

# Keswick Mountain Rescue Team

RESCUE REPORT 2026



# Introduction

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**Welcome** from Keswick Mountain Rescue Team to our 2026 Rescue Report.

This Report includes a record of the Team's activities throughout 2025. The Team was founded in 1947, and so in 2026 the Team is in its 79th year of operation.

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.

A call-out will often involve working with adjacent mountain rescue teams and inter-agency collaboration, for example, with the Coastguard

and Air Ambulance helicopters.

As in all years, the types of incidents vary greatly, and to have the competencies 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](http://www.keswickmrt.org.uk)

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

and see the Team's presence on

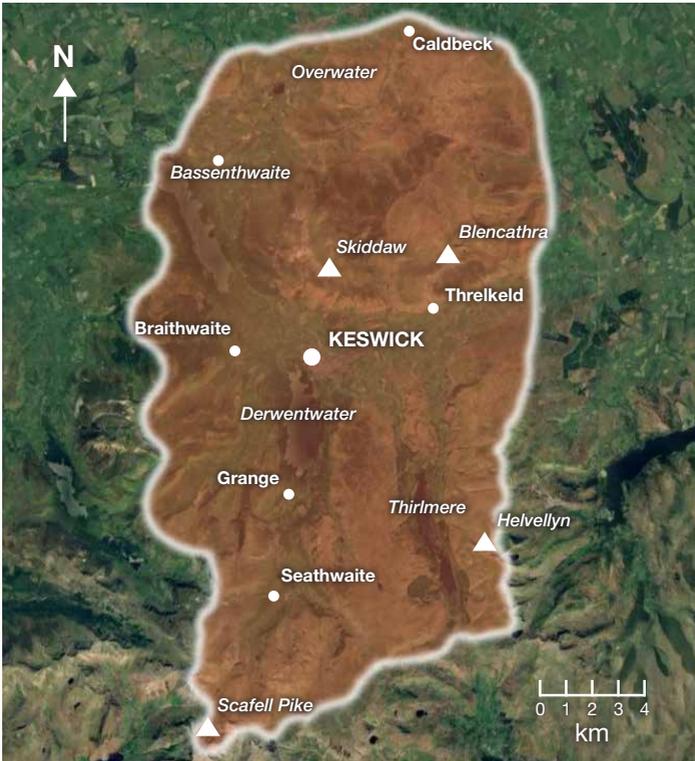
[facebook.com](https://www.facebook.com/keswickmrt) and [Instagram.com](https://www.instagram.com/keswickmrt)

### **For safety advice on the hills**

Please see <https://www.adventuresmart.uk/>

Cover photo: Incident 16 – Trusmadoor, Uldale Fells

## Area of Responsibility



# Keswick Mountain Rescue Team 2026



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

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

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

## Team Leader's Report

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It is with very mixed emotions that I am stepping down from the role of team leader of Keswick MRT at our AGM in January 2026 - it has been a huge commitment and I feel it is time for a rest! The role of team leader has been very demanding and finding time to fit in my work, be a husband and a dad and have some time for myself has been a real juggling act and one that I am very happy to be handing over. Having said that, I wouldn't have changed it for the world. It has been an absolute privilege to serve the Keswick MRT for the past twelve years – one that I will cherish for the rest of my life.

I joined the team in 1996 because, as a climber and outdoor instructor, I appreciated that if I should ever get into difficulty, it was the people from mountain rescue that were likely to come to my aid, and I wanted to give something back. Soon after joining I was elected to be an equipment officer, then in 2000 I became a deputy leader and have had a leadership role ever since.

In 2014 when Mark Hodgson stepped down, I was elected to be the new Team Leader – I was only the fifth leader in the team's history, and I had some very big shoes to fill (talk about standing on the shoulders of giants!). It was humbling then, and has been ever since, that such a competent and experienced group of outdoor and medical experts should have confidence in me to lead our team.

Over the past twelve years Keswick MRT has performed some truly amazing rescues and dealt with some very testing situations. Our annual rescue reports, social media posts and our website tell those stories. Much of what we are called to is to be expected – lost walkers, slips and trips leading to cuts and broken bones, cyclists and paragliders having crashes (often at speed) and medical 'episodes' such as strokes, asthma or heart attacks. Then there are the less routine incidents such as canoeists overturning on the lake, fell fires and flooding, or the outright bizarre such as a dog stuck underground (it had to be a terrier!). All of these rescues have needed 'in the moment' decision making as to what our response would be and the pressure was sometimes quite intense.

I am delighted to say that it hasn't always been me leading every rescue. The team has not only a strong leadership group of deputies, past and



*Chris Higgins.*

present, but also a cohort of very experienced team members who have the skills and mindset to lead a rescue. A focus of my time as leader has been to democratise the role as much as possible which hopefully fosters some resilience and develops leaders of the future whilst recognising the skills of individual team members.

Despite the pressures of leading rescues, some of which have been very complex and serious, they can be immense fun. Having had the people around me who have willingly stepped up to any challenge has been so reassuring. All I have had to do is assess the given situation/s, look at what's available and involve the most appropriate people, equipment and other resources while maintaining an overview to ensure things run smoothly.

My focus whilst on rescues has always been team member safety. We can find ourselves in some very 'sketchy' ground and in extreme conditions at times. Ensuring everyone goes home to their families has been my number one priority. Risk assessments, both written and in the moment are fundamental to the role of leading a rescue and I constantly ask 'what if?' when on a rescue. "What if that person slips?", "what if that rope catches on something?", "what if there aren't enough

people?”, “what if .....?” Putting measures in place to both prevent the “what if” or protect things should the “what if” actually happen has been my priority.

Back in 2014 one of my objectives was that Keswick MRT should advance our IT systems rather than completing paper records which were time consuming, led to duplication and were relatively insecure. As you can imagine, technology has come a long way in that time and we now have state of the art IT systems throughout the base which make things easier and more efficient (as long as you can remember the password!).

When not actively on rescues I have tried to support development across the team and in 12 years we have moved on so much. The most visible project was our base extension (2020-2021), a huge £1.2m undertaking that certainly gave us more than a few headaches at the time,

but one that we are really proud of.

Being made up of volunteers, mountain rescue teams are relatively independent, but Keswick MRT have adopted a quasi-professional approach and incorporated many modern ‘work’ practices when they have been seen to be beneficial. Risk assessments have become more structured. We formally review everything we do to try to highlight the good things and learn from our mistakes. We have had outside courses aimed at developing our performance when under pressure. We are much more structured in our training. It is testament to everyone involved that we can undertake the complex and challenging, sometimes life threatening, rescues that we get called to.

Keswick MRT has always welcomed new recruits, and I’m delighted to say we have more female members than when I joined 30 years ago and we are also a noticeably much younger team.



Incident 116 - Birkett's Leap, Borrowdale.

## Team Leader's Report

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Both are things I have been consciously trying to encourage. Having a more representative cross-section of members brings differing perspectives and helps maintain a balance which brings real positive benefits, whilst carrying heavy bags, a 'loaded' stretcher or flogging up to Great End in winter are so much easier when your knees, hips and back aren't working against you.

Other successes have been to strengthen close working relationship with Cumbria Police and Cumbria Fire and Rescue Service (CFRS). Frequently both Keswick MRT and CFRS are called to people in difficulty on the lakes or rivers in the area and we work together very efficiently and effectively. The MCA (Maritime Coastguard Agency) is another organisation that we have built stronger relationships with over the time I have been team leader. We work closely with the MCA on lake rescues and when the Coastguard winching helicopters are involved. Whilst it is easy for me to mention Cumbria Police, CFRS and the MCA as organisations – it is the individuals within them who have worked with us that I would like to recognise (too many to mention I'm sorry), without

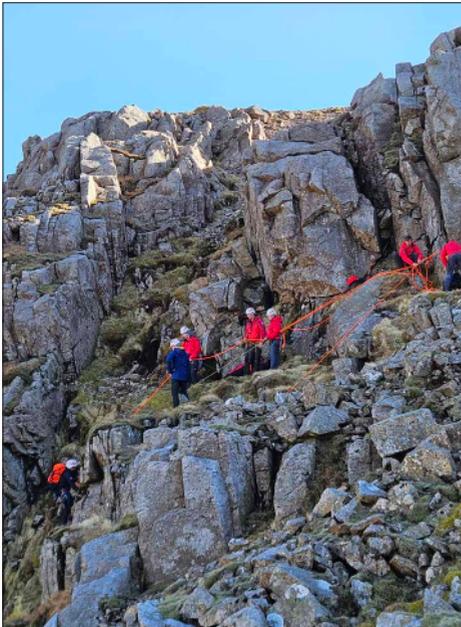
your commitment we wouldn't have progressed as much as we have.

Similarly, the other Lake District mountain rescue teams and their team leaders have been so supportive over the years. I wish to thank every member of each LDSAMRA team, and their leadership in particular, for everyone's help. Having said that, I am really looking forward to not getting any calls at some ungodly hour asking me to get the team out of bed for a search or some such thing.

The impact of the Covid pandemic and the measures we had to take to keep our members safe were extremely challenging. As team leader I worked hard to help maintain our operational capability. Through close liaison with the medical experts in our own team, online meetings with other team leaders and outside professionals and then putting in place practical measures we managed to maintain our response capability throughout the pandemic.

Whilst I have been involved in many hundreds of rescues as team leader here is a very brief mention of a few significant rescues that stand out for me:

- *Blease Fell, Blencathra* – a man collapsed with a heart attack and was unresponsive on the ground in front of us, a defibrillator was used to administer a shock and he was revived. We carried him into the air ambulance and he was flown to hospital. Several days later he walked out of hospital and returned to his family – truly a life saved.
- *Castle Rock, Thirlmere* – a man fell whilst climbing and was critically injured with serious multiple trauma. We worked with the crews of the air ambulance and Coastguard helicopters to treat him at scene and then evacuate him to hospital where he made an exceptional recovery – another family saved from the pain of bereavement.
- *Hall's Fell, Blencathra* – a fell runner collapsed with hypothermia and went into cardiac arrest. He was given CPR by the team, winched into a helicopter where he was given ongoing CPR and flown to hospital where he was revived using a rewarming procedure (he arrived at the hospital with the coldest recorded UK core body temperature of any survivor). The outcome was spectacular and this casualty ran the London Marathon later the same year to raise funds for KMRT.



Incident 26 - Great End



Incident 37 - Troutdale Pinnacle, Borrowdale.

- In 2015 *Storm Desmond* was the third massive flooding event to hit the area (2005 & 2009) and one that we were more prepared for. We worked with CFRS and other Lake District teams to evacuate residents and then to rescue people stranded in their houses. This was a protracted incident where the team was continually active for over 36 hours in very demanding conditions.
- A recent rescue of two climbers stuck halfway up *Troutdale Pinnacle*, a 350-foot, six pitch rock climb, where one of the party had fallen and broken one (and possibly both) wrists and his companion was unable to do anything to help. Six rescuers deployed to the top of the crag and set up our rope system. The remainder of the team waited at the foot of the climb to give treatment. We lowered one rescuer to the injured casualty and a second rescuer to the stuck companion and lowered everyone to the ground. First aid was given and we walked down together. This incident highlighted to me how, with good levels of standardised training,

simple well-rehearsed rope systems and good co-ordination and appropriate taskings a small team of mixed ability personnel can quickly and safely affect a very complex and high-risk rescue. (See photo left).

