

East Anglia General Provisions for the Train Service Requirement (NRC-TSR-EA-1).

1. Introduction

- 1.1 This attachment describes the East Anglia Train Service Requirement (NRC-TSR-EA-1) and any changes will be put into the TSR Updates – Change Log as included in Paragraph 8 below.
- 1.2 The TSR consists of tables which detail the requirements for train services (the number of calls at each station) as well as the First Train and Last Train times.
- 1.3 The capacity requirements for each train shall be contained in the Train Formation Capacity Plan.
- 1.4 Only East Anglia Passenger Services may be counted to meet the TSR. Services operated by other Train Operating Companies or unadvertised staff-only calls cannot count towards meeting any of the requirements of the TSR.
- 1.5 This TSR applies from the Start Date.

2. Days and Times of Day

- 2.1 References to a day mean the period commencing at 02:00 on one day and ending at 01:59 on the following day and references to Weekdays and particular days of the week shall be construed accordingly.
- 2.2 All references to time are to the twenty-four hour clock.
- 2.3 References to periods of times and periods of days include the times and days such periods start and finish.
- 2.4 Except where expressly indicated to the contrary, references to “Summer” shall mean that period in any year from the last Saturday in May until the third Saturday in September and “Winter” is defined as any period other than “Summer.”

3. First and Last Services

- 3.1 Each TSR table specifies the time of the First and Last Service.
- 3.2 The First Service time is the latest permissible time at which the First Service of the Day may be operated and the Last Service is the earliest permissible time at which the Last Service of the Day may be operated, between designated stations.

4. Request stops

- 4.1 The Operator agrees it may not change the call status of a station, to or from being designated a request stop station in the Timetable, without the Secretary of State's prior consent.
- 4.2 If there is to be such a change of (request stop) call status of a station (either for all calls or for a subset of calls), the Operator shall include the change of status within the Consultation on Significant Alterations to the Timetable, for the first Timetable the change is to be applied.

5. References to Station Groups

5.1 Not Used.

6. Bank Holidays

6.1 Using the procedures in paragraph 4 of Chapter 4.2 of the Contract, the level of service required to be included in the Timetable for the following days shall, except to the extent the Secretary of State otherwise agrees, be as follows:

Date	Requirement
Christmas Eve (24 December)	A reduced or altered service may be operated after 13:00 with a shutdown after 22:00.
Christmas Day (25 December)	No services are required.
Boxing Day (26 December)	No services are required, except as specified in 6.2, below
Weekdays between Christmas and New Year	A Saturday service is required.
Saturdays and Bank Holidays between Christmas and New Year's Eve	A Sunday service is required.
New Year's Eve	A Sunday service is required.
New Year's Day	A Sunday service is required.
Other Bank Holidays	A Sunday service is required.

6.2 On Boxing Day, Passenger Services shall be provided between London Liverpool Street and Stansted Airport, calling at Tottenham Hale (or Seven Sisters), Harlow Town and Bishop's Stortford:

- a The First Service shall arrive at Stansted Airport no later than 07:15 and the Last Service shall depart London no earlier than 23:15 such that a minimum of 35 services are provided between London Liverpool Street and Stansted Airport; and
- b The First Service from Stansted Airport shall arrive at London no later than 07:20 and the Last Service shall depart Stansted Airport no earlier than 00:30 such that a minimum of 37 services are provided between Stansted Airport and London Liverpool Street.

7. **List of TSR tables**

7.1 The TSR tables are described in the table below:

Tab name	Description
LST 1	London Liverpool Street to Wickford, Southend Victoria, Southminster, Chelmsford, Witham, Braintree, Colchester, Colchester Town, Clacton-on-Sea, Walton-on-the-Naze, Harwich International, Harwich Town, Ipswich, Stowmarket, and Norwich.
WIC 1	Wickford to Southminster.
WTM 1	Witham to Braintree.
MKT 1	Marks Tey to Sudbury.
COL 1	Colchester to Colchester Town, Clacton-on-Sea, and Walton-on-the-Naze.
CET 1	Colchester Town to Thorpe-le-Soken.
TLS 1	Thorpe-le-Soken to Clacton-on-Sea.
TSL 2	Thorpe-le-Soken to Walton-on-the-Naze.
MNG 1	Manningtree to Harwich International, and Harwich Town.
IPS 1	Ipswich to Harwich International.
IPS 2	Ipswich to Felixstowe, Saxmundham, and Lowestoft.
IPS 3	Ipswich to Norwich, Bury St Edmunds, Cambridge, Ely, and Peterborough.
NRW 1	Norwich to Lowestoft, and Great Yarmouth.
NRW 2	Norwich to Cromer, and Sheringham.
LST 2	London Liverpool Street to Broxbourne, Hertford East, Bishops Stortford, Stansted Airport, Cambridge, and Cambridge North.
SRA 1	Stratford to Meridian Water, Broxbourne, Harlow Town, Hertford East, Bishops Stortford, Stansted Airport, Cambridge, and Cambridge North.
CBG 1	Cambridge to Stansted Airport.
CBG 2	Cambridge to Ely, Kings Lynn, and Norwich.

7.2 The dayset and direction designations are as follows:

Designation	Dayset	Direction
A	Weekdays (SX)	Out from hub
B	Weekdays (SX)	Return to hub
C	Saturdays (SO)	Out from hub
D	Saturdays (SO)	Return to hub
E	Sundays (SU)	Out from hub
F	Sundays (SU)	Return to hub

8. TSR Updates – Change Log:

8.1 The overall contractual basis for this document is the "Development of Proposals for Passenger Service Enhancements" in Paragraph 8 of Chapter 4.1 of the Contract.

8.2 This section shows:

- a Changes that are applicable now having been fully agreed by the Secretary of State with the relevant parties; and / or
- b Future changes that have only been provisionally agreed by Secretary of State with the relevant parties.

8.3 The TSR will be updated at least once per year with the fully agreed changes.

TSR	Change #	Time & Date	Changes to start from	Changes apply until	Operator Status	Network Rail Status	DfT Status	Final Decision
NRC-TSR _{EA-1}	1							-

Change	Tab name	Days	Change	Outstanding queries	Status
1					

9. Norwich in 90 journey times

9.1 When (in the opinion of the Secretary of State) appropriate passenger demand has returned, the Operator shall work with Network Rail and the Secretary of State (using Paragraph 8 of Chapter 4.1 of the Contract "Development of Proposals for Passenger Service Enhancements") to include in the Timetable two Weekday (SX) Passenger Services that:

- a depart from London Liverpool Street and arrive at Norwich with a scheduled journey time of no more than 90 minutes; and
- b depart from London Liverpool Street and arrive at Ipswich with a scheduled journey time of no more than 60 minutes.

9.2 When (in the opinion of the Secretary of State) appropriate passenger demand has returned, the Operator shall work with Network Rail and the Secretary of State (using Paragraph 8 of Chapter 4.1 of the Contract "Development of Proposals for Passenger Service Enhancements") to include in the Timetable two Weekday (SX) Passenger Services that:

- a depart from Norwich and arrive at London Liverpool Street with a scheduled journey time of no more than 90 minutes; and
- b depart from Ipswich and arrive at London Liverpool Street with a scheduled journey time of no more than 60 minutes.

Table LST 1A - NRC-TSR-EA-1 - London Liverpool Street to Wickford, Southend Victoria, Southminster, Chelmsford, Witham, Braintree, Colchester, Colchester Town, Clacton-on-Sea, Walton-on-the-Naze, Harwich International, Harwich Town, Ipswich, Stowmarket, and Norwich - Mondays to Fridays

From	To	First service departs London Liverpool Street no	Last service departs London Liverpool Street no	Minimum departures from London Liverpool Street during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
London Liverpool Street	Stratford	05:30	00:45	11	21	42	21	21	12	2 services in the 02:00-06:59 timeband may be pick up only at Stratford; 2 services in the 07:00-09:59 timeband may be pick up only at Stratford; 5 services in the 10:00-15:59 timeband may be pick up only at Stratford; 0 services in the 16:00-18:59 timeband may be pick up only at Stratford; 2 services in the 19:00-21:59 timeband may be pick up only at Stratford; and 2 services in the 22:00-01:59 timeband may be pick up only at Stratford.
	Romford	05:30	00:45	2	8	12	0	7	3	
	Shenfield	05:30	00:45	10	21	42	21	21	12	
	Billericay	05:45	00:45	5	9	18	9	9	6	
	Wickford	05:45	00:45	5	9	18	9	9	6	
	Rayleigh	05:45	00:45	5	9	18	9	9	6	
	Hockley	05:45	00:45	5	9	18	9	9	6	
	Rochford	05:45	00:45	5	9	18	9	9	6	
	Southend Airport	05:45	00:45	5	9	18	9	9	6	
	Prittlewell	05:45	00:45	5	9	18	9	9	6	
	Southend Victoria	04:45	00:45	6	9	18	9	9	6	
	Battlesbridge	-	-	0	0	0	0	0	0	
	South Woodham Ferrers	-	-	0	0	0	0	0	0	
	North Fambridge	-	-	0	0	0	0	0	0	
	Althorne	-	-	0	0	0	0	0	0	
	Burnham-on-Crouch	-	-	0	0	0	0	0	0	
	Southminster	-	-	0	0	0	0	0	0	
	Ingatestone	05:30	23:45	3	8	12	6	6	4	
	Chelmsford	05:30	23:45	6	14	30	12	14	8	
	Hatfield Peverel	05:30	23:45	2	7	12	6	6	3	
	Witham	05:30	23:45	6	12	24	12	12	6	
	White Notley	07:00	21:45	1	3	6	3	3	0	
	Cressing	07:00	21:45	1	3	6	3	3	0	
	Braintree Freeport	07:00	21:45	1	3	6	3	3	0	
	Braintree	07:00	21:45	1	3	6	3	3	0	
	Kelvedon	05:30	23:45	3	6	12	6	6	4	
	Marks Tey	05:30	23:45	3	7	12	6	6	4	
	Colchester	05:30	23:45	5	12	24	10	12	8	1 additional service shall be provided starting at Colchester between 06:15 and 06:30 calling at Manningtree, and Ipswich. 1 additional service shall be provided starting at Colchester between 07:00 and 07:15 calling at Manningtree, and Ipswich. 2 services in the 16:00-18:59 timeband may be pick up only at Colchester.
	Colchester Town	07:45	21:30	0	3	6	3	2	0	
	Hythe	06:30	18:15	1	1	0	3	0	0	
	Wivenhoe	05:30	23:15	2	3	6	3	3	2	
	Alresford (Essex)	06:30	23:15	1	0	0	0	0	1	
	Great Bentley	06:30	23:15	1	0	0	0	0	1	
	Weeley	06:30	06:15	1	0	0	0	0	0	
	Thorpe-le-Soken	05:30	23:15	2	3	6	3	3	2	
	Clacton-on-Sea	05:30	23:15	2	3	6	3	3	2	
	Kirby Cross	-	-	0	0	0	0	0	0	
	Frinton-on-Sea	-	-	0	0	0	0	0	0	
	Walton-on-the-Naze	-	-	0	0	0	0	0	0	
	Manningtree	06:15	23:30	3	6	12	6	7	3	
	Mistley	-	-	0	0	0	0	0	0	
	Wrabness	-	-	0	0	0	0	0	0	
	Harwich International	06:45	19:30	1	0	0	0	1	0	
	Dovercourt	-	-	0	0	0	0	0	0	
	Harwich Town	-	-	0	0	0	0	0	0	
Ipswich	06:15	23:30	2	6	12	6	6	3		
Stowmarket	06:30	23:30	1	3	6	3	3	2		
Diss	06:30	23:30	1	3	6	3	3	2		
Norwich	06:30	23:30	1	3	6	3	3	2		

End

Table LST 1B - NRC-TSR-EA-1 - Norwich, Stowmarket, Ipswich, Harwich Town, Harwich International, Walton-on-the-Naze, Clacton-on-Sea, Colchester Town, Colchester, Braintree, Witham, Chelmsford, Southminster, Southend Victoria, and Wickford to London Liverpool Street - Mondays to Fridays

From	To	First service arrives London Liverpool Street no later than	Last service arrives London Liverpool Street no earlier	Minimum arrivals at London Liverpool Street during specified interval					Notes	
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59		22:00-01:59
Norwich	London Liverpool Street	07:00	23:59	1	3	6	3	3	2	
Diss		07:00	23:59	1	3	6	3	3	2	
Stowmarket		07:00	23:59	1	4	6	3	3	2	
Ipswich		06:45	23:59	2	5	12	6	6	4	
Harwich Town		-	-	0	0	0	0	0	0	
Dovercourt		-	-	0	0	0	0	0	0	
Harwich International		09:00	22:00	0	1	0	0	0	1	
Wrabness		-	-	0	0	0	0	0	0	
Mistley		-	-	0	0	0	0	0	0	
Manningtree		06:45	23:59	2	6	12	6	6	5	
Walton-on-the-Naze		-	-	0	0	0	0	0	0	
Frinton-on-Sea		-	-	0	0	0	0	0	0	
Kirby Cross		-	-	0	0	0	0	0	0	
Clacton-on-Sea		07:00	23:30	1	4	6	3	3	2	
Thorpe-le-Soken		07:00	23:30	1	4	6	3	3	2	
Weeley		07:30	07:15	0	1	0	0	0	0	
Great Bentley		07:30	07:45	0	2	0	0	0	0	
Airesford (Essex)		07:30	07:45	0	2	0	0	0	0	
Wivenhoe		07:00	23:30	1	4	6	3	3	2	
Hythe		07:30	07:45	0	2	0	0	0	0	
Colchester Town		07:45	23:15	0	2	6	3	3	1	
Colchester		06:00	23:59	5	12	24	12	12	8	
Marks Tey		06:00	23:45	3	8	12	6	6	4	
Kelvedon		06:00	23:45	3	6	12	6	6	4	
Braintree		08:15	23:00	0	2	6	3	3	2	
Braintree Freeport		08:15	23:00	0	2	6	3	3	2	
Cressing		08:15	23:00	0	2	6	3	3	2	
White Notley		08:15	23:00	0	2	6	3	3	2	
Witham		06:00	23:59	4	12	24	12	12	9	
Hatfield Peverel		06:00	23:15	2	5	6	3	3	2	
Chelmsford		06:00	23:59	4	13	30	15	15	10	
Ingatstone		06:00	23:30	2	7	12	6	6	4	
Southminster		00:15	23:59	0	0	0	0	0	1	
Burnham-on-Crouch		00:15	23:59	0	0	0	0	0	1	
Althorne		00:15	23:59	0	0	0	0	0	1	
North Fambro		00:15	23:59	0	0	0	0	0	1	
South Woodham Ferrers		00:15	23:59	0	0	0	0	0	1	
Battlesbridge		00:15	23:59	0	0	0	0	0	1	
Southend Victoria		05:15	23:59	4	10	18	9	9	5	
Prittlewell		05:15	23:59	4	10	18	9	9	5	
Southend Airport		05:15	00:45	4	10	18	9	9	6	
Rochford		05:15	23:59	4	10	18	9	9	5	
Hockley		05:15	23:59	4	10	18	9	9	5	
Rayleigh		05:15	23:59	4	10	18	9	9	5	
Wickford		05:15	23:59	4	10	18	9	9	6	
Billericay		05:15	23:59	4	10	18	9	9	6	
Shenfield		05:15	23:59	9	22	42	21	21	15	1 service in the 22:00-01:59 timeband may be set down only at Shenfield.
Romford		06:00	23:59	1	0	12	7	6	4	
Stratford		05:15	23:59	7	0	42	21	21	14	2 services in the 02:00-06:59 timeband may be set down only at Stratford; 24 services in the 07:00-09:59 timeband may be set down only at Stratford; 6 services in the 10:00-15:59 timeband may be set down only at Stratford; 3 services in the 16:00-18:59 timeband may be set down only at Stratford; 3 services in the 19:00-21:59 timeband may be set down only at Stratford; and 3 services in the 22:00-01:59 timeband may be set down only at Stratford.

End

Table WIC 1A - NRC-TSR-EA-1 - Wickford to Southminster - Mondays to Fridays

From	To	First service departs Wickford no later than	Last service departs Wickford no earlier than	Minimum departures from Wickford during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Wickford	Battlesbridge	05:45	22:45	3	4	9	5	4	2	
	South Woodham Ferrers	05:45	22:45	3	4	9	5	4	2	
	North Fambridge	05:45	22:45	3	4	9	5	4	2	
	Althorne	05:45	22:45	3	4	9	5	4	2	
	Burnham-on-Crouch	05:45	22:45	3	4	9	5	4	2	
	Southminster	05:45	22:45	3	4	9	5	4	2	

End

Table WIC 1B - NRC-TSR-EA-1 - Southminster to Wickford - Mondays to Fridays

From	To	First service arrives Wickford no later than	Last service arrives Wickford no earlier than	Minimum arrivals at Wickford during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Southminster	Wickford	06:15	23:15	2	4	9	5	4	3	1 service originating at Southminster between 18:30 and 18:45 must also call at Billericay, and Shenfield. 1 service originating at Southminster between 19:15 and 19:30 must also call at Shenfield.
Burnham-on-Crouch		06:15	23:15	2	4	9	5	4	3	
Althorne		06:15	23:15	2	4	9	5	4	3	
North Fambridge		06:15	23:15	2	4	9	5	4	3	
South Woodham Ferrers		06:15	23:15	2	4	9	5	4	3	
Battlesbridge		06:15	23:15	2	4	9	5	4	3	

End

Table WTM 1A - NRC-TSR-EA-1 - Witham to Braintree - Mondays to Fridays

From	To	First service departs Witham no later than	Last service departs Witham no earlier than	Minimum departures from Witham during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Witham	White Notley	05:30	23:59	2	3	6	3	3	3	
	Cressing	05:30	23:59	2	3	6	3	3	3	
	Braintree Freeport	05:30	23:59	2	3	6	3	3	3	
	Braintree	05:30	23:59	2	3	6	3	3	3	1 service terminating at Braintree between 06:30 and 06:45 must have called at Shenfield.

