

296		Mondays to Fridays																		
Romford Station	0540	0600	0620	0640	0657	0713	0729		0849	0906	0924	0943		1403	1423	1443		1603		
Romford Western Road	0541	0601	0621	0641	0658	0714	0730		0850	0907	0925	0944		1404	1424	1444		1604		
Romford Market St. Edward's Way	0543	0603	0623	0643	0700	0716	0732	Then	0852	0909	0927	0946	Then	1406	1426	1446	Then	1606		
Romford North Street (The Squire)	0546	0606	0626	0646	0703	0719	0736	every	0856	0913	0931	0950	every	1410	1430	1450	every	1610		
Rose Lane shops	0551	0611	0631	0652	0709	0725	0743	20	0903	0920	0937	0956	20	1416	1436	1456	20	1616		
Little Heath Eastern Avenue	0556	0616	0636	0657	0715	0731	0751	mins.	0911	0928	0943	1002	mins.	1422	1442	1503	mins.	1623		
Newbury Park Station	0559	0619	0639	0700	0720	0738	0758	until	0918	0935	0948	1007	until	1427	1448	1509	until	1629		
Gants Hill Station Cranbrook Road (S)	0603	0623	0643	0705	0725	0744	0804		0924	0940	0953	1012		1432	1453	1514		1634		
Ilford Station	0608	0628	0648	0711	0731	0751	0811		0931	0947	1000	1019		1439	1500	1521		1641		
Ilford Sainsbury's	0609	0629	0649	0713	0734	0754	0814		0934	0950	1003	1022		1442	1503	1524		1644		
Romford Station	1624	1645	1706	1726	1746	1806	1826	1846	1906	1935	2005	2035	2105	2135	2205			0005		
Romford Western Road	1625	1646	1707	1727	1747	1807	1827	1847	1907	1936	2006	2036	2106	↓	↓			↓		
Romford Market St. Edward's Way	1627	1648	1709	1729	1749	1809	1829	1849	1909	1938	2008	2038	2108	2138	2208			0008		
Romford North Street (The Squire)	1631	1652	1713	1733	1753	1813	1833	1852	1912	1941	2011	2041	2111	2141	2211		Then	0011		
Rose Lane shops	1637	1658	1719	1739	1759	1819	1838	1857	1917	1945	2015	2045	2115	2145	2215		every 30	0015		
Little Heath Eastern Avenue	1643	1704	1725	1745	1805	1825	1844	1903	1923	1950	2020	2050	2120	2150	2220		minutes	0020		
Newbury Park Station	1649	1710	1731	1751	1811	1831	1848	1907	1927	1954	2024	2054	2124	2154	2223		until	0023		
Gants Hill Station Cranbrook Road (S)	1654	1715	1736	1756	1816	1836	1853	1912	1932	1959	2029	2059	2129	2159	2227			0027		
Ilford Station	1701	1722	1743	1803	1823	1843	1900	1919	1939	2006	2036	2106	2136	2206	2233			0033		
Ilford Sainsbury's	1704	1725	1746	1806	1826	1846	1902	1921	1941	2008	2038	2108	2138	2207	2234			0034		
296		Saturdays (also Good Friday)																		
Romford Station	0540	0610	0640	0710	0736	0756	0816	0835	0854	0914	0934	0953	1011				1711	1731	1751	
Romford Western Road	0541	0611	0641	0711	0737	0757	0817	0836	0855	0915	0935	0954	1013				1713	1733	1753	
Romford Market St. Edward's Way	0543	0613	0643	0713	0739	0759	0819	0838	0857	0917	0937	0956	1015				1715	1735	1755	
Romford North Street (The Squire)	0546	0616	0646	0716	0742	0802	0822	0841	0900	0920	0940	0959	1019				Then	1719	1739	1759
Rose Lane shops	0551	0621	0651	0721	0747	0807	0827	0846	0906	0926	0946	1005	1025				every 20	1725	1745	1805
Little Heath Eastern Avenue	0556	0626	0656	0726	0752	0812	0832	0851	0911	0931	0951	1011	1031				minutes	1731	1751	1810
Newbury Park Station	0559	0629	0659	0729	0755	0815	0835	0856	0916	0936	0956	1016	1036				until	1736	1756	1814
Gants Hill Station Cranbrook Road (S)	0603	0633	0703	0733	0759	0819	0840	0901	0921	0941	1001	1022	1042					1742	1802	1819
Ilford Station	0608	0638	0708	0738	0804	0824	0846	0908	0928	0948	1009	1030	1050					1750	1810	1826
