



KESWICK Mountain Rescue Team

A Registered Charity Number 509860

Annual Report
2005

Verus

Welcome

Keswick Mountain Rescue Team



Welcome to this Report detailing our activities for 2004.

Thanks to Venus Griffiths for the acrylic
"Skiddaw from Glaramara" used on the cover.

Glenmore Lodge Training Weekend



Karen Holmes

Within the Report are other pictures from the Glenmore Lodge
Winter Training Weekend.

Keswick Mountain Rescue Team 2005

Keswick Mountain Rescue Team

Team Leader: Mark Hodgson
President: Mike Nixon MBE
Chairman: David Pratt
Secretary: Mick Guy
 Limhus, High Hill
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Treasurer: Ian Wallace
 Spooney Green House
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Collection Box Brian Spencer
Co-ordinator : Daresfield, Chestnut Hill, Keswick

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



CALLOUT LIST:	Allan Alcock	<i>Forecourt Attendant</i>	Robin Humphreys	<i>Retired</i>
	Donald Angus	<i>Retired</i>	Andy Jones	<i>Retired</i>
	Peter Barron	<i>National Park Ranger</i>	Nick Jones	<i>Outdoor Pursuits Instructor</i>
	Jan Beedham	<i>Laboratory Technician</i>	Nick Liley	<i>Outdoor Pursuits Instructor</i>
	Martin Bell	<i>Paramedic</i>	Peter Little	<i>Pharmacist</i>
	Fiona Boyle	<i>Lecturer</i>	John Malley	<i>Manager</i>
	Paul Carter	<i>Production Manager</i>	Malcolm Miller	<i>Laboratory Technician</i>
	Paul Cheshire	<i>Chartered Engineer</i>	Phil Newton	<i>Retired</i>
	Neil Dowie	<i>Hotelier</i>	Mike Nixon MBE	<i>Retired</i>
	Mike Fanning	<i>Solicitor</i>	Simon Noble	<i>Teacher</i>
	Chris Francis	<i>Research Assistant</i>	Des Oliver	<i>Retired</i>
	Richard Gale	<i>Systems Engineer</i>	David Pratt	<i>Teacher</i>
	Chris Gillyon	<i>Outdoor Pursuits Instructor</i>	Alan Prescott	<i>Senior Manager</i>
	Geoff Gilmore	<i>Leisure Pool Manager</i>	David Ridley	<i>Outdoor Pursuits Instructor</i>
	Mick Guy	<i>Retired</i>	David Robinson	<i>Shop Manager</i>
	Roy Henderson	<i>National Trust Warden</i>	Jocky Sanderson	<i>Outdoor Pursuits Instructor</i>
	Scott Henderson	<i>National Park Ranger</i>	Jill Sharpe	<i>Nurse</i>
	Chris Higgins	<i>Outdoor Pursuits Instructor</i>	Ben Soffe	<i>Retail Assistant</i>
	Mark Hodgson	<i>Chartered Builder</i>	Brian Spencer	<i>Retired</i>
	Simon Hodgson	<i>Builder</i>	Keith Stephenson	<i>Joiner</i>
	Karen Holmes	<i>Outdoor Pursuits Instructor</i>	Ian Wallace	<i>Retired</i>
	Dr Tim Hooper	<i>GP</i>	Piers Warburton	<i>Quantity Surveyor</i>
	Katharine Horder	<i>Head Teacher</i>	Ely Whiteford	<i>Environment Officer</i>
	Paul Horder	<i>ICT Technician</i>		

All-rounders

The aim of the Report is to capture and represent every situation and nuance of the Team's work in 2004. It's the chance for the Team to show its colours, all the colours of the rainbow in a way, in many activities throughout the year.

In the National Health Service there is a concept called "Clinical Governance". It's a framework through which a working environment is created in which clinical care excellence can flourish, so that high standards of care are safeguarded. There are many components contributing to the framework, such as management, training, personal development, clinical audit, risk management, and use of information. A mountain rescue team, dealing with patients who have suffered injuries in a range of outdoor situations, before they are transferred to NHS care, must embrace the ideals of Clinical Governance – the desire to do better for patient care. Keswick Mountain Rescue Team includes the element of continuous quality improvement in its organisation, decision-making, training, and outlook in general.

In the Team there are many individuals with specialist knowledge and experience to bear, and this is made use of in the weekly training sessions. However, by the nature of mountain

Keswick Mountain Rescue Team

rescue work, it is seen to be important that each Team member is capable of being a general factotum in any given callout. Hence the regular "core" practices covering essential procedures, techniques, and so on. Enthusiasm and commitment, and of course some fun and badinage, generate trust and confidence.

By studying this yearbook you'll read about, and see, the gamut of Team duties and operations. For the Team it's well worth reflecting, and re-reflecting upon all that's been achieved, a kind of audit.

The author A. Wainwright in his classic "Pictorial Guides" to the Lakeland Fells, stated, amongst many things, that, "All fell-walking accidents are the result of clumsiness", (Book Seven, Great Gable chapter page 16), but this Report demonstrates that there's more to mountain rescue work than dealing with clumsiness. Nobody could argue, however, with Wainwright's motto: "Watch where you are putting your feet"!

I hope that you find this Report useful and informative. Follow our continuing progress through the website: www.keswickmrt.org.uk.

Peter Little



Glenmore Lodge, second day's descent

Peter Little

Keswick Mountain Rescue Team



Air Ambulance

Ben Soffe

One team in a team of organisations

2004 has been a quieter year for the Team than normal. The total number of calls received from the Police this year was 92, with 64 of them resulting in the full Team being called out. The balance between the total number and the number of 'callouts' are what we term as 'alerts'. An 'alert' includes reports of overdue walkers, sightings of flares, police calls for advice etc., which do not result in the full team being called by the leader and deputies. These figures compare with 72 and 32 respectively for 2003. The quieter year was not reflected across the Lake District as a whole, with some teams being considerably busier than in previous years. No doubt the statisticians might be able to figure out why there should be these variations, but whatever the answer, there would probably not be much logic to the reasons! During the year, the Team dealt with a variety of types of incident and consequent casualty injuries. These included: 1 mine rescue incident, 5 crag fast incidents, 14 searches, 3 rock-climbing incidents, 21 leg injuries, and 2 mountain bike incidents. Sadly, out of the total of 64 rescues, there were 4 fatalities. Details of all the incidents attended are provided later in the report.

As always, this is my opportunity to formally thank all team members; wives, husbands and their families for all their enthusiasm, input and support provided over the last 12 months. Our thanks also go to those team members' employers who allow attendance at rescues which, inevitably, is always at short notice. The team could not operate as efficiently as it does without the commitment and enthusiasm shown by all members.

The Team is only one part at times, of a significant team of organisations which become involved to differing degrees in

rescue operations. Our thanks also go to these other organisations including; the Police, the Ambulance Service, Royal Air Force and Royal Navy helicopter crews, Air Ambulance crews and receiving hospitals.

There are several changes taking place in the Team this year, with several officers and members standing down, some after considerable periods of service. Mike Fanning stands down as Chairman and Neil Dowie stands down from Secretary. Roy Henderson and Jill Sharp are both standing down from their positions of Training Officer. Peter White is standing down from the position of Medical Officer, and is also retiring from the Team. All officers contribute significant additional time in the fulfilment of their roles, all of which are essential to the well-being of the Team. Brian Martland, who for many years was our Collection Box Co-ordinator and Anne Francis also took the decision to leave the Team. The Team owe all the above their sincere thanks. The changes in these positions, however, with new officers taking over the roles will bring further new thinking to the posts and will encourage the Team to continue improving. During the year we have welcomed 6 new full members to the team after successfully completing their probationary period.

Staying with membership, we decided to amend the manner in which potential members join the Team. Previously, we have allowed new attendees to come along to training sessions at any time of year, which had resulted in fairly large numbers of new people at practices. Whilst this interest in joining the team is hugely encouraging, it did result in an imbalance in the way we were able to train the Team. This year we are moving to one intake of new members each year.

There has been a considerable boost to the resources which are now available to mountain rescue teams in the Lake District with

Team Leader's Report

Keswick Mountain Rescue Team

the addition of the Great North Air Ambulance, which commenced operations from its base in Cumbria in early September. Previously we have had access to the North West Air Ambulance based at Blackpool. Whilst air ambulances are a very useful resource, that is all they can ever be in a mountain rescue environment, just one resource out of many which are available, which also includes military helicopter assistance.

The decision as to which helicopter resources should be tasked for any particular rescue must be made by people with the necessary skills and experience to correctly assess the benefits (and disadvantages) of each resource available, relevant to that particular incident. In choosing the correct resources for each rescue, risk-apportioned consideration must be given to evaluate; location, casualty injuries, flight times, weather conditions, daylight time remaining, winching requirements or land-on availability, size of the casualty party, risks to casualty, companions and rescuers. Once this evaluation has been done, then the most appropriate resources should be tasked to every incident. There has been considerable confusion in tasking the correct resources to several rescues in the Lake District (and wider) over the last year, which appear to have been brought about by decisions being taken by well meaning but inexperienced personnel not involved in mountain rescue. Some of these occasions have resulted in delays in calling out Mountain Rescue Teams and ensuring a co-ordinated response is provided.

