

Keswick Mountain Rescue Team

RESCUE REPORT 2025



Introduction

Welcome from Keswick Mountain Rescue Team to our 2025 Rescue Report.

This Report includes a record of the Team's activities throughout 2024. The Team was founded in 1947, and so in 2025 the Team is in its 78th year of service.

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. We are available to respond to a call 24 hours a day and 365 days a year, and in all weather conditions.

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 graphs in the Report show how the incidents in 2024 have been spread across the days of the week, throughout all twelve months, and across different times of the day. The total

number of callouts was a record at 146, and with a further 34 alerts (incidents that were managed without a Team deployment), the latter taking considerable additional time to resolve.

As in all years, the types of incidents vary greatly, and 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.

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

and linktr.ee/keswickmrt

and see the Team's presence on

facebook.com and **Instagram.com**

Cover photo: Incident 142 – Cat Gill, Walla Crag



Incident 24 - Calfhow Pike.

Keswick Mountain Rescue Team 2025



President	Mick Guy
Chairman	James Lamb
Team Leader	Chris Higgins
Deputy Leaders	Phil Blair Craig Dring Adam Edmondson Dave Hill
Treasurer	John Hunston
Secretary	Peter Little
Membership Secretary	Jenni Whittaker
Member Trustees	Mathew Bazire Jonny Hume
Base Managers	Charl Erasmus John Hunston
Collection Boxes	Jeff Powell Davies Paul White
Data Officer	Peter Little
Equipment Officers	Jonathan Hughes Jonny Hume Tom McNally
ICT Officers	Rob Grange Nick Grieff
Medical Officer	Tim Hooper
Radio Officer	Alan Prescott
Report Officer	Peter Little
Safeguarding Officer	John Ferris
Social Media Officer	Alex Croall
Social Officers	Charl Erasmus Jonny Hume
Technical Ropework Officer	Steve Hepburn
Training Officers	Dan Jordan Phil Rutherford Jenni Whittaker
Vehicles Officers	Adam Edmondson Adrian Holme
Water Officer	Alasdair Boden

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

Team Leader's Report

146 rescues in 2024 – a record for Keswick MRT and one we would prefer not to beat. Each rescue signifies that someone has been in difficulty, or pain and often both, and that's something none of us want. We try to put out a message of self-help, be prepared, be equipped and have adventures within your own limits, be that walking, climbing, biking, paragliding or whatever you choose to do outdoors. However, on occasions, unfortunate things happen to any of us, and we are more than happy to help, so happy that we do it unpaid 24/7, 365 days a year! If we didn't enjoy it, we wouldn't volunteer.

The mountains and lakes, paths, tracks and rivers are for everyone and fortunately that means there's no test to pass or hurdle to get over. We acknowledge and welcome more people from different backgrounds, sometimes with little or no experience, who are getting out in the hills and broadening their horizons, improving their fitness, enjoying the scenery and getting all the benefits of being outside.

Whilst we undoubtedly get occasional calls from people whose situation may seem 'benign' to some, none of our calls are from people who have said to themselves – "I don't need help, but I'll call for mountain rescue". The people on the hill feel that their situation is beyond their capability, whether that be through an injury, not knowing where they are or feeling out of their depth and frightened. All of our calls for help are genuine, it's just that some people need help and support at an earlier stage than others – hence they call on those who can help and shouldn't be criticised for it.

Many of our rescues are uncomplicated and present little difficulty or danger to the team. However, not all are like this; in 2024 we helped several people with life threatening multiple trauma and others stuck in steep and technical terrain such as on Sharp Edge. It is for these that we need the very highest levels of expertise. Team members attend regular Thursday night training evenings, usually provided by subject experts within the team itself as well as dedicated external technical courses. Additionally, we use the 'simple' rescues to provide excellent training opportunities for the more complex ones.

Unlike many countries with professional rescue teams, mountain rescue in the UK relies



Chris Higgins.

on everyday people to step up and volunteer. The high level of skill and professionalism of these volunteers is testament to their dedication and self-sacrifice (and that of their families), their eagerness to help others, their love of the mountains and their commitment to each other and to being part of the team.

We are a group of disparate individuals working together towards common goals. While this is what makes a successful team, it doesn't just happen without effort. Each one of us brings differing levels of knowledge, skill, experience, availability, distraction, personality traits and commitments outside the team and it is testament to everyone's willingness to make the team work that makes us what we are. The team building and bonding primarily happens by us spending time together on rescues, at regular training sessions and the occasional social events (when we are not too tired from all the rescues and training!). Simply spending time together is the best way to build relationships and strengthen the team. This also forms an essential part of our risk management processes.

As with all organisations, we have risk assessments that we use to then identify measures we can put in place to minimise the risks, which, as

Team Leader's Report

you can imagine with a mountain rescue team, are significant. As well as having the right equipment such as harnesses and helmets when operating on crags, and crampons and ice axes for snow, first and foremost in our risk management is our recruitment, training and deployment of the right people. Whilst we receive many applications a year to join the team, we select experienced outdoor men and women who can look after themselves in the hills. Any new 'recruits' undertake a year long probationary period, during which they receive many hours of training and get plenty of opportunities to learn from experienced team members when out on rescues. The probationary period also serves as a very lengthy interview! This time allows the team to establish whether you are

the 'right person for the job' – getting involved with rescues and in training is a fundamental part of becoming a safe and capable member of the team. On rescues we get to see everyone's strengths, acknowledge what other members contribute, recognise their skills compared to our own and appreciate what they bring to the group. We also can recognise where our own set of skills can complement another's, understand when it's best to step aside, identify when we can offer help and support and know where we each fit into the puzzle. This is why it's also important for full team members to get out on as many rescues as they can. Over time skills fade and new ways of doing things evolve and everyone has the potential to 'drop the ball' if not using their skills regularly.



Incident 84 - Scales Tarn, Blencathra.

Team Leader's Report

Whilst 146 rescues may seem a burden, it serves as an opportunity to bring together this group of individuals who can be called upon to go into very hostile conditions, to perform some highly technical operations with potentially life changing outcomes and do it safely. The more rescues and training we do together the safer, more efficient and more effective we become.

It is always with sadness that we say goodbye to any team member, who, for whatever reason is hanging up their red jacket. During 2024 we have said goodbye to Alan Barnes, Chris Gillyon, Robin Saxby and George Lloyd – each of them having contributed an immense amount to the team. The four of them have been responsible for helping move things forwards in all areas, given so much on rescues and as much again to the day to day running of the team.

Alan Barnes - a super strong all-round mountaineer, climber in summer and winter, former outdoor professional who retrained to become



Incident 85 - Fisherplace Gill, Thirlmere.

a paramedic with the ambulance service Alan was a team member for ten years and as well as being involved in over 250 rescues was a training officer who passed some of his knowledge and experience to so many of us.

Chris Gillyon - another super strong all-round mountaineer, capable in all environments, an outdoor professional who continues to deliver training to national standards in the mountains and rock faces across the UK. Chris was a team member for twenty years and was involved in nearly 700 rescues and as a former deputy team leader Chris was responsible for leading some very challenging rescues over the years. In recent times Chris was invaluable in being the team lead whilst we had our base extension completed – not without its challenges. Chris gave more than anyone will know to getting our state-of-the-art facility to being what it is.

George Lloyd - another strong (the benefits of youth!) team member. Very capable in the mountains, George brought a sturdy back, strong legs and steady pair of hands to any rescue he was involved in. George was a team member for ten years, contributed to over 350 rescues and gave his time as team equipment officer for much of his time as a team member – the fact that we were so well equipped to face the challenging conditions we go out in is testament to the efforts of George and other equipment officers

Robin Saxby – highly skilled and experienced in outdoor medicine, Robin brought so much to our team when he moved to Keswick five years ago from Oban MRT where he had been a member for over twenty years. Being a former nurse, an advanced first aid trainer and Cumbria First Responder it was great to know Robin was on a rescue with his many years of experience, particularly with anything medically 'challenging'. Robin's 260+ rescues in his five years has been an outstanding contribution and we also want to recognise Robin's commitment to helping train team members in all aspects of Casualty Care – the mountain rescue first aid course. As well as delivering sessions during our regular Thursday evening training, Robin went out of his way to offer additional sessions, support anyone who was struggling and brought people up to the high standard we are now.



Incident 102 - Lonscale Fell.

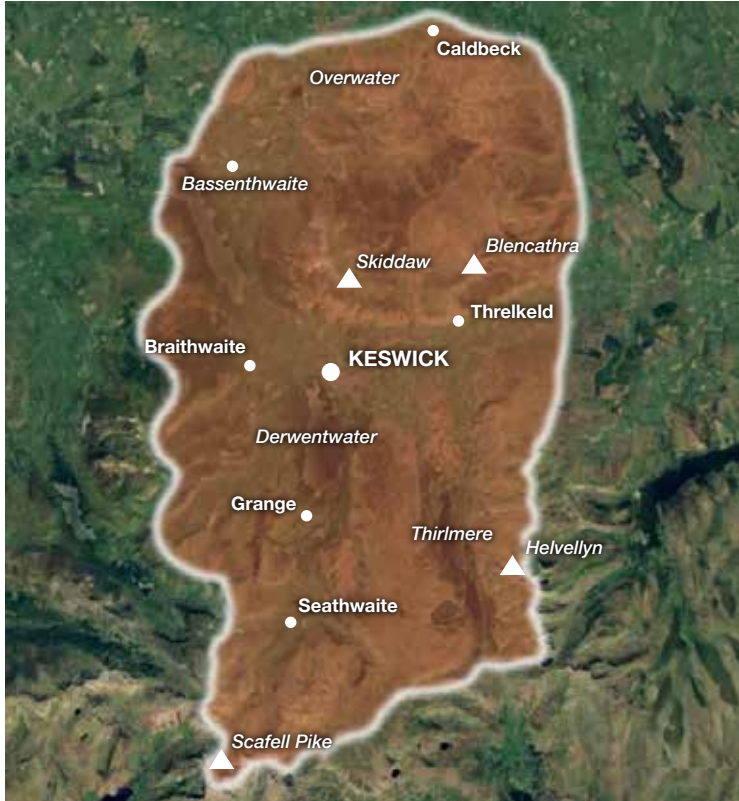
I wish to thank Alan, Chris, George and Robin for everything they did for Keswick MRT over their years as team members - your contributions have helped move the team to where it is today - a high quality, modern and progressive, quasi-professional team with skills, equipment and a base to be proud of.

Thank you to everyone who makes any form of donation to the team. The money you give allows us to focus on training and rescues rather than having to rattle a collection box and really eases the burden on every team member. The combination of the money we receive from your donations and the time given by the team members means that we can offer everyone such a capable and dedicated mountain rescue service.

I'd finally like to express my sincere thanks to everyone in the team (and their families, friends, employers and any others) who continue to contribute to the strength of Keswick MRT. Your ongoing commitment to those in need out on rescues, to help train and equip each other, to ensure there are enough tea bags, diesel in the vehicles and that our radios work (amongst all the many other things that go on behind the scenes), to move things forward as an organisation and your support for each other on and off the hill. Your contributions to all things Keswick Mountain Rescue are immeasurable and as team leader, speaking on behalf of everyone in our team, I would like you to know how much everyone appreciates your efforts. Thank you all.

Chris Higgins

Area of Responsibility



Sty Head stretcher box at OS Grid Ref NY218095 - box and contents maintained by Keswick MRT



The Team was saddened to hear the news in January 2024 that former Team member Des Oliver had passed away. Des had been a long-serving Team member, having joined the Team in its early years, in 1951, and retiring from the Team in 2005.

