

Sovereign Harbour Tide Tables 2026



All tide times and heights are corrected to local time and chart datum – no further adjustment is required. Heights are in metres.

© Crown Copyright and/or database rights. Reproduced by permission of the Controller of His Majesty's Stationery Office and the UK Hydrographic Office (www.ukho.gov.uk).

January

Date	Time	HT
1	02:59	1.6
Thu	08:47	6.7
	15:32	1.3
	21:25	6.7
2	04:00	1.3
Fri	09:46	7.0
	16:29	1.0
	22:23	7.0
3	04:55	1.1
Sat	10:41	7.3
	17:22	0.8
	23:16	7.3
4	05:46	1.0
Sun	11:32	7.4
	18:13	0.7
5	00:06	7.5
Mon	06:36	0.9
	12:20	7.4
	19:02	0.7
6	00:53	7.5
Tue	07:23	0.9
SP	13:06	7.3
	19:48	0.8
7	01:38	7.4
Wed	08:08	1.0
	13:50	7.0
	20:32	0.9
8	02:20	7.2
Thu	08:52	1.2
	14:32	6.7
	21:14	1.1
9	03:01	6.9
Fri	09:34	1.4
	15:14	6.3
	21:55	1.4
10	03:42	6.5
Sat	10:17	1.7
	15:58	5.9
	22:37	1.8
11	04:26	6.1
Sun	11:04	2.0
	16:47	5.5
	23:25	2.1
12	05:18	5.7
Mon	12:00	2.2
	17:47	5.3
13	00:25	2.3
Tue	06:19	5.5
NP	13:18	2.3
	18:55	5.2
14	01:49	2.4
Wed	07:28	5.5
	14:33	2.2
	20:08	5.4
15	02:59	2.2
Thu	08:33	5.7
	15:30	2.0
	21:11	5.7

February

Date	Time	HT	Date	Time	HT
16	03:52	2.0	1	04:50	1.1
Fri	09:27	6.1	Sun	10:41	7.0
	16:16	1.7		17:16	0.8
	21:59	6.1		23:13	7.3
17	04:36	1.8	2	05:37	0.9
Sat	10:11	6.3	Mon	11:28	7.3
	16:58	1.4		18:03	0.6
	22:39	6.5			
18	05:15	1.6	3	00:00	7.5
Sun	10:49	6.6	Tue	06:24	0.8
	17:35	1.2		12:12	7.4
	23:15	6.7		18:47	0.6
19	05:52	1.3	4	00:39	7.6
Mon	11:24	6.9	Wed	07:06	0.8
	18:12	1.1	SP	12:52	7.4
	23:50	6.9		19:27	0.6
20	06:28	1.2	5	01:18	7.5
Tue	11:59	6.9	Thu	07:45	0.8
	18:47	1.0		13:29	7.3
				20:04	0.7
21	00:23	7.0	6	01:52	7.4
Wed	07:02	1.2	Fri	08:20	1.0
SP	12:32	7.0		14:03	7.0
	19:21	1.0		20:39	0.9
22	00:56	7.0	7	02:25	7.0
Thu	07:35	1.1	Sat	08:54	1.1
	13:07	7.0		14:35	6.6
	19:53	1.0		21:10	1.2
23	01:32	7.2	8	02:56	6.6
Fri	08:10	1.1	Sun	09:27	1.4
	13:44	7.0		15:07	6.2
	20:28	1.0		21:45	1.6
24	02:08	7.0	9	03:26	6.2
Sat	08:47	1.2	Mon	10:05	1.8
	14:23	6.9		15:45	5.7
	21:07	1.1		22:26	2.0
25	02:49	6.9	10	04:08	5.7
Sun	09:30	1.3	Tue	10:53	2.2
	15:07	6.6		16:41	5.2
	21:52	1.3		23:19	2.4
26	03:36	6.6	11	05:15	5.2
Mon	10:22	1.6	Wed	11:57	2.4
	15:59	6.2	NP	18:01	5.0
	22:46	1.7			
27	04:32	6.2	12	00:35	2.6
Tue	11:27	1.9	Thu	06:38	5.1
	17:06	5.8		13:43	2.5
	23:59	2.0		19:24	5.0
28	05:49	5.8	13	02:31	2.5
Wed	12:51	2.0	Fri	07:56	5.2
NP	18:38	5.5		15:05	2.2
				20:43	5.4
29	01:30	2.1	14	03:32	2.1
Thu	07:21	5.8	Sat	09:02	5.7
	14:15	1.9		15:55	1.8
	20:11	5.8		21:38	5.9
30	02:51	1.9	15	04:16	1.8
Fri	08:42	6.2	Sun	09:49	6.2
	15:27	1.4		16:35	1.3
	21:25	6.3		22:19	6.5
31	03:56	1.4			
Sat	09:46	6.6			
	16:25	1.1			
	22:23	6.9			

