

# Train timetable

Valid from 20 May 2018

Norwich to Ipswich and  
London Liverpool Street

# Notes and symbols

## Generic notes and symbols


**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


 First Class accommodation available

 Seat reservations possible


 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

**x** Stops on request

**All services are operated by Greater Anglia unless otherwise shown**

## 1 Southend, Southminster and Shenfield to London Liverpool Street

A Also calls at Seven Kings 0537

## 2 Ipswich, Clacton, Colchester and Braintree to London Liverpool Street

**b** Arrives 1854

A Also calls at Seven Kings 0537

B Service runs 8 October to 7 December

C Service runs 21 May to 5 October

D Service runs 20 May to 9 September

E Also calls at Gidea Park 0107

## 4 Ipswich, Clacton, Colchester and Braintree to London Liverpool Street

A Service runs 8 October to 7 December

B Service runs 21 May to 5 October

C Service runs 20 May to 9 September

## 5 Harwich Town to Manningtree

**b** By changing at Manningtree customers may arrive at Liverpool Street earlier at 0842

**c** Change at Manningtree and Colchester

**e** Connection departs 2 minutes later 21 May to 5 October

**f** Connection departs 1 minute later 21 May to 5 October

# Norwich to Ipswich and London Liverpool Street

## Mondays to Fridays

	A	B	A	B	A	B	A	B	A
Norwich	d 0455	0500	0525	0530	0555	0600	0622	0624	0645
Diss	d 0514	0518	0544	0548	0614	0618	0640	0642	0704
Stowmarket	d 0527	0530	0552	0557	0600	0627	0630	0642	0652
Needham Market	d		0557				0647		0703
Ipswich	a 0540	0542	0607	0610	0612	0640	0642	0700	0705
Ipswich	d 0542	0544	0612	0614	0642	0644	0707	0708	0717
Manningtree	d 0553	0554	0623	0624	0653	0654	0718	0718	0727
Colchester	a 0603	0603	0633	0633	0703	0703	0728	0728	0737
Colchester	d 0605	0605	0635	0635	0705	0705	0730	0730	0738
Witham	a								0755
Chelmsford	a								
Shenfield	a								
Stratford DLR	a 0644s	0644s	0715s	0715s					0828s
London Liverpool St	a 0654	0654	0727	0727	0758	0758	0824	0824	0840

	B	A	B						
Norwich	d 0648	0703	0705	0740	0800	0830	0900		
Diss	d 0706	0721	0723	0758	0817	0847	0917		
Stowmarket	d 0718	0734	0735	0745	0810	0845	0912	0929	0947
Needham Market	d			0750		0850			0952
Ipswich	a 0730	0747	0747	0802	0818	0824	0841	0902	0908
Ipswich	d 0732	0749	0749	0820	0826	0843	0909	0943	
Manningtree	d 0743	0759	0759		0836	0853	0919	0953	
Colchester	a	0808	0808		0845	0902	0928	1002	
Colchester	d	0810	0810		0845	0903	0930	1003	
Witham	a								
Chelmsford	a				0903	0921		1021	
Shenfield	a								
Stratford DLR	a	0852s	0852s		0928s	0946s		1045s	
London Liverpool St	a 0842	0904	0904	0924	0939	0958	1019	1055	

Norwich	d 0930	1000	1030	1100	1130	1200	1230		
Diss	d 0947	1017	1047	1117	1147	1217	1247		
Stowmarket	d	1029	1047	1114	1129	1147	1229	1247	1314
Needham Market	d		1052			1152		1252	
Ipswich	a 1008	1041	1104	1108	1128	1141	1202	1208	1241
Ipswich	d 1009	1043	1109	1143	1209	1243	1309		
Manningtree	d 1019	1053	1119	1153	1219	1253	1319		
Colchester	a 1028	1102	1128	1202	1228	1302	1328		
Colchester	d 1030	1103	1130	1203	1230	1303	1330		
Witham	a								
Chelmsford	a	1121			1221		1321		
Shenfield	a								
Stratford DLR	a	1145s			1245s		1345s		
London Liverpool St	a 1119	1155	1219	1255	1319	1355	1419		

