

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	0754	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	Then every 6 minutes until	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		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	Then every 6 minutes until	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		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	Then every 6 minutes until	1542	1548	Then every 6 minutes until	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		1600	1606		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		
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	Then every 8 minutes until	0805	0811	0817	0823				
Romford Market St Edward's Way	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 Sainsbury's	0525	0540	0555	0610	0622	0634	0645	0655	0706	0716	0726	0736		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 Hainault Street	0537	0552	0607	0622	0634	0646	0657	0708	0720	0730	0740	0750		0830	0837	0843	0849				
Ilford Broadway High Road	0540	0555	0610	0625	0637	0649	0700	0711	0723	0733	0743	0753		0833	0840	0846	0852				
Manor Park Broadway	0546	0601	0616	0631	0643	0655	0707	0718	0730	0740	0750	0800		0840	0847	0853	0900				
Forest Gate Police Station	0550	0606	0621	0636	0648	0700	0712	0723	0735	0745	0755	0805		0845	0852	0858	0905				
Stratford Bus Station	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 St Edward's Way	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 Sainsbury's	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 Hainault Street	0856	0902	0908	0914	0920	0926	0932	0938	0944	0949	0955	1000	1006	1012	1018	1024	1030	1036			
Ilford Broadway High Road	0859	0905	0911	0917	0923	0929	0935	0941	0947	0952	0958	1003	1009	1015	1021	1027	1033	1039			
Manor Park Broadway	0907	0913	0919	0925	0931	0937	0943	0949	0955	1001	1007	1013	1019	1025	1031	1037	1043	1049			
Forest Gate Police Station	0913	0919	0925	0931	0937	0943	0949	0955	1001	1007	1013	1019	1025	1031	1037	1043	1049	1055			
Stratford Bus Station	0923	0929	0935	0941	0947	0953	0959	1005	1011	1017	1023	1029	1035	1041	1047	1053	1059	1105			
Romford Station	1010	1016	1022	1028	1034	1040	1046	1052	1058	1104	1110	1116	1122	1128	1134	1140	1146	1152			
Romford Market St Edward's Way	1013	1019	1025	1031	1037	1043	1049	1055	1101	1108	1114	1120	1126	1132	1138	1144	1150	1156			
Romford Stadium	1018	1024	1030	1036	1042	1048	1054	1101	1107	1114	1120	1126	1132	1138	1144	1150	1156	1202			
Chadwell Heath Sainsbury's	1024	1030	1036	1042	1048	1054	1100	1107	1113	1120	1126	1132	1138	1144	1150	1156	1202	1208			
Seven Kings Station	1035	1041	1047	1053	1059	1105	1111	1118	1124	1131	1137	1143	1149	1155	1201	1207	1213	1220			
Ilford High Road Hainault Street	1042	1048	1054	1100	1106	1113	1119	1126	1132	1139	1145	1151	1157	1203	1209	1216	1222	1229			
Ilford Broadway High Road	1045	1051	1057	1103	1109	1116	1122	1129	1135	1142	1148	1154	1200	1207	1213	1220	1226	1233			
Manor Park Broadway	1055	1101	1107	1114	1120	1127	1133	1140	1146	1153	1159	1206	1212	1219	1225	1232	1238	1245			
Forest Gate Police Station	1101	1108	1114	1121	1127	1134	1140	1147	1153	1200	1206	1213	1219	1226	1232	1239	1245	1252			
Stratford Bus Station	1111	1118	1124	1131	1137	1144	1150	1157	1203	1210	1216	1223	1229	1236	1242	1249	1255	1302			
Romford Station	1158	1204	1210	1216	1222	1228	1234	1240	1246	1252	1258	1304	Then every 6 minutes until	1522	1528	1534	1540				
Romford Market St Edward's Way	1202	1208	1214	1220	1226	1232	1238	1244	1250	1256	1302	1308		1526	1532	1538	1544				
