

Train timetable

Valid from 21 May 2023

Norwich to Ipswich and
London Liverpool Street

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Bold Times in bold are direct services operated by Greater Anglia
Italic Times in italics are connecting train services with one change of train. Other connections may be available with further changes

0640 For the comfort and safety of all passengers, only folded cycles can be accommodated during busy times. Trains that these conditions apply to are highlighted throughout this timetable. To find out about when you can take a full-sized bike on the train visit greateranglia.co.uk/travel-information/your-journey/cycling

-  All of our services are now WiFi enabled
-  First Class accommodation available
-  A Café bar or at seat trolley service will be available on this service, serving a variety of hot and cold snacks and drinks
-  On-board catering service available for all or part of the journey
-  Interchange with London Underground
- DLR** Interchange with Docklands Light Railway
-  PlusBus add-on tickets available from this station
- a** Arrival time
- d** Departure time
- s** Stops to set down only
- u** Stops to pick up only
- A** Service runs 9 October to 8 December
- B** Service runs 22 May to 6 October
- C** Service runs 21 May to 10 September

All services are operated by Greater Anglia unless otherwise shown

See Timetable 2 for additional journey opportunities to and from London Liverpool Street by changing at Ipswich or Colchester

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email: contactcentre@greateranglia.co.uk

0345 600 7245 (calls may be recorded)



Accessibility enquiries (Greater Anglia disabled persons helpline)

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0800 028 2878

Or email: assistedtravel@greateranglia.co.uk



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For items left on trains arriving at London Liverpool Street, visit LostProperty.org



Website – greateranglia.co.uk

Visit the website for online ticket bookings, real time train running information, station departure screens, service alterations, bespoke downloadable timetables and much more.



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Text
Dodger

Spot anyone deliberately avoiding payment of their fare?

If you believe a fellow customer is deliberately avoiding payment of their fare, you can text the details to: **60006** starting your text with the word **dodger**. All information will be treated in the strictest confidence.



National Rail Enquiries

Website: nationalrail.co.uk

Contact Centre:









03457 48 49 50 (All calls are charged at the local rate and may be recorded.)











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Mondays to Fridays











			A 1	B 1		A 1	B 1	A 1 12	B 1 12
Norwich		d	0500	0505		0525	0530	0600	0604
Diss		d	0518	0522		0543	0547	0618	0621
Stowmarket		d	0531	0534	0550	0556	0559	0631	0633
Needham Market		d			0555				
Ipswich		a	0543	0545	0605	0608	0610	0643	0644
Ipswich		d	0544	0546		0609	0611	0644	0645
Manningtree		d	0555	0556		0619	0620	0654	0655
Colchester		a	0604	0604		0629	0629	0703	0703
Colchester		d	0606	0606		0630	0630	0705	0705
Witham		a							
Chelmsford		a							
Shenfield		a							
Stratford	DLR	⊖	a	0645s	0645s	0712s	0712s	0747s	0747s
London Liverpool St	⊖	a	0654	0654		0722	0722	0758	0758

				A 1	B 1	A 1 12	B 1 12		
Norwich		d		0626	0628	0703	0705		0726
Diss		d		0644	0645	0721	0722		0744
Stowmarket		d	0646	0657	0657	0734	0734	0746	0756
Needham Market		d	0650					0750	
Ipswich		a	0701	0708	0708	0746	0746	0801	0811
Ipswich		d		0709	0709	0748	0748		0813
Manningtree		d		0719	0719	0757	0757		0822
Colchester		a		0728	0728	0806	0806		0831s
Colchester		d		0730	0730	0808	0808		
Witham		a							
Chelmsford		a							
Shenfield		a							
Stratford	DLR	⊖	a	0814s	0814s	0849s	0849s		0915s
London Liverpool St	⊖	a		0824	0824	0900	0900		0925

For reference to notes please see page 2











Mondays to Fridays











			1 2	1 2	1 2	1 2		
Norwich	 d	0803		0830		0903	0932	
Diss	d	0820		0847		0920	0949	
Stowmarket	d	0832	0847		0914	0932	0947	
Needham Market	d		0852				0951	
Ipswich	 a	0843	0902	0907	0927	0943	1005	1009
Ipswich	 d	0844		0910		0944	1010	
Manningtree	d	0853		0919		0954	1019	
Colchester	 a	0902		0929		1002	1029	
Colchester	 d	0903		0930		1003	1030	
Witham	 a							
Chelmsford	 a	0920				1020		
Shenfield	 a							
Stratford	DLR  a	0949s				1046s		
London Liverpool St	 a	1000		1019		1055	1118	

