










































Norwich to Liverpool Street













											
Mondays to Fridays		R G 1	R 1	R 1	R 1	R 1	R 1	R 1	R 1	◇ 1	◇ 1
Norwich	d	05.10	05.40	06.10	06.25	06.40	06.55	07.10	07.30	07.40	08.00
Diss	d	05.28	05.58	06.28	06.43	06.58	07.13	07.28	07.58	08.17
Stowmarket	d	05.40	06.10	06.40	06.55	07.10	07.25	07.40	..	08.10	08.29
Ipswich	a	05.51	06.21	06.51	07.06	07.21	07.36	07.51	08.07	08.22	08.40
Ipswich	d	05.53	06.23	06.53	07.08	07.23	07.38	07.53	08.18	08.23	08.42
Manningtree	d	06.03	06.33	07.03	07.18	07.33	07.48	08.03	08.33	08.52
Colchester	a	06.13	06.43	07.13	07.28	07.43	07.58	08.13	..	08.43	09.01
Colchester	d	06.15	06.45	07.15	07.30	07.45	08.00	08.15	08.45	09.03
Chelmsford	d	0641	0714	..	0756	0813	0829	0844	..	09.02	0942
Shenfield	a	0706	0732	0808	0840	0855	0925	09s29
Stratford 	a	06s59	07s26	0809	0825	0839	..	08s59	..	09s28	0952
London Liverpool St. 	a	07.10	07.37	08.09	08.23	08.39	08.55	09.10	09.25	09.40	09.56













Norwich to L













											
Mondays to Fridays		R	R	◇	◇	◇	◇	◇	◇	,	◇
		1	1	1	1	1	1	1	1	1	1
Norwich	d	08.30	09.00	09.30	10.00	10.30	11.00	11.30	12.00	12.30	13.00
Diss	d	08.47	09.17	09.47	10.17	10.47	11.17	11.47	12.17	12.47	13.17
Stowmarket	d	..	09.29	..	10.29	..	11.29	..	12.29	..	13.29
Ipswich	a	09.07	09.40	10.07	10.40	11.07	11.40	12.07	12.40	13.07	13.40
Ipswich	d	09.08	09.42	10.08	10.42	11.08	11.42	12.08	12.42	13.08	13.42
Manningtree	d	09.18	09.52	10.18	10.52	11.18	11.52	12.18	12.52	13.18	13.52
Colchester	a	09.27	10.01	10.27	11.01	11.27	12.01	12.27	13.01	13.27	14.01
Colchester	d	09.29	10.03	10.29	11.03	11.29	12.03	12.29	13.03	13.29	14.03
Chelmsford	d	09.47	1039	10.46	1139	11.46	1239	12.46	1339	13.46	1439
Shenfield	a	1009	10s29	1109	11s29	1209	12s29	1309	13s29	1409	14s29
Stratford 	a	10s11	1052	11s10	1152	12s10	1252	13s10	1352	14s10	1452
London Liverpool St. 	a	10.24	10.54	11.24	11.54	12.24	12.54	13.24	13.54	14.24	14.54




											
Mondays to Fridays		◇	◇	◇	◇	◇	◇	◇	◇	◇	◇
		1	1	1	1	1	1	1	1	1	1
Norwich	d	13.30	14.00	14.30	15.00	15.30	16.00	16.30	17.00	17.30	18.00
Diss	d	13.47	14.17	14.47	15.17	15.47	16.17	16.47	17.17	17.47	18.17
Stowmarket	d	..	14.29	..	15.29	..	16.29	..	17.29	17.59	18.29
Ipswich	a	14.07	14.40	15.07	15.40	16.07	16.40	17.07	17.40	18.10	18.40
Ipswich	d	14.08	14.42	15.08	15.42	16.08	16.42	17.08	17.42	18.11	18.42
Manningtree	d	14.18	14.52	15.18	15.52	16.18	16.52	17.18	17.52	18.21	18.52
Colchester	a	14.27	15.01	15.27	16.01	16.27	17.01	17.27	18.01	18.30	19.01
Colchester	d	14.29	15.03	15.29	16.03	16.29	17.03	17.29	18.03	18.32	19.03
Chelmsford	d	14.46	1539	15.46	1639	16.46	1739	17.46	1839	18.49	1939
Shenfield	a	1509	15s29	1611	16s29	1711	17s30	1811	18s29	1909	19s29
Stratford 	a	15s10	1552	16s10	1652	17s10	1750	18s12	1852	19s15	1952
London Liverpool St. 	a	15.24	15.54	16.24	16.54	17.24	17.54	18.24	18.54	19.27	19.54













