A painting of a mountain landscape. In the foreground, a green field is filled with numerous standing stones of various shapes and sizes. The middle ground shows rolling hills and mountains, with the largest mountain in the background having a reddish-brown peak. The sky is a mix of blue and orange, suggesting a sunset or sunrise. The overall style is impressionistic with visible brushstrokes.

KESWICK Mountain Rescue Team

A Registered Charity Number 509860

Annual Report
2007

Welcome

Keswick Mountain Rescue Team

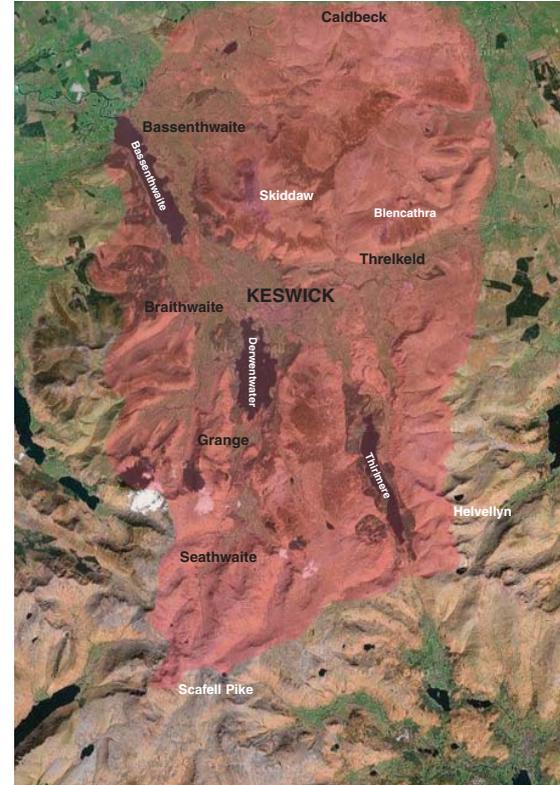


Welcome to the 2007 Annual Report of
Keswick Mountain Rescue Team.

Keswick MRT is mainly responsible for the area in Cumbria shown on the map, which includes Skiddaw, the Borrowdale approaches to Scafell Pike, and the western aspect of Helvellyn. Thus, the Team responds to incidents on three of the 3000 foot mountains in England. Search operations may lead to Team members working in other areas of the Lake District, or elsewhere.

The Team was founded in 1947.
By the end of 2006 the Team had attended 2397 rescues.

see also
www.keswickmrt.org.uk



Map taken from maps.google.co.uk

Thanks to Venus Griffiths for the acrylic "Castlerigg Stone Circle" used on the cover.

Keswick Mountain Rescue Team 2007

Keswick Mountain Rescue Team

Team Leader: Mark Hodgson
President: Mike Nixon MBE
Chairman: David Pratt
Secretary: Paul Cheshire
 Shorley Mews, Shorley Lane
 Keswick, Cumbria CA12 4HN
Treasurer: Ian Wallace
 Spooney Green House
 Spooney Green Lane, Keswick
 Cumbria CA12 4PJ
Collection Box
Co-ordinator : Brian Spencer
 Daresfield, Chestnut Hill, Keswick
 Cumbria CA12 4LS

Deputy Team Leaders: Roy Henderson
 Chris Higgins
 Simon Hodgson
Medical Officer: Dr Tim Hooper
Training Officers: Jocky Sanderson
 Piers Warburton
Radio Officer: Alan Prescott
Transport Officer: Allan Alcock
Equipment Officer: Richard Gale
Base Officer: Keith Stephenson
Report Editor: Peter Little



CALLOUT LIST: Allan Alcock
 Donald Angus
 Peter Barron
 Jan Beedham
 Martin Bell
 Fiona Boyle
 Paul Carter
 Paul Cheshire
 Neil Dowie
 Donald Ferguson
 Chris Francis
 Cheryl Frost
 Richard Gale
 Chris Gillyon
 Geoff Gilmore
 Mick Guy
 Roy Henderson
 Scott Henderson
 Steven Hepburn
 Chris Higgins
 Mark Hodgson
 Simon Hodgson
 Karen Holmes
 Dr Tim Hooper
*Forecourt Attendant
 Retired
 National Park Ranger
 Laboratory Technician
 Paramedic
 Lecturer
 Production Manager
 Chartered Engineer
 Hotelier
 Retail Assistant
 CAD Technician
 Adventure Travel Consultant
 Systems Engineer
 Outdoor Pursuits Instructor
 Leisure Pool Manager
 Retired
 National Trust Warden
 National Park Ranger
 Tree Surgeon
 Police Officer
 Chartered Builder
 Builder
 Outdoor Pursuits Instructor
 General Practitioner*

Katharine Horder
 Paul Horder
 Robin Humphreys
 Andy Jones
 Nick Jones
 Nick Liley
 Peter Little
 John Malley
 Malcolm Miller
 Phil Newton
 Mike Nixon MBE
 David Pratt
 Alan Prescott
 David Ridley
 David Robinson
 Jocky Sanderson
 Jill Sharpe
 Ben Softe
 Brian Spencer
 Keith Stephenson
 Julia Tucker
 Ian Wallace
 Piers Warburton
 Elly Whiteford

*Head Teacher
 ICT Technician
 Retired
 Retired
 Outdoor Pursuits Instructor
 Outdoor Pursuits Instructor
 Pharmacist
 Manager
 Laboratory Technician
 Retired
 Retired
 Teacher
 Senior Manager
 Outdoor Pursuits Instructor
 Shop Manager
 Outdoor Pursuits Instructor
 Nurse
 Fireman
 Retired
 Joiner
 Veterinary Surgeon
 Retired
 Quantity Surveyor
 Environment Officer*

Editorial by Peter Little

Welcome to the 2007 Annual Report of Keswick Mountain Rescue Team.

In any year, in any sphere of human activity, it is possible to find anniversaries and events worth commemorating.

In the field of mountaineering and hill-going in general, 2007 is an example:

- The 100th anniversary of the birth of the doyen of all fellwalkers, Alfred Wainwright.
- The centenary of the founding of the renowned Fell and Rock Climbing Club.
- The 150th anniversary of the founding of The Alpine Club.

We also have the 60th Anniversary of the founding of Keswick Mountain Rescue Team!

In this special expanded Annual Report, in addition to the usual reports and details of our activities for the year gone, 2006, you will find some features delving into the history of the Team, and its whys and wherefores. Through the 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.

I hope that you will find the written content and photography informative and interesting. The "Callout" book, (see inside back cover), is a valuable source of information for those readers looking for more detail, as also is the Team website, (www.keswickmrt.org.uk). Look out, also, for a special DVD video available later on in 2007.

A 60th Anniversary may be called a diamond anniversary, and Keswick MRT intends to have a grand celebration through many events throughout 2007.

No doubt the Team will carry out many rescues again, too. In 2006, it continued to extend its expertise and resourcefulness in all areas, and completed 86 rescues, just two short of the record year 2005.

So, in its 61st year, the Team is shining brightly. Shine on you diamond of a team !



Coire an t-Sneachda training

Peter Little



"I said your pager is going off"

David Allan

A Spectrum of Mountain Rescue

Team Leader's Report by Mark Hodgson

With the Team entering its 61st year of operation in 2007, the total of 86 rescues in 2006 was two fewer than our previous busiest ever year (2005); we remain a very busy mountain rescue team. There were a further 28 alerts to the Team that did not result in a full team callout. There were four fatalities in the year, with two of these occurring within a week of each other, late in the year, both involving extensive searches where we were supported by neighbouring and RAF Rescue Teams. 2006 saw our first involvement with a major water based rescue on Derwentwater when we were called to rescue eight people who had crashed in their speedboat on to rocks in the early hours of a late April morning. Out of the 86 rescues, 24 (28%) involved leg injuries, and 23 (27%) involved searches.

Another busy year for the Team has drawn upon all team members; more rescues, more training, more running the business side, more equipment checking and replacement, more vehicle maintenance, more servicing and repairs. My thanks go to; the deputy leaders, to all the officials, officers and their helpers and to every team member for their input throughout the year. My sincere thanks also go to members' families, friends and employers for the disruption that is inevitably caused when the pagers spring into life.

Many of our rescues involve us working with other agencies and emergency services; we regularly work closely with the Police, the Ambulance Service, RAF and Royal Navy helicopters and RAF Rescue Teams, Air Ambulances and with the Derwentwater rescue mentioned above the MCGA (Coastguard). This year

Keswick Mountain Rescue Team

we undertook 8 rescues with RAF or Royal Navy helicopters and 8 where the services of the Great North Air Ambulance 'Pride of Cumbria' were involved. As with many, we were saddened to hear of the accident involving the air ambulance crew and doctor whilst climbing on Ben Nevis.

Within this spectrum of services, however, Keswick MRT is unique; we provide a totally voluntary service, manned by team members who are voluntary only in the fact that we are not paid – the service we provide is in all other aspects totally professional. Highly trained and skilled individuals provide comfort and assistance wherever and whenever it is needed in the hills and mountains and deliver these skills as a highly efficient team unit. Perhaps the high level of skills and abilities of Mountain Rescue Teams become hidden under the banner of our voluntary status when changes to statutory and emergency service provision are being considered; we always seem to only get involved after the event. We could I am sure, better be able to offer our opinions and advice if we were consulted sooner.

This voluntary ethos is, I believe, where the true strength of mountain rescue lies. Every team member (and prospective member) is in the team because they want to help fellow mountaineers and because they get a great sense of reward and a buzz from being able to do so. This is exactly the same as it was in 1947 when the team was formed. The vehicles may have changed, the technical equipment we carry now is in total contrast to the equipment of 1947, team members are better protected with the best of



A rescue on Sharp Edge

Chris Francis

Keswick Mountain Rescue Team



The Palace

Paul Horder

personal equipment, the cost of and management of the business side has risen out of all proportion, but this voluntary belief continues as strong as ever. Out of 48 members of the Keswick Team and a membership of some 400+ in all the Lake District Teams I suggest that not one single member would consider that the service should go to paid status.

As Team Leader I feel immensely proud of what the Team has achieved and continues to achieve in the spectrum of mountain rescue. As a result of the Teams contribution in the field of emergency services two team members, myself and Paul Horder (MRC and IKAR representative) were invited to Buckingham Palace in February to attend a reception held by Her Majesty The Queen and other members of the Royal Family, where one of our Landrovers stood proudly in the Palace Courtyard for the duration of the function. We were certainly in privileged company, with vehicles from; The Fire Service, Ambulance Service, Police, Bomb Squad, Doctors fast response service and the mini-submarine that had rescued trapped Russian submariners in late 2005.

In last year's report I commented upon continuing improvements in working relationships with the other services; Police, RAF, Air Ambulances, etc, but was wary of how we could improve things with the Ambulance Service. There has, however, been a very significant improvement this year; through a series of meetings at LDSAMRA level we have built a much closer relationship with the Control Room managers and operators – we get heads-up calls direct to teams

from the Ambulance Service when an incident in an off-road or mountain location is reported to them; these can save 10 to 15 minutes from our response times. Through these meetings we now better understand each others methods and restrictions and are more able to talk through things that went well and discuss areas where we can both see areas for improvement. We don't as yet have any experience of working with the newly merged North West Ambulance Authority. One concern we have in this area is the extent to which other Mountain Rescue Teams in the new, merged, authorities' area become involved in general ambulance duties and an expectation that this might be the norm, and applicable in the Lake District.

We have "lost" just one team member this year, with the 'retirement' of Mike Fanning. After many years service, including several years as treasurer and chairman, Mike has decided to have a break from the Team to afford more time to his family, his business and to get back to competitive fell-running. We wish Mike every success for the future and thank him for his significant input to the Team. Team meetings can be long-affairs - a pre-requisite for our chairman is a strong sense of humour, Mike certainly had that! We will continue to draw upon Mike's legal expertise when specific advice is needed.

