

Issued by the Met Office at 1200 UTC on Monday 03 March 2008

Ser. No. 5

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

#### General Situation

Unsettled with strong winds or gales and wintry showers affecting much of the United Kingdom on Monday. Showers will become much less frequent on Tuesday.

From Cape Wrath to Ratray Head including Orkney

24 hour forecast:

West veering northeast, backing northwest later, 5 to 7, occasionally gale 8 later.

Squally wintry showers, dying out later.

Good, occasionally poor.

Moderate or rough, occasionally very rough in north.

Ratray Head to Berwick on Tweed

24 hour forecast:

Westerly veering northerly 5 to 7, occasionally gale 8 later in north.

Wintry showers, dying out later.

Good, occasionally poor.

Moderate or rough, occasionally very rough in north later.

Berwick on Tweed to Whitby

24 hour forecast:

West veering north 5 to 7, decreasing 4 for a time, occasionally gale 8 later.

Wintry showers.

Good, occasionally poor.

Moderate or rough.

Whitby to Gibraltar Point

24 hour forecast:

West veering north 5 to 7, decreasing 4 for a time, occasionally gale 8 later.

Wintry showers.

Moderate or good.

Moderate or rough.

Gibraltar Point to North Foreland

24 hour forecast:

West veering north 6 or 7, decreasing 4 or 5, increasing 6 to gale 8 perhaps severe gale 9 later.

Wintry showers.

Moderate or good.

Moderate or rough.

North Foreland to Selsey Bill

24 hour forecast:

Westerly veering northerly 5 to 7, perhaps gale 8 later in east.

Squally showers, occasionally wintry.

Moderate or good.

Moderate, occasionally rough later.

Selsey Bill to Lyme Regis

24 hour forecast:

West veering north 5 to 7.

Squally showers, occasionally wintry.

Moderate or good.

Moderate or rough.

Lyme Regis to Lands End including the Isles of Scilly

24 hour forecast:

Westerly veering northerly 6 to gale 8, increasing 9 perhaps storm 10 later in west, decreasing 5 or 6 later.

Squally wintry showers, dying out later.

Good, occasionally poor.

Moderate or rough in east, very rough or high in west.

Lands End to St Davids Head including the Bristol Channel

24 hour forecast:

Westerly veering northerly 6 to gale 8, increasing 9 perhaps storm 10 later in southwest, decreasing 5 or 6 later.

Squally wintry showers, dying out later.

Good, occasionally poor.

Rough or very rough, occasionally high in southwest.

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

24 hour forecast:

Westerly veering northerly 5 to 7, occasionally gale 8 in south, decreasing 4 or 5 later.

Squally wintry showers, dying out later.

Good, occasionally poor.

Moderate or rough.

Great Ormes Head to the Mull of Galloway

24 hour forecast:

West veering north 5 to 7, decreasing 4 or 5 later.

Squally wintry showers, dying out later.

Good, occasionally poor.

Moderate or rough.

Isle of Man

24 hour forecast:

Southwest 4 or 5 imminently veering north to northwest 5 or 6 decreasing 4 or 5 later.

Showers.

Moderate or good.

Moderate or rough.

Lough Foyle to Carlingford Lough

24 hour forecast:

Westerly veering northerly 5 to 7, occasionally gale 8 in north, decreasing 3 or 4 later.

Squally wintry showers, dying out later.

Good, occasionally poor.

Moderate or rough, occasionally very rough in north.

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

24 hour forecast:

Westerly veering northerly 5 or 6, occasionally 7 in north.

Squally wintry showers, dying out later.

Good, occasionally poor.

Moderate or rough.

Mull of Kintyre to Ardnamurchan Point

24 hour forecast:

Northwest veering north 4 or 5, increasing 6 to gale 8 for a time, becoming variable 3 or less later.

Squally wintry showers, dying out later.

Good, occasionally poor.

Rough or very rough, occasionally high for a time.

Ardnamurchan Point to Cape Wrath including the Outer Hebrides

24 hour forecast:

Northwest veering north 6 to gale 8, decreasing 4 or 5, becoming variable 3 later.

Squally wintry showers, dying out later.

Good, occasionally poor.

Rough or very rough, occasionally high for a time.

Shetland Isles

24 hour forecast:

Northeasterly backing northwesterly 5 to 7, occasionally gale 8 later.

Squally wintry showers, dying out later.

Good, occasionally poor.

Rough or very rough.

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