

	High	Low	High	Low	High	Sunrise	Sunset
January							
Sat 6	1:25 AM GMT / 4.79 m	6:18 AM GMT / 1.31 m	1:38 PM GMT / 4.64 m	6:38 PM GMT / 1.03 m		8:05 AM GMT	4:14 PM GMT
Sun 7	2:03 AM GMT / 4.71 m	6:59 AM GMT / 1.39 m	2:15 PM GMT / 4.52 m	7:19 PM GMT / 1.13 m		8:05 AM GMT	4:16 PM GMT
Sat 13	5:59 AM GMT / 3.83 m	12:24 PM GMT / 2.05 m	6:28 PM GMT / 3.60 m			8:02 AM GMT	4:24 PM GMT
Sun 14		12:42 AM GMT / 2.03 m	7:02 AM GMT / 3.76 m	1:25 PM GMT / 1.97 m	7:46 PM GMT / 3.60 m	8:01 AM GMT	4:25 PM GMT
Sat 20	12:24 AM GMT / 4.80 m	5:22 AM GMT / 1.10 m	12:39 PM GMT / 4.82 m	5:43 PM GMT / 0.77 m		7:56 AM GMT	4:34 PM GMT
Sun 21	1:06 AM GMT / 4.98 m	6:04 AM GMT / 0.98 m	1:21 PM GMT / 4.91 m	6:24 PM GMT / 0.67 m		7:55 AM GMT	4:36 PM GMT
Sat 27	5:50 AM GMT / 4.24 m	11:21 AM GMT / 1.68 m	6:25 PM GMT / 3.96 m	11:51 PM GMT / 1.71 m		7:48 AM GMT	4:46 PM GMT
Sun 28	7:03 AM GMT / 4.05 m	12:39 PM GMT / 1.73 m	7:48 PM GMT / 3.88 m			7:46 AM GMT	4:48 PM GMT
February							
Sat 3	12:28 AM GMT / 4.75 m	5:24 AM GMT / 1.28 m	12:41 PM GMT / 4.67 m	5:42 PM GMT / 0.97 m		7:38 AM GMT	4:59 PM GMT
Sun 4	1:05 AM GMT / 4.79 m	6:02 AM GMT / 1.22 m	1:16 PM GMT / 4.66 m	6:19 PM GMT / 0.94 m		7:36 AM GMT	5:00 PM GMT
Sat 10	4:22 AM GMT / 3.99 m	9:51 AM GMT / 1.86 m	4:42 PM GMT / 3.76 m	10:10 PM GMT / 1.91 m		7:26 AM GMT	5:11 PM GMT
Sun 11	5:06 AM GMT / 3.80 m	10:56 AM GMT / 2.02 m	5:35 PM GMT / 3.59 m	11:24 PM GMT / 2.09 m		7:24 AM GMT	5:13 PM GMT
Sat 17		4:25 AM GMT / 1.14 m	11:36 AM GMT / 4.71 m	4:45 PM GMT / 0.78 m		7:13 AM GMT	5:23 PM GMT
Sun 18	12:03 AM GMT / 4.95 m	5:07 AM GMT / 0.89 m	12:19 PM GMT / 4.96 m	5:26 PM GMT / 0.56 m		7:12 AM GMT	5:25 PM GMT
Sat 24	4:27 AM GMT / 4.42 m	9:38 AM GMT / 1.40 m	4:55 PM GMT / 4.14 m	10:06 PM GMT / 1.55 m		7:00 AM GMT	5:36 PM GMT
Sun 25	5:24 AM GMT / 4.08 m	10:47 AM GMT / 1.69 m	6:03 PM GMT / 3.85 m	11:24 PM GMT / 1.87 m		6:58 AM GMT	5:37 PM GMT
March							
Sat 3		4:31 AM GMT / 1.37 m	11:44 AM GMT / 4.52 m	4:47 PM GMT / 1.07 m		6:45 AM GMT	5:48 PM GMT
Sun 4	12:06 AM GMT / 4.69 m	5:07 AM GMT / 1.21 m	12:18 PM GMT / 4.61 m	5:22 PM GMT / 0.95 m		6:43 AM GMT	5:49 PM GMT
