

Train timetable

Valid from 11 December 2016










Norwich to Ipswich and
London Liverpool Street

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

- 1** First Class accommodation available
- ◇ Seat reservations possible
- R** Seat reservations recommended
-  PlusBus operates from this station
-  Buffet service
-  Wi-fi service
- DLR** Interchange with Docklands Light Railway
-  Airport interchange
-  Connections with Ferry services
-  Interchange with London Underground
-  Train attaches at this station
-  Train divides at this station
-  Train continues in later column
-  Train continued from earlier column




















- a** Arrival time
- d** Departure time
- s** Stops to set down only
- u** Stops to pick up only



















MTW Mondays, Tuesdays and Wednesdays only

TWTh Tuesday, Wednesday and Thursday mornings only











All services are operated by Greater Anglia unless otherwise shown











Mondays to Fridays

									
			1◇ 	1	1R 	1R 		1R 	1◇
Norwich		d	0500		0530	0600		0624	
Diss		d	0518		0548	0618		0642	
Stowmarket		d	0530	0552	0600	0630	0642	0654	0703
Needham Market		d		0557			0647		
Ipswich		a	0542	0607	0612	0642	0700	0706	0716
Ipswich		d	0544		0614	0644		0708	0717
Manningtree		d	0554		0624	0654		0718	0727
Colchester		a	0603		0633	0703		0728	0737
Colchester		d	0605		0635	0705		0730	0738
Witham		a							0755
Chelmsford		a							
Shenfield		a							
Stratford	DLR 	a	0644s		0715s				0828s
London Liverpool St		a	0654		0727	0758		0824	0840

									
			1R 	1R 		1R 	1◇	1R 	1
Norwich		d	0648	0705		0740		0800	
Diss		d	0706	0723		0758		0817	
Stowmarket		d	0718	0735	0745		0810	0829	0845
Needham Market		d			0750				0850
Ipswich		a	0730	0747	0802	0818	0824	0841	0902
Ipswich		d	0732	0749		0820	0826	0843	
Manningtree		d	0743	0759			0836	0853	
Colchester		a		0808			0845	0902	
Colchester		d		0810			0845	0903	
Witham		a							
Chelmsford		a					0903	0921	
Shenfield		a							
Stratford	DLR 	a		0852s			0928s	0946s	
London Liverpool St		a	0842	0904		0924	0939	0958	















Mondays to Fridays















			1R	1	1R	1	1R	1R	1
Norwich	 d	0830			0900		0930	1000	
Diss	d	0847			0917		0947	1017	
Stowmarket	d		0914		0929	0945		1029	1045
Needham Market	d				0950				1050
Ipswich	 a	0908	0928		0941	1002	1008	1041	1102
Ipswich	 d	0909			0943		1009	1043	
Manningtree	d	0919			0953		1019	1053	
Colchester	 a	0928			1002		1028	1102	
Colchester	 d	0930			1003		1030	1103	
Witham	 a								
Chelmsford	 a				1021			1121	
Shenfield	 a								
Stratford	DLR  a				1045s			1145s	
London Liverpool St	 a	1019			1055		1119	1155	

			1	1	1	1	1	1
Norwich	 d	1030			1100		1130	1200
Diss	d	1047			1117		1147	1217
Stowmarket	d		1114		1129	1145		1229
Needham Market	d				1150			1250
Ipswich	 a	1108	1128		1141	1202	1208	1241
Ipswich	 d	1109			1143		1209	1243
Manningtree	d	1119			1153		1219	1253
Colchester	 a	1128			1202		1228	1302
Colchester	 d	1130			1203		1230	1303
Witham	 a							
Chelmsford	 a				1221			1321
Shenfield	 a							
Stratford	DLR  a				1245s			1345s
London Liverpool St	 a	1219			1255		1319	1355

For reference to notes please see page 2






















Mondays to Fridays





















									
			1◇CP	1	1◇CP	1	1◇CP	1◇CP	1
Norwich		d	1230		1300		1330	1400	
Diss		d	1247		1317		1347	1417	
Stowmarket		d		1314	1329	1345		1429	1445
Needham Market		d				1350			1450
Ipswich		a	1308	1328	1341	1402	1408	1441	1502
Ipswich		d	1309		1343		1409	1443	
Manningtree		d	1319		1353		1419	1453	
Colchester		a	1328		1402		1428	1502	
Colchester		d	1330		1403		1430	1503	
Witham		a							
Chelmsford		a			1421			1521	
Shenfield		a							
Stratford	DLR 	a			1445s			1545s	
London Liverpool St		a	1419		1455		1519	1555	