There are many other rescues that I remember but those five give a flavour of what the team is called to and the pressures put upon the team leader and the immense satisfaction taken from being involved in a job well done.

Finally, I would like to thank all the members of Keswick MRT for what has been a fantastic twelve years for me. Without you, there would be much more sadness in the world, I know you bring comfort to our casualties and their friends and families, but I also see how supportive and caring you are for each other. Our team works because you all want it to work – it is difficult for fifty-five people to always see eye-to-eye on everything, I would even suggest it is impossible. However, if you all continue as you have done over the past twelve years to accommodate everyone's differences, 'put yourself in the other person's shoes' and work together as you have, then I can only see a strong and united KMRT continuing to do what we have always done. Your commitment to Keswick MRT is exemplary, your help and support of each other and for me has been immeasurable and I hope you are as proud of yourselves and what you achieve as you all should be.

**Chris Higgins**



Incident 53 - Tongue Gill, Rigghead Quarries.

# Statistics for 2025

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The graphs opposite show how the incidents in 2025 were spread across the days of the week, throughout all twelve months, and across different times of the day.

The total number of callouts was 129, and with a further 35 alerts (incidents that were managed without a Team deployment), the latter taking considerable additional time to resolve.

## THE YEAR IN NUMBERS

- 129** number of callouts
- 42%** of callouts were as a result of a slip or trip
- 17%** of callouts involved the assistance of a helicopter
- 80%** of callouts were after 12 noon
- 16%** of callouts were in May – the busiest month
- 24%** of callouts were on a Saturday – the busiest day
- 11** days had 2 callouts
- 4** days had 3 callouts
- 1** day (Saturday 31st May) had 4 callouts – see pages 24-25

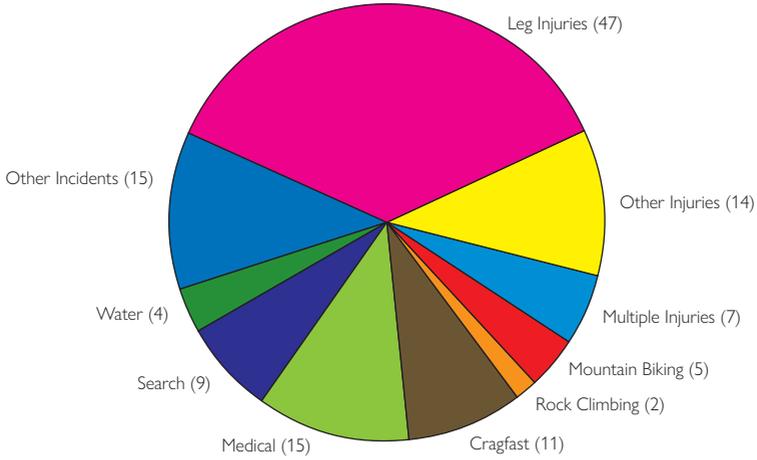


Incident 91 - Latrigg

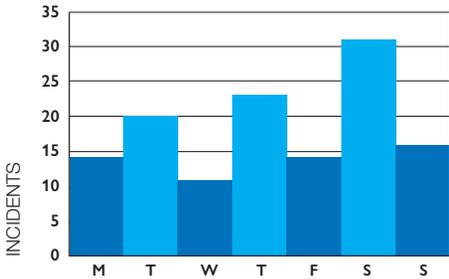
# Callout Statistics - 129 Callouts

## INCIDENT TYPES 2025

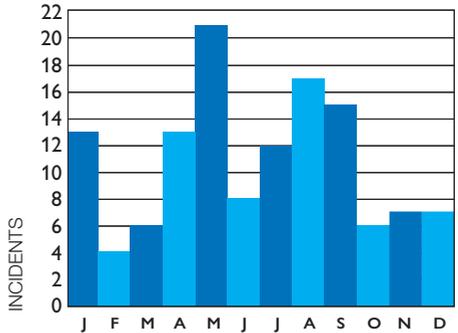
Figures in brackets refer to number of incidents, not percentage of incident types



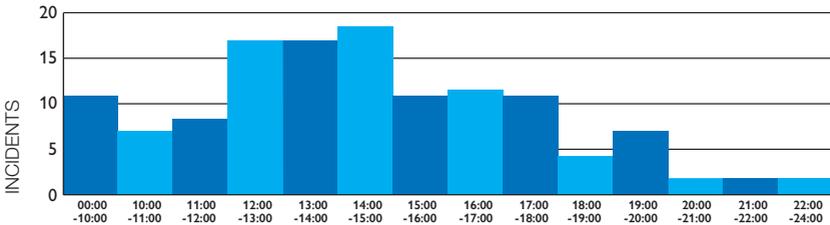
## DAYS OF THE WEEK 2025



## MONTHS OF THE YEAR 2025



## HOURS OF THE DAY 2025



# Equipment and Training in 2025

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Throughout 2025, as in all years, regular weekly training sessions along with specialist courses, have enabled Team members to develop the competencies to respond to all of the various types of callouts presented.

The Team regularly reviews its equipment and operating procedures, which in 2025 included:

- Rope rescue rigging review**
- Specialist storage racking for the Sprinter vehicles**
- Purchase of e-bikes**
- Purchase of Defiguard combined monitor and defibrillator devices**
- Purchase of Simulaids mannikins**
- Purchase of thermal imaging cameras**

Also, in 2025 the Team installed a public access defibrillator adjacent to the Team Base.

Key rescue skills for training and development included:

- Advanced first aid skills**
- Response driving**
- Off-road driving**
- E-bike training**
- Working with aircraft**
- Search management**
- Technical rope rescue** (including one day in April and one day in October on Sharp Edge)
- Fatal incident protocol**
- Swift water rescue**
- Well-being awareness**



*Incident 54 - Ruddy Gill, Borrowdale*

This will be my final Treasurer's Report as I am due to retire at the team's AGM in January 2026, giving my successor chance to settle in before I retire from the team in May 2027. I have thoroughly enjoyed my seven years as Treasurer and am looking forward to a final year as a team member without portfolio!

My thanks go to all the donors over those years, some of whom give and fundraise online, some of whom send cheques with wonderful letters and cards, and some of whom leave us money in their wills. Those regular donors who perhaps set up standing orders in our favour and give year in, year out deserve my special thanks, though. We couldn't do what we do without you all.

My thanks also go to those local businesses who take our collection boxes, and those who put cash in them. It surprises me every year that, in our increasingly cashless society, we raise over £20,000 from your loose change and spare notes! Thanks also to team members Paul White and Jeff Powell Davies for organising their distribution and counting.

I'd like to thank Frances Clark too, who generously gives her time to prepare our accounts, claim our Gift Aid and VAT, and advise on any financial issues we may have. We are very fortunate indeed to have such a wise advisor.

I wish my successor well and hope they enjoy the role as much as I have.

**John Hunston**



*Incident 57 - Sprinkling Tarn, Borrowdale*

## Collection Boxes 2025

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Over 2025 our collection boxes have raised in excess of £22000. A very respectful total that is consistent with the past 5 years. It is encouraging to see that the collection boxes can still raise a significant amount towards our running costs when the use of cash in society is in decline.

We have approximately 200 boxes spread out over the area that the team covers, and a few more further afield. Many thanks to hotels, pubs,

cafes, shops, guesthouses and individuals who continue to support us by having one of our boxes on display.

Mountain rescue is provided on a voluntary basis, with no official funding, and is therefore only possible thanks to the generosity of the public. Every donation, big or small, is very much appreciated.

**Paul White & Jeff Powell Davis**

## Please Support Us

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

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

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

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

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

**Cheque** – Details on our website.

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

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

**Buy Me A Coffee** – Details on our website.

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

Please download the form from our webpage.

**Collection Boxes** – We now have the QR code shown below, which links to the **MyGivingHub** website.



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

## Collection Box Sponsors

2 Windsor House	George Hotel	Pheasant Inn
Abacourt House	Glaramara Outdoor Centre	Poets Interiors
Acorn House	Glencoe G.H.	Portland House
Adventure Hunter	Glendale G.H.	Primrose Cottage
Allerdale House	Go Outdoors	Rathbones
Alpkit	Golden Lion	Ravenstone Lodge Hotel
Alternative	Greystoke House	Ravenstone Manor Hotel
Appletrees	Greystones G.H.	Ravensworth House
Armathwaite Hall	Hawcliffe House	Relish
Ashness Farm	Hazel Bank Hotel	Rickerby Grange
Avondale G.H.	Hedgehog Hill	Rivendell G.H.
Bank Tavern	Herdwick G.H.	Rohan
Barn Gill House	Honister Mine	Roly's Fudge Shop
Birch How G.H.	Hope Memorial Camp	Royal Oak, Braithwaite
Bookends	Hope Park Mini Golf	Royal Oak, Keswick
Booths	Horse and Farrier	Royal Oak, Rosthwaite
Borrowdale Caravan Club Site	Jan's Lakeland Sandwich Shop	Salisbury G.H.
Borrowdale Gates Hotel	Java	Salutation Inn
Borrowdale Hotel	Keswick Brewing Co.	Saw Mill Café Dodd
Borrowdale YHA	Keswick Cheese Deli	Scales Farm Cottage
Braithwaite Court HPB	Keswick Climbing Wall	Seatoller Farm
Braithwaite Shop	Keswick Cottage Hospital	Seatoller House
Bramblewood Cottage	Keswick Golf Club	Seven Oaks
Brookfield G.H.	Keswick Launch Co.	Shell Petrol Station
Brun Lea G.H.	Keswick Park Hotel	Shemara G.H.
Brysons	Keswick Reach Lodge Retreat	Silverdale Hotel
Cafe Ambio Whinlatter	Keswick Site	Skiddaw Croft
Caravan Club Site, Braithwaite	King's Head Hotel	Skiddaw Hotel
Casa's	Kingfisher	Skiddaw House Hostel
Castle Inn	Kingstarn	St Helens Mountaineering Club
Castlehead Medical Centre	Knotts View	Star of Siam
Castlerigg Farm Camp Site	Kong Adventure	Strathmore G.H.
Castlerigg Hall Caravan and Camping	Lake Road Inn	Stybeck Farm
Castlerigg Manor	Lakeland	Sun Inn
Claremont House	Lakeland Décor	Sunnyside G.H.
Coledale Inn	Lakeland Slate	Swinside Inn
Cornish Pasty Shop	Lakeland Toys and Hobbies	Swiss Court Hotel
Cotswolds	Lakeside Cafe Restuarant	Tarn Hows G.H.
Crafty Baa	Lakeside House	The Chalet
Craglands G.H.	Lanehead Farm G.H.	The Cornish Bakery
Cragside G.H.	Langstrath Hotel	The Edinburgh Woollen Mill
Crow Park Hotel	Laurel Bank G.H.	The Happy Herdwick
Cumberland Pencil Museum	Littlefield G.H.	The Heights Hotel
Cumbria House	Love The Lakes	The Keswick Boot Co.
Cyclewise Whinlatter	Lucy Pittaway	The Lookout G.H.
Dale Bottom Farm Campsite	Lynton Lodge	The Oddfellows Arms
Dale Head Hall Hotel	Lyzick Hall Hotel	The Pocket
Dalegarth Hotel	Mae's Tea Room	The Puzzling Place
Denton House	Maple Bank	The Ruddings Hotel
Derwent Bank HF	Mary Mount Hotel	Thornthwaite Gallery
Derwent Club	Mill Cottage	Travis Perkins
Derwent Hill Outdoor Centre	Mill Inn	Trespass
Derwentwater Club Site	Millets	Troutbeck Caravan and Campsite
Derwentwater Holiday Home Site	Namaste	Troutbeck Inn
Derwentwater Marina	Near Howe	Twa Dogs Inn
Dog and Gun	Needle Sports	Tynemouth Lodge
Dollywagon G.H.	Nevisport	Wainwright Inn
Dorchester House	Newlands Adventure Centre	West View G.H.
Edwardene Hotel	Nichol End Marina	Wetherspoons
Elm Tree Lodge	Nordic Outdoors	White Horse Inn
Farmers Arms	Norwegian Store	Wild Strawberry
Fat Face	Old Keswickian	Winchester G.H.
Ferndene G.H.	Oxleys Underskiddaw	Yew Tree Rosthwaite
Fine Designs	Packhorse Inn	
George Fishers	Paramo	

