

January 2008

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Tue 01	05:30 GMT / 4.05 m	11:24 GMT / 1.99 m	17:51 GMT / 3.76 m	23:45 GMT / 1.91 m			08:06 GMT	16:08 GMT
Wed 02	06:24 GMT / 3.89 m	12:32 GMT / 1.99 m	18:54 GMT / 3.64 m				08:06 GMT	16:09 GMT
Thu 03		00:50 GMT / 1.95 m	07:30 GMT / 3.81 m	13:30 GMT / 1.92 m	20:12 GMT / 3.64 m		08:06 GMT	16:11 GMT
Fri 04		01:46 GMT / 1.92 m	08:41 GMT / 3.84 m	14:19 GMT / 1.80 m	21:21 GMT / 3.76 m		08:06 GMT	16:12 GMT
Sat 05		02:35 GMT / 1.85 m	09:39 GMT / 3.95 m	15:03 GMT / 1.65 m	22:13 GMT / 3.94 m		08:06 GMT	16:13 GMT
Sun 06		03:19 GMT / 1.75 m	10:26 GMT / 4.10 m	15:43 GMT / 1.50 m	22:56 GMT / 4.14 m		08:05 GMT	16:14 GMT
Mon 07		03:59 GMT / 1.63 m	11:08 GMT / 4.26 m	16:21 GMT / 1.34 m	23:35 GMT / 4.34 m		08:05 GMT	16:15 GMT
Tue 08		04:36 GMT / 1.51 m	11:47 GMT / 4.41 m	16:56 GMT / 1.20 m		New Moon	08:05 GMT	16:17 GMT
Wed 09	00:13 GMT / 4.51 m	05:12 GMT / 1.40 m	12:25 GMT / 4.54 m	17:31 GMT / 1.08 m			08:04 GMT	16:18 GMT
Thu 10	00:50 GMT / 4.64 m	05:48 GMT / 1.30 m	13:02 GMT / 4.62 m	18:06 GMT / 0.99 m			08:04 GMT	16:19 GMT
Fri 11	01:28 GMT / 4.73 m	06:24 GMT / 1.23 m	13:41 GMT / 4.65 m	18:42 GMT / 0.94 m			08:03 GMT	16:21 GMT
Sat 12	02:06 GMT / 4.76 m	07:02 GMT / 1.21 m	14:20 GMT / 4.63 m	19:21 GMT / 0.95 m			08:03 GMT	16:22 GMT
Sun 13	02:46 GMT / 4.74 m	07:43 GMT / 1.23 m	15:01 GMT / 4.55 m	20:03 GMT / 1.02 m			08:02 GMT	16:23 GMT
Mon 14	03:28 GMT / 4.66 m	08:28 GMT / 1.32 m	15:44 GMT / 4.42 m	20:49 GMT / 1.15 m			08:01 GMT	16:25 GMT
Tue 15	04:13 GMT / 4.53 m	09:20 GMT / 1.44 m	16:32 GMT / 4.26 m	21:43 GMT / 1.34 m		First Quarter	08:00 GMT	16:26 GMT
Wed 16	05:03 GMT / 4.37 m	10:21 GMT / 1.58 m	17:27 GMT / 4.09 m	22:49 GMT / 1.53 m			08:00 GMT	16:28 GMT
Thu 17	06:01 GMT / 4.22 m	11:35 GMT / 1.66 m	18:36 GMT / 3.97 m				07:59 GMT	16:29 GMT
Fri 18		00:05 GMT / 1.64 m	07:14 GMT / 4.13 m	12:52 GMT / 1.63 m	19:59 GMT / 3.98 m		07:58 GMT	16:31 GMT
Sat 19		01:20 GMT / 1.63 m	08:35 GMT / 4.18 m	13:59 GMT / 1.48 m	21:18 GMT / 4.17 m		07:57 GMT	16:32 GMT
Sun 20		02:24 GMT / 1.53 m	09:46 GMT / 4.36 m	14:57 GMT / 1.28 m	22:22 GMT / 4.46 m		07:56 GMT	16:34 GMT
Mon 21		03:21 GMT / 1.38 m	10:44 GMT / 4.59 m	15:49 GMT / 1.08 m	23:16 GMT / 4.74 m		07:55 GMT	16:36 GMT
Tue 22		04:12 GMT / 1.23 m	11:34 GMT / 4.79 m	16:36 GMT / 0.91 m		Full Moon	07:54 GMT	16:37 GMT
Wed 23	00:03 GMT / 4.95 m	04:59 GMT / 1.12 m	12:20 GMT / 4.91 m	17:21 GMT / 0.79 m			07:53 GMT	16:39 GMT
Thu 24	00:47 GMT / 5.05 m	05:43 GMT / 1.06 m	13:03 GMT / 4.94 m	18:04 GMT / 0.76 m			07:52 GMT	16:41 GMT
Fri 25	01:28 GMT / 5.06 m	06:26 GMT / 1.07 m	13:43 GMT / 4.87 m	18:45 GMT / 0.81 m			07:50 GMT	16:42 GMT
Sat 26	02:08 GMT / 4.96 m	07:08 GMT / 1.14 m	14:21 GMT / 4.73 m	19:26 GMT / 0.93 m			07:49 GMT	16:44 GMT
Sun 27	02:45 GMT / 4.78 m	07:49 GMT / 1.27 m	14:58 GMT / 4.52 m	20:07 GMT / 1.12 m			07:48 GMT	16:46 GMT
Mon 28	03:22 GMT / 4.55 m	08:32 GMT / 1.45 m	15:34 GMT / 4.27 m	20:49 GMT / 1.37 m			07:47 GMT	16:48 GMT
Tue 29	03:58 GMT / 4.30 m	09:18 GMT / 1.66 m	16:11 GMT / 4.02 m	21:36 GMT / 1.63 m			07:45 GMT	16:49 GMT
Wed 30	04:35 GMT / 4.05 m	10:12 GMT / 1.86 m	16:51 GMT / 3.78 m	22:33 GMT / 1.89 m		Last Quarter	07:44 GMT	16:51 GMT
Thu 31	05:16 GMT / 3.83 m	11:22 GMT / 2.01 m	17:41 GMT / 3.58 m	23:48 GMT / 2.07 m			07:42 GMT	16:53 GMT

