

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	0816	0826	0836	0846	0856
Romford Market St Edward's Way	0517	0532	0547	0602	0617	0632	0647	0702	0717	0732	0744	0756	0808	0818	0828	0838	0849	0859
Romford Stadium	0521	0536	0551	0606	0621	0636	0651	0706	0721	0736	0748	0800	0812	0822	0832	0842	0853	0903
Chadwell Heath Sainsbury's	0526	0541	0556	0611	0626	0641	0656	0711	0726	0741	0753	0805	0817	0827	0837	0847	0858	0908
Seven Kings Station	0533	0548	0603	0618	0633	0648	0703	0719	0734	0749	0801	0813	0825	0835	0845	0855	0906	0916
Ilford High Road Hainault Street	0539	0554	0609	0624	0639	0654	0710	0726	0741	0756	0808	0820	0832	0842	0852	0902	0913	0923
Ilford Broadway High Road	0541	0556	0611	0626	0642	0657	0713	0729	0744	0759	0811	0823	0835	0845	0855	0905	0916	0926
Manor Park Broadway	0549	0604	0619	0634	0650	0705	0721	0737	0752	0807	0819	0831	0843	0853	0903	0913	0924	0935
Forest Gate Police Station	0553	0608	0623	0638	0654	0710	0726	0742	0757	0812	0824	0836	0848	0858	0908	0918	0929	0940
Stratford Bus Station	0601	0616	0631	0646	0702	0718	0734	0750	0805	0821	0833	0845	0857	0907	0917	0928	0939	0950
Romford Station	0905	0914				1759												0015
Romford Market St Edward's Way	0908	0917				1802												0017
Romford Stadium	0912	0921				1807	Then											0021
Chadwell Heath Sainsbury's	0917	0926				1813	about											0025
Seven Kings Station	0925	0935				1823	every 8-9											0032
Ilford High Road Hainault Street	0933	0943				1831	minutes											0038
Ilford Broadway High Road	0936	0946				1834	until											0041
Manor Park Broadway	0945	0955				1845												0048
Forest Gate Police Station	0950	1000				1852												0053
Stratford Bus Station	1000	1010				1902												0100

86

Stratford – Ilford – Romford

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		Then	2006	2014	2023	2031	2040	Then	0102		
Ilford Broadway Chapel Road	0608	0619	0629	0639	0647	0654	0701		about	2018	2026	2035	2042	2051	about	0109		
Ilford High Road Hainault Street	0611	0623	0633	0643	0651	0658	0705		every 6	2022	2030	2039	2046	2055	every 10	0111		
Seven Kings Station	0617	0628	0638	0648	0656	0703	0711		minutes	2030	2038	2047	2054	2102	minutes	0116		
Chadwell Heath Sainsbury's	0623	0636	0646	0656	0704	0712	0720		until	2040	2048	2056	2103	2111	until	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	Then	1928	
Ilford Broadway Chapel Road	0608	0623	0636	0649	0701	0714	0724	0735	0745	0755	0805	0814	0822	0830	0838	about	1941	
Ilford High Road Hainault Street	0611	0626	0639	0652	0704	0717	0727	0738	0748	0758	0808	0817	0825	0833	0841	every 6	1945	
Seven Kings Station	0617	0631	0644	0657	0709	0722	0732	0743	0753	0803	0813	0822	0830	0838	0846	minutes	1953	
Chadwell Heath Sainsbury's	0623	0638	0651	0704	0716	0729	0739	0750	0800	0811	0821	0830	0838	0846	0854	until	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				Then								0102	
Ilford Broadway Chapel Road	1949	1956	2004	2011	2019				about								0109	
Ilford High Road Hainault Street	1953	2000	2008	2015	2023				every 10								0112	
Seven Kings Station	2001	2008	2016	2023	2031				minutes								0117	
Chadwell Heath Sainsbury's	2010	2017	2025	2032	2040				until								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	0851	0901	0911		1901
Forest Gate Police Station	0558	0613	0629	0644	0659	0714	0729	0744	0759	0814	0826	0838	0850	0900	0910	0920		1913
Manor Park Broadway	0601	0616	0632	0647	0702	0717	0732	0747	0802	0817	0829	0841	0853	0904	0914	0924	Then	1919
Ilford Broadway Chapel Road	0608	0623	0639	0654	0709	0724	0740	0755	0810	0825	0837	0849	0901	0912	0922	0932	about	1930
Ilford High Road Hainault Street	0611	0626	0642	0657	0712	0727	0743	0758	0813	0828	0840	0852	0904	0915	0925	0935	every	1934
Seven Kings Station	0617	0632	0648	0703	0718	0733	0749	0804	0819	0834	0846	0858	0910	0921	0931	0941	8-9	1941
Chadwell Heath Sainsbury's	0623	0638	0654	0709	0725	0740	0756	0811	0826	0841	0853	0905	0917	0928	0938	0948	mins.	1950
Romford Stadium	0627	0642	0658	0713	0729	0744	0800	0815	0830	0845	0858	0910	0922	0933	0943	0953	until	1955
Romford Market St Edward's Way	0631	0646	0702	0717	0733	0748	0804	0819	0834	0849	0902	0914	0926	0937	0948	0958		1959
Romford Station	0635	0650	0706	0721	0737	0752	0808	0823	0838	0853	0906	0918	0930	0941	0952	1002		2003
Stratford Bus Station	1911																	0050
Forest Gate Police Station	1923																	0059
Manor Park Broadway	1929		Then															0102
Ilford Broadway Chapel Road	1940		about															0109
Ilford High Road Hainault Street	1944		every 10															0111
Seven Kings Station	1951		minutes															0116
Chadwell Heath Sainsbury's	2000		until															0122
Romford Stadium	2005																	0126
Romford Market St Edward's Way	2009																	0129
Romford Station	2013																	0132