

2025 Portsmouth tide times

HASLAR

MARINA



by **boatfolk**

PORTSMOUTH



January

Time m	Time m
1 0009 4.5 0517 1.2 1213 4.6 1739 1.0	16 0050 4.5 0803 1.1 1251 4.5 1824 0.9
2 0046 4.6 0558 1.2 1249 4.6 1819 0.9	17 0133 4.5 0643 1.1 1333 4.4 1902 1.0
3 0127 4.6 0639 1.1 1329 4.5 1900 0.9	18 0215 4.5 0720 1.2 1415 4.3 1937 1.1
4 0213 4.6 0722 1.2 1414 4.5 1943 0.9	19 0253 4.4 0755 1.4 1454 4.2 2010 1.3
5 0304 4.5 0808 1.3 1506 4.4 2030 1.1	20 0328 4.3 0828 1.6 1531 4.1 2043 1.5
6 0358 4.5 0859 1.4 1605 4.3 2123 1.2	21 0403 4.2 0905 1.7 1610 3.9 2123 1.7
7 0454 4.4 1000 1.5 1709 4.2 2228 1.4	22 0441 4.0 0952 1.9 1657 3.7 2215 1.9
8 0552 4.3 1114 1.6 1814 4.1 2344 1.6	23 0529 3.9 1056 2.0 1756 3.6 2329 2.1
9 0654 4.3 1229 1.6 1919 4.1	24 0631 3.8 1220 2.1 1940 3.6
10 0053 1.6 0757 4.3 1334 1.5 2026 4.1	25 0049 2.1 0813 3.8 1330 2.0 2103 3.7
11 0156 1.6 0858 4.3 1432 1.4 2130 4.2	26 0154 2.0 0920 4.0 1427 1.7 2157 4.0
12 0254 1.5 0954 4.4 1525 1.2 2230 4.3	27 0250 1.8 1006 4.2 1517 1.4 2239 4.2
13 0347 1.3 1043 4.5 1614 1.0 2322 4.5	28 0339 1.5 1044 4.3 1602 1.1 2315 4.4
14 0435 1.2 1127 4.5 1700 0.9	29 0424 1.2 1119 4.5 1645 0.9 2351 4.6
15 0006 4.5 0521 1.1 1209 4.5 1743 0.8	30 0505 1.0 1155 4.6 1728 0.6
31 0028 4.7 0546 0.8 1232 4.6 1806 0.5	

February

Time m	Time m
1 0108 4.7 0626 0.7 1312 4.7 1846 0.5	16 0142 4.5 0652 1.0 1347 4.3 1905 1.0
2 0152 4.7 0706 0.7 1356 4.6 1925 0.6	17 0215 4.4 0719 1.1 1419 4.3 1931 1.1
3 0240 4.7 0747 0.8 1445 4.5 2007 0.8	18 0243 4.3 0745 1.2 1449 4.2 2000 1.3
4 0330 4.6 0833 1.1 1540 4.4 2054 1.0	19 0313 4.2 0817 1.4 1524 4.0 2034 1.5
5 0423 4.4 0925 1.3 1641 4.2 2151 1.4	20 0350 4.1 0856 1.6 1608 3.8 2116 1.7
6 0520 4.2 1036 1.6 1748 4.0 2312 1.7	21 0436 3.8 0947 1.9 1702 3.6 2213 2.0
7 0626 4.0 1207 1.8 1903 3.8	22 0534 3.6 1102 2.1 1817 3.5
8 0040 1.8 0739 4.0 1324 1.7 2021 3.9	23 0000 2.2 0701 3.5 1302 2.0 2034 3.6
9 0154 1.8 0849 4.0 1428 1.5 2133 4.0	24 0141 2.1 0851 3.7 1411 1.8 2130 3.9
10 0254 1.6 0947 4.2 1520 1.3 2232 4.2	25 0239 1.8 0940 4.0 1500 1.4 2211 4.2
11 0343 1.4 1033 4.3 1605 1.0 2315 4.4	26 0325 1.4 1018 4.3 1544 1.0 2248 4.5
12 0426 1.2 1113 4.4 1646 0.8 2351 4.5	27 0407 1.0 1047 4.5 1626 0.7 2324 4.6
13 0506 1.0 1152 4.4 1726 0.7	28 0447 0.7 1131 4.7 1706 0.4
14 0027 4.5 0545 0.9 1231 4.4 1803 0.7	
15 0106 4.5 0621 0.9 1310 4.4 1837 0.8	

