



TIDE TABLES SUPPLIED BY NOC-INNOVATIONS LTD

SAMPLE TIDE TABLE FORMATS

This PDF contains samples of the seven most popular format we supply. We do have other formats so if none are suitable, please contact products@noc-innovations.co.uk to discuss your requirements.

All tide tables can be supplied with times in UT (GMT) or adjusted for British Summer Time UT (GMT)/BST.

All tide table formats can be generated with the tidal heights in metres or feet.

All tide table formats can have the height data reproduced to 1 or 2 decimal places. However, in the interest of public safety we advise the tide tables to be reproduced to 2 decimal places. All NOC tide tables will be supplied to 2 decimal places unless requested otherwise.

Sample 1 (page 3):

2 month per page format

Sample 2 (page 4):

4 month per page format

Sample 3 (page 5):

4 month per page format – nearly identical to the traditional Admiralty Tide Table format.

Sample 4 (page 6):

1 month per page format – suitable for reduction to A5 size booklets

Sample 5 (page 7):

1 month per page format – with the high waters and low waters grouped together, lines can be removed as can the hashes (#####)

Sample 6 (page 8):

1 month per page format – with the high waters and low waters grouped together, lines removed as are the hashes (#####)

Sample 7 (page 9):

1 month per page format – used for high waters only or low waters only (i.e. does not support data with both high and low waters on)

Sample 8 (page 10):

1 month per page landscape orientation format – used for high waters only or low waters only (i.e. does not support data with both high and low waters on). Hashes (#####) are usually removed.



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LIVERPOOL (GLADSTONE DOCK)

GMT

Datum : Chart Datum

Year : 2010

January				February				
	Time	m		Time	m		Time	m
1	0538	1.44	16	0609	2.00	1	0012	9.77
F	1109	9.47	Sa	1145	9.02	M	0702	0.69
	1814	1.08		1839	1.81		1230	10.12
	2337	9.46					1938	0.21
2	0627	1.22	17	0006	8.67	2	0056	9.75
Sa	1157	9.72	Su	0640	1.92	Tu	0745	0.70
	1904	0.80		1218	9.08		1314	10.06
				1909	1.75		2020	0.38
3	0025	9.56	18	0037	8.67	3	0139	9.53
Su	0714	1.14	M	0710	1.89	W	0825	0.94
	1245	9.82		1250	9.06		1357	9.78
	1953	0.70		1939	1.75		2100	0.82
4	0114	9.50	19	0107	8.61	4	0221	9.14
M	0800	1.21	Tu	0742	1.94	Th	0905	1.37
	1333	9.75		1322	8.95		1440	9.30
	2039	0.81		2009	1.83		2139	1.45
5	0201	9.27	20	0137	8.48	5	0304	8.65
Tu	0845	1.44	W	0814	2.09	F	0945	1.95
	1421	9.52		1354	8.77	☾	1526	8.68
	2125	1.12		2040	2.01		2221	2.16
6	0250	8.92	21	0209	8.28	6	0353	8.10
W	0930	1.79	Th	0848	2.34	Sa	1033	2.57
	1509	9.16		1426	8.54		1620	7.99
	2212	1.58		2114	2.28		2313	2.84
7	0340	8.49	22	0243	8.05	7	0454	7.57
Th	1018	2.22	F	0924	2.65	Su	1137	3.13
☾	1602	8.69		1503	8.26		1731	7.39
	2303	2.09		2151	2.60			
8	0436	8.07	23	0324	7.79	8	0025	3.32
F	1114	2.66	Sa	1006	2.99	M	0612	7.25
	1702	8.20	☽	1548	7.94		1304	3.40
				2236	2.93		1901	7.13
9	0001	2.57	24	0416	7.51	9	0151	3.40
Sa	0542	7.73	Su	1102	3.29	Tu	0739	7.33
	1221	2.99		1648	7.62		1433	3.22
	1812	7.81		2340	3.19		2024	7.31
10	0109	2.86	25	0528	7.31	10	0305	3.13
Su	0654	7.62	M	1224	3.41	W	0848	7.71
	1337	3.09		1809	7.46		1543	2.80
	1929	7.67					2125	7.71
11	0219	2.90	26	0109	3.20	11	0402	2.73
M	0805	7.76	Tu	0657	7.42	Th	0940	8.15
	1451	2.94		1356	3.14		1635	2.37
	2039	7.78		1934	7.65		2209	8.10
12	0323	2.75	27	0230	2.85	12	0445	2.36
Tu	0905	8.06	W	0814	7.86	F	1020	8.54
	1554	2.65		1510	2.57		1715	2.02
	2136	8.03		2047	8.13		2245	8.41
13	0415	2.53	28	0336	2.32	13	0521	2.05
W	0954	8.39	Th	0917	8.46	Sa	1054	8.84
	1647	2.35		1614	1.90		1748	1.76
	2222	8.27		2146	8.71		2316	8.62
14	0459	2.31	29	0434	1.77	14	0552	1.81
Th	1036	8.68	F	1010	9.07	Su	1126	9.04
	1730	2.10		1712	1.25	●	1818	1.57
	2301	8.47		2239	9.22		2345	8.76
15	0536	2.13	30	0527	1.28	15	0621	1.62
F	1112	8.89	Sa	1100	9.59	M	1157	9.16
●	1806	1.92	○	1805	0.70		1846	1.45
	2335	8.60		2327	9.59			
			31	0617	0.90			
			Su	1145	9.95			
				1853	0.32			

