

Train timetable

Valid from 10 December 2023

Norwich to Ipswich and
London Liverpool Street

 @greateranglia

 [greateranglia.co.uk](https://www.greateranglia.co.uk)

greateranglia



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

1 First Class accommodation available

 Seat reservations possible

R Seat reservations recommended

 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

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

Whilst every care has been taken in the production of this timetable, Greater Anglia can not be held liable for any errors or omissions contained within.



Customer Relations (Greater Anglia Customer Contact)

For all enquiries about Greater Anglia including season tickets, information and bank holiday services contact the Greater Anglia Customer Contact Centre:

email: contactcentre@greateranglia.co.uk

0345 600 7245 (calls may be recorded)



Accessibility enquiries (Greater Anglia disabled persons helpline)

For general accessibility enquiries or for assistance requests call Greater Anglia disabled persons helpline on:

0800 028 2878

Or email: assistedtravel@greateranglia.co.uk



Lost property

If you think you've left something on one of our trains or at one of our stations, contact us and we'll search the items handed in: greateranglia.co.uk/lostproperty

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.



Journey information

Find out how your train is running before you leave home or work. Sign up to Journeycheck Alerts:

greateranglia.co.uk/alertme

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.)











Follow us

Follow us on Twitter for service running information and updates:
[@greateranglia](https://twitter.com/greateranglia)









Mondays to Fridays









			1◇		1R	1R	1R	◇	1R
Norwich		d	0505		0530	0604		0628	0705
Diss		d	0522		0547	0621		0645	0722
Stowmarket		d	0534	0550	0559	0633	0646	0657	0734
Needham Market		d		0555			0650		
Ipswich		a	0545	0605	0610	0644	0701	0708	0747
Ipswich		d	0546		0611	0645		0709	0748
Manningtree		d	0556		0620	0655		0719	0758
Colchester		a	0604		0629	0703		0728	0807
Colchester		d	0606		0630	0705		0730	0808
Witham		a							
Chelmsford		a							
Shenfield		a							
Stratford	DLR	⊖	a	0645s	0712s	0747s		0814s	0849s
London Liverpool St	⊖	a	0654		0722	0758		0824	0900

				◇	1◇	1◇	1◇	1◇
Norwich		d		0726	0803		0830	0903
Diss		d		0744	0820		0847	0920
Stowmarket		d	0746	0756	0832	0847		0914
Needham Market		d	0750			0852		
Ipswich		a	0801	0811	0843	0902	0907	0927
Ipswich		d		0813	0844		0910	0944
Manningtree		d		0822	0853		0919	0954
Colchester		a		0831s	0902		0929	1002
Colchester		d			0903		0930	1003
Witham		a						
Chelmsford		a			0920			1020
Shenfield		a						
Stratford	DLR	⊖	a	0915s	0949s			1046s
London Liverpool St	⊖	a		0925	1000		1019	1055

For reference to notes please see page 2











Mondays to Fridays











			1	◇	⌚	1	◇	⌚	1	◇	⌚	1	◇	⌚
Norwich		d	0932		1000				1030			1100		
Diss		d	0949		1017				1047			1117		
Stowmarket		d	0947		1029	1047			1116	1129				
Needham Market		d	0951			1051								
Ipswich		a	1005	1009	1040	1102	1107	1128	1141					
Ipswich		d	1010		1041			1110		1142				
Manningtree		d	1019		1051			1119		1151				
Colchester		a	1029		1100			1128		1200				
Colchester		d	1030		1101			1130		1201				
Witham		a												
Chelmsford		a			1118					1218				
Shenfield		a												
Stratford	DLR	⊖ a			1143s					1243s				
London Liverpool St	⊖ a		1118	1151				1215		1251				