Norwich	d 1300	1330	1400	1430	1500	1530	1600		
Diss	d 1317	1347	1417	1447	1517	1547	1617		
Stowmarket	d 1329	1347	1429	1447	1514	1529	1547	1629	1647
Needham Market	d	1352		1452		1552		1652	
Ipswich	a 1341	1402	1408	1441	1504	1508	1528	1541	1606
Ipswich	d 1343	1409	1443	1509	1543	1609	1643		
Manningtree	d 1353	1419	1453	1519	1553	1619	1653		
Colchester	a 1402	1428	1502	1528	1602	1628	1702		
Colchester	d 1403	1430	1503	1530	1603	1630	1703		
Witham	a								
Chelmsford	a 1421		1521		1621		1721		
Shenfield	a								
Stratford DLR	a 1445s		1545s		1645s		1745s		
London Liverpool St	a 1455	1519	1555	1617	1657	1719	1758		

0640 Cycle restrictions apply. See page 5 for details

## Norwich to Ipswich and London Liverpool Street

### Mondays to Fridays

	WiFi	WiFi	WiFi	WiFi	WiFi	WiFi	WiFi	WiFi	WiFi
<b>Norwich</b>	d 1630	1700	1730	1800	1830	1900	1930		
Diss	d 1647	1717	1747	1817	1847	1917	1947		
Stowmarket	d	1714	1729	1748	1759	1829	1848	1914	1929
Needham Market	d		1753			1853		1948	1953
<b>Ipswich</b>	a 1708	1728	1741	1804	1811	1841	1903	1908	1928
<b>Ipswich</b>	d 1709	1733	1743		1813	1843	1909	1935	1943
Manningtree	d 1719	1743	1753			1853	1919	1945	1953
<b>Colchester</b>	a 1728	1752	1802		1828	1902	1928	1954	2002
<b>Colchester</b>	d 1730		1803		1830	1903	1930		2003
Witham	a								
Chelmsford	a		1821			1921			2021
Shenfield	a								
Stratford DLR	a		1845s			1945s			2045s
<b>London Liverpool St</b>	a 1819	1855		1917	1955		2020	2055	2119

	WiFi	WiFi	WiFi	WiFi	WiFi	WiFi	WiFi	WiFi	WiFi
<b>Norwich</b>	d 2000	2030	2100	2200	2305				
Diss	d 2017	2047	2117	2217	2323				
Stowmarket	d 2029	2047	2114	2129	2147	2229	2247	2308	2351
Needham Market	d	2052			2152		2253		2356
<b>Ipswich</b>	a 2041	2101	2108	2128	2141	2204	2241	2303	2321
<b>Ipswich</b>	d 2043		2109	2128	2143	2223	2243		2322
Manningtree	d 2053		2119	2138	2153	2233	2253		2332
<b>Colchester</b>	a 2102		2128	2151	2202	2242	2302		2343
<b>Colchester</b>	d 2103		2130		2203	2243	2303		
Witham	a					2300	2315		
Chelmsford	a 2121				2221	2309	2325		
Shenfield	a					2319	2336		
Stratford DLR	a 2145s				2245s	2336	2352s		
<b>London Liverpool St</b>	a 2155	2219	2255	2348	0003				

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# Norwich to Ipswich and London Liverpool Street

## Saturdays

	WiFi	WiFi	WiFi	WiFi	WiFi	WiFi	WiFi	WiFi	WiFi
<b>Norwich</b>	d 0500	0530	0600	0630	0700	0730	0800	0830	
Diss	d 0517	0547	0617	0647	0717	0747	0817	0847	
Stowmarket	d 0529		0629	0644	0729	0745	0829	0847	0914
Needham Market	d			0649		0750		0852	
<b>Ipswich</b>	a 0541	0608	0641	0702	0741	0802	0841	0902	0928
<b>Ipswich</b>	d 0543	0609	0643	0709	0743	0809	0843	0909	
Manningtree	d 0553	0619	0653	0719	0753	0819	0853	0919	
<b>Colchester</b>	a 0602	0628	0702	0728	0802	0828	0911	0928	
<b>Colchester</b>	d 0603	0630	0703	0730	0803	0830	0912	0930	
Witham	a								
Chelmsford	a 0621		0721		0821		0940		
Shenfield	a								
Stratford DLR	a 0645s		0745s		0845s		0942s		
<b>London Liverpool St</b>	a 0655	0719	0755	0819	0855	0919	0952	1019	

