



KESWICK Mountain Rescue Team

A Registered Charity Number 509860

Annual Report
2010

Welcome



Blencathra, Sharp Edge

Welcome to the 2010 Annual Report of
Keswick Mountain Rescue Team.

Keswick MRT has had an extraordinarily busy and varied year in 2009, with a record number of callouts, which, at 136, was over 50% more than the previous highest number for a year.

The Team operates in, and has responsibility for, the area shown on the map on page 2. This area includes approaches to three of the 3000 feet high mountains in England.

Operations may require Team members to work in other areas.

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.

The subject of the painting, Blencathra, saw 14 callouts in 2009, including 8 on Sharp Edge.



Website homepage

For more information about the Team, including more details about incidents, please visit the Team's website

www.keswickmrt.org.uk

In addition to the "Please support us" information given on pages 38 and 39 of this Report, please consider supporting the Team through the links from the website to

The Charities Aid Foundation
and **JustGiving.**

Except where noted all photographs used in this Report have been contributed by Team members

Keswick Mountain Rescue Team 2010

www.keswickmrt.org.uk

Team Leader: Mark Hodgson
President: Mike Nixon MBE
Chairman: Alan Prescott
Secretary: Paul Cheshire
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Keswick, Cumbria CA12 4HN

Assistant Secretary: Graeme Wilson
Treasurer: Ian Wallace
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Chris Higgins
Simon Hodgson
Medical Officer: Dr Tim Hooper
Training Officers: Jocky Sanderson
Steven Hepburn
Radio Officer: Alan Prescott
Transport Officer: Allan Alcock
Equipment Officers: Richard Gale
Nick Jones
Base Officer: Paul Carter
Social Secretary: Elly Whiteford
Report Editor: Peter Little

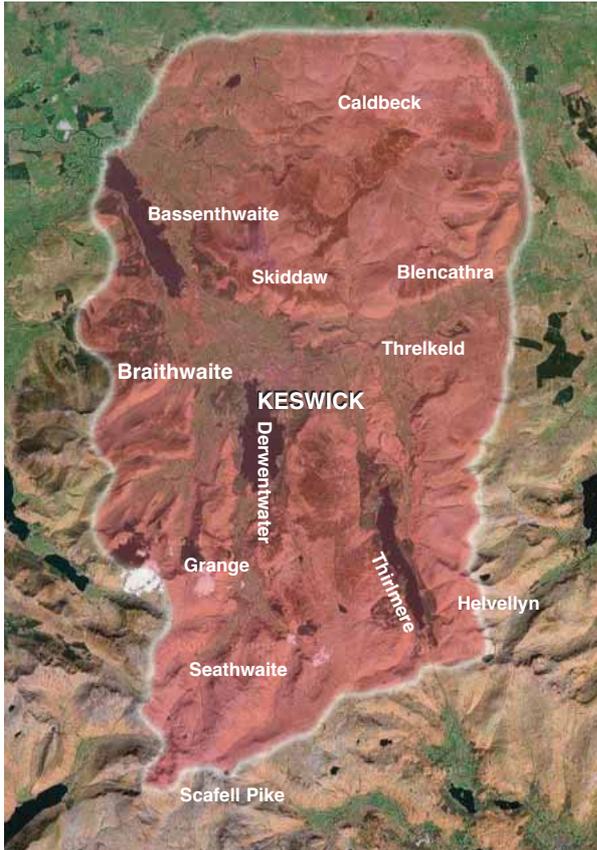


Allan Alcock	<i>Retired</i>
Donald Angus	<i>Retired</i>
Paul Barnes	<i>Fire Fighter</i>
Jan Beedham	<i>Laboratory Technician</i>
Martin Bell	<i>Paramedic</i>
Fiona Boyle	<i>Lecturer</i>
Paul Carter	<i>Production Manager</i>
Paul Cheshire	<i>Chartered Engineer</i>
Dr Adrian Clifford	<i>General Practitioner</i>
Neil Dowie	<i>Hotelier</i>
Donald Ferguson	<i>Retail Assistant</i>
Chris Francis	<i>Fire Service</i>
Cheryl Frost	<i>Adventure Travel Consultant</i>
Richard Gale	<i>Systems Engineer</i>
Chris Gillyon	<i>Outdoor Pursuits Instructor</i>
Geoff Gilmore	<i>Leisure Pool Manager</i>
Rob Grange	<i>Photographer</i>
Mick Guy	<i>Retired</i>
David Harbourne	<i>Rope Access Supervisor</i>
Chris Harling	<i>Outdoor Pursuits Instructor</i>
Roy Henderson	<i>National Trust Warden</i>
Scott Henderson	<i>National Park Ranger</i>
Steven Hepburn	<i>Retail Assistant</i>

Chris Higgins	<i>Outdoor Pursuits Instructor</i>
Mark Hodgson	<i>Project Director</i>
Simon Hodgson	<i>Builder</i>
Dr Tim Hooper	<i>General Practitioner</i>
Katharine Horder	<i>Head Teacher</i>
Paul Horder	<i>Retired</i>
Robin Humphreys	<i>Retired</i>
Andy Jones	<i>Guest House Proprietor</i>
Nick Jones	<i>Outdoor Pursuits Instructor</i>
Peter Little	<i>Pharmacist</i>
Malcolm Miller	<i>Laboratory Technician</i>
Phil Newton	<i>Retired</i>
Mike Nixon	<i>Retired</i>
Nick Ogden	<i>Outdoor Equipment Technician</i>
David Pratt	<i>Teacher</i>
Alan Prescott	<i>Senior Manager</i>
Norman Pretswell	<i>Retail Assistant</i>
Jocky Sanderson	<i>Outdoor Pursuits Instructor</i>
Brian Spencer	<i>Retired</i>
Karen Sturgess	<i>Outdoor Pursuits Instructor</i>
Ian Wallace	<i>Retired</i>
Elly Whiteford	<i>Technical Officer</i>
Graeme Wilson	<i>Site Inspector</i>

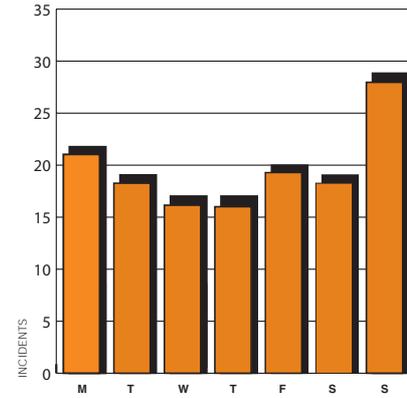


Keswick Mountain Rescue Team Area of Responsibility

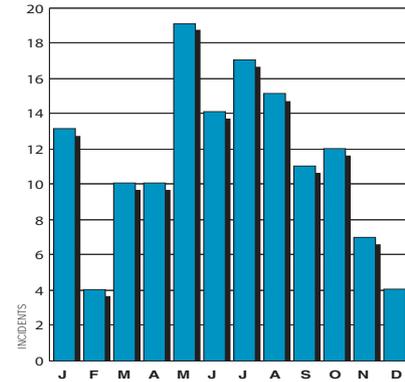


Map taken from maps.google.co.uk

DAYS OF THE WEEK 2009



MONTHS OF THE YEAR 2009



Team Leader's Report by Mark Hodgson



We all thought that 2008 was a busy year and indeed it was at the time; with 90 full team rescues it was the busiest year in the Team's history. At the end of 2008 we hadn't even thought about how busy 2009 might be.

136 rescues and 25 alerts later, however, and we now know what a really busy year feels like. We believe that this statistic makes Keswick the busiest team in the UK in 2009. To put this into perspective that's an average of 3 calls per week, every week, requiring the Teams input – not including all the training (once a week), equipment maintenance and running the business side of the Team. It is a huge credit to the commitment of every Team member who continues to give up so much of their time so willingly that we are able to respond to this number of rescues and provide the highest levels of skill and treatment for every single one of our casualties. Not once have we had any difficulty in calling on sufficient people to undertake all these rescues; on many occasions the Team dealt with multiple rescues in one day. 2 rescues in 1 day was commonplace, but we have also dealt with 3 and 4 calls in a day. At times we have drawn on the support of our neighbouring teams and we have been grateful for the assistance given by teams from outside The Lakes, especially Teesdale with whom we've built a

strong relationship. Their members came over for several weekends during the latter part of the year, having volunteered their services in support, knowing how busy we were. Teesdale, along with members from the Swaledale team also gave us fantastic support from outside the area in the flood rescue and evacuation works we did at the time of the November floods in Keswick.

The year has seen many differing rescues that will stand out in the minds of both those being rescued, and of those doing the rescues; we are always keen to make sure that all our casualties are treated to the absolute best of our abilities. We don't always hear the confirmed details of the injuries our casualties sustain; due to patient confidentiality we are unable to get this information from the receiving hospitals – information which is key to confirming our medical diagnoses and treatment. We try to follow up and check with the casualties themselves, and it is always comforting when we can confirm that the treatment by the Team has been as good as any available, in the often very hostile conditions in which we operate. Sadly the Team has dealt with 3 fatalities in the year.

Some of the rescues of particular note during 2009 include: the rescue of 5 people in horrendous winter conditions from Skiddaw in late January – one of whom was only found by the amazing work of Search Dog 'Mac' and his handler; a series of rescues on Sharp Edge throughout the year – rescues in this location always tend to be serious and an incident where a tree fell on a walker on a path above the Lodore Hotel. This rescue involved close working between KMRT, the Fire Service, Ambulance Service, Police and RAF helicopters – indeed the collaboration on this rescue won a prize for the excellent way in which all these services worked together and a good night out was had at the awards evening!

Other notable rescues include a lone walker who had fallen into Grains Ghyll late in the day sustaining serious injuries. He was only found because members of a school expedition party spotted one of his walking poles and on investigation, saw him lying in the ghyll below. Doing exactly the right thing, some members of the party stayed with the casualty and provided immediate first aid whilst others descended to Seathwaite to raise the alarm; waiting at Seathwaite to meet up with the Team and provide very accurate information on the casualty's location and injuries. We rescued two three-peaks challengers from Great End – they had no compasses and had tried unsuccessfully to downclimb the north face – not the best of routes for a descent. They were lowered down to the foot of the crag in a 5 hour operation. At the turn of the year we were called to the aid of a mother and her 5 year old daughter who had fallen some 30 to 40' into Cat Ghyll on Walla Crag suffering suspected serious injuries. Thankfully their injuries were not as serious as first anticipated and they were quickly released from hospital – with one very brave 5 year old hopping about with a fractured lower leg. All 136 rescues are notable to the individual casualties; we wish every casualty the best for their recovery and hope that their experiences have not put them off enjoying themselves in the mountains of the Lake District.

In November the Team provided many hundreds of man-hours on flood rescue when certain areas of the town were deluged by a one in a thousand year event – 5 years after a one in a hundred year event. As in the floods of 2005, the Team worked very closely with the rest of the emergency services. Over the several days in which we were actively involved, we assisted 190 people in the Keswick area and provided additional support to the Cocker mouth Team dealing with the floods further west in the county. Coming towards the end of such a busy year, and after a huge effort in flood

Team Leader's Report

relief by the Team it was annoying in the extreme to then be called out to what quickly became evident was a hoax call for our assistance.

A significant amount of our team equipment was damaged in the prolonged flood relief efforts along with many of our radios; they are fairly water resilient for normal mountain use, but are not designed for total submersion! We are currently advised that we will be reimbursed for all our damaged equipment. Mountain rescue at national level continues to battle to become VAT exempt; given that we receive no public funding it continues to be very frustrating that we cannot reclaim VAT on all our equipment purchases, especially when we regularly work closely with agencies that can.

The Team often works closely with the Sea-King Search and Rescue helicopters of the RAF and the Royal Navy, and with Air Ambulances from Great North and North West Air Ambulance services. During the year helicopters were used on 37 rescues. The two types of helicopters are very different, however, and are used in totally differing ways. Air ambulances carry more medical skills and equipment but only operate in daylight and better weather conditions. They also need to be able to land very close to the casualty site as they have no winching facilities. Sea-Kings, however, can carry more people (rescuers and casualties), can fly at night and have the much utilised facility to be able to winch casualties directly from their accident location. They are also able to fly in more adverse weather conditions. On several occasions we have also called upon Sea-Kings for search assistance where their infra-red cameras are a marvellous resource to have available, being able to detect very low levels of heat emission at incredible distances. We are assured that it is normally quite straightforward to be able to differentiate between a fell walker of the 2 legged variety and a woolly one of the four legged variety! Regular training is undertaken so that we are able to work safely and efficiently with the Sea-Kings. We continue to be impressed by the highly

skilled and dedicated crews. Due to the widely differing capacities and capabilities of the two types of helicopter it is essential that the right resource is brought into a specific rescue at the right time; we continue to have to work hard with the Police, the RAF/RN and ARCC, and North West Ambulance Service to make sure that this continues to happen.

