

296		Mondays to Fridays (summer school holidays)																
Romford Station	0540	0559	0618	0638	0655	0713	0733	0751	0811	0829	0847	0907	0923	0943	1003	Then every 20 minutes until	1123	
Romford Market St. Edward's Way	0542	0601	0620	0640	0657	0716	0736	0754	0814	0832	0850	0910	0926	0946	1006		1126	
Romford North Street (The Squire)	0545	0604	0623	0643	0700	0719	0739	0757	0817	0835	0853	0913	0929	0949	1010		1130	
Rose Lane shops	0552	0611	0630	0650	0707	0726	0746	0804	0824	0842	0900	0920	0936	0956	1017		1137	
Little Heath Eastern Avenue	0557	0616	0635	0655	0713	0732	0752	0811	0831	0849	0907	0927	0943	1003	1023		1143	
Newbury Park Station	0600	0619	0638	0658	0718	0737	0757	0817	0837	0855	0914	0934	0950	1008	1028		1148	
Gants Hill Station Cranbrook Road (S)	0604	0623	0642	0704	0724	0743	0804	0824	0844	0902	0921	0941	0957	1015	1035		1155	
Ilford Station	0609	0628	0647	0710	0730	0749	0811	0831	0851	0910	0929	0949	1005	1023	1043	1203		
Ilford Sainsbury's	0611	0630	0649	0712	0732	0751	0813	0833	0853	0912	0931	0951	1007	1025	1045	1205		
Romford Station	1143	Then every 20 minutes until	1443	1502	Then every 20 minutes until	1722	1744	1804	1824	1844	1904	1934	2004	2034	2104	2135		
Romford Market St. Edward's Way	1146		1446	1505		1725	1747	1807	1827	1847	1907	1937	2007	2037	2107	2138		
Romford North Street (The Squire)	1150		1450	1509		1729	1751	1810	1830	1850	1910	1940	2010	2040	2110	2141		
Rose Lane shops	1157		1457	1517		1737	1759	1817	1837	1857	1916	1946	2016	2046	2116	2147		
Little Heath Eastern Avenue	1204		1504	1524		1744	1806	1823	1843	1903	1921	1951	2021	2051	2121	2152		
Newbury Park Station	1209		1509	1529		1749	1810	1827	1847	1907	1925	1955	2025	2055	2125	2156		
Gants Hill Station Cranbrook Road (S)	1215		1515	1535		1755	1816	1833	1853	1912	1930	2000	2030	2100	2130	2201		
Ilford Station	1223	1523	1543	1803	1823	1840	1900	1919	1937	2006	2036	2106	2136	2206				
Ilford Sainsbury's	1225	1525	1545	1805	1825	1842	1902	1921	1939	2008	2038	2108	2138	2207				
Romford Station	2205	2235	2305	2335	0005													
Romford Market St. Edward's Way	2208	2238	2307	2337	0007													
Romford North Street (The Squire)	2211	2241	2310	2340	0010													
Rose Lane shops	2217	2247	2316	2346	0016													
Little Heath Eastern Avenue	2222	2252	2321	2351	0021													
Newbury Park Station	2225	2255	2324	2354	0024													
Gants Hill Station Cranbrook Road (S)	2229	2259	2328	2358	0028													
Ilford Station	2234	2304	2333	0003	0033													
Ilford Sainsbury's	2235	2305	2334	0004	0034													
296		Saturdays (also Good Friday)																
Romford Station	0540	0610	0640	0710	0736	0756	0816	0835	0854	0914	0934	0952	1011	Then every 20 minutes until	1511	1531	1551	
Romford Market St. Edward's Way	0543	0613	0643	0713	0739	0759	0819	0838	0857	0917	0937	0955	1014		1514	1534	1554	
Romford North Street (The Squire)	0546	0616	0646	0716	0742	0802	0822	0841	0900	0920	0940	0959	1018		1518	1538	1558	
Rose Lane shops	0551	0621	0651	0721	0747	0807	0827	0846	0906	0927	0947	1006	1026		1526	1546	1606	
Little Heath Eastern Avenue	0556	0626	0656	0726	0752	0812	0832	0851	0911	0933	0953	1013	1033		1533	1553	1613	
Newbury Park Station	0559	0629	0659	0729	0755	0815	0835	0856	0916	0938	0958	1018	1038		1538	1558	1618	
Gants Hill Station Cranbrook Road (S)	0603	0633	0703	0733	0759	0819	0840	0901	0921	0943	1003	1024	1045		1545	1605	1625	
