

296		Mondays to Fridays																
Romford Station	0540	0558	0617	0636	0655	0714	0734	0754	0814	0834	0854	0914	0934	0954	Then every 20	1254	1314	1333
Romford Market <i>St Edward's Way</i>	0542	0600	0620	0639	0658	0717	0737	0757	0817	0837	0857	0917	0937	0957		1257	1317	1336
Romford North Street <i>(The Squire)</i>	0545	0603	0623	0642	0701	0721	0741	0801	0821	0841	0901	0921	0941	1001	mins.	1301	1321	1340
Rose Lane shops	0554	0613	0633	0652	0711	0731	0751	0811	0831	0851	0910	0930	0950	1009		1309	1329	1348
Little Heath Eastern Avenue	0601	0622	0642	0702	0722	0742	0802	0822	0842	0901	0919	0938	0957	1016	until	1316	1336	1355
Newbury Park Station	0606	0627	0647	0707	0727	0747	0807	0827	0847	0906	0924	0943	1002	1021		1321	1341	1400
Gants Hill Station <i>Cranbrook Road (S)</i>	0615	0636	0656	0715	0734	0754	0814	0834	0854	0912	0930	0949	1008	1027		1327	1347	1406
Ilford Station	0622	0643	0703	0723	0743	0803	0823	0842	0901	0919	0937	0956	1015	1034		1334	1355	1415
Ilford Sainsbury's	0624	0645	0705	0725	0745	0805	0825	0844	0903	0921	0939	0958	1017	1036		1336	1357	1417
Romford Station	1351	1409	1428	1448	1508	1529	1549	1609	1630	1650	1710	1730	1750	1809	1828	1847	1905	1935
Romford Market <i>St Edward's Way</i>	1354	1412	1431	1451	1511	1532	1552	1612	1633	1653	1713	1733	1753	1812	1831	1850	1908	1938
Romford North Street <i>(The Squire)</i>	1358	1418	1437	1457	1517	1537	1557	1617	1638	1658	1718	1738	1758	1816	1835	1854	1912	1942
Rose Lane shops	1406	1426	1446	1506	1526	1546	1606	1626	1647	1707	1727	1747	1806	1824	1843	1902	1921	1950
Little Heath Eastern Avenue	1414	1434	1454	1514	1534	1554	1614	1634	1655	1715	1735	1754	1813	1831	1850	1908	1927	1956
Newbury Park Station	1419	1439	1459	1519	1539	1559	1619	1639	1659	1719	1739	1758	1817	1835	1854	1912	1931	2000
Gants Hill Station <i>Cranbrook Road (S)</i>	1426	1446	1506	1526	1546	1606	1626	1646	1706	1726	1745	1804	1823	1841	1900	1918	1936	2005
Ilford Station	1435	1455	1515	1535	1555	1615	1635	1655	1714	1733	1752	1811	1830	1848	1906	1923	1941	2010
Ilford Sainsbury's	1437	1457	1517	1537	1557	1617	1637	1657	1716	1735	1754	1813	1832	1850	1908	1925	1943	2012
296		Mondays to Fridays (cont.)													Saturdays (also Good Friday)			
Romford Station	2005	2035	2105	2135	2205	2235	2305	2335	0005	0535	Then every 30	0705	0734	0757	0818	0838	0857	0916
Romford Market <i>St Edward's Way</i>	2008	2038	2107	2137	2207	2237	2307	2337	0007	0537		0707	0736	0759	0820	0840	0859	0919
Romford North Street <i>(The Squire)</i>	2012	2042	2111	2141	2210	2240	2310	2340	0009	0540	mins.	0710	0739	0802	0823	0843	0902	0922
Rose Lane shops	2020	2049	2118	2148	2217	2247	2317	2346	0015	0547		0717	0746	0809	0830	0850	0909	0929
Little Heath Eastern Avenue	2025	2054	2123	2153	2222	2252	2322	2351	0020	0552	until	0722	0751	0814	0836	0856	0916	0936
Newbury Park Station	2029	2058	2127	2157	2226	2256	2325	2354	0023	0556		0726	0756	0818	0841	0901	0921	0941
Gants Hill Station <i>Cranbrook Road (S)</i>	2034	2103	2132	2202	2231	2300	2329	2358	0027	0600	0730	0800	0823	0846	0907	0927	0947	
Ilford Station	2039	2108	2137	2207	2236	2305	2334	0003	0032	0604	0734	0805	0829	0852	0913	0933	0954	
Ilford Sainsbury's	2041	2110	2139	2208	2237	2306	2335	0004	0033	0605	0735	0806	0831	0854	0915	0935	0956	
