

**Ramadan times for Ainstable, Cumbria, UK**

**Mon 11 Mar 2024 - Wed 10 Apr 2024**

**High Latitude Method: Angle Based Rule**

**Prayer Calculation Method: Islamic Society of North America**

**Asar Calculation Method: Hanafi**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Date** | **Day** | **Fajr** | **Suhur** | **Sunrise** | **Dhuhr** | **Asr** | **Iftar** | **Maghrib** | **Isha** |
| 11 | Mon | 4:56 | 4:56 | 6:35 | 12:21 | 4:08 | 6:08 | 6:08 | 7:47 |
| 12 | Tue | 4:53 | 4:53 | 6:32 | 12:21 | 4:10 | 6:10 | 6:10 | 7:49 |
| 13 | Wed | 4:51 | 4:51 | 6:30 | 12:20 | 4:11 | 6:12 | 6:12 | 7:51 |
| 14 | Thu | 4:48 | 4:48 | 6:27 | 12:20 | 4:13 | 6:14 | 6:14 | 7:53 |
| 15 | Fri | 4:45 | 4:45 | 6:25 | 12:20 | 4:15 | 6:16 | 6:16 | 7:56 |
| 16 | Sat | 4:42 | 4:42 | 6:22 | 12:19 | 4:16 | 6:18 | 6:18 | 7:58 |
| 17 | Sun | 4:40 | 4:40 | 6:20 | 12:19 | 4:18 | 6:20 | 6:20 | 8:00 |
| 18 | Mon | 4:37 | 4:37 | 6:17 | 12:19 | 4:19 | 6:21 | 6:21 | 8:02 |
| 19 | Tue | 4:34 | 4:34 | 6:15 | 12:19 | 4:21 | 6:23 | 6:23 | 8:04 |
| 20 | Wed | 4:31 | 4:31 | 6:12 | 12:18 | 4:22 | 6:25 | 6:25 | 8:06 |
| 21 | Thu | 4:29 | 4:29 | 6:10 | 12:18 | 4:24 | 6:27 | 6:27 | 8:09 |
| 22 | Fri | 4:26 | 4:26 | 6:07 | 12:18 | 4:25 | 6:29 | 6:29 | 8:11 |
| 23 | Sat | 4:23 | 4:23 | 6:05 | 12:17 | 4:27 | 6:31 | 6:31 | 8:13 |
| 24 | Sun | 4:20 | 4:20 | 6:02 | 12:17 | 4:29 | 6:33 | 6:33 | 8:16 |
| 25 | Mon | 4:17 | 4:17 | 6:00 | 12:17 | 4:30 | 6:35 | 6:35 | 8:18 |
| 26 | Tue | 4:14 | 4:14 | 5:57 | 12:16 | 4:32 | 6:37 | 6:37 | 8:20 |
| 27 | Wed | 4:11 | 4:11 | 5:54 | 12:16 | 4:33 | 6:39 | 6:39 | 8:22 |
| 28 | Thu | 4:08 | 4:08 | 5:52 | 12:16 | 4:34 | 6:41 | 6:41 | 8:25 |
| 29 | Fri | 4:05 | 4:05 | 5:49 | 12:16 | 4:36 | 6:43 | 6:43 | 8:27 |
| 30 | Sat | 4:02 | 4:02 | 5:47 | 12:15 | 4:37 | 6:45 | 6:45 | 8:30 |
| 31 | Sun | 4:59 | 4:59 | 6:44 | 1:15 | 5:39 | 7:47 | 7:47 | 9:32 |
| 1 | Mon | 4:56 | 4:56 | 6:42 | 1:15 | 5:40 | 7:49 | 7:49 | 9:34 |
| 2 | Tue | 4:53 | 4:53 | 6:39 | 1:14 | 5:42 | 7:51 | 7:51 | 9:37 |
| 3 | Wed | 4:50 | 4:50 | 6:37 | 1:14 | 5:43 | 7:52 | 7:52 | 9:39 |
| 4 | Thu | 4:47 | 4:47 | 6:34 | 1:14 | 5:44 | 7:54 | 7:54 | 9:42 |
| 5 | Fri | 4:44 | 4:44 | 6:32 | 1:13 | 5:46 | 7:56 | 7:56 | 9:45 |
| 6 | Sat | 4:41 | 4:41 | 6:29 | 1:13 | 5:47 | 7:58 | 7:58 | 9:47 |
| 7 | Sun | 4:38 | 4:38 | 6:27 | 1:13 | 5:49 | 8:00 | 8:00 | 9:50 |
| 8 | Mon | 4:35 | 4:35 | 6:24 | 1:13 | 5:50 | 8:02 | 8:02 | 9:52 |
| 9 | Tue | 4:31 | 4:31 | 6:22 | 1:12 | 5:51 | 8:04 | 8:04 | 9:55 |
| 10 | Wed | 4:28 | 4:28 | 6:19 | 1:12 | 5:53 | 8:06 | 8:06 | 9:58 |

**Prayer times provided by https://www.salahtimes.com**