

Sunderland, Durham

Leith, Scotland - READ flaterco.com/pol.html

+ Corrections: High(+0:55 -1.10) Low(+1:25 -0.20)

Units are meters, initial timezone is GMTDT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
03-28	03-29	Full 03-30	03-31	04-01	04-02	04-03
H0241 5.0	H0330 5.3	H0414 5.5	H0457 5.5	H0538 5.4	L0027 0.4	L0059 0.7
L0919 1.1	L1004 0.7	L1046 0.4	L1125 0.3	L1202 0.4	H0618 5.2	H0659 4.9
H1504 5.2	H1552 5.5	H1636 5.7	H1719 5.6	H1801 5.5	L1235 0.5	L1307 0.8
L2152 0.3	L2235 0.1	L2315 -0.0	L2353 0.1		H1844 5.2	H1929 4.9

04-04	04-05	LQtr 04-06	04-07	04-08	04-09	04-10
L0127 1.2	L0200 1.7	L0249 2.1	L0417 2.4	L0552 2.5	H0035 3.9	H0141 4.1
H0742 4.6	H0828 4.3	H0921 4.1	H1023 3.9	H1139 3.9	L0719 2.3	L0812 2.0
L1340 1.2	L1423 1.6	L1539 2.0	L1729 2.1	L1932 2.0	H1256 4.0	H1357 4.3
H2017 4.5	H2110 4.2	H2210 3.9	H2320 3.8		L2022 1.7	L2058 1.4

04-11	04-12	04-13	New 04-14	04-15	04-16	04-17
H0229 4.3	H0307 4.6	H0340 4.8	H0413 4.9	H0446 5.0	H0520 5.0	H0556 5.0
L0850 1.7	L0925 1.4	L0959 1.1	L1031 0.9	L1102 0.8	L1131 0.8	L1158 0.9
H1442 4.5	H1519 4.7	H1552 4.9	H1625 5.0	H1658 5.1	H1734 5.1	H1813 5.0
L2128 1.2	L2156 1.0	L2223 0.8	L2250 0.8	L2315 0.7	L2341 0.8	

04-18	04-19	04-20	FQtr 04-21	04-22	04-23	04-24
L0009 1.0	L0041 1.2	L0120 1.5	L0213 1.8	L0410 2.1	L0538 2.0	H0012 4.4
H0634 4.9	H0717 4.7	H0805 4.5	H0901 4.3	H1007 4.2	H1125 4.3	L0650 1.8
L1228 1.0	L1305 1.1	L1354 1.4	L1522 1.6	L1706 1.6	L1825 1.4	H1243 4.5
H1858 4.9	H1948 4.7	H2044 4.5	H2146 4.3	H2257 4.3		L1936 1.1

04-25	04-26	04-27	Full 04-28	04-29	04-30	05-01
H0120 4.6	H0217 4.9	H0307 5.1	H0352 5.2	H0434 5.3	H0515 5.2	L0004 0.7
L0754 1.5	L0850 1.1	L0939 0.8	L1023 0.6	L1104 0.5	L1143 0.5	H0554 5.0
H1348 4.8	H1442 5.1	H1531 5.3	H1617 5.4	H1700 5.3	H1743 5.2	L1219 0.7
L2036 0.8	L2126 0.5	L2211 0.4	L2251 0.4	L2329 0.5		H1825 5.0

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
04-25	04-26	04-27	Full 04-28	04-29	04-30	05-01
H0120 4.6	H0217 4.9	H0307 5.1	H0352 5.2	H0434 5.3	H0515 5.2	L0004 0.7
L0754 1.5	L0850 1.1	L0939 0.8	L1023 0.6	L1104 0.5	L1143 0.5	H0554 5.0
H1348 4.8	H1442 5.1	H1531 5.3	H1617 5.4	H1700 5.3	H1743 5.2	L1219 0.7
L2036 0.8	L2126 0.5	L2211 0.4	L2251 0.4	L2329 0.5		H1825 5.0

