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Ilford - Newbury Park - Romford

Daily



Monday - Friday

Ilford Sainsbury's	0634	0653	0711	0729	0748	0806	0826	0846	0907	0928	0949	Then	09	29	49	1409	1429	
Gants Hill Station	0641	0700	0719	0738	0757	0815	0835	0855	0916	0937	0958	every	18	38	58	1418	1438	
Newbury Park Station	0645	0705	0724	0743	0802	0821	0841	0901	0922	0943	1004	20 minutes,	24	44	04	1424	1444	
Little Heath Barley Lane	0649	0709	0728	0747	0806	0825	0845	0905	0926	0948	1009	at these	29	49	09	until	1429	1449
Rose Lane Estate Harrow	0653	0713	0733	0752	0811	0831	0851	0911	0932	0953	1014	minutes	34	54	14	1434	1455	
Romford Market	0703	0724	0745	0805	0824	0844	0904	0924	0945	1005	1025	past the	45	05	25	1445	1505	
Romford Station	0707	0728	0749	0809	0829	0849	0909	0929	0949	1009	1029	hour	49	09	29	1449	1509	
Ilford Sainsbury's	1449	1508	1527	1546	1605	1624	1644	1704	1724	1744	1806	1828	1850	1912	1942	2014	2045	2116
Gants Hill Station	1458	1517	1536	1555	1614	1633	1653	1713	1733	1753	1815	1837	1858	1919	1949	2021	2052	2123
Newbury Park Station	1504	1523	1542	1601	1621	1640	1700	1720	1740	1800	1822	1843	1904	1925	1954	2026	2056	2127
Little Heath Barley Lane	1509	1529	1548	1607	1627	1646	1706	1726	1746	1806	1828	1849	1910	1930	1959	2030	2100	2130
Rose Lane Estate Harrow	1514	1534	1553	1612	1632	1652	1712	1732	1752	1812	1833	1854	1915	1935	2004	2034	2104	2134
Romford Market	1525	1545	1604	1624	1644	1704	1724	1744	1804	1824	1845	1905	1925	1945	2013	2043	2113	2143
Romford Station	1529	1549	1609	1629	1649	1709	1729	1749	1809	1829	1849	1909	1929	1949	2017	2047	2117	2147
Ilford Sainsbury's	2146	2216	2246	2316	2346	0016												
Gants Hill Station	2153	2223	2253	2323	2353	0023												
Newbury Park Station	2157	2227	2257	2327	2357	0027												
Little Heath Barley Lane	2200	2230	2300	2330	2400	0030												
Rose Lane Estate Harrow	2204	2234	2304	2334	0004	0034												
Romford Market	2213	2243	2313	2343	0012	0042												
Romford Station	2217	2247	2317	2347	0016	0045												

Saturday (also Good Friday)

Ilford Sainsbury's	0634	0704	0734	0804	0822	0841	0859	0917	0935	0952	Then	12	32	52	1612	1632	1653	
Gants Hill Station	0641	0711	0741	0811	0829	0848	0907	0925	0943	1002	every	22	42	02	1622	1642	1703	
Newbury Park Station	0645	0715	0745	0815	0833	0853	0912	0930	0949	1008	20 minutes,	28	48	08	1628	1648	1709	
Little Heath Barley Lane	0649	0719	0749	0819	0837	0857	0916	0935	0954	1013	at these	33	53	13	until	1633	1653	1714
Rose Lane Estate Harrow	0653	0723	0753	0823	0842	0902	0921	0940	1000	1019	minutes	39	59	19	1639	1659	1720	
Romford Market	0703	0733	0803	0833	0853	0913	0933	0952	1012	1032	past the	52	12	32	1652	1712	1732	
Romford Station	0707	0737	0807	0837	0857	0917	0937	0957	1017	1037	hour	57	17	37	1657	1717	1737	
Ilford Sainsbury's	1714	1735	1756	1818	1840	1911	1942	2014	2046	Then	16	46	2316	2346	0016			
Gants Hill Station	1724	1745	1806	1827	1849	1919	1950	2021	2053	every	23	53	2323	2353	0023			
Newbury Park Station	1730	1751	1812	1833	1854	1924	1955	2025	2057	30 minutes,	27	57	2327	2357	0027			
Little Heath Barley Lane	1735	1756	1817	1837	1858	1928	1959	2029	2100	at these	30	00	until	2330	2400	0030		
Rose Lane Estate Harrow	1740	1801	1822	1842	1903	1933	2004	2034	2104	minutes	34	04	2334	0004	0034			
Romford Market	1752	1813	1833	1853	1913	1943	2013	2043	2113	past the	43	13	2343	0012	0042			
Romford Station	1757	1817	1837	1857	1917	1947	2017	2047	2117	hour	47	17	2347	0016	0045			