296		Saturdays (also Good Friday) (cont.)																
Romford Station	0936	0955	1014	Then every 20	1114	1133	1152	1211	1230	1250	1310	1330	1350	1410	1430	1450	1510	1530
Romford Market <i>St Edward's Way</i>	0939	0958	1017		1117	1136	1155	1214	1233	1253	1314	1334	1354	1414	1434	1454	1514	1534
Romford North Street <i>(The Squire)</i>	0942	1001	1021	mins.	1121	1140	1159	1219	1238	1258	1319	1339	1359	1419	1439	1459	1519	1538
Rose Lane shops	0949	1009	1029		1129	1148	1208	1228	1247	1307	1328	1348	1408	1428	1448	1508	1527	1546
Little Heath Eastern Avenue	0956	1016	1036	until	1136	1155	1215	1235	1254	1314	1335	1355	1415	1435	1455	1515	1534	1553
Newbury Park Station	1001	1021	1041		1141	1200	1220	1240	1259	1319	1340	1400	1420	1440	1500	1520	1539	1558
Gants Hill Station <i>Cranbrook Road (S)</i>	1007	1027	1047		1147	1206	1226	1246	1305	1325	1346	1406	1426	1446	1507	1527	1546	1605
Ilford Station	1015	1035	1055		1155	1215	1235	1256	1317	1337	1358	1418	1438	1458	1517	1537	1556	1615
Ilford Sainsbury's	1017	1037	1057		1157	1217	1237	1258	1319	1339	1400	1420	1440	1500	1519	1539	1558	1617
Romford Station	1550	1609	1628	1647	1706	1725	Then every 20	1905	1935	2005	2035	2105	2135	2205	2235	2305	2335	0005
Romford Market <i>St Edward's Way</i>	1554	1613	1632	1651	1710	1728		1908	1938	2008	2038	2108	2138	2208	2237	2307	2337	0007
Romford North Street <i>(The Squire)</i>	1558	1617	1636	1655	1714	1732	mins.	1912	1942	2011	2041	2111	2141	2210	2239	2309	2339	0009
Rose Lane shops	1606	1625	1644	1703	1722	1740		1920	1950	2019	2048	2118	2148	2216	2245	2315	2345	0015
Little Heath Eastern Avenue	1613	1632	1651	1710	1728	1746	until	1926	1956	2024	2053	2123	2153	2221	2250	2320	2350	0020
Newbury Park Station	1618	1637	1656	1715	1732	1750		1930	2000	2028	2057	2127	2156	2224	2253	2323	2353	0023
Gants Hill Station <i>Cranbrook Road (S)</i>	1625	1644	1703	1721	1738	1756		1936	2005	2033	2102	2131	2200	2228	2257	2327	2357	0027
Ilford Station	1634	1653	1711	1728	1745	1803		1943	2010	2038	2107	2136	2205	2233	2302	2332	0002	0032
Ilford Sainsbury's	1636	1655	1713	1730	1747	1805	1945	2012	2040	2109	2137	2206	2234	2303	2333	0003	0033	
296		Sundays and other Public Holidays (except Christmas Day)																
Romford Station	0635	0705	0735	0804	0834	0905	0936	1007	1037	1106	1135	1205	1235	1305	1335	1405	1435	1505
Romford Market <i>St Edward's Way</i>	0637	0707	0737	0806	0836	0907	0938	1009	1040	1109	1138	1208	1238	1308	1338	1408	1438	1508
Romford North Street <i>(The Squire)</i>	0640	0710	0740	0810	0840	0911	0942	1013	1044	1113	1142	1214	1244	1314	1344	1413	1443	1513
Rose Lane shops	0647	0717	0747	0817	0847	0918	0949	1020	1051	1121	1151	1223	1253	1323	1352	1421	1451	1521
Little Heath Eastern Avenue	0652	0723	0754	0824	0855	0926	0957	1028	1059	1129	1159	1230	1300	1329	1358	1427	1457	1527
Newbury Park Station	0655	0726	0757	0827	0858	0929	1000	1031	1102	1134	1204	1235	1305	1334	1403	1432	1502	1531
