

Train timetable

Valid from 2 June 2024

Norwich to Ipswich and
London Liverpool Street

 @greateranglia

 greateranglia.co.uk

Bold
Italic

Times in bold are direct services operated by Greater Anglia
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

A Service runs 2 June to 8 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

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	0500		0530	0600		0630	0700
Diss		d	0517		0547	0617		0647	0717
Stowmarket		d	0529	0550	0559	0629	0646	0659	0729
Needham Market		d		0555			0650		
Ipswich		a	0540	0605	0610	0640	0701	0710	0740
Ipswich		d	0541		0612	0642		0712	0743
Manningtree		d	0551		0622	0652		0722	0752
Colchester		a	0559		0630	0700		0730	0801
Colchester		d	0600		0631	0701		0731	0802
Witham		a							
Chelmsford		a	0617						
Shenfield		a							
Stratford	DLR	⊖	a	0642s	0711s	0743s		0813s	0846s
London Liverpool St	⊖	a	0650		0722	0754		0824	0857

				◇	1◇	1◇	1◇	1◇
Norwich		d		0730	0800		0830	0900
Diss		d		0747	0817		0847	0917
Stowmarket		d	0746	0759	0828	0847	0858	0914
Needham Market		d	0750			0852		
Ipswich		a	0801	0810	0838	0902	0909	0925
Ipswich		d		0811	0839		0910	0941
Manningtree		d		0821			0920	0951
Colchester		a		0829			0928	0959
Colchester		d		0831			0930	1000
Witham		a						
Chelmsford		a					0947	
Shenfield		a						
Stratford	DLR	⊖	a	0915s	0930s			1039s
London Liverpool St	⊖	a		0925	0938		1019	1047











Mondays to Fridays











			1	◇	Ⓜ	1	◇	Ⓜ	1	◇	Ⓜ	1	◇	Ⓜ
Norwich		d	0932			1000			1030			1100		
Diss		d	0949			1017			1048			1117		
Stowmarket		d	0947			1028		1046				1116		1128
Needham Market		d	0951					1050						
Ipswich		a	1005		1009	1039		1100		1108		1128		1139
Ipswich		d			1010		1041		1109			1141		
Manningtree		d			1020		1051		1120			1151		
Colchester		a			1028		1059		1128			1159		
Colchester		d			1030		1100		1130			1200		
Witham		a												
Chelmsford		a			1047				1147					
Shenfield		a												
Stratford	DLR	⊖ a					1139s							1239s
London Liverpool St	⊖ a				1117		1147		1217			1247		

			◇	Ⓜ	◇	Ⓜ	◇	Ⓜ	1	◇	Ⓜ
Norwich		d	1132			1200			1232		1300
Diss		d	1149			1217			1249		1317
Stowmarket		d	1146			1228		1246			1315
Needham Market		d	1150					1250			1328
Ipswich		a	1200		1209	1239		1300		1309	1328
Ipswich		d			1210		1241		1310		1341
Manningtree		d			1220		1251		1320		1351
Colchester		a			1228		1259		1328		1359
Colchester		d			1230		1300		1330		1400
Witham		a									
Chelmsford		a			1247				1347		
Shenfield		a									
Stratford	DLR	⊖ a					1339s				1439s
London Liverpool St	⊖ a				1317		1347		1417		1447

For reference to notes please see page 2











Mondays to Fridays











			1◇ 1330	◇ 1400	1◇ 1430	1◇ 1500
Norwich		d	1330	1400	1430	1500
Diss		d	1347	1417	1447	1517
Stowmarket		d	1346	1428	1445	1515
Needham Market		d	1350	1449		1529
Ipswich		a	1402	1407	1440	1501
Ipswich		d	1410	1441	1510	1542
Manningtree		d	1420	1451	1520	1552
Colchester		a	1428	1459	1528	1601
Colchester		d	1430	1500	1530	1602
Witham		a				
Chelmsford		a	1447		1547	1619
Shenfield		a				
Stratford	DLR 	a		1539s		1643s
London Liverpool St		a	1517	1547	1618	1651

