

86		Mondays to Fridays																							
Romford Station	0515	0525	0535	0545	0555	0603	0611	0618	0625	0631	0637	0642	0647	0652	0657	0702	--	0707							
Romford Market <i>St Edward's Way</i>	0517	0527	0537	0547	0557	0605	0613	0620	0627	0633	0639	0644	0649	0654	0659	0704	--	0709							
Romford Stadium	0521	0531	0541	0551	0601	0609	0617	0624	0631	0637	0643	0648	0653	0658	0703	0708	--	0714							
Chadwell Heath <i>Sainsbury's</i>	0526	0536	0546	0556	0606	0614	0622	0629	0636	0642	0648	0653	0658	0703	0708	0714	--	0720							
Seven Kings Station	0534	0544	0554	0604	0614	0622	0630	0637	0644	0650	0657	0702	0707	0713	0719	0725	--	0731							
Ilford High Road <i>Hainault Street</i>	0540	0550	0600	0610	0620	0628	0636	0643	0650	0656	0704	0709	0715	0721	0727	0733	--	0739							
Ilford Broadway <i>High Road</i>	0543	0553	0603	0613	0623	0631	0639	0646	0653	0700	0708	0713	0719	0725	0731	0737	--	0743							
Manor Park <i>Broadway</i>	0551	0601	0611	0621	0631	0639	0647	0654	0702	0710	0718	0724	0730	0736	0742	0748	0751	0754							
Forest Gate <i>Police Station</i>	0557	0607	0617	0627	0637	0645	0653	0700	0709	0717	0725	0731	0737	0743	0749	0755	0758	0801							
Stratford <i>Bus Station</i>	0606	0616	0626	0636	0646	0654	0703	0711	0720	0728	0736	0742	0748	0754	0800	0806	0809	0812							
Romford Station	0712	0717	--	0723	0728	0734	0739	0744	0749	0754	0759	0804	0810				0846	0853	0859						
Romford Market <i>St Edward's Way</i>	0715	0720	--	0726	0731	0737	0742	0747	0752	0757	0802	0807	0813				0849	0856	0902						
Romford Stadium	0720	0725	--	0731	0736	0742	0747	0752	0757	0802	0807	0813	0819				0855	0902	0908						
Chadwell Heath <i>Sainsbury's</i>	0726	0732	--	0738	0743	0749	0754	0759	0804	0810	0816	0822	0828	Then every 6 minutes until				0904	0911	0917					
Seven Kings Station	0737	0743	--	0749	0754	0800	0805	0810	0816	0822	0828	0835	0840					0916	0923	0929					
Ilford High Road <i>Hainault Street</i>	0745	0751	--	0757	0802	0808	0814	0820	0826	0832	0838	0844	0850					0926	0933	0939					
Ilford Broadway <i>High Road</i>	0749	0755	--	0801	0806	0812	0818	0824	0830	0836	0842	0848	0854					0930	0937	0943					
Manor Park <i>Broadway</i>	0800	0806	0809	0812	0818	0824	0830	0836	0842	0848	0854	0900	0906					0942	0949	0954					
Forest Gate <i>Police Station</i>	0808	0814	0817	0820	0826	0832	0838	0844	0850	0856	0902	0908	0914					0950	0956	1001					
Stratford <i>Bus Station</i>	0819	0825	0828	0831	0837	0843	0849	0855	0901	0907	0913	0919	0925					1001	1007	1012					
Romford Station	0905	0911	0917	0923	0929	0936	0942	0948	0954	1001	1007				Then every 6 minutes until				1149	1154	1200	1206	1212		
Romford Market <i>St Edward's Way</i>	0908	0914	0920	0926	0932	0939	0945	0951	0957	1004	1010									1152	1157	1204	1210	1216	
Romford Stadium	0914	0920	0926	0932	0938	0945	0951	0957	1003	1010	1015								1157	1202	1209	1215	1221		
Chadwell Heath <i>Sainsbury's</i>	0923	0929	0935	0941	0947	0954	1000	1005	1010	1016	1021								1203	1208	1215	1221	1227		
Seven Kings Station	0935	0941	0947	0953	0959	1005	1010	1016	1021	1027	1032								1214	1220	1227	1233	1239		
Ilford High Road <i>Hainault Street</i>	0945	0951	0957	1003	1008	1014	1019	1025	1030	1036	1041								1223	1229	1236	1242	1248		
Ilford Broadway <i>High Road</i>	0949	0955	1001	1006	1011	1017	1022	1028	1033	1039	1044								1226	1232	1239	1245	1251		
Manor Park <i>Broadway</i>	1000	1005	1011	1016	1021	1027	1032	1038	1043	1049	1054								1236	1242	1249	1255	1301		
Forest Gate <i>Police Station</i>	1007	1012	1018	1023	1028	1034	1039	1045	1050	1056	1101								1243	1249	1256	1302	1308		
Stratford <i>Bus Station</i>	1018	1023	1029	1034	1039	1045	1050	1056	1101	1107	1112							1254	1300	1307	1313	1319			
Romford Station	1218	1224	1229				1359	1405	1411	1417	1422	1428	1434	1440	1445	1450	1455	1501	1506						
Romford Market <i>St Edward's Way</i>	1222	1228	1233				1403	1409	1415	1421	1426	1432	1438	1444	1449	1454	1459	1505	1510						
Romford Stadium	1227	1233	1238				1408	1414	1420	1426	1431	1437	1443	1449	1454	1459	1505	1511	1516						
Chadwell Heath <i>Sainsbury's</i>	1233	1239	1244	Then every 6 minutes until			1414	1420	1426	1432	1437	1443	1449	1455	1500	1506	1512	1518	1524						
Seven Kings Station	1245	1251	1256					1426	1432	1438	1444	1449	1455	1501	1507	1513	1519	1525	1531	1537					
Ilford High Road <i>Hainault Street</i>	1254	1300	1305					1435	1441	1447	1453	1458	1504	1510	1516	1522	1528	1534	1540	1546					
Ilford Broadway <i>High Road</i>	1257	1303	1309					1439	1445	1451	1457	1502	1508	1514	1520	1526	1532	1538	1544	1550					
Manor Park <i>Broadway</i>	1307	1313	1319					1449	1455	1501	1507	1513	1519	1525	1531	1537	1543	1549	1555	1601					
Forest Gate <i>Police Station</i>	1314	1320	1326					1456	1502	1508	1514	1520	1526	1532	1538	1544	1550	1556	1602	1608					
Stratford <i>Bus Station</i>	1325	1331	1337					1507	1514	1520	1526	1532	1538	1544	1550	1556	1602	1608	1614	1620					
Romford Station	1512				1542	1548			1630	1637	1643	1649	1655	1702	1708	1714	1720	1727	1733						
Romford Market <i>St Edward's Way</i>	1516				1546	1552			1634	1641	1647	1653	1659	1706	1712	1718	1724	1731	1737						
Romford Stadium	1522			1552	1558			1640	1647	1653	1659	1705	1712	1718	1724	1730	1737	1743							
Chadwell Heath <i>Sainsbury's</i>	1530	Then every 6 minutes until		1600	1606	Then every 6 minutes until		1648	1655	1701	1707	1713	1719	1725	1731	1737	1744	1750							
Seven Kings Station	1543				1613		1619			1701	1707	1713	1719	1725	1731	1737	1743	1749	1755	1801					
Ilford High Road <i>Hainault Street</i>	1552				1622		1628			1710	1716	1722	1728	1734	1740	1746	1752	1758	1804	1810					
Ilford Broadway <i>High Road</i>	1556				1626		1632			1714	1720	1726	1732	1738	1744	1750	1756	1802	1808	1814	1814				