	WiFi	WiFi	WiFi	WiFi	WiFi	WiFi	WiFi	WiFi	WiFi
<b>Norwich</b>	d 0900	0930	1000	1030	1100	1130	1200		
Diss	d 0917	0947	1017	1047	1117	1147	1217		
Stowmarket	d 0929	0947	1029	1047	1114	1129	1147	1229	1247
Needham Market	d	0952		1052			1152		1252
<b>Ipswich</b>	a 0941	1002	1008	1041	1102	1108	1128	1141	1202
<b>Ipswich</b>	d 0943	1009	1043	1109	1143	1209	1243		
Manningtree	d 0953	1019	1053	1119	1153	1219	1253		
<b>Colchester</b>	a 1011	1028	1112	1128	1202	1228	1302		
<b>Colchester</b>	d 1012	1030	1112	1130	1203	1230	1303		
Witham	a								
Chelmsford	a 1040		1140		1221		1321		
Shenfield	a								
Stratford DLR	a 1042s		1142s		1245s		1345s		
<b>London Liverpool St</b>	a 1052	1119	1152	1219	1255	1319	1355		

	WiFi	WiFi	WiFi	WiFi	WiFi	WiFi	WiFi	WiFi	WiFi
<b>Norwich</b>	d 1230	1300	1330	1400	1430	1500	1530		
Diss	d 1247	1317	1347	1417	1447	1517	1547		
Stowmarket	d	1314	1329	1347	1429	1447	1514	1529	1547
Needham Market	d			1352		1452		1552	
<b>Ipswich</b>	a 1308	1328	1341	1402	1408	1441	1502	1508	1528
<b>Ipswich</b>	d 1309	1343	1409	1443	1509	1543	1609		
Manningtree	d 1319	1353	1419	1453	1519	1553	1619		
<b>Colchester</b>	a 1328	1402	1428	1502	1528	1602	1628		
<b>Colchester</b>	d 1330	1403	1430	1503	1530	1603	1630		
Witham	a								
Chelmsford	a		1421		1521		1621		
Shenfield	a								
Stratford DLR	a 1445s		1445s		1545s		1645s		
<b>London Liverpool St</b>	a 1419	1455	1519	1555	1619	1655	1719		

	WiFi	WiFi	WiFi	WiFi	WiFi	WiFi	WiFi	WiFi	WiFi
<b>Norwich</b>	d 1600	1630	1700	1730	1800	1830	1900		
Diss	d 1617	1647	1717	1747	1817	1847	1917		
Stowmarket	d 1629	1647	1714	1729	1749	1759	1829	1849	1914
Needham Market	d	1652			1754		1854		1929
<b>Ipswich</b>	a 1641	1702	1708	1728	1741	1803	1811	1841	1903
<b>Ipswich</b>	d 1643	1709	1743	1813	1843	1909	1943		
Manningtree	d 1653	1719	1753	1823	1853	1919	1953		
<b>Colchester</b>	a 1702	1728	1802	1828	1902	1928	2002		
<b>Colchester</b>	d 1703	1730	1803	1830	1903	1930	2003		
Witham	a								
Chelmsford	a 1721		1821		1921		2021		
Shenfield	a								
Stratford DLR	a 1745s		1845s		1945s		2045s		
<b>London Liverpool St</b>	a 1755	1819	1855	1919	1955	2019	2055		

## Norwich to Ipswich and London Liverpool Street

### Saturdays

		WiFi	WiFi	WiFi	WiFi	WiFi	WiFi	WiFi	WiFi	WiFi	WiFi
<b>Norwich</b>	d	2000			2100		2200				2305
Diss	d	2017			2117		2217				2322
Stowmarket	d	1947	2029	2046	2114	2129	2147	2229	2246	2308	2336 2351
Needham Market	d	1952		2051			2152		2251		2356
<b>Ipswich</b>	a	2002	2041	2101	2128	2141	2202	2241	2303	2322	2349 0008
<b>Ipswich</b>	d	2009	2043	2109	2128	2143	2223	2243	2315	2322	
Manningtree	d	2019	2053	2119	2138	2153	2233	2253	2325	2332	
<b>Colchester</b>	a	2028	2102	2128	2149	2202	2242	2302	2335	2343	
<b>Colchester</b>	d	2030	2103	2130		2203	2243	2303			
Witham	a						2300	2315			
Chelmsford	a		2121			2221	2309	2325			
Shenfield	a						2319	2337			
Stratford DLR	a		2145s			2245s	2341s	2359s			
<b>London Liverpool St</b>	a	2117	2155	2217		2255	2350	0010			

