

Keswick Mountain Rescue Team

RESCUE REPORT 2022



Introduction

Welcome to the 2022 Rescue Report of Keswick Mountain Rescue Team.

The Report includes a record of the Team's activities throughout 2021.

The Team comprises up to 50 members who live in the locality of Keswick. Team members are volunteers who come from many different walks of life and occupations.

Team members are 'on call' 24 hours a day and 365 days a year, and in all weather conditions.

The graphs in the Report show how the incidents in 2021 have been spread across the days of the week, all twelve months, and across different times of the day. As in all years, the types of incidents vary greatly, and in order to respond to all these incidents Team members undertake on-going training in topics through the fields of, for example, advanced first aid, rope rescue, water rescue, driving, and so on.

A call-out will involve, perhaps, 12-20 members, and may last several hours.

This service is achieved through the dedication of all Team members.

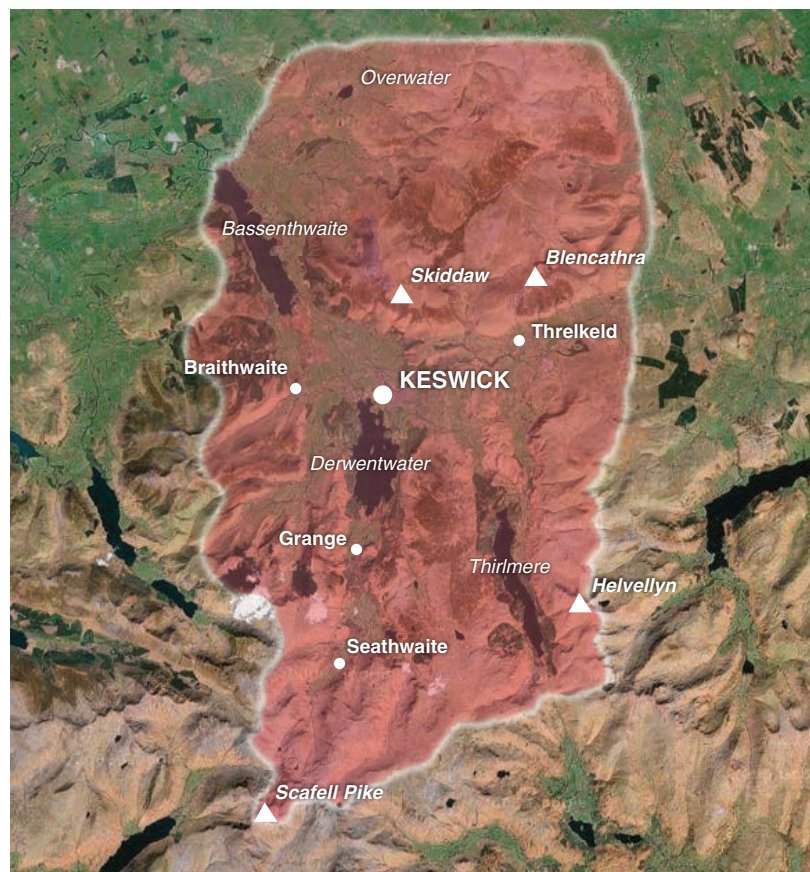
The Team was founded in 1947, and so 2022 marks 75 years of the Team's activities. The Team remains a charitable organisation that depends upon donations and the on-going support of the public. We thank you for your help and contributions.

For more information about the Team

Please see www.keswickmrt.org.uk and see the Team's presence on [facebook.com](#) and [Instagram.com](#)

Cover photo: Incident 32 Dale Head

Keswick Mountain Rescue Team Area of Responsibility



Keswick Mountain Rescue Team



Gordon Barker Company Director
Alan Barnes Paramedic
Paul Barnes Firefighter
Pete Batey Optometrist
Martin Bell Paramedic
Phil Blair Outdoor Pursuits Instructor
Tom Blakely Paramedic
Fiona Boyle Lecturer
Paul Cheshire Chartered Engineer
Nuala Dowie Retired
Craig Dring Retired Procurement Manager
Richard Duckett Outdoor Pursuits Instructor
Adam Edmondson Outdoor Pursuits Instructor
Donald Ferguson Rope Access Technician
John Ferris Emergency Medicine Consultant
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 Firefighter
Mark Hodgson Retired Project Director

Simon Hodgson Accommodation Provider
Adrian Holme Emergency Planner
Stuart Holmes Photographer
Tim Hooper GP
Katharine Horder Retired Head Teacher
Jonny Hume Teacher
John Hunston Retired Accountant
Andy Jones Retired
Dan Jordan Emergency Medical Technician
James Lamb Accommodation Provider
Peter Little Retired Pharmacist
George Lloyd Police Officer
Tom McNally Photographer
Malcolm Miller Retired Head Teacher
Duane Moran Outdoor Pursuits Instructor
David Pratt Retired
Alan Prescott Retired Engineering Manager
Lisa Price General Marina Manager
Jocky Sanderson Outdoor Pursuits Instructor
Robin Saxby Community Nurse
Paul White Papernmill Chemist
Elly Whiteford Technical Specialist
Jenni Whittaker Doctor
Brad Williamson Consultant Orthopaedic Surgeon
Geoff Williams Outdoor Pursuits Instructor

President Mick Guy
Chairman Gordon Barker
Secretary Fiona Boyle
Treasurer John Hunston
Team Leader Chris Higgins
Committee Peter Little
 Paul White

Deputy Team Leaders Martin Bell,
 Tom Blakely,
 David Hill,
 Dan Jordan

Medical Officer Tim Hooper
Training Officers David Hill,
 Dan Jordan

Water Officer Lisa Price
Radio Officer Alan Prescott
Vehicles Officers Adam Edmondson,
 Adrian Holme

Equipment Officers Jonny Hume,
 George Lloyd,
 Lisa Price

Base Officers Geoff Gilmore,
 John Hunston

Report Editor Peter Little
Secretary (membership) David Pratt
Collection Box Co-ordinators Malcolm Miller,
 Paul White

IT Managers Richard Gale,
 Rob Grange
Data Protection Officer Craig Dring
Social Secretary Nuala Dowie
Safeguarding Officer Katharine Horder

Email: secretary@keswickmrt.org.uk
Keswick MRT Headquarters,
 Lakeside Car Park, Lake Road,
 Keswick, Cumbria CA12 5DJ

Leader Report

The team has had a very busy year in more ways than just carrying out rescues - of which there have been many. Anyone who has walked past our base beside the Theatre car park in Keswick, cannot have failed to notice the significant extension that has doubled the size of our existing building. Work on this monumental project began back in 2015/16 as we realised our existing building was bulging at the seams. In 1996 we moved from the cramped 'garage' beside Central Car Park into an outstanding, purpose-built rescue base that, at the time, was more than adequate for our needs. We finally had room for our two Land Rovers and a Ford Transit to all be garaged without having to impersonate sardines to get in/out. We had a meeting/training room that could fit everybody in, a rope training area for practicing technical ropework and stretcher lowers, a dedicated drying room that meant team members no longer had to take their kit home to dry and many more 'modern' facilities. All of the composite parts formed a truly 'state-of-the-art' rescue base that suited us in every way.

That building continued to serve us extremely well for 20 years but at the time of its conception and build we couldn't foresee how we would expand to become the team that we are today. An example of this is our use of vehicles - the Transit was replaced by a Mercedes Sprinter, then a second was added to the 'fleet'. We rely on these to support the 'first response' Land Rovers to move additional team members and occasionally casualties to/from any incident. Suddenly all four spaces in our garage were occupied and then we added a fifth vehicle! This Water Incident response vehicle, a third Mercedes, is used by our trained water rescue personnel to transport our inflatable boat and engine, their personal safety equipment, rescue and welfare kit to any water incident whether it be flooding or on a lake or river in our area or further afield. This meant we now had five vehicles with only four garage spaces!

Equipment wise we found we were needing storage space for all our Swift Water Rescue kit (which amounts to quite a lot!), additional medical training equipment and much more space for personal clothing and equipment as well as more modern technical rescue equipment.



Chris Higgins

We were having to shoe-horn things into our base and as a result things were becoming inefficient and difficult to manage. Although not yet 100% complete we have worked with Green Swallow architects and Cubby Construction to design and build a facility that both accommodates us now and well into the future. Having more garage space, additional room to store/dry any wet Water Rescue clothing and equipment and a state-of-the-art rope rescue training area, soon to be equipped by King Kong Climbing Walls, give the team much more space.

In addition to expanding to accommodate the Team, we have made several spaces 'multi-function'. Our new large meeting/training room can be adapted to serve as a 'Silver Command' suite for use by all of the emergency services in the event of a major incident in the area. In extreme circumstances in the past, such as the town being flooded, we relied on the support of members from surrounding mountain rescue teams to help us. Having space to co-ordinate up to eighty rescue personnel, to brief, feed and give them space to rest/recover before heading out again wasn't easy in our 'old' base so we have expanded our kitchen facilities along with better showers and a room that can be used as a 'canteen'. Every area of the base has been updated to suit our needs and the needs of our casualties and the community which we are part of. We hope to have an official opening later in 2022.

As for rescues - things have obviously been quite unusual because of the pandemic. During the first five months we did only twelve rescues as people stayed at home or exercised locally. Once restrictions were eased the floodgates opened and, as people couldn't or wouldn't travel overseas, the number of visitors increased dramatically - as with all National Parks and other 'domestic' attractions. Having done just twelve rescues in five months, we then did an astounding one hundred and fourteen rescues in the remaining seven!

