

# Keswick Mountain Rescue Team

RESCUE REPORT 2024



# Introduction

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**Welcome** to the 2024 Rescue Report of Keswick Mountain Rescue Team.

The Report includes a record of the Team's activities throughout 2023.

The Team comprises up to 55 team 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 2023 have been spread across the days of the week, throughout 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, and driving, and so on.

A call-out will involve a variable number of Team 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 in 2024 the Team is in its 77th year of service. The Team is 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](http://www.keswickmrt.org.uk)

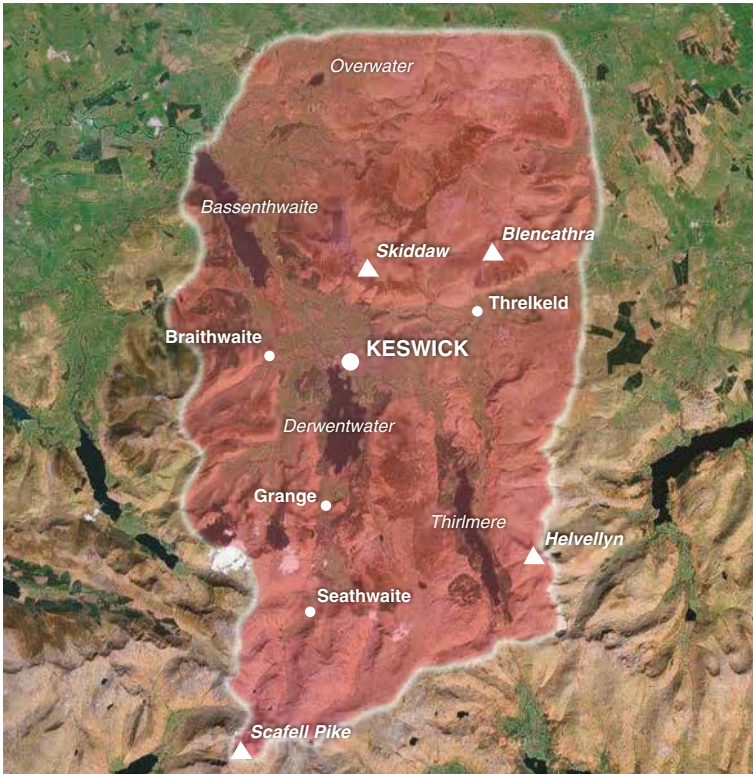
and [linktr.ee/keswickmrt](http://linktr.ee/keswickmrt)

and see the Team's presence on

[facebook.com](https://www.facebook.com/keswickmrt) and [Instagram.com](https://www.instagram.com/keswickmrt)

Cover photo: Incident 56 – Helvellyn

## Keswick Mountain Rescue Team Area of Responsibility





# Keswick Mountain Rescue Team 2024



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



<b>President</b>	Mick Guy
<b>Chairman</b>	James Lamb
<b>Team Leader</b>	Chris Higgins
<b>Deputy Leaders</b>	Phil Blair Craig Dring Adam Edmondson Dave Hill
<b>Treasurer</b>	John Hunston
<b>Secretary</b>	Fi Boyle
<b>Membership Secretary</b>	Jenni Whittaker
<b>Member Trustees</b>	Jonny Hume Peter Little John Hunston Robin Saxby
<b>Base Managers</b>	Jeff Powell Davies Paul White
<b>Collection Boxes</b>	Craig Dring Jonathan Hughes
<b>Data Officer</b>	Jonny Hume
<b>Equipment Officers</b>	Tom McNally Rob Grange Tim Hooper
<b>ICT Officer</b>	Alan Prescott
<b>Medical Officer</b>	Peter Little
<b>Radio Officer</b>	John Ferris
<b>Report Officer</b>	Craig Dring
<b>Safeguarding Officer</b>	Jonny Hume
<b>Social Media Officer</b>	Chris Gillyon
<b>Social Officer</b>	Steve Hepburn Dan Jordan
<b>Technical Ropework Officers</b>	Jenni Whittaker Brad Williamson
<b>Training Officers</b>	Adam Edmondson Adrian Holme Jonathan Hughes
<b>Vehicles Officers</b>	Alasdair Boden
<b>Water Officer</b>	

<b>Gordon Barker</b>	Company Director	<b>Simon Hodgson</b>	Accommodation Provider
<b>Paul Barnes</b>	Firefighter	<b>Adrian Holme</b>	Shift Team Leader
<b>Pete Batey</b>	Optometrist	<b>Stuart Holmes</b>	Photographer
<b>Matthew Bazire</b>	IT Programme Manager	<b>Tim Hooper</b>	GP
<b>Martin Bell</b>	Paramedic	<b>Jonathan Hughes</b>	Rope Access Supervisor
<b>Phil Blair</b>	Outdoor Pursuits Instructor	<b>Jonny Hume</b>	Teacher
<b>Tom Blakely</b>	Paramedic	<b>John Hunston</b>	Retired Accountant
<b>Alasdair Boden</b>	Land Manager	<b>Andy Jones</b>	Retired
<b>Fiona Boyle</b>	Lecturer	<b>Dan Jordan</b>	Paramedic
<b>Paul Cheshire</b>	Chartered Engineer	<b>James Lamb</b>	Accommodation Provider
<b>Alex Croall</b>	Outdoor Pursuits Instructor	<b>Peter Little</b>	Retired Pharmacist
<b>Craig Dring</b>	Retired Procurement Manager	<b>George Lloyd</b>	Police Officer
<b>Adam Edmondson</b>	Outdoor Pursuits Instructor	<b>Tom McNally</b>	Photographer
<b>Donald Ferguson</b>	Rope Access Technician	<b>Duane Moran</b>	Outdoor Pursuits Instructor
<b>John Ferris</b>	Emergency Medicine Consultant	<b>Amy Norfolk</b>	Dentist
<b>Chris Francis</b>	Fire Service	<b>Jeff Powell Davies</b>	Information Analyst
<b>Richard Gale</b>	Mountain Bike Guide and Coach	<b>Alan Prescott</b>	Retired Engineering Manager
<b>Chris Gillyon</b>	Company Director	<b>Lisa Price</b>	General Marina Manager
<b>Geoff Gilmore</b>	Leisure Pool Manager	<b>Jocky Sanderson</b>	Outdoor Pursuits Instructor
<b>Rachel Graham</b>	Emergency Medicine Registrar	<b>Robin Saxby</b>	Community Nurse
<b>Sarah Graham</b>	Paramedic	<b>Paul White</b>	Papermill Chemist
<b>Rob Grange</b>	Photographer	<b>Elly Whiteford</b>	Technical Specialist
<b>Steve Hepburn</b>	Company Director	<b>Jenni Whittaker</b>	Doctor
<b>Chris Higgins</b>	Company Director -Outdoor Pursuits	<b>Geoff Williams</b>	Forestry/Outdoor Pursuits Instructor
<b>Dave Hill</b>	Firefighter	<b>Brad Williamson</b>	Retired Orthopaedic Surgeon
<b>Mark Hodgson</b>	Retired Project Director		

## Team Leader's Report

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In what must be a record for Keswick Team, our first callout for 2023 happened just forty-four minutes past midnight on New Year's morning! Two well equipped and experienced walkers saw the New Year in on the summit of Great Gable, but unfortunately one had a slip on the way down from Green Gable, and broke her ankle. This is a very common type of mountain injury as slips and trips happen to almost everyone, it's just that most of us get away with it, (the team rescued 33 people with ankle and lower leg injuries in 2023 – nearly a third of all our callouts). The team responded quickly and, as luck would have it, members of RAF Valley and RAF Lossiemouth Mountain Rescue Teams were staying in our base for a few days and were able to boost our numbers considerably. It was a wild night of weather and demonstrated the selfless attitudes of the team members who turned out for what was nearly a five-hour rescue!