			◇	⌚	◇	⌚	◇	⌚	1	◇	⌚
Norwich		d	1132		1200			1232		1300	
Diss		d	1149		1217			1249		1317	
Stowmarket		d	1147		1229	1247		1315	1329		
Needham Market		d	1151			1251					
Ipswich		a	1202	1209	1241	1302	1309	1328	1340		
Ipswich		d	1210		1242			1310		1341	
Manningtree		d	1219		1251			1319		1350	
Colchester		a	1229		1300			1329		1400	
Colchester		d	1230		1301			1330		1401	
Witham		a									
Chelmsford		a			1318					1418	
Shenfield		a									
Stratford	DLR	⊖ a			1343s					1443s	
London Liverpool St	⊖ a		1315	1352				1416		1451	

For reference to notes please see page 2











Mondays to Fridays











			1	◇	Ⓜ	1	◇	Ⓜ	1	◇	Ⓜ	1	◇	Ⓜ
Norwich		d	1330			1401			1430			1500		
Diss		d	1348			1418			1447			1517		
Stowmarket		d	1347			1430			1447			1515		
Needham Market		d	1351						1451					
Ipswich		a	1402			1408			1441			1502		
Ipswich		d	1410			1442			1509			1543		
Manningtree		d	1419			1451			1519			1553		
Colchester		a	1429			1501			1528			1602		
Colchester		d	1430			1502			1530			1603		
Witham		a												
Chelmsford		a				1519						1620		
Shenfield		a												
Stratford	DLR 	a				1543s						1645s		
London Liverpool St		a	1517			1552			1615			1656		

			1	◇	Ⓜ	1	◇	Ⓜ	◇	Ⓜ	1	◇	Ⓜ	
Norwich		d	1530			1600			1630			1703		
Diss		d	1548			1617			1648			1720		
Stowmarket		d	1547			1629			1647			1714		
Needham Market		d	1551						1651					
Ipswich		a	1602			1609			1702			1708		
Ipswich		d	1610			1642			1710			1747		
Manningtree		d	1619			1652			1719			1756		
Colchester		a	1628			1702			1728			1805		
Colchester		d	1629			1704			1730			1806		
Witham		a												
Chelmsford		a				1721						1823		
Shenfield		a												
Stratford	DLR 	a				1747s						1849s		
London Liverpool St		a	1716			1757			1821			1858		

For reference to notes please see page 2

Mondays to Fridays











			◇ ₁	1◇ ₂	1◇ ₃	1◇ ₄	1◇ ₅
Norwich	 d		1730	1800		1832	1900
Diss	d		1747	1817		1849	1917
Stowmarket	d	1748	1759	1829	1847		1915 1929
Needham Market	d	1752			1851		
Ipswich	 a	1804	1810	1840	1902	1909	1927 1940
Ipswich	 d		1811	1842		1910	1942
Manningtree	d		1820	1853		1920	1953
Colchester	 a		1829	1901		1929	2001
Colchester	 d		1830	1903		1930	2002
Witham	 a						
Chelmsford	 a			1920			2020
Shenfield	 a						
Stratford	DLR  a			1944s			2044s
London Liverpool St	 a		1916	1953		2020	2054

			◇	1◇ ₂	1◇ ₃	1◇ ₄	1◇ ₅
Norwich	 d		1932	2000		2032	2102
Diss	d		1949	2017		2049	2119
Stowmarket	d	1947		2029	2047		2115 2131
Needham Market	d	1951			2051		
Ipswich	 a	2004	2009	2041	2102	2109	2128 2142
Ipswich	 d		2010	2045		2110	2128 2144
Manningtree	d		2020	2054		2120	2138 2153
Colchester	 a		2028	2102		2128	2151 2202
Colchester	 d		2030	2103		2130	2203
Witham	 a						
Chelmsford	 a			2120			2220
Shenfield	 a						
Stratford	DLR  a			2147s			2245s
London Liverpool St	 a		2119	2155		2218	2255