# Probationer Account 1

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When I began my journey as a probationer, I arrived not just as a trainee but as an education professional, a mother of two, an outdoor enthusiast and someone who has lived locally for 28 years. With a background working in outdoor centres, giving something back felt right, though I hadn't anticipated how deeply the team would reshape my sense of belonging.

Our initial assessment into Combe Gill as a group of six candidates, in deepening snow with full packs, was a baptism of ice and humility. For someone five-foot-two (and a half!), it often meant wading to my thighs in snow while leading on navigation and steep ground. At one point I stepped confidently forward only to disappear through a snow-covered patch into freezing water. Mortified, I scrambled out, only to be met with laughter and reassurance, especially when a full team member vanished the same way moments later. It was my first lesson that humour and humility are as vital as navigation. By the end of the assessment, it was clear how much learning lay ahead and how much we'd rely on one another. In the following weeks after being invited to attend training sessions, I was struck by the unassuming generosity of team members advice and time, some whose paths I'd somehow never crossed in nearly three decades here. Their skill, professionalism and dedication are astonishing. I've been a sponge ever since, absorbing knowledge, processes, and the art of staying upright with a stretcher on my back in loveable Lakeland winds and sideways rain.

Rescues bring learning fast. On my first call-out after induction, I leaned in to reassure a casualty near Derwentwater and promptly attached my jacket to their watch strap, turning calm words into a small comedy sketch. Being with casualties on scene has taught me that sometimes what people need most is calmness, warmth, or simply a hand to hold. Since then, I've attended 47 rescues, on fell tops, ridges, at crag bases, along low-level paths and in forests, supporting people of all ages and backgrounds. One memorable incident involved a mountain biker near Walla Crag where I witnessed the expertise of treatment from the Helimed crew

and assisted with cutting away very expensive clothing and footwear to package the casualty safely for extraction by helicopter. Other incidents have included searches, falls, fractures, dislocations, mountain bike injuries, exhaustion, and medical emergencies, as well as assisting stranded walkers. Each has presented different challenges and learning opportunities. I've also attended more complex and emotionally demanding rescues, including fatalities on Skiddaw, Blencathra, and Gowder Crag. These reinforced how essential preparation, mindset and being properly buddied-up are, and they have really deepened a sense of empathy and responsibility to be able to the best I can. It has been humbling. I've taken every opportunity to develop, from learning from experienced members, electric MTB training, and theory days on working under pressure, to progressing towards RRMT and rigging and stretcher work that has reconnected me to my climbing roots. Stepping into the control room when needed has broadened my understanding of team operations.

Beyond callouts, the year has rekindled my love of challenge and adventure. A highlight was a week in Glencoe, training alongside other teams and seeing how interconnected Mountain Rescue truly is. Balancing this with work and family life has been challenging but overwhelmingly positive. My children have watched me learn, grow and push myself, and I hope it shows them that adults can still be beginners, still be brave and try new things and give back. They still leap into action when my phone buzzes with a potential rescue and help me out of the door!

Now, approaching the end of my probationary year, and finding out if I will progress to a full team member, I feel proud. Pride in skills gained, help given, and in standing beside people whose dedication is extraordinary. What began as a wish to give something back has given me lots in return: confidence, community, purpose and friendships forged in sunshine, darkness, rain, ice and the occasional swarm of midges! Thank you to the whole team for a great year to date.

**Jen Ager**

This is a summary of my year so far as a Probationer and an anecdote from a rescue that I attended.

Over the past year as a probationer with Keswick Mountain Rescue Team, I've learned that mountain rescue is rarely heroic, frequently damp, and completely uninterested in whatever plans you had before the MRT alert went off. After passing the daytime and nighttime assessments in January -including proving I could navigate in the dark without relying entirely on hope, instinct, or following someone else's torch - it became clear that this achievement mostly meant I was now allowed to start learning things the hard way.

My first operational callout in May confirmed that rescues can range from pleasantly straightforward to "why are we still going uphill?" depending on terrain, weather, and timing. Progress generally relies on teamwork, clear communication, and recognising the exact moment when further discussion is no longer helpful and it's time to start moving, ideally in the right direction. Regular involvement in base building checks has also revealed that mountain rescue success depends just as much on checking mundane things in advance as it does on anything dramatic on the hill.

Throughout the year, advice from experienced team members and my Mentor - often delivered

calmly while I was busy reassessing my life choices - has been invaluable. Whether on callouts, training evenings, or organised mountain days, this steady support has made a significant difference. Overall, the experience has been challenging, educational, and surprisingly addictive, and I remain fully committed to continuing to learn, contribute, and work towards becoming a fully qualified team member in 2026 (ideally fitter, wiser, and making noticeably fewer mistakes than when I started!).

Here's my anecdote:

At 03:39 in the morning — a time when sensible people are asleep and bad decisions really start to shine — I attended a mountain rescue on Rosthwaite Fell to assist six media students from a university. The group had been attempting to make a documentary on wild camping, which is all very artistic until bad weather and exposure decide to become part of the cast. What started as a creative project quickly turned into an unscheduled lesson in why the outdoors does not care about deadlines, coursework, or vibes. Thankfully, we brought everyone to safety, a documentary was definitely made (just not the one planned), and several lifelong opinions about checking the weather forecast were firmly formed.

**Jeff Bishop**



*Pre-probationer day (January 2025)*

## Sharp Edge review

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Blencathra is a peak with a complex array of ridges that attract large numbers of walkers.

In 2025 the Team responded to 10 callouts on this popular fell.

Sharp Edge on Blencathra is a spectacular narrow arête with appeal in summer and winter conditions.

It is a 'Grade 1' scramble and in benign conditions is a pleasant way up the mountain, providing you have a head for heights and are reasonably competent at scrambling. However, in windy, wet, or winter conditions the ridge can be dangerous due to gusts, the slippery nature of the rock when wet, and the formation of rime and ice in winter.

Most people would ascend the Edge rather than use it as a descent route, so that it is usually a one-way stream of scramblers, and a potentially very busy one in holiday periods.

Sharp Edge has been the scene of numerous fatalities, serious incidents and crag fast individuals over the years, the first recorded incident being on 21st January 1961.

The location is a continuing major responsibility for the Team, with 5 callouts on the ridge in 2025.

The main causes of accidents on Sharp Edge are slips, the Skiddaw Slate rock being very polished and slippery, especially if under wet or winter conditions, and falls, an almost constant background factor being the wind.

Some call-outs are to rescue unwary and inexperienced, but uninjured, scramblers who have become crag fast, or "stuck" on the arête.

On the ridge there is a 'bad step' that necessitates an awkward move off a sloping

slab on to a narrow gap at the head of a gully descending north from the Edge.

Although there is an easier path on the north side of the ridge, the so-called "chicken path", this finishes at the gully leading to the awkward step. The gully itself is of very poor, rotten, rock.

The gully is well-seen from the sheltered ground below Foule Crag, where its distinctive funnel leads down to bouldery ground.



*Assembling at a prominent big ledge on the ridge*



*Establishing a safety line to the top of the 'usual' gully for a rope rescue or extraction of crag fast person(s).*

Incidents that call for the Team are mostly at the gap-gully site.

Most falls here will result in serious injury.

The Team approach to an accident on Sharp Edge is to always regard it as a serious incident, with helicopter assistance requested.

Team members will be deployed not only to the crest of the Edge, but also, depending upon the length of the fall, along the "chicken path" and/or to the foot of the gully on the north side of the Edge. It is a complex task establishing rope systems on the Skiddaw Slate rock, whose nature does not lend