There may be the thought that there is a degree of parochialism being shown by rescue teams in this matter, with an 'unwillingness' to relinquish the role of rescue teams in mountain rescues. However, when it is considered that approximately only 7 or 8% of rescues (out of a total in excess of 500) undertaken

by mountain rescue teams in the Lake District in 2003 could have been completed by air ambulance helicopters, this can be seen very obviously not to be the case. What we wish to see continuing to happen, as it has done for many years, is that reasoned, risk apportioned decisions are taken by experienced people in the best interest at all times of the casualty, their companions, and their rescuers.

There has also been a further compounding of difficulties when rescues are initiated by calls from mobile phones. Some of these calls may be answered by operators who are unaware even of the existence of mountain rescue teams and how they should be called out. We have established links to BT and Mobile Operator 999 services in order that we can reduce this further complication.

All the Teams in the Lake District are working hard with the Police, Ambulance Control and the Air Ambulance services to agree correct and appropriate protocols to ensure the most appropriate response to rescues. Communications with the air ambulances have improved dramatically over the last 12 months with them now being fitted with radios such that we can talk direct to them during an incident.

We continue to work more effectively with the air ambulance crews, and have recently provided some 20 paramedics and doctors of the Great North Air Ambulance with a familiarisation day at our rescue base. During this day we provided detailed information on how rescue teams operate, how we train, the medical and technical equipment, training and skills we possess, and details on the cost of running a rescue team. This familiarisation was extremely well received by the crews, with the high skill levels and extent of equipment carried by rescue teams being somewhat of a surprise to our visitors!



One of the Land Rovers

Ben Soffe

Keswick Mountain Rescue Team



Glenmore Lodge. A tricky ascent of a boulder field.

Peter Little

Worryingly, we have heard reports that there is a perception within some areas of the general public that the Air Ambulance service has taken over all mountain rescue and that donations to the Air Ambulance service are being made in preference to the rescue teams. Another reason for this perhaps is the permanent and more intensive fund raising programmes adopted by the Air Ambulance services. As can be seen from the above, however, this is absolutely not the case – please continue to support mountain rescue teams.

Military helicopters were used by the team on various occasions throughout the year. Sea-King helicopters are able to operate in different conditions and have differing capabilities to air ambulances. When helicopter assistance is called for it is vital that these differences are also considered. A Sea-King can operate in poorer weather conditions, and at night. It can winch team members and casualties where landing is not an option, it can carry larger numbers of people, and the crew can operate using night vision goggles to enhance their capabilities.

Operationally, and as all teams in the Lake District we have transitioned to a new radio system this year. The finance for the replacement for the radios across the Lake District Teams has been provided by the Police. The new radio system is proving to be much more reliable and effective than our old outdated system. A great deal of time and effort has been expended by all involved with the arrangements for the new radio system within the Keswick Team. Alan Prescott, our Radio Officer, has completed the massive task of planning and implementing the change over in the Keswick Team from the old to the new system. This has included running both systems in parallel for a period whilst we ironed out any teething troubles with the new system - it is testament to Alan's approach that there were none!

Given the conditions in which we are sometimes called out, it is important that team members are properly equipped. This year there has been replacement of waterproof clothing, both lightweight jackets for all team members and full weight sets for those team members whose equipment had 'passed its best.' This equipment was supplied to us by Berghaus, along with donations of further equipment to the team. Our sincere thanks go to Berghaus for their continuing and generous support.

As we move forward into 2005:

- Who knows what the New Year will bring?
- Will it be a quieter year than 2004, or busier?
- What fresh ideas will the new officers of the team bring?
- Will we get some good winter conditions this year?
- And a good summer?

All the above are currently unknowns, but for certain Keswick Mountain Rescue Team will continue to go from strength to strength and will undertake each and every rescue for the best possible benefit of the casualties who have been unfortunate to result in circumstances which require our services.

Enjoy yourselves on the mountains, be prepared to increase experience levels by stretching the limits once in a while, but if you do require the assistance of a mountain rescue team dial 999 and ask for the Police, who will activate the relevant team.

Mark Hodgson

Keswick Mountain Rescue Team

Training far and wide !

Another busy year for the Trainers in the Team! We have seen 6 Probationers (at various stages of their probationership) pass through the year to full membership, all of them bringing their own special talents to our rescue work.

The Team has recently elected to implement a different scheme for election and training for Probationers with a yearly intake of up to four at any one time, following a rigorous application procedure. (If you wish to know more, please contact one of the Team's Training Officers). This allows us to run a more structured yearly programme to include Probationer members and their needs.

We continue to benefit from our annual training weekend at Glenmore Lodge with a record turn-out this year of 18 members attending the weekend. This gives us the opportunity to train in snow and ice – something we need to be proficient in though not something we see nearly often enough in Borrowdale! As ever, these sessions allow for team building and getting to know each other away from familiar territory.

Four Team members have attended a "White Water rescue" course at Plas-Y Brenin, something we have been keen to see added to our skills. They have in turn, passed on these skills to the Team. Increasingly, this area of work is needed for our

rescues on the lake and the rivers around Keswick and something that many Team members unexpectedly found themselves using in the recent floods in the town itself.

Our "international" training has seen two Team members on a "Rigging for rescue" course in Canada (more in Simons report). This has grown our rope-work skills immeasurably, bringing back new ideas on our approach to crag work and safety. The Team benefits from expanding our skill-base in this way and will also help other Teams as we organise similar courses here in Keswick and invite Teams nationwide to take part.

This year will see us once again getting ready to sit the MRC First Aid exam early next year. This is a rigorous test of practical and theoretical skills which we sit every three years and we are proud to say all Team members sitting this exam pass with high marks. This is a tribute to their hard work and dedication in keeping up their skills in this area.

We are looking forward to new Training Officers taking on this challenging role in 2005 and to their fresh approach in bringing new ideas to our weekly sessions and to enhancing the considerable skills we possess.

Jill Sharpe



Glenmore Lodge. Practising belays.

Roy Henderson



Incident No 48.

Ben Soffe

- 1 17 January 15:04
Seat Sandal above Dunmail Raise**
A man used his mobile phone to summon help when he became stuck in steep, loose, icy ground. He was not sure where he was but was located by telling us his car was by a large island in the middle of the road (Dunmail Raise) and that he could see our vehicle approaching from his right.
- 2 22 January 20:48
Carrock Mine, Mosedale**
A man (71 yrs) failed to return home in Cockermouth. His wife raised the alarm but nobody knew where he had gone. His car was located by the police in Mosedale, whereupon a search involving over 50 rescuers, search dogs and mine rescue specialists was mounted. He was located 40' down a mine shaft having spent 10 hours there. He had lowered himself down on a knotted rope but had been unable to climb back out. A fortunate end to a remarkable story!
- 3 28 January 12:55
Lodore Falls**
A man (50 yrs) slipped on snow and ice on the footpath behind the hotel. He was carried to the hotel by staff. We were requested to assist with transport to hospital due to the snowy roads and lack of an ambulance.
- 4 5 February 19:15
Central Fells**
4 men called for assistance on a mobile phone, having become lost and benighted. Their poor map had led to navigational errors. They were found 3 km from their intended route (Scafell Pike) on Allen Craggs.
- 5 21 February 16:17
Shepherd's Crag – Adam**
A climber (21 yrs) fell about 50' while leading the climb. He pendulumed and smashed his helmet against the cliff. He was taken by helicopter to Carlisle with head, chest and leg injuries. He was very fortunate as it turned out he escaped without any broken bones. The helmet certainly prevented a much worse outcome!

- 6 5 March 19:55
Helvellyn - Striding Edge**
A joint operation involving 3 teams, search dogs and a helicopter located the body of a man (44 yrs) who had been traversing Striding Edge with his brother. After they had become separated on the Edge, the brother reached the summit and then spent some time in looking for him before descending back to the valley in the hope that he may have returned to the car.
- 7 17 March 01:50
Hanging Knotts, Bowfell**
A search involving 4 mountain rescue teams looking for a man (26 yrs) who had become lost. He was located, cragfast, in the early hours. He was helped off and walked down.
- 8 18 March 18:40
Central Fells - Esk Hause**
2 walkers (38 yrs) became lost on Scafell Pike. They had descended into Upper Esk where they were located by Wasdale MRT. Having escorted them to Esk Hause, Keswick MRT brought them back down to Borrowdale.
- 9 25 March 14:06
Yewdale Knott, Borrowdale**
A woman (79 Yrs) slipped on wet grass and broke her ankle. An air ambulance in the area was used to take her to hospital.
- 10 28 March 18:44
Great End area**
A man (50 yrs) and his wife became lost in cloud. They were located in Calf Cove and escorted back down to Seathwaite. A birthday for the husband to remember!
- 11 1 April 13:04
Knotts, Borrowdale**
A woman (68 yrs) slipped on wet grass and broke her ankle. She was taken by air ambulance to hospital.

see also
www.keswickmrt.org.uk

Keswick Mountain Rescue Team

- 12 4 April 14:22**
Blencathra - Sharp Edge
 A walker called in because she had seen a couple of people shouting and seemingly in difficulties near the notch on Sharp Edge. Although the area was checked out by team members, nothing untoward was found. A false alarm with good intent.
- 13 9 April 17:09**
Rosthwaite - Watendlath path
 A man (79 yrs) ground to a halt while walking. Very painful hip joints prevented any further progress. He was carried down and transported to Keswick Cottage Hospital.
- 14 18 April 12:57**
Castle Crag - Allerdale Ramble
 A mountain biker (26 yrs) came off his bike during a fast descent and sustained a fractured pelvis. He was airlifted to hospital by a Sea King helicopter.
- 15 23 April 17:28**
Taylorgill Force
 A man (23 yrs) slipped on steep grass while trying to regain a lost footpath and sustained and broken ankle.
- 16 24 April 13:32**
Greta Gorge cycle path
 A cyclist (32 yrs) was found in a collapsed condition. Despite the best efforts of passers by, an air ambulance and 2 doctors, he was pronounced dead at the scene.
- 17 5 May 19:30**
Esk Hause shelter
 A man (33 yrs) required assistance as he was suffering from exhaustion.
- 18 6 May 19:10**
Shepherd's Crag – Grasp
 A lead climber (40 yrs) fell 30' on to boulders. He fractured his pelvis, spine and heel.
- 19 8 May 18:10**
Blencathra - Gate Gill
 4 walkers (1 man and 3 women) required assistance after they became disoriented and lost in bad ground when they tried to escape from the Hall's Fell ridge.

