

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

Although great care has been taken the
publishers or their agents will not be responsible
for any inaccuracies that may occur.

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Coastal & Marine Sciences-Proudman Oceanographic Laboratory.

The Tidal Press
www.thetidalpress.com
07975 830411

JANUARY

| | | AM | | | | PM | | | |
|----|------|-------|-----|-------|-----|-------|-----|-------|-----|
| | | H W | M | L W | M | H W | M | L W | M |
| 1 | M | 02:57 | 4.5 | 09:11 | 0.7 | 15:22 | 4.4 | 21:02 | 1.2 |
| 2 | TU | 03:30 | 4.4 | 09:41 | 0.8 | 15:58 | 4.1 | 21:34 | 1.3 |
| 3 | W | 04:06 | 4.3 | 10:16 | 0.8 | 16:37 | 4.0 | 22:11 | 1.4 |
| 4 | TH ☾ | 04:48 | 4.1 | 10:59 | 0.9 | 17:22 | 3.8 | 23:01 | 1.5 |
| 5 | F | 05:39 | 3.9 | 11:57 | 1.0 | 18:21 | 3.7 | | |
| 6 | SA | 06:40 | 3.8 | 00:15 | 1.6 | 19:27 | 3.8 | 13:14 | 1.1 |
| 7 | SU | 07:48 | 3.8 | 01:57 | 1.5 | 20:34 | 3.9 | 14:33 | 1.1 |
| 8 | M | 08:58 | 4.0 | 03:18 | 1.3 | 21:40 | 4.2 | 15:43 | 1.0 |
| 9 | TU | 10:03 | 4.3 | 04:24 | 1.1 | 22:40 | 4.4 | 16:43 | 1.0 |
| 10 | W | 11:01 | 4.6 | 05:21 | 0.9 | 23:34 | 4.6 | 17:36 | 0.9 |
| 11 | TH ● | 11:53 | 4.9 | 06:13 | 0.7 | | | 18:21 | 0.9 |
| 12 | F | 00:24 | 4.8 | 06:57 | 0.6 | 12:43 | 5.2 | 19:02 | 0.8 |
| 13 | SA | 01:11 | 5.0 | 07:39 | 0.4 | 13:30 | 5.4 | 19:40 | 0.8 |
| 14 | SU | 01:55 | 5.1 | 08:18 | 0.3 | 14:15 | 5.4 | 20:17 | 0.8 |
| 15 | M | 02:38 | 5.2 | 08:57 | 0.3 | 14:59 | 5.3 | 20:54 | 0.9 |
| 16 | TU | 03:20 | 5.1 | 09:35 | 0.3 | 15:44 | 5.1 | 21:34 | 1.0 |
| 17 | W | 04:02 | 5.0 | 10:18 | 0.4 | 16:32 | 4.8 | 22:18 | 1.1 |
| 18 | TH ☽ | 04:47 | 4.8 | 11:07 | 0.5 | 17:25 | 4.5 | 23:13 | 1.2 |
| 19 | F | 05:39 | 4.6 | | | 18:24 | 4.2 | 12:05 | 0.7 |
| 20 | SA | 06:41 | 4.3 | 00:22 | 1.2 | 19:34 | 4.0 | 13:14 | 0.9 |
| 21 | SU | 07:58 | 4.2 | 01:42 | 1.2 | 20:51 | 4.0 | 14:34 | 1.0 |
| 22 | M | 09:17 | 4.2 | 03:12 | 1.2 | 22:02 | 4.2 | 15:58 | 1.1 |
| 23 | TU | 10:26 | 4.3 | 04:39 | 1.0 | 23:00 | 4.4 | 17:06 | 1.1 |
| 24 | W | 11:21 | 4.5 | 05:43 | 0.8 | 23:49 | 4.5 | 17:56 | 1.1 |
| 25 | TH ○ | | | 06:30 | 0.7 | 12:07 | 4.6 | 18:34 | 1.1 |
| 26 | F | 00:30 | 4.7 | 07:08 | 0.6 | 12:47 | 4.7 | 19:04 | 1.0 |
| 27 | SA | 01:07 | 4.7 | 07:38 | 0.5 | 13:22 | 4.7 | 19:31 | 1.0 |
| 28 | SU | 01:39 | 4.8 | 08:03 | 0.5 | 13:56 | 4.7 | 19:55 | 1.0 |
| 29 | M | 02:10 | 4.8 | 08:25 | 0.5 | 14:27 | 4.7 | 20:18 | 1.0 |
| 30 | TU | 02:38 | 4.8 | 08:49 | 0.6 | 14:58 | 4.5 | 20:43 | 1.0 |
| 31 | W | 03:08 | 4.7 | 09:12 | 0.6 | 15:25 | 4.4 | 21:09 | 1.1 |

