

JANUARY

		AM				PM			
		H W	M	L W	M	H W	M	L W	M
1	SU	07:03	4.3	00:44	1.3	19:52	4.2	13:40	0.8
2	M	08:14	4.2	02:00	1.3	21:00	4.2	14:54	0.9
3	TU	09:21	4.3	03:19	1.2	22:00	4.3	16:02	1.0
4	W	10:18	4.4	04:31	1.1	22:50	4.5	16:59	1.0
5	TH	11:07	4.5	05:28	0.9	23:35	4.6	17:42	1.0
6	F○	11:49	4.6	06:14	0.8			18:19	1.0
7	SA	00:14	4.7	06:52	0.7	12:29	4.7	18:51	1.0
8	SU	00:50	4.7	07:24	0.6	13:06	4.7	19:19	1.0
9	M	01:24	4.8	07:50	0.6	13:41	4.7	19:44	1.0
10	TU	01:56	4.8	08:16	0.6	14:14	4.7	20:08	1.0
11	W	02:27	4.7	08:41	0.6	14:47	4.6	20:35	1.0
12	TH	02:59	4.6	09:09	0.6	15:19	4.5	21:04	1.1
13	F	03:30	4.5	09:39	0.7	15:52	4.3	21:35	1.2
14	SA	04:05	4.4	10:13	0.8	16:31	4.2	22:14	1.3
15	SU☾	04:45	4.3	10:56	0.9	17:18	4.1	23:07	1.4
16	M	05:37	4.2	11:57	0.9	18:19	4.0		
17	TU	06:42	4.1	00:25	1.4	19:35	4.0	13:17	1.0
18	W	08:00	4.2	02:04	1.3	20:52	4.2	14:43	0.9
19	TH	09:18	4.4	03:30	1.1	22:05	4.4	16:00	0.9
20	F	10:30	4.7	04:44	0.9	23:09	4.6	17:07	0.8
21	SA●	11:32	5.0	05:48	0.7			18:04	0.8
22	SU	00:05	4.9	06:43	0.5	12:26	5.3	18:52	0.8
23	M	00:56	5.1	07:29	0.3	13:16	5.5	19:34	0.8
24	TU	01:42	5.2	08:11	0.2	14:03	5.5	20:11	0.8
25	W	02:26	5.3	08:49	0.2	14:48	5.4	20:47	0.9
26	TH	03:08	5.3	09:25	0.2	15:32	5.1	21:23	1.0
27	F	03:48	5.1	10:02	0.3	16:17	4.8	22:01	1.0
28	SA☾	04:29	4.9	10:44	0.5	17:04	4.4	22:46	1.2
29	SU	05:15	4.6	11:31	0.7	17:57	4.1	23:46	1.3
30	M	06:09	4.2			18:59	3.8	12:31	1.0
31	TU	07:19	3.9	01:00	1.3	20:14	3.8	13:46	1.2

Adjusted for BST – 26 March to 29 October

FEBRUARY

		AM				PM			
		H W	M	L W	M	H W	M	L W	M
1	W	08:40	3.9	02:33	1.3	21:29	3.9	15:15	1.3
2	TH	09:54	4.0	04:10	1.2	22:30	4.1	16:35	1.2
3	F	10:52	4.2	05:18	1.0	23:20	4.3	17:27	1.2
4	SA	11:38	4.4	06:04	0.8			18:07	1.1
5	SU○	00:02	4.5	06:40	0.7	12:17	4.6	18:38	1.0
6	M	00:37	4.7	07:09	0.6	12:53	4.7	19:05	1.0
7	TU	01:11	4.8	07:34	0.5	13:25	4.8	19:30	0.9
8	W	01:41	4.9	07:59	0.5	13:56	4.8	19:54	0.9
9	TH	02:12	4.9	08:23	0.5	14:27	4.8	20:20	0.9
10	F	02:41	4.9	08:47	0.5	14:57	4.7	20:46	0.9
11	SA	03:09	4.8	09:11	0.6	15:28	4.5	21:14	1.0
12	SU	03:40	4.7	09:39	0.6	16:02	4.4	21:47	1.1
13	M☾	04:14	4.6	10:12	0.8	16:42	4.2	22:29	1.1
14	TU	04:59	4.4	11:03	0.9	17:36	4.0	23:38	1.3
15	W	05:59	4.2			18:49	3.8	12:25	1.1
16	TH	07:23	4.0	01:18	1.3	20:23	3.8	14:11	1.1
17	F	09:01	4.1	03:05	1.1	21:54	4.1	15:44	1.0
18	SA	10:24	4.5	04:32	0.8	23:02	4.5	16:57	0.9
19	SU	11:26	5.0	05:43	0.6	23:57	4.9	17:55	0.9
20	M●			06:36	0.3	12:19	5.3	18:42	0.8
21	TU	00:44	5.2	07:19	0.2	13:05	5.5	19:21	0.7
22	W	01:28	5.4	07:57	0.1	13:48	5.5	19:57	0.7
23	TH	02:08	5.5	08:30	0.1	14:29	5.4	20:30	0.7
24	F	02:45	5.5	09:02	0.2	15:09	5.1	21:02	0.8
25	SA	03:20	5.3	09:30	0.4	15:47	4.8	21:34	0.9
26	SU	03:56	5.0	10:00	0.6	16:26	4.4	22:09	1.0
27	M☾	04:35	4.6	10:37	0.9	17:08	4.0	22:56	1.1
28	TU	05:23	4.2	11:28	1.1	18:03	3.6		

