

London, Colchester and Ipswich to Norwich

Mondays to Fridays

| Operator Days of operation/Notes 1st Class/Reservations/Bus Catering facilities | LE | LE | LE A | LE | LE | LE | LE | LE | LE | LE | LE | LE | LE | LE | LE | LE | LE | LE |
|--|------|------|---------|------|-------|------|-------|------|-------|------|-------|------|-------|------|-------|------|-------|------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| London Liverpool Street (LST) 15 d | | 0600 | 0625 | 0700 | 0730 | 0800 | 0830 | 0900 | 0930 | 1000 | 1030 | 1100 | 1130 | 1200 | 1230 | 1300 | 1330 | 1400 |
| Stratford (SRA) 7 d | | | 0632u | | 0738u | | 0838u | | 0937u | | 1037u | | 1137u | | 1237u | | 1337u | |
| Chelmsford (CHM) 3 d | | 0628 | 0656 | 0728 | | 0830 | | 0928 | | 1028 | | 1128 | | 1228 | | 1328 | | 1428 |
| Colchester (COL) 4 d | | 0648 | 0720 | 0747 | 0819 | 0849 | 0918 | 0947 | 1017 | 1047 | 1121 | 1147 | 1218 | 1247 | 1317 | 1347 | 1417 | 1447 |
| Manningtree (MNG) 2 d | | 0656 | 0728 | 0755 | 0828 | 0857 | 0926 | 0955 | 1025 | 1055 | 1129 | 1155 | 1226 | 1255 | 1325 | 1355 | 1425 | 1455 |
| Ipswich (IPS) a | | 0706 | 0738 | 0805 | 0838 | 0907 | 0936 | 1006 | 1035 | 1105 | 1139 | 1206 | 1236 | 1306 | 1336 | 1406 | 1435 | 1505 |
| Ipswich (IPS) d | 0639 | 0707 | 0740 | 0807 | 0841 | 0908 | 0938 | 1007 | 1038 | 1106 | 1140 | 1207 | 1238 | 1306 | 1338 | 1407 | 1438 | 1506 |
| Stowmarket (SMK) d | 0650 | 0717 | 0750 | 0817 | 0852 | 0919 | 0949 | 1018 | 1049 | 1117 | 1151 | 1218 | 1249 | 1317 | 1349 | 1418 | 1449 | 1517 |
| Diss (DIS) d | 0702 | 0729 | 0802 | 0829 | 0903 | 0930 | 1000 | 1029 | 1100 | 1128 | 1202 | 1229 | 1300 | 1328 | 1400 | 1429 | 1500 | 1528 |
| Norwich (NRW) a | 0720 | 0747 | 0820 | 0847 | 0921 | 0948 | 1018 | 1047 | 1119 | 1147 | 1221 | 1247 | 1318 | 1346 | 1418 | 1447 | 1518 | 1546 |

| Operator 1st Class/Reservations/Bus Catering facilities | LE | LE | LE | LE | LE | LE | LE | LE | LE | LE | LE | LE | LE | LE | LE | LE | LE | LE |
|---|-------|------|-------|------|------|-------|------|------|-------|------|-------|------|-------|-------|-------|-------|----|----|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| London Liverpool Street (LST) 15 d | 1430 | 1500 | 1530 | 1600 | 1630 | 1700 | 1730 | 1800 | 1830 | 1900 | 1930 | 2000 | 2030 | 2130 | 2230 | 2330 | | |
| Stratford (SRA) 7 d | 1437u | | 1537u | | | 1707u | | | 1839u | | 1937u | | 2037u | 2137u | 2237u | 2337u | | |
| Chelmsford (CHM) 3 d | | 1528 | | | | | | | | | | 2028 | | | 2300 | 2359 | | |
| Colchester (COL) 4 d | 1518 | 1547 | 1617 | 1647 | 1718 | | 1820 | 1850 | 1920 | 1947 | 2017 | 2049 | 2117 | 2219 | 2319 | 0019 | | |
| Manningtree (MNG) 2 d | 1526 | 1555 | 1625 | 1655 | 1726 | | 1828 | 1858 | 1928 | 1955 | 2025 | 2057 | 2125 | 2227 | 2327 | 0027 | | |
| Ipswich (IPS) a | 1536 | 1606 | 1636 | 1706 | 1736 | 1758 | 1838 | 1908 | 1938 | 2005 | 2036 | 2108 | 2136 | 2237 | 2338 | 0037 | | |
| Ipswich (IPS) d | 1538 | 1607 | 1637 | 1707 | 1737 | 1759 | 1840 | 1910 | 1940 | 2007 | 2038 | 2109 | 2138 | 2239 | 2341 | 0045 | | |
| Stowmarket (SMK) d | 1549 | 1618 | 1649 | 1718 | 1748 | 1809 | 1851 | 1921 | 1951 | 2018 | 2049 | 2120 | 2149 | 2250 | 2352 | 0057 | | |
| Diss (DIS) d | 1601 | 1629 | 1702 | 1730 | 1800 | 1821 | 1903 | 1933 | 2003 | 2030 | 2100 | 2131 | 2200 | 2301 | 0003 | 0109 | | |
| Norwich (NRW) a | 1619 | 1647 | 1720 | 1748 | 1818 | 1839 | 1921 | 1951 | 2021 | 2047 | 2118 | 2149 | 2218 | 2321 | 0028 | 0133 | | |

