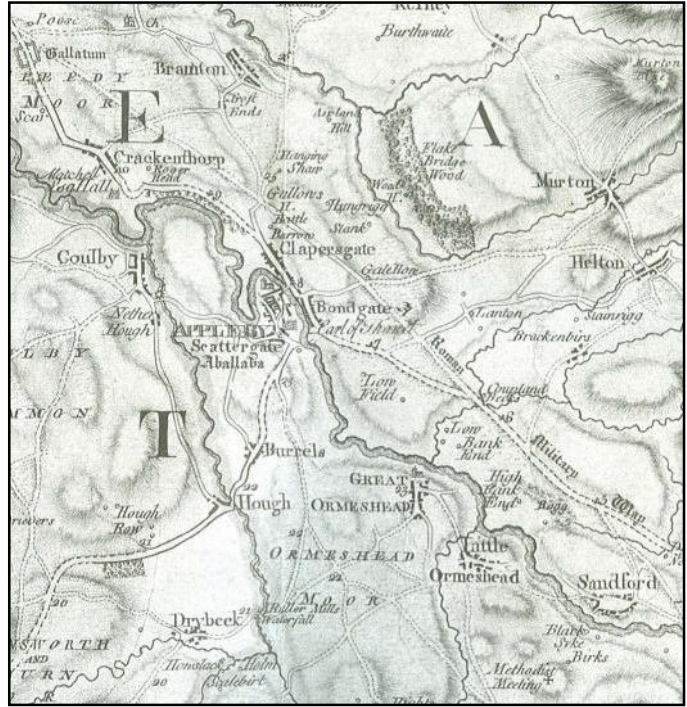
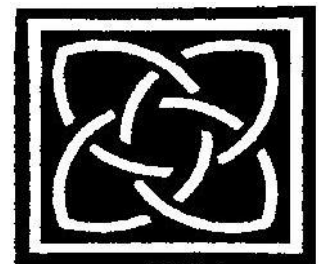


APPLEBY-IN-WESTMORLAND, EDEN VALLEY, CUMBRIA



Extract from Jeffrey's 1770 Map of Westmorland

COMMUNITY ARCHAEOLOGY PROJECT BRIEF (PHASE 1) September 2015



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1 BACKGROUND

- 1.1 This Phase 1 project brief is for a Community Archaeology Project focused on the town of Appleby-in-Westmorland, in the Eden Valley, Cumbria, with the project title 'Dig Appleby'. It has been prepared on behalf of Appleby Archaeology Group who wishes to facilitate the project in cooperation with local community groups and other project partners. The purpose of this brief is to provide sufficient detail to enable a costing to be provided by a suitably-qualified archaeological contractor for the supervision of the project fieldwork.
- 1.2 Appleby-in-Westmorland is situated in a loop of the River Eden in the Upper Eden Valley, in that part of Cumbria that was formerly known as Westmorland, the town of Appleby formerly being County town of Westmorland. The Eden Valley is a soft lowland landscape of undulating mixed farmland and woodland with distinct villages constructed of red sandstone or limestone. The valley contains some of the richest agricultural land in Cumbria, framed by the North Pennines to the east, and the rugged Cumbrian High Fells and Orton fells to the west, merging with the flatter land of the Carlisle fringe and the Solway Basin to the north (Countryside Commission 1998).
- 1.3 The earliest settlement at Appleby-in-Westmorland, appears to have been on the east side of the River Eden, in the area now known as Bongate (HER 4937). It is believed that a Danish manor and village were situated in this area, which was referred to in medieval times as 'Old Appleby'. Old Appleby was held by Scotland at the time of the Norman conquest. However, King William Rufus took Carlisle in 1092, and it is believed that a motte and bailey was constructed in Appleby-in-Westmorland soon after (Holdgate 2006, 13).
- 1.4 The Norman town of Appleby-in-Westmorland was subsequently laid out in the loop of the river to the west of Old Appleby. The axis of the new town was the main street of Boroughgate, which it is believed originally ran from the castle bailey in the south (the highest point in the town), to the church in the north, with long strips of land or 'burgages' laid out either side.
- 1.5 From the end of the 12th century, and throughout the 13th century, Appleby-in-Westmorland prospered as a centre of trade, linked to the surrounding countryside through its market focused on Boroughgate. However, by the end of the 14th century a combination of plague, climate change and Anglo-Scottish disputes left large parts of the town in ruins, and it took until the 16th century to recover (Holdgate 2006, 103-104).
- 1.6 The aim of the proposed Community Archaeology Project is to provide further information on the possible origin and development of Appleby-in-Westmorland, which is currently not well-understood. There has been very little previous archaeological research undertaken within Appleby-in-Westmorland, due largely to the lack of modern development within the historic core of the town. However the limited investigation that has taken place suggests that archaeological remains survive both within the historic core of the town and the surrounding landscape.

