Weekly rainfall and river flow summary

Wednesday 28 January to Tuesday 3 February 2026

1 Summary

Conditions over the last week remained wet for much of England, with the wettest conditions in south-west England and along the south coast. Despite river flows receding at many sites this week, more than two-thirds were classed as above normal or higher for the time of year.

1.1 Rainfall

Wet weather remained for much of England during the last week, with particularly wet conditions in south-west England and along parts of the south coast. Rainfall totals ranged from 13mm in east England to 43mm in south-west England (Table 1, Figure 2). During January, England received 150% of long term average (LTA) rainfall for the month. There were large regional differences though, with south-west England receiving 184% of the LTA, while north-west England was the only region to record below average rainfall (80% of LTA). With very wet weather in parts of southern England, the south-east had already received 32% of the LTA rainfall for February after just 3 days. (Table 1)

1.2 River flows

Despite ongoing wet weather for many, more than three quarters of river flow sites saw a decrease in daily mean flows this week, as they receded from the very high flows at the end of the previous week. Of the sites that saw an increase in river flows, the majority were in south-west and south-east England. Almost all river flow sites were classed as normal or higher, with only the River Lune at Caton classed as below normal for the time of year. Fifteen sites (27% of the total) were classed as normal, and 22 (40%) were classed as above normal for the time of year. Thirteen sites (24%) were notably high, and 4 (7%) were exceptionally high, with the majority of these sites found in south-west and south-east England. (Figure 3.1)

1.3 Outlook

Thursday is expected to see rain moving northwards through the day, turning heavy in places. Conditions are likely to remain unsettled into the weekend, with outbreaks of rain in the south. Saturday will bring some drier spells, but it will remain cloudy for most of the weekend. Further bands of rain are expected on Monday and Tuesday.

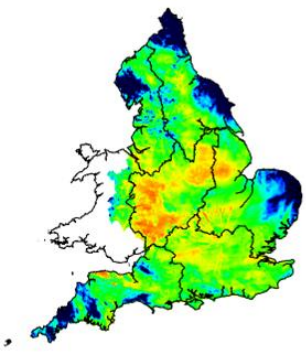
Table 1: Latest rainfall summary information (Source: Met Office © Crown Copyright, 2026)

Geographic regions	28 Jan to 3 Feb 2026 total rainfall (mm)	Feb 2026 to date total rainfall (mm)	Feb 2026 to date rainfall % of LTA	Jan 2026 total rainfall (mm)	Jan 2026 rainfall % of LTA	Last 3 months Nov 2025 to Jan 2026 total rainfall (mm)	Last 3 months Nov 2025 to Jan 2026 rainfall % of LTA	Last 6 months Aug 2025 to Jan 2026 total rainfall (mm)	Last 6 months Aug 2025 to Jan 2026 rainfall % of LTA	Last 12 months Feb 2025 to Jan 2026 total rainfall (mm)	Last 12 months Feb 2025 to Jan 2026 rainfall % of LTA
north-west	15	6	5	100	80	482	120	867	116	1,285	101
north-east	18	6	8	101	126	348	132	571	114	799	90
central	22	11	20	109	163	340	157	511	121	693	91
east	13	6	14	82	156	244	141	368	105	535	85
south-east	31	18	32	142	180	319	127	510	112	712	92
south-west	43	14	16	216	184	549	148	822	126	1,139	104
England	24	10	15	124	150	367	137	581	116	820	94

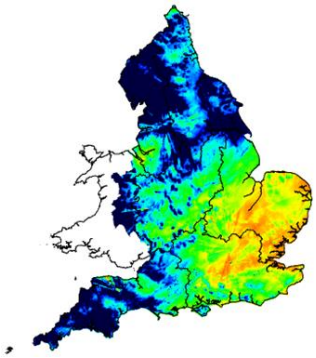
Notes: Long term average (LTA) rainfall for 1991 to 2020. Data for the current month are calculated using MORECS (Met Office Rainfall and Evaporation Calculation System); data for past months are provisional values from the National Climate Information Centre (NCIC). The data are rounded to the nearest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

