

# 2019 Tide Timetable

January - December



The tables show high tide times and heights in metres for **Milford Haven**.

Low tide is about 6 hours 10 minutes after high tide.

Adjust the times for different locations as follows:

<b>Dale</b>	- 5 minutes
<b>Little Haven</b>	+ 7 minutes
<b>Newgale</b>	+ 30 minutes
<b>Solva</b>	+ 10 minutes
<b>Ramsey</b>	+ 5 minutes
<b>Fishguard</b>	+ 1 hour 3 minutes
<b>Poppit</b>	+ 1 hour 5 minutes
<b>Llangwm</b>	+ 5 minutes
<b>Stackpole</b>	+ 5 minutes
<b>Tenby</b>	- 15 minutes
<b>Saundersfoot</b>	- 13 minutes

Tide times for Milford Haven at GMT

## Exceptional tides for 2019

(1) Astronomical predictions for 2019 show that High Water levels of 7.3 metres and above occur on the following dates:

Date	Time	Metres	Feet
22 January	06:51	7.47	24.5
22 January	19:18	7.38	24.2
23 January	07:39	7.59	24.9
23 January	20:06	7.36	24.2
24 January	08:26	7.54	24.7
25 January	09:12	7.32	24.0
20 February	06:39	7.57	24.8
20 February	19:04	7.50	24.6
21 February	07:24	7.74	25.4
21 February	19:48	7.54	24.7
22 February	08:08	7.71	25.3
22 February	20:31	7.39	24.2
23 February	08:51	7.47	24.5
21 March	06:21	7.58	24.9
21 March	18:45	7.53	24.7
22 March	07:04	7.73	25.4
22 March	19:26	7.57	24.8
23 March	07:45	7.67	25.2
23 March	20:06	7.42	24.4
24 March	08:26	7.40	24.3
19 April	05:58	7.41	24.3
19 April	18:21	7.38	24.2
20 April	06:41	7.50	24.6
20 April	19:01	7.41	24.3
21 April	07:21	7.41	24.3
02 August	19:14	7.45	24.4

Date	Time	Metres	Feet
03 August	20:01	7.50	24.6
04 August	20:47	7.39	24.2
30 August	18:11	7.48	24.5
31 August	06:38	7.43	24.4
31 August	18:57	7.72	25.3
01 September	07:23	7.55	24.8
01 September	19:42	7.77	25.5
02 September	08:06	7.48	24.5
02 September	20:26	7.61	25.0
28 September	17:52	7.62	25.0
29 September	06:18	7.57	24.8
29 September	18:37	7.84	25.7
30 September	07:00	7.68	25.2
30 September	19:20	7.83	25.7
01 October	07:42	7.58	24.9
01 October	20:01	7.61	25.0
02 October	08:22	7.31	24.0
27 October	17:30	7.54	24.7
28 October	05:55	7.51	24.6
28 October	18:15	7.69	25.2
29 October	06:37	7.59	24.9
29 October	18:57	7.64	25.1
30 October	07:18	7.51	24.6
30 October	19:38	7.41	24.3
26 November	17:54	7.30	23.9
27 November	06:16	7.31	24.0

(2) Predicted Low Water will fall to levels of 0.5 metres or less on the following dates:

Date	Time	Metres	Feet
22 January	13:17	0.48	1.6
23 January	01:35	0.50	1.6
23 January	14:04	0.40	1.3
24 January	14:51	0.50	1.6
20 February	00:35	0.45	1.5
20 February	13:04	0.22	0.7
21 February	01:21	0.23	0.8
21 February	13:49	0.11	0.4
22 February	02:04	0.20	0.7
22 February	14:32	0.22	0.7
23 February	02:46	0.37	1.2
20 March	12:00	0.42	1.4
21 March	00:18	0.37	1.2
21 March	12:45	0.14	0.5
22 March	01:01	0.15	0.5
22 March	13:27	0.07	0.2
23 March	01:43	0.14	0.5
23 March	14:07	0.21	0.7
24 March	02:22	0.33	1.1
18 April	23:55	0.50	1.6
19 April	12:21	0.33	1.1
20 April	00:38	0.33	1.1
20 April	13:03	0.31	1.0
21 April	01:19	0.35	1.1
21 April	13:41	0.47	1.5

Date	Time	Metres	Feet
03 August	01:39	0.44	1.5
04 August	02:26	0.43	1.4
31 August	00:36	0.39	1.3
31 August	12:54	0.40	1.3
01 September	01:22	0.21	0.7
01 September	13:39	0.30	1.0
02 September	02:06	0.23	0.8
02 September	14:21	0.39	1.3
03 September	02:48	0.47	1.5
29 September	00:18	0.32	1.0
29 September	12:34	0.33	1.1
30 September	01:01	0.19	0.6
30 September	13:17	0.26	0.9
01 October	01:42	0.27	0.9
01 October	13:58	0.40	1.3
27 October	23:55	0.48	1.6
28 October	12:12	0.50	1.6
29 October	00:37	0.42	1.4
29 October	12:54	0.47	1.5

(2) Predicted High Water of 4.9 metres or less will occur on the following dates:

Date	Time	Metres	Feet
28 April	13:19	4.88	16.0

Warning: When the barometer is reading above 1016 millibars (30.00"), the water level is liable to drop below predicted heights.

**ALL TIMES GMT:** From 31st March to 26th October add 1 hour for British Summer Time

# JANUARY

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>1</b>	02:09	5.77	18.9	3.65	12.0	<b>9</b>	01:58	1.45	4.8	5.07	16.6
<b>Tue</b>	08:35	2.11	6.9	3.65	12.0	<b>Wed</b>	08:04	6.69	22.0	5.24	17.2
	14:39	5.96	19.5	3.84	12.6		14:19	1.45	4.8	5.24	17.2
	21:13	1.97	6.5	3.99	13.1		20:20	6.40	21.0	4.95	16.2
<b>2</b>	03:15	5.94	19.5	3.97	13.0	<b>10</b>	02:30	1.56	5.1	4.84	15.9
<b>Wed</b>	09:38	1.96	6.4	3.98	13.1	<b>Thu</b>	08:38	6.55	21.5	4.99	16.4
	15:42	6.09	20.0	4.13	13.5		14:52	1.58	5.2	4.97	16.3
	22:09	1.81	5.9	4.28	14.0		20:52	6.23	20.4	4.65	15.3
<b>3</b>	04:12	6.18	20.3	4.37	14.4	<b>11</b>	03:02	1.73	5.7	4.50	14.8
<b>Thu</b>	10:32	1.77	5.8	4.42	14.5	<b>Fri</b>	09:12	6.36	20.9	4.64	15.2
	16:36	6.26	20.5	4.49	14.7		15:27	1.76	5.8	4.61	15.1
	22:57	1.64	5.4	4.62	15.2		21:27	6.02	19.7	4.26	14.0
<b>4</b>	05:00	6.42	21.1	4.78	15.7	<b>12</b>	03:36	1.93	6.3	4.09	13.4
<b>Fri</b>	11:18	1.59	5.2	4.83	15.8	<b>Sat</b>	09:48	6.13	20.1	4.20	13.8
	17:22	6.42	21.1	4.82	15.8		16:03	1.97	6.5	4.16	13.6
	23:39	1.51	4.9	4.91	16.1		22:04	5.78	19.0	3.81	12.5
<b>5</b>	05:42	6.61	21.7	5.11	16.8	<b>13</b>	04:15	2.17	7.1	3.61	11.9
<b>Sat</b>	12:00	1.46	4.8	5.15	16.9	<b>Sun</b>	10:29	5.88	19.3	3.71	12.2
	18:03	6.53	21.4	5.06	16.6		16:46	2.19	7.2	3.69	12.1
							22:49	5.55	18.2	3.35	11.0
<b>6</b>	00:17	1.41	4.6	5.11	16.8	<b>14</b>	05:02	2.40	7.9	3.15	10.3
<b>Sun</b>	06:21	6.74	22.1	5.32	17.5	<b>Mon</b>	11:18	5.65	18.5	3.26	10.7
☉	12:37	1.38	4.5	5.35	17.6	☾	17:39	2.38	7.8	3.27	10.7
	18:39	6.58	21.6	5.20	17.1		23:45	5.37	17.6	2.99	9.8
<b>7</b>	00:52	1.37	4.5	5.21	17.1	<b>15</b>	06:03	2.57	8.4	2.80	9.2
<b>Mon</b>	06:57	6.79	22.3	5.42	17.8	<b>Tue</b>	12:21	5.51	18.1	2.94	9.7
	13:12	1.35	4.4	5.44	17.8		18:47	2.46	8.1	3.05	10.0
	19:15	6.58	21.6	5.23	17.1						
<b>8</b>	01:26	1.38	4.5	5.19	17.0	<b>16</b>	00:55	5.33	17.5	2.87	9.4
<b>Tue</b>	07:31	6.77	22.2	5.39	17.7	<b>Wed</b>	07:21	2.57	8.4	2.76	9.1
	13:46	1.38	4.5	5.40	17.7		13:33	5.54	18.2	2.97	9.7
	19:48	6.52	21.4	5.14	16.9		20:03	2.35	7.7	3.19	10.5

ALL TIMES GMT

## JANUARY - (Continued)

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>17</b>	02:10	5.51	18.1	3.17	10.4	<b>25</b>	03:06	0.69	2.3	6.50	21.3
<b>Thu</b>	08:39	2.34	7.7	3.17	10.4	<b>Fri</b>	09:12	7.32	24.0	6.63	21.8
	14:45	5.77	18.9	3.43	11.2		15:36	0.76	2.5	6.56	21.5
	21:14	2.05	6.7	3.72	12.2		21:37	6.88	22.6	6.11	20.1
<b>18</b>	03:18	5.89	19.3	3.84	12.6	<b>26</b>	03:51	1.00	3.3	5.87	19.3
<b>Fri</b>	09:46	1.95	6.4	3.94	12.9	<b>Sat</b>	09:58	6.97	22.9	5.97	19.6
	15:48	6.15	20.2	4.20	13.8		16:22	1.15	3.8	5.82	19.1
	22:14	1.65	5.4	4.50	14.8		22:24	6.47	21.2	5.32	17.5
<b>19</b>	04:17	6.36	20.9	4.70	15.4	<b>27</b>	04:38	1.40	4.6	5.07	16.6
<b>Sat</b>	10:44	1.50	4.9	4.86	15.9	<b>Sun</b>	10:47	6.52	21.4	5.12	16.8
	16:46	6.58	21.6	5.08	16.7	☾	17:11	1.60	5.3	4.92	16.2
	23:09	1.24	4.1	5.33	17.5		23:15	6.04	19.8	4.44	14.6
<b>20</b>	05:11	6.81	22.4	5.57	18.3	<b>28</b>	05:30	1.83	6.0	4.21	13.8
<b>Sun</b>	11:37	1.07	3.5	5.75	18.9	<b>Mon</b>	11:41	6.06	19.9	4.22	13.9
	17:39	6.96	22.8	5.89	19.3		18:08	2.02	6.6	4.04	13.2
	23:59	0.89	2.9	6.07	19.9						
<b>21</b>	06:02	7.20	23.6	6.31	20.7	<b>29</b>	00:14	5.67	18.6	3.64	12.0
<b>Mon</b>	12:28	0.71	2.3	6.49	21.3	<b>Tue</b>	06:35	2.20	7.2	3.47	11.4
○	18:30	7.24	23.7	6.53	21.4		12:45	5.67	18.6	3.47	11.4
							19:19	2.31	7.6	3.36	11.0
<b>22</b>	00:48	0.63	2.1	6.61	21.7	<b>30</b>	01:24	5.46	17.9	3.14	10.3
<b>Tue</b>	06:51	7.47	24.5	6.84	22.4	<b>Wed</b>	07:54	2.38	7.8	3.07	10.1
	13:17	0.48	1.6	6.99	22.9		14:00	5.49	18.0	3.11	10.2
	19:18	7.38	24.2	6.90	22.7		20:38	2.36	7.7	3.13	10.3
<b>23</b>	01:35	0.50	1.6	6.88	22.6	<b>31</b>	02:42	5.50	18.0	3.14	10.3
<b>Wed</b>	07:39	7.59	24.9	7.09	23.3	<b>Thu</b>	09:11	2.31	7.6	3.19	10.5
	14:04	0.40	1.3	7.19	23.6		15:16	5.57	18.3	3.25	10.7
	20:06	7.36	24.2	6.96	22.8		21:46	2.20	7.2	3.37	11.1
<b>24</b>	02:21	0.52	1.7	6.84	22.5						
<b>Thu</b>	08:26	7.54	24.7	7.02	23.0						
	14:51	0.50	1.6	7.04	23.1						
	20:51	7.19	23.6	6.69	22.0						

