

		■					■	■		■	■	■		◇	■	■				◇		◇		■	
Liverpool Street	Dep	05.23	06.02	06.30	06.38	..
Stratford	Dep	05.30	06.09	06u38	06.45
Romford	Dep	05.38
Shenfield	Dep	05.48	06.25	07.01
Ingatestone		05.52	07.05
Chelmsford		05.59	06.34	07.03	07.12
Hatfield Peverel		06.05	06.40
Witham		05.34	06.12	06.34	06.47	07.23
White Notley		05.41	06.41	07.41
Cressing		05.43	06.43	07.43
Braintree Freeport		05.46	06.46	07.46
Braintree	Arr	05.50	06.50	07.50
Kelvedon		06.16	06.51
Marks Tey		05.41	06.22	06.41	06.57	07.30	07.41
Chappel & Wakes Colne		05.47	06.47	07.47
Bures		05.53	06.53	07.53
Sudbury	Arr	06.01	07.01	08.01
Colchester	Arr	06.29	07.04	07.22	07.38
Colchester Town	Dep	05.13	..	05.40	06.30	07.04	07.23	07.42	..
	Arr
	Dep
Hythe		06.34	07.47
Wivenhoe		06.39	07.51
Alresford		06.42	07.54
Great Bentley		06.46	07.58
Weeley		06.50	08.02
Thorpe-le-Soken	Arr	06.06	06.55	08.07
Thorpe-le-Soken	Dep	06.10	06.55	07.00	08.10
Kirby Cross		06.15	07.05	08.15
Frinton-on-Sea		06.18	07.08	08.18
Walton-on-the-Naze	Arr	06.22	07.12	08.22
Clacton-on-Sea	Arr	07.05	08.17
Manningtree		05.21	..	05.49	06.14	06.21	07.13	07.21	..	07.32
Mistley		05.25	06.25	08.02
Wrabness		05.30	06.30
Harwich International		05.38	06.38
Dovercourt		05.41	06.41
Harwich Town	Arr	05.43	06.43
Ipswich	Arr	06.00	06.25	07.26	07.42	..	08.18
Saxmundham	Dep	05.10	06.00	06.16	06.20	06.39	06.54	07.35	07.44	08.03	08.21
Lowestoft	Arr	06.58	08.15
Needham Market		..	05.20	..	06.25	07.03	08.29
Stowmarket		05.26	06.12	06.31	06.50	07.09	07.55	08.16	08.35
Peterborough	Arr	07.38	09.40
Diss		07.03	08.08
Norwich	Arr	07.24	08.29

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Liverpool Street	Dep	07.02	..	07.30	..	07.38	08.02	..	08.30	08.38	09.02	..	09.30	..	09.38	..
Stratford	Dep	07.09	07u38	07.45	08.09	08u38	08.45	09.09	09u38	09.45
Romford	Dep
Shenfield	Dep	07.25	08.01	08.25	09.01	09.25	10.01
Ingatestone	08.05	09.05	10.05	..
Chelmsford	07.34	08.03	08.12	08.34	09.03	09.12	09.34	10.03	10.12
Hatfield Peverel	07.40	08.40	09.40
Witham	07.47	08.23	08.34	08.47	09.23	09.34	09.47	10.23
White Notley	08.41	09.41
Cressing	08.43	09.43
Braintree Freeport	08.46	09.46
Braintree	Arr	08.50	09.50
Kelvedon	07.51	08.51	09.51
Marks Tey	07.57	08.30	08.41	08.57	09.30	09.41	09.57	10.30
Chappel & Wakes Colne	08.47	09.47
Bures	08.53	09.53
Sudbury	Arr	09.01	10.01
Colchester	Arr	08.04	08.22	08.38	09.04	09.22	09.38	10.04	10.22	10.38
Colchester Town	Dep	08.04	..	08.23	..	08.42	09.04	..	09.23	09.42	10.04	..	10.23	..	10.42	..
Hythe	08.47	09.47	10.47	..
Wivenhoe	08.51	09.51	10.51	..
Alresford	08.54	09.54	10.54	..
Great Bentley	08.58	09.58	10.58	..
Weeley	09.02	10.02	11.02	..
Thorpe-le-Soken	Arr	09.07	10.07	11.07	..
Kirby Cross	Dep	09.10	09.15	10.10	10.15	11.10	11.15
Frinton-on-Sea	09.18	10.18	11.18	..
Walton-on-the-Naze	Arr	09.22	10.22	11.22	..
Clacton-on-Sea	Arr	09.17	10.17	11.17	..