Gants Hill Station <i>Cranbrook Road (S)</i>	0659	0730	0801	0832	0903	0934	1006	1038	1109	1140	1211	1241	1311	1340	1409	1438	1508	1537
Ilford Station	0703	0734	0805	0836	0907	0940	1012	1044	1116	1147	1219	1249	1319	1348	1417	1446	1516	1545
Ilford Sainsbury's	0704	0735	0806	0837	0908	0941	1013	1045	1118	1149	1221	1251	1321	1350	1419	1448	1518	1547
Romford Station	1535	1605	1635	1705	1735	1805	1835	1905	1935	2005	2035	2105	2135	2205	2235	2305	2335	0005
Romford Market <i>St Edward's Way</i>	1538	1608	1638	1708	1738	1808	1837	1907	1937	2007	2037	2107	2137	2207	2237	2307	2337	0007
Romford North Street <i>(The Squire)</i>	1543	1612	1642	1712	1742	1812	1841	1911	1941	2011	2041	2111	2141	2210	2240	2309	2339	0009
Rose Lane shops	1550	1619	1649	1719	1749	1819	1848	1918	1948	2018	2047	2117	2147	2216	2246	2315	2345	0015
Little Heath Eastern Avenue	1556	1625	1655	1725	1755	1824	1853	1923	1953	2023	2052	2122	2152	2221	2251	2320	2350	0020
Newbury Park Station	1600	1629	1659	1729	1759	1828	1857	1927	1957	2026	2055	2125	2155	2224	2254	2323	2353	0023
Gants Hill Station <i>Cranbrook Road (S)</i>	1606	1635	1705	1735	1804	1833	1902	1932	2002	2031	2100	2130	2200	2229	2258	2327	2357	0027
Ilford Station	1614	1643	1712	1741	1810													

296		Mondays to Fridays																	
Ilford Sainsbury's	0634	0653	0711	0730	0750	0810	0830	0850	Then every 20 minutes until	1210	1230	1250	1310	1330	1350	1410	1430		
Ilford Station	0635	0654	0713	0732	0752	0812	0832	0852		1212	1232	1252	1312	1332	1352	1412	1432		
Gants Hill Station <i>Cranbrook Road (S)</i>	0641	0700	0720	0740	0800	0819	0839	0859		1219	1240	1300	1320	1340	1401	1421	1441		
Newbury Park Station	0648	0708	0728	0748	0808	0827	0847	0908		1228	1249	1310	1330	1350	1411	1431	1451		
Little Heath Eastern Avenue	0654	0714	0734	0754	0814	0833	0853	0914		1234	1255	1316	1337	1357	1418	1438	1459		
Rose Lane shops	0700	0720	0740	0800	0820	0839	0859	0919		1239	1300	1321	1342	1403	1424	1444	1505		
Romford North Street Bus Garage	0714	0734	0754	0813	0832	0850	0909	0929		1249	1310	1331	1352	1413	1434	1453	1515		
Romford Market St Edward's Way	0717	0737	0757	0816	0835	0853	0912	0932		1252	1313	1334	1355	1416	1437	1457	1518		
Romford Station	0721	0741	0801	0820	0839	0857	0916	0936		1256	1317	1338	1359	1420	1441	1501	1522		
Ilford Sainsbury's	1450	1510	1530	1550	1610	1630	1650	1710	1730	1750	1810	1830	1850	1910	1930	1950	2020	2050	
Ilford Station	1452	1512	1532	1552	1612	1632	1652	1712	1732	1752	1812	1832	1852	1912	1932	1952	2022	2052	
Gants Hill Station <i>Cranbrook Road (S)</i>	1501	1521	1541	1601	1621	1641	1701	1721	1741	1801	1820	1840	1900	1920	1939	1959	2028	2058	
Newbury Park Station	1511	1531	1551	1611	1631	1651	1711	1731	1751	1810	1829	1849	1909	1928	1947	2006	2035	2105	
Little Heath Eastern Avenue	1519	1539	1559	1619	1639	1659	1719	1739	1758	1817	1836	1856	1915	1934	1952	2011	2040	2110	
