

Issued by the Met Office at 1100 UTC on Sunday 01 February 2009

Ser. No. 68

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

#### General Situation

High pressure will remain slow moving over Scandinavia during the next few days. Meanwhile, low pressure will develop across France during Monday and move northwards into the English Channel.

From Cape Wrath to Rattray Head including Orkney

24 hour forecast:

Southeast backing east 5 to 7, decreasing 4 or 5 for a time.

Wintry showers later.

Moderate or good, occasionally poor later.

Moderate or rough.

Rattray Head to Berwick on Tweed

24 hour forecast:

East or southeast 5 or 6, occasionally 7 later.

Wintry showers.

Moderate or good, occasionally poor later.

Rough.

Berwick on Tweed to Whitby

24 hour forecast:

East 5 to 7, perhaps gale 8 later.

Wintry showers.

Moderate or good, occasionally poor later.

Rough becoming very rough.

Whitby to Gibraltar Point

24 hour forecast:

East 6 or 7, occasionally gale 8 at times.

Wintry showers.

Good, occasionally poor.

Rough becoming very rough.

Gibraltar Point to North Foreland

24 hour forecast:

Easterly 6 or 7, occasionally gale 8 at times.

Wintry showers.

Good, occasionally poor.

Moderate or rough.

North Foreland to Selsey Bill

24 hour forecast:

Northeasterly 5 to 7, increasing gale 8 at times.

Wintry showers.

Good, occasionally poor.

Moderate, occasionally rough at first.

Selsey Bill to Lyme Regis

24 hour forecast:

East 6 to gale 8, backing northeast 5 to 7 later.

Wintry showers later.

Moderate or good, occasionally poor later.

Moderate, occasionally rough at first.

Lyme Regis to Lands End including the Isles of Scilly

24 hour forecast:

East 6 to gale 8, occasionally severe gale 9 at first, backing

northeast 5 to 7 later.  
Wintry showers later.  
Moderate or good, occasionally poor later.  
Moderate or rough.

Lands End to St Davids Head including the Bristol Channel  
24 hour forecast:  
East 7 to severe gale 9 backing northeast 5 to 7.  
Wintry showers later.  
Moderate or good, occasionally poor later.  
Moderate in east, rough in west.

St Davids Head to Great Ormes Head, including St Georges Channel  
24 hour forecast:  
East backing northeast 5 to 7, increasing gale 8 at times.  
Wintry showers later.  
Moderate or good, occasionally poor later.  
Slight or moderate, occasionally rough in west.

Great Ormes Head to the Mull of Galloway  
24 hour forecast:  
East backing northeast 5 to 7, occasionally gale 8 at first.  
Wintry showers later.  
Moderate or good, occasionally poor later.  
Slight or moderate.

Isle of Man  
24 hour forecast:  
East backing northeast 5 to 7.  
Wintry showers later.  
Moderate or good, occasionally poor later.  
Moderate, occasionally rough at first.

Lough Foyle to Carlingford Lough  
24 hour forecast:  
Southeast backing northeast 5 to 7.  
Wintry showers.  
Moderate or good.  
Moderate, occasionally rough at first.

The Mull of Galloway to Mull of Kintyre including the Firth of Clyde  
and the North Channel  
24 hour forecast:  
Southeasterly backing northeasterly 5 or 6, perhaps 7 at times.  
Wintry showers.  
Moderate or good.  
Slight or moderate, occasionally rough at first in North Channel.

Mull of Kintyre to Ardnamurchan Point  
24 hour forecast:  
Southeast 5 to 7, backing northeast 4 or 5 later.  
Mainly fair.  
Moderate or good.  
Moderate.

Ardnamurchan Point to Cape Wrath including the Outer Hebrides  
24 hour forecast:  
Southeasterly 4 or 5, but 6 or 7 at first in south, backing easterly  
later.  
Mainly fair.  
Moderate or good.  
Slight or moderate, occasionally rough at first.

Shetland Isles

24 hour forecast:

South 5 to 7 decreasing 4, becoming variable 3 later.

Mainly fair.

Moderate or good.

Moderate, occasionally rough at first.

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