

296		Mondays to Fridays																	
Romford Station	0515	0535	0555	0610	0625	0638	0651	0705	0720	0735	0749	0803	0818	0834	0850	0906	0922	0938	
Romford Market <i>St Edward's Way</i>	0518	0538	0558	0613	0628	0641	0654	0708	0723	0738	0752	0806	0821	0837	0853	0909	0925	0941	
Romford North Street <i>(The Squire)</i>	0521	0541	0601	0616	0631	0644	0657	0711	0726	0741	0755	0809	0824	0840	0856	0913	0929	0945	
Rose Lane shops	0529	0549	0610	0625	0640	0654	0707	0722	0737	0752	0806	0820	0835	0851	0907	0923	0939	0955	
Little Heath Eastern Avenue	0535	0556	0619	0634	0649	0703	0718	0733	0748	0803	0818	0833	0848	0904	0918	0932	0947	1003	
Newbury Park Station	0540	0601	0624	0639	0654	0709	0724	0739	0754	0809	0824	0839	0854	0909	0923	0937	0952	1008	
Gants Hill Station <i>Cranbrook Road (S)</i>	0546	0609	0632	0647	0702	0717	0732	0747	0802	0818	0833	0848	0903	0917	0931	0945	1000	1015	
Ilford Sainsbury's	0555	0617	0640	0655	0711	0727	0743	0758	0813	0829	0844	0858	0912	0926	0940	0954	1009	1024	
Romford Station	0953	1008			1153	1208				1323	1338	1353	1408	1423	1438	1451	1504	1519	1534
Romford Market <i>St Edward's Way</i>	0956	1011			1156	1212				1327	1342	1357	1412	1427	1442	1455	1508	1523	1538
Romford North Street <i>(The Squire)</i>	1000	1015			1200	1216				1331	1346	1401	1416	1431	1446	1459	1513	1528	1543
Rose Lane shops	1010	1024			1209	1225				1340	1355	1411	1426	1441	1456	1509	1524	1539	1554
Little Heath Eastern Avenue	1017	1031			1216	1232				1347	1402	1418	1433	1448	1503	1518	1533	1548	1603
Newbury Park Station	1022	1036			1221	1237				1352	1407	1423	1438	1453	1508	1523	1538	1553	1608
Gants Hill Station <i>Cranbrook Road (S)</i>	1029	1043			1228	1244				1359	1414	1430	1445	1500	1515	1530	1545	1600	1615
Ilford Sainsbury's	1038	1052			1237	1253				1408	1424	1440	1455	1510	1526	1541	1556	1611	1626
Romford Station	1550	1605	1620	1636	1652	1708	1723	1739	1755	1810	1826	1842	1858	1919	1940	2000	2020	2040	
Romford Market <i>St Edward's Way</i>	1554	1609	1624	1640	1656	1711	1726	1742	1758	1813	1829	1845	1901	1922	1943	2003	2023	2043	
Romford North Street <i>(The Squire)</i>	1559	1614	1629	1645	1700	1715	1730	1746	1802	1817	1833	1849	1905	1926	1947	2007	2027	2047	
Rose Lane shops	1610	1625	1640	1656	1711	1726	1741	1757	1812	1827	1843	1859	1914	1935	1956	2015	2035	2055	
Little Heath Eastern Avenue	1618	1633	1648	1704	1719	1734	1749	1805	1820	1835	1851	1907	1922	1942	2003	2022	2041	2101	
Newbury Park Station	1623	1638	1653	1708	1723	1738	1753	1809	1824	1839	1855	1911	1926	1946	2007	2026	2045	2105	
Gants Hill Station <i>Cranbrook Road (S)</i>	1630	1645	1700	1715	1730	1745	1800	1816	1831	1846	1902	1917	1932	1952	2012	2031	2050	2110	
Ilford Sainsbury's	1641	1656	1711	1726	1741	1756	1811	1826	1841	1856	1911	1926	1941	2001	2020	2039	2058	2118	
Romford Station	2100	2120	2141	2200	2220	2240	2300	2320	2340	0000									
Romford Market <i>St Edward's Way</i>	2103	2123	2144	2203	2222	2242	2302	2322	2342	0002									
