**Daily Balancing Costs**

**Commentary**

The market was mostly long throughout the day except for some short periods between 06:30-07:00, 08:00-09:30, 14:30-16:00 and 21:00-21:30. Trades were supporting downward regulation. BM Actions managed thermal export constraints in Scotland, North of England and Midlands in the evening. Trades and BM Actions supported voltage control. BM Actions supported Inertia.