

NESO

National Electricity Transmission System Status report

NESO National Electricity Transmission System Status Report
Thursday 22 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	18,292 MW (SP 36)	
Current BMU Largest Loss Risk	Generation	1500 MW
	Demand	1150 MW

Balancing Costs

Last 24 hours' BM spend Total: £9749k



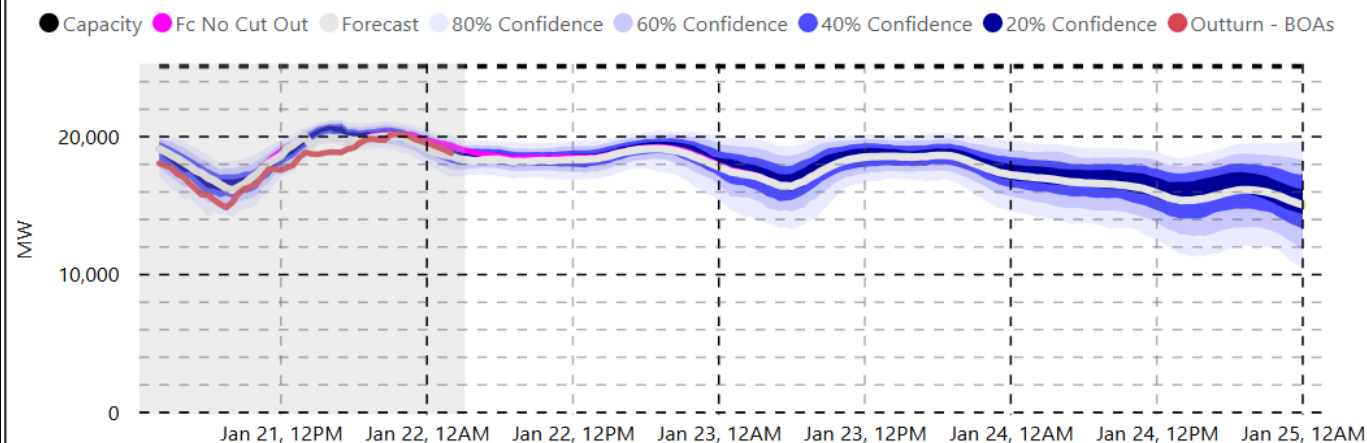
Yesterday's Market Summary

Cash Out Price (Max)	£130 / MWh (SP 35)
Cash Out Price (Min)	£23.65 / MWh (SP 38)
Peak Demand Yesterday	40,025 MW (SP 35)
Minimum Demand	23,238 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

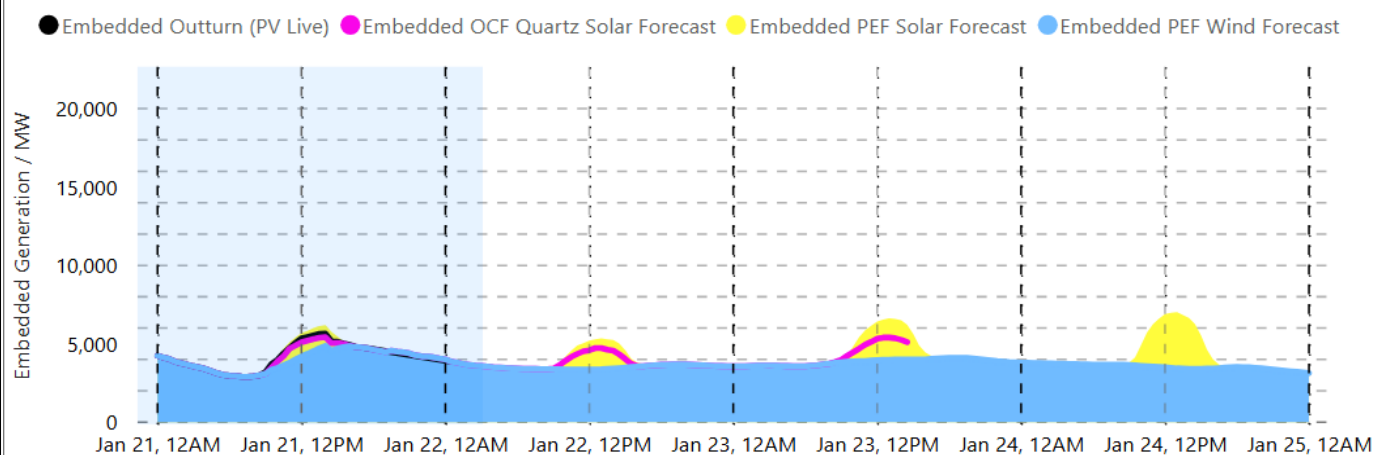
Wind Power Forecast



Expected embedded generation (MWs)

Embedded Generation Forecast

Embedded Generation (non-metered) Estimates																Last run: 22-Jan-2026 02:31:24	
	21-JAN-2026					22-JAN-2026					23-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	15	1148	0	0	0	0	0	1727	0	0	0	0	0	2350	0	0
Wind (MW)	3203	3061	4360	4909	4524	4129	3558	3531	3405	3709	3751	3671	3748	3946	4193	4258	4177
STOR (MW)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Total (MW)	3203	3076	5506	4909	4524	4129	3558	3531	5133	3709	3751	3671	3748	3946	6543	4258	4177



Weather	Source	Commentary
Latest forecast (Summary)	Met Office SEPA Natural Resources Wales	Today: It will be a windy day in the north and east with outbreaks of rain, some heavy. Snow on the Scottish mountains. Gales in the far northeast. Less blustery elsewhere, and the rain more showery, with a few brighter interludes. Tonight: Windy in the north with further rain, heaviest across eastern Scotland. Snow on high ground. Drier, clearer weather developing elsewhere with fog patches. Turning wet and windy in southwest later.
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 rain Areas affected: Central, Tayside & Fife, Grampian, Highlands & Eilean Siar Central, Tayside & Fife Grampian Highlands & Eilean Siar Amber warning of rain Areas affected: Central, Tayside & Fife, Grampian Central, Tayside & Fife Grampian Flood Warnings 9 flood warnings and 128 flood alerts issued for England.

Weather	Source	Commentary
		8 flood warnings and 6 flood alerts issued for Scotland 0 flood warnings and 1 flood alert issued for Wales

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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