End

Table WTM 1B - NRC-TSR-EA-1 - Braintree to Witham - Mondays to Fridays

From	To	First service arrives Witham no later than	Last service arrives Witham no earlier than	Minimum arrivals at Witham during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Braintree	Witham	06:00	00:45	1	3	6	3	3	4	
Braintree Freeport		06:00	00:45	1	3	6	3	3	4	
Cressing		06:00	00:45	1	3	6	3	3	4	
White Notley		06:00	00:45	1	3	6	3	3	4	

End

Table MKT 1A - NRC-TSR-EA-1 - Marks Tey to Sudbury - Mondays to Fridays

From	To	First service departs Marks Tey no later than	Last service departs Marks Tey no earlier than	Minimum departures from Marks Tey during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Marks Tey	Chappel & Wakes Colne	06:00	23:00	1	3	6	3	3	2	
	Bures	06:00	23:00	1	3	6	3	3	2	
	Sudbury	06:00	23:00	1	3	6	3	3	2	

End

Table MKT 1B - NRC-TSR-EA-1 - Sudbury to Marks Tey - Mondays to Fridays

From	To	First service arrives Marks Tey no later than	Last service arrives Marks Tey no earlier than	Minimum arrivals at Marks Tey during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Sudbury	Marks Tey	06:00	23:45	2	3	6	3	3	2	1 service originating at Sudbury between 23:15 and 23:30 must extend to Colchester.
Bures		06:00	23:45	2	3	6	3	3	2	
Chappel & Wakes Colne		06:00	23:45	2	3	6	3	3	2	

End

Table COL 1A - NRC-TSR-EA-1 - Colchester to Colchester Town, Clacton-on-Sea, and Walton-on-the-Naze - Mondays to Fridays

From	To	First service departs Colchester no later than	Last service departs Colchester no earlier than	Minimum departures from Colchester during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Colchester	Colchester Town	06:15	22:45	1	9	18	9	7	2	
	Hythe	07:15	22:45	0	6	6	5	4	1	
	Wivenhoe	06:30	00:15	1	7	12	6	6	4	
	Alresford (Essex)	07:15	00:15	0	5	6	3	3	2	
	Great Bentley	07:15	00:15	0	5	6	3	3	2	
	Weeley	07:15	22:45	0	5	6	3	3	1	
	Thorpe-le-Soken	06:30	23:59	1	7	12	6	6	4	
	Clacton-on-Sea	06:30	00:15	1	3	6	3	3	3	
	Kirby Cross	07:15	22:45	0	4	6	3	3	1	
	Frinton-on-Sea	07:15	22:45	0	4	6	3	3	1	
Walton-on-the-Naze	07:15	22:45	0	4	6	3	3	1		

End

Table COL 1B - NRC-TSR-EA-1 - Walton-on-the-Naze, Clacton-on-Sea, and Colchester Town to Colchester - Mondays to Fridays

From	To	First service arrives Colchester no later than	Last service arrives Colchester no earlier than	Minimum arrivals at Colchester during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Walton-on-the-Naze	Colchester	07:00	22:45	1	3	6	3	3	1	
Frinton-on-Sea		07:00	22:45	1	3	6	3	3	1	
Kirby Cross		07:00	22:45	1	3	6	3	3	1	
Clacton-on-Sea		06:00	23:30	3	3	6	3	3	2	
Thorpe-le-Soken		06:00	23:30	4	6	12	6	6	3	
Weeley		06:15	23:30	2	3	6	3	3	2	
Great Bentley		06:15	23:30	1	3	6	3	3	2	
Alresford (Essex)		06:15	23:30	3	3	6	3	3	2	
Wivenhoe		06:00	23:30	4	6	12	6	6	3	
Hythe		06:15	23:30	3	3	6	3	3	2	
Colchester Town		06:30	23:00	2	7	18	9	7	3	

End

Table CET 1A - NRC-TSR-EA-1 - Colchester Town to Thorpe-le-Soken - Mondays to Fridays

From	To	First service departs Colchester Town no later than	Last service departs Colchester Town no earlier	Minimum departures from Colchester Town during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Colchester Town	Hythe	07:15	23:00	0	3	6	3	3	2	
	Wivenhoe	07:15	23:00	0	3	6	3	3	2	
	Alresford (Essex)	07:15	23:00	0	3	6	3	3	2	
	Great Bentley	07:15	23:00	0	3	6	3	3	2	
	Weeley	07:15	23:00	0	3	6	3	3	2	
Thorpe-le-Soken	07:15	23:00	0	3	6	3	3	2		

End

Table CET 1B - NRC-TSR-EA-1 - Thorpe-le-Soken to Colchester Town - Mondays to Fridays

From	To	First service arrives Colchester Town no later than	Last service arrives Colchester Town no earlier than	Minimum arrivals at Colchester Town during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Thorpe-le-Soken	Colchester Town	07:00	22:30	1	3	6	3	3	1	
Weeley		07:00	22:30	1	3	6	3	3	1	
Great Bentley		07:00	22:30	1	3	6	3	3	1	
Alresford (Essex)		07:00	22:30	1	3	6	3	3	1	
Wivenhoe		07:00	22:30	1	3	6	3	3	1	
Hythe		07:00	22:30	1	3	6	3	3	1	

End

Table TLS 1A - NRC-TSR-EA-1 - Thorpe-le-Soken to Clacton-on-Sea - Mondays to Fridays

From	To	First service departs Thorpe-Le-Soken no later	Last service departs Thorpe-Le-Soken no earlier	Minimum departures from Thorpe-Le-Soken during specified interval						Notes
				02:00 - 06:59	07:00 - 09:59	10:00 - 15:59	16:00 - 18:59	19:00 - 21:59	22:00 - 01:59	
Thorpe-Le-Soken	Clacton-on-Sea	07:00	00:30	1	3	6	3	3	4	

End

Table TLS 1B - NRC-TSR-EA-1 - Clacton-on-Sea to Thorpe-le-Soken - Mondays to Fridays

From	To	First service arrives Clacton-on-Sea no later than	Last service arrives Thorpe-le-Soken no earlier than	Minimum arrivals at Thorpe-le-Soken during specified interval						Notes
				02:00 - 06:59	07:00 - 09:59	10:00 - 15:59	16:00 - 18:59	19:00 - 21:59	22:00 - 01:59	
Clacton-on-Sea	Thorpe-le-Soken	05:30	23:00	4	3	6	3	3	2	

End

Table TLS 2A - NRC-TSR-EA-1 - Thorpe-le-Soken to Walton-on-the-Naze - Mondays to Fridays

From	To	First service departs Thorpe-Le-Soken no later	Last service departs Thorpe-Le-Soken no earlier	Minimum departures from Thorpe-Le-Soken during specified interval						Notes
				02:00 - 06:59	07:00 - 09:59	10:00 - 15:59	16:00 - 18:59	19:00 - 21:59	22:00 - 01:59	
Thorpe-Le-Soken	Kirby Cross	06:45	23:30	1	3	6	3	3	2	1 service terminating at Walton-on-the-Naze between 21:00 and 21:15 must have called at Clacton-on-Sea. 1 service terminating at Walton-on-the-Naze between 23:15 and 23:25 must have called at Clacton-on-Sea.
	Frinton-on-Sea	06:45	23:30	1	3	6	3	3	2	
	Walton-on-the-Naze	06:45	23:30	1	3	6	3	3	2	

End

Table TLS 2B - NRC-TSR-EA-1 - Walton-on-the-Naze to Thorpe-le-Soken - Mondays to Fridays

From	To	First service arrives Clacton-on-Sea no later than	Last service arrives Thorpe-le-Soken no earlier than	Minimum arrivals at Thorpe-le-Soken during specified interval						Notes
				02:00 - 06:59	07:00 - 09:59	10:00 - 15:59	16:00 - 18:59	19:00 - 21:59	22:00 - 01:59	
Walton-on-the-Naze	Thorpe-le-Soken	05:45	23:00	2	3	6	3	3	2	1 service originating at Walton-on-the-Naze between 23:00 and 23:15 must extend to Clacton-on-Sea.
Frinton-on-Sea		05:45	23:00	2	3	6	3	3	2	
Kirby Cross		05:45	23:00	2	3	6	3	3	2	

End

Table MNG 1A - NRC-TSR-EA-1 - Manningtree to Harwich International, and Harwich Town - Mondays to Fridays

From	To	First service departs Manningtree no	Last service departs Manningtree no	Minimum departures from Manningtree during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Manningtree	Mistley	06:00	23:30	1	3	6	3	3	3	
	Wrabness	06:00	23:30	1	3	6	3	3	3	
	Harwich International	06:00	23:30	1	4	6	3	4	3	
	Dovercourt	06:00	23:30	1	3	6	3	3	3	
	Harwich Town	06:00	23:30	1	3	6	3	3	3	1 service terminating at Harwich Town between 06:00 and 06:15 must have called at Colchester. 1 service terminating at Harwich Town between 16:00 and 16:15 must have called at Colchester. 1 service terminating at Harwich Town between 17:45 and 18:00 must have called at Colchester.

End

Table MNG 1B - NRC-TSR-EA-1 - Harwich Town, and Harwich International to Manningtree - Mondays to Fridays

From	To	First service arrives Manningtree no later than	Last service arrives Manningtree no earlier than	Minimum arrivals at Manningtree during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Harwich Town	Manningtree	06:00	23:45	2	3	6	3	3	2	1 service originating at Harwich Town between 21:30 and 21:45 must extend to Colchester. 1 service originating at Harwich Town between 23:45 and 23:59 must extend to Colchester.
Dovercourt		06:00	23:45	2	3	6	3	3	2	
Harwich International		06:00	23:45	2	4	6	3	4	2	
Wrabness		06:00	23:45	2	3	6	3	3	2	
Mistley		06:00	23:45	2	3	6	3	3	2	

End

Table IPS 1A - NRC-TSR-EA-1 - Ipswich to Harwich International - Mondays to Fridays

From	To	First service departs Ipswich no later than	Last service departs Ipswich no earlier than	Minimum departures from Ipswich during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Ipswich	Harwich International	07:00	21:00	1	0	0	0	1	0	1 service from Cambridge starting between 19:45 and 20:00 shall call at Harwich International. 1 service from Lowestoft shall call at Harwich International between 07:15 and 07:30.

End

Table IPS 1B - NRC-TSR-EA-1 - Harwich International to Ipswich - Mondays to Fridays

From	To	First service arrives Ipswich no later than	Last service arrives Ipswich no earlier than	Minimum arrivals at Ipswich during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Harwich International	Ipswich	08:30	22:30	0	1	0	0	0	1	1 service from Harwich International shall call at Cambridge between 09:30 and 09:45. 1 service from Harwich International starting between 21:45 and 22:00 shall call at Lowestoft.

End

Table IPS 2A - NRC-TSR-EA-1 - Ipswich to Felixstowe, Saxmundham, and Lowestoft - Mondays to Fridays

From	To	First service departs Ipswich no later than	Last service departs Ipswich no earlier than	Minimum departures from Ipswich during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Ipswich	Westerfield	05:15	22:15	3	5	7	4	2	1	
	Derby Road	05:15	22:15	2	4	6	3	2	1	
	Trimley	05:15	22:15	2	4	6	3	2	1	
	Felixstowe	05:15	22:15	2	4	6	3	2	1	
	Woodbridge	06:30	22:15	1	2	7	2	3	1	
	Melton	06:30	22:15	1	2	7	2	3	1	
	Wickham Market	06:30	22:15	1	2	7	2	3	1	
	Saxmundham	06:30	22:15	1	2	7	2	3	1	
	Darsham	07:45	22:15	0	2	7	2	3	1	
	Halesworth	07:45	22:15	0	2	7	2	3	1	
	Brampton (Suffolk)	07:45	22:15	0	2	7	2	3	1	
	Beccles	07:45	22:15	0	2	7	2	3	1	
	Oulton Broad South	07:45	22:15	0	2	7	2	3	1	
	Lowestoft	07:45	22:15	0	2	7	2	3	1	1 additional service shall be provided starting at Saxmundham between 07:30 and 07:45 calling at Darsham, Halesworth, Brampton (Suffolk), Beccles, Oulton Broad South, and Lowestoft.

End

Table IPS 2B - NRC-TSR-EA-1 - Lowestoft, Saxmundham, and Felixstowe to Ipswich - Mondays to Fridays

From	To	First service arrives Ipswich no later than	Last service arrives Ipswich no earlier than	Minimum arrivals at Ipswich during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Lowestoft	Ipswich	07:00	22:30	1	3	6	3	3	1	
Oulton Broad South		07:00	22:30	1	3	6	3	3	1	
Beccles		07:00	22:30	1	3	6	3	3	1	
Brampton (Suffolk)		07:00	22:30	1	3	6	3	3	1	
Halesworth		07:00	22:30	1	3	6	3	3	1	
Darsham		07:00	22:30	1	3	6	3	3	1	
Saxmundham		07:00	22:30	1	3	6	3	3	1	
Wickham Market		07:00	22:30	1	3	6	3	3	1	
Melton		07:00	22:30	1	3	6	3	3	1	
Woodbridge		07:00	22:30	1	3	6	3	3	1	
Felixstowe		06:15	23:15	1	4	6	3	3	1	
Trimley		06:15	23:15	1	4	6	3	3	1	
Derby Road		06:15	23:15	1	4	6	3	3	1	
Westerfield		06:15	23:15	1	7	6	3	3	2	

End

Table IPS 3A - NRC-TSR-EA-1 - Ipswich to Norwich, Bury St Edmunds, Cambridge, Ely, and Peterborough - Mondays to Fridays

From	To	First service departs Ipswich no later than	Last service departs Ipswich no earlier than	Minimum departures from Ipswich during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Ipswich	Needham Market	05:15	22:15	3	2	6	4	3	1	
	Stowmarket	05:15	00:45	5	6	15	8	7	4	
	Diss	06:45	00:45	1	3	6	3	3	3	
	Norwich	06:45	00:45	1	3	6	3	3	3	
	Elmswell	05:15	22:15	3	2	6	4	3	1	
	Thurston	05:15	22:15	3	2	6	4	3	1	
	Bury St Edmunds	05:15	22:15	4	3	9	5	4	1	
	Kennett	05:15	21:15	3	1	3	3	2	0	
	Newmarket	05:15	21:15	3	2	6	3	3	0	
	Dullingham	05:15	21:15	3	1	3	1	2	0	
	Cambridge	05:15	21:15	3	2	6	3	3	0	
	Soham	-	-	0	0	0	0	0	0	
	Ely	06:00	20:00	1	1	3	2	1	0	
	Manea	06:00	20:00	1	1	3	2	1	0	
	March	06:00	20:00	1	1	3	2	1	0	
	Whittlesea	06:00	20:00	1	1	3	2	1	0	
	Peterborough	06:00	20:00	1	1	3	2	1	0	1 service terminating at Peterborough between 05:40 and 06:00 must have called at Manningtree, and Colchester.

