































Norwich to Ipswich and London Liverpool Street

6

Mondays to Fridays

	EA											
	1	1	1	1	1	1	1	1	1	1	1	1
Norwich  d	0500	0530	0600	0625	0650	0705	0740					
Diss..... d	0518	0548	0618	0643	0708	0723	0758					
Stowmarket..... d	0530	0554	0600	0630	0644	0655	0705	0720	0735	0745		0811
Needham Market..... d		0559			0649						0750	
Ipswich  a	0542	0609	0612	0642	0701	0707	0718	0732	0747	0803	0818	0824
Ipswich  d	0544	0614	0644	0709	0718	0734	0749			0820	0826	
Manningtree..... d	0554	0624	0654	0719	0728	0744	0759					0836
Colchester  a	0603	0633	0703	0728	0737		0808					0845
Colchester  d	0605	0635	0705	0730	0738		0810					0845
Witham..... a						0755						
Chelmsford  a												0903
Shenfield  a												
Stratford   a	06s44	07s15				08s28	08s53					09s28
London Liverpool St  a	0654	0727	0758		0823	0840	0842	0905		0924	0940	

	1	1	1	1	1	1	1	1	1	1	1	1
Norwich  d	0800	0830	0900	0930	1000	1030	1100					
Diss..... d	0817	0847	0917	0947	1017	1047	1117					
Stowmarket..... d	0829	0844	0914	0929	0944	1029	1044	1114	1129			
Needham Market..... d		0849			0949		1049					
Ipswich  a	0841	0900	0908	0928	0941	1002	1008	1041	1100	1108	1128	1141
Ipswich  d	0843	0909	0943	1009	1043	1109	1143					
Manningtree..... d	0853	0919	0953	1019	1053	1119	1153					
Colchester  a	0902	0928	1002	1028	1102	1128	1202					
Colchester  d	0903	0930	1003	1030	1103	1130	1203					
Witham..... a												
Chelmsford  a	0921			1021		1121						1221
Shenfield  a												
Stratford   a				10s45		11s45						12s45
London Liverpool St  a	0956	1017	1055	1117	1155	1217	1255					

	1	1	1	1	1	1	1	1	1	1	1	1
Norwich  d	1130	1200	1230	1300	1330	1400	1430					
Diss..... d	1147	1217	1247	1317	1347	1417	1447					
Stowmarket..... d	1144	1229	1244	1313	1329	1344	1429	1444				
Needham Market..... d	1149		1249			1349		1449				
Ipswich  a	1200	1208	1241	1300	1308	1328	1341	1400	1408	1441	1500	1508
Ipswich  d	1209	1243	1309	1343	1409	1443	1509					
Manningtree..... d	1219	1253	1319	1353	1419	1453	1519					
Colchester  a	1228	1302	1328	1402	1428	1502	1528					
Colchester  d	1230	1303	1330	1403	1430	1503	1530					
Witham..... a												
Chelmsford  a		1321			1421		1521					
Shenfield  a												
Stratford   a		13s45			14s45		15s45					
London Liverpool St  a	1317	1355	1417	1455	1517	1555	1617					

Other local services also operate between Ipswich, Colchester and London Liverpool Street (See Table 4 for full details)

Norwich to Ipswich and London Liverpool Street

6

Monday to Fridays

Norwich	d	1500	1530	1600		1630		1700		1730	1800		
Diss	d	1517		1547	1617		1647		1717		1747	1817	
Stowmarket	d	1513	1529	1544		1629	1644		1713	1729	1745	1829	
Needham Market	d			1549			1649				1750		
Ipswich	a	1528	1541	1600	1608	1641	1700	1708	1728	1741	1804	1811	1841
Ipswich	d		1543		1609	1643		1709		1743		1813	1843
Manningtree	d		1553		1619	1653		1719		1753			1853
Colchester	a		1602		1628	1702		1728		1802		1828	1902
Colchester	d		1603		1630	1703		1730		1803		1830	1903
Witham	a												
Chelmsford	a		1621			1721				1821			1921
Shenfield	a												
Stratford	a		16s45			17s45				18s45			19s45
London Liverpool St	a		1655		1719	1758		1817		1855		1917	1955

