



Solway Buzz

B and B Bee eating beans
by Mimi Morgan from Silloth Primary School

www.solwaybuzz.co.uk

July 2023

local news - for you - by you - about you - free to you

FREE PAPER

Issue 210

Did You See the Cumbrian Cobbler Cycle Race?



Photo by: Daniel Dockeray
Story on Page 7

Were You at the Sunny Green Day?



Photo by: Owen Martin
Story on Pages 10 & 11

2023 Events

Ragnarock/Fimbulvetr Rally
23rd to 25th June Rugby Club

Abbeytown Family Fun Day
8th July

Silloth Vintage Rally
22nd & 23rd July

Soul on the Green
29th & 30th July

Solfest
24th to 27th August

Silloth Carnival
27th & 28th August

Silloth Music Festival
7th to 10th September

Any More for Any More?

It All Happens Here!

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Brenda Wins Again



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Mayor Owen at Green Day



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Football Club Awards Day





Margaret at the Palace

report by: Joan Ratsey-Bowe

A Royal invite arrived for inspirational Silloth woman Margaret Gate and her guest; cousin Gillian Ritchie from Wigton.

Margaret was overwhelmed and humbled to be nominated, even though husband Colin thought it was a scam.

I am sure everyone would agree it was an honour truly deserved, as Margaret is much loved and respected in our community and beyond, she felt very blessed throughout the whole journey.

And, didn't they scrub up well!



Now Where Will You Eat Today?



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Do You Want a Job Fundraising for the RNLI?

Ready for a new challenge? Applications are open to become one of the Royal National Lifeboat Institution's (RNLI) face-to-face fundraisers in the North West. This vital role includes sharing safety messages and encouraging new supporters to sign up and donate to the lifesaving charity.

A role within the face-to-face fundraising team offers flexible working in great locations around the North Wales coast, with opportunities from West Kirby to Silloth. Especially on the beaches around the Wirral and Sefton areas.

Face-to-face fundraisers receive competitive rates of pay whilst developing valuable skills for life.

If you are dynamic, engaging and have great interpersonal skills, this could be the role for you - acting as an ambassador for the RNLI and helping to save lives at sea, whether by delivering lifesaving safety messaging to help

people enjoy the beach safely, or inspiring new supporters to donate to the charity.

Lucy Hampson, Senior Face-to-Face Fundraising Manager at the RNLI, said: 'Our face-to-face fundraisers help thousands of people every year, delivering lifesaving safety messaging to help people to enjoy the coast safely. The role is the perfect fit for anyone who is friendly, energetic and able to talk to anyone. We provide full, high-quality training to make sure that all our fundraisers feel confident and capable of being a lifesaving ambassador. I'd encourage anyone, no matter what career you are considering, to take up the challenge and apply for a face-to-face fundraising role.'

RNLI face-to-face fundraising vacancies are available now, with a range of hours from part- to full-time. To apply or find out more information, visit RNLI.org/FundraiserJobs

Unique Bee
by
Adam Berkley
from
Silloth
Primary
School



Pirate Bee
by Mason Nichol from Silloth Primary School

RNLI 60's Night Raises £415



Report by: Margaret English

On Saturday 20th May, Willie and Wilma Smith returned to Christ Church to entertain the audience with the well-known songs from the sixties.

Sadly the numbers were very low, but the enthusiasm great everyone singing along and lots of dancing as well. Half way through a buffet prepared by the RNLI committee and friends was enjoyed

by all.

An amazing £415 was raised from entrance fees and the raffle with all proceeds going to the Silloth and District RNLI. Thank you to everyone who provided raffle prizes and cakes.

A special thank you to Canon Bryan Rothwell who allowed us to transform the space to make such good use of the wonderful area that the church provides.

Occasions like this remind us that when the church was built every gathering went on in the church and nowadays social gatherings need to happen in the church if the building is to survive.

A huge thank to Willie and Wilma who worked so hard to create the fantastic atmosphere and a good time was had by everyone. Our thanks to everyone who joined us on the night.



Friends of Silloth Green News



Report by: Caroline Turner
 Firstly, a big THANK YOU to everyone who visited and found plants and seeds to take home

at our recent plant stalls. The money raised will go towards buying some new plants and compost for the raised beds and borders.



We have been growing flowers for cutting on our allotment and are planning to offer, for a donation, bouquets and small posies.

Depending on the weather and flower availability we will have a stall on the Community Garden every Wednesday morning during the summer. To keep up to date with all our activities follow us on Facebook.



A great tip from one of our volunteers! If space is limited grow squash/courgette up a vertical or even slightly angled frame. He created a simple wooden frame and used abandoned trawl netting, found on the beach, to wind the growing tendrils through and tie in. If fruits become too large to hang in mid air you can use old onion bags or even tights to support their weight. This one supports a thornless Blackberry, wider at the top to encourage flowering and fruit ripening.

OPENING HOURS
 10am - 4pm
 Apart from:
 Mon: 12pm - 4pm
 BHM's: 10am - 4pm
 Weds: 10am - 1pm

SILLOTH MOTORCYCLE MUSEUM

85

FREE ADMISSION

SOLWAY STREET, SILLOTH

SOLWAY MOTOR CYCLE RACING CLUB

TEA, COFFEE & SOFT DRINKS AVAILABLE

sillothmotorcyclemuseum.co.uk

STANWIX PARK

THE DUNES CABARET BAR (Adults Only)

WEDNESDAY, THURSDAY & SUNDAY- doors open at 8PM (No Bingo)
 FRIDAY & SATURDAY - doors open at 7PM (CASH BINGO)

WHAT'S ON - JULY

Saturday 1st - Variety Night - CeCe Monsoon, Gary Dunn & Liam Moorhouse Sunday 2nd - John Penn Wednesday 5th - Graham Brown Thursday 6th - Spud Friday 7th - Chris Wallis Saturday 8th - The Four D's Sunday 9th - Mark George Wednesday 12th - Graham Brown Thursday 13th - Here's Johnny Friday 14th - The Mustangz Saturday 15th - Stevie D Sunday 16th - Miss Dee Wednesday 19th - Graham Brown	Thursday 20th - Stevie D Friday 21st - Joey Matthews Saturday 22nd - Betcha By Golly Wow Sunday 23rd - Spud Wednesday 26th - Graham Brown Thursday 27th - Mark George Friday 28th - Back to Back Saturday 29th - Ritz
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Check out what's on in August & September at: www.stanwix.com or download the Stanwix Park App.

Nightly Admissions to The Dunes Cabaret Bar

Wednesday, Thursday & Sunday - £4.50

Friday & Saturday - £5.50

CASH BINGO

Friday & Saturday

1 session of Bingo
 Books on sale 8pm - 8.30pm
 Eyes down at 8.45pm

4 game book & flyer, followed by LIVE ENTERTAINMENT AT 9.30PM

www.stanwix.com
 Tel: 01697332666

Brenda Wins the Pitlochry Golf Week Ladies Championship Again!



Mens Champion Chris Edwards (Burton Golf Club) along with Brenda Gibson (Silloth Golf Club) Ladies Champion

Silloth Golf Club member Brenda Gibson retained the Pitlochry Golf Week ladies Championship.

Pitlochry Golf Club golf week took place on the week commencing May 28th with the finals being played on Friday June 2nd.

During the first round on

Wednesday Brenda was in third position overall and leading the ladies with a score of 35 points.

Singles final day on Friday June 2nd saw Brenda in the last group with the two leading men. Brenda produced a score of 40 points to not only retain her 2022 title but her overall score better than all competitors.

OULTON TRACTOR RUN



On 13th August to raise funds for the Air Ambulance.

