

86		Mondays to Fridays																	
Romford Station	0525	0535	0545	0555	0603	0610	0618	0626	0633	0640	0646	0652	0657	0702	0707	0712	0717	0722	
Romford Western Road	0527	0537	0547	0557	0605	0612	0620	0628	0636	0643	0649	0655	0700	0705	0710	0715	0720	0725	
Romford Market St. Edward's Way	0528	0538	0548	0558	0606	0613	0621	0629	0637	0644	0650	0656	0701	0706	0711	0716	0721	0726	
Chadwell Heath Sainsbury's	0537	0547	0557	0607	0615	0622	0630	0640	0649	0656	0702	0708	0713	0718	0723	0728	0733	0738	
Seven Kings Station	0543	0553	0603	0613	0621	0628	0636	0646	0655	0702	0708	0714	0719	0724	0729	0735	0741	0747	
Ilford High Road Hainault Street	0547	0557	0607	0617	0625	0632	0642	0652	0701	0708	0714	0720	0725	0731	0737	0743	0749	0755	
Ilford Broadway High Road	0549	0559	0609	0619	0627	0634	0644	0654	0703	0710	0716	0722	0728	0734	0740	0746	0752	0758	
Manor Park Broadway	0555	0605	0615	0625	0634	0642	0652	0702	0712	0721	0727	0733	0739	0745	0751	0757	0803	0809	
Forest Gate Police Station	0558	0608	0618	0628	0637	0647	0657	0707	0717	0726	0732	0738	0744	0750	0756	0802	0808	0814	
Stratford Bus Station	0605	0615	0627	0638	0649	0659	0709	0719	0729	0738	0745	0751	0757	0803	0809	0815	0821	0827	
Romford Station	0727	0733	--	0739		0833	0839	0845	0850	0856	0901	0907	0913	0919	0925	0931		1343	
Romford Western Road	0730	0736	--	0742		0836	0842	0848	0853	0859	0904	0910	0916	0922	0928	0934		1346	
Romford Market St. Edward's Way	0731	0737	--	0743		0837	0843	0849	0854	0900	0905	0911	0917	0923	0929	0935		1347	
Chadwell Heath Sainsbury's	0744	0750	--	0756	Then every	0850	0856	0902	0907	0913	0918	0924	0930	0936	0942	0949	Then every	1401	
Seven Kings Station	0753	0759	--	0805	6	0859	0905	0911	0916	0922	0927	0933	0939	0945	0951	0957	6	1409	
Ilford High Road Hainault Street	0801	0807	--	0813	mins.	0907	0913	0919	0924	0930	0935	0940	0946	0952	0958	1004	mins.	1416	
Ilford Broadway High Road	0804	0810	--	0816	until	0910	0916	0922	0927	0933	0938	0943	0949	0955	1001	1007	until	1419	
Manor Park Broadway	0815	0821	0824	0827		0921	0927	0933	0938	0943	0948	0953	0959	1005	1011	1017		1429	
Forest Gate Police Station	0820	0826	0829	0832		0926	0934	0940	0945	0950	0955	1000	1006	1012	1018	1024		1436	
Stratford Bus Station	0833	0839	0842	0845		0939	0945	0950	0955	1000	1005	1010	1016	1022	1028	1034		1446	
Romford Station	1349	1355	1400	1405	1410	1415		SD	NSD	SD	NSD	SD	NSD	SD	NSD	SD	NSD	SD	NSD
Romford Western Road	1352	1358	1403	1408	1413	1418		1515	1520	1521	1524	1527	1530	1533	1536	1539	1544	1545	
Romford Market St. Edward's Way	1353	1359	1404	1409	1414	1419		1518	1523	1524	1527	1530	1533	1536	1539	1542	1547	1548	
Chadwell Heath Sainsbury's	1407	1413	1418	1423	1428	1433	Then every 6	1519	1524	1525	1528	1531	1534	1537	1540	1543	1548	1549	
Seven Kings Station	1415	1421	1426	1431	1436	1442	mins.	1533	1539	1539	1545	1545	1551	1551	1557	1557	1603	1603	
Ilford High Road Hainault Street	1422	1428	1434	1439	1444	1450	until	1542	1548	1548	1554	1554	1600	1600	1606	1606	1612	1612	
Ilford Broadway High Road	1425	1431	1437	1442	1447	1453		1550	1556	1556	1602	1602	1608	1608	1614	1614	1620	1620	
Manor Park Broadway	1436	1443	1449	1455	1501	1507		1553	1559	1559	1605	1605	1611	1611	1617	1617	1623	1623	
Forest Gate Police Station	1443	1450	1456	1502	1508	1514		1607	1613	1613	1619	1619	1625	1625	1631	1631	1637	1637	
Stratford Bus Station	1454	1502	1508	1514	1520	1526		1614	1620	1620	1626	1626	1632	1632	1637	1637	1643	1643	
Romford Station	1551	1558	1605	1611	1618			1626	1632	1632	1637	1637	1642	1642	1647	1647	1653	1653	
Romford Western Road	1554	1601	1608	1614	1621			1812	1818	1824	1830	1836	1842	1848	1854	1900	1908	1916	