Manningtree	08.13	08.21	08.32	09.13	09.21	09.32	10.13	10.21	10.32
Mistley	..	08.25	09.25	10.25
Wrabness	..	08.30	09.30	10.30
Harwich International	..	08.38	09.38	10.38
Dovercourt	..	08.41	09.41	10.41
Harwich Town	Arr	..	08.43	09.43	10.43
Ipswich	Arr	08.26	..	08.42	09.26	..	09.42	10.26	..	10.42
Saxmundham	Dep	08.44	09.17	09.20	09.44	10.01	10.17	10.20	10.44	11.17	11.20
Lowestoft	Arr	09.54	10.54	11.54
Needham Market	09.29	10.29	11.29
Stowmarket	08.55	..	09.38	09.55	10.13	..	10.35	10.55	..	11.35
Peterborough	Arr	11.39
Diss	09.08	10.08	11.08
Norwich	Arr	09.29	10.29	11.29

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Liverpool Street	Dep	10.02	..	10.30	10.38	11.02	..	11.30	11.38	12.02	..	12.30
Stratford	Dep	10.09	10u38	10.45	11.09	11u38	11.45	12.09	12u38
Romford	Dep	
Shenfield	Dep	10.25	11.25	12.01	12.25	
Ingatestone	11.05	12.05	
Chelmsford	10.34	11.03	11.12	11.34	12.03	12.12	12.34	13.03
Hatfield Peverel	10.40	11.40	12.40
Witham	10.34	10.47	11.23	11.34	11.47	12.23	12.34	12.47
White Notley	..	10.41	11.41	12.41	
Cressing	..	10.43	11.43	12.43	
Braintree Freeport	..	10.46	11.46	12.46	
Braintree	Arr	10.50	11.50	12.50	
Kelvedon	10.51	11.51	12.51	
Marks Tey	10.41	10.57	11.30	11.41	11.57	12.30	12.41	12.57	
Chappel & Wakes Colne	10.47	11.47	12.47	12.53	
Bures	10.53	11.53	12.53	
Sudbury	Arr	11.01	12.01	13.01	
Colchester	Arr	11.04	11.22	11.38	12.04	12.22	12.38	13.04	13.22	
Colchester Town	Dep	11.04	..	11.23	11.42	12.04	..	12.23	12.42	13.04	..	13.23	
Hythe	11.47	12.47	
Wivenhoe	11.51	12.51	
Alresford	11.54	12.54	
Great Bentley	11.58	12.58	
Weeley	12.02	13.02	
Thorpe-le-Soken	Arr	12.07	13.07	
Thorpe-le-Soken	Dep	12.07	12.10	13.07	13.10	
Kirby Cross	12.15	13.15	
Frinton-on-Sea	12.18	13.18	
Walton-on-the-Naze	Arr	12.22	13.22	
Clacton-on-Sea	Arr	12.17	13.17	
Manningtree	11.13	11.21	11.32	12.13	12.21	12.32	13.13	13.21	13.32	
Mistley	11.25	12.25	13.25	
Wrabness	11.30	12.30	13.30	
Harwich International	11.38	12.38	13.38	
Dovercourt	11.41	12.41	13.41	
Harwich Town	Arr	11.43	12.43	13.43	
Ipswich	Arr	11.26	..	11.42	12.26	..	12.42	13.26	..	13.42	
Saxmundham	Dep	11.44	12.01	12.17	12.20	12.44	13.17	13.20	13.44	13.58	14.17	
Lowestoft	Arr	13.43	14.43	
Needham Market	12.29	13.29	
Stowmarket	11.55	12.13	12.35	12.55	13.35	13.55	14.11	
Peterborough	Arr	13.39	15.39	
Diss	12.08	13.08	
Norwich	Arr	12.29	13.29	14.08	
Norwich	14.29	

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Liverpool Street Ⓜ	Dep	..	12.38	13.02	..	13.30	13.38	14.02	..	14.30	14.38	15.02	..
Stratford Ⓜ	Dep	12.45	13.09	13u38	13.45	14.09	14u38	14.45	15.09
Romford	Dep
Shenfield	Dep	13.01	13.25	14.01	14.25	15.01	15.25
Ingatestone	13.05	14.05	15.05
Chelmsford	13.12	13.34	14.03	14.12	14.34	15.03	15.12	15.34
Hatfield Peverel	13.40	14.40	15.40	..
Witham	13.23	13.34	13.47	14.23	14.34	14.47	15.23	15.34	15.47
White Notley	13.41	14.41	15.41
Cressing	13.43	14.43	15.43
Braintree Freeport	13.46	14.46	15.46
Braintree	Arr	13.50	14.50	15.50
Kelvedon	13.51	14.51	15.51	..
Marks Tey	13.30	13.41	13.57	14.30	14.41	14.57	15.30	15.41	15.57
Chappel & Wakes Colne	13.47	14.47	15.47
Bures	13.53	14.53	15.53
Sudbury	Arr	14.01	15.01	16.01
Colchester	Arr	13.38	14.04	14.22	14.38	15.04	15.22	15.38	16.04
Colchester Town	Dep	..	13.42	14.04	..	14.23	14.42	15.04	..	15.23	15.42	16.04	..
