

PORTSMOUTH TIDE TABLES 2010

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January

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Fri 1		4:40 AM GMT / 0.98 m	12:00 PM GMT / 4.96 m	5:04 PM GMT / 0.67 m			8:06 AM GMT	4:09 PM GMT
Sat 2	12:30 AM GMT / 5.10 m	5:26 AM GMT / 0.86 m	12:47 PM GMT / 5.09 m	5:49 PM GMT / 0.56 m			8:06 AM GMT	4:10 PM GMT
Sun 3	1:16 AM GMT / 5.23 m	6:12 AM GMT / 0.83 m	1:34 PM GMT / 5.13 m	6:35 PM GMT / 0.56 m			8:06 AM GMT	4:11 PM GMT
Mon 4	2:02 AM GMT / 5.25 m	6:59 AM GMT / 0.89 m	2:20 PM GMT / 5.06 m	7:21 PM GMT / 0.66 m			8:06 AM GMT	4:12 PM GMT
Tue 5	2:49 AM GMT / 5.16 m	7:48 AM GMT / 1.04 m	3:07 PM GMT / 4.89 m	8:11 PM GMT / 0.86 m			8:06 AM GMT	4:13 PM GMT
Wed 6	3:36 AM GMT / 4.97 m	8:40 AM GMT / 1.25 m	3:56 PM GMT / 4.65 m	9:04 PM GMT / 1.13 m			8:05 AM GMT	4:15 PM GMT
Thu 7	4:26 AM GMT / 4.72 m	9:39 AM GMT / 1.49 m	4:48 PM GMT / 4.38 m	10:04 PM GMT / 1.41 m		Last Quarter	8:05 AM GMT	4:16 PM GMT
Fri 8	5:20 AM GMT / 4.44 m	10:47 AM GMT / 1.69 m	5:47 PM GMT / 4.11 m	11:14 PM GMT / 1.66 m			8:04 AM GMT	4:17 PM GMT
Sat 9	6:22 AM GMT / 4.20 m	12:03 PM GMT / 1.79 m	6:58 PM GMT / 3.93 m				8:04 AM GMT	4:19 PM GMT
Sun 10		12:28 AM GMT / 1.79 m	7:35 AM GMT / 4.06 m	1:11 PM GMT / 1.78 m	8:18 PM GMT / 3.90 m		8:03 AM GMT	4:20 PM GMT
Mon 11		1:33 AM GMT / 1.82 m	8:49 AM GMT / 4.06 m	2:09 PM GMT / 1.70 m	9:28 PM GMT / 4.01 m		8:03 AM GMT	4:21 PM GMT
Tue 12		2:28 AM GMT / 1.78 m	9:51 AM GMT / 4.15 m	2:58 PM GMT / 1.57 m	10:24 PM GMT / 4.18 m		8:02 AM GMT	4:23 PM GMT
Wed 13		3:17 AM GMT / 1.69 m	10:40 AM GMT / 4.28 m	3:42 PM GMT / 1.42 m	11:09 PM GMT / 4.34 m		8:02 AM GMT	4:24 PM GMT
Thu 14		4:01 AM GMT / 1.58 m	11:23 AM GMT / 4.39 m	4:23 PM GMT / 1.28 m	11:48 PM GMT / 4.48 m		8:01 AM GMT	4:26 PM GMT
Fri 15		4:41 AM GMT / 1.47 m	12:00 PM GMT / 4.48 m	5:01 PM GMT / 1.16 m		New Moon	8:00 AM GMT	4:27 PM GMT
Sat 16	12:24 AM GMT / 4.57 m	5:19 AM GMT / 1.38 m	12:34 PM GMT / 4.53 m	5:37 PM GMT / 1.08 m			7:59 AM GMT	4:29 PM GMT
Sun 17	12:58 AM GMT / 4.63 m	5:55 AM GMT / 1.32 m	1:07 PM GMT / 4.55 m	6:12 PM GMT / 1.05 m			7:58 AM GMT	4:30 PM GMT
Mon 18	1:30 AM GMT / 4.64 m	6:30 AM GMT / 1.31 m	1:39 PM GMT / 4.53 m	6:46 PM GMT / 1.06 m			7:57 AM GMT	4:32 PM GMT
Tue 19	2:02 AM GMT / 4.61 m	7:04 AM GMT / 1.33 m	2:12 PM GMT / 4.47 m	7:19 PM GMT / 1.12 m			7:56 AM GMT	4:33 PM GMT
Wed 20	2:35 AM GMT / 4.54 m	7:38 AM GMT / 1.39 m	2:46 PM GMT / 4.37 m	7:53 PM GMT / 1.22 m			7:55 AM GMT	4:35 PM GMT
Thu 21	3:09 AM GMT / 4.44 m	8:14 AM GMT / 1.49 m	3:22 PM GMT / 4.24 m	8:30 PM GMT / 1.36 m			7:54 AM GMT	4:37 PM GMT
Fri 22	3:46 AM GMT / 4.31 m	8:54 AM GMT / 1.60 m	4:01 PM GMT / 4.08 m	9:11 PM GMT / 1.53 m			7:53 AM GMT	4:38 PM GMT
Sat 23	4:26 AM GMT / 4.16 m	9:42 AM GMT / 1.73 m	4:46 PM GMT / 3.93 m	10:04 PM GMT / 1.71 m		First Quarter	7:52 AM GMT	4:40 PM GMT
Sun 24	5:14 AM GMT / 4.02 m	10:45 AM GMT / 1.84 m	5:42 PM GMT / 3.80 m	11:14 PM GMT / 1.84 m			7:51 AM GMT	4:41 PM GMT
Mon 25	6:14 AM GMT / 3.92 m	12:04 PM GMT / 1.85 m	6:54 PM GMT / 3.75 m				7:50 AM GMT	4:43 PM GMT
Tue 26		12:35 AM GMT / 1.85 m	7:32 AM GMT / 3.91 m	1:20 PM GMT / 1.71 m	8:21 PM GMT / 3.88 m		7:49 AM GMT	4:45 PM GMT
Wed 27		1:47 AM GMT / 1.71 m	8:54 AM GMT / 4.08 m	2:22 PM GMT / 1.45 m	9:36 PM GMT / 4.18 m		7:47 AM GMT	4:47 PM GMT
Thu 28		2:46 AM GMT / 1.47 m	10:01 AM GMT / 4.38 m	3:15 PM GMT / 1.14 m	10:35 PM GMT / 4.55 m		7:46 AM GMT	4:48 PM GMT
Fri 29		3:39 AM GMT / 1.19 m	10:56 AM GMT / 4.70 m	4:04 PM GMT / 0.84 m	11:26 PM GMT / 4.92 m		7:45 AM GMT	4:50 PM GMT
Sat 30		4:27 AM GMT / 0.94 m	11:45 AM GMT / 4.99 m	4:50 PM GMT / 0.59 m		Full Moon	7:43 AM GMT	4:52 PM GMT
Sun 31	12:13 AM GMT / 5.20 m	5:14 AM GMT / 0.75 m	12:32 PM GMT / 5.18 m	5:35 PM GMT / 0.43 m			7:42 AM GMT	4:54 PM GMT