With all the rescues we do comes a certain amount of involvement with the press; we have excellent relationships with all our local newspapers, radio and television. At times we are occasionally 'steered' by the more national elements of the press in an attempt to make us give critical comments about our casualties on some of the rescues, or to advise people not to go on

the fells, especially when winter conditions prevail. We do not see this as part of our role, quite the opposite, no-one goes on the fell to intentionally have an accident or to get lost. We actively encourage all walkers of all ages and abilities to get out and enjoy the fells, but please, just take a little bit of time to make sure you are properly equipped and that someone in the party is able to navigate on the fells.

Enjoy your time on the fells and mountains, what a fantastic place to be! If you do end up in a position or situation which you cannot resolve yourself and you need the help of a mountain rescue team, dial 999 and ask for the Police for mountain rescue. Please remember, if ringing from a mobile, to ask for Cumbria Police.



*1st Keswick Scouts Mark Hodgson (far right) "Patrol Leader" – October 1967 Ashness Campsite – Mark's first ever "mountain rescue"
Photo: Keith Newton*

The Duke of Gloucester and Prince William

The Team has been involved in 2 Royal visits to the area during the year. On Wednesday 27th May, as part of a day in the Keswick area, The Duke of Gloucester met the Team at Woden's Face, Borrowdale. The Team undertook a simulated crag rescue of 2 casualties; 1 casualty requiring evacuation down the crag by means of a horizontal stretcher lower and the other casualty being rescued by a method known as a 'one-man pick-off.'

In less than ideal weather conditions, the Duke met several members of the Team at the foot of the crag, where the differing rescue methods were explained. In the one hour visit, the formation and history of the Team in comparison to present day standards and levels of commitment, training and equipment were also explained to the Duke. He was also interested to understand the route to membership for prospective members and the effect felt, if any, on rescue teams as a result of almost everyone who now goes onto the fells carrying a mobile phone. Alan Prescott (Chair) and Mark Hodgson (Team Leader) explained to the Duke how 2009 was continuing to be a very busy one for the Team with 53 rescues undertaken up to the date of the visit, compared to 33 at the same position in 2008 (a trend that was to continue throughout the year!).

As members of the Team came off the crag following the demonstration, the Duke was keen to meet and talk with the rescuers and their casualties before leaving to continue his day of visits.

On the 24th July, walkers setting out to Helvellyn could have been forgiven for thinking a major incident was underway on the fells.

Prince William, patron of Mountain Rescue England and Wales joined mountain rescuers from all Lakes teams, including members of the Keswick Team,



Prince William with members of the Mountain Rescue Teams on top of Helvellyn

who made their way to the Lake District village of Glenridding to make the 6km journey to the top of Helvellyn. More than 40 mountain rescue team members walked to Red Tarn and then on to the summit via Swirral Edge. The true purpose of the exercise was to give their patron a taste of mountain rescue life. Prince William, second in line to the British throne, joined the assembled rescuers and a gaggle of press photographers at Red Tarn, in the shadow of Helvellyn's summit.

In addition to being England and Wales mountain rescue patron, he is also training to be an RAF search and rescue helicopter pilot and so is likely to see action helping Britain's volunteer mountain rescue teams when he qualifies. Some of this action could well take place in the Lake District hills

The Prince was accompanied on the trip by four

teenagers from the Centrepoint charity in the North East, of which he is also patron. The group also helped Cumbria's celebrations for the 2012 Olympics by unfurling two flags at the tarn. The day began in typical Lakeland downpour, but the skies brightened to allow great views for the Prince and his young companions as they tackled the route up Swirral Edge. Members of all the Lake District's 12 mountain rescue teams took part, along with a member of the Ogwen Valley Mountain Rescue Organisation. They posed for a picture with Prince William both by Red Tarn and on the summit of Helvellyn.

Walkers out for a day on the fells were surprised to see the royal visitor, who chatted and posed for photographs with them.

Prince William praised the mountain rescue volunteers. He said: "These men and women are unsung heroes. They are up and down these mountains rescuing people with broken legs every day."

The Prince said it was a great opportunity to provide the Centrepoint youngsters, from Consett and Sunderland, with a different perspective on life. He said: "A lot of these guys have never done anything like this so it is a real challenge for them and I have really enjoyed meeting them."

The increased profile Prince William brings to mountain rescue cannot be overstated. The opportunity to get our messages across in the national media is significantly enhanced by his hands-on involvement. This includes the messages of the 24/365 commitment, the purely voluntary nature of the service and the need for the general public to take greater responsibility for their personal safety on the mountains and in the great outdoors.

Mark Hodgson

One Hundred and Thirty-Six Call-outs in 2009

Incident Report 2009

Edited from Team records by Peter Little

- 1 **1 January 18:20**
Yewdel Knott, Grange
A woman slipped on ice. Ankle injury.
- 2 **2 January 13:28**
Cat Bells
A man slipped. Ankle injury.
- 3 **2 January 15:05**
Theatre by the Lake, Keswick
A man collapsed in the theatre. The Team was asked by the First Responders to help. He was taken to hospital by a RAF Sea King helicopter.
- 4 **6 January 17:11**
Birk Side, Nethermost Pike
A search for a man lost in the dark. No injuries.
- 5 **9 January 14:13**
Sharp Edge, Blencathra
A man and a woman became lost, and then icebound. They were roped to safe ground. No injuries.
- 6 **10 January 19:54**
Great Lingy Hill, Caldbeck Fells
In poor weather, a group of five asked for help, as they were unable to find the bothy on Great Lingy Hill. While the Team was travelling to the scene, the group reported that they had safely reached the bothy. No injuries.
- 7 **20 January 14:20**
Skiddaw
The Team was called to help four walkers encountering difficulties on the summit ridge in extreme winter conditions. It transpired that there was a fifth walker who was unaccounted for. The Team was helped by Patterdale MRT and by Cockermouth MRT, together with search dogs from SARDA. The lone 5th walker was found by a search dog. Two casualties suffered severe hypothermia and cramps. Three were able to be walked down. See article on pages 16-19.
- 8 **23 January 14:01**
Sharp Edge, Blencathra
A man and a woman became cragfast in poor weather. They were roped to safe ground. No injuries.
- 9 **23 January 15:17**
Hare Crag, Skiddaw
A search for a woman lost in bad weather with wintry conditions. Cockermouth MRT and SARDA helped the Team. See article on page 22.
- 10 **23 January 17:15**
High Spy
Two men became lost in poor weather. While the Team was travelling to the scene, they managed to find their way safely down. No injuries.



Incident 33



Incident 33

- 11 24 January 16.31**
Lodore Falls, Borrowdale
 A woman was trapped by a tree, when it rolled over her. The Team took part in a joint operation with the Fire and Rescue Service, the National Trust, and the ambulance service to free her. A RAF Sea King helicopter took her to hospital. Suspected crush injuries, later confirmed to be bruising.
- 12 25 January 14.20**
KMRT Headquarters
 A woman was brought into the building suffering from swollen lips and a swollen tongue. An ambulance took her to hospital. Suspected anaphylactic shock.
- 13 31 January 18.53**
Browncove Crags, Helvellyn
 Two men were unable to continue their abseil descent after a climb, because a torch was dropped. They were lowered to safety. No injuries.
- 14 5 February 07.00**
Bow Fell
 The Team was asked to help Langdale / Ambleside MRT in a search for a man. A body was located below the Climbers' Traverse, by a rescue helicopter. Fatality.
- 15 8 February 18.45**
Esk Hause
 Three climbers became lost on their descent from Great End. They were found near the Esk Hause shelter. No injuries.
- 16 10 February 15.02**
Sharp Edge, Blencathra
 A man became cragfast in icy conditions. He was guided to safety. No injuries.
- 17 19 February 13.20**
Langstrath
 A man became lost in poor visibility, near Angle Tarn. While a search party was making its way to the area, the man reported that he had found the path, and no longer needed help. No injuries.
- 18 2 March 10.30**
Black Wall, Langstrath
 A sheep was rescued.
- 19 6 March 17.33**
Great Gable/Sty Head area
 Wasdale MRT asked the Team to accompany two walkers from Sty Head to Seathwaite. No injuries.
- 20 6 March 10.20**
Ullock Pike
 A man collapsed. Fatality.
- 21 9 March 12.27**
Cat Bells
 The Team helped in the recovery of a body of a man, which had been found by a farmer. Fatality.
- 22 14 March 11.52**
Scaley Beck, Blencathra
 A man slipped on wet grass. Fractured leg.
- 23 15 March 15.00**
Mariel Bridge, Old Coach Road Clough Head
 A man slipped. Ankle injury. He was taken to hospital by the North West Air Ambulance.
- 24 18 March 11.30**
Path above Swirls, Helvellyn
 A woman slipped. Ankle injury.

Incident Report 2009

25 22 March 11.14

Derwentwater

A capsized boat. The Team responded with its rescue boat, as part of a lake rescue action plan involving HM Coastguard and other boat operators. The man and the woman in the water were safely rescued by another rescue boat.

26 29 March 12.31

Sharp Edge, Blencathra

A man fell approximately 25 metres towards Scales Tarn. While the Team was approaching the scene, a RAF Sea King helicopter winched the man aboard, and took him to hospital. Minor injuries.

27 29 March 15.35

Langstrath

A casualty with an arm injury. While the Team was approaching the scene, an ambulance crew was able to attend to the incident.

28 1 April 15.14

Allen Crags

A teenage boy with a knee injury. The Great North Air Ambulance took him to hospital.

29 2 April 20.48

Ruddy Gill, Borrowdale

A man fell approximately 20 metres from the path into the Gill. The Team stretchered him out of the ravine. A RAF Sea King helicopter took him to hospital. Head injuries.

30 7 April 11.43

Cat Bells

A woman slipped. Arm injury. She was taken to hospital by the Great North Air Ambulance.

31 12 April 13.27

Mossmire Coppice, Borrowdale

A woman with severe abdominal pains.

32 12 April 14.43

Blease Fell, Blencathra

A paraglider crashed. He was taken to hospital by a RAF Sea King helicopter. Chest injury.

33 19 April 13.57

Illusion, Lower Falcon Crag

A rock climber fell approximately 15 metres, after a belay ledge collapsed. Back injuries. He was taken to hospital by a RAF Sea King helicopter.

34 19 April 14.50

Jenkin Hill, Skiddaw

A paraglider crashed. Back and leg injuries. He was taken by a RAF Sea King helicopter to hospital.

35 21 April 11.51

Usurper, Lower Falcon Crag

A climber fell approximately 10 metres while abseiling. Arm and facial injuries. He was taken by a RAF Sea King helicopter to hospital.

36 22 April 12.45

Path near Ashness Bridge

A woman collapsed.

37 24 April 15.30

Black Wall, Langstrath

A sheep was rescued.

38 2 May 10.00

Sergeant's Crag Slabs, Langstrath

A sheep was rescued.



