Weekly rainfall and river flow summary

Wednesday 14 January to Tuesday 20 January 2026

1 Summary

It has been a wet week across most of England, particularly in the south-west. River flows decreased at just over half of the sites we report on and are now classed as normal or higher for the time of year at all but one site.

1.1 Rainfall

It has been a wet week across most of England, particularly in the south-west. Rainfall totals for the week ranged from 18 mm in north-east England to 47 mm in south-west England (Table 1, Figure 1). Rainfall totals for January to date ranged from 53% and 57% of the long-term average (LTA) in the north-west and north east respectively to 107% of the LTA in east England (Table 1). For England as a whole, January to date, has received 82% of the LTA rainfall.

1.2 River flows

River flows decreased at just over half of the sites we report on sites this week. River flows were classed as normal at 32 sites (58%), and a further 15 sites (27%) were classed as above normal for the time of year. Notably high flows were recorded at 5 sites (9%), and 2 sites (4%) were exceptionally high. Only the River Burn a groundwater dominated catchment in north Norfolk was classed as below normal. (Figure 2)

1.3 Outlook

Thursday is expected to be cloudy with outbreaks of rain across many parts of England, though some brief drier and brighter interludes will develop at times. Friday will remain unsettled with showers or longer spells of rain. Conditions will turn colder across England throughout the weekend with rain across south west England. Monday and Tuesday will see milder conditions in southern England at times however it is likely to remain colder in northern and eastern England with the risk of some snow showers across hills in northern England.

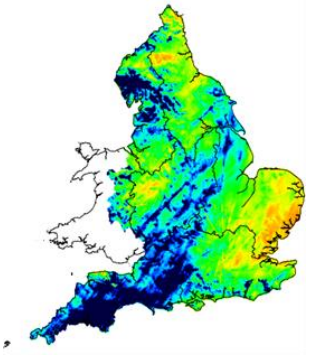
Table 1: Latest rainfall summary information (Source: Met Office © Crown Copyright, 2026)

Geographic regions	14 to 20 Jan 2026 total rainfall (mm)	Jan 2026 to date total rainfall (mm)	Jan 2026 to date rainfall % of LTA	Dec 2025 total rainfall (mm)	Dec 2025 rainfall % of LTA	Last 3 months Oct to Dec 2025 total rainfall (mm)	Last 3 months Oct to Dec 2025 rainfall % of LTA	Last 6 months Jul to Dec 2025 total rainfall (mm)	Last 6 months Jul to Dec 2025 rainfall % of LTA	Last 12 months Jan to Dec 2025 total rainfall (mm)	Last 12 months Jan to Dec 2025 rainfall % of LTA
north-west	23	66	53	171	118	504	124	861	119	1,285	101
north-east	18	46	57	90	100	324	121	541	111	771	87
central	24	68	102	92	122	295	130	450	108	667	87
east	23	56	107	55	94	215	117	341	96	509	81
south-east	33	80	101	89	107	263	102	425	99	673	87
south-west	47	100	85	174	136	438	117	643	106	1,078	99
England	28	69	82	105	114	324	118	516	107	789	91

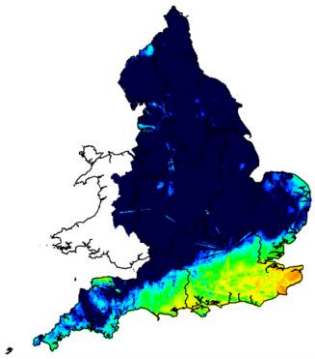
Notes: Long term average (LTA) rainfall for 1991 to 2020. Data for the current month are calculated using MORECS (Met Office Rainfall and Evaporation Calculation System); data for past months are provisional values from the National Climate Information Centre (NCIC). The data are rounded to the nearest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

