Weekly rainfall and river flow summary

Wednesday 16 July to Tuesday 22 July 2025

1 Summary

It was a wetter week across most of England, and for England as a whole, it was the wettest since late February with the highest rainfall totals in south-east, east and north-east England. River flows increased at three quarters of the sites we report on, and almost half were classed as normal for the time of year.

1.1 Rainfall

It was a wetter week across most of England, with only north-west England receiving less rainfall than the previous week. Rainfall totals ranged from 16mm in central England, to 30mm in south-east and north-east England (Table 1 and Figure 2). England received 25mm, making it the wettest week since late February. Rainfall totals to date for July range from just 46% of the long term average (LTA) in south-west England to 102% of the LTA in north-east England. In the first 22 days of July, England as a whole has received 74% of the LTA. (Figure 2)

1.2 River flows

Following a wetter week for much of England, river flows increased at three quarters of the sites we report on compared to the previous week. Almost half of sites (24 sites) are classed as normal for the time of year. Thirteen sites (24% of the total) were classed as above normal for the time of year, and three sites (5%) were notably high. Ten sites (18%) were classed as below normal, three (5%) were notably low, and two sites (the River Wye and Ely Ouse) were exceptionally low for the time of year. (Figure 3.1)

1.3 Outlook

Thursday is expected to bring mostly dry and bright weather, although rain and showers are likely to develop across eastern England. Conditions are expected to remain largely dry and fine across the south and east on Friday and Saturday, with patchy rain elsewhere. On Sunday, there is the potential for heavy rain to develop, although the exact locations remain uncertain. Monday and Tuesday are expected to remain unsettled with rain and showers, with the highest chance of drier and sunnier weather in the south and east.

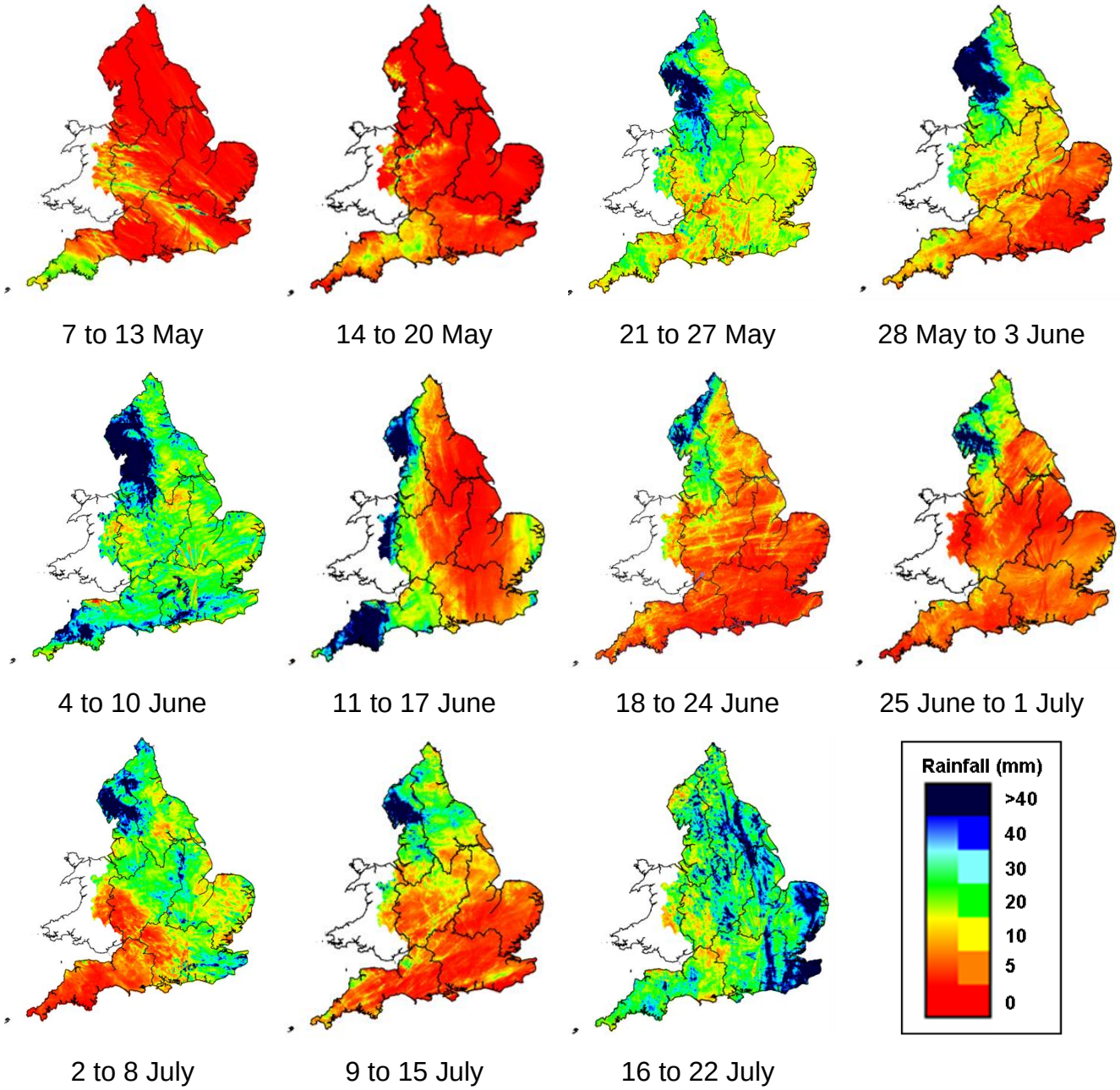
Table 1: Latest rainfall summary information (Source: Met Office © Crown Copyright, 2025)