									
			1◇CP	1	1◇CP	1	1◇CP	1◇CP	1
Norwich		d	1430		1500		1530	1600	
Diss		d	1447		1517		1547	1617	
Stowmarket		d		1514	1529	1545		1629	1645
Needham Market		d				1550			1650
Ipswich		a	1508	1528	1541	1602	1608	1641	1702
Ipswich		d	1509		1543		1609	1643	
Manningtree		d	1519		1553		1619	1653	
Colchester		a	1528		1602		1628	1702	
Colchester		d	1530		1603		1630	1703	
Witham		a							
Chelmsford		a			1621			1721	
Shenfield		a							
Stratford	DLR 	a			1645s			1746s	
London Liverpool St		a	1617		1655		1719	1758	















For reference to notes please see page 2

Mondays to Fridays

									
									
Norwich		d	1630		1700		1730	1800	
Diss		d	1647		1717		1747	1817	
Stowmarket		d		1714	1729	1745	1759	1829	1845
Needham Market		d				1750			1850
Ipswich		a	1708	1728	1741	1804	1811	1841	1902
Ipswich		d	1709	1733	1743		1813	1843	
Manningtree		d	1719	1743	1753			1853	
Colchester		a	1728	1752	1802		1828	1902	
Colchester		d	1730		1803		1830	1903	
Witham		a							
Chelmsford		a			1821			1921	
Shenfield		a							
Stratford	DLR 	a			1845s			1945s	
London Liverpool St		a	1819		1855		1918	1955	
















									
									
Norwich		d	1830		1900		1930	2000	
Diss		d	1847		1917		1947	2017	
Stowmarket		d		1914	1929	1945		2029	2045
Needham Market		d				1950			2050
Ipswich		a	1908	1928	1941	2004	2009	2041	2100
Ipswich		d	1909		1943		2009	2043	
Manningtree		d	1919		1953		2019	2053	
Colchester		a	1928		2002		2029	2102	
Colchester		d	1930		2003		2030	2103	
Witham		a							
Chelmsford		a			2021			2121	
Shenfield		a							
Stratford	DLR 	a			2045s			2145s	
London Liverpool St		a	2020		2055		2119	2155	















Mondays to Fridays

			 1 ◇	1	 1 ◇ 	1	 1 ◇	1	1
Norwich		d	2030		2100		2200		
Diss		d	2047		2117		2217		
Stowmarket		d		2114	2129	2145	2229	2245	2308
Needham Market		d				2150		2250	
Ipswich		a	2108	2128	2141	2202	2241	2302	2321
Ipswich		d	2109	2128	2143	2223	2243		2322
Manningtree		d	2119	2138	2153	2233	2253		2332
Colchester		a	2128	2151	2202	2242	2302		2343
Colchester		d	2130		2203	2243	2303		
Witham		a				2300	2315		
Chelmsford		a			2221	2309	2325		
Shenfield		a				2319	2336		
Stratford	DLR 	a			2245s	2336	2352s		
London Liverpool St		a	2219		2255	2348	0003		















			 1
Norwich		d	2305
Diss		d	2322
Stowmarket		d	2334 2348
Needham Market		d	2353
Ipswich		a	2348 0005
Ipswich		d	
Manningtree		d	
Colchester		a	
Colchester		d	
Witham		a	
Chelmsford		a	
Shenfield		a	
Stratford	DLR 	a	
London Liverpool St		a	















Saturdays

							
			1◇CP	1◇CP	1◇CP	1◇CP	1◇CP
Norwich		d	0500	0530	0600	0630	0700
Diss		d	0517	0547	0617	0647	0717
Stowmarket		d	0529		0629	0644	0729 0745
Needham Market		d				0649	0750
Ipswich		a	0541	0608	0641	0702	0708 0741 0802
Ipswich		d	0543	0609	0643	0709	0743
Manningtree		d	0553	0619	0653	0719	0753
Colchester		a	0602	0628	0702	0728	0802
Colchester		d	0603	0630	0703	0730	0803
Witham		a					
Chelmsford		a	0621		0721		0821
Shenfield		a					
Stratford	DLR 	a	0645s		0745s		0845s
London Liverpool St		a	0655	0719	0755	0819	0855