		1 2	1 2	1 2	2			
Norwich	 d	1000		1030		1100	1132	
Diss	d	1017		1047		1117	1149	
Stowmarket	d	1029	1047		1116	1129	1147	
Needham Market	d		1051				1151	
Ipswich	 a	1040	1102	1107	1128	1141	1202	1209
Ipswich	 d	1041		1110		1142	1210	
Manningtree	d	1051		1119		1151	1219	
Colchester	 a	1100		1128		1200	1229	
Colchester	 d	1101		1130		1201	1230	
Witham	 a							
Chelmsford	 a	1118				1218		
Shenfield	 a							
Stratford	DLR  a	1143s				1243s		
London Liverpool St	 a	1151		1215		1251	1315	

For reference to notes please see page 2











Mondays to Fridays











			⌚	⌚	⌚	⌚	⌚	⌚
Norwich		d	1200		1232		1300	1330
Diss		d	1217		1249		1317	1348
Stowmarket		d	1229	1247		1315	1329 1347	
Needham Market		d		1251			1351	
Ipswich		a	1241	1302	1309	1328	1340 1402	1408
Ipswich		d	1242		1310		1341	1410
Manningtree		d	1251		1319		1350	1419
Colchester		a	1300		1329		1400	1429
Colchester		d	1301		1330		1401	1430
Witham		a						
Chelmsford		a	1318				1418	
Shenfield		a						
Stratford	DLR 	a	1343s				1443s	
London Liverpool St		a	1352		1416		1451	1517

			⌚	⌚	⌚	⌚	⌚	⌚
Norwich		d	1401		1430		1500	1530
Diss		d	1418		1447		1517	1548
Stowmarket		d	1430	1447		1514	1529 1547	
Needham Market		d		1451			1551	
Ipswich		a	1441	1502	1507	1527	1541 1602	1609
Ipswich		d	1442		1509		1543	1610
Manningtree		d	1451		1519		1553	1619
Colchester		a	1501		1528		1602	1629
Colchester		d	1502		1530		1603	1630
Witham		a						
Chelmsford		a	1519				1620	
Shenfield		a						
Stratford	DLR 	a	1543s				1645s	
London Liverpool St		a	1552		1615		1655	1718

For reference to notes please see page 2









Mondays to Fridays









			12	13	14	15	16
Norwich	 d	1600		1630		1703	1730
Diss	d	1617		1648		1720	1747
Stowmarket	d	1629	1647		1714	1733	1748
Needham Market	d		1651				1752
Ipswich	 a	1640	1702	1708	1728	1746	1804
Ipswich	 d	1642		1710		1749	1811
Manningtree	d	1652		1719			1820
Colchester	 a	1702		1728		1804	1829
Colchester	 d	1704		1730		1806	1830
Witham	 a						
Chelmsford	 a	1721				1823	
Shenfield	 a						
Stratford	DLR  a	1747s				1849s	
London Liverpool St	 a	1758		1820		1858	1916

		12	13	14	15	16	17
Norwich	 d	1800		1832		1900	1932
Diss	d	1817		1849		1917	1949
Stowmarket	d	1829	1847		1915	1929	1947
Needham Market	d		1851				1951
Ipswich	 a	1840	1902	1909	1927	1940	2004
Ipswich	 d	1842		1910		1942	2010
Manningtree	d	1853		1920		1953	2020
Colchester	 a	1901		1929		2001	2028
Colchester	 d	1903		1930		2002	2030
Witham	 a						
Chelmsford	 a	1920				2020	
Shenfield	 a						
Stratford	DLR  a	1944s				2044s	
London Liverpool St	 a	1953		2020		2054	2119











For reference to notes please see page 2











Mondays to Fridays

			1	2	1	1	2	1
Norwich		d	2000		2032		2102	2202
Diss		d	2017		2049		2119	2219
Stowmarket		d	2029	2047		2115	2131	2147
Needham Market		d		2051				2151
Ipswich		a	2040	2102	2109	2128	2142	2202
Ipswich		d	2045		2110	2128	2144	2243
Manningtree		d	2054		2120	2138	2153	2253
Colchester		a	2102		2128	2151	2202	2301
Colchester		d	2103		2130		2203	2303
Witham		a						2315
Chelmsford		a	2120				2220	2324
Shenfield		a						2336
Stratford	DLR	⊖ a	2147s				2245s	2353s
London Liverpool St	⊖	a	2155		2218		2255	0003

