

**January 2012**

<b>Day</b>	<b>High</b>	<b>Low</b>	<b>High</b>	<b>Low</b>	<b>High</b>	<b>Moon</b>	<b>Sunrise</b>	<b>Sunset</b>
<b>Sun 1</b>	1:55 AM GMT / 1.36 m	8:10 AM GMT / 0.59 m	2:37 PM GMT / 1.22 m	8:19 PM GMT / 0.68 m		First Quarter	7:34 AM GMT	6:51 PM GMT
<b>Mon 2</b>	2:50 AM GMT / 1.28 m	9:07 AM GMT / 0.63 m	3:43 PM GMT / 1.21 m	9:31 PM GMT / 0.73 m			7:35 AM GMT	6:51 PM GMT
<b>Tue 3</b>	3:55 AM GMT / 1.23 m	10:13 AM GMT / 0.65 m	4:52 PM GMT / 1.23 m	10:52 PM GMT / 0.73 m			7:35 AM GMT	6:52 PM GMT
<b>Wed 4</b>	5:03 AM GMT / 1.21 m	11:18 AM GMT / 0.63 m	5:55 PM GMT / 1.28 m				7:35 AM GMT	6:53 PM GMT
<b>Thu 5</b>		12:02 AM GMT / 0.69 m	6:06 AM GMT / 1.23 m	12:13 PM GMT / 0.58 m	6:47 PM GMT / 1.35 m		7:36 AM GMT	6:53 PM GMT
<b>Fri 6</b>		12:56 AM GMT / 0.62 m	6:59 AM GMT / 1.26 m	1:01 PM GMT / 0.52 m	7:31 PM GMT / 1.42 m		7:36 AM GMT	6:54 PM GMT
<b>Sat 7</b>		1:41 AM GMT / 0.54 m	7:45 AM GMT / 1.31 m	1:42 PM GMT / 0.46 m	8:11 PM GMT / 1.49 m		7:36 AM GMT	6:54 PM GMT
<b>Sun 8</b>		2:20 AM GMT / 0.47 m	8:25 AM GMT / 1.36 m	2:21 PM GMT / 0.40 m	8:47 PM GMT / 1.56 m		7:37 AM GMT	6:55 PM GMT
<b>Mon 9</b>		2:57 AM GMT / 0.40 m	9:03 AM GMT / 1.40 m	2:58 PM GMT / 0.36 m	9:22 PM GMT / 1.61 m	Full Moon	7:37 AM GMT	6:55 PM GMT
<b>Tue 10</b>		3:34 AM GMT / 0.35 m	9:39 AM GMT / 1.43 m	3:34 PM GMT / 0.32 m	9:57 PM GMT / 1.64 m		7:37 AM GMT	6:56 PM GMT
<b>Wed 11</b>		4:10 AM GMT / 0.31 m	10:16 AM GMT / 1.45 m	4:11 PM GMT / 0.31 m	10:34 PM GMT / 1.66 m		7:37 AM GMT	6:57 PM GMT
<b>Thu 12</b>		4:48 AM GMT / 0.30 m	10:54 AM GMT / 1.45 m	4:49 PM GMT / 0.32 m	11:11 PM GMT / 1.65 m		7:38 AM GMT	6:57 PM GMT
<b>Fri 13</b>		5:27 AM GMT / 0.31 m	11:34 AM GMT / 1.43 m	5:30 PM GMT / 0.35 m	11:52 PM GMT / 1.61 m		7:38 AM GMT	6:58 PM GMT
<b>Sat 14</b>		6:09 AM GMT / 0.34 m	12:19 PM GMT / 1.40 m	6:14 PM GMT / 0.40 m			7:38 AM GMT	6:58 PM GMT
<b>Sun 15</b>	12:37 AM GMT / 1.55 m	6:55 AM GMT / 0.39 m	1:09 PM GMT / 1.36 m	7:05 PM GMT / 0.47 m			7:38 AM GMT	6:59 PM GMT
<b>Mon 16</b>	1:29 AM GMT / 1.47 m	7:48 AM GMT / 0.45 m	2:10 PM GMT / 1.32 m	8:06 PM GMT / 0.54 m		Last Quarter	7:38 AM GMT	7:00 PM GMT
<b>Tue 17</b>	2:31 AM GMT / 1.38 m	8:51 AM GMT / 0.51 m	3:21 PM GMT / 1.30 m	9:24 PM GMT / 0.60 m			7:38 AM GMT	7:00 PM GMT
<b>Wed 18</b>	3:47 AM GMT / 1.31 m	10:06 AM GMT / 0.53 m	4:41 PM GMT / 1.33 m	10:54 PM GMT / 0.59 m			7:38 AM GMT	7:01 PM GMT
<b>Thu 19</b>	5:09 AM GMT / 1.28 m	11:22 AM GMT / 0.52 m	5:56 PM GMT / 1.40 m				7:38 AM GMT	7:01 PM GMT
<b>Fri 20</b>		12:14 AM GMT / 0.53 m	6:24 AM GMT / 1.31 m	12:28 PM GMT / 0.47 m	7:00 PM GMT / 1.49 m		7:38 AM GMT	7:02 PM GMT
<b>Sat 21</b>		1:18 AM GMT / 0.45 m	7:27 AM GMT / 1.35 m	1:24 PM GMT / 0.40 m	7:53 PM GMT / 1.58 m		7:39 AM GMT	7:02 PM GMT
<b>Sun 22</b>		2:10 AM GMT / 0.37 m	8:18 AM GMT / 1.40 m	2:11 PM GMT / 0.34 m	8:40 PM GMT / 1.65 m		7:38 AM GMT	7:03 PM GMT
<b>Mon 23</b>		2:55 AM GMT / 0.31 m	9:03 AM GMT / 1.44 m	2:54 PM GMT / 0.29 m	9:23 PM GMT / 1.69 m	New Moon	7:38 AM GMT	7:03 PM GMT
<b>Tue 24</b>		3:35 AM GMT / 0.28 m	9:44 AM GMT / 1.46 m	3:34 PM GMT / 0.27 m	10:02 PM GMT / 1.70 m		7:38 AM GMT	7:04 PM GMT
<b>Wed 25</b>		4:13 AM GMT / 0.27 m	10:22 AM GMT / 1.46 m	4:12 PM GMT / 0.28 m	10:39 PM GMT / 1.67 m		7:38 AM GMT	7:04 PM GMT
<b>Thu 26</b>		4:48 AM GMT / 0.29 m	10:58 AM GMT / 1.45 m	4:48 PM GMT / 0.31 m	11:15 PM GMT / 1.61 m		7:38 AM GMT	7:05 PM GMT
<b>Fri 27</b>		5:23 AM GMT / 0.33 m	11:34 AM GMT / 1.41 m	5:24 PM GMT / 0.36 m	11:49 PM GMT / 1.54 m		7:38 AM GMT	7:05 PM GMT
<b>Sat 28</b>		5:57 AM GMT / 0.39 m	12:10 PM GMT / 1.36 m	6:01 PM GMT / 0.44 m			7:38 AM GMT	7:06 PM GMT
<b>Sun 29</b>	12:24 AM GMT / 1.45 m	6:32 AM GMT / 0.45 m	12:49 PM GMT / 1.31 m	6:40 PM GMT / 0.52 m			7:38 AM GMT	7:06 PM GMT
<b>Mon 30</b>	1:01 AM GMT / 1.35 m	7:11 AM GMT / 0.52 m	1:33 PM GMT / 1.25 m	7:25 PM GMT / 0.61 m			7:38 AM GMT	7:07 PM GMT
<b>Tue 31</b>	1:45 AM GMT / 1.26 m	7:57 AM GMT / 0.59 m	2:29 PM GMT / 1.20 m	8:23 PM GMT / 0.69 m		First Quarter	7:38 AM GMT	7:07 PM GMT

