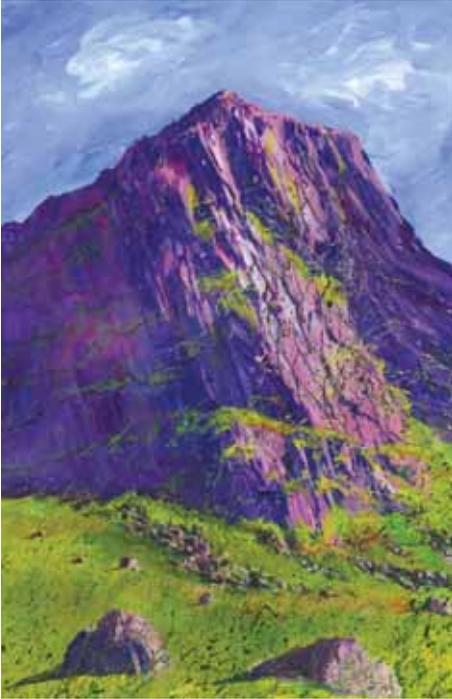


Keswick Mountain Rescue Team

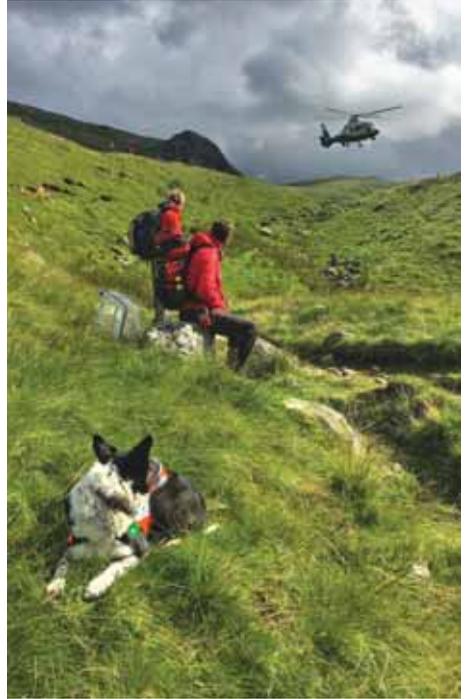
ANNUAL REPORT 2017

Introduction



Lining Crag

Venus Griffiths



Incident 54

Lining Crag in the distance

Welcome to the 2017 Annual Report of Keswick Mountain Rescue Team.

The Team operates in the area shown on the map on page 3, and occasionally, elsewhere, as required. The Report includes a record of the Team's activities throughout 2016.

2017 marks the 70th Anniversary of the founding of the Team

Through those 70 years the Team has evolved into a highly efficient organisation, with expertise in many areas not always apparent under the title "mountain rescue team". The Team draws upon the many individual strengths and capabilities of its members.

Team members become dedicated in attending training sessions, and in their response to the text/pager/email messages to callouts. A spirit of close cooperation is engendered by familiarity through a set of secure and confident personal relationships.

In addition to summarising 2016, this Report gives a flavour of the Team's history and development.

Thanks to local artist Venus Griffiths, who has donated the painting of Lining Crag.

Venus has kindly donated the painting for each Annual Report since 1999.

The framed original is for sale to the highest bidder. It may be viewed at Derwent Frames, High Hill, Keswick. All proceeds go to Keswick Mountain Rescue Team.

Lining Crag is a prominent feature close to Greenup Gill, above Stonethwaite, Borrowdale. The vicinity of the crag has seen many callouts in 2016, it being adjacent to the popular "Coast to Coast Walk".

For more information about the Team see:

www.keswickmrt.org.uk and also the Facebook network service.

Chairman's Report

Chairman's Thoughts on our 70th Anniversary

KMRT isn't really big on nostalgia, but it's worth taking a few moments to reflect on the fact that back in 1947, we were one of the first mountain rescue teams in England and Wales.

The stunning landscape that forms the backdrop to Keswick might not have changed much over the past 70 years, but in many ways KMRT operates in a very different world today.

It's a far busier and demanding world, for a start. The number of rescues has climbed steadily over the decades, in line with the increasing number of visitors to the region. And the scope of our operations has expanded to include swift water and flood response as well as urban search and rescue support. Last year seemed relatively quiet - we only did 94 rescues.

It's also a more complicated world. We have ever more regulations to follow, qualifications we need to attain and technical kit to familiarize ourselves with. Keeping up to date and staying on top of these skills seems to require an increasing amount of time and effort from our volunteers.

It's impossible to know what new challenges and opportunities the next 10 years will bring, (drone-based SAR? New medicines and diagnostic technologies?), never mind the next 70. But I'm confident the Team's culture of collective (sometimes noisy) debate and democratic decision making will continue to see us adapt to the changing world around us and remain at the forefront of the mountain rescue scene.

Gordon Barker



Incident 27

Keswick Mountain Rescue Team 2017



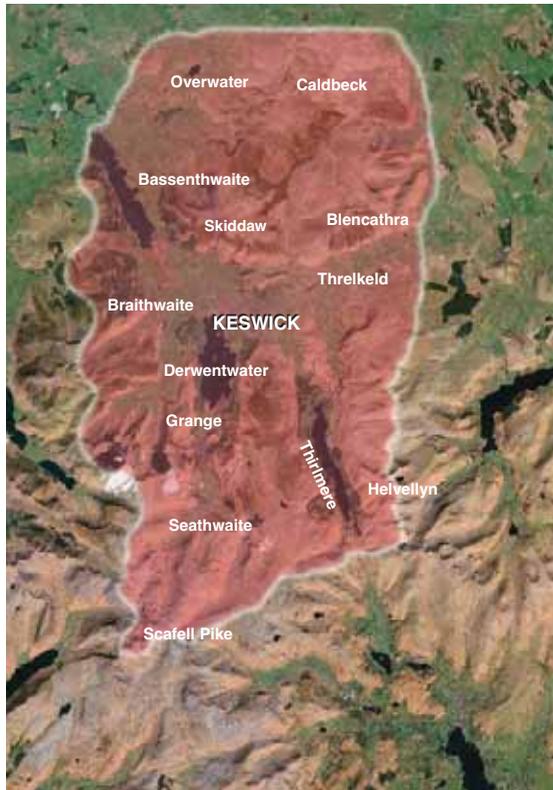
President:	Mike Nixon MBE
Chairman:	Gordon Barker
Secretary:	Fiona Boyle
Treasurer:	Ian Wallace
Team Leader:	Chris Higgins
Deputy Team Leaders:	Paul Barnes Chris Gillyon Steve Hepburn
Committee:	Tom Blakely Paul White
Medical Officer:	Dr Tim Hooper
Training Officers:	Alan Barnes Steve Hepburn
Radio Officer:	Alan Prescott
Vehicles Officers:	Matt Eaves Mick Guy
Equipment Officers:	Dan Jordan George Lloyd Tom McNally
Base Officer:	Steve Allen
Report Editor:	Peter Little
Secretary (Membership):	Tom Blakely
Collection Box	
Co-ordinators:	Malcolm Miller Paul White See <i>page 31</i>
IT Manager:	Paul Horder

(secretary@keswickmrt.org.uk)

Keswick MRT Headquarters,
Lakeside Car Park, Lake Road,
Keswick, Cumbria CA12 5DJ

Steve Allen	Handyman
Gordon Barker	Biotech Consultant
Alan Barnes	Emergency Medical Technician
Paul Barnes	Fire Fighter
Martin Bell	Paramedic
Sarah Bennett	Tour Operator
Tom Blakely	Paramedic
Fiona Boyle	Lecturer
Paul Cheshire	Chartered Engineer
Nuala Dowie	Hotel Proprietor
Craig Dring	Retired Procurement Manager
Matt Eaves	LDNPA
Donald Ferguson	Retail Assistant
Chris Francis	Fire Service
Richard Gale	Accommodation Provider
Chris Gillyon	Company Director
Geoff Gilmore	Leisure Pool Manager
Rob Grange	Photographer
Mick Guy	Retired
Steve Hepburn	Company Director
Chris Higgins	Company Director - Outdoor Pursuits
Mark Hodgson	Project Director
Simon Hodgson	Company Director
Stuart Holmes	Photographer
Tim Hooper	GP
Katharine Horder	Head Teacher
Paul Horder	Retired
Andy Jones	Guest House Proprietor
Dan Jordan	College Lecturer
Peter Little	Pharmacist
George Lloyd	Student / Retail Assistant
Tom McNally	Outdoor Pursuits Instructor
Malcolm Miller	Retired Head Teacher
Phil Newton	Retired
Simon Noble	Retired Teacher
David Pratt	Teacher
Alan Prescott	Senior Manager
Lisa Price	General Marina Manager
Jocky Sanderson	Outdoor Pursuits Instructor
Ian Wallace	Retired
Paul White	Papermill Chemist
Elly Whiteford	Technical Specialist
Graeme Wilson	Retired
Hannah Wignall	Sports Therapist

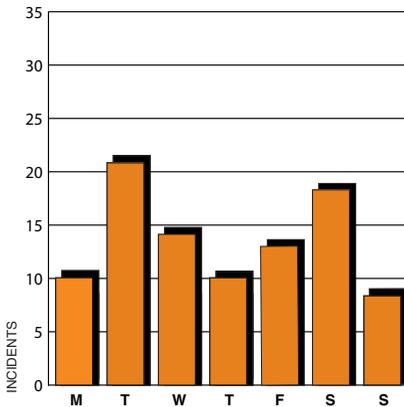
Keswick Mountain Rescue Team Area of Responsibility



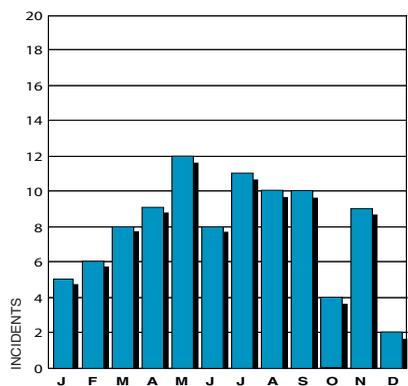
CALLOUT STATISTICS

94 Callouts, 2 Fatalities

DAYS OF THE WEEK 2016



MONTHS OF THE YEAR 2016



Team Leader's Report

94 rescues - a reasonably quiet year for Keswick MRT but some interesting ones.

A few fallen climbers in Brown Cove got things started;

Then there were the two stuck 4x4's on the Old Coach Road;

A man faking injury on the side of Helvellyn - (he's now being prosecuted by the Police);

The fires on Jopplety How and in Mosedale;

The Whinlatter bike tracks and Sourmilk Gill keep giving us some serious injuries to deal with;

And incidents on Barf;

A local man continues to impersonate Superman by repeatedly injuring himself quite seriously, but getting out of hospital and carrying on - tough!

