

# Keswick Mountain Rescue Team

RESCUE REPORT 2020

Venus

## *Introduction*

**Welcome** to the 2020 Rescue Report of Keswick Mountain Rescue Team.

This Report includes a record of the Team's activities throughout 2019.

The Team comprises up to 50 team members who live in and around Keswick.

Team members come from many different walks of life and occupations.

For Team members, as well as being on call 24 hours a day and 365 days a year, and in all weathers, there is a significant amount of on-going training in advanced first aid, mountain and water rescue. In recent times there have been around 100 rescues a year, each call-out involving 12 to 20 members and taking anywhere between one hour and several days. This can only be achieved through the dedication of our volunteers and the generosity of their employers.

The Keswick Mountain Rescue Team was founded in 1947 and remains a charity organisation that depends entirely on donations and on-going support of the public.

We thank you for your help and contributions.

### **For more information about the Team:**

Please see **[www.keswickmrt.org.uk](http://www.keswickmrt.org.uk)** and the Team's presence on **facebook** and **instagram**

**Thanks** to Keswick artist Venus Griffiths who has donated the painting of Ullock Pike.

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



*Ullock Pike has been the scene of four callouts in 2019*

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# Keswick Mountain Rescue Team



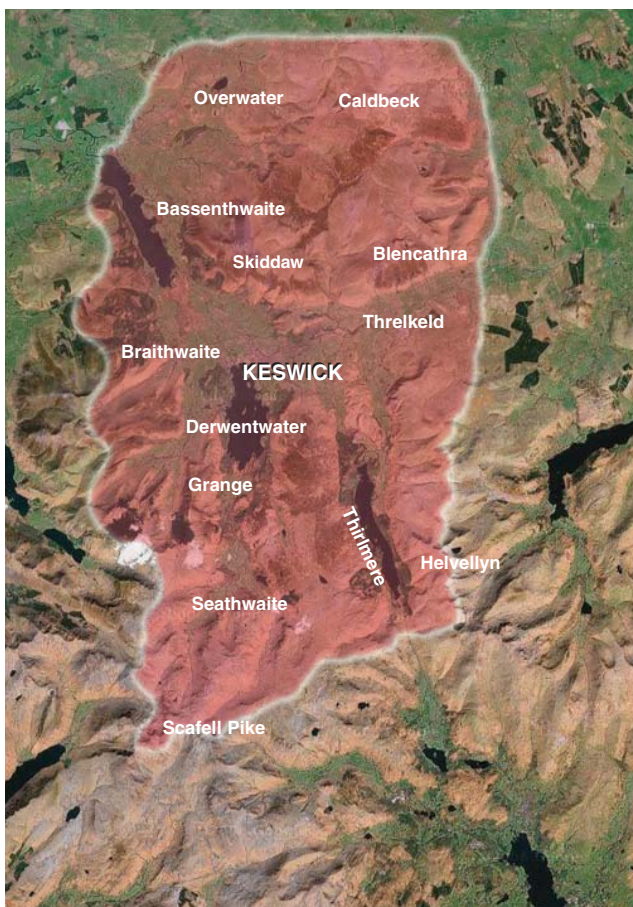
<b>President:</b>	Mick Guy
<b>Chairman:</b>	Gordon Barker
<b>Secretary:</b>	Fiona Boyle
<b>Treasurer:</b>	John Hunston
<b>Team Leader:</b>	Chris Higgins
<b>Deputy Team Leaders:</b>	Martin Bell Tom Blakely Steve Hepburn Dan Jordan
<b>Committee:</b>	Tom Blakely Paul White
<b>Medical Officer:</b>	Tim Hooper
<b>Training Officers:</b>	Alan Barnes David Hill Richard Smith
<b>Radio Officer:</b>	Alan Prescott
<b>Vehicles Officer:</b>	Matt Eaves
<b>Equipment Officers:</b>	Dan Jordan George Lloyd
<b>Water Officer:</b>	Paul Barnes
<b>Base Officer:</b>	Sarah Bennett Geoff Gilmore
<b>Report Editor:</b>	Peter Little
<b>Secretary (Membership):</b>	David Pratt
<b>Collection Box</b>	
<b>Co-ordinators:</b>	Malcolm Miller Paul White
<b>IT Manager:</b>	Rob Grange
<b>Data Protection Officer:</b>	Craig Dring
<b>Social Secretary:</b>	Nuala Dowie
<b>Safeguarding Officer:</b>	Katharine Horder

([secretary@keswickmrt.org.uk](mailto:secretary@keswickmrt.org.uk))

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

<b>Gordon Barker</b>	Company Director
<b>Alan Barnes</b>	Emergency Medical Technician
<b>Paul Barnes</b>	Fire Fighter
<b>Pete Batey</b>	Optometrist
<b>Martin Bell</b>	Paramedic
<b>Sarah Bennett</b>	Student Paramedic
<b>Tom Blakely</b>	Paramedic
<b>Fiona Boyle</b>	Lecturer
<b>Paul Cheshire</b>	Chartered Engineer
<b>Nuala Dowie</b>	Hotel Proprietor
<b>Craig Dring</b>	Retired Procurement Manager
<b>Matt Eaves</b>	Company Director
<b>Adam Edmondson</b>	Outdoor Pursuits Instructor
<b>Donald Ferguson</b>	Rope Access Technician
<b>Chris Francis</b>	Fire Service
<b>Richard Gale</b>	Accommodation Provider
<b>Chris Gillyon</b>	Company Director
<b>Geoff Gilmore</b>	Leisure Pool Manager
<b>Sarah Graham</b>	Paramedic
<b>Rob Grange</b>	Photographer
<b>Steve Hepburn</b>	Company Director
<b>Chris Higgins</b>	Company Director - Outdoor Pursuits
<b>David Hill</b>	Retail
<b>Mark Hodgson</b>	Retired Project Director
<b>Simon Hodgson</b>	Accommodation Provider
<b>Adrian Holme</b>	Emergency Planner
<b>Stuart Holmes</b>	Photographer
<b>Tim Hooper</b>	GP
<b>Katharine Horder</b>	Retired Head Teacher
<b>Jonny Hume</b>	Teacher
<b>John Hunston</b>	Retired Accountant and Mountain Leader
<b>Andy Jones</b>	Guest House Proprietor
<b>Dan Jordan</b>	Emergency Medical Technician
<b>James Lamb</b>	Accommodation Provider
<b>Peter Little</b>	Retired Pharmacist
<b>George Lloyd</b>	Police Officer
<b>Tom McNally</b>	Photographer
<b>Malcolm Miller</b>	Retired Head Teacher
<b>Duane Moran</b>	Outdoor Pursuits Instructor
<b>Phil Newton</b>	Retired
<b>David Pratt</b>	Retired
<b>Alan Prescott</b>	Retired Engineering Manager
<b>Lisa Price</b>	General Marina Manager
<b>Jocky Sanderson</b>	Outdoor Pursuits Instructor
<b>Richard Smith</b>	Outdoor Pursuits Instructor
<b>Paul White</b>	Papemill Chemist
<b>Jenni Whittaker</b>	Doctor
<b>Geoff Williams</b>	Outdoor Pursuits Instructor
<b>Elly Whiteford</b>	Technical Specialist

# Keswick Mountain Rescue Team Area of Responsibility



The Team operates in the area shown on this map, and elsewhere, as required.

The Team's 'patch' includes some of the most popular walking and climbing areas of the Lake District, (Borrowdale, Newlands, and the northern fells), and has three of the four highest mountains in England, (Scafell Pike, Helvellyn, and Skiddaw).

The popularity of the area means that there are accident 'blackspots', including Catbells, Sharp Edge (on Blencathra), and Helvellyn.

A number of Team members are Lake District

Mountain Rescue Search Dog Handlers.

