

Keswick Mountain Rescue Team

RESCUE REPORT 2019



Introduction

Welcome to the 2019 Rescue Report of Keswick Mountain Rescue Team.

The Team operates in the area shown on the map on page 2, and elsewhere, as required.

The Report includes a record of the Team's activities throughout 2018.

The Team had 110 callouts, which included a wide range of types of incident.

On 10 days the Team had 2 callouts, and on 3 days the Team had 3 callouts.

The well-known accident 'blackspots' featured strongly in the list of 110 callouts, as follows:

Browncove Crags area (5 callouts), Barf (4), Sharp Edge (4), and Cat Bells (5).

On one day 2 incidents occurred almost in the same location for the same reason: a strong gusty wind caused the accidents near Little Town.

Three incidents occurred, on separate days, in the Nitting Haws area. This has led to concerns about mapping issues in this area: see the article in this Report on pages 20-23.

For more information about the Team www.keswickmrt.org.uk and also the Team's presence on 'Facebook' and 'Instagram'.

Thanks to local artist Venus Griffiths, who has donated the painting of Friar's Crag.

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



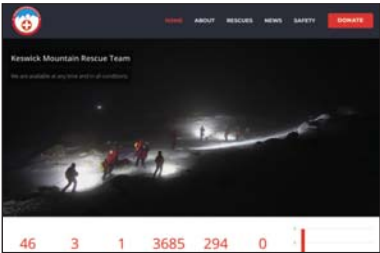
Friar's Crag

Venus Griffiths

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The website



For more information about the Team see:
www.keswickmrt.org.uk

Keswick Mountain Rescue Team 2019



Incident 13 - Cat Bells

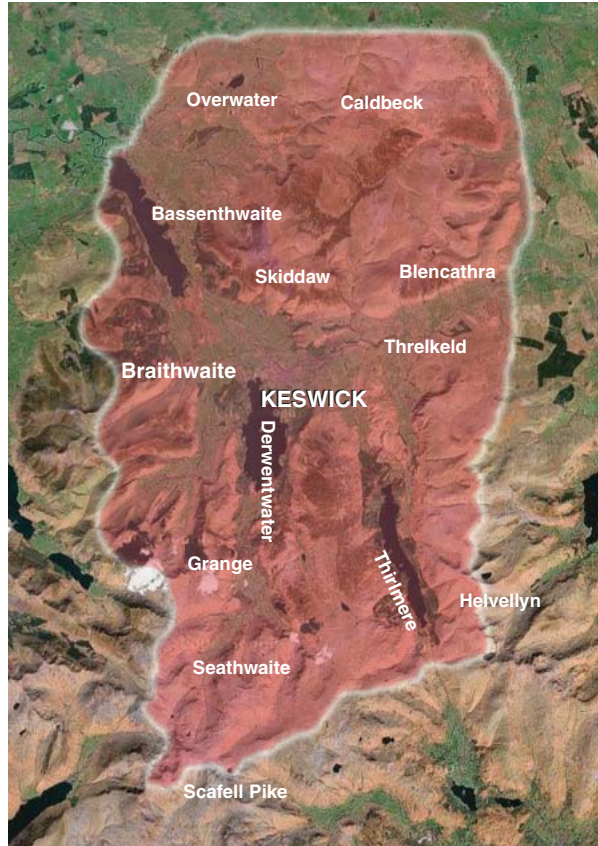
Gordon Barker Company Director
Alan Barnes Emergency Medical Technician
Paul Barnes Fire Fighter
Martin Bell Paramedic
Sarah Bennett Tour Operator
Tom Blakely Paramedic
Fiona Boyle Lecturer
Paul Cheshire Chartered Engineer
Nuala Dowie Hotel Proprietor
Craig Dring Retired Procurement Manager
Matt Eaves Sole Trader: Greenscape
Adam Edmondson Outdoor Pursuits Instructor
Donald Ferguson Rope Access Technician
Chris Francis Fire Service
Richard Gale Accommodation Provider
Chris Gillyon Company Director
Geoff Gilmore Leisure Pool Manager
Sarah Graham Paramedic
Rob Grange Photographer
Steve Hepburn Company Director
Chris Higgins Company Director - Outdoor Pursuits
Dave Hill Store Manager
Mark Hodgson Retired Project Director
Simon Hodgson Company Director

Adrian Holme Emergency Planner
Stuart Holmes Photographer
Tim Hooper GP
Katharine Horder Retired Head Teacher
Jonathan Hughes Rope Access Rigger
John Hunston Retired Accountant and Mountain Leader
Andy Jones Guest House Proprietor
Dan Jordan Emergency Medical Technician
Peter Little Retired Pharmacist
George Lloyd Police Officer
Tom McNally Photographer
Malcolm Miller Retired Head Teacher
Duane Moran Outdoor Pursuits Instructor
Phil Newton Retired Teacher
David Pratt Senior Manager
Alan Prescott General Marina Manager
Lisa Price Outdoor Pursuits Instructor
Jocky Sanderson Outdoor Pursuits Instructor
Richard Smith Retired
Ian Wallace Papermill Chemist
Paul White Technical Specialist
Elly Whiteford Sports Therapist
Hannah Wignall

Chairman Gordon Barker
Secretary Fiona Boyle
Treasurer Ian Wallace
Team Leader Chris Higgins
Committee Tom Blakely
 Paul White
Deputy Team Leaders Paul Barnes
 Chris Gillyon
 Steve Hepburn
Medical Officer Tim Hooper
Training Officers Alan Barnes
 Steve Hepburn
Water Officer Paul Barnes
Radio Officer Alan Prescott
Vehicles Officer Matt Eaves
Equipment Officers Dan Jordan
 George Lloyd
 Tom McNally
Base Officers Sarah Bennett
 Geoff Gilmore
 Peter Little
Report Editor Tom Blakely
Secretary (membership) Malcolm Miller
Collection Box Co-ordinators Paul White
 Rob Grange
IT Manager Craig Dring
Data Protection Officer Hannah Wignall
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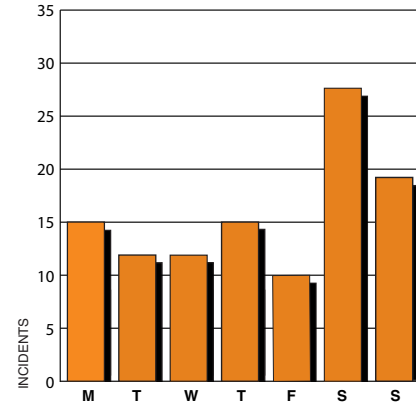
Keswick Mountain Rescue Team Area of Responsibility



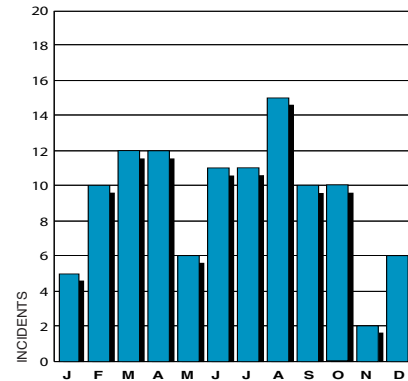
CALLOUT STATISTICS

110 Callouts

DAYS OF THE WEEK 2018



MONTHS OF THE YEAR 2018



It was at five minutes to three on New Years Eve that we got our last call for help in 2018. This was our 110th rescue of the year and thankfully was relatively straight forward, for us. For our casualty, whom we suspect had broken her ankle, it probably dampened her New Year celebrations! We wish her, as we do all our casualties, a full and speedy recovery and hope to see you back on the fells again soon - although in different circumstances!

The 110 rescues of 2018 were carried out by a group of dedicated volunteers and it is these people that I would like to draw to your attention. Unlike many countries with professional rescue teams, mountain rescue in the UK relies on everyday people to step up and volunteer. The high level of skill and professionalism of these volunteers is testament to their dedication and self-sacrifice (and that of their families), their eagerness to help others, their love of the mountains and their commitment to each other and to being part of the team.

Many of our rescues are uncomplicated and present little difficulty or danger to the team. However, not all are like this and it is for these that we need a very high level of expertise. Team members attend regular Thursday night training evenings and dedicated technical courses and the 'simple' rescues also provide excellent training opportunities for the more complex ones. The more rescues we do the better we are.

Typically this is how our rescues unfold:-

Notification of a text message from the police or ambulance service comes first, followed by the ping of an email - when the two sounds happen close together, I know there's a rescue. Any time, any day, this is how a rescue starts.

"KESWICK TLs Call CUMPOL 101 Ref. CP-20180X10-XXXX 48 yr old male climber fallen Black Crag head injury".

That is all we get but this could be serious. Team members leave what they're doing and get to Base. Birthday parties are left, meals go cold, dogs not walked. Some drive, some jump on bikes and others 'hot foot' it to HQ, where the first there are busy getting vehicles and kit ready. In the Control Room, someone fires up the computers and reads the incident log - we call the informant to get an update and reassure them that help is on the way.

The informant sounds shaken and tells us that he and his friend are climbing a route called Troutdale Pinnacle but his friend has fallen about 10 to 15 metres. He has a bad head injury - really 'groggy', isn't talking much sense and there's quite a bit of blood. His climbing helmet is split and he's below the traverse, hanging in his harness and unable to move. You can hear the panic in the informant's voice - he wants to help his friend, but doesn't know what to do.