IPSWICH

Time Zone: GMT only

Lat 52°03' N Long 1°10' E

Year : 2010

January			February			March			April		
Time	m		Time	m		Time	m		Time	m	
1	0526	0.41	16	0023	4.02	1	0101	4.47	16	0106	4.15
	1204	4.31		0615	0.49		0649	-0.06		0653	0.33
F	1746	0.51	Sa	1245	4.02	M	1329	4.62	Tu	1328	4.07
				1817	0.72		1858	0.39		1855	0.54
2	0029	4.27	17	0057	4.05	2	0146	4.58	17	0137	4.16
	0615	0.24		0647	0.46		0731	-0.10		0721	0.31
Sa	1254	4.47	Su	1319	4.02	Tu	1414	4.56	W	1359	4.04
	1831	0.48		1849	0.68		1939	0.42		1925	0.55
3	0116	4.34	18	0130	4.06	3	0229	4.58	18	0207	4.12
	0702	0.12		0717	0.42		0812	-0.04		0750	0.35
Su	1343	4.54	M	1353	4.00	W	1458	4.39	Th	1430	3.96
	1915	0.50		1919	0.66		2019	0.51		1955	0.60
4	0202	4.36	19	0202	4.05	4	0312	4.48	19	0237	4.05
	0747	0.06		0747	0.41		0854	0.11		0819	0.42
M	1431	4.49	Tu	1425	3.95	Th	1542	4.13	F	1501	3.85
	1958	0.56		1950	0.68		2059	0.63		2025	0.67
5	0249	4.34	20	0233	4.01	5	0355	4.29	20	0311	3.96
	0832	0.07		0819	0.43		0935	0.33		0849	0.52
Tu	1520	4.34	W	1458	3.86	F	1627	3.84	Sa	1539	3.72
	2041	0.67		2022	0.75		2143	0.77		2057	0.73
6	0336	4.26	21	0304	3.93	6	0443	4.00	21	0349	3.83
	0919	0.17		0851	0.50		1022	0.59		0922	0.63
W	1610	4.12	Th	1533	3.74	Sa	1715	3.54	Su	1620	3.55
	2126	0.80		2054	0.84		2234	0.93		2138	0.82
7	0425	4.13	22	0339	3.84	7	0538	3.65	22	0438	3.63
	1008	0.33		0922	0.59		1121	0.86		1008	0.79
Th	1703	3.86	F	1611	3.61	Su	1813	3.27	M	1715	3.33
	2215	0.94		2128	0.93		2348	1.06		2235	0.94
8	0517	3.94	23	0419	3.71	8	0647	3.32	23	0541	3.38
	1105	0.53		1000	0.70		1243	1.06		1123	0.97
F	1759	3.61	Sa	1657	3.47	M	1924	3.09	Tu	1825	3.14
	2314	1.05		2211	1.02		2057	3.15		1948	3.14
9	0617	3.72	24	0509	3.54	9	0130	1.06	24	0009	0.99
	1213	0.72		1049	0.82		0820	3.20		0704	3.24
Sa	1901	3.42	Su	1753	3.33	Tu	1410	1.10	W	1306	1.01
				2316	1.10		2057	3.15		1948	3.14
10	0031	1.11	25	0613	3.36	10	0256	0.90	25	0144	0.86
	0724	3.53		1210	0.92		0938	3.40		0831	3.37
Su	1326	0.86	M	1903	3.26	W	1519	1.03	Th	1430	0.89
	2010	3.35		2200	3.42		2109	3.37		2021	2.94
11	0155	1.05	26	0046	1.08	11	0357	0.72	26	0306	0.62
	0843	3.47		0730	3.30		1030	3.66		0952	3.72
M	1436	0.92	Tu	1332	0.90	Th	1611	0.92	F	1538	0.73
	2122	3.44		2017	3.35		2246	3.68		2218	3.72
12	0308	0.92	27	0206	0.94	12	0445	0.58	27	0412	0.37
	0953	3.59		0848	3.44		1113	3.85		1050	4.10
Tu	1536	0.92	W	1446	0.82	F	1651	0.82	Sa	1632	0.59
	2218	3.63		2129	3.55		2326	3.88		2312	4.06
13	0409	0.76	28	0319	0.73	13	0523	0.50	28	0504	0.15
	1045	3.77		1001	3.72		1149	3.97		1140	4.39
W	1625	0.88	Th	1552	0.70	Sa	1726	0.73	Su	1716	0.47
	2305	3.81		2233	3.82		2358	4.35		2358	4.35
14	0457	0.63	29	0423	0.50	14	0002	4.01	14	0455	0.47
	1129	3.90		1102	4.05		0555	0.43		1124	3.95
Th	1707	0.82	F	1648	0.58	Su	1224	4.03	Su	1700	0.71
	2345	3.94		2327	4.08	●	1757	0.65		2334	3.96
15	0539	0.55	30	0519	0.27	15	0036	4.10	15	0527	0.42
	1209	3.98		1154	4.34		0625	0.38		1156	4.04
F	1744	0.77	Sa	1734	0.49	M	1256	4.07	M	1731	0.62
●			○				1826	0.58	●		
31	0016	4.30	31	0018	4.54	31	0604	-0.01	31	0018	4.54
	0606	0.08		0604	-0.01		1245	4.51		0604	-0.01
	Su	1242		1815	0.28					W	1245
		4.54									1815
		1817									0.28