The numbers speak for themselves, the summer started with two rescues on June 1st and a further two on June 3rd with a total of seventeen in



Incident 15 - Helvellyn Lower Man

Leader Report

June, then twenty-six in July, twenty in August and fifteen in September. On many days there were two or sometimes three rescues a day with some happening at the same time. All of this was still in the midst of an ongoing pandemic with members having to safeguard their own health with PPE on rescues (not great in the sweltering heat of summer!) as well as managing home life and work commitments in the midst of Covid. The demand on team members was huge, but I am very proud to report that, even during the height of it all, everyone was in good humour, sympathetic to our casualties, considerate of each other, and eager to do everything they could to provide a mountain rescue service for anyone in need. My sincere thanks go to all team members and their families who have made huge sacrifices during what has been a very difficult time for everyone.

As the year has ended four team members have announced their retirement from the team. Malcolm Miller, Katharine Horder, Lisa Price and Sarah Bennett have all decided to 'hang up their rescue boots'.

Malcolm has done an astounding fifty years' service with Keswick MRT and clocked up over 750 rescues in that time. There aren't many people who commit fifty years of their life to being a volunteer for any cause and Malcolm's service is truly remarkable. Malcolm served as Chairman of the team 2013-2015. Many people around town will recognise Malcolm from his visits to empty our collection boxes, and in this capacity Malcolm's membership has now become one of Associate Member, and we welcome his ongoing contribution with the practicalities of co-ordinating our collection boxes. One initiative Malcolm has brought to this is the introduction of QR codes to allow donations to be made electronically in these days of dwindling use of cash.

Katharine has been with the team since 1985 - an amazing thirty-six years' service and has completed almost 800 rescues. Most recently Katharine, in her role as the Team's Safeguarding Officer, collated evidence on behalf of the team to support a HSE investigation regarding a school trip. Katharine's many years of experience working in schools and taking young people on outdoor activities made her perfect for the role.

Lisa has been in the team for nearly ten years, and been involved in over one hundred rescues. Lisa has a very strong water sports background, and has doggedly worked to improve the team's lake rescue capability. She has trained many team members in boat handling skills, maintained our lake rescue equipment, and responded to many of the incidents the team has had to deal with on Derwentwater in particular.



Incident 73 - Dale Head

Sarah joined in 2015, and was incredibly active with over one hundred and fifty rescues in that time. Sarah always brought a positive mindset and sense of fun, even in the most inclement weather. Latterly, Sarah has retrained to be a paramedic and whilst we may not be shoulder to shoulder with her on the fell, it is highly likely we will now meet her on some dark and gloomy night wearing her dark green paramedic uniform as we hand our casualty over to her care.

Whilst it is always extremely sad when team members leave, I think it is important to recognise that this is just one chapter ending, and another beginning for everyone. Mountain rescue tends to be 'all consuming' for team members and particularly their families and friends in having to make a great many sacrifices as plans are changed, meals are walked out on, parties abandoned, a family walk is disrupted, or a great many other things rudely interrupted when the alert comes into your phone. I hope Sarah, Lisa, Katharine and Malcolm enjoy the time and space they will hopefully have, now that the demands of being active in the team are no longer their burden to bear.

During the pandemic Keswick MRT recognised that we couldn't train together, socialise (or have any parties!) as much as we used to and that maintaining our close bonds needed work and understanding. With some members retiring from 'active duty' over the past six months we have restarted our recruitment process and are happy to say we have six aspirant members who are at the earliest stages of being introduced to the team with a view to becoming probationary members later in the year.

Finally, I'd like to express my concern that as a rescue team we are seeing more and more of a different 'clientele'. An increased number of visitors are coming to the Lakes and some have little understanding of the way to conduct themselves in an outdoor environment, be it in boats, out walking or camping. We would ask that any readers of this report help us by broadcasting the message that we encourage responsible use of the Lakes and Fells and would hope you might be able to use any contacts, platform or



Incident 121 - Fleetwith, above Honister Hause

publicity to promote www.adventuresmart.uk. We are here to help, and will do it without criticism, however, there are some incidents that frustrate us and we'd like to ask people to help themselves before calling on the services of time pressed volunteers.

Chris Higgins

New Base Extension



New Base Extension - a work in progress 2020-2021

Treasurer's Report

This year has, not only from a financial point of view and excepting the new norm of Covid, been dominated by the new extension to our base building, which is now complete. This will have cost us £1 million, so ensuring we have sufficient available cash to meet our obligations as they fall due has taken a bit of planning. However, we have been fortunate in having an increase in both donations, which have included some extremely generous individual amounts, and legacies, including a large one that came in just after the year end. On top of that, our investments have performed well, and despite taking £250,000 out they have ended up only £40,000 lower than at the start of the year.

Whilst our costs have increased this year, this has largely been due to depreciation on the building and other capital expenditure. This is in effect writing off, through the income and expenditure account, the cost of the capital spend over several years, so will continue at this level in future years. We have also incurred additional insurance costs to cover the period of the build and spent some extra money on team clothing and footwear. Training costs continue to be low as our usual trips have been cancelled again.

All this has been happening at a time when we have been having our busiest spell for call-outs for many years, and it is a credit to the team that it has continued to work out of a building in flux. For much of the year, our personal gear has been in plastic boxes, and the environment has been, inevitably and through nobody's fault, far from ideal. One team member has done more than any other to bring the project to a successful conclusion, and Chris Gillyon deserves all our thanks. He has been on site most days, making sure the work has been up to standard, and it is very largely through his perseverance that we are now able to occupy a building of which we can be proud. As trustees, we have tried to keep abreast of everything going on during a complex build, but only Chris has been fully involved and able to feed back on progress.

As ever, I am grateful to all those who give generously and consistently to the team. Standing order donations are particularly welcome, as they give

certainty of future income, but all those who make personal donations or raise funds through activities are to be thanked. We still have a number of platforms you can use to raise funds now that Virgin Money Giving is closing its doors, Just Giving being our preferred option. Our collection box income is increasing now that businesses are returning to something close to normality and the town is busy, and we also have QR codes printed on them to allow donors to give easily online if not carrying cash.

Finally, I am grateful to Frances Clark for her invaluable help with the accounts, Gift Aid and VAT claims.

John Hunston



Incident 53 - Cat Bells

Collection Boxes 2021

As anticipated 2021 has been yet another odd year as far as our collection boxes have been concerned. With covid restrictions and further lock-down regulations continuing, many of our box holders were trying hard to keep their environments as clean and clutter free as possible, as a result collection boxes disappeared from many locations.

Of those that were able to continue there have been some strong supporters and takings have not been as disappointing as they might have been. Notably, Hayley of the Cheese Deli deserves our thanks, ably assisted by her wooden mice! Also, the The Grey Goat Inn at Baggrow has continued to raise impressive funds for the Team. Well done both.

We normally have an annual count in November of each year, but in 2020 that was not possible. We made a point therefore of visiting and emptying as many boxes that were available during the autumn of 2021. Around £23k was the total counted which would be good for a twelve months period, but on this occasion it was for the period covering '20 and '21. However, it is still a very significant and welcome amount!

Moving forward and in an attempt to address the notable reduction in the use of cash, we have been replacing many of our box labels with a design that includes a QR code. Hopefully this will permit those who are without cash but wish to donate an alternative means to do so.

Anyone familiar with our fairly distinctive wooden collection boxes may have noticed that we are slowly replacing them with an acrylic version. The wooden boxes are wearing out and while not as characterful as the original version, the plastic boxes are easier to maintain.

Please support us by whatever means you can; remember that we are a voluntary group and survive solely on contributions. Our grateful thanks for your continued support and enjoy the hills safely.

Malcolm Miller and Paul White

KMRT Collection Box Coordinators

Please Support Us

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 see the website page <https://keswickmrt.org.uk/donate/> for more information.

Just Giving follow the link from the webpage

Donr Text Giving

For any amounts between £1 and £20, for example £10, text KESWICKMRT 10 to 70085 to give that amount to us. This costs £10 plus a standard rate message.

Cheque details on our webpage.

Standing Order details on our webpage.

Legacy/Will details on our webpage.

Gift Aid

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

Please download the form from our webpage.

Facebook Fundraisers

Please see our Facebook page and either give to another person's Fundraiser or start your own.

Collection Boxes

now have the QR code shown right, which links to the **MyGivingHub** website.