Sat 10	3:11 AM GMT / 4.20 m	8:23 AM GMT / 1.43 m	3:29 PM GMT / 4.00 m	8:38 PM GMT / 1.54 m		6:30 AM GMT	6:00 PM GMT
Sun 11	3:47 AM GMT / 3.98 m	9:02 AM GMT / 1.64 m	4:11 PM GMT / 3.80 m	9:21 PM GMT / 1.79 m		6:28 AM GMT	6:01 PM GMT
Sat 17		3:21 AM GMT / 1.32 m	10:26 AM GMT / 4.41 m	3:41 PM GMT / 0.97 m	10:53 PM GMT / 4.71 m	6:15 AM GMT	6:11 PM GMT
Sun 18		4:04 AM GMT / 0.98 m	11:12 AM GMT / 4.75 m	4:23 PM GMT / 0.65 m	11:38 PM GMT / 5.03 m	6:12 AM GMT	6:13 PM GMT
Sat 24	3:16 AM GMT / 4.67 m	8:20 AM GMT / 1.00 m	3:42 PM GMT / 4.45 m	8:43 PM GMT / 1.24 m		5:59 AM GMT	6:23 PM GMT
Sun 25	5:06 AM BST / 4.30 m	10:12 AM BST / 1.36 m	5:37 PM BST / 4.10 m	10:42 PM BST / 1.66 m		6:57 AM BST	7:24 PM BST
Sat March 31		4:35 AM BST / 1.53 m	11:42 AM BST / 4.23 m	4:48 PM BST / 1.27 m		6:43 AM BST	7:34 PM BST
Sun April 1	12:04 AM BST / 4.45 m	5:10 AM BST / 1.32 m	12:18 PM BST / 4.38 m	5:23 PM BST / 1.11 m		6:41 AM BST	7:36 PM BST
April							
Good Friday	2:38 AM BST / 4.48 m	7:47 AM BST / 1.02 m	2:56 PM BST / 4.35 m	8:00 PM BST / 1.12 m		6:30 AM BST	7:44 PM BST
Sat 7	3:11 AM BST / 4.34 m	8:18 AM BST / 1.13 m	3:31 PM BST / 4.21 m	8:32 PM BST / 1.29 m		6:28 AM BST	7:46 PM BST
Sun 8	3:46 AM BST / 4.16 m	8:52 AM BST / 1.28 m	4:10 PM BST / 4.04 m	9:09 PM BST / 1.49 m		6:26 AM BST	7:47 PM BST
Easter Monday	4:26 AM BST / 3.96 m	9:31 AM BST / 1.47 m	4:55 PM BST / 3.87 m	9:52 PM BST / 1.72 m		6:23 AM BST	7:49 PM BST
Sat 14		3:05 AM BST / 1.56 m	9:58 AM BST / 4.04 m	3:25 PM BST / 1.25 m	10:32 PM BST / 4.39 m	6:13 AM BST	7:57 PM BST
Sun 15		3:54 AM BST / 1.20 m	10:56 AM BST / 4.39 m	4:13 PM BST / 0.91 m	11:24 PM BST / 4.73 m	6:11 AM BST	7:59 PM BST
Sat 21	3:11 AM BST / 4.86 m	8:12 AM BST / 0.70 m	3:38 PM BST / 4.72 m	8:34 PM BST / 0.99 m		5:58 AM BST	8:08 PM BST
Sun 22	3:58 AM BST / 4.55 m	8:59 AM BST / 1.00 m	4:28 PM BST / 4.43 m	9:24 PM BST / 1.37 m		5:56 AM BST	8:10 PM BST
Sat 28		3:28 AM BST / 1.72 m	10:24 AM BST / 3.86 m	3:40 PM BST / 1.51 m	10:50 PM BST / 4.13 m	5:45 AM BST	8:19 PM BST
Sun 29		4:06 AM BST / 1.52 m	11:09 AM BST / 4.03 m	4:18 PM BST / 1.35 m	11:29 PM BST / 4.28 m	5:43 AM BST	8:21 PM BST
May							