SCOTLAND, EAST COAST - ABERDEEN

GMT

Lat 57°09' N Long 2°05' W

Year : 2010

January

	Time	m		Time	m		Time	m
1	0112	4.33	11	0415	1.65	21	0444	3.73
	0713	1.00		1035	3.64		1025	1.40
	F 1327	4.43		M 1651	1.61		Th 1644	3.96
	1942	0.60		2309	3.68		2255	1.23
2	0200	4.43	12	0512	1.60	22	0523	3.62
	0759	0.93		1130	3.78		1103	1.55
	Sa 1411	4.54		Tu 1745	1.43		F 1726	3.82
	2030	0.44					2336	1.39
3	0249	4.45	13	0004	3.77	23	0610	3.52
	0845	0.93		0557	1.52		1151	1.70
	Su 1456	4.58		W 1215	3.92		Sa 1818	3.66
	2118	0.40		1828	1.27			
4	0338	4.38	14	0049	3.86	24	0027	1.56
	0930	0.99		0636	1.42		0709	3.43
	M 1543	4.55		Th 1253	4.04		Su 1255	1.83
	2207	0.47		1906	1.12		1924	3.53
5	0428	4.22	15	0127	3.93	25	0136	1.70
	1015	1.12		0712	1.32		0821	3.41
	Tu 1633	4.44		F 1327	4.13		M 1419	1.86
	2258	0.64		● 1940	1.01		2046	3.50
6	0520	4.03	16	0201	3.97	26	0303	1.72
	1104	1.29		0745	1.24		0938	3.50
	W 1727	4.26		Sa 1359	4.19		Tu 1548	1.70
	2351	0.89		2012	0.94		2208	3.61
7	0615	3.82	17	0233	3.98	27	0423	1.60
	1159	1.49		0816	1.19		1045	3.70
	Th 1828	4.04		Su 1430	4.22		W 1657	1.39
	☾			2044	0.91		2316	3.83
8	0049	1.17	18	0304	3.96	28	0524	1.38
	0715	3.64		0847	1.18		1140	3.96
	F 1303	1.67		M 1501	4.21		Th 1754	1.03
	1935	3.83		2115	0.93			
9	0153	1.43	19	0336	3.90	29	0012	4.09
	0821	3.54		0918	1.22		0615	1.15
	Sa 1418	1.78		Tu 1533	4.16		F 1228	4.23
	2048	3.68		2146	0.99		1843	0.67
10	0305	1.60	20	0409	3.82	30	0103	4.32
	0930	3.54		0951	1.29		0702	0.93
	Su 1540	1.76		W 1607	4.08		Sa 1313	4.47
	2203	3.64		2219	1.10		○ 1931	0.38
						31	0149	4.46
							0746	0.78
							Su 1357	4.65
						2017	0.20	

ABERYSTWYTH

JANUARY 2010