Romford Stadium	1208	1214	1220	1226	1232	1238	1244	1250	1256	1302	1308	1315		1533	1539	1545	1551				
Chadwell Heath Sainsbury's	1214	1220	1226	1232	1238	1244	1250	1256	1302	1308	1314	1321		1539	1545	1551	1557				
Seven Kings Station	1226	1232	1238	1244	1250	1256	1302	1309	1315	1321	1327	1334		1552	1558	1604	1609				
Ilford High Road Hainault Street	1235	1241	1247	1253	1259	1305	1311	1318	1324	1330	1336	1343		1601	1606	1612	1617				
Ilford Broadway High Road	1239	1245	1251	1257	1303	1309	1315	1322	1328	1334	1340	1347		1605	1610	1616	1621				
Manor Park Broadway	1251	1257	1303	1310	1316	1322	1328	1335	1341	1347	1353	1400		1618	1623	1629	1634				
Forest Gate Police Station	1258	1304	1310	1317	1323	1329	1335	1342	1348	1354	1400	1407		1625	1630	1636	1641				
Stratford Bus Station	1308	1314	1320	1327	1333	1339	1345	1352	1358	1404	1410	1417	1635	1640	1646	1651					
Romford Station	1546	1552	Then every 6 minutes until	1658	1705	Then every 6 minutes until	1729	1736	1742	1748	1754	1801	1807	1813	1819	1825					
Romford Market St Edward's Way	1550	1556		1702	1709		1733	1740	1746	1752	1758	1805	1811	1817	1823	1829					
Romford Stadium	1557	1602		1708	1714		1738	1745	1751	1757	1803	1810	1816	1822	1828	1834	1840				
Chadwell Heath Sainsbury's	1603	1608		1714	1720		1744	1751	1757	1803	1809	1816	1822	1828	1834	1840					
Seven Kings Station	1615	1620		1726	1732		1756	1803	1809	1815	1821	1828	1834	1840	1846	1852					
Ilford High Road Hainault Street	1623	1628		1734	1740		1804	1811	1817	1823	1829	1836	1842	1848	1854	1900					
Ilford Broadway High Road	1627	1632		1738	1744		1808	1814	1820	1826	1832	1839	1845	1851	1857	1903					
Manor Park Broadway	1640	1645		1751	1757		1821	1827	1833	1839	1845	1851	1857	1903	1909	1915					
Forest Gate Police Station	1647	1652		1758	1804		1828	1834	1840	1846	1852	1858	1904	1910	1916	1922					
Stratford Bus Station	1657	1702	1808	1814	1838	1844	1850	1856	1902	1908	1914	1920	1926	1932							
Romford Station	1831	1839	1847	1855	1903	1912	1922	1932	1942	1952	2003	2013	2023	2033	2043	2053	2103	2113			
Romford Market St Edward's Way	1835	1843	1851	1859	1907	1916	1926	1936	1946	1956	2006	2016	2026	2036	2046	2056	2106	2116			
Romford Stadium	1840	1848	1856	1904	1912	1921	1931	1941	1951	2001	2011	2021	2031	2041	2051	2101	2111	2121			
Chadwell Heath Sainsbury's	1846	1854	1902	1910	1918	1927	1937	1947	1957	2007	2017	2027	2037	2047	2057	2107	2117	2127			
Seven Kings Station	1858	1905	1913	1921	1929	1938	1947	1957	2007	2017	2027	2037	2047	2057	2107	2117	2127	2137			
Ilford High Road Hainault Street	1906	1913	1921	1929	1937	1946	1955	2005	2015	2025	2035	2045	2055	2104	2114	2124	2134	2144			
Ilford Broadway High Road	1909	1916	1924	1932	1940	1949	1958	2008	2018	2028	2038	2048	2058	2107	2117	2127	2137	2147			
Manor Park Broadway	1921	1928	1936	1944	1952	2001	2010	2020	2030	2040	2050	2059	2108	2117	2127	2137	2147	2157			
Forest Gate Police Station	1928	1935	1943	1951	1959	2007	2016	2026	2036	2046	2056	2105	2114	2123	2133	2143	2153	2203			
Stratford Bus Station	1938	1945	1953	2001	2009	2017	2026	2036	2046	2056	2106	2115	2124	2133	2143	2153	2202	2212			
Romford Station	2123	2133	2143	2153	2204	2214	2224	2234	2244	2254	2305	2315	2325	2335	2345	2355	0005	0015			
Romford Market St Edward's Way	2126	2136	2146	2156	2207	2217	2227	2237	2247	2257	2308	2318	2328	2338	2348	2357	0007	0017			
Romford Stadium	2131	2141	2151	2201	2212	2222	2232	2242	2252	2302	2313	2323	2333	2343	2352	0001	0011	0021			
Chadwell Heath Sainsbury's	2137	2147	2157	2206	2217	2227	2237	2247	2257	2307	2318	2328	2338	2348	2357	0006	0016	0026			