At Base, decisions are made. We call the police

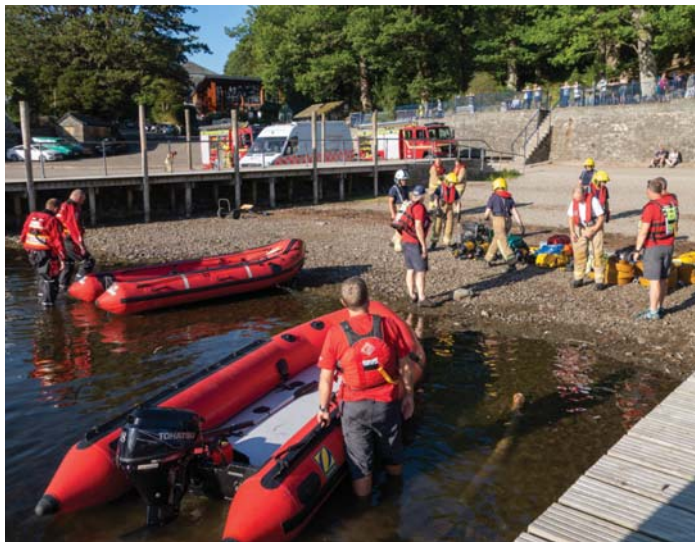


Chris Higgins

and ask for a Coastguard helicopter with a winch - it may take an hour to arrive but once there, will be able to get the climber to hospital far faster than a road ambulance. We need to use that hour to get to the casualty, stabilise him, treat his injuries and prepare him for winching - things can be turned around in that first hour if we do our job well.

Blue lights flashing and siren wailing, we head down Borrowdale. Tasks and rucksacks of

Team Leader's Report 2019



Multi Agency Training on Derwentwater, July 2018

heavy kit allocated. Calls over the radio are drowned out by the siren. Cars pull over and we eat and drink, anticipating the energy we'll expend with the coming efforts.

There's an energy and a sense of urgency but everyone is calm, thinking about access routes, kit, likely injuries. We all know what's needed because, unlike those frightened climbers, this has happened to us before, in training and for real.

Stop - get out - radio handset on - bags out and on your back - check your team-mates - go!

Within minutes you're breathing hard - there are a couple of fields to cross and, although it's flat, it can be awful with no warm up. Then the uphill starts - ten minutes to the bottom of the crag then another ten minutes to the top - and you just need to get your body and your bag up there.

At the top of the crag, jobs are done with well-practiced efficiency as a team member is harnessed up, ready to be lowered down the crag, ropes are secured, roles allocated, final checks made - radio silence. And then the calls go round - "Main-line ready!" "Safety ready!" "Edge ready!" "Rescuer ready!" "Begin to lower - speed good."

The ropes pay out as the rescuer and first aid kit are lowered to the casualty. Oxygen, neck collars, bandages, airways, tough-cut scissors, tape, an array of monitors, various drugs...

Over the radio we hear "Keswick Mountain Rescue, this is Rescue 199". The Coastguard helicopter is approaching. We set off a flare and orange smoke drifts eerily across the crag top. Soon the calmness turns into a maelstrom as the sound of the engines and the downwash from the rotors make communication nigh on impossible. Minutes drag as the pilot manoeuvres above us to get into the best position, to hold his aircraft steady before the door opens. Then out swings the winchman, an orange clad 'angel' signalling to be lowered - we fight the 'hurricane' to watch, jackets flapping and words snatched away.

More minutes pass - those of us on the top of the crag can't see the 'cas-site'. What's going on down there? Then suddenly up, up, the winchman rises. On the stretcher across his front, the casualty lies mummified in bandages, vacuum mattress, cas-bag and stretcher, into the helicopter. Gone! The aircraft moves away and that wind stops as instantly as it started. That's it, all over - job done - until next time. We drive back and tidy up, repack kit and wash the vehicles - then drift back to the birthday party, that meal or the dog.

This scenario hopefully paints a picture as to what members experience each time there is a rescue, the buzz of a callout and the camaraderie on

the hill, the pride in a job well done. We do it because it's an adventure. We get in tight spots, in weather and places most folk never experience, but we know our mates have got our back and we have theirs - that's what being a mountain rescuer is all about. And, of course, we help others who are in trouble as we do it!

It is undoubtedly the people who make a mountain rescue team and some excellent new members joined us earlier in 2018 and we welcome them all. However, I would particularly like to mention those who have left us in the past year. Team President and former team leader, Mike Nixon MBE sadly passed away in October. Mike was a member since 1952, (that's 66 years of service!) with records indicating he attended well over 1400 'shouts' and he was awarded the MREW 40, 50 and 60 years' service awards and the LDSAMRA and MREW Distinguished Service Awards. Mike was very highly respected and a true inspiration to everyone in Keswick Mountain Rescue Team and will be greatly missed.

Mick Guy, team member since 1989, former Chairman, Secretary and Vehicles Officer as well as a Search Dog Handler and Trainer/Assessor retired from the team in 2018. Mick went to over 1600 rescues wearing his red Keswick Team jacket (in 2015 alone Mick went to over 98 rescues!) and in addition he went to a great many rescues across the Lakes and further afield as a Search Dog Handler. When not on

rescues Mick could usually be found at base attending to all manner of jobs - fuelling the vehicles, doing repairs, helping with base maintenance, organising driver training and... and... the list went on. Mick's contribution was truly massive and this was also recognised by LDSAMRA when presenting him their Distinguished Service Award for his work with search dogs.

Simon 'Nobby' Noble, member 1999-2006 then again 2012-2018, retired from the team having been on over 300 rescues in those 13 years. Having spent much of his leisure time running on the fells Nobby was usually near the front of many callouts and was full of enthusiasm. Nobby also contributed massively to the day-to-day running of the team as Base Quartermaster/Manager and was eager to help in all manner of projects on behalf of the team.

Graeme Wilson retired from the team in January after putting in a solid 10 year stint. Graeme not only took part in over 300 rescues, but he regularly stepped up to offer his services in the general running of the team - most notably as assistant secretary and the team liaison in the early stages of the base extension. Graeme's steady manner and words of wisdom were also very much appreciated.

Edward 'Elvis' Allen also stood down from the team after seven years membership. Since joining in 2011 'Elvis', as he was known to the team,

went on over 300 callouts and undertook many 'behind the scenes' projects to progress the team. Of particular significance has been his development of a 'drugs roll' (see pages 24-25) - a protective roll-out pouch with dedicated pockets to house the drugs and ancillary medical devices (syringes, needles etc) used by the team. It has been such a success it is being put into production by a local company for 'roll-out' (please excuse the pun) to the wider mountain rescue community. Demonstrating commitment to the end - Elvis turned out on the last day of his 'active service' on New Years Eve to help our casualty mentioned at the start of this article. (Note - we were pleased to see he was wearing his signature orange winter smock (for the uninitiated Elvis wore this thick fibre-pile insulating winter garment year round!)

I wish to thank Mick, Simon, Graeme and Ed for everything they did for Keswick MRT over their years as team members - your contributions have all helped move the team to where it is today - a high quality, modern and progressive, quasi-professional team with skills and equipment to be proud of! In addition to thanking those guys I'd like to express my sincere thanks to all the team members who continue to contribute to the efforts of the team, to move things forward and to support each other on and off the hill. Thank you all.

Chris Higgins

One Hundred and Ten Callouts in 2018

Incident Report 2018

Edited from Team records

1 8th January 2018 16:29

Woods above west side of Thirlmere

The Police requested the Team to check out the area, after a report of what appeared to be a 'bivvibag' with a body in it, in a remote location near the top of Raven Crag. The item turned out to be a black bin liner, near another area which had two tents and other discarded camping equipment.

2 13th January 2018 13:13

Nethermost Pike

A man slipped on an icy path, and suffered an ankle injury. RAF Leeming MRT helped the Team.

3 14th/15th /16th January (21:30 -14th)

Scafell Pike

The Team was requested to assist Wasdale MRT on the evening of the 14th, to search for a missing man. The search was continued on the 15th, with 5 teams, a Coastguard helicopter, and search dogs involved. Keswick Team covered other Teams' areas for the day, whilst Wasdale, Duddon, Cockermouth, Kendal and Penrith Teams continued the search.

An area wide search was set up for the 16th. 6 rescue teams, including an RAF team, and 11 search dogs from as far away as the North East and the Peak District came to assist.

Keswick Team was asked to mount another complete search of the crags around Scafell Pike itself, and then the top of Great End.

The missing man was found near Scar Lathing in Eskdale, after a search dog party heard shouts for help. He had suffered injuries in a fall, and was flown to hospital by a Coastguard helicopter.



Incident 2 - Nethermost Pike

4 19th January 2018 15:46

Lonscale Fell

The Team was alerted to what appeared to be three people, cragfast on a slope on Lonscale Fell. The Team went to the Gale Road car park, to take a closer look through binoculars. After a short time it became clear that no-one was in difficulties.

5 26th January 2018 15:48

Brown Cove Crags, Helvellyn

A man slipped and fell 150m. He suffered serious chest injuries.

An Air Ambulance dropped off their paramedic and doctor close to the scene, and then airlifted 4 Team members to assist. The casualty was flown to hospital.

6 3rd February 2018 21:08

Scafell Pike area

A search for two missing men. The search involved Wasdale MRT and a Coastguard helicopter.

The two were found in the early hours by Keswick Search Dog Isla with her handler, near to Skew Gill. They were cold and lost, but uninjured. They were airlifted down to Seathwaite.

7 10th February 2018 14:34
Sty Head path above Seathwaite

A woman with an ankle injury.

8 13th February 2018 16:53
Mallen Dodd, Lattrigg

A man slipped, and suffered a serious lower leg injury.

9 14th February 2018 14:12
Brown Cove Crag, Helvellyn

A man suffered an ankle injury.

10 16th February 2018 11:16
Great End

A man had suffered a fall while climbing a gully on the west side of Great End.

A Coastguard helicopter helped the Team by lifting Team members and equipment to Sty Head.

The Team treated the casualty for possible pelvic and knee injuries, as well as the onset of hypothermia. The Team lowered the casualty to a suitable landing point for the helicopter, which then took him to hospital.

