

86	Mondays to Fridays																	
Romford Station	0525	0535	0545	0555	0603	0611	0618	0625	0632	0638	0644	0649	0654	0659	0705	0711	0717	0723
Romford Market St. Edward's Way	0527	0537	0547	0557	0605	0614	0621	0628	0635	0641	0647	0652	0657	0702	0708	0714	0720	0726
Romford Stadium	0531	0541	0551	0601	0610	0619	0626	0633	0640	0646	0652	0657	0702	0707	0713	0719	0725	0731
Chadwell Heath Sainsbury's	0535	0545	0555	0605	0615	0624	0631	0638	0645	0651	0657	0702	0708	0714	0720	0726	0732	0738
Seven Kings Station	0542	0552	0602	0613	0623	0632	0639	0646	0653	0700	0706	0712	0718	0724	0730	0736	0742	0748
Ilford High Road Hainault Street	0548	0558	0608	0619	0629	0638	0645	0652	0659	0707	0714	0720	0726	0732	0738	0744	0750	0756
Ilford Broadway High Road	0551	0601	0611	0622	0632	0641	0648	0655	0702	0710	0717	0723	0729	0735	0741	0747	0753	0759
Manor Park Broadway	0557	0607	0618	0629	0639	0648	0655	0703	0712	0720	0727	0733	0739	0745	0751	0757	0803	0809
Forest Gate Police Station	0601	0612	0623	0634	0644	0653	0701	0709	0718	0726	0733	0739	0745	0751	0757	0803	0810	0816
Stratford Bus Station	0610	0621	0632	0643	0653	0702	0711	0720	0729	0737	0744	0750	0756	0802	0808	0815	0822	0828
Romford Station	--	0728	0733	--	0738	0743	0748	0753	0758	0804	0810	0817	0824	0830	0836	0842	0848	0854
Romford Market St. Edward's Way	--	0731	0736	--	0741	0746	0751	0756	0801	0807	0813	0820	0827	0833	0839	0845	0851	0857
Romford Stadium	--	0736	0741	--	0746	0751	0756	0801	0807	0813	0819	0826	0833	0839	0845	0851	0857	0903
Chadwell Heath Sainsbury's	--	0743	0748	--	0753	0758	0803	0809	0815	0821	0827	0834	0841	0847	0853	0859	0905	0910
Seven Kings Station	--	0753	0758	--	0803	0809	0815	0821	0827	0833	0839	0846	0853	0859	0905	0911	0916	0921
Ilford High Road Hainault Street	--	0801	0806	--	0812	0818	0824	0830	0836	0842	0848	0855	0902	0908	0914	0920	0925	0930
Ilford Broadway High Road	--	0804	0809	--	0815	0821	0827	0833	0839	0845	0851	0858	0905	0911	0917	0923	0928	0933
Manor Park Broadway	0812	0815	0821	0824	0827	0833	0839	0845	0851	0857	0903	0909	0915	0921	0927	0933	0938	0943
Forest Gate Police Station	0819	0822	0828	0831	0834	0840	0846	0852	0858	0904	0910	0916	0922	0928	0934	0940	0945	0950
Stratford Bus Station	0831	0834	0840	0843	0846	0852	0858	0904	0909	0915	0921	0927	0933	0939	0945	0951	0956	1001
Romford Station	0900	0906	Then every 6 minutes until	1318	1324	1330	1336	1342	1348	Then every 6 minutes until	1418	1423	1429	1435	1441	1447		
Romford Market St. Edward's Way	0903	0910		1322	1328	1334	1340	1346	1352		1422	1427	1433	1439	1445	1451		
Romford Stadium	0908	0915		1327	1333	1339	1345	1351	1357		1427	1432	1438	1444	1450	1456		
Chadwell Heath Sainsbury's	0915	0922		1334	1340	1346	1352	1358	1404		1434	1439	1445	1451	1457	1503		
Seven Kings Station	0926	0933		1345	1351	1357	1403	1409	1416		1446	1451	1457	1503	1509	1515		
Ilford High Road Hainault Street	0935	0942		1354	1400	1406	1412	1418	1425		1455	1500	1506	1512	1518	1524		
Ilford Broadway High Road	0938	0945		1357	1403	1410	1416	1422	1429		1459	1504	1510	1516	1522	1528		
Manor Park Broadway	0948	0955		1407	1414	1421	1427	1433	1440		1510	1516	1522	1528	1534	1540		
Forest Gate Police Station	0955	1002		1414	1421	1428	1434	1440	1447		1517	1523	1529	1535	1541	1547		
Stratford Bus Station	1006	1013		1425	1432	1439	1445	1451	1458		1528	1534	1540	1546	1552	1558		
