

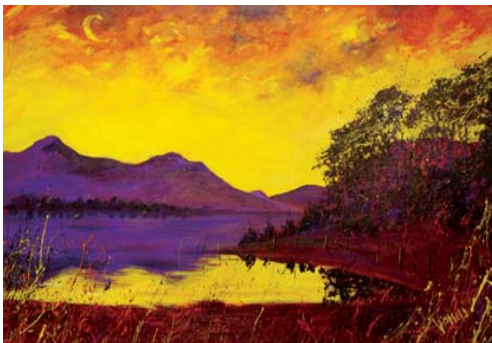
The background of the entire page is a vibrant, painterly landscape. It features a calm lake in the middle ground, with dark, silhouetted mountains in the background. The sky is a dramatic mix of orange, yellow, and red, suggesting a sunset or sunrise, with a thin crescent moon visible in the upper left. The foreground is filled with dark, textured brushstrokes in shades of red, brown, and black, representing grass or foliage. The overall style is expressive and artistic, with visible brushwork and a rich color palette.

KESWICK Mountain Rescue Team

A Registered Charity Number 509860

Annual Report
2009

Welcome



Cat Bells and Friars Crag

Welcome to the 2009 Annual Report of
Keswick Mountain Rescue Team.

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

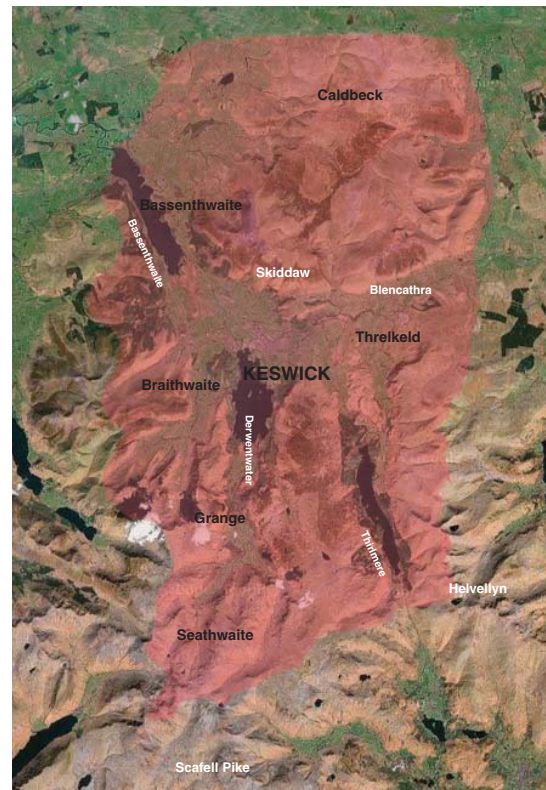
The Team was founded in 1947.

By the end of 2008 the Team had attended 2,577 rescues.

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.



Map taken from maps.google.co.uk

Keswick Mountain Rescue Team 2009

www.keswickmrt.org.uk

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

Assistant Secretary: Ben Soffe
Treasurer: Ian Wallace
 Spooney Green House
 Spooney Green Lane, Keswick
 Cumbria CA12 4PJ

Collection Box: Brian Spencer
Co-ordinator : Daresfield, Chestnut Hill, Keswick
 Cumbria CA12 4LS

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

Deputy Team Leaders: Roy Henderson
 Chris Higgins
 Simon Hodgson
Medical Officer: Dr Tim Hooper
Training Officers: Jocky Sanderson
 Jan Beedham
Radio Officer: Alan Prescott
Transport Officer: Allan Alcock
Equipment Officers: Richard Gale
 Nick Jones
Base Officer: Paul Carter
Social Secretary: Elly Whiteford
Report Editor: Peter Little

Karen Holmes
 Dr Tim Hooper
 Katharine Horder
 Paul Horder
 Robin Humphreys
 Andy Jones
 Nick Jones
 Robert Jones
 Peter Little
 John Malley
 Malcolm Miller
 Phil Newton
 Mike Nixon MBE
 David Pratt
 Alan Prescott
 Norman Pretswell
 David Ridley
 David Robinson
 Jocky Sanderson
 Ben Soffe
 Brian Spencer
 Ian Wallace
 Elly Whiteford
 Graeme Wilson

Outdoor Pursuits Instructor
General Practitioner
Head Teacher
ICT Technician
Retired
Retired
Outdoor Pursuits Instructor
Estate Worker
Pharmacist
Manager
Laboratory Technician
Retired
Retired
Teacher
Senior Manager
Retail Assistant
Outdoor Pursuits Instructor
Shop Manager
Outdoor Pursuits Instructor
Fire Fighter
Retired
Retired
Environment Officer
Site Inspector



Long Service

Editorial by Peter Little

As you read this Annual Report, you will see how 2008 saw a full range of activities by Keswick MRT, including 90 callouts.

Mountain rescue in the UK celebrated its 75th anniversary last year. The work of civilian Mountain Rescue Teams relies on charitable donations, and the teams are made up of volunteers. The civilian teams frequently work with members of the Royal Air Force Mountain Rescue Service, and call upon the services of the rescue helicopters of the Royal Air Force and the Royal Navy. Increasingly in recent years the availability of Air Ambulance services has enhanced the operations of mountain rescue teams.

Volunteering to work for a charitable service organisation attracts persons from many different backgrounds. Team members are committed to a range of functions that are beyond any actions that they may take as an individual person (for example involving a sense of personal obligation), because their work occurs within the context of an organisation.

Why does a person volunteer for work that can be demanding and dangerous, with no remuneration?

Three dimensions of membership certainly are the character (or identity) of the team, the resources (including existing mountaineering skills) that an individual gives to the team, and the commitment necessary over a period of time.

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

A survey in 2006 found that five sets of factors motivated Team members in a particular Scottish Mountain Rescue Team. These sets of factors were grouped under the headings of "adventure and

challenge", "task fulfilment", "learning new skills", "social involvement", and "influence". Over a period of time, the relative importance or balance of these influences would be expected to change. Adaptation to new demands is essential. For example, lowland searches for missing persons, and river and lake rescue work are within the remit of Mountain Rescue Teams.

Within Keswick MRT, as in other Teams, these factors have helped to decide for the individuals their motivation and commitment to the organisation. They have also been the pointers to why people may stay involved for many years, (and why volunteer mountain rescue work has endured, as noted, with Keswick MRT, for example, being 62 years old). Recently the Team had additional individual awards made from Mountain Rescue (England and Wales) for 25 and 40 years' service.

Now, in early 2009, there has been a unique recognition for fifty years of service to mountain rescue to a man who is still a fully active Team member, Mike Nixon. See more about the President of the Team later in this Report.

Mention must also be made here of the dedication of another stalwart of the Team, Paul Horder, who has had an award for distinguished service.

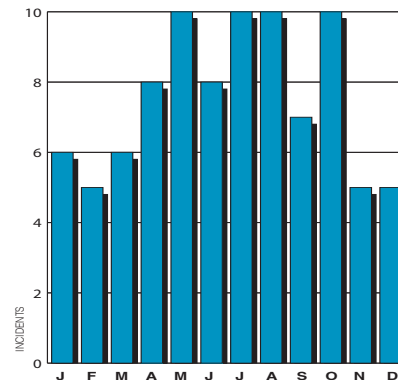
Paul, makes many contributions to the Team's functions and systems, and has contributed enormously to mountain rescue in general, at national and international level, over many years. He is also the webmaster of the Team's website, where, amongst other things, he compiles the notes for the logs of rescues.

See www.keswickmrt.org.uk for more information about all aspects of Keswick MRT.

All the photographs used in this Report have been contributed by Team members.



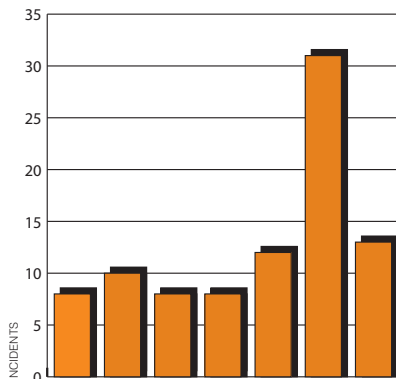
MONTHS OF THE YEAR 2008



Team Leader's Report by Mark Hodgson



DAYS OF THE WEEK 2008



2008 has been yet another busy year for the Team; each year this report seems to start with the same headline. In the year we had 90 full team callouts, equalling 2007 which was our busiest ever year. We also had 24 alerts, these being calls from the police that didn't require a full team callout but did require time, effort and input by the few members involved. A total therefore of 114 calls from the Police. Sadly in the year there were 6 rescues that resulted in fatalities.

Incidents over the year included; searches; fallen mountain bikers, rock climbers and paragliders; hypothermic casualties, a fell-fire and walkers who had just simply slipped whilst out enjoying the fells around Keswick. No doubt the highest profile incident of the year was the weekend of the Original Mountain Marathon, based at Seathwaite in Borrowdale, where the Team, assisted by Cockermouth, Penrith and RAF Leeming Teams evacuated 11 casualties from the fells in the most extreme of weathers. Other teams in the Lakes also had several incidents over the same weekend. Further information on this weekend is provided elsewhere in this report.

Due to the size of the incident and the numbers involved, this incident received national and international press coverage much of which was, unfortunately, either incompletely or inaccurately reported. Keswick MRT has very good working relationships with the local press built up over many years; it is unfortunate that at times the national press don't check their facts before reporting them as their local counterparts do.