11 17th February 2018 16:23
Lonscale Fell
& 12. 17th February 2018
Helvellyn

A dog was stuck on a ledge near the summit. Cockermouth MRT helped the Team in its rescue. During this incident a second call came in regarding some flashing lights on Helvellyn. A team member drove out to check them out; no further action was needed.

13 22nd February 2018 14:14
Cat Bells

A woman suffered a dislocated fracture of the ankle.

14 25th February 2018 14:05
Corridor Route near to Sty Head

A man slipped on ice and took a tumbling fall, suffering a head injury.

An Air Ambulance took him to hospital.

15 26th February 2018 11:18
Cat Bells

A man suffered some sort of medical event. An Air Ambulance doctor examined the patient at the scene, and decided that it was safe for him to travel to hospital by road ambulance.

16 4th March 2018 16:52
Foot of Great End

A man had slipped and fallen. He suffered an ankle injury.

An Air Ambulance helped the Team.

17 10th March 2018 20:47
Helvellyn summit

A group of five walkers, cold and wet, were walked off through the snow down to Swirls.



Incident 14 - Sty Head

Incident Report 2018

18 14th March 2018 12:04

Brown Cove Craggs, Helvellyn

A woman slipped whilst descending, and took a tumbling fall 50ft down a snowfield. She suffered possible back & pelvic injuries, a head laceration, a broken finger and numerous bruises and cuts.

19 16th March 2018 16:27

Smaithwaite Banks, Thirlmere

A woman suffered an ankle injury.

20 17th March 2018 13:16

Swallow Scarth, Nethermost Cove

The Team was alerted by Patterdale MRT to an incident where a woman appeared stuck in steep ground near the top of Nethermost Cove. Keswick MRT swept the ridge, whilst Patterdale MRT covered the Nethermost Pike area. After two hours, there had been no sign of the person reported to be in difficulties, and it was concluded that she must have self-rescued. At this point, Keswick MRT was called to a second incident on the Thirlmere side of Helvellyn.

21 17th March 2018 15:36

Brown Cove Craggs, Helvellyn

As Callout 20 was concluding the team received a call to an incident nearby. A man was reported to have fallen over 200ft, hitting rocks on the way down. Patterdale MRT helped the team.

The injuries the man had sustained were so serious that he didn't survive. A Coastguard helicopter attended the scene but was unable to winch in the very strong wind.

22 18th March 2018 16:30

Cust's Gully, Great End

A woman took a 200m tumbling fall, suffering serious head and arm injuries. In the process, a second climber fell, though he escaped - initially

apparently unhurt. Patterdale MRT was able to mobilise 5 members and a doctor, to fly direct to the scene, in a Coastguard helicopter, having just finishing a rescue on Helvellyn. Keswick team members continued up the hill, in case circumstances required a land evacuation. The casualties were flown to hospital.

23 24th March 2018 14:12

Thirlspot

An emergency GPS beacon was activated by accident.

24 24th March 2018 21:34

Great End

A group of 3 was uninjured but benighted. The Team turned out to walk them down to Seathwaite.

25 26th March 2018 16:11

Brown Cove Craggs, Helvellyn

A woman had fallen and potentially broken her collar bone.

An Air Ambulance took her to hospital.

26 26th March 2018 20:20

Walla Crag

A woman found herself lost in the dark without a torch.

Two Team members walked her down to safety at Rakefoot.

27 31st March 2018 10:46

Slape Crag, Barf

A man and his young son had become cragfast. The Team found the pair plus another 2 walkers who had become stuck as well in the meantime. All 4 were uninjured and were walked down to safety.

28 2nd April 2018 15:49

Walla Crag

A woman had become disorientated in heavy

snow. A Team member walked over the summit from Keswick and started down Cat Gill where he met the woman and walked her to safety at Rakefoot.

29 3rd April 2018 15:14

Sharp Edge Blencathra

A man and a woman had become crag fast on Sharp Edge. The Team helped the pair down to safety.

30 4th April 2018 12:03

South Loop, Whinlatter Forest

A father and son, mountain biking, called for help after an accident caused concern for a potential broken arm.



Incident 18 - Brown Cove Craggs

31 7th April 2018 12:51

High Moss, Outerside

A call to help a participant in a fell race who had a twisted ankle.

32 8th April 2018 16:44

Blencathra

A woman suffered an ankle injury.

33 9th April 2018 15:52

Hind Crag, Seathwaite, Borrowdale

The Team received a call from a walker who thought they could see an orange survival bag and could hear whistling just below the rock buttress of Hind Crag. This proved to be a false alarm.

34 10th April 2018 7:05

Latrigg

A person was found dead on Latrigg. The Team recovered the body.

35 13th April 2018 16:06

Derwentwater shore, Brandlehow

A woman slipped on greasy tree roots, and fell, injuring her ankle and her fibula.

36 14th April 2018 13:19

Blease Fell, Blencathra

A paraglider made an uncontrolled descent onto Blease Fell. He had suspected spinal injuries. An Air Ambulance was able to land close to the casualty site. The Team was stood down.

37 16th April 2018 9:38

Shepherds Crag

A climber had become cragfast, while abseiling to retrieve kit from his climbing route of the previous day. The Team untangled his rope from the top of the crag, so that he could continue to the bottom.

38 24th April 2018 12:00

Low Briery

A woman had become stuck on steep ground. A Team member was lowered to her and brought her back to safe ground. Another Team member rescued her dog.

39 28th April 2018 14:14

Seatoller

A man was struggling to breathe on a path close to Seatoller. The Team was stood down when he called in to say he'd managed to reach his guesthouse. An ambulance took him to hospital.

40 1st May 2018 18:20

Ennerdale, Buttermere, Honister Fells

Wasdale, Cockermouth and Keswick MRTs were called to search for a missing fell runner who had become separated from his partner whilst attempting to run legs 3 and 4 of the Bob Graham Round.

Over 60 rescue team members, along with search dogs, carried out a search of all major footpaths and all obvious escape routes along the planned route in strong wind, heavy rain and thick cloud until approximately 02:00 the next morning. At that point, with no further information on the location of the fell runner, and the difficult search conditions which prohibited the use of a helicopter, the very difficult decision was taken to call the search off until first light.

The search was resumed again at 05:00 on 2nd May with additional team members from Penrith MRT, Kirkby Stephen MRT, Conistown MRT, Kendal MRT and Northumberland MRT. The coastguard search and rescue helicopter also joined the search at that point.

At approximately 07:30, the missing fell runner was found and was flown by coastguard helicopter to the RVI hospital in Newcastle. Sadly, they were

unable to resuscitate him.

This was a major search involving over 100 rescuers, 9 dogs, a coastguard helicopter and much assistance from the NWAS Air Desk and Cumbria Police.

It's always very difficult mounting a search like this covering such a large area, with a potentially moving casualty at night, and in challenging weather conditions and low visibility, so there was always a low probability of a find at night which unfortunately proved to be the case.



Incident 32 - Blencathra

Incident Report 2018

41 5th May 2018 13:00

Keswick Base

Transport assist : a walker had been on the fells all night and was collected by the coastguard helicopter and transported to Crow Park next to KMRT Base. A team member transported the casualty suffering from possible hypothermia to Keswick Hospital.

42 9th May 2018 17:35

Sprinkling Tarn area

A walker was reported overdue following a night planned out wild camping by Sprinkling Tarn. Keswick MRT was called to help Wasdale MRT in a search. A Keswick MRT member found him safe and well as he was descending the path from Styhead Tarn to Seathwaite.

43 10th May 2018 17:56

Newlands Valley - Dale Head/High Spy area

A man slipped and injured his ankle.

44 24th May 2018 11:25

Force Crag Mine

A man on a National Trust tour of Force Crag mine had become unwell.
In the event no treatment was needed.

45 27th May 2018 12:41

Latrigg

A man fell from his bike and suffered an ankle injury.

46 9th June 2018 14:26

Puddingstone Bank, Rosthwaite

A woman competing in a trail race twisted her knee.
The Team was stood down when the event medic confirmed that they were going to attempt to bring her down to the road themselves.



Incident 47 - Puddingstone Bank

47 9th June 2018 14:57

Puddingstone Bank, Rosthwaite

The previous incident was reopened as the race event staff were unable to transport the casualty.
The Team stretchered her down to the road.

48 9th June 2018 23:32

Sty Head path, Borrowdale

A dog with lacerations on its paws was carried down.

49 10th June 2018 8:15

Mallen Dodd, Latrigg

A man had blacked out on the zigzag path, and woke unaware of how long he had been unconscious. He had some bruising to his eye.

50 14th June 2018 18:02

Watendlath to Rosthwaite path

A woman suffered a possible fractured ankle and slight concussion.

51 23rd June 2018 15:30

Fellside above Shepherds Crag, near Upper Shepherds Crag

A woman collapsed and was unresponsive for a short time.

At the time of the Team's arrival, she had recovered. She went to hospital for a check-up.

52 25th June 2018 13:43

Path between Rosthwaite and Grange.

A woman fell whilst climbing over a fence by the river.

She sustained head, shoulder and neck injuries.

53 26th June 2018 13:08

Top of Cat Gill, Walla Crag

A woman slipped and suffered a possible dislocation fracture to an ankle.

54 26th June 2018 16:02

Cat Bells, 500m from Gutherscale car park

A woman was suffering from heat exhaustion.

55 26th June 2018 20:26

Cat Bells, 400m from Gutherscale car park

A woman suffered an ankle injury.

56 27th June 2018 14:00

Lingy Bank, Rosthwaite

A woman suffered a possible fracture dislocation of an ankle.

57 4th July 2018 17:12

Barf

A search for a missing walker.

58 11th July 2018 11:34

Hause Gate, Cat Bells

A man had fainted.