			1◇ 1530	1◇ 1600	◇ 1630	1◇ 1700
Norwich		d	1530	1600	1630	1700
Diss		d	1547	1617	1647	1717
Stowmarket		d	1546	1628	1646	1714
Needham Market		d	1550	1650		1728
Ipswich		a	1602	1609	1639	1702
Ipswich		d	1610	1642	1710	1741
Manningtree		d	1620	1652	1720	1751
Colchester		a	1628	1701	1728	1759
Colchester		d	1630	1702	1730	1802
Witham		a				
Chelmsford		a	1647	1719	1747	
Shenfield		a				
Stratford	DLR 	a		1746s	1812s	1842s
London Liverpool St		a	1718	1754	1821	1850

For reference to notes please see page 2











Mondays to Fridays

			◇ ₁	◇ ₂	◇ ₃	◇ ₄	◇ ₅
Norwich	 d		1730	1800		1832	1900
Diss	d		1747	1817		1849	1917
Stowmarket	d	1748	1759	1828	1846		1915 1928
Needham Market	d	1752			1850		
Ipswich	 a	1804	1810	1839	1902	1909	1927 1939
Ipswich	 d		1811	1842		1910	1933 1941
Manningtree	d		1820	1852		1920	1942 1951
Colchester	 a		1829	1901		1928	1953 1959
Colchester	 d		1830	1902		1930	2000
Witham	 a						
Chelmsford	 a		1847			1948	
Shenfield	 a						
Stratford	DLR  a			1944s			2039s
London Liverpool St	 a		1917	1952		2018	2047









			◇ ₁	◇ ₂	◇ ₃	◇ ₄	◇ ₅
Norwich	 d		2000			2100	2202
Diss	d		2017			2117	2219
Stowmarket	d	1946	2028	2046	2115	2128	2146 2230
Needham Market	d	1950		2050			2150
Ipswich	 a	2004	2039	2102	2128	2139	2202 2242
Ipswich	 d		2041		2130	2141	2243
Manningtree	d		2051		2139	2151	2253
Colchester	 a		2059		2151	2159	2301
Colchester	 d		2100			2200	2302
Witham	 a					2211	2313
Chelmsford	 a					2220	2322
Shenfield	 a					2231	2333
Stratford	DLR  a		2140s			2247s	2348s
London Liverpool St	 a		2149			2255	2357









For reference to notes please see page 2

Mondays to Fridays









		1			
Norwich	 d	2305			
Diss	d	2323			
Stowmarket	d	2246	2310	2335	2346
Needham Market	d	2250			2350
Ipswich	 a	2302	2321	2349	0002
Ipswich	 d	2321			
Manningtree	d	2331			
Colchester	 a	2340			
Colchester	 d				
Witham	 a				
Chelmsford	 a				
Shenfield	 a				
Stratford	DLR  a				
London Liverpool St	 a				









Saturdays

			1◇	1◇	1◇	◇	1◇	CP
Norwich		d	0500	0532	0600	0632	0700	
Diss		d	0517	0549	0617	0649	0717	
Stowmarket		d	0528		0628	0645	0728	0746
Needham Market		d				0649		0750
Ipswich		a	0539	0609	0639	0659	0709	0740
Ipswich		d	0541	0610	0641	0710	0741	
Manningtree		d	0551	0620	0651	0720	0751	
Colchester		a	0559	0628	0659	0728	0759	
Colchester		d	0600	0630	0700	0730	0800	
Witham		a						
Chelmsford		a		0647		0747		
Shenfield		a						
Stratford	DLR	⊖ a	0639s		0739s		0839s	
London Liverpool St	⊖	a	0647	0717	0747	0817	0847	









