LEGACY ENERGY®

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Energy Market Report

Report Date: November 6, 2026

Report Week: October 28, 2026 to November 4, 2026

Questions?
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Newstracker:

-US natural gas spot prices were lower at major pricing locations from Wednesday, October 28, to Wednesday, November 4 (the Report Week), during which the Henry Hub spot price fell 24 cents to $2.61/MMBtu.

-The price of the December NYMEX natural gas futures contract decreased 7 cents to $2.959/MMBtu for the Report Week. The price of the 12-month strip averaging December 2026 through November 2027 futures contracts fell 5 cents to $2.864/MMBtu. International natural gas futures prices increased this Report Week, with LNG cargoes at TTF in Europe rising 3 cents to a weekly average of $31.31/MMBtu, and prices at the Japan-Korea marker rising 32 cents to $31.99/MMBtu.

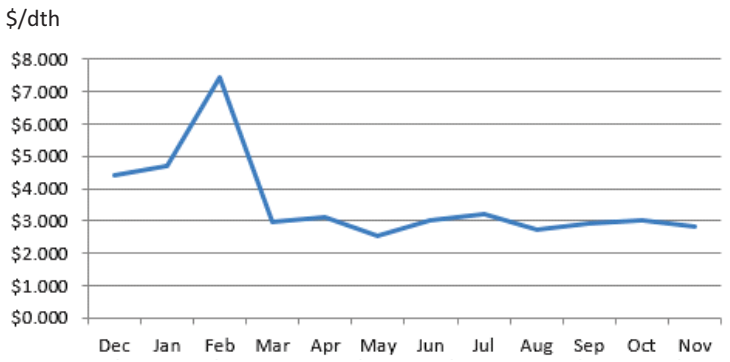
-Total natural gas demand increased 0.2 Bcf/d (less than 1%) this report week. Consumption in the electric power sector rose 1.1 Bcf/d (3%), while residential and commercial consumption declined 0.2 Bcf/d (1%) as warmer-than-normal temperatures across much of the eastern and central US limited heating demand. LNG feedgas deliveries also decreased 0.6 Bcf/d (3%), amid compressor maintenance at Freeport LNG that took Train 2 offline on November 1. Net pipeline exports to Mexico also decreased slightly, by 0.1 Bcf/d (2%). Total natural gas supply fell by 0.9 Bcf/d (1%) this report week. A 1.3 Bcf/d (1%) drop in dry gas production drove the decline, partially offset by a 0.4 Bcf/d (7%) rise in Canadian imports.

-The LNG-carrying capacity of vessels departing U.S. ports was 144 Bcf, up 2 Bcf from the previous week. Thirty-eight LNG vessels left U.S. ports, up one vessel from the previous week.

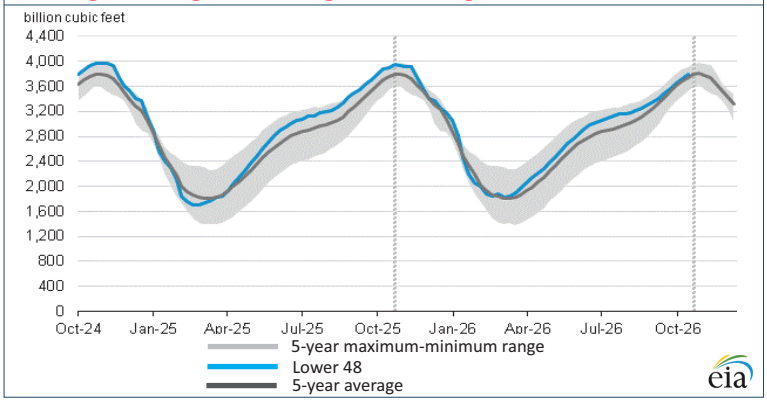
-Net natural gas injections into storage totaled 77 Bcf for the week ending October 30, compared with the five-year (2021–2025) average net injections of 61 Bcf and last year's net injections of 39 Bcf during the same week. Working natural gas stocks totaled 3,801 Bcf as of Friday, October 30, 2026. Stocks were 54 Bcf (1%) more than the five-year average and 109 Bcf (3%) lower than last year at this time. The average rate of injections into storage is the same as the five-year average so far in the refill season (April through October). If the rate of injections into storage matched the five-year average of 5.7 Bcf/d for the remainder of the refill season, the total inventory would be 3,807 Bcf on October 31, which is 54 Bcf higher than the five-year average of 3,753 Bcf for that time of year.

Excerpted from eia

Monthly NYMEX Natural Gas Settle Price: Dec 2025 - Nov 2026:



Working natural gas in underground storage as of Oct. 30, 2026



Forward 12-month NYMEX natural gas strip price - Dec26-Nov27:

Process Load-weighted $2.864/dth - w/o/w =▼$0.045

Typical Heat Load-weighted $2.931/dth - w/o/w =▼$0.049

SPECIAL ANNOUNCEMENT: Legacy Energy has joined 5

Legacy Energy has joined 5, an energy advisory firm that shares our commitment to lasting relationships, independent advice, and putting clients first. We're pleased to bring our teams together and give you access to more expertise and resources.

You'll continue working with the Legacy team you know and trust, including Michael Housley, Thomas Ihrig, and the colleagues who support your business today. Your existing energy supply agreements are not affected by the acquisition.

Since 1999, Legacy has helped clients understand their energy costs and make informed decisions about electricity and natural gas. Joining 5 builds on that experience. Its team of more than 90 professionals includes procurement and risk management advisors, engineers, and specialists in sustainability, energy laws and regulations, data, and technology.

Like Legacy, 5 believes good advice starts with understanding your business and explaining your options clearly. Founded by executives from leading energy suppliers, 5 brings knowledge of how energy products are built, priced, traded, and delivered. Its advisors serve more than 5,000 commercial, industrial, and public-sector clients across the U.S. and Mexico.

The partnership gives us more tools and expertise to serve you and your team. It brings together 5's Level5 platform and our UtiliViz™ utility data management system. Along with our combined market experience, these resources help us give you a clearer view of your energy use, costs, and options. You'll also have access to broader capabilities across procurement, risk management, sustainability, demand-side management, and resiliency.

We know you rely on us to understand your priorities and keep your long-term interests in mind. We'll continue to take that responsibility seriously as we become part of 5. We're grateful for the trust you've placed in Legacy and look forward to bringing more people, ideas, and experience to work for you.

If you have questions about the partnership or what it means for your business, please email your representative or call 888.351.0981.

"The tabloid press is notorious but I'll never understand an attitude where someone from a newspaper wants to create problems that don't exist.— Paul Mullin[1]

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[1]https://www.brainyquote.com/quotes/paul_mullin_1257719