

| 86 | Mondays to Fridays | | | | | | | | | | | | | | | | | |
|----------------------------------|--------------------|------|------|-------------------------------------|------|------|------|-------------------------------------|------|------|------|-------------------------------------|-------------------------------------|------|-------------------------------------|------|------|------|
| Romford Station | 0530 | 0540 | 0550 | 0600 | 0610 | 0618 | 0626 | 0633 | 0640 | 0644 | 0649 | 0654 | 0657 | 0700 | 0705 | 0711 | 0717 | -- |
| Romford Market St Edward's Way | 0532 | 0542 | 0552 | 0602 | 0612 | 0620 | 0628 | 0635 | 0642 | 0646 | 0651 | 0656 | 0659 | 0703 | 0708 | 0714 | 0720 | -- |
| Romford Stadium | 0536 | 0546 | 0556 | 0606 | 0616 | 0624 | 0632 | 0639 | 0646 | 0650 | 0655 | 0700 | 0703 | 0708 | 0713 | 0719 | 0725 | -- |
| Chadwell Heath Sainsbury's | 0541 | 0551 | 0601 | 0611 | 0621 | 0629 | 0637 | 0644 | 0651 | 0655 | 0700 | 0705 | 0710 | 0715 | 0721 | 0727 | 0733 | -- |
| Seven Kings Station | 0549 | 0559 | 0609 | 0619 | 0629 | 0637 | 0645 | 0652 | 0659 | 0704 | 0709 | 0715 | 0721 | 0727 | 0733 | 0739 | 0745 | -- |
| Ilford High Road Hainault Street | 0555 | 0605 | 0615 | 0625 | 0635 | 0643 | 0651 | 0658 | 0706 | 0711 | 0717 | 0723 | 0729 | 0735 | 0741 | 0747 | 0753 | -- |
| Ilford Broadway High Road | 0558 | 0608 | 0618 | 0628 | 0638 | 0646 | 0654 | 0701 | 0710 | 0715 | 0721 | 0727 | 0733 | 0739 | 0745 | 0751 | 0757 | -- |
| Manor Park Broadway | 0606 | 0616 | 0626 | 0636 | 0646 | 0654 | 0702 | 0711 | 0720 | 0726 | 0732 | 0738 | 0744 | 0750 | 0756 | 0802 | 0808 | 0811 |
| Forest Gate Police Station | 0612 | 0622 | 0632 | 0642 | 0652 | 0700 | 0709 | 0718 | 0727 | 0733 | 0739 | 0745 | 0751 | 0757 | 0803 | 0810 | 0816 | 0819 |
| Stratford Bus Station | 0621 | 0631 | 0641 | 0651 | 0701 | 0710 | 0720 | 0729 | 0738 | 0744 | 0750 | 0756 | 0802 | 0808 | 0815 | 0822 | 0828 | 0831 |
| Romford Station | 0722 | 0727 | -- | 0733 | 0738 | 0743 | 0748 | 0753 | 0758 | 0803 | 0808 | Then every 6 minutes until | | 0844 | 0850 | 0856 | 0902 | 0908 |
| Romford Market St Edward's Way | 0725 | 0730 | -- | 0736 | 0741 | 0746 | 0751 | 0756 | 0801 | 0806 | 0811 | | | 0847 | 0853 | 0859 | 0905 | 0911 |
| Romford Stadium | 0730 | 0735 | -- | 0741 | 0746 | 0751 | 0756 | 0801 | 0806 | 0812 | 0817 | | | 0853 | 0859 | 0905 | 0911 | 0917 |
| Chadwell Heath Sainsbury's | 0738 | 0743 | -- | 0749 | 0754 | 0759 | 0804 | 0810 | 0816 | 0822 | 0827 | | | 0903 | 0909 | 0915 | 0921 | 0927 |
| Seven Kings Station | 0750 | 0755 | -- | 0800 | 0806 | 0811 | 0817 | 0823 | 0829 | 0835 | 0840 | | | 0916 | 0922 | 0928 | 0934 | 0940 |
| Ilford High Road Hainault Street | 0758 | 0803 | -- | 0809 | 0815 | 0821 | 0827 | 0833 | 0839 | 0845 | 0850 | | | 0926 | 0932 | 0938 | 0944 | 0950 |
| Ilford Broadway High Road | 0802 | 0807 | -- | 0813 | 0819 | 0825 | 0831 | 0837 | 0843 | 0849 | 0854 | | | 0930 | 0936 | 0942 | 0947 | 0953 |
| Manor Park Broadway | 0814 | 0820 | 0823 | 0826 | 0832 | 0838 | 0844 | 0850 | 0856 | 0902 | 0907 | | | 0943 | 0949 | 0955 | 1000 | 1005 |
| Forest Gate Police Station | 0822 | 0828 | 0831 | 0834 | 0840 | 0846 | 0852 | 0858 | 0904 | 0910 | 0915 | | | 0951 | 0957 | 1002 | 1007 | 1012 |
| Stratford Bus Station | 0834 | 0840 | 0843 | 0846 | 0852 | 0858 | 0904 | 0910 | 0916 | 0922 | 0927 | | | 1003 | 1008 | 1013 | 1018 | 1023 |
| Romford Station | 0914 | 0920 | 0926 | 0932 | 0938 | 0944 | 0950 | 0956 | 1001 | 1007 | 1013 | 1019 | 1026 | 1033 | Then every 6 minutes until | | 1139 | 1145 |
| Romford Market St Edward's Way | 0917 | 0923 | 0929 | 0935 | 0941 | 0947 | 0953 | 0959 | 1004 | 1010 | 1016 | 1022 | 1029 | 1036 | | | 1142 | 1148 |
| Romford Stadium | 0923 | 0929 | 0935 | 0941 | 0947 | 0953 | 0959 | 1004 | 1009 | 1015 | 1021 | 1027 | 1034 | 1041 | | | 1147 | 1153 |
| Chadwell Heath Sainsbury's | 0933 | 0939 | 0945 | 0951 | 0956 | 1001 | 1006 | 1011 | 1016 | 1022 | 1028 | 1034 | 1041 | 1048 | | | 1154 | 1200 |
| Seven Kings Station | 0946 | 0952 | 0958 | 1003 | 1007 | 1012 | 1017 | 1022 | 1027 | 1033 | 1039 | 1045 | 1052 | 1059 | | | 1205 | 1212 |
| Ilford High Road Hainault Street | 0956 | 1002 | 1007 | 1012 | 1016 | 1021 | 1026 | 1031 | 1036 | 1042 | 1048 | 1054 | 1101 | 1108 | | | 1214 | 1221 |
| Ilford Broadway High Road | 0959 | 1005 | 1010 | 1015 | 1019 | 1024 | 1029 | 1034 | 1039 | 1045 | 1051 | 1057 | 1104 | 1111 | | | 1217 | 1224 |
| Manor Park Broadway | 1010 | 1016 | 1021 | 1026 | 1030 | 1035 | 1040 | 1045 | 1050 | 1056 | 1102 | 1108 | 1115 | 1122 | | | 1228 | 1235 |
| Forest Gate Police Station | 1017 | 1023 | 1028 | 1033 | 1037 | 1042 | 1047 | 1052 | 1057 | 1103 | 1109 | 1115 | 1122 | 1129 | | | 1235 | 1242 |
| Stratford Bus Station | 1028 | 1034 | 1039 | 1044 | 1048 | 1053 | 1058 | 1103 | 1108 | 1114 | 1120 | 1126 | 1133 | 1140 | | | 1246 | 1253 |
| Romford Station | 1151 | 1157 | 1203 | 1209 | 1215 | 1221 | 1227 | Then every 6 minutes until | | 1357 | 1403 | 1409 | 1415 | 1421 | 1426 | 1432 | 1438 | 1443 |
| Romford Market St Edward's Way | 1154 | 1200 | 1207 | 1213 | 1219 | 1225 | 1231 | | | 1401 | 1407 | 1413 | 1419 | 1425 | 1430 | 1436 | 1442 | 1447 |
| Romford Stadium | 1159 | 1205 | 1212 | 1218 | 1224 | 1230 | 1236 | | | 1406 | 1412 | 1418 | 1424 | 1430 | 1435 | 1441 | 1447 | 1452 |
| Chadwell Heath Sainsbury's | 1206 | 1212 | 1219 | 1225 | 1231 | 1237 | 1243 | | | 1413 | 1419 | 1425 | 1431 | 1437 | 1442 | 1448 | 1454 | 1459 |
| Seven Kings Station | 1218 | 1224 | 1231 | 1237 | 1243 | 1249 | 1255 | | | 1425 | 1431 | 1437 | 1443 | 1449 | 1454 | 1500 | 1506 | 1512 |
| Ilford High Road Hainault Street | 1227 | 1233 | 1240 | 1246 | 1252 | 1258 | 1304 | | | 1434 | 1440 | 1446 | 1452 | 1458 | 1503 | 1509 | 1515 | 1521 |
| Ilford Broadway High Road | 1230 | 1236 | 1243 | 1249 | 1255 | 1301 | 1308 | | | 1438 | 1444 | 1450 | 1456 | 1502 | 1507 | 1513 | 1519 | 1525 |
| Manor Park Broadway | 1241 | 1247 | 1254 | 1300 | 1306 | 1312 | 1319 | | | 1449 | 1455 | 1501 | 1507 | 1513 | 1519 | 1525 | 1531 | 1537 |
| Forest Gate Police Station | 1248 | 1254 | 1301 | 1307 | 1313 | 1319 | 1326 | | | 1456 | 1502 | 1508 | 1514 | 1520 | 1526 | 1532 | 1538 | 1544 |
| Stratford Bus Station | 1259 | 1305 | 1312 | 1318 | 1324 | 1330 | 1337 | | | 1507 | 1514 | 1520 | 1526 | 1532 | 1538 | 1544 | 1550 | 1556 |
| Romford Station | 1449 | 1454 | 1458 | Then every 6 minutes until | | 1546 | 1552 | Then every 6 minutes until | | 1634 | 1640 | 1646 | Then every 6 minutes until | | 1758 | 1804 | 1810 | 1816 |
| Romford Market St Edward's Way | 1453 | 1458 | 1502 | | | 1550 | 1556 | | | 1638 | 1644 | 1650 | | | 1802 | 1808 | 1814 | 1820 |
| Romford Stadium | 1458 | 1503 | 1508 | | | 1556 | 1602 | | | 1644 | 1650 | 1656 | | | 1808 | 1814 | 1820 | 1826 |