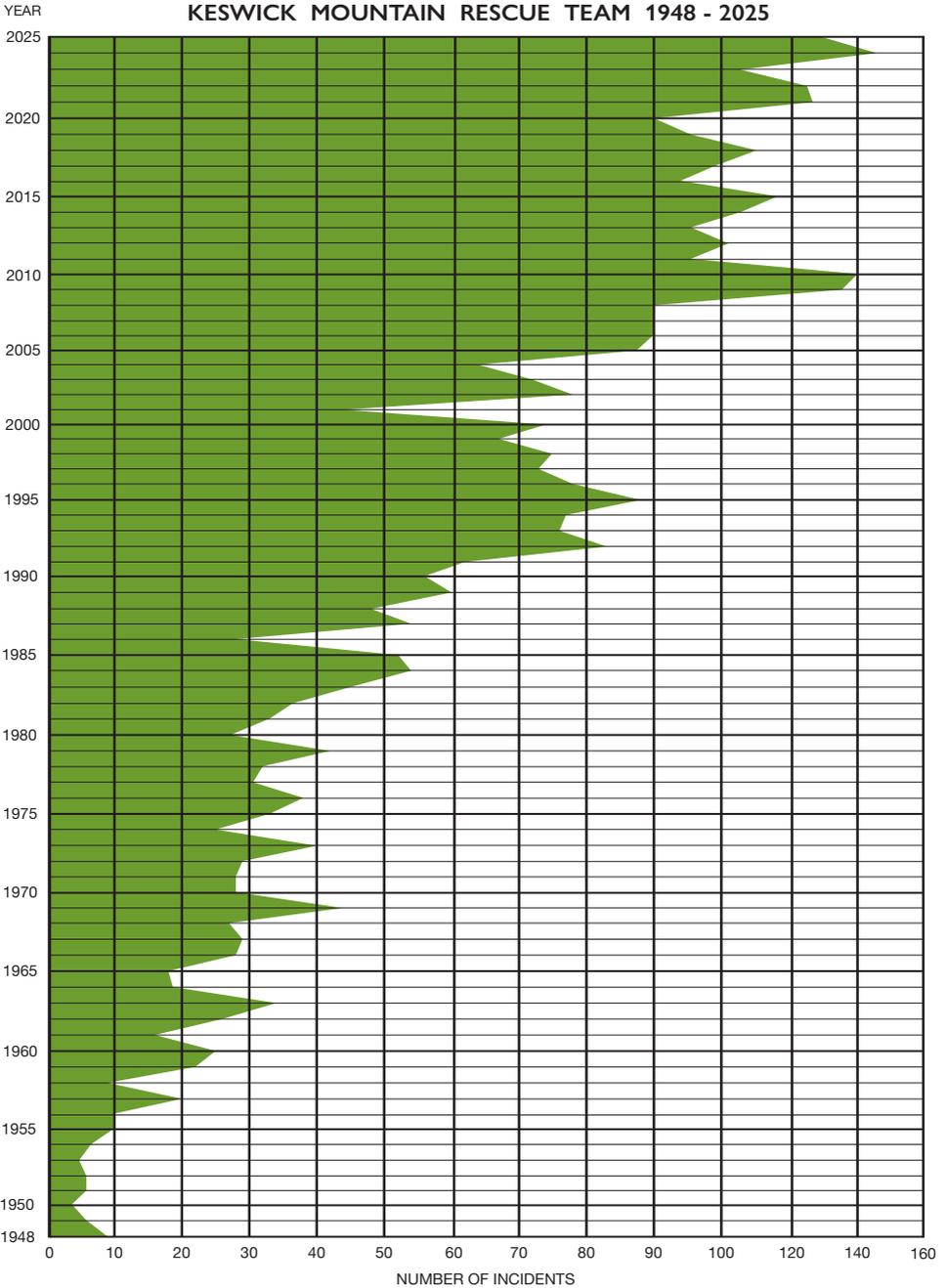
itself easily to the placing of rope belays (this being the reason why scrambles rather than roped rock climbing routes tend to be the case on this type of rock).

Stretcher lowering is a particularly demanding task in the gully.

The Team regularly operates training sessions on Sharp Edge, and develops ongoing guidelines and procedures for Team members, this all being part of its risk management process.

The photos are each from a training session on Sharp Edge.

# Number of Incidents Per Year



# Incident Reports 2025 | 129 Callouts Edited from Team records

**01. 2nd January 2025 12:25 Sharp Edge, Blencathra**

A man died after falling approximately 70m from Sharp Edge. A Keswick MRT member already on Blencathra went to the scene above Scales Tarn, along with the crew of an Air Ambulance, which landed nearby. The Team recovered the body to the Air Ambulance, which then took the man to Keswick MRT Base.

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

**02. 2nd January 2025 13:09 Latrigg**

A person slipped on an icy path injuring a wrist, and due to the ice could not make it back to their car, which was parked a short distance away. Before the Team reached the casualty, the Team was advised that they had self-rescued, and would make their own way to hospital.

**03. 4th January 2025 14:47 Cat Bells**

A man suffered an ankle injury. The Team treated the injury before taking the man down to the road by stretcher. His partner was able to collect him for a trip to hospital.

**04. 6th January 2025 15:27 Gategill Fell, Blencathra**

A local resident was concerned about what he thought was a casualty high up on Gategill Fell, that appeared to be lying down, and occasionally waving. Three Team members went to the informant's house and scoured the fellside with high powered binoculars. No person could be seen. A false alarm with good intent.

**05. 8th January 2025 19:14 Little Fellside, Caldbeck**

The ambulance service requested support in getting a patient from a snow-blocked remote farm to hospital. After the Team had deployed, news came that a local farmer had used his tractor to the extricate the patient to the husband's car parked on a more accessible road. The Team stood down and the husband took his wife to hospital.

**06. 9th January 2025 16:24 Keswick to Threlkeld Railway Trail**

The ambulance service requested support in attending to a man who had suffered a broken arm. The Team was able to drive to the casualty. After treatment, the man was taken to an ambulance.



Incident 3 - Cat Bells.

# Incident Reports 2025

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**07. 10th January 2025 12:45 Hawse End, Portinscale**

A woman suffered an ankle injury. After attending to the injury, the Team stretchered the casualty the short distance to her partner's vehicle for onward transfer to hospital.

**08. 10th January 2025 15:54 Strandshag Bay, Derwentwater**

A woman slipped near Friar's Crag on Derwentwater and suffered a shoulder injury. With support from passing walkers and Team members, she managed to walk to the Keswick MRT base, where she was treated before being driven to hospital by her husband.

**09. 10th January 2025 15:59 Latrigg**

A woman slipped and fell on Spooney Green Lane path and suffered a suspected broken arm. After attending to the injury, the Team stretchered the casualty to a Team vehicle for transfer to their own vehicle, and on to hospital for further checks and treatment.

**10. 11th January 2025 17:33 Newlands Pass road**

The Team was asked to help the three occupants of a car stuck in winter conditions on the Pass.

The Team helped get the car to the side of the road before returning the three to Keswick in the Team vehicle.

**11. 18th January 2025 10:24 Hall's Fell, Blencathra**

Two walkers had become crag fast after getting off-route near the rocky section on the Hall's Fell ridge. They were guided over the phone back to the path, but they did not feel confident about continuing. The Team guided them to the summit of Blencathra for a return trip down Doddick Fell.

**12. 25th January 2025 11:53 Blencathra**

A man slipped on ice on the summit of Blencathra and severely injured an ankle. An Air Ambulance was able to land close by. Passers-by helped the crew with a stretcher carry from the summit to the helicopter while the Team continued to approach because of the possibility that the helicopter could not take off in the changing conditions. However, the weather improved and in a clear spell the helicopter was able to launch to take the casualty to hospital.

**13. 28th January 2025 12:39 Crow Park, Keswick**

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

**14. 2nd February 2025 12:41 Broad Haystack, Borrowdale**

Four people headed straight up Broad Haystack from Stonethwaite, aiming for Bessyboot. They had intended going up the steep path above the Stonethwaite campsite but went through the wrong gate and continued up steep and slippery ground, thinking that things would improve. Nearing the top,

they realised they couldn't safely climb further or descend back the way they had come.

The Team used ropes to help the group back down to the valley.

**15. 7th February 2025 12:12 Heron Crag, Langstrath**

A man had lost his way while ascending the narrow winding path on the front of Eagle Crag, becoming crag fast on steep ground above Heron Crag. Because of poor mobile phone coverage, it took some effort to confirm his location but once done the Team were able to find him. The man was rope assisted to safe ground and accompanied back to the road.

**16. 8th February 2025 12:42 Trusmadoor, Uldale Fells**

A man slipped and suffered an ankle injury. The Team approached from near Brocklecrag Farm, this seeming like the shortest approach to the casualty site. However, once the casualty was located, assessed and treated he was stretchered out on a different route down, to Longlands, since this was easier terrain for the evacuation. The man's son took him to hospital.

**17. 27th February 2025 21:31 Blencathra**

Two campers on top of Blencathra reported their concern for a lone walker who seemed to be in a confused state. The Team sent a few members as a welfare check to find and safely escort the lone walker off the fell. By the time the Team met the man he had made good progress down towards Mouthwaite Comb. The Team walked with him back to his vehicle.

**18. 1st March 2025 13:27 Hawse End, Derwentwater**

A woman slipped and fell heavily on a shoulder and couldn't get up. Her cut hand was treated by a former midwife who was in the walking group. An assessment was made by a Team doctor and analgesia given before her arm was put in a sling for the carry to the Team vehicle. The woman was taken to Hawse End Centre from where she was taken to hospital in their own vehicle.

**19. 3rd March 2025 19:17 Castlerigg Fell**

A man had failed to return from a planned walk. He had left details of his intended route with his wife, so a search plan could be formulated by the Team. Search paths were initiated from Rakefoot Farm to follow various possible routes of the intended walk and the ground in between, and an approach from the Naddle Valley side to cover the Shouthwaite/Bracken Riggs slopes below Dodd Crag. Further Team members covered the ground between Castlerigg Stone Circle and Rakefoot Farm. A Coastguard helicopter carried out a search of a large area of deep heather-clad fellside.



*Incident 24 - Allerdale Ramble near Castle Crag.*

The teams returned to base shortly after midnight, with the intention of continuing with a multi-team search in daylight.

Around this time a Team member was walking her dog in Threlkeld Quarries when she came upon the missing man. A medic was sent to assess and collect the man who was brought back to base and then collected by his wife.

**20. 6th March 2025 13:25 Castle Crag**

After a recent knee replacement operation, a man tried a short walk up Castle Crag from Rosthwaite. Unfortunately, he had difficulties, the knee gave way on him, and he was left unable to weight-bear. The Team stretched him down the fell.

**21. 11th March 2025 13:55 Rigghead Quarries, Borrowdale**

A woman slipped on wet slate and suffered an arm injury.

The Team provided pain relief before strapping up her arm for a stretcher sledge/carry to the Team vehicles parked at New Bridge near Rosthwaite. The casualty was then transferred to their hotel in Borrowdale from where they made their own way to hospital.

**22. 15th March 2025 05:48 Sharp Edge, Blencathra**

Two walkers had become crag fast (stuck) on Sharp Edge. While en route to Blencathra, the Team received news from the party that they had managed to self-rescue, so the Team returned to base.

**23. 29th March 2025 20:15 Lining Crag, Borrowdale**

After his tent had succumbed to gusty winds and rain, a walker had become cold and disoriented while trying to reach the valley floor. A friend alerted the police with the walker's last known location as Lining Crag. The Team went to Stonethwaite, aiming to head up Greenup Gill. The Team had just left the team vehicle when the walker contacted the team to say he had made it safely to the Langstrath Inn, at Stonethwaite.

**24. 1st April 2025 12:18 Allerdale Ramble, near Castle Crag**

A woman had sustained a calf injury, was in considerable pain, and was unable to weight bear. The Team assessed the casualty and then packaged the woman for a stretcher sledge/carry to the team vehicle at New Bridge, Rosthwaite.

# Incident Reports 2025

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**25. 1st April 2025 13:50 Ullock Pike**

A woman had twisted an ankle while descending from Ullock Pike via an unusual route. The casualty, with her companion and dog were on tricky terrain in Sandbeds Gill on the flanks of Ullock Pike.

The Team ascended from the forest tracks of Dodd Wood directly up the Gill to locate the casualty site. The Team assessed and splinted the casualty's ankle. The casualty was then packaged for a stretcher carry off the hill. With a rope in place to provide support for the stretcher, the difficult extraction started, down loose scree, through trees and over bracken.

**26. 5th April 2025 13:13 Great End**

Two people had got into difficulty on Great End. However, there was no specific information given on location or nature of the problem. Incident leaders and control were unable to make contact with the people. Two vehicles were deployed, for team members to go to the summit of Great End, prepared for a crag rescue.