**ALL TIMES GMT**

# FEBRUARY

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>1</b> Fri	03:51	5.76	18.9	3.56	11.7	<b>9</b> Sat	02:40	1.32	4.3	5.17	17.0
	10:13	2.09	6.8	3.67	12.0		08:47	6.61	21.7	5.29	17.4
	16:19	5.80	19.0	3.72	12.2		15:01	1.36	4.4	5.26	17.3
	22:40	1.95	6.4	3.86	12.7		21:00	6.34	20.8	4.98	16.3
<b>2</b> Sat	04:45	6.08	19.9	4.13	13.6	<b>10</b> Sun	03:12	1.50	4.9	4.84	15.9
	11:04	1.81	6.0	4.27	14.0		09:18	6.41	21.0	4.92	16.1
	17:08	6.08	19.9	4.27	14.0		15:33	1.56	5.1	4.85	15.9
	23:24	1.69	5.5	4.39	14.4		21:32	6.13	20.1	4.57	15.0
<b>3</b> Sun	05:28	6.38	20.9	4.69	15.4	<b>11</b> Mon	03:45	1.74	5.7	4.39	14.4
	11:46	1.57	5.1	4.81	15.8		09:54	6.16	20.2	4.43	14.5
	17:48	6.31	20.7	4.74	15.6		16:09	1.82	6.0	4.35	14.3
					22:09		5.88	19.3	4.06	13.3	
<b>4</b> Mon ●	00:03	1.48	4.9	4.83	15.9	<b>12</b> Tue ☾	04:23	2.01	6.6	3.86	12.7
	06:06	6.60	21.7	5.12	16.8		10:35	5.88	19.3	3.87	12.7
	12:23	1.38	4.5	5.22	17.1		16:51	2.09	6.9	3.79	12.4
	18:24	6.48	21.3	5.10	16.7		22:56	5.61	18.4	3.52	11.5
<b>5</b> Tue	00:37	1.33	4.4	5.15	16.9	<b>13</b> Wed	05:12	2.29	7.5	3.32	10.9
	06:42	6.74	22.1	5.42	17.8		11:30	5.60	18.4	3.31	10.9
	12:57	1.25	4.1	5.50	18.0		17:48	2.34	7.7	3.26	10.7
	18:58	6.58	21.6	5.33	17.5						
<b>6</b> Wed	01:09	1.23	4.0	5.34	17.5	<b>14</b> Thu	00:00	5.38	17.7	3.04	10.0
	07:14	6.81	22.3	5.58	18.3		06:21	2.49	8.2	2.89	9.5
	13:28	1.17	3.8	5.64	18.5		12:43	5.41	17.8	2.93	9.6
	19:29	6.61	21.7	5.44	17.8		19:09	2.44	8.0	2.97	9.8
<b>7</b> Thu	01:40	1.20	3.9	5.41	17.8	<b>15</b> Fri	01:24	5.35	17.6	2.91	9.5
	07:45	6.81	22.4	5.62	18.4		07:57	2.44	8.0	2.91	9.6
	14:00	1.16	3.8	5.65	18.5		14:09	5.50	18.0	3.06	10.0
	20:00	6.58	21.6	5.42	17.8		20:40	2.25	7.4	3.25	10.7
<b>8</b> Fri	02:10	1.22	4.0	5.36	17.6	<b>16</b> Sat	02:48	5.64	18.5	3.39	11.1
	08:16	6.75	22.1	5.53	18.1		09:21	2.07	6.8	3.57	11.7
	14:30	1.22	4.0	5.53	18.1		15:27	5.87	19.3	3.80	12.5
	20:29	6.49	21.3	5.27	17.3		21:54	1.81	5.9	4.05	13.3

**ALL TIMES GMT**

## FEBRUARY - (Continued)

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>17</b>	03:58	6.14	20.2	4.33	14.2	<b>25</b>	04:07	1.20	3.9	5.42	17.8
<b>Sun</b>	10:28	1.53	5.0	4.62	15.1	<b>Mon</b>	10:15	6.53	21.4	5.33	17.5
	16:32	6.38	20.9	4.85	15.9		16:33	1.53	5.0	5.00	16.4
	22:54	1.30	4.3	5.08	16.7		22:37	6.11	20.1	4.58	15.0
<b>18</b>	04:57	6.71	22.0	5.41	17.7	<b>26</b>	04:51	1.74	5.7	4.37	14.3
<b>Mon</b>	11:25	0.98	3.2	5.73	18.8	<b>Tue</b>	11:01	5.96	19.6	4.22	13.8
	17:27	6.88	22.6	5.90	19.4	☾	17:19	2.07	6.8	3.89	12.8
	23:46	0.82	2.7	6.06	19.9		23:29	5.62	18.4	3.55	11.6
<b>19</b>	05:50	7.21	23.6	6.39	21.0	<b>27</b>	05:45	2.25	7.4	3.37	11.1
<b>Tue</b>	12:16	0.52	1.7	6.69	21.9	<b>Wed</b>	11:59	5.44	17.8	3.19	10.5
○	18:18	7.27	23.9	6.75	22.1		18:22	2.51	8.2	2.93	9.6
<b>20</b>	00:35	0.45	1.5	6.82	22.4	<b>28</b>	00:37	5.25	17.2	2.73	9.0
<b>Wed</b>	06:39	7.57	24.8	7.12	23.4	<b>Thu</b>	07:05	2.59	8.5	2.66	8.7
	13:04	0.22	0.7	7.35	24.1		13:18	5.12	16.8	2.53	8.3
	19:04	7.50	24.6	7.28	23.9		19:56	2.69	8.8	2.42	8.0
<b>21</b>	01:21	0.23	0.8	7.27	23.8						
<b>Thu</b>	07:24	7.74	25.4	7.51	24.6						
	13:49	0.11	0.4	7.63	25.0						
	19:48	7.54	24.7	7.43	24.4						
<b>22</b>	02:04	0.20	0.7	7.34	24.1						
<b>Fri</b>	08:08	7.71	25.3	7.51	24.6						
	14:32	0.22	0.7	7.49	24.6						
	20:31	7.39	24.2	7.17	23.5						
<b>23</b>	02:46	0.37	1.2	7.01	23.0						
<b>Sat</b>	08:51	7.47	24.5	7.10	23.3						
	15:12	0.53	1.7	6.95	22.8						
	21:12	7.06	23.2	6.54	21.5						
<b>24</b>	03:27	0.72	2.4	6.34	20.8						
<b>Sun</b>	09:33	7.06	23.2	6.34	20.8						
	15:52	0.99	3.2	6.07	19.9						
	21:54	6.62	21.7	5.63	18.5						

**ALL TIMES GMT**

# MARCH

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>1</b> Fri	02:05	5.17	17.0	2.48	8.1	<b>9</b> Sat	01:47	0.98	3.2	5.78	19.0
	08:40	2.59	8.5	2.58	8.5		07:51	6.89	22.6	5.91	19.4
	14:49	5.16	16.9	2.57	8.4		14:05	0.97	3.2	5.92	19.4
	21:21	2.52	8.3	2.64	8.7		20:03	6.72	22.1	5.76	18.9
<b>2</b> Sat	03:27	5.44	17.8	2.92	9.6	<b>10</b> Sun	02:17	1.04	3.4	5.68	18.6
	09:53	2.30	7.5	3.14	10.3		08:21	6.79	22.3	5.75	18.9
	16:00	5.48	18.0	3.18	10.4		14:35	1.08	3.5	5.71	18.7
	22:21	2.17	7.1	3.32	10.9		20:33	6.61	21.7	5.53	18.1
<b>3</b> Sun	04:24	5.85	19.2	3.68	12.1	<b>11</b> Mon	02:48	1.20	3.9	5.40	17.7
	10:45	1.93	6.3	3.91	12.8		08:51	6.61	21.7	5.41	17.7
	16:50	5.87	19.3	3.94	12.9		15:06	1.29	4.2	5.32	17.5
	23:06	1.80	5.9	4.06	13.3		21:04	6.41	21.0	5.12	16.8
<b>4</b> Mon	05:09	6.23	20.4	4.42	14.5	<b>12</b> Tue	03:19	1.45	4.7	4.96	16.3
	11:27	1.59	5.2	4.63	15.2		09:25	6.36	20.9	4.91	16.1
	17:29	6.20	20.3	4.61	15.1		15:39	1.57	5.1	4.79	15.7
	23:43	1.50	4.9	4.70	15.4		21:39	6.14	20.2	4.57	15.0
<b>5</b> Tue	05:45	6.52	21.4	5.02	16.5	<b>13</b> Wed	03:56	1.75	5.7	4.39	14.4
	12:03	1.32	4.3	5.20	17.1		10:04	6.03	19.8	4.28	14.0
	18:03	6.45	21.2	5.12	16.8		16:18	1.90	6.2	4.13	13.6
					22:24		5.82	19.1	3.92	12.9	
<b>6</b> Wed ●	00:17	1.27	4.2	5.18	17.0	<b>14</b> Thu ☾	04:42	2.08	6.8	3.73	12.2
	06:19	6.72	22.1	5.46	17.9		10:56	5.66	18.6	3.58	11.7
	12:35	1.13	3.7	5.60	18.4		17:12	2.24	7.3	3.42	11.2
	18:36	6.62	21.7	5.49	18.0		23:24	5.48	18.0	3.25	10.6
<b>7</b> Thu	00:48	1.10	3.6	5.51	18.1	<b>15</b> Fri	05:48	2.38	7.8	3.11	10.2
	06:51	6.85	22.5	5.75	18.9		12:10	5.36	17.6	2.98	9.8
	13:06	1.00	3.3	5.85	19.2		18:32	2.47	8.1	2.89	9.5
	19:06	6.72	22.0	5.72	18.8						
<b>8</b> Fri	01:18	1.00	3.3	5.71	18.7	<b>16</b> Sat	00:51	5.32	17.5	2.85	9.4
	07:21	6.90	22.6	5.90	19.4		07:30	2.42	7.9	2.90	9.5
	13:35	0.94	3.1	5.96	19.6		13:45	5.35	17.6	2.93	9.6
	19:34	6.75	22.2	5.81	19.1		20:16	2.35	7.7	3.01	9.9