Norwich	d	1830		1900		1930	2000		2030		2100		
Diss	d	1847		1917		1947	2017		2047		2117		
Stowmarket	d	1845		1913	1929	1944		2029	2044		2109	2129	2144
Needham Market	d	1850				1949			2049				2149
Ipswich	a	1902	1908	1928	1941	2000	2009	2041	2100	2108	2123	2141	2200
Ipswich	d		1909		1943		2009	2043		2109	2125	2143	
Manningtree	d		1919		1953		2019	2053		2119	2135	2153	
Colchester	a		1928		2002		2029	2102		2128	2146	2202	
Colchester	d		1930		2003		2030	2103		2130		2203	
Witham	a												
Chelmsford	a				2021			2121				2221	
Shenfield	a												
Stratford	a				20s45			21s45				22s45	
London Liverpool St	a		2017		2055		2118	2155		2217		2255	


























Norwich	d	2200		2305		
Diss	d	2217		2322		
Stowmarket	d	2229	2244	2306	2334	2347
Needham Market	d		2249		2352	
Ipswich	a	2241	2300	2318	2348	0005
Ipswich	d	2243		2319		
Manningtree	d	2253		2329		
Colchester	a	2302		2340		
Colchester	d	2303				
Witham	a	2315				
Chelmsford	a	2325				
Shenfield	a	23s36				
Stratford	a	23s52				
London Liverpool St	a	0002				


























Other local services also operate between Ipswich, Colchester and London Liverpool Street (See Table 4 for full details)


























Norwich to Ipswich and London Liverpool Street

6

Saturdays

	 	 	 	 	 	 	 	 	
Norwich  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	0844	0913
Needham Market..... d				0649		0750		0849	
Ipswich  a	0541	0608	0641	0702	0741	0803	0841	0900	0908 0928
Ipswich  d	0543	0609	0643	0709	0743	0809	0843	0909	
Manningtree..... d	0553	0619	0653	0719	0753	0819	0853	0919	
Colchester  a	0602	0628	0702	0728	0802	0828	0902	0928	
Colchester  d	0603	0630	0703	0730	0803	0830	0903	0930	
Witham..... a									
Chelmsford  a	0621		0721		0821		0921		
Shenfield  a									
Stratford DLR  a	06s45		07s45		08s45		09s45		
London Liverpool St  a	0655	0717	0755	0817	0855	0917	0955	1017	

	 	 	 	 	 	 	 	 	
Norwich  d	0900		0930	1000	1030	1100	1130	1200	
Diss..... d	0917		0947	1017	1047	1117	1147	1217	
Stowmarket..... d	0929	0944		1029	1044	1114	1129	1144	1229 1244
Needham Market..... d		0949			1049		1149		1249
Ipswich  a	0941	1000	1008	1041	1100	1128	1141	1200	1208 1241 1300
Ipswich  d	0943		1009	1043	1109	1143	1209	1243	
Manningtree..... d	0953		1019	1053	1119	1153	1219	1253	
Colchester  a	1002		1028	1102	1128	1202	1228	1302	
Colchester  d	1003		1030	1103	1130	1203	1230	1303	
Witham..... a									
Chelmsford  a	1021			1121		1221		1321	
Shenfield  a									
Stratford DLR  a	10s45			11s45		12s45		13s45	
London Liverpool St  a	1055		1117	1155	1217	1255	1317	1355	







































	 	 	 	 	 	 	 	 	
Norwich  d	1230		1300	1330	1400	1430	1500	1530	
Diss..... d	1247		1317	1347	1417	1447	1517	1547	
Stowmarket..... d		1313	1329	1344	1429	1444	1513	1529	1544
Needham Market..... d				1349		1449			1549
Ipswich  a	1308	1328	1341	1400	1441	1500	1528	1541	1600 1608
Ipswich  d	1309		1343	1409	1443	1509	1543	1609	
Manningtree..... d	1319		1353	1419	1453	1519	1553	1619	
Colchester  a	1328		1402	1428	1502	1528	1602	1628	
Colchester  d	1330		1403	1430	1503	1530	1603	1630	
Witham..... a									
Chelmsford  a			1421		1521		1621		
Shenfield  a									
Stratford DLR  a			14s45		15s45		16s45		
London Liverpool St  a	1417		1455	1517	1555	1617	1655	1717	



























