

86		Mondays to Fridays																	
Romford Station	0525	0535	0545	0555	0603	0610	0618	0626	0633	0640	0646	0652	0657	0702	0707	0712	0717	0722	
Romford Market St. Edward's Way	0528	0538	0548	0558	0606	0613	0621	0629	0637	0644	0650	0656	0701	0706	0711	0716	0721	0726	
Chadwell Heath Wangey Road	0537	0547	0557	0607	0615	0622	0630	0640	0649	0656	0702	0708	0713	0718	0723	0728	0733	0738	
Seven Kings Station	0543	0553	0603	0613	0621	0628	0636	0646	0655	0702	0708	0714	0719	0724	0729	0735	0741	0747	
Ilford High Road Hainault Street	0547	0557	0607	0617	0625	0632	0642	0652	0701	0708	0714	0720	0725	0731	0737	0743	0749	0755	
Ilford Broadway High Street	0549	0559	0609	0619	0627	0634	0644	0654	0703	0710	0716	0722	0728	0734	0740	0746	0752	0758	
Manor Park Broadway	0555	0605	0615	0625	0634	0642	0652	0702	0712	0721	0727	0733	0739	0745	0751	0757	0803	0809	
Forest Gate Police Station	0558	0608	0618	0628	0637	0647	0657	0707	0717	0726	0732	0738	0744	0750	0756	0802	0808	0814	
Stratford Bus Station	0605	0615	0627	0638	0649	0659	0709	0719	0729	0738	0745	0751	0757	0803	0809	0815	0821	0827	
Romford Station	0727	0733	--	0739		0833	0839	0845	0850	0856	0901	0907	0913	0919	0925	0931		1343	
Romford Market St. Edward's Way	0731	0737	--	0743		0837	0843	0849	0854	0900	0905	0911	0917	0923	0929	0935		1347	
Chadwell Heath Wangey Road	0744	0750	--	0756	Then	0850	0856	0902	0907	0913	0918	0924	0930	0936	0942	0949	Then	1401	
Seven Kings Station	0753	0759	--	0805	every	0859	0905	0911	0916	0922	0927	0933	0939	0945	0951	0957	every	1409	
Ilford High Road Hainault Street	0801	0807	--	0813	6	0907	0913	0919	0924	0930	0935	0940	0946	0952	0958	1004	6	1416	
Ilford Broadway High Street	0804	0810	--	0816	mins.	0910	0916	0922	0927	0933	0938	0943	0949	0955	1001	1007	mins.	1419	
Manor Park Broadway	0815	0821	0824	0827	until	0921	0927	0933	0938	0943	0948	0953	0959	1005	1011	1017	until	1429	
Forest Gate Police Station	0820	0826	0829	0832		0926	0934	0940	0945	0950	0955	1000	1006	1012	1018	1024		1436	
Stratford Bus Station	0833	0839	0842	0845		0939	0945	0950	0955	1000	1005	1010	1016	1022	1028	1034		1446	
Romford Station	1349	1355	1400	1405	1410	1415			SD	NSD	SD	NSD	SD	NSD	SD	NSD	SD	NSD	
Romford Market St. Edward's Way	1353	1359	1404	1409	1414	1419			1515	1520	1521	1524	1527	1530	1533	1536	1539	1544	1545
Chadwell Heath Wangey Road	1407	1413	1418	1423	1428	1433	Then		1519	1524	1525	1528	1531	1534	1537	1540	1543	1548	1549
Seven Kings Station	1415	1421	1426	1431	1436	1442	every		1533	1539	1539	1545	1545	1551	1551	1557	1557	1603	1603
Ilford High Road Hainault Street	1422	1428	1434	1439	1444	1450	6		1542	1548	1548	1554	1554	1600	1600	1606	1606	1612	1612
Ilford Broadway High Street	1425	1431	1437	1442	1447	1453	mins.		1550	1556	1556	1602	1602	1608	1608	1614	1614	1620	1620
Manor Park Broadway	1436	1443	1449	1455	1501	1507	until		1553	1559	1559	1605	1605	1611	1611	1617	1617	1623	1623
