



NESO

National Electricity Transmission System Status report

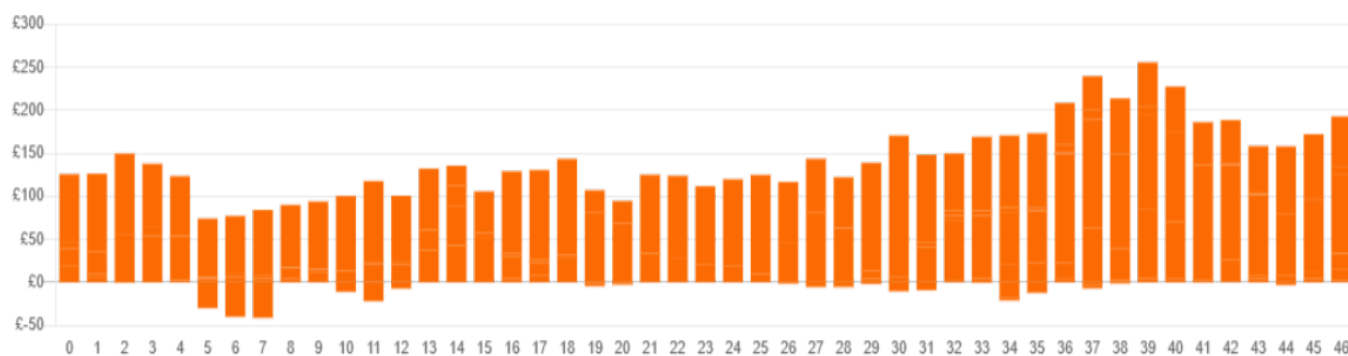
NESO National Electricity Transmission System Status Report
Sunday 19 July 2026

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	12844 MW (SP 47)	
Current BMU Largest Loss Risk	Generation	1500 MW
	Demand	560 MW

Balancing Costs

Last 24 hours' BM spend Total: £6450k



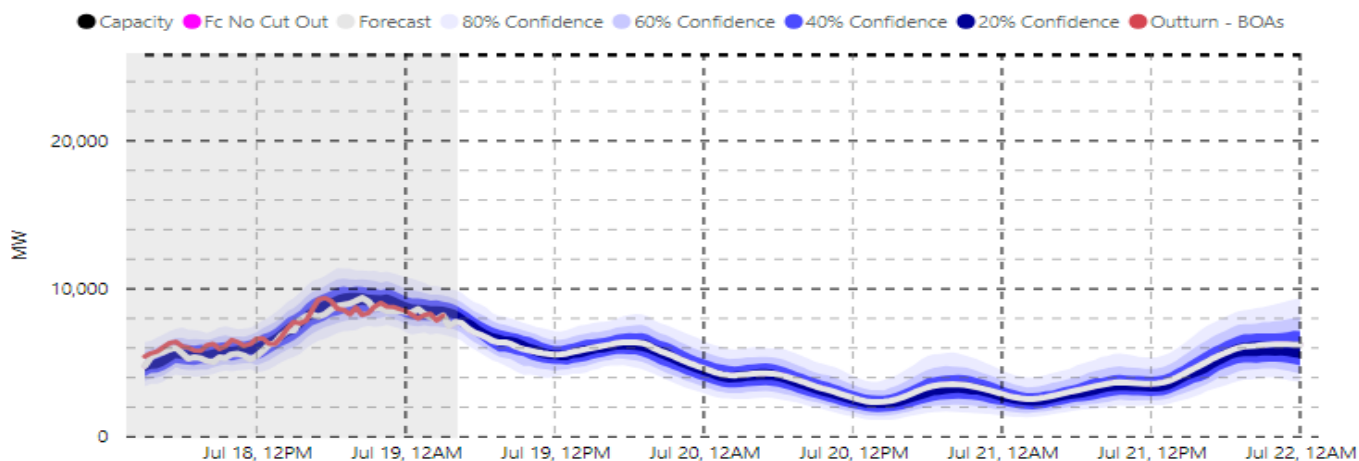
Yesterday's Market Summary

Cash Out Price (Max)	£168.00/MWh (SP 39)
Cash Out Price (Min)	£5.82 /MWh (SP 32)
Peak Demand Yesterday	24,177 MW (SP41)
Minimum Demand	16,800 MW (SP28)