Sat 5	2:15 AM BST / 4.39 m	7:20 AM BST / 1.01 m	2:38 PM BST / 4.33 m	7:35 PM BST / 1.20 m		5:32 AM BST	8:31 PM BST
Sun 6	2:51 AM BST / 4.29 m	7:54 AM BST / 1.08 m	3:16 PM BST / 4.24 m	8:10 PM BST / 1.32 m		5:30 AM BST	8:32 PM BST
May Day	3:30 AM BST / 4.16 m	8:30 AM BST / 1.19 m	3:58 PM BST / 4.13 m	8:50 PM BST / 1.48 m		5:28 AM BST	8:34 PM BST
Sat 12		1:27 AM BST / 1.73 m	8:12 AM BST / 3.87 m	1:52 PM BST / 1.46 m	8:52 PM BST / 4.17 m	5:20 AM BST	8:41 PM BST
Sun 13		2:32 AM BST / 1.47 m	9:23 AM BST / 4.07 m	2:52 PM BST / 1.21 m	9:57 PM BST / 4.41 m	5:19 AM BST	8:43 PM BST
Sat 19	2:09 AM BST / 4.90 m	7:09 AM BST / 0.60 m	2:37 PM BST / 4.85 m	7:30 PM BST / 0.90 m		5:10 AM BST	8:52 PM BST
Sun 20	2:55 AM BST / 4.73 m	7:54 AM BST / 0.78 m	3:24 PM BST / 4.69 m	8:17 PM BST / 1.16 m		5:09 AM BST	8:53 PM BST
Sat 26		1:58 AM BST / 1.89 m	8:25 AM BST / 3.61 m	2:13 PM BST / 1.71 m	9:04 PM BST / 3.85 m	5:02 AM BST	9:01 PM BST
Sun 27		2:48 AM BST / 1.76 m	9:31 AM BST / 3.68 m	3:00 PM BST / 1.62 m	10:00 PM BST / 3.94 m	5:01 AM BST	9:02 PM BST
Spring Bank Hol		3:30 AM BST / 1.60 m	10:26 AM BST / 3.81 m	3:42 PM BST / 1.51 m	10:47 PM BST / 4.06 m	5:00 AM BST	9:03 PM BST
June							
Sat 2	1:18 AM BST / 4.37 m	6:25 AM BST / 1.05 m	1:44 PM BST / 4.36 m	6:40 PM BST / 1.25 m		4:56 AM BST	9:09 PM BST
Sun 3	1:57 AM BST / 4.37 m	6:59 AM BST / 1.03 m	2:24 PM BST / 4.39 m	7:16 PM BST / 1.27 m		4:55 AM BST	9:10 PM BST
Sat 9	6:35 AM BST / 4.01 m	12:02 PM BST / 1.45 m	7:11 PM BST / 4.22 m			4:52 AM BST	9:15 PM BST
Sun 10		12:50 AM BST / 1.61 m	7:39 AM BST / 4.00 m	1:15 PM BST / 1.41 m	8:16 PM BST / 4.26 m	4:51 AM BST	9:16 PM BST
Sat 16	1:08 AM BST / 4.80 m	6:08 AM BST / 0.72 m	1:37 PM BST / 4.82 m	6:29 PM BST / 0.99 m		4:50 AM BST	9:19 PM BST
Sun 17	1:55 AM BST / 4.77 m	6:53 AM BST / 0.76 m	2:24 PM BST / 4.81 m	7:15 PM BST / 1.10 m		4:50 AM BST	9:20 PM BST
Sat 23	6:20 AM BST / 3.76 m	12:13 PM BST / 1.76 m	6:53 PM BST / 3.89 m			4:51 AM BST	9:21 PM BST
Sun 24		1:02 AM BST / 1.92 m	7:13 AM BST / 3.63 m	1:18 PM BST / 1.81 m	7:48 PM BST / 3.81 m	4:51 AM BST	9:21 PM BST
Sat June 30	12:18 AM BST / 4.24 m	5:29 AM BST / 1.22 m	12:47 PM BST / 4.29 m	5:45 PM BST / 1.39 m		4:54 AM BST	9:21 PM BST
