

Date	Day	BST	On Water	High	Off Water	Duration	Height	On Water	High	Off Water	Duration	Height	Sunrise	SunSet
01-Mar	Fri	GMT						14:33	15:56	17:11	02:38	5.23	06:41	17:38
02-Mar	Sat	GMT						15:16	16:31	17:38	02:22	5.07	06:39	17:39
03-Mar	Sun	GMT											06:36	17:41
04-Mar	Mon	GMT											06:34	17:43
05-Mar	Tue	GMT											06:32	17:45
06-Mar	Wed	GMT	07:55	08:29	09:01	01:06	4.66						06:30	17:46
07-Mar	Thu	GMT	08:40	09:54	11:01	02:21	5.03						06:28	17:48
08-Mar	Fri	GMT	09:23	10:55	12:24	03:01	5.46						06:25	17:50
09-Mar	Sat	GMT	10:06	11:47	13:26	03:20	5.80						06:23	17:52
10-Mar	Sun	GMT						10:49	12:35	14:19	03:30	6.03	06:21	17:53
11-Mar	Mon	GMT						11:32	13:19	15:06	03:34	6.14	06:19	17:55
12-Mar	Tue	GMT						12:15	14:03	15:49	03:34	6.15	06:16	17:57
13-Mar	Wed	GMT						12:59	14:44	16:28	03:29	6.05	06:14	17:59
14-Mar	Thu	GMT						13:43	15:25	17:03	03:20	5.85	06:12	18:00
15-Mar	Fri	GMT						14:30	16:04	17:34	03:04	5.54	06:09	18:02
16-Mar	Sat	GMT						15:25	16:44	18:02	02:37	5.18	06:07	18:04
17-Mar	Sun	GMT											06:05	18:05
18-Mar	Mon	GMT											06:03	18:07
19-Mar	Tue	GMT											06:00	18:09
20-Mar	Wed	GMT	08:42	09:09	09:35	00:53	4.66						05:58	18:10
21-Mar	Thu	GMT	09:12	10:14	11:19	02:07	4.97						05:56	18:12
22-Mar	Fri	GMT	09:48	11:05	12:27	02:39	5.24						05:54	18:14
23-Mar	Sat	GMT	10:23	11:47	13:15	02:52	5.39						05:51	18:15
24-Mar	Sun	GMT						10:54	12:22	13:52	02:58	5.48	05:49	18:17
25-Mar	Mon	GMT						11:22	12:54	14:26	03:04	5.55	05:47	18:19
26-Mar	Tue	GMT						11:49	13:25	14:59	03:10	5.60	05:44	18:20
27-Mar	Wed	GMT						12:19	13:56	15:29	03:10	5.62	05:42	18:22
28-Mar	Thu	GMT						12:51	14:27	15:56	03:05	5.55	05:40	18:24
29-Mar	Fri	GMT						13:24	14:57	16:20	02:56	5.43	05:38	18:25
30-Mar	Sat	GMT						13:58	15:28	16:44	02:46	5.28	05:35	18:27
31-Mar	Sun	BST						15:38	17:02	18:12	02:34	5.12	06:33	19:29
01-Apr	Mon	BST						16:37	17:45	18:44	02:07	4.93	06:31	19:30
02-Apr	Tue	BST						18:05	18:42	19:18	01:13	4.70	06:29	19:32
03-Apr	Wed	BST	06:51	07:33	08:15	01:24	4.72						06:27	19:34
04-Apr	Thu	BST	08:16	09:11	10:01	01:45	4.78						06:24	19:36
05-Apr	Fri	BST	09:10	10:33	11:48	02:38	5.15						06:22	19:37
06-Apr	Sat	BST	09:58	11:33	13:05	03:07	5.55						06:20	19:39
07-Apr	Sun	BST	10:43	12:25	14:05	03:22	5.84						06:18	19:41
08-Apr	Mon	BST						11:26	13:11	14:54	03:28	6.00	06:15	19:42
09-Apr	Tue	BST						12:10	13:56	15:39	03:29	6.07	06:13	19:44