Incident 56



Incident 57



Woden's Face crag rescue demonstration for The Duke of Gloucester

- 39 7 May 18.37**
High Seat
 Two lost walkers. They were talked down to the Watendlath valley, where they were met by the Team. No injuries.
- 40 10 May 17.19**
Combe Gill Valley, Glaramara
 The Team received a report about shouts being heard. A search of the area was made, with nothing found.
- 41 11 May 12.43**
Ashness to Falcon Crag path
 A woman slipped on a wet path. Ankle injury.
- 42 11 May 15.02**
Mosshouse Gill, Ullscarf
 A man slipped on wet grass. Ankle injury.
- 43 11 May 17.45**
Cat Bells
 A woman slipped on loose stones. Ankle injury.
- 44 13 May 15.21**
Stockley Bridge, Borrowdale
 A man with a knee injury. He managed to reach Seathwaite before the arrival of the Team.
- 45 13 May 17.05**
Roughton Gill, Fell Side
 A woman fell. Head, arm and facial injuries. The Great North Air Ambulance took her to hospital.
- 46 15 May 15.02**
High Spy
 A man slipped. Ankle injury.
- 47 16 May 10.55**
Calf Close Bay, Derwentwater
 A man tripped over a tree root. Leg injuries.
- 48 16 May 23.32**
Esk Hause
 A group of three men were lost. Cockermouth MRT and Langdale / Ambleside MRT helped in the search. No injuries.
- 49 17 May 00.43**
Scafell Pikes
 Wasdale MRT asked the Team and Cockermouth MRT to help in a search for six people. Cockermouth MRT found them near Broad Crag col.
- 50 17 May 14.22**
Head of Wythburn
 A man slipped. Wrist injury. Langdale / Ambleside MRT helped the Team.
- 51 26 May 13.15**
Harrop Tarn, Thirlmere
 A woman slipped on the path east of the tarn. Ankle injury.
- 52 26 May 15.12**
Blease Fell, Blencathra
 A man slipped on a path. Ankle injury.
- 53 26 May 16.30**
River Derwent, between Derwentwater and Bassenthwaite Lake
 Three girls had become separated from a canoe group on Derwentwater. The Team made a search of the river from its banks. Cockermouth MRT and Cumbria Fire & Rescue Service were called for assistance. The three girls were found safe and well at Derwentwater Marina. No injuries.
- 54 28 May 15.10**
Watendlath Beck, above Lodore Falls
 A woman slipped while crossing the beck. Back injury.
- 55 30 May 15.51**
Whinlatter Forest
 A search for a man who had become dehydrated and lost. He managed to find his way to the Visitor Centre.

Incident Report 2009

- 56 **31 May 17.24**
Path above The Swirls, Helvellyn
A woman fell. Leg, back and facial injuries.
- 57 **1 June 12.30**
Grains Gill / Ruddy Gill junction, Borrowdale
A woman fell. Leg, head, and arm injuries. The Great North Air Ambulance helped the Team.
- 58 **10 June 11.39**
Latrigg
A man fell at a stile. Thigh injury.
- 59 **12 June 19.55**
Grisedale Pike
A search for an overdue walker, who had contacted his wife after a fall. He was able to get down safely by himself. Minor injuries.
- 60 **13 June 11.31**
Whitefield Wood, near Bassenthwaite
A woman fell at a stile. Ankle injury.
- 61 **14 June 19.22**
Rakefoot, Walla Crag
A woman mountain biker fell into Brockle Beck. Spinal injuries.
- 62 **15 June 11.52**
Rosthwaite - Watendlath path
A man collapsed. Fatality.
- 63 **15 June 11.57**
Lingy Bank Rosthwaite
A woman slipped. Broken leg. The Great North Air Ambulance took her to hospital.
- 64 **20 June 08.25**
Skiddaw - Blencathra area
A search for a man overdue on a leg of the Bob Graham Round. He turned up safe and well in Keswick. No injuries.
- 65 **21 June 11.10**
Skew Gill, Corridor Route, Great End
A man with both knees hurt.
- 66 **22 June 12.42**
Cat Bells
A man was nauseous and suffering from blurred vision. He is thought to have experienced dehydration.
- 67 **24 June 20.20**
Sty Head
A man was lost and exhausted. He was helped down from near the "1000-foot Boulder".
- 68 **26 June 12.25**
Mouthwaite Comb, Blencathra
A man slipped on scree. Knee injury. The Great North Air Ambulance took him to hospital.
- 69 **27 June 14.10**
Cycle track, Whinlatter Forest
A man fell from his mountain bike. Shoulder injury.
- 70 **29 June 17.05**
Rosthwaite - Watendlath path
A man suffered exhaustion.
- 71 **3 July 21.03**
Ennerdale - Borrowdale
A search for an overdue man on the Coast-to-Coast Walk. Cockermouth MRT and SARDA helped the Team. The man turned up safe and well in Wasdale. No injuries.
- 72 **5 July 14.58**
Cycle track, Whinlatter Forest
A man fell from his mountain bike. Head and arm injuries. The Great North Air Ambulance took him to hospital.
- 73 **7 July 16.04**
Langstrath
A woman slipped on wet rocks. Ankle injury. The Great North Air Ambulance took her to hospital.



Incident 60



Incident 29



Incident 41



Incident 16

- 74 8 July 13.56**
Friar's Crag, Derwentwater
 A man and his wife fell from the path. The woman was unhurt, but the man was taken by the Great North Air Ambulance to hospital with minor injuries.
- 75 8 July 17.28**
Lonscale Fell
 A woman slipped. Ankle injury. The Great North Air Ambulance took her to hospital.
- 76 16 July 12.04**
Sourmilk Gill, Borrowdale
 A woman slipped on wet rock. Ankle injury. The Great North Air Ambulance took her to hospital.
- 77 17 July 21.25**
Low Briery, Keswick
 A search for missing canoeists after a sighting of an empty canoe. The Fire and Rescue Service and SARDA helped the Team. The three people were found safe and well in Keswick. No injuries.
- 78 19 July 22.10**
Scafell Pike
 Wasdale MRT asked the Team to help in a search for two missing walkers. They were found below Sty Head, descending to Wasdale. One of the two men had a knee injury.
- 79 22 July 23.05**
Esk Pike area
 A search for four women on an expedition. Langdale/Ambleside MRT and Wasdale MRT were involved in the search. A Keswick MRT search dog found the missing four. No injuries.
- 80 23 July 16.53**
Castle Crag area, Borrowdale
 A woman slipped on wet grass. Ankle injury. The Great North Air Ambulance took her to hospital.
- 81 24 July 14.00**
Lower Man, Helvellyn
 The Team helped Patterdale MRT in carrying a member of a youth group down. Aggravated previous hip injury.
- 82 24 July 15.30**
Keppel Cove, Helvellyn
 The Team helped in carrying down a rescuer. Broken leg, (tibia and fibula).
- 83 25 July 11.32**
Walla Crag
 A woman slipped on the summit rocks. Ankle injury.
- 84 26 July 14.50**
Dale Head
 A man slipped on wet ground above Dale Head Tarn. Ankle injury.
- 85 27 July 09.03**
Scafell Pike
 Wasdale MRT asked the Team, and Cockermouth MRT, to help in a search for two missing men. They were found on Scafell.
- 86 27 July 13.51**
Sharp Edge, Blencathra
 A man and a woman fell on the north side of the Edge. He was unhurt, but she had spinal and head injuries. The Great North Air Ambulance helped the Team by taking Team members from Mouthwaite Comb to the top of the Edge, above Foule Crag, thus shortening the approach time to the scene of the incident. A Royal Navy Sea King helicopter took the injured to hospital.
- 87 28 July 13.45**
Brown Crag, Thirlspot
 A woman in distress, unable to continue her walk. She was escorted to Thirlspot. No injuries.

Incident Report 2009

- 88 **2 August 19.40**
South Loop Mountain Bike Trail, Whinlatter Forest
A mountain biker crashed his bike. Head and spinal injuries, abrasions, ear injury.
- 89 **2 August 21.08**
Gable Gill, north of Dodd
A woman with an asthma attack.
- 90 **3 August 13.45**
Sourmilk Gill, Borrowdale
A man fell about 10 metres while scrambling. Arm and leg fractures. He was taken to hospital by the Great North Air Ambulance.
- 91 **7 August 23.15**
Grains Gill path above Stockley Bridge
A woman was ill, with vomiting. Exhaustion and dehydration.
- 92 **8 August 12.52**
Spooney Green track, Latrigg
A man crashed his mountain bike. Facial injuries.
- 93 **9 August 09.22**
Scafell Pike
Wasdale MRT asked the Team to help in the search for two missing walkers. They turned up safe and well. No injuries.
- 94 **11 August 16.48**
Path above The Swirls, Helvellyn
A man slipped on wet rock. Ankle injury.
- 95 **11 August 19.27**
Sty Head
Wasdale MRT asked the Team to escort two walkers from Sty Head to Seathwaite. The walkers had been in difficulty earlier at an awkward rocky step on the Corridor Route, Great End. No injuries.
- 96 **13 August 15.98**
Dash Falls track, Skiddaw
A woman fell on the track. Broken wrist, and facial injuries.
- 97 **16 August 10.22**
Scafell Pike
Wasdale MRT asked the Team to help in a search for two missing walkers. While the Team was travelling to Seathwaite, the walkers turned up safe and well, in Eskdale.
- 98 **19 August 14.45**
Greenup Gill, Borrowdale
A man slipped on wet rocks. Leg injury. See article on page 23.
- 99 **20 August 14.21**
Great End
Two men became lost, and became cragfast while attempting to downclimb the face of Great End. They were lowered to safety. No injuries.
- 100 **13 August 13.38**
High Rigg
A woman slipped on wet grass. Ankle injury. Teesdale MRT helped the Team.
- 101 **24 August 13.23**
Little Man, Skiddaw
A boy fell. Dislocated knee (a recurring injury). The North West Air Ambulance took him to hospital.



Incident 54



Incident 72

- 102 28 August 11.00**
Helvellyn area
Patterdale MRT asked the Team in searching for a missing man and a woman. It was thought that they had gone on to Helvellyn. However, they had, in fact, spent the night on Glaramara.
- 103 1 September 12.50**
Head of Wythburn valley, Thirlmere
A man slipped. Ankle injury. The Great North Air Ambulance took him to hospital.
- 104 1 September 14.37**
Path above Combe Gill, Bessyboot
A woman slipped on wet grass. Broken leg. The Great North Air Ambulance helped the Team by taking Team members from the earlier incident, (number 103), to a fellside near the scene of this incident. The air ambulance took the woman to hospital.
- 105 1 September 15.26**
Styhead Gill, Borrowdale
A man was vomiting, and suffering exhaustion. A RAF Sea King helicopter took him to hospital.
- 106 2 September 17.39**
Scafell Pike area
A group of five became lost. One of the group had an ankle injury. They were found near the top of Calf Cove. Wasdale MRT helped the Team.
- 107 8 September 12.56**
Styhead Gill path, Borrowdale
A man slipped on wet grass. Ankle injury.
- 108 10 September 19.40**
Holly Bank, Bassenthwaite
A woman slipped on a path. Broken leg.
- 109 14 September 13.50**
Sharp Edge, Blencathra
A man became cragfast. Other walkers helped him out of the situation as the Team was arriving. No injuries.
- 110 16 September 20.58**
Green Gable
A search for a man lost while doing the Coast-to-Coast walk. Cockermouth MRT and SARDA helped the Team. He was found at the summit of Green Gable.
- 111 20 September 14.30**
New Bridge, Rosthwaite
A woman felt unwell/faint.
- 112 21 September 14.19**
Shoulthwaite area
A search in the vicinity of a parked car which had been left in a layby for six weeks. Nothing was found.
- 113 30 September 17.00**
Troutdale
A man and a woman were unable to negotiate a slippery path.
- 114 1 October 15.20**
The Swirls, Thirlmere
A paraglider landed successfully but a gust of wind caused him to strike a wall. Broken ribs and broken arm. The Great North Air Ambulance took him to hospital.
- 115 4 October 12.45**
King's How path, Troutdale
A woman slipped. Chest and knee injuries. A RAF Sea King helicopter took her to hospital.

