

Issued by the Met Office at 0500 UTC on Sunday 01 March 2020

Ser. No. 96

Inshore Waters Forecast to 12 miles offshore  
for the period 0600 UTC Sunday 01 March to 0600 UTC Monday 02 March 2020

#### General Situation

A deep Atlantic low over northern Scotland will move slightly northeastwards then become slow moving for the next two days. A second low will slowly move towards the northwest of Scotland. Low pressure will also run eastwards through the English Channel. This will continue to bring gales or severe gales to nearly all areas at times.

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

24 hour forecast:

Cyclonic 4 to 6, increasing 7 or gale 8 at times in west and in south, but occasionally 3 in north.

Slight at times in Moray Firth, otherwise moderate or rough, but occasionally very rough in northwest.

Occasional rain or squally showers.

Moderate or good, occasionally poor at first.

#### Outlook for the following 24 hours:

Cyclonic, becoming westerly, 5 to 7, but mainly 3 or 4 near Orkney, then backing southerly 3 to 5.

Slight at times in Moray Firth, otherwise moderate or rough, occasionally very rough in northwest.

Showers, squally at times.

Good, occasionally moderate.

#### Rattray Head to Berwick upon Tweed - (SWW)

24 hour forecast:

Southwesterly 6 to gale 8, decreasing 5 at times, but occasionally severe gale 9 at first in south.

Moderate or rough, occasionally slight in south.

Rain or showers.

Moderate or good, occasionally poor at first.

#### Outlook for the following 24 hours:

Southwesterly, becoming cyclonic later, 4 to 6, occasionally 7 at first.

Moderate or rough, occasionally slight in south.

Showers.

Good.

#### Berwick upon Tweed to Whitby - (SWW)

24 hour forecast:

Southwest 7 to severe gale 9, decreasing 5 or 6, occasionally 4 later.

Slight or moderate, occasionally rough at first in north.

Rain or showers.

Good, occasionally moderate at first.

#### Outlook for the following 24 hours:

Southwest 4 or 5, occasionally 6 later.

Slight or moderate, occasionally rough later.

Showers.

Good.

#### Whitby to Gibraltar Point - (SWW)

24 hour forecast:

Southwest 7 or gale 8, decreasing 5 or 6, occasionally 4 later.

Slight or moderate.

Rain or showers.

Good, occasionally moderate.

Outlook for the following 24 hours:

West or southwest 3 to 5, occasionally 6 later.

Slight or moderate, occasionally rough later in north.

Rain or showers.

Good, occasionally moderate.

Gibraltar Point to North Foreland - (SWW)

24 hour forecast:

Southwesterly, becoming cyclonic later, 7 or gale 8, decreasing 4 to 6, occasionally 3 later in north.

Rough at first in far east, otherwise slight or moderate, occasionally smooth.

Showers, rain later.

Moderate or good, occasionally poor later.

Outlook for the following 24 hours:

Cyclonic, becoming westerly or northwesterly, 3 to 5, occasionally 6 at first, backing southwesterly 5 or 6 later.

Slight or moderate, occasionally smooth.

Rain or showers.

Moderate or good, occasionally poor at first.

North Foreland to Selsey Bill - (SWW)

24 hour forecast:

Westerly or southwesterly, becoming cyclonic later, 5 to 7, occasionally gale 8 at first, then decreasing 4 at times.

Moderate or rough, occasionally very rough at first.

Squally showers, rain later.

Moderate or good, occasionally poor later.

Outlook for the following 24 hours:

Cyclonic 5 to 7, becoming northwesterly 4 to 6, backing westerly 5 or 6.

Slight or moderate, occasionally rough at first.

Rain or squally showers.

Moderate or good, occasionally poor at first.

Selsey Bill to Lyme Regis - (SWW)

24 hour forecast:

West or southwest, becoming cyclonic later, 5 to 7, decreasing 4 at times, becoming northwest 4 to 6 later.

Moderate or rough, occasionally very rough at first.

Squally showers, rain later.

Moderate or good, occasionally poor later.