Base jumpers seem to be thinking Raven Crag is worth a go;



There were the mad cows at Rosthwaite;

A cragfast (and overweight) Labrador on the side of the river Greta;

The Skiddaw avalanche - the portent of the great winter that never happened;

Unfortunately there were some fatalities and our sympathies are with all who have lost friends and loved ones in the mountains.

Keswick MRT has evolved over 70 years, and the



Incident 2

core principles of mountain rescue are still at the heart of what we do - to help people (and animals) in distress in the mountains.

In January 2017, I had the distinct privilege to meet some of the team's earliest members - men and women who were in the team in the 50's and 60's and they were really hard! *See page 26.*

Without the equipment and clothing of the modern day rescuer, a base or even a team vehicle, they would often endure long and arduous rescues, before helicopters and without as many neighbouring teams to call on for help.

They talked of carrying a fallen climber, who had been injured on Central Buttress, from Scaffell Crag to Seathwaite on a stretcher. The carry, which took many hours, was eased by the bottle of sherry or port that was carried for first aid purposes and several stops for a cigarette - with the casualty reaching his hand up off the stretcher to grab a cigarette off his rescuers!

Mountain rescue teams are recognised as the specialists in our field, with the skills and capabilities held by few others. But it is important to remember that we are a finite resource. If we're deployed on something that could be tackled by others, we become unavailable to respond to the more technically difficult and sometimes dangerous jobs that only MR teams can deal with - stuck climbers, injured walkers and people lost in a blizzard.

Whilst we are more than happy to help in occasional, non-mountain incidents, such as in the floods or when a situation needs our particular skills and equipment, it is important to remember we are all unpaid volunteers with jobs, families and other commitments outside mountain rescue. We are not here to pick up the pieces as others have their budgets cut and staffing levels reduced.

I'd really like to welcome our newest full team member - Sarah Bennett- and our three current probationary members - Hannah Wignall, Craig Dring and Stuart Holmes. I hope you all get as much pleasure and satisfaction from being in the team as the rest of us.



Incident 10

Farewell to Paul Carter - team member since 1983 having attended nearly 500 rescues, and for a long while was the team base officer who changed the light bulbs, topped up the tea bags and kept everything in order throughout our base - a big thank you from everyone in the team. Paul worked for Bryson's Bakers in Keswick and retired last year - he will be especially missed for the pies, pasties and sticky buns he organised for the team during many long and arduous rescues. Most recently, during the 2015 flood of the town, Bryson's closed its shop in the Market Square and the shelves were emptied of their perishable stock which was donated to the rescuers, who worked through the day to help evacuate townsfolk and visitors. Visiting rescue teams, who worked with us that difficult day, later commented that Keswick MRT's hospitality is the best in the Lake District!

Also stepping down from the team last year was Dr Adrian Clifford. Adrian joined the team in 2009 and his medical experience as a GP was very beneficial to the team and our casualties. Adrian attended over 100 rescues in his time as a team member. We all wish Paul and Adrian the very best in their retirement from the team.



Incident 31

Mike Nixon MBE retired from active service last year and has been awarded Honorary Membership of Keswick MRT. Now in his late eighties Mike, quite reasonably, no longer wants to be bothered by his pager going off at 2 o'clock in the morning, to be asked to flog up Grain's Gill to search for some missing walkers - he's done enough of that in his amazing 65 years with the team! Mike joined the team in 1952, was the Team Leader from 1982 to 1994 and was awarded the MBE for his services to mountain rescue in 1993. Records show that Mike attended over 1340 rescues. This figure is guaranteed to be much lower than the actual rescues Mike has been involved in, due to the sketchy nature of recording incidents in the Team's early years - it is more likely to be approaching the phenomenal figure of 1500 rescues. Mike's career in mountain rescue is unparalleled, and we are all very privileged to be members of the same team as this great man. Mike continues in his role as our Team President.

I would like to thank all team members' families, friends and employers for letting you have the adventures we do. Thanks to all the members for the commitment they give to this team - turning up every Thursday for the two hours of training they put in to stay on top of their game, the running out on families and friends, the meals missed, and the lost sleep. Without their

determination to make this a successful rescue team there would be no rescue team, no adventures in the snow and the rain and the dark - and the fells would be littered with dead people!

Last year saw the close collaboration of Keswick Women's Institute and Keswick MRT. During major incidents, such as the floods, it is not uncommon for there to be over 50 rescue personnel operating from our base. In fact there have been rare occasions when many more than that have been involved in large, multi-day searches for missing walkers. These types of incidents are when team members need food and drink to sustain them over many hours of hard and sometimes quite dangerous work. The ladies of Keswick WI have volunteered to help us when these things come along, by cooking soup and jacket spuds, making sandwiches and cups of tea. Just as importantly they bring smiling faces and light hearted chat to quite stressful situations - we thank them for everything so far and look forward to our continued partnership.

If you're a casualty stuck on a mountain, (I'm speaking from experience), then your broken leg or ankle is very significant and I don't want to play down the seriousness of those injuries, injuries that we consider our 'bread and butter' - routine incidents. However, there were three rescues in 2016 that I think stand out above all the others.

The first was a man in his 60's on Blease Fell, Blencathra, who was suffering chest pain and had a history of heart problems. When he began to feel seriously unwell his friends called 999 and we responded quickly along with our colleagues from the Great North Air Ambulance, and several members of Penrith team and RAF Leeming MRT, who were also in the area. As you can imagine, we needed to be fast to the scene, we needed the best medical skills, and we needed the right equipment. A great deal of publicity surrounds defibrillators and the benefits they bring if used early enough and on that day we all saw why. The gentleman was conscious when we arrived, but quite quickly deteriorated. He became unconscious and needed to be 'shocked' by the medics. It worked! His heart rhythm returned

sufficiently and he was transferred into the air ambulance to be flown to Cumberland Infirmary where he received the care he needed to make a full recovery - a reason to be in a rescue team if one was ever needed.

The second memorable incident of 2016 was the rescue of six climbers from the Lakes classic - Troutdale Pinnacle. To quote the guidebook "this magnificent route navigates its way through a complex maze of walls, grooves and overhangs, before reaching a stunning finale"! The climbers didn't quite get the finale they were hoping for. On the 4th pitch one of the party slipped and dislocated his shoulder - ouch! The rest of the party were unable to get him down safely, and called for our help. A Coastguard Sikorsky helicopter was also tasked to this incident. Technical rescue rigging is a thing that we practice regularly, for this very situation, and we quickly had the injured casualty and four of the climbers on the ground. The sixth climber was off to one side from the rest of his friends and he got the really "stunning finale" in that rather than reset the ropes, which would have taken a while, we asked the Sikorsky to come in and winch him off the crag. When you've been beneath nearly 12 tonnes of helicopter you'll realise how much down force it needs to apply to the air to keep it in the sky - his clip that he filmed and put on YouTube showed exactly how windy it got for him!

And finally we come to Sharp Edge, again, (one of our accident hotspots). A man in his 40s slipped at the 'usual place' and fell some 150ft sustaining serious head, neck and chest injuries. This incident needed the combined efforts of 47 Keswick, Penrith and RAF Leeming MRT members along with the crews of the Great North Air Ambulance and the Prestwick Coastguard helicopter, and clearly demonstrated the benefits of multi-team, multi-agency working. This was a difficult and dangerous rescue for all at the sharp end, working on wet slippery rock, and in a loose boulder-filled gully above a long drop at night. The overriding priority was to keep everyone safe, so that we could carry out the rescue of a very poorly man without anyone else becoming

hurt - or worse! Again our well-practiced rescue rope-work came into play and with considerable difficulty we managed to lower the injured man to the foot of the gully. However, because of the serious weather that evening the helicopters couldn't 'get in' to pick up the casualty, so relays of team members carried the stretcher down to the waiting air ambulance, which was in a field beside the A66 - a monumental effort. He was flown to Cumberland Infirmary and was in hospital for quite a while. However, we were pleased to get an email from him saying that he's doing well and expects to make a full recovery - a very lucky man.

We have a strong history of which we should all be proud. We are Keswick Mountain Rescue Team, we are good at what we do, but we should not stop trying to be even better.

I'm sure 2017 will have it's tough times but let's look forward to a year of shared adventures and do the best we can.

Chris Higgins



Incident 47

Ninety Four Callouts in 2016

Incident Report 2016

Edited from Team records

- 1 **3rd January 2016 18:06**
Esk Hause
A search for three lost men. They were found safe and well at Calf Cove.
- 2 **5th January 2016 13:08**
Sharp Edge, Blencathra
Two men slipped and fell into the top of the “usual gully”, one of them tumbling about 20 metres. He banged his head, then both became crag fast about 4-5 metres from the top. They were assisted to the lower path, and were then able to walk off the ridge without assistance.
- 3 **5th January 2016 17:03**
Halls Fell Ridge, Blencathra
A woman and her partner became lost and crag fast while descending the ridge. The Team led them to safety through heather covered scree back to the descent path.
- 4 **14th January 2016 22:10**
Esk Hause
A man, who had already been out for 24 hours, requested the assistance of the Team to descend from Esk Hause, after he became stuck in waist deep snow. He had been camping at high level. The Team brought him down to Seathwaite.
- 5 **16th January 2016 18:59**
The Old Coach Road, St Johns in the Vale
Police requested the Team go to the assistance of a family with 7 members, stuck in a 4 x 4 vehicle on the Old Coach Road between St Johns in the Vale, and Dockray. Patterdale MRT worked in from the east end of the road to help the Team.
- 6 **10th February 2016 09:56**
Castle Crag
A woman slipped and broke her ankle whilst descending Castle Crag. She suffered a fracture dislocation of the ankle. An Air Ambulance transferred her to hospital.
- 7 **12th February 2016 12:39**
Helvellyn
A man phoned for help saying he was stuck on steep icy ground on Helvellyn, but with no clear position. The Team set out from The Swirls to see if he could be located. After an hour, the Team received information that he had managed to self-rescue and continue with his route.
- 8 **12th February 2016 15:19**
High Spy
A woman had broken her ankle whilst descending from High Spy to High White Rake. An Air Ambulance took her to hospital.
- 9 **15th February 2016 15:44**
Keskadale
A woman with an ankle injury, about 250 m above Keskadale Farm.
- 10 **29th February 2016 12:59**
Barrow
A woman had slipped on muddy grass, and suffered an ankle injury.



Incident 8



Incident 16

11 29th February 2016 21:45
Great End

Two overdue climbers who had been on Great End. The Team, after making enquiries, was mobilised to make a search. However, the climbers had made their way off safely.

12 12th March 2016 14:15
Cat Bells

A woman tripped and took a tumbling fall, landing on rocks and sustaining a cut head.

13 12th March 2016 15:07
Wythburn church area, Helvellyn

A woman with a knee injury.

14 16th March 2016 15:49
Stonethwaite area

A teenager had been reported as missing after he had disappeared while camping in the valley. He was later found by the police, at the M6 Motorway.