Seven Kings Station	2147	2157	2206	2215	2226	2236	2246	2256	2306	2315	2326	2336	2346	2356	0005	0014	0024	0034			
Ilford High Road Hainault Street	2154	2204	2213	2222	2233	2243	2253	2302	2312	2321	2332	2342	2352	0002	0011	0020	0030	0040			
Ilford Broadway High Road	2157	2207	2216	2225	2236	2246	2256	2305	2315	2324	2335	2345	2355	0005	0014	0023	0033	0043			
Manor Park Broadway	2206	2216	2225	2234	2244	2254	2304	2313	2323	2332	2343	2353	0003	0013	0022	0031	0040	0050			
Forest Gate Police Station	2212	2222	2231	2240	2250	2300	2310	2319	2329	2338	2349	2359	0009	0018	0027	0036	0045	0054			
Stratford Bus Station	2221	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 St Edward's Way	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 Sainsbury's	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 Hainault Street	0539	0554	0609	0624	0639	0654	0710	0726	0741	0756	0808	0820	0832	0842	0852	0902	0913	0923
Ilford Broadway High Road	0541	0556	0611	0626	0642	0657	0713	0729	0744	0759	0811	0823	0835	0845	0855	0905	0916	0926
Manor Park Broadway	0549	0604	0619	0634	0650	0705	0721	0737	0752	0807	0819	0831	0843	0853	0903	0913	0924	0935
Forest Gate Police Station	0553	0608	0623	0638	0654	0710	0726	0742	0757	0812	0824	0836	0848	0858	0908	0918	0929	0940
Stratford Bus Station	0601	0616	0631	0646	0702	0718	0734	0750	0805	0821	0833	0845	0857	0907	0917	0928	0939	0950
Romford Station	0906	0916	0926	0935	Then every 10 minutes until	1025	1034	1044	1054	1104	1114	1124	1134	1144	1154	1204	1214	
Romford Market St Edward's Way	0909	0919	0929	0938		1028	1037	1047	1057	1107	1117	1127	1137	1147	1157	1207	1217	
Romford Stadium	0913	0923	0933	0942		1032	1041	1051	1101	1112	1122	1132	1142	1152	1203	1213	1223	
Chadwell Heath Sainsbury's	0918	0928	0939	0948		1038	1047	1057	1107	1118	1128	1138	1148	1158	1209	1219	1229	
Seven Kings Station	0926	0937	0948	0958		1048	1057	1107	1117	1128	1138	1148	1158	1209	1220	1230	1241	
Ilford High Road Hainault Street	0934	0945	0956	1006		1056	1105	1115	1125	1136	1146	1156	1207	1218	1229	1239	1250	
Ilford Broadway High Road	0937	0948	0959	1009		1059	1108	1118	1128	1139	1149	1159	1210	1221	1232	1242	1253	
Manor Park Broadway	0946	0957	1008	1018		1108	1118	1128	1139	1150	1200	1211	1222	1233	1244	1254	1305	
Forest Gate Police Station	0951	1002	1013	1024		1114	1124	1134	1145	1156	1207	1218	1229	1240	1251	1301	1312	
Stratford Bus Station	1001	1012	1023	1034		1124	1134	1144	1155	1206	1217	1228	1239	1250	1301	1312	1323	
Romford Station	1224	1234	1244	1254	1304	1314	1324	1334	1344	1354	1405	1415	1425	1435	1446	1456	1506	1516
Romford Market St Edward's Way	1227	1237	1247	1257	1307	1317	1327	1337	1347	1357	1408	1418	1428	1438	1449	1459	1509	1519
Romford Stadium	1233	1243	1253	1303	1313	1323	1333	1343	1353	1403	1414	1424	1434	1444	1455	1505	1515	1525
Chadwell Heath Sainsbury's	1239	1249	1259	1309	1319	1330	1340	1350	1400	1410	1421	1431	1441	1451	1501	1511	1521	1531
Seven Kings Station	1251	1301	1311	1322	1333	1344	1354	1404	1414	1424	1435	1444	1454	1503	1513	1523	1533	1543
Ilford High Road Hainault Street	1300	1310	1320	1331	1342	1353	1403	1413	1423	1433	1444	1453	1503	1512	1522	1532	1542	1552
Ilford Broadway High Road	1303	1313	1323	1334	1345	1356	1406	1416	1426	1436	1447	1456	1506	1515	1525	1535	1545	1555
Manor Park Broadway	1315	1326	1337	1348	1359	1410	1420	1430	1440	1450	1500	1509	1519	1528	1538	1548	1558	1608
Forest Gate Police Station	1323	1334	1345	1356	1407	1418	1428	1438	1448	1458	1508	1517	1527	1536	1546	1556	1606	1615
Stratford Bus Station	1334	1345	1356	1407	1418	1429	1439	1449	1459	1509	1519	1528	1538	1547	1557	1606	1616	1625
