

86 Mondays to Fridays															
Romford Station	0515	0525	0535	0545	0555	0603	0611	0618	0625			1902		1943	0015
Romford Market St Edward's Way	0517	0527	0537	0547	0557	0605	0613	0620	0627			1906		1946	0017
Romford Stadium	0521	0531	0541	0551	0601	0609	0617	0624	0631	Then		1911	Then	1951	0021
Chadwell Heath Sainsbury's	0526	0536	0546	0556	0606	0614	0622	0629	0636	about		1918	about	1957	0025
Seven Kings Station	0534	0544	0554	0604	0614	0622	0630	0637	0644	every 6		1929	every 8	2007	0032
Ilford High Road Hainault Street	0540	0550	0600	0610	0620	0628	0636	0643	0650	minutes		1937	minutes	2015	0038
Ilford Broadway High Road	0543	0553	0603	0613	0623	0631	0639	0646	0653	until		1940	until	2018	0041
Manor Park Broadway	0551	0601	0611	0621	0631	0639	0647	0654	0702			1951		2029	0048
Forest Gate Police Station	0557	0607	0617	0627	0637	0645	0653	0700	0709			1957		2035	0053
Stratford Bus Station	0606	0616	0626	0636	0646	0654	0703	0711	0720			2007		2045	0100
86 Saturdays (also Good Friday)															
Romford Station	0515	0530	0545	0600	0612	0624	0635	0645	0655	0705	0715	0725		0805	1831
Romford Market St Edward's Way	0517	0532	0547	0602	0614	0626	0637	0647	0657	0707	0717	0727		0807	1835
Romford Stadium	0521	0536	0551	0606	0618	0630	0641	0651	0701	0711	0721	0731		0811	1840
Chadwell Heath Sainsbury's	0525	0540	0555	0610	0622	0634	0645	0655	0706	0716	0726	0736	Then	0816	1846
Seven Kings Station	0532	0547	0602	0617	0629	0641	0652	0702	0714	0724	0734	0744	every 8	0824	1858
Ilford High Road Hainault Street	0537	0552	0607	0622	0634	0646	0657	0708	0720	0730	0740	0750	minutes	0830	1906
Ilford Broadway High Road	0540	0555	0610	0625	0637	0649	0700	0711	0723	0733	0743	0753	until	0833	1909
Manor Park Broadway	0546	0601	0616	0631	0643	0655	0707	0718	0730	0740	0750	0800		0840	1921
Forest Gate Police Station	0550	0606	0621	0636	0648	0700	0712	0723	0735	0745	0755	0805		0845	1928
Stratford Bus Station	0558	0614	0629	0644	0656	0709	0721	0732	0744	0754	0804	0814		0854	1938
Romford Station	1839	1847	1855	1903	1912										0015
Romford Market St Edward's Way	1843	1851	1859	1907	1916										0017
Romford Stadium	1848	1856	1904	1912	1921	Then									0021
Chadwell Heath Sainsbury's	1854	1902	1910	1918	1927	about									0026
Seven Kings Station	1905	1913	1921	1929	1938	every 10									0034
Ilford High Road Hainault Street	1913	1921	1929	1937	1946	minutes									0040
Ilford Broadway High Road	1916	1924	1932	1940	1949	until									0043
Manor Park Broadway	1928	1936	1944	1952	2001										0050
Forest Gate Police Station	1935	1943	1951	1959	2007										0054
Stratford Bus Station	1945	1953	2001	2009	2017										0102
86 Sundays and other Public Holidays (except Christmas Day)															
Romford Station	0515	0530	0545	0600	0615	0630	0645	0700	0715	0730	0742	0754	0806		0015
Romford Market St Edward's Way	0517	0532	0547	0602	0617	0632	0647	0702	0717	0732	0744	0756	0808		0017
Romford Stadium	0521	0536	0551	0606	0621	0636	0651	0706	0721	0736	0748	0800	0812	Then	0021
Chadwell Heath Sainsbury's	0526	0541	0556	0611	0626	0641	0656	0711	0726	0741	0753	0805	0817	about	0025
Seven Kings Station	0533	0548	0603	0618	0633	0648	0703	0719	0734	0749	0801	0813	0825	every 10	0032
Ilford High Road Hainault Street	0539	0554	0609	0624	0639	0654	0710	0726	0741	0756	0808	0820	0832	minutes	0038
Ilford Broadway High Road	0541	0556	0611	0626	0642	0657	0713	0729	0744	0759	0811	0823	0835	until	0041
Manor Park Broadway	0549	0604	0619	0634	0650	0705	0721	0737	0752	0807	0819	0831	0843		0048
Forest Gate Police Station	0553	0608	0623	0638	0654	0710	0726	0742	0757	0812	0824	0836	0848		0053
Stratford Bus Station	0601	0616	0631	0646	0702	0718	0734	0750	0805	0821	0833	0845	0857		0100

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86 Mondays to Fridays																	
