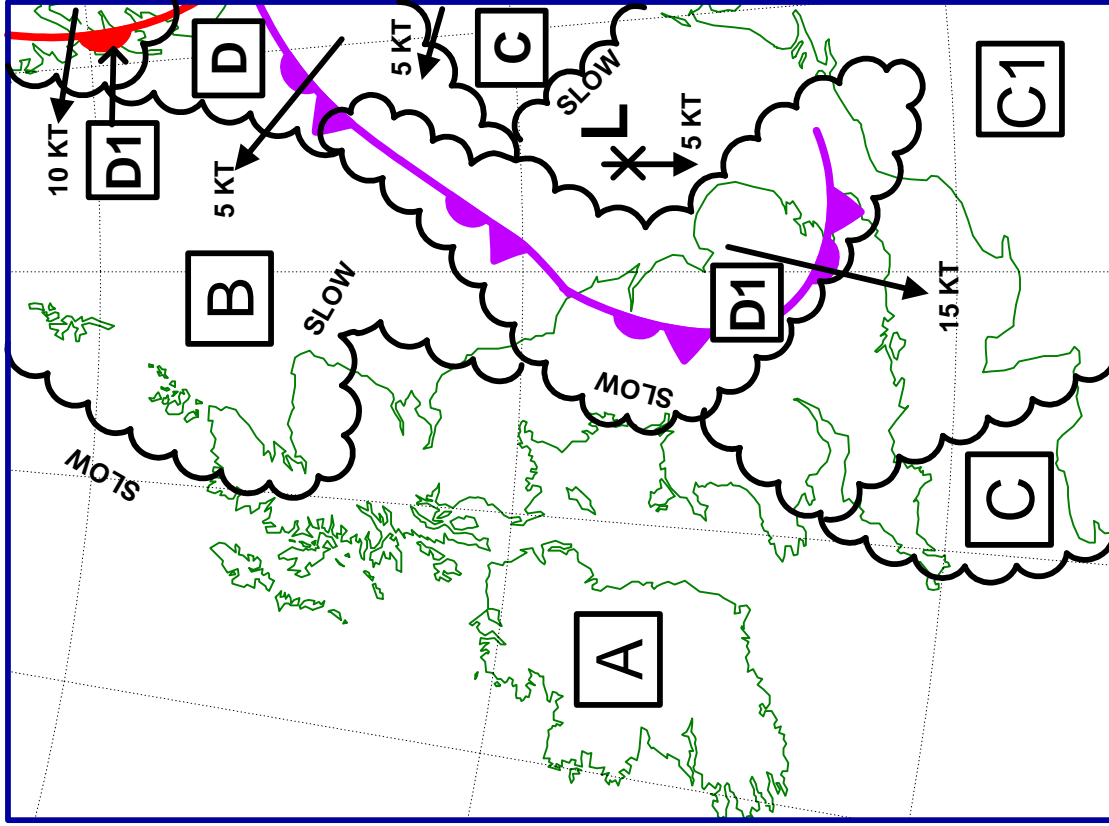


Forecast Weather below 10000 FT



Met Office

Valid 130800 to 131700 Z AUG 10. Fronts/zones valid at 131200 Z



All heights in 100's of feet above mean sea level
 XXX means above chart upper limit
 Cloud amount (Oktas) MOD / SEV ICE Ψ / Ψ Speed of movement in KT
 FEW: 1-2 SCT: 3-4 MOD / SEV TURB \wedge / \wedge Temperatures in DEG C
 BKN: 5-7 OVC: 8 TS / CB implies GR/ Ψ / \wedge Hill FG implies VIS <200 M

This forecast may be amended at any time.
 Issued by Met Office Exeter at 130315 Z
 Forecaster: Duty Forecaster
 Contact telephone 0870 900 0100
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AREA	SURFACE VIS AND WX	CLOUD	0 C
A	30 KM NIL ISOL 10 KM -SHRA MAINLY FAR S ISOL 3000 M BR/DZ SEA COT FAR N ISOL HILL FG	ISOL SCT BKN AC \wedge 080 / XXX FAR NW AREAS SCT/BKN CU SC \wedge 015-030 / (050 N)-(090 S) ISOL SCT/BKN ST 007-010 / 015 SEA COT FAR N	090-XXX BUT 070 E
B	25 KM NIL ISOL 7 KM RA UPSLOPES UK ISOL 2000 M -DZ/BR SEA COT OCNL HILL FG	AREAS BKN (LOC NIL/FEW LEE MON) CU SC \wedge 015-025 / 060-080 ISOL (OCNL SEA COT) SCT/BKN ST 006-010 / 015 (LOC BASE 001-004 SEA COT)	090-XXX
C	30 KM NIL ISOL (OCNL C1) 7 KM SHRA ISOL 3000 M +SHRA/+TSRA SEA COT (AND LAN FM 10 Z) C1 ISOL \wedge C1 NW ISOL HILL FG	AREAS SCT/BKN AC Ψ \wedge 080 / XXX OCNL SCT/BKN CU SC Ψ \wedge 015-030 / 080-XXX ISOL CB 015-025 / XXX SEA COT (AND LAN FM 10 Z) C1 ISOL SCT/BKN ST 005-010 / 015 SEA COT (AND LAN TL 09 Z)	080-XXX BUT 070 NW
D	20 KM NIL/-RA ISOL (OCNL D1) 7 KM RA/SHRA ISOL 3000 M +SHRA/+TSRA D1 (AND LAN ELSEWHERE FM 09 Z) OCNL 2000 M RADZ/BR SEA COT (AND ISOL LAN TL 09 Z) ISOL \wedge D1 W ISOL (OCNL D1) HILL FG	BKN/OVC AC (Ψ W) \wedge 080 / XXX D1 ISOL (EMBD D1) CB 020-040 / XXX D1 (AND LAN ELSEWHERE FM 09 Z) AREAS BKN/OVC CU SC (Ψ W) \wedge 015-030 / 080-XXX ISOL SCT/BKN ST 007-012 / 015 (LOC BASE 004 SEA COT)	XXX BUT 070 W

Outlook Until: 132400 Z
 TSR and CB LAN Area C1 dies out. Otherwise little further change.