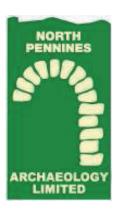
COCKERMOUTH PRIMARY CARE CENTRE, COCKERMOUTH, CUMBRIA



EVALUATION REPORT CP. No: 936/09 31/07/2009

NORTH PENNINES ARCHAEOLOGY LTD
NENTHEAD MINES HERITAGE CENTRE,
NENTHEAD,
ALSTON,
CUMBRIA,
CA9 3PD

TEL/FAX: (01434) 382045/043 WWW.NPARCHAEOLOGY.CO.UK



NORTH PENNINES ARCHAEOLOGY LTD

DOCUMENT TITLE: Cockermouth Primary Care Centre, Isel Road,

Cockermouth, Cumbria

DOCUMENT TYPE: Evaluation Report

CLIENT: WYG Environment

CP Number: 936/09

SITE CODE: CHC-A

PLANNING APP. No:

OASIS REFERENCE: northpen3-62197

Print Date: 31/07/2009

GRID REFERENCE: NY 1250 3097

Quality Assurance

This report covers works as outlined in the brief for the above-named project as issued by the relevant authority, and as outlined in the agreed programme of works. Any deviation to the programme of works has been agreed by all parties. The works have been carried out according to the guidelines set out in the Institute for Archaeologists (IfA) Standards, Policy Statements and Codes of Conduct. The report has been prepared in keeping with the guidance set out by North Pennines Archaeology Ltd on the preparation of reports.

REVISION SCHEDULE				
	01	02	03	
PREPARED BY:	Frances Wood			
Position:	Site Assistant			
DATE:	31/07/2009			
EDITED BY:	Matthew Town			
Position:	Project Manager			
DATE:	31/07/2009			
APPROVED BY:	Martin Railton			
Position:	Project Manager			
Date:	31/07/2009			

North Pennines Archaeology Ltd is a wholly owned company of North Pennines Heritage Trust (Company Registration No. 4847034; VAT Registration No. 817 2284 31). All rights reserved.

Disclaimer

No part of this report may be copied or reproduced, stored or transmitted by any means without prior written permission from North Pennines Archaeology Ltd, or the client for whom the work was carried out. The report has been produced specifically for the client's usage, and no other party may use, make use of or rely on the contents of the report; any person or party using or relying on this document for such purposes agrees, and with such use or reliance be taken to confirm their agreement, to indemnify NPA Ltd for all loss or damage resulting from their action. No liability is accepted by North Pennines Archaeology Ltd for any use of this report other than the use and purpose for which it was originally intended. Information contained in this report is provided by North Pennines Archaeology Ltd using due care and diligence and no explicit warranty is provided as to its accuracy. No independent verification of any information provided to North Pennines Archaeology Ltd has been made.

CONTENTS

SUM	MARY	5
ACKI	NOWLEDGEMENTS	6
1 INT	RODUCTION	7
1.1	Circumstances of the Project	
2 MET	THODOLOGY	
2.1	Project Design	
2.2	Archaeological Evaluation	
2.3	Site Specific Aims	9
2.4	The Archive	9
3 BAC	CKGROUND	.11
3.1	Location and Geological Context	11
3.2	Historical Context	
4 EVALUATION RESULTS		13
4.1	Introduction	13
4.2	Trench 1	
4.3	Trench 2	13
4.4	Trench 3	15
4.5	Trench 4	16
4.6	Trench 5	17
4.7	Trench 6	18
4.8	Trench 7	19
4.9	Trench 8	20
4.10	Trench 9	
4.11	Archaeological Finds and Environmental Sampling	
5 CO	NCLUSIONS	23
5.1	Conclusions	23
6 BIBLIOGRAPHY		24
6.1	Secondary Sources	24
A PPE	NDIX 1: FIGURES	.26

ILLUSTRATIONS

FIGURES (APPENDIX 1)

FIGURE 1: SITE LOCATION.