That said, every single incident is as important to the individual casualties involved; no matter who they are, where the incident, what the cause or what the outcome. All incidents dealt with by the Team are

dealt with to professional levels of medical and technical care and sympathetically to all our casualties; interspersed where appropriate with some jovial banter to lighten the occasion. I can vouch for the fact that our casualties, almost without exception, comment on the 'amazing levels' of care received and the good humour of the Team; this being something that perhaps took them by surprise and was certainly an unexpected factor of their rescue. This level of care doesn't just happen; we work very hard to attain and continue to push forward the standards to which we work and those to which we aspire. This can only be achieved by the dedication of the members of the Team; not satisfied with 90 rescues in the year, the 40+ members; train weekly and at weekends, spend many hours checking repairing and replacing equipment, organising the training, running the business of the team, emptying our multitude of collecting boxes and looking after the financial security of the team, looking after our headquarters building, maintaining and developing our radio systems, IT systems, etc., etc., the list is endless. My thanks go to all our team members and their families and employers for the fantastic efforts over this and every other year. My thanks also go to our casualties for the (often emotional) feedback we receive from them and for their donations in support of the Team. We do where we can endeavour to get in touch with all our casualties to see how their recovery is progressing and how accurate our medical diagnoses and subsequent treatment was; these are a real help to us in continuing to develop and improve our skills.

We work closely with other agencies on many rescues; the Police, the ARCC, RAF and Royal Navy helicopters, Ambulance Control and Air Ambulances

Team Leader's Report

from the Great North and North West Air Ambulance Services. This year has seen us utilising Military helicopters on 17 occasions and the closer based Air Ambulances on 18 rescues. The choice of which helicopter should be called to a particular incident depends on varying factors; daylight, cloud cover, landing or winching requirements, number of casualties, etc. Our ongoing working relationships with all the agencies allow us to ensure procedures are in place to try to ensure that correct tasking for each particular incident occurs. 2009 will see Ambulance Control moving from Carlisle to Preston; we continue to discuss with them how the transition with regard to mountain rescue incidents can be best managed at a team and regional level.

Mountain rescue teams continue to appear on television and in the public domain; Keswick MRT is no different to other Teams. We appeared early in the year in several episodes of Coronation Street and latterly in recent documentary series' about the RAF and Royal Navy Search and Rescue helicopters and Air Ambulances. We are, of course, happy to be featured in these programmes; they provide us with good publicity which will hopefully help to allay our fundraising fears and also they allow us to reinforce the constantly needed message of the importance of being prepared when going out into the fells.

Many of our incidents, especially the searches, could be avoided with a little bit more planning, equipment and experience and a little bit less reliance on the mobile phone! A disadvantage perhaps of the publicity noted above, where we are regularly seen working at the forefront of rescues involving other full-time agencies, is that there is still a wide perception that mountain rescue is a publicly funded organisation manned by professionals, ie we do this for a living –

we don't – we all have day jobs. The next months and perhaps years of financial uncertainty are going to be difficult for voluntary organisations such as us, so please if you see one of our collecting boxes in one of the local shops pubs or clubs, etc. – put some loose change in it for us and help us to help others; think of it as a bit of an insurance policy! If you see our base doors open at any time – come and say hello and have a cup of tea; see what we do etc. It may be that when you call we're out on a rescue rather than checking or repairing kit, etc. and it won't be appropriate to have a look around in which case our apologies. Why not buy a copy of the Teams 60th Anniversary DVD or a copy of our book Callout? See details on page 32. See also the website, which additionally gives details of incidents attended and other information as well as ways of donating to the Team. www.keswickmrt.org.uk

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. If you need us call us by dialling 999 and asking for the Police for Mountain Rescue. If you ring from a mobile phone please make sure to ask for Cumbria Police and then remain where you have a mobile signal until you have been contacted by the Team.

The writing of this report was undertaken in 2 episodes; on either side of a rescue on Cat Bells on the 2nd of January; the second rescue of 2009 – looks like it's going to be another busy year!



Filming for television's "Coronation Street" which featured the Team. The episode which included the rescue of "Liam" by KRMT and the RAF was screened on ITV in January 2008

"Keep your feet apart," advised the voice behind me. "You don't want to catch a crampon." I placed my feet a further two inches apart so that the edges of my boots rested on either edge of the arête. To my right the snow slope fell away for a thousand feet. To my left it plunged about seven thousand feet all the way down to Chamonix, the eye being drawn down the fall line to the blur of a town below.

"Keep moving!" insisted the guide behind me. The view was becoming less of a distraction as my sunglasses steamed up, my heavy breathing only partly a result of the altitude.



On the Cosmiques Arête

It had been so easy to agree to it all in the "Dog and Gun" in Keswick as my Team mates insisted that the Aiguille du Midi was not really that intimidating. I did not have time to reflect on it as I picked my way down the ridge roped to a Team mate in front and expert guide Willie Tod behind me. On a wider section two Frenchmen squeezed past me. This provided the necessary impetus for me to pick up my pace and finish the initial descent.

Thus began day two of the team's Alpine winter training. Unpredictable Lakeland winters necessitate regular training for Team members and in latter years part of this has been undertaken in the reliable (and cheap) conditions of the November Alpine off season. The mixed (snow, ice and rock) conditions of Lakes winters can be just as demanding as an Alpine route in condition and the Team needs to be adequately prepared both in terms of winter rescue techniques and personal winter skills. My learning curve was as steep as our route for the day.

We arrived on the glacier and I could spare the time to look around me. All around the gleaming white peaks of Mont Blanc soared to pierce the blue sky. This was going to be a memorable day. We traversed the glacier taking large steps whenever the guide took large steps over crevasses. Our first day's training had been spent on the glacier below the top of the Montanvers railway, revising crevasse rescue techniques and personal safety. It had been good preparation for the traverse of the Cosmiques Arête, the route living up to its name. As we negotiated the gullies and rock and ice I realised that the terrain began to appear less hostile and foot wide ledges perched thousands of feet above the ground began to feel like safe havens. On a final pitch the combination of altitude, fatigue and unstable snow threatened to overwhelm me. A word of advice from a Team mate to turn my feet into the slope solved the problem and I completed the route. I then climbed the ladder onto the cable station terrace to join the Team and further startle the Japanese tourists as yet another sweaty climber landed in their midst.

Day three saw a group of us on a long bolted dry route climbing countless pitches Alpine style for five hours. Expertise varied widely yet every member amassed experience at his own level. On the fourth and final

Chamonix Training Report by Tim Hooper



Tim on the ladder

day the perfect conditions deserted us leaving us with low cloud and soft snow. Here was a chance to employ all the personal safety and rescue techniques in one exercise involving a casualty pick off. Mission completed we packed away and headed back to the Plan du Midi. We stepped into the cable car from the Alpine snowscape and stepped out onto the streets of Chamonix.

The 2008/09 winter cold snap brought a spate of Lakeland winter rescues. Whether on a Helvellyn snow slope at night or on Sharp Edge in the dusk, the ice axe and crampon work felt familiar and secure. The winter training had already paid dividends.

Ninety Call-outs in 2008

Incident Report 2008

Edited from Team records by Peter Little

1 1 January 18:05

Whinlatter Forest

Two walkers were lost in the dark. They phoned in safe as the Team was departing. No injuries.

2 5 January 11:23

Bakestall

Two walkers discovered the body of a man. Fatality.

3 7 January 10:54

Whinlatter Forest

A man with severe chest pain. He was taken by the Great North Air Ambulance to hospital.

4 16 January 07:00

Oulton Moss, Wigton

Cockermouth MRT asked the Team to help in the search for a man missing from a Day Care Centre. He was found by a search dog. Hypothermia.

5 27 January 16:04

Wythburn Valley

A woman slipped on steep boggy ground. Lower leg fracture.

6 29 January 07:30

Greta Gorge

Keswick MRT, Penrith MRT, Kirkby Stephen MRT, locally-based search dogs, together with other search dogs from England and Scotland, and a RAF Sea King helicopter searched for a missing woman. Her body was found in the river by the helicopter. Fatality.

7 2 February 18:41

Great End

Two climbers became lost in their descent. Wasdale MRT helped in the search. The two men were escorted to Seathwaite. No injuries.

8 2 February 21:30

Sty Head / Esk Hause

As Incident no. 7 was taking place, the Team was asked to search for a missing man. He arrived safely at Wasdale Head. No injuries.

9 16 February 13:24

Castle Rock, Thirlmere

A man slipped on the "descent path". Lower leg fracture.

10 19 February 17:30

Cat Bells

The Team helped to reunite a man and a woman who had become separated on the fell. No injuries.

11 19 February 18:00

Gowder Crag

A man sought help on steep ground. He turned up safe as the Team was beginning to search for him. No injuries.

12 1 March 19:30

Corridor Route, Scafell Pike

The Team escorted four walkers from Sty Head to Seathwaite, after Wasdale MRT had found them on the Corridor Route. No injuries.

13 8 March 17:48

Barf

A man and his son became cragfast. They were roped to safe ground. No injuries.

14 14 March 15:59

Low Briery

A woman with breathing difficulties.

15 21 March 16:21

Bassenthwaite Lake

Two canoists capsized on the lake. One of the two men was taken to hospital by the Great North Air Ambulance, suffering from hypothermia.



Incident 25



Incident 25



Incident 23



Incident 28

16 29 March 13:41

Narrow Moor

A woman had fainted.

17 31 March 20:59

Troutdale Pinnacle, Black Crag

Two men became cragfast when their abseil roped jammed. They were lowered to the ground. No injuries.

18 5 April 13:30

Cat Bells

A woman fell from the terrace path. The Great North Air Ambulance took her to hospital.

19 8 April 14:29

Cat Bells

An unconscious man. The Great North Air Ambulance took him to hospital.

20 11 April 11:26

Castle Crag

A man slipped on rocks. A RAF Sea King helicopter took him to hospital. Multiple injuries.

21 11 April 15:02

Knowe Crags, Blencathra

A man fell on steep ground. A RAF Sea King helicopter took him to hospital. Arm fracture/dislocation and head injuries.

22 12 April 14:20

Doddick Fell, Blencathra

A man suddenly collapsed. A RAF Sea King helicopter took him to hospital.

23 12 April 17:51

Langstrath

A mountain bike incident. The man had a fractured patella

24 24 April 19:27

Gibraltar Crag, Skiddaw

An investigation revealed that an old snow patch had been taken for a downed paraglider when viewed from a distance at valley level.

25 30 April 13:55

Eagle Crag

A woman slipped. Compound lower leg fracture. She was taken by the Great North Air Ambulance to hospital.

