

Weekly rainfall and river flow summary

Wednesday 8 July to Tuesday 14 July 2026

1 Summary

It has been another very dry week across the whole of the country with on average less than 1mm of rainfall recorded in each region. River flows decreased at almost all of the sites we report on compared with the previous week and all sites remain classed as normal or lower for the time of year.

1.1 Rainfall

It has been another very dry week across the whole of the country with all regions receiving less than 1mm of rainfall. (Table 1, Figure 2). Rainfall totals for the month of July to date ranged from 9% of the long-term average (LTA) in north-west England to 0% of the LTA in east and south-east England. For England as a whole, rainfall for the month to date was only 3% of LTA. (Table 1).

1.2 River flows

River flows decreased at 84% of the sites we report on compared with the previous week, and all sites remain classed as normal or lower for the time of year. Seven sites (13%) were classed as normal, 26 sites (49%) were classed as below normal, 13 sites (25%) were classed as notably low and 7 sites (13%) were classed as exceptionally low for the time of year. (Figure 3.1).

1.3 Outlook

Thursday will be largely dry with sunshine for most as the high-pressure continues. Friday will again be dry and sunny across the country. The weekend will feel slightly cooler with more cloud, particularly in northern and eastern England. Monday and Tuesday will again be dry, with spells of sunshine and cloud across the country.

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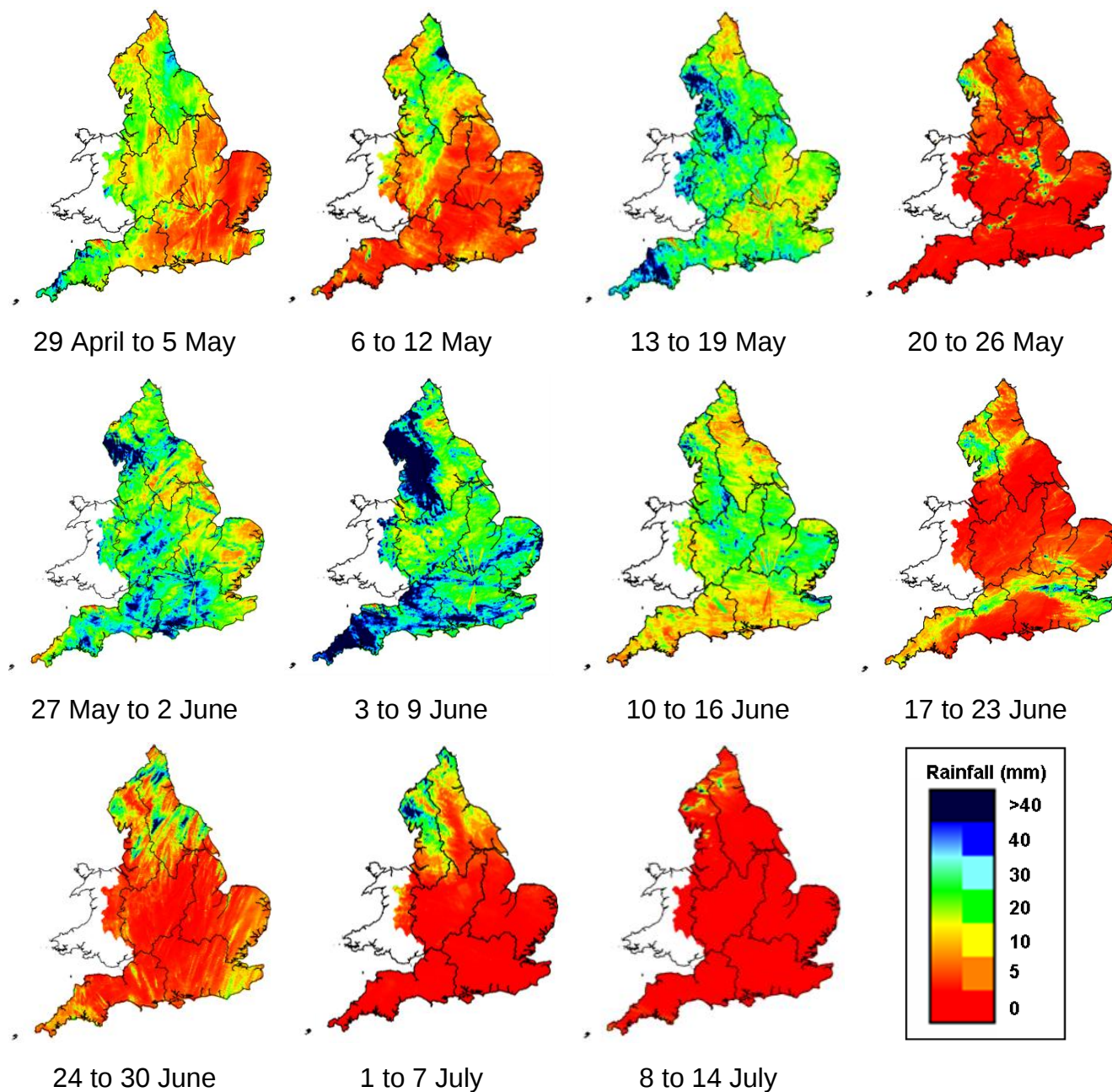
Table 1: Latest rainfall summary information (Source: Met Office © Crown Copyright, 2026)

