**Commentary**

The market was mostly long, with intermittent short peaks in the morning and afternoon. Interconnector Trades were required for Margin between 7am and 8am. BM Actions managed thermal constraints in the North during the day. Power flow constraints in Scotland alleviated by BM Actions over the morning and afternoon period. Voltage Control was adequate with no intervention necessary. Some Trades and BM Actions 11pm onwards overnight for RoCoF.