

Issued by the Met Office at 0001 UTC on Monday 05 July

Ser. No. 7

Inshore Waters Forecast to 12 miles offshore  
for the period 0000 UTC Monday 05 July to 0000 UTC Tuesday 06 July 2010

#### General Situation

A vigorous low just northeast of Scotland will gradually fill and move northeastwards to the Norwegian Sea during Monday. A ridge of high pressure will build across southern areas of the United Kingdom, before further Atlantic fronts reach northern and western areas later.

Cape Wrath to Rattray Head including Orkney - (SWW)

24 hour forecast:

West or southwest 7 or gale 8, decreasing 5 or 6.

Slight or moderate, occasionally rough in north.

Showers.

Moderate or good.

Outlook for the following 24 hours:

West 4 or 5, backing southeast 5 to 7, veering south or southwest 6 to gale 8 later.

Slight or moderate in east, moderate or rough in north.

Showers then rain.

Moderate or good, occasionally poor later.

Rattray Head to Berwick upon Tweed - (SWW)

24 hour forecast:

West or southwest 7 or gale 8, decreasing 5 or 6.

Moderate or rough, becoming slight or moderate.

Occasional showers.

Good.

Outlook for the following 24 hours:

West backing southeast 4 or 5, occasionally 6, increasing 6 to gale 8 later.

Slight or moderate.

Occasional rain later.

Good, occasionally moderate later.

Berwick upon Tweed to Whitby - (SWW)

24 hour forecast:

West or southwest 4 or 5, occasionally 6.

Slight or moderate.

Occasional showers.

Good.

Outlook for the following 24 hours:

West backing south 4 or 5, increasing 5 to 7 later.

Slight, occasionally moderate.

Mainly fair, occasional rain later.

Good.

Whitby to Gibraltar Point

24 hour forecast:

West veering northwest 3 or 4, occasionally 5.

Smooth or slight.

Fair.

Good.

Outlook for the following 24 hours:

Northwest backing south or southwest 3 or 4, increasing 5 to 7.

Smooth or slight, occasionally moderate later.

Mainly fair, occasional rain later.

Good.

Gibraltar Point to North Foreland - (SWW)

24 hour forecast:

Southwesterly 4 or 5, occasionally 6 at first in south, becoming variable 3 or 4.

Smooth or slight.

Mainly fair.

Mainly good.

Outlook for the following 24 hours:

Variable, becoming southerly or southwesterly 3 or 4, increasing 5 or 6.

Smooth or slight, occasionally moderate in north later.

Fair.

Good.

North Foreland to Selsey Bill - (SWW)

24 hour forecast:

Westerly or southwesterly 4 or 5, occasionally 6 at first, veering northwesterly later.

Slight occasionally moderate.

Occasional drizzle at first.

Moderate or good, occasionally poor at first.

Outlook for the following 24 hours:

Northwesterly becoming variable, 3 or 4, then southwesterly 4 or 5.

Slight, occasionally moderate later.

Fair.

Good, occasionally moderate later.

Selsey Bill to Lyme Regis - (SWW)

24 hour forecast:

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

Slight or moderate.

Fair.

Moderate or good.

Outlook for the following 24 hours:

Northwest becoming variable, 3 or 4, then southwest 4 or 5, occasionally 6 later.

Slight, occasionally moderate.

Occasional drizzle later.

Good, becoming moderate or poor later.

Lyme Regis to Lands End including the Isles of Scilly

24 hour forecast:

West or southwest 4 or 5, veering northwest 3 or 4 later.

Moderate, but rough at first in west.

Fair.

Good.

Outlook for the following 24 hours:

Northwest backing southwest 3 or 4, increasing 5 or 6.

Moderate, occasionally rough in west later.

Fair, rain or drizzle later.

Good, occasionally moderate or poor later.

Lands End to St Davids Head including the Bristol Channel

24 hour forecast:

West or northwest 3 or 4, occasionally 5.

Moderate, but rough at first in southwest.

Fair.

Good.

Outlook for the following 24 hours:

West backing southwest 3 or 4, increasing 5 or 6.  
Slight or moderate, increasing rough later in west.  
Rain or drizzle later.  
Good, becoming moderate or poor later.

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

24 hour forecast:

West or southwest 4 or 5, decreasing 3 later.  
Slight or moderate.  
Fair.  
Good.

Outlook for the following 24 hours:

West backing south or southwest 3 or 4, increasing 5 to 7.  
Slight or moderate, increasing rough towards St Davids Head later.  
Rain or drizzle later.  
Good becoming moderate or poor later.