End

Table IPS 3B - NRC-TSR-EA-1 - Peterborough, Ely, Cambridge, Bury St Edmunds, and Norwich to Ipswich - Mondays to Fridays

From	To	First service arrives Ipswich no later than	Last service arrives Ipswich no earlier than	Minimum arrivals at Ipswich during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Peterborough	Ipswich	09:30	23:15	0	1	3	1	2	1	1 service originating at Peterborough between 17:45 and 18:00 must extend to Manningtree, and Colchester. 1 service originating at Peterborough between 19:30 and 19:45 must extend to Manningtree, and Colchester.
Whittlesea		09:30	23:15	0	1	3	1	2	1	
March		09:30	23:15	0	1	3	1	2	1	
Manea		09:30	23:15	0	1	3	1	2	1	
Ely		09:30	23:15	0	1	3	1	2	1	
Soham		-	-	0	0	0	0	0	0	
Cambridge		08:15	23:59	0	2	6	3	3	3	
Dullingham		09:15	23:59	0	1	3	2	2	2	
Newmarket		08:15	23:59	0	2	6	3	2	3	
Kennett		08:15	23:59	0	1	3	2	2	2	
Bury St Edmunds		06:15	23:59	1	4	9	4	5	4	
Thurston		06:15	23:59	1	3	6	3	3	3	
Elmswell		06:15	23:59	1	3	6	3	3	3	
Norwich		06:00	23:45	2	3	6	3	3	2	
Diss		06:00	23:45	2	3	6	3	3	2	
Stowmarket		06:00	23:59	3	8	15	7	8	6	
Needham Market		06:15	23:59	1	3	6	3	3	3	

End

Table NRW 1A - NRC-TSR-EA-1 - Norwich to Lowestoft, and Great Yarmouth - Mondays to Fridays

From	To	First service departs Norwich no later than	Last service departs Norwich no earlier than	Minimum departures from Norwich during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Norwich	Brundall Gardens	05:45	21:30	3	3	6	5	3	0	
	Brundall	05:15	23:00	6	4	10	7	6	3	
	Buckenham	-	-	0	0	0	0	0	0	
	Cantley	05:45	22:30	2	2	6	2	3	2	
	Reedham (Norfolk)	05:45	22:30	3	2	6	2	3	2	
	Haddiscoe	05:45	22:30	2	1	4	2	3	2	
	Somerleyton	05:45	22:30	2	1	4	2	3	2	
	Oulton Broad North	05:45	22:30	3	2	7	2	3	2	
	Lowestoft	05:45	22:30	3	2	7	2	3	2	
	Berney Arms	07:45	11:30	0	1	1	0	0	0	
	Lingwood	06:15	23:00	2	3	5	5	3	1	
	Acle	06:15	23:00	2	3	5	5	3	1	
	Great Yarmouth	05:15	23:00	3	4	6	5	3	1	On Mondays and Fridays only, 4 additional services shall be provided from Great

End

Table NRW 1B - NRC-TSR-EA-1 - Great Yarmouth, and Lowestoft to Norwich - Mondays to Fridays

From	To	First service arrives Norwich no later than	Last service arrives Norwich no earlier than	Minimum arrivals at Norwich during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Great Yarmouth	Norwich	06:15	23:59	2	5	6	4	4	2	On Mondays and Fridays only, 4 additional services shall be provided from Norwich to
Acle		06:15	22:45	2	5	5	3	3	1	
Lingwood		06:15	22:45	2	5	5	3	3	1	
Berney Arms		16:00	15:45	0	0	1	0	0	0	1 additional service shall be provided from Berney Arms to Norwich arriving between 18:15 and 18:30 in the Summer.
Lowestoft		06:30	00:15	1	4	6	3	3	3	
Oulton Broad North		06:30	00:15	1	4	6	3	3	3	
Somerleyton		06:30	23:30	1	3	3	3	2	2	
Haddiscoe		06:30	23:30	1	3	3	3	2	2	
Reedham (Norfolk)		06:30	00:15	1	4	4	4	3	4	
Cantley		06:30	00:15	1	4	4	4	3	3	
Buckenham		-	-	0	0	0	0	0	0	
Brundall		06:15	00:15	3	7	9	7	6	5	
Brundall Gardens	06:15	22:45	2	4	6	3	3	1		

End

Table NRW 2A - NRC-TSR-EA-1 - Norwich to Cromer, and Sheringham - Mondays to Fridays

From	To	First service departs Norwich no later than	Last service departs Norwich no earlier than	Minimum departures from Norwich during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Norwich	Salhouse	05:45	22:45	1	3	3	2	2	1	On Friday only, the last service from Norwich to each of Salhouse, Hoveton & Wroxham, Worstead, North Walsham, Gunton, Roughton Road, Cromer, West Runton, and Sheringham shall depart Norwich no earlier than 23:00.
	Hoveton & Wroxham	05:15	22:45	2	3	6	3	2	1	
	Worstead	05:45	22:45	1	2	4	3	2	1	
	North Walsham	05:15	22:45	2	3	6	3	2	1	
	Gunton	05:45	22:45	1	3	3	3	2	1	
	Roughton Road	05:45	22:45	1	3	3	3	2	1	
	Cromer	05:15	22:45	2	3	6	3	2	1	
	West Runton	05:15	22:45	2	3	6	3	2	1	
Sheringham	05:15	22:45	2	3	6	3	2	1		

End

Table NRW 2B - NRC-TSR-EA-1 - Sheringham, and Cromer to Norwich - Mondays to Fridays

From	To	First service arrives Norwich no later than	Last service arrives Norwich no earlier than	Minimum arrivals at Norwich during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Sheringham	Norwich	07:30	00:30	0	3	6	3	2	3	
West Runton		07:30	00:30	0	3	6	3	2	3	
Cromer		06:45	00:30	1	3	6	3	2	3	
Roughton Road		06:45	23:15	1	3	4	2	1	2	
Gunton		06:45	23:15	1	3	3	2	1	2	
North Walsham		06:45	00:30	1	3	6	3	2	3	
Worstead		06:45	23:15	1	3	3	2	1	2	
Hoveton & Wroxham		06:45	00:30	1	3	6	3	2	3	
Salhouse		06:45	23:15	1	3	3	2	1	2	

End

Table LST 2A - NRC-TSR-EA-1 - London Liverpool Street to Broxbourne, Hertford East, Bishops Stortford, Stansted Airport, Cambridge, Cambridge North, Ely, and Kings Lynn - Mondays to Fridays

From	To	First service departs London Liverpool Street no	Last service departs London Liverpool Street no	Minimum departures from London Liverpool Street during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
London Liverpool Street	Hackney Downs	05:45	23:30	3	6	12	11	6	4	
	Seven Sisters	16:45	18:30	0	0	0	5	0	0	
	Edmonton Green	16:45	18:30	0	0	0	5	0	0	
	Tottenham Hale	04:45	23:45	13	19	38	19	21	11	
	Northumberland Park	06:00	23:30	1	0	0	0	0	1	
	Meridian Water	06:00	05:45	1	0	0	0	0	0	
	Ponders End	05:45	23:30	2	6	12	4	6	4	
	Brimsdown	05:45	23:30	2	6	12	6	6	4	
	Enfield Lock	05:45	23:30	4	6	12	6	6	4	
	Waltham Cross	05:45	23:30	3	6	12	6	6	4	
	Cheshunt	04:45	23:45	9	12	24	16	13	8	
	Broxbourne	04:45	23:45	9	13	24	17	13	8	
	Rye House	05:45	23:30	4	6	12	7	6	4	
	St Margarets (Herts)	05:45	23:30	4	6	12	7	6	4	
	Ware	05:45	23:30	4	6	12	7	6	4	
	Hertford East	05:45	23:30	4	6	12	7	6	4	1 additional service shall be provided starting at Broxbourne between 05:30 and 05:45 calling at Rye House, St Margarets (Herts), Ware, and Hertford East.
	Roydon	05:30	23:45	4	3	7	5	4	3	
	Harlow Town	04:45	23:45	9	13	26	12	14	7	
	Harlow Mill	05:30	23:45	4	2	7	5	4	3	
	Sawbridgeworth	05:15	23:45	5	4	7	7	7	4	
	Bishops Stortford	04:45	23:45	9	12	26	13	12	7	
	Stansted Mountfitchet	04:45	23:15	7	7	15	9	8	3	
	Stansted Airport	04:45	23:15	5	7	14	6	7	3	On Monday and Friday only, 1 additional service shall be provided starting at London
	Elsenham	05:30	23:15	4	4	8	5	4	2	On Friday only, 1 additional service shall be provided from London Liverpool Street
	Newport (Essex)	05:30	23:15	4	4	8	5	4	2	
	Audley End	05:30	23:15	4	4	8	5	4	2	
	Great Chesterford	05:30	23:15	4	4	8	5	4	2	
	Whittlesford Parkway	05:30	23:15	4	6	12	7	8	3	
	Shelford	05:30	23:15	4	4	8	5	4	2	
	Cambridge	05:30	23:15	4	6	12	7	8	3	1 service from London Liverpool Street starting between 19:00 and 19:15 shall call at Waterbeach, Ely, Littleport, Downham Market, Watlington, and Kings Lynn.
	Cambridge North	07:30	22:15	0	6	12	2	3	1	

End

Table LST 2B - NRC-TSR-EA-1 - Kings Lynn, Ely, Cambridge North, Cambridge, Stansted Airport, Bishops Stortford, Hertford East, and Broxbourne to London Liverpool Stree - Mondays to Fridays

From	To	First service arrives London Liverpool	Last service arrives London Liverpool	Minimum arrivals at London Liverpool Street during specified interval					Notes	
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59		22:00-01:59
Cambridge North	London Liverpool Street	09:30	00:15	0	2	11	6	4	4	On Friday only, 1 additional service shall be provided from Cambridge North starting 1 service terminating at London Liverpool Street between 07:15 and 07:30 must have
Cambridge		06:15	00:15	2	8	12	6	6	5	
Shelford		07:30	00:15	0	6	7	5	5	3	
Whittlesford Parkway		06:15	00:15	2	8	12	6	6	5	
Great Chesterford		06:45	00:15	1	6	7	5	5	3	
Audley End		06:15	00:15	2	8	12	6	6	5	
Newport (Essex)		06:45	00:15	1	6	7	5	5	3	
Elsenham		06:45	00:15	1	6	7	5	5	3	
Stansted Airport		07:00	01:15	1	6	13	6	6	8	On Monday and Friday only, 1 additional service shall be provided starting at Stansted
Stansted Mountfitchet		06:45	00:15	2	10	12	8	7	6	
Bishops Stortford		06:15	01:15	4	15	25	12	12	12	
Sawbridgeworth		06:15	00:15	2	7	7	4	5	3	
Harlow Mill		06:15	00:15	1	7	7	3	3	3	
Harlow Town		06:15	01:15	4	14	22	11	11	10	
Roydon		06:15	00:15	2	6	6	2	3	3	
Hertford East		06:30	00:45	1	5	13	6	6	6	1 additional service shall be provided starting at Southminster between 18:15 and 18:30 calling at Ware, St Margarets (Herts), Rye House, and Broxbourne.
Ware		06:30	00:15	1	5	13	6	6	5	1 additional service shall be provided starting at Southminster between 19:15 and 19:30 calling at Ware, St Margarets (Herts), Rye House, and Broxbourne.
St Margarets (Herts)		06:30	00:15	1	5	13	6	6	5	
Rye House		06:30	00:15	1	5	13	6	6	5	
Broxbourne		06:15	00:45	4	16	25	14	14	11	
Cheshunt		06:15	00:15	4	15	25	12	12	10	
Waltham Cross		06:30	23:45	1	6	13	6	6	4	
Enfield Lock		06:30	23:45	1	6	13	6	6	4	
Brimsdown		06:30	23:45	1	6	13	6	6	4	
Ponders End		06:30	23:45	1	6	13	6	6	4	
Meridian Water		06:30	06:15	1	0	0	0	0	0	
Northumberland Park		06:30	06:15	1	0	0	0	0	0	
Tottenham Hale	06:15	23:45	5	20	38	18	18	13		
Edmonton Green	08:00	08:45	0	3	0	0	0	0		
Seven Sisters	08:00	00:15	0	3	0	0	0	3		
Hackney Downs	06:30	00:15	1	9	13	6	6	5		

End

JL: Meridian Water train 2001 arrives at 06:18.

JL: Northumberland Park train 2001 arrives at 06:18

Table SRA 1A - NRC-TSR-EA-1 - Stratford to Meridian Water, Broxbourne, Harlow Town, Hertford East, Bishops Stortford, Stansted Airport, Cambridge, and Cambridge North - Mondays to Fridays

From	To	First service departs Stratford no later than	Last service departs Stratford no earlier than	Minimum departures from Stratford during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Stratford	Lea Bridge	06:00	23:00	4	11	24	10	11	5	
	Tottenham Hale	06:00	23:00	5	11	24	10	11	5	
	Northumberland Park	06:00	23:00	4	11	18	7	9	4	
	Meridian Water	06:00	22:45	3	9	12	7	7	2	
	Ponders End	07:00	17:45	1	0	0	3	0	0	
	Brimsdown	07:00	16:30	1	0	0	1	0	0	
	Enfield Lock	06:15	23:00	1	2	6	7	2	2	
	Waltham Cross	09:30	22:30	0	1	6	6	3	1	
	Cheshunt	06:15	23:00	3	5	12	7	5	3	
	Broxbourne	06:15	23:00	3	5	12	7	5	3	
	Rye House	06:15	18:15	1	0	0	2	0	0	
	St Margarets (Herts)	06:15	18:15	1	0	0	2	0	0	
	Ware	06:15	18:15	1	0	0	2	0	0	
	Hertford East	06:15	18:15	1	0	0	2	0	0	
	Roydon	07:45	23:00	0	4	6	4	3	2	
	Harlow Town	07:45	23:00	0	5	12	5	5	3	
	Harlow Mill	07:45	23:00	0	4	6	4	3	2	
	Sawbridgeworth	07:45	23:00	0	5	12	4	5	3	
	Bishops Stortford	06:45	23:00	1	5	12	5	5	3	

End

Table SRA 1B - NRC-TSR-EA-1 - Cambridge North, Cambridge, Stansted Airport, Bishops Stortford, Hertford East, Harlow Town, Broxbourne, and Meridian Water to Stratford - Mondays to Fridays

From	To	First service arrives Stratford no later than	Last service arrives Stratford no earlier than	Minimum arrivals at Stratford during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Bishops Stortford	Stratford	06:45	23:00	2	2	11	5	4	3	1 service that arrives at Stratford between 05:30 and 05:45 shall have called at Cambridge, Shelford, Whittlesford, and Audley End.
Sawbridgeworth		06:45	23:00	2	2	11	5	4	3	
Harlow Mill		06:45	23:00	2	1	6	3	3	2	
Harlow Town		06:45	23:00	2	3	11	5	4	3	
Roydon		06:45	23:00	1	2	6	3	3	2	
Hertford East		08:15	09:00	0	2	0	0	0	0	
Ware		08:15	09:00	0	2	0	0	0	0	
St Margarets (Herts)		08:15	09:00	0	2	0	0	0	0	
Rye House		08:15	09:00	0	2	0	0	0	0	
Broxbourne		06:45	23:00	2	6	11	5	6	3	
Cheshunt		06:45	23:00	1	6	11	5	6	3	
Waltham Cross		06:45	22:30	1	6	5	3	3	1	
Enfield Lock		06:45	23:00	1	6	6	2	3	2	
Brimdown		06:45	09:00	0	5	0	0	0	0	
Ponders End		06:45	06:30	1	0	0	0	0	0	
Meridian Water		06:45	23:15	2	8	13	6	7	3	
Northumberland Park		06:45	23:15	2	9	18	9	9	5	
Tottenham Hale		06:45	23:15	3	12	23	9	11	6	
Lea Bridge		06:45	23:15	2	12	23	9	11	6	

End

Table CBG 1A - NRC-TSR-EA-1 - Cambridge to Stansted Airport - Mondays to Fridays

From	To	First service departs Cambridge no later than	Last service departs Cambridge no earlier than	Minimum departures from Cambridge during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Cambridge	Whittlesford Parkway	05:00	22:15	6	8	19	7	6	2	9 services to Stansted Airport shall have originated from Norwich, the first shall start no later than 08:45 and the last shall start no earlier than 19:15.
	Audley End	05:00	22:15	6	8	19	7	6	2	
	Stansted Airport	10:00	20:45	0	1	6	1	1	0	

End

Table CBG 1B - NRC-TSR-EA-1 - Stansted Airport to Cambridge - Mondays to Fridays

From	To	First service arrives Cambridge no later than	Last service arrives Cambridge no earlier than	Minimum arrivals at Cambridge during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Stansted Airport	Cambridge	11:30	22:45	0	0	5	3	0	1	9 services from Stansted Airport shall call at Norwich, the first shall terminate no later than 12:45 and the last shall terminate no earlier than 23:59. 1 service arriving at Cambridge between 06:30 and 06:45 must have called at Bishops Stortford, and Stansted Mountfitchet.
Audley End		06:45	00:45	2	6	17	9	9	7	
Whittlesford Parkway		06:45	00:45	2	6	17	9	9	7	

End

Table CBG 2A - NRC-TSR-EA-1 - Cambridge to Ely, Kings Lynn, and Norwich - Mondays to Fridays

From	To	First service departs Cambridge no later than	Last service departs Cambridge no earlier than	Minimum departures from Cambridge during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Cambridge	Cambridge North	06:15	23:45	1	7	18	7	9	4	
	Waterbeach	17:30	20:15	0	0	0	2	1	0	
	Ely	06:15	22:45	1	4	6	3	4	1	
	Littleport	20:30	20:15	0	0	0	0	1	0	
	Downham Market	20:30	20:15	0	0	0	0	1	0	
	Watlington	20:30	20:15	0	0	0	0	1	0	
	Kings Lynn	20:30	20:15	0	0	0	0	1	0	
	Shippea Hill	07:15	06:45	0	1	0	0	0	0	
	Lakenheath	-	-	0	0	0	0	0	0	
	Brandon	06:15	22:45	1	3	6	3	3	1	
	Thetford	06:15	23:45	1	3	6	3	3	1	
	Harling Road	06:15	06:45	1	1	0	0	0	0	
	Eccles Road	06:15	06:45	1	1	0	0	0	0	
	Attleborough	06:15	23:45	1	3	6	3	3	1	
	Spooner Row	07:15	08:15	0	2	0	0	0	0	
	Wyndham	06:15	23:45	1	3	6	3	3	1	
Norwich	06:15	23:45	1	3	6	3	3	1		

End

Table CBG 2B - NRC-TSR-EA-1 - Norwich, Kings Lynn, and Ely to Cambridge - Mondays to Fridays