- 1.7 The archaeological project will provide an opportunity to identify and record the presence archaeological remains relating to the early history of the former county town, and help document the development of the town in the medieval and post-medieval periods. This will be achieved through a programme of documentary research, survey and archaeological investigation, undertaken primarily by members of the Appleby Archaeology Group and other project volunteers.
- 1.8 This brief sets out a methodology for Phase 1 of the project, named '*Breaking the Ground*'. It was produced in accordance with the recommendations of English Heritage as set out in *Management of Research Projects in the Historic Environment* (MoRPHE 2006). Full details of the larger project are provided in the project proposal document, dated 6th March 2015, which should be read in conjunction with this brief (Appleby Archaeology Group 2015).

2 APPLEBY-IN-WESTMORLAND: THE MEDIEVAL BOROUGH

- 2.1 The name 'Appleby' is believed to originate from the Danish 'byr' (meaning farmstead) and Old English 'aepple' (apple), meaning 'dwelling or farmstead with an apple tree'. Its earliest documented form is 'Aplebi' in 1130 (Lee 1998).
- 2.2 The earliest settlement at Appleby-in-Westmorland, appears to have been on the east side of the River Eden. It is believed that a Danish manor and village were situated in the area now called Bongate, which was referred to in medieval times as 'Old Appleby' (Higham 1986, 30). Evidence for this early settlement includes a 10th century hogback tombstone, which is built into the north doorway of St Michael's Church in Bongate.
- 2.3 The political situation was complex in the Eden Valley during the 10th century, when it was ceded to the Scottish kingdom of Strathclyde, and attacked by the English under Ethelred in 1000, but was held by Scotland at the time of the Norman conquest (Summerson 1993). King William Rufus took Carlisle in 1092, and it is believed that a motte and bailey was constructed in Appleby-in-Westmorland soon after.
- 2.4 During the 11th to 13th centuries Appleby-in-Westmorland was situated in a kingdom with changing rulers. Under King William Rufus the Eden Valley was held by a number of Norman lords, starting with Ivo Taillebois, and may have been very much a 'frontier land'. However, between 1122 and 1135 Henry I shaped Westmorland into a shire, run by sheriffs. In 1135 King David of Scotland took control of Carlisle, and became the dominant authority in the county until 1157, when Appleby-in-Westmorland was restored to England.
- 2.5 Appleby Castle consists of 12th century earthworks, keep and curtain wall with a 13th century round tower, and 15th century southeast square tower. The castle is believed to have been constructed by Ranulf de Meschines (or Briquessart), who was overlord of the Eden Valley for 20 years from c.1100 (Holdgate 2006, 36). However, it is also thought possible that work was undertaken by Hugh de Morville who was installed at Appleby-in-Westmorland from 1136 under King David. Later works were undertaken by the Clifford family who were resident from the late 13th century until the death of Lady Anne Clifford.
- 2.6 The construction of the castle was followed by a new planned town and economic activity focused on Boroughgate. This new town is also ascribed to Ranulf de Meschines, who as overlord would have benefited from the new town through the payment of rents and tolls. The town was laid out to the north of the castle in the loop of the River Eden, with St Lawrence's Church and graveyard at the north end of the main street, which would also provide a wide market place for trading.