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February

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Mon 1	12:58 AM GMT / 5.36 m	5:59 AM GMT / 0.66 m	1:17 PM GMT / 5.25 m	6:20 PM GMT / 0.39 m			7:40 AM GMT	4:55 PM GMT
Tue 2	1:43 AM GMT / 5.38 m	6:44 AM GMT / 0.67 m	2:01 PM GMT / 5.19 m	7:04 PM GMT / 0.48 m			7:39 AM GMT	4:57 PM GMT
Wed 3	2:27 AM GMT / 5.27 m	7:29 AM GMT / 0.80 m	2:46 PM GMT / 5.00 m	7:50 PM GMT / 0.69 m			7:37 AM GMT	4:59 PM GMT
Thu 4	3:11 AM GMT / 5.03 m	8:16 AM GMT / 1.02 m	3:31 PM GMT / 4.72 m	8:37 PM GMT / 1.00 m			7:36 AM GMT	5:01 PM GMT
Fri 5	3:57 AM GMT / 4.71 m	9:06 AM GMT / 1.30 m	4:19 PM GMT / 4.38 m	9:29 PM GMT / 1.35 m		Last Quarter	7:34 AM GMT	5:03 PM GMT
Sat 6	4:46 AM GMT / 4.35 m	10:05 AM GMT / 1.59 m	5:12 PM GMT / 4.04 m	10:31 PM GMT / 1.70 m			7:32 AM GMT	5:04 PM GMT
Sun 7	5:42 AM GMT / 4.01 m	11:17 AM GMT / 1.82 m	6:19 PM GMT / 3.76 m	11:49 PM GMT / 1.94 m			7:31 AM GMT	5:06 PM GMT
Mon 8	6:54 AM GMT / 3.78 m	12:38 PM GMT / 1.91 m	7:46 PM GMT / 3.66 m				7:29 AM GMT	5:08 PM GMT
Tue 9		1:08 AM GMT / 2.02 m	8:21 AM GMT / 3.73 m	1:47 PM GMT / 1.85 m	9:08 PM GMT / 3.77 m		7:27 AM GMT	5:10 PM GMT
Wed 10		2:13 AM GMT / 1.96 m	9:31 AM GMT / 3.86 m	2:42 PM GMT / 1.71 m	10:06 PM GMT / 3.98 m		7:26 AM GMT	5:11 PM GMT
Thu 11		3:05 AM GMT / 1.82 m	10:22 AM GMT / 4.05 m	3:28 PM GMT / 1.53 m	10:51 PM GMT / 4.20 m		7:24 AM GMT	5:13 PM GMT
Fri 12		3:49 AM GMT / 1.65 m	11:03 AM GMT / 4.23 m	4:08 PM GMT / 1.34 m	11:28 PM GMT / 4.39 m		7:22 AM GMT	5:15 PM GMT
Sat 13		4:27 AM GMT / 1.47 m	11:39 AM GMT / 4.39 m	4:45 PM GMT / 1.17 m			7:20 AM GMT	5:17 PM GMT
Sun 14	12:01 AM GMT / 4.54 m	5:03 AM GMT / 1.31 m	12:12 PM GMT / 4.51 m	5:19 PM GMT / 1.04 m		New Moon	7:18 AM GMT	5:19 PM GMT
Mon 15	12:33 AM GMT / 4.64 m	5:36 AM GMT / 1.19 m	12:43 PM GMT / 4.59 m	5:51 PM GMT / 0.95 m			7:17 AM GMT	5:20 PM GMT
Tue 16	1:03 AM GMT / 4.70 m	6:08 AM GMT / 1.12 m	1:15 PM GMT / 4.61 m	6:22 PM GMT / 0.92 m			7:15 AM GMT	5:22 PM GMT
Wed 17	1:34 AM GMT / 4.69 m	6:39 AM GMT / 1.10 m	1:47 PM GMT / 4.57 m	6:52 PM GMT / 0.94 m			7:13 AM GMT	5:24 PM GMT
Thu 18	2:07 AM GMT / 4.64 m	7:10 AM GMT / 1.12 m	2:20 PM GMT / 4.48 m	7:24 PM GMT / 1.01 m			7:11 AM GMT	5:26 PM GMT
Fri 19	2:40 AM GMT / 4.53 m	7:43 AM GMT / 1.18 m	2:56 PM GMT / 4.35 m	7:59 PM GMT / 1.14 m			7:09 AM GMT	5:27 PM GMT
Sat 20	3:16 AM GMT / 4.38 m	8:21 AM GMT / 1.30 m	3:35 PM GMT / 4.18 m	8:38 PM GMT / 1.32 m			7:07 AM GMT	5:29 PM GMT
Sun 21	3:56 AM GMT / 4.20 m	9:05 AM GMT / 1.46 m	4:19 PM GMT / 4.00 m	9:26 PM GMT / 1.54 m			7:05 AM GMT	5:31 PM GMT
Mon 22	4:44 AM GMT / 4.01 m	10:01 AM GMT / 1.65 m	5:15 PM GMT / 3.83 m	10:31 PM GMT / 1.77 m		First Quarter	7:03 AM GMT	5:33 PM GMT
Tue 23	5:45 AM GMT / 3.85 m	11:18 AM GMT / 1.77 m	6:28 PM GMT / 3.75 m	11:59 PM GMT / 1.87 m			7:01 AM GMT	5:34 PM GMT
Wed 24	7:05 AM GMT / 3.81 m	12:47 PM GMT / 1.71 m	7:58 PM GMT / 3.85 m				6:59 AM GMT	5:36 PM GMT
Thu 25		1:24 AM GMT / 1.75 m	8:33 AM GMT / 3.97 m	2:00 PM GMT / 1.47 m	9:16 PM GMT / 4.17 m		6:57 AM GMT	5:38 PM GMT
Fri 26		2:30 AM GMT / 1.48 m	9:42 AM GMT / 4.30 m	2:58 PM GMT / 1.14 m	10:16 PM GMT / 4.57 m		6:55 AM GMT	5:40 PM GMT
Sat 27		3:24 AM GMT / 1.16 m	10:38 AM GMT / 4.67 m	3:48 PM GMT / 0.81 m	11:07 PM GMT / 4.95 m		6:53 AM GMT	5:41 PM GMT
Sun 28		4:12 AM GMT / 0.86 m	11:27 AM GMT / 4.98 m	4:33 PM GMT / 0.54 m	11:54 PM GMT / 5.23 m	Full Moon	6:51 AM GMT	5:43 PM GMT

March

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Mon 1		4:57 AM GMT / 0.64 m	12:13 PM GMT / 5.19 m	5:17 PM GMT / 0.37 m			6:49 AM GMT	5:45 PM GMT
Tue 2	12:38 AM GMT / 5.37 m	5:41 AM GMT / 0.52 m	12:57 PM GMT / 5.26 m	6:00 PM GMT / 0.34 m			6:47 AM GMT	5:46 PM GMT
Wed 3	1:21 AM GMT / 5.37 m	6:23 AM GMT / 0.53 m	1:40 PM GMT / 5.19 m	6:42 PM GMT / 0.43 m			6:44 AM GMT	5:48 PM GMT
Thu 4	2:03 AM GMT / 5.22 m	7:06 AM GMT / 0.65 m	2:23 PM GMT / 4.98 m	7:25 PM GMT / 0.66 m			6:42 AM GMT	5:50 PM GMT
Fri 5	2:46 AM GMT / 4.94 m	7:48 AM GMT / 0.88 m	3:06 PM GMT / 4.68 m	8:09 PM GMT / 0.98 m			6:40 AM GMT	5:52 PM GMT
Sat 6	3:28 AM GMT / 4.59 m	8:34 AM GMT / 1.18 m	3:51 PM GMT / 4.33 m	8:56 PM GMT / 1.36 m			6:38 AM GMT	5:53 PM GMT
Sun 7	4:14 AM GMT / 4.22 m	9:26 AM GMT / 1.51 m	4:41 PM GMT / 3.98 m	9:52 PM GMT / 1.74 m		Last Quarter	6:36 AM GMT	5:55 PM GMT
Mon 8	5:05 AM GMT / 3.86 m	10:32 AM GMT / 1.81 m	5:41 PM GMT / 3.68 m	11:11 PM GMT / 2.04 m			6:34 AM GMT	5:57 PM GMT
Tue 9	6:10 AM GMT / 3.60 m	12:01 PM GMT / 1.97 m	7:05 PM GMT / 3.53 m				6:32 AM GMT	5:58 PM GMT
Wed 10		12:44 AM GMT / 2.12 m	7:40 AM GMT / 3.51 m	1:22 PM GMT / 1.93 m	8:36 PM GMT / 3.62 m		6:29 AM GMT	6:00 PM GMT
Thu 11		1:56 AM GMT / 2.03 m	9:01 AM GMT / 3.64 m	2:22 PM GMT / 1.77 m	9:38 PM GMT / 3.84 m		6:27 AM GMT	6:02 PM GMT
Fri 12		2:48 AM GMT / 1.84 m	9:55 AM GMT / 3.86 m	3:08 PM GMT / 1.57 m	10:22 PM GMT / 4.08 m		6:25 AM GMT	6:03 PM GMT
Sat 13		3:31 AM GMT / 1.63 m	10:36 AM GMT / 4.09 m	3:47 PM GMT / 1.36 m	10:59 PM GMT / 4.30 m		6:23 AM GMT	6:05 PM GMT
Sun 14		4:07 AM GMT / 1.42 m	11:11 AM GMT / 4.29 m	4:21 PM GMT / 1.17 m	11:31 PM GMT / 4.48 m		6:21 AM GMT	6:07 PM GMT
Mon 15		4:40 AM GMT / 1.23 m	11:44 AM GMT / 4.45 m	4:54 PM GMT / 1.02 m		New Moon	6:19 AM GMT	6:09 PM GMT
Tue 16	12:03 AM GMT / 4.61 m	5:11 AM GMT / 1.08 m	12:16 PM GMT / 4.57 m	5:24 PM GMT / 0.91 m			6:16 AM GMT	6:10 PM GMT
Wed 17	12:34 AM GMT / 4.69 m	5:41 AM GMT / 0.97 m	12:48 PM GMT / 4.62 m	5:54 PM GMT / 0.86 m			6:14 AM GMT	6:12 PM GMT
Thu 18	1:06 AM GMT / 4.71 m	6:11 AM GMT / 0.91 m	1:22 PM GMT / 4.61 m	6:25 PM GMT / 0.85 m			6:12 AM GMT	6:14 PM GMT
Fri 19	1:40 AM GMT / 4.66 m	6:43 AM GMT / 0.91 m	1:57 PM GMT / 4.54 m	6:58 PM GMT / 0.91 m			6:10 AM GMT	6:15 PM GMT
Sat 20	2:16 AM GMT / 4.55 m	7:17 AM GMT / 0.96 m	2:35 PM GMT / 4.41 m	7:33 PM GMT / 1.03 m			6:07 AM GMT	6:17 PM GMT
Sun 21	2:54 AM GMT / 4.39 m	7:55 AM GMT / 1.08 m	3:17 PM GMT / 4.25 m	8:14 PM GMT / 1.22 m			6:05 AM GMT	6:18 PM GMT
Mon 22	3:37 AM GMT / 4.20 m	8:39 AM GMT / 1.27 m	4:04 PM GMT / 4.07 m	9:03 PM GMT / 1.47 m			6:03 AM GMT	6:20 PM GMT
Tue 23	4:27 AM GMT / 4.00 m	9:35 AM GMT / 1.49 m	5:02 PM GMT / 3.91 m	10:08 PM GMT / 1.72 m		First Quarter	6:01 AM GMT	6:22 PM GMT
Wed 24	5:29 AM GMT / 3.84 m	10:50 AM GMT / 1.67 m	6:13 PM GMT / 3.84 m	11:37 PM GMT / 1.84 m			5:58 AM GMT	6:23 PM GMT
Thu 25	6:47 AM GMT / 3.80 m	12:23 PM GMT / 1.65 m	7:37 PM GMT / 3.94 m				5:56 AM GMT	6:25 PM GMT
Fri 26		1:07 AM GMT / 1.71 m	8:11 AM GMT / 3.96 m	1:39 PM GMT / 1.43 m	8:53 PM GMT / 4.23 m		5:54 AM GMT	6:27 PM GMT
Sat 27		2:14 AM GMT / 1.43 m	9:21 AM GMT / 4.27 m	2:38 PM GMT / 1.12 m	9:54 PM GMT / 4.58 m		5:52 AM GMT	6:28 PM GMT
Sun 28		4:07 AM BST / 1.11 m	11:18 AM BST / 4.61 m	4:28 PM BST / 0.82 m	11:45 PM BST / 4.91 m		6:49 AM BST	7:30 PM BST
Mon 29		4:54 AM BST / 0.83 m	12:07 PM BST / 4.89 m	5:13 PM BST / 0.58 m			6:47 AM BST	7:32 PM BST
Tue 30	12:32 AM BST / 5.14 m	5:37 AM BST / 0.61 m	12:53 PM BST / 5.07 m	5:56 PM BST / 0.45 m		Full Moon	6:45 AM BST	7:33 PM BST
Wed 31	1:16 AM BST / 5.24 m	6:19 AM BST / 0.50 m	1:37 PM BST / 5.13 m	6:37 PM BST / 0.44 m			6:43 AM BST	7:34 PM BST