Who knows what the next 60 years will bring? Anyone suggesting in 1947 that the Team would have evolved to its current strength, equipment and capability would no doubt have been laughed out of the room!

Team Leader's Report

Keswick Mountain Rescue Team

48 Team Members?

Three vehicles and a boat?

Satellite Communicators?

Real-time satellite tracking of team members?

Computers?

The pace of change will continue to accelerate

Enjoy your time in the hills of the Lake District and beyond. Extend your limits when you can; this is what leads to experience. If you do need the help of a Mountain Rescue Team when you find yourself in a situation you are unable to resolve yourself, then dial 999 and ask for the Police (ask for Cumbria Police if ringing from a mobile phone) they will contact the relevant Team.



Keswick Mountain Rescue Team

Eighty-Six Call-outs in 2006

Incident Report 2006

Summary by Peter Little



Incident 12

KMRT

- 1 2 January 15:45**
Nitting Haws, High Spy
A woman slipped and broke her ankle.
- 2 16 January 13:01**
Scales Beck, Blencathra
A man was suffering from breathing difficulties. He was taken to Carlisle hospital by the North West Air Ambulance.
- 3 10 February 17:58**
Minum Crag, High Spy
A couple became benighted. They were given directions to the path, and met by the Team. No injuries.
- 4 13 February 17:40**
Grisedale Pike
A couple became lost and cragfast on steep ground. They were located and roped down to the Force Crag Mine road. No injuries.
- 5 18 February 15:15**
Greenup Edge
A group of walkers were having difficulties on the Edge in snowy conditions. They were assisted by others before the Team arrived. No injuries.
- 6 19 February 00:17**
Langstrath
A group of four walkers was overdue. The Team quickly found them. No injuries.
- 7 25 February 14:39**
Carl Side col, Skiddaw
A man slipped approximately 30 metres, sustaining minor cuts and abrasions. A group of walkers also had difficulties on the snow. All managed to walk down unaided.
- 8 27 February 13:48**
Birk Side, Helvellyn
A man slipped off the path in snowy conditions. Ankle injury.
- 9 1 March 14:27**
Watendlath
A woman slipped on ice south of the Tarn. Ankle injury.
- 10 2 March 15:00**
Raise
A man tripped while using crampons. Ankle injury. He was taken by the Great North Air Ambulance to Carlisle hospital.
- 11 10 March 15:15**
Grisedale Pike
A woman sustained an ankle injury. She managed to descend towards Revelin Moss for an hour and a half before requesting assistance.
- 12 11 March 11:48**
Scales Fell, Blencathra
A man slipped - his boots may have been clogged with snow and ice. Ankle injury.

13 13 March 18:53

Dunmail Raise

The Team was asked by the Police to check the road for motorists stranded in blizzard conditions.

14 16 March 15:08

Far Tongue Gill, Hindscarth

A woman slipped and slid approximately 150 metres in a gully, sustaining broken ribs, and chest injuries. She was taken by RAF rescue helicopter to hospital. The Team ensured that the school group who had witnessed the fall were safely escorted from the fell.

15 18 March 11:16

Seathwaite Fell

Four walkers became stuck on a steep snow slope while making a direct ascent. Team members who were already in the vicinity were able to sort out the situation.

16 23 March 05:00

Murton area, near Appleby

A man failed to return home after a walk. After a search involving many rescue teams, search dogs and a helicopter, he was not located by the end of the second day. His body was found at Christy Bank near Appleby by a walker on April 29th.

17 23 March 16:39

Brown Cove Crags, Helvellyn

A man tripped while wearing crampons. Broken ankle. The man was flown to Carlisle hospital by a RAF helicopter.

18 25 March 17:04

Stake Pass - Langstrath

A woman slipped on wet grass. Lower leg injury. She was taken by the Great North Air Ambulance to Carlisle hospital.

19 26 March 02:17

Dead Crags area, Bakestall

A camper called for help when his tent became washed out by heavy rain.

20 1 April 05:50

Great Gable – Scafell Pike area

Wasdale MRT asked the Team to join in a search for a missing man. Later in the day, his body was found by walkers at the foot of Pillar Rock.

21 11 April 12:12

Lining Crag, Greenup Gill

A man with a fractured ankle. He was taken by the Great North Air Ambulance to Carlisle hospital before the Team arrived.

22 12 April 20:30

Sty Head Tarn area

Wasdale MRT asked the Team to help in the rescue of a family of four. The diabetic father was carried down to Wasdale while Keswick MRT carried the two teenage sons down to Borrowdale. All three were experiencing hypothermia.

23 21 April 20:30

Stonethwaite

Langdale/Ambleside MRT asked the Team to rendezvous with two teenage boys who had become separated from their parents in the Stickle Tarn area while the family was looking for their lost dog.



Incident 13

KMRT

Keswick Mountain Rescue Team



An exercise

KMRT

- 24 30 April 03:45**
Rocks near Lord's Island, Derwentwater
 A speedboat, with eight persons on board, crashed on rocks. Two casualties had suspected spinal injuries, one had head injuries, one had mild hypothermia, and the other four had minor injuries. The Team used its rescue boat, along with boats from two lake boat operators, working with ambulance crews, a RAF helicopter, and the Coastguard Agency.
- 25 30 April 11:15**
Scales Fell, Blencathra
 A woman fainted twice.
- 26 30 April 15:22**
Mouthwaite Comb, Blencathra
 A woman slipped on loose stones. Ankle injury.
- 27 30 April 18:15**
Esk Hause
 A man tripped and landed badly, sustaining a head laceration and a dislocated shoulder. He was taken by RAF helicopter to Cumberland Infirmary.
- 28 1 May 17:57**
King's How
 A woman and young daughter lost the descent path and became cragfast above the Bowder Stone. No injuries.
- 29 8 May 18:00**
Doddick Fell, Blencathra
 Two children (a boy and a girl) ignored calls from their mother to return when they went off up the fell. They turned up as the Team started a search. No injuries.
- 30 11 May 20:22**
Threkeld Knotts
 A girl dislocated her elbow when she slipped while orienteering.
- 31 13 May 14:47**
Causey Pike
 A woman slipped on grass. Lower leg injury. An air ambulance took her to Carlisle hospital.
- 32 15 May 12:06**
Millican Dalton's Cave area, Castle Crag
 A woman tripped on a path. Facial injuries.
- 33 18 May 16:25**
Force Crag Mine track, Coledale
 A woman was blown over by the wind. Pelvic injury.
- 34 27 May 16:18**
Dock Tarn path, Langstrath
 A woman fell on the path. Arm injury. It was discovered that she had managed to make a safe descent before the arrival of the Team.
- 35 8 June 12:23**
Black Crag path, Troutdale
 A woman fell approximately 5 metres. Spinal injuries.
- 36 17 June 14:05**
Clough Head
 A paraglider made a heavy landing during a competition. A broken wrist and back injuries. He was taken by an RAF rescue helicopter to Carlisle hospital.

37 17 June 15:08

Little Man, Skiddaw

A girl, in a school party, was unable to continue walking because of a knee problem. An Air Ambulance assisted the Team.

38 21 June 18:05

Skiddaw summit

A man got caught in severe weather. The Team brought him to safety. No injuries.

39 24 June 12:20

Sty Head area

Wasdale MRT asked the Team for help in finding a man with facial injuries. Wasdale MRT found him on the Corridor Route.

40 25 June 13:47

Sale How, Skiddaw

Eleven teenagers on an expedition got lost in cloud. No injuries.

41 27 June 14:53

Calfclose Bay shore, Derwentwater

A woman with a knee injury was carried by the Team to an ambulance crew at the road.

42 4 July 10:49

Brown Crag, Shepherd's Crag

A man slipped on the descent path. Lower leg injury. He was taken by the Great North Air Ambulance to Carlisle hospital.

43 8 July 16:43

Dollywaggon Pike

Patterdale MRT asked the Team to help in the rescue of a woman with a broken arm and injuries to her nose.

44 8 July 17:04

Grains Gill valley, Borrowdale

A man slipped on the path. Lower leg injury. The Team also helped a woman with a broken wrist.

45 9 July 13:46

Wythburn area, Thirlmere valley

A girl in an expedition group had breathing difficulties and chest pain.

46 11 July 13:00

Great End

Two sheep were rescued.

47 11 July 16:18

Spooney Green track to Latrigg

A woman slipped on the path. Fractured neck of femur while walking with her family. She was taken by the Great North Air Ambulance to Carlisle hospital.

48 18 July 13:28

Path near Taylorgill Force, Borrowdale

A man fell from his mountain bike and broke his arm.

49 20 July 19:00

Gillercomb

The Team rescued a sheep stuck on a rock face.

50 30 July 11:56

Spooney Green

A woman felt nauseous and was faint.

51 31 July 19:30

Scafell Pike area

Wasdale MRT asked the Team to help in the search for an overdue walker. He was located at Broad Crag Col.



Incident 47

Jan Beedham

Keswick Mountain Rescue Team



Mac

Elly Whiteford

- 52 7 August 19:48**
Old Coach Road, Clough Head
 A paraglider made a heavy landing. Lower leg injury.
- 53 13 August 08:00**
Brampton
 Penrith MRT asked the Team to help in the search for a missing man. He was found the next day 4-5 kilometres outside the search area. No injuries.
- 54 16 August 12:28**
Manesty/Hause Gate path, Cat Bells
 A woman was reported to be suffering from breathing difficulties and faintness.
- 55 16 August 16:52**
Scales Fell, Blencathra
 A report was received of flares or fireworks. A search was made but nothing was found. It was later discovered that it had been a celebration of some kind.
- 56 20 August 11:15**
Watendlath - Rosthwaite path
 A mountain biker came off the path into a stream, possibly because of a puncture. He broke his pelvis and two ribs.
- 57 22 August 22:17**
Glaramara
 A man and his son were lost and tired. They were found near the top of Hind Gill. The man had a minor leg injury.
- 58 25 August 14:49**
Lodore Falls area
 A report of a collapsed woman. Neither an ambulance crew nor the Team was able to find anyone.
- 59 27 August 02:12**
Stake Pass area
 The Team was asked by Langdale/Ambleside MRT to help in the search for a man. No injuries.
- 60 27 August 14:46**
White Horse Bent, near River Glenderamackin
 A woman slipped on a tussock of grass. Lower leg injury.
- 61 28 August 14:08**
Ard Crag
 A woman slipped on steep, wet grass. Wrist and back injuries.
- 62 29 August 20:22**
Sergeant's Crag - Heron Crag area, Langstrath
 A report was received from a walker that he thought someone was shouting for help. A search of the area was made, nothing was found.
- 63 7 September 21:07**
Gillercomb
 A man and woman were overdue in arriving at Rosthwaite after completing a section of the Coast-to-Coast Walk. They were found coming down the path near Sourmilk Gill. No injuries.

64 **8 September 16:57**

Thirlmere Eliminate, Castle Rock, Thirlmere

A woman fell approximately 12 metres off the end of her abseil rope. Severe lacerations to knee and leg. She was taken by the Great North Air Ambulance to Carlisle hospital.

65 **12 September 14:47**

Quayfoot Buttress area, Borrowdale

A man and woman became stuck on steep ground. No injuries.

66 **18 September 13:13**

Blencathra - Sharp Edge

A man and woman became cragfast on Foule Crag while descending to the Edge. They were both lowered 40 metres by the Team and escorted down the fell. No injuries.

67 **21 September 15:47**

Lining Crag, Greenup Gill

A woman twisted her ankle.

68 **25 September 14:40**

River Derwent, near Portinscale

The Police asked the Team to take the team rescue boat to the scene of a despondent man at a bridge. The police and staff from a nearby outdoor centre successfully intervened to prevent him jumping from the bridge.