Handlers choose to train a search dog to help their own mountain rescue teams and other teams within the Lake District, and further afield, as required.

The Team often operates jointly with other mountain rescue teams and other agencies, for example the North West Ambulance Service, the Great North Air Ambulance, and the Coastguard Helicopter service. Many thanks to them for all of the assistance given to the Team during each year.

Our team of 49 volunteers were kept as busy as ever in 2019, with an average of nearly 2 callouts per week! Given that the majority of team members have full-time jobs and many are parents/carers, it clearly puts a demand on them to turn out time and again to help others. I'd like to take this opportunity to thank the team members, but just as importantly to thank their families, friends and their employers for being so understanding – thank you!

The weather at the start of the year wasn't as wintery as walkers, skiers and climbers would hope. As such our usual flurry of winter callouts was greatly reduced. Great for us as rescuers, but not so good for those of us who enjoy being out in the mountains when they are covered in snow and ice.

Unfortunately, the lack of snow also impacted on our joint winter training in the Cairngorms. In mid-January members of Keswick, Cockermouth and Patterdale teams headed north for three days with a plan to practice our personal winter skills, team technical skills and avalanche rescue techniques. Unfortunately, with snow in very short supply we needed to improvise. Small patches of



*Scottish Winter Training January 2019*



snow amongst the heather were found on which to walk, cut steps, slide (and stop!), duck-foot, front point, bury, probe, dig, find, hoist/lower and practice many other essential winter rescue techniques. At other times, we simply used the heathery slopes to locate and treat "avalanche and hypothermia casualties" – all needing a slight jump of imagination, but effective non the less. We made best use of the conditions available and also managed to socialise and bond with our neighbouring teams which makes for better joint working on any future major incidents. Knowing each other's capabilities and working methods when things are tough are so important to effect safe and efficient rescues and whilst much of this is achieved on the hill, there is definitely benefit gained from sharing stories in a bar over a drink or two.

As many of you will know, we train as a team every Thursday evening 7-9 pm, covering all aspects of mountain rescue 'work'. As well as these regular sessions, members attend additional training in driving, first aid, water rescue, crag rescue, working with helicopters and a variety of other areas. The commitment is huge, but the rewards are not to be underestimated. Fortunately, many of our rescues are 'straight-forward' (to us) – we've been to many broken ankles, lost wanderers and medical collapses and tend to take these somewhat in our stride. However, we occasionally get called to some very seriously injured or sick casualties who make real demands of us and this is when the training comes to the fore and makes a difference. I am extremely proud to see team members really turn things around, to get involved and to do exceptional things – quite literally saving lives. The

## Team Leader's Report

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ability to do this is reliant upon members' commitment to train and to 'step-up' when needed. It's down to the outstanding training delivery from our own medics, and others with high levels of technical expertise, and the team's ability to pay for training and equipment to make these things happen.

The strong financial position of the team is what pays for this training, and that position is very much down to the generosity of our supporters and donors. Without your support we would not be able to do what we do and I'd now like to thank you all for your contributions! We recognise it isn't within everyone's capability (or their idea of fun) to go racing up the fell in the middle of the night into a rain strewn blackness, with a 14kg first-aid kit on their back. To then find and treat someone and carry them down on a stretcher over greasy rocks and waist deep bracken, across knee deep ghylls of icy water to deliver them to an ambulance at 3.00 in the morning (did I say fun?). But we're happy for you to leave that to us – what we do appreciate is you giving

us that donation with which we can buy waterproofs and boots, fleeces and gloves and all of the other essentials to keep us as dry and warm as possible in the conditions – your donations keep us safe and able to then do what we need to do! By you doing your bit allows us to do ours - Thank you!

Incident 65 stands out for many reasons, not least because I was one of the five team members inside the Land Rover as it rolled off a track on the way to a gentleman suffering chest pains. I am happy to say that none of us were severely injured, whiplash and soft tissue injuries being the worst and we all got out of the vehicle obviously very shaken but nothing more. The fact that we were all so fortunate is down to (a) the vehicle being equipped with roll-bars which protected everyone inside, (b) everyone wearing their seatbelts and (c) nothing being loose inside the cab which could impact with any of us.

What happened next was quite extraordinary and is testament to the mountain rescue 'family's'



*Edale MRT Landrover*

willingness to look after each other. Team members supported each other amazingly at the time, with lifts to A&E for check-ups etc and phone calls/messages of support and offers of help for everyone involved and particularly the driver. Once the news was out the offers of help came in and the one that moved us most was from Edale MRT. With our Land Rover written off they offered to loan us one of theirs! Not only that – they delivered it to our base which meant we were fully operational again within a matter of days. We returned it at the end of December, knowing our own replacement vehicle will be with us very early in the New Year – Thank you to all at Edale MRT!

As in every year we have worked closely with others and in particular I'd like to thank all the staff and crews at Great North Air Ambulance Service and North West Air Ambulance who regularly bring their medical expertise to a rescue and frequently save us the slog of carrying a stretcher off the hill by flying the casualty directly to hospital. I'd also like to say a huge thankyou to all of the Coastguard staff and crews, in particular those based at Prestwick and Caernarfon, who do amazing things to help us. We have nothing but praise and admiration for all the air ambulance and coastguard crews and are proud to work alongside them all – the skills each of us bring to a rescue means that those who become injured, ill or lost in the mountains receive the very best treatment available.

Finally, here's a request from all of us involved in mountain rescue – if everyone can please do their bit to reduce the number of callouts by following a few simple steps then it keeps us all in a better position. Here is an extract from the 2009 report when Mark Hodgson, as Team Leader, wrote – "Enjoy your time on the fells of the Lake District and beyond. Go carefully, be aware and take notice of weather forecasts and go prepared – be willing to push your experience boundaries at times, but have a back-up plan in place." I'd very much like to echo what Mark said then as it holds true today. I'd like to recommend you take a look at;

[www.ldsamra.org.uk/documents/ldsamrastaysafe.pdf](http://www.ldsamra.org.uk/documents/ldsamrastaysafe.pdf)

and

[www.adventuresmart.uk/lake-district-cumbria](http://www.adventuresmart.uk/lake-district-cumbria)

Please remember – we are all unpaid volunteers, we all leave our own lives behind to go out and help people. If everyone who goes into the mountains can please do what you can to be properly dressed and equipped and have the skills and fitness to undertake your day then it will go a long way to (a) preventing an incident in the first place and (b) allowing you to sort many things out yourself.

We hope to see you out on the fells enjoying the Lake District and all it offers. We'd much rather see you in our capacity as adventurers ourselves, rather than as your rescuers, but recognise that occasionally things don't turn out as planned, and we'll be there to help.



**Chris Higgins**

# Ninety Five Callouts in 2019

## Incident Report 2019 *Edited from Team records*

### 1 3rd January 2019 13:14

#### **Barf**

A woman and young son took an unusual route up Barf and requested assistance. They were harnessed and roped down to safety.

### 2 6th January 2019 17:58

#### **Birk Side, Nethermost Pike**

Finding themselves in darkness and without adequate torches, two women in the Nethermost Pike area requested assistance.

### 3 12th January 2019 12:22

#### **Lodore**

A woman walking from the Lodore Hotel to Watendlath slipped on wet rock and injured her wrist.

### 4 19th January 2019 13:44

#### **Jenkin Hill, Skiddaw**

A man had collapsed on the path.

### 5 20th January 2019 13:07

#### **Long Brow, Blencathra**

A man slipped on wet rocks, injuring his upper leg. An Air Ambulance took him to hospital.

### 6 21st January 2019 11:53

#### **Stile End**

A woman descending from Stile End towards Braithwaite slipped and injured her ankle.

### 7 22nd January 2019 23:55

#### **Hesket Newmarket**

The Team was asked to go to the assistance of an ambulance that had become stuck on ice whilst transporting a patient. A mile short of arriving at the location there was a message to stand down.