26 4 May 21:35

Grisedale Tarn

A man suffering from an abdominal problem, possibly gastro-enteritis.

27 8 May 14:13

Helvellyn

A man had collapsed on the path from The Swirls. Fatality.

28 11 May 15:10

Grisedale Pike

Keswick MRT and Cockermouth MRT helped the Fire Service deal with a fell fire.

29 12 May 14:56

Low Hows Wood, Borrowdale

A woman stumbled on a path. Lacerations to the head. The Great North Air Ambulance helped the Team.

30 12 May 15:20

Adam, Shepherd's Crag

A climber fell on the first pitch of this route. Ankle and wrist injuries. The Air Ambulance from incident no. 29 was able to take him to hospital.

31 23 May 19:04

Dock Tarn area

A man was overdue from his walk. He turned up safe as the Team was mobilising. No injuries.

32 24 May 00:35

Buttermere to Grasmere

A search for a man who had left Buttermere to cross the fells by mountain bike to Grasmere. He arrived at Grasmere at 4 am having taken a fall near Angle Tarn. Minor head abrasions.

Incident Report 2008

33 24 May 18:03

Derwentwater

A man and a woman capsized their dinghy. They were able to get ashore. No injuries.

34 27 May 00:10

Skiddaw area

A flashing light was seen for about an hour by campers at Thornthwaite. An investigation led to no further action being taken.

35 31 May 13:00

Ruddy Gill, Borrowdale

A woman suffered a knee injury. Wasdale MRT and the Great North Air Ambulance helped in the evacuation of the casualty.

36 3 June 15:07

Grains Gill, Borrowdale

A woman fell from the path. Minor scalp injuries.

37 7 June 15:09

Clough Head

A paraglider made bad landing. Ankle injury. He was taken to hospital by the Great North Air Ambulance.

38 7 June 15:14

Rigg Head Quarries, Borrowdale

A woman slipped on a path. Ankle injury. She was taken to hospital by the Great North Air Ambulance.

39 14 June 10:18

Path near Taylorgill Force, Borrowdale

A man collapsed. He was taken to hospital by the Great North Air Ambulance.

40 14 June 13:58

Whinlatter Forest

A woman fell from her mountain bike. Multiple injuries. She was taken to hospital by the Great North Air Ambulance.

41 21 June 15:36

Ruddy Gill, Borrowdale

A man suffered exhaustion and hypothermia.

42 25 June 13:14

Sourmilk Gill, Seathwaite

A woman slipped on wet grass. Knee injury.

43 27 June 11:38

Whinlatter Forest

A man crashed while mountain biking. Broken femur. He was taken to hospital by the Great North Air Ambulance.

44 1 July 12:35

Blease Fell, Blencathra

Two brothers became cragfast on a rocky ledge above Blease Gill.

45 3 July 14:12

Cust's Gully, Great End

The leader of a party of 6 scramblers dislodged a boulder. Two of the party were injured by it, a man suffered a crushed hand, and a woman suffered a haematoma on the quadriceps. Wasdale MRT helped the Team. A RAF Sea King helicopter evacuated the casualties.

46 6 July 14:52

Ullock Pike

A woman suffered from a fainting fit.

47 6 July 15:45

Ullock Pike

A Team member was taken ill while ascending to the casualty of incident no. 46. He was taken to hospital by the Great North Air Ambulance.

48 6 July 16:53

Lining Crag, Borrowdale

A teenager slipped. She suffered an ankle injury. Cockermouth MRT helped the Team.



Incident 42



A training exercise



Incident 58



Incident 62

- 49 **8 July** **10:00**
Sandbed Gill, Clough Head
A sheep was rescued.
- 50 **19 July** **17:51**
Esk Hause
A walker fell. Head injuries. He was taken to hospital by a Royal Navy Sea King helicopter.
- 51 **25 July** **00:06**
Brown Rigg/White Craggs area, Thirlmere
A search for two men lost in a wood while mountain biking. No injuries.
- 52 **29 July** **15:08**
Eagle Crag
A man slipped while crossing a stile. Abdominal injury. He was taken by a RAF Sea King helicopter to hospital.
- 53 **31 July** **15:24**
High Spy
A woman and her grandson became stuck on steep ground above Goat Crag. They were roped to safe ground. No injuries.
- 54 **1 August** **20:13**
Derwentwater
A search for a missing man. The man later turned up safe ashore. No injuries.
- 55 **10 August** **04:00**
Scafell Pike area
Wasdale MRT asked the Team to help in a search for nine walkers. They turned up at Cockley Beck. No injuries.
- 56 **13 August** **14:45**
Path near Taylorgill Force, Borrowdale
A woman slipped on wet grass. Ankle injury.
- 57 **20 August** **21:50**
Brundholme Wood, Latrigg
A search for a man, a woman, and a child. No injuries.
- 58 **23 August** **13:20**
Grey Knotts
A man slipped while ascending a gully. Lower leg fracture. He was taken by a RAF Sea King helicopter to hospital.
- 59 **23 August** **15:10**
Castle Crag
A man fell while leading a rock climb. Leg and spinal injuries. The RAF Sea King helicopter from incident no. 58 evacuated the casualty.
- 60 **25 August** **13:50**
Ullscarf
A teenager experiencing breathing difficulties. He was taken to hospital by a Royal Navy Sea King helicopter.
- 61 **27 August** **06:37**
Halls Fell, Blencathra
A fell runner slipped and fell into Doddick Gill. He suffered multiple injuries. Members of RAF Leuchars MRT helped the Team. A Royal Navy Sea King helicopter evacuated the casualty.
- 62 **27 August** **12:25**
Beckstones Gill
A woman slipped on wet ground path and tumbled over a crag. Head and spinal injuries. Members of RAF Leuchars MRT helped with the incident. She was taken by a RAF Sea King helicopter to hospital.
- 63 **29 August** **14:43**
Sharp Edge, Blencathra
A man and a woman, with their young daughter, fell into a gully. The man and daughter received multiple injuries, the woman multiple fatal injuries. Two other walkers were cragfast. Members of Cockermouth MRT, and RAF Kinloss MRT were involved in the incident, together with two RAF Sea King helicopters, and the Great North Air Ambulance.

Incident Report 2008

64 4 September 08:54

Latrigg

A teenager experiencing pain from a medical condition. He was taken by the Great North Air Ambulance to hospital.

65 6 September 13:12

Helvellyn Gill

A man slipped. Ankle injury.

66 6 September 14:04

Lonscale Crag, Lonscale Fell

A fell runner slipped. Lower leg injury. Cockermouth MRT helped the Team.

67 8 September 17:39

Ruddy Gill, Borrowdale

A woman slipped from the path and fell approx. 6 metres into the gill. Broken wrist, arm, knee and head injuries.

68 11 September 17:00

Sandbed Gill, Clough Head

A sheep was rescued.

69 20 September 13:47

Moss Mire, Ashness

A woman slipped on rocks. Ankle injury.

70 28 September 11:37

Cat Bells

A woman collapsed with a medical problem. She was taken by the Great North Air Ambulance to hospital.

71 4 October 14:37

Whinlatter Forest

A mountain biker fell after a slip on wet rock. Lower leg injuries.

72 5 October 13:55

Sail Beck

A woman slipped and tumbled. Triple fracture of the humerus and shoulder. The Great North Air Ambulance took her to hospital.

73 11 October 13:23

Carl Side

A man collapsed. He was taken by a RAF Sea King helicopter to hospital.

74 12 October 11:43

Scales Fell, Blencathra

A woman slipped on a path. Ankle injury.

Incidents 75 to 78 occurred after severe weather disrupted The Original Mountain Marathon (OMM), a fell-running event, which took place over the weekend of the 25th and 26th of October. See article on pages 14 and 15.

These four specific incidents, nos 75 to 78, have been logged in the Team's records.

75 25 October 12:05

Rigg Head Quarries, Borrowdale

A man with an ankle injury and hypothermia.

76 25 October 12:30

Gillercomb

A man with a broken ankle.

77 25 October 13:00

Gillercomb

A man with an ankle injury.

78 25 October 13:10

Sty Head

A woman with head injuries and a broken elbow.

79 30 October 11:53

Sharp Edge, Blencathra

Two parties (three men and a woman, and a man and his son), became cragfast. They were roped to safe ground. No injuries.

80 31 October 14:21

Joppley How, Grange Fell

A search for four walkers. No injuries.

81 8 November 12:21

Barrow

A woman with an ankle injury.



Incident 72



The Stretcher Box at Sty Head is maintained by KMRT

82 **12 November 14:00**

Falcon Crag

A sheep was rescued.

83 **16 November 11:34**

Path near Sour Milk Gill, Seathwaite

A man collapsed. Fatality. The Great North Air Ambulance helped at the scene.

84 **16 November 12:10**

Sour Milk Gill

While ascending to incident no. 83, Team members witnessed a man's fall in to the gill. Multiple injuries. A RAF Sea King helicopter took him to hospital. SARDA and Patterdale MRT members helped at the scene.

85 **24 November 13:20**

Miner's Crag, Newlands

A sheepdog was rescued.

86 **4 December 12:09**

Cat Bells

A man, suffering from a medical problem, was directed down by the Team. No injuries.

87 **5 December 14:04**

Little Man, Skiddaw

Two men, lost in a whiteout, used a mobile phone to call for help. They were guided down by phone call, and met on their way down by Team members. No injuries.

88 **19 December 12:16**

Cat Bells

A search for a woman who had called for help in poor weather conditions, with a strong wind. She later phoned in safe at the road. No injuries.

89 **22 December 16:02**

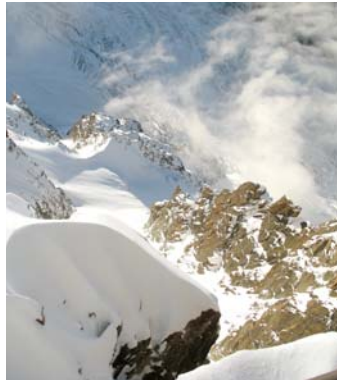
Gillercomb

Two men were lost. No injuries.