- 20 10 May 14:38**
Mosedale
 2 men were injured when their helicopter made a crash landing following technical difficulties.
- 21 11 May 15:35**
Dollywaggon Pike
 A woman (70 yrs) fell backwards and broke her ankle.
- 22 11 May 19:12**
Quayfoot Buttress – Aberration
 A climber fell 25' while leading the climb, breaking both legs.
- 23 22 May 14:12**
Grisedale Pike - Sleet How
 A man (53 yrs) slipped and badly gashed his hand. As he was having difficulty in getting down, some passers by called the Team to assist.
- 24 22 May 14:35**
Ashness to Falcon Crag path
 A man (73 yrs) with a lung condition collapsed and was taken to hospital by helicopter.
- 25 27 May 23:50**
Helvellyn
 A man (28 yrs) was overdue. A search was mounted by Patterdale and Keswick MRTs. He was found at 5 am on the road.
- 26 31 May 10:32**
Derwentwater - Calfclose Bay
 A woman (71 yrs) fell and sustained a suspected fractured neck of femur.
- 27 3 June 11:00**
Steel Fell
 A walker fell while climbing up the steep gully on the front of the Fell. His friend tried to stop him and sustained a broken arm. In all, 4 of them were knocked down by the original faller.



Incident No. 27.

KMRT

Keswick Mountain Rescue Team

Incident Report 2004 *continued . . .*



Incident No. 40.

KMRT

- 28 4 June 17:17**
Scafell Pike - Esk Hause area
A boy (9 yrs) became separated from his father. The father stayed on the hill and the son made his own way back to Wasdale where the car was parked!
- 29 6 June 19:00**
Styhead Tarn
A request from Wasdale MRT to assist with walking a man (29 yrs) from Styhead to Seathwaite. He was very tired due to his cerebral palsy.
- 30 15 June 17:19**
Dob Gill - Binka Stone
A woman (46 yrs), wearing Scholl sandals, slipped and broke her ankle.
- 31 20 June 22:25**
Helvellyn area
A man (46 yrs) left Keswick in a depressed state. After his car was located near Thirlmere, a search was mounted involving 3 teams and search dogs. He was found on the summit of Helvellyn in the early hours, waiting for his last sunrise.
- 32 26 June 23:58**
Easedale - High Raise area
A group of 5 (16-17 yr old) D of E Bronze expeditioners went missing in poor weather conditions. They were last seen at Easedale Tarn at 1 pm on their way to Stickle Tarn over the tops. In a search involving 3 teams and search dogs, they were located camping at Easedale Tarn, believing they were at Stickle Tarn!
- 33 15 July 10:45**
Grainsgill Beck, Mosedale
A man (56 yrs) had an epileptic fit and sustained cuts and bruises to his face when he fell.
- 34 15 July 13:32**
Skiddaw summit plateau
A woman (52 yrs) slipped on wet rock and sustained a badly gashed head and injured wrist. She was taken to hospital by Sea King helicopter.
- 35 15 July 18:10**
Ullock Pike - Mirehouse path
2 walkers became cragfast in steep ground when taking the direct path down to the road.
- 36 19 July 16:30**
Blackmoss Pot
A local 10 yr old boy dropped a rock on his foot while playing in the water, possibly causing a fracture.
- 37 21 July 16:09**
Seathwaite - Hind Gill
A lady (30 yrs) slipped on the steep, rocky path and sustained a Potts fracture to her ankle.
- 38 3 August 20:48**
Stoneycroft Gill
A 15 yr old girl broke her ankle while gill scrambling. She had stumbled backwards while her foot was jammed under a rock.
- 39 9 August 13:05**
High Spy summit
A man (58 yrs) slipped on wet ground and broke his ankle.
- 40 14 August 13:50**
Cat Bells - Hause Gate
A man (50 yrs) was reported to be having breathing difficulties. It may have been a coronary problem.
- 41 17 August 12:09**
Blencathra - Sharp Edge
A man (51 yrs) slipped on the loose surface dislocating his shoulder while trying to arrest his fall into a gully. He was taken to hospital by helicopter.
- 42 18 August 18:30**
Central Fells
We were requested to assist Wasdale MRT in locating 2 poorly-equipped walkers who had lost their way while descending Scafell Pike. They were located near Rough Crag with an insideout umbrella!

**43 18 August 21:00
Great Gable**

A young couple (30 yrs and 32 yrs) were reported to be overdue at Seathwaite. Although reported to be attempting Gt Gable, they had been encountered by rescuers during the previous search on the Scafell Pike route. As a consequence, they were quickly located and assisted from the fell.

**44 31 August 14:35
Derwentwater - High Brandlehow**

An Italian man turned his ankle and sustained a fracture while walking with his young family. We were requested to assist the ambulance crew with the carry to the waiting ambulance on the road.

**45 4 September 10:09
Smithy Green, Bassenthwaite**

A man (58 yrs) was reported missing from his home in Carlisle. His car was located by the side of Bassenthwaite Lake. A search was mounted involving 10 search dogs, 2 rescue boats to search the lake shore, a rescue helicopter and 24 rescuers. Nothing was found. Following the sighting of a man with the same description near Embleton on the next day, Cockermouth MRT mounted a search with 7 dogs, a helicopter and rescuers, but it was later discovered that the sighting had been that of a vagrant! The body of the missing man was recovered from the lake on the afternoon of the 6th.

**46 11 September 15:20
Force Crag area, Coledale**

A girl (14 yrs) slipped and twisted her ankle in poor weather while taking part in a sponsored walk.

**47 13 September 15:40
Ashness to Falcon Crag path**

A woman (62 yrs) slipped on wet grass and broke her ankle.

**48 5 October 13:52
High Spy - Nitting Haws**

A man (62 yrs) slipped on wet rock and tumbled 10' - 20' down from the path sustaining 8 broken ribs and head injuries. He was airlifted by helicopter to West Cumberland Hospital.

**49 8 October 12:32
Dale Head - north ridge**

A woman (62 yrs) slipped and tumbled off the path. She sustained various facial cuts. We were at the top of the mountain and on scene within 21 minutes as the first team member, who lived down the valley, was able to hijack a private helicopter which had just landed. However, the casualty declined a lift down as she was not happy with flying!

**50 12 October 13:02
Force Crag area**

A woman (67 yrs) slipped off the path and broke her ankle. She was taken to hospital by Air Ambulance.

**51 17 October 15:45
Great Wood, Borrowdale**

A man (46 yrs) under mental care ran off from his companion, not wishing to return to his nursing home. He clearly wanted to make things difficult for his searchers, so the Team's effort was abandoned.

**52 17 October 22:43
Dale Head**

3 walkers (including a male of 49 yrs) ran out of daylight after a long day and become lost. They went to ground and were located at 01:00 hrs.

**53 25 October 15:11
Esk Hause**

A man (52 yrs) slipped on wet rock and dislocated his shoulder. After having made Esk Hause, he went to ground and waited for assistance.

**54 28 October 14:10
Maiden Moor**

A man (46 yrs) collapsed and died whilst walking with his family.

**55 29 October 14:30
Esk Hause area**

A man (21 yrs) was benighted while walking. He was found on Bowfell in the early hours.



Incident No. 48.

Martin Singleton

Keswick Mountain Rescue Team



Incident No. 62

KMRT

**56 1 November 18:22
King's How**

A couple (62 yrs) lost the path and tried to make a direct descent to Grange. However, they became stuck in steep, broken ground and chose to call for assistance on their mobile phone.

**57 13 November 12:32
High Rigg**

A woman (63 yrs) slipped on icy grass and broke her ankle. This was the first sunny day for weeks!

**58 13 November 12:34
Cat Bells**

A woman slipped off the path near the summit and broke her ankle. A team member was with her within minutes of the call for help because he happened to be on the summit of Cat Bells! She was assisted back to the summit where she was airlifted by the Great North Air Ambulance to Carlisle.

