

Issued by the Met Office at 0001 UTC on Friday 05 March 2010

Ser. No. 3

Inshore Waters Forecast to 12 miles offshore from 0001 UTC to 2359 UTC

General Situation

High pressure in the mid Atlantic will drift eastwards towards to United Kingdom. An area of low pressure will move southwards down the North Sea.

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

24 hour forecast:

West veering northwest 5 to 7, decreasing 4 or 5 later.

Slight or moderate, occasionally rough in north.

Rain or showers.

Moderate or good.

Outlook for the following 24 hours:

Northwest 4 or 5, backing southwest 3 or 4 later.

Slight or moderate, but rough in north.

Rain or showers at first.

Moderate or good.

Rattray Head to Berwick on Tweed - (SWW)

24 hour forecast:

Northwest 4 or 5, increasing 5 to 7, decreasing 4 or 5 later.

Slight or moderate.

Rain or showers.

Moderate or good.

Outlook for the following 24 hours:

Northwest 4 or 5, backing southwest later.

Slight or moderate.

Rain or showers.

Moderate or good.

Berwick on Tweed to Whitby - (SWW)

24 hour forecast:

Northwest 3 or 4, increasing 4 or 5, occasionally 6 later.

Slight, occasionally moderate.

Rain or showers.

Good, occasionally moderate.

Outlook for the following 24 hours:

Northwest 4 or 5, occasionally 6 for a time, veering northeast 3 or 4, then veering south later.

Slight, occasionally moderate.

Occasional rain.

Good, occasionally moderate.

Whitby to Gibraltar Point - (SWW)

24 hour forecast:

West 3 or 4, veering northwest 4 or 5, occasionally 6 later.

Slight, occasionally moderate later.

Fair then occasional rain.

Good, occasionally moderate later.

Outlook for the following 24 hours:

Northwest 4 or 5 occasionally 6 for a time, veering northeast, then veering southeast 3 or 4 later.

Slight, occasionally moderate.

Occasional rain at first.

Good, occasionally moderate.

Gibraltar Point to North Foreland - (SWW)

24 hour forecast:

Variable 3 or 4, becoming northwesterly 4 or 5, occasionally 6 in north later.

Slight, occasionally moderate in north later.

Occasional rain later.

Good.

Outlook for the following 24 hours:

Northwesterly 4 or 5 occasionally 6 in north for a time, veering east later.

Slight, occasionally moderate in north.

Occasional rain.

Good, occasionally moderate.

North Foreland to Selsey Bill

24 hour forecast:

Northeasterly 4 or 5, backing northwesterly 3 or 4, increasing 4 or 5 later.

Slight.

Occasional rain for a time later.

Good, occasionally moderate later.

Outlook for the following 24 hours:

Northerly or northwesterly 4 or 5, veering easterly 5 or 6 later.

Slight, occasionally moderate later.

Mainly fair.

Good, occasionally moderate.

Selsey Bill to Lyme Regis

24 hour forecast:

Northeasterly 4 or 5, backing northwesterly 3 or 4, increasing 4 or 5 later.

Slight.

Fair.

Good, occasionally moderate later.

Outlook for the following 24 hours:

Northerly or northwesterly 4 or 5, veering easterly 5 or 6 later.

Slight, occasionally moderate later.

Mainly fair.

Good, occasionally moderate.

Lyme Regis to Lands End including the Isles of Scilly

24 hour forecast:

East or northeast 4 or 5 decreasing 3 or 4, backing north later.

Moderate occasionally rough in west at first, becoming slight later.

Fair.

Good.

Outlook for the following 24 hours:

North veering northeast 3 or 4, veering easterly 5 or 6 later.

Slight, becoming moderate in west.

Fair.

Good.

Lands End to St Davids Head including the Bristol Channel

24 hour forecast:

East becoming variable 3 or 4, becoming north later.

Slight or moderate, occasionally rough at first in far west.

Fair.

Moderate or good.

Outlook for the following 24 hours:

North 3 or 4, veering east 4 or 5 later.

Slight occasionally moderate in west.

Fair.

Mainly good.

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

24 hour forecast:

Variable becoming northwest 3 or 4.

Slight.

Mainly fair, but occasional rain for a time in north.