Adjusted for BST – 31 March to 27 October

FEBRUARY

| | | AM | | | | PM | | | |
|----|-----|-------|-----|-------|-----|-------|-----|-------|-----|
| | | H W | M | L W | M | H W | M | L W | M |
| 1 | TH | 03:36 | 4.6 | 09:38 | 0.7 | 15:55 | 4.2 | 21:39 | 1.1 |
| 2 | F☾ | 04:08 | 4.4 | 10:08 | 0.8 | 16:30 | 4.1 | 22:13 | 1.3 |
| 3 | SA | 04:45 | 4.2 | 10:46 | 1.0 | 17:15 | 3.9 | 23:04 | 1.4 |
| 4 | SU | 05:37 | 4.0 | 11:48 | 1.1 | 18:18 | 3.7 | | |
| 5 | M | 06:46 | 3.8 | 00:30 | 1.4 | 19:41 | 3.7 | 13:25 | 1.2 |
| 6 | TU | 08:12 | 3.8 | 02:25 | 1.4 | 21:07 | 3.8 | 15:05 | 1.2 |
| 7 | W | 09:38 | 4.1 | 03:52 | 1.1 | 22:21 | 4.2 | 16:20 | 1.1 |
| 8 | TH | 10:47 | 4.5 | 05:03 | 0.9 | 23:22 | 4.5 | 17:21 | 1.0 |
| 9 | F● | 11:43 | 4.9 | 06:01 | 0.6 | | | 18:11 | 0.9 |
| 10 | SA | 00:14 | 4.9 | 06:48 | 0.4 | 12:33 | 5.3 | 18:53 | 0.8 |
| 11 | SU | 00:59 | 5.2 | 07:30 | 0.2 | 13:19 | 5.5 | 19:31 | 0.7 |
| 12 | M | 01:42 | 5.4 | 08:07 | 0.1 | 14:02 | 5.5 | 20:06 | 0.7 |
| 13 | TU | 02:22 | 5.5 | 08:42 | 0.1 | 14:44 | 5.4 | 20:41 | 0.7 |
| 14 | W | 03:00 | 5.5 | 09:15 | 0.2 | 15:25 | 5.2 | 21:15 | 0.8 |
| 15 | TH | 03:39 | 5.4 | 09:49 | 0.3 | 16:06 | 4.8 | 21:53 | 0.9 |
| 16 | F☾ | 04:18 | 5.1 | 10:28 | 0.6 | 16:51 | 4.4 | 22:38 | 1.0 |
| 17 | SA | 05:04 | 4.7 | 11:16 | 0.8 | 17:43 | 4.0 | 23:38 | 1.1 |
| 18 | SU | 06:02 | 4.2 | | | 18:53 | 3.7 | 12:23 | 1.1 |
| 19 | M | 07:26 | 3.9 | 01:00 | 1.2 | 20:23 | 3.6 | 13:53 | 1.3 |
| 20 | TU | 09:02 | 3.9 | 02:53 | 1.2 | 21:48 | 3.8 | 15:44 | 1.4 |
| 21 | W | 10:18 | 4.1 | 04:36 | 1.0 | 22:49 | 4.2 | 16:57 | 1.3 |
| 22 | TH | 11:13 | 4.4 | 05:37 | 0.8 | 23:37 | 4.4 | 17:45 | 1.2 |
| 23 | F | 11:55 | 4.6 | 06:19 | 0.6 | | | 18:19 | 1.1 |
| 24 | SA○ | 00:16 | 4.6 | 06:52 | 0.5 | 12:32 | 4.7 | 18:47 | 1.0 |
| 25 | SU | 00:49 | 4.8 | 07:18 | 0.5 | 13:05 | 4.7 | 19:13 | 0.9 |
| 26 | M | 01:19 | 4.9 | 07:40 | 0.5 | 13:35 | 4.8 | 19:36 | 0.9 |
| 27 | TU | 01:48 | 5.0 | 08:02 | 0.5 | 14:03 | 4.7 | 20:00 | 0.9 |
| 28 | W | 02:15 | 5.0 | 08:23 | 0.5 | 14:30 | 4.7 | 20:23 | 0.9 |
| 29 | TH | 02:42 | 4.9 | 08:44 | 0.5 | 14:56 | 4.5 | 20:48 | 0.9 |

Adjusted for BST – 31 March to 27 October

MARCH

| | | AM | | | | PM | | | |
|----|------|-------|-----|-------|-----|-------|-----|-------|-----|
| | | HW | M | LW | M | HW | M | LW | M |
| 1 | F | 03:09 | 4.7 | 09:06 | 0.6 | 15:24 | 4.4 | 21:14 | 1.0 |
| 2 | SA | 03:38 | 4.6 | 09:30 | 0.8 | 15:56 | 4.2 | 21:44 | 1.1 |
| 3 | SU ☾ | 04:13 | 4.4 | 10:02 | 0.9 | 16:36 | 4.0 | 22:28 | 1.2 |
| 4 | M | 04:59 | 4.1 | 10:55 | 1.2 | 17:31 | 3.7 | 23:44 | 1.3 |
| 5 | TU | 06:04 | 3.8 | | | 18:56 | 3.5 | 12:36 | 1.3 |
| 6 | W | 07:38 | 3.7 | 01:42 | 1.3 | 20:40 | 3.6 | 14:36 | 1.3 |
| 7 | TH | 09:23 | 4.1 | 03:25 | 1.0 | 22:04 | 4.0 | 15:59 | 1.1 |
| 8 | F | 10:33 | 4.6 | 04:43 | 0.7 | 23:05 | 4.5 | 17:02 | 0.9 |
| 9 | SA | 11:29 | 5.0 | 05:43 | 0.4 | 23:55 | 5.0 | 17:52 | 0.8 |
| 10 | SU ● | | | 06:31 | 0.2 | 12:17 | 5.4 | 18:36 | 0.7 |
| 11 | M | 00:39 | 5.3 | 07:11 | 0.1 | 13:01 | 5.5 | 19:13 | 0.6 |
| 12 | TU | 01:20 | 5.6 | 07:47 | 0.0 | 13:42 | 5.5 | 19:50 | 0.6 |
| 13 | W | 01:59 | 5.7 | 08:20 | 0.1 | 14:22 | 5.4 | 20:23 | 0.6 |
| 14 | TH | 02:36 | 5.7 | 08:49 | 0.2 | 15:00 | 5.1 | 20:57 | 0.7 |
| 15 | F | 03:13 | 5.4 | 09:19 | 0.4 | 15:39 | 4.7 | 21:31 | 0.7 |
| 16 | SA | 03:51 | 5.1 | 09:52 | 0.7 | 16:18 | 4.3 | 22:11 | 0.9 |
| 17 | SU ☽ | 04:35 | 4.6 | 10:35 | 1.0 | 17:07 | 3.8 | 23:06 | 1.0 |
| 18 | M | 05:34 | 4.0 | 11:41 | 1.3 | 18:13 | 3.5 | | |
| 19 | TU | 07:01 | 3.6 | 00:26 | 1.2 | 19:52 | 3.4 | 13:20 | 1.5 |
| 20 | W | 08:45 | 3.7 | 02:33 | 1.2 | 21:24 | 3.7 | 15:19 | 1.5 |
| 21 | TH | 10:00 | 4.1 | 04:18 | 1.0 | 22:26 | 4.1 | 16:33 | 1.3 |
| 22 | F | 10:52 | 4.4 | 05:16 | 0.7 | 23:12 | 4.4 | 17:19 | 1.2 |
| 23 | SA | 11:33 | 4.6 | 05:55 | 0.6 | 23:49 | 4.6 | 17:53 | 1.0 |
| 24 | SU | | | 06:24 | 0.5 | 12:07 | 4.6 | 18:23 | 0.9 |
| 25 | M ○ | 00:22 | 4.8 | 06:49 | 0.5 | 12:38 | 4.7 | 18:50 | 0.9 |
| 26 | TU | 00:51 | 4.9 | 07:12 | 0.5 | 13:07 | 4.8 | 19:16 | 0.8 |
| 27 | W | 01:19 | 5.0 | 07:35 | 0.5 | 13:35 | 4.8 | 19:40 | 0.8 |
| 28 | TH | 01:48 | 5.0 | 07:55 | 0.5 | 14:02 | 4.7 | 20:05 | 0.8 |
| 29 | F | 02:16 | 4.9 | 08:16 | 0.6 | 14:30 | 4.6 | 20:30 | 0.8 |
| 30 | SA | 02:44 | 4.8 | 08:37 | 0.7 | 14:59 | 4.5 | 20:56 | 0.8 |
| 31 | SU | 04:15 | 4.6 | 10:03 | 0.8 | 16:31 | 4.3 | 22:26 | 0.9 |

