

# 23/23A/24/24A

Mondays to Fridays  
Valid from: 04/08/2019  
Valid to: 24/08/2019

- 23 Heartsease - Costessey  
Via City Centre
- 23A Heartsease - Costessey  
Via City Centre
- 24 Thorpe St. Andrew - Costessey, Queens Hills  
Via City Centre
- 24A Thorpe St. Andrew - Costessey, Queens Hills  
Via City Centre

Service No.:	24	23A	24A	23	24	23A	24A	23	24	23A	24A	23
Notes:		SA		SA		SA						
Thorpe St.Andrew,Sainsburys	----	----	0637	----	0658	----	0718	----	0734	----	0749	----
South Hill Road,Charles Avenue	----	----	----	----	0701	----	----	----	0737	----	----	----
Gordon Avenue,Hillcrest Road	----	----	----	----	0709	----	----	----	0745	----	----	----
Booty Road,Woodlands Crescent	----	----	0641	----	----	----	0723	----	----	----	0754	----
Plumstead Road East,Witard Road	----	----	0647	----	----	----	0729	----	----	----	0800	----
Heartsease,Sale Road	----	0623	----	0653	----	0713	----	0733	----	0745	----	0758
Plumstead Road,The Heartsease	0610	0630	0650	0700	0713	0723	0733	0745	0749	0757	0804	0812
Rail Station,Wensum House	0616	0636	0656	0706	0721	0731	0741	0753	0800	0808	0815	0823
City Centre,Castle Meadow [CT]	0620	0640	0700	0710	0726	0736	0746	0758	0805	0813	0820	0828
City Centre,Theatre Street [BE]	0623	0643	0703	0713	0730	0740	0750	0802	0809	0817	0824	0832
Dereham Road,Adelaide Street	0628	0648	0708	0718	0736	0746	0756	0808	0815	0823	0830	0838
Dereham Road,Larkman Lane	0634	0654	0714	0724	0744	0754	0804	0817	0824	0832	0839	0847
Costessey,Breckland Road Roundabout	----	----	----	0728	----	----	----	0821	----	----	----	0851
Costessey,Longwater Lane,Park	----	0703	----	----	----	0804	----	----	----	0842	----	----
Roundwell Medical Centre	----	0705	----	0734	----	0806	----	0827	----	0844	----	0857
Dereham Road,Longwater Lane	0639	----	0719	----	0749	----	0809	----	0829	----	0844	----
Lodge Farm,Lord Nelson Drive	----	0710	----	0739	----	0811	----	0832	----	0849	----	0902
William Frost Way,Sainsburys	----	----	----	----	----	----	----	----	----	----	----	----
Longwater,Sainsburys	0643	----	0723	----	0753	----	0813	----	0833	----	0848	----
Queens Hills,Kestrel Avenue	0648	----	0728	----	0758	----	0818	----	0838	----	0853	----

Notes:  
SA Journey starts at Salhouse Road,Homebase

Service No.:	24	23A	24A	23	24	23A	24A	23	24	23A	24A	23
Notes:												
Thorpe St.Andrew,Sainsburys	0804	----	0819	----	0834	----	0852	----	0907	----	0922	----
South Hill Road,Charles Avenue	0807	----	----	----	0837	----	----	----	0910	----	----	----
Gordon Avenue,Hillcrest Road	0815	----	----	----	0845	----	----	----	0918	----	----	----
Booty Road,Woodlands Crescent	----	----	0824	----	----	----	0857	----	----	----	0927	----
Plumstead Road East,Witard Road	----	----	0830	----	----	----	0903	----	----	----	0933	----
Heartsease,Sale Road	----	0813	----	0828	----	0846	----	0903	----	0918	----	0933
Plumstead Road,The Heartsease	0819	0827	0834	0842	0849	0900	0907	0915	0922	0930	0937	0945
Rail Station,Wensum House	0830	0838	0845	0853	0900	0908	0915	0923	0930	0938	0945	0953
City Centre,Castle Meadow [CT]	0835	0843	0850	0858	0905	0913	0920	0928	0935	0943	0950	0958
City Centre,Theatre Street [BE]	0839	0847	0854	0902	0909	0917	0924	0932	0939	0947	0954	1002
Dereham Road,Adelaide Street	0845	0853	0900	0908	0915	0923	0930	0938	0945	0953	1000	1008
Dereham Road,Larkman Lane	0854	0902	0909	0917	0924	0932	0939	0947	0954	1002	1009	1017
Costessey,Breckland Road Roundabout	----	----	----	0921	----	----	----	0951	----	----	----	1021
Costessey,Longwater Lane,Park	----	0912	----	----	----	0942	----	----	----	1012	----	----
Roundwell Medical Centre	----	0914	----	0927	----	0944	----	0957	----	1014	----	1027
Dereham Road,Longwater Lane	0859	----	0914	----	0929	----	0944	----	0959	----	1014	----
Lodge Farm,Lord Nelson Drive	----	0919	----	0932	----	0949	----	1002	----	1019	----	1032
William Frost Way,Sainsburys	----	----	----	----	----	----	----	----	----	----	----	----
Longwater,Sainsburys	0903	----	0918	----	0933	----	0948	----	1003	----	1018	----
Queens Hills,Kestrel Avenue	0908	----	0923	----	0938	----	0953	----	1008	----	1023	----