Romford Station	1452	1457	Then every 6 minutes until	1609	1614	1619	1624	Then every 6 minutes until	1654	1700	1706	1712	1718	1724	1730	1736		
Romford Market St. Edward's Way	1456	1501		1613	1618	1623	1628		1658	1704	1710	1716	1722	1728	1734	1740		
Romford Stadium	1501	1507		1619	1624	1629	1634		1704	1710	1716	1722	1728	1734	1740	1746		
Chadwell Heath Sainsbury's	1509	1515		1627	1632	1637	1642		1712	1718	1724	1730	1736	1742	1748	1754		
Seven Kings Station	1521	1527		1639	1644	1649	1654		1724	1730	1736	1742	1748	1754	1800	1806		
Ilford High Road Hainault Street	1530	1536		1648	1653	1658	1703		1733	1739	1745	1751	1757	1803	1809	1814		
Ilford Broadway High Road	1534	1540		1652	1657	1702	1707		1737	1743	1749	1755	1801	1806	1812	1817		
Manor Park Broadway	1546	1552		1704	1709	1714	1719		1749	1755	1801	1807	1812	1817	1823	1828		
Forest Gate Police Station	1553	1559		1711	1716	1721	1726		1756	1802	1807	1813	1818	1823	1829	1834		
Stratford Bus Station	1604	1610		1722	1727	1732	1737		1807	1812	1817	1823	1828	1833	1839	1844		
Romford Station	1742	1748	1754	1800	1806	1812	1818	1824	1830	1836	1842	1848	1854	1900	1908	1916	1924	1932
Romford Market St. Edward's Way	1746	1752	1758	1804	1809	1815	1821	1827	1833	1839	1845	1851	1857	1903	1911	1919	1927	1935
Romford Stadium	1752	1758	1804	1809	1814	1820	1826	1832	1838	1844	1850	1856	1902	1908	1916	1924	1932	1940
Chadwell Heath Sainsbury's	1800	1805	1810	1815	1820	1826	1832	1838	1844	1850	1856	1902	1908	1914	1922	1930	1938	1946
Seven Kings Station	1811	1816	1821	1826	1831	1837	1843	1849	1855	1901	1907	1912	1918	1924	1932	1940	1948	1956
Ilford High Road Hainault Street	1819	1824	1829	1834	1839	1845	1851	1857	1903	1909	1915	1920	1926	1932	1940	1948	1956	2004
Ilford Broadway High Road	1822	1827	1832	1837	1842	1848	1854	1900	1906	1912	1918	1923	1929	1935	1943	1951	1959	2007
Manor Park Broadway	1833	1838	1843	1848	1853	1859	1905	1910	1916	1922	1928	1933	1939	1945	1953	2001	2009	2016
Forest Gate Police Station	1839	1844	1849	1854	1859	1905	1911	1916	1922	1928	1934	1939	1945	1951	1959	2007	2015	2022
Stratford Bus Station	1849	1854	1859	1904	1909	1915	1921	1926	1932	1938	1944	1949	1955	2001	2009	2016	2024	2031
Romford Station	1940	1948	1956	2006	2016	2026	Then every 10 minutes until	2126	2136	2146	2156	2206	2216	2226	2236	2247	2257	
Romford Market St. Edward's Way	1943	1951	1959	2009	2019	2029		2129	2139	2149	2159	2209	2219	2229	2239	2250	2259	
Romford Stadium	1948	1956	2004	2014	2024	2034		2134	2144	2154	2204	2213	2223	2233	2243	2254	2303	
Chadwell Heath Sainsbury's	1954	2002	2009	2019	2029	2039		2139	2149	2159	2209	2218	2228	2238	2248	2259	2308	
Seven Kings Station	2004	2011	2018	2028	2038	2048		2148	2158	2208	2217	2226	2236	2246	2256	2307	2316	
Ilford High Road Hainault Street	2011	2018	2025	2035	2045	2055		2155	2205	2214	2223	2232	2242	2252	2302	2313	2322	
Ilford Broadway High Road	2014	2021	2028	2038	2048	2058		2158	2208	2217	2226	2235	2245	2255	2305	2316	2325	
Manor Park Broadway	2023	2030	2037	2047	2057	2107		2207	2216	2225	2234	2243	2253	2303	2312	2323	2332	
Forest Gate Police Station	2029	2036	2043	2053	2103	2112		2212	2221	2230	2239	2248	2258	2308	2317	2328	2337	
Stratford Bus Station	2038	2045	2052	2102	2112	2121		2221	2230	2239	2248	2257	2307	2316	2325	2336	2345	

86 Sundays and other Public Holidays (except Christmas Day)																					