Ilford Station	0608	0638	0708	0738	0804	0824	0846	0908	0928	0950	1011	1033	1054	1554	1613	1632		
Ilford Sainsbury's	0609	0639	0709	0739	0805	0826	0848	0910	0930	0952	1014	1036	1057	1557	1616	1635		
Romford Station	1611	1631	1651	1711	1731	1751	1811	1831	1851	1911	1935	2005	2035	2105	2135	2205	Then every 30 mins. until	0005
Romford Market St. Edward's Way	1614	1634	1654	1714	1734	1754	1814	1834	1854	1914	1938	2008	2038	2108	2138	2208		0008
Romford North Street (The Squire)	1618	1638	1658	1718	1738	1758	1817	1837	1857	1917	1941	2011	2041	2111	2141	2211		0011
Rose Lane shops	1626	1646	1706	1726	1746	1806	1823	1843	1903	1923	1945	2015	2045	2115	2145	2215		0015
Little Heath Eastern Avenue	1633	1653	1713	1733	1753	1812	1828	1848	1908	1928	1950	2020	2050	2120	2150	2220		0020
Newbury Park Station	1638	1658	1718	1738	1758	1816	1832	1852	1912	1932	1954	2024	2054	2124	2154	2223		0023
Gants Hill Station Cranbrook Road (S)	1645	1705	1725	1745	1805	1821	1837	1857	1917	1937	1959	2029	2059	2129	2159	2227		0027
Ilford Station	1652	1712	1732	1752	1812	1828	1844	1904	1924	1944	2006	2036	2106	2136	2206	2233	0033	
Ilford Sainsbury's	1655	1715	1735	1755	1814	1830	1846	1906	1926	1946	2008	2038	2108	2138	2207	2234	0034	
296		Sundays and other Public Holidays (except Christmas Day)																
Romford Station	0640	0710	0740	0810	0840	0910	0939	1008	1037	1105	1134	1200	1230	1300	1330	1400	1430	1500
Romford Market St. Edward's Way	0643	0713	0743	0813	0843	0913	0942	1011	1040	1108	1137	1203	1233	1303	1333	1403	1433	1503
Romford North Street (The Squire)	0646	0716	0746	0816	0846	0916	0945	1014	1043	1111	1140	1207	1237	1307	1337	1407	1437	1507
Rose Lane shops	0651	0721	0751	0822	0852	0922	0951	1021	1050	1119	1148	1215	1245	1315	1345	1415	1445	1514
Little Heath Eastern Avenue	0656	0726	0756	0827	0857	0927	0956	1026	1056	1126	1155	1225	1255	1324	1353	1422	1452	1521
Newbury Park Station	0659	0729	0800	0831	0901	0931	1001	1031	1101	1131	1200	1230	1300	1329	1358	1427	1457	1526
Gants Hill Station Cranbrook Road (S)	0703	0733	0804	0835	0905	0936	1007	1037	1107	1137	1206	1236	1306	1335	1404	1433	1503	1532
Ilford Station	0708	0738	0809	0840	0911	0942	1013	1043	1113	1143	1213	1243	1313	1342	1411	1440	1510	1539
Ilford Sainsbury's	0709	0739	0810	0841	0912	0943	1014	1044	1115	1145	1215	1245	1315	1344	1413	1442	1512	1541
Romford Station	1530	1601	1632	1703	1734	1805	1835	1905	1935	2005	2035	2105	2135	2205	2235	2305	2335	0005
Romford Market St. Edward's Way	1533	1604	1635	1706	1737	1808	1838	1908	1938	2008	2038	2108	2138	2208	2238	2308	2338	0008
Romford North Street (The Squire)	1537	1608	1639	1710	1741	1811	1841	1911	1941	2011	2041	2111	2141	2211	2241	2311	2341	0011
Rose Lane shops	1544	1615	1646	1716	1746	1816	1846	1916	1946	2015	2045	2115	2145	2215	2245	2315	2345	0015
Little Heath Eastern Avenue	1551	1621	1651	1721	1751	1821	1851	1921	1951	2020	2050	2120	2150	2220	2250	2320	2350	0020
Newbury Park Station	1555	1625	1655	1725	1755	1825	1855	1925	1955	2024	2054	2124	2154	2223	2253	2323	2353	0023
Gants Hill Station Cranbrook Road (S)	1601	1631	1701	1730	1800	1830	1900	1930	2000	2029	2059	2129	2159	2227	2257	2327	2357	0027
Ilford Station	1608	1638	1708	1737	1807	1837	1907	1937	2007	2036	2106	2136	2206	2233	2303	2333	0003	0033
Ilford Sainsbury's	1610	1640	1710	1739	1809	1839	1909	1939	2009	2038	2108	2138	2207	2234	2304	2334	0004	0034

296 Mondays to Fridays (summer school holidays)																		