Romford Station	1527	1537	1547	1557	1608	1618	1628	1638	1649	Then every 10 minutes until	1819	1830	1840	1850	1901	1911	1921	
Romford Market St Edward's Way	1530	1540	1550	1600	1611	1621	1631	1641	1652		1822	1833	1843	1853	1904	1914	1924	
Romford Stadium	1536	1546	1556	1605	1616	1626	1636	1646	1657		1827	1838	1848	1858	1908	1918	1928	
Chadwell Heath Sainsbury's	1542	1552	1602	1611	1622	1632	1642	1652	1703		1833	1844	1854	1904	1914	1924	1934	
Seven Kings Station	1554	1603	1613	1622	1633	1643	1653	1703	1713		1843	1853	1903	1913	1923	1933	1943	
Ilford High Road Hainault Street	1603	1612	1622	1631	1642	1652	1701	1711	1721		1851	1901	1911	1921	1931	1941	1951	
Ilford Broadway High Road	1606	1615	1625	1634	1645	1655	1704	1714	1724		1854	1904	1914	1924	1934	1944	1954	
Manor Park Broadway	1618	1627	1637	1646	1656	1706	1715	1725	1735		1905	1915	1925	1935	1945	1955	2004	
Forest Gate Police Station	1625	1634	1644	1653	1703	1713	1722	1732	1742		1912	1922	1932	1942	1952	2002	2011	
Stratford Bus Station	1635	1644	1654	1703	1713	1723	1732	1742	1752		1922	1932	1942	1952	2002	2012	2021	
Romford Station	1932	1942	1952	2003	2013	2023	2033	2043	2053	2103	2113	2123	2133	2143	2153	2204	2214	2224
Romford Market St Edward's Way	1935	1945	1955	2006	2016	2026	2036	2045	2055	2105	2115	2125	2135	2145	2155	2206	2216	2226
Romford Stadium	1939	1949	1959	2010	2020	2030	2040	2049	2059	2109	2119	2129	2139	2149	2159	2210	2220	2230
Chadwell Heath Sainsbury's	1945	1954	2004	2015	2025	2035	2045	2054	2104	2114	2124	2134	2144	2154	2204	2215	2225	2235
Seven Kings Station	1954	2003	2013	2024	2034	2044	2053	2102	2112	2122	2132	2142	2152	2202	2212	2223	2233	2243
Ilford High Road Hainault Street	2001	2010	2020	2031	2041	2051	2100	2109	2119	2129	2139	2149	2159	2209	2219	2229	2239	2249
Ilford Broadway High Road	2004	2013	2023	2034	2044	2054	2103	2112	2122	2132	2142	2152	2202	2212	2222	2232	2242	2252
Manor Park Broadway	2014	2023	2033	2044	2054	2103	2112	2121	2131	2141	2151	2200	2210	2220	2230	2240	2250	2300
Forest Gate Police Station	2021	2030	2040	2051	2100	2109	2118	2127	2137	2147	2156	2205	2215	2225	2235	2245	2255	2305
Stratford Bus Station	2031	2040	2050	2100	2109	2118	2127	2136	2146	2156	2205	2214	2224	2234	2244	2254	2304	2314
Romford Station	2234	2244	2254	2305	2315	2325	2335	2345	2355	0005	0015							
Romford Market St Edward's Way	2236	2246	2256	2307	2317	2327	2337	2347	2357	0007	0017							
Romford Stadium	2240	2250	2300	2311	2321	2331	2341	2351	0001	0011	0021							
Chadwell Heath Sainsbury's	2245	2255	2305	2316	2326	2336	2346	2356	0005	0015	0025							
Seven Kings Station	2253	2303	2313	2324	2334	2343	2353	0003	0012	0022	0032							
Ilford High Road Hainault Street	2259	2309	2319	2330	2340	2349	2359	0009	0018	0028	0038							
Ilford Broadway High Road	2302	2312	2322	2333	2343	2352	0002	0012	0021	0031	0041							
Manor Park Broadway	2310	2320	2330	2340	2350	2359	0009	0019	0028	0038	0048							
Forest Gate Police Station	2315	2325	2335	2345	2355	0004	0014	0024	0033	0043	0053							
Stratford Bus Station	2324	2334	2343	2353	0003	0012	0022	0032	0041	0051	0100							

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		Then	0930	0936	0943	0949	0956	1001		Then	1119	1126		Then	1208	
Ilford High Road Hainault Street	0816	0822	0828		every 6	0934	0940	0947	0953	1000	1005		every 6	1123	1130		every 6	1212	
Seven Kings Station	0825	0831	0837		minutes	0943	0949	0956	1001	1007	1012		minutes	1130	1137		minutes	1219	