Romford Market St. Edward's Way	1555	1602	1609	1615	1622			1815	1821	1827	1833	1839	1845	1851	1857	1903	1911	1919	
Chadwell Heath Sainsbury's	1609	1616	1623	1629	1635	Then every 6 minutes until		1816	1822	1828	1834	1840	1846	1852	1858	1904	1912	1920	
Seven Kings Station	1618	1625	1631	1637	1643			1829	1835	1841	1847	1853	1859	1905	1911	1917	1924	1932	
Ilford High Road Hainault Street	1626	1632	1638	1644	1650			1837	1843	1849	1855	1901	1907	1913	1918	1924	1931	1939	
Ilford Broadway High Road	1629	1635	1641	1647	1653			1844	1850	1856	1902	1908	1914	1919	1924	1930	1937	1945	
Manor Park Broadway	1643	1649	1655	1701	1707			1847	1853	1859	1905	1911	1916	1921	1926	1932	1939	1947	
Forest Gate Police Station	1649	1655	1701	1707	1713			1901	1907	1913	1919	1923	1927	1932	1937	1942	1948	1955	
Stratford Bus Station	1659	1705	1711	1717	1723			1907	1913	1918	1924	1928	1932	1937	1942	1948	1955	2003	
Romford Station	1924	1932	1940	1948	1956	2005		1917	1922	1927	1933	1937	1941	1946	1951	1957	2004	2012	
Romford Western Road	1927	1935	1943	1951	1959	2008		2125	2135	2145	2155	2205	2215	2225	2235	2245	2255		
Romford Market St. Edward's Way	1928	1936	1944	1952	2000	2009		2128	↓	↓	↓	↓	↓	↓	↓	↓	↓		
Chadwell Heath Sainsbury's	1940	1948	1956	2004	2012	2021	Then every 10 minutes until	2129	2139	2149	2159	2209	2219	2229	2239	2249	2259		
Seven Kings Station	1947	1955	2003	2010	2018	2027		2141	2151	2201	2211	2221	2231	2241	2251	2301	2310		
Ilford High Road Hainault Street	1953	2001	2009	2016	2024	2033		2147	2157	2207	2217	2227	2237	2247	2257	2307	2316		
Ilford Broadway High Road	1955	2003	2011	2018	2026	2035		2153	2203	2213	2223	2233	2243	2253	2303	2312	2321		
Manor Park Broadway	2006	2012	2019	2026	2034	2043		2155	2205	2215	2225	2235	2245	2255	2305	2314	2323		
Forest Gate Police Station	2011	2017	2024	2031	2039	2048		2203	2213	2223	2233	2243	2253	2303	2313	2322	2331		
Stratford Bus Station	2020	2026	2033	2040	2048	2057		2208	2218	2228	2238	2248	2258	2308	2317	2326	2335		
Romford Station	2305	2315	2326	2336	2346	2356	0006	0016											
Romford Western Road	↓	↓	↓	↓	↓	↓	↓	↓											
Romford Market St. Edward's Way	2309	2319	2330	2340	2350	0000	0009	0019											
Chadwell Heath Sainsbury's	2320	2330	2341	2351	0000	0010	0018	0028											
Seven Kings Station	2326	2336	2347	2357	0006	0015	0023	0033											
Ilford High Road Hainault Street	2331	2341	2352	0002	0011	0020	0028	0038											
Ilford Broadway High Road	2333	2343	2354	0004	0013	0022	0030	0040											
Manor Park Broadway	2341	2351	0001	0011	0020	0029	0037	0047											
Forest Gate Police Station	2345	2355	0005	0015	0024	0033	0041	0051											
Stratford Bus Station	2353	0003	0013	0023	0032	0041	0049	0059											

SD - Operates on school days only

NSD - Operates during school holidays only

86		Saturdays (also Good Friday)																										
Romford Station	0525	0540	0555	0605	0615	0625	0634	0643	0651	0700								0740	0748	0756	0803			0915				
Romford Western Road	0527	0542	0557	0607	0617	0627	0636	0645	0653	0702								0742	0750	0758	0805			0917				
Romford Market St. Edward's Way	0528	0543	0558	0608	0618	0628	0637	0646	0654	0703								0743	0751	0759	0806			0918				
Chadwell Heath Sainsbury's	0537	0552	0607	0617	0627	0637	0646	0655	0703	0713	Then every 10 minutes until								0753	0801	0809	0816	Then every 6 mins. until	0928				
Seven Kings Station	0543	0558	0613	0623	0633	0643	0652	0701	0709	0719									0759	0807	0815	0822				0934		
Ilford High Road Hainault Street	0547	0602	0617	0627	0637	0647	0656	0705	0714	0724									0804	0812	0820	0827				0939		