| Chadwell Heath Sainsbury's | 1505 | 1511 | 1517 | | | 1605 | 1611 | | | 1653 | 1659 | 1704 | | | 1816 | 1822 | 1828 | 1834 |
| Seven Kings Station | 1518 | 1524 | 1530 | | | 1618 | 1624 | | | 1706 | 1711 | 1716 | | | 1828 | 1834 | 1840 | 1846 |
| Ilford High Road Hainault Street | 1527 | 1533 | 1539 | | | 1627 | 1633 | | | 1715 | 1720 | 1725 | | | 1837 | 1843 | 1849 | 1855 |
| Ilford Broadway High Road | 1531 | 1537 | 1543 | | | 1631 | 1637 | | | 1719 | 1724 | 1729 | | | 1841 | 1847 | 1853 | 1858 |
| Manor Park Broadway | 1543 | 1549 | 1555 | | | 1643 | 1649 | | | 1731 | 1736 | 1741 | | | 1853 | 1859 | 1905 | 1910 |
| Forest Gate Police Station | 1550 | 1556 | 1602 | | | 1650 | 1656 | | | 1738 | 1743 | 1748 | | | 1900 | 1905 | 1911 | 1916 |
| Stratford Bus Station | 1602 | 1608 | 1614 | | | 1702 | 1707 | | | 1749 | 1754 | 1759 | | | 1911 | 1916 | 1922 | 1927 |
| Romford Station | 1822 | 1828 | 1834 | 1840 | 1846 | 1852 | 1858 | 1904 | 1912 | 1920 | 1928 | 1936 | 1944 | 1952 | 2000 | 2010 | 2020 | 2030 |
| Romford Market St Edward's Way | 1826 | 1832 | 1838 | 1844 | 1850 | 1856 | 1902 | 1907 | 1915 | 1923 | 1931 | 1939 | 1947 | 1955 | 2003 | 2013 | 2023 | 2033 |
| Romford Stadium | 1832 | 1838 | 1844 | 1850 | 1856 | 1901 | 1907 | 1912 | 1920 | 1928 | 1936 | 1944 | 1952 | 2000 | 2008 | 2018 | 2028 | 2038 |
| Chadwell Heath Sainsbury's | 1840 | 1846 | 1852 | 1858 | 1903 | 1908 | 1914 | 1919 | 1927 | 1935 | 1943 | 1951 | 1959 | 2006 | 2014 | 2024 | 2034 | 2044 |
| Seven Kings Station | 1852 | 1858 | 1904 | 1910 | 1915 | 1920 | 1926 | 1931 | 1939 | 1947 | 1955 | 2002 | 2009 | 2016 | 2024 | 2034 | 2044 | 2054 |
| Ilford High Road Hainault Street | 1900 | 1906 | 1912 | 1918 | 1923 | 1928 | 1934 | 1939 | 1947 | 1955 | 2003 | 2010 | 2017 | 2024 | 2032 | 2042 | 2052 | 2101 |
| Ilford Broadway High Road | 1903 | 1909 | 1915 | 1921 | 1926 | 1931 | 1937 | 1942 | 1950 | 1958 | 2006 | 2013 | 2020 | 2027 | 2035 | 2045 | 2055 | 2104 |
| Manor Park Broadway | 1915 | 1921 | 1927 | 1933 | 1938 | 1943 | 1949 | 1954 | 2002 | 2009 | 2017 | 2024 | 2031 | 2038 | 2046 | 2055 | 2104 | 2113 |
| Forest Gate Police Station | 1921 | 1927 | 1933 | 1939 | 1944 | 1949 | 1955 | 2000 | 2008 | 2015 | 2023 | 2030 | 2037 | 2044 | 2052 | 2101 | 2110 | 2119 |
| Stratford Bus Station | 1932 | 1938 | 1944 | 1950 | 1955 | 2000 | 2005 | 2010 | 2018 | 2025 | 2033 | 2040 | 2047 | 2054 | 2102 | 2110 | 2119 | 2128 |

| 86 | Mondays to Fridays (cont.) | | | | | | | | | | | | | | | | | |
|----------------------------------|------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|-------------------------------------|------|------|------|------|
| Romford Station | 2040 | 2050 | 2059 | 2109 | 2119 | 2129 | 2139 | 2149 | 2159 | 2209 | 2219 | 2229 | 2239 | 2249 | 2259 | 2309 | 2319 | 2329 |
| Romford Market St Edward's Way | 2043 | 2053 | 2102 | 2112 | 2122 | 2132 | 2142 | 2152 | 2202 | 2212 | 2222 | 2232 | 2242 | 2252 | 2301 | 2311 | 2321 | 2331 |
| Romford Stadium | 2048 | 2057 | 2106 | 2116 | 2126 | 2136 | 2146 | 2156 | 2206 | 2216 | 2226 | 2236 | 2246 | 2256 | 2305 | 2315 | 2325 | 2335 |
| Chadwell Heath Sainsbury's | 2054 | 2102 | 2111 | 2121 | 2131 | 2141 | 2151 | 2201 | 2211 | 2221 | 2231 | 2241 | 2251 | 2301 | 2310 | 2320 | 2330 | 2340 |
| Seven Kings Station | 2103 | 2111 | 2120 | 2130 | 2140 | 2150 | 2159 | 2209 | 2219 | 2229 | 2239 | 2249 | 2259 | 2309 | 2318 | 2328 | 2338 | 2348 |
| Ilford High Road Hainault Street | 2110 | 2118 | 2127 | 2137 | 2147 | 2157 | 2206 | 2216 | 2226 | 2236 | 2246 | 2256 | 2305 | 2315 | 2324 | 2334 | 2344 | 2354 |
| Ilford Broadway High Road | 2113 | 2121 | 2130 | 2140 | 2150 | 2200 | 2209 | 2219 | 2229 | 2239 | 2249 | 2259 | 2308 | 2318 | 2327 | 2337 | 2347 | 2357 |
| Manor Park Broadway | 2122 | 2130 | 2139 | 2149 | 2158 | 2208 | 2217 | 2227 | 2237 | 2247 | 2257 | 2306 | 2315 | 2325 | 2334 | 2344 | 2354 | 0004 |
| Forest Gate Police Station | 2128 | 2136 | 2145 | 2155 | 2204 | 2214 | 2223 | 2233 | 2243 | 2253 | 2302 | 2311 | 2320 | 2330 | 2339 | 2349 | 2359 | 0009 |
| Stratford Bus Station | 2137 | 2145 | 2154 | 2204 | 2213 | 2223 | 2232 | 2242 | 2252 | 2301 | 2310 | 2319 | 2328 | 2338 | 2347 | 2357 | 0007 | 0017 |
| Romford Station | 2339 | 2349 | 2359 | 0009 | 0019 | | | | | | | | | | | | | |
| Romford Market St Edward's Way | 2341 | 2351 | 0001 | 0011 | 0021 | | | | | | | | | | | | | |
| Romford Stadium | 2345 | 2355 | 0005 | 0015 | 0025 | | | | | | | | | | | | | |
| Chadwell Heath Sainsbury's | 2350 | 2359 | 0009 | 0019 | 0029 | | | | | | | | | | | | | |
| Seven Kings Station | 2357 | 0006 | 0016 | 0026 | 0036 | | | | | | | | | | | | | |
| Ilford High Road Hainault Street | 0003 | 0012 | 0022 | 0032 | 0042 | | | | | | | | | | | | | |
| Ilford Broadway High Road | 0006 | 0015 | 0025 | 0035 | 0045 | | | | | | | | | | | | | |
| Manor Park Broadway | 0013 | 0022 | 0032 | 0042 | 0052 | | | | | | | | | | | | | |
| Forest Gate Police Station | 0018 | 0027 | 0037 | 0047 | 0056 | | | | | | | | | | | | | |
| Stratford Bus Station | 0026 | 0035 | 0045 | 0055 | 0103 | | | | | | | | | | | | | |
| 86 | Saturdays (also Good Friday) | | | | | | | | | | | | | | | | | |
| Romford Station | 0530 | 0545 | 0600 | 0610 | 0620 | 0630 | 0640 | 0650 | 0700 | 0710 | 0720 | 0730 | 0740 | 0748 | 0756 | 0803 | 0810 | 0816 |
| Romford Market St Edward's Way | 0532 | 0547 | 0602 | 0612 | 0622 | 0632 | 0642 | 0652 | 0702 | 0712 | 0722 | 0732 | 0742 | 0750 | 0758 | 0806 | 0813 | 0819 |
| Romford Stadium | 0536 | 0551 | 0606 | 0616 | 0626 | 0636 | 0646 | 0656 | 0706 | 0716 | 0726 | 0736 | 0746 | 0754 | 0802 | 0810 | 0817 | 0823 |
| Chadwell Heath Sainsbury's | 0540 | 0555 | 0610 | 0620 | 0630 | 0640 | 0650 | 0700 | 0711 | 0721 | 0731 | 0741 | 0751 | 0759 | 0807 | 0815 | 0822 | 0828 |
| Seven Kings Station | 0547 | 0602 | 0617 | 0627 | 0637 | 0647 | 0657 | 0708 | 0719 | 0729 | 0739 | 0749 | 0759 | 0807 | 0815 | 0823 | 0830 | 0836 |
| Ilford High Road Hainault Street | 0552 | 0607 | 0622 | 0632 | 0642 | 0652 | 0702 | 0714 | 0725 | 0735 | 0745 | 0755 | 0805 | 0813 | 0821 | 0829 | 0836 | 0842 |
| Ilford Broadway High Road | 0555 | 0610 | 0625 | 0635 | 0645 | 0655 | 0705 | 0717 | 0728 | 0738 | 0748 | 0758 | 0808 | 0816 | 0824 | 0832 | 0839 | 0845 |
| Manor Park Broadway | 0601 | 0616 | 0631 | 0641 | 0651 | 0701 | 0712 | 0724 | 0735 | 0745 | 0755 | 0805 | 0815 | 0823 | 0831 | 0839 | 0846 | 0852 |
| Forest Gate Police Station | 0606 | 0621 | 0636 | 0646 | 0656 | 0706 | 0717 | 0729 | 0740 | 0750 | 0800 | 0810 | 0820 | 0828 | 0836 | 0844 | 0851 | 0857 |
| Stratford Bus Station | 0614 | 0629 | 0644 | 0654 | 0704 | 0715 | 0726 | 0738 | 0749 | 0759 | 0809 | 0819 | 0829 | 0837 | 0845 | 0853 | 0900 | 0906 |
| Romford Station | 0822 | 0828 | 0833 | 0839 | 0844 | 0849 | 0854 | 0859 | 0905 | 0911 | 0917 | 0923 | 0928 | 0933 | 0939 | 0945 | 0950 | 0955 |
