

Issued by the Met Office at 0500 UTC on Thursday 03 July 2014

Ser. No. 76

Inshore Waters Forecast to 12 miles offshore  
for the period 0600 UTC Thursday 03 July to 0600 UTC Friday 04 July 2014

#### General Situation

An area of high pressure across southern England will decline while a deep area of low pressure remains slow-moving near Iceland. Various Atlantic fronts will bring rain at times during the next couple of days, especially to the northwest.

#### Cape Wrath to Rattray Head including Orkney - (SWW)

24 hour forecast:

Southwest 4 or 5 backing south 5 or 6.

Moderate or rough in north, slight or moderate in south.

Showers in north, then rain later.

Good, occasionally poor later.

Outlook for the following 24 hours:

South 5 to 7 veering northwest 4 or 5, then backing west or southwest 3 or 4 later.

Moderate or rough at first in north, otherwise slight or moderate.

Rain or showers.

Moderate or good, occasionally poor.

#### Rattray Head to Berwick upon Tweed - (SWW)

24 hour forecast:

Southwesterly 3 or 4 backing southerly 4 or 5, occasionally 6 in north.

Slight, occasionally moderate in north.

Mainly fair.

Good, occasionally moderate later.

Outlook for the following 24 hours:

Southerly 5 or 6, occasionally 7 in north, veering northwesterly 4 or 5, then backing westerly 3 or 4 later.

Slight or moderate.

Rain at times.

Moderate or good, occasionally poor.

#### Berwick upon Tweed to Whitby

24 hour forecast:

Southwest 4 or 5, occasionally variable 3 at first, then backing south later.

Slight.

Showers then fair.

Moderate or good.

Outlook for the following 24 hours:

South 4 or 5, occasionally 6 at first, then veering northwest later.

Slight, occasionally moderate.

Fair then rain at times.

Moderate or good.

#### Whitby to Gibraltar Point

24 hour forecast:

Southwest 3 or 4, occasionally 5 at first, then backing south 4 or 5 later.

Slight.

Showers then fair.

Moderate or good.

Outlook for the following 24 hours:

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

Slight, occasionally moderate.

Rain later.  
Good, occasionally moderate later.

Gibraltar Point to North Foreland - (SWW)  
24 hour forecast:  
Southerly or southwesterly 4 or 5, occasionally 6 at first.  
Slight, occasionally moderate.  
Showers then fair.  
Good.

Outlook for the following 24 hours:  
Southerly or southwesterly 4 or 5, occasionally 6 in north, veering westerly or southwesterly 5 or 6 later.  
Slight or moderate.  
Rain or showers later.  
Good, occasionally moderate later.

North Foreland to Selsey Bill  
24 hour forecast:  
Southwesterly 3 or 4, occasionally 5 in east.  
Slight, occasionally moderate in far east.  
Fair.  
Moderate or good.

Outlook for the following 24 hours:  
Southwesterly 3 or 4, increasing 5 to 7 later.  
Slight becoming moderate.  
Rain or showers later.  
Moderate or good, occasionally poor.

Selsey Bill to Lyme Regis  
24 hour forecast:  
Southwest 3 or 4, increasing 5 at times.  
Slight, occasionally moderate.  
Fair.  
Moderate or good.

Outlook for the following 24 hours:  
Southwest 3 or 4 increasing 5 or 6, then veering west 4 or 5 later.  
Slight or moderate.  
Fair then rain.  
Moderate or good becoming moderate or poor.

Lyme Regis to Lands End including the Isles of Scilly - (SWW)  
24 hour forecast:  
Southwest 4 or 5, occasionally 3 at first, increasing 6 at times later.  
Slight, becoming slight or moderate.  
Fair then drizzle at times.  
Good, occasionally poor.

Outlook for the following 24 hours:  
Southwest 5 or 6, veering west or northwest 4 or 5 later.  
Slight or moderate in east, moderate in west.  
Occasional drizzle then rain.  
Moderate or good, occasionally poor.

Lands End to St Davids Head including the Bristol Channel - (SWW)  
24 hour forecast:  
Westerly or southwesterly 4 or 5, occasionally 6 later in west.  
Slight or moderate.  
Fair then drizzle at times.  
Good, occasionally poor.

Outlook for the following 24 hours:

Southwesterly 4 or 5, occasionally 6 at first in west, then veering northwesterly later.  
Slight or moderate.  
Drizzle at times then rain.  
Moderate or good, occasionally poor.

St Davids Head to Great Orme Head, including St Georges Channel - (SWW)  
24 hour forecast:  
Southwest 4 or 5, occasionally 6 later.  
Slight or moderate.  
Rain or drizzle at times.  
Moderate or good, occasionally poor.

Outlook for the following 24 hours:  
Southwest 5 or 6, occasionally 7 at first, veering northwest 4 or 5.  
Moderate, occasionally rough in northwest, becoming slight or moderate.  
Rain or drizzle, then showers later.  
Moderate or good, becoming poor for a time.

