

86	Mondays to Fridays (school days)																	
Romford Station	0530	0540	0550	0600	0610	0618	0626	0633	0640	0644	0649	0654	0657	0700	0705	0711	0717	--
Romford Market St Edward's Way	0532	0542	0552	0602	0612	0620	0628	0635	0642	0646	0651	0656	0659	0703	0708	0714	0720	--
Romford Stadium	0536	0546	0556	0606	0616	0624	0632	0639	0646	0650	0655	0700	0703	0708	0713	0719	0725	--
Chadwell Heath Sainsbury's	0541	0551	0601	0611	0621	0629	0637	0644	0651	0655	0700	0705	0710	0715	0721	0727	0733	--
Seven Kings Station	0549	0559	0609	0619	0629	0637	0645	0652	0659	0704	0709	0715	0721	0727	0733	0739	0745	--
Ilford High Road Hainault Street	0555	0605	0615	0625	0635	0643	0651	0658	0706	0711	0717	0723	0729	0735	0741	0747	0753	--
Ilford Broadway High Road	0558	0608	0618	0628	0638	0646	0654	0701	0710	0715	0721	0727	0733	0739	0745	0751	0757	--
Manor Park Broadway	0606	0616	0626	0636	0646	0654	0702	0711	0720	0726	0732	0738	0744	0750	0756	0802	0808	0811
Forest Gate Police Station	0612	0622	0632	0642	0652	0700	0709	0718	0727	0733	0739	0745	0751	0757	0803	0810	0816	0819
Stratford Bus Station	0621	0631	0641	0651	0701	0710	0720	0729	0738	0744	0750	0756	0802	0808	0815	0822	0828	0831
Romford Station	0722	0727	0733	0738	0743	0748	0753	0758	0803	0808	Then every 6 minutes until	0844	0850	0856	0902	0908	0914	
Romford Market St Edward's Way	0725	0730	0736	0741	0746	0751	0756	0801	0806	0811		0847	0853	0859	0905	0911	0917	
Romford Stadium	0730	0735	0741	0746	0751	0756	0801	0806	0812	0817		0853	0859	0905	0911	0917	0923	
Chadwell Heath Sainsbury's	0738	0743	0749	0754	0759	0804	0810	0816	0822	0827		0903	0909	0915	0921	0927	0933	
Seven Kings Station	0750	0755	0800	0806	0811	0817	0823	0829	0835	0840		0916	0922	0928	0934	0940	0946	
Ilford High Road Hainault Street	0758	0803	0809	0815	0821	0827	0833	0839	0845	0850		0926	0932	0938	0944	0950	0956	
Ilford Broadway High Road	0802	0807	0813	0819	0825	0831	0837	0843	0849	0854		0930	0936	0942	0947	0953	0959	
Manor Park Broadway	0814	0820	0826	0832	0838	0844	0850	0856	0902	0907		0943	0949	0955	1000	1005	1010	
Forest Gate Police Station	0822	0828	0834	0840	0846	0852	0858	0904	0910	0915		0951	0957	1002	1007	1012	1017	
Stratford Bus Station	0834	0840	0846	0852	0858	0904	0910	0916	0922	0927	1003	1008	1013	1018	1023	1028		
Romford Station	0920	0926	0932	0938	0944	0950	0956	1001	1007	1013	1019	1026	1033	Then every 6 minutes until	1139	1145	1151	
Romford Market St Edward's Way	0923	0929	0935	0941	0947	0953	0959	1004	1010	1016	1022	1029	1036		1142	1148	1154	
Romford Stadium	0929	0935	0941	0947	0953	0959	1004	1009	1015	1021	1027	1034	1041		1147	1153	1159	
Chadwell Heath Sainsbury's	0939	0945	0951	0956	1001	1006	1011	1016	1022	1028	1034	1041	1048		1154	1200	1206	
Seven Kings Station	0952	0958	1003	1007	1012	1017	1022	1027	1033	1039	1045	1052	1059		1205	1212	1218	
Ilford High Road Hainault Street	1002	1007	1012	1016	1021	1026	1031	1036	1042	1048	1054	1101	1108		1214	1221	1227	
Ilford Broadway High Road	1005	1010	1015	1019	1024	1029	1034	1039	1045	1051	1057	1104	1111		1217	1224	1230	
Manor Park Broadway	1016	1021	1026	1030	1035	1040	1045	1050	1056	1102	1108	1115	1122		1228	1235	1241	
Forest Gate Police Station	1023	1028	1033	1037	1042	1047	1052	1057	1103	1109	1115	1122	1129		1235	1242	1248	
Stratford Bus Station	1034	1039	1044	1048	1053	1058	1103	1108	1114	1120	1126	1133	1140	1246	1253	1259		
Romford Station	1157	1203	1209	1215	1221	1227	Then every 6 minutes until	1357	1403	1409	1415	1421	1426	1432	1438	1443	1449	
Romford Market St Edward's Way	1200	1207	1213	1219	1225	1231		1401	1407	1413	1419	1425	1430	1436	1442	1447	1453	
Romford Stadium	1205	1212	1218	1224	1230	1236		1406	1412	1418	1424	1430	1435	1441	1447	1452	1458	
Chadwell Heath Sainsbury's	1212	1219	1225	1231	1237	1243		1413	1419	1425	1431	1437	1442	1448	1454	1459	1505	
Seven Kings Station	1224	1231	1237	1243	1249	1255		1425	1431	1437	1443	1449	1454	1500	1506	1512	1518	
Ilford High Road Hainault Street	1233	1240	1246	1252	1258	1304		1434	1440	1446	1452	1458	1503	1509	1515	1521	1527	
Ilford Broadway High Road	1236	1243	1249	1255	1301	1308		1438	1444	1450	1456	1502	1507	1513	1519	1525	1531	
Manor Park Broadway	1247	1254	1300	1306	1312	1319		1449	1455	1501	1507	1513	1519	1525	1531	1537	1543	
Forest Gate Police Station	1254	1301	1307	1313	1319	1326		1456	1502	1508	1514	1520	1526	1532	1538	1544	1550	
Stratford Bus Station	1305	1312	1318	1324	1330	1337	1507	1514	1520	1526	1532	1538	1544	1550	1556	1602		
Romford Station	1454	1458	Then every 6 minutes until	1546	1552	Then every 6 minutes until	1634	1640	1646	Then every 6 minutes until	1758	1804	1810	1816	1822			
Romford Market St Edward's Way	1458	1502		1550	1556		1638	1644	1650		1802	1808	1814	1820	1826			
Romford Stadium	1503	1508		1556	1602		1644	1650	1656		1808	1814	1820	1826	1832			
Chadwell Heath Sainsbury's	1511	1517		1605	1611		1653	1659	1704		1816	1822	1828	1834	1840			
Seven Kings Station	1524	1530		1618	1624		1706	1711	1716		1828	1834	1840	1846	1852			
Ilford High Road Hainault Street	1533	1539		1627	1633		1715	1720	1725		1837	1843	1849	1855	1900			
Ilford Broadway High Road	1537	1543		1631	1637		1719	1724	1729		1841	1847	1853	1858	1903			
Manor Park Broadway	1549	1555		1643	1649		1731	1736	1741		1853	1859	1905	1910	1915			
Forest Gate Police Station	1556	1602		1650	1656		1738	1743	1748		1900	1905	1911	1916	1921			
Stratford Bus Station	1608	1614	1702	1707	1749	1754	1759	1911	1916	1922	1927	1932						
Romford Station	1828	1834	1840	1846	1852	1858	1904	1912	1920	1928	1936	1944	1952	2000	2010	2020	2030	2040
Romford Market St Edward's Way	1832	1838	1844	1850	1856	1902	1907	1915	1923	1931	1939	1947	1955	2003	2013	2023	2033	2043
Romford Stadium	1838	1844	1850	1856	1901	1907	1912	1920	1928	1936	1944	1952	2000	2008	2018	2028	2038	2048
Chadwell Heath Sainsbury's	1846	1852	1858	1903	1908	1914	1919	1927	1935	1943	1951	1959	2006	2014	2024	2034	2044	2054
Seven Kings Station	1858	1904	1910	1915	1920	1926	1931	1939	1947	1955	2002	2009	2016	2024	2034	2044	2054	2103
Ilford High Road Hainault Street	1906	1912	1918	1923	1928	1934	1939	1947	1955	2003	2010	2017	2024	2032	2042	2052	2101	2110
Ilford Broadway High Road	1909	1915	1921	1926	1931	1937	1942	1950	1958	2006	2013	2020	2027	2035	2045	2055	2104	2113
Manor Park Broadway	1921	1927	1933	1938	1943	1949	1954	2002	2009	2017	2024	2031	2038	2046	2055	2104	2113	2122
Forest Gate Police Station	1927	1933	1939	1944	1949	1955	2000	2008	2015	2023	2030	2037	2044	2052	2101	2110	2119	2128
Stratford Bus Station	1938	1944	1950	1955	2000	2005	2010	2018	2025	2033	2040	2047	2054	2102	2110	2119	2128	2137