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- 116 5 October 17.29**
King's How path, Troutdale
A woman slipped. Broken leg.
- 117 11 October 13.55**
The Grasp, Shepherds Crag
A man fell 5 - 8 metres while leading the climb. Pelvic and arm injuries. The North West Air Ambulance took him to hospital.
- 118 14 October 19.26**
Corridor Route, Great End
Wasdale MRT had found a lost and benighted group of six walkers. Wasdale MRT asked the Team to escort the six to Seathwaite. No injuries.
- 119 22 October 18.47**
Walla Crag
A man was benighted. No injuries.
- 120 23 October 06.47**
Cockermouth
Cockermouth MRT asked the Team to help in a search for a missing man. He was found safe and well. No injuries.
- 121 24 October 17.35**
Grey Knotts
A woman slipped on wet grass. Broken leg.
- 122 26 October 18.22**
Brandy Gill, Carrock Fell
A woman slipped on wet grass. Ankle injury.
- 123 27 October 23.33**
Head of Wythburn valley, Thirlmere
A search for three lost walkers doing the Coast-to-Coast walk. They were found near the head of the Wythburn valley. No injuries.
Langdale / Ambleside MRT helped in this search by covering the Greenburn valley and the Far Easedale valley.
- 124 28 October 16.27**
Blease Fell, Blencathra
A woman slipped on wet grass. Ankle injury.
- 125 31 October 22.39**
Esk Hause - Bowfell area
Langdale/Ambleside MRT asked the Team to help in a search for nine missing walkers. They were found the following day in Ore Gap.
- 126 7 November 12.56**
Sharp Edge, Blencathra
Three walkers became cragfast. Other walkers helped them out of the situation before the Team arrived. No injuries.
- 127 15 November 16.40**
Taylor Gill, Base Brown
A group of three walkers became separated. A local Team member was able to resolve the incident.
- 128 16 November 00.01**
West side of Derwentwater
A search for a missing man. He was found safe and well, near Abbot's Bay. No injuries.
- 129 19 November 09.30**
Keswick and beyond
Widespread flooding in the Keswick area and the River Derwent valley to Workington. The Team helped in the checking and evacuation of flooded properties and vehicles. Several Team members were personally affected, but, nevertheless helped in the Team's operations. In total, 190 people were helped by the Team. The Team was also involved in assisting the Fire and Rescue Service in getting pumps to flooded properties, and helping a doctor reach Rosthwaite. When the Northside Bridge in Workington was swept away, swiftwater technicians from the Team helped in the search for a missing police officer. He lost his life when the bridge collapsed. Teeside, Swaledale and Kirkby Stephen MRTs and the local National Park Rangers were all part of the rescue operations.



November Floods



November Floods

130 23 November 10.45

Cockermouth

Cockermouth MRT asked the Team for support while a large tree, blocking the Cocker Bridge, was removed. A swiftwater rescue team from Keswick MRT attended the scene.

131 26 November 17.40

Skiddaw

The Team received a report from a woman claiming that she had met a party of walkers who had come off Skiddaw, reporting a man with a broken leg near the summit. The Team investigated, but it turned out to be a false alarm. Police later arrested a woman on suspicion of wasting police time in making hoax calls.



KMRT Headquarters

132 27 November 12.51

Sharp Edge, Blencathra

A man slipped on wet rock and fell approximately 20 metres into a gully on the north side. Multiple suspected fractures and spinal injury. A Royal Navy Sea King helicopter took him to hospital. Penrith MRT helped the Team in this incident.

133 24 December 15.55

Underscar

A boy had a sledging accident on Gale Road. The Ambulance service asked for the Team's help in the snow and ice. Unconscious casualty with suspected serious injuries.

134 26 December 13.54

Spooney Green Lane, Latrigg

A man slipped on ice. Ankle injury

135 26 December 14.36

Between Scar Craggs and Causey Pike

A man with a pre-existing medical condition suffered exhaustion. A RAF Sea King helicopter evacuated the casualty.

136 26 December 15.37

Path near Brockle Beck, below Rakefoot

A woman slipped on snow and ice. Dislocated shoulder and broken humerus.



Incident 86 - Looking steeply down the gully from Sharp Edge

"Saving Lives in Wild and Remote Places"

Recollections of Incident 7

A difficult but successful rescue of a group of walkers, stuck in extreme conditions, on Skiddaw in the Lake District.

The rescue started with a pager message on Tuesday 20 January at 2.20 pm, "Group of 4 stuck on Skiddaw",

. . . and concluded at 9 am the following morning when we were all relieved to receive an update with the news,

"Casualty had core temperature of just 24.1°C when admitted to A&E. She'll be OK, expected release tomorrow."

This casualty wrote several days later to say . . .

"I am at last able to move the fingers on my right hand enough to write to you all to say a very big 'thank you' for saving my life . . ."

In the words of one Keswick Team member who summed it up for all of us, "Feel good. Sore, tired . . . but good."

Our (most serious) casualty went on to say in her email . . .

"I know there were individuals who played a particular part in helping to bring me down on a stretcher but I wish to thank you all for your efforts in being there for me and for my friends – we know that without your help we would not be here to tell the tale!"

[¹] Another of the casualties owes her life to a crucial decision made on the hill that night and to the skills of one of the Keswick search dogs, Mac, and his handler (of which, more later – read on . . .)

In fact, a total of 71 rescuers responded, including members of the Cockermouth, Patterdale and Keswick Mountain Rescue Teams, plus 8 SARDA Lakes search dogs and their handlers . . . and, altogether, we saved 5 lives that night.

During the rescue it became apparent that 5 (not 4) people from the original party of 7 were stuck. A group

of 2 had made their own way down to Keswick and called at our Base to say so. That left a group of 4 on the hill, but each group thought that the 7th person was with the other. She was, in fact, alone, lost and in considerable danger.

The walking party of 7 friends were out enjoying the day together as training for a big trek this year in the Himalaya. They had planned a fair route for their abilities and experience but were overcome by the conditions underfoot and the atrocious weather on the summit, especially the poor visibility, plus the wind speed and resultant wind chill.

In the event, snow, ice, 50+ mph winds and a white-out severely hampered navigation on this otherwise familiar hill.

Our GPS-equipped radios were an enormous help throughout the search and rescue in these very difficult conditions: where radio signal coverage permits, they pinpoint each rescuer on a map on the computer screen back at our Base.

The Keswick Deputy Team Leader who made the initial response takes up the tale,

"I rang the mobile number given and was relieved when it was answered. I started to ask the usual questions: where are you, how many in the group, any injuries? At first I thought 'this sounds like a little girl on the end of the 'phone.' She was quite anxious, talking very quickly and obviously having to shout down the phone to make herself heard."

The upshot was that there were 4 of them in the group and they were stuck in high winds and white-out conditions. They had no injuries but were starting to get quite cold. Asked if they could move to a more sheltered position they felt that they couldn't move safely from where they were.

The grid reference given was only 4 figures. Asked about their route the group said that they had started their walk at Millbeck, had gone past a waterfall and continued up Broad End towards the top. This was all we had to go on.

Our first vehicle drove up the icy forest track to the col behind Dodd for the fastest access to the summit ridge.

The second vehicle was despatched to Millbeck, from where Team members would retrace the group's intended route. Keswick search dog Ginny and her handler were tasked to ascend Skiddaw by the 'normal' route via Jenkin Hill.

"I then rang . . . again to see how they were doing, to tell her what we were doing and that we were on our way. We find that if we are in frequent contact with a casualty it not only helps them in that they know what's going on but we also pick up snippets of information that we didn't have before."

That action proved to be vital in locating and reaching the group quickly.

"During the conversation I quizzed her again about their location and, this time, . . . managed to give me an altitude of 928m – a very precise figure. There is a spot height of 928m on the ridge, just ? K south of the summit trig point."

[The group had established that they were in the small shelter cairn at this point on the exposed summit ridge].

After a quick chat with a Deputy Team Leader in the first Land Rover, our 4WD Transit was re-directed to follow it.

Knowing that radio coverage at the back of Skiddaw is poor, we contacted the Team Leader of Cockermouth MRT, to say that we had a potentially serious callout and to ask if he would open-up their base to aid radio communications.

Once again, we contacted the group to let them know how far away from them our first Team members were now.

"You could hear the relief in her voice when told they were half an hour away. She said they were very cold now."

These are some impressions recalled by the first wave of rescuers on the hill . . .

logging up front of hill – icy but sheltered from wind . . . need for urgency and speed but must keep together . . . casualties told we will arrive in half an hour – “we’ll be running then!” . . . hit by a gale as we topped-out

v windy . . . idiot . . . idiot . . . should have gone home to rest strained Achilles’ . . . idiot – why are you carrying a heavy stretcher?!! . . . regroup on last climb to summit . . . windy, frozen shale and snow – scarily slippery . . . visibility poor the wind was stripping the snow from the rocky scree, which was covered in ice . . . just standing up was difficult . . .

The light and visibility had deteriorated and it was difficult to see even with goggles on.

Soon, though, the first wave of Keswick Team members found the 4 casualties huddled on the summit ridge, who said later that they, “. . . **will never forget the joy of hearing and seeing you !!**”

The Keswick Team Paramedic recalls,

“I arrived first on the ridge . . . relief of seeing group immediately: no extended search . . . but casualties have little protection from wind here . . . bottle of water lying next to them totally solid: these guys are going to be cold . . . get to work and assess casualties whilst rest of team find more sheltered spot and assemble stretcher for our route down.”

No. 1 cold but fine . . . No. 2 cold but fine, has had heart op. recently . . . No. 3 cold fine but with severe thigh cramp . . . No. 4 cold, not fine! . . . unco-operative, unable to converse and stiff-jointed...

Tried to feed casualties . . . casualties 1, 2 & 3 fed: casualty 4 not . . . all moved into more sheltered position, into a shelter [that we had carried-up] . . .

No. 4 put into casualty bag – deteriorating quickly (GCS down to 8) . . . curled up in foetal position making incomprehensible sounds . . . expressed need for speedy evacuation to team members (lots of times

– sorry lads !!)”

In the meantime, before the light faded completely, two Team members had made a quick search of the immediate area and the summit ridge in an attempt to find the remaining member of the walking group, but to no avail.

Knowing that we still had a missing 5th person to find, we asked Cockerthorpe MRT if they could help with this and co-ordinate the rest of the SARDA Lakes search dogs. We agreed a search area on the North side of Skiddaw and left them to get on with it, confident in the knowledge gained from working together closely that this was in good hands.

The second wave of Keswick Team members had arrived at the casualty site now, making 15 in total. Getting our 4 casualties off the hill, with one of them (so far) on a stretcher was going to be very hard work and it needed doing quickly. The best route by far in the conditions would be the ‘tourist’ path down Jenkin Hill, despite this being back into the wind initially. At this point, we asked Patterdale MRT to help, as they were already out and about. To their credit they came straight from finishing a search on High Street and, after checking-in with our Transit – now parked on the Gale Road below Skiddaw – for flasks, food and yet more equipment, they set-off up Jenkin Hill in good humour.

Meanwhile, knowing that help would be on its way, 3 Keswick Team members and a search dog headed back up towards the summit for 1 last search, leaving 12 Keswick Team members remaining to evacuate the 4 casualties.

[Note: each walking casualty needed a rescuer on either side of them for support and guidance. Our stretcher requires 6 Team members to carry or sledge it any distance. We usually work in shifts, with those ‘resting’ from a turn on the stretcher carrying the rucksacks, route-finding, and providing light by pointing torches at the stretcher bearers’ feet].

The **Deputy Team Leader** who made this life-saving

judgement on the hill admits that it was a very close call indeed.

“We now had 1 casualty on a stretcher, 1 that was marginal (who later needed carrying on a stretcher) and 2 that I knew would need considerable assistance in walking off. The visibility was between 5 and 10 metres on the ridge with strong winds.

Do we all go down with the 4 casualties? Effective searching would be impossible with just a small number of team members and we literally had our hands full. I knew that Base would have more team members and other teams on the way to help. I thought the chances of finding the 5th casualty were slim but if she was lying on the fell she would not survive the night.

After checking that the team members we were leaving behind had enough equipment, I decided that 3 of us would go and have a look. We searched the lee slope of the ridge, at times wading thigh-deep in powder snow and other times on frozen rock, covered in verglas. The conditions were deteriorating and the light was gone. Radio mikes, goggles and jackets were all icing-up.

From the trig point we worked diagonally down towards the fence, which was almost buried in snow. Visibility was down to 10m when search dog Mac started to bark and then led us to the casualty, some 70m away from the fence.

I would judge our effectiveness searching without a dog to have been less than 1%. The fact that we had a dog with us tipped the balance for me in deciding to search for the 5th person. I have no doubt that Mac . . . saved her life.”

Conditions on the ridge were very difficult. Team members were aided by GPS radio tracking from our Base, guiding them towards the top – despite being only a few metres away from the trig point, normally a prominent landmark! (Mac’s performance in those conditions converted at least one astounded and humbled search dog ‘non-believer’).



Incident 16 - Sharp Edge, Blencathra

Mac's handler remembers,

The snow had drifted along the fence so that only the top couple of inches of it were showing; we sank up to thigh-deep in places making it hard going. A report came in that a lone head-torch had been spotted descending Jenkin Hill and this was possibly the 5th person, but communications were very broken. We could not stop searching because of an assumption; we pressed on.

