

Issued by the Met Office at 1100 UTC on Friday 05 March 2010

Ser. No. 5

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

#### General Situation

High pressure in the mid Atlantic will drift eastwards towards to United Kingdom, with an area of low pressure moving southwards down the North Sea.

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

24 hour forecast:

Northwest 5 to 7, decreasing 4 or 5, backing west 3 or 4 later.

Very rough becoming rough in north, otherwise slight or moderate.

Occasional rain, then mainly fair later.

Good, occasionally moderate.

Outlook for the following 24 hours:

West backing southwest 3 or 4, increasing 5 at times.

Rough in north, otherwise slight or moderate.

Mainly fair.

Good.

Rattray Head to Berwick on Tweed - (SWW)

24 hour forecast:

Northwest 5 to 7, decreasing 4 or 5, becoming variable, then south or southwest 3 or 4 later.

Mainly slight, occasionally moderate at first near Rattray Head.

Occasional rain.

Moderate or good.

Outlook for the following 24 hours:

Southerly or southwesterly 3 or 4, increasing 4 or 5.

Slight.

Occasional rain then fair.

Moderate or good.

Berwick on Tweed to Whitby - (SWW)

24 hour forecast:

Northwest 4 or 5, occasionally 6 for a time, veering east 3 or 4 later.

Slight.

Rain or showers.

Good, occasionally moderate.

Outlook for the following 24 hours:

East 3 or 4, veering southeast 4 or 5, then veering southwest 3 or 4 later.

Slight.

Occasional rain then fair.

Good, occasionally moderate at first.

Whitby to Gibraltar Point - (SWW)

24 hour forecast:

Northwest 4 or 5, occasionally 6 for a time, veering east 3 or 4 later.

Slight, occasionally moderate later.

Occasional rain.

Good, occasionally moderate.

Outlook for the following 24 hours:

East 3 or 4, veering southeast 4 or 5, then veering southwest 3 or 4 later.

Slight, occasionally moderate.

Occasional rain then fair.

Good, occasionally moderate at first.

Gibraltar Point to North Foreland - (SWW)

24 hour forecast:

Northwest veering northeast 4 or 5, increasing 5 or 6 for a time.

Slight, occasionally moderate in north later.

Fair then occasional rain.

Good, occasionally moderate.

Outlook for the following 24 hours:

Northeast veering east 4 or 5.

Slight or moderate.

Fair.

Good.

North Foreland to Selsey Bill - (SWW)

24 hour forecast:

Northwesterly 3 or 4, increasing 4 or 5, veering northeasterly 4 or 5, occasionally 6 in east.

Slight.

Occasional rain later.

Good, occasionally moderate later.

Outlook for the following 24 hours:

Northeast 4 or 5, veering east 5 or 6.

Slight, occasionally moderate.

Occasional rain at first, then fair.

Good, occasionally moderate at first.

Selsey Bill to Lyme Regis

24 hour forecast:

Northwest 3 or 4, increasing 4 or 5, then veering northeast later.

Slight.

Fair.

Good, occasionally moderate later.

Outlook for the following 24 hours:

Northeast veering east 4 or 5, occasionally 6 later.

Slight becoming moderate.

Occasional rain at first, then fair.

Good, occasionally moderate at first.

Lyme Regis to Lands End including the Isles of Scilly

24 hour forecast:

North 2 or 3, veering northeast 3 or 4, increasing 4 or 5.

Slight or moderate.

Fair.

Good.

Outlook for the following 24 hours:

Northeast 4 or 5, veering east 5 or 6.

Slight or moderate, occasionally rough in far west later.

Mainly fair.

Good.

Lands End to St Davids Head including the Bristol Channel

24 hour forecast:

Northwest 2 or 3, increasing 3 or 4, veering northeast 4 or 5 later.

Slight or moderate.

Fair.

Moderate or good.

Outlook for the following 24 hours:

Northeasterly veering easterly 4 or 5, occasionally 6 in south.

Smooth or slight in east, moderate in west.

Mainly fair.

Good.

St Davids Head to Great Ormes Head, including St Georges Channel  
24 hour forecast:  
Northwest 3 or 4, increasing 4 or 5, then veering northeast later.  
Smooth or slight.  
Mainly fair.  
Mainly good.

Outlook for the following 24 hours:  
Northeast veering southeast 4 or 5.  
Slight.  
Mainly fair.  
Mainly good.

Great Ormes Head to the Mull of Galloway  
24 hour forecast:  
Northwest 4 or 5, veering northeast 3 or 4.  
Smooth or slight.  
Mainly fair.  
Good, occasionally moderate at first.