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## February 2008

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
<b>Fri 01</b>	06:10 GMT / 3.65 m	12:39 GMT / 2.05 m	18:54 GMT / 3.46 m				07:41 GMT	16:55 GMT
<b>Sat 02</b>		01:04 GMT / 2.12 m	07:30 GMT / 3.57 m	13:45 GMT / 1.97 m	20:34 GMT / 3.52 m		07:40 GMT	16:56 GMT
<b>Sun 03</b>		02:07 GMT / 2.04 m	08:59 GMT / 3.67 m	14:38 GMT / 1.81 m	21:44 GMT / 3.74 m		07:38 GMT	16:58 GMT
<b>Mon 04</b>		02:58 GMT / 1.89 m	10:00 GMT / 3.89 m	15:23 GMT / 1.60 m	22:32 GMT / 4.02 m		07:36 GMT	17:00 GMT
<b>Tue 05</b>		03:41 GMT / 1.70 m	10:45 GMT / 4.14 m	16:02 GMT / 1.38 m	23:13 GMT / 4.31 m		07:35 GMT	17:02 GMT
<b>Wed 06</b>		04:20 GMT / 1.49 m	11:26 GMT / 4.39 m	16:38 GMT / 1.15 m	23:51 GMT / 4.57 m		07:33 GMT	17:03 GMT
<b>Thu 07</b>		04:55 GMT / 1.28 m	12:04 GMT / 4.61 m	17:12 GMT / 0.94 m		New Moon	07:31 GMT	17:05 GMT
<b>Fri 08</b>	00:28 GMT / 4.78 m	05:31 GMT / 1.09 m	12:42 GMT / 4.77 m	17:48 GMT / 0.78 m			07:30 GMT	17:07 GMT
<b>Sat 09</b>	01:06 GMT / 4.92 m	06:07 GMT / 0.95 m	13:20 GMT / 4.85 m	18:24 GMT / 0.67 m			07:28 GMT	17:09 GMT
<b>Sun 10</b>	01:44 GMT / 4.98 m	06:44 GMT / 0.87 m	13:59 GMT / 4.84 m	19:02 GMT / 0.66 m			07:26 GMT	17:11 GMT
<b>Mon 11</b>	02:23 GMT / 4.95 m	07:24 GMT / 0.89 m	14:40 GMT / 4.75 m	19:42 GMT / 0.75 m			07:25 GMT	17:12 GMT
<b>Tue 12</b>	03:04 GMT / 4.82 m	08:07 GMT / 1.00 m	15:23 GMT / 4.57 m	20:27 GMT / 0.94 m			07:23 GMT	17:14 GMT
<b>Wed 13</b>	03:49 GMT / 4.61 m	08:54 GMT / 1.19 m	16:10 GMT / 4.34 m	21:17 GMT / 1.22 m			07:21 GMT	17:16 GMT
<b>Thu 14</b>	04:38 GMT / 4.35 m	09:51 GMT / 1.43 m	17:06 GMT / 4.08 m	22:19 GMT / 1.53 m		First Quarter	07:19 GMT	17:18 GMT
<b>Fri 15</b>	05:37 GMT / 4.09 m	11:02 GMT / 1.65 m	18:16 GMT / 3.88 m	23:38 GMT / 1.77 m			07:17 GMT	17:19 GMT
<b>Sat 16</b>	06:54 GMT / 3.92 m	12:28 GMT / 1.73 m	19:46 GMT / 3.85 m				07:16 GMT	17:21 GMT
<b>Sun 17</b>		01:05 GMT / 1.83 m	08:23 GMT / 3.95 m	13:46 GMT / 1.62 m	21:09 GMT / 4.06 m		07:14 GMT	17:23 GMT
<b>Mon 18</b>		02:18 GMT / 1.71 m	09:37 GMT / 4.17 m	14:49 GMT / 1.42 m	22:12 GMT / 4.37 m		07:12 GMT	17:25 GMT
<b>Tue 19</b>		03:16 GMT / 1.52 m	10:34 GMT / 4.44 m	15:40 GMT / 1.18 m	23:03 GMT / 4.67 m		07:10 GMT	17:26 GMT
<b>Wed 20</b>		04:05 GMT / 1.31 m	11:21 GMT / 4.67 m	16:25 GMT / 0.98 m	23:47 GMT / 4.88 m		07:08 GMT	17:28 GMT
<b>Thu 21</b>		04:48 GMT / 1.13 m	12:04 GMT / 4.83 m	17:06 GMT / 0.82 m		Full Moon	07:06 GMT	17:30 GMT
<b>Fri 22</b>	00:28 GMT / 4.99 m	05:28 GMT / 1.01 m	12:42 GMT / 4.88 m	17:45 GMT / 0.74 m			07:04 GMT	17:32 GMT
<b>Sat 23</b>	01:05 GMT / 5.00 m	06:06 GMT / 0.95 m	13:19 GMT / 4.84 m	18:22 GMT / 0.75 m			07:02 GMT	17:33 GMT
<b>Sun 24</b>	01:40 GMT / 4.91 m	06:42 GMT / 0.97 m	13:53 GMT / 4.71 m	18:58 GMT / 0.84 m			07:00 GMT	17:35 GMT
<b>Mon 25</b>	02:13 GMT / 4.74 m	07:19 GMT / 1.06 m	14:26 GMT / 4.53 m	19:34 GMT / 1.01 m			06:58 GMT	17:37 GMT
<b>Tue 26</b>	02:45 GMT / 4.53 m	07:55 GMT / 1.22 m	14:59 GMT / 4.30 m	20:10 GMT / 1.24 m			06:56 GMT	17:39 GMT
<b>Wed 27</b>	03:17 GMT / 4.29 m	08:32 GMT / 1.44 m	15:32 GMT / 4.06 m	20:48 GMT / 1.52 m			06:54 GMT	17:40 GMT
<b>Thu 28</b>	03:50 GMT / 4.04 m	09:14 GMT / 1.68 m	16:09 GMT / 3.82 m	21:32 GMT / 1.82 m			06:52 GMT	17:42 GMT
<b>Fri 29</b>	04:28 GMT / 3.80 m	10:07 GMT / 1.92 m	16:55 GMT / 3.60 m	22:34 GMT / 2.09 m		Last Quarter	06:50 GMT	17:44 GMT

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March 2008

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Sat 01	05:17 GMT / 3.59 m	11:30 GMT / 2.09 m	17:58 GMT / 3.44 m				06:48 GMT	17:46 GMT
Sun 02		00:13 GMT / 2.22 m	06:28 GMT / 3.45 m	13:04 GMT / 2.06 m	19:33 GMT / 3.43 m		06:46 GMT	17:47 GMT
Mon 03		01:38 GMT / 2.14 m	08:08 GMT / 3.50 m	14:09 GMT / 1.89 m	21:03 GMT / 3.64 m		06:43 GMT	17:49 GMT
Tue 04		02:35 GMT / 1.94 m	09:24 GMT / 3.75 m	14:56 GMT / 1.63 m	21:59 GMT / 3.97 m		06:41 GMT	17:51 GMT
Wed 05		03:18 GMT / 1.67 m	10:15 GMT / 4.07 m	15:36 GMT / 1.35 m	22:43 GMT / 4.31 m		06:39 GMT	17:52 GMT
Thu 06		03:56 GMT / 1.38 m	10:58 GMT / 4.39 m	16:13 GMT / 1.06 m	23:23 GMT / 4.63 m		06:37 GMT	17:54 GMT
Fri 07		04:32 GMT / 1.10 m	11:38 GMT / 4.66 m	16:48 GMT / 0.79 m		New Moon	06:35 GMT	17:56 GMT
Sat 08	00:01 GMT / 4.89 m	05:08 GMT / 0.85 m	12:18 GMT / 4.87 m	17:25 GMT / 0.59 m			06:33 GMT	17:58 GMT
Sun 09	00:40 GMT / 5.05 m	05:45 GMT / 0.67 m	12:57 GMT / 4.97 m	18:02 GMT / 0.48 m			06:30 GMT	17:59 GMT
Mon 10	01:20 GMT / 5.10 m	06:23 GMT / 0.59 m	13:38 GMT / 4.97 m	18:41 GMT / 0.49 m			06:28 GMT	18:01 GMT
Tue 11	02:01 GMT / 5.04 m	07:03 GMT / 0.63 m	14:21 GMT / 4.86 m	19:22 GMT / 0.62 m			06:26 GMT	18:03 GMT
Wed 12	02:43 GMT / 4.86 m	07:46 GMT / 0.79 m	15:06 GMT / 4.65 m	20:06 GMT / 0.88 m			06:24 GMT	18:04 GMT
Thu 13	03:29 GMT / 4.59 m	08:32 GMT / 1.04 m	15:55 GMT / 4.37 m	20:56 GMT / 1.23 m			06:22 GMT	18:06 GMT
Fri 14	04:20 GMT / 4.28 m	09:27 GMT / 1.36 m	16:53 GMT / 4.08 m	21:58 GMT / 1.61 m		First Quarter	06:19 GMT	18:08 GMT
Sat 15	05:22 GMT / 3.98 m	10:39 GMT / 1.66 m	18:05 GMT / 3.87 m	23:24 GMT / 1.89 m			06:18 GMT	18:09 GMT
Sun 16	06:41 GMT / 3.79 m	12:14 GMT / 1.78 m	19:34 GMT / 3.85 m				06:15 GMT	18:11 GMT
Mon 17		01:03 GMT / 1.92 m	08:10 GMT / 3.83 m	13:39 GMT / 1.67 m	20:55 GMT / 4.05 m		06:13 GMT	18:13 GMT
Tue 18		02:16 GMT / 1.76 m	09:22 GMT / 4.06 m	14:40 GMT / 1.46 m	21:56 GMT / 4.34 m		06:11 GMT	18:14 GMT
Wed 19		03:09 GMT / 1.53 m	10:17 GMT / 4.33 m	15:27 GMT / 1.23 m	22:44 GMT / 4.59 m		06:08 GMT	18:16 GMT
Thu 20		03:52 GMT / 1.31 m	11:02 GMT / 4.55 m	16:08 GMT / 1.03 m	23:26 GMT / 4.77 m		06:06 GMT	18:18 GMT
Fri 21		04:30 GMT / 1.11 m	11:42 GMT / 4.69 m	16:45 GMT / 0.88 m		Full Moon	06:04 GMT	18:19 GMT
Sat 22	00:03 GMT / 4.85 m	05:05 GMT / 0.97 m	12:19 GMT / 4.74 m	17:20 GMT / 0.80 m			06:02 GMT	18:21 GMT
Sun 23	00:38 GMT / 4.85 m	05:40 GMT / 0.89 m	12:53 GMT / 4.71 m	17:55 GMT / 0.80 m			05:59 GMT	18:22 GMT
Mon 24	01:11 GMT / 4.77 m	06:14 GMT / 0.89 m	13:26 GMT / 4.61 m	18:29 GMT / 0.87 m			05:57 GMT	18:24 GMT
Tue 25	01:42 GMT / 4.63 m	06:48 GMT / 0.96 m	13:57 GMT / 4.46 m	19:03 GMT / 1.02 m			05:55 GMT	18:26 GMT
Wed 26	02:12 GMT / 4.44 m	07:22 GMT / 1.10 m	14:29 GMT / 4.28 m	19:36 GMT / 1.23 m			05:53 GMT	18:27 GMT
Thu 27	02:44 GMT / 4.23 m	07:56 GMT / 1.29 m	15:03 GMT / 4.07 m	20:11 GMT / 1.48 m			05:50 GMT	18:29 GMT
Fri 28	03:18 GMT / 4.01 m	08:33 GMT / 1.52 m	15:42 GMT / 3.86 m	20:50 GMT / 1.76 m			05:48 GMT	18:31 GMT
Sat 29	03:58 GMT / 3.79 m	09:16 GMT / 1.77 m	16:28 GMT / 3.67 m	21:41 GMT / 2.03 m		Last Quarter	05:46 GMT	18:32 GMT
Sun 30	05:47 BST / 3.59 m	11:21 BST / 1.99 m	18:27 BST / 3.53 m				06:44 BST	19:34 BST
Mon 31		00:11 BST / 2.21 m	06:52 BST / 3.47 m	13:07 BST / 2.04 m	19:44 BST / 3.51 m		06:42 BST	19:35 BST