90 **28 December 13:48**

High House Tarn, Glaramara

A man with an ankle injury. A RAF Sea King helicopter took him to hospital.



A Casualty's Account

To the Rescue by Kathy Donnelly

Walking in the mountains has its dangers, but if you know what you're doing and take the necessary precautions, you should be OK. I'd been walking in the Lake District for 20 years with only the odd minor incident to spoil my enjoyment . . . until last September.

I was in Borrowdale with my husband Tony and brother-in-law Mark. We were enjoying a pleasant day's walk up from Seatoller to Allen Crag when, on the way down, I suddenly lost my footing on the path and slipped over the edge.

I tumbled 30 feet down the fellside, finally crashing to a stop on some rocks by the stream below. I knew straight away I'd broken my arm.

It must have been a terrible shock for Tony and Mark. Tony wrapped me up in his coat before racing far enough down the mountain to get a signal on his mobile, and called the Keswick Mountain Rescue Team.

Forty-five painful minutes later, the first of them arrived. He'd run over two miles up the fell. Once he'd got his breath back, he introduced himself and his colleague who'd just arrived, and they checked me over from top to toe, giving me a shot of morphine to ease the pain. My arm was too painful for them to splint, so they let me support it while I was put on a stretcher and the two-hour descent began.

The team were very professional, checking my pulse every 15 minutes, making sure I was alright, and taking it in turns to carry the stretcher. It was very reassuring for all of us to know I was in good hands.



Incident 67 – Kathy's Rescue

A thousand feet of descent later, I was relieved to see the waiting ambulance. From there, it was an hour's journey to Carlisle Hospital, where they set my arm properly. The fact I work for the Health and Safety Executive wasn't lost on the doctor treating me, who found it rather amusing.

This was the fourth time we'd tried to complete this walk (the weather got the better of us on the previous three occasions). I sprained my ankle on our first attempt, which should have told me there was trouble in store. But I love walking and climbing in the fells, and although I'll be staying on the flat bits for the time being, it hasn't put me off returning to the steep stuff once I'm fully recovered.

I've always admired people who volunteer for the Mountain Rescue Service (they risk their lives to save people like me), and make regular donations to help keep them operating. They're incredibly fit, too – one of the girls who carried my stretcher had done a triathlon the previous day, which included running up Helvellyn. And they all said that they themselves had fallen in the mountains at some point, so I was in good company.

The fantastic work these people do is totally funded by public donation. I was thinking of running the Liverpool half marathon in March. If that comes off, I'll certainly be doing it in support of the Keswick Mountain Rescue Team. It's the least I can do . . .



A training exercise

Searches in the Lake District and Beyond

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



Mick and Ginny, Scotland

There are currently three search dogs attached to the Team, trained by the Search and Rescue Dog Association (Lakes). They are Mist (10) and Ginny (4), trained and handled by Mick Guy, and Mac (8ish), trained and handled by Ely Whiteford.

Ely has now begun to train her second dog, Meg, who will replace Mac in due course. Meg is a rescued sheepdog, just over a year old, who passed her Introductory test in July. And at long last, Chris Francis, the Search Dogs



Beck

Co-ordinator, has started to bring on a new Labrador puppy, Beck – loveable and cute and always hungry! Training for her will start in earnest in March or April 2009.

Search Dogs from the Team work not only with Keswick, but any other Team in the Lakes – and outside – who requests their services. This year, we have been to Dumfries, Wasdale, Grange-over-Sands, Ennerdale, Langdale, Sedbergh and Penrith areas. Some of these tasks have been stood down fairly quickly, but some

have run into a second day, and require a lot of work from the handlers. The searches vary from looking for experienced but overdue walkers, to missing families, potential self harm “mispers”, and missing Alzheimer’s patients.

Search Dog Mac covered himself in glory by locating a group of missing walkers for Langdale/Ambleside Team on Little Stand south of Crinkle Craggs in March, in quite appalling conditions. Ely has now been appointed as a Trainee Assessor/Instructor of Search Dogs, and went to Iceland instructing in August.

It goes without saying that training for all the dogs, whether graded or trainee, demands a great deal of work and commitment. One evening a week, one full weekend a month, and a week’s course in Scotland in winter adds up to a lot of hours, especially when the handlers have all their Team training to undertake as well.



Meg

Water, Water, Everywhere

The Lake District fells made national headlines again over the weekend of the 25th and 26th October, the weekend of the Original Mountain Marathon (OMM). Run over the weekend when there was forecasted extreme weather following on from a week of just plain awful weather, opinion was divided as to whether the event should have started on the Saturday morning or whether it should have been cancelled before the start. The organisers had contacted Keswick MRT, in whose area the majority of the event was to take place, several weeks before the event to advise the extremes of the routes and the overnight checkpoints. Exact

locations of checkpoints were not provided to the rescue teams before the event. All Team Leaders on whose 'patch' the event would traverse were informed. At no time were Teams asked if the event should take place; neither in the days leading up to, nor on the morning of the event. It is not mountain rescue's position to give such advice; we are there if needed if there are casualties. None of the Lake District teams were involved in providing first aid cover or safety cover to the event. That is not the role of a mountain rescue team, and especially not the role of one of the busiest in the country!



Flooded Borrowdale Valley

The first call for assistance came to the Keswick Team at 11-45 a.m. on the Saturday morning; two people with hypothermia above Rigghead Quarries in Borrowdale. As luck would have it one of our Deputy Team Leaders was working in the area and was able to raise the alarm when the informant descended toward Rosthwaite. KMRT had just despatched their first lead vehicle with 6 onboard to this incident when the next call came in; 2 runners with fractured ankles in Gillercombe and 1 with head-injuries near Sty Head. Keswick MRT leader at this stage called for the assistance of Penrith MRT and Cockermouth MRT; a discussion with the Aeronautical Rescue Co-ordination Centre (ARCC) Kinloss, regarding helicopter availability resulted in RAF Leeming MRT being tasked from their training location for the weekend in Ullswater. A total of 70 rescuers were operating on the Borrowdale side of the central fells at this stage. Helicopter assistance at this time was impossible due to the extreme weather.

Contact with the race organisers was maintained by one of the Keswick Team members who lives at Seathwaite with messages being passed back to Keswick base regarding incident locations, etc.; Teams were then tasked to the various locations. A total of 11 casualties were treated by the Keswick, Penrith, Cockermouth and RAF Leeming Teams operating in Borrowdale; lower leg injuries, hypothermia and minor head injuries, all probably caused by casualties slipping or by being blown off their feet.

The weather was, as forecasted, extreme; high winds and torrential extended periods of rain throughout the morning and afternoon. Many Team members recalled that they had been out in some fairly extreme conditions on rescues with the most memorable being on Skiddaw one New Year's Eve (31st December 2000). The weather on this OMM day was the most extreme non-winter weather many had experienced in this country.

News reports stated that hundreds of competitors were missing overnight with large-scale searches being undertaken. This was incorrect; no MRTs were involved in searching overnight. We had already advised that it was too high a risk to put Team members out in that weather overnight to search when the only chance of finding anyone was to trip up over them. An RAF helicopter was brought in at first light on the Sunday to fly the routes, accompanied by members of Cockermouth MRT; all competitors were eventually accounted for by the Sunday afternoon.

Teams were active until about 11-00 p.m. on the Saturday night. Casualties were evacuated from the hills by the Teams then transported over Honister Pass (now the River Honister) down the Buttermere valley to meet with ambulances at Lorton some 10 miles away due to flooding in the Buttermere valley (later compounded by a landslide). Access to and from Seathwaite via Borrowdale had been impossible since mid afternoon, with the rivers bursting their banks in several places. Keswick's lead vehicle that had attended the first incident of the day was trapped behind Castle Crag, Borrowdale by floodwaters that had risen during the rescue. It was parked up on higher ground overnight, all the gear taken from it ready for the next incident, with the vehicle being recovered the next morning.

Keswick Team descended to Seathwaite with some of their casualties; the evacuation from Seathwaite at 5-00 pm was through water that was bonnet deep on the Landrovers – the bow waves causing the cars parked either side of the Seathwaite road to float gently outwards allowing a route through! It was during the descent to Seathwaite from Gillercombe, (on the north side of Sour Milk Gill as access across the river to Seathwaite was uncertain and descent via the normal track could have resulted in the Teams being stranded with their casualties), that the full extent of the flooding



Torrents at Honister Pass

problem in the Seathwaite area was evident; roads and fields flooded, river banks burst, water and mud everywhere and an awful lot of cold wet people!

There then followed the huge amount of media cover; some of which was, regrettably, inaccurate in parts. There was also much subscription to the OMM website with opinion divided on whether the event

should or should not have been cancelled before it ever started. However, as a result of all the Teams' responses to the aftermath of the event some £17,000 has been raised by the competitors and their friends and families donating via an on-line giving website. These donations, which are to be shared equally between the Teams involved in responding to the OMM are very much appreciated. Keswick and Cockermouth Team Leaders attended the formal Cumbria Local Resilience Forum de-brief, where again the huge efforts of the volunteer members was praised by all.