March

Date	Time	HT
1	03:50	1.4
Sun	09:44	6.5
	16:17	1.1
	22:17	6.9
2	04:39	1.0
Mon	10:33	7.0
	17:03	0.8
	23:00	7.3
3	05:23	0.8
Tue	11:15	7.3
	17:44	0.6
	23:40	7.5
4	06:04	0.7
Wed	11:55	7.4
	18:23	0.6
5	00:17	7.6
Thu	06:42	0.7
SP	12:30	7.4
	19:00	0.6
6	00:51	7.5
Fri	07:17	0.7
	13:03	7.3
	19:32	0.7
7	01:21	7.3
Sat	07:47	0.8
	13:31	7.0
	20:02	0.9
8	01:46	7.0
Sun	08:17	1.0
	13:55	6.7
	20:32	1.1
9	02:07	6.6
Mon	08:47	1.3
	14:22	6.3
	21:03	1.4
10	02:33	6.2
Tue	09:20	1.7
	14:54	5.8
	21:40	1.9
11	03:07	5.7
Wed	10:02	2.0
	15:37	5.3
	22:29	2.3
12	03:59	5.1
Thu	11:04	2.4
	17:10	4.9
	23:47	2.7
13	05:52	4.9
Fri	12:36	2.5
NP	18:44	4.9
14	01:47	2.6
Sat	07:18	5.0
	14:30	2.3
	20:04	5.3
15	03:01	2.2
Sun	08:28	5.4
	15:23	1.8
	21:04	5.9

April

Date	Time	HT	Date	Time	HT
16	03:47	1.8	1	06:00	0.8
Mon	09:19	6.1	Wed	11:54	7.2
	16:04	1.3		18:18	0.7
	21:48	6.5			
17	04:24	1.3	2	00:14	7.4
Tue	10:01	6.6	Thu	06:37	0.7
	16:41	1.0		12:31	7.3
	22:26	6.9		18:55	0.7
18	05:01	1.0	3	00:50	7.4
Wed	10:39	7.0	Fri	07:13	0.7
	17:18	0.8	SP	13:05	7.2
	23:01	7.3		19:29	0.7
19	05:37	0.8	4	01:21	7.3
Thu	11:16	7.3	Sat	07:46	0.8
	17:55	0.6		13:34	7.2
	23:38	7.5		20:01	0.8
20	06:14	0.6	5	01:47	7.2
Fri	11:53	7.4	Sun	08:17	0.9
	18:32	0.5		14:00	6.9
				20:30	1.0
21	00:13	7.6	6	02:09	6.9
Sat	06:51	0.6	Mon	08:45	1.0
SP	12:29	7.5		14:24	6.7
	19:10	0.5		21:01	1.2
22	00:48	7.6	7	02:31	6.6
Sun	07:29	0.6	Tue	09:16	1.2
	13:07	7.4		14:52	6.3
	19:48	0.6		21:32	1.6
23	01:26	7.4	8	02:58	6.2
Mon	08:09	0.7	Wed	09:48	1.6
	13:46	7.2		15:23	5.9
	20:29	0.9		22:07	1.9
24	02:05	7.2	9	03:33	5.7
Tue	08:52	1.0	Thu	10:28	1.9
	14:30	6.7		16:06	5.4
	21:15	1.2		22:57	2.3
25	02:51	6.5	10	04:21	5.2
Wed	09:43	1.4	Fri	11:25	2.3
	15:24	6.1		17:22	5.1
	22:14	1.8			
26	03:50	5.8	11	00:10	2.6
Thu	10:52	1.9	Sat	06:04	4.9
	16:42	5.4	NP	12:48	2.4
	23:38	2.2		19:04	5.1
27	05:23	5.3	12	01:46	2.5
Fri	12:32	2.1	Sun	07:38	5.0
NP	18:33	5.3		14:27	2.3
				20:18	5.4
28	01:21	2.2	13	03:12	2.2
Sat	07:15	5.3	Mon	08:45	5.4
	14:03	1.9		15:36	1.9
	20:06	5.7		21:18	5.9
29	03:38	1.9	14	04:04	1.8
Sun	09:33	5.8	Tue	09:38	6.1
	16:08	1.4		16:22	1.4
	22:08	6.3		22:06	6.5
30	04:35	1.3	15	04:46	1.3
Mon	10:28	6.5	Wed	10:24	6.6
	16:58	1.0		17:03	1.0
	22:56	6.9		22:49	7.0
31	05:20	1.0			
Tue	11:14	6.9			
	17:39	0.8			
	23:37	7.3			