05-02	05-03	05-04	05-05	LQtr 05-06	05-07	05-08
L0036 1.0	L0106 1.3	L0140 1.7	L0227 2.0	L0340 2.2	L0455 2.3	L0602 2.2
H0634 4.8	H0716 4.6	H0800 4.4	H0848 4.2	H0941 4.1	H1042 4.0	H1149 4.0
L1254 0.9	L1329 1.2	L1412 1.5	L1517 1.8	L1635 1.9	L1751 1.9	L1900 1.8
H1908 4.7	H1954 4.4	H2042 4.2	H2134 4.0	H2231 3.9	H2334 3.9	

05-09	05-10	05-11	05-12	05-13	New 05-14	05-15
H0037 4.0	H0134 4.2	H0222 4.4	H0303 4.6	H0341 4.8	H0419 4.9	H0457 5.0
L0701 2.0	L0752 1.8	L0838 1.5	L0919 1.3	L1000 1.1	L1039 0.9	L1116 0.8
H1255 4.1	H1350 4.3	H1436 4.5	H1517 4.7	H1556 4.9	H1636 5.0	H1717 5.0
L1951 1.6	L2030 1.4	L2106 1.2	L2142 1.0	L2218 0.9	L2253 0.9	L2328 1.0

05-16	05-17	05-18	05-19	05-20	FQtr 05-21	05-22
H0537 5.0	L0004 1.1	L0044 1.2	L0133 1.5	L0246 1.7	L0403 1.8	L0510 1.8
L1154 0.8	H0619 5.0	H0705 4.9	H0755 4.8	H0851 4.6	H0952 4.5	H1103 4.5
H1802 5.0	L1234 0.8	L1322 0.9	L1426 1.1	L1539 1.2	L1648 1.2	L1755 1.2
	H1849 4.9	H1940 4.8	H2035 4.7	H2134 4.5	H2238 4.5	H2346 4.5

	05-23		05-24		05-25		05-26		05-27	Full	05-28		05-29
L0615	1.7	H0052	4.6	H0152	4.7	H0245	4.9	H0332	5.0	H0416	5.0	H0457	5.0
H1215	4.5	L0720	1.5	L0822	1.3	L0918	1.0	L1007	0.9	L1052	0.8	L1133	0.7
L1902	1.1	H1322	4.7	H1420	4.9	H1513	5.0	H1601	5.0	H1645	5.0	H1728	4.9
		L2006	1.0	L2101	0.9	L2149	0.8	L2232	0.8	L2312	0.9	L2348	1.0

	05-30		05-31		06-01		06-02		06-03	LQtr	06-04		06-05
H0536	4.9	L0022	1.2	L0054	1.4	L0128	1.6	L0208	1.8	L0259	2.0	L0401	2.1
L1212	0.8	H0614	4.8	H0653	4.7	H0734	4.6	H0817	4.4	H0903	4.3	H0952	4.2
H1809	4.8	L1249	0.9	L1324	1.1	L1401	1.3	L1445	1.5	L1540	1.6	L1638	1.7
		H1849	4.6	H1930	4.5	H2013	4.3	H2058	4.2	H2146	4.1	H2239	4.0

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
	05-30		05-31		06-01		06-02		06-03		LQtr	06-04	06-05
H0536	4.9	L0022	1.2	L0054	1.4	L0128	1.6	L0208	1.8	L0259	2.0	L0401	2.1
L1212	0.8	H0614	4.8	H0653	4.7	H0734	4.6	H0817	4.4	H0903	4.3	H0952	4.2
H1809	4.8	L1249	0.9	L1324	1.1	L1401	1.3	L1445	1.5	L1540	1.6	L1638	1.7
		H1849	4.6	H1930	4.5	H2013	4.3	H2058	4.2	H2146	4.1	H2239	4.0