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	1450	1450	Fully Available
France (ElecLink)	1000	1000	Fully Available
France (IFA)	2000	2000	Fully Available

Wind Power Forecast

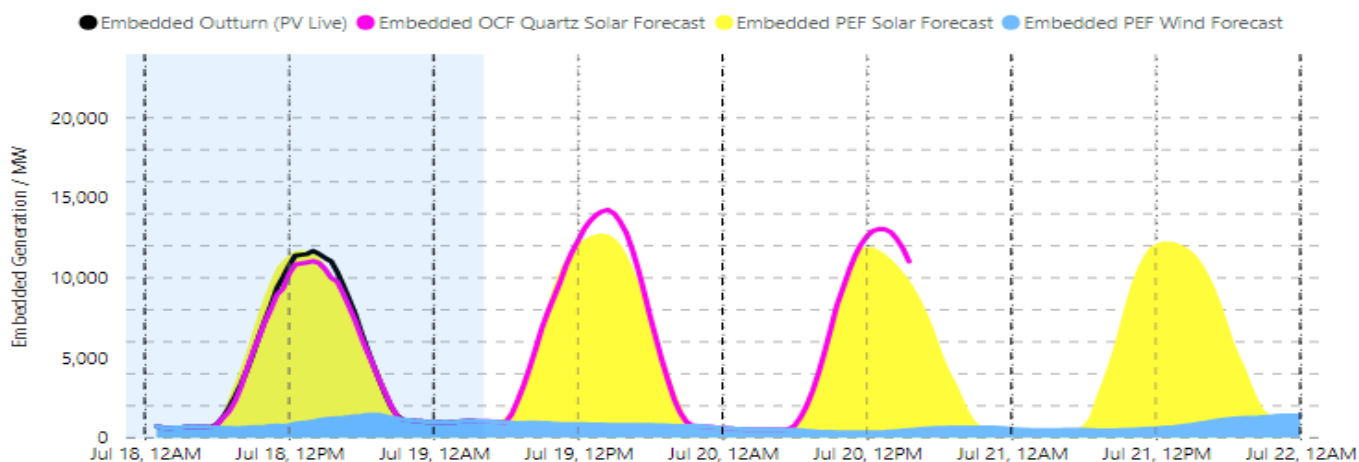


Expected embedded generation (MWs)

Embedded Generation Forecast

Embedded Generation Forecast

	18-July-2026					19-July-2026					20-July-2026		
	5:00 AM	8:00 AM	12:00 PM	5:00 PM	9:00 PM	12:00 AM	5:00 AM	8:00 AM	12:00 PM	5:00 PM	9:00 PM	12:00 AM	5:00
PV (MW)	0	2,737	9,972	7,366	176	0							
QUARTZ (MW)	0	2,558	9,459	6,903	110	0	0	3,470	11,455	9,757	284	0	0
Solar (MW)	2	3,771	10,635	6,879	435	0	1	3,836	11,266	9,006	512	0	1
Wind (MW)	687	609	786	1,282	1,192	1,000	1,014	937	845	798	721	613	500
Total Embedded (MW)	689	4,379	11,421	8,160	1,628	1,000	1,015	4,772	12,112	9,803	1,233	613	500



Weather	Source	Commentary
Latest forecast (Summary)	Met Office SEPA Natural Resources Wales	Today: Patchy cloud to start across the midlands. This lifts to a bright and sunny Sunday. Isolated showers in Cornwall and northern Scotland where it'll be cloudier. Staying warm for most.

Weather	Source	Commentary
		Tonight: Any showers will fade leaving a dry and mostly clear night to come. Some patchy cloud but light winds expected. A cooler night than of later, slightly in the 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 0 flood warnings and 5 flood alert issued for England. 0 flood warnings and 0 flood alerts issued for Scotland. 0 flood warnings and 0 flood alerts 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