86		Mondays to Fridays (school days) (cont.)																	
Romford Station	2050	2059	2109	2119	2129	2139	2149	2159	2209	2219	2229	2239	2249	2259	2309	2319	2329	2339	
Romford Market St Edward's Way	2053	2102	2112	2122	2132	2142	2152	2202	2212	2222	2232	2242	2252	2301	2311	2321	2331	2341	
Romford Stadium	2057	2106	2116	2126	2136	2146	2156	2206	2216	2226	2236	2246	2256	2305	2315	2325	2335	2345	
Chadwell Heath Sainsbury's	2102	2111	2121	2131	2141	2151	2201	2211	2221	2231	2241	2251	2301	2310	2320	2330	2340	2350	
Seven Kings Station	2111	2120	2130	2140	2150	2159	2209	2219	2229	2239	2249	2259	2309	2318	2328	2338	2348	2357	
Ilford High Road Hainault Street	2118	2127	2137	2147	2157	2206	2216	2226	2236	2246	2256	2305	2315	2324	2334	2344	2354	0003	
Ilford Broadway High Road	2121	2130	2140	2150	2200	2209	2219	2229	2239	2249	2259	2308	2318	2327	2337	2347	2357	0006	
Manor Park Broadway	2130	2139	2149	2158	2208	2217	2227	2237	2247	2257	2306	2315	2325	2334	2344	2354	0004	0013	
Forest Gate Police Station	2136	2145	2155	2204	2214	2223	2233	2243	2253	2302	2311	2320	2330	2339	2349	2359	0009	0018	
Stratford Bus Station	2145	2154	2204	2213	2223	2232	2242	2252	2301	2310	2319	2328	2338	2347	2357	0007	0017	0026	
Romford Station	2349	2359	0009	0019															
Romford Market St Edward's Way	2351	0001	0011	0021															
Romford Stadium	2355	0005	0015	0025															
Chadwell Heath Sainsbury's	2359	0009	0019	0029															
Seven Kings Station	0006	0016	0026	0036															
Ilford High Road Hainault Street	0012	0022	0032	0042															
Ilford Broadway High Road	0015	0025	0035	0045															
Manor Park Broadway	0022	0032	0042	0052															
Forest Gate Police Station	0027	0037	0047	0056															
Stratford Bus Station	0035	0045	0055	0103															
86		Mondays to Fridays (school holidays)																	
Romford Station	0530		0610	0618	0626	0633	0640	0644	0649	0654	0657	0700	0705	0711	0717	0722	--		
Romford Market St Edward's Way	0532		0612	0620	0628	0635	0642	0646	0651	0656	0659	0702	0707	0713	0719	0724	--		
Romford Stadium	0536		0616	0624	0632	0639	0646	0650	0655	0700	0703	0706	0711	0717	0723	0728	--		
Chadwell Heath Sainsbury's	0541	Then	0621	0629	0637	0644	0651	0655	0700	0705	0710	0713	0718	0724	0730	0735	--		
Seven Kings Station	0549	every 10	0629	0637	0645	0652	0659	0704	0709	0715	0721	0724	0729	0735	0741	0746	--		
Ilford High Road Hainault Street	0555	minutes	0635	0643	0651	0658	0706	0711	0717	0723	0729	0732	0737	0743	0749	0754	--		
Ilford Broadway High Road	0558	until	0638	0646	0654	0701	0710	0715	0721	0727	0733	0736	0741	0747	0753	0758	--		
Manor Park Broadway	0606		0646	0654	0702	0711	0720	0726	0732	0738	0744	0746	0751	0757	0803	0808	0811		
Forest Gate Police Station	0612		0652	0700	0709	0718	0727	0733	0739	0745	0751	0753	0758	0804	0810	0815	0819		
Stratford Bus Station	0621		0701	0710	0720	0729	0738	0744	0750	0756	0802	0804	0809	0815	0821	0827	0831		
Romford Station	0727	0733	0738	0743	0748	0753	0758	0803	0808			0850	0856	0902	0908		0944		
Romford Market St Edward's Way	0729	0735	0741	0746	0751	0756	0801	0806	0811			0853	0859	0905	0911		0947		
Romford Stadium	0733	0739	0745	0751	0756	0801	0806	0811	0816			0858	0904	0911	0917		0953		
Chadwell Heath Sainsbury's	0740	0746	0752	0758	0804	0810	0815	0820	0825	Then		0907	0913	0920	0927	Then	1003		
Seven Kings Station	0751	0757	0803	0809	0815	0821	0826	0831	0836	every 6		0918	0924	0931	0938	every 6	1014		
Ilford High Road Hainault Street	0759	0805	0811	0817	0823	0829	0834	0839	0844	minutes		0926	0932	0939	0946	minutes	1022		
Ilford Broadway High Road	0803	0809	0815	0821	0827	0833	0838	0843	0848	until		0930	0936	0943	0949	until	1025		
Manor Park Broadway	0813	0820	0826	0832	0838	0844	0849	0854	0859			0941	0947	0954	1000		1036		
Forest Gate Police Station	0821	0828	0834	0840	0846	0852	0857	0902	0907			0949	0954	1001	1007		1043		
Stratford Bus Station	0832	0840	0846	0852	0858	0904	0909	0914	0919			1001	1006	1012	1018		1054		
Romford Station	0950	0956	1001	1007	1013	1019	1026	1033		Then		1139	1145	1151	1157	1203	1209	1215	1221
Romford Market St Edward's Way	0953	0959	1004	1010	1016	1022	1029	1036		every 6		1142	1148	1154	1200	1207	1213	1219	1225
Romford Stadium	0959	1004	1009	1015	1021	1027	1034	1041		minutes		1147	1153	1159	1205	1212	1218	1224	1230
Chadwell Heath Sainsbury's	1006	1011	1016	1022	1028	1034	1041	1048		until		1154	1200	1206	1212	1219	1225	1231	1237
Seven Kings Station	1017	1022	1027	1033	1039	1045	1052	1059				1205	1212	1218	1224	1231	1237	1243	1249
Ilford High Road Hainault Street	1026	1031	1036	1042	1048	1054	1101	1108				1214	1221	1227	1233	1240	1246	1252	1258
Ilford Broadway High Road	1029	1034	1039	1045	1051	1057	1104	1111				1217	1224	1230	1236	1243	1249	1255	1301
Manor Park Broadway	1040	1045	1050	1056	1102	1108	1115	1122				1228	1235	1241	1247	1254	1300	1306	1312
Forest Gate Police Station	1047	1052	1057	1103	1109	1115	1122	1129				1235	1242	1248	1254	1301	1307	1313	1319
Stratford Bus Station	1058	1103	1108	1114	1120	1126	1133	1140				1246	1253	1259	1305	1312	1318	1324	1330
Romford Station	1227		1357	1403	1409	1415	1421	1426	1432	1438	1443	1449	1454	1458				1546	
Romford Market St Edward's Way	1231		1401	1407	1413	1419	1425	1430	1436	1442	1447	1453	1458	1502				1550	
Romford Stadium	1236		1406	1412	1418	1424	1430	1435	1441	1447	1452	1458	1503	1508				1556	
Chadwell Heath Sainsbury's	1243	Then	1413	1419	1425	1431	1437	1442	1448	1454	1459	1505	1511	1517	Then			1605	
Seven Kings Station	1255	every 6	1425	1431	1437	1443	1449	1454	1500	1506	1512	1518	1524	1530	every 6			1618	
Ilford High Road Hainault Street	1304	minutes	1434	1440	1446	1452	1458	1503	1509	1515	1521	1527	1533	1539	minutes			1627	
Ilford Broadway High Road	1308	until	1438	1444	1450	1456	1502	1507	1513	1519	1525	1531	1537	1543	until			1631	
Manor Park Broadway	1319		1449	1455	1501	1507	1513	1519	1525	1531	1537	1543	1549	1555				1643	
Forest Gate Police Station	1326		1456	1502	1508	1514	1520	1526	1532	1538	1544	1550	1556	1602				1650	
Stratford Bus Station	1337		1507	1514	1520	1526	1532	1538	1544	1550	1556	1602	1608	1614				1702	

86		Mondays to Fridays (school holidays) (cont.)																	
Romford Station	1552				1634	1640	1646			1758	1804	1810	1816	1822	1828	1834	1840	1846	1852
Romford Market St Edward's Way	1556				1638	1644	1650			1802	1808	1814	1820	1826	1832	1838	1844	1850	1856
Romford Stadium	1602				1644	1650	1656			1808	1814	1820	1826	1832	1838	1844	1850	1856	1901
Chadwell Heath Sainsbury's	1611	Then every 6 minutes until			1653	1659	1704	Then every 6 minutes until		1816	1822	1828	1834	1840	1846	1852	1858	1903	1908
Seven Kings Station	1624				1706	1711	1716			1828	1834	1840	1846	1852	1858	1904	1910	1915	1920
Ilford High Road Hainault Street	1633				1715	1720	1725			1837	1843	1849	1855	1900	1906	1912	1918	1923	1928
Ilford Broadway High Road	1637				1719	1724	1729			1841	1847	1853	1858	1903	1909	1915	1921	1926	1931
Manor Park Broadway	1649				1731	1736	1741			1853	1859	1905	1910	1915	1921	1927	1933	1938	1943
Forest Gate Police Station	1656				1738	1743	1748			1900	1905	1911	1916	1921	1927	1933	1939	1944	1949
Stratford Bus Station	1707			1749	1754	1759		1911	1916	1922	1927	1932	1938	1944	1950	1955	2000		
Romford Station	1858	1904	1912	1920	1928	1936	1944	1952	2000	2010	2020	2030	2040	2050	2059	2109	2119	2129	
Romford Market St Edward's Way	1902	1907	1915	1923	1931	1939	1947	1955	2003	2013	2023	2033	2043	2053	2102	2112	2122	2132	
Romford Stadium	1907	1912	1920	1928	1936	1944	1952	2000	2008	2018	2028	2038	2048	2057	2106	2116	2126	2136	
Chadwell Heath Sainsbury's	1914	1919	1927	1935	1943	1951	1959	2006	2014	2024	2034	2044	2054	2102	2111	2121	2131	2141	
Seven Kings Station	1926	1931	1939	1947	1955	2002	2009	2016	2024	2034	2044	2054	2103	2111	2120	2130	2140	2150	