Sun July 1	1:00 AM BST / 4.37 m	6:06 AM BST / 1.10 m	1:27 PM BST / 4.45 m	6:23 PM BST / 1.30 m		4:55 AM BST	9:21 PM BST

	High	Low	High	Low	High	Sunrise	Sunset
July							
Sat 7	5:17 AM BST / 4.33 m	10:26 AM BST / 1.21 m	5:48 PM BST / 4.47 m	11:03 PM BST / 1.50 m		4:59 AM BST	9:18 PM BST
Sun 8	6:09 AM BST / 4.19 m	11:29 AM BST / 1.36 m	6:42 PM BST / 4.35 m			5:00 AM BST	9:17 PM BST
Sat 14	12:08 AM BST / 4.59 m	5:09 AM BST / 1.02 m	12:39 PM BST / 4.68 m	5:31 PM BST / 1.23 m		5:06 AM BST	9:13 PM BST
Sun 15	12:56 AM BST / 4.69 m	5:55 AM BST / 0.93 m	1:25 PM BST / 4.80 m	6:17 PM BST / 1.19 m		5:07 AM BST	9:12 PM BST
Sat 21	4:52 AM BST / 4.09 m	10:13 AM BST / 1.53 m	5:17 PM BST / 4.17 m	10:47 PM BST / 1.81 m		5:15 AM BST	9:05 PM BST
Sun 22	5:30 AM BST / 3.90 m	11:06 AM BST / 1.74 m	5:56 PM BST / 3.99 m	11:48 PM BST / 1.95 m		5:16 AM BST	9:04 PM BST
Sat 28		4:30 AM BST / 1.50 m	11:41 AM BST / 4.12 m	4:48 PM BST / 1.61 m	11:56 PM BST / 4.25 m	5:24 AM BST	8:56 PM BST
Sun 29		5:10 AM BST / 1.29 m	12:25 PM BST / 4.40 m	5:27 PM BST / 1.42 m		5:25 AM BST	8:55 PM BST
August							
Sat 4	4:08 AM BST / 4.72 m	9:11 AM BST / 0.90 m	4:35 PM BST / 4.81 m	9:39 PM BST / 1.19 m		5:34 AM BST	8:45 PM BST
Sun 5	4:55 AM BST / 4.53 m	10:01 AM BST / 1.12 m	5:23 PM BST / 4.60 m	10:34 PM BST / 1.39 m		5:35 AM BST	8:43 PM BST
Sat 11		4:12 AM BST / 1.39 m	11:38 AM BST / 4.48 m	4:36 PM BST / 1.53 m	11:57 PM BST / 4.52 m	5:45 AM BST	8:33 PM BST
Sun 12		5:00 AM BST / 1.21 m	12:26 PM BST / 4.70 m	5:22 PM BST / 1.39 m		5:46 AM BST	8:31 PM BST
Sat 18	3:40 AM BST / 4.42 m	8:50 AM BST / 1.25 m	4:00 PM BST / 4.45 m	9:12 PM BST / 1.50 m		5:55 AM BST	8:19 PM BST
Sun 19	4:13 AM BST / 4.23 m	9:27 AM BST / 1.47 m	4:33 PM BST / 4.25 m	9:51 PM BST / 1.69 m		5:57 AM BST	8:17 PM BST
Sat 25		3:22 AM BST / 1.85 m	10:20 AM BST / 3.88 m	3:45 PM BST / 1.90 m	10:40 PM BST / 4.01 m	6:06 AM BST	8:05 PM BST
Sun 26		4:07 AM BST / 1.58 m	11:14 AM BST / 4.22 m	4:29 PM BST / 1.62 m	11:31 PM BST / 4.33 m	6:08 AM BST	8:03 PM BST
Aug Bank Holiday		4:48 AM BST / 1.28 m	11:59 AM BST / 4.56 m	5:08 PM BST / 1.34 m		6:09 AM BST	8:01 PM BST
September							