As we stopped to check our location, I didn't notice at first that Mac had darted off, and looked round just in time to see him coming down the slope in front of us. He barked, barking urgently before turning and heading back up the way he had come – telling us that he had found something. We headed up the slope, following him into more exposed conditions.

Then I saw the orange survival bag on an open area of iced, frozen grass – we had found the missing 5th person. She was lying with her head and shoulders out of the bag and into the prevailing wind, her gloved hand gripped around a walking pole, her head covered in snow. She was alive, but very cold; she could speak, but was confused and shaking, clearly suffering from hypothermia.

I knelt down to shelter her and let her rest her head on me while talking to her and Mac shuffled in beside her for shelter. We got into a shelter, which was a struggle to keep down in the wind and changed her cold, wet hat and gloves for dry ones then tried to get some food inside her.

Do we request a stretcher or do we walk her down? Was she too cold to walk? We transmitted our 'find' and our grid reference. We were not sure how long it would take for back-up to arrive but the fact that she was shivering, meant that we decided to get her on her feet. Waiting any longer would have been dangerous for her in these conditions.

We headed down out of the worst of the wind, supporting our casualty, and made our way back to the fence while one team member concentrated on

the navigation (using dependable map and compass, backed-up by my GPS).

The going was very slow due to conditions underfoot and the cold, our casualty was struggling to walk due to the cold. We encouraged her continually as we struggled, and made gradual progress along the fence over Bakestall. As we descended, the wind dropped and increasing numbers of Cockermouth Team came to join us and help support our casualty off the hill. She was becoming warmer by the minute and was now out of immediate danger

As we reached the lower slopes, the Cockermouth Team vehicles below Dash Falls were a very welcome sight. By now, it was gone 8 pm and we had been out for 5 hours in terrible conditions. I was tired and hungry. Mac was too, as he had missed his dinner.

However, the night was not over yet. Over the radio, we learnt that the rest of the team evacuating the party of four were still on the hill. 2 of the casualties were now on stretchers and the other 2 needed help to walk, so progress was slow. Worse still, the second stretcher party were still on top of Jenkin Hill. Cockermouth and Keswick Team members sped-off now to join the Patterdale and Keswick Team members already making their way up Jenkin Hill to help.

Back to our Paramedic and the stretcher parties descending Jenkin Hill . . .

1 stretcher and 3 walking with assistance, at first . . . hoping that casualty with cramp would ease with walking . . . difficult to keep all together on summit ridge . . . hard to keep track of all people whilst hauling a stretcher in these conditions . . . overriding need to keep going as quickly as possible . . . regular checks of casualty on stretcher – still moving and groaning – GOOD, keep going . . . HELL, THIS IS HARD WORK.

Painstakingly slow on frozen scree when off route . . . GPS radios – brilliant invention . . . added boost on hearing 5th casualty found and doing well . . . Team with casualty with cramp gone to ground . . . but more

people and gear coming up the hill . . . regular checks on casualty on stretcher – still moving and groaning – GOOD, keep going . . .

This is hard work . . . off the scree – great . . . but into knee-deep, soft snow – brilliant!! . . . worried about 2 walking casualties going slowly . . . pep talks and good support from team members keeping them going . . .

With a wind chill factor of minus 13°C, a 80+ Km per hour wind, ice on the summit scree and visibility down to a few metres, Skiddaw was not a comfortable place to be that night . . . let alone to be hauling stretchers and supporting casualties off the fell.

While co-ordinating all the rescue resources involved required a very clear head from the Deputy Team Leader and his small group of helpers back at Base, enormous respect goes to all the rescuers working together out on the hill who, despite these very difficult conditions, concentrated on finding and bringing all the casualties back down to safety.

Meanwhile, back on Jenkin Hill . . .

Base on radio for us . . . can't hear all of message for wind . . . stop, try to talk . . . glove off, hood frozen, still can't hear

. . . move 2ft . . . stop stretcher tipping . . . move below stretcher . . . hold . . . move 2ft . . . repeat . . . feels like hours.

Must keep moving . . . 2nd walking casualty almost unresponsive . . . stretcher case unresponsive . . . others will catch up.

Message comes in over radio: 5th casualty found, evacuating to the north – tell walking casualties to cheer them up

Stop . . . regroup . . . 2nd walking casualty v. bad . . . back to 3 hauling the stretcher . . . won't run straight . . . regroup

Top of the zigzags now . . . stretcher stops again – caught on something . . . just stop and look at it . . . surely it can't be my turn to lift it again? . . . is just

looking at it, too! . . . he's as tired as I am . . . keep going . . .

The Patterdale Team Doctor stops on his way up to check casualties . . . he comes down with us as a Keswick Team Doctor is already with the 2nd stretcher party . . .

Really good boost to meet other team members coming up the hill with comments of support and encouragement . . .

Never been so pleased to see light of Keswick come out of the gloom . . . and to hand over the stretcher to members of the Patterdale team . . .

Lights of Keswick in sight . . . could lie down on path . . . knackered

Too tired to chat and joke as normal on way home – drink 3 cups of hot chocolate in Transit before we reach Keswick

Fish and chips at Base when we arrive back.

The second wave off the hill arrived back at Base about an hour later and devoured some pizzas and a glass of wine, before drying and sorting-out all their equipment, ready for the next rescue. Many Team members did not get home until well after midnight and there was still more sorting and checking of equipment to be done the next day.

(The wine had been donated to Keswick Team by a grateful casualty in 2008 and it was very welcome tonight!)

Of course, we expect the same treatment when it's our turn to help out Cockermouth or Patterdale . . . eh, folks?!

Altogether, 2 casualties were transferred by Cumbria Ambulance Service to the Cumberland Infirmary in Carlisle:

1 with hypothermia, who was accompanied en-route by the Patterdale Team Doctor, and 1 with severe cramps.

The other 3 casualties were taken to Keswick Cottage Hospital for check-ups. It is unlikely that any of them would have survived the night where they were, stuck in such appalling conditions.

Word came through the next day (we don't always get any feedback on our casualties so it's always really useful to know things that can help to reinforce or improve our first aid diagnosis and treatment skills for next time):

“. . . (aged 64) was pretty ill, with slow atrial fibrillation (35-40) and a GCS of 7.

Core temperature on arrival at hospital was 24.1°C. BRILLIANT job by . . . [Paramedic] and the stretcher team.

They had realised that she was as close to death as you can get and they evacuated her rapidly and as smoothly as possible. It was a real achievement to maintain some cardiac output. Not sure how she will get on in hospital; rather disappointing initially but let's hope that her underlying physiology will compensate.”

It did. To finish with the heartfelt words of this particular casualty,

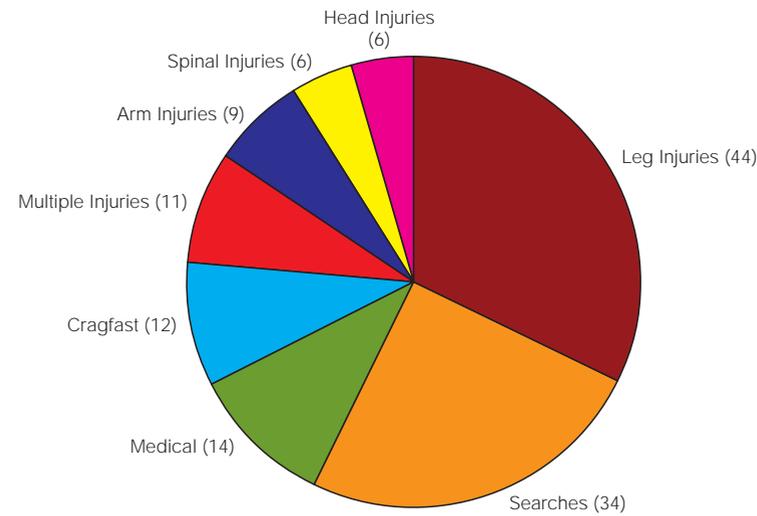
“We all know the dangers you put yourselves through in helping us and are truly humbled that we survived through your dedication as have countless others before us and as will many more in the future.”

Words cannot express our sincere thanks, very particularly mine, and my donation is a drop in the ocean to what your organisation deserves – what price can anyone put on a life?!

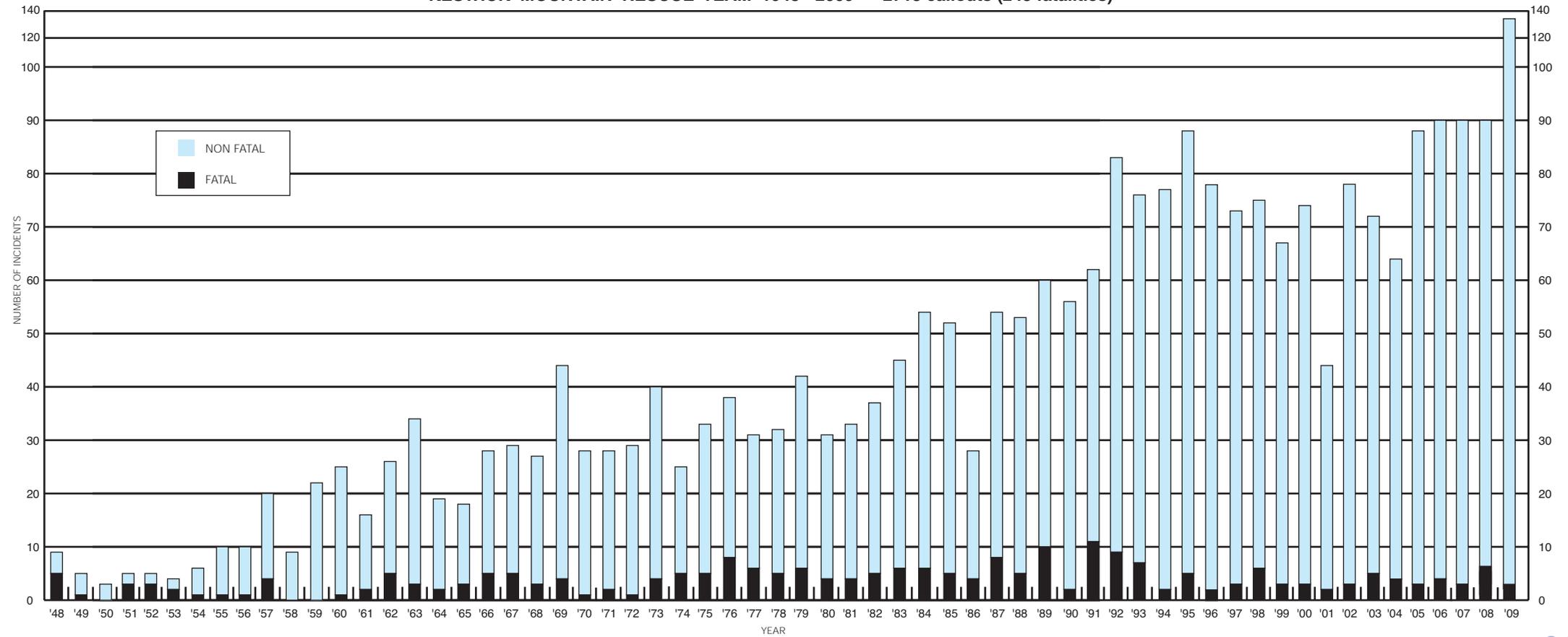
Many, many, MANY thanks, . . .

INCIDENT TYPES 2009

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



KESWICK MOUNTAIN RESCUE TEAM 1948 - 2009 2713 callouts (243 fatalities)



A Casualty's Account

My Mountain Rescue - Incident 9 - Skiddaw

Allow me to express my deep gratitude to the Cockermouth and Keswick Mountain Rescue Teams, who came to my aid on Skiddaw on January 23rd. It was foolhardy of me to set out on my own, and without a compass, when mountain forecasts warned of treacherous conditions on higher ground and to persevere for the summit despite realising that the situation was worsening with every step I took: visibility was very poor, the wind was strong and getting stronger the higher I ascended, the less exposed ground was covered in deep snow and the more exposed sections were iced over. Shortly after I cleared the summit and started descending towards Skiddaw Little Man, I found myself in a whiteout and became totally disorientated. After stumbling around for a while, I got very frightened, which is when I used my mobile to call the Mountain Rescue Service.

