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|---------------------------------------|------|---|------|-------|-------|------|------------------------|------|------|------|------|-------------------------------------|------|-------|------|------|------|------|------|------|--|
| 296 | | Mondays to Fridays | | | | | | | | | | | | | | | | | | | |
| Not Summer school holidays | | | | | | | | | | | | | | | | | | | | | |
| Romford Station | 0515 | 0535 | 0555 | 0610 | 0625 | 0638 | 0651 | 0705 | 0720 | 0735 | 0749 | 0803 | 0818 | 0834 | 0850 | 0906 | 0922 | 0938 | 0953 | 1008 | |
| Romford North Street (The Squire) | 0521 | 0541 | 0601 | 0616 | 0631 | 0644 | 0657 | 0711 | 0726 | 0741 | 0755 | 0809 | 0824 | 0840 | 0856 | 0913 | 0929 | 0945 | 1000 | 1015 | |
| Rose Lane shops | 0529 | 0549 | 0610 | 0625 | 0640 | 0654 | 0707 | 0722 | 0737 | 0752 | 0806 | 0820 | 0835 | 0851 | 0907 | 0923 | 0939 | 0955 | 1010 | 1024 | |
| Little Heath Eastern Avenue | 0535 | 0556 | 0619 | 0634 | 0649 | 0703 | 0718 | 0733 | 0748 | 0803 | 0818 | 0833 | 0848 | 0904 | 0918 | 0932 | 0947 | 1003 | 1017 | 1031 | |
| Newbury Park Station | 0540 | 0601 | 0624 | 0639 | 0654 | 0709 | 0724 | 0739 | 0754 | 0809 | 0824 | 0839 | 0854 | 0909 | 0923 | 0937 | 0952 | 1008 | 1022 | 1036 | |
| Gants Hill Station Cranbrook Road (S) | 0546 | 0609 | 0632 | 0647 | 0702 | 0717 | 0732 | 0747 | 0802 | 0818 | 0833 | 0848 | 0903 | 0917 | 0931 | 0945 | 1000 | 1015 | 1029 | 1043 | |
| Ilford Sainsbury's | 0555 | 0617 | 0640 | 0655 | 0711 | 0727 | 0743 | 0758 | 0813 | 0829 | 0844 | 0858 | 0912 | 0926 | 0940 | 0954 | 1009 | 1024 | 1038 | 1052 | |
| | | Not Summ sch hols (cont.) | | | | | Summer school holidays | | | | | | | | | | | | | | |
| Romford Station | 1023 | | 1153 | 1208 | | 1323 | 0515 | 0535 | 0555 | 0610 | 0625 | 0639 | 0653 | | 0753 | 0808 | 0823 | 0838 | 0853 | 0908 | |
| Romford North Street (The Squire) | 1030 | Then | 1200 | 1216 | Then | 1331 | 0521 | 0541 | 0601 | 0616 | 0631 | 0645 | 0659 | Then | 0759 | 0814 | 0829 | 0844 | 0859 | 0915 | |
| Rose Lane shops | 1039 | every | 1209 | 1225 | every | 1340 | 0529 | 0549 | 0609 | 0624 | 0639 | 0653 | 0707 | every | 0807 | 0822 | 0837 | 0852 | 0907 | 0923 | |
| Little Heath Eastern Avenue | 1046 | 15 | 1216 | 1232 | 15 | 1347 | 0535 | 0556 | 0617 | 0633 | 0648 | 0702 | 0716 | 15 | 0816 | 0831 | 0846 | 0901 | 0916 | 0931 | |
| Newbury Park Station | 1051 | mins. | 1221 | 1237 | mins. | 1352 | 0540 | 0601 | 0622 | 0638 | 0653 | 0708 | 0722 | mins. | 0822 | 0837 | 0852 | 0906 | 0921 | 0936 | |
| Gants Hill Station Cranbrook Road (S) | 1058 | until | 1228 | 1244 | until | 1359 | 0546 | 0608 | 0629 | 0645 | 0700 | 0715 | 0729 | until | 0829 | 0844 | 0859 | 0913 | 0928 | 0943 | |
| Ilford Sainsbury's | 1107 | | 1237 | 1253 | | 1408 | 0555 | 0616 | 0637 | 0653 | 0709 | 0725 | 0740 | | 0840 | 0854 | 0909 | 0923 | 0937 | 0952 | |
| | | Summer school holidays (cont.) | | | | | | | | | | | | | | | | | | | |