- 2.7 The layout necessitated the construction of a bridge across the River Eden, to provide access to the old town at Bongate, and the road to Carlisle. The new town was also a 'borough', a place where the burgages were free from land taxes, but had other rights granted by the Lord of the manor in return for the rents they paid. The town is believed to have come into existence around 1100, and in 1179 received its first charter (Rollison 1996, 46).
- 2.8 Other Norman boroughs founded around this time included Carlisle, Cockermouth, Egremont, Greystoke, Keswick, Newton Arlosh (Wigton), Penrith, Skinburness, Wavermouth, Kendal and Brough under Stainmore. The new boroughs were inextricably linked to the countryside, providing the market places for agricultural products from the surrounding area. Appleby-in-Westmorland was strategically located on an important trans-Pennine route (the present A66) and developed into an important trading centre, whilst other boroughs failed. Newton Arlosh, Kirkoswald, Greystoke and Pooley Bridge for example never developed into significant settlements (Winchester 1987, 122).
- 2.9 From the end of the 12th century and throughout the 13th century, Appleby-in-Westmorland prospered as a centre of trade, linked to the surrounding countryside through its market focused on Boroughgate. A number of major building projects were undertaken, including the construction of a friary for Carmelite monks to the north of the town, and a leper hospital dedicated to St Leonard at the site of Holm Farm to the west of the town. However, by the end of the 14th century a combination of plague, climate change and Anglo-Scottish disputes had left large parts of the town in ruins, and it took until the 16th century to recover (Rollison 1996, 103-104).
- 2.10 Under the reign of Edward I in the early 14th century border defences were improved,; however, after his death in 1307 the area was left to defend itself. In 1314 Robert Bruce's invasion of England resulted in the ravaging of Appleby-in-Westmorland, as well as Brough and Kirkoswald. Carlisle was besieged on numerous occasions during the 14th century and the surrounding countryside laid waste, and on 26th December 1388 Appleby-in-Westmorland was reputedly almost completely destroyed, never again regaining its former prosperity.
- 2.11 In 1603 the Union of the Crowns brought a lasting peace and stability to the border region. Appleby-in-Westmorland benefited from this political situation, and again began to prosper. During the middle of the 17th century the town came under the control of Lady Anne Clifford, who was an important figure in the history of the area, and did much to restore the castle from its ruinous state. She also worked to improve the town, and constructed the St Anne's Hospital on the east side of Boroughgate in 1653 for the maintenance of 13 poor widows.

- 2.12 The High Cross, which stands at the south end of Boroughgate, was erected in the 17th century, inscribed 'Retain your loyalty Preserve your right'. This cross, and the 18th century Low Cross at the north end of Boroughgate, are replacements of earlier crosses, which marked the limits of the medieval market.
- 2.13 Throughout the 18th and 19th centuries the market town of Appleby-in-Westmorland grew in prosperity. Boroughgate remained an important street in the town and saw the construction of a number of substantial 18th century houses. As the demand for land increased a number of the original burgage plots became in-filled, often with buildings constructed around a courtyard behind the street frontage.
- 2.14 The High Cross was the site of a cheese market and Whitsuntide hiring fair, so remained an important focus for economic activity. Appleby remained the county town of Westmorland until it was dissolved in 1974. It has remained a traditional market town, with very few modern developments having taken place within the medieval core.

3 RESEARCH AIMS AND OBJECTIVES

- 3.1 The earliest evidence for prehistoric activity near Appleby-in-Westmorland comes from Brackenber Moor, situated 3km to the southeast, which has been the focus of research undertaken by the Appleby Archaeology Group. Brackenber Moor has been occupied since at least the Bronze Age, and a number of burial monuments survive from this period, including a cremation monument excavated by the group in 2011 (publication forthcoming). Further evidence for prehistoric activity has been revealed at The Druidical Judgment Seat, a D-shaped enclosure on the east side of Brackenber Moor, which was previously believed to be a Romano-British farmstead (Railton 2012). There is no direct evidence for prehistoric activity in the immediate vicinity of Appleby-in-Westmorland. However, it is possible that this may be revealed during the course of the project.
- 3.2 The closest evidence for Roman activity near Appleby-in-Westmorland is a marching camp at Crackenthorpe, located c.2km to the northwest of the town. The present route of the A66, to the northeast of Appleby-in-Westmorland, is known to follow the course of the High Street Roman Road. It has also been speculated that Appleby Castle may be on the site of an earlier Roman fort or Iron Age hillfort. However, to date, there is no known confirmed archaeological evidence for Appleby-in-Westmorland having been occupied during the Roman period. The possibility of a Roman presence at Appleby-in-Westmorland is a theme that may be explored as part of the project, and the research undertaken may help to confirm whether there was a Roman presence in the town or nearby.
- 3.3 It is recognised that the primary focus of the project will be on the medieval settlement. There has been a paucity of archaeological investigation within the town, meaning that the development of the medieval settlement at Appleby-in-Westmorland is only understood in very broad terms. A lack of published finds

assemblages for the medieval period outside of the urban centre of Carlisle, has been identified as a particular problem for the dating of medieval sites in Cumbria (Brennand 2007, 95). However, recent work at the south end of Boroughgate in Appleby has produced a relatively prolific assemblage of medieval pottery. As a result of this, and previous work, it can be seen that an Eden Valley medieval ceramic tradition is slowly beginning to emerge (Brooks, McCarthy & Railton 2013).