FIGURE 2: TRENCH LOCATION PLAN.

PLATES

PLATE 1: TRENCH 1 FACING NORTH.	14
Plate 2: Trench 2 facing west	15
Plate 3: Trench 3 facing north.	16
Plate 4: Trench 4 facing south	17
Plate 5: Trench 5 facing east	18
Plate 6: Trench 6 facing north.	19
Plate 7: Trench 7 facing west	20
Plate 8: Trench 8 facing south	21
Plate 9: Trench 9 facing east.	

SUMMARY

In April 2009, North Pennines Archaeology Ltd were commissioned by WYG Environment on behalf of their client, Cumbria Primary Care Trust, to undertake an archaeological evaluation to identify and record potential archaeological remains within the site of the proposed Cockermouth Primary Care Centre, Cumbria (NGR: NY 1250 3097).

The research associated with an earlier desk-based assessment (Peters 2008) has shown that an early medieval settlement may have existed in the vicinity of the proposed development site, in the eastern part of Cockermouth. This is demonstrated by the medieval motte of Tute Hill. In addition, the motte's replacement, Cockermouth Castle lies just to the west of the site. It is known, that from at least 1259 a park was associated with the castle, and from at least the early 16th century, the proposed development site was a part of this. The desk-based assessment highlighted the area to have archaeological potential, and, as a result, the Cumbria County Council Historic Environment Service advised that an archaeological evaluation was necessary prior to any groundworks.

The evaluation comprised 450m² of trial trenching, located in the greenfield area of the site to maximise archaeological potential and avoid any modern construction related disturbance. A total of nine trenches were excavated, each trench averaging 25m in length and 2m in width.

No archaeological features or deposits were found during this evaluation and no samples were retained.

Despite the lack of archaeological features and deposits found during this evaluation, the potential remains in the wider area for archaeological remains.

ACKNOWLEDGEMENTS

North Pennines Archaeology Ltd would like to thank Kirsten Holland, Senior Archaeologist with WYG Environment, and The Cumbria Primary Care Trust, for commissioning the project, and for their assistance throughout the work.

NPA Ltd would also like to thank Jeremy Parsons, the Historic Environment Officer for Cumbria County Council, for all his help throughout the project.

The archaeological evaluation was undertaken by Tony Liddell, Matt Town, Michael McElligott and Sean Johnson. The trench locations were surveyed by Helen Noakes. The report was written by Frances Wood, and edited by Martin Railton, Project Manager for NPA Ltd. The project was managed by Matthew Town, Project Manager for NPA Ltd.

1 INTRODUCTION

1.1 CIRCUMSTANCES OF THE PROJECT

- 1.1.1 In July 2009, North Pennines Archaeology undertook an archaeological evaluation on land adjacent to Isel Road, Cockermouth, Cumbria (NGR NY 1250 3097; Figure 1), near the Cottage Hospital, at the request of WYG Environment, on behalf of their clients The Cumbria Primary Care Trust.
- 1.1.2 The research associated with an earlier desk-based assessment (Peters 2008) has shown that an early medieval settlement may have existed in the vicinity of the proposed development site, in the eastern part of Cockermouth. This is demonstrated by the medieval motte of Tute Hill. In addition, the motte's replacement, Cockermouth Castle lies just to the west of the site. It is known, that from at least 1259 a park was associated with the castle, and from at least the early 16th century, the proposed development site was a part of this.
- 1.1.3 Jeremy Parsons, the Historic Environment Officer for Cumbria County Council, in accordance with guidance given in Planning Policy Guidance Note 16 (Archaeology and Planning), advised that the proximity of the development site to an area of high archaeological potential would require a programme of archaeological works prior to any groundworks occurring. Subsequently, it was decided that an archaeological evaluation be undertaken prior to development, in order to allow an informed decision regarding the need for further archaeological works should substantial archaeological remains be encountered.
- 1.1.4 This report sets out the results of the work in the form of a short document outlining the findings, followed by a statement of the archaeological potential of the area, an assessment of the impact of the proposed development, and recommendations for further work.