My heartfelt thanks go to the controller from the Keswick Mountain Rescue Team, who did his best to make sense of my unclear messages in order to establish my position on the mountain, alerted both the Keswick and the Cockermouth teams and then tried to maintain telephone contact with me throughout. It was the Cockermouth Mountain Rescue Team who managed to locate me, and I simply cannot thank them enough. When they found me, I was very apologetic to have inconvenienced so many people, but they generously put me at my ease, made me comfortable, offered me a delicious Mars Bar and then escorted me off the mountain amid convivial banter, which buoyed my spirits up considerably. I wish to thank both teams from the bottom of my heart.

I greatly admire the dedication, skill and professionalism of all those who came to my aid and will remain in their debt forever. And I will certainly try to behave more responsibly in future.

Anna Nolan



Incident 61 - Rakefoot

My Mountain Rescue - Incident 98 - Greenup Gill

Three of us had set off from Mill Bridge, Grasmere, aiming for Rosthwaite on the third day of our last leg of the Coast To Coast Walk from Shap to St Bees Head. The weather was unsettled, and I had warned JB, our fourth member, and by this time our driver, due to a bad hip, that, if the visibility was bad at the top, then we might turn around, and come back. However, at the top of Greenup Edge the visibility was OK, but closing, so we proceeded through the boggy land to Lining Crag, and we were well below Eagle Crag when my foot slipped on a rock, and I took a tumble.

Unfortunately, my left leg doubled under my body, and I felt the muscles tear. I was in no pain, and managed to straighten my leg with my hands. My two companions got me to my feet, but, unfortunately, I was unable to move my left leg, nor would it take any weight. I sat down on a nearby stone, and we tried the mobile phone, but there was no signal. Time was approximately 1400 hours.

I reckoned that we were about 2.25 miles from Rosthwaite, and Norman, the youngest and strongest member of our team set off to try and get help. JS, my other colleague kindly said that he would stay with me. I put on another piece of clothing, but it was now raining and blowing quite hard, and we both started to get a bit chilly, though if we had been walking we would have been fine.

I reckoned that it would take Norman about one hour to get to Rosthwaite, and try and get some help. So, the earliest we could expect any help would be between 1630 and 1700 hours. A couple passed us on their way down, and then a pair of young lads came up, gave me coffee, cagoule to put around my leg, and a couple of paracetamol tablets. What decent people one meets on the hills.

They then proceeded on their way to Grasmere undeterred by the weather !

I am sure that before 1600 hours we saw a small figure way below on the path running up the hill. We thought that it must be a mad, lone fell runner. But as the figure drew nearer we could see that the runner was wearing a red/blue waterproof, and that in the distance other similarly-clad persons could be seen rapidly climbing the path. The first man introduced himself, ascertained that I was the patient, offered pain killers – which were not necessary – and then gave me some more clothing. Having taken the details of my colleague JS, and having ensured that he knew the route down, he suggested to JS that he should make his way to the Royal Oak, Rosthwaite, and I'm sure that this must have been a relief to JS, who was also pretty cold.

He next erected a wind break, and before long the rest of the rescue team – eleven plus a dog – were busily assembling a stretcher/sledge. I was then carefully bundled onto the stretcher, and in no time we were off down the narrow, slippery path. At times I was lifted over fencing, and on some stretches I was pulled on the stretcher as a sledge.

They probably got me down to the waiting ambulance faster than I could have managed in normal circumstances ! I understand that one of the team was 81 years. What does one say ?

I shall never forget the first sighting of our "mad lone fell runner" ! Nor the good natured banter of the team, and the memorable journey down.

The ambulance took me to Carlisle Hospital, where I had an operation: "A repaired ruptured quadriceps tendon and other muscles on the left leg".

I have spent much of my life by the coast, was a keen sailor, and I had quite a lot to do with the R.N.L.I., but not as a patient !

I have no previous experience with Mountain Rescue, but both voluntary services clearly work on the same high standards of professionalism and dedication.

Thank you all.

John Ayrtton



November Floods

Keswick Search Dogs 2009

Keswick MRT Search Dogs by Mick Guy, SARDA Lakes Training Officer



Beck

The search dogs of the Lake District turned out 73 times in total last year, mirroring the increase in callouts done by Keswick team. As usual, the Keswick dogs – Mac, Mist and Ginny found themselves assisting their colleagues in surrounding areas, as well as working for their own team. Calls to Furness, Langdale, Patterdale, Penrith, Kendal, Wasdale, Southern Scotland and Lancashire have made it a varied and demanding year.

Search Dog Mac has developed into a thoroughly resilient and effective search dog, making the stunning find on Skiddaw in January which saved someone's life in a whiteout; and helping to locate a couple of others, who although not in the same parlous state, were nevertheless very pleased to see him ! Search Dog Ginny found a group of four girls from a Duke of Edinburgh expedition in the top of Upper Esk in some horrid weather in July, who were equally glad to be found; and she also helped Langdale team members in the location of a man threatening self harm on the High Street fells.

Search Dog Mist, who has been struggling with increasing age and spinal arthritis, has had a quiet year, and was finally retired to sit by the fire at the end of October, at the age of 11. A feisty little character, she still likes to attend training, principally to put the younger dogs in their place.

The two trainees, Beck (handler Chris Francis) and Meg (handler Elly Whiteford) have made good progress with the weekly and monthly training organised by the Lake District Mountain Rescue Search Dogs during 2009, and we hope to see them on the Callout List before the end of the year.



Mist



Ginny



Mac

Training Report

Many types of training



Alpine training

Being current and instinctive helps Team members become confident and capable rescuers. There is no substitute for practice, practice, practice, and fortunately our team is unanimous in its belief in regular training and practice.

In November 2009, twelve members went to Chamonix to get refreshed and confident in winter skills both for their own safety and for the safe and effective search and rescue of casualties in winter conditions. This proved to be invaluable during the big freeze!

What a winter it has been, first came the floods and then the freeze. Fortunately, two-thirds of the Team are also trained in swift water rescue (SWR), and also attend refresher training every 3 years. We have always regarded water rescue and search techniques as a high priority due to the lakes and rivers that surround us, and in light of the tendency of flooding in the area. This is why we are increasing the number of courses for members this year. Each year 30 members will attend a SWR course and 28 will attend a winter skills course, to keep everyone up-to-date, safe and efficient.

As well as the ice and water, we also have mountains and rock, which fortunately attracts many visitors to this wonderful area, and the number of climbers is increasing. This is why we are also investing a great deal in improving our rigging for rescue skills by regularly practicing and sending 10 members to attend advanced crag rescue courses each year.

I am proud to be a part of such a positive and efficient team and, perhaps the most impressive indication of this commitment to rescue, is the number of Team members that have put themselves through, and passed, a very stringent casualty care mountain rescue first aid course and assessment. We must be re-assessed every 3 years and this time 36 out of 47 Team members successfully qualified. I have been informed that this is the highest percentage of casualty care qualified members in any MR team in England and Wales and I feel is a demonstration of the Team's professionalism and commitment to safe and efficient rescue and casualty care.

Jocky Sanderson

Having travelled through most of the night and the following morning, we arrived in Chamonix to stunning views . . . and no snow! Only the highest summits were topped by any of the white stuff. This was confirmed when, after a hearty lunch, we stepped out of the téléphérique on the Aiguille du Midi at a height of about 3800m, to the sight of a mere covering of fresh powder over old snow.

On that first day, I had my nerves severely tested on the intimidating arête, which snakes steeply downhill out of an ice tunnel on the Midi. Therefore, I was somewhat relieved the next morning to hear the guides suggesting a day on the Mer de Glace, brushing up on basic skills. The descent down vertical and near vertical ladders to the glacier was made easier by the lack of snow, and a day of

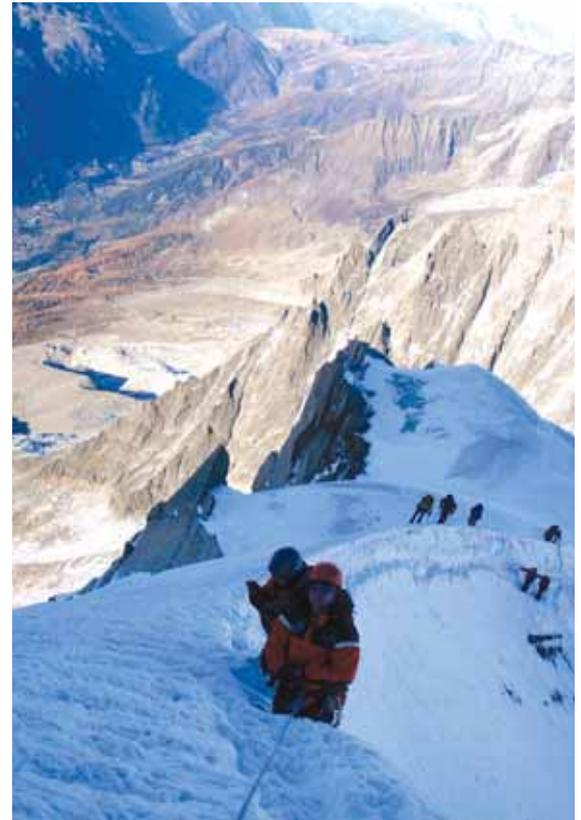
stomping around in crampons and learning how to construct ice belays was rounded off with some ice climbing for the whole party. I had never spent a whole day in crampons before, so this alone was valuable experience for me.

The third day was spent, unusually, travelling through the Mont Blanc tunnel to Italy, where small groups were expertly guided up different alpine peaks. Individuals were given opportunities to develop their personal skills and the change of scenery was an added bonus.

As the final day arrived, and the flight home in the evening loomed large, we decided to spend a further day on the Mer de Glace, where we used the expertise within the team to build individual confidence and practice ice anchors and rope work on small ice cliffs. At the end of another great day there was an anxious dash to catch the last train back to Chamonix.

This was my first trip to the Alps, other than skiing, and was a fantastic experience. I came away feeling confident that I had refreshed and polished my own basic winter skills and that I could look after myself on a winter call out. It was just unfortunate that we were too early for snow . . . I hear they had plenty in Scotland this year!

Karen Sturgess



Annual Report

for the year ended 31st October 2009

Treasurer's Report, Trustees' Annual Report, Financial Statements for the year ended 31st October 2009

TREASURER'S REPORT – Ian Wallace

What a year ! What a Team !

No matter what has been thrown at us, we have coped with it.

From the huge work load of the busiest year ever recorded to the horrendous floods of November 2009, we have kept our heads above water !

We have not only been able to manage the increased day to day running costs of this busy year, but we have managed to finance our commitment to buying our new ambulance.

I have to say a big "Thank You" yet again to Brian Spencer. It is because of his amazing efficiency that the collecting boxes have raised another record amount for us this year. The collecting boxes income alone, of course, is not enough to cover the total running costs of the Team. We have to rely upon other sources of income from the general public. I say "General Public" but this is far too impersonal. Every donation that we receive has a tale to tell.

People donate because they love the Lake District or because they admire the Team.

People donate because they have been rescued or have been in a situation where they have nearly had to be rescued and escaped by the skin of their teeth !

People donate because they wish to remember a loved one or colleague that they have lost. Mothers, because they have lost sons.

The amount and method of raising donations is also very personal.

We have had donations from people who have run half marathons, people who have cycled Coast To Coast, John O'Groats to Lands End, even from walkers who have entered "silly shirt" competitions !

We have also had donations from people who say that reclaiming Gift Aid from them is not applicable as they have no taxable income.

To all of you there who support the Team, thank you so much.

I am afraid that we do need extra financial help this year, however. Water is a very unforgiving medium and a huge amount of equipment was written off in the floods of November 2009. Dry suits tend to get damaged and develop leaks when used in flood environments. Communication radios and torches are designed to withstand rain, not

immersion in water. As I write, there is a big question mark over the safety of the vehicles which are now being checked over for any damage caused by water ingress, all in all, the Team will have to find at least an extra £15,000, maybe as much as £20,000 on top of the usual running costs.

Remember that we have no funding whatsoever from the government.

IF YOU ARE ABLE TO HELP IN ANY WAY HOWEVER SMALL, WE THANK YOU.