Service No.:	24	23A	24A	23	24	23A	24A	23	24	23A	24A	23
Notes:												
Thorpe St.Andrew,Sainsburys	0937	----	0952	----	1007	----	1022	----	1037	----	1052	----
South Hill Road,Charles Avenue	0940	----	----	----	1010	----	----	----	1040	----	----	----
Gordon Avenue,Hillcrest Road	0948	----	----	----	1018	----	----	----	1048	----	----	----
Booty Road,Woodlands Crescent	----	----	0957	----	----	----	1027	----	----	----	1057	----
Plumstead Road East,Witard Road	----	----	1003	----	----	----	1033	----	----	----	1103	----
Heartsease,Sale Road	----	0948	----	1003	----	1018	----	1033	----	1048	----	1103
Plumstead Road,The Heartsease	0952	1000	1007	1015	1022	1030	1037	1045	1052	1100	1107	1115
Rail Station,Wensum House	1000	1008	1015	1023	1030	1038	1045	1053	1100	1108	1115	1123
City Centre,Castle Meadow [CT]	1005	1013	1020	1028	1035	1043	1050	1058	1105	1113	1120	1128
City Centre,Theatre Street [BE]	1009	1017	1024	1032	1039	1047	1054	1102	1109	1117	1124	1132
Dereham Road,Adelaide Street	1015	1023	1030	1038	1045	1053	1100	1108	1115	1123	1130	1138
Dereham Road,Larkman Lane	1024	1032	1039	1047	1054	1102	1109	1117	1124	1132	1139	1147
Costessey,Breckland Road Roundabout	----	----	----	1051	----	----	----	1121	----	----	----	1151
Costessey,Longwater Lane,Park	----	1042	----	----	----	1112	----	----	----	1142	----	----
Roundwell Medical Centre	----	1044	----	1057	----	1114	----	1127	----	1144	----	1157
Dereham Road,Longwater Lane	1029	----	1044	----	1059	----	1114	----	1129	----	1144	----
Lodge Farm,Lord Nelson Drive	----	1049	----	1102	----	1119	----	1132	----	1149	----	1202
William Frost Way,Sainsburys	----	----	----	----	----	----	----	----	----	----	----	----
Longwater,Sainsburys	1033	----	1048	----	1103	----	1118	----	1133	----	1148	----
Queens Hills,Kestrel Avenue	1038	----	1053	----	1108	----	1123	----	1138	----	1153	----

Service No.:	24	23A	24A	23	24	23A	24A	23	24	23A	24A	23
Notes:												
Thorpe St.Andrew,Sainsburys	1107	----	1122	----	1137	----	1152	----	1207	----	1222	----
South Hill Road,Charles Avenue	1110	----	----	----	1140	----	----	----	1210	----	----	----
Gordon Avenue,Hillcrest Road	1118	----	----	----	1148	----	----	----	1218	----	----	----
Booty Road,Woodlands Crescent	----	----	1127	----	----	----	1157	----	----	----	1227	----
Plumstead Road East,Witard Road	----	----	1133	----	----	----	1203	----	----	----	1233	----
Heartsease,Sale Road	----	1118	----	1133	----	1148	----	1203	----	1218	----	1233
Plumstead Road,The Heartsease	1122	1130	1137	1145	1152	1200	1207	1215	1222	1230	1237	1245
Rail Station,Wensum House	1130	1138	1145	1153	1200	1208	1215	1223	1230	1238	1245	1253
City Centre,Castle Meadow [CT]	1135	1143	1150	1158	1205	1213	1220	1228	1235	1243	1250	1258
City Centre,Theatre Street [BE]	1139	1147	1154	1202	1209	1217	1224	1232	1239	1247	1254	1302
Dereham Road,Adelaide Street	1145	1153	1200	1208	1215	1223	1230	1238	1245	1253	1300	1308
Dereham Road,Larkman Lane	1154	1202	1209	1217	1224	1232	1239	1247	1254	1302	1309	1317
Costessey,Breckland Road Roundabout	----	----	----	1221	----	----	----	1251	----	----	----	1321
Costessey,Longwater Lane,Park	----	1212	----	----	----	1242	----	----	----	1312	----	----
Roundwell Medical Centre	----	1214	----	1227	----	1244	----	1257	----	1314	----	1327
Dereham Road,Longwater Lane	1159	----	1214	----	1229	----	1244	----	1259	----	1314	----
Lodge Farm,Lord Nelson Drive	----	1219	----	1232	----	1249	----	1302	----	1319	----	1332
William Frost Way,Sainsburys	----	----	----	----	----	----	----	----	----	----	----	----
Longwater,Sainsburys	1203	----	1218	----	1233	----	1248	----	1303	----	1318	----
Queens Hills,Kestrel Avenue	1208	----	1223	----	1238	----	1253	----	1308	----	1323	----