March

Time m	Time m
1 0002 4.8 0527 0.5 1209 4.8 1746 0.3	16 0035 4.5 0553 0.9 1245 4.4 1807 0.8
2 0042 4.8 0605 0.4 1250 4.8 1824 0.3	17 0108 4.5 0621 0.9 1254 3.9 1833 1.0
3 0125 4.8 0644 0.5 1334 4.8 1903 0.4	18 0137 4.4 0645 1.0 1347 4.3 1858 1.1
4 0211 4.8 0724 0.6 1423 4.6 1944 0.7	19 0203 4.4 0710 1.1 1415 4.3 1925 1.2
5 0300 4.6 0807 0.9 1518 4.4 2028 1.1	20 0232 4.3 0741 1.2 1450 4.1 1958 1.4
6 0352 4.4 0857 1.3 1620 4.2 2124 1.5	21 0309 4.1 0817 1.4 1534 3.9 2038 1.7
7 0451 4.1 1010 1.7 1731 3.9 2301 1.9	22 0356 3.8 0904 1.7 1629 3.7 2132 2.0
8 0603 3.8 1154 1.8 1853 3.7	23 0456 3.6 1013 2.0 1744 3.5 2317 2.3
9 0033 2.0 0725 3.7 1311 1.8 2018 3.8	24 0620 3.5 0904 3.2 1954 3.6
10 0147 1.9 0841 3.8 1413 1.6 2148 4.0	25 0123 2.0 0815 3.7 1344 1.7 2056 4.0
11 0242 1.6 0944 4.0 1502 1.3 2251 4.3	26 0216 1.7 0907 4.0 1434 1.3 2139 4.3
12 0326 1.4 1022 4.2 1545 1.0 2320 4.4	27 0300 1.3 0947 4.3 1518 0.9 2317 4.6
13 0406 1.1 1055 4.3 1624 0.8 2328 4.5	28 0341 0.9 1025 4.5 1559 0.6 2254 4.8
14 0445 0.9 1131 4.4 1702 0.7	29 0422 0.6 1104 4.7 1640 0.3 2334 4.9
15 0000 4.5 0521 0.8 1208 4.4 1737 0.8	30 0502 0.4 1144 4.8 1720 0.2

April

Time m	Time m
1 0056 4.9 0621 0.4 1313 4.8 1840 0.5	16 0104 4.4 0615 1.0 1322 4.4 1829 1.2
2 0142 4.8 0702 0.6 1404 4.7 1922 0.8	17 0130 4.4 0643 1.1 1352 4.3 1859 1.3
3 0231 4.6 0746 0.9 1503 4.5 2009 1.2	18 0201 4.3 0714 1.2 1429 4.2 1933 1.5
4 0326 4.3 0838 1.3 1609 4.2 2111 1.7	19 0239 4.1 0752 1.4 1515 4.0 2016 1.7
5 0427 4.0 0959 1.7 1720 3.9 2251 2.0	20 0328 3.9 0841 1.6 1613 3.8 2113 2.0
6 0542 3.7 1132 1.9 1840 3.8	21 0431 3.7 0951 1.9 1727 3.7 2257 2.1
7 0010 2.1 0707 3.6 1242 1.8 2017 3.9	22 0552 3.6 1157 1.9 1902 3.8
8 0120 1.9 0850 3.8 1344 1.7 2141 4.1	23 0045 1.9 0725 3.7 1306 1.6 2013 4.1
9 0216 1.7 1007 4.0 1434 1.4 2228 4.3	24 0140 1.6 0825 4.0 1358 1.3 2100 4.4
10 0300 1.4 1046 4.1 1516 1.2 2251 4.4	25 0217 1.2 0927 4.3 1445 0.9 2141 4.6
11 0339 1.2 1033 4.2 1555 1.0 2259 4.5	26 0310 0.9 0953 4.6 1528 0.7 2222 4.8
12 0417 1.0 1107 4.3 1632 0.9 2300 4.5	27 0353 0.6 1035 4.7 1611 0.5 2303 4.9
13 0451 0.9 1144 4.4 1705 0.9	28 0435 0.5 1120 4.8 1654 0.4 2346 4.9
14 0003 4.5 0522 0.9 1220 4.4 1736 1.0	29 0517 0.4 1206 4.8 1736 0.5
15 0035 4.5 0550 1.0 1253 4.4 1803 1.1	30 0031 4.9 0600 0.5 1256 4.8 1820 0.7

Times are provided in GMT. For BST, please +1hr to times stated between 01:00 30 March 2025 – 01:00 26 October 2025.