									
			1◇CP	1RCP	1	1RCP	1	1RCP	1
Norwich		d	0730	0800		0830		0900	
Diss		d	0747	0817		0847		0917	
Stowmarket		d		0829	0845		0914	0929	0945
Needham Market		d			0850				0950
Ipswich		a	0808	0841	0902	0908	0928	0941	1002
Ipswich		d	0809	0843		0909		0943	
Manningtree		d	0819	0853		0919		0953	
Colchester		a	0828	0902		0928		1002	
Colchester		d	0830	0903		0930		1003	
Witham		a							
Chelmsford		a		0921				1021	
Shenfield		a							
Stratford	DLR 	a		0945s				1045s	
London Liverpool St		a	0919	0955		1019		1055	















Saturdays

								
			1R	1R	1	1◇	1	1◇
Norwich	 d	0930	1000			1030		1100
Diss	d	0947	1017			1047		1117
Stowmarket	d		1029	1045			1114	1129 1145
Needham Market	d			1050				1150
Ipswich	 a	1008	1041	1102	1108	1128	1141	1202
Ipswich	 d	1009	1043			1109		1143
Manningtree	d	1019	1053			1119		1153
Colchester	 a	1028	1102			1128		1202
Colchester	 d	1030	1103			1130		1203
Witham	 a							
Chelmsford	 a		1121					1221
Shenfield	 a							
Stratford	DLR  a		1145s					1245s
London Liverpool St	 a	1119	1155			1219		1255















								
			1◇	1◇	1	1◇	1	1◇
Norwich	 d	1130	1200			1230		1300
Diss	d	1147	1217			1247		1317
Stowmarket	d		1229	1245			1314	1329 1345
Needham Market	d			1250				1350
Ipswich	 a	1208	1241	1302	1308	1328	1341	1402
Ipswich	 d	1209	1243			1309		1343
Manningtree	d	1219	1253			1319		1353
Colchester	 a	1228	1302			1328		1402
Colchester	 d	1230	1303			1330		1403
Witham	 a							
Chelmsford	 a		1321					1421
Shenfield	 a							
Stratford	DLR  a		1345s					1445s
London Liverpool St	 a	1319	1355			1419		1455














Saturdays

								
			1◇CP	1◇CP	1	1◇CP	1	1◇CP
Norwich	 d	1330	1400		1430		1500	
Diss	d	1347	1417		1447		1517	
Stowmarket	d		1429	1445		1514	1529	1545
Needham Market	d			1450				1550
Ipswich	 a	1408	1441	1502	1508	1528	1541	1602
Ipswich	 d	1409	1443		1509		1543	
Manningtree	d	1419	1453		1519		1553	
Colchester	 a	1428	1502		1528		1602	
Colchester	 d	1430	1503		1530		1603	
Witham	 a							
Chelmsford	 a		1521				1621	
Shenfield	 a							
Stratford	DLR  a		1545s				1645s	
London Liverpool St	 a	1519	1555		1619		1655	











								
			1◇CP	1◇CP	1	1◇CP	1	1◇CP
Norwich	 d	1530	1600		1630		1700	
Diss	d	1547	1617		1647		1717	
Stowmarket	d		1629	1645		1714	1729	1745
Needham Market	d			1650				1750
Ipswich	 a	1608	1641	1702	1708	1728	1741	1802
Ipswich	 d	1609	1643		1709		1743	
Manningtree	d	1619	1653		1719		1753	
Colchester	 a	1628	1702		1728		1802	
Colchester	 d	1630	1703		1730		1803	
Witham	 a							
Chelmsford	 a		1721				1821	
Shenfield	 a							
Stratford	DLR  a		1745s				1845s	
London Liverpool St	 a	1719	1755		1819		1855	

Saturdays
















								
			1◇	1◇	1	1◇	1	1
Norwich	 d	1730	1800		1830		1900	
Diss	d	1747	1817		1847		1917	
Stowmarket	d	1759	1829	1845		1914	1929	1945
Needham Market	d			1850				1950
Ipswich	 a	1811	1841	1902	1908	1928	1941	2002
Ipswich	 d	1813	1843		1909		1943	2009
Manningtree	d		1853		1919		1953	2019
Colchester	 a	1828	1902		1928		2002	2028
Colchester	 d	1830	1903		1930		2003	2030
Witham	 a							
Chelmsford	 a		1921				2021	
Shenfield	 a							
Stratford	DLR  a		1945s				2045s	
London Liverpool St	 a	1919	1955		2019		2055	2117