May			June									
Date	Time	HT	Date	Time	HT	Date	Time	HT	Date	Time	HT	
1 Fri	06:09	0.9	16	05:33	0.8	1	00:20	6.7	16	00:15	7.4	
	12:03	6.9		Sat	11:22	7.3	Mon	06:57	1.1	Tue	06:58	0.7
	18:25	0.9			17:55	0.8	SP	12:43	6.6	SP	12:50	7.4
					23:42	7.5		19:13	1.3		19:23	0.8
2 Sat SP	00:18	7.2	17	06:21	0.6	2	00:51	6.7	17	01:06	7.4	
	06:44	0.9		Sun	12:08	7.4	Tue	07:32	1.1	Wed	07:51	0.6
	12:37	6.9		SP	18:43	0.7		13:16	6.6		13:41	7.4
	19:00	1.0						19:48	1.3		20:15	0.8
3 Sun	00:49	7.0	18	00:27	7.5	3	01:21	6.6	18	01:56	7.3	
	07:18	0.9		Mon	07:10	0.6	Wed	08:07	1.2	Thu	08:41	0.7
	13:07	6.9			12:57	7.4		13:46	6.6		14:33	7.4
	19:34	1.1			19:33	0.7		20:22	1.4		21:06	0.9
4 Mon	01:15	6.9	19	01:13	7.5	4	01:52	6.5	19	02:48	7.2	
	07:51	1.0		Tue	07:59	0.6	Thu	08:40	1.3	Fri	09:32	0.8
	13:34	6.7			13:44	7.4		14:19	6.5		15:22	7.3
	20:06	1.2			20:22	0.8		20:57	1.6		21:58	1.1
5 Tue	01:40	6.7	20	02:00	7.3	5	02:25	6.3	20	03:37	6.7	
	08:22	1.1		Wed	08:49	0.7	Fri	09:14	1.4	Sat	10:23	1.0
	14:02	6.6			14:36	7.2		14:53	6.3		16:12	7.0
	20:38	1.3			21:14	1.0		21:34	1.7		22:51	1.2
6 Wed	02:07	6.5	21	02:51	6.9	6	03:02	6.1	21	04:28	6.5	
	08:54	1.3		Thu	09:41	0.9	Sat	09:51	1.6	Sun	11:16	1.2
	14:32	6.5			15:29	6.9		15:34	6.2		17:01	6.6
	21:11	1.6			22:08	1.3		22:16	1.8		23:46	1.4
7 Thu	02:38	6.2	22	03:46	6.5	7	03:46	5.9	22	05:20	6.1	
	09:27	1.6		Fri	10:37	1.2	Sun	10:35	1.7	Mon	12:10	1.4
	15:06	6.1			16:27	6.5		16:21	5.9		17:52	6.3
	21:48	1.9			23:10	1.6		23:07	1.9			
8 Fri	03:15	5.8	23	04:47	6.1	8	04:38	5.7	23	00:44	1.7	
	10:08	1.8		Sat	11:42	1.4	Mon	11:29	1.8	Tue	06:15	5.8
	15:50	5.8			17:30	6.2		17:19	5.9		13:07	1.7
	22:36	2.1									18:48	6.1
9 Sat	04:03	5.4	24	00:19	1.8	9	00:08	2.0	24	01:44	1.9	
	10:59	2.0		Sun	05:55	5.8	Tue	05:42	5.5	Wed	07:17	5.5
	16:50	5.4		NP	12:51	1.7	NP	12:30	1.8	NP	14:08	1.9
	23:38	2.3			18:39	6.1		18:26	5.9		19:50	5.8
10 Sun NP	05:14	5.2	25	01:29	1.8	10	01:14	1.9	25	02:45	1.9	
	12:06	2.1		Mon	07:10	5.7	Wed	06:57	5.7	Thu	08:26	5.5
	18:14	5.4			13:57	1.7		13:37	1.8		15:09	1.9
					19:50	6.1		19:35	6.1		20:54	5.8
11 Mon	00:55	2.3	26	02:33	1.7	11	02:19	1.7	26	03:43	1.8	
	06:47	5.2		Tue	08:20	5.7	Thu	08:06	5.9	Fri	09:30	5.7
	13:23	2.1			14:57	1.6		14:43	1.6		16:05	1.9
	19:29	5.5			20:52	6.2		20:38	6.5		21:52	5.9
12 Tue	02:09	2.1	27	03:29	1.6	12	03:21	1.4	27	04:34	1.7	
	07:57	5.5		Wed	09:19	5.9	Fri	09:08	6.3	Sat	10:24	5.9
	14:34	1.8			15:50	1.6		15:45	1.3		16:54	1.8
	20:30	6.1			21:45	6.3		21:36	6.7		22:41	6.2
13 Wed	03:10	1.7	28	04:18	1.4	13	04:18	1.1	28	05:19	1.6	
	08:55	5.9		Thu	10:10	6.1	Sat	10:06	6.7	Sun	11:10	6.2
	15:32	1.4			16:36	1.4		16:42	1.1		17:38	1.6
	21:22	6.5			22:31	6.6		22:31	7.2		23:23	6.3
14 Thu	04:01	1.3	29	05:01	1.3	14	05:12	0.9	29	06:01	1.3	
	09:45	6.5		Fri	10:55	6.3	Sun	11:03	7.0	Mon	11:50	6.3
	16:21	1.1			17:19	1.3		17:36	1.0		18:19	1.4
	22:11	7.0			23:12	6.6		23:24	7.3		23:59	6.5
15 Fri	04:48	1.0	30	05:41	1.2	15	06:05	0.8	30	06:39	1.2	
	10:34	6.9		Sat	11:35	6.5	Mon	11:56	7.3	Tue	12:25	6.6
	17:08	0.9			17:59	1.3		18:30	0.9		18:57	1.4
	22:57	7.3			23:48	6.7						
			31	06:20	1.1							
			Sun	12:10	6.6							
				18:36	1.2							