69 **26 September 21:53**

Ennerdale - Honister area

A group of four, two men and two women, were overdue on a section of the Coast-to-Coast Walk. A search was made, involving not only Keswick MRT, but also Cockermouth MRT, and a search dog handler. The four arrived at Seathwaite at first light, having spent the night in Gillercomb.



Training at Woden's Face

KMRT

Keswick Mountain Rescue Team



Chamonix training

KMRT

- 70 **13 October 13:00**
Watendlath area
A woman slipped on rock. Lower leg injury.
- 71 **17 October 19:38**
Cat Bells - High Spy ridge
Six teenage boys became lost in cloud and darkness. They were found near the summit of High Spy. No injuries.
- 72 **21 October 11:45**
High Brandelhow landing stage, Derwentwater
A man slipped. An ankle injury.
- 73 **25 October 14:16**
Grange Fell
Two adults with four children lost their path. Other walkers were able to assist them just as the Team was departing. No injuries.
- 74 **25 October 23:30**
Scafell Pike area
A man failed to return from his walk to Scafell Pike. Three mountain rescue teams made a search. He was found by Keswick MRT at the Esk Hause shelter. No injuries.
- 75 **26 October 13:54**
Stonethwaite area
A man slipped on wet ground. A neck of femur fracture. The Great North Air Ambulance took him to Carlisle hospital.
- 76 **29 October 12:59**
Watendlath area
A woman slipped on wet ground. Lower leg injury.

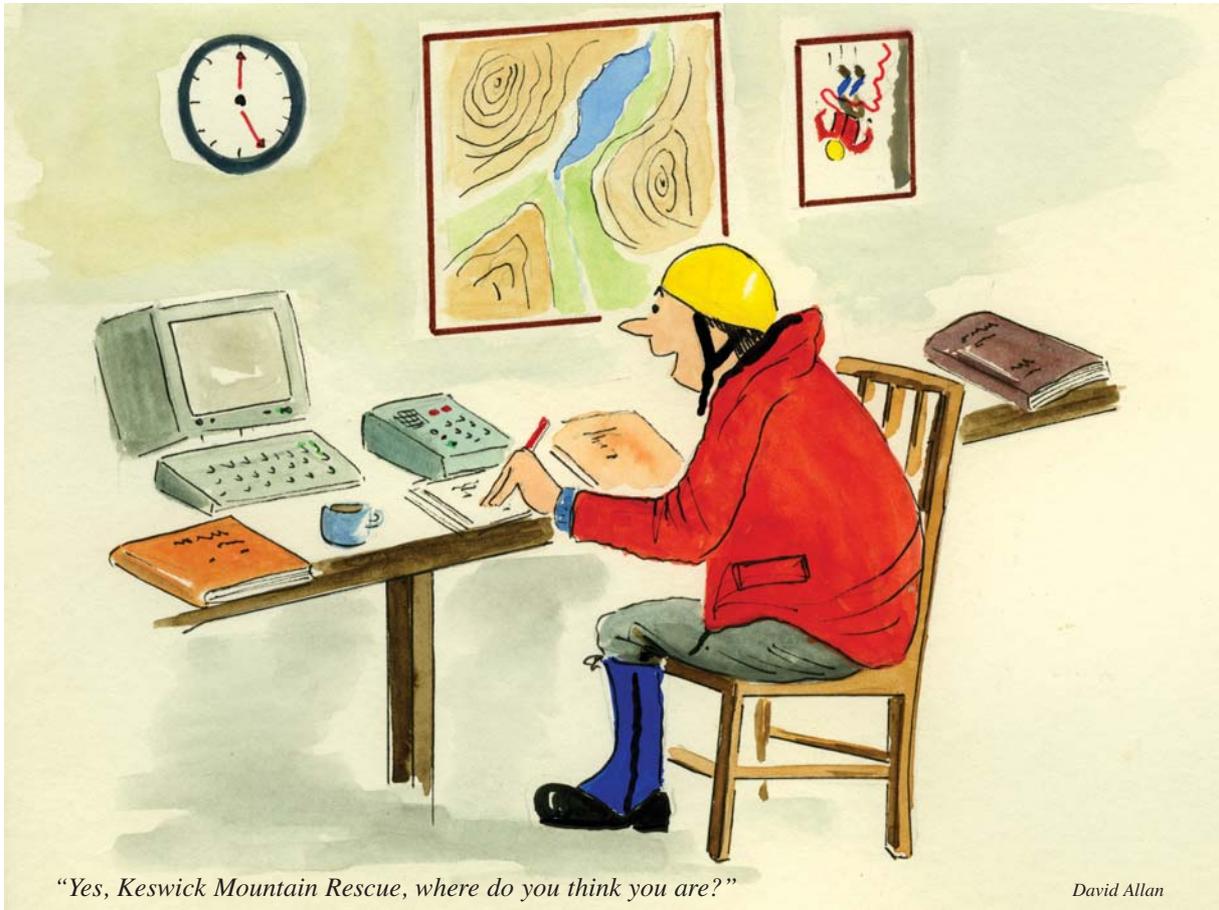
- 77 8 November 19:15**
Combe Head, Glaramara
Two walkers, a man and a woman, became lost in bad visibility. They were escorted down the Thornythwaite Fell path.
- 78 11 November 16:22**
The Howrahs, Keswick
The Team was asked to help an ambulance crew in the recovery of a collapsed man, across some fields.
- 79 22 November 18:15**
Cat Bells area
A man with a number of medical problems failed to return from a walk over Cat Bells. A large-scale search lasting well into the next day was mounted, involving 93 persons from 7 mountain rescue teams and 3 search dog organisations, together with a RAF rescue helicopter. The man's body, guarded by his dog was discovered on the second day, by walkers, well out of the expected search area near the head of the Newlands valley.
- 80 25 November 13:15**
River Greta, upstream from Briery
A kayaker had earlier capsized his canoe and exacerbated a previous knee injury. He subsequently was unable to continue.
- 81 25 November 16:55**
Glaramara
A woman had a knee injury. She was able to descend before the Team was deployed.

- 82 1 December 07:52**
Eel Crag, Crag Hill
A search for a missing man. His body was spotted by a Keswick MRT member onboard a Royal Navy rescue helicopter.
- 83 13 December 22:00**
Esk Hause area
The Team was asked by Langdale/Ambleside MRT to help in a search for three lost walkers. As the Team was setting off, the three men were located. Langdale/Ambleside MRT helped them down, two were suffering from mild hypothermia.
- 84 17 December 15:38**
Langstrath
A man slipped on a steep slope. Ankle injury. He managed to hobble most of the way down before being met by the Team.
- 85 22 December 21:45**
Scafell Pike area
The Team was asked to help Wasdale MRT in a search for two overdue walkers. The men turned up as the Team was being deployed. No injuries.
- 86 29 December 19:30**
Northern Fells, Back o' Skiddaw
An overdue fell runner turned up just after the team had set off for a search. He had no injuries.



Chamonix training

KMRT

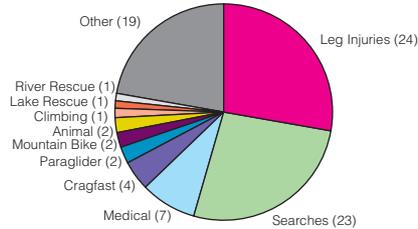


"Yes, Keswick Mountain Rescue, where do you think you are?"

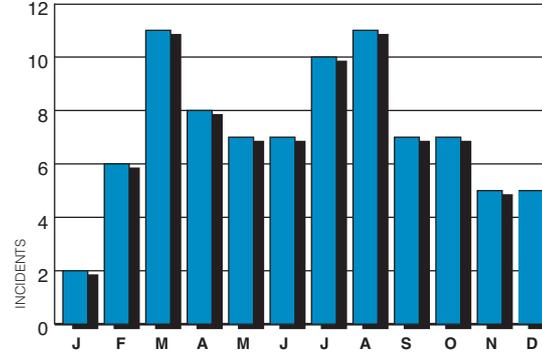
David Allan

INCIDENT TYPES 2006

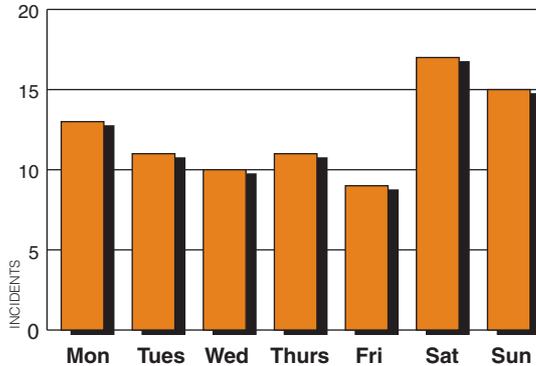
Figures in brackets refer to number of incidents, not percentage of incident types



