Weekly rainfall and river flow summary

Wednesday 4 March to Tuesday 10 March 2026

1 Summary

This week has seen similar amounts of rainfall for England as the previous week. Rainfall totals ranged from 4 mm in central England to 17 mm in north-west England. River flows decreased at the majority of the river flow sites we report on compared with the previous week but typically remain normal or above normal, with the exception of a few sites.

1.1 Rainfall

Overall England has received similar rainfall totals to last week. Rainfall totals ranged from 4 mm in central England to 17 mm in north-west England. Compared with the previous week (ending 03 March 2026), rainfall was typically less across the north-east and central England, elsewhere totals were similar to last week. (Table 1).

1.2 River flows

River flows decreased at the majority of the river flow sites we report on compared with the previous week. Despite these reductions, at most sites, flows remained generally high for the time of year as the influence of earlier wet weather continues to be reflected in the hydrological conditions. More than three-quarters of sites were classed as normal or higher for early March. Thirty-eight sites (70%) were classed as normal for the time of year, and a further 7 sites (13%) were classed as above normal. Four sites (7%) were notably high, and 2 sites (4%) were classed as exceptionally high for the time of year. At 3 sites, flows were classed as below normal. (Figure 3.1)

1.3 Outlook

On Thursday, across most of England there will be showers, with high wind speeds in the north. Friday will bring some cloudy coverage to most of England, with outbreaks of rain mainly affecting the south and north, while central parts remain predominantly dry. Saturday will continue largely dry for most of England, with only isolated light showers developing, and rainfall amounts staying small. By Sunday, there is a high likelihood of higher rainfall returning to England, little change is expected on Monday or Tuesday.

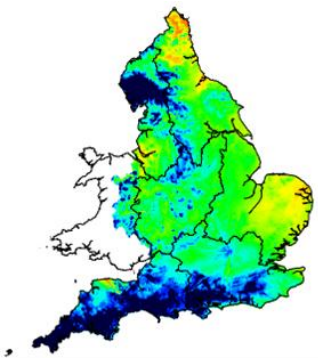
Table 1: Latest rainfall summary information (Source: Met Office © Crown Copyright, 2026)

Geographic regions	4 to 10 Mar 2026 total rainfall (mm)	Mar 2026 to date total rainfall (mm)	Mar 2026 to date rainfall % of LTA	Feb 2026 total rainfall (mm)	Feb 2026 rainfall % of LTA	Last 3 months Dec 2025 to Feb 2026 total rainfall (mm)	Last 3 months Dec 2025 to Feb 2026 rainfall % of LTA	Last 6 months Sep 2025 to Feb 2026 total rainfall (mm)	Last 6 months Sep 2025 to Feb 2026 rainfall % of LTA	Last 12 months Mar 2025 to Feb 2026 total rainfall (mm)	Last 12 months Mar 2025 to Feb 2026 rainfall % of LTA
north-west	17	23	26	115	111	386	104	922	124	1,340	105
north-east	9	11	17	97	139	288	120	644	132	858	97
central	4	4	9	122	229	323	165	614	151	778	102
east	5	5	12	77	183	214	140	427	129	577	91
south-east	9	9	19	109	189	340	155	588	130	761	98
south-west	11	13	17	167	189	558	167	940	143	1,214	111
England	9	10	17	112	170	342	142	662	135	880	101

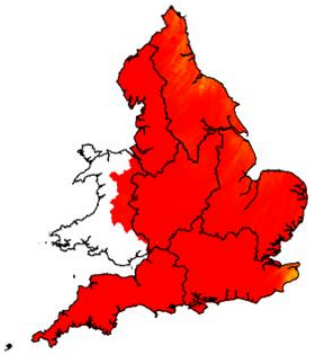
Notes: Long term average (LTA) rainfall for 1991 to 2020. Data for the current month are calculated using MORECS (Met Office Rainfall and Evaporation Calculation System); data for past months are provisional values from the National Climate Information Centre (NCIC). The data are rounded to the nearest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