Other local services also operate between Ipswich, Colchester and London Liverpool Street (See Table 4 for full details)

Norwich to Ipswich and London Liverpool Street









































6

Saturdays

	 	 	 	 	 	 	 					
	 	 	 	 	 	 	 					
Norwich  d	1600	1630	1700	1730	1800	1830	1900					
Diss..... d	1617	1647	1717	1747	1817	1847	1917					
Stowmarket..... d	1629	1644	1713	1729	1745	1759	1829	1845	1913	1929		
Needham Market..... d		1649			1750		1850					
Ipswich  a	1641	1700	1708	1728	1741	1801	1811	1841	1901	1908	1928	1941
Ipswich  d	1643	1709	1743	1813	1843	1909	1943					
Manningtree..... d	1653	1719	1753	1853	1919	1953						
Colchester  a	1702	1728	1802	1828	1902	1928	2002					
Colchester  d	1703	1730	1803	1830	1903	1930	2003					
Witham..... a												
Chelmsford  a	1721		1821		1921		2021					
Shenfield  a												
Stratford   a	17s45		18s45		19s45		20s45					
London Liverpool St  a	1755	1817	1855	1917	1955	2017	2055					

	 	 	 	 	 	 	 	 			
Norwich  d	2000		2100	2200		2305					
Diss..... d	2017		2117	2217		2322					
Stowmarket..... d	1944	2029	2044	2109	2129	2144	2229	2244	2306	2336	2347
Needham Market..... d	1949		2049		2149		2249				2352
Ipswich  a	2000	2041	2100	2122	2141	2200	2241	2300	2318	2350	0005
Ipswich  d		2043		2125	2143		2243		2319		
Manningtree..... d		2053		2135	2153		2253		2329		
Colchester  a		2102		2146	2202		2302		2340		
Colchester  d		2103			2203		2303				
Witham..... a							2315				
Chelmsford  a		2121			2221		2325				
Shenfield  a							23s36				
Stratford   a		21s45			22s45		23s52				
London Liverpool St  a		2155			2255		0002				

Sundays

	 	 	 	C	 	C	Y	 	C	 	 
	 	 	 		 	 		 			
Norwich  d	0700	0800	0900	0903	1000	1003		1100	1103		1200
Diss..... d	0717	0817	0917		1017			1117			1217
Stowmarket..... d	0729	0829	0929	1018	1029	1113	1129	1218	1229		
Needham Market..... d				1023						1223	
Ipswich  a	0741	0841	0941	1035	1041	1128	1141	1235	1241		
Ipswich  d	0743	0843	0943		1043		1143		1243		
Manningtree..... d	0753	0853	0953		1053		1153		1253		
Colchester  a	0802	0902	1002		1102		1202		1302		
Colchester  d	0803	0903	1003		1103		1203		1303		
Witham..... a											
Chelmsford  a											
Shenfield  a											
Stratford   a											
London Liverpool St  a	0903	1001	1101	1143	1201	1243		1301	1343		1401

Other local services also operate between Ipswich, Colchester and London Liverpool Street (See Table 4 for full details)



Wi-Fi now available on all Intercity services between Norwich and London Liverpool Street

Norwich to Ipswich and London Liverpool Street

6

Sundays

	C			C			C			C		
	0	1	1	1	1	1	1	1	1	1	1	1
Norwich	1203		1300	1303		1400	1403		1500	1503		1600
Diss			1317			1417			1517			1617
Stowmarket		1313	1329		1418	1429		1513	1529		1618	1629
Needham Market					1423						1623	
Ipswich		1328	1341		1435	1441		1528	1541		1635	1641
Ipswich			1343			1443			1543			1643
Manningtree			1353			1453			1553			1653
Colchester			1402			1502			1602			1702
Colchester			1403			1503			1603			1703
Witham												
Chelmsford												
Shenfield												
Stratford DLR												
London Liverpool St	1443		1501	1543		1601	1643		1701	1743		1801