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April 2008

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Tue 01		01:59 BST / 2.14 m	08:16 BST / 3.49 m	14:28 BST / 1.88 m	21:09 BST / 3.68 m		06:39 BST	19:37 BST
Wed 02		03:02 BST / 1.90 m	09:37 BST / 3.71 m	15:20 BST / 1.61 m	22:15 BST / 3.98 m		06:37 BST	19:39 BST
Thu 03		03:47 BST / 1.59 m	10:37 BST / 4.02 m	16:02 BST / 1.30 m	23:05 BST / 4.33 m		06:35 BST	19:40 BST
Fri 04		04:26 BST / 1.26 m	11:25 BST / 4.36 m	16:41 BST / 0.98 m	23:50 BST / 4.65 m		06:33 BST	19:42 BST
Sat 05		05:04 BST / 0.94 m	12:09 BST / 4.65 m	17:20 BST / 0.71 m			06:31 BST	19:44 BST
Sun 06	00:32 BST / 4.91 m	05:42 BST / 0.68 m	12:53 BST / 4.88 m	17:59 BST / 0.51 m		New Moon	06:28 BST	19:45 BST
Mon 07	01:14 BST / 5.07 m	06:21 BST / 0.50 m	13:36 BST / 4.99 m	18:39 BST / 0.43 m			06:26 BST	19:47 BST
Tue 08	01:57 BST / 5.11 m	07:01 BST / 0.44 m	14:19 BST / 5.00 m	19:20 BST / 0.48 m			06:24 BST	19:49 BST
Wed 09	02:41 BST / 5.02 m	07:43 BST / 0.51 m	15:05 BST / 4.89 m	20:03 BST / 0.66 m			06:22 BST	19:50 BST
Thu 10	03:26 BST / 4.83 m	08:26 BST / 0.70 m	15:53 BST / 4.68 m	20:49 BST / 0.95 m			06:20 BST	19:52 BST
Fri 11	04:15 BST / 4.55 m	09:15 BST / 0.99 m	16:45 BST / 4.42 m	21:41 BST / 1.32 m			06:18 BST	19:53 BST
Sat 12	05:08 BST / 4.24 m	10:11 BST / 1.33 m	17:44 BST / 4.16 m	22:46 BST / 1.69 m		First Quarter	06:15 BST	19:55 BST
Sun 13	06:10 BST / 3.96 m	11:25 BST / 1.63 m	18:53 BST / 3.97 m				06:13 BST	19:57 BST
Mon 14		00:19 BST / 1.92 m	07:24 BST / 3.79 m	13:03 BST / 1.74 m	20:13 BST / 3.93 m		06:11 BST	19:58 BST
Tue 15		01:59 BST / 1.89 m	08:46 BST / 3.80 m	14:25 BST / 1.64 m	21:29 BST / 4.06 m		06:09 BST	20:00 BST
Wed 16		03:04 BST / 1.72 m	09:57 BST / 3.98 m	15:20 BST / 1.47 m	22:30 BST / 4.27 m		06:07 BST	20:01 BST
Thu 17		03:51 BST / 1.52 m	10:53 BST / 4.19 m	16:04 BST / 1.30 m	23:18 BST / 4.45 m		06:05 BST	20:03 BST
Fri 18		04:30 BST / 1.32 m	11:38 BST / 4.36 m	16:43 BST / 1.14 m	23:59 BST / 4.58 m		06:03 BST	20:05 BST
Sat 19		05:05 BST / 1.15 m	12:18 BST / 4.48 m	17:19 BST / 1.03 m			06:01 BST	20:06 BST
Sun 20	00:36 BST / 4.63 m	05:40 BST / 1.01 m	12:54 BST / 4.53 m	17:54 BST / 0.96 m		Full Moon	05:59 BST	20:08 BST
Mon 21	01:10 BST / 4.63 m	06:14 BST / 0.93 m	13:28 BST / 4.52 m	18:27 BST / 0.96 m			05:57 BST	20:09 BST
Tue 22	01:42 BST / 4.57 m	06:47 BST / 0.91 m	14:01 BST / 4.46 m	19:01 BST / 1.02 m			05:55 BST	20:11 BST
Wed 23	02:14 BST / 4.47 m	07:20 BST / 0.96 m	14:34 BST / 4.37 m	19:35 BST / 1.14 m			05:53 BST	20:13 BST
Thu 24	02:46 BST / 4.34 m	07:53 BST / 1.07 m	15:08 BST / 4.24 m	20:08 BST / 1.30 m			05:51 BST	20:14 BST
Fri 25	03:19 BST / 4.18 m	08:27 BST / 1.23 m	15:44 BST / 4.10 m	20:43 BST / 1.50 m			05:49 BST	20:16 BST
Sat 26	03:57 BST / 4.00 m	09:04 BST / 1.42 m	16:25 BST / 3.95 m	21:23 BST / 1.72 m			05:47 BST	20:17 BST
Sun 27	04:39 BST / 3.83 m	09:46 BST / 1.61 m	17:11 BST / 3.82 m	22:12 BST / 1.92 m			05:45 BST	20:19 BST
Mon 28	05:27 BST / 3.69 m	10:42 BST / 1.80 m	18:04 BST / 3.73 m	23:24 BST / 2.07 m		Last Quarter	05:43 BST	20:21 BST
Tue 29	06:25 BST / 3.61 m	12:04 BST / 1.88 m	19:07 BST / 3.73 m				05:41 BST	20:22 BST
Wed 30		01:03 BST / 2.03 m	07:32 BST / 3.62 m	13:32 BST / 1.78 m	20:16 BST / 3.83 m		05:39 BST	20:24 BST

