



A-Z Directory

Business & Residential Listings

Carlisle and North Cumbria

2025/26

Product Code: 558

Business Listings

A-Z listings of local Businesses and Residential.

Information listed within the A-Z section **has been supplied by each Communication Provider** (service provider) and is published based on their directory status. If the business has been flagged as **Ex-Directory** it **will not be printed**. BT will only print information that **has been provided**. If you believe there is an omission or an error, please contact your Communication Provider to check the directory status of the information.

How to find a number

Entries are listed alphabetically.
First by business name...

Adams Apples 49 Fore St
Bradway Hospital 7 Parade
Candlelight Rest 1 Watt St
Elley C M, Hosiers 1 The Lanes

...then by initials or next word...

Hall A, Plmbr 7 Water La
Hall Brothers 25 Fox La
Hall C F, Btchr 109 High St
Hall Denton, Hlge 16 Yorks Rise ...

...then by street name or, if there is no street name, by locality...

Smith A, Solr 14 Ambleside Lane
Smith A, Bldr 27 Brick Road
Smith A, Pntr Degas Drive
Smith A, Gcr 71 Endell Rd

Like-sounding names

Check alternative spellings of names, for example **Read...Reed... Reid...**

Unconnected words

If an entry has two or more unconnected words, for example **General Motors**, the first word is treated as the surname and the second word as a forename.

Initials

Initials separated by spaces or full stops are listed at the beginning of each entry. Initials that are not separated are treated as words.

AAA Autos, 21 New St
ABC Marketing, 44 King St
Abbott Autos, 47 Prior Road
ABC Plumbing, 52 Singer Close

Numbers as names

Names which begin with a number, such as **3M**, are listed in numerical order before the alphabetical entries.

1st Choice Fabrics, 6 Old St
2nd Hand Cars Ltd, 17 Park Rd
A1 Tyres, 53 Orwell St
Abbot A, 598 Frith St

Prefixes

ST comes after **SAINT**, which occurs after **SAH**.

Sah A, 12 Dales Clo
Sah Z, 15 Cecil St
Saint B.J., 17 Homer Rd
St. Clare, High St

M', MC, MAC are all treated as **MAC**; the next letter determines the position.

Mabey T, 63 Wilsons La
McBride J, 64 Manning Clo
MacCullum P, 289 Kings Rd
McEwan S, 24 Bembo Rd

DE and **DE LA** are arranged together, so that all **DEs** will be together and all **DE LAs** will be together, and so on. The order is determined by the next letter in the name.

Dayville A, 7 Box St
De Angel P.A., 16 Allisson St
de Silva P.A., 17 Upper Hill
De la Bere, 3 Egerton Street
de la Rue, 17 Cats Walk

Punctuation

Ampersands (&), apostrophes and hyphens are disregarded.

Abbreviations

Churches and places of worship are represented by an abbreviation.

BAP	Baptist Union of Great Britain
BUD	Buddhist
CE	Church of England
CI	Church of Ireland
CS	Church of Scotland
CW	Church in Wales
HIN	Hindu
JWSH	Jewish
LUTH	Lutheran
METH	Methodist
MUS	Muslim
ORTH	Orthodox
PENT	Pentecostal
QU	Quaker
RC	Roman Catholic
SA	Salvation Army
SE	Scottish Episcopal Church
SK	Sikh
URC	United Reformed Church

If you can't find a number

If the number you want is for a home business address, either check the Residential listings or call BT Directory Enquiries 24 hours a day, 7 days a week on **118 500**.

Calls to 118500 cost 77p per call plus £1.55 per minute inc VAT, plus your telephone service provider's Access Charge (excludes BT payphones). Prices correct at time of going to press.

Changes

Some numbers may change during the lifetime of The Phone Book. Customers affected by number changes will be notified in advance. Callers will receive a recorded announcement advising them of the new number.

1st Call Detectives, Private Investigator, Eden House The Crescent.....	(01228) 340005	A L Daines & Partners, 28 Castle Street Carlisle.....	(01228) 532248	Acorn Curtains & Blinds, Harker Indust Units Harker.....	(01228) 674032
2 Castle Cottage, 2 Castle Cottage, 2 Castle Cottages Cockermouth	(01900) 824099	A Plant (Ashtead Plant Hire), Contrs Plant Hire, Red Lonning Indust Est Whitehaven	(01946) 64613	FAX	(01228) 674033
3g Financial, 2 St. Andrews Sq Penrith.....	(01768) 899123	Unit 17 Willowholme Ind Est Willowholme Rd Carlisle	(01228) 542453	Acorn House, Keswick Ltd, Acorn House Ambleside Road Keswick	(017687) 72553
4 Eden, 31 Sandgate Penrith	(01768) 891825	Unit 17 Willowholme Industrail Est Willow Holme Rd Willowholme FAX	(01228) 511224	Acumen Interiors, Unit 3C Salterbeck Trading Estate Salterbeck	(01946) 425179
4 Play Cycles, Market Place Cockermouth	(01900) 823377	A.R.K Rental, Co Ltd, 12 Arnisons Court Southend Road Penrith	(01768) 863090	Acumen Interiors, Ltd, Architecture, Unit B Reedlands Road Clay Flatts Industrial Estat Workington.....	(01900) 61624
7eventh Heaven, Unit 1 Murray Road Workington.....	(01900) 602178	A To B, 74 Bransty Road Whitehaven.....	(01946) 599407	Ad Waste Transfer Ltd, Fir Trees Todhills Blackford	(01228) 497907
21st Century Windows & Home Improvements, Warwick Mill Business Centre Warwick Bridge Carlisle.....	(01228) 564405	A To B Communications, Riverside Ho Warwick Rd Carlisle.....	(01228) 818519	Adair Autos, Gar, Co-Op Garage Earl Street Cleator Moor	(01946) 813825
24 7 Maintenance Services, Ltd, Telford Ho, Riverside Vw Warwick Rd Carlisle	(01228) 558874	A.W Blake, Ltd, Unit 1,Swathwaite Head Ivegill	(016974) 73707	Adair's Milk, Local Milk, Sandy Acre Shore Road Drigg	(019467) 24770
24hr Private Detectives, Private Investigator, 31 King Street	(0844) 8126445	FAX	(016974) 73779	Adams, Dr, G, The Morton Surgery Langrigg Rd Carlisle	(01228) 590818
32 Entertainment, Ltd, 7 Englishgate Plaza Botchergate Carlisle	(01228) 648936	A Wilderness Way, Ltd, Trade, Manor Ho Brisco	(01228) 409553	Adams Read & Hocking, (Funeral Directors) Ltd, Funeral Home Towerson Street Cleator	(01946) 810241
105 Precision, Mallinson Fabrications Ltd Station Road Dalston.....	(01228) 319564	Or	(01228) 409991	Adcroft Hilton, Ltd, 17 Spinners Yard Fisher Street Carlisle.....	(01228) 558899
127 Solutions, Ltd, Business IT And Cisco Communications Provider, Carlisle	(0872) 0858232	A Wilderness Way, Ltd, Stoneybeck Bowscar	(01768) 216484	Addison, C, Fmr, Greystone Ho Kings Meaburn	(01931) 714663
Sales	(0872) 0858232	A Wilderness Way, Ltd, Whsle Ret, Manor House Brisco	(01228) 545287	Addison, Milke, Optcns, Shire Hall The Sands Appleby In Westmorland	(017683) 53199
FAX	(0872) 0858232	A Wilderness Way, Ltd, Healthcare Social Care, The Pennines Croft Ends.....	(017683) 52189	32 Market St Kirkby Stephen	(017683) 71555
247 Detectives, Private Investigator, Midland House Gearhill Road.....	(07017) 001340	A Wilderness Way, Ltd, 1 Newton Close Newton Reigny.....	(01768) 865720	Adelines Tea Rooms, 28 Corporation Road Carlisle	(01228) 491565
247 Investigations, Private Investigator, North House Derwent Drive	(0844) 6650688	A Wilderness Way Ltd Garth Lodge, Garth Lodge Castle Carrock	(01228) 670687	Aditus Architectural Sevices Limited, White House 17 Swan Street Longtown.....	(01228) 791060
1862 City Of Carlisle Squadron Atc, Whsle Ret, Air Training Corps Crindledyke Estate Kingstown.....	(01228) 674559	W & I Osborn, Fmr, Cow Lane Causewayhead.....	(016973) 31496	Adkinson, S, Orchard House Millhouse Heskett Newmarket	(016974) 78057
1878 Cumbria, Ltd, Transp & Courier Servs, Unit 7 Ullswater Business Park,Ullswater Road Penrith.....	(01768) 877594	A World In Miniature Museum, Musm's, Houghton Hall Garden Centre Carlisle	(0843) 8163954	Adrian Bell Livestock Scanning, Ltd, Park Wall Thringill Natelyby	(017683) 72448
Unit 9b,Ullswater Business Park Ullswater Road Penrith.....	(01768) 863515	A1 Tractor Parts, Farm, West View Scales.....	(016973) 21758	ADS 4 Taxis, Advtg Co, National	(0870) 6002025
1878 Management Solutions, Ltd, Unit 9B Ullswater Road Business Park,Ullswater Road Penrith.....	(01768) 216192	Aarohi Properties, Ltd, Apartment 2 Buttermere House Appleby-In-Westmorland	(01244) 738522	Ads Aglionby, 20 Aglionby.....	(0870) 7650551
2199, (Workington) Squadron Air Cadets, Westminster Block Victoria Road Cumbria	(01900) 607477	AB Management, Wild Duck Inn Branthwaite	(01900) 602487	Adventure Leisure Vehicles, Ltd, Tebay Business Park Tebay,Cumbria	(015396) 24141
A A Carpets, Ltd, Unit 7 Derwent Dv, Derwent Howe Indust Est Workington	(01900) 64987	Abacus Children'S Day Nursery, Barras Lane Dalston Carlisle	(01228) 712888	Advisory, Conciliation & Arbitration Service, see ACAS	
A A Electrical Cumbria, 30 Lonsdale View Dearham	(01900) 812221	ABB Automation, Ltd, Salterbeck Industrial Estate Salterbeck Trading Estate Salterbeck FAX	(01946) 832661	Ae And Fa Longstaff, Garth Garage Appleby-In-Westmorland	(017683) 52898
A & A Little, Hollands Penton	(01228) 577312	Abbey Court, Abbey Court Guest House 24 London Road Carlisle	(01228) 528696	Aero Nurseries, Aero Nurseries Harker Road Ends Carlisle	(01228) 674612
A.A Travel, Mini Bus & Coach Serv, AA Coach Gar Pittwood Rd, Lillyhall Indust Est Workington	(01900) 606707	Abbey Court Hairdressers, Hdrsr, 2 Paternoster Row Carlisle	(01228) 527647	Or	(01228) 674852
A & B Edmondson, Walloway Penruddock	(017684) 83200	Abbeyfield Society, Midtown Store Main Street Shap Penrith	(01931) 719177	Aerofix, (Keswick) Ltd, Braithwaite New Fm Braithwaite	(017687) 78866
A B W Hardware, A B W Hardware Gelt Road Brampton.....	(016977) 2856	Abbeyfield, Servs, Loveday Ho South End	(016973) 49797	AFM Gas Services, Ltd, Unit 5 Derwent Howe Indust Est,Adams Rd Workington.....	(01900) 871396
A Chance For Life, Ltd, Unit 5 Hobson Court Gillan Way Penrith 40 Business Park Penrith.....	(01768) 891709	Abbeyfield Society, New Office Abbeyfield House Lorton Street Cockermouth	(01900) 825306	AGA Rangemaster Group, Plc, Cooker Appliances and Accessories, Retail Shop 2/2a Lowther Street Carlisle.....	(01228) 590031
A & C I Teasdale, Daleside Farm Ireby	(016973) 71036	Abbeyfield, UK, (Seascale) Bradbury Ho Wasdale Rd Gosforth	(019467) 25061	Age Concern Northwest Whitehaven, Old Customs House West Strand Whitehaven	(01946) 66669
A Clark, Mrs, Farming, Mosser Mains Mosser	(01900) 826403	Day Centre Bradbury Ho Wasdale Rd Gosforth.....	(019467) 25421	Age UK Carlisle & Eden, Carlisle, 20 Spencer St Office & Insurance Services	(01228) 633330
A.C.P, (Concrete) Ltd, Thomas Armstrong Lakes Road Derwent Howe Industrial Esta	(01900) 604719	FAX	(019467) 25072	FAX	(01768) 863618
A C P Concrete, Ltd, Risehow Industrial Estate Flimby	(01900) 814659	Abbeytown Playgroup, Abbeytown Pre School Main Street Abbeytown Wigton	(016973) 61511	Eden, Sandgate, Penrith Office & Insurance Services	(01768) 863618
A Crawford Electrical Ace, Ltd, Wholesale Retail, Unit 1c Aspatia Business Park Park Road Aspatia	(016973) 20355	Abby'S, Ltd, 76-77 King Street Whitehaven	(01946) 692630	Eden shops Ground Floor Shops, Hatton Ho Front St Alston.....	(01434) 382323
A D P Painting, Ltd, Unit 1 Byers Bros Ltd Rigg Street Carlisle.....	(01228) 648211	ABC Day Nursery, Whitehaven Catherine St Whitehaven	(01946) 691700	Age UK Carlisle & Eden, 125 Denton Street Carlisle.....	(01228) 531624
A D R Health & Beauty, Ltd, 11 Botchergate Carlisle.....	(01228) 272110	ABC, plc, Unit 6g Reedlands Rd Clay Flatts Indust Est Workington.....	(01900) 62865	Age UK Carlisle & Eden, Charity Shop, 23 Front Street Brampton	(016977) 2923
A E & L K Harrison, Taw House Boot	(019467) 23400	Abdul, K, 5 Market Square Penrith	(01768) 892501	Age UK Carlisle & Eden, 64 Lowther Street Carlisle	(01228) 599275
A.F. & A.M. Bird, Farming, Askew Rigg Zz Troutbeck.....	(017687) 79794	Abernethy, Dr, J, 74 Woodville Park Cockermouth.....	(01900) 386220	Ague, Dr, C, 94 Tribune Drive Houghton	(01228) 594657
A F M Gas Services, Ltd, Derwent Howe Indust Est Adams Rd Workington	(01900) 63834	Able Memorials, 38 King St Penrith	(01768) 863324	Aillie's, Health & Beauty Studio, 2 Police Court Yard Keswick	(017687) 71021
A J Baraclough, Gatelands Morland	(01931) 714242	Able & Station Taxis, Beacon Edge Ivegill Carlisle	(01768) 211004	Aind Dinsdale, Dinsdale Contracts Macadam House, Cross Croft Industrial Estate Appleby-In-Westmorland	(017683) 54065
A & J Birkett Plant Services, Woodview Glasston Wigton.....	(016973) 52528	Abrasive For Industry, Ltd, Unit 25 Skirsgill Business Park Redhills.....	(01768) 864202	Air Born, Briar Lea Court Carlisle	(01228) 792506
A J Forster Ltd, Greengill Foot Penrith	(01768) 867694	Abs Mots Test Centre, Mot Garage Repairs, A Bs M O Ts Hartness Road Gilwilly Industrial Estate	(01768) 899850	Air Bounce, 6 Briar Lea Court Carlisle.....	(01228) 319834
A J Johnson, Ltd, Unit 4 Windermere Building Peart Road Derwent Howe Industrial Estate	(01900) 67065	Absolute Beauty, 3 Silver Street Kirkby Stephen	(017683) 72917	AJ & D Chapelhow, Ltd, Ling Pk Cibun	(01931) 714289
A & J M Forster, Weary Hall Style Mealsgate Wigton	(016973) 71343	Absolute Beauty Academy, Ltd, Derwent House Wakefield Road Cockermouth	(01946) 458108	Aj & Rm Watson, Farming, Rotherhope Farm Garrigill.....	(01434) 381524
A J R Commercial, 18a Brow Nelson Dalston Carlisle	(01228) 272036	Absolute Beauty Centre, 17A Duke Street Whitehaven	(01946) 692999	A-J Security, Security Consultants, The Olde Jaycee Meaplot Road Maryport Cumbria	(01900) 368777
A K B Pubs, Ltd, Black Lion Durdar Carlisle.....	(01228) 272714	Ace Fixings Cumbria, Ltd, 3 Montal Pl Stalker Rd Gilwilly Industrial Estate	(01768) 890225	Ajs Interior Design & Appliances, Ltd, Prospect Works Main Street Distington	(01946) 832493
		Ackroyd, J, Brownrigg House Penruddock	(017684) 82533	Akash Tandoori, Takeaway, 3 Tangier St Whitehaven.....	(01946) 691161
				3 Tangier Street Whitehaven	(01946) 691171
				Aladdin Aromas, Advance Factory Overwater Nenthead	(01434) 382820
				Alan Fearon, Fmr, Kirkland House Farm Kirkland	(01946) 861296
				Alan Minnett, Newtown Industrial Estate Caxton Road	

Newtown Industrial Estate	(01228) 590422	Homelessness Allerdale House Workington, Cumbria	(01900) 702660	Unit 1 First Floor 41-45 Jane Street Workington	(01900) 381512
Alan Reay Car Sales, Car Motorbike Sales, Currock Road Carlisle	(01228) 590000	Housing Benefits Allerdale Ho Workington, Cumbria	(01900) 702650	Amante Bar And Lounge, Ltd, 9 Lowther Street Carlisle	(01228) 524636
Alanas Laundry Basket, 30 Windmill Lane Cockermouth	(01900) 829026	Housing Services and Standards Allerdale Ho Workington, Cumbria (01900) 702570		Amato, Filippo, First Floor Flat, 48 Abbey Street Carlisle	(01228) 319459
Alans Hairdressing, Wetheral Village Community Hall Wetheral	(01228) 561084	Job Applications 24h Answer Machine Allerdale Ho Workington, Cumbria	(01900) 702910	Amato's, Amato's, 48 Abbey Street Carlisle	(01228) 658021
Alarm Supplies Scotland, Ltd, Unit 23 Denton Holme Trade Centre Chapel Place Carlisle	(01228) 404670	Land Charges, Local Searches Allerdale Ho Workington, Cumbria (01900) 702720		Amble House Guesthouse, 23 Eskin Street Keswick	(017687) 73288
Alauna, 87 Senhouse Street Maryport	(01900) 812327	Legal Services Allerdale House Workington, Cumbria	(01900) 702710	AMBULANCE, In Emergency dial 999 and ask the operator for Ambulance	
ALBA PROTEINS, Ltd, Penrith	(01768) 864333	Leisure Services Enquiries Allerdale House Workington, Cumbria (01900) 702540		Lancashire Ambulance Service - N.H.S Trust Ambulance Admin	(01772) 862666
FAX	(01768) 864333	Licences Allerdale House Workington, Cumbria	(01900) 702720	AMC Scrap Metals, Ltd, 3 Europe Way Cockermouth	(01900) 824444
Alba Transport, Quarry Garage Stainton	(01768) 895028	Litter Control Allerdale House Workington, Cumbria	(01900) 702800	AMF Bowling Carlisle, Bowling Centre, Currock Rd Carlisle	(0844) 8263013
Albion Glass, Denton Mill Denton Mill	(016977) 46801	Mayoral Services Allerdale House Workington, Cumbria (01900) 702550		Amtrak Express Parcels, Express Parcel Delivery, Branch CA1 Unit 9, Warwick Mill Business Park Warwick Bridge Carlisle	(0870) 8110609
Alcan Pacakaging, Factory 2 Salterbeck Factories Salterbeck Trading Estate Salterbeck	(01946) 839600	Parking Services Allerdale House Workington, Cumbria .(01900) 702850		Anatolia Restaurant, Ltd, 1 Abbey Street Carlisle	(01228) 402440
Aldersons, Nateby Service Station Nateby	(017683) 71540	Payments, 24h automated service Allerdale Ho Workington, Cumbria (01900) 702666		Anazao By Katie, 46 Cecil Street Carlisle	(01228) 599367
Alec Morrison, Ltd, Car Repair Shop Gilwilly Rd, Gilwilly Indust Est Penrith	(01768) 863037	Personnel Allerdale House Workington, Cumbria	(01900) 702780	Anchor Vaults, Market Place Whitehaven	(01946) 328176
Or	(01768) 863113	Pest Control Allerdale House Workington, Cumbria	(01900) 702800	Anderson, D, Crosscanonby Hall Crosscanonby	(01900) 816525
Alessandro And Carla Ltd, 2 Market Place Cockermouth	(01900) 826655	Planning Allerdale House Workington, Cumbria	(01900) 702802	Anderson, (Denton Holme) Ltd, Denton Holme Sawmills Denton St Carlisle FAX	(01228) 515647
Alexa Danielle Hairdressing, 25 Jane Street Workington	(01900) 63999	Pollution and Noise Allerdale House Workington, Cumbria	(01900) 702580	Anderson, D.R, Crosby House Farm Crosby	(01900) 812346
Alexander Kennedy, 1-2 Market Place Whitehaven	(01946) 599250	Press & Publicity Allerdale House Workington, Cumbria.(01900) 702526		Anderson, S, Birkby Farm Birkby	(01900) 817486
Alexander Technique, Eastgate Milburn	(017683) 61509	Public Conveniences Allerdale House Workington, Cumbria	(01900) 702800	Andersons, (Denton Holme) Ltd, Denton Holme Sawmills Denton St Carlisle	(01228) 526242
Alexandros, Warwick Road Carlisle	(01228) 592227	Refuse and Recycling Allerdale House Workington, Cumbria	(01900) 702800	Andidrain, Ltd, Unit E Kingmoor Park Rockcliffe Estate Carlisle	(01228) 672300
Alexandros Greek Deli, Ltd, 66 Warwick Road Carlisle	(01228) 592848	Regeneration Allerdale House Workington, Cumbria	(01900) 702790	Andrew Briscoe Cleaning Services, 2 Barco Ter Penrith	(01768) 867765
Alford Management, Ltd, 6 Craika Close Dearham	(01900) 815145	Sports and Recreation Allerdale House Workington, Cumbria(01900) 702540		Andrew Fearn, Professional & Financial, Back Field Brougham	(01768) 210394
Alhambra Cinema, Penrith	(01768) 862400	Street Cleaning Allerdale House Workington, Cumbria ... (01900) 702800		Andrew Green Chartered Surveyors, Anderson Ct Sullart St Cockermouth	(01900) 821411
Middlegate Penrith	(01768) 862400	Street Lighting Allerdale House Workington, Cumbria(01900) 702770		Andrew Richardson Windows And Joinery, 23 Greystoke Park Avenue Penrith	(01768) 606193
Ali, Dr, Oudai, 3 North Close Cockermouth	(01900) 267954	Trade Refuse Allerdale House Workington, Cumbria	(01900) 702820	Andrew Scott Coaching & Facilitation, Prospect House Helton Penrith	(01931) 712955
Ali Taj Takeaway, Indian Takeaway, 33 Tangier Street Whitehaven	(01946) 592679	Allerdale Court Hotel, Allerdale Court Hotel, The Allerdale Court Hotel 20-22 Market Place Cockermouth	(01900) 823033	Andrew Speak Barber1, 14 South End Wigton	(016973) 43071
Or	(01946) 693085	Allerdale Court Hotel, The, 20 Market Pl Cockermouth	(01900) 823654	Andrew Sykes Hire, Ltd, Unit 7 Mardale Rd Penrith Indust Est Penrith	(01768) 867143
Alice, Ladies Wear Ret, 29 Castle Street Carlisle	(01228) 520241	Allerdale Disability Association, The Curwen Centre Curwen Park Workington	(01900) 603610	Andrews Sykes Group, Andrews Sykes Group Mardale Road Penrith	(017684) 28731
Alison Martin, Trade, 4 Low Portinscale Portinscale	(017687) 72186	Allerdale House, 1 Eskin Street Keswick	(017687) 73891	Andrews Sykes Group, Andrews Sykes Group Mardale Road Penrith	(01768) 630372
All Locksmiths Service, Locksmiths, 24 Hour, Emergency Auto Locksmith, Hawley Rd Dartford	(0845) 1647380	Allerdale Rural Transport, Serv, 47 Bounty Avenue Maryport	(01900) 810117	Andy Baker Consulting, Ltd, Eden Conference Barn Low Moor	(017683) 62009
All Points North, Ltd, Cumbria House Gilwilly Road Gilwilly Industrial Estate Penrith	(01768) 861800	Allerdale Rural Transport, Serv, 21 Yeowartville Workington	(01900) 67030	Andy Duncan, Mr, Acc, Johnson House Hillcrest Avenue Whitehaven	(01946) 65854
All Seasons Homecare, Telford Ho Warwick Rd Carlisle	(01228) 542800	Alliance Automotive, UK LV Ltd, A & B Autoparts Loop Road North Whitehaven	(01946) 63999	Andy Park Promotions, 11 Scotby Grange Scotby	(01228) 818182
All Vehicle Salvage, Ltd, Bannockburn Branthwaite	(01900) 66196	Allied Surveyors, 52 Main St Cockermouth	(01900) 824347	Angel Clinic, 5 Udale Street Workington	(01900) 871648
Allan Estate Agents, 26-32 Lonsdale St Carlisle	(01228) 511711	Allison, J W W, & Sons, Carrs Agricultural Unit 10 Lorton St Cockermouth	(01900) 829392	Angel Hair Salon, Angel Hair Sal Ltd Ltd, 52 Scotland Road Carlisle	(01228) 513106
Allan, Mr, J, Parklands Plains Road Carlisle	(01228) 513459	Tithe Ho Station Rd Cockermouth	(01900) 822292	Angela Spencer Ta Girl North, 8 New Oxford Street Workington	(01900) 61990
Allan, L, Town Foot Farm Melmerby	(01768) 881239	Alonby Primary School, Moss Lane Alonby	(01900) 881324	Anguilla Solutions, Ltd, Haweswater Rd, Penrith Indust Est Penrith	(01768) 210055
Allen Brown t/a Allen Brown Driving School, Driving School Franchise, 41 Walkmill Crescent Carlisle	(0800) 9996321	Alsorts, Ltd, Convenience Store, 14 Boroughgate Appleby-In-Westmorland	(017683) 53725	Angus Hotel, 14-16 Scotland Road Carlisle	(01228) 523546
Allen, D.E, High Nook Loweswater	(01900) 85663	Allys Shearing Shed, Salons, Orton Gnge Fm Orton Grange	(01228) 711805	Animal Concern Cumbria, Nindethana Egremont	(01946) 823373
Allen, J, (Park Foot) Ltd, Unit 6 Mardale Road Penrith	(01768) 899816	Alneburgh Pharmacy Ltd, Alneburgh House Maryport	(01900) 817179	Animals Refuge, The, Oak Tree Farm Wetheral Shields	(01228) 560082
Allenwood Boarding Kennels & Cattery, Broadwath Holdings Allenwood	(01228) 560902	Alneburgh Pharmacy, Ltd, Alneburgh House Ewanrigg Road Maryport	(01900) 819111	Annabels, Ladieswear, 80 Main St Cockermouth	(01900) 825338
Allerdale Borough Council, Allerdale Ho Workington Cumbria	(03031) 231702	Alpaca Clothing, Dalegarth Dalemian	(01768) 891440	Annas Bar & Kitchen, Ltd, UNIT 1 MILLENNIUM PROMENADE WHITEHAVEN	(01946) 695454
Bereavement Services Allerdale House Workington, Cumbria(01900) 702620		Alpha Financial Advice, Ltd, 2 Wilfred St Carlisle	(01228) 540833	Anne Smith, Professional & Financial, 19 Borrowdale Road Keswick	(017687) 80929
Building Control Allerdale Ho Workington, Cumbria	(01900) 702520	Alston House Hotel, Townfoot Alston	(01434) 382200	Another Weigh, Ltd, 3 Brewery Lane Penrith New Squares	(01768) 863156
Business Rates Allerdale House Workington, Cumbria	(01900) 702670	Alston Moor Town Hall, (Parish Ccl), Alston Parish Council Alston Town Hall Front Street Alston	(01434) 382076	Anthony Walker, Marlborough Hall Farm Egremont	(01946) 822311
Coastal Protection and Floods Allerdale House Workington, Cumbria (01900) 702770		Alston Post Office, Flat Post Office Front Street Alston	(01434) 381259	Antler, Ltd, Dixons Dunmail Shopping Cntr	(0844) 3910263
Council Tax Benefits Allerdale House Workington, Cumbria	(01900) 702650	Alston Post Office, Flat Post Office Front Street Alston	(01434) 381216	Antony Wright & Associates, Archt, Desnr & Survyr, 9 St. Andrews Chyd Penrith	(01768) 867616
Council Tax Allerdale House Workington, Cumbria	(01900) 702530	Alston Training & Adventure Centre, FAX	(01434) 382725	Aperture Photography, 4 Corporation Rd Carlisle	(01228) 528097
Dangerous Structures Allerdale Ho Workington, Cumbria	(01900) 702520	Alston Youth Hostel, Alston Youth Hostel The Firs Alston	(01434) 381509	Apex Electrical Engineers, Denton Holme Trading Est Chapel Pl Carlisle	(01228) 520213
Dog Warden Allerdale House Workington, Cumbria	(01900) 702800	Alternative, 5 Station Street Keswick	(017687) 72400		
Electrolar Registration Allerdale House Workington, Cumbria	(01900) 702550	Alternative Takeaways, 35 High Street	(016973) 42949		
Food Hygiene Allerdale House Workington, Cumbria	(01900) 702590	Always Another Way, Frizington Youth Club Church Street Frizington	(01946) 460191		
Grounds Maintenance Allerdale House Workington, Cumbria	(01900) 702800	Alzheimer's Society, Carlisle Branch Gallery Ho Tannery Rd Carlisle	(01228) 819299		
Health & Safety Allerdale House Workington, Cumbria	(01900) 702590	FAX	(01228) 547454		
Heritage & Arts Enquiries Allerdale House Workington, Cumbria (01900) 702510		Alzheimer's Society, Ground Floor Cumbria House Murray Road Workington	(01900) 607280		
		Amalgamated Construction, Co Ltd, Unit 29 Bowerbank Way Gilwilly Industrial Estate Penrith	(01768) 868400		
		Amandas, 2 Central Avenue Carlisle	(01228) 525753		
		Amani Studios Ltd,			

Appelby Eden Cricket Club, The Cricket Pavilion Chapel Street Appelby-In-Westmorland.....	(017683) 52990	Carlisle.....	(01228) 515955	Workington.....	(01900) 606452
Appelby Bowling Club, The Sands Appelby-In-Westmorland	(017683) 53021	Armstrong, Diana F, Solr, Main St Haltwhistle.....	(01434) 320362	Artiste Hair Designz, 21 Church St Whitehaven	(01946) 696777
Appleby Castle, Appleby-In-Westmorland Cumbria	(017683) 30318	Armstrong, F.W. & J., Netherhirst Longtown	(01228) 577225	AS Design, The Yard Brewery Industrial Estate Birks Road Cleator Moor	(01946) 811000
Appleby Grammar School, Battlebarrow Appleby in Westmorland.....	(017683) 51580	Armstrong, J, Frmr, High Rigg Farm Hutton End	(017684) 84254	Asap Accountancy Services, Ltd, Alsaka Ullswater Rd Penrith	(01768) 863062
FAX	(017683) 52412	Armstrong Richardson, & Co. Ltd, Agric Mrcnts, 3 Preston St Whitehaven.....	(01946) 690114	Asaya Thai Restaurant, 21 Station Street Keswick	(017687) 75111
Appleby Manor Hotel, Roman Rd Appleby (Reception)	(017683) 51571	Armstrong, S, Landsfoot Calthwaite	(01768) 885226	Asby Endowed School, Great Asby	(017683) 51154
FAX	(017683) 52888	Armstrong, Stuart, & Co, Acctnt, 5 Fisher Street Carlisle	(01228) 544124	Ascott Transport, Ltd, Unit 3 Brunthill Rd, Kingstown Indust Est Carlisle	(01228) 595026
Appleby Medical Practice, The Riverside Building Chapel St Appleby	(017683) 51584	Armstrong, Thomas, Aggregate Ltd, Workington Rd Flimby.....	(01900) 68114	Asda Connections, Asda Stores Ltd Chandler Way Parkhouse	(01228) 317353
Appleby Post Office, S P D O 26 Boroughgate Appleby-In-Westmorland.....	(017683) 51594	Or	(01900) 68226	Asda Opticians, Carlisle Chandler Way Parkhouse Kingstown Indust Est Carlisle	(01228) 554112
Appleby Primary School, Grant Maintained, Station Rd Appleby In Westmorland	(017683) 51431	Armstrong, Thomas, Construction Ltd, Lift Lane Allweights House Champion Way Penrith New Squares.....	(01768) 892886	Asda Pharmacy, Carlisle Chandler Way Carlisle	(01228) 554119
Appleby Swimming Pool, Swimming Pool Chapel St Appleby-In-W	(017683) 51212	Armstrong, Thomas, Ltd, Bldg Contrs, FAX	(01900) 68211	Asda Stores, Ltd, Workington Main Reception Dunmail Retail Pk, Merrypark Rd Workington ..	(01900) 607720
Appleby Taxis, Unit 3 Cross Croft Industrial Estate, Appleby In West Morland	(017683) 52772	Workington Rd Flimby.....	(01900) 68211	FAX	(01900) 607721
Appleby Town Council, Moot Hall Boroughgate Appleby In Westmorland	(017683) 51177	Plant Dept FAX	(01900) 871714	Asda Stores Ltd, Asda Stores Ltd Dunmail Park Shopping Centre, Siddick Road Workington	(01900) 267658
Appleby Travel, Travel Agency, 16 Boroughgate Appleby In Westmorland.....	(017683) 52220	Armstrong Watson, Chrt'd Accountants, Carlisle		Asda Stores, Ltd, Asda Stores Ltd Moss Bay Road Workington.....	(01900) 268296
Appleby Tyres, Unit 5 Appleby Business Park Drawbriggs Lane Appleby-In-Westmorland.....	(017683) 53873	Fairview House Victoria Place Carlisle.....	(01228) 690200	ASDA Superstores, Carlisle Kingstown Industrial Estate Chandler Way Carlisle	(01228) 526550
Applegarth Nursing Home, 243 Newtown Road Carlisle.....	(01228) 810103	Fairview Ho Victoria Pl Carlisle FAX	(01228) 591822	Ashcroft, J, Frmr, Craikahow Hall Fm Craika Rd Dearham	(01900) 812228
Appletons Of Carlisle, 6-11 King Street Carlisle	(01228) 515700	FAX Fairview House Victoria Place Carlisle.....	(01228) 690201	Ashfield Infants School, Newlands La Workington	(01900) 606301
Appropriate Solutions Web Development, It Telecoms Internet, 8 Mother Croft Morland	(01931) 714216	Armstrong Watson, Fairview House Victoria Place Carlisle.....	(01228) 690200	Or	(01900) 64207
APV Mitchell Dryers, Ltd, Denton Holme Carlisle	(01228) 534433	FAX Fairview House, Victoria Place Carlisle.....	(01228) 690201	Ashfield Junior School, St. Patricks R C Primary School Ennerdale Road Maryport	(01900) 819318
Aqua Splash Swim School, Ltd, 20 Weavers Av Frizington.....	(01946) 817777	Armstrong Watson Penrith, Birbeck House Duke Street Penrith, Cumbria	(01768) 222030	Ashlea Veterinary Centre, Unit 2 Port Rd Business Pk Port Rd Carlisle	(01228) 549177
Aquaid North, Unit 2 South Mill Warwick Mill Business Park Warwick Bridge	(01228) 564190	Fax Birbeck House Duke Street Penrith, Cumbria	(01768) 222031	Ashton & Bromley Ceramics, Unit 3 Hewson Street Carlisle	(01228) 599418
Ar Reay, Ltd, Flat 3 Blacksmith Court 51-52 Castlegate Penrith.....	(01768) 892139	Armstrong Watson Rosehill, Fax Bute House Montgomery Way Carlisle, Cumbria	(01228) 690001	Ashton Lea Garden Buil, Skirsgill Business Park Skirsgill	(01768) 867226
Arc Eden, Warwick Mill Warwick Bdge Wetheral	(01228) 564454	Bute House Montgomery Way Carlisle, Cumbria.....	(01228) 690000	Ashwood Design Group, Unit 1 Clifford Ct Cooper Wy Parkhouse	(01228) 510616
Arc Eden, Ltd, 1C Wavell Drive Rosehill, Carlisle, Cumbria.....	(01228) 830003	Armstrong Watson Skipton, Fax Currer House 34-36 Otley Street Carlisle, Cumbria.....	(01756) 620001	Askerton Castle Organic Estate, Askerton Castle Askerton Brampton	(016977) 3332
Arches Carpet Centre, The, New Media Ho Hartness Rd Gilwilly Industrial Estate.....	(01768) 866770	Armstrong Watson Victoria Place, 15 Victoria Place Carlisle, Cumbria.....	(01228) 690100	Askham Bryan College, Co Ltd, Sewborwens Fm Newton Rigg	(01768) 899355
Arches The Coffee Shop, Coffee Shop & Restrnt, 21 Fisher Street Carlisle	(01228) 818855	Fax 15 Victoria Place Carlisle, Cumbria	(01228) 690101	Askham & District Community Centre, Askham Community Centre Askham	(01931) 712999
Archipelago Azores, Ltd, Museum Sq Keswick	(017687) 75672	Armstrong Watson Wigton, 8 King Street Wigton, Cumbria	(016973) 94200	Askham Oil Supplies, Myers La, Castletown Penrith	(01768) 862733
FAX	(017687) 75673	Fax 8 King Street Wigton, Cumbria.....	(016973) 94201	Aspatia, Aspatia Farmers Ltd Station Rd Aspatia	(016973) 24080
Architects Plus, (Uk) Ltd, Victoria Galleries Viaduct House Victoria Viaduct Carlisle	(01228) 515144	Armstrong Watson Workington, Fax		Aspatia Dreamscheme Ltd, Aspatia Dreamscheme, The Youth Club Wigton	(016973) 20893
Arco, Cumbria, Unit 32, Kingstown Indust Est Kingstown Broadway	(01228) 591100	Unit 19 Lillyhall Business Centre Jubilee Road Workington, Cumbria.....	(01900) 310431	Aspatia Farmers, Ltd, Dyke Nook Sandford.....	(017683) 42535
Ardington Fulfillment, Unit 6 Leconfield Indust Est Cleator Moor	(01946) 818100	Unit 19 Lillyhall Business Centre Jubilee Road Workington, Cumbria.....	(01900) 310430	Aspatia Moota Hill, Gas Board Mast Moota	(016973) 20170
Areva, UK Ltd, Unit 4 Keltton House Ingwell Drive Westlakes Science & Technolo Moor Row	(01946) 696841	Armstrong, W, (Longtown) Ltd, Hlge Contr, Town Foot Longtown.....	(01228) 791242	Aspatia Plumpton, Station Bridge Building Plumpton	(01768) 894094
Argos Stores, Ltd, Carlisle Branch 181 42 Lowther Street Carlisle, Cumbria	(0845) 1657181	FAX	(01228) 792242	Aspatia Rugby Union Football Club, Ltd, Bower Park Station Road Aspatia Wigton.....	(016973) 20420
Penrith 13-14 Middlegate Penrith, Cumbria.....	(0845) 1657067	Army, Regular Army Armed Forces Careers Offices Carlisle 94 English St Carlisle.....	(01228) 522873	Aspava Pizza & Kebab, Take Aways, 78 High Street Cleator Moor	(01946) 810622
Whitehaven Branch 258 Quay Street Whitehaven, Cumbria	(0845) 1657258	Barracks & Camps Warcop Training Camp Warcop.....	(017683) 41661	Aspire 17, Croft House Bolton	(017683) 62224
Workington Branch 247 6 Upton Street Workington, Cumbria	(0845) 1657247	Depots MOD Police	(01228) 792472	Associated British Ports, Barrow & Silloth Silloth Docks	(016973) 31358
Ariateq, 84 Casson Road Workington	(01900) 876755	Infantry Regimental HQ, KOB The Castle Carlisle	(01228) 521275	Ast Signs, Unit 2 Gilwilly Rd Gilwilly Industrial Estate.....	(01768) 892292
Arkale Lodge, 59 London Road Carlisle.....	(01228) 532927	Museum Kings Own Royal Border Regt The Castle Carlisle.....	(01228) 532774	At Cyber Cafe, 17 Warwick Road Carlisle	(01228) 512308
Arlacrown, Ltd, Rstnt, 1 Castlegate Penrith	(01768) 868666	Army Cadet Force, Cumbria Army Cadet Force The Castle Carlisle	(01228) 516222	Atelier Hair Couture, 42 Warwick Road Carlisle	(01228) 599577
Arlosh, Ltd, Kirkland Gardens Kirkland Lane Wigton Cumbria	(016973) 49505	Army - Territorial, TA Centres Harrington Rd Workington	(01900) 872484	Athey, E.I., High Lovelady Shield Nenthall	(01434) 381698
Armthwaite Hall Hotel, Bassenthwaite Keswick.....	(0843) 5153171	Workington Combat (Infantry) Harrington Rd Workington	(01900) 602950	Atkinson Building Contractors, Brancana East Lakes Bsns Pk Gilwilly Industrial Estate	(01768) 890244
Armthwaite Hall Hotel Keswick, Guests & Reservations	(017687) 76551	602950 Armson & Company, 1 St. Andrews Pl Penrith	(01768) 862007	Atkinson, G, Mtr Body Rprs, St. Nicholas St Carlisle.....	(01228) 529194
Armour Doors, Doors, 9 Byron Terrace Greenhead.....	(016977) 47732	Arqiva Limited, Arqiva Cabinet Skinburness Road Skinburness	(016973) 31194	Atkinson, G, Green Farm Colby	(017683) 51435
Armstrong, Blunderfield Kirkoswald	(01768) 898453	Arragons Cycle Centre, 2 Brunswick Road Penrith	(01768) 890344	Atkinson, Ken, & Co, 45 Front St Brampton	(016977) 3787
Armstrong Building Supplies, Ltd, Building Next To Border Tv Brunel Way Durranhill Industrial Estate		Arragons Cycles Delivery Hire, Ltd, Unit 4 Myers Lane Business Park Myers Lane Penrith	(01768) 840208	Atkinson, Richard, Solr,	

19 Oxford St Workington(01900) 67363	15 Murray Road Workington(01900) 603311	Business Customers(03457) 345345
Atkinson Ritson, Solrs, Carlisle	B D Taxis, 1 Riverside Cottages Soulbey(017683) 71682	Carlisle Personal Customers(03456) 052345
15 Fisher St Carlisle FAX(01228) 515409	B & H, Motors, Garage High St Whitehaven(01946) 695765	Business Customers(03457) 345345
Wigton FAX(016973) 44820	B.K.Screen Print, Queen Street Carlisle(01228) 542957	Cockermouth Personal Customers(03456) 052345
Atkinson Ritson, 15 Fisher St Carlisle(01228) 525221	B & M Blinds, 64 Blackwell Rd Carlisle.....(01228) 531276	Business Customers(03457) 345345
Atkinson Ritson, 39 High St(016973) 43241	B & M Retail, St. Nicholas Gate London Road Carlisle(01228) 818772	Egremont Personal Customers(03456) 052345
Atkinson Sound Repairs, 29 Castlesteads Drive Carlisle(01228) 545246	B & M Retail, Ltd, Penrith 9 Middlegate Penrith(01768) 868711	Business Customers(03457) 345345
Atkinsons Joinery, Ltd, Marketing Pr Advertising, Braithwaite Lodge Braithwaite Keswick(017687) 78266	B & N Motors Cumbria, Ltd, Unit 22d Solway Trading Estate Maryport(01900) 812122	Kirkby Stephen Personal Customers(03456) 052345
ATL Warehouse, Wa Developments Ltd Blackdyke Road Kingstown Industrial Estate Carlisle(01228) 543015	B.O.C.M. Pauls, Ltd, Animal Feed Mfr, Penrith Indust Est Penrith Regional Sales Mgr(01768) 862064	Business Customers(03457) 345345
Atlantic Geomatics, (UK) Ltd, Aldby Fm Dacre.....(017684) 83310	B & Q, Castle Park Ullswater Road Penrith.....(01768) 861300	Longtown Personal Customers(03456) 052345
Atlas Developments Leisure, Carlisle Llp, 74 Longlands Road Carlisle(01228) 272509	B Q Heating & Plumbing, Ltd, Edenside 41 Cargo Carlisle(01228) 672466	Business Customers(03457) 345345
ATM Service Parts, Ltd, Unit 6b North Lakes Business Park Flusco(01768) 216743	B & Q, plc, Supercentre Workington Workington Store Workington.....(01900) 873477	Penrith Personal Customers(03456) 052345
Atos IT Services, Ltd, Sellafeld(019467) 27601	B & S Transport, Ltd, Unit 25 Appleby Business Park Drawbriggs Lane Appleby In Westmorland(017683) 53141	Business Customers(03457) 345345
ATS Euromaster, Ltd, Carlisle Rosehill Indust Est Carlisle(01228) 525277	B.S.W Timber (Carlisle), Ltd, Carlisle Sawmill Rockcliffe.....(01228) 674221	Rosehill Personal Customers(03456) 052345
FAX(016973) 43844	B.S.W Timber, (Carlisle) Ltd, Carlisle Sawmills Cargo(01228) 674630	Business Customers(03457) 345345
Wigton Burnfoot Gar(016973) 49842	B.T., Please see under BT	Whitehaven Personal Customers(03456) 052345
FAX(016973) 49842	B W & A Robinson, & Son, Gelt Hall Farm Castle Carrock Brampton.....(01228) 670260	Wigton Business Customers(03457) 345345
Workington Clay Flatts Trad Est Annie Pitt La Workington(01900) 602352	B2B I.T, Ltd, Eastern Chemicals England Siddick(01900) 601614	Workington Personal Customers(03456) 052345
FAX(01900) 601047	Babbling Brook, Hotel, 1 Wordsworth Street Keswick(017687) 74579	Business Customers(03457) 345345
Attendo Response, Lillyhall Bsns Cntr Jubilee Rd Workington.....(01900) 606777	Baby Boutique Workington, Unit 8 Dunmail Park Shopping Centre Siddick Road Workington(01900) 604839	Bardon Concrete, Eskett Quarry Frizzington(01946) 862414
Audeck Sheds, Auder Timber Products Longtown.....(01228) 791241	Baby Boutique Workington Ltd, 4 Steelmens Walk Workington(01900) 379589	BARDON ROADSTONE, Limited Northern Division, Northern Area Sales Office(01946) 861366
Audek Timber Products, Whitesyke Longtown(01228) 792241	Baby I Love You, (Carlisle) Ltd, Suite 1 Riverside View Warwick Road Carlisle(01228) 513165	Barker, A.H, Fmr, Sandwich Farm Ousby(01768) 881337
Audio Collective, Richmond Hall 14 Fisher Street Carlisle(01228) 512220	Bacon & Fell, Ltd, Wholesale Retail, Highland Drove Great Salkeld(01768) 870304	Barker & Bland, Ltd, Dalefoot Askham(01931) 713291
Augill Caravan Park, Augill Castle, New Room Augill Castle Brough(017683) 41937	Bagot, Stephen, Ophthal Optcn, 19 Gt Dockray Penrith(01768) 864641	Barn House, Barn Ho Orton Hall Orton.....(015396) 24259
Austin Friars St. Monica's School, Admissions(01228) 528042	Bailey Podiatry, The Glen Main Street Brampton(016977) 2191	Barn, The, Ltd, Barn Studio Pooley Bridge.....(017684) 86377
Auto Clean Hand Car Wash, Hand Car Wash King Street Carlisle(01228) 402963	Bainbridge, G.G, Fmr, Raine House Raughton Head(016974) 76316	Barnes, Michael G, Solr, Gill Pl Main St Brampton(016977) 2378
Auto Recoveries, Ltd, Unit 9 Willowholme Industrial Estate Millrace Road Willowholme Ind Est Carlisle(01228) 534121	Bairds Cosy Cats, Catteries, Midtown Farm Crosby Ravensworth(01931) 715246	Bar, Thompson, Young & Jervis, Drs, Repeat Prescriptions(017683) 61980
Autosmart, Brunthill Road, Kingstown Industrial Estate Carlisle(01228) 547200	Baker Mallett, West Lakes Science Ingwell Drive Westlakes Science & Technolo Moor Row(01946) 66377	FAX(017683) 61980
Autotech Carlisle, Ltd, 30 Kingstown Indust Est, Parkhill Rd Kingstown Industrial Estate(01228) 538003	Bakewell, Sidney, TV & Radio, 9 Market Square Penrith(01768) 862319	Barradell & Daughters, Ltd, 20 Abbey Street Carlisle(01228) 272352
Autotek West, Ltd, Havelock Road Derwent Howe Industrial Estate(01900) 607070	18 Queen Street Penrith(01768) 862187	Barras Farm, Barras(017683) 41397
Autoworks, (Ca1) Ltd, Unit 3 82 Blackdyke Road Kingstown Industrial Estate(01228) 592351	Ballers, Unit 10 Englishgate Plaza Unit 10 Englishgate Plazabotchergate Carlisle(01228) 497925	Barron, Ltd, Appleby Business Park Drawbriggs Lane Appleby-In-Westmorland.....(017683) 53440
Avery, Bruce, Ltd, 3 Lowther Went South Street Cockermouth(01900) 825573	Ballyhoo Boutique Nursery, Ltd, Unit 2 Byron Ho The Maltings Shaddongate Carlisle(01228) 526213	Barron Media, Ltd, 1 Southey Yard Southey Street Keswick(017687) 72140
Avery Weigh-Tronix, Ltd, Industrial Service Division St Nicholas Indust Est King St Carlisle ... (0845) 9002244	Bamboo Hair Studio, Unisex Hair Sal, 42 Front Street Brampton(016977) 2597	Barron, C.A, Solr, 65 Duke Street Barrow-in-F(01229) 828814
Aviagen, Hether Bank Farm Kirklington(01228) 675057	Bangkokthaifood, Unit 9 Lord Street Carlisle(01228) 492395	Barrow Advertiser The, see North West Evening Mail
Avis Europe, Plc, Avis Ho Park Road Bracknell(01344) 426644	Bank of Scotland, Personal Customers The Mound EH1(03457) 213141	Barrow, Dr, D, 48 Main Street Greysouthen.....(01900) 827184
Avis Rent A Car, 99, London Road London Road Carlisle(01228) 317061	Bannatyne, Health Clubs and Gyms, 50 Kingstown Road Carlisle(0843) 2248977	Barwise Aberdeen Angus, Barwise Hall Hoff Appleby In Westmorland(017683) 53430
Aviva, Main Switchboard 8 Surrey St Norwich.....(01603) 622200	Baps & Wraps, 13 Norfolk St Carlisle.....(01228) 558880	Basecamp North Lakes, Ltd, Cocklakes House Troutbeck Penrith(017684) 83322
Aus Cumbria Metals, Ltd, Risehow Industrial Estate Risehow Industrial Estate Flimby(01900) 817878	Bar Solo, Ltd, 1 Botchergate Carlisle(01228) 545590	Baskets & Bunches, 15 High Street Wigton(016973) 45768
Axa Insurance, Business Insurance Claims, Quotes, Service Existing Policy via Axa(0870) 9000860	Barbers, The, 21 Swan Street Longtown Carlisle.....(01228) 791917	Bassenfell Manor Christian Centre, Bassenfell Manor Bassenhwaite.....(017687) 76366
Motor Claims via Broker(0870) 9000860	Barbour, F.P, Bldr, Lancaster Ho Newton Reigny(01768) 863120	Bassenthwaite Lakeside Lodges,, Ltd, Bassenthwaite Lakeside Lodges Scarness, Cumbria Bassenthwaite - Keswick(017687) 76641
Axup, & Co Ltd, Browns Haulage Yard Cardewlees(01228) 711999	Barclays Bank, Personal Customers(03456) 052345	Bassenthwaite Lake Station, Railway Station Bassenthwaite Lake(017687) 76599
Aymira Takeaway Limited, 13C Gosforth Road Seascale(019467) 28808	Business Customers(03456) 052345	Bassenthwaite Primary School, Sch, Bassenthwaite.....(017687) 76365
Or(01946) 751889	Barclays Bank, PLC, Branches Alston Personal Customers(03456) 052345	Bathroom Shop, The, 75 London Road Carlisle(01228) 512428
A-Z Vehicle Dismantlers, 30 Escott Wks Rome St Carlisle(01228) 541155	Personal Customers(03457) 345345	Bathstore, Carlisle Unit 1 Currock Rd Carlisle.....(01228) 598666
B & B E Gate, Far Branthwaite Edge Branthwaite Workington(01900) 602428	Appleby-In-Westmorland Personal Customers(03456) 052345	Baty, J.H, Fmr, Broomhill Hethersgill.....(01228) 675368
B Dixon And Son, 132a Queen Street Whitehaven(01946) 62200	Business Customers(03457) 345345	Baxter, R.A, Fmr, Slosh Farm Appleby-In-Westmorland(017683) 52641
B Dixon & Son Ta Chaos, Mktg Pr Advtg,	Brampton Personal Customers(03456) 052345	Bay Tree Florists, 107 Denton Street Carlisle.....(01228) 527286

Annetwell St Carlisle Text-Phone (For Deaf & Hearing Impaired People).....	(01228) 525946	Gillwood Nook La Dalston.....	(01228) 711900	Best,The, 33 Salterbeck Terrace Salterbeck.....	(01946) 833334
Bb's Gents Hair Stylist, 4 Little Dockray Penrith.....	(01768) 866472	Bell, John, Warwick Hall Westnewton.....	(016973) 20259	Best Western Hotels, Appleyby- Appleyby Manor Roman Rd Appleby.....	(017683) 51571
BBS Windturbines, Ltd, 11 Calder View Beckermert.....	(01946) 841066	Bell John Son Plumbers, 11 Capon Hill Brampton.....	(016977) 2708	Cumbria-Cumbria Park Hotel 18-32 Scotland Road Carlisle.....	(01228) 522887
Beacon Fire Protection, Ltd, Bourne Ho Milbourne St Carlisle.....	(01228) 540088	Bell, M.C, Dentist, St.Helens Surgery Market Pl Cockermonth.....	(01900) 826210	Ravenstone Hotel Bassenthwaite.....	(017687) 76240
Redhills Ho Redhills La Redhills.....	(01768) 863551	FAX.....	(01900) 824847	Best Wishes, 90 DENTON STREET CARLISLE.....	(01228) 591116
Beacon Hill School, Market Square Aspatria.....	(016973) 20509	Bell Park Kerridge, 4 Main Street Cockermonth.....	(01900) 820800	Bethany House Residential Care Home, Bethany Ho Corkickle Whitehaven.....	(01946) 695556
Beacon Home Care Services, Holmleigh William St Penrith.....	(01768) 840086	Bell, R, Frmr, Crops Hall Garrigill.....	(01434) 381390	Bethany's Hair & Beauty, Ltd, 1 South William Street Workington.....	(01900) 64448
Beacon Insurance Brokers, 54 Lowther St Carlisle.....	(01228) 549430	Scarrowmanwick Farm Croglin.....	(01768) 896631	Bethel House Residential Care Home, Greenbank Whitehaven.....	(01946) 695557
Beacon Security, 16 Brent Rd Penrith.....	(01768) 890469	Bell Rm & Ae, Farming, High Fell Farm Hallbankgate.....	(016977) 46288	FAX.....	(01946) 695559
Beaconside C Of E Primary School, Hutton Hl Penrith.....	(01768) 840868	Bell Taxis, 15 Derwentwater Road Whitehaven.....	(01946) 66666	Bethshan Nursing Home, Briarwood Yewbarrow Clo Whitehaven.....	(01946) 590071
Beafords Country Restaurant, Lowther Went South St Cockermonth.....	(01900) 827099	Bella Vita Beauty Salon, Unit 8 Millennium Promenade Whitehaven.....	(01946) 592322	Bettal Quality Consultancy, Ltd, Homestead Tree Road Brampton.....	(016977) 41318
Beatrix Potter Gallery, see under National Trust		Bellas, L, & Co, Brampton Hall Brampton.....	(017683) 51234	Or.....	(016977) 41411
Beattie, Mary, Maryport Health Services Ewanrigg Rd Maryport.....	(01900) 268711	Bellcare Domiciliary Care Services, Ltd, The Office Building Mardale Road Penrith.....	(01768) 891900	Betton, Richard, (Stationers) Ltd, Unit 5 James St Workshops James St Carlisle.....	(01228) 544522
Beattie Memorials, 43 Warwick Road Carlisle.....	(01228) 521467	25 Moss Bay House,40 Peart Road Workington.....	(01900) 872030	Bezuszko, Ltd, 4 Bank Street Keswick.....	(017687) 72269
Beattie Podiatry, Unit 13 Fisher Street Galleries 18 Fisher Street Carlisle.....	(01228) 522185	FAX.....	(01900) 63293	Bh Furniture, 8 Finkle Street Workington.....	(01900) 267829
Beattie, R, Standlee Wood Lane Brisco.....	(01228) 407272	Belle Ame Beauty Lounge, 30a Norfolk Street Carlisle.....	(01228) 658750	BHS Construction Services, Ltd, 32 Adams Road Derwent Howe Industrial Esta Workington.....	(01900) 62926
Beaty, Co, Beaty & Company 1 Victoria Place, High Street Wigton.....	(016973) 44697	Belle Casa, Kent Ltd, 4 Woodyard Place Kings Meaburn Penrith.....	(01795) 533642	BHS Property Services, Ltd, Unit B6 Haig Enterprise Park Whitehaven.....	(01946) 690687
Beau Hair & Beauty, 38 Great Dockray Penrith.....	(017683) 69411	Belle Vue Primary School, Belle Vue Primy Sch, Unknown, Belle Vue Inf School Beaver Road Carlisle.....	(01228) 593161	Biffa Waste Services, Biffa Waste Services St. Ninians Road Carlisle.....	(01228) 319487
Beauty By S & S, Air Quality Nox Tube Ref E22 Finkle Street Carlisle.....	(01228) 540600	Bells Of Lazonby, Ltd, Bkrs,Confec, Workington 134 Westfield Dv Workington.....	(01900) 67435	Biffa Waste Services, Ltd, St. Ninians Rd Carlisle.....	(01228) 532244
Beauty Spot,The, 17 Tangier St Whitehaven.....	(01946) 691834	Belted Will Inn Hallbankgate.....	(016977) 46236	Big Dinner, Ltd, Greenhead Hotel Greenhead.....	(016977) 47411
Beautifulicious By Dan, 52A Queen Street Aspatria.....	(016973) 21123	Mansion House Craw Hall Brampton.....	(01697) 508326	Big House Cafe Ta Muffin Bake, The, Ltd, Muffin Break 9 Ivison Lane Workington.....	(01900) 267374
Bec, Ltd, 17 High Street Cleator Moor.....	(01946) 813224	Belted Will The, Belted Will Inn Hallbankgate.....	(016977) 46236	Bigrigg Cabs, Ltd, 15 Croftlands Bigrigg Egremont.....	(01946) 810024
Beccal, Summergrove Hall Hensingham.....	(01946) 813270	Belvedere Dental, Station Road Workington.....	(01900) 68036	Bill Hodgson Sales, Ltd, Montal Ousby.....	(01768) 639170
Beck Place Services, Beck Garage Gosforth.....	(019467) 25790	Ben Cross Vehicle Repairs, Ltd, Trade, County Motors Carlisle Ltd Kingstown Broadway Kingstown Industrial Estate.....	(01228) 598668	Billy Bowman Music, Lowther Went 5 South Street Cockermonth.....	(01900) 825984
Beck & Tarn, Ltd, 5-7 The Heads Keswick.....	(017687) 85406	Ben Hodgson Cars, Ltd, Bishops Lough Dalston Carlisle.....	(01228) 710491	Bimson Haulage, Ltd, Brunel Wy,Durranhill Indust Est Carlisle.....	(01228) 530929
Beckermert CE School, Beckermert.....	(01946) 841221	Bendle, W.T, & Son, Frmr, The Nook Scaleby.....	(01228) 675270	Bin & Gone Hygiene Services, Coombs View Too Armathwaite.....	(016974) 72260
Beckermert Nursery, Beckermert Nursery Beckermert Beckermert.....	(01946) 841941	Bendles Solicitors, Portland Building Coopers Way Carlisle.....	(01228) 522215	Binnings Of Cumbria, Removs, Bourne Ho Milbourne St Carlisle.....	(01228) 520809
Beckses Caravan Park, Beckses Garage Penruddock.....	(017684) 83224	Bendles Solicitors, Llp, 1 Victoria Place High Street Wigton.....	(016973) 42121	Bio-Systems Corporation, Ltd, Unit 1 Kings Dv, Kingmoor Pk Sth Carlisle.....	(01228) 522255
Beckside Books, 31 St Andrews View Penrith.....	(01768) 895951	Benefice Of Workingon, The, Parish Rooms Dean Street Workington.....	(01900) 604450	FAX.....	(01228) 522288
Beckstone Primary School, Harrington Junior School Harrington.....	(01946) 830423	Beneficial Finance, Branches Carlisle FAX.....	(0845) 6030233	Birbeck Medical Group, The Health Centre Bridge St Penrith.....	(01768) 214620
Beckstones Art Gallery, Ltd, Beckstones Greystoke.....	(017684) 83601	Benetton, 20 Middlegate Penrith.....	(01768) 840001	Bird, A, Caravan Park, Bungalow Sockenber Fm Kings Meaburn.....	(01931) 714606
Bed On The Hill,The, 6 South Mill Warwick Mill Warwick Bdge.....	(01228) 564493	Benfield Motors, Ltd, Masons Gar Auchinlek Dv,Rosehill Indust Est Carlisle.....	(01228) 525555	Bird, Frank, Poultry Ltd, Underlyne Langwathby.....	(01768) 881397
Bed Shop,The, Paton House Victoria Viaduct Carlisle.....	(01228) 558855	Renault Masons Gar Auchinlek Dv,Rosehill Indust Est Carlisle.....	(01228) 554550	Birds Bistro Enterprises, Ltd, The Old Forge Penruddock.....	(017684) 83100
Beech House Group Practice, Drs Veitch,Heine den Bak,Jakobson,Galloway,Longworth,Bewick & Goodman, Beech House St. Bridgets La Egremont Main Surgery.....	(01946) 820214	Benfield VW, Harper & Hebson Auchinlek Drive Rosehill Industrial Estate.....	(01228) 517400	Birkbeck Commercial, Ltd, Wholesale Retail, Unit 24B Longtown.....	(01228) 791485
BEECHWOOD GROUP PRACTICE, 57 John St Workington.....	(01900) 64866	Benn Motors, Ltd, Cockermonth Centre Lakeland Agricultural Centre Cockermonth.....	(01900) 820001	Birkbeck, H.W & J, Frmr, Castle Hill Soulbey.....	(017683) 71554
57 John Street Workington.....	(01900) 62641	Bennett, A, Frmr, Hollins Farm Dockray.....	(017684) 82374	Birley Steele Lightfoot, Ltd, 54 Lowther Street Carlisle.....	(01228) 541686
Beechwood Services, Wardrew Ho Gilsland.....	(016977) 47163	Bensons Bed Centres, Workington Unit D Derwent Dv Derwent Howe Indust Est Workington.....	(01900) 61179	Birtles Sports, Independent Sport Retailer, Ground Floor Central Buildings Cornmarket Penrith.....	(01768) 865129
Beehive,The, Punch Pub Co, Pblc Ho, Beehive Warwick Rd Carlisle.....	(01228) 549731	BENSON's ESK DAIRY, Unit 3a Longtown Industrial Estate Longtown.....	(01228) 792430	Bishop Harvey Goodwin School,The, Harold St Carlisle.....	(01228) 818155
Beeline, (UK) Ltd, Unit 10 Robert St Carlisle.....	(01228) 596061	Berevement Services, Na, Carlisle Cemetery Richardson Street Carlisle.....	(01228) 597416	Bishop of Carlisle,The, The Rt Rev'd, James Newcome, Bishop's Ho Keswick.....	(017687) 73430
Beer Express, Ltd, Unit 15 Derwent Mills Commercial Pk Cockermonth.....	(01900) 829411	Berry, B.D.S, & Son, Frmr, Dallan Bank Gt Strickland.....	(01931) 712268	Bishop, Dr, P, Allenbank Little Bampton.....	(016973) 52588
Or.....	(01900) 828255	Berry Grape & Grain, 28 Market Street Kirkby Stephen.....	(017683) 69318	Bishop Yards Medical Group, Bridge La Penrith.....	(01768) 214340
Or.....	(01900) 828628	Berry, & Sons, The Baker, 5 Caldew Street Silloth.....	(016973) 31831	Bitter, 15 Kirkgate Cockermonth.....	(01900) 828993
Beer Express Ltd - Cumbria, Unit 15 Derwent Mills Commercial Park Cockermonth.....	(01900) 828703	Berry, & Sons, Bkry & Confectionary, 10 Criffel Street Silloth.....	(016973) 31386	Bizworthy, UK Ltd, Town Head Farm Murton Appleby-In-Westmorland.....	(017683) 69303
Bell, A, Frmr, Mossband Farm Mossband.....	(01461) 338258	Berry, & Sons, 6 Station Street Cockermonth.....	(01900) 821776	Black Box Architects, Ltd, 20 Devonshire Street Carlisle.....	(01228) 402200
Bell Access & Engineering, Ltd, Unit 1 Red Scaffolding The Sidings Tebay Penrith.....	(015396) 24386	Bertie's Fish & Chip Shop, 3-4 Lorne Terrace Front Street Brampton.....	(016977) 2218	Black Bull Hotel, Plc, Public House, 38 Market Street Kirkby Stephen.....	(017683) 72803
Bell, C, Frmr, Hilltop Farm St. Johns-In-the-Vale.....	(017687) 79249	Bessiestown Farm Holidays, Bessiestown Penton.....	(01228) 577019	Black Lion,The, 517 Durdar Road Carlisle.....	(01228) 534999
Bell Decorating Group, Pntrs & Dectrs, Unit 4 Port Rd Business Pk Port Rd Carlisle.....	(01228) 547394			Black Swan Hotel, Black Swan Ravenstonedale Kirkby Stephen.....	(015396) 23204
FAX.....	(01228) 546765			Black Swan Inn,The, Country Inn Pub, The Black Swan Inn Culgaith.....	(01768) 88223
Bell, Geoff, Hlge Contr,				Blackdyke Engineers, Ltd, Barras La Dalston.....	(01228) 711470

Barras Lane Industrial Estate Barras Lane Dalston.....	(01228) 711988	28 King St Whitehaven.....	(01946) 692650	Border Offset Printers, Ltd, Pmtrs, Advtg Servs, Yates Wholesale Queen Street Carlisle.....	(01228) 526675
Blackdyke Farm & Riding School, Blackdyke Farm Blackford.....	(01228) 674633	Bodycare, Unit 53 S Campbell-Savours Way Workington.....	(01900) 602313	Border Pilates, 84 Warwick Road Carlisle.....	(01228) 810910
Blacksmiths Arms In, Brampton.....	(016977) 42111	Bodyflex & Body Soul, Unit 16A Solway Trading Estate Maryport.....	(01900) 816859	Border Plumbing Services Ltd, 8 Lamb Street Carlisle.....	(01228) 319648
Brampton.....	(016977) 42111	Bodytek, Ltd, Phoenix House English Damside Carlisle.....	(01228) 549435	Or.....	(01228) 492244
Blackwell Coffee House, Wholesale Retail, 91 Blackwell Road Carlisle.....	(01228) 529052	Bojangles Cafe Bar, 10 Bridge Street Appleby-In-Westmorland.....	(017683) 52662	Border Racquets, Ltd, Chatsworth Tennis Club St. Aidans Road Carlisle.....	(01228) 272426
Blackwood Farm, Blackwood Farm Thornthwaite.....	(017683) 69315	Bojangles Professional Hair Studio, Ltd, 89 Main Street Cockermouth.....	(01900) 822047	Border Rambler, 45-47 Botchergate Carlisle.....	(01228) 532921
Blackwood Service Station, Mealsgate.....	(016973) 71312	Bollman Headwear Europe, (Kangol), FAX.....	(01946) 811087	Border Reiver Inn, Border Reiver Inn Holmrook Road Carlisle.....	(01228) 658522
Blah D Blah Design, Ltd, Marketing, Branding, Print, Web Development, Carlisle.....	(0872) 0855809	Bolton Nursery, Ltd, Bolton Primary School Bolton.....	(017683) 62468	Border Storage, Ltd, Unit 3 Sylke Park Wigton.....	(016973) 45749
Sales.....	(0872) 0855809	Bond Museum, The, Southey HI Indust Est Main St Keswick.....	(017687) 75007	Border Toyota, Parkhouse Road Carlisle.....	(01228) 882000
FAX.....	(016973) 42319	Bongate House, Bongate House Appleby-In-Westmorland.....	(017683) 51245	Border Vehicle Repairs, Ltd, Tyres & Components, Unit 3-4 Townfoot Industrial Estate Brampton Brampton.....	(016977) 41718
Blaithwaite Christian Centre, Managers.....	(016973) 42319	Bonhams 1793, Ltd, 48 Cecil St Carlisle.....	(01228) 542422	Border Vending, Ltd, Kingstown Indust Est Kingstown Broadway Carlisle.....	(01228) 515490
Blake, Messrs, Farmers, Halfway Well Gt. Salkeld.....	(01768) 864451	Bonington, C.J.S., Badger Hill Nether Row Hesket Newmarket.....	(016974) 78286	Border Vending Ltd, Kingstown Bdwy Kingstown Indust Est Carlisle.....	(01228) 529977
Bland, C.D.W, Frmr, Flatt Farm How Mill.....	(01228) 670313	Boo Hair & Beauty, 15 Lowther St Carlisle.....	(01228) 548800	Borderland Farm Supplies, Alanbrooke Road Rosehill Industrial Estate Carlisle	(01228) 515358
Bland, S, Frmr, Abbot Ldg Clifton.....	(01931) 712720	Bookcase, 17-19 Castle St Carlisle.....	(01228) 544560	Borderloos, Alstonby Grange Westlinton.....	(01228) 792792
Blasc, Ltd, 46-48 Lowther Street Carlisle.....	(01228) 402848	Booker Cash & Carry, Carlisle.....	(01228) 511055	Borderway Finance, Ltd, Cumberland House, Head Office Cooper Way Parkhouse.....	(01228) 595939
Blast Clean, High Pressure Washers, Eyre & Ellison Millbrook Road Kingstown Industrial Estate.....	(01228) 401340	FAX.....	(01228) 511055	Borderway Motors Auctions, Ltd, Montgomery Wy Rosehill Indust Est Carlisle.....	(01228) 590990
Blatchford, & Sons Ltd, Artificial Limb Centre Infirmary Street Carlisle.....	(01228) 511019	Workington Clay Flatts Indust Est Workington.....	(01900) 602471	Borrowdale Gates Country House Hotel, Borrowdale Gates Htl Grange-o-Sands.....	(017687) 77204
Blaylock, D.J., The Courtyard Carlisle.....	(01228) 674754	FAX.....	(01900) 65046	Botcherby Community Association, Wholesale Retail, Botcherby Community Centre Victoria Road Carlisle.....	(01228) 596992
Blaylock, J., Birch Grove Longtown.....	(01228) 791435	Books Accountants, Ltd, The, 1 LIME HOUSE The Green Wetheral Carlisle.....	(01228) 272657	Bourne Business Centre, Milbourne St Carlisle.....	(01228) 547100
Blaylock, N, Frmr, Bridge House Hesket Newmarket.....	(016974) 78772	Books Cumbria, 66 Main Street Keswick.....	(017687) 75277	Bousfield, R.B., Laypool Fm Renwick.....	(01768) 898220
Bleasdale, & Co, Solicitors, 14 Scotch Street Whitehaven.....	(01946) 692165	Bookwell Primary School, Bookwell.....	(01946) 820408	Bowe, S, Midtown Farm Wiggonby.....	(016973) 42198
Blendbetter Pet Foods, Westlinton.....	(01228) 791608	Boonwood Garden Centre, Boonwood Garden Centre Gosforth.....	(019467) 25330	Bower House Inn, Ltd, Marketing Pr Advertising, Irton.....	(019467) 23197
Blind Society West Cumbria, (Copeland & Allerdale), 22 Lowther St Whitehaven.....	(01946) 592474	Boot Inn, The, The Boot Inn Eskdale Valley Cumbria Boot.....	(019467) 23711	Bower's Garage, Serv Mot & Rprs, Clay Flatts Trading Est Workington.....	(01900) 63655
Blockbuster Video, Stores Carlisle Old Raffles Pde Wigton Rd CA2.....	(0872) 4358285	Boot Leisure, Ltd, Woolpack Inn Boot.....	(019467) 23477	Clay Flatts Trading Estate Workington.....	(01900) 62615
Blomfield's, Ltd, Woodland Nurseries Stamford Hill Lowca Whitehaven.....	(01946) 693034	Boots Pharmacy, Egremont 67 Main St Egremont.....	(01946) 820288	Bowman, Skiprigg Farm Dalston Carlisle.....	(016974) 76318
Bloom, New Road Brough.....	(017683) 69270	Frizington 6 Main St Frizington.....	(01946) 810352	Bowman, Billy, Mus Shop, 5 Lowther Went South Street Cockermouth.....	(01900) 826708
Blooming Borders, Ltd, Unit 3 Borders Bsns Pk Longtown.....	(01228) 792587	Longtown 16 English St Longtown.....	(01228) 792859	Bowman Carpets, Ltd, Unit 1 Robinson Street Penrith.....	(01768) 862676
Blue Bell, 6 Market Place Egremont.....	(01946) 430933	Boots The Chemists, Carlisle 43 English St Carlisle.....	(01228) 542944	Bowman, D.K & N, Cch Hire, Burthwaite HI Burthwaite.....	(016974) 73262
Blue Bell Inn, Newbiggin.....	(01768) 896615	Opticians 43 English St Carlisle.....	(01228) 531778	Bowman, J, Bomby Farm Bampton.....	(01931) 713251
Blue Dial Caravans, Ltd, Blue Dial Farm Allonby Maryport.....	(01900) 881277	Cockermouth 56 Main St Cockermouth.....	(01900) 823160	Bowness Farms, Ltd, West End Farm Gilcrux.....	(016973) 20467
Blue Flame Services, Ltd, Unit 20b Solway Trading Estate Maryport.....	(01900) 816672	Keswick Skiddaw Htl 29 Main St Keswick.....	(017687) 72383	Bowness, Joseph, Frmr, Ciburn Hall Ciburn.....	(01931) 714215
Blue Poppy, 66 Boroughgate Appleby In Westmorland.....	(017683) 52860	Penrith Unit 3 Angel Sq Penrith.....	(01768) 862735	Bowness, J.A, Bldr, High Waverbridge House Wigton.....	(016973) 71322
Blue Swallow, The, 11 Victoria Road Penrith.....	(01768) 866335	Whitehaven 26 King St Whitehaven.....	(01946) 692042	Bowness Richard, Bldg Contr, see Bowness A.W Ltd	
Bluebell 23, Ltd, 6 The Square Dalston Carlisle.....	(01228) 648722	Workington 27 Murray Rd Workington.....	(01900) 602405	Box Clever, Send The Light Warehouse Millbrook Rd Kingstown Industrial Estate.....	(01228) 595959
Bluebird Care, 4 Telford Ho Riverside Vw, Warwick Rd Carlisle.....	(01228) 591131	Boots, UK Ltd, 5 Brewery La Penrith New Squares.....	(01768) 865225	Boxer Fire & Security, Ltd, Central Garage Central Square Workington.....	(01900) 607234
Bluefin, Penrith 35 Middlegate Penrith.....	(01768) 863637	Appleby 11 Boroughgate Appleby In Westmorland.....	(017683) 51410	Boyd Hair & Beauty, 28-32 Bank Street Carlisle.....	(01228) 537575
Bluefin Insurance Services, Howard Ho Dovenby.....	(01900) 898800	6 Petteril Bank Rd Carlisle.....	(01228) 523533	Boyes, A.D, Hlge Contrs, North Vw Low Ireby.....	(016973) 71206
Or.....	(01900) 898858	Booze Buster, Wigton 27 High St.....	(016973) 43628	Boyes, D, Frmr, Middle Gill Fm Howgate Whitehaven.....	(01946) 692798
FAX.....	(01900) 898859	Bord Na Mona, Barbary Plains Edenhall.....	(01768) 868548	BP Service Stations, Essex Garage Maryport Rd Dearham.....	(01900) 814374
Or.....	(01900) 898859	Border Barriers Systems, Ltd, Alstonby Gnge Westlinton.....	(01228) 675764	Golden Fleece Carleton.....	(01228) 542766
Bluestar, (North West) Ltd, 5 Town End Croft Clifton Penrith.....	(01768) 892051	Border Car, (Jeep Suzuki), Sales Service Parts, Kingstown Indust Est Kingstown Bdwy Carlisle.....	(01228) 818822	Kingstown Filling Station Kingstown Rd Carlisle.....	(01228) 523031
Blyth, Debbie, 5 Market Place Cockermouth.....	(01900) 269359	Border Cars, 87B Kingstown Indust Est Kingstown Bdwy Carlisle.....	(01228) 818811	Longmile Service Station A595 Northbound Lillyhall.....	(01900) 602068
BNS Nuclear Services, Ltd, Flewsk Court Crow Park Way Westlakes Science & Technolo Moor Row.....	(01946) 64589	Border City Glass, Ltd, windows, doors, aluminium, The Old Reading Room Lancaster St Carlisle.....	(01228) 810404	Middlemoor Service Station Stainburn Rd Stainburn.....	(01900) 61993
Bo Peeps, 16 Church Close Distington.....	(01946) 439196	Border Cookers, 42 Irthing Park Brampton.....	(016974) 51040	South End Filling Station Longmoor Rd.....	(016973) 45234
Board & Elbow, Ltd, 10-11 Cornmarket Penrith.....	(01768) 867221	Border Cookers, 83 Townfoot Park Brampton.....	(016974) 51987	BPD Consulting, Ltd, FAX.....	(01228) 516005
Bobb Rudd Leisure, Ltd, Gaming & Amusement Machines, Unit 8 Blencathra Business Centre Threlkeld.....	(017687) 79761	Border Esk Fencing, Unit 29 Brampton Road Carlisle.....	(01228) 792067	Bpd Zenith, Ltd, Clifford Court Clifford Court Cooper Way Parkhouse.....	(01228) 516000
Bobbins Coffee Shop, Shaddon Mills Shaddongate Carlisle.....	(01228) 593411	Border Esk Fencing, Ltd, Unit 2 Longtown.....	(01228) 791598	Br Dalglish, Burnside Hethersgill.....	(01228) 675221
Body Logic Chiropractic, The Coach House Centre Aglionby Grange Aglionby.....	(01228) 599133	29 Brampton Rd Carlisle.....	(01228) 791423	Brackenbarrow Farm, Ltd, Croftlands Deanscales.....	(01900) 825523
BodyCare, Health & Beauty, 28 King St Whitehaven.....	(01946) 692650	Border Finance, 15 Montgomery Wy Carlisle.....	(01228) 595949	Brackenrigg Inn, Watermillock.....	(017684) 86206
		Border Fire & Security, Ltd, 21 Knowe Road Carlisle.....	(01228) 595888	Bradley, Dr, R,	

Marion Ldg Little Salkeld.....	(01768) 881745	36-38 Botchergate Carlisle.....	(01228) 528929	R H Brown Kirkbride Airfield Kirkbride.....	(016973) 51586
Braidwood McLellan & Assoc, 36-38 Currock Road Carlisle.....	(01228) 523696	Brewer, Edmund, Hlge Contr, Site 3 Penrith Indus Est Penrith.....	(01768) 895577	Brown, Shaun, Accountants Ltd, 14A Hartness Road Penrith.....	(01768) 216544
Braidwood McLellan & Assoc, 36-38 Currock Road Carlisle.....	(01228) 527882	FAX.....	(01768) 895567	Brown, T.A., Midtown Farm Kirkbampton.....	(01228) 576304
Braidwood McLellan & Associates, 38 Currock Rd Carlisle.....	(01228) 522815	Brewer, E.J., Crosby Hall Crosby Ravensworth.....	(01931) 715310	Brown, T.W, Frmr, Seaville Cote Seaville.....	(016973) 61277
Braithwaite School, Braithwaite.....	(017687) 78356	Brewers Fayre, Family Pub Restaurant Carleton.....	(01228) 532073	Brownber, Owners Accommodation Brownber Hall Brownber Lane Brownber Newbiggin-On-Lune.....	(015396) 23208
Braithwaite Village Shop, Village Shop, Braithwaite House Braithwaite.....	(017687) 78359	Brewsters Inns, Whitehaven Howgate.....	(01946) 66286	Brownrigg, S.H, Coach Hire Prop, 53 Main Street Egremont.....	(01946) 820205
Braithwaites Garage, Newbiggin Gar Newbiggin.....	(017684) 83254	Bricksinbloom, Ltd, 17-18 St. Cuthberts Lane Carlisle.....	(01228) 472021	Brownriggs Coaches, S H Brownrigg Bridge End Industrial Estate Egremont.....	(01946) 820205
Bramble Beck Caravan Park, Moorpark Farm Thurstonfield.....	(01228) 576615	Brickstation, Marketing Pr Advertising, Atlas House Nelson Street Carlisle.....	(01228) 543474	Brun Lea, Guest Ho, 1-3 Stanger Street Keswick.....	(017687) 74247
Brampton Business & Telecentre, Irthing Centre Brampton.....	(016977) 45000	Brickworks Garage, Ltd, Brickworks Garage Broughton Moor Maryport.....	(01900) 813902	Brundholme Dental Practice, Ltd, 35 Station Road Keswick.....	(017687) 72096
FAX.....	(016977) 45001	Bridal House, 100 Senhouse Street Maryport.....	(01900) 819933	Brunswick Antiques, 8 Brunswick Road Penrith.....	(01768) 899338
Brampton Cars, 27 Cambeck Close Brampton.....	(016977) 3386	Bridge End Inn, Bridge End Inn Bridge End Dalston.....	(01228) 710161	Brunswick Infant School, County Infant School Brunswick Road Penrith.....	(01768) 213200
Brampton Community Centre, Irthing Cntr Union Lane Brampton.....	(016977) 41220	Bridge Hotel, Buttermere.....	(017687) 70252	Bryan Fell Motor Engineers, Currock Rd Carlisle.....	(01228) 542158
Brampton Community Centre, Irthing Centre Union Lane Brampton.....	(016977) 45023	Bridge, The, Bridge End Inn Kirkby Thore.....	(017683) 62766	Or.....	(01228) 598713
Brampton Community Hospital, Carleton Clinic Cumwhinton Dv Carlisle.....	(01228) 608345	Bridgefoot Holiday Home For Cats, The, Tregarth Marron Lane Bridgefoot.....	(01900) 824654	Bryan Hall, Ltd, Cherry Tress Garage Kirkby Thore.....	(017683) 61277
Brampton Conservative Club, Brampton And District Club Front Street Brampton.....	(016977) 2727	Bridhe Inn, Bridge Inn Gilsland.....	(016977) 47353	Bryson, John, (Keswick) Ltd, Bkrs, Confecs, 70 Main St Cockeremouth.....	(01900) 822114
Brampton Golf Club, Tarn Rd Brampton.....	(016977) 2000	Brierholme Guest House, 21 Bank Street Keswick.....	(017687) 72938	Bs Spicy Ltd, 51 Parkside Carlisle.....	(01228) 497824
Or.....	(016977) 2255	Brighthouse, Washington Sq Campbell-Savours Wy Workington.....	(01900) 601006	Or.....	(01228) 497825
Brampton Medical Practice, 4 Market Pl Brampton FAX.....	(016977) 41944	58-62 Scotch St Carlisle.....	(01228) 520092	BSM, (British School of Motoring), Carlisle 11 Devonshire St Carlisle.....	(01228) 515596
Brampton Medical Practice, Surgery La Market Pl Brampton.....	(016977) 2551	British Blue Cattle Society, Ltd, The, Holme House The Dale Ainstable.....	(01768) 870522	B-Smart Fitness, Ltd, Southey Hl Indust Est, Main St Keswick.....	(017687) 72715
Brampton Medical-Repeat Prescriptions, 4 Market Pl Brampton.....	(016977) 41500	British Fuels, Ltd, FAX 2 Terminal Prince of Wales Dock Workington.....	(01900) 68862	BSS, Pipe & Fitting Stockholders, Carlisle Plot 2 Port Rd Business Pk Carlisle.....	(01228) 517600
Brampton Primary School, Brampton Primy Sch, Unknown, Brampton Junior School Sawmill Lane Brampton.....	(016977) 42529	British Gas, All Enquiries.....	(03332) 029802	FAX.....	(01228) 598090
Brampton Roster, Indian Takeaway, 24 Main Street Brampton.....	(016977) 42471	BRITISH GYPSUM, Ltd, Kirkby Thore Works Birks Mine.....	(017683) 61810	BT, Services & Subsidiaries Audio Conferencing Services see BT Conferencing BT Directories Directory Enquiries UK & Irish Directory Enquiries 118 500 International Directory Enquiries 118 505 International Directory Enquiries from Payphones 118 060 UK Classified Service 118 500 UK & Irish Directory Enquiries for Business Users 118 707 UK & Irish Directory Enquiries for Welsh Speaking 118 404 UK & Irish Directory Enquiries from Payphones 118 141 Blind & Disabled Directory Enquiries 195 BT Internet Services Consumer (BT Broadband) Sales, Technical Help & Billing.....	(03301) 234150
Brampton Rural Housing Society, Old Brewery Yard Craw Hall Brampton.....	(016977) 2323	Or.....	(017683) 61810	Consumer (BT Yahoo) Sales.....	(03301) 234150
Brampton Skip Hire, Warren Ho Newcastle Rd Brampton.....	(016977) 2524	British Heart Foundation, Heart Research Charity, Charity Shops Penrith Cannon Fashions Market Square Penrith.....	(01768) 890253	Operator Assistance UK Operator 100 International Operator 155 Special Operator Assistance 198 Video Conferencing Services see BT Conferencing BTCV Enterprises, Ltd, 3 Brunswick Street Carlisle, Cumbria.....	(01228) 635950
Brampton Skips-Carlisle, Unit 1 Kingmoor Pk, Rockcliffe Est Rockcliffe.....	(01228) 672999	Whitehaven 55 King St Whitehaven.....	(01946) 592594	Budget Blinds, Mill Cottage Parkside Road Cleator Moor.....	(01946) 817111
Brampton Sub Post Office, Brampton Post Office Front Street Brampton.....	(016977) 2301	Workington 50 Pow Rd Workington.....	(01900) 873177	Budget Exhausts & Tyre Centre, Tyre Distribs & Dlrs, 105-07 London Road Carlisle.....	(01228) 537805
Brampton Tandoori, Indian Takeaway, 36 Front Street Brampton.....	(016977) 2600	Furniture & Electrical Store 39 King Street Whitehaven.....	(0844) 2489168	Budget Exhaust & Tyre Centre, 105-07 London Road Carlisle.....	(01228) 515301
Brampton Used Furniture Warehouse, Unit 2h Townfoot Indust Est Brampton.....	(016977) 42986	British Nuclear Fuels, Ltd, B728 Control Room British Nuclear Fuels Sellafield.....	(019467) 29304	Builder Center, Carlisle Junction St Carlisle.....	(01228) 525313
Brampton Village Shop, Norbrook House Bampton.....	(01931) 713351	British Rail Staff Association, Workington Falcon St Workington.....	(01900) 603446	FAX.....	(01946) 823818
Brampton Wood fuels, Townfoot Industrial Estate Brampton.....	(016973) 69469	British Red Cross, Cumbria Branch Workington Centre 16A Murray Rd Workington.....	(01900) 870652	Egremont FAX.....	(01900) 62231
Brancaster Appleby, The Pines Residential Home Bongate Appleby-In-Westmorland.....	(017683) 51191	Workington Red Cross Shop 16 Murray Road Workington.....	(01900) 65093	Annie Pit La, Clay Flatts Trading Est Workington.....	(01900) 62231
Or.....	(017683) 54087	British Steel, Corus Process Engineering Curwen Road Derwent Howe Industrial Esta Workington.....	(01900) 842600	Building Products, Ltd, Bldr, The Woodyard Beck Farm Crosby-On-Eden.....	(01228) 573200
Brancasterclarendon, Clarendon House Main Road Great Clifton.....	(01900) 606383	BRITISH TELECOMMUNICATIONS PLC, Please see under BT Broadway Auto Repairs, Unit 4 Kingstown Broadway Kingstown Industrial Estate.....	(01228) 593322	BULLOUGH'S, (Carlisle) Ltd, Departmental Store, 41 Castle St Scotby.....	(01228) 513191
Or.....	(01900) 62769	Brockbank Curwen Cain & Hall, 68 Curzon Street Maryport.....	(01900) 813488	Bulman Bulk & Haulage, Haweswater Rd Penrith Indust Est.....	(01768) 867008
Brancastercroft, Lift East Croft Mansion Residential Home Scaw Road High Harrington.....	(01946) 834037	Brockbank Curwen Cain & Hall, 44 Duke Street Whitehaven.....	(01946) 692194	Or.....	(01768) 867220
Or.....	(01946) 834859	Brockbank Curwen Cain & Hall, 71 Main Street Cockeremouth.....	(01900) 827222	FAX.....	(01768) 890367
Branded Group, Ltd, The, 51 Bank Street Carlisle.....	(01228) 536043	Brockbank Curwen Cain & Hall, 4 Portland Square Workington.....	(01900) 603563	Bumble & Bumble, Ullswater Rd Penrith.....	(01768) 891394
Braniff & Davidson Opticians, 1-2 New Oxford Street Workington.....	(01900) 606111	Brockhill Enterprises, Ltd, Council Dept Hobson La Kirkby Stephen.....	(017683) 72027	Bunzl Cleaning & Hygiene Supplies, Carlisle Unit 3A Port Rd Bsns Pk Port Rd Carlisle FAX.....	(01228) 810902
Or.....	(01900) 606222	Hobson Lane Kirkby Stephen.....	(017683) 72049	Bunzl Outsourcing, Bunzl Outsourcing, Unit 3a Port Road Business Park Port Road Business Park Carlisle.....	(01228) 558759
Brannan Thermometers & Gauges, Sales Team Whitehaven Rd Cleator Moor.....	(01946) 816624	Bronze Salon, 55 Brook Street Carlisle.....	(01228) 531352	Burgh by Sands School, Burgh By Sands Primary School Burgh-By-Sands.....	(01228) 576397
FAX.....	(01946) 816625	Brook House Inn, Brook House Boot.....	(019467) 23288		
Branstry Primary School, Mona Rd Bransty.....	(01946) 63591	Brooks, 97 Duke Street Whitehaven.....	(01946) 692116		
Branthwaite Nursing Home, Branthwaite Rd Workington.....	(01900) 67111	Brookside Garage, Brookside Garage Brookside Wigton.....	(016973) 42153		
Brantwood Country House Hotel, Brantwood Stainton.....	(01768) 862748	Brough Bodyworks Services, Grand Prix Garage Main Street Brough.....	(017683) 42220		
Brass, T.S, Frmr, Espland Brackenber.....	(017683) 51327	Brough, I R, Frmr, Langfauld Langrigg Wigton.....	(016973) 20384		
Brassbell Software Development, Ltd, St. Michaels Drive 45 St. Michaels Drive Carlisle.....	(01228) 272085	Brough Pre-School Nursery, Church Brough.....	(017683) 42112		
Brayton Engineering, Allenbrook Rd Rosehill Indust Est Carlisle.....	(01228) 537761	Broughton Craggs Hotel, Craggs Road Great Broughton, Cockeremouth.....	(01900) 824400		
Brazuca Barbers, Brazuca Gentry & Grooming 43 Newtown Road Carlisle.....	(01228) 535220	Brown, Joseph, Coal Mrcnt, The Hawthorns Seaton Road Broughton Moor.....	(01900) 813760		
Brechlin Management, Ltd, South Cottage Setmurthy.....	(017687) 76523	Brown, R.H, Mtr Body Rprs, Brown, R.H, Mtr Body Rprs,			
Brett Mitton Printing, 6 East Park Crofton.....	(016973) 42767				
Brewdog,					

Burke, Dr, L, 3 Randle How Eskdale	(019467) 23731	C W Armstrong, & Sons, Lynwood Longtown	(01228) 791547	Desk 65 And 66 Building B930 Sellafeld FAX	(019467) 29421
Burleigh Mead Hotel, Burleigh Mead Hotel The Heads Keswick	(017687) 72750	Ca1 Barbers, 7 Botchergate Carlisle	(01228) 492374	CAPITA, The Capita Building Parkhouse Building Baron Wy, Kingmoor Business Pk Rockcliffe	(01228) 673000
Burn, Dr, John C, (Res) Capon HI Brampton	(016977) 2424	Cabelo, 55 Meadow Road Whitehaven	(01946) 693226	FAX Kingmoor Bsns Pk Rockcliffe	(01228) 673111
Burne, J.E.A & S.M, Poultry Fmrms, Bonnie Mount Edenhall	(01768) 881388	Cad Works Engineering, Unit L Ladybank Kingmoor Bsns Pk Carlisle	(01228) 674910	Local Practices Maryport New Building Irish St Maryport	(01900) 819438
Or	(01768) 881624	Cafe Bar 26, Ltd, Marketing Pr Advertising, 26 Lake Road Keswick	(017687) 73206	Anthonne Ho Irish St Maryport	(01900) 811229
Burnettes Solicitors - Westlakes, Westlakes Research Institute Ingwell Dv Westlakes Science Tech Pk	(01946) 690777	Cafe HNW, Park Kiosk Station Road Keswick	(017687) 75333	Penrith Clint Mill Cornmarket Penrith	(01768) 242322
Burns Farm, Tewet Burns Farm St Johns In The Vale Keswick	(017687) 79112	Cafe Hope, Ltd, Hope Park Lake Road Keswick	(017687) 80844	Whitehaven Richmond Ho Catherine St Whitehaven	(01946) 852505
Burnside B&B, Flat 1 Burnside Penrith Road Keswick	(017687) 72639	Cafe V, 15-16 Princes Street Penrith	(01768) 895852	FAX	(01946) 852523
Burrowgate Post Office, 36-40 Burrowgate Penrith	(01768) 862174	Caffe Nero House Of Fraser, A, 26-40 English Street Carlisle	(01228) 540153	Capital Aluminium Extrusions, Ltd, Cleator Moor Indust Est Cleator Moor	(01946) 811771
Burthwaite Farms, Burthwaite Cottage Wreay Carlisle	(016974) 73267	Caine Consulting Engineers, Ltd, Moss Bay House Peart Road Derwent Howe Industrial Esta	(01900) 61479	Capital Hair & Beauty, Capital Hair And Beauty Kingstown Broadway Kingstown Industrial Estate	(01228) 544134
Bush Nook, Brampton	(016977) 47194	Cairndale Hotel, 5 Market Street Carlisle	(01228) 537943	Capon Tree,The, 27 Front Street Brampton	(016977) 3649
Bush Nook Guesthouse, Bush Nook Cottage Gilsland	(016977) 47187	Caldbeck Bowling Club, Caldbeck Bowling Club Caldbeck Wigton	(016974) 78681	Capontree Veterinary Practice, T Raeside & N McNaughton Borders Business Park Longtown	(01228) 791245
Bush, The, The Bush Main Street Cockeremouth	(01900) 392355	Caldbeck Crafters Cooperative, Priests Mill Church Terrace Caldbeck	(016974) 77129	Capontree Veterinary Practice, Ltd, Greenhill Brampton	(016977) 2318
Bush, The, The Bush Main Street Cockeremouth	(01900) 392366	Caldbeck Surgery, Doctors Surgery Friar Row Caldbeck	(016974) 78254	Capstick, 41 Brow Nelson Carlisle	(01228) 710926
Business, Bsns, 21 Boroughgate Appleby-In-Westmorland	(017683) 51644	Calder Hall Power Station, British Nuclear Fuels Sellafeld	(019467) 28333	Capstick Carpets, Ltd, Capstick Carpets, Capstick Carpets The Sands Appleby-In-Westmorland	(017683) 52961
Business Express, Brunthill Rd, Kingstown Indust Est Carlisle FAX	(01228) 515037	Calder House Hotel, The Banks Seascale	(019467) 28538	Capstick Mike Nursery, Ltd, Gdn Centres, 41 Brow Nelson Carlisle	(0843) 5150355
Business Park, Tannery Ho Tannery Rd Harrabay Green Business Park	(01228) 529742	Caldeu Autolec, Ltd, Allenbrook Rd, Rosehill Indust Est Carlisle	(0843) 5079152	Captain Nelson Tavern, South Qy Maryport	(01900) 816697
Busy Bees Day Nursery, Busy Bees Day Nursery Rosehill Moresby	(01946) 691541	Caldew Carpet Manufacturers, Ltd, P O Box 184 Carlisle	(01228) 810568	Captain Nelson Tavern South Quay Maryport	(01900) 403083
Busy Scissors, 148 Ennerdale Road Cleator Moor	(01946) 814911	Caldew Coaches, Ltd, 6 Caldew Drive Dalston	(01228) 711690	Capula, Ltd, Floor 001 Kinniside Suite Innovation Centre Moor Row	(01946) 67268
Butchers Arms, The, BUTCHERS ARMS 95 CROSBY STREET MARYPORT	(01900) 810176	Caldew Holdings, Ltd, 8 Morton Street Carlisle	(01228) 547833	Car House Centre, 20 South Henry Street Carlisle	(01228) 531550
Butchers Crosby, Ltd,The, Butchers Arms Crosby Ravensworth	(01931) 715500	Caldew Plumbing Heating Contractors, Ltd, St. Ninians Road Carlisle	(01228) 513866	Caravan Club The, Englethwaite Hall Caravan Pk Armathwaite	(01228) 560202
Butler Accountancy Services, Ltd, Telford Wks Warwick Rd Carlisle	(01228) 537487	CALOR CENTRE, Workington Solway Rd, Clay Flatts Indust Est Workington	(01900) 66888	Low Manesty	(017687) 77275
Buttercup, Kirkby Stephen Library Market Street Kirkby Stephen	(017683) 72278	CALOR GAS, Ltd, Willowholme	(01228) 514424	Caravan Club,The, Club Site Troutbeck Head Caravan Park Troutbeck	(017684) 83521
Butterflies Tearooms, 18 Pow St Workington	(01900) 606795	Caltech, Solway Mills Silloth	(016973) 32592	Caravan & Cottage Holidays, Lillyhall Indust Est Pittwood Rd Lillyhall	(0800) 7831626
BUTTERWORTH SOLICITORS, Carlisle Head Office 24 Lowther St Carlisle	(01228) 593939	Calthwaite Ce Primary School Calthwaite	(01768) 885277	Carbotech-Europe, Ltd, Race Car Brakes, Greenways Plumpton	(01768) 885000
BWBCA, Ltd, 7 Town Cross Threlkeld	(017687) 85532	Calver IT Consultancy Services, Ltd, Kiln Hill Barn Bassenthwaite	(017687) 76454	Card Centre, 44-46 Front Street Brampton	(016977) 2267
Byers, Bros Ltd, Rigg Street Carlisle	(01228) 523304	Calvert, A.J, Fmr, Birks Farm Little Salkeld	(01768) 881375	Card Collection, (Keswick) Ltd,The, Unit 8 Pack Horse Ct Keswick	(017687) 71399
Byers, D, Fmr, Cubbyhill Fm Longtown	(01228) 791261	Calvert Trust, Offices Little Crosthwaite Adventure Cntr Underskiddaw	(017687) 72255	Card Project The, Uk, Ltd, 1 Fell View Cottages Lamplugh Workington	(01900) 876603
Byers, W, 17 Grange Close Wigton	(016973) 42534	Camelid Complete Feeds, Renwick	(0845) 6076559	Carers Federation ICAS, 5A Clifford Court, Parkhouse Business Park Cooper Way Carlisle	(03004) 568350
Byersteads Farm, Byerstead Farm Sandwith Whitehaven	(01946) 67103	Camelot Holiday Park, Ltd, Sandysike Longtown	(01228) 791248	Carhart, Dr, P, Seascale Health Centre Gosforth Rd Seascale	(019467) 27451
C.A.S.S (Cumbria Action for Social Support), 47 Nelson St Carlisle	(01228) 633651	Campbells Fabrications & Repairs, The Garage Great Asby	(017683) 52064	Carhart P.A,Stevenson,Illesley,Jay & Walker, Drs, Dispensary	(019467) 27451
C.A.W, Ltd, Skip Hire, FAX	(01229) 430978	Camping And Caravanning Club, The, Keela Lodge Keela Lodge Keswick	(017687) 80914	Carigiet Cowen, Chrtld Survrys, Suite 2 Telford Ho Riverside Warwick Rd Carlisle	(01228) 544733
C B S Electrical, Ltd, Unit 5 Wild Boar St. Lukes Road Kirkby Stephen	(017683) 72118	Camping & Caravanning Club, Ltd, Keswick Derwentwater Caravan Pk Keswick	(017687) 72392	Caritas Care - Carlisle, 2 Long Lane Carlisle	(01228) 595937
C Carruthers, & Son Ltd, Forge Longcroft Kirkbride	(016973) 51288	Camskill, UK Ltd, Unit 1 Pottery Road Whitehaven	(01946) 518200	Caritas Care, Ltd, Unit E Moorhouse Courtyard Warwick On Eden	(01228) 562691
C & C Barnett, 2 Garth Gardens Brampton	(016977) 42460	Camtec Security, (CCTV), 265 Blackwell Rd Carlisle	(01228) 591251	Carleton Clinic, Cumwhinton Dv Carlisle	(01228) 602000
C D Autos, Unit 7-8 Brickworks Garage Broughton Moor	(01900) 403538	Canberra U.K, Ltd, Unit 13 Cross Lanes Indust Estat E Seascale	(019467) 29660	Carleton Motor Body Repairs, Carleton Motor Body Repairs Carleton Carlisle	(01228) 543073
C & D Industrial Services, Sellafeld	(019467) 29004	Cancer Research, UK, Shops Carlisle 35 Bank St Carlisle	(01228) 512400	Carlins Bistrot, 18-20 Market Pl Cockeremouth	(01900) 823654
C & D Longtown Mart, C & D Auction Marts Ltd Townfoot Longtown	(01228) 791765	Carlisle 33-35 Bank St CA3	(0872) 4358151	Carlisle Ex Servicemans Club, 1 Albert Street Carlisle	(01228) 499222
C & D Property Services, 17 High St Longtown	(01228) 792299	Keswick 24 Main St Keswick	(017687) 71207	Or	(01228) 499223
C H Jeffries, (Pensions & Financial Planning) Ltd, Ground Floor Suite Sutton House Dovenby	(01900) 820160	Penrith 10 Angel Sq Penrith	(01768) 890495	Carlisle, J Nixon Plant Hire Rockcliffe	(01228) 674445
C.H.P.Merchants, Ltd, 5B Buddle Road Clay Flatts Industrial Estate Workington	(01900) 66688	Candy Cabs Cumbria, 73 High Street Cleator Moor	(01946) 440260	Carlisle 247 Investigations, Private Investigator, South Mill Warwick Mill Business Park Warwick Bridge, Carlisle	(0844) 7723750
FAX	(01900) 66699	Cannon, D I & A A, Fmr, Espland Hill Fm Brampton	(017683) 51387	Carlisle Airport, General Enquiries	(01228) 573641
C.I.C, Redmayne House Redmayne Close Wigton	(016973) 49313	Cannon, D.W, & Son, Low Abbey Kirkby Thore	(017683) 62044	Carlisle Audi, Kingstown Indust Est Kingstown Bdwy Carlisle	(01228) 544455
C & M Models, Model Shop, 1 Crosby Street Carlisle	(01228) 514689	Cannon Hire Haulage, Ltd, Unit C1-C2 Cross Croft Industrial Estate Appleby	(017683) 52820	Carlisle Audi, A, Cartrs Dom Appliance, Carlisle Audi Kingstown Broadway Kingstown Industrial Estate Carlisle	(01228) 514335
C P C Consulting, Ltd, Unit Gb Clifford Ct Cooper Wy Parkhouse	(01228) 545452	FAX	(017683) 52821	Carlisle Auto Repairs, Ltd, 106a,Dudsons Yard London Road Carlisle	(01228) 537360
C & P Taxis, Ltd, 2 Parkland Dv Carlisle	(01228) 535425	Canon Business Solutions, Consumables Sales Consumables Sales	(0844) 8920844	Carlisle Baptist Church, Charity, Aglionby Mews Aglionby Street Carlisle	(01228) 594045
C S L, Caxton Road Newtown Industrial Estate Carlisle	(01228) 544422	Canton Chef Restaurant, Rstnt, 9 Ennerdale Road Cleator Moor	(01946) 815567	Carlisle Bed Centre, Ltd, Waggoners Wlk Victoria Vdct Carlisle	(01228) 512121
C T J Recovery, Ltd, 4 Barfs Road Distington Workington	(01900) 403042	Cape Industrial Services,			

Carlisle Brass, Carlisle Brass Parkhouse Road Carlisle.....	(01228) 318724	Carlisle Green Room Club West Walls Carlisle.....	(01228) 533233	(01768) 862160
Carlisle Brass, Ltd, Parkhouse Rd Carlisle.....	(01228) 511770	Carlisle Housing Association, Civic Centre Carlisle	(0845) 3458500	26 Kingstown Bdwy Kingstown Indust Est Carlisle	(01228) 591091
Sales Parkhouse Rd Carlisle.....	(01228) 511030	Carlisle, Jh Wilson & Mark Burch, Old Raffles Pde Carlisle.....	(01228) 513206	Montgomery Wy,Rosehill Indust Est Carlisle	(01228) 520212
DeL-Eau Parkhouse Rd Carlisle.....	(01228) 815301	Carlisle Key, Charity, 5 Compton Street Carlisle.....	(01228) 810499	Parkhill Rd, Kingstown Indust Est Carlisle	(01228) 518860
FTD Parkhouse Rd Carlisle.....	(01228) 815304	Carlisle Law Chambers, 80 English Street Carlisle	(01228) 521383	Carrs Blends, Solway Mills Silloth.....	(016973) 33766
Sterling Hardware Parkhouse Rd Carlisle.....	(01228) 515170	Carlisle Leisure, Ltd, Sheepmount Playing Field Sheepmount Carlisle	(01228) 591241	Carrs Coaches, Verona Blitterlees	(016973) 31276
Carlisle Business Supplies, 14 Long I Pk Carlisle.....	(01228) 404600	Carlisle Maharishi Vedic Centre, Health & Transcendental Medication, 17 Norfolk St Carlisle.....	(01228) 522465	Carrs Flour Mills, Ltd, Sales Office	(016973) 31661
Carlisle Canoers, Units F/7 Kingmoor Park North Carlisle	(01228) 531703	Carlisle Methodist Circuit, Upperby Methodist Church Upperby Rd Carlisle	(01228) 523990	Solway Mills	(016973) 31661
Carlisle Castle, (English Heritage), Kings Own Royal Border Regiment Museum	(01228) 532774	Carlisle Panel Factors, Mtr Fctrs, Brook St Carlisle	(01228) 534843	Carruthers, G, Frmr, Lowca Cott Fm Lowca	(01946) 693969
Carlisle Cathedral, Office 7 The Abbey Carlisle	(01228) 548151	Carlisle Probation Office, Georgian House Lowther Street Carlisle	(03000) 473800	Carruthers, J, Haygate Oulton.....	(016973) 43182
Vergers Vestry The Abbey Carlisle.....	(01228) 535169	Carlisle Racecourse, Durdar Road Carlisle.....	(01228) 554700	Carruthers, J.B, Plant Hire, Arkleby Farm Arkleby.....	(016973) 20434
Carlisle Cathedral, Cathedral Lodge Antiques The Lodge Carlisle Cathedral The Abbey Carlisle.....	(01228) 596938	Carlisle Scaffolding, Ltd, Lonning Garth Lambley Bank Scotby	(01228) 548483	Carruthers, J.N, Frmr, East Fm Crosscanonby	(01900) 812153
Carlisle Christian Fellowship, Charlotte Street Carlisle	(01228) 533110	Carlisle Scaffolding, Ltd, Lonning Garth Lambley Bank Scotby	(01228) 810699	Carruthers, Margaret, 22 Scaleby Close Carlisle.....	(01228) 739586
Carlisle Citadel Charity Shop, The Salvation Army Carlisle Citadel Corps, 65-67 Wigton Road Carlisle	(01228) 594755	Carlisle Shoe Repairs, 1 Citadel Row Carlisle.....	(01228) 521990	Carruthers, Phillip, Ltd, Pittwood Road Lillyhall Industrial Estate Workington	(01900) 68777
Carlisle City Council, Main Switchboard Civic Cntr Rickergate CA3	(01228) 817000	Carlisle Small Arms Club, Home End Crosby On Eden Carlisle.....	(01228) 573347	CARTCOM (Cartwright Cumbria Ltd), Computer Services, Moorfields Broughton Moor Cumbria	(01900) 838001
Carlisle City Council, Dhaka Tandoori Carleton	(01228) 591167	Carlisle Society For The Blind, 9 Brunswick Street Carlisle	(01228) 593104	Cartmell Shepherd, Solrs, Viaduct Ho Victoria Vdct Carlisle	(01228) 516666
Carlisle Clinic, Fax, 1st Floor Albert House 19 Victoria Place Carlisle.....	(01228) 658281	Carlisle Tourist Information Centre, The Old Town Hall Green Market Carlisle	(0870) 4281939	Montgomery Wy,Rosehill Indust Est Carlisle	(01768) 862326
Carlisle Clinic, 1st Floor Albert House 19 Victoria Place Carlisle.....	(01228) 739918	Carlisle Tps, Unit F6 Dukes Dv Kingmoor Park North	(01228) 672966	Gill Pl Main St Brampton	(016977) 2378
Carlisle Clinic, (RSPCA), 28 Close Street Carlisle.....	(01228) 512893	Carlisle United Association Football Club, Brunton Pk Warwick Rd Carlisle.....	(01228) 526237	Cartmell, Timothy H, Solr, Montgomery Wy,Rosehill Indust Est Carlisle	(01228) 514077
Carlisle Coated Stone, R M C Asphalt Plant Willow Holme Road Willowholme Industrial Estat Carlisle.....	(01228) 514455	Carlisle United Football Club, A, Cartrs Dom Appliance, Carlisle United Football Club Brunton Park Warwick Road Carlisle	(01228) 591340	Cartner, Mir, R, Low Ploughlands Kirkbampton	(016973) 51377
Carlisle College, General Enquiries	(01228) 822703	Carlisle United, Ltd, Football Clubs, Brunton Park Warwick Road Carlisle.....	(0843) 8162193	Cartridge World, 3 Port Rd Carlisle.....	(01228) 599581
Course Enquiries	(01228) 822703	Carlisle Vineyard Church, Charity, Mitchell Dryers Denton Holme Carlisle	(01228) 535786	Carveti Partnership Limited, Room 32 Cockermouth Community Hospital Isel Road Cockermouth	(01900) 381549
Carlisle Concrete Supplies, Burgh Rd Indust Est Marconi Rd Burgh Road Industrial Estate	(01228) 599342	Carlisle Window Systems, Ltd, Stevenson Rd, Durrnhill Indust Est Carlisle.....	(01228) 598550	Carvetii Coffee Roasters, Unit 3C Threlkeld Business Park Side Threlkeld Keswick	(017687) 76979
Carlisle Conservative Association, 31 Chiswick Street Carlisle	(01228) 521573	Carlisle Youth Zone, Victoria Place Carlisle	(01228) 515823	Carvetii Properties Lp, 36 Cecil Street Carlisle.....	(01228) 658335
Carlisle Conservative Club, 28-30 Spencer Street Carlisle	(01228) 493320	Carlisle Youth Zone, A, Cartrs Dom Appliance, Carlisle Youth Zone Victoria Place Carlisle	(01228) 401247	CASA ROMANA, Italian Restaurant, 44 Warwick Road Carlisle	(01228) 591969
Carlisle Councillor Centre, Bourne Ho Millbourne St Carlisle.....	(01228) 401409	Carlisle Youth Zone, A, Cartrs Dom Appliance, Carlisle Youth Zone Victoria Place Carlisle.....	(01228) 401821	Casabella Ice Cream, 5 Lake Road Keswick	(017687) 73313
Carlisle Council For Voluntary Service, 27 Spencer St Carlisle	(01228) 512513	CarnaudMetalbox, Speciality Packaging, James St Carlisle	(01228) 594949	Casablanca Piano Bar, 27 Main St Keswick	(017687) 72083
Carlisle County Property Services, Ltd, 18 Chiswick St Carlisle	(01228) 592211	Carnaudmetalbox, Bevcn Plc, Beverage Can Mfrs, Borland Av Carlisle	(01228) 811200	Casanova Menswear, 12 St. Cuthberts Lane Carlisle	(01228) 548963
Carlisle Cricket Club, Carlisle Cricket Club Edenside Cavendish Terrace Carlisle.....	(01228) 528593	FAX	(01228) 811290	Cash Generator, 46 Lowther St Carlisle	(01228) 815430
Carlisle Diocesan Board Of Finance, Ltd, Church St Lukes Carlisle	(01228) 545387	Carne Whitney Partners, Ltd, FAX	(01228) 596896	Casplan, 79 High Street Cleator Moor	(01946) 811113
Carlisle & District Credit Union, Ltd, 95 Lowther Street Carlisle	(01228) 594007	Carol Roberts Couture Bridal, Bridal Wear, 19 Warwick Rd Carlisle.....	(01228) 596332	Caspian Classic, 66 Whitehaven	(01946) 692145
Carlisle Drivers, Durrnhill Indust Est, Stephenson Rd Carlisle	(01228) 818181	Carols Hairdressers, 20 Newtown Road Carlisle	(01228) 525749	Caspian Kebab & Pizza Line, Caspian Restaurants Ltd Derwent Drive Derwent Howe Industrial Estate Workington	(01900) 63397
Stephenson Rd, Durrnhill Indust Est Carlisle	(01228) 515818	Carpentright, Carlisle Unit A Charlotte Street, Madford Retail Park Carlisle, Cumbria	(03332) 208449	Caspian Kebabs, 20 Fisher St Workington	(01900) 62325
Carlisle & Eden Citizens Advice Bureau, 586 Old Post Office Court Carlisle Cumbria.....	(03300) 563037	Penrith Unit 3 Sedan Building Castle Retail Park Cavendish Way Penrith, Cumbria	(03332) 208433	Cassa Bella Restaurant, 22-26 Station Street Keswick	(017687) 75575
Carlisle Eden Mind, 13 Angel Lane Penrith	(017684) 28716	Whitehaven Unit 3 Bridges Retail Park Whitehaven, Cumbria	(03332) 208404	Cassidy, Raymond, 24 Cant Crescent Carlisle	(01228) 318068
Carlisle Eden Mind, Ltd, 49 Bank St Carlisle.....	(01228) 548016	Workington Derwent Drive Retail Park Derwent Drive Derwent Howe Industrial Estate, Cumbria.....	(03332) 208115	Castle Carrock School, Castle Carrock Primary Schoo Castle Carrock.....	(01228) 670393
Carlisle Embroidery, Ltd, Port Road Business Park Port Road Carlisle	(01228) 597649	CARPHONE WAREHOUSE, Ltd, Mobile Phone Retailer, Carlisle 103-105 Kingstown Road Carlisle	(0870) 1682760	Castle Chocolates, 40 Fisher Street Carlisle	(01228) 493551
Carlisle Estates, Co Ltd, TYNDALE PLAINS ROAD WETHERAL CARLISLE.....	(01228) 560673	Whitehaven 8 Kings St Whitehaven.....	(0870) 1682509	Castle Computers, The Driving Test Cntr Hillcrest Av Carlisle	(01228) 590900
Carlisle Ex-Services Mens Club, Ltd, Secretary Office	(01228) 515269	Workington 17 Murray Rd Workington.....	(0870) 1682498	Castle Fine Arts, 3 High Wiend Appleby In Westmorland.....	(017683) 69257
Carlisle Extreme Sports, Carlisle Extreme Sports Ltd, Ltd, 11 Beaumont Rd Carlisle.....	(01228) 597726	CARPHONE WAREHOUSE, Ltd, Mobile Phone Retailer, Carr, A.S.V., New House Farm Beckfoot.....	(016973) 32295	Castle Inn Hotel, Castle Inn Hotel Bassenthwaite	(017687) 76401
Carlisle Family Chiropractic Centre, 50 Cecil St Carlisle.....	(01228) 522161	Carr, J, Moorhouse Hall Warwick On Eden.....	(01228) 561993	Castle Insurance Services, 12A King St Aspatria	(016973) 21776
Carlisle Flight Training, Ltd, Carlisle Airport Carlisle Airport	(01228) 573344	Carrock Design Build, Ltd, Carrock House Hutton Roof	(017684) 84556	Castlegate Coffee Houses, Cafe, Castle Ct Castle St Carlisle.....	(01228) 592353
Carlisle Glass, Ltd, 26 Crown Wks Crown St Carlisle	(01228) 511511	Carrocks Meats, 18 The Square Dalston	(01228) 712442	Castlegate House Castlegate Cockermouth.....	(01900) 822149
FAX	(01228) 515581	Carrs Billington Agriculture, (Operations) Ltd, Sales Personnel I Eland - Sales Staff (Res)	(016973) 71269	Castlegate Pharmacy, Cockermouth Hospital Isel Road Cockermouth.....	(01900) 826018
Or	(01228) 515581	Carrs Billington Agriculture, (Sales) Ltd, 26 Kingstown Bdwy Kingstown Indust Est Carlisle.....	(01228) 534342	Castlerigg Gallery & Tearooms, Studio Derwent Camp Castlerigg.....	(017687) 72163
Carlisle Golf Centre, Ltd, Golf Driving Range California Road Carlisle.....	(01228) 511534	Unit 5 Lakeland Agricultural Cntr Cockermouth.....	(01900) 824105	Castlerigg Hall Caravan & Camping Site, Castlerigg Hall Castlerigg	(017687) 72437
Carlisle Golf Club, Secretary	(01228) 513303	High Mill Langwathby.....	(01768) 889890	Castlerigg Manor, Manor Brow Keswick	(017687) 72711
FAX	(01228) 513581	Haweswater Road Penrith Industrial Estate Penrith		FAX	(017687) 75302
Greenkeepers Shed	(01228) 513581			Castlesteads Farms, Ltd, Castlesteads Plumpton	(01768) 894234
Carlisle Green Room Club,				Catalyst Environmental, Ltd, 10 Allenbrook Rd Rosehill Industrial Estate.....	(0800) 3281821

Catholic Church, See under Churches & Other Places of Worship		
Cathy's Cupcakes & Food Bar, 20e Solway Trading Est Maryport	(01900)	813778
Catstycam, Ltd, Glenridding Post Office Glenridding	(017684)	82351
Or	(017684)	82446
CAVAGHAN & GRAY GROUP, plc, Fresh Foods, Head Office Brunel Ho Brunel Wy Carlisle	(01228)	518200
Surgery	(01228)	518444
CAVE RESCUE, In Emergency dial 999 and ask the operator for Cave Rescue		
CAVRAY, See Cavaghan & Gray Ltd		
Chben Partnership, 74 St. James Road Carlisle	(01228)	549602
CCF, Carlisle		
Unit G Duchess Av, Kingmoor Pk Nth Carlisle	(01228)	672257
FAX	(01228)	674728
Cd Livestock Services, Riddings Hill Carlisle Carlisle	(01228)	577293
CDB Consulting Engineers, Ltd, Morton Farm Calthwaite	(01768)	885085
Cel Homecare, Downagate Community Centre Church Road Warwick Bridge	(01228)	499179
Or	(01228)	499180
Celebrations, FAX	(01228)	591110
Celebrations, Cards, Gift & Cafe, 10/14 Bank Street Carlisle	(01228)	591110
Celsius Engineering Services, Ltd, Kingstown Indust Est Peterfield Rd Carlisle	(01228)	401948
Cemex Concrete Products, Shap Quarry Shap	(01931)	716300
Center Parcs, Ltd, Luxury Lodges, Center Parcs Whinell Forest Whinell	(01768)	868018
Centerparcs, Center Parcs Whinell Forest Whinell	(01768)	861790
Central Avenue Sub Post Office, 34 Central Avenue Carlisle	(01228)	527132
Central Chippy, 3 Central Avenue Carlisle	(01228)	526098
Central Taxis, Kingstown Ind Est Black Dyke Rd Carlisle	(01228)	819819
Century Restaurant, Ltd, 5 Waltons Yard Market Square Kirkby Stephen	(017683)	72828
Cenx, 83 Blackwell Road Carlisle	(01228)	631810
Ceramic Systems Northern, Ltd, Unit 1, 26 Kingstown Bdwy, Kingstown Indust Est Kingstown Industrial Estate	(01228)	403530
Ceramic Tile Distributors, Ctd Tiles Viaduct Estate Road Carlisle	(01228)	536601
Cerberus Printing, Digital Printing, Skywalk House South Road Kirkby Stephen	(017683)	72070
Cevilk Ltd, Station Street Cockeremouth	(01900)	822222
Cfm Radio, Cfm Comms Room Atlantic House Fletcher Way Parkhouse	(01228)	930396
CFM Radio, Ltd, Studio Phone in Number, PO Box 964 Carlisle	(0845)	3454040
Chalet Tearooms & Restaurant, The, Portinscale Garage Keswick	(017687)	72757
Chambers, Commn Agt, 23 Lonsdale Terrace Crosby Villa	(01900)	812488
Chambers Garage, Chambers Garage Tirril Penrith	(01768)	863075
Chambers Garage, Ltd, Chambers Garage Tirril Penrith	(01768)	867037
Chambers & Harrison, Outgang Garage Central Road Dearham	(01900)	268690
Chambers Joinery, Clay Flatts Trading Estate	(01900)	602222
Chandlers Lane Dental Practice, 52 Front Street Brampton	(01697)	508607
Chandlers Lane Dental Practice, Ltd, 52 Front Street Brampton	(016977)	42546
Chandlers-IDL, Kingstown Indust Est Kingstown Bdwy Kingstown Industrial Estate	(01228)	525252
Chapmans Electrical & Plumbing, Nateby Kirkby Stephen	(0843)	5073173
Chappelhow, M, Unit 4 Brougham Hall Penrith, Cumbria	(01768)	899244
Charles Clinkard, 30 Main Street Cumbria Keswick	(017687)	85235
CHARLESWORTH & CO, See Jordan, Derek M Solicitor		
Charnwood, Guest Ho, 6 Eskin Street Keswick	(017687)	74111
Chartered Accounts, Dalmar House Barras Lane Dalston	(01228)	711826
Chase Hotel, Corkickle Whitehaven	(01946)	693656
FAX	(01946)	590807
Chatanooga, Takeaway, 27 Main Street Egremont	(01946)	329337
Chatburn Boarding Kennels, Melkinthorpe	(01931)	712341
Chatsworth Tennis Club, Chatsworth Indoor Tennis Centre St. Aidans Road Carlisle	(01228)	514187
Chattanooga, 237 Frizington Rd Frizington	(01946)	815616
Chattanooga, Takeaway, 27 Main St Egremont	(01946)	822919
Chattanooga, Chattanooga Whitehaven	(01946)	66635
Chattanooga, 5 Duke Street Whitehaven	(01946)	67770
Chattanooga, 96 Senhouse Street Maryport	(01900)	816777
Chattanooga Takeaway, 63 King St Aspatria	(016973)	23232
Cheek, Dr, B, Repeat Prescription Line	(01900)	603535
Cheese Delicatessen Keswick , The, Ltd, 9 Pack Horse Court Keswick	(017687)	44268
Cherry, T, North Lakes Caravan Pk Bewaldeth	(017687)	76364
North Lakes Caravan Park Bewaldeth	(017687)	76555
North Lakes Caravan Pk Bewaldeth	(017687)	76939
Cherry, T, Unit 1 North Lakes Caravan Park Bewaldeth	(017687)	76112
Cherry, T, Unit 1 North Lakes Caravan Park Bewaldeth	(017687)	76252
Cherrydidi, Ltd, Wholesale Retail, 2-4 St. Johns Street Keswick	(017687)	71170
Chester, J, Fmr, Boltons Cott Fm Bolton Low Houses	(016973)	42799
Childrens Centre, Childrens Centre Moorclose Road Workington	(01900)	604822
Chimes Cafe, The, 27 Castle Street Carlisle	(01228)	590727
Chimney Sheep, Ltd, 4 Derwent Drive Derwent Howe Industrial Estate Workington	(01900)	817109
China City Takeaway, 33 London Road Carlisle	(01228)	319287
China Moon Takeaway, 2 Cherry Row Low Wiend Appleby-In-Westmorland	(017683)	53816
China Palace, 63 Wigton Road Carlisle	(01228)	590281
Chinese Relaxing Massage, 1 Fisher Street Carlisle	(01228)	492097
Chinese Takeaway, 14 Petteril Bank Road Carlisle	(01228)	402222
Chip-It, Dentonholme Trading Est Denton Holme Trade Cntr, Chapel Pl Carlisle	(01228)	590033
Dentonholme Trading Estate Carlisle	(01228)	529494
Chippendale, M, Fmr, Wharton Hall Wharton	(017683)	71487
Chiswick Street Dental Practice, The, 3 Chiswick Street Carlisle	(01228)	409140
Chivers Running Since 1945, Ltd, 2-4 Abbey Street Carlisle	(01228)	524966
Chloe's Beauty, 3 West Tower Street Carlisle	(01228)	597154
Chloes Hair & Beauty, Chloe's Hair & Beauty Penrith	(01768)	889380
Clofh's Tea Room & Takeaway, George Cairns Butchers New Road Brough	(017683)	42800
Choice Furniture, 15-17 West Tower Street Carlisle	(01228)	515314
Choice Hotels, Keswick Country Ho Htl Station Rd Keswick	(017687)	81400
Choice Hotels, Keswick Country Ho Htl Station Rd Keswick	(017687)	72020
Choice Hotels, Ltd, All Requests	(0845)	4584333
Chop & Change, Sal, 126 Botchergate Carlisle	(01228)	599444
Chris Davison Carpets, Chris Davison Carpets English Damside Carlisle	(01228)	402785
Chris Noble, Plmbg, Tythe Barn House Lazonby	(01768)	898770
Chris's Aerials, 2 Shore Terrace Salterbeck	(01900)	65728
Christian Science Church, Christian Science Churches & Reading Rooms Victoria Place Carlisle	(01228)	527439
Christian Telephone, Evangelical Baptist Church, Gray St Workington	(01900)	602746
Christine Jackson, Holly House Barn Askham	(01931)	712300
Christopherson, J. & J.A. Fmr, Hill Fm Braindingill Cockeremouth	(01900)	822346
Chrysalis Cumbria Limited, 144 Yewdale Road Carlisle	(01228)	495883
Chrysalis, (Cumbria) Ltd, 1 Westmoor Rockcliffe	(01228)	672996
34 King St	(016973)	49559
Leaside Community Home Longthwaite Rd	(016973)	45006
Quaker Meeting Ho West St	(016973)	49789
Chung, A, Fish & Chips & Chinese Takeaway, 2 Wood St Carlisle	(01228)	520590
Church Gallery, 3-7 Market Street Kirkby Stephen	(017683)	72395
Church of England, Diocese of Carlisle, Archdeacons West Cumberland (The Ven A.N Davis) 50 Stainburn Rd Workington (01900) 66190		
Church Stile Farm Holiday Park, Church Stile Wasdale	(019467)	26252
Or	(019467)	26273
Or	(019467)	26552
Church Street Garage, Adrian House Church Street Maryport	(01900)	817719
Churches and Other Places Of Worship, Bridekirk		
St. Bridgets Church (CE)	(01900)	826557
Camerton		
St. Peters Church Camerton	(01900)	602162
Carlisle		
Church of Scotland	(01228)	521509
Our Lady & St. Joseph's (RC)	(01228)	523380
St. John The Baptist (CE)	(019467)	25251
Gosforth		
St. Mary Church (CE)	(019467)	25251
Nether Wasdale		
Nether Wasdale Church (CE)	(019467)	28731
Seascale		
St. Josephs (RC)	(019467)	28731
Seaton		
St. Pauls Church Seaton	(01900)	602162
Silloth		
Christ Church (CE)	(016973)	31413
St. Paul's (CE) Causewayhead	(016973)	31413
Wasdale Head		
Wasdale Head Church (CE)	(019467)	25251
West Featon		
Holy Trinity Church West Featon	(01900)	602162
Whitehaven		
St. Benedicts (RC) Whinlatter Road Whitehaven	(01946)	692083
St. Marys (RC) Kells	(01946)	692757
Workington		
Evangelical Baptist Church Gray Street Workington	(01900)	602746
St. Michaels Church (CE) Parish Office Dean St Workington	(01900)	604450
St. Michaels Church (CE) Rectory Dean St Workington ...	(01900)	602311
Chuter, Paul, Agricultural Services Ltd, High Gate Bewaldeth	(017687)	76137
Ciceley Commercial, Kingstown Indust Est Peterfield Rd Carlisle	(01228)	544611
Direct Parts Kingstown Indust Est Peterfield Rd Carlisle .	(01228)	512854
Service Dept Kingstown Indust Est Peterfield Rd Carlisle	(01228)	512840
FAX	(01228)	546720
Cirrus Beauty Rooms, Beauty, 59 Ashley Street Carlisle	(01228)	542328
Citadel Estates, Citadel Estates Denton Holme Trade Centre Chapel Place Carlisle	(01228)	595969
Citizens Advice Bureau, Carlisle		
5 Old Post Office Ct Carlisle Advice	(01228)	633900
5 Old Post Office Ct Carlisle Admin	(01228)	633909
City Electrical Factors, Ltd, Elec Whslrs, Carlisle King St Carlisle	(01228)	520311
Penrith	(01768)	899889
Workington Unit 7f Clay Flatts	(01900)	68111
City Plumbing Supplies, Carlisle		
Unit 1, 24 Brunthill Rd, Kingstown Indust Est Carlisle	(01228)	549387
FAX	(01228)	546909
CITY TAXIS, Kingstown Industrial Estate Westmoor Road Carlisle	(01228)	520000
CJ City Properties Limited, 10 Edward Street Carlisle	(01228)	739528
Claire's Accessories, (UK) Ltd, Carlisle Unit 16 The Lanes Cntr Carlisle	(01228)	810813
Clares Bakery, 265 Kokoa Brides Warwick Road Carlisle	(01228)	599054
Claire's Handmade, Miller Pk Station Rd	(016973)	45974
Clare Dalton, Dalegarth House, Guesthouse, Dalegarth Country Hotel Portinscale	(017687)	72817
Claremont's Bed & Breakfast, Claremont House Chestnut Hill Keswick	(017687)	72089
Clarendon House Res Care, Main Rd Great Clifton	(01900)	605316
Main Road Great Clifton	(01900)	871400
Clark Door, Ltd, Unit F Kingmoor Pk Kingstown	(01228)	522321
Clark, E, 79 Gosforth Road Seascale	(019467)	28753
Clark, J, Bent Ash Farm Eaglesfield	(01900)	822387
Clark, John, Fmr, Fairladies Farm Egremont	(01946)	822295
Clark MacTavish, Ashgill Threaplend Aspatria	(016973)	21516

FAX	(016973) 23040	Club Ho Embleton	(017687) 76223	South End Constitutional Club St. Nicholas Street Carlisle	(01228) 523601
Clark Mactavish, Ashgill Threapland Aspatria	(016973) 23441	Cockermouth Library & Tourist Information Centre, 88 Main Street Cockermouth	(01900) 822634	Contact A Family, 1 Woodland Wy Culgaith	(01768) 88392
Clark, WY, Fangs Brow Fm Loweswater	(01946) 861439	Cockermouth Motor Cycles, Gar Servs, Derwent Street Garage Derwent Street Cockermouth	(01900) 822329	Contract Flooring, (Cumbria) Ltd, Spectrum Pre-Print Ltd Denton Holme Trade Centre Chapel Place Carlisle	(01228) 534431
Clarke Agriculture, Unit 3 Wild Boar St. Lukes Road Kirkby Stephen	(017683) 71714	Cockermouth Partnership, Lakeland Business Pk Workington.....	(01900) 326120	Contract Scaffolding, Co, Carleton Depot Carleton.....	(01228) 549411
Clarkin Electronic Industries, Unit 11 Windermere Bldgs Peart Rd, Derwent Howe Indust Est Workington	(01900) 64576	Cockermouth Pilates Studio, 16 Banks Court Market Place Cockermouth	(01900) 825139	Contrast Kitchens, Townfoot Longtown	(01228) 791784
Clarkin Electronics, Ltd, Unit 11 Windermere Building Peart Road Derwent Howe Industrial Esta Workington	(01900) 872475	Cockermouth Tandoori & Balti, 68 Main St Cockermouth.....	(01900) 822252	Or	(01228) 791484
Clarks Shop,The, Carlisle		Cockermouth Town Council, Ground Floor Town Hall Market Street Cockermouth	(01900) 821869	Convent Of The Sacred Heart Of Mary, Basement St. Gabriels Convent 52-54 Victoria Place Carlisle	(01228) 538550
Globe Lane Lanes Shopping Cntr Carlisle	(01228) 549938	Cockermouth Travel, Ltd, Trvl Agt, 60 Main St Cockermouth.....	(0843) 5156357	Cook, John, Signwriter & Vinyl Graphics, Unit J Baron Way Kingmoor Business Park Carlisle	(01228) 672144
Clarkson,Whittaker & Shellcross Solrs, see under Clarkson,Penhale Solrs		Coco Bay, Earls La Lowther St Carlisle.....	(01228) 542042	Cookhouse Gallery, Art Gall, 30 Lake Rd Keswick.....	(017687) 71100
Classique Kitchens, Unit 2 Port Road Workshops Port Road Carlisle	(01228) 525676	Cocreate Design & Marketing, Ltd, Unit 1 Byers Bros Ltd Rigg Street Carlisle.....	(01228) 631811	Cookson, Paul, Eden Valley Hospice Durdar Road Carlisle	(01228) 597601
Clay Flatts Auto Spares, Car Breaking Yard Clay Flatts Trading Estate.....	(01900) 63374	Coffee Lounge,The, 5 Luptons Court Keswick	(017687) 73075	Coomara Vets, Coomara Carleton	(01228) 527843
Cleanpave, Ltd, Unit 6 Brampton Bsns Cntr Union La Brampton	(016977) 45016	Coledale Inn, Braithwaite Reception/Reservations	(017687) 78272	Coombe & Sharpe Landscaping, Ltd, Pittwood Road Lillyhall	(01900) 870475
Cleanroom Supplies, Ltd, The Warehouse Cumrew Carlisle.....	(01768) 896800	Coledale Inn,The, White Horse Inn Threlkeld	(017687) 79192	Co-Op Food Seascale Gosforth Roadgreen, Co-Operative Food Gosforth Road Seascale.....	(019467) 29142
Cleaspec Cumbria, Ltd, Unit 62 Gilwilly Road Penrith	(01768) 865812	Coledale Inn,The, Threlkeld Keswick	(017687) 79883	Co-operative Food,The, Alston	(01434) 381231
Cleator Cricket Club, Cleator Cricket Club Church Street Cleator.....	(01946) 814705	Colemore Catering Services, Dentonholme Trdg Est Chapel Pl Carlisle	(01228) 521886	Aspatria	(016973) 20605
Cleator, D, Radio,Television Serv, 11 Bridge St Appleby	(017683) 51728	Colin Dawson, Ltd, Ret Shop, Tyneholme Langwathby.....	(01768) 889084	Carlisle	
Cleator Moor, Upholstery Servs, Brewery Industrial Estate Birks Road Cleator Moor	(01946) 813452	Or	(01768) 889083	28 Blackwell Rd Carlisle	(01228) 522701
Cleator Moor Business Centre, Market Sq Cleator Moor	(01946) 813555	Colliery, 1 Force Cottages Station Road Alston.....	(01434) 382582	Brampton 1 Main St Brampton	(016977) 45910
Cleator Moor Civic Hall & Masonic Centre, Market Square Cleator Moor	(01946) 810176	Collister, John B, Frmr, Home Fm Birkby	(01900) 812283	Central Av Carlisle	(01228) 525740
Cleator Moor Post Office, Post Office Co Operative Retail Services Ltd Leconfield Industrial Estate Cleator Moor	(01946) 810201	Colour Gro, Ltd, Prospect Nurseries Distington.....	(01946) 832380	Dalston Glave HI Ct Townhead Rd Dalston.....	(01228) 712714
Cleator Moor Town Council, Market Square Cleator Moor	(01946) 810242	Prospect Fm Distington	(01946) 832402	Denton St Carlisle	(01228) 531056
Clelland, L, Furn, 61-63 Main Street Cockermouth.....	(01900) 823005	Colours Of The Rainbow, 129 Denton Street Carlisle.....	(01228) 597351	Morton Stonegarth Rd Carlisle	(01228) 524753
Clinton Cards, Greetings Cards, Office Manager 15 Risman Place Workington	(01900) 67001	Commerce Media, Ltd, Brampton Business Centre Union Lane Brampton.....	(01228) 822000	Cleator Moor	(01946) 812517
Clintons, 62-64 English Street Carlisle	(01228) 514435	Commons, Kevin J, & Co, Whitehaven		Egremont	(01946) 820790
Cloburn Transport, Ltd, Faulds Mill Longtown	(01228) 792894	75 Lowther St Whitehaven.....	(01946) 66699	Kirby Stephen	(017683) 72176
Close, Sean, 47 Trumpet Road Cleator	(01946) 328736	Workington		Silloth	(016973) 31368
Clothes4those In Need, Ltd, Unit 8 South John Street Carlisle	(01228) 538258	2 Jane St Workington	(01900) 604698	Wigton	
Cloud 9, Derwent House Wakefield Road Cockermouth	(01900) 829430	Community Foster Car, Moss Bay House Peart Road Derwent Howe Industrial Esta Workington.....	(01900) 604194	Station Rd	(016973) 45232
Cloud Beauty Lounge, Ltd, 30a Norfolk Street Carlisle	(01228) 272217	Community Foster Care, Unit 13 Moss Bay House Peart Road Derwent Howe Industrial Esta	(01900) 68453	Co-operative Funeralcare, (Inc. W H Reeves),The, 6-8 Etterby Street Carlisle	(01228) 521307
Cloud & Mist, Rstnt, 9 Cecil St Carlisle	(01228) 514778	Community Integrated Care, Ltd, 4 Newton Rd Penrith	(01768) 890768	Co-operative Funeralcare,The, 91a Crosby St Maryport	(01900) 818100
Club Concrete, Ltd, 8, The Last Zebra Lowther Street Carlisle	(01228) 930561	Rydal Mount Station Hill	(016973) 49266	2 Lowther St Whitehaven	(01946) 592268
Club Concrete Ltd T/A Eaten By Monsters, 16 Friars Court Carlisle	(01228) 818245	Allenby House Wedgewood Rd Flimby.....	(01900) 819039	49 Oxford St Workington	(01900) 603873
Club Concrete Old Post Office, 5-6 Old Post Office Court Carlisle	(01228) 317287	Compass, Southwaite Motorway Services Area M6 Broadfield.....	(016974) 75652	32 Spencer St Carlisle.....	(01228) 523467
Clydesdale Bank, Plc, Carlisle Kingstown		Compass Cabling Systems, Ltd, Dentonholme Trdg Est Denton Holme Trade Cntr Ch Apel Pl Carlisle	(01228) 590970	Co-operative Group,The, Co-operative Funeralcare - see entry under Funeralcare	
82 English St Carlisle.....	(0800) 3457365	Compass Components, Unit 13 Derwent Mills Commercial Park Cockermouth	(01900) 828658	Co-Operative Travel, 14-16 English St Carlisle	(0844) 8798646
Whitehaven 66 Lowther St	(0800) 3457365	Complete Document Solution, 16A Fisher St Carlisle	(01228) 510588	80 King St Whitehaven	(0844) 3357900
Workington	(0800) 3457365	Complete Engineering Services, (Carlisle) Ltd, Holme End Crosby On Eden	(01228) 573358	Copeland & Allerdale Roofing Services, Whitehaven	(01946) 590999
Cmhpubs, Ltd, 37 Cockermouth.....	(020) 3770 9641	Complete Interior Contracts, FAX	(01228) 810582	Copeland Borough Council, Customer Service & General Enquiries	(01946) 598300
Coach And Horses, 234 Kingstown Road Carlisle	(01228) 497345	Conference Centre, Ben Doran Vicarage Hill Keswick	(017687) 74005	Sports Centre	(01946) 695666
Coach House Launderette,The, The Coach Ho Friargate Penrith	(01768) 867878	Conlons Opticians, 6 Cornmarket Penrith	(01768) 891222	Sports Centre Flatt Walks Whitehaven.....	(01946) 695666
Coach Road Motorworks, The Old Motor Works Coach Road Whitehaven.....	(01946) 690690	Conlons & Sons Opticians, 21 Bank Street Carlisle.....	(01228) 542044	Copeland Citizen Advice Bureau, Tangier Buildings Gregg's Lane Whitehaven.....	(01946) 693321
Coast To Coast, Tinkler Hill 19-21 North Road Kirkby Stephen	(017683) 71194	Connexions Cumbria, Carlisle		Copeland Conservative Association, 31 Chiswick St Carlisle.....	(01228) 521192
Coast To Coast Cycles, Trade, TOURIST INFORMATION CENTRE Market Street Kirkby Stephen.....	(017683) 71776	Carlisle Careers Cntr 28 Lowther St Carlisle.....	(01228) 596272	Copeland Swimming Pool - Whitehaven, Cleator Moor Rd Whitehaven	(01946) 696049
COASTGUARD H.M., In Emergency dial 999 and ask the operator for Coastguard		Whitehaven		Corby Castle Estates, Llp, Corby Castle Great Corby.....	(01228) 561399
Cobbles Cafe, Studio House Market Place Alston.....	(01434) 671601	Roper St Whitehaven	(01946) 695541	Corkhill, A, Coach House Bigrigg	(01946) 810581
Cochranes Nurseries, Cochranes Nurseries Longtown	(01228) 791220	Workington		Corkickle Service Station, Corkickle Service Station Back Corkickle Whitehaven	(01946) 691638
Cockermouth Antiques, 5 STATION STREET COCKERMOUTH CUMBRIA	(01900) 826746	Workington Careers Cntr 213 Vulcans La Workington	(01900) 604674	Corlett, Dr, Darren, 15 Tower View Egremont	(01946) 823244
Cockermouth Art & Craft, 6 Main Street Cockermouth.....	(01900) 826969	Head Office Hackthorpe Hall Hackthorpe	(01931) 711300	Cornerstone Christian Bookshop,The, 5 Church Street Whitehaven	(01946) 695460
Cockermouth & District Garden Services, Ltd, Hayborough Yd Dearham.....	(01900) 818045	Connor, T, Oakline Gar Blackdyke	(016973) 61343	Cornerways Guest House, 107 Warwick Road Carlisle	(01228) 521733
Cockermouth Golf Club, Ltd,		Conservative Associations, Constituency Offices Carlisle 31 Chiswick St Carlisle	(01228) 521573	Cornish Pasty, Keswick, Ltd, The, 3 Lake Road Keswick	(017687) 72205
		Conservative Club, Cockermouth		Cornthwaite, A.E. Bed & Breakfast, Ashness Farm Borrowdale.....	(017687) 77361
		7 Main St Cockermouth.....	(01900) 822289	Corrigan, Jim, 11 - 13 King Street Wigton	(016973) 44743
		Conservative, Club (Central), Spencer St	(01228) 521849	Corus Process Engineering, Curwen Road Workington	(01900) 68000
		Constitutional Club,		CORUS, (UK) Ltd, Corus Rail	
				Social Centre Moss Bay.....	(01900) 603570
				Costa Coffee,	

Carlisle		Cowx, W.R & D.J, Frmr,		Crossrigg Farm Cliburn		(01931) 714237
72 Scotch St Carlisle	(01228) 819738	Hudscales Heskett Newmarket	(016974) 78637	Cross's Coffee Shop,		
Costa Coffee,		CPL DISTRIBUTION, Fuel Distribs,		59 Roper Street Whitehaven	(01946) 695774	
62 King Street Whitehaven	(01946) 599182	Coal Yd Station Rd Appleby	(017683) 53982	Crow Park Hotel,		
Cotswold Outdoor, Ltd,		CPL Petroleum,		The Heads Keswick	(017687) 72208	
16 Main St Keswick	(017687) 81030	Workington		Crown Celebrations,		
FAX	(017687) 81039	No2 Terminal Prince of Wales Dk Workington	(01900) 61292	Unit 5c Buddle Road Workington	(01900) 606209	
Cotsworld Outdoor, Ltd,		Crafty Baa Keswick, Ltd The,		Crown Decorator Centre, Dectrs Mrcnts,		
74 English St Carlisle	(01228) 596037	Bank Street 13 Bank Street Keswick	(017687) 85405	1 The Maltings Shaddongate	(01228) 521789	
Cottage Chippy,		Crafty Baker, Ltd,		Crown Hotel,The,		
29 Main Street Hensingham, Whitehaven	(01946) 63422	24-26 Devonshire Arcade Penrith	(01768) 899511	Eamont Bridge	(01768) 892092	
Cottage & Glendale Holiday Park,		Crafty Workshop,The, Craft Shop,		Crown Hotel, The,		
Cottage Glendale Caravan Park Port Carlisle	(016973) 51317	Gospel Hall Corporation Road Workington	(01900) 605888	Crown Htl Wetheral Carlisle	(01228) 561888	
Cottage In The Wood,		Cragg & Cutriss,		Crown Inn,		
Cottage In The Woods Braithwaite	(017687) 78409	Silver Band Yd Knock	(017683) 61377	Crown Inn Ellenborough Road Maryport	(01900) 379985	
Cottage Pie, Bakery,Fresh Foods,		Or	(017683) 62163	Crown Inn,		
50 Maryport Rd Dearham	(01900) 817003	Craig McLean Flooring, Wholesale Retail,		23 Scotland Road Carlisle	(01228) 512789	
Cottage Pie, Ltd, Bkry,		Ullswater Road Garages Ullswater Road Penrith	(01768) 866230	CROWN & MITRE HOTEL,		
50 Maryport Rd Dearham	(01900) 810017	Craig Travel,		English St Carlisle	(01228) 525491	
Cottam, John,		18 Murray Road Workington	(01900) 64916	Crown Prosecution Service (CPS),		
Yew Tree Farm Wigton	(016973) 42679	Craikhope Community Interest, Co,		Carlisle Stocklund Ho Castle St Carlisle	(01228) 882900	
Cottam, R,		Unit 9 Westwood Nurseries Orton Grange Carlisle	(01228) 711634	Workington Sub Branch Regents Ct Guard St Workington	(01900) 734100	
Wardwarrow Farm Holmrook	(019467) 24200	Crake Trees Manor,		Crown, The,		
Coulston, J.E,		Crosby Ravensworth	(01931) 715205	The Crown Bowthorn Road Cleator Moor	(019467) 48390	
Hole House Farm Pooley Bridge	(017684) 86325	Crake Trees Manor,		Crown Woodworks Ltd,		
Coulthard, Ian, Frmr,		The Brew House Maulds Meaburn	(01931) 715163	Crown Works Crown Street Carlisle	(01228) 495600	
Brisco Hill	(01228) 791255	Cranstons, Ltd,		Crozier Construction,		
Coulthard's, Concrete Products Ltd,		1 Front St Brampton	(016977) 42540	Unit 1e Glasson Industrial Estate Maryport	(01900) 812562	
Blackdyke	(016973) 31324	Cranstons Quality Butchers,		Crumbs,		
Country Collection, Ltd,		Ullswater Rd Penrith	(01768) 868680	14 The Square Dalston	(01228) 711192	
Craw Hall Brampton	(016977) 41444	Or	(01768) 868681	FAX	(01228) 711127	
Country Flavour,		Cranstons Quality Butchers,		Ctn Carlisle, Ltd,		
15 High Street Kirkby Stephen	(017683) 71124	44-46 Fisher Street Carlisle	(01228) 521345	Unit 4 Warwick Mill Business Park		
Country Home,		Cranstons Quality Butchers,		Warwick Bridge	(01228) 562629	
50 Burrowgate Penrith	(01768) 862362	10 King Street Penrith	(01768) 865667	CTS Statutory Inspections, Ltd,		
Country House,		Cranstons Quality Butchers,		4 Low Cross Buildings Low Cross Street Brampton	(016977) 41802	
The Exchange Lonsdale St Carlisle	(01228) 595353	Queen Elizabeth Grammar School Ullswater Road		Cubby Construction, Ltd,		
Country Kitchen,		Penrith	(01768) 892556	Knight Dv Kingmoor Bsns Pk Carlisle	(01228) 521284	
5 The Square Dalston	(01228) 711431	Cranstons Quality Butchers, Ltd,		Cubbys Sign Studio,		
Country Shop, Mellone, Shop,		Cranstons Quality Butchers Ltd 1 Front Street	(016977) 41291	Kingstown Indust Est Blackdyke Rd		
7 Scalgate Road Carlisle	(01228) 537465	Creations Hair & Beauty Salon,		Kingstown Industrial Estate	(01228) 409900	
Country Style Windows,		2 Poets Walk Penrith	(01768) 863333	Culley, & Co,		
Close Ho Low Heskett	(016974) 73102	Creighton Rugby Union Football Club, Ltd,		33 Eden Grange Little Corby	(01228) 562908	
Country Wide Tiles, Ltd,		Creighton Rugby Club Sycamore Lane Carlisle	(01228) 521169	Culterham Hall,		
1-2 Tannery House Harraby Green Business Park		Crew Barber Shop,		Mawbray	(01900) 881413	
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Countryman Lamplugh,The,		Criffel Care Services, Ltd,		Lost/Stolen Card Reporting - During Office Hours Ring Any Branch -		
Lamplugh Tip Lamplugh Workington	(01900) 876703	4 Criffel Street Silloth	(016973) 69961	Outside Office Hours Ring		
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Southern Unit Townhead Alston	(01434) 381906	Derwent Street Cockermouth	(01900) 822411	Branches		
County Fruit Stores, County Fruit Cockermouth,		Croft Guest House,The,		Appleby In Westmorland		
13 Station Street Cockermouth	(01900) 822108	6 Challoner St Cockermouth	(01900) 827533	12 Bridge St Appleby	(017683) 52505	
County Hotel Carlisle, Ltd,		Croft View Construction, Ltd,		Aspatria		
9 Botchergate Carlisle	(01228) 531316	12 Allenbrook Rd, Rosehill Indust Est Carlisle	(01228) 511100	6 King St Aspatria	(016973) 21492	
County Removal,		Croftfield Residential Home,		Brampton		
Unit 3-4c Brunel Way Durranhill Industrial Estate Carlisle	(01228) 553120	Armthwaite	(01228) 560316	19 Front St Brampton	(016977) 3075	
County Removals, Ltd,		Croftfield Residential Home,		Carlisle		
Unit 3,4C Brunel Way		Armthwaite	(01228) 562889	111 Denton St Carlisle	(01228) 523464	
Durranhill Industrial Estate	(01228) 550554	Croftlands Trust,		67A English St Carlisle	(01228) 515175	
Courtfield Garage, Ltd,		Head Office Logic Ho Allenbrook Rd, Rosehill Indust Est		67A English St Carlisle FAX	(01228) 596694	
Unit 4a Crosscroft Indust Est Appleby-In-Westmorland		Carlisle	(01228) 592325	38 Fisher St Carlisle	(01228) 403141	
	(017683) 54019	Crofton Hall Coffee Shop,		38 Fisher St Carlisle FAX	(01228) 403208	
Cross Croft Appleby In Westmorland	(017683) 54000	Unit 4 The Old Stable Block Crofton Hall Estate		243 Kingstown Rd Carlisle	(01228) 403286	
FAX	(017683) 53001	Thursby	(01228) 642478	1A Wavell Dv Rosehill Indust Est Carlisle	(01228) 514614	
Courts,		Crofts, Mr, J, Mr,		Cleator Moor		
County Courts		The Towers Lorton Road Cockermouth	(01900) 822889	52 High St Cleator Moor	(01946) 813003	
Witness Service	(01228) 512485	Crofts, J.W,		Cockermouth		
Kendal		Rutlands,The Tower Lorton Rd Cockermouth	(01900) 822889	2 Station St Cockermouth	(01900) 823207	
Carlisle		Croglin Post Office,		Dalston		
Carlisle & District Rickergate Carlisle	(01228) 518800	Sub Post Office 1 Mulcaster Place Croglin	(01768) 896475	12 The Square Dalston	(01228) 710218	
Eden Magistrates' Court Lowther Ter Carlisle	(01228) 518800	Crop Shop,The,		Egremont		
Penrith		72a High St Cleator Moor	(01946) 812998	46 Main St Egremont	(01946) 821513	
Penrith Magistrates Court	(01228) 518800	Cropwise, Ltd,		Keswick		
Whitehaven Magistrates' Court Catherine St Whitehaven	(01900) 62244	Hopesyke Indust Est Longtown	(01228) 792977	30A Station St Keswick	(017687) 74333	
Workington Magistrates' Court Ramsey Brow Workington	(01900) 62244	Crosby Garrett Village Hall,		FAX	(017687) 81901	
		Crosby Garrett Village Hall Crosby Garrett Village Hall Crosby Garrett		Longtown		
62244		Kirkby Stephen	(017683) 48789	2 English St Longtown	(01228) 791161	
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7 Commarket Penrith	(01768) 840408	Laughingstock Crosby-On-Eden	(01228) 573111	93 Senhouse St Maryport	(01900) 815747	
Courtyard Gallery,		Cross Keys,		Penrith		
32 Boroughgate Appleby In Westmorland	(017683) 51638	Cross Keys Cross Kedys Penrith	(01768) 864930	15 Middlegate Penrith	(01768) 865131	
Couture Hairdressing,		Cross Keys Inn,		Silloth		
15 Little Dockray Penrith	(01768) 899331	Carleton Inn Carleton Village	(01768) 865588	12 Station Rd Silloth	(016973) 32062	
Couture Hairdressing Ltd,		Crosscanonby St. Johns CE School,		Whitehaven		
15 Penrith	(01768) 899809	Crosby	(01900) 812326	30 Lowther St Whitehaven	(01946) 66683	
Cove Caravan & Camping Park,		Crossfell House Farm,		Wigton		
Covelands Watermilllock	(017684) 86549	Crossfell House Farm Kirkby Thore	(017683) 62119	1 Market Pl	(016973) 42334	
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Ellers Mill Dalston	(01228) 710205	Head Office Crossfield Gar Leconfield St Cleator Moor	(01946) 810431	21 Pow St Workington	(01900) 65265	
Cowen, Jacob, & Sons Ltd,		101 Woodhouse Rd Whitehaven	(01946) 695930	21 Pow St Workington FAX	(01900) 734708	
Ellers Mill Dalston	(01228) 710205	Crossfit Stormbreaker,		Cumbria Ho Murray Rd Workington	(01900) 605717	
Cowley, Dr, M.L,		Coniston Building, 55 Adams Road Workington	(01900) 392281	Cumbria Ho Murray Rd Workington FAX	(01900) 68767	
Hilcote Kirkbride	(016973) 52075	Crossing Inn,The,		Customer Services		
Cowper, Joseph, Ltd,		Pub Carlisle	(016977) 48620	Cumberland House Castle Street Carlisle	(0845) 6018396	
50 King Street Penrith	(01768) 862063	Crossling, Plmbrs,Engs Mrcnts,		Head Office Cumberland Ho Castle St Carlisle	(01228) 403141	
Cowperthwaite Garage,		Kingstown Indust Est Kingstown Bdwy Carlisle	(01228) 541101	Cumberland Childrens Services,		
Newlands Clo Gar Myers La Penrith	(01768) 891188	FAX	(01228) 539288	Barnardos Allerdale Aspatria Childrens Centre King Street Aspatria	(016973) 23401	
Cowx, W,		Crossrigg Holsteins.		Wigton		
Town End Uldale	(016973) 71246					

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Cumberland & Dumfriesshire Farmers Mart, Auction Mart Townfoot Longtown (01228) 791215	Concerns about a child Safeguarding HUB (03332) 401727	Cumbria Fire Service
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30A Station St Keswick (017687) 81900	Administration 5 Portland Square Carlisle (01228) 227303	Neighbourhood Development
FAX (017687) 81901	South East And South West FAX (01229) 894101	Carlisle The Courts Carlisle, Cumbria (01228) 226315
Penrith	South East And South West 6 Cross Street Ulverston (01229) 894150	Cleator Cleator Moor Centre Cleator Moor, Cumbria (01946) 505020
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FAX (01768) 899880	North East Cumbria	Workington, Cumbria (01900) 706011
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55 Lowther St Whitehaven (01946) 691999	William Howard Centre (016977) 41771	Local Offices
Workington	North West Cumbria	Cockermouth Trading Standards Fairfield, Cockermouth, Cumbria
Cumbria Ho Murray Rd Workington FAX (01900) 68767	Lakes College, West Cumbria Workington (01946) 839300 (01900) 706072
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Townfoot Alston (01434) 381875	Workers Educational Association (01228) 822700	Beacon Hill School Market Square Aspatria (016973) 22330
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Cumberland Infirmary,	Carlisle College (01946) 839300	Cumbria Deaf Association,
Patient Advice & Liason Service Newtown Rd CA2 (01228) 814008	Lakes College, West Cumbria (01946) 839300	West Cumbria
Cumberland News,	Establishments	1 Monkway Ct Whitehaven (01946) 852888
The Cumberland News, News & Star	Schools - see under 'schools' or name of School	Cumbria Financial Advisers, Ltd,
FAX (01228) 612601	Specialist Teaching Services/Pupil Referral Units/Literacy Centres	12 12 Friars Court Carlisle (01228) 514004
Photo Reprints Newspaper Ho Dalston Rd CA2 (01228) 612630	West Cumbria Learning Centre Pupil Referral Unit	Cumbria Fire & Rescue,
Sports Desk Newspaper Ho Dalston Rd CA2 (01228) 612620	Toll Bar Distington (01946) 834848	Carleton Av Penrith (01768) 868482
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The Pencil Museum Southey Works Main Street	Cumbria Care	160 Warwick Road Carlisle (01228) 537345
Keswick (017687) 73626	Establishments	Cumbria Golf Centre, Ltd,
Cumberland Stove Services, Ltd,	Castle Mount	The Driving Range Red Ronning Whitehaven (01946) 599683
Mitchells Business Park 8F Lakeland Agricultural Centre	Bookwell Egremont (01946) 820454	Cumbria Health On Call, Ltd,
Cockermouth (01900) 876687	Christian Head	Hilltop Height London Rd Carlisle (01228) 401999
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Carleton (019467) 24616	Residents (01900) 602591	Kingstown Industrial Estate (01228) 538688
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Cumbria Asset Finance, Ltd,	Copeland Office Cavendish House Elizabeth Street Workington . (01900) 706212	CUMBRIA LIFE,
Low Meadow Nealhouse (01228) 711777	Education	FAX (01228) 713001
Cumbria Audio Vision Services,	Adult Education Centres	Cumbria Logistics,
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Cumbria Blinds (NW), Window Blinds,	Cumbria Highways Hotline Carlisle (0845) 6096609	Cumbria Mailing Services, Ltd,
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Cumbria Building Supplies,	Administration The Courts Carlisle, Cumbria (01228) 226691	Penrith (01768) 899931
Unit 6 Marconi Rd, Burgh Rd Indust Est Carlisle (01228) 525104	Community Development Officer The Courts Carlisle, Cumbria. (01228) 226702	Cumbria Memorials, Stonemasons,
FAX (01228) 526753	Community Enterprise Officer The Courts Carlisle, Cumbria (01228) 226753	Unit 1, Port Road Workshops Port Road Carlisle (01228) 512888
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Cumbria Caravan Centre,	Cumbria Highways Hotline Carlisle (0845) 6096609	Cumbria Motorcycle And Driver Training,
Grove Ho Foster St Penrith (01768) 210768	Health & Care Services	Moorclose Community Centre Needham Drive
Cumbria Carpentry,	Enquiry Offices	Workington (01900) 604030
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Head Office 22 Spencer St Carlisle (01228) 527796	South Allerdale New Oxford Street Workington (01900) 706301	Cumbria Payroll Services,
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40 Front St Brampton (016977) 42285	East Civic Centre (01228) 227040	Cumbria Photo,
4C Station St Cockermouth (01900) 823051	West Civic Centre (01228) 221590	45 King St Penrith (01768) 890572
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Cumbria Cerebral Palsy,	Copeland South Blencathra House Tangier Street Whitehaven... (01946) 506269	Cumbria Plating Services Carlisle, Cumbria Platin,
Day Centre Lister House Lister Court Carlisle (01228) 549449	Eden	Unit 5 Currock Road Trade Centre Currock Road
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Ennerdale (01946) 861811	Whitehaven Scotch Street Whitehaven, Cumbria (01946) 506420	Unit 3 Mereside Greenbank Road
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Penrith (01768) 210245	Chief Finance Officer The Courts Carlisle, Cumbria (01228) 226272	Cumbria Smiles,
Cumbria County Council,	Legal Services	25 Market Square Kirkby Stephen (017683) 71250
All Departments	Members Services (01228) 227374	Cumbria Software Systems, Ltd, Computer Sales Service,
Parkhouse Building Baron Way	Safer Stronger Communities	Unit 3a Town Foot Indust Est Brampton (016977) 3779
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Englishgate Plaza Botchergate Carlisle (01228) 511061		Unit 3a Town Foot Indust Est (0870) 4430132
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Cumbria Waste Management Group, Ltd, 1 Wavell Dv Rosehill Indust Est Carlisle.....(01228) 402543	Currys Pc World, Unit 5 Derwent Drive Workington(01900) 268069	Dalston Parish Council, Forge Green Riverside Dalston(01228) 712766
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Waste Disposal Site Lillyhall(01900) 602554	Cutting Company (The), South William St Workington(0843) 5073168	Dalston Pharmacy, Ltd, 7 Central Av Carlisle.....(01228) 523312
Landfill Site Todhills Carlisle(01228) 672242	Cutting It, Hair Sal, 53 Main St Egremont(01946) 825391	Dalston Pharmacy, Ltd, 2 Vicars Cotts The Square Dalston.....(01228) 712506
Unit 5a Wavell Drive Rosehill Industrial Estate Carlisle.....(01228) 822100	Cutting Room,The, 148 Main Street Frizington(01946) 810460	Dalston Post Office, 2 Vicars Cottages The Square Dalston(01228) 710059
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Cumbria Waste Recycling, Ltd, Kingmoor Wks Kingmoor Rd Carlisle.....(01228) 515080	Cyclewise Whinlatter, Ltd, Cycle Wise Whinlatter Whinlatter Forest Park Braithwaite Keswick(017687) 78711	Dana Curry, Takeaway, 8 Great Dockray Penrith(01768) 863802 Or(01768) 863812
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33 Otters Holt Culgaith(01768) 88388	D McDowell, Ltd, 10 Market Place Whitehaven.....(01946) 693088	David Monkhouse, Ltd, 23 Waverley Gardens Carlisle.....(01228) 532901
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FAX(016977) 41022	D S Norman Timber Haulage, The Firs Longtown(01228) 791655	Davidson And Robertson Rural, Unit 7K Lakeland Business Park Lamplugh Road Cockermonth(01900) 268633
Cumbrian Newspapers, Carlisle,Dalston Rd,PO Box 7,Cumberland News,News & Star,The Whitehaven News,The West Cumberland Times & Star,Cumbrian Gazette,Business Gazette,Cumbria Life,Eskdale & Liddesdale Ad vertiser(01228) 612601	D S Norman, (Timber) Ltd, Offices Unit 15 Whitesyke Business Park Longtown(01228) 272312	Davidson, B.E, Fmr, Bell Field Longtown(01228) 577234
Carlisle Switchboard Dalston Rd FAX.....(01228) 612601	D & TB Holdings, Ltd, Fisherground Farm Campsite Boot(019467) 23723	Davidson, Chris, Gilbert Brown & Son Caledonian Mill English Damside Carlisle(01228) 546800
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Sports Desk Newspaper Ho Dalston Rd CA2(01228) 612620	D W Toppin, Ltd, Toppins Agricultural Langwathby.....(01768) 881770	Davidsons Garage (Penrith), Ltd, Scotland Rd Penrith(01768) 862456
Branch Offices Whitehaven	Daffodils Coffee House & Bookshop, 8 St. Andrews Chyd Penrith.....(01768) 210604	FAX(01768) 891308
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23 Oxford St Workington Advertising(01900) 607607		Dawson & Sanderson, 31 Lowther St Carlisle.....(01228) 548899
Cumbrian Optical Company, Ltd, 1 Lorne Terrace Front Street Brampton(016977) 2214		
Cumbrian Outbound, Ltd, The Cloisters Boroughgate Appleby In Westmorland.....(017683) 69217		
Cumbrian Properties Estate & Letting Agents, Carlisle		
2 Lonsdale St Carlisle(01228) 599940		
FAX(01228) 599947		
Penrith		
Corney Sq Penrith(01768) 867788		
Cumbrian Systems, Unit 24 Carlisle Enterprise Centre James Street Carlisle.....(01228) 534715		

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FAX	(01900) 820701	Stoneleigh Park End Rd Workington	(01900) 607500	Whitehaven,Inglewell Hall	
D&C Sanderson,		Derwent Surgery,		West Lakes Science & Technology Pk Moor Rw	
Thackthwaite Hall Wigton.....	(016973) 42608	General Enquiries		Whitehaven	(01946) 65835
DCB Accountants, Ltd,		Cockermouth Community Hosp & Health Cntr Isel Rd		FAX	(01946) 591466
Compton House 104 Scotland Road Penrith.....	(01768) 867154	Cockermouth	(01900) 705350	Dixon's,	
Or	(01768) 891608	FAX	(01900) 705390	Bank Head Moor Row	(016973) 42545
Dean Church Of England School Dean,		Prescription Line		DJ Engineering,	
Dean Ce Primary School Dean	(01946) 861408	Cockermouth Community Hosp & Health Cntr Isel Rd		UNIT 5 Millrace Road Willowholme	(01228) 272381
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35 Main Street Dearham.....	(01900) 817011	Dr A R Mason		Hensingham Library Richmond Hill Road	
Dearham Primary School,		Cockermouth Community Hosp & Health Cntr Isel Rd		Whitehaven	(01946) 599618
Dearham	(01900) 818519	Cockermouth	(01900) 705350	Dks Caravan Centre,	
Dearham	(01900) 818519	Derwent Taxis,		Oldsolway Pitt Unit 4 Workington	(01900) 61974
Or	(01900) 818519	2 Forge Close Keswick.....	(017687) 75585	DI & AI, Cafe,	
Dearham Sub Post Office,		Derwent Vale Primary & Nursery School,		39 Main Street Keswick	(017687) 74788
Flat Post Office Central Road Dearham.....	(01900) 812613	Great Clifton	(01900) 601233	Dma Safety Management, Ltd,	
Dearlove, Dr, J,		Derwent Walker Cafe Bar, Wholesale Retail,		Unit 2A Cross Lanes Industrial Estate Seascale	(019467) 27999
14 Vicarage Lane Ennerdale	(01946) 862431	19 Lake Road Keswick	(017687) 73275	Dmack,	
Deb & Air, Hdrsr,		Design Grid, Ltd, Bldrs,		Laomedon Ho Kingstown In Millbrook Rd	
84 Crosby Street Maryport	(01900) 818488	Seacliffe Gar Woodhouse Rd Whitehaven	(01946) 592095	Kingstown Industrial Estate	(01228) 819954
Decoflora, Ltd,		Deva Paper & Board, Co Ltd,		Dobie's Cumbria,	
Unit 6-8 Solway Road		Kirkbride Airfield Kirkbride.....	(016973) 51442	Dobies Bsns Pk Lillyhall Industrial Estate	(01900) 871110
Clay Flatts Industrial Estat	(01900) 872046	Devoaim Limited,		Dobie's Cumbria,	
Decoflora, Ltd,		Unit 7 Devoaim Ltd Chapel Place Carlisle	(01228) 402079	Joseph Noble Rd, Lillyhall Indust Est Workington	
Unit 6-8 Solway Road Clay Flatts Industrial Estate		Devonshire House Denture Solutions, New Dentures,		(01900) 63679
Workington	(01900) 872766	51 Spencer St Carlisle	(01228) 529128	Dobies Peugeot,	
Deer & Dexter,		Df Timber, Ltd,		Dobies Bsns Pk Lillyhall Industrial Estate	(01900) 871234
Old Stoddah Farm Penruddock Penrith	(017684) 80069	Low Moor Bothel	(016973) 71075	Dobinson, P, Agric Eng,	
Defence Munitions Centre,		DGH Silloth, Ltd,		New Rent Workshop Hutton-In-the-Forest	(017684) 84206
Dsda Longtown	(01228) 791383	32 Greenrow Meadows Silloth	(016973) 32310	Dockeray, J.H & I, Frmr,	
Deli Station,		Dhaka Premier, Takeway,		(Dockeray) Blackdyke Farm Blackdyke	(016973) 61202
Deli Station Station Road Wigton.....	(016973) 69845	Dhaka Tandoori Carleton.....	(01228) 595222	Dodd, & Co, Chrt'd Acctnts,	
Delivery Express 24 Ltd,		Diamond, D.H, Frmr,		Carlisle	
3 Blundell Road Carlisle.....	(01228) 498745	Harrow Head Farm Wasdale Head.....	(019467) 26259	Montgomery Wy, Rosehill Indust Est Carlisle	(01228) 530913
Or	(01228) 498746	Diane's Hair Salon,		Penrith	
Delnikky, Ltd,		2 Old Kings Arms Lane Cockermouth	(01900) 828552	Clint Mill Cornmarket Penrith.....	(01768) 864466
41 Market Place Cockermouth.....	(01900) 829770	Dick Thompson,		Dodd Murray, Ltd, Financial Advisors,	
Deltawaitte Workington, Ltd,		Flat 267 Warwick Road Carlisle	(01228) 549000	Fifteen Montgomery Wy, Rosehill Indust Est	
Clay Flatts Trading Estate Workington.....	(01900) 68444	Dickinson,		Carlisle	(01228) 522258
Denman, Dr, D,		North Netherscales Farm Hutton End	(017684) 84527	Dodd Murray, Ltd,	
19 Low Road Close Cockermouth	(01900) 829097	Dickinson, D D, Frmr,		Fifteen Montgomery Way Rosehill Industrial Estate	
Dent, C, Frmr,		Eden Farm Kirkandrews-On-Eden Carlisle.....	(01228) 576332	Carlisle	(01228) 595626
Bridge End Fm Kirkby Thore.....	(017683) 61362	Dickinson Place Cottages & Caravan Park, Prpty,		Dodd, Paul, Acctncy & Tax Advice,	
Dent, Messrs,		Allonby	(01900) 881440	161 Denton Street Carlisle	(01228) 538822
Kaber Fold Kaber	(017683) 71307	Dickinson, R.W,		Dog & Gun,The, Plbc Ho,	
Dental Surgery,		High Knipe Askham	(01931) 713227	2 Lake Rd Keswick	(017687) 73463
128 Queen St Whitehaven	(01946) 590388	Dickson, Dr, C,		Dolly Waggon Guest House,	
Dental Surgery,The,		Tarn Lodge Heads Nook.....	(01228) 670727	17 Helvellyn Street Keswick.....	(017687) 73593
Half Moon Half Moon Lane Wigton.....	(016973) 45800	Dimensions Hair Studio,		Dolores Marshall Opticians, Ltd,	
Denton Holme Community Centre,		126 Queen Street Whitehaven.....	(01946) 590146	29A Fisher Street Carlisle	(01228) 409404
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Denton Holme Working Mens Conservative Club, Co.Ltd,		3 Washington Street Workington.....	(01900) 608222	Ground Floor 14 Campbell-Savours Way Workington.....	(01900) 606909
1 Morley St Carlisle	(01228) 522927	Dinsdale, A, Frmr,		25A London Rd Carlisle	(01228) 595955
Denton House,		Busk Farm Soulbly	(017683) 71465	Units 3-4 Old Raffles Pde Carlisle.....	(01228) 599588
Penrith Road Keswick.....	(017687) 75351	Direct Design Studios, Marketing, Branding, Web And New Media,		Dominos Pizza, Ltd,	
Denton House,		Carlisle		32 Tangier Street Whitehaven	(01946) 696936
Hesket Newmarket	(016974) 78415	Sales	(0872) 0858023	Donaldson's Cumberlands, Friendliest Furnishers,	
Denton Memorials, Monument Mkr,		FAX	(0872) 0858023	Kennedy Cntr Lonsdale St Carlisle	(01228) 810920
163 Denton Street Carlisle	(01228) 598222	Direct Rail Services, Ltd,		Donleys, Quantity Surveyors,	
Denton Tyre Centre,		Kingmoor Depot Etterby Road Carlisle	(01228) 406600	Unit 13 Clifford Ct Cooper Wy Parkhouse	(01228) 541141
Sheffield St Gar Sheffield St Carlisle	(01228) 522033	Direct Training Solutions, Ltd,		FAX	(01228) 523884
61 Parkhill Rd, Kingstown Indust Est Carlisle.....	(01228) 597213	Midtown Fm Blencarn.....	(01768) 88611	Donna's Style,	
Dentville Stores, Ltd,		Di'S Soft Furnishings,		9 Friars Court Carlisle	(01228) 511515
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Headquarters Great Minster House, 76 Marsham St London SW1		Unit C,Regents Ct Baron Wy,Kingmoor Bsns Pk		17 Southey Street Keswick	(01768) 877218
(03003) 303000		Carlisle	(01228) 674882	Dotchin, W.I.M,	
Derek Gilpin,		Disability Information Service, (Allerdale Disability Assoc),		Cumcatch Farm Station Road Brampton	(016977) 2213
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Derwent Air Rifles & Accessories,		Discovery Childcare, Ltd, Nursery,		Unit 7d Lakeland Bsns Pk Lampl Ugh Rd	
6 Old Kings Arms Lane Cockermouth	(01900) 825511	Unit D1 Baron Way Kingmoor Business Park		Cockermouth	(01900) 822080
Derwent Club,The,		Carlisle	(01228) 672459	Double Happiness,	
Office 12 St. Johns Street Keswick.....	(017687) 73588	Distinction Club For Young People,		Double Happiness 2a Pearson Street Workington	(01900) 608263
Derwent Dental Care,		Dissington Club For Young Main Street		Double Happiness House,	
Derwent House Wakefield Road Cockermouth	(01900) 824111	Distington Workington	(01946) 832882	127 Newlaithes Av Carlisle	(01228) 539911
Derwent Digital Wireless, Ltd,		Distinction Community Centre,		Douglas, Michael, Auto Service,	
Unit 9 Sunset Hill Keswick	(017687) 74684	Church Rd Distington	(01946) 834297	The Field Etterby.....	(01228) 520109
Derwent Digital Wireless, Ltd, Professional & Financial,		Distington Golf Driving Range & Golf Course,		Douglas, Mally, Paving & Civils Contractors Ltd,	
Unit 9 Sunset Hill Keswick	(017687) 80007	Charity Lane High Harrington	(0843) 5155464	485 Durdar Road Carlisle	(01228) 536074
Derwent Fluid Power, Ltd,		Dixon, C.W, Frmr,		Douthwaite, William,	
Unit 13 Windermere Building Peart Road		Haresceugh Castle Renwick.....	(01768) 898434	282 Warwick Road Carlisle	(01228) 533483
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Derwent Frames,		Thwaites Farm Welton	(016974) 76203	St. Nicholas Bridge Carlisle	(01228) 542011
Unit 7 High Hl Keswick	(017687) 74244	Dixon, J, Frmr,		Downagat Community Centre,	
Derwent Hill,		Swinburn House Berrier Road Greystoke.....	(017684) 83630	Down A Gate Community Centre Warwick Bridge.....	(01228) 560810
Portinscale.....	(017687) 72005	Dixon, J & M.I,		Downton Travel,	
Derwent Mills Garage,		Hill House Mawbray	(01900) 881223	T M S Motorspares Ltd Meadow Road Whitehaven	(01946) 691511
Unit 14 Derwent Mills Commercial Park		Dixon, J.O, Jeweller Ltd,		Dowson Blades,	
Cockermouth.....	(01900) 828256	64 Lowther St Whitehaven.....	(01946) 694328	6 Derwent Drive Derwent Howe Industrial Esta	
Derwent Plant & Machinery, Ltd,		Dixon, J.R, Hlge Contr,		Workington.....	(01900) 64516
16 Pittwood Road Lillyhall Industrial Estate.....	(01900) 403157	Portacabin Joseph Noble Road		Dowson Blades, Rd, Ltd,	
Derwent Recycling Services, Ltd,		Lillyhall Industrial Estate	(01900) 602620	Derwent Drive Derwent Howe Industrial Esta	
Unit 7 Pittwood Road Lillyhall Industrial Estate		Dixon, Messrs,		DPD (Dynamic Parcel Delivery),	
Workington	(01900) 601891			Unit 3 Kingstown Indust Est Kingstown	(0845) 9505505
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Richard Benedict House Doctors Surgery Richard Benedi 149 Queen Street			
Whitehaven	(01946)	592797	
Dr J Howarth - Queen Street Medical Practice, Richard Benedict House Doctors Surgery Richard Benedi 149 Queen Street			
Whitehaven	(01946)	599715	
Dr J Howarth - Queen Street Medical Practice, Richard Benedict House Doctors Surgery Richard Benedi 149 Queen Street			
Whitehaven	(01946)	694212	
Dr Lea's Body Mods, 8 Roper St Whitehaven	(01946)	691166	
Dragon Inn, 4 High Street Cumbria,Wigton	(016973)	42036	
Dragon Palace, 45 Main Street Egremont	(01946)	824020	
Drigg & Carleton Village Hall, Drigg	(01946)	458052	
Drive Revive Cumbria, Ltd, 3 Townfoot Orchard Carlisle Road Brampton	(016977)	45444	
Driver Hire Carlisle, Halstead Ho Montgomery Wy, Rosehill Indust Est Carlisle.....	(01228)	819667	
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Druids Arms,The, 28 Sandgate Penrith.....	(01768)	892558	
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Dtec Computers, Ltd, Unit 3 James St Carlisle	(01228)	409222	
Lunsons Yd Scotland Rd Penrith.....	(01768)	895600	
Or	(01768)	895700	
Dudson, K.G, Bldr, Monks Close(Office)	(01768)	864770	
Duff, J, The Laythes Kirkbride	(016973)	51276	
Duff, Susan E, Solr, Viaduct Ho Victoria Viaduct Carlisle	(01228)	516666	
Duke Of Cumberland,The, Duke Of Cumberland Inn Castle Carrock	(01228)	670341	
Duncan Hill, Ltd, Crosby Villa	(01900)	812366	
Duncans Tachograph Centre, Ltd, Unit 4 Longtown	(01228)	792660	
Duncans Tachograph, Ltd, Unit 4 Longtown	(01228)	792481	
Dundee Tyres, Ltd, Carlisle Airport Carlisle	(01228)	573605	
Dunelm, (Soft Furnishings) Ltd, Carlisle Unit 2 Madford Retail Pk Charlotte St Carlisle.....	(01228)	819900	
Dunelm Soft Furnishings, Ltd, Unit A Derwent Drive Derwent Howe Ind Est Workington	(01900)	606000	
Dunglison, G.D.M, Ltd, Birchwood Thurstonfield	(01228)	576503	
Dunning, Dr, H.A, Shap Health Cntr Peggy Nut Croft Shap.....	(01931)	716231	
Dunsford Guesthouse, 16 Stanger Street Keswick.....	(017687)	75059	
Durdar Garage, Durdar Garage Durdar Road Carlisle.....	(01228)	536011	
Durham Pine, Ltd, Retail Furniture, Carlisle The Maltings Shaddongate Carlisle	(01228)	512461	
Durham Systems Management, Durham Systems Mngmt, Fernlea House Newby	(01931)	714964	
DW Sports Fitness, Ltd, Health Club, Sports Shops, Customer Service Currock Road Carlisle	(0844)	3725359	
Dynamic IT Business Services, Kingstown Indust Est Parkhill Rd Kingstown Industrial Estate Carlisle.....	(01228)	538603	
Dyno-Rod, 24 Hr Emergency Drain Cleaning, Call Free	(0800)	112112	
E Bird, Farm, The Bungalow Askew Rigg Troutbeck.....	(017687)	79638	
E C Hewson, Jerriestown Retreat Blackford	(01228)	674243	
E.C.M, Ltd, Vhcle Dlrvy Serv, Carlisle Airport Carlisle.....	(01228)	573491	
E & E.A Hellis, 7 Boroughgate Appleby-In-W	(017683)	51591	
E H Booths, Ltd, Supermarket Tithebarn St Keswick	(017687)	73518	
E Hetherington, Croft House Crookdake Aspatria Wigton.....	(016973)	20687	
E.M & J.R Irving, Frms, Stockdale Uldale	(016973)	71217	
E Moor House And Sons, Park House Egremont	(01946)	815207	
E Moor House And Sons, Park House Egremont	(01946)	815979	
E Moor House, & Sons, Park House Springfield Road Bigrigg.....	(01946)	811152	
E.S Hairdressing, Hairdressing Salon, 32 Castle Street Carlisle	(01228)	599571	
E S K Laundry, Laund Servs, Unit 4 Townfoot Longtown	(01228)	791126	
e.surv, Ltd, Chrtd Survrys, Branches			
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E.T.B Services, Ltd, Unit 7 James Street Workshop James Street Carlisle.....	(01228)	594747	
E W & R Fawkes, Hayborough Farm Dearham Maryport.....	(01900)	812257	
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East Croft Grange, Residential Home, Scaw Rd High Harrington	(01946)	832754	
East Cumbria Family Support Association, Carlisle Morton Park Family Centre Wigton Rd Carlisle ...	(01228)	607348	
Eastern Taste Carlisle, Ltd, 6 UNIT 1 Cumbria	(01228)	512100	
Eaves Funeral Service, Ltd, 175 High Road Whitehaven	(01946)	694213	
EazyWeb.net, Business, E-commerce & Editable Sites, Carlisle Sales	(0872)	0855595	
Fax	(0872)	0855595	
Echo 24/7 Locksmith, Emergency 24hr locksmith, Randall St Carlisle.....	(0845)	1647234	
Eclipse Fitness Services, UK Ltd, Unit 6b Sneckyeat Rd Indust Est Whitehaven.....	(01946)	64666	
ECM Vehicle Delivery Service, Ltd, Carlisle Airport Carlisle	(01228)	713900	
ECM Vehicle Delivery Services, Transportation Serv, Carlisle Airport Carlisle.....	(01228)	573620	
Eco Green Energy Centre, Ltd, The Glade Burnhill Cottage Scaleby	(01228)	675126	
Or	(016977)	41899	
Eco Power Group, Agric Electnc Tuner, Rosley Old School Rosley	(016973)	42976	
Ecologicliving, Rickerby Ltd Currock Rd Carlisle.....	(01228)	513969	
Eddie Shimmings, Unit 1 Jubilee Retail Park Maryport	(01900)	268016	
Eddie Stobart, Parkhouse Road Carlisle.....	(01228)	818020	
Eden Brewery, Ltd, Brougham Hall Brougham	(01768)	210565	
Eden Bridge Club, Viaduct Estate Road Carlisle.....	(01228)	534650	
Eden Commercial Services, Kingstown Ind Est Grearhill Rd Carlisle.....	(01228)	553040	
FAX	(01228)	553034	
Eden Community Alarms, 12 St. Andrews Chyrd Penrith.....	(01768)	890657	
Eden Cottage Nursery, Hartley	(017683)	71630	
Eden Dental Practice, Ltd, Site 1 Peacock Road Durranhill Industrial Estate Carlisle	(01228)	525285	
Eden District Council, Technical Services Dept Swimming Pool (Sauna,Solarium & Gym) Glendale Leisure Southend Rd Penrith	(017683)	51212	
Glendale Leisure Southend Rd Penrith	(01768)	863450	
Or	(01768)	863450	
Eden District Council, Alston Town Hall Front Street Alston	(01434)	382244	
Eden Estate Agents, 1 Little Dockray Penrith	(01768)	869000	
Eden Farm Supplies, (Brough) Ltd, Prospect House Winton	(017683)	71458	
Eden Farm Supplies, Ltd, Prospect House Winton	(017683)	72178	
Eden Granary,The, Swainson Yd Myers La Penrith	(01768)	210555	
Eden Graphics, Ltd, Marketing Pr Advertising, Old Chapel Lazonby Penrith	(01768)	870850	
Eden Horse Rug Wash & Repair, Unit 8 Station Yard Station Road Wigton	(016973)	49399	
Eden Housing Association, Halfway Ho Bridge La Penrith	(01768)	861400	
Eden Housing Association, Heysham Gardens Carlisle	(01228)	402208	
Eden Mencap Society, 20 Little Dockray Penrith	(01768)	892014	
Eden Network Development, 13 Earl Street Carlisle	(01228)	819100	
Eden Plastics, Ltd, Acrestones Nateby Kirkby Stephen.....	(017683)	72128	
Eden Podiatry Clinic, 21 High Cross Street Brampton	(016977)	41717	
Eden Rivers Trust, Newton Rigg	(01768)	866788	
Eden Rural Foyer, Reception	(01768)	861650	
Eden Sight Support, Age Concern Eden Resource Centre Sandgate Penrith.....	(01768)	891724	
Eden Stores, The Stores Armathwaite Carlisle.....	(016974)	72778	
Eden Valley Autos, Eden Valley Autos Alston	(01434)	341177	
Eden Valley Campers, Unit 8-9 Long Island Park Carlisle	(01228)	550349	
Eden Valley Chiropody & Podiatry, 12 Devonshire Arcade Penrith	(01768)	867731	
Eden Valley Mineral Water Company, Low Plains Armathwaite	(01768)	885405	
Eden Valley PCT, Cottage Hospital Church Road Alston	(01434)	381218	
Eden Valley Produce, Ltd, 27 Market Square Kirkby Stephen	(017683)	71343	
Eden Valley Railway, Co Ltd, Railway Yard Warcop Appleby In Westmorland	(017683)	42309	
Eden Valley Tool Repairs, Lawn Mower Serv, Unit 13 Skirsgill Business Park Redhills Penrith	(01768)	630341	
Eden Valley Tyres, Ltd, Unit 8 St. Lukes Road Kirkby Stephen	(017683)	74999	
Eden Valley Windows & Kitchens, Friargate Ho Friargate Penrith	(01768)	866790	
Eden View Garage, Gar Mot, Car Park Cross Croft Industrial Estate Appleby-In-Westmorland	(017683)	52020	
Eden Wedding Boutique, Ltd, Unit 0 Skirsgill Business Park Penrith	(01768)	216582	
Edenhall Country House Hotel, Edenhall Hotel Edenhall	(01768)	881454	
Edenhall, The Country Hotel, FAX	(01768)	881266	
Edenholme, 9 St. Josephs Gdns Carlisle	(01228)	545453	
Edensave Credit Union, 34 Devonshire Arcade Penrith	(01768)	890065	
Edenside Carpets, Ltd, Eden Ho Lancaster St Carlisle	(01228)	596573	
FAX	(01228)	810582	
Edgar, J, Frmr, The Flatt Farm Kirkbampton	(01228)	576676	
Edgar, Tom, Funeral Services, Caxton House Brow Top Workington	(01900)	603388	
FAX	(01900)	606625	
Edgars Garage, David Edgar, Burgh Rd Indust Est Marconi Rd Burgh Road Industrial Estate	(01228)	810922	
Edinburgh Woollen Mill,The, Distribution Centre Kingmoor Pk Heatlands Est Carlisle	(01228)	815620	
Edington Adult Training Centre, Unit 11, Gilwilly Industrial Est Penrith	(01768)	242398	
FAX	(01768)	242399	
Edmondson, F.D, Brecon Hill Raughton Head	(016974)	76317	
Edmondson, P, Bed & Breakfast, Seathwaite Farm Seathwaite	(017687)	77394	
Edmondson Electrical, Ltd, Elec Whslrs, Carlisle The Maltings,Shaddongate Carlisle.....	(01228)	534200	
Workington Clay Flatts Trdg Est Workington	(01900)	68333	
FAX	(01900)	65953	
Edmundsons Electrical, Shaddongate Carlisle.....	(01228)	526231	
Educla, Education, Building 2 Westmoor Rockcliffe	(01228)	672129	
Edward James Cowin Ta Four & Twenty, 42 King Street Penrith	(01768)	210231	
Edward May, Ltd, FAX Row Beck Farmhouse Dearham	(01900)	815176	
Edwardene,The, 26 Southey Street Keswick	(017687)	73586	
Edwards & Pringle, 60 Warwick Rd Carlisle.....	(01228)	547114	
Edwin Talbot, & Co, 9 Crosby St Carlisle	(01228)	521231	
EDZ, Outdoor Clothg Brand, The Old Sorting Office 92 High Street Maryport	(01900)	810260	
Egertons Recovery Group, Ltd, Knoydart House Hartness Road Gilwilly Industrial Estate Penrith	(01768)	840914	
Egertons Recovery Low Road Brigham	(01900)	827178	
Egremont Catholic Mens Club, Catholic Mens Club St. Bridget's Lane Egremont	(01946)	440201	
Or	(01946)	824672	
Egremont Cricket Club, Gillfoot Park Gillfoot Egremont	(01946)	820955	
Egremont & District Conservative Club, Conservative Clb Ehen Ct Rd Egremont.....	(01946)	820318	
Egremont Estate Co, The Castle Cockermouth	(01900)	823472	
Fisheries Dept	(01900)	826320	
Egremont Mining, Co, Hematite Ore Producers, Florence Mine Egremont.....	(01946)	820683	
Egremont Physiofirst Centre, Town Hall Main St Egremont.....	(01946)	825402	
Egremont Rangers Amateur RI Club, Egremont Rangers R L F Club North Road Egremont	(01946)	825894	
Egremont Rangers R.L.F.C, Egremont Rangers R L F Clb North Rd Egremont.....	(01946)	820798	
Egremont Rugby Union Football Club, Egremont R U F C Bleach Green Egremont.....	(01946)	820645	

Egremont Town Council, Town Council Office Town Clerk	(01946) 820254	Unit 8 Windermere Building Peart Rd, Derwent Howe Indust Est Workington.....	(01900) 604424	23 Oxford St Workington Advertising.....	(01900) 607607
Cemetery Enquiries	(01946) 820254	Enhance Hair & Beauty Salon, Sowerby 2 Market Square Kirkby Stephen	(017683) 71122	23 Oxford St Workington Editorial.....	(01900) 607711
Egremont Veterans Club, 64a Main Street Egremont.....	(01946) 820006	Enkev, (UK) Ltd, Natural Fibre Processors, Silloth Industrial Estate The Airfield Silloth	(016973) 32600	FAX	(01900) 607601
Electric Shop,The, 11 St. Johns Street Keswick	(017687) 72585	Ennerdale C Of E Primary School, Ennerdale Cleator	(01946) 861402	Evergreen Florists, Hideaway Barn Ireby	(017687) 74976
Electricitywork, Ltd, Blencow Quarry Office Quarry Lane Blencow	(01768) 877926	Ennerdale Country House Hotel, Cleator Cleator Moor.....	(01946) 813907	Evergreens Florists, Hideaway Barn Ruthwaite Ireby.....	(016973) 71741
Electro-Mechanical Engineering Services, Ltd, Allenbrook Rd, Rosehill Indust Est Carlisle	(01228) 518100	FAX	(01946) 815260	Or	(016973) 71849
Elegant Bathrooms Warehouse, Carlisle.....	(01228) 598000	Ennion, J, River House Little Salkeld	(01768) 881612	Ewanrigg Infant School, Victory Crescent Maryport.....	(01900) 812931
Elegant Touch, Unit 2 38 Curzon Street Maryport.....	(01900) 816544	Enterprise, Ltd, 33 Old London Rd Penrith	(01768) 212800	Ewin, R.D, The Byre Bysteads Morland.....	(01931) 714651
Elephant,The, The Elephant Southwaite.....	(01768) 885259	Entra, Ewanrigg & Netherton Community Centre Maryport	(01900) 818877	Excel Interior Lining Systems, Ltd, UNIT 15H Leonfield Industrial Estate Cleator Moor	(01946) 812117
Elim Community Church, Carlisle, Charity, 14 Spencer Street Carlisle.....	(01228) 523991	Envy, 54 King St.....	(016973) 49903	Executive Cars, 410 Warwick Road Carlisle	(01228) 529957
Elite MOT Centre Cumbria, Ltd, Station Garage Main Street Egremont	(01946) 820735	Equifax, Plc, Personal - Commercial Credit Information & Sales Chapel St London NW1	(0844) 3350550	Executive Search Plus Europe, Ltd, Bunkers Hill West Orton Rd Carlisle.....	(01228) 593067
Elite Motor Body Repairs, 2 Lingylose Road Dalston.....	(01228) 711555	Eric Hagan Opticians, Ltd, 18 High Street Longtown.....	(01228) 791664	Exelby Services, Mr, Rob, Ltd, Golden Fleece Service Station Carleton Carlisle	(01228) 592052
Elizabeth Cronin, Professional Financial Services, Lyndhurst Portinscale	(017687) 73470	Eric Wise, Tarns Farm Silloth	(016973) 32587	Exhaust Craft Whitehave, 1 Monkway Lodge Low Monkway Whitehaven	(01946) 599911
Ellenbank Press, Park Hill South Camp Road Maryport	(01900) 817773	Eric Wright, Main Used To Be Morton Park School Burnrigg Carlisle	(01228) 544687	Explosive Productions, Ltd, Unit P7-8 Kingmoor Park Road Kingmoor Park Central Carlisle	(01228) 546924
Ellenborough Mini Market, Newsagents Convenience Lottery, Elbra Mini Market Church Terrace Maryport	(01900) 813663	Eric Wright Group, Ltd, Carlisle West Community Fire S Brookside Carlisle	(01228) 510900	Expo Life, Howard House Hethersgill.....	(01228) 675000
Ellenborough & Netherton Reading & R, Ellenborough Social Club Church Terrace Maryport.....	(01900) 812060	Community Fire Station Eastern Way Carlisle.....	(01228) 510571	Express Care, (Guest Servs) Ltd, Jasmine Ct Newtown Rd Carlisle	(01228) 528542
Ellerton, Dr, J.A, Pinfold Nicholson La Penrith	(01768) 245386	Fire Station Glenridding.....	(017684) 82998	Express Electrical Distributors, Ltd, Unit 24A Solway Trdg Est Maryport	(01900) 816880
Elliott Black, Ltd, Red Lonning Industrial Estate Whitehaven	(01946) 66574	Community Fire Station Moorclose Road Workington.....	(01900) 873368	FAX	(01900) 816900
84 Main St Cockeremouth	(01900) 825792	Cumbria Fire & Rescue Service Headquarters The Green Carleton Avenue	(01768) 892702	EXPRESS FACTORS, Kingston Indust Est Grearshill Rd Carlisle	(01228) 553030
Elliott & Black, Ltd, Red Lonning Industrial Estate Red Lonning Industrial Estate Whitehaven.....	(01946) 67139	Eric's Pet Supplies, Pet Supps, Ryehill Kirkcintola	(01228) 675356	Express Plumbing Supplies, Plumbers Merchants, Allenbrook Rd, Rosehill Indust Estate Carlisle	(0845) 4505678
Elliott, R.A, Spencycroft Farm Alston	(01434) 381689	Ernest Jones, Jwlr, Carlisle 7 Grapes La, Lanes Shopping Cntr Carlisle	(01228) 520227	Express Plumbing Supplies Ltd, Unit B, 10 Allenbrook Road, Rosehill Ind Est Carlisle	(01228) 580765
Elliott, C, Fmr, Brackenhow Dalston	(01228) 710783	7 Grapes La, Lanes Shopping Cntr Carlisle.....	(01228) 529968	Expressions Hair Studio, Mount Florida Carlisle	(01228) 514314
Elliott Engineering, Elliot Engineering Rigg Street Carlisle.....	(01228) 523256	Errington, F & Sons, Sockbridge Hall Tirril.....	(01768) 862016	Extract Engineering, Ltd, Unit 2 43a Millbrook Road Kingstown Industrial Estate Carlisle	(01228) 558866
Elliott, J.H, Fmr, Bank House Mungrisdale.....	(017684) 84323	Es Bar, Ltd, Whsle Ret, 1 New Street Keswick.....	(017687) 75222	Eyre & Elliston, Ltd, Willowholme Indust Est Millrace Rd Willowholme.....	(01228) 522266
Ellis, Bros, Bldrs Mrmnts, (Decorating/Hardware) 34-36 Senhouse St Maryport ...	(01900) 816500	Escape Hair & Beauty, Healthcare Social Care, 114 Denton Street Carlisle.....	(01228) 512999	Eyrie,The, The Eyrie Moresby Parks Rd Moresby Parks	(01946) 599772
Ellis, C, Langford Farm Warcop.....	(017683) 41363	Escape Rooms In UK Ltd, Flat 21-23 West Tower Street Carlisle.....	(01228) 494361	Ezi Blinds, Blind Suppliers, 81 Ellesmere Wy CA2.....	(01228) 899899
Ellis Graphic Design, Everdene Fell Lane Penrith	(01768) 867369	Esk Cafe,The, 4 English Street Longtown	(01228) 791631	F Brown, (Carlisle) Ltd, F Brown Carlisle Ltd Cardewlees.....	(01228) 710701
Elwood Mortgages, 2 St Andrews Square Penrith	(01768) 865221	Esk Valley Medical, Moor Rd Longtown	(01228) 791328	F Irving, & Son, 152 Main St Frizington.....	(01946) 810473
Elwood, T, The Old Barn Row End Farm Warcop	(017683) 41275	Eskdale Mill & Heritage Trust, Boot.....	(019467) 23335	F Scott Builders, Ltd, Beech House Silloth Wigton	(016973) 31428
Elwood, W, Fmr, Howrigg Blencarn.....	(01768) 88664	EskTech, Ltd, 24 Norfolk Rd Carlisle.....	(01228) 409098	F S & R P Dinsdale, Coltsford Lodge Church Brough	(017683) 41279
Elm House Ullswater, Ltd, High Street Pooley Bridge	(017684) 86334	Esterline, Fleswick Court Crow Park Way Westlakes Science & Technolo Moor Row.....	(01946) 693838	F Threlkeld, & Sons, F Threlkeld Sons, Bailey Town Easton.....	(01228) 791305
Elton Finance, 29 Pennington Drive Carlisle	(01228) 739799	Etman Enterprises, Ltd, Dalston Hall Golf Club Dalston Carlisle.....	(01228) 710165	Faber Aureus, Ltd, Adult Training Centre California Road Carlisle	(01228) 545665
Elton Finance, (Cumbria), Unit 7c Lakeland Business Pk Lamplugh Rd Cockeremouth	(01900) 827643	Euro Debt, Cumbria	(016973) 49703	Face To Face Beauty Spa, Hair & Beauty, 163 Vulcans Lane Workington.....	(01900) 606757
Elwen, A.V, Netherfield Farm Irthington.....	(01228) 573245	Eurocell Building Plastics, Ltd, Kingstown Indust Est Brunthill Rd Scotby	(01228) 513833	Factor 33, Manager Bridge Street Garage Bridge Street Appleby-In-Westmorland	(017683) 52936
Embleton Spa Hotel, Embleton Spa Hotel Embleton Spa Hotel Embleton Cockeremouth	(017687) 76606	Unit 6 Brunthill Road Kingstown Industrial Estate Scotby FAX	(01228) 513832	Factory Shop The, Empire Hall Building Egremont.....	(01946) 820434
Emersons Commercial Services, Ltd, Unit 39 Gilwilly Rd Penrith	(01768) 864531	Eurocell, Eurocell, 4B Clay Flatts Industrial Estate Buddle Road Clay Flatts Industrial Estat Workington.....	(01900) 601261	5 Market Pl	(016973) 42171
Emily's Black Lion, Paddys Bar Ireby Village Ireby	(016973) 71110	Euroforest, Ltd, Karlstad House 3 Merchants Drive Parkhouse	(01228) 520113	Fagans, 51 Main Street Cockeremouth	(01900) 823223
Emmas Food Hut, Ltd, A 43 Jane Street Workington	(01900) 403011	European Truck Parts, Ltd, Kingstown Indust Est Grearshill Rd Carlisle	(01228) 534995	Fairfield Garage, Unit 6 Lakeland Agricultural Centre Cockeremouth	(01900) 823042
Emo Oil, Ltd, Dalston	(0800) 339977	Evans, Agric Contr, Bowness Farm Bowness-On-Solway	(016973) 51322	Fairfield Infant School, Gallowbarrow Cockeremouth	(01900) 821132
Ems Cargo, (Carlisle) Ltd, Linton Tweeds Ltd Shaddon Mills Shaddongate Carlisle.....	(01228) 593470	Evans Energy, Ltd, 6 Mariners Way Hensingham	(01455) 634299	Fairladies Barn Limited, Fairladies Barn Main Street St. Bees.....	(01946) 822718
EMS Cargo, Ltd, 15 Junction St Carlisle.....	(01228) 598310	Evans In Keswick, Ltd, 14/16 Lake Rd Keswick.....	(017687) 80078	Fairlight Guesthouse, Fairlight Guest House Greenside Road Penrith	(01768) 448244
Enegus, Blackwood Road Lillyhall Industrial Estate Workington	(01900) 605665	Evans, P, The Barista, The Bistro Rear Of, 20 High Street Wigton.....	(016973) 42541	Fairydust Emporium, The, 8 Eden Street Silloth	(016973) 31787
Energy Coast UTC, Blackwood Rd Lillyhall Industrial Estate Workington	(01900) 67215	Eve, J.W, Fmr, Stubbsgill Farm Yearngill	(016973) 20348	Family Foot Clinic, 37 Bank Street Carlisle	(01228) 523761
Blackwood Road Lillyhall	(01900) 606446	Evening News & Star, The Cumberland News, News & Star FAX	(01228) 612601	Fantails Restaurant, Fantails Restaurant The Green Wetheral Carlisle	(01228) 560239
Blackwood Road Lillyhall Industrial Estate Workington	(01900) 605879	Photo Reprints Newspaper Ho Dalston Rd CA2	(01228) 612630	Fantasia Beauty, Ltd, Beauty & Nails, 64 Wood Street Maryport	(01900) 814640
Enesco European Giftware Group, Ltd, Customer Serv & Distrib Cntr, Brunthill Rd Kingstown Industrial Estate.....	(01228) 404040	Sports Desk Newspaper Ho Dalston Rd CA2	(01228) 612620	Far Close Farm, Ltd, Bsns, Knock Appleby-In-Westmorland	(017683) 61333
Engine & Gearbox Services,		Branch Offices Whitehaven Queen St Whitehaven Editorial.....	(01946) 595152	Fare, W, Ltd, Chemsts, 71 Market Place Whitehaven	(01946) 692978
		FAX	(01946) 595101	Farm,The, Farm, Main Glebe Cottage Aikton	(016973) 45650
		Workington		Farmers, The, The Farmers Portinscale Portinscale.....	(017687) 44861
				Farrell Sports, 46 High Street Cleator Moor	(01946) 815541

Farrer, E & N, Hanger 115 Carlisle Airport Carlisle	(01228) 573133	Finesse - Double Glazing, Arrburn Ho Milbourne St Carlisle.....	(01434) 719015	Focus Scaffolding, X Meadow Rd Whitehaven	(01946) 592338
Fastness Data Service, Ltd, PO Box 101 Wigton Kirkbride	(016973) 52496	Finesse Jewellery, 40 Middlegate Penrith	(017684) 28162	Focus Scaffolding, Ltd, FAX	(019467) 29711
Fat Face, 45-47 Main Street Keswick	(017687) 80910	FIRE, In Emergency dial 999 and ask the operator for Fire		Folder, T, Wescoc Farm Threlkeld	(017687) 79205
Faulder, D.J. & A.K, Townhead Farm Unthank	(01228) 710276	Cumbria Fire Service Administrative Calls		Fond Ewe Fine Cheese, Ltd, 9 Pack Horse Court Keswick	(017687) 73377
Fayrer Holme County House, see Fayrer Garden House Hotel		Dalston Workshop Barras La Dalston.....	(01228) 710349	Foneshop, Citadel House 87-89 English Street Carlisle	(01228) 599888
FBE, Ltd, 2 Long Marton Rd Appleby In Westmorland	(017683) 51646	Fire Fighters Ch, The, Fire Fighters Charity / Jubilee House Eamont Park		Fontana's, Takeaway, 95 London Rd Carlisle.....	(01228) 522308
Fc Whelan Chemists Ltd, Curzon Street Maryport.....	(01900) 816418	Penrith.....	(01768) 630365	Food Paradise, 17 Duke Street Whitehaven	(01946) 460125
Fearn, A, 4 Banks Place Keswick	(017687) 74554	Fire Service National Benevolent Fund, Jubilee Ho Eamont Pk Eamont Bridge.....	(01768) 890009	Or	(01946) 460126
Fearon Builders, Glasston House Glasston Industrial Estate		FIRNS HOME HARDWARE, Ltd, (Ironmongers), 4 Station St Cockermouth	(0843) 5079193	Or	(01946) 460127
Maryport.....	(01900) 818477	Firpress Group, 5A Buddle Road Clay Flatts Ind Est Workington.....	(01900) 68141	Foodland Haven, 7 Strand Street Whitehaven	(01946) 460228
Fearon Florists West Cumbria, 155 Harrington Road Workington	(01900) 604645	First Call Detectives, Private Investigator, Vintry House Globe Lane	(0871) 9151171	Or	(01946) 460229
Fearon, I.R, Frizington Hall Frizington	(01946) 814225	First Choice Travel Shop, Carlisle The Lanes Shopping Cntr East Tower St CA3.....	(0844) 8541291	Footsteps Nursery, The Minto Centre Nilsson Drive Workington	(01900) 872011
Fell, A, Mtr Body Rprs, The Stampery Burnfoot Wigton	(016973) 42919	Carlisle 8 English St.....	(0844) 5615758	Foreign & Commonwealth Office, Forest How Guest House,	
Fell Fresh Cumbria, Ltd, Unit 17 Blencathra Business Centre,Threlkeld Quarry Park		First Class Kids, Post Office Calthwaite.....	(01768) 894078	Forest How Guest House, Forest How Eskdale	(019467) 23201
Keswick	(017687) 79909	First Engineering Services, Barras Lane Industrial Estate Barras Lane		Forestry Commission, Cumbria & Lancashire Conservancy	
Fell,Kilvington, & Co, Solrs, Beldow 3 Market Square Kirkby Stephen	(017683) 71495	Dalston	(01228) 713450	Peil Wyke Bassenthwaite Lake Cockermouth	(017687) 76616
Fell Pack, Ltd, Professional Financial Services, 21 Main Street Keswick	(017687) 73991	First Friends Nursery, Belle Vue Junior School Beaver Road Carlisle	(01228) 538567	FAX Peil Wyke Bassenthwaite Lake FAX	(017687) 76557
Fell Pony Society, The, Ltd, Bank House Boroughgate Appleby-In-Westmorland	(017683) 53100	First Image Signs, The Gatehouse Hallwood Rd Workington	(01900) 607444	Kershope & Spadeadam Forest Bellingham.....	(01434) 220242
Fell View Hair & Beauty, Ltd, Cecily House Shap Penrith	(01931) 716910	First Milk, Ltd, Aspatria Creamery Station Rd Aspatria	(016973) 20218	Foretract Engineering, 33 Howard Park Penrith	(017684) 83669
Fell View Park, Renters Payphone Fell View Park Gosforth	(019467) 25121	Firstprobe Ltd, Stores and Post Office, 69 Wigton Road Carlisle	(01228) 642492	Foreways, 309 Blackwell Road Carlisle	(01228) 523024
Fellpack, Ltd, 34 Lake Road Keswick	(017687) 74999	Firth House, Your Hsng Gp, Old Peoples Flats Low Seaton	(01900) 605835	Forrester, J & J, Fmrms, Down By Rigg Westlinton.....	(01228) 791236
Fellside Carpets & Flooring, Unit 9a Skiddaw House North Lakes Business Park		Firth Marketing, Ltd, Rigg Lands Blencarn	(01768) 88705	Forster, B, Fmr, Smithsteads Bewcastle	(016977) 48268
Flusco	(017684) 83518	Fish, Carol, Solr, Viaduct Ho Victoria Viaduct Carlisle.....	(01228) 516666	Forster, Sandra, & Assocs, 3 High Cross Street Brampton	(016977) 41999
Fellside Carpets Flooring, Crpts Vynl Flooring, Sandgate House Sandgate Penrith.....	(01768) 868674	Fisher, West House Farm Pelutho	(016973) 31851	Forth Engineering, (Cumbria) Ltd, Risehow Bungalow Flimby	(01900) 816000
Fellside Farm, Fellside Farm Caldbeck	(016974) 78616	Fisher, Dave, Unit 1 St. Nicholas St Carlisle	(01228) 401424	Foskett Hylton, Design Wks, 45 North Road Kirkby Stephen.....	(017683) 72521
Fellside Px, Construction Site No 7 British Nuclear Fuels Sellafield		Fisher, George, Ltd, Mountain Eqpt Spclsts, 2 Borrowdale Road Keswick	(017687) 72178	Foster, J.E. & Sons, Shot Blasters, Site 24 Brampton Road Longtown	(01228) 791180
.....	(019467) 29028	Fisher, Michael J, Solr, Viaduct Ho Victoria Viaduct Carlisle.....	(01228) 516666	Fosters, M.A., Greengill Foot Bowscar	(01768) 866447
Fellside Recordings, P O Box 40 Workington Workington.....	(01900) 61556	Fisher St, 58-60 Fisher Street Carlisle.....	(01228) 534089	Fotheringham, J.F.C, Cottage Hospital Church Road Alston	(01434) 381511
Fellside Recordings, 15 Banklands Workington	(01900) 392806	Fit 4 Life Cumbria, Grasslot Working Mens Club Main Road Maryport.....	(01900) 814782	Foundry 34 Isdn, 34 Burrowgate Penrith	(01768) 210099
Fellview Caravans, Miss, 5 Croft Terrace Beckermest	(01946) 841274	Fitness Factory,The, Columbia Club St. Bridgets Lane Egremont	(01946) 824157	Fountain Gallery,The, The Fountain Gallery, 8 King Street Wigton	(016973) 49414
Fellview Healthcare, Ltd, Flatt Walks Health Cntr 3 Castle Meadows		Fitness Studio,The, Ltd, Wholesale Retail, Unit 2c Townfoot Industrial Estate Brampton	(016977) 3395	Four Seasons Food, Ltd, Threlkeld Bsns Pk Threlkeld.....	(017687) 79922
Whitehaven	(01946) 692173	Fjell Tipi Tent Hire, Co Ltd, Silverfield House North Lakes Business Park		Fourbuoys, Ltd, 63-65 Church Road Harrington.....	(01946) 830364
Fellview Primary School, Femwise, Ltd, 25 Ashcroft Clo Braithwaite	(03332) 070790	Flusco	(017684) 83010	Fowler, J, 7 Wood End Close High Harrington	(01946) 834524
Ferguson, M.C, Ltd, Bldg,Plmbg Mrcnt, 24-25 Brunswick Road Penrith	(01768) 862951	Fleet Factors, Unit 10b, Kingstown Indust Est Kingstown Broadway		Fox, A, Fmr, Hill Top Easton	(01228) 577240
Ferguson Motor Engineers, Fellview Garage Hallbankgate	(016977) 46244	Carlisle	(01228) 810050	Fox & Associates Consulting, Ltd, 5A Main Street Cockermouth	(01900) 822458
Ferguson, T, & Co (England) Ltd, Unit 3 Wavell Dv, Rosehill Indust Est Carlisle	(01228) 818272	FAX	(01228) 810049	Fox & Pheasant,The, Armathwaite Place Armathwaite.....	(016974) 72162
Field, George M.H, Bush Farm Bewcastle.....	(016977) 48616	Fleet Factors, Risehow Industrial Estate Flimby	(01900) 810952	Foxes Cafe Lounge, 18 Abbey Street Carlisle	(01228) 497402
Field Studies Council, Blencathra Cntr Threlkeld	(017687) 79601	Fletcher Contract Cleaning, Ltd, Station Road Wigton.....	(016973) 45488	Foxfield Leisure, Ltd, Seough House Edenhall	(01768) 210527
Field & Trek Outdoor Shop, 33 English St CA3	(0870) 3339458	Flimby Primary School, Rye Hl Rd Flimby	(01900) 812264	Fragrance Shop,The, 1 Peascod La Lanes Shopping Cntr Carlisle	(01228) 631237
Fifth Wheel, (Cumbria) Ltd, Unit 20 Carlisle Enterprise Cntr, James St		Or	(01900) 816778	Frame & Swift Veterinary Surgery, The Veterinary Cntr Carleton.....	(01768) 862454
Carlisle.....	(01228) 819722	Flimby Sports & Social Club, Wholesale Retail, Flimby Working Mens Social Club Chapel Street		The Veterinary Centre Carleton Hill Road	
FAX	(01228) 818077	Flimby	(01900) 810181	Penrith.....	(01768) 862454
Fika, Whsle Ret, 7a Station Street Cockermouth	(01900) 822790	Floor Choice, 28 Main St Keswick	(017687) 74844	Framed, Ints Framing, A 21 Church Street Whitehaven	(01946) 67642
Final Journey, 2 Durdar Road Carlisle	(01228) 595060	Floor Coverings Cumbria, Beck Garage Gosforth	(019467) 25552	France, K, (Optcns) Ltd, 26 Spencer Street Carlisle.....	(01228) 521813
Financial Concepts, 2 The Crescent Carlisle	(01228) 819888	Floral Design, Cumbria Ltd, 6 Nook Street Workington	(01900) 603238	Frances Quail, 1 Castle Terrace Penrith.....	(01768) 866842
Financial Concepts, Ltd, 2 The Crescent Carlisle	(01228) 597986	Florence Arts Centre, Ltd, Florence Mine Egremont	(01946) 824946	Franco's, Green Market Carlisle	(01228) 592677
Fine Designs, 35 Lake Road Keswick	(017687) 73034	Floshes Farm, Ltd, Floshes Carlisle, Cumbria	(01228) 530272	Frank Bird, (Poultry) Ltd, Underlyne Langwathby	(01768) 881555
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Finesse, Arrburn House Chapel Place Milbourne Street Carlisle....	(01228) 522581	Flowerbank, Ltd,The, Bankdale Farm Wreay	(016974) 75656	Site 4 Montgomery Way Rosehill Industrial Estate	
Head Office Dentonholme Trading Est Chapel Pl Carlisle		Flowers Same Day, Ltd, 55a Brook Street Carlisle	(01228) 402420	Carlisle	(01228) 538585
FAX	(01228) 810947	Flusco Wood Luxury Holiday Lodges, Prpty, Flusco Wd Fusco	(017684) 80020	Frank Josef Photography, 33 Lake Road Keswick	(017687) 75295
Finesse Direct Supplies, Dentonholme Trdg Est Chapel Pl Carlisle	(01228) 597420	Fmc Training Services, 49 Spencer Street Carlisle	(01228) 538016	Franklyn Group, Ltd,The, Stobars Hall Residential Home Kirkby Stephen.....	(017683) 71291
Finesse Direct Supplies, Unit 22 Denton Holme Trdg Est Chapel Pl		Fobbies Creative Crafts, Gubbergill Irton	(019467) 24374	Frasers Fish & Chips, 33 Main Street Egremont	(01946) 823642
Carlisle.....	(01228) 597420	Fobbies Creative Crafts, Gubbergill Irton	(019467) 24764	Frasers's Office Equipment, Warwick Mill Business Centre Warwick Bridge	
				Wetheral.....	(01228) 564415
				FAX	(01228) 564416

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Frederick Potts & Son, Ltd, The Sands Bongate Appleby (0843) 5079251	G T Bodyworks, Pittwood Rd, Lillyhall Indust Est Workington (01900) 67937	Gemini, Site 39 Kingstown Broadway Kingstown Industrial Estate Carlisle (01228) 514260
Frederick Potts, & Son Ltd, 4 The Sands Appleby-In-Westmorland (017683) 53960	G Wannop, Linstock Castle Linstock (01228) 523161	Gemini TML, Ltd, Petteril Side Harraby Gn Bsns Pk Carlisle (01228) 526807
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Frizington Sub Post Office, Main St Frizington (01946) 810481	Gala Bingo, 9 Englishgate Plaza Botchergate Carlisle (01228) 547283	General Store, The, Village Shop Gifts, The General Store Braithwaite (017687) 78157
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FAX (01228) 560426	Gambleby Sub Post Office, Church Farm Gamblesby (01768) 881216	Geoff Wilson, Marketing Pr Advertising, 36 Portland Place Carlisle (01228) 531542
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Fultons Land Rovers, Dean Cross Cottage Lamplugh (01946) 861312	67 English Street Carlisle Calls cost up to 10 pence per minute plus network extras (0871) 5940088	George Thompson, (Heating) Ltd, Unit 2 South John Street Carlisle (01228) 527390
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G B L, & Sons Ltd, Albert Cottage Harker (01228) 537149	Gates Tyres, Hallwood Rd Lillyhall (01900) 67620	Gibbons Properties (Workington), Ltd, Langdale House Gray Street Workington (01900) 68755
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Westgarth West St Aspatria	(016973) 22598	Harraby Community Centre, Edgehill Rd Carlisle	(01228) 537831	Hays Accountancy & Finance, Emplymt Recrutm Consits, Carlisle Lowther St Carlisle	(01228) 515795
Hair Boutique The, 9 Roper Street Whitehaven.....	(01946) 848838	Harrington, C.W, Frmr, Mounsey Bank Plumpton	(01768) 894248	Cumbrian Trustee Savings Ban Lowther St Carlisle	(01228) 592063
Hair Design & Beauty, 28 Bank St Carlisle.....	(01228) 537575	Harrington Farm Wellington Farm Wigton.....	(016973) 20640	Hays Office Support, Emplymt Recrutm Consits, Carlisle Lowther St Carlisle	(01228) 596288
Hair Flare, 75 Main Street Maryport.....	(01900) 813707	Harrington, C.W, Frmr, Mounsey Bank Plumpton	(01768) 894248	Hayton C Of E Primary School, Hayton	(01228) 670491
Hair Loft, The, Unit 6 Great Dockray Penrith	(01768) 867784	Harrington Pharmacy, 25 Church Rd Harrington	(01946) 833565	Hayton, C.T, Ltd, Agric Engs, Beck Bottom Cotts	(016973) 42994
Hair Works, 12 Friars Court Carlisle	(01228) 590517	Harrington, R, Frmr, Grange Grassings Gilcrux.....	(016973) 20967	Hayton Garages, The Garage Hayton	(01228) 670352
Hairbonito, 3 High Street Wigton.....	(016973) 42410	Harrington Sailing & Fishing Club, Harbour Ho North Side Harrington	(01946) 830600	Hayton Shop, Butt Hill Hayton	(016973) 20757
Hale Racing, Ltd, The Barn Sunnyside Culgaith.....	(01768) 88699	Harrington St Mary's Rc Primary School, Harrington St. Marys Rc Primary School Holden Road Salterbeck	(01946) 830430	Hayward Tod Associates, Ltd, 7 Paternoster Row Carlisle.....	(01228) 810300
Half Moon Wholefoods, 14 Front Street Brampton	(016977) 3775	Harris, Joseph H, Home Farm & Estate Office FAX	(01768) 885020	HB Clark Cumbria, 238 Solway Trading Estate Maryport	(01900) 810618
Halfords Autocentres, Unit 1 Halfords Ltd St. Nicholas Gate London Road Carlisle.....	(01228) 591237	Harrison, Mxd Farming, Peddar Hill Farm Longtown.....	(01228) 577231	Or.....	(01900) 810917
Halifax, Current Accounts	(03457) 203040	Harrison, B.M, Frmr, Clarghyll Foot Farm Alston	(01434) 381217	Or.....	(01900) 817277
Branches Carlisle 16 Bank St Carlisle	(01228) 629320	Harrison Building, 1 Tenters Wigton	(016973) 49325	Head, R, Cross Croft Ind Estate Cross Croft Appleby-In-Westmorland	(017683) 52219
Penrith 41/42 Middlegate Penrith	(01768) 243905	Harrison Butchers, 82 Main Street Cockermouth	(01900) 823164	Headquarters, 81 Blackwell Road Carlisle	(01228) 523255
Whitehaven 40/41 King St Whitehaven	(01946) 854701	Harrison, D, Hards Farm Silloth	(016973) 61763	Heals Opticians, Ltd, 90A Main St Cockermouth	(01900) 822328
Workington 72 Pow St Workington	(01900) 323608	HARRISON, D.A, Hlge,Strge,Ready-Mixed Concrete,Waste Disposal,Waverton Services, Administration (After Hours).....	(016973) 42277	6 Murray Road Workington.....	(01900) 603333
Hall Bank Gate Post Office, Hall Bank Gate Post Office Hallbankgate	(016977) 46722	Administration	(016973) 42277	Health Services In Cumbria & North Lancashire, Eden Valley Primary Care Trust Brampton,Alston & Longtown District Community Services Alston Hospital,Management & Community Services Ruth Lancaster James Cott Hosp Alston	(01434) 381218
Hall Park Hotel,The, Carlton Rd Workington	(01900) 604456	Farms Goody Hills Mawbray	(01900) 881245	NHS Cumbria Teaching Primary Care Trust Public Health, Director Of	(01768) 245490
Hall Park Hotel,The, The Hall Pk Htl Carlton Rd Workington	(01900) 602968	Hill House Farm Hill Ho Aldoth	(016973) 61600	Community Services Aspatria Clinic. District Nurses North Rd Aspatria.....	(016973) 20444
Hall Park Hotel,The, 23 Carlton Road Workington.....	(01900) 269835	Harrison, E.A, Scar Side Orton.....	(015396) 24663	Longtown Health Centre District Nurses	(016973) 66600
Hall, R, & Son, Eycott Fm Berrier Greystoke	(017684) 83240	Harrison, G.G, Frmr, Seugh Farm Southwaite.....	(016974) 73208	Wigton Hospital	(016973) 66600
Hallbankgate Hub, Ltd, Co-operative Hallbankgate	(016977) 46060	HARRISON & HETHERINGTON, Ltd, Carlisle	(01228) 640901	Health Centres & Clinics Fringington Ennerdale Rd Cleator Moor	(01946) 810221
Hallbankgate Village School, The Headmaster Hallbankgate Primary School Hallbankgate	(016977) 46237	FAX		Hospitals West Cumberland Hosp, Homewood Whitehaven	(01946) 693181
Halls Newsagents, Market Square Kirby Stephen Cumbria	(017683) 71374	Kirkby Stephen The Auction Mkt Faraday Rd Kirkby Stephen.....	(017683) 71385	Victoria Cottage Hospital Ewanrigg Rd Maryport.....	(01900) 812634
Halo Glow, 68-70 Senhouse Street Maryport.....	(01900) 876608	Lazonby Lazonby Auction Mart	(01768) 898313	West Cumberland Hospital Hensingham Whitehaven....	(01946) 693181
Halow Beauty, Co, 2 Lowther Went South Street Cockermouth.....	(01900) 268183	Harrison, J, Sykehead Hethersgill	(01228) 675281	Nurses Community Nursing Services Locality Manager (Cockermouth/Maryport)	(01900) 812634
Halton Lea Gate Sub Post Office, 43 Lea Side Halton-lea-Gate.....	(016977) 46693	Harrison, J, Frmr, Down Hall Farm Aikton	(016973) 42847	Evening Services Maryport/Cockermouth - Before 6.00pm / After 6.00pm via own GP (01900) 812634	
Haltwhistle Golf Club, Wall End Farm Greenhead Brampton	(016977) 47367	Harrison, N, Coatlith Hill Farm Alston.....	(01434) 381337		
Hames Hall, Exclusive Retirement Res, Gote Rd Cockermouth.....	(01900) 827601	Harrison Northern, Ltd,			
Handbags & Gladrags, 3 Shepherds La Brampton	(016977) 42113				
Handy Concrete, (Cumbria) Ltd, Pittwood Rd,Lillyhall Indust Est Workington.....	(01900) 606646				
Hanley Parks, Ltd,					

Penrith Hospital,Community Management & Community Health Services		
Kirkby Stephen Health Centre Silver St Kirkby Stephen ..(017683) 71369		
Penrith Dental Clinic For Advice.....(01768) 245272		
Penrith Family Planning Clinic.....(01768) 245264		
Penrith Health Centre Chiropody.....(01768) 245264		
North Cumbria Acute NHS Hospitals Trust		
West Cumberland Hosp, Homewood Whitehaven.....(01946) 693181		
North Cumbria Mental Health & Learning Disabilities NHS Trust		
Carleton Clinic		
Carleton Clinic Cumwhinton Dv Carlisle.....(01228) 602000		
FAX - General.....(01228) 602385		
Carleton Clinic Cumwhinton Dv Carlisle.....(01228) 602000		
Medical Health Services		
Windermere Day Hospital West Cumberland Hosp Whitehaven (01946) 693181		
Carleton Clinic Cumwhinton Dv Carlisle.....(01228) 602000		
Lonsdale Unit Penrith Hosp Bridge La Penrith.....(01768) 245309		
Lyndhurst West Cumberland Hosp, Homewood Whitehaven.....(01946) 693181		
Lyndhurst 3 Victoria Ter Whitehaven.....(01946) 693181		
Windermere Day Hospital West Cumberland Hosp, Homewood Whitehaven.....(01946) 693181		
Windermere Ward West Cumberland Hosp, Homewood Whitehaven (01946) 693181		
Windermere Ward West Cumberland Hosp Whitehaven.....(01946) 693181		
Yewdale Ward West Cumberland Hosp, Homewood Whitehaven (01946) 693181		
Yewdale Ward West Cumberland Hosp Whitehaven.....(01946) 693181		
Psychological Services		
Psychology Department West Cumberland Hosp, Homewood Whitehaven.....(01946) 693181		
Psychology Department West Cumberland Hosp Whitehaven.....(01946) 693181		
Heap, Andy, Elec Contr,		
Foxgloves Burgh-By-Sands.....(01228) 576004		
Heart Of The Home Interiors, Sole Trader, Kitchen,		
24 Market Place Cockermouth.....(01900) 510593		
Heart Of The Lakes - Keswick,		
13 Lake Road Keswick.....(017687) 75544		
Heart & Soul,		
That T-Shirt Shop 8 Poets Walk Penrith.....(01768) 865873		
Hearth & Home Penrith, Ltd,		
6 Brunswick Road Penrith.....(01768) 867200		
Heath, J.A,		
Southwaite Gn Mill Country Pk Eamont Bdge.....(01768) 862542		
Southwaite Gn Mill Country Pk Eamont Bridge.....(01768) 862542		
Hedgehog Bookshop,The,		
19 Little Dockray Penrith.....(01768) 863003		
Hedley's Roofing,		
Newtown Ho Newtown,Blackford.....(01228) 595857		
Helios Tanning,		
3 Shepherds Lane Brampton.....(01697) 543154		
Helping Hands Vocational Learning Centre,		
The Old Mill James Street Workington.....(01900) 608231		
Henderson, H.R, & Son, Fmrms,		
The Gill Dalton.....(01228) 710282		
Henderson, J.J, & Son,		
Park House Farm Nether Welton.....(016974) 76464		
Henry Graham Bridge End Garage,		
Bridge End Garage Bridge End Egremont.....(01946) 458539		
Henry Lonsdale Trust,The,		
Rose Hl Aglionby.....(01228) 513660		
Henry's Bar & Grill, (Workington) Ltd,		
Bridge Street Workington.....(01900) 878747		
Hensingham Rugby League Club,		
Hensingham Rugby League Club Trading Limited Cleator Moor Road Whitehaven.....(01946) 443083		
Herd, Dr, E.B,		
Shatton Hall Lorton.....(01900) 822349		
Herd Company Keswick,The,		
8 Tithebarn Street Keswick.....(017687) 75155		
Heron View, Bed & Breakfast,		
Heron View Maulds Meaburn.....(01931) 715471		
Her's & Sir's,		
4 St. Helens St Cockermouth.....(01900) 825848		
Hertz, Rent A Car,		
Carlisle Citadel Station Court Sq Carlisle.....(01228) 524273		
Hesket Antiques & Curios,		
Unit 2 High Hesket Business Park High Hesket Carlisle.....(01228) 272087		
Hesket New Market Brewery, Ltd,		
Old Crown Barn Hesket Newmarket.....(016974) 78066		
Hesta Properties, Ltd,		
Cornhill House Caldbeck.....(016974) 78018		
Hesta Scene,		
Tithe Barn Caldbeck.....(016974) 78015		
Hetherington, T, Farming,		
Old Hall Farm Staffield.....(01768) 898237		
Hethersgill ATVServises, ATVRepairs Sales,		
Rose Cottage Yard Laversdale.....(01228) 675969		
Hewat Towers, Ltd,		
11 Cecil Street Carlisle.....(01228) 472185		
Hewden Access Platforms, Ltd,		
Meadow Rd Whitehaven.....(01946) 691222		
HEWDEN PLANT HIRE, Ltd, Plant & Crane Hire,		
Whitehaven Depot.....(01946) 694311		
Meadow Rd Whitehaven.....(01946) 694311		
Hewetson, T,		
The Caravan Scales Hall Calthwaite.....(017684) 84221		
Hewitson, G,		
King Hill Walton.....(016977) 2311		
Hewitson & Harker, Solrs,		
22 Market Street Kirkby Stephen.....(017683) 71534		
Hexham IT Services, Ltd,		
Ground Floor Company House Stephenson Road Durrnhill Industrial Estate		
Carlisle.....(01228) 810456		
HF Holidays, Tour Oprs,		
Northern Offices Redhills Ho Redhills.....(01768) 214500		
Derwent Bank		
Office Derwent Bank Portinscale.....(017687) 73667		
Hf Holidays,		
38 Harrot Hill Cockermouth.....(01900) 392351		
Hf Holidays,		
38 Harrot Hill Cockermouth.....(01900) 392362		
Hi Pennine Outdoor Shop,		
Hi Pennine Outdoor Shop Market Place Alston.....(01434) 381389		
Hidef Aerial Surveying, Ltd,		
Phoenix Ct Earl St Cleator Moor.....(01946) 814463		
High Close Holiday Home Park,		
High Close Caravan Park Bassenthwaite.....(017687) 76977		
High Gaitle Caravan Park,		
Bobbys Field Gaitle.....(01228) 791819		
High Grange,		
Cartgate Cartgate Road Whitehaven.....(01946) 592020		
High Hesket C Of E School,		
High Hesket Ce Primary School High Hesket.....(016974) 73386		
High Road Stores, Ltd,		
286 High Road Whitehaven.....(01946) 64749		
High Windy Hall, Htl & Rstrmt,		
High Windy Hall Cott Garrigill.....(01434) 381547		
Higham Hall College,		
Higham Centre Bassenthwaite Lake.....(017687) 76276		
Highblade, Ltd,		
Shire Hall The Sands Appleby In Westmorland.....(017683) 52560		
FAX.....(017683) 52960		
Highgate Caravan Park, Holiday Home Park,		
Highgate Farm Morland.....(01931) 714347		
Highgate Turkeys Ltd,		
FAX.....(01768) 898349		
Highland Drove,		
Great Salkeld.....(01768) 898349		
Hill House Surgery,		
Hillhouse West St Aspatria.....(016973) 22333		
Hill, J.J, & Son, Fmrms,		
Wolsty Silloth.....(016973) 31498		
Hill, M.P, Dent Surg,		
52 Front St Brampton.....(016977) 2127		
Hills Books, Ltd,		
Clay Flatts Trading Estate Workington.....(01900) 602781		
Or.....(01900) 603031		
Direct Trade Clay Flatts Trading Estate Workington.....(01900) 607092		
Hills Of Corby Hill, Ltd,		
Corby Hill Garage.....(01228) 560434		
Townhead Garage Scotland Rd Penrith.....(01768) 862175		
Essex Garage Maryport Rd Dearham.....(01900) 814374		
Southend Serv Stn South End.....(016973) 45239		
Hills Of Lakeland, Ltd,		
Carleton Filling Stn Carleton.....(01228) 592479		
Hills of Scotland Road, Ltd,		
Kingstown Filling Station Kingstown Rd Carlisle.....(01228) 523031		
Hind, R, Plant Hire,		
Woodstock Lees Hill.....(016977) 3344		
Hind, R, Ltd, Mtr Body Bldr,		
Body Shop Kingstown Bdwy, Kingstown Indust Est Carlisle.....(01228) 523647		
Hindrigg Farm,		
Hindrigg Farm Springkell Wigton.....(016973) 21780		
HiQ,		
Workington Clay Flatts Trading Est Workington.....(01900) 602240		
Hird, J.H, Fmr,		
West End Farm Dovenby Cockermouth.....(01900) 824475		
Hird, P.D,		
Broomhill Aspatria.....(016973) 22032		
Hmc Furniture Ltd,		
Guard Street Workington.....(01900) 873604		
HMV, UK Ltd,		
Carlisle		
Unit 12 The Lanes Shopping Centre.....(0843) 2210148		
Workington		
Unit S12 WASHINGTON SQUARE CA14.....(0843) 2210366		
Hobbycraft, James,		
Unit A2 PARKHOUSE ROAD CARLISLE.....(01228) 318665		
Hodgson, N.R,		
Park House Farm Mill Street Ravenstonedale.....(015396) 23228		
Hodgson, T.N, & Sons, Timb Mrchnts,		
3 North Road Kirkby Stephen.....(017683) 71410		
HODGSON,TRITTON,GLOVER & LITTLE, Ltd, Chrted Archts,		
15 Brunswick St Carlisle.....(01228) 521887		
Hodgson's News,		
5 St. Albans Row Carlisle.....(01228) 525385		
Hoey's Caravan Park, Crvn Park,		
Beeches Caravan Park Gilcrux.....(016973) 21555		
Hogg, N.J,		
Whitehead Hill Farm Cumwhitton.....(01228) 560227		
Holcar Auto Services Ltd,		
Unit 4-5 Peart Road Workington.....(01900) 63939		
Holcar Auto Services Ltd,		
Unit 4-5 Peart Road Workington.....(01900) 68642		
Hold Engineering, Ltd,		
Construction Site No.5,BNFL Sellafeld Seascale.....(019467) 27325		
Unit 29 The Energy Coast Business Pk Haile.....(01946) 841921		
FAX.....(019467) 28872		
Holden, W.E,		
Laithe's Mill Laithe's.....(017684) 84356		
Or.....(017684) 84643		
Holemasters Demtech, Concrete Cutting,		
Holemaster The Energy Coast Business Park Haile.....(01946) 841704		
Holiday Property Bond,		
Braithwaite Court Braithwaite.....(017687) 78444		
FAX Braithwaite Court Braithwaite.....(017687) 78547		
Holiday Property Bond Sales The,		
Braithwaite Ct Braithwaite.....(017687) 78546		
Holidays In Europe,		
2 Lonsdale St Carlisle.....(01228) 591555		
Holland & Barrett, Health Food Retlrs,		
Carlisle Unit 19 The Lanes Carlisle.....(01228) 530827		
Holland & Barrett, Ltd,		
33 Main St Keswick.....(017687) 80083		
Holland, Hilary P, Solr,		
Gill Pl Main St Brampton.....(016977) 2378		
Hollberrie, Boutique,		
28 Boroughgate Appleby In Westmorland.....(017683) 51027		
Holliday, E,		
Clea Mire Westward.....(016973) 71319		
Holliday, J & D, Auto Electricians,		
Park Road Garage Park Road Scotby.....(01228) 591303		
Holliday Metals, Mr M Holliday,		
2 Lowcroft Main Street Ellenborough.....(01900) 816352		
Holliday, P.R,		
Flagstaffe Silloth.....(016973) 61154		
Holliday, S.J,		
South View Farm Hunsonby.....(01768) 881364		
Hollie & Belle Limited,		
48 Station Street Cockermouth.....(01900) 386158		
Hollinshead & King Opticians, Ltd,		
16 King Street Wigton.....(016973) 44408		
Hollows, Farm,		
Hollows Farm Grange.....(017687) 77298		
Holm Cultram Abbey CE School,		
Abbeytown.....(016973) 61309		
FAX.....(016973) 61309		
Holme Fryer, Fish & Chips,		
Denton Holme 117 Denton Street Carlisle.....(01228) 521371		
Holme Head,		
93 Denton St Carlisle.....(01228) 549019		
Holmes, A.H Boyd, Solr,		
Viaduct Ho Victoria Viaduct Carlisle.....(01228) 516666		
Holmhead Guest House,		
Holmhead Guest House Greenhead Brampton.....(016977) 47402		
Holmrook Service Station, Ltd,		
Holmrook Cumbria.....(019467) 24247		
Holton, N.J,		
North Plain Bowness On Solway.....(016973) 51330		
Home,		
Wynburn Ennerdale Road Cleator Moor.....(01946) 814676		
Home Carpets By Neil McBrearty, Ltd,		
12 DIXON STREET CARLISLE, CUMBRIA.....(01228) 810218		
Home Housing Advice Services,		
@home Pc, (Uk) Ltd,		
16 Port Road Carlisle.....(01228) 514444		
Homeplan,		
Eden House Lancaster Street Carlisle.....(01228) 535191		
Homes Cumbria, Ltd,		
4 The Crescent Carlisle.....(01228) 812800		
Homeseach Direct, Ltd, Est Agt,		
40 Lowther St Carlisle.....(01228) 515515		
Honister Slate Mine, Ltd,		
Honister Pass Borrowdale Keswick.....(017687) 77230		
Hope Memorial Cam,		
Hopkinsons Caravan Park,		
Wardens Bungalow Whitbarrow Hall Berrier.....(017684) 83456		
Horizon Residential Homes, Ltd,		
The Knells Country House The Knells.....(01228) 592531		
Horizon Tile & Bathroom,		
Unit 2 Clay Flatts Trading Estate.....(01900) 601563		
Horizon Tile & Bathroom Centre,		
Unit 8D Clay Flatts Trading Estate Workington.....(01900) 268091		
Horizon Tile & Bathroom Centre, Ltd,		
Unit 2 Clay Flatts Trading Estate.....(01900) 604928		
Horizons, Ltd,		
68 Main Street Keswick.....(017687) 80702		
Horn, J.C, Fmr,		
Brackenbank Farm Lazonby.....(01768) 898294		
Hornby Hall Farms,		
Est Off Low Woodside Brougham.....(01768) 88248		
Horse Shoe Inn,		
The Chalet Tea Rooms & Restaurant Portinscale Keswick.....(017687) 75704		
Hospice At Home,		
63, Castle Street Carlisle Cumbria.....(01228) 550119		
Hospice At Home,		
Valley Court Barras Lane Dalston Carlisle.....(01768) 210719		
HOSPITALS,		
West Cumberland Hosp, Homewood Whitehaven.....(01946) 693181		