Forest Gate Police Station	1443	1450	1456	1502	1508	1514			1607	1613	1613	1619	1619	1625	1625	1631	1631	1637	1637
Stratford Bus Station	1454	1502	1508	1514	1520	1526			1614	1620	1620	1626	1626	1632	1632	1637	1637	1643	1643
Romford Station	1551	1558	1605	1611	1618				1626	1632	1632	1637	1637	1642	1642	1647	1647	1653	1653
Romford Market St. Edward's Way	1555	1602	1609	1615	1622		Then		1812	1818	1824	1830	1836	1842	1848	1854	1900	1908	1916
Chadwell Heath Wangey Road	1609	1616	1623	1629	1635		every 6		1816	1822	1828	1834	1840	1846	1852	1858	1904	1912	1920
Seven Kings Station	1618	1625	1631	1637	1643		minutes		1829	1835	1841	1847	1853	1859	1905	1911	1917	1924	1932
Ilford High Road Hainault Street	1626	1632	1638	1644	1650		until		1837	1843	1849	1855	1901	1907	1913	1918	1924	1931	1939
Ilford Broadway High Street	1629	1635	1641	1647	1653				1844	1850	1856	1902	1908	1914	1919	1924	1930	1937	1945
Manor Park Broadway	1643	1649	1655	1701	1707				1847	1853	1859	1905	1911	1916	1921	1926	1932	1939	1947
Forest Gate Police Station	1649	1655	1701	1707	1713				1901	1907	1913	1919	1923	1927	1932	1937	1943	1950	1958
Stratford Bus Station	1659	1705	1711	1717	1723				1907	1913	1918	1924	1928	1932	1937	1942	1948	1955	2003
Romford Station	1924	1932	1940	1948	1956	2005			1917	1922	1927	1933	1937	1941	1946	1951	1957	2004	2012
Romford Market St. Edward's Way	1928	1936	1944	1952	2000	2009			2215	2225	2235	2245	2255	2305	2315	2325	2335	2345	
Chadwell Heath Wangey Road	1940	1948	1956	2004	2012	2021	Then		2219	2229	2239	2249	2259	2309	2319	2329	2339	2349	
Seven Kings Station	1947	1955	2003	2010	2018	2027	every 10		2231	2241	2251	2301	2310	2320	2330	2340	2350	0000	
Ilford High Road Hainault Street	1953	2001	2009	2016	2024	2033	minutes		2237	2247	2257	2307	2316	2326	2336	2346	2356	0005	
Ilford Broadway High Street	1955	2003	2011	2018	2026	2035	until		2243	2253	2303	2312	2321	2331	2341	2351	0001	0010	
Manor Park Broadway	2006	2012	2019	2026	2034	2043			2245	2255	2305	2314	2323	2333	2343	2353	0003	0012	
Forest Gate Police Station	2011	2017	2024	2031	2039	2048			2253	2303	2313	2322	2331	2341	2351	0001	0010	0019	
Stratford Bus Station	2020	2026	2033	2040	2048	2057			2258	2308	2317	2326	2335	2345	2355	0005	0014	0023	
Romford Station	2355	0005	0015						2307	2316	2325	2334	2343	2353	0003	0013	0022	0031	
Romford Market St. Edward's Way	2359	0008	0018																
Chadwell Heath Wangey Road	0009	0017	0027																
Seven Kings Station	0014	0022	0032																
Ilford High Road Hainault Street	0019	0027	0037																
Ilford Broadway High Street	0021	0029	0039																
Manor Park Broadway	0028	0036	0046																
Forest Gate Police Station	0032	0040	0050																
Stratford Bus Station	0040	0048	0058																

Note: On all days of the week, departures from Romford from 2135 onwards do not serve Western Road in Romford.

