

Weekly rainfall and river flow summary

Wednesday 29 July to Tuesday 4 August 2026

1 Summary

It has been another dry week for most of the country with modest rainfall totals across northern England. 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

It has been another dry week for most of England although conditions were slightly wetter in the north (Table 1 and Figure 2). Rainfall totals ranged from less than 1mm of rainfall in east and south-east England, to 13mm in north-west England. Rainfall totals for July, ranged from 1% of the LTA for south-east England to 26% in north-west England. For England as a whole, the rainfall total for August to date is 4% of the LTA (Table 1).

1.2 River flows

River flows decreased at four-fifths 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. Seven sites (14% of the total) were classed as normal. Eighteen sites (33%) were classed as below normal and a further 17 sites (31%) were notably low. Twelve sites (22%) located across the country, were classed as exceptionally low for the time of year. (Figure 3.1)

1.3 Outlook

Dry conditions are forecast for most of England on Thursday with sunny or bright spells developing despite a fair amount of cloud although the chance of a few isolated showers persists. Settled conditions continue across England on Friday and Saturday. A band of rain will move southwards on Sunday, bringing showers to northern England but with most southern areas remaining dry. It will remain dry into Monday and Tuesday.

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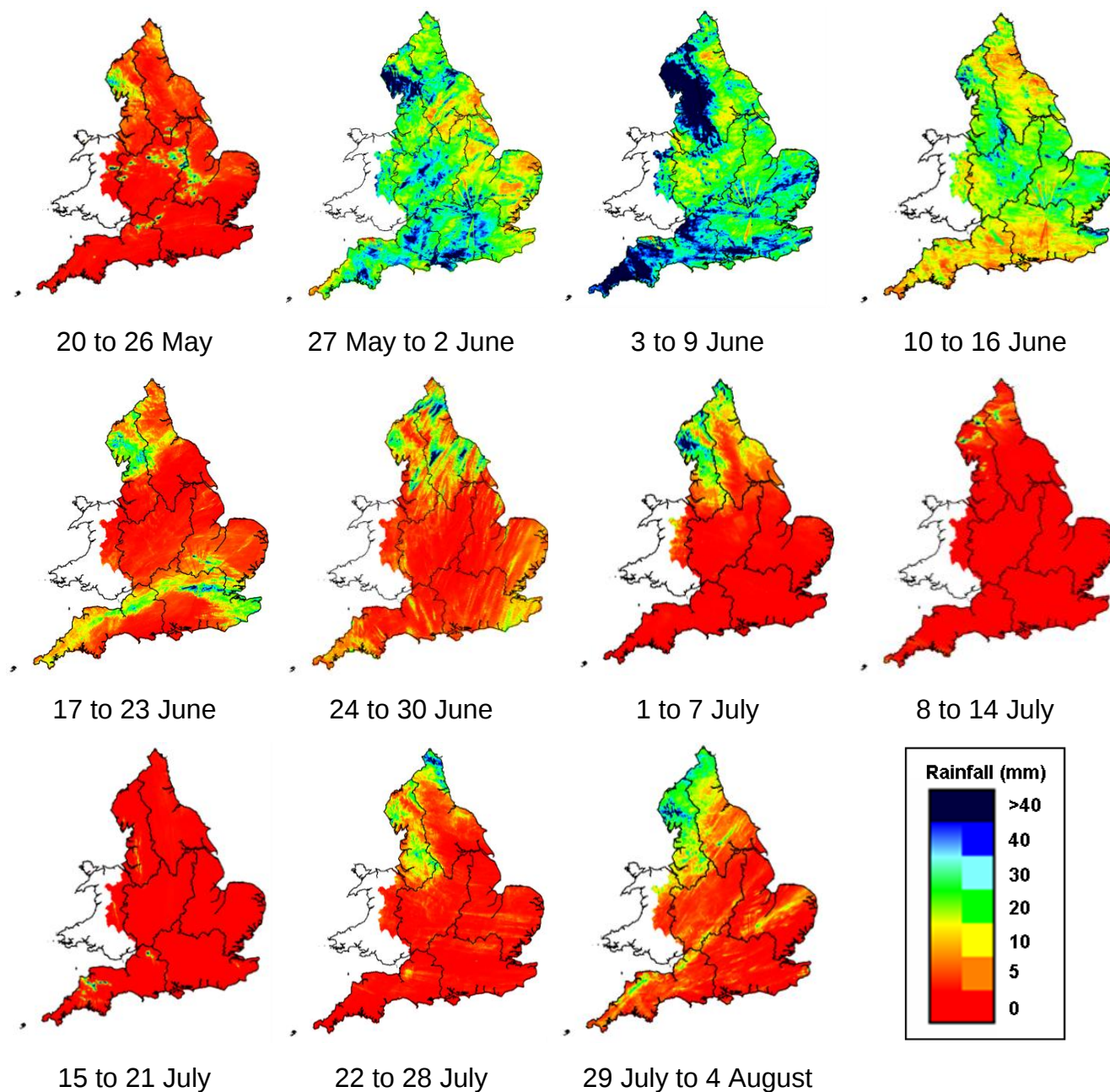
Table 1: Latest rainfall summary information (Source: Met Office © Crown Copyright, 2026)