10-Apr	Wed	BST						12:52	14:38	16:20	03:28	6.04	06:11	19:46
11-Apr	Thu	BST						13:35	15:19	16:58	03:23	5.93	06:09	19:47
12-Apr	Fri	BST						14:18	15:59	17:32	03:14	5.72	06:07	19:49
13-Apr	Sat	BST						15:05	16:36	18:03	02:58	5.44	06:04	19:51
14-Apr	Sun	BST						15:59	17:15	18:28	02:29	5.11	06:02	19:52
15-Apr	Mon	BST						17:13	17:59	18:45	01:32	4.75	06:00	19:54
16-Apr	Tue	BST	06:03	06:41	07:20	01:17	4.69						05:58	19:55
17-Apr	Wed	BST											05:56	19:57
18-Apr	Thu	BST											05:54	19:59
19-Apr	Fri	BST	09:45	10:41	11:37	01:52	4.87						05:52	20:00
20-Apr	Sat	BST	10:17	11:31	12:48	02:31	5.15						05:50	20:02
21-Apr	Sun	BST	10:49	12:13	13:38	02:49	5.34						05:47	20:04
22-Apr	Mon	BST						11:21	12:50	14:19	02:58	5.46	05:45	20:05
23-Apr	Tue	BST						11:50	13:23	14:55	03:05	5.53	05:43	20:07
24-Apr	Wed	BST						12:20	13:56	15:29	03:09	5.58	05:41	20:09
25-Apr	Thu	BST						12:52	14:29	16:00	03:08	5.57	05:39	20:10
26-Apr	Fri	BST						13:25	15:01	16:28	03:03	5.51	05:37	20:12
27-Apr	Sat	BST						13:59	15:34	16:55	02:56	5.40	05:35	20:14
28-Apr	Sun	BST						14:36	16:08	17:24	02:48	5.28	05:34	20:15
29-Apr	Mon	BST						15:20	16:46	17:57	02:37	5.15	05:32	20:17
30-Apr	Tue	BST						16:19	17:32	18:36	02:17	5.00	05:30	20:19
01-May	Wed	BST						17:34	18:29	19:22	01:48	4.83	05:28	20:20
02-May	Thu	BST	06:27	07:27	08:27	02:00	4.88						05:26	20:22
03-May	Fri	BST	07:40	08:52	09:59	02:19	4.97						05:24	20:24
04-May	Sat	BST	08:39	10:07	11:28	02:49	5.25						05:22	20:25
05-May	Sun	BST	09:31	11:07	12:38	03:07	5.54						05:21	20:27
06-May	Mon	BST	10:19	11:59	13:35	03:16	5.74						05:19	20:28
07-May	Tue	BST						11:05	12:47	14:24	03:19	5.84	05:17	20:30
08-May	Wed	BST						11:50	13:32	15:09	03:19	5.87	05:15	20:32
09-May	Thu	BST						12:34	14:15	15:51	03:17	5.83	05:14	20:33
10-May	Fri	BST						13:17	14:56	16:30	03:13	5.73	05:12	20:35
11-May	Sat	BST						14:00	15:36	17:05	03:05	5.55	05:10	20:36
12-May	Sun	BST						14:46	16:14	17:36	02:50	5.33	05:09	20:38
13-May	Mon	BST						15:37	16:51	18:03	02:26	5.08	05:07	20:39
14-May	Tue	BST						16:39	17:33	18:27	01:48	4.82	05:06	20:41
15-May	Wed	BST	05:40	06:19	06:59	01:19	4.71						05:04	20:42
16-May	Thu	BST											05:03	20:44
17-May	Fri	BST											05:01	20:45

18-May	Sat	BST	09:07	09:53	10:37	01:30	4.75								05:00	20:47
19-May	Sun	BST	09:39	10:48	11:53	02:14	4.99								04:59	20:48
20-May	Mon	BST	10:13	11:34	12:51	02:38	5.19								04:57	20:50