SD - Operates on school days only

NSD - Operates during school holidays only

86		Saturdays (also Good Friday)																	
Romford Station	0525	0540	0555	0605	0615	0625	0634	0643	0651	0700			0740	0748	0756	0803		0915	
Romford Market St. Edward's Way	0528	0543	0558	0608	0618	0628	0637	0646	0654	0703			0743	0751	0759	0806		0918	
Chadwell Heath Wangey Road	0537	0552	0607	0617	0627	0637	0646	0655	0703	0713	Then every 10 minutes until		0753	0801	0809	0816	Then	0928	
Seven Kings Station	0543	0558	0613	0623	0633	0643	0652	0701	0709	0719			0759	0807	0815	0822	every	0934	
Ilford High Road Hainault Street	0547	0602	0617	0627	0637	0647	0656	0705	0714	0724			0804	0812	0820	0827	6	0939	
Ilford Broadway High Street	0549	0604	0619	0629	0639	0649	0658	0707	0716	0726			0806	0814	0822	0829	mins.	0941	
Manor Park Broadway	0555	0610	0625	0635	0645	0655	0704	0714	0725	0735			0815	0823	0831	0839	until	0951	
Forest Gate Police Station	0558	0613	0628	0638	0648	0658	0708	0718	0729	0739			0819	0827	0835	0843		0955	
Stratford Bus Station	0605	0620	0635	0645	0655	0705	0716	0727	0738	0748			0828	0836	0844	0852		1004	
Romford Station	0921	0926	0931	0936	0941	0946	0952	0957	1002	1007	1013	1019	1024	1029	1034	1039	1044	1049	
Romford Market St. Edward's Way	0924	0929	0934	0939	0944	0949	0955	1000	1005	1011	1017	1023	1028	1033	1038	1043	1048	1053	
Chadwell Heath Wangey Road	0934	0939	0944	0949	0954	0959	1005	1011	1017	1023	1029	1035	1040	1045	1050	1055	1101	1107	
Seven Kings Station	0940	0945	0950	0955	1001	1007	1013	1019	1025	1031	1037	1043	1048	1053	1058	1104	1110	1116	
Ilford High Road Hainault Street	0945	0950	0955	1001	1007	1013	1019	1025	1031	1037	1043	1049	1054	1059	1105	1111	1117	1123	
Ilford Broadway High Street	0947	0952	0958	1004	1010	1016	1022	1028	1034	1040	1046	1052	1057	1102	1108	1114	1120	1126	
Manor Park Broadway	0957	1003	1009	1015	1021	1027	1033	1039	1045	1051	1057	1103	1109	1115	1121	1127	1133	1139	
Forest Gate Police Station	1002	1008	1014	1020	1026	1032	1038	1044	1050	1056	1102	1109	1115	1121	1127	1133	1139	1145	
Stratford Bus Station	1012	1019	1025	1031	1037	1043	1049	1055	1101	1107	1113	1120	1126	1132	1138	1144	1150	1156	
Romford Station	1054	1059				1653	1659	1705	1711	1717	1723	1729	1735	1741	1747	1753	1759	1805	1811
Romford Market St. Edward's Way	1058	1104				1658	1704	1710	1716	1722	1728	1734	1740	1746	1752	1758	1804	1809	1815
Chadwell Heath Wangey Road	1113	1119	Then every 6 minutes until			1713	1719	1725	1731	1737	1743	1749	1755	1801	1807	1812	1817	1822	1827
Seven Kings Station	1122	1128				1722	1728	1734	1740	1746	1752	1758	1803	1809	1815	1820	1825	1830	1835
Ilford High Road Hainault Street	1129	1135				1729	1735	1741	1747	1753	1759	1804	1809	1815	1821	1826	1831	1836	1841
Ilford Broadway High Street	1132	1138				1732	1738	1744	1750	1756	1802	1807	1812	1818	1824	1829	1834	1839	1844
Manor Park Broadway	1145	1151				1745	1751	1757	1803	1808	1814	1819	1824	1830	1836	1841	1846	1851	1856
Forest Gate Police Station	1151	1157				1751	1757	1803	1808	1813	1819	1824	1829	1835	1841	1846	1851	1856	1901
Stratford Bus Station	1202	1208				1802	1807	1812	1817	1822	1828	1833	1838	1844	1850	1855	1900	1905	1910
Romford Station	1817	1823	1829	1835	1843	1851	1859	1907	1915				2215	2225	2235	2245	2255	2305	2315
Romford Market St. Edward's Way	1821	1827	1833	1839	1847	1855	1903	1911	1919				2219	2229	2239	2249	2259	2309	2319
Chadwell Heath Wangey Road	1833	1839	1845	1851	1859	1907	1915	1923	1931	Then every 10 minutes until			2231	2241	2251	2301	2310	2320	2330
Seven Kings Station	1841	1847	1853	1859	1907	1913	1921	1929	1937				2237	2247	2257	2307	2316	2326	2336
Ilford High Road Hainault Street	1847	1853	1859	1905	1913	1919	1927	1935	1943				2243	2253	2303	2312	2321	2331	2341
Ilford Broadway High Street	1850	1856	1902	1908	1915	1921	1929	1937	1945				2245	2255	2305	2314	2323	2333	2343