*Incident 5*

### 8 30th January 2019 10:23

#### **Brown Cove, Helvellyn**

A skier became cragfast on steep and icy ground. After requesting Team assistance, he was fortunate that a Mountain Leader was in the area and helped him to safer terrain.

### 9 9th February 2019 18:30

#### **Blencathra**

The Team was called to locate and escort a fell runner, who had become exhausted and unable to get down. On deployment, the Team received a message that he was down and safe.

### 10 12th February 2019 11:09

#### **Grisedale Pike**

A woman took a direct line from the Grisedale Pike ridge down to Force Crag Mine. At Long Crag she injured an ankle and was unable to continue. Keswick and Cockermouth MRTs were deployed. A Coastguard helicopter took her to hospital.

### 11 21st February 2019 15:30

#### **Stake Beck, Langstrath**

A man had suffered an ankle injury. An Air Ambulance took him to hospital.

### 12 21st February 2019 17:04

#### **Friar's Crag path, Derwentwater**

A woman had suffered an ankle injury.

### 13 2nd March 2019 12:38

#### **Brackenburn, Cat Bells**

A dog was rescued from a rocky ledge above the terrace path near to Brackenburn.

### 14 10th March 2019 12:00

#### **Helvellyn**

A man was lost and disorientated in worsening conditions after climbing to the top of Helvellyn via Striding Edge. He was escorted down to Swirls.

### 15 18th March 2019 10:51

#### **Little Gatesgarthdale, Honister**

A man and a woman were stuck on steep and loose ground after wandering off-track between Seatoller car park and Castle Crag. The couple were found on the slopes north of the cattle grid. A rope was used to secure their descent.

### 16 23rd March 2019 15:24

#### **Above Grains Gill, Esk Hause**

A woman had slipped and injured her knee and was unable to continue. She was brought down by stretcher to Seathwaite.

### 17 28th March 2019 13:34

#### **Shepherds Crag**

A leader climber fell about 6 metres off the first pitch of "Little Chamonix." He sustained injuries to his leg.



Incident 20

- 18 7th April 2019 12:30**  
**Eagle Crag, Borrowdale**  
A woman felt unwell, sat on a rock to rest but shortly afterwards fainted and fell off the rock.
- 19 7th April 2019 14:30**  
**Lonscale Fell**  
A man fell from his mountain bike, injuring his shoulder and ribs and he may have momentarily passed out. He had a suspected broken collar bone.
- 20 11th April 2019 17:51**  
**Rigghead Quarries, Rosthwaite**  
A youth had passed out and recovered, but, he was still feeling dizzy.
- 21 11th April 2019 19:46**  
**Ullock Pike**  
A man had come off his mountain bike and suffered a suspected broken lower leg.
- 22 17th April 2019 10:52**  
**Bowder Stone, Borrowdale**  
A man walking near the Bowder Stone fell, and injured his lower leg.
- 23 21st April 2019 23:03**  
**Thornythwaite Fell, Borrowdale**  
A woman had slipped and had a suspected broken ankle.
- 24 24th April 2019 11:11**  
**Lingy End, Stonethwaite**  
A man fell approx. 8 metres from the path that

descends from Dock Tarn to Stonethwaite, into a rocky stream. He had sustained what appeared to be a broken leg and banged his head and chest in the fall. An Air Ambulance took him to hospital.

- 25 24th April 2019 14:50**  
**Swirls, Helvellyn**  
A woman slipped, badly injured her ankle, and was unable to continue.
- 26 24th April 2019 19:12**  
**Gillercomb Head, Brandreth**  
A couple had become disorientated in rain and strong winds in the Gillercomb Head area.
- 27 27th April 2019 15:48**  
**Grains Gill, Seathwaite**  
A diabetic woman had collapsed. The Team set off but was stood down shortly after leaving, after being informed that the casualty had made her own way down to Seathwaite and was being taken to hospital by her companions.
- 28 28th April 2019 6:18**  
**Seathwaite**  
A woman tripped and fell into a beck in Seathwaite campsite sustaining a possible lower leg fracture.
- 29 4th May 2019 14:17**  
**Standing Crag, Ullscarf**  
A man had slipped, and injured his lower leg.
- 30 5th May 2019 10:52**  
**Raise Beck, Dunmail Raise**  
A woman slipped on wet rock, and suffered an ankle injury.



Incident 25

# Incident Reports 2019

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**31 5th May 2019 17:10**

**Green Gable**

A man slipped on rocky ground, falling awkwardly and injuring his knee. An Air Ambulance took him to hospital.

**32 11th May 2019 12:58**

**Old Coach Road, Threlkeld Knotts**

A mountain biker crashed, resulting in pain to her back, knee, and arm, which prevented her from continuing.

**33 14th May 2019 12:49**

**Cat Bells**

A man started to feel unwell, suffering from chest pains on arrival at the summit. An Air Ambulance took him to hospital. Many thanks to a nurse and two Dutch doctors who gave invaluable help and comfort to the patient and his wife.

**34 18th May 2019 12:57**

**Hause Gate, Cat Bells**

A woman turned her ankle and was passing out whilst descending from Hause Gate.

**35 19th May 2019 6:55**

**Ashness Bridge, Borrowdale**

A man took a fall, while taking part in a trail run. He lost consciousness briefly and suffered an injury to his head.

**36 20th May 2019 21:58**

**Cat Bells**

Two teenagers who were under the influence of 'magic' mushrooms requested assistance in getting down to the road.

**37 21st May 2019 20:45**

**Ravenstone Hotel, Ullock Pike**

A mountain biker fell on a bridleway 200m above the Ravenstone Hotel. He sustained cuts, was badly winded, had a suspected back injury, and was unable to move.

**38 22nd May 2019 21:36**

**Birk Side, Nethermost Pike**

A woman stepped into a hole and injured her ankle.

**39 28th May 2019 14:30**

**Hawse End, Derwentwater**

A woman had fainted on the path between the Hawse End Outdoor Centre and the lake shore.

**40 30th May 2019 20:30**

**Esk Hause**

A man had slipped and injured muscles in his thigh. He could not weight bear.

**41 1st June 2019 10:07**

**King's How, Borrowdale**

A Sprocker Spaniel was stuck on a ledge, above the Bowder Stone. A rope rescue was put into action, and the dog and owner were reunited.



*Incident 31*



*Incident 48*

**42 3rd June 2019 00:00**

**Sty Head area, Borrowdale**

Keswick MRT was called to assist Cockermouth MRT in the search for a missing man. The man made his own way down in daylight.

**43 12th June 2019 13:49**

**Whinlatter**

A mountain biker had fallen on the North Loop Trail and sustained a shoulder injury.

**44 19th June 2019 16:00**

**Stonycroft Gill, Newlands**

A 12-year old girl had a recurrence of a painful chronic hip condition, while taking part in a gill scrambling activity.

**45 23rd June 2019 14:52**

**Dodd Wood**

A man was reported to be having a seizure (fit) on a track in Dodd Wood. Before the Team reached the casualty site the informant had walked the casualty down to a waiting ambulance.

**46 26th June 2019 13:15**

**Cat Gill, Walla Crag**

A man stumbled and fell from the path into the gill sustaining fatal injuries. Despite the best efforts of two passers-by and Team members, nothing could be done to save him. An extremely sad and unfortunate incident and our deepest thoughts and sympathy go to the man's wife, family and friends.

**47 29th June 2019 21:45**

**Seathwaite Fell**

A group of four walkers requested assistance after becoming stuck on steep ground. The Team was dispatched, but, further information was received that the party had managed to get themselves out of difficulty and were on safe ground.