Sat 1	3:02 AM BST / 5.06 m	8:05 AM BST / 0.63 m	3:26 PM BST / 5.12 m	8:28 PM BST / 0.85 m		6:17 AM BST	7:50 PM BST
Sun 2	3:47 AM BST / 4.90 m	8:48 AM BST / 0.84 m	4:11 PM BST / 4.90 m	9:14 PM BST / 1.07 m		6:18 AM BST	7:48 PM BST
Sat 8		3:14 AM BST / 1.72 m	10:30 AM BST / 4.25 m	3:44 PM BST / 1.83 m	10:52 PM BST / 4.28 m	6:28 AM BST	7:35 PM BST
Sun 9		4:05 AM BST / 1.52 m	11:23 AM BST / 4.51 m	4:30 PM BST / 1.63 m	11:41 PM BST / 4.50 m	6:29 AM BST	7:33 PM BST
Sat 15	2:37 AM BST / 4.63 m	7:42 AM BST / 1.09 m	2:54 PM BST / 4.65 m	8:01 PM BST / 1.23 m		6:39 AM BST	7:19 PM BST
Sun 16	3:08 AM BST / 4.48 m	8:15 AM BST / 1.25 m	3:24 PM BST / 4.48 m	8:34 PM BST / 1.38 m		6:40 AM BST	7:17 PM BST
Sat 22		1:44 AM BST / 2.15 m	8:24 AM BST / 3.71 m	2:26 PM BST / 2.20 m	8:56 PM BST / 3.76 m	6:49 AM BST	7:03 PM BST
Sun 23		2:52 AM BST / 1.91 m	9:43 AM BST / 3.98 m	3:21 PM BST / 1.91 m	10:07 PM BST / 4.06 m	6:51 AM BST	7:01 PM BST
Sat 29	1:57 AM BST / 5.25 m	7:01 AM BST / 0.50 m	2:20 PM BST / 5.33 m	7:24 PM BST / 0.60 m		7:01 AM BST	6:48 PM BST
Sun 30	2:42 AM BST / 5.17 m	7:43 AM BST / 0.64 m	3:04 PM BST / 5.16 m	8:06 PM BST / 0.75 m		7:02 AM BST	6:45 PM BST
October							
Sat 6		1:58 AM BST / 1.95 m	9:01 AM BST / 4.06 m	2:44 PM BST / 2.06 m	9:31 PM BST / 4.00 m	7:12 AM BST	6:32 PM BST
Sun 7		3:03 AM BST / 1.79 m	10:09 AM BST / 4.27 m	3:36 PM BST / 1.86 m	10:31 PM BST / 4.22 m	7:13 AM BST	6:30 PM BST
Sat 13	1:38 AM BST / 4.67 m	6:41 AM BST / 1.10 m	1:52 PM BST / 4.72 m	6:59 PM BST / 1.10 m		7:23 AM BST	6:17 PM BST
Sun 14	2:09 AM BST / 4.60 m	7:13 AM BST / 1.18 m	2:23 PM BST / 4.61 m	7:30 PM BST / 1.18 m		7:25 AM BST	6:15 PM BST
Sat 20	6:34 AM BST / 3.82 m	12:00 PM BST / 2.31 m	7:00 PM BST / 3.73 m			7:34 AM BST	6:02 PM BST
Sun 21		12:49 AM BST / 2.09 m	7:47 AM BST / 3.89 m	1:46 PM BST / 2.16 m	8:17 PM BST / 3.85 m	7:36 AM BST	6:00 PM BST
Sat 27	12:52 AM BST / 5.18 m	5:57 AM BST / 0.57 m	1:14 PM BST / 5.33 m	6:21 PM BST / 0.53 m		7:46 AM BST	5:49 PM BST
Sun 28	1:38 AM BST / 5.23 m	5:40 AM GMT / 0.60 m	1:00 PM GMT / 5.27 m	6:03 PM GMT / 0.57 m		7:48 AM GMT	5:47 PM GMT
November							