May

June

July

August

Time m	Time m
1 THU 0118 4.8 0644 0.7 1353 4.6 1906 1.0	16 FRI 0108 4.4 0624 1.2 1339 4.3 1843 1.4
2 FRI 0210 4.6 0731 1.0 1500 4.5 1957 1.4	17 SAT 0142 4.3 0700 1.2 1419 4.3 1921 1.5
3 SAT 0306 4.3 0827 1.3 1603 4.3 2103 1.7	18 SUN 0222 4.2 0741 1.3 1508 4.2 2008 1.7
4 SUN 0407 4.0 0941 1.6 1704 4.1 2223 1.9	19 MON 0312 4.0 0833 1.5 1604 4.1 2106 1.8
5 MON 0515 3.8 1057 1.8 1816 3.9 2333 2.0	20 TUE 0414 3.9 0938 1.6 1709 4.0 2224 1.9
6 TUE 0633 3.7 1202 1.8 1941 4.0	21 WED 0525 3.8 1102 1.6 1819 4.1 2351 1.8
7 WED 0039 1.9 0758 3.7 1303 1.7 2054 4.1	22 THU 0639 3.9 1218 1.5 1924 4.2
8 THU 0138 1.8 0918 3.9 1355 1.6 2134 4.2	23 FRI 0055 1.6 0741 4.1 1317 1.3 2018 4.5
9 FRI 0225 1.5 0930 4.0 1440 1.4 2154 4.3	24 SAT 0149 1.3 0834 4.3 1408 1.1 2106 4.6
10 SAT 0306 1.4 1003 4.2 1519 1.3 2224 4.4	25 SUN 0237 1.0 0923 4.5 1457 0.9 2152 4.8
11 SUN 0343 1.2 1042 4.3 1557 1.2 2300 4.5	26 MON 0325 0.8 1012 4.6 1544 0.8 2238 4.8
12 MON 0418 1.1 1122 4.3 1632 1.2 2335 4.5	27 TUE 0411 0.7 1102 4.7 1631 0.8 2325 4.8
13 TUE 0450 1.1 1200 4.4 1705 1.2	28 WED 0457 0.7 1154 4.7 1718 0.8
14 WED 0008 4.5 0521 1.1 1234 4.4 1737 1.3	29 THU 0013 4.8 0544 0.7 1249 4.7 1806 1.0
15 THU 0038 4.4 0552 1.1 1306 4.4 1809 1.3	30 FRI 0102 4.7 0631 0.8 1354 4.6 1855 1.1
31 SAT 0153 4.5 0720 1.0 1459 4.5 1946 1.4	

