

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	<i>Then</i>	0852	0909	0927	0946	<i>Then</i>	1406	1426	1446	<i>Then</i>	1606		
Romford North Street (The Squire)	0546	0606	0626	0646	0703	0719	0736	<i>every</i>	0856	0913	0931	0950	<i>every</i>	1410	1430	1450	<i>every</i>	1610		
Rose Lane shops	0551	0611	0631	0652	0709	0725	0743	<i>20</i>	0903	0920	0937	0956	<i>20</i>	1416	1436	1456	<i>20</i>	1616		
Little Heath Eastern Avenue	0556	0616	0636	0657	0715	0731	0751	<i>mins.</i>	0911	0928	0943	1002	<i>mins.</i>	1422	1442	1503	<i>mins.</i>	1623		
Newbury Park Station	0559	0619	0639	0700	0720	0738	0758	<i>until</i>	0918	0935	0948	1007	<i>until</i>	1427	1448	1509	<i>until</i>	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		<i>Then</i>	0011		
Rose Lane shops	1637	1658	1719	1739	1759	1819	1838	1857	1917	1945	2015	2045	2115	2145	2215		<i>every 30</i>	0015		
Little Heath Eastern Avenue	1643	1704	1725	1745	1805	1825	1844	1903	1923	1950	2020	2050	2120	2150	2220		<i>minutes</i>	0020		
Newbury Park Station	1649	1710	1731	1751	1811	1831	1848	1907	1927	1954	2024	2054	2124	2154	2223		<i>until</i>	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				<i>Then</i>	1719	1739	1759
Rose Lane shops	0551	0621	0651	0721	0747	0807	0827	0846	0906	0926	0946	1005	1025				<i>every 20</i>	1725	1745	1805
Little Heath Eastern Avenue	0556	0626	0656	0726	0752	0812	0832	0851	0911	0931	0951	1011	1031				<i>minutes</i>	1731	1751	1810
Newbury Park Station	0559	0629	0659	0729	0755	0815	0835	0856	0916	0936	0956	1016	1036				<i>until</i>	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	<i>Then</i>		41	11		1641	1710	1740	1810	1836	1906	
Romford Market St. Edward's Way	0643	0713	0743	0813	0843	0913	0943	1013	<i>every 30</i>		43	13		1643	1712	1742	1812	1838	1908	
Romford North Street (The Squire)	0646	0716	0746	0816	0846	0916	0946	1016	<i>minutes</i>		46	16		1646	1715	1745	1815	1841	1911	
Rose Lane shops	0651	0721	0751	0821	0851	0921	0952	1023	<i>at these</i>		53	23	<i>until</i>	1653	1720	1750	1820	1846	1916	
Little Heath Eastern Avenue	0656	0726	0756	0826	0856	0927	0958	1029	<i>minutes</i>		59	29		1659	1725	1755	1825	1851	1921	
Newbury Park Station	0659	0729	0759	0829	0859	0930	1002	1033	<i>past</i>		03	33		1703	1729	1759	1829	1855	1925	
Gants Hill Station Cranbrook Road (S)	0703	0733	0803	0833	0903	0934	1006	1038	<i>the hour</i>		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	0726	0743		0843	0904	0926	0948	1009	1030		1450	1508	1526	1542	1600	
Ilford Station	0635	0655	0712	0728	0745		0845	0906	0928	0950	1011	1032		1452	1510	1528	1544	1602	
Gants Hill Station Cranbrook Road (S)	0641	0701	0719	0735	0752	Then	0852	0913	0935	0957	1018	1039	Then	1459	1517	1534	1551	1609	
Newbury Park Station	0645	0707	0724	0741	0758	every	0858	0919	0941	1003	1024	1045	every	1505	1523	1541	1558	1616	
Little Heath Eastern Avenue	0647	0710	0727	0746	0806	20	0906	0926	0949	1009	1029	1049	20	1509	1527	1546	1605	1625	
Rose Lane shops	0651	0714	0734	0754	0814	mins.	0914	0934	0954	1014	1034	1054	mins.	1514	1532	1552	1611	1631	
Romford North Street Bus Garage	0658	0723	0745	0805	0825	until	0925	0943	1003	1023	1043	1103	until	1523	1542	1601	1620	1640	
Romford Market St. Edward's Way	0701	0726	0748	0808	0828		0928	0946	1006	1026	1046	1106		1526	1546	1605	1624	1644	
Romford Station	0704	0729	0751	0811	0831		0931	0949	1009	1029	1049	1109		1529	1549	1608	1627	1647	
Ilford Sainsbury's	1619		1739	1800	1821	1843	1905	1927	1948	2018	2048	2118	2148	2219	2250	2320	2350	0020	