| Romford Station | 0923 | 0938 | 0953 | | 1153 | 1208 | | 1308 | 1323 | 1338 | 1353 | 1408 | 1423 | 1438 | 1451 | 1504 | 1519 | 1534 | 1550 | 1605 | |
| Romford North Street (The Squire) | 0930 | 0945 | 1000 | Then | 1200 | 1216 | Then | 1316 | 1331 | 1346 | 1401 | 1416 | 1431 | 1446 | 1459 | 1513 | 1528 | 1543 | 1559 | 1614 | |
| Rose Lane shops | 0938 | 0953 | 1008 | every | 1208 | 1224 | every | 1324 | 1340 | 1355 | 1411 | 1426 | 1441 | 1456 | 1509 | 1524 | 1539 | 1554 | 1610 | 1625 | |
| Little Heath Eastern Avenue | 0946 | 1001 | 1015 | 15 | 1215 | 1231 | 15 | 1331 | 1347 | 1402 | 1418 | 1433 | 1448 | 1503 | 1518 | 1533 | 1548 | 1603 | 1618 | 1633 | |
| Newbury Park Station | 0951 | 1006 | 1020 | mins. | 1220 | 1236 | mins. | 1336 | 1352 | 1407 | 1423 | 1438 | 1453 | 1508 | 1523 | 1538 | 1553 | 1608 | 1623 | 1638 | |
| Gants Hill Station Cranbrook Road (S) | 0958 | 1013 | 1027 | until | 1227 | 1243 | until | 1343 | 1359 | 1414 | 1430 | 1445 | 1500 | 1515 | 1530 | 1545 | 1600 | 1615 | 1630 | 1645 | |
| Ilford Sainsbury's | 1007 | 1022 | 1036 | | 1236 | 1252 | | 1352 | 1408 | 1424 | 1440 | 1455 | 1510 | 1526 | 1541 | 1556 | 1611 | 1626 | 1641 | 1656 | |
| Romford Station | 1620 | 1636 | 1652 | 1708 | 1723 | 1739 | 1755 | 1810 | 1826 | 1842 | 1858 | 1919 | 1940 | 2000 | 2020 | 2040 | 2100 | 2120 | 2141 | 2200 | |
| Romford North Street (The Squire) | 1629 | 1645 | 1700 | 1715 | 1730 | 1746 | 1802 | 1817 | 1833 | 1849 | 1905 | 1926 | 1947 | 2007 | 2027 | 2047 | 2107 | 2127 | 2148 | 2207 | |
| Rose Lane shops | 1640 | 1656 | 1711 | 1726 | 1741 | 1757 | 1812 | 1827 | 1843 | 1859 | 1914 | 1935 | 1956 | 2015 | 2035 | 2055 | 2114 | 2134 | 2155 | 2214 | |
| Little Heath Eastern Avenue | 1648 | 1704 | 1719 | 1734 | 1749 | 1805 | 1820 | 1835 | 1851 | 1907 | 1922 | 1942 | 2003 | 2022 | 2041 | 2101 | 2120 | 2139 | 2200 | 2219 | |
| Newbury Park Station | 1653 | 1708 | 1723 | 1738 | 1753 | 1809 | 1824 | 1839 | 1855 | 1911 | 1926 | 1946 | 2007 | 2026 | 2045 | 2105 | 2124 | 2143 | 2203 | 2222 | |
| Gants Hill Station Cranbrook Road (S) | 1700 | 1715 | 1730 | 1745 | 1800 | 1816 | 1831 | 1846 | 1902 | 1917 | 1932 | 1952 | 2012 | 2031 | 2050 | 2110 | 2129 | 2148 | 2208 | 2227 | |
| Ilford Sainsbury's | 1711 | 1726 | 1741 | 1756 | 1811 | 1826 | 1841 | 1856 | 1911 | 1926 | 1941 | 2001 | 2020 | 2039 | 2058 | 2118 | 2137 | 2156 | 2216 | 2235 | |
| 296 | | Mondays to Fridays (cont.) | | | | | | | | | | Saturdays (also Good Friday) | | | | | | | | | |
| Romford Station | 2220 | 2240 | 2300 | 2320 | 2340 | 0000 | 0540 | 0610 | 0640 | 0710 | 0740 | 0800 | 0820 | 0840 | 0859 | 0918 | 0938 | 0957 | 1017 | 1037 | |
| Romford North Street (The Squire) | 2226 | 2246 | 2305 | 2324 | 2344 | 0004 | 0545 | 0615 | 0645 | 0715 | 0745 | 0805 | 0826 | 0846 | 0905 | 0925 | 0945 | 1004 | 1024 | 1044 | |