Norwich		d			2305			
Diss		d			2323			
Stowmarket		d	2247	2310	2335	2348		
Needham Market		d	2251			2352		
Ipswich		a	2302	2321	2349	0002		
Ipswich		d			2322			
Manningtree		d			2331			
Colchester		a			2341			
Colchester		d						
Witham		a						
Chelmsford		a						
Shenfield		a						
Stratford	DLR	⊖ a						
London Liverpool St	⊖	a						











Saturdays











			1	1	1	1	1
Norwich	 d	0500	0532	0600		0632	0700
Diss	d	0517	0549	0617		0649	0717
Stowmarket	d	0529		0629	0645		0729 0747
Needham Market	d				0649		0751
Ipswich	 a	0540	0609	0640	0659	0709	0740 0802
Ipswich	 d	0541	0610	0641		0710	0741
Manningtree	d	0551	0620	0651		0720	0751
Colchester	 a	0559	0628	0659		0728	0759
Colchester	 d	0601	0630	0701		0730	0801
Witham	 a						
Chelmsford	 a	0618		0718			0818
Shenfield	 a						
Stratford	DLR  a	0643s		0743s			0843s
London Liverpool St	 a	0651	0715	0751		0815	0851

		1	1	1	1	1	1
Norwich	 d	0732	0800		0832		0903
Diss	d	0749	0817		0849		0920
Stowmarket	d		0829	0847		0915	0932 0947
Needham Market	d			0851			0951
Ipswich	 a	0809	0840	0902	0909	0927	0943 1002
Ipswich	 d	0810	0841		0910		0944
Manningtree	d	0820	0851		0920		0954
Colchester	 a	0828	0859		0928		1002
Colchester	 d	0830	0901		0930		1003
Witham	 a						
Chelmsford	 a		0918				1020
Shenfield	 a						
Stratford	DLR  a		0943s				1045s
London Liverpool St	 a	0915	0951		1015		1053











For reference to notes please see page 2











Saturdays

			1	2	3	4	5	6
Norwich		d	0932	1000		1032		1100
Diss		d	0949	1017		1049		1117
Stowmarket		d		1029	1047		1115	1129 1147
Needham Market		d			1051			1151
Ipswich		a	1009	1040	1102	1109	1127	1140 1202
Ipswich		d	1010	1041		1110		1141
Manningtree		d	1019	1051		1119		1151
Colchester		a	1028	1100		1128		1159
Colchester		d	1030	1101		1130		1201
Witham		a						
Chelmsford		a		1118				1218
Shenfield		a						
Stratford	DLR 	a		1143s				1243s
London Liverpool St		a	1115	1151		1215		1251











			1	2	3	4	5	6
Norwich		d	1132	1200		1232		1300
Diss		d	1149	1217		1249		1317
Stowmarket		d		1229	1247		1315	1329 1347
Needham Market		d			1251			1351
Ipswich		a	1209	1240	1302	1309	1327	1340 1402
Ipswich		d	1210	1241		1310		1341
Manningtree		d	1219	1251		1320		1351
Colchester		a	1228	1259		1328		1359
Colchester		d	1230	1301		1330		1401
Witham		a						
Chelmsford		a		1318				1418
Shenfield		a						
Stratford	DLR 	a		1343s				1443s
London Liverpool St		a	1315	1351		1415		1451











Saturdays

			12	12	12	12	12	12
Norwich	 d		1332	1400		1432		1500
Diss	d		1349	1417		1449		1517
Stowmarket	d			1429	1447		1515	1529 1547
Needham Market	d				1451			1551
Ipswich	 a		1409	1440	1502	1509	1527	1540 1602
Ipswich	 d		1410	1441		1510		1541
Manningtree	d		1419	1451		1519		1551
Colchester	 a		1428	1459		1528		1559
Colchester	 d		1430	1501		1530		1601
Witham	 a							
Chelmsford	 a			1518				1618
Shenfield	 a							
Stratford	DLR  a			1543s				1643s
London Liverpool St	 a		1515	1551		1615		1651










			12	12	12	12	12	12
Norwich	 d		1532	1600		1630		1703
Diss	d		1549	1617		1647		1720
Stowmarket	d			1629	1647		1715	1732 1747
Needham Market	d				1651			1751
Ipswich	 a		1609	1640	1702	1707	1727	1743 1802
Ipswich	 d		1610	1641		1709		1744
Manningtree	d		1619	1651		1719		1754
Colchester	 a		1628	1700		1727		1802
Colchester	 d		1630	1701		1730		1803
Witham	 a							
Chelmsford	 a			1718				1820
Shenfield	 a							
Stratford	DLR  a			1743s				1845s
London Liverpool St	 a		1715	1751		1815		1853