Starting from Oulton Village Hall at 8:30am to view the tractors, then Ride Out at 10:30am to The White Heather at Kirkbride Airfield.
For Info Tel Sean: 016973 42101



JayBee's

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Good range of dog stuff from treats to jackets

Frozen fishing bait

open 7 days a week

6 Criffel Street, Silloth, Tel: 016973 31245

Silloth RAFA Leek Club

2023 Open Show on Saturday 2nd September in the RAFA Club
Leeks & Onions plus Various Other Classes

Schedules from: Mr I Caulfield, Tel: (016973) 31531, Judge: Mr R Richardson

Open and Members

Prize Money:
1st £5, 2nd £3, 3rd £2

Class 1 Members Only

Members Stand Two Pot Leeks
6" fast button to be pulled
sound, fresh and clean

Class 2 Open

One Trench Leek
Over 14" fast button to be pulled
sound, fresh and clean

Class 3 Open

One Intermediate Leek
Over 6" under 14" to be pulled
sound, fresh and clean

Class 4 Open

Four Tomatoes

Class 5 Open

Four Potatoes white or coloured

Class 6 Open

Six Shallots any variety

Class 7 Open

Four Onions not more than 250
grams

Class 8 Open

Two Carrots long or stump

Class 9 Open

Four kinds of vegetables one of
each kind

Class 10 Open

One Parsnip

Class 11 Open

Three Round Beetroot

Class 12 Open

One Cucumber

Class 13 Open

One Misshapen Vegetable

Class 14 Open

Three French Beans

Class 15 Open Entries Free

One vase of flowers, own foliage,
one variety (vases provided)
(to be sold for the benefit of the
club after the show)

Class 16 Open

Flowering Pot Plant

Class 17 Open

Foliage Pot Plant

Class 18 Open

Heaviest Onion

Class 19 Open

Two dressed Onions

Class 20 Open

(One Pound Entry)

Pot Leek

Prize Money:

1st £20, 2nd £15, 3rd £10, 4th £5)

RULES

All exhibits to be staged
between 10am & 11:30am.

Local entries for the Open
show taken up to 11:30am on
day of show.

NO exhibit to be removed
before 7pm.

ALL exhibits to be removed
between 7pm & 7:30pm.

Exhibits not removed by
7:30pm will be offered for
sale for the benefit of the
club.

Show stewards shall direct
placing of the exhibits.

All specimens entered in these
classes must have been grown
in the exhibitors own garden.

Competent judges shall be
appointed by the committee,
the judges decision is final.

Presentation of prizes at
7:30pm.

Entry money for Open classes
50p each.



Lifeboats

JOIN OUR SILLOTH TEAM






Please apply at [RNLI.org/VolRoles](https://www.RNLI.org/VolRoles) or
for enquiries please call 01202 663346

COULD YOU HELP SAVE LIVES BY VOLUNTEERING FOR THE RNLI?

Silloth Lifeboat Station is recruiting for the following roles:

ILB Crew Launch Vehicle Drivers Shore Crew Press Officer Launching Authorities
Visits Officer Fundraising Team

These are great opportunities to make a difference, meet new people, and use your time to help save lives at sea.

Apply using the details above or contact the station on 016973 31691 leave a message and our Operations Manager will return your call or pop in Sunday Mornings 10am-12.30pm, meet the team and find out more

The RNLI is the Charity that saves lives at sea

Waver Wine Circle Outing to Talkin

Report by: Stuart Junes

The Stukins Travel Agency organised our first away day of the year to the Blacksmiths Arms Inn at Talkin near Brampton where nine members enjoyed their own choice of refreshment from a large menu.

Thank you Graham and Janet for another good outing in wonderful Cumberland weather. It surprised me that two of our company had never been to such a lovely area - try it!

Our next Stukins Travel summer outing is to the Mining Museum and Horse and Farrier at Threlkeld where we are promised a warm Cumbrian welcome. I hope everyone has a menu as we have to pre-order our meals - please let Janet or myself know your availability and choice of menu a week before 12/7/23. Take care and keep cool.



Silloth & District Pensioners Coffee Morning

Report by: Jean Day

What a beautiful day to be up and about early and off to the Pensioner's Coffee Morning in St Andrew's Hall, and many of our supporters did so.

The cake and produce stall did brisk business and was soon almost cleared, many thanks to those that provide the goods for this. And the raffle was, as always, so generously supported by many gifts to be used; and the winners this month were, Eileen Reeves, John Rumney, Joan Wise, Edna Allison, Maureen Irving, Peter Fearon, Moira Fearon and Sheila Nichol.

Here's hoping the beautiful weather we are enjoying carries on through June, especially for the Annual Trip to Windermere on the 28th June.

The next Coffee Morning will be held in St Andrew's Hall, on Saturday, 1st July. Looking forward to seeing everyone then.



RNLI June Call-Outs



Report by Steven Henderson

Silloth RNLB Lifeboat was called out on the 8th June to reports of a woman entering the water at Southernness point and disappearing from view. The woman was located and found to be wild swimming and was not in need of assistance.

Two days later the Lifeboat was called to the same location to reports that five people were in the water and in need of assistance, Silloth and Kippford Lifeboats were both launched and conducted a shoreline search south of Southernness Lighthouse. A short time later the coastguard confirmed that all five people had managed to reach the shore and were safe and well, both Lifeboats returned to station.

If you find yourself in an emergency situation or spot someone else in trouble, you should call 999 or 112 and ask for the coastguard.



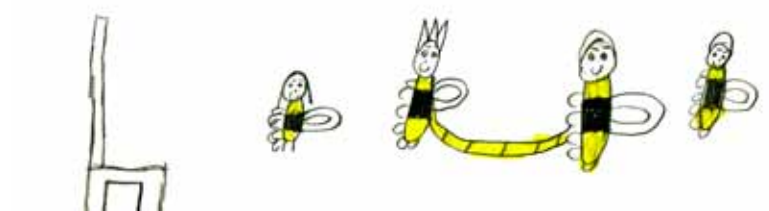
Happy Bee by Liam Ledingham from Holm Cultram Abbey School



Walker Bee by Dante Parkin from Silloth Primary School



King Charles III by Lola Armstrong from Holm Cultram Abbey School



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Toy Soldiers

Cumbrian Cobbler Cycle Race on 4th June



Report by:
The Cumberland Cobbler Crits

Sunshine, cobbles and youth were the order of the day at Carlisle Cycling Association's new event The Cumberland Cobbler on Sunday, where the big winners were Lucy Glover and Ben Wiggins.

The races were held on the largely cobbled streets of Silloth, a traditional Victorian seaside town

in Cumbria and were part of the wider Solway Coast Festival of Cycling organised by Cumberland Council.

The weather was nigh on perfect with a week of sunny weather in the run up to the event leaving both The Green, the large grassy space on which the Festival was held, and the roads completely dry. A light northerly breeze gave a welcome respite

from the sun at times.

The circuit of just over 1km with a number of tight turns was tested out first by the Youth riders. A couple of the 'Youth A' boys came off early in the race but both got back on their bikes to complete the race which was won in some style by Cillian Lewis of Manilla Cycling. Luke Davison of Beacon Wheelers took the 'Youth B' boys trophy home and ESV Manchester's Olivia Smallshaw was victorious in 'Youth B' girls.

The first race of the afternoon was the 'Regional B' with a decent sized field of Cat 3 and 4 riders, both local and visitors competing.

The younger riders showed impressive stamina out on the cobbles in the afternoon sun with two juniors, Ted Birkbeck of Kendal and Scot Robert Smart coming home second and third. But it was Cillian Lewis riding up with a dispensation and on 'Youth A' gearing who went home to the North East with another first prize.

