdays (also Good Friday)																		
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	0936	0941	0946				1016	1022	1028	
Forest Gate Police Station	0849	0855	0901	0907	0913	0919	0925	0931	0937	0942	0946	0951	0956				1026	1032	1038	
Manor Park Broadway	0853	0859	0905	0911	0917	0923	0929	0935	0941	0946	0950	0955	1000				1030	1036	1042	
Ilford Broadway Chapel Road	0901	0907	0913	0919	0925	0931	0937	0943	0949	0954	0958	1003	1009				1039	1045	1051	
Ilford High Road Hainault Street	0904	0910	0916	0922	0928	0934	0940	0946	0952	0957	1001	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				1240	1246	
Forest Gate Police Station	1044	1050	1056	1102	1109	1115	1122	1128	1134	1140	1146	1152	1158	1204				1252	1258	
Manor Park Broadway	1048	1054	1100	1107	1114	1120	1127	1133	1139	1145	1151	1157	1203	1209				1257	1303	
Ilford Broadway Chapel Road	1057	1103	1110	1117	1124	1130	1137	1143	1149	1155	1201	1207	1214	1221				1309	1316	
Ilford High Road Hainault Street	1101	1107	1114	1121	1128	1134	1141	1147	1153	1159	1205	1211	1218	1225				1313	1320	
Seven Kings Station	1108	1114	1121	1128	1135	1141	1148	1154	1200	1206	1213	1219	1226	1233				1321	1328	
Chadwell Heath Sainsbury's	1120	1126	1133	1140	1147	1153	1200	1206	1213	1219	1226	1232	1239	1246				1334	1341	
Romford Stadium	1127	1133	1140	1147	1154	1200	1207	1213	1220	1226	1233	1239	1246	1253				1341	1348	
Romford Market St Edward's Way	1132	1139	1146	1153	1200	1206	1213	1219	1226	1232	1239	1245	1252	1259				1347	1354	
Romford Station	1136	1143	1150	1157	1204	1211	1218	1224	1231	1237	1244	1250	1257	1304				1352	1358	
Stratford Bus Station	1252					1346	1352	1358			1546	1552	1558	1604	1610			1640	1646	1652
Forest Gate Police Station	1304					1358	1404	1411			1559	1605	1611	1617	1623			1653	1659	1705
Manor Park Broadway	1309					1403	1409	1416			1604	1611	1617	1623	1629			1659	1705	1712
Ilford Broadway Chapel Road	1322					1416	1423	1430			1618	1624	1630	1636	1642			1712	1719	1726
Ilford High Road Hainault Street	1326					1420	1427	1434			1622	1628	1634	1640	1646			1716	1723	1730
Seven Kings Station	1334					1428	1435	1442			1630	1636	1642	1648	1654			1724	1731	1738
Chadwell Heath Sainsbury's	1347					1441	1448	1455			1643	1649	1655	1701	1706			1736	1743	1750
Romford Stadium	1354					1448	1455	1501			1649	1655	1701	1707	1712			1742	1749	1756
Romford Market St Edward's Way	1400					1454	1500	1506			1654	1700	1706	1712	1717			1747	1754	1801
Romford Station	1404					1458	1504	1510			1658	1704	1710	1716	1721			1751	1758	1805

86	Sundays and other Public Holidays (except Christmas Day)																		
Stratford Bus Station	0550	0604	0619	0634	0648	0702	0717	0732	0747	0802	0812	0822	0832	0842	0852	0902	0912	0922	
Forest Gate Police Station	0558	0613	0628	0643	0657	0711	0726	0741	0756	0811	0821	0831	0841	0851	0901	0911	0921	0931	
Manor Park Broadway	0601	0616	0631	0646	0700	0714	0729	0744	0759	0814	0824	0834	0844	0854	0905	0915	0925	0935	
Ilford Broadway Chapel Road	0608	0623	0638	0653	0708	0722	0737	0752	0807	0822	0832	0842	0852	0902	0913	0923	0933	0943	
