January

Date	Time	m	Time	Gate
1 WED	06:12	1.6m	02:27	Raise
	11:39	7.8m	08:28	Lower
	18:43	1.3m	14:51	Raise
			21:04	Lower
2 THU	00:01	7.4m	03:09	Raise
	06:54	1.5m	09:08	Lower
	12:20	8.0m	15:33	Raise
	19:27	1.2m	21:48	Lower
3 FRI	00:43	7.4m	03:51	Raise
	07:36	1.5m	09:49	Lower
	13:02	8.1m	16:16	Raise
	20:10	1.3m	22:33	Lower
4 SAT	01:26	7.3m	04:34	Raise
	08:17	1.6m	10:31	Lower
	13:46	8.0m	17:01	Raise
	20:53	1.4m	23:19	Lower
5 SUN	02:12	7.1m	05:20	Raise
	09:00	1.7m	11:17	Lower
	14:35	7.8m	17:50	Raise
	21:41	1.6m		
6 MON	03:03	6.9m	00:10	Lower
	09:48	2.0m	06:12	Raise
	15:28	7.5m	12:09	Lower
	22:32	1.8m	18:45	Raise
7 TUE	04:01	6.7m	01:05	Lower
	10:43	2.2m	07:11	Raise
	16:28	7.2m	13:07	Lower
	23:30	2.1m	19:45	Raise
8 WED	05:05	6.5m	02:06	Lower
	11:48	2.4m	08:18	Raise
	17:36	6.9m	14:16	Lower
			20:54	Raise
9 THU	00:36	2.2m	03:14	Lower
	06:17	6.4m	09:31	Raise
	13:01	2.4m	15:30	Lower
			22:03	Raise
10 FRI	01:44	2.2m	04:19	Lower
	07:27	6.6m	10:40	Raise
	14:15	2.3m	16:44	Lower
	19:57	6.8m	23:10	Raise
11 SAT	02:51	2.1m		
	08:31	6.9m	05:21	Lower
	15:24	2.1m	11:44	Raise
	20:59	6.9m	17:51	Lower
12 SUN	03:51	2.0m	00:10	Raise
	09:27	7.2m	06:16	Lower
	16:25	1.8m	12:39	Raise
	21:53	7.1m	18:49	Lower
13 MON	04:46	1.8m	01:03	Raise
	10:17	7.6m	07:06	Lower
	17:18	1.5m	13:29	Raise
	22:41	7.3m	19:41	Lower
14 TUE	05:34	1.6m	01:50	Raise
	11:01	7.8m	07:51	Lower
	18:05	1.4m	14:13	Raise
	23:24	7.4m	20:27	Lower
15 WED	06:17	1.5m	02:33	Raise
	11:43	7.9m	08:32	Lower
	18:48	1.3m	14:55	Raise
			21:09	Lower
16 THU	00:05	7.4m	03:13	Raise
	06:56	1.6m	09:10	Lower
	12:22	7.9m	15:34	Raise
	19:26	1.3m	21:49	Lower
17 FRI	00:43	7.3m	03:51	Raise
	07:32	1.6m	09:47	Lower
	13:00	7.8m	16:13	Raise
	20:03	1.5m	22:27	Lower
18 SAT	01:21	7.1m	04:28	Raise
	08:06	1.8m	10:23	Lower
	13:38	7.6m	16:51	Raise
	20:37	1.7m	23:04	Lower
19 SUN	01:58	6.8m	05:05	Raise
	08:39	2.0m	10:59	Lower
	14:15	7.3m	17:28	Raise
	21:10	2.0m	23:41	Lower
20 MON	02:36	6.5m	05:43	Raise
	09:12	2.3m	11:35	Lower
	14:54	7.0m	18:08	Raise
	21:46	2.3m		
21 TUE	03:18	6.3m	00:21	Lower
	09:49	2.6m	06:25	Raise
	15:38	6.6m	12:16	Lower
	22:27	2.6m	18:52	Raise
22 WED	04:05	6.0m	01:06	Lower
	10:33	2.9m	07:15	Raise
	16:29	6.3m	13:04	Lower
	23:17	2.9m	19:45	Raise
23 THU			02:00	Lower
	05:04	5.8m	08:17	Raise
	11:32	3.1m	14:06	Lower
	17:33	6.0m	20:50	Raise
24 FRI	00:20	3.0m	03:05	Lower
	06:15	5.7m	09:30	Raise
	12:33	3.0m	15:22	Lower
	18:45	5.9m	22:01	Raise
25 SAT	01:31	3.0m	04:12	Lower
	07:26	5.9m	10:40	Raise
	14:02	3.0m	16:37	Lower
	19:54	6.1m	23:06	Raise
26 SUN	02:36	2.8m	05:11	Lower
	08:27	6.2m	11:39	Raise
	15:10	2.6m	17:42	Lower
	20:53	6.3m		
27 MON	03:35	2.5m	00:02	Raise
	09:19	6.7m	06:04	Lower
	16:09	2.2m	12:29	Raise
	21:42	6.7m	18:37	Lower
28 TUE	04:28	2.1m	00:50	Raise
	10:03	7.3m	06:50	Lower
	17:01	1.7m	13:13	Raise
	22:26	7.1m	19:25	Lower
29 WED	05:16	1.7m	01:34	Raise
	10:44	7.8m	07:33	Lower
	17:49	1.3m	13:55	Raise
	23:06	7.5m	20:09	Lower
30 THU	06:02	1.3m	02:14	Raise
	11:23	8.3m	08:13	Lower
	18:33	0.9m	14:36	Raise
	23:44	7.7m	20:50	Lower
31 FRI	06:44	1.1m	02:53	Raise
	12:02	8.5m	08:53	Lower
	19:16	0.8m	15:16	Raise
			21:32	Lower

February

Date	Time	m	Time	Gate
1 SAT	00:24	7.8m	03:33	Raise
	07:26	1.0m	09:34	Lower
	12:44	8.6m	15:58	Raise
	19:58	0.8m	22:14	Lower
2 SUN	01:06	7.8m	04:15	Raise
	08:07	1.1m	10:16	Lower
	13:26	8.5m	16:41	Raise
	20:39	0.9m	22:56	Lower
3 MON	01:49	7.7m	04:58	Raise
	08:47	1.3m	11:00	Lower
	14:11	8.2m	17:27	Raise
	21:20	1.3m	23:42	Lower
4 TUE	02:36	7.3m	05:46	Raise
	09:30	1.6m	11:48	Lower
	15:02	7.7m	18:19	Raise
	22:05	1.7m		
5 WED	03:30	6.9m	00:33	Lower
	10:17	2.0m	06:40	Raise
	15:58	7.1m	12:43	Lower
	22:54	2.2m	19:15	Raise
6 THU	04:31	6.5m	01:28	Lower
	11:15	2.4m	07:44	Raise
	17:05	6.6m	13:48	Lower
	23:57	2.6m	20:24	Raise
7 FRI			02:36	Lower
	05:46	6.3m	09:02	Raise
	12:32	2.7m	15:10	Lower
	18:27	6.3m	21:45	Raise
8 SAT	01:16	2.7m	03:54	Lower
	07:10	6.3m	10:26	Raise
	13:24	2.7m	16:38	Lower
	19:51	6.3m	23:06	Raise
9 SUN	02:36	2.6m	05:09	Lower
	08:26	6.5m	11:38	Raise
	15:18	2.4m	17:51	Lower
	20:59	6.5m		
10 MON	03:42	2.4m	00:09	Raise
	09:24	6.9m	06:08	Lower
	16:19	2.0m	12:35	Raise
	21:52	6.8m	18:48	Lower
11 TUE	04:37	2.1m	01:01	Raise
	10:10	7.4m	06:57	Lower
	17:09	1.7m	13:20	Raise
	22:34	7.1m	19:34	Lower
12 WED	05:22	1.8m	01:42	Raise
	10:50	7.7m	07:38	Lower
	17:52	1.4m	14:00	Raise
	23:11	7.3m	20:14	Lower
13 THU	06:02	1.6m	02:19	Raise
	11:25	7.9m	08:15	Lower
	18:29	1.2m	14:36	Raise
	23:44	7.4m	20:49	Lower
14 FRI	06:37	1.5m	02:52	Raise
	11:59	8.0m	08:49	Lower
	19:04	1.2m	15:10	Raise
			21:23	Lower
15 SAT	00:18	7.5m	03:26	Raise
	07:10	1.5m	09:23	Lower
	12:33	8.0m	15:44	Raise
	19:35	1.3m	21:55	Lower
16 SUN	00:50	7.4m	03:57	Raise
	07:40	1.6m	09:54	Lower
	13:05	7.8m	16:16	Raise
	20:04	1.5m	22:26	Lower
17 MON	01:21	7.2m	04:28	Raise
	08:08	1.7m	10:25	Lower
	13:37	7.6m	16:49	Raise
	20:33	1.7m	22:57	Lower
18 TUE	01:54	6.9m	05:01	Raise
	08:37	2.0m	10:58	Lower
	14:11	7.2m	17:23	Raise
	21:02	2.1m	23:30	Lower
19 WED	02:30	6.6m	05:37	Raise
	09:07	2.3m	11:34	Lower
	14:49	6.8m	18:02	Raise
	21:35	2.5m		
20 THU	03:11	6.3m	00:08	Lower
	09:45	2.6m	06:19	Raise
	15:34	6.3m	12:16	Lower
	22:15	2.8m	18:48	Raise
21 FRI	04:00	6.0m	00:52	Lower
	10:34	3.0m	07:12	Raise
	16:32	5.9m	13:11	Lower
	23:12	3.1m	19:50	Raise
22 SAT			01:54	Lower
	05:09	5.7m	08:27	Raise
	11:49	3.2m	14:31	Lower
	17:52	5.7m	21:12	Raise
23 SUN	00:31	3.2m	03:13	Lower
	06:36	5.8m	09:53	Raise
	13:00	3.0m	16:04	Lower
	19:21	5.8m	22:36	Raise
24 MON	01:58	3.0m	04:32	Lower
	07:55	6.2m	11:07	Raise
	14:43	2.7m	17:20	Lower
	20:30	6.2m	23:40	Raise
25 TUE	03:07	2.6m	05:34	Lower
	08:53	6.8m	12:03	Raise
	15:48	2.1m	18:18	Lower
	21:22	6.7m		
26 WED	04:06	2.2m	00:30	Raise
	09:39	7.4m	06:25	Lower
	16:41	1.5m	12:49	Raise
	22:03	7.2m	19:05	Lower
27 THU	04:56	1.6m	01:12	Raise
	10:21	8.1m	07:09	Lower
	17:31	1.0m	13:32	Raise
	22:44	7.8m	19:48	Lower
28 FRI	05:45	1.1m	01:53	Raise
	11:01	8.6m	07:52	Lower
	18:17	0.6m	14:13	Raise
	23:23	8.1m	20:30	Lower