Time m	Time m
1 SUN 0248 4.3 0813 1.3 1549 4.4 2043 1.6	16 MON 0210 4.3 0736 1.2 1459 4.3 2001 1.4
2 MON 0344 4.1 0911 1.5 1639 4.2 2145 1.8	17 TUE 0258 4.2 0823 1.2 1550 4.3 2052 1.5
3 TUE 0442 3.9 1014 1.6 1733 4.1 2247 1.9	18 WED 0354 4.1 0917 1.3 1645 4.3 2152 1.6
4 WED 0545 3.8 1115 1.8 1832 4.0 2350 1.9	19 THU 0457 4.1 1042 1.4 1743 4.3 2300 1.6
5 THU 0650 3.7 1214 1.8 1930 4.1	20 FRI 0602 4.1 1130 1.4 1843 4.3
6 FRI 0049 1.9 0751 3.8 1308 1.7 2022 4.1	21 SAT 0101 1.5 0706 4.1 1237 1.4 1942 4.4
7 SAT 0142 1.7 0844 3.9 1356 1.7 2108 4.2	22 SUN 0113 1.4 0805 4.2 1337 1.3 2038 4.5
8 SUN 0227 1.6 0933 4.0 1440 1.6 2151 4.3	23 MON 0210 1.2 0903 4.3 1433 1.2 2132 4.6
9 MON 0307 1.5 1020 4.2 1522 1.5 2233 4.3	24 TUE 0304 1.1 1000 4.4 1527 1.1 2224 4.6
10 TUE 0346 1.4 1104 4.3 1602 1.4 2312 4.4	25 WED 0356 0.9 1057 4.5 1619 1.1 2314 4.7
11 WED 0423 1.3 1144 4.3 1641 1.4 2348 4.4	26 THU 0446 0.8 1152 4.6 1709 1.0
12 THU 0500 1.2 1221 4.4 1719 1.4	27 FRI 0001 4.6 0535 0.8 1247 4.6 1757 1.0
13 FRI 0020 4.4 0538 1.1 1255 4.4 1757 1.3	28 SAT 0048 4.6 0621 0.8 1345 4.6 1843 1.1
14 SAT 0053 4.4 0615 1.1 1331 4.4 1835 1.4	29 SUN 0136 4.5 0706 0.9 1441 4.6 1929 1.2
15 SUN 0129 4.3 0654 1.1 1412 4.4 1916 1.4	30 MON 0226 4.3 0751 1.1 1523 4.5 2015 1.4

Time m	Time m
1 TUE 0317 4.2 0837 1.3 1603 4.4 2103 1.6	16 WED 0238 4.4 0804 0.9 1527 4.5 2030 1.2
2 WED 0406 4.0 0925 1.5 1644 4.2 2155 1.8	17 THU 0330 4.3 0851 1.1 1618 4.4 2121 1.3
3 THU 0455 3.9 1019 1.7 1729 4.1 2253 1.9	18 FRI 0428 4.2 0945 1.3 1712 4.4 2223 1.5
4 FRI 0550 3.8 1118 1.8 1821 4.0 2353 1.9	19 SAT 0532 4.1 1052 1.5 1811 4.3 2336 1.6
5 SAT 0655 3.7 1217 1.9 1924 3.9	20 SUN 0640 4.0 1209 1.6 1916 4.2
6 SUN 0052 1.9 0804 3.7 1312 1.9 2028 4.0	21 MON 0050 1.6 0751 4.1 1320 1.6 2023 4.3
7 MON 0146 1.8 0907 3.9 1405 1.9 2124 4.1	22 TUE 0158 1.5 0900 4.2 1425 1.6 2124 4.4
8 TUE 0235 1.7 1001 4.0 1455 1.7 2211 4.2	23 WED 0259 1.3 1003 4.3 1524 1.4 2217 4.5
9 WED 0321 1.5 1047 4.2 1542 1.6 2252 4.3	24 THU 0352 1.1 1058 4.5 1615 1.2 2304 4.5
10 THU 0405 1.3 1126 4.3 1626 1.4 2328 4.4	25 FRI 0439 0.9 1146 4.6 1701 1.1 2348 4.5
11 FRI 0446 1.2 1202 4.4 1707 1.3	26 SAT 0523 0.8 1232 4.6 1744 1.0
12 SAT 0002 4.4 0526 1.0 1237 4.5 1747 1.2	27 SUN 0031 4.5 0606 0.7 1319 4.6 1826 1.0
13 SUN 0037 4.5 0605 0.9 1314 4.5 1825 1.1	28 MON 0115 4.5 0645 0.8 1404 4.6 1906 1.1
14 MON 0113 4.5 0643 0.9 1355 4.5 1904 1.1	29 TUE 0200 4.4 0723 1.0 1445 4.5 1943 1.2
15 TUE 0153 4.4 0722 0.9 1439 4.5 1945 1.1	30 WED 0243 4.3 0759 1.2 1529 4.4 2019 1.4
31 THU 0323 4.2 0833 1.4 1553 4.3 2055 1.6	