**48 30th June 2019 14:41**

**Great End**

A man and a woman became crag-fast on Great End. Without climbing equipment, the couple believed they were scrambling up Cust's Gully. It turned out they were actually in the left branch of Central Gully. After belays were set up, one Team member was lowered into the gully with additional harnesses and helmets for the pair, who were then lowered to the scree at the foot of the gully where it was safe to un-rope and walk off.

**49 7th July 2019 12:39**

**Styhead Gill**

A man tripped on the path down from Styhead Tarn. The runner was reported to have a bad cut to his head caused by the fall. A number of passing walkers and fellow runners helped with first aid and kept the casualty warm. He was able to walk down to Seathwaite with the Team.



*Incident 51*

**50 13th July 2019 18:52**

**Stockley Bridge, Seathwaite**

A man was passing in and out of consciousness. The Team left the base, but, was recalled after word came through that the man had recovered and made his own way to Seathwaite.

**51 17th July 2019 16:30**

**Corvus, Raven Crag, Borrowdale**

*See page 19*

The lead climber of two climbers slipped and fell, was in pain, and unable to continue. An Air Ambulance responded, landing in the valley to offer help when required. A Coastguard helicopter crew attempted to approach for a crag pick off, but, the wind and conditions proved too dangerous to approach, and they were forced to retreat. The Team used a horizontal stretcher lift to the top of the climb, followed by a rope-assisted clamber up the steep ground to the top of the crag, from where it was possible to carry the casualty down.

**52 22nd July 2019 9:32**

**St Herbert's Island, Derwentwater**

Derwentwater Marina received a call from eight uninjured persons stranded on St Herbert's Island after their inflatable boats were blown away during the night. A Keswick MR Team member who works at the marina asked for Team support to assist.

**53 23rd July 2019 15:59**

**Latrigg**

A man had fallen and was dizzy. He may have had a stroke.

**54 30th July 2019 11:00**

**Hindscarth**

A father and son were walking down the ridge of Hindscarth, when the father collapsed. The son called 999 for help and started CPR. The Air Ambulance was able to land close to the casualty. They continued trying to resuscitate the man as

members of Keswick MRT arrived. Unfortunately there was nothing that could be done to save him. Our deepest thoughts and sympathies go out to the man's son who did everything possible to help his father, and to the rest of his family and friends.

**55 1st August 2019 18:10**

**Troutdale**

A man was lost on steep and tricky ground somewhere below Grange Fell. The man was uninjured but had somehow lost the path. The Team's search was narrowed down to Troutdale. A figure was spotted emerging from the trees at the side of the valley.

**56 2nd August 2019 17:21**

**Seathwaite**

A family had not returned from a walk. A Team dog handler carried out a search, but then stood down after the family were reported safe and well.

**57 8th August 2019 14:22**

**Latrigg**

A member of the public reported seeing a paraglider crash into the wooded area on the side of Latrigg. A search was made, and this search was supported by a Coastguard helicopter. However, a crash site was not found. A case of reporting a potentially serious incident with good intent.

**58 8th August 2019 15:57**

**Sail**

A walker had slipped and badly injured his ankle close to the summit of Sail. A Coastguard helicopter flew him to hospital.

**59 17th August 2019 15:22**

**High Rigg**

A woman slipped on wet grass and suffered an ankle injury.



*Incident 59*



Incident 67

**60 19th August 2019 19:00**  
**Rossett Gill**

Langdale-Ambleside MRT asked the Team to help in the search for a missing 15 year old boy somewhere above the Langdale Valley, but with the possibility that he may have strayed on to the Team's area of responsibility at the top of Borrowdale. Langdale-Ambleside MRT found the boy at Rossett Gill, Langdale.

**61 25th August 2019 13:35**  
**Barf**

A party of 6 took a difficult path on their route up Barf and became crag fast. The Team took them up to the summit and then down the main footpath.

**62 25th August 2019 18:46**  
**Force Crag Mine area**

A man was reported missing somewhere in the vicinity of Force Crag mine. The Team, including 2 search dogs searched the Stonycroft Beck and Force Crag mine area, and he was quickly located and walked down.

**63 26th August 2019 17:43**  
**Ullock Pike**

A Team member's wife had gone over on her ankle, and required assistance as she could not weight bear. Cockermouth MRT helped the Team to stretcher her down.

**64 28th August 2019 13:05**  
**Sharp Edge, Blencathra**

A man had fallen at the most difficult and exposed section. A passer-by managed to reach him and begin CPR, and the Air Ambulance managed to

drop off their doctor close by. Unfortunately, due to his injuries, there was nothing that could be done to save him. The Team carried the man down off the hill. Our deepest thoughts and sympathies go out to the man's family and friends.

**65 7th September 2019 12:53**  
**Stonycroft Gill, Newlands**

A man suffered a potentially serious medical condition while gill scrambling. An Air Ambulance took him to hospital.

**66 7th September 2019 15:50**  
**Sharp Edge, Blencathra**

Part way along the traverse, a woman had become paralysed with fear and was unable to move. The Team set up a rope system to help her down to safer ground.

**67 12th September 2019 18:20**  
**Lingy Hut, Mosedale**

The Team helped a man and his unwell dog.

**68 19th September 2019 18:20**  
**Sty Head, Borrowdale**

A woman had suffered an ankle injury.

**69 23rd September 2019 15:32**  
**Lingy End, Stonethwaite**

A man slipped and injured his thigh and elbow. The Team also helped a woman who had fallen and injured her ankle lower down on the path.



Incident 69

# Incident Reports 2019

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**70 28th September 2019 16:08**

**Ruddy Gill, Seathwaite Fell**

A man, in a group scrambling up Cust's Gully on Great End, injured his knee. The casualty's group was found on the Ruddy Gill path, having made some progress in helping their friend down.

**71 29th September 2019 11:53**

**Stoneycroft Gill**

A man suffered an ankle injury while gill scrambling.

**72 30th September 2019 12:52**

**High Coledale, Braithwaite**

A man had slipped and suffered an ankle injury.

**73 5th October 2019 13:14**

**Rigghead Quarries, High Scawdel**

A woman had injured her ankle. Cockermouth MRT helped the Team.

**74 12th October 2019 14:01**

**Hallsfell Ridge, Blencathra**

One person in a party of four walkers became anxious about the exposure on the ridge, and was unable to carry on. The Team guided the group down past the main difficulties.

**75 17th October 2019 14:04**

**Castle Crag**

A woman slipped and fell, injuring her head. She was able to walk assisted down to safety.



Incident 73

**76 26th October 2019 21:20**

**Sprinkling Tarn, Seathwaite**

The Team helped a man who had experienced a problem with his tent, forcing him to seek shelter in the valley.

**77 27th October 2019 11:14**

**Honister Via Ferrata, Fleetwith Pike**

A teenage boy slipped and, despite the safety system, fell a short distance hurting his chest. A Coastguard helicopter winched the boy up and then took him to hospital.

**78 2nd November 2019 12:18**

**Lodore Falls**

The ambulance service requested help to deal with a man who had suffered a head injury. Upon arrival at the Lodore Hotel, the Team was stood down as the ambulance crew had managed to walk the man to the road for further treatment.

**79 5th November 2019 14:22**

**Ullock Pike**

A woman suffered an ankle injury.

**80 6th November 2019 15:08**

**High Snab Bank, Robinson**

A woman suffered an ankle injury.

**81 16th November 2019 13:14**

**Carl Side, Skiddaw**

A mountain biker crashed. He suffered a head injury and a collar bone injury.

**82 17th November 2019 12:34**

**Armboth, Thirlmere**

A woman slipped and injured her leg.

**83 18th November 2019 14:09**

**Blencathra**

A man became ill with chest pains. An Air Ambulance took him to hospital.

**84 25th November 2019 15:30**

**Willie Wife Moor, Dollywaggon Pike**

A group of three men found themselves away from the path and on steep ground with daylight fading. The Team helped them down to safety at Dunmail Raise.

