

Issued by the Met Office at 0500 UTC on Friday 04 March 2016

Ser. No. 20

Inshore Waters Forecast to 12 miles offshore  
for the period 0600 UTC Friday 04 March to 0600 UTC Saturday 05 March 2016

#### General Situation

An 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 across the British Isles.

Cape Wrath to Rattray Head including Orkney - (SWW)

24 hour forecast:

Northerly or northeasterly 5 or 6, occasionally 7 in northwest.

Slight or moderate occasionally rough later in east, moderate or rough becoming very rough for a time in north.

Wintry showers.

Good, occasionally poor.

Outlook for the following 24 hours:

Northerly or northeasterly 5 or 6.

Slight in shelter, otherwise moderate or rough.

Wintry showers.

Good, occasionally poor.

Rattray Head to Berwick upon Tweed - (SWW)

24 hour forecast:

Easterly backing northerly 5 or 6, occasionally 7 at first in Moray Firth.

Slight or moderate, occasionally rough in north.

Wintry showers.

Good, occasionally moderate.

Outlook for the following 24 hours:

North 5 or 6.

Moderate or rough.

Occasional rain or wintry showers.

Good, occasionally poor.

Berwick upon Tweed to Whitby - (SWW)

24 hour forecast:

East backing northeast 5 to 7.

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:

Cyclonic becoming northeasterly later, 5 to 7, becoming variable 3 or 4 for a time in south.

Slight or moderate, becoming rough at times in north.

Occasional rain.

Moderate or good, occasionally poor.

Outlook for the following 24 hours:

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:

Westerly or southwesterly 5 or 6, becoming variable 3 or 4.

Slight or moderate.

Occasional rain.

Good, occasionally moderate.

Outlook for the following 24 hours:

Variable 3 or 4, becoming northerly 5 or 6, increasing 7 at times later.

Slight or moderate.

Occasional rain.

Good, occasionally moderate.

North Foreland to Selsey Bill

24 hour forecast:

Westerly veering northerly 4 or 5, becoming variable 3 or less for a time.

Moderate, becoming slight.

Mainly fair.

Mainly good.

Outlook for the following 24 hours:

Northerly 4 or 5, increasing 6 at times.

Slight, occasionally moderate later.

Occasional rain.

Good, occasionally moderate.

Selsey Bill to Lyme Regis

24 hour forecast:

Westerly veering northerly 4 or 5, becoming variable 3 or less for a time.

Slight or moderate.

Showers.

Good.

Outlook for the following 24 hours:

Northerly 5 or 6.

Slight or moderate.

Showers.

Good.

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

24 hour forecast:

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

Slight or moderate in east, rough or very rough becoming high for a time in west.

Showers.

Good, occasionally poor.

Outlook for the following 24 hours:

Northerly 5 to 7, occasionally gale 8 at first in west, then decreasing 4 at times later.

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

Showers.

Good.

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

24 hour forecast:

Northwesterly veering northerly, 5 to 7, occasionally gale 8 in west, becoming variable 3 or 4 for a time in the Bristol Channel.

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, then decreasing 4 at times later.

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, increasing severe gale 9 for a time.

Moderate or rough, becoming very rough for a time in west.

Occasional rain or showers.

Good, occasionally poor.

Outlook for the following 24 hours:

North 6 to gale 8, decreasing 4 or 5 later.

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.

Rain or sleet, becoming fair later.

Moderate or good, occasionally poor at first.

Outlook for the following 24 hours:

North 4 or 5, occasionally 6 at first.

Slight or moderate, occasionally rough at first in south.

Fair.

Good.

Isle of Man - (SWW)

24 hour forecast:

Northeast backing north, 5 to 7, occasionally gale 8 at first.

Slight or moderate, becoming rough for a time.

Rain or sleet, becoming fair later.

Moderate or good, occasionally poor at first.

Outlook for the following 24 hours:

North 4 or 5, occasionally 6 at first.

Moderate becoming slight.

Mainly fair.

Mainly good.

Lough Foyle to Carlingford Lough - (SWW)

24 hour forecast:

North or northeast 5 to 7, increasing gale 8 at times.

Moderate or rough.

Wintry showers.

Good, occasionally poor.

Outlook for the following 24 hours:

North 4 or 5, occasionally 6 at first.

Moderate or rough, becoming mainly slight later.

Mainly fair.

Good.

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

24 hour forecast:

Northerly or northeasterly 5 or 6, occasionally 7 at first.

Slight or moderate, becoming rough at times in North Channel.  
Wintry showers.  
Good, occasionally poor.

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

Mull of Kintyre to Ardnamurchan Point - (SWW)  
24 hour forecast:  
North or northeast 5 to 7, increasing gale 8 at times.  
Moderate or rough, becoming very rough at times.  
Wintry showers.  
Good, occasionally poor.

Outlook for the following 24 hours:  
North 4 or 5, occasionally 6 at first, becoming variable 3 or 4 later.  
Moderate or rough.  
Mainly fair.  
Good.

The Minch - (SWW)  
24 hour forecast:  
Northeast backing north later, 5 to 7, occasionally gale 8 at first.  
Slight or moderate, occasionally rough in far north and in far south.  
Wintry showers.  
Good, occasionally poor.

Outlook for the following 24 hours:  
North 4 or 5, becoming variable 3 or 4 later.  
Slight or moderate, occasionally rough at first 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, occasionally gale 8 at first.  
Rough or very rough.  
Wintry showers.  
Good, occasionally poor.

Outlook for the following 24 hours:  
North 4 or 5, becoming variable 3 or 4 later.  
Rough, becoming moderate later.  
Mainly fair.  
Good.

For Coastal areas up to 60 nautical miles from Lerwick, Shetland  
Valid Friday 04 Mar 2016 at 0600 UTC until Friday 04 Mar 2016 at 1800 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

Northerly or northeasterly 4 or 5 increasing 6 or 7, but variable 3 or less in east.

Moderate or rough becoming very rough in north and west.  
Wintry showers.  
Good, occasionally moderate or poor.

Outlook for 12 Hours from 1800 UTC on Friday 04 Mar until 0600 UTC on Saturday 05 Mar:

Northerly 6 or 7, but variable 3 or less in east.  
Rough or very rough.  
Wintry showers.  
Good, occasionally moderate or poor.

Channel Islands

24 hour forecast:

Northwest 4 to 5, decreasing 2 to 4 by midday and becoming locally variable, then northerly 4 to 5 by dawn tomorrow.  
Rather rough at first, soon becoming slight to moderate.  
Isolated rain or hail showers, perhaps persistent, with a risk of thunder.  
Good, becoming moderate to poor in showers.

Outlook for the following 24 hours:

Northerly 4 to 6, perhaps locally 7 in the afternoon.  
Slight to moderate with swell, soon becoming moderate to rather rough, perhaps locally rough in the south in the afternoon.  
Scattered rain, hail or sleet showers with a risk of thunder becoming isolated Sunday morning.  
Good, occasionally moderate to poor in showers.

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