Geographic regions	29 Jul to 4 Aug 2026 total rainfall (mm)	Aug 2026 to date total rainfall (mm)	Aug 2026 to date rainfall % of LTA	Jul 2026 total rainfall (mm)	Jul 2026 rainfall % of LTA	Last 3 months May to Jul 2026 total rainfall (mm)	Last 3 months May to Jul 2026 rainfall % of LTA	Last 6 months Feb to Jul 2026 total rainfall (mm)	Last 6 months Feb to Jul 2026 rainfall % of LTA	Last 12 months Aug 2025 to Jul 2026 total rainfall (mm)	Last 12 months Aug 2025 to Jul 2026 rainfall % of LTA
north-west	13	10	9	26	26	203	79	495	95	1,362	107
north-east	7	6	8	13	19	130	65	314	81	885	100
central	2	1	2	2	3	103	56	284	83	796	104
east	<1	<1	0	2	3	74	47	181	64	549	87
south-east	<1	<1	1	1	1	99	63	245	77	755	98
south-west	3	2	2	4	5	130	63	373	85	1,194	109
England	4	3	4	7	10	117	62	299	81	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.

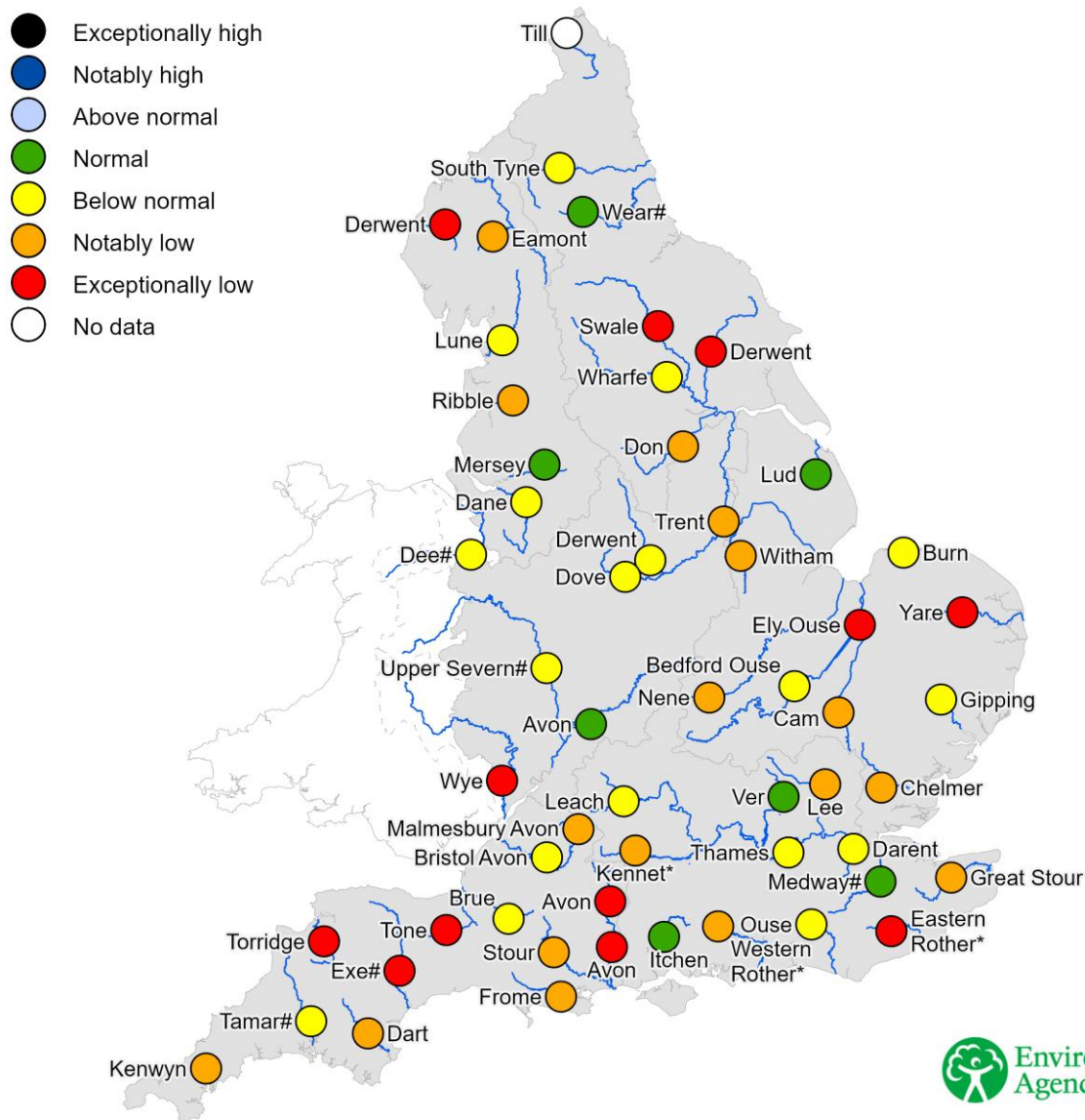


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3 River flows

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