

86	Mondays to Fridays																			
Romford Station	0515	0526	0537	0548	0559	0608	0617	0625	0633	0639	0645	0651	0658	--	0706	0713	0720	--		
Romford Market <i>St Edward's Way</i>	0517	0528	0539	0550	0601	0610	0619	0627	0635	0641	0647	0653	0700	--	0708	0716	0723	--		
Romford Stadium	0521	0532	0543	0554	0605	0614	0623	0631	0639	0645	0651	0657	0704	--	0713	0721	0728	--		
Chadwell Heath <i>Sainsbury's</i>	0526	0537	0548	0559	0610	0619	0628	0636	0644	0650	0656	0702	0710	--	0719	0727	0735	--		
Seven Kings Station	0534	0545	0556	0607	0618	0627	0636	0644	0652	0659	0705	0712	0721	--	0730	0738	0746	--		
Ilford High Road <i>Hainault Street</i>	0540	0551	0602	0613	0624	0633	0642	0650	0658	0706	0713	0720	0729	--	0738	0746	0754	--		
Ilford Broadway <i>High Road</i>	0543	0554	0605	0616	0627	0636	0645	0653	0702	0710	0717	0724	0733	--	0742	0750	0758	--		
Manor Park <i>Broadway</i>	0552	0603	0615	0626	0637	0646	0656	0705	0715	0724	0732	0740	0749	0753	0758	0806	0814	0818		
Forest Gate <i>Police Station</i>	0558	0610	0622	0633	0645	0654	0705	0715	0726	0735	0743	0752	0801	0805	0810	0819	0827	0831		
Stratford <i>Bus Station</i>	0608	0620	0632	0644	0656	0706	0718	0729	0740	0750	0759	0808	0817	0821	0826	0835	0843	0847		
Romford Station	0727	0734	0741	0748	0755	0802	0809	0816	0824	0831	0838	0845	0852	0859	0906	0914	0922	0930		
Romford Market <i>St Edward's Way</i>	0730	0737	0744	0751	0758	0805	0812	0819	0827	0834	0841	0848	0855	0902	0909	0917	0925	0933		
Romford Stadium	0735	0742	0749	0756	0803	0810	0818	0825	0833	0840	0847	0854	0901	0908	0915	0923	0931	0939		
Chadwell Heath <i>Sainsbury's</i>	0742	0749	0756	0803	0811	0819	0827	0834	0842	0849	0856	0903	0910	0917	0924	0932	0940	0948		
Seven Kings Station	0753	0800	0807	0815	0823	0831	0839	0846	0854	0901	0908	0915	0922	0929	0936	0944	0952	1000		
Ilford High Road <i>Hainault Street</i>	0801	0809	0817	0825	0833	0841	0849	0856	0904	0911	0918	0925	0932	0939	0946	0954	1002	1010		
Ilford Broadway <i>High Road</i>	0805	0813	0821	0829	0837	0845	0853	0900	0908	0915	0922	0929	0936	0943	0950	0958	1006	1013		
Manor Park <i>Broadway</i>	0822	0830	0838	0846	0854	0902	0910	0917	0925	0932	0939	0946	0953	1000	1006	1013	1021	1028		
Forest Gate <i>Police Station</i>	0835	0843	0851	0859	0907	0915	0923	0930	0938	0945	0952	0958	1005	1012	1018	1025	1033	1040		
Stratford <i>Bus Station</i>	0851	0859	0907	0915	0923	0931	0939	0946	0954	1001	1008	1014	1021	1028	1034	1041	1049	1056		
Romford Station	0938	0945	0952	1001	1010	Then every 8 minutes until		1146	1154	1202	1210	1218	1226	1234	1242	1250	1258	1306		
Romford Market <i>St Edward's Way</i>	0941	0948	0955	1004	1013			1149	1157	1206	1214	1222	1230	1238	1246	1254	1302	1310		
Romford Stadium	0947	0954	1001	1010	1018			1154	1202	1211	1219	1227	1235	1243	1251	1259	1307	1315		
Chadwell Heath <i>Sainsbury's</i>	0956	1003	1009	1016	1024			1200	1208	1217	1225	1233	1241	1249	1257	1305	1313	1321		
Seven Kings Station	1007	1013	1020	1027	1035			1211	1220	1229	1237	1245	1253	1301	1309	1317	1325	1333		
Ilford High Road <i>Hainault Street</i>	1017	1023	1029	1036	1044			1220	1229	1238	1246	1254	1302	1310	1318	1326	1334	1342		
Ilford Broadway <i>High Road</i>	1020	1026	1032	1039	1047			1223	1232	1241	1249	1257	1305	1314	1322	1330	1338	1346		
Manor Park <i>Broadway</i>	1035	1041	1047	1054	1102			1238	1247	1256	1304	1312	1320	1329	1337	1345	1353	1401		
Forest Gate <i>Police Station</i>	1047	1053	1059	1106	1114			1250	1259	1308	1316	1324	1332	1341	1349	1357	1405	1413		
Stratford <i>Bus Station</i>	1103	1109	1115	1122	1130			1306	1315	1324	1332	1340	1348	1357	1405	1413	1421	1429		
Romford Station	1313	1320	1326	1333	1340	1347	1354	1401	1408	1414	1420	1427	1433	1440	1446	1453	1500	1507		
Romford Market <i>St Edward's Way</i>	1317	1324	1330	1337	1344	1351	1358	1405	1412	1418	1424	1431	1437	1444	1450	1457	1504	1511		
Romford Stadium	1322	1329	1335	1342	1349	1356	1403	1410	1417	1423	1429	1436	1442	1449	1455	1503	1510	1517		
Chadwell Heath <i>Sainsbury's</i>	1328	1335	1341	1348	1355	1402	1409	1416	1423	1429	1435	1442	1448	1455	1501	1509	1517	1525		
Seven Kings Station	1340	1347	1353	1400	1407	1414	1421	1428	1435	1441	1447	1454	1500	1507	1514	1522	1530	1538		
Ilford High Road <i>Hainault Street</i>	1349	1356	1402	1409	1416	1423	1430	1437	1444	1450	1456	1503	1509	1516	1523	1531	1539	1547		
Ilford Broadway <i>High Road</i>	1353	1400	1406	1413	1420	1427	1434	1441	1448	1454	1500	1507	1513	1520	1527	1535	1543	1551		
Manor Park <i>Broadway</i>	1408	1415	1421	1428	1435	1442	1449	1456	1503	1510	1516	1523	1529	1536	1543	1551	1559	1607		
Forest Gate <i>Police Station</i>	1420	1427	1433	1440	1447	1454	1501	1508	1515	1522	1528	1535	1541	1548	1555	1603	1611	1619		
Stratford <i>Bus Station</i>	1436	1443	1449	1456	1503	1510	1518	1525	1532	1539	1545	1552	1558	1605	1612	1620	1628	1636		
Romford Station	1514	1521	1528	1536	1544	1552	1600	1607	1613	1619	1626	1633	1640	1648	1656	1704	1712	1720		
Romford Market <i>St Edward's Way</i>	1518	1525	1532	1540	1548	1556	1604	1611	1617	1623	1630	1637	1644	1652	1700	1708	1716	1724		
Romford Stadium	1524	1531	1538	1546	1554	1602	1610	1617	1623	1629	1636	1643	1650	1658	1706	1714	1722	1730		
Chadwell Heath <i>Sainsbury's</i>	1532	1539	1546	1554	1602	1610	1618	1625	1631	1637	1644	1651	1658	1706	1714	1721	1729	1737		
Seven Kings Station	1545	1552	1559	1607	1615	1623	1631	1638	1644	1650	1657	1704	1710	1718	1726	1733	1741	1749		
Ilford High Road <i>Hainault Street</i>	1554	1601	1608	1616	1624	1632	1640	1647	1653	1659	1706	1713	1719	1727	1735	1742	1750	1758		
Ilford Broadway <i>High Road</i>	1558	1605	1612	1620	1628	1636	1644	1651	1657	1703	1710	1717	1723	1731	1739	1746	1754	1802		
Manor Park <i>Broadway</i>	1614	1621	1628	1636	1644	1652	1700	1707	1713	1719	1726	1733	1739	1747	1755	1802	1810	1818		
Forest Gate <i>Police Station</i>	1626	1633	1640	1648	1656	1704	1712	1719	1725	1731	1738	1745	1751	1759	1807	1814	1822	1830		
Stratford <i>Bus Station</i>	1643	1650	1657	1705	1713	1721	1729	1735	1741	1747	1754	1801	1807	1815	1823	1830	1838	1846		
Romford Station	1728	1736	1744	1752	1759	1806	1813	1820	1827	1834	1841	1848	1855	1902	1909	1918	1927	1936		
Romford Market <i>St Edward's Way</i>	1732	1740	1748	1756	1803	1810	1817	1824	1831	1838	1845	1852	1859	1906	1912	1921	1930	1939		
Romford Stadium	1738	1746	1754	1802	1809	1816	1823	1830	1837	1844	1851	1858	1905	1911	1917	1926	1935	1944		
Chadwell Heath <i>Sainsbury's</i>	1745	1753	1801	1809	1816	1823	1830	1837	1844	1851	1858	1905	1912	1918	1924	1933	1942	1951		
Seven Kings Station	1757	1804	1812	1820	1827	1834	1841	1848	1855	1902	1909	1916	1923	1929	1935	1944	1952	2001		
Ilford High Road <i>Hainault Street</i>	1806	1813	1821	1829	1836	1843	1850	1857	1904	1911	1918	1924	1931	1937	1943	1952	2000	2009		
Ilford Broadway <i>High Road</i>	1810	1817	1825	1833	1840	1847	1854	1901	1908	1914	1921	1927	1934	1940	1946	1955	2003	2012		
Manor Park <i>Broadway</i>	1826	1833	1841	1849	1856	1903	1910	1917	1923	1929	1935	1941	1948	1954	2000	2009	2017	2026		
Forest Gate <i>Police Station</i>	1838	1845	1853	1901	1907	1914	1920	1927	1933	1938	1944	1950	1957	2003	2009	2018	2026	2035		
Stratford <i>Bus Station</i>	1854	1901	1909	1916	1922	1928	1934	1941	1947	1952	1958	2003	2010	2016	2022	2031	2039	2048		