Service No.:	24	23A	24A	23	24	23A	24A	23	24	23A	24A	23
Notes:												
Thorpe St.Andrew,Sainsburys	1237	----	1252	----	1307	----	1322	----	1337	----	1352	----
South Hill Road,Charles Avenue	1240	----	----	----	1310	----	----	----	1340	----	----	----
Gordon Avenue,Hillcrest Road	1248	----	----	----	1318	----	----	----	1348	----	----	----
Booty Road,Woodlands Crescent	----	----	1257	----	----	----	1327	----	----	----	1357	----
Plumstead Road East,Witard Road	----	----	1303	----	----	----	1333	----	----	----	1403	----
Heartsease,Sale Road	----	1248	----	1303	----	1318	----	1333	----	1348	----	1403
Plumstead Road,The Heartsease	1252	1300	1307	1315	1322	1330	1337	1345	1352	1400	1407	1415
Rail Station,Wensum House	1300	1308	1315	1323	1330	1338	1345	1353	1400	1408	1415	1423
City Centre,Castle Meadow [CT]	1305	1313	1320	1328	1335	1343	1350	1358	1405	1413	1420	1428
City Centre,Theatre Street [BE]	1309	1317	1324	1332	1339	1347	1354	1402	1409	1417	1424	1432
Dereham Road,Adelaide Street	1315	1323	1330	1338	1345	1353	1400	1408	1415	1423	1430	1438
Dereham Road,Larkman Lane	1324	1332	1339	1347	1354	1402	1409	1417	1424	1432	1439	1447
Costessey,Breckland Road Roundabout	----	----	----	1351	----	----	----	1421	----	----	----	1451
Costessey,Longwater Lane,Park	----	1342	----	----	----	1412	----	----	----	1442	----	----
Roundwell Medical Centre	----	1344	----	1357	----	1414	----	1427	----	1444	----	1457
Dereham Road,Longwater Lane	1329	----	1344	----	1359	----	1414	----	1429	----	1444	----
Lodge Farm,Lord Nelson Drive	----	1349	----	1402	----	1419	----	1432	----	1449	----	1502
William Frost Way,Sainsburys	----	----	----	----	----	----	----	----	----	----	----	----
Longwater,Sainsburys	1333	----	1348	----	1403	----	1418	----	1433	----	1448	----
Queens Hills,Kestrel Avenue	1338	----	1353	----	1408	----	1423	----	1438	----	1453	----

Service No.:	24	23A	24A	23	24	23A	24A	23	24	23A	24A	23
Notes:												
Thorpe St.Andrew,Sainsburys	1407	----	1422	----	1437	----	1452	----	1507	----	1522	----
South Hill Road,Charles Avenue	1410	----	----	----	1440	----	----	----	1510	----	----	----
Gordon Avenue,Hillcrest Road	1418	----	----	----	1448	----	----	----	1518	----	----	----
Booty Road,Woodlands Crescent	----	----	1427	----	----	----	1457	----	----	----	1527	----
Plumstead Road East,Witard Road	----	----	1433	----	----	----	1503	----	----	----	1533	----
Heartsease,Sale Road	----	1418	----	1433	----	1448	----	1503	----	1518	----	1533
Plumstead Road,The Heartsease	1422	1430	1437	1445	1452	1500	1507	1515	1522	1530	1537	1545
Rail Station,Wensum House	1430	1438	1445	1453	1500	1508	1515	1523	1530	1538	1545	1553
City Centre,Castle Meadow [CT]	1435	1443	1450	1458	1505	1513	1520	1528	1535	1543	1550	1558
City Centre,Theatre Street [BE]	1439	1447	1454	1502	1509	1517	1524	1532	1539	1547	1554	1602
Dereham Road,Adelaide Street	1445	1453	1500	1508	1515	1523	1530	1538	1545	1553	1600	1608
Dereham Road,Larkman Lane	1454	1502	1509	1517	1524	1532	1539	1547	1554	1602	1609	1617
Costessey,Breckland Road Roundabout	----	----	----	1521	----	----	----	1551	----	----	----	1621
Costessey,Longwater Lane,Park	----	1512	----	----	----	1542	----	----	----	1612	----	----
Roundwell Medical Centre	----	1514	----	1527	----	1544	----	1557	----	1614	----	1627
Dereham Road,Longwater Lane	1459	----	1514	----	1529	----	1544	----	1559	----	1614	----
Lodge Farm,Lord Nelson Drive	----	1519	----	1532	----	1549	----	1602	----	1619	----	1632
William Frost Way,Sainsburys	----	----	----	----	----	----	----	----	----	----	----	----
Longwater,Sainsburys	1503	----	1518	----	1533	----	1548	----	1603	----	1618	----
Queens Hills,Kestrel Avenue	1508	----	1523	----	1538	----	1553	----	1608	----	1623	----

Service No.:	24	23A	24A	23	24	23A	24A	23	24	23A	24A	23
Notes:												
Thorpe St.Andrew,Sainsburys	1537	----	1552	----	1607	----	1622	----	1637	----	1652	----
South Hill Road,Charles Avenue	1540	----	----	----	1610	----	----	----	1640	----	----	----
Gordon Avenue,Hillcrest Road	1548	----	----	----	1618	----	----	----	1648	----	----	----
Booty Road,Woodlands Crescent	----	----	1557	----	----	----	1627	----	----	----	1657	----
Plumstead Road East,Witard Road	----	----	1603	----	----	----	1633	----	----	----	1703	----
Heartsease,Sale Road	----	1548	----	1603	----	1618	----	1633	----	1648	----	1703
Plumstead Road,The Heartsease	1552	1600	1607	1615	1622	1630	1637	1645	1652	1700	1707	1715
Rail Station,Wensum House	1600	1608	1615	1623	1630	1638	1645	1653	1700	1708	1715	1723
City Centre,Castle Meadow [CT]	1605	1613	1620	1628	1635	1643	1650	1658	1705	1713	1720	1728
City Centre,Theatre Street [BE]	1609	1617	1624	1632	1639	1647	1654	1702	1709	1717	1724	1732
Dereham Road,Adelaide Street	1615	1623	1630	1638	1645	1653	1700	1708	1715	1723	1730	1738
Dereham Road,Larkman Lane	1624	1632	1639	1647	1654	1702	1713	1721	1728	1736	1743	1751
Costessey,Breckland Road Roundabout	----	----	----	1651	----	----	----	1725	----	----	----	1755
Costessey,Longwater Lane,Park	----	1642	----	----	----	1712	----	----	----	1746	----	----
Roundwell Medical Centre	----	1644	----	1657	----	1714	----	1731	----	1748	----	1801
Dereham Road,Longwater Lane	1629	----	1644	----	1659	----	1718	----	1733	----	1748	----
Lodge Farm,Lord Nelson Drive	----	1649	----	1702	----	1719	----	1736	----	1753	----	1806
William Frost Way,Sainsburys	----	----	----	----	----	----	----	----	----	----	----	----
Longwater,Sainsburys	1633	----	1648	----	1703	----	1722	----	1737	----	1752	----
Queens Hills,Kestrel Avenue	1638	----	1653	----	1708	----	1727	----	1742	----	1757	----