Once back in Keswick many of those who were out that night crawled into bed around 6.30 in the morning to catch a few hours' sleep before being called out that same evening to two walkers lost near Sty Head, having been to the top of Scafell Pike for their New Year's Day walk. With further rescues on January 2nd and 3rd the start to 2023 was looking a little ominous! Fortunately, things eased off for the rest of January and there was only one rescue in February. In March there were ten rescues whilst April was really busy with eighteen, but by contrast – the summer holidays, the busiest time in the Lakes, resulted in only nine rescues – there doesn't seem to be any pattern to it all.

I write the above to illustrate the unpredictable nature of the mountain rescues we are called to and to give you some sense of the 'chaotic' interruptions to a team member's everyday life. We go for weeks without a call, then have three in a day. We go to bed at 10pm to be rudely awakened at 11.30 and asked to head into the Central Fells in the most appalling weather. Christmas dinners are put back in the oven, dogs are left by back doors wondering when that walk will be, cinema tickets are forfeited, and even pints of beer are abandoned on bars!

Many will plan to do the domestic chores on a Saturday or Sunday morning in the expectation that there will be a callout after lunch. On any given weekend, if you know where to look, you might see



*Chris Higgins.*

folk around Keswick busying themselves mowing lawns, washing cars, painting window frames, or cutting hedges early in the day, (there may well be a strategically positioned red jacket hanging inside the doorway, some car keys on an easy to reach windowsill, or an unlocked bicycle propped against a wall). If you look in the same spots in the afternoon I wouldn't be surprised if you reported seeing abandoned mowers - grass boxes half full, discarded buckets of soapy water in driveways or 1-inch brushes of gloss drying out in the sun atop tins of paint. The 'owners' will be nowhere to be seen, and those planned lunches still on the kitchen table (or in the dog!). They are probably hotfooting it up Skiddaw or 'across the tops' of the Dodds or some other such place, to rush to help yet another unlucky walker with a swollen ankle and a foot that isn't pointing in the right direction.

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## Team Leader's Report

For many team members being involved in mountain rescue is an intrinsic part of our lives. It's a strong part of our identities and we would struggle to think of ourselves without mountain rescue – it's just become part of what we do and who we are. Just as we sleep, and eat, and go to work, we are just as accepting that we go out in bad weather, at all times of day or night, to carry large and uncomfortable bags of equipment uphill quickly and then carry a heavy and awkward stretcher back down across boulder fields and icy streams (often in the dark). It's not for everyone, but I'm glad it's for me and I'm glad it's for the other fifty members of Keswick MRT. We do enjoy ourselves and we have some incredible adventures, doing some challenging things in extreme conditions that put us to the test.

I would even go as far as to say mountain rescue has both kept me alive and kept me married! Without the adventures I've had in the rescue team there is every chance I would have sought adventure elsewhere – perhaps on some Alpine Ridges, remote North Faces or unclimbed peaks in faraway places where I may have been hit by rockfall or buried in an avalanche. Hence, my adventures in the team have kept me away from those dangerous places and kept me alive. And most certainly – if I had been galivanting around the Alps, or bivouacking in Patagonia or yomping up big walls in Yosemite my wife would most definitely have changed the locks and taken my stuff to a charity shop. Thank you, Keswick MRT.

The camaraderie is unquestionable – having each other's backs is paramount, the trust in each other to do

your best, the knowledge that if you can't sort something then the person beside you probably can. We aren't perfect, after all how can we be – we turn out at no notice to some very challenging situations, sometimes with incomplete or wholly inaccurate information, to high-risk locations, with a group of volunteers that were, 15 minutes ago, washing up, walking the dog or changing the oil in their motorbike. We head out of the door just with the people who are free that day – no prior plan as to who is 'on shift' and no scheduling the skill sets of those that can go.



*Incident 18 - High Pike.*

## Team Leader's Report

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*Incident 19 - Barf.*

As a team of like-minded individuals, we do pull together, but believe me when I say we also occasionally go the wrong way, make the wrong calls, take the wrong stuff, and say the wrong things – just as anyone might. However, we have a culture of wanting to learn, of not pointing a finger, of not apportioning blame and of saying WE will do it differently next time. That is the way we have got to be as good as we are at rescuing people in the mountains – we do it a lot and we try to learn from our mistakes. That's not to say the mockery can't be quite brutal, but we are sensitive to each other and to the situation and we all acknowledge that everyone is trying their best, (and what you dish out needs to be carefully calculated - because it'll be you who screws up on the next one!)

During 2023, as in every year, the team trained in the technical skills it takes to be a mountain rescue team – rigging and ropework, casualty care, driving skills, powerboat use, movement over steep

ground, and working with helicopters, amongst many others. However, we realised that often it is the Human Factors that can trip us up. When under too much pressure some of our tasks might be rushed or we made mistakes, when there was too much information to process, we forgot things and when people coming together had different ideas there was the potential for disagreement or confusion. To try to identify when these happen and help eliminate some of the negative effects, we gave every team member the opportunity to take part in a Performance Under Pressure Course, either online or as a one-day event – the learning has been impactful and far reaching.

As a result of the courses and the ideas it provoked, the team are implementing a few strategies to help our own performance under pressure. For example, better structured and well-timed briefings now happen at the roadhead before leaving the vehicles. This allows all team



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## Team Leader's Report

members present to be involved in the information sharing and task allocation – previously many of the briefings were given in the vehicle 'en route' to the incident, which meant anyone going direct and meeting the team at the roadhead only got some of the information (if they were lucky) and weren't involved in some of the decision making.

We have incorporated checklists and aide memoirs into what we do – some of the tasks we perform are complex and we might only carry them out a few times a year, if that. Avalanche searching is a prime example, as is technical rope rescue. The team has adopted a new aide memoire to assist in the structured flow of rescue rigging. Team members have high levels of skill in rope rescue – we can build multi-point anchors, tie interlocking bowlines, and rig a stretcher for a horizontal or a vertical lower down a cliff face. However, we were falling down (no pun intended) by not having a systematic process to ensure tasks were being done in a structured manner. In effect, by following what's on the card (in the order it's on the card), by slowing things down and by having a process for doing things, we have become consistent, safer and quicker!

Structured briefings, aide memoirs and checklists, regular progress 'check-ins' during a job (where we all get a chance to say what we see happening and how we might go forwards – particularly in complex rescues), realising that we can all become overloaded and how we can help each other and having open and honest debriefs where we all want to learn and be better for the next time are all things that we are taking forwards into 2024.

I believe 2024 is going to be a great year for Keswick Mountain Rescue Team - we have a flagship rescue base from which we operate, we train and carry out rescues regularly so are well practiced at what we do, and we are in a strong financial position so we can buy high quality equipment and train to exacting standards and we are open to getting better at all of these things and more besides. But most importantly of all - Keswick MRT is made up of the very best group of people to be in a mountain rescue team – committed to each other, committed to Keswick MRT, and committed to help anyone in need in the mountains.

**Chris Higgins**



*Incident 32 - The Swirls, Helvellyn.*

### Advances in Mountain Rescue Medicine

Here at Keswick, we are very fortunate to have a wealth of clinical experience in the team. We currently have so many healthcare professionals that we could practically open our own hospital! The main role of the clinicians is to train and support our cas-carers giving them the experience and confidence to manage patients without us.

In the Keswick patch we see a wide variety of medical incidents. Our most frequently attended call is an ankle injury sustained from a simple trip on easy ground.

However, each year we go to several significantly ill and injured patients, including heart attacks, cardiac arrests and patients sustaining major trauma from falling large distances. These patients can be very challenging and often occur at night and in poor weather, when support from helicopters is not guaranteed. Our focus has been on equipping the team to deal with such patients for the prolonged time it may take to extricate a patient by stretcher from high up a mountain.

As our collective medical experience grows, thoughts have turned to the medical equipment



*Schiller Defigard Monitor.*



*Schiller Defigard Monitor.*

we carry on the hill. There is always a balance to be struck in mountain rescue between carrying everything you might ever need, against the poor team members who have to hump it all up the hill! Most team members are quick to remind their medical colleagues that we are not usually the ones carrying these bags!