Romford North Street <i>(The Squire)</i>	2107	2127	2148	2207	2226	2246	2305	2324	2344	0004									
Rose Lane shops	2114	2134	2155	2214	2233	2253	2312	2331	2351	0011									
Little Heath Eastern Avenue	2120	2139	2200	2219	2238	2258	2317	2336	2356	0016									
Newbury Park Station	2124	2143	2203	2222	2241	2301	2320	2339	2359	0019									
Gants Hill Station <i>Cranbrook Road (S)</i>	2129	2148	2208	2227	2246	2305	2324	2343	0003	0023									
Ilford Sainsbury's	2137	2156	2216	2235	2254	2313	2331	2350	0009	0028									
296		Saturdays (also Good Friday)																	
Romford Station	0540	0610	0640	0710	0740	0800	0820	0840	0859	0918	0938	0957	1017	1037	1057	1117	1137	1157	
Romford Market <i>St Edward's Way</i>	0542	0612	0642	0712	0742	0802	0823	0843	0902	0921	0941	1000	1020	1040	1100	1120	1140	1200	
Romford North Street <i>(The Squire)</i>	0545	0615	0645	0715	0745	0805	0826	0846	0905	0925	0945	1004	1024	1044	1104	1124	1144	1204	
Rose Lane shops	0552	0622	0652	0722	0752	0813	0834	0854	0913	0933	0953	1012	1032	1052	1113	1133	1153	1214	
Little Heath Eastern Avenue	0557	0628	0658	0728	0758	0819	0840	0900	0919	0939	0959	1019	1039	1059	1120	1140	1201	1222	
Newbury Park Station	0601	0632	0702	0732	0802	0823	0844	0904	0924	0944	1004	1024	1044	1104	1125	1145	1206	1227	
Gants Hill Station <i>Cranbrook Road (S)</i>	0606	0637	0707	0737	0807	0828	0849	0910	0930	0950	1011	1031	1051	1111	1132	1152	1213	1234	
Ilford Sainsbury's	0613	0644	0714	0744	0814	0835	0857	0919	0939	0959	1020	1040	1100	1121	1142	1203	1224	1245	
Romford Station	1217	1237	1257	1317	1337	1357	1417	1438	1459	1520	1540	1600	1620	1640	1700	1720	1740	1800	
Romford Market <i>St Edward's Way</i>	1221	1241	1301	1321	1341	1401	1421	1442	1503	1524	1544	1604	1624	1644	1704	1724	1744	1804	
Romford North Street <i>(The Squire)</i>	1225	1245	1306	1326	1346	1407	1427	1448	1508	1528	1548	1608	1628	1648	1708	1728	1748	1807	
Rose Lane shops	1235	1255	1316	1336	1356	1418	1438	1459	1519	1539	1558	1618	1638	1658	1718	1738	1758	1817	
Little Heath Eastern Avenue	1243	1303	1324	1344	1404	1425	1445	1506	1526	1546	1605	1625	1645	1705	1725	1745	1805	1824	
Newbury Park Station	1248	1308	1329	1349	1409	1430	1450	1511	1531	1551	1610	1630	1650	1710	1730	1750	1809	1828	
Gants Hill Station <i>Cranbrook Road (S)</i>	1255	1316	1337	1357	1416	1437	1457	1518	1538	1558	1617	1637	1657	1717	1737	1757	1816	1835	
Ilford Sainsbury's	1306	1327	1348	1408	1428	1449	1509	1529	1549	1609	1628	1647	1707	1727	1747	1806	1825	1844	
Romford Station	1820	1840	1900	1920	1940	2000	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340	0000	
Romford Market <i>St Edward's Way</i>	1823	1843	1903	1923	1943	2003	2023	2043	2103	2123	2143	2203	2223	2243	2303	2322	2342	0002	
Romford North Street <i>(The Squire)</i>	1826	1846	1906	1926	1946	2006	2026	2046	2106	2126	2146	2206	2226	2246	2306	2325	2345	0005	