21-May	Tue	BST	10:47	12:14	13:38	02:51	5.33								04:56	20:51
22-May	Wed	BST						11:22	12:52	14:19	02:57	5.41			04:55	20:52
23-May	Thu	BST						11:56	13:28	14:56	03:00	5.46			04:54	20:54
24-May	Fri	BST						12:30	14:04	15:31	03:01	5.47			04:53	20:55
25-May	Sat	BST						13:06	14:40	16:05	02:59	5.45			04:52	20:56
26-May	Sun	BST						13:43	15:17	16:38	02:55	5.40			04:50	20:58
27-May	Mon	BST						14:23	15:56	17:15	02:52	5.35			04:49	20:59
28-May	Tue	BST						15:09	16:38	17:55	02:46	5.27			04:48	21:00
29-May	Wed	BST						16:03	17:25	18:40	02:37	5.18			04:48	21:01
30-May	Thu	BST	04:55	06:12	07:29	02:34	5.19	17:04	18:20	19:33	02:29	5.08			04:47	21:02
31-May	Fri	BST	06:00	07:16	08:33	02:33	5.12	18:10	19:23	20:36	02:26	5.00			04:46	21:03
01-Jun	Sat	BST	07:06	08:27	09:46	02:40	5.13								04:45	21:04
02-Jun	Sun	BST	08:09	09:37	10:58	02:49	5.25								04:44	21:06
03-Jun	Mon	BST	09:06	10:39	12:04	02:58	5.40								04:43	21:07
04-Jun	Tue	BST	10:00	11:34	13:02	03:02	5.53								04:43	21:07
05-Jun	Wed	BST	10:50	12:25	13:54	03:04	5.61								04:42	21:08
06-Jun	Thu	BST						11:37	13:12	14:42	03:05	5.64			04:42	21:09
07-Jun	Fri	BST						12:22	13:56	15:26	03:04	5.61			04:41	21:10
08-Jun	Sat	BST						13:05	14:38	16:06	03:01	5.54			04:41	21:11
09-Jun	Sun	BST						13:47	15:18	16:43	02:56	5.43			04:40	21:12
10-Jun	Mon	BST						14:28	15:55	17:17	02:49	5.29			04:40	21:12
11-Jun	Tue	BST						15:11	16:31	17:48	02:37	5.15			04:40	21:13
12-Jun	Wed	BST						15:57	17:08	18:19	02:22	5.01			04:39	21:14
13-Jun	Thu	BST	04:58	05:52	06:48	01:50	4.85	16:51	17:50	18:50	01:59	4.87			04:39	21:14
14-Jun	Fri	BST	06:02	06:41	07:23	01:21	4.72	17:55	18:38	19:24	01:29	4.73			04:39	21:15
15-Jun	Sat	BST	07:15	07:40	08:06	00:51	4.64	19:17	19:36	19:56	00:39	4.62			04:39	21:15
16-Jun	Sun	BST	08:15	08:47	09:18	01:03	4.66								04:39	21:16
17-Jun	Mon	BST	08:59	09:52	10:41	01:42	4.77								04:39	21:16
18-Jun	Tue	BST	09:40	10:48	11:51	02:11	4.94								04:39	21:17
19-Jun	Wed	BST	10:20	11:37	12:50	02:30	5.10								04:39	21:17
20-Jun	Thu	BST	10:58	12:22	13:40	02:42	5.23								04:39	21:17
21-Jun	Fri	BST						11:36	13:03	14:25	02:49	5.32			04:39	21:17
22-Jun	Sat	BST						12:12	13:43	15:07	02:55	5.40			04:40	21:17
23-Jun	Sun	BST						12:49	14:23	15:48	02:59	5.47			04:40	21:17
24-Jun	Mon	BST						13:27	15:04	16:31	03:04	5.52			04:40	21:18
25-Jun	Tue	BST						14:08	15:46	17:15	03:07	5.54			04:41	21:18