**85 30th November 2019 12:30**

**Hollows Farm, Grange**

A woman with an ankle injury on a path near to the farm. Before the Team arrived, a call was received that the woman had made it to the road with her friends, and no further help was required.

**86 1st December 2019 11:02**

**Whinlatter Forest**

A mountain biker crashed on the 'South Red Route' at Whinlatter Forest. She suffered an ankle dislocation.

**87 1st December 2019 14:55**

**Hause Gate, Cat Bells**

A woman with an ankle injury.

**88 1st December 2019 15:50**

**Force Crag Mine area**

A woman had broken an ankle.

**89 22nd December 2019 09:03**

**Sharp Edge, Blencathra**

A man had fallen from Sharp Edge. The initial report was that he was fine with no injuries. The Team set off to investigate and offer assistance. Then there was a report that the man had fallen 50m, was getting cold and was unresponsive. As the first Team members approached Scales Tarn, a further message was received that the man who had fallen was uninjured and the party of two men was going to continue up the ridge to the top of Blencathra. A Coastguard helicopter en route to the scene was stood down, while Team members continued upwards to ensure all was well. There was, however, no sign of the party. The Team returned to base.

**90 24th December 2019 12:56**

**Rosthwaite**

A man slipped on the path to Rosthwaite from Watendlath, and suffered a leg injury.

**91 24th December 2019 14:51**

**Surprise View**

A woman, her daughter, and her grandson became stuck on steep ground below Surprise View.

**92 24th December 2019 15:18**

**King's How, Borrowdale**

Two adults and two young children had got lost, after straying from the path, and getting stuck on steep ground.

**93 29th December 2019 12:53**

**Cam Crag, Langstrath**

A small group was scrambling up Cam Crag ridge, when one of the party fell 15 to 20m, sustaining a serious head injury. A Coastguard helicopter and an Air Ambulance attended. Keswick MRT packaged the casualty for the winch and the Coastguard helicopter along with the Air Ambulance medics made their way to hospital.

**94 30th December 2019 14:16**

**Rosthwaite**

A woman slipped on a path on the west side of Rosthwaite, and sustained a suspected broken arm. She managed to get to Rosthwaite before the Team arrived.

**95 31st December 2019 12:00**

**Cat Bells**

A man with a history of heart problems began to feel hot and dizzy, with weak legs. After a doctor carried out an assessment, it was decided that the casualty was fit enough to walk down, while accompanied by his friends and the Team.



Incident 88

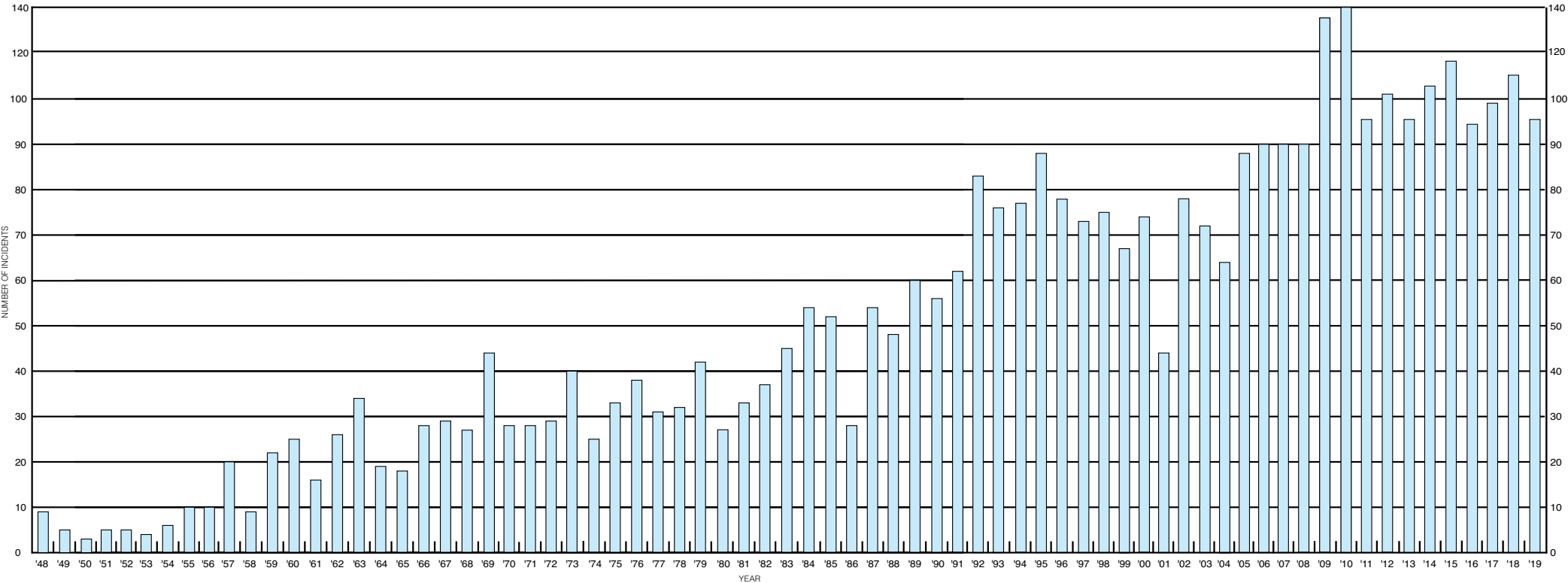


Incident 31



Incident 68

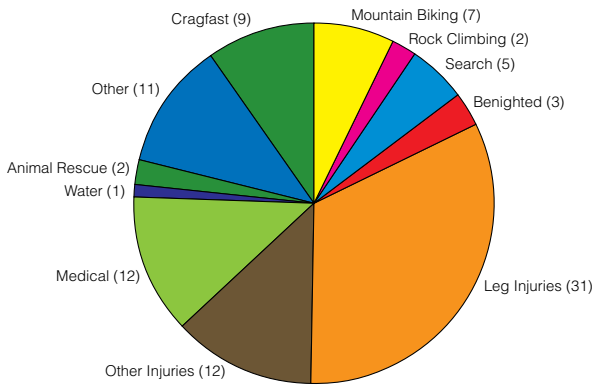
KESWICK MOUNTAIN RESCUE TEAM 1948 - 2019



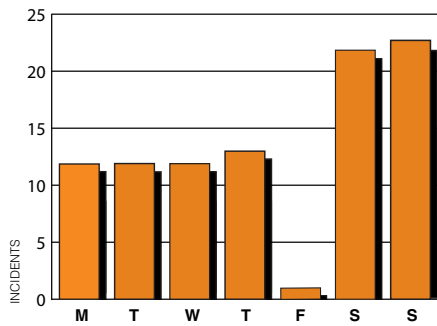
# Callout Statistics - 95 Callouts

## INCIDENT TYPES 2019

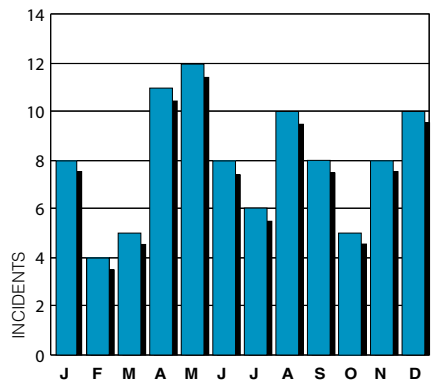
Figures in brackets refer to number of incidents, not percentage of incident types



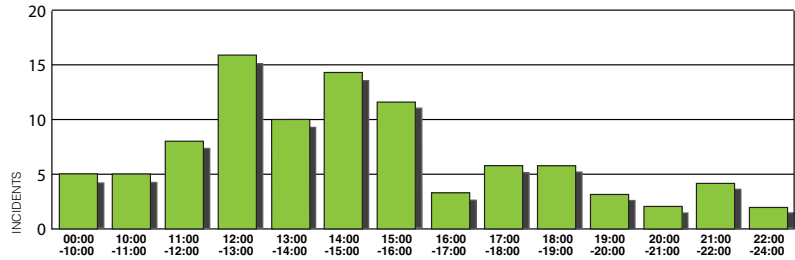
## DAYS OF THE WEEK 2019



## MONTHS OF THE YEAR 2019



## TIME OF THE DAY 2019



The total number of incidents in 2019 was 95.

