

Issued by the Met Office at 0001 UTC on Friday 04 March 2016

Ser. No. 19

Inshore Waters Forecast to 12 miles offshore  
for the period 0000 UTC Friday 04 March to 0000 UTC Saturday 05 March 2016

#### General Situation

A developing area of low pressure will slowly move southeastwards across the United Kingdom during Friday. As this low moves into Europe by Saturday morning, a cold northerly airflow will develop.

Cape Wrath to Rattray Head including Orkney - (SWW)

24 hour forecast:

Variable 3 or 4 at first in southeast, otherwise northerly or northeasterly 5 or 6, occasionally 7 in northwest.

Slight or moderate occasionally rough later in east, moderate or rough occasionally very rough later in north.

Wintry showers.

Good, occasionally poor.

Outlook for the following 24 hours:

Northerly or northeasterly 5 or 6.

Moderate or rough, occasionally slight in shelter.

Wintry showers.

Good, occasionally poor.

Rattray Head to Berwick upon Tweed - (SWW)

24 hour forecast:

Variable 3 or 4 at first in north, otherwise easterly backing northeasterly 5 or 6.

Slight or moderate.

Wintry showers.

Good, occasionally moderate.

Outlook for the following 24 hours:

Northeast backing north, 5 or 6.

Moderate or rough.

Occasional rain or wintry showers.

Good, occasionally poor.

Berwick upon Tweed to Whitby - (SWW)

24 hour forecast:

Southeast 4 or 5, backing east or northeast 5 to 7.

Slight or moderate, becoming moderate or rough.

Occasional rain or showers.

Good, occasionally moderate.

Outlook for the following 24 hours:

Northeast 5 to 7.

Moderate or rough.

Showers.

Mainly good.

Whitby to Gibraltar Point - (SWW)

24 hour forecast:

Southeasterly becoming cyclonic, 5 to 7, becoming variable 3 or 4 later in south.

Slight or moderate, becoming rough at times in north.

Occasional rain.

Moderate or good, occasionally poor.

Outlook for the following 24 hours:

Cyclonic 4 or 5, becoming north or northeast 5 to 7.

Slight or moderate, becoming rough at times in north.  
Occasional rain, fair later.  
Good, occasionally moderate.

Gibraltar Point to North Foreland - (SWW)

24 hour forecast:

Southeasterly 5 to 7, veering westerly 4 or 5, becoming variable 3 or less later.

Slight or moderate.

Occasional rain.

Moderate or good, occasionally poor.

Outlook for the following 24 hours:

Variable 3 or 4, becoming northerly 5 to 7 later.

Slight or moderate.

Occasional rain.

Moderate or good, occasionally poor.

North Foreland to Selsey Bill - (SWW)

24 hour forecast:

Southerly 5 to 7, then veering westerly 4 or 5, becoming variable 3 or 4 later.

Moderate, becoming slight later.

Rain at first.

Moderate or good, occasionally poor at first.

Outlook for the following 24 hours:

Variable 3 or 4, becoming northerly 4 or 5, increasing 6 at times later.

Slight, occasionally moderate later.

Occasional rain.

Moderate or good, occasionally poor.

Selsey Bill to Lyme Regis - (SWW)

24 hour forecast:

West 5 to 7, decreasing 3 or 4, then becoming variable 3 or less later.

Slight or moderate.

Occasional rain then showers.

Good, occasionally poor at first.

Outlook for the following 24 hours:

Variable 3 or 4, becoming north 4 or 5, increasing 6 at times.

Slight or moderate.

Showers, rain for a time.

Good, occasionally moderate.

Lyme Regis to Lands End including the Isles of Scilly - (SWW)

24 hour forecast:

Westerly 6 or 7, decreasing 4 or 5, veering northerly 5 to 7 later, occasionally gale 8 later in west.

Slight or moderate in east, rough or very rough in west.

Occasional rain then showers.

Good, occasionally poor at first.

Outlook for the following 24 hours:

Northerly 5 to 7, occasionally gale 8 at first in west.

Slight or moderate in east, rough or very rough in west.

Showers.

Mainly good.

Lands End to St Davids Head including the Bristol Channel - (SWW)

24 hour forecast:

Northwesterly veering northerly later, 5 to 7, occasionally gale 8 later in west, decreasing 4 for a time.

Moderate or rough, becoming very rough later in west.

Occasional rain or showers.

Good, occasionally poor.

Outlook for the following 24 hours:

Northerly 5 to 7, occasionally gale 8 at first in west.

Moderate or rough, occasionally very rough at first in west.

Showers.

Mainly good.

St Davids Head to Great Orme Head, including St Georges Channel - (SWW)

24 hour forecast:

Northwest 5 or 6, veering north 6 to gale 8 later.

Slight or moderate, becoming moderate or rough later.

Occasional rain or showers.

Good, occasionally poor.

Outlook for the following 24 hours:

North 5 to 7, occasionally gale 8 at first.

Moderate or rough.