| Romford Market St Edward's Way | 0825 | 0831 | 0836 | 0842 | 0847 | 0852 | 0857 | 0902 | 0908 | 0914 | 0920 | 0926 | 0931 | 0936 | 0942 | 0948 | 0953 | 0958 |
| Romford Stadium | 0829 | 0835 | 0840 | 0846 | 0851 | 0856 | 0901 | 0907 | 0913 | 0919 | 0925 | 0931 | 0936 | 0941 | 0947 | 0953 | 0958 | 1003 |
| Chadwell Heath Sainsbury's | 0834 | 0840 | 0845 | 0851 | 0856 | 0901 | 0907 | 0913 | 0919 | 0925 | 0931 | 0937 | 0942 | 0947 | 0953 | 0959 | 1004 | 1009 |
| Seven Kings Station | 0842 | 0848 | 0853 | 0859 | 0904 | 0910 | 0916 | 0922 | 0928 | 0934 | 0940 | 0946 | 0951 | 0956 | 1002 | 1008 | 1014 | 1020 |
| Ilford High Road Hainault Street | 0848 | 0854 | 0859 | 0905 | 0911 | 0917 | 0923 | 0929 | 0935 | 0941 | 0947 | 0953 | 0958 | 1003 | 1009 | 1015 | 1021 | 1027 |
| Ilford Broadway High Road | 0851 | 0857 | 0902 | 0908 | 0914 | 0920 | 0926 | 0932 | 0938 | 0944 | 0950 | 0956 | 1001 | 1006 | 1012 | 1018 | 1024 | 1030 |
| Manor Park Broadway | 0858 | 0904 | 0910 | 0916 | 0922 | 0928 | 0934 | 0940 | 0946 | 0952 | 0958 | 1004 | 1010 | 1016 | 1022 | 1028 | 1034 | 1040 |
| Forest Gate Police Station | 0903 | 0910 | 0916 | 0922 | 0928 | 0934 | 0940 | 0946 | 0952 | 0958 | 1004 | 1010 | 1016 | 1022 | 1028 | 1034 | 1040 | 1046 |
| Stratford Bus Station | 0913 | 0920 | 0926 | 0932 | 0938 | 0944 | 0950 | 0956 | 1002 | 1008 | 1014 | 1020 | 1026 | 1032 | 1038 | 1044 | 1050 | 1056 |
| Romford Station | 1001 | 1007 | 1013 | 1019 | 1025 | 1031 | 1037 | 1043 | 1049 | 1055 | 1101 | 1107 | 1113 | 1119 | 1125 | 1131 | 1137 | 1143 |
| Romford Market St Edward's Way | 1004 | 1010 | 1016 | 1022 | 1028 | 1034 | 1040 | 1046 | 1052 | 1058 | 1104 | 1111 | 1117 | 1123 | 1129 | 1135 | 1141 | 1147 |
| Romford Stadium | 1009 | 1015 | 1021 | 1027 | 1033 | 1039 | 1045 | 1051 | 1057 | 1103 | 1110 | 1117 | 1123 | 1129 | 1135 | 1141 | 1147 | 1153 |
| Chadwell Heath Sainsbury's | 1015 | 1021 | 1027 | 1033 | 1039 | 1045 | 1051 | 1057 | 1103 | 1110 | 1117 | 1124 | 1130 | 1136 | 1142 | 1148 | 1154 | 1200 |
| Seven Kings Station | 1026 | 1032 | 1038 | 1044 | 1050 | 1056 | 1102 | 1108 | 1115 | 1122 | 1129 | 1136 | 1142 | 1148 | 1154 | 1200 | 1206 | 1213 |
| Ilford High Road Hainault Street | 1033 | 1039 | 1045 | 1051 | 1057 | 1103 | 1110 | 1116 | 1123 | 1130 | 1137 | 1144 | 1150 | 1156 | 1202 | 1209 | 1215 | 1222 |
| Ilford Broadway High Road | 1036 | 1042 | 1048 | 1054 | 1100 | 1106 | 1113 | 1119 | 1126 | 1133 | 1140 | 1147 | 1153 | 1159 | 1206 | 1213 | 1219 | 1226 |
| Manor Park Broadway | 1046 | 1052 | 1058 | 1104 | 1111 | 1118 | 1125 | 1131 | 1138 | 1145 | 1152 | 1159 | 1205 | 1212 | 1219 | 1226 | 1232 | 1239 |
| Forest Gate Police Station | 1052 | 1058 | 1104 | 1111 | 1118 | 1125 | 1132 | 1138 | 1145 | 1152 | 1159 | 1206 | 1212 | 1219 | 1226 | 1233 | 1239 | 1246 |
| Stratford Bus Station | 1102 | 1108 | 1115 | 1122 | 1129 | 1136 | 1143 | 1149 | 1156 | 1203 | 1210 | 1217 | 1223 | 1230 | 1237 | 1244 | 1250 | 1257 |
| Romford Station | 1149 | 1155 | 1201 | 1207 | 1213 | 1219 | 1225 | 1231 | 1237 | 1243 | 1249 | 1255 | 1301 | Then every 6 minutes until | 1519 | 1525 | 1531 | |
| Romford Market St Edward's Way | 1153 | 1159 | 1205 | 1211 | 1217 | 1223 | 1229 | 1235 | 1241 | 1247 | 1253 | 1259 | 1305 | | 1523 | 1529 | 1535 | |
| Romford Stadium | 1159 | 1205 | 1211 | 1217 | 1223 | 1229 | 1235 | 1241 | 1247 | 1253 | 1259 | 1305 | 1312 | | 1530 | 1536 | 1542 | |
| Chadwell Heath Sainsbury's | 1206 | 1212 | 1218 | 1224 | 1230 | 1236 | 1242 | 1248 | 1254 | 1300 | 1306 | 1312 | 1319 | | 1537 | 1543 | 1549 | |
| Seven Kings Station | 1219 | 1225 | 1231 | 1237 | 1243 | 1249 | 1255 | 1301 | 1307 | 1314 | 1320 | 1326 | 1333 | | 1551 | 1557 | 1603 | |
| Ilford High Road Hainault Street | 1228 | 1234 | 1240 | 1246 | 1252 | 1258 | 1304 | 1310 | 1316 | 1323 | 1329 | 1335 | 1342 | | 1600 | 1605 | 1611 | |
| Ilford Broadway High Road | 1232 | 1238 | 1244 | 1250 | 1256 | 1302 | 1308 | 1314 | 1320 | 1327 | 1333 | 1339 | 1346 | | 1604 | 1609 | 1615 | |
| Manor Park Broadway | 1245 | 1251 | 1257 | 1303 | 1309 | 1316 | 1322 | 1328 | 1334 | 1341 | 1347 | 1353 | 1400 | | 1618 | 1623 | 1629 | |
| Forest Gate Police Station | 1252 | 1258 | 1304 | 1310 | 1316 | 1323 | 1329 | 1335 | 1341 | 1348 | 1354 | 1400 | 1407 | | 1625 | 1630 | 1636 | |
| Stratford Bus Station | 1303 | 1309 | 1315 | 1321 | 1327 | 1334 | 1340 | 1346 | 1352 | 1359 | 1405 | 1411 | 1418 | | 1636 | 1641 | 1647 | |

| 86 | Sundays and other Public Holidays (except Christmas Day) | | | | | | | | | | | | | | | | | |
|----------------------------------|--|------|------|------|--------------------------------------|--------------------------------------|------|------|------|------|------|--------------------------------------|------|------|--------------------------------------|------|------|------|
| Romford Station | 0530 | 0545 | 0600 | 0615 | 0630 | 0645 | 0700 | 0715 | 0730 | 0745 | 0800 | Then every 10 minutes until | 0850 | 0900 | 0910 | 0920 | 0930 | |
| Romford Market St Edward's Way | 0532 | 0547 | 0602 | 0617 | 0632 | 0647 | 0702 | 0717 | 0732 | 0747 | 0802 | | 0852 | 0903 | 0913 | 0923 | 0933 | |
| Romford Stadium | 0536 | 0551 | 0606 | 0621 | 0636 | 0651 | 0706 | 0721 | 0736 | 0751 | 0806 | | 0856 | 0907 | 0917 | 0927 | 0937 | |
| Chadwell Heath Sainsbury's | 0541 | 0556 | 0611 | 0626 | 0641 | 0656 | 0711 | 0726 | 0741 | 0756 | 0811 | | 0901 | 0912 | 0922 | 0932 | 0942 | |
| Seven Kings Station | 0548 | 0603 | 0618 | 0633 | 0648 | 0703 | 0719 | 0734 | 0749 | 0804 | 0819 | | 0909 | 0920 | 0930 | 0940 | 0950 | |
| Ilford High Road Hainault Street | 0554 | 0609 | 0624 | 0639 | 0654 | 0710 | 0726 | 0741 | 0756 | 0811 | 0826 | | 0916 | 0927 | 0937 | 0947 | 0957 | |
| Ilford Broadway High Road | 0556 | 0611 | 0626 | 0642 | 0657 | 0713 | 0729 | 0744 | 0759 | 0814 | 0829 | | 0919 | 0930 | 0940 | 0950 | 1000 | |
| Manor Park Broadway | 0604 | 0619 | 0634 | 0650 | 0705 | 0721 | 0737 | 0752 | 0807 | 0822 | 0837 | | 0927 | 0938 | 0948 | 0959 | 1009 | |
| Forest Gate Police Station | 0608 | 0623 | 0638 | 0654 | 0710 | 0726 | 0742 | 0757 | 0812 | 0827 | 0842 | | 0932 | 0943 | 0953 | 1004 | 1014 | |
| Stratford Bus Station | 0616 | 0631 | 0646 | 0702 | 0718 | 0734 | 0750 | 0805 | 0821 | 0836 | 0851 | | 0941 | 0952 | 1002 | 1014 | 1024 | |
| Romford Station | 0939 | 0948 | 0956 | 1006 | 1016 | 1025 | 1034 | 1044 | 1054 | 1104 | 1114 | 1124 | 1134 | 1144 | 1154 | 1204 | 1214 | 1224 |
| Romford Market St Edward's Way | 0942 | 0951 | 0959 | 1009 | 1019 | 1028 | 1037 | 1047 | 1057 | 1107 | 1117 | 1127 | 1137 | 1147 | 1157 | 1207 | 1217 | 1227 |
| Romford Stadium | 0946 | 0955 | 1003 | 1013 | 1023 | 1032 | 1041 | 1051 | 1101 | 1112 | 1122 | 1132 | 1142 | 1152 | 1202 | 1213 | 1223 | 1233 |
