

86

Romford – Ilford – Stratford

86		Mondays to Fridays																	
Romford Station	0525	0535	0545	0555	0603	0611	0618	0625	0632		1900		1956	2006	2016	2026			
Romford Market St. Edward's Way	0527	0537	0547	0557	0605	0614	0621	0628	0635		1903		1959	2009	2019	2029			
Romford Stadium	0531	0541	0551	0601	0610	0619	0626	0633	0640		1908	Then	2004	2014	2024	2034			
Chadwell Heath Sainsbury's	0535	0545	0555	0605	0615	0624	0631	0638	0645	Then	1914	about	2009	2019	2029	2039			
Seven Kings Station	0542	0552	0602	0613	0623	0632	0639	0646	0653	about	1924	every 6	2018	2028	2038	2048			
Ilford Broadway High Road	0551	0601	0611	0622	0632	0641	0648	0655	0702	minutes	1935	minutes	2028	2038	2048	2058			
Manor Park Broadway	0557	0607	0618	0629	0639	0648	0655	0703	0712	until	1945	until	2037	2047	2057	2107			
Forest Gate Police Station	0601	0612	0623	0634	0644	0653	0701	0709	0718		1951		2043	2053	2103	2112			
Stratford Bus Station	0610	0621	0632	0643	0653	0702	0711	0720	0729		2001		2052	2102	2112	2121			
Romford Station	2036				2126	2136	2146	2156	2206	2216	2226	2236	2247	2257			2357	0007	0017
Romford Market St. Edward's Way	2039				2129	2139	2149	2159	2209	2219	2229	2239	2250	2259			2359	0009	0019
Romford Stadium	2044	Then			2134	2144	2154	2204	2213	2223	2233	2243	2254	2303	Then		0003	0013	0023
Chadwell Heath Sainsbury's	2049	every 10			2139	2149	2159	2209	2218	2228	2238	2248	2259	2308	every 10		0008	0017	0027
Seven Kings Station	2058	minutes			2148	2158	2208	2217	2226	2236	2246	2256	2307	2316	minutes		0016	0025	0035
Ilford Broadway High Road	2108	until			2158	2208	2217	2226	2235	2245	2255	2305	2316	2325	until		0025	0034	0044
Manor Park Broadway	2117				2207	2216	2225	2234	2243	2253	2303	2312	2323	2332			0032	0041	0051
Forest Gate Police Station	2122				2212	2221	2230	2239	2248	2258	2308	2317	2328	2337			0037	0046	0056
Stratford Bus Station	2131				2221	2230	2239	2248	2257	2307	2316	2325	2336	2345			0045	0054	0104
86		Saturdays (also Good Friday)																	
Romford Station	0525	0540	0555	0605	0615	0625	0634	0643	0651	0700		0740	0748	0756	0803		1835	1843	
Romford Market St. Edward's Way	0528	0543	0558	0608	0618	0628	0637	0646	0654	0703		0743	0751	0759	0806	Then	1839	1847	
Romford Stadium	0532	0547	0602	0612	0622	0632	0641	0650	0658	0707	Then	0747	0755	0803	0810	about	1844	1852	
Chadwell Heath Sainsbury's	0536	0551	0606	0616	0626	0636	0645	0654	0702	0712	every	0752	0800	0808	0815	every	1850	1858	
Seven Kings Station	0543	0558	0613	0623	0633	0643	0652	0701	0709	0719	10	0759	0807	0815	0822	6	1859	1907	
Ilford Broadway High Road	0549	0604	0619	0629	0639	0649	0658	0707	0716	0726	mins.	0806	0814	0822	0829	mins.	1908	1915	
Manor Park Broadway	0555	0610	0625	0635	0645	0655	0705	0715	0725	0735	until	0815	0823	0831	0839	until	1918	1924	
Forest Gate Police Station	0558	0613	0628	0638	0648	0658	0708	0719	0729	0739		0819	0827	0835	0843		1923	1929	
Stratford Bus Station	0605	0620	0635	0645	0655	0705	0716	0727	0738	0748		0828	0836	0844	0852		1932	1938	
Romford Station	1851	1859	1907	1916		2216	2226	2236	2247	2257	2307	2317	2327	2337	2347	2357	0007	0017	
Romford Market St. Edward's Way	1855	1903	1911	1920		2220	2230	2240	2251	2301	2311	2321	2331	2341	2351	0001	0010	0020	
Romford Stadium	1900	1908	1916	1925	Then	2225	2235	2245	2256	2306	2316	2326	2336	2346	2355	0005	0014	0024	
Chadwell Heath Sainsbury's	1906	1914	1922	1931	every	2231	2241	2251	2301	2311	2321	2331	2341	2351	0000	0010	0018	0028	
Seven Kings Station	1914	1921	1929	1938	10	2238	2248	2258	2308	2318	2328	2338	2348	2358	0007	0016	0024	0034	
Ilford Broadway High Road	1922	1929	1937	1946	mins.	2246	2256	2306	2315	2325	2335	2345	2355	0005	0014	0023	0031	0041	
Manor Park Broadway	1930	1937	1945	1954	until	2254	2304	2314	2323	2333	2343	2352	0002	0012	0021	0030	0038	0048	