3.4 A number of other research objectives have been identified in the North West Regional Research Framework (Brennand 2007, 102-104) with regard to medieval urban settlements in the region:

- Research is needed to determine whether new boroughs were newly founded plantations or developments from pre-existing non-urban settlements. What evidence survives for pre-existing settlements?
- Market places were a key element of the townscape, but there has been little work to trace their origins and development in the region. Were they the main element in laying out a town, did they move, grow, contract? What was the impact of market centers on the exchange of local products and their relationship with high-status sites?
- Many towns in the North West were associated with castles. How did defense influence the layout of towns, castles and market places?
- There has been a lack of excavation targeting medieval deposits, in particular very few burgages and medieval house plots have been excavated. There is a need to examine the street frontages in medieval towns as well as the back plots.
- Towns were centers of craft industries and potential centers and dispersers of innovation. Research is needed on technological developments and manufacturing specialisation in towns.
- There is a need to discover to what extent medieval buildings survive behind post-medieval facades, which dendrochronological dating may help to address
- Very little is known about the living conditions of ordinary townspeople, their health and nutrition, which environmental sampling may help to address.

3.5 This project therefore has the potential to contribute to a greater understanding of the origins and development of Appleby-in-Westmorland, and to contribute to a number of regional research objectives.

4 METHOD STATEMENT

- 4.1 The first phase of the fieldwork project named '*Breaking the ground*' is to take place in 2016 focusing on the medieval town. These preliminary investigations are designed to inform the wider project, by helping to determine the archaeological potential of the town, focused on Boroughgate and the adjacent burgages.
- 4.2 The aims and objectives of the project will be achieved through a program of archaeological evaluation, comprising the excavation of a series archaeological trial trenches and test pits, followed by sampling of archaeological deposits, recording and reporting. All fieldwork will be carried out in accordance with codes and practices outlined by the Chartered Institute for Archaeologists (CIfA).
- 4.2 The work is to be undertaken primarily by project volunteers under the supervision of professional archaeologists, with the fieldwork project being managed by a full member of the CIfA. All work will be undertaken under the coordination of the Appleby Archaeology Group fieldwork officer.
- 4.3 It is expected that the Phase 1 project will be undertaken between June and September 2016, and will involve up to 10 days of fieldwork in total. The exact dates will be determined following consultation with the appropriate landowners and Appleby Town Council (to be arranged by Appleby Archaeology Group). However it is envisaged that the project will comprise one week-long excavation and two weekend test pit excavations in total.

5 STAGES, PRODUCTS AND TASKS

5.1 *Project Set-Up*

- 5.1.1 Project set-up will include the identification of suitable locations within the town for the archaeological evaluation, and consultation with the various landowners, which will be undertaken by Appleby Archaeology Group. Analysis will then be undertaken of historic town maps in order to determine the best locations for trenches and test pits. A trench/test pit location plan will be created using AutoCAD software, and will form the basis of all future project work.
- 5.1.2 A list of key locations within the town will be provided to the archaeological contractor along with the trench location plan(s). Setting out the locations of the trenches and test pits on the ground prior to the excavation will be the responsibility of the archaeological contractor.

5.2 *Topographical survey*

- 5.2.1 Where required, topographical survey may be undertaken to record visible earthworks and structures within and adjacent to the trenches and test pits. This will comprise a metric survey of all visible features, including all earthwork banks, ditches, trackways, ponds, and ridge and furrow, as well as other upstanding remains, such as relict stone walls and buildings. The objective of the surveys is to provide an accurate record in plan of the archaeological features present, in relation to the trenches and test pits.