	C			C			C			C		
	0	1	1	1	1	1	1	1	1	1	1	1
Norwich	1603	1620		1700	1703		1800	1803		1900		2000
Diss		1637		1717			1817			1917		2017
Stowmarket		1649	1713	1729		1818	1829		1913	1929	2018	2029
Needham Market						1823					2023	
Ipswich		1701	1728	1741		1835	1841		1928	1941	2035	2041
Ipswich		1703		1743			1843		1928	1943		2043
Manningtree				1753			1853		1938	1953		2053
Colchester		1718		1802			1902		1949	2002		2102
Colchester		1721		1803			1903			2003		2103
Witham												
Chelmsford												
Shenfield												
Stratford DLR												
London Liverpool St	1843	1828		1901	1943		2001	2043		2101		2201

	C					
	0	1	1	1	1	1
Norwich	2003		2100		2200	2305
Diss			2117		2217	2322
Stowmarket		2106	2129	2218	2229	2334 0006
Needham Market				2223		0011
Ipswich		2118	2141	2235	2241	2348 0023
Ipswich		2119	2143		2243	
Manningtree		2129	2153		2253	
Colchester		2140	2202		2302	
Colchester			2203		2303	
Witham					2315	
Chelmsford					2325	
Shenfield					23s36	
Stratford DLR					23s57	
London Liverpool St	2243		2301		0008	

Other local services also operate between Ipswich, Colchester and London Liverpool Street (See Table 4 for full details)

London Liverpool Street and Ipswich to Norwich

6

Monday to Friday

London Liverpool St						0600	0625		0700		0730	0800			
Stratford DLR							06u33				07u38				
Shenfield									07u22						
Chelmsford							0658				0803				
Witham.....							0709								
Colchester						0646	0722		0750		0822	0846			
Colchester		0540				0647	0723		0751		0823	0846			
Manningtree.....		0549				0655	0731		0759		0831	0855			
Ipswich		0559				0707	0742		0811		0843	0906			
Ipswich	0510	0600	0616	0639	0656	0708	0744	0803	0812	0819	0844	0908			
Needham Market.....	0520		0625		0705						0828				
Stowmarket.....	0526	0612	0631	0651	0711	0719	0755	0815	0823	0834	0855				
Diss.....				0704		0732	0808		0836		0908	0928			
Norwich				0724		0751	0827		0855		0927	0948			

London Liverpool St		0830		0900		0930	1000		1030		1100				
Stratford DLR		08u38				09u38			10u38						
Shenfield															
Chelmsford		0903				1003			1103						
Witham.....															
Colchester		0922		0946		1022	1046		1122		1146				
Colchester		0923		0947		1023	1047		1123		1147				
Manningtree.....		0931		0955		1031	1055		1131		1155				
Ipswich		0943		1007		1043	1107		1143		1207				
Ipswich	0919	0944	1000	1008	1019	1044	1108	1119	1144	1200	1208	1219			
Needham Market.....	0928				1028				1128					1228	
Stowmarket.....	0934	0955	1012		1034	1055		1134	1155	1212		1234			
Diss.....		1008		1029		1108	1129		1208		1229				
Norwich		1027		1048		1127	1148		1227		1248				




























London Liverpool St		1130	1200		1230		1300		1330	1400		1430			
Stratford DLR		11u38			12u38				13u38			14u38			
Shenfield															
Chelmsford		1203			1303				1403			1503			
Witham.....															
Colchester		1222	1246		1322		1346		1422	1446		1522			
Colchester		1223	1247		1323		1347		1423	1447		1523			
Manningtree.....		1231	1255		1331		1355		1431	1455		1531			
Ipswich		1243	1307		1343		1407		1443	1507		1543			
Ipswich	1244	1308	1319	1344	1400	1408	1419	1444	1508	1519	1544	1600			
Needham Market.....			1328				1428			1528					
Stowmarket.....		1255		1334	1355	1412		1434	1455		1534	1555	1612		
Diss.....		1308	1329		1408		1429		1508	1529		1608			
Norwich		1327	1348		1427		1448		1527	1548		1627			




