86	Mondays to Fridays (cont.)																	
Romford Station	1945	1956	2007	2018	2029	2040	2051	2101	2112	2123	2134	2145	2156	2207	2218	2229	2240	2252
Romford Market <i>St Edward's Way</i>	1948	1959	2010	2021	2032	2043	2054	2104	2115	2126	2137	2148	2159	2210	2221	2232	2243	2255
Romford Stadium	1953	2004	2015	2026	2037	2048	2059	2109	2119	2130	2141	2152	2203	2214	2225	2236	2247	2259
Chadwell Heath <i>Sainsbury's</i>	1959	2010	2021	2032	2043	2054	2104	2114	2124	2135	2146	2157	2208	2219	2230	2241	2252	2304
Seven Kings Station	2009	2020	2031	2042	2053	2103	2113	2123	2133	2144	2155	2205	2216	2227	2238	2249	2300	2312
Ilford High Road <i>Hainault Street</i>	2017	2028	2039	2050	2100	2110	2120	2130	2140	2151	2202	2212	2223	2234	2245	2256	2306	2318
Ilford Broadway <i>High Road</i>	2020	2031	2042	2053	2103	2113	2123	2133	2143	2154	2205	2215	2226	2237	2248	2259	2309	2321
Manor Park <i>Broadway</i>	2034	2045	2055	2105	2115	2125	2135	2145	2155	2205	2215	2225	2236	2247	2258	2309	2319	2330
Forest Gate <i>Police Station</i>	2043	2054	2104	2114	2124	2134	2144	2154	2203	2213	2223	2233	2244	2255	2306	2316	2326	2337
Stratford <i>Bus Station</i>	2056	2106	2116	2126	2136	2145	2155	2205	2214	2224	2234	2244	2255	2306	2316	2326	2336	2347
Romford Station	2304	2316	2328	2340	2352	0003	0015											
Romford Market <i>St Edward's Way</i>	2306	2318	2330	2342	2354	0005	0017											
Romford Stadium	2310	2322	2334	2346	2358	0009	0021											
Chadwell Heath <i>Sainsbury's</i>	2315	2327	2339	2351	0002	0013	0025											
Seven Kings Station	2323	2334	2346	2358	0009	0020	0032											
Ilford High Road <i>Hainault Street</i>	2329	2340	2352	0004	0015	0026	0038											
Ilford Broadway <i>High Road</i>	2332	2343	2355	0007	0018	0029	0041											
Manor Park <i>Broadway</i>	2341	2352	0003	0015	0026	0037	0049											
Forest Gate <i>Police Station</i>	2348	2359	0010	0021	0032	0043	0055											
Stratford <i>Bus Station</i>	2357	0008	0019	0030	0041	0052	0103											
86	Saturdays (also Good Friday)																	
Romford Station	0515	0531	0547	0603	0616	0629	0640	0651	0702	0713	0724	0733	0742	0751	0800	0809	0817	0824
Romford Market <i>St Edward's Way</i>	0517	0533	0549	0605	0618	0631	0642	0653	0704	0715	0726	0735	0744	0753	0803	0812	0820	0827
Romford Stadium	0521	0537	0553	0609	0622	0635	0646	0657	0708	0719	0730	0739	0748	0757	0807	0816	0824	0831
Chadwell Heath <i>Sainsbury's</i>	0525	0541	0557	0613	0626	0639	0650	0701	0713	0724	0735	0744	0753	0802	0812	0821	0829	0836
Seven Kings Station	0532	0548	0604	0620	0633	0646	0657	0708	0720	0732	0743	0752	0801	0810	0820	0829	0837	0844
Ilford High Road <i>Hainault Street</i>	0537	0553	0609	0625	0638	0651	0702	0714	0726	0738	0749	0758	0807	0816	0826	0835	0843	0850
Ilford Broadway <i>High Road</i>	0540	0556	0612	0628	0641	0654	0705	0717	0729	0741	0752	0801	0810	0819	0829	0838	0846	0853
Manor Park <i>Broadway</i>	0547	0603	0619	0635	0649	0702	0714	0726	0738	0750	0801	0811	0820	0829	0839	0848	0856	0904
Forest Gate <i>Police Station</i>	0552	0609	0625	0641	0655	0708	0720	0733	0745	0757	0808	0818	0827	0836	0846	0856	0904	0912
Stratford <i>Bus Station</i>	0601	0618	0634	0650	0704	0718	0730	0743	0755	0807	0819	0829	0839	0848	0858	0908	0917	0925
Romford Station	0832	0839	0847	0854	0902	0909	0917	0924	0932	0939	0947	0954	1002	1009	1017	1024	1032	1039
Romford Market <i>St Edward's Way</i>	0835	0842	0850	0857	0905	0912	0920	0927	0935	0942	0950	0957	1005	1012	1020	1027	1035	1042
Romford Stadium	0839	0846	0854	0901	0910	0917	0925	0932	0940	0947	0955	1002	1010	1017	1025	1032	1040	1047
Chadwell Heath <i>Sainsbury's</i>	0844	0851	0859	0906	0915	0922	0931	0938	0946	0953	1001	1008	1016	1023	1031	1038	1046	1053
Seven Kings Station	0852	0859	0907	0915	0924	0931	0940	0947	0955	1002	1011	1019	1027	1034	1042	1049	1057	1104
Ilford High Road <i>Hainault Street</i>	0859	0906	0914	0922	0931	0938	0947	0954	1002	1009	1018	1026	1034	1041	1049	1056	1104	1111
Ilford Broadway <i>High Road</i>	0902	0909	0917	0925	0934	0941	0950	0957	1005	1012	1021	1029	1037	1044	1052	1059	1107	1114
Manor Park <i>Broadway</i>	0913	0920	0928	0936	0945	0953	1002	1011	1019	1027	1036	1044	1052	1100	1108	1114	1122	1130
Forest Gate <i>Police Station</i>	0921	0928	0937	0946	0955	1003	1012	1021	1030	1038	1047	1055	1103	1111	1119	1126	1134	1142
Stratford <i>Bus Station</i>	0934	0942	0951	1000	1009	1017	1027	1036	1045	1053	1102	1110	1118	1126	1134	1141	1149	1157
Romford Station	1047	1054	1102	1109	1117	1124	1132	1138	1145	1152	1200	1207	1215	1223	1231	1239	1247	1254
Romford Market <i>St Edward's Way</i>	1050	1057	1106	1113	1121	1128	1136	1142	1149	1156	1204	1211	1219	1227	1235	1243	1251	1258
Romford Stadium	1055	1103	1112	1119	1127	1134	1142	1148	1155	1202	1210	1217	1225	1233	1241	1249	1257	1304
Chadwell Heath <i>Sainsbury's</i>	1101	1109	1118	1125	1133	1140	1148	1154	1201	1208	1216	1223	1231	1239	1247	1255	1303	1310
Seven Kings Station	1112	1120	1129	1136	1144	1151	1159	1205	1212	1220	1228	1235	1243	1251	1259	1308	1316	1323
Ilford High Road <i>Hainault Street</i>	1120	1128	1137	1144	1152	1159	1207	1213	1221	1229	1237	1244	1252	1300	1308	1317	1325	1332
Ilford Broadway <i>High Road</i>	1123	1131	1140	1147	1155	1202	1211	1217	1225	1233	1241	1248	1256	1304	1312	1321	1329	1336
Manor Park <i>Broadway</i>	1139	1147	1156	1203	1211	1219	1228	1234	1242	1250	1258	1305	1313	1322	1330	1339	1347	1354
Forest Gate <i>Police Station</i>	1151	1159	1208	1215	1223	1231	1240	1246	1254	1302	1310	1317	1325	1334	1342	1351	1359	1406
Stratford <i>Bus Station</i>	1206	1214	1223	1230	1238	1246	1255	1301	1309	1317	1325	1332	1340	1349	1357	1406	1414	1421
