



Upcoming Events

20/02/2020—Silloth Golf Club

18/03/2020—High Rigg Galoppen

16/05/2020—Dalegarth West Galoppen.

17/05/2020—Dalegarth East Galoppen

This week sees the finale of the Night series.

Planning for the Spring series is well underway and details will appear on the website shortly.

\* Night Series Finale—Final Call \*

Excitement is building for the finale of the Night Series which will take place at Silloth Golf Club on 20 February 2020. (This week)

After the event; the presentations to the winners will take place in the Golf Club and runners will be able to enjoy a hot meal.

Liz Elliott has asked for those wanting a meal to let her know as the Golf Club opens specially just for us and it would be helpful for Liz to give the Club an idea of the numbers wanting supper. Menu below for information.



Starters

- Homemade soup of the day with crusty farmhouse roll £4
- Warm salad of Maple glazed smoked streaky bacon, black pudding with crumbled goats cheese and balsamic glaze £5.95
- Crispy breaded Cajun chicken strips with thai sweet chilli dipping sauce £5.95
- Creamy garlic mushrooms on toasted croute with melted brie £5.50

Mains

- Beer battered cod with mushy peas and thick cut chips with tartare sauce £10.50
- Homemade creamy smoked haddock, king prawn, potato and bacon chowder with crusty bread £13
- 8oz steak burger with back bacon and cheddar cheese in a toasted bun with homemade burger sauce, onion rings and chips £9
- Homemade potted steak pie with seasonal vegetables and creamed mash potato £10
- Sweet potato spinach and lentil curry with basmati rice and poppadum £8.95
- 12oz gammon steak with grilled tomato and mushroom and fried egg with thick cut chips £11
- Breaded Cajun chicken schnitzel with fried hens egg, creamy coleslaw and thick cut chips £9.95
- Thick Cumberland sausage on creamy mash potato with honey roasted carrots and caramelised onion gravy £10
- Homemade beef stew and dumplings with seasonal vegetables and sautéed new potatoes £10

Ask one of our staff to see our daily dessert menu



\*News\*

1. Some help may still be required in organising the Club's upcoming Galoppens. Email has been sent out Contact John Eaton if you can help.
2. Spring series—there may still be some gaps in the schedule. If you can help by organising an event contact Mike Billinghamurst.
3. Compass Sport Cup—15th March 2020. Breasty Haw & Bowkerstead—South Lakes so not too far to travel. Would be good to have a full team from the Club. Please contact Alan Irving to confirm you are running and your preferred course. Entries must be in by 29th February. (Juniors also let Vanessa know as she will be organising the junior team).
4. Junior relay teams—British Champs (urgent) and JK—let Vanessa know if you are attending and would like to run a relay.
5. Senior relay teams—contact Alan Irving to confirm your willingness to run.

Night Series—Keltontop Fell Results

Long 4.12km

Time

- |     |                            |       |
|-----|----------------------------|-------|
| 1.  | Joe Sunley                 | 25:05 |
| 2.  | Simon Hunter               | 28:54 |
| 3.  | David Spencer              | 30:12 |
| 4.  | Rob Stein                  | 30:23 |
| 5.  | Mike Harrison              | 31:37 |
| 6.  | John Slater                | 32:24 |
| 7.  | Herbie Ashworth            | 34:01 |
| 8.  | Andrew Bradley             | 34:03 |
| 9.  | Dan Roach                  | 34:28 |
| 10. | Simon Woodbury             | 34:43 |
| 19. | Caitlin Pearson (1st lady) | 39:18 |
| 22. | Lynne Thomas (2nd lady)    | 42:54 |

Short 2.95km

- |     |                   |       |
|-----|-------------------|-------|
| 1.  | Daisy Rennie      | 24:12 |
| 2.  | Emma Crawford     | 24:15 |
| 3.  | Bob Bamby         | 31:38 |
| 4.  | Roger Thomas      | 32:09 |
| 5.  | Kevin Hodgson     | 32:26 |
| 6.  | Myrtle Ashworth   | 35:41 |
| 7.  | Daniel Heppell    | 37:51 |
| 8.  | Alex Crawford     | 37:53 |
| 9.  | Christine Kiddler | 39:53 |
| 10. | Richard Cummings  | 40:03 |
| 11. | Penny Kingsland   | 43:08 |
| 12. | Colin Smith       | 44:54 |

Night Hawk 2:27km

- |    |               |       |
|----|---------------|-------|
| 1. | Issy Sunley   | 24:13 |
| 2. | Eva Humphreys | 33:24 |

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