Carleton Clinic Cumwinton Dv Carlisle.....	(01228) 602000	Hunter, T, Fmr,	In Vogue Ceramic Tilers,	
Victoria Cottage Hospital Ewanrigg Rd Maryport	(01900) 812634	East View Berrier Penrith	5 Braithwaite Court Egremont.....	(01946) 825329
Wigton Hospital Cross La Wigton.....	(016973) 66600	Huntley, Geoff, Plant Ltd,	In2venture Community Interest Company,	
Houghton Hall Garden Centre,		Unit 13c Clifford Ct Cooper Wy Parkhouse.....	Blaithwaite House Wigton.....	(016973) 42943
Houghton Hall Garden Cntr Houghton.....	(01228) 400610	Hurford, B & R, & Son,	INCA Construction, Ltd,	
FAX	(01228) 558888	Meadow Fold Ainstable	15 Park Close Penrith.....	(01768) 890918
Houghton Nursery Group,		Huskinson, L,	Inclusion Housing, (Property Phone Costs),	
Houghton	(01228) 558888	Fairfield Farm Pica	17 The Old Viaduct Hotel 15 Falcon Street	
Houghton Stores,		Hutchinson, A.E,	Workington.....	(01900) 65198
HOUGHTON STORES 39 THE GREEN HOUGHTON CARLISLE.....	(01228) 526020	The Hill Castle Carrock.....	Indelible Data, Ltd,	
House of Commons,		Hutton Car Sales, Ltd,	Studio 4 Maryport Business Centre Main Road	
Westminster,SW1	(020) 7219 3000	Cumbria House Stalker Road	Maryport	(01900) 817974
Members of Parliament, Please refer to listing under Members of		Gilwilly Industrial Estate	Independent Contractors,	
Parliament		Hutton-In-the-Forest Estate, Penrith,	ICAS/CCAS	
House of Fraser,		Estate Office - Lord Inglewood	FAX	(01946) 828822
Carlisle 26-40 English St.....	(0844) 8003714	House Opening & Gardens	Indian Spice,	
House Of Hair,		Farms	15 Duke Street Whitehaven	(01946) 591122
9A King Street Penrith	(01768) 865422	Home Fm Skelton (J.Gray)	Or	(01946) 591133
House Of Meg,		HVCA, Pubn Dept,	Indie Beauty, Beauty Salon,	
4 Hall Terrace Gilsland	(016977) 47777	Old Mansion Ho Emamont Bridge.....	9a Station Street Cockermonth	(01900) 268843
House of Stirling,		Hyde Harrington,	Industrial Process & Engineering Service,	
Warwick Mill Bsns Cntr Warwick Bdge Wetheral	(01228) 564462	3 Wavell Drive Rosehill Industrial Estate	Old Smithy Causeway Rd Seaton	(01900) 605832
Housing 21,		Hydro Ellay Enfield, Ltd, Tube Mfrs,	Industrial Process, & Engineering Services Ltd,	
Penrith		Joseph Noble Rd, Lillyhall Indust Est Workington	Neil Turner Works Church St Workington.....	(01900) 66265
Lonsdale Ct Penrith	(03701) 924051	Infirmary Street Garage,	
Howard Arms Ltd, The,		Hyslop & Atkinson, Ltd, Wholesale Retail,	Radio Taxis Infirmary St Carlisle.....	(01228) 521403
Howard Arms Hotel Front Street Brampton	(016977) 42758	Owners Accommodation Riverside Chip Shop The Sands	Inflate Works, Ltd,	
Howard Armstrong Drain Clearance Service,		Appleyby In Westmorland	Inflate Works Ltd Old Tile Works Culgaith Penrith	
34 Etterby Lea Crescent Carlisle	(01228) 595454	I Do Bridal Limited,	(01768) 88297
Howard Court, Residential Care Home,		16 Main Street Cockermonth	Inglewood Farms, Ltd,	
Office	(016977) 2870	I.D Readymix, Ltd,	Head Office Lakeland Minerals Flusco Greystoke.....	(017684) 83527
Howat's Garage,		Willowholme Mini Mix Concrete Stephenson Industrial Estate	Inglewood Lord,	
Howats Garage Telford Road Durrnhill Industrial Estate		Willowholme Carlisle	Office Hutton-in-The-Forest Penrith	(017684) 84500
Carlisle.....	(01228) 590669	I Park Smart, Ltd,	Initial Hygiene,	
Howbeck Lodge,		Penrith Funeralcare Cromwell Road Penrith	Duchess Av, Kingsmoor Business Pk Carlisle	(0800) 3134982
Howbeck Lodge Heskett Newmarket.....	(016974) 78206	I P S Architects,	Ink Design Print, (Cumbria) Ltd,	
Howdens Joinery Carlisle,		Fanny House Outghill	Unit A17A Haig Enterprise Park Whitehaven	(01946) 692666
Unit A Curock Rd Carlisle	(01228) 810821	I.T Services, Ltd,	Inkporium,	
Howdens Joinery Penrith,		Sellafield Seascale	Inkporium, Denton Business Park Carlisle.....	(01228) 526134
Gilwily Indust Est Hartness Rd Penrith.....	(01768) 210669	FAX Sellafield Seascale	Inn At Brough,The,	
Howdens Joinery Whitehaven,		Iain Abernethy, Ltd,	The Inn At Brough Main Street Brough	(017683) 42367
Meadow Rd Whitehaven	(01946) 591669	PO Box 38 Cockermonth	Inn Eden Ltd,	
Howdens Joinery Workington,		Iains Taxis, Taxis & Private Hire,	Inn Eden Ltd Penrith Penrith.....	(01768) 898284
Clay Flatts Indust Est Buddle Rd Workington	(01900) 63296	Springs Farm Keswick	Inn On The Lake,The,	
Howe, G,		Iains Taxis, Taxis & private Hire,	Enquiries & Bookings Glenridding.....	(017684) 82444
Burgh Rd Indust Est Marconi Rd		Springs Farm Keswick	Inn On The Square,	
Burgh Road Industrial Estate	(01228) 533469	Ian Armstrong, Ltd, Road Hlge Serv,	Main Street Keswick	(017687) 73333
Howgate, Pblc Ho & Trvl Inn,		14 Lingyclose Road Dalston	Innogy Renewables, Ltd,	
Howgate.....	(01946) 66286	Ian Gibson Associates Building Preservation, Limited,	Hellrigg Wind Farm Silloth.....	(016973) 33194
Howgill Centre,		Keigh House Croft Terrace Carlisle	Innovia Films,	
St. Patricks R C Infant School Birks Rd		Ian Hall Ta Orchard House Holidays,	Ucb Films Plc Station Road Wigton.....	(016973) 42281
Cleator Moor	(01946) 817900	Orchard House Applethwaite Applethwaite.....	Innovia Films, Ltd,	
Howgill Family Centre,		Ian Steel,	Innovia Films Ltd Station Road Wigton.....	(016973) 49455
St. Marys Rc Primary School High Road		Gate House Bothel	Inspira,	
Whitehaven.....	(01946) 592551	Iceland Frozen Foods, PLC,	Gillan Way Penrith 40 Business Park Penrith.....	(01768) 891034
Howtown Hotel,		Branches	Inspirations,	
Howtown House Howtown Reception	(017684) 86514	Whitehaven Station St Whitehaven.....	34 Finkle Street Workington	(01900) 61731
HQ MOT Centre,		Workington	Intercars,	
Grove Ho Foster St Penrith.....	(01768) 862376	62 Pow St Workington.....	Unit 61 Gilwilly Road	
HSS Hire Shops, Tool & Eqpt Hire,		ICPie,	Gilwilly Industrial Estate	(01768) 840333
Carlisle		Blencathra Bsns Cntr	Intercars Of Penrith,	
127 London Rd Carlisle.....	(01228) 514999	IDOL.Com,	Unit 61 Gilwilly Road	
Huddart, M, Acctnt,		Mason Ct Gillan Wy Penrith 40 Busine Ss Pk	Gilwilly Industrial Estate	(01768) 840111
Beech Garth Dovenby	(01900) 827018	Penrith	Intercars Service Centre,	
HUDSON, Geo, & Sons, Funeral Directors,		Iggesund Paperboard,	Unit 61 Gilwilly Road	
118 Wigton Rd Carlisle	(01228) 521913	Siddick	Gilwilly Industrial Estate	(01768) 892888
Hudson, Matthew Phillip,		Iggesund Paperboard, (Workington) Ltd,	Interfire, Ltd, Architecture,	
17 Fernlea Way Carlisle	(01228) 818148	Beech House Tallentire.....	23 Portland Square Carlisle.....	(01228) 590898
Hudson-Swan Engineering, Ltd,		Ignells & Welch,	Interfire Systems, Ltd,	
Unit 1 2 & 3 Windermere Building Peart Road, Derwent Howe		31 Station Street Keswick	The Gatehouse Naworth	(0843) 5073166
Industrial Estate		Iam Styles Spa,	International Currency Xchange,	
Workington	(01900) 734499	13a Station Street Cockermonth	Newtown Prim School Newtown Road Carlisle	(01228) 522249
Hughes, Messrs, Fmrs,		Illsley K.M,Jay,Walker,Carhart & Stevenson, Drs,	International Rubber & Tyre Recycling,	
Seaville Farm Seaville	(016973) 61256	Dispensary	Phoenix House Kingmoor Road Carlisle	(01228) 512767
Humankind Charity,		Image Sign Makers,	Intrim Fitness Centre,	
Stocklund House Castle Street Carlisle.....	(01228) 537612	Park Rd Gar Park Rd Scotby.....	Second Floor Offices Murray Road Chambers 29 Murray Road	
Humankind Charity,		Imaging and Sensing Technology, Ltd,	Workington.....	(01900) 67512
6 Finkle Street Workington	(01900) 609198	Unit 8a Sneckyeat Rd Indust Est Whitehaven	Intro P R & Social Media, Ltd,	
Humankind Charity,		IMO Car Wash,	7 Paternoster Row Carlisle.....	(01228) 272341
21B Lowther Street Whitehaven.....	(01946) 691299	Gallows Hill London Road Carlisle	Investment Discounts On-Line, Ltd, Internet Insurance Brokers,	
Humankind Charity,		Impact Holidays,	Hackthorpe Hall Business Centre Hackthorpe, Penrith, Cumbria	
Eden Rural Foyer The Regent Old London Road		Alga Ho Brunel Wy Carlisle.....	(01931) 711171
Penrith	(01768) 899796	Impact Housing Association, Ltd,	FAX	(01931) 711170
Hunday Manor Hotel, Ltd,		Head Office Nook St Workington	Inx International, UK Ltd,	
Winscales	(01900) 61798	Head Office Nook St Workington FAX.....	Suite 2 Crown Bevcan Uk Borland Avenue Carlisle.....	(01228) 631711
Hunger Hero, Ltd, The,		Domestic Violence Helpline Carlisle.....	Ipson, Ltd,	
20 High Street Cleator Moor	(01946) 458376	Floating Support Abbots Bank Friargate Penrith.....	113 London Road Carlisle	(01228) 540054
Hunter Engineering & Welding Distributor,		47 Nelson St Carlisle	Iridium Supplies, Ltd,	
29, Kingstown Ind Est Parkhill Rd Carlisle.....	(01228) 598944	The Oval Cntr Salterbeck Dv Workington	48 Warwick Road Carlisle	(01228) 658422
FAX	(01228) 596505	Impact Housing Association, Ltd Ltd, Housing Association,	Irthing Developments Ltd,	
Hunter, G.G,		44 Irish Street Whitehaven.....	South Mill Warwick Mill Business Park Carlisle	(01228) 560988
Upmanby Farm Watch Hill	(016973) 20323	Office Old London Road Penrith.....	Irthing Vale Quality Foods, Ltd,	
Hunter Hall Preparatory School,		Impact Public Wifi Bramble Court Union Lane	Berlin St Carlisle	(01228) 595373
Carlleton.....	(01768) 891291	Brampton	6 Osprey Clo Carlisle	(01228) 527291
Hunter Leisure Group, Ltd,		Impact Travel, Ltd,	Irving,	
Bowness House Farm Bowness-On-Solway.....	(016973) 52849	Alga Ho Brunel Way Carlisle	Birkmire Farm Ireby	(016973) 71349
Hunter, P.R,		In The Meantime Hideaway,	Irving, B,	
Stonerise Place Wigton	(016973) 42209	14-16 Devonshire Street Carlisle	Unit 1 Longtown Industrial Estate Longtown	(01228) 792145
		77-79 English Street Carlisle	Irving Engineering, Ltd,	

Westfield Wagon Wks 322 Moss Bay Rd Workington	(01900) 61220	Kelsick House Kelsick.....	(016973) 61269	James Street Practice, James St Workington	(01900) 62241
Or	(01900) 870447	J & L Motorcycles, Ltd, English Damside Carlisle FAX	(01228) 596827	Or	(01900) 873566
Irving, G.D, 7 Acre Close Hayton	(01228) 670387	J & L Motorcycles, Ltd, English Damside Carlisle	(01228) 596826	James Street Service Station, James St Carlisle	(01228) 591905
Irving Ironing Services, Unit 3f Sneekyeat Road Industrial Estate Whitehaven	(01946) 691997	J L Potter, & Sons, Town Head Farm Long Marton	(017683) 61981	Jamieson Motor Body Repairs, Motor Body Repairs, Unit 3 Unit 2-3 Currock Road Trade Centre Currock Road Carlisle	(01228) 540530
Irving, Mr, K, Weary Hall Farm Mealsgate.....	(016973) 71337	J M And R M Haston, Dearham Hall Row Brow Maryport	(01900) 818202	Jan'S Lakeland Sandwich Shop, Ltd, 12 Station Street Keswick.....	(017687) 75220
Irving, L.D, Long Ashes Penrith	(01768) 863421	J & M Beattie, Shield Green Kirkcintola	(01228) 675301	Jasmine Palace, Globe Hotel Duke Street Whitehaven	(01946) 395694
Irving, M, Mtr Eng, Hillside Gar Cargo Beck	(01228) 674664	J & M Guest House, Ltd, North View Cottage Ireby Wigton.....	(016973) 71658	Or	(01946) 695141
Irving, R.H, Hylton Ho Borders Bsns Pk Longtown	(01228) 792777	J N & E Capstick, Ltd, British Legion Market Square Kirkby Stephen	(017683) 72285	Jasper's Coffee House, Tea Room Beech Croft Braithwaite	(017687) 78227
Irving Transport, Ltd, Mealsgate Stn Mealsgate	(016973) 71466	J P Alarms & Locksmiths, 9B Vulcans La Workington	(01900) 870941	20 Station Street Keswick	(017687) 73366
IRVINGS COACH HIRE, Ltd, 3A The Crescent Carlisle.....	(01228) 521777	J & P M Dockera, y, Kelsick Farm Kelsick.....	(016973) 61733	Java & Chocolate, Coffe Shop, 23 Main Street Keswick.....	(017687) 72568
Islekirk Hall Estates, Islekirk Cottage Bolton Wood Lane Wigton.....	(016973) 44616	J R Dixon, Ltd, Lillyhall Indust Est Joseph Noble Rd Lillyhall	(01900) 873891	Java Coffee Shop, West Mount Keswick	(017687) 74200
Ismac, Ltd, Wreay Bungalow Pallet Hill Penrith	(01768) 216723	J.R Harrison, Village Shop, Post Office Castle Carrock	(01228) 670213	Jay By Jay Software, Ltd, Unit B Moorhouse Courtyard Warwick On Eden	(01228) 560830
It Helpdesk, House Of Fraser Comms Room 26-40 English Street Carlisle.....	(01228) 591309	J & S Brooksbank, Llp, The Old Church Hotel Watermillock	(017684) 86900	Jay S,Walker,Carhart,Stevenson,Ilisley, Drs, Dispensary	(019467) 27451
Its Elixir, 43 Millbrook Rd Kingstown Industrial Estate.....	(01228) 818885	J & S Carruthers, Crpt Ret, 123 Queen St Whitehaven.....	(01946) 694937	Jay, Dr, V, Repeat Prescription Line	(01900) 603535
Ituna Solutions, Ltd, Fern Lea Newby	(01931) 714053	J & S Furness, Ltd, KINGMOOR ROAD POST OFFICE POST OFFI Kingmoor Road Carlisle.....	(01228) 523039	Jaybee, (Blake) Ltd, Hdwre,Fancy Goods, 6 Criffel St Silloth	(016973) 31245
ITV Border, 1 Clifford Ct Cooper Wy CA3	(0844) 8815885	J.S Holliday, Frmr, The Farm Aikton.....	(016973) 42195	Jayne Gardiner, Treasury Court Fisher Street Carlisle	(01228) 548812
FAX News	(0844) 8815893	J S & M G Bowness, Bridge End Filling Station Bampton	(01931) 713226	Jazz Hair Studio Ltd, 70 Crosby Street Maryport.....	(01900) 816393
FAX Sales	(0844) 8815894	J.W Briggs, & Sons, Southernfield Hall Abbeytown	(016973) 61214	JDM Dyno, Castles Engineering Ltd Unit Kirkbride Airfield Kirkbride	(016973) 51133
Ivegill Filling Station, Southwaite	(016974) 73266	J W & D E, Ltd, 36 Market Street Kirkby Stephen.....	(017683) 72063	Jeans Flower Boutique, 26b Lowther Street Whitehaven	(01946) 693919
Ivegill Nursery, Ivegill Ce Primary School Ivegill Carlisle.....	(016974) 73732	J W W Allison And Sons Ltd, 31 Main Street Cockermouth.....	(01900) 829540	Jeeves, Joanna M.H, Solr, Viaduct Ho Victoria Viaduct Carlisle.....	(01228) 516666
Ivinson, E J & I, Skelling Skirwith Penrith	(01768) 88273	J Youdale, 14 Main Street Cockermouth.....	(01900) 825956	Jeff Taylors Discount Carpets & Suites, Contract & Supp Cent Oxford Street Workington	(01900) 872848
J A Lee Windows & General Cleaning Contractors, Ltd, Galloway Lamplugh Workington	(01946) 862398	Jack, & Co, Gifts Shop, 4 Bridge Street Appleby-In-Westmorland.....	(017683) 51555	Jeld-Wen, UK Ltd (Penrith), Mardale Rd Penrith	(01768) 866786
J A Sowerby, Amos Hill Slaggyford Brampton	(01568) 708942	Jack & Jill Nursery, Ltd, 15 Marlborough Gardens Carlisle	(01228) 530478	Jemcare, 7 Windermere Bldgs Derwent Howe Indust Est, Lakes Rd Workington	(01900) 602200
J Balchin, & Sons Ltd, 4 Petteril Bank Road Carlisle	(01228) 523825	Jack Murphy Outdoor, Ltd, Hawksdale Ho,Unit 3 Hartness Rd,Gilwilly Trdg Est Penrith.....	(01768) 867590	Jennings Legal Service, Clifford House, Clifford Court Cooper Way Parkhouse, Carlisle, Cumbria	(0870) 7777100
J.B Banks, & Son Ltd, 13 Market Place Cockermouth	(01900) 822281	FAX	(01768) 868073	Jennings Legal Services, Clifford House Clifford Ct Cooper Wy	(0870) 7777100
J C Hope, & Son, Cornhow Farm Loweswater.....	(01900) 85200	Jackie's Taxis, Milner Mount Penrith	(01768) 867890	Unit F Clifford Ho Park Ho Bsns Pk Rockcliffe	(01228) 673330
J Clarke, Southwaite Farm Southwaite Cockermouth	(01900) 822370	Jackson, Frmr, Lingstubs Farm Penrith	(01768) 867690	Jennings Legal Services, A, Ltd, Cartrs Dom Appliance, Clifford House Clifford Court Cooper Way Parkhouse Carlisle	(01228) 550243
J & D Cooper, Ltd, Lake Road Inn 10 Lake Road Keswick.....	(017687) 72404	Jackson, A.P, Skelton Wood End Farm Skelton Wood End Skelton	(017684) 84321	Jericho Primary School, Windsor Ct Whitehaven	(01946) 514545
J Dixon, & Son Ltd, Dunmail Pk Shopping Cntr Siddick Rd Workington	(01900) 608200	Jackson, F.I, Conslt Eng, PO Box 326 Carlisle	(01228) 514221	Jervis,Young,Barr & Thompson, Drs, Repeat Prescriptions	(017683) 61980
Or	(01900) 842842	Jackson, Ken, Lamplugh	(01946) 861092	FAX	(017683) 61980
J D Johnson, Farming, Castlebank Farm Parkin Hill	(017683) 51568	Jackson, R, Frmr, Scalesmoor Lamplugh.....	(01946) 861363	Jewellery By Micheal King, Tarrangower West Woodside.....	(016973) 45889
J D Listers, (Furnishers) Ltd, Unit 12 New Yd Clay Flatts Trading Est Workington	(01900) 602039	Jackson, R.B, Frmr, Croft Ho Papcastle.....	(01900) 823087	Jewson, Ltd, Bldrs Mrcnts, Carlisle	
J Dyson, Yew Tree Farm Armathwaite	(016974) 72285	Jackson, R.W, Frmr, Moss Dyke Mungrisdale	(017684) 84330	Harcross Ltd Stevenson Rd, Durranhill Indust Est Carlisle	(01228) 536401
J.E & D.L Hodgson, Soulby Grange Soulby	(017683) 71317	Jackson, S.D & C, Frmr, Oaker Ghyll Farm Sowerby Row	(016974) 76207	Whitehaven Coach Road Whitehaven.....	(01946) 692257
J G Heating, Unit 10 Skelgillside Workshops Alston.....	(01434) 381904	Jackson, W & M, The Wreay Fm Pallet Hill	(01768) 862410	Jf Flooring, 4 Salkeld Croft Appleby-In-Westmorland.....	(017683) 69386
J G Stamper, The Cottage Brooklands Carleton Road Penrith	(017684) 28137	Jackson's Die-Cast Models, 33 New St	(016973) 42557	JFS & Associates, Ponsonby Old Hall Fm Ponsonby	(01946) 841764
J H Chappelhow, Farming, Friendship Farm Burrells.....	(017683) 51255	Jacksons Recovery, The Bungalow Blackwood Service Station Mealsgate	(016973) 71312	JFS & Associates, Ponsonby Old Hall Farm Ponsonby	(01946) 841621
J Hill, & Sons, J Hill And Sons Station Road Wigton.....	(016973) 42635	Jackson's Recovery, Unit P1 Kingmoor Park Road Kingmoor Park Central Carlisle.....	(01228) 810455	Jh Gd Irving, Farming, New Sandsfield Burgh-By-Sands	(01228) 576427
J H & J Fox, Ltd, 55 High Street Wigton.....	(016973) 42201	Jackson's Timber, Ltd, Whitehaven Howgill St Whitehaven	(01946) 518800	Jim Peet Agriculture, Langwathby Hall Penrith	(01768) 881881
J H T Software, Ltd, I T Telecoms Internet, Farhills Cross Gates Lamplugh Workington	(01946) 861144	Jacque Kidd Bespoke Wedding Dresses, Saddleback View Langwathby Penrith	(01768) 881971	Jim Youngman Carpets & Beds, 66 King Street Whitehaven	(01946) 693269
J I Brough, Town Head Farm Nethertown Egremont	(01946) 820478	Jacys, 33 Market Place Cockermouth	(01900) 828200	Jimbars, Ltd, Unit 18 Unit 18 Townfoot Industrial Estate Brampton	(016977) 45441
J & J Electrical, (Cumbria) Ltd, 29 Oxford St Workington	(01900) 871478	Jaijo's Take Away, Trade, 80 Main Road Seaton	(01900) 66047	Jingles, 5 Standish Street Keswick	(017687) 80001
FAX	(01900) 63886	Jake Island, Ltd, Shaw Bank Naddle Keswick	(017687) 85416	Jlsg Inns, Ltd, Brewery Ho Htl Main Rd Harrington	(01946) 830677
J & J Graham, 6-7 Market Square Penrith	(01768) 862281	James Hall, Co Ltd, High Hl Service Stn High Hl Keswick	(017687) 71205	JM & SM Priestley, Farming, Cracrop Farm Brampton	(016977) 48175
J & J M Sisson, & Sons, Kelbarrow Catterlen.....	(01768) 894228	Or	(017687) 72768	JMH Motors, Ltd, Unit 2 Low Road Brigham.....	(01900) 826777
J Johnstone Engineering Ltd, Unit 3a Station Road Industrial Estate Wigton	(016973) 32579	James Hall, & Co Ltd, Derwent Service Station Penrith Road Keswick.....	(017687) 72812	JMT Trade, Ltd, The Warehouse Netherby St Longtown	(01228) 791909
J & J Taxis, Ltd, 45 Buttermere Avenue Whitehaven.....	(01946) 692233	James Hewitson & Son, Randallinton Cottage Longtown Carlisle	(01228) 792100	FAX	(01228) 792002
J K L Smith, Dr, The Surgery Glenridding	(017684) 82297	James, Richard, Nwsagts, 4 Finkle Street Workington	(01900) 602887	Joanne Duddy, 26 Lowther Street Whitehaven	(01946) 693974
J K Mandale, Coal Mrcnt, OLD STATION YARD Penrith	(017684) 83743	James Street Group Practice, Repeat Prescription Line	(01900) 603535	Jocaul Jewellery Workshop, 5 Monkhill Road Moorhouse	(01228) 576274
J L E Installations, Ltd, BOXWOOD COTTAGE HACKTHORPE PENRITH	(01931) 712658			Joelles Hair Styling,	
J L Hall, Farming,					

38 King Street Wigton	(016973) 44329	North Road Egremont	(01946) 820245	Keswick Community Emergency, Charity, Council Offices 50 Main Street Keswick	(017687) 80826
Joes Kitchen, 46 Main Street Egremont.....	(01946) 328252	Judith's Hairdressers, 27 Lamb Street Carlisle.....	(01228) 511162	Keswick Convention, Keswick Convention Cntr Skiddaw St Keswick	(017687) 80075
John A Cameron, Farming, Millrigg Farm Greystoke	(017684) 83336	Julie's Sandwich Place, 73 Main Street Cockermouth	(01900) 827783	Keswick Country House Hotel, All Requests Station Rd Keswick.....	(0845) 4584333
John Beatty Transport, Ltd, Blencathra Ho Carleton	(01768) 891828	Just Jackie's, Unit 1 St. Helens Bsns Pk Maryport Rd Siddick	(01900) 606103	FAX	(017687) 71300
Or	(01768) 891829	Just People, (HR), Blencathra House Graham Street Penrith	(01768) 216775	Keswick Golf Club, Ltd, New Office Threlkeld Hall Threlkeld	(017687) 79324
John Belford, & Co Ltd, 14A Main St Cockermouth	(01900) 826111	Just R, Ltd, 3 Carlisle	(01228) 534872	Keswick Holidays, Ltd, Keswick Bdge Brundholme Rd Keswick	(017687) 73200
John Davidson, (Pipes) Ltd, Townfoot Longtown	(01228) 791503	Just Sew, Fabric Retlr, Unit D Poets Wlk Penrith	(01768) 866791	Keswick Labour Club & Institute, Ltd, Elmgrove Main St Keswick.....	(017687) 72705
John Deere Forestry, Timberjack, Carlisle Airport Industrial Estate Carlisle	(0870) 2243745	K A Fearon, Architecture, Dunlimin 11 Carlisle Road Dalston	(01228) 711845	Keswick Launch, Co, Boat Landing Lake Side Keswick	(017687) 72263
FAX	(0870) 2243746	K C Irving, Ltd, Wood Villa Cargo Carlisle	(01228) 674284	Workshop The Isthmus Keswick.....	(017687) 73744
John Elliot, Ltd, The Pow Great Clifton FAX	(01900) 603151	K.C Superbikes, FAX	(01228) 591654	Keswick Motor, Co.Ltd, Lake Rd Keswick.....	(017687) 72064
John Elliot, Ltd, Plant & Mach Hire, Great Clifton Fm The Pow Great Clifton	(01900) 603881	K D Business Advisors, Bourne House Milbourne Street Carlisle.....	(01228) 401400	Keswick Park Hotel,The, 33 Station St Keswick.....	(017687) 72072
John Judson Plumbing, Bark Mill House Lazonby.....	(01768) 898053	K G Holliday, Strudda Bank Calderbridge	(01946) 841420	Keswick Rugby Club, Keswick Rugby Union Football Club Davidson Park Keswick	(017687) 80186
John Macadam And Sons, Woodlands Longtown Longtown.....	(01228) 739751	K Hill, Ivy Cottage Borrowdale	(017687) 77304	Keswick School, Vicarage Hl Keswick	(017687) 72605
John Macadam And Sons, Woodlands Woodlands Longtown.....	(01228) 930109	K Kinsella And Daughters Ltd, 9 Market Place Whitehaven.....	(01946) 693045	Keswick Sports Centre, Keswick Leisure Pool Station Rd Keswick	(017687) 72760
John Nixon, Ltd, Low Crindledyke Rockcliffe	(01228) 674383	K M Auto Repairs, Live In Style Design Ltd Lorne Crescent Carlisle	(01228) 536258	Keswick Superglaze, Upvc Windows & Door, Brigham C Of E School Penrith Road Keswick.....	(017687) 74268
FAX	(01228) 674146	K Park, Cowran Side Farm How Mill.....	(01228) 670361	Keswick Superglaze, Aztec Glazing Vulcans La Workington.....	(01900) 871233
John Peart, 7 Angel Lane Penrith	(01768) 899600	K R & D C Muir, Frmr, Middle Farm Laithes	(017684) 84210	Keswick Superglaze Vulcans Lane Workington	(01900) 67553
John Reid, Crystal Cottage St. Johns-In-the-Vale	(017687) 79580	K & R Wilson, & Sons, Moor House Farm Winscales Workington	(01900) 603130	Keswick Town Council, Charity, Council Offices 50 Main Street Keswick	(017687) 73607
John Stashkiw, West Block Shaddon Mill Shaddongate Carlisle.....	(01228) 523099	K T Tuition, 134 Harrington Road Workington	(01900) 68487	Keswick Travel, Independent Trvl Agent, 32A Lake Rd Keswick	(017687) 80888
John Young Furnishings, Ltd, 12-14 Main Street Keswick.....	(017687) 73434	Ka Lun Ling, Ltd, 16 Market Place Cockermouth	(01900) 829308	Keswick Trophies, 101 Windebrowe Avenue Keswick	(017687) 74290
Johns, Mark, Motor, Unit 21 Hartley Fold Hartley.....	(017683) 71223	Kaefer, Power Plant, Site 1 Sellafeld	(019467) 78830	Keswick Wealth Management, Ltd, Council Offices 50 Main Street Keswick	(017687) 74455
Johnson Cleaners, Carlisle	(01228) 531784	Kalams Kitchen, Cafe & Takeaway, 32-34 Main Street Brampton	(01697) 507361	Kevco, (Gb) Ltd, Harraby Gn Bsns Pk Petteril Side Harraby Green Business Park	(01228) 592296
1 Green Mkt Carlisle.....	(01228) 531784	Karen Addison Associates, Ltd, Lyvennet House Kings Meaburn Penrith.....	(01931) 714017	Kevin Armstrong, Caer Mote Bothel	(016973) 20615
Johnston, B, Nelson Hill Farm Plumpton	(01768) 894274	Kas Carlisle, Takeaway, 24 Botchergate Carlisle	(01228) 512315	Kewish, Michael J, Solr, Viaduct Ho Victoria Viaduct Carlisle	(01228) 516666
Johnston & Bulman, Engs Merchants, Lancaster St Carlisle.....	(01228) 534131	Kaths Curtains, 9 West Tower Street Carlisle	(01228) 591208	Key 2 Sports & Nutrition, Ltd, Unit 1a Annie Pit Lane Clay Flatts Trading Estate	(01900) 65555
Johnston, E, New House, Tarnrigg Moor Access Road From The C 2051 To Tarnrigg Moor	(016973) 42544	Kawasaki (Carlisle), Ltd, 30 Bridge St Carlisle	(0843) 5154704	Key Catrering Solutions, Ltd, Wholesale Retail, 21 Waverley Gardens Carlisle	(01228) 596815
JOHNSTON, Frank, (Tractors) Ltd, Montgomery Wy, Rosehill Indust Est Carlisle.....	(01228) 538585	Kay's Hairdresser, 24 Market Place Whitehaven	(01946) 695761	Kf Kitchens, Wholesale Retail, 1a Main Street Egremont	(01946) 824662
Johnston, T.W, High Burnthwaite Farm Durdar.....	(01228) 710256	Kaytools, Tool Hire, English Estates Clay Flatts Trading Estate.....	(01900) 64941	KH Pub Appleby, Ltd, 3 Kings Head Court Bridge Street Appleby-In-Westmorland	(017683) 69305
Johnstone, Dectr, Thornfield Station Hill Wigton	(016973) 44400	Keekle Inn,The, Keekle Terrace Cleator Moor	(01946) 458132	Kiddly Winks Day Nursery, The Old Stab Redhills La Redhills	(01768) 210500
Johnstone, P, Gillside Millbeck	(017687) 71468	Kells Developments, Ltd, Old White School Site Colliers Wy Whitehaven	(01946) 690924	Kinder Park Nursery, 213 Warwick Rd Carlisle	(01228) 533125
Johnstone, R.W, Townfoot Farm Castle Carrock	(01228) 670329	Kelsall, Alan Computer Services, Ltd, 78 Lowther St Whitehaven.....	(0843) 5079149	Kindred Spirits Group, Ltd, 1 Southey Yard Southey Street Keswick	(017687) 74816
Johnstone's Decorating Centre, Carlisle (Currock Road)	(01228) 534208	Keltic Rose Photography, Holme Works Norfolk St Carlisle	(01228) 272515	King Barber, 30 King Street Penrith.....	(01768) 201486
Unit 2 Currock Rd Carlisle.....	(01228) 534208	Ken Routledge Travel, Ltd, FAX	(01900) 822593	Or	(01768) 201487
Unit 1b Port Rd Bsns Pk.Port Rd Carlisle	(01228) 524964	Kenmare Tyre Services, Parkgate Garage Frizington Road Frizington	(01946) 813910	King Street Mini Market, 20 King Street Penrith.....	(01768) 606861
Johnstone's Garage, North Road Kirkby Stephen	(017683) 71246	Kennedy Hayton Hair Studio, 85-85A Main Street Cockermouth	(01900) 822242	Kingdom Hair Studio, Ltd, Unit 5 Millennium Promenade Whitehaven	(01946) 64840
Johnstons, Chrd Qty Survyrs, Carlisle	(01228) 520137	Kennedy, Mrs, J, Mrs, Apartment 12, Pele Cour Friargate Penrith	(01768) 865083	Kingfisher House Wealth Management, 39 Market Pl Cockermouth	(01900) 828008
Allenbrook Rd Rosehill Indust Est Carlisle	(01228) 520137	Kennedys Fine Chocolates, Ltd, The Old School Orton	(015396) 24781	Kingfisher,The, 77 Main Street Keswick	(017687) 73106
Johnstons, Innovation Cntr Westlakes Science & Tech Pk Moor Row	(01946) 694970	Kerr, D.S, Solr, 45 Curzon St Maryport.....	(01900) 813541	Kingland, Takeaway, 33 Bridge Street Longtown	(01228) 791554
Jolly Farmers Guest House, 63 High Street Kirkby Stephen	(017683) 71063	Kerr, J R, Plant Hire Ltd, Packhorse Plumpton Penrith.....	(01768) 894264	Kingmoor Park Properties, Ltd, Building 10 Heathlands Est Kingstown	(01228) 674114
Jonathan Taylor Joinery, Unit 1 Hayborough Yard Dearham	(01900) 818003	Kerr, J, & Son, Frmr, G.C.Kerr Frmr HIGH BROW NELSON FARM BROW NELSON CARLISLE, CUMBRIA	(01228) 525025	Kingmoor Technical Services, Ltd, Unit L Kingmoor 7 Kingstown	(01228) 674744
Jonathon Stynes Design, Unit 2 Townfoot Industrial Estate Brampton	(016977) 42333	Kerr, P, Frmr, Nether Oakshaw Roadhead	(016977) 48231	FAX	(01228) 674477
Jones, Dr, C, Repeat Prescription Line	(01900) 603535	Keswick Adventure Centre, Ltd, Brundholme Rd Keswick	(017687) 75687	Kingmoor Technical Services, Ltd, Unit B Kingmoor Bsns Pk Kingstown	(01228) 673300
Jones, G.P, 2 Millgrove Tweed Mill Lane Cockermouth	(01900) 823910	Keswick And District Conservative, 14 Penrith Road Keswick	(017687) 90219	Kings Arms Hotel, Main St Keswick.....	(017687) 72083
Jopson Jewellers, 5 Carlyle Ct Carlisle.....	(01228) 525042	Keswick Bookshop, 4 Station Street Keswick	(017687) 75535	Or	(017687) 71108
JORDAN,CHARLESWORTH & CO, See Jordan, Derek M. Solicitor Jordan Nuclear, Ltd, Fuels, Sellafeld.....	(019467) 21550	Keswick Boot Company,The, 2 Station Street Keswick	(017687) 80794	Kings Arms, The, Kings Arms Hotel Temple Sowerby Penrith	(017683) 62944
Jo's Bagettes, Orton Road Carlisle	(01228) 511500	Keswick Bridge, Brundholme Road Keswick	(017687) 73591	Kings Arms,The, Main Street Shap	(01931) 716277
Jos Millican Transport, Sandysyke Longtown	(01228) 791426	Keswick Climbing Wil, Goosewell Fm Keswick	(017687) 72000	Kings Head Hotel, Ravenstonedale	(015396) 23044
Joseph Hairdressing, 89-90 Main Street Egremont.....	(01946) 825290	Keswick Collectables, 18 St. Johns St Keswick.....	(017687) 74928	Kings Head Hotel,The, Kings Head Ravenstonedale Kirkby Stephen	(015396) 23050
JP Routledge, Sn Ltd, Netherton Fm Talkin	(01228) 670276			Kings Own Royal Border Regiment Museum, Arroyo Block The Castle Carlisle	(01228) 532774
Jt Hinde, Jt Hinde, Farming, Winscales Farm Egremont	(01946) 822700				
Jubilee Garage, (Egremont) Ltd,					

Kingsley Royce & Partners, Commercial Hotel Brokers, The South Room Friargate Penrith(01768) 899389	Kirkby Thore Filling Station Kirkby Thore(017683) 61126	Flusco Lodge Flusco(017684) 83617
Kingsmoor Technical Services, Ltd, Unit B Ladybank, Kingmoor Bsns Pk Carlisle(01228) 672470	Kudos, 9 The Square Dalston(01228) 711444	Lakeland Cottage Holidays, Melbecks Bassenthwaite(017687) 76065
Kingsroad Tyres, Ltd, Unit 13 Kingstown Indust Est 42 Millbrook Rd Carlisle(01228) 542811	Kuhl, Ltd, Sergents Barn Lowther(01931) 712957	Lakeland Crafts, The Mill House 43 Main Street Keswick(017687) 75050
Kingstown Chef, Site 47 63 Millbrook Road Kingstown Industrial Estate Carlisle(01228) 545555	Kut Abuv Hair Studio, Post Office Warwick Bridge(01228) 562344	Lakeland - Cumbria, Ltd, Electrical retailers, Lake Road Keswick(0843) 8161115
Kiowa, Ltd, Currock Rd Works Currock Road Carlisle(01228) 818087	Kw Management, Royal George Inn Cross Hill Workington(01900) 606821	Lakeland Decor, 17-19 Bank Street Keswick(017687) 44253
Kip McGrath Education Centre, 16 Fisher St Carlisle(01228) 558811	kwik fit-Carlisle, Ltd, Tyre Services, Junction Street Carlisle(0843) 2244491	Lakeland Decor, 17-19 Bank Street Keswick(017687) 74188
Kirby Moor School, Kirby Moor Hotel Longtown Road Brampton(016977) 45640	kwik fit-Whitehaven, Ltd, Tyre Services, Preston Street Whitehaven(0843) 2244493	Lakeland Dialysis, Ltd, Unit 7E Lakeland Business Park Lamplugh Road Cockermouth(01900) 822888
Kirkaldy & Roe, Ltd, Orchard Farm Moorhouse Carlisle(01228) 576778	kwik fit-Workington, Ltd, Tyre Services, Washington Street Workington(0843) 2244492	Lakeland Embroidery, 4 Middlegate Penrith(01768) 899095
Kirkbampton Primary School, Kirkbampton(01228) 576377	Kwik-Fit, Tyre, Exhaust & Brake, Carlisle Junction St Carlisle(0870) 9997097	Lakeland Fluid Power, Ltd, Unit 9a Sneekyeat Rd Indust Es Tate Whitehaven(01946) 64788
Kirkbampton Village Hall, Village Hall Kirkbampton(01228) 576869	Carlisle Junction St Carlisle(01228) 525245	Lakeland Fluid Power, Ltd, Unit 9A-9B Sneekyeat Road Industrial Es Whitehaven(01946) 848381
Kirkbride Eyecare, 83 Senhouse St Maryport(01900) 814917	Whitehaven Preston St(0870) 9997309	Lakeland Gifts, (Carlisle) Ltd, 2 English Street Carlisle(01228) 272729
3 Museum Sq Keswick(017687) 73900	Whitehaven Preston St Whitehaven(01946) 599991	Lakeland Habit, Lakeland Laser Services, Crossfield Mill Hobson Lane Kirkby Stephen(017683) 72200
Kirkbride Post Office & Stores, Down Hall Cottage Aikton Wigton(016977) 44388	Workington Washington Street Workington(0870) 9997272	Lakeland Leasing, Ltd, Moss House Tarn Road Brampton(016977) 3785
Kirkbride Sub Post Office, Midtown Stores Kirkbride(016973) 51231	Workington Washington St Workington(01900) 68686	Lakeland Logs, Ltd, Greenways House Maidenhill(01768) 895204
Kirkby Moor School, Kirby Moor Htl Longtown Rd Brampton(016977) 42598	Kyle, W.G, Frmr, Spout Bank Fm Walton(016977) 2521	Lakeland Minerals, Ltd, Kirkhouse(016977) 46316
Kirkby Stephen Appleby & Tebay Methodist Circuit, 50 South Road Kirkby Stephen(017683) 71202	Hill Ho Walton(016977) 2769	Lakeland Minerals, Ltd, Inglewood Inglewood Bank(01768) 862246
Kirkby Stephen Evangelical Church, Education, The Post Office Market Street Kirkby Stephen(017683) 72242	L A Joinery Carlile Ltd, Polar House East Norfolk Street Carlisle(01228) 658705	Lakeland Motorcycles, Oatlands Garage Pica Workington(01946) 830297
Kirkby Stephen Grammar School, Christian Head Kirkby Stephen(017683) 71693	L & K Curwen, Ltd, 6g Buddle Road Clay Flatts Industrial Estate Workington(01900) 62900	Lakeland Mouldings, Lake View Soulby(017684) 86989
Kirkby Stephen Primary School, Nateby Road Kirkby Stephen(017683) 71387	L M S Light Haulage, 23 Blackwell Rd Carlisle(01228) 545947	Lakeland Oak, Ret, The Construction Yard Lowther(01931) 712507
Kirkby Stephen Produce, Ltd, 27 Market Square Kirkby Stephen(017683) 71323	L S Design, Ltd, Unit 1B Derwent Mills Derwent Mills Commercial Park Cockermouth(01900) 829777	Lakeland Office Point, Ltd, 46 King St Penrith(01768) 890440
Kirkby Stephen Sports & Social Club, Melgates Market Street Kirkby Stephen(017683) 72332	L Smith, & Co, Roachburn Farm Tindale Fell(016977) 46221	FAX(01768) 890680
Kirkby Thore Sub Post Office, Somerset House Kirkby Thore(017683) 62454	La Cas1ta, Ltd, 9 Queen Street Penrith(01768) 868202	Lakeland Pedlar Whole Food Cafe, Hendersons Yd Main St Keswick(017687) 74492
Kirkgate Arts, Kirkgate Cntr Kirkgate(01900) 826448	La Llorona, 9 Devonshire Street Carlisle(01228) 272927	Lakeland Plant Services, Lineside House Furnace Row Distington Workington(01946) 831716
Or(01900) 829966	La Mezzaluna, 6 The Crescent Carlisle(01228) 534472	Lakeland Properties, 9-11 English Street Carlisle(01228) 511719
Kirkland Carpets, Kirkland Cash & Carry Carpet Centre Ennerdale Road Cleator Moor(01946) 811874	Laboratory Impex Systems, Unit 14 Cross Lanes Ind Est Seascale(019467) 21300	Lakeland Sheepskin & Leather, Keswick Governors Ho 11 Lake Rd Keswick(017687) 72961
Kirkland Carpets, 1 Ennerdale Road Cleator Moor(01946) 817556	Serv Off Unit 14 Cross Lanes Indust Est Seascale(019467) 28128	Lakeland Spa Repairs, Rprs, Houghton Hall Garden Centre Houghton Carlisle(01228) 402651
Kirkoswald CE School, Kirkoswald(01768) 898461	LABOUR PARTY, THE, For Labour MPs See Entry Under "Members of Parliament"	Lakeland Trailers & Services, Unit 9f Lakeland Agricultural Centre Cockermouth(01900) 876650
Kirkoswald Surgery, The Surgery Kirkoswald(01768) 898560	Labquip, The Black Barn, White Ox Inglewood Rd Penrith(01768) 895080	Lakeland Waste Management, Waste Disposal Site Flusco(017684) 83836
Kirkstile Inn, Managers Accommodation Loweswater Village Loweswater(01900) 85219	Lace, R.H, Garage, Kirkoswald(01768) 898883	Lakeland-Scottish Feeds & Services, 1 Cold Springs Court Penrith(01768) 899513
FAX(01900) 85239	Kirkoswald FAX(01768) 898883	Lakes Bakes, Dovenby Hall Dovenby Dovenby(01900) 827209
Kirkup, W, Family Butchers, 4B Swan Street Longtown(01228) 791455	Ladstock Gallery, 16a Station Street Keswick(017687) 85279	Lakes Coffee Services, Ltd, Unit 1 Daleston Court Main Street Keswick(017687) 72594
Kirkup's Deli & Sandwich Bar, Co, 13 Eden Street Silloth(016973) 32000	Ladybourn House, Sheltered Housing Scheme Moorclose Workington(01900) 607500	Lakes College-West Cumbria, Lillyhall Business Pk Hallwood Rd Workington(01946) 839300
Kitchen Studio, Crown Street Carlisle(0870) 2910039	Sheltered Housing Scheme Stoneleigh Park End Rd Workington (01900) 607500	FAX(01946) 839315
Kite Telecom, FAX(01931) 712869	Laidlaw, B.J, & Co, Certified Acctnts, 119 Denton Street Carlisle(01228) 590299	Lillyhall Hairdressing Salon(01946) 839315
KL Venning Slaters, Ltd, The Yard Raisbeck(015396) 24481	Laird, A, Unity Farm Brampton(016977) 3461	Lakes Distillery, Co Ltd,The, Bassenthwaite Lake, Low Barkhouse Setmurthy(017687) 88850
Klein Handling Systems Ltd, Orchard Holme Orchard Gardens Carlisle(01228) 596700	Lake District Estates, Co Ltd, Waterfoot Caravan Pk(017684) 86302	Lakes Distillery,The, Co Ltd, Bassenthwaite Lake, Low Barkhouse Setmurthy(017687) 76719
Klm Travel, Outdoor Activities, Unit 1 High HI Keswick(017687) 75337	Lake District Florist & Cakery, 80 Main Street Keswick(017687) 73003	Or(017687) 76891
Knarsdale Estate, Ltd, Burnstones House Slaggyford(01434) 382204	LAKE DISTRICT NATIONAL PARK AUTHORITY, Moot Hall Main St Keswick(017687) 80613	Lakes Escapes, Ltd, Lakes Escapes Ltd Stanley Street Workington(01900) 392409
Knells Country House, The Knells Houghton(01228) 526496	Lake District Wine, Ltd, 6 Pack Horse Court Keswick(017687) 75799	Lakes Homecentre, Bldg & DIY Supps, Low Rd Cockermouth(01900) 827282
Knells Country House,The, Houghton(01228) 514872	Lake Dist Special Planning Brd, Rangers Room National Parks Information Service Glenridding(017684) 82412	Lakeside, Lakeside Inn Brayton(016973) 21857
Knock Christian Centre, Dun Fell Christian Trust, Knock Christian Centre Knock(017683) 61762	Lake Escapes Properties, Ltd, BROWN HOWE Penrith(017684) 82854	Lambkins Day Nursery, Day Nursery, Langwathby Hall Langwathby Penrith(01768) 881888
Knotts View Guesthouse, Knotts View Borrowdale(017687) 77604	Lake Home Centre, The, A, Cartrs Dom Appliance, Lakes Home Centre Low Road Cockermouth(01900) 827324	Lambrotrading Ltd T/A The Pooley Bridge, Pooley Bridge Pier House Pooley Bridge(017684) 86883
Knowsley Enterprise Academy, Mktg Pr Advtg, Old Railway Station Ormside(017683) 51358	Lakelamdspice Restaurant, 81 Main Street Keswick(017687) 80005	Lamont, Graham W, (Office) 8 Stanger St Keswick(017687) 72182
Knoxhill Cattery, 52 Shaw Wood Road Thursby(016973) 43480	Lakeland Bespoke Interiors, Bathroom Retailer, Co-Operative Retail Services L Warwick Bridge(01228) 562322	Lamont Pridmore, Chtrrd Acctnt, 8 Stanger St Keswick(017687) 72182
Koppers Cocktail Bar Ltd, Koppers Cocktail Bar Ltd Main Street Cockermouth(01900) 826481	Lakeland Boat Hire, Eusemere Pooley Bridge(017684) 86800	Lamont Pridmore Chartered Accountants, Arkle House 31 Lonsdale Street Carlisle(01228) 520118
Koscut Barber, 30 Middlegate Penrith(01768) 867570	Lakeland Business Systems, Off Eqpt Dlrs, Southey HI Indust Est Main St Keswick FAX(017687) 71123	Lamplugh School, Kirkland(01946) 861386
Kowloon Takeaway Seaton, Kowloon Takeaway Seaton Ltd, Ltd, 92 Main Rd Seaton(01900) 604081	Lakeland Cabinet Makers, Redhills Business Park Redhills Lane Penrith(01768) 899895	Lancaster, Messrs W.J & M.A, Lime Tree Farm Culgaith(01768) 88242
Kowloon Takeaway (Seaton Ltd), Harrington Road Workington(01900) 605600	Lakeland Carbons, Ltd, Flusco Wks Flusco Penrith(017684) 83726	Lancaster, N.B, & Co, Chtrd Acctnts, 6-8 Brunswick Street Carlisle(01228) 525788
Ktee, Ltd,	Lakeland Cbd, First Floor Atlas Works Nelson Street Carlisle(01228) 739099	Lancaster University Network Services, Long Marton School Long Marton(017683) 62288
	Lakeland Concrete Products, Ltd,	Landmarc Support Services,

Royal Air Force Police Post Spadeadam Gilsland	(016977) 47964	Lewis, Rebecca, 160 Springfield Road Carlisle	(01228) 658356	Or.....	(01900) 822136
Lane Kitchen Bar, The, Unit 18, Fisher Street Galleries, 18 Fisher Street Carlisle.....	(01228) 318013	Lexus Carlisle, Parkhouse Road Carlisle	(01228) 882020	Linton Holme Inn, 86 Littlefarnie Street Carlisle	(01228) 496144
Lanercost House, Berkeley Grange Carlisle	(01228) 595138	LG Carlisle, Ltd, Royal Oak Wigton	(01228) 272231	Linton Tweeds, Ltd, Linton Tweeds Ltd Shaddon Mills Shaddongate Carlisle	(01228) 527569
Lanercost Priory, (English Heritage), The Slype Lanercost Priory Lanercost.....	(016977) 3030	Liam Taylor Turf Accountant, 53 High Street Wigton	(016973) 45563	Lion Gallery, Ltd,The, 5 Little Dockray Penrith	(01768) 867299
Lanercost Priory Pcc, The Vicarage Lanercost	(016977) 2478	Liberty Leisurewear, 37 Kingstown Indust Est 42 Millbrook Rd Kingstown Industrial Estate	(01228) 536751	Liquid Design Studios, Ltd, The Clock Tower Old Stable Block West Park Thursby	(01228) 272288
Lanercost Tea Rooms, Abbey Farm Lanercost	(016977) 41267	Libra, 17 Boroughgate Appleby-In-Westmorland	(017683) 51648	Liquid Hair, Ltd, Wholesale Retail, Laurel House Main Street Brampton	(016977) 41266
Lanes Shopping Centre,The, Globe La, Lanes Shopping Cntr Carlisle	(01228) 529356	Libraries, Appleby Local Link Low Wiend Appleby	(017683) 51170	Listers Furnishers, Ltd, Low Rd Cockeremouth	(01900) 829567
Langcake, T, Fmr, Isel Old Park Isel	(017687) 76333	Kirkby Stephen Local Link Old Grammar School Vicarage La Kirkby Stephen.....	(017683) 71775	Little, A, Fmr, Gap Farm Gilsland	(016977) 47387
Langstrath Country Inn,The, Chapel Farm Cottage Borrowdale	(017687) 77239	Frizington Library Main St Cleator Moor	(01946) 810775	Little Angels Nursery, Ltd, 28 Portland Sq Carlisle.....	(01228) 550503
Langton Adventure Centre, Hayesdale Lodge Hartsop Penrith.....	(017684) 82344	Seascale Library Gosforth Rd Seascale	(019467) 28487	Little, Billy, Felt Roofing, The Close Hethersgill	(01228) 675586
Langwathby CE School, Salkeld Road Langwathby	(01768) 881295	Seaton Library Main St Seaton	(01900) 68441	Little Chef, Little Chef Redhills Lane Redhills	(017687) 44004
Lappet Manufacturing, Co Ltd, Gleneden Mill Lorne Crescent Carlisle	(01228) 590689	Silloth Local Link The Discovery Cntr Liddell St Silloth.....	(016973) 31944	Little Chef Restaurant, Gretna Todhills.....	(01228) 674689
Larch Cottage Nurseries, Ltd, Larch Cott Melkinthorpe	(01931) 712404	LIBRARIES,PUBLIC, Library Service Renewals & Information Line The Courts Carlisle, Cumbria	(03033) 331234	Little Chippy, 5 Botchergate Carlisle	(01228) 594544
FAX	(01931) 712727	Libraries Help Desk County Library HQ Arroyo Block,The Castle Carlisle, Cumbria	(03033) 331217	Little Chippy The, 23 Cornmarket Penrith	(01768) 864508
Lattimer, J.J, Building Contr, the Office, Roseacre Mealsgate Low Ireby	(016973) 71495	Liddle, J, Mtr Eng, Holly Croft Kirkbampton	(01228) 576278	Little, Dean, Tree Surgeon, Whitrigg Moor Ho Kirkbride	(016973) 52549
Laundry Studio, 1d Clay Flats Indust Est Buddle Rd Clay Flats Industrial Estat	(01900) 870087	Life & Style Retail Limited, Unit 45, 8 Grapes Lane Carlisle.....	(0844) 5760778	Little, Dean, Tree Surgery, Whitrigg Moor House Kirkbride	(016973) 52549
Laura Bradley T/A Hair Spa Carlisle, 238 Kingstown Road Carlisle	(01228) 529999	Life & Style Retail Limited, 74 Market Place Whitehaven	(0844) 5760749	Little Explorers, Nrsry, Unit 16 Leonfield Industrial Estate Cleator Moor	(01946) 813111
Laversdale Timber, Co Ltd, Site 1 Carlisle Airport Carlisle Airport.....	(01228) 573503	Lifeboat Inn, Senhouse Street Maryport.....	(01900) 876521	Little Indian Mirehouse, Ltd, 61B Meadow Road Whitehaven	(01946) 590686
Law Centre, 8 Spencer St Carlisle	(01228) 515129	Lifeboats - RNLI, see RNLI In EMERGENCY dial 999 and ask for "COASTGUARD"		Little Jems Nursery, 5 Woodrouffe Ter Carlisle	(01228) 543964
Law, Dr, J, Repeat Prescription Line	(01900) 603535	Lifestyle Breaks Ltd, Property, 18A Main Street Egremont.....	(01946) 824502	Little Jems Nursery, 4-5 Woodrouffe Terrace Carlisle	(01228) 409874
Law, M.E, Agric Eng, Townhead Garage Newbiggin-On-Lune	(015396) 23624	Lifestyle Repairs, Unknown, 3 Station Street Cockeremouth	(01900) 821800	Little, J.R, Maryland Farm Bowness-On-Solway	(016973) 51323
Law, T.A, Ltd, Stonework, The Bield Ravenstonedale.....	(015396) 23215	Lifestyle Travel, Gelt Hall Castle Carrock	(01228) 670777	Little, K, Haulage Contractor, Town End Clifton.....	(01768) 862968
Lawn & Leisure, Ltd, Kingstown Indust Est Kingstown Bdwy Kingstown Industrial Estate	(01228) 517111	Lightfoot Garage, Smarthill Farm Southerfield	(016973) 61915	Little, N.F, Mtr, Agric Engs, Bardose Filling Station Barclose	(01228) 675539
Lawrence, Dr, C.A, Cragfoot Glenridding.....	(017684) 82142	Lightfoot Plant Services, Ltd, FAX	(016973) 41713	Little Stars, Ltd, 30 Church Road Harrington	(01946) 834439
Lawrence Eden Kitchen Studio, Unit 1 Sneckyeat Road Industrial Estate Whitehaven.....	(01946) 67450	Lightfoots, Audio, 4 Church St	(016973) 42272	Little, W, Hill Top Garage Penton	(01228) 577205
Lawson, G, Plant Hire, Whinbank Fm Distington	(01946) 830305	Lightford Associates, West Winds Lonsties Keswick	(017687) 74629	Littlebeck Warren, 3 Hayescastle Road Workington	(01920) 633036
Lawson, R.A, Middle Boonwood Farm Gosforth	(019467) 25282	Lillingtons Estate Agents, Ltd, 58 Lowther St Whitehaven.....	(01946) 590412	Littles Arms, Pblc Ho, 85 Trumpet Rd Cleator	(01946) 813988
Lawson, W, Fmr, Stubsgill Farm Distington	(01946) 830370	14 Murray Rd Workington.....	(01900) 606006	Littleton, J, Fmr, Moor Head Longtown	(01228) 791705
Lawsons Haulage, Hlge Contrs, Gote Mill Gote Rd Cockeremouth.....	(01900) 823061	39A Station St Cockeremouth	(01900) 828600	Live Well Beauty Salon, Front Street Alston	(01434) 382772
Lawson's Training Centre, Ltd, Whinbank Fm Distington Harrington.....	(01946) 833313	Lily, & Co, Ints Home Fashs, 28 Market Pl Cockeremouth	(01900) 828295	Livingstone Services, Unit 4 Beckermest Indust Est Egremont.....	(01946) 841191
Lazonby Village Hall, Lazonby	(01768) 898252	Lime House School, Dalston	(01228) 710225	Lled Construction, Unit F5 Ladybank Kingmoor Business Park	(01228) 674077
Leanne Harbage Ta Tangles, 41 North Road Kirkby Stephen	(017683) 71462	Limelighting Grand Theatre Station Road Cockeremouth.....	(01900) 821822	Lloyd Fraser, (Dairy Services) Ltd, Transport Depot Dairy Crest Ltd Station Rd Aspatria	(016973) 20486
Learning Land Private Day Nursery, 65 Derwent Street Workington	(01900) 601222	Limelighting, Ltd, FAX	(01900) 823105	Lloyd Jaguar, Ltd, Kingstown Indust Est Carlisle	(01228) 888000
Learning & Skills Council, Govt Dept for post age 16 Education, Textphone (Minicom 6000) Ventura Ho Guard St Workington	(01900) 733303	Lincoln House Guest House, 23 Stanger Street Keswick	(017687) 72597	Lloyd Motorcycles, Kingstown Industrial Est Kingstown Broadway Carlisle	(0843) 5153440
Leconfield Estates, Cockeremouth Castle Estate Office Castlegate Cockeremouth.....	(01900) 826697	Linda Kirkbride, 25 Latrigr Close Keswick.....	(017687) 73983	Lloyd Motors, Ltd, Montgomery Wy, Rosehill Indust Est Carlisle	(01228) 404800
Lee, J.A, Ltd, Gen Cng Contrs, Galloway Workington	(01900) 826306	Linden Studio, Granary House Tebay Penrith.....	(015396) 24827	Lloyd Motors, Ltd, Lloyd Motors Ltd Montgomery Way Rosehill Industrial Estate Carlisle	(01228) 596056
Leeming House Hotel, Watermillcock Penrith	(0870) 4008131	Linden Tree,The, 65 Main St Cockeremouth.....	(01900) 828867	Lloyd Motors Rover-Landrover, Montgomery Wy, Rosehill Indust Est Carlisle	(01228) 599000
Lees Hill CE School, Lees Hill	(016977) 2577	Linden Upholstery, Ltd, Unit Bt 243/11 Clay Flatts Trading Est Workington.....	(01900) 64787	Lloyds Bank, Pic, Personal Customers	(03453) 000000
Lees, W, Florist, 55 Brook St Carlisle	(01228) 524220	Lindsafarne, Residential Care, Lindsafarne Griffin Close Frizington.....	(01946) 813402	Lloyds Carpets & Furnishings, Station Yard Unit 1 Station Yard Wigton.....	(016973) 49701
Leigh, S.J & J.W, Dent Pract, 1 Warwick Square Carlisle.....	(01228) 534396	Lindsay, Bldg Contr, Brooklyn Laversdale	(01228) 573635	Lloyds Konecranes, Ltd, Unit A24 Haig Enterprise Pk Cumbria	(01946) 61667
Leisurematic, Ltd, 83 Larch Drive Stanwix	(01228) 595071	Lingard & Snelson, (Timber) Ltd, 27 Somerwood Clo Long Marton	(017683) 62977	FAX	(01768) 866477
Leo'S Bar, 15-21 Wilson Street Workington.....	(01900) 386270	Lingholm Private Trust, Ltd, Derwent Bay House Portinscale	(017687) 72003	Local Pages, FAX	(01768) 866477
Les Carney IFA, Ltd, Ground Floor Pavilion 3a West Lakes Science Ingwell Drive Westlakes Science & Tech Pk.....	(01946) 693328	Lingholm Sporting, Ltd, The Lodge Derwent Bay Portinscale	(017687) 73880	Local Store,The, 108 English Street Carlisle.....	(01228) 598058
Leslie Cleeland, Ltd, Warehouse Tweed Mill La Cockeremouth.....	(01900) 821170	Lingholme Private Trust, Ltd, Professional & Financial, Water End House Portinscale	(017687) 75635	Lockstock Hairdressing, Riverside House Warwick Road Carlisle	(01228) 549700
Leslie Gordon Sibson, Hole House Bassenthwaite	(017687) 76206	Lingmell House, Bed Breakfast, Wasdale Head	(019467) 26009	Loft Beauty Rooms, The, Stackyard Cottage Orton Grange Carlisle	(01228) 712827
Letting Centre,The, 39 Lowther St Carlisle.....	(01228) 819333	Lingmell House, Bed Breakfast, Wasdale Head	(017687) 76291	Lofters Hair Design, Caldbeck	(0843) 5079199
Letting Centre, The, Ltd, 1st Floor, No.39 Lowther Street Carlisle	(01228) 544099	Link House, Link Recruitment, 18 Aglionby St Carlisle	(01228) 550181	Logic, Plmbg,Htg & Elec Engs, Unit 6 Crosscroft Indust Est Appleby In Westmorland	(017683) 51812
		Linseldfield Holiday Cottages, Linseldfield Main St Cockeremouth	(01900) 821075		

Or(017683) 52655
FAX(017683) 53525
Logic Business Systems, Ltd,
Logic Ho Allenbrook Rd, Rosehill Indust Est
Rosehill.....(01228) 527676
London Mint Office,
Harmsworth House, 13-15 Bouverie Street London.....(0800) 0374321
Long Marton School,
Cumbria County Council Long Marton(017683) 61397
Long & Small, Ltd,
Long & Small Service Station Flimby.....(01900) 602742
Longtown Childcare Trust, Ltd,
Peartree Nursery Longtown Carlisle(01228) 791005
Longtown Community Centre,
Longtown Community Cent Arthurth Rd Longtown.....(01228) 791876
Longtown Primary School,
Longtown.....(01228) 791203
Longtown Skip Hire,
Warehouse 1 Penton(01228) 577000
Lonsdale, Earl of, Estates,
Forestry Dept
Lowther Forestry Group Ltd(01931) 712218
Game Dept
Cattanach G South Vw Melkintorpe Hackthorpe(01931) 712431
Lonsdale Estates,
Glebe House Lowther(01931) 712671
Lonsdale Park Holidays,
Lonsdale Lodge Lonsdale Terrace Cumwhinton.....(01228) 562655
Loose Box, Bar & Pizzeria,
27 Main St Keswick.....(017687) 72083
Lord, Fmr,
West Dowgill Farm North Stainmore.....(017683) 41686
Lorraine Stamper,
Happy Hours Registered Private Nursery 5 High Seaton
.....(01900) 873727
Lorraine Sweeney,
22 John Gaskell Court Cleator Moor(01452) 904138
Or(01946) 848297
Or(01946) 848588
Lorton Primary School,
Lorton Primary School High Lorton(01900) 85919
Lorton Village Shop, It Telecoms Internet,
General Store High Lorton(01900) 85102
Lotus Garden,
6 Crown Square Penrith.....(01768) 862915
Louise Lawson,
The Office Building Mardale Road Penrith(01768) 867111
Or(01768) 867118
Lounge Hotel & Bar,
43 Burrowgate Penrith.....(01768) 868984
Lounge Hotel & Bar,The,
The Mitre Hotel King Street Penrith(01768) 866395
Love Once More,
Harcourt Street Workington(01900) 872426
Love The Lakes Limited,
6-8 St. Johns Street Keswick.....(017687) 74343
Love Your Hair By Lei,
Studio 32 26-32 Lonsdale Street Carlisle.....(01228) 401206
Lovelady Shield Country House Hotel,
Nenthead Rd Alston.....(01434) 381203
Low Briery Holiday Village,
Low Briery Holiday Site Keswick(017687) 72044
Low Gillerthwaite Field Centre,
Ennerdale.....(01946) 861229
Low House Events,
Low House Armathwaite(016974) 72009
Lowca Community School,
Lowca School Lowca(01946) 372656
Lowca Social Club,
Stamford Hill Avenue Lowca.....(01946) 848524
Loves Court Gallery,
Loves Court Gallery 12 Main Street Egremont(01946) 820693
Loveswater Village Hall,
School House Loveswater.....(01900) 85718
Lows, Ltd,
Waterside House Howtown(017684) 86332
Lows, Ltd,
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Lowther Club Ltd,
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Lowther Estate Office,

Lowther Castle Lowther(01931) 712577
LOWTHER FORESTRY GROUP LTD,
Hackthorpe(01931) 712218
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Lowther Castle Lowther(01423) 339458
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Unit 11 Old Brewery Yard Craw Hall Brampton(016977) 44444
Lowther Holiday Park, Crvn Park,
Eamont Bridge(01768) 868126
Eamont Bridge(01768) 868126
Or(01768) 868126
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Health Visitors(01946) 599992
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Castle Meadows Whitehaven(01946) 692241
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Lowther Estates Office Lowther.....(01931) 712407
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Tithebarn Street Keswick(017687) 73668
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Lucy Pittaway,
79 Main Street Keswick.....(017687) 80469
Luigi's,
22 King Street.....(016973) 49208
Lulus,
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The Ashes Cliburn Morland(01931) 714515
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M C Ferguson,
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M - SPORT, Ltd,
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Tebay Interchange Tebay Manager & Accounts.....(015396) 24336

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m',Mic & Mac are to be treated as "Mac" & the next letter in the name
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McBride, D.J, BDS Dent Surg,
9 Curzon St Maryport(01900) 812109
McBurney Transport,
Cowper Rd Gilwilly Indust Est Penrith(01768) 895636
McCabe, Dr, M.M,
The Surgery West La Shap(01931) 716231
McCall's The Bakers,
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McCarthy & Stone,
Alarm Lancaster Court Isel Road Cockeremouth.....(01900) 825999
McCarthy & Stone, House Manager,
Service Line Lancaster Court Isel Road
Cockeremouth(01900) 826428
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27 Finkle Street Workington.....(01900) 603917
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Kingstown
Grearhill Rd, Kingstown Indust Est Carlisle
(Drive-Thru)(01228) 513309
Whitehaven
Unit 1 Bridges Retail Pk Whitehaven.....(01946) 696484
Workington
Unit 5 Derwent Dy, Derwent Howe Indust Est
Workington(01900) 606366
McDowell, M & J, Post Off,Nwsagts,
57 Meadow Road Whitehaven(01946) 693051
McGrady, G.J, (Engineering),
Red Lonning Ind Est Whitehaven(01946) 62364
McGreevy, Dr, N,
Repeat Prescription Line(01900) 603535
McGuinness, Dr, P.J.N,
Wren Cottage Stair(017687) 78376
McGuire's Performance Horses,
46 Speckled Wood Drive Carlisle.....(01252) 315846
Machine Mart, Ltd,
85 London Rd Carlisle.....(01228) 591666
McKay, Drs, C & G,
Rheda X Rheda Pk Frizington(01946) 810637
MacKay, W.G, Plant Hire,
Croft Foot Fm Eaglesfield(01900) 823914
Pittwood Rd, Lillyhall Indust Est Workington(01900) 603174
Mackay's Stores, Ltd,
58 King St Whitehaven(01946) 65880
McKendry, Anne,
37 Dalston Road Carlisle.....(01228) 658440
McKendry, Anne,
92 Warwick Road Carlisle.....(01228) 317198
McKenzie, K & S, Ltd,
Millbrook Rd Carlisle(01228) 528218
McKnight & Son Builders,
Denton Bsns Pk Carlisle.....(01228) 520352
McLennan, S.J, Agri,Motor Engs,
Bittlestones Garage Gilsland(016977) 47267
Macrae, Dr, K,
15 Rose Lane Cockeremouth.....(01900) 825160
McVitie's Group, (Carr's of Carlisle),
54 Church St Caldewgate.....(01228) 406000
Magic Castle Adventure Playground,
First Floor Atals Works Nelson Street Carlisle.....(01228) 401095
Magpie At Maysons,
Keswick Cumbria(017687) 74107
Magpie Services, Transp Servs,
Lillyhall Industrial Estate Joseph Noble Road Lillyhall Industrial Estate
Workington(01900) 872892
Mahoneys Barbering, Charity,
124 Scotland Road Carlisle(01228) 550106
Maiden Way Group, Ltd,
15 Castle Street Carlisle.....(01228) 272306
Maidenhead Aquatics,
Klondike Garden Centre Houghton Hall Houghton(01228) 597777
Main Street Deli, Ltd,
32 Main Street Egremont(01946) 848534
Main Street Hairdressing,
111 Main Street Hensingham Whitehaven(01946) 693576
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Make Believe Ideas, Ltd,
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Mamma Mias,
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Manager, Store,
Post Office 88-90 Main Road Workington.....(01900) 604885
Manager, Store,
36-38 Main Street Cumbria(01900) 823086
Manager, Store,
225 - 227 Newtown Road Carlisle(01228) 523701

Manager, Store, One Stop Community Stores Ltd Victory Crescent Maryport.....	(01900) 268912	Maryport.....	(01900) 815626	Hayman Sue (Workington Constituency) House Of Commons, Westminster SW1 Direct Line	(020) 7219 4554
Mandale, R.V., Lambfield Farm Raughton Head	(016974) 76284	Maryport & Allerdale Credit Union, 49 Wood St Maryport	(01900) 816111	Workington Constituency Office The Town Hall Oxford St Workington.....	(01900) 702929
Manesty Holiday Cottages, Youldale Knot Manesty	(017687) 77216	Maryport Aquaria, Maryport & Solway F M A Ltd South Qy Maryport.....	(01900) 817760	Reed Jamie (Copeland Constituency) House Of Commons, Westminster SW1 Switchboard	(020) 7219 3000
Mango Tree, (NW) Ltd, Market Street Kirkby Stephen.....	(017683) 74959	Maryport Body Work Centre, Solway Trading Estate Maryport	(01900) 813377	Stevenson John (Carlisle Constituency) House Of Commons, Westminster SW1 Switchboard	(020) 7219 3000
Manor House Caravan Park, Manor House Edderside	(01900) 881236	Maryport Bowling Club, Thirlemere Road Maryport	(01900) 819414	Carlisle Constituency Office 2 Currie St Carlisle	(01228) 550684
Manor House Garage, Plumpton	(01768) 894244	Maryport Business Centre, Main Road Maryport	(01900) 818282	Stewart Rory (Penrith & The Border Constituency) Direct Line	(020) 7219 7127
Manor House Hotel, Crown St Cockermouth	(01900) 828663	Maryport Car Centre, Milestones Glasson Industrial Estate Maryport	(01900) 816633	Wallace Ben (Wyre & Preston North Constituency) House Of Commons, Westminster SW1 Direct Line	(020) 7219 5901
Manor House Hotel, Main St St. Bees	(01946) 820587	Maryport Dental Care Centre, New Building Irish Street Maryport	(01900) 819222	FAX	(020) 7219 5901
Mansion Guesthouse,The, The Mansion Woodhouse Rd Whitehaven.....	(01946) 61860	Maryport Golf Club, Ltd, Maryport Harbour & Marina, Ltd, Maryport Marina Marine Road Maryport	(01900) 814431	MENCAP, (Royal Mencap Society), Nat Charity, Office Unit J3 Baron Way,Kingmoor Business Park Carlisle	(01228) 674393
Map Of Agriculture, Ltd, Suite 1A,Cumbria House Gilwilly Road,Gilwilly Industrial Estate Penrith.....	(01768) 868472	Maryport Health Services, Aineburgh House Ewanrigg Road Maryport	(01900) 815544	Mennie, M, Heatherview Towngreen Slaggyford	(01434) 381172
Mar, Mar, The Sharrows Maryport Road Dearham Maryport	(01900) 813559	Maryport Inshore Rescue Boat, Maryport Inshore Rescue Statio Life Boat Station Senhouse Street Maryport	(01900) 812225	Menzies, Nws & Magazine Distrib, Carlisle Unit 7, Port Rd Bsns Pk CA2.....	(0844) 7424010
Marchon Sports & Social Club, Coach Road Whitehaven.....	(01946) 61496	Maryport Labour Club, 41 Senhouse Street Maryport.....	(01900) 812412	Mere Commercial, Ltd, Tallantire Properties Flusco House Flusco.....	(017684) 83498
Margrange, Ltd, Unit 2A Sneekyeat Indust Est Sneekyeat Rd Indust Est Whitehaven.....	(01946) 64062	Maryport Maritime Museum, 1 Senhouse Street Maryport.....	(01900) 813738	Mervyn Dicker, Ltd, The Bungalow Farm Old Carlisle Wigton	(016973) 44229
Marian'S Cafes & Coffee, 21 Finkle Street Workington	(01900) 66344	Or	(0843) 5157126	Messenger, J.H, Frmr, Camp Fm Camp Side Maryport	(01900) 812684
Mark, J.H, Frmr, Hesley Morland.....	(01931) 714615	Maryport News, 105 Senhouse St Maryport	(01900) 812242	Messers Findlay, Moorside Farm Culgaith	(01768) 88666
Market Hall,The, Management Suite Management Office Market Entrance Scotch St Carlisle.....	(01228) 513991	Maryport, (PO) Ltd, Maryport Post Office 92 High Street Maryport.....	(01900) 876607	Messers Hewitson, Yeorton Hall Yeorton Hall Farm Oaklands Egremont	(01946) 841667
Marks Parts Limited, Unit 8b Sneekyeat Road Industrial Estate Whitehaven.....	(01946) 460041	Maryport Rugby League Club, Maryport Rlfc Mealpot Rd Maryport	(01900) 815506	Messrs Richardson, Low Garth Bewaldeth.....	(017687) 76331
Or	(01946) 460042	Maryport Social Club Ltd, Maryport Social Club Mealpot Road Maryport	(01900) 812304	Messrs Baxter, D, Moss Side Hethersgill	(01228) 577247
Or	(01946) 460043	Maryport Sub Post Office, Maryport Post Office 92 High Street Maryport.....	(01900) 812321	Messrs Beaty, Working Dairy Farm, Stonewalls Laversdale	(01228) 573666
Or	(01946) 460044	Maryport Tandoori Indian Resta, Rstnt, Liberty Cafe 2-4 South Quay Maryport	(01900) 818131	Messrs Cartmel, Ltd, High Low Hall Hensingham.....	(01946) 811161
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FAX	(01228) 535414	Maryport Town Council, Town Hall Senhouse Street Maryport	(01900) 813205	Messrs Davidson, Garage, The Beeches Penton	(01228) 577056
Workington 26 Pow St Workington	(01900) 64661	Masons Auto Repairs, Milburn Yard Moresby Road Hensingham	(01946) 63030	Or	(01228) 577313
FAX	(01900) 605994	Massers Bowe, Frmr, Mechi Fm Blennerhasset.....	(016973) 20419	Messrs Eilbeck, & Son, Plumbland Farm Plumbland.....	(016973) 23281
Marmaris Haven Cafe, Ltd, 57 WHITEHAVEN	(01946) 66224	Matalan, plc, Carlisle Unit 2 Station Business Pk Carlisle	(01228) 403510	Messrs G & M Wilson, & Sons, Snow View Appleby-In-Westmorland	(017683) 52414
Marmaris Whitehaven, 7 Tangier Street Whitehaven.....	(01946) 62963	Materials Testing Equipment, Ltd, Cowper Rd,Gilwilly Ind Est Penrith.....	(01768) 865302	Messrs Green, Snittlegarth Farm Ireby	(016973) 71235
Marriage Care, The Rectory Warwick Sq Carlisle.....	(0800) 3893801	Or	(01768) 864417	Messrs Hayton, Penny Hill Bolton	(017683) 51636
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Marrs, G & A.E, Frmr, Cathow Kinniside	(01946) 817083	Matson Ground Estate Company, Ltd, Property, Eagle Cottage Glenridding	(017684) 82619	Messrs Holliday, Ltd, New Bampton Farm Biglands.....	(016973) 51258
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Marrs, R.G, Frmr, Cathow Kinniside	(01946) 814378	Mattinson, F.J, Dairy Frmr, Rosewain Farm Wigton	(016973) 49966	Messrs J Sewell, Mayfield Farm Greysouthen.....	(01900) 825348
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Marsh roofing services, 140 Blackwell road Carlisle	(01228) 588603	Maw, G.A., Wintershields Farm Bewcastle.....	(016977) 48020	Messrs Kitching, Messrs Kitching, Sykes Farm Naddle Keswick	(017687) 75264
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FAX	(01228) 544001	Meldrum, Ltd, Currock Rd Trade Cntr Currock Rd Carlisle.....	(01228) 515233	Methodist Church, Church, Gosforth Road Seascale.....	(019467) 21535
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Maryport, Golf Club,					

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Michael Sonnabend,
218 Warwick Road Carlisle Cumbria(01228) 514180
Michael's Picture Framing, Mr, Michael S Picture Framing, Michael S
Picture Framing,
Holmeworks Norfolk Street Carlisle(01228) 545415
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3 The Orchard Armthwaite(016974) 72028
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Midtown Farm Johnby(017684) 83616
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Stonehouse Seaville(016973) 61257
Midgley, Dr, J,
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Midtown Farm Crosby(01900) 812107
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Mike Millar Associates, Ltd,
Twoey Toys Syke Road Wigton(016973) 45300
Mike's Tattoo Studio,
Mikes Tattoo Studio 7 London Road Carlisle(01228) 545156
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45 Curzon St Maryport(01900) 813541
3 Main St Cockermonth(01900) 898010
25 Church St Whitehaven FAX(01946) 64273
25 Church St Whitehaven(01946) 694808
FAX(01900) 65552
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Frizington(01946) 817827
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Milcroft Veterinary Group,
Unit 1 Derwent Howe Indust Est, Lakes Rd
Derwent Howe Ind Est(01900) 66666
Milcroft Veterinary Group,
66A Main St Egremont(01946) 820513
Miller, A,
Fowler Sike Cottage Thacka Lane Penrith(01768) 899701
Miller, B.J,
Tarn Lodge Farm Heads Nook(01228) 670280
Miller, J.D,
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Miller, Richard,
Jenkins Cross Wigton(016973) 42426
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New Factory Joseph Noble Road Lillyhall Industrial Estate
Workington(01900) 62035
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High Aketon Wigton(016973) 71278
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Millican Motors,
Bothel Old Quarry Bothel(016973) 23370
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Branches
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156 Ennerdale Rd Cleator Moor(01946) 810356
Orchard Ho Ennerdale Rd Cleator Moor(01946) 813958
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Crown Street Cockermonth(01900) 823591
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39C James Street Whitehaven(01946) 696200

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Miners Arms,
Miners Arms Guard Street Workington(01900) 381058
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Vindolanda Abbeytown Wigton(016973) 61173
Minmins Nails,
13 Botchergate Carlisle(01228) 598888
Minto Centre, The, Na,
Westfield Nursery & Primary Sc Nilsson Drive
Workington(01900) 608012
Mirage,
5 Water Street Wigton(016973) 45395
Mire Services, Ltd,
3 Portland Street Workington(01900) 66702
Mirehouse Community Association,
Mirehouse Community Centre Seathwaite Avenue
Whitehaven(01946) 693301
Mirehouse Community Centre,
Top Of The Shops Meadow Road Whitehaven(01946) 458770
Mirehouse Pharmacy, Pharmacies,
59 Meadow Road Whitehaven(01946) 66552
Mirehouse Post Office,
57 Meadow Road Whitehaven(01946) 692955
Misses Miller,
Allerby Hall Annexe Wigton Wigton(01900) 813118
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Denton Holme(01228) 534433
Mitchell, G.W, Frmr,
Grassknop Skelton(017684) 84270
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Cockermonth(01900) 822016
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Furniture Saleroom 49 Station Rd Cockermonth(01900) 827800
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B409 British Nuclear Fuels Sellafield(019467) 28010
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Gate Farm Uldale(016973) 71285
Mj & M Wilson, & Sons, Wholesale Retail,
Copper Lodge Uldale Wigton(016973) 71692
Mjl Retail, Ltd, D.I.Y Stores,
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Unit 2, 56-58 Scotch St Carlisle(0871) 6631036
Modern Homes, Kitchen-Bedroom Spclsts,
55 Oxford St Workington(01900) 62263
Moduals Carlisle,
4 Carlyles Court Carlisle(01228) 520083
Moffat, G.A, Frmr,
Thornby Villa Thornby(016973) 42485
Moffats,
Moffats Birks Road Cleator Moor(01946) 395407
Mohammed Arshad, Clothg Shop,
1-2 Market Place Whitehaven(01946) 66908
Money Shop, The,
3 West Tower St Carlisle(01228) 591912
Moone Gallery,
31 Pow Street Workington(01900) 386059
Moor Row School,
Moor Row(01946) 810620
Moor Row Working Mens Club,
Scalegill Road Moor Row(01946) 810286
Moorclose Croft,
Sheltered Housing Scheme Moorclose Workington(01900) 607500
Sheltered Housing Scheme Stoneleigh Park End Rd Workington (01900)
607500
Moorhouse, E, & Son,
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Moorlands Dipped Candles, The,
Unit 1d-1e Skelgillside Workshops Alston(01434) 382738
Moota Garden Centre,
Moota Garden Cntr Moota(016973) 23848
Moranos, Takeaway,
170 Blackwell Road Carlisle(01228) 542542
More Handles, More Handles Ltd Ltd, Unknown,
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Kingstown Industrial Estate(01228) 516510
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Tyne Willow Service Stn Station Rd Alston(01434) 381318
Moresby Hall Country Hotel Ltd,

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Whitehaven(01946) 696317
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18 High St Cleator Moor(01946) 810371
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Supermarkets
Carlisle Kingstown Rd Carlisle(01228) 511771
Workington Derwent Dv, Derwent Howe Indust Est Workington (01900)
64336
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Moor Row
Unit 19 Ingwell Hall Ingwell Dv, Westlakes Science & Technology
Whitehaven(01946) 67494
Morson Project,
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Or(01946) 694178
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Wigton Road Carlisle(01228) 531105
Morton Cottage Residential Home,
Morton Cottage 210-12 Wigton Road Carlisle(01228) 515757
Morton Garden Buildings, Ltd,
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Moscrop, T.W & A.M, & Son,
Ryeclose Farm Irthington(01228) 573644
Mosedale House,
Mosedale House Mosedale(017687) 79371
Moss Bay Convenience Store,
248 Moss Bay Road Workington(01900) 64422
Moss Bay Metals,
Buddle Road Clay Flatts Industrial Estat(01900) 602878
Moss Bay Working Mens Club,
6-8 Salisbury Street Workington(01900) 604196
Moss Bay Working Mens Club,
6 Salisbury Street Workington, Cumbria(01900) 606571
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Moss House Nursery Justicetown(01228) 674469
Moss Precision Engineering, Ltd,
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Mossat, Mr, Stephen, Penrith Vw Ltd,
Scotland Road Penrith Penrith(01768) 210110
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J R Thompson Myers Lane Industrial Estate Myers Lane
Penrith(01768) 895111
Motorsport Transmissions, Motor Sport,
Unit 3e Townfoot Industrial Estate Brampton(016977) 41800
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Mountain Dog, Ltd,
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Central Car Pk Rd Keswick(017687) 73962
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Mountain Sense,
Entrance At Rear On Bank St Main St Keswick(017687) 80312
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Mountelm - Carlisle 8 Junction Street Carlisle(01228) 594527
Mountelm, Ltd,
Marine Store 8 Junction St Carlisle(01228) 523136
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Sandysyke Brickworks(01228) 791046
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Winter Well Brampton.....	(016977) 2977	N W B Consultants, Ltd,	Careers	
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Workington	(01900) 67939	11 Little Dockray Penrith	Unit 3 Appleby Business Park Drawbriggs Lane	
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Ms E Hird,		14 St. Bridgetts Lane Egremont	78 Main Street Keswick	(017687) 80340
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Mts Gibson, Ltd,		National Farmers Union,	Unit 3 Central Buildings Cornmarket Penrith	(01768) 863851
Unit 3c Longtown Industrial Estate Longtown	(01228) 792735	National Subscription Unit Agriculture House	Neil Rudd Auto Care,	
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18 Buddle Road Clay Flatts Industrial Estat		National Parks (Lake District),	Carlisle	(01228) 539154
Workington	(01900) 68555	see under Lake District National Park	Neilsen Direct, Automotive Chemicals (S Kelly),	
Muddy 4 Paws,		National School Wear Centres,	Mobile	(07831) 778710
73 Wood St Maryport	(01900) 815180	Atlas Works Nelson Street Carlisle	Nelson, C,	
Muddy Boots Nursery, Cumbria , Ltd, Wholesale Retail,		National Trust,	Morven House Hotel Siddick Workington Cumbria	(01900) 602118
Young Steps Nursery Oak Road Penrith	(01768) 840338	Campsites (no pre-booking)	Nelson, Julian M.R, Solr,	
Muddy Paws,		Wasdale Campsite	Viaduct Ho Victoria Viaduct Carlisle	(01228) 516666
73 Wood Street Maryport.....	(01900) 267966	Foresters	Nelson Thomlinson School,	
Muffin Break Carlisle,		Buttermere	Nelson Thomlinson School High Street Wigton	(016973) 42160
Muffin Break 5 Lanes Shopping Centre Carlisle	(01228) 520243	Wasdale & Sawmill	Nenthall Country House Hotel,	
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Allerdale (Chairman Mr Crofts)	(01900) 822889	Acorn Bank Temple Sowerby	Community Shop & Post Office Vicarage Terrace	
Munchkins Nursery,		Wordsworth House	Nenthall	(01434) 382359
Infirmary Street Carlisle	(01228) 592099	Property/Area Managers	Nestle, UK Ltd,	
Murray, D.H, Frmr,		Borrowdale Bowe Barn Sawmill Borrowdale Rd Keswick.....	Dalston Factory Dalston.....	(01228) 713100
The Throp Gilsland	(016977) 47276	74649	Or	(01228) 713198
Murray Farmcare, Farm Gds,		Ullswater	Or	(01228) 713199
31 Main Street Brampton	(016977) 3365	Wasdale, Eskdale, Duddon & Sandscale Haws	Nether Row Construction Consultants, Qty Survys,	
Murray Farmcare Limited,		Shops & Information Centres	Nether Row Hall Hesket Newmarket	(016974) 78355
18-20 English Street Longtown	(01228) 791230	Wordsworth House Cockeremouth	Netherby Estate,	
MURRAY GIBSON SERVICES, Ellec,Refrig,		National Windscreens, 24hr Replacement Serv,	Office Longtown	(01228) 791206
Mobile	(07885) 283286	Carlisle	Netherdene Country House, Bed & Breakfast,	
Murray Gibson Services, Ltd, Contractor,		Unit 2 Kingstown Indust Est Millbrook Rd	Netherdene Troutbeck	(017684) 83475
Stephenson Road Durranhill Industrial Estate Carlisle		Carlisle	Netherplace Nursing Home,	
.....	(01228) 595277	FAX	Chestnut Hl Keswick	(017687) 73267
Murray, J.N, Chemsts,		Workington	Net-Telco, Telecom Services,	
Cleator Moor Health Cntr Birks Rd		Unit 8e Clay Flatts Trdg Est Workington	Carlisle All Enquiries	(01228) 234001
Cleator Moor Central Pharmacy	(01946) 810373	FAX	Carlisle FAX	(0872) 0850031
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Keswick 15 Station St Keswick	(017687) 72049	Branches	Switchboard	(020) 7557 8000
Murrays Printers, Pmnts,		Carlisle	Nevinsons, Ltd,	
27a Swan St Longtown.....	(01228) 791492	29 Lowther St	Unit 1 Chapel Street Egremont.....	(01946) 820971
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18 Finkle Street Carlisle.....	(01228) 494708	Or visit us at www.nationwide.co.uk	6 Salisbury Road Carlisle.....	(01228) 539977
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Unit 1 Westwood Nurseries Orton Garage Carlisle	(01228) 712957	Boothby Sawmill Boothby	Flimby.....	(01900) 606437
My Kebab, Ltd,		Natures Health Store,	New Balance Athletic Shoes, UK,	
37 Middlegate Penrith	(017684) 28062	1 King St Penrith	Flimby	(01900) 603410
Myers & Bowman, Ltd,		NatWest,	New Balance Athletic Shoes, (UK) Ltd,	
Lillyhall Indust Est Workington.....	(01946) 830247	Branches	St. Helens La Workington Rd Flimby.....	(01900) 66566
Or	(01946) 832282	Aspatia	New Balance Athletic Shoes, UK Ltd,	
N Arnison Clothing Retailer, & Sons Ltd,		Branch Market Square Aspatia	Flimby	(01900) 604203
17 Devonshire St Penrith	(01768) 862078	Carlisle	New Book Shop,The, Bookshops,	
N.E.T.S Truck & Trailer Parts,		Branches	42 Main St Cockeremouth.....	(01900) 822062
Kingston Indust Est Unit 4 Blackdyke Rd Carlisle.....	(01228) 511312	92 English St	New Golden City,	
N.F.U Mutual,		Unit 7 Montgomery Wy	141 Raffles Avenue Carlisle	(01228) 597860
Branch Office		Cleator Moor	New House Farm,	
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Penrith		Branch 23 Station St	5 South Parade Seascale.....	(019467) 28496
Corney Ho Corney Sq Penrith.....	(01768) 860200	Egremont	New Inn At Hoff,	
N.F.U Mutual & NFU,		Branch 29 Market Pl	New Inn Hoff	(017683) 52423
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Cockeremouth		Branch 28 Main St	New Life Church Irish Street Whitehaven.....	(01946) 66556
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Cockeremouth.....	(01900) 823066	Branch 115 Senhouse St	New Mills Trout Fishing Park Brampton Brampton	(016977) 41115
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Montgomery Wy Carlisle	(01228) 523034	Branch 24 Devonshire St	Hensingham	(01946) 62417
N I C Services Group,		Seascale	New Resolution Circuits,	
Ferndale High Hesket	(016974) 73216	Branch 11 Gosforth Rd	Unit 17, Strawberry How Business Centre Lorton Rd	
N J Evans Contract & Commercial Services, Ltd,		Shap	Cockeremouth	(01900) 822131
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N. & M. Walkingshaw, Ltd,		Silloth	6 Bowling Green Lane Penrith New Squares	(01768) 899989
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N & M Walkinsshaw,		Whitehaven	8 Newtown Road Carlisle	(01228) 512337
Joseph Noble Rd, Lillyhall Indust Est Workington		Branch 71 Lowther St	Newcastle Building Society,	
.....	(01900) 608000	Wigton	Carlisle	

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Newlaithes Junior School, Langrigg Road Carlisle	(01228) 512768	North Cumbria Methodist Circuit, 27 Kirkland Meadows Wigton	(016973) 42468	Nuclear Decommissioning Authority (NDA), Herdus House, Westlakes Science And Technology Park Moor Row Cumbria	(01925) 802001
Newlands Adventure Centre, Ltd, Office Stair	(017687) 78463	North Cumbria University Hospital, Cumberland Infirmary Newtown Road Carlisle	(01228) 536504	Nuclear Engineering Services, Beckermest Indust Est Haile	(01946) 840010
Newlands Nursing Home, Newlands Care Centre Newlands Park Workington	(01900) 872257	North Lakeland Dental, 61 High Street Wigton	(016973) 42084	Nuclear Technologies, Ltd, Ground Floor Pavilion 2 West Lakes Science Ingwell Drive Westlakes Science & Tech Pk	(01946) 696196
Newman Catholic School, Scalegate Road Carlisle	(01228) 537018	North Lakes Childrens Services, 34 Lazonby Terrace Carlisle	(01228) 595746	Number Twenty Eight, 28 High Street Wigton	(016973) 42840
Newman School, Pennine Way Primary School Pennine Way Carlisle	(01228) 404760	North Lakes Clinic, 41 Main St Cockermouth	(01900) 821122	Nu-Pets, 99 Lowther Street Carlisle	(01228) 520473
News & Star, The Cumberland News, News & Star FAX	(01228) 612601	North Lakes Foods, Ltd, Beacon Dairy Bowerbank Wy, Gilwilly Indust Est Penrith	(01768) 862821	Nu-Tech Exhibitions Events, 14 Crown Street Cockermouth	(01900) 821508
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FAX	(01946) 595101	North Lakes Gymnastics Academy, Unit A Skiddaw House North Lakes Business Park Flusco	(017684) 80227	O2 Store Carlisle, The Lanes, 45 Scotch Street Carlisle	(01228) 590860
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Nicholson, Eric, Coal Merchant/Transport, Nicholson, E, 6 Fern Bank Cockermouth	(01900) 550008	Northumberland Aircraft Maintenance Limi, Hangar 163 Carlisle Airport	(01228) 573990	O'Connor Fencing, Ltd, Lex Transfleet Ltd Moresby Indust Est Moresby Parks	(01946) 693960
Nicholson, Keith, Fmr, Claylands Farm Ravenstonedale	(015396) 23200	Northumberland County Council, National Park & Countryside Dept Amenities Building Walltown Quarry Gilsland	(016977) 47121	Oddfellows Arms, Oddfellows Arms Caldbeck Wigton	(016974) 78227
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Nisa Local, Whinlatter Rd Whitehaven.....	(01946) 696726	FAX	(07836) 685275	OGLETHORPE & BROATCH, Solrs, 6 Borrowdale Rd Keswick.....	(017687) 72125
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Nixons of Maryport, 38 Curzon St Maryport	(01900) 812178	Norwest Engineering, Cumwhinton Lower Stripes The Stripes Cumwhinton.....	(01228) 560408	FAX	(01900) 873384
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Noake Builders Ltd, Teathes Kirkland Kirkland	(01946) 328723	NRL, Ltd, Dovenby Hall Dovenby	(01900) 898420	Old Village Bakery, The, The Old Village Bakery Melmerby Penrith	(01768) 881811
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Noble Chartered Accountants, Tarn Villa Culgaith	(01768) 88738	FAX	(01946) 828811	Oliphant, David, Independent Mortg Brok, 26 Lowther Street Carlisle	(01228) 595400
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Noble Roots, Brougham Hall Penrith	(017684) 28475	Childrens Services Office Wedgwood Cntr Hollins Clo Whitehaven	(01946) 595300	Ollievanders Fruit & Veg Box Company, 78 Main Street Cockermouth	(01900) 379736
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Nomapnocompass, Bnb, 20 Southey Street Keswick.....	(017687) 72735			FAX	(01228) 535422
Norcroft Guest House, Graham Street Penrith	(01768) 862365			Om International,	
Norman, A.F, Chemst, 55 Senhouse Street Maryport	(01900) 812615				
Norris, J, Fishing Tackle Splsts, Penrith 21-22 Victoria Rd Penrith (Order Line)	(01768) 864211				
North Allerdale Development Trust, Wigton Mkt Hall Church St	(016973) 44555				
North Associates, North Associates, The Slack Wigton	(016973) 41130				
North Cumbria Methodist Circuit,					

Westwood Nurseries Orton Grange Carlisle	(01228) 642647	Oxford Street Surgery, 20 Oxford Street Workington	(01900) 604522	Parkfield Residential Home, 256 London Road Carlisle	(01228) 595173
O'malley Plant Hire, Ltd, Fernwood Edenhall	(01768) 864354	Oxford Street Surgery, Ltd, Oxford Street Surgery 20 Oxford Street Workington.....	(01900) 871604	Parkin, A, Cragg House Sleagill.....	(01931) 714200
One Stop Stores, Ltd, 6 Moorclose Newlands Lane South Workington	(01900) 871705	P & A, High Farm Penruddock Penrith	(017684) 83472	Parkside Hotel, Parkside Hotel Parkside Road Cleator Moor	(01946) 811001
Online Media, Warwick Mill Bsns Cntr Warwick Bdge	(01228) 564411	P & A M Holliday, Dobcross Hall Farm Gaitsgill.....	(016974) 76305	Parsons, C, Fmr, The Row Roweltown	(016977) 48217
Online Systems, Ltd, Online Systems Ltd Brunthill Road Kingstown Industrial Estate.....	(01228) 818338	P And R Holdings, 24 The Mill Fields Workington.....	(01946) 460214	Parton Hall, PARTON HALL PARTON FARM WIGTON	(016973) 42747
Online Systems Northern, Ltd, Westmoor Ho Westmoor Rd, Kingstown Indust Est Carlisle.....	(01228) 599898	Or	(01946) 460215	Pasilac, please see Mitchell Dryers Ltd	
Oopsie Daisy Flowers And Gifts, 27 Currock Park Avenue Carlisle	(01228) 317270	P. Coates Cumbria, Ltd, Barrockend Farm Armthwaite Carlisle	(016974) 73276	Patellie Hats Of Cumbria, Unit A10 Haig Enterprise Pk Whitehaven	(01946) 591860
Opal Lounge, 23 Corporation Road Carlisle.....	(01228) 819847	P. Coates, (farmers) Ltd, Barrockend Farm Armthwaite Carlisle	(016974) 75181	Paterson, W.C, Fmr, Thistle Bottom Farm Caldbeck.....	(016974) 78663
Open Space, (Cumbria) Ltd, Westwood Orton Grange.....	(01228) 711841	P & H Plant Hire, Ltd, Hallin Ho North Lakes Bsns Pk Flusco FAX	(017684) 80541	Paterson, W.H, Fencing, The Workshop, Pattersons Low Rd Brigham	(01900) 828840
Open Space, Ltd, Garden Services, Unit 8, Westwood Orton Grange Carlisle.....	(0843) 2244453	P K Electrical, (Carlisle) Ltd, Oakvale House Thomas Lane Burgh Road Industrial Estate Carlisle	(01228) 532562	Patient Advice & Liasion Service, Cumberland Infirmary Newtown Rd CA2.....	(01228) 814008
Open Sun, Ltd, Tan, Unit 7 Botchergate Carlisle	(01228) 409686	P & L Haile, Ltd, Unit 23b Syke Pk.....	(016973) 44425	Cumberland Infirmary Newtown Rd CA28.....	(01228) 814008
Opera Bingo, 72 Denton St Carlisle	(01228) 526891	P M S Fabrications, Burgh Rd Indust Est Marconi Rd Burgh Road Industrial Estate	(01228) 599090	Paton Bros Scaffolding, Lillyhall Indust Est Pittwood Road Lillyhall	(01900) 871557
Opera Bingo Club, John Peel House Ladies Walk Workington	(01900) 602026	P Nickelson, Sandwich Shop, 46 English St Longtown	(01228) 792108	Patricia Pooley, 45 Hopes Hill Drive Carlisle.....	(01228) 739667
Orchard House, Workington Health Centre South William Street Workington	(01900) 603985	P.P.M, 45 Lakes Road Derwent Howe Ind Est.....	(01900) 61000	Patrick James Solutions, Ltd, Tilery Building Units 1-2 Cross Croft Industrial Estate Appleby-In-Westmorland	(017683) 98173
Orchid House, 15 Lake Road Keswick	(017687) 72875	P3 Play, Ltd, Unit 3 Station Mills Station Yard Kirkby Stephen	(017683) 72363	Patterdale C Of E Primary School, Penrith Patterdale	(017684) 82383
O'reilly Wealth Management, Ltd, Honeysuckle Cott Skirsgill Bsns Pk Redhills.....	(01768) 840000	Pacific Imports, Ltd, Denton Holme Sawmills Denton St Carlisle	(01228) 514212	Patterdale Hall Estate, Ltd, Estate Office Glenridding.....	(017684) 82308
Orgill Junior School, Orgill Jnr School Southey Avenue Egremont.....	(01946) 820234	Pack Horse Inn, Pack Horse Inn Pack Horse Court Keswick.....	(017687) 71148	Patterdale Hall Outdoor Centre, General Enquiries	(017684) 82233
Orian Solutions Networks, Distington Landfill Site Pittwood Road Lillyhall Workington	(01900) 67164	Pack Horse Inn,The, Pack Horse Inn Pack Horse Court Keswick.....	(017687) 71389	Patterdale Hotel, All Requests Patterdale Cumbria	(0845) 4584333
Oriental Garden 888, Ltd, Strand House Strand Street Whitehaven	(01946) 458062	Packhorse Steel, Ltd, Goosewell Farm Keswick.....	(017687) 74709	Patterson Heggie, Eng,Structl Survys, Unit D Baron Way Kingmoor Business Park Carlisle	(01228) 674129
Origin Direct, Laminate Wood Flooring, 82 Blackdyke Road Kingstown Industrial Estate Carlisle.....	(01228) 819319	Unit 4 Goosewell Farm Keswick	(017687) 75876	Patterson, W & W, Coupland Beck Fm Coupland Beck	(017683) 51449
Origins Caterers, Ltd, 11 Bank St Carlisle	(01228) 521545	Pactec Engineered Packaging Solutions Li, Ingwell Hall Ingwell Drive Westlakes Science & Technolo Moor Row	(01946) 695005	Pattinson, J, Fmr, Uldale Hall Uldale	(016973) 71287
Orton CE School, Cumbria County Co Orton.....	(015396) 24268	Page, J.E.B, Udford Edenhall	(01768) 881200	Pattinson, & Sons, Fmrms, Walby Farm Crosby-On-Eden	(01228) 573242
Orton Market Hall, Orton Penrith	(015396) 26081	Paint & Paper, Pntr & Dectr, The Firs Thursby	(01228) 710410	Pattinson, Mr, T, Mawbray Farm Mawbray	(01900) 881256
Osborn, J & W, Fmrms, Kidburngill Fm Lamplugh	(01946) 861277	Palace Cycles, Wholesale Retail, 120-124 Botchergate Carlisle	(01228) 523142	Pattys Tyres Servicing, Tyres & Servicing, Pattys Tyres & Servicing Unit 4 Salterbeck Trading Estate Salterbeck	(01946) 834707
Osborne Fabrications, Kumara	(016973) 45884	Palace Cycle Stores, Cyc Agts, FAX	(01228) 531961	Paul Armstrong, Thomas Armstrong Ltd North Lakes Business Park Flusco	(017684) 83640
FAX	(016973) 45884	Palling, & Son, Home Farm Braystones	(01946) 841242	Paul Brown, Brown Midtown Farm Kirkbampton	(01228) 576747
Osborne, T.H, Fmr, Park Head Welton	(016974) 78282	Palmer, P, Fmr, Greensyke Pk Lamplugh	(01946) 862660	Paul Cornforth, Ltd, Threlkeld Quarry Threlkeld.....	(017687) 79959
OSC, Sports Goods Shops, Unit 7, The Lanes Shopping Centre Carlisle.....	(0870) 8387225	Palmer, Sean, 17 Cromwell Crescent Workington	(01946) 830917	Paul Guy Joinery, Appleby Business Park Drawbriggs Lane Appleby In Westmorland.....	(017683) 98706
Osprey Management Group, Ltd,The, Gloucester Arms Hotel Great Dockray Penrith	(01768) 210676	Palmer, Stan, & Son, Ford Sales/Service, Ford Bolton-Low-Houses	(016973) 43361	Paul Thomas, Fair Bank Fair Bank Penrith.....	(01768) 885516
Ossett Trade Floors, Ltd, 57 Main St Cockeremouth	(01900) 826503	Subaru/Isuzu Rosehill Bsns Pk Auchinleck Dv Carlisle	(01228) 525051	Pawesome Dog Training, Unit 20a Leonfield Industrial Estate Cleator Moor	(01946) 458100
Ostle, A, Guard House Westnewton	(016973) 21663	Pamela's Hair Design, Clarence House 6 Queen Street Penrith.....	(01768) 867454	Paws To Rest, Pet Cremation Serv, Coombs View Too Armthwaite.....	(016974) 72232
Ostle, S.W, Hlge Contr, Midland Strn Kirkby Stephen Goods Shed	(017683) 71300	Panda, Flat 2 3 Bowthorn Road Cleator Moor	(01946) 813119	Payable, A, Home Bargains Preston Street Whitehaven	(01946) 64069
Or(Kirkby Stephen) 71645		Papa Johns, (Gb) Ltd, 54 Warwick Road Carlisle.....	(01228) 409050	Pazazz Hair Studio, 46a Cecil Street Carlisle.....	(01228) 510051
Otac Trading, Ltd, Charity, 58-60 English Street Carlisle	(01228) 521095	Paper Shop,The, 57-59 Main Street Cockeremouth.....	(01900) 822076	Pc Pitstop, 73 Main St Egremont	(01946) 825700
Ottakar's, Plc, Bk Retlr, Carlisle 66 Scotch St Carlisle	(01228) 542300	PaR Systems, Ltd, Unit 2b Cross Lanes Industrial Estate Seascale	(019467) 27137	PD Bricks, Blencowe Wks Blencow	(017684) 83374
Oughterside School, Oughterside Primary School Oughterside.....	(016973) 20579	Parabola Workshops, Ltd, 25 Bridge Street Longtown.....	(01228) 792846	Pdp Associates, The Willows Great Asby	(017683) 54130
Our Lady Of The Lakes, (Keswick), The Presbytery High Hill Keswick	(017687) 72928	Paragonvet, Vets, Green Farm Shop.....	(01931) 716117	Peacock's Stores, Ltd, Fash Retlr, Murray Road Workington	(01900) 872378
Out of Eden, Home Fm Kirkby Stephen	(017683) 72939	Paramount Legal Costs, Atlantic Ho Fletcher Wy Parkhouse.....	(01228) 819131	Whitehaven 5 King St Whitehaven.....	(01946) 65297
FAX	(019467) 23281	Parish Of Holy Trinity & St. Barnabas, Brookside Carlisle	(01228) 538983	Peak Fitness, Enterprise Ct Lakes Rd Derwent Howe Industrial Esta	(01900) 65334
Outward Bound Trust, Eskdale Office	(019467) 23281	Park, D, Fmr, Wetheral Shields	(01228) 561533	Peak Health & Performance, Ltd, 9 High Street Cleator Moor.....	(01946) 458067
Outward Bound Trust, Hackthorpe Hall Hackthorpe	(01931) 712617	Park Foot Holiday Park, Howtown	(017684) 86309	Pearl City, 46 KING STREET WIGTON	(016973) 42355
Outward Bound Trust,The, Howtown	(01768) 216974	Park Foot Trekking Centre, Park Foot Fm Howtown	(017684) 86696	Pearl Garden, 42-44 Wood Street Maryport	(01900) 818888
Outward Bound Ullswater Centre, All Enquiries	(017684) 85000	Park Gate, & Co Ltd, Elec Engs, Kingstown Indust Est Kingstown Bdwy Carlisle FAX	(01228) 552001	Pearson Building, Ltd, Unit 3A Western Bank Industrial Estate Wigton.....	(016973) 43246
Overseas Property Sales, 265 Warwick Rd Carlisle.....	(01228) 536646	Kingstown Broadway, Kingstown Indust Est Carlisle	(01228) 552000	Pearson, F.B.E, Midtown House Great Orton	(01228) 710570
Overwater Hall Hotel, Overwater Hall Ireby	(017687) 76566	Park Road Garage, Park Rd Scotby.....	(01228) 513417	Pearson, I.H, Bldr, 83 Lawson Street Aspatria	(016973) 20653
Overwater Lodge, The, Crown Inn Alston Nenthead.....	(01434) 381271	Park, W.E, Broom Bungalow Gosforth	(019467) 25218	Pearson, J.W, Fmr, Fairhill Farm Alston.....	(01434) 381855
OXFAM, Oxfam Shops Carlisle 17 Bank Street Carlisle	(01228) 523450	Parkfield Nursery School, 143 Dalston Road Carlisle.....	(01228) 543034	Pebbles Care, Cobbedlyke Southwaite	(016974) 75333
Keswick 1 Museum Sq Keswick	(017687) 74494	Parkfield Residential Care, 256 London Rd Carlisle	(01228) 818933		
Penrith 23 Devonshire Street Penrith	(01768) 863064				
Wigton 47 High Street	(016973) 44444				

Pechiney Aviatube, Ltd, Alcan Speciality Extrusions Lillyhall	(01900) 322500	People First Independent Advocacy, Support & Advocacy, 123 Botchergate Carlisle	(01228) 550696	Pizza Roma, 1 The Sands Appleby-In-Westmorland	(017683) 53880
Peco Services, Ltd, The Electrim Works Helbeck Road Brough Kirkby Stephen	(017683) 41111	Percy House Gallery, 38-42 Market Place Cockermonth	(01900) 829667	Pizza X Samadis, Ltd, 79 Harrington Road Workington	(01900) 268809
Peel, J, & Sons, Garage Services, Corporation Rd Workington	(01900) 605267	Perfect, Roy, Ltd, Holmelands Calthwaite.....	(01768) 885785	PizzaExpress, plc, Restaurants Carlisle 21 Lowther St Carlisle	(01228) 599638
Peet, Jim, (Agriculture), Longtown Plant	(01228) 791904	Perfectly Planted, Perfected Planted, Bsns, Butchers Shop Whitecroft Gosforth.....	(019467) 25473	Pizzeria Flame Grill, 14-15 Falcon Place Workington.....	(01900) 381666
Pelle, Moorthwaite Farm Wigton.....	(016973) 44711	PET SHOP, (Pets), 5 Bank St Carlisle	(01228) 522900	Planet Knox, Ltd, Unit 5 Derwent Mills Commercial Pk Cockermonth	(01900) 825825
Peking Express, 20 Finkle Street Workington	(01900) 608422	Pet Stop, Wholesale Retail, 6 Waltons Yard Market Square Kirkby Stephen	(017683) 71660	Plastering Building Roofing, 153 Whinlatter Road Whitehaven	(01946) 691188
Pelican Service & Repair Centre, Pelican Service Station Loop Road North Whitehaven	(01946) 694278	Peter Allison Auto Repairs, HIGH MOOR FARM HOW MILL BRAMPTON	(01228) 670733	Playroom Day Nursery, Unit 6A Sneckyeat Industrial Estate Whitehaven.....	(01946) 591119
Pelican Tyre Services, Pelican Service Station Loop Road North Whitehaven	(01946) 591300	Peter Bell Hgv & Plant, Ltd, 103 Main Street Dearham Maryport	(01900) 810023	Plaza Cinema, St. Helens Bsns Pk Maryport Rd Siddick.....	(01900) 870001
Pelleymounters, Ironmongery & Hdwre, Gosforth Rd Seascale	(019467) 28822	Peter Cairns, Ret, Unit 3 11 Allenbrook Road Carlisle	(01228) 546147	Plough Inn,The, Plough Inn Wreay.....	(016974) 75770
Pennine Flooring Supplies, Ltd, Kingmoor Pk Sth Kingmoor Pk Kingstown.....	(01228) 591002	Peter, Josef, Ladies Hair Fashs, 27 Eden Street Silloth.....	(016973) 31333	Plumb Center, Plumbing & Heating Merchants Carlisle	
Pennine Ways, 60 Shaddongate Carlisle	(01228) 595912	Peter Jackson, Ltd, Peter Jackson The Jeweller 7 East Tower Lane Lanes Shopping Centre Carlisle	(01228) 633360	Currock Rd Carlisle	(01228) 529345
Pennine Ways, Stokoe Ho Market Pl Alston	(01434) 381808	Peter Stevens Dumptruck Hire, Causewayhead.....	(016973) 31937	FAX	(01228) 810034
Penny Farthing,The, Chapel Court 40-44 Cecil Street Carlisle.....	(01228) 521970	Peter Taylor, 32 Beaver Road Carlisle.....	(01228) 525627	Workington The Build Cntr Annie Pit La, Clay Flatts Trading Est Workington	(01900) 605353
Penny Leck, Water End Farm Cockermonth	(01946) 862200	Peter Tyson, Appliances, 9 West Tower St Carlisle.....	(01228) 546755	Plumbers Mate, UK Ltd, Polar Ho East Norfolk St Carlisle	(01228) 596813
Penrillian, Ltd, Mobile Software Dvlprs, Clint Mill Cornmarket Penrith	(01768) 214400	Peter Tyson, 9 West Tower St Carlisle.....	(01228) 525891	Plumbersmate, UK Ltd, Polar Ho East Norfolk St Carlisle	(01228) 532658
Penrith Body Repairs, Gilwilly Rd Gilwilly Industrial Estate	(01768) 864967	Peter W Vasey, BROOKFIELD HIGH PLAINS WETHERAL CARUSLE	(01228) 560364	Plumbing Heating And Electrical Trade Supplies Ltd, Unit 10a Leconfield Industrial Estate	(01946) 817696
Penrith & Border Conservative Association, Conservative Clb	(01768) 862140	Peter Zanelli, 13A Angel Lane Penrith.....	(01768) 606864	Cleator Moor	(01946) 817696
Penrith Building Supplies, 41 Stalker Rd Penrith	(01768) 899999	Pets At Home, Ltd, Carlisle Unit 1 London Road Retail Pk London Road Carlisle	(01228) 533601	Plumbland CE School, Parsonby	(01768) 894247
Penrith Co-Operative Society, Penrith Coop Soc Ltd James Court Main Street Keswick	(017687) 72688	Workington Derwent Dv Retail Pk Derwent Dv Workington	(01900) 68455	Plumpton School, Plumpton	(01768) 894247
Penrith Cricket Club, Penrith Cricket Club Wetheriggs Lane Penrith	(01768) 863087	Petteril Bank Community Centre, Community Centre Meade Road Carlisle.....	(01228) 530190	POD, (North West) Ltd, Unit 28 Lillyhall Business Centre Jubilee Road Workington	(01900) 601777
Penrith Cricket Sports & Social Club, Penrith Cricket Club Wetheriggs Lane Penrith	(017683) 98271	PFK-Penrith, Devonshire Street Penrith.....	(01768) 862135	Podgy Paws Pet Shop, 4-6 Tithebarn Street Keswick	(017687) 73737
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Penrith Farmers & Kidd Carlisle, 8 Devonshire St Carlisle	(01228) 558666	Phd Computer Consultants, Ltd, Lake View Bampton	(01931) 713196	Pole Star Gallery, Ltd, 22 St. Johns Street Keswick	(017687) 75402
Penrith Farmers & Kidds, 81 King Street Whitehaven	(01946) 695535	Pheasant Inn,The, Crosthwaite Road Keswick.....	(017687) 72219	POLICE, For any non-emergency police matters dial 101. You can report a crime that has already happened, seek crime prevention advice or to make us aware of any policing issues in your are a In an emergency dial 999 and ask the operator for Police. An emergency is when a crime is happening, if you feel threatened In Emergency dial 999 and ask the operator for Police or if you or somebody else has been injured or when someone suspected of a crime is nearby. To find your Neighbourhood Policing Team (NPT) or for any non- emergency police matter call your non-emergency number below. NPT's are sometimes called Safer Neighbourhood Teams,community policing,community action police,local police. Lancashire Constabulary All Calls Answered Centrally.....	101
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Land Agency Dept Skirsgill	(01768) 866611	Philip Jones Consulting, 5 Fisher St Carlisle	(01228) 611651	Non Emergency Contact Number for all Enquiries, Please dial 101	
Keswick Office 10 St. Johns St Keswick	(017687) 74546	FAX	(01228) 611650	Pollard, Stewart, 69 Fitz Road Cockermonth	(01900) 822533
Kirkby Stephen Property Old Shambles Market Sq Kirkby Stephen (017683) 71235		Phillips - Van Belzen Cycles Ltd, Sandylands Park Townfoot Carlisle	(01228) 792497	Pollock, T.F, Frmr, Town Gate Farm Ainstable	(01768) 896683
Penrith Football Club, Carleton	(01768) 895990	Phoenix Architects, 28 Abbey St Carlisle.....	(01228) 539537	Pollock, W.H, Frmr/Agric Contr, Caravan Town Foot Cottage Ivegill	(016974) 73415
Penrith Foot Health, Unit 2 Central Buildings Commarket Penrith.....	(01768) 877993	28 Abbey Street Carlisle	(01228) 531306	Ponden Mill, Ltd, New Yd Clay Flatts Trdg Est Workington	(01900) 64098
Penrith Golf Centre & Driving Range, Redhills	(01768) 892167	Phoenix Youth Project,The, Community Centre Youth and Birks Road Cleator Moor	(01946) 814555	Ponteland Estates, Ltd, Riverside House Warwick Road Carlisle	(01228) 558595
Penrith Golf Club, Salkeld Rd Maidenhill	(01768) 863246	Phone Shop 3, Ltd, 7 Murray Road Workington	(01900) 605679	Pooley Bridge Sub Post Office, Post Office Pooley Bridge	(017684) 86168
Or	(01768) 891919	Phone Site, 48 Pow Street Workington.....	(01900) 379346	Poppies Childcare, Poppies Child Care Workington.....	(01946) 834050
Or	(0843) 5155454	Pickthall R L, The Mains Kirkoswald Penrith	(01768) 898342	Poppies Cumbria, Unit 3.11 Main Mill Warwick Mill Business Park Warwick Bridge	(01228) 562000
Penrith Health Centre, Pharmacy Bridge La Penrith.....	(01768) 864761	Pickup, Dr, Suzanne, 65 Warwick Road Carlisle.....	(01228) 536303	Poppins, Paint,Wlppr Stores, 19 Middlegate Penrith.....	(01768) 862705
Penrith Motorcycles, Cowper Road,Gilwilly Industrial Estate Penrith,Cumbria	(01768) 891300	Picture It Cumbria Ltd, 23 Pow Street Workington	(01900) 64273	Port of Workington, Prince of Wales Dock Workington.....	(01900) 602301
Penrith Museum, Musm, Robinsons School Middlegate Penrith	(01768) 865105	Pie Mill, The, BLENCATHRA BUSINESS CENTRE THRELKELD KESWICK ..	(017687) 79994	Porters of Calthwaite, Pallet & Stillage Centre,Field Head Calthwaite.....	(01768) 885237
Penrith Players Theater, Theater, Penrith Players Theatre Auction Mart Lane Penrith	(017684) 28625	Pine View Engineering, 2 Lingyclose Road Dalston Carlisle	(01228) 710173	FAX Field Head Calthwaite	(01768) 885341
Penrith Posters, 20-21 Little Dockray Dockray Penrith.....	(01768) 899063	Pinegrove Hotel,The, 262 London Road Carlisle.....	(01228) 524828	Positive Solutions, 41 Market St Kirkby Stephen	(017683) 71800
Penrith R.U.F.C., Winters Pk Penrith	(01768) 863151	Pinnacle Construction Materials, Rmc Roadstone Ltd North West Shap	(01931) 716775	Post Office, The Kings Arms Stainton	(01768) 867945
Penrith Swimming Pool, Swimming Baths Southend Rd Penrith.....	(01768) 863450	Pioneer Food Hall & Quality Meats, Rosehill Est Carlisle.....	(01228) 403426	Post Office, Ltd, Elbrra Mini Mkt Church Ter Maryport	(01900) 818773
Penrith Tandoori, 17 Middlegate Penrith	(01768) 892300	Pioneer Foods, 60 Church Road Harrington.....	(01946) 831163	50 King Street Aspatria.....	(016973) 20201
Penrith Tool Hire, Gilwilly Indust Est Penrith	(01768) 864557	Pioneer Foodservice, Rosehill Est Carlisle.....	(01228) 523474		
Penrith Town Council, Penrith Register Office Friargate Penrith	(01768) 892700	Pioneer Food Services, Pioneer Food Distributors Carlisle.....	(01228) 403400		
Penrith Town Council, Penrith Register Office Friargate Penrith	(01768) 899695	Pipeline Engineering Services, Ltd, Unit 35 Lillyhall Business Centre Jubilee Road Workington	(01900) 603377		
Penrith Windows, Ltd, Unit 9c Ullswater Road Business Park Ullswater Road Penrith	(01768) 865872	Pippins, Lowther St Carlisle	(01228) 521435		
Penruddock Primary School, Penruddock	(017684) 83278	Pizza Panorama, 58 Main Street Keswick.....	(017687) 73759		
Pentagon Fine Chemicals, Vertellus Specialties Dock Road Northside	(01900) 604371	Pizza Piatto, Ltd, 21 King Street Penrith	(01768) 899169		
		Pizza Planet, Takeaway, Top Deal Meats 42 Denton Street Carlisle.....	(01228) 401000		

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Post Office, (Royal Mail), Ltd,		FAX	(01228) 561164	Whitehaven	(01946) 694457
109 Newtown Road Carlisle.....	(01228) 521057	Probation Offices		Queen Street Nursery,	
Post Office, The, Ltd,		Carlisle		19 Queen Street Penrith	(01768) 890692
17 Shady Grove Road Carlisle.....	(01228) 550309	Georgian House Lowther St Carlisle	(01228) 522333	Queens Head, Pub,	
Postlewaite Building & Construction,		FAX	(01228) 552179	Queens Head Inn Tirril Penrith	(017683) 98984
Unit 24a Longtown	(01228) 792769	Bowling Green Lowther St Carlisle Approved Premises..	(01228) 522360	Queens Head Askham, Ltd,	
Postoffice, Ltd,		FAX	(01228) 590967	Queens Head Inn Askham	(01931) 712225
The Crescent Thornhill	(01946) 820394	Penrith		Queens Hotel, The,	
Pot Place, The, Gdn Cntr,		Clint Mill Cornmarket Penrith	(01768) 864928	Queens Hotel 130 Main Street St. Bees.....	(01946) 822287
Station Yard Plumpton	(01768) 885500	FAX	(01768) 861929	Queens, The,	
Potts, A, Frmr,		Workington		Queens Arms Inn Warwick-On-Eden	(01228) 562283
Chapel House Farm Talkin	(01228) 670535	Progress Ho Regents Ct, Guard St.....	(03000) 473900	Qzone,	
Potts, F, & Son, Bldg Contrs,		The Community Service		Ozone Currock Road Carlisle	(01228) 496071
4 The Sands Appleby-In-Westmorland	(017683) 51544	Offices		Or	(01228) 546300
Poultry Meat Inspectors, Off,		Carlisle Georgian House Lowther St Carlisle	(01228) 522333	R.A.F.A,	
Poultry Meat Inspection Off Underlyne Langwathby		Penrith Clint Mill Cornmarket Penrith	(01768) 864928	The Royal Air Forces Associati Petteril Street	
.....	(01768) 881033	Procomp,		Silloth	(016973) 31560
Poundland,		38 Middlegate Penrith.....	(017687) 44681	R F Angus, Mr, R F Angus Ltd Ltd, Bsns,	
35 Scotch Street Carlisle	(01228) 317367	Professional Dog Training & Active Holid, Profssnl Dog Trainers,		Unit 5 Angus Business Park Water Street	
Poundsaver, Ltd, Convenience Store,		Lyvennet Crosby Ravensworth	(01931) 715282	Carlisle	(01228) 539993
Hunters Drive Seaton	(01900) 67910	Professional Financial Centre, (Cumbria) Ltd,		R & F Atkinson, Ltd,	
Hunters Dv Seaton	(01900) 605478	41 King St Penrith	(01768) 892597	Parkin Hill Farm Parkin Hill	
Poundstretcher, Ltd,		Pro-Fire Systems, Ltd,		Appleby In Westmorland.....	(017683) 54139
Annie Pit La, Clay Flatts Trading Est Workington		Unit 4 Wild Boar St. Lukes Rd Kirkby Stephen.....	(017683) 72842	R & F Holiday,	
.....	(01900) 601051	Progress Controls, Ltd,		Poultry Unit Blackdyke Farm Blackdyke	(016973) 61105
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Portinscale.....	(017687) 73611	Willowholme Industrial Est		Haile Bank Farm Beckermert	(01946) 841517
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Whitehaven	(01946) 690055	Gibson Petteril Bank Farm Southwaite	(016974) 73258	T Simpson & Sons Shap	(01931) 716156
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Premier Blinds,		Workington	(01900) 872777	Sandysike	(01228) 791238
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Central	(0871) 5278211	Glenbrook Rookby	(017683) 71111	R Of W, Ltd, Wholesale Retail,	
Central fax	(0871) 5278208	Puzzling Place, Trvl Agt,		26a Lowther Street Whitehaven	(01946) 65334
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M6 Junction 44 fax	(0871) 5278206	Puzzling Place, Ltd,		St Peters Church Hall Lakeland Avenue	
South	(0871) 5278207	Unit 9A, Museum Square High Street Keswick	(017687) 75102	Whitehaven	(01946) 458029
South fax	(0871) 5278207	Q A Equipment,		R Skelton Contractors, Ltd,	
Whitehaven fax	(0871) 5279160	Q A Equipment Ltd 2 Hutton Place Maryport	(01900) 392781	New Hall Farm Sunnyslack Broughton Moor	(01900) 818974
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Primasonics International,		Unit 25B Solway Trading Estate Maryport	(01900) 823393	R W & J Cochrane, & Sons Ltd,	
Unit A Skiddaw House North Lakes Business Park		Quality Guild,		Lyne Moor Longtown Carlisle	(01228) 792440
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Lanes Shopping Centre 14-16 Globe Lane Carlisle	(01228) 317230	Quality Stitches Of Carlisle, Ltd,		RAC Auto Windscreens, Replacement Vehicle Glazing,	
Prime Motor Sales,		19 Carlisle	(01228) 540533	Carlisle 47 Cecil St Carlisle	(01228) 544010
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Print Out,		Unit 5-6 Ullswater Road Penrith.....	(01768) 868004	Burnthwaite Wasdale Head	(019467) 26242
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Print Point,		Unit 4, Milestone House Industrial Estate Penrith		Fell View Middletown	(020) 3940 7194
Carlisle		(01768) 864977	Radio Taxis,	
27 Warwick Rd Carlisle.....	(01228) 544144	Queen Elizabeth Grammar School,		37 Millbrook Road Kingstown Ind Estate.....	(01228) 539037
Printpoint, Printpoint,		Ullswater Rd Penrith	(01768) 864621	Radio Taxis,	
Southlands Low Moresby Whitehaven.....	(01946) 64305	Queen Elizabeth Grammar School Ullswater Road		37 Millbrook Road Kingstown Industrial Estate	
Priory Products, Mfrs, Jwlr Findings,		Penrith	(01768) 891799	Carlisle	(01228) 527575
Priory Products Townfoot Industrial Estate		Or	(01768) 891803	Radio Taxis, (Carlisle), Taxi,	
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Pro Active Physical Health,		Queen Elizabeth Grammar School Ullswater Road		Rafa West Cumbria,	
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Carlisle Probate Sub-Registry		Queen Elizabeth Grammar School Ullswater Road		73 Senhouse Street Maryport	(01900) 817035
High Court of Justice Earl St Carlisle	(01228) 521751	Penrith	(01768) 890923	Rainbow Day Nursery, (Cumbria) Ltd,	
Probation Service,		Or	(01768) 892896	31-32 Dent View Egremont	(01946) 821966
Cumbria Area		Queen Street Medical Practice,		Rainbow Music,	

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Outhwaite Renwick	(01768) 898291				Currock Road Carlisle	(01228) 547525
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Hassness Hotel, Guests	(017684) 86688				After Hours (Reps)	
RAMPSBECK COUNTRY HOUSE HOTEL,					Day P, Parts Manager	(01228) 527521
Watermillock	(017684) 86688				Rickerby Retreat, Spa & Bar,	
Rampsbeck Hotel,					Rickerby	(01228) 544200
Rampsbeck Ho Watermillock	(017684) 86442				Ridley, J, Frmr,	
Ramsay Services,					Ranbeck Kirkland	(01768) 88210
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Range,Home Leisure & Garden,The,					Wood Hall Heskett Newmarket.....	(016974) 78230
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Range, John, Dent Surg,					65 Warwick Road Carlisle.....	(01228) 536303
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Range, The,					Ritson, A.H, Frmr,	
The Range Currock Road Carlisle	(01228) 594830				Ireby Hall Ireby	(016973) 71238
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County Gar Hardwicke Cir Carlisle	(01228) 517266				14 Risman Place Workington	(01900) 64751
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Rarity Hair & Beauty,					Unit S18 Washington Square, Risman Place	
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Raughtonhead	(016974) 76291				The Garage Holmrook	(019467) 24281
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Dalegarth Station & Cafe Eskdale	(019467) 23221				Canonby View Longtown	(01228) 577138
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Royal National Institute for Deaf People, see Action on Hearing Loss	Sadies Takeaway, 21-23 Workington (01900) 603923	St. Michaels Infants School, Station Rd Workington (01900) 325244
Royal Oak House, Station Street Keswick (017687) 72351	Safe & Sound Security, (Cumbria) Ltd, Browns Haulage Yd Cardewlees (01228) 543800	St. Michaels Nursery & Infants School, Station Rd Workington (01900) 606557
Royal Oak Take Home, Royal Oak Inn Bongate Appleby-In-Westmorland (017683) 52118	Safety Controls, (UK) Ltd, Unit 18 Leconfield Industrial Estate Cleator Moor (01946) 812288	Or (01900) 608111
Royal Outpost, 07778922678, 11 Warwick Road Carlisle (01228) 818448	Safety Net Advice & Support Centre, 1 Fisher Street Carlisle (01228) 515859	St. Michaels Pre School Nursery, THE RECREATION BUILDING The Green Carlisle (01228) 712000
Royal Yew Inn, The Royal Yew Dean (01946) 861342	Sai Anusha, Pizza Shop, 54 Warwick Road Carlisle (01228) 658699	St. Michaels & St Marks, St Michaels Parish Centre Church Street Stanwix Carlisle (01228) 511430
Royas Peters, 5 Eden Street Sillioth (016973) 33032	Sailors Return, King Street Maryport (01900) 813124	St. Patrick Boat Landing, St. Patricks Boat Landing Glenridding (017684) 82393
Rspb Haweswater, Naddle Cottage Bampton (01931) 713655	Sainsburys, J, Plc,	St. Patricks Catholic Primary School, Ltd, Sch, St. Patricks R C Junior School Todholes Road Cleator Moor (01946) 810513
RSPCA Cumbria West Branch, Second Floor The Pottery Market Place Whitehaven (01946) 693585		St. Pauls Square, (Carlisle) Ltd, Spencer House St. Pauls Square Carlisle (01228) 598480
		St. Thomas Cross Garage, Ltd, St. Thomas X Egremont (01946) 820144
		Saints, See also Saint listed before St.
		Saints Rooms, The,

Kirkgate Cockermouth	(01900) 822214	Santorino, Pizzarea Takeaway, Panda Chinese Takeaway Market Square Kirkby Stephen	(017683) 72323	St. Mary's Catholic Primary School	(016973) 20632
Salahs, 153 Newtown Road Carlisle	(01228) 739766	Sapphire Oils, Ltd, Waste Cooking Oil Collection Serv, Sowerby Ldg Brough Sowerby	(017683) 41565	St. Michael's CE School Bothel	(01900) 325244
Salisbury House, 36 Blencathra Street Keswick	(017687) 72230	Sarahs Hair Studio, 126 Botchergate Carlisle	(01228) 520777	St. Michaels Nursery & Infant School	(015396) 24239
Sally's Cottages, 7 St. Johns St Keswick	(017687) 80571	Sarena Plastics, Ltd, 25 Sedling Rd Wear	(0191) 4167976	Tebay Community School Tebay	(015396) 24239
Salon 5, 69 Main Street Cockermouth	(01900) 827541	Sasra, Ltd, Falcon Club Egremont	(01946) 820421	Temple Sowerby CE School Temple Sowerby	(01946) 820402
Salon 6, Unit 6 Monumental Works High Hill Keswick	(017687) 74780	Windscale Clb Gosforth Rd Seascale	(019467) 27882	Thornhill Primary School	(016973) 42649
Salon 23 Hair By Leanne Forster, 25 High Cross Street Brampton	(016977) 3747	Sasra, Ltd, Windscale Club Gosforth Road Seascale	(019467) 28468	Wigton Infant School	(016973) 42649
Salon Rouge, 36 Sandgate Penrith	(01768) 863729	Satu Interiors, Int Desnr, White Ox Ingleswood Rd Penrith	(01768) 210440	Scissor Sisters, 139 Botchergate Carlisle	(01228) 545462
Salon The, 49 Whitelockgate Carlisle	(01228) 401737	Saundersons Mica Hadware,The, 11-13 King Street Wigton	(016973) 42611	Scope, Scope Shops Workington 8 Murray Rd Workington	(01900) 63492
Salterbeck Alliance Community Enterprise, The Oval Cntr Salterbeck Dv Workington	(01946) 834713	Save Money On, Insurance/Mortgage Broker, 25 Beaconsfield t Carlisle	(0800) 0932621	Scotby Cycles, Old Bingo Hall Church St Caldewgate	(01228) 546931
Salutation In, SALVATION ARMY, Local Corps & Community Centres Carlisle Citadel	(01228) 544385	Save The Children Shop, Cockermouth 4 Lowther Went South St Cockermouth ...	(01900) 825945	Scotby Grange Management, Ret, Site Office Scotby Grange Scotby	(01228) 533378
Charity Shop 53 Wigton Rd Carlisle	(01228) 544385	Penrith 21 Middlegate Penrith	(01768) 868060	Scotby Primary School, Park Road Scotby	(01228) 513270
Whitehaven Catherine St Whitehaven	(01946) 692883	Sawaddeeka, Thai Spar, 60 Castlegate Penrith	(01768) 866729	Scotch Street Post Office, 20-22 Scotch Street Carlisle	(01228) 525017
Penrith 1 Hunter La Penrith	(01768) 866732	Sawh Electronics, TV, VCR & Microwave Repairs, Unit 2 Cleator Moor Workspace Cleator Moor	(01946) 812784	Scotlean Pigs, Ltd, Unit 3c Wavell Dv, Rosehill Indust Est Carlisle	(01228) 541566
Salvation Army Charity Shop, 70 King Street Whitehaven	(01946) 692702	Sawyers Chemist, 31-33 Fisher Street Carlisle	(01228) 521816	FAX	(01228) 546500
Salvation Army Charity Shop, Unit 3 Ritx Shopping Centre Murray Road Workington	(01900) 66962	Sayer, Ben, Westmorland Ltd, Castle Garage, Castle Gar Main Street Brough	(017683) 41267	Scott, B.W, Ltd, Unit 1 Westfield Wagonworks 322 Moss Bay Road Workington	(01900) 63413
Salvation Army Charity Shop, Co, 1-2 Queen St Penrith	(01768) 867429	SBMA Threlkeld, Howgate Ho Cliburn	(01931) 714610	Scott Duff, & Co, 3 Devonshire St Carlisle	(01228) 531054
Salvation Army,The, Charity, Carlisle Citadel Abbey Street Carlisle	(01228) 526503	Scale Hill, Lowseswater	(01900) 85232	Scott Duff, & Co, 40 King St Penrith	(01768) 865551
Sam Scotts, Ltd, Ladies,Gents & Chldns Wear, 14 Little Dockray Penrith	(01768) 866961	Scantran, Ltd, Green Clo High Lorton	(01900) 68626	Scott Duff, & Co, 32 St. Johns St Keswick	(017687) 74321
Samadis, Flat 1, 79 Harrington Road Workington	(01900) 606998	Or	(01900) 85955	Scott, Mark, Frmr, Hollins View Farm Brough Sowerby	(017683) 41243
Samantha Burns Ltd Ta Samantha Jayne, 6 Lowther Went South Street Cockermouth	(01900) 822633	Scarlett Beauty, Ltd, Wholesale Retail, Unit 4C Kerry Park Trading Estate Derwent Road Workington	(01900) 604503	Scott, T, Frmr, Hill Top Farm Deanscales	(01900) 823401
Samaritans, Helpline - Call 116 123 (free call) Samaritans Carlisle, Charity Shop, 119-23 Botchergate Carlisle	(01228) 597589	Schmid, Dr, Hans L, 65 Warwick Road Carlisle	(01228) 536303	Scott, T, Bleabank Farm Mosser	(01900) 822173
Samaritans Of West Cumbria, The Samaritans 22 Church Street Whitehaven	(01946) 693370	Schools, Distington Community School Church Rd Distington	(01946) 830526	Scottish & Southern Energy, POWER CUT HELPLINE - CALL 105 TO REPORT OR GET INFORMATION ABOUT A POWER CUT IN YOUR AREA	
Samaritans Shop,The, The Samaritans 22-23 Church Street Whitehaven	(01946) 590834	Alston Primary School	(017683) 51580	Scotts Self Storage Cumbria, Ltd, Escott Business Park Rome Street Carlisle	(01228) 524411
Sami Barber Shop Carlisle, Ltd, 136 Botchergate Carlisle	(01228) 272040	Appleby Grammar School	(017683) 51431	Scoular, G.W, Frmr & Grwrs, Park Head Silloth	(016973) 32080
Sams Takeaway, King Street Wigton	(016973) 22265	Appleby Primary School	(01946) 841221	Scrdc, Trade, Appleby Railway Station Clifford Street Appleby-In-Westmorland	(017683) 53200
SAMUEL, H, Ltd, Wtchmkr & Jwlr, Carlisle Upper Room 2nd Floor 68 English Street Carlisle	(01228) 521163	Beckermat CE School	(016977) 48662	Screes Inn,The, Screes Hotel Wasdale	(019467) 26766
Samuel Smith Brewery, Magpie Inn Victoria Road Carlisle	(01228) 402165	Bewcastle School	(017683) 61511	Se Ceilings, Ltd, Unit 5b Frizington Road Frizington	(01946) 810781
Sand Centre, Sands Centre The Sands Carlisle	(01228) 633750	Bolton Primary School Appleby in Westmorland	(01946) 820408	Seacliffe Pharmacy, Seacliffe Pharmacy High Road Whitehaven	(01946) 599860
Sanders, J, Turnbank Fm Newby	(01931) 714313	Bookwell Primary School	(017687) 78356	Seacot Park, St. Bees Beach St. Bees	(01946) 822777
Sandford Arms,The, Sandford	(017683) 51121	Braithwaite CE (VA) Primary School	(017683) 41284	Seacote Caravan Park, Seacote Caravan Park Skinburness Road Silloth Wigton	(016973) 31121
Sands Garage, The Sands Brampton	(016977) 3011	Brough School	(01228) 576397	Seacote Hotel, Beach Road St. Bees	(01946) 822300
Sands Giftware, 16 Devonshire Street Penrith	(01768) 865783	Burgh by Sands School	(01228) 573632	Seacote Park, St. Bees Beach St. Bees	(01946) 822777
Sands House,The, Sands House Hotel The Sands Brampton	(016977) 3085	Crosby on Eden CE School	(01931) 715265	FAX	(01946) 824442
Sands Sunbeds, 16 Devonshire St Penrith Sunbeds	(01768) 899399	Crosby Ravensworth CE School	(01900) 812326	Seagraves And Dixon Ltd, 24 Cornmarket Penrith	(01768) 862126
FAX	(01768) 891209	Crosscanonby St John's CE School	(01900) 812931	Seahorse Supplies, M & R Bodywork Unit 13 Townfoot Industrial Estate Brampton	(016977) 42400
Sandwich Club Deli, Ltd, Unit K Kingmoor Business Park Baron Way Carlisle	(01228) 674700	Ellenborough & Ewanrigg Infant School	(01900) 812330	Sealy United Kingdom, Bed Mfr, Station Rd Aspatria	(016973) 20342
Sandwich Mill, Co, 44 Shaddongate Carlisle	(01228) 631000	Ewanrigg Junior School	(019467) 25244	Seasalt Cornwall, Market Square Keswick	(017687) 74142
Sandwich Shop, The, 1a Warwick Road Carlisle	(01228) 317857	Gosforth CE School	(01228) 670491	Seascale Golf Club, (Officials)	(019467) 27451
Sandsike On The Wall, Sandsike House Walton Brampton	(016974) 51861	Hayton CE Primary School	(01946) 852674	Seascale Health Centre, Dispensary	(019467) 27451
Sanspareil, Unit 13 James Street Carlisle	(01228) 317139	Hensingham Infant School	(016973) 61261	Seascale Health Centre, Gosforth Road Seascale	(019467) 28101
Sanspareil's, Carlisle Enterprise Centre Unit 13 James Street Carlisle	(01228) 810767	Holm Cultram Abbey CE School	(016973) 71367	Seascale Pharmacy, Ltd, Gosforth Road Seascale	(019467) 28323
Branches Carlisle 13 Bank St	(0800) 0304321	Ireby CE School	(016974) 73397	Seascale Post Office, Seascale Post Office Seascale Pharmacy Gosforth Road Seascale	(019467) 29999
Carlisle 69 English St	(0800) 0304321	Ivegill CE School	(016973) 51483	Seascale Primary School, Croft Head Road Seascale	(019467) 21203
Cockermouth 9 Station Rd Cockermouth	(0800) 0304321	Kirkbride Primary School Kirkbride	(017683) 61497	Seatoller House, Guest Ho, Seatoller	(017687) 77218
Penrith 10 Market Sq	(0800) 0304321	Kirkby Thore School	(01768) 898461	Seaton Academy, Seaton Academy High Seaton	(01900) 66982
Whitehaven 22 King St Whitehaven	(0800) 0304321	Kirkoswald CE School	(01946) 861386	Seaton C Of E Junior School, Seaton C Of E Junior School Seaton Park Seaton	(01900) 605774
FAX	(01946) 590018	Lamplugh CE School	(016973) 31234	Seaton Rugby League Club, Seaton Rugby Club High Seaton	(01900) 604136
Whitehaven 43 King St	(0800) 0304321	Lancaster Area-Special Schools Solway Community School	(016977) 2702	Seaton Sub Post Office, 88-90 Main Road Seaton	(01900) 602031
Workington 60 Pow St	(0800) 0304321	Lanercost CE School	(01768) 881295	Seavor Chartered, Clifford Court Unit 7 Cooper Way Carlisle	(01228) 319861
Santander, Santorino, Pizzarea Takeaway, (017687) 73017		Langwathby CE School	(01768) 898458	Sebergham Motors, Ltd,	

Churchtown House Sebergham	(016974) 76234	FAX	(01946) 591933	Houghton Hall Houghton	(01228) 526886
Second Nature (UK), Ltd, Insulations, Souldans Gate Penrith	(0843) 5155060	Shipton, & Co, 21 Lake Road Keswick	(017687) 72955	Skip Network The, National	(0870) 2409907
Securicor, plc, Cash Services	(01228) 531833	Shipwrights Arms,The, Pblc Ho, 4 Branstry Row Whitehaven.....	(01946) 63203	FAX	(0870) 2409907
Sedgwick, J.R.W, B.Sc. MRCVS, Vet Surg, Station Rd Cockeremouth	(01900) 823187	Shop, Shop, 16 High Street Wigton	(016973) 44200	Skipton Building Society, Carlisle 27/31 Bank St Carlisle	(01228) 528894
Surgeries Station Rd Cockeremouth	(01900) 823187	Shop At Panasonic, Appliances, 9 West Tower St Carlisle	(01228) 510610	Keswick 4/6 Station St Keswick	(017687) 72461
Sedgwick Nurseries, Ltd, Bloomsbury House Crosby-On-Eden.....	(01228) 573353	Shop, Mr, Sai Ng, Shop, 65 Main Street Egremont	(01946) 820851	Penrith 29/30 Cornmarket Penrith.....	(01768) 891469
Seivewright, Dr, Nicholas, Howard Cottage Abbey Farm Lanercost	(016977) 41044	Shortcuts, Townhead Farm Houghton.....	(01228) 549209	Skirwith Hall Farms, Ltd, Skirwith	(01768) 879290
Sekers Fabrics, Ltd, Hensingham	(01946) 692691	Shuhag Indian Resturant, 33 King Street Wigton	(01697) 508052	Skitby House, Restaurant Wedding Venue, Skitby House Restaurant Kirkclinton	(01228) 675241
Select Cottages, Holiday Cottage Rentals, Bridge End Farm Boot, Holmrook	(0870) 0735328	Siba Contracts, Master, Ltd, Siba Contracts, 48 Scattergate Green Appleby-In-Westmorland	(017683) 52200	Skoda, Telfords(Authorised Seat Retailer) Chandlers Way Parkhouse	(01228) 540011
Select Wholesale Supplies, West Ward Beck Bottom Wigton	(016973) 49650	Sibus International, Ltd, FAX	(01768) 867355	Skye Road Garage, Syke Farm Wigton	(016973) 42139
Self Injury Support North Cumbria, 2 Lothian La Carlisle.....	(01228) 525705	Sick & The Wrong, Ltd,The, Southey HI Indust Est Main St Keswick	(017687) 80296	SL Electrical, (Northern) Ltd, Unit 1 Waterloo Foundry Albion St Carlisle	(01228) 596886
Sellafield, Ltd, Sellafield Works (All General Enquiries).....	(019467) 28333	Silk Road, The, 58 Main Street Keswick	(017687) 71364	Slack, H, Fmr, Whitclose Farm Roweltown	(016977) 48337
Sellafield Works (All General Enquiries) FAX.....	(019467) 28987	Silloth Bowling Club, 32 Eden Street Wigton	(016973) 26452	Slack, William, Fmr, Cockleybank Heads Nook	(01228) 560405
Lillyhall Works FAX	(01900) 66318	Or	(016973) 31547	Slate Fell Stores, Gen Store, Gen Store Windmill Lane Cockeremouth	(01900) 824238
Lillyhall Works,Security Office	(01900) 66318	Silloth Group Medical Practice, Group Medical Practice Lawn Terrace Silloth	(016973) 31309	Slatefell Motors, Cumbria Gar Mid Town Dearham	(01900) 814423
Sellapark House Hotel, Calderbridge Seascale	(01946) 841067	Silloth Group Medical Practice, Silloth Group Medical Practice Lawn Terrace Silloth	(016973) 32834	SLD Pumps, Ltd, Pump Hire & Wellpointing, Carlisle	(01228) 528148
Or(Calderbridge) 841339 Calderbridge Seascale	(01946) 841693	Silloth Motor, Co, Silloth Motor Company Petteril Street	(016973) 31351	Slimby Take Away Ltd, Flimby Take Away Fimby Take Away Wedgwood Road	(01900) 816400
Senhouse Roman Museum, The Battery The Promenade Maryport.....	(01900) 816168	Silloth On Solway Go, Silloth Golf Club Station Road Wigton.....	(016973) 46157	SLJ Media, Ltd, Clifford Court Cooper Way Parkhouse.....	(01228) 592500
Sep Construction Ltd, Site 96 Unit 2 Brunthill Park Carlisle.....	(01228) 592807	Silloth On Solway Golf Club, Station Road Silloth.....	(0843) 5157133	Sloan, B, Stainton Ho Fm Stainton Carlisle	(01228) 523175
Serenity Beauty Spa, Ridge View Walton.....	(016977) 42411	Silloth On Solway Golf Club, Station Road Silloth.....	(016973) 31782	Smallfab, Metalworker, Unit 4 Newtowngate Penrith.....	(01768) 890558
Settle-Carlisle Railway Development, Co Ltd, The, Appleby Railway Station Clifford Street	(017683) 51311	Greenkeepers Workshop Station Road Silloth	(016973) 32771	Smeatons Estate Agents, 16 Station St Keswick.....	(017687) 72370
Severn Acres Caravan Park, Seven Acres Holiday Park Holmrook.....	(019467) 25480	Silloth Primary School, Liddell St Silloth	(016973) 31243	Smeatons Estate Agents, 39 Station Street Cockeremouth	(01900) 825918
Sewell, G.W, Bute Ho Montgomery Way Carlisle.....	(01228) 544041	Silloth Storage, Co Ltd, Silloth Dock Silloth.....	(016973) 33074	Smile Fast, Ltd, Unit E Skirgill Business Park Redhills Penrith	(01768) 606027
Sewing Solutions, Sewing Alterations, 47 Bank Street Carlisle	(01228) 532754	Silloth Sub Post Office, 2 Eden Street Silloth	(016973) 32957	Smiles Dille Orthodontics, Unit 2 The Sidings Port Road Business Park Port Road Business Park	(01228) 401522
Shabby Scholar,The, 9-13 Carlyles Court Carlisle.....	(01228) 402813	Silloth-on-Solway Golf Club, Secretary's Office	(016973) 32442	Smith Engineering, Smith Engineering Solway Trading Estate	(01900) 815831
Shaha Tandoori & Balti Restaurant, Mohammed, 89 Botchergate Carlisle	(01228) 520050	Catering	(016973) 31128	Smith & Shepherd, Glebelands Knock	(017683) 61339
Shampoochies, 30 Market Place Cockeremouth.....	(01900) 267861	Silloth-on-Solway Town Council, Silloth	(016973) 31128	Smith, W.H, Ltd, High Street Branches (Nwsagts,Bksellers,Stnrs)	(01228) 524980
Shanghai Shanghai Oriental Buffet Restaurant, Unit 11 Portland Pl Carlisle	(01228) 548403	Silloth Rufc, Silloth Rufc Old Marshalling Yard	(016973) 32299	Carlisle 51 English St Carlisle	(017687) 72068
Shankbridge End Farm, Ltd, Shank Bridge End Hethersgill Carlisle.....	(01228) 675422	Silver Ocean, Unit 5 Gilwilly Road Penrith	(01768) 899910	Keswick 28 Station Rd Keswick	(017687) 72608
Shanks Waste Management, Ecodeco Recycling Plant Rockcliffe.....	(01228) 672888	Silver & Thread, Fash, 41 Main Street Keswick.....	(017687) 75558	Penrith Graham La Penrith	(01768) 862031
Shap Medical Practice, Shap Health Centre Peggy Nut Croft Shap	(01931) 716230	Silverdale Hotel,The, Silverdale Blencathra St Keswick	(017687) 72294	Whitehaven 10 King St Whitehaven	(01946) 61698
Shap Parish Council, Shap Branch Library,The Market Cross Shap	(01931) 716743	Sim, Wm, & Son, Coach Hire, Hunholme Gar Boot	(019467) 23227	Travel Retail (Nwsagts,Bksellers) Carlisle Railway Stn Carlisle	(01228) 515871
Shap Post Office, Shap Post Office Manchester House Shap	(01931) 716303	Simon Huntington, Ltd, Unit 1 Station Road Wigton,Cumbria	(016973) 42670	SMITHS GORE, Chrted Survysrs, 64 Warwick Rd Carlisle	(01228) 546400
Sharp, K.J.M, Swallow Lodge Wolsty Silloth	(016973) 31476	Simons Hair Shop, 36 Lowther Street Carlisle	(01228) 544105	Or	(01228) 527586
Shaunsoft, Ltd, Unit 18 Blencathra Bsns Cntr Threlkeld	(017687) 79988	Simply Gorgous Gifts, The Box Room Souter Howe 7 Market Place	(016977) 2380	Smithson, R & E.M, Bloan Farm Brough Sowerby	(017683) 41255
Shearing, W & M.H, Fmr, The Hagg Farm Roweltown	(016977) 48619	Simply Pawfect, 4A Little Dockray Penrith.....	(01768) 606625	Snahmir, Ltd, 17 Lanes Shopping Centre Carlisle.....	(01228) 739410
Sheep-Ish, Whsle Ret, 3 Bank Street Keswick	(017687) 71467	Simpson Towler, 1A St. Andrews View Penrith	(01768) 899421	Snowhill Stone, Sandstone Limestone & Rockeryston, Social Soda, First Floor 34 Spencer Street Carlisle	(01228) 472195
Sheila Braithwaite, Bow Bridge Great Asby	(017683) 51624	Simpsons, (UK) Ltd, 6 Barton View Penrith	(01768) 863048	Sodhi Real Estate, Ltd, 34-44 London Road Carlisle	(01228) 595686
Shell, UK Ltd, Shell Service Stations	(01228) 404990	Simtor, Ltd, Warwick Mill Bsns Cntr Warwick Bridge	(01228) 564401	Soldiers, Sailors, Airmen & Families Association, See SSAFA Forces Help	(01946) 615698
Shell Carlisle Hardwicke Circus Carlisle	(01228) 673900	FAX	(01228) 564433	Sole It, Lock It, 13 Murray Rd Workington	(01900) 870124
Shell Carlisle North A74 Northbound Blackford.....	(01228) 673900	Sinclair's Jewellers, Ltd, 18 Risman Place Workington	(01900) 602817	Solway Aviation Museum, Musm's, Carlisle Airport Carlisle	(0843) 8163955
Shelter, Shops	(01228) 595687	Unit S18b, 18 Risman Pl Workington	(01900) 606675	Solway Aviation Museum, Carlisle Airport Carlisle Airport	(01228) 573823
Shepherd, J.W.B, Crownstone Farm Durdar	(01228) 710134	Sing Kown House, Chinese Takeaway, 4 Milburn St Workington.....	(01900) 605198	Solway Blast Cleaning, Ltd, Solway Road Clay Flatts Industrial Estat Workington	(01900) 605550
Shepherds Arms Hotel, The, Kirkland Road,Ennerdale Bridge Cleator	(01946) 861249	Singletons, Pntg Contrs, 2 Newtown Rd Carlisle	(01228) 527227	Solway Coast Heritage Centre, Solway Rural Initiative Liddell St Silloth.....	(016973) 33055
Shepherds Inn, Pblc Ho, Langwathby.....	(01768) 881463	SK Leisure, Ltd, B & M Bargains The Rack Shack 1b Quay Street	(01946) 696964	Solway Commercial, Ltd, 116 Vulcans Lane Workington	(01900) 604454
Shepherds Inn Melmerby,The, Melmerby	(01768) 889064	Skelton, E, Fmr, Sycamore House Tallentire	(01900) 823073	Solway Crown & Bridge, Arlosh Chapel Union St	(016973) 45349
Sherburn Stone, Co Ltd, Helbeck Low Farm Cottage Brough.....	(017683) 41001	Skelton Toppin Memorial Hall, Village Hall Skelton	(017684) 84776	Solway Crown & Bridge, A, Ltd, Cartrs Dom Appliance, The Old Chapel Union Street Wigton	(016973) 45114
Sherwen, J.N, Low Thorny Carleton	(01946) 820657	Skiddaw Grove, Skiddaw Grove Vicarage Hill Keswick	(017687) 73324	Solway Daf Carlisle, Westmoor Road Kingstown Industrial Estate Carlisle	(01228) 539394
Shill's Of Cockeremouth, Ltd, 11 South Street Cockeremouth.....	(01900) 823000	Skin Genie Clinic, The, Ltd,		Solway DAF Carlisle Part Dept, Westmoor Road Kingstown Industrial Estate Carlisle	(01228) 544686
Or	(01900) 826427				
Shimmings, Eddie, Carpets & Beds, Jubilee Retail Pk Maryport	(01900) 815836				
Shipley Engineers, Ltd, Ingwell Hall West Lakes Science & Technology Pk	(01946) 599022				
Moor Row					

Solway Daf, Ltd, Service Dept Westmoor Road Kingstown Industrial Estate Carlisle(01228) 539396	Spice Fusion, Trade, 5 Swan Street Longtown(01228) 791289	4 Luptons Court Keswick(017687) 75945
Westmoor Road Kingstown Industrial Estate Carlisle FAX(01228) 521839	Spicy Kitchen, Rstnt & Takeaway, 7 Devonshire Street Penrith(017687) 44141	Star Nails & Beauty, 42 Pow Street Workington(01900) 65544
Solway Daf Penrith, Cowper Road Gilwilly Industrial Estate Penrith FAX(01768) 891526	Spindlecraft, Station Cottage Station Road Drigg(019467) 24335	Star Of Siam, 89 Main Street Keswick(017687) 71444
Solway DAF Penrith, Cowper Road Gilwilly Industrial Estate Penrith(01768) 892938	Spinners Arms,The, Cummersdale(01228) 532928	Starbucks, Starbucks Lamplugh Road Cocker mouth(01900) 827419
Solway Daf Workington, Unit 6g, Clay Flatts Indust Est Reedlands Rd Workington(01900) 66927	Sportsrek Coaching, Ltd, Derwent Lodge Embleton(017687) 76779	Starfruits, 9 Angel Square Penrith(01768) 890255
Solway Group International, Ltd, Solway Paddocks Dykesfield Burgh-By-Sands(01228) 575050	Sproat & Son, Bkrs & Confecs, 4 Lowther Street Carlisle(01228) 511918	Starlets, 30b Harrington(01946) 834031
Solway Health Services, GP Practice, Park Lane Workington(01900) 705150	Sproats Newsagents, Sproat Newsagents Ennerdale Rd Cleator Moor(01946) 810225	Station Garage, (Threlkeld) Ltd, Unit 2 Threlkeld Business Park Threlkeld(017687) 79323
Solway Heaters, Ltd, Kingmoor Pk Kingstown(01228) 674444	Squirrel Lodge, 43 Eskin Street Keswick(017687) 71189	Stead McAlpin, & Co Ltd, Calico Pmrtrs, Cummersdale(01228) 525224
Solway Rd, Clay Flatts Indust Est Workington(01900) 66888	Sri Arya Healthcare, Sri Arya Healthcare, 70-72 John Street Workington(01900) 603332	Stead McAlpine, Cummersdale Print Works Cummersdale(01228) 550800
Solway House Residential Home, Care Home, Solway House Solway Terrace Maryport(01900) 817651	SSAFA FORCES HELP - CUMBRIA, Hon Branch Secretary(01228) 553237	Steadman, A, & Son Ltd, Cladding Mfrs, Warnell Welton Carlisle(016974) 78277
Solway Instruments, Ltd, Belle Vue House South End Wigton(016973) 44168	Carlisle Area(01228) 553237	Steele I & McBride D.J, BDS Dental Surgeons, 9 Curzon St Maryport(01900) 812109
Solway Leyland DAF, Ltd, Transport Department Cowper Road Gilwilly Industrial Estate Penrith(01768) 868956	Copeland & Whitehaven Area(01228) 553237	Stephen Barnes Accountancy, Ltd, Westwood Garth Brough Sowerby(017683) 42328
Solway Podiatry, 8 High Street Wigton(016973) 69702	Ssc Medical, Ltd, Brampton Pharmacy Market Place Brampton(016977) 2501	Stepping Stones Day Nursery, 58 Wood Street Maryport(01900) 812773
Solway Salon Supplies, 116 Vulcans Lane Workington(01900) 67004	SSPUK, Little Chef Northbound Blackford(01228) 672460	Steve Clark, 48 Overend Road Whitehaven(019467) 48319
Solway Slate & Tile, Co Ltd, 10A Brunel Way Durranshill Industrial Estate Carlisle(01228) 401133	Or(01228) 674159	Steve Clark, 50 Overend Road Whitehaven(019467) 48852
Somerville, T.J.J, Frmr, Lansmere Newby(01931) 714277	"St", The abbreviation "St" is listed after "Saint"	Steve, Clarke, 19 Walsingham Beech Avenue(01946) 824885
Sonatas Hair Design Studios, 8 Carlyles Court Carlisle(01228) 511775	St Benedicts Catholic School, Campus Whitehaven Red Lonning Whitehaven(01946) 592874	Steve Evans, 37 Southey Street Keswick(017687) 80506
Sony Centre, 5 Carlyles Crt Carlisle(01228) 542824	St Benedicts Catholic School, Campus Whitehaven Red Lonning Whitehaven(01946) 693574	Steve Skelton Electrical Contracting, Ltd, Unit 4 Lowca Lane Business Park Lowca Lane Seaton(01900) 604703
Sorton, Peter, & Associates, Unit N Skirsgill Bsns Pk Redhills(01768) 865577	St Nicholas Arms, 47 London Road Carlisle(01228) 493121	Stevenson, John, MP, 2 Currie Street Carlisle(01228) 550684
Soulsby, W.G.L, & Sons, Williamsgill Farm Temple Sowerby(017683) 61249	St Patricks Catholic Primary, St Patrick's Rc Primary School Workington(01900) 601807	Stevenson, J.M, BDS, Dentist, Alneburgh Ho Ewanrigg Rd Maryport(01900) 819222
Sound & Light Disco, Sound & Light Disco, Sound & Light Disco, 19 The Gardens Whitehaven(01946) 694914	Stables Thompson & Briscoe, Ltd, 21 Market Street Kirkby Stephen(017683) 71272	Steve's Ceramic Tiles, 14A New Yd Clay Flatts Trad Est Workington(01900) 602343
Soundwave, Charity, Ingwell Hall Ingwell Drive Westlakes Science & Technolo Moor Row(01946) 63971	Stacey's Coaches, Millrace Road Willowholme Industrial Estat(01228) 590609	Steve's Paints, Trade Paint Distrib, Workington 1 Annie Pitt La Workington(01900) 67150
South, Carolyn, 16a Eskin Street Keswick(017687) 44657	Stacey's Coaches, Ltd, CCH Hire, Millrace Rd Carlisle(01228) 592000	Stewart Williamson, Ltd, Pacific House Fletcher Way Parkhouse(01228) 591488
South Street Surgery, FAX(01900) 324122	Stacey's Coaches, Ltd, Willowholme Indust Est Willow Holme Rd Willowholme FAX(01228) 524467	Stilecroft Residential Home, Stilecroft Residential Home 51 Stainburn Road Stainburn(01900) 603776
South Tynedale Railway, Unit 2 Station Yd Workshops Alston(01434) 382828	Stackyard Holiday Cottages,The, High Blaitwaite Bolton Low Houses Wigton(016973) 42552	Stitch & Print, 51 High Street Wigton(016973) 43546
Southfield Technology College, Moorclose Rd Workington(01900) 325261	Staffield Farm Meats, Old Hall Farm Staffield(01768) 898364	Stobart, Allan, Lubricants & Fuel Distribs, Low Currigg Sebergham(016974) 76575
Southwaite Green Mill Enterprises, Eamont Bridge(01768) 899011	Stag Inn, Stagg Inn Stagg Inn Lowside Crosby(01900) 812549	Stobart, J, & Sons Ltd, Cattlefood Mfrs,Retirs, Newlands Mill Hesket Newmarket(016974) 78261
Southwells Bedrooms, 93 Botchergate Carlisle(01228) 597156	Stag Inn,The, Carlisle(01228) 642990	Stobbs, Ltd, Sellafield Drigg Rd Seascale(019467) 21805
Sovereign Business Solutions, UK Ltd, Kirkby Stephen Rly Stn Kirkby Stephen(017683) 72408	Stagecoach North West, Workington Bus Station Murray Rd Workington(01900) 604588	Stoddard's Solid Fuels, Kirkhouse Coalyard Milton Brampton(016977) 46335
Sowerby, G, Terrys Farm Ormside(017683) 51576	Stainmore Railway Limited, East Station Station Yard Kirkby Stephen(017683) 71700	Stolle Europe, Stolle Europe Ltd Kingstown Broadway, Kingstown Industrial Estate Carlisle(01228) 514720
Space Designed Solutions, Ltd, Brougham Hall Brougham(01768) 862437	Stainton C Of E Primary School, Stainton C Of E School Stainton(01768) 840673	Stolle Europe Ltd Kingstown Broadway, Kingstown Industrial Estate Carlisle(01228) 548619
Spark, Michl, Frmr, Newlands Farm Drybeck(017683) 52316	Stalker, G.E, Sciptr, Robertson Memorials Low Road Whitehaven(01946) 692565	Stolle Europe, Stolle Europe Ltd Kingstown Broadway, Kingstown Industrial Estate Carlisle(01228) 590452
Specialist Auto Sport Services, Ltd, Cardewlees(01228) 712745	Stalkers Transport Services, Ltd, Stalkers Transport Townfoot Industrial Estate Brampton(016977) 3699	Stolle Europe, Ltd, 57c Kingstown Broadway, Kingstown Indust Est Carlisle(01228) 818125
Specsavers, Ltd, (Penrith), 6 Angel Sq Penrith(01768) 214690	Stan Palmer, Stan Palmer Auchinlek Drive Carlisle(01228) 739395	Stone Eden Nursery School, Wheelbarrow Hall Aglionby(01228) 599400
Specsavers Opticians, Carlisle 50 Castle St Carlisle(01228) 590088	Stan Palmer, 1 Europe Way Cocker mouth(01900) 269114	Stone Inn, Stonehouse Cattery & Smokery, Cat Htl & Artisan Charcuterie, Stone House Moorhouse Carlisle(01228) 575111
Whitehaven 45 King St Whitehaven(01946) 598190	Stan Palmer, & Sons, 1 Europe Way Cocker mouth(01900) 823111	Stoneleigh Communications, Cross House Barn Newby(01768) 216897
Workington 25 Murray Rd Workington(01900) 601611	Stan Palmer, & Sons, 9 Europe Wy Cocker mouth(01900) 829191	Storage Carlisle, Rome St Depot Bousteads Grassing Carlisle(01228) 590397
Spedding Dental Clinic, 73 Warwrick Road Carlisle(01228) 521889	Stan Sherlock Associates, 26 Lowther St Carlisle(01228) 598821	Storey Decorators, Ltd, Eddie Stobart Ltd Kingstown Industrial Estate Brunthill Road Kingstown Industrial Estate(01228) 404114
Speedy Hire Centres, (Scotland) Ltd, Unit 3c Port Road Business Park Carlisle(01228) 595444	Stanbeck Guest House, Guest Ho, 8 Stainburn Road Workington(01900) 603611	Storey, F.S.L, Frmr, Woodlands View Kirkclinton(01228) 675331
Spencer Graham Coaches, Lawson St Gar Lawson St Aspatria(016973) 21069	Stanley Arms Hotel, Ltd, Calderbridge(01946) 841235	Stork Hotel,The, Rowrah Road Frizington Cumbria(01946) 861213
Spencer Street Surgery, 42 Blackwell Rd Carlisle(01228) 597549	Stanwix Community Association, Charity, Stanwix Community Centre Church Street Stanwix(01228) 513026	Storm Interior Systems, Phoenix House Jacktrees Road Cleator Moor(01946) 439131
Spencers Group, Ltd, 70 Botchergate Carlisle(01228) 528893	STANWIX PARK HOLIDAY CENTRE, Bookings West Silloth(016973) 32555	Story Contracting, Marconi Rd, Burgh Rd Indust Est Carlisle(01228) 590444
Spice Club, 25 Main St Cocker mouth(01900) 823146	FAX(016973) 32555	Story Homes, Unit A Baron Way Kingmoor Business Park Rockcliffe(01228) 672481
Spice Fusion, Take Away, 5 Swan St Longtown(01228) 792570	Stanwix Primary School, Primy Sch, Stanwix School Church Street Carlisle(01228) 596069	Story Homes, Ltd,
	Stanwix, W, Frmr, Low Park House Brough(017683) 41682	
	Star Beauty, Star Beauty,	

Burgh Rd Indust Est Carlisle.....	(01228) 640850	Sunderland Education Authority,	Gelt Bridge Farm Brampton.....	(016977) 44788
FAX	(01228) 640851	Derwent Hill (Office)	T G Norman Timber, Ltd,	
Story, K, Fmr,		Sunderland, Robert, Dairy Fmr,	Tg Norman Ltd Longtown	(01228) 791777
Blackrigg Longtown.....	(01228) 791314	8 Station Rd Aspatria.....	T Irving, & Son,	
Story, K,		Sunnies Chinese Takeaway,	Blackwell Hall Blackwell Carlisle.....	(01228) 521923
SOUTH SLEALANDS LONGTOWN CARLISLE	(01228) 791393	Salterbeck Road Workington	T I S Cumbria,	
Story, T.J, Fmr,		Sunnyhill Whitehaven, Ltd,	Unit 5 Derwent Dv Derwent Howe Industrial Esta.....	(01900) 65752
Fellend Roweltown	(016977) 48276	Sunny Hill 1 Victoria Road Whitehaven.....	T I S Cumbria, Ltd,	
Story, T.K,		Sunrise Software,	T I S Cumbria Ltd Isabella Road Workington.....	(01900) 607051
West Rigg Longtown	(01228) 791691	PO BOX 19 Carlisle, Cumbria	T J Fearon Farmer, Fmr,	
Strand, The, Hdrsr,		Superdec,	Low Row Farm Aspatria Wigton	(016973) 20294
Unit E 58 Scotch Street Carlisle	(01228) 539656	Coach Rd Whitehaven	T J Graham, & Sons,	
Strands Hotel,		Or	Byers Farm Bowness-On-Solway	(016973) 51109
Wasdale	(019467) 26237	Superdrug,	T K & E M Story,	
Strandz 9, Unisex Hdrsr,		50-51 King Street Whitehaven	Jackson Rigg Longtown.....	(01228) 791329
9 Duke Street Whitehaven	(01946) 66190	Superdrug,	T K Maxx,	
Strange Fruit,		Unit 2 Ritz Shopping Centre Murray Road	T K Maxx The Market Scotch Street Carlisle	(01228) 819292
51 Market Pl Whitehaven	(01946) 690195	Workington.....	T & L Painting Contractors, Ltd,	
Strange Jeens & Mathison, Con Engs, Assrs,		Superdrug Stores, Plc,	68 Wood St Maryport.....	(01900) 816334
84 Warwick Rd Carlisle.....	(01228) 524406	Branches	T Manners, & Sons Ltd,	
Strawberry How Nursery School, Ltd,		Carlisle	1 Garden Cottages Manesty	(017687) 77521
Nursery Strawberry How Road Cockermouth	(01900) 823322	1 Grapes Lane Lanes Shopping Centre Carlisle.....	T M D Motors,	
Stress Free Storage, Strge,		Pharmacy	Unit 13 St. Nicholas Bridge Business P St. Nicholas Bridge	
Unit 9 Derwent Road Workington	(01900) 68006	Superfish,	Carlisle	(01228) 525771
Strickland Arms, The,		20 Pow Street Workington	T.M.S Motor Spares, Ltd,	
Great Strickland	(01931) 712238	Superior Sewing Centre, Ltd,	Depots	
Strickland, C, Fmr,		Superior Sewing Centre Ltd Rosemary Lane	Unit 8 Cowper Rd, Gilwilly Indust Est Penrith.....	(01768) 891199
The Rash Ireby.....	(016973) 71301	Carlisle	Hewden Access Platforms Ltd Meadow Road	
Stricklandgate Dental Practice, Ltd,		Support In Sport, Ltd,	Whitehaven	(01946) 695440
32A Stricklandgate Penrith.....	(01768) 865744	Tavistock Wks Glasdon Indust Est Maryport.....	T M S Motors, (Radiator Division) Ltd,	
String Of Horses,		Surtees, K,	Clay Flatts Trading Est Workington	(01900) 606070
Faugh.....	(01228) 670297	Station House Greenhead	T.R Handley, Ltd,	
Stripey Sheep,		Surveillance and Tracking Detectives, Private Investigator,	Lilac House Crosby Garrett	(017683) 71336
33 Lake Road Keswick	(017687) 73322	South House Bridge Lane	T & T Process Engineering, Ltd,	
Strollers Cumbria,		Sutton, Dr, K,	241 Warwick Road Carlisle	(01228) 521967
2 Devonshire Street Penrith	(01768) 866488	Court Thorne Low Heskett	TV Licensing,	
Strolling 4 Shoes,		Suzanne Gifts & More,	All Enquiries	(03007) 906135
35-35a Main Street Cockermouth.....	(01900) 821889	4 Earls Lane Carlisle	T W Kitchen, & Son,	
Stronach,		Suzi Bou,	Clea Gn Westward	(016973) 43799
Solway Mills Sillioth	(016973) 31456	22 The Square Dalston	Tag Watch The Match, Public House,	
Strong, B.S, Fmr,		SVL Hire & Production,	English Gate Plaza Carlisle	(0845) 2998982
Hewer Hill Heskett Newmarket.....	(016974) 78279	Unit 9 Warwick Mill Business Pk Warwick Bridge.....	Taggy Man, The, Pub,	
Strong, G.L, Agric Contr,		Swags And Tails,	4 Market Street Kirkby Stephen	(017683) 72531
Low Brow Tirril	(017684) 86245	30 Fisher Street Workington	Tailberts Farm,	
Strong, Joseph, & Son, Shoe Rprs,		Swainson, J.G & J.C,	Tailbert Shap	(01931) 713253
GlenCote Upton Caldbeck	(016974) 78424	How End Fm Howend Thursby.....	TALK TALK, Telecoms Supplier,	
Strong, Dr, Rex,		FAX	Head Office 1 Portal Wy London	(0800) 0497664
Ashcroft Newton Arlosh	(016973) 52831	Swainson, T.E, Coal Mrcnts, Hlge,	Talkin Tarn Cafe,	
Strps,		Myers La Penrith	Talkin Tarn Country Park Tarn Road Brampton.....	(016977) 41050
The Railway Station Alston	(01434) 382404	Swan Bearings Cumbria, Ltd, Bearing & Power Transmission Distrib,	Talkin Tarn Country Park, (Warden),	
Struts,		Stanley St Workington	Talkin Tarn Country Park Tarn Road Brampton.....	(016977) 3129
12 Chapel Street Carlisle	(01228) 595372	Swan, Dr, E.A,	Tallantire Properties,	
Struts Party Superstore,		The Croft Kirkbride	Flusco House Flusco.....	(017684) 83822
12 Chapel Street Carlisle	(01228) 547996	Swan Inn Maryport, The, Whsle Ret,	Tallentire Hill Farm, Ltd,	
Stuart McGlennan Photography, Ltd,		The Swan Main Street Ellenborough.....	Tallentire	(01900) 823332
Honister House 1 Borrowdale Road Keswick	(017687) 75555	Swan Wholesale,	Tallentire, J.G & S.M, Fmr,	
Stuart Oake, Ltd,		Swan Wholesale Westmorland Street Carlisle.....	High Griseburn Farm Gt Asby Appleby	(017683) 51532
Unit 8 Cumbria House Gilwilly Road		Swarbrick, Associates,	TanZo-Go, Ltd, Travel Agency,	
Gilwilly Industrial Estate	(01768) 891078	First Floor 40 Aglionby Street Carlisle.....	TanZo Passenger Services Lonsdale Street	
Studholme, J.J, Fmr,		Sweet Tooth,	Carlisle	(0843) 4879893
Ash View Whitrigglees.....	(016973) 51485	Sweet Tooth 11 Devonshire Street Carlisle	Tarak Retail, Ltd,	
Studio 89,		Sweet Treats,	4 Risman Pl Workington	(01900) 67038
89 Main Street Egremont.....	(01946) 451402	5 Pack Horse Court Keswick	Tarantella Restaurant, Ltd,	
Studio A Dance, Co,		SWH Surveys, Ltd,	22 Main St Cockermouth.....	(01900) 822109
Crown Works Crown Street Carlisle	(01228) 317072	Bryn Avon Camerton	Tarff Valley, Ltd,	
Studio Property, (Carlisle) Ltd,		3 Portland Place Penrith	Shed 29 Longtown	(01228) 792244
Monkhouse Hill Welton	(016974) 76254	Swift Automation & Control System, Ltd, Automation Systems,	Tarn Road, Nrsries,	
Styleline, Trade,		St. Christoph Warwick Bridge Carlisle	Tarn Rd Nurseries Tarn Rd Brampton	(016977) 3781
26 Middlegate Penrith	(01768) 863248	Swinton Group, Ltd,	Tarnside Caravan Park & Club,	
Subway,		1A Warwick Rd Carlisle	Bar Tarnside Caravan Park Braystones.....	(01946) 841308
Englishgate Plaza Botchergate Carlisle	(01228) 596333	Swinton, (Insurance),	Taste Of Bengal Tandoori,	
Suddart, J.H, Fmr,		Branches	60-61 Stricklandgate Penrith	(01768) 891700
Sandraw Farm Scales	(016973) 20266	Carlisle Eden Ho Wavell Dv, Rosehill Indust Est Carlisle...	Taste Of Eastern Europe,	
Sue's Taxis,		Swiss Court Guest House,	11 Middlegate Penrith	(017687) 44211
Moorclose Depot Westfield Drive Workington.....	(01900) 607005	25 Bank Street Keswick	Taste Of Eastern Europe, Ltd,	
Sugar And Spice,		Syke Construction, Ltd,	18 Lonsdale St Carlisle	(01228) 544857
Boroughgate Appleby-In-Westmorland	(017683) 98799	7 Priors Garth Wetheral.....	Taste Of India,	
Sullivan, Dr, S, & Partners,		Sykes, Timothy V, Solr,	15 Taste Of India Church Road Broughton Moor	(01900) 268116
Lowther Medical Cntr Castle Meadows Whitehaven	(01946) 67401	Viaduct Ho Victoria Viaduct Carlisle	Or	(01900) 381545
Sultan Indian Restaurant, Indian Restaurant,		Sykeside Partnership, Ltd, The,	Tasted Coffee Shop,	
5 St. Johns Street Keswick	(017687) 72222	Sykeside Camping & Caravan Park Hartsop	James Street Whitehaven.....	(01946) 692861
Sun Inn,		System Driver Training,	Tax Assist Accountants,	
Sun Inn Penrith Penrith	(01768) 201405	Carlisle Airport Carlisle	73 Lowther St Whitehaven.....	(01946) 592500
Or	(01768) 867055	System Hydraulics, Ltd,	Taylor & Braithwaite, Agric Engs,	
Sun Inn, Bed & Breakfast,		Long Island Pk Lamplugh St Carlisle	Dyke Nook Sandford.....	(017683) 41400
Pooley Bridge	(017684) 86205	System Recruitment,	FAX	(017683) 41488
Sun Inn, Plc, Public House,		21 Botchergate Carlisle	Taylor & Hardy, Ltd,	
Bassenthwaite.....	(017684) 86601	English Plaza Botchergate Carlisle FAX	Gallo Rosso Kingstown	(01228) 534848
Pooley Bridge	(017684) 86601	System Signs,	Taylor, J.H, Fmr,	
Sun Inn, The,		7 Greystone Road Carlisle.....	Low Howgill Milburn	(017683) 61595
Bassenthwaite.....	(017687) 76439	Szandurski, M, Joinr & Undtkr,	Taylor, J.H & J.E,	
Sun Inn, The,		Willow Dene Outgang Rd Aspatria.....	The Harras Ainstable	(01768) 896284
Sun Inn Red Dial	(016973) 42167	T A Horn,	Taylor, T.P, Fmr,	
Sun Inn, The,		Low Griseburn Asby Appleby-In-Westmorland	Waterhouses Asby.....	(017683) 71525
Central Road Dearham.....	(01900) 819114	T Bowman,	TC-Beattie, & Co,	
Sun Rooms, The,		Holme Farm Newbiggin	Metal Bridge Farm Blackford	(01228) 674986
12 Randall Street Carlisle	(01228) 930051	T Fisher, & Co,	Teachers Assurance,	
Sunbeams Music Trust,		Gelt Bridge Farm Brampton	20 Tramside Wy Carlisle.....	(01228) 510423
Stoller House Redhills Lane Redhills	(01768) 892909	T Fisher, & Co,	Teasdale, R.S,	

Lambfoot Farm Embleton.....	(017687) 76264	Frizington	(01946) 460145	Thompson, Michael, Ltd, St. Ninians Rd Carlisle.....	(01228) 525314
Tebay Sports And Social Club, Tebay Sports Social & Railway Church Street Penrith	(015396) 24203	The Souls Space, Unit 2 Unit 2, Crofton Hall The Old Stable Block Carlisle.....	(016973) 26871	Thompson, R, Fmr, Southfield Farm Shap	(01931) 716282
Technique Hair Studio, Hair Sal, 54A Queen Street Aspatria	(016973) 22711	The Stag Inn, Stag Inn Appleby-In-Westmorland Appleby-In-Westmorland	(017683) 30143	Thompson, & Sons, The Gin Ring Mawbray.....	(01900) 881258
Technology Mill, A 12 Crosby Street Carlisle	(01228) 409473	Or	(017683) 51608	Thompson, S.R, Bldg Contr, Ludgate Burgh-By-Sands	(01228) 576418
Teebay Sub Post Office, Tebay Surgery Church Street Tebay.....	(015396) 24967	The Toy Works, The Old Bakehouse Access Road To Houses Melmerby	(01768) 881249	Thompson, T.L, & Sons, Askham Gate Askham	(01931) 712283
Telephone Connexions, Communications Ho Thomas La,Burgh Rd Indust Est Carlisle.....	(01228) 514369	The Victoria Hotel, Victoria Hotel King Street Wigton	(016973) 26487	Thompson, W & M, (Quarries) Ltd, Silvertop Quarry Hallbankgate.....	(016977) 46090
Television Video & Electronic Repairs, Unit 2R Moor Bsns Cntr Cleator Moor Workspace Cleator Moor.....	(01946) 812784	The Vine Pub, Vine Hotel Market Place Whitehaven.....	(01946) 693632	Thompson,Young,Barr & Jervis, Drs, Repeat Prescriptions	(017683) 61980
Telford, D.M, (Res) Wood Side Seaton Road Broughton Moor MARYPORT.....	(01900) 812801	The White Mare, White Mare Morass Road Beckermert.....	(01946) 443512	FAX	(017683) 61980
(Office) 45 Curzon St Maryport.....	(01900) 813541	The White Rabbit Tearoom, The White Rabbit Tearoom Tarn Road Brampton.....	(01697) 543104	Thompsons Bakery, 165 Main Street Frizington	(01946) 810572
TELFORDS FOR CITROEN, Kingstown Indust Est Greashill Rd Carlisle.....	(01228) 545486	Theatre by the Lake, Administration New Theatre Building Lakeside Lake Rd Keswick (017687) 72282		Thomson, G, 7 Upperby Road Carlisle	(01228) 597173
Telfords For Skoda, Sales,Service & Parts Chandler Way,Parkhouse Carlisle..	(01228) 540011	Theatre Royal, (Playgoers), Washington St Workington	(01900) 603161	Thomson,Roddick & Laurie, Coleridge Ho Shaddockgate Carlisle	(01228) 528939
Telfords Skoda & Hyundai, New Car Dirs, Telfords Chandler Way Parkhouse	(01228) 409304	TheSportsphysio.com, Sports Physiotherapy, 5, High Buildings The Mill Warwick Bridge, Carlisle.....	(01228) 586236	2 Coleridge House The Maltings Shaddongate Carlisle	(01228) 539636
Temple Art Collective, Ltd,The, 18-22 Devonshire Street Carlisle.....	(01228) 317370	Thin White Duke,The, 1 Devonshire Street Carlisle	(01228) 402334	Thomson Travel Shop, Carlisle	(0845) 0713294
Temple, P.W, Ltd, Aiverthwaite Ireby	(016973) 71577	Thomas Altham Holdings, Ltd, Jt Atkinson & Sons Ltd Lakeland Agricultural Centre Cockermouth.....	(01900) 825723	43 Scotch St CA3	(0845) 0713294
Temple Sowerby Medical Practice, Drs Young,Bar,Thompson & Jervis Linden Pk Temple Sowerby.....	(017683) 61232	Thomas Armstrong Holdings, Ltd, Armstrong Concrete Blocks Flusco.....	(017684) 83665	Whitehaven	(01946) 693151
Repeat Prescriptions	(017683) 61980	Thomas Armstrong, Ltd, Sand Quarry Aspatria.....	(016973) 20394	Workington 44 Pow St Workington	(01900) 68371
FAX	(017683) 61980	Annie Pit Lane Clay Flatts Trading Estate Workington	(01900) 608426	Thorn Bank Farms, Thornbank Gosforth.....	(019467) 25207
Temple Sports, Museum Sq Main St Keswick.....	(017687) 72569	Thomas Collins, 68 Wood Street Maryport.....	(01900) 813298	Thorn Security Systems, See details under ADT Fire & Security	
8 Station St Cockermouth	(0843) 5156003	Thomas Cook Retail, Ltd, Carlisle		Thornby Moor Dairy, Crofton Hall Crofton	(016973) 45555
Temptations Cafe, 5a Bridge Street Appleby-In-Westmorland.....	(017683) 52863	Carlisle Branch		Thorneley, Andrew L, Sol, Thornthwaite Galleries, Ltd, Thornthwaite	(017687) 78248
Tendley Quarries, Brigham	(01900) 823962	27 Fisher St FAX.....	(0844) 3359150	Threads Of Agora Ltd, 94 Main Street Cockermouth	(01900) 381925
Tendley Quarries, Ltd, Eaglesfield	(01900) 823962	Penrith 8 Little Dockray FAX.....	(0844) 3359558	Threapland Park, Ltd, Ltd, Threapland Holiday Homes Cockermouth	(016973) 23077
Terry, Stuart, 36 Chapel Street Appleby In Westmorland	(017683) 98268	Whitehaven 46 King St FAX.....	(0844) 3359759	Three, Washington Square Unit 31c Risman Place Workington	(01900) 873165
Tesco Stores, Superstore		Workington 35 Murray Rd FAX	(0844) 3359784	Three, The 3 Store 39 Scotch Street Carlisle	(01228) 597925
Carlisle Victoria Viaduct.....	(03456) 779135	Thomas Cook Travel, Carlisle		Three Crowns Tea Shop, Three Crowns Yd Penrith.....	(01768) 899789
Carlisle Warwick Rd	(03456) 779125	Branch		Threlkeld Coffee Shop & Village Hall, Threlkeld Village Hall Threlkeld	(017687) 79501
Whitehaven Bransly Rv, North Shore	(03456) 779716	13-15 English St	(0844) 3357149	Threlkeld, J.G, Fmr, Beyond The Moss Penton	(01228) 577206
Workington New Bdge Rd	(03456) 779737	13 English St FAX	(0844) 3359149	Threlkeld Quarry & Mining Museum, Threlkeld Quarry Threlkeld	(017687) 79747
Tethera Veterinary Services, Ltd, Cross Croft Industrial Estate Cross Croft Appleby In Westmorland.....	(017683) 51819	27 Fisher St CA3	(0844) 3357150	Threlkeld Quarry Museum, Limited, Threlkeld Quarry Threlkeld	(0843) 5154880
TFHC, Ltd, 7 Finkle St Carlisle	(01228) 818132	Bureau de Change		Throstles Nest, Throstle Nest Inn King Street Wigton	(016973) 47056
TFT Cumbria, 17 John Robert Gardens Carlisle.....	(01228) 318284	13-15 English St	(0844) 3357149	Or	(016973) 47057
Thackeray, L, Fmr, High Scales Shap	(015396) 24613	Penrith Branches		Thwaite Home Kitchens, 13 Lingyclose Road Dalston	(01228) 710085
The, See also second word of name		8 Little Dockray CA11	(0844) 3357558	Thwaytes Chartered Surveyors, 19 Crosby Street Carlisle.....	(01228) 591403
The Arcade Hair Studio, 2-4 Lowther Arcade Carlisle	(01228) 494228	7 Middlegate	(0844) 3357557	Tiffen, & Co Ltd, Est Agt, 16 Finkle St Workington	(01900) 602777
The Beacon Street Club, 36 Duke Street Penrith	(01768) 606049	7 Middlegate FAX	(0844) 3359557	16 Finkle St Workington FAX	(01900) 607262
The Black Bull At Nateby, Pub, Black Bull Inn Nateby	(017683) 71588	Bureau de Change		58 Lowther St Whitehaven	(01946) 591200
The Black Lion, The Black Lion Hethersgill Carlisle	(01228) 496148	7 Middlegate	(0844) 3357557	Tiffins Indendant Financial Services, 122 Queen St Whitehaven	(01946) 692000
The Bond Museum, Mums's, Southey Hill Industrial Estate Main Street	(0843) 8163991	Whitehaven Branch		Tigna, Unit 47-4 Gilwilly Road Gilwilly Industrial Estate Penrith.....	(01768) 891595
The Commercial Inn, The Commercial Inn Maryport Road The commercial INN	(01900) 336524	46-47 King St CA28.....	(0844) 3357759	Tile Company,The, Unit 5 Long Island Park Carlisle	(01228) 595477
The Frizington Veterans Club, L The Frizington Veterans Club Lindow Street Frizington	(01946) 810570	62 Lowther St	(0844) 3357758	Tile Merchants, Motorway Tyres And Accessories Lancaster Street Carlisle	(01228) 631777
The Globe, 95 Main Street Whitehaven	(01946) 443853	62 Lowther St FAX	(0844) 3359758	Tilly's Fashion, 3 Burrowgate Penrith	(01768) 862066
The Kings Arms, 41 Main Street Egremont	(01946) 395494	Workington Branch		Tim Roebuck Optician, Ltd, 4 King Street Penrith	(01768) 899944
The Masons Arms, Masons Arms Long Marton Appleby.....	(017683) 61395	35 Murray Rd CA14	(0844) 3357784	TIME,, (Accurist Timeline) Dial 123	
The Millbourne Arms, 150 Millbourne Street Carlisle	(01228) 541194	10 Risman Pl FAX.....	(0845) 3049664	Timeless Hairdressing, Marketing Pr Advertising, 9-10 St. Andrews Churchyard Penrith	(01768) 891109
The Money Shop, Instant Cash Loans, Carlisle 3 West Tower St CA3	(0843) 3093985	10 Risman Pl.....	(0845) 3089664	Times & Star, 23 Oxford St Workington FAX.....	(01900) 607601
The Muddy Duck Cafe Bar, Old Smithy Gift Shop Caldbeck Wigton	(01697) 428672	Thomas Graham, & Sons Ltd, Unit 9 Bridge End Indust Est Egremont	(01946) 823800	23 Oxford St Workington Classified Advertising	(01900) 607607
The Old Bank, English Cuisine, 34 Fisher Street Carlisle.....	(01228) 818583	Baxters Newbuild Warehouse Kings Dv, Kingmoor Pk Sth Carlisle	(01228) 525364	Timpon, Ltd, Unit 2 Angel Square Penrith.....	(01768) 210884
The Original Johns Plaice Limited, Little Chef A595 Wigton Road Cardewless.....	(01228) 712170	Thomas Proctor, & Son Ltd, Brunel Way Durranhill Industrial Estate Carlisle	(01228) 531500	33 King St Whitehaven	(01946) 692444
The Pencil Museum, SoutheyWorks Main Street Keswick.....	(0843) 5157112	Thomas Ross Electrical Contractor Ltd, 7 Little Close Carlisle	(01228) 498363	Warwick Road Carlisle.....	(01228) 536537
The Phoenix Youth Project, Frizington Youth Centre Victoria Street		Thomas Stanley, Ltd, 22 Main Street Cockermouth.....	(01900) 829054	Timpson Shoe Repairs, Ltd,	

17 Globe La, Lanes Shopping Cntr Carlisle (01228) 512591	Myers & Bowman(Official Toyota Centre) Lillyhall Distington (01946) 832282	Bog Farm Station Rd (016973) 44712
Timpson, Timpson Ltd Ltd,	Toys N Tech, Ltd,	FAX (016973) 44712
Hsbc Bank Plc Wm Morrison Supermarkets Plc Kingstown Road	21 Bank Street Carlisle..... (01228) 819698	Workington
Carlisle..... (01228) 818557	TR Publishing,	Clay Flatts Trading Est Workington (01900) 602361
Tina Messenger,	2 Sella Bank The Banks Seascale (019467) 28449	FAX (01900) 603464
22 Latrigg Close Keswick (017687) 73351	Tractor Shed Brewing, Whsle Ret,	Regional Office
Tinyweb,	The Tractor Shed Calva Brow Workington..... (01900) 68860	Sales Office Blackdyke Rd Carlisle..... (01228) 524040
54 King Street Whitehaven (01946) 696111	Trade Copiers,	FAX (01228) 542351
Tirril Brewery, Beer & Wine,	Unit 63 Gilwilly Rd Gilwilly Industrial Estate..... (01768) 210800	Travis Perkins Trading, Co Ltd,
Red Ho Long Marton (017683) 61846	Trade Windscreens, Ltd, Windscreen & Body Glass,	Carlisle Kingstown Indust Est Blackdyke Rd Carlisle (01228) 542990
Titteringtons Truck & Trailer Services,	Unit 1 Kingstown Indust Est Blackdyke Rd	FAX (01228) 542544
Unit 7 Sandysykes Longtown (01228) 792600	Carlisle (01228) 810018	Treeby & Bolton China & Glass,
FAX (01228) 792555	Trades Hall Social Club,	12 Lake Road Keswick..... (017687) 72443
Tjmo,	41 Brow Top Workington (01900) 603102	Treecare,
Unit S1 Campbell Savours Way Workington (01900) 601324	Or (01900) 66192	Stoddah Bank Penruddock Penrith (017684) 83372
Tjmo,	Tradline Window Systems,	Treewise Solutions, Ltd,
Home Bargains Preston Street Whitehaven (01946) 67195	Dentonholme Trdg Est Denton Holme Trade Cntr Ch Apel Pl	Moorhouse Courtyard Warwick On Eden (01228) 561000
TMS Motor Spares, Ltd,	Carlisle (01228) 552089	Tremble, J, Funrl Dir,
Site 6 Brunel Wy Durranhill Indust Est Carlisle..... (01228) 400720	Trafford Caravan Park,	FAX (01228) 536080
Tn Cowan, Farm,	Bassenthwaite..... (017687) 76298	Trespass,
The Ash Roadhead (016977) 48282	Trafford Fireplace Stove & Plaster,	Keswick Army Surplus Tithebarn Street Keswick (017687) 74952
TNT, Express Delivery Services,	16 London Rd Carlisle..... (01228) 547098	Trigger Clipse,
National Call Free (0800) 100600	Trafford, T, & Son,	4a Englishgate Plaza Botchergate Carlisle (01228) 525111
TNT Special Services,	Peter House Farm Bassenthwaite (017687) 76278	Trilogy Beauty, Ltd,
Kingstown Bdwy,Kingstown Indust Est Carlisle..... (01228) 590484	Trags,	77 Senhouse Street Maryport (01900) 814490
Toby Carvery Carlisle,	59 Ashley Street Carlisle (01228) 522580	Tring Estates,
491 Warwick Rd Carlisle..... (01228) 591381	Train Rite,	Flat 3 17 Friars Court Carlisle (01228) 529365
Todd, C.I,	Lillyhall Bsns Cntr Jubilee Rd Workington (01900) 68040	Trinity School,
Kirkgate Farm Loweswater (01900) 85647	Training Collective,The,	Strand Rd Carlisle..... (01228) 516051
Todd, J.M. & M.E, Solrs,	Unit 48 Appleby-in-westmorland (017683) 69509	Trophies Sport & Leisure, Ltd,
44 Duke St Whitehaven (01946) 692008	Training Pod,	29 Oxford Street Workington (01900) 605764
Todd, L.W & C.M, Frmr,	10j Sneckyeat Road Industrial Estate Whitehaven (01946) 848810	Trotters World Of Animals,
Longhurst Low Row..... (016977) 46204	Training Pod Ltd,	New Building Armthwaite Hall Hotel
Todd,T & J, & Son, J, & Son,	Unit 10k Sneckyeat Road Industrial Estate	Bassenthwaite (017687) 76949
Wyndham House Brocklebank (016974) 78272	Whitehaven (01946) 430074	Armthwaite Hall Hotel Bassenthwaite (017687) 76239
Todhunter, Gillian,	Transaction Network Services,	Trotters World Of Animals Education Line,
Ullswater Road Body Repairs, Unit 9 Ullswater Road	4 -5 Argyle Terrace Cumbria (01900) 816106	Armthwaite Hall Hotel Bassenthwaite (017687) 76776
Penrith..... (01768) 864545	Transaction Network Services,	Troutbeck In,
Todhunter, J, & Sons,	Unit 6-7 Earls Lane Carlisle (01228) 548343	True Health & Beauty,
Lonning Farm Aikton Wigton (01228) 710458	Transaction Network Services,	4 Duke Street (016973) 44498
Todhunter, Thomas, Fmr,	82 English Street Carlisle (01228) 546095	Tuer, Alan, Ltd,
Stone House Little Bampton (016973) 51221	Transaction Network Services,	North View Blackford Carlisle..... (01228) 674717
Toffee Shop, The, Ltd,	81-85 Harrington Road Workington (01900) 65072	Tufton Arms Hotel,
7 Brunswick Road Penrith (01768) 862008	Transaction Network Services,	Market Square Appleby-In-Westmorland (017683) 51593
Tog 24, Outdoor Clothing,	4-10 Lonsdale Street Carlisle (01228) 528914	Flat 2 Market Square Appleby-In-Westmorland (017683) 52761
9 Market Sq Keswick (017687) 80876	Transaction Network Services,	Tunstall, D, Agrictl McHnry Dir,
FAX (017687) 80876	1a Main Street Cumbria (01946) 812083	Ravenstonedale..... (015396) 20636
Together We Cic, Womans Fitness Centre,	Transaction Network Services,	Turf Tavern,
Curves Clay Flatts Industrial Estate	57 Meadow Road Cumbria (01946) 599398	Newmarket Road Carlisle (01228) 515367
Reedlands Road Workington (01900) 66375	Transaction Network Services,	Turk, Mr, William,
Tolson, D, Tarmac & Asph Contr,	7 Tangier Street Whitehaven (01946) 692509	63 Hopes Hill Drive Carlisle..... (01228) 533648
Lilac House Ireby (016973) 71435	Transaction Network Services,	Turnbull Farming,
Tommy Jacks, Ltd,	Post Office, 39 The Green Carlisle (01228) 514626	Romanway Plumpton..... (01768) 885805
41 Duke St Whitehaven (01946) 66777	Transaction Network Services,	Turnbull Farming,
Toni & Guy, Hdrsr,	Shell Penrith Victoria Road Penrith (01768) 868281	Monks House Plumpton..... (01768) 894222
Salons	Transaction Network Services,	Turnbull M.R,White P.M,White G & Hooper T.M, Drs,
93 Lowther St Carlisle..... (01228) 512211	264 Warwick Road Carlisle (01228) 595275	Castlehead Medical Cntr Ambleside Rd Keswick (017687) 72025
Tonks Shoes,	Transaction Network Services,	Turner, N, Turners Aerial Serv,
9 Risman Place Workington (01900) 67909	M And S Stores Wedgewood Road Mareport..... (01900) 810459	1 Derwent Bank Seaton..... (01900) 603898
Tony Marks,	Translinc, Ltd,	Turning Point,
32 Finkle Street Workington (01900) 605688	Lex Transfleet Ltd Moresby Indust Est	Workington Stanfield Ho 4 Stainburn Rd Workington (01900) 65737
Tony Marks With Rebecca Jones,	Moresby Parks..... (01946) 517600	10A Coates La Whitehaven..... (01946) 691336
38 James Street Whitehaven (01946) 692052	Transport & General Workers' Union,	Tuschem, Ltd, Pharmacy,
Tool Box,	38 Cecil St Carlisle..... (01228) 522878	Park Lane Workington..... (01900) 705130
The Market Scotch St Carlisle (01228) 818476	Travel Office, Ltd,	Twa Dogs Inn,
Top Notch Contractors, Ltd,	1 Croft Court Wigton (016973) 45271	Penrith Road Keswick (017687) 72599
4a Brunel Way Carlisle (01228) 524117	Travel Team,The,	Tweedell, Messrs,
Top Stop Takeaway,	34 Front Street Brampton (016977) 2929	Millfield Haltcliffe Bridge Heskett Newmarket (016974) 78604
3 Botchergate Carlisle..... (01228) 591644	Travellers Rest,	Tweedell & Slater, Consigt Engs,
Top To Toe, Top To Toe,	Glennidding..... (017684) 82298	Unit 2 Mereside Greenbank Road Eden Business Park
8-10 Eden Street Silloth..... (016973) 31591	Travellers World,	Penrith (01768) 865400
Topps Tiles,	1 Croft Court Wigton (016973) 43881	FAX (01768) 865002
Carlisle Currock Rd Carlisle (01228) 598333	Travelodge,	Twisted Tongue,The,
Topyard Building Supplies, Ltd,	Carlisle M6	28 New Street Whitehaven (01946) 696496
Pottery House The Ginns Whitehaven..... (01946) 599766	Moto Service Area Southwaite M6 Motorway	Two Castles Housing Association,
Total Postweigh, Ltd,	Broadfield (0871) 9846128	3 Paternoster Rw Carlisle..... (01228) 543700
Unit 1a Skellgillside Workshops Alston (01434) 381182	Carlisle Todhills	3 Castle St Carlisle (01228) 547463
Total Power Installations, Electrical Contractors,	A74 Southbound Todhills (0871) 9846127	Twoey Toys,
Hillcrest Hillcrest Avenue Carlisle (01228) 538565	Penrith	Syke Road Wigton (016973) 49774
Total Power Installations, Ltd, Solar Panels/Elec Installers,	A66 Redhills..... (0871) 9846168	Tynedale Agrishop Former,
12 Crindledyke Close Kingstown (01228) 674935	Travis Perkins, Bldrs Mrcnts,	Former Highways Dept Townfoot Longtown..... (01228) 792377
Total Technology Solutions, Ltd,	Branches	Tynedale Farm Services, Corn & Agric Mrcnts,
Unit 10 Cross Lanes Industrial Estate Seascale..... (019467) 21138	Brampton	Station Rd (016973) 44194
Touch Of Beauty,	Townfoot Indust Est Brampton (016977) 42167	Station Rd (016973) 44194
2 Oak Terrace Abbeytown Wigton (016973) 61578	FAX (016977) 41824	Or (016973) 44194
Tourist Information Centres,	Carlisle	Tynedale Farm Services,
Carlisle Old Town Hall Green Market Carlisle..... (01228) 598596	Currock Rd Carlisle (01228) 538511	Tynedale Farm Serv Station Road Wigton (016973) 49433
Penrith (01768) 867466	FAX (01228) 531488	Tyson H Burridge, Ltd,
Town & Country Interiors, Kitch Planning & Instl,	Cleator Moor	Old Coach Wks Main St Distington..... (01946) 830333
Viaduct House Victoria Viaduct Carlisle..... (01228) 592727	Leconfield Est Cleator Moor (01946) 811553	Tyson, W.E,
Townfoot Garage,	FAX (01946) 814047	90 Blencathra Street Keswick (017687) 72391
Townfoot Longtown (01228) 791071	Keswick	U Student,
Townsend, Dr, M,	Browfoot Wks Penrith Rd Keswick..... (017687) 64700	U-Student Ltd Oakvale House Thomas Lane
Smithy Cottage Millhouse Heskett Newmarket (016974) 78778	FAX (017687) 64704	Burgh Road Industrial Estate (01228) 810620
Toy Shop,	Penrith	U U Operational Services,
72 Main Street Cockermouth..... (01900) 825855	Gilwilly Trdg Est Penrith..... (01768) 899333	Carlisle Waste Water Treatment Works Willow Holme Road
Toyota,	FAX (01768) 891132	Willowholme Industrial Estat
Border Toyota (Carlisle) (Official Toyota Centre)	Wigton	Carlisle (01228) 516300
Parkhouse Rd Carlisle..... (01228) 882000		Udale, G.R,

Sideway Bank Kings Meaburn	(017683) 51309	Vaporized, Ecigarette,		Or	(01228) 819104
Udale Speciality Foods, Ltd,		40 Lowther Street Carlisle	(01228) 810220	Vue Cinemas, Cinema,	
Newlands Raisbeck	(015396) 24667	Veitch, Dr, J.W, (Drs Heine de Bak, Jakobson, Galloway, Longworth & Bewick),		50 Botchergate Carlisle	(03453) 084620
Uglee Betties,		Beech House Surgery Main St Egremont	(01946) 820214	W A & C A Brown,	
UNIT 1A ATLAS WORKS NELSON STREET CARLISLE	(01228) 596868	Venkatraman, Dr, Radha,		Park Lodge Houghton Carlisle	(01228) 272189
UK Screening Solutions, Ltd,		65 Warwick Road Carlisle	(01228) 536303	W.A Developments, Ltd, Plant Hire & Drainage,	
89 Main St Egremont	(019467) 82000	Verve Hair,		Solway Bsns Cntr Kingstown	(01228) 882300
Ullswater, Marine,		11 Earl Street Carlisle	(01228) 544111	W Allan, & Son,	
Rampsbeck Boat Yard Pooley Bdge	(017684) 86415	Vessc, Salon,		Scrap Metal Yard Waller Street Carlisle	(01228) 526023
Ullswater Community College,		45 Wigton Road Carlisle	(01228) 524801	W C F, Ltd,	
Wetheriggs La Penrith	(01768) 210206	Veterinary Laboratories Agency,		Head Office Craw Hall Brampton	(016977) 45050
Ullswater Navigation Transit, Co. Ltd,		Veterinary Investigation Cntr Calthwaite	(01768) 885295	WCF Country Centres	
Pooley Bdge Pier Ho Pooley Bridge	(017684) 86627	Vets 4 Pets,		Penrith Brunswick Rd Penrith	(01768) 862207
Ullswater Road Body Repairs, Ltd,		Unit 6 Castle Park Ullswater Road Penrith	(01768) 866540	W.C.F, Ltd,	
Penrith Ullswater Rd Penrith	(01768) 864546	Vevers, Julie, Nwsagts,		Craw Hall Brampton	(016977) 45099
Ullswater Steamers,		11-15 Swan Street Longtown	(01228) 791481	W E & D E Litt, Farmers & Agricultural Contractors,	
Glenridding Pier House Glenridding	(017684) 82788	Vevers, R, Frmr,		Greengill Farm Greengill	(016973) 20981
Ullswater Steamers, Co Ltd, Boat Oprs,		High Plains Longtown	(01228) 577222	W.F Cleaning Services, Ltd,	
Glenridding Pier House Glenridding	(017684) 82229	Vgpr & Media,		Unit 5 Reedlands Rd, Clay Flatts Indust Est	
Ultimate Outdoors, Ltd, Shop,		7 The Hopes Keswick	(017687) 72151	Workington	(01900) 605919
Heads Rd Keswick	(017687) 74422	Or	(017687) 80734	Or	(01900) 605325
Unblock Cumbria, Ltd,		Vibroplant, Plc,		W F Cleaning Services, Ltd,	
Unit 10 Derwent Rd Workington	(01900) 67307	Montgomery Wy Rosehill Indust Est Carlisle	(01228) 623400	Unit C Reedlands Road Clayflatts Ind	(01900) 392015
Unit 10 Derwent Road Workington	(01900) 870140	Viceroy,		W Ferguson Car Sales,	
Underscar Owners Club, Holiday Homes,		Unit 1 Linton House Shaddongate Carlisle	(01228) 511822	Station Road Wigton	(016973) 44620
Sales Office Underscar Manor Underskiddaw	(017687) 71500	Viceroy,The, Indian Cuisine,		W G Mackay Skip Hire, Ltd,	
Unicorn Penrith,The, Ltd, Wholesale Retail,		Rigg St Carlisle	(01228) 590909	W G Mackay Skip Hire Ltd Croft Foot Farm	
9 Little Dockray Penrith	(01768) 891193	Viceroy,The,		Eaglesfield, Cocker mouth	(01900) 823663
Union Jack Social Club,		Unit 1 Linton House Shaddongate Carlisle	(01228) 512300	W Gray, & Sons,	
Gladstone Street Workington	(01900) 604532	Vicky's Valeting & Apollo Carpet Cleanin,		East Mill Aspatria Wigton	(016973) 20645
Unipen - Tebay,		Burnside Low Heskett	(016974) 73144	W Lees Florist,	
Tebay Industrial Estate The Sidings Tebay	(015396) 24488	Victim Support, (Cumbria),		181 Newtown Road Carlisle	(01228) 536096
Unipen-Tebay,		Carlisle		W M Associates, Ltd,	
Tebay Indust Est The Sidings Tebay	(015396) 24197	Witness Service Carlisle Courts Of Justice Earl St Carlisle (01228) 512485		Orchard House Aspatria	(016973) 24477
Unique You Hair Salon,		Witness Service Carlisle Magistrates Ct Ricker gate Carlisle	(01228) 550085	W & M E Paisley, & Sons,	
31 Main Street Egremont	(01946) 821155	550085		Micklethwaite Farm Micklethwaite	(016973) 42573
UNISON,		Workington		W M Heron, & Son,	
Cumbria Resource Centre 6 Spencer St Carlisle	(01228) 815670	Witness Service Magistrates Court Hall Park Ramsey Brow		High Green Warcop Appleby In Westmorland	(017683) 42233
United News Shops,		Workington	(01900) 63830	W M Hutchinson, & Sons, Frmr,	
Homewood Hensingham	(01946) 66148	Victoria Cottage Hospital,		Redgate Rookby	(017683) 71468
University Of Cumbria,		Ewanrigg Rd Maryport	(01900) 812634	W R & F D Siddle,	
Students Union	(01228) 541903	Victoria Court,		Honey pot Edenhall	(01768) 862054
University of Cumbria, Reception,		Sheltered Housing Scheme 5 High Sand La Cocker mouth	(01900) 607500	W S Atkins, (Services) Ltd,	
Brampton Road Carlisle	(01228) 400300	Sheltered Housing Scheme Stoneleigh Park End Rd Workington (01900) 607500		1 Ingwell Hall, West Lakes Science & Technology Pk Moor Rw	
University Of Cumbria,		Victoria Hotel,The,		(01946) 692345
Halls Of Residence Cumbria College Of Art & Design Brampton Road		The Victoria Hotel Station Road Drigg	(019467) 24231	W & S Brownrigg,	
Carlisle	(01228) 400840	Victoria Inn,		Foxbields Millbeck Keswick	(017687) 72524
Unsworth, G,		Front St Alston	(01434) 381194	W Teasdale, Master, & Sons,	
Meadow View Gosforth	(019467) 25525	Victoria Road Dental Practice,		Halefield Farm Kirkby Thore	(017683) 61324
Unwin Jones Partnership, Chrt'd Archts,		9 Victoria Rd Penrith	(01768) 862009	W W Builders, Ltd,	
Carlisle		Victoria Road Dental Practice,		Station Yard Station Road Wigton	(016973) 20952
Bridge La Stu Bridge La Carlisle	(01228) 528266	9 Victoria Road Penrith	(017687) 44212	Wa & M Mounsey,	
FAX	(01228) 524409	Viewpoints Gallery,		Walton High Rigg Walton Brampton	(016977) 2117
Upfront Gallery Coffee Shop,		24B St. Johns Street Keswick	(017687) 74449	Waiting Drainage & Pipeline,	
Unthank Farm Unthank	(017684) 84538	Villa Bianca,		Glebe House Ciblurn Penrith	(01931) 714270
Upper Crust,		Glen Cottage Hotel Corney Square Penrith	(01768) 210826	Walby Grange,	
16 Duke St Whitehaven	(01946) 691001	Village Bakery The,		Walby	(01228) 573056
Upper Eden Cic,The,		FAX Melmbery	(01768) 881848	Walker B.Carhart,Stevenson,Ilisley & Jay, Drs,	
Tourist Information Centre Market Street		Village Stores, (Brough) Ltd,		Dispensary	(019467) 27451
Kirkby Stephen	(017683) 71199	Flat Premier Main Street Brough	(017683) 41260	Walker Brothers, (Cocker mouth) Ltd,	
Upper Eden Medical Practice,The,		Vintage At Masons,		Unit 7 Walker Bros Ltd Pittwood Road Lillyhall Industrial Estate	
Tebay Surgery Church Street Tebay	(015396) 24696	33 Lake Road Keswick	(017687) 71186	Workington	(01900) 872040
Upper Eden Rugby Club,		Vintage Barbers,		WALKER, James, & Co.Ltd, Packings,Seals,Gaskets,	
Westgarth Rd Kirkby Stephen	(017683) 71585	21-23a Warwick Road Carlisle	(01228) 550039	Factory	(01900) 823555
Urban Fitness & Performance, Ltd,		Vintage Beauty,		Walker Oil Heating Services, Ltd,	
Reays Coaches Ennerdale Mill Egremont	(01946) 458078	18a Church Street Whitehaven	(01946) 848532	Town End Barn Clifton	(01768) 867997
Urban Sun, Ltd,		Vintage Chrome, Co Ltd,		The Long House Little Strickland	(01931) 716130
51a Parkside Carlisle	(01228) 592094	Unit 7A Sandysike Ind Est Carlisle Carlisle	(01228) 792661	Walker, P, Frmr,	
Urwin, J.S, Dispng Chemst,		Violet White Salons, Ltd,		Beech Croft Mockerkin	(01946) 861345
91 Main Road Seaton	(01900) 67679	16 Fisher Street Carlisle	(01228) 595999	Walker, W.M, Jewellers,	
Ushers Garage,		Virgin Mobile,		24 Main Street Cocker mouth	(01900) 822198
Unit 11 Currock Road Trade Centre Currock Road		Customer Service	(03456) 000789	Walkers Funeral Directors,	
Carlisle	(01228) 536062	Virgin Mobile,		Tynefield House Bridge Lane Penrith	(01768) 863234
U-Student, Ltd,		8 Grapes Lane Lanes Shopping Centre Carlisle	(01228) 594742	Walker's Funeral Directors, Ltd,	
Booker Cash & Carry Marconi Road		Virginia Lodge,		Tynefield House Bridge Lane Penrith	(0843) 5385927
Burgh Road Industrial Estate	(01228) 401057	Viridian, Fine Art Gall,		80 Wigton Rd Carlisle	(01228) 515650
Utopia,		13 St. Johns Street Keswick	(017687) 71328	Walkingworld, Ltd,	
84 Warwick Road Carlisle	(01228) 593064	Vision Express, Ophthal Optcns,		39 North Road Kirkby Stephen	(017683) 72243
UU,		Carlisle 1 Globe La, Lanes Shopping Cntr Carlisle	(01228) 515522	Wallace, J.J,	
Lakeland Smolt Burnbanks	(01931) 713698	Vision Express, Optcns,		Gapshields Brampton	(016977) 47286
V V Rouleaux, Ltd,		5 Steelmens Walk Workington	(01900) 62508	Wallace Lane Farm, Lakedistrict Glamping Cottages,	
Unit 5 Western Bank Indust Est Western Bank Indust Est		Vivvy Lees Print And Design,		Brocklebank	(016974) 78188
Wigton	(016973) 43780	Unit 3c Sneckyeat Road Industrial Estate		Brocklebank	(016974) 78188
V W Graphics,		Whitehaven	(019467) 48432	Or	(016974) 78188
High Longthwaite Farm Wigton	(01507) 610088	Vixen Hair & Beauty Of Dalston,		Wallfoot, Hotel & Restaurant,	
V Wilkinson, & Son, Pntg,		India King Court The Square Dalston	(01228) 711589	FAX	(01228) 573240
64 Curwendale Stainburn	(01900) 872273	Vmon,		Wallington, Dr, Andrew,	
Vag Doctor,The, Volkswagen Specialist,		82 English Street Carlisle	(01228) 511043	Syke Side House Soulbly	(017683) 74934
Unit 2k Townfoot Industrial Estate Brampton	(01697) 73115	Voice Twovoice Limited, Voice Twovoice Limited,		Wallthwaite,	
Val Armstrong,		Kingstown Industrial Estate Kingstown Broadway		Wallthwaite Farm Troutbeck	(017687) 79185
155 Richardson Street Carlisle	(01228) 317654	Kingstown Industrial Estate	(01228) 810554	Walsh, Michael, Funrl Dirs,	
Val Armstrong,		Vortex Hydra, (UK) Ltd,		B 22 Newtown Road Carlisle	(01228) 514411
155 Richardson Street Carlisle	(01228) 599887	Kingmoor Wks Kingmoor Rd Carlisle	(01228) 510800	Walsh's Family Butchers, Ltd,	
Vallum House Hotel,		Vue Cinema,		125 Crosby St Maryport	(01900) 812521
73 Burgh Rd Carlisle	(01228) 521860	50 Botchergate Carlisle	(01228) 810054	Walsingham Care Home, W,	
Vandella Flowers,				Hollydyke Crummock Road Workington	(01900) 606170
1A Brunton Av Carlisle	(01228) 539000			Walsingham Community Homes, Ltd,	
Van-Wonders,				Moss Bay Ho Peart Rd	
Unit 3 & 4 Shed 29 Longtown	(01228) 791511			Derwent Howe Industrial Esta	(01900) 601549

Walton Goodland, Ltd, Chrt'd Survyr, 10 Lowther St Carlisle.....	(01228) 514199	Waverley Hotel, 57 Curzon Street Maryport	(01900) 812115	West Cumberland Hospital, Hensingham	(01946) 693181
WALTON, Jim, (Penrith) Ltd, Car Sales, Service & M.O.Ts, Cowper Rd Gilwilly Indust Est Penrith.....	(01768) 864555	Waverley Hotel, 1 Gordon Street Workington	(01900) 603246	Homewood Hensingham	(01946) 691364
Parts Dept	(01768) 867280	Waverley Hotel (Workington), Ltd, Gordon Street Workington, Cumbria	(01900) 65892	Or	(01946) 693181
FAX	(01768) 867280	Wayfarers Independent Hostel, Whsle Ret, 19 Brunswick Square Penrith	(01768) 866011	West Cumbria Achievement Zone, 22 Irish St Whitehaven	(01946) 68400
Wannop, W, Fmr, Howdale Farm Kirkcambbeck	(016977) 3398	WCA Cockermouth, Ltd, Wordsworth Court Sullart Street Cockermouth	(01900) 825938	West Cumbria Carers, Unit 7F Lakeland Business Park Lamplugh Road Cockermouth	(01900) 826206
War Pensions Agency, Please see Service Personnel & Veterans Agency, The Warcop C E Primary, Warcop C Of E School Warcop	(017683) 42090	WCF, Ltd, WCF Country Centres Carlisle Rosehill Est Carlisle.....	(01228) 818058	West Cumbria Council For Voluntary Service, 12A Selby Ter Maryport	(01900) 819191
Ward, Dr, D, The Morton Surgery Langrigg Rd Carlisle.....	(01228) 590818	Cockermouth Station St Cockermouth.....	(01900) 822249	West Cumbria Dental Laboratory, 10 Scotch St Whitehaven	(01946) 694929
Warlop CE Primary School, Warcop.....	(017683) 41471	Wigton Station Rd	(016973) 45061	West Cumbria Development Agency, Moss Bay Ho Peart Rd Derwent Howe Industrial Esta	(01900) 65656
Warm Welly, Co Ltd, The, Hillfield Walton	(016977) 41937	WCF Fuels-Cumbria Carlisle	(01228) 536588	West Cumbria Development Agency, Ltd, Unit 40 Moss Bay House Peart Road Derwent Howe Industrial Estate Workington	(01900) 62020
Warwick Bridge School, Warwick Bridge	(01228) 560390	Wcj Developments, Ltd, Broadfield Ho Broadfield.....	(016974) 73103	West Cumbria Industrial Engraving, Rowland Croft Ennerdale	(01946) 861687
Warwick Dental Care, 102 Warwick Rd Carlisle.....	(01228) 521133	We Must Be Mugs, Unit 3 Goosewell Farm Keswick	(017687) 71447	West Cumbrian Motor Cross, Dean Cross Cottage Lamplugh.....	(01946) 862020
Warwick Eden, Ltd, Warwick Hall Warwick On Eden	(01228) 561546	Wear, R.J & E.J, Howe Green Hartsop	(017684) 82381	West Cumbria Probation Office, Progress House, Regent Court Guard Street Workington, Cumbria	(03000) 473900
Warwick Mill Business Centre, Warwick Bridge	(01228) 564433	Wearmouth Plant Hire, Ltd, Alder Bank Church Brough	(017683) 41282	West Cumbria Society For The Blind, The, 22 Lowther Street Whitehaven	(01946) 592474
FAX	(01228) 564433	Weasdale Nurseries, Low Weasdale Newbiggin-On-Lune.....	(015396) 23246	West Cumbria Tradeshall, Emplymt Agcy, 39 Brow Top Workington.....	(01900) 61874
Warwick Pizzeria, The, 3 Warwick Road Carlisle	(01228) 540900	Wed2b, Ltd, 27 English Street Carlisle	(01228) 537242	West House, 30 Raisalands Rd Carlisle	(01228) 535698
Warwick Road Bed Centre, Ltd, The, 376-378 Warwick Road Carlisle.....	(01228) 547424	Wedgehead Centre, (NCH Action For Children), Therapeutic Centre 14 Hollins Cl Whitehaven.....	(01946) 595300	West House, Charity, 26 Stanley Street Workington.....	(01900) 67777
Warwick Road Surgery, 65 Warwick Rd Carlisle.....	(01228) 536303	Wee Rascalz Adventure World, Unit 13 Currock Road Trade Centre Currock Road Carlisle	(01228) 595765	West House, Charity, Estate Office Windsor Road Workington	(01900) 872233
Doctors Hans L Schmid	(01228) 536303	Weetman, E.D, (Northwest) Ltd, New Portacabin Kirkbride Airfield Kirkbride	(016973) 51147	West Lakeland Veterinary Group, 55 Main Street Egremont	(01946) 820312
Nancy Rigg	(01228) 536303	Well, Cumbria Carlisle		Preston Street Whitehaven	(01946) 693303
Radha Venkatraman	(01228) 536303	55 Wigton Rd Carlisle	(01228) 522020	West Lakes Adventure, Woolpack Farm Cottage Boot.....	(019467) 23753
Suzanne Pickup	(01228) 536303	28 Blackwell Rd Carlisle	(01228) 522015	West Lakes Recruit, Ltd, 12a Market Pl Cockermouth	(01900) 829183
Nurse Practitioners Hazel Boniface	(01228) 536303	139 Denton St Carlisle	(01228) 521308	West Lakes Recruit, Ltd, 2, Westlakes Recruit Carlyles Court Carlisle.....	(01228) 318597
Sheena Little	(01228) 536303	Fusehill Medical Centre Fusehill St Carlisle	(01228) 522014	West Lane Laundry Services, 5 West Lane Penrith.....	(01768) 899098
65 Warwick Road Carlisle.....	(01228) 536303	14 King St.....	(016973) 42445	West Port, 15 Solway Trading Estate Maryport.....	(01900) 814225
Warwick Square Osteopaths, 5 Warwick Square Carlisle	(01228) 526208	North Carlisle Medical Centre Eden Street Carlisle	(01228) 521618	West Scottish Lamb, Carlisle Butchers Brunthill Road Kingstown Industrial Estate Carlisle	(01228) 631478
Warwick Square Osteopaths, Ltd, 5 Warwick Square Carlisle	(01228) 524701	59 Orton Rd Carlisle.....	(01228) 522809	Or	(01228) 819805
Wasdale Head Inn, Wasdale Head	(019467) 26334	Stonegarth 29 Morton.....	(01228) 523048	West Street Medical Centre, West Street Health Centre West Street Aspatria	(016973) 22287
FAX	(019467) 26334	The Surgery Port Rd Carlisle	(01228) 522549	West Street Medical Practice, Hillhouse West St Aspatria	(016973) 20209
Washdown Supplies, Ltd, Unit 65 Gilwilly Rd, Gilwilly Indust Est Penrith	(01768) 210236	Penrith - Middlegate 8 Penrith	(01768) 862695	Westcliff Hotel, Westcliff Hotel Drigg Road Seascale	(019467) 28298
Washington Central Hotel, The, Washington Street Workington	(01900) 65772	Wigton		West-Com, Netherton Infant School Maryport.....	(01900) 815028
Watch Hospital, The, Ltd, Unit 43A Grapes La Lanes Shopping Cntr Carlisle	(01228) 545005	Silloth 1 Station Rd Silloth	(016973) 31394	Westcom, 4 Market Street Cockermouth	(01900) 821100
Watchtree Nature Reserve, Ltd, Great Orton Windfarm Great Orton Airfield Carlisle	(01228) 712539	Wigton Medical Centre South End	(016973) 49145	Westfield Housing Association, The Estate Off Windsor Rd Workington	(01900) 602906
Water Front, Water Front West Strand Whitehaven.....	(019467) 48943	Well Done Solutions, Ltd, 52 Lowther St Carlisle.....	(01228) 540537	Westfield Housing Association, Ltd, The Minto Centre Nilsson Drive Workington	(01900) 606462
Waterfoot Caravan Park, Soulby	(017684) 86302	Well Suited, Flat 16A Main Street Cockermouth	(01900) 822299	Westlakes Engineering, Ltd, Unit 6 Galemire Ct Crow Pk Wy Moor Row	(01946) 595550
Watermill Cafe, Ltd, Caldbeck, The, Watermill Cafe Church Terrace Wigton	(016974) 78267	Well Suited C/c, 29 Fisher Street Carlisle	(01228) 493953	FAX	(01946) 595551
Watermill, The, Water Mill Little Salkeld	(01768) 881523	Wellington Inn, Plbc Ho, Great Orton	(01228) 710775	Westlakes Plastering Contractors, Ltd, 13a DERWENT MILLS COMMERCIAL PARK COCKERMOUTH	(01900) 829888
Watermillock Parish Hall, Parish Hall, Parish Hall Watermillock	(017684) 86024	Wellspring, 89 London Road Carlisle	(01228) 526333	Westlakes Properties, Ltd, West Lakes Science Ingwell Drive Westlakes Science & Tech Park	(01946) 691424
Wath Brow & District Royal British, Wath Brow Royal British Legion Cleator	(01946) 810489	Welplan, Ltd, Old Mansion Ho Penrith.....	(01768) 860400	Kelton Ho Ingwell Dv Westlakes Science & Technology Pk	(01946) 599265
Wath Brow Hornets RLFC, Cleator	(01946) 811101	Welters Organisation Worldwide, Unit D Kingmoor Pk, Heathlands Est Carlisle.....	(01228) 674947	Westmorland Accountants, Ltd, Professional & Financial, 3-5 Boroughgate Appleby In Westmorland	(017683) 53217
Wathbrow, Takeaway, 1 Princes Street Cleator	(01946) 810668	Wendy House Nursery Carlisle, Ltd, Blackwell Rd Carlisle	(01228) 547807	Westmorland Garage, Durrannah Indust Est Brunel Wy Carlisle	(01228) 402256
Watson, J.W, Fmr, Whygill Head Asby	(017683) 71531	Wendy House Nursery Blackwell Road Carlisle.....	(01228) 402102	WESTMORLAND GAZETTE, Westmorland Gazette. Lakes Leader FAX	(01539) 723618
Watson, Susan, Ltd, 3 Whinlatter Way Carlisle.....	(01228) 523554	Wendy's Hair Stylist, 46 Main St Cockermouth	(01900) 822475	Westmorland Hotel, Westmorland Pl Orton	(015396) 24351
Watson & Smith Dental Surgery, 2 - 3 Scotch Street Whitehaven	(01946) 693539	Wensley Mackay, Ltd, 12 Market Pl Cockermouth	(01900) 828882	Westmorland Motorway Services, Rheged Discovery Centre Redhills	(01768) 860000
Watson, T, & Sons, Fmr, High Flowery Hirst Roweltown	(016977) 48661	West Coast Cars, West Coast Cars Ltd Solway Road Workington	(01900) 872300	Westmorland Motorway Services, Ltd, Tebay Service Area (North & South)	(015396) 24505
Watsons Pet Shop, 23 Fisher Street Workington	(01900) 603684	West Coast Cars, Ltd, Car Ret, Plot 1 Solway Rd Clayflatts	(01900) 872100	Tebay Junction 38 Services Truckstop Only	(015396) 24505
Watterson, H, Croft Garage Dalzell Street Moor Row	(01946) 810169	West Coast Commercial, Ltd, Risehow Indust Est Flimby.....	(01900) 819415	Tebay Caravan Pk Mountain Ldg Orton	(015396) 24511
Waugh, F.A, Park Farm Bewcastle	(016977) 48258	West Coast Indoor Karting, West Coast Indoor Karting Maryport	(01900) 816472	Westmorland Rope, Co Ltd, Smithy House Kings Meaburn Penrith	(01931) 719266
Waugh, F.A, Fmr, Kilnstown Roweltown	(016977) 48655	West Coast Thermal, Unit 2 Derwent Building 40 Lakes Rd, Derwent Howe Indust Est Workington.....	(01900) 65327	Westpoint Veterinary Services Cumbria, Llp, Unit C Skirsgills Pk Skirsgill FAX	(01768) 867772
Waugh & Musgrave, 1 Cockermouth, Cumbria	(01900) 827538	Survey Dept Unit 2 Derwent Building 40 Lakes Rd, Derwent Howe Indust Est Workington.....	(01900) 61608		
Waugh & Musgrave Solicitors, 1 Main Street Cockermouth.....	(01900) 823127	West Coast Yoga Studio, Unit A12 Haig Enterprise Park Haig Enterprise Park Whitehaven	(01946) 329525		
Wave Centre, The, Maryport Activity Centre Irish Street Maryport	(01900) 818235	West Cumberland Domestic Appliances, High Ehen Side Egremont.....	(01946) 820509		
Waverley Hotel, Management	(01946) 694337	West Cumberland Engineering, Ltd, Joseph Noble Road Lillyhall Industrial Estate Workington	(01900) 872787		
		Or	(01900) 606763		
		FAX	(01946) 693181		