Outlook for the following 24 hours:  
Northeasterly veering southeasterly 3 or 4, occasionally 5 in west.  
Smooth or slight.  
Fair.  
Good.

Isle of Man  
24 hour forecast:  
Northwest 4 or 5.  
Slight or moderate.  
Mainly fair.  
Mainly good.

Outlook for the following 24 hours:  
Northwest 4 or 5, decreasing 3 or 4, veering northeast then southeast later.  
Slight or moderate.  
Mainly fair.  
Good.

Lough Foyle to Carlingford Lough  
24 hour forecast:  
Northwest 4 or 5, decreasing 3 or 4.  
Smooth or slight, but moderate in north.  
Mainly fair.  
Good.

Outlook for the following 24 hours:  
Northwest 3 or 4, becoming variable 3 or less, then becoming south 3 or 4 later.  
Smooth or slight, but moderate in north.  
Occasional rain then fair.  
Good, occasionally moderate at first.

The Mull of Galloway to Mull of Kintyre including the Firth of Clyde and the North Channel  
24 hour forecast:  
Northwest 4 or 5, veering north 3 or 4.  
Smooth or slight, occasionally moderate in north.  
Mainly fair.  
Good.

Outlook for the following 24 hours:  
Northerly veering northeasterly then southeasterly later, 3 or 4, occasionally 5

in south.  
Smooth or slight, occasionally moderate in north.  
Mainly fair.  
Mainly good.

Mull of Kintyre to Ardnamurchan Point  
24 hour forecast:  
Northwest 4 or 5, decreasing 3 or 4.  
Slight or moderate, occasionally rough in north and west.  
Mainly fair.  
Good.

Outlook for the following 24 hours:  
Northwest 3 or 4, becoming variable 3 or less, then southeast 3 or 4 later.  
Slight or moderate.  
Mainly fair.  
Good.

Ardnamurchan Point to Cape Wrath including the Outer Hebrides - (SWW)  
24 hour forecast:  
Northwesterly 4 or 5, occasionally 6 in north for a time, backing southwesterly 3 or 4 later.  
Moderate or rough.  
Occasional at first, then mainly fair.  
Good, occasionally moderate at first.

Outlook for the following 24 hours:  
Southwesterly backing southerly 3 or 4, occasionally 5 later.  
Moderate, occasionally rough in north and west of Outer Hebrides.  
Mainly fair.  
Good.

The Minch - (SWW)  
24 hour forecast:  
Northwesterly 4 or 5, occasionally 6 in north for a time, backing southwesterly 3 or 4 later.  
Smooth or slight, but moderate, occasionally rough in far north.  
Occasional at first, then mainly fair.  
Good, occasionally moderate at first.

Outlook for the following 24 hours:  
Southwesterly backing southerly 3 or 4, occasionally 5 later.  
Smooth or slight, but occasionally moderate, occasionally rough at first in far north.  
Mainly fair.  
Good.

The Channel Islands  
24 hour forecast:  
Northerly 2 or 3, increasing 3 or 4 by morning.  
Slight, locally moderate on Saturday.  
Fine, becoming cloudy on Saturday with the risk of a shower.  
Good.

Outlook for the following 24 hours:  
Northeast 4, soon increasing 5, further 6 increasing by evening, perhaps locally 7 on Sunday.  
Slight to moderate, becoming moderate to rather rough, locally rough on Sunday.  
Cloudy with the risk of a shower Saturday morning, becoming fine overnight.  
Good.

For Coastal areas up to 60 nautical miles from Lerwick, Shetland  
Valid Friday 05 Mar 2010 at 1200 UTC until Saturday 06 Mar 2010 at 0000 UTC

## Shetland Isles

### General Situation

A front extends south and will remain slow moving across the Shetland area as high pressure builds to the south.

Gale Warnings in operation for Sea Area Fair Isle: Nil

Northwest 4 or 5 becoming variable 3 or 4 away from the far southwest.  
Slight near east Shetland otherwise moderate or rough.  
Rain or showers.  
Moderate or good, perhaps poor at times.

Outlook for 12 Hours from 0000 UTC on Saturday 06 Mar until 1200 UTC on Saturday 06 Mar:

Northwest 4 in far southwest at first otherwise variable 3 or 4 becoming south or southwest 4 or 5,  
occasionally 6 in northeast.  
Slight near east Shetland otherwise moderate or rough.  
Rain, drizzle.  
Moderate or good, perhaps poor at times.

(c) Crown Copyright 2010