2 Rainfall

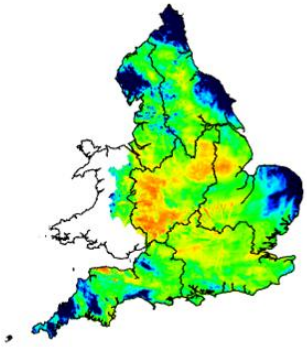
Figure 2: Weekly precipitation across England and Wales for the past 11 weeks. UKPP radar. Note: Images may sometimes include straight lines originating from the centre of the radar, resulting from tall trees and buildings located near the radar installation affecting its performance. This does not reflect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



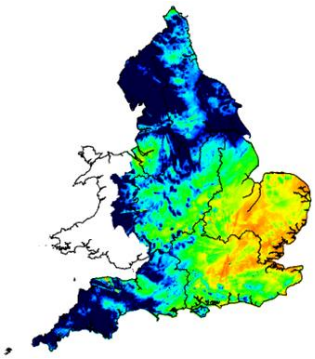
5 to 11 November



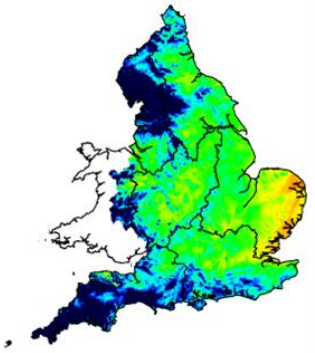
12 to 18 November



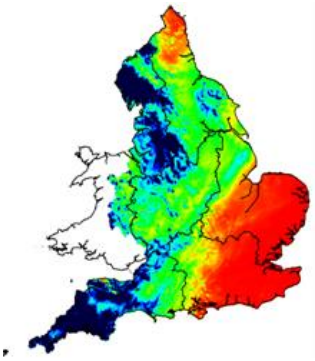
19 to 25 November