								
		1◇	1	1	1◇	1	1	
Norwich	 d	2000			2100		2200	
Diss	d	2017			2117		2217	
Stowmarket	d	2029	2045	2114	2129	2145	2229	2245
Needham Market	d		2050			2150		2250
Ipswich	 a	2041	2100	2128	2141	2202	2241	2302
Ipswich	 d	2043	2109	2128	2143	2223	2243	2315
Manningtree	d	2053	2119	2138	2153	2233	2253	2325
Colchester	 a	2102	2128	2149	2202	2242	2302	2335
Colchester	 d	2103	2130		2203	2243	2303	
Witham	 a					2300	2315	
Chelmsford	 a	2121			2221	2309	2325	
Shenfield	 a					2319	2337	
Stratford	DLR  a	2145s			2245s	2342s	2359s	
London Liverpool St	 a	2155	2217		2255	2351	0010	

Saturdays











			1	1	
Norwich		d		2305	
Diss		d		2322	
Stowmarket		d	2308	2336	2348
Needham Market		d			2353
Ipswich		a	2322	2350	0005
Ipswich		d	2322		
Manningtree		d	2332		
Colchester		a	2343		
Colchester		d			
Witham		a			
Chelmsford		a			
Shenfield		a			
Stratford	DLR 	a			
London Liverpool St		a			











Sundays

									
			1◇	1◇	1◇		1◇	1◇	1
Norwich		d	0700	0800	0900		1000	1100	
Diss		d	0717	0817	0917		1017	1117	
Stowmarket		d	0729	0829	0929	1018	1029	1129	1218
Needham Market		d				1023			1223
Ipswich		a	0741	0841	0941	1036	1041	1141	1236
Ipswich		d	0743	0843	0943		1043	1143	
Manningtree		d	0753	0853	0953		1053	1153	
Colchester		a	0802	0902	1002		1102	1202	
Colchester		d	0803	0903	1003		1103	1203	
Witham		a							
Chelmsford		a							
Shenfield		a							
Stratford	DLR 	a							
London Liverpool St		a	0904	1003	1103		1203	1303	


									
			1◇	1	1◇	1	1◇	1	1◇
Norwich		d	1200		1300		1400		1500
Diss		d	1217		1317		1417		1517
Stowmarket		d	1229	1314	1329	1418	1429	1514	1529
Needham Market		d				1423			
Ipswich		a	1241	1328	1341	1436	1441	1528	1541
Ipswich		d	1243		1343		1443		1543
Manningtree		d	1253		1353		1453		1553
Colchester		a	1302		1402		1502		1602
Colchester		d	1303		1403		1503		1603
Witham		a							
Chelmsford		a							
Shenfield		a							
Stratford	DLR 	a							
London Liverpool St		a	1403		1503		1603		1703

Sundays











			1	1 R CP	1 ◇ CP	1	1 ◇ CP	1	1 ◇ CP
Norwich		d	1600	1620		1700	1800		
Diss		d	1617	1638		1717	1817		
Stowmarket		d	1618	1629	1650	1711	1729	1818	1829
Needham Market		d	1623					1823	
Ipswich		a	1636	1641	1702	1725	1741	1836	1841
Ipswich		d	1643	1705		1743	1843		
Manningtree		d	1653			1753	1853		
Colchester		a	1702	1720		1802	1902		
Colchester		d	1703	1723		1803	1903		
Witham		a							
Chelmsford		a							
Shenfield		a							
Stratford	DLR 	a							
London Liverpool St		a	1803	1830		1903	2003		












			1	1 ◇ CP	1	1 ◇ CP	1	1 ◇	1
Norwich		d	1900		2000		2100		
Diss		d	1917		2017		2117		
Stowmarket		d	1911	1929	2018	2029	2111	2129	2218
Needham Market		d			2023				2223
Ipswich		a	1925	1941	2036	2041	2125	2141	2236
Ipswich		d	1925	1943		2043	2125	2143	
Manningtree		d	1935	1953		2053	2135	2153	
Colchester		a	1946	2002		2102	2146	2202	
Colchester		d		2003		2103		2203	
Witham		a							
Chelmsford		a							
Shenfield		a							
Stratford	DLR 	a							
London Liverpool St		a		2103		2204		2303	