July			August								
Date	Time	HT	Date	Time	HT	Date	Time	HT	Date	Time	HT
1	00:33	6.6	16	01:01	7.4	1	01:20	6.9	16	02:13	7.4
Wed	07:16	1.2	Thu	07:40	0.6	Sat	08:07	1.0	Sun	08:46	0.6
	13:00	6.6	SP	13:34	7.6	SP	13:43	7.0		14:37	7.6
	19:33	1.3		20:04	0.7		20:22	1.1		21:06	0.8
2	01:06	6.6	17	01:49	7.4	2	01:52	6.9	17	02:50	7.2
Thu	07:53	1.2	Fri	08:28	0.6	Sun	08:38	1.0	Mon	09:22	0.8
SP	13:32	6.7		14:21	7.6		14:15	7.0		15:11	7.3
	20:09	1.3		20:51	0.8		20:54	1.1		21:42	1.0
3	01:38	6.6	18	02:35	7.3	3	02:26	6.9	18	03:23	6.9
Fri	08:26	1.2	Sat	09:14	0.7	Mon	09:08	1.0	Tue	09:56	1.1
	14:04	6.7		15:04	7.5		14:49	7.0		15:44	6.9
	20:43	1.3		21:37	0.9		21:27	1.1		22:15	1.3
4	02:11	6.6	19	03:17	7.0	4	03:01	6.9	19	03:57	6.3
Sat	08:59	1.2	Sun	09:58	0.8	Tue	09:42	1.1	Wed	10:29	1.4
	14:37	6.7		15:45	7.3		15:26	6.9		16:18	6.3
	21:17	1.4		22:20	1.1		22:05	1.2		22:51	1.7
5	02:47	6.5	20	03:59	6.7	5	03:41	6.6	20	04:35	5.8
Sun	09:32	1.2	Mon	10:39	1.1	Wed	10:22	1.2	Thu	11:09	1.9
	15:13	6.6		16:24	6.9		16:08	6.6		16:58	5.8
	21:52	1.4		23:03	1.3		22:51	1.4		23:35	2.1
6	03:25	6.3	21	04:40	6.3	6	04:27	6.3	21	05:27	5.3
Mon	10:09	1.3	Tue	11:20	1.4	Thu	11:12	1.6	Fri	11:59	2.3
	15:53	6.5		17:06	6.3		16:58	6.3		17:57	5.3
	22:35	1.6		23:46	1.7		23:48	1.8			
7	04:09	6.2	22	05:25	5.8	7	05:26	5.8	22	00:36	2.4
Tue	10:53	1.4	Wed	12:03	1.8	Fri	12:16	1.9	Sat	06:40	5.0
	16:39	6.3		17:53	5.9		18:04	5.9	NP	13:11	2.6
	23:24	1.7								19:14	5.1
8	05:00	6.1	23	00:36	2.0	8	01:05	2.0	23	02:29	2.5
Wed	11:46	1.6	Thu	06:19	5.4	Sat	06:52	5.5	Sun	08:03	5.0
	17:34	6.2		12:57	2.1	NP	13:44	2.1		15:12	2.6
				18:50	5.5		19:38	5.7		20:38	5.2
9	00:25	1.8	24	01:46	2.2	9	02:37	2.0	24	03:48	2.2
Thu	06:02	5.8	Fri	07:26	5.2	Sun	08:34	5.7	Mon	09:35	5.4
NP	12:49	1.8	NP	14:19	2.3		15:15	2.0		16:14	2.2
	18:42	6.1		19:58	5.4		21:08	5.9		21:54	5.5
10	01:35	1.8	25	03:09	2.2	10	03:56	1.7	25	04:39	1.9
Fri	07:20	5.8	Sat	08:44	5.2	Mon	09:54	6.2	Tue	10:29	5.9
	14:05	1.8		15:38	2.3		16:26	1.6		17:00	1.8
	19:59	6.1		21:13	5.5		22:18	6.5		22:42	6.1
11	02:50	1.7	26	04:11	2.0	11	04:58	1.2	26	05:19	1.4
Sat	08:41	5.9	Sun	09:59	5.5	Tue	10:57	6.7	Wed	11:09	6.5
	15:23	1.7		16:34	2.0		17:23	1.2		17:38	1.4
	21:13	6.3		22:16	5.8		23:16	7.0		23:18	6.5
12	04:00	1.4	27	05:00	1.8	12	05:50	0.8	27	05:57	1.2
Sun	09:52	6.3	Mon	10:50	5.9	Wed	11:49	7.3	Thu	11:43	6.7
	16:29	1.4		17:21	1.8		18:13	0.9		18:14	1.2
	22:18	6.7		23:03	6.2					23:52	6.9
13	05:01	1.1	28	05:42	1.4	13	00:05	7.4	28	06:31	1.0
Mon	10:56	6.7	Tue	11:32	6.3	Thu	06:37	0.6	Fri	12:15	7.0
	17:28	1.1		18:02	1.6		12:36	7.6		18:50	1.1
	23:17	7.0		23:41	6.5		19:00	0.7			
14	05:57	0.8	29	06:21	1.2	14	00:51	7.5	29	00:24	7.0
Tue	11:54	7.2	Wed	12:07	6.6	Fri	07:23	0.5	Sat	07:07	0.9
	18:23	0.9		18:38	1.3		13:20	7.7		12:47	7.2
							19:45	0.7		19:24	1.0
15	00:11	7.3	30	00:15	6.6	15	01:33	7.5	30	00:57	7.2
Wed	06:50	0.7	Thu	06:58	1.1	Sat	08:07	0.5	Sun	07:40	0.9
	12:46	7.4		12:41	6.7	SP	13:59	7.7		13:18	7.3
	19:14	0.8		19:15	1.2		20:26	0.7		19:57	0.9
			31	00:48	6.7				31	01:29	7.3
			Fri	07:33	1.0				Mon	08:12	0.8
				13:13	6.9				SP	13:49	7.4
				19:50	1.2					20:28	0.9