**59 14 November 11:51
Green Gable, Windy Gap**

A man (60 yrs) collapsed on the path while returning from the annual Remembrance Day service on the summit of Great Gable. He was stretchered down to Sty Head Tarn where the Great North Air Ambulance was waiting beneath the cloud. Members from Keswick and Wasdale MRTs were quickly on scene as they, too, had been to the service.

* This was the 100th mission of the 'Pride of Cumbria' air ambulance in the three months since it began operations in the county.

**60 21 November 14:40
Force Crag area**

A pregnant lady slipped on ice and broke her wrist. Conveniently for her, an RAF rescue helicopter was training in the area and whisked her off to hospital before the Team got very far!

**61 14 December 20:40
Central Fells**

When two brothers (21 & 29 yrs) hadn't returned home in Barrow after a walk to Scafell Pike, the alarm was raised. Their car was found at Wasdale Head. In addition to the Keswick team, Wasdale, SARDA dogs and Duddon & Furness MRTs were involved in the search and subsequent rescue. The two walkers had descended Scafell Pike via Lingmel Col and then taken a wrong turning down Pier's Gill. After descending all the waterfall pitches they eventually could go no further when they came to the top of the 60-foot waterfall pitch. They were both wet through, mildly hypothermic and one had injured his leg when he fell on the last pitch. They were stuck in the Gill for 13 hours and were rescued at around 04.00 hrs on the Monday morning. The walker with the injured leg was flown to West Cumberland Hospital.

**62 19 December 13:58
Stoneycroft Gill**

A man (42 yrs) slipped on ice and broke his ankle. He was taken by air ambulance to Carlisle Hospital.

**63 23 December 13:35
Whinlatter Forest**

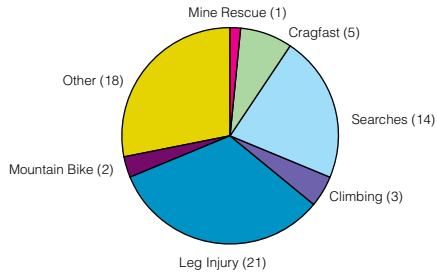
We responded to a request to assist the ambulance service which had been called to attend a male mountain biker (51 yrs) who had come to grief, breaking his wrist.

**64 29 December 16:12
Dale Head Crags**

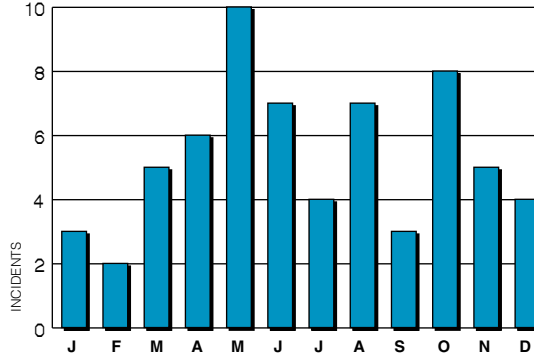
A man (39 yrs) slipped on wet rock and broke his leg.

INCIDENT TYPES 2004

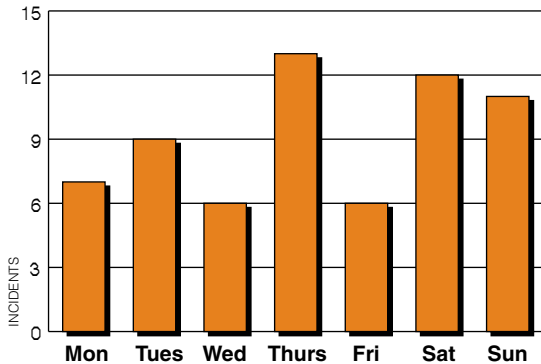
Figures in brackets refer to number of incidents, not percentage of incident types



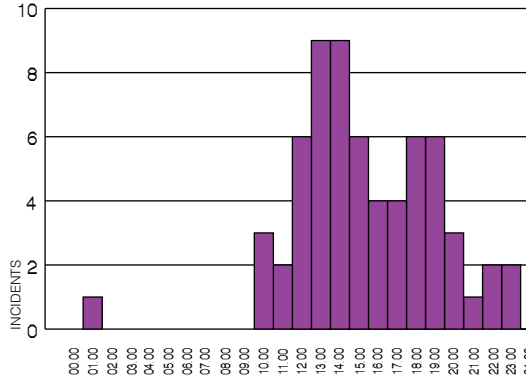
MONTHS OF THE YEAR 2004



DAYS OF THE WEEK 2004

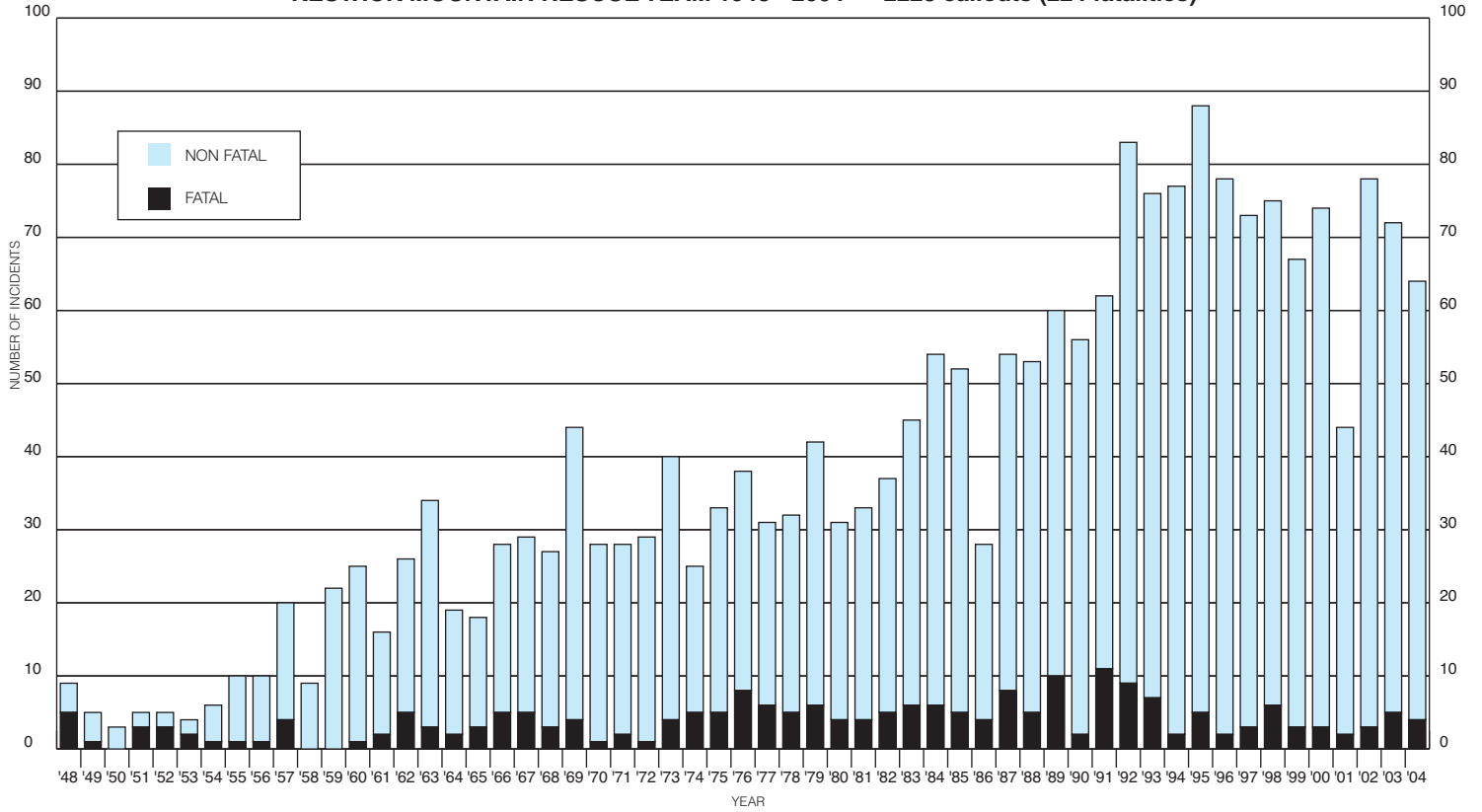


TIMES OF THE DAY 2004



Keswick Mountain Rescue Team Incident Report 2004 *continued . . .*

KESWICK MOUNTAIN RESCUE TEAM 1948 - 2004 2223 callouts (224 fatalities)



Search Dogs Mist and Loch have had a busy year. The Lake District Mountain Rescue Search Dogs Association to which they belong, has had 68 callouts this year – more than the Team itself. Both dogs regularly attended any search organised by their own team, but also went to many of those organised by surrounding teams. The Police seem to have realised that the search dogs are an asset which don't have to figure in their budget for the year, so there have been a fair number of calls from them as well.

To list all their callouts would take far too long, so here are a selection:

February: Both dogs attended a 2 day search for a missing depressed man in the Penrith area, who was found dead on the banks of the River Eamont during the second day.

March: After a search early in the month on Helvellyn for a missing walker in winter conditions, both dogs went to Culgaith, near Penrith, to search for a missing child, who had walked three miles down the river bank, and was found by a member of the public near Langwathby.

April: Search Dog Mist was asked to help with a search of woodland and parkland in the centre of Workington for a missing 80 year old man, who later turned up on a coach returning from London !