Romford Station	1302	1309	1317	1324	1332	1339	1347	1354	1401	1408	1415	1422	1430	1437	1445	1452	1500	1507
Romford Market <i>St Edward's Way</i>	1306	1313	1321	1328	1336	1343	1351	1358	1405	1412	1419	1426	1434	1441	1449	1456	1504	1511
Romford Stadium	1312	1320	1328	1335	1343	1350	1358	1405	1412	1419	1426	1433	1441	1448	1456	1503	1511	1518
Chadwell Heath <i>Sainsbury's</i>	1318	1326	1334	1341	1349	1356	1404	1411	1418	1425	1432	1439	1447	1454	1502	1509	1517	1524
Seven Kings Station	1331	1339	1347	1354	1402	1409	1417	1424	1431	1438	1445	1452	1500	1507	1515	1522	1530	1537
Ilford High Road <i>Hainault Street</i>	1340	1348	1356	1403	1411	1418	1426	1433	1440	1447	1454	1501	1509	1516	1524	1531	1539	1546
Ilford Broadway <i>High Road</i>	1344	1352	1400	1407	1415	1422	1430	1437	1444	1451	1458	1505	1513	1520	1528	1535	1543	1550
Manor Park <i>Broadway</i>	1402	1410	1418	1425	1433	1440	1448	1455	1502	1509	1516	1523	1531	1538	1546	1553	1601	1608
Forest Gate <i>Police Station</i>	1414	1422	1430	1437	1445	1452	1500	1507	1514	1521	1528	1535	1543	1550	1558	1605	1613	1620
Stratford <i>Bus Station</i>	1429	1437	1445	1452	1500	1507	1515	1522	1529	1536	1543	1550	1558	1605	1613	1620	1628	1635

86	Saturdays (also Good Friday) (cont.)																		
Romford Station	1515	1522	1530	1538	1545	1553	1601	1609	1617	1625	1633	1640	1648	1655	1703	1710	1718	1725	
Romford Market <i>St Edward's Way</i>	1519	1526	1534	1542	1549	1557	1605	1613	1621	1629	1637	1644	1652	1659	1707	1714	1722	1729	
Romford Stadium	1526	1533	1541	1549	1556	1604	1611	1619	1627	1635	1643	1650	1658	1705	1713	1719	1727	1734	
Chadwell Heath <i>Sainsbury's</i>	1532	1539	1547	1555	1602	1610	1617	1625	1633	1641	1649	1656	1704	1711	1719	1725	1733	1740	
Seven Kings Station	1545	1552	1600	1608	1614	1622	1629	1637	1645	1653	1701	1708	1716	1723	1731	1737	1745	1752	
Ilford High Road <i>Hainault Street</i>	1554	1601	1608	1616	1622	1630	1637	1645	1653	1701	1709	1716	1724	1731	1739	1745	1753	1800	
Ilford Broadway <i>High Road</i>	1558	1605	1612	1620	1626	1634	1641	1649	1657	1705	1713	1720	1728	1735	1743	1749	1757	1804	
Manor Park <i>Broadway</i>	1616	1623	1630	1638	1644	1652	1659	1707	1715	1723	1731	1738	1746	1753	1801	1807	1815	1822	
Forest Gate <i>Police Station</i>	1628	1635	1642	1650	1656	1704	1711	1719	1727	1735	1743	1750	1758	1805	1813	1819	1827	1834	
Stratford <i>Bus Station</i>	1643	1650	1657	1705	1711	1719	1726	1734	1742	1750	1758	1805	1813	1820	1828	1834	1842	1848	
Romford Station	1733	1740	1748	1755	1803	1810	1818	1825	1832	1839	1848	1857	1906	1915	1926	1937	1948	1959	
Romford Market <i>St Edward's Way</i>	1737	1744	1752	1759	1807	1814	1822	1829	1836	1843	1852	1901	1910	1919	1930	1941	1952	2003	
Romford Stadium	1742	1749	1757	1804	1812	1819	1827	1834	1841	1848	1857	1906	1915	1924	1935	1946	1957	2008	
Chadwell Heath <i>Sainsbury's</i>	1748	1755	1803	1810	1818	1825	1833	1840	1847	1854	1903	1912	1921	1930	1941	1952	2003	2014	
Seven Kings Station	1800	1807	1815	1822	1830	1837	1845	1852	1859	1905	1914	1923	1932	1941	1951	2002	2013	2024	
Ilford High Road <i>Hainault Street</i>	1808	1815	1823	1830	1838	1845	1853	1900	1907	1913	1922	1931	1940	1949	1959	2010	2021	2032	
Ilford Broadway <i>High Road</i>	1812	1818	1826	1833	1841	1848	1856	1903	1910	1916	1925	1934	1943	1952	2002	2013	2024	2035	
Manor Park <i>Broadway</i>	1830	1836	1844	1850	1858	1904	1912	1919	1925	1931	1940	1949	1958	2007	2017	2028	2039	2050	
Forest Gate <i>Police Station</i>	1842	1848	1856	1902	1909	1915	1923	1930	1936	1942	1951	1959	2008	2017	2027	2038	2049	2100	
Stratford <i>Bus Station</i>	1856	1902	1910	1916	1923	1928	1936	1943	1949	1955	2004	2012	2021	2030	2040	2051	2102	2112	
Romford Station	2010	2021	2032	2043	2054	2105	2116	2127	2138	2149	2200	2211	2222	2233	2244	2255	2306	2317	
Romford Market <i>St Edward's Way</i>	2013	2024	2035	2046	2057	2108	2119	2130	2141	2152	2203	2214	2225	2236	2247	2258	2309	2320	
Romford Stadium	2018	2029	2040	2051	2102	2113	2124	2135	2146	2157	2208	2219	2230	2241	2252	2303	2314	2325	
Chadwell Heath <i>Sainsbury's</i>	2024	2035	2046	2057	2108	2119	2130	2141	2152	2203	2213	2224	2235	2246	2257	2308	2319	2330	
Seven Kings Station	2034	2045	2056	2107	2118	2129	2140	2151	2202	2212	2222	2233	2244	2255	2306	2316	2327	2338	
Ilford High Road <i>Hainault Street</i>	2042	2053	2104	2114	2125	2136	2147	2158	2209	2219	2229	2240	2251	2302	2312	2322	2333	2344	
Ilford Broadway <i>High Road</i>	2045	2056	2107	2117	2128	2139	2150	2201	2212	2222	2232	2243	2254	2305	2315	2325	2336	2347	
Manor Park <i>Broadway</i>	2100	2110	2120	2130	2141	2152	2202	2212	2223	2233	2243	2253	2304	2315	2325	2335	2346	2357	
Forest Gate <i>Police Station</i>	2109	2119	2129	2139	2149	2200	2210	2220	2231	2241	2251	2301	2312	2323	2333	2343	2354	0004	
Stratford <i>Bus Station</i>	2121	2131	2141	2151	2201	2212	2222	2232	2242	2252	2302	2312	2323	2333	2343	2353	0003	0013	
Romford Station	2328	2339	2351	0003	0015														
Romford Market <i>St Edward's Way</i>	2331	2342	2354	0005	0017														
Romford Stadium	2336	2347	2358	0009	0021														
Chadwell Heath <i>Sainsbury's</i>	2341	2352	0003	0014	0026														
Seven Kings Station	2349	0000	0011	0022	0034														
Ilford High Road <i>Hainault Street</i>	2355	0006	0017	0028	0040														
Ilford Broadway <i>High Road</i>	2358	0009	0020	0031	0043														
Manor Park <i>Broadway</i>	0007	0018	0029	0040	0051														
Forest Gate <i>Police Station</i>	0014	0024	0035	0046	0056														
Stratford <i>Bus Station</i>	0023	0033	0044	0055	0105														

86	Sundays and other Public Holidays (except Christmas Day)																							