The first team deployed with full crag rescue kit. Upon reaching the top of Grains Gill, the Team heard shouts for help, a whistle was heard, and an orange survival bag was seen. It appeared that the two had taken a direct route up in the Cust's Gully area.

As the first team made it to the top of Great End, the second vehicle's team members had arrived at the top of Grains Gill. Acting as spotters, team members were able to assist from below the crag, ensuring the ropes were set up in the right location to send a team member down from above, to extricate the walkers. With ropes rigged and a team member down with the walkers, the team raised the crag fast walkers up to the top of Great End.

**27. 5th April 2025 15:23 Barrow**

A woman descending Barrow had aggravated a previous knee injury and was unable to continue. The team stretchered the woman down to a friend's car with a recommendation for a check-up at hospital.

**28. 5th April 2025 16:37 Greenup Gill, Borrowdale**

A woman in an ultra-running event had dislocated a shoulder, after a slip and fall, while ascending Greenup Gill near Stonethwaite. A race medic attended and provided analgesia while the Team made their way to the casualty location. A team medic reduced (re-aligned) the shoulder providing sufficient relief from the pain for the woman to make her way on foot back to Stonethwaite, where she was taken care of by the race organisation.



*Incident 25 - Ullock Pike.*



Incident 34 - The Swirls, Helvellyn.

**29. 8th April 2025 10:13 Bowscale Fell**

A woman reported that her husband had collapsed and was briefly unconscious. A Team medic made an assessment and, although the man had largely recovered, he was still light-headed and was therefore stretchered down to the Team vehicles. His wife then took him to hospital for further checks. Penrith MRT helped the Team with this incident.

**30. 11th April 2025 10:34 Whinlatter Forest**

Cumbria Police requested mountain rescue team help in the search for a missing despondent woman in Whinlatter Forest. Keswick MRT members were initially tasked with searching areas close to the car park near Swinside Houses. Four search dogs came to help search in what is mostly very densely vegetated terrain with limited visibility. The LDSAMRA drone team provided support with four drones covering the open ground. Eight team members from Cockermouth MRT also attended. Search areas were expanded once the initial areas were covered. In the late afternoon search dog Kez, along with handler Andy Colau, found the woman. She was taken to hospital by ambulance for further checks.

**31. 15th April 2025 18:27 Bowder Stone, Borrowdale**

A man walking on the path to the Bowder Stone tripped and dislocated an ankle. The ankle popped back into place, but he was unable to walk on it. A Team vehicle was driven along the track to get close to the casualty. He was given pain relief before being

driven back to the road, from where he was taken to hospital by family members.

**32. 18th April 2025 15:30 Eagle Crag, Borrowdale**

A walker had been descending the steep path on the nose of Eagle Crag with his dog Benji. After scrambling down a steep step, the man went to lift his dog down, Benji pushed at the wrong time and unbalanced him, sending the man tumbling. Fortunately, a good ledge stopped him going a lot further but not before he had sustained a large gash on his head.

A Team medic scrambled up to the man and treated his wound while a rope was rigged from above to allow a protected scramble back up for a walk off down a better path.

**33. 18th April 2025 18:30 Great End**

A man with a leg injury was cold and sheltering in a survival bag at Calf Cove behind Great End. To boost rescuer numbers for a possible long stretcher-carry, Cockermouth MRT was asked to help the Team. When the Team was high on the Grains Gill path a message was received from Cumbria Police stating that the casualty party no longer required emergency services and were making their own way off the hill.

**34. 22nd April 2025 12:38 The Swirls, Helvellyn**

A man had fallen while descending The Swirls path from Helvellyn and had a suspected broken ankle. The Team administered some pain relief and splinted the leg before a stretcher sledge and carry to the car park.



*Incident 40 - Bleaberry Fell.*

**35. 24th April 2025 06:41 Mungrisdale**

A man walking near the River Glenderamackin slipped off a narrow and crumbly path, tumbled towards the river, and gashed his head and injured his back. A local doctor was first on the scene and had assessed the casualty before the Team arrived. The man was given pain relief, bandaged, and stretchered across a stream and back to Mungrisdale to an awaiting ambulance.

**36. 27th April 2025 15:04 Browncove Crag, Helvellyn**

A man slipped and stumbled on wet rocks on a section of pitched path. The stumbling fall of around 15m left him with a broken ankle and a few cuts and bruises. The Team assessed the casualty and with the help of some strong analgesia reduced (realigned) the ankle. The man was stretchered to the base of the mountain, from where an Air Ambulance took him to hospital.

**37. 1st May 2025 13:30 Black Crag, Borrowdale**

While climbing the classic rock route, Troutdale Pinnacle, a climber took a lead fall. Having negotiated the traverse on the fourth pitch, he fell onto the slabs below, breaking both wrists. Other climbers were able to help secure him and his belay partner and call for help. The Team rigged a rope rescue system from the top of the crag. A team member was lowered to the casualty where he was assessed, secured to the team member, and they continued to the ground for further treatment and pain relief. His uninjured belayer was then reached by a second team member from above and safely lowered to the ground. Penrith MRT helped the Team in this incident.

**38. 4th May 2025 16:25 Browncove Crag, Helvellyn**

A woman had become suddenly unwell and was lying across the path near the top of Browncove Crag. After an assessment had been made by Team medics, the casualty was stretchered down the steep Helvellyn Screes side of the mountain and then down to an ambulance at The Swirls.

**39. 4th May 2025 17:15 Raven Crag, Thirlmere**

A woman suffered a knee injury near the summit of Raven Crag and was unable to weight bear. The Team was able to drive the forest roads to close to her location. After some pain relief had been administered, she was stretchered to a Team vehicle, for transfer to their own transport once back on the road.

**40. 5th May 2025 10:58 Bleaberry Fell**

A walker went over on an ankle close to the summit of Bleaberry Fell. She was unable to weight-bear there was heavy swelling to the ankle. The Team assessed the ankle, providing pain relief and splinting, before bringing the woman down on a stretcher.

**41. 7th May 2025 13:34 Rosthwaite, Borrowdale**

Cumbria Police requested support to search for a man with dementia who had gone missing at Rosthwaite. After gathering information and defining search areas, the Team departed base. Fortunately, the man was found at Seatoller and reunited with his wife. The Team stood down and returned to base after travelling only a short distance up the valley.

**42. 13th May 2025 14:54 Eagle Crag, Borrowdale**

A woman had suffered an ankle injury while descending from Eagle Crag. The Team attended to

the casualty's injury. However, as the casualty was in very steep and broken ground, it was decided that helicopter assistance would be requested. A Coastguard Helicopter attended and transferred the casualty to the valley bottom where further Team members and vehicles were waiting.

**43. 14th May 2025 17:53 High Rigg**

A woman had dislocated a knee replacement while descending from the fell above the St Johns in the Vale Youth Centre. While the Team was deploying, the informant, a visiting leader staying at the youth centre, made the casualty as comfortable as possible. The Team assessed the casualty, providing analgesia and splinting the limb. She was then transported off the fell and handed over to paramedics from the ambulance service.

**44. 16th May 2025 21:03 Thirlmere**

Cumbria Police alerted the Team to a report of an overturned canoe floating in the water against Thirlmere Dam. The Team deployed sending three vehicles with Team members to search the reservoir with the potential for people in the water. The Team boat was deployed with a small Team who initially recovered the kayak from the water and then conducted a search of the areas of shoreline which are inaccessible by foot. Other Team members with a search dog searched from the shore where they could. Cumbria Fire & Rescue Service deployed a boat onto the reservoir, too, and a Coastguard helicopter flew in to assist. A report came in that three youths had admitted to pushing a boat into the water. After a thorough search of the shore from Armboth - The Swirls northwards to the dam by foot patrols, boat and coastguard helicopter, it was agreed that, given the information received, the search could be stood down.

**45. 19th May 2025 14:29 Stockley Bridge, Borrowdale**

A man went over on an ankle and re-damaged an old knee injury. He was then unable to walk. The Team administered some pain relief, vacuum-splinted his leg and carried him to Seathwaite from where an ambulance took him to hospital for checks.

**46. 20th May 2025 19:22 Brandelhow Park, Derwentwater**

A mountain rescue team dog handler from a neighbouring rescue team, on a training exercise, had slipped on a slab of rock. He suffered a lower leg injury. The Team provided medical assistance and stretchered the man to the road for onward transfer to hospital.

**47. 22nd May 2025 12:13 Gowder Crag, Lodore Wood**

A member of a walking group collapsed on the path below Gowder Crag. Members of the group began CPR and called for help. The Team, alongside

ambulance paramedics, GNAAS and Police medical response did what they could, but unfortunately were unable to save the man.

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

**48. 23rd May 2025 17:24 Robinson**

A man walking from Hindscarth to Robinson heard a 'pop' in his left knee and was then unable to weight bear. With the prospect of a long stretcher carry, the Team asked for help from a Coastguard helicopter, and Cockermouth MRT. The helicopter was able to land close to the casualty and, without needing MRT support, airlifted the man and partner to Newlands Hause. Cockermouth MRT helped transfer the casualty back to their vehicle from where they made their own way to hospital.

**49. 24th May 2025 13:02 Helvellyn**

A man slipped and injured an ankle while descending from Helvellyn to The Swirls. After some pain relief, an ankle reduction and splinting, the man was stretchered and sledged down to the car park where his friends transported him to hospital.

**50. 25th May 2025 08:21 Barf**

Two men with two dogs had become stuck on the loose ground below Slape Crag. The Team gave the men helmets and harnesses in case they needed roped security then walked and gently slid the group down the fell past The Bishop rock.

**51. 25th May 2025 16:16 Brandelhow Park, Derwentwater**

A man had an unfortunate abrupt and sharp encounter with a tree branch. He sustained a painful gash to his head, became unsteady on his feet, and was unable to continue walking. A paramedic First Responder, who arrived before the Team, had done an assessment and bandaged the man's head. The team transported the casualty to an ambulance waiting at Hawes End Outdoor Centre.

**52. 29th May 2025 12:21 Harrop Tarn, Thirlmere**

A member of walking party had become separated from the rest of the group above Harrop Tarn. Unable to make contact with their friend due to poor mobile phone signal and getting concerned over the wet and cold conditions, the group requested help. Just as the Team was starting a search along the intended route, between Harrop Tarn and Watendath, it was reported that the missing person had been found, a little cold and wet but otherwise fit and well.

**53. 30th May 2025 16:45 Tongue Gill, Rigghead Quarries, Borrowdale**

A woman went over on an ankle hearing and feeling a 'snap'. She was unable to bear weight on the ankle. The Team splinted the ankle and gave some pain relief before stretchering the woman to Rosthwaite from where her friends took her to hospital.

## Incident Reports 2025

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**54. 31st May 2025 11:03 Ruddy Gill, Borrowdale**

A young woman had dislocated a knee and was unable to weight-bear. The Team used a vacuum splint to immobilise the leg before loading her onto a stretcher for the carry out.

Members of RAF Leeming MRT helped the Team.

