

AND NOW THE SHIPPING FORECAST ISSUED BY THE MET OFFICE, ON BEHALF OF THE MARITIME AND COASTGUARD AGENCY, AT 1130 ON FRIDAY 06 MARCH 2009

THERE ARE WARNINGS OF GALES IN ROCKALL MALIN HEBRIDES AND BAILEY

THE GENERAL SYNOPSIS AT 0600

LOW FAEROES 985 EXPECTED NORWEGIAN SEA 987 BY 0600 TOMORROW. LOW 160 MILES WEST OF BAILEY 986, EXPECTED FAIR ISLE 988 BY SAME TIME. NEW LOW EXPECTED 150 MILES WEST OF ROCKALL 998 BY THAT TIME

THE AREA FORECASTS FOR THE NEXT 24 HOURS

VIKING NORTH UTSIRE SOUTH UTSIRE NORTHEAST FORTIES SOUTH OR SOUTHEAST 5 TO 7, PERHAPS GALE 8 LATER IN VIKING AND NORTH UTSIRE. MODERATE OR ROUGH. RAIN OR SHOWERS. MODERATE OR GOOD, OCCASIONALLY POOR

SOUTHWEST FORTIES CROMARTY FORTH TYNE DOGGER WEST OR SOUTHWEST 4 OR 5, OCCASIONALLY 6. SLIGHT OR MODERATE. RAIN AT TIMES. MODERATE OR GOOD, OCCASIONALLY POOR

FISHER GERMAN BIGHT HUMBER THAMES NORTHWESTERLY BACKING SOUTHWESTERLY 4 OR 5, OCCASIONALLY 6, BUT EASTERLY IN NORTHEAST FISHER AT FIRST. MODERATE, OCCASIONALLY ROUGH IN NORTH FISHER. OCCASIONAL RAIN. MODERATE, OCCASIONALLY POOR

DOVER WIGHT PORTLAND PLYMOUTH WEST OR SOUTHWEST 4 OR 5, OCCASIONALLY 6 LATER IN PLYMOUTH. SLIGHT OR MODERATE, BUT ROUGH IN PLYMOUTH. OCCASIONAL RAIN OR DRIZZLE. MODERATE OR GOOD, OCCASIONALLY POOR

BISCAY NORTHWEST 4 OR 5, INCREASING 6 OR 7 FOR A TIME. VERY ROUGH BECOMING ROUGH. RAIN OR DRIZZLE. MODERATE OR GOOD, OCCASIONALLY POOR

FITZROY NORTHWESTERLY BACKING WESTERLY 5 TO 7, BUT 4 OR 5 IN SOUTH. ROUGH OR VERY ROUGH. RAIN OR DRIZZLE. MODERATE OR GOOD, OCCASIONALLY POOR

SOLE NORTHWEST BACKING WEST 5 TO 7, PERHAPS GALE 8 LATER. ROUGH OR VERY ROUGH. RAIN OR DRIZZLE. MODERATE OR GOOD, OCCASIONALLY POOR

LUNDY FASTNET IRISH SEA SOUTH, VEERING NORTHWEST FOR A TIME, 4 OR 5, INCREASING 5 TO 7 LATER. SLIGHT OR MODERATE IN IRISH SEA, OTHERWISE MODERATE OR ROUGH. RAIN OR DRIZZLE. MODERATE OR GOOD, OCCASIONALLY POOR

SHANNON NORTHWEST BACKING SOUTHWEST 5 TO 7, PERHAPS GALE 8 LATER. VERY ROUGH. SHOWERS THEN RAIN. MODERATE OR GOOD, OCCASIONALLY POOR

ROCKALL MALIN HEBRIDES BAILEY CYCLONIC BECOMING SOUTHWESTERLY, BUT WESTERLY AT FIRST IN ROCKALL, 5 TO 7, OCCASIONALLY GALE 8. ROUGH OR VERY ROUGH. RAIN OR SHOWERS. MODERATE OR POOR, BECOMING GOOD FOR A TIME

FAIR ISLE FAEROES SOUTHWESTERLY BECOMING CYCLONIC 5 TO 7, PERHAPS GALE 8 LATER. MODERATE OR ROUGH, OCCASIONALLY VERY ROUGH LATER. RAIN OR SQUALLY SHOWERS. MODERATE OR GOOD, OCCASIONALLY POOR

SOUTHEAST ICELAND NORTHWESTERLY BECOMING CYCLONIC 5 TO 7, DECREASING 4 AT TIMES. ROUGH.

RAIN OR WINTRY SHOWERS. MODERATE OR GOOD, OCCASIONALLY POOR