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# Norwich to Ipswich and London Liverpool Street

## Sundays

		📶	📶	C	📶	📶	C	📶	📶	📶	📶		
Norwich	🕒 d	0700	0800	0820	0900		1000		1100		1200	1300	
Diss	🕒 d	0717	0817	0838	0917		1017		1117		1217	1317	
Stowmarket	🕒 d	0729	0829	0850	0929	1020	1029	1114	1129	1220	1229	1314	1329
Needham Market	🕒 d					1025				1225			
Ipswich	🕒 a	0741	0841	0902	0941	1038	1041	1128	1141	1236	1241	1328	1341
Ipswich	🕒 d	0743	0843	0905	0943		1043		1143		1243	1343	
Manningtree	🕒 d	0753	0853		0953		1053		1153		1253	1353	
Colchester	🕒 a	0802	0902	0920	1002		1102		1202		1302	1402	
Colchester	🕒 d	0803	0903	0923	1003		1103		1203		1303	1403	
Witham	🕒 a												
Chelmsford	🕒 a												
Shenfield	🕒 a												
Stratford	DLR 🕒 a												
London Liverpool St	DLR 🕒 a	0904	1003	1030	1103		1203		1303		1403	1503	

		📶	📶	📶	C	📶	📶	📶	📶	📶	📶		
Norwich	🕒 d		1400		1500	1523		1600	1620		1700	1800	
Diss	🕒 d		1417		1517	1540		1617	1638		1717	1817	
Stowmarket	🕒 d	1420	1429	1514	1529	1552	1620	1629	1650	1711	1729	1820	1829
Needham Market	🕒 d	1425					1625					1825	
Ipswich	🕒 a	1436	1441	1528	1541	1604	1636	1641	1702	1725	1741	1836	1841
Ipswich	🕒 d		1443		1543	1606		1643	1705		1743	1843	
Manningtree	🕒 d		1453		1553			1653			1753	1853	
Colchester	🕒 a		1502		1602	1621		1702	1720		1802	1902	
Colchester	🕒 d		1503		1603	1623		1703	1723		1803	1903	
Witham	🕒 a												
Chelmsford	🕒 a												
Shenfield	🕒 a												
Stratford	DLR 🕒 a												
London Liverpool St	DLR 🕒 a		1603		1703	1730		1803	1831		1903	2003	

		📶	📶	📶	📶	📶	📶	📶			
Norwich	🕒 d		1900		2000		2100		2200	2305	
Diss	🕒 d		1917		2017		2117		2217	2323	
Stowmarket	🕒 d	1911	1929	2020	2029	2111	2129	2220	2229	2336	2355
Needham Market	🕒 d			2025				2225			2359
Ipswich	🕒 a	1925	1941	2036	2041	2125	2141	2238	2241	2351	0011
Ipswich	🕒 d	1925	1943		2043	2125	2143		2243		
Manningtree	🕒 d	1935	1953		2053	2135	2153		2253		
Colchester	🕒 a	1946	2002		2102	2146	2202		2302		
Colchester	🕒 d		2003		2103		2203		2303		
Witham	🕒 a								2315		
Chelmsford	🕒 a								2325		
Shenfield	🕒 a								2336		
Stratford	DLR 🕒 a								2357s		
London Liverpool St	DLR 🕒 a		2103		2204		2303		0007		

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# London Liverpool Street and Ipswich to Norwich