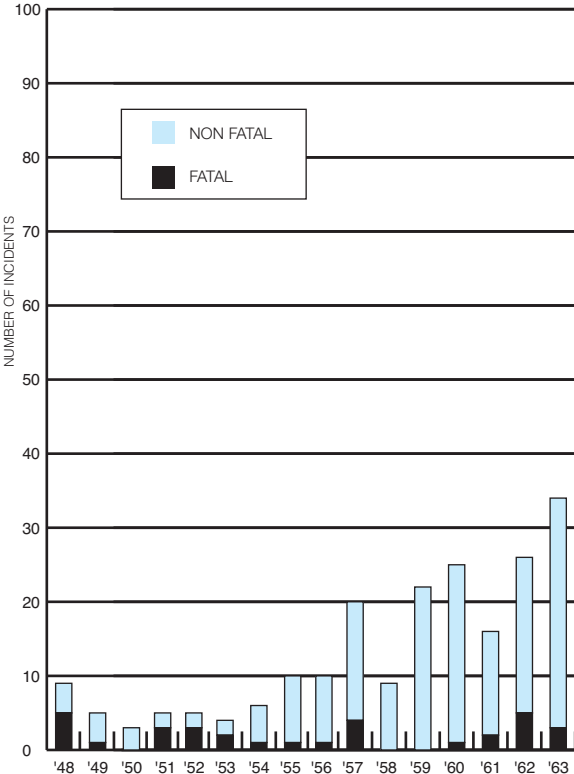
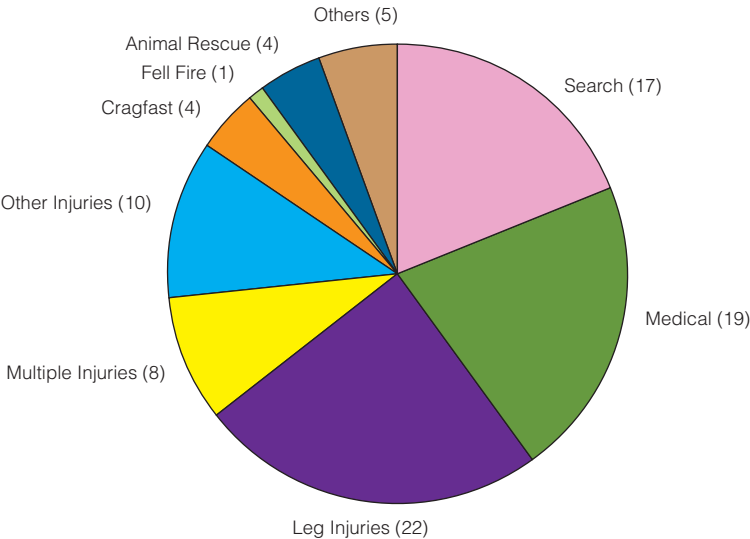
What did not come out in any of the press coverage was just how close we came to being over-run with calls for our assistance. To carry a casualty on a stretcher over mountainous terrain takes 6 Team members, with at least a further 6 normally required to allow change-over of personnel on the stretcher (it is very physical work), and to carry the significant amounts of other first aid and technical equipment sacs that we need to take with us to be able to provide the required response to any particular incident. We had already called in 3 other teams to the Borrowdale side, Wasdale MRT were dealing with a major OMM incident on their side and many other of the Lakes Teams were also involved in other rescues as a result of the extreme weather. Had there been just 2 or 3 more incidents requiring stretcher evacuation by rescue team we would have struggled; if we had had more Teams to call upon for assistance they would have needed to travel further to get to us and wouldn't have been able to gain access via Borrowdale anyway due to the roads all being closed due to flooding.

We would suggest that all event organisers need to take due note of the lessons learned from the OMM 08 and make due allowance in their contingency planning. On behalf of Keswick team our thanks go to all who assisted and to all those who have donated!

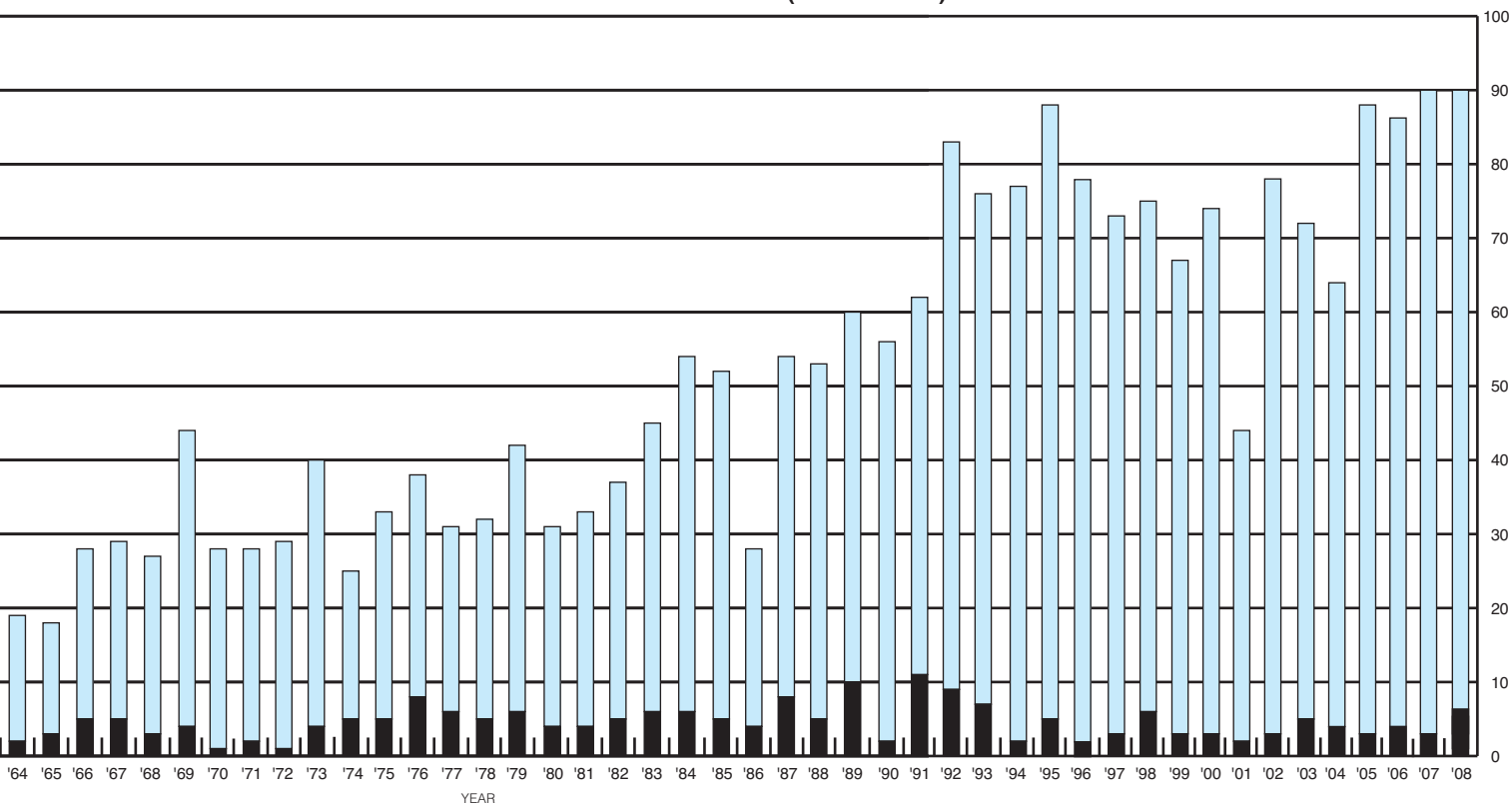
Incident Report 2008

INCIDENT TYPES 2008

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



KESWICK MOUNTAIN RESCUE TEAM 1948 - 2008 2577 callouts (240 fatalities)



It was a Tuesday and I was at work in the office in Penrith. Then, early in the afternoon, the pager went off: 'Team callout – four stuck on Skiddaw' it urged. I glanced out the window; the weather didn't look too bad just now; there had been sporadic snow showers all morning. But the weather on the tops is a law unto itself. With a sense of urgency, I got ready to leave when a second page-message told me the four's location was unknown, whilst a third message soon after requested the search dogs.

Once out of Penrith and on my way to Skiddaw, I followed the progress on the radio and kept up to date with information on the incident. Nearing Keswick, the first vehicle had left and the second was waiting for me. Traffic was slow, and I didn't want to keep them waiting so I radioed to base to say I would meet them at the bottom of Dodd Wood. More information by radio indicated the lost party were near the summit. The quickest way to the summit ridge of Skiddaw is from the col between Dodd and Carlside. Mick and search dog Ginny were already on their way up Jenkin Hill.

On arrival at Dodd, the team Landrover was already waiting at the gate. But they did not have the right key for the lock; the key was in the team Transit just behind us. Meanwhile, I hurriedly sorted out kit and dogs, grabbing crampons and ice-axe as precautions. By now, the Transit vehicle had arrived; with the gate soon opened, we all headed up the hill. By now, it was snowing. The track was slippery – even for the 4x4 wheel-drive vehicles.

On arrival at the Col, I was ready to go. I was carrying my own search-pack so I started heading up the hill. On the radio, the advance party were relaying deteriorating conditions and requesting that we should work in pairs. Chris Francis was just ahead of me and in sight so I carried on. The snow was falling steadily and had settled a couple of inches deep; it was actually quite pleasant in the shelter of the hill. Mac was very excited and was jumping in the drifts and playing in the snow, running ahead to Chris and back to tell me that he was there ahead of me. It was now about 3-30 p.m., meaning that we had little daylight left.

The conditions on the way up Carlside deteriorated considerably; as we got higher, the wind-speed increased whilst the temperature dropped. This combination could be lethal for anyone already in difficulties further up.

Then, it was only half way up that we got the news that there were five persons lost on the hill, and not four. To make matters worse, the fifth was not with the others. The word was that she was last thought to be ahead of the others and nearer the summit; however, the main group had not seen her for some time and could not confirm this.

We pressed on. Beyond Carlside Col on the path to the summit, the wind was stripping the snow from the rocky scree, which was covered in ice. Just standing up was difficult. The light and visibility had also deteriorated and it was difficult to see even with goggles on.

Noting the ice, I stopped to put on my crampons. The first one went on okay. Then the second fell apart in my hand. The sizing clip broke off; struggling against the cold, I tried to put it together again. However the clip seemed to be bent. I just couldn't understand this, as they were fine when I checked them and put them away after their last use. I soon had to give up trying to fix the crampon, as my fingers were now too cold, the wind was fierce, and light now too poor to see properly. I took the other crampon off and headed up to where Chris was waiting. Mac was in distress by now; his ears were really cold and he kept thrusting his head into my legs or Chris and sheltering from the wind.

