

Issued by the Met Office at 1100 UTC on Sunday 05 July 2009

Ser. No. 4

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

#### General Situation

An Atlantic low will move slowly eastwards to be centred over Scotland by Monday. Strong winds are expected around coasts of southwestern United Kingdom.

From Cape Wrath to Rattray Head including Orkney

24 hour forecast:

Southeasterly backing northeasterly 3 or 4, occasionally 5 later far west. Slight, occasionally moderate later. Showers for a time, fog patches. Moderate or good, occasionally very poor.

Outlook for the following 24 hours:

Northeast 3 or 4, backing north 4 or 5, occasionally 6 later. Slight or moderate. Showers, fog patches for a time. Moderate or good, occasionally very poor.

Rattray Head to Berwick on Tweed

24 hour forecast:

Southeast, backing northeast later, 3 or 4. Smooth or slight. Showers, fog patches later. Moderate or good, occasionally very poor later.

Outlook for the following 24 hours:

Northeast backing northwest 3 or 4, occasionally 5 later. Slight, occasionally moderate later. Showers, occasionally thundery, fog patches at first. Moderate or good, occasionally very poor at first.

Berwick on Tweed to Whitby

24 hour forecast:

Variable, becoming south, 3 or 4. Smooth or slight. Showers. Moderate or good, occasionally poor later.

Outlook for the following 24 hours:

South, becoming cyclonic for a time, then becoming west or northwest, 3 or 4, increasing 5 later. Smooth or slight. Thundery showers. Moderate or good, occasionally poor at first.

Whitby to Gibraltar Point

24 hour forecast:

South or southwest 3 or 4, backing southeast for a time. Smooth or slight. Showers. Good, occasionally moderate in north.

Outlook for the following 24 hours:

Southwest becoming cyclonic 3 or 4, then becoming northwest 4 or 5 later. Slight. Thundery showers. Moderate or good.

Gibraltar Point to North Foreland

24 hour forecast:

Southwest 3 or 4, increasing 5 for a time.

Smooth or slight.

Showers later.

Good.

Outlook for the following 24 hours:

Southwest, veering west later, 4 or 5, increasing 6 for a time.

Smooth or slight, occasionally moderate later in south.

Thundery showers.

Good.

North Foreland to Selsey Bill - (SWW)

24 hour forecast:

Southwest 3 or 4, increasing 5 to 7 later.

Slight, occasionally moderate later.

Showers later.

Good.

Outlook for the following 24 hours:

Southwest veering west 5 to 7.

Moderate.

Thundery showers.

Good.

Selsey Bill to Lyme Regis - (SWW)

24 hour forecast:

Southwest 4 or 5, increasing 5 or 6 later.

Slight becoming moderate.

Showers.

Good.

Outlook for the following 24 hours:

Southwest veering west, 5 or 6, increasing 7 at times.

Moderate, occasionally rough in west.

Thundery showers.

Good.

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

24 hour forecast:

Southwest 4 or 5, increasing 6, occasionally 7 later.

Moderate or rough, but slight for a time in east.

Showers.

Good.

Outlook for the following 24 hours:

West or southwest 5 to 7, veering northwest later.

Moderate or rough.

Thundery showers.

Moderate or good.

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

24 hour forecast:

Southwesterly 4 or 5, increasing 6 at times in west.

Moderate becoming rough.

Showers.

Good.

Outlook for the following 24 hours:

Southwesterly, veering westerly or northwesterly, 5 or 6, occasionally 7 in west.

Moderate or rough.

Thundery showers.

Good.

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

24 hour forecast:

Southerly veering southwesterly 3 or 4, increasing 5 or 6 at times south of Anglesey.

Slight or moderate, occasionally rough later in south.

Showers, rain for a time.

Good, becoming moderate for a time.

Outlook for the following 24 hours:

Westerly or northwesterly 4 or 5, increasing 6 or 7 at times in south.

Slight or moderate, occasionally rough in south.

Thunderly showers.

Good.

Great Ormes Head to the Mull of Galloway

24 hour forecast:

Southerly backing southeasterly 3 or 4, increasing 5 for a time in north, veering southwesterly 3 or 4 later.

Smooth or slight.

Showers, rain later.

Moderate or good.

Outlook for the following 24 hours:

Southwest 3 or 4, veering northwest later, 4 or 5, occasionally 6.

Slight or moderate.

Rain or showers, occasionally thundery.

Moderate or good.

Isle of Man

24 hour forecast:

Southerly or southeasterly, veering southwesterly later, 3 or 4, occasionally 5 in south and west.

Slight or moderate.

Rain for a time later.

Good, occasionally moderate.

Outlook for the following 24 hours:

Southwest veering northwest, 3 or 4, increasing 4 or 5, occasionally 6 later.

Smooth or slight becoming moderate later.

Showers.

Good, occasionally moderate.

Lough Foyle to Carlingford Lough

24 hour forecast:

Southerly or southeasterly 3 or 4, increasing 5 for a time in south, becoming cyclonic later.

Slight.

Showers, occasionally thundery, rain later.

Moderate or good.

Outlook for the following 24 hours:

Cyclonic becoming northwest 4 or 5, occasionally 6 later.

Slight or moderate.

Rain or showers, occasionally thundery.

Moderate or good.

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

24 hour forecast:

Southerly or southeasterly 3 or 4, increasing 5 for a time in North Channel, becoming cyclonic later.

Slight.  
Showers, occasionally thundery, rain later.  
Moderate or good.

Outlook for the following 24 hours:  
Cyclonic becoming northwest 4 or 5, occasionally 6 later.  
Slight or moderate.  
Rain or showers, occasionally thundery.  
Moderate or good.

Mull of Kintyre to Ardnamurchan Point  
24 hour forecast:  
Southeasterly backing easterly 3 or 4, increasing 5 for a time in south.  
Slight or moderate.  
Showers, occasionally thundery, rain later.  
Moderate or good.

Outlook for the following 24 hours:  
East or northeast, backing north or northwest, 4 or 5, occasionally 6.  
Slight or moderate.  
Thundery showers.  
Moderate or good.

Ardnamurchan Point to Cape Wrath including the Outer Hebrides  
24 hour forecast:  
Southeast 3 or 4, backing northeast 4 or 5.  
Slight or moderate, occasionally smooth in The Minch.  
Showers.  
Good, occasionally moderate in north.

Outlook for the following 24 hours:  
North or northeast 4 or 5, occasionally 6.  
Slight or moderate.  
Showers.  
Moderate or good.

For Coastal areas up to 60 nautical miles from Lerwick, Shetland  
Valid Sunday 05 Jul 2009 at 1200 UTC until Monday 06 Jul 2009 at 0000 UTC

#### Shetland Isles

##### General Situation

A slack and complex area of low pressure lies across Shetland with weak troughs occasionally affecting the Isles.

Gale Warnings in operation for Sea Area Fair Isle: Nil.

Variable 3, but locally northeast 4 or 5 in the north.  
Slight or moderate.  
Fog patches, mainly in the south.  
Moderate or good but occasionally very poor.

Outlook for 12 Hours from 0000 UTC on Monday 06 Jul until 1200 UTC on Monday 06 Jul:  
Northeast 4 or 5, but variable 3 in the south at first.  
Moderate, becoming occasionally rough in the north.  
Occasional rain or drizzle. Fog patches in south at first.  
Moderate or good, but occasionally very poor at first.