Des was Team Quartermaster from 1953 to 1964. He had a Leader role from 1951, and was a Committee member from 1954, although it is unclear from Team records how long he was in those positions. What is clear and well-known is that Des was an outdoor activities expert in many fields, including mountaineering, fell-running, and skiing. He brought his skills to the Team, along with a connoisseur's knowledge of the Lakeland fells.

Des was a Lake District National Park Warden (then Ranger) for many years, and this role was naturally complementary to his Team membership activities. For many years, Des was present at the summit of Great Gable on Remembrance Sunday,

and, after a few words to the walkers assembled there at 11am, called for the two minutes silence.

Des was a warm, generous, and friendly character, and after his retirement from the Team still felt an affinity with the Team and followed its activities.

He wrote many articles for the annual report of the Team through the years, and articles for publication elsewhere. These writings demonstrated his insight into, and reflection upon, mountaineering and mountain rescue work.

At his funeral at St. John's Church in Keswick, many Team members, current and retired, were present. Together with his family, and with friends and acquaintances from the Keswick area, and beyond, this meant that the occasion was very well attended. A recognition of all the respect and affection felt about Des.

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

Pre-probationer Hill Day (January 2024)

On a bright and cold sunny day, the prospective team members, “pre-probationers”, joined with current Team members in Borrowdale for a hill assessment day out.

The purpose of this day is to ensure that potential Team members have the necessary experience, skills, and fitness to look after themselves while out on callouts. Typically, on a callout Team members carry large bags of equipment up steep slopes in all weathers and any time of day or night.

So, the candidates were tested on movement

over steep ground, navigation and decision making over ground that is typical of the Team’s normal area of operation.

Each candidate was given micro-navigation tasks as the combined group made its way up the fell.

After such an assessment day, all being well, potential Team members are invited to attend training sessions over a period of about 3 months to get to know more about the Team and for the Team to show them what being in Keswick Mountain Rescue Team involves.



Pre-Probationers Hill Day - 7th January 2024

Base extension official opening (April 2024)



Official Base Extension Opening (April 2024)

On the 21st of April 2024 a crowd of invited guests gathered to officially celebrate the opening of the new extension at the Team's base. Rock climber and mountaineer Leo Houlding said a few words before officially opening the base.

The building work had been completed some months previously, but it had taken some further time to attend to the necessary transformation of the interior.

The extension was necessary because of the growing demands placed upon the Team in terms of the number and variety of rescues.

There is more space for storage and training, and increased capability, generally. The base now also serves as a Silver Command Centre and thus is a centre to coordinate responses to multi-agency events such as major weather-related incidents, for example floods.

Eventful Days

Each year training courses or special occasions, such as the pre-probationer hill day, fill many dates in the Team calendar. When a callout is going to occur is, of course, unpredictable, as shown in Team records. For example, the year 2005 held the then record for busiest year, with 88 callouts, but in that year there were no callouts for over seven weeks, between 14th January and 6th March.

2024 proved to be a record year for the number of callouts, with a total of 146 spread across the 12 months. The Team sometimes finds itself dealing with more than one incident in a day. In 2024 there were 23 days with 2 callouts, and 2 days with 3 callouts. Sometimes, callouts happen concurrently.

As the Team has attended more and more incidents, assistance is often requested from neighbouring mountain rescue teams, and the opposite often happens too, with the Team responding outside its usual area of responsibility.

Joint training meetings and other meetings facilitate interoperability with neighbouring MRTs.

The sixth of November 2024 was a busy day for the Team, with Team members attending 3 callouts. The first callout was to assist Penrith MRT, and other rescue teams, in the search for a missing man in the Pennines area. The second callout was a search for a missing woman on Steel Fell, which involved working together with Langdale-Ambleside MRT. The third callout was to attend to a man who had fallen while climbing at the Bowder Stone in Borrowdale. At this point, with all the four main rescue vehicles out of the Base, either being deployed to the Steel Fell rescue or with Team members attending a 4x4 driver training course, the Team used the Water Rescue vehicle, along with Team members attending directly to the scene. An eventful day indeed.



Incident 129 - Bowder Stone.



Exercise with Norwegian rescue service personnel at Fisherplace Gill, (29th September 2024).

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.

In 2024 a training and competencies group of Team members worked on a project to update probationary recruitment, member training and competencies.

When planning training, specific objectives are generally made for each training session. So, throughout the year the training programme was based on team needs taken from a developing list of competencies.

The early months of the year had a focus upon the Remote Rescue Medical Technician (formerly Casualty Care) course, with a June exam for the advanced first aid skills and treatments covered by the course.

A new course for 4x4 driving was taken-up by the Team towards the end of the year, and this is ongoing into 2025.

While the circumstances of every callout will be

different, we have a popular area of the Lake District to cover, and the types of callouts presented are identifiable for practice purposes, and the Team attends recurrent accident “black spots”, (for example, Sharp Edge, with three incidents in 2024, within the total number of callouts on Blencathra of 15 in 2024).

Within the Team’s area of responsibility popular attractions can develop, with an increased potential for calls for help. An example of this is Fisherplace Gill at Thirlmere, with three incidents last year.

Training with other mountain rescue teams, and with other agencies, has many benefits, including learning from each other’s practices and approaches, and how best to coordinate a rescue when working together. The Team frequently operates with neighbouring teams in the Lake District.

In 2024 Fisherplace Gill was the location for an exercise with a team of guest Norwegian rescue personnel.

Medical Report

The medical team has over 10 health care professionals including nurses, paramedics, GPs and emergency specialists. This provides a huge breadth and depth of experience and expertise to draw upon. However, we have to be careful that our highly trained non-medical team members are allowed to maintain their skills especially those who are first on scene managing complex injuries while awaiting expert help. Additionally, the number of other agencies we interact with has grown steadily to include HM Coastguard, the Ambulance Service, at least two air ambulance services along with occasional contact with event medics.

Accordingly, we have worked to streamline our response leaving a small number of casualty carers with the patient and a 'Casualty Master' who may be a medic, overseeing and directing the medical care. This is helping to provide greater clarity on scene along with smoother handovers to other agencies.

Our new touch screen Schiller monitors are performing well, even in the watery Lake District conditions. They become especially useful when managing casualties with the more severe injuries and illnesses who may require advanced interventions from members of the medical team.

Our ageing medical rucksacks have finally been replaced by Aiguille who have provided an excellent bespoke product which can withstand very heavy usage. There is a



Incident 61 - Blea Crag, High Spy.

complete set of medical kit in 2 rucksacks for each of four vehicles all ready to go. We have invested in a duplicate set of training sacks in order to upgrade our training to meet the demands of callouts which seem to be escalating in numbers and complexity year on year.

A magical green whistle is now to be found among the medications we carry. Pentrox has been used in Australia

for many decades but only recently licensed in the UK. It is in fact an old-fashioned volatile anaesthetic which provides good pain relief delivered by an inhaler often known as a whistle. It requires no needles, it is of rapid onset, and Keswick MRT adopted it after successful field trials among Lake District Teams. One of its most attractive features is perhaps that it is very light to carry!

Tim Hooper

In line with our overall statistics 2024 was a busy year for our water rescue team at Keswick Mountain Rescue. With everything from lost kayakers, searches for paddle boarders as well as river rescues.

2024 saw us draw closer ties to the coastguard. As the coordinating rescue authority for lake rescues the Coastguard have reached out to all its available assets for lake rescues and Keswick Mountain Rescue Team has been playing a leading role in cross agency cooperation.

In March this culminated in a large multi-agency search exercise, on Derwentwater, including the Fire and Rescue Service and water rescue teams from the west coast. The exercise not only expanded our experience of working with multiple agencies but brought a greater working relationship with all the other agencies that would be involved in a water rescue.

Shortly after the exercise we had our first lake rescue of the year when a paddle board was found washed up on the lake shore. With no contact details of the owner a large search begun across the lake involving the teams from the previous months exercise. Thankfully the owner was found safe and well.

2024 also saw many team members revalidate their Swift Water Rescue training. This means we are ready for not just a river rescue, but also in case of a flood, both here or around the country.

Moving into 2025 we are again working with the Coastguard and other local rescue teams to improve our water rescue effectiveness through a greater joint training programme.

We would like to thank Derwent Water Marina for their help and assistance through both training and lease of safety vessels.

Alasdair Boden



Exercise on Derwentwater.

Animal Rescue Report

Every year there are accidents involving dogs on the fells of the Lake District, including dogs getting stuck on ledges, falling over crags, and damaging their paws. In 2024, the Team attended to several incidents involving dogs.

The Team would advise that there are several safety tips for taking dogs on the fells. Consider the terrain your dog is used to and be aware of the risks of walking in the fells with dogs not used to rocky terrain. When walking your dog in hot weather, you can keep them cool and safe by taking frequent breaks and providing plenty of water. Find shady spots to rest. Take shorter,

less intense walks, avoiding strenuous walks when temperatures are high.

The Team also undertakes the rescue of sheep. One such rescue was carried out in November 2024. A Herdwick sheep had become stuck on a rocky ledge in the Langstrath valley.

A farmer in Borrowdale called the Team for help. The Team rigged a rope system to lower two team members to the sheep. The sheep put up some resistance, but the team eventually harnessed it and hauled it to the top of the outcrop. The sheep was released and trotted off to greener pastures.



Sheep Rescue - 28th November 2024.

Dash is the new addition to Keswick MRT and a Stage 1 trainee search dog with the Lake District Mountain Rescue Search Dogs.

I met Dash, a short haired black and white border collie puppy at a friend's farm along with three of his siblings two years ago in snowy January 2023, as I left he was the one staring up at me, wiggling and squeaking while the others were eating. At the time I wasn't planning on getting another dog to train as I had only recently lost my last search dog Bracken and was still very upset. However, after meeting Dash a few times I knew he was meant to be with me. Dash was 12 weeks old when I picked him up on my birthday and brought him home.

Dash is from working lines and has been adventurous and confident from the start, eagerly exploring and getting himself into trouble. He was quickly adopted by Lily my other border collie who made his place clear by placing a paw on his head and squashing him though he bounces back like he's on springs after whatever she does to him. They have been great friends ever since chasing and play fighting with each other. Dash loves people and has a keen sense of smell, picking up on human scent well before I could see them, making squeaking noises and wagging excitedly.

Dash loves people, balls and tug toys, staring at the moon and standing in water though he hasn't swam yet. A typical quirky and lovable border collie! He passed his obedience and



stock test in February 2024 to become a trainee search dog and is doing very well. This last year Dash has been trained to bark spontaneously when he finds a person and is now returning to indicate back at me and take me to them.

I look forward to taking Dash into this next year where training

will be about maintaining the indication and widening out the search areas over more difficult terrain and hopefully towards assessment.

If we are successful, Dash will be my fourth search dog I have trained and worked to help find missing people.

Elly Whiteford

Search Dog Isla

Search Dog Isla was retired in Spring 2024

After much deliberation and with mixed emotion, I report my sadness that it was time for Isla to 'rest up and retire from the operational call-out list' on her twelfth birthday. Here I look back over her search career.

Isla, a relative of several search dogs before her such as Ginny, Skye and Einich, was born on 2 June 2012. Breeder Lorna taught her well during her first few weeks and picked her out for me as a potential search dog from the litter of six, as she showed calmness and a 'very good nose', even at the age of four weeks: traits which she has kept. She moved in with the family at ten weeks and settled well, picked up the obedience training over a few

short weeks and went on to become a trainee search dog with the Lake District Mountain Rescue Search Dogs at six months old. It took a while us to work out exactly how to work together but, finally we graded as a search team in December 2015. I haven't kept detailed logs on the number of call-outs we made as a pair, but there's been a few and Isla had several finds during her time — one on our very first call-out up above Kirkstone Pass. Perhaps the most notable find was on New Year's Day 2024, near Sty Head, for which she earned a TV appearance and much media coverage. She'd gone off on her own while several team members and I were discussing the next phase of our search strategy. Turned out

the next phase was to walk the casualties off the hill! So, it was extra treats that night...

