

2025 River Tyne (North Shields) tide times

ROYAL QUAYS

MARINA



by **boatfolk**

RIVER TYNE (NORTH SHIELDS)



January

February

March

April

Time m	Time m
1 WED 0412 4.8 1020 1.3 1617 5.0 2250 1.0	16 THU 0457 4.8 1103 1.3 1700 5.1 2338 0.8
2 THU 0452 4.8 1100 1.3 1655 5.0 2332 0.9	17 FRI 0535 4.7 1137 1.4 1737 5.0
3 FRI 0534 4.8 1140 1.3 1736 5.0	18 SAT 0013 0.9 0613 4.6 1208 1.5 1814 4.9
4 SAT 0014 0.9 0619 4.8 1221 1.4 1819 5.0	19 SUN 0047 1.1 0650 4.4 1240 1.6 1852 4.7
5 SUN 0100 0.9 0707 4.6 1305 1.5 1907 4.9	20 MON 0122 1.3 0729 4.3 1314 1.8 1933 4.5
6 MON 0148 1.0 0800 4.5 1354 1.6 2000 4.8	21 TUE 0201 1.5 0812 4.1 1355 2.0 2019 4.3
7 TUE 0242 1.2 0858 4.4 1452 1.8 2101 4.7	22 WED 0246 1.7 0902 3.9 1449 2.2 2115 4.1
8 WED 0344 1.3 1002 4.3 1603 1.9 2210 4.5	23 THU 0345 2.0 1001 3.8 1604 2.3 2224 3.9
9 THU 0453 1.5 1110 4.3 1720 1.8 2325 4.5	24 FRI 0456 2.1 1111 3.8 1732 2.3 2345 3.9
10 FRI 0604 1.5 1218 4.3 1835 1.7	25 SAT 0609 2.0 1224 4.0 1849 2.1
11 SAT 0040 4.5 0713 1.5 1319 4.5 1943 1.4	26 SUN 0059 4.0 0714 1.9 1322 4.2 1948 1.8
12 SUN 0146 4.7 0812 1.4 1412 4.7 2042 1.2	27 MON 0154 4.2 0805 1.7 1408 4.4 2035 1.5
13 MON 0242 4.8 0903 1.4 1459 4.9 2133 0.9	28 TUE 0239 4.5 0849 1.5 1448 4.7 2117 1.1
14 TUE 0332 4.9 0947 1.3 1542 5.0 2219 0.8	29 WED 0319 4.7 0930 1.3 1525 4.9 2158 0.8
15 WED 0416 4.9 1027 1.3 1622 5.1 2300 0.7	30 THU 0358 4.9 1009 1.1 1602 5.1 2238 0.6
31 FRI 0438 5.0 1047 1.0 1639 5.3 2319 0.5	

Time m	Time m
1 SAT 0517 5.0 1125 0.9 1718 5.3 2359 0.4	16 SUN 0538 4.7 1139 1.2 1742 5.0
2 SUN 0558 5.0 1204 1.0 1759 5.3	17 MON 0010 0.9 0609 4.6 1206 1.3 1815 4.8
3 MON 0040 0.5 0642 4.8 1242 1.1 1844 5.2	18 TUE 0040 1.1 0642 4.4 1236 1.5 1850 4.6
4 TUE 0122 0.8 0728 4.6 1326 1.3 1934 5.0	19 WED 0112 1.4 0759 4.2 1310 1.7 1930 4.3
5 WED 0209 1.1 0821 4.4 1418 1.6 2032 4.7	20 THU 0149 1.7 0759 4.0 1352 1.9 2019 4.0
6 THU 0307 1.5 0923 4.2 1527 1.8 2145 4.3	21 FRI 0237 2.0 0853 3.8 1454 2.2 2126 3.8
7 FRI 0422 1.8 1039 4.0 1658 1.9 2314 4.2	22 SAT 0351 2.2 1007 3.7 1633 2.3 2258 3.7
8 SAT 0550 1.9 1202 4.1 1832 1.7	23 SUN 0528 2.2 1136 3.8 1814 2.1
9 SUN 0043 4.2 0712 1.8 1313 4.3 1947 1.4	24 MON 0031 3.8 0650 2.0 1251 4.0 1924 1.7
10 MON 0152 4.4 0812 1.7 1409 4.6 2043 1.1	25 TUE 0133 4.2 0747 1.7 1343 4.3 2014 1.3
11 TUE 0244 4.6 0859 1.5 1454 4.8 2128 0.9	26 WED 0219 4.5 0831 1.4 1424 4.7 2057 0.9
12 WED 0326 4.7 0938 1.3 1532 4.9 2207 0.7	27 THU 0259 4.8 0911 1.1 1502 5.0 2138 0.6
13 THU 0403 4.8 1012 1.2 1607 5.0 2241 0.7	28 FRI 0337 5.0 0949 0.9 1539 5.3 2218 0.3
14 FRI 0436 4.8 1042 1.1 1639 5.1 2313 0.7	
15 SAT 0507 4.8 1111 1.1 1710 5.0 2342 0.8	