| Rose Lane shops | 2233 | 2253 | 2312 | 2331 | 2351 | 0011 | 0552 | 0622 | 0652 | 0722 | 0752 | 0813 | 0834 | 0854 | 0913 | 0933 | 0953 | 1012 | 1032 | 1052 | |
| Little Heath Eastern Avenue | 2238 | 2258 | 2317 | 2336 | 2356 | 0016 | 0557 | 0628 | 0658 | 0728 | 0758 | 0819 | 0840 | 0900 | 0919 | 0939 | 0959 | 1019 | 1039 | 1059 | |
| Newbury Park Station | 2241 | 2301 | 2320 | 2339 | 2359 | 0019 | 0601 | 0632 | 0702 | 0732 | 0802 | 0823 | 0844 | 0904 | 0924 | 0944 | 1004 | 1024 | 1044 | 1104 | |
| Gants Hill Station Cranbrook Road (S) | 2246 | 2305 | 2324 | 2343 | 0003 | 0023 | 0606 | 0637 | 0707 | 0737 | 0807 | 0828 | 0849 | 0910 | 0930 | 0950 | 1011 | 1031 | 1051 | 1111 | |
| Ilford Sainsbury's | 2254 | 2313 | 2331 | 2350 | 0009 | 0028 | 0613 | 0644 | 0714 | 0744 | 0814 | 0835 | 0857 | 0919 | 0939 | 0959 | 1020 | 1040 | 1100 | 1121 | |
| 296 | | Saturdays (also Good Friday) (cont.) | | | | | | | | | | | | | | | | | | | |
| Romford Station | 1057 | 1117 | 1137 | 1157 | 1217 | 1237 | 1257 | 1317 | 1337 | 1357 | 1417 | 1438 | 1459 | 1520 | 1540 | 1600 | 1620 | 1640 | 1700 | 1720 | |
| Romford North Street (The Squire) | 1104 | 1124 | 1144 | 1204 | 1225 | 1245 | 1306 | 1326 | 1346 | 1407 | 1427 | 1448 | 1508 | 1528 | 1548 | 1608 | 1628 | 1648 | 1708 | 1728 | |
| Rose Lane shops | 1113 | 1133 | 1153 | 1214 | 1235 | 1255 | 1316 | 1336 | 1356 | 1418 | 1438 | 1459 | 1519 | 1539 | 1558 | 1618 | 1638 | 1658 | 1718 | 1738 | |
| Little Heath Eastern Avenue | 1120 | 1140 | 1201 | 1222 | 1243 | 1303 | 1324 | 1344 | 1404 | 1425 | 1445 | 1506 | 1526 | 1546 | 1605 | 1625 | 1645 | 1705 | 1725 | 1745 | |
| Newbury Park Station | 1125 | 1145 | 1206 | 1227 | 1248 | 1308 | 1329 | 1349 | 1409 | 1430 | 1450 | 1511 | 1531 | 1551 | 1610 | 1630 | 1650 | 1710 | 1730 | 1750 | |
| Gants Hill Station Cranbrook Road (S) | 1132 | 1152 | 1213 | 1234 | 1255 | 1316 | 1337 | 1357 | 1416 | 1437 | 1457 | 1518 | 1538 | 1558 | 1617 | 1637 | 1657 | 1717 | 1737 | 1757 | |
| Ilford Sainsbury's | 1142 | 1203 | 1224 | 1245 | 1306 | 1327 | 1348 | 1408 | 1428 | 1449 | 1509 | 1529 | 1549 | 1609 | 1628 | 1647 | 1707 | 1727 | 1747 | 1806 | |
| Romford Station | 1740 | 1800 | 1820 | 1840 | 1900 | 1920 | 1940 | 2000 | 2020 | 2040 | 2100 | 2120 | 2140 | 2200 | 2220 | 2240 | 2300 | 2320 | 2340 | 0000 | |
| Romford North Street (The Squire) | 1748 | 1807 | 1826 | 1846 | 1906 | 1926 | 1946 | 2006 | 2026 | 2046 | 2106 | 2126 | 2146 | 2206 | 2226 | 2246 | 2306 | 2326 | 2346 | 0006 | |
| Rose Lane shops | 1758 | 1817 | 1836 | 1855 | 1915 | 1935 | 1955 | 2014 | 2034 | 2054 | 2113 | 2133 | 2153 | 2213 | 2233 | 2253 | 2312 | 2331 | 2351 | 0011 | |
| Little Heath Eastern Avenue | 1805 | 1824 | 1843 | 1902 | 1922 | 1942 | 2002 | 2021 | 2040 | 2100 | 2119 | 2138 | 2158 | 2218 | 2238 | 2258 | 2317 | 2336 | 2356 | 0016 | |
| Newbury Park Station | 1809 | 1828 | 1847 | 1906 | 1926 | 1946 | 2006 | 2025 | 2044 | 2104 | 2123 | 2142 | 2202 | 2222 | 2242 | 2302 | 2320 | 2339 | 2359 | 0019 | |