In another find, one cold wet night on Glaramara, Isla made the strike from a long way off, indicating very strongly to bring me to the pair of lost walkers — much to everyone's relief. Of course, the bulk of a search team's work is to clear areas of hillside with no finds at all. As I worked with Isla and did a lot of this, I was confident she had done the task in the areas we were asked to work in.

Much has been made of Isla being 'a Labrador in Collie clothing', as she is very food-oriented, always looking for her next biscuit.

On training events our dogsbodies have tried in vain to engage Isla in play with a tennis ball or similar, but she would just sit and wait for food, no doubt thinking 'What's this fool doing messing about with a ball?' This trait will doubtless continue as she seems to know exactly how to get a treat from almost anyone.

It is arthritis in her paws that has been the decision maker with the retirement of Isla, the mind is still willing and she's still as keen. Every time the phone goes with the dedicated rescue team tone, she's at the door, tail wagging. But, alas, the pain is just becoming unmanageable on the rough terrain we're generally asked to work in. May the terrain now be soft and easy-going underfoot, and the treats be all the more tasty.

Happy retirement my beautiful girl.

Martin Bell



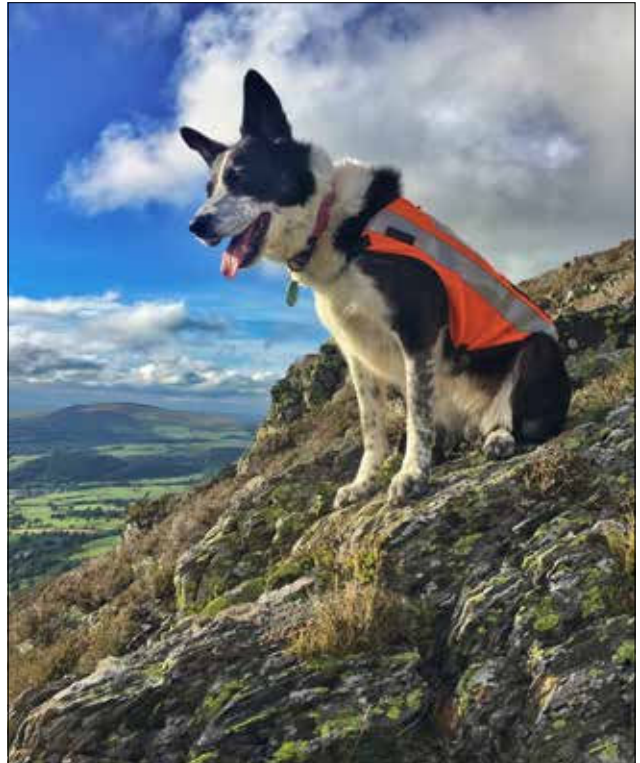
One of our long-standing search dogs. RIP Rona.

It is with great sadness that I report that Search Dog Rona passed away in March 2024 at the great age of 14, at home with her family.

I never officially retired Rona, this is mostly because she and her half-brother, Broch, were graded to work as a team. It meant that as she got older, I could just choose the easier searches for her. Many will remember her as an independent feisty old lady who loved the attention of people, but less so the attention of other dogs. She was well known for having a piercing bark that would leave many bodies with ringing ears after a find, but despite her propensity to bark at every opportunity that wasn't always the case, as in the beginning, she wouldn't bark at all! After many years of dedication, we graded in November 2016.

There are many highlights in her career, including several good finds over the years, notably an 87-year-old during storm Hector in June 2018, and a gentleman on Heron Crag in July 2021. We also had great international opportunities as she attended avalanche training in 2016 in Chamonix with the French police and border guards. As well as having the opportunity during ICAR in 2019 to, amongst other things, join me down a fairground slide with her on my knee, and negotiate a Tyrolean traverse, as part of a demonstration about working under pressure.

Snow was definitely her favourite place and she became



quite infamous on the winter courses, for not taking the easy route and going through the door like every other dog, but picking up where the scent was strongest and usually digging straight through the ceiling, even if that took over half an hour, finally breaking through and falling on the poor unsuspecting body inside. I was touched when one of the Norwegian assessors said, "That's the dog I want to find me!" if they were ever avalanched.

I have to say an enormous thank you to all the people involved in her career. From all the bodies who might be slightly deaf, to the assessors, who

demonstrated unbelievable patience during training, and the many other people that make the search dog association great. And to Millcroft Vets for their love, care and professionalism.

To donate and help us train search dogs like Rona please donate here, we are totally funded by your donations

<https://lakes-searchdogs.org/donate/>

To buy a well-earned coffee for a search dog team that has been out all night please donate to our social fund

buymeacoffee.com/doglovers
Rob Grange

Collection Boxes 2024

Another good year for the collection boxes, with over £22K raised, an increase on the previous year. It seems that cash is still being used, despite the modern technology that we now all have to make cashless purchases.

We can only operate with the very kind support from members of the general public and your donations. Every penny is appreciated, and it does cost a lot to run the team, especially in very busy

years such as 2024.

Many thanks to all the collection box holders. There are over 200 boxes in and around town, in various establishments, such as guesthouses, pubs, shops and cafes. Several of the box holders have raised fantastic amounts by running quiz nights and baking cakes to sell to their guests.

Thank you for your continuing support..

Paul White

Please Support Us

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

Just Giving – Follow the link from the website

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

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Derwentwater Marina	Mill Inn	Twa Dogs Inn
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Treasurer's Report

The team has had a good year from a financial point of view, and I must thank all our regular donors for their continued support, as well as those who have given as a result of being rescued. We have also received some legacies, which again have turned a small shortfall into a surplus for the year.

More and more people are using online methods of giving and fundraising for us, in particular Just Giving, but cheques and cash in our collection boxes are still important sources

of income. Regular donors give by standing order or an annual cheque, and now via Just Giving too.

I am looking to retire from the team in two years' time when I will be 70 and relinquish my role as Treasurer in February 2026 at our AGM. I have built up some lovely relationships with those who have shared their stories when sending money and I will miss corresponding with them.

John Hunston

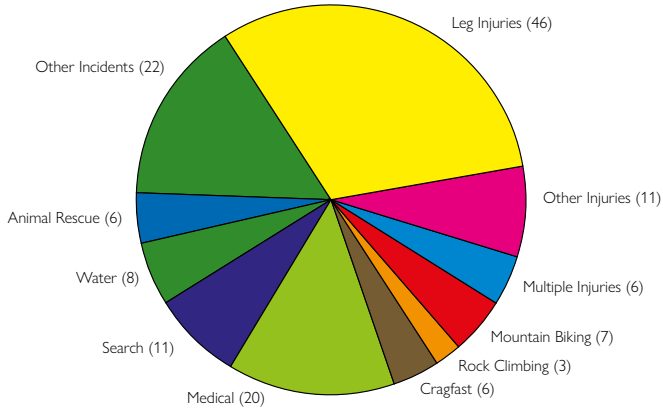


Incident 10 - Greenup Edge, Borrowdale.

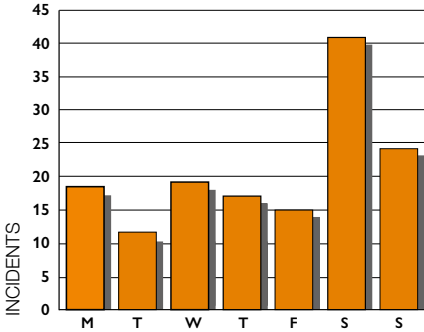
Callout Statistics - 146 Callouts

INCIDENT TYPES 2024

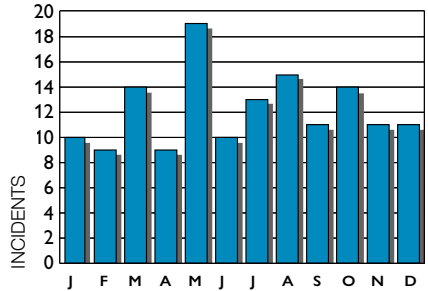
Figures in brackets refer to number of incidents, not percentage of incident types