ALL TIMES GMT



## MARCH - (Continued)

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>17</b>	02:26	5.55	18.2	3.21	10.5	<b>25</b>	03:00	0.70	2.3	6.41	21.0
<b>Sun</b>	09:04	2.04	6.7	3.51	11.5	<b>Mon</b>	09:04	6.97	22.9	6.27	20.6
	15:12	5.74	18.8	3.69	12.1		15:21	1.02	3.4	5.95	19.5
	21:36	1.87	6.1	3.87	12.7		21:23	6.67	21.9	5.64	18.5
<b>18</b>	03:42	6.09	20.0	4.22	13.8	<b>26</b>	03:38	1.20	3.9	5.47	18.0
<b>Mon</b>	10:13	1.46	4.8	4.63	15.2	<b>Tue</b>	09:43	6.44	21.1	5.24	17.2
	16:18	6.31	20.7	4.85	15.9		15:57	1.57	5.2	4.87	16.0
	22:38	1.30	4.3	5.02	16.5		22:03	6.16	20.2	4.59	15.1
<b>19</b>	04:42	6.70	22.0	5.40	17.7	<b>27</b>	04:18	1.75	5.7	4.41	14.5
<b>Tue</b>	11:10	0.88	2.9	5.82	19.1	<b>Wed</b>	10:24	5.86	19.2	4.12	13.5
	17:12	6.86	22.5	5.98	19.6		16:37	2.12	7.0	3.74	12.3
	23:30	0.77	2.5	6.10	20.0		22:48	5.65	18.5	3.53	11.6
<b>20</b>	05:33	7.22	23.7	6.45	21.2	<b>28</b>	05:06	2.27	7.5	3.37	11.1
<b>Wed</b>	12:00	0.42	1.4	6.80	22.3	<b>Thu</b>	11:15	5.32	17.5	3.05	10.0
	18:00	7.28	23.9	6.86	22.5	☾	17:31	2.60	8.5	2.72	8.9
							23:51	5.21	17.1	2.62	8.6
<b>21</b>	00:18	0.37	1.2	6.91	22.7	<b>29</b>	06:17	2.67	8.8	2.54	8.3
<b>Thu</b>	06:21	7.58	24.9	7.21	23.6	<b>Fri</b>	12:32	4.94	16.2	2.27	7.4
○	12:45	0.14	0.5	7.44	24.4		19:02	2.87	9.4	2.07	6.8
	18:45	7.53	24.7	7.38	24.2						
<b>22</b>	01:01	0.15	0.5	7.37	24.2	<b>30</b>	01:22	5.04	16.5	2.17	7.1
<b>Fri</b>	07:04	7.73	25.4	7.58	24.9	<b>Sat</b>	08:00	2.73	9.0	2.31	7.6
	13:27	0.07	0.2	7.66	25.1		14:12	4.93	16.2	2.20	7.2
	19:26	7.57	24.8	7.50	24.6		20:45	2.73	9.0	2.20	7.2
<b>23</b>	01:43	0.14	0.5	7.43	24.4	<b>31</b>	02:51	5.26	17.3	2.53	8.3
<b>Sat</b>	07:45	7.67	25.2	7.53	24.7	<b>Sun</b>	09:20	2.44	8.0	2.82	9.3
	14:07	0.21	0.7	7.45	24.5	BST	15:30	5.28	17.3	2.84	9.3
	20:06	7.42	24.4	7.21	23.7	starts	21:49	2.35	7.7	2.92	9.6
<b>24</b>	02:22	0.33	1.1	7.10	23.3						
<b>Sun</b>	08:26	7.40	24.3	7.07	23.2						
	14:45	0.55	1.8	6.85	22.5						
	20:45	7.11	23.3	6.56	21.5						

**ALL TIMES GMT:** From 31st March to 26th October add 1 hour for British Summer Time

# APRIL

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>1</b> Mon	03:53	5.68	18.6	3.32	10.9	<b>9</b> Tue	02:26	1.07	3.5	5.72	18.8
	10:15	2.04	6.7	3.64	11.9		08:28	6.72	22.0	5.65	18.5
	16:21	5.70	18.7	3.67	12.0		14:43	1.17	3.8	5.55	18.2
	22:36	1.94	6.4	3.76	12.3		20:42	6.61	21.7	5.44	17.8
<b>2</b> Tue	04:38	6.08	20.0	4.14	13.6	<b>10</b> Wed	03:00	1.31	4.3	5.30	17.4
	10:57	1.65	5.4	4.43	14.5		09:04	6.46	21.2	5.15	16.9
	17:00	6.09	20.0	4.44	14.6		15:18	1.46	4.8	4.99	16.4
	23:15	1.58	5.2	4.51	14.8		21:20	6.33	20.8	4.86	16.0
<b>3</b> Wed	05:15	6.42	21.1	4.83	15.9	<b>11</b> Thu	03:39	1.62	5.3	4.71	15.4
	11:33	1.34	4.4	5.08	16.7		09:46	6.10	20.0	4.48	14.7
	17:34	6.39	21.0	5.05	16.6		16:00	1.82	6.0	4.29	14.1
	23:48	1.30	4.3	5.10	16.7		22:06	5.97	19.6	4.16	13.6
<b>4</b> Thu	05:50	6.66	21.9	5.36	17.6	<b>12</b> Fri	04:28	1.96	6.4	4.01	13.2
	12:06	1.11	3.6	5.55	18.2		10:41	5.70	18.7	3.74	12.3
	18:06	6.62	21.7	5.51	18.1		☾ 16:56	2.18	7.2	3.52	11.6
<b>5</b> Fri	00:20	1.09	3.6	5.53	18.1	<b>13</b> Sat	05:37	2.25	7.4	3.36	11.0
	06:21	6.83	22.4	5.74	18.8		11:57	5.39	17.7	3.13	10.3
	12:36	0.95	3.1	5.88	19.3		18:17	2.42	7.9	2.97	9.7
	18:36	6.78	22.2	5.83	19.1						
<b>6</b> Sat	00:51	0.95	3.1	5.83	19.1	<b>14</b> Sun	00:36	5.45	17.9	3.03	9.9
	06:52	6.93	22.7	5.98	19.6		07:18	2.28	7.5	3.17	10.4
	13:07	0.86	2.8	6.06	19.9		13:30	5.39	17.7	3.11	10.2
	19:06	6.87	22.5	6.01	19.7		19:59	2.29	7.5	3.10	10.2
<b>7</b> Sun	01:22	0.89	2.9	5.98	19.6	<b>15</b> Mon	02:08	5.67	18.6	3.37	11.1
	07:24	6.95	22.8	6.06	19.9		08:48	1.91	6.3	3.75	12.3
	13:39	0.86	2.8	6.09	20.0		14:54	5.77	18.9	3.86	12.7
	19:37	6.88	22.6	6.02	19.7		21:17	1.84	6.0	3.93	12.9
<b>8</b> Mon	01:54	0.93	3.1	5.95	19.5	<b>16</b> Tue	03:23	6.16	20.2	4.32	14.2
	07:55	6.89	22.6	5.95	19.5		09:54	1.39	4.5	4.77	15.7
	14:10	0.97	3.2	5.92	19.4		16:00	6.31	20.7	4.93	16.2
	20:08	6.80	22.3	5.83	19.1		22:18	1.30	4.3	5.01	16.4

**ALL TIMES GMT:** From 31st March to 26th October add 1 hour for British Summer Time

## APRIL - (Continued)

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>17</b>	04:22	6.70	22.0	5.40	17.7	<b>25</b>	03:50	1.79	5.9	4.41	14.5
<b>Wed</b>	10:50	0.89	2.9	5.81	19.1	<b>Thu</b>	09:54	5.82	19.1	4.03	13.2
	16:52	6.81	22.3	5.92	19.4		16:05	2.14	7.0	3.68	12.1
	23:09	0.83	2.7	5.98	19.6		22:17	5.75	18.9	3.61	11.9
<b>18</b>	05:12	7.14	23.4	6.31	20.7	<b>26</b>	04:35	2.25	7.4	3.50	11.5
<b>Thu</b>	11:38	0.52	1.7	6.62	21.7	<b>Fri</b>	10:42	5.35	17.6	3.10	10.2
	17:38	7.18	23.6	6.66	21.8	☾	16:53	2.56	8.4	2.79	9.2
	23:55	0.50	1.6	6.68	21.9		23:12	5.35	17.5	2.79	9.1
<b>19</b>	05:58	7.41	24.3	6.91	22.7	<b>27</b>	05:36	2.60	8.5	2.74	9.0
<b>Fri</b>	12:21	0.33	1.1	7.08	23.2	<b>Sat</b>	11:46	4.98	16.4	2.38	7.8
○	18:21	7.38	24.2	7.06	23.1		18:07	2.85	9.3	2.13	7.0
<b>20</b>	00:38	0.33	1.1	7.05	23.1	<b>28</b>	00:30	5.11	16.8	2.26	7.4
<b>Sat</b>	06:41	7.50	24.6	7.16	23.5	<b>Sun</b>	07:04	2.72	8.9	2.39	7.8
	13:03	0.31	1.0	7.19	23.6		13:19	4.88	16.0	2.16	7.1
	19:01	7.41	24.3	7.10	23.3		19:46	2.83	9.3	2.05	6.7
<b>21</b>	01:19	0.35	1.1	7.07	23.2	<b>29</b>	02:00	5.20	17.1	2.37	7.8
<b>Sun</b>	07:21	7.41	24.3	7.06	23.2	<b>Mon</b>	08:30	2.53	8.3	2.67	8.8
	13:41	0.47	1.5	6.94	22.8		14:42	5.13	16.8	2.60	8.5
	19:40	7.29	23.9	6.82	22.4		21:02	2.53	8.3	2.60	8.5
<b>22</b>	01:57	0.54	1.8	6.75	22.1	<b>30</b>	03:06	5.52	18.1	2.99	9.8
<b>Mon</b>	08:00	7.16	23.5	6.62	21.7	<b>Tue</b>	09:30	2.18	7.1	3.35	11.0
	14:18	0.77	2.5	6.38	20.9		15:38	5.52	18.1	3.35	11.0
	20:18	7.02	23.0	6.24	20.5		21:54	2.14	7.0	3.38	11.1
<b>23</b>	02:35	0.88	2.9	6.14	20.1						
<b>Tue</b>	08:37	6.77	22.2	5.90	19.4						
	14:53	1.19	3.9	5.58	18.3						
	20:55	6.64	21.8	5.45	17.9						
<b>24</b>	03:12	1.31	4.3	5.33	17.5						
<b>Wed</b>	09:15	6.31	20.7	5.00	16.4						
	15:27	1.66	5.5	4.65	15.3						
	21:33	6.20	20.3	4.54	14.9						