Saturdays











			1	2	3	4	5	6
Norwich	 d	1730	1800		1832		1900	
Diss	d	1747	1817		1849		1917	
Stowmarket	d	1759	1829	1847		1915	1929	1947
Needham Market	d			1851				1951
Ipswich	 a	1810	1840	1902	1909	1927	1940	2002
Ipswich	 d	1811	1841		1910		1941	
Manningtree	d	1820	1851		1919		1951	
Colchester	 a	1829	1859		1928		1959	
Colchester	 d	1830	1901		1930		2001	
Witham	 a							
Chelmsford	 a		1918				2018	
Shenfield	 a							
Stratford	DLR  a		1943s				2043s	
London Liverpool St	 a	1915	1951		2015		2051	

		1	2	3	4	5	6
Norwich	 d	2000			2100		2200
Diss	d	2017			2117		2217
Stowmarket	d	2029	2046	2116	2129	2147	2229
Needham Market	d		2050			2151	2251
Ipswich	 a	2040	2101	2127	2140	2202	2240
Ipswich	 d	2041		2128	2141		2241
Manningtree	d	2051		2137	2151		2251
Colchester	 a	2059		2150	2159		2259
Colchester	 d	2101			2201		2301
Witham	 a						2313
Chelmsford	 a	2118			2218		2323
Shenfield	 a						2334
Stratford	DLR  a	2143s			2243s		2349s
London Liverpool St	 a	2151			2251		2358











Saturdays

Norwich		d	2305		
Diss		d	2323		
Stowmarket		d	2310	2335	2348
Needham Market		d			2352
Ipswich		a	2321	2346	0002
Ipswich		d	2323		
Manningtree		d	2332		
Colchester		a	2341		
Colchester		d			
Witham		a			
Chelmsford		a			
Shenfield		a			
Stratford	DLR		a		
London Liverpool St		a			











Sundays











			1	1	1	1		
Norwich		d	0657	0800	0825	0900		1000
Diss		d	0714	0817	0842	0917		1017
Stowmarket		d	0725	0829	0854	0929	1006	1029 1045
Needham Market		d					1011	1049
Ipswich		a	0736	0840	0905	0940	1023	1040 1100
Ipswich		d	0737	0841	0906	0941		1041
Manningtree		d	0746	0851		0951		1051
Colchester		a	0755	0859	0921	0959		1059
Colchester		d	0756	0900	0922	1000		1100
Witham		a						
Chelmsford		a						
Shenfield		a						
Stratford	DLR 	a		0939s		1039s		1139s
London Liverpool St		a	0900	0947	1007	1047		1147

C

				1	1	1		1
Norwich		d		1100		1200		1300
Diss		d		1117		1217		1317
Stowmarket		d	1114	1129	1145	1229	1245	1311 1329
Needham Market		d			1149		1249	
Ipswich		a	1126	1140	1200	1240	1300	1324 1340
Ipswich		d		1141		1241		1341
Manningtree		d		1151		1251		1351
Colchester		a		1159		1259		1359
Colchester		d		1200		1300		1400
Witham		a						
Chelmsford		a						
Shenfield		a						
Stratford	DLR 	a		1239s		1339s		1439s
London Liverpool St		a		1247		1347		1447











Sundays











			1				1		
Norwich		d	1400				1500	1523	
Diss		d	1417				1517	1540	
Stowmarket		d	1345	1429	1445	1514	1529	1545	1552
Needham Market		d	1349		1449			1549	
Ipswich		a	1400	1440	1500	1526	1540	1600	1604
Ipswich		d	1441				1541	1605	
Manningtree		d	1451				1551		
Colchester		a	1459				1559	1620	
Colchester		d	1500				1600	1621	
Witham		a							
Chelmsford		a							
Shenfield		a							
Stratford	DLR 	a	1539s				1639s	1700s	
London Liverpool St		a	1547				1647	1709	

			1				1		
Norwich		d	1600				1623	1700	
Diss		d	1617				1640	1717	
Stowmarket		d	1629	1645	1652	1711	1729	1745	1829
Needham Market		d		1649				1749	
Ipswich		a	1640	1700	1703	1723	1740	1800	1840
Ipswich		d	1641				1705	1741	
Manningtree		d	1651				1751	1851	
Colchester		a	1659				1720	1759	
Colchester		d	1700				1721	1800	
Witham		a							
Chelmsford		a							
Shenfield		a							
Stratford	DLR 	a	1739s				1800s	1839s	
London Liverpool St		a	1747				1809	1847	