			◇	1R	CP	1R	CP	1R	CP
Norwich		d	0732	0800		0830		0857	
Diss		d	0749	0817		0847		0914	
Stowmarket		d		0828	0846	0858	0915		0946
Needham Market		d			0850				0950
Ipswich		a	0809	0839	0902	0909	0927	0933	1002
Ipswich		d	0810	0841		0910		0933	
Manningtree		d	0820	0851		0920			
Colchester		a	0828	0859		0928			
Colchester		d	0830	0900		0930			
Witham		a							
Chelmsford		a	0847						
Shenfield		a							
Stratford	DLR	⊖ a		0939s		1009s			
London Liverpool St	⊖	a	0917	0947		1017		1030	









Saturdays

			1R	CP	1R	CP	1R	CP	1R	CP
Norwich		d	0930	1000			1032		1100	
Diss		d	0947	1017			1049		1117	
Stowmarket		d	0958	1028	1046			1115	1128	1146
Needham Market		d			1050					1150
Ipswich		a	1009	1040	1102	1109	1127	1139	1202	
Ipswich		d	1010	1041		1110		1141		
Manningtree		d	1020	1051		1120		1151		
Colchester		a	1028	1059		1128		1159		
Colchester		d	1030	1100		1130		1200		
Witham		a								
Chelmsford		a				1147				
Shenfield		a								
Stratford	DLR	⊖	a	1109s	1139s				1239s	
London Liverpool St	⊖	a	1117	1147		1217		1247		











			◇	⌒	◇	⌒	◇	⌒	⌒	◇	⌒
Norwich		d	1132	1200			1232		1300		
Diss		d	1149	1217			1249		1317		
Stowmarket		d		1228	1246			1315	1328	1346	
Needham Market		d			1250					1350	
Ipswich		a	1209	1239	1302	1309	1327	1339	1402		
Ipswich		d	1210	1241		1310		1341			
Manningtree		d	1220	1251		1320		1351			
Colchester		a	1228	1259		1328		1359			
Colchester		d	1230	1300		1330		1400			
Witham		a									
Chelmsford		a	1247			1347					
Shenfield		a									
Stratford	DLR	⊖	a		1339s				1439s		
London Liverpool St	⊖	a	1317	1347		1417		1447			











Saturdays

			1	◇	Ⓜ	1	◇	Ⓜ		1	◇	Ⓜ		1	◇	Ⓜ
Norwich		d	1332			1400				1432				1500		
Diss		d	1349			1417				1449				1517		
Stowmarket		d				1428		1446					1515	1528		1546
Needham Market		d						1450								1550
Ipswich		a	1409			1439		1502		1509		1527		1539		1602
Ipswich		d	1410			1441				1510				1541		
Manningtree		d	1420			1451				1520				1551		
Colchester		a	1428			1459				1528				1559		
Colchester		d	1430			1500				1530				1600		
Witham		a														
Chelmsford		a	1447							1547						
Shenfield		a														
Stratford	DLR	⊖	a			1539s								1639s		
London Liverpool St	⊖	a	1517			1547				1617				1647		

			1	◇	Ⓜ	1	◇	Ⓜ		◇	Ⓜ		1	◇	Ⓜ	
Norwich		d	1532			1600				1632				1700		
Diss		d	1549			1617				1649				1717		
Stowmarket		d				1628		1646				1715	1728		1746	
Needham Market		d						1650							1750	
Ipswich		a	1609			1639		1702		1709		1727		1739		1803
Ipswich		d	1610			1641				1710				1741		
Manningtree		d	1620			1651				1720				1751		
Colchester		a	1628			1659				1728				1759		
Colchester		d	1630			1700				1730				1800		
Witham		a														
Chelmsford		a	1647							1747						
Shenfield		a														
Stratford	DLR	⊖	a			1739s								1839s		
London Liverpool St	⊖	a	1717			1747				1817				1847		