Incident 56 - Lingy Bank

59 14th July 2018 13:49

South Loop, Whinlatter

A man had fallen off his mountain bike, suffering a suspected fracture of the femur.

60 15th July 2018 13:18

Barrow Door, Barrow

A woman had suffered an ankle injury.

61 21st July 2018 16:05

Hall's Fell Ridge, Blencathra

A man descending Hall's Fell Ridge, had become crag fast having left the main ridge line.

62 25th July 2018 16:50

Sty Head

A woman had suffered a possible broken wrist and injured knee.

63 26th July 2018 12:02

Keswick to Threlkeld old railway line

A woman suffered a laceration to her leg whilst crossing a fence.

64 27th July 2018 13:52

Hall's Fell, Blencathra

A man lost the path on steep ground and ended up in a deep gully unable to go up or down.

65 28th July 2018 11:38

Sharp Edge, Blencathra

One of two walkers became cragfast on steep and very slippery wet rock.

66 30th July 2018 16:24

Nitting Haws, High Spy

A father and son lost the path and ended up stuck in difficult and slippery terrain.

The Team set off, but, the two managed to make their own way safely down to the valley.

Incident Report 2018

67 31st July 2018 21:26

Derwent Isle, Derwentwater

A baby had fallen from bed and a potential head injury was reported. The ambulance service requested help from Keswick MRT to transport a paramedic to the island. The baby and a family member were transferred to shore and then taken by ambulance to hospital.

68 2nd August 2018 18:16

Carrock Fell

A father and son attempted to walk a direct route up the steep front face of Carrock Fell above the road and became cragfast.

69 6th August 2018 10:16

Derwentwater Isthmus

Two paddle boarders were reported to be in difficulty due to the wind conditions.

70 8th August 2018 14:52

Nitting Haws, High Spy

A man took a tumble and suffered a deep cut to the forehead, pain in his ribs and various abrasions.

71 9th August 2018 13:11

Slope Crag, Barf

A group of 6 walkers were crag fast but uninjured at the bottom of Slope Crag on Barf.

72 9th August 2018 14:09

Nitting Haws, High Spy

A man fell 5m onto rocks resulting in suspected broken ribs, and a painful knee.
A Coastguard helicopter took him to hospital.

73 10th August 2018 15:23

Stanger Gill, Rosthwaite Fell

A red flare was reported to have been seen above Stanger Gill above Stonethwaite. A Team member investigated by climbing the full length of the gill and found nothing and had no response to regular shouts.

74 12th August 2018 14:00

Lining Crag, Greenup Gill

A man injured his back after slipping on the steep rocky path next to Lining Crag. A Coastguard helicopter picked up two Team members from Stonethwaite to assist with the extraction of the casualty, and then took the casualty to hospital.

75 18th August 2018 14:42

Whinlatter Forest

A youth had a fall from his mountain bike on north red route of the Whinlatter bike trails hurting his shoulder and grazing his face.

76 19th August 2018 6:42

Borrowdale

A young couple camping near Castle Crag were woken at 4:30 when their tent started to float. Very heavy and localised flooding in the Borrowdale Valley caused the rivers to rise quickly and the couple became trapped between streams and called for rescue. The team sent swift water rescue-trained personnel to the scene. They were able to retrieve the stranded couple and walk them off using the team's boat to cross a couple of deeper sections of path.

77 19th August 2018 19:22

Barrow Bay, Derwentwater

The ambulance service requested support from the team to stretcher a man from the lakeshore to an ambulance on the roadside. The man had stepped off a foot bridge and turned his foot leaving it very swollen and unable to bear any weight.

78 20th August 2018 12:58

Castle Crag, Borrowdale

Two white German shepherd dogs fell around 10m off a crag above the Allerdale Ramble path.
One dog suffered a suspected broken leg.

79 23rd August 2018 19:17

Great Gable

A search for a missing man and his grand-daughter.
The search involved team members from Wasdale MRT, and from Cockermouth MRT, along with a Coastguard helicopter. The two persons turned up safe and well in the valley.

80 28th August 2018 6:00

Sprinkling Tarn

A man had suffered a lower leg fracture.
Cockermouth MRT helped the Team to bring him down to Seathwaite.

81 28th August 2018 12:55

Stonycroft Gill, Newlands

A woman broke her lower leg, while gill scrambling.
A member of Cockermouth MRT happened to be in the area and gave immediate assistance by splinting the leg and providing some pain relief.

82 30th August 2018 19:23

Base Brown, Borrowdale

A man became separated from his friends at Windy Gap, Great Gable, and subsequently became lost. Cockermouth and Wasdale MRTs were called out. Keswick MRT was called out when, upon speaking to the man again, it was decided that he was probably in the vicinity of Seathwaite. He was located at Strawberry Gill on the side of Base Brown.

83 2nd September 2018 13:53

Stockley Bridge, Seathwaite

A woman slipped and injured her leg following a fall on wet rock.

84 2nd September 2018 17:11

Path for High Tove, Watendlath

A man slipped on the wet rocky path, injuring his ankle.

85 14th September 2018 19:56

Newlands Pass

A report came in via Cockermouth MRT of 3 people waving and shouting for help, and one person on the ground part way up Whiteless Breast above Buttermere Village. Cockermouth MRT was approaching the scene, with Keswick MRT observing from the road. Nothing was seen or heard, and the incident was recorded as a false alarm with good intent.

86 15th September 2018 19:36

Skiddaw House

A competitor in an ultra-trail race became exhausted and retired from the race at Skiddaw House Youth Hostel, (which is only accessible by foot or 4WD). On arrival, by Land Rover, the Team found that the event medics were in attendance and were able to evacuate him themselves.

The Team returned to base.

87 19th September 2018 12:15

Near Little Town, Newlands

A man and his father were blown over by a very strong gust.

The younger man landed on his head, bit his tongue and lost consciousness for a short time. The father suffered bruising to his hip and knee.

88 19th September 2018 15:07

Near Little Town, Newlands

Later in the afternoon after incident 87, another incident was reported at almost the same place. Two women had been blown off their feet by a strong gust of wind. One suffered a suspected

broken collar bone and a cut to the head while the other had a few cuts on her arms and head.

89 21st September 2018 14:13

Crag Hill

A group of 7 Duke of Edinburgh students was caught in bad weather, with one of them succumbing to mild hypothermia.

90 23rd September 2018 14:33

Birkside, Nethermost Pike

A man slipped on the rocky path, and took a 2-3m tumble, suffering a head and lower leg injury. A member of Langdale Ambleside MRT was walking in the area and looked after him until Keswick MRT was on scene. A Coastguard helicopter took the casualty to hospital.



Incident 90 - Nethermost Pike

Incident Report 2018

91 25th September 2018 18:31 Lonscale Fell

A mountain biker suffered a broken ankle after coming off his bike at the rocky section on the bridleway that contours Lonscale Fell.

92 28th September 2018 19:23 Troutdale Pinnacle, Black Crag, Borrowdale

A woman had become crag fast while climbing Pitch 4 of Troutdale Pinnacle on Black Crag.

The Team rigged the crag from the top, lowered a Team member to the woman and her climbing partner, and then they were both raised to the top.

93 3rd October 2018 19:44 Sty Head

A group of four walkers requested assistance when one of the group fell and injured his leg. In addition they were fatigued, and disorientated by the dark and misty conditions.

94 4th October 2018 11:31 Cat Bells

A woman tripped near the summit, resulting in a suspected broken ankle.

95 7th October 2018 17:01 Mountain Bike Trail, South Loop, Whinlatter

A mountain biker had crashed after hitting a wet tree root, resulting in a back injury.

96 11th October 2018 12:10 Barf

A couple with a dog requested assistance after becoming crag fast.

97 14th October 2018 12:10 Derwentwater

A woman was spotted waist deep in Derwentwater at the back of the Derwentwater Hotel in Portinscale, walking towards the river. Cumbria Fire and Rescue were mobilised and an ambulance attended while a vehicle of Swift Water Rescue Technicians from Keswick Team set off. One Team member who lives close to the incident site went directly, found the woman, and as she was not in dangerous water at that point, managed to reach her and walk her out.

98 14th October 2018 13:00 Sharp Edge, Blencathra

A woman had fallen 100ft, along with her dog. Both the Great North Air Ambulance and the Coastguard helicopter were mobilised. GNAAS uplifted some Team members closer to the casualty site. A Team rigged from above on the Edge and lowered an attendant with vac mat and Tyromont bag for extraction by the Coastguard helicopter. The woman was winched into the helicopter and her uninjured dog walked down with the Team.



Incident 93 - Sty Head

99 14th October 2018 13:52

Carrock Fell

A man was having chest pains on the summit of Carrock Fell.

The GNAAS Air Ambulance flew straight to the scene from helping at the Sharp Edge incident.

100 15th October 2018 14:43

Rosthwaite

A woman walking near New Bridge, Rosthwaite, slipped and injured her arm.

101 20th October 2018 19:25

Great Dodd

A woman and her daughter had become lost.

102 29th October 2018 12:54

Sharp Edge, Blencathra

A man fell about 50 feet down a rocky gully, reporting a possible arm injury.

His brother managed to scramble down to him but they were then unable to move any further.

An Air Ambulance dropped 2 medics off near the site and they were able to reach the casualty. The Air Ambulance took 6 Team members to the foot of the ridge. The Team was able to rig from above the casualty and sent the Team paramedic down, and they were then both lowered to the path on the side of Sharp Edge. The casualty was flown down to Mousethwaite where he met up with his father, who took him to hospital.

103 4th November 2018 12:00

High Rigg

A boy slipped and landed on his hand, apparently breaking the radius and ulna bones above the wrist.

104 17th November 2018 17:02

Howrals Field, Keswick

The Ambulance Service requested assistance to help an injured mountain biker on the bridleway.