For reference to notes please see page 2









Mondays to Fridays

1◇

Norwich		d	2202			2305	
Diss		d	2219			2323	
Stowmarket		d	2147	2231	2247	2310	2335 2348
Needham Market		d	2151		2251		2352
Ipswich		a	2202	2242	2302	2321	2349 0002
Ipswich		d	2243			2322	
Manningtree		d	2253			2331	
Colchester		a	2301			2340	
Colchester		d	2303				
Witham		a	2314				
Chelmsford		a	2324				
Shenfield		a	2336				
Stratford	DLR 	a	2353s				
London Liverpool St		a	0003				











Saturdays











			1◇	1◇	1◇	◇	1◇	CP
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◇	CP	◇	1◇	CP	1◇	CP
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

			1R	1R	1	◇	◇	
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	◇	◇	
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	1352		1415	1451	











Saturdays

			1	◇	Ⓜ	1	◇	Ⓜ		1	◇	Ⓜ	
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			1552				1615			1651

			1	◇	Ⓜ	1	◇	Ⓜ		◇	Ⓜ		1	◇	Ⓜ
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◇◇	◇T	1◇◇		1◇◇	
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◇◇		1◇◇		1◇◇	
Norwich	 d		2000			2100		2200
Diss	d		2017			2117		2217
Stowmarket	d		2029	2046	2116	2129	2147	2229 2247
Needham Market	d			2050			2151	2251
Ipswich	 a		2040	2101	2127	2140	2202	2240 2302
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							2312
Chelmsford	 a		2118			2218		2323
Shenfield	 a							2334
Stratford	DLR  a		2143s			2243s		2349s
London Liverpool St	 a		2151			2251		2358











For reference to notes please see page 2

Saturdays

Norwich		d	2305		
Diss		d	2323		
Stowmarket		d	2311	2335	2348
Needham Market		d			2352
Ipswich		a	2322	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

			1◇		1◇		1◇
Norwich		d	1100		1200		1300
Diss		d	1117		1217		1317
Stowmarket		d	1129	1145	1229	1245	1311 1329 1345
Needham Market		d		1149		1249	1349
Ipswich		a	1140	1200	1240	1300 1324	1340 1400
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

For reference to notes please see page 2











Sundays











			1◇		1◇		1◇	1R
Norwich		d	1400		1500		1523	1600
Diss		d	1417		1517		1540	1617
Stowmarket		d	1429	1445	1514	1529	1545	1552
Needham Market		d		1449			1549	
Ipswich		a	1440	1500	1527	1540	1600	1604
Ipswich		d	1441			1541	1605	1641
Manningtree		d	1451			1551		1651
Colchester		a	1459			1559	1620	1659
Colchester		d	1500			1600	1621	1700
Witham		a						
Chelmsford		a						
Shenfield		a						
Stratford	DLR 	a	1539s			1639s	1700s	1739s
London Liverpool St		a	1547			1647	1709	1747

			1◇		1◇		1◇	
Norwich		d		1623		1700		1800
Diss		d		1640		1717		1817
Stowmarket		d	1645	1652	1711	1729	1745	1829
Needham Market		d	1649				1749	1849
Ipswich		a	1700	1703	1723	1740	1800	1840
Ipswich		d		1705		1741		1841
Manningtree		d				1751		1851
Colchester		a		1720		1759		1859
Colchester		d		1721		1800		1900
Witham		a						
Chelmsford		a						
Shenfield		a						
Stratford	DLR 	a		1800s		1839s		1939s
London Liverpool St		a		1809		1847		1947

For reference to notes please see page 2









Sundays









			1◇				1◇				1◇
Norwich		d	1900				2000				2100
Diss		d	1917				2017				2117
Stowmarket		d	1911	1929	1945	2029	2046	2111			2129
Needham Market		d			1949		2051				
Ipswich		a	1924	1940	2000	2040	2102	2123			2140
Ipswich		d	1924	1941			2041	2123			2141
Manningtree		d	1933	1951			2051	2132			2151
Colchester		a	1941	1959			2059	2142			2159
Colchester		d	2000				2100				2200
Witham		a									
Chelmsford		a									
Shenfield		a									
Stratford	DLR 	a	2039s				2139s				2239s
London Liverpool St		a	2047				2147				2247