Adjusted for BST – 26 March to 29 October

MARCH

AM

PM

		H W	M	L W	M	H W	M	L W	M
1	W	06:28	3.7	00:03	1.3	19:17	3.4	12:45	1.4
2	TH	08:01	3.6	01:39	1.3	20:53	3.5	14:29	1.5
3	F	09:32	3.8	03:44	1.2	22:06	3.8	16:08	1.4
4	SA	10:33	4.1	04:59	1.0	22:59	4.2	17:06	1.2
5	SU	11:20	4.4	05:43	0.8	23:40	4.5	17:46	1.1
6	M	11:59	4.6	06:18	0.6			18:19	1.0
7	TU○	00:15	4.7	06:46	0.5	12:32	4.7	18:46	0.9
8	W	00:47	4.9	07:11	0.5	13:03	4.8	19:11	0.8
9	TH	01:18	5.0	07:35	0.4	13:34	4.9	19:36	0.8
10	F	01:49	5.1	07:59	0.4	14:03	4.9	20:03	0.8
11	SA	02:18	5.0	08:22	0.4	14:33	4.8	20:28	0.8
12	SU	02:47	5.0	08:45	0.5	15:04	4.7	20:57	0.8
13	M	03:17	4.9	09:11	0.6	15:37	4.5	21:27	0.9
14	TU	03:52	4.7	09:42	0.8	16:15	4.2	22:08	1.0
15	W☾	04:37	4.5	10:32	1.0	17:06	3.9	23:14	1.1
16	TH	05:37	4.1			18:21	3.6	12:01	1.2
17	F	07:07	3.9	00:58	1.2	20:10	3.5	13:59	1.3
18	SA	08:59	4.1	02:52	1.0	21:45	4.0	15:33	1.1
19	SU	10:18	4.6	04:24	0.7	22:50	4.5	16:45	1.0
20	M	11:16	5.0	05:32	0.4	23:41	4.9	17:40	0.8
21	TU●			06:21	0.2	12:04	5.3	18:24	0.7
22	W	00:26	5.3	07:02	0.1	12:47	5.4	19:03	0.7
23	TH	01:06	5.5	07:36	0.1	13:27	5.4	19:38	0.6
24	F	01:42	5.6	08:06	0.2	14:05	5.3	20:11	0.6
25	SA	02:19	5.5	08:33	0.3	14:41	5.0	20:41	0.7
26	SU	03:52	5.3	09:57	0.5	16:14	4.7	22:10	0.7
27	M	04:26	5.0	10:22	0.7	16:48	4.3	22:41	0.9
28	TU	05:02	4.5	10:53	1.0	17:25	4.0	23:19	1.0
29	W☾	05:48	4.1	11:39	1.3	18:13	3.6		
30	TH	06:51	3.6	00:18	1.2	19:26	3.3	12:57	1.5
31	F	08:22	3.4	01:49	1.3	21:00	3.3	14:46	1.6