105 8th December 2018 13:09

Cam Crag, Langstrath

A group of four men was scrambling on Cam Crag ridge when one of the group slipped 3 to 4 metres, and sustained an injury to his lower leg. A Coastguard helicopter took him to hospital.

106 20th December 2018 12:20

Blencathra

A woman was crag fast in strong winds, unprepared for the conditions and too scared to move near the summit of Atkinson Pike. She was given warm clothes then helped down the fell.

107 20th December 2018 14:26

Great Dodd

Two women were walking from Great Dodd to Little Dodd in showery and windy conditions with bad visibility, and reported that one of them was hypothermic. The party was met descending at the back of Wolf Crag, they were given warm clothes and escorted back to a Team vehicle.

108 24th December 2018 16:53

Honister Pass

The Team had a report of a family in a minibus stuck on sheet ice on Honister Pass. A vehicle was sent to retrieve the stricken family but on arrival at the Pass no vehicle was seen.

109 27th December 2018 13:23

Raise and Helvellyn

Shouts for help had been heard. The Team, with one search dog, investigated. Nothing was heard or seen.

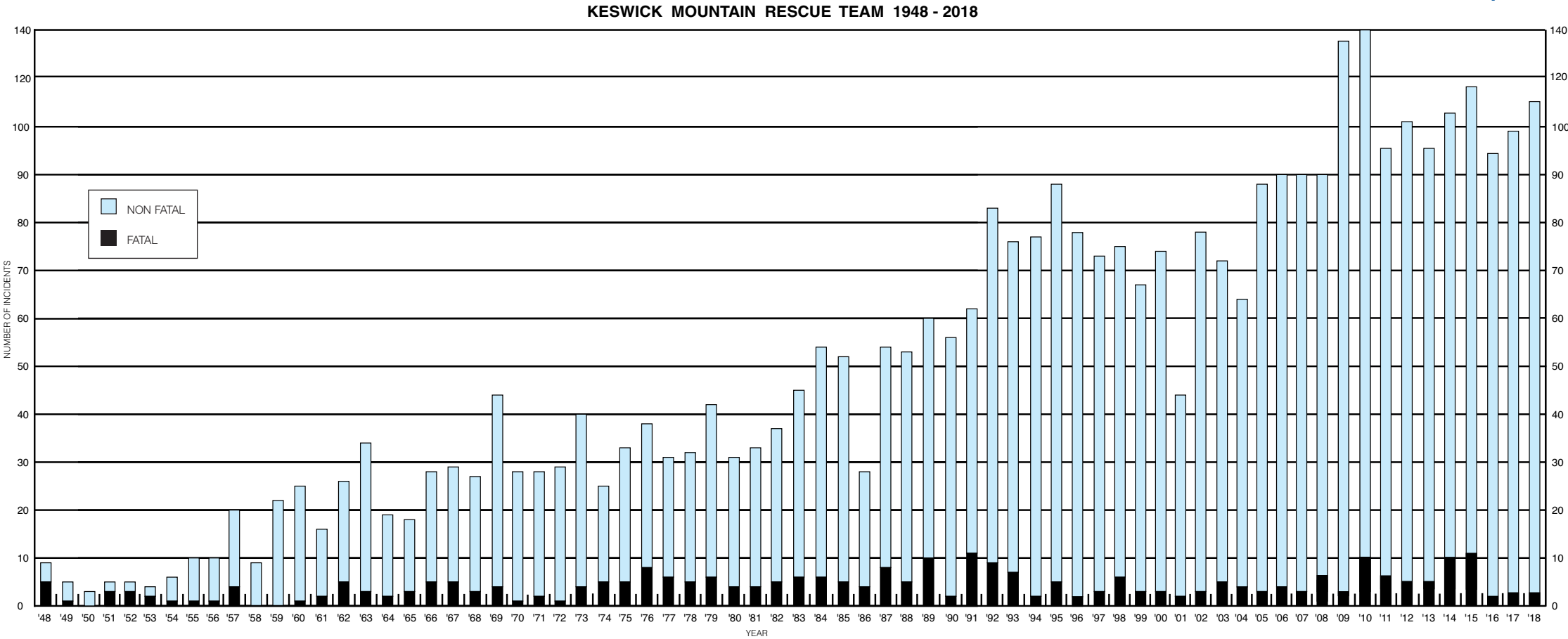
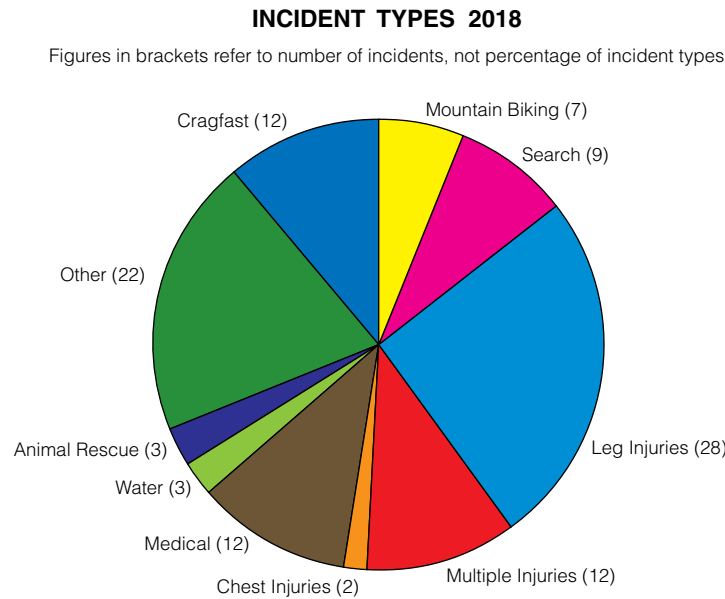
110 31st December 2018 15:10

Blease Fell, Blencathra

A woman slipped on the path and injured her ankle.



Incident 98 - Sharp Edge





Mick with Ginny

Keswick MRT veteran Mick Guy retired in 2018, after nearly 40 years helping those in need on the Lakeland fells.

The retired head teacher was a member of the Team for 28 years, having previously been a member of Kendal MRT for 10 years.

For 25 years, Mick was a search dog handler with Lake District Mountain Rescue Search Dogs, partnered with Spin, Mist, and Ginny.

During his time with Keswick MRT, Mick took part in more than 1600 rescues, plus a further 250 with search dogs helping other rescue teams.

Mick explained that, with changes happening in the Team, including a new radio control system, and revised casualty care exams, he thought that: "I've done a long time, and I'm not as fit as I once was, so I am calling it a day".

During his time with Keswick MRT, Mick has served as Chairman, Secretary (twice), and as Vehicles Officer. Looking back at his rescue team work, Mick said that the incident that had the most effect on him was the death of a climber who had fallen face down at Castle Crag.

"I took over C.P.R. (cardiopulmonary resuscitation) when we arrived, but he didn't make it. When we were carrying him down, someone asked if they knew who he was, and that was when I

found out he was from Kendal MRT. It was really upsetting for me as I had been out on the fells with him, but hadn't been able to recognise him. That was my worst experience."

"One of my best was when my search dog found a man who had gone missing at Thirlmere. This job comes with good, bad, sad and funny times. What I've appreciated most about my time on the Team has been the people I've worked with. People have come and gone, but the way we go about business hasn't changed. We work together to save lives, and nothing beats the feeling of helping people."

"I thought joining the Keswick Team would be a good way to meet new people outside my job. It was my way of giving something back for all the good times I've had on the fells. I thought with the experience I had that I would be able to help people. I will miss the adrenaline of the pager going off, but I won't miss being on the central fells, in the middle of the night, in the pouring rain!"

Mick isn't having a quiet retirement, as he is involved in the local voluntary car service scheme, the activities of the National Trust, and has a continuing involvement in the training of search dogs.

Mike Nixon MBE 1928 – 2018

Keswick Mountain Rescue Team are very sad to announce the death of Mike Nixon MBE, former Team member and leader of the Team, who passed away on the 25th October at the age of 90.

Mike hadn't been well for a while and had recently been in a nursing home in Cockermouth. It was here that he died peacefully, with Val his wife (also a former member of Keswick Mountain Rescue Team) and Chris (Mike's son, and himself a team member and former team leader of Kintail Mountain Rescue Team) and Janice (his daughter in law) at his side.

Mike joined Keswick Mountain Rescue Team way back in 1952 and in his over 60 years with the Team he has been a true stalwart of all things mountain rescue. His quiet leadership style and his nature guided the team through its continuing development over the years and brought out the best in all Team members. Mike was a strong believer in and developer of the ethos of the Team and a fabulous mentor.

Mike was the third leader of the Team, formally holding the role from 1981 to 1993, albeit he was also heavily involved in a leadership role before formally being elected leader. He also trained and worked a search dog, a golden Labrador called 'Ling.' He was President of LDSAMRA, standing down only a few years ago

from this role; Mike remained as President of Keswick MRT.

In 1993 Mike was awarded the MBE for his services to Mountain Rescue.

Mike has also received MREW 40, 50 and 60 years service awards (that's some collection!) and he was also awarded an LDSAMRA and an MREW Distinguished Service Award.

Mike was an active member of the team and involved in rescues until well into his eighties, often to be found carrying heavy sacks of equipment on rescues. Mike also did a huge amount of behind the scenes jobs in support of the Team back at the base.

Since formal Team records began in the late 1970's, Mike had attended well over 1400 rescues; with some 20+ years of callouts before then, this number will be way (hundreds) short of the true figure, an amazing contribution to saving lives on the mountains of the Lake District.

Many Team members helped Mike celebrate his eightieth birthday by climbing Tower Ridge on Ben Nevis with him. Some family members also undertook the climb, with others walking to the summit of 'The Ben' to meet up with Mike for a glass of champagne to celebrate his achievement before all moving on to Dornie for a "right good do" of a birthday party.