| Gants Hill Station Cranbrook Road (S) | 1816 | 1835 | 1854 | 1913 | 1933 | 1953 | 2012 | 2031 | 2050 | 2109 | 2128 | 2147 | 2207 | 2227 | 2247 | 2307 | 2325 | 2343 | 0003 | 0023 | |
| Ilford Sainsbury's | 1825 | 1844 | 1903 | 1922 | 1942 | 2002 | 2021 | 2040 | 2059 | 2118 | 2137 | 2156 | 2215 | 2235 | 2255 | 2314 | 2332 | 2350 | 0010 | 0030 | |
| 296 | | Sundays and other Public Holidays (except Christmas Day) | | | | | | | | | | | | | | | | | | | |
| Romford Station | 0640 | 0709 | 0738 | 0807 | 0836 | 0905 | 0934 | 1003 | 1032 | 1101 | 1130 | 1200 | 1230 | 1300 | 1330 | 1400 | 1430 | 1500 | 1530 | 1600 | |
| Romford North Street (The Squire) | 0645 | 0714 | 0743 | 0813 | 0842 | 0911 | 0940 | 1009 | 1039 | 1108 | 1137 | 1208 | 1238 | 1308 | 1338 | 1408 | 1438 | 1507 | 1537 | 1607 | |
| Rose Lane shops | 0652 | 0721 | 0751 | 0821 | 0850 | 0919 | 0948 | 1017 | 1047 | 1117 | 1147 | 1218 | 1248 | 1318 | 1348 | 1418 | 1448 | 1517 | 1547 | 1616 | |
| Little Heath Eastern Avenue | 0657 | 0727 | 0757 | 0827 | 0856 | 0926 | 0955 | 1024 | 1054 | 1124 | 1154 | 1225 | 1256 | 1325 | 1355 | 1425 | 1455 | 1524 | 1554 | 1623 | |
| Newbury Park Station | 0701 | 0731 | 0801 | 0831 | 0900 | 0930 | 0959 | 1029 | 1059 | 1129 | 1159 | 1230 | 1301 | 1330 | 1400 | 1429 | 1459 | 1528 | 1558 | 1627 | |
| Gants Hill Station Cranbrook Road (S) | 0705 | 0735 | 0806 | 0836 | 0905 | 0935 | 1005 | 1035 | 1105 | 1136 | 1206 | 1237 | 1308 | 1337 | 1407 | 1436 | 1506 | 1535 | 1605 | 1634 | |
| Ilford Sainsbury's | 0712 | 0742 | 0813 | 0843 | 0913 | 0943 | 1013 | 1043 | 1114 | 1145 | 1216 | 1247 | 1318 | 1347 | 1417 | 1446 | 1516 | 1545 | 1614 | 1643 | |
| Romford Station | 1630 | 1700 | 1730 | 1800 | 1830 | 1900 | 1930 | 2000 | 2030 | 2100 | 2130 | 2200 | 2230 | 2300 | 2330 | 0000 | | | | | |
| Romford North Street (The Squire) | 1637 | 1707 | 1737 | 1806 | 1836 | 1906 | 1936 | 2006 | 2036 | 2106 | 2136 | 2206 | 2236 | 2306 | 2336 | 0006 | | | | | |
| Rose Lane shops | 1646 | 1716 | 1746 | 1815 | 1844 | 1914 | 1944 | 2013 | 2043 | 2113 | 2142 | 2212 | 2242 | 2311 | 2341 | 0011 | | | | | |
| Little Heath Eastern Avenue | 1653 | 1722 | 1752 | 1821 | 1850 | 1920 | 1950 | 2019 | 2049 | 2118 | 2147 | 2217 | 2247 | 2316 | 2346 | 0016 | | | | | |
| Newbury Park Station | 1657 | 1726 | 1756 | 1825 | 1854 | 1924 | 1954 | 2023 | 2051 | 2121 | 2150 | 2220 | 2250 | 2319 | 2349 | 0019 | | | | | |
| Gants Hill Station Cranbrook Road (S) | 1704 | 1733 | 1803 | 1832 | 1901 | 1931 | 2000 | 2028 | 2056 | 2126 | 2155 | 2225 | 2254 | 2323 | 235 | | | | | | |

Table with columns for routes, departure times, and arrival times. Headers include '296 Mondays to Fridays (school days)', '296 Saturdays (also Good Friday)', and '296 Sundays and other Public Holidays (except Christmas Day)'. Rows list stops like Ilford Sainsbury's, Gants Hill Station, Newbury Park Station, Little Heath, Rose Lane shops, Romford North Street Bus Garage, and Romford Station.