**55. 31st May 2025 13:20 Sty Head, Borrowdale**

A fell runner with an injured ankle who tried to self-rescue, had made little progress in 45 minutes but had reached the Mountain Rescue box at Sty Head.

An ex-Penrith MRT member, who was marshalling an event, provided casualty care using some of the equipment in the rescue box. The Team splinted the casualty's ankle and, using the stretcher from the rescue box, carried the man down towards Seathwaite. Wasdale MRT was asked to help the Team, and some of their members had started up towards Sty Head before being stood down.

Members of RAF Leeming MRT helped the Team.



*Incident 55 - Sty Head, Borrowdale.*



*Incident 57 - Sprinkling Tarn, Borrowdale.*

**56. 31st May 2025 13:30 Grisedale Pike**

Cockermouth MRT requested help in dealing with a man experiencing chest pains on the ridge leading up from Revelin Moss to Grisedale Pike. Keswick MRT members and members of RAF Leeming MRT helped deal with this incident. Cockermouth MRT requested further assistance from an Air Ambulance and a Coastguard helicopter but both aircraft had to abandon owing to the weather. The man was treated by Cockermouth MRT and the teams stretchered the man down to a land ambulance at Revelin Moss.

**57. 31st May 2025 15:09 Sprinkling Tarn, Borrowdale**

A man had slipped and broken an ankle, near Sprinkling Tarn. Keswick MRT members and members of RAF Leeming MRT attended to this incident. After some strong analgesia had been administered by the Team, the man's ankle was reduced and splinted. A request was made for a Coastguard helicopter for an extraction but because of low cloud and high winds could not help. The man was therefore stretchered and sledged down to Styhead Tarn and onwards towards Seathwaite. Further RAF Leeming MRT members attended and carried the stretcher the rest of the way down.



*Incident 62 - Sprinkling Tarn, Borrowdale.*

**58. 2nd June 2025 12:49 Manesty Park, Derwentwater**

Help was requested to transfer a man to an awaiting ambulance. He had collapsed while on a walk near the lake shore and was unable to continue.

**59. 4th June 2025 10:27 Glaramara Hotel, Borrowdale**

A man slipped on a wet rock on a path near the hotel and broke an ankle. The Team gave pain relief, reduced the misaligned ankle and stretched the man to the hotel to await an ambulance.

**60. 10th June 2025 00:03 Brandreth**

Cockermouth MRT asked the Team for help in the search for a man who was reported missing on the Coast-to-Coast walk between Ennerdale Bridge and Borrowdale. Keswick MRT members covered the main paths up to Styhead Pass, and the Gillercomb/Green Gable area.

In the early hours the man was found deceased by Cockermouth MRT on Moses' Trod on Brandreth. Two Keswick MRT members helped Cockermouth MRT to stretcher carry the man to their vehicles above Honister Pass.

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

**61. 18th June 2025 18:50 Birk Side, Nethermost Pike**

A woman suffered a calf injury while descending on the Birk Side path towards Thirlmere. The Team provided pain relief and sledged/carried the casualty down to the car park.

**62. 21st June 2025 22:10 Sprinkling Tarn, Borrowdale**

The Team was informed by Wasdale MRT that a group of walkers (group A) had come across a party of 8 young hikers (group B) that were lost in the fells having set off from Hardknott Pass to climb Scafell Pike. One of the young hikers was struggling to walk due to a pre-existing knee injury.

Moving at a slow pace, group B were becoming cold, so the leader of group A suggested the casualty group descend with them to group A's campsite at Seathwaite Farm via Sty Head.

He advised Wasdale MRT who monitored their progress.

As they crossed into Keswick MRT's area at Esk

Hause, Wasdale MRT alerted the Team. With the safety of the two groups in mind, group A's leader took the main group down to the valley leaving three of his group to slowly descend with the casualty and advised Mountain Rescue.

Keswick MRT members assembled but waited as a predicted lightning storm passed. Reluctant to carry metal stretchers into the hills in the conditions, the Team continued to monitor the descent of the injured young person and the three helpers, but their progress was slow, and it appeared they were no longer making their way off the mountain.

For some time, communication was difficult and their exact whereabouts was unknown.

Eventually, the electrical storm abated, and Keswick MRT deployed two teams from Seathwaite to search between Styhead Tarn and Sprinkling Tarn. Penrith MRT was asked to assist with the stretcher evacuation to Seathwaite. The Team reached the casualty at 1am, gave pain relief and stretchered the casualty from the hill.

**63. 23rd June 2025 19:05 Brandreth**

A woman in a party of three was unable to continue walking owing to fatigue, the cold and strong winds. The party was checked by Team members and provided extra warm clothing and heated blankets. Once rewarmed the three were walked down to Honister Pass.

**64. 27th June 2025 17:18 Derwentwater**

A party of 5 walking on the lake shore witnessed 3 persons on paddleboards having difficulty managing large waves and strong winds. The paddleboarders were seen to fall into the water, and managed to get back on board, but were not able to control the boards. The walkers were concerned for the safety of the paddle boarders and raised the alarm. The Team deployed multiple boats to the water from Derwentwater Marina, Lodore Jetty and Keswick Boat Landings.

The Team along with Cumbria Fire and Rescue Service, conducted a comprehensive search of the lake, including the eastern shore and all islands. NWAS ambulance was also in attendance to be able to provide medical assistance if required. A Coastguard helicopter was also tasked but was unable to get in because of low cloud. No trace of the paddleboarders was found and it is thought that they had returned to shore. This was a false alarm with good intent.

**65. 28th June 2025 15:59 Bowder Crag, King's How**

A woman lost the path when descending from King's How and found herself stuck on steep and rocky ground near Bowder Crag. The Team set up a rope rescue system and brought the walker up to safer ground. She was then accompanied down to the valley.

**66. 1st July 2025 14:33 Sharp Edge, Blencathra**

Two people were stuck on Sharp Edge and were unable to descent from their position. The Team was assisted by seven members of RAF MRT Lossiemouth, who were training in the Keswick area. A safety line was rigged across the ridge and three team members assisted the cragfast brother and sister across to safety. They were then walked off to their car at Scales.

**67. 3rd July 2025 01:05 Hill above Beck Wythop**

A member of the public had reported seeing a flare 'go up' from Wythop Woods. The Team drove to the area and saw no further activity and could hear no whistles or calls for help. The Team also drove the forest track and could see no signs of anyone in distress. Team members then stood down.

**68. 3rd July 2025 06:38 Great Lingy Hill, Caldbeck Fells**

Two young men had set up camp for the night at Lingy Hut. At around midnight one of them became unwell and was vomiting regularly throughout the early hours. After they had requested advice and assistance through NHS 111, the incident was transferred to the ambulance service who requested the Team's help in getting the casualty off the fell. The Team was assisted by members of RAF MRT Lossiemouth, who were training in the Keswick area. The casualty was assessed and then stretchered down to an awaiting ambulance.

**69. 3rd July 2025 17:05 Cat Bells**

A young man requested help after getting stuck on the flanks of Cat Bells. The Team deployed from the base to assist the walker. The Team Leader was first to arrive having headed directly to the Cat Bells terrace road. He was able to guide the casualty to safety over the phone, without heading onto the hill himself. All other team members returned to base.

**70. 5th July 2025 13:39 Sharp Edge, Blencathra**

A group of four was on Sharp Edge, when one of them fell to the north side of the ridge and out of sight. The Team mobilised with assistance from Penrith MRT. Split into two groups, one team made their way to the casualty while the other went to assist the rest of the group off the ridge. A Coastguard helicopter helped the Team.

Sadly, the man did not survive the fall. Our thoughts and condolences go to the man's friends and family.

**71. 6th July 2025 14:02 Sharp Edge, Blencathra**

The Team received a report of a cragfast person on Sharp Edge, a few metres below the rest of their group. As Team members were assembling and making their way to Mousthwaite Comb, word was received that a passerby had assisted the casualty to safer ground. The Team returned to base.

## Incident Reports 2025

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### 72. 8th July 2025 15:57 White Side

While descending White Side towards Thirlmere, a man injured his ankle and was struggling to weight bear. The man's ankle was assessed, splinted and pain relief given. He was then packaged for a stretcher sledge and carry down the fell for onward transport to hospital in his friend's vehicle.

### 73. 12th July 2025 14:08 Skiddaw

A woman in a walking group suffered heat exhaustion at the summit of Skiddaw. Her friends shielded her from the sun and attempting to cool her down. Although she had stabilised it was necessary to evacuate her off the hill as soon as possible. A Team member who was already on Skiddaw was able to quickly get to the casualty and support the rescue effort. The Team had deployed but fortunately a Coastguard helicopter, which was in the area, landed close by and was able to airlift the casualty to Crow Park in Keswick for further assessment by a Team medic. The woman had recovered and was able to make her own way home with her friends.

### 74. 13th July 2025 13:50 Whinlatter Forest

A woman suffered an ankle injury while coming into land on a zip wire near the visitor centre. The Team provided pain relief, strapped the ankle, and stretchered the casualty the short distance to the visitor centre car park, for a trip to hospital for further checks.

### 75. 16th July 2025 23:33 Raven Crag

A man had fallen on a forest track on The Benn (near Raven Crag) and was confused and vomiting. The Team drove to the location of the casualty. After an assessment by team medics, he was cleared to be driven to hospital by his friend in their own car. They were transported down the hill to their vehicle and left to continue independently.

### 76. 17th July 2025 09:55 Keswick A66 road

The Team was asked to assist emergency services attending an incident on the A66 near Keswick. The Team was recalled shortly after leaving base as it was no longer required.

### 77. 21st July 2025 11:51 Whinlatter Forest

A boy crashed his mountain bike on a trail in Whinlatter Forest and suffered a leg injury. He was assessed by team medics and given pain relief. An ambulance took him to hospital.

### 78. 2nd August 2025 14:32 Cat Bells

A man tripped on the short scramble section on Skelgill Bank, Cat Bells, sustaining cuts and abrasions to his head and bashing a shoulder and an elbow. With multiple injuries including the possibility of rib and spinal damage the man was given pain relief and packaged in a vacuum mattress before being stretchered down to an ambulance.

### 79. 4th August 2025 08:30 Alisongrass Hoghouse, Stonethwaite

The Team Leader had been contacted by the police on the previous evening over concerns raised by a local resident about a tent pitched in a relatively inaccessible location above Alisongrass Hoghouse near Stonethwaite. The police requested an investigation/welfare check. In stormy weather, the Team battled dense bracken and slippery rock to gain the site. The tent was found abandoned with mouldering contents including food, milk and a sodden sleeping bag. All was collected and brought down to be properly disposed of.

### 80. 7th August 2025 16:30 Latrigg

A woman had suffered a knee injury.

### 81. 9th August 2025 10:52 Derwentwater

The Team had a report of a capsized kayak/canoe involving 3 adults and a child. Team members went to the lakeshore to ready the team boat. Meanwhile Derwentwater Marina had sent one of their rescue boats and got to the party who had swum to Rampsholme Island. The casualties were taken back to the Marina to be checked out. The Team was stood down.