Date	High Water				Low Water			
	Morning		Afternoon		Morning		Afternoon	
	Time	m	Time	m	Time	m	Time	m
1 F	07:55	5.15	20:22	4.97	02:40	0.64	15:14	0.44
2 Sa	08:41	5.35	21:09	5.02	03:28	0.53	16:03	0.32
3 Su	09:27	5.42	21:54	4.97	04:14	0.50	16:48	0.31
4 M	10:12	5.38	22:40	4.83	04:59	0.55	17:33	0.42
5 Tu	10:59	5.21	23:27	4.61	05:42	0.70	18:16	0.64
6 W	11:45	4.93	###:##	#####	06:23	0.93	18:59	0.94
7 Th	00:15	4.32	12:35	4.58	07:06	1.20	19:44	1.28
8 F	01:06	4.03	13:29	4.21	07:51	1.49	20:38	1.58
9 Sa	02:07	3.77	14:35	3.90	08:51	1.73	21:57	1.77
10 Su	03:29	3.67	16:06	3.77	10:26	1.83	23:26	1.75
11 M	04:57	3.81	17:25	3.89	11:52	1.71	###:##	#####
12 Tu	05:57	4.09	18:19	4.09	00:28	1.61	12:53	1.50
13 W	06:42	4.39	19:03	4.29	01:18	1.43	13:42	1.29
14 Th	07:22	4.63	19:42	4.45	02:00	1.27	14:24	1.11
15 F	07:59	4.81	20:17	4.55	02:37	1.14	15:02	0.99
16 Sa	08:33	4.91	20:49	4.59	03:12	1.07	15:36	0.93
17 Su	09:05	4.94	21:20	4.58	03:44	1.04	16:07	0.93
18 M	09:36	4.90	21:49	4.53	04:14	1.05	16:37	0.97
19 Tu	10:06	4.81	22:20	4.43	04:43	1.11	17:07	1.05
20 W	10:38	4.68	22:53	4.30	05:12	1.20	17:37	1.17
21 Th	11:14	4.51	23:31	4.13	05:42	1.32	18:09	1.30
22 F	11:56	4.29	###:##	#####	06:15	1.45	18:47	1.45
23 Sa	00:16	3.93	12:45	4.06	06:57	1.58	19:33	1.58
24 Su	01:11	3.75	13:45	3.84	07:52	1.70	20:37	1.68
25 M	02:18	3.63	15:03	3.72	09:20	1.74	22:20	1.65
26 Tu	03:44	3.70	16:34	3.84	11:14	1.56	23:45	1.43
27 W	05:07	4.02	17:44	4.15	###:##	#####	12:25	1.23
28 Th	06:06	4.46	18:37	4.50	00:46	1.14	13:24	0.87
29 F	06:56	4.90	19:24	4.82	01:40	0.85	14:16	0.54
30 Sa	07:42	5.27	20:09	5.06	02:30	0.59	15:04	0.28
31 Su	08:26	5.53	20:52	5.20	03:15	0.41	15:48	0.13