From	To	First service arrives Cambridge no later than	Last service arrives Cambridge no earlier than	Minimum arrivals at Cambridge during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Norwich	Cambridge	07:00	23:45	1	3	6	3	2	2	
Wymondham		07:00	23:45	1	3	6	3	2	2	
Spooner Row		18:00	17:45	0	0	0	1	0	0	
Attleborough		07:00	23:45	1	3	6	3	2	2	
Eccles Road		19:00	18:45	0	0	0	1	0	0	
Harling Road		19:00	18:45	0	0	0	1	0	0	
Thetford		07:00	23:45	1	3	6	3	2	2	
Brandon		07:00	23:45	1	3	6	3	2	2	
Lakenheath		-	-	0	0	0	0	0	0	
Shippea Hill		-	-	0	0	0	0	0	0	
Kings Lynn		07:15	07:30	0	1	0	0	0	0	
Watlington		07:15	07:30	0	1	0	0	0	0	
Downham Market		07:15	07:30	0	1	0	0	0	0	
Littleport		07:15	07:30	0	1	0	0	0	0	
Ely		07:00	23:45	1	6	6	3	2	2	
Waterbeach		07:15	08:45	0	3	0	0	0	0	
Cambridge North		07:00	23:45	1	7	19	7	7	4	

End

Table LST 1C - NRC-TSR-EA-1 - London Liverpool Street to Wickford, Southend Victoria, Southminster, Chelmsford, Witham, Braintree, Colchester, Colchester Town, Clacton-on-Sea, Walton-on-the-Naze, Harwich International, Harwich Town, Ipswich, Stowmarket, and Norwich - Saturdays

From	To	First service departs London Liverpool Street no later than	Last service departs London Liverpool Street no earlier	Minimum departures from London Liverpool Street during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
London Liverpool Street	Stratford	05:45	00:45	11	21	42	21	21	13	2 services in the 02:00-06:59 timeband may be pick up only at Stratford; 3 services in the 07:00-09:59 timeband may be pick up only at Stratford; 6 services in the 10:00-15:59 timeband may be pick up only at Stratford; 3 services in the 16:00-18:59 timeband may be pick up only at Stratford; 3 services in the 19:00-21:59 timeband may be pick up only at Stratford; and 2 services in the 22:00-01:59 timeband may be pick up only at Stratford.
	Romford	05:45	00:45	2	7	12	6	5	3	
	Shenfield	05:45	00:45	9	21	42	21	21	13	
	Billericavay	05:45	00:45	4	9	18	9	9	6	
	Wickford	05:45	00:45	4	9	18	9	9	6	
	Rayleigh	05:45	00:45	4	9	18	9	9	6	
	Hockley	05:45	00:45	4	9	18	9	9	6	
	Rochford	05:45	00:45	4	9	18	9	9	6	
	Southend Airport	04:45	00:45	5	9	18	9	9	6	
	Prittlewell	05:45	00:45	4	9	18	9	9	6	
	Southend Victoria	05:45	00:45	4	9	18	9	9	6	
	Battlesbridge	-	-	0	0	0	0	0	0	
	South Woodham Ferrers	-	-	0	0	0	0	0	0	
	North Fambridge	-	-	0	0	0	0	0	0	
	Althorne	-	-	0	0	0	0	0	0	
	Burmham-on-Crouch	-	-	0	0	0	0	0	0	
	Southminster	-	-	0	0	0	0	0	0	
	Ingatestone	05:45	00:15	3	6	12	6	6	5	
	Chelmsford	05:45	00:15	4	9	15	6	6	5	
	Hatfield Peverel	05:45	00:15	2	3	6	3	3	4	
	Witham	05:45	00:15	5	12	24	12	12	7	
	White Notley	07:00	21:45	1	3	6	3	3	0	
	Cressing	07:00	21:45	1	3	6	3	3	0	
	Braintree Freeport	07:00	21:45	1	3	6	3	3	0	
	Braintree	07:00	21:45	1	3	6	3	3	0	
	Kelvedon	05:45	00:15	3	6	12	6	6	5	
	Marks Tey	05:45	00:15	3	6	12	6	6	5	
	Colchester	05:45	00:15	5	12	24	12	12	9	1 additional service shall be provided starting at Colchester between 06:00 and 06:15 calling at Manningtree, and Ipswich.
	Colchester Town	07:45	21:30	0	3	6	3	2	0	
	Hythe	23:30	23:15	0	0	0	0	0	1	
	Wivenhoe	06:30	23:15	1	3	6	3	3	2	
	Alresford (Essex)	23:30	23:15	0	0	0	0	0	1	
	Great Bentley	23:30	23:15	0	0	0	0	0	1	
	Weeley	-	-	0	0	0	0	0	0	
	Thorpe-le-Soken	06:30	23:15	1	3	6	3	3	2	
	Clacton-on-Sea	06:30	23:15	1	3	6	3	3	2	
	Kirby Cross	-	-	0	0	0	0	0	0	
	Frinton-on-Sea	-	-	0	0	0	0	0	0	
	Walton-on-the-Naze	-	-	0	0	0	0	0	0	
	Manningtree	05:45	23:30	4	6	12	6	7	3	
Mistley	-	-	0	0	0	0	0	0		
Wrabness	-	-	0	0	0	0	0	0		
Harwich International	06:45	-	1	0	0	0	1	0		
Dovercourt	-	-	0	0	0	0	0	0		
Harwich Town	-	-	0	0	0	0	0	0		
Ipswich	05:45	23:30	3	6	12	6	6	3		
Stowmarket	06:30	23:30	1	3	6	3	3	2		
Diss	06:30	23:30	1	3	6	3	3	2		
Norwich	06:30	23:30	1	3	6	3	3	2		

End

Table LST 1D - NRC-TSR-EA-1 - Norwich, Stowmarket, Ipswich, Harwich Town, Harwich International, Walton-on-the-Naze, Clacton-on-Sea, Colchester Town, Colchester, Braintree, Witham, Chelmsford, Southminster, Southend Victoria, and Wickford to London Liverpool Street - Saturdays

From	To	First service arrives London Liverpool Street no later than	Last service arrives London Liverpool Street no earlier	Minimum arrivals at London Liverpool Street during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Norwich		07:00	23:45	1	3	6	3	3	2	
Diss		07:00	23:45	1	3	6	3	3	2	
Stowmarket		07:00	23:45	1	3	6	3	3	2	
Ipswich		07:00	23:45	1	5	12	6	6	4	
Harwich Town		-	-	0	0	0	0	0	0	
Dovercourt		-	-	0	0	0	0	0	0	
Harwich International		09:00	22:00	0	1	0	0	0	1	
Wrabness		-	-	0	0	0	0	0	0	
Mistley		-	-	0	0	0	0	0	0	
Manningtree		07:00	23:45	1	6	12	6	6	5	
Walton-on-the-Naze		-	-	0	0	0	0	0	0	
Frinton-on-Sea		-	-	0	0	0	0	0	0	
Kirby Cross		-	-	0	0	0	0	0	0	
Clacton-on-Sea		07:45	23:30	0	3	6	3	3	2	
Thorpe-le-Soken		07:45	23:30	0	3	6	3	3	2	
Weeley		-	-	0	0	0	0	0	0	
Great Bentley		-	-	0	0	0	0	0	0	
Alresford (Essex)		-	-	0	0	0	0	0	0	
Wivenhoe		07:45	23:30	0	3	6	3	3	2	
Hythe		-	-	0	0	0	0	0	0	
Colchester Town		08:00	23:00	0	2	6	3	3	1	
Colchester		06:00	23:45	4	12	24	12	12	8	
Marks Tey		06:00	23:45	3	6	12	6	6	4	
Kelvedon		06:00	23:45	3	6	12	6	6	4	
Braintree		08:15	23:00	0	2	6	3	3	2	
Braintree Freeport		08:15	23:00	0	2	6	3	3	2	
Cressing		08:15	23:00	0	2	6	3	3	2	
White Notley		08:15	23:00	0	2	6	3	3	2	
Witham		06:00	23:45	3	11	24	12	12	9	
Hatfield Peverel		06:00	23:00	3	3	6	3	3	2	
Chelmsford		06:00	23:45	4	14	30	15	15	10	
Ingatstone		06:00	23:30	3	5	12	6	6	4	
Southminster		00:15	23:59	0	0	0	0	0	1	
Burnham-on-Crouch		00:15	23:59	0	0	0	0	0	1	
Althorne		00:15	23:59	0	0	0	0	0	1	
North Fambridge		00:15	23:59	0	0	0	0	0	1	
South Woodham Ferrers		00:15	23:59	0	0	0	0	0	1	
Battlesbridge		00:15	23:59	0	0	0	0	0	1	
Southend Victoria		05:15	23:59	4	9	18	9	9	5	
Prittlewell		05:15	23:59	4	9	18	9	9	5	
Southend Airport		05:15	00:45	4	9	18	9	9	6	
Rochford		05:15	23:59	4	9	18	9	9	5	
Hockley		05:15	23:59	4	9	18	9	9	5	
Rayleigh		05:15	23:59	4	9	18	9	9	5	
Wickford		05:15	23:59	4	9	18	9	9	6	
Billericay		05:15	23:59	4	9	18	9	9	6	
Shenfield		05:15	23:59	8	20	42	21	21	15	
Romford		06:00	23:59	4	7	12	6	6	4	
Stratford	London Liverpool Street	05:15	23:59	8	20	42	21	21	14	1 service in the 02:00-06:59 timeband may be set down only at Stratford; 3 services in the 07:00-09:59 timeband may be set down only at Stratford; 6 services in the 10:00-15:59 timeband may be set down only at Stratford; 3 services in the 16:00-18:59 timeband may be set down only at Stratford; 3 services in the 19:00-21:59 timeband may be set down only at Stratford; and 3 services in the 22:00-01:59 timeband may be set down only at Stratford.

End

Table WIC 1C - NRC-TSR-EA-1 - Wickford to Southminster - Saturdays

From	To	First service departs Wickford no later than	Last service departs Wickford no earlier than	Minimum departures from Wickford during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Wickford	Battlesbridge	05:45	22:45	3	4	9	5	4	2	
	South Woodham Ferrers	05:45	22:45	3	4	9	5	4	2	
	North Fambridge	05:45	22:45	3	4	9	5	4	2	
	Althorne	05:45	22:45	3	4	9	5	4	2	
	Burnham-on-Crouch	05:45	22:45	3	4	9	5	4	2	
	Southminster	05:45	22:45	3	4	9	5	4	2	

End

Table WIC 1D - NRC-TSR-EA-1 - Southminster to Wickford - Saturdays

From	To	First service arrives Wickford no later than	Last service arrives Wickford no earlier than	Minimum arrivals at Wickford during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Southminster	Wickford	07:00	23:15	1	4	9	5	4	3	
Burnham-on-Crouch		07:00	23:15	1	4	9	5	4	3	
Althorne		07:00	23:15	1	4	9	5	4	3	
North Fambridge		07:00	23:15	1	4	9	5	4	3	
South Woodham Ferrers		07:00	23:15	1	4	9	5	4	3	
Battlesbridge		07:00	23:15	1	4	9	5	4	3	

End

Table WTM 1C - NRC-TSR-EA-1 - Witham to Braintree - Saturdays

From	To	First service departs Witham no later than	Last service departs Witham no earlier than	Minimum departures from Witham during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Witham	White Notley	05:45	23:59	2	3	6	3	3	3	
	Cressing	05:45	23:59	2	3	6	3	3	3	
	Braintree Freeport	05:45	23:59	2	3	6	3	3	3	
	Braintree	05:45	23:59	2	3	6	3	3	3	

End

Table WTM 1D - NRC-TSR-EA-1 - Braintree to Witham - Saturdays

From	To	First service arrives Witham no later than	Last service arrives Witham no earlier than	Minimum arrivals at Witham during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Braintree	Witham	06:30	00:45	1	3	6	3	3	4	
Braintree Freeport		06:30	00:45	1	3	6	3	3	4	
Cressing		06:30	00:45	1	3	6	3	3	4	
White Notley		06:30	00:45	1	3	6	3	3	4	

End

Table MKT 1C - NRC-TSR-EA-1 - Marks Tey to Sudbury - Saturdays

From	To	First service departs Marks Tey no later than	Last service departs Marks Tey no earlier than	Minimum departures from Marks Tey during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Marks Tey	Chappel & Wakes Colne	06:00	23:00	1	3	6	3	3	2	
	Bures	06:00	23:00	1	3	6	3	3	2	
	Sudbury	06:00	23:00	1	3	6	3	3	2	1 service terminating at Sudbury between 07:00 and 07:15 must have called at

End

Table MKT 1D - NRC-TSR-EA-1 - Sudbury to Marks Tey - Saturdays

From	To	First service arrives Marks Tey no later than	Last service arrives Marks Tey no earlier than	Minimum arrivals at Marks Tey during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Sudbury	Marks Tey	06:45	23:45	1	3	6	3	3	2	1 service originating at Sudbury between 23:15 and 23:30 must extend to Colchester.
Bures		06:45	23:45	1	3	6	3	3	2	
Chappel & Wakes Colne		06:45	23:45	1	3	6	3	3	2	

End

Table COL 1C - NRC-TSR-EA-1 - Colchester to Colchester Town, Clacton-on-Sea, and Walton-on-the-Naze - Saturdays

From	To	First service departs Colchester no later than	Last service departs Colchester no earlier than	Minimum departures from Colchester during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Colchester	Colchester Town	06:30	22:45	2	8	18	9	7	2	
	Hythe	07:00	00:15	1	3	6	3	3	2	
	Wivenhoe	07:00	00:15	1	6	12	6	6	4	
	Alresford (Essex)	07:00	00:15	1	3	6	3	3	2	
	Great Bentley	07:00	00:15	1	3	6	3	3	2	
	Weeley	07:00	22:45	1	3	6	3	3	1	
	Thorpe-le-Soken	07:00	00:15	1	6	12	6	6	4	
	Clacton-on-Sea	07:15	00:15	0	3	6	3	3	3	
	Kirby Cross	07:00	22:45	1	3	6	3	3	1	
	Frinton-on-Sea	07:00	22:45	1	3	6	3	3	1	
Walton-on-the-Naze	07:00	22:45	1	3	6	3	3	1		

End

Table COL 1D - NRC-TSR-EA-1 - Walton-on-the-Naze, Clacton-on-Sea, and Colchester Town to Colchester - Saturdays

From	To	First service arrives Colchester no later than	Last service arrives Colchester no earlier than	Minimum arrivals at Colchester during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Walton-on-the-Naze	Colchester	07:00	22:45	1	3	6	3	3	1	
Frinton-on-Sea		07:00	22:45	1	3	6	3	3	1	
Kirby Cross		07:00	22:45	1	3	6	3	3	1	
Clacton-on-Sea		06:00	23:30	2	3	6	3	3	2	
Thorpe-le-Soken		06:00	23:30	3	6	12	6	6	3	
Weeley		06:15	23:30	1	3	6	3	3	2	
Great Bentley		06:15	23:30	1	3	6	3	3	2	
Alresford (Essex)		06:15	23:30	1	3	6	3	3	2	
Wivenhoe		06:00	23:30	3	6	12	6	6	3	
Hythe		06:00	23:30	1	3	6	3	3	2	
Colchester Town		06:45	23:00	2	7	18	9	7	3	

End

Table CET 1C - NRC-TSR-EA-1 - Colchester Town to Thorpe-le-Soken - Saturdays

From	To	First service departs Colchester Town no later than	Last service departs Colchester Town no earlier than	Minimum departures from Colchester Town during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Colchester Town	Hythe	07:15	23:00	0	3	6	3	3	2	
	Wivenhoe	07:15	23:00	0	3	6	3	3	2	
	Alresford (Essex)	07:15	23:00	0	3	6	3	3	2	
	Great Bentley	07:15	23:00	0	3	6	3	3	2	
	Weeley	07:15	23:00	0	3	6	3	3	2	
Thorpe-le-Soken	07:15	23:00	0	3	6	3	3	2		

End

Table CET 1D - NRC-TSR-EA-1 - Thorpe-le-Soken to Colchester Town - Saturdays

From	To	First service arrives Colchester Town no later than	Last service arrives Colchester Town no earlier than	Minimum arrivals at Colchester Town during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Thorpe-le-Soken	Colchester Town	07:00	22:30	1	3	6	3	3	1	
Weeley		07:00	22:30	1	3	6	3	3	1	
Great Bentley		07:00	22:30	1	3	6	3	3	1	
Alresford (Essex)		07:00	22:30	1	3	6	3	3	1	
Wivenhoe		07:00	22:30	1	3	6	3	3	1	
Hythe		07:00	22:30	1	3	6	3	3	1	

End

Table TLS 1C - NRC-TSR-EA-1 - Thorpe-le-Soken to Clacton-on-Sea - Saturdays

From	To	First service departs Thorpe-Le-Soken no later than	Last service departs Thorpe-Le-Soken no earlier than	Minimum departures from Thorpe-Le-Soken during specified interval						Notes
				02:00 - 06:59	07:00 - 09:59	10:00 - 15:59	16:00 - 18:59	19:00 - 21:59	22:00 - 01:59	
Thorpe-Le-Soken	Clacton-on-Sea	07:45	00:30	0	3	6	3	3	4	