IN MEMORIAM 2009

During the year donations have been received in memory of the following:

J. Penny, R. A. Robertson, A. J. Perry, A. J. Picket, A. Shutt, A. Sharples, A. Haines, R. Aslett, B. Hennessy, A. Burn, C. Green, C. Brunton, C. Spiller, Mrs. Carpenter, D. Roberts, J. Davies, E. F. N. Jones, F. Stoker, R. Fairclough, G. Winterburn, R. Goddard, G. Gray, N. Grimditch, G. Hall, H. Lloyd, R. Herbert, I. Fisher, J. Graves, E. Jones, L. Myler, L. Jarman, E. Locker, M. Bayes, M. Wilkes, T. Miller, N. Martin, Ms Humphries, O. Lilley, J. Porter, Ms Robertson, R. Herbert, L. Thompson, R. Aslett, R. Bagshaw.



Chairman Alan Prescott talking to The Duke of Gloucester with Team Leader Mark Hodgson

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	Alan Prescott
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.

Accountants: Gibbons & Company, Chartered Accountants, 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 31st OCTOBER 2009

Trustees Report: The Trustees present their report along with the financial statements of the Charity for the year ended 31st October 2009. The financial statements have been prepared in accordance with the accounting policies set out on page 31 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 20th March 1980 and amended on 10th November 1994 and again on 8th October 1998 and subsequently again on 5th 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 Annual General Meeting. The Trustees must be members of the Charity and are the Chairperson, Secretary, Treasurer, Team Leader and two others elected from the general membership. There is no bar on a Trustee standing for office for successive terms. Candidates for positions conferring trusteeship must be nominated in writing to the Secretary not less than 21 days prior to the Annual General Meeting, and notified to the membership not less than 14 days prior thereto. Voting is conducted by a secret ballot.

Investment Policy: The Charity provides a vital emergency service that requires certainty of funding. The Charity Trustees have, historically, adopted a risk-averse approach to investment. The preference is to safeguard funds by placing them in Building Society accounts – with medium to long term funds placed in the highest yielding (but limited access) accounts. In that way, the capital is secure, and interest income is maximised. However, previously the charity received a significant legacy and 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.

General Reserves: 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 sold – a reflection of the hard work of Brian Spencer, our collection box co-ordinator. The Charity Trustees will maintain the general income reserve 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.

Designated Reserves: The fixed asset reserve, which was created during the period, shows the amount of reserves tied up in fixed assets and hence helps clarify the true level of General Reserves. The trustees reserves, which was created during the period, is a reserve to be set aside to cover uninsurable contingencies and unforeseen circumstances. The level has been set at £316,782 (2008 – £268,224) which is three times the previous year's adjusted expenditure.

Development, Activities and Achievements: During the year ended 31st October 2009 the Team attended over 100 incidents. Training is vital to the Team and training was given paramount importance during the year and 50 days training was undertaken.

Financial Review: The trustees are satisfied with the financial position of the Charity.

Future Developments: The Team aim to be able to secure the long term future of the Keswick Mountain Rescue Team with the increased level of reserves held. 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.

Safety and 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.

Annual Report

for the year ended 31st October 2009

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.

Approval: This report was approved by The Trustees on 22nd December 2009 and signed on their behalf.

Mr. A. Prescott, Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES ON THE UNAUDITED FINANCIAL STATEMENTS OF KESWICK MOUNTAIN RESCUE TEAM

I report on the financial statements of Keswick Mountain Rescue Team for the year ended 31st October 2009 which comprise the statement of financial activities, the balance sheet and the related notes. These financial statements have been prepared under the historical cost convention and the accounting policies set out therein.

Respective Responsibilities of Trustees and Examiner

The Charity's Trustees are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year (under section 43(2) of the Charities Act 1993 (the 1993 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 43(3)(a) of the 1993 Act);
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 43(7)(b) of the 1993 Act); and
- to state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosure in the accounts, and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements
 - to keep accounting records in accordance with section 41 of the Act; and
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Acthave not been met, or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

C. Carty, BA FCA, Gibbons & Company, Chartered Accountants,
Carleton House, 136 Gray Street, Workington, Cumbria CA14 2LU.
11th January 2010.



Incident 30

SUMMARY OF INCOME AND EXPENDITURE ACCOUNT		Unrestricted Funds		Unrestricted Funds	
		Designated	General	2009	2008
	Notes	£	£	£	£
Incoming Resources					
Incoming Resources from Generated Funds					
Voluntary Income:					
Covenants		-	5,545	5,545	10,549
Donations		-	50,221	50,221	35,934
Collection Boxes		-	30,766	30,766	26,202
Legacy		-	10,634	10,634	47,525
Activities for Generating Funds:					
Investment Income	2	-	15,817	15,817	21,257
Miscellaneous and Book Sales		-	5,171	5,171	3,384
Total Incoming Resources			118,154	118,154	144,851
Resources Expended					
Cost of Generated Funds					
Investment Management Costs		-	2,085	2,085	3,059
Direct Charitable Activities	3	34,405	62,698	97,103	100,526
Governance Costs	4	-	3,192	3,192	2,347
Total Resources Expended		34,405	67,975	102,380	105,932
Net Income/(Expenditure) for the Year		(34,405)	50,179	15,774	38,919
STATEMENT OF OTHER RECOGNISED GAINS AND LOSSES					
Funds Transferred re Designated Reserves	12, 13	48,558	(48,558)	-	-
Designation of Fixed Assets Purchased	13	67,738	(67,738)	-	-
Unrealised Gain/(Loss) on Investments	8	-	26,589	26,589	(85,228)
Net Movement in Funds for the Period		81,891	(39,528)	42,363	(46,309)
Total Funds Brought Forward at 1st November 2008		483,544	323,771	807,315	853,624
Total Funds Carried Forward at 31st October 2009		565,435	284,243	849,678	807,315

The notes on pages 33, 34 and 35 form part of these accounts.

Balance Sheet

as at 31st October 2009

	Notes	2009 £	2008 £
Fixed Assets			
Tangible Fixed Assets	7	248,653	215,320
Investments	8	265,918	227,820
		<u>514,571</u>	<u>443,140</u>
Current Assets			
Stock	9	450	356
Debtors and Prepayments	10	15,944	12,528
Building Society Deposits		267,189	332,606
Cash at Bank		53,070	20,080
		<u>336,653</u>	<u>365,570</u>
Creditors: amounts falling due within one period	11	1,546	1,395
Net Current Assets		<u>335,107</u>	<u>364,175</u>
Total Assets Less Current Liabilities		<u>849,678</u>	<u>807,315</u>
Unrestricted Funds			
General Funds	12	284,243	323,771
Designated Funds	12, 13	565,435	483,544
		<u>849,678</u>	<u>807,315</u>

Approved by the Board of Trustees on 22nd December 2009 and signed on its behalf by:
Mr. A. Prescott (*Trustee*).

The notes on pages 33, 34 and 35 form part of these accounts.

Notes to the Financial Statements

for the year ended 31 October 2009

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

Equipment which is over seven years old is deemed to be disposed.

1.5 Stocks

Stocks are stated at cost.

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.

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 period.

	2009	2008
	£	£
2. INVESTMENT INCOME		
Profit/(Loss) on Disposal of Investments	3,328	(9,758)
Income from Listed Investments	10,226	11,089
Interest Receivable on Cash Deposits	2,263	19,926
	<u>15,817</u>	<u>21,257</u>

3. DIRECT CHARITABLE ACTIVITIES

Motor Vehicle Expenses		
Insurances	2,541	2,505
Petrol and Oil	750	1,030
Maintenance	1,506	2,243
Equipment Rental	4,379	3,935
General, Outdoor and Radio Equipment	11,371	22,000
Courses, Medical and Other Expenses	18,651	35,177
Rent, Rates and Water	1,196	883
Telephone and Electricity	8,192	5,069
Repairs and Cleaning	4,608	2,423
Postage, Printing and Stationery	5,418	3,986
Insurance	2,258	2,232
Promotional Costs	1,828	650
Depreciation on Leasehold, Land and Buildings	4,497	4,497
Depreciation of Motor Vehicles and Equipment	29,908	13,896
	<u>97,103</u>	<u>100,526</u>

4. GOVERNANCE COSTS

Independent Examiner's and Accountancy Fees	925	859
Sundry Expenses	2,210	1,463
Bank Charges	57	25
	<u>3,192</u>	<u>2,347</u>

5. NET MOVEMENT IN FUNDS FOR THE PERIOD

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

Depreciation of Tangible Fixed Assets for use by the Charity 34,405 18,393

6. STAFF COSTS

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

Notes to the Financial Statements

for the year ended 31st October 2009

	<i>Leasehold Land & Buildings</i> £	<i>Equipment</i> £	<i>Motor Vehicles</i> £	<i>Total</i> £
7. TANGIBLE FIXED ASSETS				
Cost				
At 1st November 2008	224,872	68,046	109,889	402,807
Additions	–	7,540	60,198	67,738
Disposals	–	(16,978)	(42,691)	(59,669)
At 31st October 2009	<u>224,872</u>	<u>58,608</u>	<u>127,396</u>	<u>410,876</u>
Depreciation				
At 1st November 2008	53,154	35,516	98,817	187,487
Charge for Period	4,497	10,701	19,207	34,405
On Disposals	–	(16,978)	(42,691)	(59,669)
At 31st October 2009	<u>57,651</u>	<u>29,239</u>	<u>75,333</u>	<u>162,223</u>
Net Book Value				
At 31st October 2009	167,221	29,369	52,063	248,653
At 31st October 2008	<u>171,718</u>	<u>32,530</u>	<u>11,072</u>	<u>215,320</u>

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

	<i>2009</i> £	<i>2008</i> £
8. INVESTMENTS		
Listed Investments – United Kingdom - Market Value 1st November 2008	219,698	313,481
Additions	81,858	72,704
Disposals	(66,508)	(71,501)
Net Realised Gains/(Losses)	3,143	(9,758)
Net Unrealised Gains/(Losses)	26,589	(85,228)
Market Value at 31st October 2009	264,780	219,698
Cash Deposits	1,138	8,122
	<u>265,918</u>	<u>227,820</u>

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

9. STOCK

Consumable Stock	<u>450</u>	<u>356</u>
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10. DEBTORS

Prepayments	<u>15,944</u>	<u>12,528</u>
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Notes to the Financial Statements

for the year ended 31st October 2009

	2009 £	2008 £
11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		
Accruals	1,546	1,395

12. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Tangible Fixed Assets £	Investments £	Net Asset/ (Liability) £	Total £
Unrestricted Funds:				
Designated Funds:				
Fixed Asset Reserve	248,653	-	-	248,653
Trustees Reserve	-	265,918	50,864	316,782
Other Charitable Funds	-	-	284,243	284,243
	<u>248,653</u>	<u>265,918</u>	<u>335,107</u>	<u>849,678</u>

13. DESIGNATED FUNDS

The funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the Trustees.

Trustees' Reserve

The Trustees consider that reserves should be set aside to cover uninsurable contingencies and any unforeseen circumstances. The Trustees set the currently desirable level of reserve as three times the previous year's expenditure adjusted for depreciation and the acquisition of tangible fixed assets. A transfer has been made from General Reserve to set the level at £316,782 (2008 - £268,224).

The policy is to be reviewed annually by the Trustees.

Fixed Asset Reserve

The Trustees have established this fund to clarify to users of the accounts the amount of reserves, which are tied up in Fixed Assets. This in turn helps to clarify to users of the accounts the level of General Reserves.

	Balance 31.10.08 £	Income £	Transfers £	Expenditure £	Balance 31.10.09 £
Trustees Reserve	268,224	-	48,558	-	316,782
Fixed Asset Reserve	215,320	-	67,738	(34,405)	248,653
	<u>483,544</u>	<u>-</u>	<u>116,296</u>	<u>(34,405)</u>	<u>565,435</u>

Any income derived from the underlying assets of these funds is deemed to be General funds. The levels of the reserves held and the allocation of any income and expenditure is at the discretion of the Trustees.

Buy one, someone gets one free . . .

New Ambulance this year

Keswick MRT took delivery of their new Personnel Carrier / Ambulance on June 15th, following some intensive research on what might best suit our needs. There was general agreement in the Team that a straightforward replacement for the 12 year old Ford Transit 4 x 4 vehicle was the ideal, but finding a base vehicle with the combination of good ground clearance and 4 wheel drive turned out to be more of a challenge. With the commercial vehicle market in freefall, there are not many new developments in terms of all wheel drive for this size of vehicle. From start to finish of the project, the time span for research, order and build was 18 months.