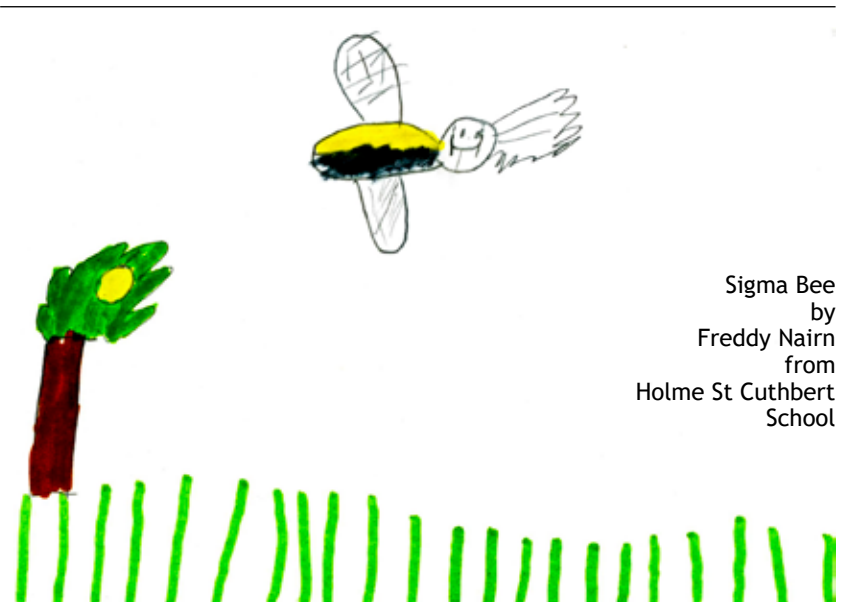
'National B' races for both men and women were completed the same day. In the women's race a break of three went away, consisting of Lucy Glover, Amy Gornall and local favourite Daisy Barnes with first year Junior Lucy making the decisive final sprint.

That left the men's race the last chance for the senior riders to take a win. But it was not to be! Ben Wiggins of MAS Design -Fensham Howes dominated the race and though a quality chasing group of Chris Sheriffs, Cameron Jeffers and Hugo Lutz Atkinson tried to bring him back for much of the race they were unable to catch the Junior who rode away to a convincing solo victory.

Amy Gornall was judged most combative rider and Cameron Jeffers rode the fastest lap of the course in just over 1 minute 27 seconds.

Bby the looks of things the biggest winner of the day was the local ice cream shop which had queues down the road til closing time!

CCA would like to thank Cumberland Council, British Cycling North West and all their sponsors for supporting this new event.



Sigma Bee
by
Freddy Nairn
from
Holme St Cuthbert
School

Kirkgate Arts and Heritage

IN MY SHOES ORAL HISTORY Events

We have recently received funding from the National Lottery Heritage Fund to deliver a project called "In My Shoes". This project will explore how diverse the local community is, celebrating all the different kinds of heritage that local people have. The project will last from April 2023 to November 2024.

"In My Shoes" is about inclusiveness in collecting memories and artefacts, and showcasing cultural traditions and stories, bringing them to life through a variety of activities designed to appeal to and develop diverse audiences.

This project seeks to break down divisions and barriers; to increase knowledge, empathy, and mutual understanding; to increase confidence, inclusion, participation and appreciation of heritage and cultural activities.

- 1 A key component of this project is oral history collection. To do this we are organising 6 different events at community venues across Cumbria. These will involve storytellers (a performance of some kind), facilitators (leading the event, talking about experiences), and oral history collectors (volunteers recording stories).
- 2 We are looking for storytellers and spoken word artists to help us create an inclusive environment that will be representational of some of the more unheard stories in Cumbria, as well as the more known stories that make our heritage so rich.
- 3 We only ask that you are passionate and interested in the role and are mindful that the project is over 18 months. This means that we may require you at multiple of the 6 events over this period. If this is something that you would love to get involved with please email me on chloe@thekirkgate.com

www.kirkgateartsandheritage.org.uk

Lecker Bites Shop Now Open!



A new shop is now open on Eden Street in Silloth.

I am Manuela, the owner of Lecker Bites. Read on to know more about my intentions to provide natural dog treats for you and your pup.

I believe in value for money. Now that I work with dogs (I am a pro dog walker and dog treat retailer), I also believe in old-fashioned service, so that I will serve you in the shop and also why our online store is more like a corner shop than a soulless warehouse.

The main reason Lecker Bites is different is that we are small, focused and give advice based on dog needs, not on products that we want to sell. When you call us, you get the owner, me.

The breakthrough I discovered working with dogs is that there is a reason for dogs eating meat, not

grain or veggies. It's connected with your dog's indigestion!

We offer 100% meat-based dog treats to promote

natural dog health and well-being.

Here are some of the common problems that can be solved.

Typical dog diet issues:

- Allergies
- Arthritis
- Pancreatic and obese
- To name just a few.

While all dogs love the taste of meat, it is still actually the best and healthiest thing for them. No one denies that, but adding real meat, quality meat, to any dog food or dog treat considerably boosts the manufacturing cost of a treat. And that is why so few companies specialise in meat-based dog treats. We figured if we really cared about our dogs, we would source only the best meat-based treats for them, the way nature really intended.

There are millions of dogs in the UK, and 97% of owners feed

their dogs a commercial food diet. Only 3% of them make their own dog food, feed BARF and look for healthy, natural alternatives.

Global giants who use 70% grain and vegetables in their packs found a new way to trick us. The large corporate players usually skip a small percentage of the high grain loading part and instead talk about Superfoods like blueberries and kale they put into the pack. It's all icing on a mud cake.

Some people say they can't afford meat for their dog every day (or the time it takes to prepare) or still aren't convinced that dogs require a mostly carnivore raw diet. So we make it easier for you to get meat into your dog's diet by offering long-lasting natural chews and meat treats. Nothing added—no chemicals or fillers.

Meat, preserved through freeze-drying. Freeze-dried is "live" food. It doesn't denature food like cooking, dehydrating or air drying. Freeze-dried locks in all the goodness and nutrition.

Call it a "treat", a "solution", or a "supplement", the health benefits are clear and getting more evident than the regular option of just feeding your dogs more grain and chemicals into their diets.

Water Does Kill!

Cumbria Fire and Rescue Service (CFRS) is urging the public to stay safe in Cumbria's waters as the weather heats up.

As the heatwaves hit the county, many residents and tourists will head to the Lakes and rivers to cool off. However, the water can be dangerous when safety is not taken seriously. Keep yourself safe by following simple tips, such as: If you are spending time near the water and fall in, don't panic. Turn to float on your back, then call out for help or, if possible, swim to safety. Do not enter the water if you have consumed alcohol and avoid walking on routes that are near water to prevent falling in. Never enter the water to try and help another person or animal – call 999 and use any rescue equipment if it is available. Read up on the local safety information – every body of water is different and may pose different risks. Ensure children are always actively supervised.

Cumbria's Fire and Rescue Service's Area Manager, Ian Seel, said: "We want the public to be able to enjoy the water safely, especially in the warmer weather. However, being in the water can pose risks. In



Cumbria, between April 2022 and April 2023, CFRS attended 39 water rescues which sadly included two fatalities. By highlighting the risks about bodies of water and educating the public, we hope that everyone can enjoy the Lakes and rivers in a safe manner."

Cumbria's Police, Fire and Crime Commissioner, Peter McCall, said: We are really lucky, here in Cumbria, to have the Lake District on our doorstep to enjoy – especially as the warm weather comes in. However, being complacent in the water can lead to danger, and in worst case scenarios, fatalities. We, of course, want everyone to enjoy the Lakes and rivers sensibly and CFRS are always going to provide support to those in need of help, but education and paying attention are life savers. "As the heatwave continues, please think about the risks you are taking when entering the water and proceed with caution so we can all enjoy ourselves and get home safely."

Chatterbox Bee
by
Nova-Rose
Maxine Rodgers
from
Silloth Primary
School



Outdoors Bee
by Cole Stevens from Holme St Cuthbert School

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Silloth Vintage Rally is BACK this July!

It has been a while since the last Vintage Rally so here's a reminder



Silloth Vintage Rally

22nd & 23rd JULY 2023

10.00am to 4.30pm

The Green, Silloth-on-Solway



ON THE EDGE MOTORCYCLE STUNT TEAM - FUNFAIR - KIDS FOOTBALL - VINTAGE VEHICLE PARADE - AND MUCH MORE!



Green Day Was Blessed by Fantastic Weather Which Drew Large Crowds Enjoying Themselves



Photos as always provided by the community, including: Owen Martin, Margaret English, Jamie Bell and others



Report by: Margaret English
The RNLI lifeboat was on the green and received dozens of visitors. The shop was in the marquee and had a very busy afternoon. We also had with us Stormy Stan the mascot of the RNLI. He was very busy having his photo taken with many adults and children. The town mayor Owen Martin was among them and the two policemen were delighted to join in the fun.
It was a great day especially as the weather was so good.

