

# S&CH East Of England

**Duty: 30/01**  
Day(s): Every Day

Start Time: 00:00 - End Time: 23:49

**Break Times:**

<b>From:</b> Ranworth, adjacent to Maltsters <b>To:</b> Spixworth, opposite Giles Road <b>Route:30</b> Depart: 00:00 - Arrive: 00:39      1	<b>From:</b> Ranworth, adjacent to Maltsters <b>To:</b> Spixworth, opposite Giles Road <b>Route:30</b> Depart: 06:00 - Arrive: 06:39      9	<b>From:</b> Ranworth, adjacent to Maltsters <b>To:</b> Spixworth, opposite Giles Road <b>Route:30</b> Depart: 12:00 - Arrive: 12:39      17
<b>From:</b> Spixworth, opposite Giles Road <b>To:</b> Ranworth, opposite Maltsters <b>Route:30</b> Depart: 00:45 - Arrive: 01:19      2	<b>From:</b> Spixworth, opposite Giles Road <b>To:</b> Ranworth, opposite Maltsters <b>Route:30</b> Depart: 06:45 - Arrive: 07:19      10	<b>From:</b> Spixworth, opposite Giles Road <b>To:</b> Ranworth, opposite Maltsters <b>Route:30</b> Depart: 12:45 - Arrive: 13:19      18
<b>From:</b> Ranworth, adjacent to Maltsters <b>To:</b> Spixworth, opposite Giles Road <b>Route:30</b> Depart: 01:30 - Arrive: 02:09      3	<b>From:</b> Ranworth, adjacent to Maltsters <b>To:</b> Spixworth, opposite Giles Road <b>Route:30</b> Depart: 07:30 - Arrive: 08:09      11	<b>From:</b> Ranworth, adjacent to Maltsters <b>To:</b> Spixworth, opposite Giles Road <b>Route:30</b> Depart: 13:30 - Arrive: 14:09      19
<b>From:</b> Spixworth, opposite Giles Road <b>To:</b> Ranworth, opposite Maltsters <b>Route:30</b> Depart: 02:15 - Arrive: 02:49      4	<b>From:</b> Spixworth, opposite Giles Road <b>To:</b> Ranworth, opposite Maltsters <b>Route:30</b> Depart: 08:15 - Arrive: 08:49      12	<b>From:</b> Spixworth, opposite Giles Road <b>To:</b> Ranworth, opposite Maltsters <b>Route:30</b> Depart: 14:15 - Arrive: 14:49      20
<b>From:</b> Ranworth, adjacent to Maltsters <b>To:</b> Spixworth, opposite Giles Road <b>Route:30</b> Depart: 03:00 - Arrive: 03:39      5	<b>From:</b> Ranworth, adjacent to Maltsters <b>To:</b> Spixworth, opposite Giles Road <b>Route:30</b> Depart: 09:00 - Arrive: 09:39      13	<b>From:</b> Ranworth, adjacent to Maltsters <b>To:</b> Spixworth, opposite Giles Road <b>Route:30</b> Depart: 15:00 - Arrive: 15:39      21
<b>From:</b> Spixworth, opposite Giles Road <b>To:</b> Ranworth, opposite Maltsters <b>Route:30</b> Depart: 03:45 - Arrive: 04:19      6	<b>From:</b> Spixworth, opposite Giles Road <b>To:</b> Ranworth, opposite Maltsters <b>Route:30</b> Depart: 09:45 - Arrive: 10:19      14	<b>From:</b> Spixworth, opposite Giles Road <b>To:</b> Ranworth, opposite Maltsters <b>Route:30</b> Depart: 15:45 - Arrive: 16:19      22
<b>From:</b> Ranworth, adjacent to Maltsters <b>To:</b> Spixworth, opposite Giles Road <b>Route:30</b> Depart: 04:30 - Arrive: 05:09      7	<b>From:</b> Ranworth, adjacent to Maltsters <b>To:</b> Spixworth, opposite Giles Road <b>Route:30</b> Depart: 10:30 - Arrive: 11:09      15	<b>From:</b> Ranworth, adjacent to Maltsters <b>To:</b> Spixworth, opposite Giles Road <b>Route:30</b> Depart: 16:30 - Arrive: 17:09      23
<b>From:</b> Spixworth, opposite Giles Road <b>To:</b> Ranworth, opposite Maltsters <b>Route:30</b> Depart: 05:15 - Arrive: 05:49      8	<b>From:</b> Spixworth, opposite Giles Road <b>To:</b> Ranworth, opposite Maltsters <b>Route:30</b> Depart: 11:15 - Arrive: 11:49      16	<b>From:</b> Spixworth, opposite Giles Road <b>To:</b> Ranworth, opposite Maltsters <b>Route:30</b> Depart: 17:15 - Arrive: 17:49      24

**From:** Ranworth, adjacent to Maltsters  
**To:** Spixworth, opposite Giles Road  
**Route:**30  
Depart: 18:00 - Arrive: 18:39 25

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**From:** Spixworth, opposite Giles Road  
**To:** Ranworth, opposite Maltsters  
**Route:**30  
Depart: 18:45 - Arrive: 19:19 26

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**From:** Ranworth, adjacent to Maltsters  
**To:** Spixworth, opposite Giles Road  
**Route:**30  
Depart: 19:30 - Arrive: 20:09 27

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**From:** Spixworth, opposite Giles Road  
**To:** Ranworth, opposite Maltsters  
**Route:**30  
Depart: 20:15 - Arrive: 20:49 28

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**From:** Ranworth, adjacent to Maltsters  
**To:** Spixworth, opposite Giles Road  
**Route:**30  
Depart: 21:00 - Arrive: 21:39 29

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**From:** Spixworth, opposite Giles Road  
**To:** Ranworth, opposite Maltsters  
**Route:**30  
Depart: 21:45 - Arrive: 22:19 30

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**From:** Ranworth, adjacent to Maltsters  
**To:** Spixworth, opposite Giles Road  
**Route:**30  
Depart: 22:30 - Arrive: 23:09 31

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**From:** Spixworth, opposite Giles Road  
**To:** Ranworth, opposite Maltsters  
**Route:**30  
Depart: 23:15 - Arrive: 23:49 32

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