Romford Station	0525				0755	0803	0811	0820					0920	0930	0940	0949	0958	1007	1016	1025	1034
Romford Market St. Edward's Way	0528				0758	0806	0814	0823					0923	0933	0943	0952	1001	1010	1019	1028	1037
Romford Stadium	0532				0802	0810	0818	0827					0927	0937	0947	0956	1005	1015	1024	1033	1042
Chadwell Heath Sainsbury's	0536				0806	0814	0822	0831					0931	0941	0951	1000	1010	1020	1029	1038	1047
Goodmayes Tesco	0540				0810	0818	0826	0835					0935	0945	0955	1004	1014	1024	1033	1042	1051
Seven Kings Station	0543				0813	0821	0829	0838					0938	0948	0958	1007	1017	1027	1036	1045	1054
Ilford High Road Hainault Street	0547				0817	0825	0834	0844					0944	0954	1004	1013	1023	1033	1042	1051	1100
Ilford Broadway High Road	0549				0819	0827	0836	0846					0946	0956	1006	1016	1026	1036	1045	1054	1103
Manor Park Broadway	0555				0825	0834	0844	0854					0954	1004	1015	1025	1035	1045	1055	1105	1115
Forest Gate Police Station	0558				0828	0839	0849	0859					0959	1009	1020	1030	1040	1050	1100	1111	1121
Stratford Bus Station	0605				0835	0847	0857	0907					1007	1018	1029	1039	1049	1059	1110	1121	1131
Romford Station	1043	1052	1101	1110					1540	1550	1600	1610	1620				1850	1902	1916		2216
Romford Market St. Edward's Way	1046	1055	1104	1114					1544	1554	1604	1614	1624				1854	1906	1920		2220
Romford Stadium	1051	1100	1109	1119					1549	1559	1609	1619	1629				1859	1911	1925		2225
Chadwell Heath Sainsbury's	1056	1105	1115	1125					1555	1605	1615	1625	1635				1905	1917	1931		2231
Goodmayes Tesco	1100	1110	1120	1130					1600	1610	1620	1630	1639				1909	1921	1935		2235
Seven Kings Station	1104	1114	1124	1134					1604	1614	1624	1634	1643				1913	1925	1938		2238
Ilford High Road Hainault Street	1110	1120	1130	1140					1610	1620	1630	1640	1649				1919	1931	1944		2244
Ilford Broadway High Road	1113	1123	1133	1143					1613	1623	1633	1643	1652				1922	1934	1946		2246
Manor Park Broadway	1125	1135	1145	1155					1625	1635	1645	1654	1703				1933	1943	1954		2254
Forest Gate Police Station	1131	1141	1151	1201					1631	1641	1650	1659	1708				1938	1948	1959		2259
Stratford Bus Station	1141	1151	1201	1211					1641	1650	1659	1708	1717				1947	1957	2008		2308
Romford Station	2226	2236	2247	2257	2307	2317	2327	2337	2347	2357	0007	0017									
Romford Market St. Edward's Way	2230	2240	2251	2301	2311	2321	2331	2341	2351	0001	0010	0020									
Romford Stadium	2235	2245	2256	2306	2316	2326	2336	2346	2355	0005	0014	0024									
Chadwell Heath Sainsbury's	2241	2251	2301	2311	2321	2331	2341	2351	0000	0010	0018	0028									
Goodmayes Tesco	2245	2255	2305	2315	2325	2335	2345	2355	0004	0013	0021	0031									
Seven Kings Station	2248	2258	2308	2318	2328	2338	2348	2358	0007	0016	0024	0034									
Ilford High Road Hainault Street	2254	2304	2313	2323	2333	2343	2353	0003	0012	0021	0029	0039									
Ilford Broadway High Road	2256	2306	2315	2325	2335	2345	2355	0005	0014	0023	0031	0041									
Manor Park Broadway	2304	2314	2323	2333	2343	2353	0002	0012	0021	0030	0038	0048									
Forest Gate Police Station	2309	2318	2327	2337	2347	2357	0006	0016	0025	0034	0042	0052									
Stratford Bus Station	2317	2326	2335	2345	2355	0005	0014	0024	0033	0042	0050	0100									

86		Mondays to Fridays																
Stratford Bus Station	0550	0600	0610	0619	0627	0635	0643	0650	0657	0703	0709	0715	0721	0727	0732	0737	0742	0747