Rose Lane shops	1836	1855	1915	1935	1955	2014	2034	2054	2113	2133	2153	2213	2233	2253	2312	2331	2351	0011	
Little Heath Eastern Avenue	1843	1902	1922	1942	2002	2021	2040	2100	2119	2138	2158	2218	2238	2258	2317	2336	2356	0016	
Newbury Park Station	1847	1906	1926	1946	2006	2025	2044	2104	2123	2142	2202	2222	2242	2302	2320	2339	2359	0019	
Gants Hill Station <i>Cranbrook Road (S)</i>	1854	1913	1933	1953	2012	2031	2050	2109	2128	2147	2207	2227	2247	2307	2325	2343	0003	0023	
Ilford Sainsbury's	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	
Romford Market <i>St Edward's Way</i>	0642	0711	0740	0810	0839	0908	0937	1006	1035	1104	1133	1203	1233	1303	1333	1403	1433	1503	
Romford North Street <i>(The Squire)</i>	0645	0714	0743	0813	0842	0911	0940	1009	1039	1108	1137	1208	1238	1308	1338	1408	1438	1507	
Rose Lane shops	0652	0721	0751	0821	0850	0919	0948	1017	1047	1117	1147	1218	1248	1318	1348	1418	1448	1517	
Little Heath Eastern Avenue	0657	0727	0757	0827	0856	0926	0955	1024	1054	1124	1154	1225	1256	1325	1355	1425	1455	1524	
Newbury Park Station	0701	0731	0801	0831	0900	0930	0959	1029	1059	1129	1159	1230	1301	1330	1400	1429	1459	1528	
Gants Hill Station <i>Cranbrook Road (S)</i>	0705	0735	0806	0836	0905	0935	1005	1035	1105	1136	1206	1237	1308	1337	1407	1436	15		

296		Mondays to Fridays																	
Ilford Sainsbury's	0615	0635	0652	0705	0720	0735	0749	0803	0818	0834	0849	0904	0919	0934	Then every 15 minutes until	1119	1134		
Gants Hill Station Cranbrook Road (S)	0623	0643	0700	0714	0729	0744	0759	0813	0828	0843	0858	0913	0928	0943		1128	1143		
Newbury Park Station	0630	0650	0707	0722	0737	0752	0807	0822	0837	0852	0907	0922	0936	0951		1136	1151		
Little Heath Eastern Avenue	0636	0656	0713	0728	0743	0758	0814	0829	0844	0859	0913	0928	0942	0957		1142	1157		
Rose Lane shops	0642	0701	0720	0735	0750	0805	0820	0835	0850	0905	0919	0934	0948	1003		1148	1203		
Romford North Street Bus Garage	0653	0713	0732	0747	0802	0818	0833	0848	0903	0916	0929	0944	0959	1013		1158	1214		
Romford Market St Edward's Way	0656	0716	0735	0750	0805	0821	0836	0851	0906	0919	0932	0947	1002	1016	1201	1217			
Romford Station	0701	0721	0740	0755	0810	0826	0841	0856	0911	0924	0937	0952	1007	1021	1206	1222			
Ilford Sainsbury's	1149	1204	1219	1234	1249	1304	1319	1334	1349	1404	1419	1433	1448	1501	1516	1531	1546	1602	
Gants Hill Station Cranbrook Road (S)	1158	1213	1228	1243	1258	1314	1329	1344	1359	1415	1430	1444	1459	1513	1528	1543	1558	1613	
Newbury Park Station	1206	1221	1236	1251	1306	1322	1338	1353	1409	1425	1440	1454	1509	1524	1539	1554	1609	1624	
Little Heath Eastern Avenue	1212	1227	1242	1257	1313	1329	1345	1400	1416	1432	1447	1501	1516	1531	1546	1601	1616	1631	
Rose Lane shops	1218	1233	1248	1303	1319	1335	1351	1406	1422	1438	1453	1507	1522	1537	1552	1607	1622	1637	
Romford North Street Bus Garage	1229	1244	1259	1314	1330	1346	1402	1417	1433	1449	1504	1519	1534	1549	1604	1620	1635	1650	