15 16th March 2016 15:49
Stonethwaite area

A man had taken a fall from the Dock Tarn path suffering multiple injuries to head, chest, pelvis and thigh. An Air Ambulance took him to hospital.

16 22nd March 2016 12:37
Birk Side, Thirlmere

After Patterdale MRT had investigated a report about a man who had fallen somewhere on Helvellyn, Keswick MRT was asked to check out

the Thirlmere side of Helvellyn, and an air ambulance was also tasked to fly over the possible areas. The man was stretchered down a steep and awkward slope to an ambulance below, and taken to hospital to be checked over, and interviewed by the police for possible false calls. However, the man discharged himself from the hospital, thereby missing his visit from the police.

17 22nd March 2016 15:41
Cat Bells

A woman slipped while descending and sustained a suspected broken ankle.

18 25th March 2016 12:26
Honister Pass

A woman, descending Honister Pass on her bike, crashed near to the bottom of the Pass, suffering multiple injuries. The Team was called because it was unclear whether she was on, or off road. An Air Ambulance took her to hospital.

19 25th March 14:06
Barf

As the previous incident was being cleared up, a second call came in. A woman with her partner, child and mother, followed a path up Barf past "The Bishop", and then got crag fast not far from the top. The Team brought them down safely.

20 1st April 2016 06:19

Scafell Pike area

Wasdale MRT asked the Team to help in a search for a woman. Wasdale MRT mounted an overnight search, assisted by Langdale MRT, and a Rescue helicopter overflew the area with a heat seeking camera. In the morning, they were joined by Keswick and Duddon MRTs, five search dog teams and another helicopter. The missing woman turned up at the Old Dungeon Ghyll Hotel, Langdale.

21 1st April 2016 12:52

Scale Force, Crummock Water

The Team was asked to help Cockermouth MRT with carrying down a casualty from Scale Force. The Team stood by at Honister Pass, since a helicopter had become available to help. The casualty was taken to hospital in the helicopter.

22 8th April 2016 15:34

Robinson

A man slipped and fell approximately 35 metres into a gully whilst descending the north side of Robinson. He suffered serious multiple injuries in the fall. A Coastguard helicopter winched the casualty from the scene, and then landed close to an Air Ambulance so that the casualty could be transferred. The casualty was then taken to hospital.

23 12th April 2016 16:17

Nitting Haws

A woman slipped and fell 7 metres off a crag whilst attempting to descend into the valley. She suffered a broken arm, and a head injury. A helicopter winched the casualty direct from near the accident site, and she was flown to hospital.

24 15th April 2016 14:19

Calf Crag

A teenager suffered a torn muscle in his groin, and was unable to continue. An Air Ambulance evacuated the casualty.

25 20th April 2016 16:17

Brund Fell, Grange Fell

The Team was asked to assist Cumbria Fire and Rescue Service to deal with a large grass fire. Team members were tasked to support fire crews with local knowledge, providing logistics support and welfare, and being on hand in the event of any injuries. They also spotted for the crews, trying to locate the areas where the fire had spread. Fire chiefs requested the assistance of the northern police helicopter, which lifted a Team member to give clear directions as to where the fire needed tackling.

26 23rd April 2016 14:17

High Rigg

A man had fallen approximately 3 metres from a path into a boulder field, suffering lacerations to his head, and damage to his ribs. An Air Ambulance took him to hospital.

27 28th April 2016 12:26

Greenup Edge

A woman and her mother became lost in blizzard conditions. The Team sent groups from Rosthwaite and Wythburn, at the same time requesting assistance from Cockermouth and Langdale Ambleside MRTs, as well as search dogs teams. The two were found above Lining Crag. They were assisted by Team members down to Rosthwaite.



Incident 22



Incident 28

- 28 30th April 2016 20:52**
Sour Milk Gill, Borrowdale
A woman slipped, while descending, at a rocky gully, and fell, damaging her knee.
- 29 4th May 2016 18:53**
Near Otterbiel Island, Derwentwater
A man was in difficulties in the water. The Team's resources were made ready, and some Team members assisted at Derwentwater Marina. However, the man managed to get himself ashore uninjured.
- 30 8th May 2016 16:02**
Rosthwaite to Stonethwaite path
A man, suffering from dementia, had become separated from his wife. The Police found him while the Team was en route to Rosthwaite.
- 31 9th May 2016 13:57**
Under Falcon Crag
A man fell on the path between Ashness Bridge and Great Wood, below Falcon Crag, and then fainted with an apparent collapse, in very hot weather conditions (27 degrees).
- 32 12th May 2016 21:47**
Grey Knotts
A woman had slipped and suffered a leg injury above Honister Youth Hostel, on the descent from Grey Knotts.
- 33. 14th May 2016 13:39**
Near Ullscarf
A man collapsed with a suspected heart attack. Others in his group began cardio-pulmonary resuscitation. Despite the swift arrival of an Air Ambulance, and the best efforts of all concerned, his life could not be saved. The Team undertook the Fatal Accident Protocol, and arranged with the Police to have the gentleman's body flown down from the hill by the Air Ambulance.
- 34 17th May 2016 10:16**
Sale Fell
A man suddenly collapsed, with a heart attack the likely cause. Two passing walkers administered cardio-pulmonary resuscitation. Keswick and Cockermouth MRTs attended, along with an Air Ambulance. Despite the speed of response, and the expertise that could be brought to bear, the gentleman could not be saved. His body was stretchered down, to be transferred into the care of the Police as part of the Fatality Protocol.
- 35 17th May 2016 15:03**
Spooney Green Lane, Latrigg
A man was suddenly taken ill. The ambulance service requested the assistance of the Team to carry him from the fell down to the ambulance.
- 36 21st May 2016 13:51**
Blease Fell, Blencathra
A man was taken ill on Blease Fell, with a suspected cardiac event. Members of RAF Leeming MRT, who were in the area, offered their assistance to the Team, and an Air Ambulance was able to land close to the casualty. The casualty suffered a cardiac arrest. The Air Ambulance medical team used a defibrillator to restart his heart, and the Team then stretchered him to the aircraft. He was then flown to hospital for specialist treatment.
- 37 21st May 2016 17:16**
Red Route, Whinlatter Forest
A woman mountain biker came off on a jump, and landed heavily, aggravating an injury she had suffered some weeks previously.
- 38 21st May 2016 20:43**
Derwentwater
A group of three persons were in the water after falling from a rowing boat. The Team boat launched, and searched the area round Derwent Isle and St Herbert's Island; another Team member took a canoe to search other areas close to shore. The Boat crew found three lads who were landing a rowing boat by the Keswick campsite, and they were the persons who had been in distress. They had got ashore on one of the islands, and then got back into the boat to make their way to shore.

39 30th May 2015 13:03

Cat Bells

A man took a tumbling fall off the rocky steps close to the summit, and suffered a head injury. An Air Ambulance took him to hospital.

40 31st May 2016 12:20

Coomb Height, Mosedale

Cumbria Fire and Rescue Service requested help from the Team to support them in fighting a wild fire on heather slopes. Keswick and Penrith MRTs assisted with carrying equipment and refreshments up and down the slopes to fire crews, as well as providing communications. A decision was made to withdraw, and to regroup in the morning. Cockermouth MRT was lined up as help for the morning, but, the fire receded, and the Fire Service dealt with it without support.

41 1st June 2016 20:12

Latrigg

A mountain biker had crashed near the bottom of Mallen Dodd and broken his collarbone.

42 2nd June 2016 20:25

High Crag, Buttermerse

A paraglider had crash-landed, damaging an ankle. Cockermouth MRT accepted an offer of assistance. However, while the Team were in transit, a Coastguard helicopter was tasked to the incident. The Team arrived, but was not required on the hill. The aircraft extracted the casualty, and he was flown to hospital.



Incident 40

43 4th June 2016 13:32

Skiddaw

A man had fallen off his mountain bike, close to the summit. He suffered head, chest and arm injuries. An Air Ambulance took him to hospital.

44 5th June 2016 15:42

Hause Gate, Cat Bells

A woman slipped and suffered a fracture of her lower leg.

45 12th June 2016 15:11

River Derwent, Rosthwaite

A woman was chased by a cow, and tumbled a short distance into the river, injuring her knee.

46 20th June 2016 12:29

Between Whiteside and Helvellyn

A woman was taken ill. An Air Ambulance was able to land close to the casualty, and then took her to hospital.

47 25th June 2016 12:26

Sale Fell

A woman collapsed with breathing difficulties, and became unconscious. Both Keswick and Cockermouth MRTs responded.

48 25th June 2016 18:50

Comb Gill, Helvellyn

A report that a man was struggling down the path above Wythburn Church, and was thought to have taken a fall. He did not require assistance, but was simply struggling a bit descending.

49 6th July 2016 12:26

Stonethwaite, Borrowdale

A young woman was taken ill on the Greenup Edge path, near to "Fairy Glen".

50 7th July 2016 14:29

Honister Pass

The Team was asked to attend to a cycling accident in the vicinity of Honister Pass, which was reported as off road. It turned out to be a road accident. A road ambulance and Air Ambulance were already at the scene, and the Team was stood down.

51 7th July 2016 16:17

Ullock Pike

A couple mistook the parish boundary marked on the map as a footpath, and descended from the ridge towards Dodd Wood. They got into some difficult ground with thick vegetation, and became lost. They were helped back up on to the ridge, and then walked off to the Ravenstone Hotel.

52 8th July 2016 13:51

Red Route, Whinlatter Forest

A woman had a high speed mountain bike crash on the Red route, suffering facial, chest and back injuries. An Air Ambulance took her to hospital.



Incident 52

**53 12th July 2016 15:20
Stile End**

A woman slipped on wet turf, and suffered a displaced fracture of the ankle.

**54 13th July 2016 13:45
Lining Crag, Greenup Edge**

A teenager with a knee injury. An Air Ambulance took him to hospital.

**55 13th July 2016 14:39
Abbots Bay, Manesty**

A woman slipped on some roots at the edge of Derwentwater, and fell 2 metres on to rocks below. She injured her ankle. She was taken by boat to Nichol End, where there was an ambulance. Cockermouth MRT helped the Team.

**56 16th July 2015 11:25
Stoneycroft Gill, Newlands**

A woman, taking part in a gill scramble, slipped and suffered an ankle injury.

**57 19th July 2016 15:54
Allerdale Ramble above Seatoller**

A man had succumbed to the heat.

**58 26th July 2015 05:16
Manesty**

The Ambulance Service requested help in locating an elderly patient whose personal alarm device had been activated, and whose location was unclear. The Team located the property, but the activation had been in error.

**59 27th July 2015 15:50
Slape Crag, Barf**

A man and his dog had become crag fast on Slape Crag. They were assisted down the fell.

**60 1st August 2016 14:54
Blencathra**

A man, descending Scales Fell, slipped and suffered an ankle fracture.