Adjusted for BST – 31 March to 27 October

APRIL

| | | AM | | | | PM | | | |
|----|------|-------|-----|-------|-----|-------|-----|-------|-----|
| | | H W | M | L W | M | H W | M | L W | M |
| 1 | M | 04:51 | 4.4 | 10:36 | 1.0 | 17:11 | 4.0 | 23:10 | 1.0 |
| 2 | TU ☾ | 05:40 | 4.2 | 11:30 | 1.2 | 18:05 | 3.7 | | |
| 3 | W | 06:45 | 3.9 | 00:24 | 1.1 | 19:29 | 3.4 | 13:16 | 1.4 |
| 4 | TH | 08:25 | 3.8 | 02:20 | 1.1 | 21:17 | 3.6 | 15:12 | 1.3 |
| 5 | F | 10:03 | 4.2 | 04:00 | 0.8 | 22:38 | 4.1 | 16:32 | 1.1 |
| 6 | SA | 11:12 | 4.7 | 05:18 | 0.6 | 23:39 | 4.6 | 17:35 | 0.9 |
| 7 | SU | | | 06:18 | 0.3 | 12:06 | 5.1 | 18:27 | 0.8 |
| 8 | M ● | 00:27 | 5.1 | 07:07 | 0.2 | 12:52 | 5.3 | 19:13 | 0.7 |
| 9 | TU | 01:12 | 5.4 | 07:47 | 0.1 | 13:36 | 5.4 | 19:53 | 0.6 |
| 10 | W | 01:54 | 5.7 | 08:24 | 0.1 | 14:18 | 5.4 | 20:31 | 0.5 |
| 11 | TH | 02:34 | 5.7 | 08:56 | 0.2 | 14:57 | 5.2 | 21:07 | 0.5 |
| 12 | F | 03:11 | 5.6 | 09:25 | 0.4 | 15:36 | 5.0 | 21:40 | 0.6 |
| 13 | SA | 03:49 | 5.3 | 09:53 | 0.7 | 16:12 | 4.6 | 22:14 | 0.7 |
| 14 | SU | 04:29 | 4.9 | 10:24 | 0.9 | 16:51 | 4.2 | 22:52 | 0.8 |
| 15 | M ☽ | 05:14 | 4.4 | 11:04 | 1.2 | 17:37 | 3.8 | 23:42 | 0.9 |
| 16 | TU | 06:12 | 3.9 | | | 18:39 | 3.5 | 12:05 | 1.5 |
| 17 | W | 07:34 | 3.6 | 00:56 | 1.1 | 20:07 | 3.4 | 13:40 | 1.6 |
| 18 | TH | 09:07 | 3.7 | 02:47 | 1.1 | 21:37 | 3.6 | 15:27 | 1.5 |
| 19 | F | 10:22 | 4.0 | 04:33 | 1.0 | 22:45 | 3.9 | 16:47 | 1.4 |
| 20 | SA | 11:15 | 4.3 | 05:34 | 0.8 | 23:33 | 4.3 | 17:39 | 1.2 |
| 21 | SU | 11:57 | 4.5 | 06:15 | 0.7 | | | 18:19 | 1.0 |
| 22 | M | 00:12 | 4.5 | 06:46 | 0.6 | 12:33 | 4.6 | 18:54 | 0.9 |
| 23 | TU ○ | 00:45 | 4.7 | 07:16 | 0.6 | 13:05 | 4.7 | 19:25 | 0.8 |
| 24 | W | 01:17 | 4.8 | 07:42 | 0.6 | 13:35 | 4.7 | 19:55 | 0.8 |
| 25 | TH | 01:49 | 4.9 | 08:06 | 0.6 | 14:06 | 4.8 | 20:21 | 0.7 |
| 26 | F | 02:20 | 5.0 | 08:30 | 0.6 | 14:37 | 4.7 | 20:49 | 0.7 |
| 27 | SA | 02:53 | 4.9 | 08:52 | 0.7 | 15:09 | 4.6 | 21:16 | 0.7 |
| 28 | SU | 03:25 | 4.8 | 09:18 | 0.8 | 15:42 | 4.5 | 21:45 | 0.8 |
| 29 | M | 04:00 | 4.7 | 09:48 | 0.9 | 16:17 | 4.3 | 22:19 | 0.8 |
| 30 | TU | 04:41 | 4.5 | 10:27 | 1.1 | 17:00 | 4.0 | 23:08 | 0.9 |