Outlook for the following 24 hours:

Northwest 4 to 6, backing west 5 to 7.

Slight or moderate, occasionally rough.

Squally showers.

Good, occasionally moderate.

Lyme Regis to Lands End including the Isles of Scilly - (SWW)

24 hour forecast:

Westerly or southwesterly 5 to 7, becoming cyclonic 4 to 6, then northwesterly 5 to 7 later.

Moderate at times in shelter, otherwise rough or very rough, occasionally high at first in far west.

Rain or squally showers.

Moderate or good, occasionally poor.

Outlook for the following 24 hours:

Northwesterly, backing westerly, 5 to 7, occasionally 4 at first in east and later in west.

Moderate or rough, occasionally very rough near the Isles of Scilly, but becoming slight at times in lyme bay.

Squally showers.  
Good, occasionally moderate.

Lands End to St Davids Head including the Bristol Channel - (SWW)

24 hour forecast:

West or southwest 7 or gale 8, decreasing 4 to 6, becoming cyclonic 3 to 5, then northwest 4 to 6 later.

Rough or very rough, becoming slight or moderate in east.

Rain or squally showers.

Moderate or good, occasionally poor.

Outlook for the following 24 hours:

Northwest, backing west, 5 to 7, occasionally 4 at first.

Slight at times in Bristol Channel, otherwise moderate or rough, occasionally very rough later in southwest.

Squally showers.

Good, occasionally moderate.

St Davids Head to Great Orme Head, including St Georges Channel - (SWW)

24 hour forecast:

West or southwest, veering northwest later, 6 to gale 8, decreasing 4 or 5.

Rough or very rough, becoming slight or moderate.

Squally showers.

Good, occasionally moderate.

Outlook for the following 24 hours:

Northwest, backing west, 5 to 7, occasionally 4 at first.

Moderate or rough, occasionally slight at first.

Squally showers.

Good, occasionally moderate.

Great Orme Head to the Mull of Galloway - (SWW)

24 hour forecast:

West or southwest 7 to severe gale 9, decreasing 5 or 6, occasionally 4 later.

Moderate or rough, occasionally very rough at first, becoming slight at times later.

Showers, squally later.

Good, occasionally moderate later.

Outlook for the following 24 hours:

West or southwest 5 to 7, occasionally 4 at first, then perhaps gale 8 later.

Slight or moderate, occasionally rough.

Squally showers.

Good, occasionally moderate.

Isle of Man - (SWW)

24 hour forecast:

Southwest 7 or gale 8, decreasing 6, veering west 4 or 5, occasionally 6 later.

Rough or very rough, becoming moderate.

Fair.

Good.

Outlook for the following 24 hours:

Southwest 4 to 6.

Slight or moderate, occasionally rough at first.

Showers later.

Good.

Lough Foyle to Carlingford Lough - (SWW)

24 hour forecast:

Westerly or southwesterly 7 to severe gale 9, occasionally storm 10 at first in far north, then decreasing 5 or 6.

Very rough or high until later in far north, otherwise moderate or rough, occasionally slight mainly in south.

Rain then squally showers.  
Moderate or good, occasionally poor at first.

Outlook for the following 24 hours:  
Westerly or southwesterly 5 to 7, occasionally 4 at first, becoming cyclonic 6 to gale 8, then westerly 5 or 6 later.  
Very rough at times in far north, otherwise moderate or rough, occasionally slight mainly in south.  
Squally showers, rain later.  
Moderate or good, occasionally poor later.

Mull of Galloway to Mull of Kintyre including the Firth of Clyde and North Channel - (SWW)  
24 hour forecast:  
Westerly or southwesterly 7 to severe gale 9, decreasing 5 or 6, occasionally 4 later in north.  
Very rough at times near Mull of Kintyre, otherwise moderate or rough, occasionally slight in north.  
Rain then squally showers.  
Moderate or good, occasionally poor at first.

Outlook for the following 24 hours:  
Westerly or southwesterly 5 to 7, occasionally 4 at first, becoming cyclonic 6 to gale 8, then westerly 4 to 6 later.  
Slight or moderate, occasionally rough near the Mull of Kintyre and in North Channel.  
Squally showers, rain later.  
Moderate or good, occasionally poor later.