Ilford High Road Hainault Street	1934	1939	1947	1955	2003	2010	2017	2024	2032	2042	2052	2101	2110	2118	2127	2137	2147	2157	
Ilford Broadway High Road	1937	1942	1950	1958	2006	2013	2020	2027	2035	2045	2055	2104	2113	2121	2130	2140	2150	2200	
Manor Park Broadway	1949	1954	2002	2009	2017	2024	2031	2038	2046	2055	2104	2113	2122	2130	2139	2149	2158	2208	
Forest Gate Police Station	1955	2000	2008	2015	2023	2030	2037	2044	2052	2101	2110	2119	2128	2136	2145	2155	2204	2214	
Stratford Bus Station	2005	2010	2018	2025	2033	2040	2047	2054	2102	2110	2119	2128	2137	2145	2154	2204	2213	2223	
Romford Station	2139	2149	2159	2209	2219	2229	2239	2249	2259	2309	2319	2329	2339	2349	2359	0009	0019		
Romford Market St Edward's Way	2142	2152	2202	2212	2222	2232	2242	2252	2301	2311	2321	2331	2341	2351	0001	0011	0021		
Romford Stadium	2146	2156	2206	2216	2226	2236	2246	2256	2305	2315	2325	2335	2345	2355	0005	0015	0025		
Chadwell Heath Sainsbury's	2151	2201	2211	2221	2231	2241	2251	2301	2310	2320	2330	2340	2350	2359	0009	0019	0029		
Seven Kings Station	2159	2209	2219	2229	2239	2249	2259	2309	2318	2328	2338	2348	2357	0006	0016	0026	0036		
Ilford High Road Hainault Street	2206	2216	2226	2236	2246	2256	2305	2315	2324	2334	2344	2354	0003	0012	0022	0032	0042		
Ilford Broadway High Road	2209	2219	2229	2239	2249	2259	2308	2318	2327	2337	2347	2357	0006	0015	0025	0035	0045		
Manor Park Broadway	2217	2227	2237	2247	2257	2306	2315	2325	2334	2344	2354	0004	0013	0022	0032	0042	0052		
Forest Gate Police Station	2223	2233	2243	2253	2302	2311	2320	2330	2339	2349	2359	0009	0018	0027	0037	0047	0056		
Stratford Bus Station	2232	2242	2252	2301	2310	2319	2328	2338	2347	2357	0007	0017	0026	0035	0045	0055	0103		
86		Saturdays (also Good Friday)																	
Romford Station	0530	0545	0600	0610	0620	0630	0640	0650	0700	0710	0720	0730	0740	0748	0756	0803	0810	0816	
Romford Market St Edward's Way	0532	0547	0602	0612	0622	0632	0642	0652	0702	0712	0722	0732	0742	0750	0758	0806	0813	0819	
Romford Stadium	0536	0551	0606	0616	0626	0636	0646	0656	0706	0716	0726	0736	0746	0754	0802	0810	0817	0823	
Chadwell Heath Sainsbury's	0540	0555	0610	0620	0630	0640	0650	0700	0711	0721	0731	0741	0751	0759	0807	0815	0822	0828	
Seven Kings Station	0547	0602	0617	0627	0637	0647	0657	0708	0719	0729	0739	0749	0759	0807	0815	0823	0830	0836	
Ilford High Road Hainault Street	0552	0607	0622	0632	0642	0652	0702	0714	0725	0735	0745	0755	0805	0813	0821	0829	0836	0842	
Ilford Broadway High Road	0555	0610	0625	0635	0645	0655	0705	0717	0728	0738	0748	0758	0808	0816	0824	0832	0839	0845	
Manor Park Broadway	0601	0616	0631	0641	0651	0701	0712	0724	0735	0745	0755	0805	0815	0823	0831	0839	0846	0852	
Forest Gate Police Station	0606	0621	0636	0646	0656	0706	0717	0729	0740	0750	0800	0810	0820	0828	0836	0844	0851	0857	
Stratford Bus Station	0614	0629	0644	0654	0704	0715	0726	0738	0749	0759	0809	0819	0829	0837	0845	0853	0900	0906	
Romford Station	0822	0828	0833	0839	0844	0849	0854	0859	0905	0911	0917	0923	0928	0933	0939	0945	0950	0955	
Romford Market St Edward's Way	0825	0831	0836	0842	0847	0852	0857	0902	0908	0914	0920	0926	0931	0936	0942	0948	0953	0958	
Romford Stadium	0829	0835	0840	0846	0851	0856	0901	0907	0913	0919	0925	0931	0936	0941	0947	0953	0958	1003	
Chadwell Heath Sainsbury's	0834	0840	0845	0851	0856	0901	0907	0913	0919	0925	0931	0937	0942	0947	0953	0959	1004	1009	
Seven Kings Station	0842	0848	0853	0859	0904	0910	0916	0922	0928	0934	0940	0946	0951	0956	1002	1008	1014	1020	
Ilford High Road Hainault Street	0848	0854	0859	0905	0911	0917	0923	0929	0935	0941	0947	0953	0958	1003	1009	1015	1021	1027	
Ilford Broadway High Road	0851	0857	0902	0908	0914	0920	0926	0932	0938	0944	0950	0956	1001	1006	1012	1018	1024	1030	
Manor Park Broadway	0858	0904	0910	0916	0922	0928	0934	0940	0946	0952	0958	1004	1010	1016	1022	1028	1034	1040	
Forest Gate Police Station	0903	0910	0916	0922	0928	0934	0940	0946	0952	0958	1004	1010	1016	1022	1028	1034	1040	1046	
Stratford Bus Station	0913	0920	0926	0932	0938	0944	0950	0956	1002	1008	1014	1020	1026	1032	1038	1044	1050	1056	
Romford Station	1001	1007	1013	1019	1025	1031	1037	1043	1049	1055	1101	1107	1113	1119	1125	1131	1137	1143	
Romford Market St Edward's Way	1004	1010	1016	1022	1028	1034	1040	1046	1052	1058	1104	1111	1117	1123	1129	1135	1141	1147	
Romford Stadium	1009	1015	1021	1027	1033	1039	1045	1051	1057	1103	1110	1117	1123	1129	1135	1141	1147	1153	
Chadwell Heath Sainsbury's	1015	1021	1027	1033	1039	1045	1051	1057	1103	1110	1117	1124	1130	1136	1142	1148	1154	1200	
Seven Kings Station	1026	1032	1038	1044	1050	1056	1102	1108	1115	1122	1129	1136	1142	1148	1154	1200	1206	1213	
Ilford High Road Hainault Street	1033	1039	1045	1051	1057	1103	1110	1116	1123	1130	1137	1144	1150	1156	1202	1209	1215	1222	
Ilford Broadway High Road	1036	1042	1048	1054	1100	1106	1113	1119	1126	1133	1140	1147	1153	1159	1206	1213	1219	1226	
Manor Park Broadway	1046	1052	1058	1104	1111	1118	1125	1131	1138	1145	1152	1159	1205	1212	1219	1226	1232	1239	
Forest Gate Police Station	1052	1058	1104	1111	1118	1125	1132	1138	1145	1152	1159	1206	1212	1219	1226	1233	1239	1246	
Stratford Bus Station	1102	1108	1115	1122	1129	1136	1143	1149	1156	1203	1210	1217	1223	1230	1237	1244	1250	1257	

86	Saturdays (also Good Friday) (cont.)																	
Romford Station	1149	1155	1201	1207	1213	1219	1225	1231	1237	1243	1249	1255	1301			1519	1525	1531
Romford Market St Edward's Way	1153	1159	1205	1211	1217	1223	1229	1235	1241	1247	1253	1259	1305			1523	1529	1535
Romford Stadium	1159	1205	1211	1217	1223	1229	1235	1241	1247	1253	1259	1305	1312			1530	1536	1542
Chadwell Heath Sainsbury's	1206	1212	1218	1224	1230	1236	1242	1248	1254	1300	1306	1312	1319	Then every 6 minutes until		1537	1543	1549
Seven Kings Station	1219	1225	1231	1237	1243	1249	1255	1301	1307	1314	1320	1326	1333			1551	1557	1603
Ilford High Road Hainault Street	1228	1234	1240	1246	1252	1258	1304	1310	1316	1323	1329	1335	1342			1600	1605	1611
Ilford Broadway High Road	1232	1238	1244	1250	1256	1302	1308	1314	1320	1327	1333	1339	1346			1604	1609	1615
Manor Park Broadway	1245	1251	1257	1303	1309	1316	1322	1328	1334	1341	1347	1353	1400			1618	1623	1629
Forest Gate Police Station	1252	1258	1304	1310	1316	1323	1329	1335	1341	1348	1354	1400	1407			1625	1630	1636
Stratford Bus Station	1303	1309	1315	1321	1327	1334	1340	1346	1352	1359	1405	1411	1418			1636	1641	1647
Romford Station	1537	1543	1549	1555	Then every 6 minutes until	1649	1655	1701	1707	1713	1719	Then every 6 minutes until	1749		1755	1801	1807	
Romford Market St Edward's Way	1541	1547	1553	1559		1653	1659	1705	1711	1717	1723		1753	1759	1805	1811		
Romford Stadium	1548	1554	1600	1605		1659	1704	1710	1716	1722	1728		1758	1804	1810	1816		
Chadwell Heath Sainsbury's	1555	1601	1607	1612		1706	1711	1717	1723	1729	1735		1805	1811	1817	1823		
Seven Kings Station	1608	1614	1620	1625		1719	1724	1730	1736	1742	1748		1818	1824	1830	1836		
Ilford High Road Hainault Street	1616	1622	1628	1633		1727	1732	1738	1744	1750	1756		1826	1832	1838	1844		
Ilford Broadway High Road	1620	1626	1632	1637		1731	1736	1742	1748	1754	1759		1829	1835	1841	1847		
Manor Park Broadway	1634	1640	1646	1651		1745	1750	1756	1802	1808	1813		1843	1849	1855	1901		
Forest Gate Police Station	1641	1647	1653	1658	1752	1757	1803	1809	1815	1820	1850	1856	1902	1908				
Stratford Bus Station	1652	1658	1704	1709	1803	1808	1814	1820	1826	1831	1901	1906	1912	1918				
Romford Station	1813	1819	1825	1831	1839	1847	1855	1903	1911	1921	1931	1941	1951	2001	2011	2021	2031	2041
Romford Market St Edward's Way	1817	1823	1829	1835	1843	1851	1859	1907	1915	1925	1935	1945	1955	2004	2014	2024	2034	2044
Romford Stadium	1822	1828	1834	1840	1848	1856	1904	1912	1920	1930	1940	1950	2000	2009	2019	2029	2039	2049
Chadwell Heath Sainsbury's	1829	1835	1841	1847	1855	1902	1910	1918	1926	1936	1946	1956	2006	2015	2025	2035	2045	2055