Service No.:	24	23A	24A	23	24	23A	23	24	23A	23	23A	23
Notes:												
Thorpe St.Andrew,Sainsburys	1710	----	1728	----	1742	----	----	1823	----	----	----	----
South Hill Road,Charles Avenue	1713	----	----	----	1745	----	----	1826	----	----	----	----
Gordon Avenue,Hillcrest Road	1721	----	----	----	1753	----	----	1834	----	----	----	----
Booty Road,Woodlands Crescent	----	----	1733	----	----	----	----	----	----	----	----	----
Plumstead Road East,Witard Road	----	----	1739	----	----	----	----	----	----	----	----	----
Heartsease,Sale Road	----	1723	----	1738	----	1753	1808	----	1838	1908	----	2008
Plumstead Road,The Heartsease	1725	1735	1743	1750	1757	1805	1818	1838	1848	1918	----	2018
Rail Station,Wensum House	1733	1743	1751	1758	1805	1813	1825	1845	1855	1925	----	2025
City Centre,Castle Meadow [CT]	1738	1748	1756	1803	1810	1818	1830	1850	1900	1930	2000	2030
City Centre,Theatre Street [BE]	1742	1752	1800	1807	1814	1822	1834	1854	1904	1934	2004	2034
Dereham Road,Adelaide Street	1748	1758	1806	1813	1820	1828	1839	1859	1909	1939	2009	2039
Dereham Road,Larkman Lane	1801	1811	1815	1822	1829	1837	1847	1907	1917	1947	2017	2047
Costessey,Breckland Road Roundabout	----	----	----	1826	----	----	1851	----	----	1951	----	2051
Costessey,Longwater Lane,Park	----	1821	----	----	----	1847	----	----	1926	----	2026	----
Roundwell Medical Centre	----	1823	----	1832	----	1849	1857	----	1928	1957	2028	2057
Dereham Road,Longwater Lane	1806	----	1820	----	1834	----	----	1912	----	----	----	----
Lodge Farm,Lord Nelson Drive	----	1828	----	1837	----	1854	----	----	----	----	----	----
William Frost Way,Sainsburys	----	----	----	----	----	----	1900	----	1931	2000	2031	2100
Longwater,Sainsburys	1810	----	1824	----	1838	----	1901	1916	----	2001	----	2101
Queens Hills,Kestrel Avenue	1815	----	1829	----	1843	----	1907	1921	----	2007	----	2107

Service No.: 23A 23 23A 23 23A

Notes:					
Thorpe St.Andrew,Sainsburys	----	----	----	----	----
South Hill Road,Charles Avenue	----	----	----	----	----
Gordon Avenue,Hillcrest Road	----	----	----	----	----
Booty Road,Woodlands Crescent	----	----	----	----	----
Plumstead Road East,Witard Road	----	----	----	----	----
Heartsease,Sale Road	----	2108	----	2208	----
Plumstead Road,The Heartsease	----	2118	----	2218	----
Rail Station,Wensum House	----	2125	----	2225	----
City Centre,Castle Meadow [CT]	2100	2130	2200	2230	2300
City Centre,Theatre Street [BE]	2104	2134	2204	2234	2304
Dereham Road,Adelaide Street	2109	2139	2209	2239	2309
Dereham Road,Larkman Lane	2117	2147	2217	2247	2315
Costessey,Breckland Road Roundabout	----	2151	----	2251	----
Costessey,Longwater Lane,Park	2126	----	2226	----	2324
Roundwell Medical Centre	2128	2157	2228	2257	----
Dereham Road,Longwater Lane	----	----	----	----	----
Lodge Farm,Lord Nelson Drive	----	----	----	----	----
William Frost Way,Sainsburys	2131	2200	2231	2300	----
Longwater,Sainsburys	----	2201	----	2301	----
Queens Hills,Kestrel Avenue	----	2207	----	2307	----

- 23 Costessey - Heartsease  
Via City Centre
- 23A Costessey - Heartsease  
Via City Centre
- 24 Costessey, Queens Hills - Thorpe St. Andrew  
Via City Centre
- 24A Costessey, Queens Hills - Thorpe St. Andrew  
Via City Centre