***Whichever way that you donate to the Team,
we thank you for every single penny***

Collection Box Sponsors

2 Windsor House	Craglands G.H.	Honister Mine	Mae's Tea Room	Seven Oaks
Abacourt House	Cragside G.H.	Hope Memorial Camp	Maple Bank	Shell Petrol Station
Acorn House	Crow Park Hotel	Hope Park Mini Golf	Mary Mount Hotel	Shemara G.H.
Allerdale House	Cumberland Pencil Museum	Horse and Farrier	Middle Ruddings Hotel	Silverdale Hotel
Alpkit	Cumbria House	Jan's Lakeland Sandwich Shop	Mill Cottage	Skiddaw Croft
Alternative	Cyclewise Whinlatter	Java	Mill Inn	Skiddaw Grove Hotel
Appletrees	Dale Bottom Farm Campsite	Keswick Bike Company	Mill Inn	Skiddaw Hotel
Armathwaite Hall	Dale Head Hall Hotel	Keswick Brewing Co.	Millets	Skiddaw House Hostel
Ashness Farm	Dalegarth Hotel	Keswick Climbing Wall	Moot Hall	Spar
Avondale G.H.	Denton House	Keswick Cottage Hospital	Mrs. Lingard Homethwaite House	Star of Siam
Bank Tavern	Derwent Bank HF	Keswick Golf Club	Namaste	Strathmore G.H.
Barclays Bank	Derwent Club	Keswick Launch Co.	Near Howe	Stybeck Farm
Barn Gill House	Derwent Hill Outdoor Centre	Keswick Park Hotel	Needle Sports	Sun Inn
Bean on the Fells	Derwentwater Holiday Home Site	Keswick Reach Lodge Retreat	New House	Sunnyside G.H.
Birch How G.H.	Derwentwater Hostel	Keswick Rugby Club	Newlands Adventure Centre	Sweet Treats
Blacks	Derwentwater Marina	Keswick Site	Nichol End Marina	Swinside Farm Cottage
Bookends	Dog and Gun	Keswick Spa	Nordic Outdoors	Swinside Inn
Booths	Dollywagon G.H.	Keswick Y.H.A.	Norwegian Store	Swinside Lodge
Borrowdale Caravan Club Site	Dorchester House	King's Head Hotel	Oxleys Underskiddaw	Swiss Court Hotel
Borrowdale Gates Hotel	Eden Green	Kingfisher	Packhorse Inn	Tarn Hows G.H.
Borrowdale Hotel	Edwardene Hotel	Kingstarn	Paramo	The Beeches
Borrowdale YHA	Eel Crag	Kirkbride Eyecare	Parkgate	The Chalet
Braithwaite Court HPB	Electric Shop	Knotts View	Peathouse	The Heights Hotel
Braithwaite Shop	Elm Tree Lodge	Kong Adventure	Pheasant Inn	The Keswick Boot Co.
Bramblewood Cottage	Farmers Arms	Lairbeck Hotel	Portland House	The Lookout G.H.
Brierholme G.H.	Fat Face	Lake Road Inn	Primrose Cottage	The Puzzling Place
Brookfield G.H.	Ferndene G.H.	Lakeland	Rathbones	Theatre By The Lake
Brunt Lea G.H.	Fine Designs	Lakeland Décor	Ravenstone Lodge Hotel	Thornleigh G.H.
Brysons	George Fishers	Lakeland Slate	Ravenstone Manor Hotel	Thornthwaite Gallery
Caravan Club Site, Braithwaite	George Hotel	Lakeland Toys and Hobbies	Ravensworth House	Touchwood
Casa's	Glamara Outdoor Centre	Lakeland View GH	Relish	Travis Perkins
Castle Inn	Glencoe G.H.	Lakes Bar and Bistro	Rickerby Grange	Trespass
Castlehead Medical Centre	Glendale G.H.	Lakeside House	Rivendell G.H.	Troutbeck Inn
Castlerigg Farm Camp Site	Golden Lion	Lakeside Site	Rohan	Troutbeck Caravan and Camp Site
Castlerigg Hall Caravan and	Grange Bridge Cottage Café	Lanehead Farm G.H.	Roly's Fudge Shop	Twa Dogs Inn
Camping	Grange Café	Langstrath Hotel	Royal Oak, Braithwaite	Wainwright Inn
Castlerigg Manor	Grey Goat Inn	Laurel Bank G.H.	Royal Oak, Keswick	West View G.H.
Cheese Deli	Greystoke House	Leathes Head Hotel	Royal Oak, Rosthwaite	Wetherspoons
Claremont House	Greystones G.H.	Littlefield G.H.	Salisbury G.H.	Whinlatter Siskin Tearoom
Clarence House	Hawcliffe House	Lodore Falls Hotel	Salutation Inn	White Horse Inn
Coledale Inn	Hazel Bank Hotel	Love The Lakes	Saw Mill Café Dodd	Wild Strawberry
Cornish Pasty Shop	Hedgehog Hill	Lynton Lodge	Scafell Hotel	Winchester G.H.
Cotswolds	Herdwick G.H.	Lynwood G.H.	Scales Farm Cottage	Winfields
Crafty Baa	High Lodore Farm Café	Lyzzyck Hall Hotel	Seatoller House	Yew Tree G.H.

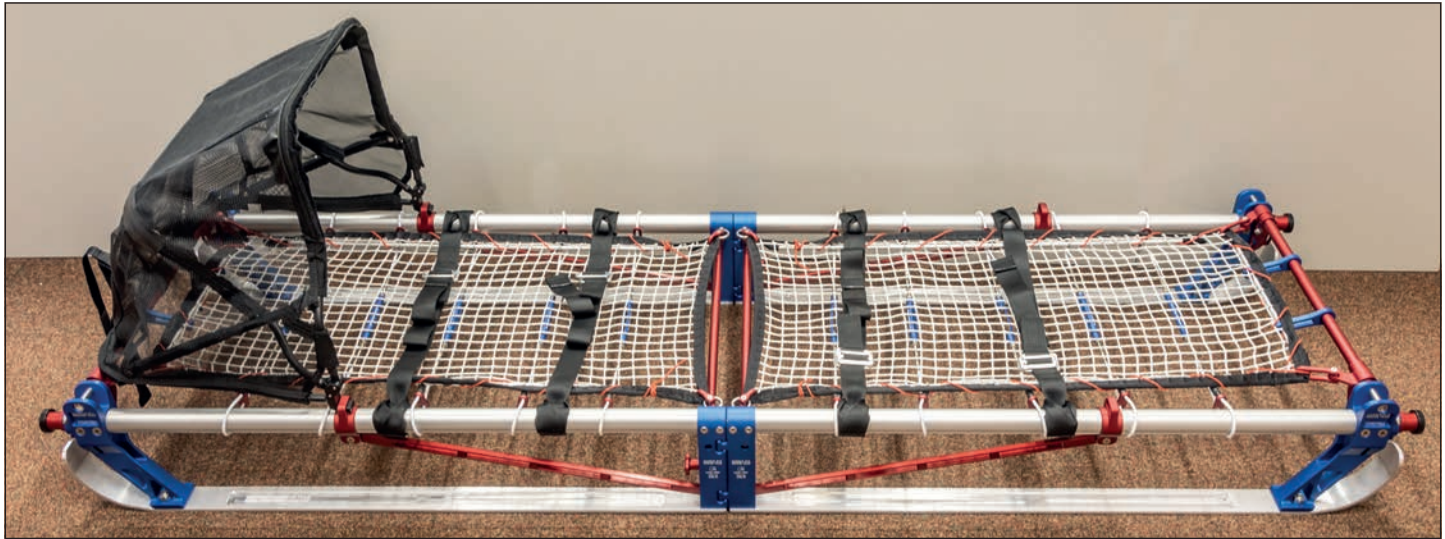
Keswick MRT New Stretcher Project - turning an idea into a reality

Since the earliest days of mountain rescue nationally, Keswick MRT have always used a 'Thomas' stretcher. Originally, the very early single piece Thomas stretcher, it was later modified to split into two halves, allowing it to be more easily carried to the scene of a rescue. Over the years there have been several further iterations of the design by the Team, including a welded aluminium version. All these stretchers have served the Team and the hundreds of casualties transported on them, very well.

One of the major benefits of these stretchers for us has been their ease of use; it is easy to put the two halves of the stretcher together – particularly relevant for rescues at night, in a snowstorm or torrential rain, in high winds,

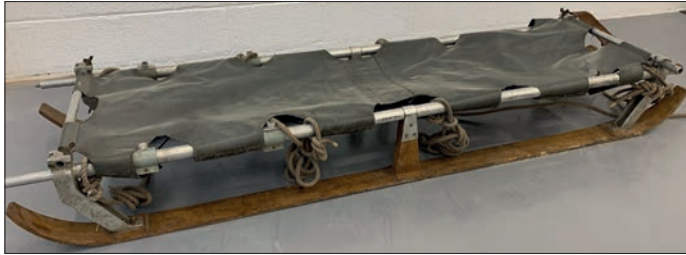
all of which could be several thousand feet up a mountain. Another major benefit is the design of the integrated skids, which allows us to sledge the stretchers on suitable terrain, making for a more comfortable journey for the casualty and making it easier on the six team members required to carry a loaded stretcher. The fact that we can use the same stretcher for all types of incidents has also been a major plus-point.

Over time, however, we needed to consider replacements as our current stretchers were reaching the end of their usable life. Alternatives available at the time (2010/2011), both in the UK and abroad, just didn't suit our needs.

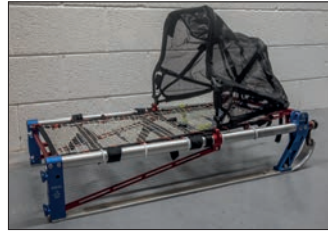
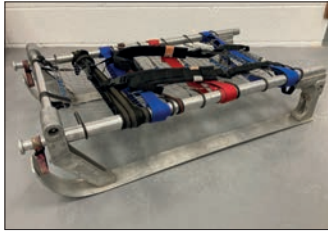


The finished stretcher

Keswick MRT New Stretcher Project



Unsplit Thomas stretcher; predecessor to the old stretcher (below, left), and the new stretcher (below, right)"



That led the Team to take the decision to have new stretchers purposely designed and fabricated for us; stretchers that exactly fitted our requirements. The design brief included a strong yet lightweight stretcher suitable for all situations; easy to put the two halves together, including whilst wearing gloves; easy to connect to ropes for crag and steep ground rescues; suitable for helicopter winching; properly designed, tested and certified.

Several 'false starts' then ensued with a couple of UK companies that either couldn't achieve the design brief or didn't have the capability, experience of the field, or the capacity to achieve what we were looking for. Time to look elsewhere!

Around the same time, we were also looking at new technical equipment for

the Team along with new training regimes for crag rescues, potentially one of the highest risk areas in which we operate.