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May 2008

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Thu 01		02:15 BST / 1.81 m	08:45 BST / 3.76 m	14:34 BST / 1.55 m	21:25 BST / 4.05 m		05:38 BST	20:26 BST
Fri 02		03:07 BST / 1.51 m	09:52 BST / 4.00 m	15:23 BST / 1.27 m	22:24 BST / 4.33 m		05:36 BST	20:27 BST
Sat 03		03:51 BST / 1.19 m	10:50 BST / 4.30 m	16:07 BST / 0.98 m	23:16 BST / 4.61 m		05:34 BST	20:29 BST
Sun 04		04:33 BST / 0.88 m	11:41 BST / 4.58 m	16:50 BST / 0.74 m			05:32 BST	20:30 BST
Mon 05	00:04 BST / 4.84 m	05:15 BST / 0.64 m	12:29 BST / 4.80 m	17:33 BST / 0.58 m		New Moon	05:30 BST	20:32 BST
Tue 06	00:51 BST / 4.98 m	05:57 BST / 0.48 m	13:16 BST / 4.93 m	18:17 BST / 0.53 m			05:28 BST	20:33 BST
Wed 07	01:37 BST / 5.02 m	06:40 BST / 0.44 m	14:04 BST / 4.97 m	19:01 BST / 0.61 m			05:27 BST	20:35 BST
Thu 08	02:24 BST / 4.95 m	07:25 BST / 0.52 m	14:52 BST / 4.90 m	19:47 BST / 0.79 m			05:25 BST	20:37 BST
Fri 09	03:12 BST / 4.79 m	08:11 BST / 0.71 m	15:42 BST / 4.75 m	20:36 BST / 1.07 m			05:24 BST	20:38 BST
Sat 10	04:02 BST / 4.55 m	09:01 BST / 0.98 m	16:34 BST / 4.54 m	21:30 BST / 1.39 m			05:22 BST	20:40 BST
Sun 11	04:55 BST / 4.29 m	09:59 BST / 1.28 m	17:30 BST / 4.32 m	22:37 BST / 1.69 m			05:20 BST	20:41 BST
Mon 12	05:53 BST / 4.05 m	11:11 BST / 1.54 m	18:32 BST / 4.14 m			First Quarter	05:19 BST	20:43 BST
Tue 13		00:07 BST / 1.86 m	06:58 BST / 3.87 m	12:39 BST / 1.65 m	19:41 BST / 4.04 m		05:17 BST	20:44 BST
Wed 14		01:35 BST / 1.83 m	08:10 BST / 3.81 m	13:54 BST / 1.62 m	20:51 BST / 4.05 m		05:16 BST	20:46 BST
Thu 15		02:35 BST / 1.71 m	09:21 BST / 3.87 m	14:49 BST / 1.53 m	21:54 BST / 4.14 m		05:15 BST	20:47 BST
Fri 16		03:21 BST / 1.56 m	10:21 BST / 3.99 m	15:33 BST / 1.43 m	22:46 BST / 4.24 m		05:13 BST	20:48 BST
Sat 17		04:00 BST / 1.40 m	11:09 BST / 4.12 m	16:13 BST / 1.33 m	23:29 BST / 4.33 m		05:12 BST	20:50 BST
Sun 18		04:37 BST / 1.26 m	11:52 BST / 4.22 m	16:51 BST / 1.25 m			05:10 BST	20:51 BST
Mon 19	00:08 BST / 4.38 m	05:13 BST / 1.14 m	12:30 BST / 4.29 m	17:27 BST / 1.20 m			05:09 BST	20:53 BST
Tue 20	00:43 BST / 4.40 m	05:48 BST / 1.06 m	13:06 BST / 4.33 m	18:02 BST / 1.19 m		Full Moon	05:08 BST	20:54 BST
Wed 21	01:17 BST / 4.39 m	06:22 BST / 1.03 m	13:40 BST / 4.34 m	18:37 BST / 1.22 m			05:07 BST	20:55 BST
Thu 22	01:51 BST / 4.35 m	06:56 BST / 1.04 m	14:15 BST / 4.32 m	19:11 BST / 1.29 m			05:06 BST	20:57 BST
Fri 23	02:26 BST / 4.28 m	07:30 BST / 1.10 m	14:51 BST / 4.27 m	19:47 BST / 1.39 m			05:04 BST	20:58 BST
Sat 24	03:02 BST / 4.19 m	08:05 BST / 1.19 m	15:29 BST / 4.20 m	20:23 BST / 1.50 m			05:03 BST	20:59 BST
Sun 25	03:41 BST / 4.09 m	08:43 BST / 1.31 m	16:10 BST / 4.13 m	21:04 BST / 1.63 m			05:02 BST	21:00 BST
Mon 26	04:23 BST / 3.99 m	09:25 BST / 1.44 m	16:53 BST / 4.06 m	21:51 BST / 1.76 m			05:01 BST	21:02 BST
Tue 27	05:08 BST / 3.89 m	10:15 BST / 1.56 m	17:41 BST / 4.01 m	22:51 BST / 1.85 m			05:00 BST	21:03 BST
Wed 28	05:58 BST / 3.83 m	11:19 BST / 1.64 m	18:33 BST / 3.99 m			Last Quarter	04:59 BST	21:04 BST
Thu 29		00:07 BST / 1.85 m	06:55 BST / 3.81 m	12:35 BST / 1.63 m	19:32 BST / 4.03 m		04:58 BST	21:05 BST
Fri 30		01:23 BST / 1.71 m	08:00 BST / 3.86 m	13:45 BST / 1.50 m	20:37 BST / 4.13 m		04:58 BST	21:06 BST
Sat 31		02:24 BST / 1.48 m	09:09 BST / 3.99 m	14:43 BST / 1.30 m	21:43 BST / 4.30 m		04:57 BST	21:07 BST

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## June 2008

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Sun 01		03:16 BST / 1.21 m	10:16 BST / 4.21 m	15:35 BST / 1.09 m	22:44 BST / 4.51 m		04:56 BST	21:08 BST
Mon 02		04:05 BST / 0.95 m	11:16 BST / 4.46 m	16:24 BST / 0.91 m	23:40 BST / 4.70 m		04:55 BST	21:09 BST
Tue 03		04:51 BST / 0.73 m	12:10 BST / 4.69 m	17:11 BST / 0.78 m		New Moon	04:54 BST	21:10 BST
Wed 04	00:32 BST / 4.85 m	05:37 BST / 0.59 m	13:02 BST / 4.86 m	17:58 BST / 0.74 m			04:54 BST	21:11 BST
Thu 05	01:22 BST / 4.92 m	06:23 BST / 0.54 m	13:51 BST / 4.95 m	18:46 BST / 0.79 m			04:53 BST	21:12 BST
Fri 06	02:11 BST / 4.91 m	07:10 BST / 0.59 m	14:41 BST / 4.95 m	19:34 BST / 0.93 m			04:53 BST	21:13 BST
Sat 07	02:59 BST / 4.81 m	07:58 BST / 0.73 m	15:29 BST / 4.87 m	20:24 BST / 1.13 m			04:52 BST	21:14 BST
Sun 08	03:48 BST / 4.64 m	08:48 BST / 0.94 m	16:19 BST / 4.71 m	21:18 BST / 1.37 m			04:52 BST	21:15 BST
Mon 09	04:37 BST / 4.43 m	09:43 BST / 1.18 m	17:09 BST / 4.51 m	22:19 BST / 1.60 m			04:51 BST	21:16 BST
Tue 10	05:28 BST / 4.20 m	10:46 BST / 1.42 m	18:02 BST / 4.30 m	23:33 BST / 1.76 m		First Quarter	04:51 BST	21:16 BST
Wed 11	06:23 BST / 3.98 m	11:59 BST / 1.59 m	18:59 BST / 4.12 m				04:51 BST	21:17 BST
Thu 12		00:50 BST / 1.81 m	07:23 BST / 3.82 m	13:09 BST / 1.66 m	20:01 BST / 4.00 m		04:50 BST	21:18 BST
Fri 13		01:53 BST / 1.77 m	08:31 BST / 3.74 m	14:08 BST / 1.67 m	21:06 BST / 3.96 m		04:50 BST	21:18 BST
Sat 14		02:44 BST / 1.68 m	09:39 BST / 3.77 m	14:58 BST / 1.64 m	22:06 BST / 3.99 m		04:50 BST	21:19 BST
Sun 15		03:29 BST / 1.57 m	10:37 BST / 3.86 m	15:43 BST / 1.58 m	22:57 BST / 4.06 m		04:50 BST	21:19 BST
Mon 16		04:10 BST / 1.45 m	11:25 BST / 3.98 m	16:24 BST / 1.52 m	23:40 BST / 4.14 m		04:50 BST	21:20 BST
Tue 17		04:49 BST / 1.33 m	12:07 BST / 4.11 m	17:03 BST / 1.46 m			04:50 BST	21:20 BST
Wed 18	00:19 BST / 4.21 m	05:26 BST / 1.24 m	12:45 BST / 4.22 m	17:41 BST / 1.41 m		Full Moon	04:50 BST	21:20 BST
Thu 19	00:56 BST / 4.28 m	06:02 BST / 1.16 m	13:22 BST / 4.31 m	18:17 BST / 1.39 m			04:50 BST	21:21 BST
Fri 20	01:32 BST / 4.32 m	06:37 BST / 1.12 m	13:58 BST / 4.37 m	18:53 BST / 1.38 m			04:50 BST	21:21 BST
Sat 21	02:08 BST / 4.34 m	07:12 BST / 1.11 m	14:35 BST / 4.41 m	19:29 BST / 1.39 m			04:51 BST	21:21 BST
Sun 22	02:46 BST / 4.33 m	07:47 BST / 1.12 m	15:12 BST / 4.41 m	20:06 BST / 1.42 m			04:51 BST	21:21 BST
Mon 23	03:24 BST / 4.30 m	08:24 BST / 1.16 m	15:51 BST / 4.39 m	20:46 BST / 1.47 m			04:51 BST	21:21 BST
Tue 24	04:04 BST / 4.24 m	09:05 BST / 1.22 m	16:31 BST / 4.35 m	21:29 BST / 1.53 m			04:51 BST	21:21 BST
Wed 25	04:46 BST / 4.16 m	09:50 BST / 1.31 m	17:15 BST / 4.30 m	22:21 BST / 1.60 m			04:52 BST	21:21 BST
Thu 26	05:31 BST / 4.08 m	10:44 BST / 1.41 m	18:02 BST / 4.24 m	23:23 BST / 1.65 m		Last Quarter	04:52 BST	21:21 BST
Fri 27	06:23 BST / 4.00 m	11:48 BST / 1.49 m	18:56 BST / 4.19 m				04:53 BST	21:21 BST
Sat 28		00:34 BST / 1.63 m	07:23 BST / 3.95 m	13:00 BST / 1.51 m	19:58 BST / 4.17 m		04:53 BST	21:21 BST
Sun 29		01:44 BST / 1.52 m	08:34 BST / 3.97 m	14:07 BST / 1.43 m	21:10 BST / 4.22 m		04:54 BST	21:21 BST
Mon 30		02:46 BST / 1.34 m	09:51 BST / 4.11 m	15:08 BST / 1.31 m	22:21 BST / 4.36 m		04:54 BST	21:21 BST