Ilford Broadway High Road	0549	0604	0619	0629	0639	0649	0658	0707	0716	0726									0806	0814	0822	0829				0941		
Manor Park Broadway	0555	0610	0625	0635	0645	0655	0704	0714	0725	0735									0815	0823	0831	0839				0951		
Forest Gate Police Station	0558	0613	0628	0638	0648	0658	0708	0718	0729	0739									0819	0827	0835	0843				0955		
Stratford Bus Station	0605	0620	0635	0645	0655	0705	0716	0727	0738	0748									0828	0836	0844	0852				1004		
Romford Station	0921	0926	0931	0936	0941	0946	0952	0957	1002	1007	1013	1019	1024	1029	1034	1039	1044	1049										
Romford Western Road	0923	0928	0933	0938	0943	0948	0954	0959	1004	1010	1016	1022	1027	1032	1037	1042	1047	1052										
Romford Market St. Edward's Way	0924	0929	0934	0939	0944	0949	0955	1000	1005	1011	1017	1023	1028	1033	1038	1043	1048	1053										
Chadwell Heath Sainsbury's	0934	0939	0944	0949	0954	0959	1005	1011	1017	1023	1029	1035	1040	1045	1050	1055	1101	1107										
Seven Kings Station	0940	0945	0950	0955	1001	1007	1013	1019	1025	1031	1037	1043	1049	1054	1059	1105	1111	1117	1123									
Ilford High Road Hainault Street	0945	0950	0955	1001	1007	1013	1019	1025	1031	1037	1043	1049	1054	1059	1105	1111	1117	1123										
Ilford Broadway High Road	0947	0952	0958	1004	1010	1016	1022	1028	1034	1040	1046	1052	1057	1102	1108	1114	1120	1126										
Manor Park Broadway	0957	1003	1009	1015	1021	1027	1033	1039	1045	1051	1057	1103	1109	1115	1121	1127	1133	1139										
Forest Gate Police Station	1002	1008	1014	1020	1026	1032	1038	1044	1050	1056	1102	1109	1115	1121	1127	1133	1139	1145										
Stratford Bus Station	1012	1019	1025	1031	1037	1043	1049	1055	1101	1107	1113	1120	1126	1132	1138	1144	1150	1156										
Romford Station	1054	1059	Then every 6 minutes until			1653	1659	1705	1711	1717	1723	1729	1735	1741	1747	1753	1759	1805	1811									
Romford Western Road	1057	1103				1657	1703	1709	1715	1721	1727	1733	1739	1745	1751	1757	1803	1808	1814									
Romford Market St. Edward's Way	1058	1104				1658	1704	1710	1716	1722	1728	1734	1740	1746	1752	1758	1804	1809	1815									
Chadwell Heath Sainsbury's	1113	1119				1713	1719	1725	1731	1737	1743	1749	1755	1801	1807	1812	1817	1822	1827									
Seven Kings Station	1122	1128				1722	1728	1734	1740	1746	1752	1758	1803	1809	1815	1820	1825	1830	1835									
Ilford High Road Hainault Street	1129	1135				1729	1735	1741	1747	1753	1759	1804	1809	1815	1821	1826	1831	1836	1841									
Ilford Broadway High Road	1132	1138				1732	1738	1744	1750	1756	1802	1807	1812	1818	1824	1829	1834	1839	1844									
Manor Park Broadway	1145	1151	1745	1751	1757	1803	1808	1814	1819	1824	1830	1836	1841	1846	1851	1856												
Forest Gate Police Station	1151	1157	1751	1757	1803	1808	1813	1819	1824	1829	1835	1841	1846	1851	1856	1901												
Stratford Bus Station	1202	1208	1802	1807	1812	1817	1822	1828	1833	1838	1844	1850	1855	1900	1905	1910												
Romford Station	1817	1823	1829	1835	1843	1851	1859	1907	1915	Then every 10 minutes until			2125	2135	2145	2155	2205	2215	2225									
Romford Western Road	1820	1826	1832	1838	1846	1854	1902	1910	1918											2128	↓	↓	↓	↓	↓	↓	↓	
Romford Market St. Edward's Way	1821	1827	1833	1839	1847	1855	1903	1911	1919											2129	2139	2149	2159	2209	2219	2229		
Chadwell Heath Sainsbury's	1833	1839	1845	1851	1859	1907	1915	1923	1931											2141	2151	2201	2211	2221	2231	2241		
Seven Kings Station	1841	1847	1853	1859	1907	1913	1921	1929	1937											2147	2157	2207	2217	2227	2237	2247		