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		◇	◇	◇	◇	◇	
Mondays to Fridays		1	1	1	1	1	1
Norwich	d	18.30	19.00	20.00	21.00	22.00	23.05
Diss	d	18.47	19.17	20.17	21.17	22.17	23.22
Stowmarket	d	..	19.29	20.29	21.29	22.29	23.34
Ipswich	a	19.07	19.40	20.40	21.40	22.40	23.48
Ipswich	d	19.08	19.42	20.42	21.42	22.42	..
Manningtree	d	19.18	19.52	20.52	21.52	22.52
Colchester	a	19.27	20.01	21.01	22.01	23.01	..
Colchester	d	19.29	20.03	21.03	22.03	23.03
Chelmsford	d	19.46	2039	2139	2239	23.24	..
Shenfield	a	2009	20s29	21s29	22s29	23s36
Stratford 	a	20s10	2052	2152	2252	23s52	..
London Liverpool St. 	a	20.24	20.54	21.54	22.54	00.03








											
		◇	◇	◇	◇	◇	◇	◇	◇	◇	◇
Saturdays		1	1	1	1	1	1	1	1	1	1
Norwich	d	05.00	05.30	06.00	06.30	07.00	07.30	08.00	08.30	09.00	09.30
Diss	d	05.17	05.47	06.17	06.47	07.17	07.47	08.17	08.47	09.17	09.47
Stowmarket	d	05.29	..	06.29	..	07.29	..	08.29	..	09.29	..
Ipswich	a	05.40	06.07	06.40	07.07	07.40	08.07	08.40	09.07	09.40	10.07
Ipswich	d	05.42	06.08	06.42	07.08	07.42	08.08	08.42	09.08	09.42	10.08
Manningtree	d	05.52	06.18	06.52	07.18	07.52	08.18	08.52	09.18	09.52	10.18
Colchester	a	06.01	06.27	07.01	07.27	08.01	08.27	09.01	09.27	10.01	10.27
Colchester	d	06.03	06.29	07.03	07.29	08.03	08.29	09.03	09.29	10.03	10.29
Chelmsford	d	0633	06.46	0739	07.46	0839	08.46	0939	09.46	1039	10.46
Shenfield	a	06s29	0709	07s29	0809	08s29	0909	09s29	1009	10s29	1109
Stratford 	a	0701	07s10	0807	08s10	0907	09s10	1007	10s10	1107	11s10
London Liverpool St. 	a	06.54	07.24	07.54	08.24	08.54	09.24	09.54	10.24	10.54	11.24