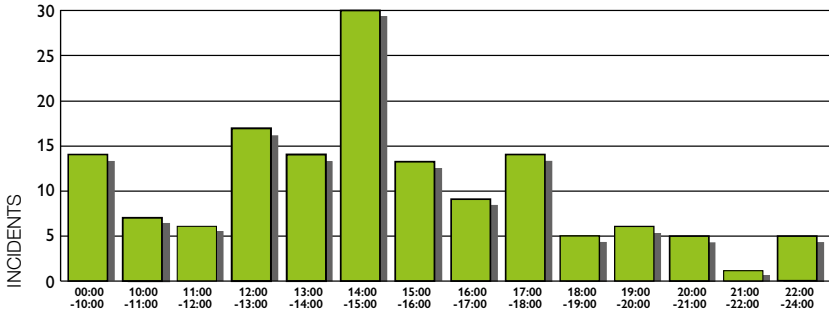
DAYS OF THE WEEK 2024



MONTHS OF THE YEAR 2024



HOURS OF THE DAY 2024

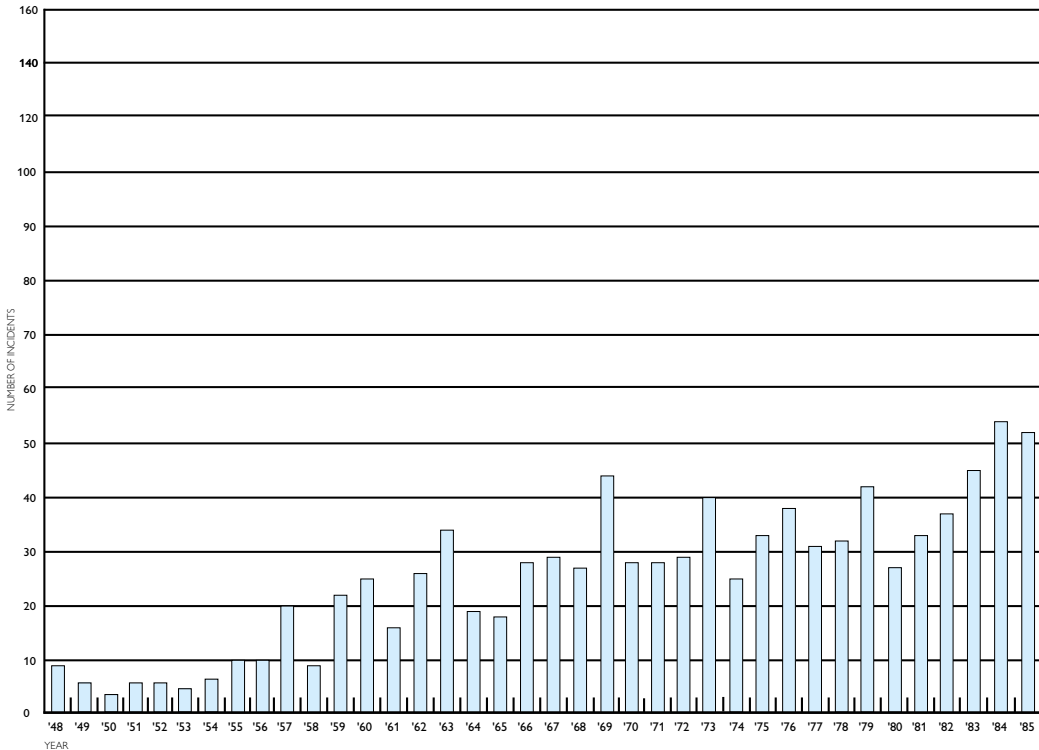


Number of Incidents Per Year



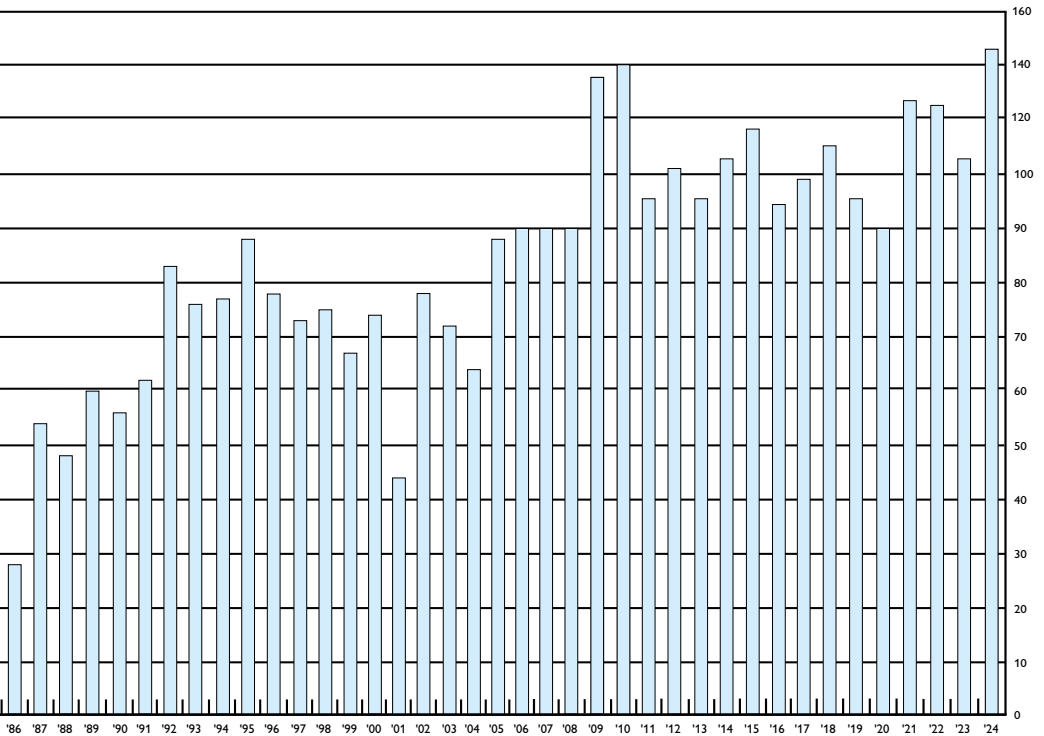
Incident 134 - High Seat.

KESWICK MOUNTAIN RESCUE TEAM 1948 - 2024





Incident 136 - Brundholme Woods, Keswick.





Incident 7 - The Swirls, Helvellyn.

01. 1st January 2024 07:30 Cross Fell area, Pennines

Keswick MRT was called by Penrith MRT to assist in a search for a missing fell runner, who had set off on a planned long run on the morning of the 31st of December and had not returned. Many local MRTs were involved in the search, including local dog teams, and teams from away. Keswick MRT was assigned an area to the north of Littleedale, over Moray Hill and Wildboar Scar, reaching Crowdundle Head. The team was stood down when the missing person was found. Tragically, nothing could be done to save the man. Our deepest condolences go to his family and friends.

02. 1st January 2024 14:20 Seathwaite

A man had become separated from his walking partner on Base Brown, and was concerned that he had had an accident. Following discussion with the Team, the man was asked to return to where he last saw his friend, shouting for him, before making his way to their vehicle at Seathwaite, in case he had managed to go round him. Two Team members went to Seathwaite to investigate and immediately found the missing man waiting by their car.

03. 1st January 2024 14:31 High Tove

A man had suffered a broken ankle, while close to the top of High Tove. The Team approached from the Thirlmere side of the fell, and from Watendlath. A Coastguard Rescue helicopter, having just dealt with another Lake District casualty, offered to help. The helicopter took the man to hospital, and dropped off his partner in Crow Park, Keswick.

04. 9th January 2024 13:55 Cat Bells

A woman slipped on the fell, above Yewthwaite Gill, and suffered a lower leg injury.

05. 13th January 2024 12:45 Springs Wood, Keswick

The Team received a request to assist the ambulance service at Springs Wood, Keswick. Passers-by had reported that a man had suffered a suspected cardiac arrest while mountain biking up the trail. An ambulance crew along with an Air Ambulance crew were already providing emergency medical assistance. The Team helped to transfer the casualty to the ambulance. Unfortunately, despite everyone's best efforts, the man could not be resuscitated and later died in hospital. The Team's thoughts are with the man's family.

06. 14th January 2024 14:30 Dodd Wood

A group of walkers was near to the summit of Skiddaw, when one slipped, and suffered a possible collar bone fracture, as well as an injured lower leg. With the aid of some passing walkers, the group managed to help the casualty down to the Dodd Wood forest. Here the Team assessed the injured person. She was then driven down to their car for onward transfer to hospital.

07. 15th January 2024 13:49 The Swirls, Helvellyn

A couple descending Helvellyn were a few hundred metres from Swirls car park when one slipped and injured her ankle.

08. 17th January 2024 15:19 Spooney Green Lane, Latrigg

A woman slipped on an icy path and suffered a lower leg injury.

09. 18th January 2024 16:58 Skiddaw House, Skiddaw

Two men had become lost while descending from the summit of Skiddaw. Intermittent phone signal eventually allowed a Phone Find to establish their location towards Sale How, above Skiddaw House. They were advised to head towards Skiddaw House. The Team approached from the Glenderaterra valley and helped the men down.

10. 20th January 2024 14:42 Greenup Edge, Borrowdale

A man called for assistance having underestimated the wild conditions on a walk from Rosthwaite to Grasmere. A Phone Find located him on Greenup Edge. The Team brought him down to Borrowdale.

11. 8th February 2024 10:49 Highpark Wood, The Swirls, Thirlmere

A man started feeling dizzy and unwell shortly after setting off on a walk from Swirls car park. His walking companion led him to a nearby bench where he lost consciousness for a few minutes. The casualty was given a quick assessment at the

scene by a team medic before being wrapped up for the short stretcher carry to an awaiting ambulance. Many thanks to the Langdale Ambleside MR team member who was on scene by chance.

12. 10th February 2024 15:49 Hindscarth

A woman had slipped, while descending the north ridge of Hindscarth. She injured an ankle and was unable to weight bear. The Team treated the injury, and then the casualty was stretchered down on the east side of the ridge.

13. 17th February 2024 08:38 Sharp Edge, Blencathra

A woman had fallen approximately 20m down a gully on the north side of Sharp Edge. Although suffering multiple injuries, she had managed to stop herself falling further. She was also fortunate to have received first aid by a passing Royal Marine, whilst awaiting MRT support. Penrith MRT and Coastguard helicopter assistance were requested.

A safety line was established to get Team members with rescue equipment along the Edge. A twin rope system was then set up to enable the treated and packaged casualty to be lowered down the gully, to a doctor from Penrith MRT. A stretcher carry was necessary to a point where a Coastguard helicopter could land and airlift the woman to hospital.



Incident 13 - Sharp Edge, Blencathra

Incident Reports 2024

14. 18th February 2024 10:10 White Side

A man slipped while descending a path off White Side, resulting in a probable broken lower leg. An Air Ambulance landed on nearby Brown Crag, and the crew provided pain relief and treatment to the man. Keswick MRT stretchered him to the helicopter.

15. 19th February 2024 12:28 Lodore Falls

The ambulance service reported that a man was having a seizure, and vomiting, on the path beside the Lodore Falls. The Team attended and searched the area but could not find the casualty. The Team then received a message from a Team doctor that the casualty's family had self-rescued and managed to get the man to Keswick Hospital.

16. 25th February 2024 14:02 Blencathra

A paraglider crashed near Foule Crag. An Air Ambulance and a Coastguard helicopter deployed and lifted Team members close to the casualty location. RAF Leeming MRT members were training in the area and responded. An Air Ambulance doctor and Keswick MRT member were lowered to the paraglider pilot, but, unfortunately, nothing could be done to save the man.

Our thoughts and deepest condolences go to the man's family and friends. He was a well-known figure in the lakes paragliding community, and a friend to several Keswick MRT members.

17. 27th February 2024 08:26 Blease Fell, Blencathra

A woman slipped and tripped, going over badly on an ankle. The Team provided analgesia, before the ankle was splinted. The Team then stretchered her down.

18. 27th February 2024 15:33 Castle Head

A man slipped near the top of the hill and tore a tendon in his knee. A Team doctor assessed the

man's injury, and pain relief was given before the Team stretchered him to the nearby Team Base, from where his walking friend collected him for onward transport to hospital.

19. 29th February 2024 07:00 Piers Gill, Scafell Pike

Wasdale MRT requested support in a search for a missing man in the Scafell Pike area. Various MRTs responded, and Keswick MRT was tasked with the main paths from Seathwaite up to Esk Hause, and on to Great End and Broad Crag. At Esk Hause the Team was alerted to a 'find' by Cockermouth MRT in Piers Gill, and the Team was asked to support their efforts in a rope rescue extraction.

It seems that the man may have taken a wrong turn down Piers Gill, and injured himself, after a fall while in the gill. He was fortunate for his shouts to be heard by Cockermouth MRT members who were ascending the rim of the deep gill.

After the man was hauled out, a Coastguard helicopter made several attempts to airlift the man, but had to abort, due to low cloud. A stretcher carry was made up over Lingmell Col to an Air Ambulance, which had managed to land on the slopes of Lingmell.

20. 1st March 2024 19:05 Styhead Pass, Borrowdale

A party of five set off from Seathwaite to ascend Scafell Pike via Sty Head and Esk Hause. Two turned back, but the rest continued to the summit. On the descent down the Corridor Route, they called for assistance when it became dark and falling snow made progress difficult. It was then reported that one of the party was unconscious. Wasdale MRT deployed and asked for assistance from Keswick MRT. RAF Mountain Rescue support was also requested. Further contact was made,



Incident 18 - Castle Head

and the group was now heading towards Styhead Pass, although it took some time to clarify whether the unconscious person was with them. Fortunately, he had recovered and was with the group. A couple of men camping at Styhead Tarn heard shouts from the group, and to their great credit, escorted the men down towards Seathwaite, where they were met by Keswick MRT on their way up. Two Keswick MRT members continued with the group down to their car at Seathwaite, whilst the others were alerted to the next call out.

21. 1st March 2024 20:14 Scafell Pike area

A teenager was reported missing by his father, after he failed to return after a walk-up Scafell Pike with his two dogs. A multi-agency search was initiated, and Keswick MRT was tasked with covering the main paths from Seathwaite up to Esk Hause. Team members who were on the previous call out continued up to Styhead Pass, while additional Team members, and RAF Mountain Rescue Service personnel ascended Grains Gill. In the early hours Wasdale MRT reported that they had located the man and his dogs in Piers Gill. With this news RAF and Keswick MRTs returned to their vehicles.

22. 2nd March 2024 01:33 Seatoller

Around the time the Team had arrived back at the vehicles at Seathwaite from the previous incident, a (late night) runner reported a man cold and intoxicated on a path above Seatoller. The Team with a search dog responded and found the man asleep on the path. The search dog gave the customary bark when finding the casualty, which immediately woke him up. He was helped to an ambulance at Seatoller and the Team returned to base.