Times are GMT

Datum = Chart Datum

National Oceanography Centre (www.noc.ac.uk)

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ABERDEEN

JANUARY 2014

Date	High Water				Low Water			
	Morning		Afternoon		Morning		Afternoon	
	Time	m	Time	m	Time	m	Time	m
● 1 W	00:38	4.37	12:54	4.49	06:42	0.85	19:09	0.62
2 Th	01:27	4.52	13:39	4.63	07:29	0.75	19:57	0.44
3 F	02:15	4.57	14:25	4.70	08:15	0.72	20:45	0.37
4 Sa	03:05	4.53	15:12	4.68	09:00	0.78	21:33	0.41
5 Su	03:55	4.40	16:00	4.57	09:47	0.92	22:23	0.57
6 M	04:48	4.21	16:53	4.39	10:34	1.11	23:15	0.80
7 Tu	05:43	3.99	17:51	4.16	11:27	1.33		
☾ 8 W	06:42	3.78	18:54	3.93	00:11	1.08	12:26	1.54
9 Th	07:44	3.63	20:02	3.74	01:12	1.35	13:35	1.70
10 F	08:51	3.57	21:14	3.64	02:21	1.55	14:50	1.76
11 Sa	09:59	3.62	22:23	3.64	03:33	1.63	16:05	1.68
12 Su	10:57	3.73	23:22	3.72	04:36	1.61	17:04	1.53
13 M	11:46	3.88			05:25	1.53	17:52	1.35
14 Tu	00:09	3.82	12:26	4.01	06:06	1.42	18:32	1.19
15 W	00:49	3.91	13:01	4.12	06:42	1.32	19:08	1.06
○ 16 Th	01:24	3.98	13:33	4.20	07:15	1.23	19:42	0.96
17 F	01:57	4.03	14:05	4.25	07:48	1.16	20:14	0.90
18 Sa	02:29	4.05	14:36	4.26	08:19	1.13	20:46	0.88
19 Su	03:02	4.03	15:08	4.23	08:50	1.14	21:18	0.91
20 M	03:35	3.99	15:41	4.17	09:22	1.19	21:51	0.98
21 Tu	04:10	3.91	16:17	4.07	09:56	1.27	22:27	1.08
22 W	04:48	3.81	16:57	3.96	10:33	1.38	23:07	1.21
23 Th	05:33	3.71	17:43	3.82	11:15	1.51	23:55	1.36
☾ 24 F	06:25	3.60	18:43	3.68			12:11	1.65
25 Sa	07:31	3.54	19:57	3.60	00:56	1.49	13:22	1.74
26 Su	08:45	3.56	21:18	3.64	02:12	1.56	14:49	1.69
27 M	09:57	3.70	22:33	3.82	03:33	1.49	16:09	1.47
28 Tu	11:00	3.93	23:33	4.05	04:42	1.31	17:14	1.15
29 W	11:52	4.19			05:39	1.09	18:08	0.81
● 30 Th	00:27	4.29	12:40	4.43	06:29	0.87	18:57	0.50
31 F	01:15	4.46	13:25	4.63	07:16	0.70	19:45	0.29

Times are UT(GMT)

Datum = Chart Datum

National Oceanography Centre (www.noc.ac.uk)