Ilford Sainsbury's	0609	0639	0709	0739	0805	0826	0848	0910	0930	0951	1012	1033	1053					1753	1812	1828
Romford Station	1811	1831	1851	1911	1935	2005	2035	2105	2135	2205	2235	2305	2335	0005						
Romford Western Road	1813	1833	1852	1912	1936	2006	2036	2106	↓	↓	↓	↓	↓	↓						
Romford Market St. Edward's Way	1815	1835	1854	1914	1938	2008	2038	2108	2138	2208	2238	2308	2338	0008						
Romford North Street (The Squire)	1818	1838	1857	1917	1941	2011	2041	2111	2141	2211	2241	2311	2341	0011						
Rose Lane shops	1824	1844	1903	1923	1945	2015	2045	2115	2145	2215	2245	2315	2345	0015						
Little Heath Eastern Avenue	1829	1849	1908	1928	1950	2020	2050	2120	2150	2220	2250	2320	2350	0020						
Newbury Park Station	1833	1853	1912	1932	1954	2024	2054	2124	2154	2223	2253	2323	2353	0023						
Gants Hill Station Cranbrook Road (S)	1838	1858	1917	1937	1959	2029	2059	2129	2159	2227	2257	2327	2357	0027						
Ilford Station	1845	1905	1924	1944	2006	2036	2106	2136	2206	2233	2303	2333	0003	0033						
Ilford Sainsbury's	1847	1907	1926	1946	2008	2038	2108	2138	2207	2234	2304	2334	0004	0034						
296		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																		
Romford Station	0640	0710	0740	0810	0840	0910	0940	1009			39	09		1639	1709	1739	1809	1835	1905	
Romford Western Road	0641	0711	0741	0811	0841	0911	0941	1011	Then		41	11		1641	1710	1740	1810	1836	1906	
Romford Market St. Edward's Way	0643	0713	0743	0813	0843	0913	0943	1013	every 30		43	13		1643	1712	1742	1812	1838	1908	
Romford North Street (The Squire)	0646	0716	0746	0816	0846	0916	0946	1016	minutes		46	16		1646	1715	1745	1815	1841	1911	
Rose Lane shops	0651	0721	0751	0821	0851	0921	0952	1023	at these		53	23	until	1653	1720	1750	1820	1846	1916	
Little Heath Eastern Avenue	0656	0726	0756	0826	0856	0927	0958	1029	minutes		59	29		1659	1725	1755	1825	1851	1921	
Newbury Park Station	0659	0729	0759	0829	0859	0930	1002	1033	past		03	33		1703	1729	1759	1829	1855	1925	
Gants Hill Station Cranbrook Road (S)	0703	0733	0803	0833	0903	0934	1006	1038	the hour		08	38		1708	1734	1804	1834	1900	1930	
Ilford Station	0708	0738	0808	0838	0908	0940	1012	1045			15	45		1715	1741	1811	1841	1907	1937	
Ilford Sainsbury's	0709	0739	0809	0839	0909	0942	1014	1047			17	47		1717	1743	1813	1843	1909	1939	
Romford Station	1935	2005	2035	2105	2135	2205	2235	2305	2335	0005										
Romford Western Road	1936	2006	2036	2106	↓	↓	↓	↓	↓	↓										
Romford Market St. Edward's Way	1938	2008	2038	2108	2138	2208	2238	2308	2338	0008										
Romford North Street (The Squire)	1941	2011	2041	2111	2141	2211	2241	2311	2341	0011										
Rose Lane shops	1945	2015	2045	2115	2145	2215	2245	2315	2345	0015										
Little Heath Eastern Avenue	1950	2020	2050	2120	2150	2220	2250	2320	2350	0020										
Newbury Park Station	1954	2024	2054	2124	2154	2223	2253	2323	2353	0023										
Gants Hill Station Cranbrook Road (S)	1959	2029	2059	2129	2159	2227	2257	2327	2357	0027										
Ilford Station	2006	2036	2106	2136	2206	2233	2303	2333	0003	0033										
Ilford Sainsbury's	2008	2038	2108	2138	2207	2234	2304	2334	0004	0034										
296		Boxing Day																		
A Sunday service operates, commencing with the 0810 journey from Romford.																				