Hythe	13.47	14.47	15.47
Wivenhoe	13.51	14.51	15.51
Alresford	13.54	14.54	15.54
Great Bentley	13.58	14.58	15.58
Weeley	14.02	15.02	16.02
Thorpe-le-Soken	Arr	14.07	15.07	16.07
Thorpe-le-Soken	Dep	14.07	14.10	15.07	15.10	16.07	16.10
Kirby Cross	14.15	15.15	16.15
Frinton-on-Sea	14.18	15.18	16.18
Walton-on-the-Naze	Arr	14.22	15.22	16.22
Clacton-on-Sea	Arr	14.17	15.17	16.17
Manningtree	14.13	14.21	14.32	15.13	15.21	15.32	16.13	16.21
Mistley	14.25	15.25	16.25
Wrabness	14.30	15.30	16.30	..
Harwich International Ⓜ	14.38	15.38	16.38
Dovercourt	14.41	15.41	16.41	..
Harwich Town	Arr	14.43	15.43	16.43
Ipswich	Arr	14.26	..	14.42	15.26	..	15.42	16.26	..
Saxmundham	Dep	14.20	14.44	15.17	15.20	15.44	15.54	16.00	16.20
Lowestoft	Arr	16.43	17.36
Needham Market	..	14.29	15.29	16.29
Stowmarket	..	14.35	14.55	15.35	15.55	16.12	16.35
Peterborough	Arr	17.39
Diss	15.08
Norwich	Arr	15.29	16.29

		15:30			15:38				16:02			16:30			16:38				17:02		17:30			17:38		
Liverpool Street	Dep	15:30	15:38	16:02	16:30	16:38	17:02	..	17:30	17:38
Stratford	Dep	15u38	15:45	16:09	16u39	16:45	17:09	17u38	17:45
Romford	Dep	..																								
Shenfield	Dep	..			16:01	16:25	17:01	17:25	18:01
Ingatstone	..				16:05										17:05									18:05		
Chelmsford	16:03	16:12	16:34	17:04	17:12	17:34	18:03	18:12
Hatfield Peverel									16:40										17:40							
Witham					16:23	16:34	16:47	17:23	17:34	17:47	18:23
White Notley									16:41										17:41							
Crassing									16:43										17:43							
Braintree Freeport									16:46										17:46							
Braintree	Arr								16:50	17:50
Kelvedon									16:51										17:51							
Marks Tey					16:30	16:41	16:57	17:30	17:41	17:57	18:30	18:41
Chappel & Wakes Colne									16:47										17:47							18:47
Bures									16:53	17:53	18:53
Sudbury	Arr								17:01										18:01							19:01
Colchester	Arr	16:22	16:38	17:04	17:23	17:38	18:04	18:22	18:38
	Dep	16:23	16:42	17:04	17:24	17:42	18:04	..	18:23	18:42
Colchester Town	Arr
	Dep	..																								
Hythe				16:47	17:47	18:47
Wivenhoe	..				16:51										17:51									18:51		
Alresford				16:54	17:54	18:54
Great Bentley	..				16:58										17:58									18:58		
Weeley				17:02	18:02	19:02
Thorpe-le-Soken	Arr	..			17:07										18:07									19:07		19:10
	Dep	17:07	17:10									18:07	18:10								19:07	19:10
Kirby Cross	..					17:15										18:15									19:15	..
Frinton-on-Sea					17:18		18:18	19:18
Walton-on-the-Naze	Arr	..				17:22										18:22									19:22	..
Clacton-on-Sea	Arr	17:17	18:17	19:17
Manningtree		16:32					17:13	17:21	..	17:33	18:13	18:21	18:32
Mistley										17:25										18:25						
Wrabness										17:30										18:30						
Harwich International	...									17:38										18:38						
Dovercourt	..									17:41										18:41						
Harwich Town	Arr	17:43	18:43
Ipswich	Arr	16:42							17:26	17:43	18:26	..	18:42
	Dep	16:44	17:17	17:20	17:41	17:45	18:13	18:17	18:44	19:13	19:17
Saxmundham	..		17:54										18:51													
Lowestoft	Arr	18:43	19:43	20:43
Needham Market		..		17:29		17:51	..	↔	..	18:26	19:22	..