Manor Park <i>Broadway</i>	1607				1637		1643			1725	1731	1737	1743	1749	1755	1801	1807	1813	1819	1825					
Forest Gate <i>Police Station</i>	1614				1644		1650			1732	1738	1744	1750	1756	1802	1808	1814	1820	1826	1832					
Stratford <i>Bus Station</i>	1626				1656		1701			1743	1749	1755	1801	1807	1813	1819	1825	1831	1837	1843					
Romford Station	1739		1745	1752	1758		1804	1811	1817	1823	1830	1836	1842	1849	1855	1902	1910	1918	1926	1934					
Romford Market <i>St Edward's Way</i>	1743		1749	1756	1802		1808	1815	1821	1827	1834	1840	1846	1853	1859	1906	1913	1921	1929	1937					
Romford Stadium	1749	1755	1802	1808	1814	1821	1827	1833	1840	1846	1852	1859	1905	1911	1918	1926	1934	1942							
Chadwell Heath <i>Sainsbury's</i>	1756	1802	1809	1815	1821	1828	1834	1840	1847	1853	1859	1906	1912	1918	1925	1933	1941	1949							
Seven Kings Station	1807	1813	1820	1826	1832	1839	1845	1851	1858	1904	1910	1917	1923	1929	1936	1944	1951	1959							
Ilford High Road <i>Hainault Street</i>	1816	1822	1829	1835	1841	1848	1854	1900	1907	1913	1919	1925	1931	1937	1944	1952	1959	2007							
Ilford Broadway <i>High Road</i>	1820	1826	1833	1839	1845	1852	1858	1904	1910	1916	1922	1928	1934	1940	1947	1955	2002	2010							
Manor Park <i>Broadway</i>	1831	1837	1844	1850	1856	1903	1909	1915	1921	1927	1933	1939	1945	1951	1958	2006	2013	2021							
Forest Gate <i>Police Station</i>	1838	1844	1851	1857	1903	1909	1915	1921	1927	1933	1939	1945	1951	1957	2004	2012	2019	2027							
Stratford <i>Bus Station</i>	1849	1855	1901	1907	1913	1919	1925	1931	1937	1943	1949	1955	2001	2007	2014	2022	2029	2037							



86	Saturdays (also Good Friday)																				
Romford Station	0515	0530	0545	0600	0612	0624	0635	0645	0655	0705	0715	0725			0805	0811	0817	0823			
Romford Market <i>St Edward's Way</i>	0517	0532	0547	0602	0614	0626	0637	0647	0657	0707	0717	0727			0807	0814	0820	0826			
Romford Stadium	0521	0536	0551	0606	0618	0630	0641	0651	0701	0711	0721	0731			0811	0818	0824	0830			
Chadwell Heath <i>Sainsbury's</i>	0525	0540	0555	0610	0622	0634	0645	0655	0706	0716	0726	0736	<i>Then every 8 minutes until</i>		0816	0823	0829	0835			
Seven Kings Station	0532	0547	0602	0617	0629	0641	0652	0702	0714	0724	0734	0744			0824	0831	0837	0843			
Ilford High Road <i>Hainault Street</i>	0537	0552	0607	0622	0634	0646	0657	0708	0720	0730	0740	0750			0830	0837	0843	0849			
Ilford Broadway <i>High Road</i>	0540	0555	0610	0625	0637	0649	0700	0711	0723	0733	0743	0753			0833	0840	0846	0852			
Manor Park <i>Broadway</i>	0546	0601	0616	0631	0643	0655	0707	0718	0730	0740	0750	0800			0840	0847	0853	0900			
Forest Gate <i>Police Station</i>	0550	0606	0621	0636	0648	0700	0712	0723	0735	0745	0755	0805			0845	0852	0858	0905			
Stratford <i>Bus Station</i>	0558	0614	0629	0644	0656	0709	0721	0732	0744	0754	0804	0814			0854	0901	0907	0915			
Romford Station	0829	0835	0841	0846	0852	0857	0903	0908	0914	0919	0925	0930		0936	0941	0947	0952	0958	1004		
Romford Market <i>St Edward's Way</i>	0832	0838	0844	0849	0855	0900	0906	0911	0917	0922	0928	0933		0939	0944	0950	0955	1001	1007		
Romford Stadium	0836	0842	0848	0853	0859	0905	0911	0916	0922	0927	0933	0938	0944	0949	0955	1000	1006	1012			
Chadwell Heath <i>Sainsbury's</i>	0841	0847	0853	0858	0904	0910	0916	0922	0928	0933	0939	0944	0950	0955	1001	1006	1012	1018			
Seven Kings Station	0849	0855	0901	0907	0913	0919	0925	0931	0937	0942	0948	0953	0959	1005	1011	1017	1023	1029			
Ilford High Road <i>Hainault Street</i>	0856	0902	0908	0914	0920	0926	0932	0938	0944	0949	0955	1000	1006	1012	1018	1024	1030	1036			
Ilford Broadway <i>High Road</i>	0859	0905	0911	0917	0923	0929	0935	0941	0947	0952	0958	1003	1009	1015	1021	1027	1033	1039			
Manor Park <i>Broadway</i>	0907	0913	0919	0925	0931	0937	0943	0949	0955	1001	1007	1013	1019	1025	1031	1037	1043	1049			
Forest Gate <i>Police Station</i>	0913	0919	0925	0931	0937	0943	0949	0955	1001	1007	1013	1019	1025	1031	1037	1043	1049	1055			
Stratford <i>Bus Station</i>	0923	0929	0935	0941	0947	0953	0959	1005	1011	1017	1023	1029	1035	1041	1047	1053	1059	1105			
Romford Station	1010	1016	1023	1029	1035	1040	1046	1051	1057	1102	1108	1114	1120	1125	1130	1136	1141	1147			
Romford Market <i>St Edward's Way</i>	1013	1019	1026	1032	1038	1043	1049	1054	1100	1106	1112	1118	1124	1129	1134	1140	1145	1151			
Romford Stadium	1018	1024	1031	1037	1043	1048	1054	1100	1106	1112	1118	1124	1130	1135	1140	1146	1151	1157			
Chadwell Heath <i>Sainsbury's</i>	1024	1030	1037	1043	1049	1054	1100	1106	1112	1118	1124	1130	1136	1141	1146	1152	1157	1203			
Seven Kings Station	1035	1041	1048	1054	1100	1105	1111	1117	1123	1129	1135	1141	1147	1152	1157	1203	1208	1214			
Ilford High Road <i>Hainault Street</i>	1042	1048	1055	1101	1107	1113	1119	1125	1131	1137	1143	1149	1155	1200	1205	1211	1217	1223			
Ilford Broadway <i>High Road</i>	1045	1051	1058	1104	1110	1116	1122	1128	1134	1140	1146	1152	1158	1203	1209	1215	1221	1227			
Manor Park <i>Broadway</i>	1055	1101	1108	1114	1121	1127	1133	1139	1145	1151	1157	1203	1209	1215	1221	1227	1233	1239			
Forest Gate <i>Police Station</i>	1101	1108	1115	1121	1128	1134	1140	1146	1152	1158	1204	1210	1216	1222	1228	1234	1240	1246			
Stratford <i>Bus Station</i>	1111	1118	1125	1131	1138	1144	1150	1156	1202	1208	1214	1220	1226	1232	1238	1244	1250	1256			
Romford Station	1152	1158	1204	1210	1216	1222	1228	1234	1240	1246	1252	1258	1304			1522	1529	1535			
Romford Market <i>St Edward's Way</i>	1156	1202	1208	1214	1220	1226	1232	1238	1244	1250	1256	1302	1308			1526	1533	1539			
Romford Stadium	1202	1208	1214	1220	1226	1232	1238	1244	1250	1256	1302	1308	1315			1533	1540	1546			