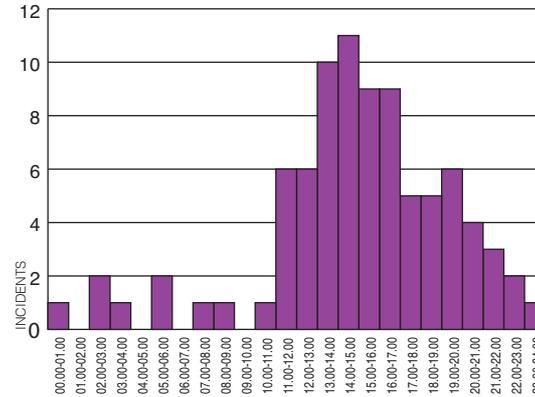
MONTHS OF THE YEAR 2006



DAYS OF THE WEEK 2006

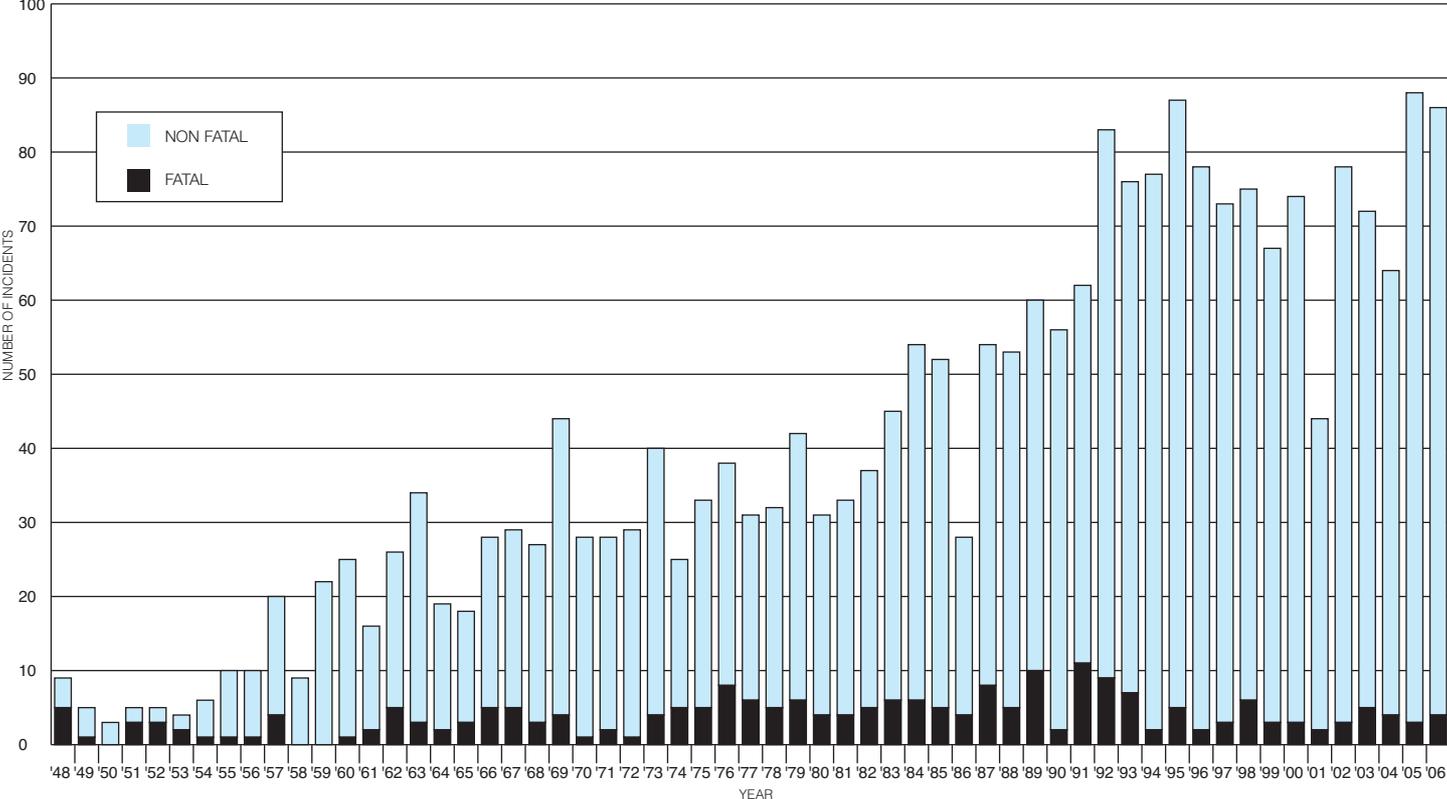


TIMES OF THE DAY 2006



Keswick Mountain Rescue Team

KESWICK MOUNTAIN RESCUE TEAM 1948 - 2006 2397 callouts (231 fatalities)



Keswick MRT Search Dogs by Mick Guy

At present, Search Dogs “Ginny” and “Mist” continue as the Team’s Search dogs, with Trainee Dog “Mac” currently working towards Search Dog status with his handler, Ely Whiteford. Training a Search Dog for use in rescue work is never easy, and Mac recently went through a difficult patch where he suddenly stopped indicating when he found. This sort of problem is relatively common in the middle stages of training, and like all problems of this type, needed some remedial work. Things look to be getting back on course, and hopefully, the next six months should see another dog on the callout list.

As Lakes MR dogs are often called to incidents elsewhere in the Lake District, Search Dogs Ginny and Mist have been in demand for more than just our own searches, and this year we have travelled to help out with a total of 15 searches with Wasdale, Kendal, Langdale/Ambleside, Kirkby Stephen, Patterdale, Penrith, and Duddon & Furness teams; as well as assisting with police organised searches. Some of these are very brief, where we are turned round en route to the job. Others involve a lot of travelling, long periods spent out in weather in which most people wouldn’t put a dog out, and searching areas where you really wouldn’t want to go again!

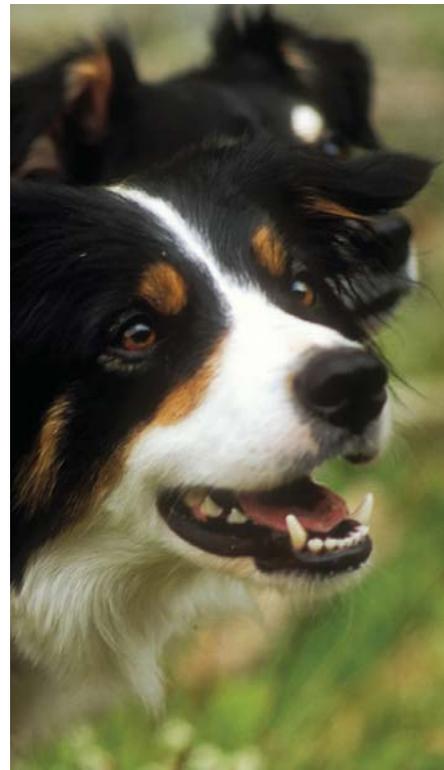
Keswick Mountain Rescue Team

Notable among the searches were:

- A three day search for a missing man near Murton, Appleby, which involved 140 rescuers, and 19 search dogs. The search was stood down after a week, and he was later discovered dead well outside the search area.
- A search for a missing fellwalker in the Fairfield area which also lasted three days, and who was later found dead in a steep gully on St Sunday Crag.
- A missing student in the Duddon area, whose colleagues did not notice that he had disappeared for over 24 hours. He was later discovered at home in Hull!
- A search for a missing 84 year old lady in the Grange-over-Sands area, who was found alive by search dogs after being out in torrential rain for over 12 hours.

All three Keswick dogs enjoy regular weekly training sessions in our local area, and attend monthly weekend courses to top up and enhance their skills. And of course, they need to be kept fit, which means regular walks. Start adding up the hours, and you’ll soon realise why most Search Dog handlers are regarded by their team mates as “barking mad” . . .

Chris Francis and Mick Guy are Assessors with Lake District Search Dogs, training and assessing new search dog teams, but also assisting other associations in the UK and Iceland.



Search Dogs Ginny and Mist

Mick Guy

Keswick Mountain Rescue Team

History of the team by David Allan



An early practice on Great Gable

KMRT

The MRC recorded the first incident in the Borrowdale Valley in 1939, although there is no doubt that other unrecorded episodes occurred prior to this. Three MR posts had been established by this time, being located on Sty Head, at the Scafell Hotel and in Keswick Police Station.

Until 1946, the equipment in these posts was used by as many volunteers as could be assembled on the day. In 1946, events conspired to change this. On 26 April, Wilfred Noyce fell from Shark's Fin on Tophet Bastion and fractured a leg. The ensuing rescue extended through the night and took twenty two hours to complete. At the end Noyce was in better condition than most of the rescuers and a farmer remarked that life was easier if climbers were killed outright when they fell!

Rusty Westmorland was involved in this rescue and realised that a dedicated group of rescuers with some training was required. An advert appeared in the local paper and the Borrowdale Mountain Rescue Team was born with Rusty as team leader.

During 1948, the team dealt with nine accidents but of these five had a fatal outcome, a reflection largely of the fact that most people were going into the hills to climb. Communication was not entirely sorted out and, on one memorable occasion in April 1948, the team was called out by a letter from the police requesting their help with a search! Fundraising however was not a major issue and the annual income was £59.

In 1950, a letter from the MRC advised that team members could claim £1.00 per day in respect of losses of earnings but there is no evidence that claims were actually made.

1951 was a landmark year when a decision was taken to rename the team Keswick MRT, to establish the base of operations in Keswick, and to withdraw the post from the Scafell Hotel. Discussions were also held to determine whether the air raid siren in Keswick could be employed to call out the team but disappointingly this did not materialise.

By 1954, the need for some form of transport was established and, accordingly after diligent enquiry, a 1938 Humber Estate car with the capacity to carry eleven was purchased for the sum of £100.

The need was demonstrated for two bottles of brandy to be carried in the rucksacks in 1956. There is sadly no clear record of the use to which these were put. Also in that year, two Davy automatic escape devices were purchased. One of these was eventually used in earnest on a rescue on Pillar in 1962 but the result cannot have impressed as the devices were never brought out again.

The Humber Estate neared the end of its life in 1959 and was traded for a soft topped Landrover. During this year there were 25 callouts and the callout list had risen to 45 people. A vigorous debate about the continued use of alcohol for casualties took place in 1960 but although the medical officer recognised some evidence against its use the brandy stayed in the rucksack!

Keswick Town Council recognised the value of the team in 1961 and built a garage to accommodate them in the town. It is also of note that at this time excellent support came from the Lake Hotel which opened its doors and offered free hospitality to team members after rescues at any hour of day or night.

Keswick Mountain Rescue Team

The Thomas stretcher was always, and still is, the preferred stretcher but, in 1965, the cumbersome task of carrying the stretcher up the hill became too much and after some debate a decision was made to saw it in half, a procedure which was eventually undertaken by Peter Bell.

1966 was notable for a visit from the Duke of Edinburgh and a demonstration of crag rescue was laid on at Falcon Crag. In 1967 the police advised the team that the practice of travelling down the valley with a number of members standing on the tailgates of the Landrovers was no longer acceptable! It was not however until 1985 that a four wheel drive transit van was purchased for the carrying of people on call outs.

1991 was an important year when a decision was made to furnish all team members with personal pagers. In order to make this effective however the call out list was drastically pruned down to a manageable and active group of 35 people.

The need for a new custom built base was established and a site found in 1993 with the building completed and occupation in 1997. The team raised the necessary funds themselves to build and equip the new building, at a total cost of around £240,000. A significant blow to the fundraising process came with the announcement that the National Lottery would not support the project. Efforts were renewed, the target was finally reached and the building constructed (without a lift!).

Keswick MRT now has a callout list of some 48 people and deals with over 80 incidents per year and these are almost entirely events occurring on the hill. In its



An early radio practice

KMRT

Keswick Mountain Rescue Team



Early practice, Stockley Bridge

Cockbain family

first 30 years Keswick MRT dealt with 670 rescues and 1654 in the ensuing 30 years. There is one intake of new probationary members per annum and approximately 50% of applicants are accepted.

Training is a major issue and members have regularly travelled to Scotland for winter training and more recently Chamonix has been used for the same purpose. Team members have also been sent to Canada to experience first hand the principles of rigging for rescue.

Mark Hodgson has been team leader for thirteen years. He is homegrown having joined the team initially in 1972, before moving away from the town for a few years. He took part in his first rescue at the age of 17. He is preceded by only three previous leaders. Rusty Westmorland who lived to the age of 98, George Fisher MBE and Mike Nixon MBE.

Mark continues to have great enthusiasm for mountain rescue. The extraordinary team spirit and the purely volunteer ethos are the things at the top of his list of reasons to be so involved. These factors mean there is a lot of fun to be had whilst undertaking a very public service. He firmly believes that MR is, and must, remain closer to sport than to business and its practices should be driven by skills not legislation or fear of litigation.

His key to maintaining high skill levels and team performance is regular review of procedures and rescues.

Keswick MRT is in a very fortunate position in respect of matters financial and has recognised this by donating vehicles to other teams and offering free

Keswick Mountain Rescue Team

places to other team members on courses which have been held in Keswick. Mark is confident that the team will continue to take this approach in the future.

There are concerns with matters both local and national. He is aware of a steadily decreasing element of self reliance amongst most hill goers and is able to quote many instances where basic skills and some affinity with the mountains would have removed the need for mountain rescue involvement.

Team members are finding increasing difficulty in responding to call outs during the working week. This has not yet compromised the team's operational capability but will become of concern if it continues. In common with many teams across the country, Mark notes the steadily rising average age of team members. New team members sometimes have conditions attached to their commitment, a trend that seems to be recorded in many voluntary bodies.

Regarding the day to day management of the team, Mark explains, 'We have a committee because the charity commission requires it. No formal decisions are made by the committee. Recommendations are made by the committee for debate and agreement, or otherwise, by the full team at a quarterly business meeting. We have a 'safety-net' of a limit of £500 expenditure without committee recommendation and team agreement. The only exception to this being if there is a need to replace operational equipment due to damage.'

In fact, the team has no sub-committees so prospective new members, and probationary members seeking full membership, are debated and

decided upon by the full team. The team leader and three deputies are each elected by the full team at the AGM and must achieve a 75% vote in their favour to continue in office. Currently they hold four business meetings a year (which can and do take a few hours!) to manage the team but, as time moves on, they run the risk of having to increase this number. 'Whilst this might not sit too well with some team members,' says Mark, 'the whole ethos of the team is that the team runs the team, not a selection of committees and sub-committees. In this way we ensure openness, team members feel totally involved in decision making that affects them, and they recognise that their contributions do make a difference.'