Ilford High Road Hainault Street	0611	0626	0641	0656	0711	0725	0740	0755	0810	0825	0835	0845	0855	0905	0916	0926	0936	0946	
Seven Kings Station	0617	0632	0647	0702	0717	0731	0746	0801	0816	0831	0841	0851	0901	0911	0922	0932	0942	0952	
Chadwell Heath Sainsbury's	0623	0638	0653	0709	0724	0738	0753	0808	0823	0838	0848	0858	0908	0918	0929	0939	0949	0959	
Romford Stadium	0627	0642	0657	0713	0728	0742	0757	0812	0827	0842	0852	0902	0913	0923	0934	0944	0954	1004	
Romford Market St Edward's Way	0631	0646	0701	0717	0732	0746	0801	0816	0831	0846	0856	0906	0917	0927	0938	0948	0958	1009	
Romford Station	0635	0650	0705	0721	0736	0750	0805	0820	0835	0850	0900	0910	0921	0931	0942	0952	1002	1013	
Stratford Bus Station	0931	0939	0948	0958	1007	1017	1026	1035	1044	1053	1102	1112	1122	1132	1142	1152	1201	1211	
Forest Gate Police Station	0940	0948	0957	1007	1017	1027	1036	1045	1054	1103	1113	1123	1133	1143	1153	1203	1213	1223	
Manor Park Broadway	0944	0952	1001	1011	1021	1031	1040	1049	1058	1108	1118	1128	1138	1148	1158	1208	1218	1228	
Ilford Broadway Chapel Road	0952	1000	1010	1020	1030	1040	1049	1058	1107	1118	1129	1139	1149	1159	1209	1220	1230	1240	
Ilford High Road Hainault Street	0955	1003	1013	1023	1033	1043	1052	1101	1110	1122	1133	1143	1153	1203	1213	1224	1234	1244	
Seven Kings Station	1001	1010	1020	1030	1040	1050	1059	1109	1118	1130	1141	1151	1201	1212	1222	1233	1243	1253	
Chadwell Heath Sainsbury's	1009	1019	1029	1039	1049	1059	1109	1119	1129	1141	1152	1202	1213	1224	1234	1245	1255	1305	
Romford Stadium	1015	1025	1035	1045	1055	1105	1115	1125	1135	1147	1158	1208	1219	1230	1240	1251	1301	1311	
Romford Market St Edward's Way	1020	1030	1040	1050	1100	1110	1120	1130	1140	1152	1203	1214	1225	1236	1246	1257	1307	1317	
Romford Station	1024	1034	1044	1054	1104	1114	1124	1134	1144	1156	1207	1218	1229	1240	1250	1301	1311	1321	
Stratford Bus Station	1221	1231	1241	1251			1351	1401			1501	1511	1521	1531	1541	1551	1601	1611	
Forest Gate Police Station	1233	1243	1253	1303			1403	1414			1514	1524	1534	1544	1554	1604	1614	1624	
Manor Park Broadway	1238	1248	1258	1309			1409	1420			1520	1530	1540	1550	1600	1610	1620	1630	
Ilford Broadway Chapel Road	1250	1300	1310	1321	Then		1421	1432	Then		1532	1542	1552	1602	1612	1622	1632	1642	
Ilford High Road Hainault Street	1254	1304	1314	1325	every 10		1425	1436	every 10		1536	1546	1556	1606	1616	1626	1636	1646	
Seven Kings Station	1303	1313	1323	1334	minutes		1434	1445	minutes		1545	1555	1604	1614	1624	1634	1644	1654	
Chadwell Heath Sainsbury's	1315	1325	1335	1346	until		1446	1457	until		1557	1606	1615	1625	1635	1645	1655	1704	
Romford Stadium	1321	1331	1341	1352			1452	1503			1603	1612	1621	1631	1641	1651	1700	1709	
Romford Market St Edward's Way	1327	1337	1347	1357			1457	1508			1608	1617	1626	1636	1646	1656	1705	1714	
Romford Station	1331	1341	1351	1401			1501	1512			1612	1621	1630	1640	1650	1700	1709	1718	
Stratford Bus Station	1621	1631	1641	1651	1701	1711				1851	1901	1911	1921	1931	1941	1951	2001	2011	2021