Keswick operates with 2 lead Land Rover 110 vehicles, and the Personnel Carrier / Ambulance. Normally only 2 team vehicles go to an incident, leaving the second lead vehicle in base available to respond to another incident – which happens on a fairly regular basis!

The choice eventually fell between another Ford, and the Mercedes Sprinter 4 wheel drive. In terms of cost, there was very little in it, but the better availability of the Mercedes demonstrator, and the uncertain delivery position of the Transit at the time seemed to give the Mercedes the edge. It offered better ground clearance, but on the initial test, up the Fleetwith Pike Mines track at Honister, the demonstrator's gear ratios felt uncomfortably high for safe descents on slippery uneven ground. After prolonged discussions with Mercedes technical specialists, a version with higher ratio back axle was provided, and subsequent tests proved that this vehicle had the necessary capabilities for the job. Mercedes also agreed to fit the vehicle with a different tyre combination free of charge.

The vehicle is based on a Mercedes 315 MWB window van, with a 2.2 litre 150bhp engine, and "smart" 4 x 4 transmission. The internal layout of the Transit was retained on the "If it ain't broke, why fix it?" principle. So

the Ambulance specification mirrors that of the previous vehicle, with space for a Bell Thomas stretcher, 9 belted seats, and an updated comprehensive package of communications equipment, GPS tracking, and lighting. The vehicle is fitted with a Clark extending radio mast situated within the vehicle, so that it can act as a relay in some of the more "disconnected" parts of our area. This vehicle, unlike the last, is fitted with a tow bar so that the team boat can be towed to any swiftwater or lake incident. The livery is based on a combination of our traditional vehicle colour scheme and some additional conspicuity marking.

The converters, Smallwoods of Barnoldswick, the auto-electricians John Young & Co, and the Mercedes agent, Ciceley Commercials of Carlisle, worked well together to fulfil all the requirements of the Team.

Keswick takes the view that teams with better resources need to be prepared to support those who have less. So it was always the intention of the Team that once we had commissioned the new vehicle and ensured all was working to our satisfaction, our old vehicle would be offered free of charge to any MR Team who wanted it. This was the underlying principle behind our previous vehicle change in 2002, where Kintail and Edale teams benefited from our good fortune in being given a sizeable bequest. Similarly we have offered, and continue to provide, free training places to other teams on our training courses (including R4R courses where we have brought trainers over from Canada). For several years we have also declined our entitlement in the regular share out of funds donated to LDSAMRA. The information on the retiring Ford Transit was therefore circulated to Teams in May, and North of Tyne MRT benefited collecting it in early July.

Mick Guy



Sprinter



Sprinter and Transit

Collection Box Sponsors

The team wish to thank all establishments and their customers who have supported us during 2009 and raised a staggering £30,000. As our running costs are around £100,000 this is a vital part of the team's income.

If you would like to house a collection box, please ring Brian on 017687 72531.



Brian Spencer

Abacourt House	Clarence House	George Hotel	Kings Head Hotel Thirspot	Needlesports	Silverdale Hotel
Acorn House	Claremont House	Golden Lion	Knotts View Stonethwaite	New House Rosthwaite	Skiddaw Grove Hotel
Alhambra Cinema	Coledale Inn Braithwaite	Good Taste	Lairbeck Hotel	Newlands Adventure Centre	The Soap Co.
Allerdale House	The Corner Shop	Goosewell Farm Climbing Wall	Lakeland	Nichol End Marine	Spar Grocers
All Seasons	The Cornish Pasty		Lakeland Decor	Norwegian Store	Spooney Green Cottage
Armathwaite Hall	Cotswold	Glararama Outdoor Centre	Lakeland Pedlar	Oddfellows Arms	Star of Siam
Bank Tavern	Craghill's Boot Store	Glencoe Guest House	Lakeland Toys and Hobbies	Off Peak	Strathmore Guest House
Barclays Bank	Craglands Guest House	Glendale Guest House	Lakeland View Guest House	Outdoor World	Star of Siam
Barn Gill Guest House	Cragside Guest House	Ginger and Pickles	Lake Mere Guest House	Old Keswickian	Stybeck Farm
Thirspot	Crow Park Hotel	Grange Bridge Cottage Cafe	Lake Road Inn	Packhorse Inn	Sun Inn Bassenthwaite
Beaty @ Co. Wigton	Cumberland Pencil Museum	Grange Cafe	The Lakes Fish Restaurant	The Paddock	Sunnyside Guest House
Beckstones Guest House	Cumbrian Cottages	Greystoke House	Lakeside Tea Gardens	Parkergate	Sweeneys Cellar Bar
The Beeches Portinscale	Cumbria House	Greystones Guest House	Lanehead Farm Guest House	Peathouse Stonethwaite	Swinside Farm Cottage
Birch How Guest House	Cyclewise Whinlatter	Hawcliffe Guest House	Langstrath Hotel	Police Station	Swinside Inn
Black Lion Ireby	Dalegarth Hotel	Hazel Bank Hotel	Larry's Lodge	Portland House	Swinside Lodge
Blacks	Dale Head Hall Hotel	Hazelmere Guest House	Latrigg House	Pretty Things	Swiss Court Hotel
Bookends	Daresfield Guest House	Hazelwood Guest House	Laurel Bank Guest House	The Puzzling Place	Tarn Hows Guest House
The Boot Co.	David and Elaine Burn,	Hedgehog Hill	Leathes Head Hotel	Rainbow	Temple Sports
Boots chemist	Ashtree Avenue	The Heights Hotel	Linton House	Rathbones	Theatre by the Lake
Borrowdale Hotel	Derwent Bank HF	High Lodore Farm Cafe	Little Chestnut Hill	Rathbones Outdoor Wear	Thornleigh Guest House
Borrowdale YHA	Derwent Club	C. & C. A. Holmes	Littlefield Garden Centre	Ravenstone Hotel	Thornthwaite Gallery
Bowfell Guest House	Derwent Hill Outdoor Centre	Honister House	Littlefield Guest House	Ravenstone Lodge Hotel	TOG 24
Braithwaite Court HPB	Derwentwater Jewellers	Honister Mine	Lodore Falls Hotel	Rembrandt	Touchwood
Brierholme Guest House	Derwentwater Caravan Park	Hope Memorial Camp	Londis BP Garage	Rickerby Grange	Trespass
Britannia Building Society	Derwentwater YHA	Hot Tram Roll	Low Manesty Guest House	Rivendell Guest House	Troutbeck Inn
Brookfield Guest House	Dorchester House	How Keld	Site	Rohan	Troutbeck Caravan and Camping Site
Brysons	Dog and Gun	HSBC	Luchini's	Rowe Opticians	Twa Dogs
Caffle House Watendlath	Dolly Waggon Guest House	Hunters Way Guest House	Luchini's Kiosk	Rowling End	Tynemouth Lodge Hotel
Camping and Caravan Club Site	Easedale Hotel	Ivy House	Lynwood Guest House	Royal Oak Braithwaite	Ultimate Outdoors
The Card Collection	Eden Station Street	Java and Chocolate	Lyzzyck Hall Hotel	Salutation Inn	Underscar Hotel
Cars of the Stars	Eden Green	Karra Cottage Threlkeld	30 Manor Park	Sandon Guest House	Underscar Timeshare
Cartwheel Guest House	Edwardene Hotel	Keswick Lodge	Mary Mount Hotel	Saw Mill Cafe Dodd	Village Shop Braithwaite
Casa's	Eel Craggs	Keswick Golf Club	Medical Centre	Scaffell Hotel	Village Shop Portinscale
Castlefell Guest House	The Electric Shop	Keswick Bikes	Middle Ruddings Hotel	Scotgate Camping Site	White View Guest House
Castle Inn	Ellerghill Guest House	Keswick Brewing Co.	Mill Inn Mungrisedale	Seatoller House	Whinlatter Siskin Tearoom
Castlerigg Farm Camping Site	Erinville Guest House	Keswick Collectables	Moot Hall	Selma Manning Caravan 7 (Mrs Wood)	White Horse Inn
Castlerigg Hall Caravan and Camping Park	Fat Face	Keswick Mountain Sports	Morrell's	Scales Farm Cottage	The Wild Strawberry
Chapel House Hesket Newmarket	Ferdene Guest House	Keswick Mountain Bike Hire	Mountain Warehouse	Shemara Guest House	Winchester Guest House
Cherry Tree Guest House	Fine Designs	Keswick Park Hotel	Namaste 21 Manesty View	Siennas	Woodside Guest House
Chilliee Guest House	Flock Inn	Keswick Reminder Office	National Trust Lakeside	Silver City	Yeomans Outdoors
	Four in Hand	Keswick Spa	Necessary Angel		Yew Tree Cafe
	Four Seasons Threlkeld	Keswick YHA	Near Howe Mungrisedale		Yew Tree Guest House
	George Fisher	Kingfisher			

Please Support Us

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

Gift Aid

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

GIFT AID DECLARATION

Name of Charity

Keswick Mountain Rescue Team

(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 !



Through our website: www.keswickmrt.org.uk

There is information on the website including the facility to donate online (see inside cover)



Shirts

Buy a Supporter Shirt, featuring the logo above

If you would like to purchase a T-Shirt, or a Polo Shirt, please see details on our website

www.keswickmrt.org.uk

Bankers Order

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

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

Full name and address in CAPITALS	Gift Aid: please do not detach
Mr/Mrs/Miss	ToBank plc
Address
.....
.....	(name and address of your bank)
Post Code	Name of Account to be Debited
The sum of £ Annually/Monthly	Account Number
Gift Aid	Sort Code
I am a UK tax payer and I would like this and all future donations I make to be considered as Gift Aid	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)
Signed	The sum of £ (figures)
 (words)
	on the day of 20
	and a like sum Annually/Monthly on the
	day of
	until or further notice
	Signed.....
	Date 20

Please return this completed form to:
KESWICK MOUNTAIN RESCUE TEAM
Spooney Green, Keswick, Cumbria CA12 4PJ

Thank you for your support !



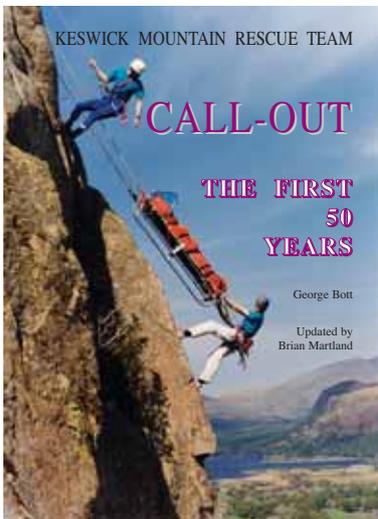
BOOK and DVD

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

CALL-OUT

THE FIRST 50 YEARS Second Edition

by George Bott (1997) and updated by Brian Martland (2006)



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

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

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

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

Price by post (£9.00 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.

60th Anniversary DVD

Launched in August 2007.

Running time approximately 71 minutes.

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

Foreword by Sir Chris Bonington.

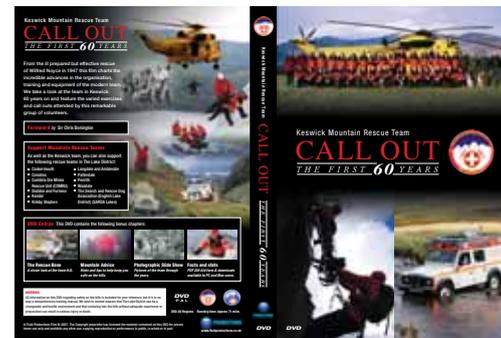
Bonus chapters include: The Rescue Base, Mountain Advice, Photographic Slide Show.

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

You can purchase one for only £10 (includes postage and packaging).

Please send a cheque (made payable to Keswick MRT) to Mick Guy, Limhus, High Hill, Keswick, Cumbria CA12 5PB.

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



Keswick Mountain Rescue Team

Open Days 2010



Photo: Montage by D. J. Newman

- Meet team members and visit our headquarters
- Come along and see our vehicles and equipment
- **Easter Sunday (Sunday 4th April)**
- **Keswick Mountain Festival (Saturday 22nd May)**
- **August Bank Holiday Weekend (Sunday 29th August)**

11 am to 4 pm Call-Outs permitting
at the

Keswick Mountain Rescue Headquarters
Lakeside Car Park, Keswick
(near the Theatre)

In an emergency for Mountain Rescue call 999 (or 112)

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