Stowmarket		16:55	17:35	17:58	17:56	17:58	18:32	18:55	19:28
Peterborough	Arr	..											↳	19:39												
Diss		17:08	18:09	19:08
Norwich	Arr	17:29	18:31	19:29

		□	□	□	▣			◇	□	□	□	□	□	▣			◇	□	□	□	□	□	◇			
Liverpool Street	Dep	..	18.02	..	18.30	18.38	19.02	..	19.30	19.38	20.02	..	20.30	20.38
Stratford	Dep	18.09	18u38	18.45	19.09	19u38	19.45	20.09	20u38	20.45
Romford	Dep
Shenfield	Dep	18.25	19.01	19.25	20.01	20.25	21.01
Ingatstone		19.05	20.05	21.05
Chelmsford	18.34	19.03	19.12	19.34	20.03	20.12	20.34	21.03	21.12
Hatfield Peverel		..	18.40	19.40	20.40
Witham		18.34	18.47	19.23	19.34	19.47	20.23	20.34	20.47	21.23
White Notley		18.41	19.41	20.41
Cressing		18.43	19.43	20.43
Braintree Freeport		18.46	19.46	20.46
Braintree	Arr	18.50	19.50	20.50
Kelvedon		..	18.51	19.51	20.51
Marks Tey		18.57	19.30	19.41	19.57	20.30	20.41	20.57	21.30
Chappel & Wakes Colne		19.47	20.47
Bures		19.53	20.53
Sudbury	Arr	20.01	21.01
Colchester	Arr	19.04	19.22	19.38	20.04	20.22	20.38	21.04	21.22	21.38
Colchester Town	Dep	..	19.04	..	19.23	19.42	20.04	..	20.23	20.42	21.04	..	21.23	21.42
Hythe	Arr	19.47	20.47	21.47
Wivenhoe		19.51	20.51	21.51
Alresford		19.54	20.54	21.54
Great Bentley		19.58	20.58	21.58
Weeley		20.02	21.02	22.02
Thorpe-le-Soken	Arr	20.07	21.07	22.07
Thorpe-le-Soken	Dep	20.07	20.10	21.07	21.10	22.07
Kirby Cross		20.15	21.15
Frinton-on-Sea		20.18	21.18
Walton-on-the-Naze	Arr	20.22	21.22
Clacton-on-Sea	Arr	20.17	21.17	22.17
Manningtree		..	19.13	19.21	19.32	20.13	20.21	20.32	21.13	21.21	21.32
Mistley		19.25	20.25	21.25
Wrabness		19.30	20.30	21.30
Harwich International		19.38	20.38	21.38	..	21.38
Dovercourt		19.41	20.41	21.41
Harwich Town	Arr	19.43	20.43	21.43
Ipswich	Arr	..	19.26	..	19.42	20.26	..	20.42	21.26	..	21.42	22.04
Saxmundham	Dep	19.44	20.01	20.17	20.21	20.44	21.17	21.17	21.44	22.17	22.19	
Lowestoft	Arr	20.54	22.54	
Needham Market		20.30	21.27	22.29
Stowmarket		19.55	20.13	..	20.36	20.55	21.33	21.55	22.35
Peterborough	Arr	21.40
Diss		20.08	21.08	22.08
Norwich	Arr	20.29	21.29	22.29

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Liverpool Street	Dep	21.02	..	21.30	21.38	22.02	22.30	22.38	..	23.02	23.30	23.48	00.18	00.46
Stratford	Dep	21.09	21u38	21.45	22.09	22u38	22.45	23.09	23u38	23.55	00.25	00.53
Romford	Dep
Shenfield	Dep	21.25	22.01	22.25	23.01	23.25	00.11	00.47	01.16
Ingatestone	22.05	23.05	00.15	00.52	01.20
Chelmsford	21.34	22.03	22.12	22.34	23.03	23.12	23.34	00.03	00.22	00.59	01.27	
Hatfield Peverel	21.40	22.40	23.40	..	00.28	01.05	..	
Witham	21.34	21.47	22.23	22.34	22.47	23.23	23.34	23.47	00.35	01.11	01.38	
White Notley	21.41	22.41	23.41
Cressing	21.43	22.43	23.43
Braintree Freeport	21.46	22.46	23.46
Braintree	Arr	21.50	22.50	23.50
Kelvedon	21.51	22.51	23.51	..	00.39	01.16	..	
