





## Commentary

The market flipped between long and short through the day until the evening where it remained short for the rest of the evening. Roughly 220MW of STOR was run during the morning period and Spin Gen was used throughout the day to manage demand uncertaincy.

Trades were taken in the BM to manage voltage issues in the south for the early morning period. Interconnector trades and BM trades were carried out to manage RoCoF issues.