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## July 2008

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Tue 01		03:41 BST / 1.13 m	10:59 BST / 4.35 m	16:04 BST / 1.16 m	23:24 BST / 4.56 m		04:55 BST	21:20 BST
Wed 02		04:33 BST / 0.93 m	11:57 BST / 4.62 m	16:55 BST / 1.04 m			04:56 BST	21:20 BST
Thu 03	00:19 BST / 4.74 m	05:22 BST / 0.77 m	12:50 BST / 4.85 m	17:45 BST / 0.96 m		New Moon	04:57 BST	21:20 BST
Fri 04	01:09 BST / 4.88 m	06:10 BST / 0.67 m	13:39 BST / 5.00 m	18:33 BST / 0.95 m			04:57 BST	21:19 BST
Sat 05	01:57 BST / 4.93 m	06:57 BST / 0.66 m	14:26 BST / 5.05 m	19:21 BST / 1.00 m			04:58 BST	21:19 BST
Sun 06	02:43 BST / 4.90 m	07:44 BST / 0.73 m	15:12 BST / 5.00 m	20:09 BST / 1.11 m			04:59 BST	21:18 BST
Mon 07	03:28 BST / 4.77 m	08:31 BST / 0.88 m	15:56 BST / 4.86 m	20:58 BST / 1.28 m			05:00 BST	21:18 BST
Tue 08	04:12 BST / 4.58 m	09:19 BST / 1.08 m	16:41 BST / 4.65 m	21:49 BST / 1.48 m			05:01 BST	21:17 BST
Wed 09	04:57 BST / 4.34 m	10:11 BST / 1.33 m	17:25 BST / 4.40 m	22:47 BST / 1.67 m			05:02 BST	21:16 BST
Thu 10	05:42 BST / 4.08 m	11:09 BST / 1.56 m	18:12 BST / 4.16 m	23:52 BST / 1.82 m		First Quarter	05:03 BST	21:15 BST
Fri 11	06:32 BST / 3.85 m	12:14 BST / 1.76 m	19:03 BST / 3.94 m				05:04 BST	21:15 BST
Sat 12		01:01 BST / 1.88 m	07:30 BST / 3.67 m	13:22 BST / 1.87 m	20:04 BST / 3.80 m		05:05 BST	21:14 BST
Sun 13		02:03 BST / 1.87 m	08:45 BST / 3.59 m	14:22 BST / 1.90 m	21:16 BST / 3.76 m		05:06 BST	21:13 BST
Mon 14		02:57 BST / 1.79 m	10:01 BST / 3.66 m	15:15 BST / 1.86 m	22:22 BST / 3.83 m		05:07 BST	21:12 BST
Tue 15		03:45 BST / 1.67 m	10:59 BST / 3.82 m	16:02 BST / 1.78 m	23:14 BST / 3.96 m		05:08 BST	21:11 BST
Wed 16		04:28 BST / 1.53 m	11:45 BST / 4.01 m	16:45 BST / 1.67 m	23:56 BST / 4.12 m		05:09 BST	21:10 BST
Thu 17		05:08 BST / 1.39 m	12:25 BST / 4.21 m	17:24 BST / 1.56 m			05:10 BST	21:09 BST
Fri 18	00:35 BST / 4.27 m	05:45 BST / 1.25 m	13:01 BST / 4.38 m	18:01 BST / 1.45 m		Full Moon	05:12 BST	21:08 BST
Sat 19	01:12 BST / 4.41 m	06:19 BST / 1.14 m	13:37 BST / 4.53 m	18:36 BST / 1.35 m			05:13 BST	21:07 BST
Sun 20	01:49 BST / 4.51 m	06:54 BST / 1.05 m	14:13 BST / 4.63 m	19:11 BST / 1.28 m			05:14 BST	21:06 BST
Mon 21	02:25 BST / 4.56 m	07:28 BST / 0.99 m	14:50 BST / 4.68 m	19:47 BST / 1.23 m			05:16 BST	21:04 BST
Tue 22	03:02 BST / 4.57 m	08:04 BST / 0.97 m	15:27 BST / 4.68 m	20:25 BST / 1.23 m			05:17 BST	21:03 BST
Wed 23	03:41 BST / 4.52 m	08:42 BST / 1.01 m	16:06 BST / 4.63 m	21:06 BST / 1.27 m			05:18 BST	21:02 BST
Thu 24	04:22 BST / 4.43 m	09:25 BST / 1.10 m	16:48 BST / 4.53 m	21:52 BST / 1.37 m			05:19 BST	21:01 BST
Fri 25	05:06 BST / 4.29 m	10:13 BST / 1.26 m	17:33 BST / 4.40 m	22:46 BST / 1.50 m		Last Quarter	05:21 BST	20:59 BST
Sat 26	05:56 BST / 4.14 m	11:11 BST / 1.45 m	18:26 BST / 4.24 m	23:53 BST / 1.61 m			05:22 BST	20:58 BST
Sun 27	06:56 BST / 4.00 m	12:23 BST / 1.61 m	19:30 BST / 4.12 m				05:24 BST	20:56 BST
Mon 28		01:10 BST / 1.64 m	08:11 BST / 3.94 m	13:40 BST / 1.66 m	20:49 BST / 4.10 m		05:25 BST	20:55 BST
Tue 29		02:23 BST / 1.54 m	09:36 BST / 4.05 m	14:51 BST / 1.58 m	22:08 BST / 4.23 m		05:26 BST	20:53 BST
Wed 30		03:26 BST / 1.35 m	10:48 BST / 4.32 m	15:52 BST / 1.43 m	23:13 BST / 4.47 m		05:28 BST	20:52 BST
Thu 31		04:21 BST / 1.13 m	11:47 BST / 4.64 m	16:46 BST / 1.25 m			05:29 BST	20:50 BST

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August 2008

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Fri 01	00:07 BST / 4.72 m	05:11 BST / 0.93 m	12:37 BST / 4.90 m	17:35 BST / 1.11 m		New Moon	05:31 BST	20:49 BST
Sat 02	00:56 BST / 4.90 m	05:58 BST / 0.78 m	13:24 BST / 5.08 m	18:21 BST / 1.01 m			05:32 BST	20:47 BST
Sun 03	01:41 BST / 5.00 m	06:42 BST / 0.71 m	14:07 BST / 5.14 m	19:05 BST / 0.99 m			05:34 BST	20:46 BST
Mon 04	02:23 BST / 4.99 m	07:25 BST / 0.73 m	14:49 BST / 5.09 m	19:48 BST / 1.04 m			05:35 BST	20:44 BST
Tue 05	03:04 BST / 4.87 m	08:07 BST / 0.84 m	15:29 BST / 4.94 m	20:30 BST / 1.17 m			05:36 BST	20:42 BST
Wed 06	03:44 BST / 4.68 m	08:49 BST / 1.03 m	16:07 BST / 4.71 m	21:13 BST / 1.35 m			05:38 BST	20:40 BST
Thu 07	04:22 BST / 4.43 m	09:31 BST / 1.29 m	16:46 BST / 4.44 m	21:59 BST / 1.57 m			05:39 BST	20:39 BST
Fri 08	05:01 BST / 4.15 m	10:18 BST / 1.58 m	17:24 BST / 4.16 m	22:52 BST / 1.80 m		First Quarter	05:41 BST	20:37 BST
Sat 09	05:43 BST / 3.89 m	11:14 BST / 1.86 m	18:06 BST / 3.91 m	23:58 BST / 1.99 m			05:43 BST	20:35 BST
Sun 10	06:32 BST / 3.66 m	12:26 BST / 2.08 m	18:58 BST / 3.71 m				05:44 BST	20:33 BST
Mon 11		01:17 BST / 2.07 m	07:41 BST / 3.52 m	13:46 BST / 2.15 m	20:14 BST / 3.60 m		05:46 BST	20:31 BST
Tue 12		02:27 BST / 2.01 m	09:16 BST / 3.55 m	14:52 BST / 2.10 m	21:43 BST / 3.67 m		05:47 BST	20:29 BST
Wed 13		03:23 BST / 1.87 m	10:30 BST / 3.75 m	15:45 BST / 1.97 m	22:46 BST / 3.87 m		05:49 BST	20:27 BST
Thu 14		04:09 BST / 1.69 m	11:19 BST / 4.01 m	16:29 BST / 1.79 m	23:31 BST / 4.10 m		05:50 BST	20:26 BST
Fri 15		04:49 BST / 1.48 m	11:58 BST / 4.28 m	17:07 BST / 1.59 m			05:52 BST	20:24 BST
Sat 16	00:10 BST / 4.34 m	05:25 BST / 1.28 m	12:35 BST / 4.52 m	17:42 BST / 1.40 m		Full Moon	05:53 BST	20:22 BST
Sun 17	00:47 BST / 4.55 m	05:58 BST / 1.09 m	13:11 BST / 4.72 m	18:16 BST / 1.22 m			05:55 BST	20:20 BST
Mon 18	01:24 BST / 4.71 m	06:31 BST / 0.93 m	13:47 BST / 4.87 m	18:49 BST / 1.08 m			05:56 BST	20:18 BST
Tue 19	02:01 BST / 4.81 m	07:05 BST / 0.83 m	14:23 BST / 4.94 m	19:24 BST / 0.99 m			05:58 BST	20:16 BST
Wed 20	02:38 BST / 4.83 m	07:41 BST / 0.79 m	15:01 BST / 4.93 m	20:01 BST / 0.98 m			06:00 BST	20:14 BST
Thu 21	03:18 BST / 4.76 m	08:18 BST / 0.84 m	15:41 BST / 4.83 m	20:41 BST / 1.05 m			06:01 BST	20:12 BST
Fri 22	03:59 BST / 4.63 m	09:00 BST / 0.99 m	16:23 BST / 4.67 m	21:26 BST / 1.20 m			06:03 BST	20:10 BST
Sat 23	04:44 BST / 4.44 m	09:47 BST / 1.23 m	17:10 BST / 4.45 m	22:17 BST / 1.42 m			06:04 BST	20:08 BST
Sun 24	05:36 BST / 4.22 m	10:43 BST / 1.53 m	18:05 BST / 4.22 m	23:21 BST / 1.66 m		Last Quarter	06:06 BST	20:06 BST
Mon 25	06:39 BST / 4.02 m	11:56 BST / 1.80 m	19:13 BST / 4.03 m				06:07 BST	20:03 BST
Tue 26		00:45 BST / 1.79 m	08:01 BST / 3.95 m	13:25 BST / 1.90 m	20:38 BST / 4.00 m		06:09 BST	20:01 BST
Wed 27		02:10 BST / 1.72 m	09:28 BST / 4.09 m	14:46 BST / 1.80 m	21:59 BST / 4.18 m		06:10 BST	19:59 BST
Thu 28		03:18 BST / 1.52 m	10:38 BST / 4.39 m	15:48 BST / 1.59 m	23:02 BST / 4.46 m		06:12 BST	19:57 BST
Fri 29		04:13 BST / 1.27 m	11:34 BST / 4.71 m	16:39 BST / 1.37 m	23:54 BST / 4.73 m		06:13 BST	19:55 BST
Sat 30		05:00 BST / 1.04 m	12:21 BST / 4.97 m	17:24 BST / 1.17 m		New Moon	06:15 BST	19:53 BST
Sun 31	00:39 BST / 4.93 m	05:43 BST / 0.87 m	13:04 BST / 5.12 m	18:05 BST / 1.03 m			06:17 BST	19:51 BST