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

March

Day	Time	m	Time	Gate
1 SAT	06:30	0.8m	02:32	Raise
	11:41	8.9m	08:34	Lower
	18:59	0.4m	14:54	Raise
			21:10	Lower
2 SUN	00:02	8.3m	03:12	Raise
	07:11	0.6m	09:15	Lower
	12:21	8.9m	15:36	Raise
	19:39	0.5m	21:49	Lower
3 MON	00:42	8.2m	03:52	Raise
	07:51	0.7m	09:57	Lower
	13:03	8.7m	16:18	Raise
	20:17	0.7m	22:30	Lower
4 TUE	01:24	8.0m	04:35	Raise
	08:30	1.0m	10:42	Lower
	13:48	8.2m	17:04	Raise
	20:56	1.2m	23:14	Lower
5 WED	02:12	7.6m	05:23	Raise
	09:10	1.5m	11:30	Lower
	14:38	7.6m	17:54	Raise
	21:36	1.8m		
6 THU	03:04	7.1m	00:02	Lower
	09:55	2.0m	06:16	Raise
	15:34	6.8m	12:25	Lower
	22:23	2.4m	18:51	Raise
7 FRI	04:04	6.5m	00:55	Lower
	10:54	2.5m	07:20	Raise
	16:45	6.2m	13:33	Lower
	23:28	2.9m	20:05	Raise
8 SAT	05:25	6.1m	02:07	Lower
	12:18	2.9m	08:45	Raise
	18:18	5.8m	15:05	Lower
			21:39	Raise
9 SUN	00:58	3.1m	03:36	Lower
	07:01	6.1m	10:18	Raise
	13:55	2.8m	16:39	Lower
	19:51	5.9m	23:06	Raise
10 MON	02:26	2.9m	04:56	Lower
	08:18	6.4m	11:29	Raise
	15:11	2.4m	17:47	Lower
	20:55	6.3m		
11 TUE	03:30	2.6m	00:05	Raise
	09:12	6.8m	05:55	Lower
	16:06	2.0m	12:20	Raise
	21:40	6.7m	18:36	Lower
12 WED	04:20	2.2m	00:48	Raise
	09:53	7.3m	06:39	Lower
	16:50	1.7m	13:01	Raise
	22:16	7.0m	19:16	Lower
13 THU	05:01	1.9m	01:24	Raise
	10:28	7.6m	07:17	Lower
	17:28	1.4m	13:37	Raise
	22:49	7.3m	19:50	Lower
14 FRI	05:38	1.6m	01:57	Raise
	11:01	7.9m	07:51	Lower
	18:03	1.2m	14:10	Raise
	23:20	7.5m	20:22	Lower
15 SAT	06:12	1.5m	02:27	Raise
	11:31	8.0m	08:23	Lower
	18:34	1.2m	14:41	Raise
	23:48	7.6m	20:51	Lower
16 SUN	06:42	1.4m	02:56	Raise
	12:01	8.0m	08:54	Lower
	19:03	1.3m	15:12	Raise
			21:21	Lower
17 MON	00:18	7.5m	03:26	Raise
	07:11	1.4m	09:25	Lower
	12:32	7.8m	15:42	Raise
	19:31	1.4m	21:50	Lower
18 TUE	00:48	7.4m	03:55	Raise
	07:39	1.6m	09:55	Lower
	13:03	7.6m	16:14	Raise
	19:57	1.7m	22:19	Lower
19 WED	01:19	7.2m	04:27	Raise
	08:06	1.8m	10:27	Lower
	13:35	7.2m	16:46	Raise
	20:24	2.0m	22:49	Lower
20 THU	01:52	6.9m	05:00	Raise
	08:36	2.1m	11:02	Lower
	14:12	6.8m	17:23	Raise
	20:54	2.4m	23:23	Lower
21 FRI	02:31	6.5m	05:41	Raise
	09:12	2.5m	11:45	Lower
	14:56	6.3m	18:09	Raise
	21:32	2.8m		
22 SAT	03:21	6.2m	00:06	Lower
	10:03	2.9m	06:34	Raise
	15:55	5.9m	12:43	Lower
	22:28	3.1m	19:11	Raise
23 SUN	04:28	5.9m	01:05	Lower
	11:17	3.1m	07:47	Raise
	17:16	5.6m	14:04	Lower
	23:48	3.3m	20:36	Raise
24 MON	05:56	5.9m	02:25	Lower
	12:51	3.0m	09:14	Raise
	18:49	5.7m	15:38	Lower
			22:05	Raise
25 TUE	01:20	3.1m	03:52	Lower
	07:19	6.3m	10:32	Raise
	14:16	2.5m	16:55	Lower
	20:02	6.2m	23:12	Raise
26 WED	02:36	2.6m	05:00	Lower
	08:21	6.9m	11:30	Raise
	15:20	1.9m	17:51	Lower
	20:53	6.8m		
27 THU	03:37	2.0m	00:02	Raise
	09:09	7.6m	05:54	Lower
	16:16	1.3m	12:19	Raise
	21:37	7.4m	18:39	Lower
28 FRI	04:32	1.4m	00:46	Raise
	09:53	8.3m	06:43	Lower
	17:06	0.8m	13:04	Raise
	22:49	7.9m	19:22	Lower
29 SAT	05:22	0.9m	01:27	Raise
	10:34	8.7m	07:27	Lower
	17:44	0.4m	13:46	Raise
	22:56	8.3m	20:02	Lower
30 SUN	07:07	0.6m	03:06	Raise
	12:15	9.0m	09:10	Lower
	19:34	0.3m	15:29	Raise
			21:43	Lower
31 MON	00:37	8.5m	03:48	Raise
	07:50	0.5m	09:54	Lower
	12:57	8.9m	16:12	Raise
	20:15	0.5m	22:24	Lower

