	Trip Name & Number Page Number							VHF Weather								
	Date							Weather Forecast								
	Coastguard Contact															
						Mean Sp Range			Local				eal Port			
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	Tidal Port Tide Times (UT)		Height in Tida Metres in M		dal Range F Metres		V/LW	+1 Hr BST?	ST?		Local Port HW/LWTime Difference		Local Port HW/LW		Sp or N Tides	
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