- 5.2.2 Detailed survey of all elements within the survey area will be undertaken at 1:500 scale, the tolerances of the survey corresponding to +/- 150mm. The scale selected is considered most appropriate for showing earthwork detail clearly and accurately. The full ground plan of all the structures and earthworks within the evaluation areas will be surveyed by GPS, following accepted methodologies (English Heritage 2007). All co-ordinates and levels will be generated in metres to three decimal places, and presented as easting, northing and height; the co-ordinates will be expressed as Ordnance Survey National Grid (OSNG), and heights as Ordnance Survey height datum. The GPS data will be downloaded onto a laptop at the end of each day for initial data processing. The digital data will then be imported into Trimble Business Manager software for the creation of digital surface models and contour plans.
- 5.2.3 Photographs will also be taken of upstanding features using digital photography. Photograph numbers and shot directions will be recorded on the pro-forma field record sheets. Digital photographs will be downloaded onto a laptop for storage at the end of each day, and backed up onto the at the end of the project.
- 5.2.4 The topographical surveys will be supplemented with a written description of the earthworks present, and hachured sketch plans, which will be used to inform the production of the reports and final illustrations.
- 5.2.5 The metric surveys will be conducted in accordance with English Heritage guidelines (Riley & Wilson-North 2001).
- 5.3 *Archaeological Evaluation*
- 5.3.1 Archaeological excavation will be undertaken using targeted test pits and trial trenches in order to investigate and record any archaeological evidence contained at key locations within the town. This work shall involve the systematic examination and accurate recording of all archaeological features, horizons and artefacts identified. All work will be carried out by volunteers under professional supervision and in accordance with the codes and practices outlined by the Chartered Institute for Archaeologists regarding archaeological evaluation (CIfA 2015).
- 5.3.2 The aims and principal methodology of the archaeological investigations can be summarised as follows:
- to determine the presence/absence, nature, extent and state of preservation of archaeological remains;
 - to produce a photographic record of all contexts using colour digital and monochrome formats as applicable, each photograph including a graduated metric scale;
 - to recover artefactual material, especially that useful for dating purposes;
 - to sample any environmental deposits encountered in consultation with appropriate specialists.
 - to prepare a site archive in accordance with Historic England standards

- 5.3.3 A contingency should be included in the costs of the project to assess any finds or samples recovered during the project. Any finds recovered will be assessed under the direction of a suitably qualified finds expert, who will determine their date and significance. The archaeological contractor will undertake first aid conservation, but if further conservation is required following the production of an assessment report, there will be extensive consultation with appropriate specialists.
- 5.3.4 Work on any environmental samples will be undertaken to assess their palaeoenvironmental potential, and to determine any evidence for past land use activities and any evidence for economic activity at the site. Further specialist services may be utilised at the University of Durham, if required. Environmental samples should be processed in consultation with Sue Stallibrass, English Heritage Regional Scientific Adviser, North-West Region.
- 5.2.5 Any animal or human bone recovered during the evaluation will also need to be identified to type and assessed for its research potential. Recommendations will be made by the archaeological contractor regarding the suitability of recovered organic deposits and ecofacts for radiocarbon dating.
- 5.4 *Reporting*
- 5.4.1 A report will be produced on the Phase 1 project by the Appleby Archaeology Group fieldwork officer, so a full report is not required. However, the archaeological contractor will be required to produce summary text and some illustrations on the results of the fieldwork project, to include some or all of the following:
- *The dates on which the project work was undertaken.*
 - *A description of the methodology employed, work undertaken and results obtained.*
 - *Survey plans showing the locations and extent of archaeological features in relation to the site topography*
 - *Sections of the archaeological trenches and test pits in AutoCAD*
 - *A selection of digital photographs showing the work undertaken, and archaeological features identified.*
 - *A complete list of the context numbers issued and descriptions of the deposits encountered*
 - *Complete lists of finds and samples and the results of their assessments*
 - *A complete bibliography of sources from which data has been derived.*
- 5.4.2 The final project report will be compiled, in line with English Heritage MoRPHE guidelines, which will discuss the phasing and history of the town based on the archaeological work undertaken.
- 5.4.3 Copies of the final report will be provided to the Cumbria Historic environment project along with a digital version (in PDF format) on CD.

5.5 *Publication & Outreach*

- 5.5.1 A synthesis of the results of the fieldwork will be produced by the Appleby Archaeology Group for inclusion the Newsletter of the Cumberland and Westmorland Archaeological and Antiquarian Society. The publication will include a description of the fieldwork project, the results obtained, and a discussion of the nature, extent and significance of the archaeological remains recorded with illustrative plans.
- 5.5.2 Both during and after the fieldwork details of the project will be posted to the Appleby Archaeology Group website and the group's Facebook page. These will also be distributed through the Appleby Archaeology group newsletter.
- 5.5.2 A short presentation will be made by to the Appleby Archaeology group AGM and Members Evening, to which the public are invited. The archaeological contractor will be invited to contribute material to this presentation.