For the complete service between London, Colchester and Ipswich, see table 006

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- u Stops to pick up only
- A Also calls at Witham 0706

London, Colchester and Ipswich to Norwich

Saturdays

| Operator 1st Class/Reservations/Bus Catering facilities | LE 1◇ | LE 1◇ | LE 1◇ | LE 1◇ 1P | LE 1◇ | LE 1◇ | LE 1◇ 1P | LE 1◇ 1P | LE 1◇ 1P | LE 1◇ 1P | LE 1◇ 1P | LE 1◇ 1P | LE 1◇ 1P | LE 1◇ 1P | LE 1◇ 1P | LE 1◇ 1P | LE 1◇ 1P | LE 1◇ 1P | LE 1◇ 1P |
|---|----------|----------|----------|----------------|----------|----------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| London Liverpool Street (LST) 15 d | | 0630 | 0700 | 0730 | 0800 | 0830 | 0900 | 0930 | 1000 | 1030 | 1100 | 1130 | 1200 | 1230 | 1300 | 1330 | 1400 | 1430 | |
| Stratford (SRA) 7 d | | 0637u | | 0737u | | 0837u | | 0937u | | 1037u | | 1137u | | 1237u | | 1337u | | 1437u | |
| Chelmsford (CHM) 3 d | | | 0728 | | 0828 | | 0928 | | 1028 | | 1128 | | 1228 | | 1328 | | 1428 | | |
| Colchester (COL) 4 d | | 0717 | 0747 | 0817 | 0847 | 0917 | 0947 | 1017 | 1047 | 1118 | 1147 | 1217 | 1247 | 1317 | 1347 | 1417 | 1447 | 1517 | |
| Manningtree (MNG) 2 d | | 0725 | 0755 | 0825 | 0855 | 0925 | 0955 | 1025 | 1055 | 1126 | 1155 | 1225 | 1255 | 1325 | 1355 | 1425 | 1455 | 1525 | |
| Ipswich (IPS) a | | 0735 | 0805 | 0837 | 0905 | 0935 | 1005 | 1035 | 1105 | 1136 | 1206 | 1235 | 1305 | 1336 | 1405 | 1435 | 1505 | 1535 | |
| Ipswich (IPS) d | 0710 | 0738 | 0806 | 0838 | 0906 | 0938 | 1006 | 1038 | 1106 | 1138 | 1207 | 1238 | 1306 | 1338 | 1406 | 1438 | 1506 | 1538 | |
| Stowmarket (SMK) d | 0721 | 0749 | 0817 | 0849 | 0917 | 0949 | 1017 | 1049 | 1117 | 1149 | 1218 | 1249 | 1317 | 1349 | 1417 | 1449 | 1517 | 1549 | |
| Diss (DIS) d | 0733 | 0800 | 0828 | 0900 | 0928 | 1000 | 1028 | 1100 | 1128 | 1200 | 1229 | 1300 | 1328 | 1400 | 1428 | 1500 | 1528 | 1600 | |
| Norwich (NRW) a | 0750 | 0818 | 0846 | 0918 | 0947 | 1018 | 1046 | 1118 | 1146 | 1218 | 1247 | 1319 | 1346 | 1418 | 1446 | 1518 | 1546 | 1618 | |