Time m	Time m
1 SAT 0415 5.2 1027 0.7 1616 5.4 2257 0.2	16 SUN 0436 4.8 1043 1.0 1642 5.0 2309 0.7
2 SUN 0453 5.2 1104 0.6 1656 5.5 2336 0.2	17 MON 0504 4.7 1110 1.0 1712 4.9 2336 0.9
3 MON 0533 5.1 1142 0.7 1737 5.5	18 TUE 0532 4.6 1138 1.1 1744 4.7
4 TUE 0015 0.4 0614 4.9 1221 0.8 1823 5.2	19 WED 0003 1.1 0603 4.5 1206 1.3 1818 4.5
5 WED 0056 0.8 0659 4.7 1304 1.1 1914 4.9	20 THU 0032 1.4 0636 4.3 1239 1.5 1856 4.3
6 THU 0141 1.2 0749 4.4 1356 1.4 2016 4.5	21 FRI 0105 1.7 0714 4.1 1379 1.7 1943 4.0
7 FRI 0238 1.7 0853 4.1 1510 1.7 2136 4.1	22 SAT 0149 2.0 0805 3.9 1417 2.0 2050 3.8
8 SAT 0402 2.1 1016 3.9 1654 1.8 2316 4.0	23 SUN 0300 2.2 0917 3.7 1549 2.1 2223 3.7
9 SUN 0548 2.1 1150 4.0 1834 1.6	24 MON 0449 2.3 1049 3.7 1735 2.0 2358 3.8
10 MON 0047 4.1 0710 2.0 1305 4.2 1942 1.3	25 TUE 0618 2.1 1211 4.0 1850 1.6
11 TUE 0149 4.3 0804 1.7 1358 4.5 2031 1.0	26 WED 0102 4.2 0717 1.7 1308 4.3 1944 1.1
12 WED 0233 4.5 0844 1.4 1439 4.7 2110 0.8	27 THU 0150 4.5 0803 1.3 1352 4.7 2028 0.7
13 THU 0308 4.7 0918 1.2 1513 4.9 2144 0.7	28 FRI 0230 4.9 0843 1.0 1546 5.1 2110 0.4
14 FRI 0339 4.8 0948 1.1 1544 5.0 2213 0.6	29 SAT 0309 5.1 0923 0.7 1511 5.4 2151 0.2
15 SAT 0408 4.8 1016 1.0 1613 5.0 2241 0.7	30 SUN 0347 5.2 1002 0.5 1551 5.5 2231 0.1
31 MON 0426 5.2 1041 0.5 1633 5.5 2311 0.2	

