

SEPTEMBER						OCTOBER					
	Time	m		Time	m		Time	m		Time	m
1	03:41	6.78	16	05:41	6.20	1	04:24	6.45	16	00:40	2.77
W	10:36	2.37	Th	12:26	2.90	F	11:12	2.73	Sa	06:45	5.98
	16:10	6.53		18:13	6.37		16:57	6.50		13:12	3.15
	23:08	2.63								18:58	6.41
2	04:43	6.41	17	01:16	2.76	2	00:05	2.66	17	02:01	2.74
Th	11:34	2.68	F	07:24	6.01	Sa	05:54	6.24	Su	08:08	6.13
	17:22	6.28		13:54	3.01		12:35	2.87		14:30	3.03
				19:47	6.40		18:32	6.49		20:13	6.59
3	00:23	2.80	18	02:45	2.66	3	01:33	2.51	18	03:10	2.52
F	06:10	6.16	Sa	08:48	6.21	Su	07:31	6.42	M	09:05	6.44
	12:57	2.83		15:13	2.84		14:03	2.68		15:31	2.75
	18:59	6.28		20:57	6.69		19:56	6.85		21:05	6.89
4	01:54	2.67	19	03:54	2.38	4	02:51	2.08	19	04:02	2.25
Sa	07:49	6.28	Su	09:41	6.54	M	08:42	6.87	Tu	09:44	6.77
	14:27	2.67		16:13	2.53		15:14	2.25		16:19	2.44
	20:23	6.64		21:44	7.03		20:58	7.38		21:45	7.19
5	03:15	2.24	20	04:43	2.08	5	03:53	1.58	20	04:42	2.00
Su	09:03	6.72	M	10:19	6.84	Tu	09:33	7.37	W	10:16	7.06
	15:38	2.25		16:56	2.22		16:10	1.77		16:59	2.15
	21:23	7.19		22:20	7.34		21:46	7.92		22:19	7.45
6	04:19	1.69	21	05:22	1.81	6	04:44	1.12	21	05:16	1.80
M	09:56	7.24	Tu	10:49	7.10	W	10:18	7.81	Th	10:44	7.21
	16:36	1.76		17:32	1.94		16:59	1.33		17:30	1.90
	22:10	7.77		22:51	7.59		22:29	8.37		22:50	7.64
7	05:10	1.15	22	05:54	1.61	7	05:32	0.79	22	05:48	1.65
Tu	10:40	7.72	W	11:16	7.31	Th	10:57	8.15	F	11:11	7.51
	17:25	1.29		18:02	1.72		17:45	0.99		18:01	1.72
	22:52	8.29		23:19	7.77		23:10	8.67		23:19	7.77
8	05:57	0.72	23	06:22	1.47	8	06:16	0.62	23	06:17	1.56
W	11:20	8.08	Th	11:41	7.47	F	11:36	8.35	Sa	11:39	7.66
	18:09	0.92		18:31	1.57		18:28	0.80		18:33	1.61
	23:33	8.67		23:48	7.87		23:54	8.76		23:51	7.82
9	06:41	0.46	24	06:50	1.40	9	06:59	0.64		06:48	1.53
Th	11:59	8.30	F	12:07	7.58	Sa	12:17	8.40	24	12:08	7.75
	18:52	0.70		19:01	1.50		19:13	0.79	Su	19:06	1.57
10	00:14	8.86	25	00:17	7.90	10	00:36	8.62		00:23	7.79
F	07:23	0.41	Sa	07:18	1.40	Su	07:41	0.85	25	07:20	1.56
	12:40	8.35		12:34	7.62		12:58	8.28	M	12:39	7.77
	19:35	0.66		19:31	1.51		19:58	0.96		19:41	1.62
11	00:57	8.80	26	00:46	7.83	11	01:22	8.28		00:57	7.69
Sa	08:05	0.56	Su	07:47	1.48	M	08:24	1.20	26	07:53	1.67
	13:22	8.22		13:04	7.59		13:41	8.02	Tu	13:14	7.70
	20:18	0.81		20:02	1.61		20:42	1.28		20:17	1.73
12	01:42	8.51	27	01:19	7.69	12	02:08	7.78	27	01:35	7.50
Su	08:48	0.91	M	08:17	1.62	Tu	09:06	1.66	W	08:30	1.84
	14:06	7.94		13:36	7.48		14:27	7.66		13:52	7.54
	21:02	1.14		20:34	1.78		21:29	1.70		20:57	1.90
13	02:29	8.02	28	01:53	7.47	13	02:59	7.20	28	02:19	2.19
M	09:30	1.39	Tu	08:49	1.82	W	09:51	2.16	Th	09:11	9.11
	14:53	7.55		14:10	7.30		15:17	7.23		14:38	14.38
	21:48	1.58		21:11	2.00		22:21	2.15		21:44	2.10
14	03:20	7.40	29	02:32	7.17	14	03:57	6.62	29	03:11	6.92
Tu	10:17	1.94	W	09:26	2.09	Th	10:43	2.64	F	09:58	2.38
	15:44	7.10		14:51	7.05		16:15	6.81		15:33	7.05
	22:41	2.09		21:53	2.27		23:23	2.55		22:41	2.30
15	04:21	6.74	30	03:19	6.82	15	05:11	6.16	30	04:16	6.62
W	11:13	2.49	Th	10:11	2.42	F	11:50	3.02	Sa	11:00	2.64
	16:49	6.63		15:43	6.75		17:30	6.49		16:43	6.84
	23:49	2.54		22:49	2.53					23:52	2.38
									31	04:40	6.48
									Su	11:15	2.74
										17:07	6.83

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