

296		Mondays to Fridays															
Romford Station	0540 0558 0617 0636 0655 0714 0734 0754 0814 0834 0854 0914 0934 0954		1254 1314 1333 1351														
Romford Market <i>St Edward's Way</i>	0542 0600 0620 0639 0658 0717 0737 0757 0817 0837 0857 0917 0937 0957		1257 1317 1336 1354														
Romford North Street <i>(The Squire)</i>	0545 0603 0623 0642 0701 0721 0741 0801 0821 0841 0901 0921 0941 1001	Then	1301 1321 1340 1358														
Rose Lane shops	0554 0613 0633 0652 0711 0731 0751 0811 0831 0851 0910 0930 0950 1009	every 20	1309 1329 1348 1406														
Little Heath <i>Eastern Avenue</i>	0601 0622 0642 0702 0722 0742 0802 0822 0842 0901 0919 0938 0957 1016	minutes	1316 1336 1355 1414														
Newbury Park Station	0606 0627 0647 0707 0727 0747 0807 0827 0847 0906 0924 0943 1002 1021	until	1321 1341 1400 1419														
Gants Hill Station <i>Cranbrook Road (S)</i>	0615 0636 0656 0715 0734 0754 0814 0834 0854 0912 0930 0949 1008 1027		1327 1347 1406 1426														
Ilford Station	0622 0643 0703 0723 0743 0803 0823 0842 0901 0919 0937 0956 1015 1034		1334 1355 1415 1435														
Ilford Sainsbury's	0624 0645 0705 0725 0745 0805 0825 0844 0903 0921 0939 0958 1017 1036		1336 1357 1417 1437														

296		Mondays to Fridays (cont.)																Saturdays															
Romford Station	1409 1428 1448 1508 1529 1549 1609 1630 1650 1710 1730 1750 1809 1828 1847 1905 1935 2005 2035 2105																																
Romford Market <i>St Edward's Way</i>	1412 1431 1451 1511 1532 1552 1612 1633 1653 1713 1733 1753 1812 1831 1850 1908 1938 2008 2038 2107																																
Romford North Street <i>(The Squire)</i>	1418 1437 1457 1517 1537 1557 1617 1638 1658 1718 1738 1758 1816 1835 1854 1912 1942 2012 2042 2111																																
Rose Lane shops	1426 1446 1506 1526 1546 1606 1626 1647 1707 1727 1747 1806 1824 1843 1902 1921 1950 2020 2049 2118																																
Little Heath <i>Eastern Avenue</i>	1434 1454 1514 1534 1554 1614 1634 1655 1715 1735 1754 1813 1831 1850 1908 1927 1956 2025 2054 2123																																
Newbury Park Station	1439 1459 1519 1539 1559 1619 1639 1659 1719 1739 1758 1817 1835 1854 1912 1931 2000 2029 2058 2127																																
Gants Hill Station <i>Cranbrook Road (S)</i>	1446 1506 1526 1546 1606 1626 1646 1706 1726 1745 1804 1823 1841 1900 1918 1936 2005 2034 2103 2132																																
Ilford Station	1455 1515 1535 1555 1615 1635 1655 1714 1733 1752 1811 1830 1848 1906 1923 1941 2010 2039 2108 2137																																
Ilford Sainsbury's	1457 1517 1537 1557 1617 1637 1657 1716 1735 1754 1813 1832 1850 1908 1925 1943 2012 2041 2110 2139																																