Time m	Time m
1 TUE 0506 5.1 1122 0.5 1718 5.4 2351 0.5	16 WED 0502 4.7 1115 1.1 1720 4.6 2332 1.2
2 WED 0548 5.0 1204 0.7 1807 5.1	17 THU 0548 5.0 1146 1.2 1755 4.4
3 THU 0032 0.9 0634 4.7 1251 1.0 1903 4.7	18 FRI 0002 1.4 0606 4.4 1221 1.4 1836 4.2
4 FRI 0119 1.4 0727 4.4 1348 1.3 2011 4.3	19 SAT 0038 1.7 0646 4.2 1304 1.6 1926 4.0
5 SAT 0220 1.9 0833 4.1 1507 1.6 2133 4.0	20 SUN 0124 1.9 0737 4.0 1403 1.8 2032 3.8
6 SUN 0352 2.2 0958 3.9 1649 1.7 2308 3.9	21 MON 0233 2.2 0846 3.9 1524 1.8 2155 3.8
7 MON 0535 2.2 1129 4.0 1817 1.5	22 TUE 0410 2.2 0800 3.9 1655 1.7 2318 3.9
8 TUE 0030 4.1 0649 2.0 1241 4.2 1919 1.2	23 WED 0535 2.0 1125 4.1 1808 1.4
9 WED 0126 4.3 0738 1.7 1332 4.4 2004 1.0	24 THU 0023 4.2 0637 1.7 1226 4.4 1905 1.0
10 THU 0206 4.4 0816 1.5 1411 4.6 2040 0.9	25 FRI 0114 4.6 0726 1.3 1315 4.8 1953 0.6
11 FRI 0239 4.6 0849 1.3 1445 4.8 2111 0.8	26 SAT 0158 4.9 0811 1.0 1400 5.1 2039 0.4
12 SAT 0309 4.7 0919 1.1 1516 4.8 2140 0.8	27 SUN 0239 5.1 0854 0.7 1444 5.3 2122 0.3
13 SUN 0337 4.7 0948 1.0 1546 4.9 2208 0.8	28 MON 0319 5.2 0937 0.5 1529 5.4 2206 0.3
14 MON 0405 4.8 1017 1.0 1616 4.8 2236 0.9	29 TUE 0400 5.2 1021 0.5 1616 5.4 2248 0.5
15 TUE 0433 4.7 1045 1.0 1647 4.8 2304 1.0	30 WED 0443 5.1 1107 0.5 1706 5.2 2331 0.8

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

RIVER TYNE (NORTH SHIELDS)



May

June

July

August

Time m	Time m
1 THU 0527 4.9 1154 0.7 1759 4.9	16 FRI 0511 4.6 1134 1.2 1743 4.4 2346 1.5
2 FRI 0016 1.2 0616 4.7 1245 0.9 1859 4.6	17 SAT 0548 4.5 1214 1.3 1826 4.3
3 SAT 0105 1.6 0711 4.5 1345 1.2 2005 4.3	18 SUN 0025 1.6 0631 4.4 1259 1.4 1917 4.1
4 SUN 0206 1.9 0816 4.2 1459 1.4 2118 4.0	19 MON 0113 1.8 0721 4.3 1355 1.5 2017 4.0
5 MON 0328 2.2 0931 4.1 1622 1.5 2236 3.9	20 TUE 0214 2.0 0822 4.2 1502 1.5 2126 4.0
6 TUE 0455 2.2 1050 4.1 1738 1.4 2349 4.0	21 WED 0329 2.0 0931 4.2 1616 1.4 2236 4.1
7 WED 0605 2.0 1159 4.2 1837 1.3	22 THU 0446 1.9 1040 4.3 1724 1.2 2341 4.3
8 THU 0045 4.1 0657 1.8 1252 4.3 1923 1.2	23 FRI 0550 1.6 1143 4.5 1823 1.0
9 FRI 0128 4.3 0739 1.6 1335 4.5 2000 1.1	24 SAT 0036 4.5 0647 1.4 1240 4.8 1918 0.8
10 SAT 0203 4.4 0815 1.4 1412 4.6 2033 1.0	25 SUN 0126 4.7 0739 1.1 1332 5.0 2009 0.6
11 SUN 0235 4.6 0848 1.3 1447 4.6 2105 1.0	26 MON 0212 4.9 0830 0.9 1424 5.2 2058 0.6
12 MON 0306 4.7 0921 1.1 1521 4.7 2136 1.0	27 TUE 0256 5.0 0919 0.7 1515 5.2 2145 0.7
13 TUE 0336 4.7 0953 1.1 1554 4.7 2207 1.1	28 WED 0341 5.1 1009 0.6 1606 5.2 2232 0.8
14 WED 0407 4.7 1025 1.1 1629 4.6 2238 1.2	29 THU 0426 5.0 1059 0.5 1659 5.0 2318 1.0
15 THU 0438 4.7 1058 1.1 1704 4.5 2311 1.3	30 FRI 0513 4.9 1149 0.6 1754 4.8
31 SAT 0003 1.3 0603 4.8 1240 0.8 1850 4.6	