Ilford Sainsbury's	0634	0654	0714	0732	0750	0809	0829	0849	0908	0928	0950	1011		1351	1410	1430	1450	
Ilford Station	0635	0655	0715	0733	0751	0810	0830	0850	0910	0930	0952	1013		1353	1412	1432	1452	
Gants Hill Station <i>Cranbrook Road (S)</i>	0641	0701	0721	0739	0757	0817	0837	0857	0917	0937	0959	1020	Then every 20 minutes until	1400	1419	1439	1500	
Newbury Park Station	0648	0708	0728	0746	0805	0825	0845	0905	0925	0945	1007	1028		1408	1427	1447	1508	
Little Heath Eastern Avenue	0653	0713	0733	0751	0811	0831	0851	0911	0931	0951	1013	1034		1414	1433	1453	1514	
Rose Lane shops	0658	0718	0738	0756	0818	0838	0858	0918	0938	0958	1018	1039		1419	1438	1458	1519	
Romford North Street Bus Garage	0708	0728	0748	0807	0829	0849	0909	0928	0948	1008	1027	1048		1428	1447	1507	1528	
Romford Market St. Edward's Way	0711	0731	0751	0810	0832	0852	0912	0931	0951	1011	1030	1051		1431	1450	1510	1531	
Romford Station	0715	0735	0755	0814	0836	0856	0916	0935	0955	1015	1034	1055		1435	1454	1514	1535	
Ilford Sainsbury's	1510	1527	1543	1601	1621	1641	1701	1721	1741	1801	1822	1842	1902	1926	1947	2017	2047	2117
Ilford Station	1512	1529	1545	1603	1623	1643	1703	1723	1743	1803	1824	1844	1904	1928	1949	2019	2049	2118
Gants Hill Station <i>Cranbrook Road (S)</i>	1520	1537	1553	1611	1631	1651	1711	1731	1751	1811	1832	1852	1911	1935	1956	2026	2056	2124
Newbury Park Station	1528	1545	1602	1620	1640	1700	1720	1740	1800	1819	1840	1900	1918	1942	2003	2033	2103	2130
Little Heath Eastern Avenue	1534	1551	1609	1627	1647	1707	1727	1747	1806	1825	1846	1906	1924	1948	2007	2037	2107	2134
Rose Lane shops	1539	1556	1615	1633	1653	1713	1733	1753	1812	1831	1852	1911	1929	1953	2012	2042	2112	2139
Romford North Street Bus Garage	1548	1606	1625	1643	1703	1723	1743	1803	1821	1840	1901	1919	1937	2001	2019	2049	2119	2146
Romford Market St. Edward's Way	1551	1609	1628	1646	1706	1726	1746	1805	1823	1842	1903	1921	1939	2003	2021	2051	2121	2148
Romford Station	1555	1613	1632	1650	1710	1730	1750	1809	1827	1846	1906	1924	1942	2006	2024	2054	2124	2151
Ilford Sainsbury's	2147	2218	2249	2320	2350	0020												
Ilford Station	2148	2219	2250	2321	2351	0021												
Gants Hill Station <i>Cranbrook Road (S)</i>	2154	2225	2256	2326	2356	0026												
Newbury Park Station	2200	2231	2302	2331	0001	0031												
Little Heath Eastern Avenue	2204	2235	2306	2335	0005	0035												
Rose Lane shops	2208	2239	2310	2339	0009	0039												
Romford North Street Bus Garage	2215	2246	2317	2346	0016	0046												
Romford Market St. Edward's Way	2217	2248	2319	2348	0018	0048												
Romford Station	2220	2251	2322	2351	0021	0051												
296 Saturdays (also Good Friday)																		
Ilford Sainsbury's	0634	0700	0727	0754	0820	0840	0859	0917	0935	0953	1012			1512	1532	1552	1612	1632
Ilford Station	0635	0701	0728	0755	0821	0841	0900	0918	0936	0955	1015			1515	1535	1555	1614	1634
Gants Hill Station <i>Cranbrook Road (S)</i>	0641	0707	0734	0801	0827	0847	0906	0925	0943	1002	1023	Then every 20 minutes until	1523	1543	1603	1623	1643	
Newbury Park Station	0645	0711	0738	0806	0834	0854	0913	0932	0950	1010	1031		1531	1551	1611	1631	1651	
Little Heath Eastern Avenue	0647	0713	0740	0810	0840	0900	0919	0937	0955	1016	1037		1537	1557	1617	1637	1657	
Rose Lane shops	0651	0717	0744	0814	0844	0904	0924	0942	1000	1021	1042		1542	1602	1622	1642	1702	
Romford North Street Bus Garage	0658	0724	0751	0821	0851	0911	0931	0950	1010	1031	1052		1552	1612	1631	1651	1711	