The ratio of time on a rescue to time on support work has drastically changed. Equipment inspections, log books etc, etc. . . . mean that many more hours may be spent in this type of activity than being on the hill and it is more difficult to sustain enthusiasm for this over the years.

At national level Mark feels that the voluntary SAR services are at times not well recognised by the statutory services and often ignored in the planning and changing of provision. There are concerns about the call out system. Again a topic which echoes around the country. Perhaps there is a case for a more direct routing of calls to mountain rescue to avoid both 'missed calls' and delays.

On mobile phones he believes that the balance is favourable and many instances of more effective deployment of MR have followed their use. There is, nevertheless, a regular flow of irresponsible use and there is also a very definite over reliance on them.



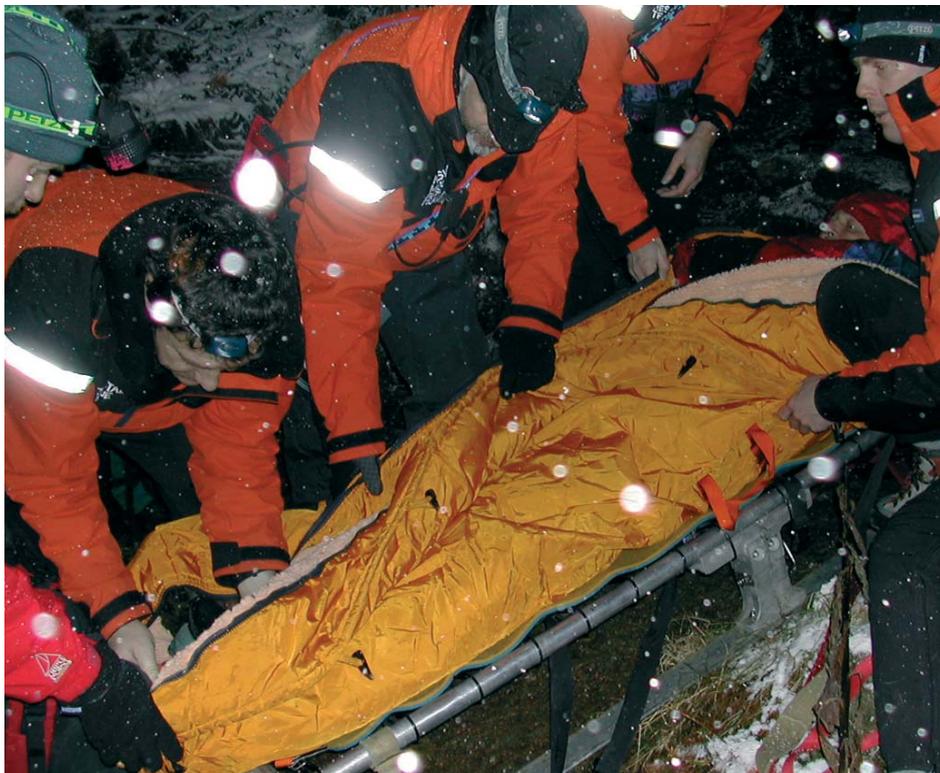
Early practice, Sty Head

KMRT

Keswick Mountain Rescue Team

The Thomas Stretcher

A note about Eustace Thomas by Des Oliver



Using the Thomas Stretcher in winter

KMRT

The Thomas stretcher is used by Keswick MRT. It is carried in two separate halves to an incident, where it is quickly assembled for use.

The original designer was Eustace Thomas, a Manchester business man, a man of many fellwalking and mountaineering achievements.

In 1919, Thomas made his first attempt on the Lake District fell record, accompanied by Dr Wakefield, a Keswick doctor. They broke the record. In 1922, he covered 66.5 miles plus 25,500 feet of ascent inside 24 hours. He then continued for another four hours or so to make a grand total of 30,000 feet.

(Bob Graham did his famous round of 42 Lake District summits in 24 hours in 1932).

Thomas' influence on fellwalking and record breaking in general did not rest with his efforts in the Lake District. He had been a member of the Rucksack Club since 1909, and during the immediate post-First World War years was the leading spirit in a whole series of similar excursions. The first consisted of walks over all the 2500-3000 feet summits in Wales, then similarly over the peaks of the Pennines. He was also a prolific road walker.

In 1932 Eustace Thomas became the first British mountaineer to complete the ascent of all the 4000 metre peaks in The Alps.

The Mountain Rescue Committee was formed in 1936, to which Thomas was attached. It was at this time he designed the stretcher used by Keswick MRT.

**Des Oliver was a member of the Team
for over 50 years**

Keswick Mountain Rescue Team



April 2006

Keswick Mountain Rescue Team



David Newman



"So this is the defensive driving course!"

David Allan

Keswick Mountain Rescue Team

Sheep Rescue by Jan Beedham



Incident 49

Paul Cheshire

Roy Harding, a now retired team member and National Park Ranger, was once heard to remark when introducing a new team member to the job of animal rescuing. "You have to talk to them to put them at their ease. Distract them with something to eat and then when they are least expecting it dive on them and grab them before they have time to change their minds and jump". This usually works although Roy Harding is reputed to have given the "kiss of life" to a sheep!

Throughout the team's history we have rescued many animals, typically sheep and dogs. This is usually because they have become crag fast, but occasionally they have been stuck down mines. A couple of large dogs have been carried off the fell after collapsing, however both survived their adventures.

2006 saw a few sheep rescues and I will describe just one:

The team was contacted by a local farmer who reported a sheep crag fast on Gillercombe buttress. A few team members were organised to go up after work to rescue it. Rescuing sheep off crags is extremely valuable training for rescuing people as sheep do not co-operate and often will try to jump if not approached properly.

Gillercombe Buttress is a fairly big crag and the sheep was about third of the way down from the top. The rescuer abseiled on one rope with a safety rope controlled from the top as back up. A member watched from the side to guide him in to position. The sheep man got just below the sheep and then had to dive to catch it. Once caught it was secured to his harness with a couple of slings. The four rescuers at the top then started to use a pulley system to raise sheep rescuer and grateful sheep.

The rescuer who went for the sheep had checked out the stability of the rock on the way down, unfortunately due to the unpredictable nature of sheep rescue there was more lateral movement than was anticipated. The ropes now moved over on to an unstable section of crag, dislodging a block most of which rescuer and the grateful sheep managed to dodge. One of the rescuers from the top had to climb over the edge to reposition the ropes before sheep and man could be raised safely. We had to scrap the helmet the sheep rescuer had been wearing which had been hit by the falling block, but rescuer and sheep were fine.

This was a really good example of why the safety measures the team adopts are so important, so that when conditions change or are not what they first appear, we can make ourselves as safe as possible.

Viewpoint by Mark Seaton

In the left column are some of the contributing factors that lead to mountain rescue teams having to get out of their warm beds. All the bad practices have been seen first hand by Mark Seaton, a Chamonix Mountain Guide.

In the right column are some ways to make sure you won't need their services.

Get soaking wet

I once knew a mountaineering instructor who liked to spend far too much money on mountaineering jackets. He used to strut around in the pouring rain without a hood. He complained his jacket wasn't waterproof. This was not a good example to his students .

Needless to say with a profound irony he called time on working in the outdoors. Instead he went to work in an indoor ice climbing centre.

Cotton Clothing

Once you are really wet there is no better way of getting hypothermia than wearing cotton clothing like t-shirts and jeans. It doesn't need to be raining. Anyone who wears a cotton T-shirt with a rucksack knows how damp they get.

The mountain rescue team in Chamonix, France rescued three people who had read that cotton clothing conducts heat away from the body. So they took off their clothes. They were found sitting in a crevasse barely alive because they had taken their clothes off to reduce conduction.

So if it rains do wear a hood. Sounds obvious but the next time you are out in the rain just look at the people without hoods. Also pull your sleeves down over your gloves so that they don't fill with water.

Remember cotton kills. It sounds melodramatic but there is no place for cotton clothing in wet windy British hills.

Modern micro fibres are good at wicking perspiration away and keeping you dryer therefore warmer. But for all their hype modern synthetics are still no better than wool [other than wool underwear which can make some people experience itchiness].

There is a saying: "If you have cold feet put a hat on." Do wear a woolly/fleecy hat. You lose a staggering amount of heat through your head. We Brits don't seem to wear hats. Being cold reduces your resistance. No wonder everyone has streaming colds all winter.



Chamonix Training

Simon Hodgson

Keswick Mountain Rescue Team



Incident 74

KMRT

Gadgets

Another good way to call the rescue team out is to be a nerd. Sit at home all week planning a GPS trip on your laptop computer. Upload the route to your GPS, take no notice of the weather, set off in thick mist and find the batteries are flat. Next try your mobile phone which also has a dead battery. Finally have a go with your electronic compass. This is technology gone bonkers. Who needs an electronic compass? What is more simple than a red magnetic needle? But nerdy gadget man hasn't figured this out.

Bite off more than you can chew

Next choose an overly ambitious mountain walk and get exhausted. Being really unfit also helps. Or if you are reasonably fit make sure someone in the group is an unfit slob. They are ideal for getting the KMRT out. A good route to exhaustion is to do all the things in this right hand column and eat nothing. Just because you don't normally eat breakfast [because you know that you are going to have a fat boys corporate lunch] it is not a reason to not have breakfast before setting off on the hill. Food is fuel. Without fuel you will come to a halt. Once this happens you need the equivalent of the break down service: KMRT.

How many times have I heard " Oh I don't want to eat anything before I exercise it makes me feel sick."

Or

Don't drink water it makes you thirstier and gives you a stitch.

This is utter rubbish.

Do look at the big picture. These things are tools to aid us. But - do not rely on anything that requires batteries. Phone, GPS headtorch.

Do pack a map and a real compass and if you carry a GPS be sure that you can at least read the current grid reference from it.

Do eat sensible food the night before and at breakfast then have snack food that you can eat regularly [once an hour] through out the day. Drink lots. That is sip water regularly don't wait until you are thirsty. The only thing you really need is water. Other things like a hot flask of tea are nice to have but water is what you need.

Do know the capabilities of the entire group. There are countless stories of over enthusiastic leaders running their groups in to the ground.

Over enthusiastic Dads and their kids can be a lethal cocktail.

Route Cards

Fill in a route card then go somewhere completely different and forget to tell anyone that you have returned. Watch with interest the TV report about the missing hill walker. Volunteer to join the search mounted by KMRT to look for yourself.

If you are the cause of a mountain rescue call out especially a night search make sure that [1] you don't have a torch or [2] a torch with no battery. This will mean that KMRT don't have much chance of finding you quickly.

Do let someone know where you are going. Do carry a modern head lamp. They are almost weightless and the batteries last for ages. There are no excuses as practically every other shop in Keswick sells them!

All the gear and no idea

Buying the biggest rucksack in the mistaken belief that it will do for every eventuality is naive. But then filling it with every conceivable bit of equipment you can get is a common way of getting really exhausted.

Do pack sensibly and check your mates have not hidden a rock in the bottom of your rucksack.



Helicopter practice

Karen Holmes

Mark Seaton is a member of both the British and French Mountain Guide Associations



"Mountain Rescue, we seem to be lost"

David Allan

Sharp Edge

A review by Peter Little

The first recorded rescue incident for Keswick MRT on Sharp Edge was on 21st January 1961. With 50 incidents and 8 fatalities from then until 2006, this location is a continuing major responsibility for Keswick MRT, as indeed is the whole of Blencathra.

Blencathra deservedly is a popular Lakeland peak. Its complex array of ridges attracts large numbers of walkers from the nearby main road A66. Sharp Edge itself is a spectacular narrow arête with appeal in Summer and Winter conditions. The innumerable Lakeland guidebooks available all give the Edge due prominence, both in words and in photography.