Saturdays

			◇ ₁	1◇ ₂	1◇ ₃	1◇ ₄	1◇ ₅	1◇ ₆
Norwich		d	1730	1800		1832		1900
Diss		d	1747	1817		1849		1917
Stowmarket		d	1758	1828	1846		1915	1928 1946
Needham Market		d			1850			1950
Ipswich		a	1809	1839	1902	1909	1927	1939 2002
Ipswich		d	1810	1841		1910		1941
Manningtree		d	1820	1851		1920		1951
Colchester		a	1828	1859		1928		1959
Colchester		d	1830	1900		1930		2000
Witham		a						
Chelmsford		a	1847			1947		
Shenfield		a						
Stratford	DLR 	a		1939s				2039s
London Liverpool St		a	1917	1947		2017		2047











			1◇ ₂	1◇ ₃	1◇ ₄	1◇ ₅	1◇ ₆	1◇ ₇
Norwich		d	2000			2100		2200
Diss		d	2017			2117		2217
Stowmarket		d	2028	2046	2116	2128	2146	2228 2246
Needham Market		d		2050			2150	2250
Ipswich		a	2039	2101	2127	2139	2202	2239 2302
Ipswich		d	2041		2132	2141		2241
Manningtree		d	2051		2142	2151		2251
Colchester		a	2059		2151	2159		2259
Colchester		d	2100			2200		2300
Witham		a				2211		2311
Chelmsford		a				2220		2320
Shenfield		a				2231		2331
Stratford	DLR 	a	2139s			2247s		2347s
London Liverpool St		a	2147			2255		2355

Saturdays











1

Norwich		d	2305		
Diss		d	2322		
Stowmarket		d	2311	2333	2346
Needham Market		d			2350
Ipswich		a	2322	2345	0002
Ipswich		d	2322		
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		0655	0800	0825	0900		1000
Diss	d		0712	0817	0842	0917		1017
Stowmarket	d		0723	0829	0854	0929	1006	1029 1045
Needham Market	d						1011	1049
Ipswich	 a		0734	0840	0905	0940	1023	1040 1100
Ipswich	 d		0735	0841	0906	0941		1041
Manningtree	d		0745	0851		0951		1051
Colchester	 a		0753	0859	0921	0959		1059
Colchester	 d		0754	0900	0922	1000		1100
Witham	 a							
Chelmsford	 a							
Shenfield	 a							
Stratford	DLR  a		0848s	0939s		1039s		1139s
London Liverpool St	 a		0857	0947	1007	1047		1147

A

			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	1527	1540 1559 1603
Ipswich		d	1441		1541		1604
Manningtree		d	1451		1551		
Colchester		a	1459		1559		1619
Colchester		d	1500		1600		1620
Witham		a					
Chelmsford		a					
Shenfield		a					
Stratford	DLR 	a	1539s		1639s		1659s
London Liverpool St		a	1547		1647		1707

			1R		1◇		1◇
Norwich		d	1600		1623		1700 1800
Diss		d	1617		1640		1717 1817
Stowmarket		d	1629	1645	1652	1711	1729 1745 1829
Needham Market		d		1649			1749
Ipswich		a	1640	1659	1703	1723	1740 1800 1840
Ipswich		d	1641		1704		1741 1841
Manningtree		d	1651		1751		1851
Colchester		a	1659		1719		1759 1859
Colchester		d	1700		1720		1800 1900
Witham		a					
Chelmsford		a					
Shenfield		a					
Stratford	DLR 	a	1739s		1759s		1839s 1939s
London Liverpool St		a	1747		1807		1847 1947

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	1923	1940	2000	2040	2102 2123
Ipswich		d		1923	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		2204 2305		
Diss		d		2117		2221 2322		
Stowmarket		d	2129	2145	2232	2334	2350	
Needham Market		d		2150			2355	
Ipswich		a	2140	2200	2243	2346	0005	
Ipswich		d		2141		2244		
Manningtree		d		2151		2254		
Colchester		a		2159		2302		
Colchester		d		2200		2303		
Witham		a				2314		
Chelmsford		a				2323		
Shenfield		a				2334		
Stratford	DLR 	a		2239s		2349s		
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						0632u
Shenfield	 d						
Chelmsford	 d					0628	0656
Witham	 d						0706
Colchester	 a					0647	0718
Colchester	 d	0540				0648	0720
Manningtree	d	0549				0656	0728
Ipswich	 a	0600				0706	0738
Ipswich	 d	0510	0600	0618	0639	0656	0707
Needham Market	d	0517		0626		0704	
Stowmarket	d	0522	0611	0631	0650	0710	0718
Diss	d				0702	0730	0802
Norwich	 a				0724	0747	0820