Adjusted for BST – 31 March to 27 October

MAY

| | | AM | | | | PM | | | |
|----|-----|-------|-----|-------|-----|-------|-----|-------|-----|
| | | H W | M | L W | M | H W | M | L W | M |
| 1 | W☾ | 05:32 | 4.2 | 11:27 | 1.3 | 17:57 | 3.8 | | |
| 2 | TH | 06:40 | 4.0 | 00:24 | 0.9 | 19:18 | 3.7 | 13:03 | 1.4 |
| 3 | F | 08:11 | 4.1 | 02:04 | 0.9 | 20:48 | 3.9 | 14:41 | 1.3 |
| 4 | SA | 09:35 | 4.4 | 03:31 | 0.7 | 22:03 | 4.3 | 15:58 | 1.1 |
| 5 | SU | 10:42 | 4.7 | 04:45 | 0.5 | 23:05 | 4.7 | 17:01 | 0.9 |
| 6 | M | 11:38 | 5.0 | 05:46 | 0.3 | 23:57 | 5.1 | 17:59 | 0.8 |
| 7 | TU | | | 06:38 | 0.3 | 12:26 | 5.1 | 18:49 | 0.7 |
| 8 | W● | 00:43 | 5.4 | 07:21 | 0.3 | 13:11 | 5.2 | 19:34 | 0.6 |
| 9 | TH | 01:28 | 5.5 | 08:00 | 0.4 | 13:54 | 5.2 | 20:16 | 0.5 |
| 10 | F | 02:11 | 5.5 | 08:34 | 0.5 | 14:36 | 5.0 | 20:54 | 0.5 |
| 11 | SA | 02:51 | 5.4 | 09:04 | 0.7 | 15:14 | 4.8 | 21:28 | 0.6 |
| 12 | SU | 03:31 | 5.1 | 09:33 | 0.9 | 15:52 | 4.6 | 22:02 | 0.6 |
| 13 | M | 04:12 | 4.7 | 10:04 | 1.1 | 16:30 | 4.3 | 22:39 | 0.8 |
| 14 | TU | 04:57 | 4.3 | 10:41 | 1.3 | 17:14 | 4.0 | 23:23 | 0.9 |
| 15 | W☽ | 05:52 | 3.9 | 11:31 | 1.5 | 18:11 | 3.7 | | |
| 16 | TH | 07:00 | 3.7 | 00:23 | 1.0 | 19:18 | 3.6 | 12:47 | 1.6 |
| 17 | F | 08:12 | 3.7 | 01:47 | 1.0 | 20:29 | 3.7 | 14:24 | 1.6 |
| 18 | SA | 09:22 | 3.9 | 03:13 | 1.0 | 21:38 | 3.9 | 15:43 | 1.4 |
| 19 | SU | 10:22 | 4.1 | 04:24 | 0.9 | 22:36 | 4.1 | 16:47 | 1.3 |
| 20 | M | 11:11 | 4.3 | 05:17 | 0.8 | 23:24 | 4.4 | 17:39 | 1.1 |
| 21 | TU | 11:51 | 4.4 | 06:01 | 0.7 | | | 18:21 | 1.0 |
| 22 | W | 00:03 | 4.6 | 06:39 | 0.7 | 12:27 | 4.5 | 18:59 | 0.9 |
| 23 | TH○ | 00:42 | 4.7 | 07:12 | 0.7 | 13:04 | 4.6 | 19:34 | 0.8 |
| 24 | F | 01:20 | 4.8 | 07:41 | 0.7 | 13:41 | 4.7 | 20:05 | 0.8 |
| 25 | SA | 01:57 | 4.9 | 08:09 | 0.8 | 14:18 | 4.7 | 20:37 | 0.7 |
| 26 | SU | 02:36 | 4.9 | 08:37 | 0.8 | 14:56 | 4.7 | 21:08 | 0.7 |
| 27 | M | 03:13 | 4.9 | 09:08 | 0.9 | 15:35 | 4.6 | 21:43 | 0.7 |
| 28 | TU | 03:55 | 4.8 | 09:45 | 1.0 | 16:15 | 4.4 | 22:24 | 0.7 |
| 29 | W | 04:39 | 4.6 | 10:28 | 1.1 | 17:01 | 4.2 | 23:15 | 0.7 |
| 30 | TH☾ | 05:31 | 4.4 | 11:25 | 1.2 | 17:56 | 4.1 | | |
| 31 | F | 06:36 | 4.3 | 00:22 | 0.7 | 19:03 | 4.1 | 12:41 | 1.3 |