September

Date Time HT

1	02:03	7.3
Tue	08:43	0.9
	14:24	7.3
	21:02	1.0
2	02:39	7.2
Wed	09:18	1.0
	14:59	7.2
	21:41	1.1
3	03:17	6.7
Thu	10:00	1.2
	15:41	6.7
	22:27	1.4
4	04:04	6.3
Fri	10:50	1.7
	16:31	6.2
	23:26	1.9
5	05:07	5.7
Sat	12:00	2.1
	17:45	5.5
6	00:53	2.2
Sun	06:51	5.3
NP	13:42	2.3
	19:39	5.4
7	02:36	2.1
Mon	08:39	5.5
	15:15	2.1
	21:11	5.9
8	03:54	1.7
Tue	09:52	6.2
	16:21	1.6
	22:16	6.5
9	04:50	1.2
Wed	10:48	7.0
	17:12	1.1
	23:07	7.2
10	05:36	0.8
Thu	11:35	7.4
	17:57	0.8
	23:51	7.4
11	06:19	0.6
Fri	12:16	7.7
	18:39	0.7
12	00:32	7.5
Sat	07:00	0.6
SP	12:55	7.7
	19:20	0.7
13	01:10	7.5
Sun	07:39	0.6
	13:31	7.7
	19:57	0.7
14	01:45	7.4
Mon	08:14	0.8
	14:04	7.5
	20:31	0.9
15	02:17	7.2
Tue	08:46	1.0
	14:34	7.2
	21:03	1.1