Time m	Time m
1 FRI 0401 4.0 0911 1.7 1627 4.1 2138 1.8	16 SAT 0402 4.3 0914 1.3 1643 4.3 2152 1.5
2 SAT 0443 3.8 0959 1.9 1709 3.9 2235 2.0	17 SUN 0510 4.1 1025 1.7 1747 4.1 2320 1.8
3 SUN 0536 3.7 1111 2.1 1803 3.8 2356 2.1	18 MON 0627 3.9 1202 1.9 1902 4.0
4 MON 0718 3.6 1234 2.2 1945 3.7	19 TUE 0047 1.8 1322 1.9 2018 4.0
5 TUE 0112 2.0 0844 3.7 1342 2.1 2100 3.9	20 WED 0158 1.6 0906 4.1 1428 1.7 2120 4.2
6 WED 0215 1.8 0941 4.0 1440 1.9 2150 4.1	21 THU 0255 1.4 1008 4.3 1520 1.5 2209 4.4
7 THU 0305 1.6 1025 4.2 1528 1.6 2230 4.3	22 FRI 0342 1.1 1054 4.5 1605 1.2 2251 4.5
8 FRI 0348 1.3 1102 4.4 1611 1.4 2305 4.4	23 SAT 0425 0.9 1132 4.6 1646 1.0 2331 4.5
9 SAT 0429 1.0 1137 4.5 1651 1.1 2339 4.5	24 SUN 0505 0.7 1210 4.6 1725 0.9
10 SUN 0508 0.8 1212 4.6 1729 0.9	25 MON 0010 4.5 0544 0.7 1248 4.6 1803 0.9
11 MON 0014 4.6 0547 0.6 1249 4.7 1807 0.8	26 TUE 0051 4.5 0620 0.8 1327 4.6 1838 1.0
12 TUE 0050 4.6 0624 0.6 1329 4.7 1844 0.8	27 WED 0130 4.4 0652 1.0 1402 4.5 1908 1.1
13 WED 0130 4.6 0702 0.6 1411 4.7 1935 1.3	28 THU 0206 4.4 0720 1.2 1432 4.4 1935 1.3
14 THU 0213 4.6 0741 0.8 1457 4.6 2005 1.0	29 FRI 0238 4.2 0747 1.4 1501 4.3 2005 1.5
15 FRI 0303 4.5 0824 1.0 1547 4.5 2052 1.2	30 SAT 0311 4.1 0819 1.6 1535 4.2 2041 1.7
31 SUN 0352 3.9 0859 1.9 1618 3.9 2130 2.0	

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PORTSMOUTH



September

October

November

December

	Time m	Time m
1 MON	0444 3.7 0957 2.2 1711 3.7 2248 2.2	16 TUE 0622 3.9 1204 2.1 1853 3.9
2 TUE	0556 3.5 1214 2.4 1828 3.6	17 WED 0040 1.9 0751 3.9 1316 2.0 2014 3.9
3 WED	0051 2.2 0818 3.6 1331 2.2 2034 3.7	18 THU 0144 1.7 0924 4.2 1415 1.8 2122 4.2
4 THU	0155 1.9 0916 3.9 1425 1.9 2124 4.0	19 FRI 0237 1.4 1027 4.4 1502 1.5 2204 4.3
5 FRI	0243 1.6 0958 4.2 1508 1.6 2202 4.3	20 SAT 0321 1.1 1110 4.6 1544 1.2 2235 4.5
6 SAT	0325 1.2 1033 4.5 1548 1.2 2237 4.5	21 SUN 0402 0.9 1118 4.7 1623 1.0 2310 4.5
7 SUN	0405 0.9 1107 4.7 1627 0.9 2311 4.6	22 MON 0441 0.8 1144 4.7 1701 0.9 2347 4.5
8 MON	0444 0.6 1142 4.8 1705 0.7 2347 4.8	23 TUE 0517 0.8 1217 4.7 1736 0.9
9 TUE	0522 0.5 1219 4.9 1743 0.6	24 WED 0024 4.5 0550 0.9 1250 4.6 1807 1.0
10 WED	0024 4.8 0600 0.4 1258 4.9 1821 0.6	25 THU 0100 4.5 0619 1.1 1322 4.6 1833 1.2
11 THU	0104 4.8 0638 0.5 1339 4.8 1859 0.7	26 FRI 0131 4.4 0644 1.3 1349 4.5 1858 1.3
12 FRI	0149 4.7 0717 0.8 1425 4.7 1940 0.9	27 SAT 0200 4.3 0710 1.4 1417 4.4 1926 1.4
13 SAT	0241 4.5 0759 1.1 1518 4.5 2027 1.3	28 SUN 0234 4.2 0740 1.6 1453 4.2 2000 1.6
14 SUN	0345 4.3 0851 1.6 1618 4.2 2132 1.7	29 MON 0317 4.0 0818 1.9 1538 4.0 2043 1.9
15 MON	0459 4.0 1023 2.0 1730 4.0 2321 1.9	30 TUE 0412 3.8 0910 2.2 1635 3.7 2155 2.2