April

Day	Time	m	Time	Gate
1 TUE	01:19	8.4m	04:30	Raise
	08:31	0.6m	10:39	Lower
	14:29	8.0m	16:56	Raise
	20:54	0.8m	23:06	Lower
2 WED	02:04	8.2m	05:16	Raise
	09:12	1.0m	11:26	Lower
	14:29	8.0m	17:44	Raise
	21:32	1.3m	23:50	Lower
3 THU	02:52	7.7m	06:05	Raise
	09:54	1.5m	12:17	Lower
	15:20	7.3m	18:35	Raise
	22:13	1.9m		
4 FRI	03:46	7.1m	00:37	Lower
	10:41	2.1m	07:00	Raise
	16:19	6.6m	13:15	Lower
	23:00	2.3m	19:35	Raise
5 SAT	04:49	6.6m	01:32	Lower
	11:44	2.6m	08:07	Raise
	17:34	6.0m	14:29	Lower
			20:53	Raise
6 SUN	00:09	3.0m	02:44	Lower
	06:11	6.2m	09:31	Raise
	13:10	2.8m	16:00	Lower
	19:09	5.7m	22:29	Raise
7 MON	01:40	3.2m	04:13	Lower
	07:42	6.1m	10:57	Raise
	14:39	2.7m	17:24	Lower
	20:33	5.9m	23:48	Raise
8 TUE	03:02	3.0m	05:30	Lower
	08:53	6.4m	12:03	Raise
	15:46	2.4m	18:25	Lower
	21:32	6.2m		
9 WED	04:03	2.7m	00:43	Raise
	09:44	6.8m	06:26	Lower
	16:37	2.1m	12:52	Raise
	22:14	6.6m	19:10	Lower
10 THU	04:50	2.4m	01:23	Raise
	10:24	7.1m	07:10	Lower
	17:19	1.8m	13:31	Raise
	22:48	6.9m	19:46	Lower
11 FRI	05:30	2.0m	01:56	Raise
	10:58	7.4m	07:47	Lower
	17:55	1.6m	14:05	Raise
	23:19	7.2m	20:19	Lower
12 SAT	06:06	1.8m	02:27	Raise
	11:30	7.6m	08:21	Lower
	18:29	1.4m	14:38	Raise
	23:49	7.4m	20:49	Lower
13 SUN	06:40	1.6m	02:57	Raise
	12:01	7.8m	08:54	Lower
	19:00	1.3m	15:09	Raise
			21:19	Lower
14 MON	00:19	7.5m	03:27	Raise
	07:12	1.5m	09:26	Lower
	12:31	7.8m	15:40	Raise
	19:29	1.4m	21:48	Lower
15 TUE	00:48	7.5m	03:56	Raise
	07:41	1.5m	09:57	Lower
	13:02	7.6m	16:11	Raise
	19:58	1.5m	22:17	Lower
16 WED	01:19	7.4m	04:28	Raise
	08:11	1.6m	10:30	Lower
	13:34	7.4m	16:44	Raise
	20:26	1.8m	22:47	Lower
17 THU	01:51	7.2m	05:01	Raise
	08:42	1.9m	11:05	Lower
	14:09	7.0m	17:19	Raise
	20:55	2.0m	23:19	Lower
18 FRI	02:28	7.0m	05:38	Raise
	09:16	2.1m	11:44	Lower
	14:48	6.7m	17:57	Raise
	21:28	2.3m	23:54	Lower
19 SAT	03:07	6.7m	06:19	Raise
	09:55	2.4m	12:29	Lower
	15:33	6.3m	18:44	Raise
	22:07	2.7m		
20 SUN	03:58	6.4m	00:37	Lower
	10:48	2.7m	07:13	Raise
	16:34	5.9m	13:30	Lower
	23:03	3.0m	19:47	Raise
21 MON	05:04	6.3m	01:36	Lower
	12:01	2.8m	08:22	Raise
	17:52	5.7m	14:48	Lower
			21:07	Raise
22 TUE	00:19	3.1m	02:51	Lower
	06:23	6.3m	09:40	Raise
	13:23	2.7m	16:09	Lower
	19:13	5.9m	22:27	Raise
23 WED	01:42	2.9m	04:10	Lower
	07:39	6.6m	10:53	Raise
	14:41	2.3m	17:21	Lower
	20:24	6.3m	23:35	Raise
24 THU	03:00	2.5m	05:22	Lower
	08:43	7.2m	11:54	Raise
	15:46	1.8m	18:18	Lower
	21:18	6.8m		
25 FRI	04:04	2.0m	00:27	Raise
	09:35	7.7m	06:20	Lower
	16:43	1.3m	12:46	Raise
	22:05	7.4m	19:06	Lower
26 SAT	05:02	1.4m	01:14	Raise
	10:23	8.2m	07:13	Lower
	17:36	0.8m	13:34	Raise
	22:49	8.0m	19:52	Lower
27 SUN	05:55	1.0m	01:59	Raise
	11:08	8.6m	08:02	Lower
	18:24	0.6m	14:21	Raise
	23:32	8.3m	20:35	Lower
28 MON	06:43	0.7m	02:43	Raise
	11:53	8.7m	08:50	Lower
	19:08	0.6m	15:06	Raise
			21:18	Lower
29 TUE	00:16	8.5m	03:28	Raise
	07:28	0.6m	09:37	Lower
	12:38	8.5m	15:51	Flling
	19:50	0.7m	22:00	Lower
30 WED	01:00	8.4m	04:13	Raise
	08:12	0.8m	10:24	Lower
	13:24	8.2m	16:38	Raise
	20:31	1.1m	22:44	Lower

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

May

Day	Time	m	Time	Gate
1 THU	01:47	8.1m	05:01	Raise
	08:55	1.1m	11:14	Lower
	14:13	7.6m	17:26	Raise
	21:11	1.5m	23:28	Lower
2 FRI	02:37	7.7m	05:51	Raise
	09:40	1.6m	12:07	Lower
	15:06	7.0m	18:20	Raise
	21:54	2.1m		
3 SAT	03:32	7.2m	00:18	Lower
	10:32	2.1m	06:48	Raise
	16:07	6.4m	13:08	Lower
	22:45	2.6m	19:21	Raise
4 SUN	04:35	6.7m	01:13	Lower
	11:33	2.4m	07:52	Raise
	17:18	6.0m	14:18	Lower
	23:47	2.9m	20:34	Raise
5 MON	05:47	6.4m	02:19	Lower
	12:46	2.7m	09:05	Raise
	18:38	5.8m	15:35	Lower
			21:55	Raise
6 TUE	01:04	3.1m	03:34	Lower
	07:04	6.3m	10:19	Raise
	14:02	2.6m	16:49	Lower
	19:54	5.9m	23:09	Raise
7 WED	02:20	3.0m	04:47	Lower
	08:11	6.4m	11:22	Raise
	15:05	2.5m	17:46	Lower
	20:51	6.1m		
8 THU	03:19	2.8m	00:02	Raise
	09:03	6.6m	05:43	Lower
	15:55	2.2m	12:11	Raise
	21:36	6.4m	18:31	Lower
9 FRI	04:09	2.5m	00:46	Raise
	09:46	6.9m	06:31	Lower
	16:39	2.0m	12:53	Raise
	22:13	6.7m	19:10	Lower
10 SAT	04:52	2.3m	01:22	Raise
	10:23	7.1m	07:11	Lower
	17:16	1.8m	13:30	Raise
	22:45	7.0m	19:43	Lower
11 SUN	05:29	2.0m	01:54	Raise
	10:56	7.3m	07:47	Lower
	17:51	1.7m	14:04	Raise
	23:17	7.2m	20:14	Lower
12 MON	06:06	1.8m	02:26	Raise
	11:30	7.4m	08:23	Lower
	18:25	1.6m	14:38	Raise
	23:50	7.3m	20:46	Lower
13 TUE	06:41	1.7m	02:59	Raise
	12:04	7.4m	08:59	Lower
	18:58	1.6m	15:13	Raise
			21:19	Lower
14 WED	00:24	7.4m	03:33	Raise
	07:16	1.7m	09:36	Lower
	12:39	7.3m	15:48	Raise
	19:30	1.7m	21:51	Lower
15 THU	00:58	7.4m	04:08	Raise
	07:51	1.8m	10:13	Lower
	13:15	7.1m	16:23	Raise
	20:02	1.9m	22:24	Lower
16 FRI	01:33	7.3m	04:44	Raise
	08:27	1.9m	10:52	Lower
	13:53	6.9m	17:01	Raise
	20:36	2.1m	22:59	Lower
17 SAT	02:12	7.2m	05:24	Raise
	09:05	2.0m	11:35	Lower
	14:34	6.6m	17:43	Raise
	21:13	2.3m	23:37	Lower
18 SUN	02:55	7.0m	06:09	Raise
	09:50	2.2m	12:24	Lower
	15:23	6.3m	18:32	Raise
	21:57	2.5m		
19 MON	03:47	6.8m	00:24	Lower
	10:43	2.3m	07:02	Raise
	16:20	6.1m	13:22	Lower
	22:51	2.7m	19:30	Raise
20 TUE	04:46	6.7m	02:24	Lower
	11:46	2.4m	09:08	Raise
	17:26	6.0m	15:37	Lower
	23:57	2.7m	21:48	Raise
21 WED	05:52	6.8m	02:24	Rising
	12:55	2.3m	09:08	Falling
	18:36	6.1m	15:37	Rising
			21:48	Falling
22 THU	01:09	2.6m	03:35	Rising
	07:01	6.9m	10:15	Falling
	14:05	2.1m	16:42	Rising
	19:42	6.4m	22:54	Falling
23 FRI	02:22	2.3m	04:44	Lower
	08:05	7.3m	11:18	Raise
	15:10	1.7m	17:41	Lower
	20:41	6.9m	23:52	Raise
24 SAT	03:30	2.0m	05:48	Lower
	09:03	7.6m	12:15	Raise
	16:09	1.4m	18:34	Lower
	21:34	7.3m		
25 SUN	04:30	1.6m	00:45	Raise
	09:55	7.9m	06:45	Lower
	17:03	1.2m	13:07	Raise
	22:22	7.7m	19:22	Lower
26 MON	05:26	1.2m	01:34	Raise
	10:44	8.1m	07:39	Lower
	17:54	1.0m	13:57	Raise
	23:10	8.1m	20:09	Lower
27 TUE	06:18	1.0m	02:22	Raise
	11:33	8.2m	08:31	Lower
	18:42	1.0m	14:46	Raise
	23:57	8.2m	20:55	Lower
28 WED	07:08	0.9m	03:10	Raise
	12:22	8.0m	09:22	Lower
	19:28	1.1m	15:34	Raise
			21:40	Lower
29 THU	00:46	8.2m	03:59	Raise
	07:56	1.0m	10:14	Lower
	13:12	7.7m	16:24	Raise
	20:12	1.3m	22:27	Lower
30 FRI	01:35	8.0m	04:49	Raise
	08:43	1.2m	11:05	Lower
	14:02	7.4m	17:13	Raise
	20:55	1.7m	23:12	Lower
31 SAT	02:24	7.7m	05:39	Raise
	09:29	1.6m	11:58	Lower
	14:54	6.9m	18:05	Raise
	21:39	2.0m		