RAGNAROCK VIII
23rd - 25th of June 2023
Silloth RUFC, Silloth, Cumbria

Live Music Both Nights
Full Contact Combat Tournament
Axe Throwing/Archery
Bike Show
Real Toilets & Showers
Trade Stalls

£25 Advance, £30 On the Gate

For more information contact Chris on 0754940480 or alternatively look us up on the Ragnarock/Finnebush Rally FB page and leave us a message.

Car passes available for £10 at gate on a first come first served basis.

BACK BY THE RIVER, ARRANGEMENTS CITY

Strawberry Teas

At Holme Cultram Abbey, Abbeytown

On Saturday 8th July
&
Sunday 9th July
12.00pm - 4.00pm

Eat in and takeaway options available
Raffle and various stalls
All welcome

ABBETOWN FAMILY FUN DAY

Sat 8th JULY 12-4pm
Abbetown Sports Pavilion

Ice Cream Van
Stalls
Bar, Food
Tea & Coffee

FREE
Entry & Rides

FREE Climbing wall, face painting, inflatables and family FUN!

Event organised by Abbetown Parish Council

HOLME ST CUTHBERT CHURCH CAR BOOT SALE

SATURDAY 15th July 2023
on the GLEBE FIELD (Next to the church)

CAR BOOT SALE

9.00am - 1.00pm
Set up from 8.00am
£10 per car

LIGHT REFRESHMENTS AVAILABLE

To book a spot contact
Lynda Bailey 01900 881 737 / 07926810074

Blenco (go) Party Bingo

Saturday 14th October
At Blencogo Village Hall
7pm Start till late
Bring your own bottle

18+ ADULTS ONLY

\$20 per ticket
Text Donna on: 07498769356
Tickets must be paid for in advance

BINGO GO

4	16	17	40	69	29	58
8	26	51	33	68	2	65
7	18	*	42	71	73	3
2	25	44	55	62	17	1
3	21	30	39	65		

MAWBRAY VILLAGE HALL MONTHLY QUIZ

Quiz

Thursday 27th July
7.30pm
£2.00 per person

Prize for the winning team

Bring your own drinks, snacks and glasses.

????????????

The **5th** **Soul On The Green**

Saturday, 29th of July, 2023
11am to 8pm

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ALL PROCEEDS FOR THE SILLOTH YOUTH CLUB

SOUND SYSTEM PROVIDED BY CUMBRIA DJ STORE

Buzzing Letters and Poems and Wonderful Bees

Dear Buzz,

I write to ask the local politicians of Silloth to see that houses are not built on the abandoned railway line into Silloth.

Many people may think that re-laying of the railway line is a pipe-dream, but I believe this is not so.

Within the next five years we will pass 1.5°C of global warming, food crops all over the world will begin to fail and food prices will rise.

Then people will panic and demand greenhouse gas emissions are stopped, we cannot de-carbonise road transport because we don't have the mines to produce the raw materials but we can re-lay the railway network and convert diesel railway engines to run on green hydrogen in this country fairly easily and at minimum cost. Public pressure will be unstoppable and Silloth Docks and the railway will be an important part of a low carbon transport system for Cumberland.

Roy Ivinson

Dear Buzz,

As a pensioner I don't have the internet or an app and phone calls can be expensive, so when an MP. or Carers Associations, Social Services, the Police, Mental Health or Allerdale Council have an article in the Buzz can they please also add a Postal Address.

I A Alderson

Editors Comment:

This is a good point, I will try to add the address wherever I can.

Dear Buzz,

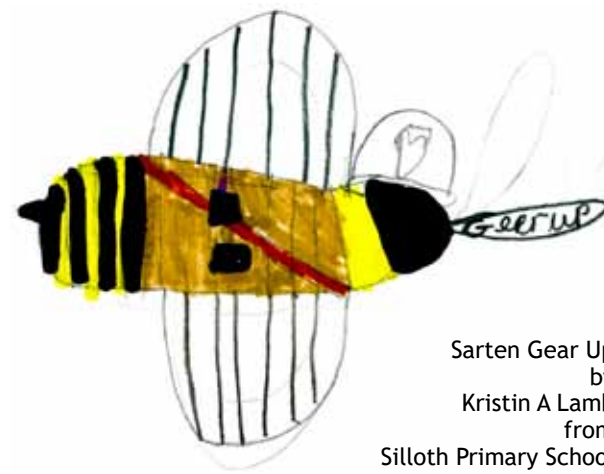
I am beginning to wonder why we pay rates? Will we be able to holiday on the Costa Brava on the rebates we receive? After all no road repairs (i.e. Solway St) no pruning of trees no rubbish recycling to name but a few.

Then of course our police service! Well the nearest we come to police presence is the Morris Minor parked in Criffel Street. To those who have a tree in front of their house and costing a small fortune to get light into rooms keep smiling! Maybe better not, they will be wanting to charge you for that. On a sounder note "Well Done" to the young girls completing the treble in County Football League and cups. Come on you boys!

The Whinge

Do you have a poem or letter for the Buzz?
We welcome all submissions, THERE IS NO CHARGE.
Please remember to include your contact information.

King Bee
by
Harvey Askew
from
Holm Cultram
Abbey School



Sarten Gear Up
by
Kristin A Lamb
from
Silloth Primary School

Nature's Needle
by: Edna Lodhi and Sophia Lodhi

The limits of the needle's eye
Have allowed for springtime seeds to fly
And nestle, bursting from the earth:
Our lives, in tiny ways, to bless!

...Thread me through the glinting eye
Of this weaving needle of change:
So I might see a sky more tranquil
Than the stormy greys of April.

...Show me the way through
This microscopic needle's eye,
That I may witness weightless clouds as they roll by
- Silver, peaceful, silent, blissful -

Above the waxy leaves
Of lofty trees: stalwart oaks
And sycamores, providing homes
To choirs of nesting pairs:
chiffchaffs; blackbirds; chaffinches.

...Buttercups, like chalices
Of golden hope, enrich our days:
Scattered over verdant bands
Of field and vale and sun-stitched lands...

While whitest, purest blossoms grace
Our vision of this loveliest May:
Summer's snowflakes frame this date
In time, on Nature's ever-forming tapestry.

Honey Bee
by
Ruby Smith
from
Holm
Cultram
Abbey
School



Bee Fact #15



A bee has 170 odorant receptors, allowing it to smell incredibly well. By comparison, fruit flies only have 62 and mosquitoes have 79. These are used for communication in the hive and to find the best flowers for food!

Masthead Bee Winner

Carlisle Embroidery are generously donating a Solway Buzz embroidered Kids Rucksack to the winner. This is in addition to the usual Winners Certificate and a £5 Gift Voucher from the Solway Buzz.

So, come on kids, get drawing, the Buzz is always looking for more imaginative bees and yours might be the next winner. Local children return your drawing to your school or post to the address on page 14 (large stamp) and a quality Solway Buzz embroidered Rucksack from Carlisle Embroidery could be yours. You don't have to be at school here to send a bee to us. If you are here on holiday we would love to have your bee drawing.

This month the winner is Mimi Morgan from Silloth Primary School with a bee drawing called "B&B Bee eating beans".

Well done!



Non-Commercial Tourism Websites

solwaybuzz.co.uk
sillothgreen.co.uk
silloth-on-solway.co.uk
sillothgolfclub.co.uk
vintagerally.co.uk
sillothbeerfestival.co.uk
sillothmotorcyclemuseum.co.uk
silloth-on-solway-tc.gov.uk
visitcumbria.com/wc/silloth
soldiersinsilloth.co.uk
solwayplain.co.uk/silloth1.htm
facebook.com/sillothgreen
facebook.com/silloth-carnival
facebook.com/groups/121042258051545 (Silloth Today)



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and mention 'Solway Buzz' when calling.



Copy Date



Copy date for the August issue is:
1st week July
 If you have an event to promote or you have something to say, please note the next copy date.