End

Table TLS 1D - NRC-TSR-EA-1 - Clacton-on-Sea to Thorpe-le-Soken - Saturdays

From	To	First service arrives Clacton-on-Sea no later than	Last service arrives Thorpe-le-Soken no earlier than	Minimum arrivals at Thorpe-le-Soken during specified interval						Notes
				02:00 - 06:59	07:00 - 09:59	10:00 - 15:59	16:00 - 18:59	19:00 - 21:59	22:00 - 01:59	
Clacton-on-Sea	Thorpe-le-Soken	05:45	23:00	3	3	6	3	3	2	

End

Table TLS 2C - NRC-TSR-EA-1 - Thorpe-le-Soken to Walton-on-the-Naze - Saturdays

From	To	First service departs Thorpe-Le-Soken no later than	Last service departs Thorpe-Le-Soken no earlier than	Minimum departures from Thorpe-Le-Soken during specified interval						Notes
				02:00 - 06:59	07:00 - 09:59	10:00 - 15:59	16:00 - 18:59	19:00 - 21:59	22:00 - 01:59	
Thorpe-Le-Soken	Kirby Cross	06:45	23:30	1	3	6	3	3	2	1 service terminating at Walton-on-the-Naze between 23:15 and 23:25 must have called at Clacton-on-Sea.
	Frinton-on-Sea	06:45	23:30	1	3	6	3	3	2	
	Walton-on-the-Naze	06:45	23:30	1	3	6	3	3	2	

End

Table TLS 2D - NRC-TSR-EA-1 - Walton-on-the-Naze to Thorpe-le-Soken - Saturdays

From	To	First service arrives Clacton-on-Sea no later than	Last service arrives Thorpe-le-Soken no earlier than	Minimum arrivals at Thorpe-le-Soken during specified interval						Notes
				02:00 - 06:59	07:00 - 09:59	10:00 - 15:59	16:00 - 18:59	19:00 - 21:59	22:00 - 01:59	
Walton-on-the-Naze	Thorpe-le-Soken	06:30	23:00	1	3	6	3	3	2	1 service originating at Walton-on-the-Naze between 23:00 and 23:15 must extend to Clacton-on-Sea.
Frinton-on-Sea		06:30	23:00	1	3	6	3	3	2	
Kirby Cross		06:30	23:00	1	3	6	3	3	2	

End

Table MNG 1C - NRC-TSR-EA-1 - Manningtree to Harwich International, and Harwich Town - Saturdays

From	To	First service departs Manningtree no later than	Last service departs Manningtree no earlier than	Minimum departures from Manningtree during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Manningtree	Mistley	06:00	23:30	2	3	6	3	3	2	
	Wrabness	06:00	23:30	2	3	6	3	3	2	
	Harwich International	06:00	23:30	2	4	6	3	4	2	
	Dovercourt	06:00	23:30	2	3	6	3	3	2	
	Harwich Town	06:00	23:30	2	3	6	3	3	2	1 service terminating at Harwich Town between 05:45 and 06:00 must have called at Colchester. 1 service terminating at Harwich Town between 23:15 and 23:30 must have called at Colchester.

End

Table MNG 1D - NRC-TSR-EA-1 - Harwich Town, and Harwich International to Manningtree - Saturdays

From	To	First service arrives Manningtree no later than	Last service arrives Manningtree no earlier than	Minimum arrivals at Manningtree during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Harwich Town	Manningtree	07:00	23:45	1	3	6	3	3	2	1 service originating at Harwich Town between 23:45 and 23:59 must extend to Colchester.
Dovercourt		07:00	23:45	1	3	6	3	3	2	
Harwich International		07:00	23:45	1	4	6	3	4	2	
Wrabness		07:00	23:45	1	3	6	3	3	2	
Mistley		07:00	23:45	1	3	6	3	3	2	

End

Table IPS 1C - NRC-TSR-EA-1 - Ipswich to Harwich International - Saturdays

From	To	First service departs Ipswich no later than	Last service departs Ipswich no earlier than	Minimum departures from Ipswich during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Ipswich	Harwich International	07:00	21:00	1	0	0	0	1	0	1 service from Cambridge starting between 19:45 and 20:00 shall call at Harwich International.

End

Table IPS 1D - NRC-TSR-EA-1 - Harwich International to Ipswich - Saturdays

From	To	First service arrives Ipswich no later than	Last service arrives Ipswich no earlier than	Minimum arrivals at Ipswich during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Harwich International	Ipswich	08:30	22:15	0	1	0	0	0	1	1 service from Harwich International shall call at Cambridge between 09:30 and 09:45. 1 service from Harwich International starting between 21:30 and 21:45 shall call at Lowestoft.

End

Table IPS 2C - NRC-TSR-EA-1 - Ipswich to Felixstowe, Saxmundham, and Lowestoft - Saturdays

From	To	First service departs Ipswich no later than	Last service departs Ipswich no earlier than	Minimum departures from Ipswich during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Ipswich	Westerfield	06:00	22:15	2	3	6	3	2	1	
	Derby Road	06:00	22:15	2	3	6	3	2	1	
	Trimley	06:00	22:15	2	3	6	3	2	1	
	Felixstowe	06:00	22:15	2	3	6	3	2	1	
	Woodbridge	07:30	22:15	0	3	6	3	3	1	
	Melton	07:30	22:15	0	3	6	3	3	1	
	Wickham Market	07:30	22:15	0	3	6	3	3	1	
	Saxmundham	07:30	22:15	0	3	6	3	3	1	
	Darsham	07:30	22:15	0	3	6	3	3	1	
	Halesworth	07:30	22:15	0	3	6	3	3	1	
	Brampton (Suffolk)	07:30	22:15	0	3	6	3	3	1	
	Beccles	07:30	22:15	0	3	6	3	3	1	
	Oulton Broad South	07:30	22:15	0	3	6	3	3	1	
	Lowestoft	07:30	22:15	0	3	6	3	3	1	

End

Table IPS 2D - NRC-TSR-EA-1 - Lowestoft, Saxmundham, and Felixstowe to Ipswich to Ipswich - Saturdays

From	To	First service arrives Ipswich no later than	Last service arrives Ipswich no earlier than	Minimum arrivals at Ipswich during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Lowestoft	Ipswich	07:45	22:30	0	3	6	3	3	1	
Oulton Broad South		07:45	22:30	0	3	6	3	3	1	
Beccles		07:45	22:30	0	3	6	3	3	1	
Brampton (Suffolk)		07:45	22:30	0	3	6	3	3	1	
Halesworth		07:45	22:30	0	3	6	3	3	1	
Darsham		07:45	22:30	0	3	6	3	3	1	
Saxmundham		07:45	22:30	0	3	6	3	3	1	
Wickham Market		07:45	22:30	0	3	6	3	3	1	
Melton		07:45	22:30	0	3	6	3	3	1	
Woodbridge		07:45	22:30	0	3	6	3	3	1	
Felixstowe		07:00	23:15	1	3	6	3	3	1	
Trimley		07:00	23:15	1	3	6	3	3	1	
Derby Road		07:00	23:15	1	3	6	3	3	1	
Westerfield		07:00	23:15	1	3	6	3	3	2	

End

Table IPS 3C - NRC-TSR-EA-1 - Ipswich to Norwich, Bury St Edmunds, Cambridge, Ely, and Peterborough - Saturdays

From	To	First service departs Ipswich no later than	Last service departs Ipswich no earlier than	Minimum departures from Ipswich during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Ipswich	Needham Market	05:15	22:15	2	3	6	3	3	1	
	Stowmarket	05:15	00:30	3	9	15	7	7	4	
	Diss	07:15	00:45	0	4	6	3	3	3	
	Norwich	07:15	00:45	0	4	6	3	3	3	
	Elmswell	05:15	22:15	2	2	6	3	3	1	
	Thurston	05:15	22:15	2	2	6	3	3	1	
	Bury St Edmunds	05:15	22:15	3	5	9	4	4	1	
	Kennett	05:15	21:15	2	2	3	2	2	0	
	Newmarket	05:15	21:15	2	3	6	3	3	0	
	Dullingham	05:15	21:15	2	1	3	1	2	0	
	Cambridge	05:15	21:15	2	3	6	3	3	0	
	Soham	-	-	0	0	0	0	0	0	
	Ely	06:00	20:00	1	2	3	1	1	0	
	Manea	06:00	20:00	1	2	3	1	1	0	
	March	06:00	20:00	1	2	3	1	1	0	
	Whittlesea	06:00	20:00	1	2	3	1	1	0	
Peterborough	06:00	20:00	1	2	3	1	1	0	1 service terminating at Peterborough between 05:40 and 06:00 must have called at Manningtree, and Colchester.	

End

Table IPS 3D - NRC-TSR-EA-1 - Peterborough, Ely, Cambridge, Bury St Edmunds, and Norwich to Ipswich - Saturdays

From	To	First service arrives Ipswich no later than	Last service arrives Ipswich no earlier than	Minimum arrivals at Ipswich during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Peterborough	Ipswich	09:30	23:15	0	1	3	1	2	1	1 service originating at Peterborough between 19:45 and 20:00 must extend to Manningtree, and Colchester. 1 service originating at Peterborough between 21:45 and 22:00 must extend to Manningtree, and Colchester.
Whittlesea		09:30	23:15	0	1	3	1	2	1	
March		09:30	23:15	0	1	3	1	2	1	
Manea		09:30	23:15	0	1	3	1	2	1	
Ely		09:30	23:15	0	1	3	1	2	1	
Soham		-	-	0	0	0	0	0	0	
Cambridge		08:15	23:59	0	2	6	3	3	3	
Dullingham		09:15	23:59	0	1	3	2	3	2	
Newmarket		08:15	23:59	0	2	6	3	3	3	
Kennett		08:15	23:59	0	1	3	2	2	2	
Bury St Edmunds		07:15	23:59	0	4	9	4	5	4	
Thurston		07:15	23:59	0	3	6	3	3	3	
Elmswell		07:15	23:59	0	3	6	3	3	3	
Norwich		05:45	23:45	2	3	6	3	3	2	
Diss		05:45	23:45	2	3	6	3	3	2	
Stowmarket		05:45	23:59	2	7	15	7	8	6	
Needham Market		07:15	23:59	0	3	6	3	3	3	

End

Table NRW 1C - NRC-TSR-EA-1 - Norwich to Lowestoft, and Great Yarmouth - Saturdays

From	To	First service departs Norwich no later than	Last service departs Norwich no earlier than	Minimum departures from Norwich during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Norwich	Brundall Gardens	05:45	21:30	2	4	6	5	3	0	
	Brundall	05:30	23:00	4	5	10	7	6	3	
	Buckenham	10:15	10:00	0	0	1	0	0	0	
	Cantley	05:45	22:30	2	2	6	2	3	2	
	Reedham (Norfolk)	05:30	22:30	3	2	6	2	3	2	
	Haddiscoe	05:45	22:30	2	1	4	2	3	2	
	Somerleyton	05:45	22:30	2	1	4	2	3	2	
	Oulton Broad North	05:45	22:30	2	2	7	2	3	2	
	Lowestoft	05:45	22:30	2	2	7	2	3	2	
	Berney Arms	07:45	11:30	0	1	1	0	0	0	
	Lingwood	06:45	23:00	1	4	5	5	3	1	
	Acle	06:45	23:00	1	4	5	5	3	1	
	Great Yarmouth	05:30	23:00	2	4	6	5	3	1	Eight additional services shall be provided between Norwich and Great Yarmouth in the

End

Table NRW 1D - NRC-TSR-EA-1 - Great Yarmouth, and Lowestoft to Norwich - Saturdays

From	To	First service arrives Norwich no later	Last service arrives Norwich no earlier	Minimum arrivals at Norwich during specified interval						Notes	
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59		
Great Yarmouth	Norwich	07:00	23:59	1	5	6	4	4	2	Eight additional services shall be provided between Great Yarmouth and Norwich in the Summer timetable. The first of these services shall arrive Norwich no later than 10:30 and the last no earlier than 16:00.	
Acle		07:00	22:45	1	5	5	3	3	1		
Lingwood		07:00	22:45	1	5	5	3	3	1		
Berney Arms		16:00	15:45	0	0	1	0	0	0		1 additional service shall be provided from Berney Arms to Norwich arriving between
Lowestoft		07:30	23:59	0	3	6	3	3	3		
Oulton Broad North		07:30	23:59	0	3	6	3	3	3		
Somerleyton		07:30	23:30	0	3	3	3	2	2		
Haddiscoe		07:30	23:30	0	3	3	3	2	2		
Reedham (Norfolk)		07:30	23:59	0	3	4	4	3	4		
Cantley		07:30	23:59	0	3	4	4	3	3		
Buckenham		16:45	16:30	0	0	0	1	0	0		
Brundall		07:00	23:59	1	7	9	7	6	5		
Brundall Gardens		07:00	22:45	1	4	6	3	3	1		

End

Table NRW 2C - NRC-TSR-EA-1 - Norwich to Cromer, and Sheringham - Saturdays

From	To	First service departs Norwich no later than	Last service departs Norwich no earlier than	Minimum departures from Norwich during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Norwich	Salhouse	05:45	23:00	1	3	3	2	2	1	
	Hoveton & Wroxham	05:30	23:00	2	3	6	3	2	1	
	Worstead	05:45	23:00	1	2	4	3	2	1	
	North Walsham	05:30	23:00	2	3	6	3	2	1	
	Gunton	05:45	23:00	1	3	3	3	2	1	
	Roughton Road	05:45	23:00	1	3	3	3	2	1	
	Cromer	05:30	23:00	2	3	6	3	2	1	
	West Runton	05:30	23:00	2	3	6	3	2	1	
	Sheringham	05:30	23:00	2	3	6	3	2	1	

End

Table NRW 2D - NRC-TSR-EA-1 - Sheringham, and Cromer to Norwich - Saturdays

From	To	First service arrives Norwich no later than	Last service arrives Norwich no earlier than	Minimum arrivals at Norwich during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Sheringham	Norwich	07:30	00:45	0	3	6	3	2	3	
West Runton		07:30	00:45	0	3	6	3	2	3	
Cromer		07:30	00:45	0	3	6	3	2	3	
Roughton Road		07:30	23:15	0	3	4	2	1	2	
Gunton		07:30	23:15	0	3	3	2	1	2	
North Walsham		07:30	00:45	0	3	6	3	2	3	
Worstead		07:30	23:15	0	3	3	2	1	2	
Hoveton & Wroxham		07:30	00:45	0	3	6	3	2	3	
Salhouse		07:30	23:15	0	3	3	2	1	2	

End

Table LST 2C - NRC-TSR-EA-1 - London Liverpool Street to Broxbourne, Hertford East, Bishops Stortford, Stansted Airport, Cambridge, Cambridge North, Ely, and Kings Lynn - Saturdays

From	To	First service departs London Liverpool Street no later than	Last service departs London Liverpool Street no earlier	Minimum departures from London Liverpool Street during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
London Liverpool Street	Hackney Downs	05:45	23:30	3	6	12	6	6	4	
	Seven Sisters	-	-	0	0	0	0	0	0	
	Edmonton Green	-	-	0	0	0	0	0	0	
	Tottenham Hale	04:45	23:45	13	18	36	18	18	10	
	Northumberland Park	06:00	23:30	1	0	0	0	0	1	
	Meridian Water	-	-	0	0	0	0	0	0	
	Ponders End	05:45	23:30	3	6	12	6	6	4	
	Brimsdown	05:45	23:30	3	6	12	6	6	4	
	Enfield Lock	05:45	23:30	4	6	12	6	6	4	
	Waltham Cross	05:45	23:30	4	6	12	6	6	4	
	Cheshunt	04:45	23:45	9	12	24	12	12	7	
	Broxbourne	04:45	23:45	9	12	24	12	12	7	
	Rye House	05:45	23:30	3	6	12	6	6	4	
	Ware	05:45	23:30	3	6	12	6	6	4	
	Hertford East	05:45	23:30	3	6	12	6	6	4	
	Roydon	06:00	23:45	2	3	6	3	3	2	
	Harlow Town	04:45	23:45	10	12	24	12	12	5	
	Harlow Mill	06:00	23:45	2	3	6	3	3	2	
	Bishops Stortford	04:45	23:45	10	12	24	12	12	6	
	Stansted Mountfitchet	04:45	23:45	3	6	12	6	6	3	
	Stansted Airport	04:15	23:15	6	6	12	6	6	3	
	Elsenham	06:30	23:45	1	3	6	3	3	2	
	Newport (Essex)	06:30	23:45	1	3	6	3	3	2	
	Audley End	06:00	23:45	3	6	12	6	6	3	
	Great Chesterford	06:30	23:45	1	3	6	3	3	2	
	Whittlesford Parkway	06:00	23:45	3	6	12	6	6	3	
	Shelford	06:30	22:15	1	3	6	3	3	1	
	Cambridge	06:00	23:45	3	6	12	6	6	3	
	Cambridge North	06:00	22:15	3	6	12	6	5	1	

End

Table LST 2D - NRC-TSR-EA-1 - Kings Lynn, Ely, Cambridge North, Cambridge, Stansted Airport, Bishops Stortford, Hertford East, and Broxbourne to London Liverpool Street - Saturdays