Adjusted for BST – 31 March to 27 October

JUNE

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

Adjusted for BST – 31 March to 27 October

JULY

| | | AM | | | | PM | | | |
|----|-------|-------|-----|-------|-----|-------|-----|-------|-----|
| | | H W | M | L W | M | H W | M | L W | M |
| 1 | M | 08:26 | 4.3 | 02:15 | 0.6 | 20:46 | 4.5 | 14:35 | 1.2 |
| 2 | TU | 09:37 | 4.3 | 03:28 | 0.7 | 21:59 | 4.5 | 15:53 | 1.1 |
| 3 | W | 10:46 | 4.4 | 04:40 | 0.8 | 23:06 | 4.7 | 17:09 | 1.0 |
| 4 | TH | 11:46 | 4.5 | 05:49 | 0.9 | | | 18:19 | 0.9 |
| 5 | F● | 00:05 | 4.8 | 06:45 | 1.0 | 12:39 | 4.6 | 19:17 | 0.7 |
| 6 | SA | 00:56 | 4.9 | 07:30 | 1.0 | 13:26 | 4.7 | 20:03 | 0.6 |
| 7 | SU | 01:43 | 5.0 | 08:08 | 1.0 | 14:09 | 4.8 | 20:41 | 0.6 |
| 8 | M | 02:25 | 4.9 | 08:40 | 1.0 | 14:48 | 4.8 | 21:15 | 0.6 |
| 9 | TU | 03:05 | 4.9 | 09:08 | 1.1 | 15:24 | 4.8 | 21:43 | 0.6 |
| 10 | W | 03:43 | 4.7 | 09:33 | 1.1 | 15:57 | 4.7 | 22:09 | 0.6 |
| 11 | TH | 04:20 | 4.5 | 10:00 | 1.2 | 16:30 | 4.6 | 22:35 | 0.7 |
| 12 | F | 04:55 | 4.3 | 10:29 | 1.2 | 17:04 | 4.5 | 23:07 | 0.8 |
| 13 | SA)) | 05:32 | 4.1 | 11:03 | 1.3 | 17:43 | 4.3 | 23:46 | 0.9 |
| 14 | SU | 06:14 | 3.9 | 11:46 | 1.4 | 18:29 | 4.1 | | |
| 15 | M | 07:06 | 3.8 | 00:37 | 1.0 | 19:24 | 3.9 | 12:50 | 1.5 |
| 16 | TU | 08:07 | 3.7 | 01:48 | 1.1 | 20:29 | 3.9 | 14:28 | 1.5 |
| 17 | W | 09:14 | 3.8 | 03:11 | 1.2 | 21:38 | 4.0 | 15:55 | 1.4 |
| 18 | TH | 10:22 | 4.0 | 04:26 | 1.2 | 22:47 | 4.2 | 17:08 | 1.2 |
| 19 | F | 11:26 | 4.3 | 05:32 | 1.1 | 23:47 | 4.4 | 18:09 | 1.0 |
| 20 | SA | | | 06:26 | 1.0 | 12:21 | 4.5 | 19:01 | 0.8 |
| 21 | SU○ | 00:40 | 4.7 | 07:11 | 1.0 | 13:11 | 4.7 | 19:45 | 0.6 |
| 22 | M | 01:29 | 5.0 | 07:50 | 0.9 | 13:56 | 5.0 | 20:25 | 0.5 |
| 23 | TU | 02:13 | 5.3 | 08:26 | 0.9 | 14:39 | 5.1 | 21:03 | 0.4 |
| 24 | W | 02:57 | 5.4 | 09:02 | 0.8 | 15:22 | 5.2 | 21:40 | 0.3 |
| 25 | TH | 03:40 | 5.4 | 09:37 | 0.9 | 16:00 | 5.3 | 22:15 | 0.3 |
| 26 | F | 04:22 | 5.2 | 10:13 | 0.9 | 16:40 | 5.2 | 22:54 | 0.4 |
| 27 | SA | 05:06 | 4.9 | 10:53 | 1.0 | 17:21 | 5.1 | 23:35 | 0.5 |
| 28 | SU☾ | 05:54 | 4.6 | 11:40 | 1.1 | 18:07 | 4.9 | | |
| 29 | M | 06:47 | 4.3 | 00:26 | 0.7 | 19:03 | 4.6 | 12:41 | 1.2 |
| 30 | TU | 07:51 | 4.1 | 01:31 | 0.9 | 20:13 | 4.4 | 13:56 | 1.2 |
| 31 | W | 09:10 | 4.0 | 02:50 | 1.1 | 21:37 | 4.3 | 15:25 | 1.2 |

Adjusted for BST – 31 March to 27 October

AUGUST

| | | AM | | | | PM | | | |
|----|-----|-------|-----|-------|-----|-------|-----|-------|-----|
| | | H W | M | L W | M | H W | M | L W | M |
| 1 | TH | 10:30 | 4.1 | 04:19 | 1.2 | 22:57 | 4.4 | 17:04 | 1.1 |
| 2 | F | 11:39 | 4.3 | 05:41 | 1.2 | | | 18:21 | 0.9 |
| 3 | SA | 00:01 | 4.6 | 06:40 | 1.2 | 12:33 | 4.6 | 19:16 | 0.7 |
| 4 | SU● | 00:52 | 4.8 | 07:22 | 1.1 | 13:18 | 4.7 | 19:57 | 0.6 |
| 5 | M | 01:35 | 4.9 | 07:56 | 1.1 | 13:57 | 4.9 | 20:30 | 0.5 |
| 6 | TU | 02:12 | 4.9 | 08:25 | 1.1 | 14:32 | 4.9 | 20:58 | 0.5 |
| 7 | W | 02:48 | 4.9 | 08:51 | 1.0 | 15:03 | 5.0 | 21:21 | 0.6 |
| 8 | TH | 03:20 | 4.8 | 09:14 | 1.0 | 15:33 | 5.0 | 21:43 | 0.6 |
| 9 | F | 03:50 | 4.7 | 09:37 | 1.0 | 16:00 | 4.9 | 22:05 | 0.7 |
| 10 | SA | 04:19 | 4.5 | 10:02 | 1.1 | 16:30 | 4.7 | 22:29 | 0.8 |
| 11 | SU | 04:47 | 4.3 | 10:30 | 1.2 | 17:00 | 4.5 | 22:56 | 0.9 |
| 12 | M☾ | 05:17 | 4.1 | 11:03 | 1.3 | 17:35 | 4.3 | 23:31 | 1.1 |
| 13 | TU | 05:57 | 3.9 | 11:49 | 1.4 | 18:21 | 4.0 | | |
| 14 | W | 06:57 | 3.7 | 00:25 | 1.3 | 19:27 | 3.8 | 13:05 | 1.5 |
| 15 | TH | 08:19 | 3.6 | 02:04 | 1.4 | 20:53 | 3.8 | 15:00 | 1.4 |
| 16 | F | 09:46 | 3.8 | 03:48 | 1.4 | 22:21 | 4.0 | 16:32 | 1.2 |
| 17 | SA | 11:03 | 4.1 | 05:06 | 1.2 | 23:30 | 4.5 | 17:45 | 1.0 |
| 18 | SU | | | 06:06 | 1.1 | 12:03 | 4.5 | 18:43 | 0.7 |
| 19 | M☉ | 00:24 | 4.9 | 06:55 | 1.0 | 12:53 | 4.9 | 19:30 | 0.5 |
| 20 | TU | 01:14 | 5.3 | 07:36 | 0.9 | 13:38 | 5.2 | 20:11 | 0.3 |
| 21 | W | 01:58 | 5.5 | 08:12 | 0.8 | 14:20 | 5.4 | 20:47 | 0.2 |
| 22 | TH | 02:40 | 5.6 | 08:48 | 0.8 | 15:00 | 5.6 | 21:21 | 0.2 |
| 23 | F | 03:22 | 5.5 | 09:22 | 0.8 | 15:38 | 5.7 | 21:54 | 0.2 |
| 24 | SA | 04:01 | 5.3 | 09:56 | 0.8 | 16:16 | 5.6 | 22:26 | 0.4 |
| 25 | SU | 04:41 | 5.0 | 10:31 | 0.9 | 16:54 | 5.3 | 23:02 | 0.6 |
| 26 | M☾ | 05:24 | 4.6 | 11:13 | 1.0 | 17:37 | 5.0 | 23:46 | 0.9 |
| 27 | TU | 06:13 | 4.2 | | | 18:32 | 4.5 | 12:09 | 1.1 |
| 28 | W | 07:18 | 3.8 | 00:50 | 1.2 | 19:49 | 4.1 | 13:24 | 1.2 |
| 29 | TH | 08:48 | 3.7 | 02:20 | 1.4 | 21:29 | 4.1 | 15:10 | 1.2 |
| 30 | F | 10:20 | 3.9 | 04:08 | 1.4 | 22:53 | 4.4 | 17:05 | 1.1 |
| 31 | SA | 11:28 | 4.3 | 05:34 | 1.4 | 23:54 | 4.7 | 18:17 | 0.8 |