											
Saturdays		◇	◇	◇	◇	◇	◇	◇	◇	◇	◇
		1	1	1	1	1	1	1	1	1	1
Norwich	d	10.00	10.30	11.00	11.30	12.00	12.30	13.00	13.30	14.00	14.30
Diss	d	10.17	10.47	11.17	11.47	12.17	12.47	13.17	13.47	14.17	14.47
Stowmarket	d	10.29	..	11.29	..	12.29	..	13.29	..	14.29	..
Ipswich	a	10.40	11.07	11.40	12.07	12.40	13.07	13.40	14.07	14.40	15.07
Ipswich	d	10.42	11.08	11.42	12.08	12.42	13.08	13.42	14.08	14.42	15.08
Manningtree	d	10.52	11.18	11.52	12.18	12.52	13.18	13.52	14.18	14.52	15.18
Colchester	a	11.01	11.27	12.01	12.27	13.01	13.27	14.01	14.27	15.01	15.27
Colchester	d	11.03	11.29	12.03	12.29	13.03	13.29	14.03	14.29	15.03	15.29
Chelmsford	d	1139	11.46	1239	12.46	1339	13.46	1439	14.46	1539	15.46
Shenfield	a	11s29	1209	12s29	1309	13s29	1409	14s29	1509	15s29	1609
Stratford 	a	1207	12s10	1307	13s10	1407	14s10	1507	15s10	1607	16s10
London Liverpool St. 	a	11.54	12.24	12.54	13.24	13.54	14.24	14.54	15.24	15.54	16.24



											
		◇	◇	◇	◇	◇	◇	◇	◇	◇	◇
Saturdays		1	1	1	1	1	1	1	1	1	1
Norwich	d	15.00	15.30	16.00	16.30	17.00	17.30	18.00	18.30	19.00	20.00
Diss	d	15.17	15.47	16.17	16.47	17.17	17.47	18.17	18.47	19.17	20.17
Stowmarket	d	15.29	..	16.29	..	17.29	..	18.29	..	19.29	20.29
Ipswich	a	15.40	16.07	16.40	17.07	17.40	18.07	18.40	19.07	19.40	20.40
Ipswich	d	15.42	16.08	16.42	17.08	17.42	18.08	18.42	19.08	19.42	20.42
Manningtree	d	15.52	16.18	16.52	17.18	17.52	18.18	18.52	19.18	19.52	20.52
Colchester	a	16.01	16.27	17.01	17.27	18.01	18.27	19.01	19.27	20.01	21.01
Colchester	d	16.03	16.29	17.03	17.29	18.03	18.29	19.03	19.29	20.03	21.03
Chelmsford	d	1639	16.46	1739	17.46	1839	18.46	1939	19.46	2039	2139
Shenfield	a	16s29	1709	17s29	1809	18s29	1909	19s29	2009	20s29	21s29
Stratford 	a	1707	17s10	1807	18s10	1907	19s10	2007	20s10	2107	2207
London Liverpool St. 	a	16.54	17.24	17.54	18.24	18.54	19.24	19.54	20.24	20.54	21.58

				
		◇	◇	
Saturdays		1	1 H	1
Norwich	d	21.00	22.00	23.05
Diss	d	21.17	22.17	23.22
Stowmarket	d	21.29	22.29	23.34
Ipswich	a	21.40	22.40	23.50
Ipswich	d	21.42	22.42	..
Manningtree	d	21.52	22.52
Colchester	a	22.01	23.01	..
Colchester	d	22.03	23.03
Chelmsford	d	2239	23.24	..
Shenfield	a	22s29	23s36
Stratford  DLR	a	2307	23s52	..
London Liverpool St. 	a	22.58	00.07













											
Sundays		◇	◇	◇	◇	◇	◇	◇	◇	◇	◇
		1	1	1	1	1	1	1	1	1	1
Norwich	d	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00
Diss	d	07.17	08.17	09.17	10.17	11.17	12.17	13.17	14.17	15.17	16.17
Stowmarket	d	07.29	08.29	09.29	10.29	11.29	12.29	13.29	14.29	15.29	16.29
Ipswich	a	07.40	08.40	09.40	10.40	11.40	12.40	13.40	14.40	15.40	16.40
Ipswich	d	07.42	08.42	09.42	10.42	11.42	12.42	13.42	14.42	15.42	16.42
Manningtree	d	07.52	08.52	09.52	10.52	11.52	12.52	13.52	14.52	15.52	16.52
Colchester	a	08.01	09.01	10.01	11.01	12.01	13.01	14.01	15.01	16.01	17.01
Colchester	d	08.03	09.03	10.03	11.03	12.03	13.03	14.03	15.03	16.03	17.03
Chelmsford	d	0829	0929	1029	1129	1229	1329	1429	1529	1629	1729
Shenfield	a	08s29	09s29	10s29	11s29	12s29	13s29	14s29	15s29	16s29	17s29
Stratford 	a	0904	1004	1104	1204	1304	1404	1504	1604	1704	1804
London Liverpool St. 	a	09.03	10.01	11.03	12.01	13.01	14.01	15.01	16.01	17.01	18.01