The key to mountain rescue medicine is ensuring that the basics are done well. Simple but effective management of a patient's airway, support of their breathing with oxygen, and control of bleeding are the essentials of care that keep patients alive. All our cas-carers are extremely experienced at delivering this care, more advanced techniques used by clinicians are literally just the icing on the cake.

We have purchased 2 new monitors made by Schiller medical. These devices have built-in defibrillators that remove the need for the team to carry this additional piece of kit separately. The monitors are (relatively!) lightweight and robust.



We are now able to continuously monitor blood pressure, oxygen saturation, heart rate, expired carbon dioxide and oesophageal temperature. These parameters allow us to care for unconscious patients and those with severe hypothermia much more accurately than previously possible. We are also able to give the hospital more detail about the patient's condition and can even send them a copy of an ECG from the mountain!

We also decided to update our mechanical resuscitation device. Previously we have used the Auto-pulse device with great success, but our new device - the Schiller Easy-pulse is a quarter of the weight, very compact and has much longer battery life. This means that for patients in cardiac arrest on the mountain, a team member can bring this equipment to the patient's side much quicker than previously possible. This device provides continuous chest compressions and can be used whilst the patient is carried on a stretcher and even whilst being winched in to a helicopter! For cases where patients are profoundly hypothermic CPR may have to continue for several hours before reaching the hospital - the team have used this technique successfully within the last few years.

Fortunately, we rarely treat severely injured children but we have designed a pack with specific equipment should we need to undertake this care. We also have a separate pack available to our



*Schiller Easy Pulse.*



healthcare professionals containing an extended list of drugs and equipment which enables them to undertake more advanced procedures, including chest surgery if necessary!

To accommodate this new equipment, we have revised our medical rucksacks into two lightweight bags. Whilst some of the newer team members thought this was a great piece of innovation, our more mature rescue colleagues were keen to point out that this was system used previously for many years, oh well, no point re-inventing the wheel! Finally, it must be remembered that the only thing which made these advances possible was the kind donations from members of the public. We are very grateful for everyone's support for our team.

**Dr John Ferris**

## Vehicles Report

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Keswick MRT have five vehicles for a variety of purposes, the main task to get a group of willing team members and necessary kit to a point we have to get out and 'hot foot it' to the casualty site.

Our current fleet consists of two Land Rover Defender 110s, two Mercedes Sprinter 4x4 people carriers and a 4x4 Sprinter panel van (the boat bus)

We keep two of these equipped as lead vehicles; the '1st truck' containing a variety of equipment including medical gear, oxygen, equipment to provide warmth and protection against the elements, stretchers, 350 metres of rope, a comprehensive set of 'crag rescue' hardware and a whole heap of other kit. '2nd trucks' carry a stripped-down selection of kit

and follow on with more personnel as necessary. This arrangement allows us to run two rescues simultaneously on a busy day!

Our 'boat bus' call sign; Bravo, carries the team's inflatable boat and outboard motor and a host of swiftwater and lake rescue kit.

All reside 'cosseted' in a heated garage, packed, fuelled and ready to go, plugged into the mains to keep the batteries topped up. This allows us to keep the radios switched on, saving time at the start of a rescue.

Like all emergency vehicles, all our trucks are subject to a rigorous MOT, Inspection and Servicing schedule. Many thanks to High Hill Garage, Keswick for organising all this and being there to support us no matter how small the problem, (or time of day), each vehicle passing



Incident 91 - Thirlmere.



*Incident 26 - Seathwaite.*

through their hands at three monthly intervals. Also, thanks to Greta Bodyworks for keeping our vehicles tidy and the rust at bay and supplying us tyres as necessary.

It's great having the hardware but someone has to drive it! Driver training starts with a 'defensive driver' course as a team requirement before getting behind the wheel. As the name suggests, it teaches you to drive as if every other road user is out to get you. (We know you're not, but it's good to be prepared). Currently about twenty of our team members are 'blue light' trained, using the 'blues and twos', if necessary, when responding to a time critical incident.

Driving under blue lights is not something we do lightly, as it carries an extra element of risk to ourselves and other road users. If you do see us pass you with the lights and sirens on, we are responding to a genuine emergency with a risk to life.

The team's digital radios work like mobile phones, we have a number of Repeaters positioned

round our patch (Think mobile phone cell tower), these repeaters pick up the radio transmission, convert it into data to be passed over the internet and re-broadcast from all the repeaters on our 'net'.

One of our Land Rovers (callsign; Mobile) is equipped with a 4G repeater; park up, send the 30-foot radio mast up, switch the repeater on and once it's locked onto a 4G signal, you're good to go. Useful for the areas on our 'patch' that have traditionally been radio black spots, providing comms back to base (Back of Skiddaw for example).

As a team, we currently have no plans to change our vehicles; the theory being that the greenest vehicle is the one you are already driving (certainly in our case with the limited mileage across our fleet) although we do keep an eye on new vehicle development just in case.

If you see us pass you, give us a wave!

**The Vehicle Officers**



## Collection Boxes 2023

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Many thanks to our collection box holders during 2023. We have over 200 boxes in shops, hotels, guesthouses, pubs, cafes, and other establishments, on our patch and some further afield.

The team relies on donations to operate. Without the support from members of the public we would not be able to do the work that we do. This support is very much appreciated.

The total raised from the collection boxes for 2023 was almost £22K. Very similar to the previous

year, which in the modern cashless world is still encouraging.

I would like to thank Malcolm Miller for his fantastic efforts in looking after the collection boxes over the last 7 years, and to welcome Jeff Powell Davies on board. I hope we can continue the good work.

Don't forget there are many other ways to donate money to the team.

Once again, many thanks.

**Paul White**

*Collection Box Coordinator*

## Please Support Us

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There are many options for supporting the work of Keswick Mountain Rescue Team.

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

Please see the website page [www.keswickmrt.org.uk/donate](http://www.keswickmrt.org.uk/donate)

**Just Giving** – Follow the link from the website

**Donr Text Giving** – Text KESWICKMRT 10 to 70085 to give £10 to us. This costs £10 plus a standard rate message. For any amounts between £1 and £20.

**Cheque** – Details on our website.

**Standing Order** – Details on our website.

**Legacy/Will** – Details on our website.

**Gift Aid** – Provided 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.

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



*Incident 71 - Stonycroft Gill, Newlands.*

This year has been another satisfactory one from a financial point of view, with legacy income more than covering a small cash flow shortfall. Our other income is holding up well, and one surprising aspect of this is the collection box revenue. At a time when people are generally carrying less cash, we continue to raise more than £20,000 from this source each year. Talking of which, I must thank Malcolm Miller for his efforts in regularly emptying our donation boxes around the area and who retired recently after 53 years with the team.

Last year I predicted spending on items to improve our sustainability as a team. While I would not rule this out in the future, we have decided not to replace our team vehicles for the moment, as this seems the greenest thing to do given the environmental cost of buying any new vehicle. Our mileage is relatively low and it would take a long

time to 'recover' that cost through cleaner fuel. We are, however, trying to make our team purchases of equipment and clothing more environmentally friendly, and thinking ahead to ensure that we do this. We will also consider other projects to reduce our carbon impact.

Finally, we are working with other teams on the possibility of setting up a fund that can be drawn on by less comfortably-off teams to help them pay for essential items. Most teams have quite similar expenditure requirements, no matter how many rescues they undertake, and those in less well-populated areas and who carry out fewer rescues can struggle financially. Those teams with more substantial reserves may consider helping to 'share the love' by giving to this fund without affecting their own operations.