Wainwright called it "a breaking wave carved in stone", with "one awkward place, calling for a shuffle off a sloping slab on to a knife-edge".

Poucher advised that the ridge "may be traversed by those with a steady head and good balance" and again referred to an awkward place in the ridge, a mauvais pas requiring "courage and a bold step or two".

The main causes of accidents on Sharp Edge are slips, the Skiddaw Slate rock being very polished and slippery, especially if under wet or Winter conditions, and falls, an almost constant background factor being the wind. Although there are a number of easier paths on the north side of the ridge, so-called "chicken paths", these finish at the gully leading to the awkward step. The gully itself is of very poor, rotten, rock. Incidents that draw the attention of the Team are almost always at this gap-gully site. The majority of falls here will result in serious injury.

Keswick Mountain Rescue Team



Along the Edge

KMRT

Keswick Mountain Rescue Team



The Awkward Step

KMRT

It is worth pointing out that very many more people ascend the Edge than those using it as a descent, so that it is usually a one-way stream of scramblers, and a potentially very busy one in holiday periods.

The Team approach to a callout on the Edge is to always regard it as a serious incident. Cumbria Constabulary will seek to task a RAF SeaKing helicopter. The Team will aim to be at Sharp Edge within approximately 70 minutes from the time of the first pager message, with an array of climbing equipment and ropes borne from vehicles left at the road below Mouthwaite Comb.

Team members will be not only deployed to the crest of the Edge, but also, depending upon the length of the fall, along the "chicken paths" and/or to the foot of the gully on the north side of the Edge. It is often a complex task establishing rope systems on the Skiddaw Slate rock, whose nature does not lend itself easily to the placing of rope belays (this being the reason why scrambles rather than roped rockclimbing routes tend to be the case on this type of rock).

Stretcher lowering will be a particularly demanding task in the rotten gully. This gully is well-seen from the sheltered ground below Foule Crag, where its

distinctive funnel leads down to bouldery ground. If the helicopter crew can get close enough, *(and what skill they demonstrate in the wind, and with the close proximity of Foule Crag a threat, never mind the Edge itself!)*, they will always have to perform a very long winch procedure.

It requires some time to unravel the complexities of the Team operations in the area, before Team members can carry the kit down to the vehicles, the casualty by now en route to hospital on board the helicopter. There have been occasions when, because of bad weather, the Team has had to carry or sledge the casualty some way before the helicopter has taken the person onboard.

As in all callouts, friends and relatives have to be reassured, and escorted safely off the fell, too. In this situation, any uninjured walkers may well have to be roped up and guided to safe ground. Some call-outs in fact are of this type: to rescue the unwary and inexperienced, but uninjured, who have become cragfast, or "stuck" on the arête.

So, all in all, Sharp Edge means a lot to Keswick Mountain Rescue Team.

The Longest Day

Four callouts in one day by Karen Holmes

It is unusual that Keswick MRT has more than one call out in a day, let alone four, as happened on the 30th of April 2006.

The day began with a rude awakening at 3.45am as the pagers roused Team members (and their unfortunate families!) to attend an incident on Derwentwater. With commendable speed and efficiency for the time of day, the Team responded and were operational in just a few minutes. What followed was a logistically intricate rescue of eight people from a tiny island in the middle of the lake. This involved rescue boats from several locations around the lake, including KMRT's own, an RAF helicopter, the police, ambulances, paramedics and local Coastguard Agency personnel on the shore.

While some Team members returned to their beds to recoup some lost sleep, others made the most of the early start to their Sunday and enjoyed a bike ride or a dog walk ahead of the crowds. Unbeknown to them, the KMRT machine was about to crank into action again.

At 11.15am the sound of bleeping pagers was heard all over the Keswick area, once again. A woman had been suffering faints while out walking on Blencathra. Fortunately, she had made it to the main road as the team arrived and was feeling fine, so we returned to base with no further action required.

Keswick Mountain Rescue Team

Once again, Team members resumed their Sunday routine, safe in the knowledge that they had done their bit for the day. Papers were read, roast dinners consumed, DIY undertaken, gardens tended, until, sometime around mid afternoon, the services of the team were urgently required once more. Abandoning normal life again, the team vehicles, laden with a healthy number of occupants, made haste to Mouthwaite Combe, on the lower slopes of Blencathra, to treat and recover an unfortunate walker who had sustained a lower leg injury. Thankfully, her accident had occurred only a short walk above the nearest road and so she was rapidly evacuated to a waiting ambulance.

Comments such as "Surely there can't be any more today . . ." and "That must be it now" were heard as the team dispersed for a third time, across Keswick and beyond to try to salvage what was left of their 'day of rest'.

Weary and winding down for the evening, hungry and about to enjoy a welcome dinner, or possibly in the midst of the main course, it came as a big surprise that the Team received a fourth call out at 6.15pm. This time, the incident was up on Esk Hause, where a walker had tripped and dislocated his shoulder, an extremely painful injury. After treatment from the Team, the RAF were once again on hand to help evacuate the casualty, saving us a lengthy and potentially exhausting stretcher carry to Seathwaite.



Control Room

KMRT

Keswick Mountain Rescue Team

The Longest Day



Lake Rescue Practice

KMRT

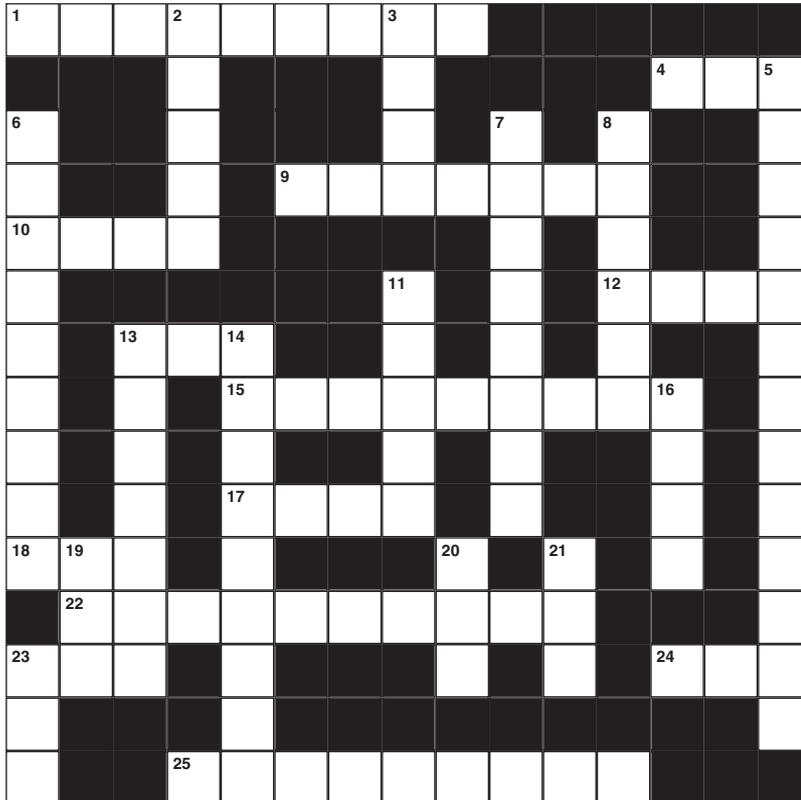
A question mountain rescue team members often ask themselves is, why four in one day, but perhaps none for several weeks at another time? There was no extreme weather that day, nor any organised events going on. It was, however, a bank holiday weekend, although they often pass by without incident. The call outs were spread over the whole day and the casualties were of both genders, of different ages and with a variety of injuries and conditions. There seems to be no single reason for the pattern of call outs at times, but it's a challenging game trying to analyse all the possible influencing factors which may have an effect. As long as there are call outs, that analysis will continue and the game will go on indefinitely.



"Yes, we're in the Lake District"

David Allan

Keswick Mountain Rescue Team



Across:

- 1. Old copper mine below Grisedale Pike (5, 4)
- 4. Best place to be after a long day on the hill (3)
- 9. Instrument used to give direction (7)
- 10. Midday (4)
- 12. Thick cord used to secure climbers (4)
- 13. Call for help (3)
- 15. Third highest Lakeland peak (9)
- 17. Wet weather (4)
- 18. Colour of Team jackets (3)
- 22. Pretty tarn near Keswick (10)
- 23. Moisture deposited on grass overnight (3)
- 24. Worn to keep head warm (3)
- 25. A welcome four legged friend when lost (6, 3)

Down:

- 2. Heap of stones (5)
- 3. From the garden of Eden or a well known Lakeland VS climb (4)
- 5. The 'only lake' in the Lake District (13)
- 6. Team vehicle (9)
- 7. Injured person (8)
- 8. Fish eating bird of prey (6)
- 11. Mountain 'crow' or local crag (5)
- 13. Mountain on Team logo (7)
- 14. A famous scramble up a steep arête (5,4)
- 16. Hard, compact crust on snow (4)
- 19. Female sheep (3)
- 20. Used to plan route and for navigation (3)
- 21. Chain of low cost accommodation across the UK and abroad (abbrev.) (3)
- 23. Barrier to hold water in a reservoir (3)

Answers on page 48!

Elly Whiteford

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Keswick Mountain Rescue Team

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Grange Bridge Cottage Café
Grange Café
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Hazel Bank Hotel
Hazelmere Guest House
Hazelwood Guest House
Hedgehog Hill Guest House
The Heights Hotel
High Lodore Farm Café
C & CA Holmes
Honister House
Honister Mine
Hope Memorial Camp
Horse and Farrier
Hot Tram Roll
How Keld
HSBC
Hunters Way Guest House
Hutton Moor End Caravan
and Camping Site
Ivy House
John and Fiona Jarman
Wigton
Karra Cottage Threlkeld
Keswick Lodge
Keswick Golf Club
Keswick Bikes (2 shops)
Keswick Mountain Sports
Keswick Park Hotel
Keswick Spa
Keswick YHA
Kings Arms
Kingfisher
Kings Head Hotel Thirlspot

Knotts View Stonethwaite
Lairbeck Hotel
Lakeland
Lakeland Decor
Lakeland Pedlar
Lakeland Toys and Hobbies
Lake Mere
Lake Road Inn
The Lakes Fish Restaurant
Lakeside House
Lakeside Tea Gardens
Langdale Guest House
Langstrath Hotel
Larry's Lodge
Latrigg House
Laurel Bank Guest House
Leathes Head Hotel
Little Chestnut Hill
Little Dodd Garden Centre
Llisterfield Guest House
Lodore Falls Hotel
Low Manesty Caravan Club
Site
Luchini's
Lynwood Guest House
Lyzick Hall Hotel
Mary Mount Hotel
Medical Centre
Middle Ruddings Hotel
Mill Inn Mungrisdale
Mimosa
Mines Museum Threlkeld
Moat Hall
Morrell's
Namaste 21 Manesty View
National Trust Lakeside
Needlesports
New House Rothwaite
Newlands Adventure Centre
Nichol End Marine
North Lakes Caravan Park
Norwegian Store

Oddfellows Arms
Outdoor World
Old Keswickian
Packhorse Inn
The Paddock
Parkergate
Peathouse Stonethwaite
Pizza Panorama
Police Station
Portland House
Pretty Things
The Puzzling Place
Rainbow
Rathbones
Rathbones Outdoor Wear
Ravenstone Hotel
Ravenstone Lodge Hotel
Ravensworth Hotel
Rembrandt Restaurant
Rickerby Grange
Rivendell Guest House
Rock Shop
Rohan
Rothwaite General Store
Rowe Opticians
Rowling End
Royal Oak Braithwaite
Royal Oak Rothwaite
Salutation Inn
Sandon Guest House
Saw Mill Café Dodd
Scawdel Guest House
Scaffell Hotel
Scotgate Camping Site
Seathwaite Farm Café
Seatoller Barn
Seatoller House
Setmabanning Caravan 7
(Mrs Wood)
Scales Farm Cottage
Shemara Guest House
The Sick & the Wrong

