# Britain on track for its sunniest, most persistently hot year as water supplies come under strain



Britain is on course for what could be its sunniest and most consistently hot year on record, according to national weather and water data. Provisional Met Office figures and contemporaneous reporting show unusually high sunshine totals and a continuation of months with above‑average temperatures, leaving experts and officials warning of sustained heat and mounting pressure on water supplies.

Sunshine has been markedly above normal. Media reports and Met Office summaries indicate the UK had recorded around 1,200 hours of sunshine by the end of July, placing the country on track to challenge the long‑standing 2003 annual sunshine total of 1,587 hours. Spring alone was officially declared the warmest and sunniest on record, adding to the seasonal surplus that has driven the year’s bright totals.

The warmth has been persistent as well as intense. So far this year there have been far more days above 20°C than is typical at this stage, and spring statistics show mean temperatures well above long‑term averages. The Met Office’s provisional assessment for July put it among the warmest Julys on record — part of a run of six consecutive months with above‑average temperatures — and highlighted unusually high nightly minimums in southern areas.

Daily extremes have punctuated the trend. The hottest day so far this year was recorded on 1 July, when a maximum of 34.7°C was logged at St James’s Park in central London. The Met Office’s July briefing also noted regional peaks such as a 35.8°C reading in Faversham, underscoring how the warmth has been concentrated in southern England while remaining widespread elsewhere.

Those meteorological patterns have had clear hydrological consequences. The government’s monthly water‑situation report for July recorded below‑average rainfall for the month, continuing declines in river flows and groundwater levels, and reservoir storage for England finishing the month at about 69% of capacity. Officials say many monitored river and groundwater sites are below normal for the time of year, leaving rivers and reservoirs under strain despite occasional stormy interludes.

Water suppliers and regulators have responded with restrictions. Hosepipe bans remain in force for all customers of some regional companies, while Thames Water imposed a Temporary Use Ban across parts of the Thames Valley from 22 July 2025, citing the driest spring in over a century and the need to protect supplies. The company said the measures are intended to reduce consumption and protect both water resources and the environment.

Public‑health and emergency services have also been affected. The UK Health Security Agency maintained yellow heat warnings for large swathes of England into mid‑August, and frontline services such as fire crews have reported added strain during prolonged warm spells. Forecasters say high pressure is likely to persist into the second half of August, keeping conditions largely settled, although isolated showers or thunderstorms cannot be ruled out. “As we move into the second half of August, there are indications of high pressure building and therefore largely settled conditions overall,” Dr Will Lang, chief meteorologist at the Met Office, said in a Met Office statement.

The current episode is being framed in historical and climatic context. Reviews of the devastating 2003 European heatwave recall impacts such as melted road surfaces, buckled rails and severe water stress — consequences that planners now seek to avoid. The Met Office has warned that episodes of extended heat and sunshine are consistent with the longer‑term influence of human‑driven climate change, and that such extremes are likely to become more frequent, with implications for public health, agriculture and infrastructure.

Officials and suppliers are urging conservation and preparedness while emphasising that many of the statistics remain provisional and subject to formal assessment. The Met Office’s and government figures make clear that although individual daily records may be surpassed or not, the broader pattern this year — sustained warmth, high sunshine totals and below‑average rainfall — presents tangible management challenges for water companies, emergency planners and communities across the country.

### 📌 Reference Map:

## Reference Map:

* Paragraph 1 – [[1]](https://www.dailymail.co.uk/sciencetech/article-15004117/Britain-track-sunniest-hottest-year-scientists.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/uk-records-fifth-warmest-july-on-record), [[3]](https://www.metoffice.gov.uk/about-us/news-and-media/media-centre/weather-and-climate-news/2025/double-record-breaker-spring-2025-is-warmest-and-sunniest-on-uk-record)
* Paragraph 2 – [[1]](https://www.dailymail.co.uk/sciencetech/article-15004117/Britain-track-sunniest-hottest-year-scientists.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[3]](https://www.metoffice.gov.uk/about-us/news-and-media/media-centre/weather-and-climate-news/2025/double-record-breaker-spring-2025-is-warmest-and-sunniest-on-uk-record)
* Paragraph 3 – [[2]](https://www.metoffice.gov.uk/about-us/news-and-media/media-centre/weather-and-climate-news/2025/uk-records-fifth-warmest-july-on-record), [[3]](https://www.metoffice.gov.uk/about-us/news-and-media/media-centre/weather-and-climate-news/2025/double-record-breaker-spring-2025-is-warmest-and-sunniest-on-uk-record)
* Paragraph 4 – [[5]](https://feeds.bbci.co.uk/news/articles/c79qqx1r5yyo), [[2]](https://www.metoffice.gov.uk/about-us/news-and-media/media-centre/weather-and-climate-news/2025/uk-records-fifth-warmest-july-on-record), [[1]](https://www.dailymail.co.uk/sciencetech/article-15004117/Britain-track-sunniest-hottest-year-scientists.html?ns_mchannel=rss&ns_campaign=1490&ito=1490)
* Paragraph 5 – [[6]](https://www.gov.uk/government/publications/water-situation-national-monthly-reports-for-england-2025/water-situation-july-2025-summary), [[1]](https://www.dailymail.co.uk/sciencetech/article-15004117/Britain-track-sunniest-hottest-year-scientists.html?ns_mchannel=rss&ns_campaign=1490&ito=1490)
* Paragraph 6 – [[1]](https://www.dailymail.co.uk/sciencetech/article-15004117/Britain-track-sunniest-hottest-year-scientists.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[7]](https://www.thameswater.co.uk/about-us/newsroom/latest-news/2025/jul/thames-water-temporary-use-ban-in-force-22-july-2025)
* Paragraph 7 – [[1]](https://www.dailymail.co.uk/sciencetech/article-15004117/Britain-track-sunniest-hottest-year-scientists.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[4]](https://www.metoffice.gov.uk/weather/learn-about/weather/case-studies/heatwave), [[3]](https://www.metoffice.gov.uk/about-us/news-and-media/media-centre/weather-and-climate-news/2025/double-record-breaker-spring-2025-is-warmest-and-sunniest-on-uk-record)
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## Bibliography