2 Rainfall

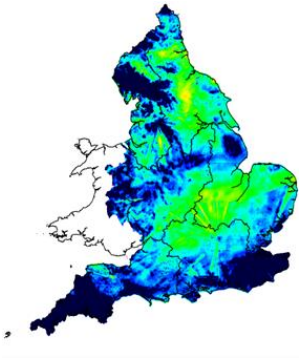
Figure 2: Weekly precipitation across England and Wales for the past 11 weeks. UKPP radar. Note: Images may sometimes include straight lines originating from the centre of the radar, resulting from tall trees and buildings located near the radar installation affecting its performance. This does not reflect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



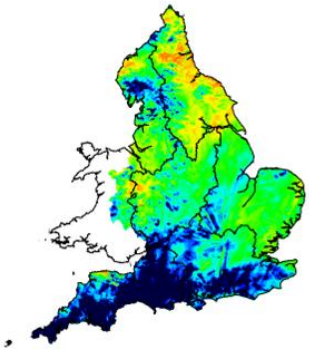
17 to 23 December



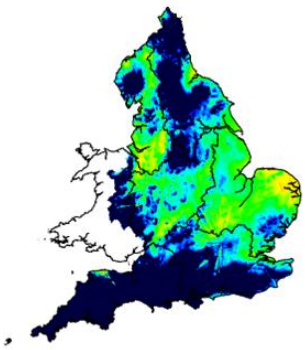
24 to 30 December