296		Saturdays (cont.)															
Romford Station	2135 2205 2235 2305 2335 0005	X	0005 0035		0505 0535 0605 0635 0705 0734 0757 0818 0838 0857												
Romford Market <i>St Edward's Way</i>	2137 2207 2237 2307 2337 0007		0007 0038		0508 0537 0607 0637 0707 0736 0759 0820 0840 0859												
Romford North Street <i>(The Squire)</i>	2141 2210 2240 2310 2340 0009		0009 0041	Then	0511 0540 0610 0640 0710 0739 0802 0823 0843 0902												
Rose Lane shops	2148 2217 2247 2317 2346 0015		0015 0045	every 30	0515 0547 0617 0647 0717 0746 0809 0830 0850 0909												
Little Heath <i>Eastern Avenue</i>	2153 2222 2252 2322 2351 0020		0020 0050	minutes	0520 0552 0622 0652 0722 0751 0814 0836 0856 0916												
Newbury Park Station	2157 2226 2256 2325 2354 0023		0023 0053	until	0523 0556 0626 0656 0726 0756 0818 0841 0901 0921												
Gants Hill Station <i>Cranbrook Road (S)</i>	2202 2231 2300 2329 2358 0027		0027 0057		0527 0600 0630 0700 0730 0800 0823 0846 0907 0927												
Ilford Station	2207 2236 2305 2334 0003 0032		0032 0103		0533 0604 0634 0704 0734 0805 0829 0852 0913 0933												
Ilford Sainsbury's	2208 2237 2306 2335 0004 0033		0033 0104		0534 0605 0635 0705 0735 0806 0831 0854 0915 0935												

296		Sundays															
Romford Station	0005 0035		0605 0635 0705 0735 0804 0834 0905 0936 1007 1037 1106 1135 1205 1235 1305 1335 1405														
Romford Market <i>St Edward's Way</i>	0007 0038		0608 0637 0707 0737 0806 0836 0907 0938 1009 1040 1109 1138 1208 1238 1308 1338 1408														
Romford North Street <i>(The Squire)</i>	0009 0041	Then	0611 0640 0710 0740 0810 0840 0911 0942 1013 1044 1113 1142 1214 1244 1314 1344 1413														
Rose Lane shops	0015 0045	every	0615 0647 0717 0747 0817 0847 0918 0949 1020 1051 1121 1151 1223 1253 1323 1352 1421														
Little Heath <i>Eastern Avenue</i>	0020 0050	30	0620 0652 0723 0754 0824 0855 0926 0957 1028 1059 1129 1159 1230 1300 1329 1358 1427														
Newbury Park Station	0023 0053	mins.	0623 0655 0726 0757 0827 0858 0929 1000 1031 1102 1134 1204 1235 1305 1334 1403 1432														
Gants Hill Station <i>Cranbrook Road (S)</i>	0027 0057	until	0627 0659 0730 0801 0832 0903 0934 1006 1038 1109 1140 1211 1241 1311 1340 1409 1438														
Ilford Station	0032 0103		0633 0703 0734 0805 0836 0907 0940 1012 1044 1116 1147 1219 1249 1319 1348 1417 1446														
Ilford Sainsbury's	0033 0104		0634 0704 0735 0806 0837 0908 0941 1013 1045 1118 1149 1221 1251 1321 1350 1419 1448														
Romford Station	1435 1505 1535 1605 1635 1705 1735 1805 1835 1905 1935 2005 2035 2105 2135 2205 2235 2305 2335 0005																
Romford Market <i>St Edward's Way</i>	1438 1508 1538 1608 1638 1708 1738 1808 1837 1907 1937 2007 2037 2107 2137 2207 2237 2307 2337 0007																
Romford North Street <i>(The Squire)</i>	1443 1513 1543 1612 1642 1712 1742 1812 1841 1911 1941 2011 2041 2111 2141 2210 2240 2309 2339 0009																
Rose Lane shops	1451 1521 1550 1619 1649 1719 1749 1819 1848 1918 1948 2018 2047 2117 2147 2216 2246 2315 2345 0015																
Little Heath <i>Eastern Avenue</i>	1457 1527 1556 1625 1655 1725 1755 1824 1853 1923 1953 2023 2052 2122 2152 2221 2251 2320 2350 0020																
Newbury Park Station	1502 1531 1600 1629 1659 1729 1759 1828 1857 1927 1957 2026 2055 2125 2155 2224 2254 2323 2353 0023																
Gants Hill Station <i>Cranbrook Road (S)</i>	1508 1537 1606 1635 1705 1735 1804 1833 1902 1932 2002 2031 2100 2130 2200 2229 2258 2327 2357 0027																
Ilford Station	1516 1545 1614 1643 1712 1741 1810 1839 1908 1938 2007 2036 2105 2135 2205 2234 2303 2332 0002 0032																
Ilford Sainsbury's	1518 1547 1616 1645 1714 1743 1812 1841 1910 1940 2009 2038 2107 2137 2206 2235 2304 2333 0003 0033																

Note: X - On Fridays, this journey is duplicated in the Saturday timetable.