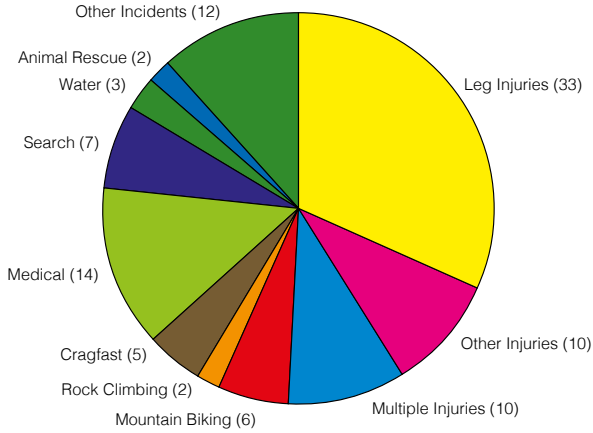
**John Hunston**



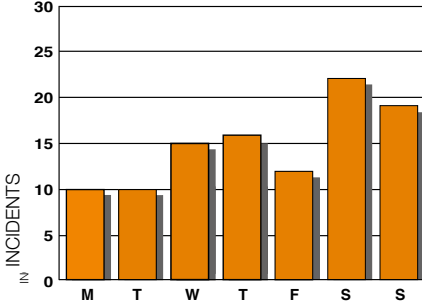
# Callout Statistics - 104 Callouts

## INCIDENT TYPES 2023

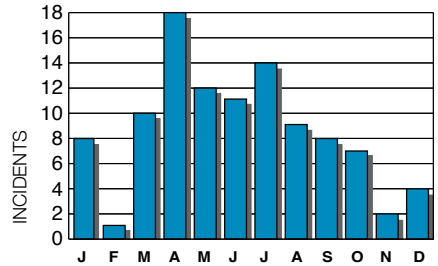
Figures in brackets refer to number of incidents, not percentage of incident types



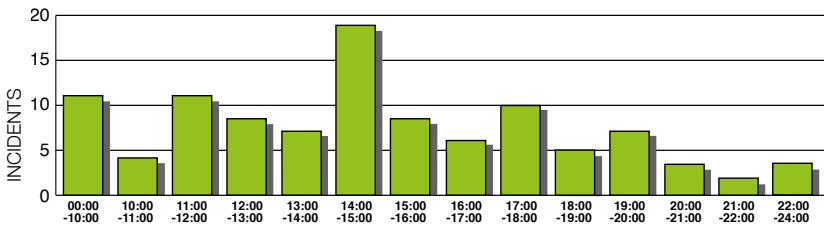
## DAYS OF THE WEEK 2023



## MONTHS OF THE YEAR 2023



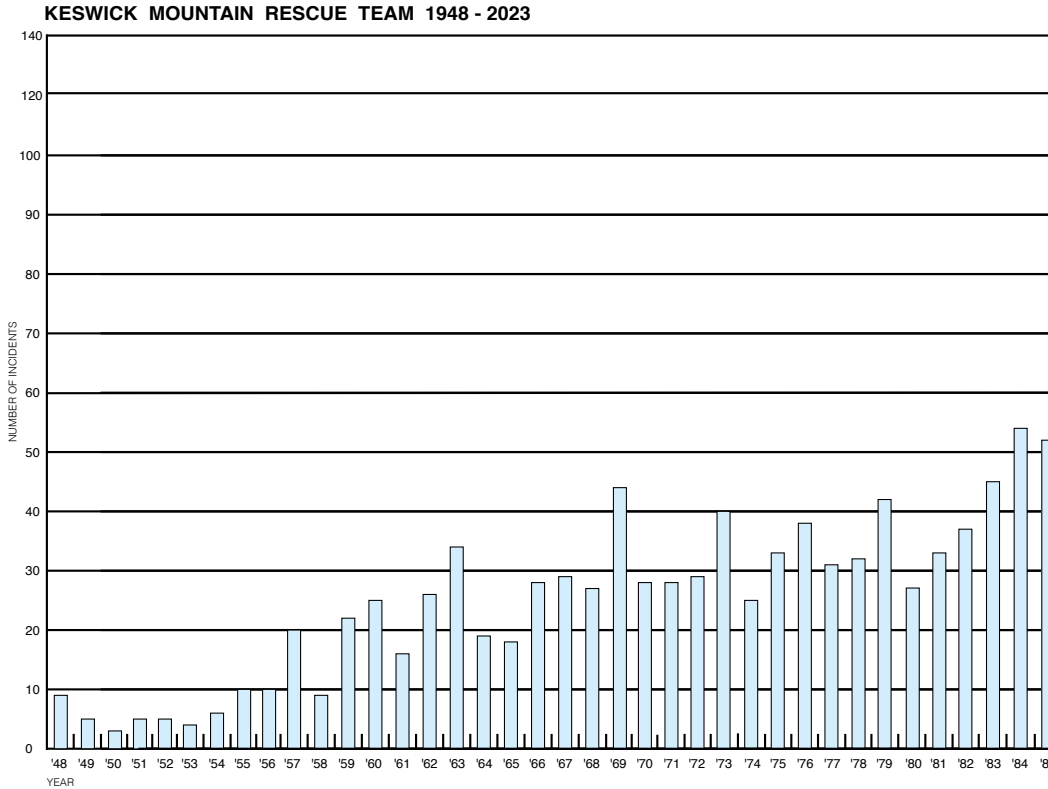
## HOURS OF THE DAY 2023



# Number of Incidents Per Year

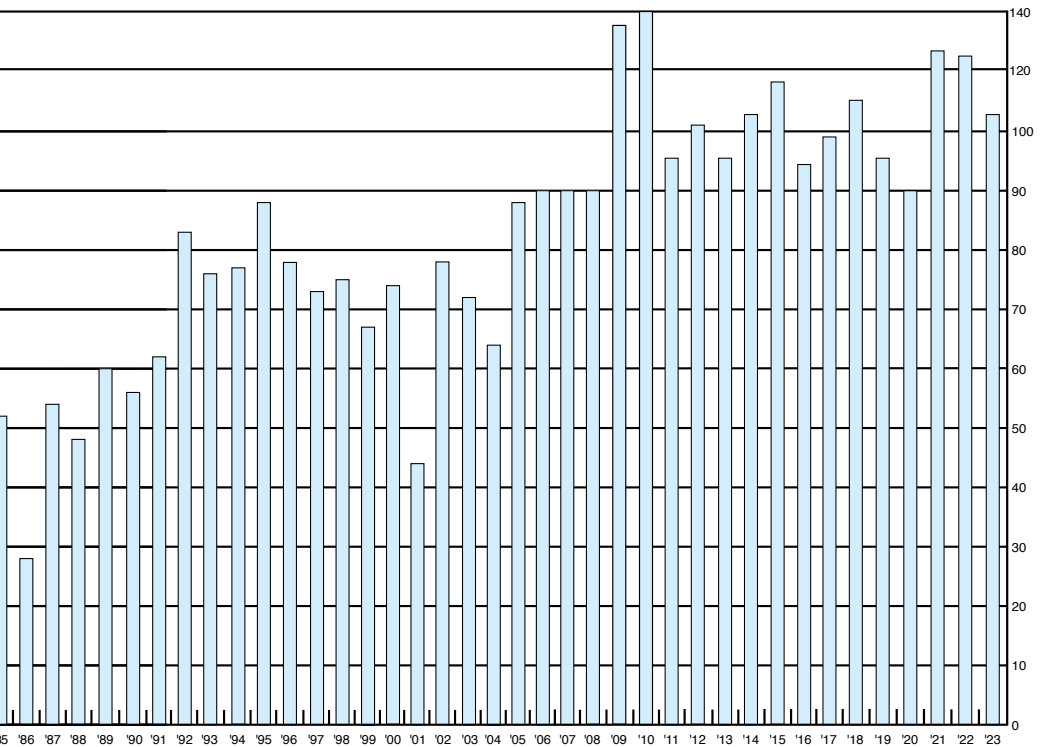


Incident 56 - Helvellyn.





Incident 66 - Robinson.







Incident 5 - Beckstones Gill, Thornthwaite.