Forest Gate Police Station	1634	1644	1654	1704	1714	1724				1904	1914	1924	1934	1944	1954	2003	2013	2023	2033
Manor Park Broadway	1640	1650	1700	1710	1720	1730				1910	1920	1930	1940	1950	2000	2009	2019	2029	2039
Ilford Broadway Chapel Road	1652	1701	1711	1721	1731	1741	Then			1921	1931	1941	1951	2001	2010	2019	2029	2039	2049
Ilford High Road Hainault Street	1656	1705	1715	1725	1735	1745	every 10			1925	1935	1945	1954	2004	2013	2022	2032	2042	2052
Seven Kings Station	1703	1712	1722	1732	1742	1752	minutes			1932	1942	1952	2001	2011	2020	2029	2039	2049	2058
Chadwell Heath Sainsbury's	1713	1722	1732	1742	1752	1801	until			1941	1951	2000	2009	2019	2028	2037	2047	2057	2106
Romford Stadium	1718	1727	1737	1747	1757	1806				1946	1956	2005	2014	2024	2033	2042	2052	2102	2111
Romford Market St Edward's Way	1723	1732	1742	1752	1802	1811				1951	2000	2009	2018	2028	2037	2046	2056	2106	2115
Romford Station	1727	1736	1746	1756	1806	1815				1955	2004	2013	2022	2032	2041	2050	2100	2110	2119
Stratford Bus Station	2031	2041	2051	2101	2111	2121	2131	2141	2151	2201	2211	2221	2231	2241	2251	2301	2311	2321	2331
Forest Gate Police Station	2043	2053	2102	2112	2122	2132	2142	2152	2201	2211	2221	2231	2241	2251	2301	2311	2321	2331	2341
Manor Park Broadway	2049	2058	2107	2117	2127	2137	2147	2157	2206	2216	2226	2236	2246	2256	2305	2315	2325	2335	2345
Ilford Broadway Chapel Road	2059	2108	2117	2127	2137	2147	2157	2206	2215	2225	2235	2245	2255	2304	2313	2323	2333	2343	2353
Ilford High Road Hainault Street	2102	2111	2120	2130	2140	2150	2200	2209	2218	2228	2238	2248	2258	2307	2316	2326	2336	2346	2356
Seven Kings Station	2108	2117	2126	2136	2146	2156	2205	2214	2223	2233	2243	2253	2303	2312	2321	2331	2341	2351	2401
Chadwell Heath Sainsbury's	2116	2125	2134	2144	2154	2203	2212	2221	2230	2240	2250	2300	2310	2319	2328	2338	2348	2358	2408
Romford Stadium	2121	2130	2139	2149	2158	2207	2216	2225	2234	2244	2254	2304	2314	2323	2332	2342	2352	0002	0012
Romford Market St Edward's Way	2125	2134	2143	2153	2202	2211	2220	2229	2238	2248	2258	2308	2318	2327	2336	2346	2356	0006	0016
Romford Station	2129	2138	2147	2157	2206	2215	2224	2233	2242	2252	2302	2312	2322	2331	2340	2350	0000	0010	0020
Stratford Bus Station	2331	2341	2351	0000	0010	0020	0030	0040	0050										
Forest Gate Police Station	2341	2351	0001	0010	0020	0030	0040	0050	0100										
Manor Park Broadway	2345	2355	0005	0014	0024	0034	0044	0054	0104										
Ilford Broadway Chapel Road	2353	0002	0012	0021	0031	0041	0051	0101	0111										
Ilford High Road Hainault Street	2356	0005	0015	0024	0034	0044	0054	0104	0114										
Seven Kings Station	0001	0010	0020	0029	0039	0049	0059	0109	0119										
Chadwell Heath Sainsbury's	0008	0017	0027	0036	0046	0056	0105	0115	0125										
Romford Stadium	0012	0021	0031	0040	0050	0100	0109	0119	0129										
Romford Market St Edward's Way	0016	0025	0035	0044	0054	0104	0113	0123	0133										
Romford Station	0020	0029	0039	0048	0058	0108	0117	0127	0137										