Forest Gate Police Station	0559	0609	0619	0628	0636	0644	0652	0659	0706	0713	0719	0725	0731	0737	0742	0747	0752	0757
Manor Park Broadway	0602	0612	0622	0631	0639	0647	0655	0702	0710	0717	0723	0729	0735	0741	0746	0751	0756	0801
Ilford Broadway Chapel Road	0609	0619	0629	0638	0646	0654	0702	0710	0718	0725	0731	0737	0743	0749	0754	0759	0804	0810
Ilford High Road Hainault Street	0612	0622	0632	0641	0649	0657	0705	0713	0721	0728	0734	0740	0746	0752	0757	0802	0807	0813
Seven Kings Station	0617	0627	0637	0646	0654	0702	0711	0719	0727	0734	0740	0746	0752	0758	0803	0809	0815	0821
Chadwell Heath Sainsbury's	0624	0634	0644	0653	0701	0710	0719	0727	0735	0742	0748	0754	0800	0806	0812	0818	0824	0830
Romford Stadium	0629	0639	0649	0659	0708	0717	0726	0734	0742	0749	0755	0801	0807	0813	0819	0825	0831	0837
Romford Market St. Edward's Way	0634	0644	0654	0704	0713	0722	0731	0739	0747	0754	0800	0806	0812	0818	0824	0830	0836	0842
Romford Station	0638	0648	0658	0708	0717	0726	0735	0743	0751	0758	0804	0810	0816	0822	0828	0834	0840	0846
Stratford Bus Station	0752	0757	0802	0808	0814	0820	0826	0832	0838	0844	0850	0856	0903	0909	Then every 6 minutes until	1321	1326	
Forest Gate Police Station	0802	0807	0813	0819	0825	0831	0837	0843	0849	0855	0901	0907	0914	0921		1333	1338	
Manor Park Broadway	0806	0812	0818	0824	0830	0836	0842	0848	0854	0900	0906	0912	0919	0926		1338	1343	
Ilford Broadway Chapel Road	0816	0822	0828	0834	0840	0846	0852	0858	0904	0910	0916	0922	0929	0936		1348	1353	
Ilford High Road Hainault Street	0819	0825	0831	0837	0843	0849	0855	0901	0908	0914	0920	0926	0933	0940		1352	1357	
Seven Kings Station	0827	0833	0839	0845	0851	0857	0903	0909	0915	0921	0927	0933	0940	0947		1359	1404	
Chadwell Heath Sainsbury's	0836	0842	0848	0854	0900	0906	0913	0919	0925	0931	0937	0943	0950	0957		1409	1415	
Romford Stadium	0843	0849	0855	0901	0907	0913	0919	0925	0931	0937	0943	0949	0956	1003		1415	1421	
Romford Market St. Edward's Way	0848	0854	0900	0906	0912	0918	0924	0930	0936	0942	0948	0954	1001	1008		1420	1426	
Romford Station	0852	0858	0904	0910	0916	0922	0928	0934	0940	0946	0952	0958	1005	1012	1424	1430		
Stratford Bus Station	1332	1338	1343	1349	1355	1400	1406	1412	1417	1422	1427	1432	1437	1442	1447	1452	1458	1503
Forest Gate Police Station	1344	1350	1355	1401	1407	1413	1419	1425	1430	1435	1440	1445	1450	1455	1500	1505	1511	1517
Manor Park Broadway	1349	1355	1400	1406	1412	1418	1424	1430	1435	1440	1445	1450	1455	1500	1505	1511	1517	1523
Ilford Broadway Chapel Road	1359	1405	1411	1417	1423	1429	1435	1441	1446	1451	1456	1502	1508	1514	1520	1526	1532	1538
Ilford High Road Hainault Street	1403	1409	1415	1421	1427	1433	1439	1445	1450	1455	1500	1506	1512	1518	1524	1530	1536	1542
Seven Kings Station	1411	1417	1423	1429	1435	1441	1447	1453	1458	1503	1509	1515	1521	1527	1533	1539	1545	1551
Chadwell Heath Sainsbury's	1422	1428	1434	1440	1446	1452	1458	1504	1510	1516	1522	1528	1534	1540	1546	1552	1558	1604
Romford Stadium	1428	1434	1440	1446	1452	1458	1504	1511	1517	1523	1529	1535	1541	1547	1553	1559	1605	1611
Romford Market St. Edward's Way	1433	1439	1445	1451	1457	1503	1510	1517	1523	1529	1535	1541	1547	1553	1559	1605	1611	1617
Romford Station	1437	1443	1449	1455	1501	1507	1514	1521	1527	1533	1539	1545	1551	1557	1603	1609	1615	1621