Chadwell Heath Sainsbury's	0835	0841	0847		until	0953	0959	1005	1010	1016	1021		until	1139	1146		until	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		Then		1415	1421	1427	1433	1439	1445	1451	1457
Ilford High Road Hainault Street	1219	1225	1231	1237	1243	1249	1255	1301		every 6		1419	1425	1431	1437	1443	1449	1455	1501
Seven Kings Station	1226	1232	1238	1244	1250	1256	1302	1308		minutes		1426	1432	1438	1444	1450	1457	1503	1509
Chadwell Heath Sainsbury's	1235	1241	1247	1253	1259	1305	1311	1318		until		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		Then		1815
Ilford High Road Hainault Street	1506	1512	1518	1524	1530	1536	1543	1549	1554	1600	1606	1612	1618	1624	1631		every 6		1819
Seven Kings Station	1515	1521	1527	1533	1539	1545	1552	1558	1603	1609	1615	1621	1627	1633	1640		minutes		1828
Chadwell Heath Sainsbury's	1527	1533	1539	1545	1551	1557	1604	1610	1616	1622	1628	1634	1640	1646	1653		until		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	1955	2001	2009	2018	2026	2035	2045	2055	2103	2112	2121	2131	2141	2151	2200	2210	2220	
Manor Park Broadway	1955	2000	2006	2014	2023	2031	2040	2050	2100	2108	2117	2126	2136	2146	2155	2204	2214	2224	
Ilford Broadway Chapel Road	2007	2012	2018	2026	2035	2042	2051	2100	2109	2117	2126	2135	2145	2155	2204	2213	2223	2233	
Ilford High Road Hainault Street	2011	2016	2022	2030	2039	2046	2055	2103	2112	2120	2129	2138	2148	2158	2207	2216	2226	2236	
Seven Kings Station	2019	2024	2030	2038	2047	2054	2102	2110	2119	2127	2136	2145	2155	2204	2213	2222	2232	2242	
Chadwell Heath Sainsbury's	2029	2034	2040	2048	2056	2103	2111	2119	2128	2136	2145	2154	2203	2212	2221	2230	2240	2249	
Romford Stadium	2035	2040	2046	2054	2101	2108	2116	2124	2133	2141	2150	2159	2208	2217	2226	2235	2245	2254	
Romford Market St Edward's Way	2040	2045	2051	2058	2105	2112	2120	2128	2137	2145	2154	2203	2212	2221	2230	2239	2249	2258	
Romford Station	2044	2049	2055	2102	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	0817	0823	0829	0835
Forest Gate Police Station	0558	0613	0626	0639	0651	0703	0714	0724	0734	0744	0754	0802	0810	0818	0826	0832	0838	0844
Manor Park Broadway	0601	0616	0629	0642	0654	0707	0718	0728	0738	0748	0758	0806	0814	0822	0830	0836	0842	0848
Ilford Broadway Chapel Road	0608	0623	0636	0649	0701	0714	0724	0735	0745	0755	0805	0814	0822	0830	0838	0844	0850	0856
Ilford High Road Hainault Street	0611	0626	0639	0652	0704	0717	0727	0738	0748	0758	0808	0817	0825	0833	0841	0847	0853	0859
Seven Kings Station	0617	0631	0644	0657	0709	0722	0732	0743	0753	0803	0813	0822	0830	0838	0846	0852	0858	0904
Chadwell Heath Sainsbury's	0623	0638	0651	0704	0716	0729	0739	0750	0800	0811	0821	0830	0838	0846	0854	0900	0906	0912
Romford Stadium	0627	0642	0655	0708	0721	0734	0744	0755	0805	0816	0826	0835	0843	0851	0859	0906	0912	0918
Romford Market St Edward's Way	0631	0646	0700	0713	0726	0739	0749	0800	0810	0821	0831	0840	0848	0856	0904	0911	0917	0923
Romford Station	0635	0650	0704	0717	0730	0743	0753	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	1034	1040	1046	
Forest Gate Police Station	0849	0855	0901	0907	0913	0919	0925	0931	0937	0942	0947	0951	0956		1044	1050	1056	
Manor Park Broadway	0853	0859	0905	0911	0917	0923	0929	0935	0941	0946	0951	0955	1000		1048	1054	1100	
Ilford Broadway Chapel Road	0901	0907	0913	0919	0925	0931	0937	0943	0949	0954	0959	1003	1009		1057	1103	1110	
Ilford High Road Hainault Street	0904	0910	0916	0922	0928	0934	0940	0946	0952	0957	1002	1007	1013		1101	1107	1114	
Seven Kings Station	0910	0916	0922	0928	0934	0940	0946	0952	0958	1003	1008	1014	1020		1108	1114	1121	
Chadwell Heath Sainsbury's	0918	0924	0930	0936	0942	0948	0954	1000	1006	1012	1018	1024	1030		1118	1125	1132	