Approaching the summit ridge, the high winds made standing barely an option. Driving snow and veer-glass about an inch thick over every surface made walking difficult without crampons. Mac was still extremely unhappy and I was worried he would get blown off the ridge as he had little grip with his paws. By now the advanced team had located the lost group of four, who were huddled in a stone shelter on the summit ridge. The team quickly moved them to the north side and out of the high winds. The Team paramedic looked after them; one of the party was severely hypothermic and in trouble. Once the backup-team from the Transit arrived, the team put together a stretcher for her, whilst distributing warm clothes to the others. Team members then checked the summit and summit shelter; the fifth person was nowhere in sight.

Following a brief respite, I fitted my one crampon, as one was better than none. We decided that three of us – Roy, Big Chris and I – would search for the remaining missing person, whilst the rest of Team evacuated the other four we'd found. Whilst the rest of the Team prepared to descend with their casualties, the three of us traversed the hillside below the summit and cut down to the fence-line on the northern side to look for the missing person;



Mac

An Account of the major Skiddaw Incident of January 2009 by Elly Whiteford

we reasoned that more likely than not, she would head down the lee side to shelter, so our chances of finding her were greater.

It was dark by now; visibility was poor, and it was easy to lose sight of each other even with torches. Added to this, radio communications were bad; my microphone was frozen, so I had no radio communications at all and shouting was difficult. We traversed the summit with guidance from base as to our position from the summit as our locations could be tracked due to the GPS transmitters in our radio microphones and cut down the slope on drifted snow to avoid the iced-up scree. The snow had drifted along the fence-line so that only the top couple of inches were showing; we sank up to thigh deep in places making it hard going. It's funny that in these circumstances you have no concept of time and I have no idea how long any of this took.

At this time, a lone head-torch had been spotted coming down Jenkin Hill and this was possibly the person we were looking for; but communications were very broken and until we had confirmation we would carry on searching. We could not stop searching because of an assumption. So we pressed on.

Following the fence-line towards Bakestall, our plan was to meet up with another search dog team on the way up, and some members of Cockermouth Team, who had joined the search and were coming up to scour the north end of Skiddaw. Meanwhile, Mac was working purposefully just in front of us and along the fence-line. There was still a strong wind coming down from the summit.

Part way along the fenceline, we got together to check our location on the map against the grid reference on my GPS. As we checked our location, I didn't notice that Mac had disappeared, and looked round just in time to see him coming down the slope in front of us barking urgently before turning and heading back up the way he had come – he was telling us that he had found something. I turned and urgently followed as best as I could in the deteriorating conditions. Mac came back again and again barking, as I headed up slope following him into more exposed conditions. Then I saw the orange survival bag on an exposed area of iced frozen grass – we had found a missing person – the one we were looking for. She was lying with her head and shoulders out of the bag and into the prevailing wind, her gloved hand gripped around a leki pole, her head covered in snow. She was alive, but very cold; she could only just speak, but was confused, and shaking and suffering from hypothermia. I knelt down to shelter her and let her rest her head on me while talking to her and Mac shuffled in beside her for shelter.

Roy and Big Chris soon arrived and got us into a shelter, which was a struggle to keep down in the wind. We changed her cold, wet hat and gloves for dry ones. Big Chris and I put on an additional jacket which was difficult as she had to be supported and kept sliding down due to the survival bag. As we battled, we continually encouraged her to

eat a high-energy boost-bar, which by now was frozen too. We hurriedly discussed our options; do we use a stretcher or walk her down? Was she too cold to walk? Roy transmitted our find and grid reference to the Team. Meanwhile, as we were not sure how long it would take to get backup, and the fact that she was still shivering, meant we decided to get her on her feet. Waiting could be dangerous for her.

We then headed slowly down. Big Chris and I supported the casualty, whilst Roy navigated. We made our way back to the fence-line and relative shelter. The going was slow due to conditions underfoot and the cold, our casualty was struggling to walk, made worse by her deteriorated coordination due to the cold. We encouraged her continually as we struggled, and gradually made progress along the fenceline towards Neil and Ian with search dog Vinny. Before too long we saw the torch beams and met them at the fence corner where they took over the supporting role.

We followed the fence-line over Bakestall and down towards Dash Falls, as we went, the wind dropped and increasing numbers of Cockermouth Team and a few from Keswick came to join us and help support our casualty off the hill – who was becoming warmer by the minute. She was now out of danger. If Mac had not found her, things could have been very different, so everyone praised Mac a lot.

As we reached the lower slopes, the Cockermouth Team vehicles were a very welcome sight at the bottom of Dash Falls. On reaching them, they took our casualty to Keswick Hospital for a check-up after her ordeal. By now, it was 20:10 and we had been out for around five hours in terrible conditions. I was tired and starving. Mac too, as he had missed his dinner and worked hard.

However, the night was not over for the teams yet. On the radio, we learnt that the rest of the Team evacuating the party of four were still not yet off the hill. Two of the casualties were now on stretchers and the other two needed help to walk, so progress was slow. Worse still, the top stretcher party were still on top of Jenkin Hill; by now, conditions were so bad, that getting the stretcher across the iced scree and banks of snow in the wind had made progress very slow. So the Cockermouth team sped off to help, dropping me at my car on the way. With their help and the help of Patterdale Team, the casualties were all safely evacuated off the hill.

Following the efforts of the three Teams – Keswick, Cockermouth and Patterdale – and supported by eight search dogs from SARDA Lakes, all our casualties survived. Mac's find that night most certainly saved her life. In the weather conditions she was exposed to her condition would have deteriorated rapidly and even if found later, our casualty would have been a severe hypothermic case or a fatality. Mac's find that night also convinced a few non-search dog believers – I enjoyed the whisky!

80th Birthday Celebrations

Mike Nixon MBE



Mike Nixon below Ben Nevis

In early spring 1951 Mike Nixon, team member of Keswick Mountain Rescue Team, climbed Tower Ridge on Ben Nevis in late winter conditions, aged 25. All he remembers of that trip was Tower Gap and the camaraderie of his climbing partners; Gunter Franz, Pip Richardson, and Des Oliver. All 4 were members of Keswick Mountaineering Club, and soon after became members of Keswick Mountain Rescue Team.

On the 31st May 2008 Mike Nixon MBE, team member and President of Keswick Mountain Rescue Team, President of LDSAMRA did it again, this time to celebrate his 80th birthday.

Organised by Mike's son Chris, Team Leader of Kintail Mountain Rescue Team; Mike, Chris and 12 members of the Keswick Team climbed Tower Ridge on Saturday 31st May in absolute perfect conditions.

Leaving the North Face car park the group ascended via Allt a' Mhuilinn to the CIC hut, where the on tap liquid refreshment was most welcoming. The party split up here, with the 14 climbers continuing to the Ridge, while another 12; family members, friends and non-climbers walked via half-way lochan and up the zig-zags to the summit. Mike's wife Val, his daughter-in-law Janice and his grandchildren Louise, Donald and Alasdair all walked to the top of Ben Nevis.

Climbing in groups of 2 or 3 in perfect conditions (t-shirts the whole way!) the route took five hours to complete with regular refreshment stops, including stops for application and reapplication of sun cream! As with all rescue teams the banter throughout was non-stop. A few of the more technical/exposed sections of the 600m route were protected with a fixed rope and prussicks, including Tower Gap, with the Teams still roped but moving together over the remainder of the route.

By the time the climbers had reached the Eastern Traverse, the non-climbing group were on the summit, watching progress through binoculars and to the accompaniment of someone on the summit with a very large drum. Walkers on the summit commenting on the "they must be mad" climbing party were amazed to be told that one of the climbers was in fact 80!

The whole party reunited on the summit, still in t-shirts, for further refreshments and a photo-call, before returning via the zig-zags, half-way lochan and Allt a' Mhuilinn, with views as far as Mull, Skye, Schiallion and beyond. An onward journey to Dornie resulted in more birthday celebrations going on into the early hours . . .

Mike Nixon has been a member of Keswick Mountain Rescue Team for over 50 years. He was Team leader for 15 years, following George Fisher into the role and was awarded an MBE for his services to mountain rescue in 1993. As many people will know, Mike has been instrumental in development of the Keswick Team and mountain rescue generally. What most people won't know is that Mike is still a regular on many rescues every year. In 2007 Mike attended 31 rescues out of the 90 full team callouts undertaken by the Team and has been on 1150 rescues in the 25 years since 1983, from when accurate records are available. He has been on many hundreds more prior to 1983. Mike doesn't ask for and doesn't receive any concession while on rescues, as he doesn't need them. He will regularly be seen carrying large sacs of gear up the hill and carrying the stretcher on the descents.

Apparently to every rule there is an exception – we certainly have evidence of one here!

Mark Hodgson

Collection Box Sponsors

Again on behalf of the team I wish to thank all the establishments and customers who have collection boxes. You have helped us raise over £26,000 during 2008, which is vital for us to cover our ever increasing running costs.

Anyone wishing to house a collection box, please ring me on 017687 72531.