July: Search Dog Mist responded to a request from the police to search for a missing depressed man at Shap. Mist found him in woodland within 10 minutes, in time for his life to be saved.

September: Search Dog Loch retired from active service at the age of 13, after more than 140 searches. Regrettably, her replacement, Foss, has not made the grade, and so the Team for the moment is down to one Search Dog. However, there are back ups in the form of the 7 dogs from Cockermouth and Patterdale teams, who are regular attenders on Keswick searches.

Lastly, Mick Guy has decided to train one last Search Dog, and the new pup, Ginny, is now into the training regime.



New puppy Ginny.

Mick Guy

Mick Guy

Keswick Mountain Rescue Team



Advanced Rigging for Rescue course – July 2004, Invermere – British Columbia

This year saw a first for Keswick Mountain Rescue Team – international training. Two of us – Roy Henderson and myself were lucky enough to have the opportunity to go to Canada on an advanced Rigging For Rescue course run by Kirk Mauthner.

Rigging for Rescue is the title given to systems developed by Kirk for the safe and efficient rescue of climbers/casualties stuck or injured on crags.

The whole idea being that a particular situation can be assessed and a system devised for the casualties evacuation using the minimum amount of gear whilst working well within the equipment tolerances – in fact using a safety margin of 10:1. Everything is done on two ropes which in turn are on two separate sets of anchors. The main line, which takes the load during the operation and is used in conjunction with a lowering device – a Rack or similar, and the safety line which is there in case of a main line failure. On this safety line is either a set of tandem prusiks (3 wrap 8mm) or a piece of equipment called a 540. If there is a main line failure then the safety line with either the 540 or tandem prusiks, automatically locks up and takes the load. After which the main line can be re-established and the lower can be continued. The whole system could pass a ‘whistle test’ – if during a lower a whistle was blown and everybody let go of the ropes, the system would automatically lock up, after which it can be released and the operation continued.

Two years ago Keswick Team arranged for Kirk to come over to Keswick and run two Rigging For Rescue courses. Each course was for 10 people and the places not filled by Keswick team members were offered to and filled by other teams from England

and Wales. It was during this first course that the idea of going to Canada to take part in the advanced course was formed ...

So in July 2004 Roy and myself flew off to Calgary and drove to Canmore which is a town near Banff and stayed overnight with an ex Keswick team member/doctor who now has his own practice in Canmore. The next morning we drove through Banff National Park to Invermere and to Kirks house to meet up with Kirk and the rest of the group.

The group consisted of 2 instructors - Kirk and Leo, 2 Canadians, 3 Americans, 3 Alaskans and us two Brits. We weren’t quite sure what we had let ourselves in for - listening to everybody introduce themselves and what experience they had – especially two of the Alaskan lads who turned out to be Denali guides !

Anyway, the plan was to sort out all the gear - ropes, hardware, food, personal gear, tents etc into loads with marked weights as we were to be flown up to where we were camping for the week by helicopter. Early the next morning we left in various 4 wheel drive trucks and after an hour and a half bumpy drive up forestry roads we came to the road head. Along with all the rest of the gear, we had brought chicken wire - the trucks were parked close together and the chicken wire wrapped around them and held in place by boulders and logs. This is to stop porcupines from eating your tyres and brake lines ! !

The helicopter arrived and in three groups we were taken up to the camp area, in about 7 minutes. The camp was on a moraine about 100m from the toe of a glacier at about 2500m. We pitched our tents and organised the camp, including rigging up a food line. This is so all the food can be sealed in bags held above the ground away from the tents as a precaution against bears and other varmints destroying your tents.

Once camp was set up training began immediately. The first afternoon saw us working in two groups on a small crag (100') close to camp, setting up the basic anchors, main line and safety line systems and generally getting to know the group.

Then for the next 6 days we were into full days training – a leader for the day would be chosen and it was his task to organise the group/gear for the given exercise set by Kirk. All aspects of the day needed to be thought about, regarding who was carrying what gear, route taken to the area in which we would be working and general group safety. We were generally away from camp by 7am, returning after an 11 or 12 hour day.

Every days training was different. We covered various lowers with and without stretchers and pick offs – where your casualty is hanging on the crag. One technique that was used in this scenario was to lower the barrow boy with the stretcher suspended horizontally, once over the edge and safely on the face of the crag, the barrow boy lowers the foot end of the stretcher with a pulley system pre-rigged so the stretcher is then in the vertical position. He is then lowered to the hanging casualty who is then attached to the stretcher whilst still in this vertical position. The barrow boy then raises the foot end of the stretcher again with the pulley system and – if you get it right – this releases the tension off the casualties ropes which then can be un-tied (NOT CUT !). The lower can then be continued or, as we did, a pulley system is rigged at the top of the crag and the casualty and barrow boy raised to the top of the crag.

Another day we climbed two 3000m peaks – Alpha Centauri and Norstar, and from the summit of Norstar we did a continuous stretcher lower on steep snow using snow and rock anchors for a total descent of approximately 1000'. We also did some glacier travel training (very useful in the Lake District) and some

Keswick Mountain Rescue Team

crevasse rescue – which entailed both myself and Roy being lowered into a crevasse and the rest of the teams rescuing us. The rope techniques being the same but only ice anchors (bollards, screws, Abalacov threads) were available.

One day was spent setting up guide line lowers. The idea being that a stretcher with casualty and barrow boy is lowered as normal on a main line and safety. A third rope is set up, anchored at the top of the crag and through a pulley system at the foot of the steep unstable scree slope well below the base of the crag. The stretcher is connected to this third rope using a pulley wheel. As the stretcher is being lowered the tension can be adjusted on the third rope to keep the stretcher just free of the crag. Once the barrow boy has landed on the scree slope the tension can be increased to allow the stretcher to be lowered down the scree, but only keeping it about 1m off the ground, with the barrow boy walking alongside. This technique works very well and allows the forces on the tension rope to be kept as low as possible, whilst giving the casualty a very smooth ride. Our exercise was further complicated by the fact that the full lower distance was approaching 600' and the main and safety line ropes we were using were only 300' long – so ropes had to be joined mid lower with all the associated techniques involved in passing knots through the lowering and safety line devices.

The final day was a big one ! ...

The scenario was to climb to the top of some huge slabs that could be seen from the camp and to do a multi pitch lower of a casualty and attendant. This was made more complicated in that the rest of the group would be split into teams and lowered into place to set up the anchors and belays for the intermediate stations. They would then receive the casualty and attendant, transfer them onto their anchors and continue the lower to the



Keswick Mountain Rescue Team



next intermediate station. Once safely transferred again, the higher teams needed the facility to continue down behind the casualty. So basically everyone was to get down the route, pulling ropes down as required. Again ropes had to be tied together for the final 400' stage. The whole lower top to bottom was well over 1000'.

The next day it was up early again to break camp and pack up ready for the helicopter to pick us up and take us back to the road head. On inspection the vehicles were found to have repelled any varmint attack ! During the drive back we stopped at a small crag to try out a hand winch for lowering and raising – which was good, but I wouldn't fancy carrying it to the top of Great End ! We then returned to Kirks house at Invermere and as we hadn't had a decent wash in a week to the lake for a swim – Lake Windermere !



After a meal together we all headed off in our separate ways – Roy and I back to Canmore.

We have both learned so much from this course. The fact that you spend 6 12 hour days and a couple of half days constantly setting up various systems for lowering and raising loads over various terrains being watched over and guided by THE leading authority on the subject, you cannot help but learn and be incredibly impressed by the depth of knowledge and skill that Kirk possesses.

Later this year Kirk is again coming to Keswick to run 2 more Rigging for Rescue courses for us.

Report and photos: Simon Hodgson

The Injured Party

A casualty's account

I fell on The Fells on 5th October, 2004 and for the rest of my life I am indebted to Keswick Mountain Rescue Team.

I first visited the Lake District in 1957 with my Secondary school. For ten days we camped by the side of Langstrath Beck, near Stonethwaite, Borrowdale and during this time I did a four day journey for the Silver badge of my Duke of Edinburgh Award. As a north Londoner, I was fascinated by the Lakes and Mountains. In fact, ever since I have loved Mountains, wherever they are.

For the past 27 years, in October, I have been on a walking holiday with family and friends in the Lake District, in my opinion, the most beautiful part of England. We have even formed a little walking group called "Watts Walkers" and designed our own logo for shirts and jumpers etc.

There were eleven of us walking on a fairly good path in Borrowdale, above Grange but below Maidenmoor. My friend in front of me called out, " Watch that rock there Geoff, it's a bit loose." Too late !!! I suddenly found myself tumbling down the Fells. I am told I fell about 25 feet but was fortunate not to have fallen a further 125 feet. I had somehow managed to grab hold of some rocks, or some heather or ferns to stop my fall. Oh, I was in pain.