26-Jun	Wed	BST						14:52	16:30	18:00	03:08	5.54			04:41	21:17
27-Jun	Thu	BST						15:40	17:16	18:47	03:07	5.49			04:42	21:17
28-Jun	Fri	BST						16:32	18:05	19:36	03:04	5.39			04:42	21:17
29-Jun	Sat	BST	05:30	06:56	08:23	02:53	5.32	17:30	19:00	20:30	03:00	5.27			04:43	21:17
30-Jun	Sun	BST	06:33	07:57	09:19	02:46	5.20								04:43	21:17
01-Jul	Mon	BST	07:40	09:04	10:20	02:40	5.14								04:44	21:16
02-Jul	Tue	BST	08:47	10:11	11:25	02:38	5.18								04:45	21:16
03-Jul	Wed	BST	09:48	11:12	12:29	02:41	5.28								04:46	21:16
04-Jul	Thu	BST	10:41	12:07	13:29	02:48	5.38								04:47	21:15
05-Jul	Fri	BST						11:30	12:57	14:22	02:52	5.45			04:47	21:15
06-Jul	Sat	BST						12:14	13:42	15:09	02:55	5.47			04:48	21:14
07-Jul	Sun	BST						12:54	14:23	15:50	02:56	5.44			04:49	21:13
08-Jul	Mon	BST						13:30	15:01	16:28	02:58	5.40			04:50	21:13
09-Jul	Tue	BST						14:04	15:35	17:03	02:59	5.36			04:51	21:12
10-Jul	Wed	BST						14:37	16:08	17:36	02:59	5.32			04:52	21:11
11-Jul	Thu	BST						15:14	16:41	18:07	02:53	5.26			04:53	21:10
12-Jul	Fri	BST						15:55	17:17	18:39	02:44	5.17			04:54	21:09
13-Jul	Sat	BST	04:59	05:59	07:03	02:04	4.94	16:44	17:57	19:11	02:27	5.04			04:55	21:09
14-Jul	Sun	BST	05:53	06:42	07:35	01:42	4.81	17:43	18:42	19:44	02:01	4.88			04:57	21:08
15-Jul	Mon	BST	07:00	07:33	08:09	01:09	4.68	19:00	19:37	20:18	01:18	4.70			04:58	21:07
16-Jul	Tue	BST	08:29	08:38	08:47	00:18	4.60								04:59	21:06
17-Jul	Wed	BST	09:22	09:53	10:23	01:01	4.66								05:00	21:04
18-Jul	Thu	BST	10:00	10:59	11:52	01:52	4.83								05:01	21:03
19-Jul	Fri	BST	10:38	11:53	13:01	02:23	5.05								05:03	21:02
20-Jul	Sat	BST						11:15	12:40	13:59	02:44	5.26			05:04	21:01
21-Jul	Sun	BST						11:51	13:24	14:50	02:59	5.44			05:05	21:00
22-Jul	Mon	BST						12:27	14:07	15:38	03:11	5.60			05:07	20:58
23-Jul	Tue	BST						13:05	14:49	16:26	03:21	5.74			05:08	20:57
24-Jul	Wed	BST						13:45	15:33	17:12	03:27	5.83			05:09	20:56
25-Jul	Thu	BST						14:27	16:16	17:58	03:31	5.85			05:11	20:54
26-Jul	Fri	BST						15:11	17:00	18:42	03:31	5.79			05:12	20:53
27-Jul	Sat	BST						15:58	17:45	19:26	03:28	5.66			05:14	20:51
28-Jul	Sun	BST						16:53	18:34	20:12	03:19	5.45			05:15	20:50
29-Jul	Mon	BST	06:01	07:22	08:42	02:41	5.17								05:17	20:48
30-Jul	Tue	BST	07:17	08:29	09:35	02:18	4.96								05:18	20:47
31-Jul	Wed	BST	08:39	09:44	10:43	02:04	4.91								05:20	20:45
01-Aug	Thu	BST	09:44	10:53	11:59	02:15	5.04								05:21	20:44