	Time m	Time m
1 WED	0523 3.6 1204 2.4 1750 3.6	16 TUE 0014 1.9 0753 4.1 1316 1.9 2017 3.9
2 THU	0025 2.2 0738 3.7 1307 2.2 1955 3.7	17 FRI 0116 1.8 0918 4.3 1348 1.8 2140 4.2
3 FRI	0123 1.9 0842 4.0 1356 1.9 2050 4.0	18 SAT 0208 1.5 1008 4.5 1435 1.5 2242 4.3
4 SAT	0210 1.5 0925 4.3 1438 1.5 2129 4.3	19 SUN 0253 1.3 1046 4.6 1516 1.3 2219 4.4
5 SUN	0253 1.2 0959 4.6 1518 1.2 2204 4.6	20 MON 0333 1.1 1053 4.6 1555 1.1 2248 4.5
6 MON	0334 0.8 1034 4.8 1558 0.8 2240 4.8	21 TUE 0411 1.1 1114 4.7 1632 1.1 2324 4.5
7 TUE	0414 0.6 1110 4.9 1637 0.6 2318 4.9	22 WED 0446 1.1 1146 4.7 1706 1.1
8 WED	0454 0.5 1148 5.0 1716 0.5 2359 4.9	23 THU 0000 4.5 0519 1.1 1219 4.6 1736 1.1
9 THU	0533 0.5 1228 5.0 1756 0.6	24 FRI 0035 4.5 0548 1.3 1249 4.6 1803 1.2
10 FRI	0042 4.9 0614 0.6 1311 4.9 1837 0.7	25 SAT 0106 4.5 0615 1.4 1316 4.5 1829 1.3
11 SAT	0130 4.8 0655 0.9 1359 4.8 1920 1.0	26 SUN 0135 4.4 0643 1.5 1346 4.4 1859 1.4
12 SUN	0227 4.6 0742 1.3 1455 4.5 2011 1.4	27 MON 0210 4.3 0715 1.7 1422 4.2 1934 1.6
13 MON	0338 4.3 0840 1.8 1600 4.2 2127 1.8	28 TUE 0255 4.1 0754 1.9 1508 4.0 2018 1.8
14 TUE	0454 4.1 1026 2.1 1714 3.9 2305 1.9	29 WED 0351 4.0 0848 2.2 1607 3.8 2124 2.1
15 WED	0612 4.0 1145 2.1 1837 3.8	30 THU 0500 3.8 1108 2.4 1720 3.7 2336 2.1
		31 FRI 0628 3.9 1226 2.2 1850 3.8