									
Sundays		◇ 1	◇ 1	◇ 1	◇ 1	◇ 1	◇ 1	◇ 1 H	1
Norwich	d	16.20	17.00	18.00	19.00	20.00	21.00	22.00	23.05
Diss	d	16.37	17.17	18.17	19.17	20.17	21.17	22.17	23.22
Stowmarket	d	16.49	17.29	18.29	19.29	20.29	21.29	22.29	23.34
Ipswich	a	17.00	17.40	18.40	19.40	20.40	21.40	22.40	23.48
Ipswich	d	17.03	17.42	18.42	19.42	20.42	21.42	22.42	..
Manningtree	d	17.18	17.52	18.52	19.52	20.52	21.52	22.52
Colchester	a	17.19	18.01	19.01	20.01	21.01	22.01	23.01	..
Colchester	d	17.21	18.03	19.03	20.03	21.03	22.03	23.03
Chelmsford	d	17.57	18.29	19.29	20.29	21.29	22.29	23.24	..
Shenfield	a	18.10	18s29	19s29	20s29	21s29	22s29	23s36
Stratford 	a	18.34	19.04	20.04	21.04	22.04	23.04	23s57	..
London Liverpool St. 	a	18.28	19.01	20.01	21.01	22.01	23.01	00.07









Liverpool Street to Norwich



			◇	◇	◇	◇	◇	◇	◇	◇	◇
Mondays to Fridays		1	1	1 J	1	1	1	1	1	1	1
London Liverpool St. 	d	..	06.00	06.25	07.00	07.30	08.00	08.30	09.00	09.30	10.00
Stratford  DLR	d	0602	06u33	0702	07u38	0802	08u38	0902	09u38	1002
Shenfield	d	..	06u23	0637	07u23	0751	08u23	0842	09u23	0942	10u23
Chelmsford	d	0602	06.57	0712	08.04	0812	09.02	0912	10.02	1012
Colchester	a	..	06.48	07.20	07.49	08.23	08.49	09.23	09.49	10.21	10.49
Colchester	d	06.22	06.50	07.22	07.50	08.24	08.50	09.24	09.50	10.24	10.50
Manningtree	d	06.31	06.59	07.32	07.59	08.34	08.59	09.34	09.59	10.34	10.59
Ipswich	a	06.41	07.08	07.41	08.08	08.43	09.08	09.43	10.08	10.43	11.08
Ipswich	a	06.42	07.09	07.42	08.09	08.44	09.09	09.44	10.09	10.44	11.09
Stowmarket	a	06.53	07.20	07.53	08.20	08.55	09.55	10.55
Diss	a	07.05	07.32	08.05	08.32	09.07	09.30	10.07	10.30	11.07	11.30
Norwich	a	07.27	07.54	08.27	08.54	09.27	09.52	10.27	10.52	11.27	11.52