February 2012

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Wed 1	2:43 AM GMT / 1.17 m	8:57 AM GMT / 0.64 m	3:42 PM GMT / 1.18 m	9:44 PM GMT / 0.74 m			7:38 AM GMT	7:08 PM GMT
Thu 2	4:01 AM GMT / 1.13 m	10:14 AM GMT / 0.67 m	5:02 PM GMT / 1.20 m	11:16 PM GMT / 0.72 m			7:37 AM GMT	7:08 PM GMT
Fri 3	5:25 AM GMT / 1.13 m	11:31 AM GMT / 0.64 m	6:11 PM GMT / 1.26 m				7:37 AM GMT	7:09 PM GMT
Sat 4		12:27 AM GMT / 0.64 m	6:32 AM GMT / 1.18 m	12:32 PM GMT / 0.57 m	7:04 PM GMT / 1.35 m		7:37 AM GMT	7:09 PM GMT
Sun 5		1:17 AM GMT / 0.55 m	7:24 AM GMT / 1.26 m	1:19 PM GMT / 0.48 m	7:47 PM GMT / 1.45 m		7:37 AM GMT	7:10 PM GMT
Mon 6		1:59 AM GMT / 0.45 m	8:06 AM GMT / 1.34 m	2:01 PM GMT / 0.40 m	8:25 PM GMT / 1.54 m		7:36 AM GMT	7:10 PM GMT
Tue 7		2:37 AM GMT / 0.36 m	8:44 AM GMT / 1.41 m	2:39 PM GMT / 0.32 m	9:02 PM GMT / 1.62 m	Full Moon	7:36 AM GMT	7:10 PM GMT
Wed 8		3:13 AM GMT / 0.28 m	9:21 AM GMT / 1.47 m	3:17 PM GMT / 0.25 m	9:38 PM GMT / 1.68 m		7:36 AM GMT	7:11 PM GMT
Thu 9		3:50 AM GMT / 0.22 m	9:58 AM GMT / 1.51 m	3:54 PM GMT / 0.22 m	10:15 PM GMT / 1.70 m		7:36 AM GMT	7:11 PM GMT
Fri 10		4:27 AM GMT / 0.20 m	10:35 AM GMT / 1.53 m	4:33 PM GMT / 0.21 m	10:53 PM GMT / 1.69 m		7:35 AM GMT	7:12 PM GMT
Sat 11		5:05 AM GMT / 0.21 m	11:15 AM GMT / 1.52 m	5:14 PM GMT / 0.24 m	11:33 PM GMT / 1.64 m		7:35 AM GMT	7:12 PM GMT
Sun 12		5:46 AM GMT / 0.25 m	11:58 AM GMT / 1.49 m	5:57 PM GMT / 0.31 m			7:35 AM GMT	7:12 PM GMT
Mon 13	12:17 AM GMT / 1.55 m	6:29 AM GMT / 0.32 m	12:45 PM GMT / 1.43 m	6:47 PM GMT / 0.40 m			7:34 AM GMT	7:13 PM GMT
Tue 14	1:07 AM GMT / 1.44 m	7:18 AM GMT / 0.42 m	1:42 PM GMT / 1.36 m	7:46 PM GMT / 0.50 m		Last Quarter	7:34 AM GMT	7:13 PM GMT
Wed 15	2:09 AM GMT / 1.32 m	8:18 AM GMT / 0.51 m	2:54 PM GMT / 1.31 m	9:05 PM GMT / 0.59 m			7:33 AM GMT	7:13 PM GMT
Thu 16	3:29 AM GMT / 1.22 m	9:36 AM GMT / 0.58 m	4:20 PM GMT / 1.30 m	10:44 PM GMT / 0.60 m			7:33 AM GMT	7:14 PM GMT
Fri 17	5:01 AM GMT / 1.19 m	11:04 AM GMT / 0.58 m	5:44 PM GMT / 1.36 m				7:33 AM GMT	7:14 PM GMT
Sat 18		12:11 AM GMT / 0.55 m	6:22 AM GMT / 1.23 m	12:19 PM GMT / 0.52 m	6:51 PM GMT / 1.44 m		7:32 AM GMT	7:14 PM GMT
Sun 19		1:14 AM GMT / 0.46 m	7:23 AM GMT / 1.30 m	1:16 PM GMT / 0.44 m	7:44 PM GMT / 1.53 m		7:32 AM GMT	7:15 PM GMT
Mon 20		2:01 AM GMT / 0.38 m	8:10 AM GMT / 1.37 m	2:01 PM GMT / 0.37 m	8:28 PM GMT / 1.60 m		7:31 AM GMT	7:15 PM GMT
Tue 21		2:41 AM GMT / 0.32 m	8:50 AM GMT / 1.43 m	2:41 PM GMT / 0.31 m	9:07 PM GMT / 1.64 m	New Moon	7:31 AM GMT	7:15 PM GMT
Wed 22		3:16 AM GMT / 0.28 m	9:26 AM GMT / 1.47 m	3:18 PM GMT / 0.27 m	9:42 PM GMT / 1.64 m		7:30 AM GMT	7:15 PM GMT
Thu 23		3:49 AM GMT / 0.27 m	9:59 AM GMT / 1.49 m	3:52 PM GMT / 0.27 m	10:15 PM GMT / 1.62 m		7:30 AM GMT	7:16 PM GMT
Fri 24		4:20 AM GMT / 0.28 m	10:31 AM GMT / 1.49 m	4:25 PM GMT / 0.29 m	10:46 PM GMT / 1.58 m		7:29 AM GMT	7:16 PM GMT
Sat 25		4:50 AM GMT / 0.30 m	11:02 AM GMT / 1.47 m	4:58 PM GMT / 0.33 m	11:16 PM GMT / 1.51 m		7:29 AM GMT	7:16 PM GMT
Sun 26		5:20 AM GMT / 0.35 m	11:34 AM GMT / 1.43 m	5:31 PM GMT / 0.39 m	11:46 PM GMT / 1.43 m		7:28 AM GMT	7:16 PM GMT
Mon 27		5:51 AM GMT / 0.41 m	12:07 PM GMT / 1.37 m	6:07 PM GMT / 0.47 m			7:28 AM GMT	7:17 PM GMT
Tue 28	12:18 AM GMT / 1.34 m	6:25 AM GMT / 0.48 m	12:44 PM GMT / 1.31 m	6:46 PM GMT / 0.56 m			7:27 AM GMT	7:17 PM GMT
Wed 29	12:55 AM GMT / 1.25 m	7:04 AM GMT / 0.56 m	1:29 PM GMT / 1.24 m	7:36 PM GMT / 0.65 m			7:26 AM GMT	7:17 PM GMT

March 2012

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Thu 1	1:45 AM GMT / 1.16 m	7:55 AM GMT / 0.64 m	2:34 PM GMT / 1.19 m	8:46 PM GMT / 0.71 m		First Quarter	7:26 AM GMT	7:17 PM GMT
Fri 2	3:02 AM GMT / 1.10 m	9:09 AM GMT / 0.69 m	4:01 PM GMT / 1.18 m	10:23 PM GMT / 0.72 m			7:25 AM GMT	7:17 PM GMT
Sat 3	4:40 AM GMT / 1.09 m	10:42 AM GMT / 0.68 m	5:25 PM GMT / 1.23 m	11:48 PM GMT / 0.65 m			7:25 AM GMT	7:18 PM GMT
Sun 4	6:00 AM GMT / 1.15 m	11:57 AM GMT / 0.61 m	6:27 PM GMT / 1.32 m				7:24 AM GMT	7:18 PM GMT
Mon 5		12:46 AM GMT / 0.55 m	6:55 AM GMT / 1.25 m	12:51 PM GMT / 0.51 m	7:15 PM GMT / 1.43 m		7:23 AM GMT	7:18 PM GMT
Tue 6		1:30 AM GMT / 0.43 m	7:40 AM GMT / 1.35 m	1:35 PM GMT / 0.40 m	7:57 PM GMT / 1.54 m		7:23 AM GMT	7:18 PM GMT
Wed 7		2:09 AM GMT / 0.32 m	8:19 AM GMT / 1.45 m	2:16 PM GMT / 0.30 m	8:36 PM GMT / 1.63 m		7:22 AM GMT	7:18 PM GMT
Thu 8		2:47 AM GMT / 0.23 m	8:57 AM GMT / 1.53 m	2:56 PM GMT / 0.22 m	9:14 PM GMT / 1.70 m	Full Moon	7:21 AM GMT	7:18 PM GMT
Fri 9		3:25 AM GMT / 0.17 m	9:35 AM GMT / 1.59 m	3:35 PM GMT / 0.17 m	9:52 PM GMT / 1.72 m		7:21 AM GMT	7:19 PM GMT
Sat 10		4:03 AM GMT / 0.15 m	10:14 AM GMT / 1.62 m	4:16 PM GMT / 0.16 m	10:32 PM GMT / 1.70 m		7:20 AM GMT	7:19 PM GMT
Sun 11		4:42 AM GMT / 0.16 m	10:55 AM GMT / 1.61 m	4:58 PM GMT / 0.20 m	11:14 PM GMT / 1.63 m		7:19 AM GMT	7:19 PM GMT
Mon 12		5:22 AM GMT / 0.22 m	11:38 AM GMT / 1.57 m	5:43 PM GMT / 0.27 m			7:19 AM GMT	7:19 PM GMT
Tue 13	12:00 AM GMT / 1.53 m	6:05 AM GMT / 0.32 m	12:26 PM GMT / 1.51 m	6:34 PM GMT / 0.38 m			7:18 AM GMT	7:19 PM GMT
Wed 14	12:52 AM GMT / 1.40 m	6:54 AM GMT / 0.43 m	1:23 PM GMT / 1.42 m	7:35 PM GMT / 0.49 m			7:17 AM GMT	7:19 PM GMT
Thu 15	1:56 AM GMT / 1.27 m	7:53 AM GMT / 0.54 m	2:35 PM GMT / 1.35 m	8:55 PM GMT / 0.58 m		Last Quarter	7:17 AM GMT	7:19 PM GMT
Fri 16	3:20 AM GMT / 1.18 m	9:13 AM GMT / 0.62 m	4:02 PM GMT / 1.32 m	10:36 PM GMT / 0.60 m			7:16 AM GMT	7:20 PM GMT
Sat 17	4:54 AM GMT / 1.17 m	10:48 AM GMT / 0.63 m	5:27 PM GMT / 1.35 m				7:15 AM GMT	7:20 PM GMT
Sun 18		12:01 AM GMT / 0.55 m	6:12 AM GMT / 1.22 m	12:06 PM GMT / 0.57 m	6:34 PM GMT / 1.42 m		7:14 AM GMT	7:20 PM GMT
Mon 19		12:59 AM GMT / 0.48 m	7:09 AM GMT / 1.30 m	1:02 PM GMT / 0.49 m	7:26 PM GMT / 1.49 m		7:14 AM GMT	7:20 PM GMT
Tue 20		1:43 AM GMT / 0.41 m	7:53 AM GMT / 1.38 m	1:46 PM GMT / 0.42 m	8:08 PM GMT / 1.55 m		7:13 AM GMT	7:20 PM GMT
Wed 21		2:18 AM GMT / 0.36 m	8:30 AM GMT / 1.44 m	2:23 PM GMT / 0.36 m	8:44 PM GMT / 1.57 m		7:12 AM GMT	7:20 PM GMT
Thu 22		2:50 AM GMT / 0.32 m	9:03 AM GMT / 1.49 m	2:57 PM GMT / 0.32 m	9:16 PM GMT / 1.58 m	New Moon	7:12 AM GMT	7:20 PM GMT
Fri 23		3:20 AM GMT / 0.30 m	9:34 AM GMT / 1.52 m	3:30 PM GMT / 0.31 m	9:47 PM GMT / 1.56 m		7:11 AM GMT	7:20 PM GMT
Sat 24		3:48 AM GMT / 0.30 m	10:03 AM GMT / 1.53 m	4:02 PM GMT / 0.32 m	10:16 PM GMT / 1.53 m		7:10 AM GMT	7:20 PM GMT
Sun 25		4:17 AM GMT / 0.32 m	10:33 AM GMT / 1.52 m	4:33 PM GMT / 0.35 m	10:45 PM GMT / 1.48 m		7:10 AM GMT	7:21 PM GMT
Mon 26		4:46 AM GMT / 0.35 m	11:03 AM GMT / 1.49 m	5:06 PM GMT / 0.40 m	11:15 PM GMT / 1.41 m		7:09 AM GMT	7:21 PM GMT
Tue 27		5:17 AM GMT / 0.41 m	11:34 AM GMT / 1.44 m	5:41 PM GMT / 0.47 m	11:46 PM GMT / 1.34 m		7:08 AM GMT	7:21 PM GMT
Wed 28		5:50 AM GMT / 0.48 m	12:08 PM GMT / 1.38 m	6:19 PM GMT / 0.54 m			7:07 AM GMT	7:21 PM GMT
Thu 29	12:23 AM GMT / 1.26 m	6:28 AM GMT / 0.55 m	12:50 PM GMT / 1.31 m	7:06 PM GMT / 0.62 m			7:07 AM GMT	7:21 PM GMT
Fri 30	1:11 AM GMT / 1.18 m	7:15 AM GMT / 0.63 m	1:47 PM GMT / 1.26 m	8:09 PM GMT / 0.68 m		First Quarter	7:06 AM GMT	7:21 PM GMT
Sat 31	2:23 AM GMT / 1.12 m	8:21 AM GMT / 0.69 m	3:06 PM GMT / 1.23 m	9:34 PM GMT / 0.69 m			7:05 AM GMT	7:21 PM GMT