### 82. 11th August 2025 15:50 Woden's Face, Borrowdale

A climbing instructor slipped on loose ground while descending near the side of Woden's Face, near the Bowder Stone, and suffered an ankle injury. The Team assessed the man's injuries and gave pain relief. A short stretcher carry took him back to his vehicle to be taken to hospital.

### 83. 12th August 2025 14:41 Cat Bells

A teenage girl injured her ankle was unable to weight bear. The Team provided some pain relief and stretchered the girl down to the road. From here she was taken to hospital by her walking group.

### 84. 13th August 2025 19:15 Langstrath, Borrowdale

A party of four teenagers on a two-day adventure had stopped for a rest at Low White Stones, on High Raise. One of them decided to carry on. After a short rest the other three continued but were unable to locate their friend. They searched and shouted for a long time and with no phone signal to their friend they became increasingly concerned, prompting a call for help. The Team searched the main paths from Stonethwaite to Stake Pass via Black Moss Pot & Low White Stones via Greenup Gill. As the scale of the search was starting to escalate the missing young man was located back at Low White Stones having descended to Black Moss Pot before climbing back up again. All four of the party were reunited in the valley and taken to the nearest campground.

### 85. 14th August 2025 09:48 Little Man, Skiddaw

A man had collapsed and was unconscious near the summit of Little Man. An Air Ambulance deployed but was unable to land anywhere near to the casualty, owing to low cloud.

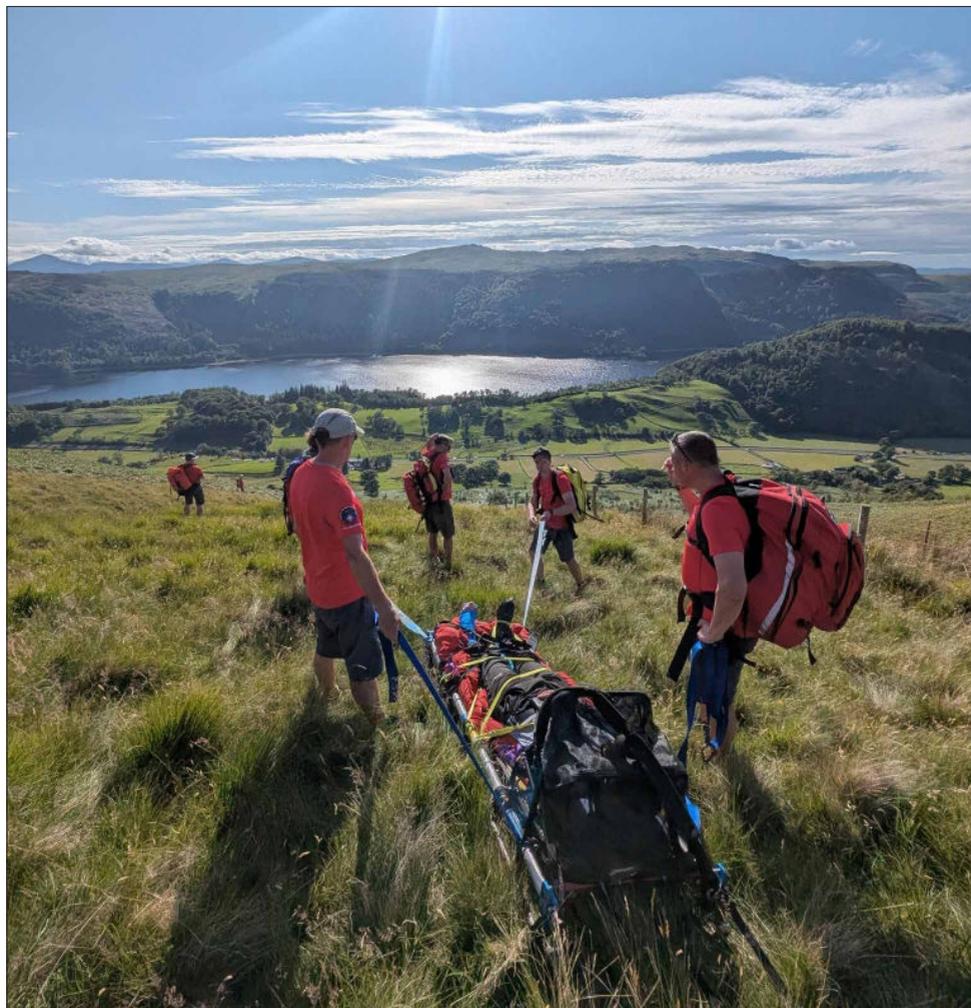
The Team arrived while CPR was underway by passing walkers and Team members continued the resuscitation effort. In the meantime, the cloud had lifted sufficiently to allow a Coastguard helicopter to deliver their paramedics to the scene.

Sadly, and despite the efforts of all involved, the man could not be saved.

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

### 86. 14th August 2025 16:33 Derwentwater lakeshore below Falcon Crag

A woman slipped by the lakeshore and injured an ankle. The Ambulance Service paramedics who attended asked the Team for help in stretchering the casualty to the roadside ambulance.



Incident 72 - White Side.

# Incident Reports 2025

**87. 15th August 2025 14:32 Whinlatter Forest**

A teenage girl crashed her mountain bike while descending the Blue Trail in Whinlatter Forest, sustaining a shoulder injury. Care was provided by a Team doctor, and the Team assisted with extraction to an ambulance.

**88. 16th August 2025 14:54 Great Gable**

A man was descending towards Windy Gap. Rather than tackle the steep rocky part for the descent the man made a wide detour but towards the bottom of the descent he fell and tumbled an estimated 20-30m down a rocky slope. An Air Ambulance was able to land on Green Gable, drop off medical personnel then return to Keswick to ferry up 3 Keswick MRT members including a Team paramedic and a Team doctor. Further Team members approached from Honister Pass and



Incident 88 - Great Gable.



Incident 90 - Fisherplace Gill, Thirlmere.

the Drum House Track. The casualty was treated on scene before being packaged in a vacuum mattress and Tyromont stretcher to be picked off by a Coastguard helicopter. He was then flown to hospital.

**89. 20th August 2025 12:31 Watendlath Beck**

A woman tripped and fell on the path alongside Watendlath Beck, knocking herself out momentarily and sustaining cuts and bruises to her head. Fortunately, she was found quickly by members of her walking group and treated at the scene by their walking guide. The guide bandaged her head wounds and stemmed any bleeding. The Team did a medical assessment, gave some pain relief and carried the casualty on a stretcher across the beck to the nearby road. The woman was taken to Keswick Hospital to await an ambulance to take her to the nearest x-ray department.

**90. 22nd August 2025 11:52 Fisherplace Gill, Thirlmere**

A man slipped and hurt an ankle, while walking up to the 'infinity pool'. He was then unable to weight bear. The Team splinted the ankle and pain relief was given. The casualty was stretchered down to the roadside from where he was taken by his family to hospital for further assessment.



*Incident 89 - Watendlath Beck.*

### **91. 24th August 2025 14:48 Latrigg**

A couple of friends on mobility scooters were travelling on a forestry road on Latrigg when one of the scooters had a brake failure. Unfortunately, this resulted in the scooter rolling back and off the edge of the road. After a backward somersault and being flipped off the scooter, the woman came to rest about 10m down the slope. Amazingly she was unharmed even though the scooter had

landed across her. She was “lucky” in that she was trapped in the footwell area between the seat and handlebars. The police were first on scene and managed to move the scooter off the woman. Keswick MRT assistance was requested to extricate the woman to an ambulance. She was checked over by the paramedics and subsequently discharged. The Team then retrieved the scooter.



Incident 96 - Cat Bells.

**92. 25th August 2025 11:29 Barrow**

A woman slipped and fell whilst descending Barrow, resulting in an ankle injury. The casualty was assessed and her leg splinted after some analgesia had been administered. The Team stretchered the woman down to Braithwaite Lodge. She was taken by her husband to hospital for further checks.

**93. 25th August 2025 19:09 Cat Bells**

A woman descending the Hause Gate path from Cat Bells slipped and fell, causing a deep cut to her knee. The Team provided pain relief and bandaged the wound before stretchering her down to the road. Her partner took her to hospital for further treatment.

**94. 31st August 2025 17:12 Latrigg**

A man suffered an ankle injury while descending a steep, damp grassy path below the seat on Latrigg. A Team member biking nearby was on scene quickly followed shortly after by a Team doctor who was also in the area. The Team gave analgesia, splinted the ankle and stretchered the man to the top of Gale

Road. The man was then taken to the Team base to rendezvous with an ambulance.

**95. 7th September 2025 12:06 Cat Bells**

A woman was descending the path north of the summit with her sister. She slipped on a steep section and suffered facial injuries. An Air Ambulance landed on Skelgill Bank, and the crew assessed the woman. Her injuries were superficial, and she was deemed well enough to walk down with assistance from Team members. Once at the bottom the woman was taken to hospital by her sister.

**96. 9th September 2025 12:47 Cat Bells**

A man slipped on the descent north from Cat Bells summit and suffered an ankle fracture. Help was requested by some passing walkers, one of whom was a nurse, who provided pain relief. The Team provided some stronger analgesia and reduced (re-aligned) the ankle, before applying a splint and stretchering the man to the road. His fellow walkers took him to hospital for further treatment.

**97. 11th September 2025 12:39 Lining Crag, Greenup Gill**

A woman slipped and suffered an ankle injury. The Team assessed the injury, the ankle was splinted, and the woman was then stretchered down to Stonethwaite, to await an ambulance. Penrith MRT helped the Team in this callout.

**98. 11th September 2025 16:28 Raven Crag, Thirlmere**

A dog was observed running up and down a steep section of ground for about 30 minutes with no sign of the owner. Concerned that the owner may be in distress, a passing walker reported the incident to the police. The Team carried out a search for the dog and its owner in the area of the sighting. Meanwhile, the Team learned that a dog was lost and re-united with its owner in this area a few hours earlier. Because of the time discrepancy between the earlier dog find and the call out of the Team the search continued, in order to be reasonably confident that this was not another incident.

**99. 13th September 2025 13:52 Walla Crag**

A man had collapsed and fallen unconscious on the path above Cat Gill. An Air Ambulance deployed

and was able to land near the top of Walla Crag. The Air Ambulance paramedic found that the man had recovered and was now conscious and talking. The man was given a medical assessment before being put on a stretcher by the Team, for a carry up to the helicopter from where he was flown to Crow Park in Keswick, to meet an ambulance for onward transfer to hospital.

**100. 17th September 2025 04:07 Stybarrow Dodd**

A man had been trying to walk from Stanah, near Thirlmere to Glenridding over Sticks Pass, and had become exhausted and was making very slow progress. He was getting very cold from the heavy rain and strong winds. An attempt to guide him down over the phone and keep him moving proved unsuccessful. The Team located him 100m off the path above Sticks Gill. It was clear he was becoming hypothermic. After providing warm clothing, food and hot drinks the Team packaged him for a stretcher carry down to Stanah. He was taken to the Team base for a medical assessment and further warming before being discharged.