	Time m	Time m
1 SAT	0041 1.9 0751 4.1 1316 1.9 2001 4.0	16 SUN 0131 1.7 0924 4.4 1402 1.7 2142 4.2
2 SUN	0131 1.5 0840 4.4 1401 1.5 2047 4.3	17 MON 0217 1.5 0956 4.5 1445 1.5 2150 4.3
3 MON	0217 1.2 1444 1.2 2128 4.6	18 TUE 0259 1.4 1122 4.5 1524 1.3 2225 4.4
4 TUE	0301 0.9 0958 4.8 1526 0.9 2209 4.8	19 WED 0338 1.4 1044 4.6 1602 1.3 2305 4.4
5 WED	0344 0.7 1038 5.0 1608 0.7 2253 4.9	20 THU 0416 1.3 1120 4.6 1637 1.2 2344 4.5
6 THU	0426 0.7 1120 5.0 1651 0.6 2338 4.9	21 FRI 0451 1.4 1155 4.6 1710 1.2
7 FRI	0510 0.7 1204 5.0 1734 0.6	22 SAT 0020 4.5 0524 1.4 1226 4.5 1741 1.3
8 SAT	0026 4.9 0554 0.8 1249 4.9 1819 0.8	23 SUN 0053 4.5 0631 1.1 1256 4.5 1812 1.3
9 SUN	0119 4.8 0640 1.1 1340 4.7 1907 1.0	24 MON 0124 4.4 0628 1.6 1327 4.4 1845 1.4
10 MON	0223 4.6 0731 1.4 1438 4.5 2001 1.4	25 TUE 0200 4.4 0703 1.7 1403 4.3 1922 1.5
11 TUE	0336 4.4 0834 1.8 1543 4.2 2112 1.7	26 WED 0243 4.3 0745 1.8 1447 4.1 2007 1.6
12 WED	0441 4.3 0956 2.0 1651 4.0 2231 1.8	27 THU 0335 4.2 0836 1.9 1542 4.0 2103 1.7
13 THU	0550 4.1 1110 2.1 1805 3.9 2337 1.9	28 FRI 0435 4.1 0942 2.0 1647 3.9 2216 1.8
14 FRI	0714 4.2 1214 2.0 1929 3.9	29 SAT 0541 4.1 1111 2.0 1759 3.9 2340 1.7
15 SAT	0037 1.8 0834 4.3 1312 1.9 2059 4.0	30 SUN 0648 4.2 1224 1.8 1907 4.1

	Time m	Time m
1 MON	0044 1.5 0748 4.4 1319 1.5 2005 4.3	16 TUE 0139 1.8 0851 4.2 1412 1.7 2117 4.0
2 TUE	0138 1.3 0839 4.6 1409 1.3 2056 4.5	17 WED 0037 4.3 0937 4.3 1456 1.6 2206 4.2
3 WED	0228 1.1 0926 4.7 1458 1.0 2146 4.6	18 THU 0310 1.6 1020 4.4 1537 1.4 2250 4.3
4 THU	0317 1.0 1013 4.9 1545 0.9 2236 4.8	19 FRI 0352 1.6 1100 4.5 1615 1.3 2331 4.4
5 FRI	0405 0.9 1101 4.9 1633 0.8 2327 4.8	20 SAT 0431 1.5 1137 4.5 1652 1.3
6 SAT	0453 0.9 1148 4.9 1720 0.7	21 SUN 0008 4.5 0510 1.4 1211 4.5 1728 1.2
7 SUN	0020 4.8 0542 1.0 1236 4.8 1809 0.8	22 MON 0043 4.5 0545 1.4 1242 4.5 1803 1.2
8 MON	0117 4.8 0631 1.1 1327 4.7 1857 1.0	23 TUE 0115 4.5 0610 1.4 1314 4.4 1838 1.2
9 TUE	0223 4.7 0721 1.3 1422 4.5 1948 1.2	24 WED 0151 4.4 0656 1.4 1349 4.3 1914 1.2
10 WED	0326 4.6 0816 1.6 1521 4.3 2043 1.4	25 THU 0230 4.4 0735 1.4 1429 4.3 1955 1.2
11 THU	0418 4.4 0916 1.8 1620 4.1 2145 1.6	26 FRI 0315 4.3 0818 1.5 1516 4.2 2040 1.3
12 FRI	0511 4.3 1022 1.9 1720 4.0 2250 1.8	27 SAT 0406 4.3 0910 1.6 1612 4.1 2134 1.4
13 SAT	0606 4.2 1127 2.0 1822 3.9 2351 1.8	28 SUN 0503 4.2 1011 1.7 1718 4.0 2239 1.5
14 SUN	0704 4.1 1229 1.9 1924 3.9	29 MON 0603 4.2 1126 1.7 1826 4.0 2355 1.6
15 MON	0048 1.8 0800 4.1 1324 1.8 2023 3.9	30 TUE 0706 4.3 1240 1.6 1932 4.1
		31 WED 0104 1.5 0808 4.4 1342 1.4 2035 4.2

Times are provided in GMT. For BST, please +1hr to times stated between 01:00 30 March 2025 – 01:00 26 October 2025.