						1◇	1◇	1◇	1◇	1◇
London Liverpool St	⊖ d					0700	0730	0800		0830
Stratford	DLR ⊖ d						0738u			0838u
Shenfield	 d									
Chelmsford	 d					0728		0830		
Witham	 d									
Colchester	 a					0746	0817	0848		0917
Colchester	 d					0747	0818	0849		0918
Manningtree	d					0755	0827	0857		0926
Ipswich	 a					0805	0837	0907		0936
Ipswich	 d	0758	0806	0819	0838	0908	0920	0938		
Needham Market	d				0827			0928		
Stowmarket	d	0810	0817	0834	0850			0934	0949	
Diss	d				0829	0901	0928			1000
Norwich	 a				0847	0919	0945			1018









Mondays to Fridays

			◇ ₁ ㄩ		1◇ ㄩ	◇ ₁ ㄩ		1◇ ㄩ
London Liverpool St	⊖	d	0900		0930	1000		1030
Stratford	DLR ⊖	d			0937u			1037u
Shenfield	ㄩ	d						
Chelmsford	ㄩ	d	0928			1028		
Witham	ㄩ	d						
Colchester	ㄩ	a	0946		1016	1046		1120
Colchester	ㄩ	d	0947		1017	1047		1121
Manningtree		d	0955		1025	1055		1129
Ipswich	ㄩ	a	1006		1035	1105		1139
Ipswich	ㄩ	d	1001	1008	1020	1038	1106	1121
Needham Market		d			1028			1129
Stowmarket		d	1012		1034	1049		1134
Diss		d	1028		1100	1126		1203
Norwich	ㄩ	a	1046		1118	1144		1221









				1◇ ㄩ		◇ ₁ ㄩ	1◇ ㄩ		1◇ ㄩ
London Liverpool St	⊖	d		1100		1130	1200		1230
Stratford	DLR ⊖	d				1137u			1237u
Shenfield	ㄩ	d							
Chelmsford	ㄩ	d		1128			1228		
Witham	ㄩ	d							
Colchester	ㄩ	a		1146		1217	1246		1316
Colchester	ㄩ	d		1147		1218	1247		1317
Manningtree		d		1155		1226	1255		1325
Ipswich	ㄩ	a		1205		1236	1306		1336
Ipswich	ㄩ	d	1156	1206	1220	1238	1307	1320	1338
Needham Market		d			1228			1328	
Stowmarket		d	1207		1234	1249		1334	1349
Diss		d		1226		1300	1327		1400
Norwich	ㄩ	a		1244		1318	1344		1421









Mondays to Fridays

			1◇◇	1◇◇	◇	1◇◇	1◇◇
London Liverpool St	⊖ d		1300			1330	1400
Stratford	DLR ⊖ d					1337u	
Shenfield	 d						
Chelmsford	 d		1328			1428	
Witham	 d						
Colchester	 a		1347			1416	1446
Colchester	 d		1348			1417	1447
Manningtree	d		1356			1425	1455
Ipswich	 a		1406			1435	1505
Ipswich	 d	1358	1407	1420		1438	1506
Needham Market	d			1428			1528
Stowmarket	d	1410		1434		1449	1534
Diss	d		1427			1500	1526
Norwich	 a		1445			1518	1544









			◇	1◇◇	1◇◇	1◇◇	1◇◇
London Liverpool St	⊖ d		1500			1530	1600
Stratford	DLR ⊖ d					1537u	
Shenfield	 d						
Chelmsford	 d		1528				
Witham	 d						
Colchester	 a		1546			1616	1645
Colchester	 d		1547			1617	1647
Manningtree	d		1555			1625	1655
Ipswich	 a		1605			1636	1705
Ipswich	 d	1600	1608	1620		1639	1707
Needham Market	d			1628			1728
Stowmarket	d	1612		1634		1651	1718
Diss	d		1628			1702	1730
Norwich	 a		1646			1720	1748