23. 5th March 2024 04:09 Caldbeck Fells

A group of five had a nighttime excursion over the fells near High Pike, Caldbeck. At some point during their descent, one of the party was possibly injured, and maybe had an asthma/panic attack, (the details of which are vague), and they dialled 999, requesting an ambulance. The ambulance service tasked Keswick MRT because of the group's location on the fellside. Two Team members who travelled directly to the incident found the party walking along the road. After speaking to Keswick MRT Control, the two Team members decided that no further ambulance or Team involvement was required.

24. 9th March 2024 14:36 Calfhow Pike

A walker slipped, injuring an ankle, while descending east on a path from Calfhow Pike. The Team was able to drive along the 'Old Coach Road' to Mariel Bridge, from where the Team followed the path alongside Mosedale Beck to the casualty and her friend, who were sheltering from the wind in a hollow. The woman's ankle was splinted, before she was stretchered back to the team Land Rovers.



Incident 28 - Ellas Crag, Newlands

Then two were then driven back to their vehicle so they could make their own way to hospital. Members of Penrith MRT set off to assist but were not required on this incident.

25. 9th March 2024 17:00 Castle Crag

A mother and a daughter were helping each other descend a path on the side of Castle Crag in Borrowdale. One slipped, causing both to fall, and suffer suspected ankle fractures. The casualties were given analgesia, ankles were splinted, and they were both stretchered to Team vehicles, which transported them to an ambulance at Rosthwaite. Penrith MRT members helped on this callout.

26. 16th March 2024 10:30 River Greta, Keswick

The team was asked to assist the Fire Service in an operation to recover the body of a man found in the River Greta next to the Penrith Road in Keswick.

The Team's thoughts are with the man's family and friends.

27. 16th March 2024 17:21 Cat Bells

Cumbria Police asked for support to help find a man who had gone missing, and who was believed to be in the Cat Bells area. Team members were tasked with searching the main paths on the hill, and in the immediate vicinity. Shortly after the search began the missing man was found by the Team members near to Nichol End Marina.

28. 18th March 2024 14:55 Ellas Crag, Newlands

A woman had slipped and suffered an ankle injury, while walking at Ellas Crag, below Rowling End. The Team reduced (realigned) and splinted the ankle, and stretchered the woman down to the Team vehicle, before taking her to Keswick Hospital.



Incident 35 - Sty Head.

- 29. 18th March 2024 14:56 Castle Crag**
A mountain biker had a tumble into a stream on the Allderdale Ramble just south of Castle Crag. The man landed in the rocky stream and the bike, which he was still clipped into, fell on top of him, with the weight transferring to his knee. With help from his friend, he managed to drag himself out of the stream, and into a bit of shelter from the wind, but could not weight bear. The Team gave the man pain relief, and his leg was immobilised in a vacuum splint. He was then stretchered down to the Team vehicles.
- 30. 26th March 2024 12:50 Manesty**
A man was reported to have suffered a leg injury and possible stroke, on the descent from Hause Gate towards Manesty. The Team met the casualty and friends at the road, as they had made some progress down the hill. Because of the urgent need for hospital checks, the group was taken to the Team base, from where they travelled to hospital.
- 31. 29th March 2024 14:21 Seat Sandal**
A boy took a tumble while descending towards Grisedale Tarn, injuring a leg. Langdale/Ambleside MRT asked Keswick MRT for help in dealing with this incident. An Air Ambulance took the casualty to hospital.
- 32. 30th March 2024 10:20 Sharp Edge, Blencathra**
A couple had become crag fast on Sharp Edge, after one of them had a panic attack when mist descended. While the Team was deploying from Mousthwaite Comb, a Team member who was on nearby Bannerdale Crags went over to investigate. He quickly located the couple, who were now on safe ground. However, another walker who went to help the couple slipped a short distance and ended up on some tricky ground. Fortunately, he was uninjured. The Team member managed to guide him to safety, and once the group was assembled, they were walked off the Edge to safety.
- 33. 31st March 2024 17:34 Lining Crag, Borrowdale**
A man walking the Coast-to-Coast Walk started to feel unwell while near the top of Lining Crag, above Greenup Gill. Because of a small turnout of Team members, Penrith MRT was asked for help. An Air Ambulance was able to land near the top of Lining Crag. The casualty was assessed and taken by the helicopter crew to Stonethwaite, where he was discharged to make his own way onward.
- 34. 11th April 2024 15:51 Helvellyn**
A man had suffered a calf muscle injury and was unable to weight bear. However, he had managed to crawl/shuffle some way down, helped by a couple of passing walkers, before the Team arrived. He was carried down by stretcher.
- 35. 11th April 2024 20:23 Sty Head**
A woman had an ankle injury at Sty Head. Cockermouth MRT and Keswick MRT were deployed. A group of four, including the casualty, was found sheltering from the elements in the stretcher box at Sty Head. The woman was stretchered down to Seathwaite.
- 36. 12th April 2024 19:08 Derwentwater**
A group of five in two canoes was heading towards St Herbert's Island, when one of the canoes, with three people, capsized in rough and windy conditions. One person had self-rescued and tried to help the other two in the water. The other canoe had made it to the island and called for help. Keswick MRT launched the rescue boat at Derwentwater Marina and extracted the three who were struggling to make progress in the windy conditions. The rescue boat then picked up the other two in the group and returned all five to the Keswick launches. The Keswick Launch Company later recovered the canoes and equipment that had been left behind.
- 37. 12th April 2024 20:01 Derwentwater**
As the previous incident on Derwentwater was underway, there was a report of an unattended paddle board in open water near to Friar's Crag. The five from the canoe rescue advised that it did not belong to them, but they had seen it earlier near to St Herbert's Island. A search of the lake and lakeshore was initiated with the various agencies already present including a Coastguard helicopter. At 22:00 the various teams stood down.
- 38. 13th April 2024 13:04 Cat Bells**
A woman slipped, suffering an ankle injury. The casualty was stretchered to their vehicle and made their own way to hospital for further treatment.

39. 14th April 2024 17:07 Seathwaite

A man in a party of six fell some distance while descending near Hind Gill on Glaramara. Although potential serious injuries were reported, including a possible punctured lung, the casualty was still moving towards Seathwaite. After the Team had deployed a vehicle, news was received that the casualty had arrived at Seathwaite and was met by two Team members who had travelled directly to there. An ambulance took the casualty to hospital.

40. 15th April 2024 14:34 Hollows Farm, Grange

A man slipped and fell, near to the Hollows Farm campsite in Borrowdale. This resulted in a hip fracture. Analgesia was provided prior to packaging the man in a vacuum mattress for a short stretcher carry to an ambulance.

41. 19th April 2024 17:21 Base Brown

Two walkers and their dog had become crag fast on steep ground, while descending above Seathwaite. The Team helped them on to safe ground.

42. 22nd April 2024 11:47 Fawe Park, Lingholm Woods

A runner suffered a cardiac arrest in Lingholm Woods, near Derwentwater. An Air Ambulance, a land ambulance, the police, and the Team attended. Despite the best efforts of all, the man could not be saved. Our thoughts and condolences are with the man's family and friends.

43. 1st May 2024 20:37 Barrow

A mountain biker came off his bike and dislocated a knee. After some strong analgesia had been administered, a Team medic attempted a patella relocation. The casualty was subsequently stretchered down the hill to an awaiting ambulance.

44. 4th May 2024 12:51 Birk Side, Helvellyn

A mountain leader with a group came across a very cold teenager, separated from his party, on Birk Side. The ML put the boy in her bivvy shelter with two of her party and then spent an hour searching for the rest of the boy's group. Unable to find the boy's party, she contacted the police who then alerted Keswick MRT. The ML assisted the boy down the path with the intention of meeting up with the Team above Wythburn Church. The party was met at the tree line, and the boy found to be foomore, but otherwise well. He was driven down the forest track to the car park, where the police spoke to him and the rest of the boy's party, who were waiting for him there.

45. 5th May 2024 23:40 Langstrath – Dock Tarn area

A walker was reported missing after failing to turn up at his accommodation as intended. Apparently, he had left Langdale at approx. 4pm with a planned route into Langstrath, and up to Dock Tarn, before descending into Borrowdale. He was reported to have sent a text at 8:45pm from Dock Tarn. As the area has poor mobile phone coverage, it was not possible to contact the missing man. Small teams of KMRT members were dispatched to search the paths along Langstrath, and Dock Tarn, and Langdale-Ambleside MRT was contacted to prepare for a search in their area. At 1.30am the police advised that a text had been received, and that the man was at the Dungeon Ghyll Hotel in Langdale. The MRTs were stood down.

46. 7th May 2024 14:43 Rannerdale Knotts

Cockermouth MRT asked for help from the Team in dealing with this incident. A woman had slipped, and broken an ankle, above Hause Point.



Incident 46 - Rannerdale Knotts.

Incident Reports 2024

47. 9th May 2024 00:28 Scafell Pike area

Wasdale MRT requested help in locating a missing walker. The police had located the missing man's car at Seathwaite, and a search was initiated by Wasdale MRT with other Lakes MRTs searching their own respective sides of Scafell and Scafell Pike. Keswick MRT was tasked to search all possible paths on the Borrowdale side. Once this initial search of the paths was completed, phase 2 involved more detailed searches of likely areas. Low cloud and bad visibility hampered some search areas. The day's visibility improved enough for a Coastguard helicopter to perform an extensive aerial search.

For Keswick MRT day 2 (10th May) tasks were allocated from Silver Command in Wasdale to cover Seathwaite Fell, which had been mostly in cloud the previous day, as well as the rough ground and gullies around Taylorgill Force, then Criscliffe Knotts just off the Corridor Route. At 10:30 a 'find' was confirmed in Skew Gill, on Great End. Tragically, the man had not survived a fall into the gill. There followed a technical rope extraction out of the gill, and down to the Corridor Route, then a Coastguard helicopter evacuation of the casualty.

Our heartfelt sympathies go out to the family and friends of the man.

48. 10th May 2024 15:11 Woden's Face, Borrowdale

A climber had fallen approx. 5m at Woden's Face, near the Bowder Stone, suffering chest and wrist injuries. Keswick and Penrith MRTs attended, to help ambulance staff who were on scene. Strong analgesia was provided to the casualty, prior to a

wrist reduction (re-alignment). The man was then stretchered to the nearby ambulance.

49. 11th May 2024 10:30 Seathwaite

A woman suffered a flare up of a painful medical condition, while just above Stockley Bridge, inhibiting her ability to continue. The Team provided some pain relief and supported the woman on the walk back to Seathwaite. However, the pain was still too much, so she was stretchered the remaining distance to her vehicle.

50. 12th May 2024 12:41 Blencathra

A woman suffered heart palpitations at Scales Tarn. The Team and an Air Ambulance attended. The woman's condition had fortunately stabilised and, after some checking from the aircraft paramedics, the woman was airlifted to the base of the mountain, from where she would make her own way home for further checks by her GP.

51. 15th May 2024 13:01 Walla Crag

A woman slipped and suffered an ankle injury.

52. 16th May 2024 23:37 Derwentwater

Two kayakers were reported to be having difficulties and were unable to paddle to shore. As part of a multi-agency response, Keswick MRT launched its inflatable boat from the boat landings, as well as sending two rescue boats from Derwentwater Marina. The kayakers were located by the Keswick MRT boat in the area near the Mary Mount Hotel. They were escorted to shore. All casualties were assessed by medical staff before they were allowed to return to their vehicle.



Incident 53 - Carl Side.



Incident 57 - Barrow.