## Mondays to Fridays

<b>London Liverpool St</b>	⊖ d					0600	0625		0700		0730	0755			
Stratford DLR	⊖ d						0633u								
Shenfield	⊖ d								0722u						
Chelmsford	⊖ d					0630	0658				0802				
Witham	⊖ d						0709								
<b>Colchester</b>	⊖ a					0649	0722		0750		0821	0845			
<b>Colchester</b>	⊖ d	0540		0615		0650	0723		0751		0823	0847			
Manningtree	d	0549		0623		0658	0731		0759		0831	0855			
<b>Ipswich</b>	⊖ a	0559		0634		0710	0742		0811		0843	0907			
<b>Ipswich</b>	⊖ d	0510	0600	0616	0639	0654	0712	0744	0803	0812	0820	0844	0908		
Needham Market	d	0520		0625		0703					0829				
Stowmarket	d	0526	0612	0631	0650	0709	0723	0755	0816	0823	0835	0855			
Diss	d				0703		0735	0808		0836		0908	0929		
<b>Norwich</b>	⊖ a				0724		0755	0827		0855		0927	0948		

<b>London Liverpool St</b>	⊖ d		0830		0900		0930	1000		1030		1100			
Stratford DLR	⊖ d		0838u				0938u			1038u					
Shenfield	⊖ d														
Chelmsford	⊖ d		0903				1003			1103					
Witham	⊖ d														
<b>Colchester</b>	⊖ a	0923		0946		1022	1046		1122		1146				
<b>Colchester</b>	⊖ d	0923		0947		1023	1047		1123		1147				
Manningtree	d	0931		0955		1031	1055		1131		1155				
<b>Ipswich</b>	⊖ a	0943		1007		1043	1107		1143		1207				
<b>Ipswich</b>	⊖ d	0920	0944	1000	1008	1020	1044	1108	1120	1144	1158	1208	1220		
Needham Market	d	0929				1029			1129				1229		
Stowmarket	d	0935	0955	1012		1035	1055		1135	1155	1211		1235		
Diss	d		1008		1029		1108	1129		1208		1229			
<b>Norwich</b>	⊖ a		1027		1050		1127	1150		1227		1250			

<b>London Liverpool St</b>	⊖ d	1130	1200		1230		1300		1330	1400		1430			
Stratford DLR	⊖ d	1138u			1238u				1338u			1438u			
Shenfield	⊖ d														
Chelmsford	⊖ d	1203			1303				1403			1503			
Witham	⊖ d														
<b>Colchester</b>	⊖ a	1222	1246		1322		1346		1422	1446		1522			
<b>Colchester</b>	⊖ d	1223	1247		1323		1347		1423	1447		1523			
Manningtree	d	1231	1255		1331		1355		1431	1455		1531			
<b>Ipswich</b>	⊖ a	1243	1307		1343		1407		1443	1507		1543			
<b>Ipswich</b>	⊖ d	1244	1308	1320	1344	1358	1408	1420	1444	1508	1520	1544	1600		
Needham Market	d			1329				1429			1529				
Stowmarket	d	1255		1335	1355	1411		1435	1455		1535	1555	1612		
Diss	d	1308	1329		1408		1429		1508	1529		1608			
<b>Norwich</b>	⊖ a	1327	1350		1427		1450		1527	1548		1627			

<b>London Liverpool St</b>	⊖ d	1500		1530	1600		1630		1700		1702	1730	1750		
Stratford DLR	⊖ d										1710				
Shenfield	⊖ d										1726				
Chelmsford	⊖ d			1600							1736				
Witham	⊖ d										1746				
<b>Colchester</b>	⊖ a	1546		1621	1646		1716				1801		1842		
<b>Colchester</b>	⊖ d	1547		1621	1647		1717		1727		1801		1843		
Manningtree	d	1555		1629	1655				1735		1809	1827	1852		
<b>Ipswich</b>	⊖ a	1607		1640	1707		1734		1759		1820	1837	1903		
<b>Ipswich</b>	⊖ d	1608	1620	1641	1708	1720	1736	1748	1800	1817	1825	1839	1904		
Needham Market	d		1629			1729		1757		1826					
Stowmarket	d		1635	1652	1719	1735	1747	1803		1832	1836	1850	1916		
Diss	d	1630		1705	1732		1800		1821		1848	1904	1929		
<b>Norwich</b>	⊖ a	1650		1724	1753		1822		1842		1909	1925	1950		