Chadwell Heath <i>Sainsbury's</i>	1208	1214	1220	1226	1232	1238	1244	1250	1256	1302	1308	1314	1321	<i>Then every 6 minutes until</i>		1539	1546	1552			
Seven Kings Station	1220	1226	1232	1238	1244	1250	1256	1302	1309	1315	1321	1327	1334			1552	1559	1605			
Ilford High Road <i>Hainault Street</i>	1229	1235	1241	1247	1253	1259	1305	1311	1318	1324	1330	1336	1343			1601	1607	1613			
Ilford Broadway <i>High Road</i>	1233	1239	1245	1251	1257	1303	1309	1315	1322	1328	1334	1340	1347			1605	1611	1617			
Manor Park <i>Broadway</i>	1245	1251	1257	1303	1310	1316	1322	1328	1335	1341	1347	1353	1400			1618	1624	1630			
Forest Gate <i>Police Station</i>	1252	1258	1304	1310	1317	1323	1329	1335	1342	1348	1354	1400	1407			1625	1631	1637			
Stratford <i>Bus Station</i>	1302	1308	1314	1320	1327	1333	1339	1345	1352	1358	1404	1410	1417			1635	1641	1647			
Romford Station	1541	1547	1553			1659	1705			1729	1736	1742	1748		1754	1801			1831		
Romford Market <i>St Edward's Way</i>	1545	1551	1557			1703	1709			1733	1740	1746	1752		1758	1805			1835		
Romford Stadium	1552	1558	1603			1709	1714			1738	1745	1751	1757	1803	1810			1840			
Chadwell Heath <i>Sainsbury's</i>	1558	1604	1609	<i>Then every 6 minutes until</i>		1715	1720	<i>Then every 6 minutes until</i>		1744	1751	1757	1803	1809	1816	<i>Then every 6 minutes until</i>		1846			
Seven Kings Station	1610	1616	1621			1727	1732			1756	1803	1809	1815	1821	1828			1858			
Ilford High Road <i>Hainault Street</i>	1618	1624	1629			1735	1740			1804	1811	1817	1823	1829	1836			1906			
Ilford Broadway <i>High Road</i>	1622	1628	1633			1739	1744			1808	1814	1820	1826	1832	1839			1909			
Manor Park <i>Broadway</i>	1635	1641	1646			1752	1757			1821	1827	1833	1839	1845	1851			1921			
Forest Gate <i>Police Station</i>	1642	1648	1653			1759	1804			1828	1834	1840	1846	1852	1858			1928			
Stratford <i>Bus Station</i>	1652	1658	1703			1809	1814			1838	1844	1850	1856	1902	1908			1938			
Romford Station	1839	1847	1855		1903	1912	1922		1932	1942	1952	2003	2013	2023	2033		2043	2053	2103	2113	2123
Romford Market <i>St Edward's Way</i>	1843	1851	1859		1907	1916	1926		1936	1946	1956	2006	2016	2026	2036		2046	2056	2106	2116	2126
Romford Stadium	1848	1856	1904	1912	1921	1931	1941	1951	2001	2011	2021	2031	2041	2051	2101	2111	2121	2131			
Chadwell Heath <i>Sainsbury's</i>	1854	1902	1910	1918	1927	1937	1947	1957	2007	2017	2027	2037	2047	2057	2107	2117	2127	2137			
Seven Kings Station	1905	1913	1921	1929	1938	1947	1957	2007	2017	2027	2037	2047	2057	2107	2117	2127	2137	2147			
Ilford High Road <i>Hainault Street</i>	1913	1921	1929	1937	1946	1955	2005	2015	2025	2035	2045	2055	2104	2114	2124	2134	2144	2154			
Ilford Broadway <i>High Road</i>	1916	1924	1932	1940	1949	1958	2008	2018	2028	2038	2048	2058	2107	2117	2127	2137	2147	2157			
Manor Park <i>Broadway</i>	1928	1936	1944	1952	2001	2010	2020	2030	2040	2050	2059	2108	2117	2127	2137	2147	2157	2206			
Forest Gate <i>Police Station</i>	1935	1943	1951	1959	2007	2016	2026	2036	2046	2056	2105	2114	2123	2133	2143	2153	2203	2212			
Stratford <i>Bus Station</i>	1945	1953	2001	2009	2017	2026	2036	2046	2056	2106	2115	2124	2133	2143	2153	2202	2212	2221			
Romford Station	2133	2143	2153	2204	2214	2224	2234	2244	2254	2305	2315	2325	2335	2345	2355	0005	0015				
Romford Market <i>St Edward's Way</i>	2136	2146	2156	2207	2217	2227	2237	2247	2257	2308	2318	2328	2338	2348	2357	0007	0017				
Romford Stadium	2141	2151	2201	2212	2222	2232	2242	2252	2302	2313	2323	2333	2343	2352	0001	0011	0021				
Chadwell Heath <i>Sainsbury's</i>	2147	2157	2206	2217	2227	2237	2247	2257	2307	2318	2328	2338	2348	2357	0006	0016	0026				
Seven Kings Station	2157	2206	2215	2226	2236	2246	2256	2306	2315	2326	2336	2346	2356	0005	0014	0024	0034				
Ilford High Road <i>Hainault Street</i>	2204	2213	2222	2233	2243	2253	2302	2312	2321	2332	2342	2352	0002	0011	0020	0030	0040				
Ilford Broadway <i>High Road</i>	2207	2216	2225	2236	2246	2256	2305	2315	2324	2335	2345	2355	0005	0014	0023	0033	0043				
Manor Park <i>Broadway</i>	2216	2225	2234	2244	2254	2304	2313	2323	2332	2343	2353	0003	0013	0022	0031	0040	0050				
Forest Gate <i>Police Station</i>	2222	2231	2240	2250	2300	2310	2319	2329	2338	2349	2359	0009	0018	0027	0036	0045	0054				
Stratford <i>Bus Station</i>	2231	2240	2249	2259	2309	2319	2328	2338	2347	2358	0007	0017	0026	0035	0044	0053	0102				

86	Sundays and other Public Holidays (except Christmas Day)																	
Romford Station	0515	0530	0545	0600	0615	0630	0645	0700	0715	0730	0742	0754	0806	0816	0826	0836	0846	0856
Romford Market <i>St Edward's Way</i>	0517	0532	0547	0602	0617	0632	0647	0702	0717	0732	0744	0756	0808	0818	0828	0838	0849	0859
Romford Stadium	0521	0536	0551	0606	0621	0636	0651	0706	0721	0736	0748	0800	0812	0822	0832	0842	0853	0903
Chadwell Heath <i>Sainsbury's</i>	0526	0541	0556	0611	0626	0641	0656	0711	0726	0741	0753	0805	0817	0827	0837	0847	0858	0908
Seven Kings Station	0533	0548	0603	0618	0633	0648	0703	0719	0734	0749	0801	0813	0825	0835	0845	0855	0906	0916
Ilford High Road <i>Hainault Street</i>	0539	0554	0609	0624	0639	0654	0710	0726	0741	0756	0808	0820	0832	0842	0852	0902	0913	0923
Ilford Broadway <i>High Road</i>	0541	0556	0611	0626	0642	0657	0713	0729	0744	0759	0811	0823	0835	0845	0855	0905	0916	0926
Manor Park <i>Broadway</i>	0549	0604	0619	0634	0650	0705	0721	0737	0752	0807	0819	0831	0843	0853	0903	0913	0924	0935
Forest Gate <i>Police Station</i>	0553	0608	0623	0638	0654	0710	0726	0742	0757	0812	0824	0836	0848	0858	0908	0918	0929	0940
Stratford <i>Bus Station</i>	0601	0616	0631	0646	0702	0718	0734	0750	0805	0821	0833	0845	0857	0907	0917	0928	0939	0950
Romford Station	0905	0914	0922	0930	0938	0947	0955	1004	1013	1021	1029	1038	1046	1055	1103	1112	1120	1129
