

From the Met Office. Issued at 0530 GMT on Sunday 01 Apr 2007.

Here is the weather forecast for the inshore waters of Great Britain and Northern Ireland valid for the following 18 hours.

General Situation: High slow moving and intensifying slightly across Northern United Kingdom. Frontal band affecting southern England for a time.

From Cape Wrath to Duncansby Head including Orkney.

Wind: variable 2 or 3, occasionally 4.

mainly fair, then occasional rain later.

Visibility: moderate or good, occasionally poor later.

Shetland.

Wind: west or southwest 2 or 3 increasing 4 or 5.

fair, then occasional rain later.

Visibility: moderate or good.

From Duncansby Head to Whitby.

Wind: mainly northeasterly 3 or 4, occasionally 5 at first, but in the north, variable becoming northwest 2 or 3.

fair.

Visibility: moderate or good.

From Whitby to North Foreland.

Wind: northeast 4 or 5, occasionally 6 at first.

occasional rain in south at first, otherwise fair.

Visibility: moderate or good, occasionally poor in south at first.

From North Foreland to St. Catherine's Point.

Wind: northeasterly 5 or 6, occasionally 7 in west, decreasing 4 or 5 later.

occasional rain then fair.

Visibility: moderate or good, occasionally poor at first.

From St. Catherine's Point to Lands End.

Wind: northeast 5 or 6, occasionally 7.

occasional rain then fair.

Visibility: moderate or good, occasionally poor at first.

From Lands End to Colwyn Bay.

Wind: northeasterly 5 or 6, occasionally 7 in the south.

mainly fair but showers for a time near Lands End.

Visibility: good.

From Colwyn Bay to Mull of Kintyre including Lough Foyle to Carlingford Lough.

Wind: northeast 4 or 5.

fair.

Visibility: good.

From Mull of Kintyre to Cape Wrath.

Wind: variable becoming north 2 or 3, occasionally 4.

mainly fair.

Visibility: moderate or good, occasionally poor near coasts at first.