Seven Kings Station	1842	1848	1854	1900	1907	1914	1922	1930	1938	1948	1958	2007	2016	2025	2035	2045	2055	2105
Ilford High Road Hainault Street	1850	1856	1902	1908	1915	1922	1930	1938	1946	1956	2006	2015	2024	2033	2043	2053	2102	2112
Ilford Broadway High Road	1853	1859	1905	1911	1918	1925	1933	1941	1949	1959	2009	2018	2027	2036	2046	2056	2105	2115
Manor Park Broadway	1907	1912	1918	1924	1931	1938	1946	1954	2002	2011	2021	2030	2039	2048	2057	2106	2115	2125
Forest Gate Police Station	1914	1919	1925	1931	1938	1945	1953	2001	2009	2017	2027	2036	2045	2054	2103	2112	2121	2131
Stratford Bus Station	1924	1929	1935	1941	1948	1955	2003	2011	2019	2027	2037	2046	2055	2104	2113	2122	2131	2141
Romford Station	2051	2101	2111	2121	2131	2141	2151	2201	2211	2221	2231	2241	2251	2301	2311	2321	2331	2341
Romford Market St Edward's Way	2054	2104	2114	2124	2134	2144	2154	2204	2214	2224	2234	2244	2254	2304	2314	2324	2334	2344
Romford Stadium	2059	2109	2119	2129	2139	2149	2159	2209	2219	2229	2239	2249	2259	2309	2319	2329	2339	2349
Chadwell Heath Sainsbury's	2105	2115	2125	2135	2145	2155	2204	2214	2224	2234	2244	2254	2304	2314	2324	2334	2344	2354
Seven Kings Station	2115	2125	2135	2145	2155	2204	2213	2223	2233	2243	2253	2302	2312	2322	2332	2342	2352	0002
Ilford High Road Hainault Street	2122	2132	2142	2152	2202	2211	2220	2230	2240	2250	2259	2308	2318	2328	2338	2348	2358	0008
Ilford Broadway High Road	2125	2135	2145	2155	2205	2214	2223	2233	2243	2253	2302	2311	2321	2331	2341	2351	0001	0011
Manor Park Broadway	2135	2145	2155	2204	2214	2223	2232	2242	2252	2301	2310	2319	2329	2339	2349	2359	0009	0019
Forest Gate Police Station	2141	2151	2201	2210	2220	2229	2238	2248	2258	2307	2316	2325	2335	2345	2355	0004	0014	0024
Stratford Bus Station	2151	2200	2210	2219	2229	2238	2247	2257	2307	2316	2325	2334	2344	2354	0003	0012	0022	0032
Romford Station	2351	0001	0011	0021														
Romford Market St Edward's Way	2353	0003	0013	0023														
Romford Stadium	2357	0007	0017	0027														
Chadwell Heath Sainsbury's	0002	0012	0022	0032														
Seven Kings Station	0010	0020	0030	0040														
Ilford High Road Hainault Street	0016	0026	0036	0046														
Ilford Broadway High Road	0019	0029	0039	0049														
Manor Park Broadway	0027	0037	0047	0056														
Forest Gate Police Station	0032	0042	0052	0100														
Stratford Bus Station	0040	0050	0100	0108														

86	Sundays and other Public Holidays (except Christmas Day)																	
Romford Station	0530	0545	0600	0615	0630	0645	0700	0715	0730	0745	0800	Then every 10 minutes until	0850	0900	0910	0920	0930	
Romford Market St Edward's Way	0532	0547	0602	0617	0632	0647	0702	0717	0732	0747	0802		0852	0903	0913	0923	0933	
Romford Stadium	0536	0551	0606	0621	0636	0651	0706	0721	0736	0751	0806		0856	0907	0917	0927	0937	
Chadwell Heath Sainsbury's	0541	0556	0611	0626	0641	0656	0711	0726	0741	0756	0811		0901	0912	0922	0932	0942	
Seven Kings Station	0548	0603	0618	0633	0648	0703	0719	0734	0749	0804	0819		0909	0920	0930	0940	0950	
Ilford High Road Hainault Street	0554	0609	0624	0639	0654	0710	0726	0741	0756	0811	0826		0916	0927	0937	0947	0957	
Ilford Broadway High Road	0556	0611	0626	0642	0657	0713	0729	0744	0759	0814	0829		0919	0930	0940	0950	1000	
Manor Park Broadway	0604	0619	0634	0650	0705	0721	0737	0752	0807	0822	0837		0927	0938	0948	0959	1009	
Forest Gate Police Station	0608	0623	0638	0654	0710	0726	0742	0757	0812	0827	0842		0932	0943	0953	1004	1014	
Stratford Bus Station	0616	0631	0646	0702	0718	0734	0750	0805	0821	0836	0851		0941	0952	1002	1014	1024	
Romford Station	0939	0948	0956	1006	1016	1025	1034	1044	1054	1104	1114	1124	1134	1144	1154	1204	1214	1224
Romford Market St Edward's Way	0942	0951	0959	1009	1019	1028	1037	1047	1057	1107	1117	1127	1137	1147	1157	1207	1217	1227
Romford Stadium	0946	0955	1003	1013	1023	1032	1041	1051	1101	1112	1122	1132	1142	1152	1202	1213	1223	1233
Chadwell Heath Sainsbury's	0951	1000	1009	1019	1029	1038	1047	1057	1107	1118	1128	1138	1148	1158	1208	1219	1229	1239
Seven Kings Station	0959	1009	1019	1029	1039	1048	1057	1107	1118	1129	1139	1149	1159	1209	1220	1232	1242	1252
Ilford High Road Hainault Street	1007	1017	1027	1037	1047	1056	1105	1115	1126	1137	1147	1157	1207	1218	1229	1241	1251	1301
Ilford Broadway High Road	1010	1020	1030	1040	1050	1059	1108	1118	1129	1140	1150	1200	1210	1221	1232	1244	1254	1304
Manor Park Broadway	1019	1029	1039	1049	1059	1109	1119	1129	1140	1151	1201	1212	1222	1233	1244	1256	1306	1317
Forest Gate Police Station	1025	1035	1045	1055	1105	1115	1125	1135	1146	1157	1208	1219	1229	1240	1251	1303	1314	1325
Stratford Bus Station	1035	1045	1055	1105	1115	1125	1135	1145	1156	1207	1218	1229	1240	1251	1303	1315	1326	1337
Romford Station	1234	1244	1254	1304	Then every 10 minutes until	1404	1414	1424	1434	1444	1454	1504	1514	1524	1534	1544	1554	
Romford Market St Edward's Way	1237	1247	1257	1307		1407	1417	1427	1437	1447	1457	1507	1517	1527	1537	1547	1557	
Romford Stadium	1243	1253	1303	1313		1413	1423	1433	1443	1453	1503	1513	1523	1533	1543	1553	1603	
Chadwell Heath Sainsbury's	1249	1259	1310	1320		1420	1430	1440	1450	1459	1509	1519	1529	1539	1549	1559	1609	
Seven Kings Station	1302	1313	1324	1335		1435	1445	1454	1503	1512	1522	1532	1542	1552	1602	1611	1621	
Ilford High Road Hainault Street	1311	1322	1333	1344		1444	1454	1503	1512	1521	1531	1541	1551	1601	1611	1620	1630	
Ilford Broadway High Road	1314	1325	1336	1347		1447	1457	1506	1515	1524	1534	1544	1554	1604	1614	1623	1633	
Manor Park Broadway	1328	1339	1350	1401		1501	1510	1519	1528	1537	1547	1557	1606	1616	1626	1635	1645	
Forest Gate Police Station	1336	1347	1358	1409		1509	1518	1527	1536	1545	1555	1604	1613	1623	1633	1642	1652	
Stratford Bus Station	1348	1359	1410	1421		1521	1530	1539	1548	1557	1606	1615	1624	1634	1644	1653	1702	
Romford Station	1604	1614	1624	1634	1644	Then every 10 minutes until	1734	1744	1754	1804	1814	1824	1834	1844	1854	1904	1914	
Romford Market St Edward's Way	1607	1617	1627	1637	1647		1737	1747	1757	1807	1817	1827	1837	1847	1857	1907	1917	
Romford Stadium	1612	1622	1632	1642	1652		1742	1752	1802	1812	1822	1832	1842	1852	1902	1912	1922	
Chadwell Heath Sainsbury's	1618	1628	1638	1648	1658		1748	1758	1808	1818	1828	1838	1848	1858	1907	1917	1927	
Seven Kings Station	1630	1640	1650	1700	1709		1759	1808	1818	1828	1838	1848	1858	1907	1916	1926	1936	
Ilford High Road Hainault Street	1639	1649	1659	1708	1717		1807	1816	1826	1836	1846	1856	1906	1915	1924	1934	1944	
Ilford Broadway High Road	1642	1652	1702	1711	1720		1810	1819	1829	1839	1849	1859	1909	1918	1927	1937	1947	
Manor Park Broadway	1654	1703	1713	1722	1731		1821	1830	1840	1850	1900	1910	1920	1929	1938	1948	1958	
Forest Gate Police Station	1701	1710	1720	1729	1738		1828	1837	1847	1857	1907	1917	1927	1936	1945	1955	2005	
Stratford Bus Station	1711	1720	1730	1739	1748		1838	1847	1857	1907	1917	1927	1937	1946	1955	2005	2015	
Romford Station	1924	1934	1944	1954	2004	2014	2024	2034	2044	2055	2105	2115	2125	2135	Then every 10 minutes until	2235	2245	
Romford Market St Edward's Way	1927	1937	1947	1957	2007	2017	2027	2037	2047	2057	2107	2117	2127	2137		2237	2247	
Romford Stadium	1931	1941	1951	2001	2011	2021	2031	2041	2051	2101	2111	2121	2131	2141		2241	2251	
Chadwell Heath Sainsbury's	1937	1947	1956	2006	2016	2026	2036	2046	2056	2106	2116	2126	2136	2146		2246	2256	
Seven Kings Station	1946	1956	2005	2015	2025	2035	2045	2055	2104	2114	2124	2134	2144	2154		2254	2303	
Ilford High Road Hainault Street	1954	2003	2012	2022	2032	2042	2052	2102	2111	2121	2131	2141	2151	2200		2300	2309	
Ilford Broadway High Road	1957	2006	2015	2025	2035	2045	2055	2105	2114	2124	2134	2144	2154	2203		2303	2312	
Manor Park Broadway	2007	2016	2025	2035	2045	2055	2104	2114	2123	2133	2143	2153	2202	2211		2311	2320	