Sundays











			📶 1◇	📶 1	
Norwich		d	2200	2305	
Diss		d	2217	2322	
Stowmarket		d	2229	2334	2355
Needham Market		d			2359
Ipswich		a	2241	2350	0011
Ipswich		d	2243		
Manningtree		d	2253		
Colchester		a	2302		
Colchester		d	2303		
Witham		a	2315		
Chelmsford		a	2325		
Shenfield		a	2336		
Stratford	DLR	⊖	a	2357s	
London Liverpool St	⊖	a	0007		











Mondays to Fridays

			1	1	1	1	1	1	1
London Liverpool St	 d								0600
Stratford	DLR  d								0625
Shenfield	 d								0633u
Chelmsford	 d							0630	0658
Witham	 d								0709
Colchester	 a							0649	0722
Colchester	 d	0540			0615			0650	0723
Manningtree	d	0549			0623			0658	0731
Ipswich	 a	0559			0634			0710	0742
Ipswich	 d	0510	0600	0616	0639	0654	0711	0744	
Needham Market	d	0520		0625		0703			
Stowmarket	d	0526	0612	0631	0651	0709	0722	0755	
Diss	d				0704		0735	0808	
Norwich	 a				0724		0754	0827	











			1	1	1	1	1	1	1
London Liverpool St	 d								0700
Stratford	DLR  d								0730
Shenfield	 d								0738u
Chelmsford	 d								0755
Witham	 d								0830
Colchester	 a								0830
Colchester	 d	0750			0822	0845			0923
Manningtree	d	0751			0823	0847			0923
Ipswich	 a	0759			0831	0855			0931
Ipswich	 d	0811			0843	0907			0943
Ipswich	 d	0803	0812	0820	0844	0908	0920	0944	
Needham Market	d			0829			0929		
Stowmarket	d	0816	0823	0835	0855		0935	0955	
Diss	d				0908	0929		1008	
Norwich	 a	0855			0927	0948		1027	











Mondays to Fridays

			1	1	1	1	1	1
			1	1	1	1	1	1
			1	1	1	1	1	1
London Liverpool St	 d		0900		0930	1000		1030
Stratford	DLR  d				0938u			1038u
Shenfield	 d							
Chelmsford	 d				1003			1103
Witham	 d							
Colchester	 a		0946		1022	1046		1122
Colchester	 d		0947		1023	1047		1123
Manningtree	d		0955		1031	1055		1131
Ipswich	 a		1007		1043	1107		1143
Ipswich	 d	1000	1008	1020	1044	1108	1120	1144
Needham Market	d			1029			1129	
Stowmarket	d	1012		1035	1055		1135	1155
Diss	d		1029		1108	1129		1208
Norwich	 a		1050		1127	1150		1227

			1	1	1	1	1	1
			1	1	1	1	1	1
			1	1	1	1	1	1
London Liverpool St	 d		1100		1130	1200		1230
Stratford	DLR  d				1138u			1238u
Shenfield	 d							
Chelmsford	 d				1203			1303
Witham	 d							
Colchester	 a		1146		1222	1246		1322
Colchester	 d		1147		1223	1247		1323
Manningtree	d		1155		1231	1255		1331
Ipswich	 a		1207		1243	1307		1343
Ipswich	 d	1158	1208	1220	1244	1308	1320	1344
Needham Market	d			1229			1329	
Stowmarket	d	1211		1235	1255		1335	1355
Diss	d		1229		1308	1329		1408
Norwich	 a		1250		1327	1350		1427

Mondays to Fridays

			1	1	1	1	1	1
			1	1	1	1	1	1
			1	1	1	1	1	1
			1	1	1	1	1	1
London Liverpool St	 d		1300		1330	1400		1430
Stratford	DLR  d				1338u			1438u
Shenfield	 d							
Chelmsford	 d				1403			1503
Witham	 d							
Colchester	 a		1346		1422	1446		1522
Colchester	 d		1347		1423	1447		1523
Manningtree	d		1355		1431	1455		1531
Ipswich	 a		1407		1443	1507		1543
Ipswich	 d	1358	1408	1420	1444	1508	1520	1544
Needham Market	d			1429			1529	
Stowmarket	d	1411		1435	1455		1535	1555
Diss	d		1429		1508	1529		1608
Norwich	 a		1450		1527	1548		1627

