... a theoretical justification for 4.5:1 used flat:flex substitution factor

Consider an offtake with zero flexibility holding fully utilising its "exit capacity" Purchases "x" units of end of day exit capacity to obtain "flex" "Flex utilisation" = 1/3 of 2/3 of x = 2/9 of x Offtake rate Increase in x end of day if fully utilised 06:00 22:00 06:00 Time So to get 1 unit of "flex" would require 4.5 units of "exit capacity"

.. the reality, however, is that, generally, the physical network would not be able to support such high levels of substitution nationalgrid