296		Mondays to Fridays																	
Ilford Sainsbury's	0634 0653 0711 0730 0750 0810 0830 0850		1210 1230 1250 1310 1330 1350 1410 1430 1450 1510																
Ilford Station	0635 0654 0713 0732 0752 0812 0832 0852		1212 1232 1252 1312 1332 1352 1412 1432 1452 1512																
Gants Hill Station <i>Cranbrook Road (S)</i>	0641 0700 0720 0740 0800 0819 0839 0859	Then every 20 minutes until	1219 1240 1300 1320 1340 1401 1421 1441 1501 1521																
Newbury Park Station	0648 0708 0728 0748 0808 0827 0847 0908		1228 1249 1310 1330 1350 1411 1431 1451 1511 1531																
Little Heath <i>Eastern Avenue</i>	0654 0714 0734 0754 0814 0833 0853 0914		1234 1255 1316 1337 1357 1418 1438 1459 1519 1539																
Rose Lane <i>shops</i>	0700 0720 0740 0800 0820 0839 0859 0919		1239 1300 1321 1342 1403 1424 1444 1505 1525 1545																
Romford North Street Bus Garage	0714 0734 0754 0813 0832 0850 0909 0929		1249 1310 1331 1352 1413 1434 1453 1515 1535 1555																
Romford Market <i>St Edward's Way</i>	0717 0737 0757 0816 0835 0853 0912 0932		1252 1313 1334 1355 1416 1437 1457 1518 1538 1558																
Romford Station	0721 0741 0801 0820 0839 0857 0916 0936	1256 1317 1338 1359 1420 1441 1501 1522 1542 1602																	
Ilford Sainsbury's	1530 1550 1610 1630 1650 1710 1730 1750 1810 1830 1850 1910 1930 1950 2020 2050 2120 2150 2220 2250																		
Ilford Station	1532 1552 1612 1632 1652 1712 1732 1752 1812 1832 1852 1912 1932 1952 2022 2052 2122 2152 2222 2252																		
Gants Hill Station <i>Cranbrook Road (S)</i>	1541 1601 1621 1641 1701 1721 1741 1801 1820 1840 1900 1920 1939 1959 2028 2058 2128 2158 2228 2258																		
Newbury Park Station	1551 1611 1631 1651 1711 1731 1751 1810 1829 1849 1909 1928 1947 2006 2035 2105 2135 2205 2235 2305																		
Little Heath <i>Eastern Avenue</i>	1559 1619 1639 1659 1719 1739 1758 1817 1836 1856 1915 1934 1952 2011 2040 2110 2140 2210 2240 2310																		
Rose Lane <i>shops</i>	1605 1625 1645 1705 1725 1744 1803 1822 1841 1901 1920 1939 1957 2016 2045 2115 2145 2215 2245 2314																		
Romford North Street Bus Garage	1616 1636 1656 1715 1734 1753 1812 1831 1850 1909 1927 1945 2003 2022 2051 2121 2151 2220 2249 2318																		
Romford Market <i>St Edward's Way</i>	1619 1639 1659 1718 1737 1756 1815 1834 1853 1912 1930 1948 2006 2025 2054 2124 2154 2223 2252 2321																		
Romford Station	1623 1643 1703 1722 1741 1800 1819 1838 1857 1915 1933 1951 2009 2028 2057 2127 2157 2226 2255 2324																		
296		M-F (cont.)			Saturdays														
		X																	
Ilford Sainsbury's	2320 2350 0020	0020 0040		0610 0635 0705 0735 0805 0834 0854 0913 0931 0950 1010 1030 1050															
Ilford Station	2322 2352 0021	0021 0041		0611 0636 0706 0737 0807 0836 0856 0915 0933 0952 1012 1032 1052															