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HIGH WATER AT STORNOWAY

JANUARY 2010

		Morning H. M.	Height Metres	Afternoon H. M.	Height Metres
1	F	06 51	5.1	19 22	4.9
2	Sa	07 36	5.2	20 09	4.9
3	Su	08 21	5.3	20 55	4.8
4	M	09 07	5.2	21 44	4.7
5	Tu	09 56	5.0	22 36	4.4
6	W	10 50	4.7	23 33	4.1
7	Th	11 53	4.4	** **	* *
8	F	00 42	3.9	13 07	4.1
9	Sa	01 57	3.8	14 28	3.9
10	Su	03 11	3.9	15 44	3.9
11	M	04 14	4.0	16 46	4.0
12	Tu	05 04	4.2	17 35	4.1
13	W	05 46	4.4	18 15	4.2
14	Th	06 22	4.6	18 48	4.3
15	F	06 55	4.7	19 19	4.4
16	Sa	07 26	4.8	19 48	4.4
17	Su	07 55	4.8	20 15	4.4
18	M	08 25	4.8	20 44	4.3
19	Tu	08 56	4.7	21 14	4.2
20	W	09 28	4.6	21 47	4.1
21	Th	10 05	4.4	22 25	3.9
22	F	10 48	4.2	23 15	3.8
23	Sa	11 43	4.0	** **	* *
24	Su	00 24	3.7	12 54	3.8
25	M	01 51	3.6	14 18	3.8
26	Tu	03 13	3.8	15 40	3.9
27	W	04 20	4.1	16 47	4.1
28	Th	05 12	4.4	17 40	4.5
29	F	05 57	4.8	18 27	4.8
30	Sa	06 40	5.1	19 09	5.0
31	Su	07 21	5.4	19 51	5.1

Times are GMT

Datum = Chart Datum

National Oceanography Centre,
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Liverpool, Merseyside, L3 5DA

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Datum of Predictions = Chart Datum : 1.55 metres below Ordnance Datum (Newlyn)

British Summer Time Dates for 2010 : 28th March to 31st October (data not adjusted)

RYE HARBOUR

January

	Morning		Afternoon	
	time	m	time	m
1 F	11:08	5.3	23:36	5.4
2 Sa	11:57	5.4	##:##	##
3 Su	00:26	5.5	12:46	5.4
4 M	01:15	5.4	13:34	5.2
5 Tu	02:02	5.3	14:21	4.9
6 W	02:46	5.0	15:07	4.5
7 Th	03:32	4.7	15:55	4.1
8 F	04:22	4.4	16:52	3.8
9 Sa	05:25	4.1	18:00	3.6
10 Su	06:38	3.9	19:14	3.6
11 M	07:52	4.0	20:24	3.9
12 Tu	08:58	4.1	21:22	4.2
13 W	09:51	4.4	22:08	4.5
14 Th	10:33	4.6	22:47	4.8
15 F	11:08	4.8	23:23	4.9
16 Sa	11:43	4.9	23:58	5.0
17 Su	##:##	##	12:17	4.9
18 M	00:34	5.0	12:52	4.8
19 Tu	01:09	4.9	13:24	4.7
20 W	01:40	4.8	13:54	4.5
21 Th	02:06	4.7	14:20	4.3
22 F	02:34	4.5	14:50	4.0
23 Sa	03:07	4.1	15:31	3.7
24 Su	03:58	3.7	16:34	3.3
25 M	05:10	3.4	17:58	3.2
26 Tu	06:36	3.4	19:25	3.5
27 W	07:59	3.8	20:39	4.0
28 Th	09:08	4.3	21:41	4.7
29 F	10:05	4.9	22:35	5.2
30 Sa	10:58	5.4	23:26	5.6
31 Su	11:49	5.6	##:##	##

RYE HARBOUR

February

	Morning		Afternoon	
	time	m	time	m
1 M	00:16	5.8	12:36	5.6
2 Tu	01:01	5.8	13:21	5.5
3 W	01:43	5.7	14:01	5.2
4 Th	02:21	5.4	14:38	4.9
5 F	02:57	5.0	15:18	4.4
6 Sa	03:41	4.6	16:06	3.9
7 Su	04:39	4.0	17:14	3.5
8 M	05:57	3.6	18:41	3.4
9 Tu	07:27	3.5	20:03	3.6
10 W	08:41	3.8	21:05	4.0
11 Th	09:34	4.1	21:51	4.4
12 F	10:15	4.5	22:29	4.8
13 Sa	10:51	4.8	23:04	5.0
14 Su	11:25	4.9	23:38	5.1
15 M	11:59	5.0	##:##	##
16 Tu	00:11	5.1	12:31	5.0
17 W	00:43	5.1	12:59	5.0
18 Th	01:11	5.1	13:25	4.9
19 F	01:36	5.0	13:49	4.7
20 Sa	02:01	4.8	14:17	4.4
21 Su	02:34	4.4	14:57	4.0
22 M	03:20	3.9	15:56	3.5
23 Tu	04:32	3.4	17:24	3.2
24 W	06:10	3.3	19:06	3.4
25 Th	07:42	3.7	20:27	4.0
26 F	08:55	4.3	21:29	4.8
27 Sa	09:55	4.9	22:24	5.3
28 Su	10:47	5.4	23:13	5.7