From	To	First service arrives London Liverpool Street no later than	Last service arrives London Liverpool Street no earlier	Minimum arrivals at London Liverpool Street during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Cambridge North	London Liverpool Street	07:45	00:15	0	4	12	6	6	5	
Cambridge		06:00	00:15	2	6	12	6	6	5	
Shelford		06:45	00:15	1	3	6	3	3	3	
Whittlesford Parkway		06:00	00:15	2	6	12	6	6	5	
Great Chesterford		06:45	00:15	1	3	6	3	3	3	
Audley End		06:00	00:15	2	6	12	6	6	5	
Newport (Essex)		06:45	00:15	1	3	6	3	3	3	
Elsenham		07:30	00:15	0	6	11	6	6	5	
Stansted Airport		06:30	01:15	2	6	12	6	6	7	
Stansted Mountfitchet		06:45	00:15	1	6	12	6	6	6	
Bishops Stortford		06:00	01:15	5	12	24	12	12	12	
Sawbridgeworth		06:00	00:15	3	3	6	3	3	3	
Harlow Mill		06:00	00:15	3	3	6	3	3	3	
Harlow Town		06:00	01:15	5	12	24	12	12	12	
Roydon		06:00	00:15	3	3	6	3	3	3	
Hertford East		07:30	00:15	0	6	11	6	6	5	1 additional service shall be provided starting at Hertford East between 23:59 and 00:15, calling at Broxbourne.
Ware		07:30	00:15	0	6	11	6	6	5	
St Margarets (Herts)		07:30	00:15	0	6	11	6	6	5	
Rye House		07:30	00:15	0	6	11	6	6	5	
Broxbourne		06:00	00:15	4	12	23	12	12	10	
Cheshunt		06:00	00:15	4	12	23	12	12	10	
Waltham Cross		06:15	00:15	2	6	11	6	6	5	
Enfield Lock		06:15	00:15	2	6	11	6	6	5	
Brimsdown		06:15	00:15	2	6	11	6	6	5	
Ponders End		06:15	00:15	2	6	11	6	6	5	
Meridian Water		-	-	0	0	0	0	0	0	
Northumberland Park		06:15	06:15	1	0	0	0	0	0	
Tottenham Hale		06:15	00:30	5	18	35	18	18	16	
Edmonton Green		-	-	0	0	0	0	0	0	
Seven Sisters		06:00	05:45	1	0	0	0	0	0	
Hackney Downs		06:30	00:15	1	6	11	6	6	5	

End

Table SRA 1C - NRC-TSR-EA-1 - Stratford to Meridian Water, Broxbourne, Harlow Town, Hertford East, Bishops Stortford, Stansted Airport, Cambridge, and Cambridge North - Saturdays

From	To	First service departs Stratford no later than	Last service departs Stratford no earlier than	Minimum departures from Stratford during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Stratford	Lea Bridge	06:00	23:00	4	12	24	12	12	5	
	Tottenham Hale	06:00	23:00	4	12	24	12	12	5	
	Northumberland Park	06:00	23:00	3	9	18	9	9	4	
	Meridian Water	06:30	22:45	3	6	12	6	6	2	
	Ponders End	-	-	0	0	0	0	0	0	
	Brimmsdown	-	-	0	0	0	0	0	0	
	Enfield Lock	06:00	23:00	1	3	6	3	3	2	
	Waltham Cross	07:30	22:30	0	3	6	3	3	1	
	Cheshunt	06:00	23:00	2	6	12	6	6	3	
	Broxbourne	06:00	23:00	2	6	12	6	6	3	
	Rye House	-	-	0	0	0	0	0	0	
	St Margarets (Herts)	-	-	0	0	0	0	0	0	
	Ware	-	-	0	0	0	0	0	0	
	Hertford East	-	-	0	0	0	0	0	0	
	Roydon	06:00	23:00	1	3	6	3	3	2	
	Harlow Town	06:00	23:00	2	6	12	6	6	3	
	Harlow Mill	06:00	23:00	1	3	6	3	3	2	
Sawbridgeworth	06:00	23:00	2	6	12	6	6	3		
Bishops Stortford	06:00	23:00	2	6	12	6	6	3		

End

Table SRA 1D - NRC-TSR-EA-1 - Cambridge North, Cambridge, Stansted Airport, Bishops Stortford, Hertford East, Harlow Town, Broxbourne, and Meridian Water to Stratford - Saturdays

From	To	First service arrives Stratford no later than	Last service arrives Stratford no earlier than	Minimum arrivals at Stratford during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Bishops Stortford	Stratford	06:45	23:00	2	6	12	6	6	3	
Sawbridgeworth		06:45	23:00	2	6	12	6	6	3	
Harlow Mill		07:15	23:00	1	3	6	3	3	2	
Harlow Town		06:45	23:00	2	6	12	6	6	3	
Roydon		07:15	23:00	1	3	6	3	3	2	
Hertford East		-	-	0	0	0	0	0	0	
Ware		-	-	0	0	0	0	0	0	
St Margarets (Herts)		-	-	0	0	0	0	0	0	
Rye House		-	-	0	0	0	0	0	0	
Broxbourne		06:45	23:00	2	6	12	6	6	3	
Cheshunt		06:45	23:00	2	6	12	6	6	3	
Waltham Cross		06:45	23:30	2	3	6	3	3	1	
Enfield Lock		07:15	23:00	1	3	6	3	3	2	
Brimsdown		06:15	06:00	1	0	0	0	0	0	
Ponders End		06:15	06:00	1	0	0	0	0	0	
Meridian Water		07:00	23:15	1	6	12	6	6	3	
Northumberland Park		07:00	23:15	2	9	18	9	9	5	
Tottenham Hale	06:45	23:15	3	12	24	12	12	6		
Lea Bridge	06:45	23:15	2	12	24	12	12	6		

End

Table CBG 1C - NRC-TSR-EA-1 - Cambridge to Stansted Airport - Saturdays

From	To	First service departs Cambridge no later than	Last service departs Cambridge no earlier than	Minimum departures from Cambridge during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Cambridge	Whittlesford Parkway	04:45	23:15	6	9	18	9	8	4	1 service leaving Cambridge between 22:45 and 23:00 must extend to Stansted Mountfitchet and Bishops Stortford.
	Audley End	04:45	23:15	6	9	18	9	8	4	
	Stansted Airport	06:15	20:45	2	3	6	3	2	0	15 services to Stansted Airport shall have originated from Norwich, the first shall start no later than 05:30 and the last shall start no earlier than 19:15.

End

Table CBG 1D - NRC-TSR-EA-1 - Stansted Airport to Cambridge - Saturdays

From	To	First service arrives Cambridge no later than	Last service arrives Cambridge no earlier than	Minimum arrivals at Cambridge during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Stansted Airport	Cambridge	07:30	22:45	0	3	6	3	3	1	16 services from Stansted Airport shall call at Norwich, the first shall terminate no later than 09:00 and the last shall terminate no earlier than 23:59.
Audley End		07:30	01:15	0	9	18	9	9	7	
Whittlesford Parkway		07:30	01:15	0	9	18	9	9	7	

End

Table CBG 2C - NRC-TSR-EA-1 - Cambridge to Ely, Kings Lynn, and Norwich - Saturdays

From	To	First service departs Cambridge no later than	Last service departs Cambridge no earlier than	Minimum departures from Cambridge during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Cambridge	Cambridge North	06:15	23:45	1	9	18	9	9	4	
	Waterbeach	-	-	0	0	0	0	0	0	
	Ely	06:15	22:45	1	3	6	3	3	1	
	Littleport	-	-	0	0	0	0	0	0	
	Downham Market	-	-	0	0	0	0	0	0	
	Watlington	-	-	0	0	0	0	0	0	
	Kings Lynn	-	-	0	0	0	0	0	0	
	Shippea Hill	07:30	07:15	0	1	0	0	0	0	
	Lakenheath	15:30	15:15	0	0	1	0	0	0	
	Brandon	06:15	22:45	1	3	6	3	3	1	
	Thetford	06:15	22:45	1	3	6	3	3	1	
	Harling Road	06:15	07:15	1	1	0	0	0	0	
	Eccles Road	06:15	07:15	1	1	0	0	0	0	
	Attleborough	06:15	22:45	1	3	6	3	3	1	
	Spooner Row	08:30	08:15	0	1	0	0	0	0	
	Wymondham	06:15	22:45	1	3	6	3	3	1	
	Norwich	06:15	22:45	1	3	6	3	3	1	

End

Table CBG 2D - NRC-TSR-EA-1 - Norwich, Kings Lynn, and Ely to Cambridge - Saturdays

From	To	First service arrives Cambridge no later than	Last service arrives Cambridge no earlier than	Minimum arrivals at Cambridge during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Norwich	Cambridge	07:00	23:45	1	3	6	3	2	2	
Wymondham		07:00	23:45	1	3	6	3	2	2	
Spooner Row		18:45	18:30	0	0	0	1	0	0	
Attleborough		07:00	23:45	1	3	6	3	2	2	
Eccles Road		16:45	18:30	0	0	0	2	0	0	
Harling Road		16:45	18:30	0	0	0	2	0	0	
Thetford		07:00	23:45	1	3	6	3	2	2	
Brandon		07:00	23:45	1	3	6	3	2	2	
Lakenheath		12:00	11:30	0	0	1	0	0	0	
Shippea Hill		16:45	16:30	0	0	0	1	0	0	
Kings Lynn		-	-	0	0	0	0	0	0	
Watlington		-	-	0	0	0	0	0	0	
Downham Market		-	-	0	0	0	0	0	0	
Littleport		-	-	0	0	0	0	0	0	
Ely		07:00	23:45	1	3	6	3	2	2	
Waterbeach		-	-	0	0	0	0	0	0	
Cambridge North		06:30	23:45	2	8	18	9	8	5	

End

Table LST 1E - NRC-TSR-EA-1 - London Liverpool Street to Wickford, Southend Victoria, Southminster, Chelmsford, Witham, Braintree, Colchester, Colchester Town, Clacton-on-Sea, Walton-on-the-Naze, Harwich International, Harwich Town, Ipswich, Stowmarket, and Norwich - Sundays

From	To	First service departs London Liverpool Street no	Last service departs London Liverpool Street no	Minimum departures from London Liverpool Street during specified interval						Notes	
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59		
London Liverpool Street	Stratford	06:45	00:30	1	10	24	12	13	11	0 services in the 02:00-06:59 timeband may be pick up only at Stratford; 2 services in the 07:00-09:59 timeband may be pick up only at Stratford; 6 services in the 10:00-15:59 timeband may be pick up only at Stratford; 3 services in the 16:00-18:59 timeband may be pick up only at Stratford; 3 services in the 19:00-21:59 timeband may be pick up only at Stratford; and 2 services in the 22:00-01:59 timeband may be pick up only at Stratford.	
	Romford	06:45	00:30	1	7	12	6	6	6		
	Shenfield	06:45	00:30	1	10	24	12	13	11		
	Billericay	07:15	00:30	0	6	12	6	6	6		
	Wickford	07:15	00:30	0	6	12	6	6	6		
	Rayleigh	07:15	00:30	0	6	12	6	6	6		
	Hockley	07:15	00:30	0	6	12	6	6	6		
	Rochford	07:15	00:30	0	6	12	6	6	6		
	Southend Airport	07:15	00:30	0	6	12	6	6	6		
	Prittlewell	07:15	00:30	0	6	12	6	6	6		
	Southend Victoria	07:15	00:30	0	6	12	6	6	6		
	Battlesbridge	-	-	0	0	0	0	0	0		0
	South Woodham Ferrers	-	-	0	0	0	0	0	0		0
	North Fambridge	-	-	0	0	0	0	0	0		0
	Althorne	-	-	0	0	0	0	0	0		0
	Burnham-on-Crouch	-	-	0	0	0	0	0	0		0
	Southminster	-	-	0	0	0	0	0	0		0
	Ingatestone	08:00	23:59	0	2	6	3	3	3		3
	Chelmsford	06:45	23:59	1	4	12	6	7	5		5
	Hatfield Peverel	08:00	23:59	0	2	6	3	3	3		3
	Witham	06:45	23:59	1	4	12	6	7	5		5
	White Notley	-	-	0	0	0	0	0	0		0
	Cressing	-	-	0	0	0	0	0	0		0
	Braintree Freeport	-	-	0	0	0	0	0	0		0
	Braintree	-	-	0	0	0	0	0	0		0
	Kelvedon	08:00	23:59	0	2	6	3	3	3		3
	Marks Tey	08:00	23:59	0	4	12	6	6	5		5
	Colchester	06:45	23:59	1	6	18	9	10	7		1 additional service shall be provided starting at Colchester between 07:30 and 07:45 calling at Manningtree, and Ipswich. 1 additional service shall be provided starting at Colchester between 08:00 and 08:15 calling at Manningtree, and Ipswich.
	Colchester Town	-	-	0	0	0	0	0	0		0
	Hythe	08:30	22:30	0	2	6	3	3	1		1
	Wivenhoe	08:30	22:30	0	2	6	3	3	1		1
	Alresford (Essex)	08:30	22:30	0	2	6	3	3	1		1
	Great Bentley	08:30	22:30	0	2	6	3	3	1		1
	Weeley	-	-	0	0	0	0	0	0		0
	Thorpe-le-Soken	08:30	22:30	0	2	6	3	3	1		1
	Clacton-on-Sea	08:30	22:30	0	2	6	3	3	1		1
	Kirby Cross	-	-	0	0	0	0	0	0		0
	Frinton-on-Sea	-	-	0	0	0	0	0	0		0
	Walton-on-the-Naze	-	-	0	0	0	0	0	0		0
	Manningtree	06:45	23:30	1	3	12	6	7	4		4
Mistley	-	-	0	0	0	0	0	0	0		
Wrabness	-	-	0	0	0	0	0	0	0		
Harwich International	06:45	-	1	0	0	0	1	0	0		
Dovercourt	-	-	0	0	0	0	0	0	0		
Harwich Town	-	-	0	0	0	0	0	0	0		
Ipswich	08:00	23:30	0	4	12	6	6	4	4		
Stowmarket	08:15	23:30	0	2	6	3	3	2	2		
Diss	08:15	23:30	0	2	6	3	3	2	2		
Norwich	08:15	23:30	0	2	6	3	3	2	2		

End

Table LST 1F - NRC-TSR-EA-1 - Norwich, Stowmarket, Ipswich, Harwich Town, Harwich International, Walton-on-the-Naze, Clacton-on-Sea, Colchester Town, Colchester, Braintree, Witham, Chelmsford, Southminster, Southend Victoria, and Wickford to London Liverpool Street - Sundays

From	To	First service arrives London Liverpool Street no later than	Last service arrives London Liverpool Street no earlier	Minimum arrivals at London Liverpool Street during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Norwich	London Liverpool Street	09:00	23:45	0	2	6	3	3	2	
Diss		09:00	23:45	0	2	6	3	3	2	
Stowmarket		09:00	23:45	0	2	6	3	3	2	
Ipswich		09:00	23:45	0	3	12	6	6	4	
Harwich Town		-	-	0	0	0	0	0	0	
Dovercourt		-	-	0	0	0	0	0	0	
Harwich International		09:00	21:30	0	1	0	0	1	0	
Wrabness		-	-	0	0	0	0	0	0	
Mistley		-	-	0	0	0	0	0	0	
Manningtree		09:00	23:45	0	4	12	6	7	4	
Walton-on-the-Naze		-	-	0	0	0	0	0	0	
Frinton-on-Sea		-	-	0	0	0	0	0	0	
Kirby Cross		-	-	0	0	0	0	0	0	
Clacton-on-Sea		09:15	23:00	0	1	6	3	3	2	
Thorpe-le-Soken		09:15	23:00	0	1	6	3	3	2	
Weeley		-	-	0	0	0	0	0	0	
Great Bentley		09:15	23:00	0	1	6	3	3	2	
Alresford (Essex)		09:15	23:00	0	1	6	3	3	2	
Wivenhoe		09:15	23:00	0	1	6	3	3	2	
Hythe		09:15	23:00	0	1	6	3	3	2	
Colchester Town		-	-	0	0	0	0	0	0	
Colchester		08:15	23:45	0	7	18	9	10	6	
Marks Tey		08:15	23:30	0	4	12	6	6	4	
Kelvedon		08:15	23:30	0	3	6	3	3	2	
Braintree		-	-	0	0	0	0	0	0	
Braintree Freeport		-	-	0	0	0	0	0	0	
Cressing		-	-	0	0	0	0	0	0	
White Notley		-	-	0	0	0	0	0	0	
Witham		08:15	23:45	0	5	12	6	6	5	
Hatfield Peverel		08:15	23:30	0	3	6	3	3	2	
Chelmsford		07:45	23:45	0	6	12	6	7	5	
Ingatestone		07:45	23:30	0	4	6	3	3	2	
Southminster		-	-	0	0	0	0	0	0	
Burnham-on-Crouch		-	-	0	0	0	0	0	0	
Althorne		-	-	0	0	0	0	0	0	
North Fambridge		-	-	0	0	0	0	0	0	
South Woodham Ferrers		-	-	0	0	0	0	0	0	
Battlesbridge		-	-	0	0	0	0	0	0	
Southend Victoria		07:30	00:45	0	6	12	6	6	5	
Prittlewell		07:30	23:45	0	6	12	6	6	4	
Southend Airport		07:30	23:45	0	6	12	6	6	5	
Rochford		07:30	23:45	0	6	12	6	6	4	
Hockley		07:30	23:45	0	6	12	6	6	4	
Rayleigh		07:30	23:45	0	6	12	6	6	4	
Wickford		07:30	23:45	0	6	12	6	6	4	
Billericay		07:30	23:45	0	6	12	6	6	4	
Shenfield		07:30	23:45	0	12	24	12	13	9	
Romford	07:30	23:45	0	8	12	6	6	4		
Stratford		07:30	23:45	0	11	24	12	12	8	0 services in the 02:00-06:59 timeband may be set down only at Stratford; 2 services in the 07:00-09:59 timeband may be set down only at Stratford; 6 services in the 10:00-15:59 timeband may be set down only at Stratford; 3 services in the 16:00-18:59 timeband may be set down only at Stratford; 4 services in the 19:00-21:59 timeband may be set down only at Stratford; and 3 services in the 22:00-01:59 timeband may be set down only at Stratford.