Sat 3	6:09 AM GMT / 4.08 m	12:04 PM GMT / 2.18 m	6:39 PM GMT / 3.86 m			6:58 AM GMT	4:36 PM GMT
Sun 4		12:31 AM GMT / 1.94 m	7:25 AM GMT / 4.08 m	1:21 PM GMT / 2.06 m	7:55 PM GMT / 3.91 m	7:00 AM GMT	4:34 PM GMT
Sat 10		4:43 AM GMT / 1.26 m	11:54 AM GMT / 4.63 m	5:03 PM GMT / 1.16 m		7:10 AM GMT	4:25 PM GMT
Sun 11	12:14 AM GMT / 4.54 m	5:16 AM GMT / 1.26 m	12:26 PM GMT / 4.60 m	5:34 PM GMT / 1.14 m		7:12 AM GMT	4:23 PM GMT
Sat 17	4:14 AM GMT / 4.10 m	9:09 AM GMT / 2.01 m	4:32 PM GMT / 3.94 m	9:38 PM GMT / 1.83 m		7:22 AM GMT	4:15 PM GMT
Sun 18	5:09 AM GMT / 4.07 m	10:23 AM GMT / 2.10 m	5:31 PM GMT / 3.91 m	10:59 PM GMT / 1.88 m		7:24 AM GMT	4:14 PM GMT
Sat 24		3:52 AM GMT / 0.84 m	11:08 AM GMT / 5.08 m	4:18 PM GMT / 0.70 m	11:36 PM GMT / 5.04 m	7:33 AM GMT	4:07 PM GMT
Sun 25		4:37 AM GMT / 0.77 m	11:56 AM GMT / 5.15 m	5:01 PM GMT / 0.62 m		7:35 AM GMT	4:06 PM GMT
December							
Sat 1	4:33 AM GMT / 4.35 m	9:47 AM GMT / 1.98 m	4:52 PM GMT / 4.05 m	10:18 PM GMT / 1.79 m		7:44 AM GMT	4:02 PM GMT
Sun 2	5:30 AM GMT / 4.17 m	11:15 AM GMT / 2.09 m	5:52 PM GMT / 3.88 m	11:41 PM GMT / 1.89 m		7:45 AM GMT	4:01 PM GMT
Sat 8		3:44 AM GMT / 1.53 m	10:54 AM GMT / 4.36 m	4:06 PM GMT / 1.36 m	11:18 PM GMT / 4.31 m	7:52 AM GMT	3:59 PM GMT
Sun 9		4:19 AM GMT / 1.47 m	11:30 AM GMT / 4.43 m	4:41 PM GMT / 1.27 m	11:55 PM GMT / 4.41 m	7:53 AM GMT	3:59 PM GMT
Sat 15	3:09 AM GMT / 4.44 m	8:01 AM GMT / 1.61 m	3:23 PM GMT / 4.27 m	8:23 PM GMT / 1.39 m		7:59 AM GMT	3:58 PM GMT
Sun 16	3:54 AM GMT / 4.38 m	8:51 AM GMT / 1.71 m	4:10 PM GMT / 4.18 m	9:16 PM GMT / 1.50 m		8:00 AM GMT	3:59 PM GMT
Sat 22		2:42 AM GMT / 1.24 m	9:57 AM GMT / 4.66 m	3:12 PM GMT / 1.06 m	10:31 PM GMT / 4.64 m	8:04 AM GMT	4:01 PM GMT
Sun 23		3:33 AM GMT / 1.11 m	10:53 AM GMT / 4.82 m	4:00 PM GMT / 0.88 m	11:24 PM GMT / 4.85 m	8:04 AM GMT	4:01 PM GMT
Christmas Eve		4:21 AM GMT / 1.02 m	11:44 AM GMT / 4.94 m	4:47 PM GMT / 0.77 m		8:05 AM GMT	4:02 PM GMT
Christmas Day	12:14 AM GMT / 5.00 m	5:08 AM GMT / 1.01 m	12:32 PM GMT / 4.98 m	5:32 PM GMT / 0.74 m		8:05 AM GMT	4:03 PM GMT
Boxing Day	1:01 AM GMT / 5.05 m	5:55 AM GMT / 1.06 m	1:18 PM GMT / 4.94 m	6:18 PM GMT / 0.80 m		8:06 AM GMT	4:03 PM GMT