For reference to notes please see page 2









Sundays









			1		1			
Norwich		d		1900		2000		
Diss		d		1917		2017		
Stowmarket		d	1845	1911	1929	1945	2029	2046 2111
Needham Market		d	1849			1949		2051
Ipswich		a	1900	1924	1940	2000	2040	2103 2123
Ipswich		d		1924	1941		2041	2123
Manningtree		d		1933	1951		2051	2132
Colchester		a		1941	1959		2059	2142
Colchester		d		2000			2100	
Witham		a						
Chelmsford		a						
Shenfield		a						
Stratford	DLR 	a			2039s		2139s	
London Liverpool St		a			2047		2147	

			1		1			
Norwich		d	2100		2205	2305		
Diss		d	2117		2222	2322		
Stowmarket		d	2129	2145	2234	2334	2350	
Needham Market		d		2150			2355	
Ipswich		a	2140	2200	2245	2346	0005	
Ipswich		d	2141		2246			
Manningtree		d	2151		2255			
Colchester		a	2159		2303			
Colchester		d	2200		2304			
Witham		a			2316			
Chelmsford		a			2324			
Shenfield		a			2335			
Stratford	DLR 	a	2239s		2350s			
London Liverpool St		a	2247		2359			









For reference to notes please see page 2









Mondays to Fridays

						1	1
London Liverpool St	⊖	d				0600	0625
Stratford	DLR ⊖	d					0633u
Shenfield		d					
Chelmsford		d				0630	0656
Witham		d					0706
Colchester		a				0648	0718
Colchester		d	0540			0649	0719
Manningtree		d	0549			0657	0727
Ipswich		a	0600			0707	0738
Ipswich		d	0510	0600	0617	0639	0656
Needham Market		d	0517		0625		0704
Stowmarket		d	0522	0612	0631	0650	0710
Diss		d				0702	0733
Norwich		a				0724	0752
							0820











						1	1	1	1	CP
London Liverpool St	⊖	d				0700		0730	0755	0830
Stratford	DLR ⊖	d								0838u
Shenfield		d	0721u							
Chelmsford		d						0802		0902
Witham		d								
Colchester		a	0746			0822		0845		0921
Colchester		d	0748			0822		0847		0922
Manningtree		d	0756			0830		0855		0930
Ipswich		a	0806			0842		0905		0941
Ipswich		d	0800	0811	0819	0843	0906	0921	0943	
Needham Market		d			0827			0929		
Stowmarket		d	0811	0822	0834	0855		0936	0953	
Diss		d				0907	0927			1005
Norwich		a	0852			0924	0945			1022











Mondays to Fridays

			⌚		⌚	⌚	⌚	⌚
London Liverpool St	⊖	d	0900		0930	1000		1030
Stratford	DLR ⊖	d			0938u			1038u
Shenfield		d						
Chelmsford		d			1003			1104
Witham		d						
Colchester		a	0947		1021	1046		1122
Colchester		d	0947		1021	1046		1123
Manningtree		d	0955		1029	1054		1131
Ipswich		a	1005		1040	1105		1141
Ipswich		d	1001	1008	1021	1042	1106	1121
Needham Market		d			1029			1129
Stowmarket		d	1012		1035	1053		1135
Diss		d	1028		1104	1126		1206
Norwich		a	1048		1122	1144		1225









				⌚	⌚	⌚	⌚	⌚
London Liverpool St	⊖	d		1100		1130	1200	1230
Stratford	DLR ⊖	d				1138u		1238u
Shenfield		d						
Chelmsford		d			1201			1301
Witham		d						
Colchester		a		1146		1219	1247	1319
Colchester		d		1147		1221	1248	1320
Manningtree		d		1155		1229	1256	1328
Ipswich		a		1206		1240	1306	1338
Ipswich		d	1156	1207	1221	1241	1307	1321
Needham Market		d			1229			1329
Stowmarket		d	1207		1235	1252		1335
Diss		d		1227		1304	1329	1403
Norwich		a		1245		1322	1346	1420