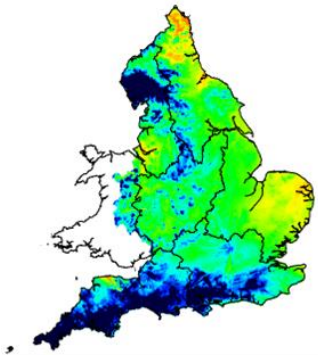
26 November to 2 December



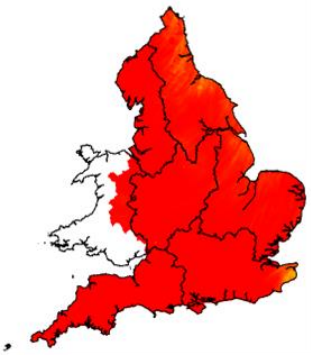
3 to 9 December



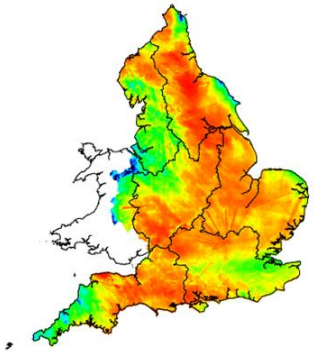
10 to 16 December



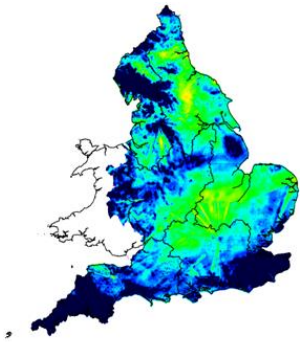
17 to 23 December



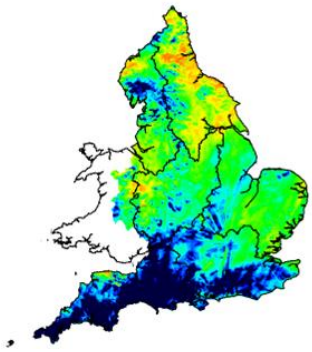
24 to 30 December



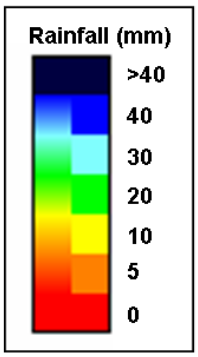
31 December to 6 January



7 to 13 January



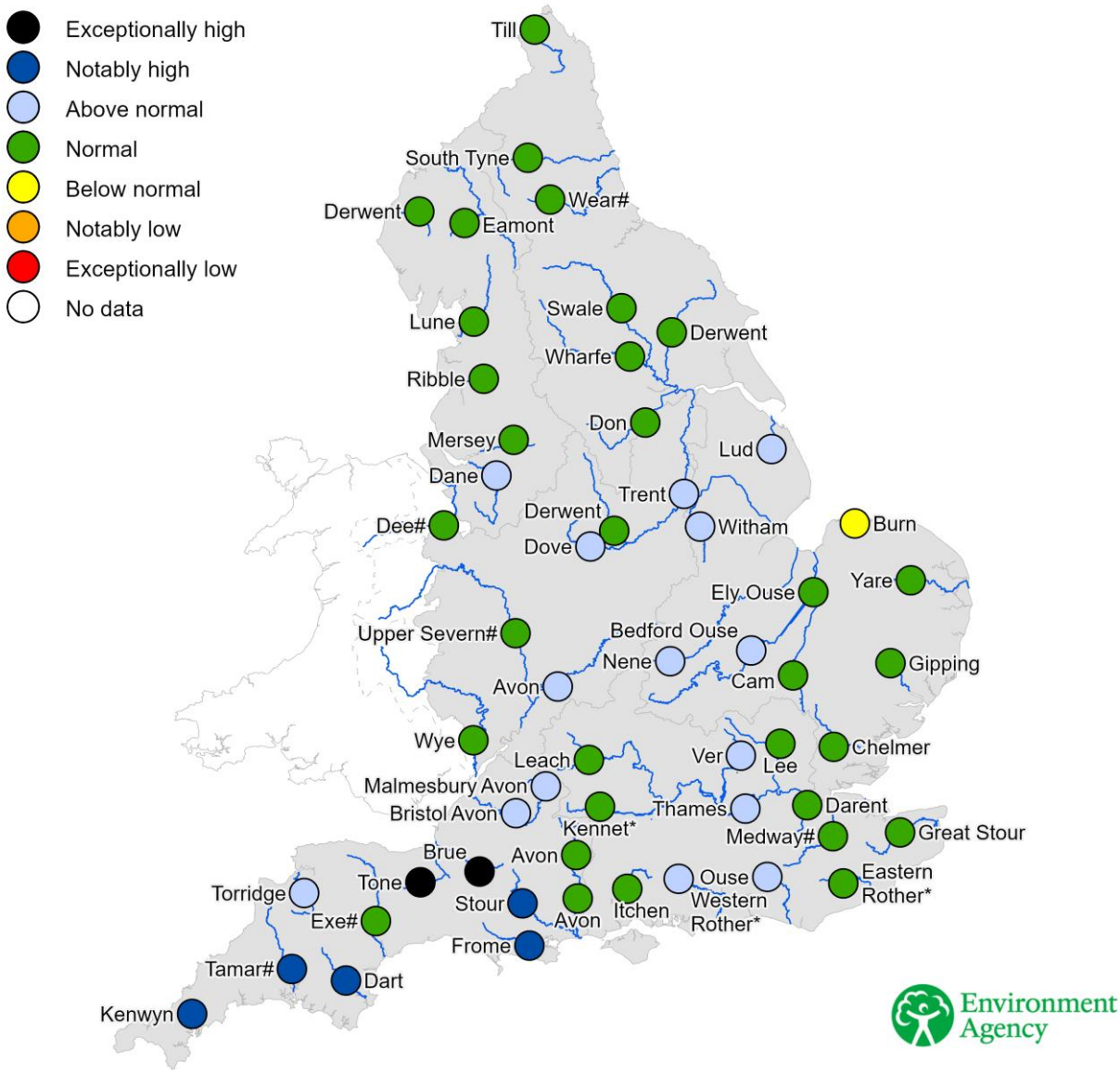
14 to 20 January



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.



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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