Other local services also operate between London Liverpool Street, Colchester and Ipswich (See Table 4 for full details)













London Liverpool Street and Ipswich to Norwich

6

Mondays to Fridays

	EA									
	 	 	 	 	 	 	 	 	 	
London Liverpool St  d	1500	1530	1600	1630	1700	1702	1730	1750		
Stratford DLR  d							1710			
Shenfield  d							1726			
Chelmsford  d		1600					1736			
Witham..... d							1746			
Colchester  a	1546	1621	1646	1716			1803	1842		
Colchester  d	1547	1621	1647	1717			1804	1843		
Manningtree..... d	1555	1629	1655				1812	1827	1852	
Ipswich  a	1607	1640	1707	1734	1759	1823	1837	1903		
Ipswich  d	1608	1619	1641	1708	1719	1736	1749	1800	1816	1824
Needham Market..... d		1628		1728	1758		1825			
Stowmarket..... d		1634	1652	1719	1734	1747	1804	1831	1835	1850
Diss..... d	1629	1705	1732	1800	1821	1847	1903	1929		
Norwich  a	1648	1724	1753	1822	1842	1909	1925	1950		

										
London Liverpool St  d	1810	1830	1900	1930	2000	2030	2100			
Stratford DLR  d						20u38				
Shenfield  d							2103			
Chelmsford  d					2000					
Witham..... d										
Colchester  a	1900	1921	1947	2019	2046	2122	2146			
Colchester  d	1902	1923	1947	2020	2047	2123	2147			
Manningtree..... d	1911	1932	1955	2028	2055	2131	2155			
Ipswich  a	1921	1942	2007	2040	2107	2143	2207			
Ipswich  d	1914	1923	1944	2000	2008	2019	2041	2108	2116	2144
Needham Market..... d	1923				2028		2126			2226
Stowmarket..... d	1929	1934	1955	2012	2019	2034	2052	2119	2132	2155
Diss..... d	1947	2008	2032	2105	2132	2208	2232			
Norwich  a	2009	2030	2051	2124	2151	2227	2251			

			
London Liverpool St  d	2130	2230	2330
Stratford DLR  d	21u38	22u38	23u38
Shenfield  d			
Chelmsford  d	2203	2303	0003
Witham..... d			
Colchester  a	2222	2322	0022
Colchester  d	2223	2323	0023
Manningtree..... d	2231	2331	0031
Ipswich  a	2243	2343	0043
Ipswich  d	2244	2344	0044
Needham Market..... d			
Stowmarket..... d	2255	2355	0055
Diss..... d	2308	0008	0108
Norwich  a	2327	0039	0143

Other local services also operate between London Liverpool Street, Colchester and Ipswich (See Table 4 for full details)

London Liverpool Street and Ipswich to Norwich

6

Saturdays

London Liverpool St	d	1530	1600	1630	1700	1730	1800	1830			
Stratford DLR	d	15u38		16u38		17u38		18u38			
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	1619	1644	1708	1719	1744	1800	1808	1819	1844	1908
Needham Market.....	d	1628		1728				1828			1928
Stowmarket.....	d	1634	1655	1719	1734	1755	1812	1834	1855		1934
Diss.....	d	1708	1732	1808		1829		1908	1929		2008
Norwich	a	1727	1751	1827	1848	1927	1948	2027			

London Liverpool St	d	1900		1930	2000	2030	2130	2230	2330		
Stratford DLR	d			19u38		20u38	21u38	22u38	23u38		
Shenfield	d										
Chelmsford	d			2003		2103	2203	2303	0003		
Witham.....	d										
Colchester	a	1946		2022	2046	2122	2222	2322	0022		
Colchester	d	1947		2023	2047	2123	2223	2323	0023		
Manningtree.....	d	1955		2031	2055	2131	2231	2331	0031		
Ipswich	a	2007		2043	2107	2143	2243	2343	0043		
Ipswich	d	2000	2008	2019	2044	2108	2116	2144	2216	2244	2344
Needham Market.....	d			2028		2126		2226			
Stowmarket.....	d	2012		2034	2055	2132	2155	2232	2255	2355	0055
Diss.....	d	2029		2108	2129	2208		2308	0008	0108	
Norwich	a	2048		2127	2148	2227		2327	0027	0131	