Geographic regions	16 to 22 Jul 2025 total rainfall (mm)	Jul 2025 to date total rainfall (mm)	Jul 2025 to date rainfall % of LTA	Jun 2025 total rainfall (mm)	Jun 2025 rainfall % of LTA	Last 3 months Apr to Jun 2025 total rainfall (mm)	Last 3 months Apr to Jun 2025 rainfall % of LTA	Last 6 months Jan to Jun 2025 total rainfall (mm)	Last 6 months Jan to Jun 2025 rainfall % of LTA	Last 12 months Jul 2024 to Jun 2025 total rainfall (mm)	Last 12 months Jul 2024 to Jun 2025 rainfall % of LTA
north-west	18	74	76	140	163	233	101	424	77	1,166	92
north-east	30	72	102	48	65	93	50	230	58	690	78
central	16	36	56	32	50	83	48	216	63	703	92
east	27	44	79	25	46	69	48	168	60	525	83
south-east	30	43	81	33	63	78	50	248	72	734	95
south-west	23	33	46	70	102	177	87	436	90	1,068	98
England	25	49	74	52	80	113	63	273	71	780	90

Notes: Long term average (LTA) rainfall for 1991 to 2020. Data for the current month are calculated using MORECS (Met Office Rainfall and Evaporation Calculation System); data for past months are provisional values from the National Climate Information Centre (NCIC). The data are rounded to the nearest millimetre or percent except when values are less than 1. Recorded amounts of rainfall are likely to be underestimated during snow events.