Adjusted for BST – 26 March to 29 October

APRIL

		AM				PM			
		H W	M	L W	M	H W	M	L W	M
1	SA	09:55	3.6	03:49	1.2	22:25	3.7	16:25	1.4
2	SU	11:01	4.0	05:15	1.0	23:22	4.1	17:29	1.2
3	M	11:48	4.3	06:05	0.8			18:14	1.1
4	TU	00:05	4.4	06:43	0.6	12:27	4.5	18:49	1.0
5	W	00:42	4.6	07:13	0.5	13:01	4.7	19:19	0.9
6	TH○	01:16	4.8	07:41	0.5	13:32	4.8	19:48	0.8
7	F	01:48	5.0	08:08	0.4	14:05	4.9	20:17	0.7
8	SA	02:21	5.1	08:34	0.4	14:37	4.9	20:45	0.7
9	SU	02:54	5.1	08:57	0.5	15:10	4.8	21:13	0.7
10	M	03:25	5.1	09:22	0.5	15:44	4.7	21:42	0.7
11	TU	04:00	5.0	09:50	0.7	16:20	4.4	22:16	0.8
12	W	04:39	4.7	10:26	0.9	17:00	4.1	23:01	0.9
13	TH☾	05:27	4.4	11:22	1.2	17:54	3.8		
14	F	06:34	4.1	00:12	1.0	19:15	3.5	13:00	1.3
15	SA	08:12	4.0	01:59	1.0	21:01	3.6	14:48	1.3
16	SU	09:50	4.3	03:42	0.8	22:25	4.1	16:14	1.1
17	M	11:01	4.7	05:08	0.5	23:27	4.6	17:22	1.0
18	TU	11:56	5.0	06:12	0.4			18:16	0.9
19	W	00:17	5.0	06:58	0.3	12:42	5.2	19:01	0.8
20	TH●	01:00	5.3	07:37	0.2	13:23	5.2	19:41	0.7
21	F	01:38	5.4	08:11	0.3	14:02	5.2	20:18	0.6
22	SA	02:15	5.5	08:40	0.4	14:38	5.1	20:51	0.6
23	SU	02:51	5.4	09:06	0.5	15:13	4.9	21:23	0.6
24	M	03:25	5.2	09:29	0.7	15:46	4.6	21:51	0.7
25	TU	04:00	4.8	09:53	0.9	16:17	4.3	22:20	0.8
26	W	04:37	4.4	10:21	1.1	16:51	4.0	22:54	0.9
27	TH☾	05:20	4.0	11:01	1.3	17:37	3.7	23:44	1.1
28	F	06:19	3.6			18:43	3.4	12:07	1.5
29	SA	07:39	3.5	01:01	1.2	20:04	3.4	13:52	1.6
30	SU	09:00	3.6	02:42	1.1	21:20	3.6	15:29	1.5

Adjusted for BST – 26 March to 29 October

MAY

		AM				PM			
		H W	M	L W	M	H W	M	L W	M
1	M	10:09	3.9	04:08	1.0	22:25	3.9	16:38	1.3
2	TU	11:01	4.2	05:09	0.8	23:17	4.3	17:30	1.1
3	W	11:44	4.5	05:55	0.7	23:59	4.6	18:12	1.0
4	TH			06:34	0.6	12:22	4.6	18:49	0.9
5	F○	00:37	4.8	07:08	0.5	12:59	4.8	19:23	0.8
6	SA	01:15	5.0	07:39	0.5	13:36	4.9	19:57	0.7
7	SU	01:53	5.1	08:08	0.5	14:14	4.9	20:30	0.7
8	M	02:31	5.2	08:36	0.6	14:53	4.9	21:02	0.6
9	TU	03:10	5.2	09:07	0.7	15:31	4.7	21:37	0.7
10	W	03:50	5.0	09:41	0.8	16:11	4.4	22:15	0.7
11	TH	04:35	4.8	10:25	1.0	16:57	4.2	23:08	0.8
12	F☾	05:28	4.5	11:27	1.2	17:56	3.9		
13	SA	06:39	4.2	00:23	0.8	19:15	3.8	12:56	1.3
14	SU	08:05	4.2	01:53	0.7	20:38	4.0	14:25	1.3
15	M	09:25	4.5	03:21	0.6	21:52	4.3	15:43	1.2
16	TU	10:34	4.7	04:39	0.5	22:55	4.7	16:51	1.0
17	W	11:29	4.9	05:42	0.4	23:47	4.9	17:49	0.9
18	TH			06:31	0.5	12:15	4.9	18:37	0.8
19	F●	00:32	5.1	07:10	0.5	12:57	5.0	19:21	0.7
20	SA	01:12	5.2	07:44	0.6	13:37	5.0	20:01	0.6
21	SU	01:50	5.2	08:15	0.6	14:13	4.9	20:36	0.6
22	M	02:28	5.1	08:42	0.8	14:49	4.8	21:08	0.6
23	TU	03:05	5.0	09:08	0.9	15:22	4.6	21:37	0.7
24	W	03:40	4.7	09:33	1.0	15:55	4.4	22:05	0.8
25	TH	04:17	4.4	10:01	1.1	16:29	4.2	22:37	0.8
26	F	04:58	4.1	10:36	1.3	17:11	4.0	23:19	0.9
27	SA☾	05:49	3.8	11:24	1.4	18:06	3.7		
28	SU	06:53	3.7	00:19	1.0	19:12	3.7	12:38	1.6
29	M	08:01	3.7	01:36	1.0	20:16	3.7	14:18	1.5
30	TU	09:03	3.9	02:57	1.0	21:20	3.9	15:36	1.4
31	W	10:01	4.1	04:05	0.9	22:18	4.2	16:37	1.2