Sunday and other Public Holidays

Ilford Sainsbury's	0749	0819	0849	0918	0947	1016	1045	1114	1143	Then	13	43	1613	1643	1714	1745	1815	
Gants Hill Station	0756	0826	0856	0925	0954	1023	1053	1123	1152	every	22	52	1622	1652	1723	1754	1824	
Newbury Park Station	0800	0830	0900	0929	0958	1028	1058	1128	1157	30 minutes,	27	57	1627	1657	1728	1759	1829	
Little Heath Barley Lane	0804	0834	0904	0933	1002	1032	1102	1132	1202	at these	32	02	until	1632	1702	1732	1803	1833
Rose Lane Estate Harrow	0808	0838	0908	0938	1007	1037	1107	1137	1207	minutes	37	07	1637	1707	1737	1807	1837	
Romford Market	0817	0847	0917	0947	1017	1047	1117	1147	1217	past the	47	17	1647	1716	1746	1816	1846	
Romford Station	0820	0850	0921	0951	1021	1051	1121	1151	1221	hour	51	21	1651	1720	1750	1820	1850	
Ilford Sainsbury's	1844	1916	1946	Then	16	46	2316	2346	0016									
Gants Hill Station	1854	1923	1953	every	23	53	2323	2353	0023									
Newbury Park Station	1858	1927	1957	30 minutes,	27	57	2327	2357	0027									
Little Heath Barley Lane	1902	1931	2000	at these	30	00	until	2330	2400	0030								
Rose Lane Estate Harrow	1906	1935	2004	minutes	34	04	2334	0004	0034									
Romford Market	1915	1944	2013	past the	43	13	2343	0012	0042									
Romford Station	1919	1948	2017	hour	47	17	2347	0016	0045									

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Romford - Newbury Park - Ilford

Daily



Monday - Friday

Romford Station	0540	0600	0620	0639	0658	0716	0734	0751	0808	0828	0847	0906	0925	0944	1003	1023	1043	1103	
Romford Market	0543	0603	0623	0642	0701	0719	0737	0755	0812	0832	0852	0911	0930	0949	1008	1028	1048	1108	
Rose Lane Estate Harrow	0552	0612	0632	0651	0711	0729	0748	0806	0823	0843	0903	0922	0941	0959	1018	1038	1058	1118	
Little Heath Barley Lane	0557	0617	0637	0656	0716	0734	0753	0812	0830	0850	0910	0928	0947	1005	1024	1044	1104	1124	
Newbury Park Station	0601	0621	0641	0701	0721	0739	0759	0818	0837	0857	0916	0934	0952	1010	1029	1049	1109	1129	
Gants Hill Station	0605	0625	0646	0706	0726	0745	0805	0825	0844	0904	0922	0940	0958	1016	1034	1054	1114	1134	
Ilford Sainsbury's	0611	0631	0653	0713	0734	0754	0814	0834	0854	0914	0932	0950	1008	1026	1044	1104	1124	1144	
Romford Station	1123	1143	Then		03	23	43		1503	1522	1541	1600	1620	1640	1700	1720	1740	1800	1820
Romford Market	1128	1148	every		08	28	48		1508	1527	1546	1605	1625	1645	1705	1725	1745	1805	1825
Rose Lane Estate Harrow	1138	1158	20 minutes,		18	38	58		1518	1537	1557	1617	1637	1657	1717	1737	1757	1817	1837
Little Heath Barley Lane	1144	1204	at these		24	44	04	until	1524	1543	1603	1623	1643	1703	1723	1743	1803	1823	1842
Newbury Park Station	1149	1209	minutes		29	49	09		1529	1549	1609	1629	1649	1709	1729	1749	1809	1827	1846
Gants Hill Station	1154	1214	past the		34	54	14		1534	1554	1614	1634	1654	1714	1734	1754	1814	1832	1851
Ilford Sainsbury's	1204	1224	hour		44	04	24		1544	1604	1624	1644	1704	1724	1744	1804	1824	1841	1900
Romford Station	1840	1902	1932	2002	2032	2102	2132	2202	2232	2302	2332	0002							
Romford Market	1844	1906	1936	2006	2036	2106	2136	2206	2236	2306	2336	0005							
Rose Lane Estate Harrow	1855	1917	1946	2015	2045	2115	2145	2215	2245	2315	2344	0013							
Little Heath Barley Lane	1900	1921	1950	2019	2049	2119	2149	2219	2249	2319	2348	0017							
Newbury Park Station	1904	1925	1954	2022	2052	2122	2152	2222	2252	2322	2351	0020							
Gants Hill Station	1909	1929	1958	2026	2056	2126	2156	2226	2256	2326	2355	0024							
Ilford Sainsbury's	1918	1938	2006	2034	2104	2134	2204	2233	2303	2332	0001	0030							