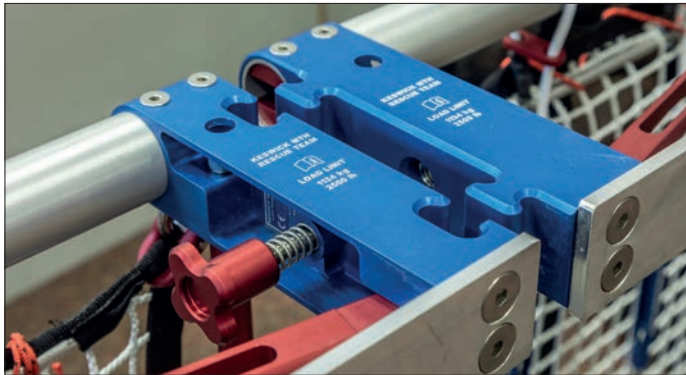
For many years Kirk Mauthner, www.basecampinnovations.com based in British Columbia, Canada, has been designing and producing technical crag rescue equipment and is also well renowned for his research into the forces to which such equipment is subjected in a crag rescue situation. Kirk also runs technical rope training courses to mitigate those risks. Kirk is a world leading expert in these fields and, as such, his expertise in technical rope rescue training, consulting and product design is internationally sought after. It was during one of several Keswick MRT funded rope rescue training courses that Kirk was delivering for us here in Keswick (to which we provided free places to members of other teams) that we discussed our new project. We were hugely appreciative when Kirk offered to help us with the design.

Kirk was also able to call on the services of Performance Manufacturing, <https://perf-mfg.ca/>, also based in British Columbia, with whom he had worked with on many occasions, Performance Manufacturing have manufactured and continue to manufacture many of Kirk's designs. Randy Sawatzky, President of Performance Manufacturing has also been a huge influence on and support to us, being able to take the stretcher project from its initial design by Kirk, through several iterations and 3 prototypes, to the current production version. The project stuttered a couple of times over its life, primarily at our end, yet Randy stuck with us throughout. After rigorous testing of Prototypes 1, 2 and 3 and completing the final design modifications we were able to place an order with Performance Manufacturing for 10 complete stretchers.

The stretcher design complies with the load and testing requirements of a US Military Standard for stretchers, as no such standards for mountain rescue stretchers exist in the UK. The stretcher also carries a CE marking, demonstrating the depth of design detail and testing undertaken throughout the design development and fabrication processes.

Keswick MRT New Stretcher Project

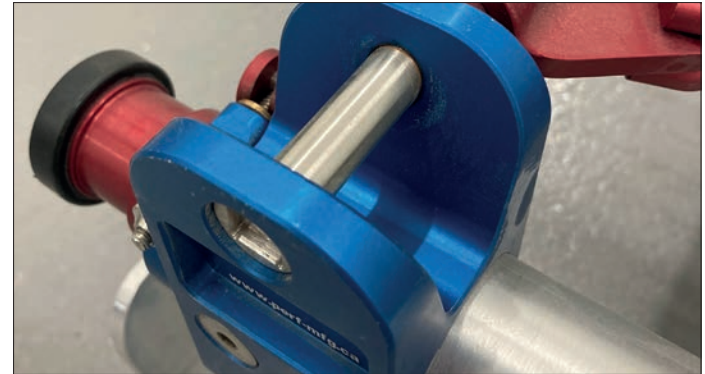
Design details used for the new stretcher include:



A revolutionary joint system to join the 2 halves of the stretcher, incorporating 'jigsaw-piece' connectors in the central milled aluminium legs. These provide great strength to the joint yet use no extra materials whatsoever.



User repair capability, without the need to return stretchers to British Columbia.



Lifting points built into the framework of the stretcher at each corner; each lifting point being strong enough to carry the fully loaded stretcher – not that we should ever intentionally put the stretcher in that configuration.



A lightweight yet very strong fabric mesh bed that again, is user changeable if there is ever an issue; shown here from the underside with the bed-tensioning turnbuckles.

Keswick MRT New Stretcher Project

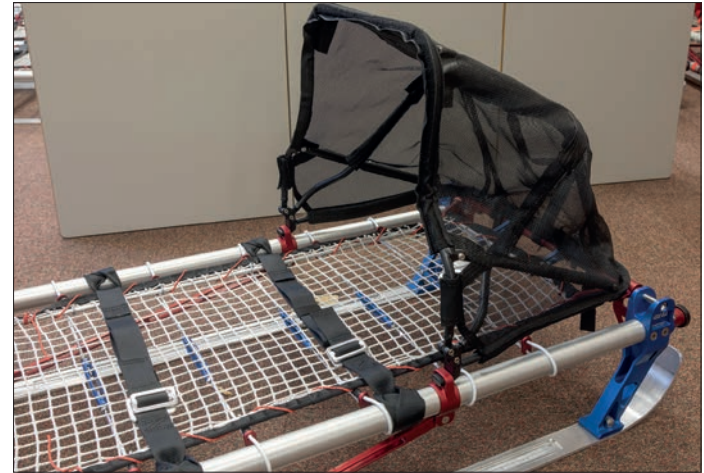
Other design details used for the new stretcher include:



No less ground clearance than our previous stretchers – all to help us sledge the stretcher when we can; terrain and casualty condition dependent of course.
Incident 101 - Barkbethdale.

The stretcher is designed with a working load limit of 130kg with the telescopic end carrying handles fully extended and a load of 272kg with the handles retracted and for horizontal or vertical lowering configurations. The ultimate load limit for the stretcher is 1134kg, or 2500lbs. The stretcher is approved for winching by Bristow, operators of HMCG helicopters.

The result of all the efforts from everyone involved is that we now have the new stretcher fully operational within the Team and it is performing excellently in all applications. Weighing in at just 21.5kg for an assembled stretcher



A headguard that is very easy to raise/lower; a couple of push buttons are all that is needed with the shape of the headguard designed to enable winching with the headguard in position without applying pressure to the headguard itself.

including headguard we have achieved a weight reduction of over 30% on our previous stretcher and a reduction of over 10% on the most common stretcher currently in use by mountain rescue teams in the UK.

Over the years there have been many team members involved in the project and the Team thanks them for their resilience and determination to get the new stretcher over the line. Our particular thanks, however, go to Kirk Mauthner for his initial design ideas and development input and to Randy Sawatzky for his continued input over several years to turn those designs into reality for us.

Mark Hodgson

Keswick MRT New Stretcher Project



Sledging the new stretcher: Incident 34 - Outerside



Stretcher-carry: Incident 58 - Sty Head



Helicopter winch: Incident 115 - High Spy

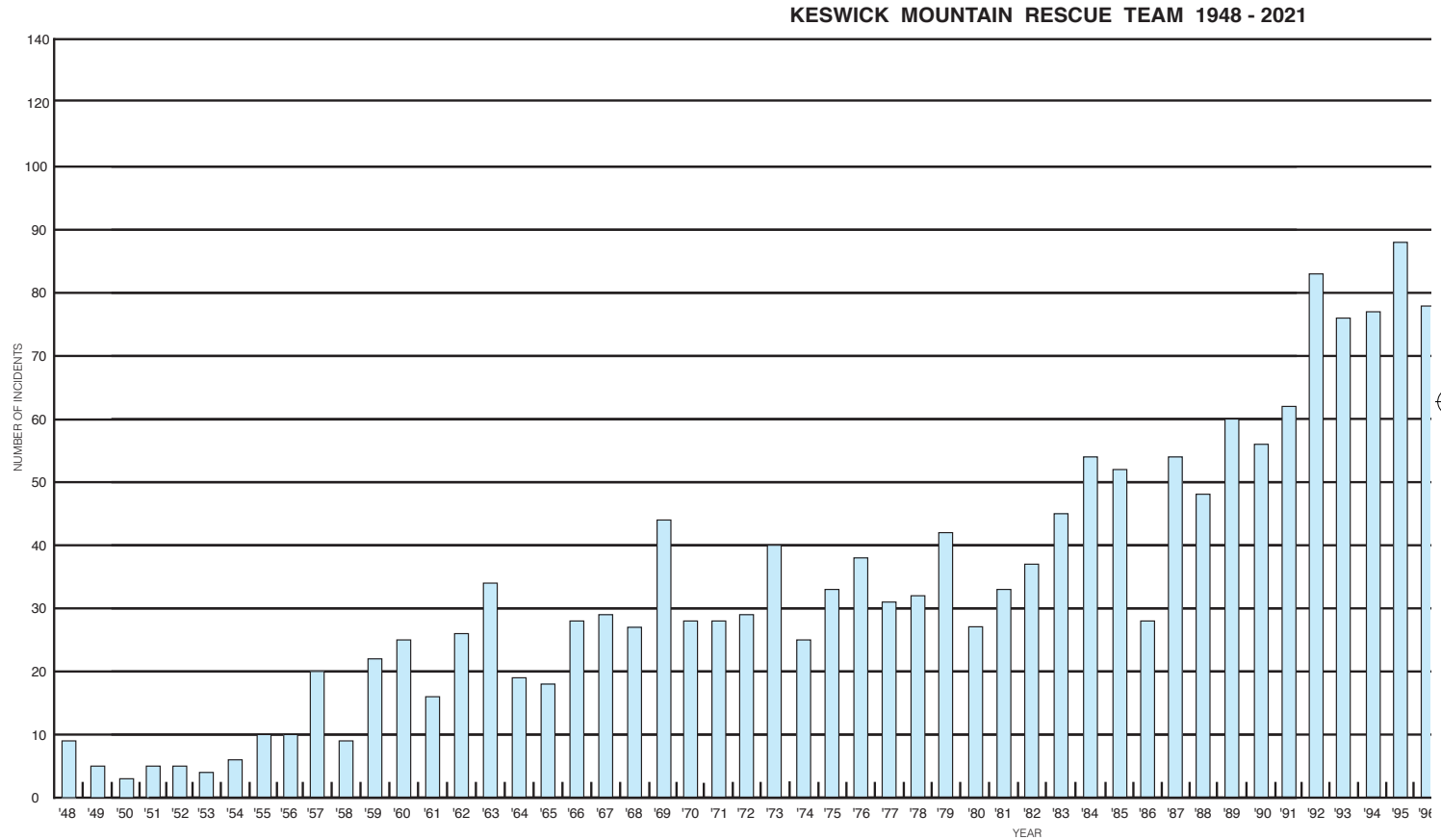
Sty Head stretcher box 2021

The new Sty Head stretcher box was installed in April 2021, with the help of an airlift organised by the National Trust and Fix The Fells.