Adjusted for BST – 26 March to 29 October

JUNE

		AM				PM			
		H W	M	L W	M	H W	M	L W	M
1	TH	10:53	4.3	05:01	0.8	23:11	4.5	17:29	1.1
2	F	11:41	4.6	05:50	0.7	23:59	4.7	18:16	0.9
3	SA			06:34	0.7	12:27	4.7	19:00	0.8
4	SU○	00:45	4.9	07:14	0.7	13:13	4.8	19:41	0.7
5	M	01:30	5.1	07:50	0.7	13:58	4.9	20:21	0.6
6	TU	02:15	5.2	08:26	0.7	14:42	4.9	20:59	0.6
7	W	03:00	5.3	09:03	0.8	15:25	4.8	21:40	0.5
8	TH	03:47	5.2	09:42	0.9	16:11	4.7	22:24	0.5
9	F	04:34	5.0	10:29	1.1	17:00	4.5	23:16	0.5
10	SA☾	05:28	4.7	11:24	1.2	17:55	4.4		
11	SU	06:32	4.5	00:19	0.5	18:57	4.4	12:31	1.2
12	M	07:40	4.5	01:31	0.5	20:04	4.4	13:48	1.2
13	TU	08:51	4.5	02:46	0.6	21:14	4.5	15:03	1.2
14	W	09:59	4.5	03:59	0.6	22:18	4.6	16:14	1.1
15	TH	10:59	4.6	05:06	0.7	23:17	4.7	17:20	1.0
16	F	11:50	4.7	06:01	0.7			18:18	0.9
17	SA	00:05	4.8	06:45	0.8	12:36	4.7	19:07	0.8
18	SU●	00:50	4.9	07:23	0.9	13:17	4.8	19:49	0.7
19	M	01:32	4.9	07:56	0.9	13:56	4.8	20:26	0.6
20	TU	02:11	4.9	08:26	1.0	14:32	4.7	20:59	0.6
21	W	02:48	4.8	08:54	1.0	15:06	4.7	21:26	0.7
22	TH	03:24	4.7	09:19	1.1	15:39	4.6	21:53	0.7
23	F	04:00	4.5	09:46	1.1	16:13	4.5	22:22	0.7
24	SA	04:38	4.3	10:16	1.2	16:50	4.3	22:56	0.8
25	SU	05:16	4.1	10:54	1.3	17:31	4.2	23:38	0.9
26	M☾	06:01	3.9	11:38	1.4	18:19	4.0		
27	TU	06:54	3.9	00:31	0.9	19:15	4.0	12:41	1.5
28	W	07:56	3.9	01:40	1.0	20:16	4.0	14:07	1.5
29	TH	09:01	4.0	02:55	1.0	21:21	4.2	15:33	1.4
30	F	10:04	4.2	04:05	0.9	22:25	4.4	16:44	1.2