October

Date Time HT

1	02:19	7.3
Thu	09:02	1.1
	14:39	7.2
	21:26	1.2
2	03:01	6.9
Fri	09:46	1.4
	15:22	6.6
	22:15	1.6
3	03:53	6.2
Sat	10:42	1.9
	16:19	5.9
	23:20	2.0
4	05:07	5.7
Sun	12:00	2.3
	17:47	5.4
5	00:52	2.2
Mon	06:56	5.4
NP	13:42	2.3
	19:38	5.4
6	02:29	2.1
Tue	08:31	5.8
	15:05	2.0
	21:00	5.9
7	03:39	1.7
Wed	09:36	6.5
	16:05	1.6
	21:59	6.6
8	04:31	1.2
Thu	10:26	7.0
	16:53	1.1
	22:47	7.0
9	05:14	0.9
Fri	11:10	7.4
	17:34	0.9
	23:29	7.4
10	05:54	0.8
Sat	11:50	7.6
SP	18:14	0.8
11	00:07	7.4
Sun	06:32	0.8
	12:26	7.6
	18:52	0.8
12	00:44	7.4
Mon	07:09	0.8
	13:00	7.5
	19:27	0.9
13	01:16	7.3
Tue	07:43	1.0
	13:29	7.4
	20:00	1.0
14	01:45	7.2
Wed	08:15	1.1
	13:56	7.0
	20:30	1.2
15	02:12	6.9
Thu	08:45	1.3
	14:21	6.7
	21:02	1.4
16	02:41	6.5
Fri	09:18	1.7
	14:49	6.3
	21:37	1.8
17	03:13	6.1
Sat	09:56	2.0
	15:23	5.8
	22:18	2.1
18	03:56	5.5
Sun	10:45	2.4
	16:13	5.3
	23:16	2.4
19	05:17	5.2
Mon	11:55	2.7
NP	17:55	5.0
20	00:34	2.6
Tue	06:45	5.2
	13:26	2.7
	19:18	5.1
21	02:10	2.5
Wed	07:59	5.4
	14:55	2.4
	20:27	5.4
22	03:21	2.1
Thu	08:59	5.9
	15:48	2.0
	21:20	6.1
23	04:06	1.7
Fri	09:46	6.5
	16:28	1.6
	22:05	6.6
24	04:46	1.3
Sat	10:27	7.0
	17:06	1.2
	22:46	7.0
25	04:23	1.1
Sun	10:06	7.3
	16:43	1.0
	22:26	7.3
26	05:01	0.9
Mon	10:44	7.5
	17:22	0.8
	23:04	7.5
27	05:40	0.9
Tue	11:22	7.6
SP	18:03	0.8
	23:44	7.5
28	06:22	0.9
Wed	12:01	7.6
	18:45	0.8
29	00:24	7.5
Thu	07:06	0.9
	12:41	7.4
	19:30	0.9
30	01:08	7.3
Fri	07:52	1.1
	13:25	7.2
	20:18	1.2
31	01:56	6.9
Sat	08:42	1.4
	14:15	6.6
	21:12	1.6