Stratford Bus Station	1509	Then every 6 minutes until	1639	1644	1649	1654	1659	1705	1710	1715	1720	1725	1731	1736	1741	1746	1751	
Forest Gate Police Station	1523		1653	1658	1703	1708	1713	1719	1724	1729	1734	1739	1745	1750	1755	1800	1805	
Manor Park Broadway	1529		1659	1704	1709	1714	1719	1725	1730	1735	1740	1745	1751	1756	1801	1806	1811	
Ilford Broadway Chapel Road	1544		1714	1719	1724	1729	1734	1740	1745	1750	1755	1800	1806	1811	1816	1821	1826	
Ilford High Road Hainault Street	1548		1718	1723	1728	1733	1738	1744	1749	1754	1759	1804	1810	1815	1820	1825	1830	
Seven Kings Station	1557		1727	1732	1737	1742	1747	1753	1758	1803	1808	1813	1819	1824	1829	1834	1839	
Chadwell Heath Sainsbury's	1610		1740	1745	1750	1755	1800	1806	1811	1816	1821	1826	1831	1836	1841	1846	1851	
Romford Stadium	1617		1747	1752	1757	1802	1807	1813	1818	1823	1828	1833	1838	1843	1848	1853	1858	
Romford Market St. Edward's Way	1623		1753	1758	1803	1808	1813	1818	1823	1828	1833	1838	1843	1848	1853	1858	1903	
Romford Station	1627	1757	1802	1807	1812	1817	1822	1827	1832	1837	1842	1847	1852	1857	1902	1907		
Stratford Bus Station	1757	1803	1809	1815	1821	1827	1833	1839	1845	1852	1859	1906	1913	1920	1928	1936	1944	1952
Forest Gate Police Station	1811	1817	1823	1829	1835	1841	1847	1853	1859	1906	1913	1919	1925	1932	1940	1948	1956	2004
Manor Park Broadway	1817	1823	1829	1835	1841	1847	1853	1859	1905	1911	1918	1924	1930	1937	1945	1953	2001	2009
Ilford Broadway Chapel Road	1831	1837	1843	1849	1855	1901	1907	1913	1918	1924	1930	1936	1942	1949	1957	2004	2011	2018
Ilford High Road Hainault Street	1835	1841	1847	1853	1859	1905	1911	1917	1922	1928	1934	1940	1946	1953	2001	2008	2015	2022
Seven Kings Station	1844	1850	1856	1902	1908	1913	1919	1925	1930	1936	1942	1948	1954	2001	2008	2015	2022	2029
Chadwell Heath Sainsbury's	1856	1902	1908	1913	1918	1923	1928	1934	1939	1945	1951	1957	2003	2009	2016	2023	2030	2037
Romford Stadium	1903	1908	1914	1919	1924	1929	1934	1940	1945	1951	1957	2003	2008	2014	2021	2028	2035	2042
Romford Market St. Edward's Way	1908	1913	1919	1924	1929	1934	1939	1945	1950	1956	2002	2007	2012	2018	2025	2032	2039	2046
Romford Station	1912	1917	1923	1928	1933	1938	1943	1949	1954	2000	2006	2011	2016	2022	2029	2036	2043	2050
Stratford Bus Station	2000	2010	2020	2030	2040	2050	2100	2110	2120	2130	2139	2149	Then every 10 minutes until	2249	2300	2310	2321	
Forest Gate Police Station	2012	2022	2032	2042	2052	2102	2111	2121	2131	2141	2150	2200		2300	2310	2320	2331	
Manor Park Broadway	2017	2027	2037	2047	2057	2106	2115	2125	2135	2145	2154	2204		2304	2314	2324	2335	
Ilford Broadway Chapel Road	2026	2036	2046	2056	2106	2115	2124	2134	2144	2154	2203	2212		2312	2322	2332	2343	
Ilford High Road Hainault Street	2030	2040	2050	2100	2110	2119	2128	2138	2147	2157	2206	2215		2315	2325	2335	2346	
Seven Kings Station	2037	2047	2057	2106	2116	2125	2134	2144	2153	2203	2211	2220		2320	2330	2340	2351	
Chadwell Heath Sainsbury's	2045	2055	2105	2114	2124	2133	2142	2152	2201	2210	2218	2227		2327	2337	2347	2358	
Romford Stadium	2050	2100	2110	2119	2129	2138	2147	2157	2206	2215	2223	2232		2332	2342	2352	0003	
Romford Market St. Edward's Way	2054	2104	2114	2123	2133	2142	2151	2201	2210	2219	2227	2236		2336	2346	2356	0007	
Romford Station	2058	2108	2118	2127	2137	2146	2155	2205	2214	2223	2231	2240	2340	2350	0000	0010		