Adjusted for BST – 26 March to 29 October

JULY

		AM				PM			
		H W	M	L W	M	H W	M	L W	M
1	SA	11:05	4.4	05:08	0.9	23:27	4.6	17:45	1.0
2	SU			06:05	0.8	12:02	4.6	18:41	0.9
3	M○	00:23	4.9	06:56	0.8	12:56	4.8	19:32	0.7
4	TU	01:16	5.2	07:41	0.8	13:47	4.9	20:18	0.5
5	W	02:06	5.4	08:24	0.8	14:35	5.0	21:00	0.4
6	TH	02:54	5.5	09:03	0.8	15:21	5.1	21:41	0.3
7	F	03:41	5.4	09:42	0.9	16:05	5.1	22:22	0.3
8	SA	04:28	5.2	10:21	1.0	16:50	5.0	23:07	0.3
9	SU	05:17	5.0	11:06	1.1	17:37	4.9	23:56	0.4
10	M☾	06:10	4.7	11:58	1.2	18:27	4.8		
11	TU	07:07	4.5	00:53	0.5	19:24	4.6	13:02	1.2
12	W	08:11	4.3	01:57	0.7	20:30	4.4	14:14	1.2
13	TH	09:20	4.2	03:09	0.9	21:43	4.4	15:34	1.2
14	F	10:28	4.3	04:25	1.0	22:50	4.4	16:55	1.1
15	SA	11:29	4.4	05:34	1.1	23:47	4.5	18:07	1.0
16	SU			06:28	1.1	12:20	4.5	19:01	0.8
17	M●	00:37	4.7	07:10	1.1	13:05	4.6	19:44	0.7
18	TU	01:20	4.7	07:45	1.1	13:44	4.7	20:18	0.6
19	W	01:59	4.8	08:15	1.0	14:19	4.8	20:47	0.6
20	TH	02:35	4.8	08:41	1.0	14:53	4.8	21:13	0.6
21	F	03:10	4.8	09:06	1.0	15:24	4.8	21:37	0.6
22	SA	03:42	4.7	09:30	1.0	15:55	4.8	22:02	0.6
23	SU	04:13	4.5	09:57	1.1	16:25	4.7	22:30	0.7
24	M	04:44	4.4	10:26	1.1	16:57	4.5	23:00	0.8
25	TU☾	05:17	4.2	11:01	1.2	17:33	4.4	23:35	0.9
26	W	05:58	4.1	11:44	1.3	18:16	4.3		
27	TH	06:52	4.0	00:25	1.0	19:15	4.1	12:50	1.4
28	F	08:04	3.9	01:40	1.1	20:29	4.1	14:27	1.4
29	SA	09:22	4.0	03:13	1.1	21:49	4.2	16:01	1.3
30	SU	10:39	4.2	04:37	1.1	23:05	4.5	17:21	1.0
31	M	11:47	4.5	05:46	1.0			18:27	0.8

Adjusted for BST – 26 March to 29 October

AUGUST

		AM				PM			
		H W	M	L W	M	H W	M	L W	M
1	TU○	00:11	4.9	06:45	0.9	12:46	4.8	19:24	0.6
2	W	01:06	5.2	07:35	0.9	13:37	5.0	20:11	0.4
3	TH	01:57	5.5	08:17	0.8	14:24	5.3	20:53	0.3
4	F	02:43	5.6	08:54	0.8	15:08	5.5	21:31	0.2
5	SA	03:27	5.6	09:30	0.8	15:48	5.5	22:07	0.2
6	SU	04:11	5.4	10:06	0.9	16:28	5.4	22:43	0.3
7	M	04:54	5.1	10:42	1.0	17:09	5.2	23:21	0.5
8	TU☾	05:40	4.7	11:24	1.1	17:52	5.0		
9	W	06:29	4.3	00:05	0.7	18:42	4.6	12:16	1.2
10	TH	07:27	4.0	01:00	1.0	19:46	4.3	13:24	1.3
11	F	08:39	3.9	02:11	1.2	21:08	4.1	14:51	1.3
12	SA	10:02	3.9	03:44	1.3	22:30	4.2	16:38	1.2
13	SU	11:12	4.2	05:16	1.3	23:35	4.4	18:01	1.0
14	M			06:16	1.3	12:06	4.4	18:53	0.8
15	TU	00:25	4.6	06:58	1.2	12:50	4.6	19:32	0.7
16	W●	01:07	4.7	07:30	1.1	13:28	4.8	20:02	0.6
17	TH	01:43	4.8	07:58	1.0	14:01	4.9	20:28	0.6
18	F	02:16	4.9	08:24	1.0	14:32	5.0	20:51	0.6
19	SA	02:48	4.9	08:48	1.0	15:02	5.0	21:15	0.6
20	SU	03:17	4.8	09:12	1.0	15:30	5.0	21:37	0.6
21	M	03:45	4.7	09:37	1.0	15:58	4.9	22:00	0.7
22	TU	04:12	4.6	10:03	1.0	16:26	4.8	22:24	0.8
23	W	04:43	4.4	10:32	1.1	16:58	4.7	22:52	0.9
24	TH☾	05:19	4.3	11:09	1.2	17:37	4.5	23:32	1.1
25	F	06:06	4.0			18:31	4.2	12:06	1.3
26	SA	07:14	3.8	00:45	1.3	19:48	4.0	13:40	1.4
27	SU	08:48	3.7	02:38	1.3	21:26	4.1	15:31	1.2
28	M	10:23	4.0	04:17	1.2	22:55	4.5	17:02	1.0
29	TU	11:36	4.4	05:32	1.1			18:16	0.7
30	W	00:01	5.0	06:33	1.0	12:33	4.9	19:13	0.5
31	TH○	00:54	5.4	07:20	0.9	13:21	5.2	19:57	0.3