Sundays

London Liverpool St	d			0830		0930		0928	1030		1028
Stratford DLR	d										
Shenfield	d										
Chelmsford	d										
Witham.....	d										
Colchester	a			0923		1023		1123			1223
Colchester	d			0923	0932	1023		1123			1223
Manningtree.....	d			0931	0940	1031		1131			1231
Ipswich	a			0943	0951	1043		1143			1243
Ipswich	d	0755	0845	0902	0944	0955	1044	1102	1144	1155	1244
Needham Market.....	d			0912			1112				
Stowmarket.....	d	0807	0859	0918	0955	1007	1055	1118	1155	1207	1255
Diss.....	d			1008		1108		1208			1308
Norwich	a			1029		1129		1213	1229		1313

Other local services also operate between London Liverpool Street, Colchester and Ipswich (See Table 4 for full details)

London Liverpool Street and Ipswich to Norwich

6

Sundays














		C				C				C				C		
London Liverpool St			1128	1230			1228	1330			1328	1430			1428	1530
Stratford DLR																
Shenfield																
Chelmsford																
Witham.....																
Colchester				1323				1423				1523				1623
Colchester				1323				1423				1523				1623
Manningtree.....				1331				1431				1531				1631
Ipswich				1343				1443				1543				1643
Ipswich	1302		1344	1355			1444	1502			1544	1555				1644
Needham Market.....	1312							1512								
Stowmarket.....	1318		1355	1407			1455	1518			1555	1607				1655
Diss.....			1408				1508				1608					1708
Norwich			1413	1429			1513	1529			1613	1629			1713	1729

		C				C				C				C		
London Liverpool St			1528	1630			1628	1730			1728	1830	1900		1828	1930
Stratford DLR																
Shenfield																
Chelmsford													1937			
Witham.....																
Colchester				1723				1823				1923	1956			2023
Colchester				1723				1823				1923	1956			2023
Manningtree.....				1731				1831				1931	2004			2031
Ipswich				1743				1843				1943	2016			2043
Ipswich	1702		1744	1755			1844	1902			1944	2017				2044
Needham Market.....	1712							1912								
Stowmarket.....	1718		1755	1807			1855	1918			1955	2028				2055
Diss.....			1808				1908				2008	2041				2108
Norwich			1813	1830			1910	1929			2013	2029	2102		2110	2129

			C					
London Liverpool St			2030	2028	2130	2230	2330	
Stratford DLR								
Shenfield								
Chelmsford								
Witham.....								
Colchester			2123		2223	2323	0027	
Colchester			2123		2223	2323	0027	
Manningtree.....			2131		2231	2331	0035	
Ipswich			2143		2243	2343	0047	
Ipswich	2102		2144		2244	2344	0048	
Needham Market.....	2112							
Stowmarket.....	2118		2155		2255	2355	0059	
Diss.....			2208		2308	0008	0112	
Norwich			2229	2313	2329	0041	0145	

Other local services also operate between London Liverpool Street, Colchester and Ipswich (See Table 4 for full details)

timetable key

- A Runs from 17 July to 4 September 2011
- B Runs until 10 July and from 11 September 2011
- C Alternative journey via Cambridge when engineering work affects through trains on East Anglia Mainline route. Change at Cambridge.
- EA The East Anglian
- Y Runs until 11 September 2011
- a Arrival time
- c Change at Colchester and Manningtree
- d Departure time
- g Change at Manningtree and Colchester
- s Stops to set down only
- u Stops to pick up only
-  Interchange with London Underground
-  Interchange with Docklands Light Railway
-  PlusBus operates from this station
-  Connections with Ferry Services
-  First Class accommodation available
-  Seat reservations recommended
-  Seat reservations available
-  Wi-fi service
-  Buffet service
-  Train from London divides
-  Train joins for London
-  Train continues in later column
-  Train continued from earlier column

Times in *italics* are connecting train services with one change of train; other connections may be available with further changes

The timetables are striped to help you read them. There is no meaning to the stripes.