| Chadwell Heath Sainsbury's | 0951 | 1000 | 1009 | 1019 | 1029 | 1038 | 1047 | 1057 | 1107 | 1118 | 1128 | 1138 | 1148 | 1158 | 1208 | 1219 | 1229 | 1239 |
| Seven Kings Station | 0959 | 1009 | 1019 | 1029 | 1039 | 1048 | 1057 | 1107 | 1118 | 1129 | 1139 | 1149 | 1159 | 1209 | 1220 | 1232 | 1242 | 1252 |
| Ilford High Road Hainault Street | 1007 | 1017 | 1027 | 1037 | 1047 | 1056 | 1105 | 1115 | 1126 | 1137 | 1147 | 1157 | 1207 | 1218 | 1229 | 1241 | 1251 | 1301 |
| Ilford Broadway High Road | 1010 | 1020 | 1030 | 1040 | 1050 | 1059 | 1108 | 1118 | 1129 | 1140 | 1150 | 1200 | 1210 | 1221 | 1232 | 1244 | 1254 | 1304 |
| Manor Park Broadway | 1019 | 1029 | 1039 | 1049 | 1059 | 1109 | 1119 | 1129 | 1140 | 1151 | 1201 | 1212 | 1222 | 1233 | 1244 | 1256 | 1306 | 1317 |
| Forest Gate Police Station | 1025 | 1035 | 1045 | 1055 | 1105 | 1115 | 1125 | 1135 | 1146 | 1157 | 1208 | 1219 | 1229 | 1240 | 1251 | 1303 | 1314 | 1325 |
| Stratford Bus Station | 1035 | 1045 | 1055 | 1105 | 1115 | 1125 | 1135 | 1145 | 1156 | 1207 | 1218 | 1229 | 1240 | 1251 | 1303 | 1315 | 1326 | 1337 |
| Romford Station | 1234 | 1244 | 1254 | 1304 | Then every 10 minutes until | 1404 | 1414 | 1424 | 1434 | 1444 | 1454 | 1504 | 1514 | 1524 | 1534 | 1544 | 1554 | |
| Romford Market St Edward's Way | 1237 | 1247 | 1257 | 1307 | | 1407 | 1417 | 1427 | 1437 | 1447 | 1457 | 1507 | 1517 | 1527 | 1537 | 1547 | 1557 | |
| Romford Stadium | 1243 | 1253 | 1303 | 1313 | | 1413 | 1423 | 1433 | 1443 | 1453 | 1503 | 1513 | 1523 | 1533 | 1543 | 1553 | 1603 | |
| Chadwell Heath Sainsbury's | 1249 | 1259 | 1310 | 1320 | | 1420 | 1430 | 1440 | 1450 | 1459 | 1509 | 1519 | 1529 | 1539 | 1549 | 1559 | 1609 | |
| Seven Kings Station | 1302 | 1313 | 1324 | 1335 | | 1435 | 1445 | 1454 | 1503 | 1512 | 1522 | 1532 | 1542 | 1552 | 1602 | 1611 | 1621 | |
| Ilford High Road Hainault Street | 1311 | 1322 | 1333 | 1344 | | 1444 | 1454 | 1503 | 1512 | 1521 | 1531 | 1541 | 1551 | 1601 | 1611 | 1620 | 1630 | |
| Ilford Broadway High Road | 1314 | 1325 | 1336 | 1347 | | 1447 | 1457 | 1506 | 1515 | 1524 | 1534 | 1544 | 1554 | 1604 | 1614 | 1623 | 1633 | |
| Manor Park Broadway | 1328 | 1339 | 1350 | 1401 | | 1501 | 1510 | 1519 | 1528 | 1537 | 1547 | 1557 | 1606 | 1616 | 1626 | 1635 | 1645 | |
| Forest Gate Police Station | 1336 | 1347 | 1358 | 1409 | | 1509 | 1518 | 1527 | 1536 | 1545 | 1555 | 1604 | 1613 | 1623 | 1633 | 1642 | 1652 | |
| Stratford Bus Station | 1348 | 1359 | 1410 | 1421 | | 1521 | 1530 | 1539 | 1548 | 1557 | 1606 | 1615 | 1624 | 1634 | 1644 | 1653 | 1702 | |
| Romford Station | 1604 | 1614 | 1624 | 1634 | 1644 | Then every 10 minutes until | 1734 | 1744 | 1754 | 1804 | 1814 | 1824 | 1834 | 1844 | 1854 | 1904 | 1914 | |
| Romford Market St Edward's Way | 1607 | 1617 | 1627 | 1637 | 1647 | | 1737 | 1747 | 1757 | 1807 | 1817 | 1827 | 1837 | 1847 | 1857 | 1907 | 1917 | |
| Romford Stadium | 1612 | 1622 | 1632 | 1642 | 1652 | | 1742 | 1752 | 1802 | 1812 | 1822 | 1832 | 1842 | 1852 | 1902 | 1912 | 1922 | |
| Chadwell Heath Sainsbury's | 1618 | 1628 | 1638 | 1648 | 1658 | | 1748 | 1758 | 1808 | 1818 | 1828 | 1838 | 1848 | 1858 | 1907 | 1917 | 1927 | |
| Seven Kings Station | 1630 | 1640 | 1650 | 1700 | 1709 | | 1759 | 1808 | 1818 | 1828 | 1838 | 1848 | 1858 | 1907 | 1916 | 1926 | 1936 | |
| Ilford High Road Hainault Street | 1639 | 1649 | 1659 | 1708 | 1717 | | 1807 | 1816 | 1826 | 1836 | 1846 | 1856 | 1906 | 1915 | 1924 | 1934 | 1944 | |
| Ilford Broadway High Road | 1642 | 1652 | 1702 | 1711 | 1720 | | 1810 | 1819 | 1829 | 1839 | 1849 | 1859 | 1909 | 1918 | 1927 | 1937 | 1947 | |
| Manor Park Broadway | 1654 | 1703 | 1713 | 1722 | 1731 | | 1821 | 1830 | 1840 | 1850 | 1900 | 1910 | 1920 | 1929 | 1938 | 1948 | 1958 | |
| Forest Gate Police Station | 1701 | 1710 | 1720 | 1729 | 1738 | | 1828 | 1837 | 1847 | 1857 | 1907 | 1917 | 1927 | 1936 | 1945 | 1955 | 2005 | |
| Stratford Bus Station | 1711 | 1720 | 1730 | 1739 | 1748 | | 1838 | 1847 | 1857 | 1907 | 1917 | 1927 | 1937 | 1946 | 1955 | 2005 | 2015 | |
| Romford Station | 1924 | 1934 | 1944 | 1954 | 2004 | 2014 | 2024 | 2034 | 2044 | 2055 | 2105 | 2115 | 2125 | 2135 | Then every 10 minutes until | 2235 | 2245 | |
| Romford Market St Edward's Way | 1927 | 1937 | 1947 | 1957 | 2007 | 2017 | 2027 | 2037 | 2047 | 2057 | 2107 | 2117 | 2127 | 2137 | | 2237 | 2247 | |
| Romford Stadium | 1931 | 1941 | 1951 | 2001 | 2011 | 2021 | 2031 | 2041 | 2051 | 2101 | 2111 | 2121 | 2131 | 2141 | | 2241 | 2251 | |
| Chadwell Heath Sainsbury's | 1937 | 1947 | 1956 | 2006 | 2016 | 2026 | 2036 | 2046 | 2056 | 2106 | 2116 | 2126 | 2136 | 2146 | | 2246 | 2256 | |
| Seven Kings Station | 1946 | 1956 | 2005 | 2015 | 2025 | 2035 | 2045 | 2055 | 2104 | 2114 | 2124 | 2134 | 2144 | 2154 | | 2254 | 2303 | |
| Ilford High Road Hainault Street | 1954 | 2003 | 2012 | 2022 | 2032 | 2042 | 2052 | 2102 | 2111 | 2121 | 2131 | 2141 | 2151 | 2200 | | 2300 | 2309 | |
| Ilford Broadway High Road | 1957 | 2006 | 2015 | 2025 | 2035 | 2045 | 2055 | 2105 | 2114 | 2124 | 2134 | 2144 | 2154 | 2203 | | 2303 | 2312 | |
| Manor Park Broadway | 2007 | 2016 | 2025 | 2035 | 2045 | 2055 | 2104 | 2114 | 2123 | 2133 | 2143 | 2153 | 2202 | 2211 | | 2311 | 2320 | |
| Forest Gate Police Station | 2014 | 2023 | 2032 | 2042 | 2052 | 2101 | 2110 | 2120 | 2129 | 2139 | 2149 | 2158 | 2207 | 2216 | | 2316 | 2325 | |
| Stratford Bus Station | 2024 | 2033 | 2042 | 2052 | 2101 | 2110 | 2119 | 2129 | 2138 | 2148 | 2158 | 2207 | 2216 | 2225 | | 2325 | 2334 | |
| Romford Station | 2255 | 2305 | 2315 | 2325 | 2335 | 2345 | 2355 | 0005 | 0015 | | | | | | | | | |
| Romford Market St Edward's Way | 2257 | 2307 | 2317 | 2327 | 2337 | 2347 | 2357 | 0007 | 0017 | | | | | | | | | |
| Romford Stadium | 2301 | 2311 | 2321 | 2331 | 2341 | 2351 | 0001 | 0011 | 0021 | | | | | | | | | |
| Chadwell Heath Sainsbury's | 2306 | 2316 | 2326 | 2336 | 2346 | 2355 | 0005 | 0015 | 0025 | | | | | | | | | |
| Seven Kings Station | 2313 | 2323 | 2333 | 2343 | 2353 | 0002 | 0012 | 0022 | 0032 | | | | | | | | | |
| Ilford High Road Hainault Street | 2319 | 2329 | 2339 | 2349 | 2358 | 0007 | 0017 | 0027 | 0037 | | | | | | | | | |
| Ilford Broadway High Road | 2322 | 2332 | 2342 | 2352 | 0001 | 0010 | 0020 | 0030 | 0040 | | | | | | | | | |
| Manor Park Broadway | 2330 | 2340 | 2350 | 2359 | 0008 | 0017 | 0027 | 0037 | 0047 | | | | | | | | | |
| Forest Gate Police Station | 2335 | 2345 | 2355 | 0004 | 0013 | 0022 | 0032 | 0042 | 0052 | | | | | | | | | |
| Stratford Bus Station | 2344 | 2354 | 0003 | 0012 | 0021 | 0030 | 0040 | 0050 | 0100 | | | | | | | | | |

| 86 | | Mondays to Fridays | | | | | | | | | | | | | | | | | | |
|----------------------------------|------|----------------------------|------|------|------|----------------------------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|------|------|