Mondays to Fridays

			1 2	1 2	3	1 2		
London Liverpool St	 d		1300		1330	1400	1430	
Stratford	DLR  d				1338u		1438u	
Shenfield	 d							
Chelmsford	 d				1401		1502	
Witham	 d							
Colchester	 a		1347		1419	1446	1520	
Colchester	 d		1348		1420	1447	1521	
Manningtree	d		1356		1428	1455	1528	
Ipswich	 a		1406		1438	1505	1538	
Ipswich	 d	1358	1407	1420	1439	1506	1521	1539
Needham Market	d			1429			1529	
Stowmarket	d	1409		1435	1450		1535	1551
Diss	d		1427		1502	1529		1603
Norwich	 a		1445		1519	1546		1620

			3	1 2	1 2	3		
London Liverpool St	 d		1500		1530	1600	1630	
Stratford	DLR  d							
Shenfield	 d							
Chelmsford	 d				1559			
Witham	 d							
Colchester	 a		1546		1620	1646	1717	
Colchester	 d		1548		1620	1646	1718	
Manningtree	d		1556		1628	1654	1726	
Ipswich	 a		1606		1638	1705	1736	
Ipswich	 d	1600	1607	1621	1640	1707	1721	1737
Needham Market	d			1629			1729	
Stowmarket	d	1612		1635	1651	1719	1736	1748
Diss	d		1629		1703	1731		1800
Norwich	 a		1647		1720	1750		1819











Mondays to Fridays

			1 02		1 02	1 02		1 02
London Liverpool St	⊖ d		1700		1730	1750		1830
Stratford	DLR ⊖ d							
Shenfield	 d							
Chelmsford	 d							
Witham	 d							
Colchester	 a				1821	1842		1920
Colchester	 d				1821	1843		1920
Manningtree	d		1749		1829	1851		1928
Ipswich	 a		1759		1839	1901		1938
Ipswich	 d	1742	1800	1821	1840	1903	1914	1940
Needham Market	d	1750		1829			1922	
Stowmarket	d	1755	1811	1835	1851	1914	1927	1951
Diss	d		1823		1903	1927		2003
Norwich	 a		1841		1923	1946		2023











			1 02		1 02	1 02		1 02
London Liverpool St	⊖ d		1902		1930	2000		2030
Stratford	DLR ⊖ d							2038u
Shenfield	 d							
Chelmsford	 d							2100
Witham	 d							
Colchester	 a		1946		2019	2049		2120
Colchester	 d		1948		2020	2050		2121
Manningtree	d		1956		2029	2058		2129
Ipswich	 a		2006		2040	2108		2139
Ipswich	 d	2001	2009	2021	2041	2109	2120	2141
Needham Market	d			2029			2129	
Stowmarket	d	2013	2020	2035	2052	2120	2135	2152
Diss	d		2032		2104	2132		2204
Norwich	 a		2050		2121	2149		2221












For reference to notes please see page 2

Mondays to Fridays









			1	1	1	1
				1	1	1
London Liverpool St	 d		2100	2130	2230	2330
Stratford	DLR  d			2138u	2239u	2338u
Shenfield	 d					
Chelmsford	 d			2200	2303	0001
Witham	 d					
Colchester	 a		2146	2219	2321	0019
Colchester	 d		2147	2220	2322	0021
Manningtree	d		2155	2229	2330	0029
Ipswich	 a		2205	2239	2340	0039
Ipswich	 d		2207	2221	2243	2342
Needham Market	d		2229			
Stowmarket	d		2218	2235	2255	2353
Diss	d		2230	2307	0009	0110
Norwich	 a		2248	2326	0027	0133









Saturdays

				1		1		
London Liverpool St	 d					0630		
Stratford	DLR  d					0638u		
Shenfield	 d							
Chelmsford	 d					0701		
Witham	 d							
Colchester	 a					0719		
Colchester	 d	0540				0720		
Manningtree	d	0548				0728		
Ipswich	 a	0558				0738		
Ipswich	 d	0511	0600	0619	0710	0720	0739	0758
Needham Market	d	0519		0627		0729		
Stowmarket	d	0525	0611	0633	0721	0735	0751	0809
Diss	d				0733		0803	
Norwich	 a				0752		0820	

		1		1 	1		1	
London Liverpool St	 d	0700		0730	0800		0830	
Stratford	DLR  d			0738u			0838u	
Shenfield	 d							
Chelmsford	 d			0801			0901	
Witham	 d							
Colchester	 a	0746		0819	0846		0919	
Colchester	 d	0747		0820	0847		0920	
Manningtree	d	0755		0828	0855		0928	
Ipswich	 a	0805		0838	0905		0939	
Ipswich	 d	0806	0821	0839	0906	0921	0939	0958
Needham Market	d		0829			0929		
Stowmarket	d		0835	0851		0936	0951	1009
Diss	d	0826		0903	0928		1003	
Norwich	 a	0843		0920	0945		1020	