Please let us know of any changes within this section

First Responders

Silloth Community First Responders train on the first and third Tuesday of every month in Silloth Community Centre at 7pm.

Crafts Group

Meet in St Andrews Church Hall from 1:30 to 3:30pm every Wednesday
 You will be very welcome

Christ Church

For baptisms and other church related business please contact: Rev Bryan Rothwell
 The Vicarage, Wigton Road
 Tel: 016973 31413

Civic Amenity Sites

Operated by Cumbria County Council. Tel: 01228 606060
 Maryport Tip, tel 01900 66922 open daily 8am to 6pm
 Wigton Tip, tel 016973 45617 open Tuesday, Thursday, Saturday & Sunday, 8am to 6pm

Silloth Tennis Club

For coaching information call David Wise on 07742 547767

Causewayhead WI

We meet on the 2nd Wednesday in each month at 2pm in Christ Church and visitors are welcome

Send Your Bees to the Solway Buzz

There is a Bee Shortage, we Need Yours!

Production Team

Proprietor:
 Peter McRobert
 Barn Cottage
 Skinburness, CA7 4RA
 Tel: 016973 32180
 Email:
 office@solwaybuzz.co.uk

Editorial Content
 This is down to you, we can only publish items if you send them to us.
 When sending articles in, please supply a contact name and number in case something requires clarification.
 Published by: Peter McRobert with the support of the whole community and an army of volunteers.

Silloth Library

Open Monday, Wednesday & Friday 10am to 4pm
 Saturday 10am to 1pm
 0303 333 1234
 cumbria.gov.uk/libraries

Cash Machines

Are available on Solway Street at both the Spar and CO-OP supermarkets. Cash is also available at Winters Post Office

Miramar Lodge

Miramar Lodge of Freemasons based in Station Road Silloth meetings every third Thursday of the month. You will be made welcome.

Abbeytown Choir

Meet in the Abbey:
 Adult Choir Tuesdays 6-7pm
 Children's Choir
 Wednesdays 4:30-5:30pm
 All welcome!

Silloth RNLI Shop

Shop Opening Times
 Saturday 11-4pm
 Sunday 10-4pm
 Monday 1-4pm
 Tuesday 1-4pm
 Wednesday Closed
 Thursday 1-4pm
 Friday 1-4pm
 Our Shop is staffed by Volunteers and may not be open at the advertised time.
 We apologise for any inconvenience.

Please tell us when your group starts up again so we can let everyone know

Please note that articles, letters and virtually all content of the Solway Buzz are contributed by YOU, the local community. The Editor reserves the right to control what is included, however, no responsibility whatsoever for the content of the Solway Buzz can be accepted by the Editor, or the Publishers.

Dates for Your Diary

June

23rd Ragnarock VIII at Silloth Rugby Club, see advert

24th Summer Sale with Craft Stalls & Sale of second hand books and DVD's in Westnewton Village Hall from 10am to 4pm, Refreshments available, free admission

24th Ragnarock VIII at Silloth Rugby Club, see advert

24th Lowther Arms presents All Saints' Community Rock Squad, supporting Diabetes UK from 3-5pm

24th The All Saints' Community Rock Squad are live at Christ Church Silloth, 7:30pm

25th Summer Sale with Craft Stalls & Sale of second hand books and DVD's in Westnewton Village Hall from 10am to 4pm, Refreshments available, free admission

25th Ragnarock VIII at Silloth Rugby Club, see advert

29th Monthly Quiz in Mawbray Village Hall at 7:30pm, see advert

July

1st Coffee Morning with Silloth & District Pensioners in St Andrews Hall at 10am

3rd Silloth Town Council meeting in the Community Hall at 7pm

7th Free Low-Tide Shore-Walks from below Dubmill Point at the north end of Allonby Bay at 9:45am, duration 2 hours, book online: <https://thefreshandthesalt.co.uk/contact/>

8th Free Low-Tide Shore-Walks from below Dubmill Point at the north end of Allonby Bay at 10:30am, duration 2 hours, book online: <https://thefreshandthesalt.co.uk/contact/>

8th Holm Cultram Abbey Strawberry Teas noon to 4pm

8th Abbeytown Family Fun Day at Abbeytown Sports Field, noon to 4pm, Free entry and rides, stalls, bar, food, ice cream van, climbing wall, face painting, see advert

8th Lowther Arms presents Joni & the Solway Sound Machine from 3-5pm

9th Holm Cultram Abbey Strawberry Teas noon to 4pm

11th Holme Low Parish Council meeting in Silloth Community Hall at 7:30pm

12th Silloth Nursing Home League of Friends coffee morning in Christ Church Silloth, at 10am

Errors do occur in Dates for the Diary Please check before attending an event

July cont'd

12th Causewayhead WI meeting in Christ Church with talk about Wild Swimming, evening meeting 7pm

13th Wigton Theatre Club presents 'The Scottish Play' Details & times on Ticket Source or 07977 835094

14th Wigton Theatre Club presents 'The Scottish Play' Details & times on Ticket Source or 07977 835094

15th Car Boot Sale at Holme St Cuthbert Church, Mawbray 9am -1pm, see advert

15th Mawbray Village Hall Film Club - Avatar 2 - 7pm, See advert

15th Wigton Theatre Club presents 'The Scottish Play' Details & times on Ticket Source or 07977 835094

22nd Silloth Vintage Rally on Silloth Green

23rd Silloth Vintage Rally on Silloth Green

23rd Blencogo and District Garden Club visit to Craigieburn Garden Moffat, contact Linda on 07538 027936

27th Mawbray Village Hall Monthly Quiz - 7.30pm
 See advert

29th Craft & Gift Fair in Christ Church Silloth from 11am to 3pm. Free admission, refreshments available
 Tel June on 016973 33163

29th Soul on the Green free music event noon to 8pm with The Soul Collective

30th Craft & Gift Fair in Christ Church Silloth from 11am to 3pm. Free admission, refreshments available
 Tel June on 016973 33163

29th Soul on the Green free music event noon to 8pm with The Superska's

August

4th Free Low-Tide Shore-Walks from below Dubmill Point at the north end of Allonby Bay at 8:45am, duration 2 hours, book online: <https://thefreshandthesalt.co.uk/contact/>

5th Free Low-Tide Shore-Walks from below Dubmill Point at the north end of Allonby Bay at 8:45am, duration 2 hours, book online: <https://thefreshandthesalt.co.uk/contact/>

13th Oulton Tractor Run see advert

Have You Sent in Your Dates yet?

August cont'd

16th Silloth Nursing Home League of Friends coffee morning in Christ Church Silloth, at 10am

19th Mawbray Village Hall Film Club - Lightyear - 7pm

27th Silloth Carnival on Silloth Green

28th Silloth Carnival on Silloth Green

September

2nd Free Low-Tide Shore-Walks from below Dubmill Point at the north end of Allonby Bay at 8:15am, duration 2 hours, book online: <https://thefreshandthesalt.co.uk/contact/>

3rd Free Low-Tide Shore-Walks from below Dubmill Point at the north end of Allonby Bay at 9:00am, duration 2 hours, book online: <https://thefreshandthesalt.co.uk/contact/>

3rd Silloth Community Craft Show in Caldew Hall noon to 3:30pm

2nd Coffee Morning with Silloth & District Pensioners in St Andrews Hall at 10am

2nd Silloth RAFA Leek Club Open Show in the RAFA Club from 10am. Contact Mr I Caulfield 016973 31531

Do you have an event in the area bounded by Abbeytown, Mawbray, Silloth, Skinburness, if so please let us know.

September cont'd

4th Silloth Town Council meeting in the Community Hall at 7pm

7th Silloth Music & Beer Festival

8th Silloth Music & Beer Festival

9th Blencogo and District Village Produce Show in the Village Hall

9th Silloth Music & Beer Festival

10th Silloth Music & Beer Festival

13th Silloth Nursing Home League of Friends coffee morning in Christ Church Silloth, at 10am

13th Causewayhead WI meeting in Christ Church with talk by RNLI

24th Blencogo and District Garden Club Walk and afternoon tea. To be arranged.