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

24 hour forecast:

West 4 or 5, occasionally 6 at first.  
Moderate becoming slight.  
Occasional showers.  
Good.

Outlook for the following 24 hours:

West backing south 3 or 4, increasing 6 to gale 8, veering southwest 5 or 6 later.  
Slight, increasing moderate or rough.  
Rain later.  
Good, becoming moderate or poor later.

Isle of Man

24 hour forecast:

West or southwest 4 or 5, becoming variable 3 later.  
Moderate becoming slight.  
Occasional showers.  
Good.

Outlook for the following 24 hours:

Variable 3 becoming southerly 3 or 4, increasing 5 to 7, veering southwest later.  
Slight, becoming moderate or rough.  
Showers at first, rain or drizzle later.  
Good, becoming moderate or poor later.

Lough Foyle to Carlingford Lough - (SWW)

24 hour forecast:

Westerly 5 or 6, occasionally 7 at first in north, backing southwesterly 3 or 4 later.  
Slight or moderate, but rough or very rough in north.  
Showers.  
Good.

Outlook for the following 24 hours:

Southwesterly, backing southeasterly for a time, 3 or 4, increasing 6 to gale 8.  
Slight or moderate, but rough in north.  
Showers then rain.  
Moderate or good, occasionally poor later.

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

24 hour forecast:

Westerly or northwesterly 5 or 6, occasionally 7 at first in north, backing southwesterly 3 or 4 later.  
Slight or moderate, occasionally rough at first in north.  
Showers.  
Good.

Outlook for the following 24 hours:  
Southwesterly, backing southeasterly for a time, 3 or 4, increasing 6 to gale 8.  
Slight or moderate, occasionally rough in north later.  
Showers then rain.  
Moderate or good, occasionally poor later.

Mull of Kintyre to Ardnamurchan Point - (SWW)  
24 hour forecast:  
West 5 to 7, backing southwest 4 or 5 later.  
Rough or very rough.  
Showers, squally at first.  
Moderate or good.

Outlook for the following 24 hours:  
Southwest, backing south or southeast for a time, 4 or 5, increasing 6 to gale 8.  
Moderate or rough, occasionally very rough later in west.  
Showers then rain.  
Moderate or good, occasionally poor.

The Minch - (SWW)  
24 hour forecast:  
West 5 to 7, backing southwest 4 or 5 later.  
Moderate or rough, occasionally very rough at first south of skye.  
Squally showers.  
Moderate or good.

Outlook for the following 24 hours:  
Southwest, backing south or southeast for a time 4 or 5, increasing 7 to severe gale 9.  
Moderate north of skye, but rough or very rough south of skye.  
Showers then rain.  
Moderate or good, occasionally poor.

Ardnamurchan Point to Cape Wrath - (SWW)  
24 hour forecast:  
West 5 to 7, backing southwest 4 or 5 later.  
Rough or very rough.  
Squally showers.  
Moderate or good.

Outlook for the following 24 hours:  
Southwest, backing south or southeast for a time 4 or 5, increasing 7 to severe gale 9.  
Rough or very rough.  
Showers then rain.  
Moderate or good, occasionally poor.

For Coastal areas up to 60 nautical miles from Lerwick, Shetland  
Valid Monday 05 Jul 2010 at 0000 UTC until Monday 05 Jul 2010 at 1200 UTC

Shetland Isles

General Situation  
Deep low to the northwest of Shetland will track northeast into the Norwegian Sea and fill over the next 24 hours.

Gale Warnings in operation for Sea Area Fair Isle: Southwest gale force 8, veering Westerly imminent.

Southwest 4 or 5 veering west 5 or 6, occasionally 7.  
Moderate or rough.  
Showers.  
Moderate or good.

Outlook for 12 Hours from 1200 UTC on Monday 05 Jul until 0000 UTC on Tuesday 06 Jul:  
West 5 or 6 occasionally 7 at first, backing southwest 4 or 5.  
Moderate, but rough in south at first.  
Showers.  
Moderate or good.

#### Channel Islands

##### 24 hour forecast:

West to southwest 3 to 4, locally 1 to 2 in the southeast of the area at first, soon veering northwest to west, locally 5 in the late afternoon and evening.

Slight, locally moderate.

Occasional drizzle with mist and a risk of fog patches, clearing in the morning.

Moderate to poor, perhaps locally very poor, becoming good.

##### Outlook for the following 24 hours:

Northwest to north 1 to 3, occasionally 4 at first, becoming variable by the afternoon then west to southwest later.

Mainly slight with a low swell.

Risk of a little rain or drizzle in the evening with mist patches.

Good, perhaps moderate to poor later.

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