Marks Tey	21.41	21.57	22.30	22.41	22.57	23.30	23.57	00.45	01.21	
Chappel & Wakes Colne	..	21.47	22.47
Bures	21.53	22.53
Sudbury	Arr	..	22.01	23.01
Colchester	Arr	22.04	22.22	22.38	23.04	23.22	23.38	00.04	00.22	00.59	01.35	01.57
Colchester Town	Dep	22.04	..	22.23	22.42	23.04	23.23	23.42	..	00.04	00.23
Hythe	22.47	23.47
Wivenhoe	22.51	23.51
Alresford	22.54	23.54
Great Bentley	22.58	23.58
Weeley	23.02	00.02
Thorpe-le-Soken	Arr	23.07	23.39	..	00.07
Thorpe-le-Soken	Dep	22.10	23.07	23.10	23.43	00.07
Kirby Cross	22.15	23.15
Frinton-on-Sea	22.18	23.18
Walton-on-the-Naze	Arr	22.22	23.22
Clacton-on-Sea	Arr	23.17	23.52	00.17
Manningtree	22.13	22.21	22.32	23.13	23.21	..	23.32	00.13	00.32
Mistley	22.25	23.25
Wrabness	22.30	23.30
Harwich International	22.38	23.38
Dovercourt	22.41	23.41
Harwich Town	Arr	22.43	23.43
Ipswich	Arr	22.26	..	22.42	23.26	23.42	00.26	00.42
Saxmundham	Dep	22.44	23.44	00.44
Lowestoft	Arr
Needham Market
Stowmarket	22.55	23.55	00.55
Peterborough	Arr
Diss	23.08	00.08	01.08
Norwich	Arr	23.29	00.29	01.29

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Norwich	Dep	05.00	06.00	07.00	
Diss		05.17	06.17	07.17	
Peterborough	Dep	
Stowmarket		05.29	05.51	06.29	06.42	07.29	
Needham Market		05.56	06.47	
Lowestoft	Dep	06.14	
Saxmundham		07.02	
Ipswich	Arr	05.41	06.07	06.41	06.53	06.58	07.41	07.44	
	Dep	05.43	06.09	06.43	07.09	07.43	
Harwich Town	Dep	05.48	06.48	
Dovercourt		05.50	06.50	
Harwich International		05.53	06.53	07.26	07.50	
Wrabness		05.59	06.59	07.56
Mistley		06.05	07.05	08.02	
Manningtree		05.53	06.19	06.53	07.19	07.53	
Clacton-on-Sea	Dep	05.34	05.58	06.34	07.34	
Walton-on-the-Naze	Dep	06.27	07.27	
Frinton-on-Sea		06.30	07.30	
Kirby Cross		06.33	07.33	
Thorpe-le-Soken	Arr	06.06	06.39	06.42	07.39	07.42	
Thorpe-le-Soken	Dep	05.42	06.10	06.42	07.42	..	
Weeley		06.46	07.46	
Great Bentley		05.49	06.49	07.49	
Alresford		05.53	06.53	07.53	
Wivenhoe		05.57	06.57	07.57	
Hythe		06.01	07.01	08.01	
Colchester Town	Arr	
	Dep	
Colchester	Arr	06.02	..	06.07	06.29	07.02	07.07	07.29	08.02	08.07	
	Dep	04.43	05.11	05.30	06.03	06.12	06.30	07.03	07.12	07.30	08.03	08.12	
Sudbury	Dep	06.07	07.07	
Bures		06.14	07.14	
Chappel & Wakes Colne		06.20	07.20	
Marks Tey		04.49	05.17	05.36	06.18	06.36	07.18	07.26	07.36	08.18	
Kelvedon		04.54	05.22	06.23	07.23	08.23	..	
Braintree	Dep	06.05	07.05	08.05	
Braintree Freeport		06.07	07.07	08.07	
Cressing		06.10	07.10	08.10	
White Notley		06.13	07.13	08.13	
Witham		05.00	05.28	05.45	06.21	06.45	07.21	07.29	07.45	08.21	08.29	
Hatfield Peverel		05.04	05.32	06.33	07.33	08.33	
Chelmsford		05.11	05.39	05.54	06.21	06.40	06.54	07.22	07.40	07.54	08.22	08.40	
Ingatestone		05.18	05.46	06.01	07.01	08.01	
Shenfield	Arr	05.23	05.51	06.06	06s32	06.50	07.06	07.50	08.06	08.50	
Romford	Arr	05.32	
Stratford	Arr	05.42	06.06	06.22	07.05	07.22	07s45	08.05	08.22	08s45	09.05	
Liverpool Street	Arr	05.51	06.15	06.32	06.57	..	07.15	07.32	07.57	08.15	08.32	08.57	09.15	..	

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Norwich Diss	Dep	08.00	09.00	10.00	..
Peterborough	Dep	08.17	09.17	10.17	..
Stowmarket Needham Market		07.45	08.29	08.45	09.12	09.29	09.48	10.29	..
Lowestoft Saxmundham Ipswich	Dep	06.41	07.27	09.07	..	
		08.01	07.28	08.15	09.56	..	
	Arr	08.09	08.41	08.56	09.03	09.26	09.41	10.36	10.41	
	Dep	08.09	08.43	09.09	..	09.43	10.43	..	
