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ATLANTIC CAPESIZE INDEX

1ST AUGUST 2016

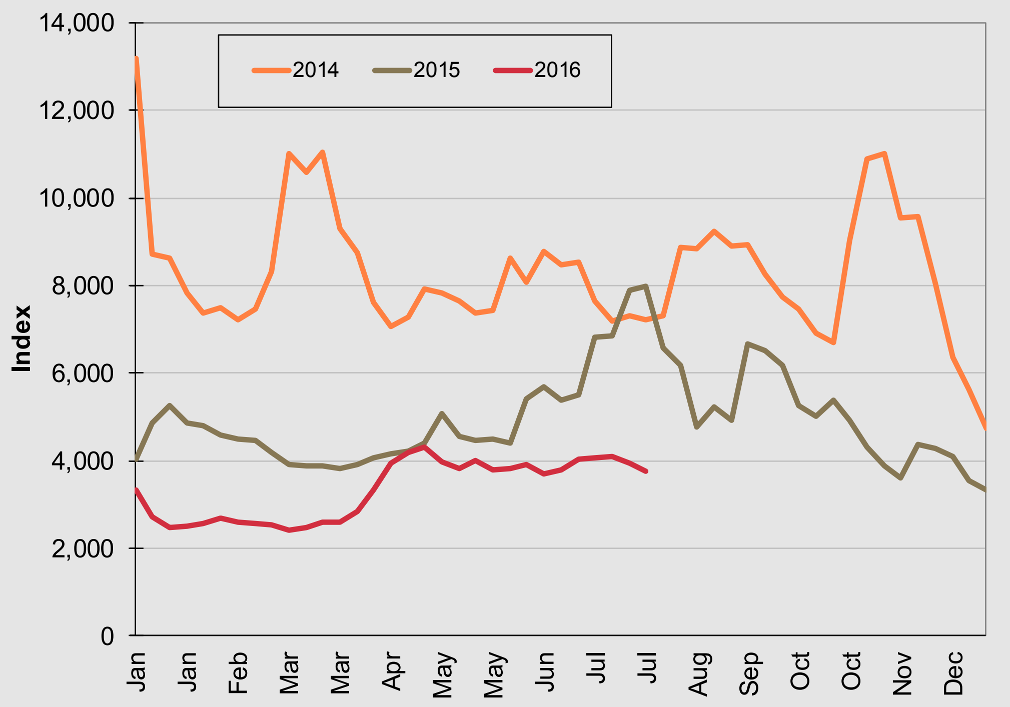
The SSY Atlantic Capesize Index fell for a second consecutive week to 3,749 points, down 180 points week-on-week. The index is now more than 4,100 points below the year-ago level. The Atlantic round-voyage rate (180 kdwt) slipped $750/day to a 4-month low of $4,750/day, while the fronthaul rate dropped by $1,500/day to a 6-week low of $12,250/day.

			25/07/2016	01/08/2016
Trade	**Cargo Size**	**Weight**	**$/t**	**$/t**
NARVIK/ROTTERDAM	150,000/10%	10.0%	3.25	2.85
TUBARAO/ROTTERDAM	160,000/10%	10.0%	4.35	4.10
RICHARDS BAY/ROTTERDAM	150,000/10%	10.0%	3.85	3.60
HAMPTON ROADS/ROTTERDAM	120,000/10%	10.0%	6.85	6.15
PUERTO BOLIVAR/ROTTERDAM	150,000/10%	10.0%	5.20	4.55
NOUADIBOU/QINGDAO	140,000/10%	10.0%	9.05	9.75
TUBARAO/JAPAN	160,000/10%	10.0%	9.30	9.10
TUBARAO/QINGDAO	160,000/10%	10.0%	8.85	8.60
T/C TRIP CONT/FAR EAST	180,000 DWT	10.0%	2.32	2.07
T/C TRANSATLANTIC ROUND	180,000 DWT	10.0%	0.93	0.80
		100.0%		
CALCULATED INDEX			**3,929**	**3,749**
Change on Previous Week			-176	-180
Change on Four Weeks Ago			+138	-281
Change on Previous Year			-2,935	-4,131
Change on Two Years Ago			-3,253	-3,576

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.

SSY Atlantic Capesize Index



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