Adjusted for BST – 26 March to 29 October

SEPTEMBER

		AM				PM			
		H W	M	L W	M	H W	M	L W	M
1	F	01:41	5.6	08:01	0.8	14:05	5.5	20:36	0.2
2	SA	02:25	5.7	08:38	0.8	14:45	5.7	21:12	0.1
3	SU	03:07	5.6	09:12	0.8	15:24	5.7	21:44	0.2
4	M	03:47	5.4	09:45	0.8	16:00	5.6	22:14	0.4
5	TU	04:25	5.0	10:18	0.9	16:37	5.3	22:44	0.7
6	W☾	05:04	4.6	10:54	1.0	17:16	4.9	23:18	0.9
7	TH	05:47	4.2	11:39	1.1	18:03	4.5		
8	F	06:40	3.8	00:07	1.2	19:08	4.0	12:41	1.2
9	SA	07:56	3.6	01:21	1.5	20:39	3.8	14:10	1.3
10	SU	09:32	3.6	03:06	1.6	22:12	4.0	16:17	1.2
11	M	10:48	4.0	04:52	1.5	23:17	4.4	17:41	1.0
12	TU	11:43	4.3	05:53	1.3			18:31	0.8
13	W	00:05	4.6	06:34	1.2	12:26	4.6	19:07	0.7
14	TH	00:44	4.8	07:07	1.1	13:02	4.8	19:36	0.6
15	F●	01:18	4.9	07:36	1.0	13:34	5.0	20:01	0.6
16	SA	01:50	5.0	08:02	0.9	14:04	5.1	20:24	0.6
17	SU	02:19	5.0	08:26	0.9	14:34	5.1	20:47	0.6
18	M	02:48	5.0	08:51	0.9	15:02	5.1	21:08	0.6
19	TU	03:16	4.9	09:17	0.9	15:30	5.0	21:30	0.7
20	W	03:44	4.7	09:43	1.0	15:59	4.9	21:53	0.8
21	TH	04:15	4.6	10:11	1.0	16:31	4.8	22:20	1.0
22	F☾	04:50	4.3	10:47	1.1	17:12	4.6	23:00	1.2
23	SA	05:34	4.0	11:43	1.2	18:07	4.2		
24	SU	06:39	3.7	00:15	1.4	19:27	4.0	13:17	1.3
25	M	08:27	3.6	02:21	1.5	21:20	4.2	15:13	1.1
26	TU	10:09	4.0	03:59	1.3	22:45	4.7	16:45	0.8
27	W	11:17	4.5	05:13	1.1	23:45	5.2	17:59	0.6
28	TH			06:10	1.0	12:12	5.0	18:52	0.3
29	F○	00:36	5.5	06:58	0.8	12:57	5.4	19:36	0.2
30	SA	01:20	5.6	07:39	0.8	13:39	5.6	20:13	0.2