Mondays to Fridays

			1◇	1R	1R	1R	
London Liverpool St	⊖ d		1700		1730	1800	1830
Stratford	DLR ⊖ d		1707u				1839u
Shenfield	 d						
Chelmsford	 d						
Witham	 d						
Colchester	 a				1819	1849	1919
Colchester	 d				1820	1850	1920
Manningtree	d				1828	1858	1928
Ipswich	 a		1758		1838	1908	1938
Ipswich	 d	1750	1759	1823	1840	1910	1920
Needham Market	d	1758		1830			1928
Stowmarket	d	1803	1810	1835	1851	1921	1934
Diss	d		1821		1903	1933	2003
Norwich	 a		1839		1921	1951	2021

			R	1◇	◇	1◇	
London Liverpool St	⊖ d		1900		1930	2000	2030
Stratford	DLR ⊖ d				1937u		2037u
Shenfield	 d						
Chelmsford	 d					2028	
Witham	 d						
Colchester	 a		1945		2016	2048	2116
Colchester	 d		1947		2017	2049	2117
Manningtree	d		1955		2025	2057	2125
Ipswich	 a		2005		2036	2108	2136
Ipswich	 d	2001	2007	2020	2037	2109	2120
Needham Market	d			2028			2128
Stowmarket	d	2013	2018	2034	2049	2120	2134
Diss	d		2030		2100	2132	2200
Norwich	 a		2048		2119	2149	2218

Mondays to Fridays









			1◇	◇	◇	1◇	◇	◇	1◇	◇	◇
London Liverpool St	⊖	d	2130	2230	2330						
Stratford	DLR ⊖	d	2137u	2237u	2337u						
Shenfield		d									
Chelmsford		d		2300	2359						
Witham		d									
Colchester		a	2216	2318	0018						
Colchester		d	2217	2319	0019						
Manningtree		d	2225	2327	0027						
Ipswich		a	2235	2338	0037						
Ipswich		d	2221	2238	2340	0045					
Needham Market		d	2229								
Stowmarket		d	2235	2249	2351	0057					
Diss		d	2301	0003	0109						
Norwich		a	2319	0027	0133						









Saturdays

				1◇		1◇		
London Liverpool St	⊖	d						0630
Stratford	DLR ⊖	d						0637u
Shenfield		d						
Chelmsford		d						
Witham		d						
Colchester		a						0716
Colchester		d	0540					0717
Manningtree		d	0548					0725
Ipswich		a	0558					0735
Ipswich		d	0511	0600	0619	0710	0720	0738 0758
Needham Market		d	0519		0627		0728	
Stowmarket		d	0525	0611	0633	0721	0734	0749 0809
Diss		d				0733		0800
Norwich		a				0750		0818

			1◇		1◇	1◇		1◇
London Liverpool St	⊖	d	0700		0730	0800		0830
Stratford	DLR ⊖	d			0737u			0837u
Shenfield		d						
Chelmsford		d	0728			0828		
Witham		d						
Colchester		a	0746		0816	0846		0916
Colchester		d	0747		0817	0847		0917
Manningtree		d	0755		0825	0855		0925
Ipswich		a	0805		0837	0905		0935
Ipswich		d	0806	0820	0838	0906	0920	0938 0958
Needham Market		d		0828			0928	
Stowmarket		d		0834	0849		0934	0949 1009
Diss		d	0826		0901	0927		1000
Norwich		a	0844		0918	0944		1018

