

Event	Deteriorating air quality		Improving air quality	
	Time (BST)	Relative vorticity ($1 \times 10^{-5} \text{ s}^{-1}$)	Time (BST)	Relative vorticity ($1 \times 10^{-5} \text{ s}^{-1}$)
1	02:00 on 13 January 2006	2.58	20:00 on 13 January 2006	-0.94
2	02:00 on 29 January 2006	4.15	08:00 on 30 January 2006	-3.36
3	20:00 on 22 December 2006	4.64	14:00 on 23 December 2006	-1.09
4	14:00 on 22 December 2007	0.59	14:00 on 23 December 2007	-0.82
5	02:00 on 19 January 2009	1.75	08:00 on 19 January 2009	-2.48
6	02:00 on 3 February 2011	2.96	14:00 on 3 February 2011	3.16
7	02:00 on 31 January 2014	9.12	02:00 on 1 February 2014	5.49
8	20:00 on 4 January 2017	6.49	08:00 on 5 January 2017	-5.74