Forest Gate Police Station	2014	2023	2032	2042	2052	2101	2110	2120	2129	2139	2149	2158	2207	2216		2316	2325	
Stratford Bus Station	2024	2033	2042	2052	2101	2110	2119	2129	2138	2148	2158	2207	2216	2225		2325	2334	
Romford Station	2255	2305	2315	2325	2335	2345	2355	0005	0015									
Romford Market St Edward's Way	2257	2307	2317	2327	2337	2347	2357	0007	0017									
Romford Stadium	2301	2311	2321	2331	2341	2351	0001	0011	0021									
Chadwell Heath Sainsbury's	2306	2316	2326	2336	2346	2355	0005	0015	0025									
Seven Kings Station	2313	2323	2333	2343	2353	0002	0012	0022	0032									
Ilford High Road Hainault Street	2319	2329	2339	2349	2358	0007	0017	0027	0037									
Ilford Broadway High Road	2322	2332	2342	2352	0001	0010	0020	0030	0040									
Manor Park Broadway	2330	2340	2350	2359	0008	0017	0027	0037	0047									
Forest Gate Police Station	2335	2345	2355	0004	0013	0022	0032	0042	0052									
Stratford Bus Station	2344	2354	0003	0012	0021	0030	0040	0050	0100									

86		Mondays to Fridays (school days)																		
Stratford Bus Station	0550	0600	0610	0620	0628	0636	0644	0652	0700	0706	0711	0717	0722	0727	0733	0738	0743	0747		
Forest Gate Police Station	0558	0608	0618	0628	0636	0644	0652	0700	0709	0716	0721	0727	0732	0737	0743	0748	0753	0757		
Manor Park Broadway	0601	0612	0622	0632	0640	0648	0656	0705	0714	0721	0726	0732	0737	0742	0748	0753	0758	0802		
Ilford Broadway Chapel Road	0608	0619	0629	0639	0647	0655	0703	0714	0723	0730	0735	0741	0746	0751	0757	0802	0807	0812		
Ilford High Road Hainault Street	0612	0623	0633	0643	0651	0659	0707	0718	0727	0734	0739	0745	0750	0755	0801	0806	0811	0816		
Seven Kings Station	0617	0628	0638	0648	0656	0704	0713	0724	0733	0740	0745	0751	0756	0802	0808	0814	0819	0825		
Chadwell Heath Sainsbury's	0625	0636	0646	0656	0704	0713	0723	0734	0743	0750	0755	0801	0807	0813	0819	0825	0830	0836		
Romford Stadium	0630	0641	0651	0701	0711	0721	0731	0741	0751	0757	0803	0809	0815	0821	0827	0833	0838	0844		
Romford Market St Edward's Way	0635	0646	0656	0706	0716	0726	0736	0746	0756	0802	0808	0814	0820	0826	0832	0838	0843	0849		
Romford Station	0639	0650	0700	0710	0720	0730	0740	0750	0800	0806	0812	0818	0824	0830	0836	0842	0847	0853		
Stratford Bus Station	0752	0758	0803					0857	0903	0909	0915	0922	0929	0935	0941	0947	0953	0959	1005	1012
Forest Gate Police Station	0802	0808	0814					0908	0914	0920	0926	0933	0940	0946	0952	0958	1004	1010	1016	1023
Manor Park Broadway	0808	0814	0820					0914	0920	0926	0932	0939	0946	0952	0957	1003	1009	1015	1021	1028
Ilford Broadway Chapel Road	0818	0824	0830					0924	0930	0936	0942	0949	0956	1002	1007	1013	1019	1025	1031	1038
Ilford High Road Hainault Street	0822	0828	0834					0928	0934	0940	0946	0953	1000	1006	1011	1017	1023	1029	1035	1042
Seven Kings Station	0831	0837	0843					0937	0943	0949	0955	1001	1007	1013	1018	1024	1030	1036	1042	1049
Chadwell Heath Sainsbury's	0842	0848	0854					0948	0954	0959	1005	1011	1017	1023	1028	1034	1040	1046	1052	1059
Romford Stadium	0850	0856	0902					0956	1001	1006	1012	1018	1024	1030	1035	1041	1047	1053	1059	1105
Romford Market St Edward's Way	0855	0901	0907					1001	1006	1011	1017	1023	1029	1035	1040	1046	1052	1058	1104	1110
Romford Station	0859	0905	0911					1005	1010	1015	1021	1027	1033	1039	1044	1050	1056	1102	1108	1114
Stratford Bus Station	1018			1042	1047					1141	1146	1152	1158	1203	1209	1215	1220			1350
Forest Gate Police Station	1029			1053	1058					1152	1157	1203	1209	1215	1221	1227	1232			1402
Manor Park Broadway	1034			1058	1103					1157	1202	1208	1214	1220	1226	1232	1237			1407
Ilford Broadway Chapel Road	1044		Then every 6 minutes until	1108	1114		Then every 6 minutes until	1208	1214	1220	1226	1232	1238	1244	1249		Then every 6 minutes until	1419		
Ilford High Road Hainault Street	1048			1112	1118			1212	1218	1224	1230	1236	1242	1248	1253			1423		
Seven Kings Station	1055			1119	1125			1219	1225	1231	1237	1243	1249	1255	1300			1430		
Chadwell Heath Sainsbury's	1105			1129	1135			1229	1235	1241	1247	1253	1259	1305	1311			1441		
Romford Stadium	1111			1135	1141			1235	1241	1247	1253	1259	1305	1311	1317			1447		
Romford Market St Edward's Way	1116			1140	1146			1240	1246	1252	1258	1304	1310	1316	1322			1452		
Romford Station	1120			1144	1150			1244	1250	1256	1302	1308	1314	1320	1326			1456		
Stratford Bus Station	1356	1402	1408	1413	1418	1423	1428	1433	1438	1443	1448	1453	1459	1504	1509	1514	1520	1526		
Forest Gate Police Station	1408	1414	1420	1425	1430	1435	1440	1445	1450	1455	1500	1505	1511	1517	1523	1528	1534	1540		
Manor Park Broadway	1413	1419	1425	1430	1435	1440	1445	1450	1455	1500	1506	1511	1517	1523	1529	1534	1540	1546		
Ilford Broadway Chapel Road	1425	1431	1437	1442	1447	1452	1457	1502	1507	1513	1519	1525	1531	1537	1543	1548	1554	1600		
Ilford High Road Hainault Street	1429	1435	1441	1446	1451	1456	1501	1506	1511	1517	1523	1529	1535	1541	1547	1552	1558	1604		
Seven Kings Station	1436	1442	1448	1453	1458	1503	1508	1514	1520	1526	1532	1538	1544	1550	1556	1601	1607	1613		
Chadwell Heath Sainsbury's	1447	1453	1459	1504	1509	1515	1521	1527	1533	1539	1545	1551	1557	1603	1609	1615	1621	1627		
Romford Stadium	1453	1459	1505	1511	1517	1523	1529	1535	1541	1547	1553	1559	1605	1611	1617	1623	1629	1635		
Romford Market St Edward's Way	1459	1505	1511	1517	1523	1529	1535	1541	1547	1553	1559	1605	1611	1617	1623	1629	1635	1641		
Romford Station	1503	1509	1515	1521	1527	1533	1539	1545	1551	1557	1603	1609	1615	1621	1627	1633	1639	1645		
Stratford Bus Station	1532	1538	1543	1549	1555					1713	1718	1724	1730	1736	1742	1747	1753	1759	1805	1811
Forest Gate Police Station	1546	1552	1557	1603	1609					1727	1732	1738	1744	1750	1756	1801	1807	1813	1819	1825
Manor Park Broadway	1552	1558	1603	1609	1616					1734	1739	1745	1751	1757	1803	1808	1814	1820	1826	1832
Ilford Broadway Chapel Road	1606	1612	1618	1624	1631		Then every 6 minutes until	1749	1754	1800	1806	1812	1818	1823	1829	1835	1841	1847		
Ilford High Road Hainault Street	1610	1616	1622	1628	1635			1753	1758	1804	1810	1816	1822	1827	1833	1839	1845	1851		
Seven Kings Station	1619	1625	1631	1637	1644			1802	1807	1813	1819	1825	1831	1836	1842	1848	1854	1900		
Chadwell Heath Sainsbury's	1633	1639	1645	1651	1658			1816	1821	1827	1833	1839	1845	1850	1856	1902	1908	1913		
Romford Stadium	1641	1647	1653	1659	1705			1823	1828	1834	1840	1846	1852	1857	1903	1909	1915	1920		
Romford Market St Edward's Way	1647	1653	1659	1705	1711			1829	1834	1840	1846	1852	1858	1903	1908	1914	1920	1925		
Romford Station	1651	1657	1703	1709	1715			1833	1838	1844	1850	1856	1902	1907	1912	1918	1924	1929		
Stratford Bus Station	1817	1823	1829	1836	1843	1850	1857	1904	1911	1918	1924	1932	1940	1948	1956	2005	2015	2025		
Forest Gate Police Station	1831	1837	1843	1850	1857	1904	1911	1918	1925	1932	1938	1946	1954	2002	2008	2017	2027	2037		
Manor Park Broadway	1838	1844	1850	1857	1903	1910	1917	1924	1931	1938	1944	1952	2000	2007	2013	2022	2032	2042		
Ilford Broadway Chapel Road	1853	1859	1905	1911	1917	1924	1931	1938	1945	1952	1958	2005	2012	2019	2025	2034	2044	2053		
Ilford High Road Hainault Street	1857	1903	1909	1915	1921	1928	1935	1942	1949	1956	2002	2009	2016	2023	2029	2038	2048	2057		
Seven Kings Station	1906	1912	1918	1924	1930	1937	1944	1951	1958	2004	2010	2017	2024	2031	2037	2046	2056	2104		
Chadwell Heath Sainsbury's	1919	1925	1931	1937	1943	1949	1956	2002	2008	2014	2020	2027	2034	2041	2047	2056	2105	2113		
Romford Stadium	1926	1932	1938	1944	1950	1956	2002	2008	2014	2020	2026	2033	2040	2047	2053	2102	2110	2118		
Romford Market St Edward's Way	1931	1937	1943	1949	1955	2001	2007	2013	2019	2025	2031	2038	2045	2052	2058	2106	2114	2122		
Romford Station	1935	1941	1947	1953	1959	2005	2011	2017	2023	2029	2035	2042	2049	2056	2102	2110	2118	2126		