5.6 *Project Data*

- 5.6.1 Copies of CAD files will be included in the project archive. Digital images will be supplied in uncompressed TIF file format on CD-ROM or DVD.

5.7 *Archive*

- 5.7.1 The project archive will be prepared to the standard specification in Brown, DH, (2007) *Archaeological Archives A Guide to Best Practice in Creation, Compilation, Transfer and Curation*.
- 5.7.2 Copies of all original context sheets, lists, photographs, plans and sections will be provided to Appleby Archaeology Group at the end of the project, assembled into a documented project archive. Finds and samples will be packaged appropriately.
- 5.7.3 The archive will be maintained by Appleby Archaeology Group until the completion of the wider project. Agreement will be sought from landowners prior to the start of the project to for these to be donated to Penrith Museum, along with the project archive. Otherwise these will be returned to the landowners.
- 5.7.4 The project will be registered with the **Online AccesS to the Index of archaeological investigationS (OASIS)**, where a digital copy of the report will be made available.

6 PROPOSED PROJECT TEAM

- 6.1 *Appleby Archaeology Group*: Appleby Archaeology Group is a community archaeology group whose focus is practical field archaeology. Most of the Group's activities take place in the Appleby-in-Westmorland area with meetings held in the town, but the groups interests range across the whole of Cumbria. The group is run by a committee of volunteers who organise the groups events and activities, which include talks, site visits, fieldwork projects and conferences. Founded in 1998, the group has over fifteen years of experience in archaeology.
- 6.2 *Wardell Armstrong Archaeology (WAA)*: Wardell Armstrong Archaeology (formerly North Pennines Archaeology) is the archaeological contracting division of Wardell Armstrong LLP. The company has a fully staffed professional field team and is highly experienced in the assessment and recording of archaeological sites and monuments throughout the north of England. Based near Carlisle, Cumbria, the company has considerable experience extending over more than fifteen years of archaeological investigation. It is proposed that WAA provide some professional support to the group for specialist aspects of the project, including training volunteers, supervision of fieldwork, finds conservation and assessment, environmental analysis and reporting/illustration.
- 6.3 *Staffing*: the archaeological work will be undertaken under the direction of Martin Railton BA (Hons) MA MIfA, Appleby Archaeology Group fieldwork officer. Martin specialises in archaeological survey techniques, including: landscape survey, geophysical survey, and building survey, in addition to archaeological excavation and illustration. He has completed numerous similar commercial projects and community archaeology projects.
- 6.4 The archaeological contractor will be required to provide a suitably qualified Project Supervisor and at least one Project Assistant to provide training to volunteers and to supervise the fieldwork for the Phase 1 archaeological evaluation, which will be undertaken by members of the Appleby Archaeology Group and other project volunteers. The volunteers are expected to undertake the survey work, archaeological recording and excavation work. It is proposed that professional staff will provide training and supervision in all aspects of the fieldwork as required.
- 6.5 Reporting will be undertaken by Martin Railton, the Appleby Archaeology Group project manager.

12 INSURANCE COVER

12.1 Appleby Archaeology Group maintains £2 million Public Liability Insurance; £2 million Product Liability Insurance; and £10 million Employers Liability Insurance and covers up to 19 volunteers on any project at any one time. The archaeological contractor will be required to maintain insurance levels of: £2 million Professional Indemnity Insurance; £10 million Public Liability Insurance; and £10 million Employers Liability Insurance.

13 HEALTH AND SAFETY

15.1 All personnel taking part in fieldwork have a responsibility to adhere to sensible standards of behaviour. Personnel will be made aware that fieldwork activities have inherent hazards which members minimise with appropriate safety precautions. However, the potential dangers make it imperative that personnel co-operate by behaving responsibly in order to reduce the risk of accidents.

15.2 Risk assessments will be undertaken prior to any fieldwork taking place and all participants fully briefed regarding on site hazards and safe working procedure.

15.3 All team members will pay due regard to safe working practices and Ancient Monument Legislation (where appropriate). Team members will be in mobile phone contact with each other at all times. All professional field work staff involved in the project will be expected to hold certificates in first aid. All team members will carry personal first aid kits and wear the appropriate PPE.

14 SOURCES

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