Romford Stadium	0924	0930	0936	0942	0948	0954	1000	1006	1012	1018	1024	1030	1036		1124	1131	1138	
Romford Market St Edward's Way	0929	0935	0941	0947	0953	0959	1005	1011	1017	1023	1029	1035	1041		1129	1136	1143	
Romford Station	0933	0939	0945	0951	0957	1003	1009	1015	1021	1027	1033	1039	1045	1133	1140	1147		
Stratford Bus Station	1052	1058	1104	1110	1116	1122	1128	1134	1140	1146	1152	Then every 6 minutes until	1246	1252	Then every 6 minutes until	1340		
Forest Gate Police Station	1102	1108	1114	1121	1127	1133	1139	1145	1151	1157	1203		1257	1303		1351		
Manor Park Broadway	1107	1113	1119	1126	1132	1138	1144	1150	1156	1202	1208		1302	1308		1356		
Ilford Broadway Chapel Road	1117	1123	1129	1136	1142	1148	1154	1200	1206	1212	1219		1313	1320		1408		
Ilford High Road Hainault Street	1121	1127	1133	1140	1146	1152	1158	1204	1210	1216	1223		1317	1324		1412		
Seven Kings Station	1128	1134	1140	1147	1153	1159	1205	1211	1218	1224	1231		1325	1332		1420		
Chadwell Heath Sainsbury's	1139	1145	1151	1158	1204	1210	1217	1223	1230	1236	1243		1337	1344		1432		
Romford Stadium	1145	1151	1157	1204	1210	1216	1223	1229	1236	1242	1249		1343	1350		1438		
Romford Market St Edward's Way	1150	1156	1202	1209	1216	1222	1229	1235	1242	1248	1255		1349	1356		1444		
Romford Station	1154	1200	1207	1214	1221	1227	1234	1240	1247	1253	1300	1354	1400	1448				
Stratford Bus Station	1345	1351	1357	1403	Then every 6 minutes until	1621	1627	Then every 6 minutes until	1727	1734	Then every 6 minutes until	1852	1858	1904	1910			
Forest Gate Police Station	1356	1402	1408	1415		1633	1639		1739	1746		1904	1910	1916	1922			
Manor Park Broadway	1401	1407	1413	1420		1638	1645		1745	1752		1910	1916	1922	1928			
Ilford Broadway Chapel Road	1414	1420	1426	1433		1651	1658		1758	1805		1923	1929	1935	1941			
Ilford High Road Hainault Street	1418	1424	1430	1437		1655	1702		1802	1809		1927	1933	1939	1945			
Seven Kings Station	1426	1432	1438	1445		1703	1710		1810	1817		1935	1941	1947	1953			
Chadwell Heath Sainsbury's	1438	1444	1450	1457		1715	1721		1821	1827		1945	1951	1957	2003			
Romford Stadium	1444	1450	1456	1503		1721	1727		1827	1833		1951	1957	2002	2008			
Romford Market St Edward's Way	1450	1456	1502	1508		1726	1732		1832	1838		1956	2001	2006	2012			
Romford Station	1454	1500	1506	1512	1730	1736	1836	1842	2000	2005	2010	2016						
Stratford Bus Station	1918	1926	1934	1942	1950	2000	2010	2020	2030	2040	2050	2100	2110	2120	2130	2140	2150	2200
Forest Gate Police Station	1930	1938	1946	1954	2002	2012	2022	2032	2042	2052	2102	2111	2121	2131	2141	2151	2201	2211
Manor Park Broadway	1936	1944	1952	1959	2007	2017	2027	2037	2047	2057	2107	2116	2126	2136	2146	2156	2206	2216
Ilford Broadway Chapel Road	1949	1956	2004	2011	2019	2029	2039	2049	2058	2107	2117	2126	2136	2146	2156	2205	2215	2225
Ilford High Road Hainault Street	1953	2000	2008	2015	2023	2033	2043	2052	2101	2110	2120	2129	2139	2149	2159	2208	2218	2228
Seven Kings Station	2001	2008	2016	2023	2031	2041	2050	2059	2108	2117	2127	2136	2146	2155	2205	2214	2224	2234
Chadwell Heath Sainsbury's	2010	2017	2025	2032	2040	2049	2058	2107	2116	2125	2135	2144	2154	2203	2213	2222	2232	2242
Romford Stadium	2015	2022	2030	2037	2045	2054	2103	2112	2121	2130	2140	2149	2159	2208	2218	2227	2237	2247
Romford Market St Edward's Way	2019	2026	2034	2041	2049	2058	2107	2116	2125	2134	2144	2153	2203	2212	2222	2231	2241	2251
Romford Station	2023	2030	2038	2045	2053	2102	2111	2120	2129	2138	2148	2157	2207	2216	2226	2235	2245	2255