2 Rainfall

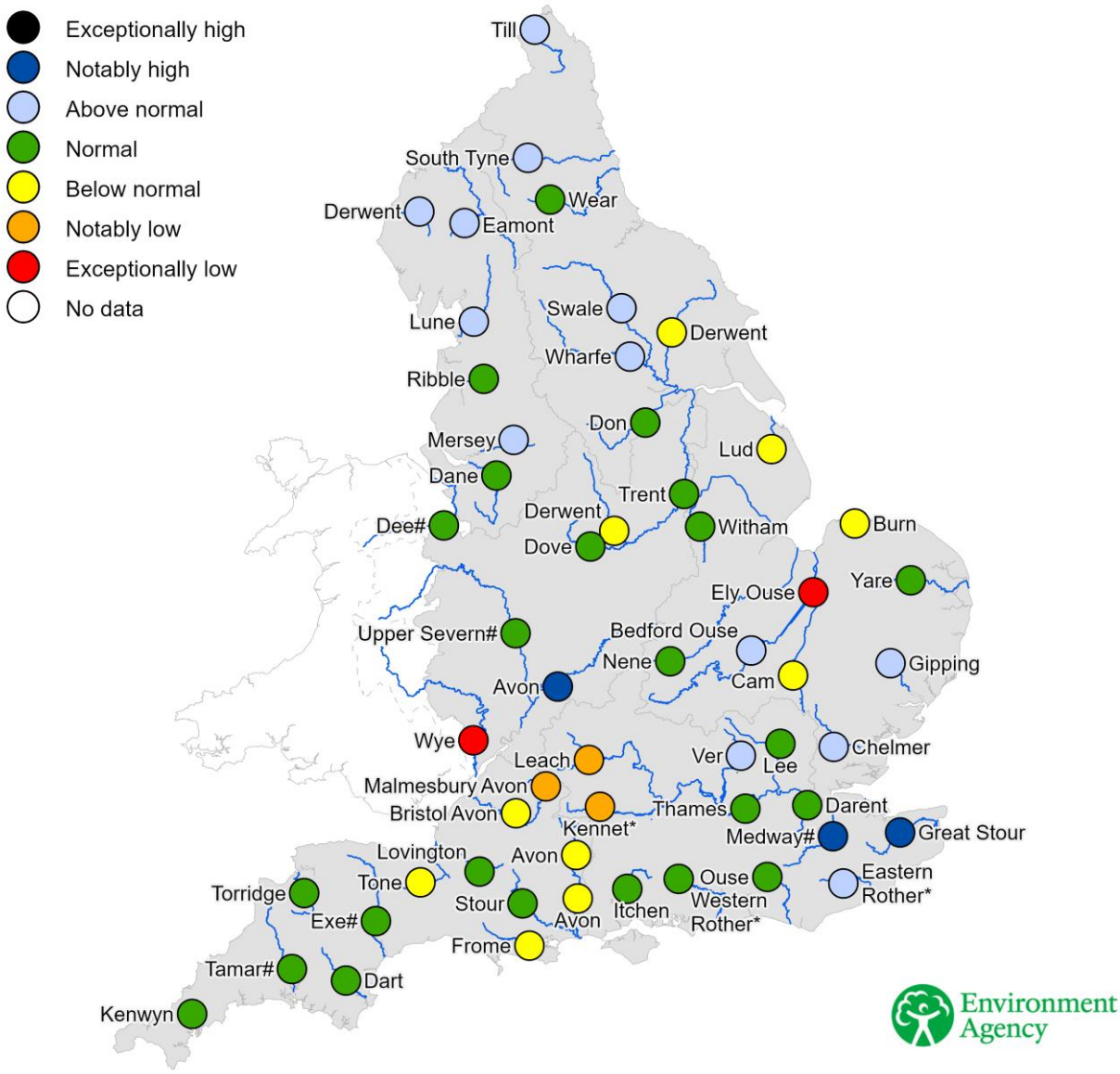
Figure 2: Weekly precipitation across England and Wales for the past 11 weeks. UKPP radar
Note: Images may sometimes include straight lines originating from the centre of the radar, resulting from tall trees and buildings located near the radar installation affecting its performance. This does not reflect actual conditions on the ground.



3 River flows

3.1 River flows map

Figure 3.1: Latest daily mean river flow, relative to an analysis of historic daily mean flows, classed by flow percentile for the same time of year. River flows for the River Thames at Kingston and the River Lee at Feildes Weir are naturalised. * Flows may be overestimated and data should be treated with caution. # Flows may be impacted by upstream reservoir releases.



3.2 River flow categories

Exceptionally high	Value likely to fall within this band 5% of the time
Notably high	Value likely to fall within this band 8% of the time
Above normal	Value likely to fall within this band 15% of the time
Normal	Value likely to fall within this band 44% of the time
Below normal	Value likely to fall within this band 15% of the time
Notably low	Value likely to fall within this band 8% of the time
Exceptionally low	Value likely to fall within this band 5% of the time