Romford Station	0515	0531	0547	0603	0619	0635	0651	0707	0723	0739	0755	0808	0821	0832	0843	0854	0904	0914						
Romford Market <i>St Edward's Way</i>	0517	0533	0549	0605	0621	0637	0653	0709	0725	0741	0757	0810	0823	0834	0845	0857	0907	0917						
Romford Stadium	0521	0537	0553	0609	0625	0641	0657	0713	0729	0745	0801	0814	0827	0838	0849	0901	0911	0921						
Chadwell Heath <i>Sainsbury's</i>	0526	0542	0558	0614	0630	0646	0702	0718	0734	0750	0806	0819	0832	0843	0854	0906	0916	0926						
Seven Kings Station	0533	0549	0605	0621	0637	0653	0709	0726	0742	0758	0814	0827	0840	0851	0902	0914	0924	0935						
Ilford High Road <i>Hainault Street</i>	0539	0555	0611	0627	0643	0659	0716	0733	0749	0805	0821	0834	0847	0858	0909	0921	0932	0943						
Ilford Broadway <i>High Road</i>	0541	0557	0613	0629	0646	0702	0719	0736	0752	0808	0824	0837	0850	0901	0912	0924	0935	0946						
Manor Park <i>Broadway</i>	0550	0606	0622	0638	0655	0711	0728	0745	0801	0818	0834	0847	0901	0912	0923	0935	0946	0957						
Forest Gate <i>Police Station</i>	0555	0611	0627	0643	0700	0717	0734	0751	0808	0825	0841	0854	0908	0919	0930	0942	0953	1004						
Stratford <i>Bus Station</i>	0604	0620	0637	0653	0710	0727	0744	0801	0818	0835	0852	0905	0919	0931	0943	0955	1006	1017						
Romford Station	0924	0934	0944	0954	1004	1014	1024	1033	1043	1053	1103	1113	1123	1133	1144	1155	1206	1217						
Romford Market <i>St Edward's Way</i>	0927	0937	0947	0957	1007	1017	1027	1036	1046	1056	1106	1116	1126	1136	1147	1158	1209	1220						
Romford Stadium	0931	0941	0951	1001	1011	1021	1031	1040	1050	1100	1110	1121	1131	1141	1152	1204	1215	1226						
Chadwell Heath <i>Sainsbury's</i>	0937	0947	0957	1007	1017	1027	1037	1046	1056	1106	1116	1127	1137	1147	1158	1210	1221	1232						
Seven Kings Station	0946	0956	1007	1017	1027	1037	1047	1056	1106	1116	1126	1137	1147	1157	1209	1221	1232	1243						
Ilford High Road <i>Hainault Street</i>	0954	1004	1015	1025	1035	1045	1055	1104	1114	1124	1134	1145	1155	1206	1218	1230	1241	1252						
Ilford Broadway <i>High Road</i>	0957	1007	1018	1028	1038	1048	1058	1107	1117	1127	1137	1148	1158	1209	1221	1233	1244	1255						
Manor Park <i>Broadway</i>	1008	1018	1029	1040	1050	1100	1110	1120	1130	1141	1151	1202	1212	1224	1236	1248	1259	1310						
Forest Gate <i>Police Station</i>	1015	1026	1037	1048	1059	1109	1119	1129	1139	1150	1200	1211	1222	1234	1246	1258	1309	1320						
Stratford <i>Bus Station</i>	1028	1039	1050	1101	1112	1122	1132	1142	1152	1203	1213	1224	1235	1247	1259	1311	1323	1334						
Romford Station	1227	1237	1247	1257	1307	1317	Then every 10 minutes until	1407	1417	1427	1437	1447	1458	1509	1520	1531	1541							
Romford Market <i>St Edward's Way</i>	1230	1240	1250	1300	1310	1320		1410	1420	1430	1440	1450	1501	1512	1523	1534	1544							
Romford Stadium	1236	1246	1256	1306	1316	1326		1416	1426	1436	1446	1456	1507	1518	1529	1540	1550							
Chadwell Heath <i>Sainsbury's</i>	1242	1252	1302	1312	1322	1333		1423	1433	1443	1453	1502	1513	1524	1535	1546	1556							
Seven Kings Station	1254	1304	1314	1324	1336	1347		1437	1447	1456	1506	1515	1525	1536	1547	1558	1608							
Ilford High Road <i>Hainault Street</i>	1303	1313	1323	1333	1345	1356		1446	1456	1505	1515	1524	1534	1545	1556	1607	1617							
Ilford Broadway <i>High Road</i>	1306	1316	1326	1336	1348	1359		1449	1459	1508	1518	1527	1537	1548	1559	1610	1620							
Manor Park <i>Broadway</i>	1321	1331	1342	1353	1405	1416		1506	1515	1524	1534	1543	1553	1604	1615	1625	1635							
Forest Gate <i>Police Station</i>	1331	1342	1353	1404	1416	1427		1517	1526	1535	1545	1554	1604	1615	1625	1635	1645							
Stratford <i>Bus Station</i>	1345	1356	1407	1418	1430	1441		1531	1540	1549	1559	1608	1618	1628	1638	1648	1658							
Romford Station	1552	1602	1613	1623	1633	1643	1653	1702	1712	1722	1733	1744	1755	1806	1818	1829	1840	1851						
Romford Market <i>St Edward's Way</i>	1555	1605	1616	1626	1636	1646	1656	1705	1715	1725	1736	1747	1758	1809	1821	1832	1843	1854						
Romford Stadium	1601	1611	1621	1631	1641	1651	1701	1710	1720	1730	1741	1752	1803	1814	1826	1837	1848	1859						
Chadwell Heath <i>Sainsbury's</i>	1607	1617	1627	1637	1647	1657	1707	1716	1726	1736	1747	1758	1809	1820	1832	1843	1854	1905						
Seven Kings Station	1618	1628	1638	1648	1658	1708	1717	1726	1736	1746	1757	1808	1819	1830	1842	1852	1903	1914						
Ilford High Road <i>Hainault Street</i>	1627	1637	1647	1657	1707	1716	1725	1734	1744	1754	1805	1816	1827	1838	1850	1901	1911	1922						
Ilford Broadway <i>High Road</i>	1630	1640	1650	1700	1710	1719	1728	1737	1747	1757	1808	1819	1830	1841	1853	1903	1914	1925						
Manor Park <i>Broadway</i>	1645	1654	1704	1714	1724	1733	1742	1751	1801	1810	1821	1832	1843	1854	1906	1916	1927	1938						
Forest Gate <i>Police Station</i>	1655	1704	1714	1724	1734	1743	1752	1801	1811	1820	1831	1842	1853	1904	1916	1926	1937	1948						
Stratford <i>Bus Station</i>	1708	1717	1727	1737	1747	1756	1805	1813	1823	1832	1843	1854	1905	1916	1928	1938	1949	2000						
Romford Station	1902	1913	1924	1935	1946	1957	2008	2019	2030	2041	2052	2102	2113	2124	2135	2146	2157	2208						
Romford Market <i>St Edward's Way</i>	1905	1916	1927	1938	1949	2000	2011	2022	2033	2044	2054	2104	2115	2126	2137	2148	2159	2210						
Romford Stadium	1909	1920	1931	1942	1953	2004	2015	2026	2037	2048	2058	2108	2119	2130	2141	2152	2203	2214						
Chadwell Heath <i>Sainsbury's</i>	1915	1926	1937	1948	1958	2009	2020	2031	2042	2053	2103	2113	2124	2135	2146	2157	2208	2219						
Seven Kings Station	1924	1935	1946	1957	2007	2018	2029	2040	2051	2101	2111	2121	2132	2143	2154	2205	2216	2227						