| Operator 1st Class/Reservations/Bus Catering facilities | LE 1◇ 1P | LE 1◇ 1P | LE 1◇ 1P | LE 1◇ 1P | LE 1◇ 1P | LE 1◇ 1P | LE 1◇ 1P | LE 1◇ 1P | LE 1◇ 1P | LE 1◇ 1P | LE 1◇ 1P | LE 1◇ 1P | LE 1◇ 1P | LE 1◇ 1P | LE 1◇ 1P | LE 1◇ 1P | LE 1◇ 1P | LE 1◇ 1P | LE 1◇ 1P |
|---|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| London Liverpool Street (LST) 15 d | 1500 | 1530 | 1600 | 1630 | 1700 | 1730 | 1800 | 1830 | 1900 | 1930 | 2000 | 2030 | 2100 | 2130 | 2200 | 2230 | 2300 | 2330 | |
| Stratford (SRA) 7 d | | 1537u | | 1637u | | 1737u | | 1837u | | 1937u | | 2037u | | 2137u | | 2237u | | 2337u | |
| Chelmsford (CHM) 3 d | 1528 | | 1628 | | 1728 | | 1828 | | | | 2028 | | | | 2300 | 2359 | | | |
| Colchester (COL) 4 d | 1547 | 1618 | 1647 | 1717 | 1747 | 1817 | 1847 | 1917 | | 2018 | 2047 | 2117 | 2218 | 2319 | 2319 | 0019 | | | |
| Manningtree (MNG) 2 d | 1555 | 1626 | 1655 | 1725 | 1755 | 1825 | 1855 | 1925 | | 2026 | 2055 | 2125 | 2226 | 2327 | 2327 | 0027 | | | |
| Ipswich (IPS) a | 1606 | 1636 | 1705 | 1735 | 1806 | 1835 | 1905 | 1938 | 1956 | 2036 | 2105 | 2136 | 2236 | 2337 | 2337 | 0037 | | | |
| Ipswich (IPS) d | 1607 | 1640 | 1706 | 1740 | 1807 | 1838 | 1906 | 1939 | 1956 | 2038 | 2106 | 2138 | 2238 | 2340 | 2340 | 0038 | | | |
| Stowmarket (SMK) d | 1618 | 1651 | 1717 | 1751 | 1818 | 1849 | 1917 | 1950 | | 2049 | 2117 | 2149 | 2249 | 2351 | 2351 | 0049 | | | |
| Diss (DIS) d | 1629 | 1702 | 1728 | 1802 | 1829 | 1900 | 1928 | 2001 | 2016 | 2100 | 2128 | 2200 | 2300 | 0002 | 0100 | | | | |
| Norwich (NRW) a | 1647 | 1720 | 1746 | 1820 | 1847 | 1918 | 1946 | 2020 | 2033 | 2118 | 2147 | 2218 | 2318 | 0020 | 0118 | | | | |

Sundays

| Operator 1st Class/Reservations/Bus | LE 1◇ | LE 1◇ | LE 1◇ | LE 1◇ | LE 1◇ | LE 1◇ | LE 1◇ | LE 1◇ | LE 1◇ | LE 1◇ | LE 1◇ | LE 1◇ | LE 1◇ | LE 1◇ | LE 1◇ | LE 1◇ | LE 1◇ | LE 1◇ | LE 1◇ |
|--|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| London Liverpool Street (LST) 15 d | | 0815 | 0930 | 1030 | 1100 | 1130 | 1230 | 1330 | 1430 | 1530 | 1630 | 1730 | 1800 | 1830 | 1900 | 1930 | 2030 | 2130 | |
| Stratford (SRA) 7 d | | 0822u | 0937u | 1037u | | 1137u | 1237u | 1337u | 1437u | 1537u | 1637u | 1737u | | 1837u | | 1937u | 2037u | 2137u | |
| Chelmsford (CHM) 3 d | | | | | | | | | | | | | | | | | | | |
| Colchester (COL) 4 d | | 0918 | 1017 | 1117 | 1145 | 1217 | 1317 | 1417 | 1517 | 1617 | 1717 | 1817 | 1845 | 1917 | 1945 | 2017 | 2117 | 2217 | |
| Manningtree (MNG) 2 d | | 0926 | 1025 | 1125 | | 1225 | 1325 | 1425 | 1525 | 1625 | 1725 | 1825 | | 1925 | 1953 | 2025 | 2125 | 2225 | |
| Ipswich (IPS) a | | 0936 | 1035 | 1135 | 1201 | 1235 | 1335 | 1435 | 1535 | 1635 | 1735 | 1835 | 1901 | 1935 | 2003 | 2035 | 2135 | 2235 | |
| Ipswich (IPS) d | 0843 | 0937 | 1037 | 1137 | 1202 | 1237 | 1337 | 1437 | 1537 | 1637 | 1737 | 1837 | 1902 | 1937 | 2005 | 2037 | 2137 | 2237 | |
| Stowmarket (SMK) d | 0854 | 0948 | 1048 | 1148 | 1213 | 1248 | 1348 | 1448 | 1548 | 1648 | 1748 | 1848 | 1913 | 1948 | 2016 | 2048 | 2148 | 2248 | |
| Diss (DIS) d | 0905 | 0959 | 1059 | 1159 | 1224 | 1259 | 1359 | 1459 | 1559 | 1659 | 1759 | 1859 | 1924 | 1959 | 2028 | 2059 | 2159 | 2259 | |
| Norwich (NRW) a | 0923 | 1017 | 1117 | 1217 | 1242 | 1317 | 1417 | 1517 | 1617 | 1717 | 1817 | 1917 | 1942 | 2017 | 2046 | 2117 | 2217 | 2317 | |