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September 2008

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Mon 01	01:21 BST / 5.02 m	06:23 BST / 0.77 m	13:44 BST / 5.16 m	18:44 BST / 0.96 m			06:18 BST	19:49 BST
Tue 02	02:00 BST / 5.00 m	07:01 BST / 0.78 m	14:22 BST / 5.08 m	19:22 BST / 0.98 m			06:20 BST	19:46 BST
Wed 03	02:37 BST / 4.89 m	07:38 BST / 0.87 m	14:58 BST / 4.92 m	19:59 BST / 1.08 m			06:21 BST	19:44 BST
Thu 04	03:13 BST / 4.70 m	08:16 BST / 1.06 m	15:32 BST / 4.69 m	20:37 BST / 1.26 m			06:23 BST	19:42 BST
Fri 05	03:48 BST / 4.46 m	08:53 BST / 1.31 m	16:06 BST / 4.42 m	21:16 BST / 1.49 m			06:24 BST	19:40 BST
Sat 06	04:23 BST / 4.20 m	09:33 BST / 1.61 m	16:41 BST / 4.15 m	21:59 BST / 1.75 m			06:26 BST	19:38 BST
Sun 07	05:02 BST / 3.94 m	10:18 BST / 1.93 m	17:20 BST / 3.90 m	22:52 BST / 2.01 m		First Quarter	06:27 BST	19:35 BST
Mon 08	05:48 BST / 3.72 m	11:22 BST / 2.21 m	18:09 BST / 3.68 m				06:29 BST	19:33 BST
Tue 09		00:17 BST / 2.20 m	06:51 BST / 3.57 m	13:06 BST / 2.35 m	19:19 BST / 3.56 m		06:30 BST	19:31 BST
Wed 10		01:54 BST / 2.18 m	08:21 BST / 3.56 m	14:31 BST / 2.26 m	20:53 BST / 3.60 m		06:32 BST	19:29 BST
Thu 11		02:59 BST / 2.01 m	09:47 BST / 3.75 m	15:26 BST / 2.06 m	22:08 BST / 3.83 m		06:33 BST	19:26 BST
Fri 12		03:46 BST / 1.78 m	10:42 BST / 4.05 m	16:08 BST / 1.81 m	22:58 BST / 4.12 m		06:35 BST	19:24 BST
Sat 13		04:24 BST / 1.52 m	11:25 BST / 4.36 m	16:44 BST / 1.55 m	23:40 BST / 4.41 m		06:37 BST	19:22 BST
Sun 14		04:58 BST / 1.26 m	12:03 BST / 4.65 m	17:17 BST / 1.29 m			06:38 BST	19:20 BST
Mon 15	00:18 BST / 4.67 m	05:31 BST / 1.02 m	12:40 BST / 4.88 m	17:50 BST / 1.06 m		Full Moon	06:40 BST	19:17 BST
Tue 16	00:56 BST / 4.86 m	06:05 BST / 0.83 m	13:18 BST / 5.04 m	18:24 BST / 0.88 m			06:41 BST	19:15 BST
Wed 17	01:35 BST / 4.98 m	06:40 BST / 0.71 m	13:56 BST / 5.11 m	19:00 BST / 0.78 m			06:43 BST	19:13 BST
Thu 18	02:14 BST / 5.00 m	07:17 BST / 0.69 m	14:36 BST / 5.08 m	19:38 BST / 0.78 m			06:44 BST	19:11 BST
Fri 19	02:56 BST / 4.93 m	07:56 BST / 0.78 m	15:17 BST / 4.94 m	20:18 BST / 0.89 m			06:46 BST	19:08 BST
Sat 20	03:40 BST / 4.76 m	08:38 BST / 0.99 m	16:02 BST / 4.72 m	21:03 BST / 1.11 m			06:48 BST	19:06 BST
Sun 21	04:29 BST / 4.53 m	09:25 BST / 1.30 m	16:53 BST / 4.45 m	21:54 BST / 1.41 m			06:49 BST	19:04 BST
Mon 22	05:24 BST / 4.29 m	10:22 BST / 1.67 m	17:51 BST / 4.18 m	22:59 BST / 1.71 m		Last Quarter	06:51 BST	19:02 BST
Tue 23	06:31 BST / 4.09 m	11:40 BST / 1.98 m	19:03 BST / 3.99 m				06:52 BST	18:59 BST
Wed 24		00:30 BST / 1.89 m	07:52 BST / 4.03 m	13:24 BST / 2.05 m	20:28 BST / 3.99 m		06:54 BST	18:57 BST
Thu 25		02:05 BST / 1.82 m	09:15 BST / 4.19 m	14:47 BST / 1.89 m	21:45 BST / 4.18 m		06:55 BST	18:55 BST
Fri 26		03:11 BST / 1.60 m	10:22 BST / 4.47 m	15:43 BST / 1.65 m	22:46 BST / 4.46 m		06:57 BST	18:53 BST
Sat 27		04:01 BST / 1.36 m	11:15 BST / 4.75 m	16:28 BST / 1.41 m	23:35 BST / 4.70 m		06:59 BST	18:50 BST
Sun 28		04:44 BST / 1.14 m	12:00 BST / 4.95 m	17:07 BST / 1.20 m			07:00 BST	18:48 BST
Mon 29	00:18 BST / 4.87 m	05:22 BST / 0.99 m	12:41 BST / 5.06 m	17:44 BST / 1.05 m		New Moon	07:02 BST	18:46 BST
Tue 30	00:58 BST / 4.94 m	05:59 BST / 0.90 m	13:18 BST / 5.06 m	18:19 BST / 0.97 m			07:03 BST	18:44 BST