Romford Market <i>St Edward's Way</i>	0908	0917	0925	0933	0941	0950	0958	1007	1016	1024	1032	1041	1049	1058	1106	1115	1123	1132
Romford Stadium	0912	0921	0929	0937	0945	0954	1002	1011	1020	1028	1036	1045	1053	1102	1111	1120	1128	1137
Chadwell Heath <i>Sainsbury's</i>	0917	0926	0935	0943	0951	1000	1008	1017	1026	1034	1042	1051	1059	1108	1117	1126	1134	1143
Seven Kings Station	0925	0935	0944	0952	1001	1010	1018	1027	1036	1044	1052	1101	1109	1118	1127	1136	1144	1153
Ilford High Road <i>Hainault Street</i>	0933	0943	0952	1000	1009	1018	1026	1035	1044	1052	1100	1109	1117	1126	1135	1144	1152	1201
Ilford Broadway <i>High Road</i>	0936	0946	0955	1003	1012	1021	1029	1038	1047	1055	1103	1112	1120	1129	1138	1147	1155	1204
Manor Park <i>Broadway</i>	0945	0955	1004	1012	1021	1030	1038	1047	1056	1104	1113	1122	1131	1140	1149	1158	1207	1216
Forest Gate <i>Police Station</i>	0950	1000	1009	1018	1027	1036	1044	1053	1102	1110	1119	1128	1137	1146	1155	1205	1214	1223
Stratford <i>Bus Station</i>	1000	1010	1019	1028	1037	1046	1054	1103	1112	1120	1129	1138	1147	1156	1205	1215	1224	1233
Romford Station	1137	1146	1154	1203	1212	1220	1229	1237	1246	1254	1303	1311	1320	1328	1337	1345	1354	1402
Romford Market <i>St Edward's Way</i>	1140	1149	1157	1206	1215	1223	1232	1240	1249	1257	1306	1314	1323	1331	1340	1348	1357	1405
Romford Stadium	1145	1154	1203	1212	1221	1229	1238	1246	1255	1303	1312	1320	1329	1337	1346	1354	1403	1411
Chadwell Heath <i>Sainsbury's</i>	1151	1200	1209	1218	1227	1235	1244	1252	1301	1309	1318	1327	1336	1344	1353	1401	1410	1418
Seven Kings Station	1201	1211	1220	1229	1238	1247	1256	1304	1313	1322	1332	1341	1350	1358	1407	1415	1424	1432
Ilford High Road <i>Hainault Street</i>	1210	1220	1229	1238	1247	1256	1305	1313	1322	1331	1341	1350	1359	1407	1416	1424	1433	1441
Ilford Broadway <i>High Road</i>	1213	1223	1232	1241	1250	1259	1308	1316	1325	1334	1344	1353	1402	1410	1419	1427	1436	1444
Manor Park <i>Broadway</i>	1225	1235	1244	1253	1302	1311	1320	1329	1339	1348	1358	1407	1416	1424	1433	1441	1450	1458
Forest Gate <i>Police Station</i>	1232	1242	1251	1300	1309	1318	1328	1337	1347	1356	1406	1415	1424	1432	1441	1449	1458	1506
Stratford <i>Bus Station</i>	1242	1252	1301	1311	1320	1329	1339	1348	1358	1407	1417	1426	1435	1443	1452	1500	1509	1517
Romford Station	1411	1420	1429	1438	1447	1456	1504	1513	1522	1530	1539	1548	1557	1606	1615	1623	1632	1641
Romford Market <i>St Edward's Way</i>	1414	1423	1432	1441	1450	1459	1507	1516	1525	1533	1542	1551	1600	1609	1618	1626	1635	1644
Romford Stadium	1420	1429	1438	1447	1456	1505	1513	1522	1531	1539	1548	1557	1605	1614	1623	1631	1640	1649
Chadwell Heath <i>Sainsbury's</i>	1427	1436	1445	1454	1502	1511	1519	1528	1537	1545	1554	1603	1611	1620	1629	1637	1646	1655
Seven Kings Station	1441	1449	1458	1506	1514	1523	1531	1540	1549	1557	1605	1614	1622	1631	1640	1648	1657	1706
Ilford High Road <i>Hainault Street</i>	1450	1458	1507	1515	1523	1532	1540	1549	1558	1606	1614	1623	1631	1640	1649	1657	1705	1714
Ilford Broadway <i>High Road</i>	1453	1501	1510	1518	1526	1535	1543	1552	1601	1609	1617	1626	1634	1643	1652	1700	1708	1717
Manor Park <i>Broadway</i>	1506	1514	1523	1531	1539	1548	1556	1605	1613	1621	1629	1638	1646	1654	1703	1711	1719	1728
Forest Gate <i>Police Station</i>	1514	1522	1531	1539	1547	1556	1604	1612	1620	1628	1636	1645	1653	1701	1710	1718	1726	1735
Stratford <i>Bus Station</i>	1525	1533	1542	1550	1558	1606	1614	1622	1630	1638	1646	1655	1703	1711	1720	1728	1736	1745
Romford Station	1650	1659	1707	1716	1724	1733	1741	1750	1759	1809	1819	1830	1840	1850	1901	1911	1921	1932
Romford Market <i>St Edward's Way</i>	1653	1702	1710	1719	1727	1736	1744	1753	1802	1812	1822	1833	1843	1853	1904	1914	1924	1935
Romford Stadium	1658	1707	1715	1724	1732	1741	1749	1758	1807	1817	1827	1838	1848	1858	1908	1918	1928	1939
Chadwell Heath <i>Sainsbury's</i>	1704	1713	1721	1730	1738	1747	1755	1804	1813	1823	1833	1844	1854	1904	1914	1924	1934	1945
Seven Kings Station	1714	1723	1731	1740	1748	1757	1805	1814	1823	1833	1843	1853	1903	1913	1923	1933	1943	1954
Ilford High Road <i>Hainault Street</i>	1722	1731	1739	1748	1756	1805	1813	1822	1831	1841	1851	1901	1911	1921	1931	1941	1951	2001
Ilford Broadway <i>High Road</i>	1725	1734	1742	1751	1759	1808	1816	1825	1834	1844	1854	1904	1914	1924	1934	1944	1954	2004
Manor Park <i>Broadway</i>	1736	1745	1753	1802	1810	1819	1827	1836	1845	1855	1905	1915	1925	1935	1945	1955	2004	2014
Forest Gate <i>Police Station</i>	1743	1752	1800	1809	1817	1826	1834	1843	1852	1902	1912	1922	1932	1942	1952	2002	2011	2021
Stratford <i>Bus Station</i>	1753	1802	1810	1819	1827	1836	1844	1853	1902	1912	1922	1932	1942	1952	2002	2012	2021	2031
Romford Station	1942	1952	2003	2013	2023	2033	2043	2053	2103	2113	2123	2133	2143	2153	2204	2214	2224	2234
Romford Market <i>St Edward's Way</i>	1945	1955	2006	2016	2026	2036	2045	2055	2105	2115	2125	2135	2145	2155	2206	2216	2226	2236
Romford Stadium	1949	1959	2010	2020	2030	2040	2049	2059	2109	2119	2129	2139	2149	2159	2210	2220	2230	2240
Chadwell Heath <i>Sainsbury's</i>	1954	2004	2015	2025	2035	2045	2054	2104	2114	2124	2134	2144	2154	2204	2215	2225	2235	2245
Seven Kings Station	2003	2013	2024	2034	2044	2053	2102	2112	2122	2132	2142	2152	2202	2212	2223	2233	2243	2253
Ilford High Road <i>Hainault Street</i>	2010	2020	2031	2041	2051	2100	2109	2119	2129	2139	2149	2159	2209	2219	2229	2239	2249	2259
Ilford Broadway <i>High Road</i>	2013	2023	2034	2044	2054	2103	2112	2122	2132	2142	2152	2202	2212	2222	2232	2242	2252	2302
Manor Park <i>Broadway</i>	2023	2033	2044	2054	2103	2112	2121	2131	2141	2151	2200	2210	2220	2230	2240	2250	2300	2310
Forest Gate <i>Police Station</i>	2030	2040	2051	2100	2109	2118	2127	2137	2147	2156	2205	2215	2225	2235	2245	2255	2305	2315