2 METHODOLOGY

2.1 PROJECT DESIGN

- 2.1.1 A Written Scheme of Investigation was produced by WYG Environment, in response to a request by Jeremy Parsons, the Historic Environment Officer for Cumbria County Council Historic Environment Service for an archaeological evaluation of the development area.
- 2.1.2 Following acceptance of the Written Scheme of Investigation by CCCHES, North Pennines Archaeology Ltd was commissioned by the client to undertake the work. The Written Scheme of Investigation was adhered to in full, and the work was consistent with the relevant standards and procedures of the Institute for Archaeologists (IfA), and generally accepted best practice.

2.2 ARCHAEOLOGICAL EVALUATION

- 2.2.1 The field evaluation consisted of the excavation of nine linear trial trenches, Trenches 1-9 (Figure 2). The maximum size of the trenches was 25m in length by 2m in width. The area between the existing hospital buildings was not targeted as it was anticipated that the construction of the hospital may have resulted in ground disturbance and truncation in this area. The area of the existing car park was also not targeted as any archaeological remains were also anticipated to have been truncated during its construction.
- 2.2.2 The trial trenches were excavated in order to produce a predictive model of surviving archaeological remains detailing zones of relevant importance against known development proposals. The brief supplied by Cumbria County Council required a minimum of 450m² of evaluation. There were no recorded anomalies within the proposed development upon which to target the evaluation, and therefore the trenches were located across the development area where it was believed there was the highest potential for survival of archaeological remains. The location and size of the trial trenches were agreed by Cumbria County Council.
- 2.2.3 The overall aim of the evaluation was to evaluate the site for previously unrecorded archaeological remains including presence/absence, form, date, survival and significance, within the proposed development area, in order to identify the potential impacts of the scheme upon the archaeological resource. The results of this evaluation will be utilised to design an informed and effective final mitigation strategy for the development site. The aims of the evaluation can be summarised as follows:

- to establish the presence/absence, nature, extent and state of preservation of archaeological remains and to record these where they are observed;
- to establish the character of those features in terms of cuts, soil matrices and interfaces;
- to recover artefactual material, especially that useful for dating purposes;
- to recover palaeoenvironmental material where it survives in order to understand site and landscape formation processes.

2.3 SITE SPECIFIC AIMS

- 2.3.1 The main site-specific aims of the evaluation were defined as follows:
 - "the evaluation should aim to determine the location, extent, date, character, condition, significance and quality of any surviving archaeological remains liable to be threatened by the proposed development. An adequate representative sample of all areas where archaeological remains are potentially threatened should be studied" (Parsons 2009).
- 2.3.2 The trenches were mechanically excavated by an excavator equipped with a toothless ditching bucket, under archaeological supervision, to the natural substrate or the top of archaeological deposits, whichever was encountered first. Each trench was then manually cleaned and any putative archaeological features investigated and recorded according to the North Pennines Archaeology Ltd standard procedure as set out in the NPAL Excavation Manual (Giecco 2003).
- 2.3.3 Photography was undertaken using Canon EOS 500V Single Lens Reflex (SLR) cameras. A photographic record was made using digital photography, 400 ISO Black and White print and 200 ISO Colour Print film.
- 2.3.4 All work was undertaken in accordance with the Institute for Archaeologists Standards and Guidance for Archaeological Field Evaluations (IfA 2008).