			1	1	1	1	1	1
			1	1	1	1	1	1
			1	1	1	1	1	1
			1	1	1	1	1	1
London Liverpool St	 d		1500		1530	1600		1630
Stratford	DLR  d							
Shenfield	 d							
Chelmsford	 d				1600			
Witham	 d							
Colchester	 a		1546		1621	1646		1716
Colchester	 d		1547		1621	1647		1717
Manningtree	d		1555		1629	1655		
Ipswich	 a		1607		1640	1707		1734
Ipswich	 d	1600	1608	1620	1641	1708	1720	1736
Needham Market	d			1629			1729	
Stowmarket	d	1612		1635	1652	1719	1735	1747
Diss	d		1629		1705	1732		1800
Norwich	 a		1650		1724	1753		1822

Mondays to Fridays

			1	1R	1	1◇	1R	1R	1
London Liverpool St	⊖ d			1700		1702	1730	1750	
Stratford	DLR ⊖ d					1710			
Shenfield	⚡ d					1726			
Chelmsford	⚡ d					1736			
Witham	⚡ d					1746			
Colchester	⚡ a					1801		1842	
Colchester	⚡ d					1801		1843	
Manningtree	d					1809	1827	1852	
Ipswich	⚡ a			1759		1820	1837	1903	
Ipswich	⚡ d	1749	1800	1817	1825	1839	1904	1913	
Needham Market	d	1758		1826					1922
Stowmarket	d	1804		1832	1836	1850	1916	1928	
Diss	d		1821		1848	1903	1929		
Norwich	⚡ a			1842		1909	1925	1950	

			1R	1R	1	1R	1	1R	1◇
London Liverpool St	⊖ d		1810	1830		1900		1930	2000
Stratford	DLR ⊖ d								
Shenfield	⚡ d								
Chelmsford	⚡ d								
Witham	⚡ d								
Colchester	⚡ a	1900	1921		1947		2019	2046	
Colchester	⚡ d	1902	1923		1947		2020	2047	
Manningtree	d	1911	1932		1955		2028	2055	
Ipswich	⚡ a	1921	1942		2007		2040	2107	
Ipswich	⚡ d	1923	1944	2000	2008	2018	2041	2108	
Needham Market	d					2028			
Stowmarket	d	1934	1955	2012	2019	2035	2052	2119	
Diss	d	1947	2008		2032		2105	2132	
Norwich	⚡ a	2009	2030		2051		2124	2151	

Mondays to Fridays

		MTW	ThF				
London Liverpool St	d	2030	2030	2100		2130	2230
Stratford	DLR d	2038u	2038u			2138u	2238u
Shenfield	d						
Chelmsford	d		2103			2203	2303
Witham	d						
Colchester	a	2119	2122	2146		2222	2322
Colchester	d	2119	2123	2147		2223	2323
Manningtree	d	2128	2132	2156		2232	2332
Ipswich	a	2140	2143	2207		2243	2343
Ipswich	d	2117	2141	2145	2209	2219	2245
Needham Market	d	2127			2229		
Stowmarket	d	2133	2153	2156	2220	2235	2256
Diss	d	2206	2209	2233		2309	0009
Norwich	a	2225	2229	2253		2329	0029






















London Liverpool St	d	2330
Stratford	DLR d	2338u
Shenfield	d	
Chelmsford	d	0003
Witham	d	
Colchester	a	0022
Colchester	d	0023
Manningtree	d	0033
Ipswich	a	0043
Ipswich	d	0045
Needham Market	d	
Stowmarket	d	0056
Diss	d	0109
Norwich	a	0135






















Saturdays

			1	1	1	1	1	1
					1	1	1	1
London Liverpool St	d				0534		0630	
Stratford	DLR d				0541		0638u	
Shenfield	d				0559			
Chelmsford	d				0610		0703	
Witham	d				0623			
Colchester	a				0640		0722	
Colchester	d	0540			0640		0723	
Manningtree	d	0549			0648		0731	
Ipswich	a	0559			0700		0743	
Ipswich	d	0510	0600	0616	0710	0720	0744	0800
Needham Market	d	0520		0625		0729		
Stowmarket	d	0526	0612	0631	0721	0735	0755	0812
Diss	d				0734		0808	
Norwich	a				0753		0827	



















			1	1	1	1	1	1
			1	1	1	1	1	1
London Liverpool St	d	0700		0730	0800		0830	
Stratford	DLR d			0738u			0838u	
Shenfield	d							
Chelmsford	d			0803			0903	
Witham	d							
Colchester	a	0746		0822	0846		0922	
Colchester	d	0747		0823	0847		0923	
Manningtree	d	0755		0831	0855		0931	
Ipswich	a	0807		0843	0907		0943	
Ipswich	d	0808	0820	0844	0908	0920	0944	0958
Needham Market	d		0829			0929		
Stowmarket	d		0835	0855		0935	0955	1011
Diss	d	0829		0908	0929		1008	
Norwich	a	0850		0927	0950		1027	



