April 2012

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Sun 1	3:57 AM GMT / 1.12 m	9:50 AM GMT / 0.70 m	4:31 PM GMT / 1.26 m	11:01 PM GMT / 0.64 m			7:05 AM GMT	7:21 PM GMT
Mon 2	5:19 AM GMT / 1.18 m	11:13 AM GMT / 0.65 m	5:40 PM GMT / 1.34 m				7:04 AM GMT	7:22 PM GMT
Tue 3		12:04 AM GMT / 0.54 m	6:19 AM GMT / 1.28 m	12:15 PM GMT / 0.55 m	6:35 PM GMT / 1.44 m		7:03 AM GMT	7:22 PM GMT
Wed 4		12:54 AM GMT / 0.43 m	7:07 AM GMT / 1.39 m	1:05 PM GMT / 0.43 m	7:22 PM GMT / 1.55 m		7:02 AM GMT	7:22 PM GMT
Thu 5		1:37 AM GMT / 0.32 m	7:50 AM GMT / 1.50 m	1:50 PM GMT / 0.32 m	8:05 PM GMT / 1.64 m		7:02 AM GMT	7:22 PM GMT
Fri 6		2:18 AM GMT / 0.23 m	8:31 AM GMT / 1.60 m	2:33 PM GMT / 0.24 m	8:48 PM GMT / 1.69 m	Full Moon	7:01 AM GMT	7:22 PM GMT
Sat 7		2:58 AM GMT / 0.17 m	9:12 AM GMT / 1.67 m	3:16 PM GMT / 0.19 m	9:30 PM GMT / 1.71 m		7:00 AM GMT	7:22 PM GMT
Sun 8		3:38 AM GMT / 0.16 m	9:53 AM GMT / 1.70 m	3:59 PM GMT / 0.18 m	10:13 PM GMT / 1.67 m		7:00 AM GMT	7:22 PM GMT
Mon 9		4:18 AM GMT / 0.19 m	10:36 AM GMT / 1.70 m	4:45 PM GMT / 0.21 m	10:59 PM GMT / 1.60 m		6:59 AM GMT	7:22 PM GMT
Tue 10		5:01 AM GMT / 0.25 m	11:22 AM GMT / 1.66 m	5:33 PM GMT / 0.28 m	11:47 PM GMT / 1.49 m		6:58 AM GMT	7:23 PM GMT
Wed 11		5:45 AM GMT / 0.35 m	12:12 PM GMT / 1.58 m	6:25 PM GMT / 0.39 m			6:58 AM GMT	7:23 PM GMT
Thu 12	12:42 AM GMT / 1.37 m	6:34 AM GMT / 0.46 m	1:09 PM GMT / 1.50 m	7:27 PM GMT / 0.50 m			6:57 AM GMT	7:23 PM GMT
Fri 13	1:48 AM GMT / 1.26 m	7:34 AM GMT / 0.57 m	2:19 PM GMT / 1.42 m	8:44 PM GMT / 0.58 m		Last Quarter	6:56 AM GMT	7:23 PM GMT
Sat 14	3:09 AM GMT / 1.20 m	8:52 AM GMT / 0.65 m	3:40 PM GMT / 1.37 m	10:15 PM GMT / 0.60 m			6:56 AM GMT	7:23 PM GMT
Sun 15	4:35 AM GMT / 1.19 m	10:23 AM GMT / 0.67 m	4:59 PM GMT / 1.38 m	11:34 PM GMT / 0.57 m			6:55 AM GMT	7:23 PM GMT
Mon 16	5:47 AM GMT / 1.25 m	11:40 AM GMT / 0.63 m	6:04 PM GMT / 1.41 m				6:55 AM GMT	7:24 PM GMT
Tue 17		12:30 AM GMT / 0.52 m	6:43 AM GMT / 1.32 m	12:37 PM GMT / 0.56 m	6:56 PM GMT / 1.46 m		6:54 AM GMT	7:23 PM GMT
Wed 18		1:12 AM GMT / 0.47 m	7:26 AM GMT / 1.39 m	1:22 PM GMT / 0.50 m	7:38 PM GMT / 1.49 m		6:53 AM GMT	7:24 PM GMT
Thu 19		1:47 AM GMT / 0.42 m	8:03 AM GMT / 1.46 m	2:00 PM GMT / 0.45 m	8:15 PM GMT / 1.51 m		6:53 AM GMT	7:24 PM GMT
Fri 20		2:18 AM GMT / 0.39 m	8:36 AM GMT / 1.51 m	2:34 PM GMT / 0.41 m	8:48 PM GMT / 1.51 m		6:52 AM GMT	7:24 PM GMT
Sat 21		2:48 AM GMT / 0.37 m	9:08 AM GMT / 1.55 m	3:07 PM GMT / 0.39 m	9:19 PM GMT / 1.50 m	New Moon	6:52 AM GMT	7:24 PM GMT
Sun 22		3:18 AM GMT / 0.36 m	9:38 AM GMT / 1.57 m	3:40 PM GMT / 0.39 m	9:49 PM GMT / 1.48 m		6:51 AM GMT	7:24 PM GMT
Mon 23		3:47 AM GMT / 0.37 m	10:08 AM GMT / 1.56 m	4:13 PM GMT / 0.41 m	10:20 PM GMT / 1.44 m		6:50 AM GMT	7:25 PM GMT
Tue 24		4:18 AM GMT / 0.40 m	10:38 AM GMT / 1.54 m	4:46 PM GMT / 0.44 m	10:51 PM GMT / 1.40 m		6:50 AM GMT	7:25 PM GMT
Wed 25		4:50 AM GMT / 0.44 m	11:10 AM GMT / 1.50 m	5:22 PM GMT / 0.49 m	11:25 PM GMT / 1.34 m		6:49 AM GMT	7:25 PM GMT
Thu 26		5:25 AM GMT / 0.50 m	11:46 AM GMT / 1.46 m	6:01 PM GMT / 0.54 m			6:49 AM GMT	7:25 PM GMT
Fri 27	12:04 AM GMT / 1.28 m	6:03 AM GMT / 0.57 m	12:27 PM GMT / 1.41 m	6:47 PM GMT / 0.60 m			6:48 AM GMT	7:25 PM GMT
Sat 28	12:53 AM GMT / 1.23 m	6:49 AM GMT / 0.63 m	1:19 PM GMT / 1.36 m	7:44 PM GMT / 0.64 m			6:48 AM GMT	7:26 PM GMT
Sun 29	1:58 AM GMT / 1.19 m	7:49 AM GMT / 0.68 m	2:26 PM GMT / 1.33 m	8:55 PM GMT / 0.65 m		First Quarter	6:47 AM GMT	7:26 PM GMT
Mon 30	3:17 AM GMT / 1.19 m	9:05 AM GMT / 0.70 m	3:41 PM GMT / 1.34 m	10:12 PM GMT / 0.62 m			6:47 AM GMT	7:26 PM GMT

May 2012

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Tue 1	4:34 AM GMT / 1.24 m	10:26 AM GMT / 0.67 m	4:51 PM GMT / 1.39 m	11:19 PM GMT / 0.54 m			6:46 AM GMT	7:26 PM GMT
Wed 2	5:38 AM GMT / 1.33 m	11:35 AM GMT / 0.59 m	5:52 PM GMT / 1.47 m				6:46 AM GMT	7:26 PM GMT
Thu 3		12:14 AM GMT / 0.45 m	6:32 AM GMT / 1.44 m	12:33 PM GMT / 0.49 m	6:46 PM GMT / 1.55 m		6:45 AM GMT	7:27 PM GMT
Fri 4		1:03 AM GMT / 0.36 m	7:20 AM GMT / 1.55 m	1:24 PM GMT / 0.39 m	7:36 PM GMT / 1.62 m		6:45 AM GMT	7:27 PM GMT
Sat 5		1:48 AM GMT / 0.28 m	8:06 AM GMT / 1.65 m	2:12 PM GMT / 0.30 m	8:24 PM GMT / 1.66 m		6:45 AM GMT	7:27 PM GMT
Sun 6		2:32 AM GMT / 0.24 m	8:50 AM GMT / 1.73 m	2:59 PM GMT / 0.25 m	9:10 PM GMT / 1.66 m	Full Moon	6:44 AM GMT	7:27 PM GMT
Mon 7		3:15 AM GMT / 0.22 m	9:35 AM GMT / 1.77 m	3:46 PM GMT / 0.24 m	9:58 PM GMT / 1.63 m		6:44 AM GMT	7:28 PM GMT
Tue 8		3:58 AM GMT / 0.25 m	10:21 AM GMT / 1.77 m	4:34 PM GMT / 0.26 m	10:46 PM GMT / 1.57 m		6:43 AM GMT	7:28 PM GMT
Wed 9		4:42 AM GMT / 0.31 m	11:09 AM GMT / 1.73 m	5:23 PM GMT / 0.33 m	11:37 PM GMT / 1.48 m		6:43 AM GMT	7:28 PM GMT
Thu 10		5:29 AM GMT / 0.39 m	12:00 PM GMT / 1.67 m	6:16 PM GMT / 0.41 m			6:43 AM GMT	7:28 PM GMT
Fri 11	12:32 AM GMT / 1.39 m	6:18 AM GMT / 0.49 m	12:56 PM GMT / 1.58 m	7:15 PM GMT / 0.50 m			6:42 AM GMT	7:29 PM GMT
Sat 12	1:35 AM GMT / 1.31 m	7:15 AM GMT / 0.59 m	1:59 PM GMT / 1.50 m	8:22 PM GMT / 0.58 m		Last Quarter	6:42 AM GMT	7:29 PM GMT
Sun 13	2:45 AM GMT / 1.26 m	8:24 AM GMT / 0.67 m	3:08 PM GMT / 1.44 m	9:37 PM GMT / 0.62 m			6:42 AM GMT	7:29 PM GMT
Mon 14	3:59 AM GMT / 1.25 m	9:43 AM GMT / 0.71 m	4:18 PM GMT / 1.41 m	10:49 PM GMT / 0.62 m			6:41 AM GMT	7:30 PM GMT
Tue 15	5:08 AM GMT / 1.28 m	11:00 AM GMT / 0.70 m	5:22 PM GMT / 1.40 m	11:47 PM GMT / 0.59 m			6:41 AM GMT	7:30 PM GMT
Wed 16	6:05 AM GMT / 1.34 m	12:02 PM GMT / 0.66 m	6:16 PM GMT / 1.41 m				6:41 AM GMT	7:30 PM GMT
Thu 17		12:32 AM GMT / 0.55 m	6:52 AM GMT / 1.41 m	12:51 PM GMT / 0.61 m	7:02 PM GMT / 1.43 m		6:41 AM GMT	7:30 PM GMT
Fri 18		1:10 AM GMT / 0.52 m	7:32 AM GMT / 1.47 m	1:33 PM GMT / 0.56 m	7:42 PM GMT / 1.44 m		6:40 AM GMT	7:31 PM GMT
Sat 19		1:45 AM GMT / 0.48 m	8:09 AM GMT / 1.53 m	2:11 PM GMT / 0.52 m	8:19 PM GMT / 1.46 m		6:40 AM GMT	7:31 PM GMT
Sun 20		2:17 AM GMT / 0.46 m	8:42 AM GMT / 1.57 m	2:46 PM GMT / 0.49 m	8:53 PM GMT / 1.46 m	New Moon	6:40 AM GMT	7:32 PM GMT
Mon 21		2:50 AM GMT / 0.44 m	9:15 AM GMT / 1.59 m	3:21 PM GMT / 0.48 m	9:27 PM GMT / 1.45 m		6:40 AM GMT	7:32 PM GMT
Tue 22		3:23 AM GMT / 0.44 m	9:47 AM GMT / 1.60 m	3:56 PM GMT / 0.48 m	10:00 PM GMT / 1.44 m		6:40 AM GMT	7:32 PM GMT
Wed 23		3:56 AM GMT / 0.45 m	10:20 AM GMT / 1.60 m	4:31 PM GMT / 0.49 m	10:35 PM GMT / 1.41 m		6:40 AM GMT	7:33 PM GMT
Thu 24		4:30 AM GMT / 0.48 m	10:54 AM GMT / 1.58 m	5:08 PM GMT / 0.51 m	11:11 PM GMT / 1.38 m		6:39 AM GMT	7:33 PM GMT
Fri 25		5:06 AM GMT / 0.52 m	11:30 AM GMT / 1.55 m	5:47 PM GMT / 0.54 m	11:51 PM GMT / 1.35 m		6:39 AM GMT	7:33 PM GMT
Sat 26		5:46 AM GMT / 0.57 m	12:11 PM GMT / 1.52 m	6:31 PM GMT / 0.57 m			6:39 AM GMT	7:34 PM GMT
Sun 27	12:38 AM GMT / 1.31 m	6:30 AM GMT / 0.61 m	12:58 PM GMT / 1.49 m	7:22 PM GMT / 0.60 m			6:39 AM GMT	7:34 PM GMT
Mon 28	1:34 AM GMT / 1.29 m	7:24 AM GMT / 0.66 m	1:54 PM GMT / 1.46 m	8:21 PM GMT / 0.61 m		First Quarter	6:39 AM GMT	7:34 PM GMT
Tue 29	2:40 AM GMT / 1.29 m	8:28 AM GMT / 0.69 m	2:58 PM GMT / 1.45 m	9:28 PM GMT / 0.60 m			6:39 AM GMT	7:35 PM GMT
Wed 30	3:50 AM GMT / 1.32 m	9:43 AM GMT / 0.69 m	4:07 PM GMT / 1.46 m	10:35 PM GMT / 0.56 m			6:39 AM GMT	7:35 PM GMT
Thu 31	4:57 AM GMT / 1.39 m	10:57 AM GMT / 0.64 m	5:13 PM GMT / 1.49 m	11:36 PM GMT / 0.50 m			6:39 AM GMT	7:35 PM GMT