2.4 THE ARCHIVE

2.4.1 A full professional archive has been compiled in accordance with the specification, and in line with current UKIC (1990) and English Heritage Guidelines (1991) and according to the Archaeological Archives Forum recommendations (Brown 2007). The archive will be deposited within Tullie House Museum, Carlisle with the paper archive and copies of the report sent to the County Historic Environment Record at Carlisle in Cumbria, and

- will be made available upon request. The archive can be accessed under the unique project identifier NPA09 CHC-A, CP 936/09.
- 2.4.2 North Pennines Archaeology Ltd supports the Online AccesS to the Index of Archaeological InvestigationS (OASIS) project. This project aims to provide an on-line index and access to the extensive and expanding body of grey literature, created as a result of developer-funded archaeological work. As a result, details of the results of this project will be made available by North Pennines Archaeology Ltd, and can be accessed under the unique identification number northpen3- 62197.

3 BACKGROUND

3.1 LOCATION AND GEOLOGICAL CONTEXT

- 3.1.1 The site is located on Isel Road, Cockermouth, West Cumbria (NGR: NY 1250 3097; Figure 1). Cockermouth lies at the junction of the river Cocker and Derwent, at a height of around 60m AOD. The proposed area of the development encompasses the existing Cottage Hospital site, associated car parking and a pasture field to the south. The site is bounded by residential housing to the north and east, and by Castlegate to the south, and by Isel Road to the west. The site is located on a natural south-east facing scarp.
- 3.1.2 The underlying solid geology within the area of Cockermouth is Skiddaw slate, its line being broken by faults. The solid geology is overlain by a drift geology of sands, gravel, and boulder clay (Peters 2008).

3.2 HISTORICAL CONTEXT

- 3.2.1 *Introduction:* this historical background is compiled as a summary of the desk-based assessment (Peters 2008).
- 3.2.2 *Prehistoric Period (pre c. AD 43):* various finds have been located in the vicinity of Cockermouth, suggesting that the land was utilised during the prehistoric period. Axe-hammers and axe-heads of Neolithic and Bronze age date have been found in the vicinity, and although these finds are some distance from the site, they show the Neolithic and Bronze Age potential of the general area. An Iron Age site is recorded in Fitz Wood (Bradbury 1995, cited in Peters 2008). It may have been utilised during the proceeding Romano-British and early medieval periods.
- 3.2.3 Romano-British and Early Medieval Period (c. AD 43- 1066): the first site of any size in the area was the Roman fort of Deventia, at Papcastle. Various roads would have served this fort, and a civilian vicus grew up alongside it. Although the origins of Cockermouth itself lie in the 12th and 13th centuries, "the location of the castle, church and market place on the east bank of the Cocker suggests that if an earlier urban core is to be sought, it will be found in this area" (Winchester 1986, cited in Peters 2008).
- 3.2.4 Later Medieval (c. AD 1066- AD 1485): a charter of Alan, son of Waldeve, given 'at Cokyrmoth', c.1150, implies that Alan's seat of power (presumably a precursor of the later castle site, perhaps Tute Hill) was in existence at Cockermouth by the mid 12th century. Although the precise date of the foundation of the town remains unknown, a borough charter dating to 1210, and a market charter to 1227 show that the settlement was well established by the early 13th century. The earliest reference to the castle is in 1221. By

1270 the lord's demesne consisted of the castle and attached deer park and 25 acres of land in "the close below the castle". It is likely that the proposed development site formed part of the castle's park and demesne lands. Accounts of the park keeper of Cockermouth between 1267 and 1294 depict the park as a "tract of woodland and pasture from which the estate gained revenue from sales of pasture and pannage, bark, bracken and rushes, fuel wood, nuts and honey" (Winchester 1986, cited in Peters 2008). Cockermouth was situated between pastoral uplands and the corn-growing coastal plain, meaning that a variety of trading and industrial activities were represented in records dated to 1260, as were 2 water mills, 1 fulling mill, a dye works, a furnace, 8 corn measures, a toll jurisdiction, and a fishery below the castle.