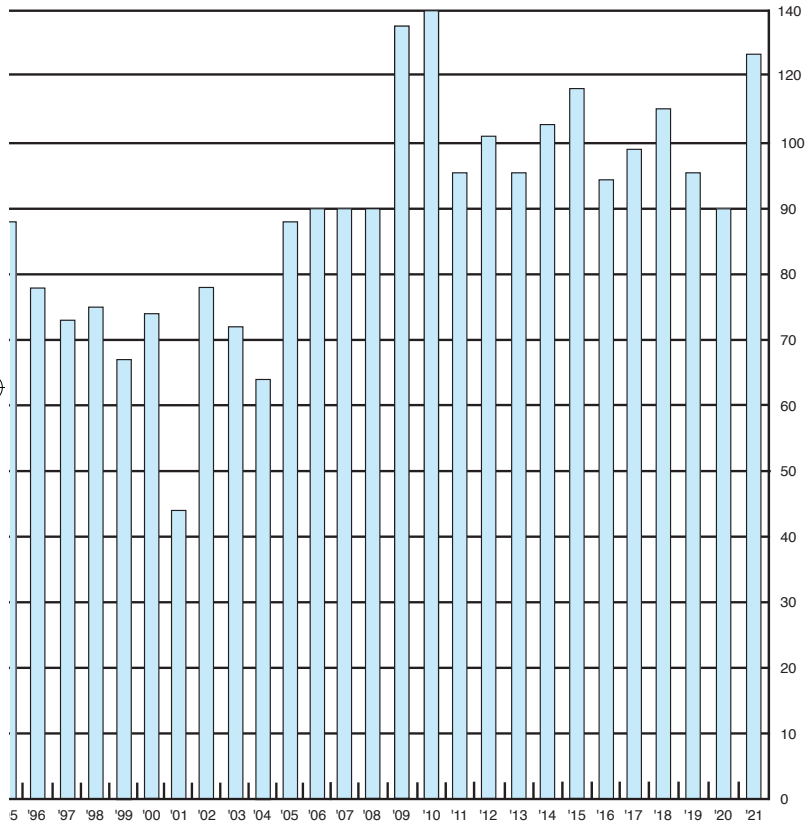


23rd April 2021: Team members at the Stretcher Box on the day it was installed

As the Team approaches its 75th Birthday in November 2022, this graph shows the number of in



incidents per year



Incident 6 - Hindscarth

Incident Reports 2021 | 126 Callouts Edited from Team records

- 1 3rd January 2021 15:03 Carl Side**
A woman slipped on an icy path which resulted in an ankle injury.
- 2 12th January 2021 11:34 Wythop Woods**
A man came off his bike on a forest road near Beck Wythop, and received a leg injury. The Team was on standby to support the ambulance service, but assistance was not required, so the Team returned to base.
- 3 10th February 2021 16:38 Whinlatter Forest**
Two locals were biking in Whinlatter Forest when one crashed, causing a potential neck injury.
- 4 31st March 2021 14:05 Launchy Gill, Thirlmere**
A man slipped and fell into the stream bed, close to the road. He suffered an ankle injury. After treatment with strong pain relief, and splintage, the man was extricated from the steep-sided stream bed on a stretcher with the help of rigging lines.
- 5 15th April 2021 16:34 Barf**
A man was ascending Barf when he ended up in a precarious position in loose steep scree. The Team assisted him down to the base of the hill.
- 6 16th April 2021 12:29 Hindscarth**
A man fell whilst descending from Hindscarth, suffering head and neck injuries. An Air Ambulance took him to hospital.
- 7 19th April 2021 12:02 Blease Fell, Blencathra**
A paraglider pilot suffered a heavy landing after a partial canopy collapse. An Air Ambulance took him to hospital.



Incident 7 - Blease Fell, Blencathra

8 19th April 2021 19:52 Eagle Crag

A man was descending from Eagle Crag when he slipped and fell on steep ground. He suffered multiple injuries, including a broken upper arm, lower leg and broken ribs. A Coastguard helicopter took him to hospital.

9 24th April 2021 16:17 Base Brown

A man slipped on the path on the slopes of Base Brown, in upper Gillercomb, and suffered a suspected ankle fracture.

10 1st May 2021 10:14 Whinlatter Forest

A mountain biker crashed, and suffered a head injury. An Air Ambulance took him to hospital.

11 24th May 2021 16:31 High Seat

A man jumped over some boggy ground. Unfortunately, upon landing he heard/felt his hamstring snap. An Air Ambulance was available to attend quickly, and evacuated the casualty before the Team reached him.

12 27th May 2021 13:28 Quayfoot Butress, Borrowdale

A rock climber took a leader fall from a route on Quayfoot Butress, sustaining very serious injuries. The Team carried out a roped rescue of the casualty, who was then stretchered down to an awaiting ambulance. An Air Ambulance took him to hospital. A Coastguard helicopter had also attended.

13 1st June 2021 14:12 Helvellyn

The police received a SOS distress message from a woman walker. The Lat/Long grid reference placed her on Birk Side, but being unable to contact her phone, the Team went to investigate. In the meantime, the walker's father received a text message saying she was down safe and



Incident 9 - Base Brown

well, and he went to collect her before the team arrived at the base of the hill. It's not clear why the device was activated, but it is assumed that it was accidental.

14 1st June 2021 17:37 Whinlatter Forest

A mountain biker crashed on the south loop of the mountain bike trail in Whinlatter Forest, causing a suspected broken collar bone. On arrival the Team was advised that the casualty had managed to

self-rescue, and a friend was taking the casualty to hospital A&E.

15 3rd June 2021 13:43 Helvellyn Lower Man

A team of five teenagers, accompanied by two supervisors, were starting their descent from Lower Man, Helvellyn, when one of them stumbled and suffered an ankle injury. She was taken down by stretcher to Swirls car park.

Incident Reports 2021

16 3rd June 2021 19:11 Whinlatter Forest

A woman came off her mountain bike on the south side red loop in Whinlatter Forest, and landed heavily on her head and back. The casualty was assessed and given pain relief by a Team doctor, before being stretched down to the nearest forest track. A Team vehicle then transported her down to an ambulance. An Air Ambulance had also attended.

17 11th June 2021 14:44 Cat Bells

A walker took a short tumbling fall on a rocky section of path near to top of Skelgill Bank, resulting in cuts to his head.

18 13th June 2021 12:17 Wren Crag, St Johns in the Vale

A man was reportedly struggling to descend from the fell. However, he was able walk down, with assistance, before the team arrived.

19 13th June 2021 14:37 Ashness Fell

A woman had taken a tumble over a rock, and damaged her ankle.

20 15th June 2021 10:56 Cat Bells

A man collapsed when he tried to stand up after a rest at the top of the climb up Skelgill Bank. He was assessed by Team medics before being walked down to an ambulance.

21 20th June 2021 15:51 Whinlatter Forest

The Team was called to help the ambulance service attend to a mountain biker, who had come off his bike and suffered a knee dislocation.

22 21st June 2021 15:26 Castle Head

The Team was called to help the ambulance service attend to a woman who had fallen while descending from the summit, suffering a head injury.

23 22nd June 2021 20:30 Crow Park, Keswick

A callout for Wasdale MRT resulted in a Coast Guard helicopter picking up a walker with a knee injury on Broad Crag. The arrangement was then that the walker be flown to Keswick. Team members went to Crow Park to secure a safe landing area, with other members waiting to assist with a stretcher if necessary.

24 24th June 2021 14:37 Walla Crag

A woman slipped on some loose stones, injured her ankle, and was unable to weight bear.

25 24th June 2021 18:48 Hazel Bank, Rosthwaite

A teenager slipped, and put his arm out to break his fall, resulting in a fractured lower arm. A Team doctor gave strong analgesia, before reducing (realigning) and splinting the arm.



Incident 22 - Castle Head

26 27th June 2021 14:56 Cat Bells

A man had a couple of trips/stumbles, followed by a tonic-clonic seizure. By the time that the Team had arrived, the man was recovering, and was able to walk himself off to a waiting ambulance.

27 28th June 2021 12:55 Grange, Borrowdale

A woman slipped on some rocky steps, hit her head, and suffered a lower limb injury.

28 29th June 2021 07:57 Sty Head, Borrowdale

A man suffered an ankle injury. Cockermouth MRT helped the Team. A Coastguard helicopter took the casualty to hospital.

29 29th June 2021 14:43 Hall's Fell, Blencathra

A couple were ascending Hall's Fell ridge, when one of the party became extremely anxious due to the exposed nature of the scramble. A small group of Team members began the ascent up the ridge from Gategill, but in the meantime a Team member who happened to be in the area, was able to descend the ridge from the summit, and help the distressed person to the top.

30 2nd July 2021 13:12 Wythburn

A mountain biker crashed in the upper reaches of the Wythburn valley, and suffered suspected concussion. An Air Ambulance took him to hospital.

31 3rd July 2021 11:16 Stonycroft Gill, Newlands

A man suffered a shoulder dislocation, while undertaking a gill scramble. The Team extricated him from the gill. While he was being walked to safety, his dislocated shoulder spontaneously reduced.

32 3rd July 2021 12:48 Dale Head

A fell runner suffered an ankle injury on the descent from Dale Head to Dalehead Tarn. Thanks to the



Incident 31 - Stonycroft Gill, Newlands

doctor from Edale MRT who also provided pain relief to the injured runner.