**ALL TIMES GMT:** From 31st March to 26th October add 1 hour for British Summer Time

# MAY

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>1</b> Wed	03:56	5.90	19.4	3.76	12.3	<b>9</b> Thu	02:49	1.23	4.0	5.51	18.1
	10:16	1.80	5.9	4.09	13.4		08:52	6.51	21.4	5.28	17.3
	16:21	5.92	19.4	4.11	13.5		15:07	1.40	4.6	5.11	16.8
	22:36	1.77	5.8	4.15	13.6		21:10	6.47	21.2	5.07	16.6
<b>2</b> Thu	04:37	6.24	20.5	4.47	14.7	<b>10</b> Fri	03:33	1.51	4.9	4.97	16.3
	10:55	1.48	4.9	4.76	15.6		09:40	6.17	20.3	4.67	15.3
	16:57	6.26	20.6	4.79	15.7		15:54	1.73	5.7	4.44	14.6
	23:13	1.45	4.8	4.81	15.8		22:02	6.15	20.2	4.42	14.5
<b>3</b> Fri	05:13	6.52	21.4	5.07	16.6	<b>11</b> Sat	04:27	1.80	5.9	4.35	14.3
	11:30	1.22	4.0	5.30	17.4		10:39	5.82	19.1	4.01	13.2
	17:31	6.55	21.5	5.33	17.5		16:52	2.05	6.7	3.77	12.4
	23:48	1.21	4.0	5.34	17.5		23:07	5.86	19.2	3.81	12.5
<b>4</b> Sat ●	05:48	6.74	22.1	5.53	18.1	<b>12</b> Sun ☾	05:37	2.03	6.7	3.83	12.6
	12:05	1.03	3.4	5.71	18.7		11:51	5.57	18.3	3.54	11.6
	18:04	6.77	22.2	5.74	18.8		18:09	2.23	7.3	3.34	11.0
<b>5</b> Sun	00:21	1.03	3.4	5.74	18.8	<b>13</b> Mon	00:25	5.73	18.8	3.51	11.5
	06:22	6.88	22.6	5.85	19.2		07:05	2.03	6.7	3.70	12.1
	12:39	0.91	3.0	5.97	19.6		13:13	5.58	18.3	3.54	11.6
	18:38	6.91	22.7	6.00	19.7		19:38	2.13	7.0	3.45	11.3
<b>6</b> Mon	00:57	0.93	3.1	5.98	19.6	<b>14</b> Tue	01:46	5.88	19.3	3.75	12.3
	06:57	6.95	22.8	6.02	19.7		08:24	1.78	5.8	4.10	13.5
	13:14	0.88	2.9	6.07	19.9		14:30	5.85	19.2	4.08	13.4
	19:12	6.96	22.9	6.08	20.0		20:52	1.79	5.9	4.06	13.3
<b>7</b> Tue	01:32	0.93	3.1	6.03	19.8	<b>15</b> Wed	02:57	6.22	20.4	4.43	14.5
	07:33	6.91	22.7	5.98	19.6		09:30	1.41	4.6	4.81	15.8
	13:49	0.95	3.1	5.96	19.6		15:33	6.26	20.5	4.85	15.9
	19:48	6.91	22.7	5.95	19.5		21:53	1.39	4.6	4.87	16.0
<b>8</b> Wed	02:09	1.03	3.4	5.88	19.3	<b>16</b> Thu	03:57	6.59	21.6	5.20	17.1
	08:11	6.77	22.2	5.74	18.8		10:24	1.07	3.5	5.52	18.1
	14:27	1.13	3.7	5.63	18.5		16:27	6.64	21.8	5.57	18.3
	20:27	6.74	22.1	5.60	18.4		22:45	1.05	3.4	5.59	18.3

**ALL TIMES GMT:** From 31st March to 26th October add 1 hour for British Summer Time

## MAY - (Continued)

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>17</b> Fri	04:48	6.89	22.6	5.84	19.2	<b>25</b> Sat	04:09	2.11	6.9	3.80	12.5
	11:12	0.83	2.7	6.06	19.9		10:13	5.51	18.1	3.39	11.1
	17:14	6.92	22.7	6.09	20.0		16:23	2.38	7.8	3.12	10.2
	23:31	0.82	2.7	6.11	20.0		22:40	5.59	18.3	3.20	10.5
<b>18</b> Sat ○	05:34	7.06	23.2	6.24	20.5	<b>26</b> Sun ☾	05:00	2.39	7.9	3.19	10.5
	11:57	0.72	2.3	6.34	20.8		11:06	5.20	17.1	2.81	9.2
	17:57	7.08	23.2	6.37	20.9		17:20	2.64	8.7	2.56	8.4
							23:40	5.34	17.5	2.70	8.9
<b>19</b> Sun	00:15	0.71	2.3	6.37	20.9	<b>27</b> Mon	06:08	2.56	8.4	2.79	9.1
	06:18	7.10	23.3	6.39	21.0		12:15	5.02	16.5	2.47	8.1
	12:37	0.72	2.4	6.38	20.9		18:36	2.74	9.0	2.28	7.5
	18:38	7.12	23.4	6.40	21.0						
<b>20</b> Mon	00:56	0.73	2.4	6.39	21.0	<b>28</b> Tue	00:54	5.27	17.3	2.52	8.3
	06:58	7.02	23.0	6.29	20.6		07:22	2.53	8.3	2.74	9.0
	13:15	0.84	2.8	6.18	20.3		13:34	5.08	16.7	2.55	8.4
	19:17	7.04	23.1	6.20	20.3		19:54	2.62	8.6	2.45	8.0
<b>21</b> Tue	01:35	0.87	2.9	6.17	20.2	<b>29</b> Wed	02:06	5.41	17.7	2.78	9.1
	07:36	6.84	22.4	5.96	19.6		08:30	2.32	7.6	3.09	10.1
	13:53	1.06	3.5	5.77	18.9		14:40	5.34	17.5	3.02	9.9
	19:54	6.86	22.5	5.79	19.0		20:57	2.35	7.7	2.99	9.8
<b>22</b> Wed	02:12	1.12	3.7	5.74	18.8	<b>30</b> Thu	03:03	5.68	18.7	3.34	11.0
	08:14	6.56	21.5	5.44	17.9		09:24	2.02	6.6	3.67	12.0
	14:28	1.36	4.5	5.20	17.1		15:31	5.70	18.7	3.68	12.1
	20:32	6.58	21.6	5.22	17.1		21:48	2.01	6.6	3.68	12.1
<b>23</b> Thu	02:50	1.44	4.7	5.15	16.9	<b>31</b> Fri	03:51	6.00	19.7	3.99	13.1
	08:51	6.23	20.4	4.79	15.7		10:10	1.70	5.6	4.30	14.1
	15:03	1.71	5.6	4.52	14.8		16:14	6.06	19.9	4.36	14.3
	21:10	6.26	20.5	4.55	14.9		22:32	1.68	5.5	4.38	14.4
<b>24</b> Fri	03:27	1.78	5.8	4.48	14.7						
	09:30	5.86	19.2	4.08	13.4						
	15:40	2.06	6.8	3.80	12.5						
	21:52	5.91	19.4	3.85	12.6						

**ALL TIMES GMT:** From 31st March to 26th October add 1 hour for British Summer Time

# JUNE

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>1 Sat</b>	04:33	6.31	20.7	4.63	15.2	<b>9 Sun</b>	04:27	1.51	4.9	4.94	16.2
	10:52	1.42	4.7	4.90	16.1		10:35	6.08	19.9	4.57	15.0
	16:54	6.40	21.0	4.99	16.4		16:48	1.75	5.8	4.32	14.2
	23:13	1.40	4.6	5.01	16.4		23:01	6.21	20.4	4.45	14.6
<b>2 Sun</b>	05:13	6.58	21.6	5.19	17.0	<b>10 Mon</b> ☾	05:30	1.71	5.6	4.50	14.8
	11:32	1.18	3.9	5.40	17.7		11:39	5.85	19.2	4.15	13.6
	17:33	6.69	21.9	5.50	18.1		17:55	1.93	6.3	3.92	12.9
	23:53	1.16	3.8	5.52	18.1						
<b>3 Mon</b> ●	05:54	6.79	22.3	5.62	18.4	<b>11 Tue</b>	00:08	6.05	19.8	4.12	13.5
	12:12	1.02	3.3	5.77	18.9		06:43	1.80	5.9	4.25	13.9
	18:12	6.89	22.6	5.88	19.3		12:48	5.77	18.9	3.97	13.0
					19:10		1.95	6.4	3.82	12.5	
<b>4 Tue</b>	00:34	1.01	3.3	5.89	19.3	<b>12 Wed</b>	01:18	6.03	19.8	4.07	13.4
	06:34	6.91	22.7	5.90	19.4		07:55	1.74	5.7	4.28	14.1
	12:52	0.93	3.1	5.98	19.6		13:59	5.86	19.2	4.12	13.5
	18:53	7.00	23.0	6.07	19.9		20:21	1.82	6.0	4.04	13.3
<b>5 Wed</b>	01:15	0.93	3.1	6.07	19.9	<b>13 Thu</b>	02:27	6.14	20.1	4.32	14.2
	07:17	6.93	22.7	5.99	19.7		09:00	1.59	5.2	4.55	14.9
	13:33	0.94	3.1	5.98	19.6		15:03	6.08	20.0	4.49	14.7
	19:35	7.00	23.0	6.06	19.9		21:25	1.61	5.3	4.48	14.7
<b>6 Thu</b>	01:58	0.96	3.1	6.05	19.8	<b>14 Fri</b>	03:30	6.32	20.7	4.71	15.5
	08:00	6.83	22.4	5.88	19.3		09:58	1.41	4.6	4.91	16.1
	14:16	1.05	3.5	5.78	19.0		16:00	6.34	20.8	4.93	16.2
	20:19	6.89	22.6	5.84	19.2		22:20	1.39	4.6	4.95	16.2
<b>7 Fri</b>	02:43	1.08	3.5	5.82	19.1	<b>15 Sat</b>	04:24	6.49	21.3	5.10	16.7
	08:48	6.64	21.8	5.56	18.2		10:48	1.26	4.1	5.23	17.2
	15:02	1.25	4.1	5.39	17.7		16:51	6.57	21.5	5.31	17.4
	21:08	6.70	22.0	5.45	17.9		23:09	1.23	4.0	5.34	17.5
<b>8 Sat</b>	03:32	1.27	4.2	5.42	17.8	<b>16 Sun</b>	05:14	6.61	21.7	5.39	17.7
	09:38	6.37	20.9	5.09	16.7		11:34	1.17	3.8	5.45	17.9
	15:51	1.50	4.9	4.86	16.0		17:36	6.72	22.1	5.56	18.2
	22:01	6.45	21.2	4.95	16.2		23:54	1.13	3.7	5.59	18.3