86		Mondays to Fridays (school days) (cont.)																	
Stratford Bus Station	2035	2045	2055	2105	2115	2125	2135	2145	2155	2205	2215	2225	2235	2245	Then every 10 minutes until	2335	2345		
Forest Gate Police Station	2047	2057	2106	2116	2126	2136	2146	2156	2205	2215	2225	2235	2245	2255		2345	2355		
Manor Park Broadway	2052	2102	2111	2121	2131	2141	2151	2200	2209	2219	2229	2239	2249	2259		2349	2359		
Ilford Broadway Chapel Road	2102	2111	2120	2130	2140	2150	2200	2209	2218	2228	2238	2248	2258	2307		2357	0006		
Ilford High Road Hainault Street	2105	2114	2123	2133	2143	2153	2203	2212	2221	2231	2241	2251	2301	2310		0000	0009		
Seven Kings Station	2112	2121	2130	2140	2150	2200	2209	2218	2227	2237	2247	2257	2306	2315		0005	0014		
Chadwell Heath Sainsbury's	2121	2130	2139	2149	2159	2208	2217	2226	2235	2245	2255	2304	2313	2322		0012	0021		
Romford Stadium	2126	2135	2144	2154	2204	2213	2222	2231	2240	2250	2300	2309	2318	2327		0017	0026		
Romford Market St Edward's Way	2130	2139	2148	2158	2208	2217	2226	2235	2244	2254	2304	2313	2322	2331		0021	0030		
Romford Station	2134	2143	2152	2202	2212	2221	2230	2239	2248	2257	2307	2316	2325	2334	0024	0033			
Stratford Bus Station	2355	0005	0015	0025	0035	0045	0055												
Forest Gate Police Station	0004	0014	0024	0034	0044	0054	0103												
Manor Park Broadway	0008	0018	0028	0038	0048	0057	0106												
Ilford Broadway Chapel Road	0015	0025	0035	0045	0055	0104	0113												
Ilford High Road Hainault Street	0018	0028	0038	0048	0057	0106	0115												
Seven Kings Station	0023	0033	0043	0053	0102	0111	0120												
Chadwell Heath Sainsbury's	0030	0040	0050	0059	0108	0117	0126												
Romford Stadium	0035	0045	0055	0103	0112	0121	0130												
Romford Market St Edward's Way	0039	0049	0058	0106	0115	0124	0133												
Romford Station	0042	0052	0101	0109	0118	0127	0136												
86		Mondays to Fridays (school holidays)																	
Stratford Bus Station	0550	0600	0610	0620	0628	0636	0644	0652	0700	0706	0711	0717	0722	0727	0733	0738	0743	0747	
Forest Gate Police Station	0558	0608	0618	0628	0636	0644	0652	0700	0709	0715	0720	0726	0731	0736	0742	0747	0752	0756	
Manor Park Broadway	0601	0612	0622	0632	0640	0648	0656	0705	0714	0720	0725	0731	0736	0741	0747	0752	0757	0801	
Ilford Broadway Chapel Road	0608	0619	0629	0639	0647	0655	0703	0714	0723	0729	0734	0740	0745	0750	0756	0801	0806	0810	
Ilford High Road Hainault Street	0612	0623	0633	0643	0651	0659	0707	0718	0727	0733	0738	0744	0749	0754	0800	0805	0810	0814	
Seven Kings Station	0617	0628	0638	0648	0656	0704	0713	0724	0733	0739	0744	0750	0755	0800	0806	0811	0816	0820	
Chadwell Heath Sainsbury's	0625	0636	0646	0656	0704	0713	0723	0734	0743	0749	0754	0800	0805	0810	0816	0821	0826	0831	
Romford Stadium	0630	0641	0651	0701	0711	0721	0731	0741	0751	0756	0802	0808	0813	0818	0824	0829	0834	0839	
Romford Market St Edward's Way	0635	0646	0656	0706	0716	0726	0736	0746	0756	0801	0807	0813	0818	0823	0829	0834	0839	0844	
Romford Station	0639	0650	0700	0710	0720	0730	0740	0750	0800	0805	0811	0817	0822	0827	0833	0838	0843	0848	
Stratford Bus Station	0752	0758	0803	0809	0815	0821	Then every 6 minutes until	0903	0909	0915	0921	0927	0934	0941	Then every 6 minutes until	1005			
Forest Gate Police Station	0801	0807	0813	0819	0825	0830		0912	0918	0924	0930	0936	0943	0951		1015			
Manor Park Broadway	0807	0813	0819	0825	0831	0836		0918	0924	0930	0936	0942	0949	0956		1020			
Ilford Broadway Chapel Road	0816	0822	0828	0834	0840	0846		0928	0934	0940	0946	0952	0959	1006		1030			
Ilford High Road Hainault Street	0820	0826	0832	0838	0844	0850		0932	0938	0944	0950	0956	1003	1010		1034			
Seven Kings Station	0826	0832	0838	0844	0850	0856		0938	0945	0950	0957	1003	1010	1017		1041			
Chadwell Heath Sainsbury's	0836	0842	0848	0854	0900	0906		0948	0955	1001	1007	1013	1020	1027		1051			
Romford Stadium	0844	0850	0856	0902	0908	0914		0956	1002	1008	1014	1020	1027	1034		1058			
Romford Market St Edward's Way	0849	0855	0901	0907	0913	0919		1001	1007	1013	1019	1025	1032	1039		1103			
Romford Station	0853	0859	0905	0911	0917	0923	1005	1011	1017	1023	1029	1036	1043	1107					
Stratford Bus Station	1012	Then every 6 minutes until	1042	1047	Then every 6 minutes until	1141	1146	1152	1158	1203	1209	1215	1220	Then every 6 minutes until	1356				
Forest Gate Police Station	1023		1053	1058		1152	1157	1203	1209	1215	1221	1227	1232		1348				
Manor Park Broadway	1028		1058	1103		1157	1202	1208	1214	1220	1226	1232	1237		1343				
Ilford Broadway Chapel Road	1038		1108	1114		1208	1214	1220	1226	1232	1238	1244	1249		1345				
Ilford High Road Hainault Street	1042		1112	1118		1212	1218	1224	1230	1236	1242	1248	1253		1349				
Seven Kings Station	1049		1119	1125		1219	1225	1231	1237	1243	1249	1255	1300		1346				
Chadwell Heath Sainsbury's	1059		1129	1135		1229	1235	1241	1247	1253	1259	1305	1311		1347				
Romford Stadium	1105		1135	1141		1235	1241	1247	1253	1259	1305	1311	1317		1343				
Romford Market St Edward's Way	1110		1140	1146		1240	1246	1252	1258	1304	1310	1316	1322		1348				
Romford Station	1114	1144	1150	1244	1250	1256	1302	1308	1314	1320	1326	1352							
Stratford Bus Station	1402	1408	1413	1418	1423	1428	1433	1438	1443	1448	1453	1459	1504	1509	1514	1520	1526	1532	
Forest Gate Police Station	1414	1420	1425	1430	1435	1440	1445	1450	1455	1500	1505	1511	1517	1523	1528	1534	1540	1546	
Manor Park Broadway	1419	1425	1430	1435	1440	1445	1450	1455	1500	1506	1511	1517	1523	1529	1534	1540	1546	1552	
Ilford Broadway Chapel Road	1431	1437	1442	1447	1452	1457	1502	1507	1513	1519	1525	1531	1537	1543	1548	1554	1600	1606	
Ilford High Road Hainault Street	1435	1441	1446	1451	1456	1501	1506	1511	1517	1523	1529	1535	1541	1547	1552	1558	1604	1610	
Seven Kings Station	1442	1448	1453	1458	1503	1508	1514	1520	1526	1532	1538	1544	1550	1556	1601	1607	1613	1619	
Chadwell Heath Sainsbury's	1453	1459	1504	1509	1515	1521	1527	1533	1539	1545	1551	1557	1603	1609	1615	1621	1627	1633	
Romford Stadium	1459	1505	1511	1517	1523	1529	1535	1541	1547	1553	1559	1605	1611	1617	1623	1629	1635	1641	
Romford Market St Edward's Way	1505	1511	1517	1523	1529	1535	1541	1547	1553	1559	1605	1611	1617	1623	1629	1635	1641	1647	
Romford Station	1509	1515	1521	1527	1533	1539	1545	1551	1557	1603	1609	1615	1621	1627	1633	1639	1645	1651	

86		Mondays to Fridays (school holidays)																
Stratford Bus Station	1538	1543	1549	1555		1713	1718	1724	1730	1736	1742	1747	1753	1759	1805	1811	1817	
Forest Gate Police Station	1552	1557	1603	1609		1727	1732	1738	1744	1750	1756	1801	1807	1813	1819	1825	1831	
Manor Park Broadway	1558	1603	1609	1616		1734	1739	1745	1751	1757	1803	1808	1814	1820	1826	1832	1838	
Ilford Broadway Chapel Road	1612	1618	1624	1631	Then every 6 minutes until	1749	1754	1800	1806	1812	1818	1823	1829	1835	1841	1847	1853	
Ilford High Road Hainault Street	1616	1622	1628	1635		1753	1758	1804	1810	1816	1822	1827	1833	1839	1845	1851	1857	
Seven Kings Station	1625	1631	1637	1644		1802	1807	1813	1819	1825	1831	1836	1842	1848	1854	1900	1906	
Chadwell Heath Sainsbury's	1639	1645	1651	1658		1816	1821	1827	1833	1839	1845	1850	1856	1902	1908	1913	1919	
Romford Stadium	1647	1653	1659	1705		1823	1828	1834	1840	1846	1852	1857	1903	1909	1915	1920	1926	
Romford Market St Edward's Way	1653	1659	1705	1711		1829	1834	1840	1846	1852	1858	1903	1908	1914	1920	1925	1931	
Romford Station	1657	1703	1709	1715		1833	1838	1844	1850	1856	1902	1907	1912	1918	1924	1929	1935	
Stratford Bus Station	1823	1829	1836	1843	1850	1857	1904	1911	1918	1924	1932	1940	1948	1956	2005	2015	2025	2035
Forest Gate Police Station	1837	1843	1850	1857	1904	1911	1918	1925	1932	1938	1946	1954	2002	2008	2017	2027	2037	2047
Manor Park Broadway	1844	1850	1857	1903	1910	1917	1924	1931	1938	1944	1952	2000	2007	2013	2022	2032	2042	2052
Ilford Broadway Chapel Road	1859	1905	1911	1917	1924	1931	1938	1945	1952	1958	2005	2012	2019	2025	2034	2044	2053	2102
Ilford High Road Hainault Street	1903	1909	1915	1921	1928	1935	1942	1949	1956	2002	2009	2016	2023	2029	2038	2048	2057	2105
