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ATLANTIC CAPESIZE INDEX

25TH JULY 2016

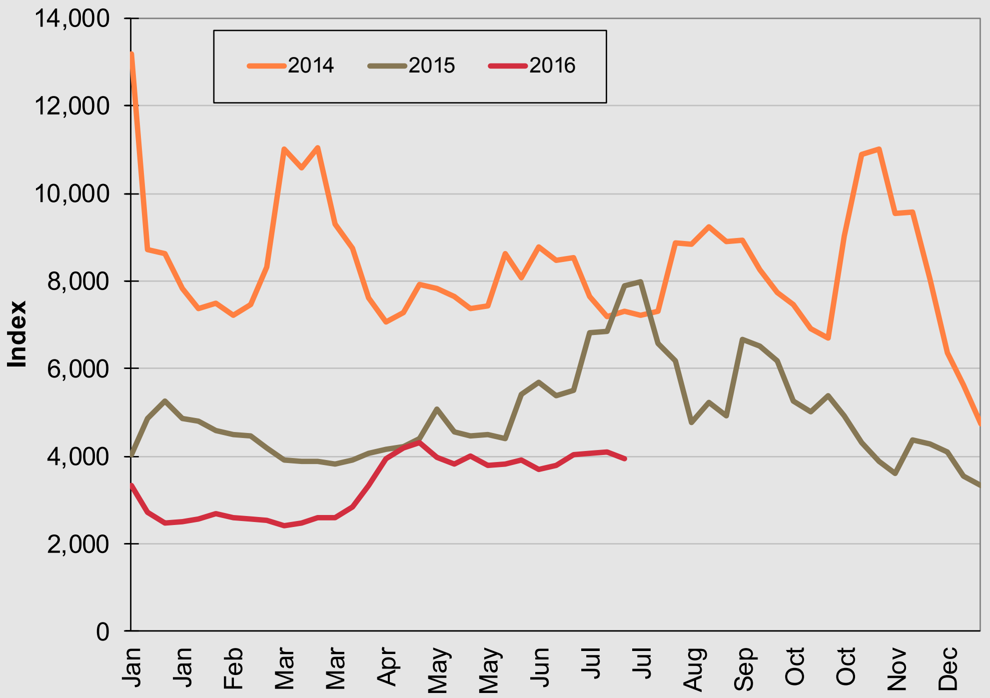
After hitting an 11-week high last week, the SSY Atlantic Capesize Index has retreated by 176 points to 3,929. The index is 2,935 points below the year-ago index. The Atlantic round-voyage rate (180 kdwt) has fallen by $1,250/day to $5,500/day, while the fronthaul rate has dropped by $1,600/day to $13,750/day.

For more information contact David Beard/John Kearsey

The Atlantic Capesize Index started at 5,000 points on 2 October 1989 and has since been subject to periodic updating to reflect changing trade patterns. The latest update was on 17 July 2015.

			18/07/2016	25/07/2016
Trade	**Cargo Size**	**Weight**	**$/t**	**$/t**
NARVIK/ROTTERDAM	150,000/10%	10.0%	3.35	3.25
TUBARAO/ROTTERDAM	160,000/10%	10.0%	4.50	4.35
RICHARDS BAY/ROTTERDAM	150,000/10%	10.0%	3.95	3.85
HAMPTON ROADS/ROTTERDAM	120,000/10%	10.0%	7.05	6.85
PUERTO BOLIVAR/ROTTERDAM	150,000/10%	10.0%	5.40	5.20
NOUADIBOU/QINGDAO	140,000/10%	10.0%	9.35	9.05
TUBARAO/JAPAN	160,000/10%	10.0%	9.60	9.30
TUBARAO/QINGDAO	160,000/10%	10.0%	9.15	8.85
T/C TRIP CONT/FAR EAST	180,000 DWT	10.0%	2.59	2.32
T/C TRANSATLANTIC ROUND	180,000 DWT	10.0%	1.14	0.93
		100.0%		
CALCULATED INDEX			**4,105**	**3,929**
Change on Previous Week			+37	-176
Change on Four Weeks Ago			+421	+138
Change on Previous Year			-2,718	-2,935
Change on Two Years Ago			-3,553	-3,253

SSY Atlantic Capesize Index



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