Adjusted for BST – 31 March to 27 October

SEPTEMBER

| | | AM | | | | PM | | | |
|----|-----|-------|-----|-------|-----|-------|-----|-------|-----|
| | | H W | M | L W | M | H W | M | L W | M |
| 1 | SU | | | 06:27 | 1.2 | 12:19 | 4.6 | 19:04 | 0.7 |
| 2 | M | 00:40 | 4.8 | 07:07 | 1.1 | 13:02 | 4.8 | 19:40 | 0.6 |
| 3 | TU● | 01:17 | 4.9 | 07:36 | 1.1 | 13:36 | 5.0 | 20:08 | 0.6 |
| 4 | W | 01:51 | 4.9 | 08:04 | 1.0 | 14:07 | 5.0 | 20:32 | 0.6 |
| 5 | TH | 02:22 | 5.0 | 08:30 | 1.0 | 14:36 | 5.1 | 20:54 | 0.6 |
| 6 | F | 02:51 | 4.9 | 08:54 | 0.9 | 15:03 | 5.1 | 21:14 | 0.6 |
| 7 | SA | 03:19 | 4.8 | 09:16 | 1.0 | 15:30 | 5.0 | 21:34 | 0.7 |
| 8 | SU | 03:44 | 4.7 | 09:40 | 1.0 | 15:57 | 4.8 | 21:54 | 0.8 |
| 9 | M | 04:09 | 4.5 | 10:05 | 1.1 | 16:25 | 4.7 | 22:16 | 1.0 |
| 10 | TU | 04:39 | 4.3 | 10:34 | 1.1 | 16:57 | 4.4 | 22:45 | 1.1 |
| 11 | W☾ | 05:14 | 4.1 | 11:12 | 1.3 | 17:40 | 4.1 | 23:29 | 1.4 |
| 12 | TH | 06:04 | 3.8 | | | 18:39 | 3.8 | 12:17 | 1.4 |
| 13 | F | 07:25 | 3.5 | 01:02 | 1.6 | 20:13 | 3.7 | 14:13 | 1.4 |
| 14 | SA | 09:12 | 3.6 | 03:15 | 1.5 | 21:57 | 4.1 | 15:58 | 1.2 |
| 15 | SU | 10:37 | 4.1 | 04:37 | 1.3 | 23:08 | 4.6 | 17:15 | 0.9 |
| 16 | M | 11:38 | 4.6 | 05:39 | 1.1 | | | 18:17 | 0.6 |
| 17 | TU | 00:03 | 5.1 | 06:29 | 0.9 | 12:27 | 5.0 | 19:06 | 0.4 |
| 18 | W○ | 00:50 | 5.4 | 07:13 | 0.8 | 13:13 | 5.4 | 19:47 | 0.2 |
| 19 | TH | 01:35 | 5.6 | 07:52 | 0.7 | 13:54 | 5.7 | 20:24 | 0.2 |
| 20 | F | 02:16 | 5.7 | 08:29 | 0.7 | 14:34 | 5.8 | 20:58 | 0.2 |
| 21 | SA | 02:56 | 5.6 | 09:03 | 0.7 | 15:12 | 5.8 | 21:28 | 0.3 |
| 22 | SU | 03:36 | 5.3 | 09:37 | 0.7 | 15:49 | 5.6 | 21:59 | 0.6 |
| 23 | M | 04:14 | 4.9 | 10:13 | 0.8 | 16:28 | 5.3 | 22:31 | 0.8 |
| 24 | TU☾ | 04:54 | 4.5 | 10:53 | 0.9 | 17:12 | 4.8 | 23:13 | 1.2 |
| 25 | W | 05:40 | 4.0 | 11:46 | 1.0 | 18:09 | 4.3 | | |
| 26 | TH | 06:47 | 3.6 | 00:16 | 1.5 | 19:34 | 3.9 | 13:01 | 1.2 |
| 27 | F | 08:25 | 3.5 | 01:53 | 1.6 | 21:17 | 4.0 | 14:55 | 1.2 |
| 28 | SA | 09:57 | 3.8 | 03:47 | 1.6 | 22:36 | 4.4 | 16:47 | 1.0 |
| 29 | SU | 11:04 | 4.3 | 05:10 | 1.4 | 23:32 | 4.7 | 17:54 | 0.8 |
| 30 | M | 11:52 | 4.6 | 06:02 | 1.3 | | | 18:39 | 0.7 |