Manor Park Broadway	1902	1908	1913	1918	1923	1929	1937	1945	1953				2253	2303	2313	2322	2331	2341	2351
Forest Gate Police Station	1907	1913	1918	1923	1928	1934	1942	1950	1958				2258	2308	2317	2326	2335	2345	2355
Stratford Bus Station	1916	1922	1927	1932	1937	1943	1951	1959	2007				2307	2316	2325	2334	2343	2353	0003
Romford Station	2325	2335	2345	2355	0005	0015													
Romford Market St. Edward's Way	2329	2339	2349	2359	0008	0018													
Chadwell Heath Wangey Road	2340	2350	0000	0009	0017	0027													
Seven Kings Station	2346	2356	0005	0014	0022	0032													
Ilford High Road Hainault Street	2351	0001	0010	0019	0027	0037													
Ilford Broadway High Street	2353	0003	0012	0021	0029	0039													
Manor Park Broadway	0001	0010	0019	0028	0036	0046													
Forest Gate Police Station	0005	0014	0023	0032	0040	0050													
Stratford Bus Station	0013	0022	0031	0040	0048	0058													

Note: On all days of the week, departures from Romford from 2135 onwards do not serve Western Road in Romford.

86 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																					
Romford Station	0525				0755	0803	0811	0820			0920	0930	0940	0949	0958	1007	1016	1025	1034		
Romford Market St. Edward's Way	0528				0758	0806	0814	0823			0923	0933	0943	0952	1001	1010	1019	1028	1037		
Chadwell Heath Wangey Road	0537				0807	0815	0823	0832			0932	0942	0952	1001	1011	1021	1030	1039	1048		
Seven Kings Station	0543				0813	0821	0829	0838			0938	0948	0958	1007	1017	1027	1036	1045	1054		
Ilford High Road Hainault Street	0547				0817	0825	0834	0844			0944	0954	1004	1013	1023	1033	1042	1051	1100		
Ilford Broadway High Street	0549				0819	0827	0836	0846			0946	0956	1006	1016	1026	1036	1045	1054	1103		
Manor Park Broadway	0555				0825	0834	0844	0854			0954	1004	1015	1025	1035	1045	1055	1105	1115		
Forest Gate Police Station	0558				0828	0839	0849	0859			0959	1009	1020	1030	1040	1050	1100	1111	1121		
Stratford Bus Station	0605				0835	0847	0857	0907			1007	1018	1029	1039	1049	1059	1110	1121	1131		
Romford Station	1043	1052	1101	1110					1540	1550	1600	1610	1620			1850	1902	1914	1925		2215
Romford Market St. Edward's Way	1046	1055	1104	1114					1544	1554	1604	1614	1624			1854	1906	1918	1929		2219
Chadwell Heath Wangey Road	1057	1106	1116	1126					1556	1606	1616	1626	1636			1906	1918	1930	1941		2231
Seven Kings Station	1104	1114	1124	1134					1604	1614	1624	1634	1643			1913	1925	1937	1947		2237
Ilford High Road Hainault Street	1110	1120	1130	1140					1610	1620	1630	1640	1649			1919	1931	1943	1953		2243
Ilford Broadway High Street	1113	1123	1133	1143					1613	1623	1633	1643	1652			1922	1934	1945	1955		2245
Manor Park Broadway	1125	1135	1145	1155					1625	1635	1645	1654	1703			1933	1943	1953	2003		2253
Forest Gate Police Station	1131	1141	1151	1201					1631	1641	1650	1659	1708			1938	1948	1958	2008		2258
Stratford Bus Station	1141	1151	1201	1211					1641	1650	1659	1708	1717			1947	1957	2007	2017		2307
Romford Station	2225	2235	2245	2255	2305	2315	2325	2335	2345	2355	0005	0015									
Romford Market St. Edward's Way	2229	2239	2249	2259	2309	2319	2329	2339	2349	2359	0008	0018									
Chadwell Heath Wangey Road	2241	2251	2301	2310	2320	2330	2340	2350	0000	0009	0017	0027									
Seven Kings Station	2247	2257	2307	2316	2326	2336	2346	2356	0005	0014	0022	0032									
Ilford High Road Hainault Street	2253	2303	2312	2321	2331	2341	2351	0001	0010	0019	0027	0037									
Ilford Broadway High Street	2255	2305	2314	2323	2333	2343	2353	0003	0012	0021	0029	0039									
Manor Park Broadway	2303	2313	2322	2331	2341	2351	0001	0010	0019	0028	0036	0046									
Forest Gate Police Station	2308	2317	2326	2335	2345	2355	0005	0014	0023	0032	0040	0050									
Stratford Bus Station	2316	2325	2334	2343	2353	0003	0013	0022	0031	0040	0048	0058									

Note: On all days of the week, departures from Romford from 2135 onwards do not serve Western Road in Romford.