Ilford High Road <i>Hainault Street</i>	1932	1943	1954	2004	2014	2025	2036	2047	2058	2108	2118	2128	2139	2150	2201	2212	2223	2233						
Ilford Broadway <i>High Road</i>	1935	1946	1957	2007	2017	2028	2039	2050	2101	2111	2121	2131	2142	2153	2204	2215	2226	2236						
Manor Park <i>Broadway</i>	1948	1959	2009	2019	2029	2040	2051	2102	2112	2122	2132	2143	2153	2203	2214	2225	2236	2246						
Forest Gate <i>Police Station</i>	1958	2009	2019	2028	2038	2049	2100	2110	2120	2130	2140	2150	2200	2210	2221	2232	2243	2253						
Stratford <i>Bus Station</i>	2010	2021	2031	2040	2050	2101	2111	2121	2131	2141	2151	2201	2211	2221	2232	2243	2254	2304						
Romford Station	2219	2230	2241	2252	2303	2314	2326	2338	2350	0002	0015													
Romford Market <i>St Edward's Way</i>	2221	2232	2243	2254	2305	2316	2328	2340	2352	0004	0017													
Romford Stadium	2225	2236	2247	2258	2309	2320	2332	2344	2356	0008	0021													
Chadwell Heath <i>Sainsbury's</i>	2230	2241	2252	2303	2314	2325	2337	2349	0000	0012	0025													
Seven Kings Station	2238	2249	2300	2311	2322	2332	2344	2356	0007	0019	0032													
Ilford High Road <i>Hainault Street</i>	2244	2255	2306	2317	2328	2338	2350	0002	0013	0025	0038													
Ilford Broadway <i>High Road</i>	2247	2258	2309	2320	2331	2341	2353	0005	0016	0028	0041													
Manor Park <i>Broadway</i>	2257	2307	2318	2329	2339	2349	0001	0013	0024	0036	0049													
Forest Gate <i>Police Station</i>	2304	2314	2324	2335	2345	2355	0007	0019	0030	0042	0055													
Stratford <i>Bus Station</i>	2314	2324	2334	2344	2354	0004	0016	0028	0039	0051	0103													

86	Mondays to Fridays																			
Stratford Bus Station	0550	0601	0612	0623	0632	0641	0650	0659	0706	0713	0720	0727	0734	0741	0748	0755	0802	0809		
Forest Gate Police Station	0559	0610	0621	0633	0643	0652	0701	0710	0718	0726	0734	0741	0748	0755	0802	0809	0817	0824		
Manor Park Broadway	0604	0615	0626	0638	0648	0657	0707	0717	0726	0735	0743	0751	0758	0805	0812	0820	0828	0835		
Ilford Broadway Chapel Road	0612	0623	0634	0646	0656	0706	0717	0728	0737	0747	0756	0805	0812	0819	0826	0834	0842	0849		
Ilford High Road Hainault Street	0615	0626	0638	0650	0700	0710	0721	0732	0741	0751	0800	0809	0816	0823	0830	0838	0846	0853		
Seven Kings Station	0621	0631	0643	0655	0705	0716	0727	0738	0747	0757	0806	0815	0824	0831	0839	0847	0855	0902		
Chadwell Heath Sainsbury's	0627	0639	0651	0703	0713	0725	0736	0747	0756	0806	0815	0824	0833	0841	0849	0857	0905	0912		
Romford Stadium	0631	0644	0656	0709	0720	0732	0743	0754	0803	0813	0822	0831	0840	0848	0856	0904	0912	0919		
Romford Market St Edward's Way	0635	0649	0701	0714	0725	0737	0748	0759	0808	0818	0827	0836	0845	0853	0901	0909	0917	0924		
Romford Station	0639	0653	0705	0718	0729	0741	0752	0803	0812	0822	0831	0840	0849	0857	0905	0913	0921	0928		
Stratford Bus Station	0816	Then every 7 mins. until	0858	0905	0912	0919	0927	0935	0943	Then every 8 mins. until	1103	1111	Then every 8 mins. until	1151	1159	1207	1215	1223		
Forest Gate Police Station	0831		0913	0920	0927	0934	0942	0950	0958		1118	1126		1206	1214	1223	1231	1239		
Manor Park Broadway	0842		0924	0931	0938	0945	0953	1001	1008		1128	1136		1216	1224	1233	1241	1249		
Ilford Broadway Chapel Road	0856		0938	0945	0952	0959	1007	1016	1023		1143	1152		1232	1241	1250	1258	1306		
Ilford High Road Hainault Street	0900		0942	0949	0956	1003	1011	1020	1027		1147	1156		1236	1245	1254	1302	1310		
Seven Kings Station	0909		0951	0958	1005	1011	1019	1027	1034		1154	1203		1243	1252	1301	1309	1317		
Chadwell Heath Sainsbury's	0919		1001	1007	1015	1021	1028	1036	1043		1203	1212		1252	1301	1310	1318	1326		
Romford Stadium	0926		1008	1014	1021	1027	1034	1042	1049		1209	1218		1258	1307	1316	1324	1332		
Romford Market St Edward's Way	0931		1013	1019	1026	1032	1039	1047	1054		1214	1223		1303	1312	1321	1329	1337		
Romford Station	0935		1017	1023	1030	1036	1043	1051	1058		1218	1227		1307	1316	1325	1333	1341		
Stratford Bus Station	1231	1239	1247	1255	1303	Then every 7 mins. until	1345	1352	1359	1406	1413	1420	1427	1434	1441	1448	1455	1502		
Forest Gate Police Station	1247	1255	1303	1311	1319		1401	1408	1415	1422	1429	1436	1443	1450	1457	1504	1512	1519		
Manor Park Broadway	1257	1305	1313	1321	1329		1411	1418	1425	1432	1439	1446	1453	1500	1507	1515	1523	1530		
Ilford Broadway Chapel Road	1314	1322	1330	1338	1346		1428	1435	1442	1449	1456	1503	1510	1517	1525	1533	1541	1549		
Ilford High Road Hainault Street	1318	1326	1334	1342	1350		1432	1439	1446	1453	1500	1507	1514	1521	1529	1537	1545	1553		
Seven Kings Station	1325	1333	1341	1349	1357		1439	1446	1453	1500	1507	1515	1522	1530	1538	1546	1554	1602		
Chadwell Heath Sainsbury's	1334	1343	1351	1359	1407		1449	1456	1503	1510	1518	1526	1534	1542	1550	1558	1606	1614		
Romford Stadium	1340	1349	1357	1405	1413		1455	1502	1510	1518	1526	1534	1542	1550	1558	1606	1614	1622		
Romford Market St Edward's Way	1345	1354	1402	1410	1418		1500	1508	1516	1524	1532	1540	1548	1556	1604	1612	1620	1628		
Romford Station	1349	1358	1406	1414	1422		1504	1512	1520	1528	1536	1544	1552	1600	1608	1616	1624	1632		
Stratford Bus Station	1509	1516	1523	1530	1537	1544	1551	1558	Then every 7 mins. until	1743	1751	1759	1807	1815	1823	1831	1839	1846		
Forest Gate Police Station	1527	1534	1541	1548	1555	1602	1609	1616		1801	1809	1817	1825	1833	1841	1849	1857	1904		
Manor Park Broadway	1538	1545	1552	1559	1606	1613	1620	1628		1813	1821	1829	1837	1845	1853	1901	1909	1916		
Ilford Broadway Chapel Road	1557	1604	1611	1618	1625	1633	1640	1648		1833	1841	1849	1856	1904	1912	1919	1926	1932		
Ilford High Road Hainault Street	1601	1608	1615	1622	1629	1637	1644	1652		1837	1845	1853	1900	1908	1916	1923	1930	1936		