Showers.

Good.

Great Orme Head to the Mull of Galloway - (SWW)

24 hour forecast:

Cyclonic becoming north, 5 to 7, increasing gale 8 for a time.

Slight or moderate becoming rough at times later in south.

Occasional rain, sleet or wintry showers.

Good, occasionally poor.

Outlook for the following 24 hours:

North 5 to 7.

Slight or moderate, occasionally rough at first in south.

Showers.

Good.

Isle of Man - (SWW)

24 hour forecast:

Northwest veering northeast, 5 to 7, increasing gale 8 for a time.

Slight or moderate, occasionally rough for a time.

Rain or sleet, becoming fair later.

Good, becoming moderate, occasionally very poor for a time.

Outlook for the following 24 hours:

North 5 to 7.

Slight or moderate.

Mainly fair.

Mainly good.

Lough Foyle to Carlingford Lough - (SWW)

24 hour forecast:

Northwest 5 or 6 veering north or northeast 5 to 7, occasionally gale 8 later.

Slight or moderate, becoming moderate or rough.

Occasional rain or sleet then wintry showers.

Good, occasionally poor.

Outlook for the following 24 hours:

North 5 to 7, decreasing 4 at times later.

Moderate or rough.

Mainly fair.

Good.

Mull of Galloway to Mull of Kintyre including the Firth of Clyde and North Channel - (SWW)

24 hour forecast:

Variable 3 or 4, becoming northerly or northeasterly 5 to 7.

Slight or moderate, becoming rough at times in North Channel.  
Occasional rain or sleet then wintry showers.  
Good, occasionally poor.

Outlook for the following 24 hours:  
Northerly 5 to 7, decreasing 4 at times later.  
Slight or moderate, occasionally rough in North Channel.  
Mainly fair.  
Good.

Mull of Kintyre to Ardnamurchan Point - (SWW)  
24 hour forecast:  
Cyclonic, becoming north or northeast 5 to 7, occasionally gale 8 later.  
Moderate or rough, becoming very rough at times.  
Occasional rain or sleet then wintry showers.  
Good, occasionally poor.

Outlook for the following 24 hours:  
North 6 or 7, decreasing 4 or 5.  
Moderate or rough.  
Mainly fair.  
Good.

The Minch - (SWW)  
24 hour forecast:  
Northeast backing north later, 5 to 7, increasing gale 8 for a time.  
Slight or moderate, occasionally rough near Mull of Kintyre.  
Occasional rain or sleet, then wintry showers.  
Good, occasionally poor.

Outlook for the following 24 hours:  
North 4 or 5, occasionally 6 at first.  
Slight or moderate, occasionally rough in far north and in far south.  
Mainly fair.  
Good.

Ardnamurchan Point to Cape Wrath - (SWW)  
24 hour forecast:  
Northeast backing north later, 5 to 7, increasing gale 8 for a time.  
Moderate or rough, becoming rough or very rough.  
Occasional rain or sleet, then wintry showers.  
Good, occasionally poor.

Outlook for the following 24 hours:  
North 4 or 5, occasionally 6 at first.  
Moderate or rough.  
Mainly fair.  
Good.

For Coastal areas up to 60 nautical miles from Lerwick, Shetland  
Valid Friday 04 Mar 2016 at 0000 UTC until Friday 04 Mar 2016 at 1200 UTC

#### Shetland Isles

##### General Situation

Slack low pressure area over the Shetland Basin, with a fresh to strong north or northeasterly flow over waters to the west of Shetland.

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

Northerly or northeasterly force 4 or 5, increasing 6 or 7, but variable 3 or

less in east.  
Moderate or rough.  
Wintry showers.  
Moderate or good occasionally poor.

Outlook for 12 Hours from 1200 UTC on Friday 04 Mar until 0000 UTC on Saturday 05 Mar:

Northerly 6 or 7, but variable 3 or less in east.  
Rough, occasionally moderate at first in east, becoming very rough in north and west.  
Wintry showers.  
Moderate or good occasionally poor.

Channel Islands - (SWW)

24 hour forecast:

West to northwest 5 to 6, locally 7 mid channel, decreasing 4 to 5 by dawn, becoming northwest or variable 2 to 4 by midday, occasionally 5 from afternoon.  
Rather rough to rough, decreasing slight to moderate by dawn.  
Occasional rain, perhaps locally heavy around midnight, clearing before dawn  
isolated rain or hail showers developing, with a risk of thunder.  
Moderate to good, occasionally poor.

Outlook for the following 24 hours:

Cyclonic variable 3 to 5, becoming northwest to north 4 to 6 by dawn, increasing 6 to 7 by midday, decreasing 5 to 6 later Saturday evening.  
Slight to moderate with swell, becoming moderate to rather rough around dawn, locally rough in the south from afternoon.  
Scattered rain, hail or sleet showers becoming isolated by morning risk of thunder.  
Good, occasionally moderate to poor in showers.

(c) Crown Copyright 2016