33 4th July 2021 13:22 Castle Crag

A man slid and tumbled on wet, loose scree, while in descent, resulting in cuts and bruises above one eye, along with cuts and a haematoma on

his forearm. Team members assessed the man's injuries and patched him up. He had recovered enough to be able to walk himself off with help.

34 5th July 2021 12:36 Outerside

A woman slipped and suffered a wrist injury.

Incident Reports 2021



Incident 35 - Broad Haystack, Stonethwaite

35 7th July 2021 14:46 Broad Haystack, Stonethwaite

A man witnessed his dog fall from a cliff, and in his haste to reach him had himself fallen a considerable height, sustaining serious injuries. While the man was being given analgesia and treatment, his dog was placed in one of the equipment bags, to be carried down for a visit to

the local vet. Because of the very steep, loose and potentially hazardous terrain for a stretcher lower/carry, a Coastguard helicopter was requested. It was not a straightforward winch operation, due to the tight and steep location and the fact there was very little wind, (since helicopters operate more favourably with a presence of wind). The casualty was flown to hospital.

36 10th July 2021 13:30 Skiddaw

A group was walking to the summit, when one of the group collapsed suddenly. CPR was immediately provided by members of the group. An Air Ambulance arrived to help with resuscitation with Keswick MRT on the way to provide further assistance. Sadly, despite the best efforts of all involved, the man could not be saved. Our thoughts are with his family and friends.

37 13th July 2021 11:22 Whinlatter Forest

A teenager fell from her mountain bike and suffered leg injuries. The Ambulance Service was on scene but required assistance from the Team with a short stretcher carry from the mountain bike track to the ambulance.

38 13th July 2021 12:19 Bleaberry Fell

A man took a tumble off a crag, sustaining serious injuries to his leg and wrist. An Air Ambulance took him to hospital.

39 14th July 2021 20:05 Latrigg

A woman fell from her horse, and suffered an ankle injury.

40 15th July 2021 22:37 Eagle Crag

A search for a missing man. A Coastguard helicopter assisted with the search. In the early hours of next day, the man was found, but, tragically, he had sustained fatal injuries from a fall. Our deepest thoughts and condolences go to his family and friends.

41 16th July 2021 11:53 Stockley Bridge, Borrowdale

A woman suffered a broken ankle. An Air Ambulance took her to hospital.

42 16th July 2021 20:14 Dale Head

A teenager became ill with heat exhaustion at Dalehead Tarn. The casualty had rested and cooled and with the Team's assistance was able to slowly walk to Honister Pass.

43 17th July 2021 10:18 Allen Craggs

A teenager had started being violently sick and was unable to continue. A Coastguard helicopter reached the scene before the Team. The helicopter transferred the girl and the others in her party to Crow Park, Keswick from where they were transported by the Team to Keswick hospital.

44 17th July 2021 17:01 Grange, Borrowdale

A woman walking near the river tripped, and damaged her kneecap. The Team was requested to help evacuate the woman to the nearby ambulance.

45 18th July 2021 13:00 Dodd Wood

A woman slipped while walking, and suffered a sprained ankle.

46 18th July 2021 18:03 Derwentwater

The Coastguard requested support following reports of a swimmer in trouble near to Derwent Isle. Team members deployed from Derwentwater Marina whilst others took the "boat bus" from the MRT base to Keswick Landings. Later reports suggested the person had made it to land on Derwent Isle, then made it across to shore, and walked off into the woods. The woods were searched but there was no trace of the person.

47 22nd July 2021 14:24 Skelgill Bank, Cat Bells

A woman had begun feeling faint and had started to vomit. This was diagnosed as being dehydration due to the high temperatures.

48 22nd July 2021 15:55 Cockshot Wood, Keswick

A man fell off his mobility scooter, sustaining a cut above his eye. The Team approached the scene on foot from the base.

49 22nd July 2021 16:51 Friar's Crag, Keswick

A woman tripped and landed painfully on her shoulder.

50 23rd July 2021 17:29 Bowscale Fell

A woman sustained an ankle injury.

51 25th July 2021 13:27 Wolf Crag, Great Dodd

A paraglider pilot landed badly and fractured his ankle. A Keswick Team member was at the scene and due to the nature of the fracture requested Air Ambulance assistance. A Team vehicle was dispatched, but, as Patterdale MRT were finishing dealing with an incident at nearby Aira Force, it made sense for that MRT to provide assistance, if required, to the Air Ambulance crew.

52 25th July 2021 13:53 Whinlatter Forest

A mountain biker had crashed. As Incident 51 was able to be covered by the Air Ambulance and Patterdale MRT, the Keswick MRT vehicle was re-directed to Whinlatter Forest, along with RAF Leeming MRT who were in the area. However, during the approach it was noted that the casualty had managed to get to the main car park and that he was receiving assistance. The Team returned to base.

53 26th July 2021 12:28 Cat Bells

A woman slipped and stumbled, and suffered an ankle injury.



Incident 47 - Skelgill Bank, Cat Bells

Incident Reports 2021



Incident 58 - Sty Head

54 31st July 2021 19:13 Langstrath

A walker had an ankle injury. The Team deployed, but then reports came in that the casualty had managed to self-rescue.

55 31st July 2021 20:27 Blencathra

A teenager tumbled and injured her knee and cut her head. The location was high up the valley of Doddick Gill. A Coastguard helicopter winched the casualty, and took her to Crow Park, Keswick.

56 1st August 2021 16:21 Clough Head

A woman had fallen from her bike, on the Old Coach Road, suffering a knee injury.

57 1st August 2021 22:39 Glaramara

A walker requested assistance after reporting himself lost in darkness. The Team guided him off the fell.

58 3rd August 2021 18:31 Sty Head

A woman suffered an ankle injury.

59 4th August 2021 16:16 Langstrath

A woman had tripped and fallen, hitting her face on a rock near Black Moss Pot. The Team arrived at Stonethwaite to find that the woman had managed to walk to the village.

60 4th August 2021 16:59 Derwent Water

A teenager got into difficulties whilst swimming across Otterfield Bay. He managed to return to shore and once on land he was reported as having difficulty moving. The Team attended and a rescue boat from Derwentwater Marina was also deployed. The swimmer was found to be in good spirits, alert with no difficulty breathing. Initially he was cold but soon warmed up.

61 7th August 2021 15:47 Swirls/Browncove Crags

A woman was suffering bad cramps.

62 7th August 2021 20:17 Styhead Gill

A man stumbled and fell awkwardly, resulting in a serious fracture dislocation of his arm. A Team doctor administered strong analgesia, before reducing (re-aligning) the dislocation. A Coastguard helicopter took the casualty to hospital. Team members from Bowland Pennine MRT, who were in Borrowdale, helped the Team.

63 15th August 2021 13:48 Seathwaite

A teenager slipped and hurt his knee, on the path between Seathwaite and Taylorgill Force.

64 17th August 2021 15:46 Watendlath

A walker on the Watendlath to Rosthwaite path became unwell. He had managed to make his own way back to Watendlath. Meanwhile, the local Air Ambulance team had also acted on the potentially serious information supplied, and sent a helicopter. A Team doctor did an assessment before handing the casualty over to the care of the helicopter team.

65 17th August 2021 22:00 Skiddaw

A family of five called for help when they became benighted in cloud close to the summit of Skiddaw. The Team walked them down to safety at the Gale Road car park at the back of Latrigg.

66 18th August 2021 12:54 High Rigg

A man slipped on wet rock and suffered an ankle injury.

67 21st August 2021 14:57 High Seat

A man slipped and injured his ankle.

- 68 22nd August 2021 14:13 Greenup Edge**
A man suffered an ankle injury. Cockermouth MRT helped the Team.
- 69 22nd August 2021 15:02 Bannerdale Crags**
A teenage girl suffered a knee injury. Penrith MRT helped the Team.
- 70 24th August 2021 13:38 Blencathra**
A teenager and his girlfriend became stuck after veering off a descent path from the summit. They had descended steeply down Gate Gill, and were unable to retrace their steps, or find a way to continue down. The Team helped the uninjured pair down.
- 71 26th August 2021 14:07 White Stones, Carl Side**
A man had a fall, gashed his hand, dislocated a finger, and was close to fainting when he tried to stand up.
- 72 27th August 2021 20:29 Seathwaite**
A woman had a badly broken arm. Two Team medics went directly to assist and Team members were deployed from the base, but the arrival of an ambulance meant the Team could stand down before arriving on scene.
- 73 29th August 2021 12:22 Dale Head**
A man tumbled, and suffered a lower leg fracture. An Air Ambulance took him to hospital.
- 74 29th August 2021 13:26 Barrow**
A woman slipped, and suffered an ankle injury.
- 75 29th August 2021 15:56 Hallsfell, Blencathra**
A woman tripped, and suffered an ankle injury.



Incident 68 - Greenup Edge

- 76 1st September 2021 15:16 Ard Crags**
A teenage girl suffered an ankle injury.
- 77 2nd September 2021 09:55 Whinlatter Forest**
Shouts for help were heard, and the direction of the calls was believed to be coming from the Barf area. A search of the area was carried out. No further shouts were heard and no casualty was found. It's unclear why and who made the shouts but the call out request was based on good intentions.
- 78 2nd September 2021 18:05 Helvellyn Screes, Helvellyn**
A woman on a path in the forest south of The Swirls had left the path, when it became very indistinct and impassable, due to fallen trees and general overgrowth. She crossed a fence and attempted to traverse the bracken slopes above the trees. After battling some considerable distance through chest-high bracken, the woman reached the edge of a steep gully, and decided it was time to call for help. The Team safeguarded her descent to safety with a harness and a rope.

Incident Reports 2021



Incident 86 - Castle Crag

79 5th September 2021 09:35 Beck Stones, Caldbeck

The Team was requested by the ambulance service to help with a man who was having a seizure and was reported to be unconscious.