Seven Kings Station	1610	1617	1624	1631	1638	1646	1653	1701		1846	1854	1902	1909	1917	1925	1932	1939	1945		
Chadwell Heath Sainsbury's	1622	1629	1637	1644	1651	1659	1706	1714		1859	1907	1915	1922	1930	1938	1945	1952	1957		
Romford Stadium	1630	1637	1645	1652	1659	1707	1714	1721		1906	1914	1922	1929	1936	1944	1951	1958	2003		
Romford Market St Edward's Way	1636	1643	1651	1658	1705	1713	1720	1727		1912	1919	1927	1934	1941	1949	1956	2003	2008		
Romford Station	1640	1647	1655	1702	1709	1717	1724	1731	1916	1923	1931	1938	1945	1953	2000	2007	2012			
Stratford Bus Station	1853	1900	1907	1914	1921	1928	1936	1945	1954	2003	2012	2021	2032	2043	2054	2105	2116	2127		
Forest Gate Police Station	1911	1918	1925	1932	1939	1945	1953	2001	2010	2018	2027	2036	2047	2058	2109	2119	2130	2141		
Manor Park Broadway	1922	1928	1935	1942	1949	1955	2001	2009	2018	2026	2035	2044	2055	2106	2117	2127	2138	2149		
Ilford Broadway Chapel Road	1938	1944	1951	1958	2005	2011	2017	2024	2033	2041	2050	2058	2108	2118	2128	2138	2149	2200		
Ilford High Road Hainault Street	1942	1948	1955	2002	2009	2015	2021	2028	2037	2045	2054	2102	2112	2121	2131	2141	2152	2203		
Seven Kings Station	1951	1957	2004	2011	2017	2023	2029	2036	2045	2053	2102	2110	2119	2128	2138	2148	2159	2210		
Chadwell Heath Sainsbury's	2003	2009	2015	2021	2027	2033	2039	2046	2055	2103	2111	2119	2128	2137	2147	2157	2208	2218		
Romford Stadium	2009	2015	2021	2027	2033	2039	2045	2052	2101	2108	2116	2124	2133	2142	2152	2202	2213	2223		
Romford Market St Edward's Way	2014	2020	2026	2032	2038	2044	2050	2057	2105	2112	2120	2128	2137	2146	2156	2206	2217	2227		
Romford Station	2018	2024	2030	2036	2042	2048	2054	2101	2109	2116	2124	2132	2141	2150	2200	2210	2221	2231		
Stratford Bus Station	2138	2149	2200	2211	2222	2233	2244	2255	2306	2317	2328	2339	2350	0002	0014	0026	0038	0050		
Forest Gate Police Station	2152	2202	2213	2224	2235	2246	2256	2307	2318	2329	2340	2351	0002	0013	0025	0036	0048	0100		
Manor Park Broadway	2200	2210	2220	2231	2242	2252	2302	2313	2324	2335	2346	2357	0007	0018	0030	0041	0053	0105		
Ilford Broadway Chapel Road	2211	2221	2231	2242	2253	2303	2313	2323	2334	2345	2355	0005	0015	0026	0038	0049	0101	0113		
Ilford High Road Hainault Street	2214	2224	2234	2245	2256	2306	2316	2326	2337	2348	2358	0008	0018	0029	0041	0052	0104	0115		
Seven Kings Station	2220	2230	2240	2251	2301	2311	2321	2331	2342	2353	0003	0013	0023	0034	0046	0057	0109	0120		
Chadwell Heath Sainsbury's	2228	2238	2248	2258	2308	2318	2328	2338	2349	0000	0010	0020	0030	0041	0053	0104	0115	0126		
Romford Stadium	2233	2243	2253	2303	2313	2323	2333	2343	2354	0005	0015	0025	0035	0046	0058	0108	0119	0130		
Romford Market St Edward's Way	2237	2247	2257	2307	2317	2327	2337	2347	2358	0009	0019	0029	0039	0050	0101	0111	0122	0133		
Romford Station	2241	2251	2300	2310	2320	2330	2340	2350	0001	0012	0022	0032	0042	0053	0104	0114	0125	0136		

86	Saturdays (also Good Friday)																			
Stratford Bus Station	0550	0606	0622	0635	0648	0659	0710	0721	0732	0743	0752	0801	0810	0819	0828	0836	0843	0851		
Forest Gate Police Station	0559	0615	0631	0644	0657	0709	0721	0733	0744	0755	0804	0813	0822	0832	0841	0849	0856	0904		
Manor Park Broadway	0603	0619	0635	0648	0702	0715	0727	0739	0750	0801	0810	0819	0829	0839	0849	0857	0904	0912		
Ilford Broadway Chapel Road	0611	0627	0643	0657	0711	0724	0736	0748	0759	0810	0820	0830	0840	0850	0900	0908	0915	0924		
Ilford High Road Hainault Street	0614	0630	0646	0700	0714	0727	0739	0751	0802	0813	0823	0833	0843	0853	0903	0911	0918	0927		
Seven Kings Station	0620	0635	0651	0705	0719	0732	0744	0756	0807	0818	0828	0838	0848	0858	0908	0917	0924	0933		
Chadwell Heath Sainsbury's	0626	0642	0658	0712	0726	0739	0751	0803	0814	0826	0836	0846	0856	0906	0916	0925	0932	0941		
Romford Stadium	0630	0646	0702	0716	0731	0744	0756	0808	0819	0831	0841	0851	0901	0911	0921	0930	0938	0947		
Romford Market St Edward's Way	0634	0650	0707	0721	0736	0749	0801	0813	0824	0836	0846	0856	0906	0916	0926	0935	0943	0952		
Romford Station	0638	0654	0711	0725	0740	0753	0805	0817	0828	0840	0850	0900	0910	0920	0930	0939	0947	0956		
Stratford Bus Station	0858	0906	0913	0921	0928	0936	0943	0951	0958	1006	1013	1021	1028	1036	1043	1051	1058	1106		
Forest Gate Police Station	0912	0921	0928	0936	0943	0951	0958	1006	1013	1021	1028	1036	1043	1051	1058	1106	1113	1121		
Manor Park Broadway	0920	0929	0937	0945	0952	1000	1007	1015	1022	1030	1037	1045	1052	1100	1107	1115	1123	1131		
Ilford Broadway Chapel Road	0932	0941	0949	0958	1005	1013	1020	1028	1035	1043	1050	1059	1106	1114	1121	1130	1138	1146		
Ilford High Road Hainault Street	0935	0944	0952	1001	1008	1016	1024	1032	1039	1047	1054	1103	1110	1118	1125	1134	1142	1150		
Seven Kings Station	0941	0950	0958	1007	1014	1022	1030	1039	1046	1054	1101	1110	1117	1125	1132	1141	1149	1157		
Chadwell Heath Sainsbury's	0949	0958	1006	1015	1022	1031	1039	1048	1055	1103	1110	1119	1126	1135	1143	1152	1200	1208		
Romford Stadium	0955	1004	1012	1021	1028	1037	1046	1055	1102	1110	1117	1126	1133	1141	1149	1158	1206	1214		
Romford Market St Edward's Way	1000	1009	1017	1026	1033	1042	1051	1100	1107	1115	1122	1131	1138	1146	1154	1203	1211	1219		
Romford Station	1004	1013	1021	1030	1037	1046	1055	1104	1111	1119	1126	1135	1142	1150	1158	1207	1215	1224		
Stratford Bus Station	1113	1121	1128	1136	1143	1151	1159	1206	1214	1221	1229	1236	1244	1251	1259	1306	1314	1321		
Forest Gate Police Station	1128	1137	1144	1152	1159	1207	1215	1222	1230	1237	1245	1252	1300	1307	1315	1322	1330	1337		
Manor Park Broadway	1138	1147	1154	1202	1209	1217	1225	1232	1240	1247	1255	1302	1310	1317	1325	1332	1340	1347		