**ALL TIMES GMT:** From 31st March to 26th October add 1 hour for British Summer Time

## JUNE - (Continued)

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>17</b>	05:58	6.67	21.9	5.54	18.2	<b>25</b>	05:15	2.29	7.5	3.35	11.0
<b>Mon</b>	12:15	1.14	3.7	5.53	18.1	<b>Tue</b>	11:19	5.29	17.4	3.00	9.8
○	18:18	6.80	22.3	5.67	18.6	☾	17:33	2.51	8.2	2.79	9.1
							23:51	5.46	17.9	2.95	9.7
<b>18</b>	00:36	1.11	3.7	5.69	18.7	<b>26</b>	06:15	2.41	7.9	3.05	10.0
<b>Tue</b>	06:39	6.66	21.8	5.54	18.2	<b>Wed</b>	12:20	5.19	17.0	2.78	9.1
	12:54	1.18	3.9	5.48	18.0		18:42	2.58	8.5	2.60	8.5
	18:58	6.80	22.3	5.63	18.5						
<b>19</b>	01:16	1.17	3.8	5.64	18.5	<b>27</b>	00:54	5.40	17.7	2.82	9.2
<b>Wed</b>	07:18	6.58	21.6	5.41	17.8	<b>Thu</b>	07:22	2.39	7.9	3.01	9.9
	13:32	1.28	4.2	5.30	17.4		13:29	5.25	17.2	2.85	9.4
	19:36	6.72	22.1	5.44	17.9		19:52	2.49	8.2	2.76	9.0
<b>20</b>	01:54	1.28	4.2	5.44	17.9	<b>28</b>	02:00	5.50	18.1	3.01	9.9
<b>Thu</b>	07:55	6.43	21.1	5.15	16.9	<b>Fri</b>	08:26	2.23	7.3	3.27	10.7
	14:08	1.44	4.7	5.00	16.4		14:33	5.49	18.0	3.26	10.7
	20:13	6.57	21.6	5.14	16.9		20:56	2.25	7.4	3.23	10.6
<b>21</b>	02:30	1.45	4.8	5.12	16.8	<b>29</b>	03:00	5.75	18.9	3.50	11.5
<b>Fri</b>	08:32	6.24	20.5	4.79	15.7	<b>Sat</b>	09:24	1.96	6.4	3.79	12.4
	14:42	1.64	5.4	4.60	15.1		15:29	5.84	19.1	3.87	12.7
	20:50	6.37	20.9	4.73	15.5		21:51	1.93	6.3	3.90	12.8
<b>22</b>	03:06	1.66	5.4	4.71	15.5	<b>30</b>	03:54	6.07	19.9	4.14	13.6
<b>Sat</b>	09:08	6.01	19.7	4.35	14.3	<b>Sun</b>	10:15	1.65	5.4	4.41	14.5
	15:18	1.86	6.1	4.14	13.6		16:18	6.22	20.4	4.56	15.0
	21:28	6.13	20.1	4.27	14.0		22:41	1.59	5.2	4.63	15.2
<b>23</b>	03:44	1.88	6.2	4.26	14.0						
<b>Sun</b>	09:46	5.75	18.9	3.88	12.7						
	15:55	2.10	6.9	3.65	12.0						
	22:09	5.88	19.3	3.78	12.4						
<b>24</b>	04:26	2.10	6.9	3.78	12.4						
<b>Mon</b>	10:29	5.50	18.1	3.41	11.2						
	16:39	2.33	7.6	3.18	10.4						
	22:56	5.64	18.5	3.32	10.9						

**ALL TIMES GMT:** From 31st March to 26th October add 1 hour for British Summer Time

# JULY

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>1</b> Mon	04:43	6.39	21.0	4.80	15.8	<b>9</b> Tue ☾	05:12	1.43	4.7	5.11	16.8
	11:03	1.36	4.4	5.04	16.5		11:16	6.11	20.0	4.68	15.3
	17:06	6.57	21.6	5.22	17.1		17:32	1.68	5.5	4.43	14.5
	23:29	1.28	4.2	5.30	17.4		23:42	6.25	20.5	4.57	15.0
<b>2</b> Tue ●	05:30	6.68	21.9	5.40	17.7	<b>10</b> Wed	06:12	1.70	5.6	4.55	14.9
	11:50	1.10	3.6	5.58	18.3		12:17	5.87	19.3	4.17	13.7
	17:52	6.87	22.5	5.76	18.9		18:37	1.89	6.2	3.98	13.0
<b>3</b> Wed	00:16	1.02	3.3	5.85	19.2	<b>11</b> Thu	00:46	6.01	19.7	4.12	13.5
	06:18	6.89	22.6	5.87	19.3		07:20	1.88	6.2	4.13	13.5
	12:36	0.92	3.0	5.97	19.6		13:24	5.75	18.9	3.88	12.7
	18:38	7.07	23.2	6.15	20.2		19:48	1.98	6.5	3.77	12.4
<b>4</b> Thu	01:03	0.83	2.7	6.24	20.5	<b>12</b> Fri	01:55	5.89	19.3	3.91	12.8
	07:05	7.00	23.0	6.17	20.2		08:29	1.92	6.3	3.97	13.0
	13:21	0.83	2.7	6.18	20.3		14:33	5.81	19.0	3.89	12.8
	19:25	7.17	23.5	6.35	20.8		20:58	1.93	6.3	3.87	12.7
<b>5</b> Fri	01:50	0.75	2.5	6.43	21.1	<b>13</b> Sat	03:03	5.92	19.4	3.99	13.1
	07:53	7.01	23.0	6.26	20.5		09:33	1.83	6.0	4.09	13.4
	14:08	0.83	2.7	6.17	20.2		15:37	5.99	19.6	4.16	13.6
	20:13	7.16	23.5	6.33	20.8		22:00	1.78	5.9	4.21	13.8
<b>6</b> Sat	02:38	0.78	2.5	6.38	20.9	<b>14</b> Sun	04:05	6.05	19.9	4.27	14.0
	08:41	6.89	22.6	6.12	20.1		10:29	1.69	5.5	4.36	14.3
	14:55	0.94	3.1	5.95	19.5		16:33	6.23	20.4	4.54	14.9
	21:02	7.04	23.1	6.09	20.0		22:54	1.61	5.3	4.62	15.1
<b>7</b> Sun	03:27	0.92	3.0	6.12	20.1	<b>15</b> Mon	04:58	6.22	20.4	4.61	15.1
	09:30	6.68	21.9	5.76	18.9		11:17	1.54	5.1	4.68	15.3
	15:43	1.14	3.8	5.53	18.2		17:21	6.44	21.1	4.90	16.1
	21:52	6.82	22.4	5.68	18.6		23:40	1.46	4.8	4.99	16.4
<b>8</b> Mon	04:17	1.15	3.8	5.67	18.6	<b>16</b> Tue ○	05:45	6.36	20.9	4.90	16.1
	10:21	6.40	21.0	5.25	17.2		12:00	1.43	4.7	4.93	16.2
	16:35	1.40	4.6	5.00	16.4		18:04	6.60	21.7	5.18	17.0
	22:45	6.54	21.5	5.13	16.8						

**ALL TIMES GMT:** From 31st March to 26th October add 1 hour for British Summer Time



## JULY - (Continued)

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>17</b>	00:22	1.35	4.4	5.25	17.2	<b>25</b>	05:15	2.24	7.4	3.44	11.3
<b>Wed</b>	06:25	6.44	21.1	5.09	16.7	<b>Thu</b>	11:21	5.40	17.7	3.16	10.4
	12:38	1.36	4.5	5.09	16.7	☾	17:36	2.46	8.1	2.94	9.7
	18:43	6.69	21.9	5.33	17.5		23:52	5.48	18.0	3.03	9.9
<b>18</b>	01:00	1.30	4.3	5.39	17.7	<b>26</b>	06:15	2.40	7.9	3.08	10.1
<b>Thu</b>	07:03	6.47	21.2	5.18	17.0	<b>Fri</b>	12:23	5.28	17.3	2.88	9.5
	13:14	1.34	4.4	5.13	16.8		18:46	2.56	8.4	2.72	8.9
	19:20	6.70	22.0	5.36	17.6						
<b>19</b>	01:36	1.30	4.3	5.41	17.7	<b>27</b>	00:59	5.40	17.7	2.84	9.3
<b>Fri</b>	07:37	6.45	21.1	5.15	16.9	<b>Sat</b>	07:27	2.41	7.9	2.99	9.8
	13:48	1.38	4.5	5.07	16.6		13:36	5.35	17.5	2.93	9.6
	19:54	6.65	21.8	5.28	17.3		20:05	2.46	8.1	2.89	9.5
<b>20</b>	02:10	1.35	4.4	5.31	17.4	<b>28</b>	02:12	5.52	18.1	3.06	10.0
<b>Sat</b>	08:11	6.36	20.9	5.02	16.5	<b>Sun</b>	08:40	2.23	7.3	3.29	10.8
	14:21	1.47	4.8	4.90	16.1		14:48	5.63	18.5	3.40	11.2
	20:28	6.55	21.5	5.08	16.7		21:16	2.16	7.1	3.47	11.4
<b>21</b>	02:43	1.45	4.7	5.10	16.7	<b>29</b>	03:20	5.83	19.1	3.67	12.0
<b>Sun</b>	08:43	6.23	20.4	4.78	15.7	<b>Mon</b>	09:45	1.89	6.2	3.94	12.9
	14:53	1.60	5.3	4.63	15.2		15:50	6.05	19.8	4.16	13.6
	21:02	6.38	20.9	4.78	15.7		22:17	1.74	5.7	4.30	14.1
<b>22</b>	03:16	1.60	5.2	4.78	15.7	<b>30</b>	04:20	6.23	20.4	4.48	14.7
<b>Mon</b>	09:17	6.05	19.8	4.45	14.6	<b>Tue</b>	10:41	1.50	4.9	4.73	15.5
	15:26	1.78	5.9	4.26	14.0		16:45	6.50	21.3	5.01	16.4
	21:36	6.17	20.3	4.39	14.4		23:11	1.31	4.3	5.20	17.0
<b>23</b>	03:51	1.80	5.9	4.38	14.4	<b>31</b>	05:14	6.63	21.8	5.32	17.5
<b>Tue</b>	09:52	5.83	19.1	4.04	13.2	<b>Wed</b>	11:33	1.12	3.7	5.51	18.1
	16:02	2.00	6.6	3.83	12.6		17:36	6.92	22.7	5.80	19.0
	22:14	5.93	19.5	3.93	12.9						
<b>24</b>	04:30	2.02	6.6	3.91	12.8						
<b>Wed</b>	10:32	5.61	18.4	3.58	11.8						
	16:44	2.24	7.4	3.36	11.0						
	22:58	5.69	18.7	3.44	11.3						

**ALL TIMES GMT:** From 31st March to 26th October add 1 hour for British Summer Time

# AUGUST

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>1</b>	00:02	0.92	3.0	6.00	19.7	<b>9</b>	00:11	5.83	19.1	3.85	12.6
<b>Thu</b>	06:05	6.97	22.9	6.05	19.8	<b>Fri</b>	06:40	2.15	7.1	3.68	12.1
☉	12:22	0.82	2.7	6.15	20.2		12:48	5.58	18.3	3.42	11.2
	18:26	7.25	23.8	6.43	21.1		19:14	2.27	7.4	3.31	10.8
<b>2</b>	00:51	0.62	2.0	6.63	21.8	<b>10</b>	01:22	5.54	18.2	3.27	10.7
<b>Fri</b>	06:54	7.19	23.6	6.58	21.6	<b>Sat</b>	07:58	2.33	7.6	3.21	10.5
	13:09	0.61	2.0	6.58	21.6		14:04	5.51	18.1	3.18	10.4
	19:14	7.45	24.4	6.84	22.4		20:36	2.31	7.6	3.20	10.5
<b>3</b>	01:39	0.44	1.5	7.00	23.0	<b>11</b>	02:41	5.51	18.1	3.20	10.5
<b>Sat</b>	07:41	7.28	23.9	6.84	22.4	<b>Sun</b>	09:14	2.26	7.4	3.25	10.7
	13:56	0.53	1.7	6.75	22.1		15:19	5.69	18.7	3.43	11.3
	20:01	7.50	24.6	6.97	22.9		21:46	2.13	7.0	3.56	11.7
<b>4</b>	02:26	0.43	1.4	7.07	23.2	<b>12</b>	03:52	5.70	18.7	3.57	11.7
<b>Sun</b>	08:27	7.21	23.7	6.78	22.2	<b>Mon</b>	10:15	2.03	6.7	3.67	12.0
	14:42	0.60	2.0	6.61	21.7		16:21	6.01	19.7	3.98	13.1
	20:47	7.39	24.2	6.79	22.3		22:42	1.87	6.1	4.14	13.6
<b>5</b>	03:12	0.60	2.0	6.80	22.3	<b>13</b>	04:48	5.98	19.6	4.11	13.5
<b>Mon</b>	09:12	7.00	23.0	6.40	21.0	<b>Tue</b>	11:04	1.77	5.8	4.21	13.8
	15:27	0.82	2.7	6.18	20.3		17:09	6.32	20.7	4.55	14.9
	21:33	7.12	23.4	6.30	20.7		23:28	1.61	5.3	4.71	15.5
<b>6</b>	03:57	0.91	3.0	6.21	20.4	<b>14</b>	05:31	6.23	20.4	4.62	15.2
<b>Tue</b>	09:58	6.67	21.9	5.75	18.9	<b>Wed</b>	11:45	1.55	5.1	4.68	15.4
	16:12	1.16	3.8	5.50	18.0		17:50	6.57	21.5	5.01	16.4
	22:21	6.73	22.1	5.56	18.3						
<b>7</b>	04:43	1.33	4.4	5.40	17.7	<b>15</b>	00:07	1.42	4.6	5.15	16.9
<b>Wed</b>	10:47	6.26	20.6	4.93	16.2	<b>Thu</b>	06:09	6.42	21.1	5.00	16.4
☾	17:02	1.58	5.2	4.68	15.4	○	12:21	1.39	4.6	5.02	16.5
	23:12	6.27	20.6	4.69	15.4		18:26	6.72	22.1	5.33	17.5
<b>8</b>	05:36	1.78	5.8	4.49	14.7	<b>16</b>	00:42	1.28	4.2	5.44	17.8
<b>Thu</b>	11:42	5.87	19.3	4.09	13.4	<b>Fri</b>	06:44	6.53	21.4	5.25	17.2
	18:00	1.99	6.5	3.88	12.7		12:55	1.30	4.2	5.23	17.2
							19:00	6.80	22.3	5.50	18.1

