



Wave length (**L**) is measured in metres . It is the distance between two wave crests.

Wave height (**h**) is measured in metres. It is the distance between the trough and crest of a wave. It is measured as an estimation by eye.

Wave frequency (**F**) is the number of waves counted per minute.

Wave energy (**E**) is measured in joules per metre of wave crest. It is the amount of energy produced as the wave breaks on the shore.

$$L = \frac{1.6 \times 3600}{F^2}$$

$$E = 740 \times h^2 \times L$$

Location	Grid Ref.	Wind Direction	Wind Speed (mph)	h (m)	F	L (m)	E (J/m)