			1◇			
Norwich		d	2205	2305		
Diss		d	2222	2322		
Stowmarket		d	2145	2234	2334	2350
Needham Market		d	2150			2355
Ipswich		a	2200	2245	2346	0005
Ipswich		d	2246			
Manningtree		d	2255			
Colchester		a	2303			
Colchester		d	2304			
Witham		a	2315			
Chelmsford		a	2324			
Shenfield		a	2335			
Stratford	DLR 	a	2350s			
London Liverpool St		a	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	0710
Needham Market	d	0517		0625		0704	
Stowmarket	d	0522	0611	0631	0650	0710	0721
Diss	d				0702	0733	0802
Norwich	 a				0724	0752	0820

						1◇	1◇	1◇	1◇
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	0846		0922
Manningtree	d	0756				0830	0854		0930
Ipswich	 a	0806				0842	0904		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		0834		0907	0927			1005
Norwich	 a		0852		0924	0945			1022

Mondays to Fridays

			◇ ₁ ㄩ		1◇ ㄩ	◇ ₁ ㄩ		1◇ ㄩ
London Liverpool St	⊖	d	0900		0930	1000		1030
Stratford	DLR ⊖	d			0938u			1038u
Shenfield	ㄩ	d						
Chelmsford	ㄩ	d			1003			1104
Witham	ㄩ	d						
Colchester	ㄩ	a	0945		1021	1046		1122
Colchester	ㄩ	d	0946		1021	1046		1123
Manningtree		d	0954		1029	1054		1131
Ipswich	ㄩ	a	1005		1040	1105		1141
Ipswich	ㄩ	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	ㄩ	a	1048		1122	1144		1225











				1◇ ㄩ		1◇ ㄩ	1◇ ㄩ		1◇ ㄩ
London Liverpool St	⊖	d		1100		1130	1200		1230
Stratford	DLR ⊖	d				1138u			1238u
Shenfield	ㄩ	d							
Chelmsford	ㄩ	d				1201			1301
Witham	ㄩ	d							
Colchester	ㄩ	a		1146		1219	1246		1319
Colchester	ㄩ	d		1146		1221	1247		1320
Manningtree		d		1154		1229	1255		1328
Ipswich	ㄩ	a		1205		1240	1306		1338
Ipswich	ㄩ	d	1156	1207	1221	1241	1307	1321	1339
Needham Market		d			1229			1329	
Stowmarket		d	1207		1235	1252		1335	1351
Diss		d		1227		1304	1329		1403
Norwich	ㄩ	a		1245		1322	1346		1421











Mondays to Fridays

			1◇◇	1◇◇	◇	1◇◇	
London Liverpool St	⊖ d		1300			1330	1400
Stratford	DLR ⊖ d					1338u	
Shenfield	🚆 d						
Chelmsford	🚆 d					1401	
Witham	🚆 d						
Colchester	🚆 a		1346			1419	1445
Colchester	🚆 d		1347			1420	1446
Manningtree	d		1355			1428	1454
Ipswich	🚆 a		1406			1438	1505
Ipswich	🚆 d	1358	1407	1420		1439	1507
Needham Market	d			1429			1521
Stowmarket	d	1409		1435	1450		1521
Diss	d		1429		1502	1529	1603
Norwich	🚆 a		1446		1519	1546	1620