June

Day	Time	m	Time	Gate
1 SUN	03:18	7.4m	00:01	Lower
	10:19	1.9m	06:33	Raise
	22:26	2.4m	12:54	Lower
			19:01	Raise
2 MON	04:13	7.0m	00:51	Lower
	11:11	2.2m	07:28	Raise
	16:48	6.2m	13:51	Lower
	23:18	2.7m	20:00	Raise
3 TUE	05:12	6.7m	01:46	Lower
	12:09	2.5m	08:28	Raise
	17:53	5.9m	14:53	Lower
			21:06	Raise
4 WED	00:20	2.9m	02:47	Lower
	06:14	6.5m	09:29	Raise
	13:10	2.6m	15:54	Lower
	18:55	5.9m	22:08	Raise
5 THU	01:20	3.0m	03:48	Lower
	07:13	6.4m	10:26	Raise
	14:07	2.6m	16:50	Lower
	19:54	6.0m	23:07	Raise
6 FRI	02:21	2.9m	04:48	Lower
	08:10	6.4m	11:21	Raise
	15:02	2.5m	17:41	Lower
	20:46	6.1m	23:57	Raise
7 SAT	03:17	2.8m		
	09:00	6.6m	05:42	Lower
	15:50	2.3m	12:09	Lower
	21:31	6.4m	18:25	Lower
8 SUN	04:07	2.6m	00:42	Raise
	09:45	6.7m	06:31	Lower
	16:33	2.2m	12:53	Raise
	22:11	6.6m	19:04	Lower
9 MON	04:51	2.3m	01:20	Raise
	10:25	6.9m	07:15	Lower
	17:14	2.0m	13:33	Raise
	22:49	6.9m	19:41	Lower
10 TUE	05:35	2.1m	01:59	Raise
	11:05	7.0m	07:58	Lower
	17:54	1.9m	14:13	Raise
	23:27	7.1m	20:19	Lower
11 WED	06:17	1.9m	02:37	Raise
	11:43	7.1m	08:40	Lower
	18:32	1.9m	14:51	Raise
			20:54	Lower
12 THU	00:03	7.3m	03:14	Raise
	06:57	1.8m	09:20	Lower
	12:21	7.1m	15:29	Raise
	19:09	1.8m	21:29	Lower
13 FRI	00:40	7.4m	03:51	Raise
	07:36	1.7m	10:00	Lower
	13:00	7.0m	16:07	Raise
	19:47	1.8m	22:06	Lower
14 SAT	01:19	7.5m	04:31	Raise
	08:17	1.7m	10:43	Lower
	13:48	7.0m	16:48	Raise
	20:25	1.9m	22:45	Lower
15 SUN	02:00	7.5m	05:12	Raise
	08:59	1.7m	11:27	Lower
	14:23	6.8m	17:30	Raise
	21:05	2.0m	23:25	Lower
16 MON	02:43	7.4m	05:56	Raise
	09:44	1.8m	12:14	Lower
	15:09	6.7m	18:17	Raise
	21:49	2.1m		
17 TUE	03:31	7.4m	00:10	Lower
	10:32	1.9m	06:45	Raise
	22:38	2.2m	13:05	Lower
			19:08	Raise
18 WED	04:23	7.3m	01:00	Lower
	11:25	2.0m	07:38	Raise
	16:56	6.5m	14:01	Lower
	23:34	2.3m	20:06	Raise
19 THU	05:21	7.2m	01:57	Lower
	12:24	2.0m	08:37	Raise
	17:59	6.4m	15:02	Lower
			21:10	Raise
20 FRI	00:38	2.4m	03:03	Lower
	06:25	7.1m	09:41	Raise
	13:28	2.0m	16:04	Lower
	19:04	6.5m	22:15	Raise
21 SAT	01:46	2.3m	04:11	Lower
	07:31	7.1m	10:46	Raise
	14:33	1.9m	17:06	Lower
	20:08	6.8m	23:20	Raise
22 SUN	02:57	2.1m	05:20	Lower
	08:35	7.3m	11:49	Raise
	15:37	1.8m	18:05	Lower
	21:09	7.1m		
23 MON	04:03	1.8m	00:21	Raise
	09:35	7.4m	06:25	Lower
	16:36	1.6m	12:47	Raise
	22:05	7.4m	18:59	Lower
24 TUE	05:05	1.6m	01:17	Raise
	10:30	7.5m	07:25	Lower
	17:31	1.5m	13:42	Raise
	22:56	7.7m	19:50	Lower
25 WED	06:01	1.3m	02:09	Raise
	11:22	7.6m	08:21	Lower
	18:24	1.4m	14:34	Raise
	23:48	8.0m	20:39	Lower
26 THU	06:55	1.2m	03:01	Raise
	12:13	7.6m	09:15	Lower
	19:12	1.4m	15:24	Raise
			21:26	Lower
27 FRI	00:36	8.0m	03:49	Raise
	07:44	1.2m	10:05	Lower
	13:01	7.5m	16:11	Raise
	19:56	1.5m	22:10	Lower
28 SAT	01:22	8.0m	04:35	Raise
	08:29	1.3m	10:52	Lower
	13:47	7.3m	16:57	Raise
	20:39	1.6m	22:54	Lower
29 SUN	02:08	7.9m	05:22	Raise
	09:14	1.4m	11:40	Lower
	14:34	7.1m	17:44	Raise
	21:21	1.9m	23:39	Lower
30 MON	02:55	7.6m	06:09	Raise
	09:56	1.7m	12:26	Lower
	15:21	6.7m	18:30	Raise
	22:01	2.1m		