Sienna Blues
Silver City
Silverdale Hotel
Skiddaw Grove Hotel
The Soap Co.
Spar Grocers
Spoonery Green Cottage
Strathmore Guest House
Stybeck Farm
Sun Inn Bassenthwaite
Sunnyside Guest House
Sweeney's Cellar Bar
Swinside Farm Cottage
Swinside Inn
Swinside Lodge
Swiss Court Hotel
Tarn Sports Guest House
Temple Sports
Theatre by the Lake
Theatre Café
Thornleigh Guest House
Thornthwaite Gallery
TOG 24
Touchwood
Trespas
Troutbeck Inn
Tynemouth Lodge Hotel
Ultimate Outdoors
Underscar Hotel
Underscar Timeshare
Village Shop Braithwaite
Village Shop Portinscale
West View Guest House
Whinlatter Siskin Tearoom
White Horse Inn
The Wild Strawberry
Winchester Guest House
Wine Rack
Woodside Guest House
Yeomans Outdoors
Yew Tree Café
Yew Tree Guest House



Brian Spencer



In training on Aonach Mor

Karen Holmes

Treasurer's Report, Trustees' Annual Report, Financial Statements for the year ended 30th November 2006

TREASURER'S REPORT

As the sun sets on another financial year, probably obscured by the horizontal rain of global warming, the sound can be heard of the officers of Keswick Mountain Rescue Team scurrying around in panic wondering what to write in the Annual Report. Well probably not all of us. Some people buy their Christmas cards in the January sales. Envy overruns the minds of some of us ordinary mortals in that it is not for us to write the "macho" "Team Leaders' Report" or the interesting "Incident' Report". No, some of us have to interest the general public in the figures in and out of our accounts!

I could sum up the year in the following sentence. "It can be seen from the accounts that income excluding legacies remains static, but expenditure has again increased and this is an area which must be kept under review." This would be a true and honest statement of fact. Keswick Mountain Rescue Team, however, exists above this level. We exist to aid people in distress in our mountainous area, whether it is to carry a casualty with a sprained ankle two hundred metres down Latrigg or to go out in a raging storm in the middle of the night to find some misplaced persons. Money has to be found to fund the Team each year and money has to be spent to run it efficiently and safely. New demands have to be met all the time. For example, our

members are already obliged to take a defensive driving course every three years and now we have decided that it is necessary to attend a "blues and twos" emergency course as well. This could not be budgeted for but the money has to be provided one way or another. There is no other option. If we see a necessity it has to be met and it has to be paid for! With that in mind may I thank all the people who have helped us by providing funds to run the Team this year? It does not matter how big or small the donation or whether it comes from a legacy, an individual or a walking club, we thank you for helping us to get on with our job. And it is a job. There may have been a time sixty years ago when we were amateurs doing something well, but we can now be thought of as unpaid professionals.

It is still the wish of the Team to be in a financial situation where we know that we have enough funds coming in each year to cover our running costs. This is getting nearer with the help of Brian Spencer's efforts with the collecting boxes and our investments in Building Societies and as managed by our financial adviser. However last year there was a shortfall between income and expenditure and I expect this year to be the same.

Ian Wallace

LEGAL AND ADMINISTRATIVE INFORMATION

Name: The name of the charity is Keswick Mountain Rescue Team ("the Charity").

Registered Number: The Charity is registered with the Charity Commission for England and Wales under number 509860.

Legal Entity: The Charity is a charitable un-incorporated association, established by written constitution.

Trustees:

Chairman	David Pratt
Secretary	Paul Cheshire
Treasurer	Ian Wallace
Team Leader	Timothy Mark Hodgson
General Team Member 1	Paul Horder
General Team Member 2	Fiona Boyle

Property Holding Trustees: The following are the legal trustees of the lease of the Team Headquarters, and (except where named as a Charity Trustee above) do not exercise a management function within the Charity: Anthony Michael Guy; Peter Barron; Timothy Mark Hodgson; Andrew Francis Jones.

Principal Address: Keswick Mountain Rescue Team Headquarters, Lakeside Car Park, Keswick, Cumbria CA12 5DJ.

Auditors: Gibbons & Company, Chartered Accountants and Registered Auditors, Carleton House, 136 Gray Street, Workington, Cumbria CA14 2LU.

Bankers: HSBC Bank plc, Market Square, Keswick, Cumbria CA12 5BG.

Investment Advisers: Brewin Dolphin Securities Limited, 34 Lisbon Street, Leeds LS1 4LX.

TRUSTEES' REPORT FOR THE YEAR ENDED 30 NOVEMBER 2006

Trustees Report: The Trustees present their report along with the financial statements of the Charity for the year ended 30 November 2006. The financial statements have been prepared in accordance with the accounting policies set out on page 44 and comply with the Charity's trust deed and applicable law.

Particulars of Written Constitution: The written constitution was approved by the Charity Commission and adopted by the Charity on 20 March 1980 and amended on 10 November 1994 and again on 8 October 1998 and subsequently again on 5 September 2006. This contains the provisions that regulate the purposes and administration of the Charity.

Description of Objects of the Charity: The main object of the Charity (as set out in its constitution): ". . . shall be for the public benefit, to relieve suffering and the distress among persons and animals endangered by accident or natural hazards within the area of Great Britain 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 AGM. 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 AGM, 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 preference is to safeguard funds by placing them in Building Society accounts – with medium to longer term funds placed in the highest yielding (but limited access) accounts. In that way, the capital is secure, and interest income is maximised.

However, last year the charity received a significant legacy. This enabled the Trustees to invest a sum of money to provide a regular income to offset the need to rely on irregular public donations. The Trustees have agreed to invest in a balanced portfolio managed by a team of Financial Advisers who specialise in investments for charities.

This sum has been invested to provide capital growth and income for the charity and will lead to a regular income which will be used to offset any imbalance between income and expenditure, reducing the need to utilise reserve funds for this purpose.

Reserves Policy: This policy continues to be under review – but is led by the view that the Charity Trustees must have regard to both the short and long term needs of the Charity. The Charity has endeavoured to secure a regular income via collection boxes, covenanted and Gift Aid donations. Collection box income has been solid – a reflection of the hard work of Brian Spencer, our collection box co-ordinator. However, these sources of income alone are insufficient to ensure that annual running costs are met. Historically, the Charity has benefited from legacies which when annualised have ensured that annual income exceeds annual running costs. Last financial year (2005) saw a significant legacy which led to a change in the Charity's investment policy. Interest earned on reserve funds has, in previous years, helped balance the books. This year, interest on the reserves (in addition to general income) has not been sufficient to balance expenditure against income. Expenditure has, therefore, been met by utilising reserve funds. Obviously, if this trend continues, then the reserves will, in time, be exhausted. The Charity Trustees will maintain the general income reserve policy of three times annual expenditure. That is to ensure that the provision of the Charity's primary objective will not be hampered by any imbalance between income and expenditure over such a relatively short period, and is based on the Charity's experience of fund-raising. The Charity Trustees will continually monitor and adapt this policy (as necessary) in order to ensure that funds that can no longer be justifiably held in reserve are applied in accordance with the Charity's objective.

Development, Activities and Achievements: During the year ended 30 November 2006 the Team attended 86 incidents. Training is vital to the Team and training was given paramount importance during the year.

Financial Review: The trustees are satisfied with the financial position of the Charity which has been greatly improved by the legacy received from a previous resident of Threlkeld.

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. In the shorter term the Team's aim is to meet the current level of call out and maintain the high level of training given to the volunteers.

Risk Management: The Trustees actively review the major risk which the Charity faces on a regular basis and believe that maintaining reserves at current levels, combined with an annual review of 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.

Statement of Trustees' Responsibilities: Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the Charity's financial activities during the year and of its financial position at the end of the year. In preparing those financial statements, the trustees are required to:

- a) select suitable accounting policies and apply them consistently
- b) make judgements and estimates that are reasonable and prudent
- c) state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements
- d) prepare the financial statements on a going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 1993. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approval: This report was approved by the trustees on 25th January 2007 and signed on their behalf.

Chairman, David Pratt; Treasurer, Ian Wallace
25th January 2007

Report of the Independent Auditors to the Trustees of Keswick Mountain Rescue Team for the Year ended 30 November 2006

We have audited the financial statements of the Charitable Trust for the year ended 30 November 2006 on pages 42 to 45, which have been prepared under the historical cost convention and the accounting policies set out on page 44.

This report is made solely to the Charity's Trustees, as a body, in accordance with Regulations made under the Charities Act 1993. Our audit work has been undertaken so that we might state to the Charity's Trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law we do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Respective Responsibilities of Trustees and Auditors

As described on pages 40 to 41 the Charity's Trustees are responsible for the preparation of financial statements in accordance with applicable law and United Kingdom Accounting Standards.

Our responsibility is to audit the financial statements in accordance with relevant legal and regulatory requirements and United Kingdom Auditing Standards.

We have been appointed as auditors under Section 43 of the Charities Act 1993 and report in accordance with regulations made under Section 44 of that Act. Our responsibility is to audit the financial statements in accordance with the relevant legal and regulatory requirements and International Standards in Auditing (UK and Ireland).

We report to you our opinion as to whether the financial statements give a true and fair view and are properly prepared in accordance with the Charities Act 1993. We also report to you if, in our opinion, the Report of the Trustees is not consistent with the financial statements, if the Charity has not kept proper accounting records, if we have not received all the information and explanations we require for our audit.

We read the Report of the Trustees and consider the implications for our report if we become aware of any apparent misstatements within it.

Basis of Opinion

We conducted our audit in accordance with International Standards on Auditing (UK and Ireland) issued by the Auditing Practices Board. An audit includes examination, on a test basis, of evidence relevant to the amounts and disclosures in the financial statements. It also includes an assessment of the significant estimates and judgements made by the Trustees in the preparation of the financial statements, and of whether the accounting policies are appropriate to the Charity's circumstances, consistently applied and adequately disclosed.

We planned and performed our audit so as to obtain all the information and explanations which we considered necessary in order to provide us with sufficient evidence to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or other irregularity or error. In forming our opinion we also evaluated the overall adequacy of the presentation of information in the financial statements.

Opinion

In our opinion the financial statements give a true and fair view of the state of the Charity's affairs as at 30 November 2006 and of its incoming resources and application of resources, including its income and expenditure, in the year then ended and have been properly prepared in accordance with the Charities Act 1993.

In our opinion the information given in the Trustees' Annual Report is consistent with the financial statements.

Gibbons & Company, Chartered Accountants and Registered Auditors, Carleton House, 136 Gray Street, Workington, Cumbria CA14 2LU.

Statement

of financial activities for the year ended 30th November 2006

Keswick Mountain Rescue Team

SUMMARY OF INCOME AND EXPENDITURE ACCOUNT

	Notes	Unrestricted Funds	
		2006	2005
		£	£
Incoming Resources			
Incoming Resources from Generated Funds			
Covenants		1,533	978
Donations		31,872	31,218
Collection Boxes		20,649	21,430
Legacy		5,803	192,510
Investment Income		24,836	14,094
Miscellaneous and Book Sales		207	
Total Incoming Resources		£84,900	£260,230
Resources Expended			
Direct Charitable Activities	3	99,881	71,319
Governance Costs	4	4,939	3,079
Total Resources Expended		£104,820	£74,398
Net Movement in the Year Before Investment Gains and Losses		(19,920)	185,832
Unrealised Gain on Investments		4,974	
Net Movement in Funds for the Year		(14,946)	185,832
Total Funds Brought Forward at 1 December 2005		783,029	597,197
Total Funds Carried Forward at 30 November 2006		768,083	783,029

There were no recognised gains or losses for 2006 or 2005 other than those included in the Statement of Financial Activities.