| Stratford Bus Station | 0550 | 0600 | 0610 | 0620 | 0628 | 0636 | 0644 | 0652 | 0700 | 0706 | 0711 | 0717 | 0722 | 0727 | 0733 | 0738 | 0743 | 0747 | | |
| Forest Gate Police Station | 0558 | 0608 | 0618 | 0628 | 0636 | 0644 | 0652 | 0700 | 0709 | 0716 | 0721 | 0727 | 0732 | 0737 | 0743 | 0748 | 0753 | 0757 | | |
| Manor Park Broadway | 0601 | 0612 | 0622 | 0632 | 0640 | 0648 | 0656 | 0705 | 0714 | 0721 | 0726 | 0732 | 0737 | 0742 | 0748 | 0753 | 0758 | 0802 | | |
| Ilford Broadway Chapel Road | 0608 | 0619 | 0629 | 0639 | 0647 | 0655 | 0703 | 0714 | 0723 | 0730 | 0735 | 0741 | 0746 | 0751 | 0757 | 0802 | 0807 | 0812 | | |
| Ilford High Road Hainault Street | 0612 | 0623 | 0633 | 0643 | 0651 | 0659 | 0707 | 0718 | 0727 | 0734 | 0739 | 0745 | 0750 | 0755 | 0801 | 0806 | 0811 | 0816 | | |
| Seven Kings Station | 0617 | 0628 | 0638 | 0648 | 0656 | 0704 | 0713 | 0724 | 0733 | 0740 | 0745 | 0751 | 0756 | 0802 | 0808 | 0814 | 0819 | 0825 | | |
| Chadwell Heath Sainsbury's | 0625 | 0636 | 0646 | 0656 | 0704 | 0713 | 0723 | 0734 | 0743 | 0750 | 0755 | 0801 | 0807 | 0813 | 0819 | 0825 | 0830 | 0836 | | |
| Romford Stadium | 0630 | 0641 | 0651 | 0701 | 0711 | 0721 | 0731 | 0741 | 0751 | 0757 | 0803 | 0809 | 0815 | 0821 | 0827 | 0833 | 0838 | 0844 | | |
| Romford Market St Edward's Way | 0635 | 0646 | 0656 | 0706 | 0716 | 0726 | 0736 | 0746 | 0756 | 0802 | 0808 | 0814 | 0820 | 0826 | 0832 | 0838 | 0843 | 0849 | | |
| Romford Station | 0639 | 0650 | 0700 | 0710 | 0720 | 0730 | 0740 | 0750 | 0800 | 0806 | 0812 | 0818 | 0824 | 0830 | 0836 | 0842 | 0847 | 0853 | | |
| Stratford Bus Station | 0752 | 0758 | 0803 | | | 0857 | 0903 | 0909 | 0915 | 0922 | 0929 | 0935 | 0941 | 0947 | 0953 | 0959 | 1005 | 1012 | | |
| Forest Gate Police Station | 0802 | 0808 | 0814 | | | 0908 | 0914 | 0920 | 0926 | 0933 | 0940 | 0946 | 0952 | 0958 | 1004 | 1010 | 1016 | 1023 | | |
| Manor Park Broadway | 0808 | 0814 | 0820 | | | 0914 | 0920 | 0926 | 0932 | 0939 | 0946 | 0952 | 0957 | 1003 | 1009 | 1015 | 1021 | 1028 | | |
| Ilford Broadway Chapel Road | 0818 | 0824 | 0830 | | | 0924 | 0930 | 0936 | 0942 | 0949 | 0956 | 1002 | 1007 | 1013 | 1019 | 1025 | 1031 | 1038 | | |
| Ilford High Road Hainault Street | 0822 | 0828 | 0834 | | | 0928 | 0934 | 0940 | 0946 | 0953 | 1000 | 1006 | 1011 | 1017 | 1023 | 1029 | 1035 | 1042 | | |
| Seven Kings Station | 0831 | 0837 | 0843 | | | 0937 | 0943 | 0949 | 0955 | 1001 | 1007 | 1013 | 1018 | 1024 | 1030 | 1036 | 1042 | 1049 | | |
| Chadwell Heath Sainsbury's | 0842 | 0848 | 0854 | | | 0948 | 0954 | 0959 | 1005 | 1011 | 1017 | 1023 | 1028 | 1034 | 1040 | 1046 | 1052 | 1059 | | |
| Romford Stadium | 0850 | 0856 | 0902 | | | 0956 | 1001 | 1006 | 1012 | 1018 | 1024 | 1030 | 1035 | 1041 | 1047 | 1053 | 1059 | 1105 | | |
| Romford Market St Edward's Way | 0855 | 0901 | 0907 | | | 1001 | 1006 | 1011 | 1017 | 1023 | 1029 | 1035 | 1040 | 1046 | 1052 | 1058 | 1104 | 1110 | | |
| Romford Station | 0859 | 0905 | 0911 | | | 1005 | 1010 | 1015 | 1021 | 1027 | 1033 | 1039 | 1044 | 1050 | 1056 | 1102 | 1108 | 1114 | | |
| Stratford Bus Station | 1018 | | | 1042 | 1047 | | | | | 1141 | 1146 | 1152 | 1158 | 1203 | 1209 | 1215 | 1220 | 1350 | | |
| Forest Gate Police Station | 1029 | | | 1053 | 1058 | | | | | 1152 | 1157 | 1203 | 1209 | 1215 | 1221 | 1227 | 1232 | 1402 | | |
| Manor Park Broadway | 1034 | | | 1058 | 1103 | | | | | 1157 | 1202 | 1208 | 1214 | 1220 | 1226 | 1232 | 1237 | 1407 | | |
| Ilford Broadway Chapel Road | 1044 | Then every 6 minutes until | | 1108 | 1114 | Then every 6 minutes until | | | | 1208 | 1214 | 1220 | 1226 | 1232 | 1238 | 1244 | 1249 | Then every 6 minutes until | 1419 | |
| Ilford High Road Hainault Street | 1048 | | | 1112 | 1118 | | | | | 1212 | 1218 | 1224 | 1230 | 1236 | 1242 | 1248 | 1253 | | 1423 | |
| Seven Kings Station | 1055 | | | 1119 | 1125 | | | | | 1219 | 1225 | 1231 | 1237 | 1243 | 1249 | 1255 | 1300 | | 1430 | |
| Chadwell Heath Sainsbury's | 1105 | | | 1129 | 1135 | | | | | 1229 | 1235 | 1241 | 1247 | 1253 | 1259 | 1305 | 1311 | | 1441 | |
| Romford Stadium | 1111 | | | 1135 | 1141 | | | | | 1235 | 1241 | 1247 | 1253 | 1259 | 1305 | 1311 | 1317 | | 1447 | |
| Romford Market St Edward's Way | 1116 | | | 1140 | 1146 | | | | | 1240 | 1246 | 1252 | 1258 | 1304 | 1310 | 1316 | 1322 | | 1452 | |
| Romford Station | 1120 | | | 1144 | 1150 | | | | | 1244 | 1250 | 1256 | 1302 | 1308 | 1314 | 1320 | 1326 | | 1456 | |
| Stratford Bus Station | 1356 | 1402 | 1408 | 1413 | 1418 | 1423 | 1428 | 1433 | 1438 | 1443 | 1448 | 1453 | 1459 | 1504 | 1509 | 1514 | 1520 | 1526 | | |
| Forest Gate Police Station | 1408 | 1414 | 1420 | 1425 | 1430 | 1435 | 1440 | 1445 | 1450 | 1455 | 1500 | 1505 | 1511 | 1517 | 1523 | 1528 | 1534 | 1540 | | |
| Manor Park Broadway | 1413 | 1419 | 1425 | 1430 | 1435 | 1440 | 1445 | 1450 | 1455 | 1500 | 1506 | 1511 | 1517 | 1523 | 1529 | 1534 | 1540 | 1546 | | |
| Ilford Broadway Chapel Road | 1425 | 1431 | 1437 | 1442 | 1447 | 1452 | 1457 | 1502 | 1507 | 1513 | 1519 | 1525 | 1531 | 1537 | 1543 | 1548 | 1554 | 1600 | | |
| Ilford High Road Hainault Street | 1429 | 1435 | 1441 | 1446 | 1451 | 1456 | 1501 | 1506 | 1511 | 1517 | 1523 | 1529 | 1535 | 1541 | 1547 | 1552 | 1558 | 1604 | | |
| Seven Kings Station | 1436 | 1442 | 1448 | 1453 | 1458 | 1503 | 1508 | 1514 | 1520 | 1526 | 1532 | 1538 | 1544 | 1550 | 1556 | 1601 | 1607 | 1613 | | |
| Chadwell Heath Sainsbury's | 1447 | 1453 | 1459 | 1504 | 1509 | 1515 | 1521 | 1527 | 1533 | 1539 | 1545 | 1551 | 1557 | 1603 | 1609 | 1615 | 1621 | 1627 | | |
| Romford Stadium | 1453 | 1459 | 1505 | 1511 | 1517 | 1523 | 1529 | 1535 | 1541 | 1547 | 1553 | 1559 | 1605 | 1611 | 1617 | 1623 | 1629 | 1635 | | |
| Romford Market St Edward's Way | 1459 | 1505 | 1511 | 1517 | 1523 | 1529 | 1535 | 1541 | 1547 | 1553 | 1559 | 1605 | 1611 | 1617 | 1623 | 1629 | 1635 | 1641 | | |
| Romford Station | 1503 | 1509 | 1515 | 1521 | 1527 | 1533 | 1539 | 1545 | 1551 | 1557 | 1603 | 1609 | 1615 | 1621 | 1627 | 1633 | 1639 | 1645 | | |
| Stratford Bus Station | 1532 | 1538 | 1543 | 1549 | 1555 | | | | | 1713 | 1718 | 1724 | 1730 | 1736 | 1742 | 1747 | 1753 | 1759 | 1805 | 1811 |
| Forest Gate Police Station | 1546 | 1552 | 1557 | 1603 | 1609 | | | | | 1727 | 1732 | 1738 | 1744 | 1750 | 1756 | 1801 | 1807 | 1813 | 1819 | 1825 |
| Manor Park Broadway | 1552 | 1558 | 1603 | 1609 | 1616 | | | | | 1734 | 1739 | 1745 | 1751 | 1757 | 1803 | 1808 | 1814 | 1820 | 1826 | 1832 |
| Ilford Broadway Chapel Road | 1606 | 1612 | 1618 | 1624 | 1631 | | | | | 1749 | 1754 | 1800 | 1806 | 1812 | 1818 | 1823 | 1829 | 1835 | 1841 | 1847 |
| Ilford High Road Hainault Street | 1610 | 1616 | 1622 | 1628 | 1635 | | | | | 1753 | 1758 | 1804 | 1810 | 1816 | 1822 | 1827 | 1833 | 1839 | 1845 | 1851 |