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April

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Thu 1	1:59 AM BST / 5.20 m	7:00 AM BST / 0.51 m	2:20 PM BST / 5.05 m	7:19 PM BST / 0.55 m			6:40 AM BST	7:36 PM BST
Fri 2	2:40 AM BST / 5.03 m	7:41 AM BST / 0.63 m	3:02 PM BST / 4.86 m	7:59 PM BST / 0.77 m			6:38 AM BST	7:38 PM BST
Sat 3	3:21 AM BST / 4.77 m	8:22 AM BST / 0.84 m	3:44 PM BST / 4.59 m	8:42 PM BST / 1.07 m			6:36 AM BST	7:40 PM BST
Sun 4	4:02 AM BST / 4.45 m	9:05 AM BST / 1.13 m	4:27 PM BST / 4.28 m	9:27 PM BST / 1.42 m			6:34 AM BST	7:41 PM BST
Mon 5	4:45 AM BST / 4.11 m	9:53 AM BST / 1.45 m	5:13 PM BST / 3.97 m	10:19 PM BST / 1.77 m			6:32 AM BST	7:43 PM BST
Tue 6	5:31 AM BST / 3.80 m	10:53 AM BST / 1.75 m	6:07 PM BST / 3.71 m	11:33 PM BST / 2.05 m		Last Quarter	6:29 AM BST	7:44 PM BST
Wed 7	6:27 AM BST / 3.56 m	12:19 PM BST / 1.94 m	7:14 PM BST / 3.56 m				6:27 AM BST	7:46 PM BST
Thu 8		1:14 AM BST / 2.13 m	7:42 AM BST / 3.44 m	1:48 PM BST / 1.93 m	8:38 PM BST / 3.57 m		6:25 AM BST	7:48 PM BST
Fri 9		2:29 AM BST / 2.02 m	9:08 AM BST / 3.51 m	2:50 PM BST / 1.79 m	9:50 PM BST / 3.73 m		6:23 AM BST	7:49 PM BST
Sat 10		3:21 AM BST / 1.83 m	10:12 AM BST / 3.70 m	3:37 PM BST / 1.60 m	10:40 PM BST / 3.95 m		6:21 AM BST	7:51 PM BST
Sun 11		4:02 AM BST / 1.61 m	10:58 AM BST / 3.93 m	4:16 PM BST / 1.40 m	11:20 PM BST / 4.17 m		6:19 AM BST	7:53 PM BST
Mon 12		4:38 AM BST / 1.39 m	11:36 AM BST / 4.15 m	4:51 PM BST / 1.22 m	11:55 PM BST / 4.37 m		6:16 AM BST	7:54 PM BST
Tue 13		5:11 AM BST / 1.20 m	12:12 PM BST / 4.34 m	5:23 PM BST / 1.07 m			6:14 AM BST	7:56 PM BST
Wed 14	12:29 AM BST / 4.52 m	5:41 AM BST / 1.03 m	12:47 PM BST / 4.48 m	5:54 PM BST / 0.95 m		New Moon	6:12 AM BST	7:58 PM BST
Thu 15	1:04 AM BST / 4.63 m	6:13 AM BST / 0.90 m	1:23 PM BST / 4.58 m	6:26 PM BST / 0.88 m			6:10 AM BST	7:59 PM BST
Fri 16	1:40 AM BST / 4.67 m	6:44 AM BST / 0.81 m	2:00 PM BST / 4.60 m	6:59 PM BST / 0.86 m			6:08 AM BST	8:01 PM BST
Sat 17	2:17 AM BST / 4.64 m	7:19 AM BST / 0.79 m	2:39 PM BST / 4.57 m	7:35 PM BST / 0.90 m			6:06 AM BST	8:02 PM BST
Sun 18	2:57 AM BST / 4.56 m	7:56 AM BST / 0.83 m	3:21 PM BST / 4.48 m	8:14 PM BST / 1.02 m			6:04 AM BST	8:04 PM BST
Mon 19	3:39 AM BST / 4.42 m	8:36 AM BST / 0.95 m	4:06 PM BST / 4.36 m	8:58 PM BST / 1.20 m			6:02 AM BST	8:05 PM BST
Tue 20	4:25 AM BST / 4.25 m	9:23 AM BST / 1.14 m	4:56 PM BST / 4.22 m	9:50 PM BST / 1.43 m			6:00 AM BST	8:07 PM BST
Wed 21	5:18 AM BST / 4.08 m	10:20 AM BST / 1.36 m	5:53 PM BST / 4.10 m	10:56 PM BST / 1.66 m		First Quarter	5:58 AM BST	8:09 PM BST
Thu 22	6:19 AM BST / 3.94 m	11:34 AM BST / 1.53 m	6:59 PM BST / 4.04 m				5:56 AM BST	8:10 PM BST
Fri 23		12:23 AM BST / 1.75 m	7:30 AM BST / 3.90 m	1:02 PM BST / 1.54 m	8:14 PM BST / 4.10 m		5:54 AM BST	8:12 PM BST
Sat 24		1:50 AM BST / 1.63 m	8:46 AM BST / 4.00 m	2:17 PM BST / 1.37 m	9:26 PM BST / 4.30 m		5:52 AM BST	8:13 PM BST
Sun 25		2:54 AM BST / 1.39 m	9:56 AM BST / 4.23 m	3:15 PM BST / 1.14 m	10:29 PM BST / 4.55 m		5:50 AM BST	8:15 PM BST
Mon 26		3:46 AM BST / 1.12 m	10:55 AM BST / 4.49 m	4:05 PM BST / 0.92 m	11:22 PM BST / 4.78 m		5:48 AM BST	8:17 PM BST
Tue 27		4:32 AM BST / 0.88 m	11:47 AM BST / 4.72 m	4:50 PM BST / 0.76 m			5:46 AM BST	8:18 PM BST
Wed 28	12:10 AM BST / 4.94 m	5:15 AM BST / 0.71 m	12:34 PM BST / 4.86 m	5:33 PM BST / 0.67 m		Full Moon	5:44 AM BST	8:20 PM BST
Thu 29	12:55 AM BST / 4.99 m	5:56 AM BST / 0.62 m	1:18 PM BST / 4.90 m	6:14 PM BST / 0.68 m			5:42 AM BST	8:21 PM BST
Fri 30	1:37 AM BST / 4.94 m	6:37 AM BST / 0.62 m	2:01 PM BST / 4.84 m	6:55 PM BST / 0.78 m			5:40 AM BST	8:23 PM BST