Saturdays











			⌚		⌚	⌚	⌚	
London Liverpool St	⊖	d	0900		0930	1000		1030
Stratford	DLR ⊖	d			0938u			1038u
Shenfield		d						
Chelmsford		d			1001			1101
Witham		d						
Colchester		a	0946		1019	1046		1119
Colchester		d	0947		1020	1047		1120
Manningtree		d	0955		1028	1055		1128
Ipswich		a	1005		1038	1105		1139
Ipswich		d	1006	1021	1039	1106	1121	1139 1200
Needham Market		d		1029			1129	
Stowmarket		d		1035	1051		1135	1151 1211
Diss		d	1027		1103	1126		1203
Norwich		a	1046		1120	1143		1220

			⌚		⌚	⌚	⌚	
London Liverpool St	⊖	d	1102		1130	1200		1230
Stratford	DLR ⊖	d			1138u			1238u
Shenfield		d						
Chelmsford		d			1201			1301
Witham		d						
Colchester		a	1146		1219	1246		1319
Colchester		d	1147		1220	1247		1320
Manningtree		d	1155		1228	1255		1328
Ipswich		a	1206		1238	1305		1338
Ipswich		d	1209	1221	1239	1306	1321	1339 1402
Needham Market		d		1229			1329	
Stowmarket		d		1235	1251		1335	1351 1412
Diss		d	1230		1303	1326		1403
Norwich		a	1247		1320	1343		1420











For reference to notes please see page 2











Saturdays

			1	2	3	4	5	6
London Liverpool St	 d		1300		1330	1400		1430
Stratford	DLR  d				1338u			1438u
Shenfield	 d							
Chelmsford	 d				1401			1501
Witham	 d							
Colchester	 a		1346		1419	1447		1519
Colchester	 d		1347		1420	1448		1520
Manningtree	d		1355		1428	1456		1528
Ipswich	 a		1405		1438	1506		1538
Ipswich	 d		1409	1420	1439	1507	1521	1539
Needham Market	d			1429			1529	
Stowmarket	d			1435	1451		1535	1551
Diss	d		1429		1503	1526		1603
Norwich	 a		1447		1520	1544		1620









			1	2	3	4	5	6
London Liverpool St	 d		1500		1530	1600		1630
Stratford	DLR  d				1538u			1638u
Shenfield	 d							
Chelmsford	 d				1601			1701
Witham	 d							
Colchester	 a		1546		1619	1646		1719
Colchester	 d		1547		1620	1647		1720
Manningtree	d		1555		1628	1655		1728
Ipswich	 a		1605		1638	1705		1738
Ipswich	 d		1606	1621	1639	1706	1721	1739
Needham Market	d			1629			1729	
Stowmarket	d			1635	1651	1717	1736	1751
Diss	d		1626		1703	1729		1803
Norwich	 a		1644		1720	1748		1820

Saturdays

			1	2	3	4			
London Liverpool St	 d		1700		1730	1800	1830		
Stratford	DLR  d				1738u		1838u		
Shenfield	 d								
Chelmsford	 d				1801		1901		
Witham	 d								
Colchester	 a		1746		1819	1846	1919		
Colchester	 d		1747		1820	1847	1920		
Manningtree	d		1755		1828	1855	1928		
Ipswich	 a		1805		1838	1905	1938		
Ipswich	 d		1806	1821	1839	1906	1921	1939	2000
Needham Market	d			1829			1929		
Stowmarket	d			1835	1851		1935	1951	2011
Diss	d		1826		1903	1926		2003	
Norwich	 a		1843		1920	1943		2020	











			1	2	3	4			
London Liverpool St	 d		1902		1930	2000	2030		
Stratford	DLR  d				1938u		2038u		
Shenfield	 d								
Chelmsford	 d				2001		2101		
Witham	 d								
Colchester	 a		1946		2019	2046	2119		
Colchester	 d		1947		2020	2047	2120		
Manningtree	d		1955		2028	2055	2128		
Ipswich	 a		2005		2038	2105	2139		
Ipswich	 d		2008	2021	2039	2106	2121	2139	2221
Needham Market	d			2029			2129		2229
Stowmarket	d			2035	2051		2135	2151	2235
Diss	d		2028		2103	2126		2203	
Norwich	 a		2046		2120	2143		2220	