Time m	Time m
1 SUN 0051 1.6 0655 4.6 1335 1.0 1948 4.3	16 MON 0016 1.5 0617 4.6 1252 1.1 1903 4.4
2 MON 0143 1.8 0752 4.4 1434 1.2 2047 4.1	17 TUE 0101 1.6 0704 4.6 1341 1.1 1956 4.3
3 TUE 0244 2.0 0854 4.3 1536 1.4 2148 4.0	18 WED 0151 1.7 0756 4.5 1436 1.2 2054 4.2
4 WED 0353 2.1 0958 4.2 1639 1.5 2251 3.9	19 THU 0250 1.7 0855 4.5 1537 1.2 2156 4.2
5 THU 0500 2.1 1102 4.1 1738 1.5 2350 4.0	20 FRI 0357 1.7 0959 4.5 1642 1.2 2300 4.3
6 FRI 0601 2.0 1202 4.2 1829 1.5	21 SAT 0507 1.7 1106 4.5 1747 1.1
7 SAT 0040 4.1 0653 1.8 1254 4.2 1915 1.4	22 SUN 0001 4.4 0613 1.5 1212 4.6 1849 1.1
8 SUN 0124 4.3 0739 1.6 1340 4.3 1956 1.4	23 MON 0059 4.6 0716 1.3 1316 4.8 1948 1.0
9 MON 0203 4.4 0820 1.5 1422 4.4 2034 1.3	24 TUE 0153 4.7 0816 1.0 1415 4.9 2043 1.0
10 TUE 0239 4.5 0858 1.3 1501 4.5 2110 1.3	25 WED 0242 4.9 0912 0.8 1510 5.0 2134 1.0
11 WED 0313 4.6 0934 1.2 1539 4.5 2145 1.3	26 THU 0329 5.0 1004 0.6 1603 5.0 2222 1.1
12 THU 0347 4.7 1011 1.1 1616 4.6 2221 1.3	27 FRI 0415 5.0 1054 0.5 1653 4.9 2307 1.1
13 FRI 0421 4.7 1048 1.1 1654 4.6 2257 1.3	28 SAT 0501 5.0 1141 0.6 1742 4.8 2349 1.3
14 SAT 0457 4.7 1127 1.0 1733 4.5 2336 1.4	29 SUN 0546 4.9 1227 0.7 1830 4.6
15 SUN 0535 4.7 1208 1.0 1816 4.5	30 MON 0029 1.4 0632 4.8 1310 0.9 1917 4.4

Time m	Time m
1 TUE 0109 1.6 0719 4.7 1354 1.1 2004 4.2	16 WED 0041 1.3 0641 4.9 1320 0.8 1928 4.5
2 WED 0152 1.8 0808 4.5 1441 1.3 2053 4.1	17 THU 0125 1.4 0729 4.9 1407 1.0 2020 4.4
3 THU 0242 1.9 0901 4.3 1532 1.6 2146 3.9	18 FRI 0215 1.5 0823 4.7 1501 1.2 2118 4.3
4 FRI 0344 2.1 0959 4.1 1629 1.7 2245 3.9	19 SAT 0317 1.7 0927 4.5 1606 1.4 2224 4.2
5 SAT 0453 2.1 1104 4.0 1729 1.8 2346 4.0	20 SUN 0432 1.7 1040 4.4 1719 1.5 2335 4.2
6 SUN 0603 2.0 1211 4.0 1829 1.8	21 MON 0552 1.6 1035 4.4 1833 1.5
7 MON 0044 4.1 0705 1.9 1311 4.1 1923 1.7	22 TUE 0044 4.4 0709 1.4 1319 4.5 1942 1.4
8 TUE 0133 4.3 0756 1.7 1402 4.2 2009 1.6	23 WED 0144 4.6 0815 1.1 1417 4.7 2039 1.3
9 WED 0216 4.4 0840 1.4 1445 4.4 2051 1.5	24 THU 0236 4.8 0910 0.8 1511 4.8 2128 1.2
10 THU 0254 4.6 0920 1.2 1524 4.5 2130 1.3	25 FRI 0322 5.0 0959 0.6 1558 4.9 2211 1.1
11 FRI 0330 4.7 0958 1.0 1602 4.6 2208 1.2	26 SAT 0404 5.1 1044 0.5 1640 4.9 2240 1.1
12 SAT 0405 4.8 1037 0.9 1640 4.7 2245 1.2	27 SUN 0444 5.1 1124 0.5 1721 4.8 2326 1.2
13 SUN 0441 4.9 1116 0.8 1719 4.8 2323 1.2	28 MON 0523 5.1 1201 0.6 1759 4.7 2359 1.3
14 MON 0519 5.0 1156 0.7 1759 4.7	29 TUE 0601 5.0 1236 0.8 1836 4.5
15 TUE 0001 1.2 0559 5.0 1237 0.7 1842 4.7	30 WED 0031 1.4 0639 4.8 1310 1.1 1915 4.4
31 THU 0105 1.6 0720 4.6 1346 1.3 1966 4.2	