Stratford Bus Station	0550	0600	0610	0620	0628	0635	0642			1949	1957	2006	2014	2023		0050	
Forest Gate Police Station	0558	0608	0618	0628	0636	0643	0650			2001	2009	2018	2026	2035		0059	
Manor Park Broadway	0601	0612	0622	0632	0640	0647	0654			2006	2014	2023	2031	2040		0102	
Ilford Broadway Chapel Road	0608	0619	0629	0639	0647	0654	0701			2018	2026	2035	2042	2051		0109	
Ilford High Road Hainault Street	0611	0623	0633	0643	0651	0658	0705			2022	2030	2039	2046	2055		0111	
Seven Kings Station	0617	0628	0638	0648	0656	0703	0711			2030	2038	2047	2054	2102		0116	
Chadwell Heath Sainsbury's	0623	0636	0646	0656	0704	0712	0720			2040	2048	2056	2103	2111		0122	
Romford Stadium	0627	0641	0651	0701	0710	0719	0727			2046	2054	2101	2108	2116		0126	
Romford Market St Edward's Way	0631	0646	0656	0706	0715	0724	0732			2051	2058	2105	2112	2120		0129	
Romford Station	0635	0650	0700	0710	0719	0728	0736			2055	2102	2109	2116	2124		0132	
86 Saturdays (also Good Friday)																	
Stratford Bus Station	0550	0605	0618	0631	0643	0655	0705	0715	0725	0735	0745	0753	0801	0809	0817		1910
Forest Gate Police Station	0558	0613	0626	0639	0651	0703	0714	0724	0734	0744	0754	0802	0810	0818	0826		1922
Manor Park Broadway	0601	0616	0629	0642	0654	0707	0718	0728	0738	0748	0758	0806	0814	0822	0830		1928
Ilford Broadway Chapel Road	0608	0623	0636	0649	0701	0714	0724	0735	0745	0755	0805	0814	0822	0830	0838		1941
Ilford High Road Hainault Street	0611	0626	0639	0652	0704	0717	0727	0738	0748	0758	0808	0817	0825	0833	0841		1945
Seven Kings Station	0617	0631	0644	0657	0709	0722	0732	0743	0753	0803	0813	0822	0830	0838	0846		1953
Chadwell Heath Sainsbury's	0623	0638	0651	0704	0716	0729	0739	0750	0800	0811	0821	0830	0838	0846	0854		2003
Romford Stadium	0627	0642	0655	0708	0721	0734	0744	0755	0805	0816	0826	0835	0843	0851	0859		2008
Romford Market St Edward's Way	0631	0646	0700	0713	0726	0739	0749	0800	0810	0821	0831	0840	0848	0856	0904		2012
Romford Station	0635	0650	0704	0717	0730	0743	0753	0804	0814	0825	0835	0844	0852	0900	0908		2016
Stratford Bus Station	1918	1926	1934	1942	1950					0050							
Forest Gate Police Station	1930	1938	1946	1954	2002					0059							
Manor Park Broadway	1936	1944	1952	1959	2007					0102							
Ilford Broadway Chapel Road	1949	1956	2004	2011	2019					0109							
Ilford High Road Hainault Street	1953	2000	2008	2015	2023					0112							
Seven Kings Station	2001	2008	2016	2023	2031					0117							
Chadwell Heath Sainsbury's	2010	2017	2025	2032	2040					0123							
Romford Stadium	2015	2022	2030	2037	2045					0127							
Romford Market St Edward's Way	2019	2026	2034	2041	2049					0130							
Romford Station	2023	2030	2038	2045	2053					0133							
86 Sundays and other Public Holidays (except Christmas Day)																	
Stratford Bus Station	0550	0605	0620	0635	0650	0705	0720	0735	0750	0805	0817	0829	0841				0050
Forest Gate Police Station	0558	0613	0629	0644	0659	0714	0729	0744	0759	0814	0826	0838	0850				0059
Manor Park Broadway	0601	0616	0632	0647	0702	0717	0732	0747	0802	0817	0829	0841	0853				0102
Ilford Broadway Chapel Road	0608	0623	0639	0654	0709	0724	0740	0755	0810	0825	0837	0849	0901				0109
Ilford High Road Hainault Street	0611	0626	0642	0657	0712	0727	0743	0758	0813	0828	0840	0852	0904				0111
Seven Kings Station	0617	0632	0648	0703	0718	0733	0749	0804	0819	0834	0846	0858	0910				0116
Chadwell Heath Sainsbury's	0623	0638	0654	0709	0725	0740	0756	0811	0826	0841	0853	0905	0917				0122
Romford Stadium	0627	0642	0658	0713	0729	0744	0800	0815	0830	0845	0858	0910	0922				0126
Romford Market St Edward's Way	0631	0646	0702	0717	0733	0748	0804	0819	0834	0849	0902	0914	0926				0129
Romford Station	0635	0650	0706	0721	0737	0752	0808	0823	0838	0853	0906	0918	0930				0132