June 2012

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Fri 1	5:58 AM GMT / 1.48 m	12:03 PM GMT / 0.56 m	6:15 PM GMT / 1.53 m				6:39 AM GMT	7:36 PM GMT
Sat 2		12:31 AM GMT / 0.44 m	6:53 AM GMT / 1.59 m	1:02 PM GMT / 0.48 m	7:12 PM GMT / 1.58 m		6:39 AM GMT	7:36 PM GMT
Sun 3		1:22 AM GMT / 0.38 m	7:45 AM GMT / 1.69 m	1:56 PM GMT / 0.40 m	8:05 PM GMT / 1.61 m		6:39 AM GMT	7:36 PM GMT
Mon 4		2:10 AM GMT / 0.33 m	8:34 AM GMT / 1.76 m	2:47 PM GMT / 0.34 m	8:56 PM GMT / 1.62 m	Full Moon	6:39 AM GMT	7:37 PM GMT
Tue 5		2:56 AM GMT / 0.32 m	9:22 AM GMT / 1.81 m	3:36 PM GMT / 0.32 m	9:46 PM GMT / 1.60 m		6:39 AM GMT	7:37 PM GMT
Wed 6		3:42 AM GMT / 0.33 m	10:09 AM GMT / 1.82 m	4:24 PM GMT / 0.33 m	10:35 PM GMT / 1.57 m		6:39 AM GMT	7:37 PM GMT
Thu 7		4:27 AM GMT / 0.36 m	10:57 AM GMT / 1.80 m	5:12 PM GMT / 0.37 m	11:25 PM GMT / 1.51 m		6:39 AM GMT	7:37 PM GMT
Fri 8		5:13 AM GMT / 0.42 m	11:46 AM GMT / 1.74 m	6:02 PM GMT / 0.43 m			6:39 AM GMT	7:38 PM GMT
Sat 9	12:16 AM GMT / 1.45 m	6:00 AM GMT / 0.50 m	12:37 PM GMT / 1.67 m	6:53 PM GMT / 0.51 m			6:39 AM GMT	7:38 PM GMT
Sun 10	1:10 AM GMT / 1.39 m	6:51 AM GMT / 0.59 m	1:30 PM GMT / 1.58 m	7:48 PM GMT / 0.58 m			6:39 AM GMT	7:38 PM GMT
Mon 11	2:08 AM GMT / 1.34 m	7:48 AM GMT / 0.67 m	2:27 PM GMT / 1.50 m	8:47 PM GMT / 0.64 m		Last Quarter	6:39 AM GMT	7:38 PM GMT
Tue 12	3:11 AM GMT / 1.32 m	8:53 AM GMT / 0.74 m	3:28 PM GMT / 1.43 m	9:50 PM GMT / 0.67 m			6:40 AM GMT	7:39 PM GMT
Wed 13	4:17 AM GMT / 1.32 m	10:07 AM GMT / 0.77 m	4:30 PM GMT / 1.39 m	10:51 PM GMT / 0.68 m			6:40 AM GMT	7:39 PM GMT
Thu 14	5:19 AM GMT / 1.36 m	11:17 AM GMT / 0.76 m	5:29 PM GMT / 1.37 m	11:45 PM GMT / 0.66 m			6:40 AM GMT	7:39 PM GMT
Fri 15	6:13 AM GMT / 1.41 m	12:17 PM GMT / 0.73 m	6:23 PM GMT / 1.38 m				6:40 AM GMT	7:40 PM GMT
Sat 16		12:31 AM GMT / 0.63 m	7:00 AM GMT / 1.47 m	1:06 PM GMT / 0.68 m	7:10 PM GMT / 1.39 m		6:40 AM GMT	7:40 PM GMT
Sun 17		1:12 AM GMT / 0.59 m	7:42 AM GMT / 1.53 m	1:48 PM GMT / 0.63 m	7:53 PM GMT / 1.42 m		6:40 AM GMT	7:40 PM GMT
Mon 18		1:50 AM GMT / 0.55 m	8:20 AM GMT / 1.58 m	2:27 PM GMT / 0.59 m	8:32 PM GMT / 1.44 m		6:41 AM GMT	7:40 PM GMT
Tue 19		2:27 AM GMT / 0.52 m	8:55 AM GMT / 1.62 m	3:04 PM GMT / 0.55 m	9:09 PM GMT / 1.46 m	New Moon	6:41 AM GMT	7:40 PM GMT
Wed 20		3:03 AM GMT / 0.50 m	9:30 AM GMT / 1.65 m	3:40 PM GMT / 0.52 m	9:45 PM GMT / 1.47 m		6:41 AM GMT	7:41 PM GMT
Thu 21		3:38 AM GMT / 0.49 m	10:04 AM GMT / 1.67 m	4:15 PM GMT / 0.51 m	10:21 PM GMT / 1.47 m		6:41 AM GMT	7:41 PM GMT
Fri 22		4:14 AM GMT / 0.49 m	10:38 AM GMT / 1.67 m	4:52 PM GMT / 0.50 m	10:57 PM GMT / 1.47 m		6:41 AM GMT	7:41 PM GMT
Sat 23		4:50 AM GMT / 0.51 m	11:14 AM GMT / 1.66 m	5:30 PM GMT / 0.51 m	11:36 PM GMT / 1.45 m		6:42 AM GMT	7:41 PM GMT
Sun 24		5:29 AM GMT / 0.54 m	11:53 AM GMT / 1.64 m	6:11 PM GMT / 0.53 m			6:42 AM GMT	7:42 PM GMT
Mon 25	12:19 AM GMT / 1.43 m	6:11 AM GMT / 0.58 m	12:36 PM GMT / 1.61 m	6:57 PM GMT / 0.55 m			6:42 AM GMT	7:42 PM GMT
Tue 26	1:08 AM GMT / 1.41 m	7:00 AM GMT / 0.63 m	1:25 PM GMT / 1.57 m	7:49 PM GMT / 0.58 m			6:42 AM GMT	7:42 PM GMT
Wed 27	2:06 AM GMT / 1.40 m	7:58 AM GMT / 0.67 m	2:23 PM GMT / 1.52 m	8:48 PM GMT / 0.60 m		First Quarter	6:43 AM GMT	7:42 PM GMT
Thu 28	3:12 AM GMT / 1.40 m	9:07 AM GMT / 0.70 m	3:30 PM GMT / 1.49 m	9:55 PM GMT / 0.61 m			6:43 AM GMT	7:42 PM GMT
Fri 29	4:22 AM GMT / 1.44 m	10:26 AM GMT / 0.69 m	4:42 PM GMT / 1.48 m	11:03 PM GMT / 0.59 m			6:43 AM GMT	7:42 PM GMT
Sat 30	5:31 AM GMT / 1.51 m	11:42 AM GMT / 0.64 m	5:52 PM GMT / 1.49 m				6:43 AM GMT	7:42 PM GMT