- 3.2.5 Although, Cockermouth was a well-established borough with a considerable degree of economic wealth by the late 13th century, the conditions that contributed to this status did not last, with economic depression, plague and political unrest affecting the town during the 14th and 15th centuries. By the later 15th century, conditions had improved and records suggest a spate of building activity.
- 3.2.6 *Post-Medieval* (*c. AD 1485- 1900*): by the 16th century, Cockermouth was flourishing once more with Camden describing it as "*wealthy*" in the 1580s (Camden 1586, cited in Peters 2008). It remained largely agricultural throughout this period, with Cockermouth's main function, as during the 13th century, being a market town. By 1700, the castle's park had been leased as farmland. In the late 18th and early 19th centuries, the centre of the town was more affected by the industrial revolution but despite this new industrial element to the town, it remained an agricultural centre and market town for the surrounding lands.
- 3.2.7 *Modern* (1900-present): Cockermouth Cottage Hospital was originally founded as a nursing home in 1902, but was extended into a hospital in 1915 (Bradbury 1991, cited in Peters 2008). In 1938, the hospital had 14 beds and 2 cots, including 2 private wards. In common with most small hospitals of the time, there was the provision for operating (Bradbury 1981, cited in Peters 2008). Kelly (Kelly 1938, cited in Peters 2008) listed 7 physicians and surgeons as being associated with it in that year. The new clinic was built in 1990, next to the cottage hospital (Winter 1992, cited in Peters 2008).

4 EVALUATION RESULTS

4.1 Introduction

4.1.1 The excavation of trenches down to the first archaeological horizon, followed by further hand excavation of subsequent archaeological horizons permitted an examination of any archaeological remains. No context numbers were issued, as the trenches were devoid of archaeology; all trenches were recorded on pro-forma trench record sheets. All trench locations are depicted in Figure 2.

4.2 Trench 1

- 4.2.1 Trench 1, which was orientated north-south and measured 24.10m in length and 2m in width, was excavated to a maximum depth of 1.55m (61.53m to 61.39 m AOD). No archaeological features were observed, however, one modern land drain crossed the trench, located 5.65m from the north end of the trench, running northeast-southwest.
- 4.2.2 The natural substrate within Trench 1 was observed at a depth of 1.19m below the current ground level and consisted of loosely compacted light orange brown loosely compacted silty clay.
- 4.2.3 Above the natural substrate was a primary subsoil, which measured 0.25m in depth, and comprised a grey brown sandy silt. This was overlain by a secondary subsoil of loose brown silty sand, which was excavated to a depth of 0.35m.
- 4.2.4 The topsoil extended to a depth of 0.49m, and was a brown gravelly soil of a moderately loose consistency.
- 4.2.5 No archaeological features or layers were observed within this trench, and no samples were taken.

4.3 TRENCH 2

- 4.3.1 Trench 2, which was orientated east-west and measured 25m in length and 2m in width, was excavated to a maximum depth of 0.74m below the current ground level (60.79m to 61.57 m AOD).
- 4.3.2 The natural substrate was observed at a depth of 0.34m and comprised of loosely compacted light orange-yellowish brown clayey sandy gravel. Above this, a loose mid grey gravel subsoil was observed to a depth of 0.04m, overlying the natural. This deposit contained no obvious artefactual remains.

4.3.3 Overlying the subsoil was a loose gravelly topsoil of a dark brown colour. This deposit was observed to a maximum depth of 0.30m. No archaeological features or deposits were observed within this trench.



Plate 1: Trench 1 facing north.



Plate 2: Trench 2 facing west.

4.4 TRENCH 3

- 4.4.1 Trench 3 which was aligned north-south, measured 24.50m in length by 2m in width, and was excavated to a depth of 0.67m below the current ground level (59.42m to 59.5m AOD).
- 4.4.2 The natural substrate was observed at a depth of 1.30m below the current ground level, and comprised loosely compacted light orangey brown clayey sandy gravel.
- 4.4.3 Overlying the natural was a subsoil, consisting of a loose mid orangey brown sandy clay. This extended to a depth of 0.14m.
- 4.4.4 The subsoil was sealed by the topsoil, a dark brown loose gravelly silty clay, to a depth of 0.29m.
- 4.4.5 No archaeological features or deposits were observed within this trench.