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

July

Day	Time	m	Time	Gate	Day	Time	m	Time	Gate
1 TUE	03:40	7.3m	00:22	Lower	**17** THU	03:57	7.7m	00:40	Lower
	10:39	2.0m	06:55	Raise		11:01	1.7m	07:12	Raise
	16:09	6.4m	13:13	Lower		16:25	6.8m	13:30	Lower
	22:43	2.4m	19:18	Raise		23:11	2.0m	19:35	Raise
2 WED	04:29	6.9m	01:07	Lower	**18** FRI	04:51	7.4m	01:33	Lower
	11:24	2.3m	07:43	Raise		11:53	1.9m	08:08	Raise
	16:59	6.2m	14:02	Lower		17:24	6.6m	14:26	Lower
	23:29	2.7m	20:09	Raise				20:35	Raise
3 THU	05:19	6.6m	01:56	Lower	**19** SAT	00:08	2.2m	02:34	Lower
	12:12	2.5m	08:34	Raise		05:53	7.0m	09:10	Raise
	17:53	6.0m	14:53	Lower		12:52	2.2m	15:27	Lower
			21:04	Raise		18:29	6.5m	21:42	Raise
4 FRI	00:20	2.9m	02:49	Lower	**20** SUN	01:14	2.4m	03:45	Lower
	06:14	6.4m	09:28	Raise		07:03	6.8m	10:19	Raise
	13:04	2.7m	15:46	Lower		13:59	2.3m	16:35	Lower
	18:50	5.9m	22:02	Raise		19:43	6.5m	22:57	Raise
5 SAT	01:17	3.0m	03:47	Lower	**21** MON	02:32	2.4m	05:03	Lower
	07:11	6.2m	10:25	Raise		08:17	6.7m	11:32	Raise
	14:00	2.7m	16:42	Lower		15:11	2.2m	17:43	Lower
	19:50	5.9m	23:03	Raise		20:54	6.8m		
6 SUN	02:20	3.0m	04:51	Lower	**22** TUE	03:48	2.2m	00:08	Raise
	08:11	6.2m	11:24	Raise		09:26	6.8m	06:17	Lower
	14:58	2.7m	17:37	Lower		16:18	2.1m	12:38	Raise
	20:48	6.1m				21:56	7.1m	18:44	Lower
7 MON	03:22	2.8m	00:00	Raise	**23** WED	04:54	1.9m	01:08	Raise
	09:08	6.3m	05:52	Lower		10:25	7.0m	07:21	Lower
	15:52	2.6m	12:18	Raise		17:18	1.9m	13:36	Raise
	21:38	6.3m	18:26	Lower		22:51	7.5m	19:39	Lower
8 TUE	04:17	2.6m	00:48	Raise	**24** THU	05:54	1.6m	02:03	Raise
	09:58	6.5m	06:47	Lower		11:18	7.2m	08:18	Lower
	16:42	2.4m	13:07	Raise		18:11	1.7m	14:28	Raise
	22:25	6.6m	19:12	Lower		23:39	7.8m	20:28	Lower
9 WED	05:11	2.3m	01:36	Raise	**25** FRI	06:45	1.3m	02:51	Raise
	10:45	6.7m	07:38	Lower		12:04	7.4m	09:07	Lower
	17:29	2.2m	13:52	Raise		18:59	1.5m	15:13	Raise
	23:06	7.0m	19:54	Lower				21:12	Lower
10 THU	05:57	2.0m	02:16	Raise	**26** SAT	00:24	8.0m	03:36	Raise
	11:26	6.9m	08:23	Lower		07:31	1.2m	09:51	Lower
	18:12	2.0m	14:33	Raise		12:47	7.5m	15:55	Raise
	23:46	7.3m	20:34	Lower		19:41	1.4m	21:53	Lower
11 FRI	06:43	1.7m	02:57	Raise	**27** SUN	01:04	8.1m	04:17	Raise
	12:07	7.1m	09:07	Lower		08:12	1.2m	10:32	Lower
	18:55	1.8m	15:14	Raise		13:27	7.6m	16:35	Raise
			21:13	Lower		20:20	1.5m	22:33	Lower
12 SAT	00:26	7.6m	03:37	Raise	**28** MON	01:44	8.0m	04:57	Raise
	07:26	1.5m	09:49	Lower		08:50	1.3m	11:12	Lower
	12:46	7.2m	15:53	Raise		14:06	7.3m	17:15	Raise
	19:36	1.6m	21:51	Lower		20:56	1.6m	23:12	Lower
13 SUN	01:03	7.9m	04:15	Raise	**29** TUE	02:24	7.8m	05:37	Raise
	08:08	1.4m	10:30	Lower		09:26	1.5m	11:50	Lower
	13:24	7.3m	16:32	Raise		14:45	7.0m	17:52	Raise
	20:15	1.6m	22:29	Lower		21:29	1.9m	23:47	Lower
14 MON	01:43	8.0m	04:54	Raise	**30** WED	03:02	7.5m	06:15	Raise
	08:49	1.3m	11:12	Lower		09:59	1.8m	12:27	Lower
	14:05	7.3m	17:13	Raise		15:23	6.8m	18:31	Raise
	20:56	1.6m	23:11	Lower		22:03	2.1m		
15 TUE	02:25	8.0m	05:39	Raise	**31** THU	03:41	7.1m	00:25	Lower
	09:31	1.3m	11:55	Lower		10:34	2.1m	06:55	Raise
	14:48	7.2m	17:59	Raise		16:04	6.4m	13:06	Lower
	21:38	1.7m	23:54	Lower		22:38	2.5m	19:11	Raise
16 WED	03:09	7.9m	06:24	Raise					
	10:15	1.5m	12:41	Lower					
	15:34	7.0m	18:42	Raise					
	22:21	1.8m							

August

Day	Time	m	Time	Gate	Day	Time	m	Time	Gate
1 FRI	04:23	6.7m	01:04	Lower	**17** SUN	05:28	6.7m	02:14	Lower
	11:12	2.5m	07:37	Raise		12:20	2.4m	08:46	Raise
	16:49	6.1m	13:48	Lower		18:05	6.4m	14:56	Lower
	23:20	2.8m	19:59	Raise				21:21	Raise
2 SAT	05:12	6.3m	01:51	Lower	**18** MON	00:53	2.6m	03:31	Lower
	11:58	2.8m	08:28	Raise		06:46	6.3m	10:05	Raise
	17:44	5.9m	14:39	Lower		13:35	2.7m	16:13	Lower
			20:57	Raise		19:29	6.3m	22:46	Raise
3 SUN	00:15	3.0m	02:49	Lower	**19** TUE	02:22	2.6m	05:01	Lower
	06:12	6.0m	09:28	Raise		08:14	6.2m	11:29	Raise
	12:56	3.0m	15:39	Lower		14:58	2.7m	17:32	Lower
	18:50	5.7m	22:05	Raise		20:50	6.5m		
4 MON	01:23	3.1m	04:00	Lower	**20** WED	03:44	2.4m	00:04	Raise
	07:22	5.9m	10:38	Raise		09:27	6.4m	06:19	Lower
	14:05	3.1m	16:46	Lower		16:09	2.4m	12:39	Raise
	20:03	5.8m	23:18	Raise		21:52	6.9m	18:36	Lower
5 TUE	02:41	3.1m	05:18	Lower	**21** THU	04:50	2.0m	01:04	Raise
	08:35	5.9m	11:48	Raise		10:24	6.8m	07:20	Lower
	15:14	2.9m	17:50	Lower		17:09	2.1m	13:33	Raise
	21:08	6.1m				22:44	7.4m	19:30	Lower
6 WED	03:51	2.8m	00:20	Raise	**22** FRI	05:45	1.6m	01:54	Raise
	09:37	6.1m	06:25	Lower		11:10	7.1m	08:10	Lower
	16:15	2.6m	12:46	Raise		17:59	1.8m	14:19	Raise
	22:02	6.6m	18:45	Lower		23:27	7.8m	20:15	Lower
7 THU	04:50	2.4m	01:12	Raise	**23** SAT	06:31	1.3m	02:37	Raise
	10:26	6.5m	07:21	Lower		11:49	7.4m	08:52	Lower
	17:07	2.3m	13:34	Raise		18:42	1.5m	14:58	Raise
	22:46	7.1m	19:31	Lower				20:54	Lower
8 FRI	05:41	1.9m	01:56	Raise	**24** SUN	00:04	8.0m	03:15	Raise
	11:09	6.9m	08:07	Lower		07:10	1.1m	09:30	Lower
	17:55	1.9m	14:16	Raise		12:26	7.5m	15:34	Raise
	23:26	7.6m	20:13	Lower		19:20	1.4m	21:32	Lower
9 SAT	06:27	1.5m	02:36	Raise	**25** MON	00:41	8.1m	03:52	Raise
	11:47	7.3m	08:50	Lower		07:47	1.1m	10:05	Lower
	18:39	1.6m	14:55	Raise		13:00	7.6m	16:08	Raise
			20:52	Lower		19:54	1.4m	22:05	Lower
10 SUN	00:03	8.0m	03:16	Raise	**26** TUE	01:14	8.1m	04:26	Raise
	07:10	1.1m	09:29	Lower		08:19	1.2m	10:38	Lower
	12:24	7.6m	15:32	Raise		13:33	7.5m	16:41	Raise
	19:21	1.3m	21:31	Lower		20:26	1.5m	22:40	Lower
11 MON	00:41	8.3m	03:54	Raise	**27** WED	01:49	7.9m	05:00	Raise
	07:52	0.9m	10:09	Lower		08:49	1.4m	11:10	Lower
	13:03	7.7m	16:11	Raise		14:06	7.3m	17:13	Raise
	20:02	1.1m	22:11	Lower		20:54	1.7m	23:11	Risin
12 TUE	01:21	8.5m	04:34	Raise	**28** THU	02:22	7.6m	05:33	Raise
	08:32	0.9m	10:49	Lower		09:18	1.7m	11:42	Lower
	13:41	7.8m	16:49	Raise		14:40	7.0m	17:47	Raise
	20:41	1.1m	22:50	Lower		21:25	1.9m	23:46	Lower
13 WED	02:00	8.4m	05:14	Raise	**29** FRI	02:58	7.2m	06:10	Raise
	09:11	1.0m	11:29	Lower		09:48	2.1m	12:16	Lower
	14:22	7.7m	17:31	Raise		15:16	6.7m	18:24	Raise
	21:22	1.2m	23:34	Lower		21:55	2.3m		
14 THU	02:44	8.2m	05:59	Raise	**30** SAT	03:36	6.7m	00:22	Lower
	09:52	1.2m	12:13	Lower		10:20	2.5m	06:48	Raise
	15:07	7.4m	18:16	Raise		15:56	6.3m	12:52	Lower
	22:01	1.5m				22:32	2.6m	19:05	Raise
15 FRI	03:31	7.8m	00:19	Lower	**31** SUN	04:19	6.3m	01:03	Lower
	10:33	1.6m	06:46	Raise		10:59	2.8m	07:34	Raise
	15:56	7.1m	12:58	Lower		16:46	6.0m	13:36	Lower
	22:46	1.9m	19:06	Raise		23:22	3.0m	19:59	Raise
16 SAT	04:23	7.3m	01:10	Lower					
	11:21	2.0m	07:40	Raise					
	16:54	6.7m	13:52	Lower					
	23:42	2.3m	20:07	Raise					