Service No.:	24A	23A	23	24	23A	24	23	24A	23A	24	23	24A
Notes:												
Queens Hills,Kestrel Avenue	0620	----	----	0650	----	0705	----	0720	----	0735	----	0750
Longwater,Sainsburys	0625	----	----	0655	----	0710	----	0725	----	0740	----	0755
William Frost Way,Sainsburys	----	----	----	----	----	----	----	----	----	----	----	----
Lodge Farm,Lord Nelson Drive	----	0636	0649	----	0701	----	0713	----	0726	----	0743	----
Roundwell Medical Centre	0629	----	----	0659	----	0714	----	0729	----	0744	----	0759
Roundwell Medical Centre	----	0639	0652	----	0704	----	0716	----	0729	----	0746	----
Costessey,Longwater Lane,Park	----	0641	----	----	0706	----	----	----	0731	----	----	----
Costessey,Longwater Lane,Park	----	----	----	----	----	----	----	----	----	----	----	----
Costessey,Breckland Road Roundabout	----	----	0659	----	----	----	0725	----	----	----	0755	----
Dereham Road,Breckland Road	----	----	----	----	----	----	----	----	----	----	----	----
Dereham Road,Larkman Lane	0637	0651	0703	0708	0716	0723	0730	0738	0743	0756	0801	0811
Dereham Road,Adelaide Street	0644	0658	0710	0715	0723	0730	0738	0746	0751	0804	0809	0819
City Centre,St Stephens Street	----	----	----	----	----	----	----	----	----	----	----	----
City Centre,Theatre Street [BH]	0652	0708	0720	0725	0733	0740	0748	0756	0803	0816	0821	0831
City Centre,Castle Meadow arr	0655	0713	0725	0730	0738	0745	0753	0801	0808	0821	0826	0836
City Centre,Castle Meadow [CF] dep	0655	0715	0727	0732	0740	0747	0755	0803	0810	0823	0828	0838
Rail Station,Riverside Road	0659	0719	0731	0736	0744	0751	0759	0807	0814	0827	0832	0842
Plumstead Road,The Heartsease	0705	0725	0737	0742	0750	0757	0805	0813	0820	0833	0838	0848
Salhouse Road,Homebase	----	0728	0740	----	0753	----	0808	----	0823	----	0841	----
Heartsease,Sale Road	----	0731	0743	----	0756	----	0811	----	0826	----	0844	----
Plumstead Road East,Witard Road	0707	----	----	----	----	----	----	0815	----	----	----	0850
Booty Road,Woodlands Crescent	0712	----	----	----	----	----	----	0821	----	----	----	0856
Gordon Avenue,Hillcrest Road	----	----	----	0745	----	0800	----	----	----	0836	----	----
South Hill Road,Charles Avenue	----	----	----	0752	----	0807	----	----	----	0843	----	----
Thorpe St.Andrew,Sainsburys	0716	----	----	0756	----	0811	----	0825	----	0847	----	0900

Service No.:	23A	24	23	24A	23A	24	23	24A	23A	24	23	24A
Notes:												
Queens Hills,Kestrel Avenue	----	0805	----	0820	----	0840	----	0855	----	0910	----	0925
Longwater,Sainsburys	----	0810	----	0825	----	0845	----	0900	----	0915	----	0930
William Frost Way,Sainsburys	----	----	----	----	----	----	----	----	----	----	----	----
Lodge Farm,Lord Nelson Drive	0800	----	0813	----	0835	----	0852	----	0906	----	0922	----
Roundwell Medical Centre	----	0814	----	0829	----	0849	----	0904	----	0919	----	0934
Roundwell Medical Centre	0803	----	0816	----	0838	----	0855	----	0909	----	0925	----
Costessey,Longwater Lane,Park	0805	----	----	----	0840	----	----	----	0911	----	----	----
Costessey,Longwater Lane,Park	----	----	----	----	----	----	----	----	----	----	----	----
Costessey,Breckland Road Roundabout	----	----	0825	----	----	----	0902	----	----	----	0932	----
Dereham Road,Breckland Road	----	----	----	----	----	----	----	----	----	----	----	----
Dereham Road,Larkman Lane	0818	0826	0831	0841	0850	0858	0906	0913	0921	0928	0936	0943
Dereham Road,Adelaide Street	0826	0834	0839	0849	0858	0905	0913	0920	0928	0935	0943	0950
City Centre,St Stephens Street	----	----	----	----	----	----	----	----	----	----	----	----
City Centre,Theatre Street [BH]	0838	0846	0851	0859	0908	0915	0923	0930	0938	0945	0953	1000
City Centre,Castle Meadow arr	0843	0851	0856	0904	0913	0920	0928	0935	0943	0950	0958	1005
City Centre,Castle Meadow [CF] dep	0845	0853	0858	0906	0915	0922	0930	0937	0945	0952	1000	1007
Rail Station,Riverside Road	0849	0857	0902	0910	0919	0926	0934	0941	0949	0956	1004	1011
Plumstead Road,The Heartsease	0855	0903	0908	0916	0925	0932	0940	0947	0955	1002	1010	1017
Salhouse Road,Homebase	0858	----	0911	----	0928	----	0943	----	0958	----	1013	----
Heartsease,Sale Road	0901	----	0914	----	0931	----	0946	----	1001	----	1016	----
Plumstead Road East,Witard Road	----	----	----	0918	----	----	----	0949	----	----	----	1019
Booty Road,Woodlands Crescent	----	----	----	0924	----	----	----	0955	----	----	----	1025
Gordon Avenue,Hillcrest Road	----	0906	----	----	----	0935	----	----	----	1005	----	----
South Hill Road,Charles Avenue	----	0913	----	----	----	0942	----	----	----	1012	----	----
Thorpe St.Andrew,Sainsburys	----	0917	----	0928	----	0946	----	0959	----	1016	----	1029