**61 2nd August 2016 15:38
Glaramara**

Two women called for assistance when they became lost in mist. They were found by Search Dog Rona near Combe Head. It became apparent, from whistles heard in the vicinity, that there was another party in difficulties, (see below).

**62 2nd August 2016 18:06
Hind Crag, Glaramara**

A Team member spotted a survival bag, and discovered a group of walkers, one of whom had slipped and fallen. A Coastguard helicopter winched her aboard, and she was then flown to hospital.

**63 6th August 2016 10:39
Gategill, Blencathra**

A paraglider crash-landed at the edge of Gategill, where he then fell approximately 12 metres. He suffered serious multiple injuries. The Team was called to assist the Air Ambulance crew, who were treating the patient at the scene, to evacuate him. The patient was winched out by a Coastguard helicopter, and flown down to the Air Ambulance for further assessment and treatment. The Air Ambulance took him to hospital.

**64 9th August 2016 13:26
Greenup Edge**

A woman slipped and suffered an ankle injury. An Air Ambulance took her to hospital.

- 65 16th August 2016 17:14**
Drum House path, Honister Pass
A man suffered an injury to his hamstring muscle.
- 66 24th August 2016 13:07**
River Derwent
The Team was called to offer assistance to a group on an "out of control" rowing boat. The boat was found abandoned, and the party was unhurt.
- 67 25th August 2016 18:37**
Grains Gill, Borrowdale
A woman suffered an ankle injury.
- 68 29th August 2016 07:03**
Raven Crag, Thirlmere
A parachutist had base jumped off Raven Crag, Thirlmere, and then crash-landed in a boulder field, suffering serious injuries. The Team had left base but stood down when it was learnt that an ambulance crew had managed to get him on board their ambulance.
- 69 31st August 2016 16:27**
Jenkin Hill, Skiddaw
A man slipped and fell, injuring his ankle, and was unable to walk.
- 70 1st September 2016 15:01**
Red Route, Whinlatter Forest
A man had a crash, while mountain biking, and injured a collar bone and ribs.
- 71 5th September 2016 12:09**
Greenup Edge
Two women became lost in mist on Greenup Edge. A Team member found them, and then handed them on to Langdale Ambleside MRT to be assisted down into Grasmere.
- 72 6th September 2016 14:51**
Grange to Rosthwaite Path, Borrowdale
A woman slipped on a rocky slab below Millican Dalton's Cave, and suffered a hip injury.
- 73 9th September 2016 14:47**
Latrigg
A man suffered an angina attack.
- 74 13th September 2016 15:38**
Sour Milk Gill, Borrowdale
A man had taken a tumbling fall from a slab on the path, and landed head first, suffering a number of injuries. An Air Ambulance took him to hospital.
- 75 15th September 2016 12:25**
Barf
A man and his daughter became crag-fast just below Slope Crag.
- 76 17th September 2016 12:32**
Little Man summit
A teenage fell runner collapsed. An Air Ambulance took her to hospital.
- 77 18th September 2016 10:52**
Dodd
A man suffered serious injuries when he came off his mountain bike. Air Ambulance crew helped at the scene. A Coastguard helicopter winched the casualty from the scene, and took him to hospital.
- 78 18th September 2016 22:13**
Wythburn
A couple became lost near Greenup Edge, and ended up descending into the Wythburn valley. A search dog found them and the Team escorted them down the valley.
- 79 27th September 2016 06:00**
Helbeck Fell, near Warcop
The Team was asked to assist Kirkby Stephen MRT in a search for a man. A large number of mountain rescuers and search dogs searched a large area. The man was found, unhurt, at about 2.15 pm.
- 80 8th October 2016 18:24**
Black Crag, Borrowdale
A fallen climber, with a dislocated shoulder, was rescued from the "Troutdale Pinnacle" rock-climb. Four other climbers, uninjured, were also rescued from the location. A sixth climber, uninjured, further up the route, was winched aboard a Coastguard helicopter.
- 81 16th October 2016 14:06**
Hazel Bank, Rosthwaite
A man slipped and twisted his knee.
- 82 25th October 2016 14:14**
Bannerdale Crags
A woman was suddenly taken ill, and after a short interval, became semi-conscious. An Air Ambulance took her to hospital.



Incident 74



Incident 82

- 83. 28th October 2016 17:53**
Johnny Wood, Borrowdale
A woman slipped on wet grass and suffered an ankle injury.
- 84. 2nd November 2016 15:08**
Friars Crag, Keswick
A man suffered a sudden collapse whilst sitting having a rest.
- 85. 3rd November 2016 18:37**
Skiddaw
A family of three became lost and benighted without a torch, above Mirehouse.
- 86. 4th November 2016 17:46**
Dale Head Tarn
A 15 year old student suffered a severe asthma attack whilst on an expedition training session. A Coastguard helicopter took him to hospital.
- 87. 5th November 2016 21:15**
Scafell Pike area
The Team were requested to assist in a search by Wasdale MRT, who were looking for 5 missing persons from a group of 130 who had attempted to climb Scafell. Langdale Ambleside and Duddon & Furness MRTs were also alerted. The missing persons were found on the Sty Head path.
- 88. 12th November 2016 09:57**
Hawes Howe Island, Thirlmere
Three men were marooned on the island, following a problem with their boat. The Team turned out with its boat, and after launching from the west side of the lake, recovered them.
- 89. 13th November 2016 13:24**
Sharp Edge, Blencathra
A man had fallen 50m down the gully on the north side. His two companions had managed to reach him with the assistance of a passer-by, and found he was badly injured. A Coastguard helicopter, an Air Ambulance, Penrith MRT and a visiting RAF MRT were all also involved in the rescue. The casualty had head, neck, and chest injuries. After a lengthy extraction from the gully, relays of rescuers carried him down to the foot of Moustwaite Comb. From here he was taken by Air Ambulance to hospital.

90 14th November 2016 11:15

Greta Gorge

A dog had slipped over the edge of a land-slipped area, and had landed in a tiny scoop in a gully about 12 metres above the fast flowing Greta below. One of the Team's search dog handlers was lowered about 30m from the trees above the site. She was able to harness the dog, and then the Team members above rigged a pulley system, so that both could be pulled to the top.

91 15th November 2016 14:04

Nitting Haws

A couple became disoriented in low cloud, and wandered on to what – to them – appeared to be impassable ground. The Team searched the area around High White Rake and Nitting Haws. The walkers were led down to the Hollows Farm campsite.

92 23rd November 2016 15:14

Howgill Tongue, Skiddaw

A group of three, with a dog, had strayed off a path, and had entered an area with avalanche potential. The Team escorted them to safety.

93 16th December 2016 19:12

Coast to Coast route Rosthwaite to Grasmere

A search for a missing couple. They were escorted down to "Fairy Glen".

94 27th December 2016 12:47

Doddick Gill area, Blencathra

A couple and their two dogs chose to try to descend from Hallsfell Ridge on to the side of Doddick Gill, and got into difficulties. They were escorted to safety.



Incident 92

Keswick MRT Search Dogs in 2016

The canine contingent of the Team is now 5 – Beck, Bracken, Isla, Meg and Rona – though as two of them are owned by one handler, maximum deployment on any one job is 4! And they have all been busy during the year, not just with our own Team, but with many of the other Lakes teams as well.

In January, dog teams went to searches in such varied locations as Carlisle, the Central Fells, Kendal and Patterdale. In February, four went to Kirkstone Pass to look for a missing depressed man, who was promptly found by Search Dog Isla's handler, Martin Bell. (He obviously had the better nose at that point!) In February, the roles were reversed, with Isla locating a lady who had fallen whilst descending Sour Milk Gill. Search Dog Rona (Rob Grange) located a couple lost on the coast to coast route in Wythburn in September – beating Search Dog Bracken (Ely Whiteford) to it by a short head! However,

Bracken then had a good find over near Maryport, finding an elderly gentleman who had been missing for two days in December. Unfortunately he passed away the next day. Search Dog Beck (Chris Francis) has been a constant attender on many jobs, but has missed out on the finds this year.

Search Dog Ginny (Mick Guy) worked her last search in April, making a grand total of 258 callouts in a 10 year career as a Search Dog. Although retired, she still likes to attend Tuesday training to keep an eye on the up and coming dogs, and from time to time give them a demonstration of what a real indication should sound like! Secretly, she's realised that the younger dogs who have taken over are actually pretty good.....not that she'd admit it; don't want them getting swelled heads like.

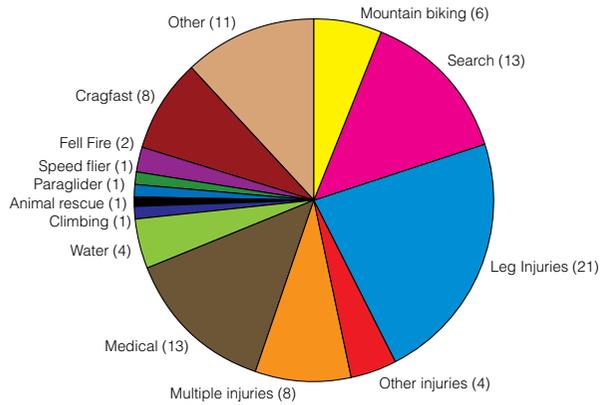
Mick Guy



Incident 94

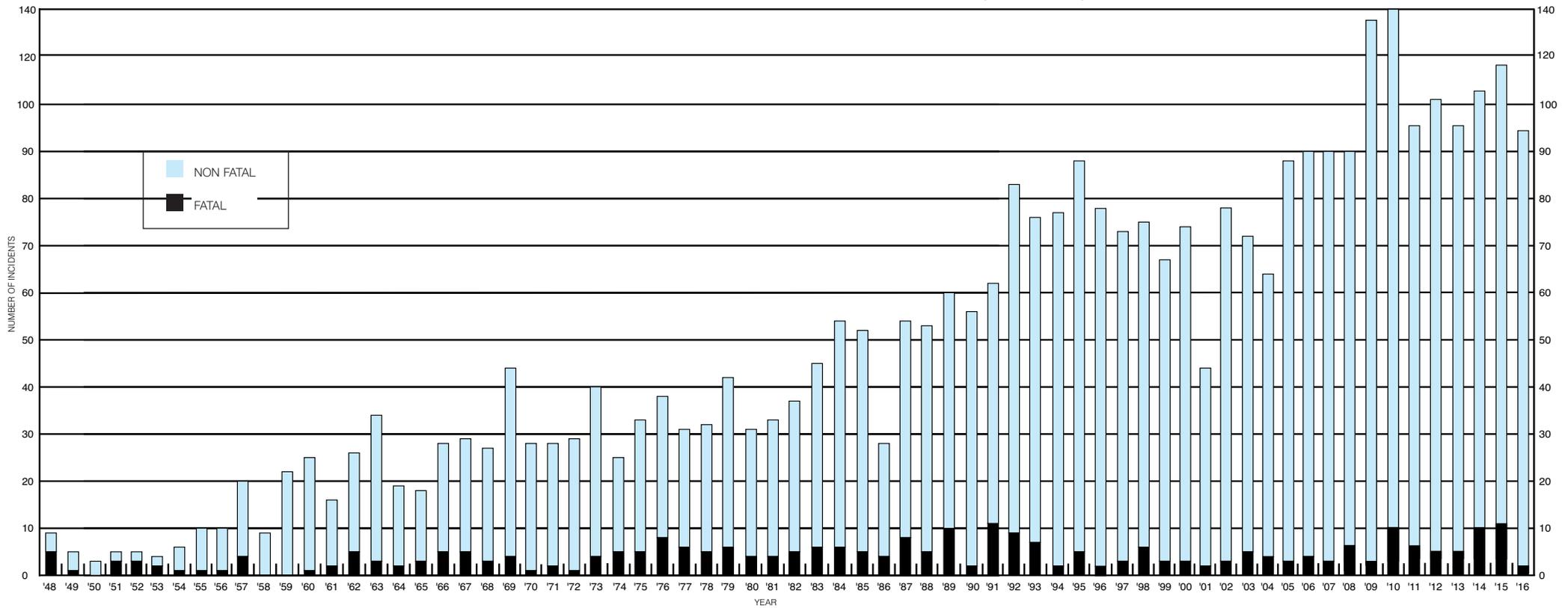
INCIDENT TYPES 2016

Figures in brackets refer to number of incidents, not percentage of incident types