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

September

Day	Time	m	Time	Gate
1 MON	05:18	5.9m	02:00	Lower
	11:55	3.2m	08:36	Raise
	17:53	5.7m	14:35	Lower
			21:11	Raise
2 TUE	00:33	3.2m	03:17	Lower
	06:36	5.6m	09:56	Raise
	13:12	3.3m	15:53	Lower
	19:18	5.7m	22:36	Raise
3 WED	02:05	3.1m	04:49	Lower
	08:05	5.7m	11:20	Raise
	14:38	3.1m	17:12	Lower
	20:37	6.1m	23:50	Raise
4 THU	03:26	2.8m	06:04	Lower
	09:13	6.0m	12:23	Raise
	15:46	2.8m	18:14	Lower
	21:34	6.6m		
5 FRI	04:26	2.2m	00:43	Raise
	10:02	6.5m	06:58	Lower
	16:42	2.3m	13:10	Raise
	22:19	7.2m	19:03	Lower
6 SAT	05:18	1.7m	01:28	Raise
	10:44	7.0m	07:44	Lower
	17:32	1.8m	13:51	Raise
	22:59	7.9m	19:46	Lower
7 SUN	06:05	1.2m	02:09	Raise
	11:21	7.5m	08:25	Lower
	18:18	1.3m	14:30	Raise
	23:37	8.4m	20:28	Lower
8 MON	06:49	0.8m	02:49	Raise
	11:59	7.9m	09:04	Lower
	19:02	0.9m	15:07	Raise
			21:07	Lower
9 TUE	00:15	8.7m	03:28	Raise
	07:30	0.6m	09:43	Lower
	12:36	8.2m	15:45	Raise
	19:43	0.7m	21:48	Lower
10 WED	00:54	8.8m	04:08	Raise
	08:10	0.6m	10:22	Lower
	13:15	8.2m	16:25	Raise
	20:23	0.8m	22:30	Lower
11 THU	01:36	8.6m	04:51	Raise
	08:49	0.8m	11:02	Lower
	13:57	8.0m	17:07	Raise
	21:02	1.0m	23:14	Lower
12 FRI	02:20	8.2m	05:35	Raise
	09:27	1.2m	11:44	Lower
	14:42	7.7m	17:53	Raise
	21:43	1.3m		
13 SAT	03:08	7.7m	00:01	Lower
	10:07	1.7m	06:23	Raise
	15:33	7.2m	12:30	Lower
	22:28	1.9m	18:45	Raise
14 SUN	04:04	7.0m	00:56	Lower
	10:54	2.2m	07:20	Raise
	16:34	6.7m	13:24	Lower
	23:27	2.4m	19:49	Raise
15 MON	05:13	6.3m	02:04	Lower
	11:57	2.7m	08:32	Raise
	17:51	6.3m	14:33	Lower
			21:10	Raise
16 TUE	00:46	2.7m	03:31	Lower
	06:42	5.9m	10:02	Raise
	13:21	3.0m	15:58	Lower
	19:23	6.2m	22:41	Raise
17 WED	02:20	2.7m	05:05	Lower
	08:14	6.0m	11:30	Raise
	14:50	2.9m	17:21	Lower
	20:43	6.5m	23:56	Raise
18 THU	03:39	2.4m	06:17	Lower
	09:23	6.3m	12:35	Raise
	16:01	2.5m	18:25	Lower
	21:43	6.9m		
19 FRI	04:39	2.0m	00:52	Raise
	10:13	6.7m	07:11	Lower
	16:55	2.2m	13:23	Raise
	22:28	7.3m	19:14	Lower
20 SAT	05:27	1.6m	01:36	Raise
	10:53	7.1m	07:53	Lower
	17:40	1.8m	14:02	Raise
	23:06	7.7m	19:55	Lower
21 SUN	06:08	1.3m	02:15	Raise
	11:27	7.4m	08:29	Lower
	18:19	1.6m	14:36	Raise
	23:39	7.9m	20:31	Lower
22 MON	06:43	1.2m	02:49	Raise
	11:59	7.6m	09:01	Lower
	18:52	1.4m	15:07	Raise
			21:04	Lower
23 TUE	00:11	8.0m	03:21	Raise
	07:15	1.1m	09:32	Lower
	12:29	7.6m	15:37	Raise
	19:24	1.4m	21:36	Lower
24 WED	00:43	8.0m	03:53	Raise
	07:45	1.2m	10:02	Lower
	12:59	7.6m	16:07	Raise
	19:53	1.4m	22:07	Lower
25 THU	01:13	7.8m	04:24	Raise
	08:12	1.4m	10:31	Lower
	13:30	7.4m	16:38	Raise
	20:22	1.6m	22:40	Lower
26 FRI	01:47	7.5m	04:57	Raise
	08:40	1.7m	11:02	Lower
	14:03	7.2m	17:11	Raise
	20:51	1.9m	23:13	Lower
27 SAT	02:20	7.1m	05:31	Raise
	09:08	2.0m	11:33	Lower
	14:38	6.9m	17:47	Raise
	21:22	2.2m	23:50	Lower
28 SUN	02:58	6.7m	06:08	Raise
	09:38	2.4m	12:07	Lower
	15:17	6.5m	18:27	Raise
	21:58	2.6m		
29 MON	03:41	6.2m	00:32	Lower
	10:15	2.8m	06:53	Raise
	16:04	6.2m	12:48	Lower
	22:46	2.9m	19:18	Raise
30 TUE	04:37	5.8m	01:27	Lower
	11:07	3.2m	07:53	Raise
	17:10	5.9m	13:44	Lower
	23:59	3.1m	20:30	Raise