This excludes “alerts” where the team is contacted, the Team is put on ‘standby, but then the issue is resolved, often by mobile phone, rather than by deployment of the Team.

The incident record shows that on 7 days the Team had 2 callouts, and on 3 days the Team had 3 callouts. This means that the Team had callouts on 82 days of the year.

Incidents occurred in all months, and on all days of the week, (although this year, oddly, there was only one Friday with a callout), and mostly between the hours 10:00 and 22:00.

Mountain biking accidents again this year featured as a significant number of incidents. Multiple injuries may result from a crash.

A very frequent injury type in a callout is a leg injury; 2019 had 31 ‘leg injuries’ callouts.

A large proportion of incidents again occurred

where the person or persons were uninjured: the person was lost, stuck on steep ground (‘cragfast’), or benighted, (all being unable to continue).

*Please see the ‘Safety’ section on the Team’s website, and when looking at any websites or any information sources about outdoor activities, please take on board any safety messages before you go out on the fells. Following such advice could help prevent you being ‘unable to continue’.*

*A consideration of the weather forecast and previous conditions is always very important, too.*

Rock-climbing incidents numbered two, with Incident 51 (on ‘Corvus’) being a protracted callout for the Team, (26 team members – 5 hours 30 minutes). See page 19.

Medical conditions resulted in 12 callouts.

Tragically, there were 3 fatalities in 2019.



Incident 70

## Accident ‘blackspots’

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Some of the well-known accident ‘blackspots’ feature in the list of 95 callouts for 2019: Cat Bells (with 6 incidents), Barf (2) and Sharp Edge (3).

The high number of people making the ascent of **Cat Bells** inevitably means that there will be a high number of callouts on the fell.

There is a new sign near Beckstones Gill, at the foot of **Barf**, warning of the danger of falling rocks, and pointing to the line of the public footpath on the south side of the stream.

This sign may deter some walkers from making a direct ascent on the open face of the fell, where, unfortunately, many become ‘cragfast’/ ‘unable to continue’ on the steep rocky ground.

Every year there are incidents on **Sharp Edge** on Blencathra. The ridge is a classic rather exposed rock scramble. In wet, windy or winter conditions the ridge becomes especially slippery and hazardous.

In 2019 a particular accident hotspot was **Ullock Pike**, with 4 callouts. Two of these incidents involved mountain bikers, a reminder to the Team about how mountain biking accidents may well happen on the open fell, and not solely on laid-out trails, such as in Whinlatter Forest.



*Incident 63 - Ullock Pike*

### A complex rescue on Raven Crag, Glaramare this year.

*The Team's website has detailed information about all the incidents in 2019.*

*As an example, here is the relevant entry for the 'Corvus' rescue on 17th July, (Incident 51).*

Two experienced climbers from southern Scotland crossed the border with a view to climbing 'Corvus' on Raven Crag, having seen that the forecast was better than at home. With rain forecast for the late afternoon they made steady progress up the climb. The rain started before they had completed the climb and, whilst not technically difficult the route became slippery. The lead climber was on the top pitch and approximately 15m above the belay, with no gear placed, when he slipped and fell, bouncing down the rock and past the belay ledge to end up dangling on the rope some 30m below where he had fallen. The belayer lowered him a little until he



*Incident 51*



*Incident 51*

was able to get back on the rock. The climber then managed to clamber his way back up to the belay ledge, but was in pain and unable to continue. Fortunately there was a phone signal and they managed to call 999 and ask for Mountain Rescue.

Keswick Team responded quickly with two vehicles setting off into an increasingly wet Borrowdale. The team made their way to the top of Raven Crag where two members abseiled down to assess the casualty and package him up for evacuation. Because of the location and the distance the climber had fallen, a request had been made for helicopter assistance. The local air ambulance responded very quickly, landing in the valley to offer help when required. The coast guard helicopter arrived shortly after, and attempted to approach for a crag pick off, but the wind and conditions proved too dangerous to approach, and they were forced to retreat. In anticipation of not being able to air lift the casualty more team members had been called to assist should a stretcher carry be required. Plan B was put into motion, which involved a horizontal stretcher lift to the top of the climb followed by a rope-assisted clamber up the steep ground to the top of the crag, from where it was possible to carry the casualty back down to the road, and Nwas ambulance. The team returned to base to sort gear and fill the drying room with sodden clothing and equipment.

*26 team members – 5 hours 30 minutes*

## My thoughts upon retiring from the Team

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I retired from the team at the 2019 AGM, after being a member of the best team in the Lakes for about 45 years, time gets a bit vague when you have been part of something for so long.

I then realised, I have been a Keswick Mountain Rescue Team Member longer than I haven't been!

As I lived in Deanscales when I first moved to the Lakes, I was a probationary member in the Cockermouth MRT under the guidance of Jim Coyle.

I then moved to Keswick and started "dogs bodying" for a Keswick doctor who was training a search dog. He suggested that I apply to join the Keswick Team and the rest is history.

I had decided that I wanted to live in the Lakes when I first visited at the age of 18. At that time a Team member, Freddie Mills, was painting a house where I was staying. He suggested that I

went up a hill rather than just sitting on my backside looking at them. So I did and my love affair was born.

The most influential person in my life however was Mike Nixon, our longest serving Team member and Leader for many years. We went climbing together, walking in the Lakes and then further afield in Scotland, climbing Munros and Corbetts, and into Europe. I have never met a more pleasant man. Happy days - I miss him a lot.

I myself had a series of search dogs over the years and like Mick Guy, (now Team President), had a love hate relationship with the 'Central Fells' where a lot of the callouts occur at night, and in bad weather. My first all night search however was in the Buttermere area, and when I returned home without success, I discovered that the missing person had been in bed at the Youth Hostel 100 metres from my house all night.



*Incident 70*

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## My thoughts upon retiring from the Team

I was pleased that my first search dog, Sally, had pups and both Mike and Martin Bellarby, another Team Member, had one each and trained them for searching.

So I have mainly just been a fetcher and carrier in the team over this time, nothing fancy, ending with 20 years as treasurer, and it has been an absolute pleasure.

When I joined 45 years ago there were about 25 callouts a year and now there are around 100, an incredible work load for the present members.

When I took over as treasurer there was about £25,000 in the team account and when I left there was considerably more than that, in fact enough to go ahead with the base extension!

I always took pride in writing personal letters to the people who contributed to the team funds no matter how big or small a donation.

There was a lady who donated £5 twice a year, and after a couple of years I wrote to ask if she would like to contribute Gift Aid. She replied that she would love to, but didn't earn enough to pay the necessary tax.

There was also a family who tragically lost a son in a rock climbing accident in Borrowdale who have passed on tens of thousands of pounds over the years.

I will miss the contact with these people as much as I miss my fellow Team Members.

Why do we become MRT members? Well I have told you the biggest driving factors for me, but we in the Team all know that accidents can happen at any time, anywhere, and usually are just bad luck and out of the blue.

It is very satisfying to be able to use the knowledge gained from familiarity with the mountain environment to help others.

I very badly sprained my ankle when walking in Knoydart and had to hobble and crawl 7 miles home to the nearest road head.

