

JULY						AUGUST					
	Time	m		Time	m		Time	m		Time	m
1	02:14	7.43	16	02:30	8.27	1	02:55	7.27	16	03:46	7.59
Th	09:22	1.67	F	09:39	0.84	Su	09:56	1.86	M	10:46	1.68
	14:42	6.8		15:03	7.56		15:18	6.76		16:17	7.00
	21:30	2.02		21:49	1.31		22:08	2.21		23:05	1.98
2	02:52	7.25	17	03:20	8.01	2	03:34	7.00	17	04:47	6.98
F	09:58	1.82	Sa	10:26	1.13	M	10:31	2.10	Tu	11:43	2.20
	15:21	6.63		15:56	7.25		16:01	6.54		17:23	6.61
	22:07	2.22		22:38	1.61		22:49	2.46			
3	03:33	7.03	18	04:14	7.62	3	04:21	6.70	18	00:12	2.40
Sa	10:35	2.02	Su	11:17	1.51	Tu	11:15	2.36	W	06:05	6.44
	16:05	6.43		16:53	6.91		16:54	6.32		12:56	2.60
	22:48	2.44		23:32	1.95		23:43	2.69		18:45	6.38
4	04:19	6.79	19	05:17	7.17	4	05:20	6.39	19	01:37	2.63
Su	11:17	2.22	M	12:16	1.9	W	12:14	2.59	Th	07:41	6.19
	16:55	6.25		17:59	6.63		18:07	6.17		14:19	2.74
	23:36	2.64								20:13	6.45
5	05:12	6.55	20	00:38	2.25	5	00:56	2.81	20	03:08	2.55
M	12:08	2.4	Tu	06:30	6.76	Th	06:40	6.21	F	09:04	6.30
	17:56	6.13		13:24	2.21		13:29	2.68		15:38	2.62
				19:14	6.5		19:32	6.23		21:21	6.74
6	00:35	2.77	21	01:57	2.4	6	02:18	2.69	21	04:19	2.29
Tu	06:16	6.37	W	07:52	6.353	F	08:07	6.30	Sa	10:01	6.57
	13:08	2.5		14:39	2.35		14:50	2.54		16:38	2.36
	19:06	6.14		20:29	6.58		20:46	6.56		22:09	7.08
7	01:43	2.76	22	03:16	2.36	7	03:35	2.32	22	05:11	1.99
W	07:27	6.33	Th	09:07	6.54	Sa	09:17	6.65	Su	10:41	6.83
	14:15	2.48		15:51	2.31		16:00	2.21		17:24	2.09
	20:14	6.32		21:33	6.82		21:43	7.04		22:46	7.37
8	02:54	2.58	23	04:28	2.16	8	04:38	1.83	23	05:51	1.74
Th	08:35	6.47	F	10:07	6.69	Su	10:12	7.10	M	11:14	7.05
	15:21	2.32		16:52	2.16		16:57	1.79		18:00	1.84
	21:12	6.63		22:21	7.11		22:30	7.56		23:18	7.60
9	04:00	2.27	24	05:25	1.92	9	05:32	1.32	24	06:24	1.55
F	09:34	6.73	Sa	10:53	6.87	M	10:58	7.54	Tu	11:43	7.22
	16:20	2.06		17:39	1.97		17:46	1.37		18:31	1.66
	22:02	7.02		23:02	7.37		23:12	8.05		23:48	7.76
10	04:56	1.88	25	06:09	1.7	10	06:19	0.87	25	06:54	1.42
Sa	10:24	7.07	Su	11:30	7.03	Tu	11:40	7.89	W	12:10	7.34
	17:13	1.76		18:19	1.8		18:31	1.03		19:01	1.53
	22:46	7.42		23:37	7.57		23:54	8.44			
11	05:48	1.47	26	06:47	1.54	11	07:05	0.56	26	00:16	7.84
Su	11:11	7.4	M	12:04	7.14	W	12:23	8.12	Th	07:22	1.36
	18:02	1.46		18:55	1.67		19:15	0.81		12:36	7.41
	23:29	7.81								19:29	1.49
12	06:36	1.1	27	00:11	7.69	12	00:36	8.68	27	00:45	7.85
M	11:56	7.68	Tu	07:20	1.45	Th	07:48	0.43	F	07:50	1.37
	18:50	1.21		12:35	7.2		13:05	8.17		13:04	7.41
				19:26	1.6		19:59	0.75		19:59	1.52
13	00:12	8.12	28	00:42	7.74	13	01:21	8.70	28	01:16	7.78
Tu	07:23	0.82	W	07:50	1.41	F	08:31	0.50	Sa	08:19	1.45
	12:40	7.86		13:05	7.21		13:49	8.05		13:34	7.35
	19:35	1.05		19:58	1.59		20:41	0.86		20:29	1.64
14	00:56	8.32	29	01:13	7.72	14	02:06	8.52	29	01:47	7.63
W	08:08	0.67	Th	08:21	1.43	Sa	09:13	0.76	Su	08:48	1.60
	13:27	7.89		13:36	7.18		14:35	7.79		14:06	7.23
	20:19	1.02		20:28	1.65		21:25	1.13		21:00	1.83
15	01:42	8.38	30	01:46	7.64	15	02:53	8.13	30	02:21	7.41
Th	08:54	0.68	F	08:51	1.51	Su	09:58	1.17	M	09:19	1.81
	14:13	7.79		14:07	7.09		15:23	7.42		14:40	7.05
	21:04	1.11		20:59	1.78		22:12	1.52		21:33	2.07
			31	02:20	7.49				31	02:57	7.12
			Sa	09:22	1.66				Tu	09:53	2.07
				14:42	6.94					15:19	6.81
				21:32	1.97					22:13	2.35

All times are GMT except from 28th March - 31st October which are BST