Mike leaves Val, Chris and Janice and grandchildren Louise, Donald and Alasdair. The Team's thoughts, condolences and good wishes go to them.

'Cheers Mike'



Mike at 80 years, Ben Nevis

The Lemming Road

Mountain Rescue teams often exhort walkers to take a map and use it wisely. Sound advice; but, as with everything, the caveat is always - do so advisedly and **never** abandon common sense.

The cartography of UK mapping is second to none – the detail astounding, but sometimes there is simply too much. Walkers need enough information to navigate between A and B with safety, and in general our Outdoor Leisure maps at 1:25,000 or 1:50,000 are fine for this – except where the plotted information leads one into DANGER....

2019 started with two glorious days – cold and crystal-clear. By lunch time on the second, I was glad to escape work. Likewise, the article I'd promised to write for the Team's Annual Report, that too could wait another day – I was heading up the hill. Johnnies Wood, the steep east face of High Scawdell, Miners Crag and so to High Spy – and barely another soul – “Off -Piste” to Lobstone Band Door – I intended to descend via Low White Rake (LWR) to Grange and return to Rosthwaite via Hollows Farm and the banks of The Derwent where there'd recently been an otter sighting.

While traversing easy sections, I'd idly been thinking about this article: the wording, and graphics I would use in alerting readers to the suspected reasons surrounding three of our 2018 Callouts. There appeared to be a link between rescues # 66, 70, 72 – three similar rescues inside two weeks. And all apparently, resulting from walkers diligently following the same public Right of Way off High Spy onto the flanks of Nitting Haws. I thought I knew why. I wanted to avert more serious accidents. It was time to do some research.

During these incidents the casualties had complained about “losing the path” thereby getting into steep and rough terrain. In one incident our casualties had become disorientated and in the other two they'd fallen and sustained injuries. Correspondence with the recovering casualties confirmed that despite the extremely steep and craggy nature of the route - each had been trying to follow the delineated Right of Way. In both cases



Incident 70 - Hollows Farm

they blamed themselves for “missing a turn”. It was only small comfort to them when I informed them that in fact there was no “real” path at all! Let me explain.

Public Rights of Way (RoW) are often ancient. The “Rights” have existed for centuries, predating modern maps – and in many cases predate any maps at all. These rights were recorded in parish and manorial records and gave travellers and commoners leave of access to proceed unhindered across others’ lands. They allowed journeys between settlements, the transport of peat from moor to hearth; permitted small farmers to bring sheep down from the common to inbye closes and the like. As such, the routes described were often vague and indefinite... *“from the common of Scawdell to the village of Grange”*. Over time, successive advances in local government led to the development of “Definitive (ha !) Maps, where RoW were supposedly delineated more accurately. The Ordnance Survey (OS) was charged with depicting these RoW and chose dots or dashes – in red or green to do so. As every Geography student used to know, the key to understanding a map’s squiggles and hieroglyphs are given in the legend. Despite the fact that I’d often cut off the legend and butchered many an expensive map into a refolded and laminated, handy cag-pocket-sized, foul weather reference – I had learnt my symbols. I’d discovered the difference between a RoW and a FP, a Bridleway and a track. Perhaps map work is no longer taught so thoroughly.

Local Govt. reorganisation in the 1970s saw the last major review of these Rights of Way. Parish clerks, councillors etc were tasked with checking their accuracy. Real-time, in your hand, on-screen digital GPS mapping was still somewhere over a distant horizon. Many broad sweeps and strokes of the pen by sometimes disinterested authorities were passed and confirmed into legislation – the future variation of which would require a small army of clerks, committees and mountains of paper to revise.

Several years ago, Keswick MRT alerted the National Park Authority to a

number of dangerous examples where the route of a RoW traversed dangerous and potentially lethal ground. Some of these “routes” had already resulted in serious incidents. In our patch routes north-west from the summit



Incident 72 - Nitting Haws

The Lemming Road

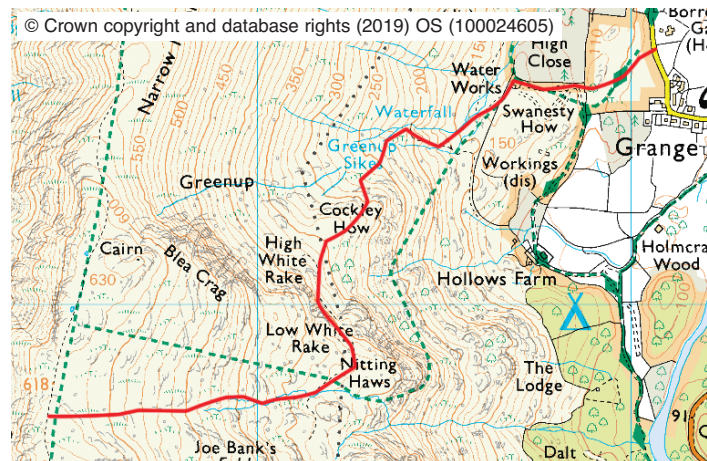
of Helvellyn Lower Man; north from Dale Head; down from Allen Crag Gill and hilariously, across Dock Tarn – were corrected. If you are nerdy about maps – try comparing the early series of the OS North West Lake District OL4 sheet with the most recent issue. Anyway, the opportunity to improve the route from High Spy to the valley had been missed. Luckily, until this year, there'd been few incidents there. Then, in the first two weeks of August – three similar callouts – what could have changed? I went to investigate.

The key to this particular route is in finding the top and bottom of a sloping ledge called Low White Rake (LWR). It's named on the 1:25k map and those with good eye sight will see a fine dashed grey line – depicting the obvious track on the ground. It's an interesting “trod” through steep ground, but slanting as it does, it flattens the gradient, and although slightly narrow in places – it is never scary or truly dangerous. It pops up just behind Nitting Haws and perhaps originated as a Shepherds' access path to the good grazing on the high common. Wainwright knew the route and calls it a drove road. However, the first thing I noted on exiting the rake was that the small cairn marking the “top of the descent” had tumbled into disrepair. Half an hour reciting the walkers' mantra “*yan on tan an' tan on yan*” saw an amateurish attempt at a sturdy cairn grow into a traffic cone of rhyolite. But other cairn building trolls had also been at work. A line of neat piles of stone had been erected away from where the traditional track veered northwards down the long-established line. These new cairns didn't lead to safety – they led to the edge! Along their line was an emerging path – bright green like a line mown through a shaggy lawn. A lemming's road.

Some well-intended yet misguided rambler had taken it upon themselves to ignore the wisdom of local shepherds and had left their own waymarks precisely along the erroneously delineated RoW. But why had so many chosen to slavishly follow this potential highway to heaven? Perhaps they were chanting another mantra – “*stick to the path*”. I wanted to scream wrong way, WRONG WAY. Instead I had almost as much fun demolishing

this pillock's handy work as I had building my own.

Following discussions with the Team Leader and a few preliminary telephone calls I had some correspondence with The Lake District Park Authority's Rights of Way Officer. I sent him this screen shot.



Green Dashed Lines = Public Right of Way.

Red Trace = GPS Track recording the route of the obvious track visible on the ground.

Critical Way Point is at 420m GR NY 2426 1684 – turn NNW not SSE.

I explained the problem; people were following this poorly drawn RoW into potentially lethal danger. Something should be done. The RoW officer declined my invitation to hike the route. He made sympathetic and appeasing comments but explained that the bureaucratic process and

budgetary constraints meant nothing was currently possible. We forwarded the correspondence we'd had from our casualties, but this too was to no avail. I resolved to write an article for our Report. Time passed. Life's other priorities shouldered in. Christmas came and went, and still I'd not written a word. Our editor emailed a last call for copy – New Year came, the sun was shining, and I again found other priorities – the fells were calling. Subconsciously I think I was drawn. Up to High Spy and down to the back of Nitting Haws.

From quarter of a mile off their red jackets blazed like beacons. Quartering the ground like hounds seeking a scent, the small group were scouting out a route. They'd broken stride, spread out, appeared to be indecisive. I willed them, turn north, north is the way; they headed south south east. Despite my summer cairn wrecking spree – they chose the "Lemmings' Road!"

I knew the route was bad – I'd scrambled up it in my younger days – I'd forgotten just how bad. I too became a lemming. I followed their red jackets – over the edge. In my defence I was proceeding with caution, knew I needed to take great care, *"look well to each step; and from the beginning think what maybe the end"* – Whymper's watch words ringing in my ears. Yet, eager to discuss their route choice and decision making, I followed.

Where the sensible route takes a 90° left, the prominent green RoW swings down and slightly right on the south side of the lovely lookout knoll that is Nitting Haws. It meets the edge, peers over, seems to hesitate, traverses a little further right to where Gate Gill begins it's tumbling fall into the valley – then it too, this most stupid of RoW, takes a dive, a plunge through rocky crevices and little slots. Vertiginous views of deep dank gully walls like sirens call. "Come..." Beware!

It only takes a few minutes to negotiate this initial drop off, and it was with some relief I caught up the group resting after the worst of the first descent. Two couples, and to my amazement a pappoose and cuddled babe. I'm sure she knew naught of this, her first mountain adventure, snuggled close

to mum who'd kept her safe. My own adrenaline still pumping, I perhaps greeted them with too much haste – my enquiries perhaps too challenging as I asked who their navigator was – I almost forgot to introduce myself and explain my credentials. But it was obvious they'd just been discussing their experience. Mr Navigator, looking somewhat abashed, produced his faithful android. Justly indignant at the suggestion he and his little group should not be there and defending his ability to follow the path, he showed me his smart phone screen. Sure enough, the location icon sat plumb on the map's green dashed line, bang on route!