Plate 3: Trench 3 facing north.

4.5 TRENCH 4

- 4.5.1 Trench 4 which was aligned north-south, measured 24.65m in length by 2m in width, and was excavated to a depth of 0.58m below the current ground level (60.55m to 60.52m AOD).
- 4.5.2 The natural substrate was observed at a depth of 0.46m below the current ground level, and comprised a loosely compacted light orangey brown clayey sand with gravel inclusions.
- 4.5.3 Overlying the natural was a subsoil of a loose mid orangey brown gravelly sandy clay. This extended to a depth of 0.18m.
- 4.5.4 The subsoil was sealed by a topsoil of dark brown loose gravelly soil to a depth of 0.28m.
- 4.5.5 No archaeological features or deposits were observed within this trench.



Plate 4: Trench 4 facing south.

4.6 TRENCH 5

- 4.6.1 Trench 5 which was aligned east-west, measured 25m in length by 2m in width, and was excavated to a depth of 0.60m below the current ground level (59.65m to 60.10m AOD).
- 4.6.2 The natural substrate was observed at a depth of 0.56m below the current ground level, and comprised of loosely compacted light orangey brown clayey sandy gravel.
- 4.6.3 Overlying this deposit was a subsoil, consisting of loose mid orangey brown sandy clay. This layer extended to a depth of 0.28m.
- 4.6.4 The topsoil sealing the subsoil was dark brown loose gravelly sandy clay which extended to a depth of 0.28m.
- 4.6.5 No archaeological features or deposits were observed within this trench.



Plate 5: Trench 5 facing east.

4.7 Trench 6

- 4.7.1 Trench 6 which was aligned north-south, measured 24.70m in length by 2m in width, and was excavated to a depth of 0.72m below the current ground level (57.94m to 59.08m AOD).
- 4.7.2 The natural substrate was observed at a depth of 0.37m below the current ground level, and comprised a loosely compacted light orangey brown clayey sandy gravel.
- 4.7.3 Overlying this deposit was a subsoil, consisting of a loose mid orangey brown material of sandy clay. This extended to a depth of 0.17m.
- 4.7.4 The subsoil was sealed by the topsoil, which comprised a dark brown loose gravelly sandy clay, excavated to a depth of 0.20m.
- 4.7.5 No archaeological features or deposits were observed within this trench.



Plate 6: Trench 6 facing north.

4.8 Trench 7

- 4.8.1 Trench 7 which was aligned east-west, measured 25.50m in length by 2.10m in width (54.94m to 57.22m AOD), and was excavated to a depth of 0.48m below the current ground level.
- 4.8.2 The natural substrate was observed at a depth of 0.48m below the current ground level, and comprised of a loosely compacted light yellowish orange mottled white silty sand, with frequent rounded stones and angular pieces.
- 4.8.3 Overlying this deposit was a topsoil comprising of mid greyish brown loose sandy silt, to a depth of 0.48m.
- 4.8.4 A suspected water main crossed the trench at its eastern end, visible as a patch of redeposited natural. No other archaeological features were observed within this trench.



Plate 7: Trench 7 facing west.

4.9 TRENCH 8

- 4.9.1 Trench 8 which was aligned north-south, measured 24.60m in length by 2m in width (54.17m to 55.09m AOD), and was excavated to a depth of 0.50m below the current ground level.
- 4.9.2 The natural substrate was observed at a depth of 0.35m below the current ground level, and consisted of loosely compacted light orangey brown clayey sand with gravel inclusions.
- 4.9.3 Overlying this deposit was a subsoil made up of of a loose mid orangey brown sandy clay. This extended to a depth of 0.15m. The subsoil was sealed by a topsoil, comprising a dark brown loose gravelly sandy clay to a depth of 0.20m.
- 4.9.4 No archaeological features or deposits were observed within this trench.



