

296		Mondays to Fridays																								
Romford Station	0520	0535	0550	0603	0616	0630	0644	0658	0713	0727	0742	0757	0812	0827	0843	0859	0915	0930	0945	1000						
Romford Market <i>St Edward's Way</i>	0522	0537	0552	0605	0618	0633	0647	0701	0716	0730	0745	0800	0815	0830	0846	0902	0918	0933	0948	1003						
Romford North Street <i>(The Squire)</i>	0525	0540	0555	0608	0621	0636	0650	0704	0719	0734	0749	0804	0819	0834	0850	0906	0922	0937	0952	1007						
Rose Lane shops	0534	0549	0604	0618	0631	0646	0700	0714	0729	0744	0759	0814	0829	0844	0900	0915	0931	0946	1001	1015						
Little Heath Eastern Avenue	0541	0556	0611	0627	0640	0655	0710	0725	0740	0755	0810	0825	0840	0855	0910	0925	0940	0954	1008	1022						
Newbury Park Station	0546	0601	0616	0632	0645	0700	0715	0730	0745	0800	0815	0830	0845	0900	0915	0930	0945	0959	1013	1027						
Gants Hill Station <i>Cranbrook Road (S)</i>	0555	0610	0625	0641	0654	0709	0723	0737	0752	0807	0822	0837	0852	0907	0922	0937	0951	1005	1019	1033						
Ilford Station	0602	0617	0632	0648	0701	0716	0731	0746	0801	0816	0831	0845	0900	0914	0929	0944	0958	1012	1026	1040						
Ilford Sainsbury's	0604	0619	0634	0650	0703	0718	0733	0748	0803	0818	0833	0847	0902	0916	0931	0946	1000	1014	1028	1042						
Romford Station	1015			1245	1300	1315	1330	1345	1400	1415	1430	1445	1500	1515	1531	1546	1601	1616	1632	1648	1704					
Romford Market <i>St Edward's Way</i>	1018			1248	1303	1318	1333	1348	1403	1418	1433	1448	1503	1518	1534	1549	1604	1619	1635	1651	1707					
Romford North Street <i>(The Squire)</i>	1022	Then		1252	1307	1322	1337	1352	1408	1424	1439	1454	1509	1524	1539	1554	1609	1624	1640	1656	1712					
Rose Lane shops	1030	every		1300	1315	1330	1345	1400	1416	1432	1448	1503	1518	1533	1548	1603	1618	1633	1649	1705	1721					
Little Heath Eastern Avenue	1037	15		1307	1322	1337	1352	1408	1424	1440	1456	1511	1526	1541	1556	1611	1626	1641	1657	1713	1729					
Newbury Park Station	1042	mins.		1312	1327	1342	1357	1413	1429	1445	1501	1516	1531	1546	1601	1616	1631	1646	1702	1717	1733					
Gants Hill Station <i>Cranbrook Road (S)</i>	1048	until		1318	1333	1348	1404	1420	1436	1452	1508	1523	1538	1553	1608	1623	1638	1653	1709	1724	1740					
Ilford Station	1055			1325	1341	1357	1413	1429	1445	1501	1517	1532	1547	1602	1617	1632	1647	1702	1717	1732	1747					
Ilford Sainsbury's	1057			1327	1343	1359	1415	1431	1447	1503	1519	1534	1549	1604	1619	1634	1649	1704	1719	1734	1749					
Romford Station	1720	1735	1750	1805	1820	1835	1850	1905	1925	1945	2005	2025	2045	2105	2125	2145	2205	2225	2245	2305						
Romford Market <i>St Edward's Way</i>	1723	1738	1753	1808	1823	1838	1853	1908	1928	1948	2008	2028	2048	2108	2127	2147	2207	2227	2247	2307						
Romford North Street <i>(The Squire)</i>	1728	1743	1758	1813	1827	1842	1857	1912	1932	1952	2012	2032	2052	2111	2131	2151	2210	2230	2250	2310						
Rose Lane shops	1737	1752	1806	1821	1835	1850	1905	1921	1941	2000	2020	2040	2059	2118	2138	2158	2217	2237	2257	2316						
Little Heath Eastern Avenue	1745	1759	1813	1828	1842	1857	1911	1927	1947	2006	2025	2045	2104	2123	2143	2203	2222	2242	2302	2321						
Newbury Park Station	1749	1803	1817	1832	1846	1901	1915	1931	1951	2010	2029	2049	2108	2127	2147	2207	2226	2246	2305	2324						
Gants Hill Station <i>Cranbrook Road (S)</i>	1755	1809	1823	1838	1852	1907	1921	1936	1956	2015	2034	2054	2113	2132	2152	2212	2231	2250	2309	2328						