Incident 40

KESWICK MOUNTAIN RESCUE TEAM 1948 - 2016 3464 callouts (292 fatalities)



A Probationer's Account (1)

Text pings on my phone.....

"KESWICK FT callout. Male fallen unconscious Robinson. Please come to base 15.44 hrs. 08-04-16"

My first callout opportunity as a probationer but I'm on a work conference call. I was determined to make it so with some fast talking I managed to wrap things up, and pedal like mad down to the mountain rescue base to catch the second Land Rover, which was ready to go. Things were happening quickly and, being new, I tried to keep track of the radio chatter which was trying to accurately locate the casualty, and get detail of the cause and extent of injury. In parallel helicopter assistance had been requested due to the location and potential head injury. All this was happening as the Land Rover was negotiating traffic in Keswick, with blue lights and sirens, and heading in the direction of Newlands Church. As team member roles were decided, the Land Rover had managed to get a good way along the rough farm track below the Robinson ridge. I was assigned to carry the casualty bag. I could see team members from the first vehicle starting the climb up towards Robinson Crags, and so did my best with a combination of trotting and a fast uphill walk, to get there as quick as possible. Eventually, and pouring with sweat, I reached the casualty and others in his party, and prepared the casualty bag for the transfer to the helicopter.



Incident 89



Incident 22

It turned out that two helicopters arrived, the Great North Air Ambulance, which skilfully landed on the ridge, and a Sikorsky-92 from the Coast Guard, which has a winching capability. The down draft from the Sikorsky is truly amazing, and I was assigned a role to keep nearby walkers out of harm's way from flying debris. The winch operation was slick and the casualty transferred to the paramedics of the Great North Air Ambulance, who airlifted the casualty to the Cumberland Infirmary. He was later discharged from hospital to complete his recovery at home.

In this my probationer year I've been on about 30 call outs for a whole host of reasons, from nasty mountain bike crashes to assisting walkers off a mountain. Whatever the reason, there is still a buzz when the pager/text goes off, followed by the dash to base. It's been humbling to play a small role in the Keswick team, a group of volunteers with so much expertise and experience.

Craig Dring

In January 2017 former Keswick MR Team Leader Mike Nixon MBE was made an honorary member of the team after an incredible 65 years of active service involving more than 1342 callouts. What adventures he must have experienced. I was inspired to look back through the callout archives (on Keswick MRT website) from the earliest days of the team. It makes interesting reading. Whilst out in the fells years ago my dad told me about finding a man's body in a scree above Taylor Gill Force. I found the incident in a 1955 report. The man went missing in October 1953 whilst walking between Wasdale and Borrowdale and 200 people were involved in the search.

I was lucky to have been brought up around Keswick and have lived here most of my life. My first climbing adventures were using an old Mountain Rescue rope my uncle George Fisher gave us some time around 1980. I have been climbing, running, skiing, paragliding and biking in these fells ever since. Despite this experience, upon arrival at the base and seeing the array of kit and the skill set the existing team members had, it was clear there is a lot to learn.

As pre-probationers we did a hill day above Comb Gill in Borrowdale with a simulated incident involving finding a climbing casualty. This was a chance for us to get to know some of the more experienced team members and for them to test us to get an idea of our competence on the hill, a pre-requisite for all team members.

Once accepted as probationary members, we are expected to go on callouts and to attend the weekly training sessions. As part of our training, Craig, Hannah and myself, as probationers, had to come up with a practice incident. Using my brother and nephews as casualties on Latrigg, our scenario involved a youth who had fallen from his mountain bike on very steep ground, with the idea of making dealing with injuries and extraction more challenging. We added a complication with a paragliding accident close by to see how the team would cope with simultaneous incidents. Our task was to monitor activities and report back at the end on what turned out to be a very slick operation.

I have already experienced a diverse range of callouts from simple walk offs to some serious injuries and medical conditions. Greenup Gill, as part of the C2C route, has featured strongly in my callout history with five separate incidents there, six if you include the lost couple who wrongly descended into Wythburn. Incidents ranged from lost Australians, D of E expeditioners, a cardiac arrest, someone who had a 'funny turn' and a foreign couple who I wouldn't have believed could have got it so wrong. The search for these two had concentrated on the east side of Greenup Edge when the pair, scrambling around without torches in the dark, reported looking down on the lights of Grasmere, when, in fact, they were looking at Stonethwaite.



Incident 25

A Probationer's Account (2)



Incident 43

A callout in May saw us racing up Blease Fell on Blencathra to the aid of a man suffering a cardiac event. Our arrival coincided with the arrival of Helimed 58 who used a defibrillator to re-start the man's heart when he suffered a cardiac arrest. Thanks to the quick actions of the man's companions calling for help, and the combined response of the rescue services, the outcome was a happy one. It is immensely rewarding playing even a small part in such a satisfactory outcome.

Pre-winter training in October took a lucky few of us to Chamonix in the French Alps. We spent four days in the mountains practicing rope work, rigging for rescue and generally polishing our winter skills.

So, almost a year in, and my enthusiasm for being on call 24/7 has not dwindled. The second the pager buzzes or a text message arrives there is undeniably excitement. Is there something wrong with me if I admit to enjoying the prospect of an uncomfortable and strenuous outing on the

falls in any weather carrying heavy kit? It sounds more understandable when described as an altruistic adventure with a bunch of mates.

Thinking back to the changes Mike Nixon must have seen in his 65 years, equipment and technique improvements mean the team are in a much better position to respond to all incidents. However, I noticed in 1956 the treasurer was tasked to buy 2 1/4 bottles of brandy to replace the port wine in the rucksacks. I don't know when they converted to Lucozade but I reckon that was definitely a backward step!

Stuart Holmes

The probationary year began with meeting the other pre-probationers at base. I definitely felt a bit out of place to begin with, being the only female and a bit younger than the rest! But that didn't last for long, as we all got on well and the training sessions got underway. I enjoyed the assessment day out on the hill around Glaramara, but didn't know if I had slogged it up the hill quickly enough with the vac mat on, to be chosen as a probationer, (it was a good work out!).

My first call out involved a crag fall and 2 helicopters. With it been the first call out I was pumped full of adrenaline and wondered how I was going to be of any use. There seemed to be so much going on I did think "How am I going to learn all of this!" And although I have taken on so much this last year, I still feel like there is so much more to improve on, and learn.

Over the past 12 months I have seen the many varied ways in which the mountain rescue team can be called out, including broken ankles, head injuries, boat rescues, and walkers being crag fast and lost. Looking back over the year, I realise just how much I have learnt. I have been on a 4x4 driving course, a winter skills trip to Chamonix, multiple training nights, and also rigging for rescue practices. Throughout the year I have felt increasingly part of the team through all the training sessions, call outs and general socialising.

I first thought of applying for the rescue team



Incident 44



Incident 32

almost a decade ago, mostly due to loving being in the outdoors, and wanting to do something practical and worthwhile. However, I was never very sedentary, and did a lot of travelling in my early twenties. Since returning to the Lake District, about 5 years ago, joining was still at the back of my mind, and when I finished my degree and knew that Keswick was going to be my home, I thought it was time to give it a shot. I'm not from Keswick, but it is like a second home and being a part of the team has made me feel like a slightly more useful part of society. Having finished my degree, and set up my first business all in the same year as going for the rescue team, I feel that it has certainly felt a bit "full on" at times, and I have felt guilty about not making as many rescues as what I would have liked to. But, been in more of a routine now has helped, and I am finding that giving more of my time to the rescue team is much more manageable.

My probationary year has flown by, and it has given me a real insight into how the team operates. Whether I am accepted as a team member or not, I am so grateful to all the members who have helped me out with advice when I've asked for it, and also when I haven't! I find it really impressive how much time people give up for training sessions, which are informative as well as interesting, and I would like to say thanks to everyone for that.

Hannah Wignall

Team History

The Team's website, www.keswickmrt.org.uk, has information about the early history of the Team, and also about the Team's early pioneer, Lt Colonel Horace "Rusty" Westmorland.

The impetus for the formation of a mountain rescue team was an incident in 1946 on Great Gable. The rescue, which proved to be arduous and difficult, inspired a local climber, "Rusty" Westmorland, to form an organised mountain rescue team. In its infancy, the team was known as the *Borrowdale Mountain Rescue Team*.

The "**Call-Out**" book, (1997), by George Bott, an early team member, gives an account of the first 50 years of the Team, which in those years had grown into an efficient, well-resourced group of volunteers.

The book was updated in 2006, by Brian Martland, another former team member, to include the years 1997 to 2005.

In 2007, the "**Call-Out**" 60th Anniversary DVD was launched, featuring a look at the Team at sixty years, and also featuring varied exercises and callouts attended by the Team.

In the 2007 Annual Report, David Allan, of *Mountain Rescue (England and Wales)*, wrote an overview of Team history to date.

Both the "**Call-Out**" book and "**Call-Out**" DVD are available to order from the Team. (See opposite)

In the last 10 years some of the main events in Team history have been as follows:

2007 The Team was involved in the filming for TV, at Honister, of episodes of "*Coronation Street*".

2008 The Team attended to incidents in the "*Original Mountain Marathon*" weekend, during which there were high winds and torrential rain.

2009 The Team was involved in a major multi-agency operation to deal with the effects of flooding in Keswick.

2010 The record year to date: 140 callouts.

2011 The start of the 999 text service for calling for rescue.

2012 *The Prince's Charities Day* event was held locally.