October

2nd Silloth Town Council meeting in the Community Hall at 7pm

7th Coffee Morning with Silloth & District Pensioners in St Andrews Hall at 10am

10th Holme Low Parish Council meeting in Silloth Community Hall at 7:30pm

11th Causewayhead WI meeting in Christ Church with talk about Great Barrier Reef

The Mawbray Film Club presents
AVATAR 2
 THE WAY OF WATER
SATURDAY
 15 July
 The film starts at 7:00pm

Bring your own cushions, if you wish.
 Bring your own refreshments, cups/glasses. All rubbish to be taken with you when you leave at the end of the evening.
 Children must be accompanied by an adult.
 Please book using the contact numbers below to ensure you get a seat.

You must be a member to participate

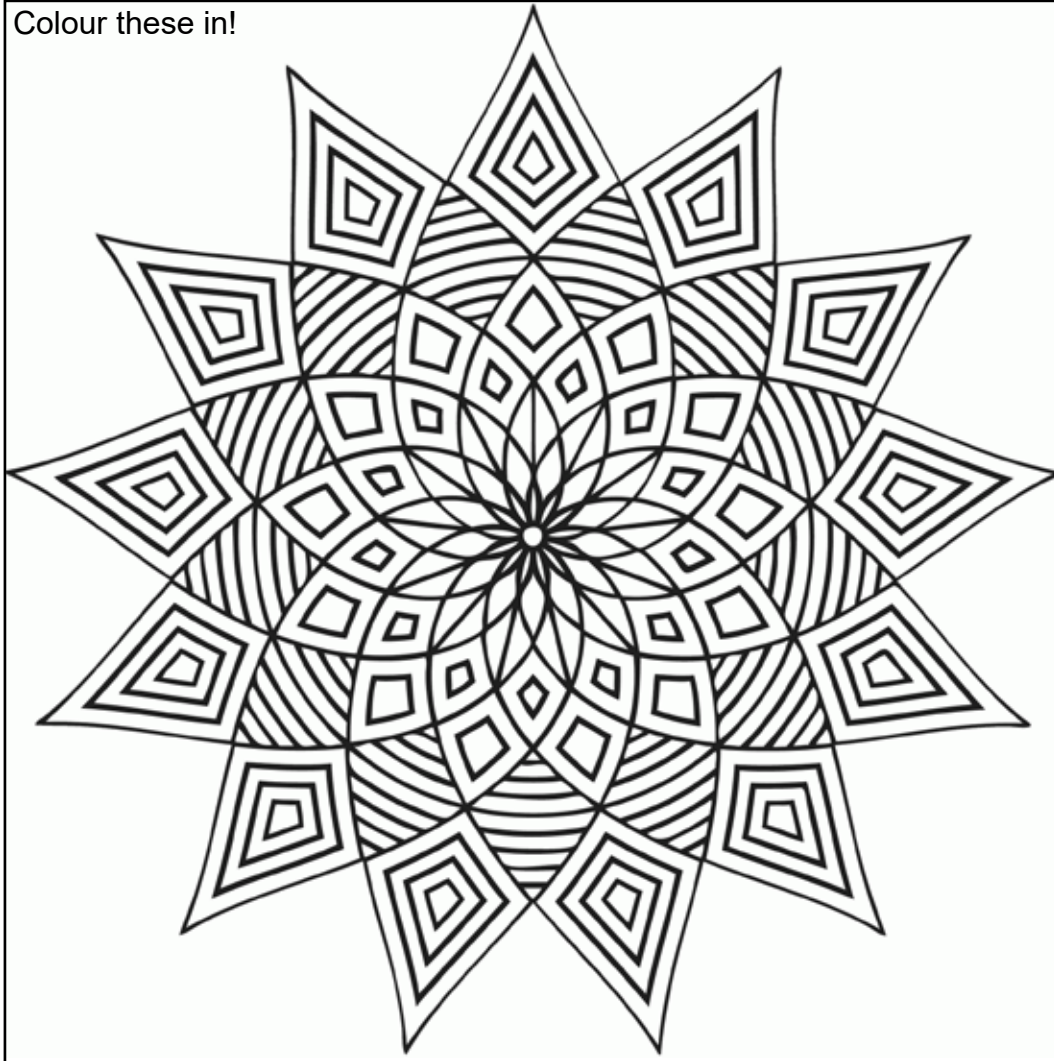
Lifetime Membership £5.00 per adult £8.00 per couple £10.00 per family	Film Night Charge £3.00 per adult £1.50 per child (under 16)
---	--

To join and/or to book contact Brian or Lynda:
 01900 861737
 07542 781234
 07926 810074

Have Fun ~ Join the Dots & Colour In

Something for All Ages to Enjoy Everyone Can Do This

Colour these in!



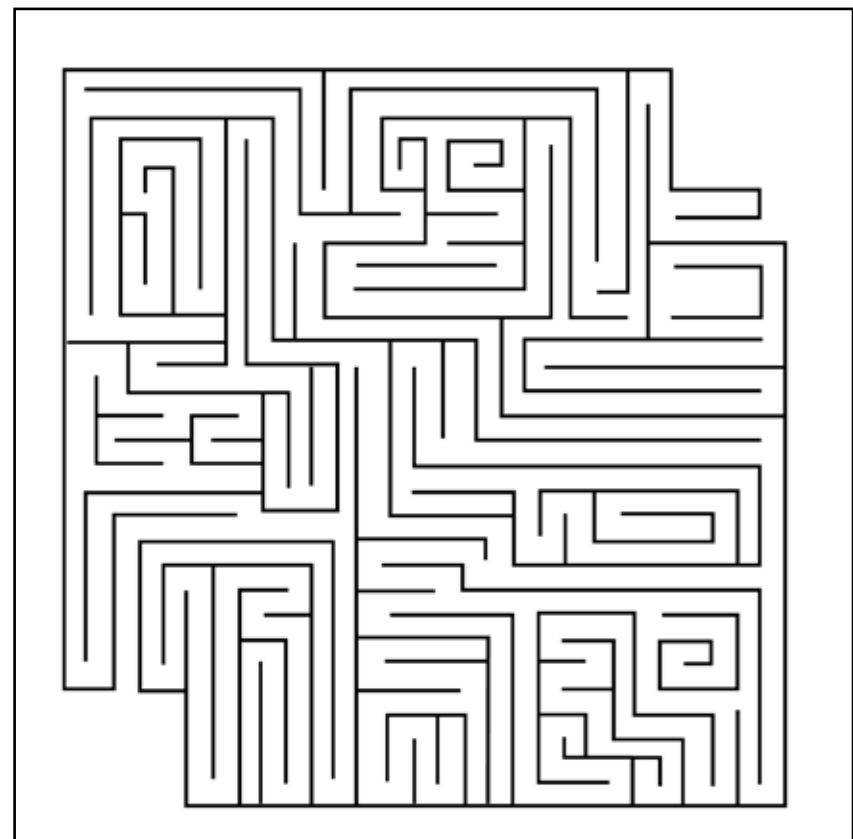
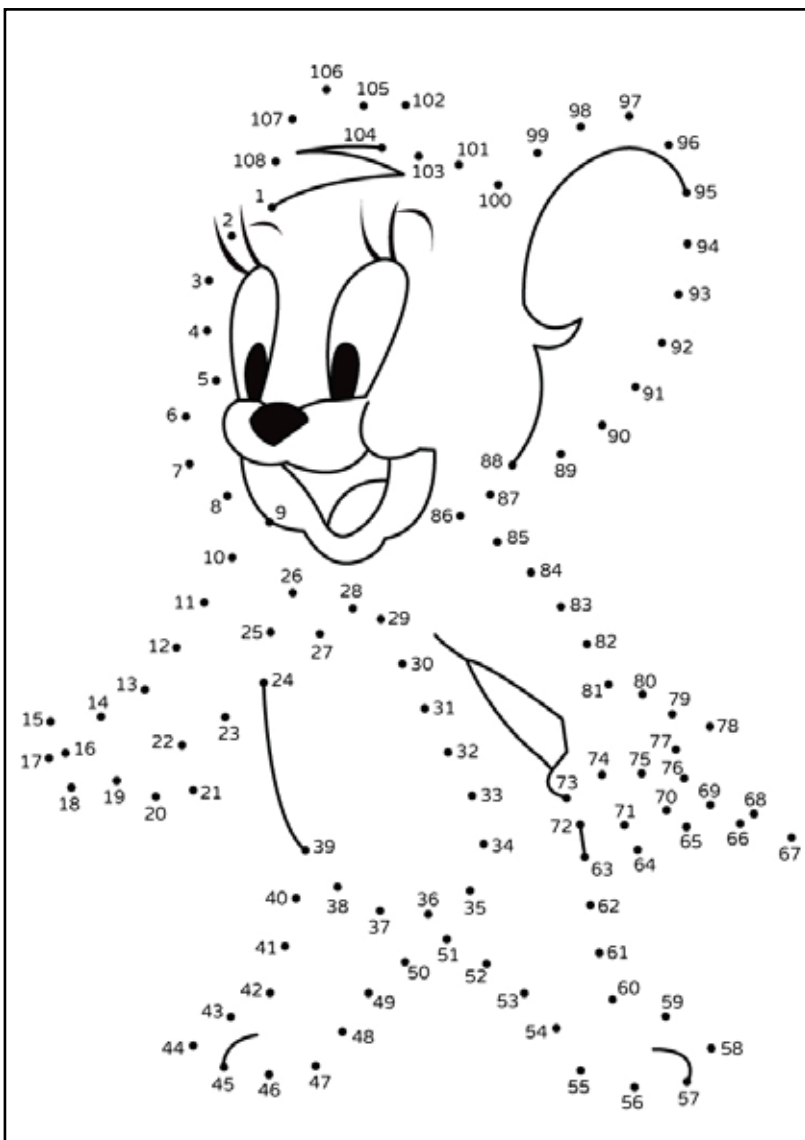
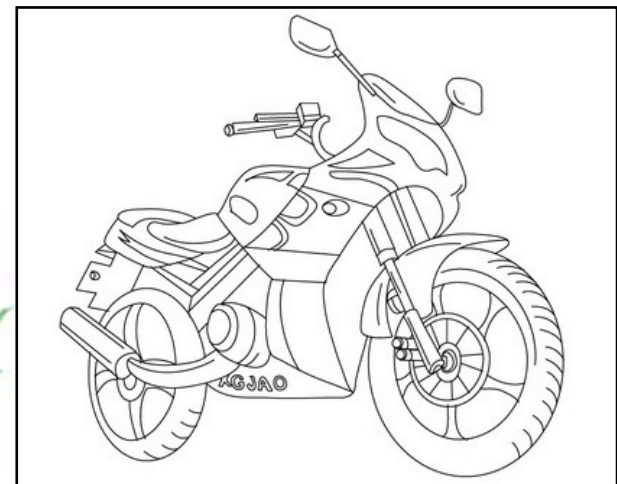
Word puzzle