- 1. 1st January 2023 00:44 Green Gable**

A woman had slipped and fallen, breaking an ankle. Owing to the location and potential difficulty in extracting the casualty, a Coastguard helicopter was tasked, but was forced to turn back because of the poor conditions. The casualty, and her friend, plus two dogs, were found exactly at their "Phone Find" location. After the injury had been attended to, the casualty was evacuated by stretcher to Honister Pass. Members of RAF Valley MRT and RAF Lossiemouth MRT helped the Team in this call.
- 2. 1st January 2023 17:32 Sty Head Pass**

A man and a woman had become lost not far from Sty Head Pass. Unfortunately, the woman suffered a panic attack on steep ground. By wandering around, they found a mobile phone signal to call in for help, and give an approximate location. Unfortunately, the team could not contact them again to get a Phone Find fix on their location. The Team went out with a Team search dog to locate the missing couple. Search Dog Isla found the couple hidden in a steep-sided gully away from the paths. The couple were walked down to Seathwaite.
- 3. 2nd January 2023 17:18 Causey Pike**

A man was following a recommended route, using a mapping software app on his phone. He tried to follow a path shown on the app from the summit of Causey Pike northwards to Stonycroft Gill. With increasing darkness, he became confused, and lost as he could not find the path. He was guided over the phone to the correct path, and he made his way down to be met by Team members. It was noted that the mapping software showed incorrect information.
- 4. 3rd January 2023 15:26 Barf**

Three women and their dog were following a walk using a mapping software app on a phone. They were descending their route southeast from the top of Barf and had negotiated some crag, but with fading light and poor visibility they became crag-fast. The Team ascended the slope from the bottom of Barf. The party were given harnesses and helmets before being tied-in to short ropes, to help them descend safely.
- 5. 6th January 2023 15:37 Beckstones Gill, Thornthwaite**

A man reported that he was suffering from severe chest pain. A Coastguard helicopter took him to hospital.
- 6. 14th January 2023 11:53 Outside**

A fell runner had become unwell, and was unable to continue in a race. Fortunately, he was able to be walked down by the Team and race marshals.
- 7. 22nd January 2023 14:11 Barf**

While walking the path between Lord's Seat and Barf, a woman slipped, and injured her ankle.
- 8. 31st January 2023 11:51 Causey Pike**

A woman suffered a lower leg injury, west of, and very near to, the summit of Causey Pike.
- 9. 20th February 2023 21:55 Piers Gill, Scafell Pike**

Wasdale MRT asked for help in the search for a missing man in the Scafell Pike area. Team members searched the paths up Grains Gill and Styhead Gill, as well as the Corridor Route up to the 'Bad Step'. There was no sign of the man. The next day he was located by Wasdale MRT, alive, but very cold with a knee injury in Piers Gill, having spent the night out.

**10. 9th March 2023 12:45 Rosthwaite**

A woman walking on a path above Rosthwaite fell, and suffered a knee injury.

**11. 11th March 2023 14:28 Hind Gill, Seathwaite**

A group of six was descending near Hind Gill above Seathwaite, when a man in the party slipped and injured an ankle. An Air Ambulance attended, but could not make a safe landing near to the casualty site. A request was made for a Coastguard helicopter. The Team carried the casualty a short distance up hill to a better landing area for the helicopter. The casualty was then airlifted to Seathwaite, and taken by Team vehicle to Longthwaite YH where he was staying, for onward transfer to hospital.

**12. 18th March 2023 14:13 Whinlatter Forest**

A mountain biker had crashed on the Red South Trail at Whinlatter Forest, causing a painful injury to his chest, and minor cuts to his face. An Air Ambulance took him to hospital.

**13. 19th March 2023 11:55 Whinlatter Forest**

A mountain biker had crashed at the end of the North Red Trail at Whinlatter Forest, injuring his

head and back. An ambulance team carried out the medical treatment, but requested the Team's help for a stretcher lift from the casualty site to the ambulance.

**14. 23rd March 2023 06:16 Browncove Crags, Helvellyn**

Two men were camping below Browncove Crags. However, with inadequate clothing and camping equipment, the pair had become increasingly wet and cold through the night, so they called for help. The Team was despatched with warm and waterproof clothing, hot drinks and food.

**15. 23rd March 2023 14:01 Grisedale Pike**

Cockermouth MRT asked Keswick MRT for help in dealing with an incident near the top of Grisedale Pike. A man had taken a tumbling fall down a rocky section of the fell, and had sustained head and shoulder injuries. The casualty was stretchered part way down a slope to a suitable place from where a Coastguard helicopter could take him to hospital.



*Incident 11 - Hind Gill, Borrowdale.*

## Incident Reports 2023

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**16. 24th March 2023 11:43 Fisherplace Gill, Thirlmere**

A woman had slipped off a path and took a tumbling fall, sustaining injuries to her ankle and wrist.

**17. 26th March 2023 12:26 Falcon Crag**

A man had tripped and stumbled on the path above Falcon Crag, between Ashness Bridge and Walla Crag, sustaining an ankle injury.

**18. 26th March 2023 15:56 High Pike, Caldbeck Fells**

A woman had slipped on wet muddy ground, twisting her replacement knee.

**19. 31st March 2023 12:41 Barf**

A woman suffered a back injury after she had slipped and fallen a short distance. Cockermouth MRT helped the Team to deal with this incident. A Coastguard helicopter took the casualty to hospital.

**20. 1st April 2023 17:00 Cam Crag Ridge, Langstrath**

A man was scrambling up Cam Crag Ridge when, near the top, he slipped and fell 3-4m, landing awkwardly, and breaking an ankle. RAF Leeming MRT helped the Team to deal with this incident. A Coastguard helicopter took the casualty to hospital.

**21. 3rd April 2023 11:01 Sprinkling Tarn, Borrowdale**

A man and his young son were camping near Sprinkling Tarn on Seathwaite Fell, when the son became quite sick in the morning. An Air Ambulance took them to Seathwaite, with the advice to visit a doctor.

**22. 4th April 2023 14:12 Gillercomb Head, Green Gable**

A woman had slipped on the slopes of Green Gable above Gillercomb Head, and injured an ankle. Cockermouth MRT helped the Team to deal with this incident.

**23. 4th April 2023 14:41 Grey Knotts**

A teenage boy had collapsed on Grey Knotts. An Air Ambulance took him to Gatesgarth in the Buttermere Valley, to rendezvous with a land ambulance for onward transport to hospital.

**24. 8th April 2023 12:14 Stonycroft Gill, Newlands**

A group of men had taken "magic mushrooms." Two of the group were feeling unwell. They were walked down, and given advice by a Team doctor.

**25. 8th April 2023 22:19 Seathwaite**

The Team was called to help four walkers who were descending the Sty Head path towards Seathwaite. One was reported to have had an ankle injury, and another a panic attack. After a short walk from Seathwaite, the Team found the walkers, who had made good progress down the path. They were walked back to their car at Seathwaite.

**26. 11th April 2023 17:06 Seathwaite**

A woman suffered an ankle injury, while descending to Seathwaite. Before the Team arrived, other walkers had made use of a gate as an improvised stretcher, to help the casualty down the hill. The Team carried the woman down to Seathwaite, with a team stretcher, and reinstalled the gate in its location near Stockley Bridge.



*Incident 26 - Seathwaite.*





*Incident 31 - Cat Gill, Walla Crag.*

**27. 12th April 2023 16:23 Glaramara**

A woman had slipped, and fallen about 5 metres, banging her head, and suffering a leg injury. The woman's walking partner became separated from her, while searching for his lost mobile phone. The Team approached from Combe Gill, and also up the path near Hind Gill, in order to find the woman. Meantime on safely reaching the valley bottom in Seathwaite, the man had reported his location and the situation to the police. The woman reported being cold and having a sore leg from her fall, so the Team asked for help from Cockermonth MRT to boost the number of rescuers available in case a stretcher carry-down proved necessary. The Team found the woman and she was able to walk off unaided.

**28. 13th April 2023 11:25 Sharp Edge, Blencathra**

Two women had become crag-fast in snowy conditions. The Team rigged a safety line along the ridge for the casualties, and equipped them with harnesses and helmets. They were assisted along the ridge, then lowered to safety. Both casualties were then walked back down to Mousethwaite Comb.