Stratford <i>Bus Station</i>	2040	2050	2100	2109	2118	2127	2136	2146	2156	2205	2214	2224	2234	2244	2254	2304	2314	2324
Romford Station	2244	2254	2305	2315	2325	2335	2345	2355	0005	0015								
Romford Market <i>St Edward's Way</i>	2246	2256	2307	2317	2327	2337	2347	2357	0007	0017								
Romford Stadium	2250	2300	2311	2321	2331	2341	2351	0001	0011	0021								
Chadwell Heath <i>Sainsbury's</i>	2255	2305	2316	2326	2336	2346	2356	0005	0015	0025								
Seven Kings Station	2303	2313	2324	2334	2343	2353	0003	0012	0022	0032								
Ilford High Road <i>Hainault Street</i>	2309	2319	2330	2340	2349	2359	0009	0018	0028	0038								
Ilford Broadway <i>High Road</i>	2312	2322	2333	2343	2352	0002	0012	0021	0031	0041								
Manor Park <i>Broadway</i>	2320	2330	2340	2350	2359	0009	0019	0028	0038	0048								
Forest Gate <i>Police Station</i>	2325	2335	2345	2355	0004	0014	0024	0033	0043	0053								
Stratford <i>Bus Station</i>	2334	2343	2353	0003	0012	0022	0032	0041	0051	0100								

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## Stratford – Ilford – Romford

86		Mondays to Fridays																			
Stratford Bus Station	0550	0600	0610	0620	0628	0635	0642	0648	0654	0700	0706	0712	0718	0724	0729	0734	0739	0744			
Forest Gate Police Station	0558	0608	0618	0628	0636	0643	0650	0656	0702	0709	0715	0721	0727	0733	0738	0743	0748	0753			
Manor Park Broadway	0601	0612	0622	0632	0640	0647	0654	0700	0707	0714	0720	0726	0732	0738	0743	0748	0753	0758			
Ilford Broadway Chapel Road	0608	0619	0629	0639	0647	0654	0701	0708	0716	0723	0729	0735	0741	0747	0752	0757	0802	0807			
Ilford High Road Hainault Street	0611	0623	0633	0643	0651	0658	0705	0712	0720	0727	0733	0739	0745	0751	0756	0801	0806	0811			
Seven Kings Station	0617	0628	0638	0648	0656	0703	0711	0718	0726	0733	0739	0745	0751	0757	0802	0808	0814	0819			
Chadwell Heath Sainsbury's	0623	0636	0646	0656	0704	0712	0720	0727	0735	0742	0748	0754	0800	0806	0812	0818	0824	0829			
Romford Stadium	0627	0641	0651	0701	0710	0719	0727	0734	0742	0749	0755	0801	0807	0813	0819	0825	0831	0836			
Romford Market St Edward's Way	0631	0646	0656	0706	0715	0724	0732	0739	0747	0754	0800	0806	0812	0818	0824	0830	0836	0841			
Romford Station	0635	0650	0700	0710	0719	0728	0736	0743	0751	0758	0804	0810	0816	0822	0828	0834	0840	0845			
Stratford Bus Station	0749	0754	0759			0905	0911	0918	0924	0930	0936			1054	1100					1142	
Forest Gate Police Station	0758	0803	0809			0915	0921	0928	0934	0940	0946			1104	1110					1152	
Manor Park Broadway	0803	0809	0815			0921	0927	0934	0940	0946	0951			1109	1115					1157	
Ilford Broadway Chapel Road	0812	0818	0824			0930	0936	0943	0949	0956	1001			1119	1126					1208	
Ilford High Road Hainault Street	0816	0822	0828			0934	0940	0947	0953	1000	1005			1123	1130					1212	
Seven Kings Station	0825	0831	0837			0943	0949	0956	1001	1007	1012			1130	1137					1219	
Chadwell Heath Sainsbury's	0835	0841	0847			0953	0959	1005	1010	1016	1021			1139	1146					1228	
Romford Stadium	0842	0848	0854			1000	1005	1011	1016	1022	1027			1145	1152					1234	
Romford Market St Edward's Way	0847	0853	0859			1005	1010	1016	1021	1027	1032			1150	1157					1239	
Romford Station	0851	0857	0903			1009	1014	1020	1025	1031	1036			1154	1201					1243	
Stratford Bus Station	1148	1154	1200	1205	1211	1217	1223	1229						1347	1353	1359	1405	1411	1417	1423	1429
Forest Gate Police Station	1158	1204	1210	1216	1222	1228	1234	1240						1358	1404	1410	1416	1422	1428	1434	1440
Manor Park Broadway	1203	1209	1215	1221	1227	1233	1239	1245						1403	1409	1415	1421	1427	1433	1439	1445
Ilford Broadway Chapel Road	1215	1221	1227	1233	1239	1245	1251	1257						1415	1421	1427	1433	1439	1445	1451	1457
Ilford High Road Hainault Street	1219	1225	1231	1237	1243	1249	1255	1301						1419	1425	1431	1437	1443	1449	1455	1501
Seven Kings Station	1226	1232	1238	1244	1250	1256	1302	1308						1426	1432	1438	1444	1450	1457	1503	1509
Chadwell Heath Sainsbury's	1235	1241	1247	1253	1259	1305	1311	1318						1436	1442	1448	1454	1501	1508	1515	1521
Romford Stadium	1241	1247	1253	1259	1305	1311	1317	1324						1442	1449	1455	1502	1509	1516	1523	1529
Romford Market St Edward's Way	1246	1252	1258	1304	1310	1316	1322	1329						1447	1454	1501	1508	1515	1522	1529	1535
Romford Station	1250	1256	1302	1308	1314	1320	1326	1333						1451	1458	1505	1512	1519	1526	1533	1539
Stratford Bus Station	1434	1439	1444	1449	1454	1500	1506	1512	1517	1523	1529	1535	1540	1546	1552						1740
Forest Gate Police Station	1445	1450	1455	1500	1506	1512	1519	1525	1530	1536	1542	1548	1553	1559	1605						1753
Manor Park Broadway	1450	1455	1501	1506	1512	1518	1525	1531	1536	1542	1548	1554	1559	1605	1612						1800
Ilford Broadway Chapel Road	1502	1508	1514	1520	1526	1532	1539	1545	1550	1556	1602	1608	1614	1620	1627						1815
Ilford High Road Hainault Street	1506	1512	1518	1524	1530	1536	1543	1549	1554	1600	1606	1612	1618	1624	1631						1819
Seven Kings Station	1515	1521	1527	1533	1539	1545	1552	1558	1603	1609	1615	1621	1627	1633	1640						1828
Chadwell Heath Sainsbury's	1527	1533	1539	1545	1551	1557	1604	1610	1616	1622	1628	1634	1640	1646	1653						1841
Romford Stadium	1535	1541	1547	1553	1559	1605	1612	1618	1624	1630	1636	1642	1648	1654	1700						1848
Romford Market St Edward's Way	1541	1547	1553	1559	1605	1611	1618	1624	1630	1636	1642	1648	1654	1700	1706						1854
Romford Station	1545	1551	1557	1603	1609	1615	1622	1628	1634	1640	1646	1652	1658	1704	1710						1858
Stratford Bus Station	1746	1752	1758	1804	1810	1816	1822	1828	1834	1840	1846	1852	1858	1905	1911	1917	1923	1930			
Forest Gate Police Station	1759	1805	1811	1817	1823	1829	1835	1841	1847	1853	1859	1905	1911	1918	1924	1930	1936	1943			