Time m	Time m
1 FRI 0144 1.8 0805 4.3 1428 1.6 2043 4.0	16 SAT 0146 1.4 0758 4.8 1429 1.3 2045 4.3
2 SAT 0233 2.0 0859 4.1 1521 1.9 2139 3.9	17 SUN 0249 1.7 0906 4.4 1538 1.7 2156 4.1
3 SUN 0342 2.2 1006 3.9 1630 2.1 2247 3.8	18 MON 0415 1.8 1032 4.2 1706 1.9 2320 4.1
4 MON 0511 2.2 1128 3.8 1747 2.1	19 TUE 0552 1.7 1202 4.2 1835 1.9
5 TUE 0002 3.9 0634 2.0 1246 3.9 1857 2.0	20 WED 0039 4.3 0714 1.4 1323 4.4 1943 1.7
6 WED 0105 4.1 0735 1.8 1343 4.2 1951 1.8	21 THU 0140 4.6 0816 1.1 1419 4.7 2035 1.5
7 THU 0154 4.4 0822 1.5 1427 4.4 2035 1.5	22 FRI 0229 4.8 0904 0.8 1504 4.8 2117 1.3
8 FRI 0233 4.6 0903 1.2 1506 4.6 2113 1.3	23 SAT 0310 5.0 0946 0.6 1543 4.9 2153 1.1
9 SAT 0309 4.8 0941 0.9 1542 4.8 2151 1.1	24 SUN 0346 5.2 1023 0.5 1618 4.9 2226 1.1
10 SUN 0344 5.0 1019 0.6 1619 5.0 2227 1.0	25 MON 0420 5.2 1057 0.5 1651 4.9 2257 1.1
11 MON 0419 5.2 1057 0.5 1656 5.0 2304 0.9	26 TUE 0454 5.2 1128 0.7 1723 4.8 2326 1.1
12 TUE 0456 5.3 1135 0.4 1734 5.0 2340 0.9	27 WED 0527 5.1 1157 0.8 1754 4.7 2355 1.3
13 WED 0534 5.3 1214 0.5 1814 4.9	28 THU 0600 4.9 1226 1.1 1827 4.5
14 THU 0017 1.0 0617 5.2 1253 0.7 1858 4.7	29 FRI 0025 1.4 0637 4.6 1257 1.4 1903 4.3
15 FRI 0058 1.2 0703 5.0 1337 1.0 1946 4.5	30 SAT 0059 1.7 0718 4.4 1333 1.7 1945 4.1
31 SUN 0142 1.9 0808 4.1 1420 2.0 2038 3.9	

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RIVER TYNE (NORTH SHIELDS)



September

October

November

December

	Time m	Time m
1 MON	0244 2.2 0917 3.8 1531 2.3 2150 3.8	16 TUE 0416 1.8 1038 4.1 1708 2.2 2312 4.1
2 TUE	0420 2.3 1047 3.7 1708 2.3 2318 3.8	17 WED 0558 1.6 1213 4.2 1836 2.0
3 WED	0601 2.1 1218 3.9 1832 2.1	18 THU 0032 4.3 0712 1.3 1320 4.5 1935 1.8
4 THU	0033 4.1 0710 1.8 1319 4.2 1929 1.8	19 FRI 0129 4.6 0712 1.0 1408 4.7 2019 1.5
5 FRI	0126 4.4 0758 1.4 1403 4.5 2012 1.5	20 SAT 0213 4.9 0712 1.3 1446 4.8 2056 1.3
6 SAT	0206 4.7 0838 1.0 1440 4.8 2050 1.2	21 SUN 0250 5.1 0822 0.7 1519 4.9 2128 1.1
7 SUN	0242 5.0 0916 0.7 1516 5.0 2126 1.0	22 MON 0322 5.2 0954 0.6 1549 4.9 2158 1.1
8 MON	0316 5.3 0953 0.4 1551 5.2 2202 0.8	23 TUE 0353 5.2 1023 0.7 1618 4.9 2227 1.0
9 TUE	0352 5.5 1031 0.3 1628 5.2 2239 0.7	24 WED 0424 5.1 1051 0.8 1646 4.9 2255 1.1
10 WED	0430 5.5 1109 0.3 1705 5.2 2316 0.7	25 THU 0455 5.0 1119 1.0 1716 4.8 2324 1.2
11 THU	0510 5.5 1147 0.5 1745 5.1 2355 0.9	26 FRI 0528 4.8 1146 1.2 1746 4.7 2354 1.4
12 FRI	0554 5.3 1227 0.8 1828 4.8	27 SAT 0603 4.6 1216 1.5 1820 4.5
13 SAT	0037 1.1 0644 5.0 1310 1.2 1918 4.6	28 SUN 0027 1.6 0643 4.4 1249 1.8 1900 4.3
14 SUN	0129 1.4 0744 4.6 1404 1.6 2019 4.3	29 MON 0108 1.9 0732 4.1 1332 2.1 1950 4.1
15 MON	0238 1.7 0901 4.3 1523 2.1 2139 4.1	30 TUE 0207 2.1 0840 3.8 1441 2.4 2101 3.9