Saturdays

			1	2	1	2	1	2
London Liverpool St	⊖	d	2130	2230	2330			
Stratford	DLR ⊖	d	2138u	2238u	2338u			
Shenfield		d						
Chelmsford		d	2201	2301	2359			
Witham		d						
Colchester		a	2219	2319	0019			
Colchester		d	2220	2320	0021			
Manningtree		d	2228	2328	0029			
Ipswich		a	2238	2338	0039			
Ipswich		d	2239	2339	0041			
Needham Market		d						
Stowmarket		d	2251	2351	0052			
Diss		d	2303	0003	0105			
Norwich		a	2320	0020	0122			











Sundays











C

						1	1
London Liverpool St	 d						0810
Stratford	DLR  d						0817u
Shenfield	 d						
Chelmsford	 d						
Witham	 d						
Colchester	 a						0915
Colchester	 d						0916 0925
Manningtree	d						0924 0933
Ipswich	 a						0935 0944
Ipswich	 d	0736	0755	0820	0842	0920	0936 0955
Needham Market	d	0744		0828		0928	
Stowmarket	d	0750	0806	0834	0853	0934	0947 1006
Diss	d				0905		0959
Norwich	 a				0924		1017











						1	1
London Liverpool St	 d					0930	1030 1100
Stratford	DLR  d					0938u	1038u
Shenfield	 d						
Chelmsford	 d						
Witham	 d						
Colchester	 a					1016	1116 1143
Colchester	 d					1017	1117 1144
Manningtree	d					1025	1125
Ipswich	 a					1035	1136 1200
Ipswich	 d	1020	1036	1120	1137	1155	1201 1220
Needham Market	d	1028		1128			1228
Stowmarket	d	1034	1048	1134	1148	1207	1213 1234
Diss	d				1200		1225
Norwich	 a				1117	1218	1243











Sundays

			1	1	1			
London Liverpool St	 d		1130		1230			1330
Stratford	DLR  d		1138u		1238u			1338u
Shenfield	 d							
Chelmsford	 d							
Witham	 d							
Colchester	 a		1216		1316			1416
Colchester	 d		1217		1317			1417
Manningtree	d		1225		1325			1425
Ipswich	 a		1235		1335			1435
Ipswich	 d		1236	1320	1336	1355	1420	1436 1520
Needham Market	d			1328			1428	1528
Stowmarket	d		1248	1334	1348	1407	1434	1448 1534
Diss	d		1300		1400			1500
Norwich	 a		1317		1417			1517

			1	1	1			
London Liverpool St	 d		1430		1530			1630
Stratford	DLR  d		1438u		1538u			1638u
Shenfield	 d							
Chelmsford	 d							
Witham	 d							
Colchester	 a		1516		1616			1716
Colchester	 d		1517		1617			1717
Manningtree	d		1525		1625			1725
Ipswich	 a		1535		1635			1735
Ipswich	 d		1536	1555	1620	1636	1720	1736 1755
Needham Market	d			1628			1728	
Stowmarket	d		1548	1607	1634	1648	1734	1748 1807
Diss	d		1600		1700			1800
Norwich	 a		1618		1717			1817

Sundays

			1			1	1	1
London Liverpool St	 d		1730	1800		1830	1900	1930
Stratford	DLR  d		1738u			1838u		1938u
Shenfield	 d							
Chelmsford	 d							
Witham	 d							
Colchester	 a		1816	1843		1916	1943	2016
Colchester	 d		1817	1844		1917	1944	2017
Manningtree	d		1825			1925	1952	2025
Ipswich	 a		1835	1900		1935	2002	2035
Ipswich	 d	1820	1836	1901	1920	1936	2003	2036
Needham Market	d	1828			1928			
Stowmarket	d	1834	1848	1912	1934	1948	2014	2048
Diss	d	1900	1924			2000	2026	2100
Norwich	 a		1917	1941		2017	2044	2117

			1	1	1	1
London Liverpool St	 d		2030	2130	2230	2330
Stratford	DLR  d		2038u	2138u	2238u	2338u
Shenfield	 d					
Chelmsford	 d					
Witham	 d					
Colchester	 a		2116	2216	2316	0016
Colchester	 d		2117	2217	2317	0017
Manningtree	d		2125	2225	2326	0026
Ipswich	 a		2135	2235	2336	0036
Ipswich	 d	2105	2136	2236	2338	0038
Needham Market	d	2113				
Stowmarket	d	2119	2148	2248	2349	0050
Diss	d	2200	2300	0001	0103	
Norwich	 a		2217	2318	0019	0120