53. 19th May 2024 19:08 Carl Side

A woman suffered an ankle injury while descending Carl Side on Skiddaw.

54. 20th May 2024 16:27 Corridor Route, Great End

A woman took a tumble near Skew Gill on the Corridor Route, seriously injuring her hip and a leg. An Air Ambulance attended, but was unable to land close to the casualty, so put down near the Sty Head stretcher box. The air ambulance doctor then accessed the casualty, assessed her injuries, and administered some pain relief. A Coastguard helicopter was requested to help. Meantime, Keswick MRT members approached on foot from Seathwaite. The Coastguard helicopter arrived on scene around the same time as the Team. The casualty was winched from the gully and flown to hospital.

55. 22nd May 2024 14:20 Stanah

A woman on her way to look at the waterfalls in Fisherplace Gill slipped on a path and suffered a broken ankle.

56. 22nd May 2024 18:29 Keswick area

The Team was asked to help locate a missing person in the Keswick area. With a large, complex area to search, further help was sought, from

MRT teams from Cockermouth, Duddon and Furness, Penrith, Kirkby Stephen, Wasdale, Kendal, Langdale-Ambleside, Coniston, together with West Cumbria SAR, Maryport Inshore SAR, LDSAMRA search dogs, Northumberland National Park MRT, the Coastguard, Cumbria Police, and North West Ambulance Service.

Local paths and lakeshore were searched until darkness. The search resumed the following morning, (23rd May), with MR teams given specific areas to search. Andrew Jenkins and search dog Bramble from Northumberland National Park MRT had been tasked to search the lower slopes of Latrigg above the River Greta. Bramble made the find, her first, in very dense wet bracken and foliage. The missing person was cold but well.

57. 25th May 2024 09:08 Barrow

A woman slipped, and injured her ankle, on a walk on Barrow.

58. 25th May 2024 13:46 River Greta, Keswick

A 10 years old child was in difficulty in the river. A KMRT member who lives close by went directly to the river. The Team member said "the water was only thigh deep on me, but he was only a little lad, so it was too strong for him to get back across to the shore. I just waded in and fetched him back across."



Incident 64 - Skiddaw.

59. 29th May 2024 12:15 Jenkin Hill, Skiddaw

A man suffered a leg injury.

60. 29th May 2024 14:01 Stockley Bridge, Borrowdale

A man suffered an ankle injury, near Stockley Bridge.

61. 31st May 2024 17:18 Blea Crag, High Spy

A woman slipped, injuring an ankle. However, while trying to stabilise herself, she injured, possibly fractured, her other ankle. An Air Ambulance took her to hospital.

62. 1st June 2024 12:37 Burnbank Fell

Cockermouth MRT requested support to help with a paraglider pilot who had crashed on Burnbank Fell, above Loweswater. The Team deployed with 5 team members, but with an Air Ambulance attending the incident, and with sufficient resources on the hill, the Keswick MRT vehicle was held at Dubwath, until a stand-down was confirmed by Cockermouth MRT.

63. 2nd June 2024 09:10 Robinson

Cockermouth MRT requested support from the Team, for a search for a missing paraglider pilot who had launched from the summit of Robinson.

A Keswick MRT dog handler found a paraglider canopy in a gill above Buttermere. Keswick MRT, Cockermouth MRT, & Wasdale MRT members converged on the location. Tragically, the pilot was declared dead at the scene. A complex recovery operation commenced to retrieve the man's body. Our deepest thoughts and sympathies are with the man's family and friends.

64. 2nd June 2024 10:25 Skiddaw

A mountain biker crashed on the descent from Skiddaw towards Carl Side, hurting his back, and was unable to move. The Team deployed, with help being requested from Penrith MRT. Given the position of the casualty and nature of the injury, a Coastguard Helicopter was also deployed. The injured man was assessed and packaged in a vac mat. As the cloud base was only just above the casualty location, a low-level winch was carried out by the helicopter, which then took the casualty to hospital. Penrith MRT were making good progress up the hill but were stood down once the helicopter had lifted.

65. 10th June 2024 13:48 Bank Wood, Bassenthwaite

A man had failed to return from a walk. Police attended the area, and found him collapsed. The ambulance service also attended, but, unfortunately, nothing could be done to save the man. Keswick MRT was requested to recover the body to the undertakers' vehicle.

Our heartfelt condolences go out to the family and friends of the man.

66. 12th June 2024 11:14 Mousthwaite Comb, Blencathra

A man had taken a long tumbling fall from the path in Mousthwaite Comb. Because of the nature of the fall and its location, a Coastguard helicopter was requested. The man's companions and two passing walkers looked after the man until the Team arrived. A medical assessment showed that the casualty was less badly injured than was first feared. The Coastguard helicopter was stood down. The casualty was then taken by stretcher to the road below, where further checks were carried out, before an ambulance took him to hospital.

67. 15th June 2024 18:28 Latrigg

A woman reported that she had lost her son on a walk. "PhoneFind" was sent to both persons and identified their two locations. A Team member reunited them.

68. 21st June 2024 11:46 Fisherplace Gill, Thirlmere

While lowering herself into the 'Infinity Pool' at Fisherplace Gill, a woman dislocated a shoulder. Her partner managed to help her out of the water, and to the side, before calling for help. Team medics treated the casualty, providing strong pain relief, before she was carried down to the road, from where the couple went to hospital for further treatment.

69. 22nd June 2024 13:49 Skiddaw Little Man

Two walkers on steep ground became stuck and were unable to move. A "PhoneFind" gave a location in How Gill. Despite the best efforts of the Team Leader to talk them out of their predicament, by a phone call, it was necessary to send Team members to help them. The Team set off from the bottom of the gill, with ropes, harnesses, turf anchors, and other kit, expecting an awkward ascent. Fortunately for all, the two walkers were met less than 10 minutes from the Team vehicle, as they had managed to extricate themselves.



Incident 68 - Fisherplace Gill, Thirlmere.

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70. 23rd June 2024 12:05 Blackmoor Pools, Gillercomb

The Team was called to assist a party with a German Shepherd dog that could not walk, as its hindquarters were weak, and it had sore paws. A difficult descent, with the dog on a stretcher, was made of Gillercomb and then near Sourmilk Gill, to Seathwaite.

71. 30th June 2024 11:22 Great Wood, Walla Crag

A man had a fall, and dislocated an elbow. A Team doctor treated the man on scene, giving him strong pain relief. The casualty was then carried down to an ambulance.

72. 1st July 2024 10:38 Derwentwater

The Team was requested by the police to assist in a multi-agency search for a missing man on Derwentwater. The man's unoccupied self-drive hire boat had been found. While the Team was searching the lakeshore and islands, a Coastguard helicopter arrived and quickly made a find, recovering the man into the helicopter. The man was flown to hospital where, sadly, he was declared deceased. Our thoughts and condolences go out to the man's family and friends.

73. 10th July 2024 15:16 Surprise View, Borrowdale

A couple went to visit Surprise View, but unfortunately their dog decided to chase a ball over the cliff edge and ended up falling and getting stuck on a ledge. One of the dog's owners descended a nearby gully to try and retrieve the dog but also became stuck. The other owner made an emergency call, and the Fire & Rescue Service and Keswick MRT attended. A joint operation proceeded, with a rope system being put in place to lower a rescuer to the crag fast person, who was then hauled up to the top of the cliff. A second rescuer was then lowered to retrieve the dog. Both owner and dog were uninjured, but it was recommended that the dog get checked over by a vet.

74. 13th July 2024 14:22 Hall's Fell, Blencathra

A woman slipped while descending the ridge, suffering an ankle injury. Pain relief was provided, the ankle splinted, and the casualty then stretchered down to the road. The woman was taken by car to hospital for further checks and treatment. Penrith MRT assisted the Team in this incident.



Incident 70 - Blackmoor Pools, Gillercomb.



Incident 74 - Hall's Fell, Blencathra.

75. 14th July 2024 14:35 Ruddy Gill, Borrowdale

A woman tripped and suffered an ankle injury. Pain relief was provided and the ankle splinted. She was then sledged and carried down to Seathwaite to an ambulance. Cockermouth MRT helped the Team in this incident.

76. 17th July 2024 19:20 Ruddy Gill, Borrowdale

A woman had injured a knee. The Team attended, provided pain relief, and splinted the knee. The Team, with assistance from Penrith MRT, stretchered the casualty down to Seathwaite. After examination of the injury by a Penrith team doctor, she was transported to hospital by her son for further treatment.

77. 20th July 2024 17:41 Seathwaite Fell

The Team and RAF Leeming MRT, (the latter training in the area), were asked to assist Langdale-Ambleside MRT in a search for a high-risk despondent male. Keswick MRT was tasked with the area around Seathwaite Fell, including Styhead

Tarn and Sprinkling Tarn. Later in the evening further information came to light suggesting the man was most likely in the Langdale area. Keswick MRT, having completed the tasking returned to base. In the early hours RAF Leeming MRT located the man and walked him off the hill.

78. 22nd July 2024 14:32 Fisherplace Gill, Thirlmere

A farmer requested help to recover an injured sheep that was stuck on a ledge at the bottom of the gill. The sheep had bite marks, so it was likely that it had been the victim of a dog attack. Three Team members attended, and managed to sling the sheep, and get it back up to the path, and down to the farm.

79. 23rd July 2024 14:33 High Rigg

A woman had slipped and injured an ankle. The woman was treated at the scene and stretchered down to her vehicle for onward transport to hospital.

Incident Reports 2024

- 80. 23rd July 2024 14:50 Blease Fell, Blencathra**
A man became unwell during the descent of Blease Fell and was struggling to walk. Before the Team arrived, the man had managed to get to the Blease Road car park, with help from passers-by. The Team and a First Responder attended the scene, with the latter then taking the casualty to Keswick Hospital for further checks.
- 81. 27th July 2024 22:14 Cat Gill, Walla Crag**
A report was received of a sighting of a flashing light, a possible signal for help, in the Cat Gill area. A couple of Team members went to investigate and decided that the light or lights were not a cause for concern.
- 82. 28th July 2024 15:21 Hall's Fell, Blencathra**
A woman suffered a panic attack after getting into steep terrain on the ascent of Hall's Fell. The team secured the woman and walked her to safe ground and down off the ridge.
- 83. 28th July 2024 17:35 Buttermere Moss, Robinson**
Cockermouth MRT requested assistance with a suspected injured man, who was unable to continue his walk on Buttermere Moss. After a check by a team medic, the man was thought to be uninjured, but very fatigued. He was stretchered down.



Incident 86 - Middle How, Wyth Burn valley.