Romford Market St. Edward's Way	0700	0726	0753	0823	0853	0913	0933	0953	1013	1034	1055		1555	1615	1634	1654	1714	
Romford Station	0703	0729	0757	0827	0857	0917	0937	0957	1018	1039	1100		1600	1619	1638	1658	1718	
Ilford Sainsbury's	1652	1712	1732	1752	1812	1832	1852	1918	1948	2018	2048	2118	2148	2219	2250	2320	2350	0020
Ilford Station	1654	1714	1734	1754	1814	1833	1853	1919	1949	2019	2049	2119	2149	2220	2251	2321	2351	0021
Gants Hill Station <i>Cranbrook Road (S)</i>	1703	1723	1743	1803	1821	1840	1900	1926	1956	2026	2056	2126	2156	2227	2257	2327	2357	0027
Newbury Park Station	1711	1731	1751	1809	1827	1846	1906	1932	2001	2031	2101	2131	2201	2231	2301	2331	0001	0031
Little Heath Eastern Avenue	1717	1737	1756	1814	1832	1851	1911	1935	2004	2034	2104	2134	2204	2233	2303	2333	0003	0033
Rose Lane shops	1722	1742	1801	1819	1837	1856	1916	1940	2009	2039	2109	2139	2208	2237	2307	2337	0007	0037
Romford North Street Bus Garage	1731	1751	1809	1827	1845	1904	1924	1947	2016	2046	2116	2146	2215	2244	2314	2344	0014	0044
Romford Market St. Edward's Way	1734	1754	1812	1830	1848	1907	1927	1949	2018	2048	2118	2148	2217	2246	2316	2346	0016	0046
Romford Station	1738	1758	1816	1834	1852	1911	1931	1952	2021	2051	2121	2151	2220	2249	2319	2349	0019	0049
296 Sundays and other Public Holidays (except Christmas Day)																		
Ilford Sainsbury's	0700	0730	0800	0830	0900	0929	0954	1023	1053	1123	1153	1223	1253	1323	1353	1423	1453	1523
Ilford Station	0701	0731	0801	0831	0901	0930	0955	1025	1055	1125	1155	1225	1255	1325	1355	1425	1455	1525
Gants Hill Station <i>Cranbrook Road (S)</i>	0706	0736	0806	0836	0906	0935	1001	1031	1101	1131	1201	1232	1303	1333	1403	1433	1503	1533
Newbury Park Station	0711	0741	0811	0841	0911	0940	1008	1038	1108	1138	1209	1240	1311	1341	1411	1441	1511	1541
Little Heath Eastern Avenue	0714	0744	0815	0845	0915	0944	1013	1043	1113	1143	1214	1245	1316	1346	1416	1446	1516	1546
Rose Lane shops	0718	0748	0819	0849	0919	0948	1018	1048	1118	1148	1219	1250	1321	1351	1421	1451	1521	1551
Romford North Street Bus Garage	0725	0755	0827	0857	0927	0956	1028	1058	1129	1200	1231	1302	1332	1402	1432	1502	1531	1600
Romford Market St. Edward's Way	0727	0757	0829	0859	0929	0958	1030	1100	1131	1202	1233	1304	1334	1404	1434	1504	1533	1602
Romford Station	0730	0800	0832	0902	0932	1001	1034	1104	1135	1206	1237	1308	1338	1408	1438	1508	1537	1606
Ilford Sainsbury's	1553	1623	1653	1723	1753	1822	1850	1918	1948	2018	2048	2118	2148	2219	2250	2320	2350	0020
Ilford Station	1555	1625	1655	1724	1754	1823	1851	1919	1949	2019	2049	2119	2149	2221	2251	2321	2351	0021
Gants Hill Station <i>Cranbrook Road (S)</i>	1603	1633	1703	1732	1801	1830	1858	1926	1956	2026	2056	2126	2156	2227	2257	2327	2357	0027
Newbury Park Station	1610	1640	1709	1737	1806	1835	1903	1931	2001	2031	2101	2131	2202	2231	2301	2331	0001	0031
Little Heath Eastern Avenue	1615	1645	1714	1741	1810	1839	1907	1935	2004	2034	2104	2134	2204	2233	2303	2333	0003	0033
Rose Lane shops	1620	1650	1719	1746	1815	1844	1912	1940	2009	2039	2109	2139	2208	2237	2307	2337	0007	0037
Romford North Street Bus Garage	1629	1659	1726	1753	1822	1851	1919	1947	2016	2046	2116	2146	2215	2244	2314	2344	0014	0044
Romford Market St. Edward's Way	1631	1701	1728	1755	1824	1853	1921	1949	2018	2048	2118	2148	2217	2246	2316	2346	0016	0046
Romford Station	1635	1704	1731	1758	1827	1856	1924	1952	2021	2051	2121	2151	2220	2249	2319	2349	0019	0049