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May

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Sat 1	2:19 AM BST / 4.80 m	7:17 AM BST / 0.72 m	2:43 PM BST / 4.70 m	7:36 PM BST / 0.96 m			5:38 AM BST	8:25 PM BST
Sun 2	2:59 AM BST / 4.59 m	7:57 AM BST / 0.89 m	3:24 PM BST / 4.50 m	8:18 PM BST / 1.20 m			5:37 AM BST	8:26 PM BST
Mon 3	3:39 AM BST / 4.34 m	8:40 AM BST / 1.12 m	4:06 PM BST / 4.27 m	9:02 PM BST / 1.48 m			5:35 AM BST	8:28 PM BST
Tue 4	4:19 AM BST / 4.08 m	9:25 AM BST / 1.38 m	4:48 PM BST / 4.05 m	9:52 PM BST / 1.75 m			5:33 AM BST	8:30 PM BST
Wed 5	5:02 AM BST / 3.85 m	10:19 AM BST / 1.64 m	5:35 PM BST / 3.85 m	10:57 PM BST / 1.97 m			5:31 AM BST	8:31 PM BST
Thu 6	5:49 AM BST / 3.66 m	11:31 AM BST / 1.83 m	6:26 PM BST / 3.72 m			Last Quarter	5:29 AM BST	8:33 PM BST
Fri 7		12:27 AM BST / 2.07 m	6:44 AM BST / 3.54 m	12:57 PM BST / 1.88 m	7:27 PM BST / 3.66 m		5:28 AM BST	8:34 PM BST
Sat 8		1:46 AM BST / 2.00 m	7:51 AM BST / 3.51 m	2:04 PM BST / 1.80 m	8:35 PM BST / 3.71 m		5:26 AM BST	8:36 PM BST
Sun 9		2:41 AM BST / 1.84 m	9:03 AM BST / 3.60 m	2:55 PM BST / 1.67 m	9:38 PM BST / 3.85 m		5:24 AM BST	8:37 PM BST
Mon 10		3:24 AM BST / 1.65 m	10:04 AM BST / 3.77 m	3:36 PM BST / 1.51 m	10:29 PM BST / 4.04 m		5:23 AM BST	8:39 PM BST
Tue 11		4:02 AM BST / 1.44 m	10:53 AM BST / 3.98 m	4:14 PM BST / 1.35 m	11:13 PM BST / 4.23 m		5:21 AM BST	8:40 PM BST
Wed 12		4:36 AM BST / 1.24 m	11:37 AM BST / 4.19 m	4:49 PM BST / 1.19 m	11:55 PM BST / 4.40 m		5:20 AM BST	8:42 PM BST
Thu 13		5:10 AM BST / 1.06 m	12:18 PM BST / 4.37 m	5:24 PM BST / 1.06 m			5:18 AM BST	8:43 PM BST
Fri 14	12:35 AM BST / 4.54 m	5:45 AM BST / 0.90 m	1:00 PM BST / 4.52 m	6:00 PM BST / 0.96 m		New Moon	5:17 AM BST	8:45 PM BST
Sat 15	1:16 AM BST / 4.62 m	6:20 AM BST / 0.78 m	1:41 PM BST / 4.61 m	6:37 PM BST / 0.91 m			5:15 AM BST	8:46 PM BST
Sun 16	1:58 AM BST / 4.65 m	6:58 AM BST / 0.73 m	2:25 PM BST / 4.65 m	7:17 PM BST / 0.93 m			5:14 AM BST	8:48 PM BST
Mon 17	2:42 AM BST / 4.62 m	7:39 AM BST / 0.75 m	3:09 PM BST / 4.64 m	8:00 PM BST / 1.02 m			5:12 AM BST	8:49 PM BST
Tue 18	3:27 AM BST / 4.54 m	8:23 AM BST / 0.85 m	3:57 PM BST / 4.57 m	8:47 PM BST / 1.17 m			5:11 AM BST	8:51 PM BST
Wed 19	4:15 AM BST / 4.41 m	9:12 AM BST / 1.01 m	4:47 PM BST / 4.47 m	9:41 PM BST / 1.36 m			5:10 AM BST	8:52 PM BST
Thu 20	5:07 AM BST / 4.27 m	10:09 AM BST / 1.21 m	5:41 PM BST / 4.37 m	10:46 PM BST / 1.55 m			5:08 AM BST	8:53 PM BST
Fri 21	6:04 AM BST / 4.14 m	11:18 AM BST / 1.38 m	6:41 PM BST / 4.29 m			First Quarter	5:07 AM BST	8:55 PM BST
Sat 22		12:06 AM BST / 1.63 m	7:08 AM BST / 4.05 m	12:38 PM BST / 1.44 m	7:47 PM BST / 4.26 m		5:06 AM BST	8:56 PM BST
Sun 23		1:26 AM BST / 1.57 m	8:18 AM BST / 4.05 m	1:51 PM BST / 1.37 m	8:56 PM BST / 4.31 m		5:05 AM BST	8:57 PM BST
Mon 24		2:31 AM BST / 1.41 m	9:29 AM BST / 4.15 m	2:50 PM BST / 1.26 m	10:02 PM BST / 4.43 m		5:04 AM BST	8:59 PM BST
Tue 25		3:23 AM BST / 1.22 m	10:33 AM BST / 4.32 m	3:41 PM BST / 1.14 m	10:59 PM BST / 4.57 m		5:02 AM BST	9:00 PM BST
Wed 26		4:10 AM BST / 1.05 m	11:28 AM BST / 4.49 m	4:27 PM BST / 1.05 m	11:50 PM BST / 4.67 m		5:02 AM BST	9:01 PM BST
Thu 27		4:53 AM BST / 0.92 m	12:17 PM BST / 4.61 m	5:11 PM BST / 1.00 m			5:01 AM BST	9:02 PM BST
Fri 28	12:36 AM BST / 4.71 m	5:35 AM BST / 0.84 m	1:02 PM BST / 4.67 m	5:53 PM BST / 1.00 m		Full Moon	5:00 AM BST	9:04 PM BST
Sat 29	1:19 AM BST / 4.69 m	6:16 AM BST / 0.82 m	1:45 PM BST / 4.66 m	6:34 PM BST / 1.06 m			4:59 AM BST	9:05 PM BST
Sun 30	2:00 AM BST / 4.61 m	6:56 AM BST / 0.86 m	2:26 PM BST / 4.59 m	7:15 PM BST / 1.16 m			4:58 AM BST	9:06 PM BST
Mon 31	2:39 AM BST / 4.48 m	7:37 AM BST / 0.96 m	3:05 PM BST / 4.48 m	7:57 PM BST / 1.31 m			4:57 AM BST	9:07 PM BST

June

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Tue 1	3:17 AM BST / 4.32 m	8:18 AM BST / 1.11 m	3:44 PM BST / 4.34 m	8:40 PM BST / 1.48 m			4:56 AM BST	9:08 PM BST
Wed 2	3:55 AM BST / 4.16 m	9:01 AM BST / 1.29 m	4:22 PM BST / 4.20 m	9:26 PM BST / 1.66 m			4:55 AM BST	9:09 PM BST
Thu 3	4:33 AM BST / 3.99 m	9:47 AM BST / 1.49 m	5:02 PM BST / 4.06 m	10:18 PM BST / 1.83 m			4:55 AM BST	9:10 PM BST
Fri 4	5:14 AM BST / 3.85 m	10:41 AM BST / 1.67 m	5:44 PM BST / 3.94 m	11:25 PM BST / 1.95 m		Last Quarter	4:54 AM BST	9:11 PM BST
Sat 5	5:58 AM BST / 3.73 m	11:49 AM BST / 1.79 m	6:31 PM BST / 3.86 m				4:53 AM BST	9:12 PM BST
Sun 6		12:42 AM BST / 1.97 m	6:49 AM BST / 3.65 m	1:01 PM BST / 1.83 m	7:24 PM BST / 3.82 m		4:53 AM BST	9:13 PM BST
Mon 7		1:46 AM BST / 1.89 m	7:49 AM BST / 3.63 m	2:01 PM BST / 1.77 m	8:25 PM BST / 3.84 m		4:52 AM BST	9:14 PM BST
Tue 8		2:37 AM BST / 1.75 m	8:58 AM BST / 3.69 m	2:50 PM BST / 1.66 m	9:30 PM BST / 3.94 m		4:52 AM BST	9:14 PM BST
Wed 9		3:21 AM BST / 1.56 m	10:05 AM BST / 3.84 m	3:34 PM BST / 1.52 m	10:30 PM BST / 4.10 m		4:52 AM BST	9:15 PM BST
Thu 10		4:01 AM BST / 1.36 m	11:02 AM BST / 4.06 m	4:15 PM BST / 1.35 m	11:22 PM BST / 4.28 m		4:51 AM BST	9:16 PM BST
Fri 11		4:40 AM BST / 1.14 m	11:52 AM BST / 4.29 m	4:56 PM BST / 1.19 m			4:51 AM BST	9:17 PM BST
Sat 12	12:10 AM BST / 4.47 m	5:20 AM BST / 0.94 m	12:39 PM BST / 4.51 m	5:37 PM BST / 1.05 m		New Moon	4:51 AM BST	9:17 PM BST
Sun 13	12:56 AM BST / 4.63 m	6:00 AM BST / 0.79 m	1:25 PM BST / 4.70 m	6:20 PM BST / 0.96 m			4:50 AM BST	9:18 PM BST
Mon 14	1:42 AM BST / 4.74 m	6:42 AM BST / 0.69 m	2:11 PM BST / 4.82 m	7:03 PM BST / 0.92 m			4:50 AM BST	9:18 PM BST
Tue 15	2:28 AM BST / 4.78 m	7:26 AM BST / 0.66 m	2:56 PM BST / 4.88 m	7:49 PM BST / 0.96 m			4:50 AM BST	9:19 PM BST
Wed 16	3:14 AM BST / 4.76 m	8:12 AM BST / 0.72 m	3:43 PM BST / 4.87 m	8:37 PM BST / 1.06 m			4:50 AM BST	9:19 PM BST
Thu 17	4:02 AM BST / 4.67 m	9:01 AM BST / 0.85 m	4:32 PM BST / 4.78 m	9:30 PM BST / 1.22 m			4:50 AM BST	9:20 PM BST
Fri 18	4:51 AM BST / 4.53 m	9:55 AM BST / 1.04 m	5:23 PM BST / 4.65 m	10:31 PM BST / 1.40 m			4:50 AM BST	9:20 PM BST
Sat 19	5:44 AM BST / 4.35 m	10:58 AM BST / 1.25 m	6:17 PM BST / 4.49 m	11:41 PM BST / 1.53 m		First Quarter	4:50 AM BST	9:21 PM BST
Sun 20	6:43 AM BST / 4.18 m	12:09 PM BST / 1.40 m	7:18 PM BST / 4.34 m				4:50 AM BST	9:21 PM BST
Mon 21		12:56 AM BST / 1.57 m	7:49 AM BST / 4.06 m	1:21 PM BST / 1.48 m	8:26 PM BST / 4.25 m		4:50 AM BST	9:21 PM BST
Tue 22		2:03 AM BST / 1.52 m	9:02 AM BST / 4.04 m	2:24 PM BST / 1.48 m	9:36 PM BST / 4.25 m		4:51 AM BST	9:21 PM BST
Wed 23		3:00 AM BST / 1.42 m	10:12 AM BST / 4.13 m	3:19 PM BST / 1.44 m	10:39 PM BST / 4.32 m		4:51 AM BST	9:21 PM BST
Thu 24		3:50 AM BST / 1.30 m	11:12 AM BST / 4.27 m	4:08 PM BST / 1.39 m	11:33 PM BST / 4.41 m		4:51 AM BST	9:21 PM BST
Fri 25		4:35 AM BST / 1.18 m	12:03 PM BST / 4.41 m	4:53 PM BST / 1.33 m			4:52 AM BST	9:21 PM BST
Sat 26	12:20 AM BST / 4.49 m	5:18 AM BST / 1.09 m	12:48 PM BST / 4.52 m	5:36 PM BST / 1.29 m		Full Moon	4:52 AM BST	9:21 PM BST
Sun 27	1:03 AM BST / 4.52 m	5:59 AM BST / 1.02 m	1:29 PM BST / 4.57 m	6:18 PM BST / 1.27 m			4:53 AM BST	9:21 PM BST
Mon 28	1:42 AM BST / 4.52 m	6:39 AM BST / 0.99 m	2:07 PM BST / 4.58 m	6:58 PM BST / 1.28 m			4:53 AM BST	9:21 PM BST
Tue 29	2:19 AM BST / 4.48 m	7:18 AM BST / 1.02 m	2:44 PM BST / 4.54 m	7:38 PM BST / 1.33 m			4:54 AM BST	9:21 PM BST
Wed 30	2:54 AM BST / 4.41 m	7:57 AM BST / 1.08 m	3:19 PM BST / 4.47 m	8:17 PM BST / 1.41 m			4:54 AM BST	9:21 PM BST