*Incident 97 - Lining Crag, Greenup Gill.*



Incident 101 - Carrock Fell.

**101. 21st September 2025 20:06 Carrock Fell**

A man sustained a painful knee injury. The man's knee was assessed by Team medics who provided pain relief and splinting to the leg. The casualty was then stretchered off the hill for onward transport to have the injury assessed at hospital.

**102. 25th September 2025 11:35 Force Crag, Coledale**

A man had suddenly developed severe back pain and could not continue his walk. A Team medic assessed the man and administered strong analgesia before the man was carried by stretcher to a Team vehicle. He was then driven down the Coledale track to rendezvous with an ambulance.

**103. 25th September 2025 14:38 Castle Head**

A woman slipped and fell while climbing up the steep east side of Castle Head. She landed on her back, leaving her in a lot of pain and unable to continue. The Team administered some pain relief before she was carried on a stretcher to the road. The woman was taken to Keswick Hospital so that she could be looked after while waiting for an ambulance transfer to Carlisle or Whitehaven hospital.

**104. 25th September 2025 16:31 Dodd**

A man and his son had found themselves on a very steep path just below a forest track. The man slipped over and couldn't move up or down. Unable to help his father by himself, the son called for help. The Team was able to drive to where the path exits onto the forest track. The man was located around 40 feet below, clinging to a tree root, where he had been since the call for help was made. Team members made him secure before attaching a rope to safeguard his extrication.

**105. 27th September 2025 10:20 Black Crag, Troutdale**

A lead climber on The Shroud, a VS rock climb on Black Crag in Borrowdale, was pulling up on an

overhang when the block he was hanging on came off and the man fell. The falling rock missed the man but hit his belayer, a woman, on the ledge some 5-6m below, causing significant injuries. Another climber at the bottom of the crag caught a glancing blow from the block but was largely unhurt. The man was able to tandem abseil down to the base of the crag with his belayer as the Team arrived on scene. Medics from the Team and an Air Ambulance assessed and treated the casualties before stretchering the belayer down to the helicopter for onward transfer to hospital.

**106. 27th September 2025 17:46 Stanah Gill, Thirlmere**

A competitor in an ultra-event suffered an ankle injury while descending from Sticks Pass. One Team member was already on scene as an event medic which meant that all that remained for the Team to do was to stretcher the casualty down off the fell. The man's companion was waiting at the bottom to provide onward transport to hospital.

**107. 29th September 2025 13:32 Buttermere**

Cockermouth MRT requested help in dealing with an incident at Buttermere. A man had fallen 2-3 metres off an exposed and steep section of the lakeshore path and suffered significant and painful injuries. Team medics provided strong analgesia, and after an awkward packaging operation onto the stretcher, the man was hauled back up to the path and carried to an awaiting ambulance.

**108. 29th September 2025 18:03 Skiddaw House**

Two walkers became lost at the back of Skiddaw and were directed to Skiddaw House to await rescue. The Team drove a Land Rover up the Whitewater Dash track to locate the missing walkers. The two walkers were driven back to Keswick.

**109. 30th September 2025 17:03 Aaron Slack, Green Gable**

A woman had slipped and injured an ankle while descending Aaron Slack. After some strong analgesia and an ankle reduction (re-alignment), the woman was splinted and packaged for a stretcher carry to Seathwaite. Cockermouth MRT helped the Team in this incident.

**110. 12th October 2025 19:09 Base Brown**

Two walkers had strayed on to steep terrain on the nose of Base Brown, in darkness and without torches. The Team attended and where necessary back roped the couple to safer ground.

**111. 14th October 2025 12:45 Walla Crag**

A man experienced a medical episode on the path near Cat Gill. Passing walkers including a nurse stopped to assist the walker and his partner. The Team assessed and monitored the man. He was evacuated by stretcher down to the valley.

**112. 18th October 2025 16:36 Whinlatter Forest**

A mountain biker came off his bike at speed and suffered facial injuries. The Team assessed the casualty, gave pain relief and bandaged his badly cut nose before transporting him to the car park, from where his wife was able to drive him to hospital.

**113. 24th October 2025 14:12 High Spy**

A woman was walking in a small group, descending the path from High Spy that passes near Nitting Haws towards Borrowdale, when she slipped and fell, resulting in a dislocated shoulder. The group was well equipped, with one of the party a recently retired doctor, so they were able to make the casualty as comfortable as possible. Because of the location and the nature of the injury, helicopter support was requested from the Great North Air Ambulance. A Team medic assessed the casualty and provided pain relief. The Air Ambulance was only able to land on the ridge above, so the casualty was stretchered up to the helicopter for onward transfer to hospital.

**114. 26th October 2025 11:12 Watendlath**

A group of Duke of Edinburgh Award expedition students had just met one of their supervisors above Watendlath, when the supervisor slipped on the boggy ground and heard a crack in her ankle. She was unable to continue. The Team administered pain relief, splinted the ankle, and stretchered the woman to the road before transporting her back to the base to rendezvous with an ambulance.



Incident 111 - Walla Crag.

## 115. 28th October 2025 13:11 Whinlatter Forest

A teenage mountain biker took a tumble while flying over a jump on the South Red Trail in Whinlatter Forest. Thanks to the passers-by who went to his assistance until the Team arrived. Team members including a Team medic examined and treated the casualty at the scene before transporting him to the car park from where he was taken to hospital by his parents for a thorough check up.

## 116. 1st November 2025 12:17 Birkett's Leap, Rosthwaite to Watendlath path

A mountain biker, descending from Watendlath, came off his bike over his handlebars. The Team assessed the casualty and gave initial pain relief. Because of the nature of his injuries, the Great North Air Ambulance attended, with the medics providing further assessment and pain relief. The casualty was stretchered up the hill to the waiting helicopter for onward transfer to hospital.

## 117. 8th November 2025 14:18 Otterfield Bay, Hawes End, Derwentwater

A man slipped on the lakeside path. His fall resulted in a leg injury. The Team reduced the fracture before splinting and then evacuated the casualty from the lakeside for onward transport to hospital.

## 118. 13th November 2025 03:39 Rosthwaite Fell

Six cold and wet casualties called for help when their tents had succumbed to high winds and heavy rainfall. The group was found sheltering in the only one of their three tents left standing. Warm clothes and hot drinks were supplied, and their soaking equipment was packed up for the descent.

## 119. 17th November 2025 13:22 Cat Bells

A woman slipped and injured an ankle. She had difficulty to weight bear and so assistance was requested. The Team provided pain relief, splinted her ankle and sledged her down to the road.

## 120. 22nd November 2025 16:45 Whinlatter Forest

A young mountain biker had become separated from his parents and was unable to find his own way down. A search was made with Team members, police, and staff from a bike-hire shop at Whinlatter. The boy was found safe and well and escorted down to the Visitor Centre.

## 121. 23rd November 2025 14:52 Wythburn Valley

A fell runner came across a couple who were struggling to descend the valley, one of the couple being an eight-month pregnant woman. She was suffering from hip and knee pain, moving very slowly, and was also wet and cold. After assisting for some time, the runner descended to Steel End to phone for help and returned shortly after with the farmer bringing warm, dry clothes for the woman. The Team group which attended included a doctor who examined the woman before she was wrapped

up in a heat blanket, and then stretchered to Steel End car park.

## 122. 30th November 2025 14:08 Browncove Crag, Helvellyn

A man in a party of three slipped and tumbled and suffered a head injury. A nurse stopped to help with her partner. A Team member and his partner came upon the group and were able to offer shelter in the form of a small runner's bothy bag. Because of the potential seriousness of the injury and weather conditions a Coastguard helicopter was requested by the Team. The helicopter arrived on scene just before the first Team members. The helicopter medic assessed the casualty before he was winched to the helicopter and taken to hospital. Penrith MRT helped the Team to deal with this incident.

## 123. 3rd December 2025 16:48 Barrow

A man was reported missing by his wife after he was long overdue, and he was not responding to phone calls. His wife was monitoring his movements via a phone tracker and that showed he had been stationary for some time on Barrow. The Team set off to check his last known location but as things were getting underway, he was reported found, safe and well, by his wife after he made it down with a passing walker as company. It turned out the man had slipped on the descent and in doing so lost his phone. The following day he went back and managed to find the phone.

## 124. 9th December 2025 14:34 Kettlewell, Derwentwater

This incident was dealt with by Keswick MRT, Derwentwater Marina, Cumbria Fire and Rescue, the Police, and the Coast Guard.

A member of the public spotted what they thought was a swimmer struggling in the water off the shore at Kettlewell. A rescue boat from Derwentwater Marina managed to get to the area after struggling against the wind and large waves.

Meanwhile, teams arrived at Kettlewell to check with binoculars and to perform a shore search. An attempt to fly the police drone was aborted due to the storm force winds. Nothing was found, but a Coastguard helicopter was tasked to search the area to make doubly sure. After discussions involving all parties, it was agreed to stand down the helicopter too, on the basis that the probability was that the object in the water was a buoy. A case of a false alarm with good intentions.

## 125. 26th December 2025 19:53 Blencathra

Reports were received of series of large orange flares in the area between Blencathra and High Pike. The informant believed these were not fireworks and was concerned that someone might be in distress. Team members with a view of this area of the fells did not see anything untoward but a team vehicle

was sent along the A66 to get a closer look. As there were no further sightings of flares, and as this area has a reasonable phone signal should a person need to call 999, a decision was made to stand down. A false alarm with good intent.

### 126. 27th December 2025 19:29 Newlands Hause

The fire and rescue service requested support in extricating a vehicle stuck on ice near the top of Newlands Pass. The occupants felt they could not take their foot off the brake as they were fearful of sliding off the road and down the steep fell side. A Team Land Rover was dispatched to help but was stood down as the fire and rescue service had successfully rescued the vehicle and passengers.

### 127. 30th December 2025 11:23 Ullock Pike

A man was out for a family walk, when he collapsed. CPR was initiated, many thanks to the passing walkers who assisted. An Air Ambulance was able to land on the ridge nearby and the crew descended to the casualty. The Team reached the casualty site, too.

Despite the best efforts of everyone involved the man could not be saved.

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

### 128. 30th December 2025 15:14 Launchy Gill, Thirlmere

A couple had become disorientated and stuck on steep ground near the top of Launchy Gill. The Team ascended the broken and tree-strewn ground up the side of the gill and located the couple. One had a slight knee injury but was able to make good progress on foot on the "friendlier" ground above the tree line and back to the Team vehicles.

### 129. 31st December 2025 14:16 High Rigg

A woman slipped on steep ground and suffered a displaced ankle fracture. The incident occurred very near to St John's Church, and so the casualty's party, which included two doctors, were able to assist the woman – also a doctor – down to their car just prior to the arrival of the Team. After some strong analgesia had been administered to the woman, her ankle was reduced and splinted by a team medic on the back seat of the car. The group then departed to hospital for further treatment.



Incident 121 - Wythburn Valley.



*Incident 113 - High Spy.*



**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**