Westways Autos, Ltd, Low Road Whitehaven(01946) 61845	Whitehaven Recreation Bowling Club,The, Recreation Ground Coach Rd Whitehaven(01946) 599450	10 Botchergate Carlisle.....(01228) 633160
West-Ways Body & Mechanical Services, Westways Low Road Whitehaven(01946) 696328	Whitehaven Rugby Club, The Playground Richmond Terrace Whitehaven.....(01946) 695253	Williamson Construction Equipment, Ltd, Michael Thompson's Yd St. Ninians Rd Carlisle.....(01228) 514814
Westwinds Residential Home, West Winds Northside Harrington(01946) 830232	Whitehaven Rugby League Football Club, Ltd, Haven Club (Guests).....(01946) 692486	Or(01228) 599815
Westwood Nurseries & Garden Centre, Ltd, Westwood Orton Grange.....(01228) 712123	Whitehaven School Of Motoring, (Ray Graham), 18 Caldbeck Rd Whitehaven(01946) 65633	Williamson, S.E, Fmr, Stank End Farm Abbeytown.....(016973) 61044
Wetheral Parish Council, Wetheral(01228) 561687	Whitehaven Social Welfare Centre Trustees Management, Recreation Ground Coach Road Whitehaven(01946) 65421	Williamson, W.P, Fmr, High House Farm Colby Lane Appleby-In-Westmorland.....(017683) 51367
Wetherspoon, J.D, Pblc Ho, Woodrow Wilson 48 Botchergate Carlisle(01228) 819942	Whitehaven Town Council, 148 Queen Street Whitehaven(01946) 67366	Willow Tree Nursery Carlisle, Unit 1 St. Nicholas Bridge Business Park St. Nicholas Bridge Carlisle(01228) 642677
Wh Brass, Low Row Crosby Ravensworth(01931) 715238	Whitehead, R, Fmr, East View Kelleth.....(015396) 23632	Wills, C.R, Fingland Rigg Kirkbride(01228) 576315
Wharton, I, Ltd, Orchard House Waterside(016973) 42720	Whiteheads Cycle & A1 Motor Store, 128-132 Botchergate Carlisle(01228) 511303	Wills, R.A, Fmr, Bowness Hall(016973) 51325
Wharton, J.D, Town Head Old Tebay(015396) 24677	Whiteheads Cycle Centre, 128-132 Botchergate Carlisle(01228) 526890	Wills, Thomas, & Son, Contrs, Kirkbride Airfield Kirkbride(016973) 51227
Wharton, Robert, Somerfield House Bank End Carlisle.....(01228) 710798	Whiteheaven Laundrette, 15 New Street Whitehaven.....(01946) 591381	Wilson, Fmr, High Oaks Farm Calthwaite(01768) 885207
Wheatshaf Inn, Low Lorton.....(01900) 85268	Whitelaw Technology, Ltd, 18 Telford Road Carlisle.....(01228) 521888	Wilson, Fmr, Blackrigg Farm Rockcliffe.....(01228) 674233
Wheatshaf Inn, The, Trade, The Wheatcheaf Inn Cockermouth.....(017687) 76416	Whitmore & Thwaytes, Foxton House Lowther Street Penrith(01768) 863895	Wilson, D, Fmr, Lamplugh Hall Lamplugh.....(01946) 861236
Wheatshaf Inn, Wheatshaf Inn Wetheral(01228) 560686	Whitestones Farm, Ltd, Whitestone Newby(01931) 714478	Wilson, D.A, Mkt Gardner, 44 Shaw Wd Rd Thurstby(016973) 42693
When In Home, Ltd, Roseacre Mealsgate.....(016973) 71700	Whitesyke Garden Centre, Whitesyke Garden Centre Longtown(01228) 792042	Wilson, G, Fmr, Lowfield Fm Appleby-In-Westmorland(017683) 51872
Wheyrigg Hall Hotel, Restnt, Wigton(016973) 61242	Whitesyke Garden Sales, Whitesyke Garden Centre Longtown.....(01228) 792718	Wilson, I & A, Garage Old Station Yard Blencow.....(017684) 83702
Whinmill Farm Kennels & Cattery, Whinmill Farm High Harrington Workington.....(01946) 832002	Whitesykes Garden, Whitesyke Longtown(01228) 792635	Wilson, Ian P, & Son, High Beck Cote Bungalow Calderbridge.....(01946) 841244
Whitbeck Electrical Contractors, Whitbeck Ambleside Road Keswick(017687) 75840	Whitwaters Hair Salon, 25A Scotby Village Scotby.....(01228) 513448	Wilson, John, Fmr, Wheyrigg Farm Wheyrigg(016973) 61200
White, Fmr, Oak Lodge Sowerby Row(016974) 76204	Whitfield, D.A, Fmr, Orton Rigg Farm Orton Rigg.....(01228) 711446	Wilson, J.A, Fmr, Street Head Farm Ivegill(016974) 73327
White Arrow, Customer Service Enquiry, Willowholme Industrial Est Willowholme Rd Carlisle.....(0870) 1545407	Whitfield, J.W, Woodhouses Farm Woodhouses.....(01228) 710396	Wilson, J.M & D, Fenton Lane End Farm Fenton Lane End How Mill.....(01228) 670322
White Gate Caravan Park, Fair View Long Marton(017683) 61965	WHITLOCKS EST AGTS, Auctnrs & Valrs, 48 Causewayhead Penzance.....(01736) 369296	Wilson McGahan Services Ltd, Wilson McGahan Services Ltd Currock Road Carlisle(01228) 493697
White Haven Trophies, Ms, Trophies & Spts, 45 Lowther Street Whitehaven(01946) 693670	Whittam Cornish Windows & Doors, Whittam Cornish Windows & Doors Meadow Road Whitehaven.....(01946) 328117	Wilson, M & E.J, Fmrns, Town End Heskett Newmarket(016974) 78638
White Heather Kirkbride, Ltd, Kirkbride(016973) 51321	Wicks Building Supplies, Ltd, Carlisle Duke's Rd Carlisle(01228) 596880	Wilson, R.H.T, Hardrigg Hall Ellonby(017684) 84227
Kirkbride(016973) 51321	Carlisle Dukes Rd CA1(0872) 4358233	Wilson's Butchers, Ltd, 29 Main Street Egremont(01946) 820036
Or(016973) 51321	Wigmore, Dr, P, The Morton Surgery Langrigg Rd Carlisle.....(01228) 590818	Wiltshire Farm Foods, Unit J East Lakes Business Park Gilwilly Industrial Estate(01768) 899601
White Lea Guest House, (G.Denison), 191 Warwick Rd Carlisle(01228) 533139	Wigton Baths Trust, WIGTON BAT Wigton Wigton(016973) 42412	Wind Prospect, Ltd, Dovenby Hall Hosp Dovenby(01900) 898100
White Line Taxis, Unit 8C Sneckyeat Road Industrial Estate Whitehaven(01946) 66111	Wigton Bowling Club, Wigton Bowling Clb Ltd West Rd(016973) 44726	Winder, A, Hay & Straw Mrcnt, Hawthorn Bank Greenside Lane Ravenstonedale(015396) 23279
White Ox Financial Services, Inglewood Road Penrith(01768) 892604	Wigton Glass, Unit 2C Western Bank Industrial Estate Wigton(016973) 69505	Winder Hall Country House, Winder Hall Low Lorton(01900) 85107
White Rabbit Tea Rooms The, The White Rabbit Tea Rooms Tarn Road Nurseries Cumbria(016977) 44748	Wigton Group Medical Practice, Southend Lowmoor Rd(016973) 42254	Winderwath Settled Estates, Estate Office Culgaith(01768) 88248
White Stuff, 27 English Street Carlisle.....(01228) 402386	Wigton Hospital, Cross Lane Wigton(0843) 5079973	Windmill Fisheries, 41 Windmill Lane Cockermouth.....(01900) 822230
White Water Lilly,The, Gelt House Farm Hayton(01228) 670296	Wigton Methodist Church, High Street Wigton(016973) 45937	Windmill Orthodontics, Hobson, Dr, R.S, Dentistry-Orthodontics, The Sidings Port Road Carlisle, Cumbria.....(0844) 3872000
White Young Green, Lakeland Bsns Pk Cockermouth.....(01900) 898600	Wigton Post Office, 18 King Street Wigton(016973) 45544	Window Shop, Ltd,The, Jubilee Ho Caxton Rd, Newton Indust Est Carlisle(01228) 818818
Whitclosegate Filling Station, Whitclose Gte Filling Stn Brampton Old Rd Carlisle.....(01228) 534300	Wigton Road Car Sales, Newby West Garage Garden Village Newby West Carlisle(01228) 599333	Window World, Kingdom Ho Brunel Wy Durranhill Industrial Estate(01228) 599777
Whitehaven Air Cadets, The Air Cadet Hut Howgill Street Whitehaven(01946) 61373	Wigton Road Post Office, 69 Wigton Road Carlisle.....(01228) 523715	Windscale Squash Club, Ltd, Falcon Club Egremont(01946) 823130
Whitehaven Civic Hall, Venues, Lowther Street Whitehaven(01946) 848325	Wigton R U F C, Lowmoor Rd(016973) 42206	Windy City House, 28 Brampton(016977) 44223
Whitehaven Community Trust, Whitehaven Homeless Charity, Wulstan Hall 139 Queen Street Whitehaven.....(01946) 329786	Wigton Rugby Sports & Fitness Club, Wigton R U F C Lowmoor Rd.....(016973) 45505	Wine Cellar, 2 Moorclose Newlands Lane South Workington(01900) 64445
Whitehaven Community Trust, Ltd, Community Trust, 13-15 Market Place Whitehaven(01946) 590590	Wigton Town Council, Community Offices Market Hall Church Street Wigton.....(016973) 44106	Winter Brothers, Ltd, Clickham Farm Croft Ends(017683) 51456
Whitehaven Community Trust, Ltd, Community Trust, 13-15 Market Place Whitehaven(01946) 65217	Wild Olive,The, Croft Foot Gosforth(019467) 25999	Winter, C, West Lodge Pelutho(016973) 31343
Whitehaven Cricket Club, The Playground Richmond Terrace Whitehaven(01946) 695441	Wild Rose Caravan Park, Wild Rose Caravan Pk Ormside.....(017683) 51077	Winters, Crvns & Acces, Willowholme Mini Mix Concret Stephenson Indust Est Willowholme(01228) 541666
Whitehaven Development, Co, 27 Lowther St Whitehaven(01946) 590515	Wildfire Lighting, Ltd, The Old Vicarage Embleton Cockermouth.....(017687) 76971	Wise, Eric, Fmr, Low Tarns Silloth(016973) 31455
FAX(01946) 590595	Wildlife Trails, Ltd, Fairwater Cott Seascale.....(01946) 848206	Wise, E.J & R.A, Low Tarns Silloth(016973) 32435
Whitehaven Fishermens Co-Operative, Ltd, Old North Wall North Shore Whitehaven.....(01946) 696532	Wilkes-Green Hill, Ltd, 10 Angel La Penrith(01768) 867999	Wishes, (Cockermouth) Ltd, 28 Main St Cockermouth(01900) 825546
Whitehaven Football Club, Ltd, Recreation Ground Coach Road Whitehaven(01946) 692211	Wilkinson Cameras, 13 Grapes La,The Lanes Shopping Centre Carlisle.....(01228) 538583	Wm Morrisons, Plc, Wm Morrison Supermarkets Plc Platt Walks Whitehaven(01946) 599208
Whitehaven Garden Centre, Chief, A, Ltd, Whitehaven Meadow Road Whitehaven Cumbria(01946) 67297	Wilkinson James Partnership, Limited, 29A Oxford Street Workington(0843) 5156057	Wmjoinery, Unit 2 Millrace Road Willowholme(01228) 535555
Whitehaven Golf Club, Club Ho Red Lonning Whitehaven(01946) 591144	Wilkinson James Partnership, Ltd, 29A Oxford Street Workington(01900) 870404	Wolf Cycles, Unit 1 Borders Business Park Longtown(01228) 472270
Red Lonning Whitehaven(0843) 5156971	Wilkinson Joinery, Ltd, Market Hl(016973) 42344	Wolseley, UK Ltd, Unit 6 Port Road Business Park Carlisle(01228) 529684
Whitehaven Harbour, Multi Storey Car Park Swingpump Lane Whitehaven.....(01946) 64046	William Howard School, William Howard School Longtown Road Brampton(016977) 3473	Wood Berry, & Co, Chrt'd Acctnts, Anderson House Sullart Street Cockermouth(01900) 828727
Whitehaven Harbour Commissioners, Dock Gate(01946) 694672	William Howard School & Centre, Longtown Rd Brampton.....(016977) 45700	Wood, E,
Whitehaven News, Queen St Whitehaven Reception(01946) 595100	William Parkin Ta Greenbank Farm, Greenbank Farm Cockermouth(01900) 823346	
Queen St Whitehaven FAX(01946) 595101	William Rufus,The,	
Queen St Whitehaven News Desk.....(01946) 595136		
Queen St Whitehaven Sports Desk.....(01946) 595153		

Waters Farm Shop	(01931) 716273	Wyndham School, Call Box	(01946) 820466
Wood, J.E, Frmr, Crosby Lodge Crosby Ravensworth	(01931) 715231	X, 9 Campbell-Savours Way Workington.....	(01900) 392864
Woodbridge, B, St. Peters Church Kingstown Road Carlisle.....	(01228) 515972	Yarl Ltd, Hydraulic Flexible Pressure, 10C New Yd Clay Flatts Indust Est Workington.....	(01900) 734730
Woodhous, Woodlands, (Warden) Bridge Lane Penrith.....	(01768) 867490	Ye Olde Friars, Confecs, 6 Main St Keswick	(017687) 72234
Woodlands Tea & Gifts, Tea Room, The Craft Shop Santon Bridge	(019467) 26260	Ye Olde Greyhound Inn, Greyhound Inn Ye Olde Wigton.....	(016973) 61312
Or	(019467) 26281	Yellow Bird Cards.Com, Ltd, Unit 18 Leconfield Indust Est Cleator Moor.....	(01946) 812553
Woodlane Garage, Calthwaite	(01768) 885318	YESSS Electrical, (Carlisle), Elec Whslrs, Currock Rd Indust Est Currock Rd Carlisle	(01228) 633028
Woodside Caravan Park, Sandriggs Greystoke.....	(017684) 83253	Yew Tree Farm, Yew Tree Fm Rothwaite	(017687) 77675
Woodside Farm, Bracken Ridge Maryport	(01900) 812584	Yewdale Community Centre, Hutton Way Carlisle.....	(01228) 591270
Woodstone Pizza & Flame Grill, 9 Princes Street Penrith.....	(01768) 866399	Yewdale School, Yewdale Prim School Yewdale Rd Carlisle	(01228) 830036
Woodstyle Joinery, Woodbank Farm Brisco	(01228) 512303	YHA, Charity, Greenside Glenridding	(017684) 82749
Wool Clip,The, Priests Mill Church Terrace Caldbeck	(016974) 78707	YHA, Youth Hostel Association, Station Road Keswick	(0870) 7705894
Woolpack Inn, Boot.....	(019467) 23230	Yoga Studio Carlisle, Ltd,The, 3 Kinmont Arcade 4 Fisher Street Carlisle	(01228) 591402
Woolsty Crafts, Wool Quilting Haberdashery, 5 High St	(016973) 42470	Yorkshire Trading Company, Ltd, 11 King Street Penrith.....	(01768) 210179
Wordsworth House, see under National Trust		Young,Barr,Thompson & Jervis, Drs, Repeat Prescriptions	(017683) 61980
WORDSWORTH TRUST THE, See Dove Cottage (The Wordsworth Trust)		FAX	(017683) 61980
Workers Educational Association, Cumbria Dist, Trades Hall 39 Brow Top Workington	(01900) 871688	YOUR MOVE, Est Agt, Branches	
Workington Amateur Operatic Society, 6 Queen Street Workington	(01900) 602126	Carlisle Residential Enqs 1 The Crescent Carlisle	(01228) 537333
Workington Clp, Room 1 Trade Hall 39 Brow Top Workington	(01900) 606969	Whitehaven 67 Lowther St Whitehaven.....	(01946) 66311
Workington Comets Track Line, Portacabin Workington Town Rugby Club Derwent Park Workington	(01900) 608071	Wigton 7 King St.....	(016973) 44797
Workington Community Hospital, Park Lane Workington.....	(01900) 705000	Workington 58 Pow St Workington.....	(01900) 62258
Workington Conservative Club, Workington Conservative Club Vulcans Lane Workington	(01900) 603737	Youth Hostels Association, (England & Wales), Youth Hostels	
Workington Golf Club, Ltd, The Secretary	(01900) 603460	Derwentwater Barrow Ho Borrowdale	(017687) 77246
Workington Heritage Group, Musm's, Park End Road Workington.....	(0843) 8163990	Ennerdale(Gillerthwaite) Cleator	(01946) 861237
Workington Heritage Group, Ltd The, Helena Thompson Museum Park End Road Workington .	(01900) 64040	Eskdale Boot.....	(019467) 23163
Workington Playgoers Club, Theatre Royal Washington Street Workington	(01900) 603161	FAX	(017687) 77267
Workington Playgoers Club, Theatre Royal Washington Street Workington	(01900) 606657	Honister Hause Seatoller	(017687) 77267
Workington Post Office, 12 Murray Road Workington	(01900) 603022	Keswick FAX Station Rd Keswick	(017687) 74129
Workington Rugby Football Club, Ellis Sports Ground Moss Bay Road Workington	(01900) 602625	Patterdale Goldrill Ho Penrith.....	(017684) 82394
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A, R, 15 Jacobite Gardens, Penrith.....	(01768) 339103	A, Joseph, 7 Railway Terrace, Gilsland.....	(016977) 47242	A, M, 72 Kirkgate, Cockermouth.....	(01900) 379546
A, W, Swinsty Bridge Abbeytown.....	(016973) 61125	A, J.K, Armstrong Ashkam.....	(01931) 713309	A, P, FELL VIEW BUNGALOW Little Broughton.....	(01900) 829055
ANGUS, C, BURLTHOLME COTTAGE Lanercost.....	(016977) 41504	A, K, 6A Crow Park, Brampton.....	(016977) 2101	A, P, 1 Newbury Way, Carlisle.....	(01228) 529095
A, D.V, 11 Ghyll Bank, Threlkeld.....	(017687) 79635	A, K, 51 Moorside Drive, Carlisle.....	(01228) 597366	A, R, 40 Harrot Hill, Cockermouth.....	(01900) 824620
A, M, Sunny Corner Parshaw.....	(01900) 825301	A, K, 34 Parkland Avenue, Carlisle.....	(01228) 401332	A, Mr Raymond, 15 Thirlmere Avenue, Workington.....	(01900) 626217
ANIA, G, Coanwood Manor Brow, Keswick.....	(017687) 44988	A, K, 32 Parklands Way, Penrith.....	(01768) 865451	A, R, 95 Went Meadows Close, Dearham.....	(01900) 386316
ANNIS, M, 37 Broomfallen Road, Scotby.....	(01228) 513184	A, K, 7 Wordsworth Street, Workington.....	(01900) 602652	A, S, 86 Whitestiles, Seaton, Workington.....	(01900) 870402
ANSELL, C.G, 195 Newtown Road, Carlisle.....	(01228) 520620	A, L, Lynholme Kirkbride.....	(016973) 51291	ASKINS, R, 3 Barco Court, PENRITH.....	(01768) 868023
ANSON, B, 5 Post Office Terrace, Tindale Fell.....	(016977) 46614	A, L, 4 Brantwood Avenue, Carlisle.....	(01228) 532266	A, R, 9 James Street, Penrith.....	(01768) 867029
A, W, 69 Castlesteads Drive, Carlisle.....	(01228) 533078	A, M, Foxhollow Evening Hill, Carlisle.....	(01228) 711160	ASPIN, Norman, Mounsey Bank Dacre.....	(017684) 86430
ANTHONY, M, 44 Victoria Place, Carlisle.....	(01228) 522077	A, M, 1 Ghyll Croft, Carlisle.....	(01768) 201599	ASPINALL, L, 37 Glenridding Walk, Whitehaven.....	(01946) 64899
ANTONY HAMMOND, M, 4 Pipers Court, Whitehaven.....	(01946) 592425	A, M, 18 Glebe Close, Dalston, Carlisle.....	(01228) 710763	ASQUITH, J, 60 Stanley Road, Brampton.....	(016977) 07548
ANTWI-BOASIAKO, S, 8 Wyndham Way, Egremont.....	(01946) 395929	A, Mrs M, Mrs 18 Grosvenor Court, Carlisle.....	(01228) 545836	A, R, 8 Holmewood Avenue, Cockermouth.....	(01900) 822969
APPERLEY, E.C, 21 The Mount, Papcastle.....	(01900) 823420	A, M, 3 Hallin Crescent, Carlisle.....	(01228) 535743	A, S, 1 Howbeck, Maulds Meaburn.....	(01931) 715422
APPLEBY, A, 43 Yeathouse Road, Frizington.....	(01946) 528599	A, M, 24 Heysham Park Avenue, Carlisle.....	(01228) 739031	ASTILL, M.S, Ivy Green No Street, Wigton.....	(016973) 21679
A, D, 20 South Street, Egremont.....	(019467) 48869	A, Marjorie, 69 Lawson Street, Maryport.....	(01900) 815607	ASTLEY, D, 44 Langrigg Road, Carlisle.....	(01228) 536160
A, F.A, 7 Green Croft, Shap.....	(01931) 716627	A, M, Southward House Market Hill, Wigton.....	(016973) 43101	A, R.V, 5 Kirkland Road, Ennerdale.....	(01946) 861708
A, M.F, 14 Pembroke Place, Penrith.....	(01768) 899684	A, M, 4 Mill Street, LONGTOWN, CARLISLE.....	(01228) 791295	ASTON, A, Storey Bank Langwathby.....	(01768) 881786
APPLETON, C, New Mill Flatt Newby.....	(01931) 714170	A, M, 8 Moore Way, High Harrington, Workington.....	(01946) 834592	A, F, 6D Alton Street, Carlisle.....	(01228) 543857
A, R, 27 Lakeland Park, Keswick.....	(017687) 74278	A, M, 13 Railbank Drive, WORKINGTON.....	(01900) 605101	A, K, South View Outloo.....	(016973) 44962
APPLEYARD, J, 2 Park View, Great Asby.....	(01768) 216985	A, M, 6 Rosehill, Gilsland.....	(016977) 47633	A, S, Honey House Catterlen.....	(01768) 867329
A, P, The Bungalow Lowther.....	(01931) 712357	A, Mrs Margaret, 50 Springfields, Wigton.....	(016973) 45769	ATAK, J, Tweedsuir Rogerfield, Keswick.....	(016977) 73238
APPS, P, 9 Gatesyde Place, Eskdale.....	(019467) 23162	A, M.J, Brandene Cargo.....	(01228) 674318	ATCHISON, C, 13A Orton Grange Park Grange Park Road, Orton Grange.....	(01228) 710868
A, R, CHERRY BURTON Station Road, Shap.....	(01931) 716173	A, M.L, Blunderfield Kirkoswald.....	(01768) 870827	ATHERTON, Allix, Birch Garth High Hill, Keswick.....	(017687) 75617
ARBUD, D, Ashgill House Garrigill.....	(01434) 382767	A, N, Netherhirst Bungalow Longtown.....	(01228) 577394	A, A, 115 Victoria Crescent, Maryport.....	(01900) 413045
ARBUCKLE, K, 20 Friars Road, PENRITH.....	(01768) 606207	A, N, Croft View Low Heskett.....	(016974) 73162	A, H, Vicarage Rosley.....	(016973) 49519
ARCHBOLD, D, 133 Berkeley Grange, Carlisle.....	(01228) 543555	A, N, 28 Ling Beck Crescent, Seaton.....	(01900) 807086	A, M, 7 Clifton Lodge, Workington.....	(01900) 269618
ARCHER, G, Stable Cottage Calbeck.....	(016974) 78102	A, P, 14 Berrymoor Road, Brampton.....	(016977) 42223	A, R, 25 Huntley Avenue, Penrith.....	(01768) 891918
A, G, 24 Meadow Vale, Seaton.....	(01900) 873836	A, P, 16 Drovers Lane, Penrith.....	(01768) 867691	ATHEY, C, Low Skelgill Alston.....	(01434) 381111
ARCHIBALD, Mrs Laurina, 17 High Wiend, Appleby-In-Westmorland.....	(017683) 51837	A, P, 58 Kelsick Park, Seaton.....	(01900) 61919	A, Dr G, 36 Greenacres, Wetherall.....	(01228) 561049
A, S, 5 Wellside Walk, Carlisle.....	(01228) 598701	A, P, 31 Mason Street, Workington.....	(01900) 64899	A, R.D, Whitehall Garrigill Road, Alston.....	(01434) 381364
ARDLEY, J, Toddlie Cottage Ashkam.....	(01931) 713304	A, P, 16 Meadow View, CARLISLE.....	(01228) 536916	ATINSON, B, Weston Oaklands, Egremont.....	(01946) 841077
ARIS, J, 1 Cockell House Gardens Macadam Way, Penrith.....	(01768) 850204	A, P.B, Cumbrae Brent Road, Penrith.....	(01768) 863695	ATKINS, A, 9 Mill Street, Longtown.....	(01228) 791850
ARKELL, R, The Ashes Raughton Head.....	(016974) 76417	A, P.J, West View Church Road, Kirkbride.....	(016973) 51102	A, J, Carlisle Lodge Corby Hill.....	(01228) 670564
ARKLE, J, 17 Howard Park, Greystoke.....	(017684) 83728	A, R, Garth House Low Heskett.....	(016974) 75344	A, L.J, 3 Linetree Crescent, Cockermouth.....	(01900) 826126
ARMELINO, S, 13 The Hawthorns, Cleator Moor.....	(01946) 815374	A, R, 165 Brampton Road, CARLISLE.....	(01228) 522172	ATKINSON, A, Allen Cottage Calbeck.....	(016974) 78168
ARMER, Geoff, Croft Head Torpenhow.....	(016973) 71579	A, R, 16 Curlew Close, Armathwaite.....	(01768) 606960	A, Antony, Gill House Santon Bridge.....	(019467) 26343
A, M, Pennine View High Heskett.....	(016974) 73329	A, R, Habberley Cottage Habberley Cottage, Wigton.....	(016973) 26730	A, A, Fell View Warwick Bridge.....	(01228) 560764
ARMETT, A, GRANGE COTTAGE Bredkirk.....	(01900) 825562	A, R, The Post Office 53 Main Street, Great Broughton.....	(01900) 379111	A, A, 2 Brienydale Lane, Staunburn.....	(01900) 601027
A, J, 8 Walker Court, Cockermouth.....	(01900) 379482	A, R, 10 Townhead Court, Melmerby.....	(01768) 881619	A, Anne, 9 Castlestead Drive, Carlisle.....	(01228) 538586
ARMFIELD, M, Crindledyke Braithwaite.....	(017687) 78336	A, R.B, Plasket Lands Farm Mawbray.....	(01900) 881239	A, B, Aldermere Plumpton.....	(01768) 894251
ARMITAGE, A, 43 Hadrian Way, Carlisle.....	(01228) 491542	A, R.F, The Lund Lamplugh.....	(01946) 862057	A, B, The Ranch Scaleby.....	(01228) 675960
A, D, Hilton Farm Hilton.....	(017683) 53212	A, R.I, 96 Moorclose Road, Salterbeck.....	(01946) 832372	A, Brian, 22 Eskdale Avenue, Carlisle.....	(01228) 539165
A, M, 33b Low Seaton, Seaton, Workington.....	(01900) 827824	A, R.J, Crossfell Ho Millburn.....	(01683) 61282	A, B, 15 Grove Court, Penrith.....	(01768) 606078
A, 15 Holmewood Avenue, Cockermouth.....	(01900) 826451	A, R.J, 49 Towlers Lane, Cockermouth.....	(01900) 823506	A, Mr Brian, 10 Sawmill Lane, Brampton.....	(016977) 32929
ARMOUR, J, 8 Poet Avenue, cumbria.....	(01900) 386599	A, S, Studholme Bungalow Kirkbride.....	(016973) 51628	A, B, Sandwith Cottage Westnewton Road, Wigton.....	(016973) 20067
ARMSTRONG, A, Brickley Way Cottage Irthington.....	(016977) 2542	A, S, 71 Ling Beck Park, Seaton.....	(01900) 64065	A, B.T, 13 Carlisle Road, Dalston.....	(01228) 710700
A, Anthony, Eden Vale Lazony.....	(01768) 898228	A, S, 26 Seadown Drive, High Harrington.....	(01946) 831182	A, C, HALL GARTH Gosforth.....	(019467) 25142
A, A, Moor House Walton.....	(016977) 2730	A, S, 10 West Ghyll Place, High Harrington.....	(01946) 831571	A, Colin, Cherry Tree Cottage Skelton.....	(017684) 84486
A, Alan, 31 Cawflands, Durdar Carlisle.....	(01228) 526929	A, S.E, Bromfield Farm Bromfield.....	(016973) 61385	A, C, 81 Lingmoor Way, Carlisle.....	(01228) 590586
A, A, 37 Crosshill Drive, Carlisle.....	(01228) 534885	A, T, Radio Cottage Cross Lane, Wigton.....	(016973) 44705	A, Mr C, 23 Mill Hill, Cleator Moor.....	(01946) 862327
A, A, 5 Eden Park, Penrith.....	(01768) 606182	A, T, 32 Edmondson Close, Brampton.....	(016977) 543094	A, C, 5 Noble Croft, Aspatria.....	(016973) 20755
A, A, 20 Highmoor Bungalows, Wigton.....	(016973) 49795	A, T, Benvenuto Seaton Road, Maryport.....	(01900) 816832	A, C, 41 Pettierill Street, Carlisle.....	(01228) 523398
A, A, 58 Lawson Street, Wigton.....	(016973) 20962	A, T.A, Montcalm Walton.....	(016977) 3164	A, C, 135 Windermere Road, Whitehaven.....	(01946) 440905
A, A, 54 Mason Street, Workington.....	(01900) 607325	A, T.J, 18 Briar Bank, Cockermouth.....	(01900) 824710	A, C.J, Goody Hills Farm Mawbray.....	(01900) 881443
A, A, 34 Seven Acres, Whitehaven.....	(01946) 528016	A, T.W, Newbiggin Farm Newbiggin.....	(01768) 896240	A, Mrs Denis, Rose Cottage Appleby-In-Westmorland.....	(017683) 51047
A, A, 7 Springfield Avenue, High Harrington, Workington.....	(01946) 830708	A, V, 36 Barton Dale, Lazony.....	(01768) 898129	A, D, 53 Curzon Street, Maryport.....	(01900) 814429
A, A, 42 The Meadows, High Harrington, Workington.....	(01946) 329545	A, Valerie, 2 Clifton Street, Carlisle.....	(01228) 59302	A, D, 39 Derwent Street, Workington.....	(01900) 393293
A, A.M, 6 Capon Hill, Brampton.....	(016977) 3184	A, W, Old Vicarage Hallbankgate.....	(016977) 46231	A, D, 33 Farlam Drive, Carlisle.....	(01228) 528113
A, B, 24 Towncroft, Maryport.....	(01900) 814673	A, W, Green View Little Broughton.....	(01900) 824430	A, D, 18 Maple Drive, PENRITH.....	(01768) 866930
A, B, 19 Whinnie House Park, Carlisle.....	(01228) 544924	A, W, 2 Poplar Place, Penrith.....	(01768) 850949	A, D, 104 Milbourne Street, Carlisle.....	(01228) 495247
A, C, Beech Grove Catterlen.....	(01768) 863089	A, W, 48 Richmond Green, Carlisle.....	(01228) 535919	A, D, 13 Scaur Close, Lazony.....	(01768) 898523
A, C, Bromhills Longtown.....	(01228) 791205	A, W.A, Wyngarth Low Row.....	(016977) 46333	A, D, 15 Whitcroft, Gosforth.....	(019467) 25022
A, Chris, 3 Burton High Close, Harras Moor.....	(01946) 65359	A, W.J.E, 110 Upperby Road, Carlisle.....	(01228) 523131	A, E, Rose Cottage Ravenstonedale.....	(015396) 23251
A, C, 13 Elbra Farm Close, Maryport.....	(01900) 381453	ARMSTRONGS, S, 19 Mill Brow, Armathwaite.....	(016974) 72133	A, E, 126 Green La, Belle Vue.....	(01228) 546196
A, C, 1 North View, Aspatria.....	(016973) 23965	ARNFIELD, J, 9 Mill Street, Frizington.....	(01946) 814448	A, F, 2 Kersey Road, Thornhill.....	(01946) 823931
A, Mr Colin Hodgson, 015 Rose Hill, Workington.....	(01946) 831174	ARNISON, Mr B, 98 Curvendale, Workington.....	(01900) 66941	A, G, 89 Berkeley Grange, Carlisle.....	(01228) 540961
A, C.P, 56 Honister Drive, Workington.....	(01900) 63475	A, C, Jack Dyke Cliburn.....	(01931) 714305	A, G, 41 Eterby Lea Road, Carlisle.....	(01228) 531097
A, D, Bromfield Hall Bromfield.....	(016973) 61607	A, J, 39 Barfs Road, Distington.....	(01946) 832025	A, G, 39 The Crofts, St. Bees.....	(01946) 823618
A, D, Juniper Green Faugh.....	(01228) 670455	ARNOLD, R, 3 Meldon Avenue, Carleton Village.....	(01768) 606399	A, G.A, Walk Mill Warcop.....	(017683) 41398
A, D, Scalerigg House Heskett Newmarket.....	(016974) 78492	ARNOTT, Malcolm, 77 Central Road, Whitehaven.....	(016973) 46102	A, G.E, 13 Romany Way, Appleby-In-Westmorland.....	(017683) 52060
A, D, Riverdale Slaggyford.....	(01434) 382511	ARRAN, P, 1a Southwaite Green Mill Countr Eamont Bridge.....	(01768) 864737	A, G.P, 28 Fleming Street, Maryport.....	(01900) 815881
A, D, 57 Barfs Road, Distington, Workington.....	(01946) 832068	ARTHUR, K, 31 Moat Street, Brampton.....	(016977) 41150	A, H.M, 2 Croft End, Bampton.....	(01931) 713112
A, D, 50 Belah Crescent, Carlisle.....	(01228) 535760	A, R, 8 Sea View, St. Bees.....	(01946) 328565	A, I, 8 Brayton Road, Aspatria.....	(016973) 22095
A, Dorothy, 17 Border Close, Carlisle.....	(01228) 402620	ARTISS, Sandra, Melaine Priestcroft Mealsgate.....	(016973) 71418	A, I, 15 Morton Street, Carlisle.....	(01228) 538207
A, D, SUNGARTH Craw Hall, Brampton.....	(016977) 41078	ASBRIDGE, A, 45 Primrose Bank, Wigton.....	(016973) 43499	A, I.D, 2 Denton Terrace, Gosforth.....	(019467) 25560
A, D, 35 Dale View, Cockermouth.....	(01900) 828988	A, D, 8 West End Close, OULTON, WIGTON.....	(016973) 44562	A, J, Tithe Cottage Langwathby.....	(01768) 889179
A, D, 1 Ghyll Villas, Silloth.....	(016973) 32670	A, I, Flat 1, Thirlmere House, 121 Main Street, Frizington.....	(01946) 528472	A, J, 41 Chaucer Road, Workington.....	(01900) 61535
A, D, 10 Lamb Lea, Lazony.....	(01768) 898447	A, Mrs 34 Croft Court, Wigton.....	(016973) 49059	A, J, Hawkrigg Farm Colby, Appleby-In-Westmorland.....	(017683) 52397
A, David, 47 Millcroft, Carlisle Cumbria.....	(01228) 525735	A, N, HILLCREST High Heskett.....	(016974) 75517	A, John, 258 High Road, Whitehaven.....	(01946) 62768
A, D, Flat 23 Willow Place Parkland Drive, CARLISLE.....	(01228) 525029	A, P, 10 West End Close, Oulton, WIGTON.....	(016973) 45184	A, J, 49 St. James Road, Carlisle.....	(01228) 537560
A, D, 220 Yewdale Road, Carlisle.....	(01228) 401113	ASH, A, 27 Parkland Avenue, Carlisle.....	(01228) 525217	A, J, Flat 3 Thaneville, Maryport.....	(01900) 269895
A, D.W, Mount House Blackford.....	(01228) 674066	ASHBRIDGE, Capt B, 10 Peatfield Road, Seaton.....	(01900) 604144	A, J, 477 Warwick Road, Carlisle.....	(01228) 523191
A, Elizabeth, Ivy Cott Aiketgate.....	(016974) 72249	A, D, 70 Fernleigh Drive, Seaton.....	(01900) 68323	A, J, Yew Tree House Yew Tree House, Cockermouth.....	(01900) 393074
A, E, Meadow View High Heskett.....	(016974) 73302	A, L, 18 Hopes Hill Drive, Carlisle.....	(01228) 531442	A, K, 16 Criffel Road, Carlisle.....	(01228) 534973
A, E, 13 Brackenhill Lane, Cockermouth.....	(01900) 822600	A, R, Rivendell Lamplugh.....	(01946) 862213	A, K, 5 Croft View, Long Marton.....	(017683) 61752
A, E, 33 Highmoor Park, Wigton.....	(016973) 43572	A, W, The Hawthorns Lin Road, Seaton.....	(01900) 61899	A, K, 54 Cumrew Close, Carlisle.....	(01228) 598756
A, E, 5 Tarn Street, Workington.....	(01900) 63015	ASHBURN, D, 2 The Crescent, Egremont.....	(01946) 440232	A, M, The Cottage Boustead Hill.....	(01228) 576463
A, F, Braeside Bullgill.....	(01900) 813782	A, M, Low Midgeholme Cottages Midgeholme.....	(016977) 46636	A, M, Copthorne Brough Sowerby.....	(017683) 41959
A, F, Glaramara Dovenby.....	(01900) 829782	ASHBURN, L, 3 Ewanrigg Brow, Maryport.....	(01900) 819174	A, M, Green Edge Cottage Calbeck.....	(016974) 78482
A, F, The College Renwick.....	(01768) 898416	A, Mr Winifred, 2 The Crescent, Egremont.....	(01946) 820959	A, M, Little Park Kingside Hill.....	(016973) 61203
A, F, 56 Glendale Rise, Carlisle.....	(01228) 511507	ASHBURN, J, 48 Main Street, St. Bees.....	(01946) 822361	A, M, Apartment 2 5 Portland Square, Carlisle.....	(01228) 498856
A, Mrs Gillian, 3 Berrymoor Road, Brampton.....	(016977) 2845	A, S.M, 9 Sun Croft, Ireby.....	(016973) 71353	A, M, 23 Derwent Close, Keswick.....	(017687) 73624
A, G, Brekaryn Mellbecks, Kirkby Stephen.....	(017683) 71780	ASHBY, S, 2 Bridge Terrace, Penrith.....	(01768) 881710	A, Mrs M, Mrs Burnrigg 9 Fieldsie, Brampton.....	(01228) 561207
A, G, 72 Skiddaw Road, Carlisle.....	(01228) 533135	ASHE, T, 7 Walker Brow, Workington.....	(01946) 451692	A, M, 79 Hurley Road, Little Corby.....	(01228) 561312
A, G, 12 The Scaur, Longtown.....	(01228) 791443	ASHLEY, D, 1 Sea View, St. Bees.....	(01946) 822684	A, Mr M, The Nook Moatside, Brampton.....	(016977) 3336
A, G.L, Maston Ghyll Blunderfield Kirkoswald.....	(01768) 898393	A, P, Lambley House Lambley Bank, Scotby.....	(01228) 513320	A, M, 33 The Headlands, Keswick.....	(017687) 73794
A, H, 10 Cannon Field, Roadhead.....	(016977) 48243	A, R, Laitha Bolton.....	(01931) 714889	A, Miss 11 Ramplin Pastures, Appleby-In-Westmorland.....	(017683) 98873
A, H, 33 Finn Avenue, Carlisle.....	(01228) 512775	ASHMAN, S, Forget Me Not Cottage Long Marton.....	(01683) 62595	A, Mr 48 Barrowmoor Road, Appleby-In-Westmorland.....	(017683) 51832
A, H.E, 477 Durdar Rd, Carlisle.....	(01228) 527945	A, T, GLEN COTTAGE Drigg.....	(019467) 24144	A, N, 8 Parkers Croft, Shap.....	(01931) 717580
A, I, Shankfield Head Hethersgill.....	(01228) 577244	ASHTON, M, 9 Acre Close, Hayton.....	(01228) 670613	A, P, Nook Farm Bungalow Shap.....	(01931) 716316
A, I, High Tarns Fm Silloth.....	(016973) 31836	ASHURST, A, 5 Claire Street, Carlisle.....	(01228) 547831	A, P, 13 Barrowmoor Road, Appleby-In-Westmorland.....	(017683) 52014
A, I, Millcroft Moorhouse Wigton.....	(016973) 45818	ASHWORTH, D, 73 Glaramara Drive, Carlisle.....	(01228) 401592	A, P,	

A, S, 10-12 Croft Avenue, Shap	(01931) 716312	B, S, South View Terrace 3 Station Hill, WIGTON	(016973) 43752	B, F.P. 12 Bannisdale Way, Carlisle	(01228) 546960
A, S, 30 Croft Close, Brough	(017683) 41046	BAINES, B, Hows Farm Barn Boot	(019467) 23208	B, M, 5 Greta Gardens Crow Park Road, Keswick	(017687) 73609
A, S, 26 Parklands Way, Penrith	(01768) 201380	B, D, 6 Penzance Street, Moor Row	(01946) 528491	BANTON, E, 9 George Terrace, MARYPORT	(01900) 816407
A, 18 Alder Road, Penrith	(01768) 862593	B, J, Stone Wath Burgh-By-Sands	(01228) 576301	B, J, 3 Holden Road, Salterbeck	(01946) 831688
A, V, 26 Knowefield Avenue, Carlisle	(01228) 520884	B, J, 17 Heads Road, Keswick	(017687) 90118	BANWELL, D, 16 Whitestiles, High Seaton	(01900) 872977
A, W, 6 Croft Close, Brough	(017683) 41643	B, L, 47 Kirkbeck Gardens, Kirkby Stephen	(017683) 71917	BAR, A, 79 King Street, Aspatria	(016973) 20391
A, Mr W, 2 Vale View, Frizington	(01946) 812219	B, P.G, 2 Townhead Close, Great Strickland	(01931) 712782	B, C.M, Carleton Hill Carleton	(01768) 863160
ATLI, L, 43 High Street, Cleator Moor	(01946) 328749	B, R, 39 South Road, Kirkby Stephen	(017683) 71048	BARBER, Mrs L, 52 Henry Street, Cockermouth	(01900) 826725
ATTENBOROUGH, M, Croft House High Street, Morland	(01931) 714458	B, S, Gill Bank Farm Boot	(019467) 23776	B, M, Leyton Barn Bampton Grange	(01931) 713314
A, M, 40 Millhouse Avenue, Carlisle	(01228) 401808	B, T, 4 The Bungalows Windebrooke Avenue, KESWICK	(017687) 90188	B, T, 2 Falcon Court Irish Street, Whitehaven	(01946) 646703
ATWELL, J, 20 Snebno Road, Whitehaven	(01946) 690326	BAIRD, B.A, Sandale Old Brackenlands, Wigton	(016973) 43319	BARBIER, A.N, Rose Cottage Skirwith	(01768) 88601
AUBREY, Mr A, 20 Moorfield Bank, Great Broughton, Cockermouth	(01900) 825265	B, F, 9 Ling Road, Egremont	(01946) 824621	BARBOUR, A, Castlehowe Scar Shap	(01931) 716001
AUDLEY, B, 11 Udale Court, Workington	(01900) 62054	B, J, 3 Park View, Whitehaven	(01946) 599720	B, I W, Birchdene Blackford	(01228) 674508
AULD, A.R, Bannerdale Unthank	(01228) 710128	B, J.A, 27 Etterby Lea Road, Carlisle	(01228) 537414	B, L, The Heather Rockcliffe	(01228) 672340
A, L, 32 Marvels Park, Cockermouth	(01900) 823974	B, M, 39 Coronation Drive, Whitehaven	(01946) 63311	BARCLAY, C, 21 Langdale Drive, Cockermouth	(01900) 379430
AUSTIN, A, 23 Carleton Drive, Penrith	(01768) 868701	B, P, 127 Castlesteads Drive, Carlisle	(01228) 593236	B, D, 41 Scotland Road, Penrith	(01768) 606689
A, B, FAIR View Blencogo	(016973) 61192	B, R.A, Wampool Farm Kirkbride	(016973) 51211	B, Mrs F, 2 Berrymoor Road, Brampton	(016977) 42401
A, E, Moat Vale Longtown	(01228) 577270	B, R.J.D, Park View High Lorton	(01900) 85343	B, H, 4 Wordsworth Close, Egremont	(01946) 824128
A, E, Barnfield Caldey Road, Cummersdale	(01228) 521794	BAIRSTOW, J, 6 Eden Close, Cargo	(01228) 674102	B, J, 7 Tennyson Drive, Egremont	(01946) 821105
AUSTWICK, K, 5 Holme Riggs Avenue, Penrith	(01768) 862368	BAJORIA, Dr S.S, 46 White Ox Way, Penrith	(01768) 891272	B, K, 30 Broadside Road, Maryport	(01900) 379239
AUTIE, S, 7 Railway Terrace, Sealscale	(019467) 29342	BAKER, A, Russell House Bolton	(017683) 62510	BARDGETT, C, 57 Barco Avenue, Penrith	(01768) 890143
AUTY, P.B, Rock Cottage Great Strickland	(01931) 712821	B, A, Green Hollow Hayton	(01228) 670099	B, M, 98 Larch Drive, Stanwix	(01228) 522943
AVEY, T, 17 Blencowe Street, Carlisle	(01228) 318406	B, A, Ballycraigne Little Salkeld	(01768) 881653	B, P.D, 27 Sandgate, Penrith	(01768) 865057
AWANG, T, 37 Grinsdale Av, Carlisle	(01228) 542739	B, A.J, Hale House Kirkby Thore	(017683) 61408	BARELLA, J, 1 Meadow Close, Appleby-in-Westmorland	(017683) 30167
AWDE, C, Rose Cottage Burells	(017683) 51618	B, C, HARTLEY GLEN Glenridding	(017684) 82404	BARGH, A.R, Wood Close Farm Skelton	(017684) 84314
A, T, Broadmeadows Melmerby	(01768) 889248	B, C, 33 High Portinscale, Portinscale	(017687) 72943	B, D, Holly Hill Farm Skelton	(017684) 84682
AYERS, P, KELD SIDE Askham	(01931) 712163	B, C, 4 Riverside, Maulds Meaburn	(01931) 715301	BARKER, A, Gorsefield Bransly Road, WHITEHAVEN	(01946) 440192
AYERST, S, Beacon Hill Bungalows Ivegill	(016974) 75663	B, C, 8 Wrens Lane, Cockermouth	(01900) 824957	B, A, The Byre Pow Maughan Court, Scotby, Carlisle	(01228) 739726
AYLING, Dr C, 3 Vicarage Lane, Ennerdale	(01946) 861087	B, F, Gelt Mill Castle Carrock	(01228) 670522	B, A.M, Inglesford Friar Row, Caldbeck	(016974) 78650
AYNSLEY, M, 6 Solway View, Kirkbampton	(01228) 576275	B, H, Palace Howe Barracks Bridge, Silloth	(016973) 31444	B, C, Sandford Thon Coupland Beck	(017683) 51149
AYRE, Arthur, 6 Wootton Way, Carlisle	(01228) 535972	B, Rev, J, Heatherside Abbey Road, St. Bees	(01946) 824298	B, D, 29 Cedar Close, Penrith	(01768) 866207
A, Mrs D, Mrs 27 Stanley Road, Brampton	(016977) 3888	B, J, 25 Berrymoor Road, Brampton	(01697) 543330	B, E, Palmer Hill West Hall	(016977) 47549
A, M, 79 Cavaghan Gardens, Carlisle	(01228) 591704	B, J, 10 Rimington Way, Penrith	(01768) 868678	B, F, Armathwaite Ehen Road, Thornhill	(01946) 823331
AYRES, G.P, 16 High Grove, Whitehaven	(01946) 694469	B, K, Middle Lingbank Gosforth	(019467) 25551	B, G, 11 Harbary Grove Court, Carlisle	(01228) 402599
AYTON, Y, 13 Waverley Court Waverley Gardens, Carlisle	(01228) 599551	B, K, 13 York Gardens, Carlisle	(01228) 819379	B, G.A, 13 Bongate, Appleby-in-Westmorland	(017683) 52904
AZANDA, D, 5 Clift Street, Carlisle	(01228) 528538	B, M, 21 Foxhouses Road, Whitehaven	(01946) 695251	B, H, 19 Harristown, Aspatria, Wigton	(016973) 21109
BABA, P, 7 Robins Wood, Carlisle	(01228) 491538	B, Mrs M, 22a Helvellyn Street, Keswick	(017687) 75075	B, J, 69 Longlands Road, Carlisle	(01228) 522277
BABIEL, K, 19 Heysham Drive, Carlisle	(01228) 318693	B, S, Tewitt Mires South Stainmore	(017683) 41840	B, J, 8 Lonsdale View, Maryport	(01900) 413461
BABIKER, Mr Hedi, 24 Newlands Avenue, Whitehaven	(019467) 48804	B, S, 52 High Portinscale, Portinscale	(017687) 75927	B, J, Rose Dean Seaton Road, Maryport Cumbria	(01900) 85146
BABU RADHAMANI, B, 13 The Saw Mills Port Road, Carlisle	(01228) 496153	BAKES, Mrs B, 27 Jocks Hill, Brampton	(016977) 42383	B, J, 3 Tower Hill, Whitehaven	(01946) 63987
BACHEM, J, Eden Vale Nursery Long Marton	(017683) 61005	B, Mrs D, 3 Beck Orchard, Brampton	(016977) 41537	B, N, PENFOLD COTTAGE Whale	(01931) 712731
BACHMANN, A, 1 Keir Hardie Avenue, Cleator Moor	(01946) 443389	BALAKUMAR, M, 11 Tournament House Bowling Green Lane, Penrith	(01768) 606072	B, N, 37 Greenacres, Wigton	(016973) 26352
BACKHOUSE, Brian, 30 Trumpet Terrace, Cleator	(01946) 811386	BALASUBRAMANIAM, S, Greenrigg Villa Blencogo	(016973) 61743	B, R, Stocksteads Bewcastle	(016977) 48807
B, C.M, 9 Ryehill Park, Kirkcintown	(01228) 675550	BALAUZIAK, D, 4-5 Argyle Terrace, Maryport	(01900) 550006	B, R, 22 Hutton Hill, Penrith	(01768) 864614
BACKMAN, D.M, Hill House Kirkbride	(016973) 51431	BALCOMBE, A, 45 Hurley Road, Little Corby	(01228) 562195	B, R, 169 Moorclose Road, Salterbeck	(01946) 831594
BACKSHALL, T.C, Manor Farm Blencow	(017684) 83367	BALDOTTO, P, 49 Church Street, Stanwix	(01228) 380600	B, S, 1 Middle Park, Alston	(01434) 381903
BACON, C, Unit 58 Lamplugh Road, Cockermouth	(01900) 822714	BALDWIN, H, 2 Croft Street, Kirkby Stephen	(017683) 74848	B, Mr Selwyn, Little Broomhills Farm Orton Road, Carlisle	(01228) 525953
B, C, 24 Oaktree Crescent, Cockermouth	(01900) 336848	BALES, J, Fairways Scaw Road, High Harrington	(01900) 604219	B, T, Becourt 150 Skimburness Road, Wigton	(016973) 31246
B, M, Globe Cottage Aspatria	(01900) 812188	B, K, 87 High Street, Workington	(01900) 604219	BARKER-HOWARD, A, 13 Cherry Lane, Carlisle	(01228) 494109
B, P, 34 Wordsworth Street, Keswick	(017687) 74037	B, P, 45 Ullswater Avenue, Workington	(01900) 605232	BARKES, R.G, 2 Hutton Park Cottages Catterlen	(01768) 894384
BAGLEE, D, 48 Edinisle, Cargo, Carlisle	(01228) 672099	B, R, Whinney Fell Forest Head	(016977) 46462	BARKLEY, L, 49 Church Street, Whitehaven	(01946) 528287
B, D.J, 18 Rimington Way, Penrith	(01768) 865215	BALFOUR, E, 32 Wood Street, Carlisle	(01228) 534763	B, L, 32A Finkle Street, Workington	(01900) 381748
B, J, HARTSIDE Lazony	(01768) 898487	BALGUE, P, 36 The Mount, PAPCASTLE, COCKERMOUTH	(01900) 828244	B, S.H, Shire Farm Ousby	(01768) 881316
B, M.E, 10 Huntley Court, Penrith	(01768) 862937	BALL, A, Roe Lodge Sowerby Row	(016974) 76246	BARLEY, Mrs Joanne, 7 Bridge Street, Longtown, Carlisle	(01228) 317597
BAGNALL, A, 1 Denton Park, Gosforth	(019467) 25595	B, B, 20 Sunnyside, Broughton Moor	(01900) 814221	B, K, Hay Rake Barn Torpenhow	(016973) 71139
B, J, 37 Trinity Way, Keswick	(017687) 74836	B, C, Laburnum Cottage Thursty	(01228) 711598	BARLING, R.S, 65 Crummock Street, Carlisle	(01228) 515422
BAHAN, J, 26 Highfields, Whitehaven	(01946) 592135	B, Mr Douglas, 2 Eden Grange, Carlisle	(01228) 560195	BARLOW, A, 15 Ladyseat Gardens, Longtown	(01228) 792592
BAILES, A, Hallows Bowscar	(01768) 210824	B, Mr David, 22 Highmoor Bungalows, Wigton	(016973) 45210	B, A, 30 Ruskin Close, High Harrington	(01946) 832090
BAILEY, A, 24 Tennyson Drive, Egremont	(01946) 821648	B, D, 19 Hopedene, Cleator Moor	(01946) 528540	B, Mrs Clare, Chapel Court, 6 New Street, Cockermouth	(01900) 829602
B, A, 32 Windrigg Close, Egremont	(01946) 825276	B, E, The Brow & Skin Studio Tithe House Station Street, Cockermouth	(01900) 822181	B, K, 14 The Avenue, Maryport	(01900) 813773
B, D, 25 Meadrow Road, Whitehaven	(01946) 430379	B, E, 6 Parklands Drive, Egremont	(01946) 822877	B, L, 20 Morley Street, Carlisle	(01228) 593678
B, E, 18 Broom Bank, Whitehaven	(01946) 528433	B, G, 6 Parklands Drive, Egremont	(01946) 822877	B, R, 35 Elizabeth Crescent, Whitehaven	(01946) 62278
B, G, Moor Croft, Moorhouse Wigton	(01697) 388512	B, K.H, 314 Moss Bay Road, Workington	(01900) 606668	BARNARD, J, 51 Riverside Way, Carlisle	(01228) 594504
B, J, 4 Cotehill Station Cottages Armthwaite	(01228) 562263	B, V, 43 Earls Road, Whitehaven	(01946) 63320	BARNBROOK, M, 52 Warnell Drive, Carlisle	(01228) 546642
B, M, Lapwing Lodge Carleton Village, Penrith	(01768) 606532	BALLANTYNE, Miss D, Miss 71 Langrigg Road, Carlisle	(01228) 529561	BARNES, A, 45 Antonine Way, Houghton	(01228) 538415
B, P, Far Bank End Coupland Beck	(017683) 51295	B, Mr John, 18 Webster Crescent, Carlisle	(01228) 543272	B, A, 1 Daleview Close, Egremont	(01946) 820028
B, P, Hall Bolton Gosforth	(019467) 24670	BALLINGALL, P.D, 2 Brougham Hall Gardens, Brougham	(01768) 892086	B, C, 47 Yewdale Road, Carlisle	(01228) 530806
B, P, 1 Boonwood Agricultural Cottages Sealscale, Cumbria	(019467) 25069	BALME, C, 24 Grierson Road, Carlisle	(01228) 402506	B, C, 11 May Street, Carlisle	(01228) 498122
B, R, Wansell House Cockermouth	(01900) 392037	B, J, 27 Broadside Court, Stanwix	(01228) 598917	B, D, Ginn House Workington	(01946) 528075
B, R, 3 Kirkstead Close, Carlisle	(01228) 530324	BALMER, A, Forest Farm Brough	(017683) 41225	B, D, 35 Broadside Road, Dearham	(01900) 817562
B, R, 29 Sandgate, Penrith	(01768) 862450	B, A, 24 Fletcher Hill Park, Kirkby Stephen	(017683) 71528	B, D, 51 High Portinscale, Portinscale	(017687) 73975
B, S, 3 Manor Gardens, Brampton	(016977) 3922	B, Caroline, Ghyll Close Ormside	(017683) 33563	B, Mr D, 55 Monkway Road, Whitehaven	(01946) 64095
B, S, Green Meadow Oldfield Road, Little Clifton	(01900) 604937	B, D, Cherry Tree 134 Houghton Road, Carlisle	(01228) 546186	B, G, 3 Beacon Close, Aspatria, WIGTON	(016973) 22114
B, S, 4A Royal Drive, EGREMONT	(01946) 329109	B, Joyce, Owerdyke Ormside	(017683) 52115	B, George, 22 Beaconsfield Street, Carlisle	(01228) 544881
B, V.M, Ungmoor Brentfield Way, Penrith	(01768) 862142	B, J, Brookside Stainton	(01768) 864319	B, G, 23 Station Road, Aspatria	(016973) 20955
BAILLIE, M, 78 Beverley Rise, CARLISLE	(01228) 319174	B, J.R, 48 Macadam Way, Penrith	(01768) 866736	B, H, Polros/terrace Rd Braithwaite	(017687) 78114
B, T, 23 Garbrough Close, Maryport	(01900) 851700	B, L.J, 54 Salkeld Road, Penrith	(01768) 899277	B, H.M, Parkdale Johnny	(017684) 83268
BAIN, D, 1 Pategill Walk, Penrith	(01768) 867572	B, M, 29 Chapel Brow, Carlisle	(01228) 594122	B, I, 17 Scafell Road, Carlisle	(01228) 537929
B, T, Abbey Garth Abbey Road, St. Bees	(01946) 825401	B, T.L, 3 Redmayne Road, Kirkby Stephen	(017683) 71147	B, J, 1 Deer Orchard Close, Cockermouth	(01900) 824686
B, V, Greenfields Egremont Road, Hensingham	(01946) 695095	BALMFOR, S, 38 Daleview Gardens, Egremont	(01946) 823495	B, Mrs J, 32 Eden Park Crescent, Carlisle	(01228) 528778
BAINBRIDGE, A, Mount Hill Blackford	(01228) 674408	B, W, 4 The Close, Kirkby Stephen	(017683) 71563	B, J, 67 Kirllea, Little Broughton	(01900) 824178
B, A, SPRINGFIELD Brough Sowerby	(017683) 41193	BALOGH, Mr S, Mr Loweswater Hall Loweswater, Cockermouth	(01946) 861447	B, Miss Jennifer, 139 Main Road, High Harrington, Workington	(01946) 830520
B, A, 190 Wigton Road, Carlisle	(01228) 544677	BAMBER, C, 4 Drawdykas Lane, Houghton, Carlisle	(01228) 533724	B, J, Roselea Hill Street, FRIZINGTON	(01946) 443144
B, B, Flat 3 Acorn House Oak Road, Penrith	(01768) 890561	B, J, 5 The Chestnuts, Distington	(01946) 833182	B, J, 14 Westwood, Carlisle	(01228) 898121
B, C, 65 Glebe Road, Appleby-in-Westmorland	(017683) 51187	B, M.J, 27 Clifford Road, Penrith	(01768) 864484	B, J.A, 100 Newfield Drive, Carlisle	(01228) 548065
B, Mr C, Mr Rose Cottage Heads Nook, Brampton	(01228) 561004	B, S, 7 Goose Garth, Carlisle	(01228) 561129	B, J.T, 8 Forest Houses Forest Houses, Ennerdale	(01946) 861105
B, C, 13 High Meadow, Carlisle	(01228) 541748	BAMBROUGH, G, Bridge House Upton, Caldbeck	(016974) 78046	B, K, Brow Top Newton Reigly	(01768) 840192
B, C, 39 Musgrave Street, Penrith	(01946) 866800	BAMFORD, B.N, Sedbro House High Street, Brough	(017683) 41383	B, Miss Leigh, 1 Irthing Close, Brampton	(01697) 508593
B, D, Glen Cottage Little Mill, Egremont	(01946) 823559	B, G, Fletcher House Fletcher Hill, Kirkby Stephen	(017683) 71013	B, M, Black Wood Braithwaite	(017687) 78236
B, D, George Cottage Main Street, Brough	(017683) 42303	B, Admiral J, THE LODGE Scaleby	(01228) 642100	B, M, White House Oughterside	(016973) 21707
B, G, 98 South Road, Kirkby Stephen	(017683) 71347	BAMKIN, J, 28 Townfoot Court, Brampton	(016977) 44837	B, M, 8 Farlam House Farlam	(016977) 46308
B, G.H, Park Crest Wigton	(016973) 44779	B, R, 131 Dacre Road, Brampton	(016977) 41085	B, M, 7 Brooksidge, Seaton	(01900) 63478
B, H, Wesley Bank Crackenthorpe	(017683) 61797	BANCROFT, J.M, Villa Park Barn South Stainmore	(017683) 41758	B, M, Pennine View Front Street, Cotehill	(01228) 561918
B, H.P, 1 Eden Terrace, Appleby-in-Westmorland	(017683) 51848	B, P, 27 Woodside Avenue, Cockermouth	(01900) 825770	B, M, 42 St. Peters Drive, Carlisle	(01228) 319846
B, I, Toll Bar Cottage Parkin Hill, APPLEBY-IN-WESTMORLAND	(017683) 52147	BANFORD, A, Exchange House Soulbly	(017683) 72761	B, M, 155 Windebrooke Avenue, Keswick	(017687) 74505
B, J, HILL TOP Orton	(015396) 24278	BANISTER, S, 6 Eskin Street, Keswick	(017687) 74111	B, Neil, 5 Hawkhead Avenue, Workington	(01900) 65754
B, J, Crossbar View Farm Crossbar View Farm, Kirkby Stephen	(017683) 72697	BANKS, A, 120 Ling Beck Park, Seaton	(01900) 870577	B, Paul, 10 Fell View Park, Gosforth	(019467) 25786
B, J, 15 Greta Hamlet, KESWICK	(017687) 74299	B, A, 3 Regent Street, Carlisle	(01228) 739864	B, Mr P, Mr 3 Solway Road, Whitehaven	(01946) 691196
B, J, 17 Jackson Croft, Morland	(01931) 714438	B, A, 7 Wasdale,	(016973) 43691	B, P, 10 Stanley Road, Brampton	(016977) 3126
B, J, Dunfell Bungalow North End, Appleby-in-Westmorland	(017683) 61913	B, A.J, 36 Basket Road, Whitehaven	(01946) 61470	B, R, Fairmile Scaleby	(01228) 675979
B, J, 38 Park Road, Wigton	(016973) 43100	B, D, 1 Garth Bank, Egremont	(01946) 447014	B, S, Westwood Garth Brough Sowerby	(017683) 41308
B, J, 1 Pearson Court, PENRITH	(01768) 867202	B, D.H, New Mill Little Salkeld	(01768) 881631	B, S, 29 Woodlands, Great Corby, Carlisle	(01228) 561067
B, J, 20 Wastwater Avenue, Workington	(01900) 66563	B, J, Brown Ho Flimby Brough, Flimby	(01900) 813090	B, W, The Hawthorns Park Broom	(01228) 573874
B, K, Midtown Farm Great Asby	(017683) 51291	B, J, 12 Garbrough Close, Maryport	(01900) 815138	BARNETT, F.B, Eldercock Colby	(017683) 51629
B, K, Manor Cottage Low Cotehill	(01228) 560144	B, J, 19 Whitgate, Egremont, Cumbria	(01946) 823695	B, J.A, Brims Farm Shap	(01931) 716633
B, K, Old Vicarage Farm South Stainmore	(017683) 41285	B, L, Curlew Cottage High Street, Pooley Bridge	(017684) 86422	B, K, 44 Bowness Road, Whitehaven	(01946) 43

B, P, Town Head Cottage Drybeck.....	(017683) 53045	B, L, Townhead House Sandwith, Whitehaven.....	(01946) 590476	BECKWITH, D, Wiend House Church Brough.....	(017683) 41175
BARRACLOUGH, D, Cotehow Martindale.....	(017684) 86521	B, R, 10 Carlton Drive, Whitehaven.....	(01946) 62164	B, G, 46 Ashley Way, Egremont.....	(01946) 823018
BARRAS, A, 18 Hallenna Road, Seacale.....	(019467) 28137	BATY, D, The Bungalow Wigton.....	(016973) 31298	B, J, Manor House Barras.....	(017683) 42706
BARRATT, J, 14 Heysham Gardens, Carlisle.....	(01228) 528341	B, D, Spenders Repairs 1A Colby Lane, Freshfields.....	(017683) 51440	B, J.P, New Hall Barras.....	(017683) 41366
B, J.W, 6 Lowry Close, Carlisle.....	(019467) 527954	B, David, 17 Longlands Road, Carlisle.....	(01228) 522552	B, M, 6 Bollam Terrace, Kirkby Stephen.....	(017683) 71802
B, P, 1 Boonwood Cottages Gosforth.....	(019467) 25838	B, G.B, 6 Puntun Road, Carlisle.....	(01228) 524192	B, S, 13 Parklands Drive, Egremont.....	(01946) 822422
BARRETT, D, Lyne View Hethersgill.....	(01228) 577039	B, I, 5 Skiddaw Street, Silloth.....	(016973) 31712	BEDDINGTON, J, 56 Park Road, WIGTON.....	(016973) 26210
B, D.T, 1 Caldew Drive, Dalston.....	(01228) 710558	B, J, 85 Scotland Road, Carlisle.....	(01228) 525192	BEDFORD, B.M, 22 Macadam Gardens, Penrith.....	(01768) 892587
B, J.R, Aglionby Barn Kirkland Road, Skinwith.....	(01768) 88408	B, J, 47 Wampool Street Silloth, Wigton, Cumbria.....	(016973) 32607	B, B.R, 52 Newlands Park, Dearham.....	(01900) 814344
B, M, 62 Greenacres, Wetheral.....	(01228) 561035	B, K, 1 Quayside, Port Carlisle.....	(016973) 51381	B, L, 8 Johnston Street, Workington.....	(01900) 61616
B, N, 29 Meadow Close, Lazonby.....	(01768) 870785	B, K, 12 The Gardens Hunters Lane, PENRITH.....	(01768) 868694	B, M, Cragg House North Stainmore.....	(017683) 41529
B, R, HEALD Hesket Newmarket.....	(016974) 78742	B, M, 21 Dowbeck Road, Carlisle.....	(01228) 401927	B, M, Pine Hills Lakerigg, Carlisle.....	(01228) 712758
BARRIE, A, Longburgh Head Burgh By Sands.....	(01228) 472003	B, P, 10 Jaysmith Close, Carlisle.....	(01228) 541861	B, P, 5 Hawthorns Close, Distington.....	(01946) 832496
BARRINGTON, R, New Property Bewcastle.....	(016977) 48094	B, R, Hill Crest Bolton.....	(017683) 61777	BEDWELL, R, 38 Reeth Road, Carlisle.....	(01228) 543071
BARROETA, E, 114 High Brigham, Brigham, Cockermouth.....	(01900) 392419	B, W.I, 24 Moorville Drive, Carlisle.....	(01228) 537667	BEE, S, Church Brow Uldale.....	(016973) 71073
BARRON, G, 3 Meadow View, Carlisle.....	(01228) 402189	BAWDEN, J, Martin Cottage Orton.....	(015396) 24366	BEEBE, M, 35 Derwentside Gardens, Cockermouth.....	(01900) 824260
B, Robert, Fell View Bassenthwaite.....	(017687) 76007	B, L, The Paddock Howgate.....	(01946) 695719	BEEBY, D, The Ghyll Gote Road, Cockermouth.....	(01900) 823234
B, R, Myrtle Cottage Hethersgill.....	(01228) 675369	BAWN, G, 163 Main Street, Frizington.....	(019467) 48418	B, E, 20 Mulcaster Crescent, Carlisle.....	(01228) 537247
B, R, 19 Derwent Road, Broughton Cross.....	(01900) 825126	BAXTER, A, 31 John Colligan Drive, Cleator Moor.....	(01946) 812277	B, J.M, 2 Solway Street, Silloth.....	(016973) 32280
BARRONS, Paul, Oaklea Hallbankgate.....	(016977) 46043	B, A, 17 Penfing Fields, Silloth.....	(016973) 31301	B, P, 145 Holmrook Road, Carlisle.....	(01228) 548587
BARROW, Dr D, 48 Main Street, Greysouthen.....	(01900) 827184	B, A, 10 Senhouse Close, Workington.....	(01900) 392518	BEECH, E, 48 Wassdale Close, Whitehaven.....	(01946) 692997
B, J, 29 Grant Drive, Whitehaven.....	(01946) 67049	B, D.N.M, Bolton Ldg Bolton.....	(017683) 61312	B, J.J, 16 Hilton Terrace, Whitehaven.....	(01946) 695457
B, J, 82 Sycamore Road, Maryport.....	(01900) 814241	B, Mrs E, Mrs S Pettifer Road, Penrith.....	(01768) 866318	BEEDE, P, Mobile, Cherry Row Low Wiend, Appleyby In Westmorland.....	(07939) 523598
B, J.R, Helm Croft Ormside.....	(017683) 52475	B, Mr G, 57 Millbourne Road, Brampton.....	(016977) 3000	BEER, A, 14 Alexandra Road, Penrith.....	(01768) 864334
B, P, 17 St. Peters Drive, Carlisle.....	(01228) 527047	B, H, 52 Millbourne Street, Carlisle.....	(01228) 525716	BEESLEY, H, 1 The Via, Hallbankgate.....	(016977) 46459
B, R, Helm Farm Ormside.....	(017683) 51089	B, J, April Rise Gilsland.....	(016977) 47108	BEESTON, A, Brantgate Mossedale.....	(017687) 79346
B, S, 23 Pembroke Street, Appleby-in-Westmorland.....	(017683) 48716	B, J, Kiln Hill Gilsland.....	(016977) 47260	BEGG, J.W, Brewery House Mellicocks, Kirkby Stephen.....	(017683) 72072
BARRY, M, 60 Castle Hill Road, Penrith.....	(01768) 862559	B, J, Gardehus Threlkeld.....	(017687) 79671	BEGGS, Mr Alan, 24 Beaconsfield Street, Carlisle.....	(01228) 537861
BARSTEAD, A, 56 Willow Close, Penrith.....	(01768) 210432	B, J, Howgate 1 Station Road, BRAMPTON.....	(01697) 543031	B, Gordon, West Lodge Crofton.....	(016973) 42931
BARTLE, E, 14 Griseldale Place, Cockermouth.....	(01900) 824471	B, Mr John, 37 Vasey Crescent, Carlisle.....	(01228) 515942	BEGUM, B, 5 Falcon Place, Workington.....	(01900) 67852
B, Mrs J, 19 Drovers Lane, Penrith.....	(01768) 866313	B, J.I & M.C, Moss Side Heathersgill.....	(01228) 577427	B, K, 31 Ullswater Road, Carlisle.....	(01228) 493835
B, K, 3 Fitz Road, Cockermouth.....	(01900) 826378	B, K, 4 King Garth, Cargo.....	(01228) 674586	BEINERS, Stephen, West Nattrass Gill Alston.....	(01434) 382538
B, L, 12 Limetree Cres, Cockermouth.....	(01900) 823896	B, M, 126 Durdar Road, Carlisle.....	(01228) 528733	BELFORD, E, 33 Dalston Road, Carlisle.....	(01228) 537737
BARTLETT, L, 16 Alexandra Terrace, Whitehaven.....	(01946) 528193	B, M.G, Ash Cottage Blencow.....	(01684) 83686	BELL, A, Throstle Garth Drigg.....	(019467) 24250
BARTLEY, K, MILL RISE Mill Street, Frizington.....	(01946) 812065	B, V, 42 Levens Drive, CARLISLE.....	(01228) 520174	B, A, Holmegate High Hesket.....	(016974) 73416
B, L, 11 Reiver Place, Carlisle.....	(01228) 495091	BAYLEY, J, Ground Floor Flat The Old Mill Warcop.....	(017683) 42875	B, A, The Gables Threlkeld.....	(017687) 79393
BARTON, A, 9 Cummwhinton Road, Carlisle.....	(01228) 543952	BAYLISS, K, Fieldgate Stainton.....	(01768) 639646	B, Anne, Crofton Winskill.....	(01768) 881688
B, D, 2 Lonsdale View, Keswick.....	(017687) 44726	B, K, 94 Mill Hill, Cleator Moor.....	(01946) 812011	B, A, Craig Camerton Road, Seaton, WORKINGTON.....	(01900) 62700
B, D, Oaklands Parshaw, Cockermouth.....	(01900) 823930	BAYNE, Pamela, 1 Station Cottages Scotch Dyke.....	(01228) 791370	B, A, Gardeners Cottage Cardew Lodge Cumbdivock, Carlisle.....	(01228) 711689
B, D, 18 Woodside Park, Wigton.....	(016977) 44221	BAZLEY, J, 7 Townfoot, Skelton.....	(017684) 84030	B, A, 40 Denton Park, Gosforth.....	(019467) 25335
B, E, The Old Chapel Murtion, APPLEBY-IN-WESTMORLAND.....	(017683) 54900	B, N, 1 Grove Cottage Garrigill Road, Alston.....	(01434) 382698	B, A, New House Market Street, Kirkby Stephen.....	(017683) 71459
B, E, 15 Station Street, Maryport.....	(01900) 381849	BEACH, M, 30 Caldew Close, CARLISLE.....	(01228) 490794	B, A, 3 Santon Way, Seacale.....	(019467) 28482
B, G, The Beeches Kingside Hill.....	(016973) 61730	BEACOCK, D, Yew Croft Broomfallen Road, Scotby.....	(01228) 514423	B, A, The Beeches Simonscales Lane, Cockermouth.....	(01900) 822994
B, Mr James, 32 Mossrigg, Carlisle.....	(01228) 526993	BEADSMOORE, H, 40 Brierydale Lane, Workington.....	(01900) 62606	B, A, 54 Tower HI, Whitehaven.....	(01946) 693922
B, J, 2 The Beeches, Maryport.....	(01900) 818453	B, R, Wynnstay 8 Thorntrees Drive, Thornhill.....	(01946) 820001	B, A & K, 2 Croft Foot Sandwith.....	(01946) 693298
B, J, 41 Victoria Road, Carlisle.....	(01228) 528819	B, S.J, Wenderholm Dean.....	(01946) 861218	B, A.T, Langton Field Farm Appleby-In-Westmorland.....	(017683) 51547
B, K, 3 Watsons Terrace, Aspatiria.....	(016973) 21211	BEAMANT, D, 26 Church Meadows, Great Broughton.....	(01900) 821605	B, B, 3 Chapel Street, Distington.....	(01946) 831816
B, L, 8 Harrison Road, Wigton.....	(016973) 26271	BEANLAND, R, 12 Orton Grange Park Grange Park Road, Carlisle.....	(01228) 712389	B, Barbera, 66 Moorhouse Road, Carlisle.....	(01228) 527378
B, N, 19 Ashfield Gardens, Workington.....	(01900) 605388	BEARD, A.D, Wilkinskye Farm Buttermere.....	(017687) 70237	B, B, 59 St. Edmunds Park, CARLISLE.....	(01228) 595335
B, N, 3 New Row, Oughterside, Wigton.....	(016973) 21860	B, L, Dormanstead Farm Rowelstown.....	(016977) 48250	B, B, 82 Windsor Road, Workington.....	(01900) 63958
B, R, 102 Windebrow Avenue, Keswick.....	(017687) 72698	B, R, Rannerdale Close Rannerdale Farm Buttermere.....	(017687) 70232	B, C, 14 Bedford St, Hensingham.....	(01946) 62498
B, S, 1 Croft House Aspatiria.....	(016973) 20190	BEARDSSELL, M, 15 Valley View, Little Clifton.....	(01900) 601183	B, C, GREENRIGGS Garbridge Lane, Appleby-In-Westmorland.....	(017683) 51926
B, S, 81 Moresby Parks Road, Moresby Parks.....	(01946) 690849	BEARDSLEY, J, 4 The Woodlands, Hayton.....	(01228) 670835	B, C, 15 Elliott House Hazel Grove, Carlisle.....	(01228) 615684
B, S, 14 Scaws Drive, Penrith.....	(01768) 868270	BEASLEY, V, Fernacre Vicarage Hill, Keswick.....	(017687) 74364	B, C, 21 Hespek Raise, Carlisle.....	(01228) 495260
B, V, Low Kiln Hill Bassenthwaite.....	(017687) 76436	BEATON, J, HOLME LEA Camp Road, Maryport.....	(01900) 815363	B, C, 10 High Close, Workington.....	(01946) 834274
B, V, 14 Haweswater Close, Penrith.....	(01768) 840540	BEATSON, C, 30 Smithfield Road, Egremont.....	(01946) 823922	B, C, 8 Kirkland Fold,	(016973) 43137
BARTOSIK, Adrian, 93 Cavaghan Gardens, Carlisle.....	(01228) 558681	B, R.J, 35 Howard Park, Greystoke.....	(017684) 83683	B, C, 5 Layfield Lane, Cleator Moor.....	(01946) 815296
BARTRIP, M, 2 Granville Rd, Carlisle.....	(01228) 511858	BEATTIE, A, 5 Northwood Crescent, Carlisle.....	(01228) 537499	B, C, 1 Suttle Close, Carlisle.....	(01228) 532769
BARUA, L, 25 Crown Street, Cockermouth.....	(01900) 827526	B, A, 18 Parkland Avenue, Carlisle.....	(01228) 549634	B, C.D, Lanefoot Farm Cottage Thornthwaite.....	(017687) 78297
BARWICK, Mrs Fiona, 1 Carleton Farm Mews Carleton, Carlisle.....	(01228) 319508	B, Alexander, 12 Teasdale Road, Carlisle.....	(01228) 546427	B, D, Chaplins Beck Braithwaite.....	(017687) 78350
B, Mr John, Albany Capon Tree Road, Brampton.....	(016977) 2196	B, C, Powburgh Heights Priest Hill Beaumont.....	(01228) 576036	B, D, Moss Hill Farm Hallbankgate.....	(016977) 46329
B, K, 81 Edenside, Cargo.....	(01228) 672170	B, D, 12 Thorncroft Road, Carlisle.....	(01228) 530887	B, D, Broad Oak Linstock.....	(01228) 523957
B, K, 12 High Green Croft, Carlisle.....	(01228) 544329	B, D, Four Winds Brier Lanning, Hayton.....	(01228) 670531	B, D, Lindisfarne Newbiggin.....	(017684) 83932
B, P, 9 Carliol Drive, CARLISLE.....	(01228) 592175	B, D, 19 Brookfields, Wigton.....	(016973) 42861	B, D, 4 Carlisle Road Dalston, Carlisle.....	(01228) 711095
B, R, RIVERSIDE Gilsland.....	(016977) 47373	B, E, Fairview Court Flat 10 South End, Wigton.....	(016973) 45925	B, D, 20 Dalton Street, Cockermouth.....	(01900) 823459
B, W, 9 Longholme Road, Carlisle.....	(01228) 545494	B, G, 9 Brunstock Close, CARLISLE.....	(01228) 520920	B, D, 49 Derwent Avenue, Maryport.....	(01900) 817061
BARWISE, B, 15 Kirkstone Road, Whitehaven.....	(01946) 63812	B, G, 35 Whemsdale, Carlisle.....	(01228) 538280	B, D, 2 Fellsdale Grove, Carlisle.....	(01228) 521484
B, J, SCHOOL HOUSE Lowca.....	(01946) 61686	B, I, 47 Curock Road, Carlisle.....	(01228) 545298	B, D, 6 Kirkstone Crescent, Carlisle.....	(01228) 494048
B, J.R, High Laws Farm High Laws.....	(016973) 61216	B, J, 3 Southwaite Road, Low Hesket.....	(016974) 73646	B, D, 104 Ling Beck Park, Seaton, WORKINGTON.....	(01900) 604242
B, K, 10 Brayton Road Whitehaven, Cumbria.....	(01946) 691362	B, J, 18 Blencathra View, Threlkeld.....	(017687) 79349	B, D, 62 Malloch Drive, Carlisle.....	(01228) 529811
B, N.R, 38 Ennerdale Terrace, Whitehaven.....	(01946) 695777	B, J, 5 Carloli Close, Carlisle.....	(01228) 542440	B, D, 16 Monkhouse Road, Salterbeck.....	(01946) 830876
B, S, 13 Eamont Park, Eamont Bridge, PENRITH.....	(01768) 895251	B, Mr J, Mr 17 Cumberland Court, Carlisle.....	(01228) 402109	B, D, 4 Oglaby Terrace, Fletcherstown.....	(016973) 71564
BASSETT, M, 11 Needs Way, Carlisle.....	(01228) 898569	B, J, 10 Sinclair Ct Durrant Hill Rd, Carlisle.....	(01228) 541177	B, D, 29 Orchard Road, Wigton.....	(016973) 49778
BASSINDALE, P, 9 Sids Field, Castle Carrock.....	(01228) 670832	B, Johns, 57 Moorside Drive, Carlisle.....	(01228) 590633	B, D, 16 Puntun Road, Carlisle.....	(01228) 524022
BASTOW, M, 85 Gosforth Road, Seacale.....	(019467) 28788	B, J, Flat 10 Riverside Lodge Station Road, Keswick.....	(017687) 72632	B, D, 52 Row Brow Park, Dearham.....	(01900) 810875
BATE, C, 3 Waterloo Street, Cockermouth.....	(01900) 826944	B, K, 2 Rowantree Close, Whitehaven.....	(01946) 65350	B, D, 7 Rudchester Close, Carlisle.....	(01228) 537741
B, L, 2 Tithesbarn Court Main Street, Keswick.....	(017687) 44879	B, L, 37 Richmond Green, Carlisle.....	(01228) 595830	B, D.A, Smithy Cottage Cotehill.....	(01228) 560792
BATEMAN, Brenda, Colenda Scales.....	(016973) 20276	B, L, Foldsteads West End, Wigton.....	(016973) 47061	B, D.C, The Cottage Threlkeld.....	(017687) 79612
B, D, The Beeches Ormside.....	(017683) 54134	B, M, 1 The Crescent, Kirkbride.....	(016973) 52890	B, D.G, Low Blaitwaite Wigton.....	(016973) 44706
B, John, 35 Fitz Road, Cockermouth.....	(01900) 822459	B, S, 1 Queen St, Aspatiria.....	(016973) 22421	B, D.J, 60 Dalston Road, Carlisle.....	(01228) 546065
B, M, 35 The Hawthorns, Wigton.....	(016973) 43493	B, S, 27 Seacale Park, Seacale.....	(019467) 29190	B, D.J, 459 Warwick Road, Carlisle.....	(01228) 532839
B, P, 26 Thrimmere Avenue, Workington.....	(01900) 413303	B, T, Rattingate Farm Kirkandrews-On-Eden.....	(01228) 490155	B, E, Oaklands Lazonby.....	(01768) 898242
B, W, 222 Denton Street, Carlisle.....	(01228) 538773	B, T.P, Ladywells Rattingate Kirkandrews-On-Eden.....	(01228) 576518	B, E, 26 Caird Avenue, Carlisle.....	(01228) 530333
BATES, B, 3 Simonscales Lane, Cockermouth.....	(01900) 823470	B, W, The Stables Clifford Street, Appleyby-In-Westmorland.....	(017683) 51364	B, E, 5 Jaysmith Close, Carlisle.....	(01228) 593986
B, C, Galtar Wigtonby.....	(01228) 712887	B, W.B, 16 Carlisle Road, Dalston.....	(01228) 710443	B, E, 11 Moss Side, Allonby.....	(01900) 881042
B, C, 7 GILLFOT AVENUE, EGREMONT.....	(01946) 824102	BEATY, A, 21 Cedar Close, Penrith.....	(01768) 864991	B, E, 51 Springfield, Wigton.....	(016973) 44524
B, D, Shepherds Close Borrowdale.....	(017687) 77746	B, D.S, Greystones Sockbridge.....	(01768) 865604	B, E, 9 Warwick Farm, Warwick-On-Eden, Carlisle.....	(01228) 560590
B, J, 11 Gordon Street, Workington.....	(01900) 63529	B, G, 37 Howe Street, Carlisle.....	(01228) 528527	B, E.A, 13 Chapel Close, Warwick Bridge.....	(01228) 560424
B, K, 1 The Whinney, Rosley.....	(016973) 49727	B, J, Greta Cottage Threlkeld.....	(017687) 79563	B, E.G, Ballinaby Ainstable.....	(01768) 896067
B, L, 15 Beckgreen, Egremont.....	(01946) 820102	B, J.H, 30 Skinburness Road, Silloth.....	(016973) 32820	B, F, 38 Wetheriggs Lane, Penrith.....	(01768) 891847
B, N, 49 Todholes Road, Cleator Moor.....	(01946) 395542	B, M, LUMETREE HOUSE Irthington.....	(016977) 2326	B, F.M, 9 South Croft, Houghton.....	(01228) 537382
B, R, 13 Rubby Banks Road, Cockermouth.....	(01900) 822251	B, M, 4 The Lea, Laithes.....	(017684) 84046	B, G, GARTH CROFT Appleby-In-Westmorland.....	(017683) 52330
BATESON, B, 4 Tam Close, Cleator Moor, Cumbria.....	(01946) 440705	B, R, The Croft Newbiggin-On-Lune.....	(015396) 23682	B, G, 4 Workington.....	(01900) 65374
B, Carolyn, 1 Yew Tree Crescent, Shap.....	(01931) 716336	B, R, Mansion House Southerfield.....	(016973) 61047	B, G, 38 Herdus Rd, Whitehaven.....	(01946) 62816
B, E, 1 Margarets Way, Appleby-In-Westmorland.....	(017683) 52882	B, Sian, High Moorside Holmrook.....	(019467) 24234	B, G, 15 Jackson Croft, Morland.....	(01931) 714346
BATEY, Craig, Waverley Station Road Harker.....	(01228) 672364	B, W, 5 Queensway, Carlisle.....	(01228) 532618	B, G, 20 Parkhead, Brampton.....	(016977) 2785
B, C, 1 Blenkinsopp Terrace, Greenhead.....	(016977) 47372	BEAVIS, R, Flat 9 Burnett House The Banks, Seacale.....	(019467) 27226	B, G, 6 Byron Terrace, Greenhead.....	(016977) 47534
B, D, 20 Parkhead, Brampton.....	(016977) 2785	BEBBINGTON, J, Crosswater Mill Cross Side, Egremont.....	(01946) 823967	B, F, 11 Parkhead Road, Brampton.....	(016977) 2812
B, E, 6 Byron Terrace, Greenhead.....	(016977) 47534	BECHELLI, R, 138 Senhouse Street, WORKINGTON.....	(01900) 386749	B, Mr George, Thomlinson Cottages 1 Brampton.....	(016977) 3156
B, F, 11 Parkhead Road, Brampton.....	(016977) 2812	BECK, Alan, Fell Foot Santon Bridge.....	(019467) 26278	B, J, 19 Beacon Square, Penrith.....	(01768) 862539
B, Mr George, Thomlinson Cottages 1 Brampton.....	(016977) 3156	B, A, Beckstones 30 Penrith Road, Keswick.....	(017687) 73337	B, O, Blossomfield Outton.....	(016973) 43704
B, J, 19 Beacon Square, Penrith.....	(01768) 862539	B, E.R, 5 Raise Hamlet, Alston.....	(01434) 381116	B, R, Flat 8 Old Hall Church View, Egremont.....	(01946) 460195
B, O, Blossomfield Outton.....	(016973) 43704	B, I.A, 52 Skiddaw Road, Carlisle.....	(01228) 530294	B, R, 85 High Road, Whitehaven.....	(01946) 63498
B, R, Flat 8 Old Hall Church View, Egremont.....	(01946) 460195	B, J, Town Foot Farm Longdale.....	(015396) 24534	B, R, Welton Plains Welton, Carlisle.....	(016974) 76459
B, R, 85 High Road, Whitehaven.....	(01946) 63498	B, J, 10 Gilgarran Park, Gilgarran.....	(01946) 832957	B, S, 53 Ritson Wharf, Maryport.....	(01900) 381184
B, R, Welton Plains Welton, Carlisle.....	(016974) 76459	B, J, 36 Harringdale Road, Workington.....	(019467) 48843	B, T.A, 3 Smithfield, Dalston.....	(01228) 710950
B, S, 53 Ritson Wharf, Maryport.....	(01900) 381184	B, J.D, Town Foot Farm Longdale.....			

B, J, Newwater Farm Kirkbride	(016973) 51080	B, W, Brisco Hl Fm Brisco	(01228) 546907	B, L, 5 Ellen Garth Aspatria, Wigton, Cumbria	(016973) 23176
B, Joanne, Hillcrest Rosley	(016973) 42213	B, W, Marshdale Carlisle	(016973) 51311	B, L, Gabrosentum 8 Ropery Lanning, Harrington	(01946) 832490
B, J, CROFT HOUSE Saleby	(01228) 675880	B, W, Mawbray Farm Mawbray	(01900) 881200	B, P, 5 Drawbriggs Mount, Appleby-in-Westmorland	(017683) 51566
B, J, Warwick Hall Westnewton	(016973) 20259	B, W, 19 Gloucester Road, Carlisle	(01228) 522132	B, R, Broom Close Beckside, Flimby	(01900) 817648
B, J, 1 Ellerbeck Barns Ghyll Farm Egremont	(01946) 820849	B, W, 5 Ladyseat Gardens, Longtown	(01228) 791851	B, S, 14 Sheila Fell Close, Aspatria	(016973) 22244
B, J, 5 Bank Terrace Gavel Street, Maryport	(01900) 813747	B, W, 68 Longlands Road, Carlisle	(01228) 596343	BEST, A, Graceholme High Lorton	(01900) 85934
B, J, 50 Castlerigg Drive, Carlisle	(01228) 530388	BELLARBY, D, North Mount Bassenthwaite	(017687) 76004	B, J.L, Elder Tree Cottage Mawbray	(01900) 881553
B, J, Roseby Howe Causeway Road, Seaton	(01900) 62792	BELLAS, C, 2 Church Row, Penrith	(017684) 83691	B, P.B, 1 Brook Cottages Garrigill	(01434) 381852
B, J, 24 Cawlands, Durdar	(01228) 524278	B, J, The Grange Croft Ends	(017683) 53429	B, S, 32 Bounty Avenue, Maryport	(01900) 816898
B, J, 13 Chertsey Bank, Carlisle	(01228) 547488	B, K.M, 41 Springfield, Wigton	(016973) 43262	BESTLEY, L.P, Robin Rigg Manor Brow, Keswick	(017687) 74096
B, J, 9 Coronation Avenue, Seaton	(01900) 63897	B, R, 14 Brunswick Square, Penrith	(01768) 863247	BESWICK, David, The Old Rectory Ormside	(017683) 53005
B, J, 10 Crow Park, Brampton	(016977) 2773	B, Valerie, Croft Ends Farm Croft Ends	(017683) 51284	BETHEL, M, 1 Stoney Beck Cottages, Broughton Cross,	
B, J, Bangla Cross Lane, Wigton	(016973) 43124	BELLINGHAM, Mrs Maureen, 18 Howard Road, Brampton	(016977) 41010	COCKERMOUTH	(01900) 825447
B, J, 18 Eamont Mews, Pategill	(01768) 866667	BELLINI, A, Maubria Calder Avenue, Whitehaven	(01946) 692452	BETHWAITE, B, 2 School Close, Maryport	(01900) 814648
B, J, 6 Eden Close, Wigton	(016973) 26472	BELLSFIELD, C, Avondale Kirkby Thore	(017683) 62702	B, E, 13 West Row, Whitehaven	(01946) 61114
B, J, 1 Fell Side, Threlkeld, Keswick	(017687) 79134	BELLWOOD, B, Midtown Fm Little Strickland	(01931) 717526	B, J, 5 Moorfield Avenue, Workington	(01900) 603049
B, J, 27 Ghyll Bank, Little Broughton	(01900) 825044	BENEST, T, HORWICK HOUSE Broughton Park, Great Broughton	(01900) 824622	B, K, 19 The Beeches, Maryport	(01900) 819631
B, J, 24 Grassmoor Avenue, Cockermouth	(01900) 826200	BENIAMS, M.A, Trevithick Ruckcroft	(01768) 896293	B, M, 91 Whitestiles, High Seaton	(01900) 64073
B, Mrs Jessie, 2 Greenwood Close, Carlisle	(01228) 711642	BENISON, D, 16 Seadown Drive, High Harrington	(01946) 831396	BETT, D, Lowside Thackthwaite	(01900) 85163
B, J, 18A High Street, Kirkby Stephen	(017683) 72001	BENJAMIN, T, 1 Farlam House Barns Farlam	(016977) 46672	BETTERIDGE, R.J.E.A, Greenhill Braystones	(01946) 841746
B, J, 77 High Street, Kirkby Stephen	(017683) 71448	BENN, A, Low Whitebanks Farm House Kinniside	(01946) 811849	BETTIE, Brenda, 4 Bedford Road, Carlisle	(01228) 544310
B, J, 31 Jocks Hill, Brampton	(016977) 42998	B, A, Low Mill Farm Mungisdale	(017684) 84544	BETTINSON, C, Romanway Crosby On Eden	(01228) 472422
B, J, 11 Loweswater Clo, Cockermouth	(01900) 827751	B, A, 2 Lane Head Sandwith, Whitehaven	(01946) 61250	BETTON, J.M, 61 Ashley Street, Carlisle	(01228) 533743
B, J, 25 Moorfields, Broughton Moor	(01900) 815389	B, A.J, Ling Cottage Upton, Calbeck	(016974) 78387	B, L.M, 4 Brookside, Aikton	(016973) 45259
B, J, 26 NESS WAY, CARLISLE	(01228) 529859	B, G, 2 Central Avenue, Egremont	(01946) 823242	BETTS, A, 1 Pennine Gardens, Carlisle	(01228) 531959
B, J, 69 Prescott Road, Carlisle	(01228) 543394	B, G.W, 2 Brookside, Beckermert	(01946) 841631	B, F, 47 Fushell Street, Carlisle	(01228) 531944
B, J, 14 Raisbeck Close, Carlisle	(01228) 642910	B, J, Low Swinside High Lorton	(01900) 853229	B, Reverend J, 17 Quarry Close, Kirkby Stephen	(017683) 71598
B, J, 4 Scawfell Road, Carlisle	(01228) 527088	B, L, 28 Millbanks Court, Workington	(01900) 831336	B, N, Townend Farm Grinsdale	(01228) 520446
B, J, 26 Scymore Drive, Longtown	(01228) 930230	B, M, 34 Birks Road, CLEATOR MOOR	(01946) 814662	B, V, Hill View Maids Meaburn	(01931) 715391
B, J, 3 Yew Bank Lane, Whitehaven	(01946) 62247	B, M, 17 Walkmill Gardens Red Lanning, Whitehaven	(01946) 862124	BEVAN, J, The Hollies, Great Asby	(017683) 53433
B, J, 2 Yew Close, Carlisle	(01228) 492498	B, N, 12 Barkers Row, Frizington	(01946) 811508	B, J.S, 1 Coldbeck Barn Ravenstonedale	(015396) 23435
B, J.A, 7 Ritson Close, Carlisle	(01946) 63069	B, R.E, Mill House Irton	(01946) 72314	BEVERIDGE, Bruce, 135 Dacre Road, Brampton	(016977) 3994
B, J.E, 9 Meadowfield Grove, Gosforth	(01228) 541521	B, W, 3 Oak Tree Close, Shap	(01931) 716864	B, Mr Michael, The Old Paint Shop, Flat 3 Bluebell Lane,	
B, J.F, 20 Hallin Crescent, Carlisle	(016973) 32441	B, W.G, Border Cottage Seaville	(016973) 61672	Penrith	(017683) 98165
B, J.J, The Forge Pethu	(01434) 381767	BENNETT, V, 7a Ewanrigg Road, Maryport	(01228) 562036	B, M, Henderson Close Chapel Lane, Brampton	(016977) 3672
B, J.J, Westholm Park Lane, Alston	(016973) 61635	BENNETT, A, ROSE MOUNT Great Corby	(01228) 401507	BEVERLEY, F, 100 Larch Drive, Stanwix	(01228) 529478
B, J.T, The Cottage Abbey Cowper Abbeytown	(017687) 76422	B, Alfred, 16 Blunt Street, Carlisle	(01228) 537714	BEVERLY, A, Workshop And Premises The Forge Abbeytown	(016973) 61960
B, J.W, Dale View Bassenthwaite	(017687) 76275	B, D, 5 Morpeth Close, Brampton	(01900) 602130	BEVIS, A, 2 Westmorland Road, Hensingham, WHITEHAVEN	(01946) 690943
B, K, How Cottages How Mill	(01228) 760626	B, G, Benedene Camerton	(01946) 833579	BEWLEY, A, Merton Pasture Road, Rowrah	(01946) 861355
B, Kenneth, 44 Green Hollows Country Park Southwaite	(01228) 532554	B, G, 76a Main Road, High Harrington	(01768) 898060	B, D, 7 Scholars Green, Wigton	(016973) 49943
B, K, 109 Beaumont Road, Carlisle	(01228) 562498	B, J, Colga Cott Renwick	(017687) 80437	B, I, 11a Moorhouse Road, Carlisle	(01228) 527690
B, K, Greenleaves Broadwath Road, Great Corby	(01228) 792493	B, J, White Crag Brundholme Road, Keswick	(01946) 832790	B, L.J, Silver Hill Cottage Kirkbride	(016973) 51293
B, K, 41 Dukewood Road, Longtown	(01946) 66317	B, J, 6 Distington Park, Distington	(01946) 835180	B, M, 58 Skinburness Drive, Silloth	(016973) 32584
B, K, 50 Kirkstone Road, Whitehaven	(01228) 558514	B, J, 14 Montreal Close, CLEATOR MOOR	(01946) 810232	B, M, 64 Victoria Place, Carlisle	(01228) 513652
B, K, 28 Lismore St, Carlisle	(01228) 532931	B, J, Misslethwaite Hows Quarry Road, Cleator Moor	(01946) 63258	B, W, Whinridge Springs Garth, Keswick	(017687) 74155
B, K, 48 Winchester Drive, Whitehaven	(016973) 52882	B, J, 29 Springfield Avenue, Whitehaven	(01900) 66370	BIBBY, A, 2 Croft Cottages Gilsland	(016977) 47019
B, Laura, 5 Beech Lea, Kirkbride	(01228) 615661	B, K, Kentora Gilsland	(016977) 47348	B, A, 71 Casson Road, WORKINGTON	(01900) 360634
B, L, 52 Hebdon Avenue, Carlisle	(016977) 42384	B, K, 23 Stanley Street, Workington	(01946) 812725	B, P, 13 Mill Garden Hartley Road, Kirkby Stephen	(017683) 72611
B, L, 12 Jocks Hill, Brampton	(01228) 526296	B, P, 2 Croft Road, Brampton	(01900) 824224	B, Y, 2 Larch Drive, Whitehaven	(01946) 62712
B, L, 24 Sheehan Gardens, Carlisle	(01228) 590646	B, P, 67 John Street, Moor Row	(016973) 20501	BICKERSTAFF, S, Saxon House Arthur Street, Penrith	(01768) 864517
B, L, 10 Turnberry Way, Carlisle	(016974) 78007	B, R.H, Avondale Lorton Road, Cockermouth	(01946) 27959	BICKERSTAFF, M, 19 Otley Road, Keswick	(017687) 72197
B, L.N, 69 Sunnymead, Carlisle	(01228) 562296	B, S, Hayton House Hayton	(01946) 61904	BICKERSTETH, Reverend S, 17 Goschen Road, Carlisle	(01228) 319830
B, M, Beech House Z Caldbeck	(016973) 42200	B, S, Stanley Hill Drigg Road, Seascale	(01900) 814041	BICKLEY, J, 32 Old Smithfield, Egremont	(01946) 821298
B, M, Eden Mount Group Head Carlisle	(017687) 76273	B, S, 21 Grisedale Close, Whitehaven	(01768) 898388	B, J, Alwell Glass And Glazing Co Ltd, Unit 4D Sneekyeat Road Industrial	
B, Michael, Glaramara Thurstonfield	(01228) 560478	BENNISON, C, LEIGH CROFT Lazonby	(01768) 840451	Estate,	(01946) 64913
B, M, Waver Hill Waverbridge	(01228) 402008	B, S, CORNERSTONES BARN Lazonby	(016973) 31880	B, S, Rose Cottage Saleby Hill	(01228) 675260
B, M, 1 Rakefoot Cottages Embleton	(01228) 898439	BENSON, A, High Row Farm Threlkeld	(01946) 695058	B, C.K, 80 Springfield, Wigton	(016973) 43507
B, M, Meadow Croft 11 Burnriggs, Heads Nook	(01228) 524814	B, A, Flat 30 Lonsdale Court, Penrith	(01900) 816556	B, C, 7 Highmoor, Highmoor	(016973) 43810
B, M, 49 Fushell Street, Carlisle	(01946) 328052	B, A, 68 Skinburness Road, Silloth	(01768) 894348	BIDGWAY, M.J, Sturdy Kaber	(017683) 72315
B, M, 18 Girdwood Close, Carlisle	(01228) 524814	B, A, 25 Ullswater Avenue, Whitehaven	(01228) 319523	BIGGAM, B, 9 West Spur, Moor Row	(01900) 823775
B, Mrs M, Mrs Barnfield Monkway, Whitehaven	(01228) 524814	B, A.U, 10 Grosvenor Place, Carlisle	(01946) 695058	BIGGIN, J, 10 Kelly Street, Workington	(01900) 61129
B, M, 66 Newfield Park, Carlisle	(016973) 26412	B, C, 6 Suncroft, Crosby	(01900) 816556	BIGGINS, C, Fernwood 6 Denton Park Court, Gosforth	(01946) 25344
B, M, 4 Outgang Road, ASPATRIA, WIGTON	(016973) 26791	B, Mrs C, 16 The Hawthorns, Wigton	(016973) 43357	B, P, 4 Summer View, Drigg	(01946) 28947
B, M, 9 Prospect Place, Wigton	(01900) 603843	B, C.L, 134 Moresby Parks Road, Moresby Parks	(01946) 62665	BIGGS, I, Old Barn Easton	(01228) 576826
B, M, 80 Scawfell Avenue, Workington	(01228) 710829	B, D.H, Crabtree Cottage Bowscar	(01768) 894348	BIGLAND, J, 2 Alexandra Drive, Carlisle	(01228) 598125
B, M, 55 Shawk Crescent, Thurstby	(016977) 3514	B, F, Unit 38 Longtown Industrial Estate Longtown,		BIGRIGG, C, 25 High Road, Whitehaven	(01946) 692153
B, M, 14 Showfield, Brampton	(01228) 543220	Carlisle	(01228) 319523	B, J, 161 Moorclose Road, Salterbeck	(01946) 832949
B, M, 21 Springfield Road, Carlisle	(01946) 63108	B, G, Bannerdale Loop Road, Distington	(01946) 831144	B, S, 7 Peter Street, Workington	(01900) 403215
B, M.D, 43 Elizabeth Crescent, Whitehaven	(017684) 28298	B, H, 1 Midtown Farm, Winscales	(01900) 66628	BILLET, M, Holly Croft Heads Nook	(01228) 561538
B, Miss A, St. Andrews Churchyard, Penrith	(01900) 881344	B, J, Rose Cottage Askham	(01931) 712898	BILLINGHAM, J, 11 Mitchell Avenue, Northside	(01900) 64637
B, M.M, Grapes Hotel Allonby	(01900) 65620	B, J, Spawell Biglands	(016973) 42526	BILLINGTON, M.R, 14 Sreel View, Whitehaven	(01946) 61056
B, O, Riverside Bridgefoot	(01946) 821843	B, J, Kirkland Hall Kirkland Hall, Wigton	(01931) 601064	BILTON, D, The Loft Banks Court Market Place, Cockermouth	(01900) 403340
B, O, 19 Thorny Road, Egremont	(01768) 210115	B, J, 24 Peggy Nut Croft, Penrith	(01768) 865978	BIMSON, D.J, 8 Longburgh Fould, Longburgh	(01228) 576136
B, Patricia, Long Bank Maidenhill	(017687) 72847	B, J, 6 Roman Road, Penrith	(01228) 791010	B, H, 7 High Bank Close, Carlisle	(01228) 547612
B, P, Rooking House Portinscale	(016973) 71296	B, John, 57 Swan Street, Longtown	(016973) 42982	B, Matthew, 5 Monkhill Fould, Burgh-By-Sands	(01228) 575117
B, P, TORPENHOW HALL Torpenhow	(016977) 42510	B, J.J, Kirkland View Wigton	(01931) 716308	BINGHAM, J, 8 Shore Road, Salterbeck	(01946) 833650
B, P, 1 Barras Post Banks, BRAMPTON	(01228) 531789	B, M, 2 Brookfield, Shap	(016973) 44795	B, N, 55 Gosling Drive, Carlisle	(01228) 615255
B, P, 86 Beaumont Road, Carlisle	(01900) 68778	B, M, New View Kirkland, Wigton	(01900) 601074	B, N.C, 10 West View, Hensingham	(01946) 61644
B, P, Cumrew Graham Street, Penrith	(01900) 822464	B, Martyn, 18 Lakeland View, Workington	(01900) 601074	B, P, 5 Redwood Drive, Stanwix	(01228) 534490
B, P, 58 Hazelgrove, Seaton	(01900) 818744	B, N, 54 Lawson Street, Aspatria	(016973) 22011	BINGLEY, M.T, 1 Chestnut Grove, Carlisle	(01228) 561588
B, P, 1 Marvejs Park, Cockermouth	(016977) 2138	B, P, 1 Barncroft Avenue, Workington	(01900) 65363	BINKS, H, Apartment 23 Pele Court Friargate, Penrith	(01768) 865479
B, P, 61 Scymore Road, Maryport	(01768) 88674	B, R, Celleron North Farm Tirril	(01900) 62902	BINNIE, A, 8 Hether Drive, Carlisle	(01228) 527134
B, P, Knoll House Tree Road, Brampton	(01228) 401909	B, R, 7 Main Road, Seaton	(016973) 42087	BINNS, M, 154 Nelson Street, Carlisle	(01228) 521671
B, P, 2 Victoria Cottages, Penrith	(016973) 23780	B, S, The Oaks Biglands	(016973) 45869	B, M.A, 83 Mill Hill, Cleator Moor	(01946) 812803
B, P.W, 38 Linton Street, Carlisle	(017684) 83661	B, S, Gill House Biglands	(01228) 401137	BINSTEAD, D, 46 Mabel Wood Close, Great Clifton	(01900) 646025
B, R, CASTLE GILL Aspatria	(01768) 986816	B, S, 2, Rutherford Court Garlands Road, Carlisle	(01946) 861733	BIRBECK, J, 13 Meadow View, Whitehaven	(01946) 66727
B, R, Park View Blencow	(016973) 52399	B, W, Sunnyside Ullock	(01946) 48594	B, M, Moss Ghyll Rowgate, Kirkby Stephen	(017683) 72039
B, R, Middle Bridge House Heads Nook	(01900) 62956	BENSTEAD, D, 37 Holly Terrace, Hensingham, Whitehaven	(01900) 379427	B, S, Pennine View Nately	(016973) 71056
B, Rosemary, Beech Trees Saltcoats Kirkbride	(01768) 88493	BENTHAM, A, 1 Croft Crescent, Dearham, MARYPORT	(01768) 88493	BIRCH, M, 5 Langdale, Wigton	(016973) 45688
B, R, 10 Burrow Walls, Northside	(01900) 88493	B, C, Bastle Ho Blencarn	(01931) 714109	BIRCHENHOUGH, M, 27 Glebe Road, Appleby-in-Westmorland	(01900) 823775
B, R, 21 Church Street, Dearham	(01228) 539225	B, G.M, Old Rctry Station Rd, Cliburn	(01900) 608480	BIRD, A, Bungallow Sockenbar Farm Kiggs Meaburn	(01931) 714606
B, R, 296 Skinburness Road, Skinburness	(016973) 32124	B, P, 28 Inner Ling Road, Seaton, Workington	(017687) 72998	B, Alison, Ocean Wells Shap	(01931) 716720
B, R, 7 Tomlin Avenue, Whitehaven	(01946) 67453	B, W, 14 The Hawthorns, Keswick	(01931) 716197	B, B, Kellsteads Cross Gates, Lamplugh	(01946) 861200
B, R.H, Moorland Close Eaglesfield	(01900) 826129	B, E, 5 Chase Park, Penrith	(01768) 201070	B, C, 24 Eden Park Crescent, Carlisle	(01228) 590700
B, R.I, 35 Walker Street, Cockermouth	(016977) 46288	B, F.W.P, Syke House Newby	(01931) 714373	B, F, Boundary Hill Edenhall	(01768) 863016
B, R.M, High Fell Hallbankgate	(01900) 828067	B, M.H, 33 Meadow Croft, Penrith	(01768) 866461	B, F, Langath Langwith	(01768) 881751
B, R.S, 33 Evening Hill Drive, Cockermouth	(016977) 47371	B, S, 5 Barrowmoor Road, Appleby-in-Westmorland	(017683) 98734	B, L, 23 West Park, Thurstby	(016973) 45191
B, S, Dacre House Gilsland	(015396) 23009	B, Theo, Holme Lea Shap	(01931) 716204	B, M, The Spinney Roundthorn	(01768) 891576
B, S, Roseway Kelleth	(015396) 24989	BEPARY, A, 21 Bowflatts, Workington	(01900) 379106	B, P, 3 Parkside, Workington	(01900) 68796
B, S, OLD SCHOOL HOUSE Orton	(01228) 597681	BERSFORD, B, BURWOOD Edenhall	(01768) 889184	B, T, 1 Criffel View, Drumburgh	(016973) 51791
B, S, 19 Carlton Gardens, Stanwix	(01900) 603960	B, R, 9 Barracks Bridge, Wigton	(016973) 31412	B, T.E, North Dyke Farm North Dykes	(01768) 898655
B, S, 3 Ghyll Road, Workington	(01228) 527846	BERGERUD, M, 8 Greta Street, Keswick	(017687) 71102	B, T.W, Ghyll House Wreay	(016974) 73297
B, S, 8 Grosvenor Place, Carlisle	(01228) 493873	BERGMAN, Mrs Beryl, 20a Scotch Street, Whitehaven	(01946) 64988	B, W.G, 5 Ghyll Grove, Lowca	(01946) 693005
B, S, 34 Manor Park, Penrith	(01228) 513115	BERKELEY, D, Manor House Manor House, Wigton	(016973) 23618	BIRDSALL, C, 47 Gilliford Road, Egremont	(01946) 440824
B, S, 26 Scotby Village, Scotby	(01900) 386619	BERRIDGE, J, 10 Finkle Street, ST BEES	(01946) 821383	B, J, Rokenda Birks Road, Cleator Moor	(01946) 451451
B, S, 44 Sconby Way, Cockermouth	(01946) 820108	BERRY, Alan, 5 Hackthorpe Gardens, Hackthorpe	(01931) 712289	BIRKBECK, L, Myrtle Grove The Forge, Keswick	(017687) 72858
B, S, 21 The Willows, Egremont	(01228) 493147	B, F, 3 Heysham Meadows, Carlisle	(01228) 593391	B, M, Tithe House Boroughgate, Appleby-in-Westmorland	(017683) 53322
B, S, 116 Winscale Way, Carlisle	(017683) 71212	B, K, 59 Levens Drive, Carlisle	(01228) 540653	B, M, Delamere Main Street, Brough	(017683) 41893
B, S.S, The Delves Winton	(01228) 562883</				

B, Alan, 1 Coveness Bank, Seascale.....	(019467) 21996	B, Mrs Dorothy, 12 Garnet Crescent, Workington.....	(01946) 832577	B, P, 24 Walden Grove, Carlisle.....	(01228) 381259
B, Mrs Anne, 35 Wansfell Avenue, Carlisle.....	(01228) 253729	B, E, 3 High Road, Blennerhasset.....	(016973) 21630	BOND, H, 2 Fenton, Keswick.....	(017687) 72689
B, C, 74 Whinlatter Road, Whitehaven.....	(01946) 61557	B, E, 3 Oak Terrace, Abbetown.....	(016973) 61171	B, I, 25 Meadow Croft, Penrith.....	(01768) 892070
B, C.J, Mountain View Drigg Road, Seascale.....	(019467) 28719	B, E, 20 The Ferns, Egremont.....	(01946) 848974	B, W, Glenwhelt Farm Greenhead.....	(016977) 47448
B, D, 8 Schoose Caravan Park, Workington.....	(01900) 601115	B, E, 10 Wilson Homes, Brampton.....	(016977) 41172	BONDI, A.J, Low Blackburn Bank Leadgate.....	(01434) 381504
B, G, 42 Meadow Way, Maryport.....	(01900) 815312	B, H, 12 Hedra Terrace, CLEATOR MOOR.....	(01946) 812143	BONE, A, J, 13 Foundry Road, Parton, Whitehaven.....	(01946) 693724
B, G, 23 Scamore Road, Maryport.....	(01900) 814769	B, I, 20 Croftfield Road, Seaton.....	(01900) 63822	B, E, Greengarth Wetheral.....	(01228) 560801
B, J, 21 Borrowdale Road, Whitehaven.....	(01946) 65998	B, I.R, 47 Ruthella Street, Carlisle.....	(01228) 546171	B, E, 113 Hedden Avenue, Carlisle.....	(01228) 545394
B, J, 55 Vulcans Lane, WORKINGTON.....	(01900) 413409	B, Mrs Jennifer, Tin Castle Brampton.....	(016977) 41741	B, E, Rose Bank North End, Bolton.....	(017683) 61505
B, J, 19 Windrigg Close, Egremont.....	(01946) 824021	B, J, 147 Church Meadows, Great Broughton.....	(01900) 824718	B, H, 58 Oaklands Drive, Carlisle.....	(01228) 531349
B, J.A, Grange Farm Bridekirk.....	(01900) 823153	B, J, 14 Findlay Place, Workington.....	(01900) 67513	B, J, 6 Daleview Close, Egremont.....	(01946) 821122
B, K, Barnfield Glasson.....	(016973) 51562	B, Mrs J, Mrs 55 Hopes Hill Drive, Carlisle.....	(01228) 528982	B, J, 10 Muncaster Close, Whitehaven.....	(01946) 64559
B, Keiran, 1 Holmgarth Lazonby.....	(01768) 870570	B, Jacqueline, 7A Hannah Terrace, Aspatria.....	(016973) 21798	B, J, 142 Newlaithes Avenue, Carlisle.....	(01228) 537038
B, K, 5 Florence Terrace, Maryport.....	(01900) 816648	B, J, Hafod Outrigg, St Bees.....	(01946) 822437	B, J, 12 Uldale View, Egremont.....	(019467) 48399
B, K, Top Flat 35 Station Road, Workington.....	(01900) 872256	B, Lindsay, Springfield House Moor Row.....	(016973) 45530	B, M, 15 Moorville Drive, Carlisle.....	(01228) 542836
B, L, The Knoll Little Broughton.....	(01900) 824612	B, M, 6 Beechtree Court, Kirkcintown.....	(01228) 675214	B, M, 143 Newlaithes Avenue, Carlisle.....	(01228) 494084
B, M, Hillside Wayside Terrace, Calthwaite.....	(01768) 894744	B, P, The Barn Lorton.....	(01900) 85488	B, R, 5 Burnsall Close, Carlisle.....	(01228) 536317
B, N, 7 Fellview Drive, Egremont.....	(01946) 821638	B, Patricia, Sallou Thurstonfield.....	(01228) 576271	BONNAR, G.K, 10 Low Castle Terrace, Greenhead.....	(016977) 47330
B, P.E, 14 Greta Street, Keswick.....	(017687) 72418	BLAKE, Mr Ann, 2 Rottington Cottages, Rottington.....	(01946) 820015	B, M, 5 Hilary Court Catherine Street, Whitehaven.....	(01946) 528257
B, R, Mountain View High Lorton.....	(01900) 85371	B, C, Flat 4 20 Chatsworth Square, Carlisle.....	(01228) 550422	B, M, 16A Wellington Row, Whitehaven.....	(01946) 440073
B, S, 58 Brakeside Gdns, Whitehaven.....	(01946) 592260	B, C, 14 High Rigg, Brigham.....	(01900) 827789	BONNER, E, Allen Seaton Road, Broughton Moor.....	(01900) 815525
B, S, Holly Cottage Great Strickland, Penrith, Cumbria.....	(01931) 712235	B, E, 24 Richmond Hill Road, Whitehaven.....	(01946) 693096	B, H, 17 Bankend View, Biggig.....	(01946) 813876
B, S, 7 Walker Rise, Penrith.....	(01768) 892853	B, H.E, Westway Great Salkeld.....	(01768) 863236	B, L, 13 London Terrace, Crosby Villa.....	(01900) 813389
B, W, Birkett Mire Threlkeld.....	(017687) 79003	B, K, Flat 2 20a Esk Street, Silloth.....	(016973) 31363	BONNICK, P, Scale House Fm Renwick.....	(01768) 896493
B, William, 12 Hilden Road, Cleator.....	(01946) 811200	B, S, 36 Stonehouse Park, Thursby.....	(01228) 710512	BONSALL, P, Fat Lamb Hotel & Restaurant Ravenstonedale.....	(015396) 23242
B, Y, 23 Wetheriggs Rise, Penrith.....	(01768) 866708	B, T, 58 Ullswater Av, Whitehaven.....	(01946) 591530	BOORMAN, T, 24 Meadowfield, Gosforth.....	(019467) 25215
BIRLEY, J, STANTON Hill Stairton.....	(01768) 892566	BLAKEMORE, I & S, Rosley Farm Rosley.....	(016973) 49923	BOOTE, D, Brampton Crofts Croft Ends.....	(017683) 51508
BIRMINGHAM, J, Lancaster House 5 Finkle Street, St. Bees Cumbria.....	(01946) 822206	BLAKEY, P, 113 Orton Road, Carlisle.....	(01228) 818574	BOOTH, A, Orchard Ldg Bolton.....	(017683) 61731
BIRNEY, J, 25 Keld Road, Carlisle.....	(01228) 532756	B, R, Moor House Maryport.....	(01900) 269567	B, A, Irthing House Irthington.....	(016977) 3742
B, S, 34 Labourn Court, Workington.....	(01900) 606522	BLAKNEY, M, 25 Penzance Street, Moor Row.....	(01946) 811134	B, A, Arundel Park Road, Scotby.....	(01228) 558975
BIRNIE, J, 11 Rose Lane, Cockermouth.....	(01900) 825068	BLAMIRE, D, Solway Hills Oughterby.....	(01228) 576416	B, A, 56 Valley Park, Whitehaven.....	(01946) 440076
BIRRELL, C, 46 Hespek Raise, Carlisle.....	(01228) 542267	B, J, Midtown Farm Kirkcumbarton.....	(01228) 576586	B, Mr Charles, Mews House The Sands, Appleby-In-Westmorland.....	(017683) 98216
B, D, 47 Briar Bank, Carlisle.....	(01228) 524247	B, R, Greenlea Aikton.....	(016973) 43468	B, J, Irthing House Irthington.....	(016977) 2886
B, E, Norseland Netherby Road, Longtown.....	(01228) 791302	B, Steven, Holly Bush Farm Oughterby.....	(01228) 575141	B, K, 3 Briar Lea Court, Longtown, Carlisle.....	(01228) 792010
B, M, 94 Dunmail Drive, Carlisle.....	(01228) 494486	BLANC, S, 50 Willow Close, PENRITH.....	(01768) 606221	B, P, 391 Moss Bay Road, WORKINGTON.....	(01900) 62298
BIRNSTONAS, E, Moss Bank Holmrook.....	(01946) 768677	BLAND, A, 7 Mountain View, Borrowdale.....	(016977) 77144	B, P.G, Little Chesters Too Beckermert.....	(01946) 841388
BIRTHWHISTLE, J, 10 Lister House Lister Court, Carlisle.....	(01228) 597138	B, A, 4 Vale Cottages, Low Lorton.....	(01900) 85110	B, R, 83 Main Street, BRAMPTON.....	(016977) 42357
BIRTLES, G, 1 Garth Road, Workington.....	(01900) 604053	B, D, 12 Stanah Cottages Thirlmere.....	(016977) 72999	B, W, 25 Edderside Drive, Carlisle.....	(01228) 491171
B, M, Eden Bank Kirkby Stephen.....	(017683) 72206	B, E, Undercroft Stonethwaite Borrowdale.....	(016977) 77265	BOOTHIE, D, 63 Croftlands, Egremont.....	(01946) 447730
BIRTWHISTLE, F, 12 Lathwaite Close, Cockermouth.....	(01900) 825299	B, E, Cotehill Farm Gaisgill.....	(015396) 23631	BOOTHMAN, J, 9 Park Road, Greystoke.....	(017684) 80567
BISHOP, F.D, 14 Elmfield, Brampton.....	(016977) 2240	B, G, Carrock House Castle Carrock.....	(01228) 704400	B, M, 49 Finn Avenue, Carlisle.....	(01228) 533549
B, John, Old Rectory Sebergham.....	(016974) 76894	B, G, Wallend Patterdale.....	(01684) 82287	B, M, 36 Mountain View, Carlisle.....	(01228) 493481
B, J, 1 Bridge Court, Keswick.....	(017687) 90281	B, J, Distington Hall Lodge Distington.....	(01946) 830394	BOOTHROYD, J, Castle Crag The Heads, Keswick.....	(017687) 75142
B, Dr P, Allenbank Little Bampton.....	(016973) 52588	B, J, 10 Beatham Court, Penrith.....	(01768) 895083	B, M, 2 The Headlands, Glenridding.....	(017684) 82463
BISSELL, S, 8 Hackthorpe Gardens, Penrith.....	(01931) 601082	B, J.G, The Hawthorns Brough Sowerby.....	(017683) 41789	B, T, 1 Sark Close, Carlisle.....	(01228) 819582
BISSET, A, Point View The Long House Skinburness.....	(016973) 31878	B, Kathryn, Cotegill Farm Gaisgill.....	(015396) 23396	BOOW, A, 22 Glebe Close, Dalston.....	(01228) 711285
B, I, 67 Arlecdon Road, Frizington.....	(01946) 528147	B, L, Clea Hall Westward.....	(016973) 43751	BORA, B, 3 Southwell Square, Carlisle.....	(01228) 491254
B, J, 5 Westfield Bridge Court, Workington.....	(01900) 393520	B, S, Cotegill Cottage Gaisgill.....	(015396) 23202	BORE, S, The Dog House Ireby.....	(017687) 76123
BITCON, E, 49 Lowmoor Road, Wigton.....	(016973) 49978	B, S, Stoncroft Rothwaite.....	(016977) 77689	BORLASE, K.R, 214 Lowry Hill Road, Carlisle.....	(01228) 524455
B, J, 36A Bransly Road, Whitehaven.....	(01946) 694403	B, S, Sandown Halls Mead, Keswick.....	(016977) 71024	BOROWY, K.K, 102 Edgell Hill Road, Carlisle.....	(01228) 520760
BITHELL, S, 28 Vicarage Lane, Ennerdale.....	(01946) 861412	B, T, 41 Greta Avenue, CARLISLE.....	(01228) 592711	BORRADALE, D, 21 Mill Brough, Armathwaite.....	(016974) 72137
BITTON, A, 35 Parkside, Carlisle.....	(01228) 493898	BLANDIN, D, 20 Deer Orchard Close, Cockermouth.....	(01900) 822908	B, J, 42 Barton Dale, Lazonby.....	(01768) 898162
BLACK, A, 6 N E R Cottage Homes Great Corby.....	(01228) 561032	BLANEY, Miss C, 78 Sunnymead, Carlisle.....	(01228) 495280	BORROWDALE, K, 5 Queens Crescent, Frizington.....	(01946) 812571
B, A, 6A Criffel Road, Carlisle.....	(01228) 520107	B, J, 33 The Crescent, Whitehaven.....	(01946) 66692	B, R, 30 Barton View, Penrith.....	(01768) 865603
B, A, 6 Springfield, WIGTON.....	(016973) 42147	B, R, 18 Whinlatter Road, Whitehaven.....	(01946) 63816	BORTHWICK, K, 1 Southwaite Green Cottages Penrith.....	(017683) 98637
B, S, 5 Shawsforth Court, Carlisle.....	(01228) 594082	BLANKS, J, 17 Scurgill Terrace, Egremont.....	(01946) 820906	BORWICK, M, 6 The Dunes, Croft Head Road, Seascale.....	(019467) 28090
B, D, 1 Bransly Villas Bransly Road, Whitehaven.....	(01946) 395057	BLAYLOCK, A, Tarn End Farm Welton.....	(016974) 76445	BOSTOCK, A, The Shieling Lingmell, Seascale.....	(019467) 28312
B, D, 26 High Street, Cleator Moor.....	(01946) 528645	B, Mrs D, 52 Westmorland Street, Carlisle.....	(01228) 540563	BOSWARD, H, 24 Grange Point Close, Skinburness.....	(016973) 31145
B, Mrs Edith, Hadrian Court, 2 Union Lane, Brampton.....	(016977) 3521	B, E, Hellanyr Millhouse Hesket Newmarket.....	(016974) 78435	B, M, 73 The Crofts, Wigton.....	(016973) 32015
B, I, 14 Carleton Drive, Penrith.....	(01768) 865632	B, G, Glengarth Lazonby.....	(01768) 898719	BOSWELL, L, 30 Overend Road, Whitehaven.....	(01946) 451241
B, Mrs I, Mrs 8 Laburnum Court, Carlisle.....	(01228) 525728	B, June, 31 Northwood Crescent, Carlisle.....	(01228) 547449	BOTHA, C, 153 Edgell Hill Road, Carlisle.....	(01228) 598077
B, Maryann, Woodview Catterlen.....	(01768) 895987	B, J, 35 Scotland Road, Carlisle.....	(01228) 523527	BOTTERILL, M, MANOR Lea High Street, Kirkby Stephen.....	(017683) 72973
B, M, 15 Cedar Crescent, Maryport.....	(01900) 816610	B, K, 10 Parklands Vw, Penrith.....	(01768) 863741	BOTTOM, S, Crossfield Cottages Staffield.....	(01768) 898711
B, M, Abernethy Longthwaite Road, Wigton.....	(016973) 42387	B, M, Mill Cottage Lazonby.....	(01768) 898620	BOTTOMLEY, R, Old Oak Glenridding.....	(017684) 82846
B, M, 34 Mallicyote Drive, Carlisle.....	(01228) 532162	B, M, 61 Howe Street, Carlisle.....	(01228) 531195	BOUCH, A, Greendale Kirkcumbarton.....	(016977) 33617
B, M, 19 Stonehouse Park, Thursby.....	(01228) 710052	B, M.J, Birch View Longtown.....	(01228) 792623	B, A, Pump Cottage Scaleby.....	(01228) 675579
B, Nigel, Old School Farmhouse Nenthall.....	(01434) 382578	B, P, 10 Farlam Drive, Carlisle.....	(01228) 631067	B, E, 35 Laurel Bank, Whitehaven.....	(01946) 693934
B, N, 24 School Road, Thursby, Carlisle.....	(01228) 710307	B, R, Park House Cottage Wreay.....	(016974) 73152	B, H.H & J, 13 Low Seaton.....	(01900) 604976
B, P, 39 Moor Park Avenue, CARLISLE.....	(01228) 545531	B, R.A, Old Station Yard Kirkbride.....	(016973) 51033	B, I, LANGTHWAITE Heads Nook.....	(01228) 560320
B, R, 10 River View, Stainburn.....	(01900) 605181	BLEACKLEY, M, 11 Rimmington Way, Penrith.....	(01768) 864254	B, K, Copperthorns Kirkoswald.....	(01768) 870013
B, T, 5 Chestnut Grove, Cumwhinton.....	(01228) 562277	BLENCOE, M, Brow Side Gosforth.....	(019467) 25469	B, L, KINMONT Gilsland.....	(016977) 47661
BLACKBURN, A, 3 St. Johns Close, Carlisle.....	(01228) 543476	BLENHARN, B, CHESTNUT VIEW Culgaith.....	(01768) 88608	B, Mr R, 6 Longholme Road, Carlisle.....	(01228) 547628
B, Craig, Kelsta House Oughterside.....	(016973) 21177	B, M.M, Old Thackey Lowergate Morland.....	(01931) 714419	BOUCHARDSAUNDERS, R, 1 Moatside, Brampton.....	(016977) 50757
B, D, 7 Slatfield Drive, Cockermouth.....	(01900) 824886	B, M.W, Raygarthfield Crogin.....	(01768) 896675	BOUGHEY, A, 2 Udale Court, Workington.....	(01900) 605534
B, D, Slater Croft Wasdale Road, Seascale.....	(01946) 769415	B, T, 13 Irving Court, Penrith.....	(01768) 891369	B, L, 2 St Bedes Terrace Silloth Street, Carlisle.....	(01228) 521336
B, J, Whiteside Portinscale.....	(017687) 73919	BLENKINSHIP, B, Long Laithe Blencarn.....	(01768) 88649	B, S, 38 Seaton Park, Seaton.....	(01900) 65273
B, J, 2 Ghyl Road, Workington.....	(01900) 604197	B, C, 4 Anchor Close, Penrith.....	(01768) 890285	BOULTON, L, 58 Daleview Gardens, Egremont.....	(01946) 820166
B, J, Burnside Maryport Road, Dearham.....	(01900) 812940	B, J, 5 Hopper Hill, Crosby Ravensworth.....	(01931) 715334	B, R, Marsh Gate Cottage Seaville.....	(016973) 61008
B, J, 283 Moss Bay Road, Workington.....	(01900) 601313	B, N, 1 Hopper Hill, Crosby Ravensworth.....	(01931) 715377	BOUND, P, 5 Loop Rd Nth, Whitehaven.....	(01946) 591125
B, J.A, Church Fm Newton Reigny.....	(01768) 891992	BLENKINSOP, A, Hazelrigg Gamblesby.....	(01768) 881346	BOUNDS, Mr A, Mr Emmaus Woodow Road, Egremont.....	(01946) 823659
B, J, 9 Station Road, Flimby.....	(01900) 816484	B, D, 82 Caldbec Road, Whitehaven.....	(01946) 65380	BOUNDY, E, 155 Scalgate Road, Carlisle.....	(01228) 401947
B, M, 139 Main Street, Dearham.....	(01900) 817460	BUGHT, M, 90 Clayton Avenue, Cleator Moor.....	(01946) 814277	B, S, 168 Greystone Road, Carlisle.....	(01228) 530922
B, M, Solway Cottage Solway Terrace, Maryport.....	(01900) 812342	B, M, 37 North Row, Whitehaven.....	(01946) 619293	BOURNE, S, Flat 6 Cairn Mill Waters Meet, Warwick Bridge.....	(01228) 561699
B, M.D, 7 St. Bridgets Court Calderbridge.....	(01946) 841238	B, Mrs R, 4 The Gardens, Whitehaven.....	(01946) 61901	BOURNER, E, Patch Cottage Park Road, Scotby, Carlisle.....	(01228) 513533
B, N, 38 Beaver Road, Carlisle.....	(01228) 543377	BLUNCO, C, 32 Carlton Vw, Whitehaven.....	(01946) 695483	BOUSEFIELD, B, Uterpen Battlebarrow, Appleby-In-Westmorland.....	(017683) 51979
B, N, 9 Sea View, Aspatria.....	(016973) 21741	BLUNCOE, J, 2 St. Johns Old School Church Lane, Keswick.....	(017687) 71432	B, J.B, 3 Boliar Terrace, Kirkby Stephen.....	(017683) 71681
B, Winnie, 35 Ghyll Bank, Little Broughton.....	(01900) 827046	BLUSS, A, White House Brackenrthwaite.....	(016973) 42634	BOUSFIELD, B.A, Croft House Hartley.....	(017683) 71826
BLACKETT, K.A, 58 Colindale Meadows, Carlisle.....	(01228) 597355	BLOCK, Mrs P, Mrs 44 Muncaster Road, Whitehaven.....	(01946) 690462	B, C, 12 Barrowmoor Road, Appleby-In-Westmorland.....	(017683) 53595
BLACKETT-ORD, E, Intake Side North Stainmore.....	(017683) 41502	BLOOMER, J, Edenhall Grange Edenhall.....	(01768) 889186	B, D, Trainlands Maulds Meaburn.....	(017683) 51249
BLACKLEDGE, P, 3 Blencarn Park, Rockcliffe.....	(01228) 672397	BLUMA, Miss Agnieszka, 50 Castlegate, Penrith.....	(016977) 44539	B, E, 15 Holme Riggs Avenue, Penrith.....	(01768) 892799
BLACKLOCK, A, Linden Lea Kirkbride.....	(016973) 51696	BLUNDELL, J, 4 Moorside Yanwath, Penrith.....	(01768) 892703	B, E.D, Cranberry Mallerstang.....	(017683) 71633
B, E, 28 Martindale Close, Whitehaven.....	(01946) 62391	BLUNN, J, Low House Loweswater.....	(01900) 85573	B, G, Hawthorne Bank Kelleth.....	(015396) 23630
B, E, 2 Queens Close, Whitehaven.....	(01946) 451784	BLUYTHE, C, 3 Siskin Court, Carlisle.....	(01228) 539861	B, J, Langview House Winskill, Penrith.....	(01768) 899149
B, J, 11 Hinnings Road, Distington.....	(01946) 832416	B, I, Caldew Villa Hesket Newmarket.....	(016974) 78200	B, K, Fieldham House Main Street, Brough.....	(017683) 41741
B, J, 42 Orchard Road, Cumbria.....	(016973) 42899	B, I, 4 Dalegarth Avenue, Carlisle.....	(01228) 599956	B, K.S, 90 South Road, Kirkby Stephen.....	(017683) 72020
B, J, 31 Bramble Court Union Lane, Brampton.....	(016977) 543010	B, M, 21 Church Road, Workington.....	(01900) 336162	B, M, Hegdale Farm Bampton.....	(01931) 713149
B, M, 39 Beck Road, Carlisle.....	(01228) 496394	B, Robert, Seattall Cross Lanes, Seascale.....	(019467) 27031	B, M, 104 South Road, Kirkby Stephen.....	(017683) 71565
B, N.A, 49 Keekle Terrace, Cleator Moor.....	(01946) 815708	BOAK, G, 8 River Street, Carlisle.....	(01228) 539711	B, M.J, 20 Westgarth Road, Kirkby Stephen.....	(017683) 71145
B, T, 4 St. Andrews Road, Stainburn, Workington.....	(01900) 65819	B, W, 12 Netherby Drive, Carlisle.....	(01228) 537261	B, S, Holme Farm Holme Street, Appleby-In-Westmorland.....	(017683) 51373
B, T.S, Shalom Sandgate, Penrith.....	(01768) 864164	BOARDMAN, Miss A, Miss Flat 3 Heather Garth Bank Street, Keswick.....	(016977) 71062	B, T.G, Crossways Bongate, Appleby-In-Westmorland.....	(017683) 51715
BLACKMAN, J, 30 Parklands Way, Penrith.....	(01768) 890123	BOAZ, Judith, 21 Dale View, Cockermouth.....	(01900) 822185	BOUSTEAD, D.H, Tranna Hill Newbiggin-On-Lune.....	(015396) 23227
BLACKWELL, G, 26 Griffin Close, Frizington.....	(01946) 812824	BOBER, S.A, Cockermouth.....	(01900) 827027	B, M, High Lane Terrace Newbiggin-On-Lune.....	(015396) 23416
B, S, 5 Walkmill Close, Moresby Parks.....	(01946) 443480	BODDINGTON, C.F.M, 5 Mill Brough, Armathwaite.....	(016974) 72153	B, W.N, Bowscar Fm Ho Bowscar.....	(01768) 892209
B, J, 38 Trumpet Road, Cleator.....	(01946) 815008	BODE, Admiral A, 14 Winscales Avenue, Distington.....	(01946) 831788	BOVILL, F, Crosswaite West Road, Wigton.....	(016973) 43410
B, S, 9 Highfield Road, Cleator Moor.....	(01946) 812636	BODECOTT, D, Newton House Motherby.....	(01684) 83388	BOWBEER, C, 11 Clifford Road, Penrith.....	(01768) 840911
BLACKWOOD, Mrs Julie, Green Close Linstock, Carlisle.....	(01228) 319194	BODY, M, 1 Smarkdale Cottages Smarkdale.....	(01768) 216568	BOWCUTT, J, Ash House Great Orton.....	(01228) 712715
B, L, 6 Beckgreen, Egremont.....	(01946) 825576	BOGUSZYNSKI, J, 26 Old Road, Longtown.....	(01228) 792559	BOWDEN, A, 10 Eden Drive, Moresby Parks.....	(01946) 694868
BLADES, M, Eden Cottage Edenhall.....	(01768) 881561	BOHAN, A, 59 Trumpet Road, Cleator.....	(01946) 812004	B, D, 4	

B, G, Ghyll View Blindcrake	(01900) 824058	B, J, 12 Chestnut Park, Keswick	(017687) 75538	BRASSSETT, M, Elm Tree Cottage Kaber	(017683) 71840
B, G, 7 Lowca Lane, Seaton	(01900) 604103	BRACEY, C, 33 Hazelgrove, Workington	(01900) 392022	BRATBY, D, 96 Newlands Lane South, Workington	(01900) 61541
B, J, 4 Cross Lanning, Bothel	(016973) 20441	BRACHTVOGEL, C, Glenwhelt Cottage Greenhead	(016977) 47408	BRATLEY, F, 19 Brigbourne Drive, Seaton	(01900) 602516
B, John, Schoose Cote Workington, Cumbria	(01900) 392385	BRACK, Ron, The Hundly Alston	(01434) 382320	BRAUERS, G, 4 Hunters Lane, Penrith	(01768) 339738
B, K, Liddell House Liddell Street, Silloth	(016973) 31153	BRACKEN, J, 1 Wordsworth Terrace, Penrith	(01768) 866777	BRAVO, M, 58 Lowry Hill Road, Carlisle	(01228) 548156
B, K.M, Griggsfirth Bungalow Moss Lane, Allonby	(01900) 881252	B, W, 37 Friars Rise, Penrith	(01768) 864280	BRAY, E, Rondell Thurstonfield	(01228) 576357
B, K.W, 99 Rannerdale Drive, Whitehaven	(01946) 691402	BRADBURN, J, 3 Woodlands Dv, Maryport	(01900) 815437	B, E.Y, 8 Winscales Road, Great Clifton	(01900) 68328
B, M, Croft Side School Lane, Bothel, Wigton	(016973) 22964	BRADBURY, D, 11 Brakeside Gdns, Whitehaven	(01946) 591524	B, M, 2 Blencarn Park, Rockcliffe	(01228) 674452
B, M, 66 Trinity Way, KESWICK	(017687) 74913	B, M.L, 21 Parkside Avenue, Cockermouth	(01900) 822406	B, M, 35 Swan Street, LONGTOWN, CARLISLE	(01228) 792704
B, Norman, Fousleye Farm Silloth	(016973) 51440	BRADDOCK, G, 81 Pennington Drive, Carlisle	(01228) 598414	BRAYBROOKS, V, 6 Tindale Terrace, Tindale Fell	(016977) 46625
B, P, 4 Sea View, Aspatria, Wigton	(016973) 20689	B, M, 63 Brantwood Avenue, Carlisle	(01228) 524498	BRAYNE, H, 2 Fernwood, High Lorton	(01900) 85010
B, T, STATION VILLA Aspatria	(016973) 21643	BRADLEY, P, 16 Fleming Square, Maryport	(01900) 368651	BRAYSON, E, 25 Parklands Crescent, PENRITH	(01768) 899926
BOWEN, M, New Haven Thurstonfield	(01228) 576350	BRADING, S, 7 Graham Street, Penrith	(01768) 210248	BRAYTON, K, Oaklands Springs Road, Keswick	(017687) 75212
B, M, 20 Brigham Road, cockermouth	(01900) 336369	BRADLEY, A, Highgate Troutbeck	(017687) 79491	B, N, Meadows End Bothel	(016973) 21444
BOWER, C.C, 87 High Brigham, Brigham	(01900) 827811	B, E, Oak Leys Lamplugh	(01946) 861358	B, N, Barnhill Service Station Distington	(01946) 696226
BOWERBANK, D, 6 High Street, Morland	(01931) 714386	B, Mrs Edna, 28 Birchdale Road, Carlisle	(01228) 531095	B, S.C, 15 Eskin Street, Keswick	(017687) 74405
B, E, 17 Mayburgh Avenue, Penrith	(01768) 867234	B, Frank, 2 Long Marton Rd, Appleby In Westmorland	(017683) 51646	B, BRAZENDALE, G, Brocklebank Farm Brocklebank	(016974) 78335
BOWERS, D, 33 Salisbury Street, Workington	(01900) 607377	B, J, Acrelands Farm Sealscale	(01946) 28116	B, BREAKELL, A, 293 Yewdale Road, Carlisle	(01228) 401455
BOWES, B, LONGDALES FARM Armthwaite	(016974) 72277	B, John, 44 Brisco Mount, Egremont	(01946) 822665	B, BREDEN, B, 27 Moricambe Crescent, Anthorn	(016973) 52644
B, G, 45 Puntun Road, Carlisle	(01228) 528375	B, J, 16 Burnridge, Carlisle	(01228) 527370	B, BREDON, P, 19 Southey Street, KESWICK	(017687) 90024
B, J, 11 Clifton Court, Workington	(01900) 61187	B, Mr K, 3 Broad Street, Carlisle	(01228) 526348	B, BREEZE, S, SOLWAY VIEW Aspatria	(016973) 22120
B, J, 28 Melbreak Close, Whitehaven	(01946) 62769	B, K, 28 Moor Place, Frizington	(01946) 810153	B, RELSFORD, H, Kyle Station Road, Wigton	(016973) 47092
B, K, Kingfield Lodge Penton	(01228) 577078	B, K.R, 2 Little Corby Road, Little Corby	(01228) 561130	B, RENAN, E, 84 Buttermere Avenue, Whitehaven	(01946) 694005
B, K, 9 Braithwaite Court, Egremont	(019467) 48652	B, M, The Hollies Little Broughton	(01900) 824973	B, RENNAN, Marie Jane, 3 Middle Howe, Rosthwaite	(017687) 77611
B, P, Robin Hood View Cottage Winkill	(01768) 881222	B, M, Dutton Lodge Apartment 38 Roper Street, Penrith	(01768) 606456	B, RENNAND, G, Laurel Bank Great Strickland	(01931) 712554
B, S, 2 Skelwith Close, Carlisle	(01228) 472193	B, P, Burnside Church Brough	(017683) 41549	B, H, Apartment 7 Sherwood Apartments Scotland Road, Penrith	(01768) 868470
B, Shirley, 35A The Green, Houghton	(01228) 591322	B, P, Hollows Matterdale	(017684) 82525	B, S, Chapel House Barn South Dyke	(01768) 897039
BOWICK, D, Woodend Gardens Mirehouse Road, Whitehaven	(01946) 694622	B, P.E, Spring Lea Deanscales	(01900) 826413	BRESLAND, M, Apartment 1 Newton House Newton Road, Penrith	(01768) 639021
BOWIE, D, Flat 19 Milbourne Court Milbourne Street, Carlisle	(01228) 318819	B, Dr R, Marion Ldg Little Salkeld	(01768) 881745	B, BRETHERTON, I, Flat 7 Abbotsford House Wordsworth Street, Penrith	(01768) 895216
BOWKER, E, Llamedoss Metal Bridge Blackford	(01228) 674775	B, R, 128 Denton Street, Carlisle	(01228) 531286	B, BRETTE, E, 3 Town End Cottages Mosedale	(017687) 79133
B, M, Hunley Bank Farm Scaleby	(01228) 674775	B, S, 3 Porthouse Road, Penrith	(01768) 867934	B, B, 6 Briar Bank, Cockermouth	(01900) 826242
BOWLES, G.T.L, Skiddaw Cottage Vicarage Hill, Keswick	(017687) 73138	B, S.J, 4 Udale View, Egremont	(01946) 820582	B, R, Apartment 22 Lancaster Court Isel Road, Cockermouth	(01900) 876814
BOWLING, B, Dairy Cottage Faraday Road, Kirby Stephen	(017683) 70231	BRADNEY, M.A, Bird House Langwathby	(01228) 511613	B, BREW, D, 2 Park Terrace, Maryport	(01900) 812806
BOWMAN, A, 2 Chestnut Grove, Cumwhinton	(01228) 561874	B, A.D, 134 Graham Street, Penrith	(01768) 899007	B, R, 75 The Beeches, Maryport	(01900) 813374
B, B, 10 Larch Close, PENRITH	(01768) 867104	B, C.M, Airey House Bowness-On-Solway	(016973) 52667	B, BREWER, M, Suliven 15 Ellerslie Park, Gosforth	(019467) 25835
B, D, Pasture House Bowness-On-Solway	(016973) 51232	B, P, 32 Briar Bank, Cockermouth	(01900) 827713	B, R, HARBURWAIN FARM Shop	(01931) 715136
B, D, Field House Newbiggin	(017684) 80884	B, P, 11 Walden Grove, Carlisle	(01228) 531184	B, S, 107 Lightfoot Drive, Carlisle	(01228) 498654
B, D, Limekiln Nook Sebergham	(016974) 76236	BRADY, B, 26 Yewdale Road, Carlisle	(01228) 535942	B, BREWIS, J, 37 Carlisle Road, Dalston	(01228) 711832
B, D, 151 Denton Street, Carlisle	(01228) 526417	B, D, 45 Holme Riggs Avenue, Penrith	(01228) 568511	B, L, Hainings Farm Moorhouse Road, Moorhouse	(01228) 543689
B, D, 77 Lansdowne Crescent, Carlisle	(01228) 528075	B, J.J, 6 Derwent Park, Great Broughton	(01900) 824512	B, M, Highside Cottage Bassenthwaite	(017687) 76485
B, Mr David, 23 Senhouse Street, Workington	(01900) 267531	BRAGG, A, Buena Vista Low Moresby	(01946) 61769	B, BREWSTER, S, The Barn Raughton Head Hill Farm Cottage Raughton Head	(016974) 76332
B, Eileen, Nine Chimneys Redhills	(01768) 865596	B, D, 49 Richmond Hill Road, Whitehaven	(01946) 528342	B, BRIDE, H, 5 Crummock Close, Fletchertown	(016973) 71704
B, G, 25 St. Peters Close, Carlisle	(01228) 537886	B, D, 1 Solway Road, Lowca	(01946) 694102	B, BRIDGE, G, The Old Haybarn Fell Lane, Penrith	(01768) 867725
B, Jeffrey, Grangecroft Braithwaite	(017687) 78528	B, H, 70 Criffel Road, Parton	(01946) 62573	B, P.M, Greenside Milburn	(017683) 61802
B, J, 109 Brentfield Way, Penrith	(01768) 864827	B, J, 12 Horsfield Close, Whitehaven	(01946) 63492	B, BRIDGEMAN, A.E, 5 Ashleigh Place, Whitehaven	(01946) 694935
B, Mr John, 11 Briar Bank, Cockermouth	(01900) 823429	B, J, 25A Hunday Court, WORKINGTON	(01946) 692027	B, BRIDGWOOD, M, 83 Fairladies, St. Bees	(01946) 820295
B, J, 47 Greta Gardens Crook Park Road, Keswick	(017687) 74878	B, J, 4 School Close, Raughton Head	(01946) 69005	B, BRIDLE, G, Brook Farm Kirby Stephen	(017683) 71784
B, J, 3 Ennerdale View, Distington, Workington	(01946) 831946	B, J, 11 Solway Rise, St. Bees	(01946) 821800	B, BRILEY, Cheryl, 34 Fenwick Drive, Kingstown	(01228) 674602
B, Mr J, 13 Parkhead, Brampton	(016977) 3925	B, M, 3 Belted Will Close, Wigton	(016973) 49558	B, Ib, 3 Stonecroft Gardens, High Hesket	(016974) 75342
B, J, 8 Townfoot, Skelton	(017684) 84550	B, M, 24 Longdyke Drive, Carlisle	(01228) 535926	B, J.R, Moscov Farm Alston	(01434) 381048
B, J.D, Croft House Renwick	(01768) 896426	B, Mrs 24 Monkway Brow, Whitehaven	(01946) 329556	B, L, 46 Stonegarth, Carlisle	(01228) 514641
B, J.R.C, Dummah Crag North Stainmore	(017683) 41500	B, N, 39 Burton High Close, Whitehaven	(01946) 447885	B, R, April Cottage Morland	(01931) 714352
B, K, 45 Berkeley Grange, Carlisle	(01228) 401101	B, P, 5 Melbourne Rd, Carlisle	(01228) 537055	B, V, 41 Arlecdon Road, Arlecdon	(01946) 862644
B, L, 24 Barco Avenue, Penrith	(01768) 891329	B, R, 274 Moss Bay Road, Workington	(01900) 604345	BRIGGS, A, IRT BRAE Holmrook	(019467) 24333
B, L, 4 Castle View, Brough	(017683) 41792	B, S, 2 Bank Terrace, Langwathby	(01768) 881224	B, C, 16 Greenow Meadows, Silloth, WIGTON	(016973) 32909
B, L, 173 Holmrook Road, Carlisle	(01228) 380715	B, S, 12 Craig Drive, Whitehaven	(01946) 695868	B, D.G, 50 Scaw Road, High Harrington	(01946) 830160
B, L, 30 Raglans Court, Silloth	(016973) 32012	B, S, 101 Mitchell Avenue, Workington	(01900) 870053	B, M, 2 Beech Grove, Low Seaton, Seaton, Workington	(01900) 870117
B, M, The Cottage Kirkoswald	(01768) 870007	BRADWOOD, J, Summerhouse Heads Nook Hall Heads Nook	(01228) 561825	B, P, 5 Atholl Grove, Carlisle	(01228) 536130
B, M, Coach House Causewayhead Silloth, WIGTON	(016973) 31253	B, J, 6 Noble Croft, Aspatria	(016973) 21209	B, P, 19 Crosthwaite Court, Workington	(01900) 64272
B, M, 50 Lonsdale Street, Workington	(01900) 61714	BRAIN, T.L, 26 Simmerson Drive, Carlisle	(01228) 402658	B, R, 18 Milton Road, Workington	(01900) 413210
B, P, Flat 4 Millcourt Water Street, Wigton	(016973) 43820	BRAISTED, Janet, Stables Kirklington	(01228) 675556	B, R, 4 Spring Close, Keswick	(017687) 79997
B, S, Green Gate Bampton	(01931) 713327	BRAITHWAITE, A, Scalea Farm Askham	(01931) 713230	B, R, 38 Wadale Close, Whitehaven	(01946) 691075
B, S, West Chumsyke Chumsyke Lodge Gilsland	(016977) 47576	B, A, 22 Hillcrest Avenue, Whitehaven	(01946) 692788	B, K, 188 Harrington Rd, Workington	(01900) 604680
B, T, 10 Fairfield Gardens, CARLISLE	(01228) 493770	B, A, Mill House Riverside, Kirby Stephen	(017683) 71999	B, S, 9 Crow Park, BRAMPTON	(016973) 543057
B, Tim, 188 Newtown Road, Carlisle	(01228) 528281	B, C, 6 Ashford Way, Carlisle	(01228) 547870	B, BRIGHTWELL, F, 44 Church Road, Alston	(01434) 382882
B, W, 8 Beech Grove, Low Seaton	(01900) 63960	B, D, 27 Netherend Road, Penrith	(01768) 866651	BRIMMER, J, Boredale Head Farmhouse Martindale	(017684) 86004
BOWNNESS, A, The Cottage Cliburn	(01931) 714024	B, E, Kirkdale North Road, Kirby Stephen	(017683) 72880	B, BRINDLE, S, 4 Ellerslie Terrace, Gosforth	(019467) 25119
B, C, 19 Went Meadows, Greysouthen	(01900) 826485	B, G, 13 Derwent Street, Carlisle	(01228) 548550	B, BRINCOMBE, G, The Roses Craika Road, Maryport	(01900) 812318
B, C.J, 1 Askham Road, Yanwath	(01768) 891677	B, H, 9 Alder Road, Penrith	(01768) 867368	B, BRINN, L, 31 The Fairways, Seascale	(019467) 29523
B, G, Ravenseat Crosby Ravensworth	(01931) 715382	B, I, 2 Larch Court, Moor Row	(01946) 812965	B, BRION, M, 7 Falcon Place, Moresby Parks	(01946) 691912
B, G, 3 Chapel Terrace, Gilcrux	(016973) 21213	B, J.R, 3 Friary Fields, Appleby-In-Westmorland	(017683) 52986	B, BRISCOE, A, 4 Brookside, Tirril	(01768) 862835
B, G, 27 Highmoor Park, Wigton	(016973) 45670	B, M, High Green Farm Bothel, Wigton	(016973) 23429	B, A, 3 Thorpefield, Penrith	(01768) 840177
B, G, 1 Seadown Dv, Harrington	(01946) 830955	B, M, 19 Glasson Court Victoria Road, Penrith	(01768) 867847	B, D, 11 The Crofts, Wigton	(016973) 26172
B, J, 36 Stanhope Road, Carlisle	(01228) 490396	B, N, Wileman Croft Skirwith	(01768) 88272	B, Miss Emma, 14 Barncroft Avenue, Workington	(01900) 268831
B, R, 4 South Street, Fletchertown	(016973) 71730	B, P, Eshense Field Braystones	(01946) 841311	B, L, Acrestone Cottage Winkill	(01768) 881309
B, The Blacksmiths Cottage Penton	(01228) 577489	B, P, Holmfield Newby East	(01228) 573623	B, Mrs 9 Whinlatter Way, Carlisle	(01228) 591441
BOWRON, H.J, Oak Tree House Newbiggin	(017683) 62353	B, Roger, Whinnah House Lamplugh	(01768) 889237	BRISSENDEN, Mr M, 17 Howard Road, Brampton	(016977) 2984
B, J, 4 Thornedale Cumwhinton	(01228) 562668	B, Ruth, Pennine House Langwathby	(01768) 898641	B, BRISTO, R, 41 Horwrig Bank, Wigton	(016973) 43856
B, P, 62 Brampton Road, Carlisle	(01228) 529229	B, S, DIAL HOUSE Glassby	(01768) 898641	B, BRISTOE, J, 24 Vicarage Lane, Ennerdale	(01946) 862862
BOX, T, 21 Crindledyke Estate, Kingstown	(01228) 672185	BRAKEWELL, M, 5A Merton View, APPLEBY-IN-WESTMORLAND	(017683) 32463	B, T.R, 5 West Row, Whitehaven	(01946) 65921
BOXSHALL, C, 53 Sneekygrove, Hensingham	(01946) 694699	BRAMLEY, E, The Old Post Office Great Salkeld	(01768) 897146	B, BRITTEN, A, Close Barn Embleton	(017687) 76210
BOYCE, Clinton, 40 John Street, Moor Row	(01946) 613397	BRAMMELD, H, Old School House Rosley	(016973) 44766	B, BRITTON, B.J, Humphries House Scaleby	(01228) 675987
BOYD, A, 15 West View Road, Distington	(01946) 832015	BRAMWELL, P, 19 Canny Croft, Penrith	(01768) 867208	B, J, LOW MOAT Longtown	(01228) 577114
B, C, Rowan Cottage Braithwaite	(017687) 78124	BRANCH, A, 10 Falcon Place, Moresby Parks	(01946) 693497	B, BRITWHISTLE, V, 39 The Green, Houghton	(01228) 409829
B, C, 6 East Dale Street, Carlisle	(01228) 599283	BRAND, A, 7 Applegarth, Cargo	(01228) 674470	B, BROAD, D, 60 Golding Drive, WESTMORLAND	(017683) 84293
B, Admiral C, 19 Millburn Street, Workington	(01900) 403025	BRANDES, E.A, 20 Fell View, Cockermouth	(01900) 828619	B, Mr P, 132 Greenacres, Carlisle	(01228) 560699
B, E, Rock House Lazony	(01768) 870838	BRANDON, L, 70 Stanley Road, Brampton	(016977) 41983	B, R, Rowfoot Farm Cleator Cumbria	(01946) 823722
B, G, 2 Fernleigh Close, Seaton	(01900) 604829	BRANDWOOD, P.M.H, Ghyll Bank Embleton	(017687) 76330	B, S, 2 Scalegill Road, Moor Row	(01946) 328406
B, J, Croft House Croft House, Carlisle	(01228) 564031	BRANIFF, D, 11A Low Seaton	(01900) 605826	B, BROADBENT, J, 6 Old Row, Greenhead	(016977) 47309
B, J, 86 Ullswater Avenue, Whitehaven	(01946) 63342	B, J, 12 Eldred Street, Carlisle	(01228) 401468	B, BROADHEAD, A.H, Dancing Pastures High Lorton	(01900) 85313
B, J, 341 Warwick Road, Carlisle	(01228) 615323	B, J, 1 Moorclose Road, Workington	(01946) 832727	B, BROADHURST, B, Elm Bank Garth Heads Road	(017683) 52832
B, J, 36 Winchester Drive, Whitehaven	(01946) 451843	B, J.W, 30 Washwater Avenue, Workington	(01900) 605695	B, M, 13 Scattergate Crescent, Appleby-In-Westmorland	(017683) 81866
B, L, 1 Lowther Browns Lanning, Carlisle	(01228) 550238	BRANNAN, A, 8 Westend Croft Burgh-By-Sands	(01228) 576093	B, T, 31 Barrowmore Road, Appleby-In-Westmorland	(017683) 52047
B, M, 2 Beech Gardens, Penrith	(01768) 840038	B, B, 19 Tait Street, Carlisle	(01228) 532325	B, BROATCH, I, 4 Kipling Avenue, High Harrington	(01946) 831357
B, M, 2 Goodwin Close, Carlisle	(01228) 523052	B, I, 2 Woodville Park, Cockermouth	(01900) 825196	B, L, 13 Muncester Close, Whitehaven	(01946) 64846
B, P, 1 Highwood Crescent, Carlisle	(01228) 525333	B, S.L, 125 Peel St, Carlisle	(01228) 595273	B, M, Isle View Carleton	(01946) 821904
B, S, 39 Garamara Drive, Carlisle	(01228) 540560	B, Thomas, 70 Inglewood Crescent, Carlisle	(01228) 529806	B, Mr M, Mir 40 Chertsey Bank, Carlisle	(01228) 549375
B, Simon, Flat 8 York Court York Gardens, Carlisle	(01228) 401363	BRANNON, D, 59 Mill Hill, Cleator Moor	(01946) 811543	B, BROCK, A, Lambek Farm Skelton	(017684) 84149
B, S.R, 164 Newtork Road, Carlisle	(01228) 520437	B, D, 94 Sycamore Road, Maryport	(01900) 267959	B, Mrs P, 8 Holmes Avenue, Carlisle	(01228) 512374
B, V, JULIA COTTAGE Castle Carrcock	(01228) 670782	BRANSON, Michael, 37 Calvert Way, Keswick	(017687) 73785	B, BROCKBANK, A, 2 Crown Terrace, PENRITH	(01768) 606448
BOYES, A.H, Court Lea Ireby	(016973) 71580	BRANTHWAITE, A, 6 Thrimmere Avenue, Cockermouth	(01900) 819666	B, C, 4 Crossfield Road, Cleator Moor	(01946) 810111
B, B, 28 Tynefield Drive, Penrith	(01768) 865052	B, A, 20 Victoria Road, Penrith	(01768) 339084	B, Jacklyn, Pinfold House Colby	(017683) 52651
B, D, Middle Gill Fm Whitehaven	(01946) 692798	B, J, 8 Grassmere Terrace, MARYPORT	(01900) 819666	B, J, 65 Windebrove Avenue, Keswick	(017687) 73784
B, M, 3 Sun Croft, Ireby	(016973) 71923	B, J.A, 1 Bridge Street, Brough	(017683) 41455	B, BROCKLEBANK, G, 12 Fernleigh Drive, Seaton	(01900) 604038
B, S, WHINTINGS TOWN FARM Roadhead	(016977) 48568	B, P, 29 Churchill Drive, Moresby Parks	(01946) 67219	B, J, 2 Clintz Road, Egremont	(01946) 823687
B, W, 52 High Brigham, Brigham	(01900) 824621	B, S, 34 Chatsworth Drive, Whitehaven	(01946) 691312	B, Mrs Jennifer, 13 Norfolk Place, Penrith	(01768) 865924
BOYLAN, G, 9 Well Lane, Maryport	(01900) 818013	BRASH, A, Hawthorne House Bassenthwaite Lake	(017687) 76248	B, BROCKLEHURST, A, 2 Limestone View Brough	(017683) 41038
BOYLE, A, 48 Jackson Road, Houghton	(01228) 526701	B, W, 29 Milburn Croft, Workington	(01900) 413552	B, BRODERICK, S, 8 Church Road, Workington	(01900) 3815

BROLLY, G, 4 LAZONBY HALL Lazonby	(01768) 898596	B, K, 5 Low Glenridding, Glenridding	(017684) 82373	B, S.A, Rose Cottage Station Road, Alston	(01434) 381676
BROMAGE, J, Fletchers Irton	(019467) 23714	B, K, 1 Pennygill, Flimby	(01900) 814722	BRYCE, S, 9 Ruskin Place, Cleator Moor	(01946) 814846
BROMLEY, J, 3 Main Road, High Harrington	(01946) 830632	B, K, Flat 9 Tannery Court Tannery Road, Harrahy Green Business Park, Carlisle	(01228) 819969	BRYDEN, J, Paddock House Arlecdon Road, Frizington	(019467) 48696
B, R.M, 200 Dalston Road, Carlisle	(01228) 535721	B, K.A, Hillcroft Nately Road, Kirkby Stephen	(017683) 72877	B, K, Wasdale Crosthwaite Road, Keswick	(017687) 75714
BRONISZEWSKA, Mrs I, Mrs 106 Ennerdale Avenue, Carlisle	(01228) 739551	B, K.A, 1 The Butts, Alston	(01434) 382065	B, S, 3 The Entrance, Little Broughton, Cockermouth	(01900) 826057
BROOK, A, Crossways Morland	(01931) 714279	B, Leslie, Keppel Vale Irthington	(016977) 41568	BRYDON, D, 5 Mosser Avenue, Cockermouth	(01900) 829635
B, C.G, The Nursery Fingland Farm Cottage Fingland	(016973) 51652	B, L, Morven Ambleside Road, Keswick	(017687) 74324	BRYNING, A, East Gills Gaisgill	(015396) 23348
BROOKE, K, 49 Barton Dale, Lazonby	(01768) 897153	B, L, Norfles Carlisle, CA6	(01228) 573648	BRYSAN, R.S, 4 Osborne Place, Aspatria	(016973) 71937
BROOKER, M, Lowbank Cliburn	(01931) 714915	B, L, 1 Church Croft, Pooley Bridge	(017684) 86254	BRZEZICKI, Mrs J, Mrs 15 Cairn Crescent, Carlisle	(01228) 560633
BROOKES, I, 4 New Terrace, Hallbankgate	(016977) 46189	B, L, 27 Greengarth, Carlisle	(01228) 534675	BRZOSKO, J, Ye Olde Cottage Nately	(017683) 71710
B, Peter, 8 Low Moorlands, Dalston	(01228) 710542	B, L, 11 Grove Road, EGREMONT	(01946) 824570	BT RETAIL, Bt Retail, Steeles Mill Kings Meaburn	(01931) 714038
BROOKESTEE, Peter, Bearskins Newton Arlosh	(016973) 51158	B, L, Flat 14 Firth House Main Road, Seaton	(01900) 65497	BUCHAN, A, Edenbank Temple Sowerby	(01768) 88220
BROOKFIELD, S, Rose Cottage Culgaith	(01768) 88404	B, L, 32 Moorclose Road, Harrington	(01946) 830077	B, A, Hill View Grange Park Road, Carlisle	(01228) 495577
BROOKS, A, Flat 47 Higginson Mill Denton Mill Close, Carlisle	(01228) 590165	B, L, 3 Scalegill Road, Moor Row	(01946) 328634	B, S, 17 Townhead Road, Cotehill, Carlisle	(01228) 561126
B, J, Low Leys Portinscale	(017687) 74311	B, M, Harterfell Vw Ravenstonedale	(015396) 23546	BUCHANAN, A, 19 Melbreak Avenue, Cleator Moor	(01946) 430430
B, M, Woodland Stainton, Stainton	(01768) 606005	B, M, Flat 4 Conisburgh Court Carlisle	(01228) 531996	B, A.J, Mill House Irton	(019467) 23110
B, Michael, 2 Hawksdale Pastures Welton Road, Dalston	(016974) 76845	B, M, 21 Andover Close, Carlisle	(01228) 538125	B, C, 34 Border Avenue, Cleator Moor	(01946) 812721
B, Mr 10 Frenchfield Gardens, Penrith	(01768) 864120	B, M, 4 Asby Hall Mews, Great Asby	(017683) 51173	B, C, 31 Trumpet Road, Cleator	(01946) 825184
BROOMBY, R, Cottingwood Walk Mill, Dalston, Carlisle	(01228) 710012	B, M, 11 Ashford Way, Carlisle	(01228) 538894	B, F, Roan Croft Aspatria	(016973) 21331
BROOME, G, Cairn House Heads Nook	(01768) 896728	B, M, 44 Barrowmoor Road, Appleby-in-Westmorland	(017683) 53989	B, G, Stile Croft Carlisle, Carlisle	(01228) 531027
B, R, The Briars Gosforth	(019467) 21191	B, M, 47 Brierydale, Salterbeck	(01946) 832803	B, J, Ashleigh Meadow View, Whitehaven	(01946) 61817
BROOMHEAD, Allison, Ashcroft Tindale Fell	(016977) 46427	B, M, 11 Croftfield Road, Seaton	(01900) 67711	B, M, 31 Rydal Crescent, Penrith	(01768) 865819
BROSCOMBE, M, 1 Petton Place, Gosforth	(019467) 25668	B, M, 18 Highmoor Bungalows, Wigton	(016973) 42041	B, S, 28 Harriston, Aspatria	(016977) 44754
BROTHERTON, G.W, Crinkle Crags Lonsties, Keswick	(017687) 73694	B, M, 53 Mayfield Avenue, Carlisle	(01228) 402361	B, S, Bramblewood Linstock, CARLISLE	(01228) 631624
B, H, 20 Rose Terrace, Keswick	(017687) 74863	B, M, 2 Quarry Cottages, Egremont	(01946) 395101	B, T, 19 Noble Croft, Aspatria, WIGTON	(016973) 21299
B, I, 26 Rose Terrace, Keswick	(017687) 85590	B, M, 8 The Hawthorns, Keswick	(017687) 75145	BUCK, D, 24 Ryehill Park, Kirkcintola	(01228) 675623
BROUGH, A, 3 How End, Thurstby	(016973) 45894	B, M.E, Housenrigg Aspatria	(016973) 20405	B, J, 22 Sunningdale Close, Carlisle	(01228) 615729
B, A, 98 The Crofts, Silloth	(016973) 31973	B, Mrs 15 Richmond Road, Workington	(01900) 267850	B, M, 10 Holme Fauld, Scotby	(01228) 590791
B, B, Jenetes Hill Longtown	(01228) 791766	B, Neil, 16 Arlecdon Road, Arlecdon	(01946) 862019	B, N, NORTHCOTT Stainton	(01768) 890885
B, C, Seat Hill Laversdale	(01228) 675226	B, Mrs N, Mrs 80 Berrymoor Road, Brampton	(016977) 3143	B, S, Owsen Place Lamplugh	(01946) 861503
B, C, 13 Stoneycroft, Workington	(01900) 601923	B, Admiral N, 20 Haig Road, Carlisle	(01259) 764711	BUCKLE, A, Ivy Hall Ail, Penrith	(015396) 26080
B, D, 24 Latrigg Street, Silloth	(016973) 31195	B, N, 27 Mayburgh Avenue, Penrith	(01768) 899163	B, A, Home Farm Penrith, Penrith	(01768) 868672
B, E, 9 Elm Garth, Wetheral	(01228) 562352	B, Adm P, Victoria Cottage Castle Carrock	(01228) 70291	B, H, 10 Coopers Close, Ashkam	(01931) 712019
B, Dr F.T, 45 Kirkgate, Cockermouth	(01900) 823117	B, P, Midtown Farm Kirkbampton	(01228) 576090	B, J, STONEHAVEN Hunsdonby	(01768) 899288
B, J, Manshall Hall Aspatria	(016973) 23956	B, P, High Seaton House Seaton	(01900) 605853	BUCKLEBURY, Andrew, Mount View Pelutho	(016973) 31929
B, J, Old Rectory Farm Kirkbampton	(01228) 576688	B, P, Lesser Moorguards West Hall	(016977) 47537	BUCKLEY, A, 18 Jefferson Garth, Greystoke	(017684) 83737
B, J, 8 Brisco Mount, Egremont	(01946) 821787	B, P, 11 St. Johns St, Keswick	(017687) 75331	B, J.J, Brae Head Wetheral	(01228) 560213
B, J, Foxfield Dent Road, Thornhill	(01946) 820396	B, P.F, 16 The Mount, Papcastle	(01900) 825125	BUCKTON, K, Church Vw Gambleby	(01768) 881896
B, J, 1 Throstle Avenue, Wigton	(016973) 49305	B, Philip J, 30 Harrot Hill, Cockermouth	(01900) 823695	BUCKWELL, S, Old Park Cottages Isl	(017687) 76056
B, J.H, Millbrook Branthwaite	(01900) 605995	B, R, Lyncrest Aspatria	(01900) 817860	BUDD, J, 2 Elm Close, High Heskett	(016974) 73101
B, J.J, Clappers Fm Aspatria	(016973) 20829	B, R, 9 The Courtyard Carlisle	(01228) 672923	BUDDY, M, 132 Lingmoor Way, Carlisle	(01228) 523229
B, K, Fishers Cross Port Carlisle	(016973) 51332	B, Ralphharroon, 14 Derwent Avenue, Seaton	(01900) 64057	BUGGY, P, 47 Far Moss, Northside, WORKINGTON	(01900) 63828
B, L.M, 186 Blackwell Road, Carlisle	(01228) 545577	B, R, 1 Lime Grove, Maryport	(01900) 815668	BUGLASS, B, 17 Grassmoor Avenue, Cockermouth	(01900) 826649
B, M, Final Furlong Sebergham	(016974) 76775	B, R, 4 Randlawfoot Randlaw Lane, Great Corby	(01228) 560138	BUICA, M, 54 Buchanan Road, Carlisle	(01228) 498964
B, M, 14 Cold Springs Park, Penrith	(01768) 892916	B, R, 2 Stubble Green, Drigg	(019467) 27603	BUILDING SERVICES LTD, P, 36 Kings Drive, Egremont	(01946) 821117
B, M, 2 Croft Terrace, PENRITH	(01768) 891950	B, R, 32 Vale View, Lowca, Whitehaven	(01946) 65000	BULCOCK, S, 2 Brackenrigg, Armathwaite	(016974) 72394
B, M.G, Howgill Heskett Newmarket	(016974) 78213	B, R.J, Wilson Park Farm Pica	(01946) 832061	BULL, J, 25 Derwentwater Road, Whitehaven	(01946) 61659
B, N, 2 Midtown Cottages Unthank	(01228) 712493	B, R.J, Tynedale Cottage Uldale	(016973) 71667	B, K, 18 High Meadow, CARLISLE	(01228) 818209
B, P, 60 Rannedale Drive, Whitehaven	(01946) 693067	B, S, Wormanby House Burgh-by-Sands	(01228) 575054	BULLEN, P, 4 Beechtree Court, Kirkcintola	(01228) 675605
B, R, LEASIDE Mealsgate	(016973) 71945	B, S, Eden Croft Crosby On Eden	(01228) 573667	BULLEN, Janis, 28 Deer Park Road, Carlisle	(01228) 549833
B, R, 37 Manesty Rise, Low Moresby, Whitehaven	(01946) 63869	B, Mrs S, Mrs 19 Cambeck Close, Brampton	(016977) 41603	BULLOCK, S, 2 Midtown Cottages Residential, wigton	(016973) 52697
B, S, 33 Mid Street, Whitehaven	(01946) 812451	B, Mr Stefan, 56 Frizington Road, Frizington	(01946) 328294	B, S, 51 Woodville Park, Cockermouth	(01900) 381753
B, S, The Croft Tallentire, Cockermouth	(01900) 828274	B, S, 129 The Parklands, Cockermouth	(01900) 829961	B, T, Ingliston Longthwaite Road, Wigton	(016973) 45287
B, Mrs Yvonne, 66 Row Brow Park, Dearham, Maryport	(01900) 816256	B, S, 10 Wastwater Rise, Seascale	(019467) 28352	BULLOUGH, I, Walton Cottage Walton	(016977) 2005
BROUGHTON, D, 2 Hill Terrace, Wigton	(016973) 42208	B, S, 5 Wood End Close, High Harrington	(01946) 833222	B, M, 71 Townfoot Park, Brampton	(016977) 44584
B, Keith, 16 Broadwater Holdings Broadwater	(01228) 560540	B, Mrs Stephanie Dawn, 25 St. Martins Close, Brampton	(016974) 51905	BULMAN, A, 4 Southwaite Road, Low Heskett	(016974) 73383
B, J, 93 Beverley Rise, Carlisle	(01228) 496986	B, S.E, Redmayne Garden Faraday Road, Kirkby Stephen	(017683) 71523	B, A, 7 Union Terrace, Penrith	(01768) 863726
B, S, 8 The Crescent, Egremont	(01946) 823350	B, T, The Barn Newby Cross	(01228) 710269	B, B, Mauvern Ling Plumpton	(01768) 898463
BROWBANK, L, 14 Arthuret Drive, Longtown, Carlisle	(01228) 318345	B, Mr Thomas, 8 Border Avenue, Cleator Moor	(01946) 812002	B, H, 136 Dalston Road, Carlisle	(01228) 593831
BROWES, M, Seathwaite Cottage Allonby	(01900) 881704	B, T, 121 Currock Park Avenue, Carlisle	(01228) 527810	B, I, 43 Brisco Road, Carlisle	(01228) 542570
BROWN, A, Springfield Ho Boscar	(01768) 885158	B, T, 107A Main Street, St Bees	(01946) 430234	B, J, Chapel House Park Head Renwick	(01768) 870108
B, A, FIELD HOUSE Great Asby	(017683) 52027	B, T, 134 The Crofts, SILLOTH, WIGTON	(016973) 32983	B, J, 5 Princes Road, Cockermouth	(01900) 269312
B, A, Rechabite Hall Nethhead	(01434) 381144	B, Mr T, 35 Townfoot Park, Brampton	(016977) 42119	B, M.J, Rowling End Millbeck	(017687) 72199
B, A, 9 Haile Park, Haile	(01946) 841405	B, Mr T, Mr 37 Tribune Drive, Carlisle	(01228) 402095	B, P, 15 Brookside, Carlisle	(01228) 533778
B, A, 45 Mardale Road, Carlisle	(01228) 548725	B, Tessa, 103 Windbeadow Avenue, Keswick	(017687) 74523	B, P.J, Wayside Rickerby	(01228) 631798
B, A, 55 Moorclose Road, Harrington	(01946) 832384	B, T.A, Forresville Fenton Lane End, How Mill	(01228) 670345	B, R, 8 Heather Close, Whitehaven	(01946) 67473
B, A, 38 Oswine Place, Carlisle	(01228) 615248	B, T.J, 43 Lindisfarne Street, Carlisle	(01228) 818859	B, S, STONE HOUSE Kirkbampton	(01228) 576752
B, A, 21 West Croft, Workington	(01900) 61952	B, Ms Valerie, 39 Causeway Road, Seaton, Workington	(01900) 65626	B, S, 23 Woodlands, Carlisle	(01228) 560887
B, A.T, Two Hoots How Mill	(01228) 670552	B, V, 19 Coronation Street, Maryport	(01900) 813670	B, William, 16 Durdar Road, Carlisle	(01228) 520826
B, B, 24 College View, Whitehaven	(01946) 62866	B, V, 1 Highfield Close, Seascale	(019467) 28534	B, W, 8 Edenfold, Bolton, Appleby in Westmorland, Cumbria	(017683) 62329
B, B, 30 St. Aidans Road, Carlisle	(01228) 524879	B, W.L, Craggs Farm Rosley	(016973) 42832	BULMER, S, Elderberry Cottage North End, Bolton	(017683) 61876
B, B, 5 Stainburn Road, Stainburn	(01900) 61364	B, W.T, Forest Hills Cargo	(01228) 672156	BUNCE, A, 4 Leskew Cottages Gosforth	(019467) 25132
B, B, 16 Wansfell Avenue, Carlisle	(01228) 592125	BROWNBRIDGE, J, 371 Moss Bay Road, Workington	(01900) 267801	B, H, Park Farm Long Marton	(017683) 61545
B, B, 182 Wigton Road, Carlisle	(01228) 529299	B, Steven, Scallow House Asby Road, Asby	(01946) 861926	BUNDOCK, C, Galecroft House 29 Low Seaton, Seaton	(01900) 63463
B, C, Sabriyah Drigg	(019467) 24035	BROWNE, Mr Colin, 5 Tysons Lane, Old Bridge, Egremont	(01946) 820133	BUNTING, J, Derohn Cargo	(01228) 74466
B, C, Deepdale Hall Patterdale	(017684) 82369	B, L, The Warren Manesty	(017687) 77250	BUNTING, A, 38 Lansdowne Crescent, CARLISLE	(01228) 496413
B, C, THE COACH HOUSE The Groves, Whitehaven	(01946) 695049	B, N, 86 High Brigham, Brigham	(01900) 823065	B, B, 4 Harpur Place, Thornhill	(01946) 822028
B, Denise, Throstle Hall Cottage Arkleby	(016973) 21201	BROWNLEE, V, 4 Maple Close, Greystoke	(017684) 80679	B, H, 18 Briarcote, Kirkby Stephen	(017683) 71381
B, D, Ellesmere Drigg	(019467) 24216	BROWNRIIG, B, Millbeck Hall Cottage Millbeck	(017687) 80301	B, P, Chantreys Penrith	(01768) 339353
B, D, Halesleyde Watermillock	(017684) 86380	B, B.H, Bradlee Carleton Village	(01768) 862838	BUNVAN, P, 62 The Red House Scotby	(01228) 510767
B, D, 34 Ellesmere Way, Carlisle	(01228) 521473	B, F, The Croft Heskett Newmarket, Wigton, Cumbria	(016974) 78753	BUONO, G, 34 Longlands Road, Carlisle	(01228) 401622
B, Dennis, Wansbeck Rosehill, Gilsland	(016977) 47038	B, G, Fell View Newbiggin On-Lune	(015396) 23689	BURBURY, A, Broadfield Common Ivergill	(016974) 75019
B, D, 20 Ruskin Dr, Whitehaven	(01946) 61825	B, I, Oddfellows House Newbiggin On Lune	(015396) 23594	BURCHETT, R.H, Watermillock House Watermillock	(017684) 86191
B, D, 10 Station Crescent, Beckermett	(01946) 841528	B, J, CLARENBERN Throstonfield	(01228) 576657	BURD, S, Sunset View 1 Boon Hill Farlam	(016977) 46546
B, D, 7 The Mount, Whitehaven	(01946) 395917	BRUCE, Miss Amy, 49 Brooklands Avenue, Maryport	(01900) 392163	BURDON, C, 22 Howard Park, Greystoke	(017684) 83531
B, D, 68 Westmorland Street, Carlisle	(01228) 545463	B, A, 83 Skye Road, WIGTON	(016973) 44883	BURFIELD, J.R, Selby House Saltcoats Kirkbride	(016973) 51730
B, D, 276 Yewdale Road, Carlisle	(01228) 540265	B, C, 40 Meadow View, Lowca	(01946) 65731	BURFORD, Mrs Susan, 3 St. Kentignys Way, Wigton	(016977) 508675
B, E, Rowanburn 1 Castle Carrock	(01228) 670545	B, H, The Barn Welton Plains Welton	(016974) 76470	BURGESS, A, Hall Flat Scaleby	(01228) 675693
B, E, 3 Coppin Hill Kirkby Thore	(017683) 62205	B, J, 51 Monkway Brow, Whitehaven	(01946) 62952	B, A, MANCHESTER HOUSE Warcop	(017683) 42188
B, E, 20 Ferguson Road, Carlisle	(01228) 548684	B, Mrs K, 5 York Terrace, Whitehaven	(01946) 592908	B, D, 5 Church Terrace, Chap	(01931) 716055
B, E, Bank House Graham Street, Penrith	(01768) 864051	B, M, 23 The Beeches, MARYPORT	(01900) 817456	B, E, Stonedale Manor Court, Kirkby Stephen	(017683) 72890
B, E, 19 Hawkshead Avenue, Workington	(01900) 64195	B, R, 11 Ullswater Road, Maryport	(01900) 815547	B, G, 15 Snowdon Avenue, Cleator Moor	(01946) 813192
B, E, 21 Parkside, Crosby	(01900) 810407	B, T, Todholls Farm Ennerdale Road, Cleator Moor	(01946) 812044	B, J, 101 Edgehill Road, Carlisle	(01228) 544954
B, E, The Flat, Wilsby Park Farm Pica, Pica, Workington	(01946) 328438	BRUIN, D, 35 Beech Lane, Cockermouth	(01900) 823940	B, J, 5 Lowca Lane, Seaton	(01900) 605204
B, Geoff, Bartons Farm Thomas Close	(017684) 84335	B, R, 3 Stone Field, Bampton Grange	(01900) 813172	B, J, 11 Naim Way, Carlisle	(01228) 541498
B, Graham, 2 Warnell Drive, Carlisle	(01228) 526325	BRUMWELL, G, 3 Pennine View, Newbiggin	(017684) 83412	B, K, Stone Bower Shop	(01931) 716360
B, H, Crakeplace Hall Ullock	(01946) 861255	B, K, 21 Trafalgar Road, Carlisle	(01228) 546137	B, S.M, 4 Fulmar Place, Carlisle	(01228) 532640
B, H, 10 Old Town Lodge, High Heskett	(016974) 75145	BRUNDRITT, K, The Barn Newby	(01931) 714070	B, T, 8 Garden Close, Penrith	(01768) 862297
B, J, CLESKETS COTTAGE Hallbankgate	(016977) 46381	BRUNETTI, V, 2 Eilonby Road, Skelton	(017684) 84723	BURGIN, R, 4 Greenacres Park, Plumpton	(01768) 894107
B, John, Heskett Hall Heskett Newmarket	(016974) 78153	BRUNSKILL, A, 77 Penny Hill Park, Penrith	(01768) 89717	BURGON, R, 3 Howfoot Close, Cockermouth	(01900) 824638
B, J, Stablehills Irthington	(016977) 2583	B, C, Stratheden Plumpton	(01768) 894037	BURKE, Dr L, 3 Randle How Eskdale	(019467) 23731
B, J, North View Maunds Meaburn	(01931) 715369	B, D, 5 Coledale Meadows, CARLISLE	(01228) 402702	B, P, 20 Hawkshead Avenue, Workington	(01900) 601343
B, J, The Homestead Nealhouse	(01228) 710391	B, E, 16 Carleton Place, Penrith	(01768) 890971	B, T, THE CROFT Kirkhouse	(016977) 46593
B, Mr J, Mr 1 Cedar Grove, Carlisle	(01228) 496458	B, F, 17 Graham Street, Penrith	(01768) 892354	BURLEY, P.N, Platt Lodge Roadhead	(016977) 48525
B, J, 38 Dent View, Egremont	(01946) 823411	B, G, Brook House Ousby	(01768) 881228	B, V, Little Broomhills House Orton Road, Carlisle	(01228) 589917
B, J, 40A Duke Street, Whitehaven	(01946) 440778	B, J, Bridge House Water Street, Morland	(01931) 714224	BURN, Gina, 19 Church Street, Keswick	(017687) 75582
B, J, 2 Dykes Terrace, Carlisle	(01228) 401331	B, M, WINDYFIELD Carleton Village	(01768) 895603	B, Dr John C, Applecross Capon Hill, Brampton	(016977)

B, S, Robins Field Edenhall	(01768) 889255	B, E, 4 Stoneygarth, Greystoke	(016973) 51805	C, K, Wynda Wath Great Asby	(017683) 52450
B, T.N, Wynburn Langwathby	(01768) 881522	B, E, 4 Stonegarth, Greystoke	(017684) 80740	C, L, 24 Crosthwaite Court, WORKINGTON	(01900) 64597
BURNELL-GRAY, C, Hole Of Lyne Roadhead	(016977) 48142	B, H, 4 Lowther Terrace, Penrith	(01768) 865330	C, L, 5 St Martins Close, Brampton	(016977) 41497
BURNETT, A, Greendale Calderbridge	(019467) 26098	B, I, 2 Union Terrace, Penrith	(01768) 892464	C, M, 24 Inner Ling Road, Seaton	(01900) 66031
B, D, 18 School Clo, Maryport	(01900) 817252	B, J, 103 Scotland Road, Carlisle	(01228) 402697	C, R, 19 Millfield, Brampton	(016977) 3670
B, M.D, Grindlebeck Ho Calderbridge	(019467) 26243	B, J, 9 Walker Rise, Penrith	(01768) 201098	C, Y, Mallaig Camp Road, MARYPORT	(01900) 267187
B, N, Wychmore Sellafeld Road, Beckermest	(01946) 841493	B, J.L, Park Head Fm Renwick	(01768) 898031	CAMERON-MCINTOSH, J, 37 Alders Edge, Scotby, CARLISLE	(01228) 495914
B, S, THE BEECHES Tower Court, Warcop	(017683) 41154	B, L, 97 Balmoral Road, Whitehaven	(01946) 591545	CAMMACK, Judith, Riverside Court 8 Riverside Court Elliott Park, Keswick	(017687) 44428
BURNEY, M, 73 High Road, Whitehaven	(01946) 61765	B, S, 45 Coniston Avenue, Seascale	(019467) 28520	CAMMOCK, N, Hunters Lodge High Bank Hill	(01768) 898777
B, W, 14 Countess Road, Whitehaven	(01946) 61169	BUTTON, A, 122 Greenacres, Wetheral	(01228) 562154	CAMPBELL, A, East Cragg Bassenthwaite Lake	(017687) 76617
BURNHAM, E, 4 Myrtle Villas Myrtle Villas, Keswick	(01768) 201028	BYERS, D, 11 Freer Street, Carlisle	(01228) 544845	C, A, 46 Fell View Park, Gosforth, SEASCALE	(019467) 25568
B, G, Carvoran House Greenhead, Brampton	(016977) 47556	B, Mr David, 425 London Road, Carlisle	(01228) 529187	C, A, 5 Kinniside Place, Cleator Moor	(01946) 528609
B, P, How Hill Hutton Roof	(017684) 84462	B, D.A, 8 Glebe Close, Dalston	(01228) 712846	C, A, 27 Murton View, Appleby-In-Westmorland	(017683) 52614
BURNS, A, 21 Church Street, Keswick	(017687) 73218	B, E, 14 Hall Moor Court, Wetheral	(01228) 560702	C, C, Stoneybrook Farm Cumbria, Brampton	(016977) 3938
B, B, 1 Derwentside Gardens, Cockermouth	(01900) 826553	B, E, 7 Ward Street, Longtown	(01228) 791412	C, C, 7 Rigg Close, Cleator Moor	(01946) 815771
B, B, 5 Hopedene, Cleator Moor	(01946) 812709	B, E.A, 48 Hillary Gro, Carlisle	(01228) 533527	C, D, Rose Jomar Chestnut Close, Culgaith	(01768) 88254
B, B, 72 Main Street, CLEATOR	(01946) 395645	B, H, 57 Scaw Road, High Harrington	(01946) 832262	C, D, 99 Tribune Drive, Houghton	(01228) 591780
B, C, 17 Fellview Drive, Egremont	(01946) 821360	B, J, 13 White Ox Way, Penrith	(01768) 892213	C, D, Flat 5 Hanover Court Whinnie House Road, Carlisle	(01228) 533561
B, C, 8 Horsfield Close, Whitehaven	(01946) 565629	B, J.G, Fairhaven Blackwell	(01228) 520334	C, D, 11 Maple Drive, Penrith	(01768) 866559
B, C, 5 Juniper Way, Penrith	(01768) 868387	B, K, 5 Camerton Road, Great Broughton	(01900) 825384	C, E, 11 Cherry Brow, CARLISLE	(01228) 494552
B, C, 51 Lovers Lane, Longtown, CARLISLE	(01228) 791008	B, M, Glencoe Little Corby Road, Carlisle	(01900) 860085	C, H, 30 Scotby Village, Scotby	(01228) 538132
B, C, 25 Loop Road South, Whitehaven	(01946) 694773	B, M, 7 Moss Side, Allonby	(01900) 881255	C, J, Quarry Ldg West Hall	(016977) 3031
B, D, Colingate Farm Gilgarran	(01946) 831653	B, P, 1 Kingfield Cottages Penton	(01228) 577049	C, J, 4 Loaning Head Courtyard, Culgaith	(01768) 879140
B, D, 13 Bedford Street, Hensingham	(01946) 62245	B, R, 51 Eskdale Avenue, Cumbria	(01228) 594366	C, J, 8 Rowan Court, Penrith	(01768) 895174
B, D, 75 Meadow Lane, Carlisle	(01228) 402113	B, S, 4 Red Bank Square, Carlisle	(01228) 537802	C, J, 28 Rowrah Road, Rowrah	(01946) 861624
B, H, 14 York Road, Whitehaven	(01946) 592235	B, W, 25 Upperby Court, Carlisle	(01228) 539984	C, K, 1 Oakleigh Way, Carlisle	(01228) 525122
B, I.M, 117 Calder Avenue, Whitehaven	(01946) 691951	B, W.I, 21 Loop Road North, Whitehaven	(01946) 692021	C, Miss Lyndsey, 19 Queens Avenue, Maryport	(01900) 812920
B, J, 13 Berkeley Grange, Carlisle	(01228) 512577	BYRNE, D.J, Holly Bush Cottage Walton	(016977) 3931	C, M, 18 Kingswater Close, Brampton	(016977) 3615
B, Mrs Joyce, 6 Blencathra Court, Penrith	(01768) 864680	B, G, 1 Grove Road, Egremont	(01946) 823718	C, Admiral M, 79 Newlands Park, Dearham	(01900) 403293
B, J, 10 Croftsidge, Cockermouth	(01900) 825158	B, I, 49 Wastwater Avenue, Workington	(01900) 66379	C, M, 13 Newtown Road, Carlisle	(01228) 493779
B, J, 34 Devonshire Street, Workington	(01900) 62810	B, John, 3 Alne Road, Maryport	(01900) 817181	C, M, Myrtle Cottage Penrith, Penrith	(017683) 61037
B, J, 32 Grasslot, Maryport	(01900) 815307	B, K, 11 High Meadow, Carlisle	(01228) 538292	C, P, Haresgill Stainton	(01768) 864981
B, J, 7 Mansion Gardens, Egremont	(01946) 820017	B, L, 14 Greystoke Road, PENRITH	(01768) 890598	C, P, 13 Longley Drive, CARLISLE	(01228) 532889
B, J, Mobile, 43 Montreal Street, Carlisle	(07931) 873230	B, M, 22 Albert Terrace, Whitehaven	(01946) 62177	C, P, 27 The Mount Papcastle, Cockermouth	(01900) 823485
B, J, 42 Merton Park, Alcedon	(01946) 861095	B, M, 55 Kings Drive, Egremont	(01946) 824217	C, R, 2 Crayton Terrace, Nately	(017683) 71121
B, J.I, 28 Melbreak Avenue, Cockermouth	(01900) 826547	B, M, 22 Springfields, Wighton	(016973) 43443	C, R, 40 Headlands Drive, Whitehaven Cumbria	(01946) 692220
B, J.I, 41 Sarsfield Road, Workington	(01900) 64116	B, Miss 13 Old Bridge, Egremont	(01946) 822041	C, S, Enfield Main Street, Frizington	(01946) 810327
B, M, 2 High Street, Biggry, Egremont	(01946) 451376	B, R, 16 Thomas Street, Carlisle	(01228) 543021	C, S, 19 St. James Court, Whitehaven	(01946) 528095
B, M, 58 Meadow Road, Whitehaven	(01946) 64321	B, R, 16 Thomas Street, Carlisle	(01228) 543021	C, S, 140 Milbourne Street, Carlisle	(01228) 549725
B, M, 68 Whinlatter Road, Whitehaven	(01946) 63210	B, T, 13 Park View, Egremont	(01946) 820256	C, W, 102 Tulp Gardens, Penrith	(01768) 863522
B, N, 6 Woodland Grange, Dovenby	(01900) 829459	BYRON, A, 12 Lonsdale View, Dearham	(01900) 269079	CAMPBELL-SAVERS, D, 6 Chestnut Park, Keswick	(017687) 71111
B, P, White Holme Rowletown	(016977) 48509	BYWATER, Dr A, STATION HOUSE Temple Sowerby	(017683) 61675	CAMPION, Alanpaul, 90A Meadowfield, Gosforth	(019467) 25445
B, P, 26 Berwick Street, Workington	(01900) 807810	CABEY, A, 31 Cumwhinton Road, Carlisle	(01228) 272923	CANDIAN, B, Flat 14 Willow Place Parkland Drive, Carlisle	(01228) 491467
B, P, 43 Windmill Lane, Cockermouth	(01900) 824173	CADDLE, I, 38 Moor Park Avenue, Carlisle	(01228) 532010	CANDLIN, Fc, The Old Liberal Club Front Street, Orton	(015396) 24275
B, P.H, 11 Kipling Avenue, High Harrington	(01946) 831909	CADDY, M, 6 Greengarth, Carlisle	(01228) 531252	C, P, Holly Cottage Great Asby	(017683) 52723
B, R, 66 Berkeley Grange, Carlisle	(01228) 548959	C, S.J, 16 The Crescent, Thornhill	(01946) 823053	CANDISH-WELFORD, K, Orchard House Carlisle, Carlisle	(016974) 73376
B, Mr Richard, 116 Harrington Road, Workington	(01900) 386453	CAFFREY, R.J, 30 St. Andrews Road, Stainburn	(01900) 64875	CANELLE, E.G, Mayfield Milburn	(017683) 61573
B, R, Lakerigg Cottage Lakerigg, Dalston	(01228) 711537	CAIN, A, 12 Jubilee Terrace, Maryport	(01800) 812026	CANFIELD, Lesley, 1 Hensingham Road, Whitehaven	(01946) 590100
B, R, 36 Yewdale Road, Carlisle	(01228) 540103	C, S, GELT SIDE LODGE Brampton	(016977) 3625	CANIGIANI, T, Fleatham House High House Road, St. Bees	(01946) 821273
B, R.W, 1 Park Road, Wighton	(016973) 44132	CAINE, K, 2 Gilgarran Park, Gilgarran	(01946) 830307	CANN, Mrs 55 Leconfield Street, Cleator Moor	(01946) 811604
B, S, 4 Lindow Street, Frizington	(01946) 815885	C, Mr Paul, 14 Williams Grove, Cockermouth	(01900) 392433	CANNAN, J.A, 16 Main Road, Seaton	(01900) 601197
B, S, 15 Maple Drive, Penrith	(01768) 864073	CAIRNCROSS, A, 46 Broadacres, High Harrington	(01946) 832625	CANNINGS, T, 12 Muncaster Road, Whitehaven	(01946) 695059
B, S, 6 Porthouse Road, Penrith	(017684) 28963	CAIRNS, D, 3 The Scaur, Longtown	(01228) 791133	CANNON, A, Maudene Long Marton	(017683) 61244
B, S, 32 Tindale Drive, Carlisle	(01228) 548200	C, I, 119 Hurley Road, Little Corby	(01228) 561442	C, C.A, Friarbiggin Orton	(015396) 24666
B, T, 41 Parham Drive, Carlisle	(01228) 597616	C, Mr J, Raehills Plains Road, Carlisle	(01228) 560002	C, D.J, Espland Hill Brampton	(017683) 51387
B, T, 4 Partridge Hill, Brampton	(01455) 202607	C, L, 9 Hawthorn Place, Carlisle	(01228) 527391	C, J, 1 Brockley Moor, Plumpton	(01768) 894330
B, T.R, Dalston House Mealsgate	(016973) 71531	C, N, 38 Elterwater Avenue, Workington	(01900) 601435	C, J.W, Traemar Brampton	(017683) 51836
B, W, Jacktrees House Jacktrees Road, Cleator Moor	(01946) 329662	C, P, Ingledene South Road, Kirkby Stephen	(017683) 72485	C, J, 127A Newlaithes Avenue, CARLISLE	(01228) 537028
BURNEYAT, B, Rydal Main Road, Seaton, Workington	(01900) 61061	CAITS, Mr J, Mr 122 Borland Avenue, Carlisle	(01228) 495658	CAPE, I, Orchard House Mealsgate	(016973) 71997
BURR, A, Coach House Loweswater	(01900) 85980	C, Mrs Margaret, 14 Blundell Road, Carlisle	(01228) 515496	C, L, 7 St. Kentigern Close, Keswick	(017687) 44496
BURRELL, A, 2 Pennine View, Burrells	(017683) 51967	CALDER, C, 5 Mitchell Avenue, Northside, Workington	(01900) 61571	C, Mr 1 Howard Place, Carlisle	(01228) 528202
B, J.R, 1 The Close, Glenridding	(017684) 82462	CALDERBANK, J, 5 St. Pierre Avenue, Carlisle	(01228) 402394	C, N.B, 5 Newcastle Street, Carlisle	(01228) 541509
B, K, Church Meadow Vicarage Terrace, Nenthead	(01434) 381021	CALDERON, L, 2 The Ferns Station Hill, Wighton	(016973) 43050	C, R, 9 Woodlands Close, Carlisle	(01228) 531636
B, R, 35 Gilbert Road, Cummersdale	(01228) 550428	CALDWELL, J.E, 1 Moat Terrace, Brampton	(016977) 3380	C, S, 11 Fountains Avenue, Workington	(01900) 66790
BURRILL, C.S, Carr Cottage Threlkeld	(017687) 79376	CALDY, W, 105 High Road, WHITEHAVEN	(01946) 695943	CAPRON, N.J, Cader Idris Shap	(01931) 716152
BURROUGH, J, Waiters Farm Pardshaw, COCKERMOUTH	(01900) 826623	CALISKAN, M, 18 Botchergate, Carlisle	(01228) 510020	CAPSTICK, Mrs Alice, 15 Victoria Road, Penrith	(01768) 865587
BURROW, Ian, 7 Ellerbeck Lane, Workington	(01900) 67499	CALLAGHAN, C.C, 11 Embleton Road, Carlisle	(01228) 546581	C, B, Duckintree Farm Kaber	(017683) 71258
B, P, Paddockwray Skelscaugh Road, Winder	(01946) 848681	C, J, 52 Frosts Road, WORKINGTON	(01900) 67815	C, B, 5 Scaur Terrace, Tebay	(015396) 24459
BURROWS, L, 1 Elm Court, Penrith	(01768) 201330	C, J, 17 Welsh Road, Carlisle	(01228) 497282	C, C, 5 Brockbank Terrace, Kirkby Stephen	(017683) 71850
B, S, The Spinney Braithwaite	(017687) 78511	C, R, 11 Broadwath Holdings Allenwood	(01228) 562788	C, C, Westview Low Moresby, WHITEHAVEN	(01946) 62960
BURRUS, Michael, 33 Hether Drive, Carlisle	(01228) 544321	C, S, 16 Skiddaw Road, Carlisle	(01228) 492190	C, D, Crummock Cottage Tallentire, Cockermouth	(01900) 828611
BURT, J, End Cottage Alston	(01434) 381137	C, T, 6 Vicarage Lane, Cockermouth	(01900) 826369	C, E, Orchard House High Heskett	(016974) 73179
BURTON, B, 41 High Brigham, Brigham	(01900) 826201	CALLAGHER, B, High View Cottage Longtown	(01228) 792080	C, E, Orchard House High Heskett	(016974) 75667
B, C, 3 Castle Drive, Penrith	(01768) 864423	CALLAN, J, 20 Solway Road, Moresby Parks, Whitehaven	(01946) 61454	C, G, 46 South Road, Kirkby Stephen	(017683) 72902
B, Christopher, 73 Pica Cottages, Pica	(01946) 832693	CALLANDER, K, 18 Towerson Street, Cleator	(01946) 451741	C, G.N, Duckintree House Kaber	(017683) 71073
B, D, Melbecks Bassenthwaite	(017687) 76451	CALLAWAY, L, 33 Borrowdale Road, Whitehaven	(01946) 694208	C, J, 2 Lonsdale Street, Whitehaven	(01946) 61730
B, Mrs Glenda, 41 Glebe Road, Appleby In Westmorland	(017683) 98067	CALLAWAY, Reverend A, The Rectory Patterdale	(017684) 82209	C, J.H, Licholme Farm Ravenstonedale	(015396) 23373
B, H, 55 Lonsdale Court, Penrith	(01768) 891434	CALLINGHAM, M, Firofrost Scaleyby	(01228) 675387	C, J.M, Hilltop Cottage Thrimby	(01931) 712433
B, I, 1 Fieldside Close, Keswick	(017687) 72732	CALLION, D, Lodge Farm Main Road, Great Clifton	(01900) 602724	C, M, Eden Lodge Flat 4 Melbecks, Kirkby Stephen	(017683) 70219
B, J, 43 Ennerdale Terrace, Whitehaven	(01946) 395259	C, J, Lodge Farm Main Road, Great Clifton	(01900) 63257	C, M.P, High Lane Terrace Newbiggin-On-Lune	(015396) 23447
B, J, Beech Cottage RESIDENTIAL, Cumwhinton	(01228) 560090	C, J.C, Bank Cottage Allonby	(01900) 881167	C, R, Rose Barn Thistlewood Dalston	(016974) 76173
B, S, 54 Moorside Drive, Maryport	(01900) 386078	C, R, 17 Brigbourne Drive, Seaton	(01900) 604689	C, S, 9 Fairview Gardens, Carlisle, Penrith	(01768) 867743
B, S, Brackenrigg Northscough, Carlisle	(01768) 201020	CALLISTER, T, 16 George Street, Whitehaven	(01946) 692454	C, W, Lyndale Newbiggin-On-Lune	(015396) 23600
B, Y, 29 Church Road, Alston	(01434) 381421	C, W, 2 Lawson Street, Aspatia, Wighton	(016977) 507041	CARDEN, M.J, 9 Willow La, Cockermouth	(01900) 826290
BUSBY, J, 3 Scholars Green, Wighton	(016973) 44507	CALLOW, J, MICKLE BOWER Temple Sowerby	(017683) 61000	CARDIGAN, Ray, Sun Cottage Ireby	(016973) 71446
BUSFIELD, J, 50 Raefield, Longtown, CARLISLE	(01228) 791772	C, J.D, 26 Station Road, Dalston	(01228) 710400	CARE, S, 68 Upperby Road, Carlisle	(01228) 526556
BUSH, C, Blengdale Lodge Gosforth	(01228) 527994	CALVER, H, 26 Moorville Drive, Carlisle	(01228) 527994	CAREY, Joseph, Blake View The Mount, Camerton	(01900) 624404
B, J, Thresher House Sandale	(016973) 71492	CALVERT, B, Greensburn West Hall	(016977) 37871	CARGO, S, 24 Clifton Lodge, Workington	(01900) 413664
B, R, ASHLEIGH Catterlen	(01768) 868806	C, David, 1 Ashford Way, Haraby Carlisle	(01228) 527481	CARIGET, M, Tower Villa Rickerby	(01228) 520842
BUSHBY, A, Stile House Linstock, Carlisle	(01228) 550555	C, Mr D, Mr 33 Stanley Road, Brampton	(016977) 27877	CARLIE, M, Raughton Head Hill Cottage Raughton Head	(016974) 76761
B, B, 41 Monkway Brow, Whitehaven	(01946) 695821	C, J, 10 Greenacres, Wighton	(016973) 26715	CARLING, D, 4 Pendle Drive, Whitehaven	(01946) 447085
B, R, Abbey Croft Alkton	(016973) 44066	C, J.M.W, Calverhill Walton	(016977) 3700	C, Prof P, North Scout Green Shap	(015396) 24462
BUSHTA, Mrs Vita, 33 Main Street, Cockermouth	(01900) 268922	C, K, Birchip Cannon Field, Roadhead	(016977) 48005	C, P, 58 The Firs, Alston	(01434) 382988
BUTCHER, A, 14 Harker Park Road, Harker Park	(01228) 674048	C, S, 11 Wood Street, Carlisle	(01228) 547933	C, Mr S, Mr 4 Goldsmith Road, Egremont	(01946) 824189
B, A, 1 Scotgate Bungalows, Braithwaite	(01768) 639171	C, W.D, Scarness Cottage Bassenthwaite	(017687) 76030	CARLISLE, E, Unit 16 47 Scotch Street The Lanes, Carlisle	(01228) 590890
B, D, The Old Cop Shop Glenridding	(017684) 82760	CALVET, T, Rigg Foot Longtown	(01228) 791285	CARLOS, A, Flat 3 Carlton House Victoria Road, Penrith	(01768) 892583
B, Mr M, Mr 89a Warwick Road, Carlisle	(01228) 523597	CALVIN, E, Flat 16 Johnson House Hillcrest Avenue, Whitehaven	(01946) 592746	CARLTON, D, 3 Brougham Avenue, Penrith	(01768) 850430
B, N, 52 Belah Crescent, Carlisle	(01228) 318354	C, M, Yantree Hollins Close, Whitehaven	(01946) 693593	C, L, 7 Wilson St, Workington	(01900) 601516
B, S, 5 Fell Lane, Penrith	(01768) 867020	C, Peter, Rear 127 Frizington Road, Frizington	(01946) 811652	CARLYLE, A, Lane End Sealand Longtown	(01228) 792276
BUTLER, A, 2, Hunting Lodge Close Bothel, Wighton	(016973) 21477	C, Ronald, 4 Harbour View, Whitehaven	(01946) 62802	C, A, Roan Penton	(01228) 577305
B, A, 30 Lawson Street, Maryport	(01900) 812726	C, S, Longmoor Farm Kinniside	(01946) 861128	C, G.T, Sealand Burn Longtown	(01228) 791391
B, A, 12 Rowntree Gardens, Egremont	(01946) 823141	CALWAY, D, Laneside Cottage Hackthorpe	(01931) 712859	C, I, Bleaberry Rigg Longtown	(01228) 791369
B, A.C, Millbanks Farm Bridgefoot	(01900) 824793	C, D.F.J, Laneside Cott Hackthorpe	(01228) 591446	C, J, Church View Scaleyby	(01228) 615458
B, C, 17 Leathwaite, Whitehaven	(01946) 395070	C, L, 23 Burnside Court, Stanwix	(01228) 591446	C, Miss Stacey, 58 Thomlinson Avenue, Carlisle	(01228) 930070
B, D, Beech House School Lane, Bothel, Wighton	(01946) 23338	CAMA, Dr L, Swarthbeck Point Howtown	(017684) 86420	CARMICHAEL, J, 12 Hilary Court Catherine Street, Whitehaven	(01946) 67539
B, E, 5 Trinity Court, Whitehaven	(01946) 65418	CAMERON, A, 7 Ashby Street, Maryport	(01900) 815531	CARNELL, C, Granary Cottage Nenthead	(01434) 382456
B, J, Fornsides Farm St. Johns-In-The-Vale	(01768				

C, C, 90 Howard Lodge Warwick Road, Carlisle	(01228) 529842	C, Mr James, 31 Crosby Street, Maryport	(01900) 268936	C, J, 3 St. Ninians Court St. Ninians Road, Carlisle	(01228) 532848
C, D, Heron Gate Seaville	(016973) 61391	C, J.C. Greta Cottage Greta Side, Keswick	(017687) 72617	C, M, 101 Hurley Road, Little Corby	(01228) 560975
C, D, Osbourne House Main St, Abbey Town	(016973) 61162	C, M, Derwent Mills 5 Derwent Mills, Cockermouth	(01900) 821424	C, N, Greenways School Road, Carlisle	(01228) 562948
C, F, Couderton House Couderton	(01946) 822485	C, N, Lambertain Barn Couderton	(01946) 822499	C, P, 8 Trafalgar Street, Carlisle	(01228) 402832
C, G.H, Thornliegh Bowness-On-Solway	(016973) 51179	C, P.J, 193 Harrington Road, Workington	(01900) 61988	C, Admiral P, 8 Trafalgar Street, Carlisle	(01228) 472203
C, J, Meadow Bank Boltongate	(016973) 71310	C, R, 14 Beaufort Avenue, High Harrington	(01946) 831431	CHAMBERS, A, Laredo Great Strickland	(01931) 712526
C, J, 2 Ehen Place, Cleator Moor	(01946) 812221	C, R, 98 Hurley Road, Little Corby	(01228) 560034	C, A, 17 Kirkstone Road, Whitehaven	(01946) 65729
C, Joyce, 12 Lansdowne Crescent, Carlisle	(01228) 520190	C, R.W, 11 Elterwater Avenue, Workington	(01900) 65378	C, B, 35 Penny Hill Park, Penrith	(01768) 899621
C, J, Off Main Street, St Bees	(01946) 824419	C, S, 60 Eden Street, Carlisle	(01228) 739239	C, C, 78 Brampton Road, Carlisle	(01228) 522844
C, J, 8 Parkside Avenue, Cockermouth	(01900) 822956	C, S, 43 Ling Beck Park, Seaton	(01900) 65320	C, C, 12 New Street, Cockermouth	(01900) 269842
C, J, 37 Waver Street, Silloth	(016973) 31545	C, W, 27 Douglas Road, Workington	(01900) 64725	C, E, 18 The Gardens, Whitehaven	(01946) 63483
C, J.P, 156 Currock Park Avenue, Carlisle	(01228) 549316	C, W & C, 8 Holden Road, Salterbeck	(01946) 830477	C, G.E, Feather Knott Dyonside Distington	(01946) 830947
C, K,	CIBEE Skelscough Road,	C, W.E, Grayson Coach House Great Salkeld	(01768) 898411	C, J, 59 High Brigham, Brigham	(01900) 269120
Winder	(01946) 861612	CARTLEDGE, B, 18 Castlesteads Drive, Carlisle	(01228) 538770	C, J.J, 19 Newfield Park, Carlisle	(01228) 546723
C, M, The Barn Shaw Farm Moor Row	(01946) 814689	C, B, 1 Richmond Green, Carlisle	(01228) 597509	C, J.R, 40 Springfield Avenue, Whitehaven	(01946) 63632
C, M, Fell View Council Houses, Low Heskett	(016974) 73357	CARTMEL, D, Nobles Farm Berrier	(017684) 80596	C, L, 61 Arlecdon Road, Arlecdon	(01946) 861727
C, M.A, 188 Richardson Street, Carlisle	(01228) 542086	C, H, 1 The Hawthorns, Keswick	(017687) 74864	C, M, Braestons Battlebarrow, Appleby-in-Westmorland	(017683) 51032
C, N, White Gate Tirril	(01768) 867911	C, J, Burns Farm St Johns In The Vale	(017687) 79706	C, N, Lyndon Head Penrith, Penrith	(01768) 210436
C, N, 4 Chapel Close, Whitehaven	(01946) 692556	CARTMELL, P, 30 Oak Crescent, Whitehaven	(01946) 692556	C, T.W, 3 Tarnside, Carlisle	(01228) 543191
P, Sunny Croft Crofts, Cockermouth	(01900) 393811	C, T, THE OLD RECTORY Caldbeck	(016974) 78484	C, W, 23 Lonsdale Terrace, Crosby Villa	(01900) 812488
C, R, 4a Main Road, High Harrington	(01946) 833126	C, W, 35 High Portinscale, PORTINSCALE	(017687) 73721	CHAN, C, 386 London Road, Carlisle	(01228) 530811
C, R.A, Whinfield Broughton Park, Gt. Broughton	(01900) 824792	CARTMER, L, 5 Sycamore Court, Workington	(01900) 870945	C, S, 18 Rose Court, South Street, Carlisle	(01228) 524328
C, R.S, Pendula Richmond Plains Sebergham	(016974) 76157	CARTNER, D, 99 Millriggs, Corby Hill	(01228) 562004	CHANDLER, E, 89 Lightfoot Dy, Carlisle	(01228) 532579
C, S, Cornerstones Seaville	(016973) 61076	C, F, 15 Hurley Road, Little Corby	(01228) 560182	C, J, 2 Manor Road, Carlisle	(01228) 535937
C, S, BLOOMING HEATHER Silloth	(016973) 31029	C, Michael, Low Ploughlands Kirkbampton	(016973) 51681	C, J, 1 West View Sea Mill Lane, St. Bees	(01946) 822406
C, S, 12 Atholl Grove, Carlisle	(01228) 534320	C, T, 18 Haycock Lane, Carlisle	(01228) 540163	C, M, 10 Lewis Court, Carlisle	(01228) 510175
C, S, 160 Blackwell Road, Carlisle	(01228) 523127	CARTWRIGHT, E, Whin Bank How Mill	(01228) 670270	C, P.G, 3 Broadacres, High Harrington	(01946) 830203
C, V.I, The House Greenway Crossing Wandsworth Gardens, Shap	(01931) 716542	C, S, 64 Ennerdale Avenue, Carlisle	(01228) 542363	C, S, 56 Upperby Road, Carlisle	(01228) 535851
C, W, 7 Thornedge Gardens, Cumwhinton	(01228) 471168	C, E, 4 Town Head Garth, Cumbria	(017683) 61590	CHANELER, Julie, 7 Brisco Road, Carlisle	(01228) 550610
C, W.M, 51 Lediard Avenue, Carlisle	(01228) 592348	C, G, Mulgrave Moresby Parks, Whitehaven	(01946) 692174	CHANTLER, J, Clifford House Main Street, Brough	(017683) 41296
CARRAGHER, J, 15 Northumberland Street, Workington	(01900) 63596	C, J, 24 Henderson Road, Carlisle	(01228) 547534	CHAPELHOW, A, 14 Skirgill Close, Penrith	(01768) 868733
CARRICK, A, 27 Hotfield Drive, Appleby-In-Westmorland	(017683) 98693	C, K, 21 The Garth, Crosby-On-Eden	(01228) 737363	C, D, Midtown Newby	(01931) 714257
C, D, West View Appleby-In-Westmorland	(017683) 51750	C, M, Pine View Thornthwaite	(017687) 78440	C, D, 14 Green Croft, Askham	(01931) 712488
C, E, 176 Greenacres, Wetheral	(01228) 560298	C, M, 16 North Watt Street, Workington	(01900) 379654	CHAPLIN, C, Watersedge 33 Southwaite Green Mill, Eamont Bridge	(01768) 606758
C, Mrs F, Mrs 1 Crakegarth, Carlisle	(01228) 712748	C, S.A, 20 Fell View Park, Gosforth	(019467) 25713	CHAPMAN, D, Tynant Cross Gates, Lamplugh	(01946) 861794
C, G, Hole House Farm Garrigill	(01434) 382755	CARTY, G, 15 Ashfield Gardens, Workington	(01900) 62690	C, E, 10 Skirgill Gardens, Penrith	(01768) 865348
C, G, Lyndon House Carleton Derrick Drive, Penrith	(01768) 899459	C, M, 56 Ennerdale Road, Cleator Moor	(01946) 812840	C, G, 5 Harbour View, Whitehaven	(01946) 63262
C, J, Holly House Croglin	(01768) 896001	CARUANA, I, 10 Peter Street, Carlisle	(01228) 544120	C, M, Fell View Keswick	(017687) 79785
C, J.M, Hilltop Great Salkeld	(01768) 898147	CARVER, J, 7 Wodow Road, Thornhill	(01946) 823008	C, M, 7 Manor Court, Kirkby Stephen	(017683) 71836
C, Lucy, 1 George Park, Brough	(017683) 42842	C, M.S, 21 Fellview Drive, Egremont	(01946) 822691	C, P, 5 Fifth View, Whitehaven	(01946) 592107
C, N, Ling Hurst Southwaite	(016974) 75898	CARY, L, 16 Amberfield, Burgh-By-Sands	(01228) 576532	C, P, 16 Gillgarran Park, Workington	(01946) 447196
C, S, 12 Thirlmere Street, CARLISLE	(01228) 401581	C, L, 198 Warwick Road, Carlisle	(01228) 530691	C, R, 38 High Brigham, Brigham, Cockermouth	(01900) 826192
C, S.M, The Hollies 7 Nately Road, Kirkby Stephen	(017683) 71659	CASEY, REY C.N, St. Andrews Vcge Hollis Clo, Whitehaven	(01946) 693565	C, W, Willam House Willam House, Kirkby Stephen	(017683) 71391
CARRIGAN, J, 48 Greenacres Greenacres, Wetheral	(01228) 562564	CASH, Mrs Agnes, 3 Brooklyn, Stainton, Penrith	(01768) 865835	CHAPPEL, K, 46 Barton Dale, Lazony	(01768) 870558
CARRINGTON, P, Willow Garth Great Salkeld	(01768) 870926	C, J, 14 Howard Park Greystoke, Penrith, Cumbria	(017684) 83770	CHAPPELHOW, A, 17 Castletown Drive, Penrith	(01768) 868773
C, P, 29 The Mount, Papcastle	(01900) 822542	CASS, D, 4 Clay Street, WORKINGTON	(01900) 381212	C, Mrs A, 4 Pennine View, Appleby-In-Westmorland	(017683) 51079
CARROLI, T, 2 Cherry Lane, COCKERMOUTH	(01900) 825234	C, E.W, 1 Evening Hill Drive, Cockermouth	(01900) 823847	C, C, 71 Barco Avenue, Penrith	(01768) 868831
CARRUTHERS, A, Dalebeck Barn Caldbeck	(016974) 78098	C, G.H, 49 Gables Little Strickland	(01931) 716770	C, E, Roger Head Appleby-In-Westmorland	(017683) 51845
C, Anthony, 24 Albert Street, Workington	(01900) 607342	C, J, 49 Hazlegrave, Seaton	(01900) 64594	C, H, The Mill Cottage The Mill Cottage, Murton	(017683) 53047
C, A, 30 Coniston Drive, Workington	(01900) 604221	C, J.J, 2 Kirkland Meadows, Wigton	(016973) 49520	C, Mr John, 24 Carleton Drive, Penrith	(01768) 864372
C, A, 25 Gayle Avenue, Shap	(01931) 716338	C, K, 100 Tomlin Avenue, Whitehaven	(01946) 695215	C, L, Flat B, 7 Queen Street, Penrith	(017684) 28466
C, A.B, Peella Hill Bewcastle	(016977) 48232	C, R, 30 Coronation Drive, Frizington	(01946) 815690	C, P, 3 Scaur Close, Lazony, Penrith	(01768) 898740
C, B, 2 Middle Close, Appleby In Westmorland	(017683) 51538	C, R, 6 Rydal Street, Frizington	(01946) 813914	CHAPPELL, D, Cairn Garth House Heads Nook	(01228) 562311
C, C, 2 Helton Road, Askham	(01931) 712818	C, S, Bothel Hall Bothel	(016973) 21200	C, M, Hilltop Lesson Hall	(016973) 45082
C, C, 57 Murton Park, Arlecdon	(01946) 861932	CASSELS, J.C, Cornerstones Papcastle	(01900) 828046	CHAPPLE, J, 2 Grant Drive, Whitehaven	(01946) 692388
C, D, LONGTHWAITE NOOK Wigton	(016973) 42986	CASSIDY, J, 13 Jubilee Road, WHITEHAVEN	(01946) 430964	C, M, MALLSHILL Rowletown	(01228) 577080
C, D, 6 Warwick Farm Warwick-On-Eden	(01228) 561733	CASSON, A, 23 Limetree Crescent, Cockermouth	(01900) 826965	CHARE, G, 4 High Grove, Whitehaven	(01946) 691601
C, D, Oakbank Market Garden Longtown Road, Brampton	(016977) 2779	C, B, Springfontein Woodend	(01946) 811438	CHARLES, K, 63 Moorlands Drive, Workington	(01900) 607169
C, F, 10 Market Place, Workington	(01900) 602013	C, B, 47 Green Hollows Country Park Southwaite	(016974) 75677	CHARLESWORTH, G, 66 Springfield Avenue, WHITEHAVEN	(01946) 590704
C, F, 25 West Avenue, Wigton	(016973) 44101	C, C, 19 Curzon Street, Maryport	(01900) 550680	C, H.R.M, 17 Blackwell Road, Carlisle	(01228) 594879
C, G, 24 Barton View, Penrith	(01768) 840847	C, D, 43 Melbreak Avenue, Cleator Moor	(01946) 440483	C, J, 22 Clifford Street, Appleby-In-Westmorland	(017683) 51790
C, H, 73 Oaklands Drive, Carlisle	(01228) 536211	C, E, 68 Hillcrest, Northside	(01900) 62492	CHARLTON, A, 33 Devon Road, Hensingham, WHITEHAVEN	(01946) 690274
C, I, 5 Cammock Avenue, Carlisle	(01228) 592367	C, G, Balgownie Cumwhinton	(01228) 56287	C, A, 5 East Avenue, HIGH HARRINGTON, WORKINGTON	(01946) 830177
C, I, 16 Longthwaite Crescent, Wigton	(016973) 49391	C, G.H, 24 Hillcrest Avenue, Whitehaven	(01946) 695163	C, C, Eden Villa Armathwaite	(016974) 72332
C, J, Grassgarth Farm Welton	(016974) 76262	C, H, 10 Kimberley Common Side, Distington	(01946) 831096	C, C, Howgate Cottage Frizington	(01946) 810656
C, J, 4 Glen Terrace, Heads Nook	(01228) 561100	C, H.K, 56 Henry Street, Cockermouth	(01900) 826128	C, C, 41 Station Road, Keswick Cumbria	(017687) 73404
C, J, 25 Whitelockgate, Carlisle	(01228) 523672	C, J, 20 Scotch Street, Whitehaven	(01946) 451554	C, C & M, Croft House Ireby	(016973) 71722
C, J.N, Chetwynd Dearham Bridge Road, Crosby	(01900) 812997	C, J, 39 The Mount, Whitehaven	(01946) 62252	C, D, Kings Arms House Kings Arms Lane, Alston	(01434) 381640
C, J.S, 87 Wynd Henry Street, Carlisle	(01228) 542239	C, J.J, 64 Blencathra Street, Keswick	(017687) 73676	C, Debbie, 5 Saddleback View, Threlkeld	(017687) 79076
C, K, The Oaks Bagrow	(016973) 23212	C, Mrs M, Mrs Lendale Skelscough Road, Frizington	(01946) 861706	C, F, Derwent Cockermouth	(01900) 550635
C, K, Hobbs Burn Longtown	(01228) 791178	C, Mr Ryan, 18 St Ninians Road, Carlisle	(01228) 658313	C, F, Fold End Fold End, Cockermouth	(01900) 336548
C, K, 12 Northcote Street, Workington	(01900) 601045	C, S, 6 Kestrel Grove, Whitehaven	(01946) 528462	C, L, 1 Poole Road, Salterbeck	(01946) 834170
C, L, Brookvale Wetheral	(01228) 648702	C, S, 9 Lonsdale Street, Whitehaven	(01946) 66403	C, M, Pen Beck Cottage Dalston	(016977) 44785
C, M, Beckbottom Cottage Bampton	(01931) 713197	CASTLE, Mrs A, Mrs 12 Durdar Road, Carlisle	(01228) 535711	C, M, 2 Eden Ring Bolton	(017683) 61601
C, M, Ponderclose Glasson	(016973) 51466	C, C.J, Amberley Scaws Drive, Penrith	(01768) 862198	C, M, 18 Pennington Drive, Carlisle	(01228) 526584
C, M, 20 Caldbeck Road, Carlisle	(01228) 531079	CASTLE-CLARKE, S, Row Banks Ousby	(01768) 881713	C, Mollie, Remolote Station Road, Shap	(01931) 716271
C, M, 12 Hillcrest, Workington	(01900) 550177	CATHERS, A, Allergarth Banks	(016977) 41645	C, R, OLD BARN STUDIOS RUTHWAITE Ireby	(016973) 71690
C, M, 9 Skiddaw View, Penrith	(01768) 606503	CATLOW, L, 3-4 Bridge Street, Brough	(017683) 42105	C, S, Broomfield Knock	(017683) 62784
C, P, 17 Rydal Crescent, Penrith	(01768) 866455	CATON, I, 22 Dukewood Road, Longtown, Carlisle	(01228) 791824	C, Admiral S, Broomfield Knock	(01768) 639050
C, P, 53 The Lido Village Barracks Bridge, Silloth	(016973) 31536	C, P, GARDEN HOUSE Culgaith	(01768) 88730	C, Admiral S, Broomfield Knock	(01768) 639063
C, R, Leadgate Blencogo	(016973) 61671	CATTAN, I, 57 Berkeley Grange, CARLISLE	(01228) 558676	C, S, Crown Point Farm Skelton	(017684) 84195
C, R, 263 Green Lane, Belle Vue	(01228) 539024	CATTANACH, A.G, South Vw Melkinton, Hackthorpe	(01931) 712431	C, S, Brundholme Country House Brundholme Road, Keswick	(017687) 74495
C, R, 24 Levens Drive, Carlisle	(01228) 538364	C, E, 112 Curwenale, Staiburn	(01900) 64241	CHARNLEY, G, 1 Crossrigg Hall Cottages Cliburn	(01931) 714016
C, R, Fell Vw Main St, Frizington	(01946) 810990	CATTERMOLE, A, The Granary Wragmire House Cotehill	(01228) 561821	C, T.E, 44 Loop Road North, Whitehaven	(01946) 694240
C, R, 3 The Paddocks The Paddocks, Thursby	(01228) 711166	CAUSER, A, 3 Athol Grove, Carlisle	(01228) 542578	CHARNOCK, J.C, Cumcrook Roadhead	(016977) 48100
C, S, 3 Dixon Place, CARLISLE	(01228) 532304	CAUSEY, E, 12 Kirkstead Road, Carlisle	(01228) 533111	CHARTERIS, M.L, 2 Croft Road, Carlisle	(01228) 530896
C, S, 9 Rydal Street, Workington	(01900) 66496	CAVAGHAN, M, 123 Windermere Road, Whitehaven	(01946) 691120	CHARTERS, Mrs Doreen, 33 Fletcher Close, Little Broughton	(01900) 824281
C, S.M, Sea Shells Bowness-On-Solway	(016973) 51273	CAVANAGH, D, 12 Crummock Avenue, Cockermouth	(01900) 825008	C, J, The Wurlie Orton Grange	(01228) 710193
C, T, 14 Queen Street, Aspatria	(016973) 23169	C, J, 34 South William Street, Workington	(01900) 268463	C, P, 50 Mill Hill, Cleator Moor	(01946) 813340
C, T, 11 Spruce Grove, Whitehaven	(01946) 694477	C, M, 6 Millfields, Beckermert	(01946) 841833	C, Sc, 6 Ashkham Crescent, Penrith	(01768) 899575
C, T.A, Laburnum Cottage Newtown	(016977) 2150	C, R, Holly Ho Gt.Strickland	(01931) 712434	C, T, East Acre Torpenhow	(016973) 71324
C, T, 22 Church Street, Wigton	(016973) 44603	C, S, 15 Ismay Wharf, Maryport	(01900) 818362	C, T.L, 23 Greenlands Road, Dearham	(01900) 815819
C, W, 5 West Terrace, Blennerhasset	(016973) 20507	C, T, 114 Hill St, Maryport	(01900) 814767	CHATTERS, J, 15 Rubby Banks Road, Cockermouth	(01900) 826123
CARSON, A, 35 Howbank Road, Egremont	(01946) 802340	CAVEN, A, 34 Wigton Road, Carlisle	(01228) 541962	CHAWONGA, M, 30 Kirkland Fold, Wigton	(016973) 26765
C, J, 16 Highfield Road, Cleator Moor	(01946) 810094	C, B, 34 Burgh Road, Carlisle	(01228) 536166	CHECKLEY, P, Springfield Villas Egremont Road, Hensingham	(01946) 690875
C, J, 25 Wodow Road, Thornhill, Egremont	(01946) 821605	C, C, 19 Sheffield Street, Carlisle	(01228) 545986	CHEESLEY, P.J, New House Galsgill	(015396) 24364
C, M, Chiswick 30 Brampton Road, Carlisle	(01228) 631001	C, I, 87 Brentfield Way, Penrith	(01768) 863989	CHEESMAN, H, 62 Caldew Maltings Bridge Lane, Carlisle	(01228) 599664
C, N.R, 32 Valley Park, Whitehaven	(01946) 693464	C, J, 1 Caven Close, Carlisle	(01228) 520606	C, W, 78 Broadacres Grange, CARLISLE	(01228) 590188
C, N.J, 43 Brunstock Close, Carlisle	(01228) 526359	CAVERS, P.W, 56 Greystone Road, Carlisle	(01228) 544864	CHEETHAM, A, 1 Scattergate Close, Appleby-In-Westmorland	(017683) 98958
CARSWELL, L, 2 Harraby Gardens, Carlisle	(01228) 596733	CAWLEY, L, 19 Evening Hill Drive, Cockermouth	(01900) 823021	C, C, 43 Market Street, Kirkby Stephen	(017683) 69389
C, L, 9 Holmrook Rd, Carlisle	(01228) 536114	C, S, Chestnut Bank Ghyll Road, Scotby	(01228) 591421	C, P, 16 Belgravia, Appleby In Westmorland	(017683) 51890
CARTER, A, 19 Brooklands Avenue, Maryport	(01900) 813792	CAWOOD, R, 37 Dalton Av, Carlisle	(01228) 818561	C, S, The Cottage Drigg	(019467) 24485
C, A, 2 Thirlmere Avenue, Workington	(01900) 64236	C, S, 35 Yeowartville, Workington	(01900) 604521	CHEN, J, 4 Hether Drive, Carlisle	(01228) 515710
C, A.R, Lane House High Longthwaite Wigton	(016973) 44393	CAGILL, M, Ivy Cottage Glassonby	(01768) 898166	C, H, 15 Langdale Avenue, Carlisle	(01228) 532315
C, 2 Walkmill Gardens, Wellington	(019467) 25866	C, T, 76 Rivington Park, Appleby-In-Westmorland	(017683) 51704	C, David, 27 Milton Road, Egremont	(01946) 821472
C, C.A, 3 Rosevale, Carlisle	(01228) 402699	CHACKO, Mrs Amala, 27 Blackburn Street, Workington	(01900) 268500	C, D, 65 Primrose Drive, Penrith	(01768) 216441
C, J, 56A Hundray Court, Workington	(01900) 870653				