Stratford Bus Station	2210	2220	2230	2240	2250	2300	2310	2320	2330	2340	2350	0000	0010	0020	0030	0040	0050	
Forest Gate Police Station	2221	2231	2241	2251	2301	2311	2321	2331	2341	2351	0001	0010	0020	0030	0040	0050	0059	
Manor Park Broadway	2226	2236	2246	2255	2305	2315	2325	2335	2345	2355	0005	0014	0024	0034	0044	0054	0102	
Ilford Broadway Chapel Road	2235	2245	2255	2304	2314	2324	2334	2344	2354	0003	0013	0022	0032	0042	0052	0101	0109	
Ilford High Road Hainault Street	2238	2248	2258	2307	2317	2327	2337	2347	2357	0006	0016	0025	0035	0045	0055	0104	0112	
Seven Kings Station	2244	2254	2304	2313	2323	2333	2343	2353	0002	0011	0021	0030	0040	0050	0100	0109	0117	
Chadwell Heath Sainsbury's	2252	2302	2312	2321	2331	2341	2351	0000	0009	0018	0028	0037	0047	0057	0106	0115	0123	
Romford Stadium	2257	2307	2317	2326	2336	2346	2355	0004	0013	0022	0032	0041	0051	0101	0110	0119	0127	
Romford Market St Edward's Way	2301	2311	2321	2330	2340	2350	2359	0008	0017	0026	0036	0045	0055	0104	0113	0122	0130	
Romford Station	2305	2315	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	0921	0931
Forest Gate Police Station	0558	0613	0629	0644	0659	0714	0729	0744	0759	0814	0826	0838	0850	0900	0910	0920	0930	0940
Manor Park Broadway	0601	0616	0632	0647	0702	0717	0732	0747	0802	0817	0829	0841	0853	0904	0914	0924	0934	0944
Ilford Broadway Chapel Road	0608	0623	0639	0654	0709	0724	0740	0755	0810	0825	0837	0849	0901	0912	0922	0932	0942	0952
Ilford High Road Hainault Street	0611	0626	0642	0657	0712	0727	0743	0758	0813	0828	0840	0852	0904	0915	0925	0935	0945	0955
Seven Kings Station	0617	0632	0648	0703	0718	0733	0749	0804	0819	0834	0846	0858	0910	0921	0931	0941	0951	1001
Chadwell Heath Sainsbury's	0623	0638	0654	0709	0725	0740	0756	0811	0826	0841	0853	0905	0917	0928	0938	0948	0959	1009
Romford Stadium	0627	0642	0658	0713	0729	0744	0800	0815	0830	0845	0858	0910	0922	0933	0943	0953	1004	1014
Romford Market St Edward's Way	0631	0646	0702	0717	0733	0748	0804	0819	0834	0849	0902	0914	0926	0937	0948	0958	1009	1019
Romford Station	0635	0650	0706	0721	0737	0752	0808	0823	0838	0853	0906	0918	0930	0941	0952	1002	1013	1023
Stratford Bus Station	0940	0949	0958	1007	1017	1026	1035	1044	1053	1103	1113	1123	1133	1143	1153	Then every 10 minutes until	1243	
Forest Gate Police Station	0949	0958	1007	1017	1027	1036	1045	1054	1103	1113	1123	1133	1143	1153	1204		1254	
Manor Park Broadway	0953	1002	1011	1021	1031	1040	1049	1058	1108	1118	1128	1138	1148	1158	1209		1259	
Ilford Broadway Chapel Road	1001	1010	1020	1030	1040	1049	1058	1107	1118	1129	1139	1149	1159	1210	1221		1311	
Ilford High Road Hainault Street	1004	1013	1023	1033	1043	1052	1101	1110	1122	1133	1143	1153	1203	1214	1225		1315	
Seven Kings Station	1011	1020	1030	1040	1050	1059	1109	1118	1130	1141	1151	1201	1212	1223	1234		1324	
Chadwell Heath Sainsbury's	1019	1029	1039	1049	1059	1109	1119	1129	1140	1151	1201	1212	1223	1234	1245		1335	
Romford Stadium	1025	1035	1045	1055	1105	1115	1125	1135	1146	1157	1207	1218	1229	1240	1251		1341	
Romford Market St Edward's Way	1030	1040	1050	1100	1110	1120	1130	1140	1151	1202	1213	1224	1235	1246	1257		1347	
Romford Station	1034	1044	1054	1104	1114	1124	1134	1144	1155	1206	1217	1228	1239	1250	1301		1351	
Stratford Bus Station	1253	Then every 10 minutes until	1423	1433	1443	1453	1503	1513	1523	1533	1543	1553	1603	1613	1623	1633	1643	
Forest Gate Police Station	1304		1434	1445	1455	1505	1515	1525	1535	1545	1555	1605	1615	1625	1635	1645	1655	
Manor Park Broadway	1310		1440	1451	1501	1511	1521	1531	1541	1551	1601	1611	1621	1631	1641	1651	1701	
