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## Romford – Ilford – Stratford

86		Mondays to Fridays																		
Romford Station	0525	0535	0545	0555	0603	0610	0618	0626	0633	0640			1900	1908	1916	1924	1932	1940		
Romford Market St. Edward's Way	0528	0538	0548	0558	0606	0613	0621	0629	0637	0644			1904	1912	1920	1928	1936	1944		
Chadwell Heath Sainsbury's	0537	0547	0557	0607	0615	0622	0630	0640	0649	0656	Then about every 6 minutes until		1917	1924	1932	1940	1948	1956		
Seven Kings Station	0543	0553	0603	0613	0621	0628	0636	0646	0655	0702			1924	1931	1939	1947	1955	2003		
Ilford High Road Hainault Street	0547	0557	0607	0617	0625	0632	0642	0652	0701	0708			1930	1937	1945	1953	2001	2009		
Ilford Broadway High Road	0549	0559	0609	0619	0627	0634	0644	0654	0703	0710			1932	1939	1947	1955	2003	2011		
Manor Park Broadway	0555	0605	0615	0625	0634	0642	0652	0702	0712	0721			1943	1950	1958	2006	2012	2019		
Forest Gate Police Station	0558	0608	0618	0628	0637	0647	0657	0707	0717	0726			1948	1955	2003	2011	2017	2024		
Stratford Bus Station	0605	0615	0627	0638	0649	0659	0709	0719	0729	0738			1957	2004	2012	2020	2026	2033		
Romford Station	1948	1956	2005			2215	2225	2235	2245	2255	2305	2315	2326	2336	2346	2356	0006	0016		
Romford Market St. Edward's Way	1952	2000	2009			2219	2229	2239	2249	2259	2309	2319	2330	2340	2350	0000	0009	0019		
Chadwell Heath Sainsbury's	2004	2012	2021	Then every 10 minutes until		2231	2241	2251	2301	2310	2320	2330	2341	2351	0000	0010	0018	0028		
Seven Kings Station	2010	2018	2027			2237	2247	2257	2307	2316	2326	2336	2347	2357	0006	0015	0023	0033		
Ilford High Road Hainault Street	2016	2024	2033			2243	2253	2303	2312	2321	2331	2341	2352	0002	0011	0020	0028	0038		
Ilford Broadway High Road	2018	2026	2035			2245	2255	2305	2314	2323	2333	2343	2354	0004	0013	0022	0030	0040		
Manor Park Broadway	2026	2034	2043			2253	2303	2313	2322	2331	2341	2351	0001	0011	0020	0029	0037	0047		
Forest Gate Police Station	2031	2039	2048			2258	2308	2317	2326	2335	2345	2355	0005	0015	0024	0033	0041	0051		
Stratford Bus Station	2040	2048	2057			2307	2316	2325	2334	2343	2353	0003	0013	0023	0032	0041	0049	0059		
86		Saturdays (also Good Friday)																		
Romford Station	0525	0540	0555	0605	0615	0625	0634	0643	0651	0700			0740	0748	0756	0803		1835	1843	
Romford Market St. Edward's Way	0528	0543	0558	0608	0618	0628	0637	0646	0654	0703			0743	0751	0759	0806	Then about every 6 mins. until	1839	1847	
Chadwell Heath Sainsbury's	0537	0552	0607	0617	0627	0637	0646	0655	0703	0713	Then every 10 mins. until	0753	0801	0809	0816			1851	1859	
Seven Kings Station	0543	0558	0613	0623	0633	0643	0652	0701	0709	0719			0759	0807	0815	0822			1859	1907
Ilford High Road Hainault Street	0547	0602	0617	0627	0637	0647	0656	0705	0714	0724			0804	0812	0820	0827			1905	1913
Ilford Broadway High Road	0549	0604	0619	0629	0639	0649	0658	0707	0716	0726			0806	0814	0822	0829			1908	1915
Manor Park Broadway	0555	0610	0625	0635	0645	0655	0704	0714	0725	0735			0815	0823	0831	0839			1918	1923
Forest Gate Police Station	0558	0613	0628	0638	0648	0658	0708	0718	0729	0739			0819	0827	0835	0843			1923	1928
Stratford Bus Station	0605	0620	0635	0645	0655	0705	0716	0727	0738	0748			0828	0836	0844	0852		1932	1937	
Romford Station	1851	1859	1907	1915		2215	2225	2235	2245	2255	2305	2315	2326	2336	2346	2356	0006	0016		
Romford Market St. Edward's Way	1855	1903	1911	1919		2219	2229	2239	2249	2259	2309	2319	2330	2340	2350	0000	0009	0019		
