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Romford – Ilford – Stratford

86 Mondays to Fridays																
Romford Station	0530	0540	0550	0600	0610	0618	0626	0633	0640		1904		2000		0019	
Romford Market St Edward's Way	0532	0542	0552	0602	0612	0620	0628	0635	0642		1907		2003		0021	
Romford Stadium	0536	0546	0556	0606	0616	0624	0632	0639	0646	Then	1912	Then	2008	Then	0025	
Chadwell Heath Sainsbury's	0541	0551	0601	0611	0621	0629	0637	0644	0651	about	1919	about	2014	about	0029	
Seven Kings Station	0549	0559	0609	0619	0629	0637	0645	0652	0659	every 6	1931	every 8	2024	every 10	0036	
Ilford High Road Hainault Street	0555	0605	0615	0625	0635	0643	0651	0658	0706	minutes	1939	minutes	2032	minutes	0042	
Ilford Broadway High Road	0558	0608	0618	0628	0638	0646	0654	0701	0710	until	1942	until	2035	until	0045	
Manor Park Broadway	0606	0616	0626	0636	0646	0654	0702	0711	0720		1954		2046		0052	
Forest Gate Police Station	0612	0622	0632	0642	0652	0700	0709	0718	0727		2000		2052		0056	
Stratford Bus Station	0621	0631	0641	0651	0701	0710	0720	0729	0738		2010		2102		0103	
86 Saturdays (also Good Friday)																
Romford Station	0530	0545	0600			0740	0748	0756	0803	0810		1831		1911		0021
Romford Market St Edward's Way	0532	0547	0602			0742	0750	0758	0806	0813		1835		1915		0023
Romford Stadium	0536	0551	0606	Then		0746	0754	0802	0810	0817	Then	1840	Then	1920	Then	0027
Chadwell Heath Sainsbury's	0540	0555	0610	about		0751	0759	0807	0815	0822	about	1847	about	1926	about	0032
Seven Kings Station	0547	0602	0617	every 10		0759	0807	0815	0823	0830	every 6	1900	every 8	1938	every	0040
Ilford High Road Hainault Street	0552	0607	0622	minutes		0805	0813	0821	0829	0836	minutes	1908	minutes	1946	10	0046
Ilford Broadway High Road	0555	0610	0625	until		0808	0816	0824	0832	0839	until	1911	until	1949	mins.	0049
Manor Park Broadway	0601	0616	0631			0815	0823	0831	0839	0846		1924		2002	until	0056
Forest Gate Police Station	0606	0621	0636			0820	0828	0836	0844	0851		1931		2009		0100
Stratford Bus Station	0614	0629	0644			0829	0837	0845	0853	0900		1941		2019		0108
86 Sundays and other Public Holidays (except Christmas Day)																
Romford Station	0530	0545	0600	0615	0630	0645	0700	0715	0730	0745	0800		0015			
Romford Market St Edward's Way	0532	0547	0602	0617	0632	0647	0702	0717	0732	0747	0802		0017			
Romford Stadium	0536	0551	0606	0621	0636	0651	0706	0721	0736	0751	0806	Then	0021			
Chadwell Heath Sainsbury's	0541	0556	0611	0626	0641	0656	0711	0726	0741	0756	0811	about	0025			
Seven Kings Station	0548	0603	0618	0633	0648	0703	0719	0734	0749	0804	0819	every 10	0032			
Ilford High Road Hainault Street	0554	0609	0624	0639	0654	0710	0726	0741	0756	0811	0826	minutes	0037			
Ilford Broadway High Road	0556	0611	0626	0642	0657	0713	0729	0744	0759	0814	0829	until	0040			
Manor Park Broadway	0604	0619	0634	0650	0705	0721	0737	0752	0807	0822	0837		0047			
Forest Gate Police Station	0608	0623	0638	0654	0710	0726	0742	0757	0812	0827	0842		0052			
Stratford Bus Station	0616	0631	0646	0702	0718	0734	0750	0805	0821	0836	0851		0100			

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86 Mondays to Fridays														
Stratford Bus Station	0550	0600	0610	0620	0628	0636	0644	0652	0700		1924		2005	0055