**ALL TIMES GMT:** From 31st March to 26th October add 1 hour for British Summer Time

## AUGUST - (Continued)

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>17</b>	01:15	1.21	4.0	5.59	18.3	<b>25</b>	00:09	5.36	17.6	2.77	9.1
<b>Sat</b>	07:16	6.58	21.6	5.37	17.6	<b>Sun</b>	06:33	2.56	8.4	2.79	9.2
	13:26	1.26	4.1	5.32	17.5		12:48	5.29	17.4	2.73	8.9
	19:31	6.80	22.3	5.55	18.2		19:21	2.62	8.6	2.67	8.8
<b>18</b>	01:45	1.19	3.9	5.61	18.4	<b>26</b>	01:34	5.35	17.5	2.72	8.9
<b>Sun</b>	07:46	6.56	21.5	5.37	17.6	<b>Mon</b>	08:06	2.47	8.1	2.88	9.4
	13:57	1.28	4.2	5.28	17.3		14:15	5.49	18.0	3.03	9.9
	20:02	6.75	22.1	5.47	18.0		20:51	2.32	7.6	3.17	10.4
<b>19</b>	02:16	1.24	4.1	5.51	18.1	<b>27</b>	02:57	5.65	18.6	3.33	10.9
<b>Mon</b>	08:16	6.49	21.3	5.24	17.2	<b>Tue</b>	09:23	2.08	6.8	3.57	11.7
	14:26	1.37	4.5	5.12	16.8		15:29	5.97	19.6	3.88	12.7
	20:33	6.62	21.7	5.26	17.3		22:00	1.81	5.9	4.16	13.6
<b>20</b>	02:46	1.37	4.5	5.26	17.2	<b>28</b>	04:04	6.16	20.2	4.35	14.3
<b>Tue</b>	08:45	6.35	20.8	4.98	16.3	<b>Wed</b>	10:24	1.58	5.2	4.58	15.0
	14:57	1.53	5.0	4.82	15.8		16:30	6.54	21.4	4.96	16.3
	21:03	6.43	21.1	4.90	16.1		22:57	1.25	4.1	5.29	17.3
<b>21</b>	03:18	1.57	5.1	4.86	16.0	<b>29</b>	05:00	6.69	21.9	5.44	17.8
<b>Wed</b>	09:17	6.15	20.2	4.58	15.0	<b>Thu</b>	11:18	1.08	3.5	5.61	18.4
	15:29	1.77	5.8	4.39	14.4		17:22	7.07	23.2	5.99	19.6
	21:36	6.18	20.3	4.42	14.5		23:48	0.75	2.5	6.31	20.7
<b>22</b>	03:51	1.83	6.0	4.35	14.3	<b>30</b>	05:51	7.13	23.4	6.38	20.9
<b>Thu</b>	09:51	5.91	19.4	4.08	13.4	<b>Fri</b>	12:07	0.67	2.2	6.46	21.2
	16:04	2.05	6.7	3.86	12.7	●	18:11	7.48	24.5	6.81	22.3
	22:14	5.89	19.3	3.84	12.6						
<b>23</b>	04:30	2.12	6.9	3.78	12.4	<b>31</b>	00:36	0.39	1.3	7.09	23.3
<b>Fri</b>	10:33	5.64	18.5	3.53	11.6	<b>Sat</b>	06:38	7.43	24.4	7.04	23.1
☾	16:48	2.34	7.7	3.30	10.8		12:54	0.40	1.3	7.03	23.1
	23:02	5.59	18.4	3.25	10.7		18:57	7.72	25.3	7.33	24.0
<b>24</b>	05:20	2.39	7.8	3.20	10.5						
<b>Sat</b>	11:30	5.40	17.7	3.00	9.9						
	17:51	2.59	8.5	2.81	9.2						

**ALL TIMES GMT:** From 31st March to 26th October add 1 hour for British Summer Time

# SEPTEMBER

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>1</b> Sun	01:22	0.21	0.7	7.52	24.7	<b>9</b> Mon	02:22	5.20	17.0	2.55	8.4
	07:23	7.55	24.8	7.34	24.1		08:57	2.61	8.5	2.59	8.5
	13:39	0.30	1.0	7.25	23.8		15:03	5.51	18.1	2.90	9.5
	19:42	7.77	25.5	7.48	24.5		21:33	2.38	7.8	3.13	10.3
<b>2</b> Mon	02:06	0.23	0.8	7.54	24.7	<b>10</b> Tue	03:39	5.50	18.0	3.12	10.2
	08:06	7.48	24.5	7.25	23.8		10:00	2.27	7.5	3.23	10.6
	14:21	0.39	1.3	7.09	23.3		16:05	5.92	19.4	3.65	12.0
	20:26	7.61	25.0	7.22	23.7		22:28	2.01	6.6	3.90	12.8
<b>3</b> Tue	02:48	0.47	1.5	7.14	23.4	<b>11</b> Wed	04:32	5.89	19.3	3.88	12.7
	08:48	7.22	23.7	6.76	22.2		10:48	1.91	6.3	3.98	13.1
	15:03	0.67	2.2	6.55	21.5		16:51	6.31	20.7	4.40	14.4
	21:09	7.25	23.8	6.58	21.6		23:10	1.68	5.5	4.63	15.2
<b>4</b> Wed	03:30	0.88	2.9	6.37	20.9	<b>12</b> Thu	05:13	6.23	20.5	4.56	15.0
	09:30	6.83	22.4	5.94	19.5		11:26	1.61	5.3	4.62	15.2
	15:45	1.12	3.7	5.71	18.7		17:29	6.61	21.7	5.00	16.4
	21:52	6.75	22.2	5.63	18.5		23:46	1.41	4.6	5.19	17.0
<b>5</b> Thu	04:11	1.41	4.6	5.34	17.5	<b>13</b> Fri	05:48	6.49	21.3	5.07	16.6
	10:15	6.34	20.8	4.93	16.2		12:00	1.39	4.6	5.10	16.7
	16:30	1.65	5.4	4.69	15.4		18:03	6.80	22.3	5.42	17.8
	22:38	6.18	20.3	4.52	14.8						
<b>6</b> Fri ☾	04:57	1.97	6.5	4.20	13.8	<b>14</b> Sat ○	00:19	1.23	4.0	5.57	18.3
	11:06	5.84	19.1	3.86	12.7		06:20	6.65	21.8	5.42	17.8
	17:24	2.18	7.2	3.65	12.0		12:31	1.24	4.1	5.41	17.7
	23:34	5.62	18.4	3.43	11.3		18:35	6.91	22.7	5.67	18.6
<b>7</b> Sat	05:57	2.47	8.1	3.15	10.3	<b>15</b> Sun	00:49	1.13	3.7	5.79	19.0
	12:11	5.43	17.8	2.96	9.7		06:50	6.74	22.1	5.62	18.4
	18:39	2.58	8.5	2.84	9.3		13:01	1.16	3.8	5.58	18.3
<b>8</b> Sun	00:49	5.23	17.2	2.65	8.7	<b>16</b> Mon	01:18	1.09	3.6	5.86	19.2
	07:27	2.72	8.9	2.50	8.2		07:18	6.77	22.2	5.69	18.7
	13:36	5.29	17.3	2.56	8.4		13:30	1.16	3.8	5.62	18.4
	20:16	2.64	8.7	2.64	8.7		19:34	6.92	22.7	5.76	18.9

**ALL TIMES GMT:** From 31st March to 26th October add 1 hour for British Summer Time

## SEPTEMBER - (Continued)

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>17</b>	01:48	1.12	3.7	5.80	19.0	<b>25</b>	02:40	5.62	18.4	3.26	10.7
<b>Tue</b>	07:47	6.73	22.1	5.61	18.4	<b>Wed</b>	09:06	2.18	7.2	3.44	11.3
	13:59	1.23	4.0	5.51	18.1		15:12	6.02	19.7	3.83	12.6
	20:03	6.81	22.4	5.59	18.3		21:45	1.77	5.8	4.24	13.9
<b>18</b>	02:17	1.24	4.1	5.57	18.3	<b>26</b>	03:50	6.20	20.3	4.43	14.5
<b>Wed</b>	08:15	6.62	21.7	5.38	17.7	<b>Thu</b>	10:09	1.60	5.2	4.60	15.1
	14:29	1.39	4.6	5.23	17.2		16:14	6.65	21.8	5.05	16.6
	20:33	6.63	21.8	5.24	17.2		22:42	1.16	3.8	5.48	18.0
<b>19</b>	02:47	1.45	4.8	5.18	17.0	<b>27</b>	04:45	6.79	22.3	5.63	18.5
<b>Thu</b>	08:45	6.44	21.1	4.98	16.3	<b>Fri</b>	11:01	1.04	3.4	5.75	18.9
	15:00	1.64	5.4	4.79	15.7		17:05	7.21	23.7	6.17	20.2
	21:04	6.37	20.9	4.73	15.5		23:31	0.65	2.1	6.56	21.5
<b>20</b>	03:18	1.73	5.7	4.64	15.2	<b>28</b>	05:33	7.27	23.8	6.61	21.7
<b>Fri</b>	09:18	6.18	20.3	4.44	14.6	<b>Sat</b>	11:49	0.60	2.0	6.66	21.9
	15:34	1.95	6.4	4.23	13.9	●	17:52	7.62	25.0	7.02	23.0
	21:40	6.05	19.9	4.10	13.5						
<b>21</b>	03:55	2.07	6.8	3.99	13.1	<b>29</b>	00:18	0.32	1.0	7.31	24.0
<b>Sat</b>	09:58	5.87	19.2	3.80	12.5	<b>Sun</b>	06:18	7.57	24.8	7.25	23.8
	16:16	2.29	7.5	3.57	11.7		12:34	0.33	1.1	7.24	23.7
	22:27	5.69	18.7	3.40	11.2		18:37	7.84	25.7	7.50	24.6
<b>22</b>	04:43	2.41	7.9	3.28	10.8	<b>30</b>	01:01	0.19	0.6	7.65	25.1
<b>Sun</b>	10:53	5.54	18.2	3.13	10.3	<b>Mon</b>	07:00	7.68	25.2	7.49	24.6
☾	17:18	2.60	8.5	2.94	9.6		13:17	0.26	0.9	7.41	24.3
	23:35	5.36	17.6	2.76	9.1		19:20	7.83	25.7	7.57	24.8
<b>23</b>	05:56	2.67	8.8	2.68	8.8						
<b>Mon</b>	12:15	5.33	17.5	2.66	8.7						
	18:54	2.69	8.8	2.64	8.6						
<b>24</b>	01:09	5.28	17.3	2.58	8.5						
<b>Tue</b>	07:42	2.62	8.6	2.66	8.7						
	13:53	5.49	18.0	2.87	9.4						
	20:35	2.36	7.7	3.14	10.3						