80 5th September 2021 15:08 Raven Crag, Thirlmere

A woman slipped and suffered an ankle injury.

81 6th September 2021 13:26 Falcon Crag

A woman slipped on the path between Walla Crag and Ashness Bridge, and suffered a broken ankle. Another walker, nearby, with an ankle injury too, was also attended to by the Team.

82 6th September 2021 17:39 Cat Bells

A woman slipped and injured her ankle.

83 14th September 2021 19:39 Chestnut Hill, Keswick

The ambulance service requested assistance for a woman who had badly injured her ankle in a muddy wooded area behind properties on Chestnut Hill in Keswick.

84 15th September 2021 15:56 Seatoller

A man uninjured, but suffering from fatigue, was struggling to descend a steep rocky path near to the bottom of Honister Pass at Seatoller. He was helped down to the road.

85 17th September 2021 12:52 Barrow

A man had started to feel unwell while walking up Barrow. Since he had a known medical condition, help was requested. On the Team's arrival the casualty had recovered, and after assessment by Team medics, he was able to walk down unassisted.

86 19th September 2021 14:34 Castle Crag

A woman slipped on the Allerdale Ramble track near Castle Crag, and sustained a lower leg break.

87 20th September 2021 10:51 Millbeck

A man had suffered a head injury at his home, and was unconscious. The Team was asked to help stretch the casualty to an ambulance.

88 20th September 2021 13:18 Brandelhow

A man dislocated his knee.

89 25th September 2021 12:53 Birk Side, Helvellyn

A man suffered an ankle injury.

90 28th September 2021 14:15 Castle Crag

A woman, walking in High Hows Wood, slipped and suffered an ankle injury.

Incident Reports 2021

91 1st October 2021 13:15 Sharp Edge, Blencathra

While traversing Sharp Edge, a man slipped from the ridge, and fell down a gully on the north side, suffering fatal injuries. An Air Ambulance and a Coastguard helicopter assisted the Team. Our deepest thoughts and sympathy go out to the family and friends of the casualty.

92 6th October 2021 13:00 Great End

A man became "crag-fast" while ascending Cust's Gully. Cockermouth MRT was asked to assist with the rescue. Keswick MRT members made their way up from Seathwaite to the base of the gully, while the Cockermouth MRT was flown by Coastguard helicopter to the top of Great End. The two teams were able to reach the casualty and carefully walk him down using rope protection.

93 6th October 2021 18:50 Corridor Route, Scafell Pike

Wasdale MRT, along with a Coastguard helicopter, and an Air Ambulance, had been attending to an incident on Scafell Pike. As a result of a change in cloud level, the Coastguard helicopter was unable to pick up the casualty and the Air Ambulance personnel from the incident site. In deteriorating weather, and fading light, Keswick MRT was tasked to assist in the evacuation of the Air Ambulance personnel and their kit down to Seathwaite. Meanwhile, the winchman from the Coastguard helicopter descended with Wasdale MRT members, who had the casualty on a stretcher for the descent to Wasdale.

94 10th October 2021 13:35 Cat Bells

A man was suffering severe chest pains and had difficulty breathing. An Air Ambulance took him to hospital.

95 10th October 2021 21:26 Combe Gill, Borrowdale

Two men had climbed 'Corvus' on Raven Crag, but, as it became dark, had lost the path on their descent.

96 13th October 2021 20:45 Corridor Route, Scafell Pike

A couple had become disorientated, overcome

by the darkness, and hampered with broken footwear. With some warm clothing, food and a change of footwear, the uninjured couple were able to walk down with the Team to Seathwaite.

97 16th October 2021 13:07 Whinlatter Forest

The ambulance service requested assistance from the Team to attend to a woman who was having a seizure in the Hospital Plantation area.



Incident 94 - Cat Bells



Incident Reports 2021

98 20th October 2021 11:26 Fisherplace Gill, Thirlmere

A man slipped into a steep sided gill, and had come to rest on a small ledge above the stream bed. He was uninjured, but unable to climb out. The Team brought him up to safety.

99 23rd October 2021 12:39 Cat Bells

A woman suffered an ankle injury after a slip on wet muddy grass.

100 24th October 2021 12:42 Whinlatter Forest

A teenager fell from his mountain bike. He suffered lacerations to his head, and a dislocated wrist.

101 25th October 2021 13:38 Barkbethdale, Skiddaw

A woman suffered an ankle injury.

102 26th October 2021 13:39 Whinlatter Forest

A man came off his mountain bike, after slipping on a wet tree root. He broke an ankle.

103 26th October 2021 14:55 Sharp Edge, Blencathra

A man slipped, then tumbled, approximately 15m down a gully. He suffered bruising and a few cuts. Not knowing the full extent of the man's injuries, and anticipating a possibly difficult extraction, the Team asked for assistance from Penrith MRT and also the Coast Guard helicopter. The man was located and a rope rescue was set up from the ridge.

104 30th October 2021 11:37 Braithwaite How

A man had an apparent seizure, collapsed and became unconscious. Before the Team had arrived, he had regained consciousness, and after an assessment, he was able to walk down the hill to an awaiting ambulance.

105 4th November 2021 13:43 Barrow

A woman suffered a panic attack. With encouragement, the uninjured woman was able to be walked down to Braithwaite.

106 7th November 2021 9:10 Walla Crag

A man had developed a sudden and potentially serious medical condition.

107 8th November 2021 16:32 Ellerbeck Common, Caldbeck

A woman tripped and fell, resulting in a broken femur. The ambulance service attended, and treated the woman on scene, but required assistance from the Team to extricate her.

108 11th November 2021 13:21 Bowder Stone

A mountain biker was reported to have suffered a cardiac arrest near The Bowder Stone. Following treatment, he was taken by Air Ambulance to hospital.

109 12th November 2021 17:35 Scafell Pike

The Team was asked by Wasdale MRT to help search for two missing walkers. Wasdale MRT found them at Mickledore.

110 13th November 2021 21:03 Stonethwaite area

A search for a missing walker, who may have been camping in the Stonethwaite area. The Team set off, along with two search dog handlers, to search the area, including the woodland, village, campsite, and up and around "Fairy Glen". Once the requested search was completed, with nothing found, the Team returned to base. With no subsequent tasking from the police the next day, the incident was closed.

111 15th November 2021 11:51 Watendlath

A woman slipped on wet rock, and suffered a hip injury.

112 15th November 2021 13:23 Cat Bells

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

113 21st November 2021 12:28 Bakestall

A woman slipped, and injured her ankle.

114 24th November 2021 17:48 Helvellyn

Two men had difficulty navigating in darkness and cloud off the summit. The Team walked them down to Swirls car park at Thirlmere.

115 28th November 2021 13:08 High Spy

A man suffered an ankle fracture. A Coastguard helicopter took him to hospital.

116 2nd December 2021 22:05 Newlands Pass

A couple asked for help when they couldn't proceed in their car, due to black ice on the road, and the fact that one of a number of abandoned vehicles had blocked the road.

117 4th December 2021 15:32 Slades Beck, Skiddaw

A woman was struggling with the cold, and her legs had become weak and cold, buckling under her. After treatment, she was walked down by the Team. RAF Leeming MRT helped the Team with this incident.

118 7th December 2021 15:01 Derwentwater

At Brandelhow Bay, a walker was reported to be wet through, very cold, and unable to continue.

119 9th December 2021 13:14 Barrow

A woman slipped on a rocky step, and fell, injuring her chest.



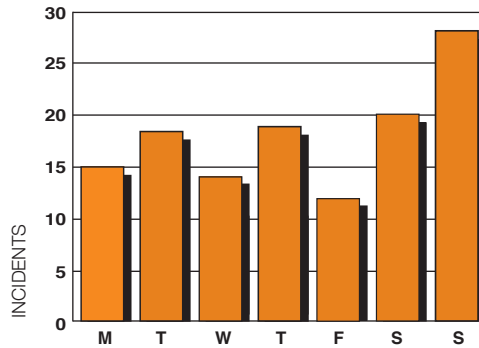
- 120 17th December 2021 15:35 Cat Bells**
A man suffered an ankle injury.
- 121 19th December 2021 14:26 Fleetwith, above Honister Hause**
A woman suffered a leg injury.
- 122 23rd December 2021 12:42 High Raise**
During a slip a man lost his glasses in tussocky grass. Without his glasses he had difficulty reading his paper map (or the mapping software on his phone), and called for help. The Team guided him down to Stonethwaite.
- 123 25th December 2021 12:00 Comb Gill, Nethermost Pike**
A woman suffered a fractured ankle.
- 124 30th December 2021 07:24 Langstrath**
Wasdale MRT had been searching during the previous night for an overdue man and his son. Keswick MRT was asked to check the Langstrath approach to the Scafell Pike massif.
- 125 31st December 2021 01:01 Great Cockup area, Uldale Fells**
A man became lost while aiming for Lingy Hut in the Caldbeck Fells.
- 126 31st December 2021 13:36 Ullock Pike**
A husband, wife, and son were walking the ridge to Ullock Pike when the husband suddenly collapsed. CPR was immediately provided by the son and emergency services alerted. The air ambulance, GNAAS Helimed 58, landed close to the casualty and was followed shortly after by Keswick MRT. Sadly, despite the best efforts of the medical team the man could not be saved. Our thoughts and sympathies are with the man's family and friends.