- 84. 30th July 2024 20:04 Blencathra**
A mountain biker had a tumble on a steep and tricky descent. The position of the casualty on steep ground made assessment and treatment awkward. A Coastguard helicopter landed close by, and the crew arrived on scene to assist the Team. After being given some pain relief, the casualty was lifted onto a vacuum mattress, to prevent further movement, and onto a stretcher, to enable a carry to the helicopter. The man was then flown to hospital.
- 85. 3rd August 2024 18:52 Fisherplace Gill, Thirlmere**
A man was on the edge of what has become known as 'The Infinity Pool.' He reached out his hand to help his partner, but slipped, and fell approximately 25m, landing in the shallow pool below. Bystanders helped get the man out of the water to the edge of the stream. An Air Ambulance was on scene before the Team arrived and treated the casualty. Because of the likely severity of the injuries, and the possible requirement to winch the casualty from the gill, a Coastguard Helicopter was also asked to attend. The Team was able to stretcher the casualty down to the Air Ambulance parked in a field in the valley, while the Coastguard helicopter stood by in the area in case their assistance became necessary. The casualty was flown to hospital by the Air Ambulance.
- 86. 4th August 2024 12:22 Middle How, Wyth Burn valley**
A man went over on an ankle and was unable to continue. The Team approached up the Wyth Burn Valley from Steel End, Thirlmere. Members of Penrith MRT helped the Team. The casualty was assessed, given pain relief and his ankle strapped up and vacuum-splinted, before the long and often tricky stretcher drag/carry back down to the road.
- 87. 6th August 2024 09:53 Cat Gill, Walla Crag**
The Team was called by the ambulance service who reported that a man had collapsed, with CPR underway by a passing walker. Ambulance medics were on scene as the Team and Air Ambulance medics arrived. Despite the best efforts of all involved, the man could not be saved. Our heartfelt thoughts and condolences go out to the man's family and friends.
- 88. 8th August 2024 22:07 Helvellyn**
A man pitched his tent just south of the summit shelter. While he had seen the forecasted rain and was prepared for that, the wind got the better of the tent and broke the poles. Concerned that he may be lifted by the wind and thrown into Red Tarn inside the rapidly deteriorating tent, he escaped and took refuge behind the walls of the summit shelter, from where he called for help. The Team guided the man down off the mountain.



Incident 94 - Lonscale Fell.

89. 9th August 2024 22:43 St Johns in the Vale

A man had reported himself crag-fast somewhere above Beckthorns Farm. With only a rough location for the man, the Team made its way up the fellside directed by his torch light. The man had descended from the bridleway along the Dodds into a steep field of bracken and gorse. He had also brought along his Brompton bike which he had intended to ride down from Clough Head. In the now complete darkness, on steep ground in thick bracken, and with his extra equipment, the man was stuck. The Team fought their way through the gorse, and eventually found the man, and roped him up to descend to the road.

90. 10th August 2024 14:08 Styhead Gill, Borrowdale

The Team was notified of a woman who had fallen on the path leading down from Styhead Tarn and hurt her arm. While the Team was making its way up the hill, the casualty telephoned the Base, to say that she had made her own way down, helped by passers-by, and did not require assistance.

91. 15th August 2024 12:11 Langstrath

Three men camping in Langstrath requested help when they woke to high river levels, which caused them to be stranded. The Borrowdale road was cut off due to flooding, so the Team had to deploy vehicles over Whinlatter and Honister Passes

in order to get to Stonethwaite. Support from a Coastguard Helicopter and from Cockermouth MRT was requested.

The three men were located near Stonethwaite, having managed to self-rescue.

92. 17th August 2024 14:24 Jenkin Hill, Skiddaw

A woman had fallen on Jenkin Hill, and suffered a head injury, with associated concussion. Before the Team had arrived on scene, an Air Ambulance was able to treat the woman and take her to hospital.

93. 17th August 2024 17:26 Beckthorns/Calfhow Pike

A man, in descent towards St John's in the Vale from Calfhow Pike, lost the path and found himself on steep ground, in a scree/gorse/bramble/bracken tangle. Unable to find a safe way out, he asked for help. The Team guided him down to safety.

94. 20th August 2024 14:28 Lonscale Fell

A fell runner stumbled, deeply gashing a shin on a sharp rock. The man managed to hobble down for a short distance, before stiffness forced him to stop. A passing couple managed to strap up his wound. One of them stayed with the man while the other descended a little way to help guide the Team. The Team dealt with the injury, before the man was stretchered down to an ambulance.



Incident 100 - Comb Gill above Wythburn Church, Helvellyn.

95. 24th August 2024 15:12 Cat Bells

A woman had suffered a broken ankle, caused by a slip while descending Cat Bells.

96. 24th August 2024 18:21 Taylorgill Force, Borrowdale

A walker called the emergency services after hearing shouts for help from a man, who was performing CPR, near to the Taylorgill Force waterfall. An Air Ambulance and the Team deployed but, because of the weather and the terrain, the Air Ambulance could not land. The crew, however, provided an accurate location of the casualty site. The Team arrived but, despite best efforts, could not save the man.

The casualty location was on steep and difficult terrain, so a Coastguard Helicopter was requested but, owing to the weather conditions, it could not assist.

A long and a technically complex recovery of the man proceeded.

Our thoughts and condolences are with the man's family and friends, and in particular to the man's son in law who was performing the initial CPR.

97. 25th August 2024 19:01 Gategill Fell, Blencathra

A group of seven, including children, requested help, after being caught out by strong winds and

wet conditions. They described their position as on a ridge above Thelkeld. As they did not have maps or smart phones, an accurate location could not be determined. The Team began with searches up the Hall's Fell and Gatesgill Fell ridges. The group was located at Knott Halloo on Gatesgill Fell. They were provided with warm clothing and heat blankets and walked down the hill.

98. 28th August 2024 13:04 River Derwent, Borrowdale

Three men intended to descend the River Derwent in an inflatable canoe, from Rosthwaite to Derwentwater. One man got in, and the boat took off in the strong current. The other two searched for 40 minutes before reporting their friend was missing. Poor phone reception meant further information was hard to gather. The Team deployed from Keswick boat landings and from Portinscale Marina, to search the lake and river. Cumbria Fire and Rescue, West Cumbria Search & Rescue, and a Coastguard helicopter were also tasked. The Fire and Rescue team found the missing man, safe and well, on the road downstream of Grange. The helicopter was stood down before it had deployed.

99. 30th August 2024 16:19 Cat Bells

A woman slipped on muddy ground and hurt her ankle. She was unable to weight-bear.

100. 3rd September 2024 15:24 Comb Gill above Wythburn Church, Helvellyn

A man was descending the pitched path below Birk Side, when he slipped on loose gravel, and went over on an ankle. He was unable to weight-bear.

101. 7th September 2024 12:40 Kilnhow Beck, Threlkeld

The ambulance service requested help to recover a woman who had fallen in the stream. A Team member went to investigate and found that the casualty was walking out with the ambulance crew, and that the Team's assistance was no longer required.

102. 7th September 2024 15:01 Cumbria Way, Lonscale Fell

A competitor in a mountain trail running event slipped and injured an ankle on part of the Cumbria Way, below Lonscale Fell. The alarm was raised by other competitors some of whom stayed with her. Event medics arrived and treated the injury. The Team stretchered the woman back to the team Land Rover for a drive down the Glenderaterra Valley to the Blencathra Centre where she was collected by her husband for a trip to hospital.

103. 8th September 2024 09:35 Lakeshore below Falcon Crag

A base jumper, having leapt off Upper Falcon Crag, floated down and landed badly on the shore

of Derwentwater, and broke a leg. An ambulance crew was in attendance but requested assistance stretchering the man to the roadside.

104. 9th September 2024 17:25 Castle Rock, St Johns-in-the-Vale

A climber on the south crag of Castle Rock took a leader fall of a couple of metres, breaking his fall by landing on his belayer friend. They both tumbled a further 5-6m down the steep slope. The lead climber sustained an ankle injury, and his friend suffered a sore shoulder. The man's helmet did a great job of saving his head. The Team did a medical assessment, splinted the ankle, and because of the mechanism of injury – a tumbling fall from height – the man was placed in a vacuum mattress for the stretcher carry down to the road. The man was taken to hospital in a land ambulance.

105. 20th September 2024 12:39 Skiddaw

A group of walkers came across a man who had collapsed, and was unresponsive, on the summit ridge of Skiddaw. The group commenced CPR and called the emergency services. An Air Ambulance deployed and landed nearby, while Keswick MRT ascended from Dodd Wood. Despite the best efforts of all involved, nothing could be done to save the man.

Our thoughts and condolences go to the man's family and friends.



Incident 104 - Castle Rock.



Incident 109 - Styhead Gill, Borrowdale.

106. 22nd September 2024 12:47 Hawse End, near Derwentwater

A woman tripped and fell, injuring her shoulder. The Team provided pain relief before the woman was stretchered to the Team vehicles. She was driven to hospital by a friend.

107. 23rd September 2024 19:34 Sourmilk Gill, Borrowdale

A couple descending near the top of Sourmilk Gill found a man who was too unwell to continue. The couple descended and phoned for help from the public phone box in Seathwaite. The Team found the informants, who directed them towards the casualty. The man had been returning from a walk with a friend. He was given a medical check over, and some food and drink. With the prospect of a steep, difficult and dangerous stretcher descent, the Team asked for help from a Coast Guard helicopter. Team members supported the man for a short walk up the path to a flat area, arriving as the helicopter arrived. The man was flown to Crow Park, Keswick, for rendezvous with a land ambulance for onward transfer to hospital. Whitehaven Coast Guard team secured the landing site at Crow Park.

108. 26th September 2024 16:20 Raise, Helvellyn

One of two women had fallen and sustained a knee injury. The Lat/Long location given put them on the

summit of Raise. Attempts to contact them to confirm details failed. The Team approached via Sticks Pass, from Stannah. The pair could not be found, so a search of the area was begun. Numerous attempts were made to call the casualties, and to locate them by 'Phonefind', without success. Having gone as far as Whiteside and beyond, without finding anyone, the Team decided, after consulting with the police, that the search should be discontinued. As the Team were making their way down, the police received a call from the pair, saying that they had made their own way down, and did not require assistance.

109. 28th September 2024 14:03 Styhead Gill, Borrowdale

A woman had injured an ankle at Styhead Gill, above Taylorgill Force. The Team provided analgesia and splinted her ankle. A request was made to the Coastguard service for a helicopter extraction. The helicopter landed near to the casualty location. After a short stretcher carry across Styhead Gill, the Team loaded the woman onto the helicopter, and she was taken to hospital.

110. 28th September 2024 15:15 Blease Fell, Blencathra

The Team sent some team members to support Penrith MRT, who were attending to a man with an ankle injury.

111. 2nd October 2024 14:35 Sourmilk Gill, Borrowdale

A man had collapsed at Sourmilk Gill. While the Team was en route, information was received that the man was making his way down, assisted by passers-by. The Team met him at the bottom of gill, and an ambulance crew arrived, too. The man was left in the care of the ambulance crew and the Team returned to base.

112. 3rd October 2024 17:17 Eagle Crag, Borrowdale

A walker and her two dogs were descending from the summit, when one of the dogs, a collie, got stuck on a ledge. The owner tried in vain to get to the dog and so called for help. Two Team members scrambled up to the dog, while others made their way to the top of the crag and set up a rope system. The dog was secured, lowered to the base of the crag in an animal rescue sack, and reunited with its owner.

113. 4th October 2024 15:21 Great Gable

While descending towards Windy Gap, a man slipped, and took a 10m tumbling fall, which caused head and back injuries. The Team requested support from an Air Ambulance and from a Coastguard helicopter. The Air Ambulance could not land, owing to the weather conditions. The Coastguard helicopter was able to land on Green Gable. The injured man was provided with pain relief and packaged in a vacuum mattress. He was carried by stretcher down some rocky steps, and then up to the helicopter, which took him to hospital.

114. 12th October 2024 11:47 Ullock Pike

A man was suffering chest pains on Longside Edge. The Team and an Air Ambulance deployed, but adverse weather conditions meant that the helicopter had to withdraw. As the Team arrived the man was found to be unresponsive. CPR was immediately commenced, but, sadly, and despite best efforts, the man could not be saved.

A Coastguard helicopter was able to take the casualty from the scene.

Our thoughts and condolences go to the man's family and friends.