Keswick Mountain Rescue Team

I managed to sit myself up. My back was very painful, a few of my party climbed down to me. I had a bad head wound and my friends stemmed the blood and dressed the wound with bandages. They also quickly realised there were other serious injuries. My breathing was very laboured, I could not breathe without making an awful gasping noise. My companions decided to summon the K.M.R.T via the Police. Thank heavens for the invention of the mobile phone and thanks also to my pal Martin who carried a GPS position locating gadget. Those in my group made all efforts to keep me warm and keep me talking while we waited for assistance. Still the pain nagged at me, I was so pleased to hear the sound of the two tone horns of the K.M.R.T. emergency vehicles somewhere down in the valley. There they were showing blue lights and headlights shining. I saw them drive up from Grange and, out of my view, they parked their vehicles. Soon lots of red jacketed persons made their way up to where I was sitting.

It seemed in next to no time I was surrounded by many strangers, clad in their outstanding red anoraks, one introduced himself, but to me his name was irrelevant because he had an oxygen cylinder which gave me tremendous relief, but I still made this awful gasping noise, it seemed I could not breathe normally.



Keswick Mountain Rescue Team

The Injured Party

A casualty's account



Very efficiently, I was manoeuvred onto a stretcher without causing me too much more discomfort. A vast yellow plastic sheet was placed over me, a couple of my companions and several of the K.M.R.T. were all inside our own tent without poles. A doctor, part of the K.M.R.T., right up there on the fells, examined me, a nurse in attendance too who was one of our walking party. I heard it was decided to summon a rescue helicopter. Looking back it seemed to be fairly soon before I heard the distinctive throb of a helicopter engine. I soon found that I was strapped into my stretcher and with a neck brace in place I was being manhandled with so many helpers. My yellow tent was removed and suddenly it seemed so cold. I had not realised how much protection this gave me from the cold wind. I was carried back to the path from where I had fallen and then down to where the "chopper" had landed.

I was placed into the rescue helicopter, and there I was on the floor of the aircraft. It was so very noisy. The crew all had

earphones on, so they would be protected from the noise. I can remember being disappointed that I had not been winched up on the stretcher. The crew kept reassuring me and in no time at all we landed at West Cumberland Hospital. Less than 2 hours after my fall I was in Accident and Emergency. It was discovered that I had eight broken back ribs and I spent seven days in Intensive Care and in total eighteen days in hospital before being delivered home by ambulance to the South Coast.

The whole experience was a remarkable exercise in teamwork. A painful, yet unforgettable couple of hours and I should add that I am glad to say, I was fully conscious for the whole of the days incident.

Thank you to Keswick Mountain Rescue Team and the helicopter crew from RAF Valley on Anglesey.

Geoff Watts

Photos by Trevor Jones/Martin Singleton

Another View

- from one of the casualty's party

"Scene" from a different angle

Our first day walking this year was on Tuesday 5th October, and the plan was to traverse the lower slopes of Cat Bells, start ascending Maiden Moor from behind Grange by the route diagonally below Nitting Haws, and return along the tops. The visibility was fairly good and the weather a mix of rain, sun and wind, conditions that we had experienced many times. As always we were prepared for any eventuality, carrying maps, compasses, first aid kits, torches, survival bags, extra food and clothing, whistles, mobile phone and GPS.

At about 2 p.m. we were crossing below the crags of Nitting Haws on a well established footpath when Geoff lost his balance, and fell about 20 feet down the mountainside in front of me. It all happened so quickly that all I could do was to shout to the rest of the party, to stop. We descended to where he had come to rest, and after assessing his obvious and possible injuries, realised that the mountain rescue team was required. So often I had cursed the mobile phone, but not on this occasion, especially as the signal was strong. My 999 call was answered immediately, and I gave the police details of the accident including our exact location, obtained from my GPS.

Before long my mobile phone rang, and I heard the reassuring voice of Simon from the Keswick Mountain Rescue Team on the other end. Using my first name, he confirmed the information that I had given the police, and stated that someone should be with us within 45 minutes. Meanwhile other members of our party, which included a nurse, attended to Geoff by stemming the flow of blood from a head wound, keeping him warm with survival bags, preventing further injury, and making him aware of the rescue services. He was conscious, but his breathing began to deteriorate and once again the mobile phone was invaluable, enabling us to speak directly to the team's doctor.

Keswick Mountain Rescue Team

It was not long before the welcome sound of a siren resounded down Borrowdale, and an emergency vehicle was seen approaching us on the lower slopes near Hollows Farm. We were able to follow the progress of the red-anorak-clad rescue team members as they ran up the mountain towards us. The first to arrive brought oxygen to help with Geoff's breathing difficulties, and it wasn't long before further assistance arrived including the doctor. The team had arranged for the despatch of a SeaKing helicopter from RAF Valley, on Anglesey. Equipment appeared from nowhere, a stretcher was assembled, and a shelter thrown over Geoff, to retain body heat, whilst the doctor examined him.

Before long the distinctive sound of the SeaKing was heard, and those no longer dealing with the casualty were advised to move away. A flare was let off to guide the pilot, and soon the winchman appeared and descended to the ground. The helicopter moved away and after several attempts to position to airlift the stretcher, decided, because of windy conditions and the proximity to the crags, to land a few hundred yards away, on a grassy hummock. The stretcher, secured by a rope, was then carried down to the SeaKing, and within minutes bound for West Cumberland Hospital.

I have often seen mountain rescue teams inaction, admiring their skills, and hoping that I would never have to call upon their services. Modern technology, coupled with the efficient response of the emergency services placed Geoff in the Intensive Care Unit within two hours ! I will NEVER forget the professional way in which the incident was dealt with, and the importance of being properly equipped.

Martin Singleton

Keswick Mountain Rescue Team

Medical Students

Two students visited the team in 2004



An array of personal first aid kits being assembled in the base !

KMRT

At the end of our Accident and Emergency, orthopaedics and rheumatology rotation we have an "inspirational" week during which we do something that we are particularly interested in, related to these specialities. We thought it would be good to find out more about the immediate management of various problems in the challenging environment of the hills, rather than the specialised hospital setting, with all its equipment, staff, etc. We were so happy that the Keswick Mountain Rescue Team agreed to let us join them for a week.

The first night we had an introductory session, during which we learnt how the team works, and were shown around the base. We were overwhelmed by the organisation, hard work and small touches that make the operation run so smoothly. We went on two call-outs during our visit: a cardiac arrest and a search. From these two highly contrasting incidents we learnt a huge amount about the elements involved in co-ordinating and carrying out a successful rescue. The efficiency and slickness

with which rescues are carried out is remarkable, but what touched us most was the compassion and sensitivity of team members at the incidents and afterwards.

We enjoyed the Thursday night exercise: it was good to see how various procedures that we had just learnt on our A & E rotation, (and some others that we hadn't considered !), are put into practice in an outdoor setting.

We would like to thank the team for giving us this unique opportunity. At medical school we are asked to nominate people who have gone above and beyond the call of duty in helping us. This most definitely applies to the Keswick Mountain Rescue Team, for the help and kindness they showed us, but more importantly in the work they do in and around Keswick every day.

Catriona Murray and Elizabeth Hunt

Collection Box Sponsors

Keswick Mountain Rescue Team

The team wish to thank all establishments and contributors who have helped to raise over £20,000 to help towards the team's expenses in 2004. Anyone wishing to house a collecting box, please contact Brian Spencer on 017687 72531

Abacourt House
Acorn House
Allerdale House
All Seasons
Armthwaite Hall
Bank Tavern
Barclays Bank
Barn Gill Guest House,
Thirspot
Beaty and Co, Wigton
Beckstones Guest House
The Beeches Guest House
Been There Done That
Betty Barker's
Birch How Guest House
Bonshaw Guest House
Bookends
Borrowdale Hotel
Borrowdale YHA
Bowfell
Braithwaite Court HPB
Brierholme Guest House
Brookfield Guest House
Brysons
Caffle House, Watendlath
Camping and Caravan
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Cars Of The Stars
Cartwheel Guest House
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Castlerigg Hall Caravan
and Camping Park
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Cherry Tree Guest House
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Claremont House
The Climbing Wall

Coledale Inn, Braithwaite
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Cotswold Camping
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Crosstwaite Garage
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Derwent Bank HF
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Derwent Club
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Derwentwater Caravan Park
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Elliotts
Erinville Guest House
Ferndene Guest House
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Firms
Flock Inn
Four In Hand
George Fisher
George Hotel
Golden Lion Inn

Good Taste
Glararama Outdoor Centre
Glencoe Guest House
Glendale Guest House
Grange Bridge Cottage Cafe
Grange Cafe
Greystoke House
Greystones Guest House
Hawcliffe Guest House
Hazel Bank Hotel
Hazelmere Guest House
Hazelwood Guest House
Hedgehog Hill Guest House
The Heights Hotel
Helen's Chocolates
High Lodore Farm Cafe
C and C A Holmes
Honister House
Honister Mine
Hope Memorial Camp
Horse and Farrier
Howe Keld
HSBC
Hunters Way
Hutton Moor End
Caravan & Camping Site
Jane Horder, Lancaster
F and J Jarman, Aspatria
Kalgurli Guest House
Keswick Holiday Art Studio
Keswick Lodge
Keswick Golf Club
Keswick Bikes
Keswick Mountain Sports
Keswick Outdoor
Clothing Co
Keswick Park Hotel
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Keswick YHA
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Kings Head Hotel, Thirspot
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Lakeside House
Lakeside Tea Gardens
Langdale Guest House
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Littlefield Guest House
Lodore Hilton Hotel
Low Manesty Caravan Park
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Lynwood Guest House
Lyzcick Hall Hotel
21 Manesty View
Mary Mount Hotel
Max Spielman Photography
Medical Centre
Middle Ruddings Hotel
Mill Inn, Mungrisedale
Mines Museum
Moot Hall
Monic
Morrel's
National Trust Lakeside
Needlesports
New House, Rostwaite
Nichol End Marine
North Lakes Caravan Park
Norwegian Store