Manor Park Broadway	1806	1812	1818	1824	1830	1836	1842	1848	1854	1900	1906	1911	1917	1924	1930	1936	1942	1949			
Ilford Broadway Chapel Road	1821	1827	1833	1839	1845	1851	1856	1902	1907	1913	1919	1924	1930	1937	1943	1949	1955	2001			
Ilford High Road Hainault Street	1825	1831	1837	1843	1849	1855	1900	1906	1911	1917	1923	1928	1934	1941	1947	1953	1959	2005			
Seven Kings Station	1834	1840	1846	1852	1858	1904	1909	1915	1920	1926	1932	1937	1943	1950	1956	2002	2007	2013			
Chadwell Heath Sainsbury's	1847	1853	1859	1905	1911	1917	1922	1928	1933	1939	1944	1949	1954	2000	2006	2012	2017	2023			
Romford Stadium	1854	1900	1906	1911	1917	1923	1928	1934	1939	1945	1950	1955	2000	2006	2012	2018	2023	2029			
Romford Market St Edward's Way	1859	1905	1911	1916	1922	1928	1933	1939	1944	1950	1955	2000	2005	2011	2017	2023	2028	2034			
Romford Station	1903	1909	1915	1920	1926	1932	1937	1943	1948	1954	1959	2004	2009	2015	2021	2027	2032	2038			
Stratford Bus Station	1936	1942	1949	1957	2006	2014	2023	2033	2043	2052	2101	2110	2120	2130	2140	2150	2200	2210			
Forest Gate Police Station	1949	1954	2001	2009	2018	2026	2035	2045	2055	2103	2112	2121	2131	2141	2151	2200	2210	2220			
Manor Park Broadway	1954	1959	2006	2014	2023	2031	2040	2050	2100	2108	2117	2126	2136	2146	2155	2204	2214	2224			
Ilford Broadway Chapel Road	2006	2011	2018	2026	2035	2042	2051	2100	2109	2117	2126	2135	2145	2155	2204	2213	2223	2233			
Ilford High Road Hainault Street	2010	2015	2022	2030	2039	2046	2055	2103	2112	2120	2129	2138	2148	2158	2207	2216	2226	2236			
Seven Kings Station	2018	2023	2030	2038	2047	2054	2102	2110	2119	2127	2136	2145	2155	2204	2213	2222	2232	2242			
Chadwell Heath Sainsbury's	2028	2033	2040	2048	2056	2103	2111	2119	2128	2136	2145	2154	2203	2212	2221	2230	2240	2249			
Romford Stadium	2034	2039	2046	2053	2101	2108	2116	2124	2133	2141	2150	2159	2208	2217	2226	2235	2245	2254			
Romford Market St Edward's Way	2039	2044	2050	2057	2105	2112	2120	2128	2137	2145	2154	2203	2212	2221	2230	2239	2249	2258			
Romford Station	2043	2048	2054	2101	2109	2116	2124	2132	2141	2149	2158	2207	2216	2225	2234	2243	2252	2301			

Stratford Bus Station	2220	2230		2340	2350	0000	0010	0020	0030	0040	0050
Forest Gate Police Station	2230	2240		2350	0000	0009	0019	0029	0039	0049	0059
Manor Park Broadway	2234	2244		2354	0004	0013	0023	0033	0043	0053	0102
Ilford Broadway Chapel Road	2243	2252	Then	0002	0011	0020	0030	0040	0050	0100	0109
Ilford High Road Hainault Street	2246	2255	every 10	0005	0014	0023	0033	0043	0053	0102	0111
Seven Kings Station	2251	2300	minutes	0010	0019	0028	0038	0048	0058	0107	0116
Chadwell Heath Sainsbury's	2258	2307	until	0017	0026	0035	0045	0055	0104	0113	0122
Romford Stadium	2303	2312		0022	0031	0040	0050	0059	0108	0117	0126
Romford Market St Edward's Way	2307	2316		0026	0035	0044	0053	0102	0111	0120	0129
Romford Station	2310	2319		0029	0038	0047	0056	0105	0114	0123	0132

86	Saturdays (also Good Friday)																	
Stratford Bus Station	0550	0605	0618	0631	0643	0655	0705	0715	0725	0735	0745	0753	0801	0809	0816	0822	0828	0833
Forest Gate Police Station	0558	0613	0626	0639	0651	0703	0714	0724	0734	0744	0754	0802	0810	0818	0825	0831	0837	0842
Manor Park Broadway	0601	0616	0629	0642	0654	0707	0718	0728	0738	0748	0758	0806	0814	0822	0829	0835	0841	0846
Ilford Broadway Chapel Road	0608	0623	0636	0649	0701	0714	0724	0735	0745	0755	0805	0814	0822	0830	0837	0843	0849	0854
Ilford High Road Hainault Street	0611	0626	0639	0652	0704	0717	0727	0738	0748	0758	0808	0817	0825	0833	0840	0846	0852	0857
Seven Kings Station	0617	0631	0644	0657	0709	0722	0732	0743	0753	0803	0813	0822	0830	0838	0845	0851	0857	0903
Chadwell Heath Sainsbury's	0623	0638	0651	0704	0716	0729	0739	0750	0800	0811	0821	0830	0838	0846	0853	0859	0905	0911
Romford Stadium	0627	0642	0655	0708	0721	0734	0744	0755	0805	0816	0826	0835	0843	0851	0858	0904	0910	0916
Romford Market St Edward's Way	0631	0646	0700	0713	0726	0739	0749	0800	0810	0821	0831	0840	0848	0856	0903	0909	0915	0921
Romford Station	0635	0650	0704	0717	0730	0743	0753	0804	0814	0825	0835	0844	0852	0900	0907	0913	0919	0925
Stratford Bus Station	0839	0845	0851	0857	0902	0908	0914	0920	0926	0931	0937	0942	0947	0952	Then every 6 minutes until	1016	1022	
Forest Gate Police Station	0848	0854	0900	0906	0912	0918	0924	0930	0936	0941	0947	0952	0957	1002		1026	1032	
Manor Park Broadway	0852	0858	0904	0910	0916	0922	0928	0934	0940	0945	0951	0956	1001	1006		1030	1036	
Ilford Broadway Chapel Road	0900	0906	0912	0918	0924	0930	0936	0942	0948	0953	0959	1004	1009	1015		1039	1045	
Ilford High Road Hainault Street	0903	0909	0915	0921	0927	0933	0939	0945	0951	0956	1002	1008	1013	1019		1043	1049	
Seven Kings Station	0909	0915	0921	0927	0933	0939	0945	0951	0957	1002	1008	1014	1020	1026		1050	1056	
Chadwell Heath Sainsbury's	0917	0923	0929	0935	0941	0947	0953	0959	1005	1011	1017	1023	1029	1035		1059	1106	
Romford Stadium	0923	0929	0935	0941	0947	0953	0959	1005	1011	1017	1024	1030	1036	1042		1106	1112	
Romford Market St Edward's Way	0928	0934	0940	0946	0952	0958	1004	1010	1016	1022	1029	1035	1041	1047		1111	1117	
Romford Station	0932	0938	0944	0950	0956	1002	1008	1014	1020	1026	1033	1039	1045	1051	1115	1121		
Stratford Bus Station	1028	1034	1040	1046	1052	1058	1104	1110	1116	1122	1128	1134	1140	1146	1152	Then every 6 minutes until	1246	
Forest Gate Police Station	1038	1044	1050	1056	1102	1108	1114	1121	1127	1133	1139	1145	1151	1157	1203		1257	
Manor Park Broadway	1042	1048	1054	1100	1107	1113	1119	1126	1132	1138	1144	1150	1156	1202	1208		1302	
Ilford Broadway Chapel Road	1051	1057	1103	1110	1117	1123	1129	1136	1142	1148	1154	1200	1206	1212	1219		1313	
Ilford High Road Hainault Street	1055	1101	1107	1114	1121	1127	1133	1140	1146	1152	1158	1204	1210	1216	1223		1317	