October

Day	Time	m	Time	Gate
1 WED	00:00	3.1m	02:49	Lower
	05:59	5.5m	09:19	Raise
	12:27	3.3m	15:03	Lower
	18:36	5.9m	21:55	Raise
2 THU	01:31	3.0m	04:19	Lower
	07:30	5.6m	10:46	Raise
	13:57	3.2m	16:28	Lower
	19:57	6.2m	23:09	Raise
3 FRI	02:52	2.6m	05:33	Lower
	08:40	6.0m	11:51	Raise
	15:12	2.8m	17:37	Lower
	20:59	6.6m		
4 SAT	03:56	2.1m	00:08	Raise
	09:32	6.6m	06:29	Lower
	16:12	2.2m	12:40	Raise
	21:46	7.4m	18:30	Lower
5 SUN	04:49	1.5m	00:55	Raise
	10:13	7.2m	07:14	Lower
	17:03	1.6m	13:21	Raise
	22:27	8.0m	19:16	Lower
6 MON	05:36	1.0m	01:37	Raise
	10:51	7.7m	07:55	Lower
	17:52	1.1m	14:00	Raise
	23:07	8.5m	19:59	Lower
7 TUE	06:22	0.6m	02:19	Raise
	11:30	8.2m	08:35	Lower
	18:38	0.7m	14:39	Raise
	23:48	8.8m	20:43	Lower
8 WED	07:05	0.4m	03:01	Raise
	12:09	8.4m	09:14	Lower
	19:21	0.6m	15:20	Raise
			21:26	Lower
9 THU	00:29	8.8m	03:43	Raise
	07:46	0.5m	09:55	Lower
	12:51	8.4m	16:02	Raise
	20:03	0.6m	22:11	Lower
10 FRI	01:13	8.6m	04:28	Raise
	08:26	0.8m	10:37	Lower
	13:35	8.2m	16:47	Raise
	20:45	0.9m	22:58	Lower
11 SAT	02:00	8.0m	05:14	Raise
	09:04	1.3m	11:20	Lower
	14:23	7.9m	17:35	Raise
	21:27	1.3m	23:48	Lower
12 SUN	02:50	7.4m	06:05	Raise
	09:45	1.8m	12:07	Lower
	15:17	7.3m	18:31	Raise
	22:16	1.9m		
13 MON	03:51	6.7m	00:49	Lower
	10:34	2.4m	07:06	Raise
	16:20	6.8m	13:03	Lower
	23:17	2.4m	19:37	Raise
14 TUE	05:03	6.1m	02:00	Lower
	11:40	2.9m	08:22	Raise
	17:39	6.4m	14:14	Lower
			21:00	Raise
15 WED	00:41	2.7m	03:30	Lower
	06:36	5.8m	09:55	Raise
	13:08	3.1m	15:40	Lower
	19:09	6.3m	22:25	Raise
16 THU	02:09	2.6m	04:54	Lower
	08:01	5.9m	11:16	Raise
	14:31	2.9m	16:58	Lower
	20:22	6.5m	23:33	Raise
17 FRI	03:19	2.3m	05:58	Lower
	09:03	6.3m	12:15	Raise
	15:37	2.6m	18:00	Lower
	21:18	6.9m		
18 SAT	04:14	2.0m	00:27	Raise
	09:50	6.6m	06:47	Lower
	16:29	2.3m	13:00	Raise
	22:01	7.2m	18:48	Lower
19 SUN	04:58	1.7m	01:09	Raise
	10:27	7.0m	07:26	Lower
	17:12	2.0m	13:36	Raise
	22:38	7.5m	19:28	Lower
20 MON	05:37	1.5m	01:46	Raise
	11:00	7.2m	08:00	Lower
	17:48	1.7m	14:08	Raise
	23:11	7.7m	20:03	Lower
21 TUE	06:10	1.4m	02:19	Raise
	11:30	7.5m	08:30	Lower
	18:22	1.6m	14:38	Raise
	23:42	7.8m	20:36	Lower
22 WED	06:41	1.3m	02:51	Raise
	12:00	7.6m	09:00	Lower
	18:54	1.5m	15:09	Raise
			21:08	Lower
23 THU	00:13	7.7m	03:22	Raise
	07:11	1.4m	09:29	Lower
	12:31	7.6m	15:40	Raise
	19:25	1.5m	21:42	Lower
24 FRI	00:46	7.6m	03:55	Raise
	07:41	1.5m	09:59	Lower
	13:03	7.5m	16:12	Raise
	19:56	1.6m	22:15	Lower
25 SAT	01:19	7.3m	04:28	Raise
	08:09	1.8m	10:29	Lower
	13:35	7.3m	16:45	Raise
	20:26	1.8m	22:50	Lower
26 SUN	00:53	7.0m	04:02	Raise
	07:37	2.0m	10:01	Lower
	13:10	7.0m	16:21	Raise
	19:59	2.1m	22:28	Lower
27 MON	01:31	6.6m	04:40	Raise
	08:09	2.4m	10:35	Lower
	13:50	6.7m	17:03	Raise
	20:38	2.4m	23:13	Lower
28 TUE	02:15	6.2m	05:25	Raise
	08:47	2.7m	11:17	Lower
	14:39	6.4m	17:54	Raise
	21:28	2.7m		
29 WED	03:12	5.8m	00:10	Lower
	09:39	3.0m	06:25	Raise
	15:41	6.2m	12:11	Lower
	22:36	2.9m	18:59	Raise
30 THU	04:26	5.6m	01:24	Lower
	10:51	3.2m	07:42	Raise
	16:57	6.2m	13:22	Lower
	23:56	2.8m	20:14	Raise
31 FRI	05:48	5.7m	02:44	Lower
	12:14	3.1m	09:02	Raise
	18:13	6.5m	14:42	Lower
			21:26	Raise

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

November

Date	Time	m	Time	Gate
1 SAT	01:12	2.4m	03:54	Lower
	06:58	6.1m	10:09	Raise
	13:29	2.7m	15:53	Lower
	19:16	6.9m	22:27	Raise
2 SUN	02:17	2.0m	04:51	Lower
	07:52	6.6m	11:02	Raise
	14:33	2.2m	16:51	Lower
	20:08	7.4m	23:18	Raise
3 MON	03:12	1.5m	05:38	Lower
	08:38	7.2m	11:47	Raise
	15:31	1.6m	17:44	Lower
	20:55	8.0m		
4 TUE	04:05	1.0m	00:06	Raise
	09:22	7.8m	06:24	Lower
	16:25	1.1m	12:32	Raise
	21:41	8.4m	18:34	Lower
5 WED	04:54	0.7m	00:53	Raise
	10:05	8.2m	07:07	Lower
	17:14	0.8m	13:15	Raise
	22:24	8.6m	19:21	Lower
6 THU	05:39	0.6m	01:37	Raise
	10:48	8.4m	07:49	Lower
	18:01	0.6m	14:00	Raise
	23:11	8.5m	20:10	Lower
7 FRI	06:24	0.7m	02:24	Raise
	11:33	8.5m	08:33	Lower
	18:47	0.7m	14:46	Raise
	23:58	8.2m	20:58	Lower
8 SAT	07:06	1.0m	03:11	Raise
	12:20	8.3m	09:17	Lower
	19:31	1.0m	15:34	Raise
			21:49	Lower
9 SUN	00:47	7.8m	04:00	Raise
	07:47	1.4m	10:02	Lower
	13:11	7.9m	16:25	Raise
	20:18	1.4m	22:43	Lower
10 MON	01:41	7.2m	04:53	Raise
	08:31	1.9m	10:52	Lower
	14:06	7.5m	17:21	Raise
	21:09	1.8m	23:42	Lower
11 TUE	02:40	6.6m	05:53	Raise
	09:21	2.4m	11:47	Lower
	15:08	7.0m	18:26	Raise
	22:10	2.2m		
12 WED	03:51	6.1m	00:52	Lower
	10:23	2.8m	07:05	Raise
	16:19	6.6m	12:52	Lower
	23:20	2.5m	19:36	Raise
13 THU	05:08	5.9m	02:07	Lower
	11:36	3.0m	08:24	Raise
	17:34	6.4m	14:06	Lower
			20:50	Raise
14 FRI	00:35	2.5m	03:20	Lower
	06:24	5.9m	09:38	Raise
	12:51	3.0m	15:18	Lower
	18:42	6.5m	21:54	Raise
15 SAT	01:39	2.4m	04:20	Lower
	07:25	6.1m	10:38	Raise
	13:55	2.8m	16:20	Lower
	19:39	6.7m	22:49	Raise
16 SUN	02:33	2.2m	05:09	Lower
	08:14	6.4m	11:25	Raise
	14:49	2.5m	17:11	Lower
	20:26	6.9m	23:34	Raise
17 MON	03:19	2.0m	05:50	Lower
	08:54	6.7m	12:04	Raise
	15:34	2.3m	17:54	Lower
	21:06	7.1m		
18 TUE	03:59	1.8m	00:13	Raise
	09:30	7.0m	06:26	Lower
	16:14	2.0m	12:39	Raise
	21:42	7.3m	18:33	Lower
19 WED	04:35	1.7m	00:49	Raise
	10:03	7.2m	06:59	Lower
	16:52	1.8m	13:12	Raise
	22:16	7.4m	19:10	Lower
20 THU	05:10	1.6m	01:24	Raise
	10:36	7.4m	07:31	Lower
	17:27	1.7m	13:45	Raise
	22:50	7.4m	19:46	Lower
21 FRI	05:43	1.6m	01:58	Raise
	11:09	7.4m	08:03	Lower
	18:02	1.7m	14:19	Raise
	23:25	7.3m	20:22	Lower
22 SAT	06:15	1.7m	02:33	Raise
	11:43	7.4m	08:35	Lower
	18:37	1.7m	14:53	Raise
	23:59	7.1m	20:59	Lower
23 SUN	00:00	7.1m	03:08	Raise
	06:47	1.9m	09:07	Lower
	12:18	7.4m	15:29	Raise
	19:12	1.8m	21:37	Lower
24 MON	00:37	6.9m	03:44	Raise
	07:20	2.0m	09:41	Lower
	12:55	7.2m	16:06	Raise
	19:48	2.0m	22:17	Lower
25 TUE	01:15	6.7m	04:23	Raise
	07:54	2.2m	10:17	Lower
	13:35	7.1m	16:48	Raise
	20:29	2.2m	23:02	Lower
26 WED	02:00	6.4m	05:07	Raise
	08:33	2.5m	10:58	Lower
	15:21	6.9m	17:35	Raise
	21:16	2.3m	23:54	Lower
27 THU	02:51	6.1m	06:00	Raise
	09:21	2.6m	11:48	Lower
	15:15	6.8m	18:31	Raise
	22:13	2.4m		
28 FRI	03:52	6.0m	00:55	Lower
	10:21	2.8m	07:03	Raise
	16:18	6.7m	12:48	Lower
	23:19	2.4m	19:34	Raise
29 SAT	05:00	6.0m	02:02	Lower
	11:30	2.7m	08:11	Raise
	17:25	6.8m	13:56	Lower
			20:40	Raise
30 SUN	00:26	2.3m	03:07	Lower
	06:07	6.2m	09:19	Raise
	12:43	2.5m	15:07	Lower
	18:31	7.0m	21:44	Raise