| Seven Kings Station | 1619 | 1625 | 1631 | 1637 | 1644 | | | | | 1802 | 1807 | 1813 | 1819 | 1825 | 1831 | 1836 | 1842 | 1848 | 1854 | 1900 |
| Chadwell Heath Sainsbury's | 1633 | 1639 | 1645 | 1651 | 1658 | | | | | 1816 | 1821 | 1827 | 1833 | 1839 | 1845 | 1850 | 1856 | 1902 | 1908 | 1913 |
| Romford Stadium | 1641 | 1647 | 1653 | 1659 | 1705 | | | | | 1823 | 1828 | 1834 | 1840 | 1846 | 1852 | 1857 | 1903 | 1909 | 1915 | 1920 |
| Romford Market St Edward's Way | 1647 | 1653 | 1659 | 1705 | 1711 | | | | | 1829 | 1834 | 1840 | 1846 | 1852 | 1858 | 1903 | 1908 | 1914 | 1920 | 1925 |
| Romford Station | 1651 | 1657 | 1703 | 1709 | 1715 | | | | | 1833 | 1838 | 1844 | 1850 | 1856 | 1902 | 1907 | 1912 | 1918 | 1924 | 1929 |
| Stratford Bus Station | 1817 | 1823 | 1829 | 1836 | 1843 | 1850 | 1857 | 1904 | 1911 | 1918 | 1924 | 1932 | 1940 | 1948 | 1956 | 2005 | 2015 | 2025 | | |
| Forest Gate Police Station | 1831 | 1837 | 1843 | 1850 | 1857 | 1904 | 1911 | 1918 | 1925 | 1932 | 1938 | 1946 | 1954 | 2002 | 2008 | 2017 | 2027 | 2037 | | |
| Manor Park Broadway | 1838 | 1844 | 1850 | 1857 | 1903 | 1910 | 1917 | 1924 | 1931 | 1938 | 1944 | 1952 | 2000 | 2007 | 2013 | 2022 | 2032 | 2042 | | |
| Ilford Broadway Chapel Road | 1853 | 1859 | 1905 | 1911 | 1917 | 1924 | 1931 | 1938 | 1945 | 1952 | 1958 | 2005 | 2012 | 2019 | 2025 | 2034 | 2044 | 2053 | | |
| Ilford High Road Hainault Street | 1857 | 1903 | 1909 | 1915 | 1921 | 1928 | 1935 | 1942 | 1949 | 1956 | 2002 | 2009 | 2016 | 2023 | 2029 | 2038 | 2048 | 2057 | | |
| Seven Kings Station | 1906 | 1912 | 1918 | 1924 | 1930 | 1937 | 1944 | 1951 | 1958 | 2004 | 2010 | 2017 | 2024 | 2031 | 2037 | 2046 | 2056 | 2104 | | |
| Chadwell Heath Sainsbury's | 1919 | 1925 | 1931 | 1937 | 1943 | 1949 | 1956 | 2002 | 2008 | 2014 | 2020 | 2027 | 2034 | 2041 | 2047 | 2056 | 2105 | 2113 | | |
| Romford Stadium | 1926 | 1932 | 1938 | 1944 | 1950 | 1956 | 2002 | 2008 | 2014 | 2020 | 2026 | 2033 | 2040 | 2047 | 2053 | 2102 | 2110 | 2118 | | |
| Romford Market St Edward's Way | 1931 | 1937 | 1943 | 1949 | 1955 | 2001 | 2007 | 2013 | 2019 | 2025 | 2031 | 2038 | 2045 | 2052 | 2058 | 2106 | 2114 | 2122 | | |
| Romford Station | 1935 | 1941 | 1947 | 1953 | 1959 | 2005 | 2011 | 2017 | 2023 | 2029 | 2035 | 2042 | 2049 | 2056 | 2102 | 2110 | 2118 | 2126 | | |

| 86 | | Mondays to Fridays (cont.) | | | | | | | | | | | | | | | | | | |
|----------------------------------|------|-------------------------------------|------|------|------|------|-------------------------------------|------|------|------|------|------|------|------|--------------------------------------|-------------------------------------|------|------|------|------|
| Stratford Bus Station | 2035 | 2045 | 2055 | 2105 | 2115 | 2125 | 2135 | 2145 | 2155 | 2205 | 2215 | 2225 | 2235 | 2245 | | | 2335 | 2345 | | |
| Forest Gate Police Station | 2047 | 2057 | 2106 | 2116 | 2126 | 2136 | 2146 | 2156 | 2205 | 2215 | 2225 | 2235 | 2245 | 2255 | | | 2345 | 2355 | | |
| Manor Park Broadway | 2052 | 2102 | 2111 | 2121 | 2131 | 2141 | 2151 | 2200 | 2209 | 2219 | 2229 | 2239 | 2249 | 2259 | | | 2349 | 2359 | | |
| Ilford Broadway Chapel Road | 2102 | 2111 | 2120 | 2130 | 2140 | 2150 | 2200 | 2209 | 2218 | 2228 | 2238 | 2248 | 2258 | 2307 | Then every 10 minutes until | | 2357 | 0006 | | |
| Ilford High Road Hainault Street | 2105 | 2114 | 2123 | 2133 | 2143 | 2153 | 2203 | 2212 | 2221 | 2231 | 2241 | 2251 | 2301 | 2310 | | | 0000 | 0009 | | |
| Seven Kings Station | 2112 | 2121 | 2130 | 2140 | 2150 | 2200 | 2209 | 2218 | 2227 | 2237 | 2247 | 2257 | 2306 | 2315 | | | 0005 | 0014 | | |
| Chadwell Heath Sainsbury's | 2121 | 2130 | 2139 | 2149 | 2159 | 2208 | 2217 | 2226 | 2235 | 2245 | 2255 | 2304 | 2313 | 2322 | | | 0012 | 0021 | | |
| Romford Stadium | 2126 | 2135 | 2144 | 2154 | 2204 | 2213 | 2222 | 2231 | 2240 | 2250 | 2300 | 2309 | 2318 | 2327 | | | 0017 | 0026 | | |
| Romford Market St Edward's Way | 2130 | 2139 | 2148 | 2158 | 2208 | 2217 | 2226 | 2235 | 2244 | 2254 | 2304 | 2313 | 2322 | 2331 | | | 0021 | 0030 | | |
| Romford Station | 2134 | 2143 | 2152 | 2202 | 2212 | 2221 | 2230 | 2239 | 2248 | 2257 | 2307 | 2316 | 2325 | 2334 | | | 0024 | 0033 | | |
| Stratford Bus Station | 2355 | 0005 | 0015 | 0025 | 0035 | 0045 | 0055 | | | | | | | | | | | | | |
| Forest Gate Police Station | 0004 | 0014 | 0024 | 0034 | 0044 | 0054 | 0103 | | | | | | | | | | | | | |
| Manor Park Broadway | 0008 | 0018 | 0028 | 0038 | 0048 | 0057 | 0106 | | | | | | | | | | | | | |
| Ilford Broadway Chapel Road | 0015 | 0025 | 0035 | 0045 | 0055 | 0104 | 0113 | | | | | | | | | | | | | |
| Ilford High Road Hainault Street | 0018 | 0028 | 0038 | 0048 | 0057 | 0106 | 0115 | | | | | | | | | | | | | |
| Seven Kings Station | 0023 | 0033 | 0043 | 0053 | 0102 | 0111 | 0120 | | | | | | | | | | | | | |
| Chadwell Heath Sainsbury's | 0030 | 0040 | 0050 | 0059 | 0108 | 0117 | 0126 | | | | | | | | | | | | | |
| Romford Stadium | 0035 | 0045 | 0055 | 0103 | 0112 | 0121 | 0130 | | | | | | | | | | | | | |
| Romford Market St Edward's Way | 0039 | 0049 | 0058 | 0106 | 0115 | 0124 | 0133 | | | | | | | | | | | | | |
| Romford Station | 0042 | 0052 | 0101 | 0109 | 0118 | 0127 | 0136 | | | | | | | | | | | | | |
| 86 | | Saturdays (also Good Friday) | | | | | | | | | | | | | | | | | | |
| Stratford Bus Station | 0550 | 0605 | 0620 | 0635 | 0645 | 0655 | 0705 | 0715 | 0725 | 0735 | 0745 | 0753 | 0801 | 0809 | 0817 | 0823 | 0829 | 0835 | | |
| Forest Gate Police Station | 0558 | 0613 | 0628 | 0643 | 0653 | 0703 | 0714 | 0724 | 0734 | 0744 | 0754 | 0802 | 0810 | 0818 | 0826 | 0832 | 0838 | 0844 | | |
| Manor Park Broadway | 0601 | 0616 | 0631 | 0646 | 0656 | 0707 | 0718 | 0728 | 0738 | 0748 | 0758 | 0806 | 0814 | 0822 | 0830 | 0836 | 0842 | 0848 | | |
| Ilford Broadway Chapel Road | 0608 | 0623 | 0638 | 0653 | 0703 | 0714 | 0725 | 0735 | 0745 | 0755 | 0805 | 0814 | 0822 | 0830 | 0838 | 0844 | 0850 | 0856 | | |
| Ilford High Road Hainault Street | 0611 | 0626 | 0641 | 0656 | 0706 | 0717 | 0728 | 0738 | 0748 | 0758 | 0808 | 0817 | 0825 | 0833 | 0841 | 0847 | 0853 | 0859 | | |
| Seven Kings Station | 0616 | 0631 | 0646 | 0701 | 0711 | 0722 | 0733 | 0743 | 0753 | 0803 | 0813 | 0822 | 0830 | 0838 | 0846 | 0852 | 0858 | 0904 | | |
| Chadwell Heath Sainsbury's | 0622 | 0637 | 0652 | 0708 | 0718 | 0729 | 0740 | 0750 | 0800 | 0811 | 0821 | 0830 | 0838 | 0846 | 0854 | 0900 | 0906 | 0912 | | |
| Romford Stadium | 0626 | 0641 | 0656 | 0713 | 0723 | 0734 | 0745 | 0755 | 0805 | 0816 | 0826 | 0835 | 0843 | 0851 | 0859 | 0906 | 0912 | 0918 | | |
| Romford Market St Edward's Way | 0630 | 0645 | 0701 | 0718 | 0728 | 0739 | 0750 | 0800 | 0810 | 0821 | 0831 | 0840 | 0848 | 0856 | 0904 | 0911 | 0917 | 0923 | | |