Romford Market St Edward's Way	1232	1247	1302	1317	1333	1349	1405	1420	1436	1452	1507	1522	1537	1552	1607	1623	1638	1653	
Romford Station	1237	1252	1307	1322	1338	1354	1410	1425	1441	1457	1512	1527	1542	1557	1612	1628	1643	1658	
Ilford Sainsbury's	1618	1633	1648	1703	1719	1735	1751	1806	1821	1837	1853	1909	1925	1940	1955	2015	2035	2055	
Gants Hill Station Cranbrook Road (S)	1629	1644	1659	1714	1730	1746	1802	1817	1832	1848	1904	1919	1934	1949	2004	2024	2044	2104	
Newbury Park Station	1640	1655	1710	1725	1741	1757	1813	1828	1843	1859	1913	1928	1943	1957	2011	2031	2051	2111	
Little Heath Eastern Avenue	1646	1702	1717	1732	1748	1804	1820	1835	1850	1906	1920	1934	1949	2003	2017	2037	2057	2116	
Rose Lane shops	1652	1708	1723	1738	1754	1810	1826	1841	1856	1911	1925	1939	1954	2008	2022	2042	2102	2121	
Romford North Street Bus Garage	1705	1721	1736	1751	1807	1822	1837	1851	1905	1919	1933	1947	2002	2016	2030	2050	2109	2128	
Romford Market St Edward's Way	1708	1724	1739	1754	1809	1824	1839	1853	1907	1921	1935	1949	2004	2018	2032	2052	2111	2130	
Romford Station	1713	1728	1743	1758	1813	1828	1843	1857	1911	1925	1939	1953	2008	2022	2036	2056	2115	2134	
Ilford Sainsbury's	2115	2135	2155	2215	2235	2254	2313	2335	2355	0015									
Gants Hill Station Cranbrook Road (S)	2123	2143	2203	2223	2243	2302	2321	2342	0002	0021									
Newbury Park Station	2130	2150	2210	2230	2250	2309	2328	2348	0007	0026									
Little Heath Eastern Avenue	2135	2155	2215	2235	2255	2314	2333	2353	0012	0031									
Rose Lane shops	2140	2200	2220	2240	2300	2319	2338	2357	0016	0035									
Romford North Street Bus Garage	2147	2207	2227	2247	2307	2326	2345	0004	0023	0042									
Romford Market St Edward's Way	2149	2209	2229	2249	2308	2327	2346	0005	0024	0043									
Romford Station	2153	2212	2232	2252	2311	2330	2349	0008	0027	0046									
296		Saturdays (also Good Friday)																	
Ilford Sainsbury's	0635	0705	0735	0805	0835	0854	0913	0932	0951	1011	1031	1051	1111	1131	1151	1211	1231	1251	
Gants Hill Station Cranbrook Road (S)	0642	0713	0743	0813	0843	0902	0922	0941	1000	1020	1040	1100	1120	1140	1200	1221	1241	1301	
Newbury Park Station	0648	0719	0749	0819	0849	0909	0929	0949	1008	1028	1048	1108	1129	1149	1210	1231	1251	1312	
Little Heath Eastern Avenue	0653	0724	0754	0824	0854	0914	0934	0954	1014	1034	1054	1114	1135	1155	1216	1237	1257	1318	
Rose Lane shops	0658	0729	0759	0830	0900	0920	0940	1000	1020	1040	1100	1120	1141	1201	1222	1243	1303	1324	
Romford North Street Bus Garage	0705	0736	0806	0837	0908	0929	0949	1009	1030	1051	1112	1133	1154	1215	1236	1257	1317	1338	
Romford Market St Edward's Way	0707	0738	0808	0839	0910	0931	0951	1012	1033	1054	1115	1136	1157	1218	1239	1300	1320	1341	
Romford Station	0711	0742	0812	0843	0914	0935	0956	1017	1038	1059	1120	1141	1202	1223	1244	1305	1325	1346	
Ilford Sainsbury's	1311	1332	1353	1413	1434	1455	1515	1535	1555	1615	1635	1655	1715	1735	1755	1815	1835	1855	