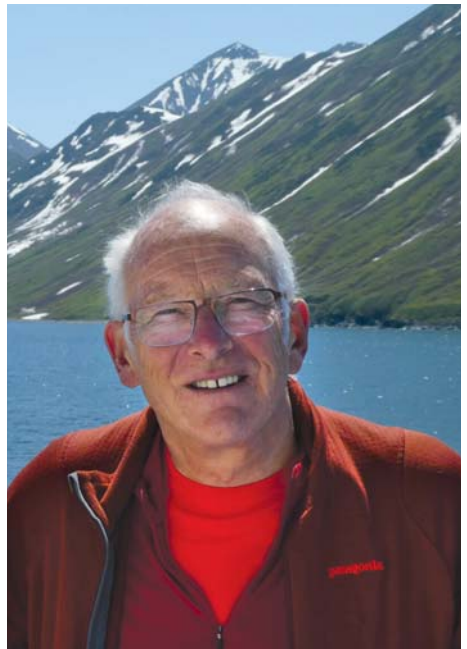
I even managed to do a 180 degree turn when

descending Striding Edge at night in a blizzard.

I didn't need a MRT then but it is always good to know that they are around.

My greatest escape though was about 40 plus years ago on a Glenmore Lodge winter mountain rescue course. I was lowering a stretcher over a crag, and wondering why I was able to see the cliff below better and better. It was in the days of Whillans harnesses, and I had forgotten to put the strap through the buckle twice, and it was gradually pulling through, and I was about to go for a sharp exit! Johnny Cunningham and Pete Boardman were on the ledge with me and you can imagine the verbal abuse I received. That was a good learning experience.

I have loved my time in the Team, but now the body is getting a bit worn, it is good to be able to put that part of my life behind me, and save it for the gardening and hill walking!



Ian Wallace

## Some casualty 'thank-you' messages 2019

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"I want to extend my sincere thanks to the entire team for the work you do and the compassion you showed during an experience which I personally found very embarrassing ..."

"The team did an amazing job, and I am so thankful for all their hard work. They really helped me out when I felt scared and vulnerable."

"Thank you for the amazing work you did for me today ... I really can't express my gratitude. Thank you all very much for being there..."

"... a massive thank you for your skilled and good humoured help ..."

"... thanks again for my rescue and for everything else you do to keep the hill and mountain community safe."

"I want to say thank you so much to everyone concerned - you were amazing - kind, gentle and very professional."

I felt I was in excellent hands - I do hope I never have to call you out again but it is very reassuring to know you are there."

"You were very professional and reassuring during our ordeal. I cannot thank you enough."

"... I was enormously impressed by their skill, professionalism and kindness."



Budding artist George, aged 5, witnessed the call out on Catbells on 31st December. This inspired him to paint this lovely landscape. He's captured the vibrant colours on what was a crisp sunny day. Thank you, George.

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## Treasurers Report for year 2019

This is my second report as Treasurer, and the year has been marked by the unfortunate Land Rover accident in September, incident 65, which raised several questions over how to replace the vehicle involved. Our supporters were as generous in making donations as they were in wishing the team well, and with the insurance payout and a supplier providing free work on the new vehicle, the net cost to team funds will be very limited.

The base extension continues to occupy our minds but little else, as work has yet to begin as I write this in December. We will be purchasing the land on which our base stands from the local authority, making our future more secure, and we look forward to having much more space to host other emergency services in the event of a major incident.

Our investments have performed particularly well this year. These are managed by a professional investment advisor, Brewin Dolphin, who take the day to day decisions within the overall remit

provided by the team. These funds will in part be used for the extension, of course, so a good return at this stage is very useful.

Our day to day costs are covered by regular income, such as collection boxes, online giving, cheques and standing orders. Legacies are very much reduced this year, but these are by their nature notoriously difficult to predict. All I can ask is that if you are making a will, please bear us in mind, and a future Treasurer will be extremely grateful. We have expended money on the new digital radio equipment and infrastructure to make it more operationally effective; preparatory work on the base extension; and work on a new stretcher, all of which has been capitalised and will be depreciated over their useful lives.

I'd like to take this opportunity to thank Malcolm Miller and the collection box team; Paul White for deputising for me in my absence; and Frances Clark for her voluntary work on the accounts.

**John Hunston, Treasurer**



# Collection Boxes

Keswick Mountain Rescue Team has approximately 230 collection boxes in a wide variety of establishments, mostly within our 'area' but also some further afield. While there have been a few changes in the number of box holders over the year, the vast majority remain loyal to our cause. We are supported by individuals as well as guest houses, hotels, pubs, shops and other businesses in and around town.

In the last year the total collected from these boxes was approaching £22,000. The amount has varied over the years; it has sometimes been more and sometimes less and trying to anticipate income has been a challenge.

In recent years spending habits have changed dramatically; preference seems to be use of a credit or debit card for most transactions, and the growing trend to pay by smart phone.

It is reassuring therefore that the collection boxes are still attracting a significant contribution to our funding at a time when the use of cash appears to be in decline.

So our sincere thanks go to those who continue to support our cause, either as box holders or those who see fit to make much needed donations. (It still surprises many when they learn that the Team survives totally on public donations). If you can support us in any way then please do so. There are details at the back of this report how to donate, especially how to make the most of Gift Aid.

In the meantime enjoy the mountains and stay safe.

**Malcolm Miller and Paul White**  
**Collection Box Coordinators**

2 Windsor House	Brun Lea Guesthouse	Derwentwater Club Site
Abacourt House	Brysons	Derwentwater Holiday Home Site
Acorn House	Casa's	Derwentwater Hostel
Alexandra's	Castle Inn	Derwentwater Marina
Alhambra Cinema	Castlerigg Farm Camping Site	Dog and Gun
Allerdale House	Castlerigg Hall Caravan & Camping	Dollywagon Guesthouse
Alpkit	Castlerigg Manor	Dorchester House
Alternative	Chitlee Guesthouse	Eden Green
Appletrees Guest Ho.	Claremont House	Edwardene Hotel
Armathwaite Hall	Clarence House	Eel Craggs
Ashness Farm	Coledale Inn	Electric Shop
Avondale Guesthouse	Cornish Pasty	Ellergill Guesthouse
Bank Tavern	Cotswolds	Elm Tree Lodge
Barclays Bank	Craglands Guesthouse	Farmers Arms
Barn Gill House	Cragside Guesthouse	Fat Face
Bean On The Fells	Crow Park Hotel	Ferndene Guesthouse
Birch How Guesthouse	Cumberland Pencil Museum	Fine Designs
Blacks	Cumbria House	George Fishers
Bookends	Cumbrian Cottages	George Hotel
Booths	Cyclewise Whinlatter	Glamamara Outdoor Centre
Borrowdale Caravan Club Site	Dale Bottom Campsite	Glencoe Guesthouse
Borrowdale Hotel	Dale Head Hall Hotel	Glendale Guesthouse
Borrowdale YHA	Dalegarth Hotel	Golden Lion
Braithwaite Court HPB	David and Elaine Burns	Goosewell Farm Climbing Wall
Braithwaite Shop	Denton House	Grange Bridge Cottage Café
Bramblewood Cottage	Derwent Bank HF	Grange Café
Brierholme Guesthouse	Derwent Club	Greystoke House
Brookfield Guesthouse	Derwent Hill Outdoor Centre	Greystones Guesthouse