**29. 13th April 2023 14:25 Maiden Moor**

A man was found lying near the path close to Bull Crag, apparently having been lying there for some time. He was inadequately dressed for the

conditions, and was very cold. Another walker was able to put more clothes on the man and helped him into a survival bag. An Air Ambulance was able to land close by, and took the casualty down to the valley for an assessment by a Team doctor. The man was then transferred to hospital for further assessment.

**30. 14th April 2023 00:03 Sourmilk Gill, Seathwaite**

A couple, walking the Coast-To-Coast Walk, failed to turn up at their accommodation in Seathwaite. The man eventually walked down to Seathwaite campsite, and reported that his wife was still on the fell near a waterfall, with cramp, and was unable to descend. The woman's location was confirmed as part way up the path near Sourmilk Gill. She had fallen, causing an open fracture to her elbow, as well as sustaining a shoulder injury, and she was very cold. A Coast Guard helicopter provided a winch evacuation, before taking the casualty to hospital.

**31. 14th April 2023 14:36 Cat Gill, Walla Crag**

A woman had injured her ankle whilst descending the path near Cat Gill. Before the arrival of the Team, the woman and her partner were given assistance by a member of Edale MRT who was passing by.

**32. 14th April 2023 15:21 The Swirls, Helvellyn**

A woman had suffered an ankle injury.





*Incident 42 - Grains Gill, Borrowdale.*

**33. 15th April 2023 08:30 Seathwaite Fell**

The police asked the Team to check a rucksack that had been abandoned on the path at the top of Ruddy Gill. The rucksack had been reported to the police by passing walkers the day before, and the police wanted to check if this was related to a walker who had been missing for several days. Two Team members and a search dog investigated. On arrival at the given grid reference point, they found no sign of the rucksack. They broadened the search around the given point, but, again, could not find the rucksack. With the agreement of the police, the Team members returned to base.

**34. 21st April 2023 14:50 Lakeshore at Strandshag Bay, Derwentwater**

A woman had slipped, causing a hip dislocation.

**35. 22nd April 2023 15:05 Keswick**

At a local climbing wall, a man attempted to turn around in a narrow tunnel in an indoor caving experience, but became trapped. The staff tried their rescue procedure, but this was unsuccessful. A multi-agency response was initiated and Fire & Rescue, the police, the ambulance service, and Keswick MRT were quickly on scene. As this was a cave rescue/confined space type of operation, the Keswick MRT leader called in Cumbria Ore Mines Rescue Unit (COMRU), and the Hazardous Area Response Team (HART) also attended. While the emergency services were deciding on evacuation plans, the climbing wall staff, assisted by visiting climbers, started dismantling sections of the wall, to aid access to tunnels hidden behind the climbing wall panels. With time passing, there was growing

concern for the trapped man's health, as he was in a static position in a confined space. Consequently, the Keswick MRT doctor called in Air Ambulance resources. After much work by the climbing wall staff, climbers, COMRU, and Fire & Rescue (with their specialist cutting equipment), the man was released from his captivity. He was taken to hospital for further checks and treatment.

**36. 30th April 2023 19:36 Sty Head**

A group of five women was helped down the fell to Seathwaite. RAF Leeming MRT assisted the Team in this incident.

**37. 30th April 2023 19:50 Sharp Edge, Blencathra**

Two men had become crag-fast. The Team, assisted by members of RAF Leeming MRT, went to the top of Sharp Edge, and lowered team members down to the men, who were then roped up to safe ground. They were then walked off the fell.

**38. 1st May 2023 13:53 Castle Crag**

A woman fell on the path on the north side of Castle Crag, and suffered a hip injury.

**39. 1st May 2023 17:08 Eagle Crag, Borrowdale**

A woman had fallen on the rocky descent from Eagle Crag, suffering multiple injuries. An Air Ambulance attended the incident. A Coastguard helicopter took her to hospital.

**40. 4th May 2023 14:44 Shepherds Crag, Borrowdale**

A man fell down the descent gully near Jackdaw Ridge. He suffered multiple injuries. An Air Ambulance took him to hospital.

- 41. 10th May 2023 04:50 Scafell Pike area**  
Wasdale MRT asked the Team, along with Duddon MRT and Langdale Ambleside MRT, to help in the search for two missing walkers. They were found by a search dog and handler in upper Eskdale.
- 42. 13th May 2023 18:25 Grains Gill, Borrowdale**  
The owners of an injured and exhausted dog asked for help. They were all helped down to Seathwaite, with the dog being stretchered down.
- 43. 20th May 2023 10:58 Skelgill Bank, Cat Bells**  
A man was feeling dizzy, and had fainted for a minute or so, possibly due to missing breakfast, and because of the heat of the day. As the Team was about to set-off up the fell, the casualty and friends appeared. The man was assessed and provided with an energy drink, but he felt well enough to continue without further support.
- 44. 25th May 2023 15:02 Hall's Fell, Blencathra**  
A walker had fallen approximately 5-7 metres on a rocky section of the ridge, causing injuries to her back, head, and arm. A Coastguard helicopter took her to hospital.
- 45. 28th May 2023 23:03 Hind Gill, Glaramara**  
In attempting the descent by Hind Gill, a couple had become stuck in a deep steep-sided gully. They were found by a search dog and handler. A Team member descended on a rope into the gully to help attach harnesses and helmets, before the pair were able to climb out with the safety of a rope from above.
- 46. 29th May 2023 19:36 Derwentwater**  
The Team received a report of a paraglider possibly landing in the lake. The Team boat was deployed from the Keswick Landings, and went to investigate. The Team aboard came across an unusual object, which turned out to be a Chinese lantern. Despite the number of people on and around the lake, no other reports of a missing paraglider were received, so the boat returned to the landings.
- 47. 30th May 2023 06:30 Scafell Pike**  
On the previous day, a walker was concerned about being able to safely get back to Seathwaite before dark, as she had no torch. Wasdale MRT advised her to descend by the shortest route which was down to Wasdale on the tourist path. Contact was subsequently lost. Wasdale MRT got in touch with Keswick MRT about a potential search. As the walker was uninjured and temperatures were above freezing, it was agreed to wait until morning before initiating a search, should she still be missing. In the morning of the 30th, it was confirmed that the walker's car was still at Seathwaite, and so both MRTs commenced call-outs. A search dog and handler left to start the search early to take advantage of the cooler temperatures, as the rest

of the day was forecast too hot for the search dogs. Whilst the rest of the Team was assembling, the walker contacted Wasdale MRT to confirm she was safe and back at her car. All rescuers were then stood down.

- 48. 31st May 2023 13:45 Whinlatter Forest**  
A mountain biker crashed near the end of the Red North Trail at Whinlatter Forest. He suffered an ankle injury, cuts, grazes, and bruising across his body.
- 49. 31st May 2023 15:32 Cat Bells**  
A woman suffered an ankle injury.
- 50. 3rd June 2023 22:02 Ruddy Gill, Borrowdale**  
A woman injured an ankle, and also inflamed a previous lower back injury. Cockermouth MRT helped the Team in this incident.
- 51. 4th June 2023 12:19 Raven Crag, Thirlmere**  
A woman slipped on a gravel path, and suffered a dislocated ankle fracture.
- 52. 5th June 2023 11:28 Scales Fell, Blencathra**  
A man suffered a dislocated ankle fracture.
- 53. 7th June 2023 17:04 Ashness Gill**  
A man solo-climbing Ashness Gill, a grade 3 scramble, above Ashness Bridge, had fallen an unknown distance, sustaining a head injury and various other injuries. He had landed, or slid, onto a small ledge, which prevented him falling down a large drop. A rope rescue was arranged to extract him out of the gill. A Coastguard helicopter took him to hospital.



Incident 49 - Cat Bells.

## Incident Reports 2023

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**54. 10th June 2023 13:03 Helvellyn**

A man walking down to The Swirls began to suffer from severe cramps, and was unable to continue. After a rest the man was able to continue down, with assistance from the Team.

**55. 11th June 2023 12:26 Raven Crag, Thirlmere**

A woman slipped on a gravel path, and suffered a dislocated ankle fracture.

**56. 13th June 2023 16:20 Helvellyn**

A woman tripped, and suffered an ankle injury.

