

MARCH						APRIL					
	Time	m		Time	m		Time	m		Time	m
1	05:38	0.76	16	05:49	1.37	1	00:41	8.17	16	00:24	7.63
M	10:59	8.68	Tu	11:04	7.8	Th	07:39	0.66	F	07:23	1.25
	18:08	0.36		18:06	1.24		13:02	8.35		12:40	7.69
	23:26	8.28		23:23	7.52		20:05	0.80		19:37	1.28
2	06:20	0.58	17	06:17	1.28	2	01:22	8.01	17	00:57	7.64
Tu	11:41	8.80	W	11:34	7.85	F	08:21	0.87	Sa	07:59	1.29
	18:50	0.37		18:35	1.22		13:45	7.97		13:16	7.59
				23:50	7.57		20:45	1.18		20:12	1.4
3	00:06	8.25	18	06:47	1.27	3	02:02	7.72	18	01:33	7.56
W	07:01	0.60	Th	12:04	7.8	Sa	09:02	1.22	Su	08:35	1.41
	12:24	8.68		19:03	1.28		14:29	7.47		13:56	7.39
	19:31	0.58					21:25	1.64		20:50	1.6
4	00:47	8.06	19	00:21	7.54	4	02:44	7.34	19	02:13	7.38
Th	07:42	0.80	F	07:18	1.36	Su	09:46	1.65	M	09:18	1.6
	13:07	8.33		12:37	7.68		15:15	6.90		14:42	7.1
	20:11	0.97		19:33	1.41		22:07	2.14		21:33	1.89
5	01:29	7.73	20	00:53	7.43	5	03:31	6.91	20	03:01	7.11
F	08:24	1.16	Sa	07:51	1.52	M	10:35	2.11	Tu	10:07	1.84
	13:52	7.80		13:12	7.46		16:10	6.33		15:39	6.74
	20:52	1.47		20:07	1.61		22:57	2.62		22:26	2.22
6	02:14	7.30	21	01:29	7.23	6	04:27	6.46	21	04:01	6.81
Sa	09:08	1.64	Su	08:28	1.52	Tu	11:34	2.52	W	11:09	2.05
	14:41	7.16		13:52	7.46		17:23	5.87		16:51	6.42
	21:37	2.03		20:45	1.61					23:32	2.49
7	03:03	6.82	22	02:11	6.95	7	00:05	2.99	22	05:17	6.59
Su	09:58	2.17	M	09:13	2.04	W	05:42	6.13	Th	12:25	2.12
	15:39	6.50		14:42	6.77		12:55	2.73		18:20	6.31
	22:31	2.58		21:33	2.27		19:02	5.70			
8	04:05	6.36	23	03:06	6.6	8	01:33	3.10	23	00:54	2.54
M	11:06	2.63	Tu	10:12	2.33	Th	07:14	6.06	F	06:46	6.62
	16:58	5.96		15:52	6.35		14:21	2.67		13:45	1.96
	23:47	2.97		22:40	2.62		20:28	5.89		19:44	6.51
9	05:31	6.06	24	04:26	6.3	9	02:53	2.92	24	02:13	2.33
Tu	12:37	2.84	W	11:34	2.48	F	08:31	6.28	Sa	08:02	6.91
	18:48	5.80		17:30	6.15		15:29	2.41		14:57	1.65
							21:22	6.24		20:48	6.87
10	01:21	3.04	25	00:11	2.72	10	03:52	2.59	25	03:20	1.97
W	07:11	6.12	Th	06:08	6.33	Sa	09:23	6.61	Su	09:01	7.31
	14:10	2.70		13:07	2.28		16:19	2.09		15:58	1.31
	20:10	6.05		19:05	6.39		22:00	6.58		21:38	7.24
11	02:41	2.81	26	01:40	2.46	11	04:37	2.24	26	04:16	1.58
Th	08:18	6.45	F	07:28	6.74	Su	10:01	6.95	M	09:51	7.68
	15:17	2.37		14:25	1.82		16:58	1.81		16:50	1.04
	20:59	6.41		20:12	6.86		22:31	6.89		22:21	7.57
12	03:35	2.46	27	02:49	2	12	05:13	1.92	27	05:07	1.24
F	09:03	6.84	Sa	08:28	7.29	M	10:34	7.24	Tu	10:36	7.95
	16:04	2.03		15:25	1.32		17:32	1.58		17:36	0.89
	21:36	6.74		21:02	7.34		22:59	7.15		23:01	7.82
13	04:16	2.11	28	04:43	1.51	13	05:46	1.65	28	05:52	1
Sa	09:39	7.18	Su	10:15	7.82	Tu	11:04	7.46	W	11:19	8.09
	16:38	1.73		17:16	0.88		18:02	1.41		18:20	0.85
	22:04	7.02		22:44	7.74		23:25	7.36		23:40	7.96
14	04:50	1.80	29	05:31	1.08	14	06:17	1.44	29	06:38	0.9
Su	10:07	7.46	M	10:57	8.24	W	11:35	7.61	Th	12:00	8.06
	17:10	1.50		18:01	6		18:33	1.30		19:02	0.95
	22:30	7.24		23:24	8.03		23:54	7.52			
15	05:19	1.55	30	06:15	0.77	15	06:50	1.30	30	00:20	7.98
M	10:36	7.67	Tu	11:38	8.49	Th	12:06	7.69	F	07:21	0.94
	17:39	1.33		18:44	0.48		19:05	1.25		12:43	7.87
	22:56	7.41								19:44	1.16
			31	00:02	8.18						
			W	06:57	62						
				12:20	8.53						
				19:25	0.56						

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