			◇	1◇◇	1◇◇	1◇◇	◇
London Liverpool St	⊖ d		1500			1530	1600
Stratford	DLR ⊖ d						
Shenfield	🚆 d						
Chelmsford	🚆 d					1559	
Witham	🚆 d						
Colchester	🚆 a		1545			1620	1645
Colchester	🚆 d		1546			1620	1646
Manningtree	d		1554			1628	1654
Ipswich	🚆 a		1605			1639	1705
Ipswich	🚆 d	1600	1607	1621		1640	1706
Needham Market	d			1629			1721
Stowmarket	d	1612		1635	1651	1719	1736
Diss	d		1629		1703	1731	1800
Norwich	🚆 a		1647		1720	1750	1819

Mondays to Fridays

			1◇	1R	1R	1R	
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◇	◇	1◇	
London Liverpool St  d			1902	1930	2000		2030
Stratford DLR  d							2038u
Shenfield  d							
Chelmsford  d							2100
Witham  d							
Colchester  a			1946	2019	2048		2120
Colchester  d			1948	2020	2049		2121
Manningtree d		1956		2029	2057		2129
Ipswich  a		2006		2040	2107		2139
Ipswich  d	2001	2009	2021	2041	2108	2120	2141
Needham Market d			2029			2129	
Stowmarket d	2013	2020	2035	2052	2119	2135	2152
Diss d		2032		2104	2131		2204
Norwich  a		2050		2121	2149		2221

Mondays to Fridays

			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	2145		2219	2321	0019		
Colchester		d	2146		2220	2322	0021		
Manningtree		d	2154		2229	2330	0029		
Ipswich		a	2204		2239	2340	0039		
Ipswich		d	2206	2221	2243	2342	0045		
Needham Market		d		2229					
Stowmarket		d	2217	2235	2255	2353	0057		
Diss		d	2229		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	0745		0819	0845		0919	
Colchester		d	0746		0820	0846		0920	
Manningtree		d	0754		0828	0854		0928	
Ipswich		a	0804		0838	0904		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

			◇	⌚		1	◇	⌚	1	◇	⌚		◇	⌚
London Liverpool St	⊖	d	0900			0930		1000					1030	
Stratford	DLR ⊖	d				0938u							1038u	
Shenfield		d												
Chelmsford		d				1001							1101	
Witham		d												
Colchester		a	0945			1019		1045					1119	
Colchester		d	0946			1020		1046					1120	
Manningtree		d	0954			1028		1054					1128	
Ipswich		a	1005			1038		1104					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	









				1	◇	⌚		1	◇	⌚	1	◇	⌚		1	◇	⌚
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		1245					1319				
Colchester		d	1147			1220		1246					1320				
Manningtree		d	1155			1228		1254					1328				
Ipswich		a	1206			1238		1304					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				









Saturdays

			1◇◇	1◇◇	◇	1◇◇	
London Liverpool St	⊖	d	1300	1330	1400	1430	
Stratford	DLR ⊖	d		1338u		1438u	
Shenfield		d					
Chelmsford		d		1401		1501	
Witham		d					
Colchester		a	1345	1419	1446	1519	
Colchester		d	1346	1420	1447	1520	
Manningtree		d	1354	1428	1455	1528	
Ipswich		a	1405	1438	1506	1538	
Ipswich		d	1409	1420	1439	1507	1521
Needham Market		d		1429		1529	
Stowmarket		d		1435	1451	1535	1551
Diss		d	1429	1503	1526	1603	
Norwich		a	1447	1520	1544	1620	

			1◇◇	◇	1◇◇	◇
London Liverpool St	⊖	d	1500	1530	1600	1630
Stratford	DLR ⊖	d		1538u		1638u
Shenfield		d				
Chelmsford		d		1601		1701
Witham		d				
Colchester		a	1545	1619	1645	1719
Colchester		d	1546	1620	1646	1720
Manningtree		d	1554	1628	1654	1728
Ipswich		a	1605	1638	1704	1738
Ipswich		d	1606	1621	1639	1706
Needham Market		d		1629		1729
Stowmarket		d		1635	1651	1717
Diss		d	1626	1703	1729	1803
Norwich		a	1644	1720	1748	1820