**57. 17th June 2023 10:25 Lorton Gully, Grasmoor**

A woman slipped and fell around 3 metres, while scrambling in Lorton Gully. She suffered elbow, hip, and back injuries. Cockermouth MRT were dealing with this incident, and asked Keswick MRT for assistance. A Coastguard helicopter took the casualty to hospital.

**58. 28th June 2023 12:30 Briery, Keswick**

The Team was called to retrieve a dog stuck on a steep river bank opposite Low Briery Holiday Park.

**59. 29th June 2023 14:22 Cat Bells**

A man was, perhaps, a little over-ambitious on his first major walk after recovering from a medical condition. Having walked over Cat Bells from Hawes End, he was descending the Hause Gate path when his legs could do no more. The Team stretchered him down to the road.

**60. 29th June 2023 19:56 Bramcrag Quarry, St Johns in the Vale**

A climber had fallen at Bramcrag Quarry. It seems that a piece of rock, to which the bolt he was using, came free, resulting in him falling some 10 metres to the ground. He sustained head injuries. An ambulance treated the casualty. The Team stretchered him to the ambulance.



*Incident 57 - Grasmoor.*





*Incident 66 - Robinson.*

**61. 5th July 2023 14:50 Whinlatter Forest**

A mountain biker took a fast and long tumble, while on the North Red Loop in Whinlatter Forest. He dislocated a shoulder.

**62. 5th July 2023 17:09 Raven Crag, Thirlmere**

A woman had tripped while descending a path, and suffered an ankle injury.

**63. 5th July 2023 20:21 Keswick-Threlkeld rail line track**

After a backwards fall, a roller skater tried to save herself by putting her hand down. This resulted in a dislocated elbow.

**64. 6th July 2023 20:40 Windy Gap, Great Gable**

Two women had strayed from the Coast-to-Coast Walk, and had become lost. The Team located them, and escorted them down to Honister Pass.

**65. 10th July 2023 16:15 Rosthwaite**

A teenager was walking a section of the Cumbria Way above Rosthwaite, when he slipped and banged his head. He started stumbling and feeling dizzy. Two passing leaders from another group helped the casualty down to a Team vehicle, where he was assessed.

**66. 10th July 2023 18:00 Robinson**

A call from a group on the path between Robinson and Hindscarth. One was having an asthma attack, another was reported to be hypothermic, and another had a knee injury. Due to the severity of the incident an Air Ambulance deployed, but, due to the strong winds, had to abort. Assistance was also requested from Cockermouth MRT, and a Coastguard helicopter. Keswick MRT provided medication to the asthma sufferer, and warned the cold casualty. The Coastguard helicopter managed to land nearby. The group was taken by the helicopter to Gatesgarth, in the Buttermere valley, from where an ambulance took the asthma sufferer to hospital.

**67. 11th July 2023 19:58 Raven Crag, Thirlmere**

A search for a vulnerable person, who may have been wild camping near the summit. Keswick MRT members and a police officer made their way to the summit of the fell, and searched the area. Nothing was found.





Incident 77 - Derwentwater Lakeshore.

**68. 15th July 2023 18:19 Sty Head, Borrowdale**

Wasdale MRT referred a call for help to Keswick MRT, regarding a man who had become cold and wet, and mildly hypothermic, and who was now sheltering in the Sty Head Rescue Box. The Team found the man just below the rescue box, as he had started to descend on his own. The man was given warm clothes, and some pain relief, and helped to walk down. He had very sore knees. Not long into the descent it became necessary to put him on a stretcher for a carry back to Seathwaite. On the descent the Team came across another party descending very slowly with one of them suffering from a bad knee. Some pain relief was given.

**69. 19th July 2023 14:56 Nitting Haws, Borrowdale**

A walker became stuck on scree descending Nitting Haws, when her dog was scared by moving stones. The Team departed the base, but was recalled when the woman and dog were reported to be back on safe ground. On arrival back at the Team Base, the Team noticed a nearby group of people gathered around a woman. She had tripped and fallen, bashing her forehead and nose. The Team cleaned her wounds, bandaged her up, and provided a chair, so she was comfortable until an ambulance arrived.

**70. 22nd July 2023 07:19 Doddick Fell, Blencathra**

While descending Doddick Fell, a fell runner broke an ankle. He was stretchered down to Doddick Farm. Penrith MRT helped the Team in this incident.

**71. 26th July 2023 11:06 Stonycroft Gill, Newlands**

A participant in an organised gill scramble suffered a broken ankle. The Team extricated her from the gill, provided pain relief before splinting the ankle, and carrying her down the fell.

**72. 27th July 2023 13:24 Raven Crag, Thirlmere**

A woman tripped, and injured an ankle, while descending the path from Raven Crag.

**73. 27th July 2023 19:08 Taylorgill Force, Borrowdale**

While descending the Sty Head path near Taylorgill Force, some walkers noticed a flashing light across the valley with possibly an SOS pattern (6 flashes repeated every minute). Zooming in with a camera, they saw a pair of legs sticking out from under a tarp. They reported to the farm at Seathwaite, who called Mountain Rescue. A separate call was made by two Mountain Leaders who had gone up to investigate and had found the injured man.

The man had been descending the path alongside Taylorgill Force. He tried to avoid a steep and hazardous part of the path, by doing a scrambling traverse. He then fell, breaking his lower leg. Well off the beaten track, the well-equipped man fortunately had a torch with which he could signal, but it was quite some time before he was noticed.

The Team attended to the leg injury, before a difficult extraction from the site was initiated. The ground was steep and boulder-strewn, with a fence and wall above a vertical drop. A two-stage lowering, with a traverse in between, was carried out, in order to get the man down to the path. He was then stretchered to Seathwaite.

**74. 30th July 2023 11:55 Castle Crag**

A walker fell and sprained a wrist. She had a history of fainting and possibly had done on this occasion, which may have caused the fall.

**75. 1st August 2023 17:09 Dodd Wood**

A woman suffered an ankle injury.

- 76. 5th August 2023 18:03 Barf**  
A couple and their dog had become 'stuck' below Slape Crag. The Team helped them down.
- 77. 8th August 2023 13:35 Derwentwater lakeshore, below Falcon Crag**  
A woman walking by the lakeside slipped on a rock, and injured her lower back.
- 78. 10th August 2023 14:11 Whinlatter Forest**  
A mountain biker crashed on the Altura Trail North Loop. He suffered an ankle injury.
- 79. 12th August 2023 02:05 Helvellyn**  
A party of three had planned to camp near the summit of Helvellyn. However, strong winds and driving rain made it very difficult to erect the tent. After some time, they decided to return to Swirls, but, without adequate torches, progress was very slow. They called for help. On arrival at Swirls, the Team saw mobile phone lights approaching the car park, and the three men arrived safe and well.
- 80. 12th August 2023 19:41 Great Gable**  
Wasdale MRT requested assistance in helping a walker who had fallen near the summit of Great Gable. He had suffered leg and head injuries. The man was able to walk with assistance, but a stretcher was later used for the descent to Seathwaite.
- 81. 13th August 2023 14:00 Watendlath**  
A man reported that he had become separated from his father while on a walk to Dock Tarn. The Team searched the area. Meanwhile, the father had continued on their planned route, and then returned to Watendlath. He then continued to Borrowdale for a reunite with his son.
- 82. 13th August 2023 20:20 Greenup Edge**  
A man suffered an ankle injury, and aggravated an old torn ligament injury. The Team approached the location via the Wythburn valley. Penrith MRT helped the Team. A Coastguard helicopter took the casualty to an ambulance in Keswick.
- 83. 23rd August 2023 10:52 Cat Bells**  
A man had tripped while descending south from the top. He tumbled down the rocky slope, and suffered cuts to his head, and a dislocated shoulder. An Air Ambulance took him to hospital.



Incident 83 - Cat Bells.