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Braithwaite Court HPB
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Fat Face
Ferndene Guest House
Fine Designs
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George Hotel
Good Taste
Glaramara Outdoor Centre

Glencoe Guest House
Gledale Guest House
Ginger and Pickles
Grange Bridge Cottage Café
Grange Café
Greystoke House
Greystones Guest House
The Griffin Carlisle
Hawcliffe Guest House
Hazel Bank Hotel
Hazelmere Guest House
Hazelwood Guest House
Hedgehog Hill
The Heights Hotel
High Lodore Farm Café
C&CA Holmes
Honister House
Honister Mine
Hope Memorial Camp
Horse and Farrier
Hot Tram Roll
HSBC
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Ivy House
Karra Cottage Threlkeld
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Lakeland Decor
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Lakeside House
Lakeside Tea Gardens
Lanehead Farm Guest House
Langdale Guest House
Langstrath Hotel
Larry's Lodge
Latrigg House
Laurel Bank Guest House
Leathes Head Hotel
Little Dodd Garden Centre
Littlefield Guest House
Lodore Falls Hotel
Londis BP Garage
Low Manesty Caravan Club
Site
Luchini's
Luchini's kiosk
Lynwood Guest House
Lyzzick Hall Hotel
Macarthy's Bar
Mary Mount Hotel
Medical Centre
Middle Ruddings Hotel
Mill Inn Mungrisdale
Mimosa
Mines Museum Threlkeld
Moot Hall
Morrell's
Namaste 21 Manesty View
National Trust Lakeside
Necessary Angel
Near Howe Mungrisdale
Needlesports
New House Rothwaite
Newlands Adventure Centre
Nichol End Marine
Norwegian Store
Oddfellows Arms

Off Peak
Outdoor World
Old Keswickian
Packhorse Inn
The Paddock
Parkgate
Peathouse Stonethwaite
Pizza Panorama
Police Station
Portland House
Pretty Things
The Puzzling Place
Rainbow
Rathbones
Rathbones Outdoor Wear
Ravenstone Hotel
Ravenstone Lodge Hotel
Ravensworth House
Rembrandt
Rickerby Grange
Rivendell Guest House
Rohan
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Rowe Opticians
Rowling End
Royal Oak Braithwaite
Royal Oak Rothwaite
Salutation Inn
Sandon Guest House
Saw Mill Café Dodd
Scaffell Hotel
Scotgate Holiday Park
Seathwaite Farm Café
Seatoller House
Setmabanning Caravan 7
(Mrs Wood)
Scales Farm Cottage
Shemara Guest House
Siennas
Silver City
Silverdale Hotel
Skiddaw Grove Hotel
The Soap Co.

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Swinsdale Inn
Swinsdale Lodge
Swiss Court Hotel
Tarn Hows Guest House
Temple Sports
Theatre by the Lake
Thornleigh Guest House
Thornthwaite Gallery
TOG 24
Touchwood
Trespass
Troutbeck Inn
Troutbeck Caravan and
Camping Site
Twa Dogs
Tynemouth Lodge Hotel
Ultimate Outdoors
Underscar Hotel
Underscar Timeshare
Village Shop Braithwaite
Village Shop Portinscale
West View Guest House
Whinlatter Siskin Tearoom
White Horse Inn
The Wild Strawberry
Winchester Guest House
Wine Rack
Woodside Guest House
Yeomans Outdoors
Yew Tree Café
Yew Tree Guest House



Brian Spencer

Annual Report

for the year ended 31st October 2008

Treasurer's Report, Trustees' Annual Report, Financial Statements for the year ended 31st October 2008

TREASURER'S REPORT – Ian Wallace

Since I took over the job of treasurer every year has seen different influences and this year is no exception. I say job, and it is a job. I started to take note of how many hours a month I spent running our finances and writing thank you letters, but I ran out of time! This is a good problem, however, as it reflects the generosity and kind thoughts of our donors.

Income has been quite high but then so has expenditure. There has been the need to buy various expensive items of equipment.

Waterproofs had to be replaced this year for which we were all most grateful on Saturday 25th October when we had five rescues and six inches of rain fell on us.

Another item which needs continual replacement is our IT equipment and this has all been replaced this year including the treasurer's ancient steam driven PC, thankfully.

Medical equipment is always expensive and a new more efficient and lighter "Propac" monitor and two Defibrillators have been purchased at a cost of over eight thousand pounds.

Running costs, of course, never gets any less.

We have decided that more oxygen cylinders have to be held in stock following a very busy period this year when we had to beg replacements from elsewhere. The rental of our present stock already runs at over £200 a month and will be more.

The Team decided that half of our capital should be put in the hands of a professional investment company which was duly done three years ago. Due to the present economic climate this has lost a third of its value, but hopefully it will regain some of this in the coming years. It has always been thought of as a long term investment to help our known cash flow.

We have also felt the need to spread our other assets and have accordingly opened another two building society accounts.

On a brighter note Brian Spencer, our collecting box officer, has had another record year collecting over £26,000 from our 208 plus boxes in our area. I don't think he will top that next year, but care to give it a try, Brian?

So what of next year?

The last quarter of our financial year has reflected the downturn in the world economy with donations being pretty much non-existent. It is possible that next year could be a rather lean one, but we are committed to replacing our ambulance at a cost of £60,000. Funding *always* has to be found for training and equipment no matter what. Our members' safety depends on it.

Once again, may I on behalf of my fellow Team members thank you all for your generosity and also for the very kind thoughts expressed in your letters.

During the year donations have been received In Memory of the following:

C. Taylor, A. Sharples, N. Martin, M. Wilkes, A. Hendrie, B. Brice, E. Anderson, H. Brunton, J. Sones, L. Tolson, M. Whittaker, M. Patterson.



Summit of Ben Nevis

Mike Nixon's Celebration

Saturday 31st May

LEGAL AND ADMINISTRATIVE INFORMATION

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

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

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

Trustees:

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

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

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

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

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

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

TRUSTEES' REPORT

FOR THE YEAR ENDED 31st OCTOBER 2008

Trustees Report: The Trustees present their report along with the financial statements of the Charity for the year ended 31st October 2008. The financial statements have been prepared in accordance with the accounting policies set out on page 25 and comply with the Charity's trust deed and applicable law.

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

Description of Objects of the Charity: The main object of the Charity (as set out in its constitution): "... shall be for the public benefit, to relieve suffering and the distress among persons and animals endangered by accident or natural hazards within the area of Great Britain and particularly on the mountains of Cumbria in the vicinity of Keswick."

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

Investment Policy: The Charity provides a vital emergency service that requires certainty of funding. The Charity Trustees have, historically, adopted a risk-averse approach to investment. The preference is to safeguard funds by placing them in Building Society accounts – with medium to longer term funds placed in the highest yielding (but limited access) accounts. In that way, the capital is secure, and interest income is maximised. However, previously the charity received a significant legacy and this enabled the Trustees to invest a sum of money to provide a regular income to offset the need to rely on irregular public donations. The Trustees have agreed to invest in a balanced portfolio managed by a team of Financial Advisers who specialise in investments for charities. This sum has been invested to provide capital growth and income for the charity and will lead to a regular income which will be used to offset any imbalance between income and expenditure, reducing the need to utilise reserve funds for this purpose.

General Reserves: This policy continues to be under review – but is led by the view that the Charity Trustees must have regard to both the short and long term needs of the Charity. The Charity has endeavoured to secure a regular income via collection boxes, covenanted and Gift Aid donations. Collection box income has been sold – a reflection of the hard work of Brian Spencer, our collection box co-ordinator. The Charity Trustees will maintain the general income reserve to ensure that the provision of the Charity's primary objective will not be hampered by any imbalance between income and expenditure over such a relatively short period, and is based on the Charity's experience of fund-raising. The Charity Trustees will continually monitor and adapt this policy (as necessary) in order to ensure that funds that can no longer be justifiably held in reserve are applied in accordance with the Charity's objective.

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

Development, Activities and Achievements: During the year ended 31 October 2008 the Team attended over 100 incidents. Training is vital to the Team and training was given paramount importance during the year and 50 days training was undertaken.

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

Future Developments: The Team aim to be able to secure the long term future of the Keswick Mountain Rescue Team with the increased level of reserves held. In the shorter term the Team's aim is to meet the current level of call out and maintain the high level of training given to the volunteers.

Safety and Risk Management: The Trustees actively review the major risk which the Charity faces on a regular basis and believe that maintaining reserves at current levels, combined with an annual review of the controls over key financial systems, will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks faced by the Charity and confirm that they have established systems to mitigate the significant risks.

Annual Report

for the year ended 31st October 2008

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

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

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

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

Approval: This report was approved by The Trustees on 7th December 2008 and signed on their behalf.

Mr. A. Prescott, Trustee

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

I report on the financial statements of Keswick Mountain Rescue Team for the year ended 31 October 2008 which comprise the statement of financial activities, the balance sheet and the related notes. These financial statements have been prepared under the historical cost convention and the accounting policies set out therein.

Respective Responsibilities of Trustees and Examiner

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

It is my responsibility to:

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

Basis of Independent Examiner's Report

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

Independent Examiner's Statement

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

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

C. Carty, BA FCA, Gibbons & Company, Chartered Accountants,
Carleton House, 136 Gray Street, Workington, Cumbria CA14 2LU.
11 December 2008.



KMRT Headquarters

SUMMARY OF INCOME AND EXPENDITURE ACCOUNT

		Unrestricted Funds		Unrestricted Funds	
		Designated	General	2008	2007
	Notes	£	£	£	£
Incoming Resources					
Incoming Resources from Generated Funds					
Voluntary Income:					
Covenants		–	10,549	10,549	1,925
Donations		–	35,934	35,934	36,363
Collection Boxes		–	26,202	26,202	21,615
Legacy		–	47,525	47,525	80,978
Activities for Generating Funds:					
Investment Income	2	–	21,257	21,257	43,885
Miscellaneous and Book Sales		–	3,384	3,384	2,476
Total Incoming Resources			144,851	144,851	187,242
Resources Expended					
Cost of Generated Funds					
60th Anniversary Promotional Costs		–	–	–	13,067
Investment Management Costs		–	3,059	3,059	2,061
Direct Charitable Activities	3	18,393	82,133	100,526	89,459
Governance Costs	4	–	2,347	2,347	3,890
Total Resources Expended		18,393	87,539	105,932	108,477
Net Income/(Expenditure) for the Year		(18,393)	57,312	38,919	78,765

STATEMENT OF OTHER RECOGNISED GAINS AND LOSSES

Funds Transferred re Designated Reserves	12, 13	22,320	(22,320)	–	–
Designation of Fixed Assets Purchased	13	18,055	(18,055)	–	–
Unrealised Gain/(Loss) on Investments	8	–	(85,228)	(85,228)	6,776
Net Movement in Funds for the Period		21,982	(68,291)	(46,309)	85,541
Total Funds Brought Forward at 1 December 2007		461,562	392,062	853,624	768,083
Total Funds Carried Forward at 31 October 2008		483,544	323,771	807,315	853,624

The notes on pages 27, 28 and 29 form part of these accounts.