Harwich Town Dovercourt Harwich International 🚇 Wrabness Mistley Manningtree	Dep	07.48	08.48	09.48	
		07.50	08.50	09.50	
		07.53	08.53	09.53	
		07.59	08.59	09.59	
		08.05	09.05	10.05	
		08.10	08.19	08.53	09.10	09.19	..	09.53	10.10	10.19	10.53	
Clacton-on-Sea	Dep	08.34	09.34	
Walton-on-the-Naze Frinton-on-Sea Kirby Cross Thorpe-le-Soken	Dep	08.27	09.27	
		08.30	09.30	
		08.33	09.33	
	Arr	08.39	08.42	09.39	09.42	
Thorpe-le-Soken Weeley Great Bentley Alresford Wivenhoe Hythe Colchester Town	Dep	08.42	09.42	
		08.46	09.46	
		08.49	09.49	
		08.53	09.53	
		08.57	09.57	
		09.01	10.01	
	Arr	
	Dep	
Colchester	Arr	08.29	09.02	09.07	09.29	..	10.02	10.07	10.29	11.02	
	Dep	08.30	09.03	09.12	09.30	..	10.03	10.12	10.30	11.03	
Sudbury Bures Chappel & Wakes Colne	Dep	..	08.07	09.07	10.07	
		..	08.14	09.14	10.14	
		..	08.20	09.20	10.20	
Marks Tey Kelvedon		..	08.26	..	08.36	09.18	09.26	..	09.36	10.18	..	10.26	10.36	..	
		09.23	10.23	
Braintree Braintree Freeport Cressing White Notley	Dep	09.05	10.05	11.05	
		09.07	10.07	11.07	
		09.10	10.10	11.10	
		09.13	10.13	11.13	
Witham Hatfield Peverel		08.45	09.21	..	09.29	09.45	10.21	10.45	11.21	
		09.33	10.33	
Chelmsford Ingatestone Shenfield Romford Stratford 🚇 Liverpool Street 🚇		08.54	09.22	09.40	09.54	10.22	10.40	10.54	11.22	
		09.01	10.01	11.01	
	Arr	09.06	09.50	10.06	10.50	11.06	..	
	Arr	
	Arr	09.22	09s45	10.05	10.22	10s45	11.05	11.22	11s45	
	Arr	09.32	09.57	10.15	10.32	..	10.57	11.15	11.32	11.57	

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Norwich Diss	Dep	11.00 11.17	12.00 12.17		
Peterborough	Dep	09.50	11.50		
Stowmarket Needham Market		10.48	11.14	..	11.29	11.47	12.29	12.47	13.14		
Lowestoft Saxmundham Ipswich	Dep Arr Dep	11.09	..	10.07 10.56 11.41	12.02	..	11.07 11.56 12.36	12.41	13.02	13.28		
Harwich Town Dovercourt Harwich International ⚓ Wrabness Mistley Manningtree	Dep	10.48	11.48	11.50	..	11.53	12.48	12.50	..	
Clacton-on-Sea	Dep	..	10.34	11.53	11.34	..	12.05	12.10	12.19	..	12.53	..	13.05	13.10	13.19	..	
Walton-on-the-Naze Frinton-on-Sea Kirby Cross Thorpe-le-Soken	Dep Arr	10.27 10.30 10.33 10.39	11.27 11.30 11.33 11.39	11.42	12.27 12.30 12.33 12.39	12.42	..	
Thorpe-le-Soken Weeley Great Bentley Alresford Wivenhoe Hythe Colchester Town Colchester	Dep Arr Dep Arr Dep	..	10.42 10.46 10.49 10.53 10.57 11.01 11.07 11.12	11.29 11.30	..	12.02	12.07	..	12.07	..	12.29	..	13.02	..	13.07	13.29	13.30	
Sudbury Bures Chappel & Wakes Colne	Dep	11.07	12.07	12.14	..	12.20	13.07	13.14	13.20	..	
Marks Tey Kelvedon		..	11.18 11.23	..	11.26	11.36	12.18	..	12.23	..	12.26	..	12.36	13.18	..	13.26	..	13.36	
Braintree Braintree Freeport Cressing White Notley	Dep	12.05	12.18	..	12.20	..	12.36	..	13.05	13.07	13.10	13.13	
Witham Hatfield Peverel		..	11.29 11.33	..	11.45	12.21	..	12.29	..	12.33	..	12.45	..	13.21	..	13.29	13.33	13.45	
Chelmsford Ingatstone Shenfield Romford Stratford ⚓ Liverpool Street ⚓	Arr Arr Arr Arr	..	11.40	..	11.54	12.22	12.40	..	12.50	..	12.54	13.01	13.06	13.22	13.22	13.35	13.40	13.50	14.05	14.15	14.32	13.54	14.01	14.06	14.22	14.32

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Norwich	Dep	..	13.00	14.00	15.00	
Diss		13.17	14.17	15.17	
Peterborough	Dep	13.50	
Stowmarket		13.29	13.47	14.29	14.47	15.14	15.29	15.47	
Needham Market		13.52	14.52	15.52		
Lowestoft	Dep	12.07	13.07	14.07	