Liverpool St













											
		◇	◇	◇	◇	◇	◇	◇	◇	◇	◇
Mondays to Fridays		1	1	1	1	1	1	1	1	1	1
London Liverpool St. 	d	10.30	11.00	11.30	12.00	12.30	13.00	13.30	14.00	14.30	15.00
Stratford  DLR	d	10u38	1102	11u38	1202	12u38	1302	13u38	1402	14u38	1502
Shenfield	d	1042	11u23	1142	12u23	1242	13u23	1342	14u23	1442	15u23
Chelmsford	d	11.02	1112	12.02	1212	13.02	1312	14.02	1412	15.02	1512
Colchester	a	11.21	11.49	12.21	12.49	13.21	13.49	14.21	14.49	15.21	15.49
Colchester	d	11.22	11.50	12.22	12.50	13.22	13.50	14.22	14.50	15.22	15.50
Manningtree	d	11.31	11.59	12.31	12.59	13.31	13.59	14.31	14.59	15.31	15.59
Ipswich	a	11.41	12.08	12.41	13.08	13.41	14.08	14.41	15.08	15.41	16.08
Ipswich	a	11.42	12.09	12.42	13.09	13.42	14.09	14.42	15.09	15.42	16.09
Stowmarket	a	11.53	12.53	13.53	14.53	15.53
Diss	a	12.05	12.30	13.05	13.30	14.05	14.30	15.05	15.30	16.05	16.30
Norwich	a	12.27	12.52	13.27	13.52	14.27	14.52	15.27	15.52	16.27	16.52






											
		R	R	R	R	R	R	R	R	R	R
Mondays to Fridays		1	1	1	1	1	1	1	1	1	1
London Liverpool St. 	d	15.30	16.00	16.30	17.00	17.30	17.50	18.00	18.20	18.30	19.00
Stratford  DLR	d	1525	1555	1610	1746	1750	1816	1846
Shenfield	d	1542	1612	1625	1654	1724	1754	1901
Chelmsford	d	15.59	16.30	1645	1751	1805	1814	1840	1913
Colchester	a	16.21	16.49	17.17	18.42	18.51	19.11	19.22	19.51
Colchester	d	16.22	16.50	17.18	18.43	18.53	19.12	19.23	19.53
Manningtree	d	16.31	16.59	18.27	18.52	19.02	19.21	..	20.02
Ipswich	a	16.41	17.08	17.33	17.58	18.36	19.01	19.11	19.30	19.39	20.11
Ipswich	a	16.42	17.09	17.34	17.59	18.37	19.03	19.12	19.32	19.40	20.12
Stowmarket	a	16.53	17.20	17.45	18.48	19.23	19.51	20.23
Diss	a	17.05	17.32	17.57	18.19	19.00	..	19.35	..	20.03	20.35
Norwich	a	17.27	17.55	18.20	18.42	19.23	19.44	19.58	20.14	20.26	20.57












							
Mondays to Fridays		R	◇	◇	◇	◇	◇
		1	1	1	1	1	1
London Liverpool St. 	d	19.30	20.00	20.30	21.30	22.30	23.30
Stratford  DLR	d	19.25	19.45	20.38	21.38	22.38	23.38
Shenfield	d	19.42	20.02	20.42	21.42	22.42	23.42
Chelmsford	d	20.00	20.11	21.03	22.03	23.03	00.03
Colchester	a	20.20	20.49	21.22	22.22	23.22	00.25
Colchester	d	20.21	20.50	21.23	22.23	23.23	00.27
Manningtree	d	20.30	20.59	21.32	22.32	23.32	00.36
Ipswich	a	20.40	21.08	21.42	22.42	23.42	00.46
Ipswich	a	20.41	21.09	21.43	22.43	23.43	00.48
Stowmarket	a	20.52	21.20	21.54	22.54	23.54	00.59
Diss	a	21.04	21.32	22.06	23.06	00.07	01.12
Norwich	a	21.26	21.54	22.28	23.28	00.45	01.45










