

Training 2020										
Date	Day	High Water Time - hrs		Sunrise	Sunset	Training time - hrs	Height (m)	Gig	FYI	Notes
2020		am	pm	am	pm					
29-Dec		2.18	14.37	8.03	3.54	12.37	2.87			Club Rowing - Recover Gigs
01-Jan		4.04	16.36	8.03	3.57	14.36	2.52			Club Rowing - Recover Gigs
04-Jan	Sat	6.26	19.12	8.03	4.01					no light
05-Jan	Sun	7.30	20.15	8.02	4.02					Burnham HY
11-Jan	Sat	0.46	13.01	7.59	4.10	11.01	2.94			Club Rowing - Recover Gigs
12-Jan	Sun	1.31	13.45	7.59	4.11	11.45	3.03			Wivenhoe HY
18-Jan	Sat	6.04	18.43	7.54	4.21	16.43	2.69			no light
19-Jan	Sun	7.09	19.53	7.53	4.22	17.53	2.60			no light
25-Jan	Sat	0.52	13.08	7.45	4.33	11.08	2.84			Club Rowing - Recover Gigs
26-Jan	Sun	1.30	13.46	7.44	4.35	11.46	2.85			Stone HY
01-Feb	Sat	4.49	17.16	7.35	4.45	15.16	2.40			Club Rowing
02-Feb	Sun	5.29	18.04	7.34	4.47	16.04	2.32			Club Rowing
08-Feb	Sat	11.58		7.24	4.58	9.58	2.80			Club Rowing - Recover Gigs
09-Feb	Sun	0.31	12.48	7.22	5.00					Marconi HY
15-Feb	Sat	4.49	17.20	7.11	5.11	15.20	2.70			Club Rowing
16-Feb	Sun	5.37	18.13	7.09	5.13	16.13	2.53			Club Rowing
22-Feb	Sat		12.17	6.57	5.24	10.17	2.74			Club Rowing - Recover Gigs
23-Feb	Sun	0.39	12.56	6.55	5.25	10.56	2.78			Rowhedge HY
29-Feb	Sat	3.44	16.03	6.42	5.36	14.03	2.57			Club Rowing - Recover Gigs
01-Mar	Sun	4.15	16.36	6.40	5.38					Brightlingsea HY
07-Mar	Sat	10.44	23.20	6.26	5.49	8.44	2.60			Club Rowing
08-Mar	Sun	11.41		6.24	5.50	9.41	2.81			Club Rowing
14-Mar	Sat	3.43	16.08	6.10	6.01	14.08	2.86			Club Rowing
15-Mar	Sun	4.25	16.53	6.08	6.03	14.53	2.67			Club Rowing
21-Mar	Sat	11.14	23.36	5.54	6.13	9.14	2.63			Club Rowing
22-Mar	Sun	11.58		5.52	6.14	9.58	2.71			Club Rowing
28-Mar	Sat	2.48	15.05	5.38	6.25	13.05	2.70			Club Rowing
29-Mar	Sun	4.17	16.34	6.36	7.26	14.34	2.62			Club Rowing