86		Mondays to Fridays (cont.)				
Stratford Bus Station	2331 2342			0052		
Forest Gate Police Station	2341 2352			0102		
Manor Park Broadway	2345 2356			0106		
Ilford Broadway Chapel Road	2353 0004	Then every 10 minutes until		0114		
Ilford High Road Hainault Street	2356 0007		0117			
Seven Kings Station	0001 0012		0122			
Chadwell Heath Sainsbury's	0008 0019		0129			
Romford Stadium	0013 0023		0133			
Romford Market St. Edward's Way	0017 0027			0137		
Romford Station	0020 0030			0140		
86		Saturdays (also Good Friday)				
Stratford Bus Station	0550 0605 0620 0635 0646 0656	Then every 10 minutes until		0746 0754 0802 0810 0818	Then every 6 minutes until	0930 0935 0941
Forest Gate Police Station	0558 0613 0628 0643 0654 0705		0755 0803 0811 0819 0827	0939 0944 0950		
Manor Park Broadway	0601 0616 0631 0646 0657 0708		0758 0806 0814 0822 0830	0942 0947 0953		
Ilford Broadway Chapel Road	0607 0622 0637 0652 0703 0714		0804 0812 0820 0828 0836	0948 0953 0959		
Ilford High Road Hainault Street	0610 0625 0640 0655 0707 0718		0808 0816 0824 0833 0841	0953 0958 1004		
Seven Kings Station	0614 0629 0644 0659 0711 0722		0812 0820 0829 0839 0847	0959 1005 1011		
Goodmayes Tesco	0617 0632 0647 0702 0714 0725		0815 0823 0833 0843 0851	1003 1009 1015		
Chadwell Heath Sainsbury's	0621 0636 0651 0706 0718 0729		0819 0828 0838 0848 0856	1008 1014 1020		
Romford Stadium	0626 0641 0656 0711 0723 0734		0824 0834 0844 0854 0902	1014 1020 1026		
Romford Market St. Edward's Way	0630 0645 0700 0715 0728 0739		0829 0839 0849 0859 0907	1019 1025 1031		
Romford Station	0634 0649 0704 0719 0732 0743	0833 0843 0853 0903 0911	1023 1029 1035			
Stratford Bus Station	0946 0951 0956 1001 1006 1011 1016 1021	1026 1031 1036 1041 1046	1051 1056 1101 1106 1111			
Forest Gate Police Station	0955 1000 1005 1011 1016 1021 1026 1031	1036 1041 1046 1051 1056	1101 1106 1112 1118 1124			
Manor Park Broadway	0958 1004 1010 1016 1021 1026 1031 1036	1041 1046 1051 1056 1101 1106	1111 1117 1123 1129			
Ilford Broadway Chapel Road	1005 1011 1017 1023 1028 1033 1038 1043	1048 1053 1058 1103 1109 1115	1121 1127 1133 1139			
Ilford High Road Hainault Street	1010 1016 1022 1028 1033 1038 1043 1048	1053 1058 1103 1109 1115 1121	1127 1133 1139 1145			
Seven Kings Station	1017 1023 1029 1035 1040 1045 1050 1055	1100 1105 1110 1116 1122 1128	1134 1140 1146 1152			
Goodmayes Tesco	1021 1027 1033 1039 1044 1049 1054 1059	1104 1110 1116 1122 1128 1134	1140 1146 1152 1158			
Chadwell Heath Sainsbury's	1026 1032 1038 1044 1049 1054 1059 1105	1111 1117 1123 1129 1135 1141	1147 1153 1159 1205			
Romford Stadium	1032 1038 1044 1050 1055 1101 1106 1112	1118 1124 1130 1136 1142 1148	1154 1200 1206 1212			
Romford Market St. Edward's Way	1037 1043 1049 1055 1101 1107 1113 1119	1125 1131 1137 1143 1149 1155	1201 1207 1213 1219			
Romford Station	1041 1047 1053 1059 1105 1111 1117 1123	1129 1135 1141 1147 1153 1159	1205 1211 1217 1223			
Stratford Bus Station	1117	Then every 6 minutes until	1705 1711 1717 1723 1729	Then every 6 minutes until	1805 1812 1818 1824 1830 1837 1844 1851	
Forest Gate Police Station	1130		1718 1724 1730 1736 1742		1818 1825 1831 1837 1843 1850 1857 1904	
Manor Park Broadway	1135		1723 1729 1735 1741 1747		1823 1830 1836 1842 1848 1855 1902 1909	
Ilford Broadway Chapel Road	1145		1733 1739 1745 1751 1757		1833 1840 1846 1852 1858 1905 1910 1915	
