



NESO

National Electricity Transmission System Status report

NESO National Electricity Transmission System Status Report
Tuesday 20 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	16,023 MW (SP 16)	
Current BMU Largest Loss Risk	Generation	1500 MW
	Demand	1150 MW

Balancing Costs

Last 24 hours' BM spend Total: £1176k



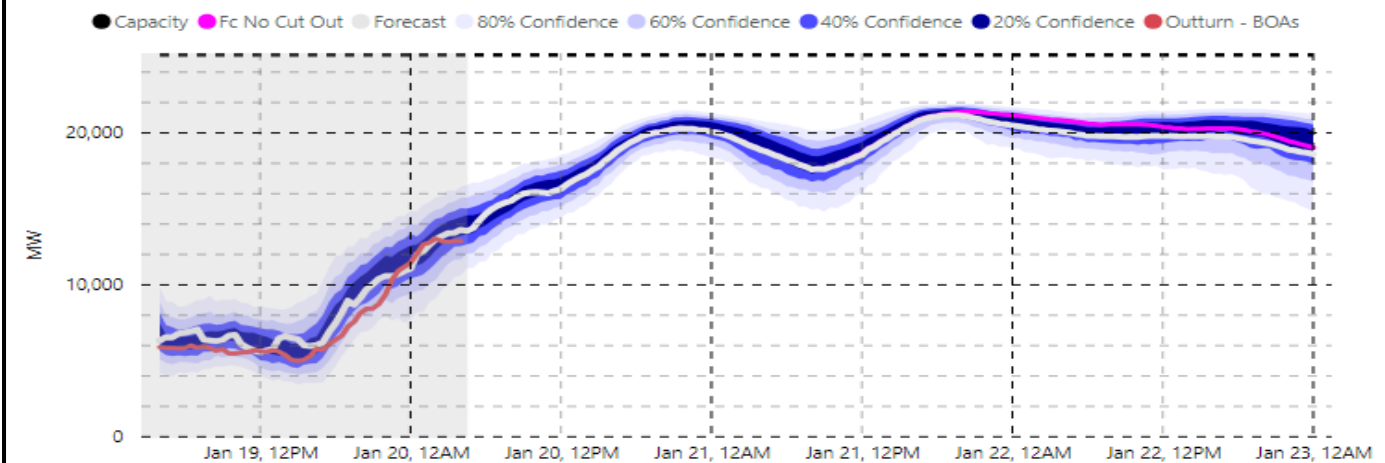
Yesterday's Market Summary

Cash Out Price (Max)	£143.17/MWh (SP 13)
Cash Out Price (Min)	£45.60/MWh (SP 22)
Peak Demand Yesterday	41,946 MW (SP 35)
Minimum Demand	24,009 MW (SP 9)

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

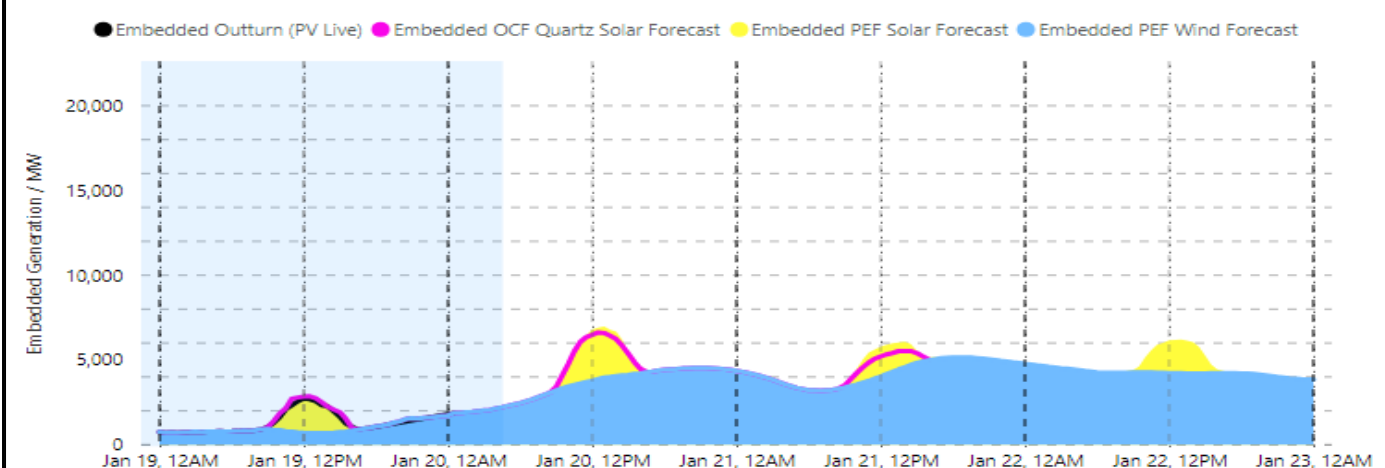
Wind Power Forecast



Expected embedded generation (MWs)

Embedded Generation Forecast

Embedded Generation (non-metered) Estimates																Last run: 20-Jan-2026 04:31:35	
	19-JAN-2026					20-JAN-2026					21-JAN-2026						
	05:00	08:00	12:00	17:00	21:00	00:00	05:00	08:00	12:00	17:00	21:00	00:00	05:00	08:00	12:00	17:00	21:00
Solar (MW)	0	0	2025	0	0	0	0	0	3970	0	0	0	0	0	1050	0	0
Wind (MW)	820	885	728	1008	1652	1794	2382	3067	3864	4428	4663	4432	3432	3405	4310	5231	5197
STOR (MW)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Total (MW)	820	885	2753	1008	1652	1794	2382	3067	7834	4428	4663	4432	3432	3405	5360	5231	5197



Weather	Source	Commentary
Latest forecast (Summary)	Met Office SEPA Natural Resources Wales	Today: Occasional rain and drizzle across central and eastern areas tending to clear allowing some brighter spells to develop. Western areas though will see bands of locally heavy rain move in. Strong winds in the west and southwest with gales developing. Tonight: Rain across the west moving north and east overnight. A mix of clear spells and showers following but further rain arriving into the south later. Windy with coastal gales.
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 Yellow warning of ice: Highlands & Eilean Siar Yellow warning of wind: South West England & Wales Yellow warning of rain: Central, Tayside & Fife, Grampian, Highlands & Eilean Siar Flood Warnings 3 flood warnings and 50 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