Gants Hill Station Cranbrook Road (S)	1322	1343	1404	1424	1445	1506	1526	1546	1606	1626	1646	1706	1725	1745	1805	1825	1845	1905	
Newbury Park Station	1333	1354	1415	1435	1456	1516	1536	1556	1616	1636	1656	1715	1734	1754	1814	1834	1854	1914	
Little Heath Eastern Avenue	1339	1400	1421	1441	1502	1522	1542	1602	1622	1642	1702	1722	1741	1801	1821	1841	1901	1920	
Rose Lane shops	1345	1406	1427	1447	1508	1528	1548	1608	1628	1648	1708	1728	1747	1806	1826	1846	1906	1925	
Romford North Street Bus Garage	1359	1419	1439	1459	1519	1539	1559	1618	1638	1658	1718	1738	1757	1816	1835	1855	1914	1933	
Romford Market St Edward's Way	1402	1422	1442	1502	1522	1542	1602	1621	1640	1700	1720	1740	1759	1818	1837	1857	1916	1935	
Romford Station	1407	1427	1447	1507	1527	1547	1607	1626	1645	1705	1724	1744	1803	1822	1841	1901	1920	1939	
Ilford Sainsbury's	1915	1935	1955	2015	2035	2055	2115	2135	2155	2215	2235	2255	2315	2335	2355	0015			
Gants Hill Station Cranbrook Road (S)	1925	1945	2005	2025	2044	2104	2123	2143	2203	2223	2243	2303	2323	2342	0002	0022			
Newbury Park Station	1934	1953	2013	2033	2052	2111	2130	2150	2210	2230	2250	2309	2329	2348	0008	0028			
Little Heath Eastern Avenue	1940	1959	2019	2039	2058	2117	2136	2155	2215	2235	2255	2314	2334	2353	0013	0033			
Rose Lane shops	1945	2004	2024	2044	2103	2122	2141	2200	2220	2240	2300	2319	2339	2358	0018	0038			
Romford North Street Bus Garage	1953	2012	2032	2052	2111	2130	2149	2208	2227	2247	2307	2326	2346	0005	0025	0045			
Romford Market St Edward's Way	1955	2014	2034	2054	2113	2132	2151	2210	2229	2249	2309	2328	2348	0007	0027	0047			
Romford Station	1959	2018	2038	2058	2117	2136	2155	2214	2233	2253	2313	2332	2352	0011	0031	0051			
296		Sundays and other Public Holidays (except Christmas Day)																	
Ilford Sainsbury's	0700	0730	0800	0830	0900	0930	1000	1030	1100	1130	1200	1230	1300	1331	1401	1432	1502	1533	
Gants Hill Station Cranbrook Road (S)	0707	0737	0808	0838	0909	0939	1009	1039	1109	1139	1210	1240	1310	1341	1411	1442	1512	1543	
Newbury Park Station	0713	0744	0815	0846	0917	0947	1017	1047	1117	1147	1219	1249	1320	1351	1421	1452	1522	1553	
Little Heath Eastern Avenue	0718	0750	0821	0852	0923	0953	1023	1053	1123	1153	1225	1255	1326	1357	1428	1459	1529	1600	
Rose Lane shops	0723	0755	0827	0858	0929	0959	1029	1059	1129	1159	1231	1301	1332	1403	1434	1505	1535	1606	
Romford North Street Bus Garage	0732	0804	0836	0908	0940	1010	1040	1110	1140	1211	1243	1313	1344	1415	1446	1516	1546	1616	
Romford Market St Edward's Way	0734	0806	0838	0910	0942	1012	1042	1113	1143	1214	1246	1316	1347	1417	1448	1518	1548	1618	
Romford Station	0738	0810	0842	0914	0946	1016	1046	1117	1147	1219	1251	1321	1352	1422	1452	1522	1552	1622	
Ilford Sainsbury's	1604	1635	1706	1737	1808	1838	1908	1939	2010	2041	2112	2143	2214	2245	2315	2345	0015		
Gants Hill Station Cranbrook Road (S)	1614	1645	1715	1746	1817	1847	191												