November				December														
Date	Time	HT		Date	Time	HT		Date	Time	HT		Date	Time	HT				
1	02:56	6.3		16	02:34	5.9		1	03:59	6.5		16	02:54	6.2				
Sun	09:43	1.9		Mon	09:21	2.2		Tue	10:43	1.8		Wed	09:41	2.0				
	15:20	6.1				14:47	5.5				16:22		6.1			15:10	5.8	
	22:19	1.9				21:45	2.2				23:16		1.7			22:01	2.0	
2	04:13	5.9		17	03:28	5.5		2	05:04	6.3		17	03:43	5.9				
Mon NP	10:59	2.1		Tue	10:20	2.4		Wed	11:51	1.9		Thu	10:36	2.1				
	16:44	5.7				15:53	5.3				17:34		5.9			16:06	5.7	
	23:42	2.0				22:48	2.4									22:57	2.1	
3	05:40	5.8		18	04:49	5.4		3	00:22	1.8		18	04:44	5.8				
Tue	12:25	2.1		Wed NP	11:31	2.5		Thu NP	06:14	6.2		Fri NP	11:39	2.2				
	18:15	5.7				17:24	5.2				12:58		1.9			17:16	5.5	
											18:46		5.9					
4	01:02	1.9		19	00:01	2.4		4	01:26	1.8		19	00:02	2.1				
Wed	07:01	6.1		Thu	06:03	5.5		Fri	07:19	6.3		Sat	05:58	5.9				
	13:38	1.9				12:43	2.3				13:59		1.7			12:46	2.1	
	19:31	5.9				18:34	5.4				19:50		6.1			18:35	5.7	
5	02:08	1.7		20	01:10	2.2		5	02:24	1.7		20	01:11	2.0				
Thu	08:04	6.5		Fri	07:05	5.9		Sat	08:16	6.5		Sun	07:08	6.2				
	14:37	1.6				13:47	2.0				14:53		1.6			13:52	1.9	
	20:30	6.5				19:33	5.9				20:46		6.2			19:42	6.1	
6	03:01	1.3		21	02:10	1.9		6	03:15	1.6		21	02:19	1.8				
Fri	08:55	6.9		Sat	07:59	6.3		Sun	09:07	6.6		Mon	08:09	6.5				
	15:24	1.2				14:40	1.7				15:40		1.4			14:52	1.6	
	21:18	6.7				20:24	6.3				21:35		6.5			20:42	6.5	
7	03:46	1.2		22	03:00	1.6		7	04:01	1.6		22	03:19	1.6				
Sat	09:39	7.2		Sun	08:46	6.9		Mon	09:51	6.7		Tue	09:05	6.9				
	16:07	1.1				15:26	1.3				16:24		1.3			15:49	1.2	
	22:02	7.0				21:11	6.9				22:18		6.6			21:38	6.9	
8	04:26	1.1		23	03:47	1.3		8	04:43	1.4		23	04:13	1.2				
Sun	10:20	7.3		Mon	09:32	7.3		Tue	10:31	6.9		Wed	09:58	7.3				