| Romford Station | 0634 | 0649 | 0705 | 0722 | 0732 | 0743 | 0754 | 0804 | 0814 | 0825 | 0835 | 0844 | 0852 | 0900 | 0908 | 0915 | 0921 | 0927 | | |
| Stratford Bus Station | 0840 | 0846 | 0852 | 0858 | 0903 | 0909 | 0915 | 0921 | 0927 | 0932 | 0936 | 0941 | 0946 | | Then every 6 minutes until | 1016 | 1022 | 1028 | | |
| Forest Gate Police Station | 0849 | 0855 | 0901 | 0907 | 0913 | 0919 | 0925 | 0931 | 0937 | 0942 | 0946 | 0951 | 0956 | | | | 1026 | 1032 | 1038 | |
| Manor Park Broadway | 0853 | 0859 | 0905 | 0911 | 0917 | 0923 | 0929 | 0935 | 0941 | 0946 | 0950 | 0955 | 1000 | | | | 1030 | 1036 | 1042 | |
| Ilford Broadway Chapel Road | 0901 | 0907 | 0913 | 0919 | 0925 | 0931 | 0937 | 0943 | 0949 | 0954 | 0958 | 1003 | 1009 | | | | 1039 | 1045 | 1051 | |
| Ilford High Road Hainault Street | 0904 | 0910 | 0916 | 0922 | 0928 | 0934 | 0940 | 0946 | 0952 | 0957 | 1001 | 1007 | 1013 | | | | 1043 | 1049 | 1055 | |
| Seven Kings Station | 0910 | 0916 | 0922 | 0928 | 0934 | 0940 | 0946 | 0952 | 0958 | 1003 | 1008 | 1014 | 1020 | | | | 1050 | 1056 | 1102 | |
| Chadwell Heath Sainsbury's | 0918 | 0924 | 0930 | 0936 | 0942 | 0948 | 0954 | 1000 | 1006 | 1012 | 1018 | 1024 | 1030 | | | | 1100 | 1106 | 1113 | |
| Romford Stadium | 0924 | 0930 | 0936 | 0942 | 0948 | 0954 | 1000 | 1006 | 1012 | 1018 | 1024 | 1030 | 1036 | | | | 1106 | 1113 | 1120 | |
| Romford Market St Edward's Way | 0929 | 0935 | 0941 | 0947 | 0953 | 0959 | 1005 | 1011 | 1017 | 1023 | 1029 | 1035 | 1041 | | | 1111 | 1118 | 1125 | | |
| Romford Station | 0933 | 0939 | 0945 | 0951 | 0957 | 1003 | 1009 | 1015 | 1021 | 1027 | 1033 | 1039 | 1045 | | | 1115 | 1122 | 1129 | | |
| Stratford Bus Station | 1034 | 1040 | 1046 | 1052 | 1058 | 1104 | 1110 | 1116 | 1122 | 1128 | 1134 | 1140 | 1146 | 1152 | Then every 6 minutes until | 1240 | 1246 | | | |
| Forest Gate Police Station | 1044 | 1050 | 1056 | 1102 | 1109 | 1115 | 1122 | 1128 | 1134 | 1140 | 1146 | 1152 | 1158 | 1204 | | | 1252 | 1258 | | |
| Manor Park Broadway | 1048 | 1054 | 1100 | 1107 | 1114 | 1120 | 1127 | 1133 | 1139 | 1145 | 1151 | 1157 | 1203 | 1209 | | | 1257 | 1303 | | |
| Ilford Broadway Chapel Road | 1057 | 1103 | 1110 | 1117 | 1124 | 1130 | 1137 | 1143 | 1149 | 1155 | 1201 | 1207 | 1214 | 1221 | | | 1309 | 1316 | | |
| Ilford High Road Hainault Street | 1101 | 1107 | 1114 | 1121 | 1128 | 1134 | 1141 | 1147 | 1153 | 1159 | 1205 | 1211 | 1218 | 1225 | | | 1313 | 1320 | | |
| Seven Kings Station | 1108 | 1114 | 1121 | 1128 | 1135 | 1141 | 1148 | 1154 | 1200 | 1206 | 1213 | 1219 | 1226 | 1233 | | | 1321 | 1328 | | |
| Chadwell Heath Sainsbury's | 1120 | 1126 | 1133 | 1140 | 1147 | 1153 | 1200 | 1206 | 1213 | 1219 | 1226 | 1232 | 1239 | 1246 | | | 1334 | 1341 | | |
| Romford Stadium | 1127 | 1133 | 1140 | 1147 | 1154 | 1200 | 1207 | 1213 | 1220 | 1226 | 1233 | 1239 | 1246 | 1253 | | | 1341 | 1348 | | |
| Romford Market St Edward's Way | 1132 | 1139 | 1146 | 1153 | 1200 | 1206 | 1213 | 1219 | 1226 | 1232 | 1239 | 1245 | 1252 | 1259 | | 1347 | 1354 | | | |
| Romford Station | 1136 | 1143 | 1150 | 1157 | 1204 | 1211 | 1218 | 1224 | 1231 | 1237 | 1244 | 1250 | 1257 | 1304 | | 1352 | 1358 | | | |
| Stratford Bus Station | 1252 | | | 1346 | 1352 | 1358 | | | 1546 | 1552 | 1558 | 1604 | 1610 | | Then every 6 minutes until | 1640 | 1646 | 1652 | | |
| Forest Gate Police Station | 1304 | | | 1358 | 1404 | 1411 | | | 1559 | 1605 | 1611 | 1617 | 1623 | | | | 1653 | 1659 | 1705 | |
| Manor Park Broadway | 1309 | | | 1403 | 1409 | 1416 | | | 1604 | 1611 | 1617 | 1623 | 1629 | | | | 1659 | 1705 | 1712 | |
| Ilford Broadway Chapel Road | 1322 | Then every 6 minutes until | | 1416 | 1423 | 1430 | Then every 6 minutes until | | 1618 | 1624 | 1630 | 1636 | 1642 | | | Then every 6 minutes until | 1712 | 1719 | 1726 | |
| Ilford High Road Hainault Street | 1326 | | | 1420 | 1427 | 1434 | | | 1622 | 1628 | 1634 | 1640 | 1646 | | | | | 1716 | 1723 | 1730 |
| Seven Kings Station | 1334 | | | 1428 | 1435 | 1442 | | | 1630 | 1636 | 1642 | 1648 | 1654 | | | | | 1724 | 1731 | 1738 |
| Chadwell Heath Sainsbury's | 1347 | | | 1441 | 1448 | 1455 | | | 1643 | 1649 | 1655 | 1701 | 1706 | | | | | 1736 | 1743 | 1750 |
| Romford Stadium | 1354 | | | 1448 | 1455 | 1501 | | | 1649 | 1655 | 1701 | 1707 | 1712 | | | | | 1742 | 1749 | 1756 |
| Romford Market St Edward's Way | 1400 | | | 1454 | 1500 | 1506 | | | 1654 | 1700 | 1706 | 1712 | 1717 | | | | 1747 | 1754 | 1801 | |
| Romford Station | 1404 | | | 1458 | 1504 | 1510 | | | 1658 | 1704 | 1710 | 1716 | 1721 | | | | 1751 | 1758 | 1805 | |

| 86 | Sundays and other Public Holidays (except Christmas Day) | | | | | | | | | | | | | | | | | | |
|----------------------------------|--|------|------|------|----------|------|----------|------|----------|------|------|------|------|------|------|------|------|------|------|
| Stratford Bus Station | 0550 | 0604 | 0619 | 0634 | 0648 | 0702 | 0717 | 0732 | 0747 | 0802 | 0812 | 0822 | 0832 | 0842 | 0852 | 0902 | 0912 | 0922 | |
| Forest Gate Police Station | 0558 | 0613 | 0628 | 0643 | 0657 | 0711 | 0726 | 0741 | 0756 | 0811 | 0821 | 0831 | 0841 | 0851 | 0901 | 0911 | 0921 | 0931 | |
| Manor Park Broadway | 0601 | 0616 | 0631 | 0646 | 0700 | 0714 | 0729 | 0744 | 0759 | 0814 | 0824 | 0834 | 0844 | 0854 | 0905 | 0915 | 0925 | 0935 | |
| Ilford Broadway Chapel Road | 0608 | 0623 | 0638 | 0653 | 0708 | 0722 | 0737 | 0752 | 0807 | 0822 | 0832 | 0842 | 0852 | 0902 | 0913 | 0923 | 0933 | 0943 | |
| Ilford High Road Hainault Street | 0611 | 0626 | 0641 | 0656 | 0711 | 0725 | 0740 | 0755 | 0810 | 0825 | 0835 | 0845 | 0855 | 0905 | 0916 | 0926 | 0936 | 0946 | |
| Seven Kings Station | 0617 | 0632 | 0647 | 0702 | 0717 | 0731 | 0746 | 0801 | 0816 | 0831 | 0841 | 0851 | 0901 | 0911 | 0922 | 0932 | 0942 | 0952 | |
| Chadwell Heath Sainsbury's | 0623 | 0638 | 0653 | 0709 | 0724 | 0738 | 0753 | 0808 | 0823 | 0838 | 0848 | 0858 | 0908 | 0918 | 0929 | 0939 | 0949 | 0959 | |
| Romford Stadium | 0627 | 0642 | 0657 | 0713 | 0728 | 0742 | 0757 | 0812 | 0827 | 0842 | 0852 | 0902 | 0913 | 0923 | 0934 | 0944 | 0954 | 1004 | |
| Romford Market St Edward's Way | 0631 | 0646 | 0701 | 0717 | 0732 | 0746 | 0801 | 0816 | 0831 | 0846 | 0856 | 0906 | 0917 | 0927 | 0938 | 0948 | 0958 | 1009 | |
| Romford Station | 0635 | 0650 | 0705 | 0721 | 0736 | 0750 | 0805 | 0820 | 0835 | 0850 | 0900 | 0910 | 0921 | 0931 | 0942 | 0952 | 1002 | 1013 | |
| Stratford Bus Station | 0931 | 0939 | 0948 | 0958 | 1007 | 1017 | 1026 | 1035 | 1044 | 1053 | 1102 | 1112 | 1122 | 1132 | 1142 | 1152 | 1201 | 1211 | |
| Forest Gate Police Station | 0940 | 0948 | 0957 | 1007 | 1017 | 1027 | 1036 | 1045 | 1054 | 1103 | 1113 | 1123 | 1133 | 1143 | 1153 | 1203 | 1213 | 1223 | |
| Manor Park Broadway | 0944 | 0952 | 1001 | 1011 | 1021 | 1031 | 1040 | 1049 | 1058 | 1108 | 1118 | 1128 | 1138 | 1148 | 1158 | 1208 | 1218 | 1228 | |
