# UK sets new record for sunniest spring but regional gloom persists



The United Kingdom has recently basked in an extraordinary spring, touted as the sunniest on record, amassing an impressive 630 hours of sunshine between March 1 and May 27. This performance eclipsed the previous record of 626 hours set in 2020. Surprisingly, this surge comes against a backdrop of significant regional disparities in sunshine exposure across the UK, as highlighted by an analysis of Met Office data spanning three decades.

While areas like Plymouth and Southampton relished long hours of sun, others were less fortunate. The analysis pinpointed Banagher in Ireland as the most deprived of sunlight, averaging just 1,096 hours annually. In stark contrast, Plymouth, located on the southern coast of England, topped the list with over 1,732 hours per year, benefiting from its geographical positioning which often attracts clear skies and more sunshine. The research revealed that some regions experience drastically less sunshine, with Manchester, Glasgow, and various parts of Scotland frequently falling into the "miserable" category.

Glasgow, often synonymous with dreary weather, managed only around 1,234 hours per year, a concerning statistic for its residents. Notably, conditions this past November were particularly grim; places like Odiham and Ronaldsway recorded almost no sunshine over the first ten days, explaining why many locals often lament about the persistent grey skies. Such prolonged periods of ‘anticyclonic gloom’, as described by meteorologists, can result in dismal weather patterns devoid of any bright spells, significantly influencing both mood and health.

Exploring the implications of these weather patterns, the spring of 2025 offered a sharp turn from the previous year's conditions, where only 377 hours of sunshine were observed during the same months, marking one of the dullest springs on record. Emily Carlisle, a scientist at the Met Office, stated that the spring of 2025 had indeed defied previous expectations, insisting it was premature to predict whether records would continue to tumble as the season drew to a close.

The important observation from these findings is how geographical position dramatically affects daylight exposure. Coastal towns, such as Shanklin on the Isle of Wight, and Bognor Regis in West Sussex, demonstrated significantly higher averages of sunshine, with Shanklin even recording upwards of 1,923 hours yearly. This variance emphasises a critical point: while some may enjoy frequent sunny days, others may endure continuous overcast skies, impacting everything from lifestyle to economic activity in tourism-dependent regions.

Furthermore, with climate patterns shifting, attention must be paid to these lasting trends in weather variability. As the Met Office prepares to release rainfall statistics for this unusually sunny spring, it remains to be seen how this sunshine factor plays against long-term climate predictions for the UK. There is a growing recognition of the necessity for robust solutions to mitigate the negative mental health impacts of long gloomy winters and intermittent sunshine.

In summary, the recent sunshine record serves as both a celebration and a reminder of the UK's diverse climatic reality, reinforcing how essential it is for regional communities to adapt to their specific environmental contexts. As the seasons shift, the hope for a balanced climate, where every region can bask in the sun, becomes increasingly pertinent.

## Reference Map:

* Paragraph 1 – [[1]](https://www.dailymail.co.uk/sciencetech/article-14760715/UK-cities-MISERABLE-weather-hometown-sunshine.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://www.metoffice.gov.uk/about-us/news-and-media/media-centre/weather-and-climate-news/2025/a-record-breaking-march-for-sunshine)
* Paragraph 2 – [[1]](https://www.dailymail.co.uk/sciencetech/article-14760715/UK-cities-MISERABLE-weather-hometown-sunshine.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[4]](https://www.independent.co.uk/travel/news-and-advice/uk-sunniest-city-brighton-plymouth-london-b2540724.html), [[5]](https://www.yourweather.co.uk/news/trending/where-is-the-sunniest-place-in-the-uk-sunshine.html)
* Paragraph 3 – [[3]](https://www.metoffice.gov.uk/about-us/news-and-media/media-centre/weather-and-climate-news/2025/provisional-april-statistics), [[6]](https://www.icenimagazine.co.uk/where-in-the-uk-most-sunshine/), [[7]](https://www.theguardian.com/uk-news/2024/nov/10/grey-misty-english-weather-anticyclonic-gloom-met-office)

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## Bibliography

1. <https://www.dailymail.co.uk/sciencetech/article-14760715/UK-cities-MISERABLE-weather-hometown-sunshine.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://www.metoffice.gov.uk/about-us/news-and-media/media-centre/weather-and-climate-news/2025/a-record-breaking-march-for-sunshine> - In March 2025, England experienced its sunniest March since records began in 1910, with 185.8 hours of sunshine, surpassing the previous record of 171.7 hours set in 1929. This period of high pressure led to dry, warm, and sunny conditions across the country, with all four UK nations recording above-average sunshine hours for the month. The southeast, including the Midlands and East Anglia, were particularly sunny, while only parts of Northern Ireland and northern Scotland did not meet their average sunshine hours.
3. <https://www.metoffice.gov.uk/about-us/news-and-media/media-centre/weather-and-climate-news/2025/provisional-april-statistics> - April 2025 was the sunniest April on record for the UK since 1910, with an average of 228.9 hours of sunshine, 47% above the long-term average. England recorded its sunniest April, while Wales, Scotland, and Northern Ireland had their second sunniest. The month also saw temperatures 1.7°C above average, making it the UK's third warmest April since records began in 1884. High pressure systems brought sunny skies and well-above-average temperatures, particularly in the Midlands, East Anglia, and parts of Scotland.
4. <https://www.independent.co.uk/travel/news-and-advice/uk-sunniest-city-brighton-plymouth-london-b2540724.html> - Brighton has been identified as the UK's sunniest city, averaging five hours of sunshine per day between 1991 and 2020. This surpasses other cities such as Plymouth, Southampton, and Exeter. The data, analysed from the Met Office, highlights the regional variations in sunshine across the UK. For instance, Manchester averages only 3 hours and 44 minutes of sunshine per day, placing it 26th in the top 30 cities. The findings underscore the significant differences in sunlight exposure within the country.
5. <https://www.yourweather.co.uk/news/trending/where-is-the-sunniest-place-in-the-uk-sunshine.html> - Shanklin, a seaside resort town on the Isle of Wight, is recognised as the sunniest place in the UK, receiving an average of 1,923 hours of sunshine per year. This figure is higher than any other climate station currently used by the Met Office. Bognor Regis in West Sussex closely follows, with 1,920.8 hours of sunshine annually. These statistics highlight the regional variations in sunshine across the UK, with coastal areas often experiencing more sunlight than inland regions.
6. <https://www.icenimagazine.co.uk/where-in-the-uk-most-sunshine/> - Bognor Regis in West Sussex is noted for having the highest average annual sunshine in the UK, with 1,902 hours of sunshine per year. The town's clean beaches and bustling town centre make it a popular destination for summer holidays. Bognor Regis was formerly a small fishing village but is now perhaps best known for hosting the annual international Birdman event, where participants leap off the pier in homemade flying machines.
7. <https://www.theguardian.com/uk-news/2024/nov/10/grey-misty-english-weather-anticyclonic-gloom-met-office> - In November 2024, England experienced a period of 'anticyclonic gloom,' characterised by persistent grey skies and minimal sunshine. The village of Odiham in Hampshire recorded just 12 minutes of sunshine over 11 days, and Rostherne in Cheshire had only 24 minutes. This phenomenon was caused by high-pressure systems leading to light winds and cloud cover, resulting in less than 10% of the expected sunshine for that time of year. Such prolonged lack of sunlight can negatively impact mental health.