	16:47	1.0				16:11	1.1				17:06		1.2			16:41	1.0	
	22:41	7.2				21:58	7.2				22:55		6.7			22:32	7.3	
9	05:06	1.1		24	04:32	1.1		9	05:23	1.4		24	05:06	1.0				
Mon SP	10:56	7.3		Tue	10:17	7.5		Wed	11:06	6.9		Thu	10:49	7.4				
	17:25	1.0				16:57	0.9				17:43		1.2			17:33	0.8	
	23:17	7.2				22:43	7.4				23:31		6.9			23:23	7.4	
10	05:42	1.1		25	05:18	1.0		10	06:00	1.3		25	05:58	0.9				
Tue	11:30	7.3		Wed	11:00	7.6		Thu SP	11:39	6.9		Fri	11:39	7.5				
	18:02	1.0				17:44	0.8				18:20		1.2			18:25	0.7	
	23:50	7.2				23:29	7.5											
11	06:17	1.2		26	06:07	0.9		11	00:04	6.9		26	00:14	7.5				
Wed	12:00	7.2		Thu SP	11:46	7.6		Fri	06:36	1.4		Sat SP	06:49	0.9				
	18:35	1.1				18:33	0.8				12:10		6.7			12:28	7.5	
											18:55		1.2			19:16	0.7	
12	00:20	7.0		27	00:17	7.5		12	00:35	6.7		27	01:04	7.5				
Thu	06:51	1.3		Fri	06:56	1.0		Sat	07:10	1.4		Sun	07:38	0.9				
	12:27	6.9				12:31	7.4				12:40		6.6			13:19	7.4	
	19:08	1.2				19:22	0.9				19:28		1.3			20:05	0.7	
13	00:49	6.9		28	01:06	7.4		13	01:06	6.7		28	01:53	7.5				
Fri	07:23	1.4		Sat	07:46	1.1		Sun	07:44	1.6		Mon	08:28	1.0				
	12:55	6.6				13:22	7.2				13:12		6.5			14:08	7.2	
	19:41	1.4				20:14	1.0				20:02		1.4			20:55	0.9	
14	01:20	6.6		29	01:59	7.2		14	01:38	6.5		29	02:43	7.3				
Sat	07:58	1.7		Sun	08:39	1.3		Mon	08:19	1.8		Tue	09:19	1.1				
	13:27	6.3				14:15	6.7				13:46		6.2			14:58	6.9	
	20:16	1.7				21:08	1.2				20:38		1.7			21:46	1.1	
15	01:53	6.3		30	02:57	6.7		15	02:12	6.3		30	03:31	7.0				
Sun	08:36	2.0		Mon	09:37	1.6		Tue	08:57	1.9		Wed	10:13	1.3				
	14:01	5.9				15:16	6.3				14:24		6.1			15:49	6.5	
	20:56	2.0				22:10	1.4				21:15		1.8			22:38	1.3	
												31	04:20	6.6				
												Thu	11:08	1.7				
													16:42	6.1				
													23:34	1.7				