Look at the words at the bottom of the page. First draw lines between the words that rhyme, then find each word in the puzzle.

x	b	s	w	e	l	l	☆
y	i	l	o	g	r	e	☆
s	e	e	u	n	y	l	☆
j	d	u	b	e	l	l	☆
f	a	n	y	l	a	x	
o	v	e	d	o	g	w	☆
w	r	t	k	b	e	e	☆
l	m	a	n	s	v	k	

fan. well see
dog bee man log bell

Not Just for the Kids



Enjoy and Have Some Fun



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Drummer Bee
by Caleb Hayes from Holme St Cuthbert School



Buzzy bee
by
Blake Tinkler
from Holm Cultram Abbey School

Solway Buzz Phone Book

This section recognises those whose financial help keeps the Solway Buzz going. If you wish to contribute in this way without taking an advert, please contact the Buzz, it costs only £52 a year.

Addison Orthodontics	016973 32208	The Charity Shop	016973 31696
Allerdale & Eden Roofing	01900 813517	Triple TTT	01900 810008
AMC Scrap Metals	0774 2221222	Upholstery, Irene Armstrong	016973 31836
Christine's Taxis	07917 564583	West Silloth Motors	016973 32833
D A Harrison	016973 42277	Wheyrigg Hall Hotel	016973 61242
Devonshire House Dentures	01228 529128		



Fairydust Emporium	016973 31787
Green View / Stella's	016973 31743
Hair She Goes	07857 989358
Harrisons Store Ltd	016973 61231
Ian the Electrician	07727 127000
J Hill & Sons Undertakers	016973 42635
Jaybees	016973 31245
KL Express	016973 33033
KMG Plumbing & Heating	07590 522621
Lecker Bites	07473 997676
McDermott Chimney Sweep	07878 147444
Mike Jones Decorator	07842 355486
Mike Taylor Plumbing	07773 069856
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P Scott Carpets	016973 31224
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Seasoned Firewood Logs	07762 772208
S.O.S.C.S.	016973 32452
Slimming World (Denise)	07799 708465
Solway Holiday Park	016973 31236
Stanwix Park	016973 32666

Useful Phone Numbers

Age Concern Home Safety Scheme	0800 678 1602
Age UK	01900 844670
Allerdale B. Council	03031 231702
Chemist, Silloth:	016973 31394
Church Catholic	01900 814826
Community Grants:	01900 325013
Crime Stoppers:	0800 555111
Dentist, Alma Terrace:	016973 31270
Dentist, Emergency:	01228 603900
Doctor:	016973 31309
Doctor CHOC service	03000 247 247
NHS	111
First Responders can only be called by the Ambulance service, call:	999
Electricity Power Cut	105
Gas:	0800 111 999
Highways Hot Line	0300 303 2992
Hospital:	01228 523444
Holme St. Cuthbert School, Mawbray:	01900 881242
Holm Cultram Abbey CofE School	
Abbeytown:	016973 61261
MP, Mark Jenkinson:	01900 876189
Neighbourhood Forum:	01900 325013
Police:	101
Quakers, Wigton:	01228 523174
Register Office, Wigton:	01228 221122
Samaritans:	01228 544444
Silloth Community School:	016973 31234
Silloth Library	016973 31944
Silloth Nursery & Junior School:	016973 31243
Silloth Post Office	016973 31323
Silloth Town Clerk:	016973 31128
Silloth Tourist Information Centre:	016973 31944
Solway Buzz:	016973 32180
Paragon Vet:	01228 710208
Millcroft Vet:	016973 23898
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Please, let us know what you want included	

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Unusually Designed Peak Bilbao Visits Silloth

Report & Photos by:
John Forrester
More coverage of shipping at
Silloth can be found at www.cumbriashippphotos.weebly.com



Ship enthusiasts were keen to witness the recent arrival of PEAK BILBAO at Silloth Dock.

This class of ship, described as a 'project carrier', was an unusual visitor rarely seen at the port. The unconventional design with the bridge and wheelhouse at the bow end of the ship, allows for bulky deck cargo to be carried. It is

frequently employed to deliver wind turbine equipment. In addition, the ship is capable of sailing with its hatches open, perfect for hold cargos needing extra height.

The visit to Silloth, however, was a regular delivery of fertiliser without any exciting deck cargo to view. The ship had been loaded in Antwerp before making the

four-day sailing along the Channel and up the Irish Sea. Presumably this job was picked up while there was a lull in orders for specialist cargos.

The logo of the ship's owner, 'Peak Group' was prominent along the hull and on the superstructure. The Norwegian company operates a fleet of five similar vessels all with names of European cities. PEAK BILBAO was built in China in 2011 and is registered in Harlingen, Holland.

Despite the ship's appearance, its overall dimensions are similar to those of other ships visiting Silloth, and the position of the bridge at the bow didn't present any navigation problems as it manoeuvred in readiness to enter port. The ship lined up as normal and passed gracefully through the dock entrance. Once brought alongside the berthing quay, unloading began and twenty-four hours later the ship was ready to depart, heading south to pick up the next cargo.