Service No.:	23A	24	23	24A	23A	24	23	24A	23A	24	23	24A
Notes:												
Queens Hills,Kestrel Avenue	----	0940	----	0955	----	1010	----	1025	----	1040	----	1055
Longwater,Sainsburys	----	0945	----	1000	----	1015	----	1030	----	1045	----	1100
William Frost Way,Sainsburys	----	----	----	----	----	----	----	----	----	----	----	----
Lodge Farm,Lord Nelson Drive	0936	----	0952	----	1006	----	1022	----	1036	----	1052	----
Roundwell Medical Centre	----	0949	----	1004	----	1019	----	1034	----	1049	----	1104
Roundwell Medical Centre	0939	----	0955	----	1009	----	1025	----	1039	----	1055	----
Costessey,Longwater Lane,Park	0941	----	----	----	1011	----	----	----	1041	----	----	----
Costessey,Longwater Lane,Park	----	----	----	----	----	----	----	----	----	----	----	----
Costessey,Breckland Road Roundabout	----	----	1002	----	----	----	1032	----	----	----	1102	----
Dereham Road,Breckland Road	----	----	----	----	----	----	----	----	----	----	----	----
Dereham Road,Larkman Lane	0951	0958	1006	1013	1021	1028	1036	1043	1051	1058	1106	1113
Dereham Road,Adelaide Street	0958	1005	1013	1020	1028	1035	1043	1050	1058	1105	1113	1120
City Centre,St Stephens Street	----	----	----	----	----	----	----	----	----	----	----	----
City Centre,Theatre Street [BH]	1008	1015	1023	1030	1038	1045	1053	1100	1108	1115	1123	1130
City Centre,Castle Meadow arr	1013	1020	1028	1035	1043	1050	1058	1105	1113	1120	1128	1135
City Centre,Castle Meadow [CF] dep	1015	1022	1030	1037	1045	1052	1100	1107	1115	1122	1130	1137
Rail Station,Riverside Road	1019	1026	1034	1041	1049	1056	1104	1111	1119	1126	1134	1141
Plumstead Road,The Heartsease	1025	1032	1040	1047	1055	1102	1110	1117	1125	1132	1140	1147
Salhouse Road,Homebase	1028	----	1043	----	1058	----	1113	----	1128	----	1143	----
Heartsease,Sale Road	1031	----	1046	----	1101	----	1116	----	1131	----	1146	----
Plumstead Road East,Witard Road	----	----	----	1049	----	----	----	1119	----	----	----	1149
Booty Road,Woodlands Crescent	----	----	----	1055	----	----	----	1125	----	----	----	1155
Gordon Avenue,Hillcrest Road	----	1035	----	----	----	1105	----	----	----	1135	----	----
South Hill Road,Charles Avenue	----	1042	----	----	----	1112	----	----	----	1142	----	----
Thorpe St.Andrew,Sainsburys	----	1046	----	1059	----	1116	----	1129	----	1146	----	1159

Service No.:	23A	24	23	24A	23A	24	23	24A	23A	24	23	24A
Notes:												
Queens Hills,Kestrel Avenue	----	1110	----	1125	----	1140	----	1155	----	1210	----	1225
Longwater,Sainsburys	----	1115	----	1130	----	1145	----	1200	----	1215	----	1230
William Frost Way,Sainsburys	----	----	----	----	----	----	----	----	----	----	----	----
Lodge Farm,Lord Nelson Drive	1106	----	1122	----	1136	----	1152	----	1206	----	1222	----
Roundwell Medical Centre	----	1119	----	1134	----	1149	----	1204	----	1219	----	1234
Roundwell Medical Centre	1109	----	1125	----	1139	----	1155	----	1209	----	1225	----
Costessey,Longwater Lane,Park	1111	----	----	----	1141	----	----	----	1211	----	----	----
Costessey,Longwater Lane,Park	----	----	----	----	----	----	----	----	----	----	----	----
Costessey,Breckland Road Roundabout	----	----	1132	----	----	----	1202	----	----	----	1232	----
Dereham Road,Breckland Road	----	----	----	----	----	----	----	----	----	----	----	----
Dereham Road,Larkman Lane	1121	1128	1136	1143	1151	1158	1206	1213	1221	1228	1236	1243
Dereham Road,Adelaide Street	1128	1135	1143	1150	1158	1205	1213	1220	1228	1235	1243	1250
City Centre,St Stephens Street	----	----	----	----	----	----	----	----	----	----	----	----
City Centre,Theatre Street [BH]	1138	1145	1153	1200	1208	1215	1223	1230	1238	1245	1253	1300
City Centre,Castle Meadow arr	1143	1150	1158	1205	1213	1220	1228	1235	1243	1250	1258	1305
City Centre,Castle Meadow [CF] dep	1145	1152	1200	1207	1215	1222	1230	1237	1245	1252	1300	1307
Rail Station,Riverside Road	1149	1156	1204	1211	1219	1226	1234	1241	1249	1256	1304	1311
Plumstead Road,The Heartsease	1155	1202	1210	1217	1225	1232	1240	1247	1255	1302	1310	1317
Salhouse Road,Homebase	1158	----	1213	----	1228	----	1243	----	1258	----	1313	----
Heartsease,Sale Road	1201	----	1216	----	1231	----	1246	----	1301	----	1316	----
Plumstead Road East,Witard Road	----	----	----	1219	----	----	----	1249	----	----	----	1319
Booty Road,Woodlands Crescent	----	----	----	1225	----	----	----	1255	----	----	----	1325
Gordon Avenue,Hillcrest Road	----	1205	----	----	----	1235	----	----	----	1305	----	----
South Hill Road,Charles Avenue	----	1212	----	----	----	1242	----	----	----	1312	----	----
Thorpe St.Andrew,Sainsburys	----	1216	----	1229	----	1246	----	1259	----	1316	----	1329