Rose Lane shops	1525	1545	1605	1625	1645	1705	1725	1744	1803	1822	1841	1901	1920	1939	1957	2016	2045	2115	
Romford North Street Bus Garage	1535	1555	1616	1636	1656	1715	1734	1753	1812	1831	1850	1909	1927	1945	2003	2022	2051	2121	
Romford Market St Edward's Way	1538	1558	1619	1639	1659	1718	1737	1756	1815	1834	1853	1912	1930	1948	2006	2025	2054	2124	
Romford Station	1542	1602	1623	1643	1703	1722	1741	1800	1819	1838	1857	1915	1933	1951	2009	2028	2057	2127	
296		Mondays to Fridays (cont.)								Saturdays (also Good Friday)									
Ilford Sainsbury's	2120	2150	2220	2250	2320	2350	0020		0635	0705	0735	0805	0834	0854	0913	0931	0950	1010	1030
Ilford Station	2122	2152	2222	2252	2322	2352	0021		0636	0706	0737	0807	0836	0856	0915	0933	0952	1012	1032
Gants Hill Station <i>Cranbrook Road (S)</i>	2128	2158	2228	2258	2328	2357	0026		0641	0711	0742	0812	0841	0901	0921	0940	0959	1019	1039
Newbury Park Station	2135	2205	2235	2305	2334	0003	0032		0647	0717	0748	0818	0848	0908	0928	0948	1008	1028	1048
Little Heath Eastern Avenue	2140	2210	2240	2310	2339	0008	0037		0652	0722	0753	0823	0854	0914	0934	0954	1014	1034	1054
Rose Lane shops	2145	2215	2245	2314	2343	0012	0041		0656	0727	0758	0829	0900	0920	0940	1000	1020	1040	1100
Romford North Street Bus Garage	2151	2220	2249	2318	2347	0016	0045		0703	0734	0806	0837	0908	0928	0950	1010	1030	1050	1111
Romford Market St Edward's Way	2154	2223	2252	2321	2350	0019	0048		0705	0736	0808	0839	0910	0930	0952	1013	1033	1053	1114
Romford Station	2157	2226	2255	2324	2353	0022	0051		0708	0740	0812	0843	0914	0934	0956	1017	1037	1058	1119
296		Saturdays (also Good Friday) (cont.)																	
Ilford Sainsbury's	1050	1110	1130	1150	1210	1230	1250	1310	1330	1350	1410	1430	1450	1510	1530	1550	1610	1630	
Ilford Station	1052	1112	1132	1152	1212	1232	1253	1313	1333	1353	1413	1433	1453	1512	1532	1552	1612	1632	
Gants Hill Station <i>Cranbrook Road (S)</i>	1059	1119	1139	1159	1220	1240	1302	1322	1342	1402	1422	1442	1502	1521	1541	1601	1621	1641	
Newbury Park Station	1108	1128	1148	1208	1229	1249	1311	1331	1351	1411	1431	1451	1511	1530	1550	1610	1630	1650	
Little Heath Eastern Avenue	1114	1134	1154	1214	1235	1255	1317	1337	1357	1417	1437	1457	1517	1536	1556	1616	1636	1656	
Rose Lane shops	1120	1140	1200	1220	1240	1300	1322	1342	1402	1422	1442	1502	1522	1541	1601	1621	1641	1701	
Romford North Street Bus Garage	1132	1153	1214	1234	1254	1313	1334	1354	1414	1433	1453	1512	1532	1551	1611	1631	1651	1710	
Romford Market St Edward's Way	1135	1156	1217	1237	1257	1316	1337	1357	1417	1437	1456	1515	1535	1554	1614	1634	1654	1713	
Romford Station	1140	1201	1222	1242	1302	1321	1341	1401	1421	1441	1500	1519	1539	1558	1618	1638	1658	1717	
Ilford Sainsbury's	1650	1710	1730	1750	1810	1830	1850	1920	1950	2020	2050	2120	2150	2220	2250	2320	2350	0020	
Ilford Station	1652	1712	1732	1752	1812	1832	1852	1922	1952	2022	2052	2122	2152	2222	2251	2321	2351	0021	