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July

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Thu 1	3:28 AM BST / 4.31 m	8:35 AM BST / 1.19 m	3:53 PM BST / 4.38 m	8:57 PM BST / 1.53 m			4:55 AM BST	9:21 PM BST
Fri 2	4:03 AM BST / 4.19 m	9:15 AM BST / 1.34 m	4:28 PM BST / 4.28 m	9:39 PM BST / 1.65 m			4:55 AM BST	9:20 PM BST
Sat 3	4:40 AM BST / 4.07 m	9:56 AM BST / 1.50 m	5:06 PM BST / 4.16 m	10:25 PM BST / 1.78 m			4:56 AM BST	9:20 PM BST
Sun 4	5:19 AM BST / 3.94 m	10:43 AM BST / 1.66 m	5:46 PM BST / 4.05 m	11:22 PM BST / 1.89 m		Last Quarter	4:57 AM BST	9:19 PM BST
Mon 5	6:03 AM BST / 3.81 m	11:42 AM BST / 1.80 m	6:32 PM BST / 3.95 m				4:58 AM BST	9:19 PM BST
Tue 6		12:30 AM BST / 1.93 m	6:56 AM BST / 3.72 m	12:52 PM BST / 1.86 m	7:27 PM BST / 3.88 m		4:59 AM BST	9:18 PM BST
Wed 7		1:39 AM BST / 1.87 m	8:01 AM BST / 3.69 m	1:58 PM BST / 1.83 m	8:35 PM BST / 3.89 m		4:59 AM BST	9:18 PM BST
Thu 8		2:37 AM BST / 1.71 m	9:19 AM BST / 3.78 m	2:55 PM BST / 1.70 m	9:49 PM BST / 4.00 m		5:00 AM BST	9:17 PM BST
Fri 9		3:27 AM BST / 1.50 m	10:30 AM BST / 4.00 m	3:46 PM BST / 1.52 m	10:54 PM BST / 4.21 m		5:01 AM BST	9:17 PM BST
Sat 10		4:14 AM BST / 1.25 m	11:29 AM BST / 4.29 m	4:33 PM BST / 1.31 m	11:49 PM BST / 4.47 m		5:02 AM BST	9:16 PM BST
Sun 11		4:59 AM BST / 1.00 m	12:20 PM BST / 4.60 m	5:19 PM BST / 1.10 m		New Moon	5:03 AM BST	9:15 PM BST
Mon 12	12:39 AM BST / 4.71 m	5:43 AM BST / 0.77 m	1:08 PM BST / 4.87 m	6:05 PM BST / 0.94 m			5:04 AM BST	9:14 PM BST
Tue 13	1:25 AM BST / 4.91 m	6:27 AM BST / 0.61 m	1:54 PM BST / 5.07 m	6:50 PM BST / 0.84 m			5:06 AM BST	9:13 PM BST
Wed 14	2:11 AM BST / 5.02 m	7:12 AM BST / 0.54 m	2:39 PM BST / 5.16 m	7:36 PM BST / 0.82 m			5:07 AM BST	9:13 PM BST
Thu 15	2:57 AM BST / 5.03 m	7:58 AM BST / 0.57 m	3:25 PM BST / 5.15 m	8:23 PM BST / 0.90 m			5:08 AM BST	9:12 PM BST
Fri 16	3:43 AM BST / 4.94 m	8:45 AM BST / 0.70 m	4:11 PM BST / 5.04 m	9:13 PM BST / 1.06 m			5:09 AM BST	9:11 PM BST
Sat 17	4:31 AM BST / 4.76 m	9:35 AM BST / 0.92 m	4:59 PM BST / 4.83 m	10:07 PM BST / 1.27 m			5:10 AM BST	9:10 PM BST
Sun 18	5:21 AM BST / 4.52 m	10:31 AM BST / 1.20 m	5:51 PM BST / 4.58 m	11:09 PM BST / 1.49 m		First Quarter	5:11 AM BST	9:08 PM BST
Mon 19	6:16 AM BST / 4.25 m	11:36 AM BST / 1.47 m	6:48 PM BST / 4.32 m				5:12 AM BST	9:07 PM BST
Tue 20		12:21 AM BST / 1.65 m	7:20 AM BST / 4.03 m	12:49 PM BST / 1.67 m	7:55 PM BST / 4.12 m		5:14 AM BST	9:06 PM BST
Wed 21		1:35 AM BST / 1.70 m	8:37 AM BST / 3.92 m	2:00 PM BST / 1.76 m	9:11 PM BST / 4.04 m		5:15 AM BST	9:05 PM BST
Thu 22		2:39 AM BST / 1.66 m	9:54 AM BST / 3.98 m	3:02 PM BST / 1.75 m	10:21 PM BST / 4.11 m		5:16 AM BST	9:04 PM BST
Fri 23		3:34 AM BST / 1.56 m	10:58 AM BST / 4.14 m	3:54 PM BST / 1.68 m	11:18 PM BST / 4.23 m		5:18 AM BST	9:03 PM BST
Sat 24		4:21 AM BST / 1.42 m	11:49 AM BST / 4.31 m	4:41 PM BST / 1.58 m			5:19 AM BST	9:01 PM BST
Sun 25	12:04 AM BST / 4.36 m	5:04 AM BST / 1.29 m	12:32 PM BST / 4.47 m	5:23 PM BST / 1.47 m			5:20 AM BST	9:00 PM BST
Mon 26	12:45 AM BST / 4.47 m	5:44 AM BST / 1.16 m	1:10 PM BST / 4.57 m	6:03 PM BST / 1.37 m		Full Moon	5:22 AM BST	8:59 PM BST
Tue 27	1:22 AM BST / 4.53 m	6:22 AM BST / 1.07 m	1:45 PM BST / 4.63 m	6:40 PM BST / 1.30 m			5:23 AM BST	8:57 PM BST
Wed 28	1:56 AM BST / 4.55 m	6:58 AM BST / 1.03 m	2:18 PM BST / 4.65 m	7:16 PM BST / 1.28 m			5:24 AM BST	8:56 PM BST
Thu 29	2:28 AM BST / 4.54 m	7:33 AM BST / 1.04 m	2:50 PM BST / 4.62 m	7:51 PM BST / 1.30 m			5:26 AM BST	8:54 PM BST
Fri 30	3:00 AM BST / 4.48 m	8:07 AM BST / 1.10 m	3:22 PM BST / 4.55 m	8:26 PM BST / 1.36 m			5:27 AM BST	8:53 PM BST
Sat 31	3:33 AM BST / 4.39 m	8:41 AM BST / 1.21 m	3:55 PM BST / 4.45 m	9:01 PM BST / 1.46 m			5:29 AM BST	8:51 PM BST

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August

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Sun 1	4:07 AM BST / 4.26 m	9:16 AM BST / 1.36 m	4:30 PM BST / 4.32 m	9:39 PM BST / 1.59 m			5:30 AM BST	8:50 PM BST
Mon 2	4:45 AM BST / 4.11 m	9:55 AM BST / 1.54 m	5:08 PM BST / 4.18 m	10:22 PM BST / 1.74 m			5:31 AM BST	8:48 PM BST
Tue 3	5:27 AM BST / 3.96 m	10:41 AM BST / 1.73 m	5:52 PM BST / 4.03 m	11:19 PM BST / 1.87 m		Last Quarter	5:33 AM BST	8:46 PM BST
Wed 4	6:17 AM BST / 3.82 m	11:44 AM BST / 1.90 m	6:46 PM BST / 3.91 m				5:34 AM BST	8:45 PM BST
Thu 5		12:34 AM BST / 1.93 m	7:21 AM BST / 3.74 m	1:06 PM BST / 1.96 m	7:55 PM BST / 3.86 m		5:36 AM BST	8:43 PM BST
Fri 6		1:53 AM BST / 1.84 m	8:44 AM BST / 3.79 m	2:22 PM BST / 1.86 m	9:18 PM BST / 3.96 m		5:37 AM BST	8:41 PM BST
Sat 7		2:58 AM BST / 1.62 m	10:05 AM BST / 4.03 m	3:23 PM BST / 1.64 m	10:31 PM BST / 4.21 m		5:39 AM BST	8:40 PM BST
Sun 8		3:52 AM BST / 1.33 m	11:08 AM BST / 4.38 m	4:16 PM BST / 1.36 m	11:29 PM BST / 4.54 m		5:40 AM BST	8:38 PM BST
Mon 9		4:41 AM BST / 1.02 m	12:00 PM BST / 4.75 m	5:04 PM BST / 1.09 m			5:42 AM BST	8:36 PM BST
Tue 10	12:20 AM BST / 4.85 m	5:27 AM BST / 0.74 m	12:48 PM BST / 5.07 m	5:50 PM BST / 0.85 m		New Moon	5:43 AM BST	8:34 PM BST
Wed 11	1:07 AM BST / 5.09 m	6:11 AM BST / 0.53 m	1:34 PM BST / 5.30 m	6:34 PM BST / 0.71 m			5:45 AM BST	8:32 PM BST
Thu 12	1:52 AM BST / 5.23 m	6:55 AM BST / 0.44 m	2:18 PM BST / 5.39 m	7:19 PM BST / 0.67 m			5:47 AM BST	8:30 PM BST
Fri 13	2:37 AM BST / 5.24 m	7:39 AM BST / 0.47 m	3:03 PM BST / 5.34 m	8:03 PM BST / 0.74 m			5:48 AM BST	8:28 PM BST
Sat 14	3:22 AM BST / 5.13 m	8:24 AM BST / 0.63 m	3:48 PM BST / 5.17 m	8:50 PM BST / 0.93 m			5:50 AM BST	8:26 PM BST
Sun 15	4:08 AM BST / 4.90 m	9:11 AM BST / 0.90 m	4:34 PM BST / 4.89 m	9:39 PM BST / 1.19 m			5:51 AM BST	8:25 PM BST
Mon 16	4:56 AM BST / 4.60 m	10:01 AM BST / 1.25 m	5:23 PM BST / 4.56 m	10:35 PM BST / 1.49 m		First Quarter	5:53 AM BST	8:23 PM BST
Tue 17	5:49 AM BST / 4.27 m	11:01 AM BST / 1.62 m	6:18 PM BST / 4.22 m	11:43 PM BST / 1.76 m			5:54 AM BST	8:21 PM BST
Wed 18	6:52 AM BST / 3.98 m	12:17 PM BST / 1.91 m	7:25 PM BST / 3.96 m				5:56 AM BST	8:19 PM BST
Thu 19		1:06 AM BST / 1.90 m	8:12 AM BST / 3.83 m	1:41 PM BST / 2.03 m	8:47 PM BST / 3.86 m		5:57 AM BST	8:17 PM BST
Fri 20		2:22 AM BST / 1.88 m	9:36 AM BST / 3.89 m	2:51 PM BST / 1.99 m	10:03 PM BST / 3.95 m		5:59 AM BST	8:15 PM BST
Sat 21		3:21 AM BST / 1.75 m	10:41 AM BST / 4.08 m	3:45 PM BST / 1.87 m	11:00 PM BST / 4.13 m		6:00 AM BST	8:13 PM BST
Sun 22		4:08 AM BST / 1.58 m	11:30 AM BST / 4.29 m	4:30 PM BST / 1.70 m	11:45 PM BST / 4.31 m		6:02 AM BST	8:11 PM BST
Mon 23		4:49 AM BST / 1.41 m	12:10 PM BST / 4.47 m	5:09 PM BST / 1.53 m			6:03 AM BST	8:09 PM BST
Tue 24	12:23 AM BST / 4.46 m	5:27 AM BST / 1.24 m	12:45 PM BST / 4.61 m	5:46 PM BST / 1.37 m		Full Moon	6:05 AM BST	8:07 PM BST
Wed 25	12:57 AM BST / 4.57 m	6:02 AM BST / 1.11 m	1:18 PM BST / 4.70 m	6:19 PM BST / 1.26 m			6:07 AM BST	8:04 PM BST
Thu 26	1:29 AM BST / 4.64 m	6:34 AM BST / 1.03 m	1:49 PM BST / 4.74 m	6:52 PM BST / 1.19 m			6:08 AM BST	8:02 PM BST
Fri 27	2:00 AM BST / 4.65 m	7:06 AM BST / 1.01 m	2:19 PM BST / 4.73 m	7:23 PM BST / 1.17 m			6:10 AM BST	8:00 PM BST
Sat 28	2:31 AM BST / 4.62 m	7:37 AM BST / 1.05 m	2:50 PM BST / 4.67 m	7:55 PM BST / 1.21 m			6:11 AM BST	7:58 PM BST
Sun 29	3:04 AM BST / 4.53 m	8:09 AM BST / 1.14 m	3:23 PM BST / 4.57 m	8:27 PM BST / 1.29 m			6:13 AM BST	7:56 PM BST
Mon 30	3:39 AM BST / 4.40 m	8:41 AM BST / 1.28 m	3:58 PM BST / 4.42 m	9:02 PM BST / 1.42 m			6:14 AM BST	7:54 PM BST
Tue 31	4:16 AM BST / 4.24 m	9:18 AM BST / 1.46 m	4:37 PM BST / 4.24 m	9:42 PM BST / 1.58 m			6:16 AM BST	7:52 PM BST