They heard me out, as I urged them not to traverse the ridge northwards but to continue down to the campsite far below. Turning north across the ridge, parallel, but now much below LWR, would appear easy at first but leads to more crags and a morass of vegetation covered blocky scree. It would be better now the worst was over, to continue down. I left them still gathering their wits and by example walked out the safest route.

I hope I've not described an enticing adventure. It's by no means impossible, but there is just no way this RoW can be upheld as a safe or navigable way for walkers. It is intrinsically dangerous and if it becomes too popular will result in more accidents and put mountain rescue personal in danger going to assist.

I hope this tale of paths and maps is informative and prompts you to question where you go. The first rule of navigation is "observation." Trust your eyes and common sense. Look at alternative map providers like Harveys – whose leisure maps have simple cartography showing RoW less boldly and discernible tracks more clearly. Ask yourself, what do you want from maps – which format and scale work best for what you do? Don't rely on digital alone, phones sometimes fail when you need them most. Remember the Right Way is just occasionally Wrong.

Go where you will, but please don't take The Lemming Road.

Nuala Dowie

Keswick Mountain Rescue Team Drugs Roll

There is no doubt about it – collectively as the “mountain rescue community,” we are extremely privileged to be able to administer medication to casualties by means of the ‘Casualty Care’ qualification. This is something we should never forget, and it behoves us to be prepared for those occasions when emergency medication is used.

I have been told that there was once a time when the Team’s drugs were carried in a Tupperware box. Those days are long gone, and the range of drugs we do carry has expanded greatly since then.

After a review of how we carry and dispense our

drugs, and with some great help from the Cumbrian company ‘Aiguille Alpine Equipment’, we have developed a drugs roll that caters more specifically to mountain rescue needs.

Aims of the Design

- To have everything needed to administer medicines orally or otherwise – IV, IM etc – in one place.
- To ensure items can be easily located and accessed.
- To make the system easily replicable. (As we have more than one vehicle and are equipped to answer multiple call-outs at the same time, it makes sense to find the same layout in the

drugs roll whichever vehicle is used.)

- To include enough spare carrying capacity to absorb any new additions to the range of drugs we carry.

Benefits We Have Found in the Design

- Speed – The roll is quick to deploy. Its items are easily identified and retrieved, even by those who have not used it before.
- Well-organised – The roll’s clear sections and labelling mean that it is easy not only to find what is needed but also to see what has been used and needs replacing post-call-out. The fact that everything has a designated place makes stock replacement and date checking an easier task too.
- Security – When the roll is rolled or folded up, the ampoules are in the centre of the roll. This positioning, coupled with each ampoule having an individual pocket, reduces the chances of damage or loss during transit and deployment.
- Self-contained – As everything needed to administer medication is in one roll within a drybag, we have the opportunity, if ever required, to pull the drybag out from its larger immediate care/first aid bag and use the fastest legs to run it up the hill.



The drugs roll opened out

Keswick Mountain Rescue Team Drugs Roll

Further information

- 1 When laid out, the whole roll measures 122cm x 40cm.
- 2 When rolled up, it fits easily, with a slim sharps box, into a 15ltr dry bag.
- 3 On the exterior is a vinyl pocket which aids identification of the drugs roll and states which vehicle it belongs to. Also stored here are documents such as the casualty cards, hypothermia protocol, Ecmo referral forms, Avalanche victim resuscitation checklist, etc.
- 4 The roll contains two large interior mesh pockets for storing odd-shaped items, as well as necessities such as gloves, tourniquet, IV dressings, etc.
- 5 The tablets section has big pockets to carry complete blister sheets so that date and batch number remain integral with the tablets.
- 6 Needles, syringes and cannulas are all grouped together within the roll and are secured by bungee for quick access.
- 7 The roll has been constructed with vinyl pockets to hold labels for ease of identification. This has the benefit that the layout can be re-arranged or colour coded to suit preferred use.
- 8 There are 43 pockets of varying sizes for ampoules. The ampoules are easily retrieved by pushing them out with a finger.
- 9 On each corner there is a 'D' ring for securing the roll if required. Also built into the roll are reflective strips for night conspicuity.
- 10 When stocking the drugs roll, we even found room to include a magnifying glass to aid in reading small print, so that you can leave your reading glasses at home.

Ed Allen



The dry bag (top) that holds the drugs roll (bottom)

Thank you messages this year

"I'd just like to say a big personal 'THANK YOU' to the team who brought me down... professional, efficient, polite, and all done with morale-boosting humour. Incredible dedication from a top team of volunteers. My ankle was in fact broken and I couldn't have walked down, so don't know what I'd have done without your help - thanks guys!"

"Hi guys. Thanks again for your tremendous efforts in stretching me off the hill today. Just to let you know I'm now safely back home with a broken right ankle nicely plastered up and a finger with tendon damage in some weird plastic splint! Best regards."

"I cannot thank you enough for your quick response, and the relaxed but efficient manner in which you dealt with me. You really are beautiful people with good hearts... Again, thank you so much."

"Please, please do pass on my thanks to the whole team. I am truly grateful for all their efforts. They managed to get me comfortable and warm quickly, and off the hill in no time."

"I am writing to thank everyone who assisted in the rescue, whether they were directly active or not... I cannot find the words I need to adequately express my thanks to everyone, in the way that I want to. I feel very humbled."

"I would like to express my thanks and appreciation for the help you gave me following my fall... Truly I couldn't be more grateful for the assistance I received from the many volunteers who somehow turned up at the scene."

"Thank you so much for the stellar work you all did yesterday... your team was brave, professional and selfless, and it was a pleasure to meet the few of you that I did. If it wasn't for you I'm not sure what we would have done."

Dr Adrian Clifford 1955-2017

The Team was saddened to hear the news in September 2017 that former KMRT member Dr Adrian Clifford had died suddenly and unexpectedly at home, aged 62.

His professional career as an RAF doctor had taken him to Germany, the Falkland Islands and Lincolnshire, before he returned to the mountains he loved at Keswick.

He became a GP in Keswick in 2001, and although he retired as a GP in 2013, he qualified as a holder of the UK UIAA/ICAR/ISMM 'Diploma of Mountain Medicine' just six months before his death.

He amassed considerable climbing experience on classic mixed routes in Scotland and in the Alps, and many snow and ice routes, which he preferred to rock, including a number of first ascents in the Lake District, including several on Black Crag in Ennerdale. He was the doctor and support climber for two expeditions to the Himalayas led by Mal Duff: in 1981 to Nuptse and in 1984 to the Mustagh Tower, described in Andrew Greig's lively account, "Summit Fever":

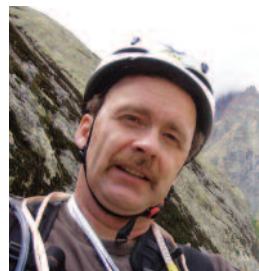
"Medicine is the first thing in his life and he takes his role as expedition doctor very seriously. He doesn't like or approve of risk, yet courts it."

Adrian joined KMRT in 2009, then having participated for two periods, 2009-2011 and 2013-2016, left the Team in 2016.

His medical experience as a GP was very beneficial to the Team and casualties on callouts. Adrian attended over 100 rescues in his time as a Team member.

He had many climbing friends in the Fylde Mountaineering Club of which he was a long-term member. His interest in the great outdoors was wide ranging: and extended from climbing to running, swimming, scuba diving, skiing, sky diving and flying microlights.

Adrian left behind his wife Susan, his daughters Amie and Sarah and two granddaughters Leila and Niamh. Our sympathies go out to them. He is greatly missed.



This is my first report as treasurer, and my name will be unfamiliar to regular readers of this report. I have been doing the job since Ian Wallace took an extended holiday to the far east in July, and as I'd agreed to act when he retired at the next AGM in February, it made sense for me to start the handover. As a retired accountant, I suppose I always knew this was on the cards but nevertheless felt honoured to be asked to take on such an important position and also join the trustee group as an ex officio member.

Ian has filled this role since 2000 and I can confirm the level of commitment required to pay the bills and write thank you letters to our kind supporters. Until Frances Clark, who also deserves a vote of thanks, became involved with the accounts production relatively recently, he also made the Gift Aid and VAT claims. During his treasurership, the team has gone from being barely solvent to comfortably resourced, and this makes a huge difference when considering replacing equipment and undertaking training. The team is hugely indebted to him for his ever cheerful commitment and I wish him well for the future.

However, we are about to extend our building, so a lot of the money built up over the years will be committed to this project. At this stage, the total cost is not entirely known, but an estimate has been put in, including the building and ancillary costs, of £1million. This has been put into a separate reserve on the balance sheet, thereby clarifying the value of free, uncommitted reserves. These are still healthy, but clearly very much reduced. At the same time, we have also put £120,000 into a vehicle replacement fund as a couple of vehicles are now 10 years old and likely to need renewing at some stage fairly soon.

We are very fortunate in having excellent support in the local and fell walking communities, and generally speaking our costs are covered by donations each year, with legacies providing additional income for capital items such as those described in the previous paragraph. This year has proved to be no different, with legacies totalling £137,000.

I am also deeply indebted to Paul White, who has already deputised for me on my own extended summer break! This is a good example of the team covering for each other to reduce the risk of a key role becoming unfilled.

John Hunston



Incident 62 - Seathwaite

Collection Boxes 2017-8

Over the past twelve months our collection boxes have raised £23,495.65. Our sincere thanks go to the many shops, hotels, guest houses, cafes and others who continue to support us in this way. A special thanks to those who have gone the 'extra mile' with creative ideas to boost our funds; such things as baking and selling cakes, organising quiz evenings, selling dog treats or donating carrier bag charges are just a few examples of how some have made that extra effort.

Many donators are still surprised when they learn that mountain rescue services are provided on a voluntary basis and with no official funding. Yet everyday overheads and simply maintaining basic equipment to a safe level incur significant costs and that is before we have to consider the capital costs of replacing a specialised vehicle, for example.