Adjusted for BST – 26 March to 29 October

OCTOBER

		AM				PM			
		H W	M	L W	M	H W	M	L W	M
1	SU	02:02	5.6	08:17	0.7	14:18	5.8	20:46	0.3
2	M	02:40	5.5	08:52	0.7	14:55	5.7	21:16	0.4
3	TU	03:19	5.3	09:25	0.7	15:32	5.6	21:42	0.6
4	W	03:55	4.9	09:57	0.8	16:07	5.2	22:09	0.9
5	TH	04:29	4.5	10:30	0.9	16:45	4.8	22:39	1.2
6	F☾	05:06	4.1	11:09	1.0	17:30	4.3	23:22	1.4
7	SA	05:54	3.7			18:34	3.8	12:04	1.2
8	SU	07:08	3.4	00:34	1.7	20:07	3.7	13:27	1.3
9	M	08:45	3.5	02:21	1.7	21:38	3.9	15:27	1.2
10	TU	10:09	3.8	04:05	1.6	22:45	4.3	16:58	1.0
11	W	11:06	4.2	05:13	1.4	23:32	4.6	17:51	0.8
12	TH	11:49	4.5	05:59	1.2			18:28	0.7
13	F	00:12	4.8	06:36	1.1	12:26	4.8	19:00	0.7
14	SA●	00:45	4.9	07:08	1.0	12:59	4.9	19:28	0.6
15	SU	01:16	5.0	07:36	0.9	13:29	5.1	19:54	0.6
16	M	01:47	5.0	08:04	0.9	14:02	5.2	20:18	0.6
17	TU	02:17	5.0	08:31	0.8	14:33	5.2	20:40	0.7
18	W	02:49	5.0	08:59	0.8	15:05	5.1	21:03	0.8
19	TH	03:22	4.8	09:27	0.9	15:38	5.0	21:30	0.9
20	F	03:55	4.6	09:57	0.9	16:15	4.8	22:02	1.1
21	SA	04:30	4.3	10:37	1.0	17:00	4.5	22:47	1.3
22	SU☾	05:17	4.0	11:38	1.1	17:58	4.2		
23	M	06:28	3.7	00:09	1.5	19:24	4.1	13:14	1.1
24	TU	08:13	3.7	02:04	1.5	21:07	4.3	14:55	0.9
25	W	09:43	4.1	03:33	1.3	22:22	4.8	16:21	0.7
26	TH	10:49	4.6	04:44	1.1	23:21	5.2	17:32	0.5
27	F	11:43	5.0	05:42	1.0			18:25	0.4
28	SA○	00:11	5.4	06:33	0.9	12:29	5.4	19:10	0.3
29	SU	00:54	5.4	06:17	0.8	12:11	5.6	18:47	0.4
30	M	00:35	5.4	06:57	0.7	12:50	5.6	19:20	0.5
31	TU	01:14	5.3	07:34	0.6	13:29	5.6	19:49	0.6

Adjusted for BST – 26 March to 29 October

NOVEMBER

		AM				PM			
		H W	M	L W	M	H W	M	L W	M
1	W	01:52	5.1	08:08	0.7	14:06	5.3	20:16	0.9
2	TH	02:26	4.8	08:40	0.7	14:42	5.0	20:41	1.1
3	F	02:59	4.5	09:11	0.8	15:20	4.6	21:09	1.3
4	SA	03:32	4.2	09:47	1.0	16:04	4.2	21:47	1.5
5	SU ☾	04:14	3.8	10:33	1.1	17:03	3.8	22:46	1.7
6	M	05:21	3.5	11:43	1.2	18:23	3.6		
7	TU	06:42	3.5	00:22	1.8	19:42	3.7	13:18	1.2
8	W	08:01	3.6	02:03	1.7	20:50	4.0	14:44	1.1
9	TH	09:07	4.0	03:18	1.5	21:45	4.3	15:50	0.9
10	F	09:58	4.3	04:13	1.3	22:27	4.6	16:38	0.8
11	SA	10:40	4.6	04:57	1.1	23:04	4.7	17:17	0.7
12	SU	11:18	4.8	05:36	1.0	23:40	4.9	17:52	0.7
13	M ●	11:54	5.0	06:10	0.9			18:22	0.7
14	TU	00:15	5.0	06:43	0.8	12:31	5.1	18:50	0.7
15	W	00:52	5.0	07:15	0.8	13:09	5.1	19:18	0.8
16	TH	01:29	5.0	07:46	0.8	13:47	5.1	19:46	0.8
17	F	02:07	4.8	08:18	0.7	14:26	5.0	20:19	1.0
18	SA	02:45	4.6	08:55	0.8	15:09	4.9	20:57	1.1
19	SU	03:26	4.4	09:41	0.8	15:57	4.6	21:49	1.3
20	M ☾	04:17	4.1	10:44	0.9	16:57	4.4	23:03	1.5
21	TU	05:26	3.9			18:17	4.3	12:06	0.8
22	W	06:48	4.0	00:34	1.4	19:38	4.4	13:29	0.7
23	TH	08:06	4.3	01:57	1.3	20:51	4.7	14:48	0.6
24	F	09:14	4.6	03:08	1.2	21:52	4.9	15:58	0.5
25	SA	10:12	4.9	04:12	1.0	22:44	5.0	16:54	0.5
26	SU	11:01	5.1	05:07	0.9	23:31	5.1	17:42	0.6
27	M ○	11:46	5.3	05:57	0.8			18:21	0.6
28	TU	00:12	5.1	06:41	0.7	12:28	5.3	18:56	0.7
29	W	00:52	5.1	07:21	0.6	13:08	5.3	19:28	0.9
30	TH	01:30	5.0	07:56	0.6	13:47	5.1	19:56	1.0