Balance Sheet

as at 31st October 2008

	Notes	2008 £	2007 £
Fixed Assets			
Tangible Fixed Assets	7	215,320	215,658
Investments	8	227,820	314,242
		<u>443,140</u>	<u>529,900</u>
Current Assets			
Stock	9	356	356
Debtors and Prepayments	10	12,528	16,652
Building Society Deposits		332,606	293,746
Cash at Bank		20,080	15,798
		<u>365,570</u>	<u>326,552</u>
Creditors: amounts falling due within one period	11	1,395	2,828
Net Current Assets		<u>364,175</u>	<u>323,724</u>
Total Assets Less Current Liabilities		<u>807,315</u>	<u>853,624</u>
Unrestricted Funds			
General Funds	12	323,771	392,062
Designated Funds	12, 13	483,544	461,562
		<u>807,315</u>	<u>853,624</u>

Approved by the Board of Trustees on 7th December 2008 and signed on its behalf by:
Mr. A. Prescott (*Trustee*).

The notes on pages 27, 28 and 29 form part of these accounts.

Notes to the Financial Statements

for the period 1st December 2007 to 31 October 2008

1. ACCOUNTING POLICIES

1.1 Basis of Preparation of Financial Statements

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

1.2 Incoming Resources

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

1.3 Resources Expended

Resources expended are included in the Statement of Financial Activities on an accruals basis, inclusive of any VAT which cannot be recovered.

Expenditure which is directly attributable to specific activities has been included in these cost categories. Where costs are attributable to more than one activity, they have been apportioned across the cost categories on a basis consistent with the use of these resources.

1.4 Tangible Fixed Assets for use by the Charity and Depreciation

Tangible fixed assets for use by the Charity are stated at cost less depreciation.

Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

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

1.5 Stocks

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

1.6 Expenditure on Governance Costs of the Charity

Administration expenditure includes all expenditure not directly related to the charitable activity or fund raising ventures.

1.7 Investments

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

	2008 £	2007 £
2. INVESTMENT INCOME		
Profit/(Loss) on Disposal of Investments	(9,758)	1,284
Income from Listed Investments	11,089	9,110
Interest Receivable on Cash Deposits	19,926	33,491
	<u>21,257</u>	<u>43,885</u>

3. DIRECT CHARITABLE ACTIVITIES

Motor Vehicle Expenses		
Insurances	2,505	2,296
Petrol and Oil	1,030	912
Maintenance	2,243	2,162
Equipment Rental	3,935	3,386
General, Outdoor and Radio Equipment	22,000	16,805
Courses, Medical and Other Expenses	35,177	16,723
Rent, Rates and Water	883	790
Telephone and Electricity	5,069	2,938
Repairs and Cleaning	2,423	6,280
Postage, Printing and Stationery	3,986	5,923
Insurance	2,232	2,782
Promotional Costs	650	–
Depreciation on Leasehold, Land and Buildings	4,497	4,124
Depreciation of Motor Vehicles and Equipment	13,896	24,338
	<u>100,526</u>	<u>89,459</u>

4. GOVERNANCE COSTS

Independent Examiner's Fees	859	–
Accountancy and Audit Fees	–	2,162
Sundry Expenses	1,463	1,680
Bank Charges	25	48
	<u>2,347</u>	<u>3,890</u>

5. NET MOVEMENT IN FUNDS FOR THE PERIOD

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

Depreciation of Tangible Fixed Assets for use by the Charity	18,393	28,462
Audit Fees	–	1,293

6. STAFF COSTS

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

Notes to the Financial Statements

for the year ended 31st October 2008

	<i>Leasehold Land & Buildings</i> £	<i>Equipment</i> £	<i>Motor Vehicles</i> £	<i>Total</i> £
7. TANGIBLE FIXED ASSETS				
Cost				
At 1st December 2007	224,872	204,865	109,889	539,626
Additions	–	18,055	–	18,055
Disposals	–	(154,874)	–	(154,874)
At 31st October 2008	224,872	68,046	109,889	402,807
Depreciation				
At 1st December 2007	48,657	180,184	95,127	323,968
Charge for Period	4,497	10,206	3,690	18,393
On Disposals	–	(154,874)	–	(154,874)
At 31st October 2008	53,154	35,516	98,817	187,487
Net Book Value				
At 31st October 2008	171,718	32,530	11,072	215,320
At 30th November 2007	176,215	24,681	14,762	215,658
All fixed assets held are for the furtherance of the Charity's objectives.				

	<i>2008</i> £	<i>2007</i> £
8. INVESTMENTS		
Listed Investments – United Kingdom - Market Value 1 December 2007	313,481	294,171
Additions	72,704	51,257
Disposals	(71,501)	(40,007)
Net Realised Gains/(Losses)	(9,758)	1,284
Net Unrealised Gains/(Losses)	(85,228)	6,776
Market Value at 31 October 2008	219,698	313,481
Cash Deposits	8,122	761
	227,820	314,242

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

9. STOCK		
Consumable Stock	356	356
10. DEBTORS		
Prepayments	12,528	16,652

Notes to the Financial Statements

for the year ended 31st October 2008

	2008 £	2007 £
11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		
Accruals	1,395	2,828

12. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Tangible Fixed Assets £	Investments £	Net Asset/ (Liability) £	Total £
Unrestricted Funds:				
Designated Funds:				
Fixed Asset Reserve	215,320	–	–	215,320
Trustees Reserve	–	227,820	40,404	268,224
Other Charitable Funds	–	–	323,771	323,771
	<u>215,320</u>	<u>227,820</u>	<u>364,175</u>	<u>807,315</u>

13. DESIGNATED FUNDS

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

Trustees' Reserve

The Trustees consider that reserves should be set aside to cover uninsurable contingencies and any unforeseen circumstances.

The Trustees set the currently desirable level of reserve as three times the previous year's expenditure adjusted for depreciation and the acquisition of tangible fixed assets. A transfer has been made from General Reserve to set the level at £268,224.

The policy is to be reviewed annually by the Trustees.

Fixed Asset Reserve

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

	Balance 30.10.07 £	Income £	Transfers £	Expenditure £	Balance 31.10.08 £
Trustees Reserve	245,904	–	22,320	–	268,224
Fixed Asset Reserve	215,658	–	18,055	(18,393)	215,320
	<u>461,562</u>	<u>–</u>	<u>40,375</u>	<u>(18,393)</u>	<u>483,544</u>

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

Please Support Us

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

Gift Aid

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

GIFT AID DECLARATION

Name of Charity

Keswick Mountain Rescue Team

(Registered Charity No 509860)

Full name and address of donor in CAPITALS

Mr/Mrs/Miss

Address

.....

Post Code.....

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

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

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

Notes

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

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

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

Thank you for your support !



Through our website: www.keswickmrt.org.uk

There is information on the website including the facility to donate online, and a sponsorship form which can be downloaded.



Shirts

**Buy a Supporter Shirt,
featuring the logo above**

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

www.keswickmrt.org.uk

Bankers Order

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

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

Full name and address in CAPITALS

Mr/Mrs/Miss

Address

.....

Post Code

The sum of £ Annually/Monthly

Gift Aid

I am a UK tax payer and I would like this and all future
donations I make to be considered as Gift Aid

Signed

Please return this completed form to:

**KESWICK MOUNTAIN RESCUE TEAM
Spooney Green, Keswick, Cumbria CA12 4PJ**

Thank you for your support !

Gift Aid: please do not detach

ToBank plc

.....

.....

..... (name and address of your bank)

Name of Account

to be Debited

Account Number

Sort Code

Please pay to Midland Bank plc, Market Square, Keswick,
Cumbria CA12 5BQ (Sort Code 40-26-06) for the Credit of
Keswick Mountain Rescue Team (Account Number 60498173)

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



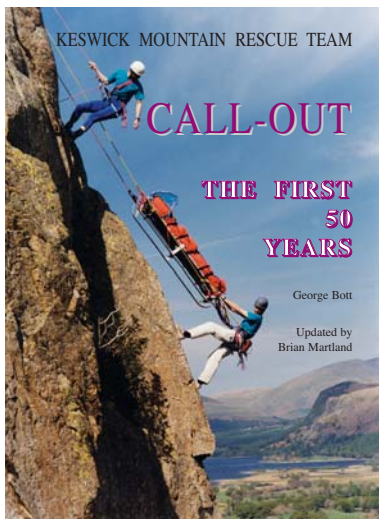
BOOK and DVD

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

CALL-OUT

THE FIRST 50 YEARS Second Edition

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



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

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

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

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

Price by post (£9.00 including postage and packing) from Mick Guy, Limhus, High Hill, Keswick, Cumbria CA12 5PB. Cheques should be made payable to: Keswick Mountain Rescue Team.

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

60th Anniversary DVD

Launched in August 2007.

Running time approximately 71 minutes.

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

Foreword by Sir Chris Bonington.

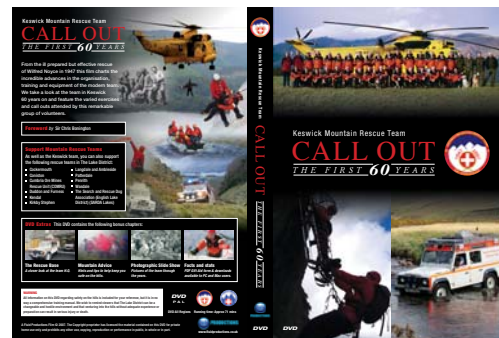
Bonus chapters include: The Rescue Base, Mountain Advice, Photographic Slide Show.

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

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

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

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



Keswick Mountain Rescue Team

Open Days 2009



Photo: Montage by D. J. Newman

- Meet team members and visit our headquarters
- Come along and see our vehicles and equipment
- **Easter Sunday (Sunday 12th April)**
- **Keswick Mountain Festival (Saturday 16th May)**
- **August Bank Holiday Weekend (Sunday 30th August)**

11 am to 4 pm Call-Outs permitting
at the

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

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

Then be prepared to state:

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

Then:

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