Ilford Station	1802	1816	1830	1845	1859	1913	1927	1941	2001	2020	2039	2059	2118	2137	2157	2217	2236	2255	2314	2333						
Ilford Sainsbury's	1804	1818	1832	1847	1901	1915	1929	1943	2003	2022	2041	2101	2120	2139	2159	2218	2237	2256	2315	2334						
296		Mon-Fri (ctd.)   Saturdays																								
Romford Station			X																							
Romford Market <i>St Edward's Way</i>	2327	2347	0007	0005	0035								0505	0540	0610	0640	0710	0740	0800	0820	0840	0859	0918	0938	0957	1016
Romford North Street <i>(The Squire)</i>	2330	2350	0009	0007	0038								0508	0542	0612	0642	0712	0742	0802	0822	0842	0901	0921	0941	1000	1019
Rose Lane shops	2336	2356	0015	0015	0045	Then							0511	0545	0615	0645	0715	0745	0805	0825	0845	0904	0924	0944	1003	1023
Little Heath Eastern Avenue	2341	0001	0020	0020	0050	every							0515	0552	0622	0652	0722	0752	0812	0832	0852	0911	0931	0951	1011	1031
Newbury Park Station	2344	0004	0023	0023	0053	30							0520	0557	0627	0657	0727	0757	0817	0838	0858	0918	0938	0958	1018	1038
Gants Hill Station <i>Cranbrook Road (S)</i>	2348	0008	0027	0027	0057	mins.							0523	0601	0631	0701	0731	0802	0822	0843	0903	0923	0943	1003	1023	1043
Ilford Station	2353	0013	0032	0032	0103	until							0527	0605	0635	0705	0735	0806	0827	0848	0909	0929	0949	1009	1029	1049
Ilford Sainsbury's	2354	0014	0033	0033	0104								0534	0610	0640	0710	0741	0812	0834	0856	0917	0937	0958	1019	1039	1059
296		Saturdays (cont.)																								
Romford Station	1036	1056	1116	1136	1155	1214	1234	1254	1314	1334	1354	1414	1434	1454	1514	1534	1555	1616	1636	1656						
Romford Market <i>St Edward's Way</i>	1039	1059	1119	1139	1158	1217	1237	1257	1318	1338	1358	1418	1438	1458	1518	1538	1559	1620	1640	1700						
Romford North Street <i>(The Squire)</i>	1043	1103	1123	1143	1202	1222	1242	1302	1323	1343	1403	1423	1443	1503	1523	1542	1603	1624	1644	1704						
Rose Lane shops	1051	1111	1131	1151	1211	1231	1251	1311	1332	1352	1412	1432	1452	1512	1531	1550	1611	1632	1652	1712						
Little Heath Eastern Avenue	1058	1118	1138	1158	1218	1238	1258	1318	1339	1359	1419	1439	1459	1519	1538	1557	1618	1639	1659	1719						
Newbury Park Station	1103	1123	1143	1203	1223	1243	1303	1323	1344	1404	1424	1444	1504	1524	1543	1602	1623	1644	1704	1724						
Gants Hill Station <i>Cranbrook Road (S)</i>	1109	1129	1149	1209	1229	1249	1309	1329	1350	1410	1430	1450	1511	1531	1550	1609	1630	1651	1711	1730						
Ilford Station	1117	1137	1157	1218	1238	1259	1321	1341	1402	1422	1442	1502	1521	1541	1600	1619	1639	1659	1719	1737						
Ilford Sainsbury's	1119	1139	1159	1220	1240	1301	1323	1343	1404	1424	1444	1504	1523	1543	1602	1621	1641	1701	1721	1739						
Romford Station	1716	1736	1756	1816	1836	1856	1916	1937	1958	2019	2040	2100	2121	2142	2202	2223	2244	2305	2325	2345						
Romford Market <i>St Edward's Way</i>	1720	1739	1759	1819	1839	1859	1919	1940	2001	2022	2043	2103	2124	2145	2205	2226	2246	2307	2327	2347						
Romford North Street <i>(The Squire)</i>	1724	1743	1803	1823	1843	1903	1923	1944	2005	2025	2046	2106	2127	2148	2208	2228	2248	2309	2329	2349						
Rose Lane shops	1732	1751	1811	1831	1851	1911	1931	1952	2013	2033	2053	2113	2134	2155	2215	2235	2255	2315	2335	2355						
Little Heath Eastern Avenue	1738	1757	1817	1837	1857	1917	1937	1958	2019	2038	2058	2118	2139	2200	2220	2240	2300	2320	2340	0000						