Chadwell Heath Sainsbury's	1907	1915	1923	1931	Then every 10 mins. until	2231	2241	2251	2301	2310	2320	2330	2341	2351	0000	0010	0018	0028		
Seven Kings Station	1913	1921	1929	1937			2237	2247	2257	2307	2316	2326	2336	2347	2357	0006	0015	0023	0033	
Ilford High Road Hainault Street	1919	1927	1935	1943			2243	2253	2303	2312	2321	2331	2341	2352	0002	0011	0020	0028	0038	
Ilford Broadway High Road	1921	1929	1937	1945			2245	2255	2305	2314	2323	2333	2343	2354	0004	0013	0022	0030	0040	
Manor Park Broadway	1929	1937	1945	1953			2253	2303	2313	2322	2331	2341	2351	0001	0011	0020	0029	0037	0047	
Forest Gate Police Station	1934	1942	1950	1958			2258	2308	2317	2326	2335	2345	2355	0005	0015	0024	0033	0041	0051	
Stratford Bus Station	1943	1951	1959	2007			2307	2316	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 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 every 15 minutes until		0807	0815	0823	0832	Then every 10 minutes until			0932	0942	0952	1001	1011	1021	1030	1039	1048	
Seven Kings Station	0543			0813	0821	0829	0838			0938	0948	0958	1007	1017	1027	1036	1045	1054		
Ilford High Road Hainault Street	0547			0817	0825	0834	0844			0944	0954	1004	1013	1023	1033	1042	1051	1100		
Ilford Broadway High Road	0549			0819	0827	0836	0846			0946	0956	1006	1016	1026	1036	1045	1054	1103		
Manor Park Broadway	0555			0825	0834	0844	0854			0954	1004	1015	1025	1035	1045	1055	1105	1115		
Forest Gate Police Station	0558			0828	0839	0849	0859			0959	1009	1020	1030	1040	1050	1100	1111	1121		
Stratford Bus Station	0605			0835	0847	0857	0907			1007	1018	1029	1039	1049	1059	1110	1121	1131		
Romford Station	1043	1052	1101	1110		1540	1550	1600	1610	1620			1850	1902	1914	1925	1935			
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 every 10 minutes until	1556	1606	1616	1626	1636	Then every 10 minutes until		1906	1918	1930	1941	1951			
Seven Kings Station	1104	1114	1124	1134			1604	1614	1624	1634		1643		1913	1925	1937	1947	1957		
Ilford High Road Hainault Street	1110	1120	1130	1140			1610	1620	1630	1640		1649		1919	1931	1943	1953	2003		
Ilford Broadway High Road	1113	1123	1133	1143			1613	1623	1633	1643		1652		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			2215	2225	2235	2245	2255	2305	2315	2326	2336	2346	2356	0006	0016				
Romford Market St. Edward's Way	1949			2219	2229	2239	2249	2259	2309	2319	2330	2340	2350	0000	0009	0019				
Chadwell Heath Sainsbury's	2001	Then every 10 minutes until		2231	2241	2251	2301	2310	2320	2330	2341	2351	0000	0010	0018	0028				
Seven Kings Station	2007			2237	2247	2257	2307	2316	2326	2336	2347	2357	0006	0015	0023	0033				
Ilford High Road Hainault Street	2013			2243	2253	2303	2312	2321	2331	2341	2352	0002	0011	0020	0028	0038				
Ilford Broadway High Road	2015			2245	2255	2305	2314	2323	2333	2343	2354	0004	0013	0022	0030	0040				
Manor Park Broadway	2023			2253	2303	2313	2322	2331	2341	2351	0001	0011	0020	0029	0037	0047				
Forest Gate Police Station	2028			2258	2308	2317	2326	2335	2345	2355	0005	0015	0024	0033	0041	0051				
Stratford Bus Station	2037			2307	2316	2325	2334	2343	2353	0003	0013	0023	0032	0041	0049	0059				

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

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## Stratford – Ilford – Romford

86 Mondays to Fridays																						
Stratford Bus Station	0550	0600	0610	0619	0627	0635	0643	0651	0659			1852	1859	1906	1913	1920	1928	1936				