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## October 2008

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Wed 01	01:35 BST / 4.91 m	06:35 BST / 0.91 m	13:53 BST / 4.97 m	18:54 BST / 0.97 m			07:05 BST	18:41 BST
Thu 02	02:10 BST / 4.81 m	07:10 BST / 0.99 m	14:27 BST / 4.81 m	19:29 BST / 1.06 m			07:06 BST	18:39 BST
Fri 03	02:44 BST / 4.65 m	07:45 BST / 1.16 m	14:59 BST / 4.61 m	20:04 BST / 1.21 m			07:08 BST	18:37 BST
Sat 04	03:18 BST / 4.45 m	08:20 BST / 1.38 m	15:32 BST / 4.38 m	20:40 BST / 1.42 m			07:10 BST	18:35 BST
Sun 05	03:53 BST / 4.23 m	08:56 BST / 1.66 m	16:07 BST / 4.14 m	21:18 BST / 1.68 m			07:11 BST	18:32 BST
Mon 06	04:32 BST / 4.01 m	09:37 BST / 1.95 m	16:47 BST / 3.91 m	22:03 BST / 1.94 m			07:13 BST	18:30 BST
Tue 07	05:19 BST / 3.82 m	10:30 BST / 2.23 m	17:36 BST / 3.72 m	23:09 BST / 2.17 m		First Quarter	07:14 BST	18:28 BST
Wed 08	06:17 BST / 3.69 m	12:07 BST / 2.41 m	18:40 BST / 3.61 m				07:16 BST	18:26 BST
Thu 09		01:03 BST / 2.23 m	07:30 BST / 3.68 m	13:58 BST / 2.32 m	19:59 BST / 3.63 m		07:18 BST	18:24 BST
Fri 10		02:21 BST / 2.07 m	08:50 BST / 3.83 m	14:56 BST / 2.09 m	21:16 BST / 3.82 m		07:19 BST	18:22 BST
Sat 11		03:10 BST / 1.82 m	09:54 BST / 4.09 m	15:36 BST / 1.81 m	22:15 BST / 4.10 m		07:21 BST	18:19 BST
Sun 12		03:49 BST / 1.54 m	10:43 BST / 4.40 m	16:12 BST / 1.50 m	23:03 BST / 4.41 m		07:22 BST	18:17 BST
Mon 13		04:25 BST / 1.26 m	11:27 BST / 4.70 m	16:47 BST / 1.20 m	23:46 BST / 4.69 m		07:24 BST	18:15 BST
Tue 14		05:01 BST / 1.00 m	12:08 BST / 4.94 m	17:22 BST / 0.94 m		Full Moon	07:26 BST	18:13 BST
Wed 15	00:28 BST / 4.91 m	05:37 BST / 0.79 m	12:49 BST / 5.11 m	17:59 BST / 0.74 m			07:27 BST	18:11 BST
Thu 16	01:11 BST / 5.04 m	06:15 BST / 0.68 m	13:31 BST / 5.17 m	18:37 BST / 0.65 m			07:29 BST	18:09 BST
Fri 17	01:54 BST / 5.08 m	06:55 BST / 0.69 m	14:14 BST / 5.12 m	19:17 BST / 0.67 m			07:31 BST	18:07 BST
Sat 18	02:39 BST / 5.01 m	07:36 BST / 0.82 m	15:00 BST / 4.97 m	19:59 BST / 0.81 m			07:33 BST	18:05 BST
Sun 19	03:27 BST / 4.86 m	08:21 BST / 1.06 m	15:48 BST / 4.74 m	20:46 BST / 1.06 m			07:34 BST	18:03 BST
Mon 20	04:18 BST / 4.64 m	09:10 BST / 1.40 m	16:40 BST / 4.47 m	21:38 BST / 1.38 m			07:36 BST	18:01 BST
Tue 21	05:15 BST / 4.42 m	10:10 BST / 1.76 m	17:40 BST / 4.21 m	22:45 BST / 1.70 m		Last Quarter	07:37 BST	17:59 BST
Wed 22	06:20 BST / 4.24 m	11:33 BST / 2.04 m	18:49 BST / 4.04 m				07:39 BST	17:57 BST
Thu 23		00:18 BST / 1.87 m	07:35 BST / 4.18 m	13:22 BST / 2.06 m	20:08 BST / 4.02 m		07:41 BST	17:55 BST
Fri 24		01:52 BST / 1.81 m	08:52 BST / 4.28 m	14:38 BST / 1.89 m	21:23 BST / 4.16 m		07:43 BST	17:53 BST
Sat 25		02:54 BST / 1.64 m	09:58 BST / 4.47 m	15:28 BST / 1.67 m	22:23 BST / 4.37 m		07:44 BST	17:51 BST
Sun 26		02:41 GMT / 1.45 m	09:51 GMT / 4.66 m	15:08 GMT / 1.46 m	22:13 GMT / 4.56 m		06:46 GMT	16:49 GMT
Mon 27		03:21 GMT / 1.29 m	10:36 GMT / 4.80 m	15:45 GMT / 1.28 m	22:56 GMT / 4.69 m		06:48 GMT	16:47 GMT
Tue 28		03:58 GMT / 1.17 m	11:15 GMT / 4.86 m	16:20 GMT / 1.14 m	23:35 GMT / 4.74 m	New Moon	06:49 GMT	16:45 GMT
Wed 29		04:34 GMT / 1.11 m	11:52 GMT / 4.85 m	16:55 GMT / 1.06 m			06:51 GMT	16:44 GMT
Thu 30	00:12 GMT / 4.73 m	05:09 GMT / 1.11 m	12:27 GMT / 4.78 m	17:29 GMT / 1.04 m			06:53 GMT	16:42 GMT
Fri 31	00:47 GMT / 4.67 m	05:44 GMT / 1.17 m	13:00 GMT / 4.66 m	18:03 GMT / 1.09 m			06:54 GMT	16:40 GMT

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November 2008

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Sat 01	01:21 GMT / 4.56 m	06:19 GMT / 1.30 m	13:32 GMT / 4.51 m	18:38 GMT / 1.21 m			06:56 GMT	16:38 GMT
Sun 02	01:55 GMT / 4.43 m	06:54 GMT / 1.47 m	14:06 GMT / 4.34 m	19:13 GMT / 1.38 m			06:58 GMT	16:36 GMT
Mon 03	02:32 GMT / 4.28 m	07:29 GMT / 1.68 m	14:43 GMT / 4.16 m	19:49 GMT / 1.58 m			06:59 GMT	16:35 GMT
Tue 04	03:12 GMT / 4.12 m	08:09 GMT / 1.91 m	15:24 GMT / 3.99 m	20:31 GMT / 1.79 m			07:01 GMT	16:33 GMT
Wed 05	03:57 GMT / 3.99 m	08:57 GMT / 2.13 m	16:12 GMT / 3.85 m	21:24 GMT / 1.99 m			07:03 GMT	16:31 GMT
Thu 06	04:48 GMT / 3.90 m	10:06 GMT / 2.29 m	17:06 GMT / 3.75 m	22:44 GMT / 2.11 m		First Quarter	07:05 GMT	16:30 GMT
Fri 07	05:47 GMT / 3.88 m	11:51 GMT / 2.28 m	18:10 GMT / 3.75 m				07:06 GMT	16:28 GMT
Sat 08		00:17 GMT / 2.04 m	06:52 GMT / 3.96 m	13:04 GMT / 2.08 m	19:19 GMT / 3.85 m		07:08 GMT	16:27 GMT
Sun 09		01:19 GMT / 1.84 m	07:58 GMT / 4.13 m	13:53 GMT / 1.80 m	20:26 GMT / 4.06 m		07:10 GMT	16:25 GMT
Mon 10		02:06 GMT / 1.58 m	08:57 GMT / 4.38 m	14:34 GMT / 1.49 m	21:24 GMT / 4.33 m		07:12 GMT	16:24 GMT
Tue 11		02:48 GMT / 1.30 m	09:49 GMT / 4.64 m	15:14 GMT / 1.19 m	22:15 GMT / 4.60 m		07:13 GMT	16:22 GMT
Wed 12		03:30 GMT / 1.05 m	10:38 GMT / 4.87 m	15:54 GMT / 0.91 m	23:04 GMT / 4.83 m		07:15 GMT	16:21 GMT
Thu 13		04:11 GMT / 0.86 m	11:25 GMT / 5.04 m	16:35 GMT / 0.72 m	23:51 GMT / 5.00 m	Full Moon	07:17 GMT	16:19 GMT
Fri 14		04:53 GMT / 0.76 m	12:11 GMT / 5.12 m	17:17 GMT / 0.62 m			07:18 GMT	16:18 GMT
Sat 15	00:38 GMT / 5.08 m	05:36 GMT / 0.77 m	12:58 GMT / 5.10 m	18:00 GMT / 0.64 m			07:20 GMT	16:16 GMT
Sun 16	01:26 GMT / 5.07 m	06:21 GMT / 0.90 m	13:46 GMT / 4.98 m	18:45 GMT / 0.77 m			07:22 GMT	16:15 GMT
Mon 17	02:16 GMT / 4.97 m	07:08 GMT / 1.12 m	14:36 GMT / 4.80 m	19:33 GMT / 1.00 m			07:23 GMT	16:14 GMT
Tue 18	03:07 GMT / 4.80 m	08:00 GMT / 1.41 m	15:28 GMT / 4.57 m	20:27 GMT / 1.29 m			07:25 GMT	16:13 GMT
Wed 19	04:02 GMT / 4.61 m	09:01 GMT / 1.72 m	16:24 GMT / 4.33 m	21:32 GMT / 1.57 m		Last Quarter	07:27 GMT	16:12 GMT
Thu 20	05:01 GMT / 4.42 m	10:20 GMT / 1.95 m	17:26 GMT / 4.14 m	22:55 GMT / 1.76 m			07:28 GMT	16:11 GMT
Fri 21	06:07 GMT / 4.30 m	11:56 GMT / 1.99 m	18:35 GMT / 4.04 m				07:30 GMT	16:10 GMT
Sat 22		00:20 GMT / 1.78 m	07:17 GMT / 4.27 m	13:08 GMT / 1.89 m	19:48 GMT / 4.05 m		07:31 GMT	16:09 GMT
Sun 23		01:23 GMT / 1.70 m	08:24 GMT / 4.33 m	14:00 GMT / 1.74 m	20:53 GMT / 4.16 m		07:33 GMT	16:08 GMT
Mon 24		02:12 GMT / 1.60 m	09:21 GMT / 4.42 m	14:42 GMT / 1.58 m	21:48 GMT / 4.29 m		07:34 GMT	16:07 GMT
Tue 25		02:55 GMT / 1.51 m	10:09 GMT / 4.51 m	15:20 GMT / 1.43 m	22:34 GMT / 4.40 m		07:36 GMT	16:06 GMT
Wed 26		03:33 GMT / 1.42 m	10:51 GMT / 4.56 m	15:57 GMT / 1.30 m	23:15 GMT / 4.48 m		07:37 GMT	16:05 GMT
Thu 27		04:11 GMT / 1.37 m	11:29 GMT / 4.58 m	16:32 GMT / 1.21 m	23:53 GMT / 4.52 m	New Moon	07:39 GMT	16:04 GMT
Fri 28		04:47 GMT / 1.35 m	12:05 GMT / 4.57 m	17:08 GMT / 1.16 m			07:40 GMT	16:03 GMT
Sat 29	00:28 GMT / 4.52 m	05:23 GMT / 1.36 m	12:39 GMT / 4.52 m	17:43 GMT / 1.16 m			07:42 GMT	16:03 GMT
Sun 30	01:03 GMT / 4.50 m	05:58 GMT / 1.42 m	13:13 GMT / 4.46 m	18:18 GMT / 1.21 m			07:43 GMT	16:02 GMT