Saxmundham		12.56	13.56	14.56	
Ipswich	Arr	13.36	13.41	14.02	14.36	14.41	15.02	15.28	15.36	15.41	16.04	
	Dep	..	13.43	14.09	..	14.43	15.09	15.43	
Harwich Town	Dep	13.48	14.48		
Dovercourt		13.50	14.50		
Harwich International ☺		13.53	14.53		
Wrabness		13.59	14.59		
Mistley		14.05	15.05		
Manningtree		..	13.53	14.10	14.19	..	14.53	15.10	15.19	15.53		
Clacton-on-Sea	Dep	13.34	14.34	15.34		
Walton-on-the-Naze	Dep	13.27	14.27	15.27		
Frinton-on-Sea		13.30	14.30	15.30		
Kirby Cross		13.33	14.33	15.33		
Thorpe-le-Soken	Arr	13.39	13.42	14.39	14.42	15.39	15.42		
Thorpe-le-Soken	Dep	13.42	14.42	15.42		
Weeley		13.46	14.46	15.46		
Great Bentley		13.49	14.49	15.49		
Alresford		13.53	14.53	15.53		
Wivenhoe		13.57	14.57	15.57		
Hythe		14.01	15.01	16.01		
Colchester Town	Arr		
Colchester	Dep		
	Arr	..	14.02	..	14.07	14.29	..	15.02	15.07	15.29	16.02	16.07	
	Dep	14.03	14.12	14.30	15.03	15.12	15.30	16.03	16.12	
Sudbury	Dep	14.07	15.07	16.07		
Bures		14.14	15.14	16.14		
Chappel & Wakes Colne		14.20	15.20	16.20		
Marks Tey		14.18	14.26	14.36	15.18	15.26	15.36	16.18	16.26		
Kelvedon		14.23	15.23	16.23		
Braintree	Dep	14.05	15.05	16.05		
Braintree Freeport		14.07	15.07	16.07		
Cressing		14.10	15.10	16.10		
White Notley		14.13	15.13	16.13		
Witham		14.21	14.45	15.21	15.29	15.45	16.21	16.29		
Hatfield Peverel		14.33	15.33	16.33		
Chelmsford		14.22	14.40	14.54	15.22	15.40	15.54	16.22	16.40		
Ingatestone		15.01	16.01		
Shenfield	Arr	14.50	15.06	15.50	16.06	16.50		
Romford	Arr		
Stratford ☺	Arr	..	14s45	..	15.05	15.22	..	15s45	16.05	16.22	16s45	17.05		
Liverpool Street ☺	Arr	..	14.57	..	15.15	15.32	..	15.57	16.15	16.32	16.57	17.15		

Norwich	Dep	16.00	
Diss		16.17	
Peterborough	Dep	
Stowmarket		16.29	
Needham Market		16.47	17.14	17.29	
Lowestoft	Dep	15.07	16.07	
Saxmundham		15.56	17.06	
Ipswich	Arr	16.36	16.41	17.02	17.28	17.41	
	Dep	..	16.09	..	16.43	17.46	18.03	18.36	18.41	
Harwich Town	Dep	15.48	16.48	
Dovercourt		15.50	16.50	
Harwich International		15.53	16.53	
Wrabness		15.59	16.59	
Mistley		16.05	17.05	
Manningtree		16.10	16.19	..	16.53	17.10	17.19	
Clacton-on-Sea	Dep	16.34	
Walton-on-the-Naze	Dep	16.27	..	17.27	18.27	
Frinton-on-Sea		16.30	17.30	18.30	
Kirby Cross		16.33	..	17.33	18.33	
Thorpe-le-Soken	Arr	16.39	16.42	17.39	18.39	
Thorpe-le-Soken	Dep	16.42	17.42	18.42	
Weeley		16.46	17.46	18.46	
Great Bentley		16.49	17.49	18.49	
Alresford		16.53	17.53	18.53	
Wivenhoe		16.57	17.57	18.57	
Hythe		17.01	18.01	19.01	
Colchester Town	Arr	
Colchester	Dep	
	Arr	..	16.29	..	17.02	17.07	17.29	..	18.02	..	18.07	18.29	..	19.02	..	
	Dep	16.30	17.03	17.12	17.30	18.03	18.12	18.30	19.03	
Sudbury	Dep	17.07	
Bures		17.14	
Chappel & Wakes Colne		17.20	
Marks Tey		..	16.36	17.18	17.26	17.36	19.18
Kelvedon		17.23	18.23	19.23	
Braintree	Dep	17.05	18.05	19.05	
Braintree Freeport		17.07	18.07	19.07	
Cressing		17.10	18.10	19.10	
White Notley		17.13	18.13	19.13	
Witham		16.45	17.21	18.21	19.21	
Hatfield Peverel		17.33	18.33	19.33	
Chelmsford		16.54	17.22	17.40	18.22	19.40	
Ingatstone		..	17.01	18.01	19.01	
Shenfield	Arr	17.06	17.50	18.06	19.06	
Romford	Arr	
Stratford	Arr	..	17.22	..	17s45	18.05	18.22	..	18s45	..	19.05	19.22	
Liverpool Street	Arr	..	17.32	..	17.57	18.15	18.32	..	18.57	..	19.15	19.32	

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Norwich Diss	Dep	19.00	20.00	21.00	..