Saturdays

									
									
London Liverpool St	 d	0900		0930	1000		1030		
Stratford	DLR  d			0938u			1038u		
Shenfield	 d								
Chelmsford	 d			1003			1103		
Witham	 d								
Colchester	 a	0946		1022	1046		1122		
Colchester	 d	0947		1023	1047		1123		
Manningtree	d	0955		1031	1055		1131		
Ipswich	 a	1007		1043	1107		1143		
Ipswich	 d	1008	1020	1044	1108	1120	1144	1158	
Needham Market	d		1029			1129			
Stowmarket	d		1035	1055		1135	1155	1211	
Diss	d	1029		1108	1129		1208		
Norwich	 a	1050		1127	1150		1227		



















									
									
London Liverpool St	 d	1100		1130	1200		1230		
Stratford	DLR  d			1138u			1238u		
Shenfield	 d								
Chelmsford	 d			1203			1303		
Witham	 d								
Colchester	 a	1146		1222	1246		1322		
Colchester	 d	1147		1223	1247		1323		
Manningtree	d	1155		1231	1255		1331		
Ipswich	 a	1207		1243	1307		1343		
Ipswich	 d	1208	1220	1244	1308	1320	1344	1358	
Needham Market	d		1229			1329			
Stowmarket	d		1235	1255		1335	1355	1411	
Diss	d	1229		1308	1329		1408		
Norwich	 a	1250		1327	1350		1427		



















Saturdays

									
			1◇ 	1	1◇ 	1◇ 	1	1◇ 	1
London Liverpool St	 d		1300		1330	1400		1430	
Stratford	DLR  d				1338u			1438u	
Shenfield	 d								
Chelmsford	 d				1403			1503	
Witham	 d								
Colchester	 a		1346		1422	1446		1522	
Colchester	 d		1347		1423	1447		1523	
Manningtree	d		1355		1431	1455		1531	
Ipswich	 a		1407		1443	1507		1543	
Ipswich	 d		1408	1420	1444	1508	1520	1544	1558
Needham Market	d			1429			1529		
Stowmarket	d			1435	1455		1535	1555	1611
Diss	d		1429		1508	1529		1608	
Norwich	 a		1450		1527	1548		1627	






									
			1◇ 	1	1◇ 	1◇ 	1	1◇ 	1
London Liverpool St	 d		1500		1530	1600		1630	
Stratford	DLR  d				1538u			1638u	
Shenfield	 d								
Chelmsford	 d				1603			1703	
Witham	 d								
Colchester	 a		1546		1622	1646		1722	
Colchester	 d		1547		1623	1647		1723	
Manningtree	d		1555		1631	1655		1731	
Ipswich	 a		1607		1643	1707		1743	
Ipswich	 d		1608	1620	1644	1708	1720	1744	1758
Needham Market	d			1629			1729		
Stowmarket	d			1635	1655	1719	1735	1755	1811
Diss	d		1629		1708	1732		1808	
Norwich	 a		1650		1727	1751		1827	

Saturdays











									
			1◇ 	1	1◇ 	1◇ 	1	1◇ 	1
London Liverpool St	 d		1700		1730	1800		1830	
Stratford	DLR  d				1738u			1838u	
Shenfield	 d								
Chelmsford	 d				1803			1903	
Witham	 d								
Colchester	 a		1746		1822	1846		1922	
Colchester	 d		1747		1823	1847		1923	
Manningtree	d		1755		1831	1855		1931	
Ipswich	 a		1807		1843	1907		1943	
Ipswich	 d		1808	1820	1844	1908	1920	1944	1958
Needham Market	d			1829			1929		
Stowmarket	d			1835	1855		1935	1955	2011
Diss	d		1829		1908	1929		2008	
Norwich	 a		1850		1927	1950		2027	











									
			1◇ 	1	1◇ 	1◇ 	1	1◇ 	1
London Liverpool St	 d		1900		1930	2000		2030	2100
Stratford	DLR  d				1938u			2038u	
Shenfield	 d								
Chelmsford	 d				2003			2103	
Witham	 d								
Colchester	 a		1946		2022	2046		2122	2146
Colchester	 d		1947		2023	2047		2123	2147
Manningtree	d		1955		2031	2055		2132	2155
Ipswich	 a		2007		2043	2107		2143	2208
Ipswich	 d		2008	2020	2044	2108	2117	2145	2219
Needham Market	d			2029			2127		2229
Stowmarket	d			2035	2055		2133	2156	2235
Diss	d		2029		2108	2129		2209	
Norwich	 a		2050		2127	2150		2229	