Ilford High Road Hainault Street	1847	1853	1859	1905	1913	1919	1927	1935	1943											2153	2203	2213	2223	2233	2243	2253		
Ilford Broadway High Road	1850	1856	1902	1908	1915	1921	1929	1937	1945											2155	2205	2215	2225	2235	2245	2255		
Manor Park Broadway	1902	1908	1913	1918	1923	1929	1937	1945	1953								2203	2213	2223	2233	2243	2253	2303					
Forest Gate Police Station	1907	1913	1918	1923	1928	1934	1942	1950	1958								2208	2218	2228	2238	2248	2258	2308					
Stratford Bus Station	1916	1922	1927	1932	1937	1943	1951	1959	2007								2217	2227	2237	2247	2257	2307	2316					
Romford Station	2235	2245	2255	2305	2315	2326	2336	2346	2356	0006	0016																	
Romford Western Road	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓																	
Romford Market St. Edward's Way	2239	2249	2259	2309	2319	2330	2340	2350	0000	0009	0019																	
Chadwell Heath Sainsbury's	2251	2301	2310	2320	2330	2341	2351	0000	0010	0018	0028																	
Seven Kings Station	2257	2307	2316	2326	2336	2347	2357	0006	0015	0023	0033																	
Ilford High Road Hainault Street	2303	2312	2321	2331	2341	2352	0002	0011	0020	0028	0038																	
Ilford Broadway High Road	2305	2314	2323	2333	2343	2354	0004	0013	0022	0030	0040																	
Manor Park Broadway	2313	2322	2331	2341	2351	0001	0011	0020	0029	0037	0047																	
Forest Gate Police Station	2317	2326	2335	2345	2355	0005	0015	0024	0033	0041	0051																	
Stratford Bus Station	2325	2334	2343	2353	0003	0013	0023	0032	0041	0049	0059																	

86		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																
Romford Station	0525		0755	0803	0811	0820		0920	0930	0940	0949	0958	1007	1016	1025	1034		
Romford Western Road	0527		0757	0805	0813	0822		0922	0932	0942	0951	1000	1009	1018	1027	1036		
Romford Market St. Edward's Way	0528		0758	0806	0814	0823		0923	0933	0943	0952	1001	1010	1019	1028	1037		
Chadwell Heath Sainsbury's	0537	Then	0807	0815	0823	0832	Then	0932	0942	0952	1001	1011	1021	1030	1039	1048		
Seven Kings Station	0543	every 15	0813	0821	0829	0838	every 10	0938	0948	0958	1007	1017	1027	1036	1045	1054		
Ilford High Road Hainault Street	0547	minutes	0817	0825	0834	0844	minutes	0944	0954	1004	1013	1023	1033	1042	1051	1100		
Ilford Broadway High Road	0549	until	0819	0827	0836	0846	until	0946	0956	1006	1016	1026	1036	1045	1054	1103		
Manor Park Broadway	0555		0825	0834	0844	0854		0954	1004	1015	1025	1035	1045	1055	1105	1115		
Forest Gate Police Station	0558		0828	0839	0849	0859		0959	1009	1020	1030	1040	1050	1100	1111	1121		
Stratford Bus Station	0605		0835	0847	0857	0907		1007	1018	1029	1039	1049	1059	1110	1121	1131		
Romford Station	1043	1052	1101	1110			1540	1550	1600	1610	1620			1850	1902	1914	1925	1935
Romford Western Road	1045	1054	1103	1113			1543	1553	1603	1613	1623			1853	1905	1917	1928	1938
Romford Market St. Edward's Way	1046	1055	1104	1114			1544	1554	1604	1614	1624			1854	1906	1918	1929	1939
Chadwell Heath Sainsbury's	1057	1106	1116	1126		Then	1556	1606	1616	1626	1636	Then		1906	1918	1930	1941	1951
Seven Kings Station	1104	1114	1124	1134		every 10	1604	1614	1624	1634	1643	every 10		1913	1925	1937	1947	1957
Ilford High Road Hainault Street	1110	1120	1130	1140		minutes	1610	1620	1630	1640	1649	minutes		1919	1931	1943	1953	2003
Ilford Broadway High Road	1113	1123	1133	1143		until	1613	1623	1633	1643	1652	until		1922	1934	1945	1955	2005
Manor Park Broadway	1125	1135	1145	1155			1625	1635	1645	1654	1703			1933	1943	1953	2003	2013
Forest Gate Police Station	1131	1141	1151	1201			1631	1641	1650	1659	1708			1938	1948	1958	2008	2018