Good, occasionally moderate.

Outlook for the following 24 hours:

North or northwest 3 or 4, increasing 4 or 5, veering east later.

Slight.

Mainly fair.

Mainly good.

Great Ormes Head to the Mull of Galloway

24 hour forecast:

Northwest 3 or 4, occasionally 5 later.

Smooth or slight.

Occasional rain later.

Good, occasionally moderate.

Outlook for the following 24 hours:

Northwest 3 or 4, increasing 5 at times, veering east 3 or 4 later.

Smooth or slight.

Occasional rain.

Good, occasionally moderate.

Isle of Man

24 hour forecast:

Northwest 3 or 4 increasing 4 or 5.

Smooth or slight, occasionally moderate later.

Mainly fair.

Mainly good.

Outlook for the following 24 hours:

Northwest 4 or 5 veering north 3 or 4, then east later.

Slight or moderate, occasionally smooth later.

Mainly fair.

Mainly good.

Lough Foyle to Carlingford Lough

24 hour forecast:

Northwest 4 or 5.

Smooth or slight, occasionally moderate in north.

Fair, then occasional rain for a time.

Good, occasionally moderate.

Outlook for the following 24 hours:

Northwest 4 or 5, veering northeast 3 or 4, then becoming variable 3 or less later.

Smooth or slight, but moderate in north.

Fair.

Good.

The Mull of Galloway to Mull of Kintyre including the Firth of Clyde and the North Channel

24 hour forecast:

Northwest 4 or 5.

Smooth or slight, occasionally moderate in north.

Occasional rain, fair later.

Good, occasionally moderate.

Outlook for the following 24 hours:

Northwest 4 or 5, veering east 3 or 4 later.  
Smooth or slight, occasionally moderate in north.  
Mainly fair.  
Mainly good.

Mull of Kintyre to Ardnamurchan Point  
24 hour forecast:  
Northwest 4 or 5.  
Slight or moderate, occasionally rough in west.  
Occasional rain, fair later.  
Good, occasionally moderate.

Outlook for the following 24 hours:  
Northwest 4 or 5, decreasing 3 or 4, becoming variable 3 or less later.  
Moderate or rough.  
Mainly fair.  
Good.

Ardnamurchan Point to Cape Wrath including the Outer Hebrides - (SWW)  
24 hour forecast:  
Northwesterly 4 or 5, occasionally 6 for a time in north.  
Moderate or rough.  
Rain or showers, fair later.  
Good, occasionally moderate.

Outlook for the following 24 hours:  
Northwesterly 4 or 5, backing westerly 3 or 4, then backing southwesterly later.  
Moderate or rough.  
Mainly fair.  
Good.

The Minch - (SWW)  
24 hour forecast:  
Northwesterly 4 or 5, occasionally 6 for a time in north.  
Smooth or slight, but occasionally moderate in far north and far south.  
Rain or showers, fair later.  
Good, occasionally moderate.

Outlook for the following 24 hours:  
Northwesterly 4 or 5, backing westerly 3 or 4, then backing southwesterly later.  
Smooth or slight, but occasionally moderate in far north and far south.  
Mainly fair.  
Good.

The Channel Islands - (SWW)  
24 hour forecast:  
Northeast 5, occasionally 6, decreasing 3 to 4 in the morning, backing northeast to north 3 by midday  
and north to northwest 3 to 4 later.  
Moderate to rather rough, gradually becoming slight.  
Fair or fine.  
Good.

Outlook for the following 24 hours:  
Northerly 4, veering northeast by afternoon and increasing 5 to 6 later.  
Slight to moderate becoming moderate to rather rough later.  
Fair or fine risk of a shower Saturday morning.  
Good.

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

## Shetland Isles

### General Situation

A weak weather front will become slow moving through Shetland today.

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

Northwest 6 or 7 decreasing 4 or 5, occasionally 3 in the west.

Moderate or rough.

Patchy rain.

Moderate or good.

Outlook for 12 Hours from 1200 UTC on Friday 05 Mar until 0000 UTC on Saturday 06 Mar:

Northwest 4 or 5, occasionally 3 in the west, becoming variable 3 or 4.

Moderate or rough.

Patchy rain and drizzle.

Moderate or good, possibly poor at times.

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