02-Aug	Fri	BST	10:35	11:53	13:10	02:35	5.22								05:23	20:42
03-Aug	Sat	BST						11:21	12:44	14:09	02:48	5.36			05:24	20:40
04-Aug	Sun	BST						12:01	13:29	14:57	02:56	5.43			05:26	20:38
05-Aug	Mon	BST						12:36	14:07	15:37	03:01	5.45			05:27	20:37

06-Aug	Tue	BST						13:05	14:40	16:13	03:08	5.47	05:29	20:35
07-Aug	Wed	BST						13:32	15:12	16:47	03:15	5.49	05:30	20:33
08-Aug	Thu	BST						14:00	15:42	17:19	03:19	5.51	05:32	20:31
09-Aug	Fri	BST						14:33	16:13	17:48	03:15	5.47	05:33	20:29
10-Aug	Sat	BST						15:09	16:45	18:15	03:06	5.38	05:35	20:28
11-Aug	Sun	BST						15:51	17:20	18:42	02:51	5.24	05:37	20:25
12-Aug	Mon	BST						16:44	18:00	19:11	02:27	5.05	05:38	20:24
13-Aug	Tue	BST	05:52	06:37	07:23	01:31	4.77	17:55	18:49	19:43	01:48	4.82	05:40	20:22
14-Aug	Wed	BST						00:00	00:00	00:00	00:00	4.60	05:41	20:20
15-Aug	Thu	BST											05:43	20:18
16-Aug	Fri	BST	09:54	10:18	10:41	00:47	4.63						05:44	20:16
17-Aug	Sat	BST	10:15	11:24	12:27	02:12	4.95						05:46	20:14
18-Aug	Sun	BST	10:49	12:16	13:38	02:49	5.28						05:48	20:12
19-Aug	Mon	BST						11:25	13:03	14:35	03:10	5.56	05:49	20:10
20-Aug	Tue	BST						12:00	13:47	15:26	03:26	5.79	05:51	20:08
21-Aug	Wed	BST						12:38	14:31	16:14	03:36	5.96	05:52	20:06
22-Aug	Thu	BST						13:17	15:14	17:01	03:44	6.07	05:54	20:03
23-Aug	Fri	BST						13:57	15:56	17:45	03:48	6.08	05:56	20:01
24-Aug	Sat	BST						14:40	16:38	18:26	03:46	5.99	05:57	19:59
25-Aug	Sun	BST						15:27	17:21	19:06	03:39	5.79	05:59	19:57
26-Aug	Mon	BST						16:24	18:08	19:47	03:23	5.49	06:00	19:55
27-Aug	Tue	BST											06:02	19:53
28-Aug	Wed	BST	07:01	07:52	08:41	01:40	4.76						06:03	19:51
29-Aug	Thu	BST	08:47	09:19	09:49	01:02	4.67						06:05	19:49
30-Aug	Fri	BST	09:41	10:36	11:29	01:48	4.86						06:07	19:46
31-Aug	Sat	BST	10:25	11:38	12:53	02:28	5.13						06:08	19:44
01-Sep	Sun	BST						11:05	12:28	13:55	02:50	5.34	06:10	19:42
02-Sep	Mon	BST						11:41	13:10	14:41	03:00	5.44	06:11	19:40
03-Sep	Tue	BST						12:10	13:45	15:18	03:08	5.49	06:13	19:37
04-Sep	Wed	BST						12:35	14:15	15:51	03:16	5.54	06:15	19:35
05-Sep	Thu	BST						12:58	14:44	16:23	03:25	5.60	06:16	19:33
06-Sep	Fri	BST						13:25	15:14	16:54	03:29	5.62	06:18	19:31
07-Sep	Sat	BST						13:57	15:44	17:21	03:24	5.58	06:19	19:28
08-Sep	Sun	BST						14:31	16:15	17:45	03:14	5.47	06:21	19:26
09-Sep	Mon	BST						15:09	16:47	18:11	03:02	5.32	06:23	19:24
10-Sep	Tue	BST						15:59	17:26	18:40	02:41	5.13	06:24	19:21