Stratford Bus Station	1141	1151	1201	1211			1641	1650	1659	1708	1717			1947	1957	2007	2017	2027
Romford Station	1945		2125	2135	2145	2155	2205	2215	2225	2235	2245	2255	2305	2315	2326	2336	2346	
Romford Western Road	1948		2128	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	
Romford Market St. Edward's Way	1949		2129	2139	2149	2159	2209	2219	2229	2239	2249	2259	2309	2319	2330	2340	2350	
Chadwell Heath Sainsbury's	2001	Then	2141	2151	2201	2211	2221	2231	2241	2251	2301	2310	2320	2330	2341	2351	0000	
Seven Kings Station	2007	every 10	2147	2157	2207	2217	2227	2237	2247	2257	2307	2316	2326	2336	2347	2357	0006	
Ilford High Road Hainault Street	2013	minutes	2153	2203	2213	2223	2233	2243	2253	2303	2312	2321	2331	2341	2352	0002	0011	
Ilford Broadway High Road	2015	until	2155	2205	2215	2225	2235	2245	2255	2305	2314	2323	2333	2343	2354	0004	0013	
Manor Park Broadway	2023		2203	2213	2223	2233	2243	2253	2303	2313	2322	2331	2341	2351	0001	0011	0020	
Forest Gate Police Station	2028		2208	2218	2228	2238	2248	2258	2308	2317	2326	2335	2345	2355	0005	0015	0024	
Stratford Bus Station	2037		2217	2227	2237	2247	2257	2307	2316	2325	2334	2343	2353	0003	0013	0023	0032	
Romford Station	2356	0006	0016															
Romford Western Road	↓	↓	↓															
Romford Market St. Edward's Way	0000	0009	0019															
Chadwell Heath Sainsbury's	0010	0018	0028															
Seven Kings Station	0015	0023	0033															
Ilford High Road Hainault Street	0020	0028	0038															
Ilford Broadway High Road	0022	0030	0040															
Manor Park Broadway	0029	0037	0047															
Forest Gate Police Station	0033	0041	0051															
Stratford Bus Station	0041	0049	0059															
86		Boxing Day																
A Sunday service operates, commencing with the 0811 journey from Romford.																		

86 Mondays to Fridays																			
Stratford Bus Station	0550	0600	0610	0619	0627	0635	0643	0651	0659	0705	0711	0716	0721	0726	0731	0735	0739	0744	
Forest Gate Police Station	0558	0608	0618	0627	0636	0645	0653	0701	0709	0715	0721	0726	0731	0736	0741	0746	0751	0756	
Manor Park Broadway	0601	0611	0621	0630	0639	0648	0656	0704	0712	0718	0724	0729	0735	0740	0745	0750	0755	0800	
Ilford Broadway Chapel Road	0607	0617	0627	0636	0645	0654	0702	0710	0718	0724	0730	0735	0741	0746	0751	0756	0801	0806	
Ilford High Road Hainault Street	0610	0620	0630	0640	0649	0658	0706	0714	0722	0728	0734	0739	0745	0750	0755	0800	0805	0810	
Seven Kings Station	0615	0625	0635	0645	0654	0703	0711	0719	0727	0733	0739	0745	0751	0756	0801	0806	0811	0816	
Chadwell Heath Sainsbury's	0621	0631	0641	0651	0700	0709	0718	0726	0734	0740	0746	0752	0758	0803	0808	0813	0818	0823	
Romford Market St. Edward's Way	0632	0642	0652	0702	0712	0722	0731	0740	0748	0754	0800	0806	0812	0817	0822	0827	0832	0837	
Romford Station	0636	0646	0656	0706	0716	0726	0735	0744	0752	0758	0804	0810	0816	0821	0826	0831	0836	0841	
Stratford Bus Station	0750			0850	0856	0902	0908	0914	0920			1338	1344	1350	1356	1402	1408	1413	
Forest Gate Police Station	0802			0902	0908	0914	0920	0926	0932			1350	1356	1402	1408	1414	1420	1425	
Manor Park Broadway	0806	Then		0906	0912	0918	0924	0930	0937	Then		1355	1401	1407	1413	1419	1425	1430	
Ilford Broadway Chapel Road	0812	every 6		0912	0918	0925	0932	0939	0946	every 6		1404	1410	1416	1422	1428	1434	1441	
Ilford High Road Hainault Street	0816	minutes		0916	0922	0929	0936	0943	0950	minutes		1408	1414	1420	1426	1432	1438	1445	
Seven Kings Station	0822	until		0922	0928	0935	0942	0949	0956	until		1414	1420	1426	1432	1439	1446	1453	