C, M, Biarritz Chadrow	(01946) 812283	C, S, 20 Ashcroft Close, Braithwaite	(017687) 78117	CLUCAS, G, 22 Denton Park, Gosforth	(019467) 25588
C, M, 19A Towers Lane, Cockermouth	(01900) 822326	C, S, 21 Central Road, Whitehaven	(01946) 695499	C, R, 2 The Courtyard, Castle Carrock	(01228) 670357
C, R.A. Greencroft Allonby	(01900) 881552	C, S, 12 Mirehouse Road, Cumbria	(01946) 592771	CLUCKIE, J, 3 Seaview, Wigton	(01988) 402348
C, T.F. Bouch House Embleton	(01900) 823367	C, Mr Steve, 24 St. Georges Crescent, Carlisle	(01228) 739479	CLULLEY, C, 43 St. Andrews Road, Stainburn	(01900) 602545
C, W, Spring Bank Heights	(017683) 51731	C, S, 27 Sonnets Way, Cockermouth	(01900) 825212	C, H.E, 9 Beaufort Avenue, High Harrington	(01946) 831244
CHESTERS, M, 41 Front Street, Brampton	(016977) 41590	C, S.E, 3 Rosebank, Stainton	(01768) 864569	CLULOW, Mrs E, Mrs 24 Beckside Gardens, Brampton	(016977) 41765
CHESTNEY, D, 3 Millers Walk, Cleator	(01946) 814547	C, Mr T, 67 Buttermere Avenue, Whitehaven	(01946) 694021	C, J, 5 Netherby Street, Carlisle	(01228) 792742
C, G, San Juan Jacktrees Road, Cleator Moor	(01946) 810116	C, T, 20 Park Lane, Workington	(01900) 661190	C, M, 121 Moor Road, LONGTOWN, CARLISLE	(01228) 791352
CHEVERST, K, 11 Kemplay Foot, Eamont Bridge	(01768) 866068	C, Mr Terence, 5 St. Martins Drive, Brampton	(016977) 508019	CLYDESDALE, A.H, 22 Ritson Close, Carlisle	(01228) 530021
CHICKEN, D, 11 The Crescent, Cummersdale	(01228) 401708	C, T.E, 5 St. Martins Dv, Brampton	(016977) 41145	CLYNE, M, 1 Burney Beck Cottages Great Asby	(017683) 52672
C, N, 39 Kirkgate, COCKERMOUTH	(01900) 823236	C, V, Low Sorbies Roadhead	(016977) 48529	CLYNES, B, 7 Rowantree Close, Whitehaven	(01946) 440185
CHIKEREMA, C, 112 Richardson Street, Carlisle	(01228) 493468	CLARKE, A, 28 Quarry Close, Kirkby Stephen	(017683) 72201	COAN, Billiejo, 16 Mark Thompson Close, Cleator Moor	(01946) 815626
CHILD, M, 2 Culgarth Close, Cockermouth	(01900) 821205	C, A, 15 St. Johns Road, Thornhill	(01946) 820161	C, G, 9 Greystone Avenue, Cleator Moor	(01946) 814483
CHILTON, E, 57 Harrington Road, Workington	(01900) 605173	C, B, 4 Croft View Milburn	(017683) 61864	C, K, 30 Orchard Place, Cleator Moor	(01946) 811660
C, G, Old Hallsteads Wellington	(019467) 25332	C, B, 16 John Colligan Drive, Cleator Moor	(01946) 811405	C, Miss S, Miss Flat 5 Admiral House Strand Street, Whitehaven	(01946) 447521
C, I, 11 Wheatseaf Gardens, Wetheral, Carlisle	(01228) 562186	C, C, 1 New Court Allerby	(01900) 814864	COASTGUARD H.M	
C, J, 132 Chaudrow Road, Workington	(01900) 605175	C, C, 11 Castle View Road, Appleby-In-Westmorland	(017683) 52942	In Emergency dial 999 and ask the operator for Coastguard	
C, N, Cooper Hill Mallerstang	(017683) 71050	C, C, 1 Curwen Road, Workington	(01900) 550181	See business section for full list of entries	
C, P, 1 Westgarth Avenue, Kirkby Stephen	(017683) 71025	C, C, East Cote Skinburness Road, Silloth	(016973) 31835	COATES, A, Vicarage Close North Road, Aspatria, WIGTON	(016973) 21550
CHIN, S, 174 Lowry Hill Road, Carlisle	(01228) 520569	C, D, 104 Green Lane, Belle Vue	(01228) 546145	C, A, 21 Primrose Bank, Wigton	(016973) 43786
CHINGWETE, N, 17 Farren Close, Carlisle	(01228) 492938	C, David, 37 Warnell Drive, Carlisle	(01228) 530780	C, B, 37 Heysham Park Avenue, Carlisle	(01228) 495796
CHIPOMHO, P, 134 Greystone Road, Carlisle	(01228) 493792	C, E, 99 Mill Hill, Cleator Moor	(01946) 812970	C, C, 4 Mountain View, Harrington	(01946) 830656
CHISHOLM, A, 7 Red Lonning, WHITEHAVEN	(01946) 691465	C, E.C, Thackthwaite Farm Thackthwaite	(01900) 85615	C, C, 4 Warnell Drive, CARLISLE	(01228) 543402
C, D, 65 Derwentwater Road, Whitehaven	(01946) 592247	C, G, 3 Castle Close, Egremont	(01946) 820786	C, E, JEFFERSON HOUSE Berrier Road, Greystoke	(017684) 83681
C, M, 17 Sunnyside, Egremont	(01946) 824335	C, H, 4 BRACKEN COTTAGES Calthwaite	(01768) 885420	C, F, Moresby House Lodge Howgate	(01946) 692418
CHITATE, C, 25 Scooby Close, Carlisle	(01228) 494388	C, H, 94 Currock Park Avenue, Carlisle	(01228) 318648	C, Admiral G, 9 Church Rise, Tebay	(01539) 324731
CHITTENDEN, T.C, Barn House Dean	(01946) 861089	C, J, Ash View Heads Nook	(01228) 670463	C, G.C, 22 Irthing Park, Brampton	(016977) 2629
CHILDEBOWN, C.J, 4 Dunmill Crescent, Cockermouth	(01900) 822879	C, J, Fernlea Ireby	(016973) 71202	C, J, 2 Plumpton	(01768) 894312
CHORLEY, M, 16 Kersey Road, Thornhill	(01946) 823157	C, J, 21 Daleview Gardens, Egremont	(01946) 821452	C, J, 9 Bellevue Road, Appleby-In-Westmorland	(017683) 52800
CHOY, K, 14 Kirkstone Close, Workington	(01900) 650800	C, L, 3 Walkmill Close, Moresby Parks	(01946) 590745	C, J, 11 Chesterholm, Carlisle	(01228) 543742
CHRISTIAN, J, 23 Yearl Rise, Seaton	(01900) 871270	C, M, 29 Denton Park, Gosforth	(019467) 25768	C, J, 59 Longdye Drive, Carlisle	(01228) 527393
C, S, Catlands Foot Farm Mealsgate	(016973) 71151	C, M, 82 Meadowfield, Gosforth	(019467) 25257	C, K, 51 Syke Road, Wigton	(016973) 42048
CHRISTIANSON, L, 186 Newlands Lane South, WORKINGTON	(01900) 336161	C, N, 25 Church Terrace, Maryport	(01900) 336924	C, M, Taymount Braithwaite	(017687) 78341
CHRISTIE, A, Middle Row Kirkcuth	(01434) 381633	C, O, Howgill Castle Milburn	(017683) 61238	C, M, Eskdale Port Carlisle	(016973) 51146
C, C, Ling Top Cottage Southwaite	(016974) 73341	C, Mr Peter, 11 Barco Avenue, Penrith	(017684) 28613	C, M, 145 Lansdowne Crescent, Carlisle	(01228) 401509
C, J, 21 Glenridding Walk, Whitehaven	(01946) 61656	C, Philip, Bank Lodge Nately Road, Kirkby Stephen	(017683) 71722	C, M, 3 The Crofts, Bothel	(016973) 22070
C, J.E, 65 South Henry Street, Carlisle	(01228) 537406	C, R, Sylcote Torpenhow	(016973) 71054	C, M, 45 West Street, Wigton	(016973) 20060
CHRISTMAS, J, 38 Townhead Road, Cotehill	(01946) 506679	C, S, Gate House Calderbridge	(01946) 841680	C, P, 43 Springfield, Wigton	(016973) 43821
CHRISTOPHERSON, A, 29 Kelsick Park, Workington	(01900) 268635	C, S.C, Lowray Gosforth	(019467) 25828	C, P.B, 2 Aisgill Cottages Aisgill	(017683) 72056
C, D, BOONWOOD FARM Distington	(01946) 831442	C, T.R, Grassthwaite Howe, Glenridding	(017684) 82588	C, P.S, 75 Lansdowne Crescent, Carlisle	(01228) 527424
C, J & J, Hill Fm Brandlingill, Cockermouth	(01900) 822346	CLARKSON, B, 6 Petteril Road, Penrith	(01768) 864415	C, R, 3 Summerfields, Carlisle	(01228) 712107
C, W, Hill Farm Cottage Brandlingill	(01900) 823590	C, C.R, Old House Ullock	(01946) 861193	C, V, 14 Liddle Close, Carlisle	(01228) 536285
CHUBBS, M, 2 Roads Drive, Kirkoswald	(01768) 898562	C, N, 2 High Road, Thornhill	(01946) 824319	COATS, J, 1 Meadow View, Frizington	(01946) 528151
C, Ron, Quebec Cottage Kirkoswald	(01768) 898189	C, N, 65 Meadow Road, Whitehaven	(01946) 65444	COATSWORTH, G, 210 Moss Bay Road, Workington	(01900) 268844
CHUI, S.H, 15 Pembroke Street, Appleby-In-Westmorland	(017683) 52519	C, S, 29 Rutland Avenue, Whitehaven	(01946) 443059	COBURN, G, 68 Longholme Road, Carlisle	(01228) 319511
CHURCHILL, M.H, 1 Lawn Terrace, Silloth	(016973) 32301	CLARKSON WEBB, E, DEEPDALE Bridge End, Dalston	(01228) 710240	COCHRANE, M, 18 High Road, Thornhill	(01946) 328389
CINGULS, M.M, 111 Warwick Road, Carlisle	(01228) 521729	CLARKSON, V, CALDER PARK Calderbridge	(01946) 841126	COCKBAIN, E, 6 Monkwarby Cottages, Whitehaven	(01946) 65436
CJ CITY PROPERTIES LIMITED, 21 Fusehill Street, Carlisle	(01228) 596161	CLATWORTHY, P, Lower Oddascales Drigg	(019467) 24254	C, H.M, Rakefoot Farm Castlerigg	(017687) 75338
CLAGUE, David, 58 Honister Drive, Workington	(01900) 63961	CLAY, C, 74 Napier Street, Workington	(01900) 872951	C, Mrs John, 2 Castle Mews, Whitehaven	(01946) 693849
C, Lynda, 27 Wampool Place, Wigton	(016973) 43037	C, D, Ghyll Foot Gosforth	(019467) 25762	C, M, Wheatsheaf Inn Low Lorton	(01900) 85199
C, M, 7 Burrow Walls, Northside	(01900) 61016	C, R, 2 Fern House Back Street, Carlisle	(01228) 318863	C, M, 18 Hillcrest Avenue, Whitehaven	(01946) 590720
C, M, Rosegarth Rosegarth, Egremont	(01946) 820864	C, W, 30 Bramble Court Union Lane, Brampton	(016977) 2641	C, M, 6 Park Avenue, Seaton, Workington	(01900) 65133
CLANCY, C, 39 The Beeches, Maryport	(01900) 268807	CLAYTON, A.M.F, 15 Ratcliffe Place, Keswick	(017687) 73386	C, P, 22 Lakeland Way, Workington	(01900) 62135
CLAPHAM, D, West View Brough	(017683) 42174	C, C, Hill Cottage Ravenstonedale	(015396) 23226	COCKBURN, A, Walmersley Armthwaite	(01768) 896013
C, G, Craigmere Farm Crosby Garrett	(017683) 71900	C, C, Litleway Wreay	(016974) 73362	C, R, Stonecroft High Ireby	(016973) 71751
CLAPPERTON, A, 11 Burnett Road, Carlisle	(01228) 512054	C, J, Sycamores Crosby	(01900) 386503	C, R.J, Bluebell House Broughton Park, Great Broughton	(01900) 824542
C, A, 37 Dalegarth Avenue, Carlisle	(01228) 543295	C, M, High Saltoats Saltoats	(01229) 717741	COCKCROFT, K, 18 Deer Orchard Close, Cockermouth	(01900) 82762
C, R, 6 Bracken Ridge, Carlisle	(01228) 524791	C, Michael, The Lodge Temple Sowerby	(017683) 62233	COCKER, S, 2 Furze Street, Carlisle	(01228) 818644
CLAPSHAW, J, 5 Fraser Grove, Carlisle	(01228) 317884	C, M, 42 Wordsworth Street, Keswick	(016977) 72281	COCKING, C, 2 Stricketts Court, Cockermouth	(01900) 269829
CLARK, A, 4 New Midland Cottages Kirkby Stephen	(017683) 71933	CLEASBY, A.E, Countess Farm Temple Sowerby	(017683) 61793	C, David, 8 Chestnut Grove, Cumwhinton	(01228) 562329
C, A, Clifton Court, Workington	(01900) 604789	C, S, MILL HOUSE Murton	(017683) 56239	COCKS, G, Storeyville Kirkbampton	(01228) 575190
C, A, 116 Corporation Road, Workington	(01900) 379243	C, T, Duncross Kirkby Thore	(017683) 61531	COCKTON, B, Pear Tree Farm Little Broughton	(01900) 824469
C, A, 65 Syke Road, Wigton	(016973) 45591	CLEAVER, A, 57 Church Street, Whitehaven	(01946) 696907	C, N, Brookside High Brigham, Brigham	(01900) 825331
C, A, 11 Trinity Way, Keswick	(017687) 75099	C, B, Sunny Gardens Camerton, Workington	(01900) 601465	C, T, 49 Levens Drive, Carlisle, Cumbria	(01228) 319776
C, Professor B, The Knotts Matterdale	(017684) 82358	C, R.F, Rectory House Skelton	(017684) 84410	CODD, R, Burells House Burells	(017683) 52502
C, B, 20 Rydal Avenue, Maryport	(01900) 814182	CLEGG, B, Kirkbeck Cottage School Lane, Bothel, Wigton	(016973) 20285	CODONA, E, 21 Collingwood Street, Carlisle	(01228) 542360
C, B, 9 Thirlmere Road, Maryport	(01900) 336819	CLELAND, T, Lawn Cottage Overburn, Alston	(01434) 381942	COE, C.S, 13 Goose Garth, Wetheral	(01228) 561046
C, B.M, 26 South Croft, Houghton	(01228) 532981	CLEMENT, J, 11 Boot Boot, Distington	(01946) 830046	C, G.A, 29 Nook Lane Close, Dalston	(01228) 711036
C, B.T, High Manor Gilcrux	(016973) 23192	C, J, Rowan Trees Greenhead	(016977) 47282	C, S, 17 Longdye Drive, Carlisle	(01228) 537735
C, C, Cardwell Farm Winder	(01946) 862758	CLEMENTS, Allan, 36 Whinlatter Road, Whitehaven	(01946) 64759	COGAN, A, 7 Thorntrees Drive, Thornhill	(01946) 820040
C, D, Woodend Berrier Road, Greystoke	(017684) 83379	C, C, 131 Skinburness Road, Wigton	(01697) 388702	C, M, 16 Low Moorlands, Dalston	(01228) 710662
C, D, 83 Nelson Street, MARYPORT	(01900) 818433	C, D, 94 Crosby Street, Maryport, Cumbria	(01900) 819072	C, P, The Hawthorns 18 Broomfallen Road, Scotby	(01228) 593052
C, D, 20 Seascale Park, Seascale	(019467) 27093	C, Mr G, Windygat, 179 High Road, Whitehaven	(05601) 052669	COID, A, 11 Edge Hill, Whitehaven	(01946) 695246
C, Eileen, Apartment6 Skelton Court Wetheral	(01228) 561226	C, I, 179 High Road, Kells, Whitehaven	(019467) 58220	C, D, 7 Munceaster Road, Whitehaven	(01946) 694987
C, F, 45 Windermere Road, Whitehaven	(01946) 848398	C, P, 14 Central Avenue, Egremont	(01946) 822790	C, G, 86 Main Street, Distington	(01946) 834526
C, F, 16 Woodlands Avenue, WHITEHAVEN	(01946) 696245	C, R, The Barn Grove Road, Egremont	(01946) 821393	C, Mrs L, Mrs 23 High Seaton, Workington	(01900) 63506
C, F.M, 302 Moss Bay Road, Workington	(01900) 66591	C, S, The Hollies Blencow	(017684) 80973	C, R, 13 Skelsceugh Road, Winder	(01946) 861285
C, G, Highfield Ho Crosby	(01900) 813410	CLEMENTSON, M, Glen Eden Kirkoswald	(01768) 898376	COLBEAR, P, Heights Farm Heights	(017683) 53138
C, G, Rose Mount Thurstonfield	(01228) 576047	C, S, 6 Croft Farm Close, Maryport	(01900) 881778	COLDER, M, 1 The Old Orchard Row Brow, Dearham	(01900) 815775
C, Graham, New House Bayside, Brough	(017683) 42383	C, T, 17 Eagles Way, Moresby Parks	(01946) 848854	COLDMAN, J, Jasmine Cottage Thornthwaite	(017687) 78521
C, G, 10 Beacon Park, Penrith	(01768) 866900	C, W.A, Hill Ho Kirkoswald	(01768) 897109	COLE, B.E, Elm Bank Ashkham	(01931) 712448
C, G, 15 Elm Close, High Hesket	(016974) 75748	CLEMETSON, T, Green Close Farm Bassenthwaite	(017687) 76267	C, Mr D, Mr 1 Beach Street, Workington	(01900) 63616
C, G, 13 Lattrig Road, Carlisle	(01228) 524189	CLEMINSON, Brenda, 21 South Street, Carlisle	(01228) 631456	C, K, 23 Moorside Drive, Maryport	(01900) 381090
C, G.E, 3 Freer Court, Carlisle	(01228) 596611	C, D, 2 Greengarth, Carlisle	(01228) 521213	C, M, WOODLANDS Port Carlisle	(016973) 51168
C, I, Mountain View Blindcrake	(01900) 825381	C, F, Orchard Garth Low Hurst, Wreay	(01228) 818433	C, M, 16 Brindfield, Wigton	(016973) 43970
C, I, 75 Harrison Street, Carlisle	(01228) 543103	C, J, Troll Hus Low Row	(016977) 46788	C, S, 4 Alice Lane, Little Broughton	(01900) 827935
C, I.C, 34 Red Beck Park, Cleator Moor	(01946) 812764	C, M, 24 Jacobite Gardens, Clifton	(01768) 216764	C, S, 6 Seacroft Drive, St. Bees	(01946) 822646
C, J, Cherry Tree House Blindcrake	(01900) 827033	C, William, 37 Bishops Close, Carlisle	(01228) 514480	C, S, 104 The Crofts, Silloth, Wigton	(016973) 31010
C, Jennifer, Braithwaite Farm Braithwaite	(017687) 78411	CLEOUGH, D, Apartment 11, The Grange Newfield Drive, Carlisle	(01228) 615182	C, V, 16 Green Close, Crosby	(01900) 818803
C, J, Southwaite Fm Southwaite	(01900) 822370	C, S, 69 Watermans Walk, Carlisle	(01228) 898510	C, Mrs Wonne, 33a Blencathra Street, Keswick	(017687) 75398
C, J, 17 Briar Rigg, Keswick	(017687) 73119	CLERKIN, H, 8 Swan Avenue, Brough	(017683) 41527	COLEBROOK, S, 20 Station Close, Egremont	(01946) 820140
C, J, KILKEEL Egremont Road, St. Bees	(01946) 825016	CLEWER, P, 63 Dacre Road, Brampton	(016977) 3552	COLEBY, J, 9 The Orchard, Great Corby, Carlisle	(01228) 793830
C, J, 119 London Road, Carlisle	(01228) 493313	CLIFF, Mr Philip, 29 Greyrigg Avenue, Cockermouth	(01900) 267158	COLEMAN, A, 21 Castlesteads Drive, Carlisle	(01228) 533303
C, J, Hope Giff Oaktree Crescent, Cockermouth	(01900) 822670	CLIFFERED, C, 5 Pennine Way, Calthwaite	(01768) 885014	C, D, Heather View Ireby	(016973) 71848
C, J, 80 Towncroft, Maryport	(01900) 381685	CLIFFORD, D, 26 Croft View, Long Marton	(017683) 61720	C, F, Ling Scales, Renwick	(01768) 870561
C, K, West End Croft Burgh By Sands	(01228) 576116	C, D, 5 Priory Road, St. Bees	(01946) 824602	C, I.J, 1 Buchanan Terrace, Ellenborough	(01900) 818105
C, K, Arendale Loweswater	(01946) 862265	C, F, 3 Town End Barns Gamblesby	(01768) 881861	C, J, Fell House Hartley	(017683) 71370
C, Lesley, 19 Fergus Way, Carlisle	(01946) 443321	C, J, Kershope Lodge Penton	(013873) 75726	C, J, Fell House Hartley	(017683) 72870
C, L, 3 Gelltwode Avenue, High Harrington, WORKINGTON	(01946) 443321	C, J, 38 Mallyclose Drive, Carlisle	(01228) 526781	C, L, Malvern 2 Calley Bank, Dacre	(017684) 86588
C, L, 2 Harpers Lane, Greysouthen	(01900) 821729	C, T, 9 The Stack Yard, Crackenthorpe	(017683) 53913	C, T, 24 Abbotsford Drive, Carlisle	(01228) 491036
C, L, 23 Newtown Meadows, Carlisle	(01228) 402453	CLIFTON, P, 24 Queens Avenue, Seaton	(01900) 604792	C, V.R, Goody Hills Farm Mawbray	(01900) 881441
C, L.J, 10 Rydal Dv, Cockermouth	(01900) 824288	CLINGAN, A, 19 Earls Road, Whitehaven	(01946) 691322	COLES, I, 28 St. Andrews Road, Stainburn	(01900) 604625
C, M, 2 The Gables Crosscanonby	(01900) 812302	C, A, 13 The Crescent, Whitehaven	(01946) 599382	C, Mark, The Flat Chapel Brow Manor Chapel Brow, Bridgefoot	(01900) 66241
C, M, 4 Romely Park, Cockermouth	(01900) 827248	CLOONEY, S, The Stables Kelton Head House Lamplugh	(01946) 862957	C, Marilynn Margaret, Low Lodge Farm Middlegate, Great Clifton	(01900) 68227
C, M, Green Garth Yanwath, YANWATH	(01768) 606418	CLOSE, L, 44 Moor Place, Frizington	(01946) 815540	C, O, Beckside Cottage Roundthwaite	(015396) 24929
C, N, Rakegill Lamplugh	(01946) 862157	C, Mr S, 1 Wynfield Arlecdon Parks Road, Frizington	(01946) 861623	C, R, Bluebell House Embleton	(017687) 76684
C, N, 21 Bridge Street, Longtown, CARLISLE	(01228) 791098	C, T, 56 Norbeck Park, Cleator Moor	(01946) 528103	C, T, 3 Drawdykes Lane, Houghton	(01228) 598540
C, P, Bank House Ainstable	(01768) 896691	CLOUGH, A, 2 West Garth Hayton	(01228) 670645	COLIN HESLAM, W, 18 Moore Way, Workington	(01946) 833995
C, R, GARTH FOOT COTTAGE Castle Carrock	(01228) 670669	C, M, Fell View Heads Nook	(01768) 896288	COLINS, T, Cherry Tree Cottage Appleby-In-Westmorland, Appleby-In-Westmorland	(017683) 30187
C, R, Stone Ends Hesket Newmarket	(017687) 79315	C, M, 8 Cumberland Way, Penrith			

COLLIER, D, Beechwood House Newtown.....	(01228) 672095	COOLEY, Mr R, Wood Farm, Mosser, Cockermouth.....	(01900) 829533	COULOMBE, Mr R, Mr 15 Cammock Avenue, Carlisle.....	(01228) 495175
C, J, 24 Cammock Crescent, Carlisle.....	(01228) 818282	COOMBE, A, 64 Burnbanks, PENRITH.....	(01931) 713373	COULSON, D, 45 Keele Terrace, Cleator Moor.....	(01946) 810369
C, M, 1 Castle Cottage Mallerstang.....	(017683) 71603	C, T, Damhead Rowelton.....	(016977) 48833	C, M, 17 Fellbarrow Close, CARLISLE.....	(01228) 496217
COLIHOLE, Judith, 1 South Wakefield Close, Carlisle.....	(01228) 541243	COOMBES, J, 35 Rheda Close, FRIZINGTON.....	(01946) 395415	C, M.R, 5 Pennine Road, Halton-lea-Gate.....	(016977) 46132
C, M.W, 18 Esk Road, Carlisle.....	(01228) 534150	COOMBS, M, Briar Cottage Castle Carrock.....	(01228) 670484	C, N, Warnell Hall Welton.....	(016974) 76434
COLLIN, I, 29 Bracken Ridge, Carlisle.....	(01228) 546785	COOPE, D, BRACROFT Lonsties, Keswick.....	(017687) 72473	C, W, 29 Brisco Meadows, CARLISLE.....	(01228) 492984
C, J.M, Three Trees Bungalow South Dyke.....	(01768) 898607	COOPER, A, 7 Benson Row, Penrith.....	(01768) 867539	COULSTON, J.E, Hole Ho Fm Pooley Bdge.....	(017684) 86325
C, W.M, Milburn Ginge Knock.....	(017683) 61054	C, A, The Old Vicarage Church Street, Stanwix, Carlisle.....	(01228) 527138	C, K, 2 High Street, Pooley Bridge.....	(017684) 86859
COLLING, A, 22 Wilson Homes, Brampton.....	(016977) 41785	C, B, 49 Broomfallen Road, Scotby.....	(01228) 525962	C, M, 21 Sawfell Road, Carlisle.....	(01228) 547889
C, R, 6 Solway Drive, Anthon.....	(016973) 51779	C, D, 6 Bellgate Steading, Aspatria.....	(016973) 21561	COULTER, D, 41 Victoria Road, WHITEHAVEN.....	(01946) 440088
C, Y, 42 Wilmer Mount, Penrith.....	(01768) 864983	C, D, 8 Scholars Green, Wigton.....	(016973) 44971	COULTHARD, A, 5 Banks Crescent, Wigton.....	(016973) 44077
COLLINGE, G.W, 1 Bridge End, Ainstable.....	(01768) 896634	C, D, 43 Whistlies, Seaton.....	(01900) 64289	C, Mrs Ann, 47 Broomfallen Road, Carlisle.....	(01228) 513258
COLLINGS, C, 33 Dale View, Cockermouth.....	(01900) 821438	C, D.H, Rosefield Wellington.....	(019467) 25325	C, A, Charlie Bank House Nateby Road, Kirkby Stephen.....	(017683) 71926
COLLINGWOOD, I, 5 Macadam Way, Penrith.....	(01768) 899887	C, G, 3 Solway View, Parsonby, Aspatria, WIGTON.....	(016973) 22557	C, A, 37 Throstle Avenue, Wigton.....	(016973) 49140
COLLINS, B, RIDGE HOUSE Lanercost Road, Brampton.....	(016977) 42093	C, H, 1 Elliotts Court Croftside, Cockermouth.....	(01900) 386164	C, C, Friar Hall Friar Row, Caldbeck.....	(016974) 78502
C, C, 5 Jah Jireh Gardens Pecklewell Lane, Maryport.....	(01900) 550449	C, H.C, Dallison House Great Asby.....	(017683) 52534	C, D, 12 Harker Park Road, Harker Park, Carlisle.....	(01228) 674367
C, D, 3 School Row, Moresby Parks, WHITEHAVEN.....	(01946) 67271	C, J, Fairways Moss Edge, Hethersgill.....	(01228) 675042	C, D, 17 Millcroft, Carlisle.....	(01228) 818285
C, G, 4 Chapel Terrace, Greysouthen.....	(01900) 828786	C, J, 8 Scholars Green, Workington.....	(01946) 830961	C, Miss Donna, 16 Well Lanning Close, Brampton.....	(01697) 507469
C, J, 129 High Street, Maryport.....	(01900) 818548	C, J, 21 Springfield Road, Biggry, Egremont.....	(01946) 813822	C, E, Low Stead Low Lorton.....	(01900) 58386
C, K, 8 Pennine Way, Calthwaite.....	(01768) 885255	C, J, 78 Wigton Road, Carlisle.....	(01228) 898621	C, E, Meadowcroft Moorhouse.....	(01228) 575164
C, 3 Causeway Road, Workington.....	(01900) 381899	C, J.B, 10 Church Street, Dearham.....	(01900) 818845	C, E, WINDER Winton.....	(017683) 71942
C, Michell, Crookley Underskiddaw.....	(017687) 72881	C, K, 49 Ellenfoot Drive, Maryport.....	(01900) 269555	C, E, 4 Kings Terrace, Winton.....	(017683) 71144
C, Matthew, 94 Bellaport Gardens, Harrington.....	(01946) 831394	C, M, Low Leathes Farm Arkleyby.....	(016973) 21198	C, F, 33 Willow Park Banks Lane, Carlisle.....	(01228) 535484
C, M, 75 King Street, Whitehaven.....	(01946) 694597	C, M, Plains House Welton.....	(016974) 76208	C, F.D, Cross Lands Laversdale.....	(01228) 675051
C, R, East Croft Crosby.....	(01900) 814412	C, M, 19 Ghyll Grove, Whitehaven.....	(01946) 395625	C, G, Brisco Hall Brisco.....	(01228) 52797
C, T, The Croft Fleming Square, Maryport.....	(01900) 818121	C, M, 35 St. Andrews Road, Stainburn.....	(01900) 67673	C, G.D, 26 Currock Road, Carlisle.....	(01228) 523281
COLLINSOON, Mrs Dawn, Wilmar Irthington, Carlisle.....	(01697) 73224	C, M, 12 Seat Hill, Lazonby.....	(01768) 898670	C, I, Tapawingo Old Road, Longtown.....	(01228) 791500
C, F, Midtown Farm Kings Meaburn.....	(01931) 714571	C, Mrs 35 Towers Lane, Cockermouth.....	(01900) 822035	C, I, 6 Sleethbeck Road, Roadhead.....	(016977) 48309
C, J, Kirkbain Winton.....	(017683) 72493	C, N, Quintin Lodge Fell Lane, Penrith.....	(01228) 863536	C, I, 22 Swan Street, Longtown.....	(01228) 791323
C, M, Collinsbridge Soulbry, Kirkby Stephen.....	(017683) 71948	C, N, 15 Valiant Gardens, Carlisle.....	(01768) 496348	C, J, 12 Mason Terrace, Flimby.....	(01900) 815286
C, R.A, 1 Caesars View, Appleby-In-Westmorland.....	(017683) 52886	C, P, 2 Sandath House Fell Lane, Penrith.....	(01768) 892241	C, J, 35 Netherby Street, Longtown.....	(01228) 792096
C, S, 66 Netherend Road, Penrith.....	(01768) 865607	C, R, Galliber Long Marton.....	(017683) 62556	C, J, Keld Cottage Orton Road, Carlisle.....	(01228) 526300
COLLIS, Mrs K, Mrs 27 Townfoot Park, Brampton.....	(01697) 508158	C, R, Harbourside Flat 9 West Strand, Whitehaven.....	(01946) 460070	C, K, 57 Lowry Hill Road, Carlisle.....	(01228) 526273
COLLISTER, C, 5 Cape Road, Seaton.....	(01900) 64586	C, R, 15 St. Andrews Road, Stainburn.....	(01900) 62234	C, L, 60 Springfield, Wigton.....	(016973) 44607
C, D, 2 Richmond Close, Workington.....	(01900) 65037	C, Roger, The Garth Springkell, Aspatria.....	(016973) 20573	C, Mare, Midtown Cottage Burgh-By-Sands.....	(01228) 576472
C, E.A, 1 Kirklea, Little Broughton.....	(01900) 824668	C, Sharon, 39 Calvert Way, Keswick.....	(017687) 74575	C, M-K, 7 Burnside, Wigton.....	(01697) 507403
C, J, 40 Caldbeck Road, Whitehaven.....	(01946) 61347	C, S, 23 Tower View, Egremont.....	(01946) 828270	C, M, 28 Standingsone Heights, Wigton.....	(016973) 44637
C, J.B, Home Fm Kirkby, Maryport.....	(01900) 812283	C, S.M, Lynwood Beacon Edge, Penrith.....	(01768) 868055	C, M.L, Davygl Farm Croglin.....	(01768) 896102
C, Mavis, 50 Kirklea, Little Broughton.....	(01900) 828780	C, V, Flat 19 Homethwaite House Eskin Street, Keswick.....	(017687) 80915	C, R, 5 Brindlefield, Wigton.....	(016973) 45367
C, Robert, 71 Kirklea, Little Broughton.....	(01900) 828757	COOTER, C, 4 Welsh Yard Sandgate, Penrith.....	(01768) 120579	C, R.A, Cragston Winton.....	(017683) 72002
COLLIUM, T, Threlkeld Hall Threlkeld.....	(017687) 79211	COPELAND, A, 12 Ashman Close, Carlisle.....	(01228) 545369	C, W, Davygl Farm Croglin.....	(01768) 896269
COLMAN, D.E, 8 Cammock Avenue, Carlisle.....	(01228) 538237	C, R.I, 10 Winston Drive, Hensingham.....	(01946) 693214	C, W.C, Coulthard North End, Burgh-By-Sands.....	(01228) 576220
C, P, 1 Petteril Green Great Orton.....	(01228) 711647	COOPER, P, 11 West End Close, Flimby, Maryport.....	(01900) 814372	C, W.G, 27 Waverley Gardens, Carlisle.....	(01228) 528413
COLQUHOUN, Mr Brett, 2 Orepit Cottages, Biggry.....	(01946) 815964	COPP, M, The Archway 17 St. Johns Street, Keswick.....	(017687) 80752	COULTHART, S, 34 Pategill Court, Penrith.....	(01768) 899372
COLVILLE, B, 13 Boston Avenue, Carlisle.....	(01228) 543682	COPPING, Miss Suzanne, 22 Brisco Road, Carlisle.....	(01228) 317163	COUNTESS OF LONSDALE, Caroline, Askham Hall Askham.....	(01931) 712350
COLVIN, J, 9 Summergrove Park, Hensingham.....	(01946) 815880	CORBETT, N, 50 Wether Riggs Road, Workington.....	(01946) 451548	COUPE, A, 6 Holme Court, Appleby-In-Westmorland.....	(017683) 51510
COMBE, Andrew, 8 Well Bank, Carlisle.....	(01228) 317847	CORBISHLEY, B, 1 Beech Gardens, Penrith.....	(01768) 480542	C, M, 10 Meadowfield Grove, Gosforth.....	(019467) 25456
C, N, 12 Well Bank, Carlisle.....	(01228) 546896	CORBY, J, 8 Sids Field, Castle Carrock.....	(01228) 670944	C, M, 48 Royal Drive, Egremont.....	(01946) 820754
COMBER, M, 87 Pinocroft, Carlisle.....	(01228) 401428	C, S, 12 Balmoral Road, Whitehaven.....	(01946) 691794	COUPLAND, Alan, 22 Currock Mount, Carlisle.....	(01228) 532909
CONCHIE, A, 18 Border Avenue, Cleator Moor.....	(01946) 811069	CORDER, C, White Lodge Millbeck.....	(017687) 73092	C, E.J, 17 Highwood Crescent, Carlisle.....	(01228) 522131
CONDY, N, 48 Brooksidge, Carlisle.....	(01228) 498297	CORDON, A.P.L, 7 Blencathra View, Threlkeld.....	(017687) 79103	C, T.R, 164 Springfield Rd, Carlisle.....	(01228) 526637
CONERY, M, 126 Meadow Road, Whitehaven.....	(01946) 66598	CORDOVA, C, 35 Thornton Road, Whitehaven.....	(01946) 62986	COURTIER, D, oaklands barn hillfarm, crosby.....	(01900) 817443
CONGDON, A, TOLL BAR COTTAGE Bransty Road, Whitehaven.....	(01946) 64041	CORK, S, 92 West Street, Aspatria.....	(016973) 23887	C, G, 6 The Nook Crosby.....	(01900) 815038
C, C, 72 High Street, Maryport.....	(01900) 810976	CORKHILL, J, 26 Aldby Place, Cleator Moor.....	(01946) 814281	COURTNEY, L, Lough House Little Orton.....	(01228) 576780
CONKEY, R, 95 Moor Road, Carlisle.....	(01228) 898164	C, L, 29 Ehen Rd, Cleator Moor.....	(01946) 817885	COURTY, E, 18 Station Road, Flimby.....	(01900) 812912
CONNEFF, Michael, 6 Norfolk Terrace, Carlisle.....	(01228) 537763	C, P, Riverside Trumpet Ter, Cleator.....	(01946) 812114	C, Mr Philip, 32 Fisher Street, Workington.....	(01900) 605734
CONNELL, C, Bank House Farm Kirkbampton.....	(01228) 576358	CORKILL, I, 2 Dean Close, Frizington.....	(01946) 813625	COUSIN, D, 46 Holme Riggs Avenue, Penrith.....	(01768) 201001
C, D, 4 Cold Springs Park, Penrith.....	(01768) 899504	CORKINDALE, L, 4 Northfield Avenue, High Harrington.....	(01946) 830480	C, J, 32 North Rd, Whitehaven.....	(01946) 65488
C, D, 19 Egerton Grove, Carlisle.....	(01228) 534588	CORLETT, C, 5 Earl Street, Cleator Moor.....	(01946) 329289	COUSINS, Paul, 48 Gilsland Road, Carlisle.....	(01228) 536580
C, Jean, The Granary Shorley Lane, Keswick.....	(017687) 74766	C, Dr Darren, 15 Tower View, Egremont.....	(01946) 823244	COUTTS, G, Croft House Low Lorton.....	(01900) 85008
C, V, 2 Ellen Wharf, Maryport.....	(01900) 816086	C, M, 19 Churchill Drive, Moresby Parks, WHITEHAVEN.....	(01946) 691071	C, N, FELL VIEW Morland.....	(01931) 714096
CONNELLY, C, 26 Holme Head Way, Carlisle.....	(01228) 542884	C, S, 6 Meadow View, Lowca.....	(01946) 61378	C, S, Hindson House Lazonby.....	(01768) 898966
C, V, 4 Cross Howe, Cockermouth.....	(01900) 822316	CORMODE, Mrs M, Mrs 2 Raiselands Croft, Penrith.....	(01768) 868840	C, W, 30 Salterbeck Road, Salterbeck, WORKINGTON.....	(01946) 830275
CONNOR, J, 21 Wordsworth Close, Egremont.....	(01946) 821012	CORN, A.H, 86 Barrowmore Road, Appleby-In-Westmorland.....	(017683) 52038	COUZENS, B, Isestones Margate Cross, Tirril.....	(017684) 86361
CONNOLLY, B, Nook Farm Silloth.....	(01900) 881279	CORNALL, C, 1 Gardner Hall The Banks, Seascale.....	(019467) 21620	C, G.W, 72 Netherend Road, Penrith.....	(01768) 864565
C, J, 30 Mayo Street, Cockermouth, Cumbria.....	(01900) 268134	CORNELIUS, D, DUNROMIN Main Street, Frizington.....	(01946) 811948	COVERLEY, S, The Byers Ennerdale.....	(01946) 861641
C, J.T, Cherry Cottage Crosby Moor.....	(01228) 573614	CORNEIN, M, 21 Greenacres Park, Plumpton.....	(01768) 885313	COWAN, I, 14 Ellis Meadows, Birkes Rd, Cleator Moor.....	(01946) 813127
C, M.J, Owl Cottage Crackenber.....	(017683) 51764	CORNER, Dr R.W.M, 36 Wordsworth Street, Penrith.....	(01768) 863660	C, J, Lisheen Kirkintoun.....	(01228) 675306
CONNOR, G, 81 Currock Road, Carlisle.....	(01228) 527785	CORNICK, M, Hawkridge House.....	(016973) 42331	C, M, 46 High Road, Whitehaven.....	(01946) 64509
C, G, 2 Kiln Green Avenue, Workington.....	(01946) 443650	CORNISH, A, YEW TREE COTTAGE Beaumont.....	(01228) 576805	C, N.R & C.M, Mayfauld House Eaglesfield.....	(01900) 827664
C, S.J, Broughton Manor Little Broughton.....	(01900) 822166	C, M, 14 Monkway Court, Whitehaven.....	(01946) 848938	C, T, 32 Monkway Court, Whitehaven.....	(01946) 451808
CONSTANTINE, S, 8 Brakeside Gardens, Whitehaven.....	(019467) 48179	C, R, 104 Caldbeck Road, Whitehaven.....	(01946) 694748	C, T.B, 51 Frenchfield Way, Penrith.....	(01768) 892055
CONVEY, G, 40 Barley edge, Carlisle.....	(01228) 514008	CORNTHWAITE, M, Ashness Fm, Borrowdale.....	(017687) 77361	COWARD, A, 68 Pennine Way, Penrith.....	(01768) 865265
CONWAY, A, 25 Davies Road, Workington.....	(01900) 873292	C, M, 112 High Brigham, Brigham.....	(01900) 824656	C, 45 Laurel Bank, WHITEHAVEN.....	(01946) 62202
C, J.G, 19 Thorncroft Gardens, Workington.....	(01900) 62359	C, Rosanagh, Mire House Threlkeld.....	(017687) 79260	C, Mrs D, Mrs 83 Dacre Road, Brampton.....	(016977) 21183
C, K, 14 Cringlethwaite Terrace, Egremont.....	(01946) 822163	CORNWALL, W, 14 Loweswater Close, Cockermouth.....	(01900) 826637	C, L, 37 Barrowmore Road, APPLEBY-IN-WESTMORLAND.....	(017683) 51930
C, K, 15 Old Smithfield, Egremont.....	(01946) 823289	CORNWELL, A, Syke House Holmrook.....	(019467) 24334	C, M, Barndale Soulbry.....	(017683) 71849
C, L, 38 The Willows, Egremont.....	(01946) 430805	C, J, RAVENSCRAIG Holmrook.....	(019467) 24258	C, M, 26 Merlin Court Friargate, Penrith.....	(01768) 840871
C, P, The Green Talkin.....	(016977) 3574	CORRAN, J, 23 Finkle Street, St. Bees.....	(01946) 823134	C, M, 12 Weirsides Southwaite Gm Mi Li, Eamont Bridge.....	(01768) 866570
C, V, 135 Scotby Road, Carlisle.....	(01228) 513758	CORRIE, A, 76 Dale End Road, Carlisle.....	(01228) 818347	COWBURN, Gary, 24-26 Fisher Street, Workington.....	(01900) 607075
CONVERS, Patrick, 32 Highmoor Park, Wigton.....	(016973) 44281	C, Mr A, The Shrubbery, Corby Castle Estate Great Corby, Carlisle.....	(01228) 562904	COWE GLAHOME, N, 8 West Avenue, Wigton.....	(016977) 508314
COOK, A, 64 Edenside, Cargo.....	(01228) 674580	C, A.E, 168 Oaklands Drive, Carlisle.....	(01228) 534801	COWELL, J, 17 Longthwaite Crescent, Wigton.....	(016973) 43479
C, D, SUNNY BRAE Stainton.....	(01228) 542810	C, C, 16b Newlands Lane, Workington.....	(01900) 63139	C, L, 84 Pica Cottages, Pica.....	(01946) 832287
C, D, BRIAR LEA Bankfield, Beckermert.....	(01946) 841939	C, Edwin, 12 Cringlethwaite Terrace, Egremont.....	(01946) 824410	C, Michael, Cairny Croft Greenhead.....	(016977) 47637
C, D, 61 Lowry Gardens, Carlisle.....	(01228) 538410	C, J, 3 St. Helens Avenue, Flimby.....	(01900) 812932	C, S, High Barton Watermillcock.....	(017684) 86939
C, E, Hazeldene Rowgate, Kirkby Stephen.....	(017683) 71452	C, I, 8 Croftfield Road, Seaton.....	(01900) 66360	C, T, 264 High Road, Whitehaven.....	(01946) 66719
C, E.C, Hodyoad House Lamplugh.....	(01946) 861338	C, J, 8 Croftfield Road, Seaton.....	(01900) 66360	COWEN, A, 21 Langhorn Court, Egremont.....	(01946) 821955
C, G & H.W, Hall Platt Santon.....	(019467) 26270	C, Jane, Spar Shop Main Street, Shop.....	(01931) 716250	C, A, 19 Southey Avenue, Egremont.....	(01946) 821835
C, J, 31 Old Smithfield, Egremont.....	(01946) 824444	C, P, 5 Woodlands, Great Corby, Carlisle.....	(01228) 561759	C, C, Itonfield Cottage Ievigil.....	(016974) 73717
C, J, 3 The Whins, Heads Nook.....	(01228) 561300	C, S, 4 Greencroft, Brampton.....	(016977) 2698	C, D, Beech House West Woodside.....	(016973) 44536
C, J, Whitegate Cottage Drigg, Holmrook.....	(019467) 28464	C, Miss Samantha, 20 Greenhill, Brampton.....	(01697) 508456	C, Dorothy, 54 Kingmore Road, Carlisle.....	(01228) 818647
C, Miss Jean, 1 Fell View, Penrith.....	(01768) 867427	C, S.B, Shank Castle Hethersgill.....	(01228) 577275	C, Mr Donald, 4 Ryehill Road, Maryport.....	(01900) 817125
C, Mr John, 37 Frenchfield Way, Penrith.....	(01768) 866619	C, W, Fairladies Barn Main Street, St. Bees.....	(01946) 823458	C, E, 2 New Grove, Workington.....	(01900) 64379
C, J, 1 Garlieston Court, Whitehaven.....	(01946) 590312	CORRIN, D, 17 Derwent Park, Great Broughton.....	(01900) 824613	C, J, East Curthwaite Farm East Curthwaite.....	(01228) 711468
C, J, 14 Kirkandrews Moat, Longtown.....	(01228) 577296	C, M, 11 Dalton Street, Cockermouth.....	(01900) 825148	C, J, Laurel Bank Egremont.....	(01946) 821716
C, J, 1 Old Nursery Croft, Warwick On Eden.....	(01228) 562780	CORSLAND, L, Irton House Isl.....	(017687) 76380	C, J, 3 Gilflott Avenue, Egremont.....	(01946) 823002
C, J.C, 7 Eden Street, Carlisle.....	(01228) 513431	CORSON, E, 20 Brandelhow Crescent, Keswick.....	(017687) 80019	C, M, 27 Whins Close, High Harrington.....	(01946) 440910
C, J.McD, 51 Cumwhinton Rd, Carlisle.....	(01228) 530862	C, J, 210 Green Lane Belle Vue, Carlisle, Cumbria.....	(01228) 531305	C, P, 32 St. Ninians Road, Carlisle.....	(01228) 532854
C, M, 5 Caravan Way, Carlisle.....	(01228) 541480	COSGROVE, A, 12 Dent View, Egremont.....	(01946) 823327	C, S, 51 King Street, Workington.....	(01900) 873932
C, P, 11 Holly Bank, Whitehaven.....	(01946) 67837	C, D, 31 Boustades Grassing, Carlisle.....	(01228) 540915	C, V, 6 Low Moorlands, Dalston.....	(01228) 710437
C, P, 4 Sandybeck Way, Cockermouth.....	(01900) 821836	C, G, 3 Irvings Terrace Seaton Road, Broughton Moor.....	(01900) 814198	C, W, SOUTERFELL Troutbeck.....	(017687) 79113
C, S, 59 Gloucester Road, Carlisle.....	(01228) 595471	C, G, 13 Slatefell Drive, Cockermouth.....	(01900) 827501	COWEY, M, The Hunting House Great Asby.....	(017683) 52485
C, Thomas, 2 Moorside, Hunsonby.....	(01768) 881525	COSHERIL, C, 109 Cumwhinton Road, Carlisle.....	(01228) 531916	COWIN, C, Alandale Kirkby Thore.....	(017683) 62893
C, T, 5 Wellington Row, Whitehaven.....	(01946) 66448	C, Mrs Helen Margaret, 20 Stockwell Road Blackwell, Carlisle.....	(01228) 545809	C, D, 1 Park Croft, Cliburn.....	(01931) 714514
C, T.C.B, Place Fell Patterdale.....	(017684) 82052	COSS, D.J, 4 Woodlands Gosforth.....	(019467) 25106	C, J, 27 Robinson Avenue, Carlisle.....	(01228) 521715
COOKE, A, 32 Brentfield Way, Penrith.....	(

C, H, Geelong House Sandwith.....	(01946) 63489	C, John, 27 Scattergate Crescent,	(017683) 51827	CROW, Mr Arthur, 38 Westfield Drive, Workington.....	(01900) 68514
COWPER, I, 6 Pearson Court, Penrith.....	(01768) 867661	Appleby-In-Westmorland.....	(017683) 51827	C, D.W. Wha House Boot.....	(019467) 23322
C, M, 14 Shelley Court, SALTERBECK, WORKINGTON.....	(01946) 447017	C, N, 150 Pategill Road, PENRITH.....	(01768) 606105	C, V, 8 Northwood Crescent, Carlisle.....	(01228) 527193
C, N.M., Hillcrest Irthington.....	(016977) 2440	C, P, Linton Ghyll Ivegill.....	(016974) 75710	CROWE, A, 11 Mountain View, Harrington, Workington.....	(01946) 328530
C, R, NEW BRIDGE COTTAGE Threlkeld.....	(017687) 79765	C, R.D. Beckfoot Farm Beckfoot.....	(016973) 31505	C, C, 90 Wasdale Park, Seascale.....	(019467) 21566
C, W, Bryn Avon Threlkeld.....	(017687) 79465	C, W, 21 Carleton Road, Penrith.....	(01768) 863253	CROWLEY, C, 1 Brackenhill Lane, Cockermouth.....	(01900) 824022
COWPERDHWAITA, Amanda, 25 Croft View, Long Marton.....	(017683) 61507	CRELLIN, A, 25 Diggle Road, CARLISLE.....	(01228) 491133	CROWTHER, S, 20 Croftlands, Biggry.....	(01946) 817288
COWPERTHWAITA, A, 16 Garnet Crescent, Salterbeck.....	(01946) 832375	CRELLIN, A, 27 Meadow Road, Whitehaven.....	(01946) 693490	CROXFORD, P, Deeddale Drive, Carlisle.....	(01228) 599247
C, D, 11 Meadows, Langwathby.....	(01768) 881188	C, A, 30 Vicarage Lane, Ennerdale, Cleator.....	(01946) 862044	CROZIER, Alan, 9 Crosshill Drive, Carlisle.....	(01228) 542455
C, G, 32 Centurion Rise, Penrith.....	(01768) 216395	C, C, Bay View Old Road, Crosby.....	(01900) 817982	C, Andrew, 6 The Avenue, Bassenthwaite.....	(017687) 76743
C, K, 7 Sand Croft, Penrith.....	(01768) 895708	C, D, Hillcrest Drigg.....	(019467) 24205	C, D, 97 Went Meadows Close, Dearham.....	(01900) 812946
C, L, 18 Park Road, Greystoke.....	(017684) 83759	C, Danielle, 9 Pipers Court, Whitehaven.....	(01946) 67944	C, E, 11 Moricambe Crescent, Anthorn.....	(016973) 51815
C, Ray, Arcos Hutton John.....	(017684) 83300	C, G, 1 Alder Av, Maryport.....	(01900) 817195	C, E, 8 Moss Side, Allonby.....	(01900) 881416
C, T, Ivy Cottage Melkinthorpe.....	(01931) 712248	C, G, 12 Elbra Farm Close, Ellenborough.....	(01900) 814367	C, G, 21 Orton Grange Park Grange Park Road, Carlisle.....	(01228) 711267
C, T.J., Brown Howe Melkinthorpe.....	(01931) 712465	C, J, Rusholme Central Road, Dearham, Maryport.....	(01900) 813803	C, Mrs J, Mrs 98 Broad Oaks Grange, Carlisle.....	(01228) 521433
C, W.G., 87 Scalegate Road, Carlisle.....	(01228) 544401	C, J, Laurion Central Road, Dearham, Maryport.....	(01900) 817225	C, J, 2 Esk Bank, Longtown.....	(01228) 791862
C, W.R., 59 Clifford Road, Penrith.....	(01768) 890713	C, J, Truvalle Leconfield Street, Cleator Moor.....	(01946) 395346	C, M, Flat 52 Cecil Street, Carlisle.....	(01228) 409884
COWPERTHWAITHE, D, Apartment 12 Dutton Lodge Roper Street, Penrith.....	(01768) 216007	C, M, KATHRON Blooming Heather, Dearham.....	(01900) 819887	C, R, 3 Vestaneum, Crosby-On-Eden.....	(01228) 573119
COWTON, B, 25 Turnstone Drive, CARLISLE.....	(01228) 496373	C, N, 38 Church Road, Harrington.....	(01946) 830408	C, S, Storms Keswick.....	(017687) 73540
C, L, 177 Tribune Drive, Houghton.....	(01228) 598039	C, N, 35 Parkside, Crosby.....	(01900) 816103	CRUDEN, A, 13 The Rowans, Egremont.....	(01946) 821868
COWX, A, Hudscakes Cottage Heskett Newmarket.....	(016974) 77002	C, S, 5 High Moor Road, Moresby Parks.....	(01946) 694846	CRUDGE, P, 6 Lamb Lea, Lazonby.....	(01768) 898976
C, J, Alderbrook Caldbek.....	(016974) 78122	C, S, 92 Went Meadows Close, Maryport.....	(01900) 818716	CRUDGINGTON, D, 15 Oak Drive, Staiburn.....	(01900) 607211
COX, C, Stoddard Gate Penruddock.....	(017684) 83820	C, W.J, 37 Church Road, Harrington.....	(01946) 833475	CRUICKSHANK, J.H.G., Haresfield High Lorton.....	(01900) 85725
C, C, Chardonet Ashfield Court, Orton.....	(015396) 24253	CREMER, R, 36 Briar Rigg, Keswick.....	(017687) 72075	C, S, 113 Oaklands Drive, Carlisle.....	(01228) 491391
C, D, 5 Main Street, ST. BEES.....	(01946) 821601	CREMIN, A, Pasture House Rockcliffe.....	(01228) 674231	C, S, 129 Scalegate Road, Carlisle.....	(01228) 548407
C, D, The Croft Shoregill, Warcop.....	(017683) 41250	CREMINS, M, 9 Chapel Street, Biggry.....	(01946) 817012	CRUMMEY, R, 31 Rudds Court, Whitehaven.....	(01946) 65706
C, G, 35 Ellen Garth, Aspatira.....	(016973) 21898	C, P, 4 Lowfield Bungalows, Maryport.....	(01900) 814900	CRUMP, K, 21 Wordsworth Street, Penrith.....	(01768) 895059
C, H, 5 Sedgfield Lane, Carlisle.....	(01228) 514269	CRESSWELL, A, 1 Town End Great Asby.....	(017683) 54095	CUBITT, D, 14A William Street, Penrith.....	(01768) 895533
C, J, Eden Rheda Park, Frizington.....	(01946) 813908	C, A, 23 Rose Lane, Cockermouth.....	(01900) 268197	CUCHRAN, Admiral M, 26 Hayton Road, Carlisle.....	(01228) 272602
C, J.P., Rutherford House Brocklebank.....	(016974) 78292	C, P, 14 Croft Terrace, Penrith.....	(01768) 864384	CUDBY, C.H, 37 Crosthwaite Court, Workington.....	(01900) 607405
C, M, 25 Denton Park, Gosforth.....	(019467) 25589	C, P.S.A., Vale View Threlkeld.....	(017687) 79262	CUDLIP, A, 28 Highfield, Tebay.....	(015396) 24359
C, M.S., 5 Robins Wood, Stanwix.....	(01228) 533884	C, R, LITTLE ACRE Inmoor Road, Great Strickland.....	(01931) 712740	CUERDA-RODRIGUEZ, W, 4 Scotby Vlg Scotby Village, Scotby.....	(01228) 513733
C, P, Peacocks How Eaglesfield.....	(01900) 823883	CREWDSON, N, 8 Waters Edge Close, Whitehaven.....	(01946) 61463	CULLEN, L, 15 Dove Way, Whitehaven.....	(01946) 551900
C, P, Woodside Lowther.....	(01931) 712568	C, P, 79 High Road, Whitehaven.....	(01946) 694942	C, M, 180 Dalton Road, Carlisle.....	(01228) 531218
COY, R, 15 Primrose Bank, Wigton.....	(016973) 42332	CREWE, P, 44 Clifford Road, Penrith.....	(01768) 863503	CULLEN, Vivienne, High Spencroft Alston.....	(01434) 381882
COYLE, A, Camp Farmhouse Cockermouth, CA13.....	(01900) 828625	C, S, 75 Pennine Way, Carlisle.....	(01228) 523801	CULLEY, D, 8 Broomgrove, Carlisle.....	(01228) 541514
C, 2 Dalton Street, Cockermouth.....	(01900) 823869	CRIBB, L, 93 High Brigham, Brigham.....	(01900) 821474	C, K, 9 Longdyke Drive, Carlisle.....	(01228) 533516
C, 13 Ennerdale Clo, Cockermouth.....	(01900) 827196	CRICHTON, B, Harriman Field Cottage 18 Derwent Street, Keswick.....	(017687) 72908	C, T, Middle Skydes Garrigill.....	(01434) 381323
COYLES, E, 8 Chambers Street, WORKINGTON.....	(01900) 61975	C, J, 50 Wasdale Park, Seascale.....	(019467) 21534	C, T, 23 Victoria Road, Carlisle.....	(01228) 542683
C, S, 9 Abbotford Drive, Carlisle.....	(01228) 544928	C, R, Barn 2 Rottington Hall Rottington.....	(01946) 826558	CULLINAN, M, 2 Forest Houses, Cleator.....	(01946) 866214
CRABB, G, 2 Ling Road, Seaton.....	(01900) 602780	CRICKETT, D, 37 Brayton Street, Workington.....	(01900) 602985	CULLING, Darren, 30 Cypress Way, Penrith.....	(01768) 862517
C, S, 5 Whitecroft Court, MARYPORT.....	(01900) 815984	C, M, 25 Adelaide Street, Carlisle.....	(01228) 515872	CULLUM, J, 12 Scalfell Close, Whitehaven.....	(01946) 690605
CRABBE, J, 6 Fell View, Milton, Brampton.....	(016977) 78320	CRIPPS, Sylvia, 3 Croft Cottage Braithwaite.....	(017687) 78320	C, P, 6 Sea View Place, Cleator Moor.....	(01946) 458399
CRABTREE, K, 6 The Parklands, Penrith.....	(01768) 865213	C, T, Haybanks Drybeck.....	(017683) 52441	CULLY, R.A., 35 Richardson Street, Carlisle.....	(01228) 534341
CRADDOCK, E, 2 RIGGS COTTAGES Eskdale.....	(019467) 23438	C, T, 32 Margaretts Way, Appleby-In-Westmorland.....	(017683) 52206	CUMBERPATCH, W, Sandal Cottage St. Michaels Lane, Appleby-In-Westmorland.....	(017683) 98298
CRADDOCK, D, 255 Meadow Road, Whitehaven.....	(01946) 64847	CRISP, A, 4 Newtown, Skirwith.....	(01768) 88636	CUMELLA, P, Mosedale Eaglesfield.....	(01900) 823935
CRADDOCK, A, 14 Westgarth Avenue, Kirkby Stephen.....	(017683) 71422	CRISTE, A, 62 Rutland Avenue, Whitehaven.....	(01946) 528918	CUMINS, K, 10 Rodor Close, Carlisle.....	(01228) 272871
CRAGG, J, Mountain Box Knock.....	(017683) 61618	CRITCHLEY, M.B., Blaithewaite School Room Cottage Wigton.....	(016973) 44432	CUMMING, J, 58 Victoria Road, Workington.....	(01900) 603954
C, P, Wallgarth Burgh-By-Sands, Carlisle.....	(01228) 576059	C, R, Flat 1 The Paddock Wordsworth Street, Keswick.....	(017687) 75832	C, S, 4 Glebe Close, Dalton.....	(01228) 710171
C, R, 29 Dunfell View, Kirkby Thore.....	(017683) 61737	CROASDELL, J, Cregneish Shop.....	(01931) 716600	CUMMINGS, C, 13 Lansdowne Grove, Whitehaven.....	(01946) 692575
C, T, Rowans Knock.....	(017683) 61480	CROFT, A, 37 Eskin Street, Keswick.....	(017687) 74861	C, H, 31 Crummock Avenue, WHITEHAVEN.....	(01946) 692575
CRAGGS, D, 10 Udale Court, Workington.....	(01900) 607113	C, P, Rudd Falls Tweed Mill Lane, Cockermouth.....	(01900) 827764	C, N, Hall Carleton Farm Carleton.....	(01229) 717069
C, T, 11 Wray Head, Drigg.....	(019467) 24227	CROFTS, B, 57 Drumburgh Avenue, Carlisle.....	(01228) 598481	C, R, Wadsforth Farm Branthwaite.....	(01900) 64321
CRAGHILL, A, 2 Mountain View Irton.....	(019467) 24662	C, P, Bald How End Matterdale.....	(017684) 82205	CUMMINS, S, 2 Aisgill Moor Bungalows Aisgill.....	(017683) 71189
C, M.E., 4 Manor Park, Keswick.....	(017687) 74497	CROMACK, F, 3 Railway Terrace, Cockermouth.....	(01900) 828075	C, W, 4 Castle Gardens, Greystoke.....	(017684) 83963
CRAIG, Alan, Rose Cottage Gaitsgill.....	(016974) 74497	CROMPTON, D, Swan House Swan House, Wigton.....	(016973) 21725	CUNLIFFE, M, 11 Solway View, Kirkbampton.....	(01228) 576089
C, A, 182 Hebdon Avenue, Carlisle.....	(01228) 511727	CRONE, D, Corner Cottage Botheil, Wigton.....	(016973) 20970	CUNNINGHAM, E, 7 North Road, Whitehaven.....	(01946) 694908
C, A, 182 The Beeches, Maryport.....	(01900) 815100	C, D, 11 Todholes Road, Cleator Moor.....	(01946) 812968	C, J, 22 Meadow Road, Whitehaven.....	(01946) 692577
C, B, 11 Buebank Road, Dalton.....	(01228) 710020	C, J, 46 Turnstone Drive, Carlisle.....	(01228) 597142	C, J, 9 Richard James Avenue, Carlisle.....	(01228) 494973
C, B, 8 Cawlands, Durdur.....	(01228) 531161	C, J, Flat 7 Westvale Court, Carlisle.....	(01228) 524910	C, Mrs J, Mrs 31 Victoria Road, Carlisle.....	(01228) 544354
C, B, 32 Lorton Avenue, Workington.....	(01900) 63744	C, M, 18 Main Road, Workington.....	(01946) 830286	C, L, 15 Lediard Avenue, Carlisle.....	(01228) 592337
C, C, Oaktree Cottage Ivegill.....	(016974) 73499	C, M, Flat 28 Salisbury Court Salisbury Street, Workington.....	(01900) 872821	C, Miss L, 42 Mount Pleasant Road, Carlisle.....	(01228) 596536
C, D, 28 Rye Hill Road, Flimby.....	(01900) 818508	C, R, 11A Whinlatter Way, Carlisle.....	(01228) 526433	C, M, 1A Low Seaton.....	(01900) 67422
C, D, 4 Saddleback View, Threlkeld.....	(017687) 79978	C, S, 3 Skelscough Road, Winder, FRIZINGTON.....	(01946) 861537	C, Tony, 17 Carlton Road, Workington.....	(01900) 605799
C, E, Haddon Cottage 48 The Green, Dalton.....	(01228) 710429	CRONIE, M, 49 Hinnings Road, Distington, WORKINGTON.....	(01946) 831218	CURD, D, 5 Irthing Street, Carlisle.....	(01228) 592439
C, J, Garth Cott Milburn.....	(017683) 61620	CRONIN, Brendan, Leisure Cottage Melbeckes, Kirkby Stephen.....	(017683) 72015	CURE, A, Aidingham Vw Gambleys.....	(01768) 881477
C, J, 4 Victoria Terrace, Maryport.....	(01900) 814185	C, Y, 5 Harras Dyke, Harras Road, WHITEHAVEN.....	(01946) 691575	CURLE, R, 89 Lowry Hill Road, Carlisle.....	(01228) 547823
C, W.E., North Row Cottage Bassenthwaite.....	(017687) 76448	CROOK, F, 27 Westfield Drive, Workington.....	(01900) 621218	CURLEY, C, 13 Goldingstone Drive, Bongate Cross.....	(017683) 52144
CRAIK, M, 28 Greencroft, Brampton.....	(016977) 3182	C, K, 10 Bowfell Crook, Carlisle.....	(01228) 495163	C, C, Rueberry House Rueberry Drive, Seascale.....	(019467) 28305
CRATNE, M, School Gdns Strawberry Howe.....	(01900) 824655	C, M, Alma House Ellonby.....	(016973) 84448	CURNOW, A, 8 Layfield Lane, Cleator Moor.....	(01946) 813522
CRAM, P, BANKS LODGE West Avenue, Wigton.....	(016973) 45214	C, P, 17 Willow Park Banks Lane, Carlisle.....	(01228) 547733	CURR, Mr Alan, 31 Cedar Lane, Cockermouth.....	(01900) 822397
CRAMPSEY, Anne, 73 Gosling Drive, Carlisle.....	(01228) 527272	CROOKS, A, 36 Fairfield Gardens, Carlisle.....	(01228) 547785	CURRAH, A, The Greens Culgaith.....	(01768) 88691
C, A, 38 Newfield Park, Carlisle.....	(01228) 592946	C, G, Derwent Bank Redmain.....	(01900) 828913	C, F, 15 Low Byer Park, Alston.....	(01434) 381239
CRANE, A, 40 Todholes Road, CLEATOR MOOR.....	(01946) 811248	C, J, 2a Clementina Terrace, Carlisle.....	(01228) 532888	C, J, Old Hall Farm Bongate, Appleby-In-Westmorland.....	(017683) 52848
C, N, SUIIVEN Station Road, Armathwaite.....	(016974) 72624	C, Lesley, 61 Jubilee Road, Carlisle.....	(01228) 538356	C, N, Observation Post Potters Loaning, Alston.....	(01434) 382114
C, R, 1 Crown Road, Carlisle.....	(01228) 520924	C, M, Road Farm Ireby.....	(016973) 71524	C, R, 10A Haweswater Close, Penrith.....	(01768) 867228
CRANGLE, G, 27 Gloucester Road, Carlisle.....	(01228) 591054	C, P, Wyndrush Udale.....	(016973) 71391	CURRALL, M, 4 Fountains Avenue, Workington.....	(01900) 61916
CRANKIE, Mrs Diane, 15 Nook Lane Close, Carlisle.....	(01228) 930272	C, W, 37 Gloucester Road, Carlisle.....	(01228) 537978	CURRAN, J, 35 Beck Road, Carlisle.....	(01228) 546324
CRANSTON, R.J., Old Vicarage Kirkoswald.....	(01768) 898224	C, W, 37 Gloucester Road, Carlisle.....	(01228) 537978	C, J, 57 Scholars Green, Wigton.....	(016973) 55779
CRAWFORD, B, Garden View Bolton Low Houses.....	(016973) 44530	CROPLEY, B.J., Wayside Stainton.....	(01768) 867852	C, S, 44 Burnett Road, Carlisle.....	(01228) 497311
C, C, 1 Mitre Cottages Crosby-On-Eden.....	(01228) 573124	C, I, 80 Lowry Hill Road, Carlisle.....	(01228) 514713	CURRIE, C, 13 Kelsick Park, Seaton, Workington.....	(01900) 61427
C, Douglas, Orchard House Cargo.....	(01228) 672883	CROPPER, K, Hause Farm Shop.....	(01931) 716022	C, C, 32 Stockwell Court, Carlisle.....	(01228) 533136
C, D, Longthwaite Villa Cottage Wigton.....	(016973) 43338	CROSBIE, J, 154 Newlithes Avenue, Carlisle.....	(01228) 594968	C, J, 106 Merith Avenue, Carlisle.....	(01228) 597762
C, D, Manor House Arthuret Road, Longtown.....	(01228) 791371	C, J, 5A Warwick Rd, Carlisle.....	(01228) 595566	C, N, 3 Caldecote Avenue, Cockermouth.....	(01900) 824337
C, F, 29 Jubilee Gardens, Egremont.....	(01946) 812137	C, S, 6B Bongate, Appleby-In-westmorland.....	(01768) 339347	C, S, 42 North Row, Whitehaven.....	(01946) 61556
C, J, Pattenfoot Wigton.....	(016973) 71588	CROSBY, A, 1 Solway Road, Moresby Parks, WHITEHAVEN.....	(01946) 695010	C, W, Bank End Rowrah Road, Rowrah.....	(01946) 861788
C, J, 21 Meadow Way, Maryport.....	(01900) 816330	C, B, 23 Pears House Duke Street, Whitehaven.....	(01946) 62844	CURRIER, M, 39 Northumberland Street, Workington.....	(01900) 64879
C, J, 29 Melbreak Close, Whitehaven.....	(01946) 696432	C, B, Arden Lea Moresby Parks, Whitehaven.....	(01946) 62844	CURRY, D.W., 5 Croft Terrace, Penrith.....	(01768) 865818
C, K, 1 Bedford Road, Carlisle.....	(01228) 525916	C, Dr, J, 29 Liddle Close, Carlisle.....	(01228) 534442	C, J, Windyridge Penruddock.....	(017684) 83496
C, L, 2 Solway Road, Lowca, WHITEHAVEN.....	(01946) 430381	C, J, 11 Lonsdale View, Maryport.....	(01900) 379857	C, N, Fair View Motherby.....	(017684) 80394
C, M, 15 The Lido Village Barracks Bridge, Wigton.....	(016973) 33161	C, J, 2 Thurston Drive, Wigton.....	(016973) 26528	CURTIES, I, Scales Farm Country Threlkeld.....	(017687) 79487
C, T, 2 Melbreak Close, Whitehaven.....	(01946) 66381	C, J.D., 11 Friary Fields, Appleby-In-Westmorland.....	(017683) 51219	C, I, Scales Farm Country Threlkeld.....	(017687) 79660
CRAWLEY, Mr Eamon, 65 Bridge Lane, Carlisle.....	(01228) 930312	C, J.E., 34 Leathwaite, Cumbria.....	(01946) 693210	CURTIS, J, 1 Greystones Embleton.....	(017687) 76503
CRAWSHAW, C, 43 Highmoor Park, Wigton.....	(016973) 45223	C, L, 1 Merlin Drive, Whitehaven.....	(01946) 440846	C, N.S., Mereside Cott Bromfield.....	(016973) 61253
CRAYSTON, A, 6 Meadley Place, Cleator Moor.....	(01946) 810518	C, N, 2 Castle Close, Whitehaven.....	(01946) 693633	C, R, Rotherham Green Great Salkeld.....	(01768) 870913
C, D.M., Haile Mill Haile.....	(01946) 841101	CROSER, J, 15 Burgh Road, CARLISLE.....	(01228) 597500	CURWEN, A, Blow Lying Penton.....	(01228) 577196
C, G, Thornholme Calderbridge.....	(01946) 841317	CROSKERY, B, 19 Scholars Green, Wigton.....	(016973) 26002	C, B, 96 Tomlin Avenue, Whitehaven.....	(01946) 443038
C, I, Highfield Rowrah Road, Rowrah.....	(01946) 861653	CROSS, C.J., 3 Orepit Cottages Biggry.....	(01946) 810576	C, C, 5 Chaucer Avenue, Egremont.....	(01946) 823668
C, M, Mill Cottage Calderbridge.....	(01946) 841539	C, Dr D, Flat 10 Red Gables Chatworth Square, Carlisle.....	(01228) 525964	C, J, 6 Gavel Street, Maryport.....	(01900) 267992
C, R, BELL HILL FARM Carleton.....	(019467) 24356	C, James, Humphrey Kings Meaburn.....	(01931) 714611	C, J, 19 Springfield Grove, Whitehaven.....	(01946) 692319
C, R, 18 Croadalla Avenue, EGREMONT.....	(01946) 824339	C, J, 26 Banklands, Workington.....	(01900) 67287	C, M, 10 Cromwell Crescent, High Harrington.....	(01946) 831661
C, R, 11 Hallsenna Road, Seascale.....	(019467) 27579	C, J, 131 Buchanan Road, Carlisle.....	(01228) 539152	C, M, Westgarth Dearham Bridge Road, Maryport.....	(01900) 812331
CRAYTON, A, CROFT HILL Quality Corner, Moresby.....	(01946) 591169	C, J, 11 Taylors Way, Whitehaven.....	(01946) 430873	C, M, 22 The Crescent, Egremont.....	(01946) 825725
C, J, 15 Boot Brow, Distington.....	(01946) 831324	C, Monica, Benridge Cavendish Terrace, Carlisle.....	(01228) 521295	C, M, 31 Thwaiteville, Whitehaven.....	(01946) 651118
C, M, 26 Eagles Way, Moresby Parks.....	(01946) 693200	C, M, 5 Newton Road, Penrith.....	(01768) 863200	C, P, 49 Moor Road, Workington.....	(01900) 871174
CREARS, A, SANALADRIA Arlecdon Road, Arlecdon.....	(01946) 861791	C, M.E., Oakwood Harker.....	(01228) 674874	C, R, Woodlea Goose Butts, Cle	

CUTHBERTSON, L, 5 The Beaches Netherton, Maryport.....	(01900) 816713	D, C, Fairways Castle View Road, Appleby-In-Westmorland ..	(017683) 52088	D, H, 91 Went Meadows Close, Maryport.....	(01900) 817937
C, S, 9 Main Street, Cleator.....	(01946) 817357	D, C, 23 Glamara Road, Carlisle.....	(01228) 520407	D, L, 46 Border Avenue, CLEATOR MOOR.....	(01946) 811857
CUTHELL, K, 7 Brayton Road, Aspatria.....	(016973) 20773	D, D, Lynn Wood Newtown.....	(016977) 3732	D, L, 17 Snowdon Avenue, Cleator Moor.....	(01946) 430327
C, Mr P, 23 Meadow Way, Maryport.....	(01900) 818066	D, D, 10 Ellenborough Place, Maryport.....	(01900) 815857	D, M, 19 Manor Park, Keswick.....	(017687) 80041
CUTTING, D, 20 Holmrook Road, Carlisle.....	(01228) 532457	D, D, 27 Greencroft, Brampton.....	(016977) 2300	D, R, 57 The Parklands, Cockermouth.....	(01900) 826647
CZARNECKI, J, 39 Gosling Drive, Carlisle.....	(01228) 531359	D, D, Ruckcroft Grange Ruckcroft, Armathwaite.....	(01768) 896296	D, Stella, 6 Dene Avenue, High Harrington.....	(01946) 834086
CZARNOTA, E, 25 Stackbraes Road, Longtown.....	(01228) 791151	D, D, 25 Salkeld Road, Penrith.....	(01768) 868856	D, S, 31 Queen Street Aspatria, Wigton.....	(016973) 23013
C, K, 19 Ash Lea, BRAMPTON.....	(016977) 41501	D, D, J, 5 Naworth Drive, Carlisle.....	(01228) 528827	D, T, 7 Emerald Close, Salterbeck.....	(01946) 832060
C, W, 1 Levens Park Road, Carlisle.....	(01228) 541310	D, E, 30 Hillary Grove, Carlisle.....	(01228) 537326	D, T, 20 Lingley Road, Frizington.....	(01946) 813305
CZUFFER, Joanne, 20 Wordsworth Close, Egremont.....	(01946) 824124	D, E, E, Laburnum Cottage Shop.....	(01931) 716752	DAVY, M, Eden Farm Cargo.....	(01228) 677450
DACRE, J, 46 Holly Bank, Whitehaven.....	(01946) 65552	D, F, Kimberdale Cotehill.....	(01228) 562772	DAWES, A, Flat 3 Union Court Union Lane, Brampton.....	(01228) 417360
DACUNHA, Dr N, Beetholm Southey Hill, Keswick.....	(017687) 74353	D, F, 9 Brisco Meadows, Carlisle.....	(01228) 534566	D, Jane, 136 Houghton Road, Carlisle.....	(01228) 532594
DAGLISH, Mrs Joyce, 30 Hunday Court, Workington.....	(01900) 66423	D, G, West Vw Blencarn.....	(01768) 88657	D, Phyllis, 2 Carleton Fields, Penrith Cumbria.....	(01768) 864388
DAINES, A, L, Ridge Vale Gardens Lanercost Road, Brampton.....	(016977) 2925	D, G, 44 Main Street, Brampton.....	(016977) 2395	D, R, 4 The Headlands, Glenridding.....	(017684) 82409
DAKIN, M, 2 Henry Street, Cleator Moor.....	(01946) 811174	D, G, 109 Moor Road, Longtown.....	(01228) 791049	DAWKINS, J, 77 Cumwhinton Road, Carlisle.....	(01228) 549255
D, S, 31 Millfield Gardens, Keswick.....	(017687) 71438	D, G, 4 The Square, CUMMERDALE, CARLISLE.....	(01228) 531427	D, Miss Neve, 28 East Nelson Street, Carlisle.....	(01228) 319328
DALBY, T, SCHOOL VIEW Kings Meaburn.....	(01931) 714378	D, H, 9 Holme Riggs Avenue, Penrith.....	(01768) 864332	DAWSON, A, 45 Clifford Road, Penrith.....	(01768) 201322
DALE, J, MOOR END Troutbeck.....	(017687) 79731	D, H, 14 Houghton Road North, Houghton.....	(01228) 520164	D, A, 18 Linstock Avenue, Cockermouth.....	(01900) 827581
D, Lee, 6 Grange Field, Bampton Grange.....	(01931) 713528	D, I, 59 Alexander Street, Carlisle.....	(01228) 512780	D, Rev B, Apple Croft High Hesketh.....	(016974) 73069
D, S, 8 Hillside Close, Maryport.....	(01900) 813156	D, Mrs Isabel, 33 Briar Bank, Carlisle.....	(01228) 538956	D, C, 1 Westley Bank Crackenthorpe.....	(017683) 61108
D, V, 37 Hill Portinscale, Portinscale.....	(017687) 73886	D, I, 3 Cold Springs Court, Penrith.....	(01768) 865256	D, C, Makalolo Barco Avenue, Penrith.....	(01768) 891519
DALEY, P, 1 Carleton Close, Carlisle.....	(01228) 511387	D, I, 55 Grinsdale Avenue, Carlisle.....	(01228) 537701	D, D, 12 Birdswald Drive, Carlisle.....	(01228) 538982
DALGLEISH, Mrs C, Mrs 1 Hollinstone Cottages, Carlisle.....	(016977) 45466	D, I, D, 45 The Mount, Papcastle.....	(01900) 826841	D, F, Newhaven Hartley.....	(017683) 72768
D, D, Wallnook Calthwaite.....	(01768) 885827	D, Mrs J, Mrs Holme Croft Carlisle.....	(01228) 402123	D, H, Rivendell Dacre.....	(017684) 86980
D, D, 39 Hespek Raise, Carlisle.....	(01228) 513317	D, J, 35 Borrowdale Road, Carlisle.....	(01228) 524258	D, I, MAUDSKYE Station Road, Drigg.....	(019467) 24643
D, E, 35 Beaumont Road, Carlisle.....	(01228) 402284	D, J, 1 Brantwood Lane, Cleator Moor.....	(01946) 812677	D, J, Elmfield Hayton.....	(01228) 670460
DALGLEISH, Jennifer, 7 St. James Road, Carlisle.....	(01228) 541560	D, J, 57 Henry Street, Cockermouth.....	(01900) 824014	D, J, 5 Howard Gardens, Brampton.....	(016977) 41681
D, W, 4 Parkhead Road, Brampton.....	(016977) 3104	D, J, 21 Lingmill Close, WHITEHAVEN.....	(01946) 66966	D, J, 7 Udale Road, Stainburn.....	(01900) 65113
DALGLISH, Miss S.E., 13 Chapel Brow, Carlisle.....	(01228) 397973	D, J, 14 White Ox Way, Penrith.....	(01768) 868349	D, John, 56 Victory Crescent, Maryport.....	(01900) 814039
DALKIN, K, Beech Nook Thornthwaite.....	(017687) 78186	D, J, 9 Wood Street, Carlisle.....	(01228) 593031	D, J, 9 Warwick Place, Workington.....	(01900) 61228
DALTON, A, 29 Caldew Drive, Carlisle.....	(01228) 711049	D, Mr, J, Mr 21 Yetlands, Carlisle.....	(01228) 711138	D, J.B, 22 Trinity Way, Keswick.....	(017687) 74346
D, A, 22 Mallycove Drive, Carlisle.....	(01228) 544503	D, J.G, 21 St. Anns Road, Carlisle.....	(01228) 534776	D, J.J, 6 Valley Park, Whitehaven.....	(01946) 67901
D, C.I., M.W., 38 Pattegill Court, Penrith.....	(01768) 866869	D, K, 5 Oakleigh Way, Carlisle.....	(01228) 818351	D, John R, Town End Cott Sandwith.....	(01946) 62981
D, G, 9 Central Road, Dearham.....	(01900) 813535	D, K, 5 Stokoe Court, Carlisle.....	(01228) 536357	D, L, Riverside Cottage Holmrook.....	(019467) 24419
D, G, 3 Springfield Road, Carlisle.....	(01228) 532233	D, L, Wide Open Dykes Blackford.....	(01228) 674320	D, L, 18 Ling Road, Seaton.....	(01900) 604673
D, H, 88 Grasmere Avenue, Whitehaven.....	(01946) 66361	D, L, 83 Ewanrigg Road, Maryport.....	(01900) 817169	D, M, Sunnyside Blindcrake.....	(01900) 828134
D, I, MARSH VILLA Skinburness.....	(016973) 32436	D, L, Meadow View North End, Burgh-By-Sands.....	(01228) 576930	D, M, 17 Muncester Close, WHITEHAVEN.....	(01946) 395988
D, John, 238 Blackwell Road, Carlisle.....	(01228) 595554	D, L, 283 Pennine Way, Carlisle.....	(01228) 527911	D, Mrs Flat 3, Catherine Mill Catherine Street, Whitehaven.....	(01946) 694501
D, J, 39a Low Seaton, Seaton.....	(01900) 62042	D, L, 19 Smithy Croft, Houghton.....	(01228) 591830	D, N, Acon House Newbiggin.....	(017683) 62364
D, J.B, 22 Inglewood Crescent, Carlisle.....	(01228) 526418	D, M, 18 Dunfell View, Kirkby Thore.....	(017683) 61699	D, P, Rose Bank Temple Sowerby.....	(017683) 62052
D, M, 13 Raiselands Croft, Penrith.....	(01768) 606810	D, M, 25 Eden Mount, Penrith.....	(01768) 895041	D, P, Knowe Cottage Townhead.....	(01228) 670763
D, M, 21 21 Threave Court Riverside Way, Carlisle.....	(01228) 520679	D, M, Edengarth Long Marton, Appleby-in-Westmorland.....	(017683) 61479	D, P, Sunnicroft High Street, Brough.....	(017683) 42883
D, Mrs P, Mrs Yew Tree House Townhead Road, Carlisle.....	(01228) 710928	D, M, 67 Newtown, Frizington.....	(01946) 815450	D, P, Glenrowan High Street, Morland.....	(01931) 714614
D, V.M, 34 Brisco Meadows, Carlisle.....	(01228) 537837	D, M, 12 School Road, Carlisle.....	(01228) 546321	D, R, 5 Coronation Drive, Whitehaven.....	(01946) 695863
D, Y, 87 Etterby Lea Crescent, Carlisle.....	(01228) 544610	D, M, 51 The Green, Dalston.....	(01228) 710453	D, S, Southwaite Farm Dacre.....	(017684) 86331
DALTREY, A.P, Franklin Cott Aiketgate, Armathwaite.....	(016974) 72301	D, M, 3 The Orchard, Great Corby.....	(01228) 561169	D, S, 13 Croft Avenue, Chap.....	(01931) 716099
D, F, Paper Hills Brick House Hesketh Newmarket.....	(016974) 78336	D, M, 7 Skirsgill Close, Penrith.....	(01768) 864458	DAY, A, SPRING HOUSE Icold Road, Greystoke.....	(017684) 871589
DALY, F, HOLLY COTTAGE Silloth.....	(016973) 32575	D, Mrs 22 Croft Terrace, Egremont.....	(01946) 821830	D, B.N, 1 Birch Hill Lane, Kirkbride.....	(016973) 51255
D, John, 26 Oaktree Crescent, Cockermouth.....	(01900) 827761	D, N, Colmlin Drumburgh.....	(01228) 766566	D, D, 5 Chertsey Bank, Carlisle.....	(01228) 545750
D, K, 59 Edenside, Cargo.....	(01228) 674168	D, N, THE LAITHE High Street, Brough.....	(017683) 41878	D, Mr Jim, 8 Jennet Croft, Wethersal, Carlisle.....	(01228) 523961
DALZELL, A, 19 Castlehead Close, Keswick.....	(017687) 73544	D, N, 17 Ridley Court, Penrith.....	(01768) 201187	D, M, 279 London Road, Carlisle.....	(01228) 542930
D, B, 24 Brookfield Avenue, Wigton.....	(016973) 45126	D, N.M, Grove Cottage Papcastle.....	(01900) 828003	D, P, 6 Station Road, Burgh By Sands.....	(01228) 576169
D, J, BROOKLEA Allonby.....	(01900) 881365	D, Peter, 83 Arnside Road, Carlisle.....	(01228) 515748	D, R, Falklands Smardale.....	(017683) 71325
D, J.S, 12 Grange Avenue, Flimby.....	(01900) 815545	D, P, 28 Huntley Avenue, Penrith.....	(01768) 210079	D, R.R, Braeside Papcastle.....	(01900) 823266
D, Leslie, 9 Town Cross, Threlkeld.....	(017687) 79651	D, P, 129 Kingstown Road, Carlisle.....	(01228) 524975	DAYMOND, Brenda, 23 Friars Garth, Abbeytown.....	(016973) 61387
D, T, 11 Abbey Vale, St. Bees.....	(01946) 824131	D, R, 7 Blencarn Park, Rockcliffe.....	(01228) 674463	D, D, 8 The Avenue, Broughton Moor.....	(01900) 815382
DANBY, S, 61 The Firs, Alston.....	(01434) 382626	D, R, 24 Meadow Way, Maryport.....	(01900) 812430	D, K, 12 Keld Head, Penrith.....	(01768) 862770
D, W, 58 West Street, Aspatria.....	(016973) 24498	D, R, waverley cottage station road, Carlisle.....	(01228) 577792	DAYSON, J, Dalegarth Southwaite.....	(016974) 73265
DANCHIN, Kate, 3 Lanty Close, Brigham.....	(01900) 822001	D, R.C, Rowelton Farm Rowelton.....	(016977) 48271	D, J, Orchard House Great Orton, Carlisle.....	(01228) 712515
DANDY, D, 20 Kirkfell Avenue, Cockermouth.....	(01900) 826038	D, R.H, Corner Cottage High Street, Brough.....	(017683) 41467	DE CHASTELAIN, F, 5 Sunny Bank, Penrith.....	(01768) 863344
DANIEL, B, 10 Lingmill Crescent, Sealsdale.....	(019467) 28188	D, S, 21 Burtholme Avenue, CARLISLE.....	(01228) 496755	DE LA MARE, S, Dalemmain Mill Dalemmain.....	(017684) 86535
D, C, 4 Brigham Road, Cockermouth.....	(01900) 827883	D, S, 1 Croft Road, Brampton.....	(016977) 41060	DE MELLO, C, The Old Chapel Maryport, Maryport.....	(01900) 379796
D, G, 41 Slatefield Drive, Cockermouth.....	(01900) 550072	D, S, 15 Scarside Drive, PENRITH.....	(01768) 892343	DE ROBECK, R.F, Sebergham Hall Sebergham.....	(016974) 76349
D, J, Jaskin House Baybarrow Road, Egremont.....	(01946) 825124	D, T, 1 Burnside, Wigton.....	(01697) 507304	DEACON, A, 34 Bellbrigg Lanning, Cockermouth.....	(01900) 824136
D, R.A, 5 Haycastle Road, Distington.....	(01946) 831924	D, T, Beech House Grinsdale, Carlisle.....	(01228) 522540	D, B, 109 Central Road, Dearham.....	(01900) 813761
D, S, 10 Croft Park, Wetheral.....	(01228) 562685	D, Mr Thomas, 160 Kingstown Road, Carlisle.....	(01228) 739388	D, R, 7 Crummock Avenue, Cockermouth.....	(01900) 826134
DANIELS, A, 31 Lakehead Court, Keswick.....	(017687) 44531	D, V.M, 2 Scattergate Crescent, Appleby-In-Westmorland.....	(017683) 53571	DEADMAN, J.A, The Old Manse Threlkeld.....	(017687) 79270
D, C, BROOMHILL Holmrook.....	(019467) 24791	D, W, 6 Croft View, Long Marton.....	(017683) 62920	DEAKIN, A, 77 Syke Road, Wigton.....	(016973) 44314
D, G, Mobile, Tall Trees Burnhill, Scaleby, Carlisle.....	(07932) 725951	D, Z, House Birchwood Southwaite, Carlisle.....	(016974) 75815	D, P, 9 Eden Close, Wigton Cumbria.....	(016973) 45178
D, M.J, 139 Lowry Hill Road, Carlisle.....	(01228) 547028	DAVIE, H.C.M, High Springill Ravenstonedale.....	(015396) 23680	D, R.R, Ings Cottage Berrier.....	(017684) 83443
D, N, 106 Broad Oaks Grange, Carlisle.....	(01228) 592660	D, K, Beck Rise Upton, Caldbeck.....	(016974) 77055	DEALL, A, 7 Fairhill Close, Penrith.....	(01768) 862848
D, V, 9 Briar Rigg, Keswick.....	(017687) 72975	D, M, 44 Belah Crescent, Carlisle.....	(01228) 535790	DEAN, B, 20 Southwaite Green Mill Country Park Eamont Bridge.....	(01768) 895144
DANKS, J, SPINNEY CORNER Berrier Road, Greystoke.....	(017684) 80661	DAVIES, A, 4 Eden Mount, Penrith.....	(01768) 210645	D, C.G, 502 London Road, Carlisle.....	(01228) 527484
DANKWA, P, 10 Roseberry Street, Workington.....	(01900) 379500	D, A, 5 Holliday Crescent, Silloth, Wigton.....	(016973) 31861	D, E, KIRKHOUSE FARM Kirkhouse.....	(016977) 46664
DANSON, A, Ash Fell Farm Ravenstonedale.....	(015396) 23212	D, A, 80 Oaklands Drive, Carlisle.....	(01228) 547002	D, E, 1 Madam Banks Road, Carlisle.....	(01228) 711867
D, E, Hevingham Appleby Road, Kirkby Stephen.....	(017683) 71259	D, C, The Orchard Braithwaite.....	(017687) 78582	D, Elaine, 55 Pennine Gardens, Carlisle.....	(01228) 819717
DARBY, J, 9 Lonsdale Terrace, Crosby Villa.....	(01900) 814946	D, C, The Coach House Stable Cottages Threlkeld.....	(017687) 79255	D, H.N, Bottom House Wreay.....	(016974) 73473
D, T, 25 Grasslot, Maryport.....	(01900) 815052	D, C, 5 Richmond Green, Carlisle.....	(01228) 598105	D, M, 98 Currock Park Avenue, Carlisle.....	(01228) 528250
D, W, 14 Ewanrigg Road, Maryport.....	(01900) 815429	D, D, 10 Croft Terrace, Egremont.....	(01946) 821975	D, Neil, Field Head Long Marton.....	(017683) 62343
DARGIE, M.E, 26 Throstle Avenue.....	(016973) 44539	D, D, 49 Lakeland Park, Keswick.....	(017687) 72441	D, P, 7 Vicarage Lane, Ennerdale.....	(01946) 862949
DARGUE, A, 14 Glebe Crescent, Appleby-In-Westmorland.....	(017683) 51095	D, D, 59 Waddale Park, Sealsdale.....	(019467) 28404	DEANE, C.M, 5 Roads Drive, Kirkoswald.....	(01768) 898798
D, Mrs B, Mrs 1 Carleton Place, Penrith.....	(01768) 864010	D, G, 65 Santon Way, Sealsdale.....	(019467) 28214	DEANS, J, 3 Sarsfield Road, Workington.....	(01900) 601362
D, C, 16 Barrowmoor Road, Appleby-In-Westmorland.....	(017683) 52073	D, H, Brookdene Braithwaite.....	(017687) 78428	D, M, 1 The Crescent, Cumsdale.....	(01228) 541974
D, I, Shepherds Cottage Flakebridge.....	(017683) 51305	D, H.M, The Elms Bassenthwaite Lake.....	(017687) 76327	DEAR, K, 43 Slatefield Drive, Cockermouth.....	(01900) 822143
D, Karen, The Barn Swan Avenue, Brough.....	(017683) 42304	D, J, 6 Ash Lea, Brampton.....	(01697) 508364	DEARLOVE, Dr J, 14 Vicarage Lane, Ennerdale.....	(01946) 862431
D, N, Bank House Newbiggin-On-Lune.....	(015396) 23374	D, Ms Janet, 10 Ramsey Drive, Parton, Whitehaven.....	(01946) 696082	DEARMAN, G, 58 Main Street, Brampton.....	(016977) 42669
D, S, Smardale Hall Smardale.....	(017683) 71513	D, L, HIGH HILL FARM High Hill, Keswick.....	(017687) 74793	DEARY, P, 111 Cant Crescent, Carlisle.....	(01228) 543999
D, T, 3 Castle View, Brough.....	(017683) 41138	D, L, 22 The Crescent, Kirkby Stephen.....	(017683) 72557	DEATHRIDGE, R, 5 Parkhead Road, Brampton.....	(01697) 543387
DARKES, C, 27 Cambridge Road, Whitehaven.....	(01946) 528086	D, L, Blencathra Tirril Farm Cottages, Tirril, Penrith.....	(01768) 201266	DEEGAN, P, 129 King Street, Maryport.....	(01900) 386416
DARKOH FORSON, G, 30 Petteril Terrace, Carlisle.....	(01228) 317109	D, M, Kirklea Bairds Crossing, Kirkland.....	(01946) 861257	DEEKS, L, 69 Brookside, Carlisle.....	(01228) 525057
DARLEY, E, Mount Pleasant Bungalow Blencow.....	(017684) 83484	D, M, Tarn Cottage Braystones, Beckermeth, Cumbria.....	(01946) 841613	D, P.L, Limetree Cottage Low Lorton.....	(01900) 85753
DARRALL, C, 13 Brunswick Road, Penrith.....	(017684) 28018	D, M, 36 Denton Park, GOSFORTH, SEASCALE.....	(019467) 25662	DEIGHTON, G, Orchard Farm New House Bleatarn.....	(017683) 41034
D, Dr J, Broadstones Naddle.....	(017687) 72899	D, M, 53 Trinity Way, Keswick.....	(016977) 71097	D, M, 29 Quarry Street, Kirkby Stephen.....	(017683) 71140
D, P & G, Piper House Naddle.....	(017687) 74500	D, P, 7 Ridgeway Terrace Lanercost Road, Brampton.....	(016977) 41364	D, P, 7 High Street, Kirkby Stephen.....	(017683) 72741
DARRINGTON, B, 5 The Lido Village Barracks Bridge, Silloth.....	(016973) 31190	D, P, 7 Sandersons Croft, Kirkby Thore.....	(017683) 61005	DELAMERE, B, 2 Daleview Gardens, Egremont.....	(01946) 825009
DARWIN, S, 158 Orton Road, Carlisle.....	(01228) 530919	D, Miss R, Miss 113 Graham Street, Penrith.....	(01768) 895926	DELANEY, Linda, Eden House Rockcliffe.....	(01228) 674354
DASCALU, F, Hether Bank Cottage Kirkcintown.....	(01228) 675902	D, S, The Pines Broughton Moor.....	(01900) 817316	DELICATA, A, 17 Ladyseat Gardens, Carlisle.....	(01228) 491746
DAUBMAN, H, 11 Archers Garth, Carlisle.....	(01228) 511823	D, S, Redstones Dufton.....	(017683) 52726	DELIN, R, 96 Cumberland Street, Workington.....	(01900) 604105
DAUNCEY, S, Stonecroft Johnny.....	(017684) 83872	D, S, Int View House Holmrook.....	(019467) 43033	DEMPSEY, G, 2 Clifton Gardens, Workington, Cumbria.....	(01900) 267484
DAUX, Cynthia, 34 Eden Park Crescent, Carlisle.....	(01228) 536968	D, S, Rose Bank Chap.....	(01931) 716774	D, Mr K, Mr 10 Laburnum Court, Carlisle.....	(01228) 631066
DAVENPORT, G, Dalegarth Ennerdale.....	(01946) 862567	D, S, 15 The Crescent, Whitehaven.....	(01946) 66450	DEMPSTER, J, Thornyards Brigham Road, Cockermouth.....	(01900) 822674
DAVEY, B, LYNDALDE Langwathby.....	(01768) 881648	D, S.E.B, 7 Glebe Close, Appleby-In-Westmorland.....	(017683) 53128	D, R, Random High Road, Whitehaven.....	(01946) 67412
D, E, 65 High Street, Kirkby Stephen.....	(017683) 72798	D, T.P, Marmion Bolton.....	(017683) 61407	D, S, 12 Cromwell Crescent, High Harrington.....	(01946) 832776
D, M, 19 Croft Place, Temple Sowerby.....	(017683) 61735	D, V, 13 Penzance Street, Moor Row.....	(01946) 815360	D, Mrs Yvonne, 27 Irthing Park, Brampton.....	(01697) 509014
D, M.R, Hardinghill House Gosforth.....	(019467) 25096	DAVINSON, A, 46 Burnside, Wigton.....	(016973) 45159	DENARD, F.J, 16 Raglans Court, Silloth.....	(016973) 32360
DAVIC, A, 32 Thirwell Gardens, Carlisle.....	(01228) 530278	DAVIS, A, CHESTNUT HOUSE Little Broughton.....	(01900) 824440	DENBY, A, Birchwood Mealsgate.....	(016

DENNIS, Mr N, Mr The Hayloft Eastlands Farm, Maryport	(01900) 381878	D, C, 12 Grasmere Avenue, Whitehaven	(01946) 696440	D, M, 36 Rutland Avenue Whitehaven, Cumbria	(01946) 528428
D, R, 11 Raiselands Croft, Penrith	(017684) 28725	D, G, 163 Dacre Road, Brampton	(016977) 3177	D, M.C, 9 Mitchell Avenue, Northside	(01900) 64177
D, S, 6 Eden Mount, Penrith	(01768) 863776	D, J, 33 Nelson Street, Carlisle	(01228) 599567	D, Mr 21 Arlecdon Road, Frizington	(01946) 861703
D, S.J, Waterloo Cottage Waterloo Lane, Cockermouth	(01900) 823720	D, J, 7 Riverside Drive, Egremont	(01946) 824060	D, M.W, 2 Lea Croft, Renwick	(01768) 897105
DENNISON, A, Denbridge House Sandford	(017683) 53838	D, J, Apartment 2 Sherwood Apartments Scotland Road, Penrith	(01768) 865470	D, Mr N, 160 Whenside, Carlisle	(01228) 544629
D, M, 29 Skinbuness Drive, Silloth	(016973) 31703	D, M, Grange Cottage Oughterside, WIGTON	(016973) 22159	D, O, Thorn Tree House Cumwhitton	(01228) 561264
DENNY, L, 1 Stanah Lane, Thirlmere	(017687) 71248	D, M.J, Spencer Cottage Main Street, Brough	(017683) 41452	D, P, Foxglove House Knock	(017683) 61389
D, S, 10 St. Johns Street, Keswick	(017687) 90203	D, M.B, 16 Clifton Hill Gardens, CLIFTON, PENRITH	(01768) 606628	D, P, Copse House Stainton	(01768) 863249
DENSON, G, 12 Abbotts Way, St. Bees	(01946) 822367	DIGBY, B, 16 Clifton Hill Gardens, CLIFTON, PENRITH	(01768) 606628	D, P, 13 Bransly Road, Whitehaven	(01946) 62713
DENT, A, Brooklyn Drybeck	(017683) 53823	DIGGOLD, J, Rafter Barn Moss End Welton Road, Dalston	(01228) 642760	D, P, 12a Derwent Park, Great Broughton	(01900) 825425
D, C, Post Office Barn Great Salkeld	(01768) 898507	DIGGLE, P, 5 Goose Garth, Wetheral	(01228) 561176	D, P, 17 Fell View Close, Aspatria, WIGTON	(016973) 23829
D, E, Elm House North End, Bolton	(017683) 61537	DIGNAM, S, 22 Moor Road, Workington	(01900) 381961	D, P, Thornship House Keld, PENRITH	(01931) 717481
D, E, Caravan Selgin House Brough Sowerby	(017683) 41836	DILULLO, C, Burnt Walls Farm Greenhead	(016977) 47974	D, P, 56 Queen Street, Aspatria	(016973) 24443
D, G.E, 1 Glebe Road, Appleby-in-Westmorland	(017683) 51056	DIMITROVA, Y, 2 Scotby Close, Carlisle	(01228) 594333	D, P, Rake Head Cottage Rake Head, Nately	(017683) 72750
D, J, 22 Southwaite Green Mill Country Park Eamont Bridge	(01768) 865958	DINH, L, 31 Lonsdale Street, Workington	(01900) 68079	D, P, Bramble Nook The Orchard, Armthwaite	(016974) 72371
D, J, 22 Fletcher Hill Park, Kirkby Stephen	(017683) 71567	D, P, 101 Kingstoun Road, Carlisle	(01228) 524243	D, P, 36 Winscale Way, Carlisle	(01228) 528397
D, Janice, 6 Orton Road, Tebay	(015396) 26070	DINNIN, E, Salutation House Allenwood	(01228) 561954	D, P & Y, 77 Folly Lane, Penrith	(01768) 864143
D, J, 92 Springfield, Wigton	(016973) 42851	DINNING, A, Walk Mill House Walk Mill House, Carlisle	(01228) 710879	D, R, Tarmrook Bleatarn	(017683) 41202
D, M, 40 Kennedy Road, Seaton	(01900) 67749	D, G.F, Kirtle Ross Thornby Road, Micklethwaite	(016973) 43186	D, R, Foulbridge Wreay	(016974) 73544
D, N, 4A Battlebarrow, Appleby-in-Westmorland	(017683) 53539	DINSDALE, E, 4 Holyoake Terrace, Penrith	(01768) 862204	D, R, 6A Close Street, Carlisle	(01228) 543020
D, P, 19 Hawthill Drive, Appleby-in-Westmorland	(017683) 52228	D, R, 3 Pasture Park, Souldy	(017683) 71745	D, R, 12 Croft Place, Temple Sowerby	(017683) 66913
D, S, 35 Glebe Road, Appleby-in-Westmorland	(017683) 48720	D, N, 16 Birkebeck Gardens, Kirkby Stephen	(017683) 71438	D, R, 8A Penrith Road, Keswick	(017687) 73856
D, S, 20 Skirsgill Gardens, Penrith	(01768) 891848	D, S, 53 Barrowmoor Road, Appleby-in-Westmorland	(017683) 52140	D, Mr R, Mr Riggside Portinscale, Keswick	(017687) 73152
DENWOOD, A, 25 Infirmary Road, Workington	(01900) 61130	DINWOODIE, A, 18 Tribune Drive, Houghton	(01228) 544146	D, R.G, Pelutho Farm Pelutho	(016973) 31673
D, C, 14 Hawk Place, Moresby Parks, Whitehaven	(01946) 61075	DIOM, C, Manor Croft Winton, Kirkby Stephen	(017683) 30129	D, S, 30 Deer Orchard Close, Cockermouth	(01900) 826707
D, Mr C, 17 Woodville Way, High Harrington, Workington	(01946) 831477	D, J, Cote House Tower Wetheral	(01228) 560279	D, S, The Hayes High Brigham, Brigham	(01900) 828079
D, E, Ruthemead Bowthorn Road, Cleator Moor	(01946) 817428	D, Mrs S, Mrs 45 Penny Hill Park, Penrith	(01768) 840625	D, S, 75A Newlands Park, Dearham	(01900) 813817
D, I, 53 Melbreak Avenue, Cockermouth	(01900) 825053	DITCHBURN, A, 33 Maple Clo, Maryport	(01900) 812713	D, S, 29 North View, Aspatria	(016973) 21872
D, J, 32 Dalzell Street, Moor Row	(01946) 813089	D, G, 22 Harcourt Street, Workington	(01900) 65891	D, S, 7 Southey Walk, Egremont	(01946) 820316
D, J, 2 Bedford Villas Egremont Road, HENSINGHAM, WHITEHAVEN	(01946) 440575	D, J, 12 Pepperhill Place, Brampton	(016977) 44501	D, S.E, 52 Pennine Way, Penrith	(01768) 862932
D, J, 7 Glebe Close Dalston, Carlisle	(01228) 711316	D, J, 1 Ruby Hill, Flimby	(01900) 817276	D, S.W, Orgiva Low Mill, Langwathby	(01768) 881556
D, Jayne, 78 Meadowfield, Gosforth	(01946) 25954	D, M.T, Lizzburn Branthwaite Lane, Seaton	(01900) 604095	D, T, Brackenthwaite Wilton	(01946) 50374
D, J, 1 Steer Avenue, Maryport	(01900) 815432	D, S, 17 Pinewood Drive, Maryport	(01900) 813865	D, T, 4 Brookfield Avenue, Wigton	(016973) 42405
D, K, 9 Hawthorn Avenue, MARYPORT	(01900) 379777	DIVER, S.J, West Winds Townhead Road, Carlisle	(01228) 710560	D, T, 37 Church Street, MOOR ROW	(01946) 443086
D, M, 2 Latrigg Road, Whitehaven	(01946) 61740	DIVERS, Mr Thomas, 27 Scaleby Close, Carlisle	(01228) 547819	D, T.J, Teal House Culgaith	(01768) 88679
D, M, 10 Wasdale Close, Cockermouth	(01900) 824267	DIX, R, Ghyll Croft Greystoke	(017684) 80202	D, V, Hallings Farm Church Road, Greystoke	(017684) 83350
D, R, 146 Esk Avenue, WHITEHAVEN	(01946) 443535	DIXIE, L.M, East View Garrigill	(01434) 381561	D, W, 22 Calva Brow, Workington	(01900) 602346
D, R, 92 Flesswick Avenue, Whitehaven	(01946) 61113	DIXON, A, ROSE WOOD Carleton	(01228) 401038	D, W, 1 Gosforth Road, Carlisle	(01228) 534762
DENWOODCROWE, P, 12 Winchester Drive, Whitehaven	(01946) 64971	D, A, 23 Beacon Close, Aspatria	(016973) 20069	D, W, 26 Scalegate Road, Carlisle	(01228) 592477
DENYER, P, 6 The Dell, Brampton	(01228) 560206	D, A, 42 Criffel Road, Parton	(01694) 694925	DIXSON, Mrs Jill, 10 The Avenue, Broughton Moor	(01900) 392769
DERBYSHIRE, P, 3 Madam Banks Road, Carlisle	(01228) 498299	D, A, 322 Meadow Road, Whitehaven	(01946) 592512	DMYTROWSKI, G, 1 Melbreak Close, Whitehaven	(01946) 694820
D, S, 31 Pategill Court, PENRITH	(01768) 606213	D, A, Flat 210 Wordsworth Court Sullart Street, Cockermouth	(01900) 829740	D, M, 17 Moss Bay Road, Workington	(01900) 872536
DERCZYNSKI, J, 35 Victoria Road, Carlisle	(01228) 818856	D, A, 8 Windermere Road, Maryport	(01900) 814486	D, S, 5 Johnson Close, Sandwith	(01946) 690671
DE-ROBECK, R, Sebergham Hall Cottage Sebergham	(016974) 76931	D, Mr B, Mr 12 Church Street, Egremont	(01946) 821401	D, W, Endotrack Springfield Road, Bigrigg	(01946) 813968
DERRY, I & P, Field Head Farm House South Stainmore	(017683) 42100	D, R, 8 Eskin Street, Keswick	(017687) 73422	DOBBIE, A, 6 Alders Edge, Carlisle	(01228) 496800
DERVIN, A, WYKER HOUSE Aglonby	(01228) 513807	D, Mr B, 13 Hebdon Avenue, Carlisle	(01228) 593702	D, J, Oakville Low Cotehill	(01228) 562670
DESBOROUGH, P, 23 Holme Head Way, Carlisle	(01228) 528277	D, Mrs Brenda, 16 Herdus Road, Whitehaven	(01946) 693842	D, John, 2 Listers Cottages Little Broughton	(01900) 824811
DEUGO, P, 14 Allandale Road, Carlisle	(01228) 531448	D, Betty, Annandale Marron Lane, Bridgefoot	(01900) 824659	D, S, 69 Greenbank Avenue, Whitehaven	(01946) 63376
DEVEREUX, K, 7 Brigham Row, Keswick	(017687) 80753	D, B, 1 The Lodge St. Michaels Lane, Appleby-in-Westmorland	(017683) 52954	D, S, 31 The Oval, Whitehaven	(01946) 528544
DEVINE, A, 6 Balmoral Close, Penrith	(01768) 863013	D, B, 4 Seadown Drive, Workington	(01946) 328258	DOBINSO, A.S, 15 Fairview Gardens, Clifton	(01768) 865197
D, A, 39 Stainburn Road, Stainburn	(01900) 605134	D, B.B.D, 10 Farish Close, Brampton	(016977) 41580	D, Admiral K, Mulberry House Lamley Bank, Scotby	(01228) 471170
D, L, 5 Pine Terrace, Silloth	(016973) 31632	D, B.J, 45 Greencroft, Brampton	(016977) 41061	D, M, 22 High Grove, Whitehaven	(01946) 528474
D, M, 11 St. Georges Terrace, Whitehaven	(01946) 692382	D, C, 19 Lamb Street, CARLISLE	(01228) 491186	D, Richard, 25 Howard Park, Greystoke	(017684) 83441
D, P, 67 High Street, Cleator Moor	(01946) 328322	D, C, 105 Ling Beck Park, Seaton	(01900) 605647	D, S, 8 Howard Park, Greystoke, Penrith	(017684) 83184
DEVILIN, L, 4 Caldwell Street, Carlisle	(01228) 541149	D, C, 15 St. Bridget's Close, Brigham	(01900) 828186	DOBSON, Mr Bruce, 16 Hanover Court, Penrith	(017684) 28695
D, T, 218 Stonegarth, Carlisle	(01228) 535013	D, C, 11 Sycamore Road, MARYPORT	(01900) 812280	D, D, Rivedell Abbeytown	(016973) 61061
DEVONALD, Mrs J, Mrs 31 Greencroft, Brampton	(016977) 2209	D, D, Eden House Great Corby, Carlisle	(01228) 930362	D, E, 6 Birch Hill Lane, Kirkbride	(016973) 51324
DEWAR, K, 58 Dacre Road, Brampton	(016977) 31259	D, D, 12 Ashley Street, Carlisle	(01228) 532657	D, E, 7 Skinner Street, Cockermouth	(01900) 821325
DEWHURST, D, 19 Church Croft, Pooley Bridge	(017684) 86402	D, D, 47 Brougham Street, Penrith	(01768) 866419	D, E.J, East View Farm Southwaite	(016974) 75305
DEWHURST, A, 206 Denton Street, Carlisle	(01228) 541485	D, D, 48 Raven Nook, Carlisle	(01228) 493168	D, J, 30 Main Street, Whitehaven	(01946) 329542
D, F, 33 Eterby Lea Crescent, Carlisle	(01228) 542162	D, Mr D, Mr 1 Ribton Moorside, Whitehaven	(01946) 599205	D, J.J, New Farmhouse West End Farm Allonby	(01900) 881244
DEWIS, D, GREENSIDE HOUSE Calbeck	(016974) 78226	D, D, 14 Scotby Grange, Scotby, Carlisle	(01228) 562588	D, K, 22 North Road, Kirkby Stephen	(017683) 71077
D, K, Broom House 8 Hotfield Drive, Appleby In Westmorland	(017683) 51745	D, D, 1 Wigton Road, Silloth	(016973) 32687	D, L, 3 Beechtree Court, Kirklington	(01228) 675026
D, M.A, Low Leathes Cottage Arkleby	(016973) 20889	D, D.J, Hartley Castle Hartley	(017683) 71331	D, L, 10 Greenhwaite, Cleator Moor	(01946) 528639
DEYERMOND, J, Wood End Carlisle	(01228) 615792	D, D.R, 26 Clifford Close, Penrith	(01768) 899620	D, P, Melbreak Ho Brewery Street, Allonby	(01900) 881456
DHAMMI, T, Bank Cottage Victoria Court, Cockermouth	(01900) 381644	D, E, Bulman Hill Farm Welton	(016974) 76450	D, P, 3 Mill Gardens Hartley Road, Kirkby Stephen	(017683) 32434
DHEBAR, Dr M.J, The Hollies Papcastle	(01900) 824462	D, E, 2 Blenkinsopp Terrace, Greenhead	(016977) 47473	D, Richard, Bank House Farm Church Brough	(017683) 41439
DIANA, P, 21 Lark Field, Penrith	(01768) 606804	D, Miss Elaine, 55 Deepdale Drive, Carlisle	(01228) 930118	D, R, 12 Beechwood Close, Maryport	(01900) 816159
DIAS, L, Flat 4 St. Gabriels Court 18-20 Howard Place, Carlisle	(01228) 511563	D, E, 8 Harraby Green Road, Carlisle	(01228) 536277	D, R, The Vicarage Camerton Road, Seaton	(01900) 608445
DIBLASIO, R, Flat 2 13 Garden Street, Carlisle	(01228) 526518	D, E.M, Yewcroft Moored, Thursby	(01228) 711019	D, T, 12 Eden Gange, Little Corby	(01228) 560954
DICK, A, 25 Springfield Grove, Whitehaven	(01946) 61027	D, G, 12 Brierydale Lane, Stainburn	(01900) 63412	DOCHERTY, M, The Priory Banklands, WORKINGTON	(01900) 602114
DICKEN, P, 3 Marshall Terrace, Shap	(01931) 716133	D, G, 38 Hartington Street, WORKINGTON	(01900) 386927	D, Peter, 15 Creswell Avenue, Carlisle	(01228) 540612
DICKER, G.G, 38 Fell View Park, Gosforth	(01946) 25041	D, G, Pennine View Pennine View, Penrith	(01768) 866898	DOCKER, E.C, 1 The Old Lonning Whiteclosegate, Carlisle	(01228) 522531
DICKEY, A.W, 4 Dale Clo, Cockermouth	(01900) 827023	D, G.F, 75 Ashfield Road, Workington	(01900) 62431	DOCKEY, A, 4 Dyke Nook, Frizington	(01946) 812862
DICKIE, H, 66 Lochinvar Close, Longtown	(01228) 642657	D, H, HOLLY HOUSE Armthwaite	(016974) 72289	D, I, Fell View Blitterlees Silloth, WIGTON	(016973) 33114
D, S, 5 Brier Close, Hayton	(01228) 670016	D, H, Cheryl Garth Ambleside Road, Keswick	(017687) 72231	D, J, Kelsick House Farm Kelsick	(016973) 61789
DICKIN, N.B, Yew Tree Cottage High Lorton	(01900) 85253	D, H, 34 Baird Road, Carlisle	(01228) 542444	D, J.N, Park House Farm Causewayhead	(016973) 31639
DICKINS, J, Watch Hill Cottage Nr. Aspatria, Wigton Cumbria	(016973) 21375	D, Mrs H, Mrs Alba Landa Corby Hill, Carlisle	(01228) 560875	D, S.L, 6 Nether View, Maryport	(01900) 814038
DICKINSON, A, Kirkbarrow Hall Greystoke	(017684) 83747	D, H, 1 Elizabeth Terrace, MARYPORT	(01900) 813215	DOCKERTY, M, 34 Albert Street, Longtown	(01228) 791992
D, Anne, Rolling Mill Cott Ellenborough Pl, Maryport	(01900) 814779	D, H, 31 St Mungos Close, Maryport	(01900) 815846	D, P, Chapel House 17 Bank Yard Road, Parton	(01946) 64540
D, A, 9 The Green, Dalston	(01228) 710722	D, I.T, Beck Farm Longtown	(01228) 792904	D, P, 1 Croft Close, Cumwhitton	(01228) 560882
D, C, 1 Rectory Road, Castle Carrock	(01228) 670411	D, J, Townfoot Farm Croglin	(01768) 896417	D, S.J, 8 Sandringham Avenue, Whitehaven	(01946) 61386
D, D, Eden Farm Kirkandrews-On-Eden	(01228) 765997	D, J, Laithes Farm Laithes	(017684) 896417	D, W, 22 Melbreak Close, Whitehaven	(01946) 84846
D, D, Leaside Bankfield, Beckermert	(01946) 841011	D, J, Beck Bungalow Longtown	(01228) 791376	D, W.T, 25 Valley Park, Whitehaven	(01946) 610196
D, D, 15 Copeland Avenue, Egremont	(01946) 825093	D, J, 3 Ingleswood Cottages Calthwaite	(01768) 885381	DOCKRAY, M, 11 Meadow View, Lowca	(01946) 66122
D, D, 8 Eterby Close, COCKERMOUTH	(01900) 822146	D, J, 3 Beech Close, Penrith	(01768) 210177	DOCKWRAY, I, 87 Rutland Avenue, Whitehaven	(01946) 66084
D, E, 17 Scawfell Crescent, Seascale	(01946) 727288	D, J, 55 Bransly Rd, Whitehaven	(01946) 64532	DOD, J, 18 Derwent Street, Workington	(01900) 66216
D, F, West Lea Cottage How Mill	(01228) 670541	D, J, 33 GRETA GARDENS Crow Park Road, Keswick	(016977) 73923	DODD, A, Kelleth Crossing Cottage Gaisgill	(015396) 23475
D, H.G, Tighnacollie Blackbank	(01461) 338247	D, J, 26 Darcy Street, Workington	(01900) 61160	D, A, 44 Briar Bank, Carlisle	(01228) 524642
D, I, Catterlen Lowther Street, Penrith	(01768) 840049	D, J, 24 Kirkfell Avenue, COCKERMOUTH	(01900) 379891	D, A, 51 Norfolk Street, Carlisle	(01228) 527641
D, J, 2 Low Moorlands, Dalston	(01228) 710552	D, J, 65 Pennington Drive, Carlisle	(01228) 522336	D, A, 72 The Crofts, Silloth, WIGTON	(016973) 32193
D, J, 6 Rydal Avenue, Maryport	(01900) 812125	D, J, 82 Scawfell Avenue, Workington	(01900) 62652	D, C, Ashcroft Oulton	(016973) 45383
D, J.S, Calthwaite Hall Lodge Calthwaite	(01768) 885422	D, J, 6 Stanley Crescent, Gilsland	(016977) 47441	D, C, Mountain View Tebay, Tebay	(015396) 24528
D, K.T, Heorha Harras Road, Harras Moor	(01946) 694692	D, J.C, Redmanhey Carleton	(01946) 812561	D, E, 53 Arlecdon Road, Arlecdon	(01946) 861124
D, M, 61 Loop Road North, Whitehaven	(01946) 693674	D, J & M.I, Hill Ho Fm Mawbray	(01900) 881223	D, E, 58 Upperby Road, Carlisle	(01228) 539053
D, M, 11 West Spur, Moor Row	(01900) 881400	D, J.T, 36 Headlands Drive, Whitehaven	(01946) 65721	D, G, 22 Dale Street, Carlisle	(01228) 537205
D, M.G, Jericho Mawbray	(01900) 881400	D, K, Hawthorn Hill Mawbray	(01900) 881460	D, J, 51 Thomson Street, Carlisle	(01228) 385263
D, M.M, Noble House Hutton End	(017684) 84283	D, Kathryn, Well Head Red Dial	(016973) 44673	D, K, 37 Coney Street, Carlisle	(01228) 819400
D, Mr Nigel, 124 Tribune Drive, Carlisle	(01228) 547882	D, K, 24 Highfields, Whitehaven	(01946) 695197	D, K.L, 1 Park View, Great Asby	(017683) 53482
D, R, 29 Cranbourne Street, Workington	(01900) 602434	D, K, 10 Howard Street, Penrith	(01768) 892028	D, L, The Heathers Penton	(01228) 577453
D, R, 53 East Norfolk St, Carlisle	(01228) 542518	D, K, 3 Lea Croft, Renwick	(01768) 898925	D, L, 14 Hazel Dene, Carlisle	(01228) 515221
D, R, 3 Fairhill Road, Penrith	(01768) 868759	D, K, 48 Tullie Street, Carlisle	(01228) 401916	D, L, 1 Howard Road, Brampton	(016977) 3852
D, R, 2 The Green, Hesket Newmarket	(016974) 78386	D, L, RICORA High Hesket	(016974) 73534	D, L, 2 Jericho Road, Whitehaven	(01946) 62473
D, S, 22 Skiddaw Road, Carlisle	(01228) 529599	D, L, 3 Dawson Street, Cleator Moor	(01946) 812959	D, Les, 14 The Green, Houghton	(01228) 527711
D, T, The Jinning Great Orton	(01228) 712642	D, L, 6 Hawksley Terrace, Workington	(01900) 606231	D, M, 12 Warwick Farm Warwick On Eden	(01228) 562934
D, T, Hillcliffe High Street, Brough	(017683) 41855	D, L, 3 Lowther Terrace, Penrith	(01768) 866029	D, M, 2 Jaysmith Close	

D, P, Croft Side Sockbridge, PENRITH.....	(01768) 866249	D, Robert, Snowder Cottage Holmrook	(019467) 24283	DUNBAR, A, Roanoke Evening Hill, Thursby	(01228) 710094
D, S.J, 8 Housesteads Rd, Carlisle	(01228) 533794	D, R, 19 Juniper Way, PENRITH	(01768) 862905	DUNBAVAN, T, 29 Merlin Drive, Moresby Parks	(01946) 64270
DODGSON, J, Pinley Cottage Dufton	(017683) 54107	D, R, 15 Primrose Crescent, Harrington	(01946) 832668	DUNCAN, A, 52 Brisco Meadows, Carlisle	(01228) 819415
D, Mrs Valerie, 12 Glebe Road, Appleby-In-Westmorland	(017683) 51272	D, S, 176 Stonegarth, CARLISLE	(01228) 526734	D, A, 50 Longholme Road, Carlisle	(01228) 550462
DODSON, J, 29 Station Street, Keswick	(017687) 44852	D, T, G, 2 Gowrie, Aspatia	(016973) 20582	D, B, 465 Warwick Road, Carlisle	(01228) 495847
DODWELL, S, Caravan 36, Ingleok Caravan Park Workington	(01946) 528037	DOUGLASS, Nurse L.R, Nunswood Berrier Rd, Greystoke	(017684) 83378	D, G, Floriston Rigg Blackford	(01228) 672047
DOE, W, 13 Byrnes Close, Plumpton	(01768) 885826	DOULIN, J, 5 Lakeland Park, Keswick	(01687) 90135	D, J.C, 1 Nightingale Court, Scotby	(01228) 513262
DOGGART, E, 30 Brook Street, Flimby, Maryport	(01900) 812151	DOUST, C, 22 Brunstock Close, Carlisle	(01228) 530826	D, M, 33 Hawkhead Avenue, Workington	(01900) 601430
DOHERTY, W, 49 Loop Road South, Whitehaven	(01946) 692954	DOUTHWAITE, A, Charles Garth Cottage Front Street, Orton	(015396) 24737	D, N, 1 Allandale Road, Carlisle	(01228) 537727
DOIG, I, Howgate House Souldby	(017683) 71689	D, M, 5 Eden Grange, Little Corby	(01228) 560768	D, R, 12 Croft Terrace, Penrith	(01768) 840631
DOLAN, A, 16 Victory Crescent, MARYPORT	(01900) 818335	DOVER, D, 19 Homewood Road, Whitehaven	(01946) 61365	D, R.L, 25 Gilbert Road, Cumsdersdale	(01228) 492782
D, Shirley, 11 Cant Crescent, Carlisle	(01228) 533955	D, K, 13 Laburnum Grove, Maryport	(01900) 817245	DUNGLINSON, D, 1 Fernleigh Close, Tallentire	(01228) 531736
DOLLARD, R, 61 Greystone Road, CARLISLE	(01228) 496725	D, K, Manor Heath Manor Brow, Keswick	(017687) 74371	DUNK, J, 112 Chesterholm, Carlisle	(01900) 826089
DOLOUGHAN, H, 92 Bransly Road, Whitehaven	(01946) 63698	D, M, Flat 8 Leonards Place Southey Street, Keswick	(017687) 72408	DUNKELD, N, 24 Kentmere Grove, Carlisle	(01228) 532565
DON, S, 16 Green Lane, Carlisle	(01228) 534851	D, P, Brackenleigh Old Brackenlands, Wigton	(016973) 42988	D, N, 89 Millriggs, Carlisle	(01228) 598131
DONACHY, C, 25 Pinfold Close, Cockermouth	(01900) 821207	DOW, Colette, 15 Garbridge Court, Appleby-In-Westmorland	(017683) 53887	DUNLOE, E, 11 Currock Road, Carlisle	(01228) 658006
D, J, 18 Langdale Drive, Cockermouth	(01900) 824265	D, E, 54 Borrowdale Road, Whitehaven	(01946) 591656	DUNLOP, Dr A, 27 Harrot Hill, Cockermouth	(01900) 821116
DONALD, A, Denton Mains Low Row	(016977) 47336	DOWDEN, Mr William, 18 Pennine View, Silloth	(016973) 31667	D, J.A, 2 Pembroke Place, Penrith	(01768) 868551
D, B, The Ling Welton, Carlisle	(016974) 76558	DOWDING, B, Highrigg Faugh	(01228) 670841	D, M, The Hollies Wordsworth Street, Penrith	(01768) 828990
D, C, Lamony Hall Lamony	(017684) 84200	D, N, 12 Meadow Court, Appleby-In-Westmorland	(01683) 52366	DUNN, B, 27 Dacre Road, Brampton	(016977) 2697
D, C, 24 Croftfield Road, Seaton, Workington	(01900) 269453	D, R, 9 Mill Hill, APPLEBY-IN-WESTMORLAND	(01683) 53620	D, C, Lowfield Cottage Penton	(01228) 577395
D, C, Allonby Cottage Langrigg, Wigton	(016973) 20133	D, R, 9 Mill Hill, APPLEBY-IN-WESTMORLAND	(016973) 43689	D, D, 66 St. Edmunds Park, Carlisle	(01228) 538614
D, H, 30 Briar Bank, Cockermouth	(01900) 827302	DOWELL, A, Mandalay Tenters, Wigton	(01228) 59031	D, E, 102 Westfield Drive, Workington	(01900) 66630
D, I, 40 Caldew Street, Silloth	(016973) 31648	D, C, 42 Langrigg Road, Carlisle	(016973) 44682	D, G, The Briars Threlkeld	(017687) 79396
D, I, Belle Vista Standingsone, Wigton	(016973) 44937	D, D, 26 Standingsone Heights, Wigton	(01228) 526866	D, J, 77 Lawson Street, Wigton	(016973) 22707
D, M, 13 Showfield, Brampton	(016977) 42719	D, D, 37 Wansfell Avenue, Carlisle	(01228) 542589	D, J, 6 Mayfield Avenue, CARLISLE	(01228) 524776
D, M, 90 Skinburness Road, Silloth	(016973) 31232	D, Pamela, 12 Cumwhinton Road, Carlisle	(01228) 534614	D, L, 4 Royal Drive, Egremont	(01946) 824924
D, N, Keetholme Lamony	(017684) 84573	D, T, 14 Naim Way, Carlisle	(016974) 72374	D, M, Beck House Cottage Embleton	(017687) 76513
D, R, 17 Castlerigg Drive, CARLISLE	(01228) 542751	D, R, Castle Croft Low Heskett	(016974) 73409	D, M, BECKFOOT HOUSE Hulton	(01931) 713535
D, S, Burgh Moor House Burgh-By-Sands	(01228) 576610	DOWIE, A.M, 136 Newtown Road, Carlisle	(01228) 539765	D, N.R, 4 Sweeneyhill Temple Sowerby	(01768) 888680
D, S, 4 Broadoaks Court, CARLISLE	(01228) 492595	DOWLING, C, 86 Dent View, Egremont	(01946) 821143	D, S, Flat 3 Sutcliffe House Corby Hill	(01228) 670209
D, S, 2 Doding House Hunter Lane, Penrith	(01768) 867775	D, M, Laybarrow Gallabarrow, Hayton	(016973) 22597	DUNNE, A, 1 Parkside Avenue, Cockermouth	(01900) 827404
D, S.W, The Beeches Lamony	(017684) 84409	D, S, 3 Moss Side Newtown Arlsh	(016973) 61899	DUNNETT, S, The Air Cadet Hut Howgill Square, Whitehaven	(01946) 61373
DONALDSON, Miss Alison, 131 Pennine Way, Carlisle	(01228) 390712	D, T, Clayton St. Kentigens Way, Aspatia, Cumbria	(01697) 58095	D, S, 8 Laurel Bank, Whitehaven	(01946) 599238
D, Dr B, 12 Lansdowne Grove, Whitehaven	(01946) 694744	DOWMAN, E, Brunswick Hall Brunswick Square, Penrith	(01768) 864314	DUNNING, C.M, Sunnyside Great Strickland	(01931) 712332
D, E, Threapthwaite Farm Bowthorn Road, Cleator Moor	(01946) 810278	DOWNES, A, 1 East View Road, Distington	(01946) 832875	D, J, LOW CHAPEL Orton	(015396) 24318
D, G.A.M, 15 East Park, Crofton	(016973) 42809	D, I, HIGH VIEW Railway Terrace, Aspatia	(016973) 22365	D, S, Raisgill Hall Tebay	(015396) 24418
D, Ian, 40 Limefree Crescent, Cockermouth	(01900) 828979	D, J, 37 Cragg Road, Cleator Moor	(01946) 815116	DUNSMOIR, D, 18 Bamcroft Avenue, Seaton	(01900) 62040
D, Karen, 8 Skelwith Close, Carlisle	(01228) 512103	DOWNEY, J, 89 Beech Grove, Stanwix	(01228) 533103	DUNSTAN, A, 8 Main Street, Dearham, Maryport	(01900) 813345
D, M, 10 Red Beck Park, Cleator Moor	(01946) 812694	DOWNIE, A, HILL CREST School Road, Cumwhinton	(01228) 560993	D, P, 16 Solway Drive, Anthorn	(016973) 52363
D, N.H.A, East House Coudertown	(01946) 822560	D, C.M, 1 Aikbank Cottages Calthwaite	(01768) 885421	DUNT, C, 44 Webster Crescent, Carlisle	(01228) 401659
D, R, Robert Street, Carlisle	(01228) 511327	D, J, 2 Bishops Mill, Dalston	(016974) 73433	DUNWOODY, J, 14 Oaktree Crescent, Cockermouth	(01900) 822041
D, S, 4 Brent Gardens, Penrith	(01768) 867949	D, J, 22 Muncaster Road, Whitehaven	(01946) 590475	DURBIN, P, Mount Pleasant Threlkeld	(017687) 79287
DONAUGHEE, A, 1 Stainburn Hall Cottages Stainburn Road, Workington	(01900) 379038	D, J, 22 Muncaster Road, Whitehaven	(01946) 861625	DURHAM, E, 14 Dent Place, Cleator Moor	(01946) 815520
D, D, 57 Derwent Avenue, Maryport	(01900) 814842	D, R, Manor Court High Street, Kirkby Stephen	(017683) 71256	D, J, 107 Beaumont Road, Carlisle	(01228) 531854
D, E, 385 Moss Bay Road, Workington	(01900) 64870	DOWNS, A.G, Woodlands Edenhall	(01768) 863131	D, M, Parkview Mill Street, Penrith	(01768) 890279
D, H, 38 Udale Road, Stainburn	(01900) 602195	D, J.M, 5 Myers Street, Keswick	(017687) 74016	D, S, 10 Grant Drive, Whitehaven	(01946) 61380
DONCASTER, J, 7A Orton Grange Park Grange Park Road, Orton Grange	(01228) 710766	D, S, 64 Castlerigg Drive, Carlisle	(01228) 818785	DUST, E, 17 Foster Street, Penrith	(017684) 28015
DONKIN, B, The Close Fletchertown	(016977) 44464	DOWNTON, F, 13 Keats Drive, Egremont	(01946) 821046	DUSTIN, H, Allan Hill Flimby Brow, Flimby	(01900) 812715
DONLAN, N, 76 Lowry Hill Road, Carlisle	(01228) 538743	DOWSON, A, Croft House Great Musgrave	(01683) 41337	DUTEANU, A, 47 Calder Avenue, Whitehaven	(01946) 64614
DONLEY, Brian, 12 Longlands Road, Carlisle	(01228) 523676	D, J.W, Homeleigh Kaber	(01683) 71285	DUTSON, A, Rosgill Hall Rosgill	(01931) 716195
DONNAN, M, 32 Jocks Hill, Brampton	(016977) 41943	D, M, 63 Castlesteads Drive, Carlisle	(01228) 530300	DUTTON, J, STATION HOUSE Station Crescent, Beckermert	(01946) 841828
DONNELLY, B, 12 Andover Close, Carlisle	(01228) 529175	D, P.J, South Bank Unthank	(01768) 881403	D, M, 9 Centurions Wlk, Carlisle	(01228) 542338
D, C, Hollynook Faugh	(01228) 670578	D, S, 2 Dobbinswood Lodge Watermillock	(01684) 86576	D, N, Pylewell Smithfield	(01228) 675397
D, F.G, 55 Holme Head Way, Carlisle	(01228) 530091	D, S, The Lodge Fawe Park, Keswick	(017687) 90355	D, P, 16 Brundholme Gardens, Keswick	(017687) 800558
D, J, Blencathra Mockerkin, Cockermouth	(01946) 862881	D, T, 5 Middle Howe, Rothwaite	(017687) 77651	D, P, Kisdon Faraday Road, KIRKBY STEPHEN	(017683) 72399
D, K, 5 Downfield La, Bigrigg	(01946) 811585	D, T, 5 Middle Howe, Rothwaite	(017687) 72365	DUXBURY, G.H, Scogarth Threlkeld	(017687) 79247
D, K, 22 Simmerson Drive, Carlisle	(01228) 549910	DOYLE, A, 98 Centurion Rise, Penrith	(01768) 866451	D'VAZ, P, High Dardale House Slaggyford	(01434) 381424
D, P, Hollynook Faugh	(01228) 670539	D, C, 7 Tynefield Drive, Penrith	(01768) 866589	DWYER, A, CAMELOT Tallentire	(01900) 822864
D, P.J, 42 Springfield Avenue, Whitehaven	(01946) 695370	D, Joseph, 31 Findlay Place, Workington	(01900) 886315	DYBA, T, 80 Shadygrove Road, Carlisle	(01228) 658511
DONOGHUE, J, Trawill Todhills	(01228) 674402	D, K, 43 Bamcroft Avenue, Workington	(01900) 550159	DYE, R, 12 Stanbeck Meadows, Workington	(01900) 67092
DONOHUE, V, 23 Hawkhead Avenue, Workington	(01900) 62659	D, S, 14 The Willows, Durdar	(01228) 544059	DYER, A, HILLTOP Glassonby	(01768) 870031
DONOVAN, A, 41 Briery Acres, Stainburn, WORKINGTON	(01900) 604872	DRAINER, G, 22 Eden Street, CARLISLE	(01228) 490025	D, A, 10 St. Helens Street, Cockermouth	(01900) 822303
D, E, 45 Hillcrest, Northside	(01900) 65338	DRAKE, A, Gabrocenti Low Moresby	(01946) 67160	D, D, 34 Denton Park, Gosforth	(01946) 25541
D, P, LOW GARTH Penrudeck	(017684) 83105	D, H, Old School Long Marton	(017683) 62662	DYER-BALLARD, P, 51 Union Street, Carlisle	(01228) 513845
DOOWIE, M, 21 Clifford Close, Penrith	(01768) 863987	DRANSFIELD, M, SUNNY COTTAGE Braithwaite	(017687) 78043	DYKES, Y, 23 Loweswater Clo, Cockermouth	(01900) 821177
DORAN, D, Breeze Hill Frizington Road, Cleator Moor	(01946) 813122	DRAPER, S, 16 New Street, Cockermouth	(01900) 829927	DZIATKOWSKI, M, Stafford Court Earl Street, Cleator Moor	(01946) 815197
D, D, 25 King Street, Cleator	(01946) 810784	DRELL, J, West Dene Threlkeld	(017687) 79642	EADEN, J, Whitrigg House Penrith	(017683) 98036
D, J, 50 High Road, Whitehaven	(01946) 693365	DREW, R, Bells Place Lowther Street, Whitehaven	(01946) 63333	EADON, H, Intake Mallerstang	(017683) 72149
D, L, 14 Birchdale Road, Carlisle	(01228) 512766	DRIFFIELD, C, 123 Blackwell Road, Carlisle	(01228) 529506	EALLES, P, 6 Meadowfield, Gosforth	(01946) 25289
D, L, 28 Valley Park, Whitehaven	(01946) 694368	DRINKALL, M, 6 Church Street, Moor Row	(01946) 815611	EARL, B, 108 Curwendale, Stainburn	(01900) 63440
D, M, 10 Beech Grove, Carlisle	(01228) 545220	DRINKWATER, D, 106 Ewanrigg Road, MARYPORT	(01900) 336744	E, B, 21 Pugin Street, Carlisle	(01228) 547481
D, M, 83 Clayton Avenue, CLEATOR MOOR	(01946) 812584	D, M, Glen Cottage Shop	(01931) 716054	E, D, 31 Cypress Way, Penrith	(01768) 863159
D, Mrs N, 298 Warwick Road, Carlisle	(01228) 510261	DRIVER, G, Flat 15B Princes Court Haig Road, Carlisle	(01228) 317531	E, D, 36 Meadow Way, MARYPORT	(01900) 813880
D, P, 11 Ghyll Grove, Lowca	(01946) 63948	DROUET, C, Ash Trees Halffield Dalston	(01228) 712281	E, J, Hazel Dene Wreay	(016974) 73680
D, P, 254 High Road, Whitehaven	(01946) 62357	DROZDOWSKA, W, 1 Hillcrest, Northside	(01900) 602489	E, K, 40 Fellview Drive, Egremont	(01946) 447760
D, R, 11 Robert Owen Avenue, Cleator Moor	(01946) 812257	DRUCE, R, 17 Dalton Street, Cockermouth	(01900) 827782	E, K, 7 Smithfield Road, Egremont	(01946) 825876
D, S, Howslacks Drybeck	(017683) 51683	DRUGGAN, Andrew, 3 Railway Terrace, Maryport	(01900) 817028	E, K, 1 The Croft, Long Marton	(017683) 62121
D, Sarah, 43 Borrowdale Road, Whitehaven	(01946) 64646	DRUMMOND, R.M, 24 Meadowfield Grove, Gosforth	(019467) 25264	E, M, 2C Castlegate, Penrith	(01768) 864906
D, S, 13 Whinnrigg Drive, Whitehaven	(01946) 694270	D, S, Crabstack Kings Meaburn	(01931) 714283	E, P, 5 Friars Rise, Penrith	(01768) 866584
D, W, 116 Tarnside Caravan Club Braystones	(01946) 841033	DRYDEN, J, Cowran Farm How Mill	(01228) 670911	E, Rodney, 28 Kelsick Park, Seaton	(01900) 66502
DOREEN-HARDY, S, 300 Skinburness Road, Skinburness	(016973) 31137	D, Mr M, 17 East View Road, Workington	(01946) 832628	E, R.H, Nook Farm Hayton	(01228) 670482
DORKEN, P, 21 Broomfallen Road, SCOTBY, CARLISLE	(01228) 513475	D, M, 3 Moat Terrace, Brampton	(016977) 41029	E, S, 13 New Road, Egremont	(01946) 821679
DORMAN, D, Hutton Marr School Hutton End	(017684) 84285	D, M, 2 Solway View, Hethersgill	(01228) 675519	E, S, 12 Pennine Close, Hackthorpe	(01931) 712809
DOTCHIN, W.M, Little Barn Cumcath Courtyard Station Road, Brampton	(016977) 3001	D, S, COLTSFOOT COTTAGE North End, Bolton	(01683) 62560	E, W, 11 Moss Bay Road, Workington	(01900) 64998
DOUGALL, A, 58 Meadowfield, Gosforth	(019467) 25191	D, Y, 15 Hillary Close, Salterbeck	(01946) 833258	E, W, 28 Springfield Avenue, WHITEHAVEN	(01946) 65777
D, L, 26 Cavaghan Gardens, Carlisle	(01228) 818511	DREYEL, R, WOODLANDS Lazonby	(01768) 898122	EARNSHAW, M, 3 Carleton Fields, Penrith	(01768) 899566
DOUGAN, A, 25 Hollins Park, Moor Row	(01946) 810279	DRYSDALE, E, 1 The Netherlands, Maryport	(01900) 812088	E, R, 44 Boroughgate, Appleby-In-Westmorland	(017683) 51985
D, Denise, 5 Glebe Lane, Distington	(01946) 834495	D, P, 5 Daleview Gardens, Egremont	(01946) 820279	EASDON, J, 10 The Green, victory crescent, mary port	(01900) 379507
D, J, 42 Coledale Meadows, Carlisle	(01228) 534853	DUBBERLEY, H, 18 New Street, Wigton	(016973) 26949	E, L.T, 2 Gilgaran	(01946) 830838
D, R, 136 Monkway Brow, Whitehaven	(01946) 395780	DUCKETT, M, Egils Hut Heggarscale Cottages Kaber	(017683) 72893	E, M, 19 Highmoor Bungalows, Wigton	(016973) 43337
D, W, Glen Head Whitehaven Road, Cleator Moor	(01946) 810394	DUCKETT-TAKACS, A, 44 Wasdale Park, Sealscale	(019467) 21827	E, R.D, 48 Central Road, Dearham	(01900) 815456
DOUGLAS, A, 1 Copperras Close, Workington	(01946) 831508	DUCKWORTH, J, Old Methodist Chapel Tirril	(01768) 868114	EAST, R, 65 Scotby Road, Scotby	(01228) 513633
D, Audrey, Hartside Garden Village, Newby West	(01228) 521653	D, W, Brimblemore Aglionby, Carlisle	(01228) 513247	EASTERBROOK, J, 31 Cammock Avenue, Carlisle	(01228) 533940
D, A, 1 Sleethbeck Road, Roadhead	(016977) 48468	DUDENEY, G, GOBLIN GILL COTTAGE Longtown	(01228) 577194	EASTHAM, L, 121 Holmrook Road, Carlisle	(01228) 558605
D, A.M, 14 Main Road, High Harrington	(01946) 831852	DUDLEY, D, 13 Hasell Street, Carlisle	(01228) 493061	E, N, 108 Housesteads Road, Carlisle	(01228) 525635
D, C, 34 Juniper Grove, Whitehaven	(01946) 696168	D, Neil, 198 Wigton Road, Carlisle	(01228) 537011	E, R, Peartree Farm Southwaite	(01697) 420017
D, G, 9 Richmond Terrace, Whitehaven	(01946) 62717	DUDMAN, J, 62 Main Street, Brampton	(016977) 2863	EASTLAND, R, 90 Bower Street, Carlisle	(01228) 512028
D, G, HILLTOP BARN Laithes	(017684) 84205	DUDSON, K, Dalkeith Monks Close, PENRITH	(01768) 863574	EASTON, J, 29 Pennine View, Silloth	(016973) 31005
D, G, Swainsteads Walton	(016977) 2547	D, K, 23 Pategill Court, Penrith	(01768) 895995	E, K, 4 Springkell, Aspatia	(016977) 44772
D, H, Rose Cottage Coudertown	(01946) 822573	DUERDEN, N, The Old Cottage Croglin	(01768) 896332	E, M, 1 Canny Croft, Penrith	(01768) 862307
D, H, 4 Browfield, Glenridding	(017684) 82106	DUIERS, Mrs D, 38 Dunnal Drive, Carlisle	(01228) 590763	EASTWOOD, C, 53 Henry Street, Cockermouth	(01900) 823121
D, J, CAMBECKHILL FARM Irthington	(016977) 41188	DUFF, Isabel, Monkcastle Bungalows Monkcastle	(016974) 73775	E, C, 34 Ramsay Brow, Workington	(01946) 413061
D, L.J, Woodhill Barn Gilsland	(016977) 47889	DUFFELL, R, 11 Sockbridge Drive, Sockbridge	(01768) 867921	E, D, 4 Santon Way, Sealscale	(019467) 28653
D, J, Chantelle Stainton	(01768) 864296	DUFFIELD, C, 17 Meadow View Park, Skinburness Drive, Wigton	(016973) 31484	E, J, 114 Lowry Hill Road, CARLISLE	(01228) 52985

ECCLESTON, W, 1 Horrock Leas Watermillock	(017684) 86983	ELDON, Mr William, 123 High Road, Whitehaven	(01946) 62669	ENGLISH, C.A.C, 24 Harvey Street, Carlisle	(01228) 523646
ECKERSLEY, L, 6 Chestow Close, Carlisle	(01228) 318457	ELDRIDGE, J, Orchard Cottage 4 London Row, Blindcrake	(01900) 824107	E, D, 14 Coledale Mews, Carlisle	(01228) 522050
ECROYD, E, Low House Armthwaite	(016974) 72591	ELECTRICITY		E, G, Smithy Fold Irving Vale Great Clifton, Workington	(01900) 604034
E, E.A, Folly Brow Armthwaite	(016974) 72458	Please see listings in Business & Services Section		E, Marian, 1 Cherry Garth, Cargo	(01228) 764781
E, F.A, The Folly Armthwaite	(016974) 72242			E, M, 39 Dunmallet Rigg, Carlisle	(01228) 541685
EDDINGTON, Daphne, Forest Ridge Braithwaite	(017687) 78366	ELIZABETH, P, St. Barnabas Rectory Brookside, Carlisle	(01228) 495464	E, Mrs M, Mrs Wave Crest 154 Skimburness Road, Wigton	(016973) 31502
EDDY, N, 4 Buffs Croft, Warwick-On-Eden	(01228) 561887	ELIZBETH ELLIS, B, 9 Esther Street, Carlisle	(01228) 318629	E, Steven, 16 Heysham Park Avenue, Carlisle	(01228) 527273
EDIE, David, Ingleton Prospect	(016973) 20598	ELKERTON, L, 19 Derwentdale Gardens, Cockermouth	(01900) 829951	ENWINI, A, 183 Holmrook Road, Carlisle	(01228) 539376
EDEMAMNRIA, E, 58 Fifth View Walk, Workington	(01900) 269539	ELLERBECK FARM & FISHERIES, Ellerbeck Fishery Brigham,		ENNIS, J, 30 Hillcrest Avenue, Carlisle	(01228) 527463
EDEN, Mrs B, Mrs 17 Pulton Road, Carlisle	(01228) 631406	Brigham	(01900) 825268	EPGRAVE, C, 9 Laburnum Way, PENRITH	(01768) 867022
E, S, North House Helton	(01931) 712558	ELLERTON, Mr Phillip, 24 Brentfield Way, Penrith	(01768) 866534	E, F, 17 Anchor Close, Penrith	(01768) 862251
EDGAR, A, 38 Almery Drive, Carlisle	(01228) 528699	ELLINGSEN, S, Cheyne House Little Corby Road, Little Corby	(01228) 561560	E, G, 31 Willow Close, Penrith	(01768) 895662
E, A, 5 Derwent Avenue, Seaton, Workington	(01900) 601933	ELLINGTON, F, 9 Cross Street, Whitehaven	(01946) 592301	EPPI, P.A, 1 The Chestnuts, Distington	(01946) 832600
E, A, 27 Holme Riggs Avenue, Penrith	(01768) 865127	ELLIOT, A, 4 Hawksdale Pastures Welton Road, Carlisle	(01697) 428607	ERLSTON, R, Eryri Broughton Park, Great Broughton	(01900) 824594
E, C, 38 Irish Street, Whitehaven	(01946) 691304	E, Audrey, 12 Woodend Drive, Carlisle	(01228) 549646	ERRINGTON, A, 12 Hothfield Court,	
E, Mrs Christine, 42 Willow Close, Penrith	(01768) 867171	E, Chris, Holmside Gosforth	(019467) 25527	Appleby-In-Westmorland	(017683) 53476
E, D, 21 Gelsdale Avenue, CARLISLE	(01228) 520069	E, C, 5 Crossfield, Carlisle	(01228) 513254	E, J, ladywood house roundthorn, penrith	(01768) 867681
E, D, 13 Inglewood, Waverton	(016973) 43114	E, I, OLD POST OFFICE Bridgefoot	(01900) 67301	E, K, Ash View Scaleby	(01228) 675080
E, Donald, 61 Longlands Road, Carlisle	(01228) 512430	E, I, 20 Swinburn Drive, Carlisle	(01228) 511252	E, Mrs M, Primrose Bank Penrith	(01768) 210413
E, D, Ingils Court 31 Pecklewell Lane, Maryport	(01900) 267048	E, J, 66 Mallyclose Drive, Carlisle	(01228) 526591	E, M.J, 3 The Terrace, Kirklington	(01228) 675321
E, D, 100 Roads Place, Kirkoswald	(01768) 898840	E, J, 137 Newtown Road, Carlisle	(01228) 492495	E, Neil, 156 Moorhouse Road, Carlisle	(01228) 536254
E, D, 3 Sheila Fell Close, Aspatria, WIGTON	(016973) 23764	E, LV, 69 Main Street, Distington	(01946) 830504	E, W, WOODLANDS Wetherall Pasture	(01228) 561015
E, E, 3 Bruntley Meadows, Alston	(01434) 312416	E, Mary, Glendale Front Street, Alston	(01434) 381350	ESPLIN, I, Flecketh House Helton	(01931) 712232
E, G, 8 Ellen Court Church Terrace, Maryport	(01900) 810632	E, N, 49 Swan Street, Longtown	(01228) 791536	ETCHELLES, Dr P.J, Abbey Farm Cottage Abbey Road, St. Bees	(01946) 821534
E, F, Long Longlands Lees Hill, Brampton	(01697) 508362	E, P, Fell View Wetherall	(01228) 560759	ETHERINGTON, B, 41 Mayfield Avenue, CARLISLE	(01228) 543308
E, I, 25 Queen Street, Penrith	(01768) 606776	E, R, 6 Low Byer Park, Alston	(01434) 341294	EUBANK, H, Barugh Farm Waverton	(016973) 42580
E, J, Long Ridge Aglionby, CARLISLE	(01228) 513243	E, R, 12 Robinson Avenue, Carlisle	(01228) 401106	E, T.A, 9 Low Moorlands, Dalston	(01228) 710096
E, J, 193 Brampton Road, Carlisle	(01228) 535208	E, S, 45 Brooklands Avenue, MARYPORT	(01900) 818085	EVANS, A, Whitrigg Villa Whitrigg	(016973) 52337
E, J, 50 Main Street, St. Bees	(01946) 824815	E, V, 3 The Hawthorns, Keswick	(017687) 44205	E, A, 14 Low Seaton	(01900) 62610
E, J, 27 Newlands Park, Workington	(01900) 62303	ELLIOTT, A, Woodville Murton	(017683) 51771	E, A, 12 Keele Terrace, Cleator Moor	(01946) 812782
E, J.I, 8 Alder Rd, Penrith	(01768) 865757	E, A, 39 Elterwater Avenue, Workington	(01900) 393536	E, A, 52 Lowca Lane, Seaton	(01900) 68663
E, J.W, Border View The Flatt Kirkbampton	(01228) 576068	E, D, 14 Sunscapes Avenue, Cockermouth	(01900) 828262	E, A, 4 North Street, Maryport	(01900) 812525
E, K, Top Cottage Dalston	(016974) 76505	E, E, Blitterlees Farm Blitterlees	(016973) 31461	E, A.M, Mountain View Welton	(016974) 76460
E, N, 126 Upperby Road, Carlisle	(01228) 543735	E, E, 15 Trinity Court, Whitehaven	(01946) 62694	E, C, Mill Inn Mungisdale	(017687) 79877
E, P, 18 Orchard Road, Wigton	(01697) 388748	E, F, 53 Scaw Road, High Harrington	(01946) 831001	E, C, 63 Santon Way, Seascale	(019467) 28142
E, R.S.J, Meadowville West Road, Wigton	(016973) 43159	E, F, Westcroft West Street, Wigton	(016973) 43653	E, C, 19 Upperby Court, Carlisle	(01228) 272796
E, S, GREENSYKE Kirkbampton	(01228) 576289	E, H, The Beachcomer Ocean Walk, Parton	(01946) 692568	E, D, 77 Greystone Road, Carlisle	(01228) 524398
E, S, 64 Elterwater Avenue, Workington	(01900) 604755	E, I, 3 Type Close Terrace, Penrith	(01768) 899985	E, D, 2 Penny Hill Park, Penrith	(01768) 840286
E, Mr Stuart, 13 Faustlin Hill, Carlisle	(01228) 658143	E, Rev.I.D, 1 West End Road, Orton	(015396) 24441	E, D, 15 Silloth Street, Carlisle	(01228) 598707
E, S, 43 St. Edmunds Park, Carlisle	(01228) 536187	E, J, STONE BARN Farlam	(016977) 46089	E, E, SUNNYSIDE How Mill	(01228) 670024
E, W, 499 Durdar Road, Carlisle	(01228) 511451	E, J, 4 Egerton Grove, Carlisle	(01228) 528409	E, Irene, 113 Corporation Road, Workington	(01900) 61631
E, W, 10 Little Sandhill, Kirkoswald	(01768) 870920	E, J, 1 Epsland Close, Newton Reigny	(01768) 891901	E, J, Terregles Ainstable	(017687) 869978
E, W, 58 Tomlin Avenue, Whitehaven	(01946) 63853	E, J, 5 Haggat End Close, Egremont	(01946) 451676	E, J, 1 Woodleigh, Walton	(016977) 42122
EDGE, A.J, 4 Inglewood Court, Hutton End	(017684) 84754	E, J, 125 Scotland Road, Carlisle	(01228) 819472	E, K, Hallbank Cott Embleton	(017687) 76620
E, E, BRANDRETH Heads Nook	(01228) 560501	E, J.M, 62 King Street, Aspatria	(016973) 22116	E, K, 11 Margaret Street, Flimby, Maryport	(01900) 812493
E, J, Cairn Bridge House Heads Nook	(01228) 560350	E, K, 4 Bleng Avenue, Whitehaven	(01946) 447794	E, K, 21 Scholars Green, Wigton	(016973) 43558
E, P, LONGLANDS VIEW Kiln Brow, Cleator	(01946) 811505	E, K, 209 Moss Bay Road, Workington	(01900) 605984	E, M, Davicote Gilsland	(016977) 47609
EDGER, S, 41 Stainburn Road, Stainburn	(01900) 65091	E, K, 15 Warnell Drive, Carlisle	(01228) 523211	E, M.C, Westmoor House Lamplugh Road, Cockermouth	(01900) 823172
EDMONDSON, A, 13 EDMOND CASTLE Corby Hill	(01228) 670374	E, L, 16 Salkeld Road, Langwathby	(01768) 881502	E, M.R, Gatefoot Bampton	(01931) 713645
E, A, 11 Eden Mount, PENRITH	(01768) 866097	E, M, 7 Gosforth Road, Carlisle	(01228) 535180	E, Philip, 64 Row Brow Park, Dearham	(01900) 817563
E, A, 7 Gilgarran Park, Gilgarran	(01946) 830339	E, M, 5 Riverside, Kirby Stephen	(017683) 71453	E, Ruth, 36 Coniston Avenue, Seascale	(019467) 29774
E, B, 20 Lonsdale View, Dearham	(01900) 814620	E, M, 55 Stanley Road, Brampton	(016977) 3487	E, S, 30 Daleview Gardens, Egremont	(019467) 48548
E, E.A, 2 The Avenue, Bassenthwaite	(017687) 76530	E, Mrs A.I, Meadow View, Lowca, Whitehaven	(01946) 61748	E, S, 65 Shaw Wood Road, Carlisle	(016973) 49847
E, G, Augill Castle Farm Brough	(017683) 41525	E, Mrs 6 Threave Court, Riverside Way, Carlisle	(01228) 402301	E, T, Tarnrigg Moor Oulton	(016973) 43007
E, J, 75 Ling Beck Park, Seaton	(01900) 601656	E, P, 41 Beaconsfield Street, Carlisle	(01228) 593852	E, W, Stanley Hall Embleton	(017687) 76532
E, M, 147 Harrington Road, Workington	(01900) 601426	E, R, CROFT HOUSE Low Row	(016977) 46738	E, W, 2 Petteril Green Great Orton	(01228) 712843
E, Mrs M, 7 High Meadow, Carlisle	(01228) 520149	E, R, HUYCUP HOUSE Murton	(017683) 52000	EVE, A, Johnston House Ewanrigg	(01900) 813309
E, M, 92 Ling Beck Park, Workington	(01900) 61129	E, R, 27 Parham Drive, Carlisle	(01228) 541708	E, E, 49 Carloli Drive, CARLISLE	(01228) 528125
E, P, Inglewood Edge Cottage Dalston	(017684) 84436	E, S, 2 Beckside Close, Cockermouth, Cumbria	(01900) 823785	E, J, 51 Meadow Way, Maryport	(01900) 817908
E, P, Badgers Rake Wreay	(016974) 73631	E, S, 1A Pinfold Street, Workington	(01900) 870070	EVEN, D, 37 Thornton Road, WHITEHAVEN	(01946) 64564
E, R, 39 Walls Road, Salterbeck	(01946) 833730	E, W, 30 Newfield Drive, Carlisle	(01228) 381344	EVERATT, P.V, Pennine Vw Gamblesby	(01768) 881728
E, T, 14 Bridge End Court Wakefield Road, Cockermouth	(01900) 826850	E, W.D, 10 Springfield Avenue, Whitehaven	(01946) 694861	EVERETT, R.S, Ling Close Barn Calthwaite	(01768) 885515
E, W, Ravencragg Howtown	(017684) 86538	ELLIS, A, 42 Derwent Bank, Seaton	(01900) 603601	EVESON, D, 9 Old Hall, Cleator	(01946) 813490
EDMUNDS, K, Meadow Bank High Lorton	(01900) 85315	E, A.J, 12 Gray Street, Workington	(01900) 604741	EWART, G.D, 1 Powdrake Crescent, Longtown	(01228) 791333
EDMUNDSON, B, Rimsdale Ho Castle Carrock	(01228) 670274	E, D.A, Townhead Farm Kirkland Road, Skirwith	(01768) 88630	EWBANK, A.M, Broad Lea Long Marton	(017683) 61126
EDWARDS, A, 29 Ringington Way, PENRITH	(01768) 865970	E, E, 10 Pinfold Close, Cockermouth	(01900) 829827	E, C.G, Tarn Hill Clifton Dykes	(01768) 891768
E, A, Meadow Cottage Sandwith, Whitehaven	(01946) 599089	E, G, 1 James Street, Maryport	(01900) 413211	E, E, Hill Crest Bungalow Bongate,	
E, A.D, Hill Top Buckabank	(01228) 710524	E, M, 128 Lonsdale View, Maryport	(01900) 810134	Appleby-In-Westmorland	(017683) 52679
E, A.J & J.M, Holme St. Cuthbert Vicarage Mawbray	(01900) 881303	E, M, 28 Scamere Drive, Penrith	(01768) 862178	E, G, 6 Salkeld Road, Langwathby	(01768) 881994
E, C, 16 Beckgreen, Egremont	(01946) 822638	E, M, 38 Briar Rigg, Keswick	(017687) 73340	E, J, GREENACRES Bongate, Appleby-In-Westmorland	(017683) 51421
E, D, The Stables Thistlewood Dalston	(016974) 76212	E, R, 2 Carleton Meadows, Penrith	(01768) 864117	E, T, Broad Oaks Bolton	(017683) 62746
E, D, 24 Brunswick Square, Penrith	(01768) 868340	E, S, 12 Whitecroft Court, Maryport	(01900) 813844	E, T, ROSE Cottage Bongate, Appleby-In-Westmorland	(017683) 51530
E, D, 2 Near Park, Scotby	(01228) 631157	E, T, 43 Blencarn Park, Rockcliffe	(01228) 672037	E, T.M, Eden Holme Salkeld Road, Langwathby	(01768) 881358
E, D, 18 Thornton Road, Whitehaven	(01946) 694200	E, W.E & P.M, Midwood Ridge Park, Frizington	(01946) 813232	EWELS, B, 28 The Parklands, Cockermouth	(01900) 825732
E, D.P, Ring Gate Cottage How Mill	(01228) 670323	ELLISE, L, 12 Moresby Parks Road, Whitehaven	(01946) 67730	EWEN, J.M, 7 Mosedale Crescent, Maryport	(01900) 814693
E, G, 22 Milner Mount, Penrith	(01768) 865521	ELLISON, G, 21 Woodstock Lane, Whitehaven	(01946) 691500	EWIN, D, 9 Croft View Milburn	(017683) 61432
E, Mr Gareth, 31 Park End Road, Workington	(01900) 268884	E, H, Armdale 8 Beacon Park, Penrith	(01768) 862069	E, J, 21 Highfield Gdns,	
E, G, 7 Skitby Road, Kirklington	(01228) 675228	E, K, The Spur Carlisle, Burgh-by-S	(01228) 576602	(016973) 45169	
E, G, 18 Thwaiteville, Whitehaven	(01946) 67309	E, L, 9 Dean Close, Frizington	(01946) 810124	E, M, 7 Holme Court, Appleby-In-Westmorland	(017683) 53857
E, M, 58 Arlecion Parks Road, Arlecion	(01946) 861688	E, T, 98 George Street, Whitehaven	(01946) 695970	E, R, 4 The Croft, Great Strickland	(01931) 712622
E, M, 5 Fairhill Close, Penrith	(01768) 865449	E, V, Eden Holme Beach Road, St. Bees	(01946) 822537	E, T, Black Syke Farm Sandford	(017683) 51621
E, M, 26 The Crescent, Thornhill	(01946) 823949	ELLWOOD, B, 24 Croft Close, Brough	(017683) 42097	EWING, A, 19 Priorwood Close, Carlisle	(01228) 535247
E, R.G, 3 Croft Terrace, Beckermeth	(01946) 841734	E, D, Fell View Great Salkeld	(01768) 898398	E, P, 74 Inglewood Crescent, Carlisle	(01228) 537525
E, S, White House Knock	(017683) 61311	E, H, Eastfield Great Salkeld	(01768) 898003	EWINGS, Mr G, 82 Yewdale Road, Carlisle	(01228) 739744
E, T, 3 Raiselands Croft, PENRITH	(01768) 606231	E, H, The Bungalow Newby	(01931) 714239	EWURUM, C, 133 Rydal Street, Carlisle	(01228) 496403
EELBECK, J, GOWAN LEIGH Aspatria	(016973) 21153	E, J, Flat 1 13 Newlands Terrace, Penrith	(01768) 892033	EXETER, J, Helm Side Brackenber	(017683) 53653
EGAN, J, 8 Acer Grove, Whitehaven	(01946) 694801	E, M, 9 Bromley Street, Workington	(01900) 604941	EXLEY, P.S, Apple Tree Mealgate	(016973) 71200
E, L, 69 Valley Pk, Whitehaven	(01946) 690173	E, Martyn, 45 Coronation Drive, Salterbeck	(01946) 832935	EYLES, J, Banks Head Brampton	(017683) 52839
E, L.M, 71 Croft Avenue, Penrith	(01768) 862764	E, M, 33 Cranbourne Street, Workington	(01900) 672751	EYRE, A, Lorne Farm Abbeytown	(016973) 61851
EGERTON, C, Far Hornsby Gate Armthwaite	(01768) 896265	E, M.E, Verandah Cottage Kings Meaburn	(01931) 714366	FABI, G, Spring Cottage Tirril	(017684) 86585
E, F, West Lodge Ireby	(016973) 71583	E, P, School House Langrigg Warcop	(017683) 41506	FAGAN, J, 2 Rose Lane, Cockermouth	(01900) 824246
EGGLESTONE, K, Greencroft Irton	(019467) 24658	E, P, 27 Penzance Street, Moor Row	(01946) 814175	F, W, 52 Scamere Road, Maryport	(01900) 381744
E, S, 13 Croft Vw, Long Marton	(017683) 62071	E, P, 88 Skimburness Road, Silloth, WIGTON	(016973) 33103	FAHEY, A, Omega 6 Drawbriggs Mount, Appleby In Westmorland	(017683) 52305
EGGLETON, A, 11 Brundholme Gardens, Keswick	(017687) 28576	E, P.R, 65 Eaglesfield Street, Maryport	(01900) 813851	52305	
EGREMONT, E, Coach House Cockermouth Castle Castlegate,		E, R, Row End Farm Warcop	(017683) 41524	FAICHNEY, D.A, 8 Melbreak Close, Whitehaven	(01946) 695945
Cockermouth	(01900) 826271	E, R, 4 Townfoot, Alston	(01434) 381193	FAILL, S, APRIL LODGE Long Marton	(017683) 62214
EHIOGIE, Mrs Patience, 83 Bower Street, Carlisle	(01228) 318829	E, W, 36 Yeowartville, Workington	(01900) 606972	FAIRBAIRN, C, Thornby Moor House Thornby Moor	(016973) 43160
EICHSTADT, G, 28 Lochinvar Close, Longtown	(01228) 791582	ELSBY, W, 43 Blencathra Street, Keswick	(017687) 72940	F, F, Flat 29 St. Cuthberts Court Myddleton Street,	
EICKHOFF, C, GARTHDALE Braithwaite	(017687) 78342	ELSWORTH, K, 88 Creighton Avenue, Carlisle	(01228) 533747	Carlisle	(01228) 530920
ELBECK, A, 2 East View, Aspatria	(016973) 22173	ELTON, R, School House Iegvill	(016974) 73615	F, F, Wild Goose Cottage Overburn, Alston	(01434) 382948
E, F, 4 Fair View, Egremont	(01946) 820602	ELWEN, C.J, Boon Hill Farm Farlam	(016977) 46264	FAIRBROTHER, W, 13 Hilton Terrace, Whitehaven	(01946) 691620
E, H, 5 Brookside, Cleator	(01946) 812407	ELYSEE BEAUTY & AESTHETICS, 16 St. Cuthberts Lane,		FAIRCLOUGH, R, 4 South Wakefield Close, Carlisle	(01228) 531697
E, M, 94 Main Street, Hensingham	(01946) 67880	Carlisle	(01228) 582222	FAIRER, J, 6A Moss Grove, Shop	(01931) 716916
E, M, 59 Waver Street, Wigton	(016973) 32211	EMERSON, C, Bridge End Clifton	(01768) 210180	F, J.M, Fothergill House Shop	(01931) 716181
E, N, Plumblund Farm Plumblund	(016973) 20332	E, Mrs Clare, 8 Brookside, Penrith	(017684) 28369	F, S, 3 Fell Croft, Penrith	(01768) 866407
E, P, Criffell Cottage Beckfoot	(016973) 32762	E, C, Windyhaugh Station Road, Brampton	(016977) 3362	FAIREY, S, 2 Alms Houses, Great Asby	(017683) 53609
E, P, 1 Common Side, Workington	(01946) 443286	E, G, Holly Cottage Helton	(01931) 712783	FAIRFIELD, H.D.T, 17 Ruskin Drive, Whitehaven	(01946) 694932
E, P, 177 Holmrook Road, Carlisle	(01228) 533772	E, G, 33 Stainton Road, Carlisle	(01228) 592510	F, J, Appletrees The Heads, Keswick	(017687) 80400
E, P, 14 Pearson Close, Moor Row	(01946) 812708	E, J, 3 Grahams Rigg, Bolton	(017683) 62748	FAIRHURST, Mrs J, 8 Ghyll Road, Workington	(01900) 604751
E, Mr William, 1 Loweswater Avenue, Workington	(01900) 61521	E, J, 3 Grahams Rigg, Bolton	(017683) 62913	FAIRLESS, D, Thorneidge Station Road, Cumwhinton	(01228) 562638
ETE, M, 92 Dalston Road, Carlisle	(01228) 541957	EMERY, K, Stoney Brook All, Cotehill	(01228) 560181	FAITH, Mr Alan, 45 Ramplin Pastures,	
EL HAJ, K, Banks Foot Farm Banks	(016977) 42427	EMERY-BROWN, S, Low Flowery Hill Rowelton	(0169		

F, N, 1 Temple Terrace, Aspatria, Wigton.....	(016973) 23518	F, H, 44 Montreal Avenue, Cleator Moor.....	(01946) 812048	FINNERTY, M, Dolphin House Askham.....	(01931) 712320
F, T, 14 Church Meadows, Great Broughton, COCKERMOUTH.....	(01900) 826104	F, M, Mountain View Moor Road, Great Clifton.....	(01900) 62864	FINNEY, M, 13 Moat Street, BRAMPTON.....	(016977) 42807
FALDER, J.E, Brow Cottage Moss Edge, Hethersgill.....	(01228) 675690	F, P, 2 Rydal Drive, Cockermouth.....	(01900) 822982	FINNIGAN, J.S, 3 Netherby Drive, Carlisle.....	(01228) 522582
F, P, 3 Stanley Road, BRAMPTON.....	(01697) 543060	FEELY, Mr D, Wragmire House Cottage Cotehill, Carlisle.....	(01228) 561997	FIRE	
FALINSKI, J, 13 Burn Street, Longtown.....	(01228) 791948	FEENEY, S, MISS Clifton Lodge Great Clifton.....	(01900) 605295	In Emergency dial 999 and ask the operator for Fire	
FALKNER, J, 16 Denton Park, Gosforth.....	(019467) 25720	FELL, A.B, Southmead Great Salkeld.....	(01768) 870588	See business section for full list of entries.	
F, 1, 22 Whole House Road, Seascale.....	(019467) 21852	F, B, Chapel Farm Keswick.....	(017687) 76495	FIRMIN, E.M, 41 Currock Park Avenue, Carlisle.....	(01228) 539191
F, J.M.S, The Rectory Gosforth.....	(019467) 25251	F, B, Tiletote Orton Grange.....	(01228) 710748	FIRTH, C, 6 Trinity Way, Keswick.....	(017687) 74347
FALLAH, F, 1 Holme Farm Court, Cumwhinton.....	(01228) 560304	F, C, 38 Croft Court, Wigton.....	(016973) 42495	FISH, M, Megadee Embleton.....	(017687) 76623
FALLON, J, 24 Victoria Road, Workington.....	(01900) 604540	F, Eric, Courtlands Highmoor Bungalows, Wigton.....	(016973) 43794	F, M, 63 Cumberland Road, Hensingham.....	(01946) 590750
FALLOWS, R, 33 Hunters Drive, Seaton, WORKINGTON.....	(01900) 870492	F, F, 33 Stockwell Road, Blackwell, Carlisle.....	(01228) 539185	FISHER, A, 3 Little Corby Road, Carlisle.....	(01946) 861471
FAMELTON, G, Milestone Cottage Bankfoot Greenhead.....	(016977) 47385	F, J, Stock Hill Kennels Aspatria.....	(016973) 22612	F, A, 53 Merton Park, Arlecdon.....	(01946) 861541
FARAGHER, L, 4 Horsfield Close, Whitehaven.....	(01946) 395118	F, J, 26 Main Street, Cockermouth.....	(01900) 824716	F, Brenda, 32 Croft Close, Brough.....	(017683) 41698
F, Pauline, 141 Corporation Road, Workington.....	(01900) 61801	F, K, 20 Whinlatter Way, Carlisle.....	(01228) 537867	F, B, 15 Graham Street, Carlisle.....	(01228) 472401
FARE, J, 22 Wadsworth Park, Branthwaite.....	(01900) 66691	F, M, 15 Rufus Road, Carlisle.....	(01228) 631669	F, C, Carleton Hall Carleton.....	(019467) 24680
FARENDEEN, P, Honeysuckle Lodge Kirkhouse.....	(016977) 46144	F, M.E, Wakegreen Torpenhow.....	(016973) 71855	F, C, Dunrea House Warcop.....	(01768) 877956
FARISH, A, 18 Waver Lane, Wigton.....	(016973) 43394	F, Mr Rew, 46 Bounty Avenue, Maryport.....	(01900) 269751	F, C.A, Coach House Evening Hill, Thursby.....	(01228) 712875
F, E, 11 Harker Road Ends.....	(01228) 674097	F, R, 37 Howrigg Bank, Wigton.....	(016973) 43942	F, C.N, Dufton House Ivegill.....	(016974) 76243
F, E, 12 Gilgarran Park, Gilgarran.....	(01946) 830028	F, R, 48 Pincroft, Carlisle.....	(01228) 531412	F, C.T, 33 Victoria Road, Carlisle.....	(01228) 520724
F, G.A, 5 Rudechester Close, Carlisle.....	(01228) 533510	F, R.H, Oak Lea Portinscale.....	(017687) 72884	F, D, Sandsclose Moresby Parks.....	(01946) 64720
F, J, 45 Mayo Park, Cockermouth.....	(01900) 824829	F, S, 28 Meadow Road, Wigton.....	(016973) 45938	F, D, 13 St. Edmunds Park, Carlisle.....	(01228) 548283
F, S, 7 Rye Hill Road, Flimby.....	(01900) 814731	F, S, 29 Trinity Drive, Northside.....	(01900) 602307	F, E, 54 Solway Road, WHITEHAVEN.....	(01946) 64793
F, Mr T, 35 Stackbraes Road, Longtown, Carlisle.....	(01228) 791968	F, T, 45 Sealegate Road, Carlisle.....	(01228) 530631	F, E, 46 The Gardens, Whitehaven.....	(01946) 61818
FARKINS, J, 2 Quakers Lane, Penrith, Cumbria.....	(01768) 863748	FELLOWS, M, 9 Ratcliffe Place, Keswick.....	(017687) 71031	F, G, LATRIGG VIEW Applethwaite.....	(017687) 74199
FARLAM, D, 4 High Street, Whitehaven.....	(01946) 64717	FENNESSEY, P, 15 Elterwater Av, Workington.....	(01900) 66383	F, G, Lochinbrigg Armathwaite.....	(016974) 72325
FARLEY, S, 12 Well Bank Place, Carlisle.....	(01228) 511361	FENTON, A.L, 10 Scau Road, High Harrington.....	(01946) 831151	F, G, Sunnyside Kirklington.....	(01228) 272652
FARMER, C, 1 Well Bank, Carlisle.....	(01228) 494859	F, Mr Dale, Fell View House School Road, Carlisle.....	(01228) 318061	F, G, 5 Clifton Street, Carlisle.....	(01228) 535017
F, G, 35 Norfolk Street, Carlisle.....	(01228) 536494	FENWICK, A, The Green Tirril.....	(01768) 863233	F, G, 4 Oakbank, Whitehaven.....	(01946) 62912
F, J, 88 Levens Drive, Carlisle.....	(01228) 515988	F, R, Richardson) Newtown Farm Newtown.....	(01900) 881430	F, G, 70 Sheffield Street, Carlisle.....	(01228) 533440
FARNABY, B.T, Lambfield Raughton Head.....	(016974) 76418	F, R.J, Moor House Farm Calderbridge.....	(01946) 841062	F, G, 8 Trinity Drive, Northside.....	(01900) 64373
FARNALL, G.A, Dickens House Heskett Newmarket.....	(016974) 78469	F, R.C, Flat 4 Royal Oak New Street, Keswick.....	(017687) 71394	F, G.E, 10 West Lane, Shap.....	(01931) 716034
F, J, 59 St. Andrews Road, Stainburn.....	(01900) 605298	FERGUSON, A, Lovat Haze Arthuret Road, Longtown.....	(01228) 791393	F, H, 81 Burnfoot, Wigton.....	(016973) 49331
FARNWORTH, P, Rose Cottage Wreay, Carlisle.....	(016974) 75617	F, A, 4 Coniston Crescent, Workington.....	(01900) 605748	F, H, 21 Runnerstone Court, Carlisle.....	(01228) 492726
FARQUHAR, K, 6 Hutton Hill, Penrith.....	(01768) 865281	F, A, 8 Larch Drive, Stanwix.....	(01228) 596164	F, H, Abbeyfield Wetheral Pasture, CARLISLE.....	(01228) 560791
FARQUHARSON, N, 2 Castle View, Hayton.....	(01228) 670580	F, A, 19 Ullswater Road, Carlisle.....	(01228) 597572	F, I, The Close Silloth.....	(016973) 32551
FARR, S, 13 West View Road, Distington.....	(01946) 328178	F, B, 19 Heron Drive, CARLISLE.....	(01228) 490271	F, I, New Legion Club Bransy Road, Whitehaven.....	(01946) 66409
F, T, 14 East View Road, Workington.....	(01946) 328426	F, B.C, 198 Hebdens Avenue, Carlisle.....	(01228) 531545	F, J, How End Farm Carlisle.....	(01228) 791466
FARRAGHER, E, 2 Byron Street, Workington.....	(01900) 605345	F, C, 40 Merith Avenue, Carlisle.....	(01228) 490419	F, J, Carlisle Underskiddaw.....	(016973) 73120
FARRAR, M.B.K, Westgate Cottage Milburn.....	(017683) 61688	F, C.F, 126 Newtown Road, Carlisle.....	(01228) 536928	F, J, 3 South View Westlinton.....	(01228) 791433
FARRELL, C, 130 Tulip Gardens, Penrith.....	(01768) 895973	F, D, 63 Beaver Road, CARLISLE.....	(01228) 530599	F, J, 58 Croftlands, Biggig, Egremont.....	(01946) 443991
F, J.A, Soutermoor Rowelton.....	(016977) 48279	F, D, ENNERDALE HOUSE The Groves, Whitehaven.....	(01946) 65441	F, J, Calgarth Flimby Brow, Flimby.....	(01900) 813444
F, M, Berisfield Aspatria.....	(016973) 21553	F, E, 47 Harrot Hill, Cockermouth.....	(01900) 821661	F, J, 180 Harrington Road, Workington.....	(01900) 604344
FARREN, E, 8 Hopedene, Cleator Moor.....	(01946) 812667	F, E, 4 Millcroft, Carlisle.....	(01228) 526812	F, J, 1A Hensingham Road, Whitehaven.....	(01946) 692185
F, W.F, 42 Hespik Raise, Carlisle.....	(01228) 538195	F, G, 13 Currock Mt, Carlisle.....	(01228) 520196	F, J, 2 Stable Court How Bank, Egremont.....	(01946) 822099
FARRER, J, 8 Croadalla Avenue, Egremont.....	(01946) 440988	F, G, 22 King Street, Aspatria.....	(016973) 21004	F, J, 22a Roper Street, Workington.....	(01900) 269763
F, J.P, West Highberries Scaleby.....	(01228) 675210	F, G, 40 Milburn Court, Seaton.....	(01900) 604209	F, Miss Jen, 11 St. Aidans Road, Carlisle.....	(01228) 494323
F, S, 2 Red Beck Park, Cleator Moor.....	(01946) 811558	F, I, Neva Bank All, Wigton.....	(016973) 44489	F, J.L, Kaber.....	(017683) 71267
FARRIES, G, Nearstain Stainburn Road, Stainburn.....	(01900) 602133	F, I, Acom Bank Carlisle, Wetheral.....	(01228) 561434	F, K, 4 Beech Grove, Workington.....	(01900) 603409
FARRIMOND, P, Woodcroft Farlam.....	(016977) 46225	F, I, 3 Lanning Foot, Rockcliffe.....	(01228) 319686	F, K, 30 Milton Drive, Workington.....	(01900) 603179
FARRIS, P, Three Beeches Deanscales.....	(01900) 821801	F, I.D, Askew House Bowness-On-Solway.....	(016973) 51673	F, K, 2 St. Elizabeths Close, Carlisle.....	(01228) 491069
FARROW, A, Bomby Waters Bampton.....	(01931) 713238	F, J, Rowelton House Rowelton.....	(016977) 48654	F, M, Lees Field Faraday Road, Kirby Stephen.....	(017683) 71240
FAULDER, B, Midtown Barn Unthank.....	(01228) 710147	F, J, 4 Arnside Road, Carlisle.....	(01228) 318024	F, M, 2 Inglewood Court, Carlisle.....	(01228) 531153
F, D, 30 Lingeydale, Dalston.....	(01228) 710782	F, J, 2 King Street, MARYPORT.....	(01900) 818289	F, M, 5 Waters Meet, Warwick Bridge.....	(01228) 562545
F, L, Nichol House Lazonby.....	(01768) 898512	F, Kenneth, 11 Harold Street, Carlisle.....	(01228) 535234	F, P, 41 Bishops Way, Dalston.....	(01228) 712365
F, M, Linton House Caldew Road, Carlisle.....	(01228) 525969	F, K, 4 Honister Road, Whitehaven.....	(01228) 693277	F, P, 69 Frizington Road, Frizington.....	(01946) 815488
F, R, Amazon House Dovenby.....	(01900) 826219	F, K, Priory Nook Moorhouse Road, Carlisle.....	(01228) 524302	F, R, Haber Crosby Ravensworth.....	(01931) 715235
F, R, WHEAT FIELDS Thursby.....	(016973) 45406	F, Michael, The Gables Blencog.....	(016973) 61042	F, R, Swallow Barn Scalelands Fm Parkside.....	(01946) 817162
FAULDS, D, Sharpe House Caldbeck.....	(016974) 78205	F, M, Manor Cottage Wetheral.....	(01228) 561897	F, R, 15 Coopers Close, High Heskett.....	(016974) 73844
FAULKNER, G, 28 The Ferns, Egremont.....	(01946) 820521	F, M, 56 Highmoor, Cumbria.....	(016973) 44099	F, R, Rosebank Cross Lane, Wigton.....	(016973) 44671
F, J, Fell Foot Askham.....	(01931) 712174	F, M, 19 Mount Pleasant Road, Carlisle.....	(01228) 532962	F, Susan, How Ghyll Applethwaite.....	(017687) 72523
F, J, BARN CROFT Culgaith.....	(01768) 88204	F, M.A, 15 Wythburn Road, Whitehaven.....	(01946) 66358	F, S, 8 Croft View, Long Marton.....	(017683) 62987
F, Nicky, 33 Moor Crescent, Longtown.....	(01228) 792722	F, R, 6 Treetops, Egremont, Biggig.....	(01946) 814013	F, S, 2 Steer Avenue, Maryport.....	(01900) 817676
F, R, Unit 1 Brackenhill.....	(01228) 791318	F, S, WHITEGATE Drigg.....	(019467) 27969	F, V, 4 King Street, Aspatria.....	(016973) 23010
FAUNCH, F, 9 Lonsdale View, Dearham.....	(01900) 815760	F, S, 31 Almyer Drive, Carlisle.....	(01228) 532955	F, W, 3 Near Park, Scotchby.....	(01228) 513374
FAWCETT, A.W, Blencow House Blencow.....	(017684) 83037	F, S, 21 Ling Beck Park, Workington.....	(01900) 602662	F, W, 28 Station Road, Dalston.....	(01228) 710672
F, B, Doe Hill Netherdown Road, St Bees.....	(01946) 822667	F, S, 6 The Nook, Great Broughton.....	(01900) 827205	FISHWICK, N, Keld House Keld.....	(01931) 716576
F, B, 6 Priory Close, Frizington.....	(01946) 810864	F, S.M, Kuchlakh Hallbankgate.....	(016977) 46347	FISHER, P, Burn Rigg Ennerdale.....	(01946) 861622
F, C, BLACKBURN HOUSE Aspatria.....	(016973) 22821	F, T.D, 25 Longhouse Crescent, Carlisle.....	(01228) 524033	FITZGERALD, H, CORBET NOOK Oulton.....	(016973) 44415
F, G, Sunny Croft Croglin.....	(01768) 896692	F, W, Sanden Crest Abbeytown.....	(016973) 61038	F, M, Swallow Barn Low Green Farm Gilcrux.....	(016973) 20204
F, G, 6 Scau Road, High Harrington, Workington.....	(01946) 831491	F, William, 7 Carvoran Way, Carlisle.....	(01228) 543337	FITZGIBBON, Thomas, 4 Glebe Close, Keswick.....	(017687) 71136
F, Judith, 4 Wandsworth Gardens, Shap.....	(01931) 716533	F, W, 1 Elm Villas Elm Terrace, Penrith.....	(01768) 868364	FITZMAURICE, K, 109 Whenside, Carlisle.....	(01228) 615390
F, M, 7 Percy Road, Carlisle.....	(01228) 532022	F, FERNIE, M, 2 Rosemary Close, Whitehaven.....	(01946) 40553	FITZPATRICK, Ann, 22 McCarron Close, Maryport.....	(01900) 819297
F, M, 73 Scotby Road, Scotby.....	(01228) 513686	F, FERON, E, Meadowcroft Waterside, Wigton.....	(016973) 44252	F, C, 44 Lindsfame Street, Carlisle.....	(01228) 597101
F, N, 132 Pategill Road, PENRITH.....	(01768) 865816	FERRIBY, A, Westbrook Burgh-By-Sands.....	(01228) 575060	F, C, 61 Newland Drive, Carlisle.....	(01228) 520880
F, S, SPRINGBANK Langwithby.....	(01768) 881959	F, D.H, South Grange Longthwaite Road, Wigton.....	(016973) 43351	F, G, 3 Lonsdale Terrace, Penrith.....	(01768) 863813
F, S, 7 Ladyseat Gardens, Longtown.....	(01228) 792277	FERRINGTON, K, 12 Penny Hill Pk, Penrith.....	(01768) 210513	F, I.F, Lochranza Crosscanonby.....	(01900) 816962
F, S, 13 Parklands Crescent, Penrith.....	(01768) 899436	FERRIS, Richard, Bushy Bank Monkhill.....	(01228) 576767	F, J, 113 Birks Road, Cleator Moor.....	(01946) 813765
F, W, 5 Lawson Street, Carlisle.....	(01228) 548259	FERUSON, Sabrina, 4 Habernain Lane, Crosby Ravensworth.....	(01931) 715220	F, John, 8 Derwent Meadows, Stainburn.....	(01900) 61578
FAWKES, M, 47 Furze Street, Carlisle.....	(01228) 520442	FETHERSTONHAUGH, T, THE COLLEGE Kirkoswald.....	(01768) 898207	F, M, 34 Crossfield Road, Cleator Moor.....	(01946) 810606
F, R, Grange Bank Cross Lane.....		F, Tim, 1 The Square, Kirkoswald.....	(01768) 898249	F, S, 21 Carlisle Road, Dalston.....	(01228) 712630
	(016973) 43554	FIC, M, 52 Sunnymede, CARLISLE.....	(01228) 497799	F, Mrs S, Mrs 38 Croftfield Road, Workington.....	(01900) 379652
F, R, 7 Walk Mill, Dalston.....	(01228) 710936	FIDDLER, J, Lynngarth Low Heskett.....	(016974) 73594	FITZSIMMONS, A, 11 Brookside, Carlisle.....	(01228) 380232
FAWSTITT, N, 6 Belah Crescent, Carlisle.....	(01228) 520284	F, J, 48 Kendal Street, Carlisle.....	(01228) 539515	FITZSIMMONS, A, 40 Burton High Close, Harras Moor, WHITEHAVEN.....	(01946) 693063
FAZZALARO, V, 64 Church Meadows, Cockermouth.....	(01900) 379520	F, J, 17 Mayfield Avenue, Carlisle.....	(01228) 642788	F, M, 5 The Promenade, Maryport.....	(01900) 814784
FEARN, J, 180 Scotland Road, Carlisle.....	(01228) 526889	F, J.H, 26 Grange Avenue, Flimby.....	(01900) 816361	F, R, 10 Fountains Avenue, Workington.....	(01900) 62885
F, L, The Oak The Oak, Carlisle.....	(016974) 76487	F, K, 5 Greymoor Way, Carlisle.....	(01228) 594819	F, T, 16 Muncester Road, WHITEHAVEN.....	(01946) 61525
F, M, 3 Winskill Terrace, Nenthead.....	(01434) 382194	F, M, 41 Maxwell Drive, Kingstown.....	(01228) 493482	F, V, 26 Daleview Gardens, Egremont.....	(01946) 822168
F, P, 14 Lamb Lea, Lazonby.....	(01768) 898742	F, P, 228 Yewdale Road, Carlisle.....	(01228) 539310	FITZWILLIAM, A, 9 Newlands Park, Workington.....	(01900) 606624
FEARNLEY, F, 5 Green Houses, Culgaith.....	(01768) 88428	FIDLER, E, 18 Caldew Close, Carlisle.....	(01228) 549147	F, J, Edendale Ennerdale Road, Cleator Moor.....	(01946) 812500
FEARON, A, MANOR HOUSE Cleator.....	(01946) 811559	F, M, 28 Grange Avenue, Flimby.....	(01900) 813615	F, J, 79 Grasmere Avenue, Workington.....	(01900) 605708
F, B, 125 The Parklands, Cockermouth.....	(01900) 550175	F, FIELD, A.E, Dale Cottage Braithwaite.....	(017687) 78439	FIZIO, Nick, Flat 41 Higginson Mill Denton Mill Close, Carlisle.....	(01228) 409031
F, Mr D, 63 Arlecdon Road, Frizington.....	(01946) 862438	F, Mrs Jane, 1 Thornedge Gardens, Carlisle.....	(01228) 312781	FLANAGAN, C, 11 The Oval, Whitehaven.....	(01946) 62705
F, D, 92 Newlands Park, DEARHAM, MARYPORT.....	(01900) 814137	F, K, 7 Newlands Place, PENRITH.....	(01768) 868003	FLANNERY, C, 30 Ghyll Park, Little Broughton, Cockermouth.....	(01900) 822339
F, E, 43 Cumberland St, Workington.....	(01900) 605686	F, T, 6 Falcon Place, Moresby Parks.....	(01946) 691366	FLEET, J, 2 Eskdale Avenue, Seascale.....	(019467) 28718
F, G, 6 Well Lane, Maryport.....	(01900) 336818	F, T, 6 Irthing Court, Irthington.....	(016977) 2279	F, L, The Cottage Flat Higher Barton Temp Seascale.....	(019467) 28416
F, H, Fell View Farm Branthwaite.....	(01900) 601117	FELDEN, Mrs J, Mrs Black Bull 36 Boroughgate, Appleby-in-Westmorland.....	(017683) 52604	F, M, 12 Ashburn Croft, Greystoke.....	(017684) 80169
F, Adm H, Fell View Cottage Branthwaite.....	(01900) 608487	FELDER, P, Flat 45 Woodlands Bridge Lane, Penrith.....	(01768) 840672	F, R, 11 Bank Road, Workington.....	(01900) 603682
F, Julie, Camomile Long Close Isel.....	(017687) 76251	FIELDING, G, 2 Woodside Av, Cockermouth.....	(01900) 829037	F, R, 23 Thurston Drive, Wigton.....	(016973) 26237
F, J, 8 Lostrigg Close, LITTLE CLIFTON, WORKINGTON.....	(01900) 602407	F, S.K, 33 Fell View Park, Gosforth.....	(019467) 25565	F, S, The Dykes 1 Manor Park, Keswick.....	(017687) 72091
F, J, 5 Park Links, Frizington.....	(01946) 815038	FIFIELD, S.P, 2 Old Tannery Temple Sowerby.....	(017683) 62086	FLEMING, A, 6 Brackenhill Lane, Cockermouth.....	(01900) 827292
F, J, 35 Tower Hill, Whitehaven.....	(01946) 694911	FIGG, J, Grayrigg Grange.....	(016977) 77607	F, D, 122 Valley Drive, CARLISLE.....	(01228) 533654
F, L, Highberry House Gilcrux.....	(016973) 22888	FILIPPOPOULOS, F, 81 Bracken Ridge, Carlisle.....	(01228) 592817	F, E, 14 Belgravia, Appleby in Westmorland.....	(017683) 52154
F, Lindsey, 5 Farmers Way, Flimby.....	(01900) 819864	FINCH, B, 2 Parkers Croft, Shap.....	(01931) 717506	F, E, 79 Warnell Drive, Carlisle.....	(01228) 515257
F, M, Boltongate, Wigton.....	(016973) 71520	F, E, Trevelyan Motherby.....	(017684) 80554	F, F, 8 Winder Gate, Frizington.....	(01946) 812966
F, M, 18 Criffel Avenue, Maryport.....	(01900) 817994	FINDLEY, D, 22 Pinewoods, Gilgarran, Workington.....	(01900) 68511	F, J, 5 Wansfell Avenue, Carlisle.....	(01228) 547901
F, M, 69 Eck Street, Silloth.....	(016973) 32336	F, Mr T, Middlegate, Workington.....	(01946) 691643	F, J, Eine Holme Armathwaite.....	(016974) 75886
F, M, 30 Frizington Road, Frizington.....	(01946) 443892	FINLAY, C, 26 Westmorland Road, Hensingham, WHITEHAVEN.....	(01228) 546627	F, J, East View Upton, Caldbeck.....	(016974) 78480
F, M, Flat 33 Fairview Court South End, Wigton.....	(0				

F, C, 12 Oakley Avenue, High Harrington	(01946) 833583	F, C, 23 Nairn Way, Carlisle	(01228) 536706	F, D, 54 Broadacres, High Harrington	(01946) 831826
F, D, 2 MIDTOWN COTTAGES High Harrington	(01946) 830033	F, C, 3 West Street, Fletchertown	(016973) 71373	F, D.C. Almar Main Road, Flimby	(01900) 812585
F, D, 75 Brierydale, Salterbeck	(01946) 830147	F, C, 25 Woodlands, Great Corby	(01228) 561583	F, F, 8 Daleview Gardens, Egremont	(01946) 823894
F, G, SKIDDAW VIEW Moored, Thursby	(01228) 712374	F, D, 78 Ridges Bassenthwaite	(017687) 76368	F, H, 76 Norbeck Park, Cleator Moor	(01946) 841716
F, G, Beck Cottage Melmerby	(01768) 889372	F, D, Solway View Newton Arlosh	(016973) 51238	F, J, Essenden 12 Scaw Road, High Harrington	(01946) 830330
F, G, Accrington House Accrington Terrace, Wigton	(016973) 43706	F, D, 24 Hallisenna Road, Seascale	(019467) 28540	F, K.W, 9 Kipling Avenue, High Harrington	(01946) 830608
F, G, 14 Sycamore Drive, Seaton	(01900) 67958	F, Mrs Diane, 23 Well Lane, Maryport	(01900) 392698	F, V, 13 Wesley Street, Workington	(01900) 66887
F, J, Water Floss Aikton	(016973) 42787	F, D.W, 10 Rye Hill Road, Flimby	(01900) 817187	FEARS, A, 9 Sandringham Avenue, Whitehaven	(01946) 66082
F, J, Hawthorn Cottage Bassenthwaite Lake, Cockermouth	(017687) 76781	F, E, 22 Chertsey Bank, Carlisle	(01228) 520175	F, J, Blossom 4 Low Corkickle, WHITEHAVEN	(01946) 430091
F, J, 25A King Street, Maryport	(01900) 386765	F, E, 2 Stephenson Lane, Brampton	(016977) 42586	FREEMAN, Gyn, Middle Farm Fingland	(016973) 51752
F, J, 25 King Street, MARYPORT	(01900) 812399	F, G, ACRE Cottage Aspatria	(016973) 21777	F, G, 2 Merchant House Two Lions Square, Penrith New Squares	(01768) 89970
F, J, 15 Meadow Vale, Seaton	(01900) 606441	F, G, Croft Ho Alkhead,	(016973) 42516	F, Mrs L, Mrs The Old Barn Murton, Appleby-in-Westmorland	(017683) 53518
F, J, LITTLE MOOR Moor Road, Great Broughton	(01900) 826648	F, G, Park House Brampton, Brampton	(01434) 312086	F, M, High House Farm Holmrook	(019467) 24209
F, J.P, Southward Rockcliffe	(01228) 674632	F, G, 41 Burnrigg Court Burnrigg, Carlisle	(01228) 595539	F, N, 22 Beaufort Avenue, High Harrington	(01946) 830810
F, K, 27 Kipling Avenue, High Harrington	(01946) 831714	F, H, 22 St Andrews Close, Thursby, Carlisle	(01228) 712186	F, O, 34 Grey Street, Carlisle	(01228) 597721
F, L, 31 Newlands Park, WORKINGTON	(01900) 63400	F, J, Laburnham House Murton	(017683) 52582	F, P, 4 Howard Park, Penrith	(017684) 80849
F, Mrs Margaret, 2 Spring Field Road, Maryport	(01900) 812761	F, J, Springlea Newton Arlosh	(016973) 52915	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, N, 4 Glebe Crescent, Appleby-in-Westmorland	(017683) 53930	F, J, 32 Barrowmoor Road, Appleby In Westmorland	(017683) 53281	F, S, 79 The Parklands, Cockermouth	(01900) 827243
F, R, Broomriggs House Hayton	(01228) 670282	F, J, 41 Barton Dale, Penrith	(01768) 339370	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, Mr Stefan, The Bungalow Maryport Social Club Ltd, Meaport Road	(01900) 815528	F, J, 6 Griffel Avenue, Maryport	(01900) 813459	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
FINN, E, 10 Jacktrees Crescent, Cleator Moor	(01946) 810804	F, J, 8 Longthwaite Crescent, Wigton	(016973) 44523	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, J, 25 King Street, Carlisle	(01228) 402863	F, J, 93 Loop Road North, Whitehaven	(01946) 66936	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, P, 33 Cumwhinton Road, Carlisle	(01228) 538053	F, J.E, 12 Strawberry Terrace, Carlisle	(01228) 525926	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, S, 16 Mallicks Drive, Carlisle	(01946) 549162	F, J.W, 43 Yewdale Road, Carlisle	(01228) 523621	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, T, 11 Fell Close, Wigton	(01946) 813556	F, K, Froddle Crook Armthwaite	(016974) 72360	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, T, 11 Fell Close, Wigton	(01946) 813556	F, K, Kevin, 3 Mill Road, Glasson	(016973) 52483	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
FLOOD, E, Little Chomlea Renwick	(01768) 896510	F, K, 39 Sandy Lanning, Maryport	(01900) 817504	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
FLOOK, M, GLENGARTH Low Moresby	(01946) 61033	F, L, 150 Bowser Street, Carlisle	(01228) 930226	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
FLOWER, J.F, Bernefelles Culgaith	(01768) 88469	F, L, 13 Solway View, Kirkbampton	(01228) 576395	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, W, Ellen Hall Gilcrux	(016973) 21439	F, M, Brookhill Aikton	(016973) 45224	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
FLOWERBANK, T, Bankdale Farm Wreay	(016974) 73847	F, M, Unit 2 Kirkbride Airfield, Kirkbride	(016973) 52283	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
FLYNN, B, 19 Jacktrees Crescent, Cleator Moor	(01946) 812297	F, M, 4 The Courtyard, Castle Carrock	(01228) 670400	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, Jamie, Kerbank Beckermert	(01946) 841996	F, M.J, Beech Croft Sowerby Row	(016974) 76124	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, R, 6 Meadow Close, Gosforth	(019467) 25675	F, N, Willow Garth Watch Hill	(016973) 20995	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, S, 11 Fell Close, Wigton	(016973) 26024	F, N, 3 Guards Villa Abbeytown	(016973) 61623	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, T, 8 Whoof House, Carlisle	(01228) 493440	F, N, Cherry Croft Cherry Croft, Wigton	(016973) 43527	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
FOGGO, H, 60 Main Road, High Harrington	(01946) 528412	F, N, 18 Thirlmere Avenue, Cockermouth	(01900) 829742	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
FOGO, M, 96 Aglonby Street, Carlisle	(01228) 492537	FOSTER PALMER, L, 24 Gifford Crescent, Carlisle	(01228) 597165	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
FOLEY, C, Alpine Lodge Blackford	(01228) 674645	FOSTER, R, 1 Mealo Cottages Alonby	(01900) 881272	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, T, 48 Cumwhinton Road, Carlisle	(01228) 525754	F, R, 10 High Hill, Keswick	(017687) 72989	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
FOLKES, J, 32 Scawfell Crescent, Seascale	(019467) 29785	F, R, Flat 2 Knorren Lodge Walton, Brampton	(016977) 2637	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
FONE, B, 23 Belah Crescent, Carlisle	(01228) 542683	F, S, 21 Cedar Crescent, Maryport	(01900) 818360	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
FONTANA, Paula, 48 Almerly Drive, Carlisle	(01228) 520959	F, S, 22 Daleview Gardens, Egremont	(01946) 821220	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, S, 142 Hebden Avenue, Carlisle	(01228) 540184	F, S.P, 82 Springfields, Wigton	(016973) 44715	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, T, 17 Lindisfarne Street, CARLISLE	(01228) 549788	F, T, Rye Hill Sebergham	(016974) 76634	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
FONTANILLA, M, 9 Cumberland Road, Whitehaven	(01946) 443291	F, T, 14 Dale View, Cockermouth	(01900) 829845	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
FOOT, S, Two Beeches Dufton	(017683) 52184	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
FOOTS, A, 9 Skinner Street, COCKERMOUTH	(01900) 386734	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
FORBES, J, Hedgelea Blooming Heather, Maryport	(01900) 268803	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
FORD, C, Ashmont Graham Street, Penrith	(01768) 868414	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, C, 20 Grasmere Avenue, Workington	(01900) 604395	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, D, 40 Main Street, St. Bees	(01946) 822514	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, J.B, 39 Lowmoor Road, Wigton	(016973) 42020	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, M, 3 Farlam House Barns Farlam	(016977) 46700	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, M, 17 Baird Road, Carlisle	(01228) 402776	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, R, 79 Moresby Parks Road, Moresby Parks, Whitehaven	(01946) 66406	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, R, 49 The Green Dalston, Carlisle	(01768) 710563	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, R, Emmanuel Church Vulcans Lane, Workington	(01900) 607099	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, T, Blaven Burgh-Bay Sands	(01228) 576436	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, W, 45 Oaktree Crescent, Cockermouth	(01900) 824461	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
FORDECATWELL, D, 48 Tomlin Avenue, Whitehaven	(01946) 65482	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
FORESTER, A, 23 Sycamore Drive, LONGTOWN, CARLISLE	(01228) 495124	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, B, Cobble Hall Thomas Close	(017684) 84316	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, C, 32 Milton Road, Egremont	(01946) 328394	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, J, 18 High Green Croft, Carlisle	(01228) 545710	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, J.K, Sykeside Kirklington	(01228) 675698	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
FORLOW, R, 4 High Burnthwaite Cottages Durdar	(01228) 712751	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
FORREST, D, Overbeck Lazonby	(01768) 870828	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, G, Hindriggs Cottage, Brow Farm Dufton	(017683) 53966	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, I.J, Ivy House Cumwhinton	(01228) 561851	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, R, Newlands Bungalow Drybeck	(017683) 51237	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
FORRESTER, A.T, 9 Falcon Mews, Carlisle	(01228) 549074	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, Mrs E, Old Forge House Nost, Sockbridge, Penrith	(01768) 862350	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, G.T, Clints Cottage Blindcrae	(01900) 825642	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, H, 10 Whinfield Road, Bolton	(017683) 61147	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, J, 31 Briery Acres, Workington Cumbria	(01900) 602858	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, R, 7 Falcon Mews, CARLISLE	(01228) 490293	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, S, Tanderagee Mealsgate	(016973) 71983	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, S, The Chase Wigton	(01697) 388611	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, T, Howberry Blackford, Carlisle	(01228) 675558	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
FORSYTH, M.C., Long View Wilton	(01946) 820043	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
FORSTER, B, Smithsteads Bewcastle	(016977) 48268	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, C, Holme End Crosby On Eden	(01228) 573992	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, C, 25 Highwood Crescent, Carlisle	(01228) 527010	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, D, Fellview Fingland	(016973) 52161	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, G, 77 Upperby Road, Carlisle	(01228) 542540	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, G.S, Brackenthwaite Heads Nook	(01768) 896671	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, H, Kernal Hill Rowelltown	(01228) 675911	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, G, 3 Parkhead Road, Brampton	(016977) 2892	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, I, Ayle Well Ayle Alston	(01434) 381618	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, I.W, 16 Netherend Road, Penrith	(01768) 863808	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, J, The Vicarage Houghton, Carlisle	(01228) 515406	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, J, HERDLEA Lanercost Road, Brampton	(016977) 41591	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, L, Carrock View Warwick On Eden	(01228) 898446	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, Mrs L, 54 Rashdall Road, Carlisle	(01228) 540456	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, M, Ashgrove Wigton, Wigton	(01228) 495607	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, S, Smithsteads Bewcastle	(016977) 48482	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, S, 62 Borland Avenue, Carlisle	(01228) 493222	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, T.M, Slackhead Cottage Irthington	(016977) 2627	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
FORSYTH, Mrs A, 22 Forest Hill, Carlisle	(01228) 527346	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, C, 32 Barton View, Penrith	(01768) 862248	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, D, 17 Carleton Drive, Penrith	(01768) 864374	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, D, 28 Lakehead Court, Keswick	(017687) 74253	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, E, 45 Lowther Street, Penrith	(01768) 863346	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, J, 26 Scaleby Close, Carlisle	(01228) 591407	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946) 833486
F, L, 257 Blackwell Road, CARLISLE	(01228) 512262	F, W, 15 Coalfell Av, Carlisle	(01228) 543697	F, S, 58 Harringdale Road, High Harrington	(01946)

G, Denise, 21 Longthwaite Crescent, Wigton	(016973) 44297	G, J.S, 5 Cold Springs Park, Penrith	(01768) 862322	G, R.W, 1 Newlands Park, Workington	(01900) 603125
G, J, 34 Carleton Drive, Penrith	(01768) 866659	G, M, 2 Crossfell View, Temple Sowerby	(01768) 61034	G, S, 60 Newlands Pk, Dearham	(01900) 815178
G, J, Flat 1 The Hollies High Street, Keswick	(017687) 74467	G, M, The Cottage Queen Street, Cleator Moor	(01946) 812794	G, S.M, 73 Raiselands Croft, Penrith	(01768) 866367
G, L, 16 Maple Grove, Stanwick	(01228) 472730	G, Mrs Margaret, 31 The Crofts, Wigton	(016973) 32248	G, T, Daionmar 8 Green Close, Crosby	(01900) 814272
G, M, Whitriggs Hill Drigg Road, Seascale	(019467) 29013	GATES, G, High Bank House Egremont	(01946) 820419	G, V, Woodside House Main Street, Greysouthen	(01900) 829700
G, S.L, 1 Strawberry How, Cockermouth	(01900) 821485	G, K, 29 The Crest, Whitehaven	(01946) 447565	G, W, 14 Latrigg Street, Silloth	(016973) 31252
GALLERY, C, GILL COTTAGE Gosforth	(019467) 25114	G, S, Yew Tree House Skelton	(01684) 84860	G, W.H, 41 Main Street, Parton	(01946) 63059
GALLETLY, P, Hirst Cottage Ellenborough	(01900) 815084	G, S, 15 Acorn Bank, Cleator	(01946) 813748	G, W.J, 43 Scotby Road, Scotby	(01228) 513378
GALLOWAY, C, 31 Howard Park, Greystoke	(017684) 83698	GATHERER, A, 32 Throstle Avenue, Wigton	(016973) 26910	GIFFORD, F, Moorale View Garrigill	(01434) 381688
G, D, Crosby Mill Cottage Crosby Garrett	(017683) 71198	G, R, 40 Trumpet Terrace, Cleator	(01946) 811353	GIL URBANO, M, 3 Lark Field, Penrith	(01768) 864524
G, L, Flat 2 25 Aglionby Street, Carlisle	(01228) 495030	GATTWARD, M, The Hollies Watermillock	(017684) 86877	GILBANKS, P, The Woodlands Thurstonfield	(01228) 576223
G, S, 50 Arthur Street, Penrith	(01768) 864309	GATTY, D, 33 Standingstone Heights, Wigton	(016973) 45150	GILBERT, C, Hayton Lodge Wigton	(016973) 20137
G, W.T, Rose Cottage Little Corby Road, Little Corby	(01228) 560351	G, J, Edelweiss Bassenthwaite	(017687) 76475	G, C, 21 Brackenlands, WIGTON	(016973) 26624
GALPIN, E, 9 Uldale View, Egremont	(01946) 821639	G, P, Nook House Ireby	(016973) 71374	G, C, Maudsley Farm Station Road, Drigg	(019467) 24348
GALVIN, T, Carwinley Mill House Carwinley	(01228) 577491	G, P, 218 Blencowe Street, Carlisle	(01228) 537675	G, G.S, 28 Ashley Street, Carlisle	(01228) 810543
GAMBERINI, L, SYCAMORE LODGE Tallentire	(01900) 823811	G, P, Nook House Ireby	(01228) 533846	GILDEA, Jane, 78 Windmill Lane, Cockermouth	(01900) 827211
GAMMAGE, N, Garden House Kirkhouse	(016977) 46732	G, Mr Michael, 24 Winton Crescent, Carlisle	(01228) 546773	GILDER, M, 8 Caledonian Buildings Eterby Road, Carlisle	(01228) 547687
GANDY, C, 19 High Street, Kirkby Stephen	(017683) 72569	G, N, 362 London Road, Carlisle	(01228) 514719	GILES, V, 11 Eden Park Crescent, Carlisle	(01228) 524956
GANNON, P.A, 107 The Parklands, Cockermouth	(01900) 827726	G, S, 1 Ashman Close, Carlisle	(01228) 385083	GILESA, S, 54 Casson Road, Workington	(01900) 61595
GARABEDIAN, P, Hale Wood Crookdale	(016973) 20028	GAULT, C, 21 Millriggs, Corby Hill	(01228) 471360	GILHESPY, D, The Willows Wigton	(01697) 420525
GARCIA, A, 87 Eterby Lea Road, Carlisle	(01228) 541828	G, C, 21 Millriggs, Corby Hill	(01228) 739405	GILKS, A, 98 West End, GREAT BROUGHTON, COCKERMOUTH	(01900) 379079
G, D, 33 Fernlea Way, Carlisle	(01228) 544470	GAULTON, R, Ash Bank Cottage Unthank Gamblesby, Penrith	(01768) 881860	GILL, A, Swaledale View Ireby	(016973) 71960
GARDEN, P, 66 Friars Garth, Abbeytown	(016973) 61655	GAWEL, P, 142 Lingmoor Way, Carlisle	(01228) 493301	G, A, Cumbermere Whitehaven Road, Cleator Moor	(01946) 812671
G, S, 28 Thirlwell Gardens, Carlisle	(01228) 525146	GAWN, Mr 24 Beech Lane, Cockermouth	(01900) 267521	G, D, 3 Jackson Croft, Morland	(01931) 714645
GARDENER, R, Low Lorton	(01900) 85252	GAY, C, 6 Dalton Court Close Street, Carlisle	(01228) 658514	G, D, WOOD LEA Oaklands, Egremont	(01946) 841010
GARDHAM, D, 4 Highfield Park, Wigton	(016973) 44730	GAYTHWAITE, L, 10 Princes Street, CLEATOR	(01946) 811672	G, E, 18 Glasson Ct Victoria Rd, Penrith	(01768) 862607
G, L, Loning House Bigduns	(016973) 45334	GEAR, I, 87 Levens Drive, CARLISLE	(01228) 522735	G, E.M, 27 Seacroft Drive, St. Bees	(01946) 822781
GARDHOUSE, A, 1 The Barn Cumdovock Farm House Cumdovock 712604	(01228)	G, S, 7 Cartmell Drive, Carlisle	(01228) 520017	G, I.J, 13 Levens Drive, Carlisle	(01228) 534227
G, Mr J, 3 Hadrians Gardens, Carlisle	(01228) 591254	GEAREY, D, ELSEGHYLL Melmerby	(01768) 881958	G, J, 314 Meadow Road, Whitehaven	(01946) 64059
G, 87 Newlands Park, Dearham	(01900) 813932	GEARING, G, 7 Wasdale Close, WHITEHAVEN	(01946) 694865	G, J, 6 Newlands Avenue, Whitehaven	(01946) 591734
G, Miss Julie, 5 South Bank Close, Wigton	(016977) 508163	G, K, Bluehaven 5a Sewell Place, Carlisle	(01228) 591016	G, K, 14 Ferguson Road, Carlisle	(01228) 401196
G, J, 6 Station Road, Dalston	(01228) 710414	G, S, 7 Sea View Place, Cleator Moor	(01946) 541475	G, M, 4 Thwaites Cottages Maulds Meaburn	(01931) 715654
G, J.G, Nook House Farm Cumdovock	(01228) 710461	G, S, 29 Yeathorse Road, Frizington	(01946) 815029	G, Mr, 8 Hillersdon Terrace, Nenthead	(01434) 382389
G, J.N, Cumdovock House Cumdovock	(01228) 711114	GEARY, S, 23 Netherby Street, Carlisle	(01228) 495470	G, M, 5 Keld Head, Stainton	(01768) 890749
GARDINER, C, 15 Herbert Street, Carlisle	(01228) 544602	GEBBIE, D, GREENSIDE FARM Kirkbride	(016973) 51067	G, P, Corner House Oughterby	(01228) 576893
G, D, 52 Musgrave Street, Penrith	(01768) 867363	GEDDES, D, 147 Hebdon Avenue, Carlisle	(01228) 495297	G, R, 6 Kings Avenue, Seaton	(01900) 603811
G, Ian E, 12 Hill, Keswick	(017687) 73920	G, T, 5 St. Marys Court, Wreay	(016974) 73678	G, Roger, 4 Whinell View, Culgaith	(01768) 88341
G, 21 Isel Road, Cockermouth	(01900) 823361	GEDUNG, J, 31 Stockwell Road, Blackwell	(01228) 545307	G, S, 22 Caslin Way, Carlisle	(01228) 496449
G, K, 13 Skelwith Close, Carlisle	(01228) 545067	GEE, D, Victoria Cottage 86 Kirkgate, Cockermouth, Cumbria	(01900) 823761	G, S, Briardene 7 Summergrove Park, Whitehaven	(01946) 814238
G, P, 23 Green Close, Crosby	(01900) 812651	G, Raymond, 49 Fell View Park, Gosforth	(019467) 25342	G, S, 19 Suttle Close, Carlisle	(01228) 592994
GARDNER, Brian		GEEN, Michael, 2 Scilly Banks, Whitehaven	(01946) 395358	GILLESPIE, B, School Croft Ploughlands Kirkbampton	(016973) 52245
Little Strickland Hall Little Strickland	(01931) 717419	GEER, T, 15 Wasdale Park, Seascale	(019467) 29940	G, C.J, High Ploughlands Kirkbampton	(016973) 51378
G, B, Once Upon A Time Bookshop Front Street, Alston	(01434) 200452	GEERING, J, Pinethwaite Lingmell, Seascale	(019467) 27380	G, D, 4 California Road, Carlisle	(01228) 512019
G, C, 4 Eldred Street, Carlisle, Cumbria	(01228) 319432	GEISSELMANN, C, Kitty House A11, Penrith	(017684) 83599	G, D, 1 Somerset Clo, Long Marton	(017683) 61009
G, Mrs J, Mrs 15 Sheehan Gardens, Carlisle	(01228) 319772	GEMMELL, J, 10 Briar Lea Court, Longtown	(01228) 792220	G, J, 10 Greenacres, Wetheral	(01228) 562547
G, J.J, Meadow View Rowelton	(016977) 48301	G, Mrs M, Mrs 59 Greengarth, Carlisle	(01228) 531078	G, J, 17 Longbarrow, Cleator Moor	(01946) 812665
G, N, 23 Kells Place, Carlisle	(01228) 534435	GENTLE, F.H, Graystones High Lorton	(01900) 85288	G, J.G, High Stand Farm Cotehill	(01228) 561166
G, P, 45 Highfield Avenue, Carlisle	(01228) 533954	GENTRY, P, Sunshale House Lorton Road, Cockermouth	(01900) 822801	G, K, 31 Priory Drive, Cleator Moor	(01946) 817624
GARGETT, D, 2 Wayside Cottages Ainstable	(01768) 896432	GEORGE, C, 10 Caldecote Avenue, Cockermouth	(01900) 828209	G, M, 46 Birks Road, Cleator Moor	(01946) 815853
G, R.F, Bon Vista Ruckcroft	(01768) 896259	G, D, The Bungalow Scilly Banks, Whitehaven	(01946) 690481	G, M, 5 Lamley Gardens, Penrith	(01768) 890120
GARKAJA, O, 60 Burnside, Wigton	(016977) 580135	G, P, Brunswick Cottage Main Street, Brough	(017683) 41720	G, V, 1 Brookside, Aikton	(016973) 43365
GARLUICK, C, 10 Holyoake Terrace, Penrith	(01768) 866412	G, T, Edenwood Langwathby	(01768) 881259	GILLGRASS, S.E, 23 Princes Court Haig Road, Carlisle	(01228) 537373
G, C, 115 Walden Grove, Carlisle	(01228) 530706	G, U, 12 Woodton Way, Carlisle	(01228) 493265	GILLIGAN, P, Great Carrock Hutton Roof	(017684) 84185
G, G, 75 Holmrook Road, CARLISLE	(01228) 534724	GEORGE-PLUNKETT, D, Melkinnere House Troutbeck	(017687) 79254	GILLIN, B, 8 The Forelands, Gilcrux	(016973) 23347
GARMENT, Frederick, Whelpo Lodge Caldbeck	(016974) 78007	GERAGHTY, J, 38 Croft Road, Carlisle	(01228) 527578	GILLON, A, Barn Cottage Main Street, Cockermouth	(01900) 381913
GARNER, C, 25 The Gavels, Workington	(01900) 500003	GERKE, A, Dickinson Farmhouse Drybeck	(017683) 52132	GILMARTIN, S, Waverley The Long House Skinburness	(016973) 32772
G, D, 23 Birkebeck Gardens, Kirkby Stephen	(017683) 72581	GERMAN, P, 3 Townfoot Court, Brampton	(016977) 42827	GILMORE, A, 7 Mill Street, Frizington	(01946) 812443
G, J, 6 Pembroke Street, Appleby	(017683) 51059	GERRARD, F, 76 Blencathra Street, Keswick	(017687) 72859	G, L, 1 Nursery Place, Whitehaven	(01946) 395136
G, M, 35 Lochinvar Close, Carlisle	(01228) 792086	G, R.C, 9 Grizedale Close, Keswick	(017687) 74538	G, M, The Hill Bassenthwaite	(017687) 76498
G, M, Beck Farm Newtown Irthington, CARLISLE	(016977) 42424	GERRISH, A, 7C The Forge, Carlisle	(01228) 361062	GILMOUR, D, Prospect House Distington	(01946) 830306
G, R, 19 Burton High Clo, Harras Moor	(01946) 62557	G, M, EDENHILLS Bolton	(017683) 61692	G, E, 22 Geltsdale Avenue, CARLISLE	(01228) 543166
G, S, 2 Greenfoot Mealsgate	(016973) 71864	GERWITZ, A, 14 Eden Park, Kirkoswald	(01768) 870356	G, I, 35 Bowscale Close, Carlisle	(01228) 511988
G, S, 1 Ehen Road, Cleator Moor	(01946) 817266	GHAMASARIAN, F, 4 Drovers Lane, Penrith	(01768) 606546	G, J.E, 5 Haig Avenue, Whitehaven	(01946) 65363
GARNETT, C, 3 Coogan Close, Carlisle	(01228) 510093	GIANT, P, Unit 29 53 Scotch Street, Carlisle	(01228) 495672	G, P, 25 Walls Road, SALTERBECK, WORKINGTON	(01946) 447468
G, J, Tregan Kirkland Road, Ennerdale	(01946) 861012	GIBB, M.M, Old School Longdale	(015396) 24110	G, S, 447 London Road, Carlisle	(01228) 548738
G, P, 11 Pincroft, Carlisle	(01228) 532668	GIBBINS, D, 39 Homewood Road, Whitehaven	(01946) 690712	G, V, 35 Royal Drive, Egremont	(01946) 447664
GARRARD, D, Owl End Chapelfield Lane, Thurstonfield	(01228) 576954	GIBBON, A, 29 Priory Close, Frizington	(01946) 815916	GILPIN, T, Brundholme Cottage Victoria Street, Keswick	(017687) 71095
GARRATT, A, 22 Juniper Grove, Whitehaven	(01946) 591243	G, P, 9 Poole Road, Workington	(01946) 831321	GILROY, T, Arch View Wigton	(016973) 71379
G, R.I, 16 High Garth Meadows Iegill	(016974) 73125	G, Mr L, Mr 81 Grassall, Maryport	(01900) 819749	G, T.A, High Lavs House High Lavs	(016973) 61240
GARRETT, D, 21 Denton Park, Cumbria	(019467) 25587	GIBBONS, A, Newlands Bank Farm Newlands Bank, Dearham	(01900) 812768	GINESI, A, Bank House Stainton	(01768) 868146
G, F.A, Lyn Dene High Street, Brough	(017683) 41458	G, J, Ash Bank Back Street, Cotehill	(01228) 561694	GISBORNE, David, River Holme Dalston	(016974) 76444
G, S, 13 Ludgate Hill, Carlisle	(01228) 575065	G, J, 12 Lediard Avenue, Carlisle	(01228) 491988	GLADWIN, R, Rose Cottage Rose Cottage, Carlisle	(01228) 494789
GARRICK, D, Station House Gaisgill	(015396) 24262	G, J, Newlands Bank Farm Newlands Bank, Dearham, MARYPORT	(01900) 815297	GLADYSZ, S, 2 Burnett Road, Carlisle	(01228) 539331
GARRISON, Neil, Sea View Gilcrux	(016973) 20082	G, J, Iona Newlands Bank, Dearham, Maryport, Cumbria	(01900) 815039	GLAISTER, A, 9 Levens Drive, CARLISLE	(01228) 558731
GARRITY, R, Kiln Howe Residential, Carlisle	(01228) 711810	G, J, 54 Snebrow Park, Whitehaven	(01946) 64756	G, B, The Nest Sandwith	(01946) 64061
G, S, 16 Rutland Avenue, Whitehaven	(01946) 694741	G, K, 28 Frenchfield Way, Penrith	(01768) 862475	G, Mr B, 15 Mossrigg, Carlisle	(01228) 541563
GARROWAY, G, 25 South View Road, Whitehaven	(01946) 591318	G, V, 44 Scotland Road, Penrith	(01768) 865692	G, C, The Old Pop Factory Unit 3 Glasson Industrial Estate, Maryport	(01900) 381814
GARTENFELD, D, 86 Eden Street, Carlisle	(01228) 543812	GIBBS, A.K, Elm Close Applethwaite	(017687) 71166	G, D, 5 Lake View, Kirkland	(01946) 861414
GARTLAND, D, 56 Lawson Street, Maryport	(01900) 815568	G, M, 23 Millriggs, Corby Hill	(01228) 560936	G, D.W, 30 Currock Mount, Carlisle	(01228) 542334
G, J, 25 Griffel Av, Maryport	(01900) 814661	GIBSON, A, 100 Briar Bank, Carlisle	(01228) 525826	G, E, 33 Melbourne Road, Carlisle	(01228) 531135
G, M, 12 Ritson Wharf, Maryport	(01900) 817637	G, A, Blossom Hill Cottage High Street, Morland	(01931) 714178	G, E.J, Brazeeles Cottage Kirkandrews-On-Eden	(01228) 576408
G, O, 10 John Street, Maryport	(01900) 869415	G, A, 22 Princes Court, Stainton	(01768) 899977	G, J, Haezel, Chestnut Cottage Carlisle	(01228) 712152
G, P, 34 Southey Street, Keswick	(017687) 71142	G, Andrew, 2 Sunnybank, Iegill	(016974) 75620	G, J, Beckes Farm Pennuiddock	(017684) 83573
GARTLEND, P, 133 Senhouse Street, Maryport	(01900) 817769	G, Mrs Alma, 26 West Lane, Penrith	(01768) 863758	G, J, 6 Cross Lane, Whitehaven	(019467) 48858
GARTON, B, Flat Moss Grove Rowelton	(016977) 48036	G, A, 37 York Gardens, Carlisle	(01228) 898326	G, M, 62 Newlands Park, Dearham	(01900) 812765
GAS		G, B, Meadows Bromfield	(016973) 61906	G, N, The Bungalow Anthorn	(016973) 51543
Please see listings in Business & Services Section		G, B, 24 Hendersons Croft, Crosby-On-Eden	(01228) 573616	G, N, Anthorn Social Club Anthorn	(016973) 51701
GASCOIGNE, I.E, 2 Mitre Cotts, Crosby-on-Eden	(01228) 573643	G, C, 1/20 Chatworth Sq, Carlisle	(01228) 531143	G, N, 13 Hawkshead Avenue, Workington	(01900) 64639
G, M, 63 High Rigg, Brigham	(01900) 825377	G, C, 50 Crosthwaite Ct, Workington	(01900) 872552	G, R, 87 Grasmere Avenue, Whitehaven	(01946) 599069
GASGARTH, D.J, Red House Smithfield	(01228) 675524	G, Chris, 6 Lingmell Crescent, Seascale	(019467) 21766	G, S, 6 Shap Grove, Carlisle	(01228) 529660
G, Mrs Kathleen, 3 Riverside Court, Nolo	(017683) 98426	G, Mr C, Mr Hanson Place 13 Warwick Square, Carlisle	(01228) 596231	G, W, Heysham Plumpton	(01768) 898123
G, M, 1 Silverbank Villas, Knock, Appleby-in-Westmorland	(017683) 61338	G, D, Longthwaite Warwick-On-Eden	(01228) 561087	GLASBY, Mr 10 Sockbridge Drive, Penrith	(01768) 840229
GASH, Alison, Alder House Sykeside Kirklington	(01228) 675562	G, D, 9 Buchanan Terrace, Ellenborough, Maryport	(01900) 818525	GLASSBROOK, R, Little Towcett Towcett	(01931) 716702
G, A, 14 Salterbeck Road, Salterbeck	(01946) 833604	G, D, Ardmore Townhead Road, Dalston	(01228) 712322	GLASSFORD, J, Meadow Bank Farm Cartuithwaite	(01228) 710071
G, T.G, Round Hill Farm Welton	(016974) 76337	G, E, 9 Simonscales Lane, Cockermouth	(01900) 826676	GLASSON, A.F, 15 High St, Maryport	(01900) 812126
GASKELL, B, 2 Lakehead Court, Keswick	(017687) 74770	G, R, Mrs Fernlea Heads Nook, Brampton	(01228) 561580	G, J, 8 Fell View, Milton	(016977) 46446
G, D, 22 Falcon Court Irish Street, Whitehaven	(01946) 592234	G, Gareth, 15 Haraby Green Road, Carlisle	(01228) 402623	G, J, 9 Nether View, MARYPORT	(01900) 812192
G, Jack, Fair View Main Road, Allonby	(01900) 881341	G, G, 2 Smalles Court Main Street, Cockermouth	(01900) 269634	G, S, Chapelton Irton	(019467) 24446
G, J, Catbells Springs Road, Keswick	(017687) 72007	G, Gareth, Unit 5 Port Road Workshops Port Road, Carlisle	(01228) 543007	G, Miss T, Miss 35 Grasmere Terrace, Maryport	(01900) 393247
G, Mrs L, Mrs 121 Graham Street, Penrith	(01768) 867275	G, H, 5 Linden Terrace, Carlisle	(01228) 402590	GLATLEY, J, 143 The Parklands, Cockermouth	(01900) 876798
GASS, B, 34 Brent Road, Penrith	(01768) 866533	G, H, 10a Salterbeck Road, Salterbeck	(01946) 830670	GLAZBROOK, J, 26 Greyrigg Avenue, Cockermouth	(01900) 386860
G, L, Drydesdale Broughton Park, Great Broughton	(01900) 825361	G, J, 22 The Hawthorns, Wigton	(016973) 45952	GLAZE, Robert, Dale Holme Winton	(017683) 71770
G, P, 186 Skinburness Road, Skinburness	(016973) 31365	G, J, 3 William Street, Maryport	(01900) 814012	GLAZEBROOK, J, 20 Scallegill Road, Moor Row	(01946) 528431
G, R.G, Scotstown Rowelton	(016977) 48434	G, J.C, 17 Croftlands, Bigrigg	(01946) 811474	GLEADEN, K, 3 Seacroft, Seascale	(01946) 751845
GATE, C, 70 Penny Hill Park, Penrith	(01768) 866365	G, M, Pipers Wait Blencogo	(016973) 61461	GLEN, N, 3 Railway Terrace, Aspatia	(016973) 21695
G, D, St. Kilda Tirril	(01768) 895318	G, M, Gilesway How Mill	(01228) 670415	G, W.J, 6 Peart Road, Maryport	(01900) 813863
G, D, 67 Glebe Road, Appleby-in-Westmorland	(017683) 51597	G, M, 21 Boundary Road, Carlisle	(01228) 558771	GLENCROSS, J, 29 Greenacres, Wigton	(016973) 42461
G, Mr D, 21 Honister Drive, Cockermouth	(01900) 827588	G, M, 5 Forest Hill, Carlisle	(01228) 535651	G, J, 41 Skinburness Drive, Silloth	(016973) 31622
G, E, Croft End Bothel	(016973) 21606	G, M, 5 Oak Terrace, Abbeytown	(016973) 61625	G, Mrs J, Mrs 3 Warwick Farm, Carlisle	(01228) 562332