296 Mondays to Fridays																		
Ilford Sainsbury's	0634	0654	0711	0728			0848	0908	0930			1450	1508	1526	1544			1744
Ilford Station	0635	0655	0712	0730			0850	0910	0932			1452	1510	1528	1546			1746
Gants Hill Station Cranbrook Road (S)	0641	0701	0719	0737	Then every 20 minutes until		0857	0917	0939	Then every 20 minutes until		1459	1517	1534	1553	Then every 20 minutes until		1753
Newbury Park Station	0645	0707	0724	0743		0903	0923	0945	1505		1523	1541	1600	1800				
Little Heath Eastern Avenue	0647	0710	0727	0746		0906	0926	0949	1509		1527	1546	1605	1805				
Rose Lane shops	0651	0714	0734	0754		0914	0934	0954	1514		1532	1552	1611	1811				
Romford North Street Bus Garage	0658	0723	0745	0805		0925	0943	1003	1523		1542	1601	1620	1820				
Romford Market St. Edward's Way	0701	0726	0748	0808		0928	0946	1006	1526		1546	1605	1624	1824				
Romford Station	0704	0729	0751	0811	0931	0949	1009	1529	1549	1608	1627	1827						
Ilford Sainsbury's	1805	1826	1846	1906	1928	1948	2018	2048	2118	2148	2219	2250	2320	2350	0020			
Ilford Station	1807	1828	1847	1907	1929	1949	2019	2049	2119	2149	2220	2251	2321	2351	0021			
Gants Hill Station Cranbrook Road (S)	1814	1835	1854	1914	1936	1956	2026	2056	2126	2156	2227	2257	2327	2357	0027			
Newbury Park Station	1821	1841	1900	1920	1941	2001	2031	2101	2131	2201	2231	2301	2331	0001	0031			
Little Heath Eastern Avenue	1826	1845	1904	1924	1944	2004	2034	2104	2134	2204	2233	2303	2333	0003	0033			
Rose Lane shops	1832	1850	1909	1929	1949	2009	2039	2109	2139	2208	2237	2307	2337	0007	0037			
Romford North Street Bus Garage	1840	1858	1917	1937	1956	2016	2046	2116	2146	2215	2244	2314	2344	0014	0044			
Romford Market St. Edward's Way	1843	1901	1920	1939	1958	2018	2048	2118	2148	2217	2246	2316	2346	0016	0046			
Romford Station	1846	1904	1923	1942	2001	2021	2051	2121	2151	2220	2249	2319	2349	0019	0049			
296 Saturdays (also Good Friday)																		
Ilford Sainsbury's	0634	0700	0727	0754	0820	0840	0859	0917	0935	0953	1012	Then every 20 minutes until	1732	1752	1812	1832	1852	
Ilford Station	0635	0701	0728	0755	0821	0841	0900	0918	0936	0955	1014		1734	1754	1813	1833	1853	
Gants Hill Station Cranbrook Road (S)	0641	0707	0734	0801	0827	0847	0906	0925	0943	1002	1022		1742	1802	1820	1840	1900	
Newbury Park Station	0645	0711	0738	0805	0831	0853	0912	0931	0949	1008	1028		1748	1808	1826	1846	1906	
Little Heath Eastern Avenue	0647	0713	0740	0807	0833	0857	0916	0935	0953	1013	1033		1753	1813	1831	1851	1911	
Rose Lane shops	0651	0717	0744	0811	0837	0901	0921	0940	0958	1018	1038		1758	1818	1836	1856	1916	
Romford North Street Bus Garage	0658	0724	0751	0819	0845	0909	0929	0948	1008	1028	1048	1808	1826	1844	1904	1924		
Romford Market St. Edward's Way	0700	0726	0753	0821	0847	0911	0931	0951	1011	1031	1051	1811	1829	1847	1907	1927		