## Incident Reports 2023

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**84. 1st September 2023 10:57 Glaramara**

A group was descending steep ground, when one walker dislodged a boulder, which hit the head of another, a few metres below. The impact caused a gash on the head which the group bandaged. After further treatment from the Team, the casualty was able to get to her feet, and walk off the steep ground, with the protection of a back rope, and support from Team members.

**85. 1st September 2023 21:43 Blencathra**

Two men asked for help after becoming benighted, and with no torches. The Team escorted them down.

**86. 3rd September 2023 11:26 Whinlatter Forest**

A mountain biker came off his bike, over the handlebars, resulting in a wrist injury.

**87. 4th September 2023 18:19 Armboth, Thirlmere**

Two men had become lost in rough ground above the Armboth car park. As the Team approached the last known location of the pair, word was received that they had in fact moved, and were retracing their steps. They were met at the forest entrance below Raven Crag.

**88. 6th September 2023 12:41 Cat Bells**

Heat and dehydration caused a walker to collapse and briefly lose consciousness. Passing walkers made the call for help and provided water to the casualty. Although the woman regained consciousness, she was still feeling unwell. The Team gave her some relief for her nausea. She was then stretchered down the fell.

**89. 24rd September 2023 01:34 Dale Head**

A man had his tent flattened in wet and windy conditions, and lost some clothing, and his glasses, in the wind. The Team escorted the man down to Honister Pass.

**90. 27th September 2023 16:11 Skiddaw**

A man slipped while on the summit ridge under very windy conditions. He cut his face. The man was encouraged to self-rescue by descending the hill, out of the worst of the wind. His movement was monitored by "Phonefind" but he was making very slow progress. The Team was deployed and found the man on the path below the summit. He was walked off with the support of the Team members.

**91. 28th September 2023 16:16 Thirlmere**

Cumbria Police received a call from a member of the public who had seen what appeared to be two men stranded on the lakeshore next to a partially sunken boat. This was in the location of the Rough Crag/Hause Point area of the reservoir. The informant advised the possibility of the men having been in the water. Keswick MRT dispatched a vehicle to Armboth, (north of Hause Point), to gain lake access for the team inflatable. Because of the road closure either side of Rough Crag, a second vehicle had to gain access from the south, and as near to the incident location as the detritus on the road would allow. Fire and Rescue Team appliances and the Ambulance service also deployed.

Contact was made with the two men, who it turns out were not in any trouble. They were trying to recover their boat that had an issue the previous



*Incident 97 - Greenup Gill.*



Incident 98 - Riven Eden.

week. The boat had been secured to the shore but the recent storm had caused damage to the hull and caused boat to partially sink. With this information the various teams stood down. The call to the Police had been made with good intent.

**92. 6th October 2023 08:50 Ennerdale**

A walker on the Coast-to-Coast Route was reported missing, after he had not contacted his wife after two days. Cockermouth MRT asked for support from Keswick MRT and other teams, to search paths and locations along the Route from Ennerdale through to Grasmere. Fortunately, the man was found safe and well in his tent at Loft Beck, near to the Black Sail Hut. He had been cut off by rivers in spate, and decided to sit tight until the waters subsided.

**93. 12th October 2023 14:11 Cat Bells**

A diabetic man started to feel dizzy on the descent from the summit. Passing walkers offered some sweets, and together with some further food, he recovered enough to walk down with the Team.

**94. 21st October 2023 16:15 Hall's Fell, Blencathra**

A man and his daughter were making their way down Hall's Fell, when the father had a fall, and injured his knee. The daughter then tried to support him on the descent, but, unfortunately, both slipped, and fell around 20 feet. The man suffered a minor head injury, and felt unable to continue walking. His daughter was not injured.

**95. 22nd October 2023 14:32 Whinlatter Forest**

A mountain biker crashed on the Red South Trail, injuring her face, elbow, and knee. She was heavily

concussed. Forest rangers transported the casualty to the Revelin Moss car park and Keswick MRT supported the casualty whilst waiting for the arrival of an ambulance.

**96. 22nd October 2023 15:49 Brandelhow**

A woman had a suspected broken ankle at Brandelhow, a short distance below the road on the side of Cat Bells.

**97. 22nd October 2023 17:07 Greenup Gill**

A group of three walkers was descending towards Greenup Gill, when one suffered a severe knee injury. At some point she had also fallen in a stream, and was wet and cold. Analgesia was provided and the leg splinted, prior to a stretcher-carry to Stonethwaite. Penrith MRT assisted the Team with this long stretcher-carry.

**98. 25th October 2023 08:00 River Eden**

Penrith MRT requested support for a multi-agency search for a man who had fallen from a bridge into the River Eden. Soon after completing the search of an allocated area, the Team heard that the body of the man had been recovered by the police elsewhere. Our thoughts are with the man's family and friends.

**99. 11th November 2023 17:41 The Swirls, Helvellyn**

A walker, descending towards The Swirls car park, had sustained an ankle injury. The casualty was helped down by members of their party. A Team doctor arrived independently on scene, assessed the casualty, and gave some pain relief. Other Team members were stood down.



## Incident Reports 2023

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### 100. 24th November 2023 13:40 Haystacks

Cockermouth MRT was called out to help a woman who had an injured knee and ankle. Keswick MRT assisted with the stretcher carry to the Teams' vehicles at Dubs Hut above Honister Pass.

### 101. 1st December 2023 14:51 Souther Fell

A woman suffered an ankle injury.

### 102. 2nd December 2023 14:45 Combe Gill, Glaramara

Three climbers were in Combe Gill when one slipped and fell, injuring his knee. He had also landed in the gill and so, immobile in fading light and dropping temperatures, the three climbers realised he was now at increased risk of hypothermia. Unable to get a mobile signal in that area, one of the climbers started the long walk to the phone box at Seathwaite to call for help, while the third stayed with the casualty using additional kit to keep him warm. The Team had to decide how to extricate the casualty. An Air Ambulance was available, but, unfortunately, could not land near to the casualty site. A Coastguard helicopter had also been alerted. Hovering above the site, the Coastguard helicopter was able to drop a winchman into the gill to allow an assessment of the casualty. The casualty was subsequently winched and airlifted to hospital. The

Team rigged a rope rescue system to retrieve the third, uninjured, climber.

### 103. 2nd December 2023 22:18 Sprinkling Tarn, Seathwaite Fell

A man camping at Sprinkling Tarn was reported as being unwell with vomiting, shivering and headache. Information received was sparse, and it was difficult to obtain further details. Direct communication with the man also proved difficult. Cockermouth MRT was asked to assist the Team. When the two MRTs reached the casualty's tent at Sprinkling Tarn, he said he had been feeling hypothermic, but had now recovered. He had not realised his message had been received and acted on. Glad that the man was feeling well, the MRTs left him in his tent and returned to the valley.

### 104. 28th December 2023 13:49 Helvellyn

A walker on the way up Helvellyn from Swirls carpark came across an unresponsive man close to the main footpath. The walker called 999 and the Team responded whilst also requesting Coastguard helicopter support. Attempts were made to resuscitate, but sadly and despite best efforts, the man could not be saved. Our condolences go to the man's family and friends.



Incident 100 - Haystacks.



The Team was saddened to hear the news in October 2023 that former Team member Brian Martland had passed away.

Brian had been a long-serving Team member, having joined the Team in 1961, he left in 2004, (although he was away between 1967 and 1985). He had a career as a teacher and an outdoor centre instructor, and brought his skills to the Team, along with an expert knowledge of the local fells. He was a very warm, generous, and friendly character, maintaining a keen interest in the Team and its personnel.

He was Team Secretary 1963-1967, and Collection Box Co-ordinator for many years up to 1997.

After leaving the Team, Brian updated the 'Call-Out' book by George Bott, which had covered the first 50 years of the Team's history. The book now included an extended history of the Team for the years 1997 to 2005. The updated book was published in 2006.

At his funeral at Crosthwaite Church, a large number of Team members, current and retired, were present. Together with his family, and with a number of friends, this meant that the occasion was very well attended. A recognition of all the respect and affection felt about Brian.

Continuing thoughts and sympathies of the Team are with all his family.

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*Incident 80 - Great Gable*



**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