Service No.:	23A	24	23	24A	23A	24	23	24A	23A	24	23	24A
Notes:												
Queens Hills,Kestrel Avenue	----	1240	----	1255	----	1310	----	1325	----	1340	----	1355
Longwater,Sainsburys	----	1245	----	1300	----	1315	----	1330	----	1345	----	1400
William Frost Way,Sainsburys	----	----	----	----	----	----	----	----	----	----	----	----
Lodge Farm,Lord Nelson Drive	1236	----	1252	----	1306	----	1322	----	1336	----	1352	----
Roundwell Medical Centre	----	1249	----	1304	----	1319	----	1334	----	1349	----	1404
Roundwell Medical Centre	1239	----	1255	----	1309	----	1325	----	1339	----	1355	----
Costessey,Longwater Lane,Park	1241	----	----	----	1311	----	----	----	1341	----	----	----
Costessey,Longwater Lane,Park	----	----	----	----	----	----	----	----	----	----	----	----
Costessey,Breckland Road Roundabout	----	----	1302	----	----	----	1332	----	----	----	1402	----
Dereham Road,Breckland Road	----	----	----	----	----	----	----	----	----	----	----	----
Dereham Road,Larkman Lane	1251	1258	1306	1313	1321	1328	1336	1343	1351	1358	1406	1413
Dereham Road,Adelaide Street	1258	1305	1313	1320	1328	1335	1343	1350	1358	1405	1413	1420
City Centre,St Stephens Street	----	----	----	----	----	----	----	----	----	----	----	----
City Centre,Theatre Street [BH]	1308	1315	1323	1330	1338	1345	1353	1400	1408	1415	1423	1430
City Centre,Castle Meadow arr	1313	1320	1328	1335	1343	1350	1358	1405	1413	1420	1428	1435
City Centre,Castle Meadow [CF] dep	1315	1322	1330	1337	1345	1352	1400	1407	1415	1422	1430	1437
Rail Station,Riverside Road	1319	1326	1334	1341	1349	1356	1404	1411	1419	1426	1434	1441
Plumstead Road,The Heartsease	1325	1332	1340	1347	1355	1402	1410	1417	1425	1432	1440	1447
Salhouse Road,Homebase	1328	----	1343	----	1358	----	1413	----	1428	----	1443	----
Heartsease,Sale Road	1331	----	1346	----	1401	----	1416	----	1431	----	1446	----
Plumstead Road East,Witard Road	----	----	----	1349	----	----	----	1419	----	----	----	1449
Booty Road,Woodlands Crescent	----	----	----	1355	----	----	----	1425	----	----	----	1455
Gordon Avenue,Hillcrest Road	----	1335	----	----	----	1405	----	----	----	1435	----	----
South Hill Road,Charles Avenue	----	1342	----	----	----	1412	----	----	----	1442	----	----
Thorpe St.Andrew,Sainsburys	----	1346	----	1359	----	1416	----	1429	----	1446	----	1459

Service No.:	23A	24	23	24A	23A	24	23	24A	23A	24	23	24A
Notes:												
Queens Hills,Kestrel Avenue	----	1410	----	1425	----	1440	----	1455	----	1510	----	1525
Longwater,Sainsburys	----	1415	----	1430	----	1445	----	1500	----	1515	----	1530
William Frost Way,Sainsburys	----	----	----	----	----	----	----	----	----	----	----	----
Lodge Farm,Lord Nelson Drive	1406	----	1422	----	1436	----	1452	----	1506	----	1522	----
Roundwell Medical Centre	----	1419	----	1434	----	1449	----	1504	----	1519	----	1534
Roundwell Medical Centre	1409	----	1425	----	1439	----	1455	----	1509	----	1525	----
Costessey,Longwater Lane,Park	1411	----	----	----	1441	----	----	----	1511	----	----	----
Costessey,Longwater Lane,Park	----	----	----	----	----	----	----	----	----	----	----	----
Costessey,Breckland Road Roundabout	----	----	1432	----	----	----	1502	----	----	----	1532	----
Dereham Road,Breckland Road	----	----	----	----	----	----	----	----	----	----	----	----
Dereham Road,Larkman Lane	1421	1428	1436	1443	1451	1458	1506	1513	1521	1528	1536	1543
Dereham Road,Adelaide Street	1428	1435	1443	1450	1458	1505	1513	1520	1528	1535	1543	1550
City Centre,St Stephens Street	----	----	----	----	----	----	----	----	----	----	----	----
City Centre,Theatre Street [BH]	1438	1445	1453	1500	1508	1515	1523	1530	1538	1545	1553	1600
City Centre,Castle Meadow arr	1443	1450	1458	1505	1513	1520	1528	1535	1543	1550	1558	1605
City Centre,Castle Meadow [CF] dep	1445	1452	1500	1507	1515	1522	1530	1537	1545	1552	1600	1607
Rail Station,Riverside Road	1449	1456	1504	1511	1519	1526	1534	1541	1549	1556	1604	1611
Plumstead Road,The Heartsease	1455	1502	1510	1517	1525	1532	1540	1547	1555	1602	1610	1617
Salhouse Road,Homebase	1458	----	1513	----	1528	----	1543	----	1558	----	1613	----
Heartsease,Sale Road	1501	----	1516	----	1531	----	1546	----	1601	----	1616	----
Plumstead Road East,Witard Road	----	----	----	1519	----	----	----	1549	----	----	----	1619
Booty Road,Woodlands Crescent	----	----	----	1525	----	----	----	1555	----	----	----	1625
Gordon Avenue,Hillcrest Road	----	1505	----	----	----	1535	----	----	----	1605	----	----
South Hill Road,Charles Avenue	----	1512	----	----	----	1542	----	----	----	1612	----	----
Thorpe St.Andrew,Sainsburys	----	1516	----	1529	----	1546	----	1559	----	1616	----	1629