	Time m	Time m
1 WED	0336 2.2 1009 3.7 1626 2.4 2230 3.9	16 THU 0544 1.5 1159 4.2 1816 2.1
2 THU	0519 2.1 1140 3.9 1757 2.2 2350 4.1	17 FRI 0010 4.4 0650 1.3 1259 4.4 1911 1.8
3 FRI	0631 1.7 1244 4.2 1855 1.9	18 SAT 0105 4.6 1343 4.6 1953 1.6
4 SAT	0047 4.4 0722 1.3 1329 4.6 1940 1.5	19 SUN 0148 4.8 0818 1.0 1418 4.7 2028 1.4
5 SUN	0130 4.8 0804 0.9 1408 4.9 2019 1.2	20 MON 0223 5.0 0851 0.9 1449 4.8 2059 1.3
6 MON	0208 5.1 0844 0.6 1445 5.1 2057 0.9	21 TUE 0255 5.0 0921 0.9 1518 4.9 2130 1.2
7 TUE	0246 5.4 0923 0.4 1522 5.3 2135 0.7	22 WED 0327 5.0 0949 0.9 1547 4.9 2200 1.1
8 WED	0324 5.6 1003 0.3 1559 5.3 2214 0.6	23 THU 0358 5.0 1017 1.0 1615 4.9 2230 1.2
9 THU	0406 5.6 1042 0.4 1638 5.3 2255 0.7	24 FRI 0431 4.9 1046 1.1 1645 4.9 2300 1.2
10 FRI	0450 5.5 1123 0.6 1719 5.1 2338 0.8	25 SAT 0504 4.8 1115 1.3 1716 4.7 2332 1.4
11 SAT	0538 5.3 1205 1.0 1804 4.9	26 SUN 0541 4.6 1145 1.6 1750 4.6
12 SUN	0025 1.0 0634 4.9 1251 1.5 1857 4.6	27 MON 0007 1.5 0622 4.3 1220 1.8 1830 4.4
13 MON	0122 1.3 0740 4.5 1350 1.9 2002 4.3	28 TUE 0050 1.7 0711 4.1 1304 2.1 1919 4.2
14 TUE	0238 1.6 0902 4.2 1516 2.3 2125 4.2	29 WED 0147 1.9 0814 3.9 1407 2.3 2023 4.1
15 WED	0415 1.7 1034 4.1 1658 2.3 2254 4.2	30 THU 0302 2.0 0932 3.9 1537 2.4 2142 4.0
		31 FRI 0430 1.9 1051 4.0 1706 2.2 2257 4.2