Adjusted for BST – 31 March to 27 October

OCTOBER

| | | AM | | | | PM | | | |
|----|-----|-------|-----|-------|-----|-------|-----|-------|-----|
| | | H W | M | L W | M | H W | M | L W | M |
| 1 | TU | 00:15 | 4.8 | 06:40 | 1.1 | 12:33 | 4.8 | 19:11 | 0.6 |
| 2 | W● | 00:50 | 4.9 | 07:10 | 1.0 | 13:06 | 4.9 | 19:37 | 0.6 |
| 3 | TH | 01:22 | 4.9 | 07:39 | 0.9 | 13:35 | 5.1 | 20:01 | 0.6 |
| 4 | F | 01:51 | 5.0 | 08:07 | 0.9 | 14:04 | 5.1 | 20:24 | 0.6 |
| 5 | SA | 02:19 | 5.0 | 08:31 | 0.9 | 14:32 | 5.1 | 20:44 | 0.7 |
| 6 | SU | 02:46 | 4.9 | 08:55 | 0.9 | 15:00 | 5.0 | 21:03 | 0.8 |
| 7 | M | 03:12 | 4.8 | 09:20 | 0.9 | 15:28 | 4.9 | 21:24 | 0.9 |
| 8 | TU | 03:40 | 4.6 | 09:45 | 1.0 | 15:58 | 4.7 | 21:47 | 1.0 |
| 9 | W | 04:10 | 4.4 | 10:14 | 1.0 | 16:33 | 4.5 | 22:17 | 1.2 |
| 10 | TH☾ | 04:46 | 4.2 | 10:52 | 1.1 | 17:16 | 4.2 | 23:02 | 1.4 |
| 11 | F | 05:34 | 3.8 | 11:54 | 1.2 | 18:15 | 3.9 | | |
| 12 | SA | 06:48 | 3.6 | 00:28 | 1.6 | 19:45 | 3.9 | 13:41 | 1.2 |
| 13 | SU | 08:37 | 3.7 | 02:37 | 1.5 | 21:28 | 4.3 | 15:22 | 1.0 |
| 14 | M | 10:01 | 4.1 | 04:00 | 1.3 | 22:38 | 4.8 | 16:40 | 0.7 |
| 15 | TU | 11:04 | 4.6 | 05:05 | 1.1 | 23:33 | 5.2 | 17:43 | 0.5 |
| 16 | W | 11:56 | 5.1 | 05:57 | 0.9 | | | 18:35 | 0.3 |
| 17 | TH○ | 00:22 | 5.4 | 06:45 | 0.8 | 12:41 | 5.5 | 19:19 | 0.2 |
| 18 | F | 01:08 | 5.6 | 07:28 | 0.7 | 13:25 | 5.7 | 19:57 | 0.3 |
| 19 | SA | 01:50 | 5.6 | 08:09 | 0.6 | 14:07 | 5.8 | 20:33 | 0.4 |
| 20 | SU | 02:31 | 5.4 | 08:47 | 0.6 | 14:47 | 5.8 | 21:04 | 0.6 |
| 21 | M | 03:11 | 5.2 | 09:23 | 0.6 | 15:27 | 5.5 | 21:35 | 0.8 |
| 22 | TU | 03:49 | 4.8 | 09:59 | 0.7 | 16:09 | 5.1 | 22:06 | 1.1 |
| 23 | W | 04:29 | 4.4 | 10:39 | 0.8 | 16:53 | 4.6 | 22:47 | 1.4 |
| 24 | TH☾ | 05:14 | 4.0 | 11:28 | 1.0 | 17:52 | 4.1 | 23:46 | 1.6 |
| 25 | F | 06:19 | 3.7 | | | 19:14 | 3.9 | 12:39 | 1.1 |
| 26 | SA | 07:46 | 3.6 | 01:16 | 1.7 | 20:44 | 3.9 | 14:20 | 1.1 |
| 27 | SU | 08:14 | 3.8 | 01:58 | 1.7 | 20:59 | 4.2 | 15:01 | 1.0 |
| 28 | M | 09:23 | 4.1 | 03:23 | 1.5 | 21:54 | 4.5 | 16:12 | 0.9 |
| 29 | TU | 10:14 | 4.4 | 04:22 | 1.3 | 22:39 | 4.7 | 16:57 | 0.8 |
| 30 | W | 10:55 | 4.6 | 05:04 | 1.2 | 23:15 | 4.8 | 17:32 | 0.7 |
| 31 | TH | 11:28 | 4.8 | 05:40 | 1.0 | 23:48 | 4.8 | 18:01 | 0.7 |

Adjusted for BST – 31 March to 27 October

NOVEMBER

| | | AM | | | | PM | | | |
|----|-------|-------|-----|-------|-----|-------|-----|-------|-----|
| | | HW | M | LW | M | HW | M | LW | M |
| 1 | F● | 12:00 | 4.9 | 06:14 | 0.9 | | | 18:28 | 0.7 |
| 2 | SA | 00:18 | 4.9 | 06:44 | 0.9 | 12:31 | 5.0 | 18:54 | 0.7 |
| 3 | SU | 00:47 | 4.9 | 07:11 | 0.8 | 13:03 | 5.0 | 19:16 | 0.8 |
| 4 | M | 01:18 | 4.9 | 07:38 | 0.8 | 13:35 | 5.0 | 19:38 | 0.9 |
| 5 | TU | 01:49 | 4.8 | 08:03 | 0.8 | 14:07 | 4.9 | 20:01 | 1.0 |
| 6 | W | 02:21 | 4.7 | 08:31 | 0.9 | 14:41 | 4.7 | 20:30 | 1.1 |
| 7 | TH | 02:54 | 4.5 | 09:03 | 0.9 | 15:20 | 4.5 | 21:05 | 1.2 |
| 8 | F | 03:32 | 4.2 | 09:44 | 1.0 | 16:05 | 4.3 | 21:53 | 1.4 |
| 9 | SA)) | 04:21 | 4.0 | 10:46 | 1.0 | 17:04 | 4.1 | 23:10 | 1.5 |
| 10 | SU | 05:31 | 3.8 | | | 18:24 | 4.1 | 12:16 | 1.0 |
| 11 | M | 06:58 | 3.9 | 00:52 | 1.5 | 19:51 | 4.4 | 13:44 | 0.8 |
| 12 | TU | 08:18 | 4.2 | 02:15 | 1.3 | 21:01 | 4.7 | 14:59 | 0.6 |
| 13 | W | 09:24 | 4.7 | 03:23 | 1.1 | 22:01 | 5.0 | 16:05 | 0.5 |
| 14 | TH | 10:20 | 5.1 | 04:23 | 1.0 | 22:54 | 5.2 | 17:01 | 0.4 |
| 15 | F○ | 11:12 | 5.4 | 05:18 | 0.8 | 23:41 | 5.3 | 17:50 | 0.4 |
| 16 | SA | 11:59 | 5.6 | 06:08 | 0.7 | | | 18:33 | 0.5 |
| 17 | SU | 00:26 | 5.3 | 06:54 | 0.6 | 12:44 | 5.6 | 19:11 | 0.6 |
| 18 | M | 01:11 | 5.2 | 07:35 | 0.6 | 13:28 | 5.5 | 19:46 | 0.8 |
| 19 | TU | 01:52 | 5.0 | 08:13 | 0.6 | 14:10 | 5.3 | 20:19 | 1.0 |
| 20 | W | 02:32 | 4.8 | 08:50 | 0.6 | 14:54 | 4.9 | 20:52 | 1.2 |
| 21 | TH | 03:11 | 4.5 | 09:29 | 0.7 | 15:40 | 4.5 | 21:28 | 1.4 |
| 22 | F | 03:55 | 4.2 | 10:12 | 0.9 | 16:34 | 4.1 | 22:15 | 1.6 |
| 23 | SA)) | 04:50 | 3.9 | 11:08 | 1.0 | 17:39 | 3.9 | 23:21 | 1.7 |
| 24 | SU | 05:55 | 3.7 | | | 18:49 | 3.8 | 12:23 | 1.0 |
| 25 | M | 07:06 | 3.7 | 00:51 | 1.7 | 20:01 | 3.9 | 13:44 | 1.0 |
| 26 | TU | 08:17 | 3.9 | 02:16 | 1.6 | 21:02 | 4.1 | 14:58 | 1.0 |
| 27 | W | 09:17 | 4.1 | 03:25 | 1.4 | 21:52 | 4.3 | 15:55 | 0.9 |
| 28 | TH | 10:05 | 4.3 | 04:21 | 1.3 | 22:34 | 4.5 | 16:42 | 0.9 |
| 29 | F | 10:46 | 4.5 | 05:07 | 1.1 | 23:12 | 4.6 | 17:21 | 0.9 |
| 30 | SA | 11:24 | 4.7 | 05:47 | 1.0 | 23:47 | 4.7 | 17:58 | 0.9 |

