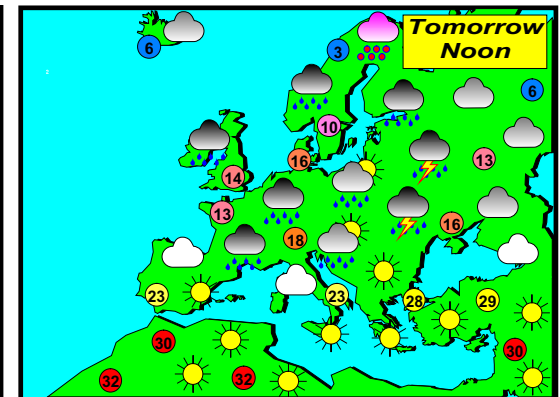
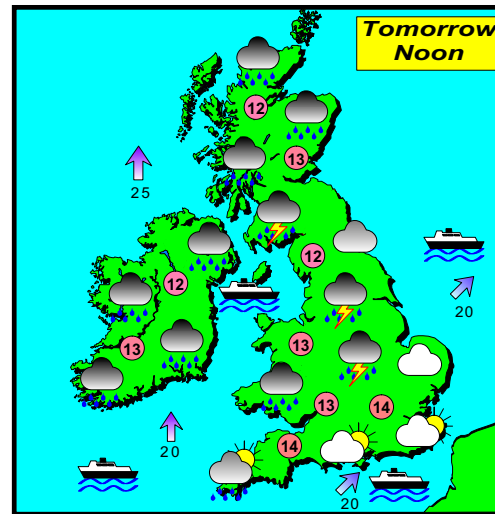
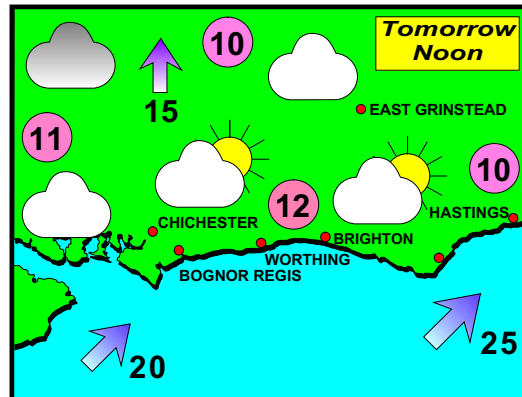
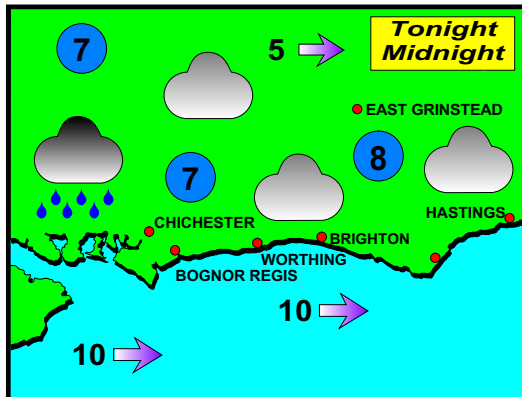


News WEATHER

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Isolated showers will die out but the night will remain overcast and temperatures should drop to no lower than 6C (43F).

The day will become increasingly windy, with gusts of gale force possible on exposed coasts. Cloud will disperse in the afternoon to give some pleasant sunny periods. Maximum temperature 12C (54F).

Rain in the north and west will continue, and winds will increase in strength as the day progresses. Heaviest rainfall will occur in the north and is likely to be accompanied by thunder. Newhaven..... Outlook: Winds will slowly abate towards the weekend, but the weather will remain cool and wet.

SAILING FORECAST

INSHORE:
The force 3-4 westerly winds, will increase steadily overnight to a strong breeze, south westerly force 5-6. Visibility good.

CHANNEL:
Winds westerly, moderate, becoming south westerly fresh-strong later. Visibility good.

3 DAY REGIONAL OUTLOOK



SUN, MOON, TIDES & THE NIGHT SKY

Sun
Rises 07.14 Sets 18.50

Moon
Rises 17.37 Sets 02.56
Phase

Tomorrows High Tides:
Chichester.....09 21 (4.3m); 22 03 (4.5m)
Littlehampton09 20 (4.1m); 21 59 (4.3m)
.....08 57 (4.0m); 21 35 (4.2m)

Venus brilliant in the west soon after sunset;
Mars low in the east; Jupiter higher to the SE.