RYE HARBOUR

March

	Morning		Afternoon	
	time	m	time	m
1 M	11:35	5.6	23:58	5.9
2 Tu	##:##	##	12:19	5.7
3 W	00:40	5.9	13:00	5.6
4 Th	01:18	5.8	13:36	5.4
5 F	01:53	5.6	14:10	5.1
6 Sa	02:27	5.1	14:45	4.6
7 Su	03:07	4.5	15:31	4.0
8 M	04:02	3.9	16:36	3.5
9 Tu	05:22	3.4	18:03	3.2
10 W	06:55	3.3	19:31	3.4
11 Th	08:11	3.5	20:37	3.8
12 F	09:07	4.0	21:26	4.3
13 Sa	09:49	4.4	22:05	4.7
14 Su	10:27	4.7	22:40	5.0
15 M	11:01	4.9	23:12	5.1
16 Tu	11:34	5.0	23:42	5.2
17 W	##:##	##	12:03	5.1
18 Th	00:12	5.2	12:30	5.1
19 F	00:41	5.2	12:58	5.1
20 Sa	01:09	5.1	13:26	4.9
21 Su	01:39	4.9	13:59	4.6
22 M	02:15	4.5	14:41	4.1
23 Tu	03:04	3.9	15:42	3.6
24 W	04:18	3.5	17:12	3.4
25 Th	05:57	3.4	18:52	3.6
26 F	07:28	3.7	20:11	4.1
27 Sa	08:39	4.3	21:15	4.8
28 Su	09:38	4.9	22:07	5.3
29 M	10:28	5.3	22:52	5.7
30 Tu	11:13	5.5	23:33	5.8
31 W	11:55	5.6	##:##	##

RYE HARBOUR

April

	Morning		Afternoon	
	time	m	time	m
1 Th	00:12	5.8	12:34	5.5
2 F	00:50	5.7	13:09	5.4
3 Sa	01:27	5.4	13:45	5.1
4 Su	02:03	5.0	14:21	4.6
5 M	02:43	4.4	15:05	4.1
6 Tu	03:34	3.8	16:02	3.6
7 W	04:44	3.3	17:19	3.3
8 Th	06:08	3.2	18:42	3.3
9 F	07:27	3.4	19:54	3.7
10 Sa	08:26	3.7	20:48	4.1
11 Su	09:13	4.1	21:30	4.5
12 M	09:52	4.5	22:05	4.8
13 Tu	10:27	4.7	22:37	5.0
14 W	10:59	4.9	23:08	5.1
15 Th	11:31	5.0	23:40	5.2
16 F	##:##	##	12:03	5.1
17 Sa	00:15	5.2	12:36	5.1
18 Su	00:49	5.1	13:12	5.0
19 M	01:27	4.8	13:51	4.7
20 Tu	02:09	4.5	14:38	4.3
21 W	03:03	4.0	15:42	3.9
22 Th	04:16	3.6	17:04	3.7
23 F	05:44	3.6	18:32	3.9
24 Sa	07:07	3.9	19:48	4.3
25 Su	08:15	4.3	20:50	4.8
26 M	09:12	4.7	21:40	5.2
27 Tu	10:00	5.0	22:23	5.5
28 W	10:44	5.2	23:04	5.6
29 Th	11:26	5.3	23:45	5.5
30 F	##:##	##	12:07	5.3