Hawcliffe Guesthouse	Lyzzick Hall Hotel	Silverdale Hotel
Hazel Bank Hotel	Mae's Tea Room	Skiddaw Croft
Hedgehog Hill	Mary Mount Hotel	Skiddaw Grove Hotel
Herdwick Guesthouse	Medical Centre	Skiddaw Hotel
High Lodore Farm Café	Middle Ruddings Hotel	Skiddaw House Hostel
Honister Mine	Mill Cottage	Spar
Hope Memorial Camp	Mill Inn Mungrisdale	Spar BP Garage
Hope Park Mini Golf	Millets	Squirrel Lodge Guesthouse
Horse & Farrier	Moot Hall	Star of Siam
Howekeld	Morrels	Strathmore Guesthouse
Jan's Lakeland Sandwich Shop	Mrs Lingard Homethwaite House	Stybeck Farm
Java	Namaste	Sun Inn
Keswick Bike Company	Near Howe Mungrisdale	Sunnyside Guesthouse
Keswick Brewing Company	Needle Sports	Sweet Treats
Keswick Campsite	New House	Swinside Farm Cottage
Keswick Cottage Hospital	Newlands Adventure Centre	Swinside Inn
Keswick Golf Club	Nichol End Marina	Swinside Lodge
Keswick Launch Company	Nordicoutdoors	Swiss Court Hotel
Keswick Park Hotel	Norwegian Store	Tarn Hows Guesthouse
Keswick Reach Lodge Retreat	Old Keswickian	Temple Sports
Keswick Reminder Office	Oxleys Underskiddaw	The Beeches
Keswick Rugby Club	Packhorse Inn	The Chalet
Keswick Spa	Paramo	The Cheese Deli.
Keswick YHA	Parkergate	The Heights Hotel
Kingfisher	Peathouse	The Keswick Boot Company
Kings Head Hotel	Pheasant Inn	The Lookout Guesthouse
Kirkbride Eyecare	Pizza Panorama	The Puzzling Place
Knotts View	Portland House	Theatre By The Lake
Kong Adventure	Primrose Cottage	Thorngreen Guest Ho.
Lairbeck Hotel	Primrose Cottage	Thornleigh Guesthouse
Lake Road Inn	Rathbone	Thornthwaite Gallery
Lakeland	Ravenstone Lodge Hotel	TOG 24
Lakeland Décor	Ravenstone Manor Hotel	Touchwood
Lakeland Slate	Ravensworth House	Travis Perkins
Lakeland Toys and Hobbies	Relish	Trespass
Lakeland View GH	Rickerby Grange	Troutbeck Caravan & Camping Site
Lakes Bar & Bistro	Rivendell Guesthouse	Troutbeck Inn
Lakeside House	Rohan	Twa Dogs
Lakeside Site	Roly's Fudge Shop	Tynemouth Lodge Hotel
Lanehead Farm Guesthouse	Royal Oak Keswick	Wainwright Inn
Langstrath Hotel	Royal Oak Rosthwaite	West View Guesthouse
Larry's Lodge	Salisbury Guest Ho.	Wetherspoons
Laurel Bank Guesthouse	Salutation Inn	Whinlatter Siskin Tearoom
Leathes Head Hotel	Saw Mill Café Dodd	White Horse Inn
Littlefield Guesthouse	Scafell Hotel	Wild Strawberry
Lodore Falls Hotel	Scales Farm Cottage	Winchester Guesthouse
Love The Lakes	Scotgate Camping Site	Winfields
Luchinis	Seatoller House	Yew Tree Guesthouse
Lynton Lodge	Seven Oaks Guesthouse	
Lynwood Guesthouse	Shemara Guesthouse	

## A Probationer's View

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I am sure many people using the services of the rescue teams will agree, hindsight is a wonderful thing. With hindsight I should have joined the team years ago.

Having been brought up in Keswick with my father a deputy leader, I always thought that one day I should join. As soon as my body couldn't cope with rugby training every Thursday evening, and the two day recovery after a game on a Saturday, it was time for a change. Fortunately, unbeknown to me, all the rugby training I had done was well suited for 'beasting' myself up hill with what seems like the mandatory 200-metre rope sack.

Our little adventure of joining the team starts with a hill day going up Seathwaite Fell. Trying to pretend you are fitter than them by asking them questions that require more than a one word answer, so they lose their breath is an old favourite. So off we went with two or three team members checking our locations on the map, and, like wise old mountain goats, they normally nod slowly, stroke their non-existent beards and ask if I really think I am where I think I am.

The hill day went well and it was a good opportunity to have chat with team members old and new about what was potentially in front of us.



*Incident 35*

Back at base and we were informed about the basics we needed to learn over the next six weeks and then we might be eligible for active duty.

I couldn't wait. I was keen and wanted to get on it straight away.

Once the training was up it we were deemed 'fit' for action.

After getting my 'pass' for the year it was time to get down to the business of saving lives.....

*'Ok when do I get to drive the truck?'*

*'Where's the sirens?'*

*'Can I abseil down there?'*

*'Any chance you can take the photo from that side as my broken nose looks a bit funny from that side, thanks'*

So many questions and thoughts go through my head as I day dream biking to base.

This is it. How exciting.

Sitting by my phone waiting for it to ring. Check it's not on silent. Check again....nothing. After two days of this I started to relax a bit, but you do check your phone if you hear any sirens or see a helicopter in the sky.

### **First shout**

#### **Incident 34**

**May 18th 12:57 Hause Gate, Catbells**

Just sat down at The Chalet in Portinscale, after having walked there over the suspension bridge from Keswick. Text comes through and I am off like Usain Bolt. Unfortunately for some runners in the trail race that was going through the village at the time, they were overtaken by a madman in jeans. I even got a clap from an old couple on the side of the path! Into the second truck and off we went. As it was only a short distance up the hill, it didn't give much of a chance to show how much use we could be to the team. But, carrying a bag of gasses I quickly found my stride.

### **Second Rescue**

#### **Incident 35**

**May 19th 06:55 Ashness Bridge**

As I was training for a triathlon I had set off to bike to Cockermouth just after 5am when the roads were a bit quieter. On the way back I was near Thornthwaite, and my bike computer started flashing that there was a callout. Pedal as fast as I could for the next ten minutes, and collapse into base with my sweaty KMB kit on. Quick change and off we went to Ashness Bridge for a runner who was competing in one of the Mountain Festival trail races. Fortunately their own medical cover for the event is great, and we just delivered the runner to the waiting ambulance. Back at base and back on my bike for the 5 mile ride home.

The feeling of doing some good for people in need is a really great thing to be a part of. As a keen walker, runner and biker in the Lakes I know the risks involved with what we do, and accidents do happen. I have really enjoyed my first few months of being on the team and have learnt so much along the way. All team members are happy to be patient and go through kit lists for the umpteenth time with us when we have forgotten, or lend us a pair of gloves when we are cold. We have a lot to learn from some wise and some not so wise heads.

After a few rescues you soon get into the rhythm of what goes where, and what jobs we can do to help.

One of the things that has struck me over the first year is however cool my little nephew thinks I am for being on the team, I will never be as cool as the helicopter pilots that come up to help! If only I had tried harder at school!

Enjoy the hills,

**Jonny Hume**

## Please Support Us

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There are many options for supporting the work of Keswick MRT.

Donations, large and small, will be warmly welcomed by the Team at all times.

Please support the Team through the links from the website: [keswickmrt.org.uk/donate](http://keswickmrt.org.uk/donate)

### Just Giving

*(Our preferred choice as the charges are lower so more of your donation comes to the Team)*

### Virgin Money Giving

#### Donr Text Giving

Text KESWICKMRT 10 to 70085 to give £10 to us.

This costs £10 plus a standard rate message. For any amounts between £1 and £20.

**Cheque** - details on our website

**Standing Order** - details on our website

**Legacy / Will** - details on our website

### 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. Please download the form from our website.

*However you donate,  
we thank you for every single penny*



Incident 86

## 999 Text Service for Emergency Calls



*Incident 87*

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

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

The service will now assist those needing

emergency assistance in the hills when mobile reception is poor and there is not enough signal to make a voice call. The benefit is that a text message can be composed and sent in a single operation. **You should specify 'Police-Mountain Rescue' when sending the text, and include information about your location, nature of the incident and those involved.**

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



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



**Be prepared to state:**

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

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