

Issued by the Met Office at 1100 UTC on Friday 01 August 2008

Ser. No. 3

Inshore Waters Forecast to 12 miles offshore from 1200 UTC to 1200 UTC

#### General Situation

Low pressure over Ireland moves slowly northwest, deepening slightly. Frontal and showery troughs over the northern United Kingdom move away slowly to the north, with a showery airstream following to most areas.

From Cape Wrath to Rattray Head including Orkney

24 hour forecast:

East or northeast 5 to 7, veering southeast 3 or 4, then becoming variable.

Rain, then showers.

Moderate or good, occasionally poor.

Slight or moderate, but rough at first in north.

Rattray Head to Berwick on Tweed

24 hour forecast:

Southeast veering southwest 4 or 5, increasing 6 at times.

Rain then showers.

Moderate or good, occasionally poor.

Moderate becoming slight.

Berwick on Tweed to Whitby

24 hour forecast:

South veering southwest 4 or 5, occasionally 6 at first.

Showers.

Moderate or good, occasionally poor at first.

Slight or moderate.

Whitby to Gibraltar Point

24 hour forecast:

Southwest, 4 or 5, occasionally 6 at first.

Showers dying out.

Mainly good.

Slight or moderate.

Gibraltar Point to North Foreland

24 hour forecast:

Southwesterly 5 or 6, occasionally 7 in southeast.

Showers.

Moderate or good.

Slight or moderate, occasionally rough in east.

North Foreland to Selsey Bill

24 hour forecast:

Southwesterly 5 or 6, occasionally 7 at first, decreasing 4 or 5 later.

Showers.

Moderate or good.

Slight or moderate, occasionally rough in east at first.

Selsey Bill to Lyme Regis

24 hour forecast:

Southwest 5 or 6, occasionally 7 at first, decreasing 4 later.

Showers.

Moderate or good.

Moderate, occasionally rough at first.

Lyme Regis to Lands End including the Isles of Scilly

24 hour forecast:

Southwesterly 4 or 5, occasionally 6 at first.

Showers.

Moderate or good.

Moderate or rough, decreasing slight or moderate in east.

Lands End to St Davids Head including the Bristol Channel

24 hour forecast:

Southwesterly 4 or 5, increasing 6 at times.

Showers.

Moderate or good.

Slight or moderate, occasionally rough in west at first.

St Davids Head to Great Ormes Head, including St Georges Channel

24 hour forecast:

South or southwest 5 to 7, decreasing 4 at times later.

Rain or showers.

Moderate or good.

Slight or moderate, occasionally rough in west.

Great Ormes Head to the Mull of Galloway

24 hour forecast:

Southwest 6 or 7, decreasing 4 or 5 later.

Rain or showers.

Moderate or good.

Slight or moderate, occasionally rough in northeast later.

Isle of Man

24 hour forecast:

South or southwest 4 or 5, occasionally 6 at first, decreasing 3 or 4.

Showers.

Mainly good.

Mainly moderate, becoming slight.

Lough Foyle to Carlingford Lough

24 hour forecast:

Southerly or variable 3 or 4, becoming southwesterly 5 or 6 for a time.

Showers.

Moderate or good.

Slight or moderate.

The Mull of Galloway to Mull of Kintyre including the Firth of Clyde and the North Channel

24 hour forecast:

South 3 or 4, veering southwest 5 or 6 for a time.

Showers.

Moderate or good.

Slight or moderate.

Mull of Kintyre to Ardnamurchan Point

24 hour forecast:

South 3 or 4, veering southwest 5 or 6 for a time.

Rain then showers.

Moderate or good.

Slight or moderate.

Ardnamurchan Point to Cape Wrath including the Outer Hebrides

24 hour forecast:

Easterly or northeasterly 5 to 7 in north at first, otherwise variable becoming southerly 3 or 4, occasionally 5 later.

Rain then showers.

Moderate or good, occasionally poor.  
Slight or moderate, occasionally rough in northwest.

Shetland Isles

24 hour forecast:

East 6 or 7, veering southeast 4 or 5, decreasing 3 at times later.

Occasional rain.

Moderate or good, occasionally poor.

Moderate or rough.

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