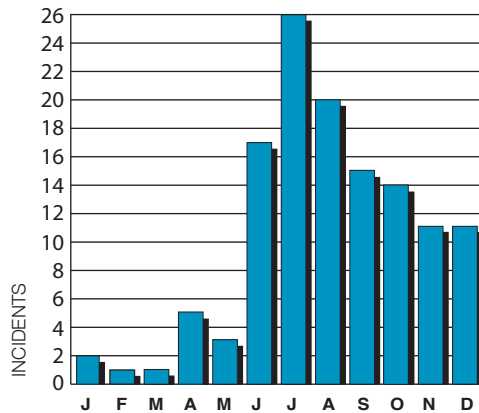
Incident 115 - High Spy

Callout Statistics - 126 Callouts

DAYS OF THE WEEK 2021

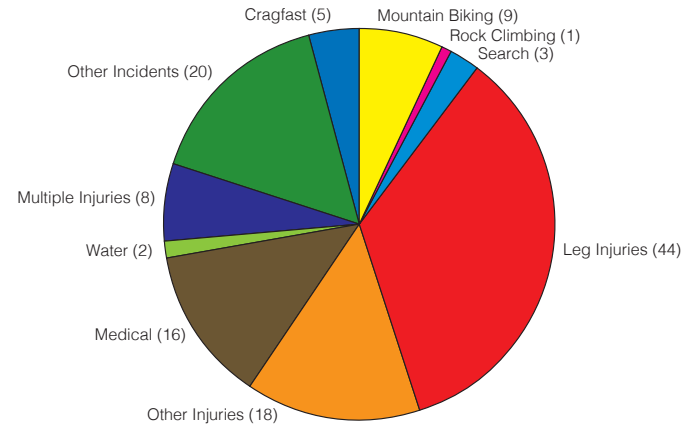


MONTHS OF THE YEAR 2021

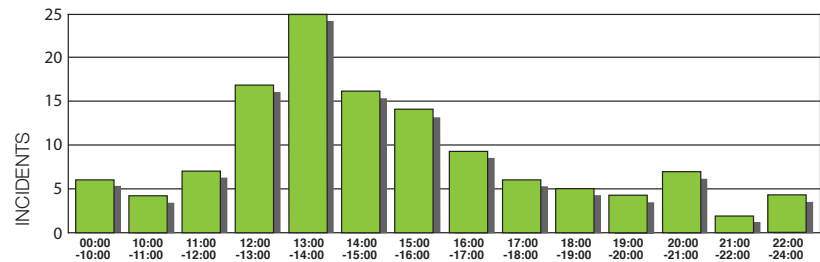


DAYS OF THE WEEK 2021

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



HOURS OF THE DAY 2021



I have climbed all the popular Lake District fells, including the 3000'ers in one crazy day, but thought summiting all the Wainwrights in a year would give me a fresh challenge. So on April 19th I set off from my wild camp above Thirlmere to climb all the central fells. It was a pleasant day and by mid-afternoon I'd reached the final peak of Eagle Crag and was descending the steep eastern slope which was a series of rocky ledges. All I can remember is lowering myself down one of the last ledges before "waking up" lying in a crumpled heap. I knew instantly my right arm was broken, I had a severe pain in my left foot which later turned out to be a fractured heel, and a puncture wound above my left ankle which was seeping blood. My mind was clear enough to realise that I had no realistic chance of being rescued as I was in an isolated place with no phone reception. So it was a choice between staying where I was and most likely dying or extricating myself from the predicament. I saw the path along Greenup Gill which is the route of the C2C walk and knew I had to get close to it to have any chance of surviving. So for the next 4 hours I bum shuffled down the rocky hillside resting when the pain got too much. I strapped my broken arm to my waist using my trouser belt which helped but it was no easy journey. Halfway down I saw two people on the path and whistled and feebly shouted but they didn't hear me. Still no phone reception. I continued my slow progress and gradually got closer to the river. My survival instinct remained strong.

By 7.30pm the sun's warmth was decreasing and I was beginning to go into shock but was still determined to get closer to the path. Then I saw a party of walkers and as they approached I shouted and eventually attracted their attention. Relief flooded through me as they came across the river to help me. Shaun and his family team were amazing – life savers. They administered first aid, made me a bit warmer and gave me an energy snack and sips of coffee. Two lads went to call the Keswick Mountain Rescue team whilst another retrieved various items of clothing that had come out of my rucksack during the descent.

When the KMRT arrived an hour later I immediately knew I was going to be OK. They were the most professional, re-assuring team of people that



Incident 76 - Ard Crag

I could have hoped for. By this stage my body temperature was 34°C and I was shaking with shock. Gradually through the comforting words of the team, administration of different medicines, warming blankets and pleasant conversation I became more comfortable and alert. Meanwhile the rest of the team was busy organising the helicopter airlift which came when night had fallen. I did not realise how tricky a rescue it was going to be with uncertainty as to whether the helicopter would be able to land or if I'd have to be winched up. But after the surreal experience of being inflated in a full body air splint in the stretcher whilst my mind was wandering from the effects of the analgesics I was slid into the helicopter. Then away to Preston Hospital where they also diagnosed 3 fractured vertebrae and severe bruising. I am now recovering despite having had a set back with pulmonary embolisms, an equally frightening experience. The next day the mountain rescue team recovered my tent and drove my car to their HQ in Keswick. I cannot express my gratitude to the team for saving my life, for their dedicated service which went way beyond the extra mile. They are true heroes and deserve a massive reward. I salute you all.

Martin Grosvenor

Probationer Reflections

I am a consultant in emergency medicine and specialist in helicopter pre-hospital medicine. My day job involves bringing the skills of the hospital to the side of a patient, wherever they may be (including up a mountain!). In my 15 years working in this area, I have had many interactions with mountain rescue teams, all over the UK, often under extremely challenging and difficult circumstances. I have always been struck by the sheer professionalism and dedication of a group of volunteers thrown together at a few minutes notice, prepared to put themselves on the sharp end for patients in need. But, could I be involved in mountain rescue? Was I fit enough? Was I prepared to stomp up a mountain without a nice warm helicopter and a paramedic to carry my kit? Was I prepared to spend the night out searching for lost folk? - It turns out I was!

Whenever life has allowed, I have tried to be in the hills. Being lucky enough to train and work in Scotland for the last 20 years before moving to the Lakes I had spent my weekends ticking off Munros and shivering in Scottish winter gullies. When I moved to Keswick and began to meet the various members of the rescue team, I quickly realized that the team is very special and a unique second family which I wanted to be part of. Folk from all walks of life and with all sorts of amazing stories - always makes for an entertaining pint after a rescue or training.

I have spent the last couple of years providing support to the team on medical incidents, but the fire inside me was burning to do more. The team have been incredibly welcoming and supportive with me and this is a good opportunity for me to thank them.

The clinical skills of the team members are truly impressive. I've seen teachers reduce horrible ankle fractures with the skill of an A&E doctor, photographers resuscitate cardiac arrest victims with the skill of a paramedic, and engineers talk down terrified walkers off steep ground with all the sensitivity of a nurse talking to a distressed relative. Really very impressive to see, and a great credit to the leaders and clinicians through the history of mountain rescue medicine and "cascare".

Whilst I have provided some support around medical training for the team members, the parts of my probationary time that have really interested me most have been learning the systems of technical rescue and rope work. As a self-taught climber I was acutely aware that my rope skills were "average" at best, but with time, (and a lot of patience from others - thank you Chiggs, Big Chris, Stuart & Special Steve!), I have begun to understand the mysteries of the "MPD" and how to tie an interlocking bowline. Surprise View is a stunning place to spend a Thursday evening training. It always reminds me how lucky I am to live in Keswick.

I can honestly say I have enjoyed every call-out I have been involved in, regardless of weather, time of day and situation. It is something special to feel part such a motivated and experienced group of people, I only hope I can bring something positive to the team in the coming years.... if I make it in!

Dr John Ferris
KMRT Probationer 2021-2022



Dr John Ferris

Search Dog Beck, 2008-2021

There was sad news in September: retired Search Dog Beck died after a short illness, she had not long turned 13 and had up until the last few days seemed fit and well for her age.

Beck was from a large litter of 14 pups, I first visited the litter when they were just over 3 weeks old, and chose Beck at a subsequent visit when 5 weeks old. At 8 weeks old I brought her home and she very quickly settled in, demonstrating a trait she would have throughout her life of easily settling in anywhere. She also quickly developed another characteristic that many people would remember her by, that of “smiling” a greeting and at the same time wagging her whole body in the way only Labradors do so well.

She was the most calm and gentle natured dog you could have, and could easily be taken anywhere. This was a great characteristic to have in the dynamic world of mountain rescue where you never quite know what is coming next.

Beck passed her assessments and became an operational Search Dog with the Lake District Mountain Rescue Search Dogs Association (see lakesearchdog.org) in 2012, and was involved in approximately 125 searches during her working life. She became very familiar to Keswick MRT members as in addition to searches she accompanied me on a great many “normal” rescues and training sessions with Keswick MRT. Her calm nature and adaptability helped when she ended up being transported in a wide variety of team vehicles, boats, helicopters, chair lifts etc.

Despite her gentle nature she was a strong and determined search dog, and was not fazed at all by the weather, no matter how bad. Beck particularly loved snow and avalanche search work. As well as attending searches in the Lake District and Cumbria generally, Beck also worked on incidents in the Yorkshire Dales, North York Moors, Lancashire, Southern Scotland and the Cairngorms, (the latter while Lakes Search Dogs were training in the area and were requested to assist in a number of searches over the years. Including a large avalanche in which 3 people lost their lives.) She had several locates and finds during her 9 year career.



Beck in avalanche training

In what turned out to be her last few months Beck was a lovely “aunty” to my new dog Gill when she arrived home as a little pup on Christmas Eve 2020. Gill loved snuggling up to Beck right up to the end. Sadly, of course, she was only there for Gill’s first 9 months. Gill is now in the early stages of her training to become a Mountain Rescue Search Dog, she has some big paws to fill.

Chris Francis



**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**