Seven Kings Station	1102	1108	1114	1121	1128	1134	1140	1147	1153	1159	1205	1211	1218	1224	1231		1325	
Chadwell Heath Sainsbury's	1112	1118	1125	1132	1139	1145	1151	1158	1204	1210	1217	1223	1230	1236	1243		1337	
Romford Stadium	1118	1124	1131	1138	1145	1151	1157	1204	1210	1216	1223	1229	1236	1242	1249		1343	
Romford Market St Edward's Way	1123	1129	1136	1143	1150	1156	1202	1209	1216	1222	1229	1235	1242	1248	1255		1349	
Romford Station	1127	1133	1140	1147	1154	1200	1207	1214	1221	1227	1234	1240	1247	1253	1300	1354		
Stratford Bus Station	1252	Then every 6 minutes until	1340	1345	1351	1357	1403	Then every 6 minutes until	1621	1627	Then every 6 minutes until	1727	1734	Then every 6 mins. until	1852			
Forest Gate Police Station	1303		1351	1356	1402	1408	1415		1633	1639		1739	1746		1904			
Manor Park Broadway	1308		1356	1401	1407	1413	1420		1638	1645		1745	1752		1910			
Ilford Broadway Chapel Road	1320		1408	1414	1420	1426	1433		1651	1658		1758	1805		1923			
Ilford High Road Hainault Street	1324		1412	1418	1424	1430	1437		1655	1702		1802	1809		1927			
Seven Kings Station	1332		1420	1426	1432	1438	1445		1703	1710		1810	1817		1935			
Chadwell Heath Sainsbury's	1344		1432	1438	1444	1450	1457		1715	1721		1821	1827		1945			
Romford Stadium	1350		1438	1444	1450	1456	1503		1721	1727		1827	1833		1951			
Romford Market St Edward's Way	1356		1444	1450	1456	1502	1508		1726	1732		1832	1838		1956			
Romford Station	1400	1448	1454	1500	1506	1512	1730	1736	1836	1842	2000							
Stratford Bus Station	1858	1904	1910	1918	1926	1934	1942	1950	2000	2010	2020	2030	2040	2050	2100	2110	2120	2130
Forest Gate Police Station	1910	1916	1922	1930	1938	1946	1954	2002	2012	2022	2032	2042	2052	2102	2111	2121	2131	2141
Manor Park Broadway	1916	1922	1928	1936	1944	1952	1959	2007	2017	2027	2037	2047	2057	2107	2116	2126	2136	2146
Ilford Broadway Chapel Road	1929	1935	1941	1949	1956	2004	2011	2019	2029	2039	2049	2058	2107	2117	2126	2136	2146	2156
Ilford High Road Hainault Street	1933	1939	1945	1953	2000	2008	2015	2023	2033	2043	2052	2101	2110	2120	2129	2139	2149	2159
Seven Kings Station	1941	1947	1953	2001	2008	2016	2023	2031	2041	2050	2059	2108	2117	2127	2136	2146	2155	2205
Chadwell Heath Sainsbury's	1951	1957	2003	2010	2017	2025	2032	2040	2049	2058	2107	2116	2125	2135	2144	2154	2203	2213
Romford Stadium	1957	2002	2008	2015	2022	2030	2037	2045	2054	2103	2112	2121	2130	2140	2149	2159	2208	2218
Romford Market St Edward's Way	2001	2006	2012	2019	2026	2034	2041	2049	2058	2107	2116	2125	2134	2144	2153	2203	2212	2222
Romford Station	2005	2010	2016	2023	2030	2038	2045	2053	2102	2111	2120	2129	2138	2148	2157	2207	2216	2226
Stratford Bus Station	2140	Then every 10 minutes until	2230	2240	2250	2300	2310	2320	2330	2340	2350	0000	0010	0020	0030	0040	0050	
Forest Gate Police Station	2151		2241	2251	2301	2311	2321	2331	2341	2351	0001	0010	0020	0030	0040	0050	0059	
Manor Park Broadway	2156		2246	2255	2305	2315	2325	2335	2345	2355	0005	0014	0024	0034	0044	0054	0102	
Ilford Broadway Chapel Road	2205		2255	2304	2314	2324	2334	2344	2354	0003	0013	0022	0032	0042	0052	0101	0109	
Ilford High Road Hainault Street	2208		2258	2307	2317	2327	2337	2347	2357	0006	0016	0025	0035	0045	0055	0104	0112	
Seven Kings Station	2214		2304	2313	2323	2333	2343	2353	0002	0011	0021	0030	0040	0050	0100	0109	0117	
Chadwell Heath Sainsbury's	2222		2312	2321	2331	2341	2351	0000	0009	0018	0028	0037	0047	0057	0106	0115	0123	
Romford Stadium	2227		2317	2326	2336	2346	2355	0004	0013	0022	0032	0041	0051	0101	0110	0119	0127	
Romford Market St Edward's Way	2231		2321	2330	2340	2350	2359	0008	0017	0026	0036	0045	0055	0104	0113	0122	0130	
Romford Station	2235	2325	2334	2344	2354	0003	0012	0021	0030	0040	0049	0058	0107	0116	0125	0133		

86	Sundays and other Public Holidays (except Christmas Day)																	
Stratford Bus Station	0550	0605	0620	0635	0650	0705	0720	0735	0750	0805	0817	0829	0841	0851	0901	0911	0920	0928
Forest Gate Police Station	0558	0613	0629	0644	0659	0714	0729	0744	0759	0814	0826	0838	0850	0900	0910	0920	0929	0937
Manor Park Broadway	0601	0616	0632	0647	0702	0717	0732	0747	0802	0817	0829	0841	0853	0904	0914	0924	0933	0941
Ilford Broadway Chapel Road	0608	0623	0639	0654	0709	0724	0740	0755	0810	0825	0837	0849	0901	0912	0922	0932	0941	0949
Ilford High Road Hainault Street	0611	0626	0642	0657	0712	0727	0743	0758	0813	0828	0840	0852	0904	0915	0925	0935	0944	0952
Seven Kings Station	0617	0632	0648	0703	0718	0733	0749	0804	0819	0834	0846	0858	0910	0921	0931	0941	0950	0958
Chadwell Heath Sainsbury's	0623	0638	0654	0709	0725	0740	0756	0811	0826	0841	0853	0905	0917	0928	0938	0948	0958	1006
Romford Stadium	0627	0642	0658	0713	0729	0744	0800	0815	0830	0845	0858	0910	0922	0933	0943	0953	1003	1012
Romford Market St Edward's Way	0631	0646	0702	0717	0733	0748	0804	0819	0834	0849	0902	0914	0926	0937	0948	0958	1008	1017
Romford Station	0635	0650	0706	0721	0737	0752	0808	0823	0838	0853	0906	0918	0930	0941	0952	1002	1012	1021
Stratford Bus Station	0936	0945	0953	1001	1009	1018	1026	1034	1042	1050	1058	1106	1114	1123	1131	1140	1149	1157
Forest Gate Police Station	0945	0954	1002	1010	1019	1028	1036	1044	1052	1100	1108	1116	1124	1133	1141	1150	1159	1207
Manor Park Broadway	0949	0958	1006	1014	1023	1032	1040	1048	1056	1104	1113	1121	1129	1138	1146	1155	1204	1212
Ilford Broadway Chapel Road	0957	1006	1014	1023	1032	1041	1049	1057	1105	1114	1123	1132	1140	1149	1157	1206	1215	1224
Ilford High Road Hainault Street	1000	1009	1017	1026	1035	1044	1052	1100	1109	1118	1127	1136	1144	1153	1201	1210	1219	1228
Seven Kings Station	1007	1016	1024	1033	1042	1051	1059	1108	1117	1126	1135	1144	1152	1201	1210	1219	1228	1237