July 2012

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Sun 1		12:06 AM GMT / 0.54 m	6:34 AM GMT / 1.60 m	12:48 PM GMT / 0.57 m	6:57 PM GMT / 1.53 m		6:44 AM GMT	7:42 PM GMT
Mon 2		1:03 AM GMT / 0.49 m	7:31 AM GMT / 1.70 m	1:46 PM GMT / 0.49 m	7:55 PM GMT / 1.56 m		6:44 AM GMT	7:43 PM GMT
Tue 3		1:54 AM GMT / 0.44 m	8:22 AM GMT / 1.78 m	2:38 PM GMT / 0.42 m	8:47 PM GMT / 1.59 m	Full Moon	6:44 AM GMT	7:43 PM GMT
Wed 4		2:42 AM GMT / 0.40 m	9:11 AM GMT / 1.84 m	3:26 PM GMT / 0.38 m	9:35 PM GMT / 1.60 m		6:45 AM GMT	7:43 PM GMT
Thu 5		3:28 AM GMT / 0.38 m	9:57 AM GMT / 1.86 m	4:11 PM GMT / 0.38 m	10:22 PM GMT / 1.60 m		6:45 AM GMT	7:43 PM GMT
Fri 6		4:11 AM GMT / 0.40 m	10:42 AM GMT / 1.84 m	4:55 PM GMT / 0.40 m	11:06 PM GMT / 1.57 m		6:45 AM GMT	7:43 PM GMT
Sat 7		4:54 AM GMT / 0.44 m	11:26 AM GMT / 1.80 m	5:38 PM GMT / 0.45 m	11:51 PM GMT / 1.53 m		6:45 AM GMT	7:43 PM GMT
Sun 8		5:37 AM GMT / 0.50 m	12:09 PM GMT / 1.72 m	6:21 PM GMT / 0.52 m			6:46 AM GMT	7:43 PM GMT
Mon 9	12:36 AM GMT / 1.48 m	6:21 AM GMT / 0.58 m	12:53 PM GMT / 1.63 m	7:05 PM GMT / 0.59 m			6:46 AM GMT	7:43 PM GMT
Tue 10	1:24 AM GMT / 1.43 m	7:08 AM GMT / 0.67 m	1:40 PM GMT / 1.53 m	7:51 PM GMT / 0.66 m			6:46 AM GMT	7:43 PM GMT
Wed 11	2:17 AM GMT / 1.38 m	8:02 AM GMT / 0.75 m	2:32 PM GMT / 1.44 m	8:44 PM GMT / 0.72 m		Last Quarter	6:47 AM GMT	7:43 PM GMT
Thu 12	3:18 AM GMT / 1.36 m	9:07 AM GMT / 0.82 m	3:32 PM GMT / 1.37 m	9:46 PM GMT / 0.75 m			6:47 AM GMT	7:43 PM GMT
Fri 13	4:24 AM GMT / 1.36 m	10:24 AM GMT / 0.85 m	4:38 PM GMT / 1.33 m	10:51 PM GMT / 0.76 m			6:47 AM GMT	7:43 PM GMT
Sat 14	5:30 AM GMT / 1.39 m	11:39 AM GMT / 0.83 m	5:44 PM GMT / 1.33 m	11:51 PM GMT / 0.73 m			6:48 AM GMT	7:43 PM GMT
Sun 15	6:28 AM GMT / 1.45 m	12:39 PM GMT / 0.77 m	6:42 PM GMT / 1.36 m				6:48 AM GMT	7:43 PM GMT
Mon 16		12:43 AM GMT / 0.69 m	7:16 AM GMT / 1.52 m	1:27 PM GMT / 0.71 m	7:31 PM GMT / 1.41 m		6:48 AM GMT	7:42 PM GMT
Tue 17		1:27 AM GMT / 0.63 m	7:58 AM GMT / 1.59 m	2:07 PM GMT / 0.64 m	8:13 PM GMT / 1.45 m		6:48 AM GMT	7:42 PM GMT
Wed 18		2:07 AM GMT / 0.58 m	8:35 AM GMT / 1.65 m	2:44 PM GMT / 0.58 m	8:51 PM GMT / 1.50 m		6:49 AM GMT	7:42 PM GMT
Thu 19		2:44 AM GMT / 0.53 m	9:10 AM GMT / 1.70 m	3:20 PM GMT / 0.52 m	9:27 PM GMT / 1.54 m	New Moon	6:49 AM GMT	7:42 PM GMT
Fri 20		3:20 AM GMT / 0.49 m	9:44 AM GMT / 1.74 m	3:56 PM GMT / 0.49 m	10:02 PM GMT / 1.56 m		6:49 AM GMT	7:42 PM GMT
Sat 21		3:56 AM GMT / 0.47 m	10:19 AM GMT / 1.76 m	4:31 PM GMT / 0.46 m	10:37 PM GMT / 1.57 m		6:50 AM GMT	7:42 PM GMT
Sun 22		4:32 AM GMT / 0.47 m	10:54 AM GMT / 1.76 m	5:08 PM GMT / 0.46 m	11:15 PM GMT / 1.57 m		6:50 AM GMT	7:41 PM GMT
Mon 23		5:11 AM GMT / 0.49 m	11:31 AM GMT / 1.74 m	5:47 PM GMT / 0.48 m	11:55 PM GMT / 1.55 m		6:50 AM GMT	7:41 PM GMT
Tue 24		5:52 AM GMT / 0.53 m	12:12 PM GMT / 1.69 m	6:29 PM GMT / 0.52 m			6:50 AM GMT	7:41 PM GMT
Wed 25	12:41 AM GMT / 1.52 m	6:38 AM GMT / 0.59 m	12:59 PM GMT / 1.63 m	7:17 PM GMT / 0.57 m			6:51 AM GMT	7:40 PM GMT
Thu 26	1:35 AM GMT / 1.49 m	7:33 AM GMT / 0.66 m	1:55 PM GMT / 1.55 m	8:13 PM GMT / 0.63 m		First Quarter	6:51 AM GMT	7:40 PM GMT
Fri 27	2:39 AM GMT / 1.47 m	8:42 AM GMT / 0.72 m	3:04 PM GMT / 1.47 m	9:21 PM GMT / 0.67 m			6:51 AM GMT	7:40 PM GMT
Sat 28	3:55 AM GMT / 1.47 m	10:06 AM GMT / 0.74 m	4:24 PM GMT / 1.43 m	10:37 PM GMT / 0.68 m			6:51 AM GMT	7:40 PM GMT
Sun 29	5:13 AM GMT / 1.52 m	11:31 AM GMT / 0.70 m	5:43 PM GMT / 1.44 m	11:50 PM GMT / 0.64 m			6:52 AM GMT	7:39 PM GMT
Mon 30	6:22 AM GMT / 1.61 m	12:43 PM GMT / 0.63 m	6:52 PM GMT / 1.49 m				6:52 AM GMT	7:39 PM GMT
Tue 31		12:52 AM GMT / 0.58 m	7:22 AM GMT / 1.70 m	1:40 PM GMT / 0.54 m	7:49 PM GMT / 1.54 m		6:52 AM GMT	7:39 PM GMT

**August 2012**

<b>Day</b>	<b>High</b>	<b>Low</b>	<b>High</b>	<b>Low</b>	<b>High</b>	<b>Moon</b>	<b>Sunrise</b>	<b>Sunset</b>
<b>Wed 1</b>		1:44 AM GMT / 0.51 m	8:13 AM GMT / 1.79 m	2:29 PM GMT / 0.47 m	8:38 PM GMT / 1.60 m		6:52 AM GMT	7:38 PM GMT
<b>Thu 2</b>		2:31 AM GMT / 0.45 m	8:59 AM GMT / 1.85 m	3:13 PM GMT / 0.42 m	9:22 PM GMT / 1.63 m	Full Moon	6:53 AM GMT	7:38 PM GMT
<b>Fri 3</b>		3:13 AM GMT / 0.42 m	9:42 AM GMT / 1.87 m	3:53 PM GMT / 0.41 m	10:03 PM GMT / 1.64 m		6:53 AM GMT	7:37 PM GMT
<b>Sat 4</b>		3:54 AM GMT / 0.41 m	10:21 AM GMT / 1.85 m	4:30 PM GMT / 0.42 m	10:41 PM GMT / 1.63 m		6:53 AM GMT	7:37 PM GMT
<b>Sun 5</b>		4:32 AM GMT / 0.44 m	10:59 AM GMT / 1.80 m	5:07 PM GMT / 0.46 m	11:19 PM GMT / 1.61 m		6:53 AM GMT	7:37 PM GMT
<b>Mon 6</b>		5:11 AM GMT / 0.49 m	11:36 AM GMT / 1.73 m	5:43 PM GMT / 0.52 m	11:57 PM GMT / 1.56 m		6:54 AM GMT	7:36 PM GMT
<b>Tue 7</b>		5:49 AM GMT / 0.57 m	12:13 PM GMT / 1.63 m	6:19 PM GMT / 0.59 m			6:54 AM GMT	7:36 PM GMT
<b>Wed 8</b>	12:37 AM GMT / 1.50 m	6:29 AM GMT / 0.66 m	12:52 PM GMT / 1.53 m	6:58 PM GMT / 0.67 m			6:54 AM GMT	7:35 PM GMT
<b>Thu 9</b>	1:21 AM GMT / 1.44 m	7:14 AM GMT / 0.75 m	1:36 PM GMT / 1.43 m	7:42 PM GMT / 0.74 m		Last Quarter	6:54 AM GMT	7:35 PM GMT
<b>Fri 10</b>	2:16 AM GMT / 1.39 m	8:11 AM GMT / 0.84 m	2:32 PM GMT / 1.35 m	8:39 PM GMT / 0.80 m			6:54 AM GMT	7:34 PM GMT
<b>Sat 11</b>	3:24 AM GMT / 1.36 m	9:27 AM GMT / 0.89 m	3:46 PM GMT / 1.29 m	9:53 PM GMT / 0.83 m			6:55 AM GMT	7:34 PM GMT
<b>Sun 12</b>	4:43 AM GMT / 1.37 m	10:58 AM GMT / 0.88 m	5:08 PM GMT / 1.29 m	11:12 PM GMT / 0.82 m			6:55 AM GMT	7:33 PM GMT
<b>Mon 13</b>	5:53 AM GMT / 1.42 m	12:10 PM GMT / 0.82 m	6:16 PM GMT / 1.34 m				6:55 AM GMT	7:33 PM GMT
<b>Tue 14</b>		12:15 AM GMT / 0.76 m	6:47 AM GMT / 1.50 m	1:02 PM GMT / 0.74 m	7:08 PM GMT / 1.41 m		6:55 AM GMT	7:32 PM GMT
<b>Wed 15</b>		1:04 AM GMT / 0.68 m	7:31 AM GMT / 1.59 m	1:43 PM GMT / 0.65 m	7:50 PM GMT / 1.48 m		6:55 AM GMT	7:32 PM GMT
<b>Thu 16</b>		1:45 AM GMT / 0.60 m	8:09 AM GMT / 1.67 m	2:20 PM GMT / 0.56 m	8:28 PM GMT / 1.55 m		6:55 AM GMT	7:31 PM GMT
<b>Fri 17</b>		2:22 AM GMT / 0.53 m	8:45 AM GMT / 1.74 m	2:55 PM GMT / 0.49 m	9:03 PM GMT / 1.61 m	New Moon	6:55 AM GMT	7:31 PM GMT
<b>Sat 18</b>		2:59 AM GMT / 0.46 m	9:19 AM GMT / 1.80 m	3:30 PM GMT / 0.43 m	9:38 PM GMT / 1.66 m		6:56 AM GMT	7:30 PM GMT
<b>Sun 19</b>		3:35 AM GMT / 0.43 m	9:54 AM GMT / 1.83 m	4:05 PM GMT / 0.40 m	10:13 PM GMT / 1.68 m		6:56 AM GMT	7:29 PM GMT
<b>Mon 20</b>		4:12 AM GMT / 0.41 m	10:30 AM GMT / 1.82 m	4:42 PM GMT / 0.40 m	10:51 PM GMT / 1.68 m		6:56 AM GMT	7:29 PM GMT
<b>Tue 21</b>		4:51 AM GMT / 0.43 m	11:08 AM GMT / 1.79 m	5:20 PM GMT / 0.43 m	11:31 PM GMT / 1.66 m		6:56 AM GMT	7:28 PM GMT
<b>Wed 22</b>		5:33 AM GMT / 0.48 m	11:50 AM GMT / 1.72 m	6:02 PM GMT / 0.49 m			6:56 AM GMT	7:27 PM GMT
<b>Thu 23</b>	12:16 AM GMT / 1.62 m	6:20 AM GMT / 0.55 m	12:37 PM GMT / 1.62 m	6:48 PM GMT / 0.57 m			6:56 AM GMT	7:27 PM GMT
<b>Fri 24</b>	1:09 AM GMT / 1.56 m	7:15 AM GMT / 0.64 m	1:35 PM GMT / 1.51 m	7:44 PM GMT / 0.66 m		First Quarter	6:56 AM GMT	7:26 PM GMT
<b>Sat 25</b>	2:15 AM GMT / 1.51 m	8:26 AM GMT / 0.73 m	2:49 PM GMT / 1.42 m	8:55 PM GMT / 0.73 m			6:56 AM GMT	7:26 PM GMT
<b>Sun 26</b>	3:36 AM GMT / 1.49 m	9:57 AM GMT / 0.76 m	4:19 PM GMT / 1.38 m	10:21 PM GMT / 0.75 m			6:57 AM GMT	7:25 PM GMT
<b>Mon 27</b>	5:02 AM GMT / 1.52 m	11:30 AM GMT / 0.72 m	5:43 PM GMT / 1.40 m	11:42 PM GMT / 0.71 m			6:57 AM GMT	7:24 PM GMT
<b>Tue 28</b>	6:14 AM GMT / 1.60 m	12:39 PM GMT / 0.64 m	6:49 PM GMT / 1.47 m				6:57 AM GMT	7:24 PM GMT
<b>Wed 29</b>		12:44 AM GMT / 0.63 m	7:12 AM GMT / 1.69 m	1:32 PM GMT / 0.55 m	7:41 PM GMT / 1.54 m		6:57 AM GMT	7:23 PM GMT
<b>Thu 30</b>		1:35 AM GMT / 0.54 m	8:00 AM GMT / 1.77 m	2:15 PM GMT / 0.48 m	8:25 PM GMT / 1.61 m		6:57 AM GMT	7:22 PM GMT
<b>Fri 31</b>		2:18 AM GMT / 0.48 m	8:42 AM GMT / 1.82 m	2:53 PM GMT / 0.44 m	9:03 PM GMT / 1.66 m	Full Moon	6:57 AM GMT	7:21 PM GMT