Ilford Broadway Chapel Road	1322		1452	1503	1513	1523	1533	1543	1553	1603	1613	1623	1633	1643	1653	1703	1713	
Ilford High Road Hainault Street	1326		1456	1507	1517	1527	1537	1547	1557	1607	1617	1627	1637	1647	1657	1707	1717	
Seven Kings Station	1335		1505	1516	1526	1536	1546	1556	1605	1615	1625	1635	1645	1655	1705	1715	1724	
Chadwell Heath Sainsbury's	1346		1516	1526	1536	1546	1556	1606	1615	1625	1635	1645	1655	1704	1714	1723	1733	
Romford Stadium	1352		1522	1532	1542	1552	1602	1612	1621	1631	1641	1650	1700	1709	1719	1728	1738	
Romford Market St Edward's Way	1357		1527	1537	1547	1557	1607	1617	1626	1636	1646	1655	1705	1714	1724	1733	1743	
Romford Station	1401		1531	1541	1551	1601	1611	1621	1630	1640	1650	1659	1709	1718	1728	1737	1747	
Stratford Bus Station	1653	Then every 10 minutes until	1753	1802	1812	1822	1832	1842	1852	1901	1911	1921	1931	1941	1951	2000	2010	
Forest Gate Police Station	1705		1805	1814	1824	1834	1844	1854	1904	1913	1923	1933	1943	1953	2003	2012	2022	
Manor Park Broadway	1711		1811	1820	1830	1840	1850	1900	1910	1919	1929	1939	1949	1959	2009	2018	2028	
Ilford Broadway Chapel Road	1722		1822	1831	1841	1851	1901	1911	1921	1930	1940	1950	2000	2010	2019	2028	2038	
Ilford High Road Hainault Street	1726		1826	1835	1845	1855	1905	1915	1925	1934	1944	1954	2004	2013	2022	2031	2041	
Seven Kings Station	1733		1833	1842	1852	1902	1912	1922	1932	1941	1951	2001	2011	2020	2029	2038	2047	
Chadwell Heath Sainsbury's	1742		1842	1851	1901	1911	1921	1931	1941	1950	2000	2009	2019	2028	2037	2046	2055	
Romford Stadium	1747		1847	1856	1906	1916	1926	1936	1946	1955	2005	2014	2024	2033	2042	2051	2100	
Romford Market St Edward's Way	1752		1852	1901	1911	1921	1931	1941	1950	1959	2009	2018	2028	2037	2046	2055	2104	
Romford Station	1756		1856	1905	1915	1925	1935	1945	1954	2003	2013	2022	2032	2041	2050	2059	2108	
Stratford Bus Station	2020	2030	2040	2050	2100	2110	2120	2130	2140	2150	2200	2210	2220	2230	Then every 10 minutes until	2340	2350	
Forest Gate Police Station	2032	2042	2052	2102	2112	2121	2131	2141	2151	2201	2210	2220	2230	2240		2350	0000	
Manor Park Broadway	2038	2048	2057	2107	2117	2126	2136	2146	2156	2206	2215	2225	2234	2244		2354	0004	
Ilford Broadway Chapel Road	2048	2058	2107	2117	2127	2136	2146	2156	2206	2215	2224	2234	2243	2252		0002	0011	
Ilford High Road Hainault Street	2051	2101	2110	2120	2130	2139	2149	2159	2209	2218	2227	2237	2246	2255		0005	0014	
Seven Kings Station	2057	2107	2116	2126	2136	2145	2155	2205	2214	2223	2232	2242	2251	2300		0010	0019	
Chadwell Heath Sainsbury's	2105	2115	2124	2134	2144	2153	2203	2212	2221	2230	2239	2249	2258	2307		0017	0026	
Romford Stadium	2110	2120	2129	2139	2149	2158	2207	2216	2225	2234	2243	2253	2302	2311		0021	0030	
Romford Market St Edward's Way	2114	2124	2133	2143	2153	2202	2211	2220	2229	2238	2247	2257	2306	2315		0025	0034	
Romford Station	2118	2128	2137	2147	2157	2206	2215	2224	2233	2242	2251	2301	2310	2319		0029	0038	
Stratford Bus Station	0000	0010	0020	0030	0040	0050												
Forest Gate Police Station	0009	0019	0029	0039	0049	0059												
Manor Park Broadway	0013	0023	0033	0043	0053	0102												
Ilford Broadway Chapel Road	0020	0030	0040	0050	0100	0109												
Ilford High Road Hainault Street	0023	0033	0043	0053	0102	0111												
Seven Kings Station	0028	0038	0048	0058	0107	0116												
Chadwell Heath Sainsbury's	0035	0045	0055	0104	0113	0122												
Romford Stadium	0039	0049	0059	0108	0117	0126												
Romford Market St Edward's Way	0043	0053	0102	0111	0120	0129												
Romford Station	0047	0056	0105	0114	0123	0132												