2 Rainfall

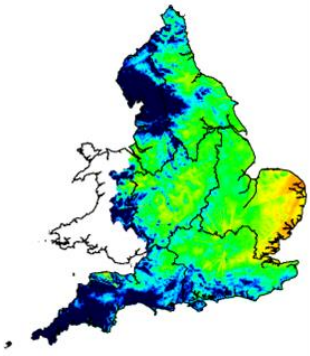
Figure 2: Weekly precipitation across England and Wales for the past 11 weeks. UKPP radar. Note: Images may sometimes include straight lines originating from the centre of the radar, resulting from tall trees and buildings located near the radar installation affecting its performance. This does not reflect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



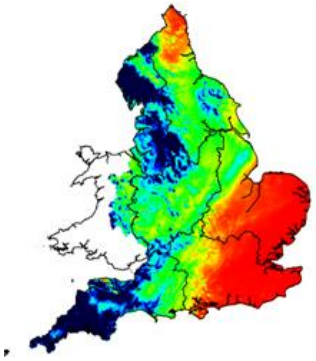
19 to 25 November



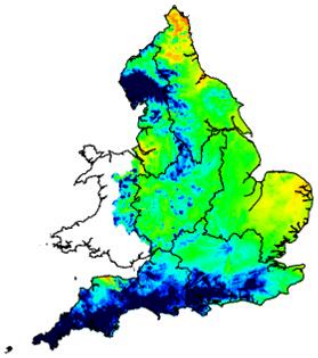
26 November to 2 December



