

NOVEMBER						DECEMBER					
	Time	m		Time	m		Time	m		Time	m
1	00:08	2.25	16	01:06	2.67	1	00:47	1.94	16	00:55	2.71
M	06:05	6.62	Tu	07:08	6.27	W	06:41	6.93	Th	06:53	6.29
	12:33	2.59		13:34	2.98		13:10	2.31		13:27	2.97
	18:25	7.08		19:09	6.67		18:59	7.36		19:05	6.57
2	01:21	1.96	17	02:06	2.50	2	01:53	1.81	17	01:56	2.60
Tu	07:14	6.97	W	07:58	6.65	Th	07:41	7.18	F	07:51	6.55
	13:43	2.27		14:28	2.72		14:15	2.08		14:28	2.74
		7.47		20:01	6.91		19:59	7.56		20:02	6.76
3	02:24	1.61	18	02:53	2.29	3	02:53	1.66	18	02:50	2.41
W	08:08	7.37	Th	08:37	6.87	F	08:33	7.48	Sa	08:36	6.87
	14:42	1.88		15:15	2.44		15:16	1.82		15:20	2.45
	20:21	7.86		20:42	7.15		20:53	7.74		20:50	6.99
4	03:18	1.30	19	03:35	2.09	4	03:48	1.54	19	03:38	2.19
Th	08:54	7.74	F	09:11	7.16	Sa	09:19	7.75	Su	09:17	7.20
	15:35	1.51		15:55	2.17		16:10	1.58		16:07	2.14
	21:08	8.18		21:19	7.37		21:41	7.86		21:32	7.24
5	04:07	1.09	20	04:11	1.91	5	04:38	1.46	20	04:22	1.96
F	09:36	8.03	Sa	09:42	7.42	Su	10:02	7.98	M	09:53	7.51
	16:24	1.24		16:32	1.94		17:01	1.42		16:51	1.83
	21:53	8.37		21:53	7.53		22:27	7.89		22:11	7.47
6	04:54	1.00	21	04:47	1.77	6	05:24	1.45	21	05:03	1.74
Sa	10:16	8.23	Su	10:13	7.64	M	10:44	8.11	Tu	10:30	7.80
	17:11	1.08		17:10	1.76		17:49	1.34		17:34	1.56
	22:36	8.39		22:28	7.65		23:11	7.83		22:51	7.66
7	05:38	1.05	22	05:22	1.67	7	06:08	1.51	22	05:45	1.56
Su	10:56	8.30	M	10:47	7.80	Tu	11:26	8.14	W	11:08	8.02
	17:58	1.07		17:48	1.63		18:24	1.37		18:17	1.35
	23:21	8.24		23:04	7.71		23:54	7.66		23:33	7.78
8	06:21	1.22	23	05:59	1.62	8	06:49	1.64	23	06:26	1.44
M	11:39	8.24	Tu	11:22	7.90	W	12:06	8.05	Th	11:49	8.17
	18:44	1.20		18:27	1.56		19:16	1.49		18:59	1.22
				23:43	7.69						
9	00:06	7.95	24	06:38	1.64	9	00:36	7.43	24	00:16	7.81
Tu	07:04	1.50	W	12:00	7.91	Th	07:28	1.83	F	07:09	1.42
	12:22	8.05		19:07	1.57		12:46	7.87		12:32	8.21
	19:28	1.44					19:56	1.68		19:43	1.19
10	00:52	7.55	25	00:25	7.59	10	01:16	7.16	25	01:01	7.72
W	07:46	1.84	Th	07:19	1.74	F	08:06	2.06	Sa	07:53	1.50
	13:05	7.76		12:42	7.83		13:27	7.62		13:18	8.14
	20:13	1.75		19:52	1.64		20:35	1.90		20:28	1.26
11	01:39	7.11	26	01:11	7.42	11	02:00	6.88	26	01:50	7.54
Th	08:28	2.21	F	08:02	1.91	Sa	08:44	2.32	Su	08:38	1.66
	13:51	7.42		13:29	7.68		14:09	7.34		14:07	7.97
	20:59	2.09		20:39	1.75		21:16	2.14		21:15	1.42
12	02:31	6.68	27	02:05	7.18	12	02:44	6.60	27	02:44	7.30
F	09:15	2.58	Sa	08:51	2.12	Su	09:27	2.59	M	09:27	1.88
	14:43	7.05		14:22	7.49		14:55	7.05		15:02	7.73
	21:52	2.41		21:32	1.89		22:00	2.38		22:07	1.64
13	03:30	6.31	28	03:05	6.94	13	03:36	6.35	28	03:44	7.04
Sa	10:09	2.91	Su	09:46	2.33	M	10:14	2.85	Tu	10:21	2.12
	15:43	6.73		15:25	7.30		15:48	6.77		16:03	7.44
	22:52	2.65		22:31	1.99		22:52	2.59		23:06	1.87
14	04:42	6.09	29	04:15	6.78	14	04:37	6.18	29	04:51	6.83
Su	11:15	3.11	M	10:50	2.46	Tu	11:12	3.03	W	11:25	2.32
	16:52	6.53		16:36	7.20		16:50	6.56		17:15	7.19
	23:59	2.74		23:38	2.01		23:50	2.71			
15	06:00	6.08	30	05:31	6.77	15	05:47	6.15	30	00:14	2.06
M	12:27	3.13	Tu	12:00	2.46	W	12:19	3.08	Th	06:05	6.76
	18:05	6.51		17:50	7.22		17:59	6.49		12:38	2.39
										18:31	7.05
									31	01:25	2.14
									F	07:16	6.86
										13:53	2.32
										19:43	7.06

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