Newbury Park Station	1742	1801	1821	1841	1901	1921	1941	2002	2023	2042	2102	2122	2143	2203	2223	2243	2303	2323	2343	0003						
Gants Hill Station <i>Cranbrook Road (S)</i>	1748	1807	1827	1847	1907	1927	1947	2007	2028	2047	2107	2127	2147	2207	2227	2247	2307	2327	2347	0007						
Ilford Station	1755	1814	1834	1854	1914	1934	1954	2013	2033	2052	2112	2132	2152	2212	2232	2252	2312	2332	2352	0012						
Ilford Sainsbury's	1757	1816	1836	1856	1916	1936	1956	2015	2035	2054	2114	2134	2153	2213	2233	2253	2313	2333	2353	0013						
296		Sundays																								
Romford Station	0005	0035		0605	0635	0705	0735	0804	0834	0905	0936	1007														

296		Mondays to Fridays												
Ilford Sainsbury's	0615 0630 0645 0659 0713 0727 0741 0756 0812 0827 0842 0857		1227 1242 1257 1312 1327 1342											
Ilford Station	0616 0631 0646 0700 0714 0729 0743 0758 0814 0829 0844 0859		1229 1244 1259 1314 1329 1344											
Gants Hill Station Cranbrook Road (S)	0622 0637 0652 0706 0721 0736 0751 0806 0821 0836 0851 0906	Then every 15 minutes until	1236 1252 1307 1322 1337 1352											
Newbury Park Station	0629 0644 0659 0714 0729 0744 0759 0814 0829 0844 0859 0915		1245 1301 1317 1332 1347 1402											
Little Heath Eastern Avenue	0635 0650 0705 0720 0735 0750 0805 0820 0835 0850 0905 0921		1251 1307 1323 1339 1354 1409											
Rose Lane shops	0641 0656 0711 0726 0741 0756 0811 0826 0841 0856 0911 0926		1256 1312 1328 1344 1359 1415											
Romford North Street Bus Garage	0655 0710 0725 0740 0755 0810 0824 0838 0852 0907 0921 0936		1306 1322 1338 1354 1409 1425											
Romford Market St Edward's Way	0658 0713 0728 0743 0758 0813 0827 0841 0855 0910 0924 0939		1309 1325 1341 1357 1412 1428											
Romford Station	0702 0717 0732 0747 0802 0817 0831 0845 0859 0914 0928 0943		1313 1329 1345 1401 1416 1432											
Ilford Sainsbury's	1357 1412 1427 1442 1457 1512 1527 1542 1557 1612 1627 1642	1657 1712 1727 1743 1759 1815 1831 1847												
Ilford Station	1359 1414 1429 1444 1459 1514 1529 1544 1559 1614 1629 1644	1659 1714 1729 1745 1801 1817 1833 1849												
Gants Hill Station Cranbrook Road (S)	1408 1423 1438 1453 1508 1523 1538 1553 1608 1623 1638 1653	1708 1723 1738 1754 1810 1825 1841 1857												
Newbury Park Station	1418 1433 1448 1503 1518 1533 1548 1603 1618 1633 1648 1703	1718 1733 1748 1804 1819 1834 1850 1906												
Little Heath Eastern Avenue	1425 1440 1455 1511 1526 1541 1556 1611 1626 1641 1656 1711	1726 1741 1756 1811 1826 1841 1857 1913												
Rose Lane shops	1431 1446 1501 1517 1532 1547 1602 1617 1632 1647 1702 1717	1732 1746 1801 1816 1831 1846 1902 1918												
Romford North Street Bus Garage	1441 1455 1510 1527 1542 1557 1612 1628 1643 1658 1713 1727	1741 1755 1810 1825 1840 1855 1910 1926												
Romford Market St Edward's Way	1444 1459 1514 1530 1545 1600 1615 1631 1646 1701 1716 1730	1744 1758 1813 1828 1843 1858 1913 1929												
Romford Station	1448 1503 1518 1534 1549 1604 1619 1635 1650 1705 1720 1734	1748 1802 1817 1832 1847 1902 1917 1932												
Ilford Sainsbury's	1904 1921 1938 1954 2014 2035 2055 2115 2135 2156 2216 2237	2258 2318 2339 0000 0020												
Ilford Station	1906 1923 1940 1956 2016 2037 2057 2117 2137 2158 2218 2239	2300 2320 2341 0002 0022												
Gants Hill Station Cranbrook Road (S)	1914 1931 1947 2003 2023 2043 2103 2123 2143 2204 2224 2245	2306 2326 2347 0007 0027												