Plate 8: Trench 8 facing south.

4.10 TRENCH 9

- 4.10.1 Trench 9 which was aligned east-west, measured 23.20m in length by 2m in width, and was excavated to a depth of 0.50m below the current ground level (58.02m to 56.17m AOD).
- 4.10.2 The natural substrate was observed at a depth of 0.35m below the current ground level, and comprised of a loosely compacted light orangey brown clayey sandy gravel. Overlying this deposit was a subsoil consisting of a loose mid orangey brown deposit of sandy clay. This extended to a depth of 0.15m.
- 4.10.3 The subsoil was sealed a topsoil of dark brown loose gravelly sandy clay to a depth of 0.20m.
- 4.10.4 No archaeological features or deposits were observed within this trench.



Plate 9: Trench 9 facing east.

4.11 ARCHAEOLOGICAL FINDS AND ENVIRONMENTAL SAMPLING

4.11.1 No archaeological finds were recovered, and no environmental samples were retained during the groundworks.

5 CONCLUSIONS

5.1 CONCLUSIONS

- 5.1.1 During the archaeological field evaluation at Cottage Hospital, 9 trenches were excavated within the proposed development area. The purpose of the evaluation was to establish the nature and extent of below ground archaeological remains within the vicinity. All trenches were excavated down to the top of the natural substrate.
- 5.1.2 All the trenches were devoid of any archaeological features, deposits or finds.
- 5.1.3 The results obtained during the present evaluation suggest that the study area has not been intensively used in the past other than for agricultural purposes and the archaeological potential within the site is considered to be negligible. Despite the low potential for archaeological remains to survive *in situ* within the site boundary, there is still potential for the survival of subsurface archaeological remains within the wider surrounding area.

6 BIBLIOGRAPHY

6.1 SECONDARY SOURCES

Bradbury, J.B. (1995) *History of Cockermouth*, revised edition. Cockermouth: Richard Byers.

Brown, D.H. (2007) Archaeological Archives: A Guide to Best Practice in Creation, Compilation, Transfer and Curation. Archaeological Archives Forum

Countryside Commission (1998) Countryside Character Volume 2: North-west - The character of England's natural and man-made landscape. Cheltenham.

DoE (1990) Planning Policy Guidance Note No.16: Archaeology and Planning. Department of the Environment.

English Heritage (1991) *Management of Archaeological Projects (MAP2)*. London: English Heritage.

English Heritage (2002) *Environmental Archaeology: A Guide to the Theory and Practice of Methods from Sampling and Recording to Post-Excavation).* London: English Heritage.

English Heritage (2006) *Management of Research Projects in the Historic Environment*. London: English Heritage.

Giecco, F (2003) North Pennines Archaeology Ltd Excavation Manual, unpublished document.

Grahame, R (2000) Report on an archaeological evaluation at Bridge Street, Cockermouth. Carlisle Archaeology Ltd. Unpublished document.

Hinde, T (ed) (1985) The Domesday Book: England's Heritage Then and Now, London.

Holland, K (2009) Cumbria Primary Care Trust Cockermouth Primary Care Centre Evaluation Excavation Written Scheme of Investigation, WYG Environment.

IfA (2008) *Standards and Guidance for Archaeological Evaluations*. Reading: Institute for Archaeologists.

Parsons, J. (2009) Brief for an Archaeological Evaluation at The Primary Care Centre, Isel Road, Cockermouth, Cumbria. Unpublished Document.

Peters, C. (2008) *Archaeological Desk-Based Assessment of Land at the Cottage Hospital, Isel Road, Cockermouth, Cumbria.* Unpublished Document.

UKIC (1990) Guidelines for the preparation of excavation archives for long-term storage

APPENDIX 1: FIGURES