| Ilford Broadway Chapel Road | 0952 | 1000 | 1010 | 1020 | 1030 | 1040 | 1049 | 1058 | 1107 | 1118 | 1129 | 1139 | 1149 | 1159 | 1209 | 1220 | 1230 | 1240 | |
| Ilford High Road Hainault Street | 0955 | 1003 | 1013 | 1023 | 1033 | 1043 | 1052 | 1101 | 1110 | 1122 | 1133 | 1143 | 1153 | 1203 | 1213 | 1224 | 1234 | 1244 | |
| Seven Kings Station | 1001 | 1010 | 1020 | 1030 | 1040 | 1050 | 1059 | 1109 | 1118 | 1130 | 1141 | 1151 | 1201 | 1212 | 1222 | 1233 | 1243 | 1253 | |
| Chadwell Heath Sainsbury's | 1009 | 1019 | 1029 | 1039 | 1049 | 1059 | 1109 | 1119 | 1129 | 1141 | 1152 | 1202 | 1213 | 1224 | 1234 | 1245 | 1255 | 1305 | |
| Romford Stadium | 1015 | 1025 | 1035 | 1045 | 1055 | 1105 | 1115 | 1125 | 1135 | 1147 | 1158 | 1208 | 1219 | 1230 | 1240 | 1251 | 1301 | 1311 | |
| Romford Market St Edward's Way | 1020 | 1030 | 1040 | 1050 | 1100 | 1110 | 1120 | 1130 | 1140 | 1152 | 1203 | 1214 | 1225 | 1236 | 1246 | 1257 | 1307 | 1317 | |
| Romford Station | 1024 | 1034 | 1044 | 1054 | 1104 | 1114 | 1124 | 1134 | 1144 | 1156 | 1207 | 1218 | 1229 | 1240 | 1250 | 1301 | 1311 | 1321 | |
| Stratford Bus Station | 1221 | 1231 | 1241 | 1251 | | | 1351 | 1401 | | | 1501 | 1511 | 1521 | 1531 | 1541 | 1551 | 1601 | 1611 | |
| Forest Gate Police Station | 1233 | 1243 | 1253 | 1303 | | | 1403 | 1414 | | | 1514 | 1524 | 1534 | 1544 | 1554 | 1604 | 1614 | 1624 | |
| Manor Park Broadway | 1238 | 1248 | 1258 | 1309 | | | 1409 | 1420 | | | 1520 | 1530 | 1540 | 1550 | 1600 | 1610 | 1620 | 1630 | |
| Ilford Broadway Chapel Road | 1250 | 1300 | 1310 | 1321 | Then | | 1421 | 1432 | Then | | 1532 | 1542 | 1552 | 1602 | 1612 | 1622 | 1632 | 1642 | |
| Ilford High Road Hainault Street | 1254 | 1304 | 1314 | 1325 | every 10 | | 1425 | 1436 | every 10 | | 1536 | 1546 | 1556 | 1606 | 1616 | 1626 | 1636 | 1646 | |
| Seven Kings Station | 1303 | 1313 | 1323 | 1334 | minutes | | 1434 | 1445 | minutes | | 1545 | 1555 | 1604 | 1614 | 1624 | 1634 | 1644 | 1654 | |
| Chadwell Heath Sainsbury's | 1315 | 1325 | 1335 | 1346 | until | | 1446 | 1457 | until | | 1557 | 1606 | 1615 | 1625 | 1635 | 1645 | 1655 | 1704 | |
| Romford Stadium | 1321 | 1331 | 1341 | 1352 | | | 1452 | 1503 | | | 1603 | 1612 | 1621 | 1631 | 1641 | 1651 | 1700 | 1709 | |
| Romford Market St Edward's Way | 1327 | 1337 | 1347 | 1357 | | | 1457 | 1508 | | | 1608 | 1617 | 1626 | 1636 | 1646 | 1656 | 1705 | 1714 | |
| Romford Station | 1331 | 1341 | 1351 | 1401 | | | 1501 | 1512 | | | 1612 | 1621 | 1630 | 1640 | 1650 | 1700 | 1709 | 1718 | |
| Stratford Bus Station | 1621 | 1631 | 1641 | 1651 | 1701 | 1711 | | | | 1851 | 1901 | 1911 | 1921 | 1931 | 1941 | 1951 | 2001 | 2011 | 2021 |
| Forest Gate Police Station | 1634 | 1644 | 1654 | 1704 | 1714 | 1724 | | | | 1904 | 1914 | 1924 | 1934 | 1944 | 1954 | 2003 | 2013 | 2023 | 2033 |
| Manor Park Broadway | 1640 | 1650 | 1700 | 1710 | 1720 | 1730 | | | | 1910 | 1920 | 1930 | 1940 | 1950 | 2000 | 2009 | 2019 | 2029 | 2039 |
| Ilford Broadway Chapel Road | 1652 | 1701 | 1711 | 1721 | 1731 | 1741 | Then | | | 1921 | 1931 | 1941 | 1951 | 2001 | 2010 | 2019 | 2029 | 2039 | 2049 |
| Ilford High Road Hainault Street | 1656 | 1705 | 1715 | 1725 | 1735 | 1745 | every 10 | | | 1925 | 1935 | 1945 | 1954 | 2004 | 2013 | 2022 | 2032 | 2042 | 2052 |
| Seven Kings Station | 1703 | 1712 | 1722 | 1732 | 1742 | 1752 | minutes | | | 1932 | 1942 | 1952 | 2001 | 2011 | 2020 | 2029 | 2039 | 2049 | 2058 |
| Chadwell Heath Sainsbury's | 1713 | 1722 | 1732 | 1742 | 1752 | 1801 | until | | | 1941 | 1951 | 2000 | 2009 | 2019 | 2028 | 2037 | 2047 | 2057 | 2106 |
| Romford Stadium | 1718 | 1727 | 1737 | 1747 | 1757 | 1806 | | | | 1946 | 1956 | 2005 | 2014 | 2024 | 2033 | 2042 | 2052 | 2102 | 2111 |
| Romford Market St Edward's Way | 1723 | 1732 | 1742 | 1752 | 1802 | 1811 | | | | 1951 | 2000 | 2009 | 2018 | 2028 | 2037 | 2046 | 2056 | 2106 | 2115 |
| Romford Station | 1727 | 1736 | 1746 | 1756 | 1806 | 1815 | | | | 1955 | 2004 | 2013 | 2022 | 2032 | 2041 | 2050 | 2100 | 2110 | 2119 |
| Stratford Bus Station | 2031 | 2041 | 2051 | 2101 | 2111 | 2121 | 2131 | 2141 | 2151 | 2201 | 2211 | 2221 | 2231 | 2241 | 2251 | 2301 | 2311 | 2321 | 2331 |
| Forest Gate Police Station | 2043 | 2053 | 2102 | 2112 | 2122 | 2132 | 2142 | 2152 | 2201 | 2211 | 2221 | 2231 | 2241 | 2251 | 2301 | 2311 | 2321 | 2331 | 2341 |
| Manor Park Broadway | 2049 | 2058 | 2107 | 2117 | 2127 | 2137 | 2147 | 2157 | 2206 | 2216 | 2226 | 2236 | 2246 | 2256 | 2305 | 2315 | 2325 | 2335 | 2345 |
| Ilford Broadway Chapel Road | 2059 | 2108 | 2117 | 2127 | 2137 | 2147 | 2157 | 2206 | 2215 | 2225 | 2235 | 2245 | 2255 | 2304 | 2313 | 2323 | 2333 | 2343 | 2353 |
| Ilford High Road Hainault Street | 2102 | 2111 | 2120 | 2130 | 2140 | 2150 | 2200 | 2209 | 2218 | 2228 | 2238 | 2248 | 2258 | 2307 | 2316 | 2326 | 2336 | 2346 | 2356 |
| Seven Kings Station | 2108 | 2117 | 2126 | 2136 | 2146 | 2156 | 2205 | 2214 | 2223 | 2233 | 2243 | 2253 | 2303 | 2312 | 2321 | 2331 | 2341 | 2351 | 2401 |
| Chadwell Heath Sainsbury's | 2116 | 2125 | 2134 | 2144 | 2154 | 2203 | 2212 | 2221 | 2230 | 2240 | 2250 | 2300 | 2310 | 2319 | 2328 | 2338 | 2348 | 2358 | 2408 |
| Romford Stadium | 2121 | 2130 | 2139 | 2149 | 2158 | 2207 | 2216 | 2225 | 2234 | 2244 | 2254 | 2304 | 2314 | 2323 | 2332 | 2342 | 2352 | 0002 | 0012 |
| Romford Market St Edward's Way | 2125 | 2134 | 2143 | 2153 | 2202 | 2211 | 2220 | 2229 | 2238 | 2248 | 2258 | 2308 | 2318 | 2327 | 2336 | 2346 | 2356 | 0006 | 0016 |
| Romford Station | 2129 | 2138 | 2147 | 2157 | 2206 | 2215 | 2224 | 2233 | 2242 | 2252 | 2302 | 2312 | 2322 | 2331 | 2340 | 2350 | 0000 | 0010 | 0020 |
| Stratford Bus Station | 2331 | 2341 | 2351 | 0000 | 0010 | 0020 | 0030 | 0040 | 0050 | | | | | | | | | | |
| Forest Gate Police Station | 2341 | 2351 | 0001 | 0010 | 0020 | 0030 | 0040 | 0050 | 0100 | | | | | | | | | | |
| Manor Park Broadway | 2345 | 2355 | 0005 | 0014 | 0024 | 0034 | 0044 | 0054 | 0104 | | | | | | | | | | |
| Ilford Broadway Chapel Road | 2353 | 0002 | 0012 | 0021 | 0031 | 0041 | 0051 | 0101 | 0111 | | | | | | | | | | |
| Ilford High Road Hainault Street | 2356 | 0005 | 0015 | 0024 | 0034 | 0044 | 0054 | 0104 | 0114 | | | | | | | | | | |
| Seven Kings Station | 0001 | 0010 | 0020 | 0029 | 0039 | 0049 | 0059 | 0109 | 0119 | | | | | | | | | | |
| Chadwell Heath Sainsbury's | 0008 | 0017 | 0027 | 0036 | 0046 | 0056 | 0105 | 0115 | 0125 | | | | | | | | | | |
| Romford Stadium | 0012 | 0021 | 0031 | 0040 | 0050 | 0100 | 0109 | 0119 | 0129 | | | | | | | | | | |
| Romford Market St Edward's Way | 0016 | 0025 | 0035 | 0044 | 0054 | 0104 | 0113 | 0123 | 0133 | | | | | | | | | | |
| Romford Station | 0020 | 0029 | 0039 | 0048 | 0058 | 0108 | 0117 | 0127 | 0137 | | | | | | | | | | |