September 2012

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Sat 1		2:57 AM GMT / 0.44 m	9:20 AM GMT / 1.83 m	3:28 PM GMT / 0.42 m	9:39 PM GMT / 1.68 m		6:57 AM GMT	7:21 PM GMT
Sun 2		3:34 AM GMT / 0.43 m	9:56 AM GMT / 1.81 m	4:01 PM GMT / 0.43 m	10:13 PM GMT / 1.68 m		6:57 AM GMT	7:20 PM GMT
Mon 3		4:08 AM GMT / 0.44 m	10:29 AM GMT / 1.76 m	4:33 PM GMT / 0.46 m	10:47 PM GMT / 1.66 m		6:57 AM GMT	7:19 PM GMT
Tue 4		4:43 AM GMT / 0.49 m	11:01 AM GMT / 1.69 m	5:04 PM GMT / 0.51 m	11:19 PM GMT / 1.62 m		6:57 AM GMT	7:19 PM GMT
Wed 5		5:18 AM GMT / 0.56 m	11:33 AM GMT / 1.60 m	5:36 PM GMT / 0.58 m	11:54 PM GMT / 1.56 m		6:57 AM GMT	7:18 PM GMT
Thu 6		5:55 AM GMT / 0.64 m	12:07 PM GMT / 1.50 m	6:11 PM GMT / 0.65 m			6:57 AM GMT	7:17 PM GMT
Fri 7	12:32 AM GMT / 1.49 m	6:35 AM GMT / 0.73 m	12:47 PM GMT / 1.41 m	6:50 PM GMT / 0.73 m			6:57 AM GMT	7:16 PM GMT
Sat 8	1:19 AM GMT / 1.42 m	7:26 AM GMT / 0.81 m	1:39 PM GMT / 1.32 m	7:41 PM GMT / 0.81 m		Last Quarter	6:58 AM GMT	7:16 PM GMT
Sun 9	2:24 AM GMT / 1.37 m	8:36 AM GMT / 0.88 m	2:57 PM GMT / 1.26 m	8:55 PM GMT / 0.87 m			6:58 AM GMT	7:15 PM GMT
Mon 10	3:49 AM GMT / 1.35 m	10:11 AM GMT / 0.89 m	4:31 PM GMT / 1.26 m	10:27 PM GMT / 0.86 m			6:58 AM GMT	7:14 PM GMT
Tue 11	5:10 AM GMT / 1.39 m	11:34 AM GMT / 0.82 m	5:46 PM GMT / 1.32 m	11:41 PM GMT / 0.80 m			6:58 AM GMT	7:13 PM GMT
Wed 12	6:11 AM GMT / 1.47 m	12:29 PM GMT / 0.73 m	6:40 PM GMT / 1.40 m				6:58 AM GMT	7:13 PM GMT
Thu 13		12:34 AM GMT / 0.70 m	6:57 AM GMT / 1.57 m	1:12 PM GMT / 0.62 m	7:22 PM GMT / 1.50 m		6:58 AM GMT	7:12 PM GMT
Fri 14		1:17 AM GMT / 0.60 m	7:37 AM GMT / 1.67 m	1:49 PM GMT / 0.52 m	8:00 PM GMT / 1.59 m		6:58 AM GMT	7:11 PM GMT
Sat 15		1:57 AM GMT / 0.51 m	8:14 AM GMT / 1.75 m	2:26 PM GMT / 0.43 m	8:36 PM GMT / 1.67 m		6:58 AM GMT	7:10 PM GMT
Sun 16		2:35 AM GMT / 0.43 m	8:51 AM GMT / 1.81 m	3:01 PM GMT / 0.37 m	9:12 PM GMT / 1.73 m	New Moon	6:58 AM GMT	7:09 PM GMT
Mon 17		3:13 AM GMT / 0.37 m	9:28 AM GMT / 1.84 m	3:38 PM GMT / 0.34 m	9:49 PM GMT / 1.77 m		6:58 AM GMT	7:09 PM GMT
Tue 18		3:52 AM GMT / 0.35 m	10:06 AM GMT / 1.83 m	4:15 PM GMT / 0.34 m	10:28 PM GMT / 1.77 m		6:58 AM GMT	7:08 PM GMT
Wed 19		4:33 AM GMT / 0.37 m	10:47 AM GMT / 1.77 m	4:55 PM GMT / 0.39 m	11:09 PM GMT / 1.74 m		6:58 AM GMT	7:07 PM GMT
Thu 20		5:17 AM GMT / 0.43 m	11:31 AM GMT / 1.69 m	5:37 PM GMT / 0.47 m	11:56 PM GMT / 1.68 m		6:58 AM GMT	7:07 PM GMT
Fri 21		6:06 AM GMT / 0.51 m	12:21 PM GMT / 1.57 m	6:24 PM GMT / 0.57 m			6:58 AM GMT	7:06 PM GMT
Sat 22	12:50 AM GMT / 1.61 m	7:04 AM GMT / 0.62 m	1:23 PM GMT / 1.45 m	7:21 PM GMT / 0.67 m		First Quarter	6:58 AM GMT	7:05 PM GMT
Sun 23	1:59 AM GMT / 1.53 m	8:18 AM GMT / 0.71 m	2:43 PM GMT / 1.36 m	8:35 PM GMT / 0.76 m			6:58 AM GMT	7:04 PM GMT
Mon 24	3:23 AM GMT / 1.50 m	9:54 AM GMT / 0.74 m	4:17 PM GMT / 1.33 m	10:08 PM GMT / 0.78 m			6:58 AM GMT	7:03 PM GMT
Tue 25	4:49 AM GMT / 1.52 m	11:23 AM GMT / 0.69 m	5:38 PM GMT / 1.38 m	11:31 PM GMT / 0.73 m			6:58 AM GMT	7:03 PM GMT
Wed 26	6:00 AM GMT / 1.58 m	12:28 PM GMT / 0.62 m	6:39 PM GMT / 1.46 m				6:58 AM GMT	7:02 PM GMT
Thu 27		12:33 AM GMT / 0.64 m	6:55 AM GMT / 1.65 m	1:15 PM GMT / 0.54 m	7:26 PM GMT / 1.54 m		6:58 AM GMT	7:01 PM GMT
Fri 28		1:21 AM GMT / 0.56 m	7:41 AM GMT / 1.70 m	1:54 PM GMT / 0.49 m	8:06 PM GMT / 1.61 m		6:58 AM GMT	7:00 PM GMT
Sat 29		2:01 AM GMT / 0.50 m	8:20 AM GMT / 1.73 m	2:28 PM GMT / 0.45 m	8:41 PM GMT / 1.66 m		6:59 AM GMT	7:00 PM GMT
Sun 30		2:38 AM GMT / 0.46 m	8:55 AM GMT / 1.73 m	2:59 PM GMT / 0.43 m	9:14 PM GMT / 1.69 m	Full Moon	6:59 AM GMT	6:59 PM GMT