	Time m	Time m
1 SAT	0542 1.6 1158 4.3 1809 1.9 2359 4.5	16 SUN 0028 4.5 0701 1.3 1306 4.4 1918 1.8
2 SUN	0638 1.3 1250 4.6 1859 1.6	17 MON 0115 4.6 0741 1.3 1345 4.6 1957 1.6
3 MON	0049 4.8 0726 0.9 1333 4.9 1944 1.3	18 TUE 0155 4.7 1419 4.7 2032 1.4
4 TUE	0134 5.1 0811 0.7 1414 5.1 2027 1.0	19 WED 0231 4.8 0848 1.2 1450 4.8 2106 1.3
5 WED	0218 5.4 0854 0.5 1454 5.3 2110 0.8	20 THU 0306 4.8 0919 1.2 1521 4.9 2139 1.3
6 THU	0302 5.5 0937 0.5 1534 5.3 2154 0.7	21 FRI 0340 4.8 0951 1.2 1552 4.9 2212 1.2
7 FRI	0349 5.5 1020 0.6 1616 5.3 2241 0.7	22 SAT 0415 4.8 1022 1.3 1623 4.9 2245 1.3
8 SAT	0438 5.4 1104 0.9 1700 5.2 2329 0.8	23 SUN 0450 4.7 1054 1.5 1656 4.8 2320 1.3
9 SUN	0531 5.2 1150 1.2 1748 5.0	24 MON 0528 4.6 1128 1.6 1731 4.7 2358 1.4
10 MON	0021 1.0 0630 4.8 1240 1.6 1843 4.7	25 TUE 0609 4.4 1205 1.8 1811 4.6
11 TUE	0121 1.2 0736 4.5 1339 2.0 1947 4.5	26 WED 0040 1.5 0655 4.3 1248 1.9 1857 4.4
12 WED	0232 1.4 0849 4.3 1455 2.2 2101 4.3	27 THU 0131 1.6 0749 4.1 1341 2.1 1951 4.3
13 THU	0352 1.5 1005 4.1 1620 2.3 2218 4.3	28 FRI 0231 1.7 0853 4.1 1448 2.2 2055 4.3
14 FRI	0507 1.5 1119 4.2 1733 2.2 2330 4.4	29 SAT 0340 1.7 1001 4.1 1605 2.1 2203 4.4
15 SAT	0610 1.4 1220 4.3 1831 2.0	30 SUN 0449 1.5 1107 4.3 1715 2.0 2308 4.5

	Time m	Time m
1 MON	0144 1.3 0805 4.5 1428 1.7 2043	16 TUE 0037 4.3 0659 1.7 1308 4.3 1925 1.8
2 TUE	0233 4.7 0859 1.1 1521 4.7 2139 1.4	17 WED 0127 4.4 0742 1.6 1350 4.5 2009 1.7
3 WED	0342 5.0 1006 4.9 1630 1.2 2247	18 THU 0211 4.5 0821 1.5 1428 4.6 2048 1.5
4 THU	0511 0.9 1128 5.1 1747 0.9	19 FRI 0252 4.6 0858 1.5 1503 4.7 2125 1.4
5 FRI	0511 0.9 0002 0.9 0634 5.2 1246 0.7 1857 5.3	20 SAT 0323 4.6 0939 1.4 1536 4.8 2200 1.3
6 SAT	0105 0.9 0735 5.2 1343	21 SUN 0405 4.7 1007 1.4 1609 4.8 2236 1.2
7 SUN	1951 5.2 0154 5.2 0822 0.7 1427	22 MON 0440 4.7 1042 1.4 1642 4.9 2312 1.2
8 MON	2035 5.1 1117 1.5 0233 5.1 0903 5.1 1506	23 TUE 0517 4.6 1117 1.5 1717 4.8 2350 1.2
9 TUE	2113 0.8 0309 4.8 0941 1.6 1542 4.9	24 WED 0555 4.6 1154 1.5 1755 4.8
10 WED	2151 1.0 0344 4.6 1019 1.8 1619 4.7	25 THU 0029 1.2 0637 4.5 1232 1.6 1836 4.7
11 THU	2227 1.2 0419 2.0 1057 4.5 1656	26 FRI 0112 1.3 0722 4.4 1316 1.7 1922 4.7
12 FRI	2304 1.4 0456 4.2 1135 2.2 1734 4.4 2340	27 SAT 0814 4.3 1406 1.8 2014 4.6
13 SAT	0534 4.1 1214 2.2 1814 4.3	28 SUN 0254 1.4 0912 4.2 1507 1.9 2115 4.5
14 SUN	0017 1.7 0617 4.1 1253 2.2 1858 4.3	29 MON 0358 1.5 1017 4.2 1620 1.9 2223 4.5
15 MON	0058 1.7 0703 4.2 1337 2.0 1946	30 TUE 0507 1.5 1124 4.3 1734 1.8 2335 4.6
		31 WED 0615 1.4 1228 4.5 1844 1.6

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