



NESO

National Electricity Transmission System Status report

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Monday 19 January 2026

Today's High Level Risk Status Forecast for the next 24h			
General Status		Voltage	
Demand		System Inertia	
System Margins		Weather	
Generation		Transmission	
Active Constraints			
System Warning			

Today's Minimum De-Rated Margin	8, 144 MW (SP 34)	
Current BMU Largest Loss Risk	Generation	1500 MW
	Demand	1150 MW

Balancing Costs

Last 24 hours' BM spend Total: £910k



Yesterday's Market Summary

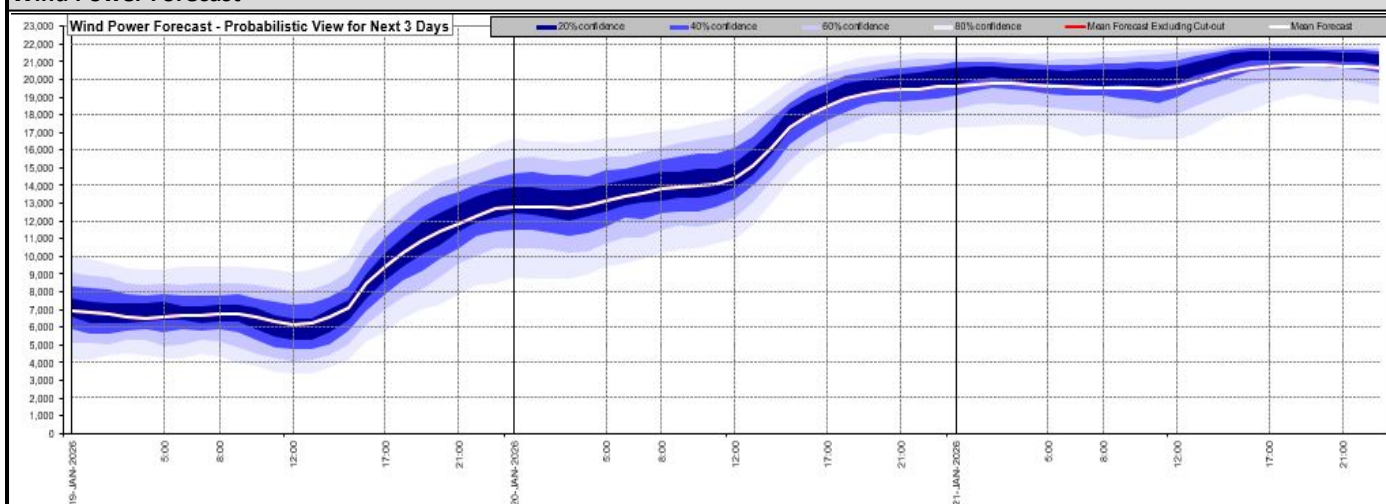
Cash Out Price (Max)	£152.14/MWh (SP 4)
Cash Out Price (Min)	£45.00/MWh (SP 23)
Peak Demand Yesterday	39,883 MW
Minimum Demand	22,849 MW

Interconnector

Net Transfer Capacity (MWs)