Adjusted for BST – 26 March to 29 October

DECEMBER

		AM				PM			
		H W	M	L W	M	H W	M	L W	M
1	F	02:05	4.8	08:28	0.7	14:24	4.8	20:22	1.2
2	SA	02:38	4.5	08:57	0.8	15:02	4.5	20:49	1.3
3	SU	03:11	4.3	09:29	0.9	15:43	4.2	21:22	1.4
4	M	03:50	4.1	10:07	0.9	16:31	3.9	22:05	1.5
5	TU ☾	04:40	3.9	10:58	1.0	17:31	3.7	23:04	1.7
6	W	05:42	3.7			18:36	3.7	12:06	1.1
7	TH	06:48	3.7	00:36	1.7	19:38	3.8	13:25	1.1
8	F	07:52	3.8	02:07	1.6	20:38	4.0	14:36	1.0
9	SA	08:52	4.0	03:14	1.4	21:32	4.3	15:37	0.9
10	SU	09:48	4.3	04:10	1.2	22:20	4.5	16:29	0.9
11	M	10:36	4.5	05:00	1.1	23:05	4.7	17:15	0.8
12	TU ●	11:23	4.8	05:44	0.9	23:49	4.8	17:55	0.8
13	W			06:25	0.8	12:08	5.0	18:31	0.8
14	TH	00:34	4.9	07:04	0.7	12:53	5.1	19:05	0.8
15	F	01:18	5.0	07:41	0.6	13:37	5.2	19:41	0.9
16	SA	02:01	4.9	08:20	0.6	14:22	5.2	20:18	1.0
17	SU	02:44	4.8	09:00	0.5	15:06	5.1	20:59	1.1
18	M	03:28	4.7	09:45	0.5	15:55	4.8	21:47	1.2
19	TU ☾	04:16	4.5	10:39	0.6	16:51	4.6	22:44	1.3
20	W	05:12	4.4	11:43	0.6	17:54	4.4	23:53	1.3
21	TH	06:15	4.4			19:04	4.4	12:53	0.6
22	F	07:25	4.4	01:11	1.3	20:14	4.4	14:06	0.7
23	SA	08:36	4.4	02:27	1.2	21:22	4.5	15:18	0.7
24	SU	09:41	4.6	03:40	1.1	22:20	4.6	16:23	0.8
25	M	10:39	4.7	04:46	1.0	23:12	4.7	17:18	0.9
26	TU	11:27	4.9	05:45	0.8	23:56	4.8	18:04	0.9
27	W ○			06:33	0.7	12:14	4.9	18:42	1.0
28	TH	00:38	4.8	07:14	0.6	12:55	4.9	19:15	1.0
29	F	01:16	4.8	07:49	0.6	13:34	4.8	19:44	1.1
30	SA	01:52	4.7	08:18	0.6	14:11	4.7	20:09	1.1
31	SU	02:24	4.7	08:45	0.7	14:47	4.5	20:35	1.2

Adjusted for BST – 26 March to 29 October

Heights over Sill

Approximate depth on
Tollesbury Marina Sill At High Water

Height shown in Tide Table	Depth on Sill (feet)	Depth on Sill (Metres)
3.10m	3ft 3in	1.00m
3.25m	3ft 9in	1.20m
3.55m	4ft 9in	1.50m
4.00m	6ft 3in	1.90m
4.45m	7ft 8in	2.30m
4.90m	9ft 2in	2.80m
5.20m	10ft 2in	3.10m
5.35m	10ft 7in	3.30m

A North Westerly wind is liable to increase height.

A strong South Westerly wind is liable to reduce height.

The mean rise in Tollesbury Fleet is about 15 feet.

Tide Times are for West Mersea

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