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|  | August 2025 |
| Ilford, England, United Kingdom |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  | Sunrise: 5:23 AMSunset: 8:48 PMDaylight: 15 hours and 25 minutes. | Sunrise: 5:24 AMSunset: 8:47 PMDaylight: 15 hours and 22 minutes. |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Sunrise: 5:26 AMSunset: 8:45 PMDaylight: 15 hours and 19 minutes. | Sunrise: 5:27 AMSunset: 8:43 PMDaylight: 15 hours and 16 minutes. | Sunrise: 5:29 AMSunset: 8:42 PMDaylight: 15 hours and 12 minutes. | Sunrise: 5:30 AMSunset: 8:40 PMDaylight: 15 hours and 9 minutes. | Sunrise: 5:32 AMSunset: 8:38 PMDaylight: 15 hours and 6 minutes. | Sunrise: 5:33 AMSunset: 8:36 PMDaylight: 15 hours and 2 minutes. | Sunrise: 5:35 AMSunset: 8:35 PMDaylight: 14 hours and 59 minutes. |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Sunrise: 5:37 AMSunset: 8:33 PMDaylight: 14 hours and 56 minutes. | Sunrise: 5:38 AMSunset: 8:31 PMDaylight: 14 hours and 52 minutes. | Sunrise: 5:40 AMSunset: 8:29 PMDaylight: 14 hours and 49 minutes. | Sunrise: 5:41 AMSunset: 8:27 PMDaylight: 14 hours and 45 minutes. | Sunrise: 5:43 AMSunset: 8:25 PMDaylight: 14 hours and 42 minutes. | Sunrise: 5:45 AMSunset: 8:23 PMDaylight: 14 hours and 38 minutes. | Sunrise: 5:46 AMSunset: 8:21 PMDaylight: 14 hours and 34 minutes. |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Sunrise: 5:48 AMSunset: 8:19 PMDaylight: 14 hours and 31 minutes. | Sunrise: 5:49 AMSunset: 8:17 PMDaylight: 14 hours and 27 minutes. | Sunrise: 5:51 AMSunset: 8:15 PMDaylight: 14 hours and 24 minutes. | Sunrise: 5:52 AMSunset: 8:13 PMDaylight: 14 hours and 20 minutes. | Sunrise: 5:54 AMSunset: 8:11 PMDaylight: 14 hours and 16 minutes. | Sunrise: 5:56 AMSunset: 8:09 PMDaylight: 14 hours and 13 minutes. | Sunrise: 5:57 AMSunset: 8:07 PMDaylight: 14 hours and 9 minutes. |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Sunrise: 5:59 AMSunset: 8:04 PMDaylight: 14 hours and 5 minutes. | Sunrise: 6:00 AMSunset: 8:02 PMDaylight: 14 hours and 1 minute. | Sunrise: 6:02 AMSunset: 8:00 PMDaylight: 13 hours and 58 minutes. | Sunrise: 6:04 AMSunset: 7:58 PMDaylight: 13 hours and 54 minutes. | Sunrise: 6:05 AMSunset: 7:56 PMDaylight: 13 hours and 50 minutes. | Sunrise: 6:07 AMSunset: 7:54 PMDaylight: 13 hours and 46 minutes. | Sunrise: 6:08 AMSunset: 7:51 PMDaylight: 13 hours and 42 minutes. |
| 31 |  |  |  |  |  |  |
| Sunrise: 6:10 AMSunset: 7:49 PMDaylight: 13 hours and 39 minutes. |  |  |  |  |  |  |