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| --- | --- | --- | --- | --- | --- | --- |
|  | July 2025 | | | | | |
| Ilford, England, United Kingdom | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1 | 2 | 3 | 4 | 5 |
|  |  | Sunrise: 4:46 AM  Sunset: 9:20 PM  Daylight: 16 hours and 34 minutes. | Sunrise: 4:47 AM  Sunset: 9:20 PM  Daylight: 16 hours and 32 minutes. | Sunrise: 4:48 AM  Sunset: 9:19 PM  Daylight: 16 hours and 31 minutes. | Sunrise: 4:48 AM  Sunset: 9:19 PM  Daylight: 16 hours and 30 minutes. | Sunrise: 4:49 AM  Sunset: 9:18 PM  Daylight: 16 hours and 29 minutes. |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| Sunrise: 4:50 AM  Sunset: 9:18 PM  Daylight: 16 hours and 27 minutes. | Sunrise: 4:51 AM  Sunset: 9:17 PM  Daylight: 16 hours and 26 minutes. | Sunrise: 4:52 AM  Sunset: 9:17 PM  Daylight: 16 hours and 24 minutes. | Sunrise: 4:53 AM  Sunset: 9:16 PM  Daylight: 16 hours and 23 minutes. | Sunrise: 4:54 AM  Sunset: 9:15 PM  Daylight: 16 hours and 21 minutes. | Sunrise: 4:55 AM  Sunset: 9:15 PM  Daylight: 16 hours and 19 minutes. | Sunrise: 4:56 AM  Sunset: 9:14 PM  Daylight: 16 hours and 17 minutes. |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| Sunrise: 4:57 AM  Sunset: 9:13 PM  Daylight: 16 hours and 15 minutes. | Sunrise: 4:58 AM  Sunset: 9:12 PM  Daylight: 16 hours and 13 minutes. | Sunrise: 4:59 AM  Sunset: 9:11 PM  Daylight: 16 hours and 11 minutes. | Sunrise: 5:01 AM  Sunset: 9:10 PM  Daylight: 16 hours and 9 minutes. | Sunrise: 5:02 AM  Sunset: 9:09 PM  Daylight: 16 hours and 7 minutes. | Sunrise: 5:03 AM  Sunset: 9:08 PM  Daylight: 16 hours and 4 minutes. | Sunrise: 5:04 AM  Sunset: 9:07 PM  Daylight: 16 hours and 2 minutes. |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| Sunrise: 5:06 AM  Sunset: 9:06 PM  Daylight: 15 hours and 59 minutes. | Sunrise: 5:07 AM  Sunset: 9:04 PM  Daylight: 15 hours and 57 minutes. | Sunrise: 5:08 AM  Sunset: 9:03 PM  Daylight: 15 hours and 54 minutes. | Sunrise: 5:10 AM  Sunset: 9:02 PM  Daylight: 15 hours and 52 minutes. | Sunrise: 5:11 AM  Sunset: 9:00 PM  Daylight: 15 hours and 49 minutes. | Sunrise: 5:12 AM  Sunset: 8:59 PM  Daylight: 15 hours and 46 minutes. | Sunrise: 5:14 AM  Sunset: 8:58 PM  Daylight: 15 hours and 43 minutes. |
| 27 | 28 | 29 | 30 | 31 |  |  |
| Sunrise: 5:15 AM  Sunset: 8:56 PM  Daylight: 15 hours and 40 minutes. | Sunrise: 5:17 AM  Sunset: 8:55 PM  Daylight: 15 hours and 37 minutes. | Sunrise: 5:18 AM  Sunset: 8:53 PM  Daylight: 15 hours and 34 minutes. | Sunrise: 5:20 AM  Sunset: 8:52 PM  Daylight: 15 hours and 31 minutes. | Sunrise: 5:21 AM  Sunset: 8:50 PM  Daylight: 15 hours and 28 minutes. |  |  |