Newbury Park Station	1923 1939 1955 2010 2030 2050 2110 2130 2150 2211 2231 2252	2313 2333 2353 0013 0033												
Little Heath Eastern Avenue	1929 1945 2000 2015 2035 2055 2115 2135 2155 2216 2236 2257	2318 2338 2358 0018 0038												
Rose Lane shops	1934 1950 2005 2020 2040 2100 2120 2140 2200 2221 2241 2302	2322 2342 0002 0022 0042												
Romford North Street Bus Garage	1941 1956 2011 2026 2046 2106 2126 2146 2206 2226 2246 2306	2326 2346 0006 0026 0046												
Romford Market St Edward's Way	1944 1959 2014 2029 2049 2109 2129 2149 2209 2229 2249 2309	2329 2349 0009 0029 0049												
Romford Station	1947 2002 2017 2032 2052 2112 2132 2152 2212 2232 2252 2312	2332 2352 0012 0032 0052												
296		Saturdays												
Ilford Sainsbury's	0000 0020 0040	Then every 30 minutes until	0540 0605 0635 0705 0735 0805 0835 0855 0914 0933 0952 1011 1031 1051 1111											
Ilford Station	0002 0022 0041		0541 0606 0636 0706 0736 0807 0837 0857 0916 0935 0954 1013 1033 1053 1113											
Gants Hill Station Cranbrook Road (S)	0007 0027 0047		0547 0612 0641 0711 0741 0812 0842 0902 0922 0941 1000 1020 1040 1100 1120											
Newbury Park Station	0013 0033 0051		0551 0615 0647 0717 0747 0818 0849 0909 0929 0949 1009 1029 1049 1109 1129											
Little Heath Eastern Avenue	0018 0038 0053		0553 0618 0652 0722 0752 0823 0855 0915 0935 0955 1015 1035 1055 1115 1135											
Rose Lane shops	0022 0042 0057		0557 0622 0656 0727 0757 0829 0901 0921 0941 1001 1021 1041 1101 1121 1141											
Romford North Street Bus Garage	0026 0046 0106		0606 0630 0703 0734 0805 0837 0909 0930 0951 1011 1031 1051 1112 1133 1154											
Romford Market St Edward's Way	0029 0049 0109	0609 0633 0705 0736 0807 0839 0911 0932 0953 1014 1034 1054 1115 1136 1157												
Romford Station	0032 0052 0110	0610 0634 0708 0739 0811 0843 0915 0936 0957 1018 1038 1059 1120 1141 1202												
Ilford Sainsbury's	1131 1151 1211 1231 1251 1311 1331 1351 1411 1431 1451 1511 1531 1551 1611 1631 1651 1711 1731 1751													
Ilford Station	1133 1153 1213 1233 1254 1314 1334 1354 1414 1434 1454 1513 1533 1553 1613 1633 1653 1713 1733 1753													
Gants Hill Station Cranbrook Road (S)	1140 1200 1221 1241 1303 1323 1343 1403 1423 1443 1503 1522 1542 1602 1622 1642 1702 1722 1741 1801													
Newbury Park Station	1149 1209 1230 1250 1312 1332 1352 1412 1432 1452 1512 1531 1551 1611 1631 1651 1711 1731 1750 1810													
Little Heath Eastern Avenue	1155 1215 1236 1256 1318 1338 1358 1418 1438 1458 1518 1537 1557 1617 1637 1657 1717 1737 1756 1816													
Rose Lane shops	1201 1221 1241 1301 1323 1343 1403 1423 1443 1503 1523 1542 1602 1622 1642 1702 1722 1742 1801 1821													
Romford North Street Bus Garage	1215 1235 1255 1314 1335 1355 1415 1434 1454 1513 1533 1552 1612 1632 1652 1711 1730 1749 1809 1829													
Romford Market St Edward's Way	1218 1238 1258 1317 1338 1358 1418 1438 1457 1516 1536 1555 1615 1635 1655 1714 1733 1752 1811 1831													
Romford Station	1223 1243 1303 1322 1342 1402 1422 1442 1501 1520 1540 1559 1619 1639 1659 1718 1737 1756 1815 1835													
Ilford Sainsbury's	1811 1831 1851 1911 1933 1955 2016 2037 2059 2119 2140 2201 2221 2241 2301 2321 2341													
Ilford Station	1813 1833 1853 1913 1935 1957 2018 2039 2101 2121 2142 2203 2223 2243 2302 2322 2342													