**ALL TIMES GMT:** From 31st March to 26th October add 1 hour for British Summer Time

# OCTOBER

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>1</b>	01:42	0.27	0.9	7.56	24.8	<b>9</b>	03:15	5.37	17.6	2.81	9.2
<b>Tue</b>	07:42	7.58	24.9	7.31	24.0	<b>Wed</b>	09:35	2.48	8.1	2.89	9.5
	13:58	0.40	1.3	7.18	23.6		15:38	5.83	19.1	3.35	11.0
	20:01	7.61	25.0	7.21	23.6		22:01	2.15	7.1	3.68	12.1
<b>2</b>	02:22	0.57	1.9	7.04	23.1	<b>10</b>	04:06	5.81	19.1	3.66	12.0
<b>Wed</b>	08:22	7.31	24.0	6.74	22.1	<b>Thu</b>	10:21	2.07	6.8	3.74	12.3
	14:39	0.74	2.4	6.57	21.5		16:23	6.25	20.5	4.17	13.7
	20:42	7.20	23.6	6.46	21.2		22:42	1.77	5.8	4.47	14.7
<b>3</b>	03:01	1.03	3.4	6.17	20.2	<b>11</b>	04:45	6.20	20.3	4.43	14.5
<b>Thu</b>	09:02	6.89	22.6	5.85	19.2	<b>Fri</b>	10:59	1.72	5.7	4.48	14.7
	15:18	1.23	4.0	5.65	18.6		17:00	6.58	21.6	4.85	15.9
	21:23	6.66	21.9	5.43	17.8		23:18	1.48	4.8	5.10	16.7
<b>4</b>	03:39	1.59	5.2	5.07	16.6	<b>12</b>	05:20	6.50	21.3	5.02	16.5
<b>Fri</b>	09:44	6.38	20.9	4.78	15.7	<b>Sat</b>	11:33	1.46	4.8	5.04	16.5
	16:00	1.80	5.9	4.57	15.0		17:34	6.80	22.3	5.34	17.5
	22:06	6.06	19.9	4.26	14.0		23:50	1.27	4.2	5.54	18.2
<b>5</b>	04:21	2.17	7.1	3.89	12.7	<b>13</b>	05:51	6.71	22.0	5.45	17.9
<b>Sat</b>	10:31	5.85	19.2	3.67	12.0	<b>Sun</b>	12:03	1.28	4.2	5.43	17.8
☾	16:51	2.36	7.8	3.48	11.4	○	18:06	6.94	22.8	5.67	18.6
	22:59	5.49	18.0	3.12	10.2						
<b>6</b>	05:16	2.69	8.8	2.80	9.2	<b>14</b>	00:20	1.14	3.7	5.81	19.1
<b>Sun</b>	11:34	5.40	17.7	2.71	8.9	<b>Mon</b>	06:21	6.85	22.5	5.71	18.7
	18:04	2.79	9.1	2.61	8.6		12:33	1.17	3.8	5.68	18.6
							18:36	7.01	23.0	5.84	19.2
<b>7</b>	00:13	5.07	16.6	2.28	7.5	<b>15</b>	00:50	1.08	3.5	5.93	19.5
<b>Mon</b>	06:48	2.99	9.8	2.08	6.8	<b>Tue</b>	06:50	6.92	22.7	5.84	19.2
	13:03	5.20	17.1	2.22	7.3		13:03	1.14	3.7	5.78	19.0
	19:48	2.85	9.4	2.35	7.7		19:06	7.01	23.0	5.86	19.2
<b>8</b>	01:54	5.03	16.5	2.18	7.1	<b>16</b>	01:20	1.10	3.6	5.91	19.4
<b>Tue</b>	08:30	2.86	9.4	2.17	7.1	<b>Wed</b>	07:18	6.92	22.7	5.81	19.1
	14:34	5.42	17.8	2.56	8.4		13:34	1.20	3.9	5.72	18.8
	21:08	2.56	8.4	2.86	9.4		19:36	6.93	22.7	5.73	18.8

**ALL TIMES GMT:** From 31st March to 26th October add 1 hour for British Summer Time

## OCTOBER - (Continued)

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>17</b>	01:51	1.21	4.0	5.71	18.7	<b>25</b>	03:30	6.26	20.5	4.55	14.9
<b>Thu</b>	07:48	6.83	22.4	5.61	18.4	<b>Fri</b>	09:48	1.61	5.3	4.65	15.3
	14:05	1.35	4.4	5.48	18.0		15:53	6.71	22.0	5.10	16.7
	20:07	6.76	22.2	5.40	17.7		22:21	1.16	3.8	5.55	18.2
<b>18</b>	02:22	1.42	4.7	5.34	17.5	<b>26</b>	04:24	6.81	22.3	5.65	18.5
<b>Fri</b>	08:21	6.65	21.8	5.23	17.2	<b>Sat</b>	10:41	1.10	3.6	5.71	18.7
	14:38	1.59	5.2	5.06	16.6		16:44	7.21	23.6	6.11	20.0
	20:41	6.50	21.3	4.91	16.1		23:10	0.74	2.4	6.47	21.2
<b>19</b>	02:55	1.70	5.6	4.79	15.7	<b>27</b>	05:11	7.24	23.8	6.50	21.3
<b>Sat</b>	08:56	6.38	20.9	4.68	15.4	<b>Sun</b>	11:28	0.71	2.3	6.53	21.4
	15:15	1.89	6.2	4.49	14.7	GMT	17:30	7.54	24.7	6.83	22.4
	21:20	6.16	20.2	4.26	14.0		23:55	0.48	1.6	7.06	23.2
<b>20</b>	03:34	2.04	6.7	4.11	13.5	<b>28</b>	05:55	7.51	24.6	7.02	23.0
<b>Sun</b>	09:39	6.05	19.9	4.01	13.1	<b>Mon</b>	12:12	0.50	1.6	7.01	23.0
	16:01	2.23	7.3	3.82	12.5	●	18:15	7.69	25.2	7.19	23.6
	22:09	5.77	18.9	3.54	11.6						
<b>21</b>	04:25	2.40	7.9	3.37	11.1	<b>29</b>	00:37	0.42	1.4	7.27	23.9
<b>Mon</b>	10:36	5.70	18.7	3.30	10.8	<b>Tue</b>	06:37	7.59	24.9	7.18	23.5
☾	17:05	2.53	8.3	3.17	10.4		12:54	0.47	1.5	7.13	23.4
	23:20	5.43	17.8	2.90	9.5		18:57	7.64	25.1	7.18	23.5
<b>22</b>	05:39	2.67	8.8	2.76	9.1	<b>30</b>	01:18	0.54	1.8	7.10	23.3
<b>Tue</b>	12:00	5.49	18.0	2.82	9.3	<b>Wed</b>	07:18	7.51	24.6	6.97	22.9
	18:42	2.60	8.5	2.89	9.5		13:36	0.62	2.0	6.88	22.6
							19:38	7.41	24.3	6.79	22.3
<b>23</b>	00:54	5.37	17.6	2.77	9.1	<b>31</b>	01:57	0.82	2.7	6.59	21.6
<b>Wed</b>	07:24	2.61	8.6	2.76	9.1	<b>Thu</b>	07:57	7.26	23.8	6.43	21.1
	13:33	5.65	18.5	3.04	10.0		14:15	0.94	3.1	6.31	20.7
	20:17	2.26	7.4	3.39	11.1		20:18	7.03	23.1	6.08	20.0
<b>24</b>	02:23	5.71	18.7	3.45	11.3						
<b>Thu</b>	08:47	2.17	7.1	3.53	11.6						
	14:52	6.14	20.1	3.96	13.0						
	21:26	1.71	5.6	4.42	14.5						

**ALL TIMES GMT:** From 31st March to 26th October add 1 hour for British Summer Time

# NOVEMBER

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>1</b> Fri	02:35	1.24	4.1	5.78	19.0	<b>9</b> Sat	04:09	6.02	19.7	4.03	13.2
	08:37	6.88	22.6	5.63	18.5		10:24	1.96	6.4	4.06	13.3
	14:55	1.40	4.6	5.48	18.0		16:24	6.37	20.9	4.42	14.5
	20:58	6.54	21.4	5.14	16.9		22:42	1.67	5.5	4.70	15.4
<b>2</b> Sat	03:12	1.75	5.7	4.79	15.7	<b>10</b> Sun	04:45	6.35	20.8	4.68	15.4
	09:18	6.42	21.1	4.68	15.3		11:00	1.66	5.4	4.69	15.4
	15:36	1.90	6.2	4.52	14.8		17:00	6.63	21.8	4.98	16.3
	21:40	6.01	19.7	4.10	13.5		23:17	1.43	4.7	5.21	17.1
<b>3</b> Sun	03:52	2.25	7.4	3.75	12.3	<b>11</b> Mon	05:18	6.62	21.7	5.20	17.0
	10:03	5.94	19.5	3.69	12.1		11:33	1.44	4.7	5.19	17.0
	16:23	2.39	7.8	3.55	11.7		17:34	6.82	22.4	5.39	17.7
	22:28	5.50	18.1	3.11	10.2		23:50	1.26	4.1	5.56	18.3
<b>4</b> Mon ☾	04:42	2.71	8.9	2.80	9.2	<b>12</b> Tue ○	05:51	6.82	22.4	5.56	18.2
	11:00	5.52	18.1	2.82	9.2		12:06	1.29	4.2	5.54	18.2
	17:27	2.77	9.1	2.75	9.0		18:07	6.94	22.8	5.66	18.6
	23:33	5.12	16.8	2.34	7.7						
<b>5</b> Tue	05:57	3.01	9.9	2.10	6.9	<b>13</b> Wed	00:22	1.17	3.8	5.78	19.0
	12:18	5.28	17.3	2.27	7.4		06:22	6.95	22.8	5.78	19.0
	18:57	2.90	9.5	2.38	7.8		12:39	1.21	4.0	5.74	18.8
					18:40		6.99	22.9	5.77	18.9	
<b>6</b> Wed	01:04	5.00	16.4	2.10	6.9	<b>14</b> Thu	00:55	1.15	3.8	5.84	19.2
	07:37	3.00	9.8	2.00	6.6		06:54	7.00	23.0	5.85	19.2
	13:45	5.36	17.6	2.36	7.7		13:13	1.22	4.0	5.77	18.9
	20:21	2.70	8.9	2.65	8.7		19:14	6.95	22.8	5.73	18.8
<b>7</b> Thu	02:28	5.23	17.2	2.53	8.3	<b>15</b> Fri	01:30	1.22	4.0	5.73	18.8
	08:51	2.70	8.9	2.53	8.3		07:29	6.95	22.8	5.73	18.8
	14:54	5.67	18.6	2.97	9.7		13:48	1.32	4.3	5.63	18.5
	21:20	2.35	7.7	3.32	10.9		19:49	6.81	22.4	5.49	18.0
<b>8</b> Fri	03:26	5.62	18.4	3.27	10.7	<b>16</b> Sat	02:05	1.38	4.5	5.44	17.8
	09:42	2.32	7.6	3.31	10.8		08:05	6.80	22.3	5.42	17.8
	15:44	6.04	19.8	3.72	12.2		14:26	1.50	4.9	5.30	17.4
	22:05	1.98	6.5	4.06	13.3		20:28	6.58	21.6	5.08	16.7