**October 2012**

<b>Day</b>	<b>High</b>	<b>Low</b>	<b>High</b>	<b>Low</b>	<b>High</b>	<b>Moon</b>	<b>Sunrise</b>	<b>Sunset</b>
<b>Mon 1</b>		3:12 AM GMT / 0.44 m	9:28 AM GMT / 1.71 m	3:30 PM GMT / 0.43 m	9:46 PM GMT / 1.69 m		6:59 AM GMT	6:58 PM GMT
<b>Tue 2</b>		3:45 AM GMT / 0.45 m	9:59 AM GMT / 1.67 m	3:59 PM GMT / 0.45 m	10:16 PM GMT / 1.68 m		6:59 AM GMT	6:58 PM GMT
<b>Wed 3</b>		4:18 AM GMT / 0.49 m	10:29 AM GMT / 1.61 m	4:29 PM GMT / 0.49 m	10:47 PM GMT / 1.64 m		6:59 AM GMT	6:57 PM GMT
<b>Thu 4</b>		4:52 AM GMT / 0.54 m	11:00 AM GMT / 1.54 m	5:00 PM GMT / 0.55 m	11:19 PM GMT / 1.59 m		6:59 AM GMT	6:56 PM GMT
<b>Fri 5</b>		5:27 AM GMT / 0.61 m	11:33 AM GMT / 1.46 m	5:34 PM GMT / 0.62 m	11:55 PM GMT / 1.52 m		6:59 AM GMT	6:55 PM GMT
<b>Sat 6</b>		6:07 AM GMT / 0.68 m	12:10 PM GMT / 1.37 m	6:12 PM GMT / 0.70 m			6:59 AM GMT	6:55 PM GMT
<b>Sun 7</b>	12:38 AM GMT / 1.45 m	6:54 AM GMT / 0.76 m	1:00 PM GMT / 1.29 m	6:59 PM GMT / 0.78 m			6:59 AM GMT	6:54 PM GMT
<b>Mon 8</b>	1:35 AM GMT / 1.39 m	7:56 AM GMT / 0.82 m	2:14 PM GMT / 1.24 m	8:05 PM GMT / 0.84 m		Last Quarter	7:00 AM GMT	6:53 PM GMT
<b>Tue 9</b>	2:53 AM GMT / 1.35 m	9:21 AM GMT / 0.83 m	3:47 PM GMT / 1.23 m	9:33 PM GMT / 0.85 m			7:00 AM GMT	6:53 PM GMT
<b>Wed 10</b>	4:16 AM GMT / 1.37 m	10:45 AM GMT / 0.78 m	5:05 PM GMT / 1.29 m	10:56 PM GMT / 0.80 m			7:00 AM GMT	6:52 PM GMT
<b>Thu 11</b>	5:23 AM GMT / 1.44 m	11:47 AM GMT / 0.69 m	6:02 PM GMT / 1.38 m	11:57 PM GMT / 0.71 m			7:00 AM GMT	6:51 PM GMT
<b>Fri 12</b>	6:15 AM GMT / 1.53 m	12:34 PM GMT / 0.58 m	6:48 PM GMT / 1.49 m				7:00 AM GMT	6:51 PM GMT
<b>Sat 13</b>		12:45 AM GMT / 0.60 m	7:00 AM GMT / 1.63 m	1:15 PM GMT / 0.48 m	7:29 PM GMT / 1.60 m		7:00 AM GMT	6:50 PM GMT
<b>Sun 14</b>		1:28 AM GMT / 0.49 m	7:42 AM GMT / 1.71 m	1:54 PM GMT / 0.39 m	8:08 PM GMT / 1.69 m		7:00 AM GMT	6:50 PM GMT
<b>Mon 15</b>		2:10 AM GMT / 0.40 m	8:22 AM GMT / 1.77 m	2:33 PM GMT / 0.32 m	8:47 PM GMT / 1.77 m	New Moon	7:01 AM GMT	6:49 PM GMT
<b>Tue 16</b>		2:52 AM GMT / 0.34 m	9:03 AM GMT / 1.79 m	3:12 PM GMT / 0.29 m	9:27 PM GMT / 1.81 m		7:01 AM GMT	6:48 PM GMT
<b>Wed 17</b>		3:34 AM GMT / 0.31 m	9:46 AM GMT / 1.77 m	3:51 PM GMT / 0.30 m	10:08 PM GMT / 1.81 m		7:01 AM GMT	6:48 PM GMT
<b>Thu 18</b>		4:18 AM GMT / 0.32 m	10:30 AM GMT / 1.71 m	4:33 PM GMT / 0.35 m	10:53 PM GMT / 1.78 m		7:01 AM GMT	6:47 PM GMT
<b>Fri 19</b>		5:05 AM GMT / 0.38 m	11:17 AM GMT / 1.62 m	5:17 PM GMT / 0.43 m	11:42 PM GMT / 1.72 m		7:01 AM GMT	6:47 PM GMT
<b>Sat 20</b>		5:57 AM GMT / 0.46 m	12:11 PM GMT / 1.50 m	6:05 PM GMT / 0.54 m			7:01 AM GMT	6:46 PM GMT
<b>Sun 21</b>	12:38 AM GMT / 1.64 m	6:56 AM GMT / 0.56 m	1:15 PM GMT / 1.39 m	7:03 PM GMT / 0.64 m			7:02 AM GMT	6:45 PM GMT
<b>Mon 22</b>	1:45 AM GMT / 1.55 m	8:09 AM GMT / 0.65 m	2:34 PM GMT / 1.32 m	8:16 PM GMT / 0.73 m		First Quarter	7:02 AM GMT	6:45 PM GMT
<b>Tue 23</b>	3:04 AM GMT / 1.50 m	9:38 AM GMT / 0.68 m	4:01 PM GMT / 1.30 m	9:46 PM GMT / 0.76 m			7:02 AM GMT	6:44 PM GMT
<b>Wed 24</b>	4:25 AM GMT / 1.49 m	11:01 AM GMT / 0.65 m	5:17 PM GMT / 1.35 m	11:09 PM GMT / 0.72 m			7:02 AM GMT	6:44 PM GMT
<b>Thu 25</b>	5:34 AM GMT / 1.52 m	12:03 PM GMT / 0.60 m	6:17 PM GMT / 1.42 m				7:03 AM GMT	6:43 PM GMT
<b>Fri 26</b>		12:12 AM GMT / 0.65 m	6:30 AM GMT / 1.56 m	12:49 PM GMT / 0.54 m	7:03 PM GMT / 1.50 m		7:03 AM GMT	6:43 PM GMT
<b>Sat 27</b>		1:01 AM GMT / 0.58 m	7:15 AM GMT / 1.59 m	1:26 PM GMT / 0.50 m	7:43 PM GMT / 1.56 m		7:03 AM GMT	6:43 PM GMT
<b>Sun 28</b>		1:41 AM GMT / 0.53 m	7:55 AM GMT / 1.60 m	2:00 PM GMT / 0.46 m	8:18 PM GMT / 1.62 m		7:04 AM GMT	6:42 PM GMT
<b>Mon 29</b>		2:18 AM GMT / 0.49 m	8:30 AM GMT / 1.60 m	2:31 PM GMT / 0.44 m	8:50 PM GMT / 1.65 m	Full Moon	7:04 AM GMT	6:42 PM GMT
<b>Tue 30</b>		2:52 AM GMT / 0.47 m	9:02 AM GMT / 1.58 m	3:01 PM GMT / 0.43 m	9:21 PM GMT / 1.66 m		7:04 AM GMT	6:41 PM GMT
<b>Wed 31</b>		3:25 AM GMT / 0.47 m	9:33 AM GMT / 1.56 m	3:31 PM GMT / 0.44 m	9:52 PM GMT / 1.66 m		7:04 AM GMT	6:41 PM GMT

**November 2012**

<b>Day</b>	<b>High</b>	<b>Low</b>	<b>High</b>	<b>Low</b>	<b>High</b>	<b>Moon</b>	<b>Sunrise</b>	<b>Sunset</b>
<b>Thu 1</b>		3:58 AM GMT / 0.48 m	10:04 AM GMT / 1.51 m	4:01 PM GMT / 0.47 m	10:24 PM GMT / 1.63 m		7:05 AM GMT	6:40 PM GMT
<b>Fri 2</b>		4:32 AM GMT / 0.52 m	10:36 AM GMT / 1.46 m	4:34 PM GMT / 0.51 m	10:56 PM GMT / 1.59 m		7:05 AM GMT	6:40 PM GMT
<b>Sat 3</b>		5:07 AM GMT / 0.56 m	11:10 AM GMT / 1.40 m	5:08 PM GMT / 0.57 m	11:31 PM GMT / 1.53 m		7:05 AM GMT	6:40 PM GMT
<b>Sun 4</b>		5:46 AM GMT / 0.61 m	11:48 AM GMT / 1.34 m	5:46 PM GMT / 0.63 m			7:06 AM GMT	6:39 PM GMT
<b>Mon 5</b>	12:11 AM GMT / 1.47 m	6:31 AM GMT / 0.67 m	12:35 PM GMT / 1.28 m	6:30 PM GMT / 0.70 m			7:06 AM GMT	6:39 PM GMT
<b>Tue 6</b>	1:01 AM GMT / 1.42 m	7:25 AM GMT / 0.71 m	1:38 PM GMT / 1.24 m	7:27 PM GMT / 0.76 m			7:07 AM GMT	6:39 PM GMT
<b>Wed 7</b>	2:04 AM GMT / 1.38 m	8:33 AM GMT / 0.73 m	2:56 PM GMT / 1.23 m	8:39 PM GMT / 0.79 m		Last Quarter	7:07 AM GMT	6:39 PM GMT
<b>Thu 8</b>	3:17 AM GMT / 1.38 m	9:48 AM GMT / 0.70 m	4:13 PM GMT / 1.27 m	10:00 PM GMT / 0.76 m			7:07 AM GMT	6:38 PM GMT
<b>Fri 9</b>	4:28 AM GMT / 1.41 m	10:56 AM GMT / 0.64 m	5:17 PM GMT / 1.35 m	11:11 PM GMT / 0.69 m			7:08 AM GMT	6:38 PM GMT
<b>Sat 10</b>	5:28 AM GMT / 1.48 m	11:51 AM GMT / 0.54 m	6:10 PM GMT / 1.45 m				7:08 AM GMT	6:38 PM GMT
<b>Sun 11</b>		12:10 AM GMT / 0.59 m	6:22 AM GMT / 1.55 m	12:39 PM GMT / 0.45 m	6:57 PM GMT / 1.56 m		7:09 AM GMT	6:38 PM GMT
<b>Mon 12</b>		1:00 AM GMT / 0.48 m	7:11 AM GMT / 1.62 m	1:24 PM GMT / 0.36 m	7:42 PM GMT / 1.67 m		7:09 AM GMT	6:38 PM GMT
<b>Tue 13</b>		1:48 AM GMT / 0.39 m	7:58 AM GMT / 1.67 m	2:07 PM GMT / 0.30 m	8:25 PM GMT / 1.75 m	New Moon	7:09 AM GMT	6:37 PM GMT
<b>Wed 14</b>		2:35 AM GMT / 0.32 m	8:44 AM GMT / 1.69 m	2:49 PM GMT / 0.27 m	9:09 PM GMT / 1.80 m		7:10 AM GMT	6:37 PM GMT
<b>Thu 15</b>		3:21 AM GMT / 0.28 m	9:30 AM GMT / 1.67 m	3:32 PM GMT / 0.27 m	9:54 PM GMT / 1.82 m		7:10 AM GMT	6:37 PM GMT
<b>Fri 16</b>		4:08 AM GMT / 0.28 m	10:18 AM GMT / 1.62 m	4:16 PM GMT / 0.31 m	10:41 PM GMT / 1.80 m		7:11 AM GMT	6:37 PM GMT
<b>Sat 17</b>		4:57 AM GMT / 0.32 m	11:08 AM GMT / 1.55 m	5:02 PM GMT / 0.38 m	11:31 PM GMT / 1.74 m		7:11 AM GMT	6:37 PM GMT
<b>Sun 18</b>		5:48 AM GMT / 0.40 m	12:02 PM GMT / 1.46 m	5:51 PM GMT / 0.47 m			7:12 AM GMT	6:37 PM GMT
<b>Mon 19</b>	12:26 AM GMT / 1.66 m	6:45 AM GMT / 0.48 m	1:02 PM GMT / 1.37 m	6:46 PM GMT / 0.57 m			7:12 AM GMT	6:37 PM GMT
<b>Tue 20</b>	1:27 AM GMT / 1.57 m	7:49 AM GMT / 0.56 m	2:11 PM GMT / 1.30 m	7:51 PM GMT / 0.65 m		First Quarter	7:13 AM GMT	6:37 PM GMT
<b>Wed 21</b>	2:35 AM GMT / 1.49 m	9:03 AM GMT / 0.61 m	3:27 PM GMT / 1.28 m	9:09 PM GMT / 0.71 m			7:13 AM GMT	6:37 PM GMT
<b>Thu 22</b>	3:47 AM GMT / 1.45 m	10:19 AM GMT / 0.62 m	4:40 PM GMT / 1.30 m	10:31 PM GMT / 0.71 m			7:14 AM GMT	6:37 PM GMT
<b>Fri 23</b>	4:56 AM GMT / 1.43 m	11:23 AM GMT / 0.60 m	5:43 PM GMT / 1.35 m	11:41 PM GMT / 0.67 m			7:14 AM GMT	6:37 PM GMT
<b>Sat 24</b>	5:55 AM GMT / 1.43 m	12:13 PM GMT / 0.56 m	6:34 PM GMT / 1.42 m				7:15 AM GMT	6:37 PM GMT
<b>Sun 25</b>		12:35 AM GMT / 0.62 m	6:45 AM GMT / 1.44 m	12:55 PM GMT / 0.52 m	7:17 PM GMT / 1.48 m		7:15 AM GMT	6:37 PM GMT
<b>Mon 26</b>		1:20 AM GMT / 0.57 m	7:28 AM GMT / 1.45 m	1:31 PM GMT / 0.49 m	7:55 PM GMT / 1.54 m		7:16 AM GMT	6:37 PM GMT
<b>Tue 27</b>		1:59 AM GMT / 0.53 m	8:06 AM GMT / 1.45 m	2:04 PM GMT / 0.46 m	8:30 PM GMT / 1.58 m		7:17 AM GMT	6:37 PM GMT
<b>Wed 28</b>		2:35 AM GMT / 0.49 m	8:41 AM GMT / 1.45 m	2:37 PM GMT / 0.44 m	9:03 PM GMT / 1.61 m	Full Moon	7:17 AM GMT	6:37 PM GMT
<b>Thu 29</b>		3:09 AM GMT / 0.47 m	9:14 AM GMT / 1.45 m	3:09 PM GMT / 0.43 m	9:35 PM GMT / 1.61 m		7:18 AM GMT	6:38 PM GMT
<b>Fri 30</b>		3:43 AM GMT / 0.47 m	9:48 AM GMT / 1.43 m	3:42 PM GMT / 0.43 m	10:07 PM GMT / 1.61 m		7:18 AM GMT	6:38 PM GMT