| Operator 1st Class/Reservations/Bus | LE 1◇ | LE 1◇ |
|--|----------|----------|
| London Liverpool Street (LST) 15 d | 2230 | 2330 |
| Stratford (SRA) 7 d | 2237u | 2337u |
| Chelmsford (CHM) 3 d | | |
| Colchester (COL) 4 d | 2317 | 0017 |
| Manningtree (MNG) 2 d | 2325 | 0025 |
| Ipswich (IPS) a | 2335 | 0035 |
| Ipswich (IPS) d | 2337 | 0037 |
| Stowmarket (SMK) d | 2348 | 0048 |
| Diss (DIS) d | 2359 | 0059 |
| Norwich (NRW) a | 0017 | 0117 |

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- u Stops to pick up only

Norwich to Ipswich, Colchester and London

Mondays to Fridays

| Operator 1st Class/Reservations/Bus Catering facilities | LE ◇ | LE ◇ | LE ◇ | LE ◇ | LE ◇ | LE ◇ | LE ◇ | LE ◇ | LE ◇ | LE ◇ | LE ◇ | LE ◇ | LE ◇ | LE ◇ | LE ◇ | LE ◇ | LE ◇ | LE ◇ | LE ◇ |
|---|----------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| Norwich (NRW) | d | 0500 | 0530 | 0600 | 0630 | 0700 | 0730 | 0800 | 0830 | 0900 | 0930 | 1000 | 1030 | 1100 | 1130 | 1200 | 1230 | 1300 | 1330 |
| Diss (DIS) | d | 0517 | 0547 | 0617 | 0647 | 0717 | 0747 | 0817 | 0847 | 0917 | 0947 | 1017 | 1047 | 1117 | 1147 | 1217 | 1247 | 1317 | 1347 |
| Stowmarket (SMK) | d | 0529 | 0559 | 0629 | 0659 | 0729 | 0759 | 0828 | 0858 | 0928 | 0958 | 1028 | 1058 | 1128 | 1158 | 1228 | 1258 | 1328 | 1358 |
| Ipswich (IPS) | a | 0540 | 0611 | 0640 | 0710 | 0740 | 0810 | 0838 | 0909 | 0939 | 1009 | 1039 | 1109 | 1140 | 1209 | 1239 | 1309 | 1339 | 1409 |
| Ipswich (IPS) | d | 0541 | 0612 | 0642 | 0712 | 0743 | 0811 | 0839 | 0910 | 0941 | 1010 | 1041 | 1110 | 1141 | 1210 | 1241 | 1310 | 1341 | 1410 |
| Manningtree (MNG) | 2 a | 0550 | 0621 | 0651 | 0721 | 0752 | 0820 | | 0919 | 0950 | 1019 | 1050 | 1119 | 1150 | 1219 | 1250 | 1319 | 1350 | 1419 |
| Colchester (COL) | 4 a | 0559 | 0630 | 0700 | 0730 | 0801 | 0829 | | 0928 | 0959 | 1028 | 1059 | 1128 | 1159 | 1228 | 1259 | 1328 | 1359 | 1428 |
| Chelmsford (CHM) | 3 a | 0617 | | | | | | | 0947 | | 1047 | | 1147 | | 1247 | | 1347 | | 1447 |
| Stratford (SRA) | DLR 7 a | 0642s | 0712s | 0743s | 0813s | 0846s | 0915s | 0930s | | 1039s | | 1139s | | 1239s | | 1339s | | 1439s | |
| London Liverpool Street (LST) | DLR 15 a | 0650 | 0722 | 0754 | 0824 | 0857 | 0925 | 0939 | 1019 | 1047 | 1117 | 1147 | 1217 | 1247 | 1317 | 1347 | 1417 | 1447 | 1517 |

| Operator Days of operation/Notes 1st Class/Reservations/Bus Catering facilities | LE ◇ | LE ◇ | LE ◇ | LE ◇ | LE ◇ | LE ◇ | LE ◇ | LE ◇ | LE ◇ | LE ◇ | LE ◇ | LE ◇ | LE ◇ | LE ◇ | LE ◇ | LE ◇ | LE ◇ | LE ◇ | LE ◇ |
|--|----------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| Norwich (NRW) | d | 1400 | 1430 | 1500 | 1530 | 1600 | 1630 | 1700 | 1730 | 1800 | 1830 | 1900 | 2000 | 2100 | 2202 | 2305 | | | |
| Diss (DIS) | d | 1417 | 1447 | 1517 | 1547 | 1617 | 1647 | 1717 | 1747 | 1817 | 1847 | 1917 | 2017 | 2117 | 2219 | 2323 | | | |
| Stowmarket (SMK) | d | 1428 | 1458 | 1529 | 1558 | 1628 | 1658 | 1728 | 1758 | 1828 | 1858 | 1928 | 2028 | 2128 | 2231 | 2335 | | | |
| Ipswich (IPS) | a | 1440 | 1509 | 1541 | 1609 | 1639 | 1709 | 1739 | 1810 | 1839 | 1909 | 1939 | 2039 | 2139 | 2242 | 2349 | | | |
| Ipswich (IPS) | d | 1441 | 1510 | 1542 | 1610 | 1642 | 1710 | 1741 | 1811 | 1842 | 1910 | 1941 | 2041 | 2141 | 2243 | | | | |
| Manningtree (MNG) | 2 a | 1450 | 1519 | 1552 | 1619 | 1652 | 1719 | 1750 | 1820 | 1851 | 1919 | 1950 | 2050 | 2150 | 2252 | | | | |
| Colchester (COL) | 4 a | 1459 | 1528 | 1601 | 1628 | 1701 | 1728 | 1759 | 1829 | 1901 | 1928 | 1959 | 2059 | 2159 | 2301 | | | | |
| Chelmsford (CHM) | 3 a | | 1547 | 1619 | 1647 | 1719 | 1747 | | 1847 | | 1948 | | | 2220 | 2322 | | | | |
| Stratford (SRA) | DLR 7 a | 1539s | | 1643s | | 1746s | 1812s | 1842s | | 1944s | | 2039s | 2140s | 2247s | 2348s | | | | |
| London Liverpool Street (LST) | DLR 15 a | 1547 | 1617 | 1651 | 1719 | 1754 | 1821 | 1850 | 1917 | 1952 | 2018 | 2047 | 2149 | 2255 | 2357 | | | | |

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
d Departure time
s Stops to set down only

- A Also calls at Witham 2212 and Shenfield 2231
B Also calls at Witham 2314 and Shenfield 2333

Norwich to Ipswich, Colchester and London

Saturdays

| Operator 1st Class/Reservations/Bus Catering facilities | LE 1◇ | LE 1◇ | LE 1◇ | LE ◇ ⌘ | LE 1◇ ⌘ | LE ◇ ⌘ | LE 1◇ ⌘ | LE 1◇ ⌘ | LE 1◇ ⌘ | LE 1◇ ⌘ | LE 1◇ ⌘ | LE 1◇ ⌘ | LE 1◇ ⌘ | LE 1◇ ⌘ | LE ◇ ⌘ | LE ◇ ⌘ | LE ◇ ⌘ | LE 1◇ ⌘ | LE 1◇ ⌘ |
|---|----------|----------|----------|--------------|---------------|--------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|--------------|--------------|--------------|---------------|---------------|
| Norwich (NRW) | d | 0500 | 0530 | 0600 | 0630 | 0700 | 0730 | 0800 | 0830 | 0857 | 0930 | 1000 | 1030 | 1100 | 1130 | 1200 | 1230 | 1300 | 1330 |
| Diss (DIS) | d | 0517 | 0547 | 0617 | 0647 | 0717 | 0747 | 0817 | 0847 | 0914 | 0947 | 1017 | 1047 | 1117 | 1147 | 1217 | 1247 | 1317 | 1347 |
| Stowmarket (SMK) | d | 0528 | 0558 | 0628 | 0658 | 0729 | 0758 | 0828 | 0858 | | 0958 | 1028 | 1058 | 1128 | 1158 | 1228 | 1258 | 1328 | 1358 |
| Ipswich (IPS) | a | 0539 | 0609 | 0639 | 0709 | 0740 | 0809 | 0839 | 0909 | 0933 | 1009 | 1040 | 1109 | 1139 | 1209 | 1239 | 1309 | 1339 | 1409 |
| Ipswich (IPS) | d | 0541 | 0610 | 0641 | 0710 | 0741 | 0810 | 0841 | 0910 | 0933 | 1010 | 1041 | 1110 | 1141 | 1210 | 1241 | 1310 | 1341 | 1410 |
| Manningtree (MNG) | 2 a | 0550 | 0619 | 0650 | 0719 | 0750 | 0819 | 0850 | 0919 | | 1019 | 1050 | 1119 | 1150 | 1219 | 1250 | 1319 | 1350 | 1419 |
| Colchester (COL) | 4 a | 0559 | 0628 | 0659 | 0728 | 0759 | 0828 | 0859 | 0928 | | 1028 | | 1128 | | 1228 | 1259 | 1328 | 1359 | 1428 |
| Chelmsford (CHM) | 3 a | | 0647 | | 0747 | | 0847 | | | | | | 1147 | | 1247 | | 1347 | | 1447 |
| Stratford (SRA) | DLR 7 a | 0639s | | 0739s | | 0839s | | 0939s | 1009s | | 1109s | 1139s | | 1239s | | 1339s | | 1439s | |
| London Liverpool Street (LST) | DLR 15 a | 0647 | 0717 | 0747 | 0817 | 0847 | 0917 | 0947 | 1017 | 1031 | 1117 | 1147 | 1217 | 1247 | 1317 | 1347 | 1417 | 1447 | 1517 |

| Operator Days of operation/Notes 1st Class/Reservations/Bus Catering facilities | LE 1◇ | LE 1◇ | LE 1◇ | LE 1◇ | LE 1◇ | LE ◇ ⌘ | LE 1◇ ⌘ | LE ◇ ⌘ | LE 1◇ ⌘ | LE 1◇ ⌘ | LE 1◇ ⌘ | LE 1◇ ⌘ | LE 1◇ ⌘ | LE A 1◇ | LE B 1◇ | LE 1◇ |
|--|----------|----------|----------|----------|----------|--------------|---------------|--------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|----------|
| Norwich (NRW) | d | 1400 | 1430 | 1500 | 1530 | 1600 | 1630 | 1700 | 1730 | 1800 | 1830 | 1900 | 2000 | 2100 | 2200 | 2305 |
| Diss (DIS) | d | 1417 | 1447 | 1517 | 1547 | 1617 | 1647 | 1717 | 1747 | 1817 | 1847 | 1917 | 2017 | 2117 | 2217 | 2322 |
| Stowmarket (SMK) | d | 1428 | 1458 | 1528 | 1558 | 1628 | 1658 | 1728 | 1758 | 1828 | 1858 | 1928 | 2028 | 2128 | 2228 | 2333 |
| Ipswich (IPS) | a | 1439 | 1509 | 1539 | 1609 | 1639 | 1709 | 1739 | 1809 | 1839 | 1909 | 2039 | 2139 | 2239 | 2345 | |
| Ipswich (IPS) | d | 1441 | 1510 | 1541 | 1610 | 1641 | 1710 | 1741 | 1811 | 1841 | 1910 | 1941 | 2041 | 2141 | 2241 | |
| Manningtree (MNG) | 2 a | 1450 | 1519 | 1550 | 1619 | 1650 | 1719 | 1750 | 1820 | 1850 | 1919 | 1950 | 2050 | 2150 | 2250 | |
| Colchester (COL) | 4 a | 1459 | 1528 | 1559 | 1628 | 1659 | 1728 | 1759 | 1829 | 1859 | 1928 | 1959 | 2059 | 2159 | 2259 | |
| Chelmsford (CHM) | 3 a | | 1547 | | 1647 | | 1747 | | 1847 | | 1947 | | 2047 | 2147 | 2247 | |
| Stratford (SRA) | DLR 7 a | 1539s | | 1639s | | 1739s | | 1839s | | 1939s | | 2039s | 2139s | 2247s | 2347s | |
| London Liverpool Street (LST) | DLR 15 a | 1549 | 1617 | 1647 | 1717 | 1747 | 1817 | 1847 | 1917 | 1947 | 2017 | 2047 | 2147 | 2255 | 2355 | |