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December 2008

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Mon 01	01:39 GMT / 4.45 m	06:34 GMT / 1.51 m	13:48 GMT / 4.37 m	18:53 GMT / 1.30 m			07:45 GMT	16:01 GMT
Tue 02	02:15 GMT / 4.38 m	07:11 GMT / 1.63 m	14:25 GMT / 4.26 m	19:29 GMT / 1.42 m			07:46 GMT	16:01 GMT
Wed 03	02:53 GMT / 4.30 m	07:49 GMT / 1.76 m	15:05 GMT / 4.15 m	20:08 GMT / 1.56 m			07:47 GMT	16:00 GMT
Thu 04	03:35 GMT / 4.22 m	08:32 GMT / 1.89 m	15:47 GMT / 4.04 m	20:54 GMT / 1.69 m			07:48 GMT	16:00 GMT
Fri 05	04:19 GMT / 4.15 m	09:25 GMT / 2.01 m	16:35 GMT / 3.96 m	21:50 GMT / 1.81 m		First Quarter	07:50 GMT	16:00 GMT
Sat 06	05:08 GMT / 4.10 m	10:34 GMT / 2.05 m	17:27 GMT / 3.91 m	23:01 GMT / 1.85 m			07:51 GMT	15:59 GMT
Sun 07	06:03 GMT / 4.10 m	11:53 GMT / 1.98 m	18:28 GMT / 3.91 m				07:52 GMT	15:59 GMT
Mon 08		00:16 GMT / 1.78 m	07:04 GMT / 4.16 m	13:00 GMT / 1.79 m	19:36 GMT / 4.00 m		07:53 GMT	15:59 GMT
Tue 09		01:18 GMT / 1.62 m	08:11 GMT / 4.29 m	13:54 GMT / 1.53 m	20:46 GMT / 4.18 m		07:54 GMT	15:58 GMT
Wed 10		02:12 GMT / 1.41 m	09:15 GMT / 4.48 m	14:43 GMT / 1.25 m	21:48 GMT / 4.42 m		07:55 GMT	15:58 GMT
Thu 11		03:01 GMT / 1.20 m	10:13 GMT / 4.69 m	15:30 GMT / 0.99 m	22:45 GMT / 4.68 m		07:56 GMT	15:58 GMT
Fri 12		03:49 GMT / 1.02 m	11:06 GMT / 4.88 m	16:15 GMT / 0.79 m	23:37 GMT / 4.91 m	Full Moon	07:57 GMT	15:58 GMT
Sat 13		04:36 GMT / 0.91 m	11:57 GMT / 5.01 m	17:01 GMT / 0.66 m			07:58 GMT	15:58 GMT
Sun 14	00:27 GMT / 5.07 m	05:23 GMT / 0.88 m	12:46 GMT / 5.07 m	17:47 GMT / 0.63 m			07:59 GMT	15:58 GMT
Mon 15	01:15 GMT / 5.13 m	06:10 GMT / 0.94 m	13:34 GMT / 5.03 m	18:34 GMT / 0.71 m			08:00 GMT	15:59 GMT
Tue 16	02:04 GMT / 5.10 m	06:59 GMT / 1.09 m	14:22 GMT / 4.91 m	19:22 GMT / 0.87 m			08:01 GMT	15:59 GMT
Wed 17	02:52 GMT / 4.98 m	07:50 GMT / 1.30 m	15:11 GMT / 4.71 m	20:14 GMT / 1.10 m			08:01 GMT	15:59 GMT
Thu 18	03:42 GMT / 4.79 m	08:45 GMT / 1.54 m	16:01 GMT / 4.48 m	21:11 GMT / 1.36 m			08:02 GMT	15:59 GMT
Fri 19	04:34 GMT / 4.57 m	09:50 GMT / 1.76 m	16:54 GMT / 4.23 m	22:17 GMT / 1.60 m		Last Quarter	08:03 GMT	16:00 GMT
Sat 20	05:29 GMT / 4.35 m	11:07 GMT / 1.89 m	17:53 GMT / 4.02 m	23:32 GMT / 1.75 m			08:03 GMT	16:00 GMT
Sun 21	06:31 GMT / 4.17 m	12:22 GMT / 1.91 m	19:01 GMT / 3.88 m				08:04 GMT	16:01 GMT
Mon 22		00:40 GMT / 1.81 m	07:39 GMT / 4.07 m	13:22 GMT / 1.85 m	20:15 GMT / 3.87 m		08:04 GMT	16:01 GMT
Tue 23		01:37 GMT / 1.81 m	08:45 GMT / 4.08 m	14:11 GMT / 1.74 m	21:20 GMT / 3.95 m		08:05 GMT	16:02 GMT
Wed 24		02:26 GMT / 1.76 m	09:42 GMT / 4.14 m	14:55 GMT / 1.62 m	22:13 GMT / 4.08 m		08:05 GMT	16:02 GMT
Thu 25		03:10 GMT / 1.69 m	10:29 GMT / 4.23 m	15:36 GMT / 1.48 m	22:57 GMT / 4.21 m		08:05 GMT	16:03 GMT
Fri 26		03:51 GMT / 1.61 m	11:10 GMT / 4.32 m	16:15 GMT / 1.36 m	23:36 GMT / 4.34 m		08:06 GMT	16:04 GMT
Sat 27		04:30 GMT / 1.54 m	11:47 GMT / 4.39 m	16:52 GMT / 1.26 m		New Moon	08:06 GMT	16:05 GMT
Sun 28	00:12 GMT / 4.43 m	05:08 GMT / 1.48 m	12:22 GMT / 4.44 m	17:27 GMT / 1.19 m			08:06 GMT	16:05 GMT
Mon 29	00:47 GMT / 4.51 m	05:44 GMT / 1.45 m	12:56 GMT / 4.47 m	18:02 GMT / 1.16 m			08:06 GMT	16:06 GMT
Tue 30	01:21 GMT / 4.54 m	06:19 GMT / 1.44 m	13:31 GMT / 4.47 m	18:36 GMT / 1.16 m			08:06 GMT	16:07 GMT
Wed 31	01:56 GMT / 4.55 m	06:54 GMT / 1.46 m	14:07 GMT / 4.43 m	19:11 GMT / 1.20 m			08:06 GMT	16:08 GMT

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Portsmouth, England

50.8000° N, 1.1167° W

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