G, B, Fell View Upton, Caldwell	(016974) 78374	GOURLAY, S, 60 Church Meadows, Great Broughton	(01900) 825856	G, Jonathan, 2 Sinclair Cottages Red Bank Terrace, Carlisle	(01228) 317869
G, F.G. Holme Lea Overburn, Alston	(01434) 382324	GOVE, D, 60 Tribune Dr, Houghton	(01228) 528516	G, J, 10 Richardson Street, Carlisle	(01228) 537940
G, J, Firthside Drumburgh	(01228) 576450	GOVER, S, Caravan 17 Inglenook Caravan Park Lamplugh	(01946) 862056	G, J, Rondo Cottage Rondo Cottage, Carlisle	(01228) 496633
G, J, 2 Croft Court, High Hesket	(016974) 73044	GOWING, A, The Square Warcop	(017683) 41380	G, J, Briar Crest Ryehill Park, Kirkcintown	(01228) 675400
G, J, 65 Skiddaw Road, Carlisle	(01228) 522956	GOWLING, M, 5 Tynefield Court Bridge Lane, Penrith	(01768) 899204	G, J, 4 Springfield, Wigton	(016973) 43106
G, J, 24 The Lees, Kirkbride	(016973) 52061	G, W, 13 Gayle Avenue, Shap	(01931) 716292	G, J, 113 Upperby Road, Carlisle	(01228) 495048
G, J.R., 14 Low Byer Park, Alston	(01434) 382054	GOWTHROP, T, 8 Cross Grove, WIGTON	(016973) 49328	G, J, 10 Whinbarrow Lane, Aspatria	(016973) 20271
G, K, 3 Park View Blencow	(017684) 83575	GRACE, M, 55 King Street, Maryport	(01900) 550970	G, J.I., 91 Etterby Lea Crescent, Carlisle	(01228) 529217
G, K, 1 Church Row, Penrith	(017684) 83448	GRACEY, P, 2 Trinity Court, Whitehaven	(01946) 591284	G, J.I., 22 Carlisle Road, Dalston	(01228) 711629
G, K, 8 Southwaite Road, Carlisle	(016974) 73651	GRADWELL, S, 1 Carlisle Drive, Carlisle	(01228) 538930	G, J.R., Whin View How Mill	(01228) 670562
G, R, Fellside View Threlkeld	(017687) 79656	GRAHAM, A, Muddy Boots House Crosby Garrett	(017683) 71977	G, J.R., 25 Honister Road, Whitehaven	(01946) 65752
G, S, 3 Union St, Wigton	(016973) 45176	G, A, Carville Thursty	(01228) 710320	G, J.W, 37 Springfield, Wigton	(016973) 44230
G, S.E, 76 Ellesmere Way, Carlisle	(01228) 530515	G, A, 2 Beacon Close, Aspatria	(016973) 20935	G, K, High Green Bothel	(016973) 20831
G, Timothy, 2 Pennine View Brampton	(017683) 54089	G, A, 77 Burnfoot, Wigton	(016973) 45442	G, K, Azuro Parton Wigton	(016973) 43977
GLENNHOLMES, J.R., 23 Lansdowne Crescent, Carlisle	(01228) 538006	G, A, 8 Camerton Road, Seaton	(01900) 872739	G, K, 144 Blackwell Road, Carlisle	(01228) 401895
GLEW, P.A., Meadowside Howard Park, Greystoke	(017684) 83707	G, A, 11 Chestnut Street, Maryport	(01900) 812355	G, K, Plot 2 Blooming Heather, Dearham	(01900) 812006
GLIMMERVEEN, H, Nunwick Old Hall Great Salkeld	(01768) 881775	G, A, 23 Crown Street, Cockermouth	(01900) 827709	G, K, 16 Melbeck Close, WHITEHAVEN	(01946) 395563
GLOBER, G, 19 Petteril Bank Road, Carlisle	(01228) 520816	G, A, Flat 2 11a Duke Street, Whitehaven	(01946) 67461	G, K, 12 St. Peters Drive, Carlisle	(01228) 525182
GLOVER, D, 78 Norbeck Park, Cleator Moor	(01946) 813993	G, A, 1 Fifth Drive, St. Bees	(01946) 820857	G, K, 10 Summerfields, Dalston	(01228) 711861
G, M, Delvate Great Strickland	(01931) 712338	G, A, 89 Harrington Road, Workington	(01900) 65930	G, L, Longcummeratiff Bungalow Wigton	(016973) 313260
G, P, 33 Newlands Gardens, Workington	(01900) 413398	G, A, 12 Knowfield Avenue, Carlisle	(01228) 512982	G, L, 16 Castle Hill Road, Penrith	(01768) 895419
G, P, St. Bees Pre School Outrigger, St. Bees	(01946) 823880	G, A, 24 Primrose Bank, Cumbria	(016973) 45523	G, L, 38 Collingwood Street, Carlisle	(01228) 495966
G, Mrs S & Ra, 92 John Street, Workington	(01900) 392714	G, A, 22 Rannerdale Drive, Whitehaven	(01946) 528616	G, Laura, 2 Crummock Place, Abbeystown	(016973) 61274
GLYN JONES, M, 2 Glebe Close, Appleby-In-Westmorland	(017683) 52911	G, A, 12 Sanderson Close, Carlisle	(01228) 530296	G, L, 18 Derwent Park, Cockermouth	(01900) 824615
GNIOSKA, T, 17 Aldby Place, Cleator Moor	(01946) 329086	G, A, 49 Scalgate Road, Carlisle	(01228) 534388	G, L, Apartment 2 Somerset House, 52 Duke Street, Whitehaven	(01946) 443822
GOAD, B, Raven Croft Culgaith Road, Langwathby	(01768) 881605	G, A, 5 Solway Drive, Anthorn	(016973) 51761	G, L, 4 Lingyclose Road, Carlisle	(01228) 710073
G, P, 5 Beatham Court, Penrith	(01768) 865904	G, A, 35 Springfields, Wigton	(016973) 44352	G, L, 35 Potters Meadow, Workington	(01900) 876286
GODBER, J, 31 Berkeley Grange, Carlisle	(01228) 546653	G, A, 3 Well Bank Place, Carlisle	(01228) 818504	G, L.R., 18 Crosshill Drive, Carlisle	(01228) 526076
GODDARD, J, Library Cottage Kirkoswald	(01768) 898937	G, A, 46 Westrigg Road, Carlisle	(01228) 524549	G, M, West Forefields Aldon	(01434) 381401
G, R, Red Kirkcambuck	(016977) 3311	G, A.E, Kirksteads Farm Moorhouse Road, Moorhouse	(01228) 818735	G, M, Lamony Farm Burgh-By-Sands	(01228) 576649
GODDEN, R, 60 Broadacres Gnge, Carlisle	(01228) 540604	G, A.L, 17 Brandelhow Crescent, Keswick	(017687) 72877	G, M, North End Farm Carduncock	(016973) 51436
GODDERIDGE, Admiral G, 286 Kingstown Road, Carlisle	(01228) 812003	G, B, 30 Granville Road, Carlisle	(01228) 521984	G, M, The White House Dalston	(01228) 712641
GODFREY, N, The Glebe Rosley	(016973) 43125	G, B, 70 Lansdowne Crescent, Carlisle	(01228) 528454	G, M, Springbank Frizington	(01946) 814098
GODRIDGE, M, Ravensburn Lanercost Road, Brampton	(016977) 2965	G, B, 14 Longholme Road, Carlisle	(01228) 409416	G, M, WOODLEA Haile	(01946) 823362
GODWIN, E, Tendot Barn Temple Sowerby	(017683) 61455	G, B, 55 Millfield Gardens, Keswick Cumbria	(017687) 73132	G, M, Fairview Newton Arlosh	(016973) 51587
G, J, 15 Drovers Lane, Penrith	(01768) 864038	G, B, 10 Mosser Avenue, Cockermouth	(01900) 828928	G, M, 8 Low Seaton	(01900) 62369
GOH, H, 1 Tivoli Cottages Moresby	(01946) 690273	G, B, 170 Springfield Road, Carlisle	(01228) 615353	G, M, 8 Beacon Close, Aspatria	(016973) 20511
GOLBY, J, Lorton Park High Lorton, Cockermouth, Cumbria	(01900) 85966	G, B, 5 The Orchard, Bassenthwaite	(017687) 76683	G, M, 28 Caldwell Street, Silloth	(016973) 31543
GOLDEN, M, Dacre Vicarage Stainton	(01768) 862243	G, C, Hesketh House Bowness On Solway	(016973) 51510	G, M, 18 Chapel Close, Warwick Bridge	(01228) 560803
GOLDIE, Alistair, 42 Carlton Gardens, Stanwix	(01228) 522463	G, C, Gamsely Farm Gamsely	(016973) 43416	G, M, 61 Fitz Road, Cockermouth	(01900) 824833
GOLDING, J, Lyndene Crosby Ravensworth	(01931) 715446	G, C, Paddock House Gilcrux	(016973) 23876	G, M, Ashar Haraby Grove, Carlisle	(01228) 535082
G, K, Fell Cottage Plumpton	(01768) 870038	G, C, Rose Cottage Todhills	(01228) 674677	G, Mr Malcolm, 11 Laburnum Court, Carlisle	(01228) 534017
GOLDSBOROUGH, G, 26 Bridge End Court Wakefield Road, Cockermouth	(01900) 379373	G, C, ASH GROVE Alexandra Road, Penrith	(01768) 866070	G, M, 30 Loop Road North, WHITEHAVEN	(01946) 63256
GOLDSMITH, W, Ivy Cottage Hesket Newmarket	(016974) 77012	G, C, 3 Buchanan Place, Carlisle	(01228) 547754	G, M, 7 Millbeck, CARLISLE	(01228) 523338
GOLDSWORTHY, Mark, 10 Croft Foot Sandwith	(01946) 695633	G, C, 11 Drawbriggs Court, Appleby-In-Westmorland	(017683) 51084	G, Marc, 68 Newtown Road, Carlisle	(01228) 531082
GOLLINGS, D, Cringle Crag 11 Barncroft Close, Seaton	(01900) 605584	G, C, 82 Garret Way, Carlisle	(01228) 491692	G, Maureen, 32 Old Arrowthwaite, Whitehaven	(01946) 695807
GOLSKY, D, Honeysuckle House Road Leading From Langwath Cottage Junction To Greatly	(01228) 575105	G, C, 30 Highfields, Whitehaven	(01946) 65509	G, M, 15 Scaleby Close, Carlisle	(01228) 548388
GOMM, F.R., Demesne Farm Burgh-By-Sands	(01228) 576800	G, C, Bracklynn Nenthead Road, Alston	(01434) 382313	G, M, 150 Scalgate Road, Carlisle	(01228) 512120
GONEN, M, 9 Casson Road, Workington	(01900) 602528	G, C, Whitcroft Plains Road, Wetheral	(01228) 561354	G, M, 78 Upperby Road, Carlisle	(01228) 536780
GOODALL, F.B., 102 Newlands Lane South, Workington	(01900) 62038	G, C, 5 Springfield Avenue, High Harrington	(01946) 830695	G, M, 43 Vasey Crescent, Carlisle	(01228) 532386
G, J.S, 1 South Croft, Houghton	(01228) 526905	G, C, 15 Threave Court, Riverside Way, Carlisle	(01228) 319055	G, M, 49 Wampool Street, Silloth	(016973) 31870
G, K, Pheasants Rost Hethersgill	(01228) 675578	G, C, 49 Trumpet Terrace, Cleator	(01946) 812927	G, M.J, Larches Bolton	(017683) 61684
GOODCHILD, B, 4 Park View Lane, Alston	(01434) 381668	GRAHAM CBE, D, Apartment 37 Pele Court Friargate, Penrith	(01768) 864997	G, M.J, Shepherds Croft Culgaith	(01768) 88484
GOODE, A, 14 Furze Street, Carlisle	(01228) 658314	GRAHAM, D, LINDON Beaumont	(01228) 576585	G, M.J, Spring Farm High Lorton	(01900) 85306
G, F.L, 16 Ritson Close, Carlisle	(01228) 539264	G, D, Low Green Bothel	(016973) 23686	G, M.J, Lynedra Farm Ireby	(016973) 71622
G, L, 22 Moorside Drive, Carlisle	(01228) 543195	G, D, 6 Brayton Park, Aspatria	(016973) 21295	G, Mrs Glen Esk Penrith	(01768) 865440
G, P, 25 Sycamore Drive, Longtown	(01228) 791445	G, D, 5 Farriers Way, Low Hesket	(016974) 73417	G, M.S, 30 Linetree Crescent, Cockermouth	(01900) 824030
GOODFELLOW, J, 71 Fitz Road, Cockermouth	(01900) 822913	G, D, AMITY LODGE Melbeck, Kirkby Stephen	(017683) 71828	G, M.W, 1 Southey Avenue, Egremont	(01946) 820046
GOODGER, G, 7 Langdale Drive, Cockermouth	(01900) 824357	G, D, 21 Monkway Brow, Whitehaven	(01946) 695123	G, N, Sunny Croft Barn Kirkcamburton	(01228) 576539
GOODING, B.W.J, The Croft Wetheral	(01228) 564087	G, D, The Old Rectory 14 Netherby Road, Longtown	(01228) 792223	G, N, White Moss Farm Crosby-On-Eden, Carlisle	(01228) 573387
GOODMAN, B, 21 Helvellyn Street, Keswick	(017687) 71016	G, D, 3 Raise Hamlet, Alston	(01434) 381247	G, N, 35 Etterby Lea Crescent, Carlisle	(01228) 539809
G, I.A, 12 Lowry Hill Road, Carlisle	(01228) 538938	G, D, 1 The Knoll, Thornhill	(01946) 821198	G, Neil, 6 Fallowfield, Cliburn	(01931) 714150
G, Mr M, Mir 3 Albert Street, Carlisle	(01228) 791029	G, E, Croft Farm Burnrigg	(01228) 560752	G, N.W, Tumbledown Gamsely	(016973) 43336
G, S, 13 Jennet Croft, Wetheral	(01228) 562425	G, E, Middle Fm Gamsely	(016973) 42581	G, P, Beech Tree Barn Penrith	(01768) 894260
GOODSON, S, Carlilton Mill Heads Nook	(01768) 896251	G, E, 3 Cross Grove, Cleator	(01946) 817761	G, P, 27 Blencarn Park, Rockliffe	(01228) 674372
GOODWIN, A, 31 Westminster Road, Carlisle	(01228) 544352	G, E, 19 Glendale Rise, Carlisle	(01228) 898526	G, P, 57 Fenwick Drive, Kingstown	(01228) 672346
G, C, 4 Helton Road, Askham	(01931) 712620	G, E, 50 Oaklands Drive, Carlisle	(01228) 541299	G, P, 24 Fernfield Way, Penrith	(01768) 899746
G, C, 5 Main Street, Cleator	(01946) 812503	G, E, 53 Percy Road, Carlisle	(01228) 493532	G, P, 2 Gosling Drive, Carlisle	(01228) 401958
G, G, 10 Sandhills Court Queen Street, Whitehaven	(01946) 67459	G, E, 5 Springfields, Wigton	(016973) 42362	G, P, 25 Kelsick Park, Seaton	(01900) 64026
G, H.B, 324 Kingstown Road, Carlisle	(01228) 522656	G, E, 3 Vendace Court, Keswick	(017687) 73240	G, P, Broadacres 48 Rheda Park, Frizington	(01946) 329227
G, K, 97 John St, Workington	(01900) 61108	G, F, MANOR HOUSE Gamsely	(016973) 42687	G, Mr Peter, 16 Seacroft Drive, St. Bees	(01946) 824174
G, M, 4 Darcy Street, Workington	(01900) 550455	G, F, St. Catherine's Irthington	(016977) 42237	G, P, Jenny Croft, 26 West Street, Aspatria, Wigton, Cumbria	(01697) 508020
G, T, Cedar Mount Branthwaite	(01900) 602540	G, F, 46 Esk Street, Silloth	(016973) 31318	G, R, Loaning Farm Farm Alston	(01434) 381367
G, V.R, Amythyst Green Carleton	(019467) 24274	G, F, 2 Greenside Road, Carlisle	(01228) 510619	G, R, Pennine View Blencarn	(01768) 88440
GOOK, R, Vicarage Hesket Newmarket	(017684) 84840	G, F.J, 104 Dunmail Drive, Carlisle	(01228) 528767	G, R, Countryside Lazonby	(01768) 898582
GORALCZYK, J, 81 Bower Street, Carlisle	(01228) 317326	G, G, Campfield Farm Bowness-On-Solway	(016973) 51349	G, R, Beckside Longtown	(01228) 792698
GORDON, E, 6 Grams Rigg, Bolton	(017683) 62955	G, G, Cartwhys Gilsland	(016977) 47100	G, R, Ashleigh Farm Middleton	(01946) 820475
G, E, 3 Parkhead, Brampton	(016977) 41762	G, G, Ghyll Cottage Greystoke	(017684) 83400	G, R, Red Dial Farm Red Dial	(016973) 42561
G, G, 6 Long Marton Road, Appleby-In-Westmorland	(017683) 52580	G, G, 9 Beech Grove, Houghton	(01228) 529177	G, R, Sheriff Troutbeck	(017684) 80100
G, H, Wessley Thursty	(01228) 711952	G, Mr George, 127 Casson Road, Workington	(01900) 608074	G, R, 1 Old Town Cottage High Hesket	(016974) 73210
G, J, 7 Greenrow Meadows, Silloth	(016973) 32300	G, G, 18 Esk Street, Longtown	(01228) 792862	G, R, 2 Gill Cottage The Gill	(01228) 711545
G, J, 44 Hartington Street, Workington	(01228) 381420	G, G, 10 Eskdale Avenue, Seascale	(019467) 70333	G, R, 24 Bower Street, Carlisle	(01228) 511031
G, J, 47 Scotland Road, Carlisle	(01228) 543289	G, G, 8 Holme Close Scooby, Carlisle	(01228) 513487	G, R, East Farm House Carlisle, Carlisle	(01228) 674330
G, K, 14 Longlands Road, Carlisle	(01228) 529131	G, G, 112 Skinburness Road, Silloth	(016973) 32152	G, R, 18 Crown Road, Carlisle	(01228) 533764
G, P, Watnook Farm Howtown	(017684) 86839	G, G, 8 The Forge, Carlisle	(01228) 712653	G, R, 125 High Street, Maryport	(01900) 816781
G, P, 36 Howe Street, Carlisle	(01228) 499120	G, G, Greenside Wetheriggs Lane, Penrith	(01768) 863373	G, R, 30 Old Arrowthwaite, Whitehaven	(01946) 67844
G, R, Druids Little Salkeld	(01768) 881568	G, G.C, Lane Foot Rogersdale	(01900) 85277	G, R, 30 Raffles Avenue, Carlisle	(01228) 539329
G, T, Carlton Grove Kirkbride	(016973) 51205	G, G.E, 65A Springfields, Wigton	(016973) 43067	G, R, 87 Trumpet Road, Cleator	(01946) 813067
G, W, 11 Lansdowne Crescent, Carlisle	(01228) 594875	G, G.W & E, Merlin House Berrier Road, Greystoke	(017684) 83263	G, R, 28 Woodsgyll Dr, Carlisle	(01228) 530387
G, W, 1 Sandhills Court Queen Street, Whitehaven	(01946) 65450	G, H, 52 Edenside, Cargo	(01228) 672017	G, S, Pear Tree Barn Crosby-On-Eden	(01228) 573752
GORDON-DUFF, H, Riggindale Station Road, Culgaith	(01768) 88336	G, H, 23 Lawson Street, Maryport	(01900) 819549	G, S, Cleugh Head Longtown	(01228) 791231
GORDON-GILES, C, 25 Derwent Park, Great Broughton	(01900) 824580	G, H, 10 Lowther Gardens, Whitehaven	(01946) 696356	G, S, The Kennels Netherby	(01228) 791552
GORE, C, 55 Towlers Lane, Cockermouth	(01900) 822307	G, H, 5 Park View, EGREMONT	(01946) 821099	G, Stewart, 17 Andover Close, Carlisle	(01228) 543919
G, V, Fould Riggs Dockray	(017684) 82756	G, H.A, 12 Scattergate Close, Appleby-In-Westmorland	(017683) 52296	G, S, Rose Cottage Back Street, Cotehill, Carlisle	(01228) 562462
GORLEY, B.I, 91 Kirklea, Little Broughton	(01900) 828593	G, I, Moorfield Walton	(016977) 42951	G, S, 2 Bishops Close, Carlisle	(01228) 319706
GORMAN, N, 7 Keele Mews Whitehaven Road, Cleator Moor	(01946) 810319	G, I, 10 Esther Street, Carlisle	(01228) 529780	G, S, 32 Dacre Road, Brampton	(016977) 41048
G, P, 35 Bransy Road, Whitehaven	(01946) 861346	G, I, 14 Scotland Road, Penrith	(01768) 448547	G, S, 8 Dora Crescent, Workington	(01900) 873178
GORNALL, C.S, Smyth House Dean	(01946) 862288	G, I.M, 43 Harker Park Road, Harker Park	(01228) 674666	G, Syd, 8 Grange Avenue, Little Broughton	(01900) 825800
GORTON, J, Quarryfield Cottage Penton	(013873) 75521	G, J, Brownside Alston	(01434) 381263	G, S, 62 Gray Street, Workington	(01900) 64862
G, S, Mireside Hartop	(017684) 82204	G, J, Shield Farm Burgh-By-Sands	(01228) 576138	G, S, 178 Hebdon Avenue, Carlisle	(01228) 596873
GORUP, M, Flat 1 Lonsdale House Bellgarth Square, Carlisle	(01228) 402460	G, J, Longcummeratiff House Causewayhead	(01228) 314191	G, S, 18 James Street, Penrith	(01768) 606673
GOTH, J, Eden Mills Church Croft, Pooley Bridge	(017684) 86419	G, J, OAK HOUSE Great Corby	(01228) 560078	G, S, 18 Ludgegate Hill, Burgh-By-Sands	(01228) 575129
GOTT, C, Greenacres Tallentire	(01900) 822945	G, J, Scugg House Penton	(01228) 577256	G, S, 20 Nelson Street, Carlisle	(01228) 319104
G, R, BURTON HOUSE Tallentire	(01900) 821741	G, J, Waverton Cottage Waverton	(016973) 43826	G, S, 6 Strathclyde Avenue, Carlisle	(01228) 534765
GODDING, P, Orchard House Scotts Brow, Maryport	(01900) 810727	G, Joseph, 3 Grove Cottages Kirkbride	(016973) 51887	G, S, 21 Thorncroft Gardens, WORKINGTON	(01900) 67684
GOULD, A, 36 Greystoke Road, Penrith	(01768) 865399	G, J, 6 Blackbeck Terrace, Workington	(01946) 862338	G, S.D, 1 Grosvenor Place, Carlisle	(01228) 521993
G, M, 1 Laureates Lane, Cockermouth	(01900) 822684	G, J, 46 Bow Fell Road, Whitehaven	(01946) 63220	G, S.H, Old Mill Farmhouse Beckermat	(01946) 841727
GOULDING, M, Mr, Cuckoo Arch High Brigham, Cockermouth	(01900) 386088	G, J, 31 Brighoume Drive, Seaton	(01900) 604886	G, T, Carleton Hill Farm Carleton	(016974) 731403
G, E, 7 Huntley Court, Penrith	(01768) 862860	G, J, 2 Burnside, Wigton	(016973) 42351	G, T, Fenella Cottage Wetheral Pasture	(01228) 561804
G, John, 35 Ghyll Grove, Lowca	(01946) 62340	G, J, 4 Crooke, Wigton Cumbria	(016973) 20886	G, T, 68b The Crofts, Wigton	(016973) 32025
G, Mrs J, Gorawood High Brigham, Cock					

G, W, Newton House Apartment 38 Newton Road, Penrith...	(01768) 606657	G, M, 3 The Green, Bassenthwaite	(017687) 76175	G, C, 61 Musgrave Street, Penrith	(01768) 864349
G, W, 1 Railway Terrace Station Hill,		G, M.S.S, The Grove Moor Road, Great Broughton	(01900) 828891	GROGGINS, B, Flat 7, Harbourside West Strand, Whitehaven	(01946) 528461
G, WJ, 44 Arnside Rd, Carlisle	(016973) 42104	G, Norman, Fornsidge House St. Johns-In-the-Vale	(017687) 79666	GROLYS, M, The Old Mill Flatt Newby	(01931) 714069
G, WJ, 16 Cairn Crescent, Corby Hill	(01228) 539600	G, P, Fell Cottage Mungisdale	(017687) 79857	GROOCCOCK, V, 6 Heads Road, Keswick	(017687) 80310
G, WJ, 16 Cairn Crescent, Corby Hill	(01228) 561513	G, R, Pinewood Lodge Garrigill	(01434) 381240	GROOM, R, HIGH LONGTHWAITE FARM Wigton	(016973) 43251
G, W.P, Grey Moor House Kingstown Road, Carlisle	(01228) 524895	G, Richard, 57 Arlecon Road, Arlecon	(01946) 861429	GROVES, D, 22 West Lane, Shap	(01931) 716420
G, Y, 156 Windermere Road, Whitehaven	(01946) 64952	G, R, 4 Victoria Square, Alston	(01434) 381909	G, Keith, 16 Crossgates Road, Hallbankgate	(016977) 46128
GRAHAMMACKIE, H, 12 John Johnston Court Hayton Road,		G, R, 78 Watermans Walk, Carlisle	(01228) 495244	G, M, 2 Green Croft, Shap	(01931) 716811
Carlisle	(01228) 525179	G, R.A, The Orchard Tallentire	(01900) 824311	G, N, 10 Copeland Avenue, Whitehaven	(01946) 395907
GRAHAMSLAW, T, Floss High Street, Wigton	(016973) 43806	G, Steven, 64 Derwent Bank, Seaton	(01900) 604830	G, P, Wellfoot Heskett Newmarket	(016974) 78555
GRAINGER, R, 6 Henry Street, Cleator Moor	(01946) 614020	G, S, FLAT 7 SOUTH VALE COURT East Dale Street, Carlisle	(01228) 490183	GRUBB, B.J, Old Swinford Harker	(01228) 674249
GRAINGER, A.G, Westerlark Matty Lanning, Thursby	(01228) 710448	G, S, 17 John Colligan Walk, Cleator Moor	(01946) 447520	G, M, 12 Webster Crescent, Carlisle	(01228) 539806
G, D.G, Laurel Bank Kirkby Thore	(017683) 61744	G, T, 7 Ladypit Terrace, Whitehaven	(01946) 693454	GRUNDY, B, 78 Lowry Hill Road, Carlisle	(01228) 525284
G, I, The Vicarage Ling Beck Park, Seaton	(01900) 602162	G, Z, Green Z Eskin Street, Keswick	(017687) 71393	G, F, 1 Bridge View, Bampton	(01931) 713344
G, M, Avalon Boltongate	(016973) 71909	G, Z, Balmoral Main Street, Ellenborough	(01900) 818676	G, J, 3 Lane Foot Deepdale	(017684) 82516
G, W, 1 Percy Road, Carlisle	(01228) 544409	GREENALL, C, 12 Skiddaw Close, Silloth	(016973) 32757	G, R, 13 Hartington Street, Workington	(01900) 393688
GRANT, A, Jockey Shields Cottage Castle Carrock	(01228) 670682	G, H, 27 The Woodland Crescent, Carlisle	(01228) 526252	G, W, 13 Carleton Road, Penrith	(01768) 890154
G, Mrs Dorothy, Lyndhurst Penrith	(01768) 862185	GREENAWAY, A, 5 Gayle Avenue, Shap	(01931) 716463	GRUNWELL, P, 2 Eden Court, Lazonby	(01768) 870762
G, J, 245 Wigton Road, Carlisle	(01228) 530521	GREENBANK, A, 8 Bromley Court, Workington	(01900) 269833	GRZYBOWSKI, K, 26 Heysham Drive, Carlisle	(01228) 496512
G, Linda, 3 Crosby Terrace, Kirkby Thore	(017683) 62871	G, A.B, 12 Castlegate Drive, Cockermouth	(01900) 824416	GUBBINS, WJ, Eden Lacy Lazonby	(01768) 898316
G, M, Summer Cottages North Dykes	(01768) 870390	G, J.S, The Foulds Caldbeck	(016974) 78125	GUEST, P, Dufton House Appleby-in-Westmorland	(01946) 861626
G, M, Carim Carim, Scaley Hill	(01228) 675384	GREENE, M.I, 14 Eden Grange, Little Corby	(01228) 560772	GUISE, C, PROSPECT HOUSE Ennerdale	(01946) 861626
G, M, 20 Esther Street, Carlisle	(01228) 520359	GREENHAIGH, C, Upmanhowe South Staunmore	(017683) 42428	GUNDY, A, 10 Glebe Close, Dalston	(01228) 711637
GRANVILLE, D.N, 23 Greencroft, Brampton	(016977) 2599	G, G, 10 Oaktree Crescent, Cockermouth	(01900) 267051	GUNN, M, 45 Birks Road, Cleator Moor	(01946) 395178
GRASSIE, J, White Ho Milburn	(017683) 61095	GREENHOW, J, 12 Green Croft, Shap	(01931) 716453	GUNNIOM, C, 1 Low Byer Park, Alston	(01434) 381703
GRATWOHL, D, 30 Petteril Street, Carlisle	(01228) 526793	G, J, 105 Stonegarth, Carlisle	(01526) 343401	GUNSON, J, Cinder Banks Bridgefoot	(01900) 822605
GRAVE, A, 4 Briar Rigg, Keswick	(017687) 80402	G, R, 19 Goldington Drive, Bongate Cross	(017683) 52395	GUNSTON, K, Westerly Outrigger, St Bees	(01946) 822441
G, A, 16 Grizedale Close, Keswick	(017687) 74011	G, R, 73 Lowry Hill Road, Carlisle	(01228) 491990	GURNETT, J, Elder Cottage Applethwaite	(017687) 75516
G, D, Winsele Lonsites, Keswick	(017687) 74887	G, S, 62 Curzon Street, Maryport	(01900) 817711	GURNEY, C, 15a Chapel Street, Appleby in Westmorland	(017683) 52083
G, I, River Bend Penrith	(01768) 879045	G, W, 1 Gayle Avenue, Shap	(01931) 716496	GURUNG, K, 17 Linton St, Carlisle	(01228) 599841
G, 19 St Herbert Street, Keswick	(017687) 75288	GREENING, C, Far Head Of Haile Haile	(01946) 841205	GUTHRIE, J.R, 4 High Brigham, Brigham	(01900) 826239
G, J.P, The Court Curthwaite	(01228) 711520	G, T, Clintside Woodend, EGREMONT	(01946) 815282	G, N, White Cottage Burgh-By-Sands	(01228) 576470
G, L, 5 Thrill Way, KESWICK	(017687) 44875	GREENLAND, S, 1 Red Bank Square, Carlisle	(01228) 523140	GUTTERIDGE, N, Hill House Long Marton	(017683) 61741
G, N, Lyndhurst Halls Mead, Keswick	(017687) 75843	GREENOP, J.B, 38 School Road, Flimby	(01900) 821247	GUY, Colin, Cairnvalle Wetheral	(01228) 573820
G, V, Drigg Cross Drigg	(019467) 25420	G, N, Hill Top Fm Gamblesby	(01768) 881440	G, D, 19 Glebe Road, Appleby-in-Westmorland	(017683) 51806
GRAVES, A, The Elephant Southwaite	(01768) 885062	G, V, 7 Northfield Avenue, High Harrington	(01946) 831403	G, L, 29 Monnington Way, Penrith	(01768) 865352
G, A, Home Farm Tallentire	(01900) 826488	GREENSILL, E, 10 Cumwhinton Drive, Carlisle	(01228) 409804	G, L, 55 Scattergate Crescent, Appleby-in-Westmorland	(017683) 52319
G, Audrey, 8 Keats Drive, Egremont	(01946) 821779	GREENSLADE, L, 6 Durdar Road, Carlisle	(01228) 526897	G, M, 62 Westmorland Street, Carlisle	(01228) 536912
G, A.M, Dundraw High Heskett	(016974) 73636	GREENUP, J.H, 469 Warwick Road, Carlisle	(01228) 528180	G, V, 26 Whinell Terrace, Tebay	(015396) 24775
G, D.W, Galecroft Great Salkeld	(01768) 898628	G, L, 7 St. Pierre Avenue, Carlisle	(01228) 593475	GWATIDZO, Mrs B, 2 Ward Street, Maryport	(01900) 269992
G, E, 57 Grinsdale Avenue, Carlisle	(01228) 539923	G, W, 63 Highmoor Park, Wigton	(016973) 45942	GWYNNE, D, 28 Wood Street, Carlisle	(01228) 526273
G, J, Home Bank Tallentire, COCKERMOUTH	(01900) 827190	GREENWOOD, S, Meadow Croft Portinscale	(017687) 80791	GYLES, B, 16 St Kentigerns Way, Aspatia, Wigton	(016973) 20724
G, K, Kendrey Plasketts Lane, Wigton	(016973) 42409	G, S, Fairhurst Beacon Edge, Penrith	(01768) 866436	G, S, 26 Holmewood Avenue, Cockermouth	(01900) 822924
G, S, Grendene High Heskett	(016974) 73811	G, S, 8 High Hill, Keswick	(017687) 71194	GYNN, J, 53 Garborough Close, Crosby	(01900) 814063
G, V, 49 North Road, Egremont	(01946) 821681	GREER, K, 26 Dalton Avenue, Carlisle	(01228) 496256	H MCLEAN, W, 85 Buttermere Avenue, Whitehaven	(01946) 692289
GRAVESON, D, 19 Kirkland Meadows, Wigton	(016973) 43481	G, M, 20 Brough Street, Aspatia, Wigton	(016973) 20156	H WESTMORLAND, J, East Farm Blennerhasset	(016977) 44379
GRAY, A, AVALON Newton Arlosh	(016973) 51153	G, P, 5A Johannah Terrace, Wigton	(016973) 21366	HABBERIAM, C, 2 Glen View, Nenthead	(01434) 381489
G, B, 12 Croft Terrace, Egremont	(01946) 824996	GREENE, B, RED BARN Langwathby	(01768) 881707	HACKER, Rt Rev G.L, Keld Ho Milburn	(017683) 61506
G, B, 2 Lowry Close, Carlisle	(01228) 530411	GREGAN, A, 21 Hall Moor Court, Wetheral	(01228) 587271	HACKETT, A, 35 Whitestiles, High Seaton	(01900) 603871
G, C, Greenfield House Heads Nook	(01768) 896262	GREGG, J, 8 Toldholes Road, Cleator Moor	(01946) 813523	H, A, 35 Whitestiles, High Seaton	(01900) 61241
G, Caroline, High Park Loweswater	(01900) 85472	G, J.V, 57 Trumpet Terrace, Cleator	(01946) 810152	HACKLEY, D, 27 Limetree Crescent, Cockermouth	(01900) 822538
G, C, 2 Egerton Grove, Carlisle	(01228) 491531	G, R, Wandianiga Main Road, Workington	(01900) 267342	HACKNEY, Dr P, 1 Lowscates Drive, Cockermouth	(01900) 823445
G, D, 8 Meadowfield, Gosforth	(019467) 25318	GREGGAIN, E, The Barn Holmrook	(019467) 24137	HACKWORTH, J, 5 St. Bridgets Court Seascale, Seascale	(01946) 395271
G, D, Moryn House The Square, DALSTON	(01228) 710415	G, M, 1 Crooklands View, Penrith	(01768) 865300	HADDEN, E, 8 Coniston Way, Carlisle	(01228) 543388
G, D, 4 Wyvern Close, Carlisle	(01228) 530271	G, M & D, 55 Prince Charles Close, Penrith	(01768) 866587	H, P, THE BIRCHES Low Row	(016977) 46490
G, D.M, 18 York Ct York Gdns, Carlisle	(01228) 522362	G, R, Clackhouse Scalegill Road, MOOR ROW	(01946) 810840	HADDON, Mr Edwin, River House Colby,	
G, G, 14 Heysham Meadows, Carlisle	(01228) 492562	GREGGAINS, Peter J, North How Camp Road, Maryport	(01900) 812436	Appleby-in-Westmorland	(017683) 53969
G, H, 2 Parkside, Crosby	(01900) 816597	GREGGAN, A, 11 Rosebery Road, Carlisle	(01228) 545537	HADDOW, M.R, Kirkland House Kirkland	(01768) 88481
G, J, 93 Moorhouse Road, Carlisle	(01228) 520715	GREGORY, B.E, 2 Croft Avenue, Penrith	(01768) 862886	H, S, 23 Langhorn Court, Egremont	(01946) 821014
G, J, Ashcroft The Ghyll, Maryport	(01900) 818403	G, F, 13 Clifton Court, Workington	(01900) 66303	HADEN, M, 3 Co-Operative Terrace, Flimby	(01900) 814642
G, J, 17 Winscales Avenue, Distington	(01946) 831546	G, J, 39 Waverley Court Waverley Gardens, Carlisle	(01228) 524742	H, M, 1 Woodville Terrace, Shap	(01931) 716095
G, J, Dale View Boot	(019467) 23706	G, P, 12 Green Croft, Askham	(01931) 712110	H, S, 2 Bannatyne Drive, High Harrington	(01946) 831074
G, J, Home Farm Cottage Unthank	(017684) 84582	G, P.F, Romanway Old Wall	(01228) 573260	HADFIELD, J, 10 Harrot Hill, Cockermouth	(01900) 822288
G, J, 12 Buttermere Close, Cockermouth	(01900) 379905	G, P.J, 20 Ellerslie Park, Gosforth	(019467) 25672	H, R, 25 Queen Street, Workington	(01900) 61326
G, J, 22 Fairview Gardens, Clifton	(01768) 201203	GREGSON, A, Le Sars Nateby Road, Kirkby Stephen	(017683) 71947	HADJIKYRIACOU, P, 11 Mill Street, Whitehaven	(01946) 528642
G, J, 118 The Crofts, Silloth	(016973) 32173	G, D, Mickle Vale Warcop	(017683) 41360	HADLEY, B, 76 Windeborne Avenue, Keswick	(017687) 44352
G, J, 12 The Fothergills, Flimby	(01900) 813873	G, Richard, Gatesgarth Farm Santon Bridge	(019467) 26695	H, C, 32 Castle Terrace, Penrith	(01768) 210536
G, J, 23 The Square, Dalston	(01228) 710043	GREIG, M, 20 Margery Street, Carlisle	(01228) 498502	H, C, 8 Chestnut Close, Culgaith	(01768) 88751
G, M, 82 Burnfoot, Wigton	(016973) 49246	GRENNHILL, Karen, Flat 8 Oakwell Court Backside Gardens,		HADWIN, S, 40 Croft Terrace, Penrith	(01768) 864816
G, N, 30 Finn Avenue, Carlisle	(01228) 472460	Brampton	(016977) 42596	H, S, 4 Langdale Avenue, Carlisle	(01228) 520301
G, N, 22 Holme Head Way, CARLISLE	(01228) 538284	GREY A.R, 15 Denton Park, Gosforth	(019467) 25510	HAGAN, A, 10 Bellsfield, Longtown, CARLISLE	(01228) 791048
G, N, 3 Romely Place, Cockermouth	(01900) 827920	G, E, 23 Briarcote, Kirkby Stephen	(017683) 71973	H, G, Little Acre Crossfield Road, Cleator Moor	(01946) 813725
G, P, 5 Morningside, Plumblund	(016973) 21760	G, Mrs J, 11 Birdswood Vale, Carlisle	(01228) 818483	H, R, 4 Norbeck Park, CLEATOR MOOR	(01946) 395924
G, P, 10 Rectory Square, Distington, WORKINGTON	(01946) 443623	G, L, 12 Fell View Close, Aspatia, Wigton	(016973) 20110	HAGON, Rena, 24 Irthing Park, Gilsland	(016977) 47445
G, R, The Pines Moss Lane, Allonby	(01900) 881558	GRIBBEN, A, 3 Hillside Close, Maryport	(01900) 813115	HAIG, Paul, 6 Marsh Terrace, Ellenborough	(01900) 816077
G, S, Crookwith Cott Dockray	(017684) 82304	GRIBBIN, A, 2 Hawk Place, Moresby Parks	(01946) 693515	HAIG PROTHERO, C, Brisco House Micklethwaite	(01946) 821439
G, S, 2 St Georges Crescent, Stanwix, Stanwix	(01228) 497975	G, C, 5 Florence House Lamb Lane, Egremont	(01946) 820004	HAIG, Rob, Jnr, 2 The Ferns, Egremont	(01946) 833249
G, T, 3 Wetheriggs Rise, Penrith	(01768) 865050	G, V, 7 Garlieston Court, WHITEHAVEN	(01946) 395066	HAIGH, C, 23 bellaport gardens, harrington	(01946) 833022
G, W, 2 Scholars Green, Wigton	(016973) 44327	GRIBBON, D, 37 Solway Street, Silloth	(016973) 32646	H, J, 42 Holden Road, Salterbeck, Workington	(01946) 833022
GRAYSON, V, Crosby House Ireby	(016973) 71948	G, R, Sunnyswaite Penton	(01228) 577448	HAIR, C, 16 Hollins Close, Whitehaven	(01946) 696838
GREALISH, J, 156 Dalston Road, Carlisle	(01228) 546226	G, S, Greencroft Moat	(01228) 577377	HAILE, A, Crofts Hill How Mill	(01228) 670036
GREARS, M, 22 Melbriac Avenue, Cleator Moor	(01946) 810144	GRICE, C, 1 Galecroft Low Seaton	(01900) 873596	H, A, TODHOLES FARM Lamplugh	(01946) 861003
G, N, 58 Coniston Park, Cleator Moor	(01946) 817732	G, P, Galloberly Irthington	(016977) 2287	H, S, 5 Woodside Close, Whitehaven	(01946) 694950
GREASLEY, J, 1 Edge Hill, Whitehaven	(01946) 591311	G, S, 5 Townfoot Park, Brampton	(016977) 07603	HAILES, A, 97 Bransty Road, Whitehaven	(01946) 690749
GREATORREX, Mr J, 16 Mountain View, Workington	(01946) 830806	G, W, 36 Newlands Park, Workington	(01900) 65551	H, J, 4 Montreal Place, Moor Row	(01946) 814819
G, P, 13 Primrose Crescent, Harrington	(01946) 830022	GRIEG, Simon, 29 Alexandra Drive, Carlisle	(01228) 409349	HAINES, D.J, 68 Musgrave Street, Penrith	(01768) 865820
GREAVES, D, Town Foot Cottage Ilegill	(016974) 73905	GRIERSON, A, 61 Lund Crescent, Carlisle	(01228) 544350	H, Russell, 64 Edgell Road, Carlisle	(01228) 538450
G, R, GHYLLSIDE Ilegill	(016974) 73452	G, B, 21 Berkeley Grange, Carlisle	(01228) 534393	HAIDUCH, D, Rydal 44 Stainburn Road, Workington	(01900) 379660
G, R, The Barn, Low Stennerskeugh Ravenstonedale	(015396) 23370	G, L, Prospect House Skelton	(017684) 84620	HAKEMAN, N, River View Ales	(01434) 321385
GREDA, M, 53A Scotland Road, Carlisle	(01228) 539525	G, S, Kirkriggs Skelton	(017684) 84519	HAKIN, M, Rowan Lea Kirkbampton	(01228) 576217
GREEN, A, The Forge Welton	(016974) 76581	GRIEVE, A.G, Lower Height Caldbeck	(016974) 78599	HALBERT, K, 13 The Meadows, Workington	(01946) 443621
G, A, Wreay Syke Cottage Wreay	(016974) 73691	G, G, 42 Croft Road, Carlisle	(01228) 524833	HALCROW, I, 3 Cliff Road, Whitehaven	(01946) 62398
G, A, 34 Cragg Road, Cleator Moor	(01946) 815075	G, L, 11 Pennine View Close, Carlisle	(01228) 548127	HALE, D, KELD FARM Keld	(01931) 716326
G, A, 10 East Crescent, Aspatia	(016973) 21909	G, M, Far Long Park Long Park	(01228) 675412	H, D, 8 Meadow Grove, Cockermouth	(01900) 822974
G, A, 23 Gray Street, Workington Cumbria	(01900) 61317	GRIEVES, Mr D, Mr 23 Limetree Crescent, Cockermouth	(01900) 821755	H, E, 29 Blencathra Street, Keswick	(017687) 73718
G, A, 2 Mona Street, Arlecon	(01946) 861138	G, J, 13 Skinner Street, Cockermouth	(01900) 500026	H, H, WESTWOOD COTTAGE Calderbridge	(01946) 841540
G, A, The Burrows Warren Hill, Faugh	(01228) 670556	G, Marie, West View Barclose	(01228) 675115	H, John, 12 Selby Terrace, Maryport	(01900) 812215
G, A.R, Glenville House Garrigill	(01434) 381761	GRIEVES-MATTINSON, Mr Ben, 26 Highfield Road,		H, Kathleen, 24 Criffel Road, Carlisle	(01228) 524839
G, B, Flat 9 Catherine Mews Catherine Street, Whitehaven	(01946) 695737	Cleator Moor	(01946) 425825	HALENK, W, 15 Garth Heads Road, Appleby-in-Westmorland	(017683) 54016
G, D, 37 Castle Terrace, Penrith	(01768) 339533	GRIFFITHS, B, 70 Barrowmoor Road,		HALES, F, Misty Dawn Etterby	(01228) 590053
G, D, 23 23 Southwaite Green Mill, Eamont Bridge	(01768) 895947	Appleby-in-Westmorland	(01768) 339377	H, G, 52 North Row, Whitehaven	(01946) 695517
G, F, Daffodil House Stockdalewath	(016974) 76714	G, C, HY-BERRIS High Heskett	(016974) 73598	HALIBART, Zofia, 14 Queen Street, Maryport	(01900) 269604
G, E, 59 Stonegarth, Carlisle	(01228) 538253	G, G, Hallenna Cottage Hallenna	(019467) 25490	HALIWELL, P, Rose Bank Johnby	(017684) 83951
G, F, 55 Scaw Road, Workington	(01946) 833663	G, J, Pembroke Hayton	(01228) 670510	HALL, A, 10 Beacon Close, Penrith	(01768) 864434
G, G, High Houses Ireby	(016973) 71549	G, J, 1 Company Fold Little Clifton	(01900) 61483	H, B, 3 Kiln Orchard, Rothwaite	(017687) 77065
G, G, SMITHY CROFT Tallentire	(01900) 826251	G, J, Waters Meet Little Corby Road, Little Corby	(01228) 561636	H, Mr Brian, 5 Plimsoll Close, Penrith	(01768) 866497
G, G, 11 Orchard Road Wigton, Cumbria	(016973) 26216	G, Mr Julian, 22 Lowry Hill Road, Carlisle	(01228) 526963	H, C, CROOKS VILLA Gilsland	(016977) 47384
G, G.R, Fern Bank Waddale	(019467) 26217	G, J.E, 68 Hillary Grove, Carlisle	(01228) 546433	H, C, 60 Blackwell Road, Carlisle	(01228) 524404
G, H, 15 Bakers Place, Penrith	(01768) 201287	G, Mrs M, Mrs 19 Scotty Green Steading, Carlisle	(01228) 513643	H, Christine, 26 Croft Close, Brough	(017683) 41603
G, Mrs Hilda, 51 Clifford Road, Penrith	(01768) 863552	G, R, Sewell Houses Southwaite	(016974) 73241	H, C, 63 Grasslot, Maryport	(01900) 268739

H, E, Valley View Ireby.....	(016973) 71389	H, J, Brooklyne Crosby Garrett.....	(017683) 72608	H, B, Hill More House Ludgate Terrace Station Road, Wighton.....	(016973) 42863
H, E, Pennine View Reagill.....	(01931) 715302	H, J, 55 Main Street, Whitehaven.....	(01946) 430777	H, G, 2 Millbeck, Carlisle.....	(01228) 528303
H, E, 20 Main Street, Great Broughton.....	(01900) 826724	H, M, Rock Dene Crosby Garrett.....	(017683) 71711	H, K, 50 Holmacres Drive, Carlisle.....	(01228) 533267
H, E, 5 The Paddocks, Carlisle.....	(01228) 712485	H, R, 66 Croft Avenue, PENRITH.....	(01768) 862878	H, L, 15 Derwent Park, Great Broughton.....	(01900) 825372
H, E, 5 Warwick Place, Workington.....	(01900) 65904	HANDS, G, 51 Merton Park, Frizington.....	(01946) 861836	H, M.J, 21 Peatfield Road, Seaton.....	(01900) 63877
H, F, 2 Wetheriggs Lane, Penrith.....	(01768) 895515	HANDY, E, HALLGARTH FARM Thornthwaite.....	(017687) 78242	H, P, 17 Rudchester Close, Carlisle.....	(01228) 898680
H, G, 21 Ghyll Road, Workington.....	(01900) 605448	H, J, Slackgate Slackgate, Penrith.....	(01768) 448203	H, S, 116 Newlands Lane South, Workington.....	(01900) 602356
H, G, 1 Mellwood, Kirkby Stephen.....	(017683) 74930	HANDYSIDE, D, 24 Croft Avenue, Penrith.....	(01768) 862847	HARLAND, Brian, 50 Barrowmoor Road, Appleby-In-Westmorland.....	(017683) 51868
H, Gilbert Sydney, 38 Irthing Park, Brampton.....	(016977) 42885	HANEY, D.A, 6 Waver Lane, Wighton.....	(016973) 43405	H, J, 2 Hannah Cottages Kingmoor Road, Carlisle.....	(01228) 717926
H, I, Stagstones Roundthorn.....	(01768) 890263	H, F, 36 Park Road, Wighton.....	(016973) 45717	H, S, Rose Cottage High Hesket.....	(016974) 75109
H, J, Croft House Cotehill.....	(01228) 560753	H, M, 6 Udale Road, Staiburn.....	(01900) 602687	HARLE, D, Stoney Garth Lazonby, Lazonby.....	(01768) 898196
H, J, Craker Culgaith.....	(01768) 88362	H, W, 7 Wakefield Road, Cockermouth.....	(01900) 827109	H, E.H, Bellgate Cumdovock, Dalston.....	(01228) 712065
H, J, The Barn Lamony.....	(017684) 84803	HANKEY, D, 30 Whitecosegate, Carlisle.....	(01228) 523907	HARLING, J, 9 Lakeland Park, Keswick.....	(017687) 27510
H, J, 1 Fell View Renwick.....	(01768) 898686	HANKIN, Mrs Margaret, 9 Smithy Croft, Carlisle.....	(01228) 538960	HARLTY, A, 75 Wasdale Park, Seascale.....	(019467) 74300
H, Mrs Jean, Brow Foot, 2 Workington.....	(01900) 63181	H, Mrs Samantha, 29 Kirkstead Road, Carlisle.....	(01228) 522886	HARMAN, P, HIGH CROFT House Wetherall.....	(01228) 562167
H, J, 6 Boonwood Distington.....	(01946) 448835	HANKINSON, A, 30 Skiddaw Street, Keswick.....	(017687) 73746	HARMISON, D, 1 Hartley Avenue, Carlisle.....	(01228) 381271
H, J, 41 Centurion Rise, Penrith.....	(01768) 866579	HANLEY, J, Beverley Beach Road, St. Bees.....	(01946) 822999	H, M, The Barn Carlisle.....	(01228) 675540
H, J, West Winds Front Street, Carlisle.....	(01228) 319114	H, Dr M.T, 1 South Loaning House Alston.....	(01434) 382575	HARMON, M, 18 Beech Lane, Cockermouth.....	(01900) 823040
H, J, 9 Green Bank Lane, Cockermouth.....	(01900) 824353	H, N, 8 Lonsdale Terrace, Crosby Villa, MARYPORT.....	(01900) 813580	H, R, 16 Richmond Road, Workington.....	(01900) 62585
H, J, 36 St. James Road, Carlisle.....	(01228) 531745	H, P, Vicarage Field Caravan Park Allonby.....	(01900) 881100	HARMSE, D, 37 Glaramara Drive, Carlisle.....	(01228) 510053
H, J, 8 Skiddaw Road, Carlisle.....	(01228) 524531	H, R, South Downs Swinstry.....	(016973) 61341	HARNETT, P, Christcliffe Cottage Boot.....	(019467) 23413
H, J, Barney Nook White Flatt, Carlisle.....	(016977) 2092	HANLON, L, 9 Thornton Road, Whitehaven.....	(01946) 691418	HAROLD, P, 57 Meadow Vale, Seaton.....	(01900) 602214
H, J, Sheepwalks Grange In Borrowdale.....	(017687) 77856	H, M, 8 Woodstock Lane, Whitehaven.....	(01946) 695785	HARPER, A, 25 Lincoln Road, Hensingham.....	(01946) 67929
H, J.R, 60 The Firs, Alston.....	(01434) 381098	H, N, Longmynd Loop Road South, Whitehaven.....	(01946) 694590	H, Mrs A, 21 Winscale Way, Carlisle.....	(01228) 534792
H, J.W, Prior Hall Ireby.....	(016973) 71283	H, T, 40 Hillcrest Avenue, Whitehaven.....	(01946) 690292	H, C, Brackenfalls Vicarage Hill, Keswick.....	(017687) 74046
H, K, 64 Greenacres, Wetherall.....	(01228) 561929	HANN, M, Elmcoke Papcastle.....	(01900) 823200	H, D, 91 Richmond Green, Carlisle.....	(01228) 533825
H, K, 12 Lingla Bank, Frizington.....	(01946) 440295	HANNA, J, 27 Green Close, Maryport.....	(01900) 379714	H, F, 141 Balmoral Road, Whitehaven.....	(01946) 695176
H, K, 1 Woodside, Maryport.....	(01900) 267860	HANNA LIMITED, K, OLD BANK HOUSE High Street, Brough.....	(017683) 41303	H, G, Birchdale House Heads Nook.....	(01228) 564059
H, M, The Hope & Anchor Inn Port Carlisle.....	(016977) 44674	HANNA, Mr 10 Pembroke Place, Penrith.....	(01768) 862381	H, J, LONG GREENS Cross Lanes, Seascale.....	(019467) 27211
H, M, 43 Birkbeck Gardens, Kirkby Stephen.....	(017683) 72453	H, P, WHITE COTTAGE Warcop.....	(016983) 42396	H, J, Unit 7J Lamplugh Road, Cockermouth.....	(01900) 829257
H, Mr M, 19 Brayton Street, Workington.....	(01900) 379722	HANNAH, A, 10 Richmond Terrace, Whitehaven.....	(01946) 693650	H, J.D, 57 Tribune Drive, Houghton.....	(01228) 528934
H, M, 155 Greystone Road, Carlisle.....	(01228) 543666	H, D, SWALLOW REST Corby Hill.....	(01228) 562473	H, K, Ghyll Crest Scau Road, High Harrington.....	(01946) 831314
H, M, 4 Kells Spring, Blencow.....	(017684) 83061	H, D, 15 Kiln Green Avenue, High Harrington.....	(01946) 830140	H, Michael, 6 Croft Terrace, Braithwaite.....	(017687) 78862
H, M, 26 Langdale Avenue, Carlisle.....	(01228) 528782	H, E, 51 Ling Beck Park, Workington.....	(01900) 336116	H, M.G, West House Farm Dearham.....	(01900) 816723
H, M, 7 Ryehill Park, Kirklington.....	(01228) 675954	H, J, Moor Head Cottage Longtown.....	(01228) 792035	H, P, Rectory Farm Cottage Penrith, Penrith.....	(01768) 897122
H, M, Russets William Street, Wighton.....	(016973) 44460	H, Mr John, 24 Moore Way, Workington.....	(01946) 833885	H, T, The Birches Moorhouse.....	(01228) 576461
H, M.A, 1 Shearman Yard Benson Row, Penrith.....	(01768) 892792	H, K, Firth Fabrication Services Reedlands Road Clay Flatts Ind Est, Workington.....	(01900) 605622	H, T, 6 Countess Road, Whitehaven.....	(01946) 395141
H, Miss 14 Inglewood Road, Penrith.....	(01768) 866660	H, N, 1 Brooklands Carleton Road, Penrith.....	(01768) 862067	H, V, 39 Loop Road North, Whitehaven.....	(01946) 691364
H, Mr 3 Ehen Garth, Ennerdale, Cleator.....	(01946) 425072	H, P, 6 Castle Close, Whitehaven.....	(01946) 61028	H, W, John, 2 Queens Road, High Harrington.....	(01946) 831013
H, N, 13 Beacon Edge, Penrith.....	(01768) 864473	H, R, Richmond Hill School House, Queen Street.....	(016973) 21416	HARPER-TARR, J, Oaklands Curthwaite.....	(01228) 712810
H, Mrs Phyllis, 32 Holmrook Road, Carlisle.....	(01228) 513990	H, S, 31 Main Street, Great Broughton.....	(01900) 826021	HARRAP, S, Solway Bungalow Solway Bungalow, Wighton.....	(016973) 26230
H, Patricia, 31 Queens Avenue, Seaton, Workington.....	(01900) 604078	HANNEN, G, 151 Newtown Road, Carlisle.....	(01228) 538002	HARRINGTON, C, 27 Mayfield, Carlisle.....	(01228) 497268
H, P.G, 20 Yewdale Road, Carlisle.....	(01228) 549481	H, J, 49 Townhead Road, Carlisle.....	(01228) 562224	H, C, 20 Salkeld Road, Langwathby.....	(01768) 881231
H, P.W, The Ridings Bridekirk.....	(01900) 821128	HANNON, M, 29 Derwent Road, Workington.....	(01900) 379212	H, D, 1 Glebe Lane, Distington.....	(01946) 833485
H, R, Rose Cottage Crackenthorpe.....	(017683) 51954	HANRAHAN, T, 33 Brayton Street, Workington.....	(01900) 604972	H, G, 52 Harrot Hill, Cockermouth.....	(01900) 825551
H, R, 45 Howard Park, Greystoke.....	(017684) 83394	HANSELL, J, 5 Sockbridge, Penrith.....	(01768) 865804	H, G, 36 Millcroft, Carlisle.....	(01228) 523335
H, Raymond, 39 Isel Road, Cockermouth.....	(01900) 822437	HANSEN, K, 47 Victoria Road, Workington.....	(01900) 64902	H, G, Stenoford Newbiggin, PENRITH.....	(01768) 866838
H, R, 74 Penny Hill Park, Penrith.....	(01768) 866691	H, Miss 9 Ritson Wharf, Maryport.....	(01900) 267647	H, J, Longcroft Kirkbride.....	(016973) 51331
H, R, 22 The Willows, Durdar.....	(01228) 402910	HANSHAW, M, Old School House Halsenna Road, Seascale.....	(019467) 21935	H, J, Coach House Little Salkeld.....	(01768) 881516
H, R, 17 Thirlmere Avenue, Workington.....	(01900) 61231	HANSON, A, South View Little Bampton.....	(016973) 51723	H, J.A, 38 Barnett Drive, Seaton.....	(01900) 64292
H, S, 57 Coniston Avenue, Seascale.....	(019467) 28663	H, A.R, The Lower House Thackthwaite.....	(017684) 86561	H, J.C, Brook Cottage Tallentire.....	(01900) 824683
H, S, 25 Newbury Way, Carlisle.....	(01228) 598694	H, D, APARTMENT15 Skelton Court Wetherall.....	(01228) 568631	H, K, Flatt Bank Gaitsgill.....	(016974) 76298
H, S, 23 Park Terrace, Kirkby Stephen.....	(017683) 72752	H, L, HILL TOP BARN Greystoke.....	(017684) 83428	H, K, Birds Hill Farm Dalston, Carlisle.....	(016974) 76267
H, S, 22 Springfield Avenue, Whitehaven.....	(01946) 63089	H, P, 90 Newlands Park, Dearham.....	(01900) 810447	H, L, 7 The Ace, Newton Arlosh.....	(016973) 52097
H, S, 87 Trumpet Terrace, Cleator.....	(01946) 814742	HARALDSEN, C, 14 Jericho Road, Whitehaven.....	(01946) 691177	H, M, Sleightholme Newton Arlosh.....	(016973) 61924
H, S, 25 Wighton Road, Carlisle.....	(01228) 526036	H, J, Norden Rigg Lowca.....	(01946) 63404	H, P.A, Plumpton Hall Plumpton.....	(01768) 894082
H, T, 10 Grove Road, Egremont.....	(01946) 823317	H, P, 11 Ruskin Dy, Whitehaven.....	(01946) 64199	H, S, The Mulberry Arkley.....	(016973) 20006
H, T.A, Lea Croft Hunsonby.....	(01768) 881068	HARBOT, Dr P, Bay Horse Cottage Maulds Meaburn.....	(01931) 715626	H, T, Millrigg House Kirkbride.....	(016973) 52053
H, T.A, 21 Frenchfield Way, Penrith.....	(01768) 863732	HARBON, M, Longlands Kinniside.....	(01946) 861662	H, T, 51 Upperby Road, Carlisle.....	(01228) 527839
H, V, 18 James Park Homes, Egremont.....	(01946) 822254	HARDAKER, S, 9 Brunswick Square, Penrith.....	(01768) 863327	H, W.M, Frmr, Flattbank Gaitsgill, Raughton Head.....	(016974) 76298
H, W, 59 Castlegate Drive, Cockermouth.....	(01900) 822781	HARDCASTLE, A, 15 Brookside Place, CA2.....	(01228) 530060	H, W.W, 4 Far Moor, Biggry.....	(01946) 813203
HALLAM, A, Housesteads Burgh-By-Sands.....	(01228) 576149	H, J, Orchard House Berrier Road, Greystoke.....	(017684) 80156	HARRIS, A, 2 Midcroft Court Workington.....	(01946) 862169
HALLIBURTON, B, 11 Chertsey Bank, CARLISLE.....	(01228) 549401	HARDEN, S, BROUGHAM HALL FARM Brougham.....	(01768) 889193	H, A, 11 Ashley Street, CARLISLE.....	(01228) 490633
H, B, 42 Newlaithes Avenue, Carlisle.....	(01228) 318320	HARDIE, C, 34 Kilside, Distington.....	(01946) 830055	H, C, 3 The Old Orchard Row Brow, Maryport.....	(01900) 816137
H, S, 11 Penton Close, Carlisle.....	(01228) 537025	H, Doug, Dale Mount Embleton.....	(017687) 76198	H, C.M.G, 405 London Road, Carlisle.....	(01228) 547693
HALLIDAY, D, Dalefoot Mallerstang.....	(017683) 72519	H, D, Dove Cottage Greysouthen, Cockermouth.....	(01900) 829457	H, D, Craika Bank Lowther.....	(01931) 712003
H, P, 38 Huntsman Lane, Carlisle.....	(01228) 402804	H, J, Ellengrove Villa Maryport.....	(01900) 814219	H, Mr E, 11 Howard Place, Carlisle.....	(01228) 420069
H, Thomas, Galdana Hallbankgate.....	(016977) 46100	H, J.A, 47 Bransly Road, Whitehaven.....	(01946) 64938	H, Miss E, The Cottage, Barnyard Court Main Street, Greysouthen.....	(01900) 386187
HALLIMAN, L, 5 Hanson Place Warwick Square, CARLISLE.....	(01228) 542611	H, W.B, The Oaks Barclose.....	(01228) 675636	H, Eh, 2 Twentymann Court Penrith Road, Keswick.....	(017687) 73774
HALLIWELL, C, Claremont Lowther.....	(01931) 712132	HARDING, B, 61 Keld Road, Carlisle.....	(01228) 401462	H, G, Toll Bar Farm High Hesket.....	(016974) 73784
H, D, 7 Apple Tree Gardens, Carleton, PENRITH.....	(01768) 866127	H, D, Greenlands Skirwith.....	(01768) 88676	H, G, White House Front Street, Alston.....	(01434) 381968
HALLSWORTH, D, ST. JUDES Dalston.....	(016974) 76329	H, Diane, 8 Crakegarth, Dalston.....	(01228) 711253	H, G, 51 Lonsdale Court, Penrith.....	(01768) 606798
HALSALL, C, Lockholme 48 South Road, Kirkby Stephen.....	(017683) 71321	H, J, School House Ainstable.....	(01768) 896898	H, G.L, Sandelwood Sand Croft, Penrith.....	(01768) 867714
H, V, Fox How Penrith, Penrith.....	(01768) 898046	H, M.A, 2 Howard Gardens, Brampton.....	(016977) 2883	H, G.W, 1 Orton Moor Cottages Orton.....	(015396) 24369
HALVORSEN, J, 5 Charlton Way, Kingstown.....	(01228) 674272	H, R.D, 2 The Croft, Threlkeld.....	(017687) 79625	H, H, Moor Cottage Chapel Terrace, Cumbria.....	(01900) 821819
HAMALTON, L, Seat Howe Thornthwaite.....	(017687) 78371	H, R.J, Nickies Hill Walton.....	(016977) 41234	H, H, 18 St James Avenue, CARLISLE.....	(01228) 512535
HAMBLEY, D, Silcroft Main Street, Greysouthen.....	(01900) 825241	HARDISTY, D, 33 Rheda Close, Frizington.....	(01946) 811235	H, J.A, Bankhead Farm Newby East.....	(01228) 573289
HAMBLING, E, 14 Rydal Avenue, Whitehaven.....	(01946) 65079	H, S, Paddock View Wighton, Wighton.....	(01228) 594280	H, K, 6 Windermere Road, Maryport.....	(01900) 818072
H, G, 1 West Spur, Moor Row.....	(01946) 810783	HARDMAN, C, 21 Wighton Road, Carlisle.....	(01946) 820132	H, M, Holmeford Langwathby.....	(01768) 881590
HAMBREY, Prof M, Underknott Threlkeld.....	(017687) 79917	H, M, 15 Castle View, Egremont.....	(01946) 813777	H, M.J, Meadow Lane Winton.....	(017683) 71749
HAMER, E, Rosenthal Lanercost Road, Brampton.....	(016977) 3442	H, R, 82 Mill Hill, Cleator Moor.....	(01946) 42566	H, N, 10 Rickerby Court, Rickerby.....	(01228) 596623
HAMIDI, B, Oriental Centre 5 London Road, Carlisle.....	(01228) 272562	HARDON, C, 12 The Hawthorns, Wighton.....	(016973) 42518	H, P, Bryngwyn Heads Nook.....	(01900) 814704
HAMILTON, Angela, 5 Lansdowne Crescent, Carlisle.....	(01228) 739015	H, J, 6 Belted Will Close, Wighton.....	(016973) 43333	H, P, 94 Stonegarth, Carlisle.....	(01228) 535451
H, A, 8 Snowdon Avenue, Cleator Moor.....	(01946) 814709	H, J, 69 South End, Wighton.....	(01900) 603899	H, P, 1 The Nook Belah Crescent, Carlisle.....	(01228) 521614
H, B, 20 Grant Drive, Whitehaven.....	(01946) 695641	H, M, 65 Staiburn Road, Staiburn.....	(01768) 865716	H, R, 1 Inglewood Cottages Parsonby.....	(016973) 21317
H, Mr Craig, 74 High Street, Cleator Moor.....	(01946) 328205	HARDT, R, 1 NURSERY COTTAGES Carleton Village.....	(01228) 52061	H, T, 46 Santon Way, Seascale.....	(019467) 28523
H, C, 69 Lawson Street, Aspatria.....	(016973) 23434	HARDWICK, A, 11 Beechwood Avenue, Carlisle.....	(01946) 832810	HARRIS WILLIAMS, J, 133 Blackwell Road, Carlisle.....	(01228) 525766
H, I, 72 Queen Street, Aspatria.....	(016973) 20947	HARDY, A, Calecroft 31 Scaw Road, High Harrington.....	(01228) 402812	HARRISON, A, Holme Hill Aldoth.....	(016973) 61081
H, Mr James, 8 Rosebank, Hensingham, Whitehaven.....	(01946) 61861	H, D, East Croft Cottage Scaw Road, High Harrington.....	(01946) 834177	H, Mrs Alice, Coupland View Appleby-In-Westmorland.....	(017683) 51844
H, N, 13 Beechwood Close, Maryport.....	(01900) 812462	H, F, 1 South End, Wighton.....	(01697) 388614	H, A, Woodhouse Melkinthorpe.....	(01931) 712267
H, S, 2 Birdswald Drive, Carlisle.....	(01228) 529689	H, J, 2 The Greens Culgaith.....	(01768) 88216	H, A, 89 Cumwhinton Road, Carlisle.....	(01228) 513901
H, S, 4 Dovers Yard 4 Flimby Brow, Flimby.....	(01900) 810451	H, J.E, Whiterigg House Farm Crosby-On-Eden.....	(01228) 573604	H, A, 147 Holmrook Road, CARLISLE.....	(01228) 530857
H, S, 19 The Parklands, Penrith.....	(01768) 862256	H, P, 39 Greystone Place, Cleator Moor.....	(01946) 810396	H, A, 9 Moss Bay Road, Workington.....	(01900) 413377
H, T, 8 George Moore Avenue, Fletchertown.....	(016973) 71648	H, S, 35 Asby Road, Asby.....	(01900) 604601	H, A, 9 Station Road, Penruddock.....	(017684) 80719
H, W, Blenkinsopp Castle Home Park Greenhead.....	(016977) 47673	H, S, 19 Lowca Lane, Seaton.....	(01900) 821264	H, A.G, Marsh View Skimburness.....	(016973) 31426
HAMLIN, J.G, West Larches Beacon Edge, Penrith.....	(01768) 863188	H, S, BECKSIDE COTTAGE Skinner Street, Cockermouth.....	(01228) 525141	H, A.J, 2 Mayburgh Avenue, Penrith.....	(01768) 867173
HAMMEL, E, 5 Heathcote Park, Cleator Moor.....	(01946) 812201	H, Mr T, Mr 187 Brampton Road, Carlisle.....	(01228) 525141	H, Maj A.N, Wreay Hall Wreay.....	(016974) 73366
HAMMILL, S, 16 Norbeck Park, CLEATOR MOOR.....	(01946) 815575	HARE, I.C, Meadow Gro 17 Station Rd, Penruddock.....	(017684) 83886	H, B, Baggrow Farm Aspatria.....	(016973) 20312
HAMMILL, K, 7A Low Seaton Seaton, Workington.....	(01900) 63394	H, J, MERRIDENE Station Road, Shap.....	(01931) 719211	H, B, Calrod Stud Farm Calrod.....	(016973) 31515
HAMMOND, D, Bridge End Farm Ullock.....	(01946) 861395	HAREGIN, J.M, 20 Gillford Crescent, Carlisle.....	(01228) 401356	H, B, Beck Farm Wheyrigg.....	(016973) 61198
H, David, Bridge End Cottage Ullock.....	(01946) 861675	HARGRAVE, N, 1 Beckside, High Harrington.....	(01946) 830514	H, B, 13 St. Peters Close, Carlisle.....	(01228) 531541
H, G, 8 Townhead Road, Cotehill.....	(01228) 562446	HARGRAVES, M, 14 Sunnymede, Carlisle.....	(01228) 543696	H, B.E, Low House Farm Armathwaite.....	(016974) 72338
H, J, 17 Blackthorn Way, Carlisle.....	(01228) 471205	HARGRAVES, C.M, 32 Moorville Drive, Carlisle.....	(01228) 529374	H, B.M, Clarghyll FM Alston.....	(01434) 381217
H, J, 16 Faustn Hill, Wetherall.....	(01228) 561281	H, D, 42 Crummock Avenue, Whitehaven.....	(01946) 440946	H, C, Sanden House Farm Abbeytown.....	(016973) 61209
HAMPSON, J, 6 South End, Wighton.....	(016973) 43747	H, D, 27 The Larches, Egremont.....	(01946) 820891	H, Carolyn, 5 Low Byer Park, Alston.....	(01434) 381039
H, J, 3 Sycamore Road, Maryport.....	(01900) 413563	H, M, 7 Shoregill, Appleby-In-Westmorland.....	(017683) 42998	H, D, Tanglewood Dalston.....	(016974) 76763
H, K, SOUTH VIEW Crosby-On-Eden.....	(01228) 573328	H, P, 10 Park Close, Scooby.....	(01228) 513365	H, D, 99 Cumwhinton Road, Carl	

H, G, 16 Thirlmere Avenue, Cockermouth	(01900) 823134	H, T, 47 Eden Street, Carlisle	(01228) 599953	H, P, 106 Valley View Road, Whitehaven	(01946) 430394
H, G, 34 Wadale Park, Seascale	(01946) 28297	H, T, 29 Greenlands Avenue, Whitehaven	(01946) 695880	HAZLEHURST, G, 17 Croft Court, Wigton	(01697) 508301
H, H, 5 Brookfield, Shap	(01931) 716424	H, W, 5 Lowscades Drive, Cockermouth	(01900) 822822	HAZLEWOOD, L, 5 Goodwin Close, Carlisle	(01228) 402726
H, H.W, Eden House Ievigill	(016974) 73528	HARVIE, Mr Ian, 119 Balmoral Road, Whitehaven	(01946) 693316	HAZZARD, A, SANDBURNE Chestnut Hill, Keswick	(017687) 73546
H, I, Flat 1 Felle House Shap	(01931) 716505	HARWOOD, F, Flat 19 Abbotsford House Wordsworth Street, Penrith	(01768) 895743	H, D, 2 Cherry Tree Drive, Staunburn	(01900) 608088
H, J, 1 Beckstone Close, Harrington	(01946) 832786	HASCAMP, S, 2 Brooklands Avenue, Maryport	(01900) 878908	HBB, X, Mount Pleasant Hoff	(017683) 52324
H, J, Lane End Cottage Cliburn	(01931) 714100	HASELDEN, J.P, Wreay Stables Watermillcock	(017684) 86210	HEAD, A, Home Croft Church Hill, Westward	(016973) 45309
H, J, Starthill Farm Lamony	(017684) 84834	HASKINS, A, 100 Main Street, Frizington	(01946) 811509	H, C, Karick Vicarage Lane, Temple Sowerby	(017683) 62854
H, J, Shouthwaite Farm Naddle	(017687) 72678	H, S, BERRYMOOR Heads Nook	(01228) 561152	H, Doreen, Warborough Lea Station Crescent, Beckerm	(01946) 841700
H, J, WEST HIGHBERRIES Scaley	(01228) 675238	HASLAM, I, Hill Top Cottage Workington	(01946) 528649	H, J.M, Larkspur Church Hill, Westward	(016973) 44110
H, J, Beckside Wherrygill	(016973) 61223	H, R, 6 Carleton Terrace, Shap	(01931) 716535	H, V, 1 Friars Road, PENRITH	(01768) 201435
H, J, 4 Fieldside Keswick	(017687) 74293	HASTED, P, 33 Fletcher Hill Park, Kirkby Stephen	(017683) 32421	H, W, 45 Brunton Avenue, Carlisle	(01228) 531486
H, J, Down Hall Ailton,	(016973) 42847	HASTINGS, J, Christchurch Rooms South Street, Cockermouth	(01900) 829926	HEAL, N, 8 Drawbriggs Mount, Appleby-In-Westmorland	(017683) 51743
H, J, Linehams Appleby Road, Kirkby Stephen	(017683) 72403	HASTON, R, Grange Farm Arkleby	(016973) 22600	HEALDS, B, The Old Post Office Blencow	(017684) 80205
H, J, 23 Greta Gardens Crow Park Road, Keswick	(017687) 73167	HASTWELL, T, 52 South Road, Kirkby Stephen	(017683) 71431	HEALY, D, 8 Sycamore Road, Maryport	(01900) 814290
H, J, Beckside Main Street, St. Bees	(01946) 822681	H, W.J, 6 South Road, Kirkby Stephen	(017683) 71719	HEANEY, B, 37 Whitestiles, Seaton	(01900) 63335
H, J, 52 Merton Park, Frizington	(01946) 861682	HATCHER, Dr P, 7 Mulberry Gardens, Penrith	(01768) 865528	H, R, DOWLEES HOUSE Burgh-By-Sands	(01228) 576900
H, Jsp, 16 Station Road, Flimby	(01900) 813518	HATHER, E, 9 Dickrold Lane, Skimburness	(01697) 388510	H, R, 2 The Chestnuts, Distington	(01946) 831830
H, J, 83 The Crofts, Silloth	(016973) 32163	HATTRELL, C, APPLLEGARTH Hayton	(01228) 670232	HEAP, G.H, 12 Garth Road, Workington	(01900) 66667
H, J.A, The Brambles St. Johns Road, Stainton	(01768) 890072	HAUGH, Mr Donald, 8 Winsale Way, Carlisle	(01228) 535332	H, J, 80 Crossways, Carlisle	(01228) 531536
H, J.A, 7 Skellands Ride, Lowther	(01931) 712271	H, E, 21 Greenacres, Wetheral	(01228) 560033	HEARD, D, FLAT 13 HIGHMOOR MANSION Highmoor Park, Wigton	(016973) 44578
H, K, 15 Anchor Close, Penrith	(01768) 890549	H, J, The Grange Irthington	(01228) 272422	HEARSEY, J.H.E.R, 342 Raffles Avenue, Carlisle	(01228) 810479
H, K, 3 Curzon Street, Maryport	(01900) 812736	H, Richd, Green Close Curthwaite Road, Thursby	(01228) 710003	HEARY, J, 32 Caldew Close, Carlisle	(01228) 543894
H, K, 6 Yetlands, Dalston	(01228) 710580	H, S, 27 Inglewood drive, dalston	(01228) 711416	HEASUP, M.J, 32 Elizabeth Street, Workington	(01900) 66339
H, K.W, Baggrow Farm Baggrow	(016973) 20312	H, William, Vallum Barn Irthington	(016977) 42478	HEATH, A, 6 Empire Road, Carlisle	(01228) 522270
H, L, The Old Dairy Tower Court, Warcop	(017683) 42879	HAUGHAM, G, 30B Manor Road, Carlisle	(01228) 525432	H, G, 28 York Street, PENRITH	(01768) 861571
H, L.E, 1 Holmrook Road, Carlisle	(01228) 523540	H, I, Thistle Do Penton	(01228) 577016	H, J.R, 67 Musgrave Street, Penrith	(01768) 896583
H, M, Hillcrest Shap	(01931) 716656	H, Jacqueline, 4 Beech Terrace, Kirkbride	(016973) 51988	HEATHER, J.D.L, Castletwaite Mallerstang	(017683) 71393
H, M, 22 Anchor Close, Penrith	(01768) 864274	H, J, 94 Cumwhinton Road, CARLISLE	(01228) 402646	HEATHERINGTON, R, 3 Woodlea Grove, Goose Butts	(01946) 814034
H, Miss Marie, 52 Caldbek Road, Whitehaven	(01946) 328013	H, J, 5 Murraydale Terrace, Workington	(01900) 62737	HEATHFIELD, J, High House Renwick	(01768) 896422
H, M, 30 East Crescent Aspatria, Wigton	(016973) 20045	H, Keith, Ashville Langwathby	(01768) 881419	HEATHINGTON, A, Fellside High Lorton	(01900) 430388
H, M, 1 Reiver Place Kingstown Road, Carlisle	(01228) 513929	H, K, 8 Lingfield Close, Carlisle	(01228) 493432	HEATON, D, 4 Langdale Close, Whitehaven	(01946) 430107
H, M, 25 Mosedale Crescent, Maryport	(01900) 815115	H, P, 33 York Gardens, Carlisle	(01228) 598813	H, F.A, Nether House Hethersgill	(01228) 675516
H, M, 21 Oak Road, Penrith	(01768) 864527	HAVARD, B, 22 The Beeches, Maryport	(01900) 812345	H, G, 1 Derwent Avenue, Maryport	(01900) 813970
H, M, 108 Raiselands Croft, Penrith	(01768) 339483	HAVERLOCK, Admiral J, Boltongate Farm Boltongate	(016977) 44443	H, J, 24 Buchanan Road, Carlisle	(01228) 544431
H, M.L, Quarry Bank Maidenhill	(01768) 892454	HAVENHAND, C.E, 1 Clifford Court, Penrith	(01768) 864492	H, S, 1 The Garth High Bank Hill	(01768) 870499
H, M, 3 Station House West Woodside	(016973) 43254	HAWKER, A, 14 Sandgate Court Sandgate, Penrith	(01768) 867121	H, S, 9 Acredale Road, Carlisle	(01228) 534088
H, Mrs 43 Salterbeck Road, Workington	(01946) 833554	HAWKINS, A.M, 41 Liddle Close, Carlisle	(01228) 525253	HEAVISIDES, M, Sedgewick House High Street, Brough	(017683) 41497
H, M.S, West View Kirklington	(01228) 675466	H, C, Reading Room Reading Room, Brampton	(01697) 543229	HEBBARD, J.H, 19 Wansfell Avenue, Carlisle	(01228) 523712
H, N, Coatthill Hill Fm Alston	(01434) 381337	H, D, 2 School House View Orton	(015396) 26158	HEBSON, C, 39 Harker Park Road, Harker Park	(01228) 674294
H, N, Croft House Mearlrig, Aspatria, Wigton	(01697) 507206	H, J, 20 Monkway Court, Whitehaven	(01946) 590760	H, J, BELVEDERE Croft Terrace, Penrith	(01768) 867849
H, O, 23 Market Place, Cockermouth	(01900) 381516	H, J, 5 West Spur, Moor Row	(01946) 813576	H, K, 3 Fell Side, Threlkeld	(017687) 79411
H, P, Haw Bank Farm Newbiggin	(017684) 89346	H, Mr M, 114 Hurley Road, Carlisle	(01228) 560876	H, P.H, Town End Farm Little Salkeld	(01768) 881336
H, P, 1 Powhill Kirkbride	(016973) 51001	H, P.A, 4, West View School Road, Cumwhinton, Carlisle	(01228) 561944	HECKLES, Mrs R Southwaite Green Mill Country Park Penrith	(01768) 868565
H, P, 29 Eden Park, Kirkoswald	(01768) 898100	HAWKRIGG, A, 18 Inkerman Terrace, Whitehaven	(01946) 693547	HECTOR, G.O, Lambrigg Melkinthorpe	(01931) 712353
H, P, 16 Fairbybank Park, Stainton	(01768) 899332	H, P, 1 Beck Side, Whitehaven	(01946) 690743	HEDLEY, D, 10 Keeble Rise, Cleator Moor	(01946) 817222
H, P, 73 High Street, Kirkby Stephen	(017683) 71952	H, S, 33 Briar Rigg, Keswick	(017687) 72931	H, E, 14 Richardson Street, Carlisle	(01228) 590601
H, P.G, Midtown Farm Fingland	(016973) 51590	HAWKSWELL, J, Garth House Garth Park, Carlisle	(01228) 560346	H, I, 18 Stanley Road, Brampton	(016977) 7990
H, R, Kirkland Cottage Wigton	(016973) 69872	HAWLEY, D, 25 Staunburn Road, Staunburn	(01900) 602896	H, J, Mandalay Bassenthwaite	(017687) 26844
H, R, 4 Chersey Mount, Carlisle	(01228) 401324	H, D.C & G.M, The Steading Ievigill	(016974) 73027	H, J, 33 Coronation Drive, Salterbeck	(01946) 833945
H, R, 27 Dent View, Egremont	(01946) 329296	H, J, 46 Stanbeck Meadows, Workington	(01900) 605191	H, S, 1 Ellesmere Way, Carlisle	(01228) 590187
H, R, 8 Robins Wood, Stanwix	(01228) 642271	H, W, 144 Kipling Avenue, High Harrington	(01946) 832777	HEDWORTH, P, Townhead Farm Kirkbride	(016973) 51658
H, S, 2 The Lofts Penrith	(01768) 339371	HAWORTH, J, 8 Quality Corner, Workington	(01900) 550142	HEELEY - CREED, D, Ashdown Cumwhinton	(01228) 560658
H, S, Woodside Cottage Castle Carrock, Brampton,Cumbria	(01228) 706872	H, J.N, 10 Burnstock Close, Carlisle	(01228) 534931	HEELEYCREED, Eleanor, 5 Church Terrace, Carlisle	(01228) 514868
H, S, 1 East End, Carlisle	(01228) 575039	H, J.S, 30 Turnberry Way, Carlisle	(01228) 531499	HEELIS, G, Netherley Milburn	(017683) 61074
H, S, Eden Holme Farmhouse Eden Holme Farmhouse, Warcop	(017683) 431816	H, P, Ghyl Yeat Blindcrake	(01900) 822620	HEGGE, I, 17 Solway View, Kirkbampton	(01228) 576636
H, S, 69 Green Lane, Belle Vue	(01228) 593748	H, R, Nook House Torpenhow	(016973) 71210	H, John, 6 Park Road, Greystoke	(017684) 83462
H, S, 19 West Lane, Shap	(01931) 716253	H, V, 5 Catherine Cottages Keswick	(017687) 44356	H, R, 38 Millcroft, Carlisle	(01228) 536128
H, Stephen, 17 Wodow Road, Thornhill	(01946) 822027	HAWTHORNE, C, 6 White School Close, Whitehaven	(01946) 451356	HELLIER, B, 17 James Duffield Close, Workington	(01900) 605269
H, S.A, 4 Chapel Street, Appleby-In-Westmorland	(017683) 52692	HAWTHORNE, R, 2 Greystone Terrace Frizington Road, Cleator Moor	(01946) 811747	HELLON, J, 17 Currock Park Avenue, Carlisle	(01228) 526230
H, S.A, 89 Moorclose Rd, Salterbeck	(01946) 830270	HAY, D, 40 Dalton Avenue, Carlisle	(01228) 599942	HELM, C, 10 Brooklands Grange, Penrith	(01768) 88797
H, T.I, 3 Council Houses, Low Hesket	(01228) 670790	H, D, 15 Kirkstone Crescent, Carlisle	(01228) 818418	H, P, Rannerdale Farm Buttermere	(017687) 70202
H, V, 6 Fox Hills, Irthington, Carlisle	(016977) 2147	H, Elizabeth, Croft Cottage Rockcliffe	(01228) 674363	HELM, D, Heron Rigg Caldbek	(016974) 78524
H, W, PILGRIMS REST Irthington	(016977) 41376	H, H, 1 Station Road, Flimby	(01900) 815008	H, J, Ormathwaite Farm Ormathwaite Farm, Keswick	(017687) 72777
H, W, Hartlaw Farm Silloth	(016973) 31641	H, M, 28 Morton Street, Carlisle	(01228) 598034	HEMINGWAY, B, Corbiere House 8b Main Road, Seaton	(01900) 64043
H, W, Linehams Appleby Road, Kirkby Stephen	(017683) 71371	H, M, 51 Woodside North, Carlisle	(01228) 531406	H, D, 51 The Parklands, Cockermouth	(01900) 822513
H, W, 65a Beaumont Road, Carlisle	(01228) 546163	H, N.W, Braeside Irton	(01946) 24673	H, J, 3 Swinburn Cottages Penrith	(017684) 84198
HARRISON-SMITH, Mrs Jude, 1 Barras Lane, Carlisle	(01228) 739827	HAYCOCK, A, 5 Collins Terrace, Maryport	(01900) 818273	H, L, 5 Moor Road, Staunburn	(01900) 63536
HARROD, S, 1 Chimes Bank, Wigton	(016977) 44833	H, M, 9 The Willows, Durdar	(01900) 331776	H, M, School House Skirwith	(01768) 88374
HARROLD, John, The Garth Hayton	(01228) 670712	HAYDEN, B, Solway View Port Carlisle, WIGTON	(016973) 51215	HEMSLEY, M, 9 Wood End Close, High Harrington	(01946) 833591
HARROP, T, ROCKHOLME Blencow	(017684) 83998	HAYES, J, 97 Ellesmere Way, Carlisle	(01228) 537594	H, W, 8 Acton Court, WHITEHAVEN	(01946) 63355
HARROW, J.K, 23 Whitfell Avenue, Carlisle	(01228) 546985	H, T, Unit 2E Brampton Used Furniture Townfoot Industrial Estate, Brampton	(016977) 3867	HENDERSON, A, 44 Earls Road, Whitehaven	(01946) 329701
HARRYMAN, C, Chestnut Lodge Culgaith	(01768) 88609	HAYGARTH, J, PENNINE VIEW Kaber	(017683) 71007	H, Mr A, 23 White Ox Way, Penrith	(01768) 210711
H, C, BURR BRAE Curthwaite	(01228) 710344	H, P, Kelleth Rigg Kelleth	(015396) 23467	H, A.J, 36 Valley Park, Whitehaven	(01946) 63043
HARSTON, R, Old Stables Warcop, Appleby-In-Westmorland	(017683) 41957	HAYHOW, Mrs J, Mrs 144 Lingmoor Way, Carlisle	(01228) 402546	H, B, 1 Ravenhill Road, Whitehaven	(01946) 451305
HART, A, 14 Coniston Avenue, Seascale	(01946) 28586	HAYHURST, J, Birkby Moor Birkby	(01900) 821275	H, Mr Brian, 29 Wetheriggs Rise, Penrith	(01768) 890857
H, C.A, 6 Coniston Avenue, Seascale	(01946) 28781	H, L, 25 Goldington Drive, Appleby-In-Westmorland	(017683) 51809	H, C, 76 South Road, Kirkby Stephen	(017683) 30174
H, D, 3 Skiddaw Street, Silloth	(016973) 31235	H, S, 4 Skinburness Drive, Silloth	(016973) 32161	H, C.N, Invergate Lodge Hayton	(01228) 670405
H, Rev G, Netherthorn Vige Church Ter, Maryport	(01900) 819886	HAYLLAR, F, Filtholme Farm Warcop	(017683) 41547	H, D, Bridge Farm Gamblesby	(01768) 881369
H, K, Orchard House Wigton	(016977) 388745	H, J, Thunderslides Warcop	(017683) 42260	H, D, 26 Blencarn Park, Rockcliffe, Carlisle	(01228) 674484
H, R, Lynwood West Green, Allonby	(01900) 881782	HAYNES, C, Townhead Cottage Townhead	(01228) 670428	H, D, 4 Cottage Row, Great Strickland	(01931) 712805
HARTINGAN, S, 55 Folly Lane, PENRITH	(01768) 862000	H, S, 92 Gosforth Road, Seascale	(01946) 751852	H, D, 16 Croft Close, Brough	(017683) 41803
HARTLAND, D, Rose Bank Culgaith	(01768) 88798	HAYSTON, C, 62 The Crofts, Wigton	(016973) 47085	H, D, 63 Crosby Terrace, Maryport	(01900) 814355
H, W.J, Wantwhaite Farm St. Johns-In-the-Vale	(017687) 79202	H, J.S, Sunnymead Newton Arlsh	(016973) 51770	H, D, 2 Drovers Mount, Little Salkeld	(01768) 639168
HARTLEY, J, 2 Riverside Drive, Egremont	(01946) 821269	HAYTHORNTHWAITE, J.M, 3 Highwood Crescent, Carlisle	(01228) 542245	H, D, Flat 5, 20a Esk Street, Silloth	(016973) 32068
H, J, West View Town End Rosley	(016973) 44069	HAYTON, A, 44 Coniston Park, Cleator Moor	(01946) 814066	H, D, 5 Helbeck Road, Brough	(017683) 41505
H, J, 8 Westmorland Rise, Appleby-In-Westmorland	(017683) 52588	H, A, 6 Hinnings Road, Distington	(01946) 832072	H, E, Meadow Cottage Linstock	(01228) 590245
H, M, Solway House Moresby	(01946) 693910	H, A, Whitelees Seaton Road, Broughton Moor	(01900) 814310	H, E, 50 St. Mungos Park, Aspatria	(016973) 20797
H, P, 49 Frenchfield Way, Penrith	(01768) 863351	H, B, 6 Ehen Road, Cleator Moor	(01946) 814023	H, E, 33 Waverley Court Waverley Gardens, Carlisle	(01228) 658569
H, P, 23 Row Brow Park, DEARHAM, MARYPORT	(01900) 813682	H, D, Prospect Cottage Bolton	(017683) 61227	H, G, 61 Cairn Wood, Heads Nook	(01228) 562659
H, Mr R, Mr 13 Burnrigg, Carlisle	(01228) 731467	H, H, Diane, Aspy Grange Great Asby	(017683) 52881	H, G, 10 Smithy Court, Penrith	(017684) 80257
H, Steven, Langlithes Ashkam	(01931) 712107	H, D, 10 Hazelgrove, Seaton	(01228) 532534	H, G, 68 Springfield Road, Carlisle	(01228) 543292
H, S, 5 High Street, Egremont	(01946) 810719	H, D, 10 Hazelgrove, Seaton	(01900) 605087	H, H, 8 Golf Terrace, Wigton	(016973) 32847
H, The Seasons Church Hill, Westward	(016973) 43420	H, D.J, 30 Simmerson Drive, Carlisle	(01228) 523806	H, I, Cannerthwaite Renwick	(01768) 898570
H, W, 3 Loop Road North, Whitehaven	(01946) 693638	H, G, 9 The Crofts, Bothel	(016973) 21698	H, I, 4 Robertshaw Yard Brougham Street, Penrith	(017684) 28376
HARTLY, J, Low Prior Scales Calderbridge	(01946) 841269	H, G, 92 Valley Park, Whitehaven	(01946) 590458	H, I, 29 Monksclose Road, Carlisle	(01228) 549437
HARTNESS, C, 16 Pennine View, Carlisle	(01228) 526489	H, J, 50 Newlands Lane, Workington	(01900) 63903	H, J, The Bungalow Appleby Grammar School Battlebarrow, Appleby In Westmorland	(017683) 53023
H, M, 33 Bassenthwaite Street, Carlisle	(01228) 544054	H, J.S, Grange Farm High Ireby	(016973) 71764	H, J, AVILON Baybarrow Road, Egremont	(01946) 821482
HARTWELL, P, 15 Gote Road, Cockermouth	(01900) 826256	H, L, 56 The Hawthorns, Wigton	(016973) 42930	H, J, 20 Chapel Street, Flimby	(01900) 815651
HARVEY, A, 25 Pennine Gardens, Carlisle	(01228) 594972	H, M, 80 Newfield Drive, Carlisle	(01228) 539250	H, J, 25 Pears House Duke Street, Whitehaven	(01946) 690845
H, C, 2 Kings Terrace, Winton	(017683) 71066	H, P, River View Whinney Hill	(01946) 814223	H, J, 16 Eden Park, Kirkoswald	(01768) 898500
H, C, Gill Beck Barn Upton, Caldbeck	(016974) 77133	H, P, MORLAND PLACE Brigham Road, Cockermouth	(01900) 824026	H, J, 30 Leathwaite, Whitehaven	(01946) 451098
H, D, Ryvoan Culgaith	(01768) 88474	H, P, 3 Derwent Terrace, Silloth	(016973) 32351	H, K, 8 Beaconsfield Terrace, Silloth	(016973) 31076
H, D, Meadow Bank Soulbly	(017683) 72156	H, Mrs Rita, 18 Riverside, Carlisle	(01228) 710361	H, K, 4 Ferguson Place, Carlisle	(01228) 541836
H, D.M, 13 Sea View Place, Cleator Moor	(01946) 812410	H, R, 24 Swinburn Drive, Carlisle	(01228) 546216	H, L, 21 Fernleigh Drive, Seaton	(01900) 65935
H, E, 40 Threaplends, Cleator Moor	(01946) 812525	H, R, 1 Wigton Road, Wigton	(016973) 33163	H, L, 1 School Road, Thursby	(01228) 710520
H, F, 3 Longcroft, Braithwaite	(017687) 78				

H, S, 69 Townfoot Park, Brampton	(016977) 42823	H, G, 11 Crown Street, COCKERMOUTH	(01900) 828258	H, M, 10 North Street, Fletchertown	(016973) 71603
H, Mrs V, Mrs 6 The Park, Carlisle	(01228) 712565	H, I, 143 Moorclose Road, Salterbeck, WORKINGTON	(01946) 830208	H, Margaret Isobel, 26 Jefferson Garth, Greystoke	(017684) 83095
H, W, Silverstone Mealsgate	(016973) 71574	H, J, 21 Queens Close, Whitehaven	(01946) 591664	H, Mrs 13 Rimmington Way, Penrith	(01768) 864247
H, W, 57 Croft Road, CARLISLE	(01228) 535365	H, J, 11 Town Cross, Threlkeld	(017687) 79382	H, N, 6 Moorclose Road, Harrington	(01946) 831077
HENDON, V, 224 Warwick Road, Carlisle	(01228) 272463	H, J, 23 West View Road, Distington	(01946) 833514	H, P, 14 The Croft, Warcop, APPLEBY-IN-WESTMORLAND	(017683) 42426
HENDREN, A, 128 Main Street, Frizington	(01946) 440978	H, K, 32 Church Road, Distington	(01946) 831228	H, R, The Forge Parsonby	(016973) 20180
H, M, Marsh View Burgh-By-Sands, CARLISLE	(01228) 576420	H, R, 30 Springfield Avenue, Whitehaven	(01946) 692310	H, R, High Side Parsonby Wighton	(016973) 42938
HENDRIE, L, 29 Holme Fould, Carlisle	(01228) 318571	HEWERTSON, A, Lark Hill Braystones Road, BECKERMET	(01946) 841325	H, R, 24 Laureates Lane, Cockermouth	(01900) 878913
HENDRY, C, 13 Holmewood Avenue, Cockermouth	(01900) 828277	HEWETSON, C, Tollgate Yearngill	(016973) 23355	H, R, 20 Low Rd Clo, Cockermouth	(01900) 829110
H, H, 8 Centurions Walk, Carlisle	(01228) 818171	H, E, Low Plough Lands Little Musgrave	(017683) 42666	H, S, Orthwaite Cottage Uldale	(016973) 71562
HENLEY, J, 23 Bow Fell Road, Whitehaven	(01946) 690723	H, N, Smithy Cottage Smithy Cottage, Wigton	(016973) 26465	H, S, 15 Amberfield, Burgh By Sands	(01228) 576231
H, Lord Scaley Castle Scaley	(01228) 675404	HEWETT, C.C, Johnby Bank Johnby	(017684) 80388	H, S, 50 Armside Road, Carlisle	(01228) 543313
HENNINGS, S, Brookside House Water Street, Wigton	(01697) 508264	HEWSON, A, Middle Skiprigg RESIDENTIAL, Carlisle	(016974) 76542	H, Sarah, 92 Hebdens Avenue, Carlisle	(01228) 535692
HENRY, E, 13 Crossings Close, Cleator Moor	(01946) 810168	H, J, Gainford Cottage Alston	(01434) 381295	H, S, 30 North View, Wigton	(016973) 22289
H, E, 59 Trinity Way, Keswick	(017687) 74330	HEWITSON, B, Shotton Lodge Farm Cockermouth	(01900) 823875	H, S, 7 Parham Drive, Carlisle	(01228) 525147
HENSHAW, P.M, 13 Craig Dv, Whitehaven	(01946) 62726	H, Mrs B, 59 Criffel Road, Parton, Whitehaven	(01946) 64194	H, S, 23 Roman Road, Penrith	(01768) 606284
HENTON, G, 5 Helvellyn Close, Cockermouth	(01900) 827488	H, D, 27 Wodow Road, Thornhill, Egremont	(01946) 823542	H, S, 136 Watermans Walk, Carlisle	(01228) 596513
HEPBURN, Stuart, 16A Eden Place, Carlisle	(01228) 538473	H, G, 56 Buttermere Avenue, Whitehaven	(01946) 691482	H, T, 1 Barco Terrace, Penrith	(01768) 865326
HEPHERD, C, 2 Heysham Drive, Carlisle	(01228) 658725	H, G, 37 Ruskin Drive, Whitehaven	(01946) 694216	H, V, Whitewall Great Asby	(017683) 52401
HEPPINSTALL, E, 11 South Street, Egremont	(01946) 821290	H, Mrs Ivy, 90 Beckgreen, Egremont	(01946) 820983	H, W, Birch House Burgh-By-Sands	(01228) 576308
HERALD, J, 4 Greystone Place, Cleator Moor	(01946) 817771	H, I.W, 12 St. Georges Crescent, Carlisle	(01228) 549885	H, Mr William, 7 Red Beck Park, Cleator Moor	(01946) 810989
HERBERT, A, 46 Highfields, Whitehaven	(01946) 66354	H, Judith, 26 Hopes Hill Drive, Carlisle	(01228) 545311	HILLAND, J, 16 Grasmere Avenue, Workington	(01900) 602415
H, A, 28 Robinson Avenue, Carlisle	(01228) 521327	H, J.G.K, 25 Fletcher Hill Park, Kirkby Stephen	(017683) 72996	H, L, 77 Latrigg Close, Keswick	(017687) 72786
H, Christopher, 2 Upton House Kirkby Thore	(017683) 62502	H, M.W, Shotton Lodge Farm Cockermouth	(01900) 821678	H, M, 46 Mason Street, Workington	(01900) 65622
H, D, 3 Linden Walk Stainburn, Workington	(01900) 605146	H, P, High Stanger Cockermouth	(01900) 823380	HILLARY, C, Tobernoy Paving Brow, Brampton	(016977) 3711
H, G, 11 Ashfield Road, Workington	(01900) 603190	H, P, 19 Broadside Road, Maryport	(01900) 268029	H, D, 7 Millfield, Brampton	(016977) 3343
H, J, 13 Hawthorn Cottage Port Carlisle	(016973) 51812	H, Mrs Rena, 9 Tam Street, Workington	(01900) 269044	H, J, Hill Crest Gosforth	(019467) 25570
H, J, 1 Hanson Place, Carlisle	(01228) 597468	H, S, 5 Ghyll Bank, Threlkeld	(017687) 79051	H, S, 18 King Street, Aspatria	(016973) 20049
H, K, 2 Upton View Seaton Road, Broughton Moor	(01900) 812508	HEWITT, A, Ropery House Garrigill Road, Alston	(01434) 382090	HILLEADES, Pamela, Middlebank Farm Beckermeth	(01946) 841615
H, L, 67 Ullswater Avenue, Whitehaven	(01946) 64455	H, C, 2 Loweswater Avenue, WORKINGTON	(01900) 601866	HILLHOUSE, M, Briary Skinburness Road, Silloth	(016973) 32368
H, L, 16 Norfolk Road, Carlisle	(01228) 531782	H, D, Bank Head Crosby Ravensworth	(01931) 715000	HILLIER, E.A, 60 Senhouse Street, Workington	(01900) 602470
H, M, 10 Hensingham Road, Whitehaven	(01946) 592626	H, D, Town Foot Murtom	(017683) 57272	H, T, 46 Smithfield Road, Egremont	(01946) 528735
H, P, 41 Harold Street, Carlisle	(01228) 546451	H, D, 14 Kelsick Park, Workington	(01900) 871984	HILLMAN, J, Thick Riggs Portinscale	(017687) 72376
H, W, Flat 2 Cavendish Court Elizabeth Street, Workington	(01900) 605959	H, D, 2 The Old School, Hayton, Aspatria, WIGTON	(016973) 21966	HILLON, P, 71 Coronation Drive, Whitehaven	(01946) 62905
HERBERTSON, J, 3/11 Woodrouffe Ter, Carlisle	(01228) 818648	H, G, Croft Ho Crackenthorpe	(017683) 52955	HILLS, S, Kelmout Lazonby	(01768) 870512
HERD, B, 6 Lansdowne Court, Carlisle	(01228) 521017	H, J, 199 Pennine Way, CARLISLE	(01228) 490114	H, T, 1 Kings Avenue, Seaton	(01900) 61707
H, Dr E.B, Shotton Hall Lorton	(01900) 822349	H, L, 2 Laithevaile Close, Cockermouth	(01900) 823699	HILMI, Z, Flat 2 Hillcrest House Harbary Grove, Carlisle	(01228) 590144
HERDMAN, A, Fell View Cottage Nenthead	(01434) 381919	H, M, 47 Sonnets Way, Cockermouth	(01900) 827431	HILTON, D, FLEMING HALL, Gosforth	(019467) 21963
HERETY, D, Laburnum House Ousby	(01768) 881947	H, Mr 28 Castle Drive, Penrith	(01768) 890737	H, D, 3 Dobinson Road, Carlisle	(01228) 409428
HERLINGSBAY, L, 6 Hawthorn Drive, Penrith	(01768) 862129	H, Mrs 48 Arthur Street, Penrith	(01768) 863189	H, D, 27 Princess Drive, Maryport	(01900) 815054
HERNANDEZ CABRERA, S, 12 Greenwood Court, Carlisle	(01228) 527203	H, P, 110 High Street, Maryport	(01900) 817926	H, E, 9 Willowbank, Carlisle	(01228) 317435
HERON, E, 6 Needham Drive, WORKINGTON	(01900) 873599	H, P, 2 Hidden Road, Cleator	(01946) 814161	H, G, 1 North View, Great Asby	(017683) 52315
H, G, 22 Thirlmere Avenue, Workington	(01900) 65882	H, P, 60 Norbeck Park, Cleator Moor	(01946) 810532	HIMPHREYS, D, 31 Brantwood Avenue, Carlisle	(01228) 535884
H, J, 50 Springfield Road, Carlisle	(01228) 544706	H, S, 5 Woodlands Avenue, Whitehaven	(01946) 599600	HINCHLIFFE, J, Alma Cottage Beacon Edge, Penrith	(017683) 98968
H, M, 15 Birch Clo, Workington	(01900) 68034	H, S.A, 33 Carlisle Road, Dalston	(01228) 710246	H, L, 72 Cambridge Road, Hensingham	(01946) 696497
H, M, 67 Mill Hill, Cleator Moor	(01946) 813115	H, T, 1 Ellen Villa, Maryport	(01900) 813286	HIND, A, Birkright Farm Newlands	(017687) 78278
H, M, 25 Yearl Rise, Workington	(01900) 63539	HEWSON, I, Jerriestown Blackford	(01228) 674699	H, C.G, Llamados Linstock	(01228) 537494
H, Rev P, 45 Whiteslites, Workington	(01900) 66280	H, L, 6 Jennet Croft, Wetheral	(01228) 561210	H, D, 13 Voreda Gardens, Plumpton	(01768) 885509
H, S, Eastfield Warcop	(017683) 42470	H, Admiral P, 20 Aballawa, Burgh-By-Sands	(01228) 272641	H, E, 28 West Lane, Shap	(01931) 716408
HERRIDGE, B, Eamont House Eamont House, Penrith	(01768) 201637	H, W, High Meadows Parton, Wigton	(016973) 43494	H, G, The Globe Embleton	(017687) 76630
HERRIES, V, 26 Grace St, Carlisle	(01228) 599457	HEXT, D, 43 Moorside Drive, Carlisle	(01228) 401868	H, J, FERNWOOD Chestnut Hill, Keswick	(017687) 75298
H, V, 11 Heysham Meadows, Carlisle	(01228) 658230	HEXTER, B, 1 Low Mill Egremont, Egremont	(01946) 821162	H, J, 107 Holmrook Road, Carlisle	(01228) 537865
HERRING, P, Dancing Ghyll Grange	(017687) 77620	HEY, S, Seatonall Seatonall, Egremont	(01946) 825637	H, J, 19 Musgrave Street, Penrith	(01768) 864088
H, P, 39 Lediard Avenue, Carlisle	(01228) 592183	HEYDON, R.E, Le Plantin Cottage Lamplugh	(01946) 862915	H, J, 13 Scotland Road, Carlisle	(01228) 523327
H, R, 78 Granville Road, Carlisle	(01228) 546239	HEYES, M, 9 Derwent Meadows, Stainburn	(01900) 872825	H, J, 38 The Firs, Alston	(01434) 381326
HERRON, T, 1 Albert Ter, Maryport	(01900) 817973	HEYWOOD, C, Darcy Cottage Darcy Cottage, Wigton	(016973) 46115	H, M, 15 West End Croft Burgh By Sands, Carlisle	(01228) 576091
HESELIWOOD, T, 10 Front Street, Fletchertown	(016973) 71364	HIATT, Alan, 9 Kells Place, Carlisle	(01228) 596709	H, M, 22 Bridge End Court Wakefield Road, Cockermouth	(01900) 824869
HESKETH, David, 4 Tarraby Mews, Carlisle	(01228) 592328	HIBBERT, M, 11 Longlands Close, Egremont	(01946) 820435	H, P.E, Latrigg Cottage Ireby	(017687) 76420
H, E, 15 Little Corby Road, Little Corby	(01228) 560749	HICK, K, 3 Scafell Close, Cockermouth	(01900) 825131	HINDE, B, 72 Basket Road, Whitehaven	(01946) 64836
H, P.F, 6 Waver Court, Silloth	(016973) 32278	HICKEN, P, 2 Middle Park, Alston	(01434) 381131	H, E, 31 Galt Road, Brampton	(01697) 543156
HESKETT, Mr Bryan, 7 Parkside Avenue, Cockermouth	(01900) 392546	HICKEY, W, 15 Chimes Bank, Wigton	(016973) 26800	H, E, 7 New Road, Thornhill	(01946) 820128
H, B, 7 Parkside Avenue, Cockermouth	(01900) 822043	HICKMAN, A, 17 Meadow Road, Wigton	(016973) 44467	H, G, REMIMDALE Scalegill Place, Moor Row	(01946) 811961
H, L, 4 Coniston Avenue, Maryport	(01900) 814436	H, F, 12 Skiddaw View, Wigton	(016973) 44647	H, M, 12 Woodbank, Egremont	(01946) 820319
H, L, 4 Primrose Crescent, Harrington	(01946) 831702	HICKS, I, Lane House Sawmill Lane, Brampton	(016977) 2156	H, M, Monksfield Aspatria	(016973) 23446
HESLAM, M, Grainger House Red Dial	(016973) 42684	H, W, 4 Stanley Crescent, Gilsland	(016977) 47740	H, S, YEW TREE COTTAGE Applethwaite	(017687) 74440
HESLOP, G, 10 Ashley Way, Egremont	(01946) 824577	HICKSON, D, Garden Cottage Dalston	(01228) 710499	H, T, 74 BORROWDALE ROAD, WHITEHAVEN	(01946) 65469
H, J, 23 Jacktrees Road, Cleator Moor	(01946) 813189	H, Margaret, 38 Church Road, Alston	(01434) 382121	HINDLE, H, Newnham Wordsworth Street, Penrith	(017683) 98741
H, L, 4 Peel Gardens, Bigrigg	(01946) 817798	HIDDLESTON, B, 21 Vicarage Hill, Frizington	(01946) 814033	H, M, 23 Ennerdale Road, Maryport	(01900) 818874
H, P, South Wing Low Mill House Low Mill, Egremont	(01946) 820438	HIFTE, J, 2 Ivy Cottage Watch Hill	(016973) 210026	HINDMARSH, A, Thacka Cottage Thacka Lane, Penrith	(01768) 339329
H, R, 8 West View Road, Workington	(01946) 832337	HIGGINBOTHAM, M, Bold Venture Cumwhinton	(01228) 586069	HINDMOOR, J.M, 11 Barrowmoor Road, Appleby-In-Westmorland	(017683) 52293
H, R.B, Applegarth Quakers Lane, Sockbridge	(01768) 890322	HIGGINS, B, A Orton Grange Park Grange Park Road, Orton Grange	(01228) 711347	H, K, 70 Sycamore Road, Maryport	(01900) 814278
H, R.N, 6 Hillhouse Lane, Alston	(01434) 382285	H, C, 8 St. Andrews Close, Thursby	(01228) 710599	H, M.R, 72-74 Main Street, Ellenborough	(01900) 816943
H, V, Tracentree Farm Wigton	(016973) 42997	H, F, West End Cottage Orton	(015396) 24780	H, P, CROFTON FARM Thursby	(016973) 43615
HETHDRINGTON, Leslie, 45 Musgrave Street, Penrith	(01768) 866358	H, G.P, 72 Lochinvar Close, Longtown	(01228) 791724	H, Mr Samuel, 57 Gloucester Road, Carlisle	(01228) 658755
HETHERINGTON, A, Middle Farm Newton Arlosh	(016973) 51409	H, J, 14 Bannisdale Way, Carlisle	(01228) 539891	H, T, 16 Ling Beck View, Seaton, Workington	(01900) 870694
H, A, 140 Blackwell Road, Carlisle	(01228) 51409	H, J, 18 Roper Street, Workington	(01900) 62392	HINDSON, A, 13 Chaucer House Apartments Derwentwater Place, Keswick	(017687) 75967
H, A, 9 Hasell Street, Carlisle	(01228) 495427	H, R, 10 Fern Bank, Cockermouth	(01900) 821419	H, J, Hilltop Calgith	(01768) 88652
H, B, 58 Nelson Street, Carlisle	(01228) 591938	H, R, Lane Head Cottage Sandwith, Whitehaven	(01946) 66708	H, J, 27 Rydal Crescent, Penrith	(01768) 866498
H, C, Deer Park Lodge Johnby	(017684) 80373	HIGGINSON, J, 5 St. James Road, Carlisle	(01228) 538179	H, J, Threshing Barn Tower Court, Warcop	(017683) 41753
H, C, 85 Caldbeck Road, Whitehaven	(01946) 693338	HIGHMORE, J, 31 Stackbraes Road, Longtown, Carlisle	(01228) 792952	HINE, D, 16 Brayton Park, Aspatria, Wigton	(016973) 23477
H, C, 12 Clifford Road, Penrith	(01768) 865307	HIGHTON, C, 28 Derwentside Gardens, Cockermouth	(01900) 828590	H, P.G, Chapel Howe Sebergham	(016974) 76308
H, C, 32 Wansfell Avenue, CARLISLE	(01228) 537734	H, Patricia, 1 Seldom Seen Cottages Thornthwaite	(017687) 78231	HINKLEY, C, 3a PENNINE VIEW Blencarn	(01768) 88707
H, D, 16 Grant Drive, Whitehaven	(01946) 63157	HIGTON, P, Kiln Scar Great Asby	(017683) 53139	HINSLEY, Elizabeth, 13 School Road, Thursby	(01228) 710045
H, D.M, 71 Hopes Hill Drive, Carlisle	(01228) 532812	Hil, C, 4 Manor House High Street, Kirkby Stephen	(017683) 71224	HINSON, C, Mobile, 55 Edenside, Cargo	(07961) 148327
H, G, 9 Old Road, Longtown	(01228) 791339	HILDRETH, S, 17 Riverside Court 17 Elliott Park, Keswick	(017687) 72809	HINTON, A, 2 Stoneshot Mellsbeck, Kirkby Stephen	(017683) 74826
H, G.A, 1 Pennine View Melkintonthorpe	(01931) 712556	HILL, A, New House Rothwaite	(017687) 77687	H, D, Gorseales Cumbrria	(017687) 74410
H, G.L, 15 Graham Street, Penrith	(01768) 863135	H, A, 6 Ash Close, Maryport	(01900) 812656	HIPWELL, D, 70 West Street, Aspatria, WIGTON	(016973) 22372
H, G.N, Crookdake House Crookdake	(016973) 20903	H, A, Brewery House Brewery Brow, Whitehaven	(01946) 447531	HIRD, A, 18 Brook Street, Carlisle	(01228) 529964
H, Helen, 11 Albemarle Street, Cockermouth	(01900) 822399	H, A, 22 Eaglesfield Street, Maryport	(01900) 818096	H, D, 27 Red Beck Park, Cleator Moor	(01946) 811418
H, J, 21 Mill Street, Frizington	(01946) 813880	H, Miss Alice, Flat 2, Brampton Pharmacy Market Place, Brampton	(01697) 507451	H, G.W, Westray Farm Embleton	(01900) 823116
H, J, 12 Clitheroe Drive, Whitehaven	(01946) 451765	H, A, 29 Spencer Street, Carlisle	(01228) 402183	H, L, Hilton House High Street, Brough	(017683) 42714
H, J, 17 Faustn Hill, Wetheral	(01228) 564074	H, A, 41 Station Close, Egremont	(01946) 822843	H, R, 32 Salkeld Road, Penrith	(01768) 863670
H, J, 28 Hopes Hill Drive, CARLISLE	(01228) 631506	H, Mrs Catriona, 41 Galt Road, Brampton	(01697) 507053	H, W, Town Head Brocklebank	(016974) 78505
H, J, 47 Lowmoor Road, Wigton	(016973) 42955	H, C, 59 Newfield Drive, Carlisle	(01228) 537960	H, W, Oaklea Wigton	(016973) 45152
H, J, 3 Plimsoil Close, Penrith	(01768) 210414	H, C, 232 Warwick Road, Carlisle	(01228) 492269	HIRON, S, Apartment 29 Pele Court Friargate, Penrith	(01768) 867401
H, J, 14 The Garth, Crosby-On-Eden	(01228) 573261	H, D, Drawdykes Cottage Linstock	(01228) 539499	HIRST, A, CROFT COTTAGE Low Row	(016977) 46666
H, K, 7 Berrier Road, Greystoke	(017684) 83899	H, E, GARTH COTTAGE Thurstonfield	(01228) 576658	H, C, 12b Doogate, Appleby-In-Westmorland	(017683) 51494
H, K, 204 Green Lane, Belle Vue	(01228) 511454	H, E, 31 West Croft Seaton, Workington	(01900) 605935	H, D, White Stones Fairbyhead Lane, Stainton	(01768) 210540
H, K, 23 Robinson Avenue, Boundary Road	(01228) 599009	H, E.M, 72 Arlecdon Road, Arlecdon	(01946) 861574	H, J, Pine Trees Gamblesby	(01768) 881988
H, M, The Barn Middle Farm Croglin	(01768) 896128	H, Emma, Chapel House Low Row	(016977) 46370	H, P, 11 Ellerslie Park, Gosforth	(019467) 25249
H, M, 3 Bellgate Steading, Aspatria	(016973) 23594	H, Mr G, Mir 7 Devonshire Terrace, Carlisle	(01228) 523570	H, T, West Garth Papcastle	(01900) 827951
H, M, Crofton North Road, Kirkby Stephen	(017683) 72344	HILL - GORST, B, 10 Jennet Croft, Wetheral	(01506) 560554	HITCHEN, D, 53 Springfield Road, CARLISLE	(01228) 401792
H, M, 6 The Forelands, Gilcru	(016973) 20325	HILL, I, 1 Castlegate Drive, Cockermouth	(01900) 827382	HITCHON, D, Millfield Vallum Place, Monkhill	(01228) 567074
H, N, 2 Cammock Crescent, Carlisle	(01228) 535223	H, J, Rock Cottage Eaglesfield	(01900) 827797	HOANG, P, Unit S39 12 Campbell-Savours Way, Workington	(01900) 607193
H, P, Greengarries Farm Rosley	(016974) 76392	H, J, Sella View Nethertown, Egremont	(019467) 48157	HOBAN, C, 47 Puntun Road, Carlisle	(01228) 361014
H, P, 18 Nairn Way, Carlisle	(01228) 532394	H, J, 42A King Street, Wigton	(016973) 43362</		

H, J, 1 Hunslet Place, Whitehaven	(01946) 695682	H, M.J, Hartstop Hall Hartstop	(017684) 82563	HOLLAND, A, Birkethwaite Birker Moor Eskdale	(019467) 23266
HOCKLEY, E, 39 Gable Avenue, Cockermouth	(01900) 823440	H, M.J.J, Midtown Farm Cottage Caldbeck	(016974) 78406	H, A, 12 Riverside Drive, Egremont	(01946) 820221
HODDSON, T, 48 Fitz Road, Cockermouth	(01900) 268541	H, Mr Strawberry Hill Farm Penrith	(01768) 867206	H, B, 45 Berry Moor Road, Brampton	(016977) 44249
HODDY, E, 54 Harrot Hill, Cockermouth	(01900) 825670	H, Mrs 4 Lowca Lane, Seaton, Workington	(01900) 65646	H, Geoff, Zandvoort Smythys Banks, Holmrook	(019467) 46096
HODGE, A, 6 The Grove Gelt Road, Brampton	(016977) 41517	H, N, High Farm Whitrig	(016973) 71617	H, J, 7 Wythburn Road, Whitehaven	(01946) 692407
H, R, OLD POST OFFICE Calderbridge	(01946) 841516	H, N, 3 Stagstones Mansions, Roundthorn, PENRITH	(01768) 60693	H, K.G, 75 Crummock Street, Carlisle	(01228) 530548
HODGHON, H, Birchfield Great Salkeld	(01768) 898391	H, N.B & J, Carleton Hall Farm Carleton Avenue, Penrith	(01768) 863174	H, M, GHYLL CLOSE Hallsenna Road, Seascale	(019467) 28886
HODGINS, C, 39 Garborough Close, Crosby	(01900) 814305	H, P, East Farm Newtown	(01900) 881545	H, P, 1 Sowerby Court Richardson Street, Carlisle	(01228) 539003
H, Mr James, 18 Barracks Bridge, Wigton	(016973) 31287	H, P, Craig Roy Carleton Road, Carlisle	(01228) 597455	H, W.P, 8 Downfield Lane, Bigrigg	(01946) 810985
H, J, 42 Skinburness Road, SILLOTH	(016973) 47219	H, P, 102 Hurley Road, Little Corby	(01228) 561856	HOLLERIN, C, 6 Threaplands, Cleator Moor	(01946) 440524
H, V, Codling House Cockermouth, Cockermouth	(01900) 829572	H, R, Croft Cottage Kirkbampton	(01228) 576517	H, M, Flat 9 Wyndham Street, Cleator Moor	(01946) 810129
HODGKINSON, N, 7 Friary Fields, Appleby-In-Westmorland	(017683) 51850	H, R, FERN LEYS Lamplugh	(01946) 861411	HOLICK, M, 10 Longthwaite Road, Wigton	(016973) 42621
H, P, Wynberg Lamony	(017684) 84494	H, R, 89 Lindisfarne Street, Carlisle	(01228) 598428	HOLLIDAY, A, Moss Side Lakerigg, Carlisle	(01228) 712091
H, S.J, 86 Yewdale Road, Carlisle	(01228) 531946	H, R, 8 Mardale, Wigton	(016973) 45028	H, A, 18 Meadow View, Lowca	(01946) 64687
HODGKINSON, J, 44 Newfield Park, Carlisle	(01228) 535757	H, R, 16A Mid Town, Dearham	(01900) 812993	H, B, High Bow Farm Bow	(01228) 576243
HODGSON, A, ROSEWAIN Stainton	(01768) 840925	H, R, 4 Solway Rise, St. Bees	(01946) 825349	H, B, 82 Church Meadows, Great Broughton	(01900) 828224
H, Mrs Anne, 24 Briar Bank, Cockermouth	(01900) 823180	H, R.A, Sunnry Bank Edenhall	(01768) 881208	H, D, Post Office Abbey Town	(016973) 61194
H, A, 14 Burton High Close, Harras Moor	(01946) 63592	H, R.A, Glenmore Manor Brow, Keswick	(017687) 72048	H, D, Hilltop Cottage Clifton	(01768) 890283
H, A, 1 Marsh Street, Workington	(01900) 871317	H, S, SPRING BANK Culgaith	(01768) 88796	H, D, 14 Evening Hill Drive, Cockermouth	(01900) 826166
H, A, 4 Skinburness Road, Wigton	(016973) 31711	H, S, East Border Seaville	(016973) 61140	H, Mr Denis, 4 Haggat End Close, Egremont	(01946) 822556
H, A, 6 Whinnie House Road, Carlisle	(01228) 380428	H, S, Milston House Thurstonfield	(01228) 576931	H, D, 20 Limetree Crescent, Cockermouth	(01900) 827769
H, A, Felmont Wordsworth Street, Penrith	(01768) 865559	H, S, 2 George Street, Whitehaven	(01946) 436580	H, D, 27 Stoneycroft, Great Clifton, Workington	(01900) 67017
H, Mr B, 58 Greenacres, Carlisle	(01228) 561159	H, S, 4 Roper Court Roper Street, Whitehaven	(01946) 690784	H, D, 11 The Avenue, Broughton Moor	(01900) 813033
H, B, 14 Jackson Road, Salterbeck	(01946) 832782	H, Mrs Sheila, 32 Row Brow, Maryport	(01900) 817455	H, D.W, Plumpton Foot Mill Calthwaite	(01768) 885363
H, Mrs Brenda, 9 Little Croft, Workington	(01946) 830593	H, S, 28 Sanderson Close, Carlisle	(01228) 493780	H, E, Cleathwaite Westward	(016973) 44600
H, B, 8 Park Drive, Whitehaven	(01946) 67422	H, S, Stockhill House Stocks Hill, High Harrington, Workington	(01946) 831237	H, E, 76 Granville Road, Carlisle	(01228) 541517
H, B, 27 South Street, Cockermouth	(01900) 824093	H, S, 110 Stonegarth, Carlisle	(01228) 545931	H, E, 9 High Buildings, Warwick Bridge	(01228) 560469
H, B.M, 226 Whernside, Carlisle	(01228) 539151	H, Stephen, 26 Waters Edge Close, Whitehaven	(01946) 67522	H, E.D, 49 Pica Cottages, Pica	(01946) 832719
H, C, 18 Caldecote Avenue, Cockermouth	(01900) 823170	H, S, 16 Wentworth Park, Stainburn	(01900) 602174	H, G, Bracklyn Howe Marron Lane, Bridgefoot	(01900) 824639
H, C, 58 Cumwhinton Road, Carlisle	(01228) 532648	H, S.D, High Lea Manor Brow, Keswick	(017687) 74139	H, J, 11 Clain Crescent, Corby Hill, Carlisle	(01228) 561251
H, C, 47 Penny Hill Park, Penrith	(01768) 867388	H, T, 3 Banks Court, Keswick	(017687) 90071	H, J, 2 Coniston Crescent, Workington	(01900) 62344
H, C, 21 Salterbeck Road, Salterbeck	(01946) 528166	H, T.R, Snowdon Clitheroe, Alston	(01434) 381760	H, K, 1 Lowfield Bungalows, Maryport	(01900) 819470
H, Miss Caroline, 14 Townfoot Park, Brampton	(01697) 508275	H, V, 15 Ewanrigg Road, MARYPORT	(01900) 815126	H, L, The First Hackthorpe	(01931) 712495
H, C, 11 Vestaneum, Crosby-On-Eden	(01228) 573150	H, W, 87 Central Road, Dearham	(01900) 814401	H, Lynn, 23 Wollenscroft, Stainburn	(01900) 605992
H, D, Wormanby Farm Burgh-By-Sands	(01228) 575160	H, W, 37 Crummock Avenue, Whitehaven	(01946) 61273	H, M, BROADWATH COTTAGE Heads Nook	(01228) 561413
H, D, The Mill Race House Murtion	(017683) 98705	H, W, 29 Ghyll Bank, Little Broughton	(01900) 828402	H, M, Moor Cottage Longtown	(01228) 791561
H, D, 2 Curwendale, Stainburn	(01900) 871842	H, W.S, Montal Ousby	(01768) 881457	H, M, Croft House Farm Whitrigglees	(016973) 52380
H, D, 23 Mill Road, Glasson	(016973) 51131	HODGSON-FISHER, S, 3 West Close, Shap	(01931) 716826	H, M, 85 Thornton Road, Whitehaven	(01946) 61135
H, D, 22 New Street, Wigton	(016973) 44491	HODKIN, M, 17 Lonsdale Street, Workington	(01900) 65893	H, M, 18 Yetlands, Dalston	(01228) 710788
H, D, 73 Newtown, Frizington	(01946) 815133	HODKIN, Mrs 166 Lowry Hill Road, Carlisle	(01228) 527904	H, M.D, 86 Fifth View Walk, Workington	(01900) 872289
H, D, 10 Ralland View, Shap	(01931) 716139	HODLER, D, Westmorland House Orton	(015396) 26039	H, Mr 10 Scotland Road, Carlisle	(01228) 532737
H, D, 12 The Limes, Egremont	(01946) 822314	H, D, 5 Lake View Avenue, Carlisle	(01228) 531935	H, Mrs 6 Scalfell Close, Whitehaven	(01946) 692679
H, D, 14 Turnberry Way, Carlisle	(01228) 545707	H, D, 5 Scattergate Crescent, Appleby-In-Westmorland	(017683) 52704	H, N, CATGILL COTTAGE Egremont	(01946) 820439
H, D, 285 Warwick Road, Carlisle	(01228) 537050	H, J, 3 Fairhill Cottages Alston	(01434) 382778	H, N, Brow Top Seberham	(016974) 76375
H, D.V, Shawhill Kirkbride	(016973) 52686	H, J, 3 Fairhill Cottages Alston	(01946) 861240	H, N, 76 Stanley Road, Brampton	(01697) 543193
H, Emma, Wood Foot Ashkam	(01931) 713544	HOEY, A, Inglenook Caravan Pk Lamplugh	(01946) 861240	H, P, Low Abbey Embleton	(017687) 76497
H, Emma, Wood Foot Ashkam	(01931) 713544	HOFFMANN, Mrs D, Mrs 32 Beacon Edge, Penrith	(01768) 840849	H, P, 50 Friars Garth, Abbeystown	(016973) 61708
H, E, 3 Pennine View Blencarn	(01768) 88623	H, L, Apartment 5, 148 Tulip Gardens, Penrith	(01768) 339006	H, R, 5 Orchard Way, Dalston, CARLISLE	(01228) 712547
H, E, 6 Beechwood Close, Maryport	(01900) 813963	HOGAN, J, Rose Cott Dufon	(017683) 52926	H, R, 4 The Pavilion, Stainton	(01768) 866265
H, E, 42 Ennerdale Avenue, Carlisle	(01228) 401205	H, M, 19 Murtion View, Appleby-In-Westmorland	(017683) 52963	H, Mrs Sarah, 4 Caldwell Road, Whitehaven	(01946) 63244
H, E, 18 Green Bank Close, Prospect	(016973) 23366	HOGARTH, Adele, 83 Milner Mount, Penrith	(01768) 890772	H, S, 1 Castle Vaults Yard Castlegate, Cockermouth	(01900) 826452
H, E, 5 Sheysam Meadows, Carlisle	(01228) 380549	H, B, 34 Upperby Road, Carlisle	(01228) 544856	H, S, 25 Meadow Vale, Seaton	(01900) 873045
H, E, Morrell Hill Irthington, Carlisle	(01228) 675781	H, J, 4 Boyd Street, Maryport	(01900) 816295	H, T, Town Foot Farm Hunsobry, Penrith	(01768) 881486
H, Elizabeth, 20 Langdale Avenue, Carlisle	(01228) 541164	H, M, Knowe Farm Plumpton	(01768) 885220	H, T, 46 Whinlatter Road, Whitehaven	(01946) 694479
H, E, 4 Morpeth Close, Brampton	(016977) 41842	H, Robert, 5 Barco Court, Penrith	(01768) 862183	H, W, 76 Moresby Parks Road, Moresby Parks	(01946) 65979
H, E, Great End Rogerfield, KESWICK	(017687) 75206	H, S.J, 35 Etterby Lea Road, Carlisle	(01228) 810602	H, W, 45 The Paddocks, Thursby	(01228) 712690
H, E, The Old Engine Shed Station Road, Armathwaite	(016974) 72478	H, T, 1 Sycamore Road, Maryport	(01900) 814607	HOLLIDAY, R, Wyngarth Towncroft, Dearham	(01900) 818792
H, E, 4 Well Lanning Close, Brampton	(016977) 2829	HOGARTY, E, 30 Antonine Way, Houghton	(01228) 545650	HOLLIS, A, Eden Bank Lazony	(01768) 870921
H, E.C, Ingledene Farm Blencarn	(01768) 88414	H, J, Meadow Cottage Tarraby	(01228) 523655	HOLLOCK, H, 33 Margarets Way, Appleby-In-Westmorland	(017683) 52226
H, F, 12 Lowmoor Road, Wigton	(016973) 42831	HOGBIN, J.M, South View Denton	(016977) 47454	HOLLOWAY, A, 2 Oakland Avenue, Maryport	(01900) 81271
H, F, 31 Solway Road, Whitehaven	(01946) 690304	HOGG, A, LOWTOWN HOUSE Port Carlisle	(016973) 51412	HOLM, B, 61A High Street, Workington	(01900) 64394
H, G, Allendale Church Brough	(017683) 41419	H, A, BURN CLOSE Thurstonfield	(01228) 576224	HOLMAN, L, 13 Rickerby Court, Carlisle	(01228) 739136
H, G, 2 School House Calderbridge	(01946) 841885	H, B, Lowell House Castle View Road, Appleby-In-Westmorland	(017683) 52110	H, V, 33 Yewdale Road, Carlisle	(01228) 536093
H, G.A, 12 Holme Riggs Avenue, Penrith	(01768) 867325	H, B, Calnbridge Cottage Heads Nook, BRAMPTON	(01228) 561826	HOLME, B, Scar View Butterwick	(01931) 713307
H, G.J, 24 Roman Road, Penrith	(01768) 891716	H, C, Kingstone Cottages 1 Battlebarrow, Appleby-In-Westmorland	(017683) 52403	H, C, 2 Smyth Croft, Brampton	(01931) 713277
H, H, Artlegarth Ravenstonedale	(015396) 23258	H, C, Barclose Farm Barclose Scaleby, Carlisle	(01228) 493812	H, Donald, 20 Greta Street, Keswick	(017687) 74691
H, H, 31 Copeland Avenue, Whitehaven	(01946) 64023	H, Mrs C, Mrs 90 Moorhouse Road, Carlisle	(01228) 536540	H, N.J, 25 Keld Head, Stainton	(01768) 864922
H, H, 122 Ling Beck Park, Seaton, WORKINGTON	(01900) 386091	H, D, Millicroft Kirkbampton	(01228) 576529	H, T, Glen Grant Kings Meaburn	(01931) 714002
H, Mr I, Mr 29 Carleton Drive, Penrith	(01768) 891609	H, D, October House Skelton	(017684) 84167	HOLMES, A, The Hollies Port Carlisle	(016973) 51936
H, I, 16 Rimington Way, Penrith	(01768) 866678	H, F.R, Primrose Hill Cottage Sandwith	(01946) 62403	H, A, 2 Brier Mews Brier Lanning, Hayton	(01228) 670235
H, I, 12 Scafell Road, Carlisle	(01228) 533845	H, G, Gladys, Flat 2 Sutcliffe House Corby Hill	(01228) 670775	H, A, 53 Caldew Maltings Bridge Lane, Carlisle	(01228) 599712
H, J, Spring Hill Aldoth	(016973) 61657	H, H, 2 Acre Close, Hayton	(01228) 670199	H, A, 9 Main Street, Dearham	(01900) 817540
H, J, PARSONAGE FARM Brigham	(01900) 825392	H, I, 9 Romany Way, Appleby-In-Westmorland	(016973) 53736	H, B, 18 Highfield Road, Cockermouth	(01900) 828099
H, J, Easton Hall Easton	(01228) 576831	H, J.M, Middle Browning Kirklington	(01228) 675537	H, B, 33 Lawson Street, Maryport	(01900) 813931
H, Jacqueline, 12 Borland Avenue, Carlisle	(01228) 409886	H, M, Howgate Lodge Residential, Penrith	(01931) 714173	H, B, 1 Pennine View, Burells	(017683) 51182
H, J, 2 Carlton Drive, Whitehaven	(01946) 64580	H, M, 3 Chaustown House The Banks, Seascale	(019467) 27695	H, B, 14 Primrose Crescent, Harrington	(01946) 831128
H, Mr John, 27 Castle Terrace, Penrith	(01768) 891928	H, N, Flat 8 2 Chatsworth Square, Carlisle	(01228) 401518	H, C, LANGTOWN GATE Appleby-In-Westmorland	(017683) 51777
H, J, 12 Faustlin Hill, Wetheral	(01228) 561339	H, N, 11 Derwent Meadows, STAINBURN, WORKINGTON	(01900) 61948	H, C, Wood Cottage Eskdale	(019467) 23278
H, J, Muscat Fern Bank, COCKERMOUTH	(01900) 826794	H, N, 40 Uldale Road, Carlisle	(01228) 491831	H, C, 3 Criffel Avenue, Maryport	(01900) 812834
H, J, 32 Harrington Road, Workington	(01900) 603210	H, T.J, 3 Woodbank, Egremont	(01946) 820314	H, D, 51 Trumpet Road, Cleator	(01946) 328814
H, J, 149 Hebdon Avenue, Carlisle	(01228) 497355	H, W, Thackwood Nook Raughton Head	(016974) 76078	H, E, 34 Lakehead Court, Keswick	(017687) 80701
H, J, 65 Kirkstone Road, WHITEHAVEN	(01946) 443791	HOGGARD, D, 5 Wellgate, Scotby	(01228) 513202	H, G, Flat 2 White House Boroughgate, Appleby-In-Westmorland	(017683) 51709
H, J, 3 Kittiwake Close, Carlisle	(01228) 592557	HOGGARTH, A, Sherwood 1C Main Road, Seaton	(01900) 604122	H, G, 12 Buffs Croft, Warwick-On-Eden	(01228) 561371
H, J, 39 Monkway Brow, Whitehaven	(01946) 62632	H, D, 4 North Terrace, Penrith	(015396) 24150	H, G, 3 Farmers Way, Maryport	(01900) 815796
H, J, Silverdale Nenthead Road, Alston	(01434) 381153	H, D, 23 Priory Close, Frizington	(01946) 810803	H, H, Church View Bongate, Appleby-In-Westmorland	(017683) 51397
H, J, 1 Quarry Street, Fletchertown	(016973) 71413	H, J.M, 4 Arlecdon Parks Road, Arlecdon	(01946) 861216	H, H, 23 Gladstone Street, Workington	(01900) 870010
H, J, 13 South Street, Cockermouth	(01900) 826020	H, M, 8 Mill Bank, Low Heskett	(016974) 73214	H, Jh, 7 Etterby Close, Cockermouth	(01900) 824115
H, J, The Glebe Nately Road, Kirby Stephen	(017683) 71845	H, S, Primrose Villa Maypole Gardens, Langwathby	(01768) 201344	H, J, 87 Hurley Road, Little Corby	(01228) 562803
H, John Jas, Broadness Bungalow Bassenthwaite	(017687) 76360	HOLBROOK, M.A.H, Spring Keld Gosforth	(019467) 25466	H, J.M, 11 Sandgate Court Sandgate, Penrith	(01768) 895118
H, J.J, 83 Etterby Lea Crescent, Carlisle	(01228) 526190	HOLBURN, D, 7 Church Hill, Hensingham	(01946) 590289	H, K, 2 LONG MEG COTTAGES Little Salkeld	(01768) 881060
H, J.N, 30 Buttermere Road, Maryport	(01900) 814836	HOLDEN, F, 16 Peter Street, Carlisle	(01228) 521235	H, M, 8 Grahams Rigg, Bolton, APPLEBY-IN-WESTMORLAND	(017683) 61974
H, J.R, 11 Huntley Ct, Penrith	(01768) 867323	H, G, 147 Tribune Dr, Houghton	(01228) 599189	H, N, Summerhill 14 Fern Bank, Cockermouth	(01900) 823566
H, J.R, 31 Woodbank, Egremont	(01946) 820897	H, J, 16 Howard Street, Penrith	(01768) 505735	H, Nigel, 26 Wolsty Close, Carlisle	(01228) 544595
H, J.S, Gill Head Farm Ashkam	(01931) 713285	H, L, Croflands Waverton	(016973) 44398	H, R, Green The Penrith	(01931) 714275
H, K, Pallet Hill Cottage Pallet Hill	(017684) 80397	H, L, 90 Mill Hill, Cleator Moor	(01946) 528746	H, Miss Stagey, 8 Honister Road, Whitehaven	(01946) 439166
H, K, 7 Alder Road, Penrith	(01768) 862422	H, L, 7 Tenters, Wigton	(016973) 42025	H, S, 17 Napier Street, Workington Cumbria	(01900) 602813
H, K, 14 Brooklands Avenue, Maryport	(01900) 818275	H, R, 3 Brackendale The Groves, Whitehaven	(01946) 64632	H, T.W, 1 Station View, Long Marton	(017683) 62183
H, K, 4 Gatesyde Place, Eskdale	(019467) 23414	H, S, Four Winds High Heskett	(016974) 73909	HOLROYD, P, Heartstone Lodge Kirby Stephen	(017683) 72845
H, K, 82 Newlands Park, Dearham, MARYPORT	(01228) 710824	H, S, 20 Brindfield, Wigton	(016973) 43896	HOLT, B, Flat 1.35 Station Road, Workington	(01900) 550454
H, K, 21 St. Andrews Close, Thursby	(01900) 61936	H, S, 10 Irtton Place, Carlisle	(01228) 549454	H, C, Cedar Croft Bolton	(017683) 61536
H, K, 40 Whiteslides, High Seaton	(01768) 840924	H, S, 36 Pinecroft, Carlisle	(01228) 534905	H, C, 13 Pennine Way, CARLISLE	(01228) 544574
H, L, 31 Anchor Close, Penrith	(016973) 47041	H, Mr W, Mr 21 Drovers Lane, Penrith	(01768) 892127	H, D, 29 Dale View, Cockermouth	(01900) 823765
H, L, 73 Burnfoot, Wigton	(01768) 862427	HOLDEN-HINDLEY, M, 6 The Courtyard, Edenhall	(01768) 881360	H, D, 12 Vicarage Terrace, Nenthead	(01434) 382111
H, L, 45 Fleswick Avenue, Whitehaven	(01946) 695966	HOLDER, J, 41 Castle View, Brough	(016973) 42582	H, E, Rose Bank Cuthwaite	(01228) 711286
H, L, 16 Steer Avenue, Maryport	(01900) 815870	H, J, Arkholme Lonsties, Keswick	(017687) 73555	H, E, 23 Calvert Way, Keswick	(017687) 71278
H, M, 57 Buttermere Road, Maryport	(01900) 816869	HOLDGATE, M, Felt Beck Fell Beck, Kirby Stephen	(017683) 72316	HOLTON, J, 174 Scalegate Road, Carlisle	(01228) 594083
H, Martin, 16 Croft Terrace, Penrith	(01768) 867164	HOLDING, Lynda, The Nook Murtion	(017683) 53822	HOLYOAKE, M.A, Edenvale Allonby</	

H, E, Fernley Northside Road, Northside	(01900) 605466	H, J, Toll Bar Cottage Coupland Beck	(017683) 52803	H, F, Silverdale Sea Mill Lane, St. Bees	(01946) 824644
H, G, 1 Castlerigg Close, Whitehaven	(01946) 64826	H, J, 9 Highfield Close, Seascale	(019467) 28340	H, H, 18 Clementina Terrace, Carlisle	(01228) 512201
H, S, The Grange 20 Durdar Road, Carlisle	(01228) 526744	H, J, 15 Queens Drive, Egremont	(01946) 821053	H, J, South Vw Dufton	(017683) 52454
H, T, 1 Barf Side Cottages Thornthwaite	(017687) 78101	H, P, Lyulphs Tower Watermillcock	(017684) 82066	H, J, 3 Edmondson Close, Brampton	(016977) 2299
H, T, 35 North Street, Maryport	(01900) 814882	H, P, Lyulphs Tower Watermillcock	(017684) 82249	H, J, 58 Victoria Road, Whitehaven	(01946) 67384
HOPE, A, Wood View Clifton Dykes	(01768) 840863	H, Patricia, 2 Old Harker, Low Harker	(01228) 674253	H, L, 14 Clifford Street, Appleby-In-Westmorland	(017683) 53214
H, A, High Luckens Barn Rowelstown	(016977) 48019	H, P.C.W, Naworth Castle Naworth	(016977) 2761	H, M, 2 Bewcastle Close, Carlisle	(01228) 401680
H, A, 29 High Street, Maryport	(01900) 818195	H, Robt R, 24 High Street, Maryport	(01900) 815345	H, M, 21 Eden Mount, Penrith	(01768) 606185
H, B, 22 Churchill Drive, Moresby Parks	(01946) 61126	H, S.C, 10 Brackenber Lodge Shop	(01931) 716188	H, R, 23 Bowthorn Road, Cleator Moor	(01946) 813813
H, Mrs Barbara, 4 Horsley Terrace, Penrith	(017687) 892880	HOWARTH, F, Raeburn Calder Avenue, Whitehaven	(01946) 691055	H, R, Garth Cottage Warcop, APPLEBY-IN-WESTMORLAND	(017683) 41435
H, C, Brow Top Sebergham	(016974) 76529	H, J, Bell Howe Tallentire	(01900) 829357	H, S, 29 Calvert Way, Keswick	(017687) 73353
H, D, 4 Grindal Place, St. Bees	(01946) 823396	H, J, 6 Queens Avenue, Seaton	(01900) 602475	H, Terry, Kirklyn Bassenthwaite Lake	(017687) 76361
H, D.T, Moss Head Penton	(01228) 577435	H, N, White Gables Branthwaite	(01900) 608377	H, T, Belle Vue House Ward Street, Carlisle	(01228) 792200
H, Elizabeth, Whinneyrigg Clifton	(01768) 864504	HOWE, A, Lingclose Threlkeld	(017687) 79194	H, T, 29 West Croft, Seaton	(01900) 604670
H, E, Garthside Arthure Road, Longtown	(01228) 791257	H, D, Braemar Lazonby	(01768) 898667	H, V, 24 Valley Park, Whitehaven	(01946) 64082
H, J, 2 Grasmere Avenue, Workington	(01900) 61327	H, D, 17 Longthwaite Road, Wigton	(016973) 42414	H, V, Fallowfield West La, Penrith	(01768) 890539
H, J, 78 Penny Hill Park, Penrith	(01768) 868848	H, D, 11 Pillar Lane, Carlisle	(01228) 698093	H, W, 13 Crosshill Drive, Carlisle	(01228) 543759
H, J.E, Beechcroft Croglin	(01768) 896641	H, D.J, Cross House Newby	(01931) 714214	H, W, 8 Eller Bank, Harrington	(01946) 832245
H, K.J, 103 Wigton Road, Carlisle	(01228) 523769	H, E, 11 Gallopier Park, Tebay	(015396) 24307	H, W, 56 Gavel Street, Maryport	(01900) 815990
H, M, FERN BANK Lazonby	(01768) 870592	H, J, 5 The Croft, Threlkeld	(017687) 79631	HUGHS, A, 1A Town Cross, Threlkeld	(017687) 79845
H, M, 20 Chase Park, Penrith	(01768) 606093	H, L.G, Rose Lea Gilsland	(016977) 47435	HUGHSON, M, Kisdane Bridekirk, Cockermouth	(01900) 267845
H, R, Glendhu Hallbankgate	(016977) 46509	H, M, 21 Penny Hill Park, Penrith	(01768) 864501	HUGO, K, 1 Sea View, Bransty	(01946) 67165
H, S, 4 Lea Croft, Renwick	(01768) 898304	H, R.D, Edenstone Dufton	(017683) 51573	HULL, C, 87 Dobinson Road, CARLISLE	(01228) 599666
H, S.A, 3 Fell Vw Cott Clifton	(01931) 712270	H, S, Fairview Clifton	(01768) 890940	H, Miss Karen, 63 Dunmail Drive, Carlisle	(01228) 319039
H, T, Queens Thorn Easton	(01228) 791000	H, S, 16 Kingwater Close, Brampton	(016977) 3275	H, L, 23 Gilsland Road, Cummersdale	(01228) 528238
H, W.P, 33 Crosshill Drive, Carlisle	(01228) 530602	HOWELL, A, 44 Snebro Road, Whitehaven	(01946) 693710	H, P, 26 Sands Cottages The Sands, Brampton	(01697) 543035
HOPKIN, M, 41 Esther Street, Carlisle	(01228) 558818	H, D, 3 Eden Street, Carlisle	(01228) 529507	HULLOCK, A, 4 Barkhouse Close, Penrith	(01768) 606928
HOPKINS, L, Gale House Bridekirk, Cockermouth	(01900) 828341	H, Prof John, Melyn Howe Southey Hill, Keswick	(017687) 73801	H, A, 4 Skirgill Close, Penrith	(01768) 863898
H, L.R, 5 Lorne Terrace Front Street, Brampton	(016977) 2119	HOWES, B, Mill Nook Gassan	(016973) 52710	H, J, 11 Barras Close, Dalston, Carlisle	(01228) 712005
H, P, Meadow Bank Parton, Wigton	(016973) 32681	H, B, 3 Caldew Street, Silloth	(016973) 32182	H, J, 17 Wetheriggs Rise, Penrith	(01768) 850232
H, S, 11 Towlers Lane, Cockermouth	(01900) 823152	H, I, Kirkland Hall Kirkland, Culgaith	(01768) 88295	H, K.T, 29 Friars Rise, Penrith	(01768) 864124
HOPKINSON, D, The Old Vicarage Newton Arlosh	(016973) 51345	H, J, 75A Duke Street, Whitehaven	(01946) 695487	H, M, 4 Margarets Way, Appleby-In-Westmorland	(017683) 51855
HOPLEY, Ian, Greensyke House Lamplugh	(01946) 862521	H, M, 2 Fleming Drive, Beckermert	(01946) 841018	H, M.G, 46 Barrowmoor Rd, Appleby In Westmorland	(017683) 52609
HOPPER, Daniel, 11 St. Marys Court, Workington	(01900) 386483	H, T, 6 Mona Street, Arlecdon	(01946) 862354	H, S, 4 Pennine View, Skelton	(017684) 84271
H, D.W, 7 Broadacres, High Harrington	(01946) 831541	HOWLETT, L, 41 Greystone Road, Carlisle	(01228) 531452	HULLY, I, 57 School Drive, Maryport	(01900) 814586
H, L, 13 Workington, Seaton	(01900) 62570	H, S, 3 James Park Homes, Egremont	(01946) 820751	H, J, 81 St. Helens Street, Cockermouth	(01900) 822602
HOPTON, B, Rooking End Barn Patterdale	(017684) 82049	HOWRTH, Stephen, 71 Larch Drive, Stanwix Carlisle	(01228) 528175	HULME, G, 10 Nine Ring, Carlisle	(01228) 710677
H, C, SHEEP CLOSE Manor Brow, Keswick	(017687) 73532	HOWSE, M, 164 Meadow Road, WHITEHAVEN	(01946) 62274	HUME, A, High Gillerthwaite Ennerdale	(01946) 861506
H, J, 9 Gallopier Park, Penrith	(015396) 47134	HOWSON, A, 8 Scotby Village, Scotby	(01228) 513138	H, J, Townhead Threlkeld	(017687) 79777
HORE, L, 8 The Dell, Broadwath	(01228) 562814	H, J, 28 Petteril Bank Road, Carlisle	(01228) 547299	H, P, 2 Cedar Lane, Cockermouth	(01900) 823220
HORLEY, W, 37 Scotland Road, Carlisle	(01228) 521952	H, T, 63 Briar Park, Carlisle	(01228) 493044	HUMES, D, 22 Fell View, Anthorn	(016973) 51521
HORN, B, 37 West Lane, Shap	(01931) 716376	HOY, C, 4 High Seat Hill, Lazonby	(01768) 870604	H, G, 34 Bonness Court, Workington	(01900) 63976
H, D, 18 Southwaite Green Mill Country Park Eamont Bridge	(01768) 899556	H, K, 6 Battlebarrow, Appleby-In-Westmorland	(017683) 53245	H, K, 56 Moorclose Road, Salterbeck	(01946) 830858
PENRITH	(01768) 899556	H, Z, 3 White House Road, Seascale	(019467) 28961	H, N, 37 Brierydale, Salterbeck	(01946) 832478
H, D.L, Sycamore House Murtion	(017683) 51938	HOYLE, A.J, Adam Hoyle Station Yard, Kirkby Stephen	(017683) 72322	H, Mrs T, Mrs 92 Moorclose Road, Workington	(01946) 832839
H, G, Field Head Barn Orton	(015396) 24094	H, B, 39 Arthur Street, Penrith	(01768) 864797	HUMPHREY, M, 17 Lawn Terrace, Silloth	(016973) 31991
H, G, 80 Gosford Road, SEASCALE	(019467) 21688	H, D, Gindrift Lamplugh	(01946) 862622	H, Trudie, 8 Park View Lane, Alston	(01434) 381590
H, K, Gilles South Stainmore	(017683) 42633	H, E, Linseld Cotehill, Carlisle	(01228) 560743	HUMPHREYS, C, 19 Green Bank Close, Wigton	(016973) 22089
H, Muriel, 40 Newlands Lane, Workington	(01900) 602701	H, J, Acacia House 8 The Croft, Warcop	(017683) 41043	H, G, 13 Haydock Drive, Carlisle	(01228) 898688
H, R.D, Field House Blencow	(017684) 83407	H, Mr 16 Mountain View, Carlisle	(01228) 658775	H, M, 8 South Road, Kirkby Stephen	(017683) 74984
H, S, 56 Castle Hill Rd, Penrith	(01768) 840592	HUBBARD, D, 21 Cedar Lane, Cockermouth	(01900) 824414	HUMPHRIES, R, Kirkstile Inn Loweswater	(01900) 85394
H, S.J, Home Farmhouse Unthank	(017684) 84228	HUCK, J, 3 Beech Grove, Stainton	(01768) 862262	HUMPSTON, D, 16 Beck Road, Carlisle	(01228) 541286
HORNBY, G.M, 2 Barton House Pooley Bridge	(017684) 86746	H, S, Rose Cote Winton	(017683) 71341	HUNT, B, Nether Croft Nethertown Road, St. Bees	(01946) 824576
H, K, 2 Coopers Garth, Penrith	(017684) 84614	HUCKNALL, D, 28 Brigbourne Drive, Seaton	(01900) 68434	H, B, Orchard House The Plosh Borrowdale Road, Keswick	(017687) 73114
H, M, 10 Wadsworth Park, Branthwaite	(01900) 67095	H, E, 37 Needham Drive, Workington	(01900) 63145	H, J, River View Flat 4 Denton Mill Close, Carlisle	(01228) 497041
HORNE, C, 25 Crowgarr Close, Cleator Moor	(01946) 812402	H, S, 32 Hazelgrove, Seaton	(01900) 601568	H, Joanna, 26 Lowther Village, Lowther	(01931) 712082
H, K, 5 Margarets Croft Newby	(01931) 714423	H, SUDDART, A, 3 Asby Hall Mews, Great Asby	(017683) 51152	H, M, The Neuk Braithwaite Shields Ievigil	(017684) 84623
H, K, 30 Prospect Row, Cleator	(01946) 812316	H, Ashleigh, 71 Foundry Road, Parton	(01946) 430473	H, R, 84B Blencathra Street, Keswick	(017687) 72917
H, L, 11 Beckside Gardens, Brampton	(016977) 41972	H, A, 6 Midfield Mews, Appleby-In-Westmorland	(017683) 54064	H, S, 22 Broomfield Road, Scotby, CARLISLE	(01228) 513569
H, N, 6 The Mill Fields, Workington	(01946) 440154	H, B, 28 Row Brow Park, Maryport	(01900) 816580	HUNTER, A, Eden Croft Ousby	(01768) 881092
H, P, 11 Mother Croft, Morland	(01931) 714019	H, C, 1 Church Terrace, Shap	(01931) 716469	H, A, 16 Loweswater Rd, Maryport	(01900) 812477
HORNER, A.M, 137 The Parklands, Cockermouth	(01900) 822827	H, Mrs Enid, 30 Henry Street, Cockermouth	(01900) 824933	H, B, 9 Meadow Walk, Stainburn	(01900) 386651
HORNSBY, D, 11 West Croft, Seaton	(01900) 605642	H, I, New Dawn Blencow	(016973) 61875	H, C, 118 Main Road, High Harrington	(01946) 830373
H, Gary, Harberburn Brampton	(017683) 53670	H, I, 2 College View, Whitehaven	(01946) 691586	H, D, HIGHAM LODGE Embleton	(017687) 76232
H, G, Field Head Barn Orton	(01434) 381064	H, J, 16 Sandhills Court Queen Street, Whitehaven	(01946) 691154	H, D, 21 Antonine Way, Houghton	(01228) 598538
HORSEMAN, C, 11 Colelake Meadows, Carlisle	(01228) 523112	H, M, 50 Derwent Avenue, Maryport	(01900) 814007	H, David, 3 Crossgates, Gilsland	(016977) 47513
HORSFALL, G, 9 Glebe Crescent, Appleby-In-Westmorland	(017683) 51807	H, M, 20 Pinewoods, Gilgarran	(01946) 830978	H, Admiral D, 27 The Woodlands, Workington	(01900) 878473
HORSFIELD, A, 7 Glendale Rise, Carlisle	(01228) 493311	H, F, 74 Station Way, Seascale	(019467) 28145	H, E, 20 Cedar Lane, Cockermouth	(01900) 822579
H, J, Fairfax Stair	(017687) 78595	H, Richard, 69 Foundry Road, Parton	(01946) 67856	H, F, Oaklands Blencow	(017684) 80765
H, P, East Ways Stainton	(01768) 895384	H, S.J, 23 Cedar Lane, Cockermouth	(01900) 822206	H, F, Piper Hole Ravenstonedale	(015396) 23218
HORSLEY, A, Whitehouse Farm Back Street, Cotehill	(01228) 560110	HUDDARTCABLE, J, 67 Nelson Street, Maryport	(01900) 500273	H, G, 33 Hurley Road, Little Corby	(01228) 561607
H, D, Woodhouse Catterlen	(01768) 866690	H, SUDDERT, E, 18 Greystoke Park Road, Penrith	(01768) 899978	H, G.B, 8 The Courtyard Rockcliffe	(01228) 674554
H, G, 31 Central Road, Dearham	(01900) 817019	H, SUDDLETON, R, Whitbarrow Farm Barrier, PENRITH	(017684) 83179	H, I, Westlake Asby Road, Asby	(01946) 861022
H, G, 4 Kings Avenue, Seaton	(01900) 64761	H, HUDSON, A, Hall Bank Boltongate	(016973) 71240	H, J, Tredon Bolton Low Houses	(016973) 42062
H, J, Holly Cottage Blencow	(016973) 61659	H, A, Birkett Estate Glenridding	(017684) 82573	H, J, Burnfoot Cottage Longtown	(01228) 791346
H, Miss K, Miss 9 Low Meadow, Carlisle	(01228) 595749	H, A, 1 St. Matthews Cottages Wigton	(01697) 388714	H, J, Burnfoot Cottage Longtown	(01228) 792144
H, R, 33 Calva Park, Seaton	(01900) 603480	H, A, 14 Fairfield View, Cockermouth	(01900) 824478	H, J, Greenacre 7 Crooklands, High Harrington	(01946) 830278
H, S, Wath Head Wigton	(016973) 44202	H, B.T, The Cottage Old Brackenlands, Wigton	(016973) 49941	H, J, Dovenby Mill Dovenby, COCKERMOUTH	(01900) 823533
H, V, Stockdale Bankfield, Beckermert	(01946) 841437	H, C, Pennine View Bolton	(017683) 62029	H, J, 2 Gayle Avenue, SHAP PENRITH	(01931) 716785
HORTON, Mr Gary, 13 Hill Head, Carlisle	(01228) 513518	H, C, 12 Hether Drive, Carlisle	(01228) 530596	H, J, 25 Greencroft, Brampton	(016977) 3266
H, G, 22 Skinburness Drive, Silloth	(016973) 32811	H, G, Low Houses Farm Garrigill	(01434) 381139	H, J, Mundybyrd 48 High Brigham, Cockermouth Cumbria	(01900) 827597
H, M, 21 Willowbank, Carlisle	(01228) 548678	H, H, Pardon View Bolton New Houses	(016973) 42505	H, J, 2 Priory Road, Carlisle	(01228) 534900
H, P.T, 6 Scotby Green Steading, Scotby	(01228) 513751	H, I, 221 Green Lane, Belle Vue	(01228) 402048	H, J, 4 The Crofts, Bothel	(016973) 20859
H, S, 152 Harrington Road, Workington	(01900) 873512	H, I, 50 Shaw Wood Road, Thursby	(016973) 49662	H, J.J, 1 Town Head Garth, Kirkby Thore	(017683) 61665
HORVATH, Mrs 12 Latrigg Close, Keswick	(017687) 44587	H, J, 10 Huntsman Lane, Carlisle	(01228) 490379	H, Mr John Robert, 2 Clover Meadows, Brampton	(01228) 318605
HOSKER, A, 33 Santon Way, Seascale	(019467) 27639	H, J.A, Greythwaite Farm Loweswater	(01946) 861555	H, K, 27 Dale Way, Cockermouth	(01900) 826356
HOSKIN, N, 61 Hillcrest, Northside, WORKINGTON	(01900) 602747	H, K, Mountain View Drigg	(019467) 21592	H, K, 27 Dale Vw, Cockermouth	(01900) 824997
H, P, 37 Clifton Court, Workington	(01900) 66611	H, K, 15 Grange View, Wigton	(016973) 45751	H, K, 104 Rainslands Croft, Penrith	(01768) 867408
HOSKINS, Mrs P, Mrs 150 Springfield Road, Carlisle	(01228) 545941	H, M, Whitehill Walton	(016977) 2519	H, L, 64 Edinburg Road, Maryport	(01900) 817281
H, S, 27 Semple Road, Carlisle	(01228) 491174	H, M, 1 St. Andrews Crescent, WHITEHAVEN	(01946) 61494	H, L, 22 Hotfield Court, Appleby-In-Westmorland	(017683) 32121
HOTTON, J, Silver Trees Bassenthwaite	(017687) 73691	H, Mr 54 Millriggs, Corby Hill, Carlisle	(01228) 739527	H, M, Brimfull, Egremont Cumbria, Haile	(01946) 841447
HOUGH, S, 5 MILLBANK COTTAGES Keswick	(017687) 75225	H, P, Carwath Cottage Rosley	(016973) 49282	H, M, 4 Howard Gardens, Brampton	(016977) 3434
HOUGHTON, B, 5 Oakland Avenue, Maryport	(01900) 817079	H, P, MARDALE VIEW SHAP	(01931) 716616	H, N, 5 Skiddaw View, Cockermouth	(01900) 822319
H, C, 26 Latrigg Close, Keswick	(017687) 73214	H, P, 19 Naworth Drive, Carlisle	(01228) 402002	H, N, 1 Slee Croft, Bolton	(017683) 61177
H, D, 30 School Drive, Maryport	(01900) 386547	H, P, 37 Wastwater Avenue, Workington	(01900) 67455	H, P, The Firs Thursby	(01228) 710410
H, J, 20 Moorville Drive, Carlisle	(01228) 318604	H, S, Forest House Southwaite	(016974) 73507	H, P, 9 Canny Croft, Penrith	(01768) 865824
H, P, 36 Trinity Way, Keswick	(017687) 73067	H, S, 18 Carleton Road, Penrith	(01768) 606460	H, P, Fairview 1 Nateby Road, Kirkby Stephen	(017683) 71105
H, S, 184 Hebdon Avenue, CARLISLE	(01228) 596746	H, W, Church View Shap	(01931) 716928	H, Mr Paul, 8 North Road, Egremont	(01946) 824833
H, S, 24 The Beeches, Maryport	(01900) 386427	H, Z, Row Fm Wellington	(019467) 25678	H, P, 38 South Terrace, Great Broughton	(01900) 810937
H, T, 61 Valley Park, Whitehaven	(01946) 592330	H, P, CHERRYSTONES Curwhinton	(016977) 47494	H, R, CHERRYSTONES Curwhinton	(01228) 560044
H, W, 43 Gifford Road, Egremont	(01946) 528545	H, HUGGAL, J, 21 Burn Street, Carlisle	(01228) 792165	H, R, Oddfellows House Newbiggin-On-Lune	(015396) 23366
HOULAN, P, 14 Tudor Court Brunswick Terrace, Penrith	(01768) 210453	HUGGARD, D, Ferndene Guest House 6 Ambleside Road, Keswick	(017687) 74612	H, R, 8 Ashmore Gardens, Workington	(01900) 366372
HOULSTON, P, Punch Bowl Hotel North Stainmore	(017683) 41262	H, D, Ferndene Guest House 6 Ambleside Road, Keswick	(01768) 877802	H, R, 39A Barfs Road, Workington	(01946) 430112
HOUNSLOW, A, 252 Scategate Road, Carlisle	(01228) 525612	HUGGAN, J, 17 Fenton, KESWICK	(01768) 606539	H, R, 4 Springfield Gardens, Brigg	(01946) 817971
HOUSBY, G, CROFT HOUSE Beckermert	(01946) 841397	HUGGON, C, 19 Mallycove Drive, Carlisle	(01228) 523458	H, R, 1 Ullesby Gardens, Ousby	(01768) 881217
H, J.R, Gill Foot Aikshaw	(016973) 20839	H, D, 22 Wetheriggs La, Penrith	(01768) 867542	H, R, 1 Ullesby Gardens, Ousby	(01768) 881505
HOUSE, F, 55 Arthur Street, Penrith	(01768) 866130	H, E, 56 Edgehill Road, Carlisle	(01228) 495355	H, S, 101 Burgh Road, Carlisle	(01228) 532842
H					

H, Jordan, 23 Latrigg Road, Whitehaven	(01946) 63514	I, G, Highway Cotehill	(01228) 560767	J, T, Eastfieldgate Warcop	(017683) 41309
H, N, 11 Brookfield Avenue, Wigton	(016973) 44071	I, G, 1 The Ghyll, Maryport	(01900) 816290	JACKSON, A, Nether Close Loweswater	(01900) 853243
H, P.A. 105 High Brigham, Brigham	(01900) 828141	IRVING, A, The Smithy Chalkfoot Cumdick	(01228) 712988	J, A, 58 Alexander Street, Carlisle	(01228) 533367
H, R.S. Hazlerigg Abbeystown	(016973) 61615	I, A, The High Field Kirkcubbin	(01228) 675352	J, A, 7 Church Road Terrace, High Harrington	(01946) 830738
H, S, 141 Mill Hill, Cleator Moor	(01946) 812969	I, A, 57 Burnmoor Avenue, Whitehaven	(01946) 62065	J, A, 28 Curwendale, Staiburn	(01900) 65963
HURTON, A, Primrose Cottage Blindcrake	(01900) 826367	I, A, 22 Colville Street, Carlisle	(01228) 583391	J, A, 209 Durdar Road, Carlisle	(01228) 529888
HUSBAND, I, 10 Broomy Hill, Aglionby, CARLISLE	(01228) 513811	I, A, 57 Greengarth, Great Clifton	(01900) 65384	J, A, Sunny Morn Gamblesby, Penrith	(01768) 881795
H, M, Flat 2, Bega Court Coach Road, Whitehaven	(01946) 692929	I, A, 50 Hallin Crescent, Carlisle	(01228) 930243	J, A, 30 Haig Road, Carlisle	(01228) 545908
HUSCHKA, D, 79 Pattegill Road, Penrith	(01768) 210681	I, A.D, 4 The Crescent, Kirkbride	(016973) 51413	J, A, Anfield House Meadow Close, Aspatria	(016973) 23428
H, J, 37 Holme Riggs Avenue, Penrith	(01768) 216941	I, B, LOW DYONSIDE FARM Distington	(01946) 831792	J, A, 25 Somerwood Close, Long Marton	(017683) 62105
H, M, Stamp Hill Kirkby Thore	(017683) 62061	I, B, 25 Burnfoot, Wigton	(016973) 43723	J, A, 16 The Parklands, Cockerthorpe	(01900) 821683
HUSTON, M, 1 Manor Place, Carlisle	(01228) 549548	I, B, 43 Pennine View, Carlisle	(01228) 537851	J, B, 98 Levens Drive, Carlisle	(01228) 496467
HUTCHBY, J, 215 Durdar Road, Carlisle	(01228) 531866	I, B, 5 Short Street, Carlisle	(01228) 539892	J, B, 4 Sempole Road, Carlisle	(01228) 590908
HUTCHINGS, I, Whygill Great Asby	(017683) 51132	I, B, 42 Wansfell Avenue, Carlisle	(01228) 541656	J, Mr Brian, 32 Wolsty Close, Carlisle	(01228) 527607
HUTCHINGSON, J, Midtown House Midtown House, Appleby-in-Westmorland	(017683) 51724	I, C, 48 Lakeland Avenue, Whitehaven	(01946) 848007	J, B.L, High Melbecks Bassenthwaite	(017687) 76054
HUTCHINSON, A, Ghyllside How Mill	(01228) 670509	I, D, Aspatria	(016973) 23717	J, C, Croft Cottage Wigton	(01697) 509032
H, C, 3 The Courtyard Folly Lane, Penrith	(01768) 862139	I, D, Phil Mar Talkin	(016977) 3463	J, Colin, 3 Woodlands Gosforth	(019467) 25408
H, D, 13 Summerfields, Carlisle	(01228) 711526	I, D, 9 Beaconsfield Terrace, Wigton	(016973) 26538	J, C, 24 Greenhill, Brampton	(016977) 44747
H, F, 16 Goose Garth, Wetheral	(01228) 564186	I, D, 16 Chestnut Hill, Carlisle	(01228) 530718	J, C, 10 Kirkstead Close, Carlisle	(01228) 545966
H, R, 39 Buttermere Avenue, Whitehaven	(01946) 695001	I, D.D, 2 Kitchen Lane Cottage Barrock Park, Southwaite	(016974) 71597	J, C, 49 Links Crescent, Seascale	(019467) 21596
H, H.M, Ralph Cottage Castle Carrock	(01228) 670085	I, E, Fernleigh Great Strickland	(01931) 72621	J, C, 72 Oswald St, Carlisle	(01228) 537170
H, I, South Cottage Nately	(017683) 71008	I, E, 33 Arlecon Road, Arlecon	(01946) 861590	J, C, 15 South Street, Fletchertown	(016973) 71862
H, J, Low Dubwath Kirklington	(01228) 675168	I, E.M, 88 Victoria Road, Whitehaven	(01946) 693891	J, C, 19 Westgarth Road, Kirby Stephen	(017683) 72259
H, J, 42 Croft Park, Wetheral, CARLISLE	(01228) 560342	I, F, Fellside Frizington	(01946) 810473	J, C.S, 3 Alan Court, Workington	(01900) 61189
H, J, 8 Homefield, Glenridding	(017684) 82531	I, G, Wolf Head Mealsgate	(016973) 71803	J, D, Firbank Cliburn	(01931) 714676
H, Joan, 55 Larch Drive, Stanwix	(01228) 631380	I, G, Pele Court Apartment 41 Friargate, Penrith	(01768) 863394	J, D, Cowbank Newbiggin-On-Lune	(015396) 23518
H, J, 51 Solway Road, Whitehaven	(01946) 61532	I, G, 33 Frostoms Road, Workington	(01900) 63147	J, D, 66 Brindlefield, Wigton	(016973) 42236
H, K, BIRTLEY HOUSE Thursty	(01228) 711077	I, G, 2 Dersent Close, Carlisle	(01228) 318661	J, D, 18 Dersent Avenue, Maryport	(01900) 269461
H, L, 2 Beech Tree Farm Beech Tree Farm, Cumwhinton	(01228) 560004	I, G.H, 133 Upperby Road, Carlisle	(01228) 523197	J, D, 4 Station Road, Greenhead	(016977) 47061
H, L, 194 Wherside, Carlisle	(01228) 631025	I, H, Biglands House Bowness-On-Solway	(016973) 52228	J, D, 29 Wasdale Park, Seascale	(019467) 28892
H, M, 19 Briar Lea Court, Longtown	(01228) 792092	I, I, Thorn Lea Swinsty	(016973) 61314	J, E, Carwath Bridge Rosley	(016973) 43549
H, M, 54 Greystone Road, Carlisle	(01228) 548927	I, I, 6 Cairn Crescent, Corby Hill	(01228) 562353	J, E, 63 Clifford Road, Penrith	(01768) 891020
H, R, 7 Norfolk Court Norfolk Street, Carlisle	(01228) 520615	I, Judy, Orchard House Anthon	(016973) 52444	J, E, 14 Homefield, Glenridding	(017684) 82224
H, S, Carlanton Demense Heads Nook	(01768) 896663	I, J, Blackwell Hall Blackwell	(01228) 542960	J, E, 57 Lingy Close Road, Dalston	(01228) 710182
H, S, Woodhouse Wadale	(019467) 26583	I, J, Solway View Boltongate	(016973) 71990	J, E, 54 Netherend Road, Penrith	(01768) 863440
H, S, 76 Beaumont Road, Carlisle	(01228) 558571	I, J, Woodside Kirkandrews-On-Eden	(01228) 576476	J, E, 12 Parkers Croft, Chap	(01931) 716853
H, S, 9 Goose Garth, Carlisle	(01228) 562082	I, J, 4 Brook Side, Maryport	(01900) 812658	J, E, 86 Rannerdale Drive, Whitehaven	(01946) 65276
H, S, 75 Nelson Street, Carlisle	(01228) 595186	I, J, 113 Greystone Road, Carlisle	(01228) 318572	J, E, 19 Whitestiles, Workington	(01900) 61172
H, S, 3 Wandsworth Gardens, Penrith	(01931) 716730	I, J, 18 St. Peters Close, Carlisle	(01228) 530531	J, E.J.C, 8 Guardhouse Abbeystown	(016973) 61287
H, V, 6 Friars Garth, Abbeystown	(016973) 61349	I, J, 53 Upperby Road, Carlisle	(01228) 539213	J, F, Church House Lamplugh	(01946) 862109
H, W, Bridge Farmhouse Ravenstonedale	(015396) 20635	I, J.E, 60 Slatfield Drive, Cockerthorpe	(01900) 822549	J, F, 39 Fletcher Hill Park, Kirby Stephen	(017683) 72296
HUTSON, G, 3 Denton Park, Gosforth	(019467) 25477	I, J.J, 15 Well Lanning Close, Brampton	(016977) 2613	J, F, 30 Lakeland Park, Keswick	(017687) 80491
HUTT, J, Mulcaster Cottage Carlisle, Wetheral	(01228) 561292	I, K, 20 Buffs Croft, Carlisle	(01228) 561344	J, F, 92 Skinburness Road, Silloth	(016973) 32309
H, S, 1 Friary Fields, Appleby-in-Westmorland	(017683) 53105	I, K, 2 Rudds Court, Whitehaven	(01946) 528126	J, F.R, Firbank Reagill	(01931) 715343
HUTTON, D, The Fort Bowness-On-Solway	(016973) 51876	I, K.C, Wood Villa Cargo	(01228) 674284	J, F.W, 54 Blenkinsopp Castle Home Park Greenhead	(016977) 47173
H, J, Loaming Head Garrigill	(01434) 381902	I, K.M, 2 Lanty Close, Brigham	(01900) 824443	Penrith New Squares	(017684) 28453
H, J, 56 Moorside Drive, Carlisle	(01228) 535026	I, L, 29 Fernlea Way, Carlisle	(01228) 534305	J, G, 55 Moor Road, Staiburn	(01900) 601398
H, J.M, 13 The Hawthorns, Keswick	(017687) 74010	I, L, 17 High Brigham, Brigham	(01228) 594239	J, G, 17 Springfield Gardens, Biggill	(01946) 812921
H, Mrs M, 13 Frenchfield Gardens, Penrith	(01768) 867305	I, M, Greencroft Great Strickland	(01931) 712236	J, G.S, Raby Grange Kirkbride	(016973) 61621
H, P, 56 Cranbourne Road, Carlisle	(01228) 532869	I, M, 55 Brantwood Avenue, Carlisle	(01228) 498171	J, G.W, 11 Eldred Road, Workington	(01900) 605347
H, T, Setmabanning Farm Threlkeld	(017687) 79157	I, M, 24 Friars Garth, Abbeystown	(016973) 61325	J, H, Field Grove Field Grove, Egremont	(01946) 823575
HUWDT, E, 100 Main Road, High Harrington	(01946) 830328	I, M, 44 Greencroft, Brampton	(016977) 2549	J, H, Rosecroft Harras Road, Harras Moor	(01946) 64723
HUXLEY, S, 7 Fenton, Keswick	(017687) 90222	I, Mrs Maureen, 31 Skinburness Drive Silloth, Wigton	(016973) 31927	J, H, 3 Millrace Close,	(016973) 42474
HYDE, A, Pond Cottage Ireby	(017687) 76429	I, M, Longlands Station Hill, Wigton	(016973) 42760	J, H, 4 Moor View Close, High Harrington, Workington	(01946) 831254
H, A, 4 Bannatyne Drive, High Harrington	(01946) 832192	I, M, 7 The Lees, Kirkbride	(016973) 52356	J, H, Mill Beck Cottage Water Street, Morland	(01931) 714567
HYLAND, Amanda, New House Bowthorn Farm Bowthorn Road, Cleator Moor	(01946) 811039	I, Miss 12 Langdale Drive, Cockerthorpe	(01900) 267687	J, H.G, Littlebeck Kings Meaburn	(01931) 714636
H, A, New House Bowthorn Farm Bowthorn Road, Cleator Moor	(01946) 811039	I, Mark J, Brownrigg House Little Bampton	(016973) 51646	J, I, Whinlatter Allenwood	(01228) 560410
812479		I, Mrs Flat 4, Homethwaite House Eskin Street, Keswick	(017687) 80717	J, I, REAY COTTAGE Crosby	(01900) 816211
HYMERS, M, Ivy House Bayles Alston	(01434) 382304	I, N, 6 Ghyll Croft, Ainstable	(01768) 896148	J, I, Villa Marie Cross Lane, Wigton	(016973) 43477
HYNES, Dawn, 19 South Croft, Houghton	(01228) 523932	I, N, 2 The Green, Wigton	(016973) 52611	J, J, Horsemoor House Blindcrake	(01900) 824042
H, P, BRAYSTONES HOUSE Braystones	(01946) 841361	I, R, The Heights Caldbeck	(016974) 78232	J, J, Overdale Bolton	(017683) 61109
HYSLIP, C, 70 Housesteads Road, Carlisle	(01228) 533279	I, R, Newlands Row Farm Mealsgate	(016973) 71233	J, J, Birklands Barn Carleton	(01228) 515510
H, Mr 14 Maryport Road, Maryport	(01900) 817012	I, R, Rigg Croft Penton	(01228) 577417	J, J, Shaw Ho Cliburn	(01931) 714302
H, T, 1 Hillcrest Court, High Road, Carlisle	(01228) 930572	I, R, Caldew Maltings Bridge Lane, Carlisle	(01228) 528884	J, J, Little Beck Kings Meaburn	(01931) 714636
H, Rev T.J, St. Johns Vege Manor Rd, Carlisle	(01228) 523380	I, Ronald, 40 Howe Street, Carlisle	(01228) 541027	J, J, The Paddock Penton	(01228) 577373
H, V, 18 Sandhurst Drive, WHITEHAVEN	(01946) 63649	I, R, 4 Old Midland Cottages, Kirby Stephen	(017683) 72859	J, John, 2 Stepping Stones Maids Meaburn	(01931) 715711
I'ANSON, Mr 4 Carleton Place, Penrith	(01768) 864582	I, R, 3 Simmerson Drive, Carlisle	(01228) 631609	J, J, 15 Lucock Row Broughton Moor	(01900) 817561
IBBETSON, K, Riverside Braystones	(01946) 841279	I, R, 28 The Garth, Crosby-On-Eden	(01228) 573058	J, Mrs J, 11 Brentfield Way, Penrith	(01768) 864043
IBBOTSON, J, Fairfield House Thursty	(01228) 898261	I, R.B, Anthon Farm Anthon	(016973) 51491	J, J, 106 Briar Bank, Carlisle	(01228) 615742
IBRAHIM, Mr Ashraf, 86 Peter Street, Workington	(01900) 392448	I, S, 70 Crummock Avenue, Whitehaven	(01946) 695053	J, J, 20 Byrnes Close, Plumpton	(01768) 894190
ICETON, A, 4 School Close, Broughton Moor	(01900) 814733	I, Miss Sarah, Kirkdale Nost, Kirkcambie	(01697) 507312	J, J, 21 Carlisle Rd, Dalston	(01228) 710265
IDELSON, N.V, Waver Cottage Main Road, Allonby	(01900) 881484	I, S, 21 St. Mungos Close, Dearham	(01900) 813074	J, J, 14 Langdale Avenue, Carlisle	(01228) 720320
ILLMAN, N, Beckstones Flm Thornthwaite	(017687) 78510	I, S, 2 Waters Meet, Warwick Bridge	(01228) 561774	J, J, 23 Longcroft, Braithwaite	(017687) 78581
IMPEY, D, 24 Beckside, Plumpton	(01768) 894088	I, T, Fair Hill House Croglin	(01768) 896437	J, J, The Del Longsties, Keswick	(017687) 71169
IMPORT, S, The Old Rectory Dutton	(017683) 51635	I, V, 77 The Beeches, Maryport	(01900) 814334	J, J, 7 Pennine View, Burrells	(017683) 52558
INGALL, B, 11 Scurgill Terrace, Egremont	(01946) 824014	I, V, 1 Oak Avenue, Longtown	(01228) 792565	J, J, 15 Raislands Croft, Penrith	(01768) 867599
I, S, Oak View Calderbridge	(01946) 841438	I, W, 77 The Beeches, Maryport	(01900) 814334	J, J, 52 Raislands Croft, Penrith	(01768) 865350
INGHAM, M, 5 Frankland Park, Orton	(015396) 24612	IRWIN, A, 13 Kirklea, Cockerthorpe	(01900) 825775	J, J, 6 St. Cuthbert's Place, Edenhall	(01768) 877187
I, R, 9 Chestnut Grove, Cumwhinton	(01228) 561620	I, Amanda, 14 Meadow Road, Whitehaven	(01946) 329297	J, J, 4 The Stackyard, Crackenthorpe	(017683) 48766
I, T, 176 Warwick Road, Carlisle	(01228) 513852	I, Dr J, 17 Croft Terrace, Penrith	(01768) 864217	J, J, 11 Thorpefield, Sockbridge	(01768) 840143
INGLEDEW, Y, 3 Beck Close, CARLISLE	(01228) 535386	I, J, 352 London Road, Carlisle	(01228) 543135	J, J, 46 Wansfell Avenue, Carlisle	(01228) 535240
INGLESFIELD, H, 5 North Road, Whitehaven	(01946) 451433	I, J, 61 Towlers Lane, Cockerthorpe	(01900) 822562	J, J.E, Rose Mount Paspale	(01900) 822645
I, L, 2 Lowfield Bungalows, Maryport	(01900) 812851	I, Mrs Morag, 5 Low Moor Avenue, Carlisle	(01228) 530619	J, J.E, Rusper House Scalegill Place, Moor Row	(01946) 810854
I, M, 9 Victoria Street, Cleator Moor	(01946) 328817	I, M, 56 The Mount, WHITEHAVEN	(01946) 403371	J, J.F, The Cottage Borrowdale	(017687) 77297
INGLEWOOD, Lord Hutton Hall Zz Hutton-In-the-Forest	(017684) 84207	ISAAC, H.L, The Old School Newton Arlosh	(016973) 51751	J, John George, Rosewood Cavendish Terrace, Carlisle	(01228) 524727
INGLIS, Alexander Laurie, 25 Hillcrest Avenue, Carlisle	(01228) 535677	ISHERWOOD, C, Gillbanks Nost Stainmore	(017683) 41634	J, K, Lane End Blencrago	(016973) 61283
I, G, Hetherside Mill Kirklington	(01228) 675155	I, J.A, Beechwood Moor Road, Great Clifton	(01900) 62006	J, K, Four Winds Harras Road, Harras Moor	(01946) 694075
I, J, 31 Parkside, Carlisle	(01228) 537301	ISMAV, D.J, Brookside Brisco	(01228) 549702	J, K, 22 Hollins Park, Moor Row	(01946) 814055
INGRISELLI, Mrs Katrina, Dover Heights Flimby Brow, Maryport	(01900) 812142	I, V, Collinwood Ho West Street,	(016973) 42417	J, K, Donjon Lowmoor Road, Wigton	(016973) 42888
INIFF, A, Ester Garth Old Tebay	(015396) 24243	IVESON, S, Sutton Oak Cargo	(01228) 674670	J, K, 13 Meadow Lane, Carlisle	(01228) 544785
INKESTER, J, Rake Barn Southwaite	(01900) 829844	I, Thomas, Dalefoot Longdale	(015396) 24014	J, K, 24 Springfield Gardens, Biggill	(01946) 810077
INMAN, M, 18 St. Herbert Street, Keswick	(017687) 90101	IVEY, David, 19 Tower View, Egremont	(01946) 822069	J, K, 20 The Gavels, Great Clifton	(01900) 66089
INNERDALE, M, Hilltop Farmhouse Hilltop Farmhouse, Appleby-in-Westmorland	(017683) 52416	IVINSON, J, ROBINSON HOUSE Calthwaite	(01768) 885205	J, K, 35 West View Walk, Workington	(01900) 381359
INNES, P, 4 Longholme Road, Carlisle	(01228) 527324	I, J, 22A Quarry Close, Kirby Stephen	(017683) 72964	J, M, Oatlands Farm Pica	(01946) 830378
IORNS, D, 2 The Avenue, Staiburn, WORKINGTON	(01900) 606230	I, L, 13 Brooklands Grange, Penrith	(01768) 890706	J, M, Jefferson Croft Berrier Road, Greystoke	(017684) 83714
IOZZI, G, 3 Skiddaw View, Cockerthorpe	(01900) 821490	I, M, Ingledene Hunsonby	(01768) 881630	J, M, 2 Browns Houses, Wigton	(016973) 26579
I, H, South Gracelome High Lorton	(01900) 85353	I, M, Town Head Farm Ousby	(01768) 881343	J, M, 124 Curwendale, Staiburn	(01900) 61011
IREDALE, G, Ship Cottage Main Street, Ellenborough	(01900) 813841	I, M, Two Stones Welton	(016974) 76597	J, M, 78 High Road, Whitehaven	(01946) 62339
I, K.P, Arch Croft Skelton	(017684) 84626	I, W, Well House Welton	(016974) 74648	J, M, 43 Keir Hardie Avenue, Cleator Moor	(01946) 815044
I, P.W, Greenbank Farm Pattendale	(017684) 82292	I, Mr William, 26 Rirlington Way, Penrith	(01768) 891891	J, M, 15 Rheda Park, Frizington	(01946) 813974
IRELAND, A, 2 Meadow View, Whitehaven	(01946) 451022	IVISON, D, 6 Cadman Street, Workington	(01900) 65965	J, M, 1 St. Kentigens Court, Aspatria	(016973) 21404
I, D.J, Barn End Newbiggin	(017684) 83740	I, D, 6 Grasmere Terrace, Maryport	(01900) 818388	J, M, 7 Showfield, Brampton	(016977) 3283
I, G, 98 Main Street, Distington	(01946) 830251	I, E, 12 Eldred Road, Workington	(01900) 605158	J, M, 16 West Street, Aspatria	(016973) 21549
I, J, Oaklea Baybarrow Road, Egremont	(01946) 821026	I, J, 29 Orton Road, Carlisle	(01228) 520087	J, M.A, 5A Craw Park, Brampton	(016977) 3816
I, John, 7 Fell View, Anthon	(016973) 52214	I, K, 24 Ashfield Road, Workington	(01900) 602971	J, M.J, Moss Nook Heads Nook	(01228) 670538
I, J.D, 2 Oak Road, Penrith	(01768) 865796	I, N, 28 Stockwell Road, Carlisle	(01228) 595122	J, Mr Martin Jon, 91 Trumpet Terrace, Cleator	(01946) 429543
I, K.E, Saddlers Knott Kirkland	(01946) 861697	I, Dr P.K, 20 Harrot Hill, Cockerthorpe	(01900) 827351	J, N, Moss Hill Farm Hallbankgate	(016977) 46201
I, L, Hironell Arlecon Road, Frizington	(01946) 861797	I, Ryan, 18 Maple Close, Maryport	(01900) 814535	J, Neil, 141 Blackwell Road, Carlisle	(01228) 593316
I, M, Yew Tree House Torpenhow	(016973) 71439	IZATT, E.A, 23 Woodlands Avenue, Whitehaven	(01946) 694746	J, N, 5 Dale Close, Cockerthorpe	(01900) 829062
I, M, 39 Ling Beck Park, Workington	(01900) 63073	J, N, J Taxis, 45 Buttermere Av, Whitehaven	(0843) 5150415	J, N, 51 Ingleswood Crescent, CARLISLE	(01228) 496864
I, R, 23 Huntley Avenue, Penrith	(01768) 863760	JACK, I, HILLTOP BARN Laithes	(017684) 84412	J, N, 63 Longholme Road, Carlisle	(01228)

J, O, 36 Milner Mt, Penrith	(01768) 878039	J, K, Siwell House Cuddy Lanning, Wigton	(016973) 44689	J, D, The Shingles Park Road, Scotby	(01228) 513306
J, P, Aromville Thurstonfield	(01228) 576619	J, W, Brandale Grange Branthwaite	(01900) 67848	J, D, FLAT 1 GROSVENOR HOUSE Warwick Square, Carlisle	(01228) 538844
J, P, 3 Caldwell Drive, Dalston	(01228) 710971	JARMUSKIENE, R, 1 The School House Coleridge Court, Keswick	(017687) 90269	J, E, 72 Stanley Road, Brampton	(016977) 2053
J, P, Rose Croft Fletcher Hill, Kirkby Stephen	(017683) 71944	JARMYN, L, 124 Graham Street, Penrith	(01768) 639087	J, E, 26 The Square, Carlisle	(01228) 710087
J, P, 3 Goselands Head, Carlisle	(01228) 590199	JARRATT, A, Rose Farmhouse Dean, Workington	(01946) 861560	J, G, 2 Asby Hall Mews, Great Asby	(017683) 51228
J, P, 2 Hawthorn Close, Distington, Workington	(01946) 831191	JARVILL, Jennifer		J, G, 41 Jackson Road, Houghton, Cumbria	(01228) 319072
J, P, 47 High Street, Kirkby Stephen	(017683) 71703	14 Southwaite Green Mill Country Park Eamont Bridge	(01768) 865748	J, G, 28 Kings Avenue, Seaton	(01900) 268426
J, P, 6 Wadale Park, Seascale	(019467) 28814	JARVIS, E, 173 Main St, Frizington	(01946) 817464	J, G, Milestone House Milestone Hous, Corby Hill, Carlisle	(01228) 561732
J, P.M, Powells Farm Salkeld Road, Langwathby	(01768) 881312	J, G, BEECH GROVE Plumpton	(01768) 894183	J, H, 64 Greta Gardens Crook Park Road, Keswick	(017687) 73140
J, Robert, Fern Gulley Abbetown	(016973) 61052	JARY, D.G, Mayfield Wood Street, Carlisle	(01228) 532966	J, Mrs Helen, 52 Peter Street, Workington	(01900) 392072
J, R, Bethany Blackbeck	(01946) 841633	J, E, 21 Melbreak Avenue, Cockermouth	(01900) 822792	J, H, The White House The White House, Appleby-in-Westmorland	(017683) 48735
J, R, Braithwaite	(017687) 78430	JAYATILAKA, M, 5 South Lodge Simonscales Lane, Cockermouth	(01900) 829125	J, H, 22 Todholes Road, Cleator Moor	(01946) 811249
J, R, 15 Ashley Street, Carlisle	(01228) 531504	JEFFELS, P, 19 Longdyke Drive, Carlisle	(01228) 541545	J, J, Sandy Villa Long Marton	(017683) 61773
J, R, 80 Barrowmoor Road, Appleby-in-Westmorland	(017683) 51213	JEFFERIES, J, 1 Ullswater Place, Sockbridge	(01768) 863932	J, J, PREMIER HOUSE Belle Vue, Papcastle	(01900) 822355
J, R, 61 Bolton Street, Workington	(01900) 604942	J, M, 122 Scotby Road, Scotby	(01228) 513315	J, J, 5 Hallbeck Place, Gosforth	(019467) 25962
J, R, 54 Bransty Road, Whitehaven	(01946) 66157	JEFFERSON, A, 60 Main Street Great Broughton, Cockermouth	(01900) 825434	J, J, 63 Hebdens Avenue, Carlisle	(01228) 539909
J, R, Chapel House Cherry Garth, Cargo	(01228) 744461	J, D, 8 Park Close, Scotby	(01228) 513539	J, J, Kiln Tofts Kiln Tofts, Penrith	(01768) 840468
J, R, 66 Fell View, Wigton	(016973) 42274	J, G, 5 Sycamore Drive, Longtown	(01228) 791672	J, J, 15 Pinewoods, Gligarran, Workington	(01946) 833597
J, R, 47 Mayo Park, Cockermouth	(01900) 823726	J, I, 11 Beech Close, Longtown	(01228) 792019	J, J.C, Pennine View Long Park	(01228) 675263
J, R, 13 The Avenue, Broughton Moor, Maryport	(01900) 818603	J, J, Riggmore House Blackford	(01228) 674693	J, K, Cales Cottage Banks	(016977) 3028
J, R, 19 Tyne Close Ter, Penrith	(01768) 863065	J, J.L, Abbey Cowper Farm Abbeytown	(016973) 61771	J, K, The Paddock Aaronstown Lanning, Brampton	(016977) 2799
J, R, 60 Wodow Road, Thornhill	(01946) 822336	J, J.W, 11 Church Vw, Aspatria	(016973) 21960	J, K, WHIN VIEW Townhead Road, Dalston	(01228) 710601
J, S, Friars Garth Monkhill	(01228) 576086	J, M, 3 Lowry Hill Road, Carlisle	(01228) 592257	J, L, 18 Bleng Avenue, Whitehaven	(01946) 528795
J, S, Sunny Croft Troutbeck	(017684) 80576	J, M, 43 Rydal Crescent, Penrith	(01768) 863553	J, L, Miller Howe Little Mill, Egremont	(01946) 820607
J, S, 9 Church Street, Egremont	(01946) 824538	J, M, 43 Rydal Crescent, Penrith	(01768) 863553	J, L, 34 The Mount, Papcastle	(01900) 822546
J, S, Heights Castle Cottage Heights, Heights	(017683) 53855	J, Mr 71 Scotby Road, Carlisle	(01228) 658646	J, M, 2 The Crescent, Penrith	(01768) 866289
J, S, 6 Riggsdale Mews, Penrith	(017684) 80526	J, P, Prior Rigg Prior Rigg Lane, Belle Vue, Carlisle	(01228) 930017	J, M.H.T, Hardrigg Frizington Road, Cleator Moor	(01946) 817545
J, S, 66 Sycamore Road, Maryport	(01900) 818355	J, Rebecca, 14 Turnstone Drive, Carlisle	(01228) 402681	J, N, 54 Thornton Road, Whitehaven	(01946) 592943
J, S, 2 The Groves, Whitehaven	(01946) 694467	J, T, 1 SCALES COTTAGES Aspatria	(016973) 21393	J, N.E, The Old School Little Strickland	(01931) 716417
J, S, 5 The Pavilion, Penrith	(01768) 201230	J, T.R, Hurst Cottage Ivegil	(017684) 84220	J, Maj P, Castlesteads House Brampton	(016977) 2272
J, S, 22 West Lane, Penrith	(01768) 201320	J, W, Bumbles Low Row	(016977) 46828	J, P, 5 Brook Bank, Whitehaven	(01946) 63324
JACKSON STRONG, J, CORNER COTTAGE Silloth	(016973) 32290	J, W, 3 Marine Terrace Criffel Street, Silloth, Carlisle	(016973) 32526	J, P, 28 Currock Park Avenue, Carlisle	(01228) 495097
JACKSON, T, Beckside House Soulbly	(017683) 72691	J, W, 47 Throthe Avenue, Wigton	(01697) 388564	J, P, 6 The Forge, Keswick	(017687) 73508
J, T, Langrigg Farm Warcop	(017683) 41807	JEFFERY, G.M, 45 Harrot Hill, Cockermouth	(01900) 829290	J, R, 11 Reiver Court, Carlisle	(01228) 524592
J, T, Blendbetter Dog Food Westlinton	(01228) 791286	J, M, 54 Clifford Road, Penrith	(01768) 891986	J, R, 29 Upperby Road, Carlisle	(01228) 598036
J, T, 152 Dalston Road, Carlisle	(01228) 541313	J, Mr 409 London Road, Carlisle	(01228) 543714	J, S, Windrush Longcroft Kirkbride	(016973) 52175
J, T, 20 Netherby Street, Longtown	(01228) 792211	J, N, 14 Hadrians Gardens, Carlisle	(01228) 499282	J, Sarah, The Emporium Tindale Fell	(016977) 46874
J, T, 99 North View, Aspatria	(016973) 21171	J, R, 30 Chapel Terrace, Alston	(01434) 381940	J, S, 28 Eden Park, Kirkoswald	(01768) 898126
J, T, Lyndale Townhead Road, Dalston	(01228) 711239	JEFFREY, A, Scale Ho Rockcliffe	(01228) 672400	J, S, 5 The Guards, WESTNEWTON, WIGTON	(01697) 580463
J, V, 23 Macadam Way, Penrith	(01768) 867760	J, Beverly, 37 Kirkland Fold, Wigton	(016973) 43432	J, T, 20 Broadoaks Court, Carlisle	(01228) 631955
J, V, 46 Richmond Hill Road, Whitehaven	(01946) 592913	J, M, Montrose Tree Road, Brampton	(01697) 507065	J, V, 65 Rutland Avenue, WHITEHAVEN	(01946) 690402
J, W, Low Saltcoats Caravan Site Saltcoats	(01229) 717241	J, N, 10 Manor Road, Carlisle	(01228) 532972	JOHNSTON, A, Java House Rockcliffe	(01228) 674359
J, W, 3 MARGARETS CROFT Newby	(01931) 714392	J, P, Red Gables Bungalow Red Gables, Silloth	(016973) 32120	J, A, MEADOW VIEW Scaleby Hill	(01228) 675447
J, W, 1 Crag Side, Dockray	(017684) 82375	J, S, High Plains Penton	(01228) 577409	J, Ann Louise, Skinwith Abbey Skinwith	(01768) 88653
J, W, 45 Mill Street, Frizington	(01946) 811512	JEFFREYS, M.M, 13 The Gardens Hunters Lane, Penrith	(01768) 867086	J, A, Side 7 Garthside, Oulton	(016973) 42708
JACOBS, A, Fellside Manesty	(017687) 77146	JEFFRIES, K, Blencogo Farm Blencogo	(016973) 61066	J, A, 9 Kirkdale, Little Broughton	(01900) 824456
JACQUES, A.J, Fernlea Beckermat	(01946) 841582	JEMINIWA, T, 71 Macadam Way, Penrith	(01768) 606924	J, A, 6 Orchard Road,	
J, Lesley, 3 Central Buildings Cornmarket, Penrith	(01768) 864860	JENKINS, A, 11 Townhead Court, Melmerby	(01768) 881108		(016973) 43036
J, M, Beckside Trumpet Road, Cleator	(01946) 815773	J, J, Eden Lacey Cavendish Terrace, Carlisle	(01228) 550294	J, A, Stoneygarth St. Bridgets Lane, Egremont	(01946) 820150
JAFFRAY, P, 2 Abbey Farm Abbey Road, St Bees	(01946) 821901	J, K.T, Irving House Seagill	(01931) 714404	J, A, 31 Senhouse Street, Workington	(01900) 605924
JAFFREDOU, Mrs 12 Marina Crescent, Carlisle	(01228) 658393	JENKINSON, A, 6 Northfield Avenue, High Harrington, Workington	(01946) 831915	J, A, 23 The Hollies, Egremont	(01946) 821562
JAGELAVICUS, Donatas, 53 Blackwell Road, Carlisle	(01228) 598176	J, A.W, Clifton Moor Clifton	(01931) 712081	J, Alastair, 1 The Nurseries, Linstock Carlisle	(01228) 402920
JAGGER, B, Epworth Grange Gardens		J, B, Town End Haile	(01946) 841026	J, A.T, Red House Farm Boustead Hill	(01228) 576745
	(016973) 43848	J, B, 34 Brook Street, Flimby	(01900) 815428	J, B, 10 Crossfell View, Hackthorpe, PENRITH	(01931) 712531
J, I & B, Whitestone Croft Newby	(01931) 714005	J, Cynthia, 42 Coronation Drive, Frizington	(01946) 815533	J, Mr Ben, Flat 1 Lorne Terrace 1A Front Street, Brampton	(01697) 508679
J, S, Nook Clo Aikton	(016973) 45384	J, D, 72 Poole Road, Salterbeck	(01946) 831796	J, B, 3 Jackson Croft, Chap	(01931) 716337
J, S, Stable Block Crofton	(016973) 42026	J, E, 56 Chaucer Road, Workington	(01900) 603532	J, B, 99 Scotby Road, Scotby	(01228) 513793
J, W, 45 Ullswater Avenue, Whitehaven	(01946) 67819	J, G, The Grange Grange	(017687) 77251	J, C, 1 Croft Avenue, Shap	(01931) 716612
JAGO, H, 17 Chestnut Close, Culgaith	(01768) 88790	J, G, 2 Edinburgh Av, Workington	(01900) 63718	J, C, 127 Currock Road, Carlisle	(01228) 548940
JAKEMAN, R, Owners Accommodation Kings Arms Stainton On The U3152 To The Pavilion, Stainton	(01768) 862778	J, G, 7 Hendersons Croft, Crosby-On-Eden	(01228) 573178	J, Charlotte, 24 Greenmill Road, Longtown	(01228) 792260
JAKOB-WHITWORTH, A, Mid Gm Fm Millburn	(017683) 62664	J, I, High House Watermillcock	(017684) 86365	J, C, 134 Newtown Road, Carlisle	(01228) 819430
JAMES, A, Deer Orchard House Castlegate, Cockermouth	(01900) 823321	J, I, 9 Minster Close, Workington	(01900) 267328	J, C, 3 Sewell Common, South Dyke	(01768) 898787
J, C, 5 Church Terrace, Thurstby	(01228) 642994	J, Mr Stone House Fell Lane, Penrith	(01768) 899638	J, D, Kinoull Cottage Altonby	(01900) 881294
J, C.W, Post Office Cottage Great Salkeld	(01768) 898713	J, O, 25a Laybourn Court, Workington	(01900) 403059	J, D, 47 Blencarn Park, Rockcliffe	(01228) 674711
J, D, Greenside Bassenthwaite	(017687) 76310	J, P, 1 Greta Hamlet, Keswick	(017687) 72419	J, D, 4 Burn Street, Longtown	(01228) 791965
J, D, 9 Grant Drive, Whitehaven	(01946) 692367	J, P, 1 Loretta Gate Farm Morland	(01931) 714300	J, D, 8 Drawbriggs Court, Appleby-in-Westmorland	(017683) 51120
J, D, 4 Rydal Avenue, Whitehaven	(01946) 328592	J, T, Little Roods Gamblesby	(01768) 881840	J, D, 119 Main Street, Workington	(01946) 528742
J, E, 3 Kempton Drive, Carlisle	(01228) 521482	J, T, 5 Greenlands Close, Whitehaven	(01946) 691407	J, D, Roundthorn Cottage Roundthorn, Penrith	(01768) 865340
J, G, Moorside Skelscaugh Road, Winder	(01946) 861778	J, W, Low Park Loweswater	(01900) 85215	J, D, 135 Tribune Drive, Houghton	(01228) 545078
J, G.H, Moorside Cottage Outgill	(017683) 72838	J, W, Greenways Brewery Brow, Parton	(01946) 692731	J, D.A, 18 St. Kentignens Way, Aspatria	(016973) 20283
J, H, 4 Hodden Court, Caldbeck	(016974) 78271	JENNER, B, 2 Victoria Terrace, Kirkby Stephen	(017683) 72824	J, D.C, 207 Holmrook Road, Carlisle	(01228) 545191
J, H, Lunedale Langwathby, PENRITH	(01768) 881639	J, K, 138 Windermere Road, Whitehaven	(019467) 48106	J, E, 9 Ashby Street, Maryport	(01900) 815247
J, J, 212 Moss Bay Road, Workington	(01900) 381499	J, P, 70 Milner Mount, Penrith	(01768) 862792	J, E, 9 Cross Street, Workington	(01900) 602262
J, J.V, 2 Milton Villas Station Road, Brampton	(016977) 2989	JENNINGS, Mrs Iren, 23 Everest Mount, Workington	(01900) 605329	J, E, 15 Hilton Terrace, Whitehaven	(01946) 62238
J, K, Ash Croft Wetheral	(01228) 562218	J, John, Hollands House Drigg	(019467) 24321	J, E, 211 Low Moorlands, Carlisle	(01228) 712834
J, K, 13 Rosebery Road, Carlisle	(01228) 549239	J, J, 48 Calva Park, Seaton	(01900) 63614	J, E.N, Mount Carmel Distington	(01946) 830867
J, Mrs L, 1 Waters Meet, Carlisle	(01228) 562559	J, J, New Brewery Main Street, Brampton	(016977) 73427	J, F, 17 Grasmere Street, Carlisle	(01228) 544802
J, M, Candida Casa Beckfoot	(01900) 881041	J, J, 8 Vale View, St. Bees	(019467) 48094	J, F, 38 Bramble Court Union Lane, Brampton	(016977) 42176
J, M, 104 Main Street, Great Broughton	(01900) 826551	J, J.E, Longmeadow Rottington	(01946) 822214	J, G, 1 Windmill Court Cardewlees	(01228) 711835
J, O, 8 Bramble Court Union Lane, Brampton	(016977) 2636	J, Michele, 20 Lowca Lane, Workington	(01900) 66906	J, G, 3 Bowness Court, Workington	(01900) 68917
J, P, Courtyard Cottage Cardew, Dalston	(01228) 711265	J, P, Carr House Kirkland	(01946) 861084	J, G, 9 Pheasants Rise, Rowrah	(01946) 862884
J, P, 62 Sycamore Road, Maryport Cumbria	(01900) 818185	JENNISON, N, 67 Longdyke Drive, Carlisle	(01228) 510352	J, G, 7 Barrowmoor Road, Appleby-in-Westmorland	(017683) 52338
J, R.S, 39 Wood Street, Carlisle	(01228) 544818	JENSEN, M, The Red House Lesson Hall	(016973) 42570	J, I, 3 Derwent Meadows, Stainburn	(01900) 66209
J, S, Alston	(01434) 381128	JEPHCOCK, J, 29 Parklands Way, Penrith	(01768) 606872	J, I, 16 Quebec Avenue, Carlisle	(01228) 522191
J, S, 5 The Pavilion Carrs Court Morton Street, Carlisle	(01228) 597122	JEPHCKS, Wendy, 9 Meadowfield, Harker Road Ends	(01228) 672121	J, I.G, Thortergill Garrigill	(01434) 381936
J, S, 19 Netherby Road, Longtown	(01228) 791856	JEREMIAH, Rodney, Wathleyfirst Penton	(01228) 577388	J, J, Summer Plat Distington, Workington	(01946) 591225
J, T, Melmerby Mill Melmerby	(01768) 881355	J, R, 21st Head Cottages Penton	(01228) 577434	J, J, Eskrigg House Oulton	(016973) 69808
JAMES WALKER, James Walker & Co Ltd Cockermouth, Cockermouth	(01900) 823614	J, R, 21st Head Cottages Penton	(01228) 577434	J, J, River View Rockcliffe	(01228) 674592
JAMESON, M, 3 Acredale Road, Carlisle	(01228) 524185	JERMEY, A, 18 Beck Riggs, Brampton	(016977) 41225	J, J, Cote House Farm Wetheral	(01228) 560022
JAMESON, A, 44 Uldale Road, CARLISLE	(01228) 818264	JESSOP, M, 20 Dukewood Road, Longtown	(01228) 791603	J, J, 4 Bounty Avenue, Maryport	(01900) 816940
J, G.C, Whincof Eskdale	(019467) 23200	JEWELL, A.J, 14 Riverbank Court, Carlisle	(01228) 529837	J, J, 27 Coronation Avenue, Seaton, WORKINGTON	(01900) 336261
J, N, 6 Westrigg Road, Carlisle	(01228) 538149	J, J, 44 Solway Drive Anthorn, Wigton, Cumbria	(016973) 52274	J, J, 6 Holmrook Road, Carlisle	(01900) 379423
J, R, 12 St. Edmunds Park, Carlisle	(01228) 591881	JEWITT, E, 16 Millfields, Beckermat	(01946) 841213	J, J, 6 Holmrook Road, Carlisle	(01228) 532393
J, S, Croft House Carleton, CARLETON	(01228) 539921	J, J, 23 Broad Street, Carlisle	(01228) 511164	J, Jason, Sunnymede Meeting House Lane, Little Broughton	(01900) 826169
JAMIKHANDIKAR, Dr R, 56 Bridge Lane, Carlisle	(01228) 596696	J, S.C, Oaklea Station Road, Burgh-By-Sands	(01228) 576884	J, J, 4 Orchard Way, Dalston	(01228) 710586
JANE, C, 4 The Forge, Dalston, Carlisle, Cumbria	(01228) 711183	JILKS, D, 56 Main Street, St. Bees	(01946) 821688	J, J, 37 The Firs, Alston	(01434) 381996
J, Mrs Dawson, Tengage Croft Ends, Appleby-in-Westmorland	(017683) 51405	JOHNSON, R, 6 Ashley Way, Egremont	(01946) 443445	J, J.C, Salmon Lodge Papcastle, Cockermouth	(01900) 825083
JANET WRIGHT, Holfestoft Cottage Maulds Meaburn, Penrith	(017683) 53731	JOEL, Mr Anthony, 19 Wilson Homes, Brampton	(016977) 41064	J, J.H.W, 1 Kaye Close, Carlisle	(01228) 531893
JANSEN, M, 143 Holmrook Road, Carlisle	(01228) 522794	JOHANNESSEN, A, Fellside Colby	(017683) 51313	J, J.J, 94 Elterwater Avenue, Workington	(01900) 64254
JANULIS, S, 12 Kipling Avenue, High Harrington	(01946) 832653	JOHN, J, 10 Buttermere Avenue, Whitehaven	(01946) 528523	J, K, Rectory Cottage Great Orton	(01228) 711582
JAONSTONE, M, Flat Above 39 Waldegrave Road, Carlisle	(01228) 522596	J, Mr Parkin, 63 John Street, Maryport	(01900) 814916	J, K, 2 Alder Close, Whitehaven	(01946) 400369
JACQUES, A, Amfield Bungalow Todholes Road, Cleator Moor	(01946) 801126	JOHNS, M, Ivy House Cumwhitton	(01228) 561851	J, K, 66 Chaucer Road, Workington	(01900) 607180
J, J, 5 Holyoake Terrace, Beckermat	(01946) 841678	J, Matthew, 26 Vicarage Lane, Ennerdale	(01946) 862036	J, K, 1 Larch Drive, Stanwick	(01228) 527052
J, R, 8 Crag Park, Brampton	(016977) 3051	JOHNSEN, Alison, The Vicarage Hayton	(01228) 670248	J, K, 39 Lovers Lane, Carlisle	(01228) 792595
JARDINE, A, Fellview Drigg	(019467) 24774	JOHNSON, A, Hollygarth Eskdale	(019467) 23312	J, Kimberly, 10 South View Road, Whitehaven	(01946) 690413
J, E, The Heads Brackenthwaite	(016973) 42529	J, A, 38 Lowca Lane, Seaton	(01900) 602792	J, L, ORTON HALL Great Orton	(01228) 710226
J, J, 3 Cromwell Crescent, Carlisle	(01228) 521691	J, Alison, 95 Pennine Way, Carlisle	(01228) 538140	J, L, ORTON FARM Great Orton	(01228) 711485
J, L, 9 Lorton Avenue Workington, Cumbria	(01900) 602438	J, A, 9 Rook Farm Close, Tallentire	(01900) 821912	J, L, Elm Croft How Mill	(01228) 670692
J, M, 16 Churchill Drive, Whitehaven	(01946) 695459	J, A, 43 Rufus Road, Carlisle	(01228) 493103	J, L, 6 Romany Way, Appleby-in-Westmorland	(017683) 53931
J, M, 69 Meadow Vale, Seaton	(01900) 606942	J, Bruce, 42 Wordsworth Street, Penrith	(01768) 892262	J, Mrs Linda, 4 Skinburness Crescent, Skinburness, Wigton	(016973) 32568
J, N, 12 Briery Acres, Stainburn	(01900) 61579</				

J, Mr 224 Hebdon Avenue, Carlisle.....	(01228) 538122	J, J, Croft Barn Warwick On Eden.....	(01228) 562509	K, K, 1st Floor Flat, 6 Main Street, Cockermouth.....	(01900) 267068
J, Mrs 11 Margarets Way, Appleby-In-Westmorland.....	(017683) 51109	J, J, 66 Arthur Street, Penrith.....	(01768) 866415	K, M, 50 Honister Drive, Workington.....	(01900) 605072
J, Mrs 3 Middle Close, Appleby-In-Westmorland.....	(017683) 54118	J, Janette, 25 Beech Grove, Stanwix.....	(01228) 401669	KEENES, P, 42 Edinburgh Road, MARYPORT.....	(01900) 815064
J, Mrs 8 New Street, Wigton.....	(016973) 42860	J, Mr J, Mr 50 Irthing Park, Brampton.....	(016977) 42717	KEERS, D, 1 Goose Garth, Wetheral.....	(01228) 562132
J, Rev N, 6 St. Edmunds Park, Carlisle.....	(01228) 538119	J, J, 52 Kirkstone Road, Whitehaven.....	(01946) 591528	KEEVIL, D, 7 Beckside, Eaglesfield.....	(01900) 824711
J, N, 231 Wigton Road, Carlisle.....	(01228) 535676	J, J, 6 Lansdowne Grove, Whitehaven.....	(01946) 62609	KEGG, K, 14 Woodbank, Egremont.....	(01946) 824355
J, P, Aaronsdown Aaronsdown Lanning, Brampton.....	(016977) 42086	J, J, 1 Holme Eden Farm Cottages The Courtyard Warwick Bridge, Carlisle.....	(01228) 560609	K, L, 27 King Street, Cleator.....	(01946) 451894
J, P, 4 Ingleby Terrace, Maryport.....	(01900) 814377	J, K, Whinbarrow Skinburness Road, Wigton.....	(016973) 32038	KEGGANS, R, 162 Blackwell Road, Carlisle.....	(01228) 545508
J, P, 14 Pennine View, Carlisle.....	(01228) 520832	J, K, N, 4 Naddle Gate, Burnbanks.....	(01931) 713201	KEHOE, B.F, Stockbar Glebe Fm Soulbly.....	(017683) 72354
J, P, 10 Whinsmoor Drive, Carlisle.....	(01228) 658399	J, Megan, Causeway End Caldbeck.....	(016974) 78640	KEIGHLEY, M, MOSS GHYLL Asby.....	(01946) 861538
J, PL, 11 Silverband Villas, Knock.....	(017683) 61956	J, Micheal, Wreay Syke Fold Wreay.....	(016974) 73744	KEITH, D.A, Lukes Cottage Bewcastle.....	(016977) 48618
J, R, 2 Warwick Farm Warwick On Eden.....	(01228) 561875	J, M, 22 Abbey Vale, St. Bees.....	(01946) 822242	K, J.B, 6 Railway Cottages Long Marton.....	(017683) 61185
J, R, 2 Chrysler Grove, Cleator Moor.....	(01946) 810104	J, M, 56 Brook Street, Carlisle.....	(01228) 514058	KEKUS, S, 1 Mountain View Kirkland.....	(01946) 862471
J, R, 52 North View, Aspatria.....	(016973) 22186	J, M, 41 Elizabeth Crescent, Whitehaven.....	(01946) 66271	KELLEHER, G, 28 Central Avenue, Carlisle.....	(01228) 512161
J, S, 173 Castlesteads Drive, Carlisle.....	(01228) 545150	J, M, 20 Griesdale Close, Whitehaven.....	(01946) 65001	KELLETT, I, 7 Holme Farm Court, Cumwhinton.....	(01228) 560096
J, S, 11 Ennerdale Road, Maryport.....	(01900) 815598	J, M, Highview Low Plains, Calthwaite.....	(01768) 885390	K, Mrs Lesley, Stanley House Sandwith, Whitehaven.....	(01946) 592517
J, S, 83 Westfield Drive, Workington.....	(01900) 550303	J, M, 17 Muesgrave Street, Penrith.....	(016974) 28473	K, S, 1 Pearson Close, MOOR ROW.....	(01946) 434088
J, S.R, 4 The Oval, Cummersdale.....	(01228) 546157	J, M, 5 Queen Street, Workington.....	(01900) 605012	KELLOCK, S, 65 Scotland Road, Carlisle.....	(01228) 498819
J, T, Akeld Akeld, Carlisle.....	(01228) 560025	J, M, 92 Shadygrove Road, Carlisle.....	(01228) 893388	KELLY, A, 100 Moor Bank, Whitehaven.....	(01946) 599070
J, T, 4 Bushfield, Penton.....	(01228) 577327	J, Mrs St. Peters Vicarage Cliff Road, Whitehaven.....	(01946) 48325	K, Mr Alex, Shaddon Mill Shaddongate, Carlisle.....	(01228) 319601
J, T, 1 Newwell House, Wigton.....	(016973) 20905	J, N, 23 Chapel Brow, Carlisle.....	(01228) 523894	K, B, 73 Upperby Road, Carlisle.....	(01228) 514013
J, T, 58 Scawfell Av, Workington.....	(01900) 61278	J, N, 12 Fletcher Close, Cockermouth.....	(01900) 828923	K, C, 75 Ullswater Avenue, Whitehaven.....	(01946) 690018
J, T, 19 Valley Park, Whitehaven.....	(01946) 62296	J, Admiral N, Kingsway Penrith Road, Keswick.....	(01768) 216883	K, C, 112 Watermans Walk, Carlisle.....	(01228) 898763
J, V, 2 Croftlands, Torpenhow.....	(016973) 71844	J, O, 24 Brougham Street, Penrith.....	(01768) 840340	K, D, 19 The Mount, Whitehaven.....	(01946) 61399
J, V, 128 Currock Park Avenue, Carlisle.....	(01228) 402549	J, P, The Paddock Hayton, BRAMPTON.....	(01228) 670188	K, F, 17 Mosser Avenue, Cockermouth.....	(01900) 826078
J, V, 2 Standingstone Heights, Wigton.....	(016973) 43437	J, P, 8 St. Georges Terrace, Whitehaven.....	(01946) 696224	K, G, 12 Linstock Avenue, Cockermouth.....	(01900) 829714
J, V, 119 Upperby Road, Carlisle.....	(01228) 530984	J, P, 132 Senhouse Street, Workington.....	(01900) 601153	K, G, Sunspare Peter Gate, Cotehill.....	(01228) 561762
J, W, Fauld Moor Longtown.....	(01228) 791565	J, Russell, 124 Durdar Road, Carlisle.....	(01228) 545329	K, George, 12 The Dunes Croft Head Road, Seascale.....	(01946) 21694
J, W, 14 Derwent Park, Great Broughton, Cockermouth.....	(01900) 821153	J, R.H, 130 Greenacres, Wetheral.....	(01228) 561684	K, I, 236 Wigton Road, Carlisle.....	(01228) 528855
J, W, 7 Mossrigg, Carlisle.....	(01228) 525504	J, S, Chestnut House Crosby Garrett.....	(017683) 71592	K, I, 49 Daleview Gardens, Egremont.....	(01946) 447462
J, W, 26 Muncaster Road, Whitehaven.....	(01946) 695932	J, S, The Barn Eaglesfield.....	(01900) 823968	K, J, 80 Dent View, Egremont.....	(01946) 821949
J, W.M, 17 Lansdowne Court, Carlisle.....	(01228) 536638	J, S, RICHMOND COTTAGE Eskdale.....	(01946) 23293	K, J, 3 Scaurbank Terrace, Carlisle.....	(01228) 495713
JOHNSTONE, A, 9 Dent Road, Moresby Parks, Whitehaven.....	(01946) 592192	J, S, Grange Bungalow Cross Lane, Wigton.....	(016973) 43393	K, Rev J, 10 Stonyhurst Drive, Whitehaven.....	(01946) 65154
J, 140 Frizington Road, Frizington.....	(01946) 430650	J, T, 1 Littleholme Drigg Road, Seascale.....	(01946) 28938	K, J, 14 Thistle Close, Whitehaven.....	(01946) 693495
J, A, 4 Main Street, Brampton.....	(016977) 44640	J, T, 1 Abeto House Fell Lane, Penrith.....	(01768) 865458	K, K, 15 Norfolk Place, Penrith.....	(01768) 863050
J, B, Merlewood Nealhouse.....	(01228) 711313	J, T, 57 Gosforth Road, Seascale.....	(01946) 27352	K, L, 34 The Willows, Egremont.....	(01946) 824560
J, C, Woodside Easton.....	(01228) 791124	J, T, Arnage Scaw Road, High Harrington.....	(01946) 833226	K, M, Sandale Appleby-in-westmorland.....	(01768) 339420
J, C, 34 Brierydale, Salterbeck, Workington.....	(01946) 833698	J, T.H, Combshead Longdals.....	(016974) 72237	K, M, 31a Loop Rd Sth, Whitehaven.....	(01946) 61647
J, D, 15 East View Road, Distington, Workington.....	(01946) 833036	J, V, Fell Gate Santon Bridge.....	(01946) 26275	K, M, 46 Solway Road, Whitehaven.....	(01946) 692749
J, D, 16 Liddel Road, Carlisle.....	(01228) 791558	J, W, 8 Howard Gardens, Brampton.....	(016977) 3192	K, M, 72 Winscale Way, Carlisle.....	(01228) 545383
J, D, 20 Lund Crescent, Carlisle.....	(01228) 494417	J, W, 191 Meadow Road, Whitehaven.....	(01946) 65648	K, N, Misty Isle Main Street, FRIZINGTON.....	(01946) 810924
J, D.W, 2 Skirgill Close, Penrith.....	(01768) 865379	J, W, 91 Meadow Road, Whitehaven.....	(01228) 898103	K, P, 58 Bourghgate, Appleby-In-Westmorland.....	(017683) 51679
J, E, 64 Fell View, Wigton.....	(016973) 43307	J, W, 191 Meadow Road, Whitehaven.....	(01946) 65648	K, P, 25 Hill Head, Scotby.....	(01228) 513221
J, G, Horsemoor Hills Udale.....	(016973) 71506	J, W, 191 Meadow Road, Whitehaven.....	(01228) 898103	K, P, 33 St. Andrews Road, Stainburn.....	(01900) 64489
J, G, 31 Croft Park, Wetheral.....	(01228) 561064	J, W, 191 Meadow Road, Whitehaven.....	(01900) 828472	K, R, 7 Castle View, Egremont.....	(01946) 821926
J, G, The Hill Egremont Road, Hensingham.....	(01946) 693903	J, W, 191 Meadow Road, Whitehaven.....	(017683) 72174	K, R, 9 Christian Street, Workington.....	(01900) 268092
J, G.S, 22 Main Road, High Harrington.....	(01946) 832218	J, M, 1 St. Peters Drive, Carlisle.....	(01228) 531160	K, R, 2 Main Road, Flimby.....	(01900) 67272
J, I, 41 Hillcrest Avenue, Whitehaven.....	(01946) 66713	J, M, 1 St. Peters Drive, Carlisle.....	(016974) 86324	K, R, Cruchan 8 Matty Lanning, Thurstby.....	(01228) 710681
J, I, 42 Housesteads Road, Carlisle.....	(01228) 524422	J, Mr M, Mr 6 Beech Tree Farm, Carlisle.....	(01228) 562592	K, W, The Coppice Manesty.....	(017687) 77052
J, I, 82 Wasdale Park, Seascale.....	(01946) 278511	J, Mr Stephen, 14 Holme Meadow, Carlisle.....	(01228) 319537	K, W, 13 Alders Edge, Scotby, CARLISLE.....	(01228) 495100
J, I.F, 42 Housesteads Rd, Carlisle.....	(01228) 520710	J, S, 25 Stainton Gardens, Etterby.....	(01228) 599016	KELSALL, J, Swallowdale Southwaite.....	(016974) 73701
J, J, Stonecroft Bassenthwaite.....	(017687) 76270	J, Y, 13 Colville Street, Carlisle.....	(01228) 545732	KELSO, B, 3 Tallows Whins, Lazonby.....	(01768) 897171
J, Julie, 1 Whinlatter Way, Carlisle.....	(01228) 528434	JORDAN, A, 14 Hopes Hill Drive, Carlisle.....	(01228) 511369	K, G, THE BUNGALOW CUTHBERT HOUSE Glenridding.....	(017684) 82448
J, K, 38 The Crescent, Kirby Stephen.....	(017683) 71092	J, J, 9 Hilton Terrace, Whitehaven.....	(01946) 693493	K, G, Lyndon Great Salkeld.....	(01768) 898188
J, L, The Garth Egremont.....	(01946) 821218	J, J, 31 Meadow Lane, Carlisle.....	(01228) 898463	K, M.M, 27 Cammock Crescent, Carlisle.....	(01228) 537275
J, L, 13 Moorville Drive, Carlisle.....	(01228) 547659	J, L, 77 Orton Road, Carlisle.....	(01228) 541060	KELT, C, 4 Barnhill Place, Workington.....	(01946) 430821
J, M, 42 Edmondson Close, Brampton.....	(01697) 543211	J, S, Low Fauld Farm Ruckcroft.....	(01768) 896403	KELTON, Michael, Langwath Moorhouse.....	(01228) 576794
J, Mrs Margaret, 6 Malliclose Drive, Carlisle.....	(01228) 530624	JOSEPH, J, First Floor Flat 4, Elm Tree Crescent Crown Street, Cockermouth.....	(01900) 267937	K, M, 9 Simmerson Drive, Carlisle.....	(01228) 541699
J, Mrs Marjorie, 63 Montreal Street, Carlisle.....	(01228) 542663	JOYCE, C, 2 Beck Rise, Beckermeth.....	(01946) 528637	KEMP, Mrs L, 28 Rivington Park, Appleby-In-Westmorland.....	(017683) 51792
J, M, 29 Scymore Drive, Seaton.....	(01900) 602774	J, C, 65 Snebrow Road, Whitehaven.....	(01946) 460155	K, M, Silver Birch Cottage Tarraby.....	(01228) 520969
J, N, 3 Brookside, Cleator.....	(01946) 528457	J, S.M, North Gate Millburn.....	(017683) 61131	K, M, P, 23 Juniper Way, Penrith.....	(01768) 892344
J, P, 130 Wigton Road, Carlisle.....	(01228) 520125	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	KEMPSELL, J, 26 Brook Street, Carlisle.....	(01228) 512877
J, R, 1 Low Moor Avenue, Blackwell.....	(01228) 543124	JUDSON, R, GOBBLETYS Cottage Drybeck.....	(01900) 392122	KEMPSEY, S, Pigeons The Butts, Alston.....	(01434) 382975
J, R, 56 Murtion Park, Arlecdon.....	(01946) 862710	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	KENDAL, S, Rose Cottage Calthwaite.....	(01768) 88740
J, R, 30 The Hawthorns, Wigton.....	(01697) 507496	JUDSON, R, GOBBLETYS Cottage Drybeck.....	(01900) 392122	KENDALL, A, 17 Brackenrigg, Armathwaite.....	(016974) 72306
J, R.A, 31 Whitelockgate, Carlisle.....	(01228) 534834	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, B, 2 Chaucer Road, Workington.....	(01900) 606897
J, R.M, 14 Mountain View, Carlisle.....	(01228) 512613	JUDSON, R, GOBBLETYS Cottage Drybeck.....	(01900) 392122	K, B, 14 Westfield Drive, Egremont.....	(01946) 821820
J, S, 49 Scholars Green, Wigton.....	(016973) 43825	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, C, 1 Springfield Avenue, High Harrington.....	(01946) 832155
J, S, Lightcliffe Station Hill, Wigton.....	(016973) 45560	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, G, Holly Bush Longdals.....	(016974) 72404
J, S.H, Eden Close Nately Road, Kirby Stephen.....	(017683) 72646	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, G, 22 Sandy Lanning, MARYPORT.....	(01900) 817509
J, T, Westray House Farm Cockermouth.....	(016973) 20638	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, J, 41 Barco Avenue, Penrith.....	(01768) 863285
JOICE, B, 10 Derwent Street, Cockermouth.....	(01900) 826928	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, J.A, Laburnum Cottage Longdals.....	(016974) 72433
JOINULLAH, M, Golden Palace, 26 High Cross Street, Brampton.....	(01697) 508659	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, M, Grey Horse Riding Stables Brough.....	(017683) 41651
JOLLEY, S, 41 Broadcres, High Harrington.....	(01946) 831461	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, M.I, 1 Inglewood, Waverton.....	(016973) 42913
JOLLY, J, Swirrel Rigg Silloth.....	(016977) 44459	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, Paul, Cornar Barn High Bank Hill.....	(01768) 897005
JONATHAN, S, 31 Fell View Walk, WORKINGTON.....	(01900) 381145	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, R, HOLYOAKS Dearham Bridge Road, Crosby.....	(01900) 161714
JONES, A, The Cottage Bampton.....	(01931) 713350	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, S, The Bungalow Blindrake.....	(01900) 824690
J, A, RIVENDELL Thormthwaite.....	(017687) 78233	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	KENDALLAFFERTY, Shirley, 5 Hunters Drive, Seaton.....	(01900) 606224
J, A, 17 Gleneagles Drive, Carlisle.....	(01228) 521508	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	KENDALL, P, 33 North Street, Maryport.....	(01900) 817496
J, A, 49 Hurley Road, Little Corby.....	(01228) 561148	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	KENMARE, Malcolm, Wayne Lie Mill Street, Frizington.....	(01946) 810974
J, A, Kirk Hill Longtown Road, BRAMPTON.....	(01697) 543054	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, P, 40 Central Road, Whitehaven.....	(01946) 695103
J, A, 45 Skinburness Drive, Wigton.....	(016973) 32123	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, R, Udale Farm Wilton.....	(01946) 822278
J, A, PARK SIDE Station Road, Penrithdock.....	(017684) 83936	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	KENNEDY, Andr, 10 Byron Terrace, Greenhead.....	(016977) 47498
J, Mr Alan, 10 Steer Avenue, Maryport.....	(01900) 392538	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, A, Flat 2 Catherine Mews Catherine Street, Whitehaven.....	(01946) 695578
J, A.J.D, 12 Oswald Street, Carlisle.....	(01228) 531629	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, B, Kennedy How Cottages How Mill.....	(01228) 670643
J, A.R, 5 Collin Grove, Broughton Cross.....	(01900) 826815	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, Mr B, 35 Coney Street, Carlisle.....	(01228) 531451
J, A.T, White Lodge Garden Lane, Allonby.....	(01900) 881263	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, B, 31 Dickinson Court, Whitehaven.....	(01946) 62703
J, A.W, 4 Elm Clo, Bolton.....	(017683) 61791	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, Ms C, 35 Eldon Drive, Carlisle.....	(01228) 319604
J, B, Flat 1 Gatesgarth Issue53 Braithwaite.....	(017687) 78794	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, E, 8 Coniston Avenue, Flimby.....	(01900) 817860
J, Mr B, Mr 13 Croft Avenue, Penrith.....	(01768) 866654	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, F, 59 Snebrow Road, WHITEHAVEN.....	(01946) 64021
J, B, 34 Henry Street, Cockermouth.....	(01900) 826781	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, G, 4 The Courtyard, Broadwath.....	(01228) 561166
J, B, Weatherall Main Road, Great Clifton.....	(01900) 64552	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, H, Nook Corby Hill.....	(01228) 561116
J, B, 158 Meadow Road, Whitehaven.....	(01946) 695397	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, J, 8 Abbots Way, St. Bees.....	(01946) 822297
J, C, CREST HOUSE Laithes.....	(017684) 84097	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, J, 43 Basket Road, Whitehaven.....	(01946) 62964
J, C, 40 Arlecdon Road, Arlecdon.....	(01946) 861526	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, J, 59 Birks Road, Cleator Moor.....	(01946) 815661
J, Mrs C, Mrs 24 Broomfield Road, Carlisle.....	(01228) 513356	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, Ms J, Ms 21 Church Street, Moor Row.....	(01946) 811573
J, C, 15 Garner Street, Maryport.....	(01900) 413019	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, J, 45 Coney Street, Carlisle.....	(01228) 523874
J, Mr C, Mr 19 Huntley Avenue, Penrith.....	(01768) 863126	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, J, Braemar Ehen Road, Egremont.....	(01946) 443516
J, Christopher, 43 Petteril Bank Road, Carlisle.....	(01228) 739337	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, Mrs J, Mrs Apartment 12, Pele Cour Friargate, Penrith.....	(01768) 865083
J, C, Phoenix Hall Skelton, SKELTON.....	(01768) 448260	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, J, 28 Loop Road North, Whitehaven.....	(01946) 692266
J, C, 21 The Elms, Egremont.....	(01946) 328364	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, K, 14 Kestrel Grove, Moresby Parks.....	(01946) 64027
J, C.D.T, 1 Frenchfield Way, Penrith.....	(01768) 867712	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, M, Roman Vale Long Marton.....	(017683) 61592
J, D, Newby End Newby.....	(01931) 714338	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, M, 55 Thomson Street, Carlisle.....	(01228) 547151
J, D, 42 Calder Avenue, Whitehaven.....	(01946) 691195	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, R, 31 Burnside Court, Stanwix, Carlisle.....	(01228) 319419
J, D, 11 Eterby Close, Cockermouth.....	(01900) 500005	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	K, Sally, The Grange Blackford.....	(01228) 672350
J, D, 1 Park Avenue, Seaton.....	(01900) 602983	J, J, 127 Berkeley Grange, Carlisle.....	(01228) 545732	KENNETT, A, 8 Salterbeck Road, Salterbeck.....	(01946) 834124
J, D, 43 South William Street, Workington.....	(01900) 608308	J, J, 127 Berkeley Grange, Carlisle.....			