Oddfellows Arms
The Old Keswickian
Packhorse Inn
The Paddock
Parkergate
Peathouse, Stonethwaite
Pizza Panorama
Police Station
Powe Howe Guest House
The Puzzling Place
Rainbow
Rathbones
Rathbones Outdoor Wear
Ravenstone Hotel
Ravenstone Lodge Hotel
Ravensworth Hotel
Rembrandt Restaurant
Richmond House Hotel
Rickerby Grange
Rock Shop
Rohan
Rostwaite General Store
Rowe Opticians
Rowling End Guest House
Lyzcick Hall Hotel
Royal Oak Hotel, Rostwaite
Salutation Inn
Sandon Guest House
Saw Mill Cafe, Dodd
Scawdell Guest House
Scafell Hotel
Scotgate Camping Site
Seathwaite Farm Cafe
Seatoller Farm
Seatoller House
Scales Farm Cottage
Shemara Guest House
The Sick & The Wrong
Silver City
Silverdale Hotel
Skiddaw Grove Hotel

Spar Grocers
Spooney Green Cottage
Strathmore Guest House
Stybeck Farm
Sundance Wholefoods
Sun Inn, Bassenthwaite
Sunnyside Guest House
Swan Inn, Thornthwaite
Sweeney's Cellar Bar
Swinside Farm Cottage
Swinside Inn
Swiss Court Hotel
Tarn Hows Guest House
Temple Sports
Theatre By The Lake
Thornleigh Outdoor Store
TOG 24
Touchwood
Trekkers Cave
Treeby and Bolton
Tynemouth Lodge Hotel
Ultimate Outdoors
Underscar Hotel
Village Shop, Braithwaite
Village Shop, Portinscale
West View Guest House
Whinlatter Forest Tea Room
White Horse Inn
The Wild Strawberry
Winchester Guest House
Wine Rack
Woodside Guest House
Yeoman Outdoors
Yew Tree Cafe
Yew Tree Guest House
Zenith



Brian Spencer

Treasurer's Report, Trustees' Annual Report, Financial Statements for the year ended 30th November 2004

TREASURER'S REPORT

This year has seen an excess of expenditure over income by £14,678.

Income has fallen by over £20,000 mostly due to reductions in donations and legacies. This is disappointing, and we will have to watch this and if it is an ongoing trend, we will have to become pro-active in raising money for Team expenses. One encouraging thing was that income from collecting boxes topped £20,000 this year for the first time. Well done to Brian Spencer for this achievement.

Total expenditure has been reduced during the year. The biggest fall has been in the cost of courses which have reduced by £10,000 though training has to remain a high priority, members have been as far as Canada to attend the necessary courses. Examples of the burden of on-going costs are new medical gas

supplies totalling £3,000, and insurance of the rescue boat, vehicles, and buildings costing over £5,000. Cumbria Constabulary provided the team with new band radios, but there are still associated costs occurring, but these have been budgeted for, and are spread over two years. Upgrading the Security System at the Headquarters became necessary so involved a one-off cost of £5,000.

I believe that the Team has been very professional in their decisions on expenditure, this year as in previous years, money has been wisely spent where necessary yet boundaries have been moved forward.

Ian Wallace

Annual Report

for the year ended 30th November 2004

TRUSTEES ANNUAL REPORT

The following information is published in accordance with the requirements of The Charities (Accounts & Reports) Regulations 2000 and SORP 2000.

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	Michael Leonard Fanning
Secretary	Neil Dowie
Treasurer	Ian Wallace
Team Leader	Timothy Mark Hodgson
General Team Member 1	Paul Horder
General Team Member 2	Peter Barron

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 and Company, Chartered Accountants, 43 Station Road, Keswick, Cumbria CA12 4NB.

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

Trustees Report: The trustees present their report along with the financial statements of the charity for the year ended 30 November 2004. The financial statements have been prepared in accordance with the accounting policies set out on page 28 and comply with the charity's trust deed and applicable law.

Particulars of Written Constitution: The current version was approved by the Charity Commission and adopted by the Charity on the 8th of September 1994, and contains the provisions that regulate the purposes and administration of the Charity.

Keswick Mountain Rescue Team

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 arising therefrom, 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 & Details of Method of Appointment:

The only body with the power (within the terms of the Constitution) to appoint a trustee is the membership of the Charity. The Charity Trustees are appointed at each Annual General Meeting, and hold office until the following AGM. The Trustees must be members of the Charity and are the Chairperson, Secretary, Treasurer, Team Leader and two others elected from the general membership. There is no bar on a trustee standing for office for successive terms. Candidates for positions conferring trusteeship must be nominated in writing to the secretary not less than 21 days prior to the AGM, and notified to the membership not less than 14 days prior thereto. Voting is conducted by a secret ballot.

Income Reserves Policy: It is the policy of the charity to maintain unrestricted funds at a level which equates to three times annual expenditure. This provides sufficient funds, which will ensure that the provision of the Charity's primary objective will not be hampered by any imbalance between income and expenditure over a relatively short period.

Investment Policy: The Charity provides a vital emergency service that requires certainty of funding. The Charity Trustees have, therefore, a risk averse approach to investment. The preference is to safeguard funds by placing them in building society accounts – with medium to longer term funds placed in the highest yielding (but limited access) accounts. In that way, the capital is secure, and interest income is maximised. The Charity Trustees are constantly reviewing this policy, but have concluded that in the current financial market, this relatively cautious approach is the most appropriate.

Grant Making Policy: During the last financial year, the Charity made no specific grants to any other organisations.

Support was, as in the previous year, provided to other Lake District teams by way of provision of places on an externally supplied training course funded by the Charity. This did not involve the making of any grants as such – but made available training in specialist areas (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 is likely to continue in the next financial year.

The Charity Trustees have not found it necessary to formulate policies for the selection of any other institutions that will receive further grants out of the assets of the Charity. Any such grants will be on a case by case basis.

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

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

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

Approval: This report was approved by the trustees on 10 January 2005 and signed on their behalf.

Chairman, M. L. Fanning; Treasurer, Ian Wallace.

Independent Examiner's Report to the Trustees of Keswick Mountain Rescue Team

We report on the accounts of the Team for the year ended 30th November 2004 which are set out on pages 26 to 29.

Respective Responsibilities of Trustees and Independent Examiner

As the Charity's Trustees you are responsible for the preparation of the accounts; you consider that the audit requirement of section 43(2) of the Charities Act 1993 (the Act) does not apply. It is our responsibility to state, on the basis of procedures specified in the General Directions given by the Charity Commissioners under section 43(7) (b) of the Act, whether particular matters have come to our attention.

Basis of Independent Examiner's Report

Our 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 disclosures 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 we do not express an audit opinion on the view given by the accounts.

Independent Examiner's Statement

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

- (1) Which gives us 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 requirements of the Act, have not been met, or
- (2) To which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Gibbons & Company Chartered Accountants
Institute of Chartered Accountants In England and Wales

43 Station Road
Keswick, Cumbria
CA12 4NB
31 January 2005

Statement

of financial activities for the year ended 30th November 2004

Keswick Mountain Rescue Team

	Notes	2004 £	2003 £
Incoming Resources			
Covenants		920	1,192
Donations		27,278	31,873
Collection Boxes		20,066	19,035
Legacy		10	13,693
Income Tax Recovered		2,088	1,730
Bank and Building Society Interest		9,385	12,987
Miscellaneous and Book Sales		22	9
TOTAL INCOMING RESOURCES		<u>£59,769</u>	<u>£80,519</u>
Resources Expended			
Direct Charitable Expenses	2	55,004	64,574
Other Expenses	3	19,443	17,277
TOTAL RESOURCES EXPENDED		<u>£74,447</u>	<u>£81,851</u>
Net incoming Resources Before Transfers			
NET (EXPENDED) INCOMING RESOURCES FOR THE YEAR		(14,678)	(1,332)
BALANCE BROUGHT FORWARD AT 1st DECEMBER 2003		611,875	613,207
BALANCE CARRIED FORWARD AT 30th NOVEMBER 2004		<u>£597,197</u>	<u>£611,875</u>

The Notes on pages 28 and 29 form part of these accounts

Keswick Mountain Rescue Team

Balance Sheet

at 30th November 2004

	Notes	2004 £	2003 £
Fixed Assets			
Tangible Fixed Assets	5	284,149	298,981
Current Fixed Assets			
Debtors and Prepayments	6	3,203	3,480
Stock	7	100	100
Building Society Deposits		301,900	307,647
Cash at Bank		9,006	1,973
		314,209	313,200
Liabilities, Amounts falling due within one year	8	1,161	306
NET CURRENT ASSETS		313,048	312,894
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>£597,197</u>	<u>£611,875</u>
Funds			
Unrestricted		£597,197	£611,875

Approved by the Board of Trustees on 10th January 2005 and signed on its behalf by:
M. Fanning (*Chairman*) and I Wallace (*Treasurer*), (*Trustees*).