End

Table WIC 1E - NRC-TSR-EA-1 - Wickford to Southminster - Sundays

From	To	First service departs Wickford no later than	Last service departs Wickford no earlier than	Minimum departures from Wickford during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Wickford	Battlesbridge	07:30	22:00	0	3	6	3	3	1	
	South Woodham Ferrers	07:30	22:00	0	3	6	3	3	1	
	North Fambridge	07:30	22:00	0	3	6	3	3	1	
	Althorne	07:30	22:00	0	3	6	3	3	1	
	Burnham-on-Crouch	07:30	22:00	0	3	6	3	3	1	
	Southminster	07:30	22:00	0	3	6	3	3	1	

End

Table WIC 1F - NRC-TSR-EA-1 - Southminster to Wickford - Sundays

From	To	First service arrives Wickford no later than	Last service arrives Wickford no earlier than	Minimum arrivals at Wickford during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Southminster	Wickford	08:45	23:00	0	2	6	3	3	2	
Burnham-on-Crouch		08:45	23:00	0	2	6	3	3	2	
Althorne		08:45	23:00	0	2	6	3	3	2	
North Farnbridge		08:45	23:00	0	2	6	3	3	2	
South Woodham Ferrers		08:45	23:00	0	2	6	3	3	2	
Battlesbridge		08:45	23:00	0	2	6	3	3	2	

End

Table WTM 1E - NRC-TSR-EA-1 - Witham to Braintree - Sundays

From	To	First service departs Witham no later than	Last service departs Witham no earlier than	Minimum departures from Witham during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Witham	White Notley	07:45	23:15	0	3	6	3	3	2	
	Cressing	07:45	23:15	0	3	6	3	3	2	
	Braintree Freeport	07:45	23:15	0	3	6	3	3	2	
	Braintree	07:45	23:15	0	3	6	3	3	2	

End

Table WTM 1F - NRC-TSR-EA-1 - Braintree to Witham - Sundays

From	To	First service arrives Witham no later than	Last service arrives Witham no earlier than	Minimum arrivals at Witham during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Braintree	Witham	08:15	23:00	0	2	6	3	3	2	
Braintree Freeport		08:15	23:00	0	2	6	3	3	2	
Cressing		08:15	23:00	0	2	6	3	3	2	
White Notley		08:15	23:00	0	2	6	3	3	2	

End

Table MKT 1E - NRC-TSR-EA-1 - Marks Tey to Sudbury - Sundays

From	To	First service departs Marks Tey no later than	Last service departs Marks Tey no earlier than	Minimum departures from Marks Tey during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Marks Tey	Chappel & Wakes Colne	07:45	22:15	0	3	6	3	3	1	
	Bures	07:45	22:15	0	3	6	3	3	1	
	Sudbury	07:45	22:15	0	3	6	3	3	1	1 service terminating at Sudbury between 07:00 and 07:15 must have called at

End

Table MKT 1F - NRC-TSR-EA-1 - Sudbury to Marks Tey - Sundays

From	To	First service arrives Marks Tey no later than	Last service arrives Marks Tey no earlier than	Minimum arrivals at Marks Tey during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Sudbury	Marks Tey	08:15	23:00	0	2	6	3	3	2	1 service originating at Sudbury between 22:30 and 22:45 must extend to Colchester.
Bures		08:15	23:00	0	2	6	3	3	2	
Chappel & Wakes Colne		08:15	23:00	0	2	6	3	3	2	

End

Table COL 1E - NRC-TSR-EA-1 - Colchester to Colchester Town, Clacton-on-Sea, and Walton-on-the-Naze - Sundays

From	To	First service departs Colchester no later than	Last service departs Colchester no earlier than	Minimum departures from Colchester during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Colchester	Colchester Town	-	-	0	0	0	0	0	0	
	Hythe	08:45	23:30	0	2	6	3	3	2	
	Wivenhoe	08:45	23:30	0	2	6	3	3	2	
	Alresford (Essex)	08:45	23:30	0	2	6	3	3	2	
	Great Bentley	08:45	23:30	0	2	6	3	3	2	
	Weeley	-	-	0	0	0	0	0	0	
	Thorpe-le-Soken	08:45	23:30	0	2	6	3	3	2	
	Clacton-on-Sea	08:45	23:30	0	2	6	3	3	2	
	Kirby Cross	-	-	0	0	0	0	0	0	
	Frinton-on-Sea	-	-	0	0	0	0	0	0	
Walton-on-the-Naze	-	-	0	0	0	0	0	0		

End

Table COL 1F - NRC-TSR-EA-1 - Walton-on-the-Naze, Clacton-on-Sea, and Colchester Town to Colchester - Sundays

From	To	First service arrives Colchester no later than	Last service arrives Colchester no earlier than	Minimum arrivals at Colchester during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Walton-on-the-Naze	Colchester	-	-	0	0	0	0	0	0	
Frinton-on-Sea		-	-	0	0	0	0	0	0	
Kirby Cross		-	-	0	0	0	0	0	0	
Clacton-on-Sea		08:15	22:45	0	2	6	3	3	2	
Thorpe-le-Soken		08:15	22:45	0	2	6	3	3	2	
Weeley		-	-	0	0	0	0	0	0	
Great Bentley		08:15	22:00	0	2	6	3	3	1	
Alresford (Essex)		08:15	22:00	0	2	6	3	3	1	
Wivenhoe		08:15	22:45	0	2	6	3	3	2	
Hythe		08:15	22:45	0	2	6	3	3	2	
Colchester Town		-	-	0	0	0	0	0	0	

End

Table CET 1E - NRC-TSR-EA-1 - Colchester Town to Thorpe-le-Soken - Sundays

From	To	First service departs Colchester Town no later than	Last service departs Colchester Town no earlier	Minimum departures from Colchester Town during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Colchester Town	Hythe	-	-	0	0	0	0	0	0	
	Wivenhoe	-	-	0	0	0	0	0	0	
	Alresford (Essex)	-	-	0	0	0	0	0	0	
	Great Bentley	-	-	0	0	0	0	0	0	
	Weeley	-	-	0	0	0	0	0	0	
	Thorpe-le-Soken	-	-	0	0	0	0	0	0	

End

Table CET 1F - NRC-TSR-EA-1 - Thorpe-le-Soken to Colchester Town - Sundays

From	To	First service arrives Colchester Town no later than	Last service arrives Colchester Town no earlier than	Minimum arrivals at Colchester Town during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Thorpe-le-Soken	Colchester Town	-	-	0	0	0	0	0	0	
Weeley		-	-	0	0	0	0	0	0	
Great Bentley		-	-	0	0	0	0	0	0	
Airesford (Essex)		-	-	0	0	0	0	0	0	
Wivenhoe		-	-	0	0	0	0	0	0	
Hythe		-	-	0	0	0	0	0	0	

End

Table TLS 1E - NRC-TSR-EA-1 - Thorpe-le-Soken to Clacton-on-Sea - Sundays

From	To	First service departs Thorpe-Le- Soken no later than	Last service departs Thorpe-Le- Soken no earlier	Minimum departures from Thorpe-Le-Soken during specified interval						Notes
				02:00 - 06:59	07:00 - 09:59	10:00 - 15:59	16:00 - 18:59	19:00 - 21:59	22:00 - 01:59	
Thorpe-Le-Soken	Clacton-on-Sea	09:15	23:45	0	1	6	3	3	3	

End

Table TLS 1F - NRC-TSR-EA-1 - Clacton-on-Sea to Thorpe-le-Soken - Sundays

From	To	First service arrives Clacton-on-Sea no later than	Last service arrives Thorpe-le-Soken no earlier than	Minimum arrivals at Thorpe-le-Soken during specified interval						Notes
				02:00 - 06:59	07:00 - 09:59	10:00 - 15:59	16:00 - 18:59	19:00 - 21:59	22:00 - 01:59	
Clacton-on-Sea	Thorpe-le-Soken	07:45	22:30	0	3	6	3	3	1	

End

Table TLS 2E - NRC-TSR-EA-1 - Thorpe-le-Soken to Walton-on-the-Naze - Sundays

From	To	First service departs Thorpe-Le- Soken no later than	Last service departs Thorpe-Le- Soken no earlier	Minimum departures from Thorpe-Le-Soken during specified interval						Notes
				02:00 - 06:59	07:00 - 09:59	10:00 - 15:59	16:00 - 18:59	19:00 - 21:59	22:00 - 01:59	
Thorpe-Le-Soken	Kirby Cross	09:15	23:00	0	1	6	3	3	2	
	Frinton-on-Sea	09:15	23:00	0	1	6	3	3	2	
	Walton-on-the-Naze	09:15	23:00	0	1	6	3	3	2	

End

Table TLS 2F - NRC-TSR-EA-1 - Walton-on-the-Naze to Thorpe-le-Soken - Sundays

From	To	First service arrives Clacton-on-Sea no later than	Last service arrives Thorpe-le-Soken no earlier than	Minimum arrivals at Thorpe-le-Soken during specified interval						Notes
				02:00 - 06:59	07:00 - 09:59	10:00 - 15:59	16:00 - 18:59	19:00 - 21:59	22:00 - 01:59	
Walton-on-the-Naze	Thorpe-le-Soken	08:45	22:30	0	2	6	3	3	1	
Frinton-on-Sea		08:45	22:30	0	2	6	3	3	1	
Kirby Cross		08:45	22:30	0	2	6	3	3	1	

End

Table MNG 1E - NRC-TSR-EA-1 - Manningtree to Harwich International, and Harwich Town - Sundays

From	To	First service departs Manningtree no	Last service departs Manningtree no	Minimum departures from Manningtree during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Manningtree	Mistley	08:30	22:15	0	2	6	3	3	1	1 service terminating at Harwich Town between 08:15 and 08:30 must have called at Colchester.
	Wrabness	08:30	22:15	0	2	6	3	3	1	
	Harwich International	08:30	22:15	0	2	6	3	3	1	
	Dovercourt	08:30	22:15	0	2	6	3	3	1	
	Harwich Town	08:30	22:15	0	2	6	3	3	1	

End

Table MNG 1F - NRC-TSR-EA-1 - Harwich Town, and Harwich International to Manningtree - Sundays

From	To	First service arrives Manningtree no later than	Last service arrives Manningtree no earlier than	Minimum arrivals at Manningtree during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Harwich Town	Manningtree	09:30	22:15	0	1	6	3	3	1	
Dovercourt		09:30	22:15	0	1	6	3	3	1	
Harwich International		09:30	22:15	0	1	6	3	3	1	
Wrabness		09:30	22:15	0	1	6	3	3	1	
Mistley		09:30	22:15	0	1	6	3	3	1	

End

Table IPS 1E - NRC-TSR-EA-1 - Ipswich to Harwich International - Sundays

From	To	First service departs Ipswich no later than	Last service departs Ipswich no earlier than	Minimum departures from Ipswich during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Ipswich	Harwich International	08:15	21:00	1	0	0	0	1	0	1 service from Cambridge starting between 19:30 and 20:00 shall call at Harwich International.

End

Table IPS 1F - NRC-TSR-EA-1 - Harwich International to Ipswich - Sundays

From	To	First service arrives Ipswich no later than	Last service arrives Ipswich no earlier than	Minimum arrivals at Ipswich during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Harwich International	Ipswich	09:30	22:00	0	1	0	0	0	1	1 service from Harwich International shall call at Cambridge between 10:30 and 10:45.

End

Table IPS 2E - NRC-TSR-EA-1 - Ipswich to Felixstowe, Saxmundham, and Lowestoft - Sundays

From	To	First service departs Ipswich no later than	Last service departs Ipswich no earlier than	Minimum departures from Ipswich during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Ipswich	Westerfield	10:00	22:00	0	1	9	5	3	1	
	Derby Road	10:00	19:45	0	1	6	3	1	0	
	Trimley	10:00	19:45	0	1	6	3	1	0	
	Felixstowe	10:00	19:45	0	1	6	3	1	0	
	Woodbridge	10:15	22:00	0	0	6	3	3	1	
	Melton	10:15	22:00	0	0	6	3	3	1	
	Wickham Market	10:15	22:00	0	0	6	3	3	1	
	Saxmundham	10:15	22:00	0	0	6	3	3	1	
	Darsham	10:15	22:00	0	0	6	3	3	1	
	Halesworth	10:15	22:00	0	0	6	3	3	1	
	Brampton (Suffolk)	10:15	22:00	0	0	6	3	3	1	
	Beccles	10:15	22:00	0	0	6	3	3	1	
	Oulton Broad South	10:15	22:00	0	0	6	3	3	1	
	Lowestoft	10:15	22:00	0	0	6	3	3	1	

End

Table IPS 2F - NRC-TSR-EA-1 - Lowestoft, Saxmundham, and Felixstowe to Ipswich - Sundays

From	To	First service arrives Ipswich no later than	Last service arrives Ipswich no earlier than	Minimum arrivals at Ipswich during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Lowestoft	Ipswich	09:45	21:30	0	1	6	3	3	0	
Oulton Broad South		09:45	21:30	0	1	6	3	3	0	
Beccles		09:45	21:30	0	1	6	3	3	0	
Brampton (Suffolk)		09:45	21:30	0	1	6	3	3	0	
Halesworth		09:45	21:30	0	1	6	3	3	0	
Darsham		09:45	21:30	0	1	6	3	3	0	
Saxmundham		09:45	21:30	0	1	6	3	3	0	
Wickham Market		09:45	21:30	0	1	6	3	3	0	
Melton		09:45	21:30	0	1	6	3	3	0	
Woodbridge		09:45	21:30	0	1	6	3	3	0	
Felixstowe		11:00	20:45	0	0	6	3	2	0	
Trimley		11:00	20:45	0	0	6	3	2	0	
Derby Road		11:00	20:45	0	0	6	3	2	0	
Westerfield		09:45	21:30	0	1	9	5	4	0	

End

Table IPS 3E - NRC-TSR-EA-1 - Ipswich to Norwich, Bury St Edmunds, Cambridge, Ely, and Peterborough - Sundays

From	To	First service departs Ipswich no later than	Last service departs Ipswich no earlier than	Minimum departures from Ipswich during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Ipswich	Needham Market	07:45	21:00	0	3	6	3	2	0	
	Stowmarket	07:45	00:30	0	6	15	7	5	3	
	Diss	08:45	00:30	0	2	6	3	3	3	
	Norwich	08:45	00:30	0	2	6	3	3	3	
	Elmswell	07:45	21:00	0	3	6	3	2	0	
	Thurston	07:45	21:00	0	3	6	3	2	0	
	Bury St Edmunds	07:45	21:00	0	4	9	4	2	0	
	Kennett	07:45	21:00	0	2	3	1	2	0	
	Newmarket	07:45	21:00	0	3	6	3	2	0	
	Dullingham	07:45	21:00	0	2	3	2	1	0	
	Cambridge	07:45	21:00	0	3	6	3	2	0	
	Soham	-	-	0	0	0	0	0	0	
	Ely	10:00	17:45	0	1	3	1	0	0	1 additional service shall be provided from Ipswich between 07:45 and 08:00 calling at
	Manea	10:00	17:45	0	1	3	1	0	0	
	March	10:00	17:45	0	1	3	1	0	0	
	Whittlesea	10:00	17:45	0	1	3	1	0	0	
Peterborough	10:00	17:45	0	1	3	1	0	0	1 service terminating at Peterborough between 09:15 and 09:30 must have called at Manningtree, and Colchester.	