December 2012

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Sat 1		4:17 AM GMT / 0.47 m	10:21 AM GMT / 1.41 m	4:15 PM GMT / 0.46 m	10:40 PM GMT / 1.58 m		7:19 AM GMT	6:38 PM GMT
Sun 2		4:53 AM GMT / 0.49 m	10:56 AM GMT / 1.38 m	4:50 PM GMT / 0.49 m	11:14 PM GMT / 1.55 m		7:19 AM GMT	6:38 PM GMT
Mon 3		5:30 AM GMT / 0.52 m	11:33 AM GMT / 1.34 m	5:27 PM GMT / 0.54 m	11:52 PM GMT / 1.51 m		7:20 AM GMT	6:38 PM GMT
Tue 4		6:10 AM GMT / 0.55 m	12:15 PM GMT / 1.30 m	6:08 PM GMT / 0.59 m			7:21 AM GMT	6:39 PM GMT
Wed 5	12:34 AM GMT / 1.47 m	6:57 AM GMT / 0.58 m	1:06 PM GMT / 1.26 m	6:56 PM GMT / 0.64 m			7:21 AM GMT	6:39 PM GMT
Thu 6	1:24 AM GMT / 1.42 m	7:51 AM GMT / 0.60 m	2:07 PM GMT / 1.25 m	7:55 PM GMT / 0.68 m		Last Quarter	7:22 AM GMT	6:39 PM GMT
Fri 7	2:24 AM GMT / 1.39 m	8:54 AM GMT / 0.60 m	3:17 PM GMT / 1.26 m	9:06 PM GMT / 0.69 m			7:22 AM GMT	6:39 PM GMT
Sat 8	3:33 AM GMT / 1.39 m	10:02 AM GMT / 0.58 m	4:27 PM GMT / 1.31 m	10:24 PM GMT / 0.66 m			7:23 AM GMT	6:40 PM GMT
Sun 9	4:42 AM GMT / 1.40 m	11:07 AM GMT / 0.52 m	5:31 PM GMT / 1.40 m	11:35 PM GMT / 0.59 m			7:23 AM GMT	6:40 PM GMT
Mon 10	5:47 AM GMT / 1.44 m	12:05 PM GMT / 0.45 m	6:28 PM GMT / 1.50 m				7:24 AM GMT	6:40 PM GMT
Tue 11		12:37 AM GMT / 0.49 m	6:45 AM GMT / 1.49 m	12:57 PM GMT / 0.38 m	7:20 PM GMT / 1.61 m		7:25 AM GMT	6:41 PM GMT
Wed 12		1:32 AM GMT / 0.39 m	7:40 AM GMT / 1.54 m	1:46 PM GMT / 0.31 m	8:09 PM GMT / 1.70 m		7:25 AM GMT	6:41 PM GMT
Thu 13		2:23 AM GMT / 0.31 m	8:31 AM GMT / 1.57 m	2:32 PM GMT / 0.27 m	8:57 PM GMT / 1.77 m	New Moon	7:26 AM GMT	6:42 PM GMT
Fri 14		3:12 AM GMT / 0.26 m	9:21 AM GMT / 1.57 m	3:18 PM GMT / 0.25 m	9:44 PM GMT / 1.80 m		7:26 AM GMT	6:42 PM GMT
Sat 15		4:00 AM GMT / 0.24 m	10:10 AM GMT / 1.55 m	4:04 PM GMT / 0.26 m	10:32 PM GMT / 1.79 m		7:27 AM GMT	6:42 PM GMT
Sun 16		4:47 AM GMT / 0.26 m	10:58 AM GMT / 1.51 m	4:49 PM GMT / 0.31 m	11:19 PM GMT / 1.75 m		7:27 AM GMT	6:43 PM GMT
Mon 17		5:35 AM GMT / 0.32 m	11:48 AM GMT / 1.45 m	5:35 PM GMT / 0.38 m			7:28 AM GMT	6:43 PM GMT
Tue 18	12:09 AM GMT / 1.67 m	6:25 AM GMT / 0.39 m	12:40 PM GMT / 1.38 m	6:24 PM GMT / 0.47 m			7:28 AM GMT	6:44 PM GMT
Wed 19	1:01 AM GMT / 1.58 m	7:18 AM GMT / 0.47 m	1:37 PM GMT / 1.32 m	7:18 PM GMT / 0.56 m			7:29 AM GMT	6:44 PM GMT
Thu 20	1:56 AM GMT / 1.47 m	8:15 AM GMT / 0.55 m	2:39 PM GMT / 1.27 m	8:22 PM GMT / 0.64 m		First Quarter	7:29 AM GMT	6:45 PM GMT
Fri 21	2:58 AM GMT / 1.38 m	9:19 AM GMT / 0.60 m	3:48 PM GMT / 1.25 m	9:37 PM GMT / 0.70 m			7:30 AM GMT	6:45 PM GMT
Sat 22	4:05 AM GMT / 1.32 m	10:26 AM GMT / 0.62 m	4:57 PM GMT / 1.27 m	10:57 PM GMT / 0.70 m			7:30 AM GMT	6:46 PM GMT
Sun 23	5:11 AM GMT / 1.28 m	11:27 AM GMT / 0.60 m	5:58 PM GMT / 1.32 m				7:31 AM GMT	6:46 PM GMT
Mon 24		12:04 AM GMT / 0.67 m	6:11 AM GMT / 1.28 m	12:19 PM GMT / 0.57 m	6:50 PM GMT / 1.38 m		7:31 AM GMT	6:47 PM GMT
Tue 25		12:58 AM GMT / 0.62 m	7:02 AM GMT / 1.30 m	1:03 PM GMT / 0.53 m	7:34 PM GMT / 1.44 m		7:32 AM GMT	6:47 PM GMT
Wed 26		1:42 AM GMT / 0.56 m	7:46 AM GMT / 1.32 m	1:42 PM GMT / 0.48 m	8:12 PM GMT / 1.50 m		7:32 AM GMT	6:48 PM GMT
Thu 27		2:20 AM GMT / 0.51 m	8:25 AM GMT / 1.35 m	2:18 PM GMT / 0.44 m	8:47 PM GMT / 1.54 m		7:33 AM GMT	6:48 PM GMT
Fri 28		2:55 AM GMT / 0.46 m	9:01 AM GMT / 1.38 m	2:53 PM GMT / 0.41 m	9:21 PM GMT / 1.57 m	Full Moon	7:33 AM GMT	6:49 PM GMT
Sat 29		3:29 AM GMT / 0.43 m	9:35 AM GMT / 1.39 m	3:27 PM GMT / 0.39 m	9:54 PM GMT / 1.59 m		7:34 AM GMT	6:50 PM GMT
Sun 30		4:03 AM GMT / 0.40 m	10:08 AM GMT / 1.40 m	4:01 PM GMT / 0.39 m	10:26 PM GMT / 1.59 m		7:34 AM GMT	6:50 PM GMT
Mon 31		4:37 AM GMT / 0.40 m	10:42 AM GMT / 1.39 m	4:35 PM GMT / 0.40 m	10:58 PM GMT / 1.58 m		7:34 AM GMT	6:51 PM GMT