



BATTLE OF THE VALLEYS
Leg 1 of the All England Open Skimming Championships
SATURDAY 7TH JUNE - 2008

Skimming is not just chucking stones into a puddle. It is a skill, an art and a chance for you to prove yourself on the flooded field of dreams. This year the South Cumbria Rivers Trust in association with the Windermere on Water Festival and the Coniston Water Festival are hosting both legs of the All England Open skimming championships. The first leg will take place at The Wateredge Inn, Ambleside on Sat 7th June. The competition is being run with the backing of and using the official rules laid down by the World Skimming HQ on the Scottish Isle of Easdale. These are simply:

- **Skimming stones must be no more than 3" in diameter and formed naturally of local stone (STONES WILL BE PROVIDED ON THE DAY)**
- **To qualify, the stone must bounce no less than 3 times and stay within the designated lane as marked by the buoys**
- **Skims are judged on the distance thrown rather than the number of bounces**
- **The judges' decision is final**

The competition is open to all ages

Categories and entrance fees:

Adult Women and Men (16 and over) - entrance fee: £3

Junior Girls and Boys (age 10-15 years) - entrance fee: £2

Under 10s Girls and Boys - entrance fee: £1

(all proceeds will go towards SCRT, a registered charity)

The competition will take place at the Wateredge Inn, Ambleside.
Registration starts at 8.30am and the first skimmer will fly at 10am.

There will be some fantastic prizes to be won as well as the chance to become the All England Champion. The current record at the World Championships is 63m (189ft) and held by Scotsman, Dougie Isaacs. Fancy your chances?!

For further information, please contact:

Ben Lamb – (01539) 816311