December

Date	Time	m	Time	Gate
1 MON	01:33	2.0m	04:09	Lower
	07:09	6.6m	10:20	Raise
	13:53	2.2m	16:14	Lower
	19:31	7.3m	22:44	Raise
2 TUE	02:35	1.7m	05:03	Lower
	08:05	7.1m	11:16	Raise
	14:57	1.8m	17:15	Lower
	20:26	7.6m	23:38	Raise
3 WED	03:32	1.4m	05:54	Lower
	08:56	7.5m	12:07	Raise
	15:57	1.4m	18:12	Lower
	21:19	7.9m		
4 THU	04:26	1.1m	00:31	Raise
	09:45	8.0m	06:43	Lower
	16:52	1.1m	12:57	Raise
	22:08	8.1m	19:06	Lower
5 FRI	05:17	1.0m	01:21	Raise
	10:33	8.2m	07:29	Lower
	17:44	0.9m	13:46	Raise
	22:57	8.1m	19:58	Lower
6 SAT	06:04	1.0m	02:09	Raise
	11:21	8.4m	08:15	Lower
	18:33	0.9m	14:34	Raise
	23:46	8.2m	20:49	Lower
7 SUN	06:50	1.1m	02:58	Raise
	12:10	8.3m	09:02	Lower
	19:22	1.0m	15:24	Raise
			21:41	Lower
8 MON	00:36	7.6m	03:48	Raise
	07:35	1.4m	09:49	Lower
	13:00	8.1m	16:15	Raise
	20:10	1.3m	22:35	Lower
9 TUE	01:29	7.2m	04:40	Raise
	08:20	1.7m	10:37	Lower
	13:53	7.7m	17:08	Raise
	20:59	1.6m	23:29	Lower
10 WED	02:24	6.8m	05:35	Raise
	09:06	2.1m	11:28	Lower
	14:47	7.3m	18:03	Raise
	21:50	2.0m		
11 THU	03:21	6.4m	00:26	Lower
	09:56	2.5m	06:32	Raise
	15:43	7.0m	12:21	Lower
	22:42	2.3m	18:59	Raise
12 FRI	04:20	6.1m	01:23	Lower
	10:50	2.7m	07:33	Raise
	16:44	6.6m	13:18	Lower
	23:41	2.5m	20:00	Raise
13 SAT	05:26	5.9m	02:25	Lower
	11:53	2.9m	08:39	Raise
	17:47	6.4m	14:21	Lower
			21:01	Raise
14 SUN	00:42	2.6m	03:26	Lower
	06:30	5.9m	09:43	Raise
	12:57	3.0m	15:25	Lower
	18:48	6.4m	22:00	Raise
15 MON	01:40	2.6m	04:20	Lower
	07:27	6.1m	10:39	Raise
	13:58	2.9m	16:25	Lower
	19:43	6.4m	22:53	Raise
16 TUE	02:24	2.5m	04:57	Lower
	08:04	6.4m	11:08	Raise
	14:40	2.3m	17:13	Lower
	20:30	6.7m	23:41	Raise
17 WED	03:20	2.3m	05:52	Lower
	09:01	6.5m	12:11	Lower
	15:40	2.4m	18:05	Lower
	21:15	6.7m		
18 THU	04:02	2.2m	00:23	Raise
	09:40	6.8m	06:30	Lower
	16:25	2.2m	12:49	Raise
	21:55	6.9m	18:49	Lower
19 FRI	04:43	2.0m	01:03	Raise
	10:17	7.1m	07:07	Lower
	17:07	2.0m	13:27	Raise
	22:33	7.0m	19:30	Lower
20 SAT	05:21	1.9m	01:40	Raise
	10:53	7.3m	07:43	Lower
	17:46	1.8m	14:03	Raise
	23:10	7.1m	20:09	Lower
21 SUN	05:58	1.8m	02:17	Raise
	11:28	7.5m	08:17	Lower
	18:25	1.7m	14:39	Raise
	23:46	7.1m	20:48	Lower
22 MON	06:34	1.8m	02:54	Raise
	12:05	7.6m	08:52	Lower
	19:04	1.7m	15:17	Raise
			21:28	Lower
23 TUE	00:25	7.0m	03:32	Raise
	07:10	1.8m	09:28	Lower
	12:42	7.6m	15:54	Raise
	19:41	1.7m	22:07	Lower
24 WED	01:03	6.9m	04:10	Raise
	07:46	1.9m	10:05	Lower
	13:21	7.5m	16:34	Raise
	20:21	1.8m	22:50	Lower
25 THU	01:44	6.8m	04:51	Raise
	08:25	2.0m	10:45	Lower
	14:03	7.4m	17:17	Raise
	21:03	1.9m	23:34	Lower
26 FRI	02:28	6.6m	05:35	Raise
	09:07	2.2m	11:28	Lower
	14:49	7.3m	18:04	Raise
	21:49	2.0m		
27 SAT	03:17	6.5m	00:23	Lower
	09:55	2.3m	06:26	Raise
	15:42	7.2m	12:19	Lower
	22:43	2.1m	18:58	Raise
28 SUN	04:16	6.4m	01:20	Lower
	10:53	2.4m	07:26	Raise
	16:42	7.0m	13:18	Lower
	23:43	2.2m	19:59	Raise
29 MON	05:20	6.3m	02:21	Lower
	12:00	2.5m	08:32	Raise
	17:50	6.9m	14:27	Lower
			21:06	Raise
30 TUE	00:50	2.2m	03:27	Lower
	06:30	6.5m	09:42	Raise
	13:15	2.3m	15:42	Lower
	19:00	7.0m	22:15	Raise
31 WED	01:59	2.1m	04:32	Lower
	07:37	6.8m	10:50	Raise
	14:28	2.1m	16:54	Lower
	20:06	7.1m	23:19	Raise

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