0640 Cycle restrictions apply. See page 5 for details



# London Liverpool Street and Ipswich to Norwich

## Mondays to Fridays

		1810	1830	1900	1930	2000	2030	2100					
<b>London Liverpool St</b>	⊖ d												
Stratford DLR	⊖ d						2030u						
Shenfield	⊖ d												
Chelmsford	⊖ d						2103						
Witham	⊖ d												
<b>Colchester</b>	⊖ a	1900	1921	1947	2019	2046	2122	2146					
<b>Colchester</b>	⊖ d	1902	1923	1947	2020	2047	2123	2147					
Manningtree	d	1911	1932	1955	2028	2055	2132	2156					
<b>Ipswich</b>	⊖ a	1921	1942	2007	2040	2107	2143	2207					
<b>Ipswich</b>	⊖ d	1913	1923	1944	2000	2008	2018	2041	2108	2117	2145	2209	2219
Needham Market	d	1922				2028		2127				2229	
Stowmarket	d	1928	1934	1955	2012	2019	2035	2052	2119	2133	2156	2220	2235
Diss	d		1947	2008	2032			2105	2132			2209	2233
<b>Norwich</b>	⊖ a		2009	2030	2051			2124	2151			2229	2253

		2130	2230	2330
<b>London Liverpool St</b>	⊖ d	2130	2230	2330
Stratford DLR	⊖ d	2138u	2238u	2338u
Shenfield	⊖ d			
Chelmsford	⊖ d	2203	2303	0003
Witham	⊖ d			
<b>Colchester</b>	⊖ a	2222	2322	0022
<b>Colchester</b>	⊖ d	2223	2323	0023
Manningtree	d	2232	2332	0032
<b>Ipswich</b>	⊖ a	2244	2344	0044
<b>Ipswich</b>	⊖ d	2245	2345	0045
Needham Market	d			
Stowmarket	d	2257	2357	0057
Diss	d	2311	0011	0111
<b>Norwich</b>	⊖ a	2330	0030	0136

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# London Liverpool Street and Ipswich to Norwich

## Saturdays

London Liverpool St	⊖ d			0534		0630		0700		0730	0800		
Stratford DLR	⊖ d			0541		0638u				0738u			
Shenfield	⊖ d			0559									
Chelmsford	⊖ d			0610		0703				0803			
Witham	⊖ d			0623									
Colchester	⊖ a			0640		0722		0747		0822	0846		
Colchester	⊖ d	0540		0640		0723		0747		0823	0847		
Manningtree	d	0549		0648		0731		0755		0831	0855		
Ipswich	⊖ a	0559		0700		0743		0807		0843	0907		
Ipswich	⊖ d	0510	0600	0616	0710	0720	0744	0800	0808	0820	0844	0908	0920
Needham Market	d	0520		0625		0729				0829			0929
Stowmarket	d	0526	0612	0631	0721	0735	0755	0812		0835	0855		0935
Diss	d				0734		0808		0829		0908	0929	
Norwich	⊖ a				0753		0827		0850		0927	0950	

























London Liverpool St	⊖ d	0830		0900		0930	1000		1030		1100		1130
Stratford DLR	⊖ d	0838u				0938u			1038u				1138u
Shenfield	⊖ d												
Chelmsford	⊖ d	0903				1003			1103				1203
Witham	⊖ d												
Colchester	⊖ a	0922		0946		1022	1046		1122		1146		1222
Colchester	⊖ d	0923		0947		1023	1047		1123		1147		1223
Manningtree	d	0931		0955		1031	1055		1131		1155		1231
Ipswich	⊖ a	0943		1007		1043	1107		1143		1207		1243
Ipswich	⊖ d	0944	0958	1008	1020	1044	1108	1120	1144	1158	1208	1220	1244
Needham Market	d				1029			1129				1229	
Stowmarket	d	0955	1011		1035	1055		1135	1155	1211		1235	1255
Diss	d	1008		1029		1108	1129		1208		1229		1308
Norwich	⊖ a	1027		1050		1127	1150		1227		1250		1327

