

Issued by the Met Office at 0001 UTC on Tuesday 04 March 2008

Ser. No. 7

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

#### General Situation

A cold northerly airflow will ease as a ridge edges in from the west.  
A milder southwesterly flow will follow later into northwest Scotland.

From Cape Wrath to Rattray Head including Orkney

24 hour forecast:

North 5 to 7, increasing gale 8 for a time, backing southwest later.

Squally wintry showers then fair.

Good, occasionally poor.

Rough or very rough, but mainly moderate in Moray Firth.

Rattray Head to Berwick on Tweed

24 hour forecast:

Northerly 5 to 7, perhaps gale 8 in north, backing southwesterly 4 or 5 later.

Squally wintry showers then fair.

Good, occasionally poor.

Rough, occasionally moderate at first and very rough later.

Berwick on Tweed to Whitby

24 hour forecast:

Northwest 4 or 5, veering north 6 or 7, perhaps gale 8, for a time.

Wintry showers then fair.

Good, occasionally poor.

Moderate becoming rough.

Whitby to Gibraltar Point

24 hour forecast:

Northwest 4 veering north 6 or 7, perhaps gale 8, decreasing 4 or 5 later.

Wintry showers, but fair later.

Moderate or good.

Moderate becoming rough.

Gibraltar Point to North Foreland

24 hour forecast:

Northerly 4 increasing 6 or 7, perhaps gale 8.

Wintry showers, but fair later.

Moderate or good.

Moderate becoming rough.

North Foreland to Selsey Bill

24 hour forecast:

Northerly 4 increasing 5 to 7, perhaps gale 8 in east.

Squally showers, but fair later.

Moderate or good.

Mainly moderate.

Selsey Bill to Lyme Regis

24 hour forecast:

Northerly 4 increasing 5 to 7.

Squally showers then fair.

Moderate or good.

Moderate or rough.

Lyme Regis to Lands End including the Isles of Scilly

24 hour forecast:

Northerly 6 to gale 8, occasionally severe gale 9 in west, decreasing 4 or 5.

Wintry showers at first.

Good, occasionally poor at first.

Moderate or rough, but very rough or high in west at first.

Lands End to St Davids Head including the Bristol Channel

24 hour forecast:

Northerly 6 to gale 8, occasionally severe gale 9 in southwest, decreasing 4.

Wintry showers at first.

Good, occasionally poor at first.

Rough or very rough becoming moderate.

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

24 hour forecast:

Northerly 6 to gale 8 decreasing 3, backing westerly later.

Wintry showers at first.

Moderate or good.

Moderate or rough.

Great Ormes Head to the Mull of Galloway

24 hour forecast:

Northwesterly 4 or 5, increasing 6 for a time, backing southwesterly 4 later.

Wintry showers at first.

Moderate or good.

Moderate, occasionally rough at first.

Isle of Man

24 hour forecast:

Northwesterly 4 or 5, increasing 6 for a time, backing southwesterly 4 later.

Wintry showers at first.

Moderate or good.

Moderate, occasionally rough at first.

Lough Foyle to Carlingford Lough

24 hour forecast:

Northerly 5 to 7 decreasing 3 or 4, backing southwesterly later.

Wintry showers at first.

Moderate or good.

Slight or moderate in south, high becoming rough in north.

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

24 hour forecast:

Northerly 5 to 7 decreasing 3 or 4, backing southwesterly later.

Wintry showers at first.

Moderate or good.

Rough or very rough becoming moderate.

Mull of Kintyre to Ardnamurchan Point

24 hour forecast:

Northerly 5 to 7 decreasing 3 or 4, backing southwesterly 5 later.

Wintry showers at first.

Moderate or good.

Very rough or high becoming rough.

Ardnamurchan Point to Cape Wrath including the Outer Hebrides

24 hour forecast:

Northerly 5 to 7 decreasing 3 or 4, backing southwesterly 5 to 7 later.

Wintry showers at first.  
Moderate or good.  
Very rough or high becoming rough.

Shetland Isles

24 hour forecast:

Northwesterly 6 to gale 8, backing southwesterly 5 to 7 later.

Wintry showers.

Good, occasionally poor.

Rough or very rough.

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