The notes on pages 28 and 29 form part of these accounts

Notes to the Financial Statements

for the year ended 30th November 2004

Keswick Mountain Rescue Team

1. ACCOUNTING POLICIES

Accounting Convention

The financial statements are prepared under the historical cost convention and in accordance with the Financial Standard for Smaller Entities (effective June 2002). In preparing the financial statements the charity follows best practice as laid down in the Statement of Recommended Practice "Accounting and Reporting by Charities" (SORP 2000) issued in October 2000 and SORP Update Bulletin 1 issued December 2002.

Depreciation

Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life. The rates used are as follows:

Property	-	Straight line over 50 years
Equipment	-	15% reducing balance
Motor Vehicles	-	25% reducing balance

Stocks

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

Income

Voluntary income and donations are accounted for as received by the charity.

Total funds *Total funds*

2004 2003

£ £

2. DIRECT CHARITABLE EXPENSES

Motor Vehicle Expenses

Insurances	2,917	2,652
Petrol and Oil	628	1,032
Maintenance	1,561	1,187

Equipment Expenses

Rental	3,457	3,076
Maintenance of Radio	1,750	984
Maintenance of General Equipment	5,142	3,659
Clothing and Outdoor Equipment	6,539	5,640
Courses, Medical and Other Expenses	10,473	20,192
Depreciation of Motor Vehicles and Equipment	22,537	26,152

£55,004 £64,574

3. OTHER EXPENSES

Garage, Team and HQ Expenses

Rent, Rates and Water	685	672
Telephone and Electricity	3,649	1,430
Repairs and Renewals	1,213	2,278
Postage, Printing and Stationery	5,174	4,419
Insurance	2,531	1,859
Bank Charges	15	7
Independent Examiners Fees	517	306
Sundry Expenses	1,214	1,861
Depreciation on Leasehold Property	4,445	4,445

£19,443 £17,277

4. STAFF COSTS

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

	<i>Leasehold Land & Buildings</i> £	<i>Equipment</i> £	<i>Motor Vehicles</i> £	<i>Total</i> £
5. TANGIBLE FIXED ASSETS				
Cost				
At 1st December 2003	222,262	171,852	109,889	504,003
Additions During Year	-	12,150	-	12,150
Disposals	-	-	-	-
At 30th November 2004	222,262	184,002	109,889	516,153
Depreciation				
At 1st December 2003	31,115	109,414	64,493	205,022
Charge for the Year	4,445	11,188	11,349	26,982
On Disposals	-	-	-	-
At 30th November 2004	35,560	120,602	75,842	232,004
Net Book Value				
At 30th November 2004	186,702	63,400	34,047	284,149
At 30th November 2003	191,147	62,438	45,396	298,981
All fixed assets held are for the furtherance of the Charity's objectives.				
<i>2004</i>				
<i>2003</i>				
6. DEBTORS				
Prepayments			£	£
			£3,203	£3,480
<i>2004</i>				
<i>2003</i>				
7. STOCK				
Consumable Stock			£	£
			100	100
			£100	£100
<i>2004</i>				
<i>2003</i>				
8. LIABILITIES - AMOUNTS FALLING DUE WITHIN ONE YEAR				
Accruals			£	£
			£1,161	£306

Keswick Mountain Rescue Team

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

Provided you pay Income Tax, the Team can now reclaim the tax you have already paid on the sum donated to the Team, from the Inland Revenue. It simply requires you to fill in the form below, and return it to the Treasurer. It does not involve you in any further payment.

GIFT AID DECLARATION

Name of Charity

Keswick Mountain Rescue Team

(Registered Charity No 509860)

Full name and address of donor in CAPITALS

Mr/Mrs/Miss

Address

.....

Post Code.....

I want Keswick Mountain Rescue Team to treat the following as Gift Aid Donations (delete as appropriate):

- the enclosed donation of £
- the donation(s) of £.....
which I made on...../...../.....
- all donations I have made since 6 April 2000, and all donations I make from the date of this declaration until further notice

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

Notes

1. You can cancel this declaration at any time by notifying Keswick Mountain Rescue Team.
2. You must pay an amount of income tax and/or capital gains tax at least equal to the tax that Keswick Mountain Rescue Team reclaims on your donations in the tax year (currently 28p for each £1 you give).
3. If in the future your circumstances change and you no longer pay tax on your income and capital gains equal to the tax that Keswick Mountain Rescue Team reclaims you can cancel your declaration (see note 1).
4. If you pay tax at the higher rate you can reclaim further tax relief in your Self-Assessment tax return.
5. If you are unsure whether your donations qualify for Gift Aid tax relief, ask Keswick Mountain Rescue Team. Or ask your local tax office for leaflet IR 113 Gift Aid.
6. Please notify Keswick Mountain Rescue Team if you change your name or address.

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

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

Thank you for your support !



Keswick Mountain Rescue Team

If you would like to make a regular donation to Keswick Mountain Rescue Team, please complete the Bankers Order below.
Provided you pay Income Tax, the Team can now reclaim the tax you have already paid on the sum donated to the Team, from the Inland Revenue.

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
The sum of £ Annually/Monthly	to be Debited
Gift Aid	Account Number
I am a UK tax payer and I would like this and all future	Sort Code
donations I make to be considered as Gift Aid	Please pay to Midland Bank plc, Market Square, Keswick,
Signed	Cumbria CA12 5BQ (Sort Code 40-26-06) for the Credit of
	Keswick Mountain Rescue Team (Account Number 60498173)
	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 !



Donations

Keswick Mountain Rescue Team

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

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

John Bell	Dr Hill	Freda Smalley	Harold Bostock
Harold Watkins	Michael Bentley	Don Whitworth	Terry Delahunty
Mike Nunn	Eileen Eckley	Albert Cockayne	Ken Taylor
Michael Carter	Gordon Grey	Fred Winwood	Chris Green
K Killelay			

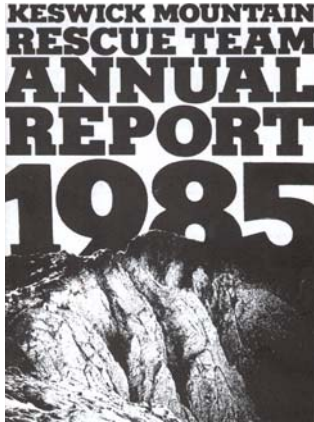
Thanks

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.

Thanks to Harveys Maps for the donation of maps in 2004.

Keswick Mountain Rescue Team



1985

Twenty Years Ago

Annual Report for 1985

Edited by Iain Honeysett, assisted by David Brown.

Cover: image of Scafell Crag, (unknown credit)

60 rescues in 1984.

In his report Team Leader Mike Nixon remarked that he couldn't recall any incident "that taxed the Team either physically, or stretched its technical ability."

Secretary John Wood remarked that "...it is very gratifying to notice that...younger members are coming forward and taking much more active parts and responsibilities for the affairs of the Team."

He noted the loss of KMRT founder Rusty Westmorland.

In the 60 callouts there is the usual range of incident type, although the location of some searches is out of the Team's usual area, e.g. Kirkby Stephen. One intriguing callout in December 1984 refers to a male "lost whilst delivering turkeys."

The Report itself is of a simple but clever design, in black and white print only. It is a single A3 sheet, printed on both sides, and folded to produce an eight-page A5 booklet. Two of the A5 pages were jointly devoted to an Appeal to support the Team's objective of purchasing an off-road Transit personnel carrier/ambulance, "to become known affectionately as the Rusty Bus" in memoriam to Rusty Westmorland, and to replace a converted Transit van: "An unusual opportunity....to make a worthwhile contribution" by sending a donation to Treasurer David Hume.



1995

Ten Years Ago

Annual Report for 1995

Edited by Rachel Slattery.

Cover: painting by W. Heaton Cooper: "Blencathra from Armboth Fell".

77 rescues in 1994.

Chairman Mick Guy noted that "...it was not until November that we knew that we had managed to secure both the site, and the planning permission, for a new headquarters...on the Lakeside Car Park." "1995 will see the big fund-raising effort...."

New Team Leader, Mark Hodgson, elected in 1994, remarked that the "first few months saw us at almost twice the rate of incidents of previous years due no doubt to the number of people taking advantage of the winter conditions lasting much longer than usual." He noted that the Team reached, in November 1994, the 1500th rescue since its formation in 1947.

Training Officers Andrew Slattery and David Pratt noted that the Lake District rescue teams had recently agreed on a common basic training syllabus and membership application procedure.

Equipment Officers Scott Henderson and Chris Francis explained the Team's policy for inspection and replacement of kit. They speculated whether new regulations, originating in Europe, could impose stricter standards in 1995, and whether "the Team would be involved in additional costs, and may have to look into the possibilities of sponsorship."

Team member Robin Humphreys, chairman of the "Supporters Group", explained the Group's activities in the year.

Peter Little

For Mountain Rescue Call 999 or 112 and ask for Police

Then be prepared to state:

- Your name, and the number of the telephone from which you are ringing, and its location.
- The nature of the incident, and its (accurate) location.
- The time of the incident.
- The number of casualties.
- The details of any injuries.

Then:

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