Seven Kings Station	1912	1918	1924	1930	1937	1944	1951	1958	2004	2010	2017	2024	2031	2037	2046	2056	2104	2112
Chadwell Heath Sainsbury's	1925	1931	1937	1943	1949	1956	2002	2008	2014	2020	2027	2034	2041	2047	2056	2105	2113	2121
Romford Stadium	1932	1938	1944	1950	1956	2002	2008	2014	2020	2026	2033	2040	2047	2053	2102	2110	2118	2126
Romford Market St Edward's Way	1937	1943	1949	1955	2001	2007	2013	2019	2025	2031	2038	2045	2052	2058	2106	2114	2122	2130
Romford Station	1941	1947	1953	1959	2005	2011	2017	2023	2029	2035	2042	2049	2056	2102	2110	2118	2126	2134
Stratford Bus Station	2045	2055	2105	2115	2125	2135	2145	2155	2205	2215	2225	2235	2245	Then every 10 minutes until	2335	2345	2355	
Forest Gate Police Station	2057	2106	2116	2126	2136	2146	2156	2205	2215	2225	2235	2245	2255		2345	2355	0004	
Manor Park Broadway	2102	2111	2121	2131	2141	2151	2200	2209	2219	2229	2239	2249	2259		2349	2359	0008	
Ilford Broadway Chapel Road	2111	2120	2130	2140	2150	2200	2209	2218	2228	2238	2248	2258	2307		2357	0006	0015	
Ilford High Road Hainault Street	2114	2123	2133	2143	2153	2203	2212	2221	2231	2241	2251	2301	2310		0000	0009	0018	
Seven Kings Station	2121	2130	2140	2150	2200	2209	2218	2227	2237	2247	2257	2306	2315		0005	0014	0023	
Chadwell Heath Sainsbury's	2130	2139	2149	2159	2208	2217	2226	2235	2245	2255	2304	2313	2322		0012	0021	0030	
Romford Stadium	2135	2144	2154	2204	2213	2222	2231	2240	2250	2300	2309	2318	2327	0017	0026	0035		
Romford Market St Edward's Way	2139	2148	2158	2208	2217	2226	2235	2244	2254	2304	2313	2322	2331	0021	0030	0039		
Romford Station	2143	2152	2202	2212	2221	2230	2239	2248	2257	2307	2316	2325	2334	0024	0033	0042		
Stratford Bus Station	0005	0015	0025	0035	0045	0055												
Forest Gate Police Station	0014	0024	0034	0044	0054	0103												
Manor Park Broadway	0018	0028	0038	0048	0057	0106												
Ilford Broadway Chapel Road	0025	0035	0045	0055	0104	0113												
Ilford High Road Hainault Street	0028	0038	0048	0057	0106	0115												
Seven Kings Station	0033	0043	0053	0102	0111	0120												
Chadwell Heath Sainsbury's	0040	0050	0059	0108	0117	0126												
Romford Stadium	0045	0055	0103	0112	0121	0130												
Romford Market St Edward's Way	0049	0058	0106	0115	0124	0133												
Romford Station	0052	0101	0109	0118	0127	0136												
86		Saturdays (also Good Friday)																
Stratford Bus Station	0550	0605	0620	0635	0645	0655	0705	0715	0725	0735	0745	0753	0801	0809	0817	0823	0829	0835
Forest Gate Police Station	0558	0613	0628	0643	0653	0703	0714	0724	0734	0744	0754	0802	0810	0818	0826	0832	0838	0844
Manor Park Broadway	0601	0616	0631	0646	0656	0707	0718	0728	0738	0748	0758	0806	0814	0822	0830	0836	0842	0848
Ilford Broadway Chapel Road	0608	0623	0638	0653	0703	0714	0725	0735	0745	0755	0805	0814	0822	0830	0838	0844	0850	0856
Ilford High Road Hainault Street	0611	0626	0641	0656	0706	0717	0728	0738	0748	0758	0808	0817	0825	0833	0841	0847	0853	0859
Seven Kings Station	0616	0631	0646	0701	0711	0722	0733	0743	0753	0803	0813	0822	0830	0838	0846	0852	0858	0904
Chadwell Heath Sainsbury's	0622	0637	0652	0708	0718	0729	0740	0750	0800	0811	0821	0830	0838	0846	0854	0900	0906	0912
Romford Stadium	0626	0641	0656	0713	0723	0734	0745	0755	0805	0816	0826	0835	0843	0851	0859	0906	0912	0918
Romford Market St Edward's Way	0630	0645	0701	0718	0728	0739	0750	0800	0810	0821	0831	0840	0848	0856	0904	0911	0917	0923
Romford Station	0634	0649	0705	0722	0732	0743	0754	0804	0814	0825	0835	0844	0852	0900	0908	0915	0921	0927
Stratford Bus Station	0840	0846	0852	0858	0903	0909	0915	0921	0927	0932	0937	0941	0946	Then every 6 minutes until	1016	1022	1028	
Forest Gate Police Station	0849	0855	0901	0907	0913	0919	0925	0931	0937	0942	0947	0951	0956		1026	1032	1038	
Manor Park Broadway	0853	0859	0905	0911	0917	0923	0929	0935	0941	0946	0951	0955	1000		1030	1036	1042	
Ilford Broadway Chapel Road	0901	0907	0913	0919	0925	0931	0937	0943	0949	0954	0959	1003	1009		1039	1045	1051	
Ilford High Road Hainault Street	0904	0910	0916	0922	0928	0934	0940	0946	0952	0957	1002	1007	1013		1043	1049	1055	
Seven Kings Station	0910	0916	0922	0928	0934	0940	0946	0952	0958	1003	1008	1014	1020		1050	1056	1102	
Chadwell Heath Sainsbury's	0918	0924	0930	0936	0942	0948	0954	1000	1006	1012	1018	1024	1030		1100	1106	1113	
Romford Stadium	0924	0930	0936	0942	0948	0954	1000	1006	1012	1018	1024	1030	1036	1106	1113	1120		
Romford Market St Edward's Way	0929	0935	0941	0947	0953	0959	1005	1011	1017	1023	1029	1035	1041	1111	1118	1125		
Romford Station	0933	0939	0945	0951	0957	1003	1009	1015	1021	1027	1033	1039	1045	1115	1122	1129		

86		Saturdays (also Good Friday) (cont.)															
Stratford Bus Station	1034	1040	1046	1052	1058	1104	1110	1116	1122	1128	1134	1140	1146	1152	Then every 6 minutes until	1240	1246
Forest Gate Police Station	1044	1050	1056	1102	1109	1115	1122	1128	1134	1140	1146	1152	1158	1204		1252	1258
Manor Park Broadway	1048	1054	1100	1107	1114	1120	1127	1133	1139	1145	1151	1157	1203	1209		1257	1303
Ilford Broadway Chapel Road	1057	1103	1110	1117	1124	1130	1137	1143	1149	1155	1201	1207	1214	1221		1309	1316
Ilford High Road Hainault Street	1101	1107	1114	1121	1128	1134	1141	1147	1153	1159	1205	1211	1218	1225		1313	1320
Seven Kings Station	1108	1114	1121	1128	1135	1141	1148	1154	1200	1206	1213	1219	1226	1233		1321	1328
Chadwell Heath Sainsbury's	1120	1126	1133	1140	1147	1153	1200	1206	1213	1219	1226	1232	1239	1246		1334	1341
Romford Stadium	1127	1133	1140	1147	1154	1200	1207	1213	1220	1226	1233	1239	1246	1253		1341	1348
Romford Market St Edward's Way	1132	1139	1146	1153	1200	1206	1213	1219	1226	1232	1239	1245	1252	1259	1347	1354	
Romford Station	1136	1143	1150	1157	1204	1211	1218	1224	1231	1237	1244	1250	1257	1304	1352	1358	
Stratford Bus Station	1252	Then every 6 minutes until	1346	1352	1358	Then every 6 minutes until	1546	1552	1558	1604	1610	Then every 6 minutes until	1640	1646	1652		
Forest Gate Police Station	1304		1358	1404	1411		1559	1605	1611	1617	1623		1653	1659	1705		
Manor Park Broadway	1309		1403	1409	1416		1604	1611	1617	1623	1629		1659	1705	1712		
Ilford Broadway Chapel Road	1322		1416	1423	1430		1618	1624	1630	1636	1642		1712	1719	1726		
Ilford High Road Hainault Street	1326		1420	1427	1434		1622	1628	1634	1640	1646		1716	1723	1730		
Seven Kings Station	1334		1428	1435	1442		1630	1636	1642	1648	1654		1724	1731	1738		
Chadwell Heath Sainsbury's	1347		1441	1448	1455		1643	1649	1655	1701	1706		1736	1743	1750		
Romford Stadium	1354		1448	1455	1501		1649	1655	1701	1707	1712		1742	1749	1756		
Romford Market St Edward's Way	1400	1454	1500	1506	1654	1700	1706	1712	1717	1747	1754	1801					
Romford Station	1404	1458	1504	1510	1658	1704	1710	1716	1721	1751	1758	1805					
Stratford Bus Station	1658	1704	1710	Then every 6 minutes until	1804	1810	Then every 6 minutes until	1904	1912	1920	1928	1936	1944	1952	2000	2010	
Forest Gate Police Station	1711	1717	1723		1817	1823		1917	1925	1933	1941	1949	1957	2005	2013	2022	
Manor Park Broadway	1718	1724	1730		1824	1830		1924	1932	1940	1948	1956	2002	2010	2018	2027	
Ilford Broadway Chapel Road	1732	1738	1744		1838	1844		1938	1946	1954	2002	2008	2014	2022	2030	2039	
Ilford High Road Hainault Street	1736	1742	1748		1842	1848		1942	1950	1958	2006	2012	2018	2026	2034	2043	
Seven Kings Station	1744	1750	1756		1850	1856		1950	1958	2006	2014	2020	2026	2034	2042	2051	
Chadwell Heath Sainsbury's	1756	1802	1807		1901	1906		2000	2008	2015	2023	2029	2035	2043	2051	2059	
Romford Stadium	1802	1808	1813		1907	1912		2006	2013	2020	2028	2034	2040	2048	2056	2104	
Romford Market St Edward's Way	1807	1813	1818	1912	1917	2011	2017	2024	2032	2038	2044	2052	2100	2108			
Romford Station	1811	1817	1822	1916	1921	2015	2021	2028	2036	2042	2048	2056	2104	2112			
Stratford Bus Station	2020	2030	2040	2050	2100	2110	2120	2130	2140	Then every 10 minutes until	2230	2240	2250	2300	2310	2320	2330
Forest Gate Police Station	2032	2042	2052	2102	2111	2121	2131	2141	2151		2241	2251	2301	2311	2321	2331	2341
Manor Park Broadway	2037	2047	2057	2107	2116	2126	2136	2146	2156		2246	2255	2305	2315	2325	2335	2345