Adjusted for BST – 31 March to 27 October

DECEMBER

| | | AM | | | | PM | | | |
|----|-----|-------|-----|-------|-----|-------|-----|-------|-----|
| | | H W | M | L W | M | H W | M | L W | M |
| 1 | SU● | | | 06:23 | 0.9 | 12:02 | 4.8 | 18:28 | 0.9 |
| 2 | M | 00:23 | 4.8 | 06:55 | 0.8 | 12:39 | 4.9 | 18:55 | 0.9 |
| 3 | TU | 00:59 | 4.8 | 07:25 | 0.8 | 13:16 | 4.9 | 19:21 | 0.9 |
| 4 | W | 01:36 | 4.8 | 07:55 | 0.7 | 13:54 | 4.9 | 19:50 | 1.0 |
| 5 | TH | 02:12 | 4.7 | 08:27 | 0.7 | 14:33 | 4.8 | 20:24 | 1.0 |
| 6 | F | 02:49 | 4.6 | 09:02 | 0.7 | 15:14 | 4.7 | 21:02 | 1.2 |
| 7 | SA | 03:30 | 4.4 | 09:46 | 0.7 | 16:00 | 4.6 | 21:47 | 1.3 |
| 8 | SU☾ | 04:17 | 4.3 | 10:40 | 0.8 | 16:54 | 4.4 | 22:47 | 1.4 |
| 9 | M | 05:13 | 4.2 | 11:47 | 0.7 | 17:58 | 4.3 | | |
| 10 | TU | 06:20 | 4.2 | 00:03 | 1.4 | 19:11 | 4.4 | 13:00 | 0.7 |
| 11 | W | 07:32 | 4.4 | 01:25 | 1.3 | 20:23 | 4.5 | 14:15 | 0.6 |
| 12 | TH | 08:45 | 4.6 | 02:41 | 1.2 | 21:29 | 4.7 | 15:24 | 0.6 |
| 13 | F | 09:50 | 4.8 | 03:51 | 1.0 | 22:29 | 4.8 | 16:29 | 0.7 |
| 14 | SA | 10:48 | 5.0 | 04:55 | 0.9 | 23:22 | 4.9 | 17:26 | 0.7 |
| 15 | SU○ | 11:40 | 5.2 | 05:55 | 0.7 | | | 18:16 | 0.8 |
| 16 | M | 00:11 | 5.0 | 06:46 | 0.6 | 12:29 | 5.3 | 18:58 | 0.9 |
| 17 | TU | 00:57 | 5.0 | 07:30 | 0.5 | 13:16 | 5.2 | 19:36 | 1.0 |
| 18 | W | 01:40 | 4.9 | 08:09 | 0.5 | 14:00 | 5.1 | 20:08 | 1.1 |
| 19 | TH | 02:21 | 4.8 | 08:45 | 0.6 | 14:42 | 4.8 | 20:39 | 1.2 |
| 20 | F | 02:59 | 4.6 | 09:17 | 0.6 | 15:25 | 4.5 | 21:09 | 1.3 |
| 21 | SA | 03:37 | 4.4 | 09:51 | 0.7 | 16:09 | 4.2 | 21:43 | 1.4 |
| 22 | SU☾ | 04:17 | 4.2 | 10:29 | 0.8 | 16:56 | 4.0 | 22:24 | 1.5 |
| 23 | M | 05:04 | 4.0 | 11:17 | 0.9 | 17:49 | 3.8 | 23:23 | 1.6 |
| 24 | TU | 05:58 | 3.9 | | | 18:46 | 3.7 | 12:20 | 1.0 |
| 25 | W | 06:58 | 3.8 | 00:50 | 1.6 | 19:48 | 3.8 | 13:32 | 1.1 |
| 26 | TH | 08:02 | 3.8 | 02:15 | 1.5 | 20:50 | 3.9 | 14:43 | 1.1 |
| 27 | F | 09:08 | 3.9 | 03:26 | 1.4 | 21:48 | 4.1 | 15:47 | 1.1 |
| 28 | SA | 10:05 | 4.2 | 04:29 | 1.2 | 22:38 | 4.3 | 16:44 | 1.0 |
| 29 | SU | 10:56 | 4.4 | 05:21 | 1.0 | 23:23 | 4.5 | 17:32 | 1.0 |
| 30 | M● | 11:41 | 4.6 | 06:04 | 0.9 | | | 18:10 | 1.0 |
| 31 | TU | 00:06 | 4.7 | 06:42 | 0.8 | 12:23 | 4.7 | 18:44 | 1.0 |

Adjusted for BST – 31 March to 27 October