	06-06		06-07		06-08		06-09		06-10		06-11	New	06-12
L0502	2.1	L0600	2.1	H0037	4.1	H0135	4.3	H0226	4.5	H0312	4.7	H0356	4.9
H1047	4.1	H1149	4.1	L0655	1.9	L0748	1.7	L0842	1.5	L0935	1.2	L1026	1.0
L1736	1.7	L1830	1.7	H1254	4.1	H1353	4.3	H1444	4.5	H1532	4.8	H1617	5.0
H2337	4.0			L1922	1.6	L2014	1.4	L2106	1.3	L2156	1.2	L2245	1.1

	06-13		06-14		06-15		06-16		06-17		06-18	FQtr	06-19
H0438	5.0	H0522	5.1	L0016	1.0	L0101	1.1	L0149	1.2	L0241	1.3	L0337	1.5
L1115	0.8	L1202	0.6	H0607	5.2	H0654	5.2	H0744	5.1	H0837	4.9	H0934	4.8
H1703	5.1	H1750	5.1	L1249	0.5	L1337	0.6	L1428	0.7	L1522	0.8	L1620	1.0
L2331	1.0			H1839	5.1	H1929	5.0	H2021	4.9	H2115	4.7	H2213	4.6

	06-20		06-21		06-22		06-23		06-24		06-25	Full	06-26
L0437	1.6	L0539	1.7	H0023	4.4	H0127	4.5	H0225	4.6	H0317	4.7	H0403	4.8
H1038	4.6	H1147	4.5	L0647	1.6	L0802	1.5	L0908	1.3	L1001	1.1	L1045	0.9
L1721	1.2	L1827	1.3	H1257	4.5	H1401	4.6	H1458	4.7	H1549	4.8	H1634	4.8
H2316	4.4			L1938	1.3	L2043	1.3	L2135	1.3	L2219	1.2	L2258	1.2

	06-27		06-28		06-29		06-30		07-01		07-02		07-03
H0445	4.9	H0522	4.9	L0007	1.2	L0038	1.3	L0108	1.4	L0140	1.5	L0215	1.7
L1126	0.8	L1203	0.8	H0556	4.9	H0630	4.9	H0706	4.8	H0744	4.7	H0825	4.5
H1715	4.8	H1752	4.7	L1237	0.9	L1307	0.9	L1336	1.1	L1405	1.2	L1441	1.4
L2333	1.2			H1827	4.7	H1902	4.6	H1940	4.5	H2021	4.4	H2105	4.3

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
	06-27		06-28		06-29		06-30		07-01		07-02		07-03
H0445	4.9	H0522	4.9	L0007	1.2	L0038	1.3	L0108	1.4	L0140	1.5	L0215	1.7
L1126	0.8	L1203	0.8	H0556	4.9	H0630	4.9	H0706	4.8	H0744	4.7	H0825	4.5
H1715	4.8	H1752	4.7	L1237	0.9	L1307	0.9	L1336	1.1	L1405	1.2	L1441	1.4
L2333	1.2			H1827	4.7	H1902	4.6	H1940	4.5	H2021	4.4	H2105	4.3

	LQtr	07-04		07-05		07-06		07-07		07-08		07-09		07-10
L0259	1.8	L0356	2.0	L0500	2.1	L0603	2.0	H0050	4.1	H0152	4.3	H0247	4.6	
H0909	4.4	H0958	4.2	H1055	4.1	H1203	4.1	L0707	1.9	L0814	1.7	L0924	1.3	
L1528	1.6	L1627	1.7	L1729	1.8	L1831	1.8	H1313	4.2	H1416	4.4	H1511	4.7	
H2152	4.2	H2244	4.0	H2344	4.0			L1935	1.7	L2044	1.5	L2148	1.3	