September

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Wed 1	5:00 AM BST / 4.07 m	10:02 AM BST / 1.68 m	5:22 PM BST / 4.07 m	10:33 PM BST / 1.77 m		Last Quarter	6:17 AM BST	7:50 PM BST
Thu 2	5:52 AM BST / 3.91 m	11:00 AM BST / 1.91 m	6:18 PM BST / 3.92 m	11:44 PM BST / 1.92 m			6:19 AM BST	7:47 PM BST
Fri 3	6:58 AM BST / 3.82 m	12:24 PM BST / 2.04 m	7:30 PM BST / 3.86 m				6:20 AM BST	7:45 PM BST
Sat 4		1:15 AM BST / 1.91 m	8:20 AM BST / 3.88 m	1:56 PM BST / 1.95 m	8:55 PM BST / 3.97 m		6:22 AM BST	7:43 PM BST
Sun 5		2:34 AM BST / 1.69 m	9:41 AM BST / 4.14 m	3:05 PM BST / 1.69 m	10:09 PM BST / 4.26 m		6:23 AM BST	7:41 PM BST
Mon 6		3:32 AM BST / 1.36 m	10:45 AM BST / 4.52 m	4:00 PM BST / 1.36 m	11:08 PM BST / 4.62 m		6:25 AM BST	7:39 PM BST
Tue 7		4:22 AM BST / 1.02 m	11:38 AM BST / 4.91 m	4:47 PM BST / 1.03 m	11:59 PM BST / 4.96 m		6:27 AM BST	7:36 PM BST
Wed 8		5:08 AM BST / 0.72 m	12:26 PM BST / 5.22 m	5:32 PM BST / 0.77 m		New Moon	6:28 AM BST	7:34 PM BST
Thu 9	12:46 AM BST / 5.21 m	5:52 AM BST / 0.51 m	1:11 PM BST / 5.42 m	6:15 PM BST / 0.61 m			6:30 AM BST	7:32 PM BST
Fri 10	1:31 AM BST / 5.34 m	6:35 AM BST / 0.42 m	1:55 PM BST / 5.48 m	6:58 PM BST / 0.57 m			6:31 AM BST	7:30 PM BST
Sat 11	2:16 AM BST / 5.33 m	7:17 AM BST / 0.48 m	2:39 PM BST / 5.38 m	7:40 PM BST / 0.66 m			6:33 AM BST	7:27 PM BST
Sun 12	3:00 AM BST / 5.19 m	8:00 AM BST / 0.68 m	3:23 PM BST / 5.16 m	8:24 PM BST / 0.87 m			6:34 AM BST	7:25 PM BST
Mon 13	3:45 AM BST / 4.93 m	8:45 AM BST / 0.99 m	4:08 PM BST / 4.84 m	9:10 PM BST / 1.16 m			6:36 AM BST	7:23 PM BST
Tue 14	4:33 AM BST / 4.60 m	9:32 AM BST / 1.37 m	4:56 PM BST / 4.47 m	10:01 PM BST / 1.51 m			6:37 AM BST	7:21 PM BST
Wed 15	5:24 AM BST / 4.26 m	10:28 AM BST / 1.77 m	5:49 PM BST / 4.12 m	11:05 PM BST / 1.84 m		First Quarter	6:39 AM BST	7:18 PM BST
Thu 16	6:25 AM BST / 3.97 m	11:44 AM BST / 2.10 m	6:53 PM BST / 3.85 m				6:41 AM BST	7:16 PM BST
Fri 17		12:34 AM BST / 2.03 m	7:41 AM BST / 3.81 m	1:24 PM BST / 2.21 m	8:15 PM BST / 3.74 m		6:42 AM BST	7:14 PM BST
Sat 18		2:03 AM BST / 2.01 m	9:08 AM BST / 3.85 m	2:40 PM BST / 2.12 m	9:36 PM BST / 3.84 m		6:44 AM BST	7:12 PM BST
Sun 19		3:04 AM BST / 1.87 m	10:14 AM BST / 4.04 m	3:32 PM BST / 1.94 m	10:35 PM BST / 4.03 m		6:45 AM BST	7:09 PM BST
Mon 20		3:50 AM BST / 1.68 m	11:02 AM BST / 4.26 m	4:14 PM BST / 1.74 m	11:18 PM BST / 4.24 m		6:47 AM BST	7:07 PM BST
Tue 21		4:29 AM BST / 1.48 m	11:41 AM BST / 4.45 m	4:50 PM BST / 1.53 m	11:55 PM BST / 4.42 m		6:48 AM BST	7:05 PM BST
Wed 22		5:04 AM BST / 1.30 m	12:15 PM BST / 4.61 m	5:23 PM BST / 1.35 m			6:50 AM BST	7:03 PM BST
Thu 23	12:28 AM BST / 4.56 m	5:37 AM BST / 1.16 m	12:46 PM BST / 4.72 m	5:55 PM BST / 1.21 m		Full Moon	6:51 AM BST	7:01 PM BST
Fri 24	1:00 AM BST / 4.66 m	6:08 AM BST / 1.07 m	1:17 PM BST / 4.78 m	6:25 PM BST / 1.12 m			6:53 AM BST	6:58 PM BST
Sat 25	1:32 AM BST / 4.70 m	6:38 AM BST / 1.04 m	1:49 PM BST / 4.78 m	6:55 PM BST / 1.08 m			6:55 AM BST	6:56 PM BST
Sun 26	2:05 AM BST / 4.68 m	7:08 AM BST / 1.06 m	2:21 PM BST / 4.73 m	7:26 PM BST / 1.09 m			6:56 AM BST	6:54 PM BST
Mon 27	2:39 AM BST / 4.61 m	7:39 AM BST / 1.13 m	2:56 PM BST / 4.62 m	7:58 PM BST / 1.16 m			6:58 AM BST	6:51 PM BST
Tue 28	3:16 AM BST / 4.49 m	8:13 AM BST / 1.26 m	3:33 PM BST / 4.47 m	8:33 PM BST / 1.28 m			6:59 AM BST	6:49 PM BST
Wed 29	3:56 AM BST / 4.34 m	8:51 AM BST / 1.44 m	4:15 PM BST / 4.29 m	9:15 PM BST / 1.45 m			7:01 AM BST	6:47 PM BST
Thu 30	4:42 AM BST / 4.18 m	9:36 AM BST / 1.66 m	5:03 PM BST / 4.11 m	10:05 PM BST / 1.66 m			7:02 AM BST	6:45 PM BST