Forest Gate Police Station	1935	1942	1950	1959		2259	2309	2318	2327	2337	2347	2356	0006	0016	0025	0034	0042	0052	
Stratford Bus Station	1944	1951	1959	2008		2308	2317	2326	2335	2345	2355	0004	0014	0024	0033	0042	0050	0100	
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	Then			0802	0810	0818	0827	Then		0927	0937	0947	0956	1005	1015	1024	1033	1042
Chadwell Heath Sainsbury's	0536	every 15			0806	0814	0822	0831	every 10		0931	0941	0951	1000	1010	1020	1029	1038	1047
Seven Kings Station	0543	minutes			0813	0821	0829	0838	minutes		0938	0948	0958	1007	1017	1027	1036	1045	1054
Ilford Broadway High Road	0549	until			0819	0827	0836	0846	until		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	Then	1549	1559	1609	1619	1629	Then				1859	1911	1925	Then	2225
Chadwell Heath Sainsbury's	1056	1105	1115	1125	every 10	1555	1605	1615	1625	1635	every 10				1905	1917	1931	every	2231
Seven Kings Station	1104	1114	1124	1134	minutes	1604	1614	1624	1634	1643	minutes				1913	1925	1938	10	2238
Ilford Broadway High Road	1113	1123	1133	1143	until	1613	1623	1633	1643	1652	until				1922	1934	1946	mins.	2246
Manor Park Broadway	1125	1135	1145	1155		1625	1635	1645	1654	1703					1933	1943	1954	until	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							
Seven Kings Station	2248	2258	2308	2318	2328	2338	2348	2358	0007	0016	0024	0034							
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			1845			2000	2010	2020	2030			
Forest Gate Police Station	0559	0609	0619	0628	0636	0644	0652	0659	0706			1859			2012	2022	2032	2042			
Manor Park Broadway	0602	0612	0622	0631	0639	0647	0655	0702	0710			1905	Then		2017	2027	2037	2047			
Ilford Broadway Chapel Road	0609	0619	0629	0638	0646	0654	0702	0710	0718			1918	Then		2026	2036	2046	2056			
Seven Kings Station	0617	0627	0637	0646	0654	0702	0711	0719	0727			1930	about		2037	2047	2057	2106			
Chadwell Heath Sainsbury's	0624	0634	0644	0653	0701	0710	0719	0727	0735			1939	every 6		2045	2055	2105	2114			
Romford Stadium	0629	0639	0649	0659	0708	0717	0726	0734	0742			1945	minutes		2050	2100	2110	2119			
Romford Market St. Edward's Way	0634	0644	0654	0704	0713	0722	0731	0739	0747			1950	until		2054	2104	2114	2123			
Romford Station	0638	0648	0658	0708	0717	0726	0735	0743	0751			1954			2058	2108	2118	2127			
Stratford Bus Station	2040	2050	2100	2110	2120	2130	2139	2149				2249	Then		2300	2310	2320	2330			
Forest Gate Police Station	2052	2102	2111	2121	2131	2141	2150	2200				2300	every 10		2310	2320	2331	2341			
Manor Park Broadway	2057	2106	2115	2125	2135	2145	2154	2204				2304	minutes		2314	2324	2335	2345			
Ilford Broadway Chapel Road	2106	2115	2124	2134	2144	2154	2203	2212				2312	until		2322	2332	2343	2353			
Seven Kings Station	2116	2125	2134	2144	2153	2203	2211	2220				2320			2330	2340	2351	0001			
Chadwell Heath Sainsbury's	2124	2133	2142	2152	2201	2210	2218	2227				2327	every 10		2337	2347	2358	0008			
Romford Stadium	2129	2138	2147	2157	2206	2215	2223	2232				2332	minutes		2342	2352	0003	0013			
Romford Market St. Edward's Way	2133	2142	2151	2201	2210	2219	2227	2236				2336	until		2346	2356	0007	0017			
Romford Station	2137	2146	2155	2205	2214	2223	2231	2240				2340			2350	0000	0010	0020			
a		Saturdays (also Good Friday)																			
Stratford Bus Station	0550	0605	0620	0635	0646	0656						0746	0754	0802	0810	0818					
Forest Gate Police Station	0558	0613	0628	0643	0654	0705						0755	0803	0811	0819	0827					
Manor Park Broadway	0601	0616	0631	0646	0657	0708						0758	0806	0814	0822	0830					
Ilford Broadway Chapel Road	0607	0622	0637	0652	0703	0714						0804	0812	0820	0828	0836					
Seven Kings Station	0614	0629	0644	0659	0711	0722						0812	0820	0829	0839	0847					
Chadwell Heath Sainsbury's	0621	0636	0651	0706	0718	0729						0819	0828	0838	0848	0856					