1. <https://www.dailymail.co.uk/sciencetech/article-15004117/Britain-track-sunniest-hottest-year-scientists.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/uk-records-fifth-warmest-july-on-record> - Met Office provisional figures report that July 2025 was the UK’s fifth warmest July since 1884, extending a run of six consecutive months with above‑average temperatures. The briefing notes regional variations, with southern England particularly warm and daily minimum temperatures unusually high. Sunshine was above average overall while rainfall remained below normal, contributing to ongoing dry conditions and falls in river flows and reservoir storage. The release explains how statistics are provisional and how records are assessed, highlights notable daily maxima such as a 35.8°C reading in Faversham, and situates July within wider seasonal trends and climate influences and impacts.
3. <https://www.metoffice.gov.uk/about-us/news-and-media/media-centre/weather-and-climate-news/2025/double-record-breaker-spring-2025-is-warmest-and-sunniest-on-uk-record> - The Met Office declared Spring 2025 the warmest and sunniest on record for the UK, with provisional statistics showing 653.3 hours of sunshine and mean temperatures well above long‑term averages. The statement attributes the unusual season to persistent high‑pressure patterns that blocked Atlantic fronts, producing extended dry, sunny conditions and marine heatwaves with elevated sea surface temperatures. The release details national and regional breakdowns, notes that spring ranked among the top springs historically for warmth and sunshine, and warns that such extremes are consistent with ongoing climate change. It also discusses consequences for agriculture, water resources and ecosystems, urging preparedness.
4. <https://www.metoffice.gov.uk/weather/learn-about/weather/case-studies/heatwave> - Met Office review of the 2003 European heatwave summarises extreme temperatures and impacts across the UK and continent, recording a UK peak of 38.5°C and effects including low river flows, reservoir depletion, forest fires, buckled rails and melted road surfaces. It notes widespread deaths in Europe and UK‑specific problems such as London Underground discomfort and a one‑day London Eye closure. The page explains how the crisis led to the Heat‑Health Watch system and other preparedness measures, and warns that similar intense summer heat events are expected to become more frequent with human‑driven climate change, prompting policy and public‑health responses urgently.
5. <https://feeds.bbci.co.uk/news/articles/c79qqx1r5yyo> - BBC News reported that 1 July 2025 was the hottest day of the year so far in the UK, with the Met Office confirming a peak of 34.7°C at St James’s Park in central London. The coverage described widespread hot conditions in southern England, noting highs above 33°C in parts of Essex and Kent and elevated temperatures elsewhere. The article contextualises the day within a period of above‑average temperatures, referencing provisional Met Office statistics showing an unusually warm June. It summarises impacts, public‑health advice and forecasts for cooling conditions, emphasising strain on vulnerable groups and importance of following heat‑health guidance.
6. <https://www.gov.uk/government/publications/water-situation-national-monthly-reports-for-england-2025/water-situation-july-2025-summary> - The government’s July 2025 water‑situation report provides a national assessment for England, detailing rainfall, soil moisture deficits, river flows, groundwater and reservoir storage. It records below‑average rainfall for July (89% of the long‑term average) and continuing declines in river flows at most monitored sites, with many classed as below normal for the time of year. Groundwater levels and reservoir stocks reduced during July, with England ending the month at around 69% storage. The report warns of ongoing dry conditions, projects further declines at key sites, and outlines the implications for water supply, environmental protection and the need for conservation measures.
7. <https://www.thameswater.co.uk/about-us/newsroom/latest-news/2025/jul/thames-water-temporary-use-ban-in-force-22-july-2025> - Thames Water’s announcement details a Temporary Use Ban (TUB) imposed across parts of the Thames Valley from 22 July 2025, covering postcode areas including OX, GL, SN and RG4/8/9. The company cites the driest spring in over a century and prolonged dry weather as reasons for enacting the next stage of its drought plan. Under the ban customers are asked not to use hosepipes for garden watering, car washing, filling paddling pools or cleaning windows, with specified exemptions for essential uses. Thames Water outlines measures taken to reduce leakage, protect supplies and the environment, and urges customers to reduce consumption.