		19.17	20.17	21.17
Peterborough	Dep	17.50	19.50	..
Stowmarket Needham Market		18.48	19.14	20.29	21.14	..
		18.53
Lowestoft Saxmundham Ipswich	Dep	18.07	19.07	20.07
		18.56	19.56	20.56	..
	Arr	19.03	19.28	19.36	19.41	20.04	20.37	20.41	21.28	21.36
	Dep	19.09	19.43	20.09	21.09	21.28	..
Harwich Town Dovercourt Harwich International Wrabness Mistley Manningtree	Dep	18.48	19.48	20.48
		18.50	19.50	20.50
		18.53	19.53	20.53
		18.59	19.59	20.59
		19.05	20.05	21.05
		19.10	19.19	19.53	20.10	20.19	..	20.53	21.10	21.19	21.38
Clacton-on-Sea	Dep	19.34	20.34
Walton-on-the-Naze Frinton-on-Sea Kirby Cross Thorpe-le-Soken	Dep	19.27	20.27
		19.30	20.30
		19.33	20.33
	Arr	19.39	19.42	20.39	20.42
Thorpe-le-Soken Weeley Great Bentley Alresford Wivenhoe Hythe Colchester Town	Dep	19.42	20.42
		19.46	20.46
		19.49	20.49
		19.53	20.53
		19.57	20.57
		20.01	21.01
	Arr
	Dep
Colchester	Arr	19.29	20.02	20.07	20.29	..	21.02	21.07	21.29	21.51
	Dep	19.30	20.03	20.12	20.30	21.03	21.12	21.30
Sudbury Bures Chappel & Wakes Colne	Dep	..	19.07	20.07	21.07
		19.14	20.14	21.14
		..	19.20	20.20	21.20
Marks Tey Kelvedon		..	19.26	19.36	20.18	20.26	20.36	21.18	21.26	21.36
		20.23	21.23
Braintree Braintree Freeport Cressing White Notley	Dep	20.05	21.05	22.05
		20.07	21.07	22.07
		20.10	21.10	22.10
		20.13	21.13	22.13
Witham Hatfield Peverel		19.45	20.21	20.45	21.21	21.29	21.45
		20.33	21.33
Chelmsford Ingatestone Shenfield Romford Stratford Liverpool Street		19.54	20.22	20.40	20.54	21.22	21.40	21.54
		20.01	21.01	22.01	..	
	Arr	20.06	20.50	21.06	21.50	22.06
	Arr
	Arr	20.22	20s45	21.05	21.22	..	21s45	22.05	22.22	..
	Arr	20.32	20.57	21.15	21.32	..	21.57	22.15	22.32	..

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Norwich	Dep	22.00	23.05
Diss		22.17	23.23
Peterborough	Dep	21.45
Stowmarket		21.47	22.29	22.47	22.47	23.08	23.36	23.48
Needham Market		21.52	22.52	22.52	23.53
Lowestoft	Dep	21.07
Saxmundham		21.56
Ipswich	Arr	22.02	22.36	22.41	23.02	23.02	23.21	23.49	00.04
	Dep	22.09	22.43
Harwich Town	Dep	21.48	22.48	23.48
Dovercourt		21.50	22.50	23.50
Harwich International		21.53	22.53	23.53
Wrabness		21.59	22.59	23.59
Mistley		22.05	23.05	00.05
Manningtree		22.10	22.19	22.53	23.10	23.32	00.10
Clacton-on-Sea	Dep	21.34	22.33
Walton-on-the-Naze	Dep	21.27	22.27	23.27
Frinton-on-Sea		21.30	22.30	23.30
Kirby Cross		21.33	22.33	23.33
Thorpe-le-Soken	Arr	21.39	21.42	22.39	22.41	23.39
Thorpe-le-Soken	Dep	..	21.42	22.41	23.43
Weeley		21.46
Great Bentley		21.49
Alresford		21.53
Wivenhoe		..	21.57	22.51
Hythe		22.01
Colchester Town	Arr
Colchester	Dep
	Arr	..	22.07	22.29	22.59	..	23.02	23.42	00.19
	Dep	22.12	22.30	23.03
Sudbury	Dep	22.07	23.07
Bures		22.14	23.14
Chappel & Wakes Colne		22.20	23.20
Marks Tey		22.18	22.26	22.36	23.26
Kelvedon		..	22.23
Braintree	Dep	23.05	00.05
Braintree Freeport		23.07	00.07	..
Cressing		23.10	00.10
White Notley		23.13	00.13	..
Witham		22.29	22.45	23.16	23.21	00.21
Hatfield Peverel		..	22.33
Chelmsford		22.40	22.54	23.25
Ingatestone		23.01
Shenfield	Arr	22.50	23.06	23s36
Romford	Arr
Stratford	Arr	23.05	23.22	23s52
Liverpool Street	Arr	..	23.15	23.32	00.04