Romford Stadium	0626	0641	0656	0711	0723	0734						0824	0834	0844	0854	0902					
Romford Market St. Edward's Way	0630	0645	0700	0715	0728	0739						0829	0839	0849	0859	0907					
Romford Station	0634	0649	0704	0719	0732	0743						0833	0843	0853	0903	0911					
Stratford Bus Station	2010			2210	2220							2320	2330	2341	2352	0002	0012				
Forest Gate Police Station	2021			2221	2231							2331	2341	2351	0001	0010	0020				
Manor Park Broadway	2026	Then		2226	2236							2336	2346	2356	0006	0015	0024				
Ilford Broadway Chapel Road	2032	every 10		2232	2242							2342	2352	0002	0012	0021	0030				
Seven Kings Station	2039	minutes		2239	2249							2349	2359	0009	0019	0028	0037				
Chadwell Heath Sainsbury's	2047	until		2247	2257							2357	0006	0016	0026	0035	0044				
Romford Stadium	2052			2252	2301							0001	0010	0020	0030	0039	0048				
Romford Market St. Edward's Way	2056			2256	2305							0005	0014	0024	0034	0043	0052				
Romford Station	2100			2300	2309							0009	0018	0028	0038	0047	0056				
86		Sundays and other Public Holidays (except Christmas Day)																			
Stratford Bus Station	0548			0803	0815	0825	0835					0915	0924	0933	0941	0949	0957	1005			
Forest Gate Police Station	0556			0811	0823	0834	0845					0925	0934	0943	0951	0959	1007	1015			
Manor Park Broadway	0559	Then		0814	0826	0838	0849	Then				0929	0938	0947	0955	1003	1011	1020			
Ilford Broadway Chapel Road	0605	every		0820	0832	0844	0855	every				0935	0944	0953	1001	1009	1018	1028			
Seven Kings Station	0612	15		0827	0840	0852	0903	10				0943	0952	1001	1009	1019	1029	1039			
Chadwell Heath Sainsbury's	0619	mins.		0834	0847	0859	0910	mins.				0950	0959	1008	1018	1028	1038	1048			
Romford Stadium	0624	until		0839	0852	0904	0915	until				0955	1005	1015	1025	1035	1045	1055			
Romford Market St. Edward's Way	0628			0843	0856	0908	0919					0959	1010	1020	1030	1040	1050	1100			
Romford Station	0632			0847	0900	0912	0923					1003	1014	1024	1034	1044	1054	1104			
Stratford Bus Station	1049	1057	1105		1525	1535	1545	1555	1605	1615	1625	1635	1644	1653	1702			1832			
Forest Gate Police Station	1059	1109	1119		1539	1549	1559	1609	1619	1629	1639	1649	1658	1707	1716			1846			
Manor Park Broadway	1104	1114	1124	Then	1544	1554	1604	1614	1624	1634	1644	1654	1703	1712	1721	Then		1851			
Ilford Broadway Chapel Road	1116	1126	1136	every	1556	1606	1616	1626	1636	1645	1654	1703	1712	1721	1730	every		1900			
Seven Kings Station	1128	1138	1148	10	1608	1618	1628	1638	1647	1656	1705	1714	1723	1732	1741	10		1911			
Chadwell Heath Sainsbury's	1137	1147	1157	mins.	1617	1627	1637	1647	1656	1705	1714	1723	1732	1741	1750	mins.		1920			
Romford Stadium	1144	1154	1204	until	1624	1634	1644	1654	1703	1712	1721	1730	1739	1748	1757	until		1927			
Romford Market St. Edward's Way	1150	1200	1210		1630	1639	1649	1659	1708	1717	1726	1735	1744	1753	1802			1932			
Romford Station	1154	1204	1214		1634	1643	1653	1703	1712	1721	1730	1739	1748	1757	1806			1936			
Stratford Bus Station	1850	1900	1910	1920	1930	1940	1950					2210	2220					0052			
Forest Gate Police Station	1904	1914	1924	1934	1942	1951	2001					2221	2231					0100			
Manor Park Broadway	1909	1919	1929	1939	1947	1956	2006					2226	2236	Then				0104			
Ilford Broadway Chapel Road	1918	1928	1938	1946	1954	2003	2012					2232	2242	every				0110			
Seven Kings Station	1929	1937	1946	1953	2001	2010	2019					2239	2249	10				0117			
Chadwell Heath Sainsbury's	1938	1946	1954	2001	2009	2018	2027					2247	2257	mins.				0124			
Romford Stadium	1944	1952	1959	2006	2014	2023	2032					2252	2301	until				0128			
Romford Market St. Edward's Way	1948	1956	2003	2010	2018	2027	2036					2256	2305					0132			
Romford Station	1952	2000	2007	2014	2022	2031	2040					2300	2309					0136			