

# March Market Report

15 April 2026



Keeping you updated  
with the latest trends,  
news and forecasts in  
the UK energy market.

ENERGY MARKET WATCH



# Market analysis

March 2026

## Commentary

March was a turbulent time within energy markets, with global dynamics shifting immensely as a result of the Iran-US war, shaking up both fundamentals and overall market optimism greatly on a daily basis. Gas and power prices throughout the entire month remained heavily inflated as the situation entered a prolonged state.

## Key drivers

**US-Iran war** – February 28th saw tensions rise in the Middle East, culminating with the closure of the Strait of Hormuz heading into the first week of March. Since it accounts for around 20% of gas (LNG) and oil shipments, disruptions immediately constrained supply and triggered widespread volatility across energy markets. The situation quickly escalated, drawing multiple Gulf nations into the conflict in an attempt to pressure the United States – which largely failed, leading to a prolonged conflict. UK markets were significantly impacted as a result of sentiment shifting, as well as European supply fundamentals under general pressure.

**Bearish war dynamics** – Combatting bullish news, but adding to volatility; there have been multiple events which have shifted sentiment in the opposite direction. Trump has consistently indicated that a 'deal' is near, and Middle Eastern conflicts typically don't sustain elevated risk premiums long-term. Meanwhile, European fundamentals remain strong, with favorable weather and renewable output regularly driving gas usage into single digits of the generation mix.

**Brent crude oil** – In March, withdrawals slowed significantly, stabilising at ~28% of capacity by month-end. Markets expected a shift to net injections in April, marking the start of injection season. However, this is a notable lag versus 2020–2025 and begins from a lower base than in 2022 during the Russia-Ukraine war, which could lend some summer support. In the UK, though, ~86% of gas supply comes from the Continental Shelf and Norway, limiting domestic bullish pressure.

## Commodity overview

\*Note that the profiled rate differs to the wholesale market rate, taking into account estimated consumption of Zenergi customers.

Commodity	Unit	Price – 01/03/26	Price – 31/03/26	% Change
Gas (12-Month profiled*)	p/therm	78.61	138.84	+76.62%
Power (12-Month profiled*)	£/MWh	77.13	104.27	+35.19%
Brent Oil	\$/bbl	72.48	112.78	+55.60%
Coal	\$/tonne	113.92	134.37	+17.95%
Carbon	£/tonne	46.14	38.24	-17.12%

Gas prices increased by:

# 76.62%

Power prices increased by:

# 35.19%



March saw an enormous flip in sentiment due to the Strait of Hormuz being closed, marking a historic time within energy markets; a major shift from February where prices tracked lower than usual."

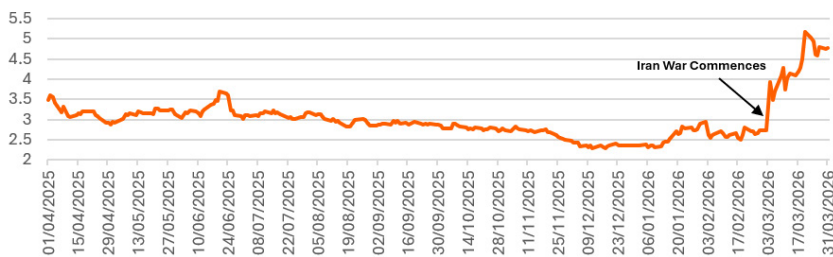
# Wholesale market graphs



Electricity market prices (p/kwh)



Gas market prices (p/kwh)



## Recommendation

Market volatility has naturally increased given the market circumstances we are dealing with.

This may mean that decisions have to be acted upon quicker, with distinct strategies in place to avoid long term risk.

Speaking with your dedicated risk/procurement team on a regular basis is advised, which will set you up for success despite a difficult trading environment.

**Callum Taylor**  
Energy Market Analyst, Zenergi

## About the Market Watch team

Whether you are looking for a fixed price contract and want to ensure you are buying at the right time, or are embarking on a more flexible arrangement, our team are here to support you.

We are energy industry experts dedicated to continuously monitoring market conditions on your behalf. We play a crucial role in delivering valuable insights and empowering you to make well-informed decisions. With a deep understanding of your needs and risk appetites, we tailor our approach to suit your requirements.



## Daily market insights straight to your inbox

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# Powering a sustainable future

## About Zenergi

Zenergi supports and empowers organisations' journey to net zero. With a unique range of services, we tailor sustainable solutions for our customers. What sets us apart? We drive major reductions in costs, energy consumption and carbon emissions with our market-leading procurement service; informed advice, and unrivalled engineering expertise.

Let us simplify and accelerate your journey to a more sustainable future, we're here to guide you every step of the way.

## Find out more

For more information about Zenergi's Social Value strategy, visit [www.zenergi.co.uk/social-value](http://www.zenergi.co.uk/social-value)

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