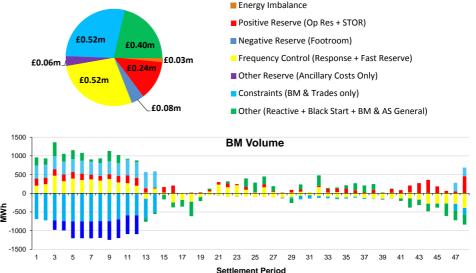




Constraint Offers



## Commentary

■ Constraint Bids

Frequency Control Offers

The market flicked between being long and short throughout the day, reaching nearly 1200MW long in the morning. Spin Gen was used from midday to late evening to manage demand uncertaincy.

■ Positive Reserve

Other

Frequency Control Bids

■ Negative Reserve

BM Actions and trades were done to manage ROCOF levels overnight. Actions were taken in the BM to manage power flow restrictions in the Wales region. Trades were carried out to manage voltage issues in the South East.