86		Mondays to Fridays																	
Stratford Bus Station	0550	0600	0610	0619	0627	0635	0643	0651	0659	0705	0711	0716	0721	0726	0731	0735	0739	0744	
Forest Gate Police Station	0558	0608	0618	0627	0636	0645	0653	0701	0709	0715	0721	0726	0731	0736	0741	0746	0751	0756	
Manor Park Broadway	0601	0611	0621	0630	0639	0648	0656	0704	0712	0718	0724	0729	0735	0740	0745	0750	0755	0800	
Ilford Broadway Ilford Hill	0607	0617	0627	0636	0645	0654	0702	0710	0718	0724	0730	0735	0741	0746	0751	0756	0801	0806	
Ilford High Road Hainault Street	0610	0620	0630	0640	0649	0658	0706	0714	0722	0728	0734	0739	0745	0750	0755	0800	0805	0810	
Seven Kings Station	0615	0625	0635	0645	0654	0703	0711	0719	0727	0733	0739	0745	0751	0756	0801	0806	0811	0816	
Chadwell Heath Wangey Road	0621	0631	0641	0651	0700	0709	0718	0726	0734	0740	0746	0752	0758	0803	0808	0813	0818	0823	
Romford Market St. Edward's Way	0632	0642	0652	0702	0712	0722	0731	0740	0748	0754	0800	0806	0812	0817	0822	0827	0832	0837	
Romford Station	0636	0646	0656	0706	0716	0726	0735	0744	0752	0758	0804	0810	0816	0821	0826	0831	0836	0841	
Stratford Bus Station	0750			0850	0856	0902	0908	0914	0920			1338	1344	1350	1356	1402	1408	1413	
Forest Gate Police Station	0802			0902	0908	0914	0920	0926	0932			1350	1356	1402	1408	1414	1420	1425	
Manor Park Broadway	0806	Then		0906	0912	0918	0924	0930	0937	Then		1355	1401	1407	1413	1419	1425	1430	
Ilford Broadway Ilford Hill	0812	every 6		0912	0918	0925	0932	0939	0946	every 6		1404	1410	1416	1422	1428	1434	1441	
Ilford High Road Hainault Street	0816	minutes		0916	0922	0929	0936	0943	0950	minutes		1408	1414	1420	1426	1432	1438	1445	
Seven Kings Station	0822	until		0922	0928	0935	0942	0949	0956	until		1414	1420	1426	1432	1439	1446	1453	
Chadwell Heath Wangey Road	0829			0929	0936	0943	0950	0957	1004			1422	1428	1434	1440	1448	1456	1503	
Romford Market St. Edward's Way	0843			0943	0949	0955	1001	1008	1015			1433	1440	1447	1455	1503	1511	1518	
Romford Station	0847			0947	0953	0959	1005	1012	1019			1437	1444	1451	1459	1507	1515	1522	
Stratford Bus Station	1418	1423	1428	1433				1533	1538	1545	1552			1810	1816	1822	1828	1834	1840
Forest Gate Police Station	1430	1435	1440	1445				1545	1550	1557	1604			1822	1828	1834	1840	1846	1852
Manor Park Broadway	1435	1440	1445	1450	Then			1550	1555	1602	1609	Then		1827	1833	1839	1845	1851	1857
Ilford Broadway Ilford Hill	1447	1453	1459	1505	every 6			1605	1610	1617	1624	every 6		1842	1848	1854	1900	1906	1912
Ilford High Road Hainault Street	1451	1457	1503	1509	minutes			1609	1614	1621	1628	minutes		1846	1852	1858	1904	1910	1916
Seven Kings Station	1500	1506	1512	1518	until			1618	1623	1630	1636	until		1854	1900	1906	1912	1917	1922
Chadwell Heath Wangey Road	1510	1516	1522	1528				1628	1635	1642	1648			1906	1912	1918	1922	1926	1931
Romford Market St. Edward's Way	1525	1531	1537	1543				1643	1650	1657	1703			1921	1925	1929	1933	1937	1942
Romford Station	1529	1535	1541	1547				1647	1654	1701	1707			1925	1929	1933	1937	1941	1946
Stratford Bus Station	1846	1852	1859	1906	1913	1920	1928	1936	1944	1952	2000			2210	2220	2230		2320	