Chadwell Heath Sainsbury's	0829			0929	0936	0943	0950	0957	1004			1422	1428	1434	1441	1448	1456	1503	
Romford Market St. Edward's Way	0843			0943	0949	0955	1001	1008	1015			1433	1440	1447	1455	1503	1511	1518	
Romford Station	0847			0947	0953	0959	1005	1012	1019			1437	1444	1451	1459	1507	1515	1522	
Stratford Bus Station	1418	1423	1428	1433			1533	1538	1545	1552			1810	1816	1822	1828	1834	1840	
Forest Gate Police Station	1430	1435	1440	1445			1545	1550	1557	1604			1822	1828	1834	1840	1846	1852	
Manor Park Broadway	1435	1440	1445	1450	Then		1550	1555	1602	1609	Then		1827	1833	1839	1845	1851	1857	
Ilford Broadway Chapel Road	1447	1453	1459	1505	every 6		1605	1610	1617	1624	every 6		1842	1848	1854	1900	1906	1912	
Ilford High Road Hainault Street	1451	1457	1503	1509	minutes		1609	1614	1621	1628	minutes		1846	1852	1858	1904	1910	1916	
Seven Kings Station	1500	1506	1512	1518	until		1618	1623	1630	1636	until		1854	1900	1906	1912	1917	1922	
Chadwell Heath Sainsbury's	1510	1516	1522	1528			1628	1635	1642	1648			1906	1912	1918	1922	1926	1931	
Romford Market St. Edward's Way	1525	1531	1537	1543			1643	1650	1657	1703			1921	1925	1929	1933	1937	1942	
Romford Station	1529	1535	1541	1547			1647	1654	1701	1707			1925	1929	1933	1937	1941	1946	
Stratford Bus Station	1846	1852	1859	1906	1913	1920	1928	1936	1944	1952	2000			2210	2220			2320	
Forest Gate Police Station	1858	1904	1911	1918	1925	1931	1939	1947	1955	2003	2011			2221	2231			2331	
Manor Park Broadway	1903	1909	1916	1923	1930	1936	1944	1952	2000	2008	2016	Then		2226	2236	Then		2336	
Ilford Broadway Chapel Road	1918	1924	1929	1934	1939	1944	1952	2000	2006	2014	2022	every 10		2232	2242	every 10		2342	
Ilford High Road Hainault Street	1921	1927	1932	1937	1942	1947	1955	2003	2009	2017	2025	minutes		2235	2245	minutes		2345	
Seven Kings Station	1927	1933	1938	1943	1948	1953	2001	2007	2013	2021	2029	until		2239	2249	until		2349	
Chadwell Heath Sainsbury's	1936	1942	1947	1952	1957	2002	2008	2014	2020	2028	2036			2246	2256			2356	
Romford Market St. Edward's Way	1947	1953	1958	2003	2008	2013	2018	2024	2030	2038	2046			2256	2305			0005	
Romford Station	1951	1957	2002	2007	2012	2017	2022	2028	2034	2042	2050			2300	2309			0009	
Stratford Bus Station	2330	2340	2350	0000	0010							0050							
Forest Gate Police Station	2341	2350	2359	0008	0018							0058							
Manor Park Broadway	2346	2355	0004	0013	0022	Then						0102							
Ilford Broadway Chapel Road	2352	0001	0010	0019	0028	every 10						0108							
Ilford High Road Hainault Street	2355	0004	0013	0022	0031	minutes						0111							
Seven Kings Station	2359	0008	0017	0026	0035	until						0115							
Chadwell Heath Sainsbury's	0005	0014	0023	0032	0041							0121							
Romford Market St. Edward's Way	0014	0023	0032	0041	0050							0130							
Romford Station	0018	0027	0036	0045	0054							0134							
86 Saturdays (also Good Friday)																			
Stratford Bus Station	0550	0605	0620	0635	0646	0656				0746	0754	0802	0810	0818			0930	0935	0941
Forest Gate Police Station	0558	0613	0628	0643	0654	0705				0755	0803	0811	0819	0827			0939	0944	0950
Manor Park Broadway	0601	0616	0631	0646	0657	0708	Then			0758	0806	0814	0822	0830	Then		0942	0947	0953
Ilford Broadway Chapel Road	0607	0622	0637	0652	0703	0714	every 10			0804	0812	0820	0828	0836	every 6		0948	0953	0959
Ilford High Road Hainault Street	0610	0625	0640	0655	0707	0718	minutes			0808	0816	0824	0833	0841	minutes		0953	0958	1004
Seven Kings Station	0614	0629	0644	0659	0711	0722	until			0812	0820	0829	0839	0847	until		0959	1005	1011
Chadwell Heath Sainsbury's	0620	0635	0650	0705	0717	0728				0818	0827	0837	0847	0855			1007	1013	1019