2013 Two callouts within 5 days at the same icy location on the Browncove Crags path, Helvellyn.

2014 A new Team Leader: Chris Higgins.

2015 The Team was again involved in a major multi-agency operation to deal with the effects of flooding in Keswick.

2016 Change in status of the organisation, to a Charitable Incorporated Organisation.

2017 The Introduction of further systems to record team members' training and development.

Four of the Team's Leaders have received distinguished recognition for their contribution to mountain rescue: Lt Col Rusty Westmorland OBE in 1964, George Fisher MBE in 1983, Mike Nixon MBE in 1993, and Mark Hodgson MBE in 2013.

As the current Chairman remarks in this year's Report:

"It's impossible to know what new challenges and opportunities the next 10 years will bring, never mind the next 70."

*If you want to learn more about the Team's work and history,
please buy the "Call-Out" book and the 60th Anniversary DVD*

CALL-OUT THE FIRST 50 YEARS

by George Bott (1997) - Updated 2006

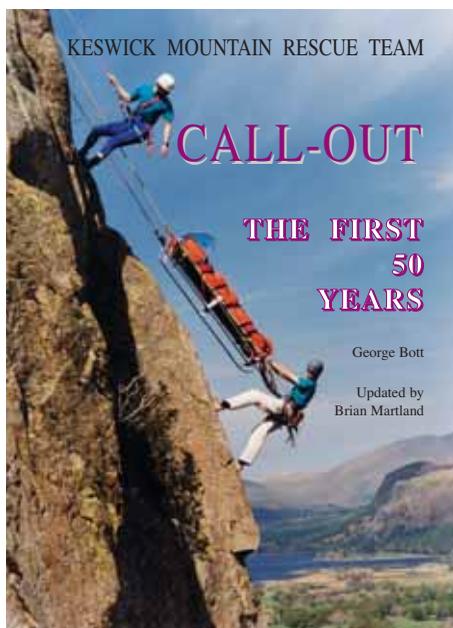
On 24 April 1946, Wilfrid Noyce, later a member of John Hunt's successful Everest team, was badly injured while he was climbing on Great Gable. His rescue – a long and difficult operation – prompted a local climber, Colonel Horace Westmorland, to form a properly organised Mountain Rescue Team.

From its humble beginnings, the Team has grown into a highly efficient, well-equipped group of volunteers, ready to respond to a call-out for help at any time of day or night.

CALL-OUT traces the story of the first 50 years of the Team, a history that records hardship and humour, dedication and drama, courage and commitment.

CALL-OUT has a full colour cover, photographs in colour and black and white, 60 pages. extra pages have been added to bring the story up to date.

All proceeds from the sale of **CALL-OUT** go to Team Funds.



CALL-OUT 60th Anniversary DVD

Launched in August 2007.

Running time approximately 71 minutes.

A look at the Team sixty years after the first rescue in 1947, featuring the varied exercises and call-outs attended by the Team.

Foreword by Sir Chris Bonington.

Bonus chapters include: The Rescue Base, Mountain Advice, Photographic Slide Show.

Also includes a section on facts and statistics, with information in the form of PDF files available to PC and Mac users.

All proceeds from the sale of the **DVD** go to Team Funds.

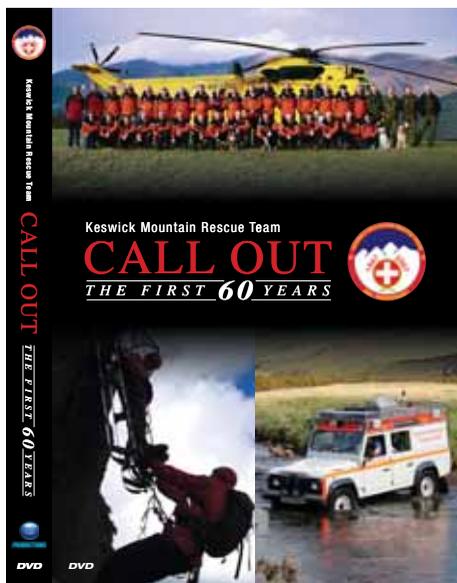
Both obtainable from Mick Guy,
Limhus, High Hill, Keswick,
Cumbria CA12 5PB.

Cheques should be made payable to:
Keswick Mountain Rescue Team.

Book £9.00

DVD £9.00

including postage and packaging



Early Years members' reunion January 2017

A number of current team members played hosts in the Team HQ to a gathering of former team members from the early years. The occasion proved to be one full of memories and anecdotes.

Des Oliver had many memories, including:

- One of his early callouts: a double fatality in Winter on Great End, with a stretcher from Sty Head, and a stretcher from Seathwaite, requiring a police inspector to walk up in wellies to confirm cause of death; this was the era of the pick-up truck;
- Later, the team had the use of a Humber Snipe (which was kept in a garage opposite the hospital);
- The police station was the early HQ, with gear kept in a cell;
- Later, the first Land Rover, kept in a garage, by Central Car Park;
- At one stage, the Team had the use of a London taxi;
- An early demonstration of a rescue for the Press, was at Dow Crag, Coniston;
- The use of brandy for casualties, sometimes mixed with morphine.

Muriel Sauer recalled:

- Her thoughts about an early practice on a stretcher in a pool of water;
- Had old newspaper cuttings, which included details about an early practice on Kern Knotts, by the Borrowdale Mountain Rescue Team.



An early radio practice



*Standing: Des Oliver and John Wood
Sitting: Mike Nixon, Muriel Sauer, Stan Thompson and Val Nixon
Missing from the photo is Ken Brannan*

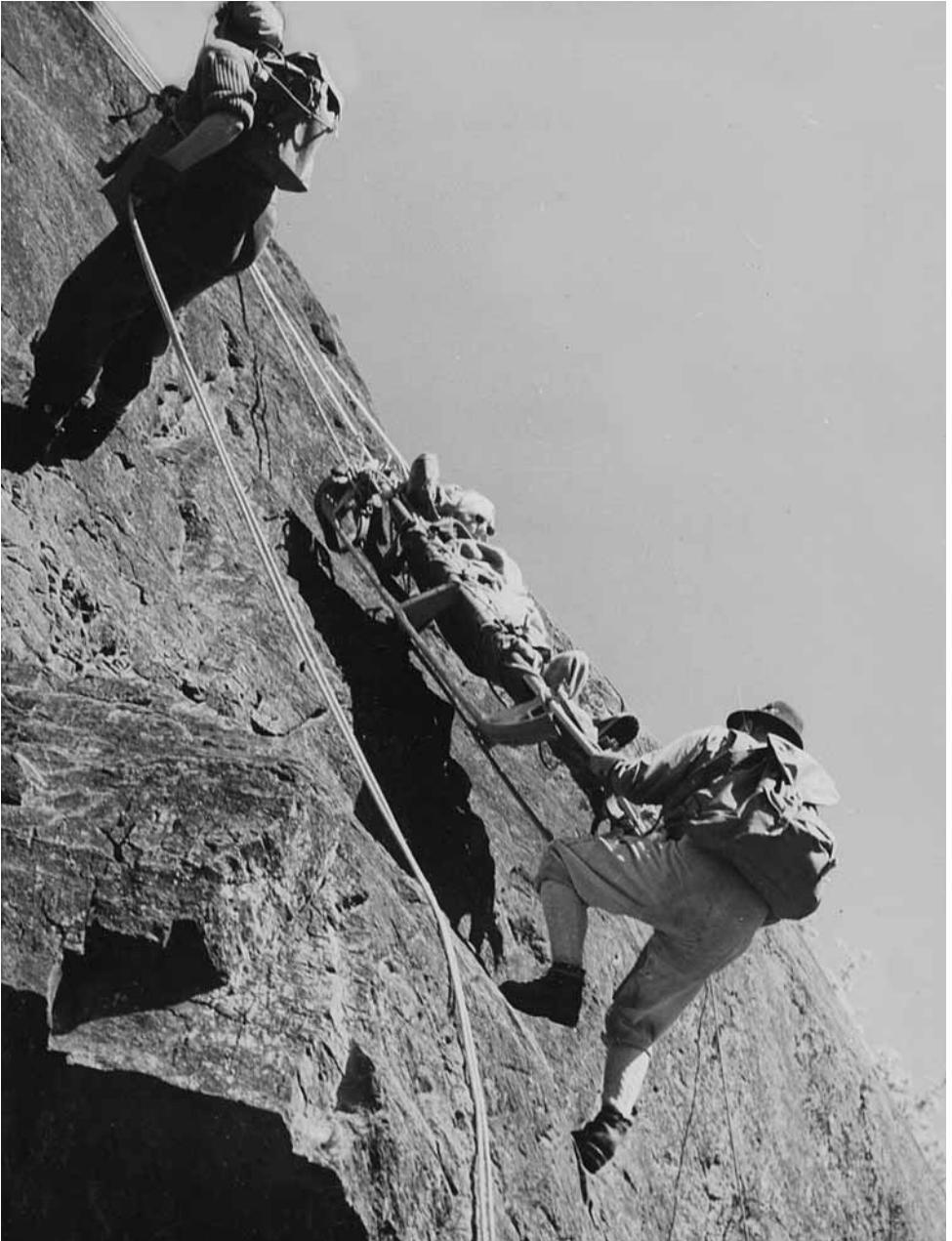
John Wood remarked that:

- The brandy was switched at some stage to sherry!
- The Rescue 78 Appeal - The Rusty Bus Appeal, was named after Rusty Westmorland, and that team members were asked to raise £100 each for vehicles.

Stan Thompson's reminiscences were about people he climbed with, and rescues:

- Rescues he was involved with in the 1930s as a climber and before rescue teams existed;
- These included incidents on Scafell.

It was remarkable to realise and appreciate the ways in which mountain rescue has developed and expanded from the pioneer days to the present time. It was noted how those early rescuers still feel an affinity with the Team, and follow the current activities with interest.



An early crag rescue practice

A selection of 'thank-you' messages and comments received in 2016

"Thanks again for all your help, all very professional but also most important warm and friendly response which means a great deal under these circumstances."

"Thank you very much. Broken wrist and ribs and some pretty sever lacerations but she should be okay. Please say thanks everyone, we're extremely grateful."

"Thanks again for all you and your team did for us yesterday. Please pass on my thanks to those involved. Regards."

"I really do thank you for all your help you were all fantastic and really helped me to feel as relaxed as I could under the circumstances."

"I am writing to thank you and your team for coming to the aid of our friend who slipped and badly broke her right leg. We were all so very impressed with the way in which you dealt with her injury and how she was so carefully carried down the hill to await the ambulance."

"It was the first time that any of us has had to use the mountain rescue service and as a result we have great admiration and respect for all of the volunteers. You provide an incredibly valuable service to all fell climbers and without you, she would not have been able to receive the medical care that she so desperately needed. Everyone was very professional, highly skilled and very caring. The dogs were great too!"