End

Table IPS 3F - NRC-TSR-EA-1 - Peterborough, Ely, Cambridge, Bury St Edmunds, and Norwich to Ipswich - Sundays

From	To	First service arrives Ipswich no later than	Last service arrives Ipswich no earlier than	Minimum arrivals at Ipswich during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Peterborough	Ipswich	13:25	21:15	0	0	2	2	1	0	1 service originating at Peterborough between 17:45 and 18:00 must extend to
Whittlesea		13:25	21:15	0	0	2	2	1	0	
March		13:25	21:15	0	0	2	2	1	0	
Manea		13:25	21:15	0	0	2	2	1	0	
Ely		13:25	21:15	0	0	2	2	1	0	
Soham		-	-	0	0	0	0	0	0	
Cambridge		10:30	23:59	0	0	6	3	3	2	
Dullingham		10:30	23:59	0	0	4	1	2	2	
Newmarket		10:30	23:59	0	0	6	3	3	2	
Kennett		10:30	23:59	0	0	3	2	1	2	
Bury St Edmunds		10:30	23:59	0	0	8	5	4	2	
Thurston		10:30	23:59	0	0	6	3	3	2	
Elmswell		10:30	23:59	0	0	6	3	3	2	
Norwich		07:45	23:45	0	3	6	3	3	2	
Diss		07:45	23:45	0	3	6	3	3	2	
Stowmarket		07:45	23:59	0	3	15	7	7	4	
Needham Market		10:30	23:59	0	0	6	3	3	2	

End

Table NRW 1E - NRC-TSR-EA-1 - Norwich to Lowestoft, and Great Yarmouth - Sundays

From	To	First service departs Norwich no later than	Last service departs Norwich no earlier than	Minimum departures from Norwich during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Norwich	Brundall Gardens	08:45	22:30	0	1	3	2	1	1	
	Brundall	07:45	22:30	0	4	9	5	5	1	
	Buckenham	08:15	16:00	0	2	4	1	0	0	
	Cantley	07:45	21:30	0	3	6	3	4	0	
	Reedham (Norfolk)	07:45	21:30	0	3	6	3	4	0	
	Haddiscoe	08:15	20:45	0	1	3	2	2	0	
	Somerleyton	08:15	20:45	0	1	3	2	2	0	
	Oulton Broad North	07:30	20:45	0	3	6	3	3	0	
	Lowestoft	07:30	20:45	0	3	6	3	3	0	
	Berney Arms	07:45	13:30	0	2	2	0	0	0	1 additional service shall be provided from Norwich between 15:30 and 15:45 to Berney
	Lingwood	08:45	22:30	0	1	3	2	1	1	
	Acle	08:45	22:30	0	1	3	2	1	1	
	Great Yarmouth	07:45	22:30	0	3	6	3	3	1	

End

Table NRW 1F - NRC-TSR-EA-1 - Great Yarmouth, and Lowestoft to Norwich - Sundays

From	To	First service arrives Norwich no later than	Last service arrives Norwich no earlier than	Minimum arrivals at Norwich during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Great Yarmouth	Norwich	09:00	23:45	0	2	6	3	3	2	
Acle		10:00	21:45	0	1	3	1	2	0	
Lingwood		10:00	21:45	0	1	3	1	2	0	
Berney Arms		09:00	14:45	0	1	3	1	0	0	1 additional service shall be provided from Berney Arms to Norwich arriving between
Lowestoft		09:45	23:59	0	1	6	3	3	2	
Oulton Broad North		09:45	23:59	0	1	6	3	3	2	
Somerleyton		10:45	22:30	0	0	3	2	1	1	
Haddiscoe		10:45	22:30	0	0	3	2	1	1	
Reedham (Norfolk)		09:00	23:59	0	2	6	4	2	4	
Cantley		09:00	23:45	0	2	6	4	2	3	
Buckenham		10:45	16:45	0	0	4	2	0	0	
Brundall		09:00	23:59	0	3	9	5	4	4	
Brundall Gardens		10:00	23:45	0	1	3	1	2	1	

End

Table NRW 2E - NRC-TSR-EA-1 - Norwich to Cromer, and Sheringham - Sundays

From	To	First service departs Norwich no later than	Last service departs Norwich no earlier than	Minimum departures from Norwich during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Norwich	Salhouse	08:45	20:30	0	1	3	2	1	0	
	Hoveton & Wroxham	08:45	20:30	0	2	6	3	2	0	
	Worstead	08:45	20:30	0	1	3	2	1	0	
	North Walsham	08:45	20:30	0	2	6	3	2	0	
	Gunton	08:45	20:30	0	1	3	2	1	0	
	Roughton Road	08:45	20:30	0	1	3	2	1	0	
	Cromer	08:45	20:30	0	2	6	3	2	0	
	West Runton	08:45	20:30	0	1	3	2	1	0	
Sheringham	08:45	20:30	0	2	6	3	2	0		

End

Table NRW 2F - NRC-TSR-EA-1 - Sheringham, and Cromer to Norwich - Sundays

From	To	First service arrives Norwich no later than	Last service arrives Norwich no earlier than	Minimum arrivals at Norwich during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Sheringham	Norwich	10:45	22:30	0	0	6	3	3	1	
West Runton		10:45	22:30	0	0	3	2	1	1	
Cromer		10:45	22:30	0	0	6	3	3	1	
Roughton Road		10:45	22:30	0	0	3	2	1	1	
Gunton		10:45	22:30	0	0	3	2	1	1	
North Walsham		10:45	22:30	0	0	6	3	3	1	
Worstead		10:45	22:30	0	0	3	2	1	1	
Hoveton & Wroxham		10:45	22:30	0	0	6	3	3	1	
Salhouse		10:45	22:30	0	0	3	2	1	1	

End

Table LST 2E - NRC-TSR-EA-1 - London Liverpool Street to Broxbourne, Hertford East, Bishops Stortford, Stansted Airport, Cambridge, Cambridge North, Ely, and Kings Lynn - Sundays

From	To	First service departs London Liverpool Street no	Last service departs London Liverpool Street no	Minimum departures from London Liverpool Street during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
London Liverpool Street	Hackney Downs	07:45	22:45	0	3	6	3	3	1	
	Seven Sisters	-	-	0	0	0	0	0	0	
	Edmonton Green	-	-	0	0	0	0	0	0	
	Tottenham Hale	04:45	23:45	5	11	24	12	12	7	
	Northumberland Park	-	-	0	0	0	0	0	0	
	Meridian Water	-	-	0	0	0	0	0	0	
	Ponders End	07:45	07:30	0	1	0	0	0	0	
	Brimmsdown	07:45	07:30	0	1	0	0	0	0	
	Enfield Lock	07:45	07:30	0	1	0	0	0	0	
	Waltham Cross	07:45	07:30	0	1	0	0	0	0	
	Cheshunt	05:45	23:45	2	5	12	6	6	4	
	Broxbourne	05:45	23:45	2	5	12	6	6	4	
	Rye House	-	-	0	0	0	0	0	0	
	St Margarets	-	-	0	0	0	0	0	0	
	Ware	-	-	0	0	0	0	0	0	
	Hertford East	-	-	0	0	0	0	0	0	1 additional service shall be provided starting at Broxbourne between 08:00 to 08:15 calling at Rye House, St Margarets (Herts), Ware, and Hertford East.
	Roydon	07:45	23:45	0	3	6	3	3	2	
	Harlow Town	04:45	23:45	5	11	24	12	12	7	
	Harlow Mill	07:45	23:45	0	3	6	3	3	2	
	Sawbridgeworth	07:45	23:45	0	5	12	6	6	4	
	Bishops Stortford	04:45	23:45	5	11	24	12	12	7	
	Stansted Mountfitchet	04:45	22:45	3	6	12	6	6	2	
	Stansted Airport	04:15	23:15	6	6	12	6	6	3	
	Elsenham	07:45	22:45	0	3	6	3	3	1	
	Newport (Essex)	07:45	22:45	0	3	6	3	3	1	
	Audley End	07:45	22:45	0	5	12	6	6	2	
	Great Chesterford	07:45	22:45	0	3	6	3	3	1	
	Whittlesford Parkway	07:45	22:45	0	5	12	6	6	2	
	Shelford	07:45	22:45	0	3	6	3	3	1	
	Cambridge	07:45	22:45	0	5	12	6	6	2	
Cambridge North	07:45	21:45	0	5	12	6	4	0		

End

Table LST 2F - NRC-TSR-EA-1 - Kings Lynn, Ely, Cambridge North, Cambridge, Stansted Airport, Bishops Stortford, Hertford East, and Broxbourne to London Liverpool Street - Sundays

From	To	First service arrives London Liverpool Street no later than	Last service arrives London Liverpool Street no earlier	Minimum arrivals at London Liverpool Street during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Cambridge North	London Liverpool Street	11:30	22:30	0	0	10	6	6	2	
Cambridge		08:45	23:30	0	3	12	6	6	3	
Shelford		09:15	22:15	0	1	6	3	3	1	
Whittlesford Parkway		08:45	23:30	0	3	12	6	6	3	
Great Chesterford		09:15	22:15	0	1	6	3	3	1	
Audley End		08:45	23:30	0	3	12	6	6	3	
Newport (Essex)		09:15	22:15	0	1	6	3	3	1	
Elsenham		09:15	22:15	0	1	6	3	3	1	
Stansted Airport		06:30	01:15	2	6	12	6	6	7	
Stansted Mountfitchet		07:45	23:30	0	4	12	6	6	3	
Bishops Stortford		06:30	01:15	2	10	24	12	12	10	
Sawbridgeworth		07:45	23:30	0	4	12	6	6	3	
Harlow Mill		09:15	22:15	0	1	6	3	3	1	
Harlow Town		06:30	01:15	2	10	24	12	12	10	
Roydon		09:15	22:15	0	1	6	3	3	1	
Hertford East		23:00	22:45	0	0	0	0	0	1	
Ware		23:00	22:45	0	0	0	0	0	1	
St Margarets (Herts)		23:00	22:45	0	0	0	0	0	1	
Rye House		23:00	22:45	0	0	0	0	0	1	
Broxbourne		07:45	23:30	0	4	12	6	6	4	
Cheshunt		07:45	23:30	0	4	12	6	6	4	
Waltham Cross		07:45	22:45	0	1	0	0	0	1	
Enfield Lock		07:45	22:45	0	1	0	0	0	1	
Brimmsdown		07:45	22:45	0	1	0	0	0	1	
Ponders End		07:45	22:45	0	1	0	0	0	1	
Meridian Water		-	-	0	0	0	0	0	0	
Northumberland Park		-	-	0	0	0	0	0	0	
Tottenham Hale		06:30	23:59	2	10	24	12	12	9	
Edmonton Green		-	-	0	0	0	0	0	0	
Seven Sisters		00:45	00:30	0	0	0	0	0	1	
Hackney Downs		07:45	22:45	0	2	6	3	3	2	

End

Table SRA 1E - NRC-TSR-EA-1 - Stratford to Meridian Water, Broxbourne, Harlow Town, Hertford East, Bishops Stortford, Stansted Airport, Cambridge, and Cambridge North - Sundays

From	To	First service departs Stratford no later than	Last service departs Stratford no earlier than	Minimum departures from Stratford during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Stratford	Lea Bridge	08:15	23:30	0	7	24	12	12	1	
	Tottenham Hale	08:15	23:30	0	7	24	12	12	1	
	Northumberland Park	09:00	21:45	0	3	12	6	6	0	
	Meridian Water	09:00	21:45	0	3	12	6	6	0	
	Ponders End	08:15	23:30	0	4	12	6	6	1	
	Brimmsdown	08:15	23:30	0	4	12	6	6	1	
	Enfield Lock	08:15	23:30	0	4	12	6	6	1	
	Waltham Cross	08:15	23:30	0	4	12	6	6	1	
	Cheshunt	08:15	23:30	0	4	12	6	6	1	
	Broxbourne	08:15	23:30	0	4	12	6	6	1	
	Rye House	08:15	23:30	0	4	12	6	6	1	
	St Margarets (Herts)	08:15	23:30	0	4	12	6	6	1	
	Ware	08:15	23:30	0	4	12	6	6	1	
	Hertford East	08:15	23:30	0	4	12	6	6	1	
	Roydon	-	-	0	0	0	0	0	0	
	Harlow Town	-	-	0	0	0	0	0	0	
	Harlow Mill	-	-	0	0	0	0	0	0	
Sawbridgeworth	-	-	0	0	0	0	0	0		
Bishops Stortford	-	-	0	0	0	0	0	0		

End

Table SRA 1F - NRC-TSR-EA-1 - Cambridge North, Cambridge, Stansted Airport, Bishops Stortford, Hertford East, Harlow Town, Broxbourne, and Meridian Water to Stratford - Sundays

From	To	First service arrives Stratford no later than	Last service arrives Stratford no earlier than	Minimum arrivals at Stratford during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Bishops Stortford	Stratford	08:00	23:00	0	1	0	0	0	1	1 service terminating at Stratford between 23:00 and 23:15 must have called at Cambridge North, Cambridge, Shelford, Whittlesford Parkway, Great Chesterford, Audley End, Newport (Essex), Elsenham, Stansted Mountfitchet, and Bishops Stortford.
Sawbridgeworth		08:00	23:00	0	1	0	0	0	1	
Harlow Mill		08:00	23:00	0	1	0	0	0	1	
Harlow Town		08:00	23:00	0	1	0	0	0	1	
Roydon		08:00	23:00	0	1	0	0	0	1	
Hertford East		08:30	23:15	0	4	12	6	6	1	
Ware		08:30	23:15	0	4	12	6	6	1	
St Margarets (Herts)		08:30	23:15	0	4	12	6	6	1	
Rye House		08:30	23:15	0	4	12	6	6	1	
Broxbourne		08:15	23:15	0	5	12	6	6	2	
Cheshunt		08:15	23:15	0	5	12	6	6	2	
Waltham Cross		08:30	23:15	0	4	12	6	6	1	
Enfield Lock		08:30	23:15	0	4	12	6	6	1	
Brimmsdown		08:30	23:15	0	4	12	6	6	1	
Ponders End		08:30	23:15	0	4	12	6	6	1	
Meridian Water		08:45	23:00	0	3	11	6	6	2	
Northumberland Park		08:45	23:00	0	3	11	6	6	2	
Tottenham Hale		08:15	23:15	0	8	23	12	12	4	
Lea Bridge	08:30	23:15	0	7	23	12	12	4		

End

Table CBG 1E - NRC-TSR-EA-1 - Cambridge to Stansted Airport - Sundays

From	To	First service departs Cambridge no later than	Last service departs Cambridge no earlier than	Minimum departures from Cambridge during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Cambridge	Whittlesford Parkway	07:45	22:45	0	9	18	9	9	2	1 service leaving Cambridge between 22:45 and 23:00 must extend to Stansted Mountfitchet, and Bishops Stortford.
	Audley End	07:45	22:45	0	9	18	9	8	4	
	Stansted Airport	07:45	21:15	0	3	6	3	3	0	12 services to Stansted Airport shall have originated from Norwich, the first shall start no later than 09:00 and the last shall start no earlier than 20:00.

End

Table CBG 1F - NRC-TSR-EA-1 - Stansted Airport to Cambridge - Sundays

From	To	First service arrives Cambridge no later than	Last service arrives Cambridge no earlier than	Minimum arrivals at Cambridge during specified interval					Notes	
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59		22:00-01:59
Stansted Airport	Cambridge	09:00	22:30	0	2	6	3	3	1	13 services from Stansted Airport shall call at Norwich, the first shall terminate no later than 10:15 and the last shall terminate no earlier than 23:00.
Audley End		09:00	00:15	0	4	18	9	9	6	
Whittlesford Parkway		09:00	00:15	0	4	18	9	9	6	

End

Table CBG 2E - NRC-TSR-EA-1 - Cambridge to Ely, Kings Lynn, and Norwich - Sundays

From	To	First service departs Cambridge no later than	Last service departs Cambridge no earlier than	Minimum departures from Cambridge during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Cambridge	Cambridge North	09:00	23:30	0	3	18	9	8	2	
	Waterbeach	-	-	0	0	0	0	0	0	
	Ely	09:00	22:45	0	1	6	3	3	0	
	Littleport	-	-	0	0	0	0	0	0	
	Downham Market	-	-	0	0	0	0	0	0	
	Watlington	-	-	0	0	0	0	0	0	
	Kings Lynn	-	-	0	0	0	0	0	0	
	Shippea Hill	-	-	0	0	0	0	0	0	
	Lakenheath	09:00	15:45	0	1	3	0	0	0	
	Brandon	09:00	22:45	0	1	6	3	3	0	
	Thetford	09:00	22:45	0	1	6	3	3	0	
	Harling Road	-	-	0	0	0	0	0	0	
	Eccles Road	-	-	0	0	0	0	0	0	
	Attleborough	09:00	22:45	0	1	6	3	3	0	
	Spooner Row	-	-	0	0	0	0	0	0	
	Wymondham	09:00	22:45	0	1	6	3	3	0	
	Norwich	09:00	22:45	0	1	6	3	3	0	

End

Table CBG 2F - NRC-TSR-EA-1 - Norwich, Kings Lynn, and Ely to Cambridge - Sundays

From	To	First service arrives Cambridge no later than	Last service arrives Cambridge no earlier than	Minimum arrivals at Cambridge during specified interval						Notes
				02:00-06:59	07:00-09:59	10:00-15:59	16:00-18:59	19:00-21:59	22:00-01:59	
Norwich	Cambridge	11:00	23:15	0	0	5	3	3	2	
Wymondham		11:00	22:00	0	0	5	3	3	1	
Spooner Row		-	-	0	0	0	0	0	0	
Attleborough		11:00	23:15	0	0	5	3	3	2	
Eccles Road		-	-	0	0	0	0	0	0	
Harling Road		-	-	0	0	0	0	0	0	
Thetford		11:00	23:15	0	0	5	3	3	2	
Brandon		11:00	23:15	0	0	5	3	3	2	
Lakenheath		11:00	17:00	0	0	2	1	0	0	
Shippea Hill		-	-	0	0	0	0	0	0	
Kings Lynn		-	-	0	0	0	0	0	0	
Watlington		-	-	0	0	0	0	0	0	
Downham Market		-	-	0	0	0	0	0	0	
Littleport		-	-	0	0	0	0	0	0	
Ely		11:00	23:15	0	0	5	3	3	2	
Waterbeach		-	-	0	0	0	0	0	0	
Cambridge North		10:00	23:15	0	1	18	9	9	2	

End