Chadwell Heath Sainsbury's	1015	1024	1033	1042	1051	1100	1109	1118	1127	1136	1145	1154	1203	1212	1221	1230	1239	1248
Romford Stadium	1021	1030	1039	1048	1057	1106	1115	1124	1133	1142	1151	1200	1209	1218	1227	1236	1245	1254
Romford Market St Edward's Way	1026	1035	1044	1053	1102	1111	1120	1129	1138	1147	1156	1206	1215	1224	1233	1242	1251	1300
Romford Station	1030	1039	1048	1057	1106	1115	1124	1133	1142	1151	1200	1210	1219	1228	1237	1246	1255	1304
Stratford Bus Station	1206	1214	1223	1231	1240	1249	1257	1306	1314	1323	1331	1340	1349	1357	1406	1414	1423	1431
Forest Gate Police Station	1216	1225	1234	1242	1251	1300	1308	1317	1325	1334	1342	1351	1400	1408	1417	1425	1434	1443
Manor Park Broadway	1221	1230	1239	1247	1256	1305	1314	1323	1331	1340	1348	1357	1406	1414	1423	1431	1440	1449
Ilford Broadway Chapel Road	1233	1242	1251	1259	1308	1317	1326	1335	1343	1352	1400	1409	1418	1426	1435	1443	1452	1501
Ilford High Road Hainault Street	1237	1246	1255	1303	1312	1321	1330	1339	1347	1356	1404	1413	1422	1430	1439	1447	1456	1505
Seven Kings Station	1246	1255	1304	1312	1321	1330	1339	1348	1356	1405	1413	1422	1431	1439	1448	1456	1505	1514
Chadwell Heath Sainsbury's	1257	1306	1315	1323	1332	1341	1350	1359	1407	1416	1424	1433	1442	1450	1459	1507	1516	1524
Romford Stadium	1303	1312	1321	1329	1338	1347	1356	1405	1413	1422	1430	1439	1448	1456	1505	1513	1522	1530
Romford Market St Edward's Way	1309	1318	1327	1335	1344	1353	1401	1410	1418	1427	1435	1444	1453	1501	1510	1518	1527	1535
Romford Station	1313	1322	1331	1339	1348	1357	1405	1414	1422	1431	1439	1448	1457	1505	1514	1522	1531	1539
Stratford Bus Station	1440	1449	1457	1506	1514	1523	1531	1540	1548	1557	1606	1614	1623	1631	1640	1648	1657	1706
Forest Gate Police Station	1452	1501	1509	1518	1526	1535	1543	1552	1600	1609	1618	1626	1635	1643	1652	1700	1709	1718
Manor Park Broadway	1458	1507	1515	1524	1532	1541	1549	1558	1606	1615	1624	1632	1641	1649	1658	1706	1715	1724
Ilford Broadway Chapel Road	1510	1519	1527	1536	1544	1553	1601	1610	1618	1627	1636	1644	1653	1701	1710	1718	1726	1735
Ilford High Road Hainault Street	1514	1523	1531	1540	1548	1557	1605	1614	1622	1631	1640	1648	1657	1705	1714	1722	1730	1739
Seven Kings Station	1523	1532	1540	1549	1557	1605	1613	1622	1630	1639	1648	1656	1705	1713	1721	1729	1737	1746
Chadwell Heath Sainsbury's	1533	1542	1550	1559	1607	1615	1623	1632	1640	1649	1658	1706	1714	1722	1730	1738	1746	1755
Romford Stadium	1539	1548	1556	1605	1613	1621	1629	1638	1646	1655	1703	1711	1719	1727	1735	1743	1751	1800
Romford Market St Edward's Way	1544	1553	1601	1610	1618	1626	1634	1643	1651	1700	1708	1716	1724	1732	1740	1748	1756	1805
Romford Station	1548	1557	1605	1614	1622	1630	1638	1647	1655	1704	1712	1720	1728	1736	1744	1752	1800	1809
Stratford Bus Station	1714	1723	1731	1740	1749	1757	1806	1814	1823	1832	1842	1852	1901	1911	1921	1931	1941	1951
Forest Gate Police Station	1726	1735	1743	1752	1801	1809	1818	1826	1835	1844	1854	1904	1913	1923	1933	1943	1953	2003
Manor Park Broadway	1732	1741	1749	1758	1807	1815	1824	1832	1841	1850	1900	1910	1919	1929	1939	1949	1959	2009
Ilford Broadway Chapel Road	1743	1752	1800	1809	1818	1826	1835	1843	1852	1901	1911	1921	1930	1940	1950	2000	2010	2019
Ilford High Road Hainault Street	1747	1756	1804	1813	1822	1830	1839	1847	1856	1905	1915	1925	1934	1944	1954	2004	2013	2022
Seven Kings Station	1754	1803	1811	1820	1829	1837	1846	1854	1903	1912	1922	1932	1941	1951	2001	2011	2020	2029
Chadwell Heath Sainsbury's	1803	1812	1820	1829	1838	1846	1855	1903	1912	1921	1931	1941	1950	2000	2009	2019	2028	2037
Romford Stadium	1808	1817	1825	1834	1843	1851	1900	1908	1917	1926	1936	1946	1955	2005	2014	2024	2033	2042
Romford Market St Edward's Way	1813	1822	1830	1839	1848	1856	1905	1913	1922	1931	1941	1950	1959	2009	2018	2028	2037	2046
Romford Station	1817	1826	1834	1843	1852	1900	1909	1917	1926	1935	1945	1954	2003	2013	2022	2032	2041	2050
Stratford Bus Station	2000	2010	2020	2030	2040	2050	2100	2110	2120	2130	2140	2150	2200	2210	2220	2230		2340
Forest Gate Police Station	2012	2022	2032	2042	2052	2102	2112	2121	2131	2141	2151	2201	2210	2220	2230	2240		2350
Manor Park Broadway	2018	2028	2038	2048	2057	2107	2117	2126	2136	2146	2156	2206	2215	2225	2234	2244	Then	2354
Ilford Broadway Chapel Road	2028	2038	2048	2058	2107	2117	2127	2136	2146	2156	2206	2215	2224	2234	2243	2252	every	0002
Ilford High Road Hainault Street	2031	2041	2051	2101	2110	2120	2130	2139	2149	2159	2209	2218	2227	2237	2246	2255	10	0005
Seven Kings Station	2038	2047	2057	2107	2116	2126	2136	2145	2155	2205	2214	2223	2232	2242	2251	2300	mins.	0010
Chadwell Heath Sainsbury's	2046	2055	2105	2115	2124	2134	2144	2153	2203	2212	2221	2230	2239	2249	2258	2307	until	0017
Romford Stadium	2051	2100	2110	2120	2129	2139	2149	2158	2207	2216	2225	2234	2243	2253	2302	2311		0021
Romford Market St Edward's Way	2055	2104	2114	2124	2133	2143	2153	2202	2211	2220	2229	2238	2247	2257	2306	2315		0025
Romford Station	2059	2108	2118	2128	2137	2147	2157	2206	2215	2224	2233	2242	2251	2301	2310	2319		0029
Stratford Bus Station	2350	0000	0010	0020	0030	0040	0050											
Forest Gate Police Station	0000	0009	0019	0029	0039	0049	0059											
Manor Park Broadway	0004	0013	0023	0033	0043	0053	0102											
Ilford Broadway Chapel Road	0011	0020	0030	0040	0050	0100	0109											
Ilford High Road Hainault Street	0014	0023	0033	0043	0053	0102	0111											
Seven Kings Station	0019	0028	0038	0048	0058	0107	0116											
Chadwell Heath Sainsbury's	0026	0035	0045	0055	0104	0113	0122											
Romford Stadium	0030	0039	0049	0059	0108	0117	0126											
Romford Market St Edward's Way	0034	0043	0053	0102	0111	0120	0129											
Romford Station	0038	0047	0056	0105	0114	0123	0132											