Geographic regions	8 to 14 Jul 2026 total rainfall (mm)	Jul 2026 to date total rainfall (mm)	Jul 2026 to date rainfall % of LTA	Jun 2026 total rainfall (mm)	Jun 2026 rainfall % of LTA	Last 3 months Apr to Jun 2026 total rainfall (mm)	Last 3 months Apr to Jun 2026 rainfall % of LTA	Last 6 months Jan to Jun 2026 total rainfall (mm)	Last 6 months Jan to Jun 2026 rainfall % of LTA	Last 12 months Jul 2025 to Jun 2026 total rainfall (mm)	Last 12 months Jul 2025 to Jun 2026 rainfall % of LTA
north-west	<1	9	9	107	125	233	101	570	104	1,431	113
north-east	<1	6	8	56	77	144	77	402	101	943	106
central	<1	<1	1	56	87	121	70	391	113	842	110
east	<1	<1	0	52	94	77	54	261	94	602	95
south-east	<1	<1	0	71	134	107	68	387	113	812	105
south-west	<1	1	2	82	120	154	76	585	120	1,228	112
England	<1	2	3	68	104	131	74	417	108	933	107

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.

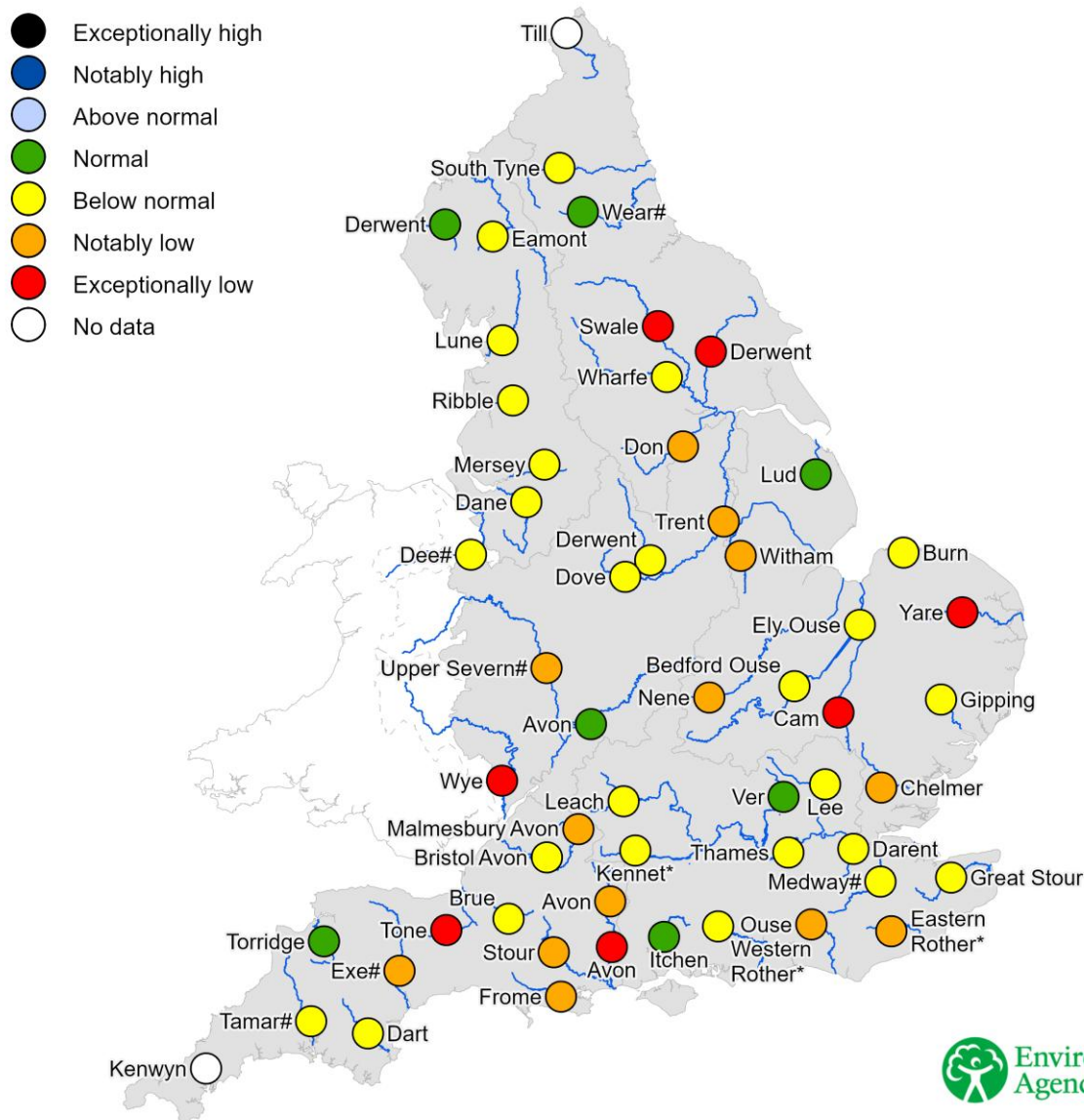


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3 River flows

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