Ilford High Road Hainault Street	1151		1739 1745 1751 1757 1803		1839 1846 1852 1858 1904 1910 1915 1919	
Seven Kings Station	1158		1746 1752 1758 1804 1810		1846 1853 1859 1905 1910 1915 1919 1923	
Goodmayes Tesco	1204		1752 1758 1803 1809 1815		1851 1858 1904 1909 1914 1919 1923 1927	
Chadwell Heath Sainsbury's	1211		1759 1805 1810 1815 1820		1856 1903 1909 1914 1919 1923 1927 1931	
Romford Stadium	1218		1806 1812 1817 1822 1827		1903 1908 1914 1919 1924 1928 1932 1936	
Romford Market St. Edward's Way	1225		1813 1818 1823 1828 1833		1909 1914 1919 1924 1928 1932 1936 1940	
Romford Station	1229	1817 1822 1827 1832 1837	1913 1918 1923 1928 1932 1936 1940 1944			
Stratford Bus Station	1857 1905	Then every 8 minutes until	2001 2010	Then every 10 minutes until	2210 2220	2320 2330 2341 2352 0002 0012
Forest Gate Police Station	1910 1916		2012 2021		2221 2231	2331 2341 2351 0001 0010 0020
Manor Park Broadway	1915 1921		2017 2026		2226 2236	2336 2346 2356 0006 0015 0024
Ilford Broadway Chapel Road	1921 1927		2023 2032		2232 2242	2342 2352 0002 0012 0021 0030
Ilford High Road Hainault Street	1924 1930		2026 2035		2235 2245	2345 2355 0005 0015 0024 0033
Seven Kings Station	1928 1934		2030 2039		2239 2249	2349 2359 0009 0019 0028 0037
Goodmayes Tesco	1932 1938		2034 2043		2243 2253	2353 0002 0012 0022 0031 0040
Chadwell Heath Sainsbury's	1936 1942		2038 2047		2247 2257	2357 0006 0016 0026 0035 0044
Romford Stadium	1941 1947		2043 2052		2252 2301	0001 0010 0020 0030 0039 0048
Romford Market St. Edward's Way	1945 1951		2047 2056		2256 2305	0005 0014 0024 0034 0043 0052
Romford Station	1949 1955	2051 2100	2300 2309	0009 0018 0028 0038 0047 0056		
Stratford Bus Station	0022 0032 0042 0052					
Forest Gate Police Station	0030 0040 0050 0100					
Manor Park Broadway	0034 0044 0054 0104					
Ilford Broadway Chapel Road	0040 0050 0100 0110					
Ilford High Road Hainault Street	0043 0053 0103 0113					
Seven Kings Station	0047 0057 0107 0117					
Goodmayes Tesco	0050 0100 0110 0120					
Chadwell Heath Sainsbury's	0054 0104 0114 0124					
Romford Stadium	0058 0108 0118 0128					
Romford Market St. Edward's Way	0102 0112 0122 0132					
Romford Station	0106 0116 0126 0136					

86		Sundays and other Public Holidays (except Christmas Day)																	
Stratford Bus Station	0548		0803	0815	0825	0835	0845	0855	0905	0915	0924	0933	0941	0949	0957	1005	1014		
Forest Gate Police Station	0556		0811	0823	0834	0845	0855	0905	0915	0925	0934	0943	0951	0959	1007	1015	1024		
Manor Park Broadway	0559		0814	0826	0838	0849	0859	0909	0919	0929	0938	0947	0955	1003	1011	1020	1029		
Ilford Broadway Chapel Road	0605	Then	0820	0832	0844	0855	0905	0915	0925	0935	0944	0953	1001	1009	1018	1028	1037		
Ilford High Road Hainault Street	0608	every 15	0823	0836	0848	0859	0909	0919	0929	0939	0948	0957	1005	1013	1023	1033	1042		
Seven Kings Station	0612	minutes	0827	0840	0852	0903	0913	0923	0933	0943	0952	1001	1009	1019	1029	1039	1048		
Goodmayes Tesco	0615	until	0830	0843	0855	0906	0916	0926	0936	0946	0955	1004	1013	1023	1033	1043	1052		
Chadwell Heath Sainsbury's	0619		0834	0847	0859	0910	0920	0930	0940	0950	0959	1008	1018	1028	1038	1048	1057		
Romford Stadium	0624		0839	0852	0904	0915	0925	0935	0945	0955	1005	1015	1025	1035	1045	1055	1104		
Romford Market St. Edward's Way	0628		0843	0856	0908	0919	0929	0939	0949	0959	1010	1020	1030	1040	1050	1100	1110		
Romford Station	0632		0847	0900	0912	0923	0933	0943	0953	1003	1014	1024	1034	1044	1054	1104	1114		