October

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Fri 1	5:37 AM BST / 4.04 m	10:34 AM BST / 1.90 m	6:02 PM BST / 3.97 m	11:13 PM BST / 1.85 m		Last Quarter	7:04 AM BST	6:42 PM BST
Sat 2	6:43 AM BST / 3.97 m	11:58 AM BST / 2.05 m	7:13 PM BST / 3.92 m				7:06 AM BST	6:40 PM BST
Sun 3		12:46 AM BST / 1.89 m	7:59 AM BST / 4.05 m	1:36 PM BST / 1.96 m	8:33 PM BST / 4.04 m		7:07 AM BST	6:38 PM BST
Mon 4		2:10 AM BST / 1.68 m	9:16 AM BST / 4.29 m	2:47 PM BST / 1.67 m	9:46 PM BST / 4.32 m		7:09 AM BST	6:36 PM BST
Tue 5		3:11 AM BST / 1.37 m	10:20 AM BST / 4.63 m	3:41 PM BST / 1.33 m	10:46 PM BST / 4.66 m		7:10 AM BST	6:34 PM BST
Wed 6		4:01 AM BST / 1.04 m	11:15 AM BST / 4.98 m	4:28 PM BST / 1.01 m	11:38 PM BST / 4.97 m		7:12 AM BST	6:31 PM BST
Thu 7		4:47 AM BST / 0.77 m	12:03 PM BST / 5.24 m	5:12 PM BST / 0.76 m		New Moon	7:14 AM BST	6:29 PM BST
Fri 8	12:26 AM BST / 5.19 m	5:30 AM BST / 0.59 m	12:49 PM BST / 5.39 m	5:54 PM BST / 0.60 m			7:15 AM BST	6:27 PM BST
Sat 9	1:11 AM BST / 5.30 m	6:13 AM BST / 0.54 m	1:33 PM BST / 5.40 m	6:35 PM BST / 0.58 m			7:17 AM BST	6:25 PM BST
Sun 10	1:56 AM BST / 5.27 m	6:54 AM BST / 0.62 m	2:17 PM BST / 5.27 m	7:17 PM BST / 0.67 m			7:18 AM BST	6:23 PM BST
Mon 11	2:40 AM BST / 5.12 m	7:37 AM BST / 0.83 m	3:00 PM BST / 5.04 m	7:59 PM BST / 0.88 m			7:20 AM BST	6:20 PM BST
Tue 12	3:25 AM BST / 4.88 m	8:20 AM BST / 1.13 m	3:44 PM BST / 4.73 m	8:43 PM BST / 1.17 m			7:22 AM BST	6:18 PM BST
Wed 13	4:11 AM BST / 4.58 m	9:06 AM BST / 1.49 m	4:30 PM BST / 4.39 m	9:31 PM BST / 1.50 m			7:23 AM BST	6:16 PM BST
Thu 14	5:00 AM BST / 4.28 m	9:58 AM BST / 1.86 m	5:20 PM BST / 4.07 m	10:30 PM BST / 1.83 m		First Quarter	7:25 AM BST	6:14 PM BST
Fri 15	5:55 AM BST / 4.02 m	11:10 AM BST / 2.17 m	6:17 PM BST / 3.82 m	11:54 PM BST / 2.05 m			7:27 AM BST	6:12 PM BST
Sat 16	7:02 AM BST / 3.85 m	12:55 PM BST / 2.27 m	7:28 PM BST / 3.69 m				7:28 AM BST	6:10 PM BST
Sun 17		1:29 AM BST / 2.07 m	8:19 AM BST / 3.84 m	2:14 PM BST / 2.17 m	8:49 PM BST / 3.73 m		7:30 AM BST	6:08 PM BST
Mon 18		2:33 AM BST / 1.94 m	9:30 AM BST / 3.97 m	3:06 PM BST / 1.98 m	9:54 PM BST / 3.90 m		7:32 AM BST	6:06 PM BST
Tue 19		3:21 AM BST / 1.76 m	10:23 AM BST / 4.16 m	3:47 PM BST / 1.77 m	10:41 PM BST / 4.10 m		7:33 AM BST	6:04 PM BST
Wed 20		4:00 AM BST / 1.58 m	11:03 AM BST / 4.35 m	4:23 PM BST / 1.56 m	11:21 PM BST / 4.30 m		7:35 AM BST	6:02 PM BST
Thu 21		4:35 AM BST / 1.41 m	11:39 AM BST / 4.51 m	4:56 PM BST / 1.37 m	11:56 PM BST / 4.46 m		7:37 AM BST	6:00 PM BST
Fri 22		5:08 AM BST / 1.27 m	12:13 PM BST / 4.64 m	5:27 PM BST / 1.22 m			7:38 AM BST	5:58 PM BST
Sat 23	12:31 AM BST / 4.59 m	5:39 AM BST / 1.17 m	12:46 PM BST / 4.73 m	5:58 PM BST / 1.10 m		Full Moon	7:40 AM BST	5:56 PM BST
Sun 24	1:06 AM BST / 4.67 m	6:10 AM BST / 1.12 m	1:21 PM BST / 4.76 m	6:28 PM BST / 1.04 m			7:42 AM BST	5:54 PM BST
Mon 25	1:42 AM BST / 4.69 m	6:42 AM BST / 1.11 m	1:57 PM BST / 4.73 m	7:00 PM BST / 1.02 m			7:43 AM BST	5:52 PM BST
Tue 26	2:19 AM BST / 4.66 m	7:16 AM BST / 1.15 m	2:35 PM BST / 4.65 m	7:35 PM BST / 1.06 m			7:45 AM BST	5:50 PM BST
Wed 27	3:00 AM BST / 4.59 m	7:52 AM BST / 1.25 m	3:16 PM BST / 4.53 m	8:13 PM BST / 1.16 m			7:47 AM BST	5:48 PM BST
Thu 28	3:43 AM BST / 4.48 m	8:33 AM BST / 1.41 m	4:01 PM BST / 4.37 m	8:57 PM BST / 1.32 m			7:48 AM BST	5:46 PM BST
Fri 29	4:31 AM BST / 4.36 m	9:21 AM BST / 1.62 m	4:51 PM BST / 4.22 m	9:48 PM BST / 1.52 m			7:50 AM BST	5:44 PM BST
Sat 30	5:25 AM BST / 4.25 m	10:20 AM BST / 1.83 m	5:48 PM BST / 4.10 m	10:54 PM BST / 1.71 m		Last Quarter	7:52 AM BST	5:43 PM BST
Sun 31	5:27 AM GMT / 4.20 m	10:40 AM GMT / 1.96 m	5:54 PM GMT / 4.05 m	11:19 PM GMT / 1.77 m			6:54 AM GMT	4:41 PM GMT

PORTSMOUTH TIDE TABLES 2010

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November

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Mon 1	6:36 AM GMT / 4.24 m	12:13 PM GMT / 1.89 m	7:07 PM GMT / 4.12 m				6:55 AM GMT	4:39 PM GMT
Tue 2		12:43 AM GMT / 1.63 m	7:48 AM GMT / 4.40 m	1:25 PM GMT / 1.64 m	8:19 PM GMT / 4.32 m		6:57 AM GMT	4:37 PM GMT
Wed 3		1:46 AM GMT / 1.39 m	8:54 AM GMT / 4.65 m	2:20 PM GMT / 1.35 m	9:22 PM GMT / 4.58 m		6:59 AM GMT	4:36 PM GMT
Thu 4		2:38 AM GMT / 1.14 m	9:51 AM GMT / 4.90 m	3:07 PM GMT / 1.07 m	10:17 PM GMT / 4.84 m		7:00 AM GMT	4:34 PM GMT
Fri 5		3:25 AM GMT / 0.94 m	10:41 AM GMT / 5.09 m	3:51 PM GMT / 0.86 m	11:07 PM GMT / 5.03 m		7:02 AM GMT	4:32 PM GMT
Sat 6		4:09 AM GMT / 0.81 m	11:29 AM GMT / 5.19 m	4:33 PM GMT / 0.73 m	11:54 PM GMT / 5.12 m	New Moon	7:04 AM GMT	4:31 PM GMT
Sun 7		4:52 AM GMT / 0.79 m	12:14 PM GMT / 5.19 m	5:15 PM GMT / 0.69 m			7:06 AM GMT	4:29 PM GMT
Mon 8	12:39 AM GMT / 5.11 m	5:34 AM GMT / 0.86 m	12:57 PM GMT / 5.08 m	5:56 PM GMT / 0.76 m			7:07 AM GMT	4:27 PM GMT
Tue 9	1:23 AM GMT / 5.00 m	6:15 AM GMT / 1.03 m	1:40 PM GMT / 4.89 m	6:37 PM GMT / 0.93 m			7:09 AM GMT	4:26 PM GMT
Wed 10	2:06 AM GMT / 4.82 m	6:58 AM GMT / 1.26 m	2:22 PM GMT / 4.64 m	7:20 PM GMT / 1.16 m			7:11 AM GMT	4:24 PM GMT
Thu 11	2:50 AM GMT / 4.59 m	7:43 AM GMT / 1.54 m	3:05 PM GMT / 4.37 m	8:06 PM GMT / 1.43 m			7:12 AM GMT	4:23 PM GMT
Fri 12	3:35 AM GMT / 4.35 m	8:32 AM GMT / 1.83 m	3:50 PM GMT / 4.11 m	8:58 PM GMT / 1.71 m			7:14 AM GMT	4:21 PM GMT
Sat 13	4:23 AM GMT / 4.13 m	9:34 AM GMT / 2.09 m	4:38 PM GMT / 3.90 m	10:06 PM GMT / 1.94 m		First Quarter	7:16 AM GMT	4:20 PM GMT
Sun 14	5:14 AM GMT / 3.97 m	11:02 AM GMT / 2.22 m	5:32 PM GMT / 3.75 m	11:33 PM GMT / 2.03 m			7:18 AM GMT	4:19 PM GMT
Mon 15	6:14 AM GMT / 3.88 m	12:27 PM GMT / 2.17 m	6:37 PM GMT / 3.69 m				7:19 AM GMT	4:17 PM GMT
Tue 16		12:46 AM GMT / 1.98 m	7:20 AM GMT / 3.90 m	1:26 PM GMT / 2.03 m	7:48 PM GMT / 3.75 m		7:21 AM GMT	4:16 PM GMT
Wed 17		1:39 AM GMT / 1.86 m	8:23 AM GMT / 4.00 m	2:11 PM GMT / 1.85 m	8:49 PM GMT / 3.89 m		7:23 AM GMT	4:15 PM GMT
Thu 18		2:23 AM GMT / 1.72 m	9:15 AM GMT / 4.16 m	2:50 PM GMT / 1.65 m	9:39 PM GMT / 4.08 m		7:24 AM GMT	4:13 PM GMT
Fri 19		3:01 AM GMT / 1.57 m	9:58 AM GMT / 4.32 m	3:25 PM GMT / 1.46 m	10:22 PM GMT / 4.27 m		7:26 AM GMT	4:12 PM GMT
Sat 20		3:37 AM GMT / 1.44 m	10:39 AM GMT / 4.48 m	3:58 PM GMT / 1.29 m	11:03 PM GMT / 4.44 m		7:27 AM GMT	4:11 PM GMT
Sun 21		4:11 AM GMT / 1.32 m	11:18 AM GMT / 4.61 m	4:31 PM GMT / 1.14 m	11:43 PM GMT / 4.59 m	Full Moon	7:29 AM GMT	4:10 PM GMT
Mon 22		4:45 AM GMT / 1.22 m	11:58 AM GMT / 4.69 m	5:05 PM GMT / 1.03 m			7:31 AM GMT	4:09 PM GMT
Tue 23	12:23 AM GMT / 4.69 m	5:20 AM GMT / 1.17 m	12:38 PM GMT / 4.73 m	5:40 PM GMT / 0.96 m			7:32 AM GMT	4:08 PM GMT
Wed 24	1:04 AM GMT / 4.74 m	5:58 AM GMT / 1.16 m	1:20 PM GMT / 4.72 m	6:18 PM GMT / 0.95 m			7:34 AM GMT	4:07 PM GMT
Thu 25	1:47 AM GMT / 4.74 m	6:38 AM GMT / 1.20 m	2:03 PM GMT / 4.66 m	6:59 PM GMT / 1.00 m			7:35 AM GMT	4:06 PM GMT
Fri 26	2:32 AM GMT / 4.70 m	7:22 AM GMT / 1.31 m	2:49 PM GMT / 4.56 m	7:45 PM GMT / 1.12 m			7:37 AM GMT	4:05 PM GMT
Sat 27	3:20 AM GMT / 4.62 m	8:10 AM GMT / 1.47 m	3:39 PM GMT / 4.43 m	8:36 PM GMT / 1.30 m			7:38 AM GMT	4:04 PM GMT
Sun 28	4:11 AM GMT / 4.53 m	9:08 AM GMT / 1.64 m	4:32 PM GMT / 4.30 m	9:37 PM GMT / 1.48 m		Last Quarter	7:40 AM GMT	4:04 PM GMT
Mon 29	5:07 AM GMT / 4.44 m	10:20 AM GMT / 1.77 m	5:32 PM GMT / 4.20 m	10:52 PM GMT / 1.59 m			7:41 AM GMT	4:03 PM GMT
Tue 30	6:09 AM GMT / 4.40 m	11:43 AM GMT / 1.77 m	6:39 PM GMT / 4.17 m				7:43 AM GMT	4:02 PM GMT