Saturdays

			◇	⌚	1	◇	⌚	◇	⌚	1	◇	⌚
London Liverpool St	⊖	d	0900		0930		1000		1030			
Stratford	DLR ⊖	d			0937u				1037u			
Shenfield		d										
Chelmsford		d	0928				1028					
Witham		d										
Colchester		a	0946		1016		1046		1117			
Colchester		d	0947		1017		1047		1118			
Manningtree		d	0955		1025		1055		1126			
Ipswich		a	1005		1035		1105		1136			
Ipswich		d	1006	1020	1038		1106	1120	1138	1158		
Needham Market		d		1028				1128				
Stowmarket		d		1034	1049			1134	1149	1209		
Diss		d	1026		1100		1126		1200			
Norwich		a	1046		1118		1144		1218			

			1	◇	⌚	1	◇	⌚	1	◇	⌚	1	◇	⌚
London Liverpool St	⊖	d	1100		1130		1200		1230					
Stratford	DLR ⊖	d			1137u				1237u					
Shenfield		d												
Chelmsford		d	1128				1228							
Witham		d												
Colchester		a	1146		1216		1246		1316					
Colchester		d	1147		1217		1247		1317					
Manningtree		d	1155		1225		1255		1325					
Ipswich		a	1205		1235		1305		1336					
Ipswich		d	1206	1220	1238		1306	1320	1338	1401				
Needham Market		d		1228				1328						
Stowmarket		d		1234	1249			1334	1349	1412				
Diss		d	1226		1300		1326		1400					
Norwich		a	1244		1318		1344		1418					

Saturdays

			1◇ 1300	1◇ 1330	◇ 1400	1◇ 1430			
London Liverpool St	⊖	d	1300	1330	1400	1430			
Stratford	DLR ⊖	d		1337u		1437u			
Shenfield		d							
Chelmsford		d	1328		1428				
Witham		d							
Colchester		a	1346	1416	1446	1516			
Colchester		d	1347	1417	1447	1517			
Manningtree		d	1355	1425	1455	1525			
Ipswich		a	1405	1435	1505	1535			
Ipswich		d	1408	1420	1438	1506	1520	1538	1558
Needham Market		d		1428		1528			
Stowmarket		d		1434	1449	1534	1549	1609	
Diss		d	1428	1500	1526	1600			
Norwich		a	1446	1518	1544	1618			









			◇ 1500	1◇ 1530	1◇ 1600	◇ 1630			
London Liverpool St	⊖	d	1500	1530	1600	1630			
Stratford	DLR ⊖	d		1537u		1637u			
Shenfield		d							
Chelmsford		d	1528		1628				
Witham		d							
Colchester		a	1546	1617	1646	1716			
Colchester		d	1547	1618	1647	1717			
Manningtree		d	1555	1626	1655	1725			
Ipswich		a	1605	1636	1705	1735			
Ipswich		d	1606	1620	1638	1706	1720	1738	1758
Needham Market		d		1628		1728			
Stowmarket		d		1634	1650	1717	1734	1750	1809
Diss		d	1626	1701	1729	1801			
Norwich		a	1644	1719	1746	1819			

Saturdays

			1◇◇	1◇◇	1◇◇	1R◇	R◇	
London Liverpool St	⊖	d	1700		1730	1800	1830	1900
Stratford	DLR ⊖	d			1737u		1837u	
Shenfield		d						
Chelmsford		d	1728			1828		
Witham		d						
Colchester		a	1746		1816	1846	1916	
Colchester		d	1747		1817	1847	1917	
Manningtree		d	1755		1825	1855	1925	
Ipswich		a	1805		1835	1905	1938	1956
Ipswich		d	1806	1820	1838	1906	1920	1938
Needham Market		d		1828			1928	
Stowmarket		d		1834	1850		1934	1950
Diss		d	1826		1901	1926	2001	2016
Norwich		a	1844		1919	1944	2020	2033









				1R◇	◇◇	1◇◇	
London Liverpool St	⊖	d		1930	2000	2030	
Stratford	DLR ⊖	d		1937u		2037u	
Shenfield		d					
Chelmsford		d			2028		
Witham		d					
Colchester		a		2016	2046	2116	
Colchester		d		2017	2047	2117	
Manningtree		d		2025	2055	2125	
Ipswich		a		2036	2105	2136	
Ipswich		d	2000	2020	2038	2106	2120
Needham Market		d		2028			2128
Stowmarket		d	2011	2034	2049		2134
Diss		d		2100	2126		2200
Norwich		a		2118	2144		2218