	New	07-11		07-12		07-13		07-14		07-15		07-16		07-17
H0336	4.9	H0422	5.1	H0507	5.3	L0009	0.8	L0051	0.8	L0133	0.8	L0216	1.0	
L1021	0.9	L1110	0.6	L1156	0.3	H0552	5.5	H0639	5.5	H0727	5.4	H0818	5.2	
H1601	5.0	H1648	5.2	H1735	5.3	L1239	0.2	L1323	0.2	L1407	0.4	L1454	0.7	
L2239	1.1	L2325	0.9			H1823	5.4	H1911	5.3	H2000	5.1	H2051	4.8	

FQtr	07-18	07-19	07-20	07-21	07-22	07-23	07-24
L0304	1.3	L0359 1.5	L0503 1.7	L0621 1.8	H0104 4.3	H0209 4.4	H0305 4.6
H0912	4.9	H1012 4.7	H1121 4.4	H1234 4.3	L0800 1.7	L0907 1.5	L0956 1.2
L1546	1.0	L1644 1.4	L1753 1.7	L1920 1.8	H1344 4.4	H1446 4.5	H1538 4.6
H2145	4.6	H2245 4.4	H2353 4.2		L2034 1.7	L2125 1.6	L2205 1.5

	07-25	Full	07-26	07-27	07-28	07-29	07-30	07-31
H0352	4.8	H0432 4.9	H0506 5.0	H0536 5.0	L0014 1.1	L0041 1.1	L0107 1.2	
L1036	1.0	L1112 0.9	L1145 0.8	L1214 0.8	H0605 5.0	H0636 4.9	H0711 4.8	
H1622	4.7	H1658 4.8	H1730 4.8	H1800 4.8	L1239 0.8	L1301 0.9	L1323 1.1	
L2241	1.3	L2314 1.2	L2345 1.1		H1832 4.8	H1907 4.7	H1945 4.6	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08-01	08-02	LQtr 08-03	08-04	08-05	08-06	08-07
L0132 1.4	L0203 1.6	L0243 1.8	L0345 2.0	L0515 2.1	H0010 4.0	H0123 4.2
H0749 4.7	H0831 4.5	H0919 4.3	H1015 4.1	H1124 4.1	L0637 2.0	L0803 1.7
L1350 1.2	L1424 1.5	L1512 1.7	L1626 2.0	L1753 2.1	H1243 4.2	H1354 4.4
H2026 4.4	H2110 4.3	H2200 4.1	H2258 4.0		L1915 2.0	L2035 1.7

	08-08	08-09	New	08-10	08-11	08-12	08-13	08-14
H0225	4.6	H0317 5.0	H0404 5.3	H0449 5.6	H0534 5.7	L0028 0.5	L0107 0.6	
L0915	1.2	L1009 0.7	L1055 0.3	L1138 0.0	L1219 -0.1	H0620 5.7	H0707 5.6	
H1452	4.8	H1543 5.2	H1631 5.4	H1716 5.5	H1802 5.5	L1259 0.0	L1340 0.3	
L2136	1.3	L2224 1.0	L2308 0.7	L2349 0.5		H1847 5.4	H1934 5.2	

	08-15	FQtr	08-16	08-17	08-18	08-19	08-20	08-21
L0146	0.8	L0228 1.2	L0320 1.5	L0430 1.9	L0608 2.0	H0040 4.1	H0152 4.3	
H0756	5.3	H0849 5.0	H0947 4.6	H1055 4.3	H1212 4.1	L0803 1.9	L0900 1.6	
L1422	0.7	L1508 1.2	L1606 1.7	L1722 2.1	L1909 2.2	H1327 4.2	H1432 4.4	
H2023	4.9	H2115 4.5	H2213 4.3	H2323 4.1		L2023 2.0	L2109 1.8	

	08-22	08-23	Full	08-24	08-25	08-26	08-27	08-28
H0249	4.6	H0334 4.8	H0412 5.0	H0443 5.1	H0510 5.1	H0537 5.1	L0010 1.0	
L0943	1.3	L1018 1.0	L1050 0.9	L1118 0.8	L1143 0.7	L1205 0.8	H0606 5.1	
H1522	4.6	H1601 4.7	H1634 4.9	H1702 4.9	H1730 4.9	H1800 4.9	L1224 0.8	
L2146	1.6	L2218 1.4	L2248 1.2	L2318 1.0	L2345 1.0		H1833 4.9	