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December

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Wed 1		12:11 AM GMT / 1.58 m	7:18 AM GMT / 4.42 m	12:56 PM GMT / 1.64 m	7:51 PM GMT / 4.24 m		7:44 AM GMT	4:02 PM GMT
Thu 2		1:18 AM GMT / 1.47 m	8:26 AM GMT / 4.52 m	1:55 PM GMT / 1.44 m	9:00 PM GMT / 4.40 m		7:45 AM GMT	4:01 PM GMT
Fri 3		2:14 AM GMT / 1.33 m	9:28 AM GMT / 4.67 m	2:45 PM GMT / 1.23 m	9:59 PM GMT / 4.60 m		7:47 AM GMT	4:01 PM GMT
Sat 4		3:04 AM GMT / 1.21 m	10:23 AM GMT / 4.81 m	3:31 PM GMT / 1.06 m	10:52 PM GMT / 4.77 m		7:48 AM GMT	4:00 PM GMT
Sun 5		3:50 AM GMT / 1.12 m	11:12 AM GMT / 4.90 m	4:15 PM GMT / 0.93 m	11:40 PM GMT / 4.88 m	New Moon	7:49 AM GMT	4:00 PM GMT
Mon 6		4:33 AM GMT / 1.08 m	11:58 AM GMT / 4.93 m	4:57 PM GMT / 0.88 m			7:50 AM GMT	3:59 PM GMT
Tue 7	12:25 AM GMT / 4.92 m	5:16 AM GMT / 1.11 m	12:41 PM GMT / 4.88 m	5:39 PM GMT / 0.89 m			7:52 AM GMT	3:59 PM GMT
Wed 8	1:08 AM GMT / 4.88 m	5:58 AM GMT / 1.19 m	1:22 PM GMT / 4.77 m	6:19 PM GMT / 0.97 m			7:53 AM GMT	3:59 PM GMT
Thu 9	1:49 AM GMT / 4.78 m	6:40 AM GMT / 1.32 m	2:02 PM GMT / 4.61 m	7:01 PM GMT / 1.11 m			7:54 AM GMT	3:59 PM GMT
Fri 10	2:29 AM GMT / 4.63 m	7:23 AM GMT / 1.49 m	2:41 PM GMT / 4.42 m	7:44 PM GMT / 1.29 m			7:55 AM GMT	3:58 PM GMT
Sat 11	3:08 AM GMT / 4.46 m	8:08 AM GMT / 1.68 m	3:19 PM GMT / 4.23 m	8:29 PM GMT / 1.50 m			7:56 AM GMT	3:58 PM GMT
Sun 12	3:47 AM GMT / 4.29 m	8:57 AM GMT / 1.87 m	3:59 PM GMT / 4.04 m	9:19 PM GMT / 1.71 m			7:57 AM GMT	3:58 PM GMT
Mon 13	4:28 AM GMT / 4.13 m	9:58 AM GMT / 2.03 m	4:41 PM GMT / 3.88 m	10:21 PM GMT / 1.89 m		First Quarter	7:58 AM GMT	3:58 PM GMT
Tue 14	5:13 AM GMT / 4.00 m	11:13 AM GMT / 2.11 m	5:30 PM GMT / 3.76 m	11:35 PM GMT / 1.98 m			7:59 AM GMT	3:58 PM GMT
Wed 15	6:04 AM GMT / 3.91 m	12:26 PM GMT / 2.08 m	6:28 PM GMT / 3.69 m				8:00 AM GMT	3:58 PM GMT
Thu 16		12:42 AM GMT / 1.97 m	7:04 AM GMT / 3.89 m	1:23 PM GMT / 1.96 m	7:38 PM GMT / 3.71 m		8:00 AM GMT	3:59 PM GMT
Fri 17		1:37 AM GMT / 1.89 m	8:11 AM GMT / 3.94 m	2:10 PM GMT / 1.80 m	8:49 PM GMT / 3.84 m		8:01 AM GMT	3:59 PM GMT
Sat 18		2:23 AM GMT / 1.77 m	9:14 AM GMT / 4.08 m	2:51 PM GMT / 1.61 m	9:48 PM GMT / 4.04 m		8:02 AM GMT	3:59 PM GMT
Sun 19		3:05 AM GMT / 1.62 m	10:07 AM GMT / 4.27 m	3:30 PM GMT / 1.40 m	10:37 PM GMT / 4.28 m		8:02 AM GMT	4:00 PM GMT
Mon 20		3:45 AM GMT / 1.46 m	10:54 AM GMT / 4.46 m	4:07 PM GMT / 1.20 m	11:23 PM GMT / 4.51 m		8:03 AM GMT	4:00 PM GMT
Tue 21		4:24 AM GMT / 1.30 m	11:38 AM GMT / 4.64 m	4:45 PM GMT / 1.01 m		Full Moon	8:04 AM GMT	4:00 PM GMT
Wed 22	12:06 AM GMT / 4.71 m	5:03 AM GMT / 1.16 m	12:22 PM GMT / 4.77 m	5:25 PM GMT / 0.87 m			8:04 AM GMT	4:01 PM GMT
Thu 23	12:49 AM GMT / 4.87 m	5:44 AM GMT / 1.07 m	1:05 PM GMT / 4.85 m	6:05 PM GMT / 0.79 m			8:05 AM GMT	4:01 PM GMT
Fri 24	1:33 AM GMT / 4.95 m	6:26 AM GMT / 1.05 m	1:50 PM GMT / 4.87 m	6:48 PM GMT / 0.78 m			8:05 AM GMT	4:02 PM GMT
Sat 25	2:18 AM GMT / 4.97 m	7:11 AM GMT / 1.09 m	2:35 PM GMT / 4.81 m	7:33 PM GMT / 0.86 m			8:05 AM GMT	4:03 PM GMT
Sun 26	3:03 AM GMT / 4.91 m	7:59 AM GMT / 1.20 m	3:22 PM GMT / 4.69 m	8:22 PM GMT / 1.01 m			8:06 AM GMT	4:03 PM GMT
Mon 27	3:52 AM GMT / 4.79 m	8:53 AM GMT / 1.37 m	4:12 PM GMT / 4.52 m	9:18 PM GMT / 1.22 m			8:06 AM GMT	4:04 PM GMT
Tue 28	4:43 AM GMT / 4.63 m	9:55 AM GMT / 1.54 m	5:06 PM GMT / 4.33 m	10:22 PM GMT / 1.43 m		Last Quarter	8:06 AM GMT	4:05 PM GMT
Wed 29	5:40 AM GMT / 4.46 m	11:08 AM GMT / 1.66 m	6:09 PM GMT / 4.16 m	11:36 PM GMT / 1.58 m			8:06 AM GMT	4:06 PM GMT
Thu 30	6:46 AM GMT / 4.32 m	12:24 PM GMT / 1.67 m	7:23 PM GMT / 4.09 m				8:06 AM GMT	4:07 PM GMT
Fri 31		12:49 AM GMT / 1.62 m	7:59 AM GMT / 4.29 m	1:30 PM GMT / 1.58 m	8:39 PM GMT / 4.15 m		8:06 AM GMT	4:08 PM GMT

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