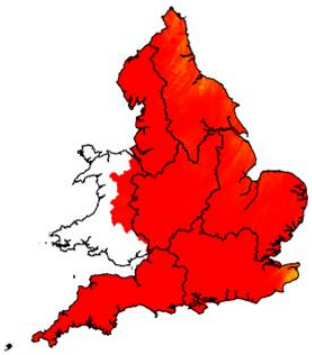
3 to 9 December



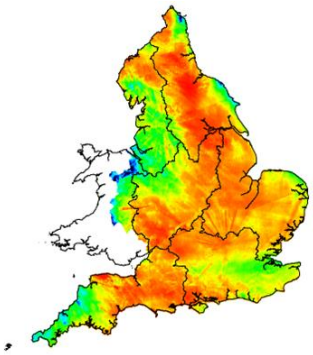
10 to 16 December



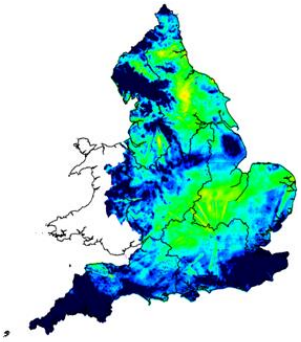
17 to 23 December



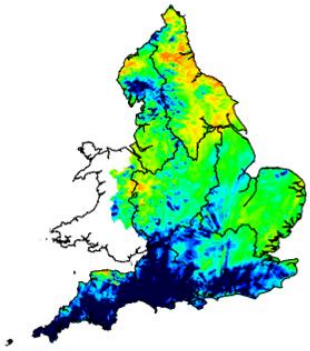
24 to 30 December



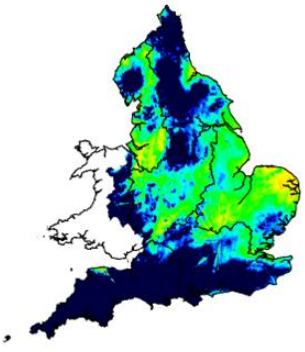
31 December to 6 January



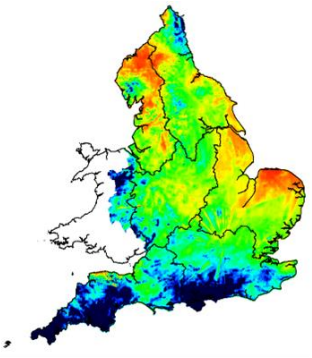
7 to 13 January



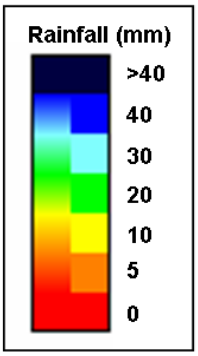
14 to 20 January



21 to 27 January



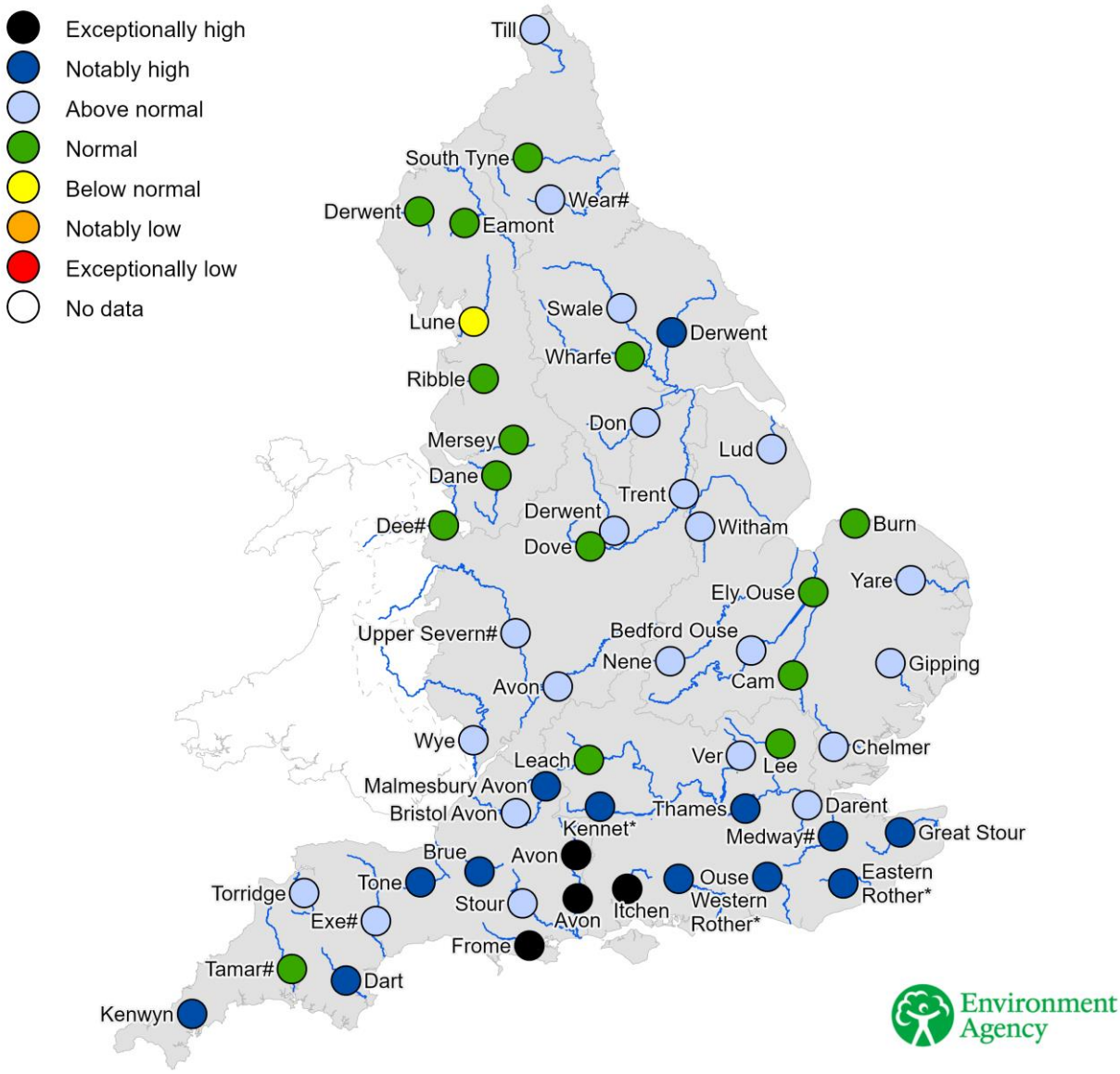
28 January to 3 February



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