	08-29	08-30	08-31	LQtr	09-01	09-02	09-03	09-04
L0033	1.1	L0056 1.2	L0123 1.4	L0159 1.7	L0249 2.0	L0434 2.2	L0625 2.0	
H0639	4.9	H0717 4.8	H0800 4.6	H0850 4.4	H0949 4.2	H1100 4.1	H1220 4.2	
L1244	1.0	L1309 1.2	L1341 1.4	L1421 1.8	L1523 2.1	L1731 2.3	L1905 2.1	
H1909	4.7	H1949 4.5	H2032 4.3	H2122 4.1	H2222 4.0	H2337 4.0		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08-29	08-30	08-31	LQtr 09-01	09-02	09-03	09-04
L0033 1.1	L0056 1.2	L0123 1.4	L0159 1.7	L0249 2.0	L0434 2.2	L0625 2.0
H0639 4.9	H0717 4.8	H0800 4.6	H0850 4.4	H0949 4.2	H1100 4.1	H1220 4.2
L1244 1.0	L1309 1.2	L1341 1.4	L1421 1.8	L1523 2.1	L1731 2.3	L1905 2.1
H1909 4.7	H1949 4.5	H2032 4.3	H2122 4.1	H2222 4.0	H2337 4.0	

	09-05	09-06	09-07	New	09-08	09-09	09-10	09-11
H0057	4.2	H0203 4.6	H0257 5.1	H0345 5.5	H0430 5.7	H0513 5.8	L0003 0.3	
L0754	1.6	L0858 1.1	L0948 0.6	L1033 0.2	L1114 -0.0	L1154 -0.1	H0558 5.8	
H1333	4.5	H1433 4.9	H1523 5.3	H1610 5.5	H1654 5.7	H1738 5.6	L1233 0.1	
L2020	1.7	L2115 1.3	L2202 0.9	L2244 0.6	L2325 0.4		H1821 5.4	

	09-12	09-13	09-14	FQtr	09-15	09-16	09-17	09-18
L0040	0.5	L0117 0.8	L0155 1.1	L0245 1.6	L0403 2.0	L0559 2.1	H0010 4.0	
H0644	5.6	H0733 5.2	H0825 4.9	H0923 4.5	H1029 4.2	H1145 4.0	L0750 1.9	
L1310	0.5	L1347 0.9	L1429 1.5	L1527 2.0	L1650 2.4	L1841 2.4	H1303 4.1	
H1906	5.2	H1953 4.9	H2044 4.5	H2141 4.2	H2250 4.0		L1959 2.2	

	09-19	09-20	09-21	09-22	Full	09-23	09-24	09-25
H0124	4.2	H0222 4.5	H0306 4.8	H0343 5.0	H0413 5.1	H0440 5.1	H0508 5.1	
L0841	1.6	L0920 1.3	L0952 1.1	L1020 1.0	L1045 0.8	L1109 0.8	L1130 0.8	
H1406	4.3	H1455 4.6	H1532 4.8	H1602 4.9	H1630 5.0	H1659 5.0	H1729 5.0	
L2042	2.0	L2117 1.7	L2148 1.4	L2218 1.2	L2247 1.0	L2315 0.9	L2340 0.9	

	09-26	09-27	09-28	09-29	09-30	LQtr	10-01	10-02
H0539	5.1	L0003 1.0	L0027 1.2	L0056 1.4	L0134 1.6	L0225 1.9	L0430 2.1	
L1150	0.9	H0613 5.0	H0653 4.8	H0738 4.6	H0831 4.4	H0932 4.3	H1042 4.2	
H1802	5.0	L1212 1.0	L1239 1.2	L1311 1.5	L1352 1.8	L1453 2.2	L1723 2.3	
		H1838 4.8	H1917 4.6	H2002 4.4	H2053 4.2	H2154 4.1	H2310 4.1	