Romford Station	0703	0729	0756	0824	0850	0914	0935	0955	1015	1035	1055	1815	1833	1851	1911	1931		
Ilford Sainsbury's	1918	1948	2018	2048	2118	2148	2219	2250	2320	2350	0020							
Ilford Station	1919	1949	2019	2049	2119	2149	2220	2251	2321	2351	0021							
Gants Hill Station Cranbrook Road (S)	1926	1956	2026	2056	2126	2156	2227	2257	2327	2357	0027							
Newbury Park Station	1932	2001	2031	2101	2131	2201	2231	2301	2331	0001	0031							
Little Heath Eastern Avenue	1935	2004	2034	2104	2134	2204	2233	2303	2333	0003	0033							
Rose Lane shops	1940	2009	2039	2109	2139	2208	2237	2307	2337	0007	0037							
Romford North Street Bus Garage	1947	2016	2046	2116	2146	2215	2244	2314	2344	0014	0044							
Romford Market St. Edward's Way	1949	2018	2048	2118	2148	2217	2246	2316	2346	0016	0046							
Romford Station	1952	2021	2051	2121	2151	2220	2249	2319	2349	0019	0049							
296 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																		
Ilford Sainsbury's	0700	0730	0800	0830	0858	0928	0954	1023	Then every 30 minutes at these minutes past the hour	53	23	1623	1653	1723	1753	1823	1850	
Ilford Station	0701	0731	0801	0831	0859	0929	0955	1024		54	24	1624	1654	1724	1754	1824	1851	
Gants Hill Station Cranbrook Road (S)	0707	0737	0807	0837	0905	0935	1001	1031		01	31	1631	1701	1731	1801	1831	1858	
Newbury Park Station	0711	0741	0811	0841	0909	0939	1006	1036		06	36	1636	1706	1736	1806	1836	1903	
Little Heath Eastern Avenue	0714	0744	0814	0844	0912	0942	1010	1040		10	40	1640	1710	1740	1810	1840	1907	
Rose Lane shops	0718	0748	0818	0848	0916	0946	1016	1046		16	46	1646	1715	1745	1815	1845	1912	
Romford North Street Bus Garage	0725	0755	0825	0855	0923	0953	1024	1054	24	54	1654	1722	1752	1822	1852	1919		
Romford Market St. Edward's Way	0727	0757	0827	0857	0926	0956	1027	1057	27	57	1657	1724	1754	1824	1854	1921		
Romford Station	0730	0800	0830	0900	0930	1000	1031	1101	31	01	1701	1727	1757	1827	1857	1924		
Ilford Sainsbury's	1918	1948	2018	2048	2118	2148	2219	2250	2320	2350	0020							
Ilford Station	1919	1949	2019	2049	2119	2149	2220	2251	2321	2351	0021							
Gants Hill Station Cranbrook Road (S)	1926	1956	2026	2056	2126	2156	2227	2257	2327	2357	0027							
Newbury Park Station	1931	2001	2031	2101	2131	2201	2231	2301	2331	0001	0031							
Little Heath Eastern Avenue	1934	2004	2034	2104	2134	2204	2233	2303	2333	0003	0033							
Rose Lane shops	1939	2009	2039	2109	2139	2208	2237	2307	2337	0007	0037							
Romford North Street Bus Garage	1946	2016	2046	2116	2146	2215	2244	2314	2344	0014	0044							
Romford Market St. Edward's Way	1948	2018	2048	2118	2148	2217	2246	2316	2346	0016	0046							
Romford Station	1951	2021	2051	2121	2151	2220	2249	2319	2349	0019	0049							
296 Boxing Day																		
A Sunday service operates, commencing with the 0830 journey from Ilford.																		