Romford Market St. Edward's Way	0630	0645	0700	0715	0728	0739				0829	0839	0849	0859	0907			1019	1025	1031
Romford Station	0634	0649	0704	0719	0732	0743				0833	0843	0853	0903	0911			1023	1029	1035
Stratford Bus Station	0946	0951	0956	1001	1006	1011	1016	1021	1026	1031	1036	1041	1046	1051	1056	1101	1106	1111	
Forest Gate Police Station	0955	1000	1005	1011	1016	1021	1026	1031	1036	1041	1046	1051	1056	1101	1106	1111	1116	1121	
Manor Park Broadway	0958	1004	1010	1016	1021	1026	1031	1036	1041	1046	1051	1056	1101	1106	1111	1117	1123	1129	
Ilford Broadway Chapel Road	1005	1011	1017	1023	1028	1033	1038	1043	1048	1053	1058	1103	1109	1115	1121	1127	1133	1139	
Ilford High Road Hainault Street	1010	1016	1022	1028	1033	1038	1043	1048	1053	1058	1103	1109	1115	1121	1127	1133	1139	1145	
Seven Kings Station	1017	1023	1029	1035	1040	1045	1050	1055	1100	1105	1110	1116	1122	1128	1134	1140	1146	1152	
Chadwell Heath Sainsbury's	1025	1031	1037	1043	1048	1053	1058	1104	1110	1116	1122	1128	1134	1140	1146	1152	1158	1204	
Romford Market St. Edward's Way	1037	1043	1049	1055	1101	1107	1113	1119	1125	1131	1137	1143	1149	1155	1201	1207	1213	1219	
Romford Station	1041	1047	1053	1059	1105	1111	1117	1123	1129	1135	1141	1147	1153	1159	1205	1211	1217	1223	

86		Saturdays (also Good Friday) (cont.)															
Stratford Bus Station	1117		1705	1711	1717	1723	1729		1805	1812	1818	1824	1830	1837	1844	1851	
Forest Gate Police Station	1130		1718	1724	1730	1736	1742		1818	1825	1831	1837	1843	1850	1857	1904	
Manor Park Broadway	1135	Then	1723	1729	1735	1741	1747	Then	1823	1830	1836	1842	1848	1855	1902	1909	
Ilford Broadway Chapel Road	1145	every 6	1733	1739	1745	1751	1757	every 6	1833	1840	1846	1852	1858	1905	1910	1915	
Ilford High Road Hainault Street	1151	minutes	1739	1745	1751	1757	1803	minutes	1839	1846	1852	1858	1904	1910	1915	1919	
Seven Kings Station	1158	until	1746	1752	1758	1804	1810	until	1846	1853	1859	1905	1910	1915	1919	1923	
Chadwell Heath Sainsbury's	1210		1758	1804	1809	1814	1819		1855	1902	1908	1913	1918	1922	1926	1930	
Romford Market St. Edward's Way	1225		1813	1818	1823	1828	1833		1909	1914	1919	1923	1928	1932	1936	1940	
Romford Station	1229		1817	1822	1827	1832	1837		1913	1918	1923	1927	1932	1936	1940	1944	
Stratford Bus Station	1857	1905	2001	2010				2210	2220			2320	2330	2340	2350	0000	0010
Forest Gate Police Station	1910	1916	2012	2021				2221	2231			2331	2341	2350	2359	0008	0018
Manor Park Broadway	1915	1921	2017	2026	Then			2226	2236	Then		2336	2346	2355	0004	0013	0022
Ilford Broadway Chapel Road	1921	1927	2023	2032	every 8			2232	2242	every 10		2342	2352	0001	0010	0019	0028
Ilford High Road Hainault Street	1924	1930	2026	2035	minutes			2235	2245	minutes		2345	2355	0004	0013	0022	0031
Seven Kings Station	1928	1934	2030	2039	until			2239	2249	until		2349	2359	0008	0017	0026	0035
Chadwell Heath Sainsbury's	1935	1941	2037	2046				2246	2256			2356	0005	0014	0023	0032	0041
Romford Market St. Edward's Way	1945	1951	2047	2056				2256	2305			0005	0014	0023	0032	0041	0050
Romford Station	1949	1955	2051	2100				2300	2309			0009	0018	0027	0036	0045	0054
Stratford Bus Station	0020	0030	0040	0050													
Forest Gate Police Station	0028	0038	0048	0058													
Manor Park Broadway	0032	0042	0052	0102													
Ilford Broadway Chapel Road	0038	0048	0058	0108													
Ilford High Road Hainault Street	0041	0051	0101	0111													
Seven Kings Station	0045	0055	0105	0115													
Chadwell Heath Sainsbury's	0051	0101	0111	0121													
Romford Market St. Edward's Way	0100	0110	0120	0130													