Service No.:	23A	24	23	24A	23A	24	23	24A	23A	24	23	24A
Notes:												
Queens Hills,Kestrel Avenue	----	1540	----	1555	----	1610	----	1625	----	1640	----	1655
Longwater,Sainsburys	----	1545	----	1600	----	1615	----	1630	----	1645	----	1700
William Frost Way,Sainsburys	----	----	----	----	----	----	----	----	----	----	----	----
Lodge Farm,Lord Nelson Drive	1536	----	1552	----	1606	----	1622	----	1636	----	1652	----
Roundwell Medical Centre	----	1549	----	1604	----	1619	----	1634	----	1649	----	1704
Roundwell Medical Centre	1539	----	1555	----	1609	----	1625	----	1639	----	1655	----
Costessey,Longwater Lane,Park	1541	----	----	----	1611	----	----	----	1641	----	----	----
Costessey,Longwater Lane,Park	----	----	----	----	----	----	----	----	----	----	----	----
Costessey,Breckland Road Roundabout	----	----	1602	----	----	----	1632	----	----	----	1702	----
Dereham Road,Breckland Road	----	----	----	----	----	----	----	----	----	----	----	----
Dereham Road,Larkman Lane	1551	1558	1606	1613	1621	1628	1636	1646	1651	1701	1706	1716
Dereham Road,Adelaide Street	1558	1605	1613	1620	1628	1635	1643	1653	1658	1708	1713	1723
City Centre,St Stephens Street	----	----	----	----	----	----	----	----	----	----	----	----
City Centre,Theatre Street [BH]	1608	1615	1623	1630	1638	1645	1653	1703	1708	1718	1723	1733
City Centre,Castle Meadow arr	1613	1620	1628	1635	1643	1650	1658	1708	1713	1723	1728	1738
City Centre,Castle Meadow [CF] dep	1615	1622	1630	1637	1645	1652	1700	1710	1715	1725	1730	1740
Rail Station,Riverside Road	1619	1626	1634	1641	1649	1656	1705	1715	1720	1730	1735	1745
Plumstead Road,The Heartsease	1625	1632	1640	1647	1655	1702	1714	1724	1729	1739	1744	1754
Salhouse Road,Homebase	1628	----	1643	----	1658	----	1717	----	1732	----	1747	----
Heartsease,Sale Road	1631	----	1646	----	1701	----	1720	----	1735	----	1750	----
Plumstead Road East,Witard Road	----	----	----	1649	----	----	----	1726	----	----	----	1756
Booty Road,Woodlands Crescent	----	----	----	1655	----	----	----	1732	----	----	----	1802
Gordon Avenue,Hillcrest Road	----	1635	----	----	----	1705	----	----	----	1742	----	----
South Hill Road,Charles Avenue	----	1642	----	----	----	1712	----	----	----	1749	----	----
Thorpe St.Andrew,Sainsburys	----	1646	----	1659	----	1716	----	1736	----	1753	----	1806

Service No.:	23A	24	23	24A	23A	24	23	24A	23A	23	23A	23
Notes:			RH				RH			DU	RH	
Queens Hills,Kestrel Avenue	----	1710	----	1730	----	1745	----	1800	----	----	----	1909
Longwater,Sainsburys	----	1715	----	1735	----	1750	----	1805	----	----	----	1914
William Frost Way,Sainsburys	----	----	----	----	----	----	----	----	----	----	----	----
Lodge Farm,Lord Nelson Drive	1706	----	1727	----	1741	----	1757	----	1811	1830	1844	----
Roundwell Medical Centre	----	1719	----	1739	----	1754	----	1809	----	----	----	1917
Roundwell Medical Centre	1709	----	1730	----	1744	----	1800	----	1814	1833	1847	1918
Costessey,Longwater Lane,Park	1711	----	----	----	1746	----	----	----	1816	----	1849	----
Costessey,Longwater Lane,Park	----	----	----	----	----	----	----	----	----	----	----	----
Costessey,Breckland Road Roundabout	----	----	1737	----	----	----	1807	----	----	1840	----	1924
Dereham Road,Breckland Road	----	----	----	----	----	----	----	----	----	----	----	----
Dereham Road,Larkman Lane	1721	1731	1741	1748	1756	1803	1811	1818	1826	1844	1858	1928
Dereham Road,Adelaide Street	1728	1738	1748	1755	1803	1810	1818	1825	1833	1851	1905	1935
City Centre,St Stephens Street	----	----	----	----	----	----	----	----	----	----	----	----
City Centre,Theatre Street [BH]	1738	1748	1758	1805	1813	1820	1828	1835	1843	1901	1915	1945
City Centre,Castle Meadow arr	1743	1753	1803	1810	1818	1825	1833	1840	1848	1904	1918	1948
City Centre,Castle Meadow [CF] dep	1745	1755	1805	1812	1820	1827	1835	1842	1850	1905	1920	1950
Rail Station,Riverside Road	1750	1759	1809	1816	1824	1831	1839	1846	1854	1909	1924	1953
Plumstead Road,The Heartsease	1759	1805	1815	1822	1830	1837	1845	1852	1900	1915	1930	1959
Salhouse Road,Homebase	1802	----	1818	----	1833	----	1848	----	1903	1918	1933	2002
Heartsease,Sale Road	1805	----	1821	----	1836	----	1851	----	1906	1921	1936	2005
Plumstead Road East,Witard Road	----	----	----	1824	----	----	----	1854	----	----	----	----
Booty Road,Woodlands Crescent	----	----	----	1830	----	----	----	1900	----	1928	----	----
Gordon Avenue,Hillcrest Road	----	1808	----	----	----	1840	----	----	----	----	----	----
South Hill Road,Charles Avenue	----	1815	----	----	----	1847	----	----	----	----	----	----
Thorpe St.Andrew,Sainsburys	----	1819	----	1834	----	1851	----	1904	----	----	----	----

Notes:

