

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												
		◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇
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
	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇
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 ◇																		
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 ◇																		
London Liverpool Street (LST) 15 d	1500	1530	1600	1630	1700	1730	1800	1830	1900	1930	2000	2030	2130	2230	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	0019				
Manningtree (MNG) 2 d	1555	1626	1655	1725	1755	1825	1855	1925		2026	2055	2125	2226	2327	0027				
Ipswich (IPS) a	1606	1636	1705	1735	1806	1835	1905	1938	1956	2036	2105	2136	2236	2337	0037				
Ipswich (IPS) d	1607	1640	1706	1740	1807	1838	1906	1939	1956	2038	2106	2138	2238	2340	0038				
Stowmarket (SMK) d	1618	1651	1717	1751	1818	1849	1917	1950		2049	2117	2149	2249	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 ◇																		
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 ◇	LE ◇
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 ◇	
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 ◇
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 ◇ ⌘	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)	7 a	0639s		0739s		0839s		0939s	1009s		1109s	1139s		1239s		1339s		1439s	
London Liverpool Street (LST)	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	1939	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	2347
Stratford (SRA)	7 a	1539s		1639s		1739s		1839s	1939s		2039s	2139s	2247s	2347s		
London Liverpool Street (LST)	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◇									
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)	7 a	0848s	0939s		1039s	1139s	1239s	1339s	1439s	1539s	1639s	1700s	1739s	1800s	1839s	1939s	2039s	2139s	2239s
London Liverpool Street (LST)	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)	7 a	2350s	
London Liverpool Street (LST)	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