Ilford Broadway Chapel Road	2049	2058	2107	2117	2126	2136	2146	2156	2205		2255	2304	2314	2324	2334	2344	2354
Ilford High Road Hainault Street	2053	2101	2110	2120	2129	2139	2149	2159	2208		2258	2307	2317	2327	2337	2347	2357
Seven Kings Station	2100	2108	2117	2127	2136	2146	2156	2205	2214		2304	2313	2323	2333	2343	2353	0002
Chadwell Heath Sainsbury's	2108	2116	2125	2135	2144	2154	2204	2213	2222		2312	2321	2331	2341	2351	0000	0009
Romford Stadium	2113	2121	2130	2140	2149	2159	2209	2218	2227		2317	2326	2336	2346	2355	0004	0013
Romford Market St Edward's Way	2117	2125	2134	2144	2153	2203	2213	2222	2231	2321	2330	2340	2350	2359	0008	0017	
Romford Station	2121	2129	2138	2148	2157	2207	2217	2226	2235	2325	2334	2344	2354	0003	0012	0021	
Stratford Bus Station	2340	2350	0000	0010	0020	0030	0040	0050									
Forest Gate Police Station	2351	0001	0010	0020	0030	0040	0050	0059									
Manor Park Broadway	2355	0005	0014	0024	0034	0044	0054	0102									
Ilford Broadway Chapel Road	0003	0013	0022	0032	0042	0052	0101	0109									
Ilford High Road Hainault Street	0006	0016	0025	0035	0045	0055	0104	0112									
Seven Kings Station	0011	0021	0030	0040	0050	0100	0109	0117									
Chadwell Heath Sainsbury's	0018	0028	0037	0047	0057	0106	0115	0123									
Romford Stadium	0022	0032	0041	0051	0101	0110	0119	0127									
Romford Market St Edward's Way	0026	0036	0045	0055	0104	0113	0122	0130									
Romford Station	0030	0040	0049	0058	0107	0116	0125	0133									

86	Sundays and other Public Holidays (except Christmas Day)																		
Stratford Bus Station	0550	0604	0619	0634	0648	0702	0717	0732	0747	0802	0812	0822	0832	0842	0852	0902	0912	0922	
Forest Gate Police Station	0558	0613	0628	0643	0657	0711	0726	0741	0756	0811	0821	0831	0841	0851	0901	0911	0921	0931	
Manor Park Broadway	0601	0616	0631	0646	0700	0714	0729	0744	0759	0814	0824	0834	0844	0854	0905	0915	0925	0935	
Ilford Broadway Chapel Road	0608	0623	0638	0653	0708	0722	0737	0752	0807	0822	0832	0842	0852	0902	0913	0923	0933	0943	
Ilford High Road Hainault Street	0611	0626	0641	0656	0711	0725	0740	0755	0810	0825	0835	0845	0855	0905	0916	0926	0936	0946	
Seven Kings Station	0617	0632	0647	0702	0717	0731	0746	0801	0816	0831	0841	0851	0901	0911	0922	0932	0942	0952	
Chadwell Heath Sainsbury's	0623	0638	0653	0709	0724	0738	0753	0808	0823	0838	0848	0858	0908	0918	0929	0939	0949	0959	
Romford Stadium	0627	0642	0657	0713	0728	0742	0757	0812	0827	0842	0852	0902	0913	0923	0934	0944	0954	1004	
Romford Market St Edward's Way	0631	0646	0701	0717	0732	0746	0801	0816	0831	0846	0856	0906	0917	0927	0938	0948	0958	1009	
Romford Station	0635	0650	0705	0721	0736	0750	0805	0820	0835	0850	0900	0910	0921	0931	0942	0952	1002	1013	
Stratford Bus Station	0931	0939	0948	0958	1007	1017	1026	1035	1044	1053	1102	1112	1122	1132	1142	1152	1201	1211	
Forest Gate Police Station	0940	0948	0957	1007	1017	1027	1036	1045	1054	1103	1113	1123	1133	1143	1153	1203	1213	1223	
Manor Park Broadway	0944	0952	1001	1011	1021	1031	1040	1049	1058	1108	1118	1128	1138	1148	1158	1208	1218	1228	
Ilford Broadway Chapel Road	0952	1000	1010	1020	1030	1040	1049	1058	1107	1118	1129	1139	1149	1159	1209	1220	1230	1240	
Ilford High Road Hainault Street	0955	1003	1013	1023	1033	1043	1052	1101	1110	1122	1133	1143	1153	1203	1213	1224	1234	1244	
Seven Kings Station	1001	1010	1020	1030	1040	1050	1059	1109	1118	1130	1141	1151	1201	1212	1222	1233	1243	1253	
Chadwell Heath Sainsbury's	1009	1019	1029	1039	1049	1059	1109	1119	1129	1141	1152	1202	1213	1224	1234	1245	1255	1305	
Romford Stadium	1015	1025	1035	1045	1055	1105	1115	1125	1135	1147	1158	1208	1219	1230	1240	1251	1301	1311	
Romford Market St Edward's Way	1020	1030	1040	1050	1100	1110	1120	1130	1140	1152	1203	1214	1225	1236	1246	1257	1307	1317	
Romford Station	1024	1034	1044	1054	1104	1114	1124	1134	1144	1156	1207	1218	1229	1240	1250	1301	1311	1321	
Stratford Bus Station	1221	1231	1241	1251				1351	1401			1501	1511	1521	1531	1541	1551	1601	1611
Forest Gate Police Station	1233	1243	1253	1303				1403	1414			1514	1524	1534	1544	1554	1604	1614	1624
Manor Park Broadway	1238	1248	1258	1309				1409	1420			1520	1530	1540	1550	1600	1610	1620	1630
Ilford Broadway Chapel Road	1250	1300	1310	1321	Then			1421	1432	Then		1532	1542	1552	1602	1612	1622	1632	1642
Ilford High Road Hainault Street	1254	1304	1314	1325	every 10			1425	1436	every 10		1536	1546	1556	1606	1616	1626	1636	1646
Seven Kings Station	1303	1313	1323	1334	minutes			1434	1445	minutes		1545	1555	1604	1614	1624	1634	1644	1654
Chadwell Heath Sainsbury's	1315	1325	1335	1346	until			1446	1457	until		1557	1606	1615	1625	1635	1645	1655	1704
Romford Stadium	1321	1331	1341	1352				1452	1503			1603	1612	1621	1631	1641	1651	1700	1709
Romford Market St Edward's Way	1327	1337	1347	1357				1457	1508			1608	1617	1626	1636	1646	1656	1705	1714
Romford Station	1331	1341	1351	1401				1501	1512			1612	1621	1630	1640	1650	1700	1709	1718
Stratford Bus Station	1621	1631	1641	1651	1701	1711				1851	1901	1911	1921	1931	1941	1951	2001	2011	2021
Forest Gate Police Station	1634	1644	1654	1704	1714	1724				1904	1914	1924	1934	1944	1954	2003	2013	2023	2033
Manor Park Broadway	1640	1650	1700	1710	1720	1730				1910	1920	1930	1940	1950	2000	2009	2019	2029	2039
Ilford Broadway Chapel Road	1652	1701	1711	1721	1731	1741			Then	1921	1931	1941	1951	2001	2010	2019	2029	2039	2049
Ilford High Road Hainault Street	1656	1705	1715	1725	1735	1745			every 10	1925	1935	1945	1954	2004	2013	2022	2032	2042	2052
Seven Kings Station	1703	1712	1722	1732	1742	1752			minutes	1932	1942	1952	2001	2011	2020	2029	2039	2049	2058
Chadwell Heath Sainsbury's	1713	1722	1732	1742	1752	1801			until	1941	1951	2000	2009	2019	2028	2037	2047	2057	2106
Romford Stadium	1718	1727	1737	1747	1757	1806				1946	1956	2005	2014	2024	2033	2042	2052	2102	2111
Romford Market St Edward's Way	1723	1732	1742	1752	1802	1811				1951	2000	2009	2018	2028	2037	2046	2056	2106	2115
Romford Station	1727	1736	1746	1756	1806	1815				1955	2004	2013	2022	2032	2041	2050	2100	2110	2119
Stratford Bus Station	2031	2041	2051	2101	2111	2121	2131	2141	2151	2201	2211	2221	2231	2241	2251	2301	2311	2321	2331
Forest Gate Police Station	2043	2053	2102	2112	2122	2132	2142	2152	2201	2211	2221	2231	2241	2251	2301	2311	2321	2331	2341
Manor Park Broadway	2049	2058	2107	2117	2127	2137	2147	2157	2206	2216	2226	2236	2246	2256	2305	2315	2325	2335	2345
Ilford Broadway Chapel Road	2059	2108	2117	2127	2137	2147	2157	2206	2215	2225	2235	2245	2255	2304	2313	2323	2333	2343	2353
Ilford High Road Hainault Street	2102	2111	2120	2130	2140	2150	2200	2209	2218	2228	2238	2248	2258	2307	2316	2326	2336	2346	2356
Seven Kings Station	2108	2117	2126	2136	2146	2156	2205	2214	2223	2233	2243	2253	2303	2312	2321	2331	2341	2351	2361
Chadwell Heath Sainsbury's	2116	2125	2134	2144	2154	2203	2212	2221	2230	2240	2250	2300	2310	2319	2328	2338	2348	2358	2368
Romford Stadium	2121	2130	2139	2149	2158	2207	2216	2225	2234	2244	2254	2304	2314	2323	2332	2342	2352	0002	0012
Romford Market St Edward's Way	2125	2134	2143	2153	2202	2211	2220	2229	2238	2248	2258	2308	2318	2327	2336	2346	2356	0006	0016
Romford Station	2129	2138	2147	2157	2206	2215	2224	2233	2242	2252	2302	2312	2322	2331	2340	2350	0000	0010	0020
Stratford Bus Station	2331	2341	2351	0000	0010	0020	0030	0040	0050										
Forest Gate Police Station	2341	2351	0001	0010	0020	0030	0040	0050	0100										
Manor Park Broadway	2345	2355	0005	0014	0024	0034	0044	0054	0104										
Ilford Broadway Chapel Road	2353	0002	0012	0021	0031	0041	0051	0101	0111										
Ilford High Road Hainault Street	2356	0005	0015	0024	0034	0044	0054	0104	0114										
Seven Kings Station	0001	0010	0020	0029	0039	0049	0059	0109	0119										
Chadwell Heath Sainsbury's	0008	0017	0027	0036	0046	0056	0105	0115	0125										
Romford Stadium	0012	0021	0031	0040	0050	0100	0109	0119	0129										
Romford Market St Edward's Way	0016	0025	0035	0044	0054	0104	0113	0123	0133										
Romford Station	0020	0029	0039	0048	0058	0108	0117	0127	0137										