K, M, 7 Eilbeck Close, Carlisle.....	(01228) 818320	KINSELLA, J, Lyndene Catherine Street, Whitehaven.....	(01946) 628633	K, P, 6 Woodleigh, Walton.....	(016977) 41322
K, M, 8 Patterdale Close, Whitehaven.....	(01946) 67193	K, R, Kinswood House Rheda Park, Frizington.....	(01946) 810669	K, S, 3 Beechcroft Mews, Appleby-In-Westmorland.....	(017683) 53070
KEOGH, D, 16 Dunlin Close, Carlisle.....	(01228) 898088	K, W, 5 Scalegill Road, Moor Row.....	(01946) 810722	K, S, 18 Monkway Brow, Whitehaven.....	(01946) 694907
K, H, 76 Burgh Road, Carlisle.....	(01228) 542047	KIPUNG, A, Hardendale Hall Hardendale.....	(01931) 716144	K, T, 29 High Rigg, Brigham, Cockermouth.....	(01900) 336260
K, S, 4 Crown Inn Fields, Morland.....	(01931) 714922	K, G, 47 Tarnmoor Road, Appleby-In-Westmorland.....	(017683) 52909	K, W, 9 Eldred Road, Workington.....	(01900) 603908
KEOUGH, J.F, 15 Ashfield Road, Workington.....	(01900) 604764	K, H, 24 Tynfield Drive, Penrith.....	(01768) 864199	KNOX, C, 38 St. Johns Street, Keswick.....	(017687) 72292
K, Mr 49 Lawson Street, Maryport.....	(01900) 392204	K, J, The Hastings 2 Dearham Bridge Road, Crosby, MARYPORT.....	(01900) 819670	K, H, 51 Foundry Road, Parton.....	(01946) 64203
KER, J, 14 Vicarage Terrace, Nenthall.....	(01434) 382686	K, N, Sky View Barn Rookby.....	(017683) 71827	K, J, TOWNHEAD FARM Houghton.....	(01228) 523019
KERNAN, B, 14 Hutton Hall, Penrith.....	(01768) 890287	KIRBY, A, 1 Riverside Cottages Soulbly.....	(017683) 71112	K, L, 5 Lazonby Hall Penrith, Lazonby.....	(01768) 898960
KERR, A, Oddfellows Arms Bolton Low Houses, Wigton.....	(016973) 44452	K, A.H, Nurses Cottage Soulbly.....	(017683) 71393	K, M, 28 Brunswick Square, Penrith.....	(01768) 865071
K, A, 35 Stainton Road, Eterby, CARLISLE.....	(01228) 545839	K, B, 76 Ghyll Bank, Little Broughton.....	(01900) 822320	KNUBLEY, S, 65 Meadow Croft, Penrith.....	(01768) 891169
K, A, 29 Union Street, Wigton.....	(016973) 49823	K, Claire, 31 Windermere Road, Maryport.....	(01900) 817194	KNUBLEY, Howard, 2 Laikin View, Calthwaite.....	(01768) 894178
K, A.M, Odd Fellows Arms Inn Bolton Low Houses.....	(016973) 42641	K, K.E, 1 Kelsick Pk, Seaton.....	(01900) 602233	KOBAC, Mr Ross, 25-31 Market Place, Cockermouth.....	(01900) 821379
K, Mr B, Mr Gatehouse Cottage Naworth, Brampton.....	(016977) 3138	K, N, Fernbank Gilsland.....	(01900) 722448	KOC, A, 5 Howfoot Close, Cockermouth.....	(01900) 825071
K, B, 64 Scotby Road, Scotby, Carlisle.....	(01228) 595408	K, P, Little Pinch Bridge End, Dalston.....	(016977) 47270	KOCATURKIMEN, H, 145 Brookside, Carlisle.....	(01228) 595082
K, C, 14 Skiddaw Street, Silloth.....	(016973) 31038	K, S.J, 7 Mandle Terrace, Maryport.....	(01228) 710228	KOLACZYNSKI, D, 17 Helvellyn Rise, Carlisle.....	(01228) 592252
K, D, Cottage Nether Oakshaw Roadhead.....	(016977) 48307	K, V, 1 Low Midgeholme Cottages Lambley.....	(01900) 813289	KOLEBUK, E, 10 Eden Mount, Penrith.....	(01768) 890186
K, I, 60 Wampool Street, Silloth.....	(016973) 31607	KIRK, B, 26 Ashfield Gardens, Workington.....	(016977) 46208	KOMISARCZYK, A, 71 Cavaghan Gardens, Carlisle.....	(01228) 739842
K, J, Pack Horse Plumpton.....	(01768) 894264	K, D, 28 Ashfield Gardens, Workington.....	(01900) 67338	KONIOR, T, 63 Sybil Street, Carlisle.....	(01228) 526829
K, J, 230 Kingstown Road, Carlisle.....	(01228) 528883	K, J, Holme Lea Cumwhinton.....	(01900) 65436	KOSTURCZAK, J, 75 Lochinvar Close, Longtown.....	(01228) 792413
KERR JNR, W, Oaklands Gilsland.....	(016977) 47210	K, J, 57 Widdowbrow Avenue, Keswick.....	(01228) 561642	KOZA, A, Stonekirch Hoff, Appleby-In-Westmorland.....	(017683) 98453
KERR, K, 23 Meadow View, Carlisle.....	(01228) 494183	K, M, 36 Pennine View, Carlisle.....	(017687) 72248	KOZAK, L, 25 Ridgemount Road, Carlisle.....	(01228) 510892
K, M, 3 Wythe Gill Mews Low Lorton.....	(01900) 85143	K, P, 27 Lathwaite, Whitehaven.....	(01228) 599212	KOZIROG, P, 84 Botcherby Avenue, Carlisle.....	(01228) 658245
K, Miss M, Miss 66 Criffel Road, Whitehaven.....	(01946) 696257	K, P, 27 Lathwaite, Whitehaven.....	(01946) 61711	KRISOPP, Christopher, 128 Greystone Road, Carlisle.....	(01228) 527205
K, P, Rogh Close Braithwaite.....	(017687) 78374	K, P, 27 Lathwaite, Whitehaven.....	(016973) 51847	KRUGER, Mr 1 Tullie Street, Carlisle.....	(01228) 528854
K, P, Nether Oakshaw Roadhead.....	(016977) 48231	KIRKALDY, B, 12 Ludgate Hill, Burgh-By-Sands.....	(01228) 576291	KUBINIEC, B, 13 Moorbanks Road, Workington, Cumbria.....	(01900) 606794
K, R, 101 Castlesteads Drive, Carlisle.....	(01228) 544378	K, L, PARK HEAD Great Orton.....	(01228) 711791	KUDZIN, Tomaz, 72 Stonegarth, Carlisle.....	(01228) 739736
K, S, 30 Stockwell Road, Blackwell.....	(01228) 317069	KIRKBRIDE, A, 13 Galloway Close, MARYPORT.....	(01900) 814887	KULIGA, K, 1 Broad Oaks Grange, Carlisle.....	(01228) 658226
K, W, The Barn Newby West Farm Newby West.....	(01228) 540210	K, A, 27 Smithfield Road, Egremont.....	(01946) 820258	KUMAR, A, Flat 1 Grosvenor House Bellgarth Square, Carlisle.....	(01228) 596361
KERRIDGE, D, Fell Side Skirwith.....	(01768) 88496	K, A, 398 Warwick Road, Carlisle.....	(01228) 514802	KUMPICKIS, P, 26 Dalton Crescent, Carlisle.....	(01228) 512198
K, S, 34 Ashness Drive, Carlisle.....	(01228) 544182	K, B, GREENLEA Waverton.....	(016973) 43201	KURUVILLA, J, 5 Victoria Street, Cleator Moor.....	(01946) 439309
K, S, 42 Brampton Road, Carlisle.....	(01228) 533345	K, B, 52 Stafeloff Drive, Cockermouth.....	(01900) 823745	KUZBYP, S.A, 20 New Bewley Castle Bolton.....	(017683) 61384
KERRISON, E, 8 Spedding Close, Egremont.....	(01946) 822952	K, C, 9 Chapel Street, Distington, Workington.....	(01946) 831161	KWONG, S, 20 Meadow Croft, Penrith.....	(01768) 865887
KERRY, D.P, Kingtongate Cottage Welton.....	(016974) 76196	K, D, 67 North Road, Egremont.....	(01946) 823484	KYDD, G, 469 Durdar Road, Carlisle.....	(01228) 401595
K, D.R, New Year Heskett Newmarket.....	(016974) 78431	K, G, 10 Albany Close, Flimby, MARYPORT.....	(01900) 810796	KYLE, A, Syke Cottage Buttermere.....	(017687) 70331
KERSHAW, C, The Stables Moresby Hall Moresby.....	(01946) 63367	K, G.M, 114 Whinlatter Road, Whitehaven.....	(01946) 67332	K, I.W, Church View Rowelton.....	(016977) 48310
K, J, GRANGE HOUSE Cibun.....	(01931) 714951	K, H, 5 Greenlands Road, Dearham.....	(01900) 815282	K, J, 7 Tree Gardens, Brampton.....	(016977) 32223
K, J, 4 North End, Burgh-By-Sands.....	(01228) 756545	K, H.M, 17 Ashley Way, Egremont.....	(01946) 820553	K, L.W, Syke Farm Buttermere.....	(017687) 70278
K, J.C, 25 Culgarth Avenue, Cockermouth.....	(01900) 824322	K, J, 40 Lakeland View Nethertown.....	(01900) 269268	K, R, 75 Rannardale Drive, Whitehaven.....	(01946) 694092
K, L, Middle Yard Lesson Hall.....	(016973) 43727	K, J, 7 Gramere Terrace, Maryport.....	(01900) 817037	KYLES, P, 4 Church Hill, Whitehaven.....	(01946) 694957
K, R, 7 Bramble Court Union Lane, Brampton.....	(016977) 2021	K, K, 45 Market Place, Whitehaven.....	(01946) 528732	K, R, 56 Main Street, Frizington.....	(01946) 628666
KERSWELL, B, 10 Lingley Fields, Frizington.....	(01946) 813154	K, L, 252 High Road, Whitehaven.....	(01946) 63182	KYNASTON, Mr R, Knorren Fell Cottage Brampton.....	(016977) 41721
KESSELL, M, 5 Parklands Drive, Egremont.....	(01946) 820415	K, M, 24 Clayton Avenue, CLEATOR MOOR.....	(01946) 61821	KYRKE, A, Mayfields Carlisle.....	(016973) 52950
KETRICK, M, 16 Dukewood Road, Longtown.....	(01228) 791014	K, M, 13 Hazelgrove, Seaton.....	(01900) 61435	K, A.J, Mayfields Carlisle.....	(016973) 51950
KEUNG, T, 8 Ennerdale Road, Cleator Moor.....	(01946) 815577	K, P, 9 Green Close, Crosby.....	(01900) 818148	L ALLEN, L, Ash Lea Stoneknowe Scaleby.....	(01228) 675771
KEWIN, M, Kia Ora Allonby.....	(01900) 881308	K, P, 7 Lonsdale View, Dearham.....	(01900) 815123	LACE, A, 7 Chapel Street, Bigrigg.....	(01946) 613084
KEWLEY, G.W, Rothwaite Richmond Close, Workington.....	(01900) 603911	K, R, 101 King Street, Maryport.....	(01900) 817334	L, A, 15 Churchill Drive, Moresby Parks.....	(01946) 62640
KEY, R, High Barn House Crosby.....	(01900) 814669	K, Miss Tina, 23 Eden Terrace, Whitehaven.....	(01946) 425025	L, R.H, Thorn House Lazonby.....	(01768) 898320
K, R, Burns House Winton.....	(017683) 71953	K, W, 12 Albert Street, Workington.....	(01900) 63613	L, S, 3 High Grove, Whitehaven.....	(01946) 693614
K, S, 1 Chestnut Grove, Kirkbride.....	(016973) 52700	KIRKBY, A, Piccadilly Whitehaven Road, Cleator Moor.....	(01946) 814665	LACEY, S.M, 16 The Lees, Kirkbride.....	(016973) 51437
KEYES, J, Croft House Farm Dean.....	(01946) 862880	K, G, 44 Caldbroke Road, Whitehaven.....	(01946) 65930	LADHAMS, T.C, 10 Fletcher Hill Park, Kirkby Stephen.....	(017683) 71629
K, M, 39 Grinsdale Avenue, Carlisle.....	(01228) 525563	K, Jennifer, Meadowbrook Drigg.....	(01946) 24681	LADYMAN, M, 2 Islay Place, Workington.....	(01900) 604548
K, W, 42a Warwick Road, Carlisle.....	(01228) 596900	K, J.S, Scale Ridge Cottage Renwick.....	(01768) 870538	LAFFERTY, E, The Bungalow Newbiggin-On-Lune.....	(015396) 23649
KEYSE, Mrs Gwendoline, 43 Hollins Park, Moor Row.....	(01946) 810351	K, Martin, 3 Eden Close, Wigton.....	(016973) 45498	LAHEY, D, 7 Coniston Way, Carlisle.....	(01228) 495022
KHAN, B, Apartment 13 West Block Shaddon Mill Shaddongate, Carlisle.....	(01228) 495475	KIRKHAM, A.R, 13 Seascale Park, Seascale.....	(01946) 28681	L, J, 1 Tribune Dv, Houghton.....	(01228) 532739
K, R, 19 Arthuret Drive, Longtown.....	(01228) 792649	K, Mrs Barbara, 5 Scotby Green Steading, Carlisle.....	(01946) 513449	L, S, 17 Irton Place, Carlisle.....	(01228) 385393
KIDD, B, 35 Maple Drive, Penrith.....	(01768) 840506	KIRKLAND, A, 6 Tympanor Close, Newbiggin.....	(017684) 80752	LAIDLAW, A, Conifers Scaleby.....	(01228) 675060
K, D, 189 Holmrook Road, Carlisle.....	(01228) 365466	K, T, 15 Tyne Close Terrace, Penrith.....	(01768) 868390	L, B.J, 119 Denton Street, Carlisle.....	(01228) 590299
K, D, 15 The Garth, Crosby-On-Eden.....	(01228) 573693	KIRKLEY, W, Sands House Hotel The Sands, Brampton.....	(016977) 2669	L, J, 49 Castlerigg Drive, Carlisle.....	(01228) 810629
K, J, CASTLE VIEW Lazonby.....	(01768) 898882	KIRKPATRICK, Alistair, 6 Goldfinch Gardens, Bongate Cross.....	(017683) 51184	LAIDLER, J, 2 Midtown Cotts Great Orton.....	(01228) 711220
K, J, 364 London Road, Carlisle.....	(01228) 545382	K, A.J, Eden Hey Cavendish Terrace, Carlisle.....	(01228) 524027	L, M, Moricambe View Aikton.....	(016973) 49585
K, J, 88 Mount Pleasant Road, CARLISLE.....	(01228) 818152	K, C, 1 Coledale Meadows, Carlisle.....	(01228) 543238	LAIDLAW, D, 61 Giebe Road, Appleby-In-Westmorland.....	(017683) 52093
K, P, Briggie Lodge Langwathby.....	(01768) 216889	K, D, 11 Castlegate Drive, Cockermouth.....	(01900) 823447	L, E, 13 Lady Anne Drive, Brough.....	(017683) 41418
K, Mr Philip, 8 Tarnside, Carlisle.....	(01228) 401186	K, I, Rose Court 3 South Street, CARLISLE.....	(01228) 497297	L, Mr Laurence, 3 Giebe Road, Appleby-In-Westmorland.....	(017683) 51959
K, P.M, Briggie Farm Langwathby.....	(01768) 881626	K, J, 1 Burnside Cottages Rye Hill Road, Flimby.....	(01900) 810010	L, M, Eterby Lodge Eterby.....	(01228) 520464
K, S, Thornlea Nicholson Lane, Penrith.....	(01768) 864299	K, K, 9 Hendersons Croft, Crosby-On-Eden.....	(01228) 573680	LAING, A, The Paddock Bush On Lyne Farm Longtown.....	(01228) 791440
K, S, 21 Prescott Road, Carlisle.....	(01228) 541053	K, Mrs Mary, 1 Ada Street, Maryport.....	(01900) 817895	LAIRD, A, South View Cottage Hayton.....	(01228) 670279
KIDDIE, S, 137 High Road, Whitehaven.....	(01946) 61710	K, R, 2 Meeting House Lane, Tirril.....	(01768) 866976	L, B, Newlands Tree Rd, Brampton.....	(016977) 2376
KIEL, A, 17 Lowrey Close, Beckermert.....	(01946) 841367	K, Mr R, 30, Threave Court Riverside Way, Carlisle.....	(01228) 530037	L, N.D, Hill House Carleton.....	(01228) 536235
KIELTY, J, The Orchard Irthington.....	(016977) 3500	K, S, Kilnforth Low Cotchill.....	(01228) 561341	L, W, 29 Scaw Road, High Harrington.....	(01946) 831727
KIERMACZ, M, J, Ms 38 Orchard Street, Carlisle.....	(01228) 492923	K, W, 9 Greenacres, Wetherall.....	(01228) 560771	LAKE, A, Abbey Moss Moss Edge, Hethersgill.....	(01228) 675371
KIERMAN, V.P.J, Shorley Glen Blencathra Street, Keswick.....	(017687) 73988	KIRKTON, Dale, 2 Inglewood Court, Hutton End.....	(017684) 84742	L, D, Hether House Hethersgill.....	(01228) 675582
KIESER, B, Troth Head Farm Rowelton.....	(01228) 577840	KIRKUP, A, 6 Stybarrow Terrace, Glenridding.....	(017684) 82203	L, D, Lyzick Gate Underskiddaf, Keswick.....	(017687) 80618
KIEWRA, J, 6 The Green, Houghton, CARLISLE.....	(01228) 526018	K, C, 6 West Lane, Shap.....	(01931) 716293	L, M, 18 Parkside Road, Cleator Moor.....	(01946) 329351
KIGGINS, D, Brivale Whitehaven Road, Cleator Moor.....	(01946) 528924	K, D, 10 Old Road, Longtown.....	(01228) 792982	L, R, 6 The Crofts, Bothel.....	(016973) 22256
K, P, 8 Highfield Road, Cleator Moor.....	(01946) 451619	K, J, 10 Gayle Avenue, Shap.....	(01931) 716596	L, S, Lindisaven Manor Brow, Keswick.....	(017687) 75742
KIGHT-GREEN, J, 2 Pheasants Rise, Rowrah.....	(01946) 862697	KIRKWOOD, D, Murrach Hall Berrier.....	(017684) 84491	L, Y.F, Saundher House Long Marton.....	(017683) 61066
KILBURN, B, 16 Greyrigg Avenue, Cockermouth.....	(01900) 825102	K, E, 38 Newlands Lane, Workington.....	(01900) 606836	LAKER, S, HIGH GABLES Grizedale Close, Keswick.....	(017687) 74656
K, G, 28 Croftlands, Bigrigg.....	(01946) 813054	K, G, Braeside Back Street, Cotehill.....	(01228) 561657	LAKIN, R, Beech Bank Longburgh Burgh-By-Sands, CARLISLE.....	(01228) 576337
KILBY, A, 17 Blencarn Park, Carlisle.....	(01228) 674471	K, P, 3 The Meadows, Southwaite.....	(016977) 44543	L, Mr R, Mr 2 Scaleby Close, Carlisle.....	(01228) 599537
KILGORE, A.M, 49A Udale Court, Workington.....	(01900) 63102	K, T, 2 West Ghyll Place, Workington.....	(01946) 834221	LAMA, P, Apartment A, 3 Westmorland Rise, Appleby-In-Westmorland.....	(017683) 98487
KILGOUR, A, Coastguard Curwen Road, Workington.....	(01900) 336347	KIRKWOOD-MCDOWELL, J, Regency House 19 Rose Hill, Harrington.....	(01946) 830415	LAMB, A, Baggarah Low Row.....	(016977) 46051
K, C, 29 Mason Street, Workington.....	(01900) 605582	KIRSON, Mr Douglas, 73 Richardson Street, Carlisle.....	(01228) 534469	L, D, Bolton Hall Gosforth.....	(01946) 24212
K, E.M, 68 Row Brow Park, Dearham.....	(01900) 814237	KIRSON, R, 18 Whiteosegate, Carlisle.....	(01228) 526326	L, D, 21 Briscoe Crescent, Whitehaven.....	(01946) 590250
K, J, 59 North Road, Egremont.....	(01946) 822139	K, T, Sunnycroft Central Road, Dearham.....	(01900) 815936	L, G, 16 Sea View, St. Bees.....	(01946) 826205
K, P.A, 27 Inglis Court Pecklewell Lane, Maryport.....	(01900) 817234	KITCHEN, M, Stonebyke Talkin.....	(016977) 42320	L, H, Hasty Bank Bowscar.....	(01768) 894257
KILLEEN, C, 7 Marion Close, Carlisle.....	(01228) 527872	K, P, 5 Friars Close, Penrith.....	(01768) 865740	L, H.M, The How Seascale.....	(01946) 28324
KILLIP, E, 2 Meadowfield Grove, Gosforth.....	(01946) 25593	K, S.C, 52 Springfield Av, Whitehaven.....	(01946) 62205	L, 23 Pinewoods, Gillgarran.....	(01946) 831850
KILPATRICK, K, Old Mill Gosforth, SEASCALE.....	(016974) 25593	K, W, Solway Croft Glasson.....	(016973) 52426	L, J, 1 Burnside Terrace, Castle Carrock.....	(01228) 670602
KIMBALL, K, Lodge High Head Castle Ivegill.....	(016974) 75634	KITCHIN, L, 41 Main Street, Keswick.....	(017687) 74102	L, J, 39 Larch Drive, Stanwix.....	(01228) 537322
KIMM, D.A, Crossway Heads Nook.....	(01228) 561074	KITCHING, B, Dalebottom Farm Naddle.....	(017687) 74713	L, J.P, 8 Sea View, Aspatria.....	(016973) 20012
KINDLEY SIDES, J.L, 2 Bents Cottages Plumpton.....	(01768) 894322	K, C, 12 Evening Hill Drive, Cockermouth.....	(01900) 822528	L, M, The Bungalow Linstock.....	(01228) 547592
KINDLEYSIDES, J.G, Wickerslack Shap.....	(01931) 715248	K, F, 60 Meadow Croft, Penrith.....	(01768) 867088	L, M, Beckestons Orton.....	(015396) 24695
KINDNESS-SIMPSON, M, 83 Harrison, Aspatria.....	(016973) 46259	K, Mrs F, Mrs The Stables Vicarage Hill, Keswick.....	(017687) 75005	L, M.M, 51 Millholme Avenue, Carlisle.....	(01228) 530814
KING, A, Town Head Cottage Hilton.....	(017683) 52308	K, J, 7 Pembroke Place, Penrith.....	(01768) 201342	L, N, High Leaf Beckermert.....	(01946) 841356
K, C.C, 26 Eden Park Crescent, Carlisle.....	(01228) 523922	K, J, 7 Pembroke Place, Penrith.....	(01228) 524767	L, Mr N, Mr 17 Raislands Croft, Penrith.....	(01768) 867645
K, D, 8 Beck Rise, Beckermert.....	(01946) 841158	KLICIC, F, 49 Jubilee Road, Carlisle.....	(01228) 547647	L, R.G, 18 Monkway Cottages, Whitehaven.....	(01946) 62853
K, D, 139 Main Street, Frizington.....	(01946) 813151	KLINTEBERG, E, Orchard House Slaggyford.....	(01434) 381275	L, S, 100 Main Street, Distington.....	(01946) 831444
K, E, 7 Strawberry How Road, Cockermouth.....	(01900) 826198	KNEALE, Anthony, 1 Ladysteps, Scotby, Carlisle.....	(01228) 513804	LAMBERRI, J, 22 Coniston Park, Cleator Moor.....	(01946) 814036
K, H, 59 Barco Avenue, Penrith.....	(01768) 210175	K, Vincent, 2 Swinburn Cottages Skelton.....	(017684) 84914	LAMBERT, B, 2 Dawson Place, St. Bees.....	(01946) 822960
K, J, WARWICK FARMHOUSE Warwick-On-Eden.....	(01228) 561346	KNEASHAW, Mr B, Bellefield Portinscale, Keswick.....	(017687) 74166	L, D, 48 Cusack Crescent, Workington.....	(01900) 381301
K, J, 24 Sea View Drive, Workington.....	(01900) 66959	KNEELL, A, 6 Giebe Road, Appleby-In-Westmorland.....	(017683) 52129	L, F, Maxwell's Cottage Moorhouse Road, Carlisle.....	(01228) 402899
K, Jean, 1 Water Street, Glasson.....	(016973) 51929	KNIFTON, P, Corvus Threlkeld.....	(017687) 79448	L, J, Fell Foot Melderby.....	(01768) 881787
K, M, 21 Currock Road, Carlisle.....	(01228) 528876	KNIGHT, A, BEACON View Fairbyhead Lane, Stainton.....	(01768) 868320	K, 7 Lusters Cottages Little Broughton.....	(01900) 826742
K, N, 66 Holme Riggs Avenue, Penrith.....	(01768) 840768	K, D, CASTLEGATE BARN Castle Carrock.....	(01228) 670699	L, R.W, Toddgill Hall Warcop.....	(017683) 41312
K, P, Powhill Farm Kirkbride.....	(0169				

L, B.E., 41 Clifford Road, Penrith.....	(01768) 865357	LAWMAN, B.A., 4 Croft Close, Lazonby.....	(01768) 898912	L, W.E., 23 Low Byer Park, Alston.....	(01434) 381787
L, David, 12 Riverside Way, Carlisle.....	(01228) 522683	L, C, 47 Hartington Street, WORKINGTON.....	(01900) 379711	LEECE, E, Denton Hill Gosforth.....	(01946) 25920
L, D, 15 The Crescent, Kirkby Stephen.....	(017683) 71215	L, D, 2 New Houses Park, Wigton.....	(016973) 21813	L, J, Allerdale House Main Road, Workington.....	(01900) 603063
L, E, 4 Whitelodgegate, Carlisle.....	(01228) 521808	LAWRANCE, T, 37 Edmondson Close, Brampton.....	(016977) 42149	L, Mrs 16 Whins Close, Workington.....	(01946) 822344
L, Mrs Guendoline, 41 Buttermere Avenue, Whitehaven.....	(01946) 65269	LAWRENCE, C, 8 Cairn Wood, Heads Nook.....	(01228) 561621	LEECH, H, 3A Westgarth Gate, Kirkby Stephen.....	(01768) 339732
L, G, 226 Warwick Road, Carlisle.....	(01228) 496481	L, Dr C.A. Cragfoot Glenridding.....	(017684) 82142	L, J, Alma Bank Cott Hensingham.....	(01946) 64909
L, I.C.I., Kirklington Park House Kirklington.....	(01228) 675456	L, David, 40 The Crescent, Kirkby Stephen.....	(017683) 71110	L, J, 9 The Paddocks, Great Broughton.....	(01900) 822776
L, Mr John, 5 Clifford Court, Penrith.....	(01768) 899878	L, E, Brishburn Vicarage Lane, Cockermouth.....	(01900) 823539	L, J, 30 Earls Road, Whitehaven.....	(01946) 693906
L, J, 1 Heatherfields, Broughton Moor.....	(01900) 816333	L, J, 41 East Dale Street, Carlisle.....	(01228) 493874	L, J, 46 Lowca Lane, Seaton, Workington.....	(01900) 602908
L, J, 8 Reiver Place, Carlisle.....	(01228) 522183	L, J, Rose Cottage Station Road, Carlisle.....	(016974) 72420	L, M.A., 2 Green Close, Seascale.....	(01946) 21420
L, J, 11 Trinity Drive, Northside.....	(01900) 61458	L, M, Croft House Brampton.....	(01228) 317532	L, P, THE COTTAGE Kirkbride.....	(016973) 51746
L, K, 23 Windrigg Close, Egremont.....	(01946) 821015	L, M, 29 St. Helens Street, Cockermouth.....	(01900) 828537	LEES, A, 1 The Whins, Heads Nook.....	(01228) 561403
L, M, 15 Hespek Raise, Carlisle.....	(01228) 497650	L, Patricia, Allanby West Road, Wigton.....	(016973) 45405	L, B, 36 Leathwaite, WHITEHAVEN.....	(01946) 64257
L, M, 35 Manesty Rise, Low Moresby, WHITEHAVEN.....	(01946) 395737	LAWRIE, J, 20 Bramble Court Union Lane, Brampton.....	(01697) 543322	L, Dr D, Brow Howe Pardshaw.....	(01900) 825991
L, P, 20 Chartes Close, Workington.....	(01900) 413427	LAWRO, G, 7 Kiermuir Wy, Carlisle.....	(01228) 535132	L, M, 17 Castle View Road, APPLEBY-IN-WESTMORLAND.....	(017683) 51891
L, R, 18 Carlisle Road, Dalston.....	(01228) 712500	LAWRS, N, Low House Setmurthery.....	(017687) 76483	L, N, 24 Murton View, Appleby-In-Westmorland.....	(017683) 52862
L, Robert, 1 Etterby Lea Road, Carlisle.....	(01228) 525410	LAWSON, A, Dyon Hall Distington.....	(01946) 830628	LEESE, J, 5 Chaucer Road, Workington.....	(01900) 603723
L, S, Rock Lodge Fairyhead Lane, Stainton.....	(01768) 895673	L, A, 25 Lingmill Crescent, Seascale.....	(01946) 27439	L, S, Flat 53 Higginson Mill Denton Mill Close, Carlisle.....	(01228) 598451
L, Mr T, Mr Wateridge Church Lane, Carlisle.....	(01228) 710921	L, A, 57 Salterbeck Road, Salterbeck, Workington.....	(01946) 830962	LEESON, B, 11 Alexandra Terrace, Whitehaven.....	(01946) 695276
LANCELOTTE, J, CHURCH VIEW HOUSE The Square, Calderbridge.....	(01946) 841584	L, C, Holly Beck How Mill.....	(01228) 670219	LEGGETT, P, Christiansund Capon Hill, Brampton.....	(016977) 41195
LAND, V, SPRINGFIELD Colby.....	(017683) 52091	L, C, Sunny Browe Little Musgrave.....	(017683) 41424	LEITCH, E, East View Rickerby.....	(01228) 512526
LANDALL, Mrs Penny, 50 Lowther, Street.....	(01768) 891622	L, Mrs C, 86 Housesteads Road, Carlisle.....	(01228) 531820	LEIGH, J, Whinside Ryehills Road, Skinburness.....	(016973) 31002
LANDRETH, S, 29 Walkmill Crescent, Carlisle.....	(01228) 402981	L, C.E, Roe Farm Sowerby Row.....	(016974) 76380	L, P, 6 Peregrine Close, Whitehaven.....	(01946) 64347
LANE, C, 27 Fletcher Close, Cockermouth.....	(01900) 821636	L, D, 70 Borrowdale Road, Whitehaven.....	(01946) 64855	LEIGHTON, A, 130 Moorhouse Road, Carlisle.....	(01228) 541308
L, Ms Gemma, 13 Purser Road, Salterbeck.....	(01946) 425309	L, D, Croflands Dyonside, Distington.....	(01946) 830056	L, A.W, 76 Cumwhintun Road, Carlisle.....	(01228) 533906
L, K, East House Newlands.....	(017687) 78756	L, Doreen, 35 Garborough Close, Crosby.....	(01900) 813775	L, D, 5 Ratcliffe Place, Keswick.....	(017687) 75195
L, K, 17 The Lilacs, Egremont.....	(01946) 824515	L, D, 8 Lewis Court, Carlisle.....	(01228) 525851	L, M, 25 Knowe Road, Carlisle.....	(01228) 898400
L, S, 10 RAVENGHYLL Kirkoswald.....	(01768) 898465	L, D.W, 29 Blencarn Park, Rockcliffe.....	(01228) 674395	L, S, 31 Blencarn Park, Rockcliffe.....	(01228) 674422
LANG, A, 2 Distington Park, Workington.....	(01946) 451077	L, E, Gote Mill House Gote Road, Cockermouth.....	(01900) 824055	LEIKERTAS, A, 3 St Josephs Gardens, Carlisle.....	(01228) 497101
LANGAN, E, Kambrela Colby.....	(017683) 51583	L, E.R, 35 Carlisle Rd, Dalston.....	(01228) 710559	LEITCH, H, FLAT 013 WORDSWORTH COURT Sullart Street, Cockermouth.....	(01900) 828970
L, P, Burnthwaite The Banks, Seascale.....	(01946) 28210	L, G, 120 Botcherby Avenue, Carlisle.....	(01228) 528322	L, K.J, Leesgill West Street, Aspatria.....	(016973) 20946
L, V, 12c Cross Street, Whitehaven.....	(01946) 590517	L, G, 28 Carleton Place, Penrith.....	(01768) 890573	LEITH, L, 12 Etterby Scaur, Carlisle.....	(01228) 594195
LANGCAKE, H, Sandhills Bassenthwaite.....	(017687) 76307	L, G, 23 Douglas Road, Workington.....	(01900) 61083	LENCH, J, 54 Cairn Wood, Heads Nook.....	(01228) 560568
L, J, 4 Donald Road, Workington.....	(01900) 393713	L, G, 25 Napier Street, Workington.....	(01900) 601356	LENEGHAN, G, 15 Chapel Brow, Workington.....	(01900) 61532
L, J, 11 Fitz View, Cockermouth.....	(01900) 826492	L, H, The Croft Heads Nook, BRAMPTON.....	(01228) 560437	LENNARD, Martin.....	(01946) 73268
L, K, 16 Headlands Close, Workington.....	(01900) 386129	L, Ian, 148 Denton Street, Carlisle.....	(01228) 511941	LENNON, V, 25 Tenyson Drive, Egremont.....	(01946) 430854
L, T, Isel Old Park Isel.....	(017687) 76333	L, J, 72 Nelson Street, Carlisle.....	(01228) 497521	LENNOX, G, School House Brampton, Hallbankgate.....	(016977) 46532
L, T.I, Harrison Gate Isel.....	(017687) 76046	L, J, 5 The Forelands, Gilcrux.....	(016973) 21708	L, Mr J, 92 Dunmail Drive, Carlisle.....	(01228) 536769
LANGDALE, C, Ladyfield Sockbridge, Penrith.....	(01768) 862184	L, K, 29 Newlands Park, Workington.....	(01900) 63696	LEONARD, Alison, 4 Bay View, St. Bees.....	(01946) 825242
L, Mr Robert, April Garth Wigton.....	(016973) 20932	L, K.G, 40 Castle Terrace, Penrith.....	(01768) 864328	LEONG, Susan, 44 Mill Street, Frizington.....	(01946) 813059
LANGFIELD, Mr Nicholas, 3 Mulberry Gardens, Penrith.....	(01768) 864875	L, M, Robin Hood House Bassenthwaite.....	(017687) 76296	LEPPINGTON, C, 1 Harrot HI, Cockermouth.....	(01900) 823441
LANGFORD, C.P, 11B Station Street, Keswick.....	(017687) 74549	L, M, New House Farm Penton.....	(01228) 577252	LEROUX, L, 15 The Parklands, Penrith.....	(01768) 863580
LANGHORN, S, 7 Furze Street, Carlisle.....	(01228) 546019	L, M, Toft Hill Cross Lane, Wigton.....	(016973) 44148	LESLEY, Mary, 21 Willow Park Banks Lane, Carlisle.....	(01228) 544782
LANGLEY, I, Kiln Green House Aikton.....	(016973) 44900	L, Miss Melanie, 211 Moss Bay Road, Workington.....	(01900) 62060	L, R, 11 Wansfell Avenue, Carlisle, Cumbria.....	(01228) 319481
L, J, Bark Mill West Hall.....	(016977) 47343	L, M, 25 Waverley Gardens, Carlisle.....	(01228) 548947	LESUE, D, Mosedale Barn Mosedale.....	(017687) 79209
L, Lawrence, 31 Longlands Road, Carlisle.....	(01228) 542915	L, N, 1 Sunningdale Close, Carlisle.....	(01228) 528191	L, G, 160 Dalston Road, Carlisle.....	(01228) 546368
L, M, 5 Farbow Road, Carlisle.....	(01228) 539291	L, P, The Royalty Rowelton.....	(016977) 48322	L, M, 15 Vew Bank Lane, Whitehaven.....	(01946) 528917
L, M.J, Southwaite Farmhouse Mallerstang.....	(017683) 72173	L, Peter, 75 Berkeley Grange, Carlisle.....	(01228) 545580	L, P, 16 Levens Drive, Carlisle.....	(01228) 535871
L, N, Fairfield Stainton.....	(01768) 890212	L, P, Bleach Green Gote Road, Cockermouth.....	(01228) 828147	L, P.A, 10 Valley Park, Whitehaven.....	(01946) 66847
LANGSTAFF, D, 9 Newlands Park, Dearham.....	(01900) 816036	L, P, 10 Laburnum Way, Penrith.....	(01768) 865719	LESTER, D.J, 20 Asby Road, Asby.....	(01946) 861603
L, M, 29 Lorton Avenue, WORKINGTON.....	(01900) 64978	L, P, 28B Arnside Road, Carlisle.....	(01228) 534377	LETEVE, E, 6 Beech Grove, Houghton, Carlisle.....	(01228) 536203
LANGTON, A, 23 Victoria Road, Whitehaven.....	(01946) 61296	L, S, 3 Mitchell Avenue, NORTHSIDE, WORKINGTON.....	(01900) 386468	LETTES, T, 32 Deer Orchard Close, Cockermouth.....	(01900) 822803
LANGWORTHY, Mr Walter, Ash Lea Whitehaven Road, Cleator Moor.....	(01946) 810397	L, T, Rose Cottage Gilsland.....	(016977) 47356	LEVENE, J, 45b Pategill Park, Penrith.....	(017684) 28659
LANHAM, A, Nenthall Farm Nenthall.....	(01434) 382099	L, W, Stubsgill Fm Distington.....	(01946) 694724	LEVER, D, HOWE BANK Portinsale.....	(017687) 73127
LANNAGHAN, J, 15 Brow Top, Workington.....	(01900) 604530	L, W.T, 3 Cartgate Road, Whitehaven.....	(01697) 388651	LEVERTON, M, 21 St. Augusta View, Carlisle.....	(01228) 494988
LANSBERRY, P, 9 Kirkland Meadows, WIGTON.....	(016973) 49121	LAWTON, H, 11 North Street, Wigton.....	(01228) 701555	LEWIS, A, 2 HOLEMIRE COTTAGES High Lorton.....	(01900) 85659
LAPA, A, 10 Wheatshaf Gardens, Carlisle.....	(01228) 497082	L, S, 8 Edmond Castle Corby Hill.....	(01900) 873595	L, A, 1 Ashfield Court, Orton.....	(015396) 24546
LAPPING, J, 8 Langdale, Wigton.....	(016973) 42967	LAYBOURNE, C, 11 Wentworth Park, Workington.....	(016977) 46659	L, A, 21 Mark Thompson Close, Cleator Moor.....	(01946) 430533
L, J.I, 27 Dalegarth Avenue, Carlisle.....	(01228) 539690	LAYDON, A, 5 Thirlwall View, Brampton.....	(016977) 47903	L, C, 63 Gelt Road, Brampton.....	(01697) 508246
LAPRAK, J, 77 The Parklands, Cockermouth.....	(01900) 821586	LAZENBY, E.W, 8 Curlew Close, Armthwaite.....	(016974) 72529	L, C, 16 Ryehill Park, Kirklington, Cumbria.....	(01228) 675302
LAPTHORNS, S, 6 The Seams, Keswick.....	(017687) 75115	LAZONBY, A, 1 Hamilton Drive, Carlisle.....	(01228) 550464	L, C, 3 Wilfred Street, Carlisle.....	(01228) 739373
LARDY, C, Thorntree Hill Caldbeck.....	(016974) 78794	LE, P, 22 Beacon Close, Aspatria.....	(016973) 21502	L, G, 2 Friars Garth, Abbeytown.....	(016973) 61806
LARKHAM, L, 12 Seascale Park, Seascale.....	(01946) 28242	LE GALLEZ, B, 10 Clifton Hill Gardens, Clifton.....	(01768) 895136	L, G, 16 St. Andrews Close, Thursty.....	(01228) 710465
LARKINS, F, 14 Crosthwaite Gardens, Keswick.....	(017687) 73160	LE LIEZRE, I, 10 Lawson Street, Carlisle.....	(01228) 595952	L, J, 13 South View Road, Whitehaven.....	(01946) 62709
LASKAY, J, Glanoventa Camp Side, Maryport.....	(01900) 812287	LE MAIRE, P, 8 Chapel Street, Egremont.....	(01946) 440373	L, L, Comley House Thornthwaite.....	(017687) 78340
LAST, J, 2 Meadowville, Workington.....	(01946) 832733	LE VOI, B, HOLM FORCE Beckermert.....	(01946) 841231	L, L, 84 Winchester Drive, Whitehaven.....	(01946) 425807
LATHAM, L, 3 Garth Road, Workington.....	(01900) 63975	L, M, 11 Hill Crescent, Brigham.....	(01900) 829999	L, P, The Hollins Thornthwaite.....	(017687) 78334
LATIMER, C, 5 Warwick Street, Carlisle.....	(01228) 534691	LEA, K, Eden View Little Musgrave.....	(017683) 42353	L, P, 71 Green Lane, Belle Vue.....	(01228) 402964
L, D, 9 Orton Road, Carlisle.....	(01228) 385406	L, P, 8 Crossfield Road, Cleator Moor.....	(01946) 815672	L, R, Copperfield Grange.....	(017687) 77660
L, D.J, 53 The Headlands, Keswick.....	(017687) 75316	L, R.L, 8 Beechwood Avenue, Carlisle.....	(01228) 529092	L, R, 24 Dent Road, Whitehaven.....	(01946) 64955
L, J, 38 Coogan Close, Carlisle.....	(01228) 520562	LEACH, A.G, Croft Side Wellington.....	(01946) 25964	L, Roy, Montrose Greenykes, Egremont.....	(01946) 822738
L, T, Cairn Cottage Warwick Bridge.....	(01228) 562975	L, B, Whittingstoun Farm Cottage Roadhead.....	(016977) 48354	L, Mr R, 12 Winscales Avenue, Workington.....	(01946) 831489
L, W, 12 Moatside, Brampton.....	(016977) 2080	L, E, The Street Ravenstonedale.....	(015396) 23675	L, S, The Old Post Office Shop.....	(01931) 716201
LATTA, A, 100 Dunmail Drive, Carlisle.....	(01228) 533388	L, F, Hawthorn Cottage Station Road, Shap.....	(01931) 716335	L, S, Poppies View Dalston Road, Carlisle.....	(01228) 512897
LATTIN, A, The Club House Greenacres Park, Plumpton.....	(01768) 894366	L, G, Oak Ho Calthwaite.....	(01768) 894017	L, S, 2 Eden Close, Cargo.....	(01228) 674095
LAU, H, 15 Elizabeth Street, Maryport.....	(01900) 816265	L, H.E, Dunelm Alan Court, Workington.....	(01900) 603887	L, S, 216 Hebdon Avenue, Carlisle.....	(01228) 544776
L, K, 12 Dunlin Close, Carlisle.....	(01228) 898037	L, R, Greystones Hartley.....	(017683) 72937	L, W, 8 Central Terrace, Silloth.....	(016973) 31786
L, V, 35 Sycamore Road, Maryport.....	(01900) 386562	L, T.S, 71thing Street, Carlisle.....	(01228) 532762	LEWITT, A, 29 Park View, Egremont.....	(01946) 82175
LAUDER, J, 52 Park Road, Wigton.....	(016973) 43226	LEADBEATER, R, The Birches Torpenhow.....	(016973) 71514	LEWTHWAITE, D, 459 London Road, Carlisle.....	(01228) 549231
L, P, 17 Douglas Road, Workington.....	(01900) 606184	LEADBETTER, G, Woodlands Wetheral, CARLISLE.....	(01228) 560626	L, E, 23 Muncaster Road, Whitehaven.....	(01946) 528263
L, R, The Fold Crosby Garrett.....	(017683) 71252	LEADER, A, CYNIDER Ireby.....	(016973) 71234	L, E, 52 Tower Hill, WHITEHAVEN.....	(01946) 594248
L, R.I, 24 Rufus Road, Carlisle.....	(01228) 549331	LEAH, J, 2 Church St, Skirwith.....	(01768) 88714	L, F, 10 Cross Lane, Whitehaven.....	(01946) 694764
LAUGESSEN, E, 41 Berkeley Grange, Carlisle.....	(01228) 521562	LEAR, J, HODDEN CROFT Caldbeck.....	(016974) 78457	L, J, Ash Lea Moor Row.....	(01946) 811525
LAUGHLIN, D, 6 St. Johns Terrace, Egremont.....	(01946) 528738	LEARMONTH, A, Crabtree Beck Loweswater.....	(01900) 85669	L, J, 24 Gelt Close, Carlisle.....	(01228) 529920
LAUGHTON, G, 13 Hunslet Place, Whitehaven.....	(01946) 451359	LEASK, Joan, 39 Caldew Maltings, Bridge Lane, Carlisle.....	(01228) 810492	L, J, 7 Main Street, Cleator.....	(01946) 810767
LAUMEIER, A, Studio Cottage Brampton.....	(016977) 42328	L, R, 42 New Street, Wigton.....	(016973) 42018	L, Mr John Edward, 3 Schoolhouse Court, Whitehaven.....	(01946) 65352
LAUREL BANK, Laurel Bank Penrith Road, Keswick.....	(017687) 73006	LEATHERS, R, 12 Calva Brow, Workington.....	(01900) 66258	L, K, 18 St. Augusta View, Carlisle.....	(01228) 541441
LAURELS, THE, Laurels Dunderaw, Dunderaw.....	(016973) 44604	LEATHES, D, Low House Roobky.....	(017683) 71713	L, M, Quarrystone Kirkland Road, Skirwith.....	(01768) 88415
LAURIE, S, 3 Headlands Drive, Whitehaven.....	(01946) 695837	LEAVER, D, 20 Ness Way, CARLISLE.....	(01228) 536053	L, N, 18 Beck Rise, Beckermert.....	(01946) 841395
L, S, 27 Whinsmoor Drive, Carlisle.....	(01228) 818607	LECKENBY, M, The Old Barn Low Green Farm Gilcrux.....	(016973) 23797	LEYLAND, A.T & C.A., Youldale Knot Manesty.....	(017687) 77216
LAVAL, J, The Old Post Office Cumbria.....	(016973) 51973	LECKEY, N, Ramore Head Cockermouth, Cockermouth.....	(01900) 826997	L, E, 4 Abbeyfield House Lorton Street, Cockermouth.....	(01900) 826347
L, Julie, Rose Tor Kirkhampton.....	(01228) 576874	LECKIE, Mrs Barbara, 16 Willow Lane, Cockermouth.....	(01900) 268930	L, J, 44 Turnberry Way, Carlisle.....	(01228) 549057
LAVERICK, C, 31 Lingla Gardens, Frizington.....	(01946) 812696	L, R, 2 Gatefoot Bampton.....	(01931) 719245	LICHTBLAU, D, Inglenook Corby Hill, Carlisle.....	(01228) 561230
LAVERY, T, 1 Ashby Street, Maryport.....	(01900) 813203	LEE, A, KINGSSEAT BARN Culaith.....	(01768) 88292	UIDDELL, B, 60 Gloucester Road, Carlisle.....	(01228) 535373
LAVERY, Christopher, 7 The Knoll, Thornhill.....	(01946) 823586	L, A, Alexander House Kirkland.....	(01946) 862564	L, Gillian, 3 High Moat Cottages Moat.....	(01228) 577113
L, C, 3 Top Row, Seatholler.....	(017687) 77769	L, A, 28 Heysham Gardens, Carlisle.....	(01228) 391927	L, Mr Geoffrey, Bramcote West Road, Wigton.....	(016973) 45706
L, J, 1 Low Moorlands, Dalston, Carlisle.....	(01228) 536677	L, C, 2 Denton Mill Close, Carlisle.....	(01228) 596980	L, M, 18 Rosegate, Aglionby, Carlisle.....	(01228) 513346
L, J, 17 Mill Hill, Cleator Moor.....	(01946) 841280	L, C.M, 18 Golf Terrace, Silloth.....	(016973) 32340	L, R.K, Green Trees Blindbooth.....	(01900) 823690
L, J, 57 Red Lonning, Whitehaven.....	(01946) 440157	L, D, 12 Frankland Park, Orton.....	(015396) 24106	UIDDELL, A.B, 19 Stainton Rd, Etterby.....	(01228) 546231
LAW, A, Willow View Little Broughton.....	(01900) 824502	L, D, 14 Main Street, Cleator.....	(01946) 810235	L, C, 7 Elmer Place, Carlisle.....	(01228) 498601
L, A, 14 Brougham Avenue, Brougham, Penrith.....	(01768) 865315	L, H, Greenside Langrigg.....	(016973) 22599	L, C, 3 Moorview Drive North, Carlisle.....	(01228) 520021
L, Mr A, Mr 117 Main Street, Maryport.....	(01900) 817899	L, H, 49 Gable Avenue, Cockermouth.....	(01900) 821486	L, D, 59 Drumbrugh Avenue, Carlisle.....	(01228) 547527
L, D, 37 The Willows, EGREMONT.....	(01946) 822102	L, Mr Ian, 41 Westrigg Road, Carlisle.....	(01228) 548772	L, J, Holly Court Kirkbampton.....	(01228) 562768
L, J, Crookbeck Ravenstonedale.....	(015396) 23636	L, J, 8 Hilden Road, Cleator.....	(01946) 811348	L, J, Edenlea Winkill.....	(01768) 880116
L, J, 135 Ennerdale Road, CLEATOR MOOR.....	(01946) 812237	L, J, 4 Kiln Orchard, Rosthwaite.....	(017687) 77026	L, P, Whale Moor Farmhouse Whale.....	(01931) 712250
L, J, 109 Moresby Parks Road, Whitehaven.....	(01946) 440403	L, J, 20 Prospect Row, Cleator.....	(01946) 813409	LIGHTBURN, B, 1 West View Main Street, Shap.....	(01931) 716093
L, J, South View Bungalow South View, Aspatria.....</					

L, G.W, 19 Whinlatter Way, Carlisle.....	(01228) 528005	L, E, 5 Vestaneum, Crosby-On-Eden.....	(01228) 573110	L, B, 82 Main Street, Keswick.....	(017687) 73940
L, I, 21 Maple Close, MARYPORT.....	(01900) 819407	L, F, 46 Gloucester Road, Carlisle.....	(01228) 539283	LOCKEY, J, 41 Welsh Road, Carlisle.....	(01228) 591196
L, J, 56 Burnside, Wigton.....	(016973) 43643	L, G, CROFT HOUSE Abbeytown.....	(016973) 61102	LOCKHART, E, 62 Gosforth Road, Seascale.....	(019467) 21011
L, Mr J, The Crofts Papcastle, Cockermouth.....	(01900) 822914	L, G, 37 Glenbe Grange, Carlisle.....	(01228) 561398	L, Graeme, Orchard Cottage Laithes.....	(017684) 84585
L, J, 13 Ennerdale Avenue, Workington.....	(01900) 605219	L, G, 7 Gilbert Road, CUMMERDALE, CARLISLE.....	(01228) 497515	L, G.R, 7 Co-Operative Terrace, Flimby.....	(01900) 813973
L, J.A, 11 Hunter Rise, Beckermest.....	(01946) 841511	L, G, Pennine View Rowelstown, CARLISLE.....	(016977) 48422	L, J, 18 Eden Drive, Moresby Parks.....	(01946) 63971
L, J.F, 40 Meadow Way, Maryport.....	(01900) 817333	L, G.B, Moorend Burnhill.....	(01228) 675296	L, J, 27A King Street, Aspatria, WIGTON.....	(016973) 21547
L, K, 20 Bankend View, Biggill.....	(01946) 811327	L, G.C, Auchuenrae Salkeld Road, Langwathby.....	(01768) 881292	L, K, Oak Lodge Johnby.....	(017684) 83315
L, K, 10 Farbrook Road, Carlisle.....	(01228) 528361	L, H, Bridge End Cottage Croglin.....	(01768) 896597	L, L, Petteril Cottage Blencow.....	(017684) 83814
L, N, 21 Leathwaite, Whitehaven.....	(01946) 693753	L, Mr Howard, 2 Greystoke Road, Penrith.....	(01768) 899109	L, M, 18 Newlands Park, Dearham.....	(01900) 814688
L, P, 63 Rutland Avenue, Whitehaven.....	(01946) 62271	L, I, Ivy Cottage Kirkbride.....	(016973) 51895	LOCKHART SMITH, Admiral P, STONEGARTHSDALE HALL Penton.....	(01387) 733633
L, Robin, 7 Brownfield, Glenridding.....	(017684) 82591	L, I, Dalecrest Laversdale.....	(01228) 573029	LOCKHEART, Laura, 56 South Road, Kirkby Stephen.....	(017683) 71641
L, R, 127 Glaramara Drive, Carlisle.....	(01228) 529454	L, I, Wellsdale Barn Skelton.....	(017684) 84202	LOCKLEY, P, Barnscar Rueberry Drive, Seascale.....	(019467) 28624
S, Hazel Holme Farm Cleator.....	(01946) 811913	L, I, 38 Bannisdale Way, Carlisle.....	(01228) 497980	LOCKNEY, L, 72 Thirlmere Avenue, Workington.....	(01900) 61669
L, T, 7 High Street, Morland.....	(01931) 714454	L, J, Carona Great Strickland.....	(01931) 712276	LOCKWOOD, Mrs A, Mrs 41 Millfield Gardens, Keswick.....	(017687) 44983
L, V, Pennine Croft Wigton Road, Wigton.....	(016973) 31216	L, J, Brant Hill Ireby.....	(016973) 71616	L, D, Yew Tree House Crosby Garrett.....	(017683) 72409
LIGHTOWLER, Mr S, Naddle House Eleventrees, Keswick.....	(017687) 73932	L, J, 1 Byron Cottages Greenhead.....	(016977) 47694	L, D, Yew Tree House Crosby Garrett.....	(017683) 72623
LITTLE, P, The Mews The Green Wetheral, Carlisle.....	(01228) 561043	L, J, 17 Carlisle Road, Dalston.....	(01228) 710286	L, P, Seahaven Brewery Brow, Parton.....	(01946) 692866
ULLICO, Mr A, Mr 143 Harrington Road, Workington.....	(01900) 269649	L, J, 48 Croft Road, Carlisle.....	(01228) 539388	LODGE, D, Platts Sandford.....	(017683) 53784
L, K, 40 Westfield Drive, WORKINGTON.....	(01900) 871977	L, J, 505 Durdar Road, Carlisle.....	(01228) 510685	LOFTAS, D, 14 Eden Meadows, Temple Sowerby.....	(017683) 62926
ULLIERAY, T, The Barn Asby Lane, Asby.....	(01946) 861474	L, J, 9 Glebe Close, Appleby-In-Westmorland.....	(017683) 52329	LOFTHOUSE, A, 163 Balmoral Road, Whitehaven.....	(01946) 62098
ULLY, Mrs Janet, 3 High Street, Whitehaven.....	(019467) 48538	L, J, Holme View Great Corby, Wetheral.....	(01228) 560809	L, D, 10 The Parklands, Penrith.....	(01768) 865124
ULMB, M, Fellbottom Mosedale.....	(017687) 79805	L, J, 29 Malliclose Drive, Carlisle.....	(01228) 544218	L, G, 177 Meadow Road, WHITEHAVEN.....	(01946) 694956
UMER, S, 33 Newlands Park, Workington Cumbria.....	(01900) 604200	L, J, 2 Mardale, Wigton.....	(016973) 43408	L, J, 104 Bransley Road, Whitehaven.....	(01946) 62898
UMON, P, 5 Thorry Road, Thornhill.....	(01946) 821083	L, J, 13 Osprey Close, Carlisle.....	(01228) 317528	L, Mrs Vera, 118 Green Lane, Carlisle.....	(01228) 520402
LIN, M, 14 Santon Way, Seascale.....	(01946) 768632	L, J, 7 Sinclair Court, Carlisle.....	(01228) 594455	L, W, 39 Muncaster Road, Whitehaven.....	(01946) 61341
L, Mr Z, 48 Thomson Street, Carlisle.....	(01228) 590654	L, J, 10 Teasdale Road, Carlisle.....	(01228) 543281	LOFTIE, R, Bowerbank Pooley Bridge.....	(017684) 86304
UNAKER, C.E.D, Moor Cottage Scaleby.....	(01228) 675118	L, J, 247 Wigton Road, Carlisle.....	(01228) 541273	LOFTUS, P, 2 Holme Lea Beckfoot.....	(016973) 31135
LINCOLN, P, High Dryburn Garrigill.....	(01434) 382509	L, J.A, 21 Crakegarth, Dalston.....	(01228) 710938	LOGAN, A, 21 Kirkland Fold, Wigton.....	(016973) 49704
LIND, J, 2 Mariners Way, Whitehaven Cumbria.....	(01946) 63727	L, J.C, Edenholme Grinsdale.....	(01228) 534468	L, C, 39 King Street, Wigton.....	(016977) 507143
LINDA HUGHES, L.H, 20 High Rigg, Cockermouth.....	(01900) 269487	L, J.M, 84 Oaklands Drive, Carlisle.....	(01228) 534558	L, C, 40 Northwood Crescent, Carlisle.....	(01228) 524590
LINDEN, A, 20 Fell Close, Aspatria.....	(016973) 21508	L, J.M, 35 Townhead Road, Cotehill.....	(01228) 560071	L, G, 18 Southey Avenue, Egremont.....	(01946) 822097
L, E, The Windmill Seaville Silloth.....	(016973) 31588	L, J.R, 9 Springs Road, Keswick.....	(017687) 74454	L, Mrs Kathleen, 11 Uldale View, Egremont.....	(01946) 822291
L, W, 7 The Beeches, Great Corby, CARLISLE.....	(01228) 561783	L, K, 33 Albert Street, Carlisle.....	(01228) 792390	L, S, 72 Scotland Road, Carlisle.....	(01228) 521486
LINDLEY, D, 39 Mountain View, Cockermouth.....	(01900) 824949	L, K, 5 Cumberland Way, Clifton.....	(01768) 210640	LOGUE, C, 8 Roods Drive, Kirkoswald.....	(01768) 898495
LINDSAY, A, Rakegate Hethersgill.....	(01228) 768986	L, Miss Kayleigh, 17 Holden Road, Salterbeck.....	(01946) 425302	L, J.E, 5 Buchanan Terrace, Ellenborough.....	(01900) 816207
L, A, 43 Margarets Way, Appleby-In-Westmorland.....	(017683) 53584	L, K, Loaning Cottage Jollybeard Lane, Alston.....	(01434) 312352	L, K, 8 Kittiwaik Close, Carlisle.....	(01228) 522952
L, G, 3 Crooklands View, Clifton.....	(01768) 892270	L, K, North Greenhill Rowelstown, Carlisle.....	(016977) 48236	LOMAS, C, 10 Vallum Gardens, Carlisle.....	(01228) 598281
L, J, 20 Edmond Castle Corby Hill.....	(01228) 670441	L, Lyn, Park Nook Bewcastle.....	(016977) 48608	L, D, 23 Deer Park, Wigton.....	(016973) 43862
L, J, 4 Whinnie House Park, Carlisle.....	(01228) 317907	L, L, 8-10 Graham Street, Carlisle.....	(01228) 536932	L, D, 14 Fleming Square, Maryport.....	(01900) 379907
L, M, DERWENT HOUSE Broughton Cross.....	(01900) 825475	L, Miss Lisa, 53 Madam Banks Road, Carlisle.....	(01228) 930471	L, E, 33 Clementina Terrace, Carlisle.....	(01228) 493702
L, Mr M, 5 Calder Crescent, Cleator Moor.....	(01946) 814960	L, L, 11 Pica Cottages, Pica, Workington.....	(01946) 832052	L, J, 1 Ellerslie Park, Gosforth.....	(019467) 25475
L, M, 24 Maybrough Avenue, Penrith.....	(01768) 865830	L, L, 15 Thanet Terrace, Appleby-In-Westmorland.....	(017683) 52376	L, James, 58 Highmoor, Wigton.....	(016973) 44093
L, T, 25 Foxhous Road, Whitehaven.....	(01946) 63555	L, M, TOWN HEAD FARM Dean.....	(01946) 861525	L, L, 2 Nightingale Court, Carlisle.....	(01228) 498398
LINES, K, Larch Cottage Thackthwaite.....	(017684) 86048	L, Myra, Churchview Seberham.....	(016974) 76758	L, R, 11 Links Crescent, Seascale.....	(019467) 28417
LINFORD, C, 47 Hunters Drive, Seaton.....	(01900) 603090	L, M, 4 High Lowca, Lowca.....	(01946) 63242	L, R, 56 Pennine Way, PENRITH.....	(01768) 863071
L, J, Pennine Vw Newby.....	(01931) 714604	L, M, 29 Kelvin Grove, Carlisle.....	(01228) 529650	L, T, 1 Pear Tree Way, Penrith.....	(01768) 863935
L, R, 4 Willow Park Banks Lane, Carlisle.....	(01228) 597164	L, M, 54 Moor Park Avenue, Carlisle.....	(01228) 547121	L, T, HASTINGS West Road, Wigton.....	(016973) 43648
L, Sean, 6 Church Close, Distington.....	(01946) 833933	L, M, 1 The Garth, Crosby On Eden.....	(01228) 573821	LOMAX, B, Ashbridge House Sunnyside, Seaton, Workington.....	(01900) 64962
L, T, 47 Sack Close, Carlisle.....	(01228) 594120	L, M, 13 Valley Park, Whitehaven.....	(01946) 66685	L, D, 1 California Terrace, Bothel, Wigton.....	(016973) 21277
LING, P, The Stackyard Brampton.....	(016977) 485495	L, P, The Croft Roadhead.....	(016977) 485495	L, D, Glendale The Long House Skinburness, Wigton.....	(016973) 31977
LINGARD, S, 3 Coal Fell, Hallbankgate.....	(016977) 46080	L, P, GATESIDE Chestnut Hill, Keswick.....	(017687) 73142	L, S, 9 James Park Homes, Egremont.....	(01946) 821332
LINGHAM, D, 25 Hallensna Road, Seascale.....	(019467) 27240	L, P, 8 Gilmour Street, MARYPORT.....	(01900) 815228	LONG, A, 1 Post Office Row Low Hesketh.....	(016974) 73542
LINNANE, K, 15 Freshfield Court, Carlisle.....	(01228) 409440	L, Mr Peter, 28 Waters Meet, Warwick Bridge, Carlisle.....	(01228) 562957	L, A, 26 Catherine Street, Maryport.....	(01900) 814482
LINSLEY, Dr A, The Barn Castle Carrock.....	(01228) 670041	L, P, Ballymena West Road, Wigton.....	(016973) 44129	L, Barbara, 50 Sarsfield Road, Workington.....	(01900) 67078
LINSOOT, S, 4 Egremont Road, Whitehaven.....	(01946) 443396	L, R, 21 Burton High Close, Whitehaven.....	(01946) 359393	L, D, 5 Montreal Place, MOOR ROW.....	(01946) 813889
LINSTEAD, M, Castle Garth Flatt Walks, Whitehaven.....	(01946) 695505	L, R, Conkers Chestnut Grove, Kirkbride.....	(016973) 51086	L, D, 14 Thornthrees Drive, Thornhill.....	(01946) 820099
LINTON, G, 9 Knowe Road, CARLISLE.....	(01228) 401367	L, R, 2 Custy Steps, Great Orton.....	(01228) 710948	L, E, 13 Dent View, Egremont.....	(01946) 820013
L, W.J, 11 Sanderson Close, Carlisle.....	(01228) 335837	L, R, 9 Ladies Walk Brereton, Workington.....	(01900) 336229	L, E, 19 Mossrigg, Carlisle.....	(01228) 533439
LISHAM, V, 97 Ling Beck Park, Seaton.....	(01900) 603551	L, R.J, 23 Arnsdale Road, Carlisle.....	(01228) 522820	L, G, 1 Marsh House Gardens Burgh By Sands.....	(01228) 576909
LISHMAN, P, 15 High Brigham, Brigham.....	(01900) 826866	L, R.W, 2 Guardhouse Abbeytown.....	(016973) 61337	L, H, 2 Mattinson Croft, Great Salkeld.....	(01768) 898506
LISLE, J, GARRIGILL BANK Melmerby.....	(01768) 881744	L, S, SKITBY FARM Kirkintown.....	(01228) 675943	L, H, 23 Springfields, Wigton.....	(016973) 49840
LISTER, Anthony, 50 Market Hill, Wigton.....	(016973) 49920	L, Stephen, Brooklyn Rockcliffe.....	(01228) 674380	L, Jamie, 73 Row Brow Park, Dearham.....	(01900) 810118
L, C, 31 Newfield Park, Carlisle.....	(01228) 545447	L, Miss Sarah, Cullenlea Carlisle Road, Longtown, Carlisle.....	(01228) 791473	L, J, 13 Wyndham Way, Egremont.....	(01946) 820357
L, E, Cockley Gill Farm Lamplugh.....	(01946) 861423	L, S, Flat 17 Higginson Mill Denton Mill Close, CARLISLE.....	(01228) 819246	L, Mr 10 Central Avenue, Egremont.....	(01946) 823598
L, H, Metheral Irton.....	(019467) 24048	L, S, 35 Eden Grange, Carlisle.....	(01228) 560844	L, N, 20 Anchor Close, Penrith.....	(01768) 865388
L, J, Moorhill Farm Aspatria.....	(016973) 23253	L, S, 69 High Street, Maryport.....	(01900) 267056	L, P, The Manse 7 Brunswick Terrace, PENRITH.....	(01768) 863598
L, J, Birchwood Loop Road, Distington.....	(01946) 831706	L, S, 8 Lea Side, Halton-Lea Gate.....	(016977) 46553	L, R, 21 Brackenridge, Armthwaite.....	(016974) 72496
L, J, 5 Rose Garth, Cockermouth.....	(01900) 828939	L, S, Park View Linden Gate, Baldwinholme.....	(01228) 710363	L, R, 118 Victoria Road, Whitehaven.....	(01946) 63878
L, J.W, Fox Ho Fm Broughton Moor.....	(01900) 812213	L, T, 14 Ellenborough Place, Maryport.....	(01900) 814608	L, S, Westhaven Carlisle Road, Brampton.....	(016977) 2283
L, K, 14 Greenrow Meadows, Silloth.....	(016973) 32530	L, T, 66 Fell View Drive, Egremont.....	(01946) 823649	L, S, 6 Carlisle Road, Brampton.....	(016977) 41194
L, K, Leacrest Keys Brow, High Harrington.....	(01946) 832978	L, T, 128 Kingstown Road, Carlisle.....	(01228) 530461	L, S, 4 Jubilee Road, Carlisle.....	(01228) 558808
L, M, 2 Longthwaite Grove, Wigton.....	(016973) 45417	L, T, 13 Little Corby Road,.....	(01228) 561565	L, S, 81 Sandbeck Way, Cockermouth.....	(01900) 827803
L, M, 51 Whitestiles, High Seaton.....	(01900) 65159	CORBY.....	(01228) 561565	L, T, The Ridge Frizington Road, Cleator Moor.....	(01946) 815467
L, P, 9 Mandale Terrace, Maryport.....	(01900) 819684	L, T, 12 Tarn Street, Workington.....	(01900) 604041	LONGCAKE, A, 25 Beacon Close, Aspatria.....	(016973) 21067
L, P, TOM RUDD HOUSE Tweed Mill Lane, Cockermouth.....	(01900) 825219	L, M, Winsfred, 40 Carleton Drive, Penrith.....	(01768) 865688	L, J, 144 Greystone Road, Carlisle.....	(01228) 546148
L, R, Aikbank Farm Irton.....	(019467) 24214	L, W, 27 Springfields, Wigton.....	(016973) 42680	L, Mr John, 5, Threave Court Riverside Way, Carlisle.....	(01228) 317623
L, R, 9 Friars Fields, Appleby-In-Westmorland.....	(017683) 51942	L, W.G, 3 Tynefield Drive, Penrith.....	(01768) 863005	L, Marion, 8 James Park Homes, Egremont.....	(01946) 328142
L, S, 64 Crosby Street, MARYPORT.....	(01900) 814298	L, W & M, 25 Clifford Road, Penrith.....	(01768) 864219	LONGDON, A, 30 Grant Drive, Whitehaven.....	(01946) 62215
L, W.D, 5 Briar Rigg, Keswick.....	(017687) 73058	LITTLEFAIR, A, Rancroft Christian Head, Kirkby Stephen.....	(017683) 71064	LONGFORD, H, 5 Newfield Park, Carlisle.....	(01228) 402714
LISTON, A, Leagarth Barn Appleby-In-Westmorland, Appleby-In-Westmorland.....	(017683) 51392	L, A, 9 The Meadows, Carlisle.....	(016974) 73998	L, P, 2 Blackburn Drive, Carlisle.....	(01228) 498353
LITHGOW, G, 12 Seacroft Drive, St. Bees.....	(01946) 820041	L, E, 11 Summergrove Park, Hensingham.....	(01946) 811400	LONGHURST, A.M, Littlegarth Barn Town End Fm, Gambleesby.....	(01768) 881089
L, I, 56 Stonegarth, Carlisle.....	(01228) 537007	LITTLE, I.T, 23 Elizabeth Crescent, Whitehaven.....	(01946) 66209	LONGLEY, J.T, 1 Melbeck, Braithwaite.....	(017687) 78512
L, I, 58 Bow Fell Road, Whitehaven.....	(01946) 65978	L, Mrs Janet, 2 The Orchard, Carlisle.....	(01228) 409634	LONGMAN, R, Croft Netherdown Road, St. Bees.....	(01946) 823785
L, I, 5 Wythburn Road, Whitehaven.....	(01946) 66018	LITTLETON, J. & M, The Pleasance Skinburness Road, Silloth.....	(016973) 31450	LONGMIRE, J, The Warren Yarrowth.....	(01768) 210851
L, M, 11 Common Side, Workington.....	(01946) 831805	L, T, 26 Castle Street, Carlisle.....	(01228) 526305	LONGRIDGE, V, 65 Gosforth Road, Seascale.....	(019467) 28758
L, S.G, 52 The Crest, Whitehaven.....	(01946) 67583	LITTLEWOOD, C, 17 Howgill Close, Bolton Low Houses.....	(016973) 42323	LONGRIDGE, B, 128 Holmrook Road, Carlisle.....	(01228) 539448
LITKE, A, Mobile, 23 Garden Street, Carlisle.....	(07940) 512341	L, E.S, Riggsdale Blencarn, Culgaith.....	(01768) 88205	L, G, Spring Cottages Heights.....	(017683) 53874
LITT, A, 1 Abbotsway, Abbeytown.....	(016973) 61710	LIU, W, 238 Wigton Road, Carlisle.....	(01228) 521152	L, J, LINDEN HOUSE Hilton.....	(017683) 51567
L, A, 15 Solway Street, Silloth.....	(016973) 32041	LIVERICK, J.M, 6 Hillersdon Terrace, Nenthead.....	(01434) 381839	L, Mr Robert A, 1, Breaks Hall Nost, Heights.....	(017683) 51759
L, A.T, 8 Wythburn Road, Whitehaven.....	(01946) 62923	LIVSEY, Mr Albert, Fawcett House High Brigham, Brigham.....	(01900) 268768	L, S, 2 Breaks Hall Heights.....	(017683) 51976
L, D, 62 Friars Garth, Abbeytown.....	(016973) 61175	LIVINGSTON, V, 42 Gavel Street, Maryport.....	(01900) 816868	LONGSHAW, Mr Kristine, 82 Kirkgate, Cockermouth.....	(01900) 392763
L, D, 49 Mitchell Avenue, Northside, Workington.....	(01900) 61310	LIVINGSTONE, Mr Donald, Far Hills Plains Road, Carlisle.....	(01228) 560518	LONGSTAFF, J, 65 Greenacres, Wetheral.....	(01228) 562299
L, Ian, 4 Camp Road, Maryport.....	(01900) 813622	L, I, 33 New Road, Dalston.....	(01228) 710049	L, M, Bryn Y Mor Langwathby.....	(01768) 881281
LITTLE, A, Bank End Mill Hesketh Newmarket.....	(016974) 78398	L, L, 6 High Buildings, Warwick Bridge.....	(01228) 562997	L, M, Ascot House Merton.....	(017683) 53562
L, A, GRAIN COTTAGE Hethersgill.....	(01228) 765545	L, L, 24 Laybourn Court, Workington.....	(01900) 336437	LONGWORTH, A, 7 Monterey House California Road, Carlisle.....	(01228) 550300
L, A, Ordnance Cottage Rockcliffe.....	(01228) 674520	L, M, 15 Dale End Road, Carlisle.....	(01228) 515228	L, T, Yew Tree Farm House Greenholme.....	(015396) 24900
L, Miss Ann, 31 Banklands, Workington.....	(01900) 603276	L, M, 68 Lawson Street, Maryport.....	(01900) 815371	LONGORGAN, W, 63 Fell View Park, Gosforth.....	(019467) 25169
L, A, Iris House Graham Street, Longtown.....	(01228) 791570	L, R, Overend House Overend Road, Greysouthen.....	(01900) 822493	LOOKER, Fay, Old Rectory Kirkby Thore.....	(01946) 443415
L, A, 58 Lingcloses Road, Dalston.....	(01228) 711164	LUSEY, Mr A, 60 Croftfield Road, Seaton, Cumbria.....	(01900) 268458	LOONEY, S, 38 Main Street, Frizington.....	(01228) 318733
L, A, 1 Oval Court, Carlisle.....	(01228) 550599	LLOYD, A, 102 Tarnside, Braystones.....	(01946) 841950	LOPEZ, J, 53 Lowry Hill Road, Carlisle.....	(017687) 78728
L, A, 2 Sarsfield Road, WORKINGTON.....	(01900) 386935	L, B, 3 Petteril Terrace, Plumpton.....	(01768) 894134	LORAINS, T, The Newland Newlands.....	(01228) 561003
L, A.J, 30 Woodlands, Great Corby.....	(01228) 561617	L, C, Rookery Nook Johnby.....	(017684) 83699	LORD, Dr C, The Courtyard Broadwath.....	(01434) 381160
L, B, 32 Loop Road South, Whitehaven.....	(01946) 528411	L, D, 13 Red Bank Square, Carlisle.....	(01228) 810171	L, E, The Bog Slaggyford.....	(01900) 826274
L, B.R, Sunnymead Garth Heads Road, Appleby-In-Westmorland.....	(017683) 52344	L, J, 25 Fell View Park, Gosforth.....	(019467) 25849	L, Helen M, 6 Fletcher Street, Cockermouth.....	(017687) 72146
L, C, Embleton Road, Carlisle.....	(01228) 539127	L, J, 5 Marion Close, Carlisle.....	(01228) 615078	L, L, 1 Manor Cottages Manor Brow, Keswick.....	(01228) 520923
L, C, 41 Levens Drive, Carlisle.....	(01228) 5				

LOWDEN, H, Granview Waverton.....	(016973) 43389	LYTH, T, Snowfalls Nest Roadhead.....	(016977) 48530	M, R, 58 Causeway Road, Seaton.....	(01900) 66801
L, P, 5 James Park Homes, Egremont.....	(019467) 48075	LYTOLLS, J, 9 Blenkinsopp Terrace, Greenhead.....	(016977) 47115	MCCLURRY, B, 53 High Road, Whitehaven.....	(01946) 693929
LOWDON, D, 6 Pattinson Close, Penrith.....	(01931) 712158	L, O, Four Ways Buckbank.....	(01228) 712801	MCCLUSKEY, K, 24 Waters Edge Close, Whitehaven.....	(01946) 395900
L, Mr R, Mr 52 Levens Drive, Carlisle.....	(01228) 493029	M CHARLTON, J, The Lodge Newbiggin.....	(017683) 62875	M, L, 12 Sandy Lanning, MARYPORT.....	(01900) 810163
LOWE, C, 68 Cant Crescent, Carlisle.....	(01228) 498626	MABHENA, N, 6 Linton Street, Carlisle.....	(01228) 495843	M, M, 23 Cammock Crescent, Carlisle.....	(01228) 531698
L, Mr David, 72 The Parklands, Cockermouth.....	(01900) 828908	"MAC".....		M, M, 78 Millriggs, Corby Hill.....	(01228) 562139
L, J, Sherwood Distington.....	(01946) 62242	m, Mc & Mac are to be treated as "Mac" & the next letter in the name		MCCOMBE, B, 108 Victoria Road, Workington.....	(01900) 62778
L, J, 20 Keld Close, Stainton.....	(01768) 863391	determines position of the entry. Similarly, with names such as "Mace" &		MCCOMBIE, W, 36 Macadam Gardens, Penrith.....	(01768) 892649
L, M, 97 High Street, Kirby Stephen.....	(017683) 71446	"Mack" the fourth letter determines their position.		MCCOMICK, K, 58 Senadon Street, Maryport.....	(01900) 626970
L, Mr 16 Clifford Close, Penrith.....	(017684) 28692	MC COURT, B, 55 Richmond Hill Road, WHITEHAVEN.....	(01946) 430141	MCCONKEY, F.W, Shell Cottage Blindcrake.....	(01900) 826469
L, Mrs 5 Baird Road, Carlisle.....	(01228) 586642	MC CRACKEN, L, 11 Brindfield, Wigton.....	(016973) 44075	M, Simon, Flat 13 Oxford Street, Workington.....	(01900) 830688
L, N, Roella Longtown.....	(01461) 337313	MC GOUGH, Mr Woodlands Rheda Park, Frizington.....	(01946) 815685	MCCONNACHIE, C, Memory Cottage Kings Arms Lane, Alston.....	(01434) 381472
L, S, 103 Lowry Hill Road, Carlisle.....	(01228) 539613	MCADAM, J.E, 15 Eden Mount, Penrith.....	(01768) 865473	MCCONNELL, A, Crosthwaite Grange Vicarage Hill, Keswick.....	(017687) 73816
LOWERY, A, Newton Manor Lodge Gosforth.....	(019467) 25705	M, M, 20 Coleridge Court, Keswick.....	(017687) 90094	M, D, 30 Eskin Street, Keswick.....	(017687) 73250
L, 18 Rowanree Clo, Whitehaven.....	(01946) 693077	MCALAE, T, 4 Apple Tree Gardens, Carleton, Penrith.....	(017684) 28865	M, D.C, 6 Loop Road North, Whitehaven.....	(01946) 695455
L, I, LEAFIELD House Dearham Bridge Road, Crosby.....	(01900) 814936	MCALAEVEY, P, 67A Cumberland Street, Workington.....	(01900) 66277	M, I, 3 Peregrine Close, Moresby Parks.....	(01946) 591622
L, M, MARHILL Main Street, Brough.....	(017683) 41083	MCALAEVEY, J, 6 Crossings Close, Cleator Moor.....	(01946) 814783	MCCONVEY, A, 116 Monkway Brow, Whitehaven.....	(01946) 430558
LOWES, A.J, Autum Bank Long Marton.....	(017683) 62301	MCALEECE, A, Augill Caravan Park Brough.....	(017683) 42826	MCCOOL, T, Cross Mount Ennerdale Road, Cleator Moor.....	(01946) 814913
L, C, 25 Barco Avenue, Penrith.....	(01768) 606817	MCALFEE, M, 54 Beaumont Road, Carlisle.....	(01228) 525215	MCCORMACK, S, 135 Main Street, Frizington.....	(01946) 813283
L, E, Simonscales Mill Simonscales Lane, Cockermouth.....	(01900) 822594	MCALFEESE, I, THE THIMBLES Irthington.....	(016977) 41353	MCCORMICK, A, 39 Holly Bank, Whitehaven.....	(01946) 66043
L, J, 45 Henry Street, Cockermouth.....	(01900) 824682	MCALINDON, P.M, 190 Lowry Hill Road, Carlisle.....	(01228) 542962	M, B, 15 York Gardens, Carlisle.....	(01228) 818396
L, J.M, 6 Broomfallen Road, Scotby.....	(01228) 513334	MCALLEN, M, 205 Brampton Road, Carlisle.....	(01228) 540505	M, D, 2 The Coach House Ellenside Ireby.....	(016973) 71461
L, M, Sandraise High Hesket.....	(016974) 73247	MCALLISTER, Miss Abbie, 65 Rheda Close, Frizington.....	(01946) 425095	M, M, 53 Langrigg Road, Carlisle.....	(01228) 528952
L, P, Hazel Dene Dumburgh.....	(01228) 575178	M, E, 27 Hillcrest, Northside.....	(01900) 603017	M, Mr Friendship Barn Appleby-In-Westmorland.....	(017683) 53198
L, T, ROMANWAY OLD CARLISLE Wigton.....	(016973) 43117	M, J, 79 Mitchell Avenue, Northside, Workington.....	(01900) 706264	M, P, 6 Snebrow Road, Whitehaven.....	(01946) 65680
LOWIS, Mrs Emily, 6 Doomgate, Appleby-In-Westmorland.....	(017683) 51945	M, K, 168 Skinburness Road, Skinburness.....	(016973) 31384	M, S, 18 Mossrigg, CARLISLE.....	(01228) 543363
L, E.M, 25 Lakeland Park, Keswick.....	(017687) 72822	M, M, 7 Elizabeth Crescent, Whitehaven.....	(01946) 692599	MCCOUBREY, W, 12 Ennerdale Avenue, Workington.....	(01900) 602185
L, I.B, 13 Lodore Drive, Carlisle.....	(01228) 535353	M, M, 7 Westgarth Avenue, Kirby Stephen.....	(017683) 71041	MCCOURT, A.G, Laredo Station Road, Aspatria.....	(016973) 21433
L, J, 3 Church Street, Tebay, PENRITH.....	(015396) 24248	M, P.T, 19 Cromwell Crescent, High Harrington.....	(01946) 831203	M, B, 39 Newlands Park, Dearham, Cumbria.....	(01900) 813633
L, M, Waterfoot Farm Souby.....	(017684) 86498	M, W, Flat 2 Red Gables Chatsworth Square, Carlisle.....	(01228) 511974	M, H, 6 Fifth View, Parton.....	(01946) 63759
L, S, 5 Whinell Terrace, Tebay.....	(015396) 24501	MCANDREW, I, South Winds Outrigger Close, St. Bees.....	(01946) 822366	M, M, 35 Whinlatter Road, Whitehaven.....	(01946) 692746
LOWLES, A, 66 High Brigham, Brigham.....	(01900) 822079	M, Mrs 13 Eterley Lea Crescent, Carlisle.....	(01228) 401087	M, Mrs Valerie, 22 Walkmill Gardens, Red Lanning.....	(01946) 67881
LOWREY, J, 8 The Hollies, Egremont.....	(01946) 823120	MCANENEY, P, 14 Park View Lane, Alston.....	(01434) 382951	MCCOY, C, 23 Cumberland Way, Clifton, Penrith.....	(017687) 44217
L, 24 Vicarage Hill, Frizington.....	(01946) 440888	MCANISH, E, 47 Skiddaw Road, Carlisle.....	(01228) 525171	MCCRACKEN, A.W, 21 Mount Pleasant Gardens, Wigton.....	(016973) 43359
L, R, The Nest Egremont.....	(01946) 447547	M, H.D, 49 Skiddaw Road, Carlisle.....	(01228) 536578	M, S, 5 Ellen Villa, Maryport.....	(01900) 813232
L, T.W, 45 The Crofts, St. Bees.....	(01946) 822734	MCATEAR, A, 58 Penny Hill Park, Penrith.....	(01768) 863567	M, W, 27 Brunton Avenue, Carlisle.....	(01228) 597269
L, Valda, Flat 1 Whitehaven Castle Flatt Walks, Whitehaven.....	(01946) 695534	MCATEER, J.B, 6 Shakespeare Avenue, Egremont.....	(01946) 820998	MCCRAE, J, 7 Hallbeck Place, Gosforth.....	(019467) 25818
LOWRIE, A, Raylton House Greenhead.....	(016977) 47680	MACAULAY, N, 6 Bewcastle Close, Carlisle.....	(01228) 544752	MCCREADIE, R, 10 Matty Lanning, Thurstby.....	(01228) 710168
LOWRY, H, 1 Chapel House Caravan Park Talkin.....	(01228) 670619	MACAULEY, M, 40 The Green, Houghton, Carlisle.....	(01228) 739036	M, S, 31 Alders Edge, Carlisle.....	(01228) 492744
L, 30 Houghton Road, Carlisle.....	(01228) 527230	M, P, 39 Ullswater Road, Carlisle.....	(01228) 543561	MCCREADY, Mark, 34 Lowry Gardens, Carlisle.....	(01228) 510854
LOWTH, Ricard, High Side House Bassenthwaite.....	(017687) 76201	M, S, 23 Cavaghans Gardens, Carlisle.....	(01228) 527795	MACCREEDY, D, 36 Chaucer Road, Workington.....	(01900) 61498
LOWTHER, A, Charnwood Garth Heads Road.....	(017683) 70233	MACAULIFFE, E, Green Farm Cottage Green Farm Cottage.....	(017687) 90325	MCCREEDY, D, 14 Lampost Street, Workington.....	(01900) 63045
Appleby-In-Westmorland.....	(01931) 712348	Keswick.....	(01900) 268589	MCCRICKARD, K, 18 Beech Avenue, Egremont.....	(01946) 824648
L, C, Ashkam Hall Ashkam.....	(01931) 712843	MCAYOY, K, Moorcroft Moor Road, Great Broughton.....	(016973) 45513	M, M, 6 Central Avenue, EGREMONT.....	(01946) 823784
L, C, School Bank Cottage Ashkam.....	(016973) 45513	M, L, 67 Burnfoot, Wigton.....	(01946) 395685	MCCRICKETT, B, 4 Fellside Flats Ennerdale Road, Cleator Moor.....	(01946) 813268
L, D, 1 Glen Helen Close, Wigton Cumbria.....	(01900) 393198	M, S, 28 Park Drive, Whitehaven.....	(01900) 812167	MCCRINDLE, D, Thompson C Of E School Drigg.....	(019467) 24006
L, G, 39 Lancaster Court Isel Road, Cockermouth.....	(01228) 520794	MACBETH, M, Highfield Birkby.....	(01946) 447130	MCCRINK, M, 20 Griffin Close, Frizington.....	(01946) 812602
L, R, M, 154 Scotland Road, Carlisle.....	(01228) 560579	MCBRIDE, C, 7 Hinnings Road, Distington, Workington.....	(01228) 495957	MCCRONE, J, Beech Croft Igevil.....	(01228) 713637
LOWTHIAN, H, 41 Scattergate Crescent, Appleby-In-Westmorland.....	(017683) 51867	M, H, 7 Hayton Road, Carlisle.....	(01228) 693200	M, J, 67 Low Moorlands, Dalston.....	(016974) 76015
L, J, 2 Cross Grove, Wigton.....	(016973) 26717	M, P, Hall Cottage Kirklington.....	(01946) 693928	M, R, Pasturewood Dalston.....	(01228) 401955
L, S, Saraman Bankfield, Beckermert.....	(01768) 879157	M, S, 26 Woodstock Lane, Whitehaven.....	(019467) 25029	MCCRORY, F, 21 Hopedene, Cleator Moor.....	(01946) 812574
L, S, Lingfield Cotta Culgaith, Culgaith.....	(01228) 520611	MCCBURNIE, M, 38 Denton Park, Gosforth.....	(016977) 3690	MCCUBBING, M, 54 Wansfell Avenue, Carlisle.....	(01228) 539539
L, T, 25 St. Georges Crescent, Carlisle.....	(01768) 881029	M, W.H, 11 Main Road, Seaton.....	(01900) 604838	MCCULLOCH, C, 13 Hagget End Close, Egremont.....	(01946) 451635
L, T.W, Zetlands Gablesby.....	(016974) 78305	MCCADE, C, 22 Windebrow Avenue, Keswick.....	(017687) 73751	M, D, 10 The Crescent, Whitehaven.....	(01946) 65162
LOY, H, GREENWAY Hesket Newmarket.....	(017687) 75569	MCCAFFERTY, D, 13 Leonard Street, Keswick.....	(017687) 72772	M, D.N, Woodstock Oak Bank, Scotby.....	(01900) 605529
LTD, R, Little Dodd Roadfield, Keswick.....	(01900) 828260	M, J, 72 Sycamore Road, Maryport.....	(01900) 814287	M, T, 15 Fountains Avenue, Workington.....	(01946) 832880
LUCAS, Mrs A, 5 The Parklands, Cockermouth.....	(01768) 864978	MCCAFFERY, P, 113 Castlesteads Drive, Carlisle.....	(01228) 535512	MCCULLOCK, J, 17 Hillcrest, Northside.....	(01946) 472783
L, G, 36 Mayburgh Avenue, Penrith.....	(01946) 693864	MCCALL, E, Ivy Cottage Kirkbampton.....	(01228) 576042	M, B, 218 Moss Bay Road, Workington.....	(01900) 606583
L, J, 21 High Street, Whitehaven.....	(01900) 822396	M, L, 102 Durard Road, CARLISLE.....	(01228) 547294	M, E, 96 Greenacres, Wetheral.....	(01228) 560584
L, Miss 62 St. Helens Street, Cockermouth.....	(01768) 866709	M, N, Glebe House Silver Street, Crosby Ravensworth.....	(01228) 515503	M, G, 11 Kiln Green Avenue, Workington.....	(017683) 616556
L, S.E, 27 Willow Clo, Penrith.....	(017683) 52687	M, T, 9 Currock Bank Road, Carlisle.....	(01228) 543938	M, J, Wescoe Penrith.....	(01946) 817520
LUCASBRITT, Alfred, Robin Hill Sandford.....	(01900) 823433	MCCALLA, R, 43 Bassenthwaite Street, Carlisle.....	(01900) 550178	MCCUMISKEY, E, 37 Springfield Road, BIGRIGG, EGREMONT.....	(01946) 816256
LUCHINI, A.P, Casa Nostra Waste Lane, Cockermouth.....	(01900) 829847	MCCALLAM, D, 3 Corporation Road, Workington.....	(01900) 827078	M, M, 16 Martindale Close, Whitehaven.....	(01900) 824860
LUCK, K, 3 Hillcrest, Ousby.....	(01228) 579157	MCCALLUM, D, The Chase Cargo.....	(01946) 832679	MCCURRIE, A, 5 Acorn Bank, Cleator.....	(01946) 451669
LUCLEY, R.J.F, Meadowview Briar Lea Court, Longtown.....	(01228) 524687	M, S, 4 Fletcher Street, Cockermouth.....	(01228) 577480	MCCUTCHEON, A, 15 Caldew Close, Carlisle.....	(01228) 537030
LUCOCK, M, 64 Sunnymead, Carlisle.....	(01768) 881029	MCCAMBRIDGE, M, 2 Walker Brow, Workington.....	(01768) 881237	M, C, Tuddymoor Cottage 7 Seacroft Drive, St Bees.....	(01946) 822823
L, R, 156 Richardson Street, Carlisle.....	(01228) 535377	MCCAMISH, A, Gileston Blackford.....	(01228) 535077	M, D, 7 Low Moor Avenue, Blackwell.....	(01946) 861956
LUDAR-SMITH, Mr G, Mr Yewtree House Quakers Lane, Penrith.....	(01768) 868068	M, B, 1 HIGH MOAT COTTAGES Longtown.....	(01228) 531092	M, R.R, 7 Arlecdon Parks Road, Arlecdon.....	(01946) 812103
LUDDEN, R, 28 Sawfell Crescent, Seascale.....	(01228) 525084	M, W, Manatee Little Salkeld, Penrith.....	(01768) 895378	M, W.G, Sundown Padstow.....	(01228) 560663
LUDWIG, Mr D, Spring Grove 162 Houghton Road, Carlisle.....	(01768) 865743	MCCAMON, B, 65 Richmond Gn, Carlisle.....	(01228) 538221	M, J, 5 Fountains Avenue, Workington.....	(01946) 832880
LUMBY, J, 16 Mayburgh Avenue, Penrith.....	(017683) 72747	M, V, 80 Richmond Green, Carlisle.....	(01228) 535371	MCDAIRMANT, S, Jesmond House Wetheral Pasture.....	(01228) 550663
LUMLEY, R, Ridding House Nately.....	(01900) 604229	MCCANN, A, 36 Crosshill Drive, Carlisle.....	(01228) 535371	MCDERMOTT, T, 12 Whitfell Avenue, CARLISLE.....	(01946) 814315
LUMSDEN, A, 45 Mason Street, Workington.....	(01768) 885206	M, G, 4 Grizedale Close, Cleator Moor.....	(01946) 814065	MCDERMOTTROE, J, 74 Ennerdale Rd, Cleator Moor.....	(01228) 930373
LUMSDEN-BAILEY, M, 18 Grisdale Avenue, Carlisle.....	(01228) 520871	M, J, 50 Bowsdale Close, Carlisle.....	(01228) 401606	MCDIARMID, Miss Caren, 258 Warwick Road, Carlisle.....	(01228) 934121
LUMSDON, P, Greengate Well Farm Greenhead.....	(016977) 47857	M, J, 19 Bridge End Park, Egremont.....	(01946) 823429	MCDILL, H, 43 Reeth Road, Carlisle.....	(01228) 492432
LUND, Mrs Doreen, 31 Barco Avenue, Penrith.....	(01768) 891137	M, W, 24 Blenkinsopp Castle Home Park Greenhead.....	(016977) 47289	MACDONALD, A, Rose Cottage Railway Terrace Yanwath.....	(01768) 862059
L, D, 7 Castle Drive, Penrith.....	(017683) 98093	MCCARRAN, R, Derwent Grange Main Road, Great Clifton, Workington.....	(01900) 605196	M, A, 30 Daure Road, Brampton.....	(016977) 41784
L, H, Honesyuckie Cottage Newtown, Irthington, Carlisle.....	(016977) 41927	MCCARROLL, S, Braeside Hartley.....	(017683) 72451	M, Dr A, 4 Friary Park, Appleby-In-Westmorland.....	(017683) 52707
L, Ms L, Ms 13 The Oval, Carlisle.....	(01228) 593034	MCCARRON, A, 5 Far Moor, Bigrigg.....	(01946) 810837	MCDONALD, A, 129 Queen Street, Whitehaven.....	(01946) 395484
L, M, 14 Mount Pleasant Gardens, Wigton.....	(016973) 45943	M, G, 14 Mark Thompson Close, Cleator Moor.....	(01946) 814384	M, A, 8 Read Drive, Whitehaven.....	(01946) 440250
L, M.E, 8 Ashburn Croft, Greystoke.....	(017684) 83427	M, J, 3 Latrigg Road, Whitehaven.....	(01946) 440685	M, A, Church House The Square, Calderbridge.....	(01946) 841538
L, P, Bridlewood Sand Croft, Penrith.....	(017684) 28312	M, J, 39 Norbeck Park, CLEATOR MOOR.....	(01946) 815658	M, C.J, 4 Main Street, Great Broughton.....	(01900) 823911
LUNN, R, 13A Pattegil Road, PENRITH.....	(01768) 606695	M, S, 48 Monkway Brow, WHITEHAVEN.....	(01946) 430384	M, D, The Bower Linstock.....	(01228) 510692
L, S, The Rectory Long Marton.....	(017683) 61269	M, W, Ellergrove Arlecdon Parks Road, Arlecdon.....	(01946) 861804	MACDONALD, D, Grange Cottage Little Broughton.....	(01900) 825303
L, S, 11 Margery Street, Carlisle.....	(01228) 401673	M, W, Caprice Trumpet Terrace, Cleator.....	(01946) 810763	MCDONALD, D, 34 Ridgemoor Road, Carlisle.....	(01228) 739129
LUNNEY, J, Temple Bank Prospect.....	(016973) 20536	M, W, Jernise Terrace, Carlisle.....	(01434) 381543	M, D, 16 Suncals Avenue, Cockermouth.....	(01900) 828845
LUSBY, C, 9 Poplar Place, Penrith.....	(01768) 866224	MCCARRY, Mrs, Heather Lea Garrigill.....	(01946) 592334	M, D, 15 Vicarage Lane, Cockermouth.....	(01900) 824285
L, D.R, 4 Lowther Court Lark Lane, Penrith.....	(01768) 862383	M, J, High Seas Harbour View, Whitehaven.....	(01946) 812212	M, E.M, 3 Ennerdale Avenue, Workington.....	(01900) 65340
L, J, High Meadow Farm Long Marton.....	(017683) 62888	MCCARTEN, A, 8 Calder Crescent, Cleator Moor.....	(01946) 691371	M, J, Eden Cottage Group Head Rockcliffe.....	(01228) 674816
L, R, 34 Graham Street, Penrith.....	(01768) 866024	M, L, 4 Garden Villas Main Street, Hensingham.....	(01946) 691371	M, J, 79 Eternwater Avenue, Workington.....	(01900) 605917
LYE, D, 23 West Street, Wigton.....	(016973) 42824	M, M, 73 Balmoral Road, Whitehaven.....	(01946) 64576	M, J, 4 Greenmoor Road, Egremont.....	(01946) 451973
LYMER, P, 3 Esk Street, Silloth.....	(016973) 31792	M, T, 20 Yearl Rise, Seaton, Workington.....	(01900) 67500	M, J, 38 Monkway Court, Whitehaven.....	(01946) 695484
LYMPANY, Adam, 6 Mother Croft, Morland.....	(01931) 714312	MCCARTHY, A, 8 Foster Street, Penrith.....	(01768) 866594	MACDONALD, J, 21 The Crescent, Penrith.....	(01768) 606866
LYNAM, S.M, 19 Bowman Street, Carlisle.....	(01228) 513920	M, L, 127A Denton Street, Carlisle.....	(01228) 595063	MCDONALD, K, 31 Arlecdon Parks Road, Arlecdon.....	(01946) 861629
LYNAS, M, 463A London Road, Carlisle.....	(01228) 525810	M, M, 2, 4 Crossdale Avenue, Whitehaven.....	(01946) 67175	M, Mrs Linda, 4 Lower Church Street, Maryport.....	(01900) 817918
L, M, 59 Oaklands Drive, Carlisle.....	(01228) 592162	M, S, 44 Burnfoot, Wigton.....	(016973) 45295	M, L, 4 Stanbeck Meadows, Workington.....	(01900) 873271
L, M, 43 Upperby Road Carlisle, Carlisle.....	(01228) 530378	M, W, The Old Manse Blennerhasset.....	(016973) 22932	M, L, 94 Thomson St, Carlisle.....	(01228) 549766
LYNCH, A, 1 Lime Tree Grove, Wigton.....	(016974) 51839	MCCARTNEY, Alistair, 49 Arnsdale Road, Carlisle.....	(019467) 29758	M, M, 34 Hurley Road, Little Corby, CARLISLE.....	(01228) 560837
L, G, 23 Seadown Drive, High Harrington.....	(01946) 834629	M, B, Bankhead The Banks, Seascale.....	(016977) 388658	M, P, 11 Limetree Crescent, Cockermouth.....	(01900) 823084
L, M, Oak Dene Calder Avenue, Whitehaven.....	(01946) 63769	M, K, 51 The Crofts, Wigton.....	(01946) 61008	MACDONALD, P, 1A Westgarth Gate, Kirby Stephen.....	(017683) 32185
L, M, Apartment 3 Lancaster Court Isel Road, Cockermouth.....	(01900) 878375	M, M, 1 George Street, Whitehaven.....	(01946) 61180	M, S, Toll Barn Fenton.....	(01228) 670585
L, S, 12 Burton High Clo, Harras Moor.....	(01946) 61540	M, M, 14 Scotscoft, Little Clifton, Workington.....	(01946) 820136	MCDONALD, S, The Old Brush Factory Troutbeck.....	(017684) 83668
L, T.A, 127 Mill Hill, Cleator Moor.....	(01946) 812050	M, S, 66 Beckgreen, Egremont.....	(01946) 821454	MACDONALD, S, 94 Knoch Park Avenue, Carlisle.....	(01228) 532577
LYNE, S, 1 Crooklands, Workington.....	(01946) 395042	M, S, The Old Orchard Row Brow, Dearham.....	(01228) 548534	MCDONALD, Miss Tracey, 12 Eller Bank, Workington.....	(01946) 328777
L, S, 13 Wordsworth Terrace, Cockermouth.....	(01228) 495958	MCCARTON, M, 27 Rudchester Close, Carlisle.....			

M, J, 4 Fifth View Walk, Workington.....	(01900) 601253	M, J, 16 Queens Avenue, SEATON, WORKINGTON	(01900) 67574	MCKIE, I, 14 Long Meg Cottages Little Salkeld	(01768) 881586
M, K, 2 Highmoor Park, Wigton	(016973) 42010	M, T, 140 The Crofts, Silloth	(016973) 26183	MACKIE, J, 3 Ladyseat Gardens, Longtown	(01228) 642628
M, L, 9 Queens Drive, Egremont	(01946) 821192	MCGUNNESS, R, 103 Beaumont Road, Carlisle	(01228) 526029	MCKIE, J, 96 Newlaithes Avenue, Carlisle	(01228) 542620
M, M, 18 Churchill Drive, Whitehaven	(01946) 694145	MCGURIE, S, 43 Todholes Road, Cleator Moor	(01946) 443035	MACKIE, M, 18 Buckle Avenue, Cleator Moor	(01946) 810049
M, M, 257 Moss Bay Road, Workington	(01900) 61783	MCGURK, M, 32 Briar Rigg, Keswick	(017687) 90018	M, M, 2 Southey Walk, Egremont	(01946) 824898
M, M, 10 Walker Croft, Cockermouth	(01900) 823981	MCHAFFIE, S, 48 Currum Close, Carlisle	(01228) 539683	M, R, 84 Lowry Hill Road, Carlisle	(01228) 521703
M, N, BOON BECK BARN High Lorton	(01900) 85556	MCHALE, B, 11 Asby Road, Asby, Workington	(01946) 439335	MCKINLEY, C, Galesyke Wadale	(019467) 26267
M, T, 4 Sandy Lanning, Maryport	(01900) 814023	MACHANEK, Miss M, Miss 10 Dalton Avenue, Carlisle	(01228) 318566	M, J, 1 Kinside Avenue, Whitehaven	(01946) 696243
MCDUFF, J, 3 Gelsdale Avenue, Carlisle	(01228) 533739	MCHARDY, T, 32 Graham Street, Carlisle	(01228) 592549	MCKINNEL, J, 2 Wilson Homes, Milton	(016977) 46358
MCELHINEY, S.H.B, 36 Lowcales Drive, Cockermouth	(01900) 822271	MCHARRY, A, 2 Clifton Court, Workington	(01900) 605056	MCKINNON, K, Mountain View Mountain View, Whitehaven	(01946) 532834
MCELROY, J, 30 Coniston Avenue, Seascale	(019467) 28443	MCHATTIE, S, 29 Greengarth, Carlisle	(01228) 534135	MACKINS, J, 4 Festival Crescent, Maryport	(01900) 818561
MCELWEE, J, Ellenbank Cottage Birkby	(01900) 812459	MACHELL, F, Albert Villas Alexandra Road, Penrith	(01768) 866725	MCKINTOSH, A, Greenvale Rottington	(01946) 825912
MACER, I, 4 Torside Holm Bothel	(016973) 22967	M, M, 22 Rampkin Pastures, Appleby-In-Westmorland	(017683) 52482	MACKINTOSH, E, Glen Tarras Haraby Grove, Carlisle	(01228) 528343
MCEUAN, M, 6 Dean Street, WORKINGTON	(01900) 601203	MACHIN, I, 19 Teasdale Road, Carlisle	(01228) 597807	MCKIRDY, M, 24 Waverley Court Waverley Gardens, Carlisle	(01228) 515071
MCEWAN, G, 82 Main Road, High Harrington	(01946) 830711	MCHOLM, I.T, Clark Hill Askham	(01931) 712694	MACKMAN, H, Riverside Cotta Ullock, Workington	(01946) 862088
M, I, 56 Petteril Street, Carlisle	(01228) 545490	MCHUGH, C, 74 Central Road, Whitehaven	(01946) 629669	MCKNESPIEY, C, Bridleside Cardew	(01228) 710799
M, T, 4 Grasmere Terrace, Maryport	(01900) 336037	M, J, 12 Hartington Street, Workington	(01900) 61163	MCKNIGHT, H, 42 Ennerdale Terrace, Whitehaven	(01946) 62104
MCEWEN, C, Forge Cottage Nenthead Road, Alston	(01434) 382777	MCLDOWIE, S.M, Rock Croft Great Strickland	(01931) 712165	M, L, 26 Greenacres, Carlisle	(01228) 560208
MCFADEZEAN, D, Carradale Lodge The Sands, Appleby-in-Westmorland	(017683) 32179	MCLROY, L, The Annexe Chapel Farm Barn Newbiggin, Cumbria	(01768) 448227	M, M, 13 Lowcales Drive, Cockermouth	(01900) 826594
MCFADEVEN, M, Flat 006, Wordsworth Court Sullart Street, Cockermouth	(01900) 822689	MACKINNES, M, Beulah Pooley Bridge	(017684) 86243	M, W, New Site New Site New Si Aglionby	(01228) 401898
MCFADEZEAN, D, New Cottage Murton, Appleby-in-Westmorland	(017683) 52798	MCINTOSH, A, 2 Eden Heights Penrith, CA10	(01768) 88303	MACLACHLAN, D, 31 Glendale Rise, Carlisle	(01228) 511211
MC FALL, A, 14 Chaucer Road, Workington	(01900) 604811	M, J, 6 Priorwood Close, Carlisle	(01228) 528164	MACLACHLAN, E, BURN BRAE Gilsland	(016977) 47577
MC FARLAND, D, 20 Fell View, Bridgefoot	(01900) 61465	M, J.I.C, 33 Longdyside Drive, Carlisle	(01228) 538825	M, E, 15 Lime Grove, Maryport	(01900) 812541
MACFARLANE, B, 13 Fergus Way, Carlisle	(01228) 521134	M, K, 42 Grace Lane Dalston Road, Carlisle	(01228) 535148	MACLACHLAN, P, 18 Robert Chance Gardens, Carlisle	(01228) 536497
MACFARLANE, C, 28 Burgh Road, Carlisle	(01228) 530874	M, M, 8 Ghyll Road, Scotby	(01228) 513232	MACKAREN, A, 23 Castlerigg Drive, Carlisle	(01228) 542233
M, J, Coppin Hill Kirkby Thore	(017683) 61270	M, S, 51 Meadowfield, Gosforth	(019467) 25459	M, Linda, 40 Newfield Park, Carlisle	(01228) 541818
MACFARLANE, J, Watergate Barn Loweswater	(01900) 85289	MCEVER, K, 82 Valley View Road, Whitehaven	(01946) 66967	MCLAUCHLAN, G, 16 Frenchfield Way, Penrith	(01768) 868097
M, P, Gash Cottage Low Heskett	(016974) 73127	M, P, Croft House Souby	(01768) 639120	MACLAUGHLAN, V, 96 Wherside, Carlisle	(01228) 520423
MCGARR, J.R, 14 The Firs, Alston	(01434) 381550	MACIANNETTE, B, Flat 5 Ravenscragg Howtown	(017684) 86392	MCLAUGHLIN, B, 12 Eden Street, Wigton	(016973) 46262
MCGARRITY, S, Flat 1.5 Criffel Street, Wigton	(016973) 32859	MACK, Mr Robert, Eastwood Lorton Road, Cockermouth	(01900) 826024	M, C, Ireby Gate Lambley Bank, Carlisle	(01228) 492901
MCGARRY, J, 19 Berwick Street, Workington	(01900) 66724	MCKAIG, T, 5 Hillcrest Avenue, Whitehaven	(01946) 692704	M, C.S, Tudorlea Lamplugh	(01946) 861595
M, N, 47 Newlands Lane, WORKINGTON	(01900) 61538	MCKAIN, D, 22 Devon Road, Whitehaven	(01946) 63836	M, G.A, 96 Ennerdale Rd, Cleator Moor	(01946) 851518
M, R.P, 37 Greenbank Av, Whitehaven	(01946) 65783	M, P, 9 Criffel Rd, Parton	(01946) 62422	M, J, Braeside House Healds Nook	(01768) 896118
MCGARVIE, J, 313 Pennine Way, Carlisle	(01228) 531045	MACKAY, A, 8 Clifton Court, Workington	(01900) 63805	M, T, Pennine View Hallbankgate	(016977) 46046
M, S, White House Newbiggin	(017684) 83093	MACKAY, A, First Floor Mrs Wilsons Coffee House Criffel Street, Silloth	(016977) 44567	M, V, 29 South View Road, Whitehaven	(01946) 65664
MCGEE, C, 83 Birks Road, Cleator Moor	(01946) 812650	MACKAY, A, 17 Scotland Road, Carlisle	(01228) 380723	MACLAURIN, D.J, Orchard House Gosforth	(019467) 25533
M, F, 67 Esk Avenue, Whitehaven	(01946) 66823	MCKAY, C, 23 Greenacres, Wgton	(01697) 388884	M, C, Canella Low Moresby	(01946) 66623
M, J, 10 Brierley Road, Cleator Moor	(01946) 813685	M, Drs C & G, Rheda X Rheda Pk, Frizington	(01946) 810637	M, C, Town Head Farm Newbiggin	(017684) 83090
M, J, 121 Moorclose Road, Salterbeck	(01946) 834208	MACKAY, D, 42 Hillcrest Avenue, WHITEHAVEN	(01946) 395305	M, Claire, 38 Sunnymede, Carlisle	(01228) 547872
M, J, 44 Riverside, Great Clifton	(01900) 62562	M, D, 1 Croft House Main Street, Brampton	(016977) 2225	M, D, 42 Sycamore Drive, Seaton	(01900) 62028
M'GEE, M, Briery Bank Middleton	(01946) 820474	M, Mr D, Mr 6 The Nurseries, Carlisle	(01228) 547109	M, J, Spring Vale Crossfield Road, Cleator Moor	(01946) 815909
MCGEE, P, 46 Ashfield Road, Workington	(01900) 603050	MCKAY, D.M, 17 Foxhouses Road, Whitehaven	(01946) 695252	M, J, 8 Meadow View Park Skinburness Drive, Silloth	(016973) 31761
M, S, Hillcrest Bennet Head Watermillock	(017684) 86508	MACKAY, E, 12 Whiteside Avenue, Cockermouth	(01900) 825507	M, J.L, 15 Milburn Croft, Seaton	(01900) 64406
M, W, 5 Thorncroft Gardens, WORKINGTON	(01900) 379032	M, F, 4 The Crest, Whitehaven	(01946) 67656	M, L, Tordiff Cottage Aspatria	(016973) 22820
MCGEEN, B, 4 St. Helens Avenue, Flimby, Maryport	(01900) 819611	M, G, 28 Broom Bank, Whitehaven	(01946) 693892	M, L, 107 Beech Grove, Carlisle	(01228) 402661
MCGENN, P, 2 Apple Tree Gardens, Penrith Cumbria	(01768) 865457	M, I, 34 Brigham Road, Cockermouth	(01900) 828195	MACLEAN, N, 16 Somerwood Close, Long Marton	(017683) 62422
MCGEORGE, Mr Norman, 26 Mossrigg, Carlisle	(01228) 542273	M, J, 7 Calder View, Beckermett	(01946) 841429	MCLEAN, Shirley, 1 The Nook Crosby	(01900) 336048
MCGETTIGAN, D, CHESTER NOOK Warwick Bridge	(01228) 560643	M, J, 5 Currah Close, Ousby	(01768) 881694	M, S, 1 The Nook Crosby	(01900) 676802
MCGHEE, J, 24 Housesteads Road, Carlisle	(01228) 534540	M, K, 51 Cairn Wood, Healds Nook	(01228) 561253	M, S, 35 Friars Garth, Abbeytown	(016973) 61392
M, M, 10 Beck Rise, Beckermett	(01946) 841115	M, K, 42 Gray Street, Workington	(01900) 63524	M, T, Miro's Cargo	(01228) 743139
M, P, 8 Dent Place, Cleator Moor	(01946) 812615	M, N.K, 23 Wansfell Avenue, Carlisle	(01228) 531922	MCLAREY, J, 14 Moor Cres, Longtown	(01228) 792591
M, S, 21 VICTORIA VILLAS Todholes Road, Cleator Moor	(01946) 812496	MCKAY, P, 272 Kingsdown Road, Carlisle	(01228) 538959	MACLEAY, L, 2 Tomlin House Beach Road, St. Bees	(01946) 821924
MCGILL, David, 76 Broadacres Grange, Botcherby Carlisle	(01228) 594375	MACKAY, S, 16 Greenlands Close, Whitehaven	(01946) 694910	MCLEISH, Km, 4 Laudan Terrace Caxton Road, Carlisle	(01228) 546313
MAGILLUVRAY, C, Flaggstone Barn Flaggstone Barn, Brampton	(01228) 492144	MCKAY, S, 6 Latrigg Street, Silloth	(016973) 32391	MCLELLAN, A, 5 Borrowdale Road, CARLISLE	(01228) 537478
M, D, Foxfield The Park, Scotby	(01228) 513710	MACKAY, S, Flat 3 Bradley Foot Penrith, Penrith	(01768) 606468	MCLELLAN, A, 28 Penny Hill Park, Penrith	(01768) 865506
MAGILLUVRAY, S, Deja View Castle Carrock, Brampton	(01228) 670165	M, W, 12 Diggle Road, Carlisle	(01228) 535043	MCLELLAN, D, 8 Whinsmoor Drive, Carlisle	(01228) 595892
MCGINLEY, L, Flat 7 Gillbanks Cottages Penrith	(017683) 98627	MCKEAN, C.J, The Gables Armthwaite	(016974) 72015	M, K, COLLIN FORD Great Corby	(01228) 562709
MCGINN, J.D, Greenwell Cottage Kirkby Thore	(017683) 61538	MCKEATING, B, 13 Chapel Brow, Bridgefoot	(01900) 67614	M, S, 10 Trevor Street, CARLISLE	(01228) 493402
MCGINNESS, T, 282 Skinburness Road, Skinburness	(016973) 32303	M, Gary, The Coachway Beckside, High Harrington	(01946) 831641	MCLELLAN, S, 13 Fellbarrow Close, Carlisle	(01228) 512598
MCGLASSON, J, 87 Victory Crescent, Maryport	(01900) 814519	M, G, 19 Curwen Street, Workington	(01900) 871306	MCLENNAN, Donald, 12 Moss Bank Great Salkeld	(01768) 898662
MCGLINCHY, S, Neerush Church Lane, Carlisle	(01228) 710828	MCKEE, F, S. Brelades Beckermett	(01946) 841485	MCLENNAN, S, THE HOLLIES Gilsland	(016977) 47267
MCGLOIN, M, 32 Park View, Egremont	(01946) 820469	M, G, 50 Sanderson Park, Cleator Moor	(01946) 817294	MCLEOD, A, 75 Kirkstone Road, Whitehaven	(01946) 528390
MCGLONE, J, 67 Helvellyn Rise, CARLISLE	(01228) 493698	M, P, 27 Ullswater Avenue, Whitehaven	(01946) 395848	M, A, Brisco House Sebergham, CARLISLE	(016974) 76992
MCGONAGLE, A, 58 Birks Road, Cleator Moor	(01946) 813553	MCKEEN, G, 110 Dacre Road, Brampton	(016977) 41247	M, C, 40 Montreal Street, Carlisle	(01228) 591850
M, C, 2A Eden Park Crescent, CARLISLE	(01228) 520364	MCKEEVER, S.A, 34 The Crescent, Kirkby Stephen	(017683) 71042	M, H, Woodruff Westnewton	(016973) 21832
M, S, 10 Near Park, Scotby, Carlisle	(01228) 513220	MCKENDREY, J, 8 South Terrace, Tebay	(015396) 24755	MACLEOD, J, Green Edge Gamblesby, Langthwaite	(01768) 881323
MCGOUGH, H, Wheaton Way Lawson Street, Aspatria	(016973) 20669	M, P, 29 Headlands Drive, Whitehaven	(01946) 67047	MCKEOD, J, 49 Wordsworth Street, Penrith	(01768) 866462
M, Mr Peter, 13 Yew Bank Lane, Whitehaven	(01946) 65696	M, R, 66 Valley Park, Whitehaven	(01946) 590659	M, M, 14 Burnmoor Avenue, Whitehaven	(01946) 694902
MCGOWAN, C.R, 10 Meadowfield, Gosforth	(019467) 25349	MCKENDRY, Mrs A, Mrs 15 Church Terrace, Carlisle	(01228) 739982	MACLEOD, M, 61 Lingmoor Way, Carlisle	(01228) 590601
M, J, 21 Derwent Park, Cockermouth	(01900) 393490	M, Mrs A, Mrs Pincushion Barn Dalston, Carlisle	(01228) 710745	M, R, Shieling Capon Tree Road, Brampton	(01697) 543036
M, S, 5 Eskdale Avenue, Carlisle	(01228) 492443	M, G, Little Appleby Morland	(01931) 714345	MCKEOD, Mr S, Mr 15 Inglewood Drive, Carlisle	(01228) 710005
M, S, 5 School Brow, Brigham	(01900) 269502	MCKENNA, A, 59 Victoria Road, WORKINGTON	(01900) 67357	MCLOUGHLIN, M, 28 Westfield Drive, Egremont	(01946) 823877
M, P.S, 35 Ewanrigg Road, Maryport	(01900) 812043	M, D, 12 Trinity Court, Whitehaven	(01946) 63185	MCCLUCKIE, A, Owsen Ghyll Lamplugh	(01946) 861559
M, R, 67 Loop Road North, Whitehaven	(01946) 690250	M, E, 48 Montreal Avenue, Cleator Moor	(01946) 811342	M, C, 3 Salterbeck Terrace, Salterbeck, Workington	(01946) 831448
MCGRADY, C, 24 Irt Avenue, Whitehaven	(01946) 67353	M, Glenda, 20 Springfield Road, Carlisle	(01228) 547871	M, M, 25 Grasmere Avenue, Workington	(01900) 604007
M, E, 6 Elizabeth Crescent, Whitehaven	(01946) 690863	M, L, 52 Main Street, Maryport	(01900) 814570	MCMAHON, M, Curlew Meadows Penton	(01228) 577023
M, R, 19 Lorton Close, Whitehaven	(01946) 65733	M, P, 5 Brown Street, Workington	(01900) 606919	M, N, 32 Church Road, Alston	(01434) 382615
M, R, Globe Cottage Embleton	(017687) 76184	M, R, Hill House Crosby Garrett	(017683) 72215	MACMAHON, N, 10 Park View Lane, Alston	(01434) 381619
M, S, 30 Irt Avenue, Whitehaven	(01946) 355663	M, S, 14 Hendersons Croft, Crosby-On-Eden	(01228) 573014	MCMAHON, C, 25 Seaton Park, Workington	(01900) 606547
MCGRATH, C, 11 Denton Park, Gosforth	(019467) 25590	M, W.R, 37 Deepdale Drive, Carlisle	(01228) 548129	M, D, 17 Dummalt Rigg, Carlisle	(01228) 402719
M, M, 41 Newfield Park, Carlisle	(01946) 393954	MCKENZIE, A, Willow Cottage Church Brough	(017683) 423930	M, F.B, Gable End Wordsworth Street, Penrith	(01768) 865612
M, M, 40 Norbeck Park, Cleator Moor	(01946) 440304	M, B, 30 Greystoke Road, Penrith	(01768) 840278	M, K, High Farm Calthwaite	(01768) 885243
M, M, 56 Queens Crescent, Frizington	(01946) 811399	M, B, 11 Scalegill Road, MOOR ROW	(01946) 815023	MCMASTER, D, PEAT HOWE BARN Longthwaite	(017687) 77103
M, P, 105 Birks Road, Cleator Moor	(01946) 811488	MCKENZIE, Mrs Catherine, 11 Kirkstead Road, Carlisle	(01228) 533043	M, Nicola, 70 Central Road, Dearham	(01900) 818878
MCGRAW, J, 13 Pennington Drive, Carlisle	(01228) 591832	MCKENZIE, J, 5 Border Avenue, Cleator Moor	(01946) 812142	M, R, 40 Sandy Lanning, Maryport	(01900) 813572
MCGREE, J.J, 49 Crown Road, Carlisle	(01228) 520703	M, D, 5 Chagford Villas, Maryport	(01900) 267849	MCMEAN, E, 44 Queens Crescent, Frizington	(01946) 811946
MCGREGOR, A, 15 Parkhead Road, Brampton	(016977) 2807	MCKENZIE, E, 82 Granville Road, Carlisle	(01228) 539621	MACMILLAN, D, Room 10 139 Dalston Road, Carlisle	(01228) 548134
MCGREGOR, C, 29 Dalzell Street, Moor Row	(01946) 430638	MCKENZIE, Elaine, 43 The Crescent, Kirkby Stephen	(017683) 72144	MC MILLAN, Mr D, Mr Plot 113.1 Orchard Way, Carlisle	(01228) 712872
M, G, 1 Lansdowne Crescent, Carlisle	(01228) 525108	M, H, McKenzie Bankfield, Beckermett	(01946) 841441	M, E, 15 Eden Court, Lazonby	(01768) 898303
M, H, 42 Coronation Drive, Whitehaven	(01946) 692028	MCKENZIE, John, A1 Front Street, Fletchertown	(016973) 71103	M, G, Flat 7 Hilary Court Catherine Street, Whitehaven	(01946) 591016
M, Mr H, 6 St Georges Crescent, Carlisle	(01228) 524211	M, J.R, 55 Sank Close, Carlisle	(01228) 521907	MCMILLAN, H, 1 Middle Howe, Rosthwaite	(01768) 877880
M, J, 26 The Mount, Whitehaven	(01946) 395946	MCKENZIE, K, 59 Arlecdon Road, Arlecdon	(01946) 861165	MCMILLAN, I.J, Woodside Lazonby	(01768) 898459
M, K, 5 James duffield close, workington	(01900) 603956	M, L, 8 Gooseland Head, Carlisle	(01228) 525229	M, P, 27 Strawberry Terrace, Carlisle	(01228) 537334
MCGRILLIS, Mrs Sarah, Strawberry Bank, 2 Scotby Village, Carlisle	(01228) 739085	MCKENZIE, M, 32 South Terrace, Great Broughton	(01900) 817340	MCMILLAN, S, Station Road, Alston	(01434) 381093
MCGROARTY, S, Norman House Brampton	(01228) 670277	MCKENZIE, Q, 3 Eamont Mews, Penrith	(01768) 606211	MCMINN, R, 30 Shakespere Avenue, Egremont	(01946) 820496
MCGUCKIN, A, St. Ronans Heads Nook	(01228) 560441	M, S, Hill Crest All, Brampton	(01228) 670031	MC MORRINE, A, Bebbington Carleton Road, Carlisle	(01228) 528441
MCGUFFIE, J.A, 42 Hurley Road, Little Corby	(01228) 561007	MCKENZIE, S, Hesle Rise Thurstonfield, Carlisle	(01228) 570667	MC MULLIN, A, 4 Derwentside Gardens, Cockermouth	(01900) 822718
M, R.B, Underwood Stainton	(01768) 863015	MCKENZIE, S.P, 7 Santon Way, Seascale	(019467) 27618	M, C, 75 Mitchell Avenue, Northside	(01900) 604894
MCGUFFOG, T, 34 Sandersons Croft, Kirkby Thore	(017683) 62516	M, V, 24 Sim Court Penrith	(017684) 83621	M, E, 19 Ling Beck Park, Seaton	(01900) 603122
M, V, 4 Raliland View, Shap	(01931) 716125	MCKEON, B, 1 Harrison, ASPATRIA, WIGTON	(016973) 22174	M, J, 17 Patterson Hill Close, Workington	(01900) 601685
MCGUIGAN, J, 11 Netherby Road, Carlisle	(01228) 591535	MCKEOWN, A, 11 Buffs Croft, Warwick-On-Eden	(01228) 564033	M, Mark, 238 Meadow Road, Whitehaven	(01946) 694122
MCGUIGGAN, J, 5 Keld Road, Carlisle	(01228) 539877	M, J, Hightara Common Side, Distington	(01946) 830193	M, R.V, 53 Bolton Street, Workington	(01900) 602160
MCGUINNESS, A.M, 96 Scotland Road, Carlisle	(01228) 536193	M, J, 7 Jackson Road, Houghton	(01228) 525719	M, S, 4 Criffel Court, Maryport	(01900) 381969
M, P, 12 Bellsfield, Longtown, CARLISLE	(01228) 79				

M, R.S, 18 Howrigg Bank, Wigton	(016973) 42462	M, S, 108 Chesterholm, Carlisle	(01228) 599907	M, T, Church Cottage Allonby	(01900) 881393
M, S, Croft House Greenrow	(016973) 31012	MALIK, Mrs Yasir, 83 Briar Bank, Carlisle	(01228) 739353	M, W, Lyndale Bothel	(016973) 21335
M, S, 37 Finn Avenue, Carlisle	(01228) 592496	MALIN, J, 25 Lake View Avenue, Carlisle	(01228) 497613	M, W, The Croft Little Orton	(01228) 576370
MCNEILL, K, 25 The Parklands, Penrith	(01268) 864584	MALKINSON, D, 18 Ling Road, Egremont	(01946) 821857	MARSDEN, A, Town End Fm Gamblesby	(01768) 881137
M, R, 3 The Nurseries, Linstock	(01228) 539017	M, S, 11 Duddon Close, Whitehaven	(01946) 451519	M, B, 9 West View Walk, Workington	(01900) 393422
M, S, 6 Garden Close, Penrith	(01768) 863349	MALLAGHAN, L, 9 The Hawthorns, Keswick	(01768) 74250	M, D, Waterside Holmrook	(01946) 24632
MCNICHOLAS, M, The Green Victory Crescent, Maryport	(01900) 813116	MALLAM, C, 200 Yewdale Road, Carlisle	(01228) 810474	M, D, Shiel Green Townhead Road, Dalston	(01228) 710584
MCNICHOLAS, A, 35 Senhouse Street, Workington	(01900) 68180	MALLEN, F, Dunelm Dunelm, Wigton	(016973) 22090	M, H, 5 Scattergate Close, Appleby-in-Westmorland	(017683) 52415
M, B, 3 White Park, Whitehaven	(01946) 528635	MALLINSON, Adrian, Midway Langrigg	(016973) 21907	M, S, WAYSIDE Crackenhorpe	(017683) 53663
M, Elizabeth, 22 Aikbank Park, Whitehaven	(01946) 328254	M, A, 11 Irthing Street, Carlisle	(01228) 541395	MARSH, C, Barn Croft Newby	(01931) 714981
M, G, 4 Beckside, High Harrington	(01946) 834379	M, C, Halffield Cottage Newmarket	(016974) 78256	M, J, Raeburn Cottage Longtown	(01228) 791094
M, G, 42 The Mount, Whitehaven	(01946) 430278	M, C, New Yeat Inn Heskett Newmarket	(016974) 78691	M, N, LEABANK Beckermest	(01946) 841259
M, I, 2 Purser Road, Salterbeck	(01946) 834743	M, D, Lodge Farm Dacre	(017684) 86162	MARSHALL, A, Dunsmoir Cottage Chapel Hill Road, Wreay	(016974) 73477
MCNICOL, A.J, 4 Stanger Street, Keswick	(017687) 71034	M, D, 23 Esk Street, Longtown	(01228) 791360	M, B, 3 Chapel Terrace, Nenthead	(01434) 381901
MCNICHOLAS, W, The Cottage Castlesteads Brampton	(016977) 41530	M, D.K, School Cottage Calthwaite	(01768) 885350	M, B, 13 Thormtrees Drive, Thornhill	(01946) 821159
MCPHERSON, A, 18 The Firs, Alston	(01434) 312340	M, E, 3 Close Farm Shop	(01931) 716409	M, C, Ardnell Aglionby	(01228) 513455
M, E, 14 Fisher Street, Carlisle	(01228) 401788	M, F.E, 3 Pearson Court, Penrith	(01768) 863252	M, C, West Bank Curthwaite	(01228) 710679
M, Mrs Elizabeth, Hemblegate Court, 1 Tam Road, Brampton	(016977) 3341	M, J, 1 Holme Meadow, Cumwhinton	(01228) 560330	M, C, 26 Friars Garth, Abbeytown	(016973) 61073
M, J, 49 Jackson Road, Carlisle	(01228) 739172	M, R, 3 Rayson Hall Barns Ousby	(01768) 216571	M, C, Sebastian Plasketts Lane, Wigton	(016973) 45426
M, J, Mount Lockwood Lonsies, Keswick	(017687) 75815	M, R, Gosling House, 1 Orchard Paddock A11, Wigton	(01900) 819565	M, D, 37 Ellerby Lea Crescent, Carlisle	(01228) 536936
MACPHERSON, M, 41 Threaplands, Cleator Moor	(01946) 851104	M, S, 31 Cumberland Close, Penrith	(01768) 840348	M, F, 7 Kelsick Park, Workington	(01900) 603178
M, P, LYNNWOOD Lanercost Road, Brampton	(016977) 2699	M, T, 18 Bellevue Road, Appleby-in-Westmorland	(01683) 52992	M, G, KIRKLEVEN Sawmill Lane, Brampton	(016977) 2368
M, W, Bothy Cottage Hayton	(01228) 494692	M, W.G, Fell View 1 Dacre	(017684) 86991	M, J, Stone Croft South Dyke	(01768) 897159
MCPHILLIPS, C, 9 Holyoake Terrace, Penrith	(01768) 867710	MALLON, J.A, 12 Adelaide Street, Carlisle	(01228) 544488	M, K, ALDERBARAN Armthwaite	(01768) 896166
MCQUILLAM, J, 7 Rannerdale Drive, Whitehaven	(01946) 695938	MALONE, M, 73 Townfoot Park, Brampton	(016977) 41611	M, M, 12 Blundell Road, Carlisle	(01228) 631830
MCQUILLIN, S, 1 High Fell Cottage Hallbankgate	(016977) 46182	MALONEY, J, Odd Fellows Arms Hotel 19 Market Square, Keswick	(017687) 72682	M, M, 5 Stanley Road, Brampton	(016977) 3783
MCQUIRE, S, 16 East Road, Egremont	(01946) 821860	MALPAS, C.J, Brackenthorn Great Salkeld	(01768) 864018	M, Admiral P, Old Farm Cottage Raisbeck	(01539) 324278
M, V, 18 Orchard Court, Whitehaven	(01946) 430051	M, D, 43 Barco Avenue, Penrith	(01768) 864634	M, R, 84 Curwendale, Stainburn, Workington	(01900) 62622
MACRAE, D, Bank House Matterdale End	(017684) 82040	M, T.A, Thacky Melkinthorpe	(01931) 712486	M, T, 8 Old Harker, Low Harker	(01228) 672442
M, D, Flat 2.34 Chapel Street, Appleby-in-westmorland	(01768) 339191	MALTBY, J, West Cottage West Cottage, Appleby-in-Westmorland	(017683) 52025	M, V, 15 Vicarage Terrace, Nenthead	(01434) 382567
M, Dr K, 15 Rose Lane, Cockermouth	(01900) 825160	MALTMAN, David, 1 Mary Meadow, Dockray	(017684) 82445	M, W, 2 Cross Lanes, Gosforth	(01946) 25997
M, N.A, 35 Trinity Way, Keswick	(017687) 71416	MALVERN, D, 3 Raven Lane, Applethwaite	(017687) 74007	M, Yvonne, 28 Friars Garth, Abbeytown	(016973) 61895
MCREDIE, J, 22 Walden Grove, CARLISLE	(01228) 494735	MALYON-MCCOY, S, Boustead Hill House Boustead Hill	(01228) 576452	MARSLAND, G, 180a Denton Street, Carlisle	(01228) 537519
MACRO, R, Lambrigg Leadgate	(01434) 381610	MANCHESTER, R, 2 Main Street, Maryport	(01900) 393972	MARSTON, A, 10 The Green, Dalston	(01228) 710285
MCRONALD, K, BLACKRIGG BUNGALOW Rockcliffe	(01228) 674958	M, R, 52 Maryport Road, Dearham	(01900) 817163	M, A.C, 1 New House Rowgate, Kirkby Stephen	(017683) 71059
MCSEPHINEY, G, 115 Green Lane, Belle Vue	(01228) 521159	MANDALE, A, 4 Brockley Moor, Plumpton	(01768) 894308	M, D, Easgill Head Wharton	(017683) 71649
MCSHARRY, R, 49 Kirkby Street, Maryport	(01900) 550534	M, C, Oak Bank Sebergham	(016974) 76222	M, H.C, Melwood House Winton	(017683) 71639
MCSHERRY, I, 18 Crossings Close, Cleator Moor	(01946) 831752	M, H, Apple Cottage Orchard Drive, Greystoke	(017684) 83553	M, J, 11 Beveridge Road, Carlisle	(01228) 523499
M, L, The Antelope 112 Main Street, Distington , Workington	(01946) 430427	M, J, 68 Croft Avenue, Penrith	(01768) 868595	M, N, Millstone Moor Redmain	(01900) 826673
MCSKEANE, S, 41 Hillcrest Avenue, Carlisle	(01228) 544828	M, J.A, 2 Church Cottage Greystoke	(017684) 83182	M, N, Beech Villa 36 South Road, Kirkby Stephen	(017683) 71785
MC SKIMMING, A.R, The Inch Lamony	(017684) 84467	M, J.K, 2 Maple Close, Greystoke	(017684) 83344	M, N, 34 Springfield Avenue, Whitehaven	(01946) 64109
MCTAY, T, 12 Woodlands Close, Carlisle	(01228) 526718	M, M, 16 Howard Park, Greystoke	(017684) 83099	M, R, Greenacres Scaley Hill	(01228) 675572
MACTAVISH, J, 14 Denton Park, Gosforth	(01946) 25539	M, M, 14 Church Cottage Greystoke	(017684) 83873	M, R, 4 Church Street, Penrith	(01768) 88719
MCTEAR, J, Cragg View Bewaldeth	(017687) 76694	MANDELL, A, 9 Whitcroft, Gosforth	(01946) 25433	M, R.S, Dinglefield Brougham	(01768) 210482
M, R, 57 Victory Crescent, Maryport	(01900) 818306	M, S, 8 White Croft Walsdale Road, Gosforth	(01946) 25511	M, S, Barn Holme Catherine Holme Great Asby	(017683) 53309
MCVEIGH, D.A, 40 Kings Drive, Egremont	(01946) 822851	MANDIWAZE, K, 16 Cumbria House Corporation Road, Workington	(01900) 336235	M, V, 3 Netherend Rd, Penrith	(01768) 863518
M, P, 11 Keats Drive, Egremont	(01946) 825045	MANDLE, A, LINDALE Main Street, Shap	(01931) 716568	MARTIN, A, 2 South Loaning House Alston	(01434) 341304
MCVEY, C, 5 Solway Park, Carlisle	(01228) 539027	M, J.C, Meadow Lane Newby	(01931) 714534	M, A, 22 Loop Road North, Whitehaven	(01946) 695636
MCVICAR, J, Ravenscarf Kirkoswald	(01768) 898583	M, J.D, Rose Cottage Crosby Ravensworth	(01931) 715204	M, A, 52 Main Street, PARTON, WHITEHAVEN	(01946) 443904
MCVIE, Mr Four Mc's Ghyll Mount, Maryport	(01900) 818177	M, M, 15 Macadam Gardens, Penrith	(01768) 867835	M, B, 32 Eden Mount, Penrith	(01768) 892771
MCVIET, A, The Old Vicarage Bolton	(017683) 61371	M, P, 2 Yew Tree Crescent, Shap	(01931) 716068	M, B, 20 Trumpet Road, Cleator	(01946) 812926
MCVITTIE, G, 31 Crown Road, Carlisle	(01228) 542522	M, R, 10 Castle View Road, Appleby-in-Westmorland	(017683) 53384	M, C, 22 Curwendale, Stainburn, Workington	(01900) 65356
M, L, 47 Inglewood Crescent, Carlisle	(01228) 521763	MANDUELL, K, 10 Hawthorns Close, Distington	(01946) 831968	M, C, 61 Mill Hill, Cleator Moor	(01946) 810262
M, Paul, 16 Rashdall Road, Carlisle	(01228) 543974	MANN, B.C, 10 Valley Drive, Carlisle	(01228) 540437	M, C, 14 Moor Place, Frizington	(01946) 528354
MCVHIR, W, 26 Graham Street, Carlisle	(01228) 532540	M, D, 25 Old School Court Kendal Street, Carlisle	(01228) 499080	M, C.E, Greengarth Braithwaite	(017687) 78385
MCWHIRTER, A, Anvil Nately	(017683) 71547	M, Mrs J, Mrs 21 Hutton Hill, Penrith	(01768) 866604	M, C.H, 1 Winter Ho Morland	(01931) 714153
M, A, 19A Quarry Close, Kirkby Stephen	(017683) 71123	M, 83 Sunnymede, Carlisle	(01228) 539052	M, D, 17 Brow Top, Workington	(01900) 66533
M, N, Hollins Mallerstang	(017683) 71912	M, O, Grange Croft, Aikhead	(016973) 42388	M, D, 30 Elbra Farm Close, Ellenborough	(01900) 814940
MCWILLIAM, S, 16 Eden Court, Lazonby	(01768) 877734	MANNERS, J, 26 Stanger Street, Keswick	(017687) 72967	M, D, 68 Ennerdale Road, Cleator Moor	(01946) 814204
MCWILLIAMS, R, 20 Edinburgh Road, Maryport	(01900) 818931	MANOUCHE, S, Ash Pot Ravenstonedale	(015396) 23421	M, D, The Old Vicarage Oakbank, Whitehaven	(01946) 693418
MADDEN, Mrs J, Mrs Sparkenhoe Beacon Edge, Penrith	(01768) 862637	MANSBRIDGE, S.J, North View Renwick	(01768) 898681	M, D, 10 Springfield Avenue, High Harrington, Workington	(01946) 830971
M, Mrs J, Mrs 15 Otley Road, Keswick	(017687) 80171	MANSELL-THOMAS, P, 7 Stoneworks Garth, Crosby Ravensworth	(01931) 715751	M, D.J, 5 St. Johns Crescent, Stainton	(01768) 864084
M, M, 2 The Gables Carlisle, Carlisle	(01697) 428649	MANSEGERH, A, 10 Mount Pleasant Gardens, Wigton	(016973) 42248	M, D.K, Friars Bank Friars Close, Penrith	(01768) 892195
MADDISON, A, 4 Stonehouse Cottages Hayton	(01228) 670598	M, M.D, 6 Dalston Road, Workington	(01900) 65288	M, E, Boggie Hall Plumpton	(01768) 894237
M, A, 67 Wampool Street, Silloth	(016973) 31612	MANSFIELD, B, 10 Lodge Close, Cockermouth	(01900) 823648	M, E, 36 Langdale Drive, Cockermouth	(01900) 823498
M, D, Hill House Barn Aglionby	(01228) 590183	M, Craig, 28 Forest Hill, Carlisle	(01228) 527214	M, E, 18 The Green, Dalston	(01228) 718187
MADELEY, Mrs Lynda, 24 Eden Place, Carlisle	(01228) 597426	MANSON, G, Waverley Bank Arthuret Road, Longtown	(01228) 792676	M, E, 5 The Green Victory Crescent, Maryport	(01900) 813279
MADINE, G, 7 High Street, Biggry	(01946) 812632	M, J.K, Fellbeck East Road, Egremont	(01946) 822947	M, E, 49 Thorny Road, Thornhill	(01946) 822814
MADLEY, P, Yetlands Croft Renwick	(01768) 708025	MANTON, Mrs B, Mrs F2 Brentfield Court Brentfield Way, Penrith	(01768) 863960	M, F, 59 The Willows, Egremont	(01946) 823689
MADRICK, B, 7 Bankend View, Egremont	(01946) 817328	MAPLETON, M, 47 Dunmail Crescent, Cockermouth	(01900) 826423	M, George, 29 Belah Crescent, Carlisle	(01228) 525079
M, J.T, 75 Central Road, Whitehaven	(01946) 692055	MARATY, M, 57 George Street, Whitehaven	(01946) 690830	M, G, 1 Ehen Hall Gardens, Cleator	(01946) 810277
M, S, 14 Bank Yard Road, Parton	(01946) 591353	MARCH, Annie, 54 Stonehouse Park, Thursby	(01228) 711587	M, G, 43 Orton Road, Carlisle	(01228) 541124
MAEDER, A, 2 THE COACH HOUSE Mealsgate	(016973) 71388	M, R.L, Hutton Lodge Souby	(017683) 71396	M, H, 3 Buildings Farm Close, Seaton	(01900) 602058
M, A, 3 The Coach House Mealsgate	(016973) 71509	MARCINCAZAK, Mr Rzej, 14 Cambridge Road, Hensingham, Whitehaven	(01946) 329178	M, H, 5 Mount Pleasant Gardens, Wigton	(016973) 42873
MAGAN, B, 17 Prospect Row, Cleator	(01946) 814015	MARGARET, Mrs Jackson, Brow Bottom Branthwaite, Workington	(01900) 604164	M, I, Hill Cottage Blackford	(01228) 674739
MAGEAN, D, 16 Moorclose Road, HARRINGTON, WORKINGTON	(01946) 831721	MARIE CROWE, A, 112 Borland Avenue, CARLISLE	(01228) 402794	M, I, 15 Lingley Road, Frizington	(01946) 810647
MAGEE, M, The Cottage The Banks, Seascale	(01946) 28235	MARIE, L, Dene Cottage Main Street, Kirkby Stephen	(017683) 70227	M, J, 3 Basket Road, WHITEHAVEN	(01946) 443048
MAGERA, C, Flat 1 34a Rowcliffe Lane, Penrith	(01768) 867452	MARIE TURNBULL, L, 14 Dunmail Drive, Carlisle	(01228) 529050	M, J, 11 Thornfield Close, Cleator Moor	(01946) 815350
MAGNAY, B, 2 Howfield Cottages Southwaite	(016974) 73153	MARIUS, V, 5 Clifton Moor Cottages Penrith, Penrith	(01931) 601806	M, J.J, 8 Mayfield, Blackwell	(01228) 526332
M, S, Stockwell Hall Sebergham	(016974) 76856	MARK, D, Iredale House Ousby	(01768) 881874	M, J.P, 11 Kelsick Park, Seaton	(01900) 61355
MAGORRIAN, P, 58 Meadow Vale, Seaton	(01900) 64632	M, J, 1 Wolsey Close, Carlisle	(01228) 409801	M, J.W, Beck Farm Lamplugh	(01946) 861392
MAGSON, D, 6 Whole House Road, Seascale	(01946) 21660	M, J, 9 Windermere Road, Carlisle	(01228) 531718	M, K, 3 merchant row faraday road, kirkby stephen	(017683) 74804
MAGUIRE, B, Fen Garret Kirkland	(01946) 862646	M, M, 2 Reiver Court, Carlisle	(01228) 529594	M, K, 14 Ling Beck Crescent, Seaton, Workington	(01900) 802574
M, Dr B.G, 64 Meadowfield, Gosforth	(01946) 25324	M, R, Show Croft Ousby	(01768) 881824	M, K, 7 Murton Close, Appleby-in-Westmorland	(017683) 51031
M, C, 2 Eller Bank, Harrington	(01946) 834273	M, S, 9 Greencroft, Brampton	(016977) 2359	M, K, 115 Windsor Road, Workington	(01900) 601597
M, G, 15 Gomerigg Road, Whitehaven	(01946) 451928	M, T, 14 Woodleigh, Walton	(016977) 34875	M, L, 12 Hawthorn Avenue, MARYPORT	(01900) 810959
M, M, 47 Loop Road South, Whitehaven	(01946) 591859	MARKHAM, G, 49 Penny Hill Park, PENRITH	(01768) 864887	M, M, 2 Alton Street, Carlisle	(01228) 531828
MAHARAJ, Mr V, Mr 53 Boroughgate, Appleby-in-Westmorland	(017683) 53767	M, J.W, Fair Leys Lamplugh	(01946) 861801	M, N, 16 Garborough Close, Crosby, Maryport	(01900) 810776
MAHER, C, 14 Manesty Rise, Low Moresby	(01946) 693564	MARLEY, J, 3 Wodow Road, Thornhill, EGREMONT	(01946) 821694	M, N, 2 Skinburness Crescent, Skinburness	(016973) 31237
M, M, 6 Briarcliffe, KIRKBY STEPHEN	(017683) 48795	M, M, HIGHFIELD Smythys Banks, Holmrook	(01946) 812541	M, P, 16 Holmrook Road, Carlisle	(01228) 538918
M, M, 20 Faustn Hill, Wetheral	(01228) 560908	M, S, 38 Queen Street, Cleator Moor	(01228) 495648	M, P, Ehen Hall Gardens Cleator	(01946) 811908
M, P, Hunter How House Kirkland	(01946) 862667	MARLOW, I, 108 Yewdale Road, Carlisle	(01946) 76311	M, P, 2 Ehen Hall Gardens, Cleator	(01946) 813337
MAHMOOD, O, 4 SKIDDAW HEIGHTS Low Road, Brigham	(01900) 822117	MARON, D.R, Mill Green Santon Bridge	(01946) 696267	M, P, 148 Orton Grange Park Grange Park Road, Orton Grange	(01228) 71226
MAHON, D.R, 12 Balmoral Court, Carlisle	(01228) 598472	MARQUIS, L, 22 Valley Park, Whitehaven	(01946) 696267	M, P, 2 Harrison Street, Penrith	(01768) 866009
MAHONEY, M.D, 8 Moorfield Avenue, Workington	(01900) 63641	MARR, A, 8 The Knoll, Thornhill	(01946) 823720	M, P, 10 Lansdowne Crescent, CARLISLE	(01228) 526339
MAHONEY, K, 14 West View Walk, Workington	(01900) 601448	M, G, 29 Seacroft Drive, St. Bees	(01946) 820577	M, P, 26 Sullart Street, Cockermouth	(01900) 822433
M, T, 186 Dalston Road, Carlisle	(01228) 524849	M, J, 10 Wesley Court, Workington	(01900) 61985	M, P, 55 Walkmill Crescent, Carlisle	(01228) 528643
MAHOVIC, B, 28 Pears House Duke Street, Whitehaven	(01946) 451823	M, P, Sunnyside Mealsgate	(016973) 71478	M, R, The Bramleys Great Salkeld	(01768) 898775
M, Vlatko, The Walled Garden Gosforth	(01946) 25732	M, R, 2 Wesley Court, Workington	(01900) 64079	M, Mr Richard, Orton Grange Farm Orton Grange, Carlisle	(01228) 710292
MAIDMENT, I, Fell View Lodge Beckermest	(01946) 841414	MARRIOTT, J.R, 105 Cumwhinton Road, Carlisle	(01228) 538227	M, S, ROZEL Drigg Road, Seascale	(01946) 275229
MAIN, Ale, Byers Farm Bewcastle	(016977) 48853	M, Paul, 40 Market Street, Kirkby Stephen	(017683) 71397	M, S, 8 Sandhurst Drive, Whitehaven	(01946) 64152
M, A, 13 Percy Road, CARLISLE	(01228) 520657	MARROW, C.R, Fell Head Newbiggin-On-Lune	(015396) 23314	M, Thomas, Beech Croft Glassonby	(01768) 898004
M, D, Corner Cottage Edenhall	(01768) 881529	MARRS, D, Meadows Blackwell	(01228) 529233	M, T.S, West Farm Little Orton	(01228) 575071
M, J, 2 Little Mill Close, Cockermouth	(01900) 829850	M, D.W, Demar Little Orton	(01228) 576663	M, W, 24 Brierydale, Salterbeck	(01946) 830718
M, K.W, Rokeby Rowgate, Kirkby Stephen	(017683) 72220	M, T, The Old Blind Crake	(01900) 824754	M, W.A, Bridge House Butterwick	(01931) 713215
M, L, 7 Bracken Ridge, Carlisle	(01228) 534630	M, J, Stable Court Greysouthon	(01900) 550402	MARTINDALE, A, East Park Farm East Park, Crofton	(016973) 43767
M, Susan, Woodlands Bungalow Woodlands Bungalow, Carlisle	(01228) 791223	M, J, New Grange New Grange Farm, Maryport	(01900) 813957	M, B, Longrag House North Stainmore	(017683) 41826
M, T, 33 Lazonby Terrace, Carlisle	(01228) 527924	M, Jeannie, 18 Priory Road, Carlisle	(01228		

MASCI GORE, M, 2 Glasson Court, Victoria Road, Penrith	(01768) 630387	M, T, Brackendale Great Asby	(017683) 51035	M, E, 27 The Green, Whitehaven	(01946) 66210
MASHITER, N, Hill Top Hesket Newmarket	(016974) 78552	MAUGHN, B, Wood Foot Crosby Ravensworth	(01931) 71552	M, G, Jochar Silloth	(016973) 33044
MASLOWSKI, O, Apartment 16 8 Southend Road, Penrith	(01768) 201415	MAULDING, D, 32 Cumberland Road, Hensingham	(01946) 690789	M, G, 30 Mill Hill, Cleator Moor	(01946) 810624
MASON, A, Alamar Skelton	(017684) 84478	M, R, 8 Selby Terrace, Whitehaven	(01946) 447088	M, G, 6 Thornton Road, Whitehaven	(01946) 642699
M, A, 1 Acredale Road, Carlisle	(01228) 520274	MAUNSELL, R, Meadow View Kirkcintola	(01228) 675511	M, J, Flat 9, Castle Court Castle Street, Carlisle	(01228) 319856
M, A, Looking Flat Farm Hoss, Near Appleby	(017683) 51298	MAVERN, K, 27 Windebroe Avenue, KESWICK	(017687) 72920	M, J, 5 Christ Church Terrace, Cockermouth	(01900) 826465
M, B, Dial Croft Thursty, Carlisle	(01228) 711920	MAVIN, Carol, Red Lane End Calthwaite	(01268) 885880	M, J, 140 Dalston Road, Carlisle	(01228) 533218
M, B, 18 Harrot Hill, Cockermouth	(01900) 393184	MAVIR, Mrs Maud, 5 Ward Street, Carlisle	(01228) 791496	M, J.L, 1 Hawthorns Close, Distington	(01946) 832017
M, C, The Gin Barn Low Plains Court Calthwaite	(01768) 885093	M, R, 36 The Rowans, Egremont	(01946) 824738	M, L, Glencoe New Monkway, Whitehaven	(01946) 590557
M, M, C, 72 Briar Bank, Carlisle	(01228) 739311	MAWBY, F, Wayside Kirkbride	(016973) 51301	M, M, Top Flat, Commongate Cottage Commongate, Low Moresby	(019467) 48661
M, C, Fallowfield 4 Brooklyn, Stainton	(01768) 867100	M, Mrs V, 14c Church Road, Workington	(01900) 62914	M, Michael, 1 Forest Drive, Alston	(01434) 381869
M, C, 3 Jennet Croft, Carlisle	(01228) 615622	MAWDSLEY, Mrs A, Mrs Elderberry Cottage Curthwaite Road, Carlisle	(01228) 711651	M, M, 32 Waverley Court Waverley Gardens, Carlisle	(01228) 549864
M, C, 2 Moor Place, Frizington	(01946) 812934	M, G, Skelton Coledale Gardens, Braithwaite	(017687) 78109	M, Mrs N, Mrs Chestnuts Low Moresby, Whitehaven	(01946) 61612
M, C, 28 Moorville Drive, Carlisle	(01228) 534735	M, M, Station House Braithwaite	(017687) 78296	M, P, Holme Croft Seaville	(016973) 61035
M, C, 4 Warwick Square, Carlisle	(01228) 536113	MAWSON, A, 9 Clifton Court, Workington	(01900) 602987	M, R, Howes Farm Calthwaite	(017684) 84358
M, C.H, 40 Belah Crescent, Carlisle	(01228) 525460	M, E, The Cottage Edenhall, PENRITH	(01768) 201318	M, S, 93 Gramere Avenue, Whitehaven	(01946) 528871
M, D, 3 Gosling Drive, Carlisle	(01228) 525396	M, J, 4 Fairhill Road, Penrith	(01768) 865029	M, S, 3 Irt Avenue, Whitehaven	(01946) 66759
M, D, 94 Hurley Road, Little Corby	(01228) 562812	M, M, 10 Frankland Park, Orton	(015396) 24244	M, S, Windy Corner Windebroe Avenue, Keswick	(017687) 75768
M, D.C, 81A Meadowfield, Gosforth	(019467) 25612	M, M.A, 38 Derwentside Gardens, Cockermouth	(01900) 822494	M, T, 10A Low Seaton	(01900) 603706
M, F, 3 Woods Drive, Kirkoswald	(01768) 988893	M, S, Field Head Barn Orton	(015396) 24206	M, W, 17 Little Croft, High Harrington	(01946) 831241
M, Miss Frances, Walnut House Stainton, Penrith	(01768) 863363	M, T, 14 Yeowartville, Workington	(01900) 601985	M, Y, 6 WOODLANDS Gosforth	(019467) 25488
M, G, Cringling Branthwaite	(01900) 873065	MAXTONE, Fraser, 2 Lazoby Row, Glasson	(016973) 51338	METCALF, A, Heatherdene 30 Oaktree Crescent, Cockermouth	(01900) 824534
M, G, 4 Orton Road, Tebay	(015396) 24073	MAXWELL, A, 4 Bellgate Steading, Wigton	(01697) 508105	M, C.W, 2A Stanger Street, Keswick	(017687) 72220
M, G, 16 St. Pauls Avenue, Frizington	(01946) 815479	M, A, 8 Kingrigg, Carlisle	(01228) 543352	M, C, 1 Woodlands Drive, Maryport	(01900) 817575
M, I, 50 Coronation Drive, WHITEHAVEN	(01946) 66298	M, B.A, Edenholme Park Broom	(01228) 573674	M, H, The Barn Raughton Head	(016974) 76786
M, Jm, 14 Derwent Bank, Seaton	(01900) 602223	M, C, GREENFELL Kirkbride	(016973) 51440	M, I, 6 Ninerigg, Dalston	(01228) 710355
M, J, 15 Meadow Close, Lazoby	(01768) 870900	M, C, 13 Bridge End Park, Egremont	(01946) 821292	M, J, Kilgating Farm Weldon	(016974) 76764
M, J.W, 22 Highfield, Tebay	(015396) 24400	M, D, 2 Park View, Bothel	(016973) 20248	M, J, 2 South Street, COCKERMOUTH	(01900) 379083
M, K, BROADACRES Chapel Hill Road, Wreay	(016974) 73891	M, E, 269 Meadow Road, Whitehaven	(01946) 61530	M, John, Lion House 19a West Street, Aspatria	(016973) 21114
M, L, 18 Greta Gardens Crow Park Road, Keswick	(019467) 71459	M, E, 6 The Gavels, Great Clifton	(01900) 605147	M, K.R, 7 The Muslins, Plumland	(016973) 21369
M, L.D, 57 Bannisdale Way, Carlisle	(01228) 543256	M, G, 29 Sanderson Close, CARLISLE	(01228) 541068	M, L, 3 Lismore Street, Carlisle	(01228) 530726
M, M, 14 Greenmill Road, Carlisle	(01228) 319924	M, J, 4 Keld Close, Stainton	(01768) 892923	M, M.E, Burwen Hill Kirkby Thore	(017683) 61335
M, P, 20 Castlesteads Drive, Carlisle	(01228) 534522	M, J.D, Ghyll Bank Newlands	(017687) 78164	M, R, 14 The Fothergills, Flimby	(01900) 813802
M, P, 19 Park View, Egremont	(01946) 820930	M, K, 14 Scurgill Terrace, Egremont	(01946) 823550	METCALFE, C, Mid Town Cottage Sandford	(017683) 52745
M, P.M, Roselholme Stockdalewath	(016974) 76541	M, K.E, 43 Pinecroft, Carlisle	(01228) 515108	M, C, Helton Gate Howrigg Wigton	(01228) 711575
M, R, Woodsyke Unthank	(01228) 701156	M, M, 6 Hannah Cottages Kingmoor Road, Carlisle	(01228) 496719	M, C, Rowan Cottage South Road, KIRKBY STEPHEN	(017683) 71791
M, R, 62 Brisco Meadows, Carlisle	(01228) 550463	M, R, Howside Ennerdale	(01946) 861334	M, D, Westgate Barn Milburn	(017683) 61947
M, R.K, 91 Newlands Park, Dearham	(01900) 814366	M, W, Well View Brisco	(01228) 598461	M, Dennis, Lingarth Souby	(017683) 71672
M, S, 8 Leith Close, Cliburn	(01931) 714078	MAY, C, 11 High Garth Meadows Ivegill	(016974) 75440	M, D, 17 The Crescent, Kirby Stephen	(017683) 71795
M, William, Thackmire House Hesket Newmarket	(016974) 77024	M, E, Beech House Torpenhow	(016973) 71167	M, D.A, 38 Sheffield Street, Carlisle	(01228) 542690
MASSEY, A, 36 Waddale Park, Seascale	(019467) 28802	M, J, 1 Beckside Gardens, Brampton	(016977) 42514	M, E, 59 Webster Crescent, Carlisle	(01228) 385874
M, Mrs 12 Croft Road, Carlisle	(01228) 930146	M, P, The Hill Newbiggin	(017684) 80064	M, F, 12 Golt Close, Carlisle	(01228) 591836
M, W, 54 Kirkstone Road, Whitehaven	(01946) 64294	M, P, 37 Rutland Avenue, Whitehaven	(01946) 65635	M, G, SCHOOL HOUSE Wreay	(016974) 759321
MASSICUS, J, 3 Ramplin Pastures, Appleby-In-Westmorland	(017683) 53524	MAYBURY, K, 19 Pennine View, Silloth	(016973) 32054	M, G, 89 Gosling Drive, Carlisle	(01228) 535464
MASSINGHAM, L, 55 CLIFFORD ROAD, PENRITH	(01768) 865416	MAYE, J, Three Crows House Rockcliffe	(01228) 674691	M, Adm H, 21 Croft Close, Brough	(017683) 41716
M, R, Cross House Ruckcroft	(01768) 896275	MAYER, K, 25 Rheda Park, Frizington	(01946) 815895	M, J, Heywood Cottage Penrith	(01768) 339402
MASSON, V, 53 Esk Street, Silloth	(016973) 31766	MAYNE, C, 46 Wood Street, MARYPORT	(01900) 818354	M, J, The Bungalow Huddlesceugh Hall Renwick	(01768) 870386
MATCHES, J, 9 Lingmill Crescent, Seascale	(019467) 28917	M, R.G, 122 Lowry Hill Road, Carlisle	(01228) 529861	M, J, LING VIEW Southwaite	(016974) 73171
MATEAR, S, 22 Bowness Court, Workington	(01900) 873121	MAYSON, C, 12 Finkle Street, St. Bees	(01946) 822641	M, Jill, Briar Croft Temple Sowerby	(017683) 62571
MATHER, A, St Briac Church Lane, Thursty	(01228) 710040	MAZUR, M, 20 Parham Drive, Carlisle	(01228) 596159	M, J, 226 Wigton Road, Carlisle	(01228) 523169
M, B, 123 Queen Street, Whitehaven	(01946) 443523	"M"		M, J.M, 1 Hillcrest, Ousby	(01768) 881843
M, C, ELM TREE SHAP	(01931) 716708	Names with a prefix Mc are sorted with those beginning Mac		M, J.W, High Old Shield Greenhead	(016977) 47759
MATHEW, A, 52 Macadam Gardens, Penrith	(017684) 28769	MCALFA, J, Lattendales Berrier Road, Greystoke	(017684) 80829	M, L, 12 Friars Close, Penrith	(01768) 201319
M, B, 5 Railway Court, Workington	(01900) 386671	MCCALL, H, 27 Eskdale Avenue, Carlisle	(01228) 526327	M, M, Walldub Fm Brunstock	(01228) 573665
MATTHEWS, D, Flat 1, 7 Church Terrace, Silloth, Wigton	(016973) 46107	MCCONKEY, H, 12 Nook Street, Workington	(01900) 65310	M, M, PENNINE VIEW Colby	(017683) 53010
M, 1, 12 Stoneworks Garth, Crosby Ravensworth	(01931) 717555	MCDOWELL, I, 12 Millfields, Beckermere	(01946) 841248	M, M, Belles View Cottage Wharton	(017683) 72737
M, Neil, Prospect House Shap	(01931) 717518	MCGARRY, J, 61 Berkeley Garage, Carlisle	(01228) 525376	M, Maurice, 10 Galloner Park, Tebay	(015396) 24630
M, P, 56 Arlecdon Parks Road, Arlecdon	(01946) 561775	MEAD, Mrs Rachael, The Chase Stainton, Penrith	(01768) 863229	M, P, 205 Greystone Road, Carlisle	(01228) 497340
M, Y, 3 Cumbria House New South Watt Street, Workington	(01900) 550410	MEAKIN, J, 25 Barrowmoor Road, Appleby-In-Westmorland	(017683) 52407	M, P, 20 Romany Way, Appleby-In-Westmorland	(017683) 52306
MATIER, W, Station House Station Road, Cliburn	(01931) 714653	MEAKINS, Ms Janet, 37 Langrigg Road, Carlisle	(01228) 739707	M, R, Home Farm Edenhall	(01768) 881203
MATTHEWS, A, 5 Belle Vue, Cockermouth	(01900) 823058	MEAN, Bob, Whingarth Low Moresby	(01946) 66080	M, R.I, 1 Bridge View Souby	(017683) 71624
M, H, 29 Furze Street, Carlisle	(01228) 534014	M, B, 5 Fleatham Croft High House Road, St. Bees	(01946) 825602	METCALFE-GIBSON, A, Far Greenside Greenside Lane, Ravenstonedale	(015396) 23120
M, H.L, 5 Brunstock	(01228) 590288	M, G, 35 Tower Hill, Whitehaven	(01946) 62389	METHERELL, M, 8 Church Road Terrace, High Harrington	(01946) 843544
M, J, 35 Far Moss, Northside	(01900) 66601	MEARNS, Charles, 408 Warwick Road, Carlisle	(01228) 541514	M, P, 49 Church Road, Harrington	(01946) 832863
M, L, 21 Ceda Park, Whitehaven	(016973) 48400	M, R, Woodhouse Farm Greenhead	(016977) 47759	METHVEN, A, 43 Manesty Rise, Low Moresby	(01946) 67827
M, S, 1 Tower Cottages Keswick	(017687) 72730	M, T, Turks Head Inn Market Place, Alston	(01434) 381148	M, D, 24 Greystone Place, CLEATOR MOOR	(01946) 815929
M, S, 1 Belle Vue Crescent, Distington, Workington	(01946) 833833	MEDCALF, A, 90 Longholme Road, Carlisle	(01228) 595707	M, L, 26 Greystone Place, CLEATOR MOOR	(01946) 817950
M, S, Whingarth Walton, BRAMPTON	(016977) 45414	MEDD, G, Lanthwaite Cottage Buttermere	(01900) 85312	MEWSE, D, 7 Stainburn Road, Workington	(01900) 379355
M, V, 7 Walkmill Crescent, Carlisle	(01228) 631444	M, S, Lee-Rigg Moor Road, Great Broughton	(01900) 821996	M, D.W, 28 Ashfield Road, Workington	(01900) 871264
MATTINSON, A, 6 Church View, Aspatria	(016973) 20807	MEDICOTT, P, 1 Kings Garth, Outton	(016973) 49120	M, G, 47 St. Andrews Road, Stainburn	(01900) 870469
M, D, Bassenthwaite Hall Farm Bassenthwaite	(017687) 76279	MEDDRINGTON, J, Smithy Hill Warcop	(017683) 41307	MEYERS, S, 138 Harrington Road, WORKINGTON	(01900) 871754
M, D, Dragg Bungalow Eaglesfield	(01900) 826614	MEE, R, Hougoumont Allonby	(01946) 881407	M, S, 9 Moorside, Prospect	(016973) 20806
M, G, 76 Holly Bank, Whitehaven	(01946) 691141	MEENHAN, Mr G, 12 Layfield Lane, Cleator Moor	(01900) 831512	MICHAEL DAVIES, Professor J, THE Retreat Thornthwaite, Keswick	(017687) 78082
M, I, 1 Esk Street, Silloth	(016973) 32126	MEETEN, A, 5 Low Moorlands, Carlisle	(01228) 710988	MICHAELS, L, 22 Tindale Road, Carlisle	(01228) 543443
M, J, THORNHILL Wigton	(016973) 43465	MEGSON, C, Tile Kiln Beaumont	(01228) 576848	MIDDLEHAM, M, Wynyard East End, Wigton	(016973) 42771
M, J, 14 Bramerton Orchard, Carlisle	(01228) 532643	MEHMED, M, 50 Cusack Crescent, Workington	(01900) 413273	M, M.R, 21 Moorside Drive, Carlisle	(01228) 521627
M, J, 22 East End, Wigton	(016973) 49494	MELBOURNE, D, 16 Woodleigh, Walton	(016977) 3591	MIDDLEMASS, E, WESLEY MANSE The Sands, Brampton	(016977) 3466
M, J, 5 Lonsdale View, Keswick	(017687) 73649	MELDRUM, E, Hazeldene Branthwaite Lane, Seaton	(01900) 66636	MIDDLE, J, 82 Mayfield Avenue, Carlisle	(01228) 317856
M, J, 4 Taylors Way, Whitehaven	(01946) 65560	M, Ian, 39 Beaumont Road, Carlisle	(01228) 520982	MIDDLETON, Dr C, 15 Cocker Lane, Cockermouth	(01900) 828243
M, J.B, Throstle View Wigton	(016973) 43582	M, K, 102 Bellaport Gardens, Harrington	(01946) 830824	M, C, Pike House Fell Lane, Penrith	(01768) 895016
M, J.E, High Garth Ullock	(01946) 861314	M, L, 3 Duddon Close, Whitehaven	(01946) 65545	M, F, 5 Kirkstead Close, Carlisle	(01228) 491927
M, J.W, Park View Hesket Newmarket	(016974) 78127	M, S, 175 Newtown Road, Carlisle	(01228) 548793	M, H, 40 Towlers Lane, Cockermouth	(01900) 381959
M, K, 37 Windebroe Avenue, Keswick	(017687) 75393	MELDRUN, S, 97 Senhouse Street, Workington	(01900) 63627	M, S, 5 Petterill Terrace, Plumpton	(01768) 885655
M, M, 2 Beckside, Eaglesfield	(01900) 821179	MELLING, M, Taylors Farm Great Strickland	(01931) 712035	MIDGLEY, Dr J, Lanthwaite Hutton John	(017684) 83715
M, M, 9 Jaysmith Close, Carlisle	(01228) 528315	M, R, 7 Powells Garth, Langwathby	(01768) 881143	M, J, 1 Brackenrigg Drive, Keswick	(017687) 74255
M, M, 24 Moorclose Road, Harrington, WORKINGTON	(01946) 834063	MELLISH, T, Abbey Cowper Abbeytown	(016973) 61462	M, IERS, H, Vale View High Lorton	(01900) 85629
M, P, 3 Hadrians Court, Grinsdale, CARLISLE	(01228) 535806	MELLO, A, Leith Beck Farm Melkinthorpe	(01931) 712079	M, J.P, 49 Springfield Road, Biggry	(01946) 813969
M, P, 2 Marine Terrace, Whitehaven	(01946) 590241	M, D.C, Norfield Ho Hunsonby	(01768) 881253	MIFFLIN, I, 52 Bedford Street, Hensingham	(01946) 591647
M, S, 39 Hurley Road, Carlisle	(01228) 561624	M, G, 39 Woodlands Avenue, Whitehaven	(01946) 65654	MIFSUD, M, 23 Brow Top, Workington	(01900) 550246
M, S, 2 The Paddock, Threlkeld	(017687) 79032	M, R, 46 Central Road, Whitehaven	(01946) 395206	MIGNONELLI, E, 2 Balmoral Road, Whitehaven	(01946) 695508
M, T, 18 Comely Bank, ASPATRIA, WIGTON	(016973) 21671	MELLOR, Lynn, Sundial Cottage Torpenhow	(016973) 71486	MILBANK, S, High Garth Portinscale	(017687) 74243
M, T, 8 Latrigg Close, Keswick	(016973) 90053	MELLS, A, Tarn Ravenstonedale	(015396) 20832	MILBOURN, Isaac, Walby Garage Walby	(01228) 573249
M, T.G, 2 School Ter, Oughterside	(016973) 21545	MELMOTH, Sir Graham, Green Garth Dockray	(017684) 82057	M, M, Little Hames Hames Hall Gote Road, Cockermouth	(01900) 829275
M, W, 24 Laikin View, Calthwaite	(01768) 894660	MELROY, C, 59 St. Helens Street, Cockermouth	(01900) 826843	MILBURN, A, Mill Lane Cottesdale, Dalston 2 Carlisle	(01228) 710264
MATTISON, C, Wind Crest Parklet Hill, Carlisle	(01228) 513046	M, J, 3 Kirkbank, Cockermouth	(01900) 826829	M, A.E, Beechwood Castle Carrock	(01228) 670310
MATTOCKS, F, Meadow Lodge Row Brow, Dearham	(01900) 814407	M, P, 31 Hillcrest Avenue, Whitehaven	(01946) 599457	M, C, 53 Scotby Village, Scotby	(01228) 513462
MAUDE, E.W, 2 Castle Street, Hilton	(017683) 52479	MELROSE, D, 13 Castle Terrace, Penrith	(01768) 899710	M, D, 9 Little Corby Road, Little Corby	(01228) 560720
MAUDLING, C, Isle View Couderton	(01946) 822739	MELVILLE, B, Linden House Mawbray	(01900) 881349	M, D.H, 5 Beckside, Penrith	(01768) 865934
M, E, 3 West Croft Terrace, Lowca	(01946) 63513	M, R, Melningdale Thirlmere Avenue, WORKINGTON	(01900) 606124	M, E.M, 16 Glasson Court Victoria Road, Penrith	(01768) 862134
M, J, 7 Coniston Road, Whitehaven	(01946) 62237	MEMBERS OF PARLIAMENT		M, G, 30 Chaucer Road, Workington	(01900) 62816
M, J, 3 West Row, Whitehaven	(01946) 693164	See Listing In Business Section		M, G.H, 1 Monkhill Road, Moorhouse	(01228) 576171
M, M, Yeathouse Farm Yeathouse Road, Frizington	(01946) 814963	MENUDS, G, North End Bassenthwaite	(017687) 76427	M, J, 45 Bowflatts, Great Clifton	(01900) 67238
MAUDSLEY, V, 17 Chapel Street, Biggry	(01946) 811853	MENERY, J, 12 Ellesmere Way, Carlisle	(01228) 544361	M, Joanne, 9 Gilgarran Park, Gilgarran	(01946) 831582
MAUGHAN, A, Rennels House Great Asby	(017683) 51997	M, J, 161 Holmrook Road, Carlisle	(01228) 531582	M, Mr J, 32 Lawson Street, Maryport	(01900) 818084
M, C, 6 Carleton Meadows, Penrith	(01768) 864505	MENIN, S, The Old Chapel Lambley	(01434) 321466	M, J, 4 Linden Walk, Stainburn	(01900) 61301
M, D, 1 Fleet Street, Workington	(01900) 605344	MENZIES, B, 5 Riverside Drive, Egremont	(01946) 820584	M, M, Beech House Kirkandrews-On-Eden	(01228) 576331
M, E, 8 Derwent Avenue, Seaton, Workington	(01900) 601657	MERCER, I, 12 Hartington Place, Carlisle	(01228) 524368	M, M, 70 Loweswater Avenue, WHITEHAVEN	(01946) 44

M, Sally, Crook Church Road, Greystoke	(017684) 80923	M, R, 162 Yewdale Road, Carlisle	(01228) 534129	M, M, 6 Blackburn Drive, Carlisle	(01228) 520052
MILKIN, M, Room 4 Loveday House South End, Wigton	(016973) 42719	MILNER, C, 40 Henry Street, Cockermouth	(01900) 826049	M, M, 1 Brantwood Lane, Cleator Moor	(01946) 814439
MILLAR, A, 10 Kingmoor Road, Carlisle	(01228) 317874	M, C, 2 St Leonards Lane, Cockermouth	(01900) 268435	MOHAMED, T, 4 Cheviot Road, Carlisle	(01228) 318434
M, C, 1 The Hill Greystoke	(017684) 83180	M, D.C. Park Vw Staffield	(017684) 898578	MOIR, S, Littletown Farm Newlands	(017687) 78353
M, D, Riverside Cottage Kirklington	(01228) 675169	M, R, Rose Cottage Brackenber	(017683) 51124	MOLADE, H, 26 Pennine Way, Carlisle	(01228) 491669
M, H, 33 The Crofts, St. Bees	(01946) 822474	MILNES, Pauline, Isabels House Beckfoot	(016973) 26213	MOLDVAN, I, 14 Leonard Street, Keswick	(017687) 75409
M, J, New House Lowthwaite Green Caldbeck	(016974) 78472	MILROY, K, 22 Teasdale Road, Carlisle	(01228) 526068	MOLE, P, 43 Waver Street, Wigton	(016973) 31764
M, J, 14 Kendal St, Carlisle	(01228) 520842	MILTON, A, 67 Wodow Road, Thornhill	(01946) 823105	MOLL, D, 83 Main Street, Great Broughton	(01900) 825503
M, Reverend J, The Presbytery Our Lady Of Appleby Rc Church Pembroke Street, Appleby-In-Westmorland	(017683) 51474	M, D, The Green Veterinary Surgery Skelton	(017684) 84417	MOLYNEUX, J, 1 Wigton	(016973) 31925
M, S, 85 High Brigham, Cockermouth	(01900) 827736	MINGHELLA, C, 90 Went Meadows Close, Dearham	(01900) 393169	M, Mrs M, Mrs 23 Ash Lea, Brampton	(016977) 42918
MILLARD, D, 5 Moss Grove, Penrith	(01931) 601005	MINGINS, A, 60 Main Street, Frizington	(01946) 811696	M, R, 20 Moss Side, Allonby, MARYPORT	(01900) 881421
M, R.H, 45 Sark Close, Carlisle	(01228) 528967	M, D, 142 Main Street, Frizington	(01946) 811992	MONAGHAN, C, 25 Green Close, Crosby	(01900) 815007
MILLBURN, Nancy, 26 Caldbeck Road, Whitehaven	(01946) 691514	M, M, 75 Penzance Street, Moor Row	(01946) 815515	M, F, 13 The Willows, EGREMONT	(01946) 821035
M, P.T, 23 The Crofts, St. Bees	(01946) 822649	MINNINIKIN, D, Jacky Garth Threlkeld	(016977) 79164	M, J, KESTRELS Woodend	(01946) 810810
MILLER, A, 36 John Robert Gardens, Carlisle	(01228) 515603	M, P, 70 Wasdale Park, Seascale	(019467) 28585	MONCKTON, N, Park House Aspatria	(01946) 817045
M, A, 145A Windebroowe Avenue, KESWICK	(017687) 71335	M, T, 4 Petton Place, Gosforth	(019467) 25491	MONEY, G, 8 Millriggs, Corby Hill	(01228) 562779
M, B, 26 High Seaton, Seaton	(01900) 64626	MINNION, M, Plane Head Cottage Hallbankgate	(016977) 46450	MONK, J, 22 The Crescent, Egremont	(01946) 528994
M, C, Went House Court Flat 2 The Went, Cockermouth	(01900) 393073	MINNINS, F, 79 Nelson Street, Carlisle	(01228) 534771	MONKHUSE, A, 109 Queen Street, Whitehaven	(01946) 451463
M, D, ALLERBY HALL Aspatria	(01900) 812201	MINGOGUE, Mr 6 Heather Bank, Cleator Moor	(01946) 811295	M, C, 10 Hope Street, Carlisle	(01228) 591328
M, D, The Shieling Braithwaite	(017687) 78493	MINSHAW, M, Flat 211 Wordsworth Court Sullart Street, Cockermouth	(01900) 828068	M, F, 11 Moorbanks Road, Workington	(01900) 606685
M, D, Arbour House Lamony	(017684) 84385	M, R, Four Trees High Seaton	(01900) 63163	M, G, Tyneholme Langwathby	(01768) 881209
M, D, 2 Lingwell Wood, Seascale	(019467) 27604	MINTO, M, 63 Bowthorn Road, CLEATOR MOOR	(01946) 810806	M, G, WOODLANDS Brayton Road, Aspatria	(016973) 20674
M, D, 2 Moorville Drive South, Carlisle	(01228) 527766	MIREHOUSE, T, 6 Ismay Wharf, Maryport	(01900) 379742	M, J, Grange View Caldbeck	(016974) 78428
M, D, 2 Wellmeadow, Brampton	(016977) 3095	MISSAN, A, 190 Blackwell Rd, Carlisle	(01228) 591373	M, M, Hill View Barn A11, Penrith	(01768) 889350
M, D.S, 30 Windmill Brow, Whitehaven	(01946) 63910	MIST, J.T, Highfield House Slaggyford	(01434) 381866	M, M, 24 Eterby Lea Crescent, Carlisle	(01228) 523036
M, E.W, 4 Sea View Drigg Road, Seascale	(019467) 28866	MITCHELL, D, 25 Highfield Road, Cockermouth	(01900) 824952	M, P, 6 Asby Road, Asby	(01946) 861103
M, F.P, 1 Rose Bank Close, Little Corby	(01228) 561082	M, P, Lowther House Drumbrugh	(01228) 576003	MONKHOUSE, R, Ehenbank Ennerdale	(01946) 861214
M, G, 1 Cross Street, Whitehaven	(01946) 62017	MITCHELL, A, 117 Meadow Road, Whitehaven	(01946) 430440	MONKS, P, 20 Holmacres Drive, Carlisle	(01228) 509998
M, G, 50 High Street, Maryport	(01900) 813246	M, B, 25 Boundary Road, Carlisle	(01228) 533362	MONKSTEER, R, Hilltop Ashkam	(01931) 712340
M, H, Scallow Farm Lamplugh	(01946) 329636	M, C, DOCKRAY HOUSE Dockray	(017684) 82360	MONTGOMERY, G, Holmleigh Station Road, Flimby, Maryport	(01900) 817337
M, I, Green Close Kirkbride	(016973) 51461	M, C, 2 Sycamore Close, Whitehaven	(01946) 62040	M, Mr Michael, 4 Orton Road, Carlisle	(01228) 527696
M, J, Branberries Bothel	(016973) 20130	M, D, 13 Maple Drive, PENRITH	(01768) 864687	M, Mr 27 Burrow Walls, Northside, Workington	(01900) 392631
M, J, Iona Terrace Crosby	(01900) 817962	M, D, Rathvale Thrushwood, Keswick	(016977) 71223	M, S, 202 Scalgate Road, Carlisle	(01228) 548158
M, J, Salar Drumbrugh	(01228) 575088	M, D.E, Low Garth Great Orton	(01228) 711153	MOODIE, A, 36 Crossways, Carlisle	(01228) 492977
M, J, Smithy Garth Penrithdock	(017684) 83398	M, E, 149 Brampton Road, Carlisle	(01228) 521867	MOODY, F, Todcroft Waverton	(016973) 44215
M, J, Fell View Skelton	(017684) 84377	M, G, 29 Keld Close, Stainton	(01768) 899916	M, H, Iredale Cottage Old Road, Crosby	(01900) 812070
M, J, 25 Bedford Road, HENSINGHAM, WHITEHAVEN	(01946) 67128	M, G, 2 St Mungos Park, Aspatria, Wigton	(016973) 22000	MOON, A, 4 Duke Street, Penrith	(01768) 890463
M, Jos, Mullangar Brayton Road, Aspatria	(016973) 20265	M, G, 3 The Avenue, Bassenthwaite	(017687) 76463	M, M, Latter Howe Eaglesfield	(01900) 822990
M, J, Arkleby Mill Ellen Bank, Arkleby	(016973) 22185	M, G.W, Grassknop Skelton	(017684) 84270	M, M, 42 Roper Street, Whitehaven	(01946) 62936
M, J, Fairview Fairview, Wigton	(016973) 49440	M, Mrs H, Mrs 49 Stanley Road, Brampton	(016977) 41372	M, S, 21a Foxhouses Road, Whitehaven	(01946) 328033
M, J, 25 Hadrian Park, Brampton Old Road, CARLISLE	(01228) 592996	M, H, 22 Waters Meet, Warwick Bridge	(01228) 561373	M, T, 29 Thorncroft Gardens, Workington	(01900) 68850
M, Jm, 2 Laverock Terrace, Workington, Cumbria	(01900) 63252	M, I, Jack House Raughton Head	(016974) 76200	MOONEY, E, 77 Gable Avenue, COCKERMOUTH	(01900) 825297
M, J, 29 Scalfell Close, Whitehaven	(01946) 63815	M, I, 4 Calva Brow, Workington	(01900) 603000	M, F, 31 Moorfield Bank, Great Broughton	(01900) 821384
M, J.C, 6 Eden Mount, Wetheral	(01228) 561445	M, I, 20 Eterby Lea Grove, Carlisle	(01228) 546964	M, F.R, Croft Cottage Bowness-On-Solway	(016973) 51918
M, K, 14 Elizabeth Street, Maryport	(01900) 814905	M, I, 26 Martindale Close, Whitehaven	(01946) 63875	M, G, 44 Tower Hill, WHITEHAVEN	(01946) 61677
M, L, 51 Needham Drive, Workington	(01900) 608179	M, J, Garthside Bothel	(016973) 22037	M, John, 6 Beech Avenue, Egremont	(01946) 825456
M, L, 42 The Firs, Alston	(01434) 381277	M, J, CROOKHOLME Mill Weldon	(016974) 76500	M, S, 6 Miterdale Close, Whitehaven	(01946) 430626
M, M, 57 Crossways, Carlisle	(01228) 542517	M, J, Ellenbank Lodge Ellenbank Lodge, Maryport	(01900) 818338	M, W.G, 16 Nairn Way, Carlisle	(01228) 536248
M, M, Stafford Court Flat 20 Earl Street, Cleator Moor	(01946) 541339	M, J, 9 Ennerdale Road, Maryport	(01900) 819343	MOONIE, I, 21 WAVERLEY COURT Waverley Gardens, Carlisle	(01228) 599169
M, M, 33 Kelsick Park, Workington	(01900) 413370	M, J, 11 Keld Close, Stainton	(01768) 895638	MOOR RODRIGUEZ, K, Janika 6 Brentfield Way, Penrith	(01768) 867400
M, M, 119 Wigton Road, Carlisle	(01228) 528406	M, J, 56 Main Road, Seaton	(01900) 602925	MOORE, A, 4 Abbots Close, Abbeystown	(016973) 61135
M, M, 23 Vey Bank Lane, Whitehaven	(01946) 690811	M, J, 59 Moor Road, Staiburn	(01900) 706766	M, A, 10 Caslin Way, Carlisle	(01228) 493073
M, M.J, Meadow View Bowness-On-Solway	(016973) 51126	M, J, Arches Dairy The Arches, Maryport	(01900) 812858	M, A, 43 Collins Terrace, MARYPORT	(01900) 393743
M, M.R, Rosedene High Hill, Keswick	(017687) 72121	M, K, Townfoot Farm Heads Nook	(01768) 896733	M, A, Parkside 9c Main Road, Seaton, Workington	(01900) 66412
M, P, Tarn Lodge Heads Nook	(01228) 760084	M, K, Scuan Millgrove Low Moresby	(01946) 62096	M, A, 71 Meadowfield, Gosforth	(019467) 25763
M, P, 4 Barton View, Penrith	(01768) 866147	M, K, 35 Hawkshead Avenue, Workington	(01900) 870994	M, Mr A, Mr 22 Millbanks Court, Workington	(01900) 822371
M, P, 47 Mill Street, Frizington	(01946) 328841	M, M, 8 Alne Road, Maryport	(01900) 815157	M, A, 30 North Road, Whitehaven	(01946) 691052
M, P, 5 Myddleton Terrace, Carlisle	(01228) 359313	M, M, 16 Cumrew Close, Carlisle	(01228) 525866	M, A, Wits End Old Church Lane, Brampton	(016977) 41819
M, Rebecca, Sunnyside School Road, Cumwhinton	(01228) 560224	M, M, 1 Yetlands Dalston, Carlisle	(01228) 712524	M, A, 64 Thirlmere Avenue, Workington	(01900) 67535
M, R, 22 The Firs, Alston	(01434) 381617	M, N, 20 Denton Park, Gosforth	(019467) 25458	M, B, 6 Cross Grove, Cleator	(01946) 815562
M, R.J, Millwell South Dyke	(01768) 870125	M, O, 176 Wigton Road, Carlisle	(01228) 521191	M, C, Orchard Croft Head Road, Seascale	(019467) 27674
M, S, 53 King Street, MARYPORT	(01900) 817088	M, P, 4 Riggside Mews Pallet Hill	(017684) 80105	M, C, 3 North Quay, Maryport	(01900) 810313
M, S, Millston The Green, Allerbys, Aspatria, Wigton	(01900) 817797	M, P, 19 Castle Gardens, Greystoke	(017684) 83176	M, C, 1 Priory Drive, Cleator Moor	(01946) 810498
M, S, 36 Woodlands Avenue, Whitehaven	(01946) 64547	M, P, Madrava Craika Road, Dearham	(01900) 817308	M, D, HALL CREST Long Marton	(017683) 62350
M, S, 77 Woodside North, Carlisle	(01228) 514929	M, P, 7 Hill Head, Scotby	(01228) 513288	M, David, Row Mill Wellington	(019467) 25692
M, T, Arkleby Mill Ellen Bank, Arkleby	(016973) 21499	M, R, 7 Milton Street, Penrith	(01768) 866387	M, D, Orchard House Whirriggles	(016973) 51438
M, W, 83 Langrigg Road, Carlisle	(01228) 542705	M, R, 49 Noble Croft, Aspatria	(016973) 21472	M, D, 34 Burton High Close, Harras Road	(01946) 694966
MILLICAN, D, 164 Lowry Hill Road, Carlisle	(01228) 521506	M, R, 6 Parkside Avenue, Cockermouth	(01900) 822585	M, D, 9 Drawbriggs Mount, Appleby-In-Westmorland	(017683) 53077
M, D, 10 New Street, Cockermouth	(01900) 827015	M, R, 16 The Paddocks, Thursby	(01228) 712455	M, David, Beech How Gilfoot, Egremont	(01946) 820520
M, D, 15 Buttermere Close, Cockermouth	(01900) 824398	M, Mr R, Ridgemaede Xx, Cumwhinton, Carlisle	(01228) 560970	M, D, 23 Wasdale Close, Cockermouth	(01900) 822794
M, G, 14 Whinlatter Way, Carlisle	(01228) 528142	M, R.W, Saughtreigate Farmhouse Cumrew	(01768) 896423	M, D.F, 80 Brampton Road, Carlisle	(01228) 525641
M, H, 32 West Lane, Shap	(01931) 716543	M, S, 53 Edinburgh Road, Maryport	(01900) 815696	M, D.J, Cherryridge Montreal Place, Moor Row	(01946) 815749
M, J, Flat 18 Fairview Court South End, Wigton	(016973) 43843	M, S, 2 The Green, Aspatria	(016973) 20943	M, F, 23 Bradenlands, Wigton	(016973) 44198
M, J, 32 Strawberry Terrace, Carlisle	(01228) 534638	M, S.A, 1 Graham Street, Longtown	(01228) 791529	M, F, 3 Milburn Croft, Seaton	(01900) 67224
M, J, 9 Tynefield Ct, Penrith	(01768) 867237	M, S, 17 Southwaite Green Mill Country Park Eamont Bridge	(01768) 899675	M, G, PARK HOUSE Oulton	(016973) 44512
M, J, 19 Wentworth Drive, Carlisle	(01228) 523680	M, T, 34 Ghyll Grove, Lowca	(01946) 67146	M, G, 12 Monks Hill, St. Bees	(01946) 475884
M, K, Red Gable Blennerhasset, Wigton	(016973) 20067	M, T, 78 Orchard Close, Seaton, WORKINGTON	(01900) 609193	M, Gillian, 4 Railway Terrace, Maryport	(01900) 810221
M, K, 10 Solway Drive, Anthon	(016973) 51807	MITCHELSON, Mrs Ailfa, 41 Stanley Road, Brampton	(01697) 507305	M, G, Craigmor Red Beck Park, Cleator Moor	(01946) 810542
M, O, 9 Howard Gardens, Brampton	(016977) 3590	M, C, 66 Larch Drive, Stanwix	(01228) 524949	M, H, Brayshaw Haile	(01946) 841314
M, R, Shanendoah Skelton	(017684) 84374	M, M, The Garth Lanercost	(016977) 2871	M, Howard, 11 Harrowbeck Edge, Lazonby	(01768) 898024
M, R, 13 Buttermere Close, Cockermouth	(01900) 386033	M, W.K, Burnside House Longtown Road, Brampton	(016977) 2314	M, Admiral H, Apartment 31 Lancaster Court Isel Road, Cockermouth	(01900) 876746
M, S, 9 Brunswick Apartments Brunswick Square, Penrith	(01768) 862931	MITCHINSON, A, Garth Side Smithfield, Kirklington	(01228) 675608	M, H, 38 Windermere Road, Whitehaven	(01946) 590204
M, T, Scough House Edenhall	(01768) 867567	M, G, OAK HILL Kirkcambreck	(016977) 48350	M, I, Elder Tree House Blindcrake	(01900) 823254
M, W, West End Little Bampton	(016973) 51165	M, I, 15 Bramerton Orchard, Carlisle	(01228) 511742	M, I, 29 Chaucer Road, Workington	(01900) 612112
MILLICEN, M, 14 Beacon Close, Aspatria, WIGTON	(016973) 20366	M, J, 9 Beech Croft, Burgh-By-Sands	(01228) 576683	M, I, 265 Green Lane Belle Vue, Carlisle	(01228) 535153
MILLIGAN, I, Moorclose 189 Newlands Lane South, WORKINGTON	(01900) 604629	M, J, 6 Bridge Street Close, Cockermouth, Cumbria	(01900) 268733	M, I, 4 Holmewood Avenue, Cockermouth	(01900) 269293
M, J, 54 Meadow View, Lowca	(01946) 693172	M, K, 9 Phoenix Park, Skelton	(017684) 84859	M, J, PARSONAGE FIELD Irton	(019467) 24367
M, J, 2 Prospect View, Distington	(01946) 830710	M, M, Red Hills Kirkcambreck	(016977) 3375	M, J, 1 Buttermere Close, Cockermouth	(01900) 826882
M, Ronald, Mylodon Kirkbride	(016973) 51119	M, M, Greenside Farm Wigton	(016973) 52583	M, J, Flat 15 Stafford Court Earl Street, Cleator Moor	(01946) 817312
M, S, 5 Jane Street, Maryport	(01900) 813619	M, M, 8a Townfoot Park, Brampton	(01900) 41949	M, J, 30 Geltsdale Avenue, Carlisle	(01228) 615759
M, S, 63 Wood Street, Maryport	(01900) 814859	M, R.W, 3 St. Ninians Av, Carlisle	(01228) 544407	M, J, 48 Heatherfields, Broughton Moor, Maryport	(01900) 810862
M, T, 27 Kings Avenue, Seaton	(01900) 602998	M, T, Howrigg Kirklington	(01228) 759314	M, J, 10 King Street, Cleator	(01946) 813257
MILLIKEN, A, Ardsdell Embleton	(017687) 76657	M, T, High Close Southwaite	(016974) 73294	M, J, 1 Kirkbank, Cockermouth	(01900) 824179
MILLINER, R, Ennerdale View Ennerdale View, Cockermouth	(01900) 413528	MILYNEK, S, 36 Rosebery Road, Carlisle	(01228) 615597	M, J, 67 Meadow Way, Maryport	(01900) 817381
MILLINGTON, D, Sea View House Sea Mill Lane, St. Bees	(01946) 822588	MOAN, A, 2 Park Terrace, Hallbankgate	(016977) 46558	M, J.A, Gill Bank Walton	(016977) 2550
M, I, Westgate 97 High Brigham, Brigham	(01900) 823645	MOFFAT, B, 5 Old Mill Court Main Street, Keswick	(017687) 80427	M, John David, Row Mill Wellington	(019467) 25816
M, Mrs 59 Low Moorlands, Carlisle	(01228) 712777	M, E, 2 Orchard Grove, Newton Reigny	(01768) 867689	M, K, 20 Skelscaugh Road, Frizington	(01946) 861617
MILLS, A, 13 Eden Gange, Little Corby	(01228) 560042	M, E, 88 Scotland Road, Carlisle	(01228) 536701	M, Lisa, Meadow View Wiggonby	(016973) 45580
M, A.W.S, 7 Little Sandhill, Kirkoswald	(01768) 898616	M, H, 2 Middlegate, Great Clifton	(01900) 603429	M, L, Stanah Cottages 10 Back Lane, Keswick	(017687) 80505
M, David, 27 Currock Park Avenue, Carlisle	(01228) 545612	M, J, 72 Percy Road, Carlisle	(01228) 521079	M, Mrs Laura, 38 Oak Drive, Staiburn	(01900) 392975
M, D, 6 Sandgate, Penrith, Cumbria	(017683) 98354	M, J, 132 Dunmail Drive, Carlisle	(01228) 523674	M, L, 65 The Beeches, Maryport	(01900) 817783
M, E, 25 Ghyll Road, Scotby	(01228) 513597	M, J, 16 Eagles Way, Moresby Parks	(01946) 690472	M, Miss Laura, 22 Winchester Drive, Whitehaven	(01946) 329075
M, F, Burton Cottage Tallentire	(01900) 822943	M, J, HIGH BIELD Vicarage Hill, Keswick	(017687) 73425	M, M, Thistle Cottage Great Musgrave	(017683) 41566
M, J, 31A Latrigg Close, Keswick	(017687) 90019	M, Mr Keith, 32 Brook Street, Maryport	(01900) 815587	M, M, Church Gate Kirby Thore	(017683) 62005
M, N, The Garth Scales High Lorton	(01900) 85301	M, K, Green Side Greenfield Lane, Brampton	(016977) 42064	M, M, MIKELLE Little Broughton	(01900) 825451
M, R, 14 Whinnie House Park, Carlisle	(01228) 525742	M, M, 2 Irthing Park, Brampton	(016977) 3278	M, M, Osborne Cottage Garden Lane, Allonby	(01900) 881445
M, W.T, Flat 17 Catherine Mill Catherine Street, Whitehaven	(01946) 590966	M, M, 49 Meadow Way, Maryport	(01900) 817408	M, M, Oak View Cottage Oak View Cottage, Wigton	(016974) 78580
MILLWARD					

M, Mr V, 122 Petteril Street, Carlisle	(01228) 545754	MOSES, D, 9 Egerton Grove, CARLISLE, CUMBRIA	(01228) 537422	M, D, 23 Whitecroft, Maryport	(01900) 550515
M, W, 8 Goldsmith Road, Egremont	(01946) 582708	M, Mrs D, Mrs 36a Whinsmoor Drive, Carlisle	(01228) 538272	MURGATROYD, D, Orchard House Wetherall Pasture, Carlisle ..	(01228) 930136
MOORES, S, 17 Fairbydale Park, Penrith	(01768) 864338	M, H, 23 Standings Rise, Whitehaven	(01946) 694976	MURPHY, A, 64 Linden Terrace, Carlisle	(01228) 534938
MOORHEAD, Julie, 4 Sclegate, Caraisle	(01228) 598825	M, S, 8 Riverdale Drive, Cockermouth	(01900) 824798	M, B, 10 Grosvenor Ct, Carlisle	(01228) 531882
MOORHOUSE, Colin, 51 Main Street, St. Bees	(01946) 825867	MOSLEY, M, 33 Tribune Drive, Houghton	(01228) 543749	M, B, The Mews Low Scenes Aspatria, WIGTON	(016973) 23878
M, P, Halsteads Garden Cottage Watermillcock	(017684) 86626	MOSS, G, Corby Gates House Great Corby, Carlisle	(01228) 561345	M, C, 20 Edinburg Avenue, Workington	(01900) 64021
MOOTHOO, J, School House School House, Penrith	(01931) 601037	M, H, The Liliacs Newton Reigny, PENRITH	(01768) 891899	M, Mrs C, Mrs 56 Meadow Vale, Workington	(01900) 607286
MORALEE, S, 2 Beckside, Plumpton	(01768) 885588	M, J, Emperors Ldg Thrimby	(01931) 712622	M, D, 2 Wheatsheaf Cottages Abbeytown	(016973) 61066
MORALEES MOCTEZUMA, M, 127 Fairladies, St. Bees	(01946) 329680	M, M, 11 Ling Close, Northside	(01900) 63571	M, D, 1 Dunmill Drive, Carlisle	(01228) 538763
MORAN, D, 7 Trinity Way, Keswick	(01768) 201224	M, M, Fernain Orton Road, Tebay	(015396) 24339	M, D, 10 Gramhams Croft, Warwick-on-Eden, Carlisle	(01228) 560249
M, Mr J, Mr 82 Castlerigg Drive, Carlisle	(01228) 594167	M, M, 37 Wentworth Drive, Carlisle	(01228) 594167	M, D, 48 Rannardale Drive, Whitehaven	(01946) 65342
M, M, Hilltop Back Street, Cotehill	(01228) 561555	M, P, Hillfield Mount Pleasant, Tebay	(015396) 24412	M, E, 37 Devon Road, Whitehaven	(019467) 48119
M, M, 3 Bassenthwaite Street, Carlisle	(01228) 590561	M, Dr R, 3 The Meadows, Cliburn	(01931) 714051	M, E, 57 Sycamore Road, Maryport	(01900) 816178
M, M, 7 Beacon Park, Penrith	(01768) 862508	M, S, 22 Ashcroft Close, Braithwaite	(017687) 78737	M, F, 80 Cranbourne Street, Workington	(01900) 62343
M, S, 23 Ellen Garth, Wigton	(016973) 26653	M, U.M, Myrtle Cottage Eaglesfield, Cockermouth	(01900) 823878	M, F, 40 Cumberland Street, Workington	(01900) 66700
MORBEY, S, 8 The Old Sawmill, Warcop	(017683) 41926	MOSSMAN, M, Hill House Hunsonby	(01768) 881577	M, G, 138 Houghton Road, Carlisle	(01228) 529231
MORE, G, Main Town Head Aughertree	(016973) 71608	M, M, 3 Yew Tree Crescent, Shap	(01931) 716912	M, J, Fell View Kelsick	(016973) 61002
MORETON, M, 9 Kings Avenue, Seaton, Workington	(01900) 61444	MOSSOM, L, Netherville Crosby, Maryport	(01900) 814196	M, J, 50 Ennerdale Rd, Cleator Moor	(01946) 814363
MOREWOOD, D, 1 Manor Court West Street, Wigton	(016973) 44232	MOSSOP, A, Mains Farm Blindcrake	(01900) 829941	M, J, 2 Longcroft, Braithwaite	(017687) 78552
MORGAN, E, 35 Eskdale Crescent, Workington	(01900) 602192	M, Mr Alan, Lymer Grove Quality Corner, Moresby, Whitehaven	(01946) 694668	M, J, 2 The Green, Thirlmere	(017687) 80024
M, G, 21 Marveles Park, Cockermouth	(01900) 823156	M, C, 20 Barton Dale, Penrith	(01768) 898967	M, K, 12 Eskdale Close, Cleator Moor	(01946) 812191
M, G, 4 Stricketts Ct, Cockermouth	(01900) 826260	M, E, 37 George Street, Whitehaven	(01946) 61539	M, K, 11 Knowfield Close, Carlisle	(01228) 513231
M, H.G, 4 The Mount, Papcastle	(01900) 826112	M, G, Highwood Nethertown	(01946) 824156	M, L, Oakwood Grange Causeway Road, Seaton	(01900) 873607
M, J, La Tinteele La Tinteele, Whitehaven	(01946) 690940	M, G, 68 Poole Road, Workington	(01946) 439019	M, L, 14 Mayfield, Blackwell	(01228) 536680
M, J, 1 Melbreak Avenue, Cockermouth	(01900) 822457	M, I, 19 Sheehan Gardens, CARLISLE	(01228) 537347	M, M, Westways Garth Heads Road, Appleby In Westmorland	(017683) 52753
M, J, Queens Hotel Park Terrace Criffel Street, Silloth	(016973) 31373	M, J, 4 Bellgarth Gardens, Carlisle	(01228) 593117	M, M, 11 Rydal Street, Frizington	(01946) 813869
M, J, 65 Wether Riggs Road, Workington	(01946) 830856	M, J, 2 Chestnut Grove, Linstock, CARLISLE	(01228) 528363	M, M, 20 Snaefell Terrace, Whitehaven	(01946) 64597
M, M, 3 Whitfield Court, Workington	(01900) 67315	M, J, 8 Wesley Street, Workington	(01900) 603793	M, M, 4 Solway Road, Moresby Parks, Whitehaven	(01946) 522326
M, R.J, 24 Longlands Road, Carlisle	(01228) 526853	M, K, 2 Sunnyside, Seaton	(01900) 604955	M, P, LONGMEADOW Rottington	(01946) 825303
M, S, 5 Castle View Road, Appleby In Westmorland	(017683) 51906	M, K, 2 Sunnyside, Seaton	(01900) 605168	M, P, 3 Birch Close, Workington	(01900) 604804
M, S, 14 Palmer Road, Carlisle	(01228) 534747	M, M, The Stables Blindcrake	(01900) 823492	M, S, 26 Briendale, Salterbeck	(01946) 823234
MORLAND, A, Coalbrookdale Station Road, Kirkby Stephen	(017683) 74867	M, M, DYKE NOOK Wilton	(01946) 822049	M, S, 8 Mill Street, Maryport	(01900) 816070
M, C, 6 Barton Dale, Lazonby	(01768) 897092	M, S, 57 Arthur Street, Penrith	(01768) 867442	M, S, 27 Princes Street, Cleator	(01946) 813760
M, J.A, Greystone Cliburn	(01931) 714205	M, T, 39 Wodow Road, Thornhill	(01946) 822008	M, S, 21 Wellington Row, Whitehaven	(01946) 695011
M, J.R, The Fernery Silver Street, Crosby Ravensworth	(01931) 715307	MOSTYN, P, 58 Newlands Park, Dearham, Maryport	(01900) 814267	M, W, 87 Mill Hill, Cleator Moor	(01946) 813477
M, M, 2 Hopper Hill, Crosby Ravensworth	(01931) 715309	MOTH, W, 46 Victoria Place, Carlisle	(01228) 521631	MURRAY, A, Murray Duffen Foot Greenhead	(016977) 47754
M, M, 9 Manor Court, Kirkby Stephen	(017683) 71167	MOTTRAM, R, Ehen House Brisco Road, Egremont	(01946) 823915	M, A, 4 Coniston Drive, Workington	(01900) 602676
M, T, CROFT VIEW Crosby Ravensworth	(01931) 715254	MOUAT, H, 4 Ivy Close, Cargo	(01228) 674113	M, A, 46 Hurley Road, Little Corby	(01228) 561256
MORLEY, B, 6 Esk Road, Carlisle	(01228) 520551	MOULDER, G, 1 Merle Bank, Threlkeld	(017687) 79606	M, Andrew, 9 The Brides, Sealscale	(019467) 21256
M, E, Windyridge Asby Road, Workington	(01946) 861644	MOULTON, A, 3 Helmsley Close, Penrith	(01768) 863756	M, Alexander, 1 The Howard, Hallbankgate	(016977) 46314
M, J, Hadderdale Great Asby	(017683) 51083	MOUNSEY, A, Meadowcroft Croft Head Road, Seascale	(019467) 283426	M, B, Fieldfoot Cottage Blackford	(01228) 674382
M, M, 2 Clifford Road, Penrith	(01768) 862508	M, A, 7 Crossfield Road, Cleator Moor	(01946) 812151	M, B, Crane Cottage Motherby	(017684) 83289
M, N, Mazongill Orton	(015396) 24448	M, A, 33 Queen Street, Aspatria	(016973) 20972	M, B, 49 Harrington Road, Workington	(01900) 66102
M, R, 128 Bowthorn Road, Cleator Moor	(01946) 810245	M, C, 16 Lonsdale Terrace, Crosby Villa, Maryport	(01900) 810316	M, B, 30 Standingstone Heights, Wigton	(016973) 45634
MOROZ, Marian, Greenacres Lazonby	(01768) 898776	M, C, 9 St Ninians Road, Carlisle	(01228) 545304	M, C.B, 14 Dene Avenue, High Harrington	(01946) 833007
MORPHET, M, 42 Primrose Hill High Street, Kirkby Stephen	(017683) 71524	M, C, Fmr, Molebin, Colden(Greenside Fm) Drigg, Holmrook	(07774) 707639	M, D, 2 Bank Top Cottages Lazonby	(01768) 897193
MORRIS, A, S Cherry Garth, Cargo	(01228) 674424	M, D, ASHDOWN Pennudcock	(017684) 83965	M, D, 2 Albert Street, Carlisle	(01228) 792652
M, B, 63 Mill Hill, Cleator Moor	(01946) 443559	M, D, Quoins 2 Whinell Road, Bolton	(017683) 61339	M, David, 3 Edentown Court, Carlisle	(01228) 525230
M, C, 3 Bruntley Meadows, Alston	(01434) 381517	M, Em, 47 Macadam Way, Penrith	(01768) 895167	M, D, 3 Southend Road Penrith, Cumbria	(01768) 864840
M, C, 10 Wilsons Terrace, Maryport	(01900) 550293	M, E, 13 The Firs, Alston	(01434) 381059	M, E, Mallsburn Roweltown	(016977) 48828
M, D, Manor House Ravenstonedale	(015396) 23308	M, G, 1 Nether Hoff Cottages Colby	(017683) 51223	M, E, 27 Adelaide Street, Carlisle	(01228) 542797
M, D, 11 John Colligan Walk, Cleator Moor	(01946) 440520	M, G, Mill Hill Mill Hill, Appleby In Westmorland	(017683) 58822	M, E, Aldene East Avenue, High Harrington	(01946) 831011
M, Dr D.J, The Old Rectory Ousby	(01768) 881533	M, J, Grange Farm Aspatria	(01900) 818610	M, E, 1 North Shore Street, Harrington	(01946) 831130
M, H, BURNRILL Tirril	(01768) 865072	M, J, Crosslands Bampton	(01931) 713341	M, F, 3 The Howard, Hallbankgate	(016977) 46638
M, H, 2 Constable Street, Carlisle	(01228) 527076	M, J, Windy Ridge Rowgate, Kirkby Stephen	(017683) 72851	M, G, Windermere Road Windermere Road, Maryport	(01900) 817615
M, H, 22 Caldew Street, Silloth	(016973) 31989	M, J, Malcoln, Ponsobny Joinery Mig The Laurels Ponsobny	(019467) 25238	M, H, 7 The Scaur, Longtown, CARLISLE	(01228) 791117
M, J, Hillcrest Welton	(016977) 44823	M, M, 1 The Barns Orton Park, Carlisle	(01228) 711564	M, H.M, Greenside Riverside, Kirkby Stephen	(017683) 72078
M, J, 34 Yewdale Road, Carlisle	(01228) 544397	M, R, The Caravan Throstle Hall Caldbeck	(016974) 78463	M, I, West Croft Cottage Kirkhampton	(01228) 576240
M, K, 22 Bridge End Park, Egremont	(01946) 439017	M, Robert, Throstle Hall Caldbeck	(016974) 78618	M, J, Stoneleigh Winton	(017683) 71736
M, K, 25 Churchill Drive, Moresby Parks	(01946) 329207	M, R, 3 Fairhill Close, Penrith	(01768) 863047	M, J, 5 Beech Croft, Burgh-By-Sands	(01228) 576648
M, K.N, 158 Nelson Street, Carlisle	(01228) 542195	M, S, 7 Fleming Drive, Beckermest	(01946) 841804	M, J, 113 Central Road, Dearham	(01900) 816018
M, Mr Malcolm, 143 Hebden Avenue, Carlisle	(01228) 531913	M, S, 16 Phoenix Park, Skelton	(017684) 84466	M, J, 10 Moorfield Avenue, Workington	(01900) 64679
M, P, 27 Howbank Road, Egremont	(01946) 822764	MOUNTAIN, H, FELHEIM Kirkhampton	(01228) 576738	M, J, 3 Reiver Court, Carlisle	(01228) 739441
M, P, Flat 16 Riverside Lodge Station Road, Keswick	(017687) 75631	MOUNTAIN RESCUE		M, J, 11 Riverside, Dalston	(01228) 711530
M, Mr R, Mr 160 Greenacres, Carlisle	(01228) 561567	In Emergency Dial 999 and ask the operator for Mountain Rescue		M, Jennifer, 9 St Georges Crescent, Carlisle	(01228) 525354
M, Richard, 10 Mill Brow, Armathwaite	(016974) 72084			M, J, 20 The Crescent, Kirkby Stephen	(017683) 71081
M, Richard C, Armathwaite	(016974) 72318	MOUNTFORD, I, 7 Farriers Way, Low Hesket	(016974) 73610	M, K, Lowfield Cottage Penton	(01228) 577031
M, Sammeul, 11 Eldon Drive, Carlisle	(01228) 547322	MOUSLEY, L.A, 66 Currock Park Avenue, Carlisle	(01228) 536806	M, K.C, 12 Ritson Close, Carlisle	(01228) 529747
M, S, 38 Sycamore Rd, Maryport	(01900) 812416	MOWBRAY, J, 36 Ritson Wharf, Maryport	(01900) 817744	M, L, Elloby Hall Elloby	(017684) 84103
M, S.N, 37 Seacroft Drive, St. Bees	(01946) 824704	M, Stewart, 119 Kingstown Road, Carlisle	(01228) 529765	M, L, 38 Kirkstone Road, Whitehaven	(01946) 63894
MORRISON, A, 11 Norwood Drive, Cockermouth	(01900) 886338	MOWER, R, 18 Parklands Drive, Egremont	(01946) 822825	M, L, 69 Newlathes Avenue, Carlisle	(01228) 810351
M, C, 30 Wood Street, Maryport	(01900) 814150	MOYLE, C, Moor Gill House High Seaton, Seaton, Workington	(01900) 63846	M, M, Elsu Drigg	(019467) 24184
M, D, 4 Oakley Avenue, High Harrington	(01946) 830956	MOYNIHAN, D, The Moss Newbiggin-On-Lune	(015396) 23316	M, M, Taw House Kirkland	(01946) 862461
M, G, Croft House Sleagill, Penrith	(01931) 714333	MOYOLOYE, Dr Iranlowo, Holly Cottage Egremont Road, Whitehaven	(01946) 439369	M, Mrs Margaret, 12 Crosby Street, Maryport	(01900) 818695
M, J, 14 The Hawthorns, Wigton	(016973) 49311	MROWICKI, R, 8 Wellgate, Scotby	(01228) 818047	M, M, Gincase Cottage Gincase Cottage, Wigton	(01900) 831207
M, P, 5 Kaye Close, Carlisle	(01228) 493302	MUCKLEY, C, Hazel View Aspatria	(016973) 23431	M, M, 23 Walker Road, Salterbeck	(01946) 831490
M, R, 61 Highmoor Park, Wigton	(016973) 44558	MUIR, Anthony, 2 Challoner Street, Cockermouth	(01900) 821738	M, Miss Auction Mart House Castlegate, Penrith	(017684) 28602
M, S, 7 Quakers Close, Sockbridge, Penrith	(01768) 895946	M, D, Craigat 276 Skinburness Road, Skinburness	(016973) 32401	M, M.N, 22 Millfield, Brampton	(016977) 3155
MORRIS, S, The Byre Bowberhead Ravenstonedale	(015396) 23463	M, H, 3 East Terrace, Blennerhasset	(016973) 20803	M, Mrs The Firs Carlisle	(01228) 561952
MORROW, Angela, Rose Cottage Cumwhinton	(01228) 561724	M, J, 40 Seadown Drive, Workington	(01946) 447802	M, N.L, Blencogo Farm Cottages Blencogo	(016973) 61395
M, E, 32 Sewell Lane, Carlisle	(01228) 658730	M, M, 15 Lawson Street, Carlisle	(01228) 546026	MURRAY, N.W.W.A, L, 4 Beech Croft, Braithwaite	(017687) 78406
M, R, 9 Lovers Lane, Longtown, Carlisle	(01228) 791343	M, M.S, 20 Pennine Road, Halton-lea-Gate	(016977) 46653	MURRAY, P, West Garth Wallat, BRAMPTON	(016977) 42354
MORSMAN, P, St. Michaels Bongate, Appleby-In-Westmorland	(017683) 52221	M, S, Lake View Portinscale	(017687) 71122	M, P, 189 Wigton Road, Carlisle	(01228) 522567
MORTEN, S, Sebergham Castle Farm Welton	(016974) 76353	M, S, 49 Fell View, Wigton	(016973) 45164	M, P, Lirkland Howe Fm Arlecdon	(01946) 862292
MORTER, Harry, 1 Lakeland Park, Keswick	(017687) 73287	M, S, 44 High Street, Maryport	(01900) 815056	M, R, Rought Hill Heads Nook	(01228) 670350
MORTIMER, E, 16 Brackenrigg Drive, Keswick	(017687) 74403	MUIRHEAD, C, 9 Waldegrave Road, Carlisle	(01228) 595033	M, R, 133 Buchanan Road, Carlisle	(01228) 535056
M, J, Binseys View Caravans Pit Lonning Oughterside	(016973) 22420	M, H, 40 Shankly Road, Carlisle	(01228) 598387	M, R, 17 Drumburgh Avenue, CARLISLE	(01228) 590681
M, L, Orchard House Bagrow	(016973) 21009	MULDON, J, 6 Kingmoor Road, Carlisle	(01228) 511473	M, R, 1 Harney Peak Portinscale, Keswick	(017687) 74507
M, S, Brow Top High Scales	(016973) 21294	MULHOLLAND, P, 62 Newfield Park, Carlisle	(01228) 529502	M, R, 8 West View, Hensingham, Whitehaven	(01946) 65589
M, T, 3 Brow Top Bagrow	(016973) 23835	MULLAKY, M, Raven Crag Portinscale, KESWICK	(017687) 72969	M, S, Kirkborough Coach House Maryport	(01900) 813668
MORTON, A, 4 Burn Banks, Penrith	(01931) 713699	MULLAN, V, BIRK HOWE Eskdale	(019467) 23154	M, S, 4 Fell View Road, Seascale	(019467) 27018
M, A, 18 Fell View, Anthorn	(016973) 51662	MULLEN, P, 47 Glenridding Walk, Whitehaven	(01946) 64314	M, S, West View Gelt Road, Brampton	(016977) 2466
M, B.H, Carlyn Brae Marron Lane, Bridgefoot	(01900) 826401	MULLETT, T, Arkalg High Longthwaite Farm Wigton	(016973) 43945	M, S, 84 Moorold Close, Workington	(01946) 447958
M, C, 1 Colliers Way, Whitehaven	(01946) 329277	MULLIGAN, C, E, 2 Banks Terrace Little Broughton	(01900) 822372	M, T.H, 17 Gelt Close, Carlisle	(01228) 535855
M, D, 94 Grasmere Avenue, Whitehaven	(01946) 592662	M, P, 5 Dowbeck Road, Carlisle	(01228) 599554	M, V, 3 Carricks Yard Main Street, BRAMPTON	(016977) 41274
M, G, Grayson House Midtown, High Harrington	(01946) 831024	MULLINEAUX, W.C, Beau Regard The Banks, Seascale	(019467) 28583	M, William, 36A Skiddaw Street, Keswick	(017687) 73719
M, J, Langford Catterlen	(01768) 867056	MULLOCK, R, Waverley House Penton	(01228) 577445	MURRI, G, 467 London Road, Carlisle	(01228) 532590
M, Mrs James, 32 Caldew Street, Wigton	(016973) 31791	MULVEY, M, 12 Larch Drive, Stanwix	(01228) 521270	MURRY, P, 1 Wesley Terrace Brough	(017683) 42083
M, J, 40 Sneekyeat Road, Whitehaven	(01946) 64256	MUMBERSON, J, field house Ireby, wigton	(016973) 71796	MURTAGH, F, Hurst Farm Ivegill	(017684) 84649
M, J, Apartment 3 Cavendish Court Warwick Road, Carlisle	(01228) 530611	M, J, Fern Close Haile	(01946) 841432	MURTON, B, 6 Caldbeck Road, Whitehaven	(01946) 694002
M, J, 113 Whinlatter Road, Whitehaven	(01946) 61727	M, K, 5 Beech Hill, Oughterside	(016973) 23569	MUSCOTT, K, 14 Deer Orchard Close, Cockermouth	(01900) 824119
M, J.K, 109 Fleswick Avenue, Whitehaven	(01946) 62328	M, Mrs T, 64 Garborough Close, Maryport	(01900) 815408	MUSE, A, 9 Cliff Road, Longtown	(01228) 792856
M, Mr Keneth, Inglenook Wetherall Pasture, Carlisle	(01228) 562141	MUMFORD, W, Croft Barn Kirkland Rd, Skirwith	(01768) 88700	M, M, 19 Caldew Close, Carlisle	(01228) 319179
M, K.W, Meadow Bank Melmerby	(01768) 881652	MUNDY, R, Barn Dyke Lazonby	(01768) 898449	M, R, 8 Sutton Close, Longtown	(01228) 791395
M, L, 18 Dalzell Street, Moor Row	(01946) 812171	MUNGO, R, 27 Wollenscroft, Workington	(01900) 379702	MUSGRAVE, A, Biglands House Thurstby	(01228) 710343
M, N, 21 Winder Gate, Frizington	(019467) 48545	MUNN, D, 14 Beaumont Road, Carlisle	(01228) 514447	M, B, 94 Victoria Road, Workington	(01900) 870414
M, P.A, Bank Hall Kirkland	(01768) 88244	MUNRO, L, Christcliffe Barn Boot	(019467) 23478	M, D, 167 Dalston	

MYALL, M, Amber Lodge High Bank Hill	(01768) 870005	NEUBAUER, J, Brew House Office, The Old Brewery The Brewery, Alston	(01434) 200367	N, M, 8 Lawson Street, Carlisle	(01228) 544275
MYCHALCZUK, P, 3 Burnrigg, Carlisle	(01228) 544096	NEVE, A, 8 Irton Terrace Irton Place, Carlisle	(01228) 594439	N, M, 294 Moss Bay Road, Workington	(01900) 604790
MYERS, Jean, 204 Stonegarth, Carlisle	(01228) 514177	N, D, Riggfoot Farm Tindale Fell	(016977) 46304	N, M, Holmbeck Lodge Penrith, Penrith	(017684) 80890
M, M, 22 Burgh Road, Carlisle	(01228) 401702	N, J, Hartleyburn Cottage Midgeholme	(016977) 46340	N, M, 21 Scafell Close, Whitehaven	(01946) 64317
M, M, 15 Fellview Drive, Egremont	(01946) 823848	N, S, 52 Irling Park, Brampton	(016977) 42339	N, Mr 29 Cresswell Avenue, Carlisle	(01228) 318814
M, P.M, 65 Wordsworth Street, Keswick	(017687) 73918	NEVIN, A, 2 East Cote Farm Skinburness Road, Silloth	(016973) 34261	N, Phillip, 17 Gilmore Street, Maryport	(01900) 815948
MYERSCOUGH, B, 3 Keld Close, Stainton, Penrith	(01768) 890354	NEVINSON, J, High House Cottage Pica	(01946) 834515	N, Mr Padraig, 5 Irton Place, Carlisle	(01228) 930043
MYNES, M, Wheatsheaf House Abbeytown	(016973) 61846	NEVITT, P, 9 Battlebarrow, Appleby-In-Westmorland	(017683) 53320	N, P, 39 Kirkland Fold, Wigton	(016973) 45965
NA, N, 17 Station Road, Silloth, Wigton	(016973) 32350	NEWALL, M, Latrigg Little Salkeld	(01768) 881084	N, Mr P, Mr 1 The Green, Carlisle	(01228) 527678
NAGY, N, 77 Castle Street, Carlisle	(01228) 539141	N, M, 12 Springfields	(016973) 43583	N, P, 109 Wigton Road, Carlisle	(01228) 523949
NAIRN, A, 88 Ling Beck Park, Seaton	(01900) 606412	NEWBERRY, J, 31 Crown Street, Cockermouth	(01900) 269435	N, P.A.H, Lanefoot Cottage Dovenby	(01900) 828336
N, D.C, 85 Grasslot, Maryport	(01900) 817832	N, J.E, 28 Hinnings Road, Distington	(01946) 833641	N, R, BANK HEAD Isel	(01900) 827148
NAISBITT, A, The Penthouse Battlebarrow, Appleby-In-Westmorland	(017683) 53034	NEWBERRY, J.M, 68 Victoria Place, Carlisle	(01228) 532987	N, R, 7 Carleton Road, Penrith	(01768) 864952
NANSON, J.H, 63 Castlegate Drive, Cockermouth	(01900) 822523	NEWBOLD, H, Richland Brough	(017683) 41935	N, R, 21 Criffel Av, Maryport	(01900) 815081
N, K, 1 Millbeck, Carlisle	(01228) 591683	NEWBY, Mr Craig, 12 Margarets Way, Appleby In Westmorland	(017683) 52134	N, R, 70 Glenridding Walk, Whitehaven	(01946) 62756
N, P, 117 Scotby Road, Scotby	(01228) 513236	N, Malcolm, Old Vicarage High Street, Maryport	(01900) 813266	N, R, 2 Park Drive, Staiburn	(01900) 64781
NANYANZI, Mrs Ephraim, 2b The Abbey, Carlisle	(01228) 658089	N, M, 25 Vicarage Hl, Frizington	(01946) 813303	N, R, 82 Penny Hill Park, Penrith	(01768) 867473
NAPOLETANI, M, High Ground Farm Eskdale	(019467) 23284	N, Mr N, 18 Skiddaw Street, Keswick	(017687) 72742	N, R, 17 Seaton Park, Seaton, Workington	(01900) 605699
NATRASS, D.J, Holly Bank Renwick	(01768) 898105	NEWELL, L, 5 Bankside, Distington	(01946) 832981	N, R.W, 38 Elizabeth Cres, Whitehaven	(01946) 66518
NATRASS, D, 70 Eden Park Crescent, Carlisle	(01228) 529170	NEWITT, F, 46 Highfield, Tebay	(015396) 24489	N, S, 9 Fletcher Street, Cleator Moor	(01946) 812534
N, D, High St Ho Fm High St, Morland	(01931) 714520	NEWLANDS, A, 2 Scaleby Close, Carlisle	(01228) 496411	N, S, 6 Poplar Street, Keswick	(017687) 80990
N, H.C, 29 Scaley Close, Carlisle	(01228) 543247	N, K, 3 Thistle Close, Whitehaven	(01946) 691287	N, S, 21 The Oval, Cummersdale	(01228) 542940
N, Keith, 2A Croft Terrace, Penrith	(01768) 863383	NEWMAN, J, 3 Trinity Way, Keswick	(017687) 75898	N, T, 43 Millcroft, Carlisle	(01228) 530165
N, T, Kentmere Nenthead Road, Alston	(01434) 381219	N, P, Station House Heads Nook	(01228) 560659	N, Wendy, Town Head Farm Ravenstonedale	(015396) 23295
NAUGHTON, J, 9 White Ox Way, Penrith	(01768) 864356	NEWSOME, P, Beech House Shop	(01931) 716795	NICHOLSON-WALKER, H, 4 Drumburgh Avenue, Carlisle	(01228) 538231
NAWROCKY, M, 6 Meadow Gro Meadow Gro, Cockermouth	(01900) 825037	N, P, 43 Farlam Drive, Carlisle	(01228) 536000	NICOL, A, 13 East Avenue, High Harrington	(01946) 832701
N, N, 51 Melbreak Avenue, Cockermouth	(01900) 823527	NEWSTEAD, Alexei, 33 Lowry Gardens, Carlisle	(01228) 537404	N, Graham, Glencoyne Carleton Road, Carlisle	(01228) 532212
NAYLOR, H, Old Beech House Seaville	(016973) 61010	N, H, 37 Gosling Drive, Carlisle	(01228) 596998	N, J.R, Rigg House Lazony	(01768) 898419
N, J.E, 1 Winter House Morland	(01931) 714153	N, J, 26 Ashfield Road, Workington	(01900) 605997	N, S, Bushby House Greystoke	(017684) 80088
N, John, J, Thormlea Smithy Banks, Holmrook	(019467) 24018	NEWTON, B, High Rigg Grange	(017687) 77206	NICOLL, Dr, J, Bankdale Park Wreay	(016974) 73252
N, L, 6 Wodow Road, Egremont	(01946) 528753	N, D, Orchard House Embleton	(017687) 76347	NICOLS, O, 10 Holmewood Avenue, Cockermouth	(01900) 821688
N, P, Bowderdale Wadale Head	(019467) 26113	N, D, 267 Harrington Road, Workington	(01900) 64749	NICOLSON, G, Willowbank Burgh By Sands	(01228) 576213
N, P, 12 Huntsman Lane, Carlisle	(01228) 534087	N, Miss Diane, 7 Meadow Way, Maryport	(01900) 269292	N, J, 20 Park Drive, Whitehaven	(01946) 590803
N, S, 2 The Crescent, Kirkbride	(016973) 52302	N, D, 9 New Street, Keswick	(017687) 71106	NIEDT, R, Pinfold Nicholson Lane, Penrith	(01768) 862964
N, S.P, Maughanby Old School Ltl Salkeld	(01768) 898141	N, H, 85 Coronation Drive, Frizington	(01946) 811070	NIELSEN, S, 6 Waterloo Street, Cockermouth	(01900) 336360
N, T, Main 35 Broom Bank, Whitehaven	(01946) 694823	N, J, Kellbank Gosforth	(019467) 25519	NIGHTINGALE, P, 1 West End Cottage Skelton	(017684) 84279
N, T, St Johns Church Hall Egremont Road, Whitehaven	(01946) 692822	N, J, Westfield House Shop	(01931) 716706	NIKADON, T, 34 Stanhope Road, Carlisle	(013128) 318984
NAYLOR WHALLEY, Mrs 25 Edgehill Road, Carlisle	(01228) 515616	N, J, 6 Moss Grove, Shop	(01931) 716257	NILES, D, 2 Norbeck Park, Cleator Moor	(01946) 810699
NDEBELE, L, 4 St. Johns Court, Penrith	(01768) 201422	N, K, 5 Sandhill, Kirkswald	(01768) 898605	NIMMAGADDA, S, 5 New Road, Cockermouth	(01900) 392389
NEAL, P, Rivington Vicarage Hill, Keswick	(017687) 74672	N, K, 45 Syke Road,	(016973) 45872	NIND-MCDONALD, N, 24 Tribune Drive, Carlisle	(01228) 493739
N, W, Gorsebank The Banks, Seascale	(019467) 21429	N, N, 43a Park Road, Wigton	(016973) 21616	NIR, L, 37 Carlisle Drive, Carlisle	(01228) 527073
NEALE, A, West Marsh Drumburgh	(01228) 576538	N, P, 1 Green Bank Lane, Cockermouth	(01900) 826767	NIVEN, D, 27 East Norfolk Street, CARLISLE	(01228) 594026
N, C, Thorpe End Tirril	(017684) 86160	N, R, 5 Mulberry Gardens, Penrith	(017687) 80501	N, R, 1 Lime Grove, Carlisle	(01228) 512069
N, D.Y, 11 Arthur Street, Penrith	(01768) 868123	N, Mr Rew, 7 Park Close, Penrith	(01684) 28694	N, V, GLEN ESK Morland	(01931) 714449
N, K, Cedar Garth Burgh By Sands	(01228) 576428	N, W, 1 Brook Side, Maryport	(01900) 813484	NIXON, A, Tarn Heights Brampton	(016977) 07706
NEALY, T, 4 Ladytip Terrace, Whitehaven	(01946) 430397	N, W, 15 Derwentside Gardens, Cockermouth	(01900) 822850	N, A, 40 Berkeley Grange, Carlisle	(01228) 819572
NEAME, C, Plot 2 Townfoot Park Heads Nook	(01768) 877711	N, W, 113 High Street, MARYPORT	(01900) 813039	N, A, 13 Ullswater Road, Maryport	(01900) 818534
NEASHAM, B.C, Blenkinsopp Castle Home Park Greenhead	(016977) 47737	NEYLUSS, B.T, 12 Wastwater Avenue, Workington	(01900) 63185	N, B, 22 Cambridge Drive, Penrith	(01768) 863606
NEAT, W, 9 Waverley Gardens, Carlisle	(01228) 513276	NGUYEN, H, 29 Middlegate, Penrith	(01768) 201130	N, B, Seafield House Crosby, Maryport	(01900) 814131
NEATE, Susan, 39 Stanton Way, Seascale	(019467) 27131	NGWENYA, Miss Kheithiwe, 20 Warwick Square, Carlisle	(01228) 318144	N, C, 8 Kitchen Gardens, Penrith	(01768) 606622
NEAVES, P, Thornship Cottage Keld	(01931) 716993	NICHOL, C, Eden Bank Armthwaite	(016974) 72470	N, C, Street House How Mill	(01228) 670228
N, P, THE COURTHOUSE Shop	(01931) 717539	N, C, 2 Dent Cottage Cleator	(01946) 811108	N, C, 18 Abbey Vale, St. Bees	(01946) 821497
NEEDHAM, A, 7 Skiddaw Avenue, Maryport	(01900) 813885	N, C.W, Border Range Ploughlands Kirkbampton	(016973) 51353	N, C, 1 Brow Top, Low Row, Brampton	(016977) 46707
N, B, Spring Bank House Bagilll	(01434) 382600	N, D.M, 151 Graham Street, Penrith	(01768) 863512	N, C, 7 Holme Meadow, Cumwhinton	(01228) 564022
N, 14 Croft Head View, Whitehaven	(01946) 328265	N, J, Priest Hill Beaumont	(01228) 575081	N, C, FELLVIEW Mid Town, Dearham	(01900) 814910
NEEN, A, 10 Chestnut Close, Culgaith	(01768) 88759	N, J, Whinnerah Gosforth	(019467) 25824	N, C, 74 Westmorland Street, Carlisle	(01228) 402524
N, R, 10 Fifth View, Parton	(01946) 690841	N, J, Woodley Thurstonfield	(01228) 575112	N, C.W, 6 Whinfield View, Culgaith	(01768) 88783
NEESHAM, Emma, 2 Robinsons Terrace, Ellenborough	(01900) 379993	N, L, IVES END Greenfield Lane, Brampton	(016977) 2456	N, D, Avalon 5a Low Seaton	(01900) 604501
N, P, 2 Sycamore Road, Maryport	(01900) 815818	N, M, Croft End The Hurst Ivegill	(017684) 84362	N, D, 3 Fell View Road, Seascale	(019467) 21037
N, R, 3 Albert Terrace, Maryport	(01900) 815236	N, M, Curwen Hall Mill Cottage Curwen Hall Mill Cottage, WORKINGTON	(01900) 61716	N, D, 29 Robinson Avenue, Carlisle	(01228) 544209
NEEVES, J, Liliac Fog Clo Cotts Kirkoswald	(01768) 870090	N, R, 21 Moorfield Avenue, Workington	(01900) 61128	N, E, Stepping Stones Cumwhinton	(01228) 560089
N, J, Braeside Lazony	(01768) 870996	N, Thomas, 19 Forest Hill, Carlisle	(01228) 546161	N, E, 18 Brougham Street, Penrith	(01768) 862080
NEIL, S, 34 Caldwell St, Carlisle	(01228) 535268	NICHOLAS, Mrs Cynthia, Flat 18, Woodlands Bridge Lane, Penrith	(01768) 895335	N, Fiona, 87 Beech Grove, Carlisle	(01228) 522473
NEILE, J, 1 Dale View Dale View, Laversdale	(01228) 573054	N, I, 22 Asby Road, Asby	(01946) 861321	N, F, 8 Hill Crest, Workington	(01946) 831116
N, Mike, 92 Briar Bank, Carlisle	(01228) 592485	NICHOLL, Mr John Samuel, 35 North View, Aspatria	(016973) 21362	N, G, 21 High Seaton, Seaton	(01900) 611990
N, R, 55 Coledale Meadows, Carlisle	(01228) 512937	NICHOLLS, C, 19 Meadow Close, Lazony	(01946) 811185	N, Mrs Hazel, 41 Cumberland Street, Workington	(01900) 607350
NEILL, D, Gutterscale Lodge Newlands	(017687) 80294	N, E, 81 Clayton Avenue, Cleator Moor	(01946) 823253	N, H, 9 Pennine View, Newbiggin	(017684) 80170
NEILSON, M, 9 Rosetrees Lane, Longtown	(01228) 791522	N, J, 11 Beckgreen, Egremont	(01946) 814269	N, I, 4 Moorside Culgaith	(01768) 88694
NELLES, S, Sellendale Lazony	(01768) 898581	N, M, 7 Whitegate, Egremont	(01946) 821205	N, I, 53 Seaton Road, Seaton	(01900) 66693
NELLIS, E, 32 Denton Park, Gosforth	(019467) 25542	NICHOLS, J, Criffel View Easton	(01228) 576729	N, J, 15 Borland Avenue, Carlisle	(01228) 495621
NELLIST, M, Old School House Uldale	(016973) 71369	N, J, 6 Skiddaw Road, Whitehaven	(01946) 63299	N, J, 79 Endsides, Cargo	(01228) 674055
NELSON, A, Low Burthwaite Wreay	(016974) 73400	N, Laura, 20 Whole House Road, Seascale	(019467) 28590	N, J, 19 Peatfield Road, Seaton	(01900) 67886
N, A, 43 Axson Drive, Carlisle	(01228) 642998	N, W, 17 Hall Moor Court, Wetheral	(01228) 560287	N, J.B, 57 Syke Road, Wigton	(016973) 42380
N, A, 82 Barrowmoor Road, Appleby-In-Westmorland	(017683) 52310	NICHOLSON, A, 19 Brunstock Close, Carlisle	(01228) 529154	N, J.E, 6 Harraby Gardens, Carlisle	(01228) 527318
N, A, Mandalay Dalston Road, Carlisle	(01228) 615442	N, Carolann, 21 Firlands, Stanwix Carlisle	(01228) 544380	N, L, 15 Jackson St, Seaton	(01900) 64536
N, Mrs A, Mrs 48 Grinsdale Avenue, Carlisle	(01228) 528233	N, C, 2 Goose Garth, Wetheral	(01228) 562247	N, Mr Lewis, 2 Wilson Farm Close, Maryport	(01900) 392734
N, A, 24 Jubilee Road, Whitehaven	(01946) 691316	N, C, 31 Keld Close, Stainton	(01768) 862673	N, M, Johanne Linstock	(01228) 541865
N, B, The Cottages Main Street, Shap	(01931) 717425	N, C, Sefton Lorton Road, Cockermouth	(01900) 827405	N, M, Bridekirk Hall Bridekirk, Cockermouth	(01900) 823218
N, C, Pheasant Cott Great Corby	(01228) 560738	N, C.C, 3 Coalgrove Av, Mirehouse	(01946) 64833	N, M, 2 Brow Top, Low Row	(016977) 46220
N, D, Barn End Roundthwaite	(01539) 756996	N, D, Town End Farm Coulterdon	(01946) 821862	N, Mrs Mary, 9 Carleton Drive, Penrith	(01768) 865932
N, D, 2 The Cottage South Dyke	(01768) 898789	N, D, Long Close Farm Isel	(017687) 76257	N, M, Kimberley Dalston Road, Carlisle	(01228) 515236
N, D.W, 16 Woodlands, Great Corby	(01228) 561475	N, Mr D, 23 Bongaate, Appleby-In-Westmorland	(016973) 51274	N, Muriel, 30 Holme Fauld, Scotby	(01228) 491340
N, F, 6 West View School Road, Cumwhinton	(01228) 560382	N, D, 33 Church Street, Dearham, Maryport	(01900) 816212	N, O, 21 Bouncy Avenue, Maryport	(01900) 813208
N, G, CRIFFEL VIEW Wreay	(016974) 73665	N, D, 2 Spout House Foundry Road, Parton	(01946) 693855	N, P, 36 Cusack Crescent, Workington	(01900) 606839
N, G.S, Braithwaite Hall Ivegill	(017684) 84238	N, Mr D, Mr 59 Granville Road, Carlisle	(01228) 527249	N, S, 6 Eden Garth, Langwathby	(01768) 881363
N, H, Stone Faulds Southwaite	(016974) 75027	N, D, 78 Henderson Road, Carlisle	(01228) 529672	N, S, 64 Iglewood Crescent, Carlisle	(01228) 615203
N, I, Ling Fell View Embleton	(017687) 76378	N, Dawn, 6 Manesty Rise, Low Moresby	(01946) 430497	N, S, 9 Marvejos Park, Cockermouth	(01900) 828392
N, I.W, Silvergill Micklethwaite	(016973) 49492	N, D, 95 The Beeches, Maryport	(01900) 8199883	N, S, 7 Park Terrace, Maryport	(01900) 812095
N, Joseph, 5 Currock Mount, Carlisle	(01228) 318681	N, Edmund, 3 Falcon Court Irish Street, Whitehaven	(01946) 693518	N, T, The Shaws Gaisgill	(015396) 24273
N, J, 6 Dale View, Carlisle	(01228) 537136	N, E, 54 Main Street, Dearham	(01900) 815498	N, V, Stanthwaite High Hill, Keswick	(017687) 72571
N, J, 3 Fletcher Hill Park, Kirkby Stephen	(017683) 72575	N, E, 35 Newlands Park, Dearham	(01900) 812984	N, Winifred, 24 Eden Park, Kirkoswald	(01768) 898970
N, J, 7 Park Meadows, Carlisle	(01228) 591034	N, F, Seatonhow Kirkby Thore	(017683) 61309	N, Mr W, Mr High Seaton 68 Whitestiles, Workington	(01900) 606856
N, J, 156 Patteggil Road, Penrith	(01768) 862502	N, G, The Lake Blackford	(01228) 675014	NOBAL, E, 36 School Road, Thurstby	(01228) 711136
N, K, 25 Keld Close, Stainton	(01768) 899883	N, G, 129 Borland Avenue, Carlisle	(01228) 497725	NOBLE, A, TYTHE BARN HOUSE Lazony	(01768) 701063
N, K, 8 Solway View, Kirkbampton	(01228) 576208	N, G, 10 Cartmel Drive, Carlisle	(01228) 533348	N, A, Ivy Stables Skelton Wood End, Skelton	(017684) 84545
N, K.W, 6 West Vw, Cumwhinton	(01228) 560382	N, H, 17 Mona Road, Workington	(01946) 451536	N, B, Flat 9 Homethwaite House Eskin Street, Keswick	(017687) 731514
N, M, Petteril Grange Southwaite	(016974) 75885	N, I, Low Side Cottage Askham	(01931) 712795	N, C, 51 Coney Street, Cumbria	(01228) 537709
N, M, 1 South View Terrace 1 Station Hill, Wigton	(016973) 45600	N, I, 31 Cross Lane, Whitehaven	(01946) 692914	N, C, White Lion Hotel High Cross Street, Brampton	(016977) 41832
N, N, 13 Oswald Street, CARLISLE	(01228) 496820	N, I, 25 Ghyll Bank, Little Broughton, Cockermouth	(01900) 828694	N, D, 52 Barrowmoor Road, Appleby-In-Westmorland	(017683) 51966
N, P, Rosgill Head Rosgill	(01931) 716380	N, I, 12 Westfield View, Flimby	(01900) 814052	N, G, Woodlea Penton	(01228) 577398
N, P, 217 Vulcans Lane, Workington	(01900) 872550	N, J, Gill Farm Blackford	(016977) 75326	N, G, Flat 50 Woodlands Bridge Lane, Penrith	(01768) 862833
N, P.S, Low Gate House Kinniside	(01946) 861787	N, J, Police Station Roadhead	(016977) 48006	N, G, 43 Ramsey Drive, Parton	(01946) 61156
N, R, 1 Wellgate, Scotby	(01228) 513435	N, J, 10 Fisher Place, Thirlmere	(017687) 74914	N, I, Town End Cottage Laithes	(017684) 84317
N, S, Honeysuckle Hill Ormside	(017683) 51833	N, J.P, 65 Burnbanks	(01931) 731394	N, I, 2 Hodden Croft Caldbec	(016974) 78692
N, S, Waters Edge Carlisle, Carlisle	(01228) 497265	N, K, Newby X Ho Newby Cross	(01228) 711219	N, J, Stoney Head Orton	(015396) 24456
N, S, 5 Ridgemount, Brampton	(016977) 44707	N, K, 19 Beechwood Close, MARYPORT	(01900) 815995	N, J, 2 Horse & Wagon Cottages Nentsbury	(01434) 382818
N, S, Ivy Cottage The Sands, Brampton	(016977) 2635	N, K, 31 Newtown, FRIZINGTON	(01946) 811704	N, J, Stonebroom Broomfallow Road, Scotby	(01228)