Silloth Tide Tables

JULY 2023		SILLOTH							
		DEPTHS ON NEW DOCK GAUGE (1.8m ABOVE CD)							
		High Water				Low Water			
Date		Morning		Afternoon		Morning		Afternoon	
		Time	m	Time	m	Time	m	Time	m
1	SA	09:38	6.1	22:05	6.4	04:05	-0.1	16:38	-0.3
2	SU	10:28	6.5	22:52	6.8	05:02	-0.4	17:30	-0.5
3	M	11:18	6.8	23:39	7.2	05:57	-0.6	18:22	-0.7
4	TU			12:07	7.0	06:50	-0.9	19:11	-0.8
5	W	00:27	7.4	12:57	7.1	07:43	-1.1	20:01	-0.9
6	TH	01:17	7.5	13:50	7.1	08:35	-1.2	20:50	-0.8
7	F	02:09	7.4	14:41	6.9	09:24	-1.1	21:36	-0.7
8	SA	03:01	7.3	15:34	6.6	10:11	-1.0	22:24	-0.5
9	SU	03:55	7.0	16:28	6.3	10:59	-0.8	23:12	-0.3
10	M	04:51	6.6	17:26	5.9	11:49	-0.5		
11	TU	05:51	6.3	18:31	5.6	00:07	-0.1	12:45	-0.2
12	W	06:57	5.9	19:38	5.5	01:06	0.1	13:45	-0.0
13	TH	08:02	5.8	20:42	5.6	02:13	0.2	14:49	0.1
14	F	09:05	5.8	21:39	5.8	03:23	0.1	15:51	0.1
15	SA	10:02	5.9	22:27	6.1	04:26	-0.0	16:46	-0.0
16	SU	10:50	6.1	23:09	6.4	05:22	-0.2	17:33	-0.1
17	M	11:31	6.2	23:47	6.5	06:10	-0.3	18:14	-0.2
18	TU			12:08	6.3	06:52	-0.4	18:51	-0.2
19	W	00:21	6.6	12:43	6.4	07:29	-0.5	19:25	-0.3
20	TH	00:54	6.7	13:17	6.4	08:03	-0.5	19:59	-0.3
21	F	01:28	6.6	13:51	6.3	08:35	-0.5	20:32	-0.3
22	SA	02:02	6.5	14:26	6.2	09:07	-0.4	21:07	-0.2
23	SU	02:36	6.4	15:00	6.0	09:39	-0.3	21:42	-0.1
24	M	03:12	6.2	15:38	5.8	10:13	-0.1	22:20	0.1
25	TU	03:50	5.9	16:22	5.5	10:51	-0.0	23:03	0.3
26	W	04:37	5.6	17:16	5.3	11:36	0.2	23:55	0.5
27	TH	05:37	5.4	18:24	5.2			12:37	0.4
28	F	06:53	5.3	19:38	5.3	01:03	0.5	13:53	0.4
29	SA	08:10	5.4	20:47	5.7	02:23	0.4	15:08	0.2
30	SU	09:18	5.8	21:47	6.3	03:38	0.1	16:14	-0.1
31	M	10:17	6.3	22:40	6.8	04:44	-0.3	17:14	-0.4

Times shown in UTC. Add 1 hour for British Summer Time.

May Shipping at the Port of Silloth

Report by: Capt Tim Riley,
Harbour Master, Short Sea Pilot

- May**
- 2nd Amadeus Amethyst from Rotterdam with a cargo of Salt then on to Warren Point.
 - 3rd Peak Bilbao from Antwerp with a cargo of Fertiliser then on to sea for orders.
 - 4th Eastern Vanquish from Vierow with a cargo of Wheat then on to sea for orders.
 - 9th Wilson Gdynia from Ghent with a cargo of Urea then on to Londonderry.
 - 10th Bremen from sagunto with a cargo of fertiliser then on to Belfast.

So, we had a few vessels call this month, more than doubled the volume of cargo for the year so far. Four vessels with fertiliser and one with German Wheat for

the mill.

It would appear that the price of fertiliser has now dropped closer to prices that were around before Russia and Ukraine started interacting aggressively. The port is still down on our annual target, but with these vessels calling has caught up a little.

Around the port we are still progressing with repairs to the port entrance at Marshall dock and awaiting our property department providing terms for the car park and footpath to be developed soon.

The port has also invested in some new fenders which have been made down at Barrow and

these are being installed slowly as and when we have time and personnel to put them in place.

Our fishing vessels also called again, with the Camm Courageous making it's last call here this year before heading off to the East Coast for the summer season. We look forward to Camm fishing returning in the Autumn for the Scallop season.

As the weather warms up, please note the sea temperature is still very cold once you get out into any kind of depth of water and that the currents off the dock entrance run fairly fast, be careful.

Here's to a long and sunny summer.



Haaland Bee
by
Ridlee Brown
from
Holme St Cuthbert
School



Queen Bee
by
Matilda Park
from Holm Cultram Abbey School



Techno Bee
by Davie Armstrong from Silloth Primary School

Silloth Football Club

The First Hundred Years



Report by: LJ Scott & IA Baty
Friends of Silloth FC)

Our trip down memory lane is much shorter this month, we are staying in the present century!

Although Silloth have been double cup winners on several occasions in their hundred year history they have all occurred in the war time years 1939-45.

The only team to achieve this feat in normal circumstances were John Slacks 2011 County League twin Divisional and Benevolent Cup champions.

The latter competition featured one of the clubs most remarkable results the 7-1 victory

over premier division favourites Aspatria.

Silloth who had already beaten another premier side A.F.C. Carlisle 5-2 in their semi final struck top form to record the clubs record cup final scoreline.

Man of the match Andy Hardman struck a hat trick, Andy Hinde (3) and Adam Carr completing the rout.

In contrast the earlier Divisional Cup final against league champions Carlisle City at a packed Borough Park was a nail-biter.

Hinde, Hardman and Carr had given the Seagulls a half time

cushion only for City to power back to take the match into a scoreless period of extra time.

Silloth eased through 4-3 in the ensuing shoot out, Captain Paul Haytons crucial penalty deciding the issue.

Footnote; Silloth finished 4th in the first division that season, John taking the club up the following year.

Divisional Cup 2/5/2011 Final
Borough Park Workington
Silloth 3 Carlisle 3 AET.
(Silloth win 4-3 on penalties)
Benevolent Cup 21/5/2011
Netherall, Maryport.
Silloth 7 Aspatria 1

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Silloth Juniors Football Club Awards Day

Report by: Amy Jenara Wise

A huge thank you to all those who attended Silloth Juniors Football Clubs 2022/23 presentation today.

It was fantastic to see all the players share in the celebrations and achievements of the teams.

A special thank you to Mayor Owen Martin who awarded today's trophies.

Silloth Juniors Football Club has grown from strength to strength with some fantastic successes throughout the Club, and its thanks to the dedication of the players, parents, coaches, sponsors and committee.

Thank you everyone and well done!

Special thank you to Stanwix Park Holiday Centre for hosting us today, Club Legends for the photo session and all those who kindly donated raffle prizes.



SILLOTH ON SOLWAY SPORTS ASSOCIATION



SUMMER CAMP/SPORTING ACTIVITY DAYS

For local children between the ages of 5 - 11 years to come and try a variety of sporting activities during the summer holidays.

VENUE: MUGA & Rugby pitch.

TIMES: 10am - 12noon 1pm - 3pm

Please note; there will be NO supervision between 12 - 1pm lunchtime

The sports coaches dates are as follows:

Dave Pearson & Chris Pearson	31st July - 3rd August	Football
Nico Watts	4th August	Cricket
Rob Jefferson	21st & 22nd August	Multisports & Tennis

Please complete an activity form if your child would like to participate. Forms are available from any committee member as below, via email.

Please forward completed forms and **£10 fee per child** to S Hart 10 Solway St, C Baty 13 Waver St, Z Bewley or M Baty, Solway Fitness Centre.

Closing date for participation, Monday 24th July 2023.