Saturdays

			1◇ 1700	1◇ 1730	1◇ 1800	1◇ 1830			
London Liverpool St	⊖	d	1700	1730	1800	1830			
Stratford	DLR ⊖	d		1738u		1838u			
Shenfield		d							
Chelmsford		d		1801		1901			
Witham		d							
Colchester		a	1745	1819	1845	1919			
Colchester		d	1746	1820	1846	1920			
Manningtree		d	1754	1828	1854	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			









			◇ 1902	1◇ 1930	1◇ 2000	◇ 2030			
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	2045	2119			
Colchester		d	1947	2020	2046	2120			
Manningtree		d	1955	2028	2054	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			









For reference to notes please see page 2

Saturdays

			1◇	2P	1◇	2P	1◇	2P
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









				1	1 ◇			
London Liverpool St	⊖	d				0810		
Stratford	DLR ⊖	d				0819u		
Shenfield		d						
Chelmsford		d						
Witham		d						
Colchester		a				0915		
Colchester		d				0916	0925	
Manningtree		d				0924	0933	
Ipswich		a				0935	0944	
Ipswich		d	0736	0820	0842	0920	0936	0955
Needham Market		d	0744	0828		0928		1028
Stowmarket		d	0750	0834	0853	0934	0947	1006
Diss		d			0905		0959	
Norwich		a			0924		1017	

				1 ◇	1 ◇	1 ◇	1 ◇	1 ◇
London Liverpool St	⊖	d	0930		1030		1100	1130
Stratford	DLR ⊖	d	0938u		1038u			1138u
Shenfield		d						
Chelmsford		d						
Witham		d						
Colchester		a	1016		1116		1143	1216
Colchester		d	1017		1117		1144	1217
Manningtree		d	1025		1125			1225
Ipswich		a	1035		1136		1200	1235
Ipswich		d	1036	1120	1137	1155	1201	1220
Needham Market		d		1128				1228
Stowmarket		d	1048	1134	1148	1206	1213	1234
Diss		d	1100		1200		1225	1300
Norwich		a	1117		1218		1243	1317









For reference to notes please see page 2









Sundays

			1◇		1◇		1◇	
London Liverpool St	⊖ d		1230		1330		1430	
Stratford	DLR ⊖ d		1238u		1338u		1438u	
Shenfield	 d							
Chelmsford	 d							
Witham	 d							
Colchester	 a		1316		1416		1516	
Colchester	 d		1317		1417		1517	
Manningtree	d		1325		1425		1525	
Ipswich	 a		1335		1435		1535	
Ipswich	 d	1320	1336	1355	1420	1436	1520	1536
Needham Market	d	1328			1428		1528	
Stowmarket	d	1334	1348	1406	1434	1448	1534	1548
Diss	d		1400			1500		1600
Norwich	 a		1417			1517		1618

			1◇		1◇			
London Liverpool St	⊖ d		1530		1630			
Stratford	DLR ⊖ d		1538u		1638u			
Shenfield	 d							
Chelmsford	 d							
Witham	 d							
Colchester	 a		1616		1716			
Colchester	 d		1617		1717			
Manningtree	d		1625		1725			
Ipswich	 a		1635		1735			
Ipswich	 d	1555	1620	1636	1720	1736	1755	1820
Needham Market	d		1628		1728			1828
Stowmarket	d	1606	1634	1648	1734	1748	1806	1834
Diss	d			1700		1800		
Norwich	 a			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	1836	1901	1920	1936	2003
Needham Market		d			1928		2113
Stowmarket		d	1848	1912	1934	1948	2014
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	2136	2236	2338	0038
Needham Market		d				
Stowmarket		d	2148	2248	2349	0050
Diss		d	2200	2300	0001	0103
Norwich		a	2217	2318	0019	0120

For reference to notes please see page 2