Romford Station	0104	0114	0124	0134													
86		Sundays and other Public Holidays (except Christmas Day and Boxing Day)															
Stratford Bus Station	0548		0803	0815	0825	0835		0915	0924	0933	0941	0948	0956	1005	1014	1023	
Forest Gate Police Station	0556		0811	0823	0834	0845		0925	0934	0943	0951	0958	1006	1015	1024	1033	
Manor Park Broadway	0559	Then	0814	0826	0838	0849	Then	0929	0938	0947	0955	1002	1010	1020	1029	1038	
Ilford Broadway Chapel Road	0605	every 15	0820	0832	0844	0855	every 10	0935	0944	0953	1001	1008	1018	1028	1037	1046	
Ilford High Road Hainault Street	0608	minutes	0823	0836	0848	0859	minutes	0939	0948	0957	1005	1013	1023	1033	1042	1051	
Seven Kings Station	0612	until	0827	0840	0852	0903	until	0943	0952	1001	1009	1019	1029	1039	1048	1058	
Chadwell Heath Sainsbury's	0618		0833	0846	0858	0909		0949	0958	1007	1017	1027	1037	1047	1056	1106	
Romford Market St. Edward's Way	0628		0843	0856	0908	0919		0959	1010	1020	1030	1040	1050	1100	1110	1120	
Romford Station	0632		0847	0900	0912	0923		1003	1014	1024	1034	1044	1054	1104	1114	1124	
Stratford Bus Station	1032	1041	1049	1057	1105			1545	1555	1605	1615	1625	1635	1644	1653	1702	1832
Forest Gate Police Station	1042	1051	1059	1109	1119			1559	1609	1619	1629	1639	1649	1658	1707	1716	1846
Manor Park Broadway	1047	1056	1104	1114	1124	Then		1604	1614	1624	1634	1644	1654	1703	1712	1721	Then
Ilford Broadway Chapel Road	1056	1106	1116	1126	1136	every 10		1616	1626	1636	1645	1654	1703	1712	1721	1730	every
Ilford High Road Hainault Street	1101	1111	1121	1131	1141	minutes		1621	1631	1641	1650	1659	1708	1717	1726	1735	10
Seven Kings Station	1108	1118	1128	1138	1148	until		1628	1638	1647	1656	1705	1714	1723	1732	1741	mins.
Chadwell Heath Sainsbury's	1116	1126	1136	1146	1156			1636	1646	1655	1704	1713	1722	1731	1740	1749	until
Romford Market St. Edward's Way	1130	1140	1150	1200	1210			1650	1659	1708	1717	1726	1735	1744	1753	1802	1919
Romford Station	1134	1144	1154	1204	1214			1654	1703	1712	1721	1730	1739	1748	1757	1806	1932
Stratford Bus Station	1841	1850	1900	1910	1920	1930	1940	1950			2210	2220		2320	2330	2340	2350
Forest Gate Police Station	1855	1904	1914	1924	1934	1942	1951	2001			2221	2231		2331	2341	2350	2359
Manor Park Broadway	1900	1909	1919	1929	1939	1947	1956	2006	Then		2226	2236	Then	2336	2346	2355	0004
Ilford Broadway Chapel Road	1909	1918	1928	1938	1946	1954	2003	2012	every 10		2232	2242	every 10	2342	2352	0001	0010
Ilford High Road Hainault Street	1914	1923	1933	1942	1949	1957	2006	2015	minutes		2235	2245	minutes	2345	2355	0004	0013
Seven Kings Station	1920	1929	1937	1946	1953	2001	2010	2019	until		2239	2249	until	2349	2359	0008	0017
Chadwell Heath Sainsbury's	1928	1937	1945	1953	2000	2008	2017	2026			2246	2256		2356	0005	0014	0023
Romford Market St. Edward's Way	1940	1948	1956	2003	2010	2018	2027	2036			2256	2305		0005	0014	0023	0032
Romford Station	1944	1952	2000	2007	2014	2022	2031	2040			2300	2309		0009	0018	0027	0036
Stratford Bus Station	0000	0010			0050												
Forest Gate Police Station	0008	0018			0058												
Manor Park Broadway	0013	0022	Then		0102												
Ilford Broadway Chapel Road	0019	0028	every 10		0108												
Ilford High Road Hainault Street	0022	0031	minutes		0111												
Seven Kings Station	0026	0035	until		0115												
Chadwell Heath Sainsbury's	0032	0041			0121												
Romford Market St. Edward's Way	0041	0050			0130												
Romford Station	0045	0054			0134												
86		Boxing Day															
A Sunday service operates, commencing with the 0825 journey from Stratford.																	