London Liverpool St	⊖ d	1200		1230		1300		1330	1400		1430		1500
Stratford DLR	⊖ d			1238u				1338u			1438u		
Shenfield	⊖ d												
Chelmsford	⊖ d			1303				1403			1503		
Witham	⊖ d												
Colchester	⊖ a	1246		1322		1346		1422	1446		1523		1546
Colchester	⊖ d	1247		1323		1347		1423	1447		1523		1547
Manningtree	d	1255		1331		1355		1431	1455		1531		1555
Ipswich	⊖ a	1307		1343		1407		1443	1507		1543		1607
Ipswich	⊖ d	1308	1320	1344	1358	1408	1420	1444	1508	1520	1544	1558	1608
Needham Market	d		1329				1429			1529			
Stowmarket	d		1335	1355	1411		1435	1455		1535	1555	1611	
Diss	d	1329		1408		1429		1508	1529		1608		1629
Norwich	⊖ a	1350		1427		1450		1527	1548		1627		1650

London Liverpool St	⊖ d	1530	1600		1630		1700		1730	1800		1830	
Stratford DLR	⊖ d	1538u			1638u				1738u			1838u	
Shenfield	⊖ d												
Chelmsford	⊖ d	1603			1703				1803				1903
Witham	⊖ d												
Colchester	⊖ a	1622	1646		1722		1746		1822	1846		1922	
Colchester	⊖ d	1623	1647		1723		1747		1823	1847		1923	
Manningtree	d	1631	1655		1731		1755		1831	1855		1931	
Ipswich	⊖ a	1643	1707		1743		1807		1843	1907		1943	
Ipswich	⊖ d	1620	1644	1708	1720	1744	1758	1808	1820	1844	1908	1920	1944
Needham Market	d	1629			1729				1829			1929	
Stowmarket	d	1635	1655	1719	1735	1755	1811		1835	1855		1935	1955
Diss	d	1708		1732		1808		1829		1908	1929		2008
Norwich	⊖ a	1727		1751		1827		1850		1927	1950		2027

# London Liverpool Street and Ipswich to Norwich

Saturdays

												
London Liverpool St	 d	1900	1930	2000	2030	2100	2130	2230	2330			
Stratford DLR	 d		1938u		2038u		2138u	2238u	2338u			
Shenfield	 d											
Chelmsford	 d		2003		2103		2203	2303				
Witham	 d											
Colchester	 a	1946	2022	2046	2122	2146	2222	2322	0026			
Colchester	 d	1947	2023	2047	2123	2148	2223	2323	0026			
Manningtree	 d	1955	2031	2055	2132	2156	2232	2332	0036			
Ipswich	 a	2007	2043	2107	2143	2208	2244	2344	0047			
Ipswich	 d	1958	2008	2020	2044	2108	2117	2145	2219	2245	2345	0049
Needham Market	 d		2029			2127		2229				
Stowmarket	 d	2011	2035	2055	2133	2156	2235	2257	2357	0101		
Diss	 d		2029	2108	2129	2209	2311	0011	0114			
Norwich	 a	2050	2127	2150	2229	2330	0036	0140				

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# London Liverpool Street and Ipswich to Norwich

## Sundays

				C											
London Liverpool St	⊖ d														
Stratford DLR	⊖ d														
Shenfield	⊖ d														
Chelmsford	⊖ d														
Witham	⊖ d														
Colchester	⊖ a														
Colchester	⊖ d														
Manningtree	d														
Ipswich	⊖ a														
Ipswich	⊖ d														
Needham Market	d														
Stowmarket	d														
Diss	d														
Norwich	⊖ a														

London Liverpool St	⊖ d														
Stratford DLR	⊖ d														
Shenfield	⊖ d														
Chelmsford	⊖ d														
Witham	⊖ d														
Colchester	⊖ a														
Colchester	⊖ d														
Manningtree	d														
Ipswich	⊖ a														
Ipswich	⊖ d														
Needham Market	d														
Stowmarket	d														
Diss	d														
Norwich	⊖ a														

London Liverpool St	⊖ d														
Stratford DLR	⊖ d														
Shenfield	⊖ d														
Chelmsford	⊖ d														
Witham	⊖ d														
Colchester	⊖ a														
Colchester	⊖ d														
Manningtree	d														
Ipswich	⊖ a														
Ipswich	⊖ d														
Needham Market	d														
Stowmarket	d														
Diss	d														
Norwich	⊖ a														

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