Gants Hill Station <i>Cranbrook Road (S)</i>	2328 2357 0026	0026 0047	Then every 30 minutes until	0617 0641 0711 0742 0812 0841 0901 0921 0940 0959 1019 1039 1059															
Newbury Park Station	2334 0003 0032	0032 0051		0621 0647 0717 0748 0818 0848 0908 0928 0948 1008 1028 1048 1108															
Little Heath <i>Eastern Avenue</i>	2339 0008 0037	0037 0053		0623 0652 0722 0753 0823 0854 0914 0934 0954 1014 1034 1054 1114															
Rose Lane <i>shops</i>	2343 0012 0041	0041 0057		0627 0656 0727 0758 0829 0900 0920 0940 1000 1020 1040 1100 1120															
Romford North Street Bus Garage	2347 0016 0045	0045 0106		0636 0703 0734 0806 0837 0908 0928 0950 1010 1030 1050 1111 1132															
Romford Market <i>St Edward's Way</i>	2350 0019 0048	0048 0109		0639 0705 0736 0808 0839 0910 0930 0952 1013 1033 1053 1114 1135															
Romford Station	2353 0022 0051	0051 0110	0640 0708 0740 0812 0843 0914 0934 0956 1017 1037 1058 1119 1140																
296		Saturdays (cont.)																	
Ilford Sainsbury's	1110 1130 1150 1210 1230 1250 1310 1330 1350 1410 1430 1450 1510 1530 1550 1610 1630 1650 1710 1730																		
Ilford Station	1112 1132 1152 1212 1232 1253 1313 1333 1353 1413 1433 1453 1512 1532 1552 1612 1632 1652 1712 1732																		
Gants Hill Station <i>Cranbrook Road (S)</i>	1119 1139 1159 1220 1240 1302 1322 1342 1402 1422 1442 1502 1521 1541 1601 1621 1641 1701 1721 1740																		
Newbury Park Station	1128 1148 1208 1229 1249 1311 1331 1351 1411 1431 1451 1511 1530 1550 1610 1630 1650 1710 1730 1749																		
Little Heath <i>Eastern Avenue</i>	1134 1154 1214 1235 1255 1317 1337 1357 1417 1437 1457 1517 1536 1556 1616 1636 1656 1716 1736 1755																		
Rose Lane <i>shops</i>	1140 1200 1220 1240 1300 1322 1342 1402 1422 1442 1502 1522 1541 1601 1621 1641 1701 1721 1741 1800																		
Romford North Street Bus Garage	1153 1214 1234 1254 1313 1334 1354 1414 1433 1453 1512 1532 1551 1611 1631 1651 1710 1729 1748 1808																		
Romford Market <i>St Edward's Way</i>	1156 1217 1237 1257 1316 1337 1357 1417 1437 1456 1515 1535 1554 1614 1634 1654 1713 1732 1751 1810																		
Romford Station	1201 1222 1242 1302 1321 1341 1401 1421 1441 1500 1519 1539 1558 1618 1638 1658 1717 1736 1755 1814																		
Ilford Sainsbury's	1750 1810 1830 1850 1920 1950 2020 2050 2120 2150 2220 2250 2320 2350																		
Ilford Station	1752 1812 1832 1852 1922 1952 2022 2052 2122 2152 2222 2251 2321 2351																		
Gants Hill Station <i>Cranbrook Road (S)</i>	1800 1820 1840 1900 1930 2000 2029 2058 2128 2158 2227 2256 2326 2356																		
Newbury Park Station	1809 1829 1849 1909 1939 2006 2035 2104 2134 2203 2232 2301 2331 0001																		
Little Heath <i>Eastern Avenue</i>	1815 1835 1855 1915 1944 2011 2040 2109 2139 2207 2236 2305 2335 0005																		
Rose Lane <i>shops</i>	1820 1840 1900 1920 1949 2016 2045 2114 2143 2211 2240 2309 2339 0009																		