Saturday (also Good Friday)

Romford Station	0550	0620	0650	0720	0750	0820	0838	0856	0914	0932	0950	1008	1028	Then	48	08	28	1708	
Romford Market	0553	0623	0653	0723	0753	0823	0841	0900	0918	0936	0955	1013	1033	every	53	13	33	u 1713	
Rose Lane Estate Harrow	0602	0632	0702	0732	0802	0832	0851	0910	0928	0947	1006	1025	1045	20 minutes,	05	25	45	n 1725	
Little Heath Barley Lane	0606	0636	0706	0736	0807	0837	0856	0915	0934	0953	1012	1031	1051	at these	11	31	51	t 1731	
Newbury Park Station	0610	0640	0710	0740	0811	0841	0900	0920	0939	0958	1017	1036	1056	minutes	16	36	56	i 1736	
Gants Hill Station	0614	0644	0714	0744	0815	0846	0905	0925	0944	1003	1023	1042	1102	past the	22	42	02	l 1742	
Ilford Sainsbury's	0620	0650	0720	0750	0821	0853	0913	0934	0954	1013	1033	1053	1113	hour	33	53	13	1753	
Romford Station	1729	1750	1811	1832	1902	1932	2002	2032	2102	2132	2202	2232	2302	2332	0002				
Romford Market	1734	1755	1816	1836	1906	1936	2006	2036	2106	2136	2206	2236	2306	2336	0005				
Rose Lane Estate Harrow	1746	1806	1827	1847	1916	1946	2015	2045	2115	2145	2215	2245	2315	2344	0013				
Little Heath Barley Lane	1752	1811	1832	1852	1920	1950	2019	2049	2119	2149	2219	2249	2319	2348	0017				
Newbury Park Station	1757	1816	1836	1856	1924	1953	2022	2054	2122	2152	2222	2252	2322	2351	0020				
Gants Hill Station	1802	1821	1841	1900	1928	1957	2026	2056	2126	2156	2226	2256	2326	2355	0024				
Ilford Sainsbury's	1811	1830	1849	1908	1936	2004	2034	2104	2134	2204	2233	2303	2332	0001	0030				

Sunday and other Public Holidays

Romford Station	0830	0900	0930	1000	1030	1100	1130	Then	00	30	1600	1630	1700	1730	1801	1832	1902		
Romford Market	0833	0903	0933	1003	1033	1104	1134	every	04	34	1604	1634	1704	1734	1805	1836	1906		
Rose Lane Estate Harrow	0842	0912	0942	1012	1042	1113	1143	30 minutes,	13	43	1613	1643	1713	1743	1814	1845	1915		
Little Heath Barley Lane	0846	0916	0946	1016	1047	1118	1148	at these	18	48	until	1618	1648	1718	1748	1818	1849	1919	
Newbury Park Station	0850	0920	0950	1020	1051	1122	1152	minutes	22	52	1622	1652	1722	1752	1822	1852	1922		
Gants Hill Station	0854	0924	0954	1024	1056	1127	1157	past the	27	57	1627	1657	1727	1756	1826	1856	1926		
Ilford Sainsbury's	0900	0930	1001	1032	1104	1135	1205	hour	35	05	1635	1705	1735	1804	1834	1904	1934		
Romford Station	1932	Then	02	32	2302	2332	0002												
Romford Market	1936	every	06	36	2306	2336	0005												
Rose Lane Estate Harrow	1945	30 minutes,	15	45	2315	2344	0013												
Little Heath Barley Lane	1949	at these	19	49	until	2319	2348	0017											
Newbury Park Station	1952	minutes	22	52	2322	2351	0020												
Gants Hill Station	1956	past the	26	56	2326	2355	0024												
Ilford Sainsbury's	2004	hour	34	04	2334	0001	0030												

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