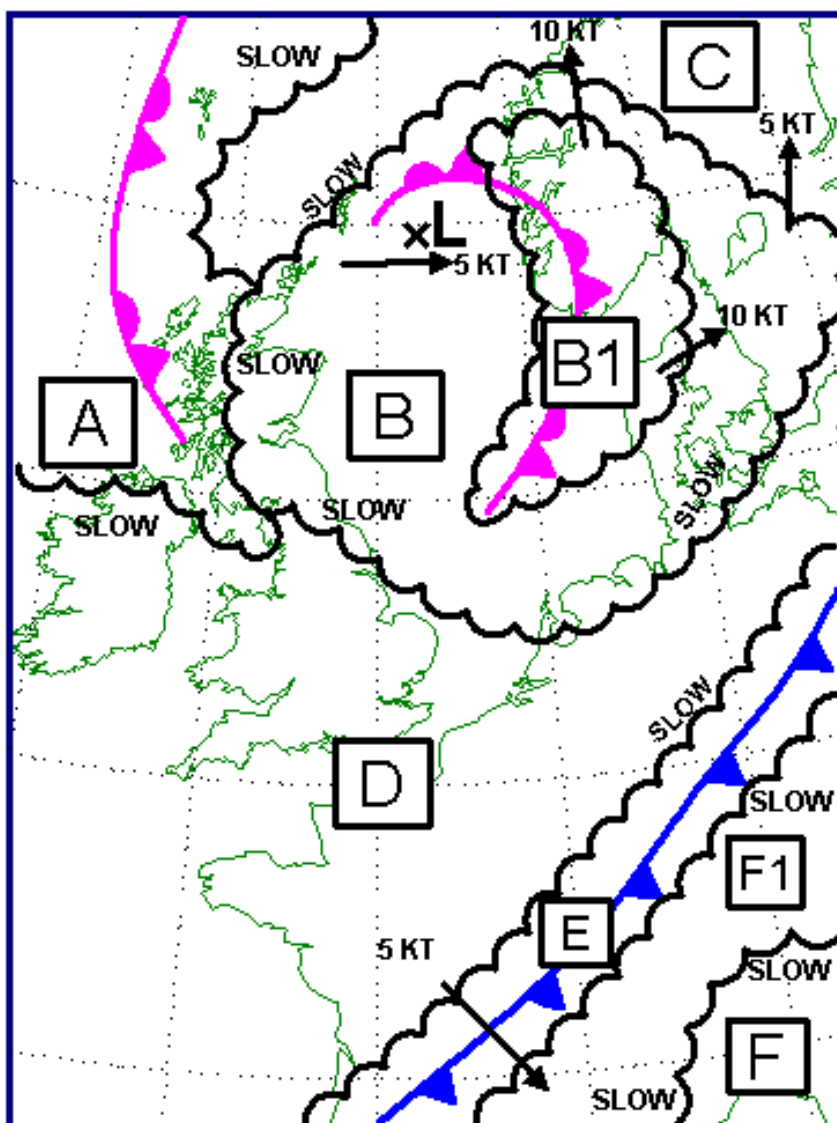


Forecast Weather below 10000 FT



Valid 220800 to 221700 Z JUN 06. Fronts/zones valid at 221200 Z

Met Office



AREA	SURFACE VIS AND WX	CLOUD	0 C
A	15KM NIL ISOL 10 KM-SHRA/-RA ISOL 2000 M-DZ/BR ISOL A. FAR S OCNL HILL FG	BKN CU SC Ψ A. 015-030 / 050-080 ISOL (OCNL N) BKN ST 004-010 / 015	060-070
B	25 KM NIL ISOL (OCNL B1 AND E) 7 KM SHRA ISOL 3000 M + SHRA/+TSRA ISOL 1000 M SHSN/SN MON NORWAY OCNL A. S OF 58 N ISOL (OCNL B1) HILL FG	AREAS BKN AC Ψ A. 080 / XXX B1 ISOL (EMBD B1) CB 030 / XXX OCNL BKN CU SC Ψ A.020-035 / 080-XXX	050-070
C	25 KM NIL ISOL 7 KM HZ SEA COT ISOL 7 KM SHRA LAN ISOL HILL FG	ISOL SCT/BKN CU SC Ψ A.030-050 / 070-XXX ISOL SCT/BKN ST 005-010 / 015 SEA COT	050-070
D	30 KM NIL ISOL 10 KM-SHRA N MTW MAX VSP 500 FPM AT 080 NWTL 12 Z ISOL A. N OF 53 N ISOL HILL FG	AREAS SCT/BKN CU SC Ψ A.025-040 / 050-070 (090 N)	050-070 NW XXX SE
E	20 KM NIL ISOL 7 KM SHRA ISOL HILL FG	ISOL BKN AC A. 080 / XXX NE BKN/OC CU SC 015-030 / 050-080	XXX
F	25 KM NIL ISOL 3000 M + SHRA/+TSRA MAINLY F1 ISOL HILL FG	ISOL BKN AC A. 080 / XXX ISOL CB 040-070 / XXX MAINLY F1	XXX

All heights in 100's of feet above mean sea level

XXX means above chart upper limit
Cloud amount (Okta) MOD / SEV ICE Ψ/Ψ Speed of movement in KT
FEW: 1-2 SCT: 3-4 MOD / SEV TURB ~LA Temperatures in DEG C
BKN: 5-7 OVC: 8 TS / CB implies GR/Ψ/Λ Hill FG implies VIS <200 M

This forecast may be amended at any time.

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Forecaster: Duty Forecaster
Contact telephone 0870 900 0100
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