Forest Gate Police Station	0558	0608	0618	0627	0636	0645	0653	0701	0709			1904	1911	1918	1925	1931	1939	1947				
Manor Park Broadway	0601	0611	0621	0630	0639	0648	0656	0704	0712	Then		1909	1916	1923	1930	1936	1944	1952				
Ilford Broadway Chapel Road	0607	0617	0627	0636	0645	0654	0702	0710	0718	about		1924	1929	1934	1939	1944	1952	2000				
Ilford High Road Hainault Street	0610	0620	0630	0640	0649	0658	0706	0714	0722	every 6		1927	1932	1937	1942	1947	1955	2003				
Seven Kings Station	0615	0625	0635	0645	0654	0703	0711	0719	0727	minutes		1933	1938	1943	1948	1953	2001	2007				
Chadwell Heath Sainsbury's	0621	0631	0641	0651	0700	0709	0718	0726	0734	until		1942	1947	1952	1957	2002	2008	2014				
Romford Market St. Edward's Way	0632	0642	0652	0702	0712	0722	0731	0740	0748			1953	1958	2003	2008	2013	2018	2024				
Romford Station	0636	0646	0656	0706	0716	0726	0735	0744	0752			1957	2002	2007	2012	2017	2022	2028				
Stratford Bus Station	1944	1952	2000			2210	2220					2320	2330	2340	2350	0000	0010		0050			
Forest Gate Police Station	1955	2003	2011			2221	2231					2331	2341	2350	2359	0008	0018		0058			
Manor Park Broadway	2000	2008	2016	Then		2226	2236	Then				2336	2346	2355	0004	0013	0022	Then	0102			
Ilford Broadway Chapel Road	2006	2014	2022	every 10		2232	2242	every 10				2342	2352	0001	0010	0019	0028	every 10	0108			
Ilford High Road Hainault Street	2009	2017	2025	minutes		2235	2245	minutes				2345	2355	0004	0013	0022	0031	minutes	0111			
Seven Kings Station	2013	2021	2029	until		2239	2249	until				2349	2359	0008	0017	0026	0035	until	0115			
Chadwell Heath Sainsbury's	2020	2028	2036			2246	2256					2356	0005	0014	0023	0032	0041		0121			
Romford Market St. Edward's Way	2030	2038	2046			2256	2305					0005	0014	0023	0032	0041	0050		0130			
Romford Station	2034	2042	2050			2300	2309					0009	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			1830	1837	1844			
Forest Gate Police Station	0558	0613	0628	0643	0654	0705				0755	0803	0811	0819	0827			1843	1850	1857			
Manor Park Broadway	0601	0616	0631	0646	0657	0708	Then			0758	0806	0814	0822	0830	Then		1848	1855	1902			
Ilford Broadway Chapel Road	0607	0622	0637	0652	0703	0714	every 10			0804	0812	0820	0828	0836	about		1858	1905	1910			
Ilford High Road Hainault Street	0610	0625	0640	0655	0707	0718	minutes			0808	0816	0824	0833	0841	every 6		1904	1910	1915			
Seven Kings Station	0614	0629	0644	0659	0711	0722	until			0812	0820	0829	0839	0847	minutes		1910	1915	1919			
Chadwell Heath Sainsbury's	0620	0635	0650	0705	0717	0728				0818	0827	0837	0847	0855	until		1918	1922	1926			
Romford Market St. Edward's Way	0630	0645	0700	0715	0728	0739				0829	0839	0849	0859	0907			1928	1932	1936			
Romford Station	0634	0649	0704	0719	0732	0743				0833	0843	0853	0903	0911			1932	1936	1940			
Stratford Bus Station	1851	1857	1905			2001	2010			2210	2220				2320	2330	2340	2350	0000	0010		0050
Forest Gate Police Station	1904	1910	1916			2012	2021			2221	2231				2331	2341	2350	2359	0008	0018		0058
Manor Park Broadway	1909	1915	1921	Then		2017	2026	Then		2226	2236	Then			2336	2346	2355	0004	0013	0022	Then	0102
Ilford Broadway Chapel Road	1915	1921	1927	every		2023	2032	every		2232	2242	every			2342	2352	0001	0010	0019	0028	every	0108
Ilford High Road Hainault Street	1919	1924	1930	8		2026	2035	10		2235	2245	10			2345	2355	0004	0013	0022	0031	10	0111
Seven Kings Station	1923	1928	1934	mins.		2030	2039	mins.		2239	2249	mins.			2349	2359	0008	0017	0026	0035	mins.	0115