			◇	◇	◇	◇	◇	◇	◇	◇	◇
Saturdays		1	1	1	1	1	1	1	1	1	1
London Liverpool St. 	d	0530	06.30	07.00	07.30	08.00	08.30	09.00	09.30	10.00	10.30
Stratford  DLR	d	0537	06u38	0702	07u38	0802	08u38	0902	09u38	1002	10u38
Shenfield	d	0556	0642	07u23	0742	08u23	0842	09u23	0942	10u23	1042
Chelmsford	d	0607	07.02	0712	08.02	0812	09.02	0912	10.02	1012	11.02
Colchester	a	..	07.21	07.49	08.21	08.49	09.21	09.49	10.21	10.49	11.21
Colchester	d	07.22	07.50	08.22	08.50	09.22	09.50	10.22	10.50	11.22
Manningtree	d	..	07.31	07.59	08.31	08.59	09.31	09.59	10.31	10.59	11.31
Ipswich	a	07.41	08.08	08.41	09.08	09.41	10.08	10.41	11.08	11.41
Ipswich	a	07.09	07.42	08.09	08.42	09.09	09.42	10.09	10.42	11.09	11.42
Stowmarket	a	07.20	07.53	08.53	09.53	10.53	11.53
Diss	a	07.32	08.05	08.30	09.05	09.30	10.05	10.30	11.05	11.30	12.05
Norwich	a	07.52	08.27	08.52	09.27	09.52	10.27	10.52	11.27	11.52	12.27

											
		◇	◇	◇	◇	◇	◇	◇	◇	◇	◇
Saturdays		1	1	1	1	1	1	1	1	1	1
London Liverpool St. 	d	11.00	11.30	12.00	12.30	13.00	13.30	14.00	14.30	15.00	15.30
Stratford  DLR	d	1102	11u38	1202	12u38	1302	13u38	1402	14u38	1502	15u38
Shenfield	d	11u23	1142	12u23	1242	13u23	1342	14u23	1442	15u23	1542
Chelmsford	d	1112	12.02	1212	13.02	1312	14.02	1412	15.02	1512	16.02
Colchester	a	11.49	12.21	12.49	13.21	13.49	14.21	14.49	15.21	15.49	16.21
Colchester	d	11.50	12.22	12.50	13.22	13.50	14.22	14.50	15.22	15.50	16.22
Manningtree	d	11.59	12.31	12.59	13.31	13.59	14.31	14.59	15.31	15.59	16.31
Ipswich	a	12.08	12.41	13.08	13.41	14.08	14.41	15.08	15.41	16.08	16.41
Ipswich	a	12.09	12.42	13.09	13.42	14.09	14.42	15.09	15.42	16.09	16.42
Stowmarket	a	12.53	13.53	14.53	15.53	16.53
Diss	a	12.30	13.05	13.30	14.05	14.30	15.05	15.30	16.05	16.30	17.05
Norwich	a	12.52	13.27	13.52	14.27	14.52	15.27	15.52	16.27	16.52	17.27

											
		◇	◇	◇	◇	◇	◇	◇	◇	◇	◇
Saturdays		1	1	1	1	1	1	1	1	1	1
London Liverpool St. 	d	16.00	16.30	17.00	17.30	18.00	18.30	19.00	19.30	20.00	20.30
Stratford  DLR	d	1602	16u38	1702	17u38	1802	18u38	1902	19u38	2002	20u38
Shenfield	d	16u23	1642	17u23	1742	18u23	1842	19u23	1942	20u23	2042
Chelmsford	d	1612	17.02	1712	18.02	1816	19.02	1916	20.03	2012	21.03
Colchester	a	16.49	17.21	17.49	18.21	18.49	19.21	19.49	20.22	20.49	21.22
Colchester	d	16.50	17.22	17.50	18.22	18.50	19.22	19.50	20.23	20.50	21.23
Manningtree	d	16.59	17.31	17.59	18.31	18.59	19.31	19.59	20.32	20.59	21.32
Ipswich	a	17.08	17.41	18.08	18.41	19.08	19.41	20.08	20.42	21.08	21.42
Ipswich	a	17.09	17.42	18.09	18.42	19.09	19.42	20.09	20.43	21.09	21.43
Stowmarket	a	17.20	17.53	18.53	19.53	20.54	21.54
Diss	a	17.32	18.05	18.30	19.05	19.30	20.05	20.30	21.06	21.30	22.06
Norwich	a	17.52	18.27	18.52	19.27	19.52	20.27	20.52	21.28	21.52	22.28