Forest Gate Police Station	0558	0608	0618	0628	0636	0644	0652	0700	0709		1938		2017	0103
Manor Park Broadway	0601	0612	0622	0632	0640	0648	0656	0705	0714	Then	1944	Then	2022	0106
Ilford Broadway Chapel Road	0608	0619	0629	0639	0647	0655	0703	0714	0723	about	1958	about	2034	0113
Ilford High Road Hainault Street	0612	0623	0633	0643	0651	0659	0707	0718	0727	every 6	2002	every 8	2038	0115
Seven Kings Station	0617	0628	0638	0648	0656	0704	0713	0724	0733	minutes	2010	minutes	2046	0120
Chadwell Heath Sainsbury's	0625	0636	0646	0656	0704	0713	0723	0734	0743	until	2020	until	2056	0126
Romford Stadium	0630	0641	0651	0701	0711	0721	0731	0741	0751		2026		2102	0130
Romford Market St Edward's Way	0635	0646	0656	0706	0716	0726	0736	0746	0756		2031		2106	0133
Romford Station	0639	0650	0700	0710	0720	0730	0740	0750	0800		2035		2110	0136
86 Saturdays (also Good Friday)														
Stratford Bus Station	0550	0605	0620	0635		0745	0753	0801	0809	0817		1904		2000 2010
Forest Gate Police Station	0558	0613	0628	0643		0754	0802	0810	0818	0826		1917		2013 2022
Manor Park Broadway	0601	0616	0631	0646	Then	0758	0806	0814	0822	0830	Then	1924	Then	2018 2027
Ilford Broadway Chapel Road	0608	0623	0638	0653	about	0805	0814	0822	0830	0838	about	1938	about	2030 2039
Ilford High Road Hainault Street	0611	0626	0641	0656	every 10	0808	0817	0825	0833	0841	every 6	1942	every 8	2034 2043
Seven Kings Station	0616	0631	0646	0701	minutes	0813	0822	0830	0838	0846	minutes	1950	minutes	2042 2051
Chadwell Heath Sainsbury's	0622	0637	0652	0708	until	0821	0830	0838	0846	0854	until	2000	until	2051 2059
Romford Stadium	0626	0641	0656	0713		0826	0835	0843	0851	0859		2006		2056 2104
Romford Market St Edward's Way	0630	0645	0701	0718		0831	0840	0848	0856	0904		2011		2100 2108
Romford Station	0634	0649	0705	0722		0835	0844	0852	0900	0908		2015		2104 2112
Stratford Bus Station	2020					0050								
Forest Gate Police Station	2032					0059								
Manor Park Broadway	2037	Then				0102								
Ilford Broadway Chapel Road	2049	about				0109								
Ilford High Road Hainault Street	2053	every 10				0112								
Seven Kings Station	2100	minutes				0117								
Chadwell Heath Sainsbury's	2108	until				0123								
Romford Stadium	2113					0127								
Romford Market St Edward's Way	2117					0130								
Romford Station	2121					0133								
86 Sundays and other Public Holidays (except Christmas Day)														
Stratford Bus Station	0550	0604	0619	0634	0648	0702	0717	0732	0747	0802			0050	
Forest Gate Police Station	0558	0613	0628	0643	0657	0711	0726	0741	0756	0811			0100	
Manor Park Broadway	0601	0616	0631	0646	0700	0714	0729	0744	0759	0814	Then		0104	
Ilford Broadway Chapel Road	0608	0623	0638	0653	0708	0722	0737	0752	0807	0822	about		0111	
Ilford High Road Hainault Street	0611	0626	0641	0656	0711	0725	0740	0755	0810	0825	every 10		0114	
Seven Kings Station	0617	0632	0647	0702	0717	0731	0746	0801	0816	0831	minutes		0119	
Chadwell Heath Sainsbury's	0623	0638	0653	0709	0724	0738	0753	0808	0823	0838	until		0125	
Romford Stadium	0627	0642	0657	0713	0728	0742	0757	0812	0827	0842			0129	
Romford Market St Edward's Way	0631	0646	0701	0717	0732	0746	0801	0816	0831	0846			0133	
Romford Station	0635	0650	0705	0721	0736	0750	0805	0820	0835	0850			0137	