Gants Hill Station Cranbrook Road (S)	1821 1841 1901 1921 1943 2005 2026 2046 2107 2127 2148 2209 2228 2248 2307 2327 2347													
Newbury Park Station	1830 1850 1910 1930 1952 2011 2032 2052 2113 2133 2154 2214 2233 2253 2312 2332 2352													
Little Heath Eastern Avenue	1836 1856 1916 1936 1957 2016 2037 2057 2118 2138 2159 2218 2237 2257 2316 2336 2356													
Rose Lane shops	1841 1901 1921 1941 2002 2021 2042 2102 2123 2143 2203 2222 2241 2301 2320 2340 0000													
Romford North Street Bus Garage	1849 1909 1929 1949 2009 2028 2049 2109 2129 2148 2208 2227 2246 2306 2325 2345 0005													
Romford Market St Edward's Way	1851 1911 1931 1951 2011 2030 2051 2111 2131 2150 2210 2229 2248 2308 2327 2347 0007													
Romford Station	1855 1915 1935 1955 2015 2034 2054 2114 2134 2153 2213 2232 2251 2311 2330 2350 0010													
296		Sundays												
Ilford Sainsbury's	0001 0021 0040	Then every 30 minutes until	0640 0700 0729 0756 0824	Then every 30 mins. until	1024 1054 1124 1155 1226 1256 1326 1356 1426									
Ilford Station	0002 0022 0041		0641 0701 0730 0757 0826		1026 1056 1126 1157 1228 1258 1328 1358 1428									
Gants Hill Station Cranbrook Road (S)	0007 0027 0047		0647 0707 0736 0803 0833		1033 1103 1133 1204 1236 1306 1337 1407 1437									
Newbury Park Station	0012 0032 0051		0651 0713 0743 0811 0841		1041 1111 1142 1213 1245 1316 1347 1417 1447									
Little Heath Eastern Avenue	0016 0036 0053		0653 0719 0749 0817 0847		1047 1117 1148 1219 1251 1323 1354 1424 1454									
Rose Lane shops	0020 0040 0057		0657 0724 0754 0823 0853		1053 1123 1154 1225 1257 1329 1400 1430 1500									
Romford North Street Bus Garage	0025 0045 0106		0706 0734 0804 0834 0904		1104 1135 1206 1237 1309 1341 1412 1442 1512									
Romford Market St Edward's Way	0027 0047 0109	0709 0736 0806 0836 0906	1106 1137 1208 1239 1311 1343 1414 1444 1514											
Romford Station	0030 0050 0110	0710 0740 0810 0840 0910	1110 1141 1212 1243 1315 1347 1418 1448 1518											
Ilford Sainsbury's	1455 1525 1555 1624 1653 1722 1751 1820 1850 1920 1950 2020 2050 2120 2150 2220 2250 2320 2350 0020													
Ilford Station	1457 1527 1557 1626 1655 1724 1753 1822 1852 1922 1952 2022 2052 2122 2152 2222 2252 2322 2352 0021													
Gants Hill Station Cranbrook Road (S)	1506 1536 1606 1635 1704 1732 1801 1830 1900 1929 1959 2029 2059 2129 2159 2228 2258 2327 2357 0026													
Newbury Park Station	1516 1546 1616 1645 1713 1741 1810 1839 1908 1937 2007 2037 2106 2136 2206 2234 2304 2333 0002 0031													
Little Heath Eastern Avenue	1523 1553 1623 1652 1720 1748 1817 1845 1914 1943 2013 2043 2112 2141 2211 2239 2308 2337 0006 0035													
Rose Lane shops	1529 1559 1629 1658 1726 1754 1823 1851 1920 1949 2019 2049 2118 2146 2216 2244 2312 2341 0010 0039													
Romford North Street Bus Garage	1541 1611 1641 1709 1736 1803 1831 1859 1928 1957 2027 2057 2126 2153 2221 2249 2317 2346 0015 0044													
Romford Market St Edward's Way	1543 1613 1643 1711 1738 1805 1833 1901 1930 1959 2029 2059 2128 2155 2223 2251 2319 2348 0017 0046													
Romford Station	1547 1617 1647 1715 1742 1809 1837 1905 1934 2003 2033 2103 2132 2158 2226 2254 2322 2351 0020 0049													
Note:	X – On Fridays, this journey is duplicated in the Saturday timetable													