"Your rapid response and professional assistance ensured that the situation was dealt with effectively. Without the hard work your team puts in voluntarily, situations like this would be far more severe. I hope that your year isn't too busy, and if any of the team sees me in the bar - tap me on the shoulder for the beers I owe you."

"Thank you very, very much for all your help and support, what an amazing team you are! We are all so grateful with the way you handled our situation yesterday, and sorting out the best way to bring her off the fell. It was a day that none of us will ever forget and although we have all walked the fells for years never found ourselves in this position before. We have learned a lot from our experience and although well - equipped never quite realised how easy it was to become disorientated."

"Everyone was absolutely superb, especially well done to the pilot, with that sketchy landing!"



Incident 69

Joint Training Exercises in 2016

Keswick MRT frequently joins forces with other organisations when responding to call-outs.

In training and practice activities, too, the Team collaborates with other organisations.

Examples in 2016 included the following:

January 2016 Joint Team Practice

A training session was carried out at Honister Slate Mine with members of Cumbria Ore Mines Rescue Unit (COMRU), and members of Cockermouth Mountain Rescue Team.

Mountain rescue incidents in the Honister Pass area may be attended by Keswick MRT and/or Cockermouth MRT. COMRU operates as a separate team to deal exclusively with mine rescue incidents.

The scenario was an accident where a mine worker was trapped under a large piece of slate in the working part of the mine.

July 2016 Joint Training Exercise

A training night involved a multi-casualty, multi-incident, multi-agency exercise on Derwentwater. KMRT and Cumbria Fire and Rescue ran the incidents from the KMRT control room, and assets and equipment were deployed as necessary.

The call came in that a powerboat had crashed on Lord's Island, and there were casualties and a missing person to investigate. Boats were launched promptly, and it became clear that one casualty trapped under the boat needed specialist lifting equipment to release him. Fire and Rescue used their air bag lifting system and extricated him. Other less serious casualties were then triaged and treated, and then handed over to representatives from Northwest Ambulance Service, Northwest Air Ambulance and Coastguard S92. As we were dealing with this first incident, we received the call that a group of open water swimmers required help on the lake. Fast redeployment of resources located them and brought them to safety.

The evening provided the opportunity to pilot our

new multi-incident logging system in our control room but more importantly for all the agencies involved to meet each other and practise working together - experience that is invaluable when dealing with incidents such as the Keswick floods of 2015.

A debrief back at base rounded the evening off and all involved were very grateful to the Keswick WI for providing sandwiches, cakes and refreshments.

December 2016 Joint Team Practice

December's training saw the Team again at Honister Slate Mine with Cockermouth Mountain Rescue Team, this time on the Via Ferrata facility.

An exercise in the dark and low cloud giving an extra sense of realism, where we had 3 teams doing identical scenarios involving rope work to retrieve casualties.



Incident 9

Treasurers Report for year 2016

It is difficult to know where to start when presenting the annual treasurers report. Although every year is succinct, each one affects the following year in various ways.

We now have a major objective as mentioned elsewhere. We have to prepare for the worst and make ourselves more capable of dealing with flood situations which will inevitably occur in Keswick and the surrounding area and beyond. With this in mind we are planning a base extension that will make us more resilient at these times.

This will take financing, a lot of financing, and we are already looking into the possibility of available grants. The main financial burden however, will be with the team.

Our finances have been helped by a full year in which we have been able to reclaim VAT. Our income fluctuates greatly from year to year and this one has seen some much appreciated legacies. The income from collecting boxes is down and the reasons for this have been touched on elsewhere.

On a personal treasurers note, the team have

*During the year,
donations were received in memory of*

Bob Atkinson	Paul Mitchell
John Bayley	Nigel Sowerby
Arthur Bennett	May Taylor
<i>(ex Team Member)</i>	Michael Walker
Keith Broughton	Dave Wimpenny
Arthur Dee	Simon Worthington
Joseph Gillbanks	Diane Young
David Halsey	Danny Turner
Jean Herd	Chris Green
Alan Jackman	Gordon Gray
Robert Key	Matt Wilkes
Esther Lloyd	David Jeffrey
John Matthewman	

been offered and accepted! the unpaid services of a local accountant, Frances Clark, who will field all VAT, Gift Aid and Sage accounting. This will reduce the work of the team member treasurer considerably.

Once again we are hugely indebted to you, the general public. Without your financial help we would not be able to exist.

Ian Wallace, Treasurer



Incident 63

Collection Box Sponsors

The total collected from the boxes in 2016 was £20,787.34. This is down a little compared with previous years, perhaps due to the reduction in the number of visitors following the floods in December 2015? However, there was a significant increase in the number of donations received through the 'Just Giving' site which more than made up for any shortfall. Nevertheless, our sincere thanks go to all the shops, pubs, hotels, guest houses and individuals who have displayed our boxes over the year. Thanks go especially to those who have held special events, quizzes or whatever, and gone that extra mile to support the Team. Last and certainly not least, thanks to the many individuals who have made donations or simply added their loose change to our boxes. Your continued support is very much appreciated.

Malcolm Miller

2 Windsor House	Dixon Barron	Lakeland Slate	Salutation Inn
30 Manor Park	Dog and Gun	Lakeland Toys and Hobbies	Sandon GH
Abacourt House	Dollywagon GH	Lakeland View GH	Saw Mill Café Dodd
Acorn House	Dorchester House	Lakes Bar and Bistro	Scafell Hotel
Alexandras	Eden Green	Lakeside House	Scales Farm Cottage
Alhambra Cinema	Edwardene Hotel	Lakeside Site	Scotgate Camping Site
Allerdale House	Edz	Lanehead Farm GH	Seatoller House
Alternative	Eel Crags	Langstrath Hotel	Seven Oaks GH
Armathwaite Hall	Elizabeth Lingard Flat 2 Homethwaite	Larry's Lodge	Shemara GH
Ashness Farm	House	Laura of the Lakes	Silver City
Avondale GH	Ellergill GH	Laurel Bank GH	Silverdale Hotel
Bank Tavern	Erimville GH	Leathes Head Hotel	Skiddaw Grove Hotel
Barclays Bank	Farmers Arms	Little Chestnut Hill	Skiddaw Hotel
Barn Gill House	Fat Face	Littlefield GH	Skiddaw House Hostel
Birch How GH	Ferndene GH	Lodore Falls Hotel	Spar
Blacks	Field and Trek	Love The Lakes	Spar BP Garage
Bookends	Fine Designs	Luchinis	Spoonsy Green Cottage
Booths	Friars	Lynlon Lodge	Squirrel Lodge GH
Boots Chemist	George Fisher	Lynwood GH	Star of Siam
Borrowdale Caravan Club Site	George Hotel	Lyzzyck Hall Hotel	Strathmore GH
Borrowdale Hotel	Garamara Outdoor Centre	Mary Mount Hotel	Stybeck Farm
Borrowdale YHA	Glencoe GH	Medical Centre	Sun Inn
Braithwaite Court HPB	Glendale GH	Middle Ruddings Hotel	Sunnyside GH
Bramblewood GH	Golden Lion	Mill Inn Mungrisedale	Swinside Farm Cottage
Brierholme GH	Goosewell Farm Climbing Wall	Millets	Swinside Inn
Brookfield GH	Grange Bridge Cottage Café	Moot Hall	Swinside Lodge
Brun Lea GH	Grange Café	Morrel's	Swiss Court Hotel
Brysons	Greystoke House	Mountain Warehouse	Tarn Hows GH
Card Collection	Greystones GH	Namaste 21	Temple Sports
Cartwheel GH	Hawcliffe GH	Near Howe Mungrisedale	The Beeches
Casa's	Hazel Bank Hotel	Needle Sports	The Chalet
Castle Inn	Hazelmere	New House	The Electric Shop
Casterigg Farm Camping Site	Hedgehog Hill	Newlands Adventure Centre	The Heights Hotel
Casterigg Hall Caravan and Camping	Herdwick GH	Nichol End Marina	The Lakes Fish Restaurant
Park	High Lodore Farm Café	Nordicoutdoors	The Lookout GH
Chiltlee GH	Honister Mine	Norwegian Store	The Puzzling Place
Claremont House	Hope Memorial Camp	Old Keswickian	The Soap Company
Clarence House	Hope Park Mini Golf	Open All Hours	The Wainwright
Coledale Inn	Horse and Farrier	Out There	Theatre By The Lake
Cornish Pasty	Howkeld	Oxleys at Underscar	Thornleigh GH
Costa Coffee	HSBC	Packhorse Inn	Thornthwaite Gallery
Cotswolds	Hunters Way GH	Paramo	TOG 24
Craglands GH	Java	Parkergate	Touchwood
Cragside GH	Keswick Bike Company	Peathouse	Traditional Sweet Shop
Crow Park Hotel	Keswick Brewing Company	Pheasant Inn	Travis Perkins
Cumberland Pencil Museum	Keswick Cottage Hospital	Pillar House	Trespass
Cumbria House	Keswick Golf Club	Pizza Panorama	Troutbeck Caravan and Camping Site
Cumbrian Cottages	Keswick Launch Company	Portland House	Troutbeck Inn
Cyclewise Whinlatter	Keswick Park Hotel	Primrose Cottage	Twa Dogs
Dale Bottom Campsite	Keswick Reminder Office	Primrose Cottage	Tynemouth Lodge
Dale Head Hall Hotel	Keswick Site	Pumpkin Café	Tynemouth Lodge Hotel
Dalegarth Hotel	Keswick Spa	Rathbone	West View GH
Dandelion Café HF	Keswick YHA	Ravenstone Hotel	Wetherspoons
David & Elaine Burn	Kingfisher	Ravenstone Lodge Hotel	Whinlatter Siskin Tearoom
David and Elaine Burn Ashtree	Kings Head Hotel	Ravensworth House	White Horse Inn
Avenue	Kirkbride Eyecare	Rickerby Grange	Wild Strawberry
Derwent Club	Knotts View	Rivendell GH	Winchester GH
Derwent Hill Outdoor Centre	Kong Adventure	Rohan	Winfields
Derwentwater Club Site	Lairbeck Hotel	Roly's Fudge Shop	Yew Tree Café
Derwentwater Holiday Home Site	Lake Road Inn	Royal Oak	Yew Tree GH
Derwentwater Hostel	Lakeland	Royal Oak	
Derwentwater Marina	Lakeland Décor	Royal Oak	

The Trustees present their report along with the financial statements of the Charity for the year ended 31 October 2016. The financial statements are for Keswick Mountain Rescue Team Charity No. 1165345 and Keswick Mountain Rescue Team Charity No. 509860. The financial statements have been prepared in accordance with the accounting policies set out to comply with the Charity's trust deed and applicable law.

