

Weekly rainfall and river flow summary

Wednesday 22 July to Tuesday 28 July 2026

1 Summary

For much of England, it was another dry week, although north-west and north-east England were slightly wetter. As July nears its end, England as a whole has received just 7% of the long term average rainfall for the month. River flows decreased at the majority of sites we report on, and most sites are now classed as below normal or lower for the time of year.

1.1 Rainfall

For much of England it has been another dry week of less than 1mm of rainfall, although conditions were slightly wetter in the north (Table 1 and Figure 2). Rainfall totals ranged from less than 1mm of rainfall in central, east and south-east England, to 8mm in the north-east. With 3 days of July remaining, totals for the month so far are below 5% of the long term average (LTA) in south-west, south-east, east and central England. In north-west England, 16% of the LTA has been received, and in the north-east 20% of the LTA rainfall has been received. For England as a whole, the total for the month so far is just 7% of the LTA (Table 1).

1.2 River flows

River flows decreased at two-thirds of the sites we report on when compared to the previous week. The majority of sites were classed as below normal or lower for the time of year. Eight sites (15% of the total) were classed as normal, including the South Tyne and Wear in north-east England where rainfall totals were highest. Twenty sites (37%) were classed as below normal and 18 (33%) were notably low. Eight sites (15%) were classed as exceptionally low for the time of year, most of which were found in central, east, south-east and south-west England. (Figure 3.1)

1.3 Outlook

A cold front is expected to move south during Thursday, bringing fresher conditions to all. These cooler temperatures will continue on Friday and into the weekend. Sunny spells will persist, although some showers are possible. On Monday and Tuesday, conditions are likely to be more changeable, with a greater chance of rain or showers across England, although totals are likely to be small.

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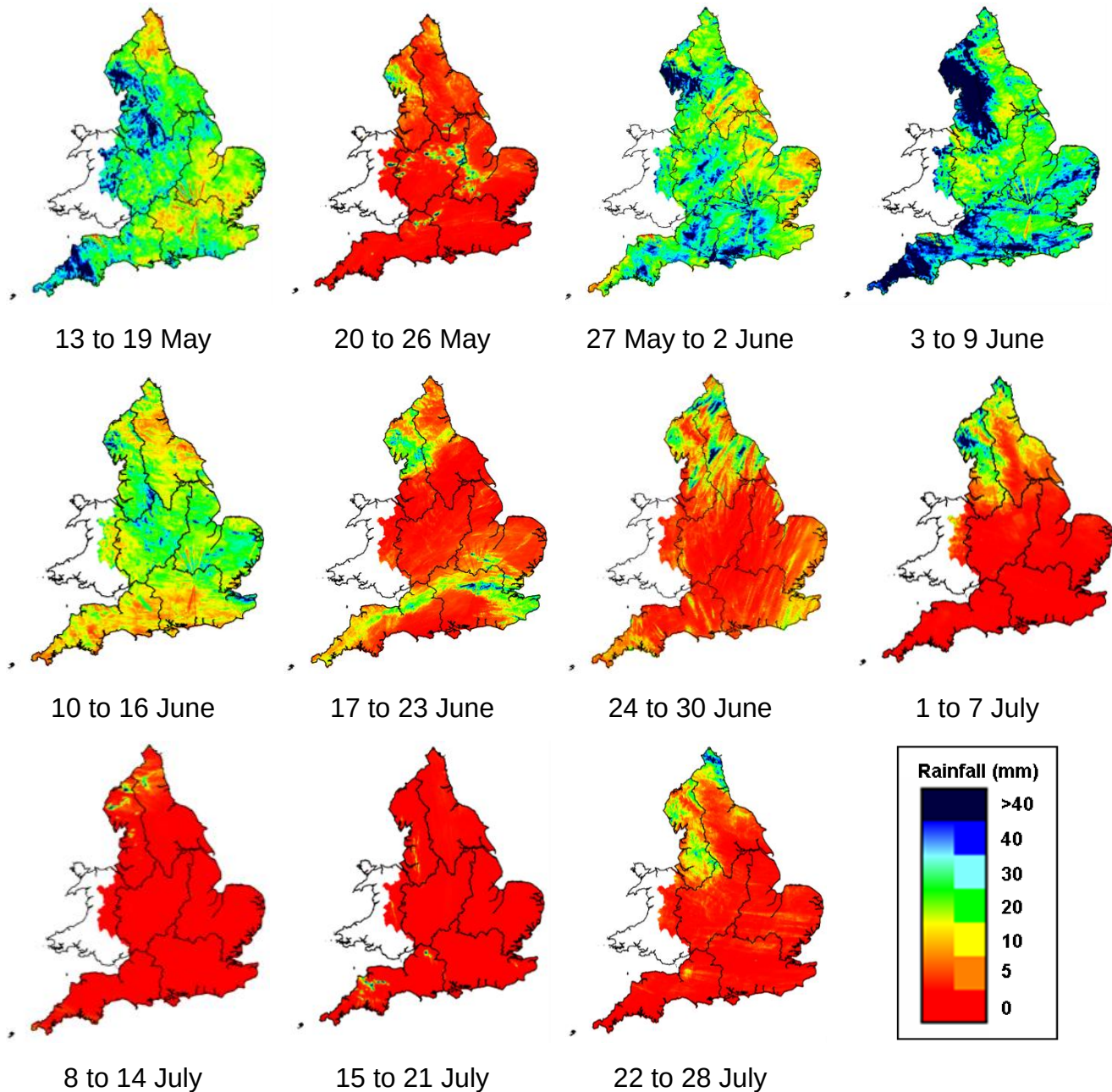
Table 1: Latest rainfall summary information (Source: Met Office © Crown Copyright, 2026)