Gants Hill Station <i>Cranbrook Road (S)</i>	1701	1721	1740	1800	1820	1840	1900	1930	2000	2029	2058	2128	2158	2227	2256	2326	2356	0026	
Newbury Park Station	1710	1730	1749	1809	1829	1849	1909	1939	2006	2035	2104	2134	2203	2232	2301	2331	0001	0031	
Little Heath Eastern Avenue	1716	1736	1755	1815	1835	1855	1915	1944	2011	2040	2109	2139	2207	2236	2305	2335	0005	0035	
Rose Lane shops	1721	1741	1800	1820	1840	1900	1920	1949	2016	2045	2114	2143	2211	2240	2309	2339	0009	0039	
Romford North Street Bus Garage	1729	1748	1808	1828	1848	1908	1928	1956	2023	2052	2120	2148	2216	2245	2314	2344	0014	0044	
Romford Market St Edward's Way	1732	1751	1810	1830	1850	1910	1930	1958	2025	2054	2122	2150	2218	2247	2316	2346	0016	0046	
Romford Station	1736	1755	1814	1834	1854	1914	1934	2002	2028	2057	2125	2153	2221	2250	2319	2349	0019	0049	
296		Sundays and other Public Holidays (except Christmas Day)																	
Ilford Sainsbury's	0700	0729	0756	0824	0854	0924	0954	1024	1054	1124	1155	1226	1256	1326	1356	1426	1455	1525	
Ilford Station	0701	0730	0757	0826	0856	0926	0956	1026	1056	1126	1157	1228	1258	1328	1358	1428	1457	1527	
Gants Hill Station <i>Cranbrook Road (S)</i>	0707	0736	0803	0833	0903	0933	1003	1033	1103	1133	1204	1236	1306	1337	1407	1437	1506	1536	
Newbury Park Station	0713	0743	0811	0841	0911	0941	1011	1041	1111	1142	1213	1245	1316	1347	1417	1447	1516	1546	
Little Heath Eastern Avenue	0719	0749	0817	0847	0917	0947	1017	1047	1117	1148	1219	1251	1323	1354	1424	1454	1523	1553	
Rose Lane shops	0724	0754	0823	0853	0923	0953	1023	1053	1123	1154	1225	1257	1329	1400	1430	1500	1529	1559	
Romford North Street Bus Garage	0734	0804	0834	0904	0934	1004	1034	1104	1135	1206	1237	1309	1341	1412	1442	1512	1541	1611	
Romford Market St Edward's Way	0736	0806	0836	0906	0936	1006	1036	1106	1137	1208	1239	1311	1343	1414	1444	1514	1543	1613	
Romford Station	0740	0810	0840	0910	0940	1010	1040	1110	1141	1212	1243	1315	1347	1418	1448	1518	1547	1617	
Ilford Sainsbury's	1555	1624	1653	1722	1751	1820	1850	1920	1950	2020	2050	2120	2150	2220	2250	2320	2350	0020	
Ilford Station	1557	1626	1655	1724	1753	1822	1852	1922	1952	2022	2052	2122	2152	2222	2252	2322	2352	0021	
Gants Hill Station <i>Cranbrook Road (S)</i>	1606	1635	1704	1732	1801	1830	1900	1929	1959	2029	2059	2129	2159	2228	2258	2327	2357	0026	
Newbury Park Station	1616	1645	1713	1741	1810	1839	1908	1937	2007	2037	2106	2136	2206	2234	2304	2333	0002	0031	
Little Heath Eastern Avenue	1623	1652	1720	1748	1817	1845	1914	1943	2013	2043	2112	2141	2211	2239	2308	2337	0006	0035	
Rose Lane shops	1629	1658	1726	1754	1823	1851	1920	1949	2019	2049	2118	2146	2216	2244	2312	2341	0010	0039	
Romford North Street Bus Garage	1641	1709	1736	1803	1831	1859	1928	1957	2027	2057	2126	2153	2221	2249	2317	2346	0015	0044	
Romford Market St Edward's Way	1643	1711	1738	1805	1833	1901	1930	1959</											