N, M, 86 Warnell Drive, Carlisle	(01228) 544510	ODUKOVA, A, 9 Eilbeck Close, Carlisle	(01228) 494051	ORR, B, 24 Derwentwater Road, Whitehaven	(01946) 66985
N, M, 10 Wellmeadow, Brampton	(016977) 07502	ODUNEWU, N, 19 Fusehill Street, Carlisle	(01228) 495993	O, D, 38 Maple Close, Maryport	(01900) 817903
N, P, 77 Mayfield Avenue, Carlisle	(01228) 543628	OFFEE, A, 1 Abbots Cottage Beach Road, St. Bees	(01946) 822264	O, W, 108 Monkway Brow, Whitehaven	(01946) 64573
N, R, 82 Raislands Croft, Penrith	(01768) 890057	O'FEE, Mr Thomas, Hilary Court Catherine Street,		ORRELL, B, Midtown Cottage Ponsonby	(01946) 841172
N, Sandra, Clovelly Sellafield Road, Beckermest	(01946) 841860	Whitehaven	(01946) 65525	O, P, 10 Hallbeck Place, Gosforth	(01946) 25020
NOBLETT, A, Bridge Hill House Kirkbride	(016973) 51923	OFFORD, N.J, Fernside Kings Meaburn	(01931) 714063	ORTON, D, Prantik Harris Brow, Cockermouth	(01900) 379750
NOHL-OSER, S.V, Crossfell Cottage Milburn	(017683) 61165	OFLANAGAN, K, Denton Garth Denton Mill	(016977) 46781	O, G, Rosedene 9 Holmewood Avenue, Cockermouth	(01900) 823350
NOLAN, A, 14 Florence House Lamb Lane, Egremont	(01946) 821815	OGBU, C, 17 Burnside, Harrington	(01946) 528298	OSBORN, J, 36 The Crest, WHITEHAVEN	(01946) 690176
N, 10 Ennendale Road, Cleator Moor	(01946) 440166	OGDEN, G, Flat 2 Gleniffer Station Road, Penrith	(01931) 601111	OSBORNE, A, White Ho Brackenthwaite	(016973) 44225
N, Kirsty, 3 Station Road Terrace, Threlkeld	(017687) 79935	O, J, Aiketgate Farm Aiketgate	(016974) 72645	O, A, 35 Carleton Drive, Penrith	(01768) 866906
N, M, 38 Victoria Road, Carlisle	(01228) 544173	O, J, Pears Ghyll Farm Calthwaite	(01768) 885272	O, E, White House Brackenthwaite	(016973) 42229
NORCROSS, D, Kirkstone Drigg Road, Seascale, Drigg	(01946) 751899	O, J, 19 Hollyblue Drive, Carlisle	(01228) 550482	O, J, Kumara Wigton	(016973) 42965
NORDON, L.R, Burnswark Villa Kirkbride	(016973) 51342	O, K, 5 Templars Court, Temple Sowerby	(017683) 62909	O, J.N, Sandwath Brow Wigton	(016973) 44597
NORMAN, A, 1 Smithy Fold, High Lorton	(01900) 85291	O, M.J, 24 High Lea, Egremont	(01946) 822934	O, P, Blackdub Heads Nook	(01768) 896683
N, Christine, High House Fingland	(016973) 51253	O, S.R, Low Shaw Farm Longdale	(015396) 24439	O, P, 45 Wasdale Park, Seascale	(01946) 278563
N, D, 49 Alexander Close, Workington	(01900) 873031	OGILVIE, C, 53 Row Brow Park, Maryport	(01900) 818632	O, Patrick T.H, Blackdub Heads Nook	(01768) 896528
N, D, Kirkhouse Farm Cockermouth, Cockermouth	(01900) 821312	O, K, 18 Lowry Hill Road, Carlisle	(01228) 530309	OSBOURNE, F, 46 Stainburn Road, Stainburn	(01900) 605838
N, E, 3 Sunnyside, EGREMONT	(01946) 824484	O, P, GREYSTONES Branthwaite	(01900) 601372	OSGOOD, B, 11 Wellgate, Scotby	(01228) 513094
N, E.S, Little Orton Farm Little Orton	(01228) 576284	OGILVY, R, Ash Tree Talkin	(016977) 3613	O, E, 511 Durdar Road, Carlisle	(01228) 524430
N, G, Stone Lodge Bow	(01228) 575033	OGILVY-GUCHT, M, 1 Newby Bend, Newby	(01931) 719115	O'SHEA, J, 29 Poole Road, Salterbeck	(01946) 830367
N, G, 38 St. Peters Drive, Carlisle	(01228) 520989	OGLESBY, K, Eller Howe Lowther Street, Penrith	(01768) 899146	OSMAN, D, 18 Drawbriggs Court, Appleby-In-Westmorland	(017683) 52516
N, J, Low Moor House Moorhouse	(01228) 575167	OHAGAN, Miss Carol, 147 Crosby Street, Maryport	(01900) 816836	OSTELL, C, 50 Newfield Park, Carlisle	(01228) 542956
N, J.M, 29 The Hawthorns, Wigton	(016973) 45821	O'HALLORAN, W, Sycamore Ho Dufton	(017683) 51296	O, K, 44 Skinburness Road, Silloth	(016973) 33005
N, M, 18 Seadown Drive, High Harrington	(01946) 832126	O'HARA, F, 34 Raefield, Longtown	(01228) 791064	O, M, 2 Wolsty Close, Carlisle	(01228) 542285
N, Mrs 123 London Road, Carlisle	(01228) 658170	O'HARE, A, 14 Stanbeck Meadows, Workington	(01900) 871021	O, P, 1 Askerton Close, Carlisle	(01228) 402574
N, N, 3 Lazonby Row, Glasson	(016973) 52559	OHARE, B, 19 Leathwaite, Whitehaven	(01946) 63934	OSTLE, A, 2 Cabin Villas Flimby Brow, Flimby	(01900) 813264
N, N, 4 Skirgill Gardens, Penrith	(01768) 863239	O'HARE, J, Samburu Lodge Carleton	(01946) 823051	O, A, 95 Foundry Road, Parton	(01946) 61259
N, P, Bransholm 14 Calva Road, Seaton	(01900) 602384	OKANE, K, 94 Tulip Gardens, Penrith	(01768) 339040	O, B, 77 John Street, Workington	(01900) 63079
N, Phillip, 12 East View Road, Distington	(01946) 833979	O'KANE, M.E, 47 Hespek Raise, Carlisle	(01228) 536414	O, B, 25 Moorfield Park, Great Broughton	(01900) 824701
N, R, The Bow Bow	(01228) 576276	O, T, 16 Jacobite Gardens, Clifton	(01768) 868143	O, C, Longcroft Kirkbride	(016973) 51474
N, S, 10 Belvedere Street, Workington	(01900) 61756	OLADUSO, Bunni, 23 Heysham Park Avenue, Carlisle	(01228) 594068	O, C, Ostler Cottage Horse & Farrier Courtyard, Low Moor	(017683) 61440
N, S, 62 Crosby St, Maryport	(01900) 817006	OLAGUMJU, O, Flat 8, Bega House Coach Road, Whitehaven	(01946) 425698	O, D, Meadowfield Little Strickland	(01931) 716246
N, T, 76 Gosforth Road, Seascale	(01946) 71024	OLDFIELD, C, 3 Harrier Court, Moresby Parks	(01946) 599894	O, D, 13 Heysham Meadows, Carlisle	(01228) 525727
N, V, Lowburn Bransly Road, Whitehaven	(01946) 693075	O, E, 8 Ravenhill Lane, Whitehaven	(01946) 67394	O, Mr Eric, 8 Wellington Row, Whitehaven	(01946) 693070
N, W, Spinney Cnr Bow	(01228) 575174	O, R, 52 Earls Road, Whitehaven	(01946) 65349	O, J, 17 Parkside, Crosby	(01900) 812803
NORRIS, C, 3 Pasture Houses, Garrigill	(01434) 381967	O, W, Flat 206 Wordsworth Court Sullart Street,		O, K, 15 Fell Close, Silloth	(016973) 31467
N, M, Bryn Awel Bothel	(016973) 22315	Cockermouth	(01900) 825281	O, M, 45 Greystoke Park, Penrith	(01768) 899625
N, M, Mr 4 Ullswater Drive, Cockermouth	(01900) 827932	OLDHAM, D, Harby Brow Mill Mealsgate	(016973) 23067	O, P, 26 Roman Road, Penrith	(01768) 840889
N, P, 111 Pennine Way, Carlisle	(01228) 592471	OLDROYD, R, 20 Ace Bank Close, Wigton	(016973) 32962	O, S, Bramwell Rowgate, Kirkby Stephen	(017683) 71344
N, R, 10 Old Hall, Cleator Cumbria	(01946) 811975	OLIPHANT, D, 17 Whenside, Carlisle	(01228) 537009	O, W, 19 Springkell, Aspatria	(016973) 23992
NORTH, C, 11 Hall Grange, Bolton	(017683) 62156	O, G, 1 The Strand Aglionby	(01228) 513661	OSTLER, M, 5 Springfield Avenue, Whitehaven	(01946) 694259
N, E, 42 Currock Park Avenue, Carlisle	(01228) 543611	O, K, Bragg Beck Cottages 3 Main Road, Flimby, Maryport	(01900) 813545	OSTRIDGE, G, 12 Rydal Street, Carlisle	(01228) 739972
NORTHWOOD, A, Station Farm Whitrigg	(016973) 51132	O, M, Annshill Roadhead	(016977) 48598	O, K, Pleasant View Back Street, Cotehill, CARLISLE	(01228) 562917
NORTON, B, Grange View Borrowdale	(017687) 77226	O, Mr Peter, Room 3 And 4, Redhills House Redhills Lane,		O, L, 12 Park Road, Carlisle	(01228) 527397
N, B.E, Jennyhill Matteredale	(017684) 82310	Redhills	(01768) 863025	O, T, 12 Newfield Park, Carlisle	(01228) 537252
N, S, Bleaback Boot	(01946) 23265	OLIVE, C, 19 Heathfield Close, Carlisle	(01228) 547009	OSULLIVAN, L, 41 High Street, Maryport, Cumbria	(01900) 819585
NOTMAN, A, Sunny View High Bridge Dalston, Carlisle	(016974) 76440	O, J, 13 River Street, Carlisle	(01228) 525213	OSWIN, A, Mill Garth Kirklington	(01228) 675684
N, B, 2 Clarence Street, Carlisle	(01228) 541184	OLIVEIRA, Rui, 89 South Street, Carlisle	(01228) 511865	OTTO, A.W, 114 Green Lane, Belle Vue	(01228) 527834
N, D, Meadow Croft How Mill	(01228) 670459	OLIVER, C, 1 Hargreaves Court, Penrith	(01768) 863482	OTWAY, C, 70 Croft Road, Carlisle	(01228) 519819
N, J, 24 Broome Court, Carlisle	(01228) 818319	O, C, Croft House Kirkby Stephen, Kirkby Stephen	(017683) 72539	OUGHTERSON, L.M, 5 Garth Road, Workington	(01900) 66361
N, K, FAIR VIEW Wiggonby	(01228) 711070	O, Mr D, Mr 39 The Crofts, Wigton	(016973) 72731	OUTRAN, S, Lower Wath Silloth	(016973) 32380
N, S, Bowmans Barn Lamony	(017684) 84764	O, David, 4 Troon Close, Carlisle	(01228) 549370	OUSBY, C, 12 Long Marton Road, Appleby-In-Westmorland	(017683) 52617
N, S, 2 Scotby Gardens, Carlisle	(01228) 491039	O, G, 6 The Orchard, Bassenthwaite	(017687) 76866	O, Mr Derrick, 8 Middle Close, Appleby-In-Westmorland	(017683) 51977
NOTTMEN, M, Coombsland Armthwaite	(016974) 72874	O, I, Foxdale Plains Road, Wetherall	(01228) 560885	O, G, 60 Kelsick Park, Seaton	(01900) 68377
NOUDCH, P, 1 Mill Street, Maryport	(01900) 500013	O, J, Riggehead Park Nook Rd, West Hall	(016977) 42963	O, J, 1 Burwain Terrace, Kirkby Thore	(017683) 61558
NOVELL, Mrs L, Mrs 52 Pennine View Close, Carlisle	(01228) 591492	O, J, Hill Green Sellafield Road, Beckermest	(01946) 841522	O, M, Fell Close Rowgate, Kirkby Stephen	(017683) 71236
NOWAK, P, 16 Centurion Rise, Penrith	(01768) 862511	O, K, 168 Green Lane, Belle Vue	(01228) 529577	O, N, Friar Bottom Newbiggin-On-Lune	(015396) 23318
N, P, 95 Meadow Vale, Seaton	(01900) 601065	O, K, 32 Langdale Drive, Cockermouth	(01900) 822236	O, P, Albey House Cumwhinton	(01228) 562562
N, P, 21 Tyne Close Terrace, Penrith	(01768) 866402	O, L, 48 Bedford Street, Hensingham, Whitehaven	(01946) 439310	O, W, Bents Farm Newbiggin-On-Lune	(015396) 23681
NUGENT, E, 12 Rashdall Road, Carlisle	(01228) 538239	O, M, 29 Laikun View, Calthwaite	(01768) 894792	O, VENS, F, Old Vicarage Cumrew	(01768) 896441
N, Miss Gillian, 33 Eldred Street, Carlisle	(01228) 532984	O, M, 24 Westwood, Carlisle	(01228) 658640	OVERS, M, 1 Huntsman Lane, Carlisle	(01228) 631944
N, Hazel, 5 Woodhayes, Carlisle	(01228) 531485	O, M.R, The Pinfold Lazonby	(01768) 898772	OVERY, M.D, 26 Castle View Road, Appleby-In-Westmorland	(017683) 53722
N, J, Rose Cottage Blencow	(017684) 80361	O, P, 12 Walkmill Crescent, Carlisle	(01228) 545820	OVINGTON, E, 33 Kirkstead Road, Carlisle	(01228) 541723
N, J, The Old School Tebay	(015396) 24286	O, R.P, 139 Dunmail Drive, Carlisle	(01228) 510905	O, W, 10 Claydon Avenue, Cleator Moor	(01946) 812766
N, Mrs L, 7 Edgehill Road, Carlisle	(01228) 592818	O, S, Green Garth Welton	(016974) 76539	OWBRIDGE, B, White Cotts Calvo	(016973) 32750
N, M, 19 Botcherby Avenue, CARLISLE	(01228) 491114	O, T.H, 8 Mayfield Avenue, Carlisle	(01228) 534190	OWEN, C, BARN CLOSE Helton	(01931) 712755
N, M, 22 Chapel Brow, Carlisle	(01228) 548287	O, W, Hamlets Brook Rowelton	(01228) 577002	O, C, 69 Trafalgar Street, Carlisle	(01228) 545243
N, M, 23 Greenmill Road, Longtown	(01228) 792273	OLIVER-WATTS, S, Fieldhead Winkill	(01768) 881678	O, D, 1 James Street, Penrith	(01768) 890503
N, P, 89 Castlerigg Drive, CARLISLE	(01228) 533995	O'LOUGHLIN, A, Yew Tree Cottage Blennerhasset	(016973) 22665	O, E, 36 Asby Road, Workington	(01946) 447741
N, P, 121 Scalegate Road, Carlisle	(01228) 521195	OLSTROM, S, 36 Keekle Meadows Road, Cleator Moor	(01946) 848933	O, J.M, Rylan Shap, Penrith	(01931) 716347
NUNAN, J, Vio Moor Cottage Renwick	(01768) 898575	O'MALLEY, R, Riverside Crosby-On-Eden	(01228) 573628	O, R, 75 Gable Avenue, Cockermouth	(01900) 268293
NUNAN, B, Newby Cross House Newby Cross	(01228) 711404	O, T, Sub Thomas Whinsfield Edenhall	(01768) 840136	OWEN THOMAS, C, 1 Honeywood Close, Bongate Cross	(01768) 877867
N, G, 12 Broome Court, Carlisle	(01228) 541586	ONAM, M, 75 Main Street, Egremont	(01946) 48830	OWEN, W, 1 The Martins St Martins Drive, Brampton	(016977) 41053
N, H, 8 Derwent Street, Keswick	(017687) 73338	O'NEALE, K, The Granary, Scalehouses Penrith	(01768) 896718	OWENS, A, 18 Howard Park, Greystoke	(017684) 83421
N, R, 40a Stanger Street, Keswick	(017687) 72816	O'NEIL, D, 1 Eden Heights Culgaith	(01768) 88433	O, J, 22 Lowcades Drive, Cockermouth	(01900) 826891
NUNNERLEY, W, 8 Abbey Vale, St. Bees	(01946) 395669	O, F.K, 3 Oakbank Avenue, Whitehaven	(01946) 63615	O, R, Bell Hill Farm Carleton	(01946) 24236
NUTRIPHARM, 1st Floor, 16 English Street, Carlisle	(01228) 317945	O'NEIL, Holly, 6 Dalzell Gardens, Great Clifton	(01900) 604619	O, W, TIRRIE View Tirril	(01768) 864767
NUTSFORD, M, 69 Main Street, St. Bees	(01946) 822459	O'NEIL, J, Woodlands Culgaith, PENRITH	(01768) 897192	OXBERRY, Dr D, 3 Yearl Rise, Workington	(01900) 63948
NUTTALL, C, 2 Sand Croft, Penrith	(017687) 44936	O, J, 4 Low Kells, Whitehaven	(01946) 63622	OXLEY, C, 11A Dunfell View, Penrith	(017683) 30197
N, C, 8 Troon Close, Carlisle	(01228) 597461	O'NEIL, J, 11 Ullswater Road, Carlisle	(01228) 531966	O, G, 68 Yewdale Road, Carlisle	(01228) 590139
N, M, 138 Skinburness Road, Silloth	(016973) 31348	O'NEIL, J.H, 62 Richmond Hill Road, Whitehaven	(01946) 64341	OZMINSKA, A, 42 Bountey Avenue, Maryport	(01900) 268726
NWANKWO, C, 36 Attwood Place, Carlisle	(01228) 492219	O'NEIL, L, Brooklyn House Lazonby	(01768) 898852	OZUMBA, L, 47 Crummock Avenue, Whitehaven	(01946) 440341
NYARKO, P, 4 Port Road, Carlisle	(01228) 494292	O'NEIL, M,		P, Rev Rogers, St. Martins Vicarage Main Street, Brampton	(016977) 41304
O BRIEN, P, 31 Weddicar Gardens, Cleator Moor	(01946) 812182	8 Chalet Park Blenkinsopp Castle Home Park Greenhead	(016977) 47613	PACKER, A.R.N, The Hill Farm Gilsland	(016977) 47214
OAG, W, FLAT 25 SALISBURY COURT Salisbury Street,		Workington	(01900) 268927	PACKHAM, C, 11 Marlborough Gardens, Carlisle	(01228) 545057
OAKES, L, 6 Ellerbeck Close, Workington	(01900) 602991	OAKES, L, 6 Ellerbeck Close, Workington	(01900) 602991	P, G, 33 Croft Park, Wetherall	(01228) 560544
O, R.J, Woodbank Eskdale	(01946) 23303	OAKES-TYER, H, 22 Riverside, Workington	(01900) 64601	PADDINGTONSMITH, E, Brisco Hill Lodge Carlisle	(01228) 615781
OAKLEY, Catherine, Clock Mill West Hall	(016977) 47831	OAKLEY, Catherine, Clock Mill West Hall	(016977) 47831	PADLEY, T.G, 55 Oswald Street, Carlisle	(01228) 545249
O, M, GUARDS END Gosforth	(01946) 25960	O, M, GUARDS END Gosforth	(01946) 25960	PAGAN, K, 2D St. Aidans Road, Carlisle	(01228) 532723
O, M, Little Barco Carleton Road, Penrith	(01768) 864720	O, M, Little Barco Carleton Road, Penrith	(01768) 864720	P, L, 30 Dalesman Drive, Carlisle	(01228) 528755
OATEN, A, 40 Gosforth Road, Seascale	(01946) 28414	O, M, 8 Mardale Road, Carlisle	(01228) 549148	P, M, 8 Mardale Road, Carlisle	(01228) 546431
OATRIDGE, W, The Barn Caldbreck	(016974) 74177	O, S, 71 Durdar Road, Carlisle	(01228) 536896	P, R, 18 Nicholas Terrace, Carlisle	(01228) 593159
O'BEIRNE, K, 2 Heysham Gardens, Carlisle	(01228) 524995	O'NEILL, C, 4 Taylor Cottage Threlkeld	(017687) 79639	P, S, 87 Warwick Road, Carlisle	(01228) 593876
O'BRIEN, D, 10 Selby Terrace, Whitehaven	(01946) 690707	O, D, 17 The Crescent, Penrith	(01768) 868641	PAGE, G.M.B, Maycroft Braithwaite	(017687) 78104
O, J, 1 Park View Lane, Alston	(01434) 381017	O'NEILL, F, LARKRISE Paving Brow, Brampton	(016977) 71230	P, S, MIDTOWN FARM Torpenhow	(016973) 71230
O'BRIEN, J, 38 Summerfields, Dalston	(01228) 710792	O, J, 179 Tribune Dy, Houghton	(01228) 597334	P, S, 5 Holmewood Paddock, Cockermouth	(01900) 824122
O'BRIEN, Michael, 4 Belah Crescent, Carlisle	(01228) 521626	O, S, 8 Parklands Way, Penrith	(01768) 867803	PAGIN, D, 53 Burgh Road, Carlisle	(01228) 538876
O'BRIEN, P, 69 Keld Road, Carlisle	(01228) 528405	O'NEILL, S, 152 High Road, Whitehaven	(01946) 395379	P, E, 52 Morton Street, Carlisle	(01228) 520499
O, T, Whitlow Cottage Alston	(01434) 382431	ONWUCHEKWA, I, 11 Gladstone Street, Workington	(01900) 379915	P, S, 31 Yewdale Road, Carlisle	(01228) 494930
OCCESTON, S, 32 Stockwell Road, Blackwell	(01228) 590229	O'PRAV, V.D, 8 Broadacres, High Harrington	(01946) 831472	PAISLEY, A, THE COTTAGE Mickelthwaite	(016973) 44650
OCKENDEN, D, LEAGATE Wellington	(01946) 25369	OPREY, P.J, Red Garth Glasson	(016973) 51749	P, A, MARSHALL HOUSE Outton	(016973) 43153
O, J, Crandom Rowgate, Kirkby Stephen	(017683) 72650	ORANGE, D.M, The Limes Colby	(017683) 51605	P, A, 5 Embleton Road, CARLISLE	(01228) 530425
O'CONNOR, K, 56 Elizabeth Street, Workington	(01900) 68819	ORCHARD, N, St. Lukes Vicarage Brownrigg Drive, Carlisle	(01228) 272571	P, C, Lakeside Longlands Head Longlands Head Kirkbride	(016973) 51394
O'CONNOR, M, 14 Dyke Street, Frizington	(01946) 528030	ORD, E, Birch Leigh Ireby	(016973) 71318	P, J, 10 Esk Road, Carlisle	(01228) 522935
O'CONNOR, S, 153 Moorclose Road, Salterbeck	(01946) 832082	O, Mrs J, 4 Rosebank Close, Carlisle	(01228) 561058	P, S, 8 Frances Croft, Workington	(01900) 62491
O, Thomas, The Garth Hayton	(01228) 670873	O, S, Hawthorn Cottage Unthank, Carlisle	(01228) 711332	PAKUZA, Teresa, 120 Valley Drive, Carlisle	(01228) 547717
ODAMS, M, 478 London Road, Carlisle	(01228) 538155	O'REILLY, N, 22 Osprey Gardens, Whitehaven	(01946)		

P, G, Curwen Hall Mill Curwen Hall Mill, WORKINGTON.....	(01900) 66720	P, M, 27 Beech Grove, Stanwix.....	(01228) 545588	P, I, 55 Westmorland Road, Hensingham, Whitehaven.....	(01946) 696558
P, J, Longrigg Thorn Irthington.....	(016977) 2246	P, M, 31 Brentfield Way, PENRITH.....	(01768) 866517	P, J, WOODEND Calbeck.....	(016974) 78440
P, J, 22 Levens Drive, Carlisle.....	(01228) 535443	P, R, Hawthorn Ho Seagill.....	(01931) 714584	P, J, SPARROW RIGG Greatorton.....	(01228) 710578
P, J, Singer Sewing Centre Rosemary Lane, Carlisle.....	(01228) 615269	P, R, 6 Lowther Village, Lowther.....	(01931) 712361	P, James, 9 Barnett Drive, Seaton.....	(01900) 65782
P, K, 9 Halton Terrace, Glenridding.....	(017684) 82113	P, S, The Meadows Birkby.....	(01900) 810964	P, J, 7 Burwain Terrace, Kirkby Thore.....	(017683) 61203
P, M, East Town End Farm Winscales, Workington.....	(01900) 66432	P, S, 152 Graham Street, Penrith.....	(01768) 891129	P, J, Flat 33 Whitehaven Castle Flat Walks, WHITEHAVEN.....	(01946) 61441
P, M, Moorfield Holmrook.....	(019467) 24682	P, W, Swarthbeck Cottage Howtown.....	(017684) 86189	P, J, William House Front Street, Orton.....	(015396) 24008
P, R, 3 Fair View, Egremont.....	(01946) 820074	P, W, Swarthbeck Cottage Howtown.....	(016973) 71729	P, J, 12 Gifford Avenue, Egremont.....	(01946) 823099
P, S, Asby Farm Asby.....	(01946) 862072	P, W, Swarthbeck Cottage Howtown.....	(017687) 79751	P, J, 7 High Rigg, Brigham.....	(01900) 829366
P, S, The Swallows Dalston.....	(01228) 712775	P, W, Swarthbeck Cottage Howtown.....	(01946) 863584	P, J, 67 Lawson Street, Aspatria.....	(016973) 20733
P, S, 3 Beck Cottages Hallbankgate.....	(016977) 46961	P, W, Swarthbeck Cottage Howtown.....	(01768) 847550	P, J, 27 Lowther Street, Penrith.....	(01768) 864724
P, S, 7 Grizedale Close, Cleator Moor.....	(01946) 451644	P, W, Swarthbeck Cottage Howtown.....	(01228) 528571	P, J, 49 Westfield Drive, Workington.....	(01900) 67189
P, S, 7 Garden Villas Main Street, Whitehaven.....	(01946) 65558	P, W, Swarthbeck Cottage Howtown.....	(016973) 42527	P, J.B, 56 Mosedale Crescent, Maryport.....	(01900) 816245
P, S, 2 Scafell Close, WHITEHAVEN.....	(01946) 63411	P, W, Swarthbeck Cottage Howtown.....	(01946) 690383	P, K, 45 Low Seaton.....	(01900) 62057
P, S.C, 15 Park Dy, Whitehaven.....	(01946) 66052	P, W, Swarthbeck Cottage Howtown.....	(01768) 863584	P, K, 32 Longholme Road, Carlisle.....	(01228) 527853
P, S.J, 5 Bedford Vill Egremont Road, Hensingham.....	(01946) 692482	P, W, Swarthbeck Cottage Howtown.....	(01228) 402616	P, L, 236 Stonegarth, Carlisle.....	(01228) 546422
P, V, Flanders Flanders, Carlisle.....	(01946) 710972	P, W, Swarthbeck Cottage Howtown.....	(016977) 46141	P, M, 16 Ash Close, MARYPORT.....	(01900) 810644
PANTHAKI, Adina P, 4 Hopehill Gardens, Braithwaite.....	(01768) 877303	P, W, Swarthbeck Cottage Howtown.....	(01228) 576339	P, M, 30 Bellbrigg Lanning, Cockermouth.....	(01900) 824915
PANTON, J, KINN Braithwaite.....	(017687) 78354	P, W, Swarthbeck Cottage Howtown.....	(01228) 576797	P, Margaret, 13 Cumberland Place, Penrith.....	(01768) 863434
PAPALEO, R, Warehouse Poultry Farm Milton.....	(016977) 41251	P, W, Swarthbeck Cottage Howtown.....	(01768) 210584	P, M, 45 Levens Drive, Carlisle.....	(01228) 542506
PAPE, H, Police Station Rye Hill Road, Flimby.....	(01900) 818126	P, W, Swarthbeck Cottage Howtown.....	(01946) 813544	P, M, 21A Millholme Avenue, Carlisle.....	(01228) 529442
P, J, 6 Fletcher Crescent, Maryport.....	(01900) 812066	P, W, Swarthbeck Cottage Howtown.....	(01946) 692374	P, M.J, Drumalis Calbeck.....	(016974) 78727
P, J.G, 9 Esk Street, Silloth.....	(016973) 32831	P, W, Swarthbeck Cottage Howtown.....	(01228) 523251	P, M.R, 3 Silverbank Villas, Knock.....	(017683) 61067
P, L, 60 Noble Croft, Aspatria.....	(016973) 21573	P, W, Swarthbeck Cottage Howtown.....	(01768) 339456	P, M.S, Stanbury Thurstonfield.....	(01228) 576788
P, L, 51 Thorncroft Gardens, Workington.....	(01900) 63491	P, W, Swarthbeck Cottage Howtown.....	(01900) 828607	P, N, Granary Roundhorn.....	(01768) 866061
P, M, 11 East Park, Crofton, Thursby, Carlisle.....	(016973) 42671	P, W, Swarthbeck Cottage Howtown.....	(01900) 403269	P, N, CORRIE Watermillock.....	(017684) 86582
P, M, 1 St. Lawrence Place, Burgh-By-Sands.....	(01228) 576768	P, W, Swarthbeck Cottage Howtown.....	(016974) 76803	P, N, 27 College View, WHITEHAVEN.....	(01946) 66491
P, S, 56 Harris Crescent, Carlisle.....	(01228) 539036	P, W, Swarthbeck Cottage Howtown.....	(017684) 80355	P, N.A, 18 Rosemary Close, Whitehaven.....	(01946) 67679
P, S, 59 Linden Terrace, CARLISLE.....	(01228) 492355	P, W, Swarthbeck Cottage Howtown.....	(01946) 694085	P, P, 11 Beacon Close, Aspatria.....	(016973) 21816
PARADNY, R, Byrestades Cleator Moor.....	(01946) 813960	P, W, Swarthbeck Cottage Howtown.....	(01946) 695940	P, P, 66 Coniston Park, Cleator Moor.....	(01946) 812909
PARFITT, I, 10 Holme Meadow, Cumwhinton.....	(01228) 562226	P, W, Swarthbeck Cottage Howtown.....	(01946) 591830	P, P, 80 Rowe Terrace, Workington.....	(01900) 606920
PARIS, Alessandros, 7 Pennine Close, Hackthorpe.....	(01931) 712494	P, W, Swarthbeck Cottage Howtown.....	(01946) 813662	P, R, SOLWAY VIEW Coudertown.....	(01946) 822845
PARISH, A, 2 Post Office Terrace, Tindale Fell.....	(016977) 46469	P, W, Swarthbeck Cottage Howtown.....	(01228) 541660	P, R, Temon Farm Low Row.....	(016977) 47755
PARK, A, Springwood Blenclog, WIGTON.....	(016973) 61037	P, W, Swarthbeck Cottage Howtown.....	(01946) 692529	P, R, 37 Derwentwater Road, Whitehaven.....	(01946) 692474
P, A, 15 South Croft, Houghton.....	(01228) 594022	P, W, Swarthbeck Cottage Howtown.....	(01946) 67068	P, R, 19 Greenlands Road, Dearham, Maryport.....	(01900) 815301
P, B, Croft House Great Asby.....	(017683) 51196	P, W, Swarthbeck Cottage Howtown.....	(016974) 78417	P, R, Catcraggs Upton, Calbeck.....	(016974) 78019
P, Christine, The Green Bowness-On-Solway.....	(016973) 52797	P, W, Swarthbeck Cottage Howtown.....	(01768) 210972	P, R.H, Cherry Garth Kirkbampton.....	(01228) 576027
P, D, Prior View Tindale Fell.....	(016977) 46343	P, W, Swarthbeck Cottage Howtown.....	(01946) 821385	P, S, Sallany, West End Farm Eaglesfield.....	(01900) 823995
P, D, 77 Ashfield Road, Workington.....	(01900) 67193	P, W, Swarthbeck Cottage Howtown.....	(017687) 73488	P, S, Kimberley Thurstonfield.....	(01228) 576413
P, D, 9 Balmoral Court, Carlisle, Cumbria.....	(07957) 214473	P, W, Swarthbeck Cottage Howtown.....	(017683) 51043	P, S, 3 Prospect Terrace, Kirkby Thore.....	(017683) 61804
P, D, 68 Hill Top Road, Whitehaven.....	(01946) 695113	P, W, Swarthbeck Cottage Howtown.....	(016973) 43062	P, S, 7 Rimington Way, Penrith.....	(01768) 866167
P, D, 2 Crosslawn Rheda Park, Frizington.....	(01946) 440771	P, W, Swarthbeck Cottage Howtown.....	(01768) 891376	P, S, 2 Victory Cres, Maryport.....	(01900) 816302
P, D, 17 The Hollies, Egremont.....	(01946) 822746	P, W, Swarthbeck Cottage Howtown.....	(01946) 830583	P, T, 22 Hunters Drive, SEATON, WORKINGTON.....	(01900) 379554
P, D, 4 Yettlands, Dalston.....	(01228) 710284	P, W, Swarthbeck Cottage Howtown.....	(01946) 692303	P, T, 55 Pinecroft, Carlisle.....	(01228) 544888
P, E, 3 Teasdale Road, Carlisle.....	(01228) 535403	P, W, Swarthbeck Cottage Howtown.....	(01900) 823348	P, V, 30 Barncroft Avenue, Seaton.....	(01900) 336665
P, E, 5 Webster Place, Skirwith.....	(01768) 879215	P, W, Swarthbeck Cottage Howtown.....	(016977) 3003	P, V, 30 Barncroft Avenue, Seaton.....	(01228) 538889
P, I, 40 Richmond Hill Road, Whitehaven.....	(01946) 67616	P, W, Swarthbeck Cottage Howtown.....	(01228) 543025	P, D, Highfield Bruntley Meadows, Alston.....	(01434) 382182
P, J, Rottington Mill Rottington.....	(01946) 824227	P, W, Swarthbeck Cottage Howtown.....	(01900) 814337	P, D, 1 Mayo Park, Cockermouth.....	(01900) 828330
P, J, 28 Overend Road, Whitehaven.....	(01946) 63631	P, W, Swarthbeck Cottage Howtown.....	(01900) 602285	P, K.G, Pottelford Hayton.....	(01228) 670635
P, J, West Corner Papcastle, COCKERMOUTH.....	(01900) 823250	P, W, Swarthbeck Cottage Howtown.....	(01946) 28562	P, M, Moorclose Library Needham Drive, Workington.....	(01900) 267467
P, J.W, Kerbeck Cottage Beckermert.....	(01946) 841453	P, W, Swarthbeck Cottage Howtown.....	(016984) 82437	P, R, 3 Rosemary Lane, Great Clifton, Workington.....	(01900) 871636
P, L, 19 Sycamore Drive, Seaton.....	(01900) 379561	P, W, Swarthbeck Cottage Howtown.....	(01228) 670565	P, W, 2 Beck Place, Gosforth.....	(019467) 25413
P, N, 16 Derwent Close, Keswick.....	(017687) 44372	P, W, Swarthbeck Cottage Howtown.....	(017687) 72831	P, PATTNI, D, 9 Ruchdesch Close, Carlisle.....	(01228) 544046
P, Demesne Farm Camerton.....	(01900) 871109	P, W, Swarthbeck Cottage Howtown.....	(017687) 76146	P, PAUL, R, Ash Tree Cottage Silver Street, Kirkby Stephen.....	(017683) 74874
P, R, 25 Carlton Drive, Whitehaven.....	(01946) 62972	P, W, Swarthbeck Cottage Howtown.....	(01228) 712082	P, W, Sawbridge Hill Bleatam.....	(017683) 41201
P, R, Quinta Keswick, Keswick.....	(017687) 75428	P, W, Swarthbeck Cottage Howtown.....	(01900) 829862	P, PAVEY, H, Prospect Hill House Kirkoswald.....	(01768) 897138
P, R.J, 2 Wyndham Terrace, Egremont.....	(01946) 826301	P, W, Swarthbeck Cottage Howtown.....	(017684) 86789	P, PAWSEY, A, 3 The Crescent, Egremont.....	(01946) 821720
P, S, 2 Beatty Road, Whitehaven.....	(01946) 64143	P, W, Swarthbeck Cottage Howtown.....	(01946) 63576	P, PAWSON, J, AN CALA Applethwaite.....	(017687) 80940
P, S, 34 Hether Drive, Carlisle.....	(01228) 496095	P, W, Swarthbeck Cottage Howtown.....	(01228) 523528	P, PAXON, P, Toll Bar Cottage Penrith Road, Keswick.....	(017687) 73443
P, S, 40 Main Street, Maryport.....	(01900) 329213	P, W, Swarthbeck Cottage Howtown.....	(01946) 812832	P, PAY, D, Tarnhows Drigg Road, Seascale.....	(019467) 28751
P, S, 1 Old Road, Longtown.....	(01228) 791567	P, W, Swarthbeck Cottage Howtown.....	(01768) 868614	P, PAYNE, D, 85 Whitestiles, High Seaton.....	(01900) 61106
P, S, 1 Winder Farm Close, Dearham.....	(01900) 816271	P, W, Swarthbeck Cottage Howtown.....	(019467) 28483	P, J, Flat 12 Johnson House Hillcrest Avenue, Whitehaven.....	(01946) 458492
P, T.M, 6 Roachburn Six Cottages Tindale Fell.....	(016977) 46420	P, W, Swarthbeck Cottage Howtown.....	(01900) 824208	P, Dr M, Holmleigh Cumwhinton.....	(01228) 561857
P, T.W, Park View Gilcrux.....	(016973) 21879	P, W, Swarthbeck Cottage Howtown.....	(01228) 739088	P, PAZIENIE, B, 32 Loweswater Road, Maryport.....	(01900) 269559
P, Mr W, 80 Holmrook Road, Carlisle.....	(01228) 528871	P, W, Swarthbeck Cottage Howtown.....	(01768) 885790	P, PEACE, H, The Old Manor House Alston.....	(01434) 381118
PARKE, J, 6 Little Croft, CLEATOR MOOR.....	(01946) 813525	P, W, Swarthbeck Cottage Howtown.....	(017687) 79279	P, J, 2 Bath House Brampton, Brampton.....	(016977) 47277
PARKER, A, Amaltha Stainton.....	(01768) 862034	P, W, Swarthbeck Cottage Howtown.....	(01946) 696195	P, PEACH, L, 20 Hadrians Avenue, Anthorn.....	(016973) 52633
P, A, 44 Borrowdale Road, Whitehaven.....	(01946) 61959	P, W, Swarthbeck Cottage Howtown.....	(016973) 43805	P, M, Hylton Villa Hylton Terrace Wighton Road, Wigton Cumbria.....	(016973) 32524
P, A, 62 Chaucer Road, Workington.....	(01900) 604794	P, W, Swarthbeck Cottage Howtown.....	(01228) 472396	P, PEACOCK, D, 137 Whernside, Carlisle.....	(01228) 541333
P, A, 4 Stoke Court, Carlisle.....	(01228) 595848	P, W, Swarthbeck Cottage Howtown.....	(01228) 319093	P, J, 9 Graham Street, Penrith.....	(01768) 867838
P, B, 16 High Rigg, Brigham.....	(01900) 826429	P, W, Swarthbeck Cottage Howtown.....	(01228) 539694	P, L, 24 Whitcroft, Maryport.....	(01900) 814095
P, B, 22 Holme Riggs Av, Penrith.....	(01768) 863740	P, W, Swarthbeck Cottage Howtown.....	(01768) 897074	P, R, Brackenthwaite Ho Brackenthwaite.....	(016973) 42574
P, B, 7 Whitesites, High Seaton, Workington.....	(01900) 605979	P, W, Swarthbeck Cottage Howtown.....	(01768) 898057	P, S, 18 Mill Street, Penrith.....	(01768) 891181
P, C, Stable Branthwaite Calbeck.....	(016974) 77126	P, W, Swarthbeck Cottage Howtown.....	(017687) 75208	P, W, 59 Thorny Road, Thornhill, Egremont.....	(01946) 329520
P, C, Denoan Calthwaite.....	(01768) 894071	P, W, Swarthbeck Cottage Howtown.....	(01900) 822934	P, PEARCE, J, MD FRCP Kettlewell Lodge Borrowdale.....	(017687) 77270
P, C, Meadowbank Central Road, Dearham, Maryport.....	(01900) 816996	P, W, Swarthbeck Cottage Howtown.....	(016974) 73037	P, K.E.F, 4 Old Bridge, Egremont.....	(01946) 820050
P, C, 14 The Nook, Great Broughton.....	(01900) 823620	P, W, Swarthbeck Cottage Howtown.....	(01768) 898495	P, S, 24 Gatehead, Workington.....	(01900) 605893
P, D, 7 Randall Street, Carlisle.....	(01228) 495329	P, W, Swarthbeck Cottage Howtown.....	(01900) 881510	P, PEAR, Mrs A, Mrs S Windsor Drive, Penrith.....	(01768) 895519
P, D.H, 2 Petteril Street, Carlisle.....	(01228) 521934	P, W, Swarthbeck Cottage Howtown.....	(01228) 544784	P, B, 38 Hill Top Road, Whitehaven.....	(01946) 66090
P, E, 66 Derwent Bank, Seaton.....	(01900) 603433	P, W, Swarthbeck Cottage Howtown.....	(01228) 545990	P, C, 122 Vulcans Lane, Workington.....	(01900) 550555
P, G.M, Lake View Soubly.....	(017684) 86199	P, W, Swarthbeck Cottage Howtown.....	(01768) 867185	P, J.M, 11 St. James Avenue, Carlisle.....	(01228) 544991
P, Rev Ian, 5 Vicerage Lane, Ennerdale.....	(01946) 861310	P, W, Swarthbeck Cottage Howtown.....	(017683) 52749	P, M, Wythmoor House Stockdalewath, Carlisle.....	(016974) 76251
P, J, Barn End Slaggyford.....	(01434) 381744	P, W, Swarthbeck Cottage Howtown.....	(01900) 607013	P, W, Fellside House Calbeck.....	(016974) 78294
P, Mr J, Southfield View, Seaton Road Broughton Moor, Maryport.....	(01900) 819052	P, W, Swarthbeck Cottage Howtown.....	(01228) 521343	P, PEAR, GOODWIN, J, 42 Merlin Drive, Moresby Parks.....	(01946) 691503
P, J, 8 Castle Close, Whitehaven.....	(01946) 695287	P, W, Swarthbeck Cottage Howtown.....	(01946) 696967	P, PEARSON, A, Wayside Grange.....	(017687) 77752
P, J, 15 Green Croft, Shop.....	(01931) 716779	P, W, Swarthbeck Cottage Howtown.....	(01768) 865640	P, Alexandra, Cumbria Swintry.....	(016973) 61679
P, J, 1 Kiln Green Avenue, High Harrington.....	(01946) 833237	P, W, Swarthbeck Cottage Howtown.....	(017687) 73397	P, A, 34 Bounty Avenue, Maryport.....	(01900) 818529
P, J, 47 Needham Drive, WORKINGTON.....	(01900) 379718	P, W, Swarthbeck Cottage Howtown.....	(01228) 528998	P, A, 7 Station Road, Silloth, WIGTON.....	(016973) 31672
P, J.H, The Orchard Temple Sowerby.....	(017683) 61779	P, W, Swarthbeck Cottage Howtown.....	(017687) 74170	P, A, 18 Uldale Road, Staiburn.....	(01900) 870758
P, J & R, Eastgate Milburn.....	(017683) 61509	P, W, Swarthbeck Cottage Howtown.....	(01768) 865892	P, B, 26 Churchill Drive, Moresby Parks.....	(01946) 65433
P, Jos W, 20A Salterbeck Road, Salterbeck.....	(01946) 831542	P, W, Swarthbeck Cottage Howtown.....	(01946) 810556	P, C, 1A Geltsdale Avenue, Carlisle.....	(01228) 533320
P, Kenneth, 15 Blenkinsopp Castle Home Park Greenhead.....	(016977) 47520	P, W, Swarthbeck Cottage Howtown.....	(016977) 3149	P, C, 2 Main Street, Wigton.....	(016973) 47020
P, M, Escafield (barn Close) Lazonby.....	(01768) 897100	P, W, Swarthbeck Cottage Howtown.....	(01228) 533405	P, David, 6 Guardhouse Abbeytown.....	(016973) 61092
P, M, 15 Clifton Street, CARLISLE.....	(01228) 598383	P, W, Swarthbeck Cottage Howtown.....	(01946) 591434	P, D, 36 Lakeland View Nethertown.....	(01946) 820393
P, M, 13 Milton Drive, Workington.....	(01900) 62105	P, W, Swarthbeck Cottage Howtown.....	(01946) 694058	P, D, Glen Dene Carlisle Road, Brampton.....	(016977) 41113
P, M, 25 The Orchard Monks Close, Penrith.....	(01768) 866247	P, W, Swarthbeck Cottage Howtown.....	(016973) 32128	P, D, 2 Esther Street, Carlisle.....	(01228) 529407
P, M, 96 North View, Aspatria.....	(016973) 22226	P, W, Swarthbeck Cottage Howtown.....	(017687) 78362	P, D, Mobile, Midtown Farm Ireby.....	(07932) 447871
P, M, 60 Rufus Road, Carlisle.....	(01228) 272814	P, W, Swarthbeck Cottage Howtown.....	(017683) 42444	P, E, 5 Antonine Way, Houghton.....	(01228) 537938
P, M, 11 Winscale Way, Carlisle.....	(01228) 527946	P, W, Swarthbeck Cottage Howtown.....	(01946) 62762	P, E, 79 Clifford Road, Penrith.....	(01768) 867715
P, Mr Orchard Cottage Workington.....	(01946) 861481	P, W, Swarthbeck Cottage Howtown.....	(01900) 829950	P, F.B.E, Midtown Ho Gt.Orton.....	(01228) 710570
P, R, Woodhouse Little Broughton.....	(01900) 821471	P, W, Swarthbeck Cottage Howtown.....	(01228) 870093	P, Geoffrey, 7 Chapel Brow, Carlisle.....	(01228) 493429
P, R.H, Ghyll Fm Kirkland.....	(01946) 861982	P, W, Swarthbeck Cottage Howtown.....	(01228) 810693	P, G, 87 Holmrook Road, Carlisle.....	(01228) 520708
P, R.J, Field Head Lamony.....	(017684) 84505	P, W, Swarthbeck Cottage Howtown.....	(01228) 401473	P, I, Waverley Waverton.....	(016973) 452296
P, R.M, 69 Lund Crescent, Carlisle.....	(01228) 528779	P, W, Swarthbeck Cottage Howtown.....	(016977) 48053	P, J, The Arches Great Asby.....	(017683) 52223
P, S, Branthwaite House Calbeck.....	(016974) 78241	P, W, Swarthbeck Cottage Howtown.....	(01228) 739017	P, J, Arnolds Loft Town End Farm Z Great Salkeld.....	(01768) 897059
P, S, 33 Carlton Drive, Whitehaven.....	(01946) 62766	P, W, Swarthbeck Cottage Howtown.....	(016977) 41197	P, J, 3 Brigham Row, Keswick.....	(017687) 71314
P, S, 9 Grams Rigg, Bolton.....	(017683) 62475	P, W, Swarthbeck Cottage Howtown.....	(01768) 872516	P, J, 4 Derwent Row, Broughton Cross.....	(01900) 824786
P, S, 1 Midland Row, Penrith.....	(01768) 898867	P, W, Swarthbeck Cottage Howtown.....	(01900) 815379	P, J, Heather Barn Heather Barn, Carlisle.....	(01228) 494270
PARKHOUSE, A, 4 Eden Street, Carlisle.....	(01228) 530665	P, W, Swarthbeck Cottage Howtown.....	(01228) 561571	P, J, 9 Oakfield Court, Whitehaven.....	(01946) 694975
P, Jodie, 36 Gleneagles Drive, Carlisle.....	(01228) 402315	P, W, Swarthbeck Cottage Howtown.....	(01228) 595702	P, J, 4 Top Row, Seaton.....	(017687) 77105
PARKIN, A, Swarthbeck Farm Howtown.....	(017684) 86432	P, W, Swarthbeck Cottage Howtown.....</			

P, M, 20 Corporation Road, Carlisle.....	(01228) 525792	P, J, 2 Senhouse Close, Workington	(01900) 63406	PITHER, G, Kinabalu Whitrigg	(016973) 51403
P, M, 78 Larch Drive, Stanwix	(01228) 541571	P, R, 23 Frazer Street, Workington	(01900) 63675	PITKESTLY, Rev D, Church Of Scotland Chapel St, Carlisle.....	(01228) 591757
P, M.G, Flat 4 Riverside Lodge Station Road, Keswick	(017687) 80750	PETRE, K, 67 Derwent Avenue, Maryport.....	(01900) 379251	PITT, K, Police Houses 3 Cross Lane, WIGTON	(016973) 44030
P, N, 3 Friars Garden, Abbeytown	(016973) 61609	P, K, 23 Simmeron Drive, Carlisle.....	(01228) 537283	P, L, Willow House Thurstonfield	(01228) 576574
P, O, 14 The Crofts, St. Bees	(01946) 822189	P, Vera, 11A Kirkland Meadows, Wigton	(016973) 45311	PITTMAN, J, 11 Jubilee Gardens, Stainton	(01768) 877994
P, P. School Cotts Heskett Newmarket	(016974) 78114	PETRIE, A, Kirkgate House Watermillock	(016973) 86686	PITCH-RINNERTHALER, P, Hayfield Rockcliffe Carlisle	(01228) 642658
P, P. Bridge End Sebergham	(016974) 76310	P, David, 5 Fletcher Hill Park, Kirkby Stephen	(017683) 71679	PITTMAN, A, Nunnslough Rowelton	(016977) 48498
P, P, 214 Dalston Road, Carlisle	(01228) 527742	PETRY, E, 4 Cairn Crescent, Corby Hill, Carlisle	(01228) 561066	PLACE, J.P, South View Blennerhasset	(016973) 20200
P, P, East Farm Newton Arlosh	(016973) 51352	P, P, 47 Hurley Road, Little Corby	(01228) 561753	P, T, Strawberry How Cockerhous	(01900) 825910
P, R, 30 Beckgreen, Egremont	(01946) 822175	PETT, R, Kilchoman Armathwaite	(016974) 72265	PLAISTER, J, 1 Denton Park Court, Gosforth	(019467) 25164
P, R, 76 Penny Hill Park, Penrith	(01768) 867462	PETTIGREW, C.A, 8 High Road, Thornhill	(01228) 5821523	PLASKETT, H, 23 Princess Street, Workington	(01900) 66246
P, S, Silverbeck Waverbridge	(016973) 42269	PETIT, D, 17 Barfs Road, Distington, Workington	(01946) 813364	P, J, Ha Penny Green Grange Gardens, Wigton	(016973) 42142
P, S, 12 Embleton Road, Carlisle	(01228) 543438	P, K, 90 Newlands Lane South, Workington	(01900) 61029	PLATT, Sarah, Inkwell Cottage Torpenhow	(016973) 71069
P, T, PARK NOOK Park Road, Scotby	(01228) 513331	PETTIT, B, 15 Laburnum Grove, Maryport	(01900) 812059	P, S.J, (Mobile), Smithy Green, Thornthwaite, Keswick	(07904) 166845
P, T.A, The Faulds Caldecote	(016974) 78613	PETTY, R, 5 Twentymann Court Penrith Road, KESWICK	(01768) 201298	PLAZA, J, Hillcrest Lime Road, Harrington, Workington	(019467) 48413
P, T.J.G, Ashdale Pelutho	(016973) 32227	P, William, RIBA The Orchard Dacre	(017684) 86029	PLEWS, A, 5 Meadowfield, Gosforth	(019467) 25569
P, W, Greencroft Laithes	(017684) 84327	PHARAOH, P.G, Mountain View Cottage Irton	(019467) 24506	PLUCKROSE, D.E, 22 Croft Park, Wetheral	(01228) 562719
PEAT, B, 11 Middle Park, Alston	(01434) 381317	PHELAN, J, 86 Harrington Road, Workington	(01900) 61358	P, L.R, 45 Brentfield Way, Penrith	(01768) 864692
P, Miss Lucy, 61 Stonegarth, Carlisle	(01228) 530742	P, M, 2 Queensway, Carlisle	(01228) 535063	PLUMMER, K.E, High Road Aglionby	(01228) 513746
P, M, River View Mellbeck, Kirkby Stephen	(017683) 71501	P, P, 57 Moor Park Avenue, Carlisle	(01228) 530009	PLUNKETT, D, Grosvenor House Moorhouse, Carlisle	(01228) 576507
P, M, Ivy Cottage The Row, Nenthead	(01434) 382094	PHIFER, T, 76 High Street, Cleator Moor	(01946) 440674	P, M, 3 Pinegrove, Measgale	(016973) 71214
P, 6 Railway Cottages Crosby Garrett, CROSBY GARRETT	(017683) 32428	PHILIPS, C, Leasdyde Station Road, Brampton	(016977) 2390	PLUSNET PLC, Plusnet Pic, Rosebank Barn Temple Sowerby	(017683) 61094
P, V, 16 Margarets Way, Appleby-In-Westmorland	(017683) 51042	P, H.A, 3 Blencathra View, Threlkeld	(017687) 79616	P, Plusnet Pic, 3 Powsy Sike, Ainstable	(01768) 896085
PEASCOOD, W.J, 85 Whernside, Carlisle	(01228) 538401	PHILIPSON, K, Glebe Farm Kirkland	(01768) 88268	POLAND, J, 9 Elm Close, High Heskett	(016974) 75825
PEAT, R, 8 Etterley Lea Grove, Carlisle	(01228) 526225	PHILLIPS, Brian, Ragga Beck Barn Haile	(01946) 821737	P, L, Alandale Church Road, Greystoke	(017684) 83818
PEATE, T, THE GARDEN HOUSE ROSE COTTAGE Lorton Road, Cockerhous	(01900) 829616	P, B, 5 Lane Terrace, Halton Lea Gate	(016977) 44454	P, M, 87 Bracken Ridge, Carlisle	(01228) 545892
PEATFIELD, M.A, 3 Kings Terrace, Winton	(017683) 72599	P, C, FAIR VIEW Cross Lanes, Seascale	(019467) 28657	P, M, 15 Margery Street, Carlisle	(01228) 532440
PECK, N, Borodale Eaglesfield	(01900) 826422	P, C.M, Barn Close Temple Sowerby	(017683) 61383	P, P, 32 Braeside, Seaton	(01900) 603070
P, R, White Ash Barn High Lorton	(01900) 85236	P, D, Dale Garth Rowan-tree Close, Whitehaven	(01946) 695911	P, Wayne, 8 William Street, Penrith	(01768) 899761
PEDE, E, 29 Fell View Park Gosforth, Seascale, Cumbria	(019467) 25045	P, E, 24 Jackson Road, Houghton	(01228) 525844	POLHILL, Mr Sebastian, Yew Tree Cottage Thursby, Carlisle	(01228) 319525
PEDERSEN, Mr P, 10 James Street, Cleator Moor	(01946) 814898	P, E.M, 4 Helbeck Road, Brough	(017683) 41513	POLICE	
PEDLEY, M, High Ploughlands Little Musgrave	(017683) 42080	P, J, 53 Bishops Way, Dalston, CARLISLE	(01228) 710411	In Emergency dial 999 and ask the operator for Police	
PEEL, C, 16 Larch Drive, Carlisle	(01228) 525990	P, J, 1 Irving Court, Penrith	(01768) 866374	See business section for full list of entries	
P, D, 38 Carlton Gardens, Stanwix	(01228) 525990	P, K, 30 Brownrigg Drive, Carlisle	(01228) 531350	POLKEY, A, 11 Grant Drive, Whitehaven	(01946) 591055
P, D, 66 Gray Street, Workington	(01228) 561877	P, K, 7 Highcroft Close, Tallentire	(01900) 823606	POLLARD, C, 68 Brigham Rd, Cockerhous	(01900) 825533
P, H, The Croft Westend Croft Burgh-By-Sands	(01228) 576386	P, K, 46 Parkland Avenue, Carlisle	(01228) 494446	P, Dr C.A, 60 Springfield Avenue, Whitehaven	(01946) 67183
P, J, Sunset Cottage Blennerhasset	(016973) 20469	P, M, Loughrigg Burgh-By-Sands	(01228) 576108	P, D, Flat Above 55 Main Street, Cockerhous	(01900) 393217
P, J.D, Linethwaite Bower Linethwaite	(01946) 810478	P, M, 18 Castle Drive, Penrith	(01768) 867569	P, M, 35 Ling Beck Park, Seaton	(01900) 56523
P, J.M.A, West Croft Thursby	(01228) 710024	P, M, 6 Crown Inn Fields, Morland	(01931) 714062	P, P, 33 Caldecote Avenue, Cockerhous	(016973) 21289
PEERS, T, 46 Chaucer Road, WORKINGTON	(01900) 604534	P, M, 16 Emont Park, Emont Bridge	(01768) 895170	P, R, 1 Caldecote Avenue, Cockerhous	(01900) 822650
PEET, J, The Swallows Winskill	(01768) 881991	P, M, Flat 32 Whitehaven Castle Flat Walks, Whitehaven	(01946) 696702	POLLEN, L, 5 Tower View, Egremont	(01946) 824372
P, K, 52 The Headlands, KESWICK	(017687) 72217	P, N, 147 Windebourne Avenue, Keswick	(017687) 73432	P, M, 12 Brisco Road, Egremont	(01946) 825222
P, M, LYNDALE Baybarrow Road, Egremont	(01946) 824098	P, O, 53 Eskin Street, Keswick	(017687) 73369	P, N, 13 Longcroft, Egremont	(01946) 329411
PEEVOR, D, Lonnisdale Cockerhous	(01900) 823822	P, P, 77 Fifth View Walk, Workington	(01900) 604923	POLLENDINE, B, 82 Newlaithes Avenue, Carlisle	(01228) 524589
PEGGS, D, Linden Gamblesby	(01768) 881935	P, The Blossoms High Street, Pooley Bridge	(017684) 86433	POLLINGTON, A, 9 Clarksville Close, Carlisle	(01228) 498060
P, D, 66B Central Road, Dearham	(01900) 813290	P, R, Derwent View Hardy Gate, Bridgefoot	(01900) 825040	P, S, 30 The Mount Papatice, Cockerhous	(01900) 826691
PEGLER, F, Old School House Fletcherstown	(016973) 71465	P, R, 17 Heysham Meadows, Carlisle	(01228) 494145	POLLOCK, A, Dumbiar Riggs Farm West Hall	(016977) 47346
PEGGRAM, D, 1 Albert Street, Seascale	(01946) 458038	P, R, 21 Jackson Road, Houghton	(01228) 531780	P, C, Faud Farm Longtown	(01228) 791214
PEILE, E, Lowlands Greystoke	(017684) 80043	P, S, South Nook Bassenthwaite	(017687) 76263	P, C, Belle Walker House Rubby Banks Road, Cockerhous	(01900) 827952
P, J, Home Farm Greystoke	(017684) 83201	P, S, NETHERHILL FARM Roadhead	(016977) 48457	P, J.K, Mill Farm Ivegil	(016974) 73395
P, Beech House Blencogo	(016973) 61244	P, Thomas, Flat 11 Waterside House Denton Mill Close, Carlisle	(01228) 599001	P, J.R, Wreay Hall Farm Wreay	(016974) 73364
PEKAREK, B, 49 The Mount, COCKERMOUTH	(01900) 828544	P, W.B, 3 Ellerbeck Close, Workington	(01900) 62924	P, N, Glenridding	(017684) 82937
PELHAM, J, 10 Faustin Hill, Wetheral	(01228) 561488	PHILLIPSON, Anthony, 15 Main Street, Greysouthen	(01900) 824114	P, S, Basco Dyke Head Farm Armathwaite	(01768) 896254
PELTER, D, 23 Millner Mount, Penrith	(01768) 867174	PHILP, G, 46 Scotby Village, Scotby	(01228) 513554	POMEROY, D, 128 Meadow Road, Whitehaven	(01946) 63445
PELTON, D, 5 Friary Fields, Appleby-In-Westmorland	(017683) 51168	PHILPOT, R, 10 Blencathra Street, Keswick	(017687) 74008	PONSONBY, W, The Cottage Penrith Road, Keswick	(017687) 44831
PEMBERTON-PIGOTT, M.C, Fawe Park Portinscale	(017687) 72126	PHILPOT, M, 23 Mayo Park, Cockerhous	(01900) 824758	PONTICELLI, P, 12 Southey Avenue, Egremont	(01946) 823015
PENDELBURY, Anne, 26 Glebe Road, Appleby-In-Westmorland	(017683) 52914	PHINN, Carol, 13 Dunmallet Rigg, Carlisle	(01228) 595338	POOL, B, 51 Ennerdale Road, Cleator Moor	(01946) 817837
PENDREY, C.G, 37 Thorncroft Gardens, Workington	(01900) 605806	PHIPPS, P, 2 Westmorland Place, Appleby-In-Westmorland	(017683) 52339	P, E.A, Glebe House Patterdale	(017684) 82339
P, G.L, 9 St. Michaels Road, Workington	(01900) 63598	PICCONI, Nicola, The Stables Lambfield Raughton Head	(016974) 76245	POOLE, A, 90 Fell View Park, Gosforth	(019467) 25955
PENHALE, I, 6 Skimburness Drive, Silloth, Wigton	(016973) 46160	PICKERILL, E, 45 Green Lane, Belle Vue	(01228) 537064	P, B, 34 Meadow Way, Maryport	(01900) 816752
PENMAN, Miss L, Miss Raycroft View Bedford Square Queen Street, Wigton	(016973) 22352	PICKERING, J, 61 Mary Langley Way, Penrith	(01768) 865370	P, G, 2 Stocks Hill, Workington	(01946) 395375
P, R, Hallinbank Martindale	(017684) 86505	P, K, 1 Ghyll Bank, Threlkeld	(017687) 79374	P, J, 13 Meadowfield, Gosforth	(019467) 25537
PENN, A, 9 Victoria Terrace, Maryport	(01900) 815098	P, K, Ingeance Hardy Gate, Bridgefoot	(01900) 828395	P, K, 19 Beechwood Avenue, Carlisle	(01228) 530676
P, C, 3 Grasslot Street, Maryport	(01900) 817102	P, L, 16 Musgrave Street, Penrith	(01768) 210506	P, N, 10 Hawk Place, Moresby Parks	(01946) 395987
P, G, 8 Towncroft, Maryport	(01900) 813305	P, R, 34 Hinnings Road, Distington	(01946) 831904	P, N, 20A Rheda Park, Frizington	(01900) 871695
P, L, Hill Breeze Mid Town, Maryport	(01900) 815050	P, S, FLEET BANK Embleton	(017687) 76673	P, T, 12 Carlisle, Wetheral	(01228) 561788
PENNELL, J.A, Hayring Farm Nenthead	(01434) 381347	P, S, 5 Wordsworth Terrace, COCKERMOUTH	(01900) 381988	POOLEY, C, 4 Rose Lane, Cockerhous	(01900) 823767
PENNEY, J, 1 Ninerigg, DALSTON, CARLISLE	(01228) 710434	PICKFORD, D, 2 Millfields, Beckermett	(01946) 841506	P, C, Ferndale Scalegill Place, Moor Row	(01946) 403772
P, R, Royal House The Gill	(01228) 711411	PICKIN, J, 10 Ridley Gardens, Brampton	(016977) 3629	P, J, North View Outfall	(016973) 44239
PENNINGTON, Anthony, 5 Barncroft Close, Workington	(01900) 66341	PICKLES, L, 11 Park Road, Carlisle	(01228) 493992	P, J, 30 Laburnum Way, Penrith	(01768) 866424
P, D, Flat 1 Shoregill Lodge Warcop	(017683) 42339	PICKTHALL, D, 7 Kersey Road, Thornhill	(01946) 821804	POPE, P, Apartment 23 Dutton Lodge Roper Street, Penrith	(01768) 216841
P, D.W, 1 New Road, Cockerhous	(01900) 822575	P, K, 5 Wodow Road, Thornhill	(01946) 824255	POPOVA, M, 51 Hawick Street, Carlisle	(01228) 658414
P, J, 28 Woodville Park, Cockerhous	(01900) 823062	P, P.J, The Barn, Lowthion Ho Gt. Salkeld	(01768) 898396	POPPA, Sheila, 1 Leagate Cottages Wigton	(016973) 44019
PENRICE, C, The Hayloft Southfield	(016973) 61543	PICKUP, G, 29 Station Close, Egremont	(01946) 824551	POPPLE, Ruth, 38 The Green, Dalston	(01228) 710281
P, J.A, Latrigg Sunnyside, Seaton	(01900) 61584	P, J, 39 Croft Park, Carlisle	(01228) 498017	PORRELLI, R, Manor Cottages Winton	(017683) 72284
P, Nyree, 12 Frances Croft, Workington	(01900) 601087	P, K, Stone Lea Baybarrow Road, EGREMONT	(01946) 825236	PORTEOUS, D.L, Charlson House Eaglesfield	(01900) 824151
PEPIN, D, Old Meadow Barns Garrigill Road, Alston	(01434) 381519	PIDGLE, W, Thornycroft Greenspot	(016973) 51202	PORTER, B, 6 Lower Church Street, Maryport	(01900) 815439
P, T, 3 Low Byer Park, Alston	(01434) 382286	PIEGRZAK, D, 59B Loop Road North, Whitehaven	(01946) 447455	P, G, BECKSIDE Gilcrux	(016973) 21568
PEPPER, B, 9 The Headlands, Keswick	(017687) 73787	PIELACH, S, 15 Bellsfield, Carlisle	(01228) 792238	P, H, Tupp Inn Cottage Crosscanonby	(01900) 810775
P, J, 2 London Road Terrace, Carlisle	(01228) 536621	PIERUSZKA, E, 2 Mossrigg, Carlisle	(01228) 319737	P, H, Edenside Winskill	(01768) 889146
P, K.J, 14 High Portinscale, Portinscale	(017687) 75614	PIERI, J, Stone House Stone House, Brampton	(01228) 670128	P, J, Ardale Ho Blencarn	(01768) 879191
P, S, 31 The Headlands, Keswick	(017687) 72849	PIGG, Adam, Stank Villa Abbeytown	(016973) 61760	P, J, Hawthorn Knock Cross Knock	(017683) 61733
P, S, 137 Windebourne Avenue, Keswick	(017687) 74749	P, K, Low Dockray Wigton	(016973) 45216	P, J, Dundonald Low Row	(016977) 46876
PERCIVAL, A, 35 Derwentwater Road, Whitehaven	(01946) 696215	P, L, DOCKRAY FARM Wigton	(016973) 43047	P, J, Faraday Cottage Outgill	(017683) 72889
P, A, 14 Langdale Close, Whitehaven	(01946) 65597	P, M, Low Plains Ct Calthwaite	(01768) 894207	P, J, Brookhouse Upton, Caldecote	(016974) 78542
P, B.S, Lynhurst Rockcliffe	(01228) 674266	P, S, Flat 2 Donaldson Cottages Water Street, Wigton	(016973) 841228	P, J.S, Lakerigg East Lakerigg, Dalston	(01228) 711769
P, D, 42 Northumberland Street, Workington	(01900) 605869	P, T.J, Skiddaw View Wigton	(016973) 42242	P, K, 21 Gillgarran View, Distington	(01946) 832811
P, H, 28 Lime Grove, Maryport	(01900) 814878	PIGNEY, G, Bung Station Rd, Cliburn	(01931) 714632	P, L, 12 Brighbourne Drive, Seaton	(01900) 61297
P, I, 79 Main Street, Brampton	(016977) 41523	P, H, H Pigney Chapel Street, Appleby In Westmorland	(017683) 53459	P, P, 24 Limetree Crescent, Cockerhous	(01900) 825883
P, I, 40 Trafalgar Street, Carlisle	(01228) 319875	PIKE, D, Unit 7 Robert St, Carlisle	(01228) 546738	P, Ms Susan, 18 Needham Drive, Workington	(01900) 269191
P, Julie, 111 Beaumont Road, Carlisle	(01228) 520662	PILBEAM, R, COACH HOUSE Carleton Derrick Drive, Penrith	(01768) 895145	P, W.E, Sword House Eskdale	(019467) 23295
P, John, Shannon Brae High Street, Morland	(01931) 714687	PILKINGTON, A.J, 7 Ladysteps, Scotby	(01228) 513732	PORHOUSE, C, 65 Ennerdale Road, Maryport	(01900) 812141
P, M, 34 Grinsdale Avenue, Carlisle	(01228) 539460	P, J, 4 Brayton Terrace, Whitehaven	(01946) 690071	P, B.A, 22 Greystone Road, Carlisle	(01228) 529219
P, T, School Cottage Faugh	(01228) 670637	P, Mrs Josephine, 18 Highfield Road, Cleator Moor	(01946) 814072	P, C, 60 John Street, Moor Row	(01946) 810233
P, V, Addison Cottage Front Street, Orton	(015396) 24352	P, M, 11 Brierley Road, CLEATOR MOOR	(01946) 813218	P, C, 46 Main Street, Greysouthen	(01900) 820667
PERESTRELO, S, 30 Main Street, Maryport	(01900) 386593	P, T, 20 Buckle Avenue, Cleator Moor	(01946) 814266	P, C, 140 Scotby Road, Scotby	(01228) 513290
PERKIN, C, 38 Harker Park Road, Harker Park	(01228) 674312	P, T, 9 Fellview Drive, Egremont	(01946) 821210	P, D, 23 Abbey Vale, St. Bees	(01946) 822166
PERKINS, C, Ulligill Cottage Howgate	(01946) 63588	PILLING, N, Bryn Beck Blindcrake	(01900) 827906	P, D, 31 Meadowfield Grove, Gosforth	(019467) 25715
P, J, Townfoot Gamblesby	(01768) 881671	P, S, 25 High Hill, Keswick	(017687) 73814	P, D.J, Mite House Farm Saltcoats	(01229) 717429
P, J, Raeburn Penton	(01228) 577260	PILMER, K, 5 Lowry Street, Blackwell	(01228) 520029	P, I.R, Burgh By Sands Post Office Burgh-By-Sands	(01228) 576342
P, J, Jacaranda Lowmoor Road, Wigton	(016973) 43882	P, M, 29 Acredale Road, Carlisle	(01228) 594235	P, J, 2 Foxglove Close, Carlisle	(01228) 496052
P, M.J, The Nook Gamblesby	(01768) 889074	PILSBURY, N.A, Low Green Villa Temple Sowerby	(017683) 612140	P, J, 11 Little Corby Road, Little Corby	(01228) 560728
P, N, 14 Waver Lane, Wigton	(016973) 45797	PINCHES, G, 41 John Colligan Drive, Cleator Moor	(01946) 816622	P, M, 37 Greta Avenue, Carlisle	(01228) 528435
PERRIN, V, Merryknowe Cottage Slaggyford	(01434) 381979	PINDAR, K, 25 Church Meadows, Great Broughton	(01900) 828618	P, T, Hollin Lane Cottage Boot	(019467) 23493
PERROTT, J, 7 Watsons Terrace, Aspatria, Wigton	(016973) 21839	PINDER, S, Ullerbank Farm Talkin	(016977) 46934	P, T, Low Greenholme Greenholme	(015396) 24334
PERRY, A, 115 Crosby Street, Maryport	(01900) 812655	PINE, M, 13 Darcy Street, Workington	(01900) 602459	POTAPKINA, Z, 20 Princes Court, Penrith	(01768) 6

P, J.A, 12 Latrigg Street, Silloth.....	(016973) 32363	PRIEST, P, St. Marys Priory St. Marys Priory, CLEATOR.....	(01946) 810324	QUINN, A, 7 Brantwood Lane, Cleator Moor.....	(01946) 813769
P, J.G, Howes Lodge Orton.....	(015396) 24523	P, Rev P, St. Benedicts Presbytery Whinlatter Road, Whitehaven.....	(01946) 692213	Q, A, Thorn How St. Bridgets Lane, Egremont.....	(01946) 821285
P, K, Garth House Burgh By Sands.....	(01228) 576128	PRIESTLEY, Caroline, Broomlands High Lorton.....	(01900) 85230	Q, C, 5 Rydal Crescent, Penrith.....	(01768) 862317
P, Michael, West Fell View Kelleth.....	(015396) 23378	P, Jason, 65 Etterby Street, Carlisle.....	(01228) 598604	Q, C, 479 Warwick Road, Carlisle.....	(01228) 525395
P, M, Red House Dearham Bridge Road, Crosby.....	(01900) 813310	P, K, 23 Currock Road, Carlisle.....	(01228) 930508	Q, H, 18 Cumberland Road, Hensingham.....	(01946) 693176
P, Sam, Alnholme Long Marton.....	(017683) 61628	PRIGG, Mr Raymond, 53 Greenacres, Carlisle.....	(01228) 561311	Q, H.J, Langdon House Kirkoswald.....	(01768) 898543
P, S, 4 Dale Meadows, Carlisle.....	(01228) 524049	PRIME, N, Claremont Nately Road, Kirkby Stephen.....	(017683) 71441	Q, I, Elmira Harras Road, Harras Moor, Whitehaven.....	(01946) 62995
P, S, 64 Frazer Street, Workington.....	(01900) 66989	PRINCE, Mrs C, Thorndiffe House Chertsey Mount, Carlisle.....	(01228) 494369	Q, J, Field House 20 Low Street, Workington.....	(01900) 605749
P, W, ROSEGARTH Newton Arlsh.....	(016973) 51335	P, D, Lindore Rowgate, Kirkby Stephen.....	(017683) 72091	Q, J, Whitehaven Castle Flat 5 Flatt Walks, Whitehaven.....	(01946) 65796
POTTINGER, S, Old Hall Cottage Staffield.....	(01768) 898187	P, G, Nestlyn Kirkland.....	(01946) 861201	Q, K, 41 Red Lanning, WHITEHAVEN.....	(01946) 693781
POTTS, A, BUCKABANK HALL Dalston.....	(01228) 711512	P, J, 75 Springfield, Wigton.....	(016973) 43094	Q, M, 9 Eden Drive, Moresby Parks.....	(01946) 694043
P, A, Brookside House Tarn Road, Brampton.....	(016977) 41672	P, J, 17 Whitegate, Egremont.....	(01946) 825196	Q, M, High Bridge Cot High Bridge Cottage, Braithwaite.....	(017687) 78722
P, B, 18 Northwood Cres, Carlisle.....	(01228) 590337	PRINGLE, Mr E, Mr 389 London Road, Carlisle.....	(01228) 546485	Q, P, 18 Milburn Croft, Seaton.....	(01900) 67857
P, Mrs Carol, Brookside House Brookside House Tarn Road, Brampton.....	(016974) 51731	P, I, 32 Coniston Avenue, Seascale.....	(019467) 29166	Q, P, 30 Winchester Drive, Whitehaven.....	(01946) 590084
P, D, 2 Scaley Hall Cottages Scaley.....	(01228) 675477	P, John Douglas, 31 St. Georges Crescent, Carlisle.....	(01228) 513620	Q, S, 2 Gatehead, Workington.....	(01900) 267318
P, Mrs Doris, 16 Brisco Meadows, Carlisle.....	(01228) 545189	P, M, 42 Coniston Avenue, Seascale.....	(019467) 28393	Q, S, 6 Pennington Drive, Carlisle.....	(01228) 592815
P, D, 3 Hebdon Avenue, Carlisle.....	(01228) 532392	P, S, The Old Mill Kirkbride.....	(016973) 51994	Q, W, 40 The Gardens, Whitehaven.....	(01946) 693510
P, D, 1 Wreay Cottages, Wreay.....	(016974) 73627	PRITCHARD, D, 29 Beech Grove, Houghton.....	(01228) 528424	QUINNEY, C.B, Bridge View Dockray.....	(017684) 82354
P, E.M, Drive Cottage Harker Park.....	(01228) 674442	P, D, 1 Church Houses, Scaley.....	(01228) 675666	Q, J.J, Wayside Beaumont.....	(01228) 576146
P, F, The Stands Appleby.....	(017683) 51544	P, J, 16 Wollenscroft, Stainburn.....	(01900) 65073	QUINN MIDDLETON, J, 70-72 English Street, Carlisle.....	(01228) 898208
P, F, 33 Rivington Park, Appleby-In-Westmorland.....	(017683) 51086	P, Mrs 3 The Guards, Wigton.....	(016973) 22677	QUIRK, M, 40 Bedford Street, Hensingham, Whitehaven.....	(01946) 695363
P, F, 4 The Sands, Appleby-In-Westmorland.....	(017683) 51544	PRITT, E, 4 Fern Way, Whitehaven.....	(01946) 395214	R PHILLIPS, C, 50 Main Road, High Harrington.....	(01946) 830087
P, G.E, Grey Knotts Mockerkim.....	(01946) 861581	P, F, Strathmore Sea Mill Lane, St. Bees.....	(01946) 823092	RABBITT, C, 33 Clifton Hill Gardens, Penrith.....	(01768) 201071
P, H, 19 Vetylands, Dalston.....	(01228) 710592	P, J, 7 Winesales Road, Great Clifton.....	(01900) 62288	RACE, G, Nuholme Drigg.....	(019467) 24087
P, I, Brackenhill Lodge Brackenhill.....	(01228) 791930	P, N, Greentops Loop Road, Distington, Workington.....	(01946) 834979	RACEK, Mr 3 Victoria Court, Cockermouth.....	(01900) 392463
P, Julie, Old Hall Lazonby.....	(01768) 898690	PROCTER, J, 24 Melbreak Avenue, Cleator Moor.....	(01946) 815022	RACHEV, R, 4 Rydal Street, Carlisle.....	(01228) 495771
P, J, Blanchland Farm Wreay.....	(016974) 73573	P, M, 11 Mayfield, Blackwell.....	(01228) 535199	RACKHAM, Mr M, 7 Southey Street, Keswick.....	(017687) 74237
P, K, Croft House Talkin.....	(016977) 3989	P, R, 12 The Larches, Egremont.....	(01946) 824787	RACKSTRAW, D, THE HILL Gilsland.....	(016977) 74787
P, K, 13 Barley Edge, Carlisle.....	(01228) 515152	PROCTOR, Alan, 15 Abbots Way, St. Bees.....	(01946) 822383	RADCLIFFE, B, 24 Earls Road, Whitehaven.....	(01946) 64515
P, M, Whinrigg Portinscale.....	(017687) 73582	P, Mr A, 20 Westfield View, Maryport.....	(01900) 818849	R, D, 103 Whinlatter Road, Whitehaven.....	(01946) 66045
P, M, 43 Norfolk Road, Carlisle.....	(01228) 512760	P, K, 28 Lakeland Park, Keswick.....	(017687) 44915	R, J, 6 Meadow Close, Appleby-In-Westmorland.....	(017683) 98095
P, N, THE OLD STABLES Hallbankgate.....	(016977) 46388	P, K, 10 Scafell Close, Cockermouth.....	(01900) 826808	R, L, 9 Beechwood Close, Maryport.....	(01900) 814181
P, P, 30 School Road, Carlisle.....	(01228) 989820	P, S, Briarcliffe Union Square, Kirkby Stephen.....	(017683) 71061	RADFORD, S, 23 George Street, Wigton.....	(01697) 388729
P, Mr R, Fairview Stocks Hill Close, Workington.....	(01946) 830636	PROSSER, K, 2 Wadsworth Park, Branthwaite.....	(01900) 872018	RAE, A, Greenah Hall Langrigg.....	(016973) 72504
P, S, 37 South Terrace, Great Broughton, Cockermouth.....	(01900) 881194	PROUD, E, 6 High Street, Kirkby Stephen.....	(017683) 71472	R, A, 9 Oakley Avenue, High Harrington.....	(01946) 834454
POULET, J, 2 Queen Street, Cleator Moor.....	(01946) 811176	P, F.M, Ghyll Croft Ainstable.....	(01768) 896474	R, A, 13 Woodsgyll Drive, Carlisle.....	(01228) 543540
POVEY, R, DINMONT HOUSE Gilsland.....	(016977) 47995	P, J, 7 Springkell, Aspatria.....	(016973) 22390	R, E, 161 Corporation Road, Workington.....	(01900) 66331
POWE, B, Ker Grange Grange, Egremont.....	(01946) 820236	P, R, NORTH GHYLL BANK Ainstable.....	(01768) 896601	R, D, 6.1 Laithwaite Close, Cockermouth.....	(01900) 825009
P, D, 33 Martindale Close, Whitehaven.....	(01946) 63856	P, R, Shady Vale Ainstable.....	(01768) 996604	R, J, Melbrough Moresby Parks Rd, Moresby Parks.....	(01946) 694804
P, Lynn, Eshend Farm Braystones.....	(01946) 841480	P, R, 1 Hilary Court Catherine Street, Whitehaven.....	(01946) 440503	R, M, 73 Longlands Road, Carlisle.....	(01228) 524134
P, L, 14 Gable Rd, Whitehaven.....	(01946) 591835	P, R.J, Church View Ainstable.....	(01768) 986301	R, M, 3 Springfield Avenue, High Harrington.....	(01946) 831004
POWELL DAVIES, N, 7 Brackenrigg Drive, Keswick.....	(017687) 73995	P, S, 1 Brunswick Hall Brunswick Square, Penrith.....	(01768) 864140	R, S, 35 Furze Street, CARLISLE.....	(01228) 520176
POWELL, D.J, The Bobbin Mill Eskdale.....	(019467) 23370	P, Z, 22 Freshfield Rise, Carlisle.....	(01228) 525732	RAFFEL, D, 72 Penny Hill Park, Penrith.....	(01768) 866555
P, M, 10 Croft Terrace, Penrith.....	(01768) 865592	PROUDFOOT, J, Green Pastures The Knells.....	(01228) 523668	R, I, 10 Freshfield Way, Penrith.....	(01768) 866067
P, S, 16 Eskdale Avenue, Seascale.....	(019467) 28848	P, M, 63 Blackwell Road, Carlisle.....	(01228) 590837	RAFFERTY, J, 86 Newlands Park, Dearham.....	(01900) 818783
POWELL-THOMPSON, D, Church Style House Drigg.....	(019467) 24601	P, M, 188 Denton Street, Carlisle.....	(01228) 548344	RAFFLES, A, 65 Berkeley Grange, CARLISLE.....	(01228) 595128
POWER, A, Ghyll Cottage Lamplugh.....	(01946) 861080	P, M, 2 Garden Vig Garden Village, Newby West.....	(01228) 541035	R, D.G, Sunnycroft High Bridge.....	(016974) 76214
P, B, 6 Red Beck Park, Cleator Moor.....	(01946) 813460	P, R, 4 Manor Place, Carlisle.....	(01228) 503040	RAILTON, J, 58 Barco Avenue, PENRITH.....	(01768) 866969
POWER CUT Helpline - Please Call 105 to report or get information about a power cut in your areas		PRUDHAM, Brian, 1 Front Street, Cotehill.....	(01228) 561257	R, Martin, Flat 5 White House Boroughgate, Appleby-In-Westmorland.....	(017683) 52750
POWER, D, SOCKBRIDGE MILL Sockbridge.....	(01768) 895850	P, G, 5 Barrock Close, Southwaite.....	(016974) 73696	R, M, 4 Carleton Road, Penrith.....	(01768) 864812
P, D, 10 Claremont Drive, Longtown.....	(01228) 792109	P, G, 4 Low Croft, Cumwhinton.....	(01228) 560884	RAINE, A, Houtsap Pk Temple Sowerby.....	(017683) 61347
P, D, 2 Old Road, Longtown.....	(01228) 791479	PRUDHOE, P, 1 Croftlands Close, Great Orton.....	(01228) 710086	R, C, FARLAM FARM Farlam.....	(016977) 46107
P, Mrs K, 58 Stanhope Road, Carlisle.....	(01228) 829023	PRUNDARU, F, 14 Lorton Close, Whitehaven.....	(01946) 440435	R, D, Lilac Cottage Garrigill.....	(01434) 381568
P, M, Flat 5 Lydias Cottages Keswick.....	(017687) 44834	PRYCE JONES, Aileen, 29 Caldew Close, Carlisle.....	(01228) 522495	R, D.E, 4 Hopper Hill, Crosby Ravensworth.....	(01931) 715223
P, 24 Hurley Road, Little Corby.....	(01228) 560912	PRYKE, S, 3 Waver Street, Silloth.....	(016973) 32795	R, D.M, 5 London Road Terrace, Carlisle.....	(01228) 818128
P, P, 7 Scooby Close, Carlisle.....	(01228) 598525	PRYTERCH, R, 8 Smith Road, Salterbeck, Workington.....	(01946) 832376	R, J, Dalefoot Crosby Ravensworth.....	(01931) 715351
P, P, 49 Shawk Crescent, Carlisle.....	(01228) 498105	PUDHAM, R, 3 Ferguson Road, Carlisle.....	(01228) 545061	R, K, Croft Farm Crosby Garrett.....	(017683) 71796
P, S, 5 Crossfield Road, Cleator Moor.....	(01946) 810964	PUGH, D, 8 Duddon Close, Whitehaven.....	(01946) 528687	R, K, 136 Graham Street, Penrith.....	(01768) 866394
POWLEY, I, 79 Barco Avenue, Penrith.....	(01768) 867779	P, G, 8 Eskdale Avenue, Seascale.....	(019467) 21719	R, M, 2 GLASSONBY BECK COTTAGES Glassonby.....	(01768) 870044
P, I, 11 Park Close, Scotby.....	(01228) 513579	P, K, 39 Newtown, Frizington.....	(01946) 814656	RAINEY, D, Woodlee Browfoot, Keswick.....	(017687) 72784
P, M, 39 Macadam Way, Penrith.....	(01768) 201639	PUGMIRE, J, 27 Acredale Road, Carlisle.....	(01228) 524002	RAINSLEY, P.J, East Sparkenhoe Beacon Edge, Penrith.....	(01768) 866907
P, M, 39 Macadam Way, Penrith.....	(01768) 864329	PULLEN, E, 9 Beeby Street, Workington.....	(01900) 413299	RAISTRICK, M.M, Brocklerigg Port Carlisle.....	(016973) 51953
P, Mr 12 Cumberland Close, Clifton, Penrith.....	(017684) 28479	P, J, Mazongill Barn Orton.....	(015396) 24702	R, N, 44 Brentfield Way, Penrith.....	(01768) 210259
P, P, 11 Mayo Park, Cockermouth.....	(01900) 268801	PULLER, S, 18 Criffel Road, Parton.....	(01946) 63914	RAI, R, 38 Norfolk Place, Penrith.....	(01768) 606044
P, S, Sandholms Hethersgill.....	(01228) 675334	PULLIN, J, 1 Church View, Egremont.....	(01946) 821359	RALPH, Mrs A, 34 Turnberry Way, Carlisle.....	(01228) 536960
P, W, 2 North Lodge Brayton.....	(016973) 21479	P, M, 33 Snaefell Terrace, Whitehaven.....	(01946) 63007	R, H, 36A Station Street, Keswick.....	(017687) 73956
POYNTON, M, 130 Harrington Road, Workington.....	(01900) 550343	PUN, D, 63 Howe, Carlisle.....	(01228) 494542	RALSTON, T, 5 Ruggles Lane, Carlisle.....	(01228) 615335
PRATLEY, Graham, Hill Hurst Belle Vue, Papcastle.....	(01900) 822692	P, Mr S, 7 Ullswater Road, Carlisle.....	(01228) 493169	RAMAPRU, T, 7 Buchanan Place, Carlisle.....	(01228) 599324
P, R, 25 Bellrigg Lanning, Cockermouth.....	(01900) 829228	PUPIECADAMOWICZ, J, 109 Marks Avenue, Carlisle.....	(01228) 523529	RAMDIN, M, Littlegarth Stocks Hill, High Harrington.....	(01946) 831961
PRATT, G, LABURNUM COTTAGE Warcop.....	(017683) 41191	PURCELL, E, Station House Penton.....	(01228) 577279	RAMJALI, D, 22 Transide Way, Carlisle.....	(01228) 498141
P, R, 33 Senhouse Street, Maryport.....	(01900) 813216	P, Elizabeth, Hackinbag Southwaite.....	(016974) 73813	RAMSAY, A, Gill Riggs Upton, Caldbeck.....	(016974) 77115
P, L, 41 Dacre Road, Brampton.....	(016977) 41507	PURCHA, P, HOLLOWSTONES COTTAGE Eskdale.....	(019467) 23360	R, I, 59 Wampool Street, Wigton.....	(016973) 31609
P, L, 2 Mill Garden Hartley Road, Kirkby Stephen.....	(017683) 71533	PURDHAM, B, 8 Berkeley Grange, Carlisle.....	(01228) 520008	R, P, RAKESWOOD Bankfield, Beckermat.....	(01946) 841697
P, M, Intake Bottom Kirkby Stephen.....	(017683) 71833	P, D, Gubbergill Irton.....	(019467) 24613	R, S, 3 King Edwards Fauld, Burgh-By-Sands.....	(01228) 576556
P, Mrs Margaret, Monkway Villas, 3 Monkway, Whitehaven.....	(01946) 813460	P, Mr Francis, 29 Canny Croft, Penrith.....	(01768) 865602	RAMSBOTTOM, A, 7 Battlebarrow, Appleby-In-Westmorland.....	(017683) 51096
693720		P, J, STONEYCROFT Thunstonfield.....	(01228) 576665	R, B, 5 Station Crescent, Beckermat.....	(01946) 841583
P, P, 3 Westgarth Avenue, Kirkby Stephen.....	(017683) 72172	P, J.M, 1 Smithfield, Dalston.....	(01228) 711653	R, Mr Gerald, 18 Whinsmoor Drive, Carlisle.....	(01228) 537258
P, Mr Richard, Archdeacon Of West Cumberland 50 Stainburn Road, Workington.....	(01900) 66190	P, N, 5 Forge Court Low Hesket.....	(016974) 73725	R, T, 5a Central Avenue, Carlisle.....	(01228) 739016
P, S, 55 Daleview Gardens, Egremont.....	(01946) 821312	PURDIE, I, 5 Alexandra Road, Penrith.....	(017684) 28136	RAMSDEN, B, 10 Rose Lane, Cockermouth.....	(01900) 822235
PRAUS, P, 5 Lonsdale Terrace, Cockermouth.....	(01900) 825089	PURDON, E, Hoffsike Rigg Colby.....	(017683) 53313	R, C.N, 64 Santon Way, Seascale.....	(019467) 28126
PRENTICE, A, 5 Tudor Court Brunswick Terrace, Penrith.....	(01768) 868544	P, Elliot, 2A High Close, High Harrington.....	(01946) 834313	R, John, 2 Brunswick Terrace, Penrith.....	(01768) 865199
P, A.M, Ivy Cottage Tarraby.....	(01228) 529832	PURDUE, N, Elm Garth Applethwaite, KESWICK.....	(017687) 72636	R, K, 11 Causeway Road, Seaton.....	(01900) 65496
P, R, The Poplars Stainton.....	(01768) 863305	PURDY, A, 33 Mossrigg, Carlisle.....	(01228) 532334	R, Suzie, Brook View Skirwith.....	(01768) 88276
PRESCOTT, D, 60 Jubilee Road, Carlisle.....	(01228) 590039	P, C, GLEN DALE Low Moresby.....	(01946) 62318	RAMSKILL, K, 92 Oswald St, Carlisle.....	(01228) 402801
P, H.V, 483 Durdar Road, Carlisle.....	(01228) 527056	P, D, 14 Hallows Grove, Whitehaven.....	(01946) 695212	RANDALL, C, Hall Garth Rosgill.....	(01931) 717480
PRESHAW, A, 8C Main Road, Seaton.....	(01900) 63436	P, M, Burnside House Rye Hill Road, Flimby.....	(01900) 810525	R, L, The Barn Thorthwaite.....	(017687) 78566
PREST, Mr G, Ashcroft Station Road, Brampton.....	(016977) 41319	PURSER, M, 2 Sloan Close, High Harrington, Workington.....	(01946) 830931	RANDELL, R.T, Corn Mill Southwaite.....	(016974) 73659
P, M, 11 Clear Close, Maryport.....	(01900) 500021	PURVES, A, 14 Coleridge Drive, Egremont.....	(01946) 551686	RANGECROFT, K, 11 Lowry Gardens, Carlisle.....	(01228) 544541
PRESTON, A, Wed Holme House Kirkbride.....	(016973) 61634	P, Carol, 18 Heysham Meadows, Carlisle.....	(01228) 521992	RANKIN, G, RIVERSIDE Bothel.....	(016973) 22180
P, A, 20 Stoneworks Garth, Crosby Ravensworth.....	(01931) 715733	PURVIS, A, Beech Farm Sunderland.....	(016973) 20534	R, R, Hillhouse West Street, Aspatria.....	(016973) 20607
P, R, The Stubb Roadhead.....	(016977) 48609	P, S, The Old Mill The Old Mill, Wigton.....	(016973) 26700	RAPHAEL, M, 75 Hurley Road, Little Corby.....	(01228) 560863
P, D, 29 College View, Whitehaven.....	(01946) 696313	PUTLAND, I.R, 3 Halton Terrace, Glenridding.....	(017684) 82047	R, T.J, 20 The Square, Longtown.....	(01228) 792715
P, D.A, 72 Malliclose Drive, Carlisle.....	(01228) 531602	PUTNAM, R, Gap Farm Wassdale.....	(019467) 26362	RAPLEY, D, 54 Blencarn Park, Rockcliffe.....	(01228) 672143
P, J, 3 Hensingham Road, Whitehaven.....	(01946) 591700	P, R.C, Bower Bank Irton.....	(019467) 23361	RATCLIFFE, A & C, Ivy House Boroughgate, Appleby-In-Westmorland.....	(017683) 52108
P, J, 71 Snebro Road, Whitehaven.....	(01946) 691687	PYE, D, BRUCKENHOW Santon Bridge.....	(019467) 26264	R, Gail, 107 Windermere Avenue, Keswick.....	(017687) 73407
P, J, Quarry Field Stockdalewath, Dalston.....	(016974) 76388	P, Robert, 16 Buffs Croft, Warwick-On-Eden.....	(01228) 560305	R, J, 3 The Old Corn Mill Heads Nook, BRAMPTON.....	(01228) 561393
P, N.R, Holmelea Winskill.....	(01768) 861834	P, S, Main Cottage Aspatria.....	(016973) 20846	R, Robert, 3 Drovers Mews, Penrith.....	(01768) 892862
P, R, Paul, Rose Cottage Mellguards.....	(016974) 75043	P, V, 43 Dale View, Cockermouth.....	(01900) 822255	R, S, 27 Trinity Court, Whitehaven.....	(01946) 693456
P, Susan, 2 Railway Cottage Southwaite.....	(016974) 75923	PYM, V, Loughrigg Oak Park, Brampton.....	(016977) 2950	R, S, 9 Wyndham Way, Egremont.....	(01946) 829293
P, T, THE FLAT 7 Angel Lane, Penrith.....	(01768) 862861	PYNE-ODONNELL, D, 12 Boston Avenue, Carlisle.....	(01228) 546680	RATHBONE, C, 2 Coledale Gardens, Braithwaite.....	(017687) 78461
PRETORIUS, J, The Four In Hand Lake Road, Keswick.....	(017687) 44927	PYSDEN, C, 37 Main Street, CLEATOR.....	(019467) 47422	R, E, Ing Hill Mallerstang.....	(017683) 71512
PRETSWELL, W, 12 Hazel Bank Gardens, Yanwath.....	(01768) 895587	P, J.A, 6 The Fairways, Seascale.....	(019467) 28509	R, Mr James, 80 Sycamore Road, Maryport.....	(01900) 816013
PREVITALI, Fausto, 2 Lahn Terrace, Silloth.....	(016973) 31602	QUAIL, K, 4 Crosthwaite Gardens, Keswick.....	(017687) 73723	R, R, The New House Penton, Carlisle.....	(01228) 577466
PREW, A, 35 Graham Street, Penrith, Cumbria.....	(017684) 28837	QUAYLE, A, Whitehaven Tyres Centre Meadow Road, Whitehaven.....	(01946) 591380	R, R, The Chalet The Heads, Keswick.....	(017687) 72606
PRICE, A, 6 Whins Close, Heads Nook.....	(01228) 560098	Q, B, Covenstones Farm Lime Road, Harrington.....	(01946) 830256	R, S, Low House Lodge Armthwaite.....	(016974) 72088
P, C, 12 Udale Court, Workington.....	(01900) 601328	Q, B.E, 12 Meadow View, Whitehaven.....	(01946) 590006		

KESWICK.....	(017687) 74886	REDMAN, C, 69 Ennerdale Road, Maryport.....	(01900) 816356	REWCASTE, K, 88 Caldbeck Road, Whitehaven.....	(01946) 451703
RAWES, J, Glendale Cotehill.....	(01228) 561561	REDMAYNE, E, 5 Old Pump House Papcastle.....	(01900) 821214	REYNOLDS, A, 15 Greyrigg Avenue, Cockermouth.....	(01900) 823292
R, M, Gaythorne Bongate, Appleby-In-Westmorland.....	(017683) 53074	R, P, 23 Thirlmere Park, Penrith.....	(01768) 210335	R, C, 169 Lansdowne Crescent, Carlisle.....	(01228) 535045
RAWLE, D, Heskett Hall Low Heskett.....	(016974) 73734	REDMOND, J, 24 King Street, Cleator.....	(01946) 814539	R, E, 62 Eden Street, Carlisle.....	(01228) 515255
RAWLING, D, Avondale Townhead Road, Dalston.....	(01228) 710609	R, M, Harwood House The Green, KIRKBY STEPHEN.....	(017683) 71548	R, L, Forge Cottage Keswick.....	(017687) 72189
R, R.A, 15 Cedar Lane, Cockermouth.....	(01900) 823718	REDPATH, B.D, 5 Sunnymede, Carlisle.....	(01228) 595366	R, P, 4 Council Houses Faugh.....	(01228) 670153
RAWLINGS, A, Beech Lea Long Park.....	(01228) 675668	REDSHAW, S, Hallan End Dalston.....	(016974) 76516	R, R, Aviemore Low Seaton, Low Seaton, Seaton, WORKINGTON.....	(01900) 63142
R, Mr Robbie John, 44 Moorside Drive, Maryport.....	(01900) 392849	REECE, J, LOW BURNS FARM St. Johns-In-the-Vale.....	(017687) 79148	R, T, 10 Carlisle Drive, Carlisle.....	(01228) 511154
RAWLINS, S, 43 Westgarth Road, Kirkby Stephen.....	(017683) 71810	REED, A, 41 Infirmary Road, Workington.....	(01900) 268902	RHEINBACH, R, 35 Adelaide Street, Carlisle.....	(01228) 543026
RAWLINSON, J.W, 25 Moor Rd, Longtown.....	(01228) 792737	R, B, 40-41 New Street, Whitehaven.....	(01946) 67000	RHODES, A, The Cottage Croft Ends.....	(017683) 52638
R, W, BROOK HOUSE Brough.....	(017683) 41128	R, C, 28 Coniston Close, Workington.....	(01900) 67502	R, A, Swingletree Cottage Ousby.....	(01768) 889087
R, Miss Y, Knott Hill Cottage Carlisle.....	(01228) 562449	R, C, 75 Dacre Road, Brampton.....	(016977) 42202	R, D, Skilbeck Fort Putnam Greystoke.....	(017684) 83297
RAWLINSON-BROWN, S, 85 Penny Hill Park, Penrith.....	(01768) 862971	R, C.V, 2 The Firs, Alston.....	(01434) 381053	R, D.J, Beech House Hoff.....	(017683) 52218
RAWSON, D, Cliff Inn Kirklington.....	(01228) 675161	R, D, Moss Side House Newton Arlosh.....	(016973) 61055	R, K, 1 Sunray Terrace, Lazonby.....	(01768) 89869
R, D, 85 Lund Crescent, Carlisle.....	(01228) 510371	R, D, Caldew Hurst Carlisle Road, Dalston.....	(01228) 710357	R, R, 2 Kirkside, Stainton.....	(01768) 866621
RAY, C, 59 The Headlands, Keswick.....	(017687) 80976	R, Fiona, High Field Hartsoop.....	(017684) 82571	R, R, 40 Pennine View, Carlisle.....	(01228) 527639
R, D, 4 Walk Mill, Dalston.....	(01228) 712090	R, F, 39 Wordsworth Street, Penrith.....	(01768) 866675	R, T.W, 2 River Vw, Staunburn.....	(01900) 602612
R, E, 13 Gable Avenue, Cockermouth.....	(01900) 827325	R, Mrs Helen, 18 Banklands, Workington.....	(01900) 61970	RICE, C, 167 Main Street, Frizington.....	(01946) 810118
R, J, The Old Farmyard Bothel.....	(016973) 20845	R, J, 43 Asby Road, Asby.....	(01946) 862348	RICH, A.J, Holly House Newbiggin.....	(017684) 83910
R, J, Ghyll Croft Workington.....	(01946) 862872	R, J, Flat 19a Church Road, Harrington.....	(01946) 831445	RICHARDS, D, 3 Brunswick Apartments Brunswick Square, Penrith.....	(017687) 44012
R, M, 67 North View, Aspatria.....	(016973) 21313	R, J, 2 Jubilee Close, Penrith.....	(01768) 895010	R, I, 17 Beech Grove, Houghton.....	(01228) 537105
R, M, 21 Winston Drive, Hensingham.....	(01946) 694333	R, J, The Meadows Keele Meadows Road, Cleator Moor.....	(01946) 815752	R, M, Low Hynam Castle Carrock.....	(01228) 670549
R, R, 15 Trinity Way, Keswick.....	(017687) 90272	R, J, 479 London Road, Carlisle.....	(01228) 543976	R, R, 21 Windrigg Close, Egremont.....	(01946) 820777
R, S, 11 Sarsfield Road, Workington.....	(01900) 604573	R, J, 10 Wellington Row, Whitehaven.....	(01946) 443311	R, V, The Dale Fm Ainstable.....	(01768) 870230
RAYBOULD, M.J, 94 Larch Drive, Stanwix.....	(01228) 546562	R, J.M, 10 Parklands Cres, Penrith.....	(01768) 868913	R, Mrs V, 14 Smithfield Road, Egremont.....	(01946) 82369
RAYMENT, D.L, Rowan Keld Portinscale.....	(017687) 75659	R, L, 2 Bevan Terrace, Nenthead.....	(01434) 381030	R, W, 21 Kings Avenue, Seaton.....	(01900) 603176
RAYNER, S, 38 Dalesman Drive, Carlisle.....	(01228) 597817	R, M, Moss View Newton Arlosh.....	(016973) 61259	RICHARDSON, A, Town End Farm Brampton.....	(017683) 51384
RAYNES, A, Springbank Ivegill.....	(016974) 73081	R, M, Post Office House Westlinton.....	(01228) 791892	R, A, JULANDS LODGE Brough Sowerby.....	(017683) 42098
R, C.A, 11 Newlands Terrace, Penrith.....	(01768) 865166	R, M, 1 Eamont Mews, Pategill.....	(01768) 867587	R, Ann, Croft Brow Kinniside.....	(01946) 813584
R, J, 15 Clifford Close, Penrith.....	(01768) 866285	R, M, 18 Eden Park, Kirkoswald.....	(01768) 870160	R, A, 1 Low Bank End Cottages Appleby-In-Westmorland.....	(017683) 52762
RAYNOR, I, Plot 37 Lakeside Holiday Park, Keswick.....	(017687) 80360	R, M, 128 Graham Street, Penrith.....	(01768) 866602	R, A, 30 Berkeley Grange, Carlisle.....	(01228) 526540
R, M, 16 Esplanade Drive, Penrith.....	(01768) 895421	R, M, Orchard House Farm Plumbland Aspatria, WIGTON.....	(016973) 23888	R, A, 13 Garborough Close, Crosby.....	(01900) 810483
RAYSON, A, 109 Scategate Road, Carlisle.....	(01228) 541952	R, M.G, Scaw Bank Scaw Rd, Harrington.....	(01946) 830896	R, A, 14 Meeting House Lane, Wigton.....	(016973) 44665
R, C.P, 1 Chagford Villas, Maryport.....	(01900) 815187	R, P, 12 Laugreates Lane, Cockermouth.....	(01900) 267376	R, A, 88 Moor Park Avenue, Carlisle.....	(01228) 522622
R, D, 42 Dukewood Road, Longtown.....	(01228) 792038	R, R, 126 Greenacres, Wetheral, Carlisle.....	(01228) 561681	R, A, 9 Roper Street, Workington.....	(01900) 61517
R, J, Fairlight 11 The Scaur, Longtown.....	(01228) 791164	R, S, 117a Glamara Drive, Carlisle.....	(01228) 491527	R, A, 1 Rose Lane, Cockermouth.....	(01900) 822449
R, M.J, 15 Cammock Crescent, Carlisle.....	(01228) 521880	R, W, 5 Croftlands Close, Great Orton.....	(01228) 642906	R, A, 4 Slea Croft, Bolton.....	(017683) 61636
R, P, 16 Esk Street, Longtown.....	(01228) 792157	REES, A, Flat 2, Harbourside West Strand, Whitehaven.....	(01946) 582512	R, A, 5 York Road, Whitehaven.....	(01946) 61713
R, S, 57 Dalzell Street, Moor Row.....	(01946) 528218	R, M, 21 Grune Point Close, Skimburness.....	(016973) 32861	R, A.J, 41 Raven Street, Carlisle.....	(01228) 532688
R, Mr T, Mr 12 Cedar Close, Penrith.....	(01768) 866816	R, P, 16 Scaffell Close, Cockermouth.....	(01900) 825541	R, B, 39 Hauchard Road, Workington.....	(01900) 827696
R, W, 17 Woodbank, Egremont.....	(01946) 821749	R, R, 5 Acom Street, Keswick.....	(017687) 72796	R, B, 223 Wigton Road, Carlisle.....	(01228) 532466
RAYWOOD, A, 36 Santon Way, Seascale.....	(019467) 28348	REEVE, A, 6 Abbey Farm Abbey Road, St. Bees.....	(01946) 822472	R, C, Close House Embleton.....	(017687) 76561
RAYWORTH, J, Hard Bank Croft How Mill.....	(01228) 670306	R, J, Swan House, Wigton.....	(01697) 508074	R, C, 19 Fell View, Bridgefoot.....	(01900) 61966
RAZA, C, 21 Godwine Close, Carlisle.....	(01228) 496282	REEVES, B, 48 Skinburness Road, Silloth.....	(016973) 31705	R, C, 43 Fernlea Way, Carlisle.....	(01228) 530516
RAZZETTI, C, 3 Commercial Row Caldbeck.....	(016974) 78191	R, J, 122 Whinlatter Road, Whitehaven.....	(01946) 692708	R, C, 3 Victoria Road, Penrith.....	(01768) 864553
READ, A, Barncroft Blencarn.....	(01768) 88332	R, J, 122 Whinlatter Road, Whitehaven.....	(01946) 692708	R, D, ROWAN GARTH Abbeytown.....	(016973) 61326
R, A, 55 The Crofts, Silloth.....	(016973) 33124	R, Nigel, The Croft Kirkandrews-On-Eden.....	(01228) 576170	R, D, Greenside Appleby-in-westmorland.....	(01768) 339255
R, B.A, High Rigg Hutton Roof.....	(017684) 84382	R, P, 52 Skinburness Drive Silloth, Wigton.....	(016973) 31945	R, D, Townhead Farm Milburn.....	(017683) 61430
R, C, 19 Argyle Drive, Carlisle.....	(01228) 319469	R, Mr R.J, 81 Moorlands Drive, Workington.....	(01900) 603094	R, D, 2 Burrells Lodge Burrells.....	(017683) 52577
R, C, Southam Farm Egremont, Egremont.....	(01946) 810185	R, S, Klingerth Hutton John.....	(017684) 83112	R, D, 54 Arthur Street, Penrith.....	(01768) 867440
R, C, 3 Forge Close, Keswick.....	(017687) 71251	REGAN, B, 30 The Crescent, Kirkby Stephen.....	(017683) 72429	R, D, 7 Orchard Lane, Houghton.....	(01228) 543442
R, Mr C, 10 Holme Court, Appleby In Westmorland.....	(017683) 51788	R, J, Carras Thursty, Carlisle.....	(01228) 930641	R, D, Green Garch Parkett Hill, Carlisle.....	(01228) 511636
R, D, 107 Peel Street, Carlisle.....	(01228) 547670	R, V, 47 Pennington Drive, Carlisle.....	(01228) 631923	R, Diane, Town Meadows Potters Loaning, Alston.....	(01434) 381742
R, E, ELBOWGUARDS Threlkeld.....	(017687) 79782	REGARDOSE, Mr K, 1 Fairfield View, Cockermouth.....	(01900) 821859	R, D, 88 The Parklands, Cockermouth.....	(01900) 269311
R, H, 26 Jubilee Road, Carlisle.....	(01228) 537259	REGISTER, A, 31 Greenacres, Wetheral, Carlisle.....	(01228) 561331	Penrith.....	(01931) 713120
R, K, 76 Skiddaw Road, CARLISLE.....	(01228) 520136	REGULA, P, 6 Willow Court, WORKINGTON.....	(01900) 386664	R, D.J, 57 Crofts, Bigrigg.....	(01946) 811566
R, Y, 18 Staffeld Drive, Cockermouth.....	(01900) 381940	REID, A, High Waverbridge Wigton.....	(016973) 71885	R, D.L, 6 Princes Court, Stainton.....	(01768) 864677
READDIE, M, Pincushion Dalston.....	(01228) 710676	R, Mrs A, Mrs 22 Brougham Street, Penrith.....	(01768) 864579	R, E, White House Lazonby.....	(01768) 898227
READER, R, 44 Lakeland Park, Keswick.....	(017687) 72073	R, C, 12 Seaton Park, Seaton.....	(01900) 606959	R, E, 12 Coranation Avenue, Workington.....	(01900) 64081
READMAN, J, 1 Aldcliffe Mews Denton Mill Close, Carlisle.....	(01228) 530170	R, D, 28 Ling Beck Park, Seaton, Workington.....	(01900) 63663	R, E, 30 Gavel Street, Maryport.....	(01900) 816214
R, M, 47 Lattig Close, Keswick.....	(017687) 73711	R, E, Stag Cottage West Motherby.....	(017684) 83210	R, E, 2 Ling Cotts, Ousby.....	(01768) 881130
REAH, L, Blenkinsopp Castle Greenhead.....	(016977) 47692	R, F, 23 Fell View, Anthorn.....	(016973) 51052	R, E, 192 Raffles Avenue, Carlisle.....	(017687) 74383
REARDON, Richard, 20 Quebec Avenue, Carlisle.....	(01228) 544737	R, F, 3 Melbourne Road, Carlisle.....	(01228) 594057	R, Elaine, 1 Wood Street, Maryport.....	(01900) 817191
REAVELL, J, 19 Carlisle Road, Brampton.....	(016977) 41448	R, G, 37 Udale Court, Workington.....	(01900) 605426	R, F, Old Rectory Bewcastle.....	(016977) 48389
REAVEY, K, 8 Berrymore Road, Brampton.....	(016977) 42759	R, H, Glenfarig Oughterside.....	(016973) 20540	R, F, 15 Hillersdon Terrace, Nenthead.....	(01434) 381477
REAY, A, Roselea Bungalow Coulterton.....	(01946) 824744	R, J, Ashleigh Cumwhinton.....	(01228) 562603	R, F, 15 Northwood Crescent, Carlisle.....	(01228) 541493
R, A, 19 Carlisle Drive, Carlisle.....	(01228) 539904	R, J, 4 Aballava, Burgh-By-Sands.....	(01228) 272316	Appleby-In-Westmorland.....	(017683) 53685
R, A, 18 Ness Way, CARLISLE.....	(01228) 541870	R, J, 44 Henderson Road, Carlisle.....	(01228) 521206	R, G, Warton House Heskett Newmarket.....	(016974) 78432
R, A, 11 Roods Place, Kirkoswald.....	(01768) 988892	R, J, 4 Parklands Drive, Egremont.....	(01946) 821335	R, G, 1 Summer Hill North Dykes.....	(01768) 898442
R, B, Sun Dawn Mid Town, Dearham, MARYPORT.....	(01900) 812265	R, M, 33 Gable Avenue, Cockermouth.....	(01900) 821500	R, G, 32 Bryerton Park, ASPATRIA, WIGTON.....	(016973) 21308
R, Colin, 5 Southfield Burgh-By-Sands.....	(01228) 576844	R, M, 7 Low Moorlands, Dalston.....	(01228) 711182	R, G, 62 Grasmere Avenue, Workington.....	(01900) 61742
R, C, 19 Briar Bank, Carlisle.....	(01228) 810574	R, Miss 6 Cross Lane, Wigton.....	(01697) 507362	R, G, Links View Main Street, St. Bees Cumbria.....	(01946) 822394
R, Mrs Chetna, West Mains, The Green Houghton, Carlisle, Cumbria.....	(01228) 739896	R, P, Whiteside Ashkam.....	(01931) 712346	R, I, SOUTH VIEW Aspatria.....	(016973) 20830
R, C, 2 Lowther Court Lark Lane, Penrith.....	(01768) 892062	R, P, Ceardach Brackenthwaite.....	(016973) 43089	R, I, 31 Penny Hill Park, Penrith.....	(01768) 865551
R, C, 14 Montreal Place, Moor Row Cumbria.....	(01946) 813622	R, P, 11 Melbreak Avenue, Cockermouth.....	(01900) 825024	R, I, 18 Victoria Road, Whitehaven.....	(01946) 66930
R, C.J, Tregartha Beckermert.....	(01946) 841330	R, P, 37 Willow Park Banks Lane, Carlisle.....	(01228) 547773	R, I.G, 28 Brampton Rd, Carlisle.....	(01228) 522668
R, Dennis, Ashness Kelsick.....	(016973) 61296	R, R, 21 Carleton Drive, Penrith.....	(01768) 863603	R, J, Cobblestones Heskett Newmarket.....	(016974) 78348
R, D, 22 Hether Drive, Carlisle.....	(01228) 545773	R, R, 2 Hindson Terrace, Lazonby.....	(01768) 89469	R, J, Howe Gill Lamplugh.....	(01946) 861921
R, D, 5 St. James Court, Whitehaven.....	(01946) 67665	R, T, 40 Corporation Road, WORKINGTON.....	(01900) 601624	R, J, The Fox Warcop.....	(017683) 41638
R, F.D, Park Farm Cottage Grinsdale.....	(01228) 548393	R, W, 27 Longlands Road, Carlisle.....	(01228) 514060	R, John, Holme Eden Lodge Warwick Bridge.....	(01228) 560205
R, G, The Beeches Boustead Hill.....	(01228) 576266	R, W, 23 Bramble Court Union Lane, Brampton.....	(016977) 2482	R, J, 16 Back Lane Thirlmere, Keswick.....	(017687) 74915
R, G, 25 Brunswick Square, Penrith.....	(01768) 867017	R, W.S, Ridgways Outgang Road, Aspatria.....	(016973) 20078	R, Miss Jeni, 56 Barfs Road, Workington.....	(01946) 328479
R, G, 15 Gilmour St, Maryport.....	(01900) 819299	REILLY, B, 21 Lime Grove, Maryport.....	(01900) 815646	R, J, Riggindale House 7 Brougham Hall Gardens, Brougham.....	(01768) 890889
R, Mr G, Mr 31 Kelvin Grove, Carlisle.....	(01228) 512959	R, J.F, 1 Roper Street, Workington.....	(01900) 601809	R, J, 22 Castletown Drive, Penrith.....	(01768) 864330
R, H, 26 The Lees, Kirkbride.....	(016973) 51584	R, J.R, 113A Newlands Lane South, Workington.....	(01900) 605864	R, J, 9 Chestnut Close, Penrith.....	(01768) 867925
R, J, Park Farm Grinsdale.....	(01228) 521128	REINEKE, J, Edges Green 11 Lakeland Park, Keswick.....	(017687) 72879	R, J, 4 Comely Bank, Aspatria.....	(016973) 23461
R, J, Ocean View Nethertown.....	(01946) 824835	REJBAAKOZ, T, 28 Clayton Avenue, Cleator Moor.....	(01946) 814241	R, J, Surprise View Gilcrux, WIGTON.....	(016973) 26415
R, Miss Laura, OLD CROFT LONGTOWN ROAD, BRAMPTON.....	(016974) 51871	REJCHEST, S, 10 Westgarth Grove, Kirkby Stephen.....	(017683) 48231	R, J, 38 Low Moorlands, Dalston.....	(01228) 711997
R, L, 11 Sandhurst Drive, Whitehaven.....	(01946) 65320	RELPH, D, 40 Castle Dy, Penrith.....	(01768) 203118	R, J, 7 Netherend Road, Penrith.....	(01768) 877961
R, M, 10 Alexandra Road, Penrith.....	(01768) 862465	R, J, 12 Lingmill Close, Whitehaven.....	(01946) 694998	R, J, 6 Parklands Drive, Cockermouth.....	(01900) 381612
R, M, 12 Coogan Close, Carlisle.....	(01228) 537474	R, J.W, Hawcroft Yanwath.....	(01768) 890489	R, J, 2 Ribton Moorside, Hensingham, WHITEHAVEN.....	(01946) 63693
R, Mrs M, 16 Pinecroft, Carlisle.....	(01228) 319744	R, L, 38 Brow Nelson, Carlisle.....	(01228) 710898	R, J, 1 Swan Avenue, Kirkby Stephen.....	(017683) 41055
R, M, 9 Somerwood Close, Long Marton.....	(017683) 62328	R, M, Littleton Farm Newlands.....	(017687) 78159	R, J, 42 Wastwater Avenue, Workington.....	(01900) 870366
R, N, Waltons Place Stainton.....	(01768) 862311	R, S, Littleton Farm Newlands.....	(01228) 402128	R, J, 4 Westrigg Road, Carlisle.....	(01228) 546283
R, P, 26 Otton Grange Park Grange Park Road, Carlisle.....	(01228) 494820	REMINOTON, Mrs Patricia, 40 Harvey Street, Carlisle.....	(01228) 402128	R, J.A, 49 Barrowmoor Road, Appleby-In-Westmorland.....	(017683) 51289
R, P, 21 Henry Street, Cockermouth.....	(01900) 550015	RENAC, L, 10 Selby Terrace, Maryport.....	(01900) 813595	R, J.D, Penton.....	(01228) 577437
R, R, 18 Clay Street, Workington.....	(01900) 63518	RENDER, G, 4 Mulgrew Close, Maryport.....	(01228) 492325	R, J.M, Mere Cottage Setmurthery.....	(017687) 76574
R, S, 27 Avon Close, Carlisle.....	(01228) 810549	R, M, 19 Fairfield Gardens, Carlisle.....	(016973) 44947	R, J.R, 7 Oakshaw Close, Maryport.....	(01228) 536001
R, S, 54 Upperby Road, Carlisle.....	(01228) 543692	RENEL, B, THE BARN KIRKLAND FARM Wigton.....	(01900) 62660	R, J.S, 2 Poplar Terrace Morland.....	(01931) 714395
R, V, 72 Brenthfield Vw, Penrith.....	(01768) 339187	RENNAY, A, 5 Slatfield Drive, COCKERMOUTH.....	(01900) 825414	R, K, CANIM Edenhall.....	(01768) 881677
REB, H, 34 Briar Bank, Cockermouth.....	(01900) 821398	R, D, 15 Moorfield Park, Great Broughton.....	(01946) 831775	R, K, 24 Newlands Park, Maryport.....	(01900) 819235
REBANKS, C, 28 Frenchfield Gardens, Penrith.....	(01768) 864011	RENNICK, H.G, 11 Poole Rd, Salterbeck.....	(016977) 3853	R, K, South Tye View Park View Lane, Alston.....	(01434) 381191
R, J, 15 Cypress Way Penrith, Cumbria.....	(01768) 210310	RENNIE, K, 2 Moat Terrace, Brampton.....	(017687) 71270	R, K.T, 74 Windeborne Avenue, Keswick.....	(017687) 74284
REDDEN, A, Braemar Norfolk Road, Penrith.....	(017683) 98456	R, T, 65 Greta Gardens Crow Park Road, Keswick.....	(017687) 71270	R, L, 2 Low Bank End Cottages Appleby-In-Westmorland.....	(017683) 52186
R, M, 37 Newtown Close, Carlisle.....	(01228) 498251	RENNISON, N, 2 Whinlatter Way, Carlisle.....	(01228) 524919	R, L, 26 Pennine Way, Penrith.....	(01768) 210148
REDDISH, Mrs M, Mrs 3 Derby Villas South Street, Cockermouth.....	(01900) 829756	RENOLDS, F, 32 Waver Street, Silloth.....	(016973) 31053	R, M, Bramblewood Crookdale.....	(016973) 22460
REDFEARN, J, ASH TREE HOUSE Penrith Road, Keswick.....	(017687) 72203	RENSHAW, Robert, Derwent View Setmurthery			

R, M, Cross Side House Cross Side, Egremont	(01946) 821128	R, Mrs H, 11 Layfield Lane, Cleator Moor	(01946) 814835	R, P, 4 Prospect Place, Silloth	(016973) 31081
R, M, 13 John Colligan Walk, Cleator Moor	(01946) 447281	R, J, 3 Harvey Street, Carlisle	(01228) 537923	ROBERTSON, A, Northways Crosby Ravensworth	(01931) 715210
R, M, 3 Long Marton Road, Appleby-In-Westmorland	(017683) 52258	R, M, 6 Moor Park Avenue, Carlisle	(01228) 537914	R, A, Ashleigh House Nenthead Road, Alston	(01434) 381769
R, M, Tranereth Sellafield Road, Beckermeth	(01946) 841560	R, P, Crossfield House Blencow	(01768) 877914	R, C, CLARK HILL Askham	(01931) 712614
R, Mr M, Mr 284 Skinburness Road, Wigton	(016973) 31512	R, P, 6 The Hawthorns, Keswick	(01687) 72288	R, C, 9 Eterby Scaur, Carlisle	(01228) 497918
R, M, 10 Walkmill Close, Moresby Parks, WHITEHAVEN	(01946) 591742	R, S, Hollycroft Burgh-By-Sands	(01228) 576513	R, D, Old School House Kirkbride	(016973) 51892
R, M, Caljrah Winder, Frizington	(01946) 862870	R, Mr T, 7 Greystoke Close, Penrith	(01768) 866288	R, E, Gilderdale Waverton	(016973) 42646
R, N, 54 Grasmere Avenue, Workington	(01900) 64183	R, W, 18 Lowrey Close, Beckermeth	(01946) 841234	R, Hilda, Fowey House Carleton Road, Carlisle	(01228) 532855
R, Nathan, 7 Long Marton Road, Appleby-In-Westmorland	(017683) 53517	RILEY, A, Bunkham House Blencow	(017684) 83246	R, I, 39 Moricambe Park, Skinburness	(016973) 31217
R, N, 37 School Close, Maryport	(01900) 550158	R, A, Moss Field Burnhill	(01228) 675464	R, J, West Windis Mockerkin	(01946) 862158
R, N.R., 20 Bellevue Road, Appleby-In-Westmorland	(017683) 52393	R, A, BECK BROW HALL	(01946) 841881	R, Mrs J, 20 Bracken Ridge, Carlisle	(01228) 528895
R, Paul, School Farm Great Strickland	(01931) 712406	R, A, 11 Headlands Drive, Whitehaven	(01946) 64088	R, J, 13 Gosforth Road, Carlisle	(01228) 596297
R, P, 2 Haverigg Moorside Gosforth	(01946) 25410	R, A, 3 Jubilee Gardens, Bigrigg, Egremont	(01946) 810209	R, J, 59 Murton Park, Arlecdon	(01946) 861783
R, P, Eden House Battlebarrow, Appleby-In-Westmorland	(017683) 52086	R, B, 22 Carleton Road, Penrith	(01768) 865047	R, J, 28 St. Helens Avenue, Flimby	(01900) 817214
R, P, 44 Holme Head Way, Carlisle	(01228) 512503	R, C, 1 Croft Terrace, Glassonby	(01768) 898953	R, L, 4 Mansion Gardens, Egremont	(01946) 823852
R, P, The Hartz Park View Lane, Alston	(01434) 382896	R, D, Ewanrigg Hall Gardens Ewanrigg	(01900) 812612	R, M, 22 Esk Road, Carlisle	(01228) 818774
R, R, Peterdale Moorhouse	(01228) 576891	R, D, Grandale Wiltton	(01946) 395424	R, M, Shorlinks Nethertown Road, St. Bees	(01946) 822396
R, R, 4 Robinson Yard Great Dockray, Penrith	(01768) 865032	R, D, 53 Main Road, Seaton, WORKINGTON	(01900) 63887	R, M, 26 St. Peters Drive, Carlisle	(01228) 380085
R, R.B., 35 Brierydale, Salterbeck	(01946) 832140	R, E, 1 Albion Close, Penrith	(01768) 44397	R, M.G., 22 Winton Crescent, Carlisle	(01228) 531113
R, S, Malt Shovel House Slaggyford	(01434) 382732	R, E, 8 Castlehead Close, Keswick	(01768) 73316	R, R, The Cottage Hutton Hall Friargate, Penrith	(01768) 840424
R, Miss Sheila, Flat 21 Whitehaven Castle Flatt Walks, Whitehaven	(01946) 691098	R, G, 1 Lake Road, Keswick	(01768) 44973	R, R.N, Schiehallion Folly Lane, Penrith	(01768) 866938
R, S, 25 Lowca Lane, Seaton, WORKINGTON	(01900) 67965	R, J, Coldstream Hartley	(017683) 71193	R, Tracy, Becks House East Woodside	(016973) 42961
R, S, 15 Mill Street, Carlisle	(01228) 791956	R, J, Monkhill Hall Monkhill	(01228) 576011	ROBINS, J, Flat 106 Wordsworth Court Sullart Street, Cockermouth	(01900) 403109
R, S, 10 Seadown Drive, High Harrington	(01946) 830134	R, J, 42 Border Avenue, Cleator Moor	(01946) 814485	ROBINSON, A, Stone Garth Church Brough	(017683) 41790
R, S, 5 Westlands Farm Court, Crosby	(01900) 813517	R, J, Whinney Brow Rowelstown, Rowelstown	(01228) 675713	R, A, Oaklands Crosby-On-Eden	(01228) 573334
R, S.E., Oak Bank Parkin Hill, Appleby-In-Westmorland	(017683) 51159	R, K, 7 Purser Road, Salterbeck	(01946) 831433	R, A, Thorngate Long Marton	(017683) 61730
R, S.M., 73 Vulcans Lane, Workington	(01900) 65107	R, L, 25 Vale View, Lowca	(01946) 691357	R, A, Rose Bank 8a Stainburn Road, Workington	(01900) 601700
R, S.P., 22 Park View Lane, Alston	(01434) 382024	R, M, 8 Cain Street, Bigrigg	(01946) 814764	R, A, 44 Brindfield, Wigton	(016973) 42839
R, T, Hegglegate Heskett Newmarket	(017684) 84280	R, M, 24 Keats Drive, Egremont	(01946) 823735	R, A, 61 Croft Road, Carlisle	(01228) 402121
R, T, 1 Quarry Close, Kirby Stephen	(017683) 72834	R, R, HIGH BARN Rogersdale	(01900) 85072	R, A, 7 Cross Grove, Wigton	(016973) 49235
R, T, 21 Snebro Road, Whitehaven	(01946) 693615	R, R, 137 Scalgate Road, Carlisle	(01228) 534918	R, A, 20 Kentmere Grove, Carlisle	(01228) 543814
R, T.W., Caldbeck	(016974) 78458	R, S, 3 Litt Place, CLEATOR MOOR	(01946) 817296	R, A, The Shieling Limepots Road, Keswick	(01768) 44127
R, W, Beck Yat Lamplugh	(01946) 861776	R, S.J., The Coach House Papcastle	(01900) 826836	R, A, 41 Rannardale Drive, Whitehaven	(01946) 65196
R, W, Fairhill Nenthead	(01434) 381937	R, T, 2A Adelphi Terrace, Carlisle	(01228) 547244	R, Miss A, 34 York Gardens, Carlisle	(01228) 539492
RICHENS, J.P., Tirril Lodge Tirril	(01768) 866171	R, T, 253 Blackwell Road, Carlisle	(01228) 515316	R, A.J., 41 Victory Crescent, Maryport	(01900) 818344
RICHES, M, 13 Edmondson Close, Brampton	(016977) 42761	RIMMER, M, CROSSFELL VIEW Low Moor	(017683) 61157	R, A.T., 48 Noble Croft, Aspatria	(016973) 21631
RICHFORD, J.A., Moss Foot Heads Nook	(01768) 896413	R, M, 47 Valley Drive, Carlisle	(01228) 494932	R, B, 12 Browdale Road, Dearham	(01900) 812960
RICHINS, G.E., 65 Keld Road, Carlisle	(01228) 530127	RINGSALL, A, Priory Close, Frizington	(01946) 817310	R, B, 48 Croft Avenue, Penrith	(01768) 868370
RICHTER, R.C., 22 Barrowmoor Road, Appleby-In-Westmorland	(017683) 51914	RIPLEY, T, 8 Vendace Court, Keswick	(01768) 90023	R, Mrs Brenda, Whitehaven Castle Flatt Walks, Whitehaven	(01946) 692012
RICKERBY, A, 50 Sonnets Way, COCKERMOUTH	(01900) 386889	RIPPON, G.J.W., 2 Beacon Close, Penrith	(01768) 864885	R, B, 16 Solway Road, Lowca	(01946) 696396
R, D.A.P. Green Park Dalston	(01228) 710947	R, J, 2 Fisher Street, Carlisle	(01228) 521014	R, B, 3 The Costins, Altonby	(01900) 881214
R, J, 13 Crakegarth, Dalston	(01228) 711029	R, Mrs J, Mrs 4 The Chestnuts, Carlisle	(01228) 791967	R, C, Croft House Glassonby	(01768) 898748
R, J, 2 The Orchard, Bassenthwaite	(017687) 76584	RISBY, E, Acacia Cottage Banks Lane, Appleby-In-Westmorland	(017683) 53283	R, C, 6 Bridge Street, Cockermouth	(01900) 379900
R, J.F.A., Evening Hill Evening Hill, Thursby	(01228) 710223	R, J, 5 Inglis Court Pecklewell Lane, MARYPORT	(01900) 393209	R, C, 52 Goldington Drive, Appleby-In-Westmorland	(017683) 30144
R, J, 19 Scullig Terrace, Egremont	(01946) 820376	RITCHEY, A, 1 Longswoy Road, Carlisle	(01228) 534969	R, C, 46 Hunday Court, Workington	(01900) 66309
R, M, Skiddaw View Great Orton	(01228) 710117	R, Mrs C, Mrs 5 Towers Lane, Cockermouth	(01900) 828476	R, C, 4 Kingmoor Road, Carlisle	(01228) 531040
R, P, SOUTHWAITE PARK Southwaite	(016974) 73200	R, E.K., 35 Waver Street, Silloth	(016973) 32286	R, C, 12 Leconfield Street, Cleator Moor	(01946) 811612
R, S, Vermont Cumwhinton	(01228) 561838	R, F, Shannondale Newbiggin	(017684) 83533	R, C, 14 Morpeth Close, Brampton	(016977) 36460
R, S, The Willows Oughterby	(01228) 576653	R, G, Coachmans Cottage Croglin	(01768) 896605	R, C, The Joiners Arms Newton Arlosh, wigton	(016973) 52669
R, S, Cold Keld Lodge Plumpton	(01768) 898797	R, G, 29 Primrose Park, Wigton	(016973) 45096	R, C, 5 Rectory Road, Castle Carrock	(01228) 670624
R, S, 15 Heather Bank, CLEATOR MOOR	(01946) 430549	R, H, Unit 19c Solway Trading Estate, Maryport	(01900) 816951	R, C.M., Beck Cotts Armathwaite	(016974) 72258
RIDDELL, I.W., 13 Rosehill, Gilsland	(016977) 47297	R, I, 3 Homefield, Glenridding	(017684) 82501	R, C.N., Black Leases FM Kirkby Thore	(017683) 61256
R, S, Bessy Beck House Newbiggin-On-Lune	(015396) 23303	R, J.A., Grassgill Rigg Appleby-In-Westmorland	(017683) 71527	R, D, Bree Cottage Cargo	(01228) 674164
RIDDICK, B, 9 Coniston Way, Carlisle	(01228) 533557	R, R.W., 17 Parkside Av, Cockermouth	(01900) 826314	R, D, The Beeches Cumbria	(017683) 53368
R, B, 62 Melbreak Avenue, Cockermouth	(01900) 826519	R, W, 17 Scotty Village, Scotby	(01228) 513598	R, D, NEWTON MANOR COTTAGE Gosforth	(01946) 25486
R, D, Mossrigg Blackford	(01228) 674672	RITSON, Caroline, Pond House Longtown	(01228) 791246	R, D, Oakbeck Hoff	(016973) 53079
R, G, 15 Inglewood, Waverton	(016973) 43682	R, C, 23 Thonet Terrace, Appleby-In-Westmorland	(017683) 52451	R, D, Silver View Houghton	(01228) 523435
R, J, 23 High Close, High Harrington	(01946) 831545	R, C, 47 Towers Lane, Cockermouth	(01900) 822750	R, D, Fell Top 2 Milton Mains Milton	(016977) 46467
R, M, 32 Kirkland Avenue, Wigton	(016973) 43426	R, D, 8 Eagles Way, Moresby Parks	(01946) 694676	R, Mrs D, Mrs 121 Central Road, Maryport	(01900) 818391
RIDDING, G, 35 Caldbeck Drive, Stainburn, WORKINGTON	(01900) 267405	R, F, The Swaites West Hall	(016977) 41354	R, D, 6 Marlborough Gardens, Carlisle	(01228) 543358
RIDDLE, J, Hartington House Hartington Street, Carlisle	(01228) 521311	R, G, Park End Easton	(01228) 577357	R, D, 29 Stanbeck Meadows, Workington	(01900) 61024
RIDER, J, GLENLEIGH Drawbriggs Lane, Appleby-In-Westmorland	(017683) 51677	R, G, The Barns Longtown	(01228) 577318	R, D.A., 26 Hallsenna Road, Seascale	(01946) 28988
RIDGEWELL, R, 48 Moorhouse Road, Carlisle	(01228) 546396	R, I, 23 Osprey Gardens, Moresby Parks	(01946) 430992	R, D.G., Wise House Farm High Seaton	(01900) 61303
RIDGEWAY, C, Low Swinside Barn High Lorton	(01900) 85244	R, J, 23 Greenwood Terrace, Maryport	(01900) 815072	R, D.G., Mill How Martindale	(017684) 86649
RIDING, T, 6 Lochinvar Close, Carlisle	(01228) 496776	R, J, 37 Valley Park, Whitehaven	(01946) 695738	R, D.J., 3 Towers Lane, Cockermouth	(01900) 824263
RIDLEY, A, Blencogo Farm Blencogo	(016973) 61691	R, J.R., Bagga Yeat Uldale	(016973) 71300	R, D.L., Balmacara Newton Reigny	(01768) 864564
R, A, Dhalling Mhor Slaggyford	(01434) 382969	R, J.T., 141 Newlands Lane South, Workington	(01900) 604642	R, E, Martindale Farm Crosby Garrett	(017683) 71449
R, B, 17 Inglewood Crescent, Carlisle	(01228) 520609	R, L, Holme Cottage Long Marton	(017683) 61764	R, E, Peel Place Holmrook	(01946) 24269
R, C, Halcitcliffe House Heskett Newmarket	(016974) 78486	R, M, 72 Berkeley Grange, CARLISLE	(01228) 523165	R, E, Owlthirst Farm Longtown	(01228) 577226
R, P, Pinnacle View Irthington	(016977) 41330	R, M, 14 Hillary Grove, Carlisle	(01228) 532690	R, E, 4 Whinlatter Way, Carlisle	(01228) 529424
R, D, East Cottage Easby Lane End, Brampton	(016977) 3602	R, M, 19 Well Lane, Maryport	(01900) 379110	R, E.J., Barrow Mill House Southwaite	(016974) 73642
R, Mr Ernest, 23a King Street, Wigton	(016973) 20344	R, N, 11 Sandringham Avenue, Whitehaven	(01946) 62762	R, E.J., M.B., Singing Surf Drigg Road, Seascale	(01946) 28277
R, Gillian, Nirvana Pallet Hill	(017684) 83190	R, P, 21 Wansfell Avenue, CARLISLE	(01228) 494952	R, F, 9 Glebe Close, Carlisle	(01228) 317670
R, G, Tyne View Slaggyford	(01434) 381006	R, R, 45 Cherry Tree Drive, Workington	(01900) 336591	R, George, Widewater Farm Helton	(01931) 713672
R, H. Brackenriggs Heskett Newmarket	(016974) 78333	R, S, 10 Bluebell Meadows, Cumwhinton	(01228) 493607	R, G, Gunnerwell Towcett	(01931) 716765
R, Mr H, Mr Coach House Irthington, Carlisle	(016977) 3354	R, S, 8 Greenwood Terrace, Maryport	(01900) 413207	R, G, 1 Bitterburn Close, Carlisle	(01228) 496215
R, I, Beech House Boltongate	(016973) 71272	R, Mr T, Mr Holmrook Drawbriggs Lane, Appleby-In-Westmorland	(017683) 51928	R, G, 102 Dalston Road, Carlisle	(01228) 546127
R, I, Beech House Boltongate	(016973) 71426	R, V, 27 Church Street, Maryport	(01900) 810311	R, G, 4 Moor Crescent, Carlisle	(01228) 791084
R, J, Piperdean Rigg Penton	(01228) 577337	RIVERS, P.A., 23 Collingwood Street, Carlisle	(01228) 535511	R, G.N., Bri-Eden Appleby Road, Kirkby Stephen	(017683) 72261
R, J, Springdale Winscals, WORKINGTON	(01900) 66131	See business section for full list of entries		R, H, 56 Cambridge Road, Hensingham	(01946) 65429
R, J.W., 10 Eterby Lane Crescent, Carlisle	(01228) 535461	ROAN, E, 41 Chiswick Street, Carlisle	(01228) 521756	R, H, 4 Eskdale Close, Cleator Moor	(01946) 810499
R, M, Hill Crest Kirkby Thore	(017683) 61689	ROBB, H, 32 Raefield, Longtown	(01228) 791976	R, H, 27 Ritson Wharf, Maryport	(01900) 815352
R, M, 16 Dale End Rd, Carlisle	(01228) 523735	R, S, 31 Lowry Gardens, Carlisle	(01228) 318595	R, I, 51 Brisco Road, Carlisle	(01228) 525887
R, M, 61 Eden Park Crescent, Carlisle	(01228) 522052	ROBBINS, R.H., Stone Lea Cargo	(01228) 764625	R, Mr I, 2 Head Street, Carlisle	(01228) 829029
R, N, 10 Church Road, Alston	(01434) 382844	ROBERTSON, J, 50 Colville Street, Carlisle	(01228) 540756	R, I, 6 Heathfield Close, Carlisle	(01228) 615061
R, N, 4 St. Peters Drive, Carlisle	(01228) 533224	ROBERT-EDGAR, D, 5 Sneekyeat Court, Hensingham	(01946) 592544	R, I, Holme View High Bridge Dalston, CARLISLE	(016974) 76463
R, N.J., Aisholme Leadgate	(01434) 381835	ROBERTS, Allison, High Grains Bewcastle	(016977) 48311	R, I, 3 High Street, Morland	(01931) 714303
R, P, 12 Craw Park, Brampton	(01697) 543067	R, B, 69 Broad Street, Carlisle	(01228) 593101	R, I, 3 Park Road Estate, Bothel	(016973) 21328
R, Rev P.J., Castle Castle Street, Hilton	(017683) 51682	R, C, Smithfield House Kirklington	(01228) 675861	R, I, 3 Patten Garth, Wigton	(016973) 26554
R, P.M., 16 Prince Charles Close, Penrith	(01768) 864894	R, C, 6 Chestnut Close, Penrith	(01768) 863771	R, Mr Ian, 5, Wilson Homes Station Road End, Brampton	(01697) 508758
R, R, Holme Eden Langwathby	(01228) 535084	R, Mr D, Toftgarth Raven Lane, Keswick	(01768) 74078	R, J, Cotehow Martindale	(017684) 86120
R, R, 24 Oswald Street, Carlisle	(01228) 491604	R, D, Langstrath Ullock, WORKINGTON	(01946) 862672	R, J, 1 Verandah Cottages Kings Meaburn	(01931) 714553
R, R, 6 Webster Place, Skirwith	(01768) 88406	R, E, 43 Main Street, Great Broughton, Cockermouth	(01900) 822693	R, J, 16 Barncroft Avenue, Seaton	(01900) 62892
R, R.L., Almaria Longtown	(01228) 791763	R, E, 50 Montreal Avenue, Cleator Moor	(01946) 814503	R, J, 76 Berrymoor Road, Brampton	(016977) 2596
R, S, Grayrigg Plumpton	(01768) 894364	R, E, 3 The Chestnuts, Carlisle	(01228) 496798	R, J, 37 Blackwall Road, CARLISLE	(01228) 542991
R, S, Main Band Cottage Main Band Cottage, Maryport	(01900) 336918	R, F, Jeremy, 2 Wetherall Pasture	(01228) 560164	R, Miss Julie, 56 Boroughgate, Appleby-In-Westmorland	(017683) 52353
R, S, 42 Peel Street, Carlisle	(01228) 520337	R, G.R., 2 Church Lane, Brampton	(016977) 3676	R, J, 21 Castle Park, Brough	(017683) 41660
R, S.S., Ravencroft Plumpton	(01768) 894225	R, G.R., Knowstone Fell La, Penrith	(01768) 865116	R, J, 26 Coniston Clo, Workington	(01900) 63963
R, T.B., 35 Chapel Close, Warwick Bridge	(01228) 560194	R, H, 74 Knowe Park Avenue, Carlisle	(01228) 544590	R, Jr, 3 Crindledye Close, Kingstown	(01228) 674492
R, William, Wood Hall Heskett Newmarket	(016974) 78230	R, H, 67 Lowry Hill Road, Carlisle	(01228) 532735	R, Rev J, 20 Glebe Close, Dalston	(01228) 710432
RIDOUT, J, Bridge End Sleagill	(01931) 714359	R, Juth, High Green Reagill	(01931) 715606	R, J, 20 Goodwin Close, Carlisle	(01228) 658325
R, S, Thornflatt Irton	(01946) 24575	R, Jason, 9 Moor Park, Cockermouth	(01900) 393735	R, J, 15 Green Close, Crosby	(01900) 813397
RIDPATH, Mr P, 4 Croft Road, Brampton	(016977) 3010	R, J, 112 Queen Street, Whitehaven	(01946) 691694	R, Mr J, 17 Lansdowne Crescent, Carlisle	(01228) 534797
R, Mr P, Mr 10 Parkhead, Brampton	(016977) 42490	R, K, 2 Elmfield, Brampton	(016977) 41131	R, Mrs Jean, 45 Margarets Way, Appleby-In-Westmorland	(017683) 52506
RIDSDALE, M, Yew Tree Farm Thomas Close	(017684) 84349	R, K.G., 27 Peter Street, Whitehaven	(01946) 66128	R, J, 30 Moorhouse Road, CARLISLE	(01228) 514758
RIGBY, A, Bandley Cottages Burrells	(017683) 53951	R, K.N., Owl Brook High Lorton	(01900) 85333	R, J, 2 Mount View, Nately	(017683) 71982
R, B, Pickett Howe Buttermere, Cockermouth	(01900) 85128	R, M, Lorton Bridge Cottage Low Lorton	(01900) 85937	R, J, The Mollen Newcastle Road, Brampton	(016977) 3346
R, F, 2 St. Johns Crescent, Stainton	(01768) 339296	R, M, 21 Acre Bank Close, Skinburness	(016973) 32698	R, J, 27 Outgang Road, Aspatria, Wigton	(016973) 22384
R					

R, K, 36 Skinburness Road, Wigton	(016973) 32738	R, Graham, 57 Bowman Street, Carlisle	(01228) 547769	R, M, The Hemmel Plumpton	(01768) 894036
R, K, 22 Suncroft, Crosby	(01900) 821816	R, G, 175 Lansdowne Crescent, Carlisle	(01228) 529150	R, Mrs Meadow Dale Winscales, Workington	(01900) 269932
R, K, 42 Waverley Court Waverley Gardens, Carlisle	(01228) 548152	R, H, 3 Beeches Mews, Ormside	(01768) 52467	R, P, 4 Southvale Ct East Dale St, Carlisle	(01228) 510298
R, K, A Stonebank Blencow	(017684) 83025	RODGERS, G, 199 Whenside, Carlisle	(01228) 596311	R, P, 52 Millfield Gardens, Keswick	(017687) 73029
R, L, 10 Beatty Close, Whitehaven	(01946) 591641	R, J, 11 Croft Terrace, Egremont	(01946) 812339	R, Mrs Patricia Maureen, 22 Castlegate, Penrith	(01768) 630359
R, L, 5 Freer Street, Carlisle	(01228) 497023	R, Nigel, 9 Boston Avenue, Carlisle	(01228) 592392	ROSSER, P, Apartment 2 36 Tulip Gardens, Penrith	(01768) 877825
R, L, 251 Green Lane, Belle Vue	(01228) 543684	R, P, 60 Lonsdale View, Dearham	(01900) 413026	ROSSIE, P, 3 Calder Crescent, Cleator Moor	(01946) 813383
R, L, Shelley Grove Long Marton, APPLEBY-IN-WESTMORLAND	(017683) 62002	RODNEY, James, 19 High Street, Workington	(01900) 65132	ROSTRON, J, 16 Wray Head, Drigg	(01946) 24338
R, L, 44 Margery Street, Carlisle	(01228) 525922	R, L, 5 Coniston Drive, Workington	(01900) 66426	ROTHMUND, L.G., Old Smithy Mellbeckes, Kirkby Stephen	(017683) 71478
R, L, 26 Needham Drive, Workington	(01900) 606554	ROE, J.W., Reservoir Garden Moorhouse Road, Moorhouse	(01228) 534647	ROTHERLY, M, 27 Todholes Road, CLEATOR MOOR	(01946) 813235
R, L, 14 Reeds Way, Carlisle	(01228) 272120	R, M, Dent Side Farm Dent Side Farm, Egremont	(01946) 620358	ROTHERY, A, 2 Osprey Gardens, Moresby Parks	(01946) 694057
R, M, Blake View Fell Dyke Lamplugh	(01946) 861605	R, V, 42 Stonehouse Park, Thursty	(01228) 710521	R, B, The Cottage East Woodside	(016973) 49771
R, M, Beck Lodge Orton	(015396) 24384	ROEBUCK, H, 19 Dukewood Road, Longtown	(01228) 791081	R, B, 18 Eller Bank, Harrington	(01946) 833761
R, M, 15 Berrymoor Road, Brampton	(016977) 3045	ROGAN, F, 9 High Grove, Whitehaven	(01946) 67729	R, C, 68A Laurel Bank, Whitehaven	(01946) 693540
R, M, 32 Cawlands, Durdar	(01228) 533445	R, G, 16 Hadrian Way, Houghton, Carlisle	(01228) 491313	R, H, 14 Croft Close, Brough	(017683) 41623
R, M, 1 Highfields, Whitehaven	(01946) 692061	R, Haydn, 31 Holly Bank, Whitehaven	(01946) 590811	R, J, 3 Brow Street, Maryport	(01900) 810085
R, Mark, 2 Low Bayles, Alston	(01434) 381130	ROGER FRANK, C, Castle Farm Penrith, Penrith	(015396) 24326	R, P, 42 Fleswick Avenue, Whitehaven	(01946) 590107
R, M, 98A Main Street, Distington, Workington	(01946) 830953	ROGERS, G, 117 Bowthorn Road, Cleator Moor	(01946) 812373	ROTHWELL, Rev B, Holme Cultram Vge Abbeytown	(016973) 61246
R, M, 3 Quarry Close, Kirby Stephen	(017683) 71165	R, Helen, Garth Cottage Uldale	(016973) 71684	R, B, The Vicarage Wigton Road, Silloth	(016973) 31413
R, M, 1 The Firs, Penrith	(017684) 83853	R, J, The Old Dukes Head Raughton Head	(016974) 76020	R, J, 3 High Hill, Keswick	(017687) 72131
R, M, 9 The Fothergills, Maryport	(01900) 269365	R, J, Red Lion Barn Gamblesby	(01768) 889185	ROUKE, M, 27 Edinburgh Avenue, WORKINGTON	(01900) 871534
R, M.A., 8 Stainburn Rd, Workington	(01900) 603611	R, J, 42 Longholme Road, Carlisle	(01228) 544143	ROUND, S, Te Whare Ponsonby	(01946) 841626
R, M.E., 12 Mark Thompson Close, Cleator Moor	(01946) 811464	R, J, 73 Watermans Walk, Carlisle	(01228) 537969	ROUSELL, I, Rowan House Dalston	(01228) 711558
R, Mrs 4 White Ox Way, Penrith	(01768) 892994	R, J.F.I., Eden Vale Forest Hill Road, Bowskar	(01768) 865921	ROUTLEDGE, A, 4 Derwent Avenue, Seaton	(01900) 61873
R, N, Fayrefield High Bank Hill	(01768) 898195	R, K, 1 Croft Court, High Hesket	(016974) 73492	R, C, KAYSBARO Roweltown	(016977) 48273
R, Nr, 32 Derwent Avenue, Maryport	(01900) 813002	R, L, 32 The Limes, Egremont	(01946) 822389	R, C.J., Stone Lodge Kirkcintola	(01228) 675564
R, N.B., Crossways Barracks Bridge, Silloth	(016973) 31631	R, L.J., Bridge End Cottage Bampton Grange	(01931) 713179	R, Derek, 9a Egerton Grove, Carlisle	(01228) 523196
R, N.G., Kirk Dummah North Stainmore	(017683) 42492	R, M, 25 Cedar Close, Penrith	(01768) 866553	R, E, West Acres Main Street, Frizington	(01946) 811997
R, P, Townhead Farm Newbiggin	(01768) 896190	R, M, 19 Springfield Avenue, Whitehaven	(01946) 693793	R, G, 48 Kirkstone Road, Whitehaven	(01946) 63718
R, P, Pelutho Park Pelutho	(016973) 31206	R, M.C.D., 5 Scaur Close, Lazonby	(01768) 898689	R, G.L., 25 Esk Street, Longtown	(01228) 791915
R, P, Hillcrest Ravenstonedale	(015396) 23257	R, P, Dorrifield Cottage Roweltown	(016977) 48688	R, H, 4 Latrigge Close, Keswick	(017687) 73231
R, P, Beckgate Farm Beckgate Farm, Brampton	(016977) 44140	R, P, 1 Brundholme Gardens, Keswick	(017687) 80054	R, H.P., Pemberton Waverton	(016973) 43519
R, P, 11 Edmondson Close, Brampton	(016977) 44140	R, R, Northmount Moor Road, Great Broughton	(01900) 824633	R, J, 21 Lonsdale View Central Road, Dearham, Maryport	(01900) 816949
R, Mr P, 41 Kirkland Avenue, Wigton	(016973) 45356	R, S, 68 Blencathra Street, Keswick	(017687) 74515	R, J, 473 London Road, Carlisle	(01228) 532998
R, P, Hollin Howe Lonsties, Keswick	(017687) 75678	R, Mrs Sheena, 27 Priorwood Close, Carlisle	(01228) 319298	R, J, 34 Main Street, FRIZINGTON	(01946) 817614
R, P, 14 Lowther Village, Lowther	(01931) 712351	ROGERSON, A, 65 Mary Langley Way, Penrith	(01768) 867271	R, K, 2 Allan Hill Flimby Brow, Flimby	(01900) 812890
R, Pauline, 351 Pennine Way, Carlisle	(01228) 523567	R, A, 1 Towncroft, Dearham	(01900) 817661	R, K, 23 Queens Drive, Egremont	(01946) 821188
R, P, 32 The Rowans, Egremont	(01946) 821086	R, C, 50 Main Street, Distington	(01946) 832363	R, K, 2 West End Close, Oulton	(016973) 42628
R, P, 4 Glave Hill Townhead Road, Dalston, Carlisle	(01228) 710841	R, C.A., Ghyll Gill Cottage The Row, Nethend	(01434) 382107	R, K.J., Beech Lea Kirkcintola	(01228) 675565
R, P, Croft View Upton, Caldbreck	(016974) 78104	R, Mr Derrick, 34 Riverside, Great Clifton, Workington	(01940) 267853	R, K.N., 11 Mayburgh Avenue, Penrith	(01768) 864495
R, P, Ben Doran Vicarage Hill, Keswick	(017687) 73685	R, J, 9 The Scaur, Longtown	(01228) 791298	R, L, The Old Stables West Street, Aspatria	(016973) 210670
R, P, 16 Westgarth Road, Kirkby Stephen	(017683) 72837	R, L, 1 Lindisfarne Street, Carlisle	(01228) 317591	R, M, 440 London Rd, Carlisle	(01228) 587754
R, P, 3 Wiza Avenue, Wigton	(016973) 43239	R, M, 4 Talbot Road, Carlisle	(01228) 521510	R, M.G., Brackenthwaite Gardens Brackenthwaite	(016973) 45282
R, P, Bethella Church Road, Kirkbride	(016973) 51799	R, M, 72 West Street, Aspatria	(016973) 20382	R, N, Willow Close Rosebery House Tarraby, Carlisle	(01228) 498487
R, P, 13 Green Croft, Chap	(01931) 716392	R, P, Maison Gill Great Asby	(017683) 53234	R, Mr Peter, 29 Newcastle Street, Carlisle	(01228) 539472
R, R.I., 11 Melbreak Avenue, Cleator Moor	(01946) 810881	R, R, Greenfields Outgang Road, Aspatria	(016973) 20597	R, P, 7 The Meadows, Carlisle	(016974) 73767
R, R.J., Rose Cottage Thomas Close	(017684) 84507	R, T, 5 BRACKEN COTTAGES Calthwaite	(01768) 885495	R, Mrs Rose, Croftlands Sandyside Longtown, Carlisle	(01228) 792788
R, R.P., 94 Pattegrill Road, Penrith	(01768) 899622	R, W, 8 Margery Terrace, Cummersdale	(01228) 535614	R, R, 63 Harrington Road, Workington	(01900) 67158
R, Mr Sam, 13 Fellside Grove, Carlisle	(01228) 739435	R, W, 19 North Road, Egremont	(01946) 829351	R, R, 60 Richmond Hill Rd, Whitehaven	(01946) 65619
R, S, 97 Harriston, Aspatria	(016973) 21288	ROGERSON-MCCOY, C, High Merebeck, Kinniside Kinniside	(01946) 812035	R, R, 10 Skiddaw Av, Maryport	(01900) 813365
R, S, 31 Monkway Brow, WHITEHAVEN	(01946) 693457	ROL, P, Chalkrise Curthwaite Road, Thursty	(01228) 710663	R, Stanley, Old Silloth Farm Wigton Road, Silloth	(016973) 31494
R, T, Illings View Temple Sowerby	(017683) 61788	ROLLASON, E, Flat 3, 39 Spencer Street, Carlisle	(01228) 658238	ROWCROFT, C, Hollin Bush Dalston, Carlisle	(01228) 710251
R, T, 31 Pinfold Close, Cockermouth	(01900) 822726	ROLLINGS, C, 5 Drovers Mews, Penrith	(01768) 899751	R, C, 50 Moore Drive, Workington	(01900) 379574
R, T, 17 St. Mellion Close, Carlisle	(01228) 522857	ROMANO, Natalino, 6 Low Moor Avenue, Blackwell	(01228) 535472	ROWE, C, 67 South Henry Street, Carlisle	(01228) 525362
R, T.A., Woodlands Phoenix Park, Skelton	(017684) 84293	ROMARO, Inocencio, 43 Hawick Street, Carlisle	(01228) 548806	R, G, Gallahill House Wetheral Pasture, Carlisle	(01228) 560710
R, T.M., Long Dyke Heads Nook	(01228) 670318	ROME, J.F., Park Rigg Easton	(01228) 577203	R, H, 4 Goschen Road, Carlisle	(01228) 522782
R, W, Whitegate Thursty	(01228) 710640	R, K, 15 St. Kentigerns Way, Aspatria	(016973) 21301	R, I, 12 Shap Grove, Carlisle	(01228) 528024
R, W, 19 Greta Hamlet, KESWICK	(017687) 44513	RONALD, S, RONILL WAY SHAP	(01931) 716792	ROWELL, D, 12 Edenside, Cargo	(01228) 672079
R, W, 127 Main Road, High Harrington	(01946) 832995	RONALDSON, A, Flat 49 Waterside House Denton Mill Close, Carlisle	(01228) 534569	R, D, 19 Tower Hill, Whitehaven	(01946) 692528
R, W.E., 1 Garths Head Rise, Appleby-In-Westmorland	(017683) 53049	RONCOLI, Mrs Ann, Rivermead, 3 Penrith	(01768) 603079	R, P, 8 Pennine View, Wigton	(016973) 32936
ROBISON, A.J., 32 Eskdale Avenue, Carlisle	(01228) 524322	RONNIE, D, 46 Greenmill Road, Longtown	(01228) 791341	R, S, 31 Moricambe Park, Skinburness, Wigton	(016973) 31890
ROBLEY, A, Nelson Hill Armthwaite	(016974) 72219	RONSON, J, 228 Lowry Hill Road, Carlisle	(01228) 380039	R, B, LORTON LOW MILL Low Lorton	(01900) 85094
R, D, Conamar Station Road, Armthwaite	(016974) 72448	ROOK, A.P, 17 Henry Street, Cockermouth	(01900) 823167	R, John, Low Beckside Bungalow Mungrisdale	(017687) 79246
R, E, Midtown Cumwhitton	(01228) 561740	R, J, Beckside Cumwhitton	(01228) 560821	R, J, Fairfield Thursty	(01228) 710713
R, H.T, Croft House Armthwaite	(016974) 72322	R, J, Bluebell House Great Orton	(01228) 576219	ROWLANDSON, D, Dove & Olive Cottage Tebay	(015396) 24445
R, I & G, 71 Lund Crescent, Carlisle	(01228) 541061	R, K, Bay View The Island, Anthorn	(016973) 51537	R, O, Apartment 26, Pele Court Friargate, Penrith	(017684) 28271
R, J, Townfoot Cumwhitton	(01228) 472700	ROOKE, C, Flat 12 Nelson Bridge Court Sheffield Street, Carlisle	(01228) 547836	R, S, 18A Heather Bank, Cleator Moor	(01946) 440319
R, J, Townfoot Cumwhitton	(01228) 560111	R, D, 10 Park Road, Carlisle	(01228) 529395	ROWLES, Mr D, Mr 142 Scotland Road, Carlisle	(01228) 532035
R, Mr Joe, Demesne Farm Cumwhitton, Brampton	(01900) 870605	R, Mrs J, Mrs 20 Causeway Road, Workington	(01900) 66658	ROWLEY, C, Blencow Hall Blencow	(017684) 80692
R, K, 1 Hawkshead Avenue, WORKINGTON	(01900) 870605	R, J, 28 Housesteads Road, Carlisle	(01228) 595510	R, Greg, 1 Jubilee Terrace, Maryport	(01900) 381149
R, N, EDENSTONES High Hesket	(016974) 75756	R, K, 37 Lawson Close, Aspatria	(016973) 22031	R, J, 80 Moor Park Avenue, Carlisle	(01228) 596036
R, T.W., Farriers Croft Armthwaite	(016974) 72350	R, K, 18 Liddle Close, Carlisle	(01228) 523556	R, J, 20 Millriggs, Corby Hill	(01228) 561554
ROBLIN, G, 12 Felfview Drive, Egremont	(01946) 528322	R, M.W., 5 East View, Prospect	(016973) 21227	R, J.C., Crookside Heads Nook	(01228) 560750
ROBSON, A, Whale View Helton , Penrith	(01931) 712145	R, N, 89 Whenside, CARLISLE	(01228) 491047	R, Mrs M, 3 Faustlin Hill, Carlisle	(01228) 560731
R, Mr Adrian, Blossom Barn Newton Reigny	(017683) 98406	R, P, Hamster's End Nethertown Road, St. Bees	(01946) 822339	ROWLINGS, A, 27 Croft View, Long Marton	(017683) 61785
R, A.K., Holm Hill Dalston	(01228) 710498	ROOMS, H, Brow Top Cottages, Branthwaite Workington	(01900) 605871	ROWNTREE, C, 8 Manor Croft, Aglionby, Carlisle	(01228) 513704
R, B, Blugate Tindale Fell	(016977) 46419	ROONEY, C, 3 Prospect Row, CLEATOR	(01946) 815394	ROXBOROUGH, M, 61 Lakeland View Nethertown, Egremont	(01946) 825356
R, C, 46 Bedford Road, Carlisle	(01228) 544309	R, D, 6 Millers Walk, Cleator	(01946) 443028	ROXBURGH, J, 44 Wansfell Avenue, Carlisle	(01228) 525864
R, C, 30 Briar Rigg, Keswick	(017687) 73438	R, D, 12 Sanderson Park, Cleator Moor	(01946) 815624	ROY, I, 16 Howard Place, Carlisle	(01228) 526385
R, C, 1 Swedish Timber Hses Brier Lanning, Hayton	(01228) 670685	R, J, Hill Top Cottage Ullock	(01946) 861014	R, Dr J, Tir Nan Og 11 Green Bank Lane, Cockermouth	(01900) 828826
R, C, 20 Pembroke Place, Penrith	(01768) 899515	R, J, 22 The Ferns, Egremont	(01946) 822830	ROYAL, Mr Robert, 45 Station Road, Keswick	(017687) 72141
R, Mr D, 15 Howe Street, Carlisle	(01228) 541028	R, L, 10 Irthing Park, Gilsland	(016977) 47107	ROYLE, D, Fern Lea Penrith Road, Keswick	(017687) 80846
R, D, 3 Rosehill Drive, CARLISLE	(01228) 539273	R, M, 8 Simonscales Lane, Cockermouth	(01900) 824431	R, K, Ash Lea Johnby	(017684) 83108
R, D, 210 Scalegate Road, Carlisle	(01228) 537626	R, S, 6 Martindale Close, Whitehaven	(01946) 591062	R, K, 10 Longlands Close, Egremont	(01946) 820219
R, E, 2 Arnsdale Road, Carlisle	(01228) 599673	ROPER, A, 29 Frosts Road, Workington	(01900) 68750	ROZE, C, Albarn Newton Reigny	(01768) 868138
R, H, 1 Palmer Road, Carlisle	(01228) 539523	R, B, MEADOWLANDS Eltonby	(017684) 84119	R, J, 9 Ralland View, Shap	(01931) 716421
ROBSON HODGSON, R, 19 Levens Drive, Carlisle	(01228) 520573	R, B, 10 Eagles Way, Moresby Parks	(01946) 592993	RUBINAS, Mr Zilvinas, 41 Tomlin Avenue, Whitehaven	(01946) 329557
ROBSON, J, 6 Acer Grove, Whitehaven	(01946) 61884	R, C, WESTLEA Eltonby	(017684) 84420	RUDD, A.T., Lamorna Kirkbride	(016973) 52006
R, I, FERN BANK High House Road, St. Bees	(01946) 822468	R, D, Lonsdale Lodge Arthur Street, Penrith	(01768) 864817	R, C, 4 Pear Tree Way, Penrith	(01768) 210131
R, J, 24 Briar Rigg, Keswick	(017687) 72375	R, H, Aglionby Fm Ho Kirkland Rd, Skinwith	(01768) 88328	R, D, 16 Beaconsfield Street, Carlisle	(01228) 536232
R, J, 84A Castlesteads Drive, Carlisle	(01228) 493714	R, J, 32 Embleton Road, Carlisle	(01228) 532168	R, D.E., 1 The Muslins, Plumland	(016973) 21933
R, J, 9 Daleview Gardens, Egremont	(01946) 821671	R, J, 53 Whitestiles, High Seaton	(01900) 381816	R, E.N., 6 The Meadows, Langwathby	(01768) 881446
R, J.D.H., Pine Lodge Cliburn	(017683) 61839	R, M, Foxgarth Braithwaite	(017687) 78036	R, G, Orchard House Jenkin Cross Wigton	(016973) 42889
R, J.H., 2 Windy Ridge Kings Meaburn	(01931) 714125	R, M, 14 Dunmill Crescent, Cockermouth	(01900) 550668	R, G, 7 West End Close, Oulton	(016973) 49791
R, K, 3 Esther St, Carlisle	(01228) 520117	R, M, 1 Green View, Low Hesket	(016974) 75416	R, G, 15 Whitestiles, HIGH SEATON SEATON, WORKINGTON	(01900) 381329
R, M, Tom Butt Ennerdale	(01946) 861897	R, P, 8 Eldred Road, WORKINGTON	(01900) 603211	R, H, 12 Slipway, Whitehaven	(01946) 65899
R, M, 108 Lansdowne Crescent, Carlisle	(01228) 542640	ROSCAMP, G.Martin, Stable Rigg Grange-In-Borrowdale	(017687) 77605	R, I, 6 Ennerdale Road, CLEATOR MOOR	(01946) 395370
R, M, 8 Meadow View, Lowca, WHITEHAVEN	(01946) 64689	R, L, 26 Neggill, Bridgefoot	(01900) 822649	R, I, 4 Little Moor, Wigton	(016973) 43184
R, Mrs M, Mrs 18 Townfoot Court, Brampton	(016977) 454058	ROSE, J, Flat 1, 19 Eskin Street, Keswick	(017687) 44902	R, J, High Moor, Wigton	(016973) 51464
R, P, Quhaylan Whelpside Hensingham	(01946) 811053	R, J, 28 Garsdale Drive, Carlisle	(01228) 898405	R, J, 14 Cypress Way, Penrith	(01768) 868825
R, P, 89 Valley Park, Whitehaven	(01946) 694654	ROSEWARNE, B, 71 Kings Drive, Egremont	(01946) 820188	R, J.K. & K.M., Ruthwaite Cottage Ireby	(016973) 71569
R, R, Flat 1 27 Commarket, Penrith	(01768) 867310	R, I, 25 North Road, Egremont	(01946) 329708	R, Michael, Nethergarth Brisco	(01228) 592343
R, R, 6 Penton Close, Carlisle	(01228) 534417	ROSLING, L, South View Skelbridge	(01768) 867819	R, M, Dockrayrigg Farm Oulton	(016973) 49798
R, R, 37 Richmond Hill Road, Whitehaven	(01946) 528175	ROSS, C, Dubwath House Bassenthwaite Lake	(017687) 76611	R, M, Baybarrow House Baybarrow Road, Egremont	(01946) 443289
R, S, HESKET HALL Hesket Newmarket	(016974) 78120	R, D, Oldwater View Patterdale	(017684) 82175	R, M, Hillside Brisco Road, EGREMONT	(01946) 825238
R, S, Jenkinson Longtown	(01228) 791407	R, D, Oldwater View Patterdale	(01768) 216727	R, M.W., 1 Vicarage Drive, Churn Brough	(017683) 41613
R, S, 1 Croft View Milburn	(017683) 61778	R, D, 4 Greenwood Garth Thursty	(01228) 711142	R, R, 23 Highmoor Park, Wigton	(016973) 45412
R, S, 7 Rosehill, Gilsland	(016977) 47333	R, D, 94 High Brigham, Brigham	(01900) 826695	R, R.K., Heather Dale Kirkbride	(016973) 51698
R, T, The Brambles Threlkeld	(017687) 79722	R, D, 49 Mayfield Avenue, CARLISLE	(01228) 317953	R, S, Hillside Farm Boustead Hill	(01228) 576398</

R, J, Holly Oaks 2 Crindledyke Estate, Kingstown	(01228) 673272	SALVESEN, S, 26 Fitz Road, Cockermouth	(01900) 393302	S, A, 17 Clifton Court, Workington	(01900) 607204
R, J, 248 Scalgate Road, Carlisle	(01228) 528000	SAMPSON, Mrs Audrey, 8 Lime Street, Carlisle	(01228) 531072	S, A, 4 Hawkhead Avenue, Workington	(01900) 604507
R, L, 2 St. Ninians Avenue, Carlisle	(01228) 523070	S, D, Town Head Farmhouse Hilton,	(017683) 52133	S, A, 20 Kings Avenue, Workington	(01900) 386817
R, M, 15 Brentfield Way, Penrith	(01768) 868100	Appleby-In-Westmorland Cumbria	(01900) 828098	S, Alan, 25 Limetree Crescent, Cockermouth	(01900) 823448
R, P, Croft Cottage Hethersgill	(01228) 675485	SAMSON, J, 16 Beech Lane, Cockermouth	(01900) 828098	S, A, 3 Newlands Park, Workington	(01900) 605294
RUDDY, P, 79 Central Road, Whitehaven	(01946) 691706	SAMUEL, M, 3 Nightingale Court, Scooby	(01228) 592877	S, A, 24 Parklands Way, Penrith	(01768) 863511
R, P, 11 High Moor Road, Moresby Parks	(01946) 63025	SANCZUK, J, 12 Caldbeck Road, Whitehaven	(01946) 63833	S, A, 67 Springfields, Wigton	(016973) 43879
RUGG, G, 12 Wastwater Road, Whitehaven	(01946) 440472	SANDELANDS, N, 21 Derwent Street, Workington	(01900) 61389	S, A, 9 West Ghyll Place, High Harrington	(01946) 832290
RULE, A, 3 Hillside, St. Bees	(01946) 822410	SANDER, I, 8 Lyne Close, Carlisle	(01228) 472820	S, A, 31 West Street, Wigton	(016973) 23567
R, P, Oak Dyke Portinscale	(017687) 71212	S, S, 6 Lady Court, Workington	(01900) 64430	S, B, Briadene Millhouse Hesket Newmarket	(016974) 78312
RUINNEY, A, 8 Barncroft Avenue, Seaton	(01900) 601890	SANDERS, A, 3 Lindow Street, Frizington	(01946) 817333	S, B, 111 High Brigham, Cockermouth	(01900) 826015
R, E.N, Icold House Icold Road, Greystoke	(017684) 83232	S, C, 29 Norfolk Road, Carlisle	(01228) 534327	S, B, 5 Lingyclose Road, Dalston	(01228) 710862
R, G, 2 Leesrigg Cottages Mealsgate	(016973) 71737	S, J, Turnbank Farm Newby	(01931) 714313	S, B, 30 Lowca Lane, Seaton	(01900) 66462
R, G, 14 Grange Avenue, Maryport	(01900) 381086	S, L, 2 Glendowlin Lodges Yanwath	(01768) 890407	S, Mrs B, Mrs 22 Park Road, Carlisle	(01228) 514072
R, G, 7 Housesteads Road, Carlisle	(01228) 528607	S, M, 70 Watermans Walk, CARLISLE	(01228) 524438	S, B, 2 The Croft, Cockermouth	(01900) 827513
R, Miss Georgia, 3 Towerson Street, Cleator	(01946) 329052	SANDERSON, Amy, 73 Oakleigh Way, Carlisle	(01228) 319978	S, C, High Bradenthwaite Farm Wigton	(016973) 44164
R, I, 1 Brookside, Tirril	(01768) 867256	S, A, Pennine View The Stripes, Cumwhinton	(01228) 561794	S, C, 28 Bowflatts, GREAT CLIFTON, WORKINGTON	(01900) 381797
R, J, Brothy Beck Welton	(016974) 76011	S, B, 15 Green Bank Close, Wigton	(016973) 21865	S, C, 2 Criffel Road, Whitehaven	(01946) 62317
R, J, 28 Coronation Avenue, Seaton	(01900) 62805	S, B, 8 Quebec Avenue, Carlisle	(01228) 539741	S, C, 63 Langrigg Road, Carlisle	(01228) 547004
R, Joyce, Dunedin Main Street, Hensingham	(01946) 592695	S, C, 9 Knowefield Close, CARLISLE	(01228) 548681	S, C.B, 73 Meadow Way, Maryport	(01900) 819332
R, L, 28 Queen Street, Aspatria	(016973) 23422	S, Diana, Galfeld Farm Dean	(01946) 861271	S, C.M, 42 Windebrowe Avenue, Keswick	(016978) 73237
R, S, 40 Derwent Avenue, Maryport	(01900) 819911	S, D, Brookside High Bank Hill	(01768) 897071	S, C.R, 20 The Green, Houghton	(01228) 402145
R, S, 18 School Road, Thursty	(01228) 711973	S, E, 7 Coleridge Drive, Egremont	(01946) 825287	S, D, Greenacres Butterwick	(01931) 713303
R, Sylvia, 23 Skinburness Drive, Silloth	(016973) 32181	S, E, 13 West Spur, Moor Row	(01946) 811325	S, D, Stanley Ho Kirklington	(01228) 675164
R, T, 1 Greenrow Terrace Greenrow	(016973) 31806	S, G.G, 73 Harrington Road, Workington	(01900) 68524	S, D, 30 Dalston Road, Carlisle	(01228) 533273
R, T, 20 Dickinson Court, Whitehaven	(01946) 695649	S, H, sield house 0 borrowdale, keswick	(017687) 77187	S, D, 178 Edgehill Road, Carlisle	(01228) 542301
RUMSEY, A, Bridge House Shap	(01931) 716721	S, J, Ashcroft Cumwhinton	(01228) 561748	S, D, 16 Elterwater Avenue, Workington	(01900) 63482
RUNDBERG-NICHOLSON, Eva, 50 Whinnie House Road, Carlisle	(01228) 535049	S, J, 81 Meadowfield, Gosforth	(019467) 25933	S, Mrs Dorothy, 12 Gosling Drive, Carlisle	(01228) 527469
RUNEKLES, P, 10 Mansion Gardens, Egremont	(01946) 823607	S, J, 18 Wentworth Drive, Carlisle	(01228) 930353	S, D, 43 Holly Bank, Whitehaven	(01946) 695272
RUSBRIDGE, M.G, Harlea Lazonby	(01768) 870318	S, L, 2 Bridge View Soubly	(017683) 72190	S, D, 2 Kirlake, Little Broughton	(01900) 824583
RUSH, M, J, Mr Applecross Station, Penrith	(01768) 892609	S, L, 81 Oswald Street, Carlisle	(01228) 494513	S, D, 29 Low Moorlands, Dalston	(01228) 710360
R, M, 18 Copeland Avenue, Egremont	(01946) 825352	S, M, 1, Laripots Close, Dalston	(01228) 711346	S, D, 4 Mark Thompson Close, CLEATOR MOOR	(01946) 810179
RUSHFORTH, C, 11 Charters Close, Workington	(01900) 63085	S, M, 5 Lowry Close, Carlisle	(01228) 542227	S, D.J, Holly Cottage High Hesket	(016974) 73556
RUSHTON, A.T, Gillbrow Ho Kirkandrews-On-Eden	(01228) 576523	S, M.J, 10 Pembroke Street, Appleby-In-Westmorland	(017683) 52988	S, D.W, 31B Caldew Street, Silloth	(016973) 31564
R, G, NIRVANA Gaitle Bridge, Longtown	(01228) 791310	S, Ruth, 3 Micklam Cottages Lowca	(01946) 695298	S, E, Lingcroft Southwaite	(016974) 75121
R, G.M, 2 The Barns Fingland	(016973) 51226	S, S, Swallowdene Dearham	(01900) 812274	S, Mrs E, 25 Cawlands, Carlisle	(01228) 512770
R, J, 8 Smalles Court Main Street, Cockermouth	(01900) 828271	S, S, Langfield House Winton	(017683) 72386	S, E, 107 Green Lane, Belle Vue	(01228) 541290
R, R., 2/2 Aglionby St, Carlisle	(01228) 595802	S, S, 3 Blooming Heather, Dearham	(01900) 817761	S, E.M, Martindale Greystoke	(017684) 83790
R, R, Rowdennan The Banks, Seascale	(019467) 28225	S, S, 8 Millbeck, Carlisle	(01228) 523231	S, Florence, 2 Thomlinson Cottages Brampton	(016977) 3090
R, S, Russets Castle Carrock	(01228) 670207	S, S, THE OAKS Plains Road, Wetheral	(01228) 561792	S, G, 20 Hopes Hill Drive, Carlisle	(01228) 529605
RUSSELL, A.J, 8 Croft Head Road, Seascale	(019467) 28426	S, S, Violet, 4 Bowman Street, Carlisle	(01228) 930280	S, G, 25 Kings Avenue, Seaton	(01900) 602905
R, E, 26 Southwaite Green Mill Country Park Eamont Bridge, Penrith	(017684) 28439	SANDFORD, J, North View Carlisle, Cumbria	(01228) 565253	S, G, 99 Sandybeck Way, Cockermouth	(01900) 876656
R, E, 111 Pincroft, Carlisle	(01228) 514031	SANDISON, F, Cavendish Hill Cavendish Terrace, Carlisle	(01228) 520472	S, G, 76 Skinburness Road, Silloth, Wigton	(016973) 46163
R, G, 15 Hallaway, Carlisle	(01228) 511732	SANDLAND, R, Station House Warcop	(017683) 42215	S, G.A, Barlane Cottage Saleby	(01228) 675622
R, G, Flat 2 West Vale Court Leicester Street, Carlisle	(01228) 521168	SANDS, R, Orchard House Ullock	(01946) 861063	S, George Eric, 79 Yewdale Road, Carlisle	(01228) 534470
R, G, CARDEAN Lanning Foot, Rockcliffe	(01228) 674449	SANDU, O, 8 Newlands Terrace Penrith, Cumbria	(01768) 895350	S, G.L, 10 Eskin Street, Keswick	(017687) 74027
R, J, 6 Croft End, Bampton	(01931) 713108	SANDWITH, H, 28 Oak Crescent, Whitehaven	(01946) 66578	S, G.N, 5 Listers Cottages Little Broughton	(01900) 821497
R, L, 65 Langrigg Road, Carlisle	(01228) 545326	S, I.I.R, Flat 30 Whitehaven Castle Platt Walks, Whitehaven	(01946) 63936	S, H, Westlands Market Square, Aspatria	(016973) 21089
R, M, HAWKSDALE LODGE Dalston	(01228) 712127	SANDY, A, Solroi Nately Road, Kirby Stephen	(017683) 30147	S, I, 4 Bisland Court Mayfield Avenue, Carlisle	(01228) 533223
R, N, 19 Dalzell Street, Moor Row	(01946) 440422	SANSAM, D.H, 7 Stonehill Mews Vicarage Lane, Kirby Stephen	(017683) 72717	S, I, Whinell Park Farm Brougham, PENRITH	(01768) 863093
R, T, 44 Loop Road South, Whitehaven	(01946) 695568	SANSOM, E, 83a Newlands Lane, Workington	(01900) 68923	S, J, Carrick Dean Edderside	(01900) 881431
R, V, Creek Cottage Skinburness	(016973) 32550	SANT, A, 22 School Road, Carlisle	(01228) 710486	S, J, The Heights Embleton	(017687) 76661
RUTHERFORD, A.E, Salkeld House West Lane, Penrith	(01768) 866243	S, P, SADDLE VIEW High Hesket	(016974) 73896	S, J, Church Villa Morland	(01931) 714640
R, Mrs B, Mrs 16 St. Edmunds Park, Carlisle	(01228) 497302	SAPSFORD, S, 8 Ellermire Drive, Cockermouth	(01900) 826348	S, J, 2 The Stocks Rosley	(016973) 45086
R, C, 1 LAMBOOT HOUSE Embleton	(017687) 76012	SARANG, Mr Simon, 74 Pica Cottages, Workington	(01946) 425623	S, J, 6 Bishops Close, Carlisle	(01228) 631749
R, Ms D, Ms 17 Beech Grove, Carlisle	(01228) 558640	SARGENT, Dr C, 7 Willow Lane, Cockermouth	(01900) 827357	S, J, 89 Clayton Avenue, Cleator Moor	(01946) 817937
R, J, 2 Walk Mill, Dalston	(01228) 710077	SATCHELL, A, 14 Clayton Avenue, Cleator Moor	(01946) 812070	S, J, 53 Eden Street, Silloth	(016973) 31842
R, J, Nook On Lyne Farm Longtown	(01228) 791760	SATCHELTHWAITE, C, Thornfield Kelsick	(016973) 61798	S, J, 16 Heysham Gardens, Carlisle	(01228) 544155
R, J, STANSFIELD HOUSE Wetheral	(01228) 561717	S, F, Hillbeck Mill Brough	(017683) 41619	S, J, 8 Inglewood Close, Workington	(01946) 832647
R, L, SANDVILANDS Braystones	(01946) 841794	S, F.A, 5 East View Cottages Kirby Stephen	(017683) 71541	S, J, 11 James Park Homes, Egremont	(01946) 821076
R, M, WILLOW TYE Tree Road, Brampton	(016977) 3561	S, S, 14 Solway Drive, Wigton	(016973) 52422	S, J, 25 Laburnum Grove, Maryport	(01900) 267749
R, P, 73 Basket Road, Whitehaven	(01946) 690972	S, V, 5 Chestnut Grove, Kirlkbride	(016973) 51382	S, J, 222 Lowry Hill Road, Carlisle	(01228) 409365
R, S, Sycamore Cottage Temple Sowerby	(017683) 62887	SAUL, C, 2 Riverside View, Great Asby	(017683) 53423	S, J, 2 Myddleton Terrace, Carlisle	(01228) 537285
R, S, 11 The Firs, Alston	(01434) 381888	S, D, 12 Ruskin Close, High Harrington	(01946) 833768	S, Mr John, 37 Oaklands, Drive	(01228) 402472
RUTLAND, K, 5 Castlesteads Drive, Carlisle	(01228) 538664	SAULTERS, B, 8 Reeth Road, Carlisle	(01228) 469337	S, John, 73 Springfield Avenue, Whitehaven	(01946) 395198
R, S, 29 Burton High Close, Whitehaven Cumbria	(01946) 62186	SAUNDERS, C.M, 28 Dale Street, Carlisle	(01228) 598996	S, J, 12 Thomas Road, SALTERBECK, WORKINGTON	(01946) 443359
RUTTER, R.S, Fartown Kirkaugh	(01434) 381554	SAVAGE, A, Swaledale Watch Caldbeck	(016974) 78409	S, J, 4 Townfoot, Penrith	(017684) 84979
RYAN, A, 12 Distinction Park, Distington	(01946) 831738	S, A, Ivy House Great Asby	(01946) 691626	S, J, 2 Westgarth Road, Kirby Stephen	(01768) 339145
R, C, 36 Challoner Street, Cockermouth	(01900) 828674	S, C, 16 Scotch Street, Whitehaven	(016973) 53168	S, J, 66 Whitestiles, Seaton	(01900) 63561
R, J, 18 Sycamore Drive, Longtown	(01228) 791978	S, D, 32 Baskett Road, Whitehaven	(01946) 696500	S, J.C, 11 Porthouse Road, Penrith	(01768) 866536
R, M, Lilac Ho Renwick	(01768) 870218	S, D, 9 LONSDALE HOUSE The Banks, Seascale	(01946) 29768	S, J.H, 8 Skiddaw View, Wigton	(016973) 44214
R, Mr Peter, 25 Millcroft, Carlisle	(01228) 594312	S, E, 1 Harrison Croft Askham	(01931) 712450	S, J.M, Sunbigin Christian Head, Kirby Stephen	(017683) 71706
R, S, 5 Old Chapel Close, Bothel	(016973) 21592	S, E, 1 Cliff Road, Longtown	(01228) 792021	S, J.M, 6 White House Gardens Carleton Drive, Penrith	(01768) 891832
RYANS, P, 27 Eden Park Crescent, Carlisle	(01228) 548569	S, J, Woodhead Farm Catterlen	(01768) 866340	S, J.T, 43 Wordsworth Street, Keswick	(01900) 673651
RYDER, J.R, North Lea Bassenthwaite	(017687) 76538	S, J, Apartment 8 Dutton Lodge Roper Street, Penrith	(01768) 877784	S, J.W, 38 Fernleigh Drive, Seaton	(01900) 605419
R, L.G, Laal Toddle Springs Road, Keswick	(017687) 71065	S, M, FLAT 9 WHITEHAVEN CASTLE Platt Walks, Whitehaven	(01946) 691168	S, Kevin, 14 Cartmel Drive, Carlisle	(01228) 548469
R, M, 5 Limepots Road, Keswick	(017687) 71037	S, M, 36 Loop Road North, Whitehaven	(01946) 693807	S, K, Catnagliesh Catnagliesh, Wigton	(016973) 20168
RYLAND, D, Hazel Cottage Armathwaite	(016974) 72297	S, N, 10 Jubilee Terrace, Maryport	(01900) 812392	S, K, 12 Esk Avenue, Whitehaven	(01946) 64390
R, D, Hazel Cottage Carlisle, Carlisle	(016977) 428673	S, R, Low Grounds Plumpton	(01768) 894227	S, K.W, 4 Bankdale Farm Bungalows Wreay	(016974) 73684
RYLANDS, J, 45 Mill Street, Penrith	(01768) 866076	S, R, 3 Hutton Gardens, Penrith	(01768) 865251	S, L, High Nook Low Row	(016977) 46251
R, S, Flat 5, 19 King Street, Penrith	(017683) 98972	SAVILL, M, 1 High Castle Terrace, Greenhead	(016977) 47541	S, Mark, Hollins View Farm Brough Sowerby	(017683) 41243
SAYYMAN, Allison, 46 Windmill Lane, Cockermouth	(01900) 826098	SAVILLE, K, 38 Rheda Park, Frizington	(01946) 812337	S, M, Sowerby Parks Brough Sowerby	(017683) 41402
SACRE, P.J, 11 Woodville Way, High Harrington	(01946) 832176	SAWREY-COOKSON, J, Newbiggin Hall Newbiggin	(017683) 61574	S, M, Bellgarth Calbeck	(016974) 74846
SADDINGTON, K, 12 The Mount, Whitehaven	(01946) 696042	SAWREY, T, October Cott Gablesby	(01768) 881338	S, M, Room 4 Silloth Nursing Home Silloth	(016973) 31271
SADLER, J, 2 West Green Burgh-By-Sands	(01228) 576627	S, T, 9 North Road, Kirby Stephen	(017683) 72168	S, M, 13 Cross Lane, Whitehaven	(01946) 695603
SADKIEWICZ, R, 52 Cumrew Close, Carlisle	(01228) 495115	S, W, Greenside Winton	(017683) 72325	S, M, Wingfield Curthwaite Road, Thursty, CARLISLE	(01228) 711393
S, S, 5 Scooby Close, Carlisle	(01228) 615420	SAWYERS, D, 1 Stanhope Road, Carlisle	(01228) 514018	S, M, 4 Grahams Court, Carlisle	(01228) 493437
SADLER, D, 1 Green Hollows Country Park Southwaite	(016974) 73140	S, K, 195 Durdar Road, Carlisle	(01228) 545593	S, M, 36 Ling Road, Seaton	(01900) 65311
S, I, 40 Burgh Road, Carlisle	(01228) 528932	S, Mr Paul, 117 Cant Crescent, Carlisle	(01228) 930048	S, M, 91 McGowan Street, Siddick	(01900) 605222
S, I.P, 10 Etterby Close, Cockermouth	(01900) 823189	SAXELBY, J, 49 Collingwood Street, Carlisle	(01228) 402022	S, Mrs Mary, 37 Raefield, Longtown, Carlisle	(01228) 791864
SAGEMAN, S, 32 Summerfields, Carlisle	(01228) 711673	SAXENA, Renuka, 33 Ennerdale Avenue, Carlisle	(01228) 591718	S, M, 10 Uldale Road, Stainburn	(01900) 61626
SAHIB, Mr S, Mr 59 Dalston Road, Carlisle	(01228) 598729	SAXTON, B, 14 Millfields, Beckermest	(01946) 841793	S, M, 84 Whitestiles, High Seaton	(01900) 61434
SAINBRIDGE, D, Over Lough Vallum Place, Monkhill	(01228) 576009	S, B, 17 Uldale Road, Carlisle	(01228) 531265	S, M, 41 Windebrowe Ave, Keswick	(017687) 75183
SAINT		SAYER, A, 106 South Road, Kirby Stephen	(017683) 71516	S, M, 53 Wood Street, Carlisle	(01228) 526580
See also Saints listed after St.		S, C, The Grove Alston, Alston	(01434) 381854	S, N, Bridge End Farm Westnewton	(016973) 20335
ST. JOHN, M.A, The Horse & Jockey Ho Renwick	(01768) 870490	S, D, Flat 2 16, Olds Court Tangier Street, Whitehaven	(01946) 328870	S, N, 130 Beaumont Road, Carlisle	(01228) 548798
SAINTS		S, K, 1 Fairhill Cottages Alston, Alston	(01434) 381331	S, N, 16 Cranbourne Road, CARLISLE	(01228) 534189
See also Saint listed before St.		SAYERS, A, 27 Fell View Park, Gosforth	(019467) 25529	S, P, Whinell Park Brougham	(01768) 892550
SAIT, S, 5 Parklands Way, Penrith	(01768) 890620	SBITA, A, 111 Edgehill Road, Carlisle, Cumbria	(01228) 319507	S, P, Low Ground Eskdale	(019467) 23210
SALCIUAN, N, 14 Flower Street, Carlisle	(01228) 527579	SCALES, I, SCHOOL House Patterdale	(017684) 82887	S, P, The Burroughs Papcastle	(01900) 828133
SALEH, D, 3 Nook Street, Carlisle	(01228) 496933	S, R, 26 Stanbeck Meadows, WORKINGTON	(01900) 604570	S, P, Mill Barn Wigtonby	(016973) 44014
SALEM, Dr A, 2 St. Constantines Way, Wetheral	(01228) 562443	SCAMMELL, R, Quaker Court Cockermouth	(01900) 825134	S, P, 116 Currock Park Avenue, Carlisle	(01228) 520071
SALES, A, Valentine Cottage Blencow	(017684) 80915	SCANDRETT, B, The Stables Dean	(01946) 861734	S, P, 15 Mayo Park, Cockermouth	(01900) 827088
SALISBURY, B, Beech Farm Dalston	(016974) 76357	SCARR, C, 17 Park Terrace, Kirby Stephen	(017683) 71174	S, P, Crooklands Farm Pleasant View, Maryport	(01900) 812298
S, J, Spigotty Lesson Hall	(016973) 44700	SCHOFIELD, J, 12 Valley Park, Whitehaven	(01946) 65834	S, P.E, 1 Staffield, Penrith	(01768) 898270
S, V.G, Sandy Knowe Broughton Cross	(01900) 824501	S, M.R, 21 Meadowfield Grove, Gosforth	(019467) 25300	S, R, 44 Furze Street, Carlisle	(01228) 592622
SALKELD, D, South View Beaumont	(01228) 576783	S, V, Beckside Iegill	(016974) 73426	S, R, 6 New Villas, Siddick	(01900) 68759
S, M, East Leys Lamplugh	(01946) 86244				

S, W, Croft House Ederside.....	(01900) 881711	S, E, 20 Raislands Road, Carlisle.....	(01228) 545313	SHIELD, Heather, Green Acre High Lorton.....	(01900) 85373
S, W, Rose Brae Lazonby.....	(01768) 898405	S, G, The Old Smithy Blencarn.....	(01768) 88781	S, J, Travellers Cottage Park Street, Frizington.....	(01946) 817539
S, W, 112A Denton Street, Carlisle.....	(01228) 596088	S, G, Herries Tweed Mill La, Cockermouth.....	(01900) 823710	S, Kevin, Fair View Fountains High Lorton.....	(01900) 85691
S, W, T, Eden Brae Armthwaite.....	(016974) 72215	S, I, 19 Moorfield Avenue, Workington.....	(016974) 606922	S, M, 8 Elm Mount, Frizington.....	(01946) 848856
SCOTT-SMITH, M.J., Gale View Shop.....	(01931) 716386	S, J, 22 Highmore, Wigton.....	(016973) 44473	SHIELDS, C, (Mobile), 38 Castlehead Clo, Keswick.....	(07951) 652887
SCOUAGAL, B., 1 East Terrace, Blennerhassett.....	(016973) 22387	S, J, 25 St. Michaels Drive, Carlisle.....	(01228) 499265	S, J, 34 Currock Mount, Carlisle.....	(01228) 521723
SCOWCROFT, Mark, 7 Barfs Road, Distington.....	(01946) 832750	S, J.M., 44 The Gardens, Whitehaven.....	(01946) 695958	S, J, 120 Windermere Road, Whitehaven.....	(01946) 63741
SCRIMGEOUR, R, Winter Crag Martindale.....	(01946) 820928	S, L, TARN BANK LODGE Greysouthen.....	(01900) 82268	S, K.L., 56 Newtown Road, Carlisle.....	(01228) 543705
SCURGHAM, G, 44 Gilfluff Road, Egremont.....	(01900) 63018	S, M, 14 Cumberland Street, Workington.....	(01900) 872114	SHIELDS, M, 26 Newfield Drive, CARLISLE.....	(01228) 541155
SEALBY, C.J., 96 Lonsdale View, Dearham.....	(01900) 817348	S, P, Hayrigg Farm Pelutho.....	(016973) 31495	S, N, 192 Dalston Road, Carlisle.....	(01228) 549923
S, M, 2 Nelson Square, Egremont.....	(01946) 821809	S, P, FAWCETT MILL Tebay.....	(015396) 24794	S, V, 25 St. James Road, Carlisle.....	(01228) 547920
SEABROOK, G, Caldhu Cottage Holmrook.....	(01946) 24038	S, S, Whitewell Farm Alston.....	(01434) 381879	SHILLITO, P, Castle Brook Hayescastle Road, Distington, Workington.....	(01946) 832854
SEALBY, C.J., 96 Lonsdale View, Dearham.....	(01900) 817348	S, S, 3 Brandlehow Crescent, Keswick.....	(01768) 773738	SHILTON, G, 46 Croftlands, Biggry, Egremont.....	(01946) 810983
S, V, Orchard House Burgh-By-Sands.....	(01228) 576770	S, S, 32 Cedar Court, Salterbeck.....	(01946) 831884	S, J, 18 Montreal Place, Moor Row.....	(01946) 430755
SEARBY, Keith, 24 Croft Terrace, Aspatria.....	(016973) 22981	S, S, Kelda Breck Kelda Breck, Cockermouth.....	(01900) 823612	SHIMMIN, C, Flat 8, Admiral House Strand Street, Whitehaven.....	(01946) 811291
SEARLE, T, 9 Park Close, Carlisle.....	(01228) 495435	S, U, 15 Needham Drive, Workington.....	(01900) 64565	S, E.M, Granary Barn Town End Farm Wiggonby.....	(016973) 44911
SEASMAN, S, 1 Southwell Square, Carlisle.....	(01228) 536624	SHARPE, A, Hollins Farm Hollins Farm, MOOR ROW.....	(01946) 810493	S, M, 6 Corkick, WHITEHAVEN.....	(01946) 696081
SEATH, A.P., Denton Lodge Gosforth.....	(01946) 25782	S, A, 98 Main Road, High Harrington.....	(01946) 833322	S, M, 43 Tomlin Avenue, Whitehaven.....	(01946) 62580
S, K, Clifton House Moor Road, GREAT CLIFTON, WORKINGTON.....	(01900) 269866	S, A.E., Shealings Waddale Road, Gosforth.....	(01946) 725313	SHIMMINS, R, 13 Greenhill, BRAMPTON.....	(01697) 508532
SEATON, A, Wellgill Cottages Nenthead.....	(01434) 382347	S, E, 18 Carter Garth, Great Clifton.....	(01900) 65741	SHINDLER, S, Cherry Holme The Square, Glenridding.....	(01768) 82811
S, T, Ivy Cottage Nenthead.....	(01434) 381714	S, G, Windmore End Farm North Stainmore.....	(01768) 41548	SHINE, J, 6 Hembleside Cottage Court Farm, Brampton.....	(016977) 41900
SEAVERS, R.V., Bush Inn Tallentire.....	(01900) 823707	S, I, 117 Poole Road, Salterbeck.....	(01946) 830181	SHINGLER, P, Ivy Cottage Old Brackenlands, Wigton.....	(016973) 49335
SECULAR-HALL, J., 3 Elm Garth, Wetheral.....	(01228) 561173	S, I, 58 Stricklandgate, Penrith.....	(01768) 867597	S, R, Carlec 2 Syke Road, Wigton.....	(016973) 42524
SECOMBE, C, 2 Green Close, Caldbeck.....	(016974) 77075	S, J, Walk Mill Cottage Wellington, SEASCALE.....	(01946) 25911	SHIPLEY, J, Northwood House Baybarrow Road, Egremont.....	(01946) 820836
SECRET, M, 13 The Chestnuts, Distington.....	(01900) 876775	S, L, 4 Udale Road, Stainburn.....	(01900) 604539	SHIPTON-SMITH, R.S., Quenast Frizington Road, Cleator Moor.....	(01946) 810703
SEGWICK, P, 14 South Croft, Houghton.....	(01228) 596267	S, R, High Dyke Barn Catterlen.....	(01768) 891572	SHIRREFF, Rosamond, 4 Sunnyside, Threlkeld.....	(01768) 79317
S, R, 64 Thornby Road, Wigton.....	(01697) 508573	S, Mr Ron, 29 Cammock Avenue, Carlisle.....	(01228) 526010	SHIRVINGTON, F.M., Ardgarth Grinsdale.....	(01228) 539389
SEEL, L, 1 Park Road, Greystoke.....	(01768) 80737	S, Ms R, Prospect Cottage, 98B Main Street, Workington.....	(01946) 832281	SHONE, W.H., 3 Row Beck, Dearham.....	(01900) 812769
SEERY, E.K., 9 Andover Clo, Carlisle.....	(01228) 548877	S, R, 4 Wilsons Terrace, Broughton Moor.....	(01900) 818500	SHORT, A, 52A Brougham Street, Penrith.....	(01768) 867738
SEGGIE, M, 2 The Courtyard Rockcliffe.....	(01228) 674524	S, S, 17 Brigham Road, Cockermouth.....	(01900) 822160	S, A, 22 Furze Street, Carlisle.....	(01228) 537072
SEIVEWRIGHT, Dr Nicholas, Howard Cottage Abbey Farm Lanercost.....	(016977) 41044	S, S, 8 Salterbeck Terrace, Salterbeck.....	(01946) 830355	S, A, 7 Windmill Close, Cockermouth.....	(01900) 828106
SEKER, J, 20 Bank Street, Longtown.....	(01228) 615811	S, T, Ellenbank Ellen Bank, Arlebury.....	(016973) 20624	S, B, 83 Melbreak Avenue, Cockermouth.....	(01900) 826044
SELBMANN, A, Sandy Brow Wigton.....	(016973) 49628	SHARPLES, A, 4 Seat Hill, Lazonby.....	(01768) 891339	S, D, Forge House Carlisle.....	(01228) 573464
SELKIRK, B, 180 Richardson Street, CARLISLE.....	(01228) 594700	S, M, 51 Fountains Avenue, Workington.....	(01900) 63806	S, D, 16 Keld Road, Carlisle.....	(01228) 531357
S, S, 21 Horsfield Close, Whitehaven.....	(01946) 695309	S, P, Barclose Abbeytown.....	(016973) 61836	S, E, 6 The Firs, Alston.....	(01434) 382058
SELLARS, James, 9 Edenfold, Bolton.....	(01768) 62363	SHARPLEY, L, Chatsworth Park Road, Scotby.....	(01228) 529945	S, G, 13 Thirlmere Road, MARYPORT.....	(01900) 336623
S, M, 5 Penrith Road, Keswick.....	(01768) 72794	SHATFORD, F, 41 Fell View Park, Gosforth.....	(01946) 25170	S, J, 32 Townhead Road, Cotehill.....	(01228) 561261
S, W, Linden Dykes Terrace, Carlisle.....	(01228) 402077	SHAUGHNESSY, C.R., 24A St. Ninians Road, Carlisle.....	(01228) 34100	S, Mr M, Mr Alba House, 148 High Street, Maryport.....	(01900) 816667
SELLERS, H.W., 3 Irthing Court, Irthington.....	(016977) 41369	SHAW, A, 13 Mill Race View, Carlisle.....	(01228) 596772	S, P, 12 Beech Avenue, Egremont.....	(01946) 824622
S, J, 209A Blackwell Road, Carlisle.....	(01228) 496617	S, F.D., 1 Sundial Vill Main Road, Flimby.....	(01900) 812491	S, P.J., 76 Beckgreen, Egremont.....	(01946) 821157
S, L, POLPERRO Irthington.....	(016977) 42810	S, G, 73 Fairladies, St. Bees.....	(01946) 824079	S, R, ROBIN BOW Cottage Winskill.....	(01768) 881685
S, R, Craghouse Ellerslie Park, Gosforth.....	(01946) 25453	S, G, Wiend House Low Wiend, Appleby-In-Westmorland.....	(01768) 522115	S, R, 12 London Road Terrace, Carlisle.....	(01228) 533771
SELMES, P, 6 Eamont Mews, Penrith.....	(01768) 606549	S, H, Woodlands Haile.....	(01946) 841531	S, Robert, 21 Longdyke Drive, Carlisle.....	(01228) 524336
SEMPLE, P, 7 Haig Avenue, Whitehaven.....	(01946) 691908	S, I, 1 Fell View Park, Gosforth.....	(01946) 25752	S, R, 14 Wedgwood Road, Flimby.....	(01900) 818398
SEMPLE, D, 16 The Bungalows Ewanrigg Road, Maryport.....	(01900) 814380	S, J, 5 Beech Croft, Braithwaite.....	(01768) 78586	S, S, 11 Hillary Close, Salterbeck.....	(01946) 831677
SENDAL, K, 5 Trafalgar Street, Carlisle.....	(01228) 491409	S, J, 87 Dent View, EGREMONT.....	(01946) 395132	SHORTER, Mr Christian, 35 Pategill Court, Penrith.....	(01768) 82884
S, W, 12 Grey Street, Carlisle.....	(01228) 319318	S, J, 2 Fell Lane, Penrith.....	(01768) 865051	SHOVLIN, M.M., 16 Brookside Place, Carlisle.....	(01228) 538541
SENDELL, C, 11 Sleebbeck Road, Carlisle.....	(016977) 48876	S, J.C., 4 Corkick, Whitehaven.....	(01946) 695701	SHUDEL, N, Flat 21, Fifth House Main Road, Workington.....	(01900) 550667
SENIOR, E, 5 Netherby Road, Longtown.....	(01228) 791091	S, K, 18 Howard Street, Penrith.....	(01768) 866827	SHUTT, A, 6 Winton Manor Court, Winton.....	(01768) 72904
S, G, 2 Hill Top, Thurstonfield.....	(01228) 576633	S, M, 37 Arlecdon Parks Road, Arlecdon.....	(01946) 861946	SHUTTLEWORTH, H, Rowan House Kirkby Stephen, Cumbria.....	(01768) 41287
S, R, 87 Thornton Road, Whitehaven.....	(01946) 693637	S, M, 22 Skinburness Drive, Wigton.....	(016973) 31781	S, J, Henley Syke Carlisle.....	(01768) 864020
S, S, 22 Puntun Road, Carlisle.....	(01228) 534602	S, N, 21 The Larches, Egremont.....	(01946) 440903	S, J, 76 Bransly Road, Whitehaven.....	(01946) 66711
SERRIDGE, J, 27 Lakehead Court, Keswick.....	(01768) 80398	S, N, 15 Wordsworth Terrace, Cockermouth.....	(01900) 550120	SHYLAN, A, 37 Threaplands, Cleator Moor.....	(01946) 810212
SERVANT, A, Seareach Bowness-On-Solway.....	(016973) 51934	S, P, 14 Skiddaw Close, Wigton.....	(016973) 32972	S, P, Flat 21 Stafford Court Earl Street, Cleator Moor.....	(01946) 813818
SESSFORD, Mr A, Mr 2 Cartmel Drive, Carlisle.....	(01228) 491468	S, R, Millbrook Brampton.....	(01228) 561420	SIBBALD, R.R., 5 Key How Irton.....	(01946) 273353
S, A, 3a Millholme Avenue, Carlisle.....	(01228) 930494	S, R, 109 Linc Beck Park, Seaton.....	(01900) 63739	S, T, 70 Westfield Drive, Workington.....	(01900) 67788
S, Mrs B, Mrs 207 Wherside, Carlisle.....	(01228) 513190	S, R.L., 23 Stockwell Road, Blackwell.....	(01228) 543954	SIBBIT, D, 13 Henry Street, Cockermouth.....	(01900) 828404
S, G, 22 Ninerigg, Dalston.....	(01228) 710106	S, S, Tongue Farm House Watermillcock.....	(01768) 866590	SIBLEY, J, 4 Wheelbarrow Court, Scotby.....	(01228) 531380
S, I, East House Deanscales.....	(01900) 826507	S, S, 13 Tynfield View, Penrith.....	(01768) 866603	S, T, 20 Scotby Green Steading, Scotby.....	(01228) 543069
S, J, 2 Grasmere Avenue, Whitehaven.....	(01946) 430627	S, Winifred, 75 Stonehouse Park, Thursby.....	(01228) 712881	SIBSON, J, 3 The Orchard, Bassenthwaite.....	(01768) 76547
S, K, 7 Brampton, CA8.....	(01228) 561201	SHEAD, J, High Head Chapel Ilegill.....	(016974) 73150	SICE, C, Railway Siding Woodend.....	(01946) 815882
S, R, Northfield Torpenhow.....	(016973) 71175	S, R, Manor House Kirkoswald.....	(01768) 898258	SIDDLE, D, YMPGARTH BARN Stainton.....	(01768) 210933
S, Mr R, Mr 9 Laburnum Court, Carlisle.....	(01228) 319896	SHEALS, L, 10 Fergus Way, Carlisle.....	(01228) 544680	S, Hp, Melfield Dean.....	(01946) 862380
SETHI, S, 3 Westfield Drive, Egremont.....	(01946) 822606	SHEARD, Mrs Ingrid, 9 Penton Close, Carlisle.....	(01228) 317409	S, J, 9 Park Close, Penrith.....	(01768) 863625
SEVAR, Dr R, 15 Tribune Drive, Houghton.....	(01228) 531691	SHEATHER, P, 12 Mill Road, Glasson.....	(016973) 51061	S, T, Moss Side Farm Longtown.....	(01228) 792136
SEVERN, L, 6 Chestnut Close, Culgaith.....	(01768) 88741	SHECKLEY, J.A., Ground Floor Rear Flat 9 Chatsworth Square, Carlisle.....	(01228) 545992	S, W.R., Ewanway Edenhall.....	(01768) 862671
SEVILLANO DURAN, M, Flat 2 137 Warwick Road, Carlisle.....	(01228) 272122	SHEEL, R, Moddest Farm Crossfield Road, Cleator Moor.....	(01946) 811143	SIDDONS, J, 118 Whinlatter Road, Whitehaven.....	(01946) 447930
SEWARD, Mr Leonard, 32 Queens Drive, Egremont.....	(01946) 826701	SHEILDS, G, Beathorn Lodge Watermillcock.....	(01768) 86597	SIDLE, D, 1 Hillside, Workington.....	(01900) 550428
SEWELL, A, Oaksdale Mayfield Farm Greysouthen.....	(01900) 822522	SHEKELL, A.H., Fifth House Boustead Hill.....	(01228) 576971	SIEMIASZKO, K, 11 White Hart Yard, Cornmarket.....	(01768) 201140
S, A, Gibbs Hill Cottage Carlisle, Roadhead.....	(016977) 48027	SHELDON, W.G., Gate Farm House Kirkland Road, Skirwith.....	(01768) 88468	SIEVEWRIGHT, Ian, The Garth Crosby.....	(01900) 812435
S, Alexander, 18 Ryhill Park, Kirkcintown.....	(01228) 675600	SHELL, Es, James Street Service Station James Street, Carlisle.....	(01228) 543991	SIGMIREAN, C, 15 Southend Road, Penrith.....	(01768) 840610
S, B, 55 Sewell Road, Carlisle.....	(01228) 597574	SHENTON, A, Low Uzzicar Newlands.....	(01768) 78347	SIDDER, R, 74 Brook Street, Carlisle.....	(01228) 492647
S, B, 8 Tomlin Avenue, Whitehaven.....	(01946) 848965	SHEPARD, C, Low Outwood Arthur Street, Penrith.....	(01768) 840227	SILK, Amanda, 3 Wordsworth Street, Keswick.....	(01768) 73301
S, D, 79 Buttermere Avenue, WHITEHAVEN.....	(01946) 693669	SHEPARD, J, 15 Parklands Drive, Egremont.....	(01946) 821548	SILITOE, J, Scoughmyre Southwaite.....	(016974) 74349
S, D.R., Gowbarrow Ilegill.....	(016974) 73270	SHEPHERD, A, Easterhill 2 Crag Park, Brampton.....	(016977) 42304	SILVA, E, 20 Cumrew Close, Carlisle.....	(01228) 526541
S, E, Fenton Croft Fenton.....	(01228) 670364	SHEPHERD, D, 2 Glebelands Cottages Knock.....	(01768) 61746	SILVERWOOD, F, 1 Warnell Drive, Carlisle.....	(01228) 546717
S, Mr E, 34 Newlands Park, Workington.....	(01900) 602859	S, D, Gleanage Carleton Road, Carlisle.....	(01228) 526210	S, S, Brookbank Haile.....	(01946) 841664
S, Mr Grahame, 52 Greenacres, Carlisle.....	(01228) 562558	S, Mr D, Moat Villa Moat Street, Brampton.....	(016977) 2853	SIM, A, Orchard House Westnewton.....	(016973) 21919
S, I, 19 Highfield Road, Cockermouth.....	(01900) 824306	S, F, 46 Thormtrees Drive, Egremont.....	(01946) 820975	S, A, 123A Casson Road, Workington.....	(01900) 872717
S, J, 28 Foxhouses Road, WHITEHAVEN.....	(01946) 430287	S, J, 8 Briar Bank, Carlisle.....	(01228) 533737	S, C, 15 Springfield, Wigton.....	(016973) 26997
S, J, 23 Stainburn Road, Stainburn.....	(01900) 602738	S, J, 16 Kirkfell Avenue, Cockermouth.....	(01900) 269066	S, D, 18 The Crofts, St. Bees.....	(01946) 842898
S, J.W., Holme Lea Leesrigg Mealsgate.....	(016973) 71750	S, J.K., 1 Force Cottages Station Road Alston.....	(01434) 381158	S, E, 14 The Muslims, Plumland.....	(016973) 22369
S, L, 4 Caldwell Street, Wigton.....	(016973) 31540	S, L, 7 Brunty Meadows, Alston.....	(01434) 382000	S, G, 2 Bellgate Steading, Aspatria, Wigton.....	(016973) 21238
S, M, SALFORD TERRACE Main Street, Egremont.....	(01946) 820243	S, M, 11 West View Gelf Road, Brampton.....	(016977) 2967	S, J, PATHWAYS Westnewton.....	(016973) 21376
S, Mrs Mary, 14 Ninerigg, Carlisle.....	(01228) 711103	S, P, Lorac House Front Street, Cotehill, CARLISLE.....	(01228) 560685	S, J, 33 The Fairways, Seascale.....	(01946) 21164
S, M, 2 St. Ninians Road, Carlisle.....	(01228) 592273	S, P, 19 Hartfield Close, Whitehaven.....	(01946) 66504	S, L, 74 Main Street, Cleator.....	(01946) 815884
S, S, 6 Phoenix Park, Skelton.....	(01768) 84454	S, R, 9 Graysons Close, Cockermouth.....	(01900) 268565	S, M, 17 Gilsland Road, Carlisle.....	(01228) 543270
S, Mr William, 82 Gray Street, Workington.....	(01900) 62039	S, S, Ashvill Birks Road, Cleator Moor.....	(01946) 443832	S, R, 46 Leathwaite, Whitehaven.....	(01946) 65666
SEXTON, C, 8 Harpers Lane, Greysouthen.....	(01900) 827261	S, T, 1 Green Houses, Culgaith.....	(01768) 88600	S, S, Lakeside Lorne Farm Abbeytown.....	(016973) 61333
SEYMOUR, D, Unit 22c Solway Trading Estate, Maryport.....	(01900) 813335	S, T, The Lathes Selby Terrace, Maryport.....	(01900) 818875	S, The Cottons Nately Road, Kirkby Stephen.....	(01768) 71329
S, 49 Boroughgate, Appleby-In-Westmorland.....	(01768) 51874	S, W, The Coach House High Head Castle Ilegill.....	(016974) 73279	S, W, 1 Central Terrace, Silloth.....	(016973) 31584
SHACKLEY, Mr Ian, 5 Abbots Way, St. Bees.....	(01946) 823050	S, Y, 22 Springfield Grove, Whitehaven.....	(01946) 451489	SIMCOCK, A, Perello Cross Lanes, Seascale.....	(01946) 28236
S, M, 13 Central Road, WHITEHAVEN.....	(01946) 63916	SHEPLEY, J.M., Flat 3 Cookson House Newton Road, Penrith.....	(01768) 890012	S, F, Nook Farm Rosthwaite.....	(01768) 77889
S, T, Lynwood Sea Mill Lane, St. Bees.....	(01946) 395157	SHEPPARD, M, 1 Beck Place, Gosforth.....	(01946) 25384	S, 172 Santon Way, Seascale.....	(01946) 27253
SHACKLY, C, 8 Round Close Park, Whitehaven.....	(01946) 590707	S, M, Cockermouth Castle Castlegate, Cockermouth.....	(01900) 829016	SIMMONDS, C.J., Friars Garth Hayton.....	(01228) 670324
SHADWICK, Yvonne, 40 Grinsdale Avenue, Carlisle.....	(01228) 535882	SHEPPEARD, Adm N, 10 Carleton Road, Penrith.....	(01768) 865966	SIMMONS, E, 11 Eden Grange, Little Corby.....	(01228) 561139
SHAPTESLEY, M, Eskdale Stores Eskdale.....	(01946) 23229	SHERIDAN, A, 2 Eden Straits, Langwathby.....	(01768) 881307	S, Roy, 46 High Street, Maryport.....	(01900) 814194
SHAKESPEAR, V, 8 Coniston Crescent, Workington.....	(01900) 63546	S, A, Gelt Close, Carlisle.....	(01228) 318338	SIMONS, G, Fosters Barrier Road, Greystoke.....	(01768) 83780
SHAKESPEAR, P.G., 37 Longlands Road, Carlisle.....	(01228) 523279	S, H, TOWNFOOT West Hall.....	(016977) 41811	S, Kevin, 66 Kendal Street, Carlisle.....	(01228) 538922
SHAMSMUDIN, L, 9 Fell View Avenue, Whitehaven.....	(01946) 528236	SHERIFF, F, Overburn Cottage Front Street, Alston.....	(01434) 381304	SIMPER, A.M., Yew Tree Farm Waddale Head.....	(01946) 26285
SHANKLIN, L, 43B Queen Street, Aspatria.....	(016973) 21070	SHERLOCK, S, Inchfad Moorhouse.....	(01228) 576838	SIMPSON, A, Waingate Head Kirkcintown.....	(01228) 675310
SHANKS, J, 1 Whitcroft, Maryport.....	(01900) 816146	S, Susan, 11 The Fairways, Seascale.....	(01946) 20741	S, A, Linden House Shap.....	(01931) 716236
S, M, 2 Hadrians Court, Grinsdale.....	(01228) 598629	SHERMAN, W, Carleton House Carleton.....	(01228) 523389	S, A, The Garth Chestnut Hill, Keswick.....	(01768) 75861
SHANNON, B, Station View Langwathby, Penrith.....	(01768) 881541	SHERWARD, A, 14 Woodend Drive, Carlisle.....	(01228) 402067	S, A, 4 Murrydale Terrace, Workington.....	(01900) 61250
S, L, 45 Castle View, Penrith.....	(01768) 868006	S, G, Seton House Wreay.....	(01228) 520425	S, Alan, 6 Westgarth Road, Kirkby Stephen.....	(01768) 71551
S, M, 13 Westmorland Rise, Appleby In Westmor					