Ilford Broadway Chapel Road	1153	1202	1209	1217	1225	1233	1241	1248	1256	1303	1311	1318	1326	1333	1342	1349	1357	1404		
Ilford High Road Hainault Street	1157	1206	1213	1221	1229	1237	1245	1252	1300	1307	1315	1322	1330	1337	1346	1353	1401	1408		
Seven Kings Station	1204	1213	1220	1229	1237	1245	1253	1300	1308	1315	1323	1330	1338	1345	1354	1401	1409	1416		
Chadwell Heath Sainsbury's	1215	1224	1232	1241	1249	1257	1305	1312	1320	1327	1335	1342	1350	1357	1406	1413	1421	1428		
Romford Stadium	1221	1230	1238	1247	1255	1303	1311	1318	1326	1333	1341	1348	1356	1403	1412	1419	1427	1434		
Romford Market St Edward's Way	1227	1236	1244	1253	1301	1309	1317	1324	1332	1339	1347	1354	1402	1409	1418	1425	1433	1440		
Romford Station	1232	1241	1249	1258	1306	1314	1322	1329	1337	1344	1352	1359	1407	1414	1422	1429	1437	1444		
Stratford Bus Station	1329	1336	1344	1351	1359	1406	Then every 7-8 minutes at these minutes past the hour	14 21 29 36 44 51 59 06								1629 1636 1644 1651				
Forest Gate Police Station	1345	1352	1400	1407	1415	1423		31 38 46 53 01 08 16 23								1646 1653 1701 1708				
Manor Park Broadway	1355	1402	1410	1417	1425	1433		41 48 56 03 11 18 26 33								1656 1703 1711 1718				
Ilford Broadway Chapel Road	1412	1419	1428	1435	1443	1451		59 06 14 21 29 36 44 51								1714 1721 1729 1736				
Ilford High Road Hainault Street	1416	1423	1432	1439	1447	1455		03 10 18 25 33 40 48 55								until	1718 1725 1733 1740			
Seven Kings Station	1424	1431	1440	1447	1455	1503		11 18 26 33 41 48 56 03									1726 1733 1741 1748			
Chadwell Heath Sainsbury's	1436	1443	1452	1459	1507	1515		23 30 38 45 53 00 08 15									1738 1744 1752 1759			
Romford Stadium	1442	1449	1458	1505	1513	1521		29 36 44 51 59 06 14 21									1744 1750 1758 1805			
Romford Market St Edward's Way	1448	1455	1504	1511	1519	1526	34 41 49 56 04 11 19 26								1749 1755 1803 1810					
Romford Station	1452	1459	1508	1515	1523	1530	38 45 53 00 08 15 23 30								1753 1759 1807 1814					
Stratford Bus Station	1659	1706	1714	1721	1729	1736	1744	1751	1759	1806	1814	1821	1829	1837	1844	1851	1858	1905		
Forest Gate Police Station	1716	1723	1731	1738	1746	1753	1801	1808	1816	1823	1831	1838	1845	1853	1900	1907	1913	1920		
Manor Park Broadway	1726	1733	1741	1748	1756	1803	1811	1818	1826	1833	1841	1847	1854	1902	1909	1916	1922	1929		
Ilford Broadway Chapel Road	1744	1751	1759	1806	1814	1821	1829	1836	1844	1851	1859	1905	1912	1919	1926	1933	1939	1946		
Ilford High Road Hainault Street	1748	1755	1803	1810	1818	1825	1833	1840	1848	1855	1903	1909	1916	1923	1930	1937	1943	1950		
Seven Kings Station	1756	1803	1811	1818	1826	1833	1841	1848	1856	1903	1911	1917	1924	1931	1938	1945	1951	1958		
Chadwell Heath Sainsbury's	1807	1814	1821	1829	1837	1843	1851	1858	1906	1913	1921	1927	1934	1941	1948	1955	2001	2008		
Romford Stadium	1813	1820	1827	1835	1843	1849	1857	1904	1912	1919	1927	1933	1940	1947	1954	2001	2007	2013		
Romford Market St Edward's Way	1818	1825	1832	1840	1848	1854	1902	1909	1917	1924	1932	1938	1945	1952	1959	2006	2011	2017		
Romford Station	1822	1829	1836	1844	1852	1858	1906	1913	1921	1928	1936	1942	1949	1956	2003	2010	2015	2021		
Stratford Bus Station	1912	1921	1930	1939	1948	1959	2010	2021	2032	2043	2054	2105	2116	2127	2138	2149	2200	2211		
Forest Gate Police Station	1927	1936	1945	1954	2003	2014	2025	2036	2047	2058	2109	2119	2130	2141	2152	2203	2213	2224		
Manor Park Broadway	1936	1945	1954	2002	2010	2021	2032	2043	2054	2105	2116	2126	2137	2148	2159	2210	2220	2231		
Ilford Broadway Chapel Road	1953	2002	2010	2018	2026	2036	2047	2058	2108	2118	2129	2139	2150	2201	2211	2221	2231	2242		
Ilford High Road Hainault Street	1957	2006	2014	2022	2030	2040	2051	2101	2111	2121	2132	2142	2153	2204	2214	2224	2234	2245		
Seven Kings Station	2005	2014	2022	2030	2038	2048	2058	2108	2118	2128	2139	2149	2200	2210	2220	2230	2240	2251		
Chadwell Heath Sainsbury's	2014	2023	2031	2039	2047	2056	2106	2116	2126	2136	2147	2157	2208	2218	2228	2238	2248	2259		
Romford Stadium	2019	2028	2036	2044	2052	2101	2111	2121	2131	2141	2152	2202	2213	2223	2233	2243	2253	2304		
Romford Market St Edward's Way	2023	2032	2040	2048	2056	2105	2115	2125	2135	2145	2156	2206	2217	2227	2237	2247	2257	2308		
Romford Station	2027	2036	2044	2052	2100	2109	2119	2129	2139	2149	2200	2210	2221	2231	2241	2251	2301	2312		
Stratford Bus Station	2222	2233	2244	2255	2306	2317	2328	2339	2351	0002	0014	0026	0038	0050						
Forest Gate Police Station	2235	2246	2257	2308	2319	2330	2341	2352	0004	0014	0025	0037	0049	0100						
Manor Park Broadway	2242	2253	2303	2314	2325	2336	2347	2358	0010	0020	0030	0042	0053	0104						

86	Sundays and other Public Holidays (except Christmas Day)																		
Stratford Bus Station	0550	0606	0622	0638	0654	0710	0726	0742	0758	0814	0827	0840	0851	0902	0913	0923	0933	0943	
Forest Gate Police Station	0559	0615	0632	0648	0704	0720	0736	0752	0809	0825	0838	0851	0902	0913	0924	0934	0944	0954	
Manor Park Broadway	0603	0619	0636	0652	0708	0724	0740	0756	0813	0829	0842	0856	0908	0919	0930	0940	0950	1000	
Ilford Broadway Chapel Road	0611	0627	0644	0700	0716	0732	0749	0806	0823	0839	0852	0906	0918	0929	0940	0950	1000	1010	
Ilford High Road Hainault Street	0614	0630	0647	0703	0719	0735	0752	0809	0826	0842	0855	0909	0921	0932	0943	0953	1003	1013	
Seven Kings Station	0620	0636	0653	0709	0725	0741	0758	0815	0832	0848	0901	0915	0927	0938	0949	0959	1009	1020	
Chadwell Heath Sainsbury's	0626	0642	0659	0715	0732	0748	0805	0822	0839	0855	0908	0922	0934	0945	0956	1007	1017	1028	