				
Saturdays		◇ 1	◇ 1	◇ 1
London Liverpool St. 	d	21.30	22.30	23.30
Stratford  DLR	d	2125	2225	2325
Shenfield	d	2146	2246	2346
Chelmsford	d	22.04	23.04	00.04
Colchester	a	22.25	23.25	00.28
Colchester	d	22.26	23.26	00.29
Manningtree	d	22.35	23.35	00.38
Ipswich	a	22.45	23.45	00.48
Ipswich	a	22.46	23.46	00.50
Stowmarket	a	22.57	23.57	01.01
Diss	a	23.10	00.10	01.14
Norwich	a	23.32	00.32	01.36

											
Sundays		◇ 1	◇ 1	◇ 1	◇ 1	◇ 1	◇ 1	◇ 1	◇ 1	◇ 1	◇ 1
London Liverpool St. 	d	08.30	09.30	10.30	11.30	12.30	13.30	14.30	15.30	16.30	17.30
Stratford  DLR	d	0809	0909	1009	1109	1209	1309	1409	1509	1609	1709
Shenfield	d	08u57	09u57	10u57	11u57	12u57	13u57	14u57	15u57	16u57	17u57
Chelmsford	d	0842	0942	1042	1142	1242	1342	1442	1542	1642	1742
Colchester	a	09.23	10.23	11.23	12.23	13.23	14.23	15.23	16.23	17.23	18.23
Colchester	d	09.24	10.24	11.24	12.24	13.24	14.24	15.24	16.24	17.24	18.24
Manningtree	d	09.33	10.33	11.33	12.33	13.33	14.33	15.33	16.33	17.33	18.33
Ipswich	a	09.42	10.42	11.42	12.42	13.42	14.42	15.42	16.42	17.42	18.42
Ipswich	a	09.44	10.44	11.44	12.44	13.44	14.44	15.44	16.44	17.44	18.44
Stowmarket	a	09.55	10.55	11.55	12.55	13.55	14.55	15.55	16.55	17.55	18.55
Diss	a	10.07	11.07	12.07	13.07	14.07	15.07	16.07	17.07	18.07	19.07
Norwich	a	10.29	11.29	12.29	13.29	14.29	15.29	16.29	17.29	18.29	19.29

								
Sundays		1	1	1	1	1	1	1
London Liverpool St. 	d	18.30	19.00	19.30	20.30	21.30	22.30	23.30
Stratford  DLR	d	1809	1909	2009	2109	2209	2309
Shenfield	d	18u57	..	19u57	20u57	21u57	22u57	23u57
Chelmsford	d	1842	1942	2042	2142	2242	2342
Colchester	a	19.23	..	20.23	21.23	22.23	23.23	00.27
Colchester	d	19.24	20.24	21.24	22.24	23.24	00.28
Manningtree	d	19.33	..	20.33	21.33	22.33	23.33	00.37
Ipswich	a	19.42	20.04	20.42	21.42	22.42	23.42	00.46
Ipswich	a	19.44	20.06	20.44	21.44	22.44	23.44	00.48
Stowmarket	a	19.55	20.17	20.55	21.55	22.55	23.55	00.59
Diss	a	20.07	20.29	21.07	22.07	23.07	00.07	01.11
Norwich	a	20.29	20.51	21.29	22.29	23.29	00.39	01.43

NOTES

1 First Class accommodation available

a Arrival time

◇ Seat reservations available

d Departure time

R Seat reservations recommended

s Stops to set down only

 At-seat trolley service

u Stops to pick up only

G Also stops at Witham at 0627

H Also stops at Witham at 2315

J Also stops at Witham at 0707

 Interchange with London Underground

 Interchange with Docklands Light Railway

Trains in *italics* are connecting services with one change

