



# Sport

The Lake District, part of which is in Allerdale, is the ultimate outdoor adventure playground, with some of the most beautiful countryside to explore. Go wild on the fells with hiking, rock climbing, mountain biking, abseiling or ghyll scrambling.

Our lakes and coastal waters hold their own adventures for those who enjoy fishing, sailing, kayaking or windsurfing. Or take to the air with a handglider.

Allerdale has some beautiful bridleways for horseriding and fine golf courses. Cycling is an excellent way to experience

the borough's scenery, with both long distance cycleways and local routes to try.

Football and rugby league are popular sports in Allerdale, both with players and spectators, and in the summer months, cricket matches are regularly played around the borough.

Speedway meetings are held at Workington's Derwent Park from spring through to autumn.

Ford's multi-million pound World Rally operation is based near Cockermouth.

## Useful websites

**Allerdale Borough Council**

[www.allerdale.gov.uk/sport](http://www.allerdale.gov.uk/sport)



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Allerdale Borough Council's leisure centres at Workington, Cockermouth and Keswick, offer opportunities for keen swimmers, aerobics enthusiasts and gym fanatics, as well as opportunities for racquet sports.

As well as a number of private gyms, Netherhall Sports Centre at Netherhall School, Maryport, is a dual-use sports centre, with the school using the facilities during school days and the local community using the facilities during evenings, weekends and school holidays.

The Council's sports development team has encouraged young people to try basketball, athletics, trampolining and orienteering. The 'On the move' passport scheme provides opportunities for disadvantaged young people aged 12 to 16, to take part in free and discounted sport and leisure activities.

There are Cumbrian speciality sports in Allerdale: Cumberland and Westmorland wrestling and fell running. The grappling and throwing of Cumberland and Westmorland wrestling is a popular

attraction at agricultural shows in the borough while fell running is for those with strength, stamina and courage as contestants race to the top of fells and dash back down.

Unique to the area is 'uppies and downies'. Uppies and downies has no organisers, no rules to speak of, no time limits and no restriction on numbers per side. The three games are held over three days at Easter in Workington and have attracted huge crowds of spectators.



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