Romford Stadium	0630	0646	0703	0719	0736	0752	0809	0826	0843	0859	0913	0927	0939	0950	1001	1012	1023	1034	
Romford Market St Edward's Way	0634	0650	0707	0723	0740	0756	0813	0830	0847	0903	0917	0931	0943	0955	1006	1017	1028	1039	
Romford Station	0638	0654	0711	0727	0744	0800	0817	0834	0851	0907	0921	0935	0947	0959	1010	1021	1032	1043	
Stratford Bus Station	0953	1003	1013	1023	1032	1042	1052	1102	1112	1122	1132	1142	1152	1202	1212	1222	1232	1242	
Forest Gate Police Station	1004	1014	1025	1035	1045	1055	1105	1115	1125	1135	1145	1155	1205	1215	1226	1236	1246	1256	
Manor Park Broadway	1010	1021	1032	1042	1052	1102	1112	1123	1133	1143	1153	1203	1213	1223	1234	1244	1254	1304	
Ilford Broadway Chapel Road	1020	1032	1043	1054	1104	1114	1125	1136	1146	1156	1207	1217	1227	1238	1249	1259	1309	1319	
Ilford High Road Hainault Street	1023	1035	1046	1057	1107	1118	1129	1140	1150	1200	1211	1221	1231	1242	1253	1303	1313	1323	
Seven Kings Station	1030	1042	1053	1104	1115	1126	1137	1148	1158	1208	1219	1230	1240	1251	1302	1312	1322	1332	
Chadwell Heath Sainsbury's	1039	1051	1102	1114	1125	1136	1147	1158	1208	1219	1230	1241	1251	1302	1313	1323	1333	1343	
Romford Stadium	1045	1057	1108	1120	1131	1142	1153	1204	1214	1225	1236	1247	1257	1308	1319	1329	1339	1349	
Romford Market St Edward's Way	1050	1102	1113	1125	1136	1147	1158	1209	1220	1231	1242	1253	1303	1314	1325	1335	1345	1355	
Romford Station	1054	1106	1117	1129	1140	1151	1202	1213	1224	1235	1246	1257	1307	1318	1329	1339	1349	1359	
Stratford Bus Station	1253	1303	Then every 10 minutes until	1433	1443	1453	1503	1513	1523	1533	1543	1554	1605	1616	1627	1638	1648		
Forest Gate Police Station	1307	1317		1447	1458	1508	1518	1528	1538	1548	1558	1609	1620	1631	1642	1653	1703		
Manor Park Broadway	1315	1326		1456	1507	1517	1527	1537	1547	1557	1607	1618	1629	1640	1651	1702	1712		
Ilford Broadway Chapel Road	1330	1341		1511	1522	1532	1542	1552	1602	1612	1622	1633	1644	1655	1706	1717	1727		
Ilford High Road Hainault Street	1334	1345		1515	1526	1536	1546	1556	1606	1616	1626	1637	1648	1659	1710	1721	1731		
Seven Kings Station	1343	1354		1524	1535	1545	1555	1605	1614	1624	1634	1645	1656	1707	1718	1728	1738		
Chadwell Heath Sainsbury's	1354	1405		1535	1545	1555	1605	1615	1624	1634	1644	1655	1706	1716	1727	1737	1747		
Romford Stadium	1400	1411		1541	1551	1601	1611	1621	1630	1640	1650	1701	1711	1721	1732	1742	1752		
Romford Market St Edward's Way	1406	1416	1546	1556	1606	1616	1626	1635	1645	1655	1706	1716	1726	1737	1747	1757			
Romford Station	1410	1420	1550	1600	1610	1620	1630	1639	1649	1659	1710	1720	1730	1741	1751	1801			
Stratford Bus Station	1659	1709	1719	1729	1739	1750	1801	1812	1823	1834	1845	1856	1907	1918	1929	1940	1951	2002	
Forest Gate Police Station	1714	1724	1734	1744	1754	1805	1816	1826	1837	1848	1859	1910	1921	1932	1943	1954	2005	2016	
Manor Park Broadway	1723	1733	1743	1753	1803	1813	1824	1834	1845	1856	1907	1918	1929	1940	1951	2002	2013	2024	
Ilford Broadway Chapel Road	1737	1747	1757	1807	1817	1827	1837	1847	1858	1909	1920	1931	1942	1953	2004	2015	2025	2036	
Ilford High Road Hainault Street	1741	1751	1801	1811	1821	1831	1841	1851	1902	1913	1924	1935	1946	1957	2007	2018	2028	2039	
Seven Kings Station	1748	1758	1808	1818	1828	1838	1848	1858	1909	1920	1931	1942	1953	2004	2014	2025	2035	2046	
Chadwell Heath Sainsbury's	1757	1807	1817	1827	1837	1847	1857	1907	1918	1929	1940	1951	2002	2013	2023	2033	2043	2054	
Romford Stadium	1802	1812	1822	1832	1842	1852	1902	1912	1923	1934	1945	1956	2007	2018	2028	2038	2048	2059	
Romford Market St Edward's Way	1807	1817	1827	1837	1847	1857	1907	1917	1928	1939	1950	2000	2011	2022	2032	2042	2052	2103	
Romford Station	1811	1821	1831	1841	1851	1901	1911	1921	1932	1943	1954	2004	2015	2026	2036	2046	2056	2107	
Stratford Bus Station	2013	2024	2035	2046	2057	2108	2119	2130	2141	2152	2203	2214	2225	2236	2247	2258	2309	2320	
Forest Gate Police Station	2027	2038	2049	2100	2111	2122	2133	2144	2155	2205	2215	2225	2236	2247	2258	2309	2320	2331	
Manor Park Broadway	2035	2046	2057	2108	2118	2129	2140	2151	2202	2212	2221	2231	2242	2253	2304	2315	2326	2337	
Ilford Broadway Chapel Road	2047	2058	2109	2120	2130	2141	2152	2203	2214	2223	2232	2242	2253	2303	2314	2325	2336	2346	
Ilford High Road Hainault Street	2050	2101	2112	2123	2133	2144	2155	2206	2217	2226	2235	2245	2256	2306	2317	2328	2339	2349	
Seven Kings Station	2056	2107	2118	2129	2139	2150	2201	2212	2222	2231	2240	2250	2301	2311	2322	2333	2344	2354	
Chadwell Heath Sainsbury's	2104	2115	2126	2137	2147	2158	2209	2219	2229	2238	2247	2257	2308	2318	2329	2340	2351	0001	
Romford Stadium	2109	2120	2131	2142	2152	2203	2213	2223	2233	2242	2251	2301	2312	2322	2333	2344	2355	0005	
Romford Market St Edward's Way	2113	2124	2135	2146	2156	2207	2217	2227	2237	2246	2255	2305	2316	2326	2337	2348	2359	0009	
Romford Station	2117	2128	2139	2150	2200	2211	2221	2231	2241	2250	2259	2309	2320	2330	2341	2352	0003	0013	
Stratford Bus Station	2331	2342	2353	0004	0015	0026	0038	0050											
Forest Gate Police Station	2342	2353	0004	0014	0025	0036	0048	0100											
Manor Park Broadway	2348	2358	0009	0019	0030	0041	0053	0104											
Ilford Broadway Chapel Road	2357	0007	0017	0027	0038	0049	0101	0112											
Ilford High Road Hainault Street	0000	0010	0020	0030	0041	0052	0104	0114											
Seven Kings Station	0005	0015	0025	0035	0046	0057	0109	0119											
Chadwell Heath Sainsbury's	0012	0022	0032	0042	0053	0104	0115	0125											
Romford Stadium	0016	0026	0036	0046	0057	0108	0119	0129											
Romford Market St Edward's Way	0020	0030	0040	0050	0101	0111	0122	0132											
Romford Station	0024	0034	0044	0054	0104	0114	0125	0135											