Conversion to a Charitable Incorporated Organisation

On the 30 April 2016 the charity changed its structure from a Charitable Trust to a Charitable Incorporated Organisation. The two charities were merged under a Deed known as a vesting document under the authority conferred pursuant to section 333 of the Charities Act 2011.

The Constitution of Keswick Mountain Rescue Team Charity No. 1165345

A new constitution was approved and adopted by the Charity on 28th January 2016, to reflect this change. All assets were transferred to the CIO on 30th April 2016. The new CIO status better meets the needs of the charity in performing its search and rescue roles in the current regulatory environment.

Description of Objects of the Charity

The main objects of the Charity (as set out in its constitution) are: "to be for the public benefit, to relieve suffering and the distress arising therefrom, among persons and animals endangered by accident or natural hazards anywhere and particularly on the mountains of Cumbria in the vicinity of Keswick."

Details of Persons or Bodies Entitled to Appoint Charity Trustees and Details of Method of Appointment

The only body with the power (within the terms of the Constitution) to appoint a Trustee is the membership of the Charity. The Charity Trustees are appointed at each Annual General Meeting, and hold office until the following Annual General Meeting. The Trustees must be members of the

Charity and are the Chairperson, Secretary, Treasurer, Team Leader and two others elected from the general membership. There is no bar on a Trustee standing for office for successive terms. Candidates for positions conferring trusteeship must be nominated in writing to the Secretary not less than 21 days prior to the Annual General Meeting, and notified to the membership not less than 14 days prior thereto. Voting is conducted by a secret ballot.

Investment Policy

The Charity provides a vital emergency service that requires certainty of funding. The Charity Trustees have, historically, adopted a risk-averse approach to investment. The strategy is to safeguard sufficient liquid funds to cover short-term operational needs in Building Society accounts – making use of higher yielding (limited access) accounts where appropriate. In this way, the capital is secure, and interest income is maximised.

Complementing this operational liquidity, the Trustees have agreed a medium to long-term investment strategy based on a balanced portfolio of bonds and equities, managed by a team of Financial Advisers who specialise in lower-risk investments for charities. These funds provide capital growth and income for the charity and can be used to offset any short-term imbalances between income and expenditure.

General Reserves

This policy – led by the view that the Trustees must have regard to both the short and long term needs of the Charity – is regularly reviewed to ensure it effectively meets the Charity's objectives.

The Charity has endeavoured to secure a regular income via collection boxes, mobile phone and on-line donations, as well as covenanted and Gift Aid donations.

The Trustees will maintain the general income reserve to ensure that the provision of the Charity's primary objectives will not be hampered by any imbalance between income and expenditure, based on the Charity's past

experience of fund raising and operational cost management.

Designated Reserves

The fixed asset reserve shows the amount of reserves tied up in fixed assets and hence helps clarify the true level of General Reserves.

The Trustees' reserve, which was created during the period, is a reserve to be set aside to cover uninsurable contingencies and unforeseen circumstances. The level has been set at £359,418 (2015 - £359,418) which is three times the previous year's adjusted expenditure.

The building reserve is a reserve to be set aside to cover the development of the base and headquarters in future years. The reserve has been set at £300,000 (2015 - £300,000).

Development, Activities and Achievements

During the year ended 31 October 2016 the team attended over ninety incidents. Training is vital to the team and training was given paramount importance during the year and over 50 days training was undertaken by the team.

Financial Review

The trustees are satisfied with the financial position of the Charity.

Future Developments

The Team aim to be able to secure the long-term future of the Keswick Mountain Rescue Team with the increased level of reserves held. The short-term aim is to expand the Team's existing base to accommodate a new water-rescue vehicle and provide a "Silver Command" capability for emergency services in the event of floods and other extreme events that require a multi-agency emergency response, whilst continuing to meet the current level of call-outs and maintain the high level of training given to Team Members.

Safety and Risk Management

The Trustees actively review the major risks which the Charity faces on a regular basis and believe

that maintaining reserves at current levels, combined with an annual review of insurance policies and the controls over key financial systems, will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks faced by the Charity and confirm that they have established systems to mitigate the significant risks.

Grant Making

During the last financial year, the Charity made no specific grants to any other charitable organisations.

It remains the Charity's policy to make available to other teams training in specialist areas (for example swift water rescue and advanced rope rescue techniques) that other teams may not otherwise have obtained, and without charge to them. The policy in this regard is threefold – to facilitate the spread of modern or evolving techniques; to encourage closer co-operation between teams; and to utilise the Charity's funds to the advantage of mountain rescue generally. This policy will continue in the next financial year.

Other than the policy outlined above, the Charity Trustees have not formulated policies for the selection of any other institutions which will receive further grants out of the assets of the Charity. Any such grants will be on a case by case basis.

Volunteers

The Trustees wish to acknowledge the work of the many volunteers who give their spare time to help the Charity and enable it to carry out its activities.

Public Benefit Guidance

The trustees confirm they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to the guidance published by the Charity Commission including public benefit guidance.

For further information please see the details on the Charity Commission website:
www.gov.uk/government/organisations/charity-commission

Donate to the Team

There are many options for supporting the work of Keswick MRT. Donations, large and small, will be warmly welcomed by the Team at all times. Please support the Team through the links from the website www.keswickmrt.org.uk to **The Charities Aid Foundation**, **justgiving**, and **JustTextGiving**. Please read the following if you wish to donate to Keswick Mountain Rescue Team.

Gift Aid

Provided you pay Income Tax, the Team can now reclaim the tax you have already paid on the sum donated to the Team, from the Inland Revenue. It simply requires you to fill in the form below or use a photocopy of the form, and return it to the Treasurer.

GIFT AID DECLARATION	
Name of Charity Keswick Mountain Rescue Team (Charitable Incorporated Organisation No. 1165345)	Notes 1. You can cancel this declaration at any time by notifying Keswick Mountain Rescue Team. 2. You must pay an amount of income tax and/or capital gains tax at least equal to the tax that Keswick Mountain Rescue Team reclaims on your donations in the tax year (currently 25p for each £1 you give). 3. If in the future your circumstances change and you no longer pay tax on your income and capital gains equal to the tax that Keswick Mountain Rescue Team reclaims you can cancel your declaration (see note 1). 4. If you pay tax at the higher rate you can reclaim further tax relief in your Self-Assessment tax return. 5. If you are unsure whether your donations qualify for Gift Aid tax relief, ask Keswick Mountain Rescue Team. Or ask your local tax office for leaflet IR 113 Gift Aid. 6. Please notify Keswick Mountain Rescue Team if you change your name or address.
Full name and address of donor in CAPITALS Mr/Mrs/Miss Address Post Code.....	
I want Keswick Mountain Rescue Team to treat the following as Gift Aid Donations (delete as appropriate): <ul style="list-style-type: none">• the enclosed donation of £• the donation(s) of £..... which I made on...../...../.....• all donations I have made since 6 April 2000, and all donations I make from the date of this declaration until further notice	
Signature	
Date...../...../.....	

**Please return this completed
Gift Aid Declaration
to the Team Treasurer:
Ian Wallace
Spooney Green, Keswick,
Cumbria CA12 4PJ**

Thank you for your support !

Bankers Order

If you would like to make a regular donation to Keswick Mountain Rescue Team, please complete the Bankers Order below, or use a photocopy of the form, and return it to the Treasurer.

Provided you pay Income Tax, the Team can now reclaim the tax you have already paid on the sum donated to the Team, from the Inland Revenue.

Full name and address in CAPITALS	Bankers Order: please do not detach
Mr/Mrs/Miss	ToBank plc .
Address
.....
.....	(name and address of your bank)
Post Code	Name of Account
The sum of £Annually/Monthly	to be Debited
Gift Aid	Account Number
I am a UK tax payer and I would like this and all future donations I make to be considered as Gift Aid	Sort Code
Signed	Please pay to HSBC Bank plc, Market Square, Keswick, Cumbria CA12 5BQ (Sort Code 40-26-06) for the Credit of Keswick Mountain Rescue Team (Account Number 60498173)
Please return this completed form to:	The sum of £(figures)
KESWICK MOUNTAIN RESCUE TEAM(words)
Spooney Green, Keswick,	on the day of 20
Cumbria CA12 4PJ	and a like sum Annually/Monthly on the
Thank you for your support !	day of
	untilor further notice
	Signed
	Date 20

SPONSORSHIP: If you would like to raise funds for the Team, you can download a Sponsorship Form. Alternatively, you may like to use the justgiving website to help you raise funds through your sponsorship effort.

The Keswick Mountain Rescue Supporters Shop

Keswick Mountain Rescue Team Supporters merchandise is available to purchase online – see the link from the Team’s website www.keswickmrt.org.uk

The Team

The team they plodded up the hill
Red jackets in a line
The ones at the front are quicker now
They have reached the top of the climb

Carrying sacks and stretcher too
We're never quite sure what we're going to
The info says a broken leg
But it could easily be an injured head

The lone walker tripped and fell
He tumbled down the slope
He lay there cold and motionless
Gradually he lost hope

The alarm was raised and the search dogs came
They searched into the night
On a windswept col, a dog caught his scent
And followed it to his side

The bark it echoed round the crags
Alerting the team to the find
The walker now safe, sheds a tear
Alone no more, help is here

A simple slip is all it takes
Or lost without torch as the light fades
Young or old, quiet or bold
The mountains let their stories unfold.

Elly Whiteford



Incident 8

999 Text Service for Emergency Calls



Incident 74

Mobile phone reception in the mountains can often be intermittent or non-existent. If you are involved in an incident on the hills and need to call assistance but cannot make voice calls, you may now contact the 999 emergency services using a short messaging service (SMS) text from your mobile phone.

The service was originally set up in 2009 for people who are hard of hearing or who have a speech impediment. The service has been successful in helping identify crime and enabling emergency calls to be made when otherwise contact would have been difficult or impossible for the people involved.

The service will now assist those needing emergency assistance in the hills when mobile reception is poor and there is not enough signal to make a voice call. The benefit is that a text

message can be composed and sent in a single operation. **You should specify 'Police-Mountain Rescue' when sending the text, and include information about your location, nature of the incident and those involved.**

You will only be able to use this service if you have registered with emergency SMS first. Register now: don't wait for an emergency. To register, text the word 'register' to 999. You will get a reply – then follow the instructions you are sent. This will only take approx two minutes of your time and could save your life!

Emergency SMS Website:
www.emergencysms.org.uk

See also the Team's Website:
www.keswickmrt.org.uk



In an emergency for Mountains/Rivers/Lakes Rescue
call 999 (or 112)
and ask for Police and then Mountain Rescue



Be prepared to state:

- Your name, and the number of the telephone from which you are ringing, and its location
 - The nature of the incident, and its accurate location, with a Grid Reference if possible
 - The time of the incident
 - The number of casualties
 - The details of any injuries
- STAY BY THE PHONE so that the Team can contact you

For information about SMS Text Service for Emergency Calls see inside back cover