Keswick Mountain Rescue Team

Balance Sheet

at 30th November 2006

	Notes	2006 £	2005 £
Fixed Assets			
Tangible Fixed Assets	7	234,727	268,812
Investments		299,069	
		<u>533,796</u>	<u>268,812</u>
Current Fixed Assets			
Debtors and Prepayments	9	20,659	11,344
Stock	10	380	100
Building Society Deposits		206,050	501,947
Cash at Bank		10,567	2,237
		<u>237,656</u>	<u>515,628</u>
Creditors: amounts falling due within one year	11	3,369	1,411
Net Current Assets		<u>234,287</u>	<u>514,217</u>
Total Assets Less Current Liabilities		<u>768,083</u>	<u>783,029</u>
Funds			
Unrestricted Funds	12	<u>768,083</u>	<u>783,029</u>

Approved by the Board of Trustees on 25/01/07 and signed on its behalf by:
D. Pratt (*Chairman*) and I. Wallace (*Treasurer*), (*Trustees*).

The notes on pages 44 and 45 form part of these accounts

Notes to the Financial Statements

for the year ended 30th November 2006

Keswick Mountain Rescue Team

1. ACCOUNTING POLICIES

1.1 Basis of Preparation of Financial Statements

The financial statements are prepared under the historical cost convention with the exception of investments which are included at market value. The financial statements have been prepared in accordance with the Statement of Recommended Practice, Accounting and Reporting by Charities (SORP 2005) issued in March 2005 and applicable accounting standards.

1.2 Incoming Resources

Voluntary income and donations are included in incoming resources when they are received. The income from fund raising ventures is shown gross, with the associated costs included in fund raising costs.

1.3 Resources Expended

Resources expended are included in the Statement of Financial Activities on an accruals basis, inclusive of any VAT which cannot be recovered. Expenditure which is directly attributable to specific activities has been included in these cost categories. Where costs are attributable to more than one activity, they have been apportioned across the cost categories on a basis consistent with the use of these resources.

1.4 Tangible Fixed Assets for use by the Charity and Depreciation

Tangible fixed assets for use by the Charity are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

- Leasehold Land and Buildings - Straight line over 50 years
- Equipment - 15% straight line
- Motor Vehicles - 25% reducing balance

1.5 Stocks

Stocks are stated at the lower of cost and net realisable value.

1.6 Expenditure on Governance Costs of the Charity

Administration expenditure includes all expenditure not directly related to the charitable activity or fund raising ventures. This includes costs of audit fees.

1.7 Investments

Investments are stated at market value at the Balance Sheet date. The Statement of Financial Activities includes the net gains and losses arising on revaluations and disposals throughout the year.

	2006	2005
	£	£
2. INVESTMENT INCOME		
Income from Listed Investments	5,048	
Interest Receivable on		
Cash Deposits	19,788	14,094
	<u>£24,836</u>	<u>£14,094</u>

3. DIRECT CHARITABLE ACTIVITIES

Motor Vehicle Expenses

Insurances	2,970	2,917
Petrol and Oil	972	938
Maintenance	2,865	2,515
Equipment Rental	2,867	2,956
General, Outdoor and		
Radio Equipment	10,560	11,331
Courses, Medical and		
Other Expenses	20,324	13,883
Rent, Rates and Water	1,108	994
Telephone and Electricity	3,665	3,817
Repairs and Cleaning	2,622	2,789
Postage, Printing and Stationery	8,448	3,381
Insurance	3,278	2,498
Depreciation on Leasehold, Land		
and Buildings	4,497	4,476
Depreciation of Motor Vehicles		
and Equipment	35,705	18,824
	<u>99,881</u>	<u>71,319</u>

	2006	2005
	£	£
4. GOVERNANCE COSTS		
Accountancy and Audit Fees	2,115	1,352
Sundry Expenses	1,371	1,727
Investment Management Fees	1,433	
Bank Charges	20	-
	<u>4,939</u>	<u>3,079</u>

5. NET MOVEMENT IN FUNDS FOR THE YEAR

Net Movement in Funds for the year is stated after charging:

Depreciation of Tangible Fixed		
Assets for use by the Charity	20,565	23,488
Audit Fees	1,100	1,000

6. STAFF COSTS

No remuneration was paid to the Trustees in the year, nor were any Trustees' expenses reimbursed.

Keswick Mountain Rescue Team

Notes to the Financial Statements

for the year ended 30th November 2006

	<i>Leasehold Land & Buildings</i>	<i>Equipment</i>	<i>Motor Vehicles</i>	<i>Total</i>
	£	£	£	£
7. TANGIBLE FIXED ASSETS				
Cost				
At 1st December 2005	223,820	190,407	109,889	524,116
Additions	1,052	5,065	-	6,117
Disposals	-	-	-	-
At 30th November 2006	<u>224,872</u>	<u>195,472</u>	<u>109,889</u>	<u>530,233</u>
Depreciation				
At 1st December 2005	40,036	130,914	84,354	255,304
Charge for the Year	4,497	29,321	6,384	40,202
On Disposals	-	-	-	-
At 30th November 2006	<u>44,533</u>	<u>160,235</u>	<u>90,738</u>	<u>295,506</u>
Net Book Value				
At 30th November 2006	<u>180,339</u>	<u>35,237</u>	<u>19,151</u>	<u>234,727</u>
At 30th November 2005	<u>183,784</u>	<u>59,493</u>	<u>25,535</u>	<u>268,812</u>

All fixed assets held are for the furtherance of the Charity's objectives.

	<i>2006</i>	<i>2005</i>
	£	£
8. INVESTMENTS		
Listed Investments – United Kingdom - Market Value 1 December 2005		
Additions	290,059	
Disposals	(862)	
Net Unrealised Gains/(Losses)	4,974	
Market Value at 30 November 2006	294,171	
Cash Deposits	4,898	
	<u>299,069</u>	

The investments are managed by Brewin Dolphin Securities Limited on behalf of the Charity.

9. DEBTORS		
Prepayments	<u>20,659</u>	<u>11,344</u>
10. STOCK		
Consumable Stock	<u>380</u>	<u>100</u>
11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		
Accruals	<u>3,369</u>	<u>1,411</u>
12. RESERVES		

The Charity has no restricted or designated reserves. All current reserves are general.

Please read the following if you wish to donate to Keswick Mountain Rescue Team.

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, and return it to the Treasurer. It does not involve you in any further payment.

GIFT AID DECLARATION

Name of Charity

Keswick Mountain Rescue Team

(Registered Charity No 509860)

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):

- 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

SignatureDate...../...../.....

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 28p 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.

**Please return this completed Gift Aid Declaration
to the Team Treasurer:**

**Ian Wallace
Spooney Green, Keswick, Cumbria CA12 4PJ**

Thank you for your support !



Keswick Mountain Rescue Team

If you would like to make a regular donation to Keswick Mountain Rescue Team, please complete the Bankers Order below.
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.

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



Keswick Mountain Rescue Team

Donations

Many people and organisations have made donations to Keswick Mountain Rescue Team during the course of the year. In common with all other Mountain Rescue Teams, we receive no funding from official sources. We are, therefore, extremely grateful to all those who support us in so many different and individual ways, allowing us to concentrate on assisting those in distress on the Fells. It is not possible to acknowledge all donors in the space of the report, however, a full list is available on request.

During the year donations have been received IN MEMORY of the following:

J. Jordan	A. Harper	A. Motram	B. Malby
C. Green	D. Winder	E. Taylor	J. McGregor
J. Bell	J. Wain	K. Maclachan	P. Britton
R. Cox	R. Hutchinson	S. Birtles	M. Wilkes

Shirts

If you would like to show your support for the Team, we have a range of T-shirts, sweat shirts, and polo shirts for sale, featuring an embroidered "Team Supporter" badge.

The available colours are blue, green, burgundy, red, white, grey, and black.

The sizes are: XS (36"), S (38"), M (40"), L (42"), XL (44"), XXL (46"), XXXL (48").

There are also children's sizes.

Prices are:

Polo adult	£17.50	Sweat shirt adult	£20.00
T-shirt adult	£13.00	Polo child	£12.50
Sweat shirt child	£15.00	T-shirt child	£10.00

Place orders through the Team Treasurer.

Thanks

The painting has been donated by the artist Venus Griffiths, and the frame donated by Derwent Frames.

The framed original of the cover painting is for sale to the highest bidder, all proceeds to Keswick Mountain Rescue Team, and may be viewed at Derwent Frames, High Hill, Keswick.

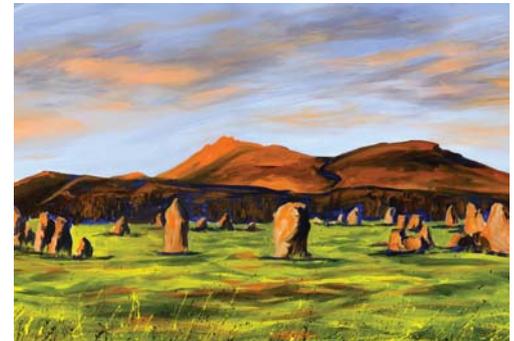
CROSSWORD ANSWERS

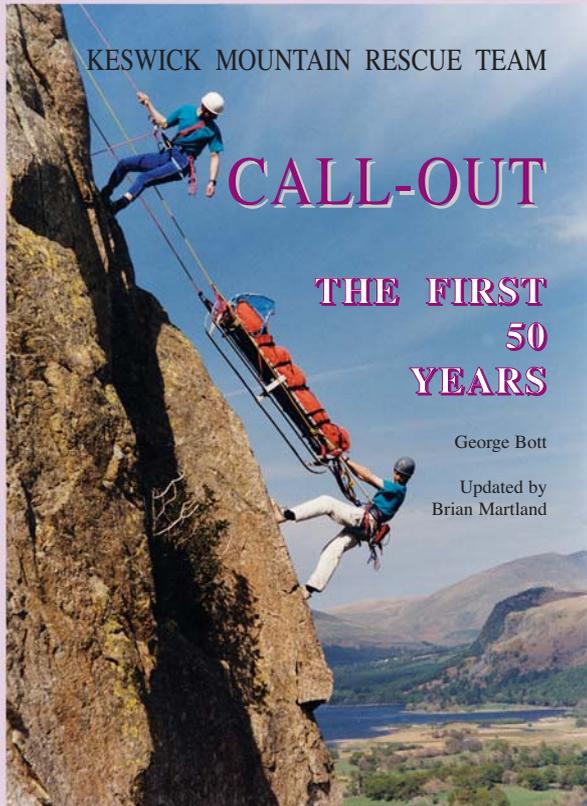
Across:

1. Force Crag
4. Pub
9. Compass
10. Noon
12. Rope
13. SOS
15. Helvellyn
17. Rain
18. Red
22. Watendlath
23. Dew
24. Hat
25. Search Dog

Down:

2. Cairn
3. Adam
5. Bassenthwaite
6. Landrover
7. Casualty
8. Osprey
11. Raven
13. Skiddaw
14. Sharp Edge
16. Neve
19. Ewe
20. Map
21. YHA
23. Dam





ISBN 0 9531098 0 1

CALL-OUT

THE FIRST 50 YEARS

Second Edition

by George Bott updated by Brian Martland

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. An extra four pages have been added to bring the story up to date.

Price £7.50 in bookshops, or by post (£8.50 including postage and packing) from Mick Guy, Limhus, High Hill Keswick, Cumbria CA12 5PB. Cheques should be made payable to: Keswick Mountain Rescue Team.

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

For Mountain Rescue

Call **999** or **112**

and ask for Police

Then 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.
- The time of the incident.
- The number of casualties.
- The details of any injuries.

Then:

- **STAY BY THE PHONE** so that the Team can contact you.