Stratford Bus Station	1023	1032	1041	1049	1057	1105				1525	1535	1545	1555	1605	1615	1625	1635	1644	1653
Forest Gate Police Station	1033	1042	1051	1059	1109	1119				1539	1549	1559	1609	1619	1629	1639	1649	1658	1707
Manor Park Broadway	1038	1047	1056	1104	1114	1124				1544	1554	1604	1614	1624	1634	1644	1654	1703	1712
Ilford Broadway Chapel Road	1046	1056	1106	1116	1126	1136			Then	1556	1606	1616	1626	1636	1645	1654	1703	1712	1721
Ilford High Road Hainault Street	1051	1101	1111	1121	1131	1141			every 10	1601	1611	1621	1631	1641	1650	1659	1708	1717	1726
Seven Kings Station	1058	1108	1118	1128	1138	1148			minutes	1608	1618	1628	1638	1647	1656	1705	1714	1723	1732
Goodmayes Tesco	1102	1112	1122	1132	1142	1152			until	1612	1622	1632	1642	1651	1700	1709	1718	1727	1736
Chadwell Heath Sainsbury's	1107	1117	1127	1137	1147	1157				1617	1627	1637	1647	1656	1705	1714	1723	1732	1741
Romford Stadium	1114	1124	1134	1144	1154	1204				1624	1634	1644	1654	1703	1712	1721	1730	1739	1748
Romford Market St. Edward's Way	1120	1130	1140	1150	1200	1210				1630	1639	1649	1659	1708	1717	1726	1735	1744	1753
Romford Station	1124	1134	1144	1154	1204	1214				1634	1643	1653	1703	1712	1721	1730	1739	1748	1757
Stratford Bus Station	1702			1832	1841	1850	1900	1910	1920	1930	1940	1950			2210	2220	2230	2240	
Forest Gate Police Station	1716			1846	1855	1904	1914	1924	1934	1942	1951	2001			2221	2231	2241	2251	
Manor Park Broadway	1721			1851	1900	1909	1919	1929	1939	1947	1956	2006			2226	2236	2246	2256	
Ilford Broadway Chapel Road	1730	Then		1900	1909	1918	1928	1938	1946	1954	2003	2012	Then		2232	2242	2252	2302	
Ilford High Road Hainault Street	1735	every 10		1905	1914	1923	1933	1942	1949	1957	2006	2015	every 10		2235	2245	2255	2305	
Seven Kings Station	1741	minutes		1911	1920	1929	1937	1946	1953	2001	2010	2019	minutes		2239	2249	2259	2309	
Goodmayes Tesco	1745	until		1915	1924	1933	1941	1950	1957	2005	2014	2023	until		2243	2253	2303	2313	
Chadwell Heath Sainsbury's	1750			1920	1929	1938	1946	1954	2001	2009	2018	2027			2247	2257	2307	2317	
Romford Stadium	1757			1927	1936	1944	1952	1959	2006	2014	2023	2032			2252	2301	2311	2321	
Romford Market St. Edward's Way	1802			1932	1940	1948	1956	2003	2010	2018	2027	2036			2256	2305	2315	2325	
Romford Station	1806			1936	1944	1952	2000	2007	2014	2022	2031	2040			2300	2309	2319	2329	
Stratford Bus Station	2250	2300	2310	2320	2330	2341	2352	0002	0012	0022	0032	0042	0052						
Forest Gate Police Station	2301	2311	2321	2331	2341	2351	0001	0010	0020	0030	0040	0050	0100						
Manor Park Broadway	2306	2316	2326	2336	2346	2356	0006	0015	0024	0034	0044	0054	0104						
Ilford Broadway Chapel Road	2312	2322	2332	2342	2352	0002	0012	0021	0030	0040	0050	0100	0110						
Ilford High Road Hainault Street	2315	2325	2335	2345	2355	0005	0015	0024	0033	0043	0053	0103	0113						
Seven Kings Station	2319	2329	2339	2349	2359	0009	0019	0028	0037	0047	0057	0107	0117						
Goodmayes Tesco	2323	2333	2343	2353	0002	0012	0022	0031	0040	0050	0100	0110	0120						
Chadwell Heath Sainsbury's	2327	2337	2347	2357	0006	0016	0026	0035	0044	0054	0104	0114	0124						
Romford Stadium	2331	2341	2351	0001	0010	0020	0030	0039	0048	0058	0108	0118	0128						
Romford Market St. Edward's Way	2335	2345	2355	0005	0014	0024	0034	0043	0052	0102	0112	0122	0132						
Romford Station	2339	2349	2359	0009	0018	0028	0038	0047	0056	0106	0116	0126	0136						