Mull of Kintyre to Ardnamurchan Point - (SWW)  
24 hour forecast:  
West or northwest 7 to severe gale 9, occasionally storm 10 at first, then decreasing 4 to 6.  
Very rough or high, occasionally very high at first, but then becoming rough at times.  
Rain then squally showers.  
Moderate or good, occasionally poor at first.

Outlook for the following 24 hours:  
West or southwest 5 to 7, occasionally 4 at first, becoming cyclonic 6 to gale 8, then northwest 5 to 7 later.  
Rough or very rough, occasionally high at first, but moderate at times in shelter.  
Rain or squally showers.  
Moderate or good, occasionally poor.

The Minch - (SWW)  
24 hour forecast:  
Cyclonic, becoming westerly or northwesterly, 4 to 6, increasing 7 or gale 8 at times in south.  
Moderate or rough, occasionally very rough in south, but slight at times in central areas.  
Rain or squally showers.  
Moderate or good, occasionally poor.

Outlook for the following 24 hours:  
Westerly or southwesterly, becoming cyclonic, 5 to 7, decreasing 4 at times, becoming northwesterly 4 to 6 later.  
Moderate or rough, occasionally very rough in far north and in far south.  
Rain or squally showers.  
Moderate or good, occasionally poor.

Ardnamurchan Point to Cape Wrath - (SWW)  
24 hour forecast:

Cyclonic, becoming westerly or northwesterly, 4 to 6, increasing 7 or gale 8 at times in south.  
Rough or very rough, occasionally high in south.  
Rain or squally showers.  
Moderate or good, occasionally poor.

Outlook for the following 24 hours:  
Westerly or southwesterly, becoming cyclonic, 5 to 7, decreasing 4 at times, becoming northwesterly 4 to 6 later.  
Rough or very rough, occasionally high at first.  
Rain or squally showers.  
Moderate or good, occasionally poor.

For Coastal areas up to 60 nautical miles from Lerwick, Shetland  
Valid Sunday 01 Mar 2020 at 0600 UTC until Sunday 01 Mar 2020 at 1800 UTC

#### Shetland Isles

##### General Situation

A deep, complex low will be slow moving across the area on Sunday.

Gale Warnings in operation for Sea Area Fair Isle at time of issue: Easterly storm force 10 decreasing severe gale force 9, issued 15:58 UTC on Sat 29 Feb 2020

Southeast, becoming cyclonic, 5 to 7, increasing gale 8 in north  
Rough or very rough, occasionally high in northwest later. moderate in well sheltered waters close to Shetland.  
Rain or showers  
Moderate or good, occasionally poor

Outlook for 12 Hours from 1800 UTC on Sunday 01 Mar until 0600 UTC on Monday 02 Mar:

Cyclonic 4 or 5, but 6 to gale 8 in north  
Mainly high in northwest, very rough in southeast. moderate in shelter close to Shetland.  
Rain or showers  
Moderate or good, occasionally poor

##### Channel Islands - (SWW)

##### 24 hour forecast:

West to southwest 5 to 7, perhaps occasionally gale 8 with gusts to 50kt at first, locally 3 to 4 in the south of the area this morning, backing southwest to south for a time this evening, veering northwest 6 to gale 8 by morning.  
Rough, locally very rough in the north at first, decreasing moderate to rather rough in the south this morning with a moderate swell, then generally moderate to rather rough with a low to moderate swell by morning.  
Occasional showers, locally heavy with hail and a risk of thunder risk of prolonged rain in the far south of the area this morning a further period of rain this evening, locally heavy, then showers by morning.  
Moderate to good, occasionally poor.

Outlook for the following 24 hours:  
Northwest 6 to 7, locally gale 8, then northwest to west 5 to 6 in the evening.  
Moderate to rather rough with a low to moderate swell, increasing rough in the north and west overnight.  
Occasional showers, heavy at times with a risk of hail and thunder.  
Moderate to good, occasionally poor.