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	09-26	09-27	09-28	09-29	09-30	LQtr	10-01
H0539	5.1	L0003 1.0	L0027 1.2	L0056 1.4	L0134 1.6	L0225 1.9	L0430 2.1
L1150	0.9	H0613 5.0	H0653 4.8	H0738 4.6	H0831 4.4	H0932 4.3	H1042 4.2
H1802	5.0	L1212 1.0	L1239 1.2	L1311 1.5	L1352 1.8	L1453 2.2	L1723 2.3
		H1838 4.8	H1917 4.6	H2002 4.4	H2053 4.2	H2154 4.1	H2310 4.1

	10-03	10-04	10-05	10-06	New	10-07	10-08	10-09
L0613	1.9	H0032 4.3	H0140 4.7	H0235 5.2	H0324 5.5	H0409 5.7	H0453 5.8	
H1159	4.3	L0731 1.4	L0832 1.0	L0923 0.6	L1007 0.3	L1050 0.1	L1130 0.2	
L1846	2.1	H1311 4.6	H1411 5.0	H1501 5.3	H1547 5.5	H1631 5.6	H1713 5.6	
		L1953 1.7	L2048 1.3	L2136 0.9	L2220 0.6	L2301 0.4	L2341 0.4	

	10-10	10-11	10-12	10-13	FQtr	10-14	10-15	10-16
H0538	5.7	L0018 0.5	L0055 0.8	L0133 1.2	L0223 1.6	L0341 1.9	L0519 2.1	
L1208	0.4	H0624 5.4	H0711 5.1	H0802 4.7	H0857 4.4	H0958 4.1	H1107 4.0	
H1756	5.4	L1244 0.7	L1319 1.2	L1356 1.7	L1451 2.1	L1612 2.4	L1739 2.5	
		H1839 5.1	H1925 4.8	H2014 4.5	H2109 4.3	H2212 4.1	H2326 4.0	

	10-17	10-18	10-19	10-20	10-21	10-22	Full	10-23
L0711	1.9	H0039 4.2	H0140 4.4	H0228 4.6	H0306 4.8	H0339 4.9	H0411 5.0	
H1219	4.0	L0806 1.7	L0845 1.5	L0916 1.3	L0943 1.2	L1008 1.0	L1033 1.0	
L1904	2.4	H1324 4.2	H1414 4.5	H1453 4.7	H1527 4.9	H1558 5.0	H1630 5.0	
		L1958 2.1	L2036 1.8	L2110 1.5	L2143 1.3	L2215 1.1	L2246 1.0	

	10-24	10-25	10-26	10-27	10-28	10-29	LQtr	10-30
H0442	5.1	H0516 5.1	H0554 5.0	L0011 1.1	L0044 1.3	L0126 1.5	L0229 1.7	
L1059	1.0	L1124 1.0	L1150 1.2	H0637 4.9	H0725 4.7	H0819 4.6	H0918 4.4	
H1702	5.1	H1737 5.0	H1814 4.9	L1220 1.4	L1255 1.6	L1340 1.9	L1459 2.2	
L2315	1.0	L2342 1.1		H1855 4.8	H1941 4.6	H2033 4.4	H2134 4.3	

	10-31	11-01	11-02	11-03	11-04	11-05	New	11-06
L0329	1.8	L0449 1.6	L0559 1.3	H0014 4.8	H0112 5.1	H0203 5.4	H0251 5.5	
H0924	4.4	H1035 4.4	H1145 4.7	L0701 1.0	L0756 0.7	L0844 0.5	L0928 0.5	
L1603	2.2	L1715 2.0	L1819 1.7	H1246 4.9	H1339 5.2	H1426 5.4	H1510 5.4	
H2146	4.3	H2305 4.5		L1918 1.4	L2010 1.0	L2058 0.8	L2143 0.6	