Great Orme Head to the Mull of Galloway - (SWW)  
24 hour forecast:  
Southwest 4 or 5, occasionally 3 at first, increasing 6 at times later.  
Slight or moderate.  
Rain or drizzle at times.  
Moderate or good, occasionally poor.

Outlook for the following 24 hours:  
South or southwest 5 or 6, occasionally 7 except in Liverpool Bay, veering northwest 4 or 5.  
Moderate or rough at first in north, otherwise slight or moderate.  
Rain or drizzle, then fair later.  
Moderate or good, becoming poor for a time.

Isle of Man - (SWW)  
24 hour forecast:  
Southwest 3 or 4 increasing 5 or 6.  
Slight becoming moderate.  
Occasional rain later.  
Good, occasionally moderate later.

Outlook for the following 24 hours:  
Southwest 5 to 7 veering northwest 4 or 5, then backing west 3 or 4 later.  
Moderate or rough becoming slight or moderate.  
Rain for a time.  
Moderate or good, becoming poor for a time.

Lough Foyle to Carlingford Lough - (SWW)  
24 hour forecast:  
Southwest 4 or 5, occasionally 3 at first, increasing 6 at times later.  
Moderate or rough in north, otherwise slight or moderate.  
Rain at times later.  
Moderate or good, occasionally poor later.

Outlook for the following 24 hours:  
South or southwest 5 to 7 veering northwest 4 or 5, then backing southwest 3 or 4 later.  
Moderate or rough becoming slight or moderate.  
Rain then showers.  
Moderate or poor, becoming good.

Mull of Galloway to Mull of Kintyre including the Firth of Clyde and North Channel - (SWW)  
24 hour forecast:  
Southwest 3 or 4 backing south 5 or 6, occasionally 7 later.

Slight or moderate, becoming moderate or rough later.  
Rain at times later.  
Moderate or good, occasionally poor later.

Outlook for the following 24 hours:  
South or southwest 4 or 5, increasing 6 or 7 for a time, then veering northwest later.  
Moderate or rough becoming slight or moderate.  
Rain then showers.  
Moderate or poor, becoming good.

Mull of Kintyre to Ardnamurchan Point - (SWW)  
24 hour forecast:  
Southwest 4 or 5 backing south 5 or 6, occasionally 7 later.  
Slight in shelter, otherwise moderate or rough.  
Showers then rain.  
Moderate or good, occasionally poor.

Outlook for the following 24 hours:  
South 5 to 7 veering northwest 4 or 5, then backing southwest later.  
Moderate or rough becoming slight or moderate.  
Rain then showers.  
Moderate or poor, becoming good.

The Minch - (SWW)  
24 hour forecast:  
Southwest backing south 5 to 7, perhaps gale 8 later.  
Moderate or rough, but slight or moderate just north of skye.  
Showers then rain.  
Moderate or good, occasionally poor.

Outlook for the following 24 hours:  
South or southwest 5 to 7, occasionally gale 8 at first, veering northwest 4 or 5, then backing southwest later.  
Moderate or rough becoming slight or moderate.  
Rain then showers.  
Moderate or poor, becoming good.

Ardnamurchan Point to Cape Wrath - (SWW)  
24 hour forecast:  
Southwest backing south 5 to 7, perhaps gale 8 later.  
Rough or very rough becoming moderate or rough.  
Showers then rain.  
Moderate or good, occasionally poor.

Outlook for the following 24 hours:  
South or southwest 5 to 7, occasionally gale 8 at first, veering northwest 4 or 5, then backing southwest later.  
Moderate or rough, becoming slight or moderate between barra and canna.  
Rain then showers.  
Moderate or poor, becoming good.

For Coastal areas up to 60 nautical miles from Lerwick, Shetland  
Valid Thursday 03 Jul 2014 at 0600 UTC until Thursday 03 Jul 2014 at 1800 UTC

Shetland Isles

#### General Situation

An unstable westerly or southwesterly flow covers Shetland during Thursday, with a frontal trough approaching the West Shetland Basin by Friday.

Gale Warnings in operation for Sea Area Fair Isle: Nil at time of issue.

Southwest backing south 5 or 6.  
Rough, occasionally very rough at first in west, but moderate east of Shetland.  
Showers, rain later in west.  
Moderate or good.

Outlook for 12 Hours from 1800 UTC on Thursday 03 Jul until 0600 UTC on Friday  
04 Jul:

South 5 or 6, occasionally 7 later.  
Rough, but moderate east of Shetland.  
Rain.  
Moderate or good.

Channel Islands

24 hour forecast:

South 2 to 3, becoming variable late morning, then westerly by evening, backing  
southwest 3 to 4 by dawn.  
Smooth or slight.  
Mist patches overnight.  
Good, locally moderate to poor overnight.

Outlook for the following 24 hours:

Southwest 3 to 4, increasing 5 to 6 during the afternoon.  
Slight, increasing moderate to rather rough by evening.  
Mist and a risk of fog patches at first and overnight outbreaks of rain  
spreading from the west by late afternoon.  
Moderate to poor at first and again overnight, becoming good for a time during  
the day.

(c) Crown Copyright 2014