Saturdays

			📶	📶	📶
			1◇	1◇	1◇
London Liverpool St	⊖	d	2130	2230	2330
Stratford	DLR ⊖	d	2138u	2238u	2338u
Shenfield		d			
Chelmsford		d	2203	2303	
Witham		d			
Colchester		a	2222	2322	0026
Colchester		d	2223	2323	0026
Manningtree		d	2232	2332	0035
Ipswich		a	2243	2343	0047
Ipswich		d	2245	2345	0048
Needham Market		d			
Stowmarket		d	2256	2356	0100
Diss		d	2309	0009	0113
Norwich		a	2329	0035	0138















Sundays
















			1	1	1	1	1	1
				1	1	1	1	1
London Liverpool St	 d			0830		0930		1030
Stratford	DLR  d							
Shenfield	 d							
Chelmsford	 d							
Witham	 d							
Colchester	 a			0925		1025		1125
Colchester	 d	0813	0925	0932	1025	1125		
Manningtree	d	0821	0933	0940	1033	1133		
Ipswich	 a	0833	0945	0951	1045	1145		
Ipswich	 d	0732	0902	0946	0955	1046	1102	1146
Needham Market	d	0742	0912				1112	
Stowmarket	d	0748	0918	0957	1007	1057	1118	1157
Diss	d			1010		1110		1210
Norwich	 a			1031		1131		1231

			1	1	1	1	1	1
				1	1	1	1	1
London Liverpool St	 d			1130		1230		1330
Stratford	DLR  d							
Shenfield	 d							
Chelmsford	 d							
Witham	 d							
Colchester	 a			1225		1325		1425
Colchester	 d			1225		1325		1425
Manningtree	d			1233		1333		1433
Ipswich	 a			1245		1345		1445
Ipswich	 d	1155	1246	1302	1346	1355	1446	1502
Needham Market	d			1312				1512
Stowmarket	d	1207	1257	1318	1357	1407	1457	1518
Diss	d			1310		1410		1510
Norwich	 a			1331		1431		1531

For reference to notes please see page 2

Sundays

									
			1◇CP	1	1◇CP	1	1◇CP	1	1◇CP
London Liverpool St	 d		1430		1530		1630		1730
Stratford	DLR  d								
Shenfield	 d								
Chelmsford	 d								
Witham	 d								
Colchester	 a		1525		1625		1725		1825
Colchester	 d		1525		1625		1725		1825
Manningtree	d		1533		1633		1733		1833
Ipswich	 a		1545		1645		1745		1845
Ipswich	 d		1546	1555	1646	1702	1746	1755	1846
Needham Market	d					1712			
Stowmarket	d		1557	1607	1657	1718	1757	1807	1857
Diss	d		1610		1710		1810		1910
Norwich	 a		1631		1731		1831		1931

											
			1	1◇CP	1◇CP	1◇CP	1◇CP	1◇CP	1◇CP	1◇CP	
London Liverpool St	 d			1830	1900	1930		2030	2130		
Stratford	DLR  d										
Shenfield	 d										
Chelmsford	 d										
Witham	 d										
Colchester	 a			1925	1955	2025		2125	2225		
Colchester	 d			1925	1955	2025		2125	2225		
Manningtree	d			1933	2003	2033		2134	2234		
Ipswich	 a			1945	2015	2045		2145	2245		
Ipswich	 d		1902	1946	2016	2046	2102	2147	2247		
Needham Market	d		1912				2112				
Stowmarket	d		1918	1957	2027	2057	2118	2158	2258		
Diss	d			2010	2040	2110		2211	2311		
Norwich	 a			2031	2101	2131		2231	2331		

Sundays

			 1 	 1 
London Liverpool St	 d		2230	2330
Stratford	DLR  d			
Shenfield	 d			
Chelmsford	 d			
Witham	 d			
Colchester	 a		2325	0025
Colchester	 d		2325	0025
Manningtree	d		2334	0034
Ipswich	 a		2345	0045
Ipswich	 d		2347	0047
Needham Market	d			
Stowmarket	d		2358	0058
Diss	d		0011	0111
Norwich	 a		0031	0136