

**NESO**  
**National Electricity**  
**Transmission**  
**System**  
Status report

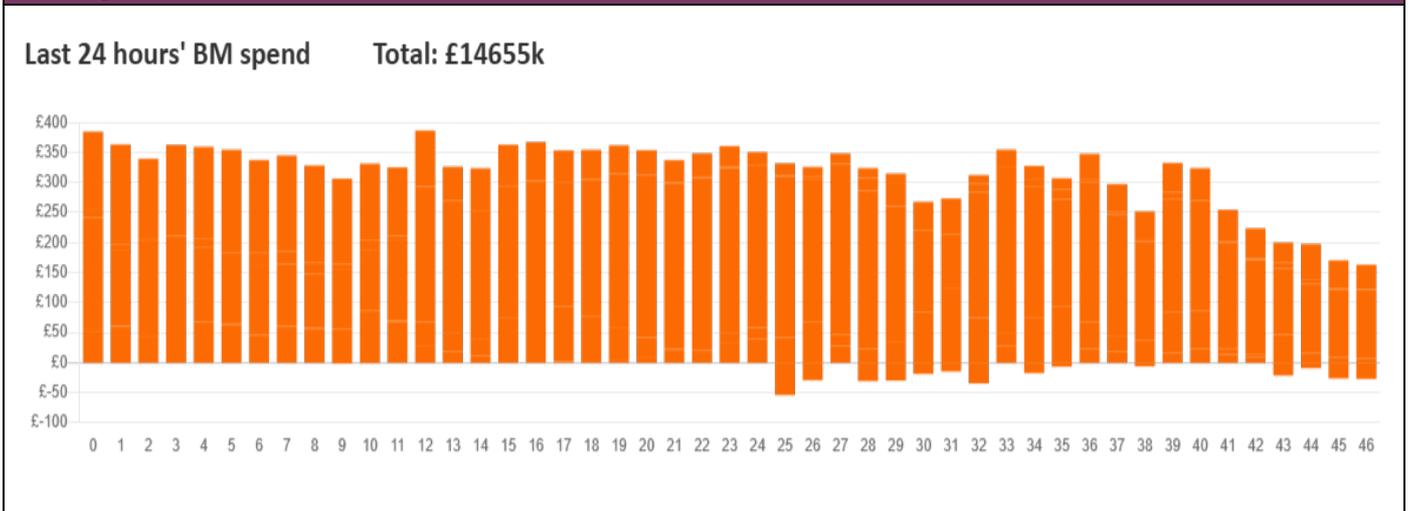


NESO National Electricity Transmission System Status Report  
Saturday 14 March 2026

Today's High Level Risk Status Forecast for the next 24h			
General Status		Voltage	
Demand		System Inertia	
System Margins		Weather	
Generation		Transmission	
Active Constraints			
<a href="#">System Warning</a>			

<a href="#">Today's Minimum De-Rated Margin</a>	9,788 MW (SP 38)	
Current BMU Largest Loss Risk	Generation	1400 MW
	Demand	1250 MW

Balancing Costs



Yesterday's Market Summary

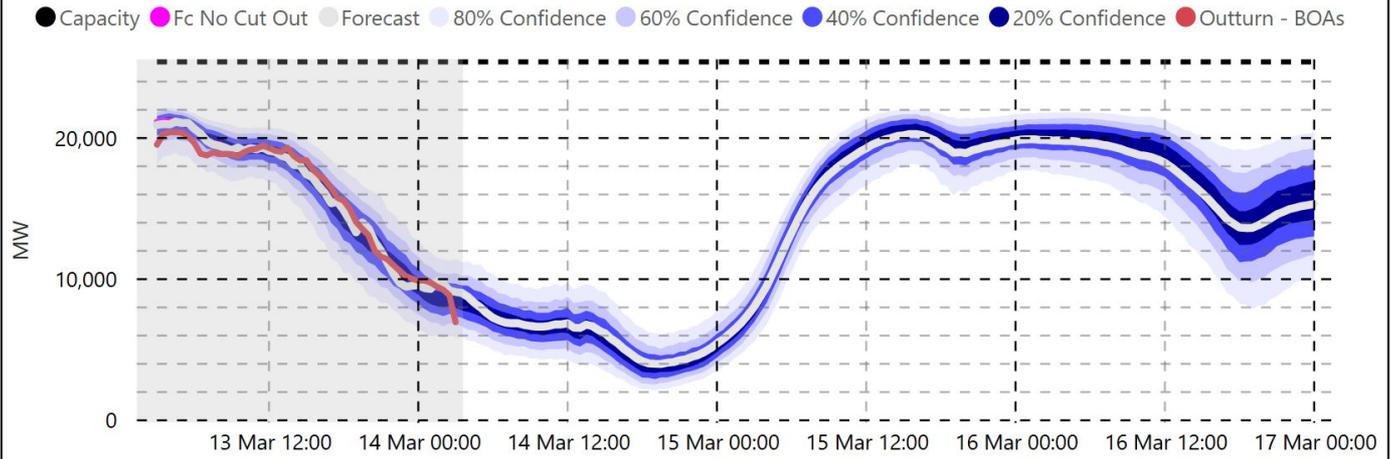
<a href="#">Cash Out Price (Max)</a>	£139.99 / MWh (SP 41)
<a href="#">Cash Out Price (Min)</a>	£-2.86 / MWh (SP 3)
<a href="#">Peak Demand Yesterday</a>	36,863 MW (SP 38)
<a href="#">Minimum Demand</a>	21,433 MW (SP 10)