S, D, Graystone Park Lane, Alston.....	(01434) 381886	S, L, Corner House Great Salkeld, Penrith.....	(01768) 898077	S, I, 447 Durdar Road, Carlisle.....	(01228) 523915
S, Mrs Doreen, 25 Wetheriggs Rise, Penrith.....	(01768) 863208	S, M, The Cottage Newby.....	(01931) 714421	SMITH, A, Cotehill Farm Brampton.....	(016977) 423447
S, E, Tirol Church Close, Distington.....	(01946) 832323	S, M, 96 Ghyll Bank, Little Broughton.....	(01900) 827223	S, A, High Ashgill Cottage Garrigill.....	(01434) 381391
S, E, 2 Nether View, Maryport.....	(01900) 851113	S, R, Chalet Number 1 Gillhead Gillhead, Flimby.....	(01900) 810080	S, A, Newents Rise Haile.....	(01946) 841970
S, E, 7 Patgill Square, Penrith.....	(01768) 863714	S, T, 3 Moor Crescent, Longtown.....	(01228) 791009	S, A, Low Meadow Kirklington.....	(01228) 427374
S, E, 16 Pennine View, Newbiggin.....	(01768) 834886	S, W, Holmerigg Bulgill.....	(01900) 812820	S, A, The New Inn Melmerby.....	(01768) 881066
S, E, 409 Warwick Road, Carlisle.....	(01228) 525269	SKILLEN, A, 41 Melbreak Avenue, COCKERMOUTH.....	(01900) 386373	S, A, 20 Ashford Way, CARLISLE.....	(01228) 401307
S, F.R., 22 Croft Vw, Long Marton.....	(01768) 61646	S, Miss Danielle, 9 Victory Crescent, Maryport.....	(01900) 392531	S, A, 29 Brienydale Lane, Stainburn.....	(01900) 62720
S, G, 21 The Lilacs, Egremont.....	(01946) 821819	S, E, 54 Overend Road, Whitehaven.....	(01946) 692154	S, A, 21 Carlton Drive, Whitehaven.....	(01946) 693583
S, G, 70 Thornby Road, Micklethwaite, Wigton.....	(016973) 420111	S, G, 47 Scalegill Road, Moor Road.....	(01946) 812375	S, A, 1A Castlegate, Cockermouth.....	(01900) 821939
S, G, 1 Wampool Place, Wigton.....	(016973) 26714	S, J, 22 Griesdale Place, Cockermouth.....	(01900) 824476	S, A, 21C Chertsey Grove, Carlisle.....	(01228) 597657
S, H, Lees Bank Wigton.....	(016973) 32891	S, R, 40 Brigham Road, Cockermouth.....	(01900) 825167	S, A, 74 Church Meadows, Great Broughton.....	(01900) 824373
S, Ian, Banks Green Cottage Banks.....	(016977) 3653	SKILLICORN, P, 1 West Terrace, Blennerhasset.....	(016973) 21518	S, A, 101 Corporation Road, Workington.....	(01900) 393602
S, I, The Cottage Tebay.....	(015396) 26003	S, S, 1 Lincoln Rd, Hensingham.....	(01946) 591021	S, A, 11 Dukes Meadow, Hutton Roof.....	(017684) 84673
S, I, 5 Knowe Pk Av, Carlisle.....	(01228) 402381	SKIMMING, Mrs Patricia, 61 Townfoot Park, Brampton.....	(016977) 41975	S, A, 123 Ederside Drive, Carlisle.....	(01228) 498885
S, I, C, Hawthornedene Appleby Road, Kirkby Stephen.....	(017683) 71622	SKINNER, A, Ehen Bank House Ennerdale Road, Cleator Moor.....	(01946) 817704	S, Angela, 12 Galloper Park, Tebay.....	(015396) 24859
S, I, Cleskeths Farmhouse Hallbankgate.....	(016977) 46206	S, A, 9 Queens Park, Aspatria, WIGTON.....	(016973) 22255	S, A, 30 Herbert Street, Carlisle.....	(01228) 511479
S, J, Brougham House Knock.....	(017683) 61340	S, B, 3 Dale View, Carlisle.....	(01228) 521558	S, A, 12 Lawson Clo, Whitehaven.....	(01946) 66306
S, J, Oak Dene Wigton.....	(016973) 44909	S, Barry, 21 Laburnum Grove, Maryport.....	(01900) 812836	S, A, Hill Croft Lowther Street, Penrith.....	(01768) 862812
S, J, 1 The Old School Drumburgh.....	(01228) 575014	S, B, 96 Moresby Parks Road, Moresby Parks, Whitehaven.....	(01946) 62666	S, Andrew, 132 Newtown Road, Carlisle.....	(01228) 599621
S, Admiral J, 1 Old School Drumburgh.....	(01228) 576112	S, F, 31 Freer Street, Carlisle.....	(01228) 526790	S, A, 34 Primrose Bank, Wigton.....	(016973) 44786
S, J, 4 Kingstone Cottages Battlebarrow, Appleby-In-Westmorland.....	(017683) 98315	S, J, 3 Houghton Road North, Houghton.....	(01228) 536656	S, A, 19 Priory Drive, Cleator Moor.....	(01946) 48902
S, Mr Joseph, 17 Garden Close, Penrith.....	(01768) 865490	S, K.G, 13 Grierson Road, Carlisle.....	(01228) 818482	S, Allan, Birch Cottage Sleethbeck Road, Roadhead.....	(016977) 48251
S, J, 2 Howthorne Fields, Cleator.....	(01946) 458454	S, S, Greengates Sunderland.....	(016973) 22558	S, Avril, 3 Solway Rise, St. Bees.....	(01946) 822285
S, J, 2 Howthorne Fields, Cleator.....	(01946) 811976	SKIPSEY, S, 57 Balmoral Road, Whitehaven.....	(01946) 62885	S, A, 2 Suffolk Close, Whitehaven.....	(01946) 692908
S, J, 25 Hurley Road, Little Corby.....	(01228) 560018	SKYRME, K, 22 Lindsifarne Street, Carlisle.....	(01228) 524126	S, A, 13 Westgarth Court, Kirkby Stephen.....	(017683) 48758
S, J, 38 Millfield Gardens, Keswick.....	(017687) 80551	SLACK, C, Field View Browfoot, Keswick.....	(017687) 74458	S, Andrew, 229 Wigton Road, Carlisle.....	(01228) 541021
S, J, Southview Rowgate, Kirkby Stephen.....	(017683) 71032	S, D, 1 Clifford Close, Penrith.....	(01768) 863672	S, A.J, Quarryhill Farm Mealsgate.....	(016973) 71237
S, J, 3 St Catherine's Court, Drovers Lane, PENRITH.....	(01768) 606054	S, E, Holme View Wetheral.....	(01228) 573414	S, B, Rough Syke Cottage Roadhead.....	(016977) 48212
S, J.J, 51 Gray Street, Workington.....	(01900) 63788	S, E, 6 Curlew Walk, Carlisle.....	(01228) 402896	S, B, Field Head Roadhead.....	(016977) 48632
S, J.T, Briarley Town Head, Dearham.....	(01900) 813584	S, Grace, Christy Bank Newby.....	(01931) 714374	S, B, Flat 2 Willow Place Currock Road, Carlisle.....	(01228) 739569
S, K, Knock Cross Knock.....	(017683) 61946	S, G, 7 Crown Inn Fields, Morland.....	(01931) 714026	S, B, 3 Dalston Road, Workington.....	(01900) 603168
S, K, 8 Hutton Gardens, Penrith.....	(01768) 865704	S, G, 3 The Lynchetts, Penrith.....	(01931) 716599	S, B, Jamieson Cottage Gelt Road, Brampton.....	(016977) 42820
S, K, Meadow Field Lodge Little Mill, Egremont.....	(01946) 821226	S, H, Whiteclose Farm Rowletown.....	(016977) 48337	S, Mr Brian, 2 Lyngarth, Carlisle.....	(01228) 319629
S, K, 472 Warwick Road, Carlisle.....	(01228) 512276	S, J.S, Brougham Castle Fm Brougham.....	(01768) 862123	S, Mrs B, 126 Oaklands Drive, Carlisle.....	(01228) 543296
S, K, 171 Wherside, Carlisle.....	(01228) 524954	S, M, CALDEW LODGE Heskett Newmarket.....	(016974) 78263	S, B, 77 Snebro Road, Whitehaven.....	(01946) 696212
S, L, 23 Eden Mount, Penrith.....	(01768) 862808	S, M, 4 Hurley Road, Carlisle.....	(01228) 560380	S, B, 69 Summerfields, Carlisle.....	(01228) 712010
S, Laura, 94 Eden Street, Carlisle.....	(01228) 547965	S, M.W, Newby Farm Newby East.....	(01228) 573225	S, B.B, 16 Sockbridge Drive, Sockbridge.....	(01768) 862138
S, M, Whitegate Fingland.....	(016973) 51376	S, Mrs N, Heather Bank Appleby-In-Westmorland.....	(016983) 51922	S, C, GHYLL COTTAGE Kirkland.....	(01946) 861456
S, M, The Beeches Low Moresby.....	(01946) 67514	S, R, 3 Elizabeth Cottages Maulds Meaburn.....	(01931) 715244	S, C, Glen Cottage Unthank.....	(017684) 84443
S, M, Old Barn Skelton.....	(017684) 84439	S, R, THE FITZ Low Road, Cockermouth.....	(01900) 826610	S, C, ASPLAND HOUSE Battlebarrow, Appleby-In-Westmorland.....	(017683) 53187
S, M, 230 Benson Row, Penrith.....	(01768) 339291	SLANN, K, 41 Yearl Rise, Seaton.....	(01900) 267532	S, C, 95 Bowster Street, Carlisle.....	(01228) 495418
S, M, 28 Crifford Road, Carlisle.....	(01228) 528628	SLATER, A, Grange Farm Cottage Grange.....	(01946) 824004	S, C, 3 Denton Terrace, Seascale, Cumbria.....	(01946) 25857
S, M, 3 Longcroft, Cockermouth.....	(01900) 822703	S, A, 49 Trumpet Road, Cleator.....	(01946) 528187	S, Mrs C, Mrs 2 High Buildings, Carlisle.....	(01228) 562127
S, Mrs Mabel, 36 Richmond Hill Road, Whitehaven.....	(01946) 694435	S, Bill, 59 Kingstown Road, Carlisle.....	(01228) 597775	S, C, 2 Inkerman Terrace, Whitehaven.....	(01946) 696704
S, M, 13 Robert Owen Avenue, Cleator Moor.....	(01946) 813682	S, C, 1 NEW CROWN YARD South Quay, Maryport.....	(01900) 815485	S, Mrs Catherine, 7 Knowefield Close, Carlisle.....	(01228) 930437
S, M.P, 19 Wentworth Park, Stainburn.....	(01900) 61523	S, D, 5 Brisco Mount, Egremont.....	(01946) 822024	S, C, 19 Lingla Bank, Frizington.....	(01946) 329568
S, N, 5 Barton View, Penrith.....	(01768) 865912	S, D.J, 4 Howard Place, Carlisle.....	(01228) 544400	S, C, 11 Manor Road, Carlisle.....	(01228) 491513
S, N, CRAGG VIEW Frizington Road, Frizington.....	(01946) 814931	S, H, The Mission Hall Sunderland.....	(016973) 21866	S, C, Heatherlea Station Road, Brampton.....	(016977) 42450
S, N, 3 Habervain Lane, Crosby Ravensworth.....	(01931) 715440	S, J, Netherdale Middletown.....	(01946) 823323	S, C, 24 The Parklands, COCKERMOUTH.....	(01900) 821590
S, P, Carleton Terrace Carleton Road, Penrith.....	(01768) 863995	S, J, 72 Ewanrigg Road, Maryport.....	(01900) 815970	S, C.E, 7 Quarry Street, Fletchertown.....	(016973) 71599
S, P, Chestnut Barn Castle Carrock, Brampton.....	(01228) 760237	S, J, 16 Garrett Way, Carlisle.....	(01228) 642974	S, C.H, 2 Baron Wood View, Kirkoswald.....	(01768) 898664
S, P, 35 Pembroke Street, Appleby-In-Westmorland.....	(017683) 51630	S, J, 34 Lansdowne Crescent, CARLISLE.....	(01228) 532750	S, D, Dalegarth Dalemain.....	(01931) 715375
S, P.A, 73 Pinecroft, Carlisle.....	(01228) 592179	S, J.J, 52 Bower St, Carlisle.....	(01228) 538459	S, D, PROSPECT VIEW Heads Nook.....	(01228) 562949
S, P.S, 80 Henderson Rd, Carlisle.....	(01228) 818563	S, M, Rose Cottage Beckermert.....	(01946) 841254	S, D, 2 Station House Clifton.....	(01931) 712382
S, S, Bobbin Mill Cottage Howtown.....	(017684) 86020	S, P, Tommy Gill Papcastle.....	(01946) 821856	S, D, 8 Beech Avenue, Egremont.....	(01946) 822006
S, Mr Sydney, The Willows Fairbead Lane, Penrith.....	(01768) 864335	S, P, The Willows, Egremont.....	(01946) 821977	S, D, Park House Brampton Road, Alston.....	(01434) 382508
S, S, 9 Hillside, Laversdale.....	(01228) 573486	S, S, Driftwood Couderton.....	(01946) 821357	S, D, 9 Crown Street, Cockermouth.....	(01900) 821453
S, S, 2 Meadow Close, Appleby-In-Westmorland.....	(017683) 48261	S, S, Wilton.....	(01946) 862395	S, D, 65 Haydock View, Carlisle.....	(01228) 498865
S, T, Lochar Moss Branthwaite.....	(01900) 605520	S, T, 2 Winder Brow, Winder.....	(01228) 522174	S, D, 4 Holliday Crescent, Silloth.....	(016973) 32922
S, Mr W, Oaks Cottage Carlisle.....	(01228) 711516	S, Mr W, 11 Westridge Road, Carlisle.....	(01228) 495449	S, D, 9 Melbreak Avenue, Cockermouth.....	(01900) 822440
SIMPSON, J, 8 Winton Crescent, CARLISLE.....	(01228) 593529	SLAYMAKER, A.E, Winder Hall Low Lorton.....	(01900) 85479	S, D, Greta Cottage Penrith Road, KESWICK.....	(017687) 72919
SIMS, A, Ivy Cottage Dacre.....	(017684) 86507	SLEE, J.G, 10 Croft Place, Temple Sowerby.....	(017683) 61593	S, D, 7 Peregrine Close, Moresby Parks.....	(01946) 696484
SINCLAIR, F.S, 36 Croft Terrace, Penrith.....	(01768) 863641	S, Mrs 10 Crakegarth, Carlisle.....	(01228) 710885	S, D, 74 Rutland Avenue, Whitehaven.....	(01946) 528984
S, John A.M, 12 Gilbert Road, Cummersdale.....	(01228) 526883	S, Mr Raymond, 2 Alder Road, Penrith.....	(01768) 862411	S, D, 16 Skirgill Close, Penrith.....	(01768) 866276
S, M, 22 Turnstone Drive, Carlisle.....	(01228) 545448	S, T.W, 1 Fountains Yard Faraday Road, Kirkby Stephen.....	(017683) 71895	S, D, 29 Sleethbeck Road, Roadhead.....	(016977) 48446
S, M, Richard Rose Academy Wigton Road, Carlisle.....	(01228) 539364	SLEIGHTHOLM, F.M, 117 Briar Bank, Carlisle.....	(01228) 543304	S, E, Criffel View Thurstonfield.....	(01228) 575093
S, P, 7 Lanning Foot, Rockcliffe.....	(01228) 674788	SLESSOR, P, 12 Salkeld Road, Langwithby.....	(01768) 606702	S, E, Flat 17 Derwent Mills Cockermouth.....	(01900) 821183
S, R, 7 Engard House Champion Way, Penrith New Squares, Penrith.....	(017687) 44024	SLEVIN, A, Beachcomber Nethertown.....	(01946) 822001	S, Eric, 10 Crossfield, Carlisle.....	(01228) 539893
S, S, 35 Greenacres, Wetheral.....	(01228) 560583	SLOAN, B, 1 Moorlea, Crosby.....	(01900) 815336	S, E, 10 Crossfield, Carlisle.....	(01228) 549836
S, S.A, Gambling Croft Dalston.....	(01228) 710664	S, S, Stainton House Fm Stainton, Carlisle.....	(01228) 523175	S, E, 12 Mount Pleasant Gardens, Wigton.....	(016973) 49514
S, S, Low House Troutbeck.....	(017687) 79670	S, C, 15 Station Close, Egremont.....	(01946) 443208	S, E, 91 Scotby Road, Scotby.....	(01228) 513612
S, S, 13 Townfoot Court, Brampton.....	(016977) 42927	S, Dorothy, 22 22 Manor Road, Carlisle.....	(01228) 520253	S, E.F, 21 Scotby Road, Scotby.....	(01228) 513213
SINDEN, J, 12 Robin Grove, Thurstby.....	(01228) 471238	S, D.D, 12 Railway Terrace, Seascale.....	(01946) 289505	S, F, Eastmoor Rockcliffe, Carlisle.....	(01228) 674549
SINGH, A, 4 Garsdale Drive, Carlisle.....	(01228) 494398	S, G, 21 Highfields, WHITEHAVEN.....	(01946) 295055	S, G, Station House Lambey.....	(01434) 321200
S, J, 60 Pow Street, Workington.....	(01900) 550172	S, J, 1 Ashfield Road, Workington.....	(01900) 606478	S, G, Talbot Cottage Tirril.....	(01768) 850706
S, Dr T. Ridvan Eterby.....	(01228) 535128	S, K, 1 School Close, Maryport.....	(01900) 819536	S, G, 5 Dunder Lane, Thurstby.....	(01228) 712842
SINGLETON, B, 73 Gosforth Road, Seascale.....	(01946) 27697	S, L, 1 Prospect Row, Cleator.....	(01946) 528521	S, G, 5 Eden Mount, Wetheral.....	(01228) 562756
S, C, Foxgloves Dearham Bridge Road, Crosby.....	(01900) 816942	S, L, 12 Berwick Street Workington, Cumbria.....	(01900) 68398	S, G, 4 High Bank Close, Carlisle.....	(01228) 402523
S, C, 18 Granville Road, Carlisle.....	(01228) 402275	S, M, CUMBRAE Flimby Brow, Flimby.....	(01900) 812256	S, G, 67 Main Street, Whitehaven.....	(01946) 447777
S, D, LILAC COTTAGE Church Brough.....	(017683) 41805	S, T, STILL Waters Crosby.....	(01900) 269258	S, G, 13 Overend Road, Whitehaven.....	(01946) 691614
S, E, Cherry Cottage Threlkeld.....	(017687) 79683	S, Mr Vernon J, Bridge End Court, 34 Wakefield Road, Cockermouth.....	(01900) 828919	S, G, 11 Park Road, Greystoke.....	(017684) 83376
S, E, 18 Trinity Court, Whitehaven.....	(01946) 61586	S, W, 19 Edinburgh Road, Maryport.....	(01900) 815791	S, G, Kenmore Sea Mill Lane, St. Bees.....	(01946) 822489
S, K, 16 Ramsey Drive, Parton.....	(01946) 690408	SLONE, J, 282 Moss Bay Road, Workington.....	(01900) 61071	S, G.I, 6 Moorside, Hunsonby.....	(01768) 881998
S, T, 2 Ellerbeck Barns, Egremont.....	(01946) 460015	SLOWTHER, A, Church Lane Bungalow Nenthead.....	(01434) 381881	S, H, 1 Ashton Gardens Tebay.....	(015396) 24235
S, T, 5 Ennerdale Avenue, Workington.....	(01900) 68421	SLUMAN, R, ST. CHRISTOPH COTTAGE Warwick Bridge.....	(01228) 561881	S, H, 66 Levens Drive, Carlisle.....	(01228) 520059
SINKINSON, Army, Garden Cottage Kirkoswald.....	(01768) 870704	SLY, R, 71 Frenchfield Way, Penrith.....	(01768) 840248	S, H, 53 Maxwell Drive, Kingstown.....	(01228) 674539
S, C, 100 Corporation Road, Workington.....	(01900) 61662	SMALAE, E, 2 Pipe House Cricketers Walk, Penrith.....	(01768) 201160	S, H, 10 Tum Rudd Close, Cockermouth.....	(01900) 393132
S, J, 41 Friars Rise, Penrith.....	(01768) 864995	SMALAE, A, 19 The Crescent, Egremont.....	(01946) 823745	S, Dr I, High Mill Cottage High Lorton.....	(01900) 403124
S, S, 62A Stricklandgate, Penrith.....	(01768) 895436	S, B, 33 Towers Lane, Cockermouth.....	(01900) 822923	S, I, Woodhow Loweswater.....	(01900) 403194
SINNETT, Mr John, Brantwood, 1 The Glebe Wetheral, Carlisle.....	(01228) 739857	S, J, 14 Gillfoot Avenue, EGREMONT.....	(01946) 430823	S, I, 10 Howthorne Fields, Cleator.....	(01946) 814031
SINSTADT, J, Heather Bank Blitterlees.....	(016973) 31617	S, J, 24 Thorny Road, Thornhill, EGREMONT.....	(01946) 822030	S, I, 28 Stonehouse Park, Carlisle.....	(01228) 710011
SISSON, A, 1 Fell Croft, Penrith.....	(01768) 840782	SMALES, D, Common House Gilsland.....	(016977) 47760	S, I.G, 8 Nelson Square, Egremont.....	(01946) 823428
S, B, 4 Knowfield Avenue, CARLISLE.....	(01228) 599928	S, E, 2 High Croft Station Road, Carlisle.....	(01228) 562683	S, J, Glen View Duffon.....	(017683) 51696
S, B, 63 Walkmill Crescent, Carlisle.....	(01228) 514858	SMALL, A, 1 Dickrod Lane, Skinburness.....	(016973) 31039	S, J, Great Close Glenridding.....	(017684) 82235
S, D, 5 Castle Drive, Penrith.....	(01768) 866496	S, B, Anvil Cottage Renwick.....	(01768) 870151	S, J, BRIAR GARTH Irthington.....	(016977) 42543
S, P.P, 23 Sandgate, Penrith.....	(01768) 863470	S, D, 14 Burtholme Avenue, Carlisle.....	(01228) 491190	S, J, The Farm Millbeck.....	(017687) 72253
S, G, ORCHARD BANK Hethersgill.....	(01228) 675101	S, E, 11 Cartmel Drive, Carlisle.....	(01228) 520963	S, J, Bryher Cottage Ousby.....	(01768) 881328
S, G.W, 6 Highfield Road, Cleator Moor.....	(01946) 811569	S, E, 47 Dalegarth Avenue, Carlisle.....	(01228) 493261	S, J, Stonehaven Threapland.....	(016973) 22398
S, M, 3 Thirlmere Park, Penrith.....	(01768) 899119	S, P, 16 Sawfell Avenue, Workington.....	(01900) 63982	S, J, 39 Blencarn Park, Rockcliffe.....	(01228) 674790
S, Mr 3 Thirlmere Park, Penrith.....	(01768) 862672	S, J, 13 Pinfold Close, Cockermouth.....	(01900) 824121	S, J, 26 Clifford Road, Penrith.....	(01768) 864318
S, Sylvia, 200 Frizington Road, Frizington.....	(01946) 812001	SMALLBONE, G, 15 Sunscals Avenue, Cockermouth.....	(01900) 823008	S, J, 72 Cumrew Close, Carlisle.....	(01228) 544494
SIXSMITH, B, 5 Cawlands, Durdar.....	(01228) 543745	SMALLEY, E, Westering Hayton.....	(01228) 670445	S, J, 17 Cumwhinton Road, Carlisle.....	(01228) 531402
SKALYCH, N, Flat 6, Northgate 54 Scotland Road, Carlisle.....	(01228) 516502	SMALLWOOD, E, 70 Upperby Road, Carlisle.....	(01228) 526235	S, J, 21 Dixon Road, Carlisle.....	(01228) 511109
SKAED, T, Knowe Head Penton.....	(01228) 577320	S, I, 9 Christ Croft, Brough.....	(017683) 41759	S, J, 2 East Park, Crofton.....	(016973) 42772
SKEN, J, LOW HOLME Drigg Road, Holmrook.....	(01946) 742219	S, J, Binsey Farm High Ireby.....	(016973) 71286	S, J, 2 Eden Court, Lazonby.....	(01768) 870869
SKET, A.W, 65 Winscale Way, Carlisle.....	(01228) 531918	S, T, 1 Eden Grange, Little Corby.....	(01228) 560567	S, J, The Hawthornes Fairbead Lane, Stainton.....	(01768) 865999
SKELHORNE, A, 2 Church Street, Tebay.....	(015396) 24655	SMART, D, 8 High			

S, J, Hill House Cottage Plaskeatts Lane, Wigton.....	(016973) 44670
S, J, 12 Rosehill, Brampton.....	(01697) 543307
S, J, 15 Springfield Avenue, High Harrington.....	(01946) 831234
S, J.A, 10 Barwise Row, Arlecon.....	(01946) 861509
S, J.B, 34 Kiln Green Avenue, High Harrington.....	(01946) 830579
S, J.C, Lorne House Overburn, Alston.....	(01434) 381897
S, J.M, Brow House Main Street, Brough.....	(017683) 41230
S, J.S, 2 Winder Gate, Frizington.....	(01946) 813338
S, K, 2 Low Road Cottage Bridekirk.....	(01900) 828987
S, K, Flat 8 Whitehaven Castle Flatt Walks, Whitehaven.....	(01946) 694723
S, K, 13 Galt Road, Brampton.....	(016977) 07555
S, K, 29 Rydal Crescent, Penrith.....	(01768) 863659
S, L, Avoncroft Warwick Bridge.....	(01228) 562240
S, L, 22 Albert Street, Longtown, Carlisle.....	(01228) 498590
S, L, 4 King Street, Workington.....	(01900) 64842
S, L, 22A Salterbeck Road, Salterbeck.....	(01946) 830420
S, M, Meadowsweet Cottage Eaglesfield.....	(01900) 826586
S, M, The Old Hall Rockcliffe.....	(01228) 672090
S, M, 38 Ashfield Road, Workington.....	(01900) 605157
S, M, 9 Beechtree Court, Kirklington.....	(01228) 675139
S, M, 27 Blencathra Street, Keswick.....	(017687) 75966
S, Mrs Margaret, Bramling Cottage Cotehill, Carlisle.....	(01228) 562221
S, M, 74 Dalston Road, Carlisle.....	(01228) 401640
S, M, 59 Elterwater Avenue, Workington.....	(01900) 66444
S, M, Church View Front Street, Alston.....	(01434) 382891
S, M, 17 Garbridge Court, Appleby-In-Westmorland.....	(017683) 54028
S, M, 10 Graham Street, Longtown.....	(01228) 791932
S, M, 26 Green La, Belle Vue.....	(01228) 549210
S, M, 20 High Lea, Egremont.....	(01946) 820698
S, M, Elmleigh Longthwaite Road, Wigton.....	(016973) 26843
S, M, 7 Northwood Crescent, Carlisle.....	(01228) 523058
S, M, 18 Penny Hill Park, PENRITH.....	(01768) 865685
S, M, 4 Rose Gardens, Gilgarran.....	(01946) 830537
S, M, 7 Burnet House The Banks, Seascale.....	(01946) 848995
S, Mark, 29 The Fairways, Seascale.....	(01946) 28710
S, M, 63 Towers Lane, Cockermouth.....	(01900) 822515
S, M, 138 Warwick Road, Carlisle.....	(01228) 534057
S, M.R, South Villa Drigg Road, Seascale.....	(01946) 28711
S, N, Tam House Culgaith.....	(01768) 88787
S, P, Violet Bank Cumwhitton, Brampton.....	(01228) 739331
S, P, Heather Lea Rockcliffe.....	(01228) 674755
S, P, Quarry Bungalow Sandwith.....	(01946) 590729
S, P, Loning House Slaggyford.....	(01434) 382523
S, Peter, The Old Vicarage Church Lane, Lorton.....	(01900) 85656
S, P, 9 Lansdowne Grove, Whitehaven.....	(01946) 693081
S, P, FOXTON GARTH Lonsties, Keswick.....	(017687) 74717
S, P, 14A Moorlands Drive, STAINBURN, WORKINGTON.....	(01900) 61968
S, P, Lang Rigg North End, Bolton.....	(017683) 62862
S, Peter, 11 Sun Croft, Ireby.....	(016973) 71456
S, Peter B, 8 Calva Road, Seaton.....	(01900) 602721
S, P.E, Watch Hill Farm Newton Arlosh.....	(016973) 51777
S, R, Avalon Church Brough.....	(017683) 42261
S, R, Hawthorn Knock.....	(017683) 61630
S, R, 40a Abbey Vale, St. Bees.....	(01946) 823933
S, R, 12 Carlton Gardens, Stanwix.....	(01228) 592322
S, Mr R, Station Road Brampton 36 Edmondson Close, Brampton.....	(016977) 42509
S, R, 11 Frenchfield Gardens, Penrith.....	(01768) 210671
S, R, Orchard Croft Gilfioot, Egremont.....	(01946) 821769
S, R, 22 High Rigg, Brigham.....	(01900) 825472
S, Mrs R, 71 High Street, Cleator Moor.....	(01946) 812583
S, R, 45 Lakeland Park, Keswick.....	(017687) 72102
S, R, 1 St. Martins Court, Brampton, Cumbria.....	(016977) 2197
S, R, 7 Solway Road, Whitehaven.....	(01946) 451197
S, R, 2 The Woodlands, Hayton.....	(01228) 670871
S, R.J.B, Elder Cottage Rogescale.....	(01900) 85254
S, R.W, Hillcrest Penton.....	(01228) 577334
S, R.W, 73 Bowthorn Road, Cleator Moor.....	(01946) 812289
S, R, Beech House Workington.....	(01946) 861081
S, S, 2 Swedish Timber Hses Brier Loning, Hayton.....	(01946) 760220
S, S, 13 Ellerslie Park, Seascale.....	(01946) 25584
S, S, 21 Ennerdale Road, Maryport.....	(01900) 819449
S, S, 18 Furnace Road, Maryport.....	(01900) 818511
S, Sheila, 8 Gardner Hall The Banks, Seascale.....	(01946) 29824
S, S, 62 Housesteads Road, Carlisle.....	(01228) 532584
S, S, 28 Loweswater Avenue, Whitehaven.....	(01946) 591187
S, S, 158 Newlaithes Avenue, Carlisle.....	(01228) 498957
S, S, 27 South View Terrace, Carlisle.....	(01228) 401391
S, S, 12 Talbot Road, Carlisle.....	(01228) 521561
S, S, The Garth The Garth, Penrith.....	(01768) 866586
S, S, 18 Windmill La, Cockermouth.....	(01900) 822005
S, T, Ling Dene Southwaite.....	(016974) 73630
S, Timothy, 9 Byrnes Close, Plumpton.....	(01768) 894379
S, T, 9 Ingleswood Road, Carlisle.....	(01228) 532646
S, T, 57 Noble Croft, Aspatria.....	(016973) 21920
S, T, 3 Robson Court, Newbigin.....	(017684) 80208
S, T.H, 15 Beck Road, Carlisle.....	(01228) 537383
S, Vivian, Mount Pleasant Hallbankgate.....	(016977) 46502
S, V, 2 Beech Vw Orton.....	(015396) 24084
S, W, West Rigg Aspatria, Wigton.....	(016973) 21451
S, W, 2 Broadacres, High Harrington.....	(01946) 830577
S, W, 22 College View, Whitehaven.....	(01946) 695850
SMITHAM, Mrs C, Mrs High Seaton 2 Whitestiles, Workington.....	(01900) 393506
S, S, 11 The Hollins, High Harrington.....	(01946) 832793
SMITHIES, P, 3 Green Houses, Culgaith.....	(01768) 879011
SMITHSON, B, 42 The Parklands, COCKERMOUTH.....	(01900) 381967
SMYLLIE, R, 1 Church Street, Keswick.....	(017687) 90032
SMYTH, K, 37 Chiswick Street, CARLISLE.....	(01228) 540081
SMYTHE, B.J, Park Head Cottage Renwick.....	(01768) 898474
SMYTH, D.K, 10 Ingleswood Rd, Penrith.....	(01768) 863702
S, R, Barclose House Barclose.....	(01228) 675317
SNAP, C, 39 Greencroft, Brampton.....	(016977) 3330
S, M.E, 3 Greenfoot Mealsgate.....	(016973) 71437
SNEDDON, J, 1 Meeting House Lane, Tirril.....	(01768) 840553
S, P, 21 Forest Hill, Carlisle.....	(01228) 533864
SNELL, E, 46 St. Johns Street, Keswick.....	(017687) 80289
S, K, Skiddaw View Blindcrae.....	(01900) 822033
SNOWBALL, L, Ivy House Farm Garrigill.....	(01434) 381161
SNOWDEN, C, 15 Old Road, Longtown.....	(01228) 791979
S, C, 1 Parkhead Road, Brampton.....	(016977) 41895
SOBOLEWSKI, T, 11 Transide Way, Carlisle.....	(01228) 819072
SOLARIE, K, 106 Victoria Road, Whitehaven.....	(01946) 443164
SONNABEND, Michael, The Old Pub Hayton.....	(016973) 21242
SOPPITT, R, 2 Grange Close, Thornhill.....	(01946) 821036
SORBY, I, Orchard Cottage Penrith, Penrith.....	(01768) 606337
SOREK, R, 5 Lowther Village, Penrith.....	(01931) 749119
SOUCHON, S, 15 Ambleside Road, Keswick.....	(017687) 73086
SOULSBY, G.G, Croft House Culgaith.....	(01768) 88612
S, W, 5 Gable Avenue, Cockermouth.....	(01900) 827315

SOURACRE, P, 8 Monkway Court, Whitehaven.....	(01946) 591218
SOUTER, S, CASTLE HILL Warcop.....	(017683) 41793
SOUTH, D, Oughterside House Well Road Oughterside.....	(016973) 21535
SOUTHALL, C, Rose Cottage Kirkland.....	(01946) 861961
SOUTHAM, B, HIGH STILE Padstow.....	(01946) 814397
S, L, 17 The Crescent, Thornhill.....	(01946) 822970
SOUTHWARD, A, 7 Borrowdale Road, Whitehaven.....	(01946) 695707
S, A, 9 Priory Drive, Cleator Moor.....	(01946) 328675
S, B, Flat 2 Whitehaven Castle Flatt Walks, Whitehaven.....	(01946) 692487
S, David, Bramble Park Braystones.....	(01946) 841048
S, David, 31 St. Mungos Park, Aspatria.....	(016973) 20594
S, E, 35 Herdus Road, Whitehaven.....	(01946) 61947
S, M, 20 Foundry Road, Parton.....	(01946) 61819
S, P, The Old Mill Bassenthwaite.....	(017687) 76346
S, R, 5 The Ferns, Egremont.....	(01946) 822241
S, V, 8 St. Mungos Park, Aspatria.....	(016973) 21356
S, W, 25 Longbarrow, Cleator Moor.....	(01946) 813435
SOUTHWELL, G, 5 Ellenborough Place, Maryport.....	(01900) 815396
S, S, 2 Mandale Terrace, MARYPORT.....	(01900) 818459
S, S, 11 Solway Road, Lowca.....	(01946) 67481
SOUTHWORTH, R, 16 Brent Rd, Penrith.....	(01768) 890469
SOWDEN, C, 4 Station Avenue, Keswick.....	(017687) 75827
S, H.A, Castle Lea Wolsty Silloth.....	(016973) 32911
SOWERBUTTS, P, IVY Cottage Great Strickland.....	(01931) 712422
SOWERBY, A, West View Bolton.....	(017683) 61485
S, Mrs A, Bracken Rigg, Aikhead Wigton.....	(016973) 20762
S, A, 20 Margarets Way, Appleby-In-Westmorland.....	(017683) 52435
S, A, 5 Stoneworks Garth, Crosby Ravensworth.....	(01931) 715276
S, C, 45 High Street, Kirby Stephen.....	(017683) 71505
S, C.B, East Of Eden Station Rd, Appleby-In-Westmorland.....	(017683) 52170
S, C.R, 38 Primrose Hill High Street, Kirby Stephen.....	(017683) 72126
S, D, 4 Croft View, Long Marton.....	(017683) 616568
S, D, 27 Pembroke Street, APPLEBY-IN-WESTMORLAND.....	(017683) 52720
S, E, High Croft Milburn.....	(017683) 61084
S, E, 31 Croft Close, Brough.....	(017683) 41773
S, Mrs Elizabeth, 10 Garbridge Court, Appleby-In-Westmorland.....	(017683) 53801
S, G, 10 Drawbriggs Mount, Appleby-In-Westmorland.....	(017683) 53611
S, G, 55 Glebe Road, Appleby-In-Westmorland.....	(017683) 54083
S, G.W, 39 Friars Rise, Penrith.....	(01768) 866063
S, J, Glebe Byre Bolton.....	(017683) 61025
S, J, 3 Lilac Cottage Bassenthwaite.....	(017687) 76509
S, J, 3 Peatfield Rd, Seaton.....	(01900) 61058
S, J, 2 Rose Cottage Beaconsfield Terrace, Edenhall, PENRITH.....	(01768) 889359
S, J, Geo, Sunset View Lawson Street, Aspatria.....	(016973) 21258
S, J.W, 1 Brampton.....	(017683) 51562
S, K, Gyll Brow Brough.....	(017683) 41370
S, Linda, 25 Highcroft Bungalows, Wigton.....	(016973) 45034
S, M, 21 Central Avenue, Carlisle.....	(01228) 495058
S, Ms Michaela, 5 Goldfinch Gardens, Appleby-In-Westmorland.....	(017683) 98341
S, M, 3 Lodore Drive, Carlisle.....	(01228) 530477
S, P, River View Farm Great Asby.....	(017683) 53053
S, P, Sycamore Rise Great Asby.....	(017683) 53389
S, P, 5 Doomgate, Appleby-In-Westmorland.....	(017683) 51720
S, Mr P, Mr 3 Merton View, Appleby-In-Westmorland.....	(017683) 52269
S, P, 1 River View, Staiburn.....	(01900) 604261
S, R, 9 Beech Croft, Brathwaite.....	(017687) 78530
S, S, 1 Woodville Way, High Harrington.....	(01946) 833315
S, T, 24 Birbeck Gardens, Kirby Stephen.....	(017683) 48211
S, Y, 6 Hothfield Court, Appleby In Westmorland.....	(017683) 53820
SPARGO, J, 24 Henry Street, Whitehaven.....	(01946) 599076
SPARK, G, 15 Shap Grove, Carlisle.....	(01228) 539812
S, J, 41 Brackenleigh Close, Carlisle.....	(01228) 658254
S, L, 20 The Lees, Kirkbride.....	(016973) 52877
S, M, 46 St. Mungos Park, Aspatria, Wigton.....	(016973) 21334
S, S.A, 48 St. Mungos Park, Aspatria.....	(016973) 23321
SPARKES, D, 6 Pillar Lane, CARLISLE.....	(01228) 498853
SPARKS, B, 27 Cross Lane, Whitehaven.....	(01946) 696792
SPEAKMAN, I, Beech House Cumbria, Wigton.....	(016973) 23420
SPEAR, S, Wright Green Farm Lamplugh.....	(01946) 861335
SPEDDING, A, 15 Drawbriggs Court, Appleby-In-Westmorland.....	(017683) 52503
S, A, Springfield Farm Eaglesfield, COCKERMOUTH.....	(01900) 827237
S, C, North Mire House Cottage Underskiddaw.....	(017687) 75356
S, D, 55 Keir Hardie Avenue, Cleator Moor.....	(01946) 810835
S, E, landshaw main street, frizington.....	(01946) 814499
S, E, 23 North Road, Egremont.....	(01946) 821576
S, I, Woodville Lodge Beck Green, Distington, Workington.....	(01946) 831762
S, I, 20 Salkeld Road, Penrith.....	(01768) 865000
S, J, Salter Hall Farm Kirkland.....	(01946) 861015
S, J, Edencroft Wetherall, CARLISLE.....	(01228) 561539
S, Karen, 435 London Road, Carlisle.....	(01228) 527167
S, L, 35 Currock Road, Carlisle.....	(01228) 532820
S, P.J, 29 The Green, Houghton.....	(01228) 542050
S, S, 9 Barfs Road, Distington.....	(01946) 831078
S, W.G, 36 Knowfield Avenue, Carlisle.....	(01228) 520129
SPEIGHT, A, Corlee 19 Westmorland Road, Hensingham.....	(01946) 692472
S, D.M, 26 Shelley Court, Salterbeck.....	(01946) 830762
S, H, Reading Room Cottage Penrith.....	(01768) 885643
S, I, 24 Stonycroft, Great Clifton, Workington.....	(01900) 601293
S, K, 21 Broadacres, Workington.....	(01946) 447848
SPEIRS, W, Fairfield Lazony.....	(01768) 870768
SPENCE, B, 36 Fell View, SILLOTH, WIGTON.....	(016973) 47022
S, C, 10 St. Andrews Crescent, Whitehaven.....	(01946) 695724
S, J, Lwonin Fyeat Dufton.....	(017683) 51834
S, K, 20 Somerwood Close, Long Marton.....	(017683) 62642
S, M, 39 Chase Park, Penrith.....	(01768) 877800
SPENCER, E, 29 Grasmere Avenue, Workington.....	(01900) 602373
S, Hazel, 41 Howard Road, Brampton.....	(016977) 3652
S, K, 54 Bellaport Gardens, Workington.....	(01946) 528101
S, Mrs M, Mrs 5 Ridge View, Brampton.....	(016977) 20009
S, P.R, 33 Castlegate Drive, Cockermouth.....	(01900) 827005
S, R, 64 Westfield Drive, Workington.....	(01900) 603624
SPIEBY, Frank, 11 Jackson Road, Carlisle.....	(01228) 525883
SPOKES, R, 5 Beckstone Close, HARRINGTON, WORKINGTON.....	(01946) 831073
SPOONER, C, 3 Oval Court, Carlisle.....	(01228) 496613
S, P, 21 Canny Croft, Penrith.....	(01768) 892585
SPOOR, E, GREENSIDE LODGE Glenridding.....	(017684) 82460
SPOTTSWOOD, Jason, 11 Appleghar, Cargo.....	(01228) 672324
SPOTTISWOODE, H, 18 Earls Road, Whitehaven.....	(01946) 67440
SPOWART, I, 70 Scholars Green, Wigton.....	(016973) 43474
SPRAGGON, C, 11 Lorton Close, Whitehaven.....	(01946) 447379
SPRATT, D, Well Green, Great Orton.....	(01228) 710392
SPRIGG, C.A, 3 London Road Terrace, Carlisle.....	(01228) 548089
SPRINGATE, A, 43 Dacre Road, Brampton.....	(016977) 41160
S, L.G, Grasmere Tree Gardens, Brampton.....	(016977) 26330
SPROAT, Christopher, 1 Bridge End Ainstable.....	(01768) 896530

S, D, 35 Westgarth Road, Kirby Stephen.....	(017683) 71107
S, G, 34 Cumberland Road, Hensingham.....	(01946) 591093
S, M, 10 Pennine View, Newbigin.....	(017684) 83865
SPROTT, L.A, 20 Fell Close, Silloth.....	(016973) 32019
SPROULE, C, 19 Leonard Street, Keswick.....	(017687) 74230
SPURR, D, 122 Main Street, Frizington.....	(01946) 812819
SQUIBB, A, Flat 205 Wordsworth Court Sullart Street, Cockermouth.....	(01900) 386121
SQUIRES, D, 45 Crosby Street, Maryport.....	(01900) 403267
S, I, 1 Kirkbeck Drive, Beckermert.....	(01946) 841449
S, L.K, Old Post Office Low Heskett.....	(016974) 73833
"ST"	
The abbreviation "St" is listed after "Saint"	
STABLER, J, Flat 2 57-58 King Street, Whitehaven.....	(01946) 692215
S, L, 87 Meadowfield, Gosforth.....	(019467) 25050
STABLES, C, The Grove The Grove, GREAT SALKELD.....	(01768) 898811
S, D, Barnstones Kirby Thore.....	(017683) 61341
S, D, Glen Stae Penruddock.....	(017684) 83738
S, E, Joelgarth Crackenhorpe.....	(017683) 52483
S, G, Merton Grove Lamplugh.....	(01946) 862269
S, P, Vabis Colby Appleby.....	(017683) 52099
S, R, Brockwood 5 Brougham Hall Gardens, Brougham.....	(01768) 867527
S, R, 2 Solway View, Kirkbampton.....	(01228) 576394
S, R, Fair View Trumpet Terrace, Cleator.....	(01946) 812975
S, R.F, 30 Tomlin Avenue, Whitehaven.....	(01946) 693344
STACEY, B, 1 School Cottages Winton.....	(017683) 71829
STAFFORD, C, 33 John Colligan Drive Bowthorn, cleator moor.....	(01946) 813401
STAGG, J, 25 Cockfield Drive, WORKINGTON.....	(01900) 393070
S, P, Leafeild Brayton Gardens Brayton, Aspatria.....	(016973) 22220
S, V, 21 Needham Drive, Workington.....	(01900) 62195
STAHLSCHEIDT, D, 11 Elliot Dv, Kingstown.....	(01228) 672899
STAINFORTH, S, 229 Newtown Road, Carlisle.....	(01228) 545074
STAINTON, J.F, 14 Caldew Street, Silloth.....	(016973) 31075
S, E, Sycamore Barn Croglin, CARLISLE.....	(01768) 896970
S, J, Swallow Barn Croglin.....	(01768) 896834
S, J, Cumdick House Cumdickov.....	(01228) 710551
S, J, 31 Jericho Road, WHITEHAVEN.....	(01946) 692348
S, J, 47 The Willows, Egremont.....	(01946) 528715
S, J, Briar Bank Trumpet Terrace, Cleator.....	(01946) 812244
S, J.B, The Garth Croglin.....	(01768) 896618
S, L, 1 The Glebe, Castle Carrock.....	(01228) 670379
S, P, 32 Croft Road, Carlisle.....	(01228) 521663
S, P, 9 Skirsgill Close, Penrith.....	(017684) 28908
S, S, Orchard House Cumdickov.....	(01228) 711729
S, S, 23 Challoner Street, Cockermouth.....	(01900) 823374
S, T, 48 Stadden Meadows, Workington.....	(01900) 61279
S, W, 1 Weddick Gardens, Cleator Moor.....	(01946) 812264
STAIRS, S, 24A Holme Fould, SCOTBY, CARLISLE.....	(01228) 810687
STAKIM, L, Holly Cottage Mooredend, Thursty, Carlisle.....	(01228) 491444
STAKLE, I, 95 Currock Park Avenue, Carlisle.....	(01228) 547207
S, I, 116 Henderson Road, Carlisle.....	(01228) 543485
STALEY, R, 37 Meadow Croft, Penrith.....	(017684) 28264
STALKER, I, 34 The Crofts, Silloth.....	(016973) 32489
S, M, 17 West Street, Fletchertown.....	(016973) 71775
S, R, Rose Garth Bolton Low Houses.....	(016973) 43141
S, S, Ratten Castle Sowerby Row.....	(016974) 76283
S, W.K, Thomas Garth Catterlen.....	(01768) 867367
STAMFORD, D, Market House Market Place, Alston.....	(01434) 200207
STAMPER, B, Highhead Castle Farm Ivegill.....	(016974) 73552
S, B, High Ghyll Head Moresby Parks.....	(01946) 591485
S, B, 69 Meadowfield, Gosforth.....	(019467) 25626</

S, C.L, Langrigg Cottage Great Musgrave.....	(017683) 41592	S, A, Beaulay House Harker Park Road, Harker Park	(01228) 672424	S, M, FIR BANK Skirrigill Lane, Eamont Bridge	(01768) 868333
S, D, 12 Croft Close, Brough.....	(017683) 41729	S, A, 3 King Garth, Cargo	(01228) 674590	S, P, Scarrowhill Cumwhitton.....	(01228) 560115
S, E, 42 Ghyll Bank, Little Broughton.....	(01900) 821370	S, A, 47 Red Beck Park, Cleator Moor	(01946) 440561	S, P, Uppertown Cottages Kirklington.....	(01228) 675535
S, K, 4 Kings Terrace, Brough.....	(017683) 41466	S, A.I.T. Colvend Corby Hill.....	(01228) 560230	S, R, 11 Town Head, Dearham, MARYPORT	(01900) 813879
S, L, Blea Moss Shop	(01931) 716463	S, B, PARTON HEIGHTS Wigton	(016973) 44534	S, S, 1 Lady Graces Lodge Lowther	(01931) 712026
S, V, 11 Redmayne Road, Kirkby Stephen	(017683) 71284	S, B, 33 Brierydale Lane, Stainburn, Workington	(01900) 61849	S, V, 11 Monkway Cottages, Whitehaven	(01946) 694844
S, W, Popular Cottage Main Street, Brough.....	(017683) 41625	S, D, 18 Croft Avenue, Penrith.....	(01768) 892678	STORR, K, Fir Tree House Seaville.....	(016973) 61682
STEC, A, 3 Griffin Yard Cornmarket, Penrith.....	(017684) 28367	S, G, Mosscroft House Winton.....	(017683) 71956	S, P, Cobblestone Barn Laversdale	(01228) 573525
STEDMAN, Amanda, 117 Edgehill Road, Carlisle.....	(01228) 544788	S, G, 19 Beck Green, Distington.....	(01946) 830792	STORY, A, 48 Cummersdale Road, Cummersdale, Carlisle.....	(01228) 529546
S, J, Cobblers Cottage Carlisle	(01228) 898190	S, G, 2 Beech Grove Gardens, Houghton	(01228) 658564	S, Mrs A, Mrs 41 Summerfields, Carlisle.....	(01228) 710735
S, J, 13 Millings, Carlisle	(01228) 560161	S, Mr Graeme, 20 Bellbirds Lanning, Cockermouth	(01900) 392782	S, C, 16 Andover Close, Carlisle.....	(01228) 532792
S, V, Rowfoot Cottage Sowerby Row	(016974) 76389	S, G, 1 Crookburn Close, Carlisle	(01228) 545528	S, D, GARTHSDALE Cummersdale.....	(01228) 548354
STEEL, B, Caber Garth Low Heskett	(016974) 73592	S, Gemma, 5 Somerwood Close, Long Marton.....	(017683) 62434	S, G, Underwood Roadhead.....	(016977) 48265
S, B, Stocks Grange Rosley	(016973) 44588	S, H, 2 Beech Lane, Cockermouth	(01900) 822861	S, L, 67 Scotby Road, Scotby	(01228) 513727
S, C, Barrockstown Westlinton	(01228) 791546	S, H, 481 Warwick Road, Carlisle.....	(01228) 596793	S, M, New Park Kirklington.....	(01228) 675652
S, Debra, 10 Fellview Drive, Egremont	(01946) 820850	S, I, 3 Green Croft, Shop	(01931) 717469	S, Margaret, Solway House Bothel, Carlisle	(016973) 20884
S, I, 1 Fletchers Croft, Greysouthen	(01900) 821397	S, I, 13 Marlborough Avenue, High Harrington.....	(01946) 830129	S, P, 63 Criffel Road, Carlisle.....	(01228) 534554
S, J, 74 Carleton Drive, Penrith	(01768) 866692	S, I, 8 Park Meadows, Carlisle	(01228) 318792	STOTHARD, D, 9 The Mount, Papcastle	(01900) 823395
S, J, 3 Gelt Close, Carlisle	(01228) 529122	S, Mrs J, Mrs 68 Clifford Road, Penrith.....	(01768) 865459	STOTHERS, J, 53 Hillary Grove, Carlisle.....	(01228) 533742
S, J, 120 Knowe Park Avenue, Carlisle	(01228) 523890	S, J, 26 Fell View Park, Gosforth	(019467) 25134	S, J, 13 Springfield Avenue, Whitehaven	(01946) 692984
S, M, Gill Head Farm Troutbeck	(017687) 79130	S, J, 1 Mason Street, Workington	(01900) 63570	STOTT, A, SHERWOOD Portinsale.....	(017687) 37386
S, M, Gill Head Farm Troutbeck	(017687) 79953	S, J, 16 Wilsons Terrace, MARYPORT	(01900) 815828	S, F, 11 The Crescent, Keswick	(017687) 73890
S, Mrs 3 Woodside Close, Whitehaven	(01946) 61967	S, L, 10 Roper Street, Maryport	(01900) 812100	S, J, Randall Home Linstock	(01228) 404936
S, R, Chestnut House Thursby, Carlisle	(01228) 711439	S, Mr 23 Stricklandgate, Penrith	(01768) 863795	S, J, 8 Peck Mill, St. Bees	(01946) 824198
S, R.W, Steel Lessonhall	(016973) 44966	S, Gemma, 75 Hopes Hill Drive, Carlisle.....	(01228) 546358	S, M, Bamey Scar Kirkby Stephen, Kirkby Stephen	(017683) 72961
S, V, Anns Hill Bridekirk.....	(01900) 827838	S, Mr P, Craigie Lea, Egremont	(01946) 811203	STOULGER, R, 35 Isel Road, Cockermouth	(01900) 822487
STEELE, A, Low Place Farm Eskdale	(019467) 23258	S, P, 52 Outgang Road, Aspatria, WIGTON	(016973) 20008	STOUT, C, Cherrytrees Newbiggin	(017683) 61123
S, A, 7 Rydal Avenue, Maryport	(01900) 814050	S, Patricia, 217 Whernside, Carlisle.....	(01228) 596646	S, C, Cherrytrees Newbiggin	(017683) 62759
S, B, 93 Burnrigg, Carlisle	(01228) 532438	S, P.M, 4 Snowdon Avenue, Cleator Moor	(01946) 814431	S, J, 43 Stonehouse Park, Thursby	(01228) 710089
S, C, Browdsdale Cottage Branthwaite	(01900) 605562	S, R, 4 Browdsdale, Dufton	(017683) 52080	S, Neil, Hedges Blitterlees.....	(016973) 32759
S, C, 34 New Road, Dalston	(01228) 710253	S, R, 3 The Bridles, Seascale	(019467) 29498	S, R, Greystones Abbey Road, St. Bees	(01946) 822841
S, D, 62 Casson Road, Workington	(01900) 646556	S, S, 14 Cromwell Crescent, High Harrington.....	(01946) 833016	S, T.F, Kingston House Moresby	(01946) 693036
S, G.E, Holmside Irton	(019467) 24336	S, S, Ridgedale Main Street, Distington, Workington.....	(01946) 831388	STOWBRIDGE, M, Glenridding House Station Road, Brampton	(016977) 41882
S, G.T, 8 Rydal Street, Frizington	(01946) 811950	S, T, 10 Coniston Park, Cleator Moor	(01946) 447566	STOWELL, J, Apartment 30 Pele Court Friargate, Penrith.....	(01768) 639515
S, J.W, 23 Turnstone Drive, Carlisle	(01228) 534144	S, T, 85 Springfield, Wigton	(01697) 509021	STRADLING, R, Faulds Keswick	(017687) 78154
S, K.J, The Lodge Brunstock	(01228) 520638	S, W, 19 Moorfields, Broughton Moor	(01900) 815604	STRAFFORD, I, Howside Eskdale	(019467) 23311
S, M, The Old Smithy Eskdale	(019467) 23146	S, William Keith, 17 Town Head Garth, Kirkby Thore.....	(017683) 61421	STRAIN, C, 19 West Croft, Seaton	(01900) 602410
S, M, 4 Station Road, Drigg	(019467) 24660	STILL, B, 4 Low Kiln Court Keswick, CA12	(016977) 76552	S, M.C, 1 Castle View, Egremont	(01946) 820300
S, P, 5 High Grove, Whitehaven	(01946) 65873	STILLING, J, Fell Vw Fm Little Asby	(015396) 23391	STRAKER, N, Flat 5 Greta Grove House Elliott Park, Keswick.....	(017687) 71039
S, P, High Green Barn Sandford, Appleby-In-Westmorland.....	(017683) 53163	STIRK, B, Ennerdale House Garrigill	(01434) 382119	STRAND, A, Westlake Moss Side, Egremont	(01946) 841364
S, R, 3 Leskew Cottages Gosforth	(019467) 25623	STIRLAND, Mrs S, Mrs 6 Skirgill Close, Penrith.....	(01768) 895181	S, Mr M, 64 Musgrave Street, Penrith	(01768) 868598
S, R, 6 Carlton Gardens, Carlisle	(01228) 527554	STITT, D, 24 Knowe Road, Carlisle.....	(01228) 538478	STRANGE, M, Brookside Haile	(01946) 841782
S, S, 38 Howrigg Bank, Wigton	(016973) 43236	S, E, 18 Dalesman Drive, Carlisle	(01228) 591274	STRATTON, N, 24 Fell View, Wigton	(016973) 52858
S, S, 7 Howthorne Fields, Cleator	(019467) 48608	STOBART, A, Fir Tree House Sebergham.....	(016974) 76913	STRAUGHAN, A, Orchard Clo Langwathby	(01768) 881325
S, S, 1 Kirkland Road, Ennerdale	(01946) 862485	S, K, 40 Heysham Gardens, Carlisle	(01228) 596329	STRAUGHTON, D, 11 Gray Street, Workington	(01900) 66092
S, T, Town Head Farm Aspatria	(016973) 20007	S, P.J, Newlands Lodge Heskett Newmarket	(016974) 78669	S, K, Corna Harris Road, Harris Moor	(01946) 64699
S, T, 1 Scale Villas Gosforth Road, Seascale	(019467) 21838	S, R.J, Mill Croft Heskett Newmarket	(016974) 78631	S, M, 7 Brierydale Lane, Stainburn	(01900) 607236
S, W, Palliard North Stainmore	(017683) 41436	STOBART, B, Hüllerbank Talkin	(016977) 46668	S, P, 20 Whitestiles, High Seaton	(01900) 871515
S, W, 7 Langdale, Wigton	(016973) 43971	S, B, The Beeches Lea Terrace, Hallbankgate	(016977) 46556	S, R, 118 Hunday Court, Workington.....	(01900) 602634
S, W, 6 Pineroft, Carlisle	(01228) 544495	S, D, FLAT 1 WENT HOUSE COURT The Went, Greysouthen.....	(01900) 829440	STREAMES, J, 6 Sands Cottages, Brampton	(016977) 2106
STEEN, J, WOODVALE Threlkeld	(017687) 79278	S, G.S, 2 Wreay Court, Carlisle	(01697) 428608	TREAT, C, Trelawney Oughterby	(01228) 576367
STEER, E, Beechdene Penrith, Penrith	(01931) 601090	S, I, 4 Laitwhaite Close, Cockermouth	(01900) 823873	TREATFIELD, Reverend P, 10 The Island, Anthon	(016973) 52871
STEERS, D, 2 West View Iegill	(016974) 73834	S, J, 1 Thomas Street, Carlisle	(01228) 547179	TREET, D.L, 57 Muncaster Road, Whitehaven	(01946) 692972
STEPHEN, D, 1 Attwood Place, Denton Holme Carlisle.....	(01228) 497973	S, J.H, 5 Greencroft, Brampton	(016977) 2780	S, R, Crossfield View Penrith.....	(01768) 339849
S, S, Lynefoot Bungalow Westlinton	(01228) 674289	S, M, 37 West View Walk, Workington	(01900) 379552	STREVEN, T, Garden Court Great Salkeld.....	(01768) 898213
STEPHENS, A, 11B Langdale Drive, Cockermouth.....	(01900) 825051	S, W, 116 Ennerdale Road, Cleator Moor	(01946) 443620	STRICK, C, Overby House Silloth	(016973) 22535
S, A.P, 34 Walker Street, Cockermouth.....	(01900) 826275	STOBBS, A, 16 Lowther Street, Penrith	(01768) 899463	S, Ian, Hayrigg Hall Pelutho	(017687) 31839
S, H.M, Fish Garth Cumwhitton.....	(01228) 560129	STOCK, Linda, Braithwaite Hartley	(017683) 72337	STRICKLAND, G, 5 Suncroft Ireby	(016973) 71905
S, K.R, 16 Caravan Way, Carlisle	(01228) 528754	STOCKDALE, C, Ivy House Newton Arlosh	(016973) 51479	S, H, Castanea Aikton	(016973) 43790
S, M, Whellknowe Cott Brackenhill	(01228) 792892	S, C, 36 Broadacres, High Harrington	(01946) 830862	S, P, 39 Low Moorlands, Carlisle	(01228) 739598
S, M, Ghyll Garth Ghyll Brough Zz Dovenby	(01900) 822442	S, C, 22 Mayfield Avenue, Carlisle	(01228) 499091	S, Trevor, Ellengrove Boltongate	(016973) 71406
STEPHENSON, A.M, 11 Skelwith Close, Carlisle.....	(01228) 531594	S, D, Amalfi Monks Close, Penrith.....	(01768) 891537	STRIDE, P.C, Woodside Heads Nook	(01228) 670469
S, B, Punderland Farm Little Clifton	(01900) 62172	S, Fw, Churchtown Farm Sebergham	(016974) 76311	STRINGER, J, 1 ROSE COTTAGES Warcop	(017683) 414261
S, B, 1 Brierydale Lane, Stainburn	(01900) 604256	S, G, 77 Dent View, Egremont	(01946) 821937	S, N, 30 Bankend View, Egremont	(01946) 812661
S, B, 14 Kersey Road, Egremont	(01946) 430795	S, G, 3 Station Road, Aspatria	(016973) 21395	STROE, G, Flat 24, Tynefield Court Bridge Lane, Penrith.....	(017683) 98025
S, Cs, 18 Church Street, Wigton	(016973) 42261	S, H, 3 St. Anns Road, Carlisle	(01228) 558586	STRONG, B, Grapes Barn Caldbeck	(016974) 78563
S, D, 11 Princess Street, WORKINGTON	(01900) 63991	S, H, 27 White Ox Way, Penrith	(01768) 890741	S, D, Old Joiners Shop Boot	(019467) 23332
S, D, 6 Romely Place, Cockermouth.....	(01900) 823451	S, I, 67 Balmoral Road, Whitehaven	(01946) 64685	S, D, Sleagill House Sealegill	(01931) 714182
S, E, 65 Main Street, Great Broughton	(01900) 824732	S, J, Low Field Setmuthy	(017687) 76244	S, E, Tigh An Rannock Kirkoswald.....	(01768) 898483
S, E, Greyhound Inn Skelsceugh Road, Winder	(01946) 861768	S, J.M, White Close Newton Reigny	(01768) 868046	S, G.L, Low Brow Tirril	(017684) 86245
S, F.R, 9 Brent Road, Penrith	(01768) 865909	S, J.O, 2 Knowfield Avenue, Carlisle	(01228) 534726	S, G.M, 2 Carleton Place, Penrith.....	(01768) 867135
S, G, 44 Queen Street, Whitehaven	(01946) 64634	S, J, 9 Isel Road, Cockermouth	(01900) 269082	S, H, Holecrook Heskett Newmarket	(016974) 78627
S, G, Burleigh Head Htl The Heads, Keswick.....	(017687) 75935	S, Michael, Holly House Sebergham	(016974) 76035	S, H, Orchard Villa Beskide, High Harrington	(01946) 830107
S, Geoff, 5 Tower Hill, Whitehaven	(01946) 66268	S, Marie, 7 Guardhouse Abbeytown	(016973) 61057	S, I, WILLOW Way Colby Lane, Appleby-In-Westmorland	(016973) 52237
S, G, 14 Yew Bank Lane, Whitehaven	(01946) 599788	S, R, Beaver House Harker	(01228) 674152	S, J.F, Orchard House Glasson	(016973) 51898
S, J, 55 Blencathra Street, Keswick	(017687) 80500	S, S, 22 Ridgemount Road, Carlisle	(01228) 495858	S, M, OLD POLICE HOUSE Bassenthwaite	(017687) 66666
S, J, 35 Borrowdale Road, Whitehaven	(01946) 328794	STOCKS, V, 1 Coniston Way, CARLISLE	(01228) 494470	S, M.R, Hewer Hill Cottage Heskett Newmarket	(016974) 78146
S, J, 5 Gavel Street, Maryport	(01900) 815129	STOCKTON, C, 5 Keekle Terrace, Cleator Moor	(01946) 329072	S, M.W, Meadow Nook Great Strickland.....	(01931) 712532
S, K, 1 Chapel Terrace, Gilcrux.....	(016973) 21155	S, T, 23 Coniston Avenue, Seascale	(019467) 27823	S, N.M, Street House Bolton	(01931) 714000
S, K, 12 Eskett View, Arlecdon	(01946) 861393	STOCKWELL, L, 1 Berrymoor Road, Brampton	(016977) 3347	S, Dr Rex, Ashcroft Newton Arlosh	(016973) 52831
S, K, 13 Scotscroft, Little Clifton	(01900) 870979	STODDARD, E, Hillside Wigton	(016973) 45344	STROUD, Edward, 49 Sarsfield Road, Workington	(01900) 66072
S, L, 60 Henry Street, Cockermouth.....	(01900) 822067	STODDARD, P, Sunnybank Fm Westward	(016973) 42452	STRUTHERS, A, 2 Croft Terrace, Alston.....	(01434) 381189
S, M, Cum Tha Ways Greystoke	(017684) 83309	S, E, 3 Pategill Court, Penrith	(01768) 890399	STRUTT, N, 94 Newlands Lane South, Workington	(01900) 66913
S, M, 9 Fairfield View, Cockermouth	(01900) 828441	S, G, 5 Richmond Close, Workington	(01900) 605331	STRYCHARZYK, K, 24 Wentworth Drive, Carlisle.....	(01228) 534864
S, M, 54 North Row, Whitehaven	(01946) 66316	S, J, Three Gables Great Orton	(01228) 712373	STUART, A, Trentham Motherby	(017684) 83056
S, M, 9 St. Kentigerns Court, Aspatria.....	(016973) 23561	S, J, GHYLL GLEN Maryport	(01900) 818998	S, B, Hollow Mire Eskdale	(019467) 23358
S, M, 54 Windebrow Avenue, KESWICK	(017687) 74307	S, J, 13 Keld Head, Stainton	(01768) 862501	S, B, 42 Sandy Lunning, Maryport	(01900) 816928
S, M.E, 16 Barfs Road, Distington	(01946) 834668	S, L, 45 Helvellyn Rise, Carlisle	(01228) 409131	S, C, 6 Mellbutts, Threlkeld	(017687) 79132
S, M.W, 64 John St, Moor Row	(01946) 811757	S, M, 10 Shop Grove, Carlisle	(01228) 529316	S, D, Kimberley Thurstonfield	(01228) 576536
S, N, Whitcroft House Black Ling, Egremont	(01946) 822819	S, W, Alcudia Church Road, Flimby	(01900) 814028	S, D, 32 Mallyclose Drive, Carlisle.....	(01228) 590206
S, P, 25 Burrow Walls, Northside	(01900) 605660	STOICA, E, 37 Rigg Street, Carlisle	(01228) 491273	S, D, 34 Yearl Rise, Seaton	(01900) 604902
S, P, 80 Golding Drive, Bongate Cross.....	(017683) 53486	STOKER, P, 29 Parkside Avenue, Cockermouth	(01900) 379289	S, I, 6 Ruskin Close, High Harrington	(01946) 832466
S, P.J, 150 Cumwhinton Road, Carlisle	(01228) 529125	STOKES, Mr Adam, 6 Low Wiend, Low Wiend	(017683) 98821	S, I.A, 4 Cockell House Drovers Lane, Penrith.....	(01768) 867021
S, R, 91 Chaucer Road, Workington	(01900) 605659	S, J, Flat 8 Homethwaite House Eskin Street, Keswick	(017687) 75994	S, J, 403 London Road, Carlisle	(01228) 543902
S, S.T, 4 Southey Walk, Egremont	(01946) 820659	S, K, Cleland House Little Broughton, Cockermouth	(01900) 268584	S, K, 3 Jubilee Terrace, Maryport	(01900) 810141
S, V, Castleside Forge Lane, Keswick	(017687) 74588	S, N, 54 Trumpet Road, Cleator	(01946) 451930	S, M, Hadrian Court Union Lane, Brampton	(016977) 41763
S, W, 26 Kings Avenue, Seaton	(01900) 604240	STOKOE, R.S, Alby Lodge Cumwhinton	(01228) 561898	S, R.D, Mether's The Paddock Brundholme Road, Keswick.....	(017687) 74208
STEVEN, N, The Presbytery Carlisle.....	(01228) 739501	STONE, A.C, 70 Hurley Road, Little Corby.....	(01228) 560644	STUART WHITE, D, 20 Jubilee Road, Carlisle	(01228) 546474
STEVENS, A, Braemar Bolton	(017683) 62935	STONEBRIDGE, J.M, The Old Post Office Burgh-By-Sands	(01228) 576326	STUBBINGS, C, 21 Jubilee Gdns, Bigrigg	(01946) 814531
S, C, Flat 31 Whitehaven Castle Flatt Walks, Whitehaven.....	(01946) 62658	S, V, The Old Post Office Burgh-By-Sands	(01228) 576326	S, D, Leys Croft Moss Side	(01946) 841641
S, Chris, 80 Ullswater Avenue, Whitehaven	(019467) 48386	STONES, A, Glen Cott Blencarn	(01768) 88688	STUBBS, A, 9 Etterley Lea Grove, Carlisle.....	(01228) 380228
S, D, Stoneygarth Edenhall	(01768) 898163	S, K, 105 Ennerdale Road, CLEATOR MOOR	(01946) 810842	S, B, Adnara Branthwaite	(016974) 73448
S, D, 5 Blencathra Court, Cockermouth	(01900) 821775	STONESTREET, M, Northside Grange.....	(017687) 77671	S, C.R, Bridge House The Forge, Keswick	(017687) 73047
S, J, Reigney House Cottage Residential, Penrith	(01768) 710312	STORER, T, 72 Ennerdale Road, Cleator Moor	(01946) 520742	S, D, 1 Tower Court Burgh-By-Sands	(01228) 576204
S, L, 6 Barras Close, Dalston	(01228) 710536	STOREY, A, Barndale Inglewood Road, Penrith	(01768) 863385	S, H.M, Salkeld Hall Little Salkeld.....	(01768) 881618
S, M, Railway Cottages Threlkeld	(017687) 79002	S, C, 15 Thomas Road, Salterbeck	(01900) 403375	S, R, 4 Lakeland View Netherthorn	(01946) 820880
S, N, 2 The Pack, Burgh-By-Sands	(01228) 576731	S, C.S, 12 West Avenue, Wigton	(016973) 42045	STUCKE, M, Gasketh Farm Irton.....	(019467) 24694
S, R, 9 Fell View Close, Aspatria					

S, J, 27 Derwent Avenue, Seaton	(01900) 336698	SWINBANK, W, Brow Farm Dufton, APPLEBY-IN-WESTMORLAND	(017683) 52865	T, H, 20 Coronation Avenue, Seaton	(01900) 603354
S, Mr K, Mr Ash Lea Eamont Bridge, Penrith	(017683) 98309	SWINBURN, Derek, 33 Daleview Gardens, Egremont	(01946) 440108	T, H, 7 Lowscales Drive, Cockermouth	(01900) 823255
S, M, 3 Maple Terrace South Road, Kirby Stephen	(017683) 74906	SWINBURN, J, WEST View Great Salkeld	(01768) 898705	T, H, 10 Parkside Avenue, Cockermouth	(01900) 822081
S, M, 16 West Meadows, Greysouthen	(01900) 828379	SWINDELLS, K.R., 9 Cherrytree Drive, Maryport	(01900) 818294	T, J, Glits Crosby Ravensworth	(01931) 715203
S, R, Newland Grange Hesketh Newmarket	(016974) 78676	S, R.F.C. Craigend Evening Hill, Thurstby	(01228) 710944	T, J, 8 Derwent Street, Workington	(01900) 336943
S, T, Cala Stone The Square, Sebergham	(016974) 76455	SWINDLEHURST, M, 181 Lansdowne Crescent, Carlisle	(01228) 401138	T, J, Broom Ho Gosforth	(019467) 25956
STURGES, T, 286 Warwick Road, Carlisle	(01228) 496610	SWINTON, R, 18 Woodstock Lane, Whitehaven	(01946) 329744	T, J, 2 Orchard Court Beck Road, Carlisle	(01228) 597093
STURROCK, C, 17 Westhaven, Thurstby	(01228) 710099	SYKES, A, Talkin Head Talkin	(016977) 3435	T, J, 12 Brougham Avenue, Brougham	(01768) 862832
STYCH, C, 17 Partridge Pl, Carlisle	(01228) 548682	S, B.R., Turnberry Barn Cumrew	(01768) 896051	T, Mrs J, 59 Green Lane, Carlisle	(01228) 535113
STYLES, D, Birk Moss Ennerdale	(01946) 862240	S, F, SANDY HILL Langrigg	(016973) 21043	T, J, 11 Harrot Hill, Cockermouth	(01900) 827503
S, T, 97 Valley Park, Whitehaven	(01946) 691669	S, G, Southerfell Farm Cottage Troutbeck	(017687) 79537	T, J, HILLREST Inkerman Terrace, Whitehaven	(01946) 695726
STYTH, A, 31 Longdyke Drive, Carlisle	(01228) 544652	S, M, 9 Ellerbeck Lane, Workington	(01900) 609394	T, J, 4 Jacobite Gardens, Penrith	(01768) 606310
S, Mir J, 44 Elmsmere Way, Carlisle	(01228) 528349	S, TV, The Old Vicarage Dacre	(017684) 86232	T, J, THE ORCHARD Kirkandrews Moat, Longtown	(01228) 471172
SUCKLING, M.J., Bridgion House Low Lorton	(01900) 85409	SYMES, D, 116 Levens Drive, Carlisle	(01228) 595098	T, J, 4 The Dunes Croft Head Road, Seascale	(019467) 21490
SUDDABY, E, 11 Otters Holt, Culgaith	(01768) 88384	S, E, 9 Greenside Road, Carlisle	(01228) 541228	T, J, 71 The Headlands, Keswick	(017687) 73176
SUDDART, M, 12 Seaton Road, Seaton	(01900) 62221	SYMN, J.F., Glendale Station Road, Aspatria	(016973) 20780	T, J, 117 Windebow Avenue, KESWICK	(017687) 74239
SUGDEN, J, 11 Crossfield, Carlisle	(01228) 319346	SYMONDS, E, 2 Planting Villas Seaton Road, Maryport	(01900) 268691	T, J.B., 11 Ashton Street, Workington	(01900) 63632
SUGHITHARAN, M, M & S Stores (Cumbria) Ltd The Arches, Maryport	(01900) 269568	SZANDURSKI, M, Willow Dene Outgang Rd, Aspatria	(016973) 20551	T, J.H., Low Howgill Millburn	(017683) 61595
SULLIVAN, A, 6 Windmill Brow, Whitehaven	(01946) 690185	S, S, 2 Brooklyn, Westnewton	(016973) 21073	T, J.O., Romanway Houghton Road, Carlisle	(01228) 537590
S, C, 25 Ashford Way, Carlisle	(01228) 535634	SZENTESI, G, 2 Ghyll Garth, Maryport	(01900) 813605	T, K, Birch Bush Rowelton	(016977) 48286
S, D, Malloes Seaville	(016973) 61713	SZKILNYK, G, 38 Staunton Drive, Carlisle	(01228) 511644	T, K, 92 Blencathra Street, Keswick	(017687) 72685
S, D, 31 Mountain View, Cockermouth	(01900) 827889	SZPUNAR, Mr Lukasz, The Vicarage Church Lane, Carlisle	(01228) 658614	T, K, 19 Croft Road, Brampton	(016977) 2943
S, G, 7 Hopedene, Cleator Moor	(01946) 811145	TABERNER, C, 13 St. Benedicts Way, Wetheral	(01228) 564035	T, K, Cornely Oaks Sandy Lane, Broadwath	(01228) 560739
S, I, 55 Kirkgate, Cockermouth	(01900) 825449	TAGG, B, Kirkbeck Hall	(01946) 841424	T, Mrs Kim, 14 Scawfell Avenue, Workington	(01900) 392984
S, J, Redstone Greenfield Lane, Brampton	(016977) 2139	TAGGART, M, 32 Marion Close, Carlisle	(01228) 597283	T, L, The Farrows Hethersgill	(01228) 675123
S, M, 8 Greystone Close, Whitehaven	(01946) 591456	T, P, 43 Petherill Street, Carlisle	(01228) 522978	T, Lt, 82 High Road, Whitehaven	(01946) 691684
S, Brackenwray Farm Kinniside	(01946) 862604	TAILFORD, C, Three Gables Winskill	(01768) 881412	T, L, 46 Park Road, Carlisle	(01228) 511362
S, S, 10 Ruskin Drive, Whitehaven Cumbria	(01946) 61504	T, C, 21 Greencroft,	(016977) 73370	T, L.R., Byresteads Cockermouth	(01900) 822618
S, W.J., 35 Tomlin Avenue, Whitehaven	(01946) 65913	T, M, 24 St. Georges Crescent, Carlisle	(01228) 527486	T, M, Little Easby Brampton	(016977) 3250
SULMAN, C.J., 6 Arthur Terrace, Penrith	(01768) 840567	TAIT, A, 12 Mardale Road, Carlisle	(01228) 542030	T, M, 90 Casson Road, Workington	(01900) 872458
SUMMERFIELD, C, 12 Moorside Drive, Carlisle	(01228) 539456	T, B, 13 Ashness Drive, Carlisle	(01228) 545940	T, M, 1 Castle Park, Brough	(017683) 41931
S, D, 31 Harker Park Road, Harker Park	(01228) 674697	T, D, SEEFELD Sea Mill Lane, St. Bees	(01946) 862342	T, M, 5 Church Houses, Scaleby	(01228) 675595
S, Dr G, Aira Cottage Dockray	(017684) 82293	T, J, 5 Corby Gates, Great Corby	(01228) 562649	T, Michael, 7 Coniston Avenue, Seascale	(019467) 21595
S, L, 15 Eden Grange, Little Corby	(01228) 562129	T, J.I., 8 Scaleby Close, Carlisle	(01228) 522824	T, M, 14 Coronation Street, Maryport	(01900) 814920
SUMMERS, A, Inglenook Inglenook, Carlisle	(01228) 560952	T, P, 19 Whitecosegate, Carlisle	(01228) 526980	T, M, 1 Etterby Close, Cockermouth	(01900) 826612
S, C.L., Hirta Egremont Road, St. Bees	(01946) 820338	T, S.M., 15 Clifford Road, Penrith	(01768) 863882	T, M, Shawwood Farm From The A596 To The A595, Thurstby	(016973) 42191
S, N, 32 Main Street, Greysouthen, COCKERMOUTH	(01900) 826416	T, V, 58 Meadow Croft, Penrith	(01768) 863083	T, M, 4 Front Street, Fletchertown	(016973) 71540
SUMMERSCALES, K, 8 Charlotte Court, Wigton	(01697) 507425	TALBOT, R, 16A Newlands Lane, Workington	(01900) 605592	T, Malcolm, 4 Glendarmackin Terrace, Threlkeld	(017687) 79344
S, S, Willoway Bolton	(017683) 62783	TALIAADORA, K, 136 Queen Street, Whitehaven	(01946) 691838	T, M, T & Associates Fernlea Cottage Graham Street, Longtown, Carlisle	(01228) 791718
SUMNER, A, BARN END Torpenhow	(016973) 71678	TALICHOVA, A, Holly House Holly House, Wigton	(016973) 44843	T, M, 53 Heatherfields, Broughton Moor	(01900) 813295
S, A, Silver Bank Westnewton	(016973) 23744	TALLANTIRE, Mrs Jennifer, 7 South Watt Street, Workington	(01900) 66751	T, M, Coulthers Croft High House Road, St. Bees	(01946) 827277
S, M, 104 Longlands Road, Carlisle	(01228) 544093	T, Mr Mark, 14 Ling Beck View, Seaton, Workington	(01900) 392053	T, M, 37 Salisbury Court Salisbury Street, WORKINGTON	(01900) 386949
S, S, 36 Scholars Green, Wigton	(01697) 507356	T, P, 38 Inner Ling Road, Seaton	(01900) 607486	T, M, Fell View Shaw Wood Road, Thurstby	(016973) 45568
S, W.H., 3A Laurel Bank Foxhouses Road, Whitehaven	(01946) 692750	TALLANTYRE, G, 17 Greenrow Meadows, SILLOTH, WIGTON	(016973) 32493	T, M, Sunnyside Station Road, Appleby-in-Westmorland	(017683) 51041
SUMPTION, J.M., 18 Lorton Avenue, Workington	(01900) 63617	TALBOYS, D.M., Ash Villa Rosgill	(01931) 716668	T, M, 6 The Parklands, Cockermouth	(01900) 825369
S, M, 6 Etterby Clo, Cockermouth	(01900) 826197	TALLENIRE, A, 1a Back Lane Long Marton	(017683) 61187	T, M, 45 Townhead Road, Carlisle	(01228) 560857
S, M, 45 Stalefield Drive, Cockermouth	(01900) 825531	T, D, Tollbar Bungalow Bowscar	(01768) 862656	T, N, 23 Chestnut Grove Derwentwater Caravan Park Keswick	(017687) 74726
SUNLEY, N, Bouch House Deanscales	(01900) 827887	T, J.G., High Griseburn Asby	(017683) 51532		
S, V, The Bungalow Threlkeld	(017687) 79679	TALLON, A, 7 Longcroft, Egremont	(01946) 820174	T, N, 22 Byrnes Close, Plumpton	(01768) 894778
SURINGAR, M, 8 Blencathra View, Threlkeld	(016977) 79536	TALLONTIRE, J, Appleacres Plumpton	(01768) 894318	T, O, 28 Mallyclose Drive, Carlisle	(01228) 547372
SURTEES, Beryl, 19 Lea Side, Halton-lea-Gate	(016977) 46975	TALLUKDAR, S, 42 Moorside Drive, Carlisle	(01228) 595116	T, P, Syke Farm Kirkbampton	(01228) 576380
S, Mr D, Mr 35 High Road, Whitehaven	(01946) 693716	TAMOSAITIS, P, 10 Highwood Crescent, Carlisle	(01228) 496081	T, P, Hall Foot Kirklington	(01228) 675547
S, J.J., 9 Station Road, Greenhead	(016977) 47056	TAN, M, 14 Heads Road, Keswick	(017687) 80757	T, P, 4 Guardhouse Abbeytown	(016973) 61100
SURCLIFFE, A, 24 Egerton Grove, Carlisle	(01228) 546648	TARBIT, David, 87 Moorlands Drive, Staunton	(01900) 605194	T, Mrs P, 151 Corporation Rd, Workington	(01900) 66400
S, A, Rivermead The Green, Wetheral	(01228) 561002	TARN, A, Sans Pareil Meeting House Lane, Tirril	(01768) 862208	T, P, Page Hall Cottage Foster Street, Penrith	(01768) 892398
S, L, Wheatseaf Cottages Kirkland	(01946) 862599	T, J, Melbeck Cottage Melbeck, Kirby Stephen	(017683) 72275	T, P, 56 Front Street, Brampton	(016977) 3751
S, M, Sandyside House Walton, Brampton	(01697) 507067	T, T, Barn End Roman Road, Appleby-in-Westmorland	(017683) 51050	T, P, 12 Lingmell Courtyard Gosforth Road, Seascale	(019467) 28635
S, M, Flat 2 Chapel Court Main Street, Brampton	(016977) 3387	TATE, Rt. Bank House Central Road, Dearham	(01900) 813883	T, P, 17 Newlands Park, Dearham, Maryport	(01900) 813570
S, M.A., The Cottage Crossfield View Winskill	(01768) 881124	T, William, 116 Scotby Road, Scotby	(01228) 526524	T, P.F., Hoggast Great Strickland	(01931) 712929
S, O, Saddleback Burns Farm St. Johns-in-the-Vale	(017687) 79365	T, W.B., 27 Scafell Close, Whitehaven	(01946) 65603	T, R, LONGMOOR HEAD Kinniside	(01946) 861497
SUTHERLAND, L, Upton House Upton, Caldbeck	(016974) 78354	TATHAM, D.E., Hurstwood Evening Hill, Thurstby	(01228) 711243	T, R, Amber House Mosedale	(017687) 79339
S, M, 54 Oaklands Drive, Carlisle	(01228) 819314	TATTERS, G, Railside Station Road, Shap	(01931) 716515	T, R, Bowerbank Cottage Pooley Bridge	(017684) 86751
S, R, 15 Hallin Crescent, Carlisle	(01228) 492108	T, M, Far Birkett Bank Threlkeld	(017687) 79692	T, R, 2 POWHILL Kirkbride	(016973) 52133
S, W, Firoft Scaleby	(01228) 675162	T, Y, 1 Rectory Farm Cottages Kirby Thore	(017683) 61460	T, R, 122 Lonsdale View, Dearham	(01900) 812670
SUTTON, Andrew, 8 Millers Walk, Cleator	(01946) 817383	TATTERSALL, J.R., Archway House Mallerstang	(017683) 71783	T, R, 1 Standings Rise, Whitehaven	(01946) 528487
S, D, ORCHARD DENE Aspatria	(016973) 22015	T, M, Laithorn Park Broom	(01228) 573650	T, R.J., 12 Ellerslie Park, Gosforth	(019467) 25455
S, G, The Barns Blennerhasset	(016973) 21105	TATTON, Miss Jessica, 109 Windsor Road, Workington	(01900) 267825	T, S, Sunset Ho Kirby Thore	(01768) 895629
S, G, Sunny Grove Millbeck	(017687) 75986	T, M.E., 119 Casson Road, Workington	(01900) 604591	T, S, Roseville Woodend	(01946) 815398
S, J.B., Grassgarth Welton	(016974) 76381	TATTUM, M, 12 Lady Court, Workington	(01900) 62893	T, S, WITS END Bongate, Appleby-in-Westmorland	(017683) 53210
S, J.G., 15 Lowther Street, Penrith	(01768) 866317	TATUN, G, 77 Birks Road, Cleator Moor	(01946) 817514	T, S, 21 Carlton Gardens, Stanwix	(01228) 528481
S, K, 46 Brindfield, Wigton	(016973) 45087	TAWSE, J, 4 Downfield Lane, Birrigg	(01946) 812063	T, S, Ivy House Farm Crackenthorpe	
S, M, Ashlea West Lane, Flimby, Maryport	(01900) 817838	TAXIS, B, 25 Oaklands Drive, Carlisle	(01228) 317557	APPLEBY-IN-WESTMORLAND	(017683) 32455
S, N.C., Wellington Cottage Oughterside	(016973) 22590	TAYLOR, Robin R, Side Farm Patterdale	(017684) 82338	T, S, 40 Griffin Close, Frizington	(01946) 810127
S, Mrs P, Mrs 5 Warwick-On-Eden, Carlisle	(01228) 561730	TAYLOR, A, Helm View Edenhall	(01768) 881514	T, S, 1 Hill Crest Little Broughton, COCKERMOUTH	(01900) 826893
S, W.M., Bannardale View Mungisdale	(017687) 79691	T, A, Sunset House Newton Reigny, Penrith	(01768) 630392	T, S, 17 Thurston Drive, Wigton	(016973) 26455
SVABIC, M, The Moors Gosforth	(019467) 25760	T, A, 1 Laithes Cottages Laithes	(017684) 84677	T, S, 93 Woodhouse Road, Whitehaven	(01946) 694251
SWALES, Mrs A, Mrs 32 Wentworth Drive, Carlisle	(01228) 492895	T, A, 2 Fell View, NEWTON REIGNY, PENRITH	(01768) 867426	T, S.J., Millers Inn Ho Kln Brow, Cleator	(01946) 814925
SWAIN, J, Squirrel Walk Winder	(01946) 861990	T, A, Walkhurst Cottage Flimby Brow, Flimby, Maryport	(01900) 819077	T, T, Redlands Bank Crackenthorpe	(017683) 61241
S, Mr P, Mr Cranberry Beacon Street, Penrith	(01768) 840422	T, A, 6 Lightfoot Drive, Carlisle	(01228) 511256	T, Mr Thomas, 15a Egremont Road, Whitehaven	(01946) 691469
SWAINSON, D, Flat 4 Dias Ct, Graham St	(01768) 863250	T, A, 26 Millbanks Court, Bridgefoot	(01900) 403078	T, T, Stafford House Flimby Brow, Flimby	(01900) 812568
S, J, How End Farm How End, Thurstby	(016973) 42487	T, A, 74 Moor Park Avenue, Carlisle	(01228) 526312	T, V, 17 Low Moorlands, Carlisle	(01228) 712212
S, J, How End Farm How End, Thurstby	(016973) 43012	T, A, 62 Newfield Drive, Carlisle	(01228) 527732	T, V, 3 Kingstone Cottages Battlebarrow, Appleby-in-Westmorland Cumbria	(017683) 52833
S, J, Golden Acres How End, Thurstby	(016973) 43176	T, Mr A, 84 Scotland Road, Carlisle	(01228) 598064	TAYLORHOWE, S, The Old Granary Barn Plumpton	(01768) 885877
S, J, Lilac Cottage How End, Thurstby	(016973) 44590	T, A.C., 49 Pennine Way, Carlisle	(01228) 531484	TAYLORSON, G, Flat 5 The Old Brewery Howgill Street, Whitehaven	(01946) 63110
S, J, 2 Larch Grove, Keswick	(017687) 72150	T, A.M., Royal Oak Cotts Moorhouse	(01228) 576287	TEA, K, 15 Little Sandhill, Kirkoswald	(01768) 898919
S, J, 3 The Parklands, Penrith	(01768) 890994	T, A.S.C., Edenwood Linstock	(01228) 525820	TEAM, P, 49 Parkhill Road Kingstown Industrial Estate, Carlisle	(01228) 526471
S, M, Sandhills Thurstonfield	(01228) 576158	T, B, 32 Crossdale Avenue, Whitehaven	(01946) 694183	TEASDALE, A, Daleside Farm Ireby	(016973) 71268
S, P, October House High Street, Morland	(01931) 714306	T, B, 15 Park Road, Greystoke	(017684) 83482	T, Miss A, Miss 53 Cranbourne Street, Workington	(01900) 62886
S, P.W., Bramblebeck Cottage Moorpark Farm Thurstonfield	(01228) 576246	T, B, 56 Victoria Road, Workington	(01900) 605850	T, T, 27 Kirklea, Little Broughton	(01900) 827978
S, V, Rivellyn Hallin Croft, Penrith	(01768) 863098	T, C, Beech Tree Motherby	(017684) 83258	T, Mrs Cora, The Bungalows Ewanrigg Road, Maryport	(01900) 268320
SWALE, J, 18 Chestnut Close, Culgaith	(01768) 88768	T, C, 1 Pennine Vw Penrith	(01768) 879000	T, Mrs Cynthia, 11 Jubilee Terrace, Maryport	(01900) 813313
SWALLOW, J, Apartment 10 West Block Shaddon Mill Shaddongate, CARLISLE	(01228) 544180	T, C, Plot 1 Lowsay Farm Silloth	(016973) 32832	T, Cameron, 26 Tribune Drive, Houghton	(01228) 515894
SWALLOW, Mrs 30 Rimington Way, Penrith	(017683) 98047	T, C, 3 Blencathra Street, Keswick	(017687) 90117	T, D, Lowside Farm Troutbeck	(017683) 79628
SWAN, A, Dalehead Hartstop	(017684) 82257	T, C, 31 Haydock Drive, Carlisle	(01228) 898017	T, E, 43 Chapel Close, Warwick Bridge	(01228) 562673
S, A, 30 St. Ninians Road, Carlisle	(01228) 526386	T, C, Hillcrest Natsby Road, Kirby Stephen	(017683) 71705	T, F, Netherfield Maryport Road, Dearham	(01900) 813859
S, D, PARK NOOK Abbeytown	(016973) 61165	T, C, 49 Norbeck Park, CLEATOR MOOR	(01946) 447588	T, F.G., 21 Beacon Close, Aspatria	(016973) 20406
S, D, 41 Cant Crescent, Carlisle	(01228) 539481	T, C.A., 61 Queensway, Carlisle	(01228) 531756	T, H, 36 Hillcrest Avenue, Whitehaven	(01946) 62043
S, Mr M, 4 Lonsdale Terrace, Carlisle	(01228) 561290	T, D, The Old Helton Inn Helton	(01931) 712575	T, I, 18 Beacon Close, Aspatria	(016973) 20097
S, V, 20 Beck Riggs, Brampton	(016977) 41135	T, D, White Ho Fm Thornby	(016973) 45876	T, J, 4a Cross Street, Whitehaven	(01946) 591410
SWANN, A.D., 2 Banks Terrace, Appleby-In-Westmorland	(017683) 52051	T, Don, 3 Riggsdale Mews Pallit Hill	(017684) 80604	T, J, Hillcrest Gamblesby	(01768) 881365
S, R, 62 Blenkinsopp Castle Home Park Greenhead	(016977) 47139	T, D, 20 Greystone Place, Cleator Moor	(01946) 812192	T, J, 2 Brow Top Bothel	(016973) 20068
SWANSON, M, Westnewton Grange Westnewton	(016973) 20493	T, D, 15 Lingmell Crescent, Seascale	(019467) 28954	T, J, 6 Burwain Terrace, Kirby Thore	(017683) 61239
SWANSTON, M, 16 Waddale Close, Cockermouth	(01900) 822898	T, D, 19 Northwood Crescent, Carlisle	(01228) 528263	T, J, 72 Pearl Road, Workington	(01946) 832206
SWANTON, T, 6 Crakegarth Dalston, Carlisle	(01228) 710031	T, D, 37 Rowrah Road, Rowrah	(01946) 861639	T, K, Fairlight Braithwaite	(017687) 78534
SWARBRICK, C, 5 St. Aidans Road, Carlisle	(01228) 529287	T, E, Fairways Burgh by Sands	(01228) 576868	T, K, 13 Beck Riggs, Brampton	(016977) 2588
S, J, 68 Beverley Rise, Carlisle	(01228) 531213	T, E, The Cottage Black Bull Barn Faraday Road, Kirby Stephen	(017683) 72066	T, L, 68 Hartington Street, Workington	(01900) 381587
S, 46 Newlaith					

T, S, Castlegate Ivegill	(016974) 73421	T, N, 4 Brownrigg Drive, Carlisle	(01228) 544731	T, M.A, 13 Brayton Road, Aspatria	(016973) 22017
TEENAN, Mrs J, 11 Manor Croft, Carlisle	(01228) 818900	T, Patricia, Meadowside Thurstonfield	(01228) 576094	T, M.H, Nunwick Hall Great Salkeld	(01768) 881205
TEGGART, C, Bridge House Tallentire, COCKERMOUTH	(01900) 823860	T, R, Demeane Barn Kirkoswald	(01768) 897181	T, M.M, Oaklands Bardose	(01228) 675513
TELFER, A, 9 Church Crescent, Cleator	(01946) 813149	THOMPSON, A, Gates Cottage Askham Gate Askham	(01931) 712947	T, Norma, 1 The Green Ormside	(017683) 51034
T, J, 8 Wythburn Close, Whitehaven	(01946) 64264	T, Alan, Ivy Dene Hackthorne	(01931) 712654	T, N, BARNY Haras Road, Haras Moor	(01946) 694300
T, L, 20 Winnie House Road, Carlisle	(01228) 524888	T, A, TREE TOPS Newton Reigny	(01768) 895021	T, N, 2 Riverside, Dalston	(01228) 710956
T, R, 35 Melbreak Avenue, Cleator Moor	(01946) 812967	T, A, 35 Brougham Street, PENRITH	(01768) 891101	T, N, 12 Robert Chance Gardens, Carlisle	(01228) 529800
T, R.W, Spadeadam Farm West Hall	(016977) 3369	T, A, 8 Countess Road, Whitehaven	(01946) 694179	T, P, Barras Stn Ho Barras	(017683) 42499
TELFORD, A, 7 James Street, CLEATOR MOOR	(01946) 430643	T, A, 14 Crooklands, High Harrington	(01946) 830743	T, P, 1 Headlands Drive, Whitehaven	(01946) 696062
T, B, Stoneraise House Stoneraise	(01228) 710132	T, A, Garth House Evening Hill, Thursby	(01228) 710688	T, P, 71 Millner Mount, Penrith	(01768) 862463
T, D, 7 Alder Close, Whitehaven	(01946) 61355	T, A, Freshfields Irthington, Carlisle	(016977) 41831	T, P, 6 Prince Charles Close, Penrith	(01768) 865392
T, Mrs Dora, 14 Cedar Crescent, Maryport	(01900) 814911	T, A, 1 Kingwater Close, Brampton	(016977) 3645	T, P, Woodlands View Station Road, Armathwaite	(016974) 72617
T, E, Low Dappleymoore Roadhead	(016977) 48515	T, A, 79a Main Road, Seaton	(01900) 65671	T, P.J, Gate House Alston	(01434) 382214
T, E, 14 Dickinson Court, Whitehaven	(01946) 440912	T, A, 6 Manor Road, CARLISLE	(01228) 594251	T, R, Round House Cardew	(01228) 711412
T, E, 1 Westwood, Carlisle	(01228) 595760	T, A, 79a Main Road, Seaton	(01228) 561214	T, R, Brigham Bank Fm Cliburn	(01931) 714240
T, F, Gillmont How Bank, Egremont	(01946) 822753	T, A.R, Chapel Ho Kirkland Rd, Skirwith	(01768) 88234	T, R, 5 Carleton Terrace, Shap	(01931) 716727
T, F, 49 Honesty Road Mirehouse, Whitehaven	(01946) 65237	T, B, Somerset House Kirkby Thore	(017683) 61342	T, R, 123A Scotby Road, Scotby	(01228) 513070
T, J, 49 Latrigg Close, Keswick	(017687) 71483	T, Bryan, Neuchatel Sebergham	(016974) 76802	T, R.A, 12 Royal Drive, Egremont	(01946) 820035
T, L, Laurel Villa Crosby	(01900) 817801	T, Barry, Holmehurst 9-10 Goschen Road, Carlisle	(01228) 523347	T, R.G, 2 The Park, Thursby	(01228) 711078
T, L, 3 Central Avenue, Distington	(01946) 834255	T, B, 4 Cedar Close, Penrith	(01768) 866179	T, S, 3 Barton Villas, Oughterside, WIGTON	(016973) 21603
T, L, 64 Coniston Park, Cleator Moor	(01946) 810388	T, B, Hallingarth Church Croft, Pooley Bridge	(017684) 86525	T, S, Flat 3 43 Goldington Drive, Appleby-in-Westmorland	(017683) 48750
T, L, 3 Loop Road South Whitehaven, Cumbria	(01946) 696751	T, B, 41 Greenacres, WETHERAL, CARLISLE	(01228) 493032	T, S, 50 Hunters Drive, Seaton, Workington	(01900) 67859
T, M, Lindens Brampton Old Road, Carlisle	(01228) 526534	T, B, 6 Links Crescent, Seascale	(019467) 21797	T, S, 13 Mayburgh Avenue, Penrith	(01768) 864623
T, M, 249 London Road, Carlisle	(01228) 532381	T, B, 34 Moor Road, Stainburn, Workington	(01900) 64014	T, Sonia, 175 Newlands Gardens, Workington	(01900) 64265
T, M, 48 Low Road Close, Cockermouth Cumbria	(01900) 822145	T, B, 87 The Beeches, Maryport	(01900) 813336	T, Ted, The Hen House Nenthad	(01434) 382407
T, M, 1 Moor Crescent, Longtown	(01228) 791949	T, B.I, 1 Hill Top Askham	(01931) 712156	T, T, 52 Blencam Park, Rockcliffe	(01228) 672114
T, M, 6 Pheasants Rise, Rowrah	(01946) 862233	T, C, Walnut House Bassenthwaite	(017687) 76197	T, T, 1 Croft End, Bampton	(01931) 713348
T, M, 4 Rottington Cottages, Whitehaven	(01946) 460102	T, C, Colmar Blencow	(017684) 83571	T, T, 36 Ellenfoot Drive, Maryport	(01900) 386028
T, M.J, Brow Top Warwick-On-Eden	(01228) 560414	T, C, Skiddaw View Braithwaite	(017687) 78408	T, T, 5 Pitcairn Crescent, Maryport	(01900) 815059
T, N, 29 Kirkfell Avenue, Cockermouth	(01900) 822439	T, C, 2 Barf Side Cottages Thornthwaite	(017687) 78407	T, V, Gosling Hill Brigham	(01900) 825313
T, O, High Mosssthorpe Roadhead	(016977) 48270	T, C, 72 Beverley Rise, Carlisle	(01228) 533168	T, V, 1A Battlebarrow, Appleby-in-Westmorland	(017683) 51943
T, P, WYLU COTTAGE Newton Arlosh	(016973) 51083	T, C, Lane End Cottage Broomfallen Road, Scotby	(01228) 592238	T, V, 2 Burwall Terrace, Penrith	(017683) 70273
T, P, 23 Briery Road, Cleator Moor	(01946) 813105	T, C, 14 Forest Hill, Carlisle	(01228) 545015	T, W, ASHE KILN COTTAGE Gilsland	(016977) 47589
T, R, High Park Foot Roadhead	(016977) 48262	T, Craig, 12 Marsh Ter, Ellenborough	(01900) 817235	T, W, 103 Burgh Road, Carlisle	(01228) 524566
T, R, 100 Mill Hill, Cleator Moor	(01946) 811653	T, C, 8 Mayo Park, Cockermouth	(01900) 824795	T, W.L, 17 Ennerdale Avenue, Workington	(01900) 62290
T, R, 76 Newfield Drive, Carlisle	(01228) 528970	T, C, 4 Westlands Farm Court, Crosby	(01900) 812824	T, W.M, Eden Mount Little Salkeld	(01768) 881279
T, R, Pennine Vw, Linstock	(01228) 523616	T, C.B, 27 Cedar Close, Penrith	(01768) 866028	T, Y, 13 Lund Crescent, Carlisle	(01228) 548301
T, W, 3 Lawson Close, Whitehaven	(01946) 696648	T, C.W, Low Rigg Walton	(016977) 3233	THOMSETT, Mrs 29 Red Beck Park, Cleator Moor	(01946) 810998
TEMPERLEY, Mr S, 19 Jocks Hill, Brampton	(016977) 42919	T, D, Lea Gate House Pardshaw	(01900) 821506	THOMSON, A, 325 Warwick Road, Carlisle	(01228) 545969
TEMPLE, Carole, 2 Ellerslie Park, Gosforth	(019467) 25636	T, Mr David, 101 Buchanan Road, Carlisle	(01228) 538109	T, B, 10 Croft Vw, Long Marton	(017683) 62267
T, C, 9 Stonegarth, Greystoke	(017684) 83059	T, D, 13 Common Side, Distington, Workington	(01946) 831729	T, Barbara, 5 The Crescent, Whitehaven	(01946) 62423
T, Clare, 28 Wasdale Park, Seascale	(019467) 28543	T, D, 19 Greengarth, Great Clifton	(01900) 603045	T, C, Grassmoor The Green Little Broughton	(01900) 822388
T, E, 30 Brisco Mount, Egremont	(01946) 439048	T, D, 9 Highmoor Park, Wigton	(01697) 508796	T, Mr Craig, 44-46 Front Street, Brampton	(016974) 51976
T, E.L, Deepdale Gosforth	(019467) 28725	T, D, Lindens School Lane, Wigton	(016973) 32373	T, E, 67 Lund Crescent, Carlisle	(01228) 544800
T, J, Croft Foot Gosforth	(019467) 25198	T, D, 11 South Street, Fletchertown	(016973) 71717	T, F.J, Lyndhurst Whinney Hill	(01946) 811476
T, J, 6 Station Crescent, Beckermest	(01946) 528612	T, D, 46 The Firs, Alston	(01434) 382915	T, G, 60 Branley Road, Whitehaven	(01946) 690646
T, J.A, 46 Gosforth Rd, Seascale	(019467) 28627	T, D.H, 2 Whitelee Lorton Road, Cockermouth	(01900) 822444	T, Dr G, Cherwell 6A Briar Rigg, Keswick	(017687) 72316
T, M, Boa Vista Drigg Road, Seascale	(019467) 28084	T, E, Gates Garth Hall Mawbray	(01900) 881208	T, H, Moss Cottage Loweswater	(01900) 85883
T, P.W, Awerthwaite Aughtertree, Ireby	(016973) 71577	T, E, 1 Bank View Crofts Ravensworth	(01931) 715374	T, H, DALE COTTAGE Nethesda Road, Alston	(01434) 381969
T, S, 3 Brookfields, Wigton	(016973) 42265	T, E, 1 Woodend Cottages Thornthwaite	(017687) 78545	T, I, 3 Bedford Villas Egremont Road, Whitehaven	(01946) 611179
TEMPLETON, C, 31 Lochinvar Close, Longtown	(01228) 792696	T, E, 1 Beechwood Close, Maryport	(01900) 813699	T, J, 8 Rectory Road, Castle Carrock	(01228) 670768
T, E.M, Outgang Cottage Low Moresby	(01946) 62857	T, E, 30 Brisco Road, Carlisle	(01228) 545619	T, Mrs J, 5 The Green, Carlisle	(01228) 542896
T, J, 3 Cawlands, Durdar	(01228) 535303	T, E, 5 Huntley Avenue, Penrith	(01768) 840732	T, L, 24 Howarth Park, Greystoke	(017684) 83422
T, K, 17 Beverley Rise, Carlisle	(01228) 532398	T, E, 103 Hurley Road, Little Corby	(01228) 561487	T, L, 11 Kirkandrews Moat, Longtown	(01228) 577486
T, L, 3 Fell View Welton	(016974) 76525	T, E, 13 Manor Croft, Aglionby	(01228) 513722	T, M, 4 Rowantree Close, Whitehaven	(01946) 692794
T, P, 19 Barras Close, Dalston	(01228) 710254	T, E, 8 Woodlee Grove, Goose Butts	(01946) 813901	T, M, 51 Stavey Lanning, Maryport	(01900) 816028
TERLECKI, S, 1 Coronation Avenue, Seaton	(01900) 603497	T, E.A, The Gables Abbeytown	(016973) 61321	T, N, STAVEY Bolton	(017683) 61434
TERRY, D, 21 The Paddock, Thursby	(01228) 712552	T, E.A, 1 Dene Terrace, Nethhead	(01434) 382529	T, N, Lower Garth Lazony	(01768) 898576
T, J, Kings Barn Crackerthorpe	(017683) 53638	T, E.A, 40 English Street, Longtown	(01228) 791364	T, P, Lancaster Cottage Castle Carrock, Brampton, Cumbria	(01228) 670795
T, P, High Cross Chestnut Hill, Keswick	(017687) 73745	T, Mrs F, Mrs 26 Jocks Hill, Brampton	(016977) 2813	T, R, Barnyard Court Main Street, Greysouthen	(01900) 822088
THARAGONNET, P, 12 Skiddaw Crescent, Workington	(01946) 329404	T, Gavin, Bromley Green Ormside	(017683) 53327	T, R, 5 Moor Crescent, Longtown	(01228) 792564
THE MAKERS MILL, T, Greta Side Stanleys Joiners Greta Side, Keswick	(017687) 80836	T, G, Glendene Scales	(016973) 20358	T, Susan, 1 Springwell Cottage Talkin	(016977) 46232
THEOBALD, Mrs Debbie, 72 Dacre Road, Brampton	(016977) 507189	T, G, 3 Camp Street, Maryport	(01900) 817212	T, S, 39 Merlin Drive, Moresby Parks	(01946) 590502
T, R, Deepdale Cottage Deepdale	(017684) 82379	T, G, 2 Meade Road, Carlisle	(01228) 402442	T, W, 24 Woodlands Avenue, Whitehaven	(01946) 62180
THEW, B, HIGH BANK Low Lorton	(01900) 85979	T, G, 42 Whenside, Carlisle	(01228) 539051	THORBUR, G, 55 Oaklands Drive, Carlisle	(01228) 550235
THIRLAWAY, B, 29 Cragg Road, Cleator Moor	(01946) 813487	T, G.C, 26 Derwent Avenue, Seaton	(01900) 64281	THORBURN, A, Down House Blencow	(017684) 80393
THIRLWALL, A, 4 Housesteads Road, Carlisle	(01228) 538051	T, G.E, Pinewood Redmayne Road, Kirkby Stephen	(017683) 71002	T, A, 34 Brougham Street, Penrith	(01768) 899290
T, J, Quarry Farm Croglin	(01768) 896244	T, Rev G.H, Low Broomrigg Warcop	(017683) 41281	T, A, 1 Scaws Drive, Penrith	(01768) 210762
THIRLWALL, G, 6 High Road, Blennerhasset	(016973) 21285	T, H, Springfield Farm Biggry, Egremont	(01946) 810305	T, I, 13 Freer Street, Carlisle	(01228) 534708
THISTLEWOOD, J, Mill Cottage Blencarn	(01768) 88755	T, H, 3 Green Croft, Askham	(01931) 712649	T, Mrs June, 73 Levens Drive, Carlisle	(01228) 530740
THOBURN, S, 26 Robert Chance Gardens, Carlisle	(01228) 58781	T, Harvey, 15 Skirgill Close, Penrith	(01768) 863190	T, J.B, 1 Ivy Cottage Main Road, Flimby	(01900) 66981
THOELE, Mrs 7 Glebe Crescent, Appleby-in-Westmorland	(017683) 98955	T, J, Rectory Farm Gilcrux	(016973) 20867	T, L, 12 Myddleton Street, Carlisle	(01228) 546482
THOMAS, C, 10 Laitwaite Close, Cockermouth	(01900) 822171	T, J, The Stables Gilsland	(016977) 47662	T, M, 24 Netherend Road, Penrith	(01768) 863436
T, David, 6 Egerton Grove, Carlisle	(01228) 539563	T, J, West Garth Cottage Hayton	(01228) 670430	THORLEY, J, 5 Fell View, Milton	(016977) 46871
T, D, 2A Fieldside Close, Keswick	(017687) 80755	T, James, Office Gatra Farm Lamplugh	(01946) 862793	THORNBORROW, John, Anfield House Winton	(017683) 71319
T, D, Orchard Lodge School Road, Cumwhinton	(01228) 561510	T, J, Newtown Farm Newtown	(01900) 881254	T, J, 27 Henderson Road, Carlisle	(01228) 533804
T, Edward, 12 Churchill Drive, Moresby Parks	(01946) 61814	T, J, Mill Place Cottage Wasdale	(019467) 26347	T, J, Bentley Mount Pleasant, Tebay	(015396) 24272
T, E, Ennerdale House Woodend, EGREMONT	(01946) 810849	T, J, C52 Brougham Street, Penrith	(01768) 865896	T, J.D, Upton Bank Mandehill	(01768) 863801
T, F, 11 Fell View Park, Gosforth	(019467) 25367	T, J, Ardura Cinder Hill, Workington	(01900) 828014	THORNBURY, L, Bents Cottage Westlinton	(01228) 674582
T, H, 33 Parkside, Carlisle	(01228) 592680	T, J, 24 Cleator Moor Road, Whitehaven	(01946) 62124	THORNDIKE, L, 18 Steer Avenue, Maryport	(01900) 818743
T, I, Coachmans Cottage Oakfield House Underskiddaw	(017687) 75031	T, J, 52 Croft Avenue, Penrith	(01768) 863529	THORNELEY, A, 2 Riggsdale, Penrith	(01768) 863032
T, Mrs Iris, 9 Lamb Street, Carlisle	(01228) 547091	T, J, 56 Farlam Drive, Carlisle	(01228) 546180	THORNEYCROFT, I.C, 34 Milton Drive, Workington	(01900) 61138
T, I.B, 33 Longlands Road, Carlisle	(01228) 529735	T, Mr J, 28 Greencroft, Brampton	(016977) 42142	THORNEY, C, Church House Barn Boot	(019467) 23195
T, J, SOULBY FOLD Soulbly	(017683) 71569	T, J, 53 Housesteads Road, Carlisle	(01228) 515138	T, D, Cypress House Cliburn	(01931) 714383
T, J.H, 46 Percy Road, Carlisle	(01228) 534707	T, J, 272 London Road, Carlisle	(01228) 536221	T, D, Yewbarrow Halsenna Lane, Seascale	(019467) 28519
T, K, The Old Mill Great Strickland	(01931) 712428	T, J, Morangie Morangie, Cockermouth	(01900) 393472	T, Jg, 1 Hillcroft Farm Kelleth	(015396) 23326
T, K, Newby End Newby	(01931) 714174	T, J, 36 Queens Avenue, Seaton	(01900) 62367	T, K, 18 Whins Close, High Harrington	(01946) 528132
T, K, MEADOW FOLD Newton Arlosh	(016973) 51677	T, J, 27 Shakespeare Avenue, Egremont	(01946) 821080	THORNTHWAITE, B, 12 Dunmail Crescent, Cockermouth	(01900) 824029
T, L, 2 Edenfold, Bolton	(017683) 62264	T, J, 51 Shore Road, Salterbeck	(01946) 833346	T, D.S, 141 Dunmail Drive, Carlisle	(01228) 537096
T, L, 6 Pendle Drive, Whitehaven	(01946) 599463	T, J.A, Wood Head Farm Scaleby Hill	(01228) 675266	T, E, 10 Ashgrove, Cockermouth	(01900) 828206
T, M, 4 Barco Avenue, Penrith	(01768) 866246	T, J.B, 32 Crown Street, Cockermouth	(01900) 826814	T, E, 35 Balmoral Road, Whitehaven	(01946) 64563
T, M, 3 Stables Court Derwent Street, Cockermouth	(01900) 822952	T, J.M, Beck Brow Haile	(01946) 458482	T, E, 72 Brigham Road, Cockermouth	(01900) 828952
T, N, Brackenslack Cottage Maunds Meaburn	(01931) 715010	T, J.M, 1 Pennine Way, Calthwaite	(01768) 885212	T, G, 21 High Street, WORKINGTON	(01900) 381000
T, R, 8 Fletcher Street, Cockermouth	(01900) 829537	T, J.R, Bradley Foot Ousby	(01768) 881475	T, J, 41 Low Seaton, Seaton, Workington	(01900) 268621
T, S, Estate Office Lingholm Portinscale	(017687) 71206	T, K, Laurel Bank Brough Sowerby	(017683) 42501	T, J, 4 James Street, Maryport	(01900) 813662
T, S, Lingholm Lodge Portinscale	(017687) 73599	T, K, 2 Coniston Close, Workington	(01900) 62132	T, R, 136 Chaucer Road, Workington	(01900) 64029
T, S, Lingholm Gardens Portinscale	(017687) 74238	T, K, 26 Derwentside Gardens, Cockermouth	(01900) 821648	T, Z, 12 Causeway Road, Workington	(01900) 413581
T, S, Rosetrees Portinscale	(017687) 74286	T, K, 109 High Street, Kirkby Stephen	(017683) 71717	THORNTON, A, GELT MILL HOUSE Castle Carrock	(01228) 670403
T, S, Silverhill Bungalow Portinscale	(017687) 75524	T, K, 3 Holme Meadow, Cumwhinton	(01228) 561075	T, A, Thornbrook Barn Thornbrook Barn Row End, Warcop	(017683) 42701
T, S, 3 Green Close, Caldbeck, Wigton	(016974) 78462	T, K, 1 Kirkstone Road, Whitehaven	(01946) 592868	T, C, 34 Carlerton Meadows, Penrith	(01768) 840207
T, S.M, 15 Dalzell Street, Moor Row	(01946) 814259	T, K, High Rigg Little Clifton, WORKINGTON	(01900) 61482	T, J, 25 Mayo Park, Cockermouth	(01900) 826645
T, S, 46 Osborne Avenue, Carlisle	(01228) 317183	T, K, 9 Powleys Garth, Langwathby	(01768) 877681	T, M, Irton	(019467) 24686
THOMASON, Craig, Station House Station Road, Wigton	(016973) 44116	T, K, 76 Tomlin Avenue, Whitehaven	(01946) 591635	T, P, Thornbrook Brough	(017683) 42974
T, E, 49 King Street, Maryport	(01900) 815224	T, K, 4 Townfoot Park, Brampton	(016977) 42116	T, P, 4 Greystroke Road, Penrith	(01768) 866713
T, E, Brylenn Moor Road, Great Broughton	(01900) 824663	T, K.M, White House Armthwaite	(016974) 72220	T, R.D, Ashlea Hartley	(017683) 71665
T, J, 4 Coniston Way, Carlisle	(01228) 535145	T, K.S, 18 Rydal Crescent, Penrith	(01768) 864990	T, S, Flat 1, Heather Garth Bank Street, Keswick	(017687) 44493
T, J, 122 High Street, Maryport	(01900) 818854	T, L, High Dykes Clifton Dykes	(01768) 862577	T, S, Tudor View Helbeck Road, Brough	(017683) 41537
T, J, 34 Jubilee Road, Whitehaven	(01946) 694921	T, L, River View Waterbridge	(016973) 44411	THORP, B, The Cottage Kirkandrews-On-Eden	(01228) 576975

T, J.M, Dubcroft Nether Welton	(016974) 76553	T, P, 32 Carleton Drive, Penrith.....	(01768) 864310	TRAILL, A, Barn Croft Surgery Temple Sowerby	(017683) 61153
T, J.P, 11 Meadow Croft, Penrith	(01768) 866430	T, P, 14 Main Street, St. Bees	(01946) 822522	TRAINOR, D, OCEAN Way Sibson Place, Harrington	(01946) 830284
T, M, BARNCLOSE Thursty	(01228) 710915	T, R, Town House Irthington	(016977) 42089	T, J, 25 John Gaskell Court, Hensingham	(01946) 61357
THROP, M, Sleepers Mill Street, Penrith	(01768) 862266	T, R, Kibo Kirkland Road, Ennedaale	(01768) 897085	T, P, Kibo Kirkland Road, Ennedaale	(01946) 861691
T, R, Flat 3 Sim Court Penrith	(01768) 862371	T, Roy, Rolyne Fearon Street, Bigg	(01946) 810926	TRANTER, L, Longcroft Hardy Gate, Bridgefoot, Workington	(01900) 827518
THURGOOD, H, 38 Caldecote Drive, Workington Cumbria	(01900) 86267	T, R.N, The Grange Ravenstonedale	(015396) 23679	T, S, BRACKENHOW Hayton	(01228) 670498
THURLOW, J, 21 Arkley Road, Aspatria	(016973) 21321	T, S, 9 Inglewood Close, High Harrington	(01946) 831370	TRAVELL, G, 25 High Rigg, Brigham	(01900) 825567
T, M, 19 Marlborough Avenue, High Harrington.....	(01946) 830428	T, S, 50 Wood Street, Maryport	(01900) 336024	TRAVIS, C, 17 Westgarth Avenue, Kirkby Stephen	(017683) 71132
T, S, 30 Langdale Drive, Cockermouth	(01900) 829048	T, T, Croft House Brocklebank	(016974) 78654	T, M, 27 Mallicy Close Drive, Carlisle	(01228) 513653
THURM, K, Rubby Banks Cottage Rubby Banks Road, Cockermouth	(01900) 822632	T, T.A, Laverickstone Farm Kirkbampton	(016973) 42609	TREASURER, I, Miller Place Lorton	(01900) 85233
THURNHILL, B, Orchard Toft Wetheral, Wetheral	(01228) 560982	T, W, 4 Golf Villas, Silloth	(016973) 32127	TRELA, D, Middleshaw Middle Scout Green Shop	(015396) 26087
THURRELL, M, 5 Blencathra View, Threlkeld	(017687) 79014	T, W.M, New House Scarness Fm, Bassenthwaite Lake	(017687) 76319	TREMBATH, S, 192 Frizington Road, Frizington	(01946) 813041
THURSBY, N, 24 Buttermere Hill, Maryport	(01900) 817584	T, C, 23 Briery Acres, Stainburn	(01900) 605527	TREMBLE, A, 20 Highfields, Whitehaven	(01946) 65431
THURSTAN, R, 158 Lowry Hill Road, Carlisle	(01228) 533628	T, D, 9 Crosthwaite Court, Workington	(01900) 603650	T, K, 35 Blackburn Street, Workington	(01900) 601120
T, Mrs S, 35 Sark Close, Carlisle	(01228) 536067	T, E, Leechford Stainton	(01768) 865900	T, P, 13 Millfield Gardens, Keswick	(017687) 74308
THURSTON, Ann, 1 Brockam Cottages Crackenthorpe, Appleby In Westmorland	(017683) 51162	T, E, 7 Loop Road North, Whitehaven	(01946) 62664	T, S, 122 Skinburness Road, Silloth	(016973) 32826
THUS LIMITED, Thus Limited, Hamara Main Street, Brough	(017683) 41298	T, F, 134 Chaucer Road, Workington	(01900) 66776	TRENGROVE, J, Barco Carleton Road, Penrith	(01768) 895338
THWAITE, M, 4 Queens Park, Aspatria, Wigton	(016973) 23124	T, Gillian, 5 Brougham Mill Brougham, Penrith	(01768) 868771	TRENTHAM, N, Old Croft House Market Street, Kirkby Stephen	(017683) 71638
T, S, Lambert House Main Street, Kirkby Stephen	(017683) 41864	T, G, 119 Holmrook Road, Carlisle	(01228) 545328	TREVANKIS, G, 1 Bank View Kirkland	(01768) 88455
THWAITES, A, Flat 29, Woodlands Bridge Lane, Penrith	(017684) 28875	T, H, 3 Woodhayes, Carlisle	(01228) 526817	TREVASKIS, I, 66 Barrowmoor Road, Appleby-In-Westmorland	(017683) 51537
T, A, 49 Outgang Road, Wigton	(016973) 22343	T, J, 39 Harrot Hill, COCKERMOUTH	(01900) 822565	T, J, 4 Low Abbey Cottages Kirkby Thore	(017683) 61698
T, C, Bayshore Wigton	(01697) 388731	T, L, 53 Santon Way, Seascale	(019467) 28591	T, N, 26 Woodlands Avenue, Whitehaven	(01946) 692323
T, C, 19 South Road, Kirkby Stephen	(017683) 71582	T, M, 20 Gisedale Place, Cockermouth	(01900) 829424	T, S, 24 Weavers Avenue, Frizington	(01946) 400481
T, G, 7 The Headlands, Keswick	(017687) 90149	T, M, 7 Minster Close, Workington	(01900) 63238	TRICKETT, B, 6 Gelsdale Avenue, Carlisle	(01228) 546374
T, J, 91 Latrigg Close, Keswick	(017687) 73858	T, Maurice, 27 Ullswater Road, Maryport	(01900) 815174	T, S, 1 Andover Close, Carlisle	(01228) 521320
T, John, 27 Quarry Close, Kirkby Stephen	(017683) 72362	T, Mr Holly House 37 Holly Terrace, Whitehaven	(01946) 694255	TRIMBLE, D, 31 Buttermere Road, Maryport	(01900) 550521
T, J.D, The Lillacs Langwathby	(01768) 881441	T, N, Greiggry House Thornby	(016973) 42742	TRIPNEY, J, 37 Park Road, Wigton	(016973) 49261
T, L, Bankfield Wasdale Road, Seascale	(019467) 25355	T, P, 44 Hunters Drive, Seaton	(01900) 870089	TRIPPEAR, C, Old Shop Wells Court Shop	(01931) 716264
T, M, Thorneycroft Newby	(01931) 714258	T, R, 5 Woodlands Gosforth	(019467) 25531	TRISTRAM, Mrs Jackie, 195 Scotland Road, Carlisle	(01228) 930305
T, M, Towers Cottage Millbeck, KESWICK	(017687) 71115	T, R, 10 Derwent Close, Keswick	(017687) 80249	TRODDEN, C, 3 Rowangate, Whitehaven	(01946) 329197
T, T.D, Fieldhead Great Strickland	(01931) 712766	T, S, Cherry Croft Thursty	(01228) 711481	TROHEAR, I.A, West Wind Cottage Papcastle	(01900) 823680
THWATES, Ms Coral, 29 Huntley Avenue, Penrith	(01768) 864348	T, S, 37 Alexandra Drive, Carlisle	(01228) 595445	T, J, 25 Coniston Avenue, Seascale	(019467) 27522
T, D, 78 Meadow Vale, Seaton, Workington	(01900) 65960	T, T, FOLD HOUSE FARM Kirkbampton	(01228) 576678	T, J, 11 Highfield Close, Seascale	(019467) 27945
T, L, Estate Office Hornby Hall Farm Brougham	(01768) 891114	TOFTS, M.H.J, 9 Beech Lane, Cockermouth	(01900) 822139	TROMANS GEE, Mr 3 Toll Bar Houses, Distington, Workington	(019467) 48323
T, S, 2 High Longthwaite Watermillcock	(017684) 86811	TOGNARELLI, P, 47 Ashfield Road, Workington	(01900) 872131	TROTMAN, J, 24 Rose Terrace, Keswick	(017687) 73583
T, T, 6 Maple Drive, Penrith	(01768) 863078	TOHER, R, Newlands Farm Cottage Newlands Farm Cottage, Carlisle	(01228) 498836	T, Kathleen, 107 Hebdon Avenue, Carlisle	(01228) 530894
TIBBETTS, B, 52 Pinecroft, Carlisle	(01228) 523657	TOLLAY, H, Fern Vill Embleton	(017687) 76460	TROTTER, A, Orchard Bank Longfield	(01228) 792664
TIBBOTT, D.W, 15 Tennyson Drive, Egremont	(01946) 821735	TOLMIE, E, 14 Clifford Road, Penrith	(01768) 865933	T, D, Meadowfield House Eaglesfield	(01900) 828740
TICKNER, P, 13 Brigham Road, Cockermouth	(01900) 269609	TOLSON, A, Skiddaw View Sandale	(016973) 71861	T, J, Heather Dene High Heskett	(016974) 73391
TIERNY, K, 124 Greencres, Wetheral	(01228) 562439	T, B, 18 Berwick Street, Workington	(01900) 604988	T, M, The Old Smithy Ullock	(01946) 861458
TIFFEN, A, Mount Pleasant Gardens 8 Mount Pleasant Gardens, Wigton	(01697) 508528	T, J, LUANZA Bolton Low Houses	(016973) 42734	T, M, 8 Church Street, Moor Row	(01946) 810567
T, A, Apartment 1 16 St Georges Crescent, Carlisle	(01228) 596118	T, P, 4 Banks Crescent, Wigton	(016973) 44027	T, R, 50 Penny Hill Park, Penrith	(01768) 864585
T, I, The Nook Station Hill, Wigton	(016973) 43083	TOMAN, C, Leagueate Hensingham Road, Whitehaven	(01946) 693008	TROUGHEAR, W.S, Arrogan House Hornsby Gate	(01768) 896603
T, M, Swirrel Wood Eaglesfield	(01900) 823857	T, E, Mountain View New Monkway Hensingham	(01946) 695955	TROUGHTON, A, 36 Arlecdon Road, Arlecdon	(01946) 862291
T, N, 101 Lingmoor Way, Carlisle	(01228) 512479	T, G, Crosslaan Barwise Row, Arlecdon	(01946) 861760	T, M, Fern Leigh Kaber	(017683) 71593
T, V, 10 Kirkland Avenue, Wigton	(016973) 43058	TOMAS, I, 10 Gilloft Avenue, Egremont	(01946) 528665	T, Miss Margaret, 78 Milner Mount, Penrith	(01768) 866159
TIFFIN, A, 5 Station Road, Penrith	(01768) 877945	TOMKIN, S, Castle Hill Hayton	(01228) 670095	T, N, Moresby Parks House Moresby Parks	(01946) 693702
T, E, 2 Pategill Ct, Penrith	(01768) 892271	TOMLIN, C, 11 Cobblestone Corner, Penrith	(01931) 714391	T, P, High Lea Lamplugh	(01946) 861821
T, F.O, 3 Arthur Street, Penrith	(01768) 863183	TOMLIN, C, 11 Cobblestone Corner, Penrith	(01931) 714391	TRUBALSKI, J, 17 Merith Avenue, Carlisle	(01228) 539365
T, K, 21 Highwood Crescent, Carlisle	(01228) 520135	T, J, 30 The Parklands, Penrith	(01768) 865552	TUBMAN, Mr A, 11 West View, Bransby/Whitehaven	(01946) 695643
TIJFI, I, 47 The Paddocks, Carlisle	(01228) 492032	TOMLINSON, A, 32 Tribune Drive, Houghton	(01228) 402211	T, N, Dubs Cottage Eaglesfield, Cockermouth	(01900) 822591
TILLEY, Margaret, 25 Simonscales Lane, Cockermouth	(01900) 827817	T, C, 7 Kinniside Place, Cleator Moor	(01946) 811484	T, P, 26 Lakeland Av, Whitehaven	(01946) 64941
T, R, 17 Waterside Ho Denton Mill Clo, Carlisle	(01228) 522521	T, D.J, Glenarney Armathwaite	(016974) 72280	TUCK, K, 8 Meadley Place, Cleator Moor	(01946) 528765
TILLOTSON, J, 3 Barrowmoor Road, Appleby-In-Westmorland	(017683) 53349	T, D.M, 61 Brayton Park, Aspatria	(016973) 22982	T, M, Graythart Harriston Road, Aspatria, WIGTON	(016973) 23240
TIMLEY BRYCE, K, 3 Sand Lane, Flimby, Maryport	(01900) 392314	T, G, Ghyll House Blindcrake	(01900) 825450	T, S, 5 The Parklands, PENRITH	(01768) 895022
TIMMINS, K, 31 Ashton Street, Workington	(01900) 870097	T, Helen, 15 Crossings Close, Cleator Moor	(01946) 810379	TUCKER, A, Sharon Cottage Alston, CA9	(01434) 381570
TIMNEY, E, 40 Fleming Street, Maryport	(01900) 817704	T, J, 9 Goldington Drive, Bongate Cross	(017683) 51292	T, A.G, West End Bunkers Hill Orton Road, Carlisle	(01228) 819664
TIMPERON, J, Orchard House Kelsick	(016973) 61254	T, M, 14 Ashburn Court, Greystoke	(017684) 80817	T, C, 55 Penny Hill Park, Penrith	(01768) 863505
T, R, Willamy House Broomfallen Road, Scotby	(01228) 545483	T, M, 56 Rashdall Rd, CARLISLE	(01228) 522366	T, J, 42 Beveridge Road, Carlisle	(01228) 528056
T, R, Eden Croft House Warwick-On-Eden, Carlisle	(01228) 562771	T, M, Bowbank Red Beck Park, Cleator Moor	(01946) 810853	TUDHOPE, J, High Parsonbridge Bolton New Houses	(016973) 42569
TIMPSON, Ms Anne, 17 Moorclose Road, Workington	(01946) 425265	T, R, The Mount Blackford	(01228) 548375	TUDWAY, S, The Vicarage Morland	(01931) 719210
TIMSON, G, HALL O'H GATE Crosby Ravensworth	(01931) 715504	T, R, The Mount Blackford	(01228) 674406	TUER, B, 11 Petteril Street, Carlisle	(01228) 402078
TINDAL, J, Ingelwood Dacre	(017684) 86112	T, R, 3 The Nook Belah Crescent, Carlisle	(01228) 529851	T, M, 22 Wansfell Avenue, Carlisle	(01228) 525731
TINDALL, J, 19 Westfield View, Flimby	(01900) 403116	T, S, 33 Calvert Way, Keswick	(017687) 28574	T, T, 23 Beechwood Avenue, Carlisle	(01228) 538430
T, M, 30 Harringdale Road, High Harrington, Workington	(01946) 831006	T, S, 24 Carlisle Road, Brampton	(016977) 42631	TUFFIN, B, Lodge 29 Flusco Wood Caravan P Flusco	(017684) 80529
T, P, 8 Brunty Meadows, Alston	(01434) 381993	TOMPSON, Mark, 2 Cold Springs Park, Penrith	(01768) 867409	TUFNELL, M, High Luzley Barn Slaggyford	(01434) 381549
TINGEY, D.J, 189 Mill Hill, Cleator Moor	(01946) 811232	TOMS, T, 49 Berrymoor Road, Brampton	(016977) 2098	TUIU, A, 24 Mayfield Avenue, Carlisle	(01228) 548907
TINKER, S, Beech House Wigtonby	(016973) 44445	TOMSETT, Mrs D, Mrs 24 Croftlands, Egremont	(01946) 811324	TULIP, Mr James, 105 Dunmail Drive, Carlisle	(01228) 544974
TINKLER, K, 87 Greystone Road, CARLISLE	(01228) 526275	TONGE, B, 63 Low Moorlands, Dalston	(01228) 712400	T, R.C, 19 Hillcrest Avenue, Carlisle	(01228) 539366
T, K.H, 54 Eterby Street, Carlisle	(01228) 535106	TONKS, G, Mickledore Hacthorpe	(01931) 712298	T, W.R, South Tyne Cottage The Brewery, Alston	(01434) 381824
T, Mr Raymond, Sunray Appleby-In-Westmorland	(017683) 52905	TOOGOOD, J, The Old Workshop The Square Plumland	(016973) 21665	TULY, D, 50 Blencarn Park, Rockcliffe	(01228) 674931
T, T, 12 Chapel Brow, Workington	(01900) 550974	TOOLE, A, 89 Eterby Lane Crescent, Carlisle	(01228) 530681	T, G, 75 Clifford Road, PENRITH	(01768) 868830
TUNNING, P, 16 Suttle Close, Carlisle	(01228) 533053	T, A, 5 Montreal Avenue, Cleator Moor	(01946) 810746	T, Maureen, 277A Warwick Road, Carlisle	(01228) 528141
T, S, 13 Skiddaw Road, CARLISLE	(01228) 539119	T, D, 4 Curwen Bank, Cliburn	(01931) 714917	TUNSTALL, B, 62 Wetheriggs Rise, Penrith	(01768) 866278
TINNION, C, 3 Fell Dyke Cottages Lamplugh, Workington	(01946) 329426	T, J, 57A Church Street, Whitehaven	(01946) 61123	T, C, Hill Crest Mawbray	(01900) 881142
T, E, 6 The Banks, Seascale	(01946) 751877	T, S, 101 Bowthorn Road, Cleator Moor	(01946) 815764	T, C, Highfield House High Street, Brough	(017683) 41681
T, F, 2a Rose Vale Terrace, Maryport	(01900) 813601	TOPPIN, A, Gale Hall Melmerby	(01768) 881254	T, D, Foggy Gill Ravenstonedale	(015396) 20636
T, J, 3 St. Kentigerns Court, Aspatria	(016973) 23004	T, G, BASCO DYKE FOOT Armathwaite	(01768) 896698	T, D, Fellside Barwise Row, Frizington	(01946) 861051
T, M.J, 50 Latrigg Close, Keswick	(017687) 72127	T, J, The Spinney Gale Hall Melmerby	(01768) 881718	T, Mr G, 22 Tait Street, Carlisle	(01228) 511570
T, Thos, 43 Grange Avenue, Flimby	(01900) 813694	T, J, 22a Lowther Village, Lowther	(01931) 712943	T, J, Eden Dene 13 Park Terrace, Kirkby Stephen	(017683) 71830
TINNISWOOD, J, Nook View Heskett Newmarket	(016974) 77032	TOPPING, D, 25 Barnett Drive, Seaton	(01900) 61606	T, J, 40 Sandersons Croft, Penrith	(01768) 339719
TINNOION, C, 18 Greystone Place, Cleator Moor	(01946) 430018	TORLEY, C, 47 Lonsdale Street, Workington	(01900) 392535	T, M, Redmond House Orton	(015396) 24130
TINSLEY, T, 9 Peel Gardens, Bigg	(01946) 811284	T, S, 2 Moorclose Court, WORKINGTON	(01900) 381133	T, Mr 13 Netherby Road, Carlisle	(01228) 791533
TIPPER, P.W, 2 Fernstock Hill, Seascale	(019467) 28274	TORNEY, B, 11 Ellerbeck Close, Workington	(01900) 603469	T, S, Glen Craig Broughton Moor	(01900) 813823
T, R, 16 Wasdale Park, Seascale	(019467) 21218	T, D, 6 Brook Close, THURSBY, CARLISLE	(01228) 711646	T, S, 35 Kirlake, Little Broughton, Cockermouth	(01900) 824445
TISDALE, R, 1 Station Road, Armthwaite	(016974) 72315	T, R, 21 Derwent Ridge, Workington	(01946) 64041	TUPLING, I, Old Midtown Farmhouse Gt.Strickland	(01931) 712571
TISDALL, I, 16 The Willows, Durdar	(01228) 547848	TORRANCE, A, 109 Windermere Road, Whitehaven	(01946) 66051	TUPMAN, R, Ghyll Brow Z Dovenby	(01900) 823604
TITTERINGTON, E.W, Three Gables Carleton Village	(01768) 866625	T, K, 24 Bedford Street, Hensingham	(01946) 61789	TURK, M, Wilmaria Park Road, Scotby	(01228) 541607
TOAIG, P, BUTTERFIELD CRAGG Askham	(01931) 712651	TORRENS, D, 17 Bishops Way, Dalston	(01228) 710341	TURKINGTON, W, 13 Springfield Avenue, High Harrington	(01946) 831602
TOBIAS, A, 13 Pennine Close, Hackthorpe	(01931) 712651	TORRIE, J, 6 Walkmill Gardens Red Lonning, Whitehaven	(01946) 329045	TURNBALL, H, 24 Queens Close, Whitehaven	(01946) 63341
TOBIN, Y, High Garth Meadows Ivegill	(016974) 73949	TOTU, A, 12 Greystoke Park Road, Penrith	(01768) 606205	T, I, Oak Cottage Rogerfield, KESWICK	(017687) 71110
TOD, R, 39 Springfield Road, Carlisle	(01228) 543752	TOUGH, P, Oldtown Rowelstown	(016977) 48395	TURNBULL, A, 45 Cresswell Av, Carlisle	(01228) 539189
TODD, A, CASTLE RIGG Aspatria	(016973) 20945	TOWERS, A, West Lodge Rheda	(01946) 811627	T, A, 19 North Row, Whitehaven	(01946) 66107
T, Ann, 4 Elbra Farm Close, Ellenborough	(01900) 812597	T, A, 37 Middlegate, Penrith	(01768) 866996	T, A, 81 Red Lonning, Whitehaven	(01946) 66924
T, A, 47 Eskin Street, Keswick	(017687) 74553	T, A, 25 Pinewoods, GILGARRAN	(01946) 832226	T, Ashley, 7 Tullie St, Carlisle	(01228) 526676
T, A.W, Stone Croft Thackthwaite	(017684) 86957	T, I, The Bungalow Bowthorn Road, Cleator Moor	(01946) 812685	T, C, 388 London Road, Carlisle	(01228) 409172
T, C, Mirkholm Farm Bassenthwaite	(016973) 71333	T, M, Apleghart Margate Cross, Tirril	(017684) 86378	T, D, 36 Broomfallen Road, Scotby, Carlisle	(01228) 512377
T, D, 25 Bankend View, Bigg	(01946) 811943	T, M.C, 34 Skiddaw St, Keswick	(017687) 72814	T, D, 59 Lawson Street, Aspatria	(016973) 21524
T, D, 4 Stonegarth, Carlisle	(01228) 401953	T, R, Unthank Lodge Unthank	(017684) 84727	T, D, 189 Warwick Road, CARLISLE	(01228) 491316
T, E, 12 Rubby Banks Road, Cockermouth	(01900) 823833	T, Mrs Susan, 4 Crown Road, Carlisle	(01228) 522723	T, D.L, 4 Sewell Common, South Dyke	(01768) 898323
T, E, 3 Whitegate Court, Egremont	(01946) 821420	TOWLE, J, Sandycross Tarn Road, Brampton	(016977) 41461	T, E, Dutton Lodge Apartment 9 Roper Street, Penrith	(01768) 201373
T, G, 39 Leonfield Street, Cleator Moor	(01946) 815737	TOWLER, R, 4 Low Farm, Langwathby	(01768) 881768	T, E, 1 Queens Drive, Egremont	(01946) 824808
T, J, Ivy House Brampton	(017683) 52469	TOWNEND, G, 31 Croft Road, Carlisle	(01228) 523829	T, H, Kariva Haraby Grove, Carlisle	(01228) 533650
T, J, Alderwood Little Salkeld	(01768) 881229	TOWNLEY, A.J, 10 St. Helens Street, Cockermouth	(01900) 822303	T, I, 148 Kipling Avenue, High Harrington	(01946) 834114
T, J, 19 Arthur Street, Penrith	(01768) 868255	TOWNSEND, A, 6 Raisbeck Close, Carlisle	(01228) 642540	T	

T, V.S, Solway Vw Waverton	(016973) 42588	T, S, 6 Arlecdon Road, Arlecdon	(01946) 862396	W, J, 3 Goose Garth, Wetheral	(01228) 560973
TURNER, A, 3 Affleck Gardens, Whitehaven	(01946) 691841	T, Stephen, 3 Kirklea, Little Broughton	(01900) 379484	W, R, The Toll Bar Emont Bridge, Penrith	(01768) 840603
T, A, Flat 1 The Auld Barn Chestnut Hill, Keswick	(017687) 73394	T, S, Braithwaite Scalgill Place, Moor Row	(01946) 813809	WADE, A, Manor Cottage Caldbeck	(016974) 78214
T, A, 94 Edenside, Cargro	(01228) 673438	T, S, 51 Seaton Road, Seaton	(01900) 601889	W, G.C, Stainton Farm Stainton	(01228) 549615
T, Angela, 51 Latrigg Close, Keswick	(017687) 80758	T, S, 5 Station Avenue, Keswick, Cumbria	(017687) 44918	W, M.I, 49 Holme Riggs Avenue, Penrith	(01768) 862310
T, C, Anthorn House Anthorn	(016973) 51182	T, T, Hall Santon Gardens Santon	(019467) 26204	WADESON, I, 58 Cairn Wood Heads Nook, Carlisle	(01228) 560357
T, C, 15 Ghyll Road, Workington	(01900) 61885	T, T, 24 Margarets Way, Appleby-in-Westmorland	(017683) 51336	WADEY, C, MEADSIDE Abbey Road, St. Bees	(01946) 825255
T, C, 60 Malliclose Drive, Carlisle	(01228) 520755	T, T, 60 Wasdale Park, Seascale	(019467) 28876	WADSWORTH, Christine, Gresdale House Portinscale	(017687) 75892
T, C, 15 Millfield Gardens, Keswick	(017687) 72866	T, V, 47 Lakeland Avenue, WHITEHAVEN	(01946) 693087	W, M, 6 Ash Grove, Carlisle	(01228) 537304
T, C, 5 West End Close, Oulton	(016973) 43768	T, W, Chapel View Caldbeck	(016974) 78237	WAGER, R, LANGWOOD BARN Langwathby	(01768) 881407
T, Mr Dr, 19 Chapel St, Biggiss	(01946) 812565	TYTEK, J.F, 10 West End Clo, Flimby	(01900) 851573	WAGG, R, THE NOOK Brewery Street, Allonby	(01900) 881575
T, D, Brindle Grange Park Road, Orton Grange	(01228) 711546	UBANK, H.A, 9 Kemplay Foot, Eamont Bridge	(01768) 864404	W, R, 6 Burnside, Longtown, Carlisle	(01228) 318049
T, E, Quarry Garth Murton	(017683) 54167	UBERTALLI, J, Flat 24, Waterside House Denton Mill Close, Carlisle	(01228) 318547	WAGGOTT, P, 7 Rydal Crescent, Penrith	(01768) 868993
T, E, 6 Ellen Court Church Terrace, Maryport	(01900) 813020	ULIYART, J, 24 Buchanan Place, Carlisle	(01228) 547629	WAGSTAFF, J, Bowbridge 2 Gosforth, Gosforth	(01946) 769403
T, G, BEXTON HOUSE Sockbridge	(01768) 899863	U, J, 46 Scalegate Road, Carlisle	(01228) 544506	WAINE, G.M, Holly Cottage Hilton	(017683) 52123
T, Mr George, 56 Poole Road, Salterbeck, Workington	(01946) 832224	U, R, Parks View Glassonby	(01768) 870717	WAINWRIGHT, J, 7 Ritson Wharf, Maryport	(01900) 413242
T, J, 46 Newfield Drive, Carlisle	(01228) 530224	UUYET, D, I, Hartholme Asby Road, Asby	(01946) 861062	W, R, Castle Farm Low Hesket	(016974) 73873
T, J, 6 Osprey Gardens, Moresby Parks	(01946) 591996	UNDERDOWN, T, Sycamore Bank Askham	(01931) 712410	WAITE, D, 5 White Row Burgh-By-Sands	(01228) 576410
T, J, 12 Scotby Green Steading, Scotby	(01228) 526566	UNDERWOOD, A, RAVENSWOOD Blencogo	(016973) 61099	W, G, 2 North Clo Albemarle St, Cockermouth	(01900) 822053
T, K, 8 Common Side, Distington	(01946) 830020	U, A, 17 Robinson Avenue, CARLISLE	(01228) 599271	W, J, Knotts Mill Watermillcock	(017684) 86815
T, K, 6 Cross Lanning, Wigton	(016973) 22607	U, A.D, 6 Ravenhill Lane, Whitehaven	(01946) 62144	W, J, 61 Wastwater Avenue, Workington	(01900) 64390
T, K, Stonebarn Midtown, High Harrington, Workington	(019467) 48691	U, Brian, 15 Thirlmere Street, Carlisle	(01228) 522060	W, K, 4 White Row, Burgh By Sands	(01228) 576038
T, L, 99 Dacre Road, Brampton	(016977) 41833	U, C, West Winds West Lo, Flimby	(01900) 817042	W, M, Castrigg House Croft Ends	(017683) 51282
T, L.C, 3 Field House Gardens, Penrith	(017683) 98469	U, J, 23 Inglewood Crescent, Carlisle	(01228) 531034	W, M, 35 Castlegate Drive, Cockermouth	(01900) 823075
T, M, Midtown Farm Tallentire	(01900) 828929	U, J, CLUBURN MILL Cliburn	(01931) 714925	W, N, 98 The Beeches, Maryport	(01900) 819672
T, M, Old Courthouse High Street, Kirkby Stephen	(017683) 72918	U, J, 18 Jackson Road, Houghton	(01228) 595233	W, Z, 56 Wether Riggs Road, Salterbeck, WORKINGTON	(01946) 834663
T, M, 34 St. Edmunds Park, Carlisle	(01228) 531227	U, Mrs J, Mrs 10 Mary Street, Carlisle	(01228) 791227	WAITES, I, 15 Lark Field, Penrith	(01768) 892926
T, M.B, Dockray Bank Farm Wigton	(016973) 43363	U, J, 4 Meadow Close, Maryport	(01900) 815898	WAITING, D, 33 Rydal Crescent, Penrith	(01768) 892337
T, N, 4 Tree Terrace Tree Road, Brampton	(016977) 3643	U, K, 37 Coronation Avenue, Workington	(01900) 605765	WAJAHAT, M, Flat 31 Willow Place Parkland Drive, Carlisle	(01228) 491290
T, P, LINDEN COTTAGE Blennerhasset	(016973) 20925	U, M, 125 Meadow Road, Whitehaven	(01946) 67774	WAKE, G, 11 Low Road Close, COCKERMOUTH	(01900) 821224
T, R, Brook Villa Carlisle	(01228) 560335	U, P, BAMPTON HALL Bampton	(01931) 713245	WAKELIN, S, 58 Arlecdon Road, Arlecdon	(01946) 861752
T, R, Pear Tree House Little Salkeld	(01768) 889364	UNGLESS, M, Skiddaw Kirkbampton, CARLISLE	(01228) 576085	WALBY, J, 9 Beacon Close, Aspatria	(016973) 20663
T, R, Lunsedale Rowgate, Kirkby Stephen	(017683) 72554	UNWIN, I.P, 44 Norbeck Park, Cleator Moor	(01946) 815733	W, P, 1 Oakland Avenue, Maryport	(01900) 817112
T, R.C, New Bungalov Wigton	(016973) 43192	UPFOLD, P, 14 Bright St, Carlisle	(01228) 533009	W, S, 89 The Beeches, Maryport	(01900) 814556
T, S, Croft Head Farm Lowca	(01946) 63702	UPPARD, M, 1 Green Lane, Houghton	(01228) 534829	WALDRON, L, 36 Highfields, Whitehaven	(01946) 329604
T, S, Underfield Carlisle, Southwaite	(016974) 75423	UPSON, Ms C, 8 Greystone Close, Penrith	(01768) 868164	WALDY, R.N, 53 Millriggs, Corby Hill	(01228) 562926
T, T, Coachmans Cottage Maidens Hill Caldbeck	(016974) 78495	U, J, 37 Freshfield Gardens, Penrith	(016973) 663538	WALEY, J, Thackwood Farmhouse Raughton Head	(016974) 76247
T, W, 8 St. Ninians Avenue, Carlisle	(01228) 409204	UPSTONE, M.E, 2 Hay Banks Crosby Garrett	(017683) 71185	W, N, 1 Barnes Green, Great Salkeld	(01768) 897010
TURPIN, J, 17 Wollenscroft, Stainburn	(01900) 66198	URWIN, E.M, The Meadows Laversdale	(01228) 675568	W, T.H, 2 Netherend Road, Penrith	(01768) 868655
T, K, 46 Rowe Terrace, Workington	(01900) 413170	U, Mr Kevin, 1 Cookson Court Newton Road, Penrith	(01768) 866248	W, T.W, Thackwood Farm Raughton Head	(016974) 76476
T, N, Fern Cottage Lamplugh	(01946) 861163	USHER, D, 34 Rowe Terrace, Workington	(01900) 604879	WALKER, A, Greenacres Gosforth	(019467) 25463
TURRELL, J, 3 Seadown Drive, Workington	(01946) 830746	U, D, 2 Townfoot Park, Brampton	(016977) 2367	W, A, Elm Tree Great Asby	(017683) 53046
T, M, 277 Moss Bay Road, Workington	(01900) 603055	U, F, Glen Cote Low Braithwaite Ivegill	(016974) 73523	W, A, Old Malthouse Tirril	(01768) 868161
T, T, 30 Old Road, Longtown	(01228) 791239	U, P, 10 Oaks Lane, Kirkbampton	(01228) 576936	W, A, 6 Carleton Park, Penrith	(01768) 210675
TUTTY, E, Wymerne Main Street, Frizlington	(01946) 811832	U, R.H, 16 Coniston Crescent, Workington	(01900) 67569	W, A, 5 Crossings Close, Cleator Moor	(01946) 810650
TWATIS, J.E, 5 The Bungalows Glasson	(016973) 51117	UTTING, K, Birds Hill Cottage Raughton	(016974) 76664	W, A, 25 Elbra Farm Close, Ellenborough, MARYPORT	(01900) 812907
TWEDDELL, C, Swinley Martindale	(017684) 86528	UTTLES, S, 102 Blackwood Road, Carlisle	(01228) 495968	W, A, 24 St. Josephs Gardens, Carlisle	(01228) 510087
T, Eleanor, Hatcliffe Bridge Hesket Newmarket	(016974) 78642	VAISNYS, Anne, 11 The Croft, Warcop	(017683) 42440	W, A, 11 St. Nicholas Avenue, Flimby	(01900) 815338
T, G, Woodstock Brough Street, Aspatria, Carlisle	(016973) 21148	VALENTINE, C, Laundry Cottage Unthank	(016973) 829499	W, A, 1 Wadale Clo, Whitehaven	(01946) 67145
TWEDDLE, Mrs A, Mrs 8 Lansdowne Court, Carlisle	(01228) 538158	VALLANCE, K, 2 Castlegate Drive, Cockermouth	(01900) 827949	W, B, Greenhow Mockerkir	(01946) 861491
T, B, 36 English Street, Longtown	(01228) 791595	VALLEY, D, 10 Carlisle Road, Dalston	(01228) 472659	W, B, 3 Birkebeck Gardens, Kirkby Stephen	(017683) 71733
T, B, 53 Springfield, Wigton	(016973) 43296	V, H, 16 Glenindrig Walk, Whitehaven	(01946) 64935	W, B, 24 Briery Acres, STAINBURN, WORKINGTON	(01900) 627579
T, D, Moss Grove Pallet Hill	(017684) 83976	VAN DONGEN, Mrs Wiet, Moorvale Sandy Lane, Brampton	(01228) 319738	W, B, 32 High Road, Whitehaven	(01946) 694220
T, G, Strathmuir Corby Hill	(01228) 560744	VAN ITERSON, J, 5 Millbank Court, CARLISLE	(01228) 527231	W, B, 4 Rosemary Close, Whitehaven	(01946) 65985
T, G, The Loft Wigton	(016973) 44104	VAN SCHTERDAM, P, 13 Greenrow Meadows, Wigton	(016973) 32731	W, C, Leaside Sandwith	(01946) 694904
T, G, 16 Kings Avenue, Seaton	(01900) 62549	VAN ROTTELDER, F, Darling How Lorton	(01900) 85298	W, C, 2 Kellbank Gosforth	(019467) 25709
T, G, Alwayne House Ludgate Terrace Station Road, Wigton	(016973) 43866	VANDEPEER, Ken, Tarnhows Bankfield, Beckermert	(01946) 841411	W, C, 198 Greystone Rd, Carlisle	(01228) 534378
T, I.M, West View Roadhead	(016977) 48266	VARAH, H, 12 St. Kentignens Way, Aspatria	(016973) 21135	W, C, 12 Park View Lane, Alston	(01434) 381682
T, J, 10 Crosby Street, Maryport	(01900) 876518	V, S, 28 Edenside, Cargro	(01228) 672234	W, C, 53 Red Lanning, Whitehaven	(01946) 36356
T, Joan, 5 Kirkandrews Moat, Longtown	(01228) 577749	VARGAS, C, Elysium Burnhill	(01228) 756468	W, D, Oxenriggs Fm Egremont	(01946) 820255
T, L, 34 Ashley Street, Carlisle	(01228) 523610	VARIAN, D, 18 Woodlands, Great Corby	(01228) 560393	W, D, Todd Close Cuthwaite, Wigton	(01228) 711388
T, M, 59 St. Munigos Park, Aspatria	(016973) 21694	VARLEY, C, Cornerstone Chapel St, Biggiss	(01946) 814103	W, D, 1 Greenlands Avenue, Whitehaven	(01946) 599294
T, M.S, 1 Petteril Road, Penrith	(01768) 865212	V, R, Owls Barn Church Brown	(017683) 42630	W, D, 71 Hill Top Road, Whitehaven	(01946) 692038
T, N.R, 9 Grosvenor Place, Carlisle	(01228) 546353	VARTY, A, Linstene Little Broughton	(01900) 824777	W, D, 96 Main Road, High Harrington, WORKINGTON	(01946) 831104
T, S, 28 Newlands Gardens, Workington	(01900) 63308	V, J, 17 The Nook, Great Broughton	(01900) 823011	W, D, 22 Scattergate Crescent, Appleby-in-Westmorland	(017683) 51536
TWEEDIE, B, 39 Frenchfield Way, Penrith	(01768) 864412	V, M, 26 Elbra Farm Close, Ellenborough	(01900) 813282	W, D, 85 Scotland Road, Penrith	(01768) 867059
T, C, 9 Laurel Bank, Whitehaven	(01946) 592174	V, T, 2 Belfry Close, Carlisle	(01228) 540848	W, D.J, Harrington Parks Farm Copperas Hill, Harrington	(01946) 830243
T, L, 59 Lawson Street, MARYPORT	(01900) 815797	VASS, S, 26 Westgarth Road, Kirkby Stephen	(017683) 72048	W, E, 9 Falcon Court Irish Street, Whitehaven	(01946) 65189
T, M, South Dyke Fm South Dyke	(01768) 898262	VAUGHAN, Prof David, Cays House Rowelstown	(016977) 48277	W, Ms Emily, 18 Pearl Road, Maryport	(01900) 268989
T, P, 9 Michael Street, Whitehaven	(01946) 451293	V, G, 23 Jubilee Road, Whitehaven	(01946) 65517	W, E, 7 Stonegarth, Greystoke	(017684) 83426
T, S, 13 Townhead Road, Cotehill	(01228) 560623	V, G, 1 The Bams Low Hesket	(016974) 73588	W, E.K, 27 Sand Croft, Penrith	(01768) 867274
TWENTYMANN, B, Fairfield Longthwaite Road, Wigton	(016973) 44337	V, M, 24 Moresby Parks Road, Moresby Parks	(01946) 590887	W, E.M, 84 Rutland Avenue, Whitehaven	(01946) 695845
T, B, 33 Victory Crescent, Maryport	(01900) 815648	V, S, 11 Nursery Place, Whitehaven	(01946) 329482	W, F, HARRINGTON PARKS Farm Copperas Hill, Harrington	(01946) 834470
T, D, West Holme Gosforth Rd, Seascale	(019467) 27210	VAUSE, A, 2 York Street, Penrith	(01768) 890907	W, F.A, The Old Rectory Clifton	(01768) 865964
T, J, Flat 1 Hedley Court Cumwhinton Road, Carlisle	(01228) 544427	V, VAUX, A.P, Bournrigg Caldbeck	(016974) 78626	W, G, Holmealand Culgaith	(01768) 879096
T, J, Carl Bank Standstone, Wigton	(016973) 42603	VB BUDDEN, R, 6 Wray Head, Drigg	(019467) 24276	W, G, Chittypuss Cottage Patterdale	(017684) 82294
T, K, Whitrigg Hall Farmhouse Whitrigg	(016973) 71383	VEITCH, D, 50 Gleneagles Drive, Carlisle	(01228) 533237	W, G, 37 Fell View Park, Gosforth	(019467) 25386
T, M, NORTH VIEW Main Road, Allonby	(01900) 881384	V, D, 83 Orton Road, Carlisle	(01228) 511426	W, G.B, 4 Syke Road, Wigton	(016973) 42744
T, N, The Coach House Cottage Allonby	(01900) 881072	V, D, 12 Pillar Lane, Carlisle	(01228) 498191	W, H, 3 Bank Terrace Gavel Street, Maryport	(01900) 810568
TWIDDY, S, 8 Raliffand View, Shap	(01931) 716028	V, J.A, 20 High Street, Kirkby Stephen	(017683) 71375	W, H, 71 Whins Close, High Harrington	(01946) 833986
TWIGG, S.M, 17 Brackenlands, Wigton	(016973) 43664	V, K, 39 Millings, CORBY HILL, CARLISLE	(01228) 560108	W, I.S, 10 Woodleigh, Walton	(016977) 31333
TWINAMIE, E, 11 Gomerings Road, Whitehaven	(01946) 695381	V, S, Agricola Newbiggin	(017684) 83944	W, J, HALL HILLS Dalston	(016974) 76197
TWINN, Mrs 4 Monkkray Brow, Whitehaven	(01946) 592200	V, S, 4 Eden Straits, Langwathby	(01768) 881045	W, Jude, Hall Hill Farm Dalston	(016974) 76779
TWIZELL, Barry, 39 Puntun Road, Carlisle	(01228) 528324	V, T, 35 Clifford Road, Penrith	(01768) 863874	W, John, Smithy Cottage Newton Arlosh	(016973) 52203
TWYFORD, P, TROUTBECK Cross Gates, Lamplugh	(01946) 861033	VENNARD, R, 16 Knowe Road, Carlisle	(01228) 615260	W, Mrs J, 7 Brandlehow Crescent, Keswick	(017687) 80363
TYAS, A, Waverton Old School Waverton	(016973) 44174	VEREGRAHAM, G, 222 Brookside, Carlisle, Cumbria	(01228) 528065	W, J, 5 Cross Street, Whitehaven	(01946) 61515
TYE, A, Birch Close Grange Park Road, Orton Grange	(01228) 712709	VERITY, D.R, The Bungalov 14a Kln Brow, Cleator	(01946) 810827	W, Jacqueline, Sunnynbank Egremont Road, St. Bees	(01946) 822338
TYLER, I.M.N, 33 Townhead Road, Cotehill	(01228) 561883	VERNON, Andrew, 4 Meadowfield, Gosforth	(019467) 25298	W, J, 78 Frizlington Road, Frizlington	(01946) 528652
T, J, 6 Hunters Crescent, Carlisle	(01228) 339554	V, J, 67 Meadowfield, Gosforth	(019467) 25515	W, J, 29 Langrigg Road, Carlisle	(01228) 512984
T, P, 9 The Crescent, Kirkby Stephen	(017683) 72035	VEROV, I, 2 Hall Grange, Bolton	(017683) 62843	W, Mr J, Mr Cornhill Farm Moorhouse Road, Carlisle	(01228) 528833
TYRER, L, 21 Main Street, DEARHAM, MARYPORT	(01900) 816364	VETTRAINO, C, 20 South Row, Whitehaven	(01946) 460259	W, J, 16 Springfield Gardens, Biggiss	(01946) 812419
TYRIE, J, 29 Clifton Hill Gardens, Penrith	(01768) 210275	VEVERS, G, Andrews Syke Longtown	(01228) 577452	W, J, 15 The Firs, Alston	(01434) 381541
TYSON, A, Thirkus House High Hesket	(016974) 73759	VICKERS, B, 68 The Beeches, Maryport	(01900) 814210	W, J.K, 13 Newlands Lane, Workington	(01900) 605420
T, Ann, 55 Kirklea, Little Broughton	(01900) 826556	V, J, Swallows Cottage Halfforth Mawbray	(01900) 881174	W, J.M, Pinfold Wood Fell Lane, Penrith	(01768) 868219
T, A, 131 Lowry Hill Road, Carlisle	(01228) 511815	V, J, 43 Greenbank Avenue, Whitehaven	(01946) 693347	W, J.P, mobile, 26 Lowther St, Penrith, Cumbria	(07950) 686848
T, A, 23 Park View, Egremont	(01946) 822025	V, L, 31 Lawson Street, Maryport	(01900) 393451	W, K, 31 Crossdale Avenue, Whitehaven	(01946) 66677
T, A, 32 Wyndham Rwy, Broughton Moor	(01900) 817964	V, P, 27 Briar Rigg, Keswick	(017687) 72435	W, K, 36 Gilmour Street, Maryport	(01900) 818994
T, B, GRANGE BROW FARM Grange	(01946) 822449	V, Mrs T, Mrs 32 Carvoran Way, Carlisle	(01228) 530100	W, K, 94 Gosforth Road, Seascale	(01946) 768652
T, C, 1 East Croft, Beckermert	(01946) 841752	VIDLER, R, 11 Blencathra View, Threlkeld	(017683) 79326	W, K.G, Barton Vicarage Tirril	(017684) 86307
T, C, Rocklyn Mellbecks, KIRKBY STEPHEN	(017683) 71192	VIEVERS, N.C, 24 The Island, Anthorn	(016973) 51506	W, L, Bank House Motherby	(017684) 83158
T, D, West Lodge Hundth Hill Cockermouth	(01900) 829618	VINCENT, C, 3 Rose Gardens, Gilgarran	(01946) 830644	W, L, Park Head Renwick	(01768) 897145
T, D, 4 Hawthorn Avenue, Maryport	(01900) 379799	V, E, British Red Cross Society Queen Street, Penrith	(01768) 868686	W, L, 15 Acorn Street, Keswick	(017687) 74165
T, E, Grosvenor Cottage Swinsty	(016973) 61969	V, J, 248 Wasdale Close, Cockermouth	(01900) 826590	W, L, 6 Croft Court, High Hesket	(016974) 75371
T, E.A, Steelgate Ivegill	(016974) 76574	VINELL, P, 3 Willow Close, Penrith	(01768) 899279	W, L, 5 Elm Garth, Wetheral	(01228) 560329
T, F, 2 Kirkbank, Cockermouth	(01900) 822130	VINES, M, 14a Orton Grange Park Grange Park Road, Orton Grange	(01228) 711608	W, L, 4 Penny Hill Park, Penrith	(01768) 892766
T, J, 14 Greta Gardens Crown Park Road, Keswick	(017687) 73325	VINEY, Christine, 3 Housesteads Road, Carlisle	(01228) 546272	W, L, 61 Rheda Close, Frizlington	(01946) 817841
T, J, Longacre House Tarn Lane, Crosby Garrett	(017683) 71876	V, T, Hollinthaite Howtown	(017684) 86664		

W, N, 64 Meadow Vale, Seaton.....	(01900) 61114	W, E, 2 Fough Heads Nook Fough	(01228) 670311	W, S, INA HOUSE Gilsland	(016977) 47856
W, N, 5 The Meadows, Langwathby.....	(01768) 881380	W, J, Hill View Castle Carrock	(01228) 670029	WATKINSON, D.G. Bank End House Appleby-In-Westmorland.....	(017683) 52050
W, O, 21 Cammock Crescent, Carlisle.....	(01228) 541653	W, J, 29 Castle Terrace, Penrith	(01768) 866929	W, J, 17 Meadowfield Grove, Gosforth.....	(019467) 25033
W, P, 8 Laversdale Dale View 8 Dale View, Irthington	(01228) 753339	W, R, Sandstones Waverton	(016973) 45181	W, M, The Haven Irton	(019467) 24259
W, P, 11 Scaur Close, Lazonby.....	(01768) 898540	W, R, 25 Caldew Street, Silloth, Wigan	(016973) 31601	WATSON, A, The Courtyard Rockcliffe.....	(01228) 674738
W, P, 6 Snaodown Avenue, Cleator Moor	(01946) 814398	W, S, 33 Bowman Street, Carlisle.....	(01228) 548776	W, A, SOUTHERLEY Thurstonfield.....	(01228) 576622
W, P, 20A Moorlands Drive, Stainburn.....	(01900) 67655	W, Wilma, 17 Forest Hill, Carlisle.....	(01228) 543656	W, A, 6 Brunswick Terrace, Penrith	(01768) 892795
W, R, 59 East Norfolk Street, Carlisle.....	(01228) 546980	WAPPETT, B, 5 Scattergate Green, Appleby-In-Westmorland	(017683) 52012	W, A, 4 Chestnut Close, Culgaith	(01768) 879052
W, R, 43 Holme Riggs Avenue, Penrith.....	(01768) 864960	W, N, 18 High Wiend, Appleby-In-Westmorland	(017683) 53285	W, A, 51 Dacre Road, Brampton.....	(016977) 3014
W, S, 1 Sandgate Court Sandgate, Penrith	(01768) 867010	W, A, 48 Bridge Lane, Carlisle	(01228) 497310	W, A, 9 Griffin Close, Frizington.....	(01946) 811394
W, R, 6 Station Road, Drigg	(019467) 24363	WABRICK, J, 3 Smithy Cottages Springfield Road, Bigrigg.....	(01946) 813626	W, A, 3 Hazelgrove, Seaton	(01900) 68948
W, S, 5 Cocktons Yard, Cockermouth.....	(01900) 500014	WABURTON, A, Greysowber Kings Meaburn	(01931) 714018	W, A, Howgate House Howgate, Newbiggin.....	(017684) 80428
W, S, Meadow Garth High Brigham, Brigham.....	(01900) 827086	W, M.M., Old Byre Croft House Colby	(017683) 53230	W, A, 4 Penrith Road, Keswick	(017687) 44518
W, S, 18 Primrose Bank, Wigan	(016973) 44272	W, Mr R, Colby Laithes Appleby-In-Westmorland.....	(017683) 51546	W, A, 20 Wandsworth Gardens, Shap	(01931) 716491
W, S, 17 Rowe Terrace, Worthington	(01900) 871280	W, Mr R, Mr Bandle House Colby, Appleby-In-Westmorland.....	(017683) 52968	W, A.A.S, 6 Woodend Drive, Carlisle.....	(01228) 543566
W, S, 10 Scawfell Crescent, Seascale	(019467) 28334	W, S, 48 Chertsey Bank, Carlisle	(01228) 533441	W, B, Station House Arlecdon	(01946) 861203
W, S, GOATFIELD Southey Hill, Keswick	(017687) 72314	W, Mrs S, Mrs 2 St Peters Drive, Carlisle	(01228) 558858	W, B, Chapel House Cargo Beck Cargo	(01228) 672210
W, T, 3 Scawfell Crescent, Seascale.....	(019467) 28191	WARD, A, PARK LODGE Tallentire	(01900) 826753	W, B, 10 Friars Garth, Abbeytown.....	(016973) 61096
W, T, 12 The Crescent, Whitehaven.....	(01946) 65371	W, A, The Vicarage All, Cockermouth	(01900) 550108	W, B, 65 Lawson Street, Wigan	(016973) 20124
W, W, 17 Adelphi Terrace, Carlisle.....	(01228) 512833	W, A, 51 Kelsick Park, Seaton	(01900) 550501	W, B, 47 Norfolk Place, Penrith	(01768) 891331
W, W, 56 Dale End Rd, Carlisle	(01228) 545104	W, C, 1 Joiners Cottage Penrith, Penrith	(015396) 24088	W, B, 54 Towers L, Cockermouth.....	(01900) 826358
W, W, 38 Peter Street, Worthington	(01900) 64558	W, D, 1 Crow Park, Whitehaven.....	(01946) 443188	W, C, Croft House Rosgill	(01931) 717431
W, W, 12 Priory Road, St. Bees	(01946) 821761	W, D, 101 Glebe Road, Appleby-In-Westmorland	(017683) 51030	W, C, 32 Leywell Drive, Carlisle.....	(01228) 527191
W, W.S, 10 Leonard St, Keswick	(017687) 74599	W, D, 39A Market Place, Cockermouth	(01900) 393691	W, D, Parcelstown Farm Longtown	(01228) 791050
W, W, 10 Castle View, Brough.....	(017683) 41182	W, E, Skiddaw View Cross Lane, Wigan.....	(016973) 44273	W, D, 5 Farlam Hall Cottages Hallbankgate	(016977) 46455
W, Z, High Mains High Mains, Worthington	(01900) 336815	W, E, 28 English Street, Carlisle	(01228) 792073	W, D, 74 Coledale Meadows, Carlisle.....	(01228) 532831
WALKER-BAYLISS, L.A., 7 Station Road, Flimby	(01900) 813172	W, E, 8 Fulmar Place, Carlisle	(01228) 810731	W, D, 7 Eden Grange, Little Corby.....	(01228) 560092
WALKER-TAYLOR, C, 8 Heathcote Park, Cleator Moor	(01946) 451140	W, G, Halford Mill Kirklington	(01228) 675386	W, D, 16 Skiddaw Street Silloth, Carlisle.....	(016973) 31807
WALKINGSBURY, P, 82 Brampton Rd, Carlisle.....	(01228) 381381	W, G, 74c High Street, Maryport.....	(01900) 812379	W, DW, 13 Helvellyn Street, Keswick	(017687) 74520
W, R, 26 Thornton Road, WHITEHAVEN.....	(01946) 440376	W, G, 47 Leathwaite, Whitehaven.....	(01946) 61993	W, E, Loningford Foot Sebergham	(016974) 76077
WALKINGTON, Jack, Harkness Cott Renwick	(01768) 898637	W, Ivor, 6 Stackbraes Road, Longtown.....	(01228) 791745	W, E, 4 Holly Terrace, Blencogo	(016973) 61402
W, P, 9 Cumwhinton Drive, Carlisle.....	(01228) 319125	W, J.D, Scot Hall Gosforth	(019467) 24085	W, E, 4 Kelsick Park, Seaton	(01900) 605501
WALL, A, 17 Ellilbeck Close, Carlisle.....	(01228) 593059	W, J.K, 27 Jericho Road, Whitehaven.....	(01946) 63790	W, G, COOMBE EDEN LODGE Armathwaite	(016974) 72723
W, M, 4 Oak Terrace, Abbeytown	(016973) 61727	W, K, 27 Holme Head Way, Carlisle.....	(01228) 532486	W, G, Orchard Farm Mawbray	(01900) 881664
WALLACE, Adm A, 79 Garborough Close, Crosby	(01900) 813245	W, L, 11 Fairhill Close, Penrith.....	(01768) 864031	W, Mr G, 53 Brisco Road, Carlisle.....	(01228) 521590
W, Anita, 39 Gillford Crescent, Carlisle.....	(01228) 401454	W, L, 69 Newfield Drive, Carlisle.....	(01228) 402722	W, G, 30 Meadowfield Grove, Gosforth.....	(019467) 25799
W, Mr C, 12 Near Park, Carlisle.....	(01228) 513491	W, L, 20 North Street, Maryport.....	(01900) 815853	W, G, 1 Penny Hill Park, Penrith	(01768) 862973
W, D, FAIRVIEW Park Road, Scotby	(01228) 513399	W, M, Low Plains House Calthwaite.....	(01768) 885036	W, G, 59 Woodville Park, COCKERMOUTH	(01900) 381111
W, D, High Point Helton	(01931) 712420	W, M, Beech House 16 Albert Street, Longtown.....	(01228) 792505	W, H, 23 Carleton Road, PENRITH.....	(01768) 210635
W, G, 39 St. Andrews Road, Stainburn	(01900) 64313	W, M, 32 North View, Aspatria	(016973) 23626	W, H, 8 Royal Drive, Egremont, Cumbria.....	(01946) 328227
W, J, 10 Wampool Street, Silloth.....	(016973) 31174	W, Miss M, 22 Smithfield Road, Egremont.....	(01946) 823787	W, I, Langstrath Great Orton	(01228) 710957
W, M, 4 Barco Court, Penrith	(01768) 866291	W, M, 2 Talbot Road, CARLISLE.....	(01228) 598908	W, I, Howrigh Wigan	(01228) 701069
W, M, 4 Burton High Close, Harras Moor	(01946) 693431	W, Malcolm P, North Park Lodge Brisco	(01228) 515944	W, I, 116 Main Street, St. Bees	(01946) 822475
W, M, Methodist Central Hall 5 Market Street, Carlisle.....	(01228) 534161	W, N, 70A Casson Road, WORKINGTON	(01900) 603218	W, Mr Ian, 5 St. Georges Crescent, Carlisle.....	(01228) 631552
W, Marlien, Leyland Park Lane, Alston.....	(01434) 381580	W, P, 25 Low Byer Park, Alston.....	(01434) 381207	W, Julia, Field Croft Carleton	(019467) 24141
W, N, Apartment 35 Pele Court Friargate, Penrith	(01768) 866801	W, P, 117 Orton Road, Carlisle	(01228) 534270	W, J, The Green Rosgill	(01931) 716550
W, P, 15 Prospect Row, Cleator	(01946) 810735	W, R, 31 Loop Road North, WHITEHAVEN.....	(01946) 694253	W, J, Meadow Close Welton	(016974) 76137
W, P, 28 Waver Street, Silloth	(016973) 32050	W, R, 6 Old Road, Longtown.....	(01228) 791218	W, J, Winterburn Wood Westward	(016973) 43756
W, R, Lindisfarne 14 Yetlands, Dalston	(01228) 712548	W, R, 21 Tullie Street, Carlisle	(01228) 515854	W, J, 21 Alkbank Road, Whitehaven.....	(01946) 693551
W, S, 8 Loweswater Avenue, Worthington	(01900) 66202	W, S, Howgate Barn Howgate	(01946) 693179	W, J, 26 Braeside, Seaton	(01900) 66283
W, T, 10 Bellgarth Gardens, Carlisle.....	(01228) 615232	W, S, 4 Station Hill, Wigan	(016973) 44420	W, Mr J, Meadow Vale Capon Tree Road, Brampton.....	(016977) 3714
W, T, 26 Lindisfarne Street, Carlisle.....	(01228) 548971	W, T, 110 Scalgate Road, Carlisle.....	(01228) 510855	W, J, 16 Evening Hill Drive, Cockermouth.....	(01900) 822807
W, T, 4 Moorside Drive, Carlisle.....	(01228) 402479	W, W, 14 Beech Croft, Wigan	(016973) 45128	W, J, 8 Fell View, Branthwaite.....	(01900) 602499
WALLBANK, J, 19 Meadowfield Grove, Gosforth	(019467) 25139	WARD-JACKSON, D, Stanley View Kirklington	(01228) 675246	W, J, 84 Flewisch Avenue, Whitehaven.....	(01946) 67315
WALLER, L, 15 Christian Street, Maryport	(01900) 814300	WARDLAW, D.W.S, 32 Juniper Grove, Whitehaven.....	(01946) 591430	W, J, 1 Howard House Front Street, Cotehill, Carlisle.....	(01228) 561767
WALLING, E, 3 Coronation Terrace Coronation Terrace High Walton, Egremont	(01946) 822682	WARDE, A, GARTH MARR Castle Carrock	(01228) 670206	W, J, 3 Highfield Gardens, Wigan	(016973) 45246
WALLINGTON, Dr Andrew, Syke Side House Soubly	(017683) 74934	W, N, 16 Scholars Green, Wigan	(016973) 44657	W, J, 4 Riverside, Dalston.....	(01228) 710970
WALLIS, A, Fell View Little Asby	(015396) 23134	W, N, 24 The Larches, Egremont.....	(01946) 823833	W, Mr J, Mr 26 Robinson Avenue, Carlisle.....	(01228) 594336
W, M, Chapel Cottage Cumwhinton	(01228) 560262	W, Peter, 18 Harrison Road, Aspatria	(016973) 22124	W, J, Lynfield Sunnyside, Seaton	(01900) 602849
W, P, 1 Mountain View Broughton Moor	(01900) 814622	WARE, David, 3 Post Office Row Eamont Bridge	(01768) 866183	W, J, 13 Thirlmere Avenue, Worthington	(01900) 63056
WALLS, A.E.W, Ellercroft Blackbeck	(01946) 841966	W, G, Mayburgh View Skirgill Lane, Eamont Bridge.....	(01768) 862626	W, J.C, 11 Wastwater Rise, Seascale	(019467) 28569
WALMESLEY, J.G.R, Druidstone Glassby	(01768) 898332	W, S, The Barn Newby	(01931) 714630	W, K, The Grapes Caldbeck.....	(016974) 78190
WALMSLEY, D, 25 Simmerson Drive, Carlisle.....	(01228) 525524	W, T, Mill End Skirgill La, Eamont Bridge	(01768) 891178	W, K, 49 Castle Drive, Penrith	(01768) 890122
W, H, Police House High Lorton	(01900) 85013	WAREING, A, 10 Park Terrace, Hallbankgate	(016977) 46665	W, Kevin, 12 Round Close Park, Whitehaven.....	(01946) 690562
W, R, 6 Museum Square, Keswick	(017687) 74426	WARICK, A, 3 Chertsey Mount, Carlisle	(01228) 524622	W, K, 21 Speckled Wood Drive, Carlisle.....	(01228) 492019
WALSH, A, 12 Friars Garth, Abbeytown.....	(016973) 61736	W, E, 12 Currock Road, Carlisle	(01228) 530914	W, L, Barlen Cott Winskill	(01768) 881675
W, A, 10 Woodlands Close, Carlisle.....	(01228) 521108	WARING, A, Hoff Lunn Hoff	(017683) 53939	W, L, 104 Holmrook Road, Carlisle.....	(01228) 402994
W, Barry, 5 Lowcroft, Calderbridge	(01946) 841083	WARLOW, J.A.F, Bells House Berrier	(017684) 80876	W, L, 62 Pica Cottages, Pica	(01946) 834006
W, G, 13 Alexandra Terrace, Whitehaven.....	(01946) 696656	WARMINGHAM, J.D, River House Wetherall	(01228) 560530	W, L, 7 Threaplands, CLEATOR MOOR	(01946) 440978
W, I, Red Syke Farm Troutbeck	(017687) 79769	WARNER, M, 37 Margaret Creighton Gardens, Carlisle	(01228) 497171	W, Linda, 151 Upperby Road, Carlisle	(01228) 539148
W, J, Langrigg Brough Sowerby	(017683) 41053	W, Mrs S, Mye 15 Beech Lane, Cockermouth.....	(01900) 826183	W, L, Shore Gate House Wigan, Wigan	(016973) 26304
W, Adm J, 13 Moorfield Avenue, Worthington	(01900) 603530	WARNES, A, 43 George Street, Whitehaven.....	(01946) 693899	W, L.C, Glen May Irton.....	(019467) 24634
W, K, 15 Whitelosegate, Carlisle.....	(01228) 596090	WARNOCK, S, 14 Leatham Street, Carlisle.....	(01228) 527435	W, M, Hazelsprings Cottage Brocklebank	(016974) 78722
W, M.H, Old School House Lamony	(017684) 84329	WARREN, A, 11 The Forge, Gilsland	(016977) 47429	W, M, Thwaite Nook Buckabank	(01228) 711204
W, P, Bamburg Brough Sowerby	(017683) 42672	W, D.W, 37 Garborough Close, Crosby.....	(01900) 816738	W, M, Suncroft Outton	(016973) 42914
W, P, Dykeside High Seaton, Seaton, Worthington.....	(01900) 62168	W, Ian, Santon Ghyll Halfait Farm Santon Bridge	(019467) 26580	W, M, Post Office Pooley Bridge	(017684) 86266
W, S, 36 The Crescent, Kirby Stephen	(017683) 71234	W, K, 22 Wandsworth Gardens, Shap	(01931) 716936	W, M, New House Welton	(016974) 76151
W, V, 16 Udale Court, Worthington	(01900) 65867	W, Mrs Maureen, 15 Hether Drive, Carlisle	(01228) 529893	W, M, Fell View Moorhouse Wigan.....	(016973) 42429
WALSINGHAM CARE HOME, W, 32 Lime Grove, Maryport	(01900) 268503	W, P, GREEN MOUNT Brough Sowerby	(017683) 42570	W, M, Alderley Beacon Street, Penrith	(01768) 862614
WALTERS, D, Scalesgush Carleton	(016974) 73381	W, P, 4 Harrot Hill, Cockermouth.....	(01900) 824465	W, M, 1 Crossgates Road, Brampton.....	(016977) 46721
W, G, High Wood Foot Ashkham	(01931) 713224	WARRICK, A, 46 Friars Road, PENRITH.....	(01768) 890182	W, M, 2 Fell View, Winton	(017683) 71773
W, G.J, Brentwood Wellington	(019467) 25412	WARRINGTON, P, 26 Wadsworth Park, Branthwaite.....	(01900) 607269	W, M, 50 Ingelwood Crescent, CARLISLE	(01228) 531077
W, I, 1 Scawfell Avenue, Worthington	(01900) 61348	WARRIOR, G, Huntinghow Cottage Huntinghow Cottage, Whitehaven.....	(01946) 443163	W, M, 12 Irving Terrace, Wigan.....	(01697) 388524
W, P, Ismailia Millburn	(017683) 61250	WARTON, Alan, Bumble Farm Macey Bank.....	(016974) 73561	W, M, Scenery Hill House Worthington, Worthington.....	(01900) 379327
W, S, 46 Carleton Drive, Penrith.....	(01768) 899812	W, S, 1 Eden Bank Cottages Bolton	(01931) 714037	W, M.L, Four O Boot Harker Road Ends	(01228) 674456
WALTON, A, Farnbury Alston.....	(01434) 382750	WARRICK, A, 34 Prince Charles Close, PENRITH.....	(01768) 863232	W, M.M, High Croft Martedale End	(017684) 82492
W, A, THE BARN Great Corby	(01228) 561770	W, A.H, 4 Croft Terrace, Glassby	(01768) 898006	W, Mrs 2 Sandgate, Penrith	(01768) 890376
W, A, 18 Newlands La, Worthington	(01900) 605319	W, G, 110 Corporation Road, WORKINGTON	(01900) 62546	W, N, Halligill Farm Great Asby	(017683) 52696
W, B, Goodlie Hill Farm Great Asby	(017683) 52600	W, G, 4 Oldale Road, Stainburn	(01900) 605772	W, N, Highbury Raisbeck	(015396) 24296
W, D, 6 Kitchen Gardens, Penrith	(01768) 864183	W, J, 6 Helmsley Close, Penrith	(01768) 201087	W, P, Solway Cottage Maryport.....	(01900) 817541
W, D, 23 Quarry Close, Kirby Stephen	(017683) 72925	W, J, 74 Ling Beck Park, Seaton	(01900) 68678	W, P, 52 Cambridge Road, Hensingham, Whitehaven.....	(01946) 65229
W, E, 6 West Row, WHITEHAVEN.....	(01946) 62064	W, K, 17 Fernleigh Drive, Seaton, Worthington.....	(01900) 61752	W, Peter, 5 Lytham Close, Carlisle.....	(01228) 541707
W, E.M, 28 Chapel Terrace, Alston	(01434) 381308	W, K, FIONAVILLE Lowmoor Road, Wigan.....	(016973) 44134	W, P, 22 Macadam Way, Penrith	(01768) 865087
W, F, Calva House Barras	(017683) 41302	W, N.L, Kelickim Allwood	(01228) 561464	W, P, 13 Park Road, Greystoke	(017684) 83774
W, J, High Annet Walls Alston	(01434) 381964	W, P, Woodcroft Stainton	(01768) 867040	W, P, 9 The Reading Rooms Springfield Road, Egremont	(01946) 440004
W, J, 18 Hawthorn Drive, PENRITH.....	(01768) 840354	W, P, 14 Wetheriggs Lane, Penrith	(01768) 865714	W, R, Heathcote Aspatria	(016973) 20221
W, Mr J, Mr Highbury Townhead Road, Carlisle.....	(01228) 711535	W, R, 30 Greenrow Meadows, Silloth.....	(016973) 31150	W, R, SCHOOL HOUSE Bothel	(016973) 21614
W, K, Bank View Rookby	(017683) 71757	W, S, Glenesk Arthur Road, Longtown	(01228) 791913	W, R, 1 Dent View Arlecdon Parks Road, Arlecdon.....	(01946) 861301
W, K, 13 Frostrons Road, Worthington	(01900) 607166	W, S, 80 Lowca Lane, Seaton	(01900) 605904	W, Mr New, 78 Bellaport Gardens, Harrington.....	(01946) 452196
W, K, 13 Hillhouse Lane, Alston	(01434) 382366	W, S.P, 15 Northfield Avenue, High Harrington	(01946) 830437	W, R, 26 Broomfield Road, Scotby	(01228) 513372
W, L, Goodlie Hill Great Asby	(017683) 53689	WASHINGTON, N, 60 Castlerigg Drive, Carlisle	(01228) 385752	W, R, 32 Crindley Estate, Carlisle	(01228) 615372
W, L, 21 Chapel Terrace, Alston	(01434) 382535	WASLEY, B.J, 22 The Fairways, Seascale	(019467) 29575	W, R, 32 Crosthwaite Court, WORKINGTON	(01900) 381941
W, M, 123 Main Road, HIGH HARRINGTON, WORKINGTON.....	(01946) 831176	WASS, A, The Writing Post Orton Road, Tebay.....	(015396) 24762	W, R, Swinside Lamplugh Road, Cockermouth.....	(01900) 826296
W, Norman, 4 Alan Court, Worthington	(01900) 606521	W, L, 6 Lodge Close, Cockermouth.....	(01900) 268011	W, R, 7 Springfield Grove, Whitehaven.....	(01946) 451534
W, Adm P, Merryknowe Slaggyford	(01434) 381485	W, S, Browndale House Leadgate	(01434) 382711	W, R, Ardyne Bank Tarryay, CARLISLE	(01228) 521676
W, P, 12 Loop Road South,					

W, V, 62 Clifford Road, Penrith	(01768) 863018	W, D, 10 Cumwhinton Road, Carlisle	(01228) 549770	WHELDON, J, Cross View Cottage Market Place, Alston	(01434) 312212
W, W, Everley Drigg	(019467) 24278	W, D, 9 South Watt Street, Workington	(01900) 603589	WHELPDALE, Miss Kathleen, Newby Cross Newby Cross, Carlisle	(01228) 658549
W, W, 6 Evening Hill View Brigham Road, Cockermouth	(01900) 823056	W, E, 112a Queen Street, Whitehaven	(01946) 692669	WHETTON, D, 34 South Road, Kirkby Stephen	(017683) 72520
W, Mr W, 14 Hurley Road Little Corby, Carlisle	(01228) 561165	W, J, Green Garth Little Broughton	(01900) 825469	W, Ivan, 13 Woodleigh, Walton	(016977) 2957
WATSON-CLARKE, D, 2 Oak Bank, Scotby, Carlisle	(01228) 513131	W, J, 33 Clintz Road, Egremont	(01946) 823886	W, T, 2 Church Walk, Kirkby Stephen	(017683) 74802
WATT, A, Ladhwaite Hartley	(017683) 71488	W, J, GARDEN GROVE St. Bridgets Lane, Egremont	(01946) 823635	WHILES, G, 11 The Island, Anthorn	(016973) 51618
W, C, 14 Challoner Court, Cockermouth	(01900) 826344	W, L, 72 Criffel Road, Parton, Whitehaven	(01946) 66682	WHILLIS, M.A., Cumbrae Lazony	(01768) 898808
W, D, 7 Little Corby Road, Little Corby	(01228) 561062	W, O, 14 Lonsdale Court, Penrith	(01768) 877911	WHINDLE, M, Parkers House Lambsgate Farm, Alston	(01434) 312215
W, D, 13 Croft Road, CARLISLE	(01228) 521180	W, S, 5 Robinsons Terrace, Maryport	(01900) 818666	WHIPP, D, 3, 5 Harker Yard Great Dockray, Penrith	(01768) 212955
W, G, 3 Harrowbeck Edge, Lazony	(01768) 897108	W, S, FIVE RIGGS COTTAGE Westfield View, Flimby	(01900) 812082	W, K.A, 2 Lowther Glen, Eamont Bridge	(01768) 864711
W, J, 134 Greenacres, Wetheral, CARLISLE	(01228) 561654	W, S, 96 Windsor Road, Workington	(01900) 269152	WHITAKER, David, 1 Moat Street, Brampton	(016977) 41003
W, K, 1 Linden Park, Temple Sowerby	(017683) 61127	W, S.R, 6 Kipling Avenue, High Harrington	(01946) 832448	W, H, 20 Teasdale Road, Carlisle	(01228) 522998
W, R, 110 Bower Street, Carlisle	(01228) 530467	W, W, 71 Meadow Way, Maryport	(01900) 815058	W, M, Whitburn House Green Croft, Shap	(01931) 716443
W, S, Field Garth Staffield	(01768) 898175	WELCH, A, The Keys Chestnut Hill, Keswick	(017687) 71295	W, T, Brookside Cottage Ullock	(01946) 861838
W, S, 14 Moss Bank Great Salkeld	(01768) 898182	W, D, 21 Eskin Street, Keswick	(017687) 73743	W, T, 1 The Crescent, Egremont	(01946) 528244
W, T, Hall Cottage Warcop	(017683) 41604	W, L, 29 Highwood Crescent, Carlisle	(01228) 548837	WHITCHER, L, Pump House Ainstable	(01768) 870650
W, T.M, Borrowdale Cottage Redmayne Road, Kirkby Stephen	(017683) 41604	W, M, 10 Cold Springs Park, Penrith	(01768) 840091	WHITE, A, Holme Fm Glassonby	(01768) 870052
71619		W, R, Tamarisk Crosby, MARYPORT	(01900) 812471	W, A, 20 Thomas Road, Salterbeck, Workington	(01946) 832242
WATERS, Ann, Mill House Gamelsby	(016973) 45049	WELFARE, H, Dykesfield House Burgh-By-Sands	(01228) 576437	W, A.N, Glendale Little Strickland	(01931) 716881
W, B.W, Holly House Wiggonby	(016973) 42083	WELFORD, R.N, Dalton Grove Eaglesfield	(01900) 827356	W, A.R, Cruck Barn Heskett Newmarket	(016974) 78605
W, J, 12 Birch Hill Lane, Kirkbride	(016973) 52475	WELLER, D, 47 Station Road, WIGTON	(016973) 26017	W, C, 6 Grizedale Close, Keswick	(017687) 80766
W, M, CALDERTHWAITE The Banks, Seascale	(019467) 29000	W, P, 1 Juniper Way, Penrith	(01768) 210949	W, C, Sandford Hall Sandford, Appleby-In-Westmorland	(017683) 33450
W, Malcolm, A 3 William Street, Wigton	(016973) 43680	W, R.J, Laburnum House Armthwaite	(016974) 72320	W, D, Sea View Cottage Wigton	(01697) 388642
WATTLEWORTH, M.D, The Bungalow Calvo	(016973) 31188	WELLINGS, J, Dowgill Barn Morland	(01931) 714910	W, D, The 8 Gardens, Whitehaven	(01946) 690882
WATTS, J, 19 Mill Garden Hartley Road, Kirkby Stephen	(017683) 74994	WELLINGTON, M.E, Beckside Ho Irton	(019467) 23333	W, D.J, Old Chapel Outgill	(017683) 72228
W, M, Ravengill Renwick	(01768) 898688	WELLS, A, 26 Chesterholm, Carlisle	(01228) 594977	W, E, Bland House Orton	(015396) 24442
W, M, 1 Wheatsheaf Cottages Frizington	(01946) 861856	W, A, MAYFIELD HOUSE Finkle Street, St. Bees	(01946) 824653	W, E, Low Garth Waithy	(017683) 71087
WAUGH, A, 20 St. Peters Close, Carlisle	(01228) 536593	W, Mr Catherine, 15 Clayton Avenue, Cumbria	(01946) 811191	W, E, 179 Balmoral Road, Whitehaven	(01946) 65732
W, B, 26 Ghyll Road, Scotby	(01228) 513532	W, E, Renwick School Renwick	(01768) 870313	W, E, 1 Kentmere Grove, Carlisle	(01228) 544447
W, E, Alby Field Cumrew	(01768) 896680	W, G, 50 The Crest, WHITEHAVEN	(01946) 62758	W, E, 1 Riverside, Great Clifton	(01900) 61967
W, Edward, 30 Criffel Road, Parton	(01946) 690599	W, J, 4 Lorton Close, Whitehaven	(01946) 599210	W, E, 10 South Croft, Houghton	(01228) 524358
W, E, 66 Fell View Park, Gosforth	(019467) 25334	W, K, Oxenthrwaite Cottage Barras	(017683) 41946	W, G, 4 Solway View Hutton End	(017684) 84695
W, H, 11 Woodleigh, Walton	(016977) 42613	W, N, Meadowcroft Orton	(015396) 26109	W, G, 12 Chatsworth View, Whitehaven	(01946) 590956
W, I, Shawhead Roadhead	(016977) 48355	W, N, 1 Ellonworth Road, Penrith	(017684) 84214	W, G.O, 41 Harker Park Road, Harker Park	(01228) 674604
W, J, Fell View Rowelton	(016977) 48665	W, R, Hall Garth Great Musgrave	(017683) 41236	W, H, Manor House Aglionby, Carlisle	(01228) 513187
W, Mrs Jane, Dunno Westlinton, Carlisle	(01228) 791708	W, W, Greenside Cottage Irthington	(01228) 675942	W, H, 17 Skelsceugh Road, Winder	(01946) 861446
W, John, 36 Coledale Meadows, Carlisle	(01228) 546435	WELSH, J, 42 Greenacres, Wetheral	(01228) 561097	W, I, 21 Chiswick Street, Carlisle	(01938) 319807
W, J, 46 Cummersdale Road, Carlisle	(01228) 498109	W, P, 18 Chapel Street, Appleby-In-Westmorland	(017683) 52769	W, I, Ground Floor Flat 31 Spencer St, Carlisle	(01228) 524206
W, J, 24 Rydal Avenue, Maryport	(01900) 815723	W, P, 12 Moorside, Hunsonby	(01768) 881035	W, J, Holme Lea Moat	(01228) 577744
W, J.G, Rose Cottage Uppertown Kirklington	(01228) 576530	WELTON, A, Llamados Easton	(01228) 576825	W, J, 97 Shore Side, Siddick	(01900) 605940
W, L, 4 Hollyblue Drive, Carlisle	(01228) 898317	W, A, Beechbank Borrowdale Road, Keswick	(017687) 72174	W, K, 7 Hillcrest Avenue, Whitehaven	(01946) 62033
W, M, 22 Clifford Road, Penrith	(01768) 863494	W, J, 24 Brackenrigg, Armthwaite	(016974) 74244	W, K, White Gill House Mellbecks, Kirkby Stephen	(017683) 72238
W, M.J, Meldale Camp Road, Maryport	(01900) 812489	W, J, 162 Lowry Hill Road, Carlisle	(01228) 535209	W, L, 26 Yearl Rise, Seaton	(01900) 603559
W, P, 34 Greencroft, Brampton	(016977) 42895	WENG, E, 16 Crummock Avenue, Cockermouth	(01900) 393227	W, Dr M, THE BARN Irthington	(016977) 42644
W, R, 11 Millriggs, Corby Hill	(01228) 561168	WENN, D, 25 Swinburn Drive, Carlisle	(01228) 401957	W, M, 10 Bridge Street, Longtown	(01228) 791896
W, Mr R, Mr 1 Thomlinson Cottages, Brampton	(016977) 42906	WESLEY, J, Newrough Cottage Little Salkeld, Penrith, Cumbria	(01768) 870457	W, M.J, Friars Walk Papcastle	(01900) 821674
W, R.N, The Row Roadhead	(016977) 48629	WEST, A, Flat 21 Catherine Mill Catherine Street, Whitehaven	(01946) 328473	W, N, 8 Ross Vw, Parton	(01946) 690193
W, R.W, 11 Millriggs Corby Hill, Carlisle	(01228) 526407	W, A, 23 Holme Fauld, Scotby	(01228) 513457	W, N, Seaholme Ryehills Road, Skinburness	(016973) 31812
W, R.W, 11 Millriggs Corby Hill, Carlisle	(01228) 594594	W, A, 23 Millfields, Beckermert	(01946) 430162	W, P, 49 Balmoral Road, WHAVEN	(01946) 67230
W, S, Low Lees Hill Farm Lees Hill	(016977) 3158	W, Christine, 4 Lamb Lea, Lazony	(01768) 898425	W, P, 71 Newlaithes Avenue, Carlisle	(01228) 514718
W, S, 108 Ellesmere Way, Carlisle	(01228) 543030	W, C, 98 Scotby Road, Scotby	(01228) 537808	W, Mrs R, Mrs Netherigin Brisco, Carlisle	(01228) 526567
W, Stephen, 42 Scymore Road, Maryport	(01900) 815807	W, D.M, Winsor Mount Bungalow Hallbankgate	(016977) 46529	W, R, 219 Durdar Road, Carlisle	(01228) 533217
W, W, Flatt Farm Roadhead	(016977) 48237	W, J, 8 Lorton Road, Cockermouth	(01900) 826287	W, R, 63 Etterby Lea Crescent, Carlisle	(01228) 547441
WAUGHMAN, Gerry, 12 Knowe Terrace, Carlisle	(01228) 548006	W, L, 26 Merlin Drive, Whitehaven	(01946) 443529	W, R, 22 Foxhouses Road, Whitehaven	(01946) 528650
WAY, K.A, 3 Ladywath, Brigham	(01900) 825495	W, Dr N, PASTURE GATE Ennerdale	(01946) 861571	W, R, Mr R, Mr 24 Ritson Close, Carlisle	(01228) 491995
W, S, 2 Scaurbank Terrace, Carlisle	(01228) 493611	W, P, 4 Sleeper Mill Drive, Workington	(01900) 871346	W, S, 52 Latrigg Close, Keswick	(017687) 74045
WAYMAN, K, CRANHOLME Holmrook	(019467) 24226	W, R, 31 Woodside Park, Wigton	(016977) 44404	W, S, 14 Morley Street, CARLISLE	(01228) 531375
W, L, Wordsworth Cottage Cockbridge, Penrith, Cumbria	(01768) 895804	WESTERN, M, 1 Brooklands Grange, Penrith	(01768) 891441	W, S, 52 Needham Drive, Workington	(01900) 876499
WEAKLEY, D, 65 High Brigham, Cockermouth	(01900) 825703	W, S, 43 Maple Drive, Penrith	(01768) 866407	W, S, Willow House St. Andrews Close, Carlisle	(01228) 515836
WEALFANS, G, 135 Hebden Avenue, Carlisle	(01228) 542102	WESTGARTH, Mrs Jacqueline, 18 Barton View, Penrith	(017684) 28936	W, S, The Cubby The Cubby, Penrith	(01931) 601008
WEAR, J, Highland View Bransly Road, Whitehaven	(01946) 64348	W, K, 5 Eden Straits, Langwathby	(01768) 881695	W, S, 4 Whitestiles, Workington	(01900) 64775
W, M, 85 Fell View Avenue, Whitehaven	(01946) 66812	W, M, SWADSVILLE Mellbecks, Kirkby Stephen	(017683) 72073	W, T, 18 Balmoral Road, Whitehaven	(01946) 64290
W, W, 3 Hill Top Road, Whitehaven	(01946) 61218	W, O.R, Khayyam Stoneshot	(017683) 72663	W, T, Rose Bank School Road, Cumwhinton	(01228) 560074
WEARING, S, 11 Gelt Rise, Brampton	(016977) 42042	WESTHEAD, M, 25 The Crofts, St. Bees	(01946) 822674	W, T, Hadrians Rise Tarraby, CARLISLE	(01228) 597793
WEARMOUTH, Edwin, Ainsfield Helbeck Road, Brough	(017683) 41585	W, S, Stanegate Aglionby	(01228) 513675	W, W, 42 Darcy Street, Workington	(01900) 65186
W, G.T, Gilles Fm South Stainmore	(017683) 41216	WESTLEY, J, 81 Windmill Lane, Cockermouth	(01228) 823777	W, W, 2 Skitby Road, Smithfield	(01228) 675538
W, H, SWAN VILLA Front Street, Orton	(015396) 24066	WESTMORLAND, A, 55 Broad Street, Carlisle	(01228) 810649	WHITE-COOPER, J.A, 10 South Road, Kirkby Stephen	(017683) 71354
W, V, 41 Market Street, Kirkby Stephen	(017683) 32106	W, A.J, 50 Friars Road, Penrith	(01768) 866628	WHITEFORD, D, St Marys Vale Lanercost, BRAMPTON	(01697) 543009
WEATHERHEAD, K.L, 5 Millbeck Cottages Millbeck	(016977) 71337	W, M, 7 Seat Hill, Lazony	(01768) 898045	W, E, Middle Fm Ruleholme	(016977) 2220
WEATHERILL, P.G, 8 Green Bank Close, Prospect	(016973) 21582	W, Rachel, 11 Thirlmere Park, Penrith	(01768) 891893	W, J, Jnr Irthing View Ruleholme	(016977) 3057
WEATHERILL TIMMINS, J, Sheigra Orchard Drive, Greystoke	(017684) 83982	WESTNEDGE, A, Fifth House Flat 12 Main Road, Workington	(01900) 381027	WHITEHEAD, D, The House On The Green Nateby	(017683) 71163
WEATHERSTON, A, Winston House Crosby Villa	(01900) 815014	WESTNIDGE, E.M, 20 Wadsworth Park, Branthwaite	(01900) 601474	W, F, Millrigg Laithes	(017684) 84052
W, Aw, 18 Mayson Street, Carlisle	(01228) 597915	WESTON, A, Kirkland House Caldbeck	(016974) 78180	W, G.M, 14 Gallopier Park, Tebay	(015396) 24504
WEAVER, Mrs Jamuna, 6 Pinfold Close, Cockermouth	(01900) 823610	W, H, Pond House Ratten Row	(01228) 710673	W, H, 73 Crosby Street, Maryport	(01900) 815417
W, P, 7 Scymore Drive, Carlisle	(01228) 492992	W, J, 8 Cumberland Street, Workington	(01900) 604551	W, H, 14 Harringdale Road, High Harrington	(01946) 831568
W, R, 45 Brierydale Lane, Stainburn	(01900) 63844	W, M, 39 Malpoclose Drive, Carlisle	(01228) 543285	W, J, Smithy House Penruddock	(017684) 80326
WEBB, B.C, 1 Grassfields Cottage Nenthead	(01434) 381562	W, Mrs 68 Richardson Street, Carlisle	(01228) 523710	W, M, 2 Ismay Close, Maryport	(01900) 379712
W, G, 153 Holmrook Road, Carlisle	(01228) 318445	WESTWOOD, L, High Garth Lakerigg, Dalston	(01228) 711131	W, M, 59 Swan Street, Longtown	(01228) 791217
W, M.J, 24 Wordsworth Street, Keswick	(017687) 71180	W, J, Springbank Penrith	(01768) 862576	W, M.E, 3 Kilm Side, Shap	(01931) 716698
WEBER, C.F, 380 London Road, Carlisle	(01228) 539215	WETENHALL, J, 49 Windmill Lane, Cockermouth, Cumbria	(01900) 268178	W, M.L, Newbiggin House Newbiggin	(017684) 83249
WEBSTER, A, 1 Stoneymount House Hillside, St Bees	(01946) 822675	WETHEROW, W, 117 Windsor Rd, Workington	(01900) 62750	W, M.R, 2 Scaur Terrace, Tebay	(015396) 24300
W, B, Police Ho Paterdale	(017684) 82502	WHALLEY, P, 65 Dent View, Egremont	(01946) 821709	W, P, Chapel Mews 2 Galsgill	(015396) 24658
W, B, 3 Whinnrigg, Carlisle	(01228) 272888	WHALLEY, D.R, 2 Kerbeck Cottages Beckermert	(01946) 841291	W, P.A, Fell View Ousby	(01768) 881853
W, Mr George, 55 Church Meadows Great Broughton, Cockermouth	(01900) 821362	W, E, High Ghyll Foot Gosforth	(019467) 25506	W, R, 10 Ullswater Avenue, Workington	(01900) 65822
W, H, 71 Victoria Road, Workington	(01900) 393067	W, K, 11 Walker Rise, Penrith	(01768) 866895	W, W.L, Prospect House Newbiggin	(017684) 83634
W, J, OAK GARTH Portinscale	(017687) 80696	W, P, 58 Scotch Street, Whitehaven	(01946) 696336	WHITEHOUSE, J, 159 Lowry Hill Road, Carlisle	(01228) 530304
W, J, 8 Glen Terrace, Heads Nook, Brampton	(01228) 560698	WHARTON, A, 15 Meadow Croft, Penrith	(01946) 818177	WHITELAW, A, 2 Ladysteps, Scotby	(01228) 595049
W, J, 90 Scotland Road, Carlisle	(01228) 819891	W, C, Manx View Arlecdon Road, Arlecdon	(017683) 51181	WHITELEY, G, 7 High Seat Hill, Lazony	(01768) 898818
W, R, 1 Westmorland Road, Hensingham, Whitehaven	(01946) 65803	W, D, 4 Drawbriggs Court, Appleby-In-Westmorland	(017683) 52197	W, M, Harby Brow Tower Mealsgate	(016973) 23871
W, S, Mulberry Langley Gardens, Corby Hill	(01228) 564050	W, D, 4 Rivington Park, Appleby-In-Westmorland	(017683) 51396	WHITELOCK, R, 11 Coronation Drive, Whitehaven	(01946) 66782
W, S.E, Howscales Kirkoswald	(01768) 898666	W, G, GREEN ROSE COTTAGE Crackenthorpe	(017683) 53980	WHITEMAN, E, Thurstonfield	(01228) 576549
W, Mrs Tracey, 4 Selby Terrace, Whitehaven	(01946) 328467	W, G, 13 St. Annes Hospital Appleby-In-Westmorland	(017683) 54111	WHITESIDE, B, 2 Tivoli Cottages Moresby	(01946) 659043
WEDZELL, C, Chapel House Bassenthwaite	(017687) 76840	W, J, 57 Barrowmoor Road, Appleby-In-Westmorland	(017683) 71678	W, C, 22 Goose Garth, Wetheral	(01228) 564100
WEDD, D, HIGH CHAPEL HOUSE Ravenstonedale	(015396) 23129	W, J, 21 Fletcher Hill Park, Kirkby Stephen	(017683) 83680	W, J, 40 Strawberry How, Cockermouth	(01900) 821936
WEDGWOOD, G.A, 2 Goodman Road, Workington	(01900) 65636	W, J, 9 Walker Brow, Harrington	(01946) 836380	WHITFIELD BOTT, D, 1 Tom Butt Cottage Ennerdale	(01946) 862487
W, J, BARTON HOUSE Pooley Bridge	(017684) 86198	W, L, Bowness Farm Orton	(015396) 24653	WHITFIELD, C, Windyridge North Dykes	(01768) 898298
W, M, 42 Scawfell Avenue, WORKINGTON	(01900) 604057	W, L.J, 56 Clifford Road, Penrith	(01768) 866471	W, C, 2 Carlisle Road, DALSTON	(01228) 711505
W, S, 1 Hothfield Drive, Appleby-In-Westmorland	(017683) 52498	W, M, BARN CROFT Bolton Low Houses	(016973) 49035	W, D.M, 19 The Garth, Crosby-On-Eden	(01228) 573640
WEDLEY, I & S, Long Yocking How Eskdale	(019467) 23126	W, P.J, High Hall Fm Little Strickland	(01931) 716258	W, H, School House Midegholme	(016977) 46019
WEEDALL, Antony, 6 Northwood Crescent, Carlisle	(01228) 547410	W, R, 1 Castle Street, Appleby-In-Westmorland, Cumbria	(017683) 54173	W, J, Honeymede Great Orton	(01228) 711639
W, S, 5 Harker Road Ends, Carlisle	(01228) 747402	W, R, 31 Lindisfarne Street, Carlisle	(01228) 547761	W, J, Glen Dew Lambley	(01434) 320868
W, N, 17 Carlton Gardens, Stanwix	(01228) 401284	W, S, THACKA LEA Thacka Lane, Penrith	(01768) 863319	W, J.D, 8 Scattergate Green, Appleby-In-Westmorland	(017683) 52026
WEIGHILL, H & O, Barn Side Newton Meadows, Newton Reigny	(01768) 895936	WHATLEY, Mrs Kath, 156 Houghton Road, Carlisle	(01228) 520449	W, J.G, Applegarth Great Orton	(01228) 714223
WEIGHTMAN, A, 39 Latrigg Close, Keswick	(017687) 73222	WHATMORE, B, Cornhow Farm Loweswater	(01900) 85307	W, J.W, Gaysfort Croft Thurstonfield	(01228) 576393

W, A, 71 Springfield Road, Carlisle	(01228) 541223	W, M, 56 Pica Cottages, PICA, WORKINGTON	(01946) 830868	W, E, 23 Cammock Avenue, Carlisle	(01228) 539013
W, D, 61 Drumburgh Avenue, Carlisle	(01228) 591247	W, Mrs 1 Bridge Street, Penrith	(017684) 28629	W, J.M, 73 Hillary Grove, Carlisle	(01228) 522425
W, D, 47 High Brigham, Brigham, COCKERMOUTH	(01900) 379261	W, Q, Walton Mill Walton	(016977) 2504	W, P, The Dovecote Longburgh Farm Longburgh	(01228) 576947
W, J, 16 Scaley Close, Carlisle	(01228) 531514	W, Mr P, Mr 6 The Oaks, Workington	(01900) 873475	W, Paul, 74A High Street, Maryport	(01900) 819036
W, Mr P, 8 Sockbridge Drive, Penrith	(01768) 862280	W, R, FERN KNOLL Arlecdon	(01946) 861601	W, P.A, Millstone Lodge Warwick Bridge	(01228) 560218
WHITTAM, J, 14 Cross Lane, Whitehaven	(01946) 694608	W, R, Lynwood Walton	(016977) 41081	W, S, Chapel Bank Kirkbride	(016973) 52741
W, M, 2 Penriddock	(017684) 83514	W, R, Beach Front Coudertont, EGREMONT	(01946) 824887	W, W, Dale View Asby Road, Workington	(01946) 862896
W, M, 21 Florence House Lamb Lane, Egremont	(01946) 824287	W, R, 17 Laburnum Grove, Maryport	(01900) 814599	WILLMOTT, Mrs G, 46 Cumrew Close, Carlisle	(01228) 546752
W, M, 12 Church Street, Frizington	(01946) 813190	W, S, TOWN HEAD FARM Lamony	(017684) 84096	WILLIAMS, J.P, Roe Hill High Bridge	(016974) 76045
W, W, 19 Pembroke Place, Penrith	(01768) 867229	W, Mrs Susan, 16 Leywell Drive, Carlisle	(01228) 658256	WILLS, C, Sun Inn Cottage Hayton Aspatia, WIGTON	(016973) 21403
WHITTINGHAM, J, 66 Whinlatter Road, Whitehaven	(01946) 692771	W, S, 45 Rowrah Road, Rowrah, Frizington	(01946) 861550	W, D, 17 Dunfell View, Kirkby Thore	(017683) 61827
W, Kathryn, 7 Nook Street, Workington	(01900) 603459	W, S, Fairacre House Temple Sowerby To Milburn Via Newbigin,		W, E, 6 Glebe Close, Dalston	(01228) 710056
WHITTLE, J, 4 Jackson Street, Carlisle	(01228) 514976			W, G, 3 The Acre, Newton Arlosh	(016973) 52147
WHITTON, E, Flat 11, Nelson Bridge Court Sheffield Street, Carlisle	(01228) 319003	Temple Sowerby	(01768) 639156	W, G.R, Bay Cott Milburn	(017683) 62868
W, P, OVERDALE Newby	(01931) 714974	W, S.V, 64 Curwendale, Stainburn	(01900) 872273	W, J, Greencroft Blencogo, Wigton	(016973) 61418
WHITWHAM, M, Beckstones Askham	(01931) 712499	W, T, 6 Laurel Bank, Whitehaven	(01946) 65510	W, J, 9 Cumberland Place, Penrith	(01768) 863727
WHITWORTH, A.M, 39 Main Street, Brampton	(016977) 3685	W, T, 49 Springfield Avenue, Whitehaven	(01946) 62418	W, J, 72 Windmill Lane, Cockermouth	(01900) 827653
W, O, Borrowscles Dockray	(017684) 82424	W, T.H, Old Post Office West Hall	(016977) 2433	W, K, 33 Skiddaw Road, Carlisle	(01228) 545281
WHYLER, S, Ridgedale Gilsland	(016977) 47048	W, U, 110 Senhouse Street, Workington	(01900) 68768	W, M, Fawcett Pk Fm Dufton	(017683) 61417
WHYSALL, R, 12 Irthing Walk, Brampton	(016977) 42321	W, W, 16 Cedar Lane, Cockermouth	(01900) 827558	W, M.A, Chapel View Cliburn	(01931) 714061
WHYTE, G, 4 Monkway Villas Monkway, Whitehaven	(01946) 695347	W, W, 3 Gelt Road, Brampton	(016977) 3412	W, R, 11 Elm Garth, Wetheral	(01228) 561357
W, T, 47 Tomlin Avenue, WHITEHAVEN	(01946) 451575	WILKS, G, 60 Arlecdon Road, Arlecdon	(01946) 861966	W, T, 4 Park Croft, Cliburn	(01931) 714507
WHYTE, R, Rose Cottage Threlkeld	(017687) 79469	W, J, 15A Mount View, Appleby-in-Westmorland	(017683) 70210	W, T, Brindle Nook West Road,	
WICKEN, C.S, 44 Sand Croft, Penrith	(01768) 862176	WILKSON, L, 15 Huntsman Lane, Carlisle	(01228) 409605		(016973) 42999
WICKHAM, A, The Arncliffe Lodge The Arncliffe Blitterlees	(016973) 32866	WILLACY, S, 81 Hurley Road Little Corby, Carlisle	(01228) 560736	WILMOT, R, Swinside Branthwaite Lane, Seaton	(01900) 870933
W, A, The Arncliffe Blitterlees Silloth, WIGTON	(016973) 32216	WILLAN, B, 12 Springfield Gardens, Bigrigg	(01946) 813289	WILMOTT, T, MEADOW VIEW Tindale Fell	(016977) 46699
W, L, 8 Glebe Close, Keswick	(017687) 75822	W, H, 2 Beech Close, Penrith	(01768) 892663	WILSHAW, R, Oulton Hall Oulton	(016973) 42436
WICKINS, H, 16 Lediard Avenue, Carlisle	(01228) 531583	W, I, Fair Vw Newby	(01931) 714647	WILSON, A, Hawksmoor Croglin	(01768) 896040
WIDDISON, J.E, 27 Tribune Drive, Houghton	(01228) 542680	W, J, 40 Croft Avenue, Penrith	(01768) 892900	W, Alison, Threlthall Eltonby	(017684) 84433
WIECZOREK, K, 62 Merith Avenue, Carlisle	(01228) 319630	W, Mr J, 1 Rimington Way, Penrith	(01768) 895055	W, A, Wibble Cottage Eltonby	(017684) 84530
WIEGMANN, P, 12 Coopers Close, Askham	(01931) 712101	WILLET, R, 63 Arthur Street, Penrith	(01768) 201505	W, A, Mountain View Irton	(01946) 24610
WIELAND, K.M, Ingelwood Garth Park, Cotehill	(01228) 560083	WILLETTS, A, 24 Town Head, Dearham	(01900) 817428	W, A, Dockray Nook Lamplugh	(01946) 861151
WIGGETT, P, 3 Raiton Gardens, Carlisle	(01228) 810921	WILLEY, M, 59 Stricklandgate, Penrith	(01768) 867804	W, A, Ghyrthorne Low Moor	(017683) 61763
W, S, 24 Howard Street, Penrith	(01768) 210988	WILLIAM BELL, T, Balmer House Main Street, Brough	(017683) 41756	W, A, Holly Cottage Asby Lane, Asby	(01946) 861194
WIGGINS, B, 21 Brindlefield, Wigton	(016973) 49596	WILLIAM LUPTON, D, Skiddaw View Cumwhinton, CARLISLE	(01228) 491101	W, A, 9 Barwise Row, Arlecdon	(01946) 861665
W, D, 14 Kirkland Avenue, Wigton	(016973) 44672	WILLIAM RICHARDSON, E, 35 Highwood Crescent, Carlisle	(01228) 547391	W, A, 14 Drovers La, Penrith	(01768) 899698
W, J, 23 Crakegarth, Dalston	(01228) 710901	WILLIAMS, A, 70 Main Street, St. Bees	(01946) 823393	W, A, Rose Bank East Road, Egremont	(01946) 395399
W, R.C, Grinsdale House Grinsdale	(01228) 524092	W, B, Chapel Farm Little Asby	(015396) 23665	W, A, 6 Howard Park, Penrith	(017684) 83964
WIGGLESWORTH, D, 6 Lakeland Drive, Derwentwater Caravan Park ""	(017687) 44933	W, B, Adamthwaite Ravenstonedale	(015396) 82607	W, A, 22 Lakehead Court, KESWICK	(017687) 74375
Keswick, Cumbria	(01228) 675416	W, B, 5 Barco Avenue, Penrith	(01900) 61755	W, A, 56 Trumpett Terrace, Cleator	(01900) 823169
WIGHAM, D, Hether Mill Kirkcintlon	(01228) 675972	W, B, 113 Crosby Street, Maryport	(01900) 379440	W, Mrs Anne, 28 Walker Street, Cockermouth	(01900) 823169
W, J, Mill Green Kirkcintlon	(01228) 593796	W, B, 17 Gordon Street, Workington	(01900) 61755	W, A.F, 35 Mayo Pk, Cockermouth	(01900) 824006
W, J, 72 Eden Park Crescent, Carlisle	(01946) 694229	W, C, Croft Yard Little Clifton	(01900) 603010	W, A.G, 85-87 Main Street, Brampton	(016977) 2126
W, J.D, 1 Church Hill, Hensingham	(01900) 824541	W, C, Lattendales House Berrier Road, Greystoke	(017684) 83170	W, B, Eden Brows Armathwaite	(01228) 562927
W, M.A.A, Greenside View Little Broughton	(01228) 675474	W, C, 2 Ness Way, Carlisle	(01228) 538935	W, B, Plum Corner Hayton	(01228) 670090
W, R.A, Dykeside Kirkcintlon	(01228) 514504	W, C, 6 Railbank Drive, Workington	(01900) 67474	W, B, Hidden Vale Central Road, Dearham	(01900) 810808
W, S, 2 Hallaway, Carlisle	(01228) 819378	W, D, 8 Cumberland Close, Clifton	(01768) 865120	W, B, 97 Currock Park Avenue, Carlisle	(01228) 520538
WIGHTMAN, J, 8 Benwell Close, Carlisle	(01900) 826037	W, D, 4 Newlands Park, Workington	(01900) 603554	W, B, 150 Denton Street, Carlisle	(01228) 542495
W, J, 8 Culgarth Avenue, Cockermouth	(01946) 821032	W, D, 16 Sarsfield Road, Workington	(01900) 639944	W, B, Apartment 21 Pele Court Friargate, Penrith	(01768) 863831
W, M, 11 Bridge End Park, Egremont	(01228) 525794	W, Mr Darren, 16 Station Road, Workington	(01900) 267587	W, B, 12 Jackson Street, Carlisle	(01228) 495802
W, M, 273 Newtown Road, Carlisle	(01228) 562315	W, D.B, Ashleigh Brough Sowerby	(017683) 42135	W, B, 8 Uldale Road, Stainburn	(01900) 603739
W, Mr Peter, 6 Alby Terrace, Cumwhinton	(019467) 25865	W, D.C, 13 Craika Rd, Dearham	(01900) 815339	W, B, 29 Windridge Close, Egremont	(01946) 820086
W, T, Flat 1 Beck Cottage Gosforth	(01900) 550748	W, E, 11 Garden View Bolton Low Houses	(016973) 49294	W, C, Low Plains Ct Calthwaite	(01768) 885015
WIGNALL, S, 7 Ennerdale Road, Maryport	(016973) 31326	W, E, 78 Newlands Lane, Workington	(01900) 604156	W, C, Burtonwood Cockermouth	(01900) 269456
W, D, 21 Skinburness Drive, Wigton	(01946) 599801	W, F, Barrowgarth Battlebarrow, Appleby-in-Westmorland	(017683) 32431	W, C, STONE HOUSE Farlam	(016977) 46506
W, H, 5 Edderside Drive, Whitehaven	(017687) 79778	W, G, 2 Moorwood Close, Carlisle	(01228) 402508	W, C, Limesdale Uldale	(016973) 71512
W, M, 2 Stuart Terrace, Threlkeld	(01228) 498129	W, H, 41 Church Road, Alston	(01434) 381621	W, C, 19 Ashfield Road, Workington	(01900) 64838
WUEWEERA, S, 3 Willowbank, Carlisle	(01228) 498129	W, I.W, Dunfell Cottage Dufton	(017683) 51263	W, C, 103 Eterby Lea Crescent, Carlisle	(01228) 401188
WILBY, R, 2 Burnrigg Heads Nook, Brampton	(01228) 710638	W, J, Bridgend House Alston	(01434) 381261	W, C, Ash Ldg Hall Ldg La, Great Clifton	(01900) 67770
WILCOCK, D, 24 Nook Lane Close, Dalston	(01768) 862534	W, J, Cross Fell View Barn Langwithby	(01768) 881858	W, C, 13 Heads Road, KESWICK	(017687) 73376
W, Mr Rodney, 5a Lamey Gardens, Penrith	(01946) 810748	W, J, 2 Cleator Moor Road, Whitehaven	(01946) 528189	W, Christopher, 4 Kirsike, Stainton	(01768) 865425
WILCOX, D, 32 Bankend View, Bigrigg	(01946) 810748	W, J, Woodlands High Brigham, Cockermouth	(01900) 826462	W, C, 13 Low Byer Park, Alston	(01434) 382747
W, Mrs L, Mrs 18 Angel Lane, Penrith	(01931) 715320	W, J, Foxley Port Carlisle, Wigton	(01228) 530178	W, C, White Gables Main Road, Workington	(01900) 550393
W, M, Fern Bank Reagill	(017687) 90116	W, K, 2 Marion Close, Carlisle	(01900) 604752	W, C, 2 Market Square, Kirkby Stephen	(017683) 71708
W, M, 11 St. Kentigern Close, Keswick	(01931) 712055	W, L.S, 19 Coniston Close, Workington	(01900) 604752	W, C, 40 Tomlin Avenue, Whitehaven	(01946) 65766
WILD, E, Primrose Cottage Melkinthorpe	(01900) 605060	W, M, Greenways Greenways, Wigton	(01228) 561287	W, C.P, 15 Woodhouse Road, Whitehaven	(01946) 63543
W, M, 32 Curwendale, Workington	(017687) 79350	W, N, 97 Hurley Road, Little Corby	(017683) 51598	W, Miss Debra, Hill House Little Broughton, Cockermouth	(01900) 267805
W, R, Mountain View Threlkeld	(01946) 64047	W, N, 11 Goldington Drive, Bongate Cross	(01228) 898045	W, D, Bridge House Mawbray	(01900) 881218
WILDE, A, Flat 3 142 Queen Street, Whitehaven	(016974) 78337	W, P, Beech Cottage A1, Carlisle	(01946) 821483	W, D, The Corner House The Nunery Stafford	(01768) 870703
W, D, Back Green Heskett Newmarket	(016974) 78337	W, P, 32 Ashly Way, Egremont	(01946) 29445	W, David, WEST VIEW 8 SCHOOL ROAD, CUMWHINTON, CARLISLE	(01228) 561908
W, D, 6 Willow Drive, Whitehaven	(01931) 714962	W, P, GLENWOOD Lingmell, Seascale	(01946) 669223		
WILDEN, P, Brent How Cliburn	(017687) 74116	W, P, 44 Meadow Road, Whitehaven	(01768) 866923	W, Mr David, 19 Bridge End, Egremont	(01946) 821533
WILDERS, S, 7 Springs Road, Keswick	(01228) 631685	W, Dr R, 45 Barco Avenue, Penrith	(01931) 716581	W, D, 26 Central Avenue, Egremont	(01946) 823367
WILDEY, J, Flat 1 5 Chatsworth Square, CARLISLE	(01228) 674437	W, R, 6 Raliland View, Shap	(016973) 52800	W, D, 20 East Road, Egremont	(01946) 821583
W, M, Damara Blackford	(01900) 62432	W, Steven, Silver Hill Cottage Kirkbride	(01228) 491022	W, D, 26 Egerton Grove, Carlisle	(01228) 526632
WILDGOOSE, W, 37 Far Moss, Northside	(01228) 562128	W, S, 16 Alexandra Drive, Carlisle	(01900) 381466	W, D, 12 Fell View, Wigton	(016973) 76861
WILDMAN, J, Stable Corner The Green, Wetheral	(019467) 29132	W, S, 31 Mabel Wood Close Great Clifton, Cumbria	(01768) 840466	W, Mr Desmond, 64 Lawson Street Aspatia, Wigton	(016973) 22249
WILFORD, R, 1 Lingmell Wood, Seascale	(017687) 44251	W, S.H, 2 Railway Tavern Mastegate, Penrith	(01768) 840466	W, D, 33 Miterdale Close, Whitehaven	(01946) 590442
WILKES GREEN, L, 41 Castle Terrace, Penrith	(01434) 382760	W, T, 2 The Lodge Back Lane, Appleby-in-Westmorland	(017683) 48794	W, D, 34 Old Smithfield, Egremont	(01946) 825757
WILKIN, J.D, 2 Ainsbaugh Road, Leadgate	(01228) 792282	W, T, 49 School Drive, Flimby	(01900) 810986	W, D, 23 Park Road, Aspatia	(016973) 23433
WILKINS, J.E, 5 Arthur Drive, Longtown	(01228) 522974	WILLIAMSON, A, HATTERINGILL High Lorton	(01900) 85687	W, Mr D, 12 Scattergate Crescent, Appleby-in-Westmorland	(017683) 51746
WILKINSON, Alan, 24 Beaver Rd, Carlisle	(01900) 824868	W, A, 5 Edinburgh Av, Workington	(01900) 61698	W, D, 10 The Beeches, Great Corby	(01228) 561332
W, Alan, 10 Albemarle Street, Cockermouth	(01900) 601550	W, C, Eden Brae Little Corby Road, Little Corby	(01228) 561388	W, D, Flat 18 Hanson Place Warwick Square, Carlisle	(01228) 527448
W, A, 36 Elterwater Avenue, Workington	(01900) 268745	W, D, Seacroft Altonby	(01900) 881288	W, D, BLENGFELL Wasdale Road, Gosforth	(019467) 25039
W, A, 53 Gable Avenue, Cockermouth	(01900) 870908	W, D, 3 Ellerslie Terrace, Gosforth	(019467) 25729	W, Dvd R, Sandysike Cottage Wreay	(016974) 73697
W, A, 6 Kirkby Court Kirkby Street, Maryport	(01228) 550821	W, Darren, 55 Rutland Avenue, Whitehaven	(01946) 65643	W, E, BEINN EIGHTE Grange	(01946) 820223
W, A, 36 Low Moorlands, Dalston	(01228) 534345	W, E.J, Luino Cleator	(01946) 813605	W, E, GHYLLCROFT Ivelig	(016974) 75785
W, Alan, Invershiel The Knells, Houghton Carlisle	(017683) 71414	W, G, 6 Dorset Close, Whitehaven	(01946) 61118	W, E, YEW TREE COTTAGE Kirkbampton	(01228) 576855
W, C, Bankfoot Hartley	(017687) 75490	W, G, 55 Hunters Drive, Workington	(01900) 68582	W, E, Cragfoot Mungrisdale	(017687) 79030
W, C, 7 Glamara Burnside Park Underskiddaw	(016977) 2598	W, G, 17 Leathwaite, Whitehaven	(01946) 821316	W, E, Pettierill Hill Farm Southwaite	(016974) 75205
W, D, 42 Raisbeck Close, Carlisle	(01228) 272670	W, G.C, Newlands Greengill	(016973) 20197	W, E, 18 Eldred Road, Workington	(01900) 872409
W, D, 3 Merith Avenue, Carlisle	(01946) 528671	W, I, Captains Cottage The Hill, Altonby	(01900) 881592	W, E, 22 Greengarth Great Clifton, Workington	(01900) 62227
W, D, 42 Ralsbeck Close, Carlisle	(01900) 818206	W, J, Ebenezer Cottage Craw Hall, Brampton	(016977) 2321	W, E, 28 Mosedale Crescent, Maryport	(01900) 366992
W, G, Tregaron Crossfield Road, CLEATOR MOOR	(016977) 2598	W, J, 95 Esk Avenue, WHITEHAVEN	(01946) 62073	W, E, 18 Sandybeck Way, Cockermouth	(01900) 550007
W, G, 5 Mary Street, Silloth	(01228) 590140	W, J, 5 Meadowfield, Carlisle	(01228) 672321	W, E, 103 Senhouse Street, Workington	(01900) 393860
W, G.A, 24 New Street, Cockermouth	(01228) 272670	W, J.R, Oakville Abbeytown	(016973) 61272	W, F, Kiln Croft Skelton	(017684) 84154
W, H, 1 Park View Culgaith	(01946) 528671	W, K, 2 Smithy Cottages Brewery Brow, Parton	(01946) 61263	W, Frances, 10 Colmore Street, Carlisle	(01228) 532954
W, H, 168 Beverley Rise, Carlisle	(01900) 818206	W, K, 3 Croft Terrace, Penrith	(01768) 862523	W, Frank, 6 Milton Drive, Workington	(01900) 64900
W, H, 5 Devonshire Terrace, Carlisle	(016973) 31146	W, K, Flat 9 Abbotsford House Wordsworth Street, Penrith	(01768) 862641	W, F, 2 Wyndham Way, EGREMONT	(01946) 825132
W, H, 11 Sunnymede, Carlisle	(01900) 827994	W, M, Guards View Westnewton	(016973) 20072	W, F.J, 22 Parkside Avenue, Cockermouth	(01900) 822014
W, I, 1 Sea View Drigg Road, Seascale	(01768) 88200	W, M, 69 Ashfield Road, Workington	(01900) 603224	W, G, HOLLY BANK Embleton	(017687) 76038
W, I, The Smithy Old Tebay, PENRITH	(01228) 523054	W, M, 5 Brantwood Lane, Cleator Moor	(01946) 815148	W, G, The Willows Kirkbride	(016973) 52847
W, J, 12 Rivington Park, APPLEBY-IN-WESTMORLAND	(01228) 542735	W, M, 22 Church Road, Workington	(01946) 831374	W, G, Oaktree Fm Newton Arlosh	(016973) 51039
W, J, Parkside Brayton Gardens, Aspatia	(019467) 24244	W, M, 15 The Avenue, Gilgarran, WORKINGTON	(01946) 834491	W, G, Bradley Cottage Osby	(01768) 881551
W, J, 6 Hodgsons Close, Wigton	(015396) 24227	W, M, 4 The Beeches, Maryport	(01900) 267695	W, G, Bradley Farm Osby	(01768) 889325
W, J, 9 Spruce Grove, Whitehaven	(017683) 51964	W,			

W, H, 21 West Avenue, Wigton	(016973) 42882	W, T, Firbank Skelton	(017684) 84246	W, C, ABBOTS CROFT Abbey Road, St. Bees	(01946) 822212
W, J, 28 Inglewood Road, Penrith	(01768) 868251	W, T, 32 Burrow Walls, Northside, Workington	(01900) 606165	W, C, 6 Dale Close, Cockermouth	(01900) 828177
W, Mrs Irene, 25 Keeble Terrace, Cleator Moor	(01946) 811591	W, T, 18 Glebe Road, Appleby-In-Westmorland	(017683) 52182	W, C, 34 Helvellyn Rise, Carlisle	(01228) 492309
W, Mrs I, 17 Parkside, Carlisle	(01228) 541074	W, T, 25 Parklands Wy, Penrith	(01768) 891499	W, C, 4 The Bungalows Penrith, Penrith	(01768) 201365
W, I, Langrigg West Ghyll Place, High Harrington	(01946) 832114	W, T, 5 Seadown Drive, High Harrington	(01946) 830562	W, D, SPRINGFIELD COTTAGE Alston	(01434) 381010
W, I.R., High Beckside Mungisdale	(017687) 79636	W, V, 5 Ellen Court, Church Terrace, Maryport	(01900) 267962	W, D, 34 Brownfield Road, Dearham, MARYPORT	(01900) 817699
W, J, The Barn Boltongate	(016973) 71455	W, V, 358 London Road, Carlisle	(01228) 547390	W, D, 19 Nairn Way, Carlisle	(01228) 539478
W, J, Brook Cottage Brough Sowerby	(017683) 42058	W, V, 50 Mason St, Workington	(01900) 870389	W, D, 17 Richardson Street, Carlisle	(01228) 492899
W, J, The Old Vicarage Dalston	(01228) 710381	W, W, Solway Brunstock	(01228) 544224	W, D, 8 Shaw Street, Maryport	(01900) 819374
W, J, RUTTER MILL COTTAGE Great Asby	(017683) 53036	W, W, Lyndhurst Kirklington	(01228) 675555	W, D, 12 Beech Tree Farm, Cumwhinton	(01228) 562919
W, J, Low Fm Langwathby	(01768) 881640	W, W, 9 Lodge Drive, Carlisle	(01228) 537141	W, D.C., Sunnyside Allonby	(01900) 881292
W, J, Gill Brow Farm Newlands	(017687) 78270	W, W.F., Mount View Camerton	(01900) 61840	W, D.R., 70 St Edmunds Park, Carlisle	(01228) 537576
W, J, Springs Corner Ambleside Road, Keswick	(017687) 72475	W, W.M., 12 Sand Croft, Penrith	(01768) 866405	W, E, Overwood Carleton	(01228) 521696
W, J, 24 Brackenrigg Drive, KESWICK	(017687) 72801	W, W.S., Castle Lea Flatt Walks, Whitehaven	(01946) 62731	W, F, Roselle Dean	(01946) 861655
W, J, 35 Coniston Close, Workington	(01900) 607003	W, W.S., Castle Lea Flatt Walks, Whitehaven	(01946) 62731	W, G, 2 Railway Terrace, Wigton	(016973) 23535
W, Jennifer, 4 Crosshill Drive, Carlisle	(01228) 537658	WILSON-YOUNG, O., Foxley Henning Raughton Head	(016974) 76315	W, G, 1 Rosegate, Aglionby, CARLISLE	(01228) 513628
W, J, 14 Dukewood Road, Longtown	(01228) 791077	WILTON, A, 9 Tullie Street, Carlisle	(01228) 549340	W, G, 40 Stanbeck Meadows, Workington	(01900) 268975
W, J, 60 High Seaton, Seaton	(01900) 65266	WINDER, C., Holme Farm Barn Kaber	(017683) 72009	W, H, Jasmine House Motherby	(017684) 83708
W, J, 47 Holme Riggs Avenue, Penrith	(01768) 895502	W, D, Midtown Farm Aspatria	(016973) 20667	W, H, 3 Station Terrace Cockermouth	(01900) 550334
W, J, 38 Infirmary Road, Workington	(01900) 67809	W, D, Maple House The Crofts, Wigton	(016973) 26725	W, H, Bridgewater Plumland Aspatria, Wigton	(016973) 23970
W, J, 75 Keld Road, Carlisle	(01228) 532671	W, D.J., 12 Adelphi Terrace, Carlisle	(01228) 526819	W, I, Hether Hill Farm Hethersgill	(01228) 675374
W, J, 3 Tythe Barn Cottages Lazobny, Penrith	(01768) 870095	W, H, 2 Little Close, Ravenstonedale	(015396) 23235	W, I, Alegria House Kingside Hill	(016973) 61669
W, J, 4 Millbanks Court, Bridgefoot	(01900) 829385	W, J, 27 Eldred Street, Carlisle	(01228) 593716	W, Dr J, Rose Cottage 40 Crown Road, Carlisle	(01228) 524505
W, James, 18 Millfield, Brampton	(016977) 41770	W, J, 33 High Street, Kirby Stephen	(017683) 70207	W, J, 16A Garborough Close, Crosby	(01900) 810007
W, Mrs Jane, 6 Queens Park, Wigton	(01697) 508041	W, J.E., 6 Westgarth Court, Kirby Stephen	(017683) 71566	W, J, 15 Harrot Hill, Cockermouth	(01900) 824962
W, J, 61 Riverside Way, Carlisle	(01228) 535352	W, K, 2 Stoneworks Garth, Crosby Ravensworth	(01931) 715002	W, Mrs Janice, 6 Selina Terrace, Maryport	(01900) 814417
W, J, 30 Skiddaw Street, Keswick	(017687) 73746	W, L, Howe Barn Tebay	(015396) 24553	W, J, Janribona West Street, Aspatria	(016973) 21234
W, J, 11 The Crescent, Penrith	(01768) 863165	W, L, Labrey Cottage The Square, Maryport	(01900) 381253	W, J.A., Spout Close Millbeck	(017687) 72105
W, J, 144 The Crofts, Silloth	(016973) 32565	W, M, Border Saws Kirkbride	(016973) 51577	W, K, 37 English Street, Longtown	(01228) 792428
W, J.A., 2 Crossfield, Carlisle	(01228) 534060	W, M, 3 Park View Culgaith	(01768) 88425	W, L, 15 The Lees, Kirkbride	(016973) 52491
W, J.J., 85 Longholme Road, Carlisle	(01228) 538471	W, M, 27 Carleton Place, Penrith	(01768) 867330	W, M, Blenkinsopp Castle Home Park Greenhead	(016977) 47025
W, J.J., 13 Shakespear Avenue, Egremont	(01946) 820057	W, M, 6 Langdale Drive, Cockermouth	(01900) 824286	W, M, 51 High Rd, Whitehaven	(01946) 691818
W, J.J., 14 Skiddaw Crescent, Distington, Workington	(019467) 48729	W, M, 22 Windermere Road, Carlisle	(01228) 535510	W, M, 48 High Street, Maryport	(01900) 818698
W, J.K., Greenways Cumwhinton	(01228) 560502	W, N, 10 Somerwood Clo, Long Marton	(01683) 62251	W, M, 291 Pennine Way, Carlisle	(01228) 598910
W, J.L., Cross Inn Broughton Cross	(01900) 826255	W, P, The FORGE Crosby Ravensworth	(01931) 715496	W, M, Romany Way Romany Way, Maryport	(01900) 814718
W, J.R., Charlesfield Kirklington	(01228) 675531	W, Mr Philip, Annexe At, 28 Esk Road, Carlisle	(01228) 318795	W, M, 13 Suttle Close, Carlisle	(01228) 534658
W, K, Robinson Fold Newlands	(017687) 78796	W, P, 6 Thorne Terrace, Appleby-In-Westmorland	(017683) 54022	W, P, 6 Dunmill Drive, Carlisle	(01228) 521373
W, K, 17 Central Avenue, Distington	(01946) 831824	W, R, 82 Beaumont Road, Carlisle	(01228) 739146	W, P, 27 Lansdowne Close, Carlisle	(01228) 530124
W, K, 59 Coronation Drive, Whitehaven	(01946) 63525	W, S, New House Farm Raisbeck	(015396) 24324	W, P.R.G., 61 Greenacres, Wetheral	(01228) 562341
W, K, Penmyn Villa 75 Main Street, St Bees	(01946) 824455	W, T, 10 Greta Avenue, Carlisle	(01228) 594788	W, R, 4 East Road, Lowca	(01946) 591799
W, K, 40 St. Mungos Park, Aspatria	(016973) 21124	WINDLE, A., Belle Grove Watermillcock	(017684) 86030	W, R, 22 Lowry Gardens, CARLISLE	(01228) 495365
W, K, 56 Scotland Road, Carlisle	(01228) 401652	W, P.A., Rampsbeck Lodge Watermillcock	(017684) 86647	W, R, 3 Queen Street, Cleator Moor	(01946) 817559
W, L, Bleak House Shop	(01931) 719214	WINDLEY, G., 103 Wastwater Avenue, WORKINGTON	(01900) 336747	W, R.C., Burrell Green Farm Inglewood Bank, Penrith	(01768) 881373
W, L, Highcroft House Tallentire, Cockermouth	(01900) 829909	WINDSOR, C., 23 Riverside Way, Carlisle	(01228) 497565	W, S, Hillfield Walton	(016977) 42570
W, M, Rough House Asby	(01946) 861488	WINDY, G., 18 Castle Gardens, Greystoke	(017684) 83267	W, S, Sandal Wigton	(016973) 61051
W, M, Marsh House Easton	(01228) 576321	WINROW, F., Esk House Warwick Bridge	(01228) 561120	W, S, 37 Coniston Avenue, Seascale	(019467) 28955
W, M, Midtown Fm Gamblesby	(01768) 881820	WINSHP, A., Cragside Eaglesfield	(01900) 823942	W, S, 24 Liddle Close, Carlisle	(01228) 401299
W, M, Grange Farm Grange	(01946) 820384	WINSKILL, Mrs P, 8 The Square Longtown, Carlisle	(01228) 792407	W, S, 34 Moorlands Drive, Workington	(01900) 605649
W, M, Ponderosa Uldale	(016973) 71805	WINSPEAR, C., Winterburn Low Heskett	(016974) 73979	W, S, 3 Oakland Avenue, Maryport	(01900) 268762
W, M, 10 Brakeside Gardens, Whitehaven	(01946) 64995	WINSTANLEY, F., 19 Lakeland Park, Keswick	(017687) 80787	W, Samuel, 2 The Stables The Butts, Alston	(01434) 382167
W, M, 77 Clifford Road, Penrith	(01768) 895541	W, P, Spring Cottage Penrith	(01931) 712141	W, T, 4 Bridge End Court Wakefield Road, Cockermouth	(01900) 268749
W, M, 43 Coniston Cres, Workington	(01900) 605593	W, S, BRISCO MILL Egremont	(01946) 824585	W, W, Groundy Croft Drigg	(019467) 24600
W, M, 13 Croft Close, Kirby Stephen	(017683) 42143	WINSTEAD, J., 217 Newtown Road, Carlisle	(01228) 594809	WOODBURN, Mrs Alice, 17 Ehen Road, Cleator Moor	(01946) 329132
W, M, 51 Devon Road, Hensingham	(01946) 691929	WINTER, D., 15 The Avenue, Broughton Moor, Maryport	(01900) 851575	W, B, 2 Lansbury Place, Cleator Moor	(01946) 812426
W, M, 10 Fairladies, St. Bees	(01946) 823779	W, J, 22 Orton Road, Carlisle	(01228) 530038	W, E, 23 High Lea, Egremont	(01946) 820861
W, M, 27 Northumberland Street, Workington	(01900) 63587	W, J, Elm Court Penrith	(01768) 865499	W, M, 2 Galloway Close, Maryport	(01900) 413028
W, M, 9 Rosebank, Stainton	(01768) 840331	W, J, 31 Isel Road, Cockermouth	(01900) 821985	W, Mrs 6 Riverside Drive, Egremont	(01946) 821726
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W, M, 19 The Green, Whitehaven	(01946) 395968	W, J.A., 17 Loop Road South, Whitehaven	(01946) 695875	WOODCOCK, A., 3 Millbourne Street, Carlisle	(01228) 542197
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W, P, The Wath Newbiggin-On-Lune	(015396) 23260	W, M, 19 Eden Park Crescent, Carlisle	(01228) 547115	W, P, 27 Mardale Road, Carlisle	(01228) 317523
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Residential Listings

A-Z listings of local residential numbers.

Information listed within the A-Z section **has been provided by each Communication Provider** (phone line provider) for that individual and is published based on their directory status. If the person has been flagged as **Ex-Directory** it **will not be printed**. BT will only print information that **has been provided**. If you believe there is an omission or an error, please contact your Communication Provider to check the directory status of the information.



Data is updated annually. Changes made with your service provider will not take effect until the next A-Z Directory is created. Use of the term 'The Phone Book' also pertains to BT.