Forest Gate Police Station	1858	1904	1911	1918	1925	1931	1939	1947	1955	2003	2011			2221	2231	2241		2331	
Manor Park Broadway	1903	1909	1916	1923	1930	1936	1944	1952	2000	2008	2016	Then		2226	2236	2246	Then	2336	
Ilford Broadway Ilford Hill	1918	1924	1929	1934	1939	1944	1952	2000	2006	2014	2022	every 10		2232	2242	2252	every	2342	
Ilford High Road Hainault Street	1921	1927	1932	1937	1942	1947	1955	2003	2009	2017	2025	minutes		2235	2245	2255	10	2345	
Seven Kings Station	1927	1933	1938	1943	1948	1953	2001	2007	2013	2021	2029	until		2239	2249	2259	mins.	2349	
Chadwell Heath Wangey Road	1936	1942	1947	1952	1957	2002	2008	2014	2020	2028	2036			2246	2256	2306	until	2356	
Romford Market St. Edward's Way	1947	1953	1958	2003	2008	2013	2018	2024	2030	2038	2046			2256	2305	2314		0004	
Romford Station	1951	1957	2002	2007	2012	2017	2022	2028	2034	2042	2050			2300	2309	2318		0008	
Stratford Bus Station	2330	2340	2350	0000	0010			0050											
Forest Gate Police Station	2341	2350	2358	0007	0017			0057											
Manor Park Broadway	2346	2355	0003	0011	0020	Then		0100											
Ilford Broadway Ilford Hill	2352	0001	0009	0017	0026	every 10		0106											
Ilford High Road Hainault Street	2355	0004	0012	0020	0029	minutes		0109											
Seven Kings Station	2359	0008	0016	0024	0033	until		0113											
Chadwell Heath Wangey Road	0005	0013	0021	0029	0038			0118											
Romford Market St. Edward's Way	0013	0021	0029	0037	0046			0126											
Romford Station	0017	0025	0033	0041	0050			0130											
86		Saturdays (also Good Friday)																	
Stratford Bus Station	0550	0605	0620	0635	0646	0656				0746	0754	0802	0810	0818			0930	0935	0941
Forest Gate Police Station	0558	0613	0628	0643	0654	0705				0755	0803	0811	0819	0827			0939	0944	0950
Manor Park Broadway	0601	0616	0631	0646	0657	0708	Then			0758	0806	0814	0822	0830	Then		0942	0947	0953
Ilford Broadway Ilford Hill	0607	0622	0637	0652	0703	0714	every 10			0804	0812	0820	0828	0836	every 6		0948	0953	0959
Ilford High Road Hainault Street	0610	0625	0640	0655	0707	0718	minutes			0808	0816	0824	0833	0841	minutes		0953	0958	1004
Seven Kings Station	0614	0629	0644	0659	0711	0722	until			0812	0820	0829	0839	0847	until		0959	1005	1011
Chadwell Heath Wangey Road	0620	0635	0650	0705	0717	0728				0818	0827	0837	0847	0855			1007	1013	1019
Romford Market St. Edward's Way	0630	0645	0700	0715	0728	0739				0829	0839	0849	0859	0907			1019	1025	1031
Romford Station	0634	0649	0704	0719	0732	0743				0833	0843	0853	0903	0911			1023	1029	1035
Stratford Bus Station	0946	0951	0956	1001	1006	1011	1016	1021	1026	1031	1036	1041	1046	1051	1056	1101	1106	1111	
Forest Gate Police Station	0955	1000	1005	1011	1016	1021	1026	1031	1036	1041	1046	1051	1056	1101	1106	1112	1118	1124	
Manor Park Broadway	0958	1004	1010	1016	1021	1026	1031	1036	1041	1046	1051	1056	1101	1106	1111	1117	1123	1129	
Ilford Broadway Ilford Hill	1005	1011	1017	1023	1028	1033	1038	1043	1048	1053	1058	1103	1109	1115	1121	1127	1133	1139	
Ilford High Road Hainault Street	1010	1016	1022	1028	1033	1038	1043	1048	1053	1058	1103	1109	1115	1121	1127	1133	1139	1145	