115. 12th October 2024 16:31 Browncove Crags, Helvellyn

A walker reported that a competitor in an ultra-running event was becoming seriously hypothermic on the Helvellyn ridge. The walker attempted to accompany the runner down the fell, but the man was deteriorating and eventually was unable to continue. Members of RAF Leeming Mountain Rescue Service, who were training nearby, were asked to attend and they sent up a team with hypothermia kit, followed by further members of their team. Keswick MRT followed with specialist equipment, should the casualty deteriorate further. On arrival RAF Leeming MRT found that the man was in and

out of consciousness, but managed to stabilise him, and get him packaged for a stretcher carry off the hill to an ambulance. As this was underway the teams met another hypothermic runner, who was being helped by a fellow competitor. After being provided with warm clothing, he was able to continue walking down with the team back to the vehicles.

116. 13th October 2024 13:17 Manesty Park, Derwentwater

A woman suffered a dislocated shoulder, after a simple trip into a gate post. A Team doctor provided some strong analgesia, before reducing (re-aligning) the shoulder. The woman was able to walk back to the Team vehicle and taken to her party's car for transport to hospital.

117. 14th October 2024 14:43 Walla Crag

A couple walking on Walla Crag reported that their usually energetic and bouncy Alaskan Malamute had lost the use of her back legs. It being a large dog, the owners were unable to carry the dog down to their vehicle, so called for help. The Team stretchered the dog down to a team vehicle and took it to a local vet for tests and further treatment.

118. 17th October 2024 14:59 Stonycroft Gill, Newlands

A slip during a gill scramble resulted in a broken ankle. After strong pain relief was administered to the casualty, her ankle was splinted. She was hauled from the gill on a stretcher and then taken down to an ambulance.

119. 19th October 2024 15:13 Pheasant Inn, Bassenthwaite Lake

A woman slipped on a wet grassy bank in her garden, causing an ankle fracture. The ambulance service attended but needed help in getting the woman to the ambulance.

The Team helped with the casualty's treatment.

120. 25th October 2024 17:17 Cat Bells

A walker found what he believed to be a hand grenade on the side of the fell. He called the police, who then dispatched two officers. The Team was asked to escort the officers to the location given. Details of the object were recorded by the police, who then passed the information on to the relevant authorities who subsequently dealt with the matter.

121. 26th October 2024 14:47 Whinlatter Forest

The Team's support was requested by the ambulance service, who were attending to a man who had been feeling unwell and had fallen from his bike. Ambulance and Air Ambulance medics were on scene when the Team arrived. CPR was underway. Unfortunately, despite everyone's best efforts, the man could not be resuscitated.

Our heartfelt condolences to the man's family and friends.

Incident Reports 2024

122. 30th October 2024 07:35 Great Rigg, Fairfield

On the 29th October, a man was overdue from a speed flying (paragliding) outing. A search was organised involving Langdale-Ambleside MRT team members, search dogs, and a Coastguard helicopter. This was unsuccessful, and ended around 2am on the 30th October.

A further search was planned and implemented at first light on the 30th October, involving team members from several Lake District MRTs, and search dogs from the Lakes, England, and Southern Scotland.

Keswick MRT was asked to search an area on the side of Stone Arthur and Great Rigg.

The paraglider was spotted high on the fellside by Cockermouth MRT. The man was given shelter and was treated by MRT members. He was then taken by a Coastguard helicopter to a location from where he could be transferred to an Air Ambulance and flown to hospital.

123. 30th October 2024 17:56 Seathwaite, Borrowdale

A couple were descending Scafell Pike without adequate lights, so they called for help. The call-out initially went to Wasdale MRT, but this was passed to Keswick MRT as the couple had made progress into Keswick MRT's area. As the Team arrived at Seathwaite, a message came from the police to say that the couple had made it down and were safely back at their car.

124. 31st October 2024 13:52 Ullock Pike

In descent, a man had slipped, and tumbled some distance, banging his head and bashing himself up somewhat. The Team assessed the man's injuries, before supporting him on the descent down to the roadside. His friends collected him to take him to hospital.

125. 2nd November 2024 13:50 Scales Tarn, Blencathra

A walker slipped and injured an ankle on a path above Scales Tarn. She was unable to weight bear. After some pain relief and the application of an ankle splint, the woman was stretchered down to Scales, and onward transfer to hospital for further checks. Penrith MRT helped the Team on this callout.

126. 2nd November 2024 17:37 Sharp Edge, Blencathra

A man dislocated a patella (kneecap), while in the final notch before the steep scramble to the top of Sharp Edge. A Team doctor, over the phone, was able to get the man to successfully relocate his patella, but the knee remained swollen, and he was still unable to weight bear. After fixing a safety line along the Edge, Team members were able to provide pain relief and splint the leg for an assisted hobble back to safer ground. From here the man was stretchered to below the cloud base, where a Coastguard helicopter was able to pick him up and take him to Crow Park in Keswick. The man's friend transported him to hospital.



Incident 122 - Great Rigg, Fairfield.



Incident 126 - Sharp Edge, Blencathra.

127. 6th November 2024 09:10 Cross Fell

The Team was asked by Penrith MRT to assist on the second day of a search for a missing walker in the Pennines area. Shortly before the Team arrived at Garrigill, near Alston, the man was located, so the Team was stood down. Keswick MRT, Penrith MRT, Langdale-Ambleside MRT, Coniston MRT, and Lakes SARDA, were involved in this search.

128. 6th November 2024 14:33 Steel Fell

A woman lost her way in thick cloud. From the casualty's description of her route, and the location of her car, possible routes were followed by Team members, initially in dense mist, then in the dark. When a new 'phone-find' location was received which put her back on the main ridge, it happened to be conveniently close to one of the searchers. The uninjured woman and her dog were then walked off the hill and returned to her car at Steel End. Langdale-Ambleside MRT had been involved in the search, from the south of Steel Fell.

129. 6th November 2024 16:49 Bowder Stone, Borrowdale

A passer-by alerted the Team to a boulderer who had taken a fall from the Bowder Stone while climbing. He had landed badly and injured a knee. The man was assessed and given pain relief. His leg was splinted for a stretcher carry to the car park, from where his friend was able to take him to hospital.

130. 7th November 2024 16:08 Helvellyn

After a long day out, a man descending Helvellyn said that his legs had given up, and he could not continue. Fortunately, a passer-by, who was an ex-Penrith MRT member, provided warm clothing, while the Team was en route. The man was assessed, and then stretchered down the hill to a family member in the car park at Swirls.

131. 16th November 2024 12:40 Cat Bells

A woman slipped while descending, falling heavily on a wrist. She was unable to move without excruciating pain. A passer-by from Northumberland Mountain Rescue Team helped out with a group shelter and heat blanket. Keswick MRT gave pain relief and splinted the probably-broken wrist. The woman was able to walk down with help from the Team.



Incident 132 - Crag Hill.

132. 24th November 2024 13:32 Crag Hill

A man was walking with his Border Collie. While descending steep ground, the dog got itself stuck on a ledge. Some Team members went above the location and rope-rigged to lower a Team member down to the dog. Other Team members went around the base of the steep ground to help guide the upper Team members to the location. They then climbed up to the dog's owner, who was cold but otherwise fine. The dog was lowered from the crag in a purpose-made dog rescue bag. Everyone then walked down to Force Crag Mine.

133. 28th November 2024 14:14 Dodd Wood

A couple were descending from Dodd, when the man started to have a panic attack following a 'funny turn.' He was also reported to be very cold. The Team sent a vehicle to the location advised by the couple but could not find them. A second Team vehicle located the couple at the cafe at the base of Dodd Wood. They had managed to make their own way down. Team medics assessed the casualty, before he was taken by his wife to hospital for further checks.

134. 29th November 2024 11:58 High Seat

Two walkers near the summit of High Seat called for assistance when one suffered an ankle injury. She was given pain relief and her ankle splinted before she was stretchered down. The casualty's party then transported her to hospital for further checks and treatment. Cockermouth MRT helped the Team in this incident.

135. 30th November 2024 14:46 Hall's Fell, Blencathra

A walker slipped near the top of the Hall's Fell Ridge and suffered a painful groin injury. She was getting very cold in the damp conditions. The casualty was advised to continue moving down, as best as possible, to help generate some warmth. The Team gave the casualty warm clothes and pain relief. The casualty and the Team then continued slowly down the ridge.

136. 4th December 2024 12:21 Brundholme Wood, Latrigg

A man started to cross a narrow stream gully on a wooden plank bridge. However, one of the planks snapped, and the man fell into the stream bed, suffering an ankle injury.

The Team made use of the Keswick-Threlkeld train line path for dealing with this incident.

137. 4th December 2024 12:30 Cockshot Wood, Keswick

A member of the public came to the rescue base with information about a collapsed man at the edge of Cockshot Wood, not far from the base. A Team doctor completed an initial assessment on the man. He was then carried by stretcher to an ambulance.

138. 7th December 2024 12:26 Allerdale Ramble, Castle Crag

A girl was descending the Allerdale Ramble below Castle Crag, in a group of mountain bikers, when she went over her handlebars. The biker's helmet took the initial impact, before she fell onto the bouldery track on her back. She was given pain relief, before being packaged in a vacuum mattress. She was then stretchered down to an ambulance.

139. 14th December 2024 16:44 Taylorgill Force, Borrowdale

Two walkers had become benighted. Approaching steep and slippery ground near Taylorgill Force, one of them began to suffer a panic attack. The Team assisted the pair, with a rope, back up the path, across the gill, and on to the main path down.

140. 16th December 2024 18:31 Whinlatter Forest

A mountain biker on the 'red north trail' came across another biker, who was on the ground and unresponsive. The passer-by immediately commenced CPR and called the emergency services. The Team continued attempts at resuscitation. Sadly, and despite best efforts, nothing could be done to save the man. Our thoughts and sympathies are with the man's family and friends.

141. 22nd December 2024 13:35 Caldbeck

A dog had managed to get itself stuck on a ledge several metres above a beck. The owners had tried unsuccessfully to get to the dog. The Team rigged a rope rescue system and lowered a Team member to the dog. After securing the dog, the Team raised rescuer and dog a short distance back up to the path where the animal was reunited with its owner.

142. 22nd December 2024 14:51 Cat Gill, Walla Crag

A woman suffered an ankle injury, while descending the rocky path by Cat Gill.

143. 26th December 2024 15:42 Barrow

A man slipped and suffered a knee injury.

144. 26th December 2024 16:30 Crow Park, Keswick

Because of foggy conditions in the Ambleside area, Langdale-Ambleside MRT asked the Team to support the transfer of a deceased man, along with family members, from a Coastguard helicopter. The helicopter was re-directed to Crow Park in Keswick. Then the man was taken the short distance to

Keswick MRT base until the coroner arrived.

The man had tragically died in an accident on Grisedale Hause, Fairfield.

Our thoughts and sympathies are with the man's family and friends.

145. 29th December 2024 21:07 Helvellyn

Patterdale MRT requested support in a search for a missing mountain biker and his dog. Patterdale, Keswick, and Langdale-Ambleside MRTs searched the main paths leading to the summit. In the early hours, and after Keswick MRT met Patterdale MRT at the summit shelter, the two MRTs found the man's bike and phone nearby but could not locate the man or dog. Owing to the atrocious conditions, with strong winds and poor visibility, and the risk to team members, a decision was made to call off the search and resume at first light.

The following day, 30th December, other Lake District MRTs returned, located and recovered the man, who had sadly died in a fall from the summit plateau. The dog was found alive.

Our thoughts and sympathies go to the man's family and friends.

146. 30th December 2024 10:17 Buttermere

Cockermouth MRT requested support in attending to a man who had slipped on wet rock and broken an ankle, near Buttermere lake. Cockermouth MRT had attended to the injury before Keswick MRT arrived. The Team helped with the stretcher carry to an ambulance.



Incident 137 - Cockshot Wood, Keswick.



Incident 60 - Stockley Bridge, Borrowdale.



**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