Saturdays

			1◇	2◇	3◇
London Liverpool St	⊖ d	2130	2230	2330	
Stratford	DLR ⊖ d	2137u	2237u	2337u	
Shenfield	 d				
Chelmsford	 d		2300	2359	
Witham	 d				
Colchester	 a	2217	2318	0018	
Colchester	 d	2218	2319	0019	
Manningtree	d	2226	2327	0027	
Ipswich	 a	2236	2337	0037	
Ipswich	 d	2238	2338	0039	
Needham Market	d				
Stowmarket	d	2249	2350	0050	
Diss	d	2300	0002	0101	
Norwich	 a	2318	0019	0119	









Sundays









A

					1		1 ◇	
London Liverpool St	⊖ d						0815	
Stratford	DLR ⊖ d						0822u	
Shenfield	 d							
Chelmsford	 d							
Witham	 d							
Colchester	 a						0917	
Colchester	 d						0918	0925
Manningtree	d						0926	0933
Ipswich	 a						0936	0945
Ipswich	 d	0736	0755	0820	0842	0920	0937	0955
Needham Market	d	0744		0828		0928		
Stowmarket	d	0750	0806	0834	0853	0934	0949	1006
Diss	d				0905		1001	
Norwich	 a				0924		1018	









					1 ◇		1 ◇		◇
London Liverpool St	⊖ d				0930		1030		1100
Stratford	DLR ⊖ d				0937u		1037u		
Shenfield	 d								
Chelmsford	 d								
Witham	 d								
Colchester	 a				1016		1116		1144
Colchester	 d				1017		1117		1145
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	1206	1213	1234	
Diss	d				1100		1200	1225	
Norwich	 a				1117		1218	1243	









Sundays

			1◇		1◇		1◇	
London Liverpool St	⊖	d	1130		1230		1330	
Stratford	DLR ⊖	d	1137u		1237u		1337u	
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
Needham Market		d		1328			1428	1528
Stowmarket		d	1248	1334	1348	1406	1434	1448
Diss		d	1300		1400		1500	
Norwich		a	1317		1417		1517	

			1◇		1◇		1◇	
London Liverpool St	⊖	d	1430		1530		1630	
Stratford	DLR ⊖	d	1437u		1537u		1637u	
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
Needham Market		d			1628		1728	
Stowmarket		d	1548	1606	1634	1648	1734	1748
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		1737u			1837u		1937u
Shenfield	 d							
Chelmsford	 d							
Witham	 d							
Colchester	 a		1816	1844		1916	1944	2016
Colchester	 d		1817	1845		1917	1945	2017
Manningtree	d		1825			1925	1953	2025
Ipswich	 a		1835	1900		1935	2003	2035
Ipswich	 d	1820	1836	1901	1920	1936	2004	2036
Needham Market	d	1828			1928			
Stowmarket	d	1834	1848	1912	1934	1948	2015	2048
Diss	d		1900	1924		2000	2027	2100
Norwich	 a		1917	1941		2017	2044	2117

			1◇	1◇	1◇	1◇
London Liverpool St	⊖ d		2030	2130	2230	2330
Stratford	DLR ⊖ d		2037u	2137u	2237u	2337u
Shenfield	 d					
Chelmsford	 d					
Witham	 d					
Colchester	 a		2116	2216	2316	0016
Colchester	 d		2117	2217	2317	0017
Manningtree	d		2125	2225	2325	0025
Ipswich	 a		2135	2235	2336	0036
Ipswich	 d	2105	2136	2236	2337	0037
Needham Market	d	2113				
Stowmarket	d	2119	2148	2248	2348	0048
Diss	d		2200	2300	2359	0100
Norwich	 a		2217	2319	0017	0118