Chadwell Heath Sainsbury's	1930	1935	1941	until		2037	2046	until		2246	2256	until			2356	0005	0014	0023	0032	0041	until	0121
Romford Market St. Edward's Way	1940	1945	1951			2047	2056			2256	2305				0005	0014	0023	0032	0041	0050		0130
Romford Station	1944	1949	1955			2051	2100			2300	2309				0009	0018	0027	0036	0045	0054		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	1032			
Forest Gate Police Station	0556			0811	0823	0834	0845			0925	0934	0943	0951	0958	1006	1015	1024	1033	1042			
Manor Park Broadway	0559	Then		0814	0826	0838	0849	Then		0929	0938	0947	0955	1002	1010	1020	1029	1038	1047			
Ilford Broadway Chapel Road	0605	every 15		0820	0832	0844	0855	every		0935	0944	0953	1001	1008	1018	1028	1037	1046	1056			
Ilford High Road Hainault Street	0608	minutes		0823	0836	0848	0859	10		0939	0948	0957	1005	1013	1023	1033	1042	1051	1101			
Seven Kings Station	0612	until		0827	0840	0852	0903	mins.		0943	0952	1001	1009	1019	1029	1039	1048	1058	1108			
Chadwell Heath Sainsbury's	0618			0833	0846	0858	0909	until		0949	0958	1007	1017	1027	1037	1047	1056	1106	1116			
Romford Market St. Edward's Way	0628			0843	0856	0908	0919			0959	1010	1020	1030	1040	1050	1100	1110	1120	1130			
Romford Station	0632			0847	0900	0912	0923			1003	1014	1024	1034	1044	1054	1104	1114	1124	1134			
Stratford Bus Station	1041	1049	1057	1105		1545	1555	1605	1615	1625	1635	1644	1653	1702			1832	1841	1850			
Forest Gate Police Station	1051	1059	1109	1119		1559	1609	1619	1629	1639	1649	1658	1707	1716			1846	1855	1904			
Manor Park Broadway	1056	1104	1114	1124	Then	1604	1614	1624	1634	1644	1654	1703	1712	1721	Then		1851	1900	1909			
Ilford Broadway Chapel Road	1106	1116	1126	1136	every	1616	1626	1636	1645	1654	1703	1712	1721	1730	every		1900	1909	1918			
Ilford High Road Hainault Street	1111	1121	1131	1141	10	1621	1631	1641	1650	1659	1708	1717	1726	1735	10		1905	1914	1923			
Seven Kings Station	1118	1128	1138	1148	mins.	1628	1638	1647	1656	1705	1714	1723	1732	1741	mins.		1911	1920	1929			
Chadwell Heath Sainsbury's	1126	1136	1146	1156	until	1636	1646	1655	1704	1713	1722	1731	1740	1749	until		1919	1928	1937			
Romford Market St. Edward's Way	1140	1150	1200	1210		1650	1659	1708	1717	1726	1735	1744	1753	1802			1932	1940	1948			
Romford Station	1144	1154	1204	1214		1654	1703	1712	1721	1730	1739	1748	1757	1806			1936	1944	1952			
Stratford Bus Station	1900	1910	1920	1930	1940	1950				2210	2220				2320	2330	2340	2350	0000	0010		0050
Forest Gate Police Station	1914	1924	1934	1942	1951	2001				2221	2231				2331	2341	2350	2359	0008	0018		0058
Manor Park Broadway	1919	1929	1939	1947	1956	2006	Then			2226	2236	Then			2336	2346	2355	0004	0013	0022	Then	0102
Ilford Broadway Chapel Road	1928	1938	1946	1954	2003	2012	every			2232	2242	every			2342	2352	0001	0010	0019	0028	every	0108
Ilford High Road Hainault Street	1933	1942	1949	1957	2006	2015	10			2235	2245	10			2345	2355	0004	0013	0022	0031	10	0111
Seven Kings Station	1937	1946	1953	2001	2010	2019	mins.			2239	2249	mins.			2349	2359	0008	0017	0026	0035	mins.	0115
Chadwell Heath Sainsbury's	1945	1953	2000	2008	2017	2026	until			2246	2256	until			2356	0005	0014	0023	0032	0041	until	0121
Romford Market St. Edward's Way	1956	2003	2010	2018	2027	2036				2256	2305				0005	0014	0023	0032	0041	0050		0130
Romford Station	2000	2007	2014	2022	2031	2040				2300	2309				0009	0018	0027	0036	0045	0054		0134