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

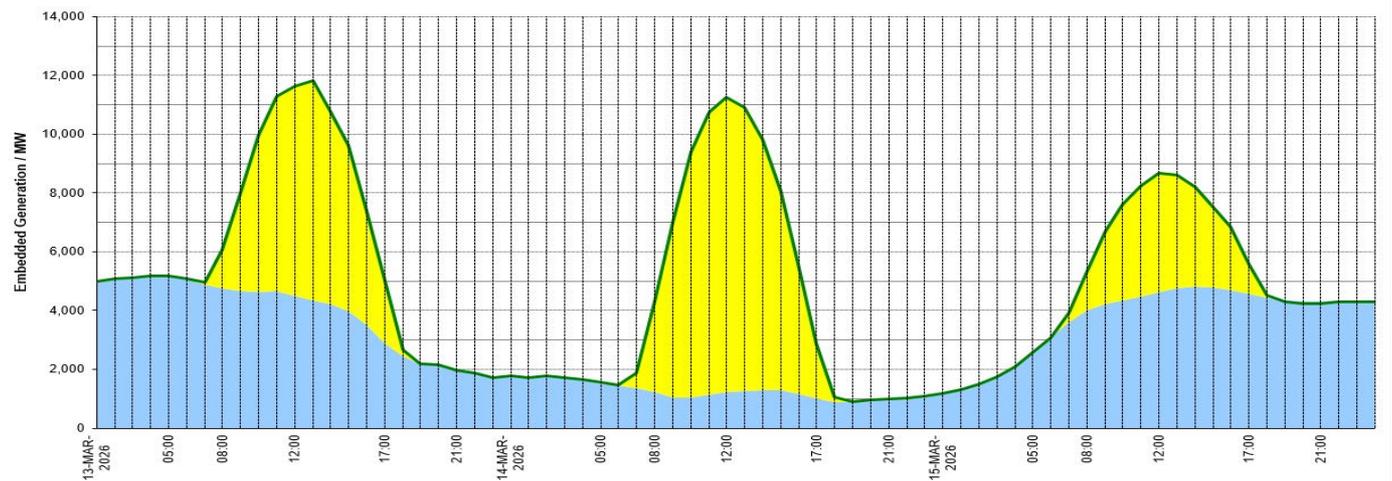
### Wind Power Forecast



### Expected embedded generation (MWs)

#### Embedded Generation Forecast

Embedded Generation (non-metered) Estimates																	Last run: 14-Mar-2026 04:48:01
	13-MAR-2026					14-MAR-2026					15-MAR-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	1288	7129	2116	0	0	0	3050	9993	1861	0	0	0	1374	4088	1071	0
Wind (MW)	5175	4766	4514	2910	1982	1765	1517	1216	1216	1008	998	1166	2565	3987	4637	4570	4312
STOR (MW)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>Total (MW)</b>	<b>5175</b>	<b>6054</b>	<b>11643</b>	<b>5026</b>	<b>1982</b>	<b>1765</b>	<b>1562</b>	<b>4296</b>	<b>11253</b>	<b>2885</b>	<b>1004</b>	<b>1169</b>	<b>2565</b>	<b>5346</b>	<b>8670</b>	<b>5592</b>	<b>4251</b>



Weather	Source	Commentary
Latest forecast (Summary)	<a href="#">Met Office</a> <a href="#">SEPA</a> <a href="#">Natural Resources Wales</a>	<p><b>Today:</b> Blustery showers, heavy at times, in the northwest. Some showers are possible elsewhere in the west, otherwise many areas will be largely dry with sunny spells and lighter winds. Rather cold in the northwest, elsewhere temperatures more towards average.</p> <p><b>Tonight:</b> Showers ease to leave clear skies and a chilly evening. Overnight, rain pushes in from the west with some hill snow in Scotland. Temperatures fall below freezing, bringing patchy frost.</p>
General Weather Concerns e.g. wind, rain, snow, flooding, GB Weather Warnings	<a href="#">Met Office</a> <a href="#">Weather Warning</a> <a href="#">England Flood Warning</a>	<p><b>UK Weather Warnings</b> No weather warnings are in force for the UK</p> <p><b>Flood Warnings</b> 11 flood warnings and 66 flood alerts issued for England. 0 flood warnings and 0 flood alerts issued for Scotland</p>

Weather	Source	Commentary
	<a href="#">SEPA Natural Resources Wales</a>	0 flood warnings and 3 flood alerts issued for Wales

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