Geographic regions	22 to 28 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	7	15	16	107	125	233	101	570	104	1,431	113
north-east	8	14	20	56	77	144	77	402	101	943	106
central	<1	1	2	56	87	121	70	391	113	842	110
east	<1	<1	1	52	94	77	54	261	94	602	95
south-east	<1	<1	1	71	134	107	68	387	113	812	105
south-west	1	3	4	82	120	154	76	585	120	1,228	112
England	3	5	7	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.

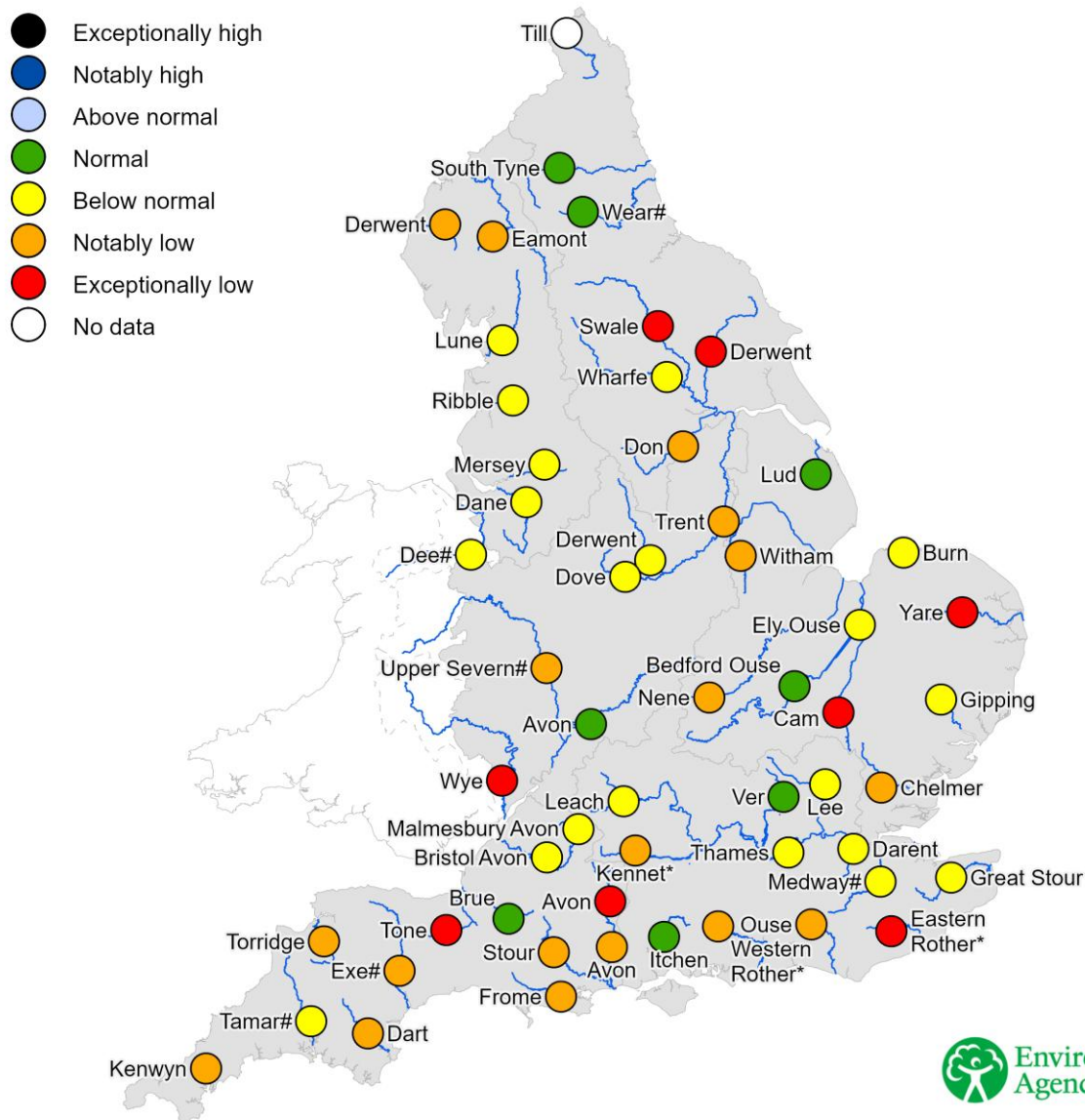


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3 River flows

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