

From the Met Office. Issued at 2330 GMT on Sunday 01 Jul 2007.

To BBC Radio 4

Here is the weather forecast for the inshore waters of Great Britain and Northern Ireland valid for the following 24 hours.

General Situation: A depression over Ireland will move slowly northeastwards, with associated fronts affecting northern Scotland. There will be showers elsewhere.

From Cape Wrath to Duncansby Head including Orkney.  
Wind: southeasterly 5 or 6, decreasing 3 or 4.  
rain or showers, fog patches.  
Visibility: moderate or good, occasionally very poor.

Shetland.  
Wind: southeast 6 or 7, decreasing 4 or 5.  
occasional rain, isolated fog patches.  
Visibility: moderate or good, occasionally very poor.

From Duncansby Head to Whitby.  
Wind: south or southeast, veering southwest 3 or 4.  
showers.  
Visibility: good.

From Whitby to North Foreland.  
Wind: southerly veering southwesterly, 4 or 5 in the north 6, occasionally 7 in the south.  
showers.  
Visibility: good.

From North Foreland to St. Catherine's Point.  
Wind: southwest 5 or 6, occasionally 7.  
squally showers.  
Visibility: moderate or good.

From St. Catherine's Point to Lands End.  
Wind: southwest 5 to 7, backing south 3 or 4.  
rain or showers.  
Visibility: moderate or good.

From Lands End to Colwyn Bay.  
Wind: southwesterly 4 or 5, occasionally 6 in south.  
showers.  
Visibility: good.

From Colwyn Bay to Mull of Kintyre including Lough Foyle to Carlingford Lough.  
Wind: southwesterly 3 or 4, occasionally 5 in south.  
showers.  
Visibility: good.

From Mull of Kintyre to Cape Wrath.  
Wind: southerly veering southwesterly 3 or 4, occasionally 5, but cyclonic in far north at first.  
rain or showers, isolated fog patches.  
Visibility: moderate or good, occasionally very poor.