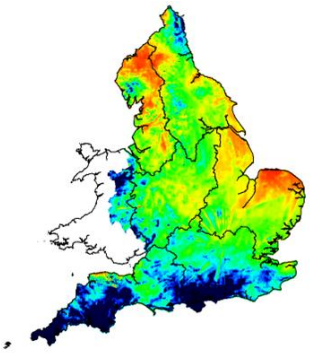
7 to 13 January



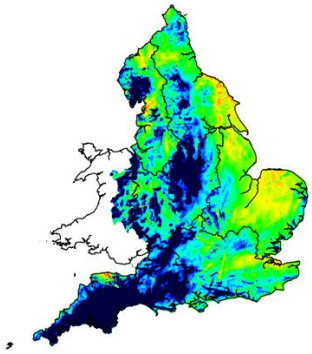
14 to 20 January



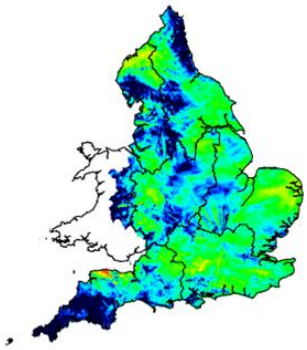
21 to 27 January



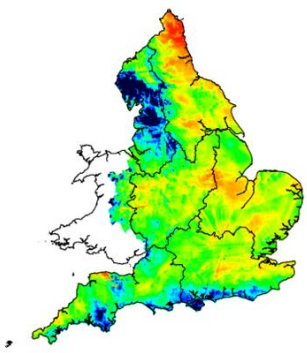
28 January to 3 February



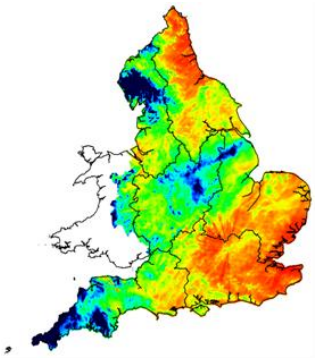
4 to 10 February



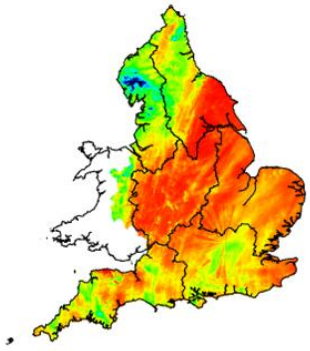
11 to 17 February



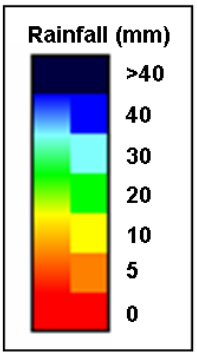
18 to 24 February



25 February to 3 March



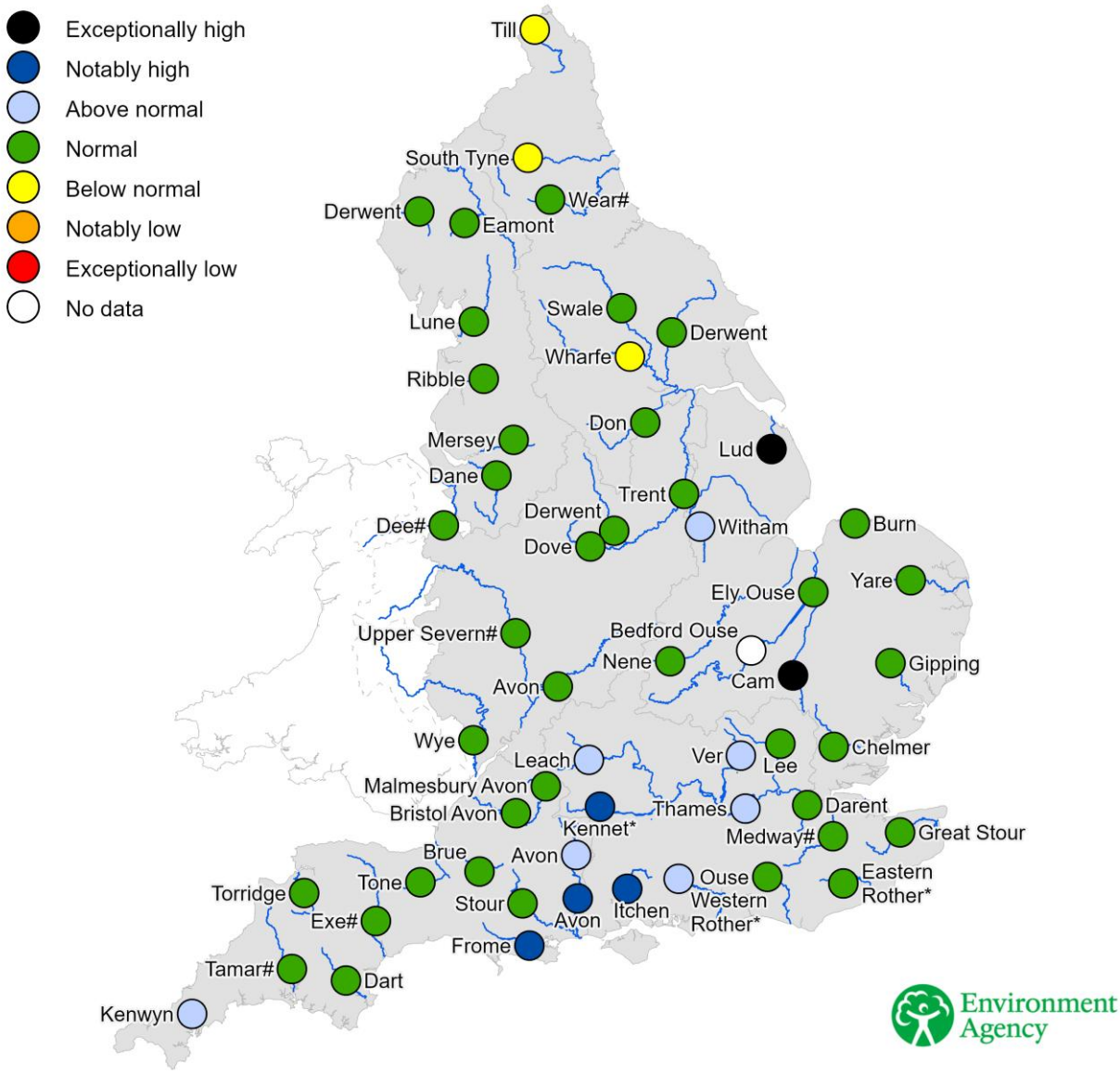
4 to 10 March



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