11-Sep	Wed	BST						17:12	18:15	19:13	02:01	4.89	06:26	19:19
12-Sep	Thu	BST											06:27	19:17
13-Sep	Fri	BST											06:29	19:15
14-Sep	Sat	BST											06:31	19:12
15-Sep	Sun	BST	09:44	10:54	11:57	02:13	4.94						06:32	19:10
16-Sep	Mon	BST	10:18	11:51	13:15	02:57	5.34						06:34	19:08
17-Sep	Tue	BST						10:54	12:39	14:15	03:21	5.67	06:35	19:05
18-Sep	Wed	BST						11:31	13:24	15:06	03:35	5.92	06:37	19:03
19-Sep	Thu	BST						12:08	14:08	15:54	03:46	6.09	06:38	19:01
20-Sep	Fri	BST						12:48	14:51	16:39	03:51	6.18	06:40	18:58
21-Sep	Sat	BST						13:30	15:33	17:22	03:52	6.16	06:42	18:56
22-Sep	Sun	BST						14:14	16:15	18:03	03:49	6.02	06:43	18:54
23-Sep	Mon	BST						15:05	16:57	18:41	03:36	5.76	06:45	18:52
24-Sep	Tue	BST											06:46	18:49
25-Sep	Wed	BST											06:48	18:47
26-Sep	Thu	BST	06:54	07:16	07:37	00:43	4.63						06:50	18:45
27-Sep	Fri	BST											06:51	18:42
28-Sep	Sat	BST	09:34	10:13	10:50	01:16	4.71						06:53	18:40
29-Sep	Sun	BST	10:06	11:15	12:25	02:19	5.04						06:55	18:38
30-Sep	Mon	BST	10:40	12:03	13:28	02:48	5.28						06:56	18:36
01-Oct	Tue	BST						11:13	12:43	14:13	03:00	5.41	06:58	18:33
02-Oct	Wed	BST						11:40	13:16	14:49	03:09	5.48	06:59	18:31
03-Oct	Thu	BST						12:04	13:46	15:22	03:18	5.54	07:01	18:29
04-Oct	Fri	BST						12:28	14:16	15:53	03:25	5.60	07:03	18:26
05-Oct	Sat	BST						12:57	14:46	16:23	03:26	5.61	07:04	18:24
06-Oct	Sun	BST						13:30	15:17	16:50	03:20	5.55	07:06	18:22
07-Oct	Mon	BST						14:05	15:49	17:16	03:11	5.44	07:08	18:20
08-Oct	Tue	BST						14:45	16:23	17:43	02:58	5.29	07:09	18:18
09-Oct	Wed	BST											07:11	18:15
10-Oct	Thu	BST											07:13	18:13
11-Oct	Fri	BST											07:14	18:11
12-Oct	Sat	BST											07:16	18:09
13-Oct	Sun	BST	08:27	08:57	09:27	01:00	4.65						07:18	18:07
14-Oct	Mon	BST	09:04	10:21	11:28	02:24	4.99						07:20	18:04
15-Oct	Tue	BST	09:43	11:21	12:47	03:04	5.38						07:21	18:02
16-Oct	Wed	BST	10:22	12:12	13:47	03:25	5.70						07:23	18:00
17-Oct	Thu	BST						11:02	12:58	14:40	03:38	5.93	07:25	17:58
18-Oct	Fri	BST						11:42	13:43	15:28	03:46	6.07	07:26	17:56
19-Oct	Sat	BST						12:25	14:27	16:14	03:49	6.13	07:28	17:54
20-Oct	Sun	BST						13:10	15:11	16:57	03:47	6.07	07:30	17:52
21-Oct	Mon	BST						13:59	15:54	17:38	03:39	5.90	07:31	17:50
22-Oct	Tue	BST											07:33	17:48
23-Oct	Wed	BST											07:35	17:46
24-Oct	Thu	BST											07:37	17:44

[illegible]