ALL TIMES GMT



## NOVEMBER - (Continued)

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>17</b>	02:43	1.62	5.3	4.96	16.3	<b>25</b>	04:48	6.99	22.9	5.96	19.6
<b>Sun</b>	08:45	6.56	21.5	4.94	16.2	<b>Mon</b>	11:06	1.00	3.3	5.98	19.6
	15:08	1.75	5.7	4.81	15.8		17:09	7.20	23.6	6.19	20.3
	21:12	6.27	20.6	4.52	14.8		23:33	0.85	2.8	6.35	20.8
<b>18</b>	03:27	1.92	6.3	4.35	14.3	<b>26</b>	05:33	7.22	23.7	6.37	20.9
<b>Mon</b>	09:33	6.26	20.6	4.34	14.2	<b>Tue</b>	11:52	0.84	2.7	6.38	20.9
	15:58	2.03	6.7	4.23	13.9	●	17:54	7.30	23.9	6.46	21.2
	22:06	5.92	19.4	3.89	12.8						
<b>19</b>	04:21	2.23	7.3	3.69	12.1	<b>27</b>	00:16	0.80	2.6	6.50	21.3
<b>Tue</b>	10:33	5.97	19.6	3.74	12.3	<b>Wed</b>	06:16	7.31	24.0	6.51	21.4
☾	17:02	2.27	7.4	3.70	12.1		12:35	0.81	2.6	6.51	21.3
	23:15	5.64	18.5	3.38	11.1		18:38	7.26	23.8	6.45	21.2
<b>20</b>	05:31	2.45	8.0	3.20	10.5	<b>28</b>	00:57	0.89	2.9	6.38	20.9
<b>Wed</b>	11:48	5.80	19.0	3.35	11.0	<b>Thu</b>	06:58	7.28	23.9	6.39	21.0
	18:27	2.32	7.6	3.48	11.4		13:17	0.92	3.0	6.36	20.9
							19:19	7.09	23.3	6.18	20.3
<b>21</b>	00:35	5.58	18.3	3.26	10.7	<b>29</b>	01:36	1.09	3.6	6.01	19.7
<b>Thu</b>	07:00	2.42	7.9	3.16	10.4	<b>Fri</b>	07:38	7.11	23.3	6.03	19.8
	13:09	5.88	19.3	3.46	11.4		13:57	1.15	3.8	5.97	19.6
	19:51	2.10	6.9	3.78	12.4		19:59	6.82	22.4	5.67	18.6
<b>22</b>	01:56	5.81	19.0	3.70	12.2	<b>30</b>	02:14	1.38	4.5	5.43	17.8
<b>Fri</b>	08:19	2.12	6.9	3.69	12.1	<b>Sat</b>	08:18	6.84	22.5	5.46	17.9
	14:24	6.20	20.3	4.08	13.4		14:36	1.47	4.8	5.37	17.6
	21:00	1.72	5.6	4.48	14.7		20:39	6.46	21.2	4.99	16.4
<b>23</b>	03:03	6.21	20.4	4.49	14.7						
<b>Sat</b>	09:23	1.70	5.6	4.51	14.8						
	15:27	6.60	21.7	4.90	16.1						
	21:57	1.33	4.4	5.27	17.3						
<b>24</b>	03:59	6.64	21.8	5.31	17.4						
<b>Sun</b>	10:18	1.30	4.3	5.34	17.5						
	16:21	6.96	22.8	5.65	18.6						
	22:47	1.03	3.4	5.93	19.5						

ALL TIMES GMT

# DECEMBER

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>1</b> Sun	02:51	1.74	5.7	4.72	15.5	<b>9</b> Mon	04:05	6.03	19.8	4.06	13.3
	08:58	6.50	21.3	4.76	15.6		10:22	1.96	6.4	4.07	13.4
	15:17	1.84	6.1	4.65	15.3		16:23	6.29	20.6	4.33	14.2
	21:18	6.06	19.9	4.22	13.8		22:42	1.69	5.6	4.60	15.1
<b>2</b> Mon	03:30	2.13	7.0	3.94	12.9	<b>10</b> Tue	04:44	6.36	20.9	4.67	15.3
	09:40	6.13	20.1	4.01	13.1		11:02	1.68	5.5	4.69	15.4
	15:59	2.21	7.2	3.92	12.9		17:02	6.55	21.5	4.87	16.0
	22:02	5.68	18.6	3.47	11.4		23:20	1.46	4.8	5.09	16.7
<b>3</b> Tue	04:12	2.48	8.1	3.20	10.5	<b>11</b> Wed	05:21	6.65	21.8	5.19	17.0
	10:28	5.78	19.0	3.30	10.8		11:40	1.45	4.8	5.20	17.0
	16:49	2.52	8.3	3.27	10.7		17:40	6.75	22.1	5.30	17.4
	22:53	5.34	17.5	2.83	9.3		23:57	1.28	4.2	5.47	17.9
<b>4</b> Wed )	05:06	2.76	9.1	2.58	8.5	<b>12</b> Thu )	05:58	6.86	22.5	5.58	18.3
	11:26	5.51	18.1	2.74	9.0		12:18	1.29	4.2	5.58	18.3
	17:54	2.71	8.9	2.79	9.2		18:19	6.88	22.6	5.60	18.4
	23:58	5.13	16.8	2.41	7.9						
<b>5</b> Thu	06:20	2.91	9.5	2.22	7.3	<b>13</b> Fri	00:36	1.18	3.9	5.71	18.7
	12:37	5.38	17.7	2.47	8.1		06:36	6.99	22.9	5.82	19.1
	19:09	2.73	8.9	2.65	8.7		12:58	1.19	3.9	5.80	19.0
					18:59		6.93	22.7	5.74	18.8	
<b>6</b> Fri	01:18	5.12	16.8	2.40	7.9	<b>14</b> Sat	01:15	1.15	3.8	5.78	19.0
	07:40	2.84	9.3	2.29	7.5		07:16	7.03	23.1	5.88	19.3
	13:51	5.47	17.9	2.63	8.6		13:39	1.18	3.9	5.85	19.2
	20:18	2.55	8.4	2.91	9.6		19:40	6.88	22.6	5.70	18.7
<b>7</b> Sat	02:27	5.34	17.5	2.79	9.2	<b>15</b> Sun	01:55	1.21	4.0	5.67	18.6
	08:47	2.59	8.5	2.75	9.0		07:57	6.97	22.9	5.76	18.9
	14:51	5.70	18.7	3.11	10.2		14:21	1.25	4.1	5.72	18.8
	21:15	2.27	7.5	3.43	11.3		20:24	6.74	22.1	5.48	18.0
<b>8</b> Sun	03:21	5.67	18.6	3.40	11.2	<b>16</b> Mon	02:38	1.36	4.5	5.38	17.6
	09:39	2.27	7.5	3.40	11.2		08:42	6.82	22.4	5.46	17.9
	15:40	6.00	19.7	3.73	12.2		15:06	1.40	4.6	5.42	17.8
	22:01	1.97	6.5	4.03	13.2		21:11	6.51	21.3	5.10	16.7

ALL TIMES GMT

## DECEMBER - (Continued)

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>17</b>	03:24	1.57	5.2	4.93	16.2	<b>25</b>	05:17	6.80	22.3	5.53	18.1
<b>Tue</b>	09:32	6.60	21.7	5.03	16.5	<b>Wed</b>	11:36	1.22	4.0	5.58	18.3
	15:57	1.61	5.3	5.00	16.4		17:40	6.81	22.3	5.59	18.3
	22:03	6.23	20.4	4.63	15.2						
<b>18</b>	04:15	1.81	6.0	4.42	14.5	<b>26</b>	00:00	1.18	3.9	5.63	18.5
<b>Wed</b>	10:27	6.36	20.9	4.55	14.9	<b>Thu</b>	06:02	6.96	22.8	5.78	19.0
	16:54	1.82	6.0	4.55	14.9	●	12:21	1.13	3.7	5.83	19.1
	23:03	5.97	19.6	4.16	13.6		18:24	6.85	22.5	5.72	18.8
<b>19</b>	05:16	2.03	6.7	3.95	12.9	<b>27</b>	00:41	1.16	3.8	5.69	18.7
<b>Thu</b>	11:30	6.16	20.2	4.13	13.5	<b>Fri</b>	06:45	7.01	23.0	5.85	19.2
☾	18:03	1.96	6.4	4.19	13.8		13:03	1.13	3.7	5.88	19.3
							19:06	6.80	22.3	5.67	18.6
<b>20</b>	00:09	5.81	19.1	3.85	12.6	<b>28</b>	01:21	1.23	4.0	5.58	18.3
<b>Fri</b>	06:29	2.14	7.0	3.68	12.1	<b>Sat</b>	07:24	6.97	22.9	5.75	18.8
	12:39	6.06	19.9	3.92	12.9		13:43	1.22	4.0	5.75	18.9
	19:17	1.98	6.5	4.08	13.4		19:45	6.68	21.9	5.45	17.9
<b>21</b>	01:21	5.82	19.1	3.84	12.6	<b>29</b>	01:57	1.36	4.5	5.31	17.4
<b>Sat</b>	07:44	2.08	6.8	3.75	12.3	<b>Sun</b>	08:03	6.84	22.4	5.47	18.0
	13:51	6.11	20.0	4.03	13.2		14:21	1.39	4.6	5.45	17.9
	20:27	1.85	6.1	4.26	14.0		20:21	6.48	21.3	5.09	16.7
<b>22</b>	02:30	6.00	19.7	4.14	13.6	<b>30</b>	02:33	1.56	5.1	4.92	16.1
<b>Sun</b>	08:54	1.88	6.2	4.12	13.5	<b>Mon</b>	08:40	6.63	21.8	5.07	16.6
	14:58	6.28	20.6	4.40	14.4		14:57	1.60	5.3	5.03	16.5
	21:30	1.65	5.4	4.63	15.2		20:58	6.23	20.5	4.63	15.2
<b>23</b>	03:33	6.28	20.6	4.62	15.2	<b>31</b>	03:08	1.80	5.9	4.43	14.5
<b>Mon</b>	09:54	1.62	5.3	4.65	15.3	<b>Tue</b>	09:18	6.38	20.9	4.57	15.0
	15:58	6.49	21.3	4.87	16.0		15:33	1.85	6.1	4.53	14.9
	22:26	1.44	4.7	5.05	16.6		21:35	5.96	19.5	4.11	13.5
<b>24</b>	04:27	6.56	21.5	5.12	16.8						
<b>Tue</b>	10:48	1.39	4.6	5.18	17.0						
	16:52	6.68	21.9	5.29	17.4						
	23:15	1.28	4.2	5.41	17.7						

**ALL TIMES GMT**