Ilford Station	1621		1741	1802	1823	1844	1906	1928	1949	2019	2049	2119	2149	2220	2251	2321	2351	0021	
Gants Hill Station Cranbrook Road (S)	1628	Then	1748	1809	1830	1851	1913	1935	1956	2026	2056	2126	2156	2227	2257	2327	2357	0027	
Newbury Park Station	1635	every	1755	1816	1836	1857	1919	1940	2001	2031	2101	2131	2201	2231	2301	2331	0001	0031	
Little Heath Eastern Avenue	1645	20	1805	1826	1845	1904	1924	1944	2004	2034	2104	2134	2204	2233	2303	2333	0003	0033	
Rose Lane shops	1651	mins.	1811	1832	1850	1909	1929	1949	2009	2039	2109	2139	2208	2237	2307	2337	0007	0037	
Romford North Street Bus Garage	1700	until	1820	1840	1858	1917	1937	1956	2016	2046	2116	2146	2215	2244	2314	2344	0014	0044	
Romford Market St. Edward's Way	1704		1824	1843	1901	1920	1939	1958	2018	2048	2118	2148	2217	2246	2316	2346	0016	0046	
Romford Station	1707		1827	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	1011	1030	1049	1108			1728	1749	
Ilford Station	0635	0701	0728	0755	0821	0841	0900	0918	0936	0955	1013	1032	1051	1110			1730	1751	
Gants Hill Station Cranbrook Road (S)	0641	0707	0734	0801	0827	0847	0906	0925	0943	1002	1021	1040	1059	1118	Then		1738	1759	
Newbury Park Station	0645	0711	0738	0805	0831	0853	0912	0931	0949	1008	1027	1046	1105	1124	every 20		1744	1805	
Little Heath Eastern Avenue	0647	0713	0740	0807	0833	0857	0916	0935	0953	1013	1033	1053	1113	1133	minutes		1753	1813	
Rose Lane shops	0651	0717	0744	0811	0837	0901	0921	0940	0958	1018	1038	1058	1118	1138	until		1758	1818	
Romford North Street Bus Garage	0658	0724	0751	0819	0845	0909	0929	0948	1008	1028	1048	1108	1128	1148			1808	1826	
Romford Market St. Edward's Way	0700	0726	0753	0821	0847	0911	0931	0951	1011	1031	1051	1111	1131	1151			1811	1829	
Romford Station	0703	0729	0756	0824	0850	0914	0935	0955	1015	1035	1055	1115	1135	1155			1815	1833	
Ilford Sainsbury's	1810	1831	1852	1918	1948	2018	2048	2118	2148	2219	2250	2320	2350	0020					
Ilford Station	1811	1832	1853	1919	1949	2019	2049	2119	2149	2220	2251	2321	2351	0021					
Gants Hill Station Cranbrook Road (S)	1818	1839	1900	1926	1956	2026	2056	2126	2156	2227	2257	2327	2357	0027					
Newbury Park Station	1824	1845	1906	1932	2001	2031	2101	2131	2201	2231	2301	2331	0001	0031					
Little Heath Eastern Avenue	1831	1851	1911	1935	2004	2034	2104	2134	2204	2233	2303	2333	0003	0033					
Rose Lane shops	1836	1856	1916	1940	2009	2039	2109	2139	2208	2237	2307	2337	0007	0037					
Romford North Street Bus Garage	1844	1904	1924	1947	2016	2046	2116	2146	2215	2244	2314	2344	0014	0044					
Romford Market St. Edward's Way	1847	1907	1927	1949	2018	2048	2118	2148	2217	2246	2316	2346	0016	0046					
Romford Station	1851	1911	1931	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			53	23		1623	1653	1723	1753	1823	1850
Ilford Station	0701	0731	0801	0831	0859	0929	0955	1024	Then		54	24		1624	1654	1724	1754	1824	1851
Gants Hill Station Cranbrook Road (S)	0707	0737	0807	0837	0905	0935	1001	1031	every 30		01	31		1631	1701	1731	1801	1831	1858
Newbury Park Station	0711	0741	0811	0841	0909	0939	1006	1036	minutes		06	36		1636	1706	1736	1806	1836	1903
Little Heath Eastern Avenue	0714	0744	0814	0844	0912	0942	1010	1040	at these	10	40	until		1640	1710	1740	1810	1840	1907
Rose Lane shops	0718	0748	0818	0848	0916	0946	1016	1046	minutes		16	46		1646	1715	1745	1815	1845	1912
Romford North Street Bus Garage	0725	0755	0825	0855	0923	0953	1024	1054	past		24	54		1654	1722	1752	1822	1852	1919
Romford Market St. Edward's Way	0727	0757	0827	0857	0926	0956	1027	1057	the hour		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.																			