Sundays

| Operator 1st Class/Reservations/Bus | LE 1◇ | LE 1◇ | LE 1◇ | LE ◇ | LE 1◇ | LE 1◇ | LE 1◇ | LE 1◇ | LE ◇ | LE 1◇ | LE 1◇ | LE 1◇ | LE 1◇ | LE 1◇ | LE 1◇ | LE 1◇ | LE 1◇ | LE 1◇ | LE 1◇ |
|--|----------|----------|----------|---------|----------|----------|----------|----------|---------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| Norwich (NRW) | d | 0655 | 0800 | 0825 | 0900 | 1000 | 1100 | 1200 | 1300 | 1400 | 1500 | 1522 | 1600 | 1623 | 1700 | 1800 | 1900 | 2000 | 2100 |
| Diss (DIS) | d | 0712 | 0817 | 0842 | 0917 | 1017 | 1117 | 1217 | 1317 | 1417 | 1517 | 1539 | 1617 | 1640 | 1717 | 1817 | 1917 | 2017 | 2117 |
| Stowmarket (SMK) | d | 0723 | 0829 | 0854 | 0929 | 1029 | 1129 | 1229 | 1329 | 1429 | 1529 | 1551 | 1629 | 1652 | 1729 | 1829 | 1929 | 2029 | 2129 |
| Ipswich (IPS) | a | 0734 | 0840 | 0905 | 0940 | 1040 | 1140 | 1240 | 1340 | 1440 | 1540 | 1602 | 1640 | 1703 | 1740 | 1840 | 1940 | 2040 | 2140 |
| Ipswich (IPS) | d | 0735 | 0841 | 0906 | 0941 | 1041 | 1141 | 1241 | 1341 | 1441 | 1541 | 1604 | 1641 | 1704 | 1741 | 1841 | 1941 | 2041 | 2141 |
| Manningtree (MNG) | 2 a | 0744 | 0850 | | 0950 | 1050 | 1150 | 1250 | 1350 | 1450 | 1550 | | 1650 | | 1750 | 1850 | 1950 | 2050 | 2150 |
| Colchester (COL) | 4 a | 0753 | 0859 | 0921 | 0959 | 1059 | 1159 | 1259 | 1359 | 1459 | 1559 | 1619 | 1659 | 1719 | 1759 | 1859 | 1959 | 2059 | 2159 |
| Chelmsford (CHM) | 3 a | | | | | | | | | | | | | | | | | | |
| Stratford (SRA) | DLR 7 a | 0848s | 0939s | | 1039s | 1139s | 1239s | 1339s | 1439s | 1539s | 1639s | 1700s | 1739s | 1800s | 1839s | 1939s | 2039s | 2139s | 2239s |
| London Liverpool Street (LST) | DLR 15 a | 0857 | 0947 | 1007 | 1047 | 1147 | 1247 | 1347 | 1447 | 1547 | 1647 | 1708 | 1747 | 1808 | 1847 | 1947 | 2047 | 2147 | 2247 |

| Operator Days of operation/Notes 1st Class/Reservations/Bus | LE C 1◇ | LE 1 |
|---|---------------|---------|
| Norwich (NRW) | d 2204 | 2305 |
| Diss (DIS) | d 2221 | 2322 |
| Stowmarket (SMK) | d 2232 | 2334 |
| Ipswich (IPS) | a 2243 | 2346 |
| Ipswich (IPS) | d 2244 | |
| Manningtree (MNG) | 2 a 2253 | |
| Colchester (COL) | 4 a 2302 | |
| Chelmsford (CHM) | 3 a 2323 | |
| Stratford (SRA) | DLR 7 a 2350s | |
| London Liverpool Street (LST) | DLR 15 a 0001 | |

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
d Departure time
s Stops to set down only

- A Also calls at Witham 2212 and Shenfield 2231
B Also calls at Witham 2312 and Shenfield 2331
C Also calls at Witham 2315 and Shenfield 2334