Romford North Street Bus Garage	1828 1848 1908 1928 1956 2023 2052 2120 2148 2216 2245 2314 2344 0014																		
Romford Market <i>St Edward's Way</i>	1830 1850 1910 1930 1958 2025 2054 2122 2150 2218 2247 2316 2346 0016																		
Romford Station	1834 1854 1914 1934 2002 2028 2057 2125 2153 2221 2250 2319 2349 0019																		
296		Sundays																	
Ilford Sainsbury's	0020 0040		0640 0700 0729 0756 0824		1024 1054 1124 1155 1226 1256 1326 1356 1426														
Ilford Station	0021 0041		0641 0701 0730 0757 0826		1026 1056 1126 1157 1228 1258 1328 1358 1428														
Gants Hill Station <i>Cranbrook Road (S)</i>	0026 0047	Then every 30 minutes until	0647 0707 0736 0803 0833	Then every 30 minutes until	1033 1103 1133 1204 1236 1306 1337 1407 1437														
Newbury Park Station	0031 0051		0651 0713 0743 0811 0841		1041 1111 1142 1213 1245 1316 1347 1417 1447														
Little Heath <i>Eastern Avenue</i>	0035 0053		0653 0719 0749 0817 0847		1047 1117 1148 1219 1251 1323 1354 1424 1454														
Rose Lane <i>shops</i>	0039 0057		0657 0724 0754 0823 0853		1053 1123 1154 1225 1257 1329 1400 1430 1500														
Romford North Street Bus Garage	0044 0106		0706 0734 0804 0834 0904		1104 1135 1206 1237 1309 1341 1412 1442 1512														
Romford Market <i>St Edward's Way</i>	0046 0109		0709 0736 0806 0836 0906		1106 1137 1208 1239 1311 1343 1414 1444 1514														
Romford Station	0049 0110	0710 0740 0810 0840 0910	1110 1141 1212 1243 1315 1347 1418 1448 1518																
Ilford Sainsbury's	1455 1525 1555 1624 1653 1722 1751 1820 1850 1920 1950 2020 2050 2120 2150 2220 2250 2320 2350 0020																		
Ilford Station	1457 1527 1557 1626 1655 1724 1753 1822 1852 1922 1952 2022 2052 2122 2152 2222 2252 2322 2352 0021																		
Gants Hill Station <i>Cranbrook Road (S)</i>	1506 1536 1606 1635 1704 1732 1801 1830 1900 1929 1959 2029 2059 2129 2159 2228 2258 2327 2357 0026																		
Newbury Park Station	1516 1546 1616 1645 1713 1741 1810 1839 1908 1937 2007 2037 2106 2136 2206 2234 2304 2333 0002 0031																		
Little Heath <i>Eastern Avenue</i>	1523 1553 1623 1652 1720 1748 1817 1845 1914 1943 2013 2043 2112 2141 2211 2239 2308 2337 0006 0035																		
Rose Lane <i>shops</i>	1529 1559 1629 1658 1726 1754 1823 1851 1920 1949 2019 2049 2118 2146 2216 2244 2312 2341 0010 0039																		
Romford North Street Bus Garage	1541 1611 1641 1709 1736 1803 1831 1859 1928 1957 2027 2057 2126 2153 2221 2249 2317 2346 0015 0044																		
Romford Market <i>St Edward's Way</i>	1543 1613 1643 1711 1738 1805 1833 1901 1930 1959 2029 2059 2128 2155 2223 2251 2319 2348 0017 0046																		
Romford Station	1547 1617 1647 1715 1742 1809 1837 1905 1934 2003 2033 2103 2132 2158 2226 2254 2322 2351 0020 0049																		
Note:	X - On Fridays, this journey is duplicated in the Saturday timetable.																		