While there are now numerous ways of making a donation, such as choosing one of the many online options, the collection boxes are still important to us and remain a valuable source of income.

So, however you might wish to do it, please keep your contributions coming in, they are very much necessary and appreciated. Thank you and stay safe.

Malcolm Miller and Paul White
(Collection Box Coordinators)



Incident 16 - Great End

Collection Box Sponsors

2 Windsor House	Dale Bottom Campsite	Java	Moot Hall	Skiddaw Hotel
Abacourt House	Dale Head Hall Hotel	Keswick Bike Company	Morrels	Skiddaw House Hostel
Acorn House	Dalegarth Hotel	Keswick Brewing Company	Mrs Lingard Homethwaite House	Soap Company
Alexandra's	David and Elaine Burns	Keswick Campsite	Mungo's Deli	Spar
Alhambra Cinema	Denton House	Keswick Cottage Hospital	Namaste	Spar BP Garage
Allerdale House	Derwent Bank HF	Keswick Golf Club	Near Howe Mungrisdale	Squirrel Lodge Guesthouse
Alternative	Derwent Club	Keswick Launch Company	Needle Sports	Star of Siam
Armthwaite Hall	Derwent Hill Outdoor Centre	Keswick Park Hotel	New House	Strathmore Guesthouse
Ashness Farm	Derwentwater Club Site	Keswick Reach Lodge Retreat	Newlands Adventure Centre	Stybeck Farm
Avondale Guesthouse	Derwentwater Holiday Home Site	Keswick Reminder Office	Nichol End Marina	Sun Inn
Bank Tavern	Derwentwater Hostel	Keswick Rugby Club	Nordicoutdoors	Sunnyside Guesthouse
Barclays Bank	Derwentwater Marina	Keswick Spa	Norwegian Store	Sweet Treats
Barn Gill House	Dog and Gun	Keswick YHA	Old Keswickian	Swinside Farm Cottage
Birch How Guesthouse	Dollywagon Guesthouse	Kingfisher	Open All Hours	Swinside Inn
Blacks	Dorchester House	Kings Head Hotel	Out There Over The Top	Swinside Lodge
Bookends	Eden Green	Kirkbride Eyecare	Oxleys Underskiddaw	Swiss Court Hotel
Booths	Edwardene Hotel	Knotts View	Packhorse Inn	Tarn Hows Guesthouse
Boots Chemist	Eel Crags	Kong Adventure	Paramo	The Beeches
Borrowdale Caravan Club Site	Electric Shop	Lairbeck Hotel	Parkergate	The Chalet
Borrowdale Hotel	Ellergill Guesthouse	Lake Road Inn	Peathouse	The Heights Hotel
Borrowdale YHA	Farmers Arms	Lakeland	Pheasant Inn	The Keswick Boot Company
Braithwaite Court HPB	Fat Face	Lakeland Décor	Pillar House	The Lakes Fish Restaurant
Braithwaite Shop	Ferndene Guesthouse	Lakeland Slate	Pizza Panorama	The Lookout Guesthouse
Bramblewood Cottage	Fine Designs	Lakeland Toys and Hobbies	Portland House	The Puzzling Place
Brierholme Guesthouse	George Fishers	Lakeland View GH	Primrose Cottage	Theatre By The Lake
Brookfield Guesthouse	George Hotel	Lakes Bar & Bistro	Rathbone	Thornleigh Guesthouse
Brun Lea Guesthouse	Glamara Outdoor Centre	Lakeside House	Ravenstone Lodge Hotel	Thornthwaite Gallery
Brysons	Glencoe Guesthouse	Lakeside Site	Ravenstone Manor Hotel	TOG 24
Cartwheel Guesthouse	Glendale Guesthouse	Lanehead Farm Guesthouse	Ravensworth House	Touchwood
Casa's	Golden Lion	Langstrath Hotel	Rickerby Grange	Travis Perkins
Castle Inn	Goosewell Farm Climbing Wall	Larry's Lodge	Rivendell Guesthouse	Trespass
Castlerigg Farm Camping Site	Grange Bridge Cottage Café	Laurel Bank Guesthouse	Rohan	Troutbeck Caravan & Camping Site
Castlerigg Hall Caravan & Camping	Grange Café	Leathes Head Hotel	Roly's Fudge Shop	Troutbeck Inn
Castlerigg Manor	Greystoke House	Littlefield Guesthouse	Royal Oak	Twa Dogs
Chilltee Guesthouse	Greystones Guesthouse	Lodore Falls Hotel	Royal Oak	Tynemouth Lodge Hotel
Claremont House	Hawcliffe Guesthouse	Love The Lakes	Royal Oak	Wainwright Inn
Clarence House	Hazel Bank Hotel	Luchinis	Salutation Inn	West View Guesthouse
Coledale Inn	Hedgehog Hill	Lynton Lodge	Saw Mill Café Dodd	Wetherspoons
Cornish Pasty	Herdwick Guesthouse	Lynwood Guesthouse	Scatell Hotel	Whinlatter Siskin Tearoom
Cotswolds	High Lodore Farm Café	Lyzzyck Hall Hotel	Scales Farm Cottage	White Horse Inn
Craglands Guesthouse	Honister Mine	Mae's Tea Room	Scotgate Camping Site	Wild Strawberry
Cragside Guesthouse	Hope Memorial Camp	Mary Mount Hotel	Seatoller House	Winchester Guesthouse
Crow Park Hotel	Hope Park Mini Golf	Medical Centre	Seven Oaks Guesthouse	Winfields
Cumberland Pencil Museum	Horse & Farrier	Middle Ruddings Hotel	Shemara Guesthouse	Yew Tree GH
Cumbria House	Howekeld	Mill Cottage	Silverdale Hotel	Yew Tree Guesthouse
Cumbrian Cottages	Hunters Way Guesthouse	Mill Inn Mungrisdale	Skiddaw Croft	
Cyclewise Whinlatter	Jan's Lakeland Sandwich Shop	Millets	Skiddaw Grove Hotel	

Please Support Us

Donate to the Team

There are many options for supporting the work of Keswick MRT. Donations, large and small, will be warmly welcomed by the Team at all times.

Please support the Team through the links from the website www.keswickmrt.org.uk to

The Charities Aid Foundation, Just Giving, My Donate and Virgin Money.

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.



Training with Coast Gaurd helicopter February 2018

GIFT AID DECLARATION

Name of Charity

Keswick Mountain Rescue Team

(Charitable Incorporated Organisation No. 1165345)

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

Signature

Date...../...../.....

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 25p 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:**

**The Treasurer
KMRT Headquarters
Lakeside Car Park
Lake Road
Keswick CA12 5DJ**

Thank you for your support!

2019

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.

Through our website: www.keswickmrt.org.uk
The Charities Aid Foundation

JustGiving™



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:

The Treasurer
KESWICK MOUNTAIN RESCUE TEAM
Lakeside Car Park
Lake Road, Keswick CA12 5DJ

Thank you for your support!

2019

Bankers Order: please do not detach

To Bank plc .

.....

.....

(name and address of your bank)

Name of Account
to be Debited

Account Number

Sort Code

Please pay to HSBC Bank plc
(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



Incident 59 - Whinlatter

“Don’t let me hold you back!” A Probationer’s View

It was mid-March and snow was still prevalent on the high fells. My first call-out was under way and I was keen to get involved. Arriving at Swirls, I was met by Simon ‘Nobby’ Noble and we set off towards our injured casualty on Brown Cove Crag. As a reasonably fit 50yr old who had recently completed the London Marathon, I set off to “catch” the stretcher party. The pace was steady and I tucked in behind Simon. It must have been the adrenaline initially but that soon wore off and my lungs and legs went into overdrive. The immortal words “don’t let me hold you back” were uttered as Nobby steadily disappeared ahead of me! Summoning every reserve, I made it to the casualty site where treatment was well under way. I had recovered enough to witness the slick operation of the team as they worked seamlessly together to treat and package the casualty and I was able to contribute to the lower and carry off to a waiting ambulance. In a previous occupation I had participated in many “rescues” but this one felt different; more satisfying despite the very minor part I played.

Team life as a probationary member is well structured with exposure to call-outs once you have completed a pre-probationary assessment ratified by the team. Weekly training is bolstered by opportunities to get involved in additional training such as rope rescue, swift water rescue, helicopters and winter training to name but a few.

High points include many rescues in the hot summer months for those unfortunate to suffer lower leg injuries and a search for a grandfather and granddaughter which had a happy ending, despite searching on Great Gable at midnight in foul conditions.

Being a team member has had its challenges. The sadness experienced following the search for a missing fell runner that, despite the best efforts by many, ended tragically and the professionalism and dignity demonstrated by the team in dealing with an untimely sudden death are all part of the role.

It is a privilege to become a probationary member and is a position not easily achieved and a responsibility not to be taken lightly.

I only knew the late Mike Nixon through rugby; he was a keen supporter of Keswick RFC particularly in my early playing days when I played alongside his son Chris. It is a rugby analogy that I relate to, as when I joined the team,

I was issued with some kit. In my jacket the name ‘Nixon’ was written.

The great New Zealand All Blacks often speak of their responsibility to protect and enhance the reputation of the team for as long as they are chosen to wear the shirt and to leave it in a better place for the player who follows them.

It is not about personal glory, it is about the team.

Play for the name on the front of the shirt, not the back.

In my view this is what KMRT is all about and I am hugely privileged to wear Mike Nixon’s jacket with KMRT on the front.

Adrian Holme



Incident 94 - Cat Bells

999 Text Service for Emergency Calls

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

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

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

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

Emergency SMS Website:
www.emergencysms.org.uk

See also the Team's Website:
www.keswickmrt.org.uk



Incident 16 - Great End



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



Be prepared to state:

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

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