Seven Kings Station	1017	1023	1029	1035	1040	1045	1050	1055	1100	1105	1110	1116	1122	1128	1134	1140	1146	1152	
Chadwell Heath Wangey Road	1025	1031	1037	1043	1048	1053	1058	1104	1110	1116	1122	1128	1134	1140	1146	1152	1158	1204	
Romford Market St. Edward's Way	1037	1043	1049	1055	1101	1107	1113	1119	1125	1131	1137	1143	1149	1155	1201	1207	1213	1219	
Romford Station	1041	1047	1053	1059	1105	1111	1117	1123	1129	1135	1141	1147	1153	1159	1205	1211	1217	1223	

86		Saturdays (also Good Friday)															
Stratford Bus Station	1117		1705	1711	1717	1723	1729		1805	1812	1818	1824	1830	1837	1844	1851	
Forest Gate Police Station	1130		1718	1724	1730	1736	1742		1818	1825	1831	1837	1843	1850	1857	1904	
Manor Park Broadway	1135	Then	1723	1729	1735	1741	1747	Then	1823	1830	1836	1842	1848	1855	1902	1909	
Ilford Broadway Ilford Hill	1145	every 6	1733	1739	1745	1751	1757	every 6	1833	1840	1846	1852	1858	1905	1910	1915	
Ilford High Road Hainault Street	1151	minutes	1739	1745	1751	1757	1803	minutes	1839	1846	1852	1858	1904	1910	1915	1919	
Seven Kings Station	1158	until	1746	1752	1758	1804	1810	until	1846	1853	1859	1905	1910	1915	1919	1923	
Chadwell Heath Wangey Road	1210		1758	1804	1809	1814	1819		1855	1902	1909	1914	1918	1922	1926	1930	
Romford Market St. Edward's Way	1225		1813	1818	1823	1828	1833		1909	1914	1919	1924	1928	1932	1936	1940	
Romford Station	1229		1817	1822	1827	1832	1837		1913	1918	1923	1928	1932	1936	1940	1944	
Stratford Bus Station	1857	1905		2001	2010			2210	2220	2230			2320	2330	2340	2350	0000
Forest Gate Police Station	1910	1916		2012	2021			2221	2231	2241			2331	2341	2350	2358	0007
Manor Park Broadway	1915	1921	Then	2017	2026	Then		2226	2236	2246	Then		2336	2346	2355	0003	0011
Ilford Broadway Ilford Hill	1921	1927	every 8	2023	2032	every 10		2232	2242	2252	every 10		2342	2352	0001	0009	0017
Ilford High Road Hainault Street	1924	1930	minutes	2026	2035	minutes		2235	2245	2255	minutes		2345	2355	0004	0012	0020
Seven Kings Station	1928	1934	until	2030	2039	until		2239	2249	2259	until		2349	2359	0008	0016	0024
Chadwell Heath Wangey Road	1935	1941		2037	2046			2246	2256	2306			2356	0005	0013	0021	0029
Romford Market St. Edward's Way	1945	1951		2047	2056			2256	2305	2314			0004	0013	0021	0029	0037
Romford Station	1949	1955		2051	2100			2300	2309	2318			0008	0017	0025	0033	0041
Stratford Bus Station	0010			0050													
Forest Gate Police Station	0017			0057													
Manor Park Broadway	0020	Then		0100													
Ilford Broadway Ilford Hill	0026	every 10		0106													
Ilford High Road Hainault Street	0029	minutes		0109													
Seven Kings Station	0033	until		0113													
Chadwell Heath Wangey Road	0038			0118													
Romford Market St. Edward's Way	0046			0126													
Romford Station	0050			0130													
86		Sundays and other Public Holidays (except Christmas Day and Boxing Day)															
Stratford Bus Station	0548		0803	0815	0825	0835		0915	0924	0933	0941	0948	0956	1005	1014	1023	
Forest Gate Police Station	0556		0811	0823	0834	0845		0925	0934	0943	0951	0958	1006	1015	1024	1033	
