

Weather notes

Author: André Roberts

Updated: 15/04/2018 16:26:50

A Brief description of the weather sites that we use for forecasts:

- **British Met Office:** www.metoffice.gov.uk/weather/marine. This site gives the land weather forecast for your local weather (type in Torbay for this area). You can get the marine weather by going to "marine" option in the left hand boxes. This will give you the choice of the:
 - **Shipping forecast** (you need find the Portland/Plymouth area). This is updated every 6 hours or so and is for the next 24 hour period as stated at the top of the page.
 - **Inshore waters forecast** (Lyme Regis to Lands End). This gives the wind expected at sea up to 12 miles from land for the next 24 hours from the time of update. It also gives the expected forecast for the following 24 hours, giving you an idea of weather expected for a total of 48 hours. It is also updated every 6 hours and includes any strong wind forecasts (force 6 and over)
 - **Surface pressure forecast:** These charts of surface pressure, from analysis time at midnight today (T+0) and then at 12 hourly prediction intervals until the 84-hour future forecast (T+84) are produced daily around 0730 UTC (830 BST). You need to be able to understand the way they are read and understand what the different fronts and troughs are doing to get a good idea of the future prediction but basically the wider apart the lines the better the forecast. Winds travel clockwise around High Pressures and anti-clockwise around Low Pressures. They travel in a general direction of West to East across the screen.
- **BBC weather:** www.bbc.co.uk/weather. This gives the same information as the Met office but in a much simpler form. It gives the pressure charts predictions for the next 5 days but only on a 24 hour (midday) prediction without all the extra "squiggles" to confuse you. The Shipping Forecast is

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often for multiple areas. Inshore waters is the same as Met office forecast.
Land forecast for the area has less detail.

Please note – this is a rough guide only and we may use other site for judging conditions in the area in the lead up to BLDSA Torbay.

Source: This information has been adapted from the CSPF site, used for channel swimming on the Dover Straits.