Weekly Energy Market Report

19th August 2026

Both electric and gas this week have continued to rise, increasing by 5.6% and 8.4% respectively.

Gas prices have been impacted by the tension in the Middle East as the 60-day negotiation window expired on the 16th August with no extension. Cargo through the Strait of Hormuz remain constricted and the UK is not expecting any LNG injections in the next week. The recent UK heatwave has also increased gas demand.

Power prices tracked the gas market this week. Low renewable generation and high temperatures have further supported market gains.

Oil prices have increased from $88.98/bbl to $92.59/bbl this week. Tension in the Middle East as escalation within the Strait of Hormuz impacted the market along with the expiration of the memorandum of understanding. Low demand forecasts for the remainder of 2026 helpful to dampen gains.

Carbon prices this week were stable going from €81.99/t to €82.09/t and coal increased from $122.60/t to $122.95/t.

The Pound weakened against the Euro (€1.1704 to €1.1691) and strengthened against the US Dollar ($1.3506 to $1.3532) this week.

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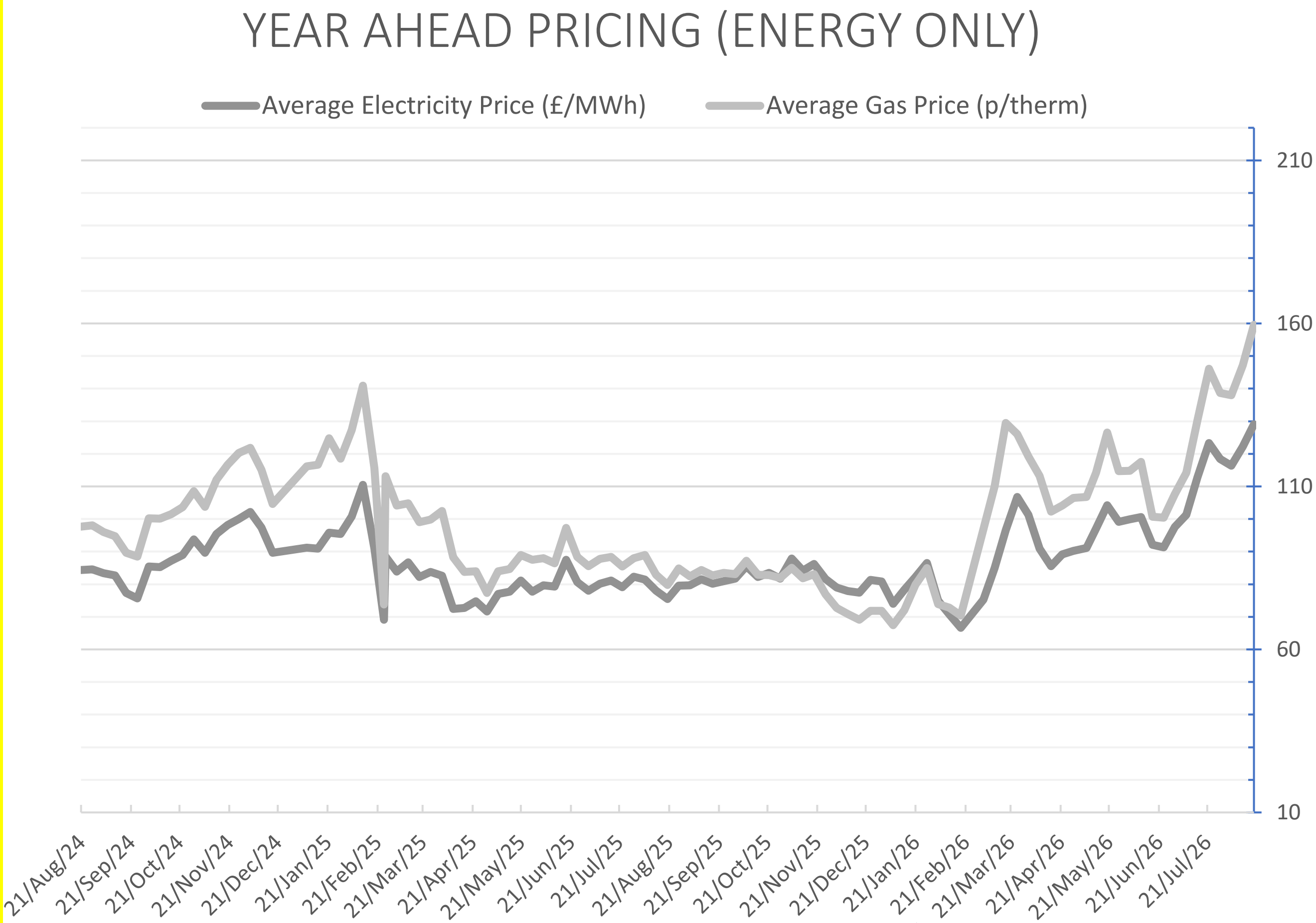

Electricity (£/MWh)

Prompt Price	Future Price	Average Price
126.38	131.75	129.06

Gas (p/Therm)

Prompt Price	Future Price	Average Price
157.88	161.25	159.56

5.6 %

8.4 %

PRICE MOVEMENTS OVER PAST WEEK