Manor Park Broadway	0559	Then	0814	0826	0838	0849	Then	0929	0938	0947	0955	1002	1010	1020	1029	1038	
Ilford Broadway Ilford Hill	0605	every 15	0820	0832	0844	0855	every 10	0935	0944	0953	1001	1008	1018	1028	1037	1046	
Ilford High Road Hainault Street	0608	minutes	0823	0836	0848	0859	minutes	0939	0948	0957	1005	1013	1023	1033	1042	1051	
Seven Kings Station	0612	until	0827	0840	0852	0903	until	0943	0952	1001	1009	1019	1029	1039	1048	1058	
Chadwell Heath Wangey Road	0618		0833	0846	0858	0909		0949	0958	1007	1017	1027	1037	1047	1056	1106	
Romford Market St. Edward's Way	0628		0843	0856	0908	0919		0959	1010	1020	1030	1040	1050	1100	1110	1120	
Romford Station	0632		0847	0900	0912	0923		1003	1014	1024	1034	1044	1054	1104	1114	1124	
Stratford Bus Station	1032	1041	1049	1057	1105		1545	1555	1605	1615	1625	1635	1644	1653	1702		1832
Forest Gate Police Station	1042	1051	1059	1109	1119		1559	1609	1619	1629	1639	1649	1658	1707	1716		1846
Manor Park Broadway	1047	1056	1104	1114	1124	Then	1604	1614	1624	1634	1644	1654	1703	1712	1721	Then	1851
Ilford Broadway Ilford Hill	1056	1106	1116	1126	1136	every 10	1616	1626	1636	1645	1654	1703	1712	1721	1730	every	1900
Ilford High Road Hainault Street	1101	1111	1121	1131	1141	minutes	1621	1631	1641	1650	1659	1708	1717	1726	1735	10	1905
Seven Kings Station	1108	1118	1128	1138	1148	until	1628	1637	1647	1656	1705	1714	1723	1732	1741	mins.	1911
Chadwell Heath Wangey Road	1116	1126	1136	1146	1156		1636	1645	1655	1704	1713	1722	1731	1740	1749	until	1919
Romford Market St. Edward's Way	1130	1140	1150	1200	1210		1650	1659	1708	1717	1726	1735	1744	1753	1802		1932
Romford Station	1134	1144	1154	1204	1214		1654	1703	1712	1721	1730	1739	1748	1757	1806		1936
Stratford Bus Station	1841	1850	1900	1910	1920	1930	1940	1950		2210	2220	2230		2320	2330	2340	
Forest Gate Police Station	1855	1904	1914	1924	1934	1942	1951	2001		2221	2231	2241		2331	2341	2350	
Manor Park Broadway	1900	1909	1919	1929	1939	1947	1956	2006	Then	2226	2236	2246	Then	2336	2346	2355	
Ilford Broadway Ilford Hill	1909	1918	1928	1938	1946	1954	2003	2012	every 10	2232	2242	2252	every 10	2342	2352	0001	
Ilford High Road Hainault Street	1914	1923	1933	1942	1949	1957	2006	2015	minutes	2235	2245	2255	minutes	2345	2355	0004	
Seven Kings Station	1920	1929	1937	1946	1953	2001	2010	2019	until	2239	2249	2259	until	2349	2359	0008	
Chadwell Heath Wangey Road	1928	1937	1945	1953	2000	2008	2017	2026		2246	2256	2306		2356	0005	0013	
Romford Market St. Edward's Way	1941	1949	1956	2003	2010	2018	2027	2036		2256	2305	2314		0004	0013	0021	
Romford Station	1945	1953	2000	2007	2014	2022	2031	2040		2300	2309	2318		0008	0017	0025	
Stratford Bus Station	2350	0000	0010														
Forest Gate Police Station	2358	0007	0017														
Manor Park Broadway	0003	0011	0020	Then													
Ilford Broadway Ilford Hill	0009	0017	0026	every 10													
Ilford High Road Hainault Street	0012	0020	0029	minutes													
Seven Kings Station	0016	0024	0033	until													
Chadwell Heath Wangey Road	0021	0029	0038														
Romford Market St. Edward's Way	0029	0037	0046														
Romford Station	0033	0041	0050														