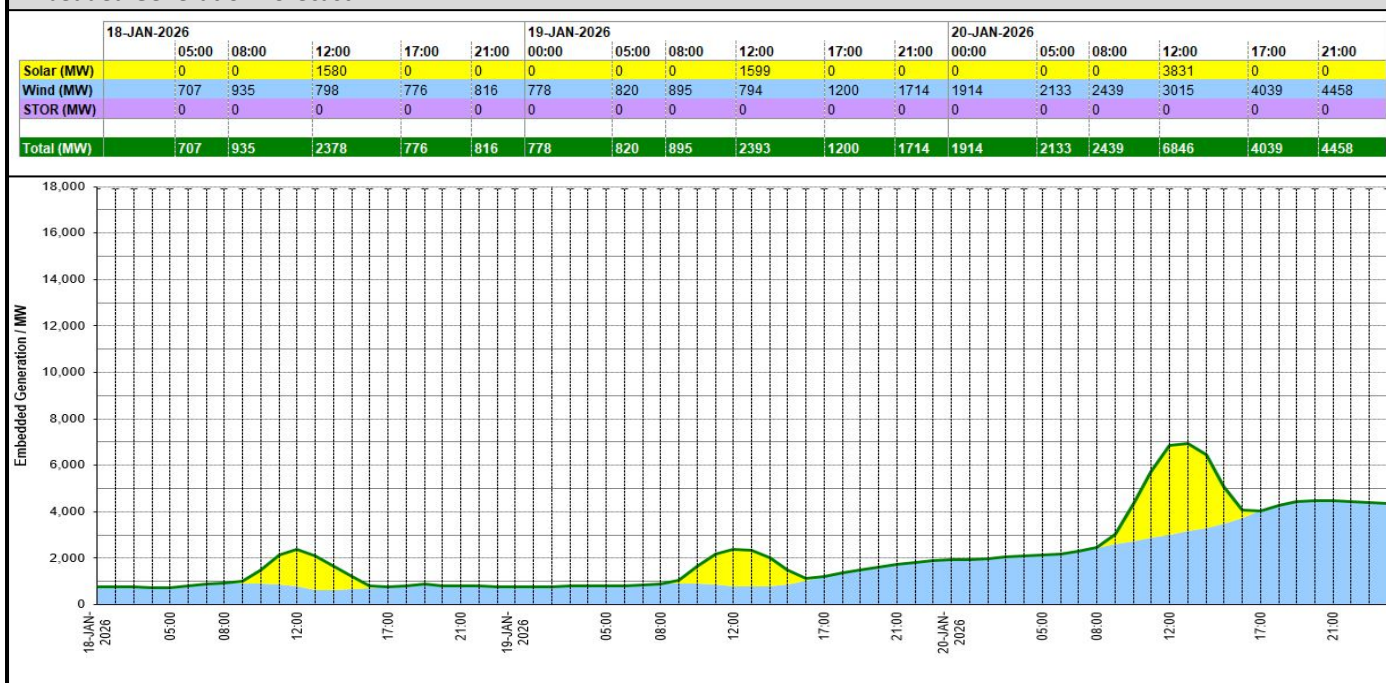
Today	Import	Export	Remarks
Netherlands (BritNed)	1000	1000	Fully Available
Belgium (Nemo)	1000	1000	Fully Available
Ireland (EWIC)	500	500	Fully Available
Northern Ireland (MOYLE)	500	500	Fully Available
Norway (NSL)	1400	1400	Fully Available
France (IFA2)	1000	1000	Fully Available
Ireland (GreenLink)	500	500	Fully Available
Viking Link	1400	1400	Fully Available
France (ElecLink)	1000	1000	Fully Available
France (IFA)	1500	1500	Partially Available

Wind Power Forecast



Expected embedded generation (MWs)

Embedded Generation Forecast



Weather	Source	Commentary
Latest forecast (Summary)	Met Office SEPA Natural Resources Wales	Today: A rather grey day with some fog remaining stubborn to clear and plenty of low cloud. Outbreaks of rain also continuing in central areas, with the brightest skies across northern Scotland. Temperature close to, or slightly above average. Tonight: Remaining cloudy with rain moving northwards, locally heavy in Northern Ireland. Some clear spells inbetween cloud will allow frost to develop in the north and west. Turing windy in southwest.
General Weather Concerns e.g. wind, rain, snow, flooding, GB Weather Warnings	Met Office Weather Warning England Flood Warning SEPA Natural Resources Wales	UK Weather Warnings No weather warnings are in force for the UK Flood Warnings 1 flood warnings and 64 flood alerts issued for England. 0 flood warnings and 0 flood alerts issued for Scotland 0 flood warning and 0 flood alerts issued for Wales

Further Information	
BM Reports	https://www.elexon.co.uk/data/kinnect-insights-solution/
System Balancing Reports	https://www.neso.energy/industry-information/industry-data-and-reports/system-balancing-reports
Forecast Volumes and Costs	https://www.neso.energy/industry-information/industry-data-and-reports/forecast-volumes-and-costs