

**LAKE DISTRICT SEARCH & MOUNTAIN RESCUE
ASSOCIATION**

MOUNTAIN ACCIDENTS 2013



*Swarthbeck Gill from 'Wainwright's Far Eastern Fells' and reproduced
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The Lake District Search and Mountain Rescue Association would like to acknowledge the contributions given to this association by all members of the public, public bodies and trusts.

In particular, this association gratefully acknowledges the assistance given by

Cumbria Constabulary.



Contents

Introduction.....	2
Chairman’s Report.....	3
Incident Details 2013	
January	5
February	8
March	12
April.....	16
May	20
June	25
July.....	29
August	34
September.....	38
October	43
November.....	47
December.....	50
Notes.....	52
Accident Summaries.....	53
Causes of Incidents	57
Age Profile of Subjects	58
Type of Conditions / Injuries	59
Site of Injury.....	60
Lake District Search & Mountain Rescue Teams.....	61
Lake District Mountain Rescue Posts	62
Mobile Phones & Mountain Rescue.....	63
Advice to Mountain Users.....	64
Donating to Mountain Rescue.....	66
Gift Aid Declaration.....	67
Deed of Covenant.....	68
Distinguished Service List.....	Cover

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This Report is issued by
The Lake District Search and Mountain Rescue Association
in the interests of all mountain users.

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This is an umbrella organisation covering the Lake District teams, police representatives and other organisations interested in mountain rescue, such as RAF and National Park Rangers.

The purpose of the Lake District Search and Mountain Rescue Association is to act as a link between the national Mountain Rescue (England and Wales) and all other interested bodies. The association speaks out and acts on behalf of the teams on matters relating to Lake District mountain rescue as a whole. It also fosters publicity aimed at the prevention of mountain accidents.

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THE LAKE DISTRICT SEARCH AND MOUNTAIN RESCUE ASSOCIATION
IS REGISTERED AS A CHARITABLE TRUST 506349

Chairman's Report

The region has had a relatively quiet 2013 compared to previous years where the numbers of incidents were rising at a worrying rate. The tables at the end of this report prepared by our statistics officer are supported by notes to help make sense of the changes from previous years. The good summer weather appears to have made a positive contribution to this static figure although the severe winter weather at the beginning of 2013 caught many people out who were inadequately prepared or equipped for full winter conditions. Education and awareness of the dangers and risks for the ill prepared remains a prime concern for teams and hopefully in time the message will get across. I make no apology for repeating this mantra every year if it helps save a single life.

A question often asked is "when is the busiest time for rescues?" There is no standard answer although it should come as no surprise to find the week following the clocks going back in the autumn remains a busy period with walkers ill prepared for the onset of darkness and becoming benighted on the mountain. Some things will never change. However, putting these annual frustration to one side, there have been some significant changes in 2013.

It is over twelve months since we completed the RESCUE 2020 strategic review of mountain rescue in the Lakes. All our teams have risen to the challenges identified within the final report and progress has been made in all areas, especially at team level with respect to team collaboration, managing the increasing workload and recruitment of new members. The key challenge for the region as a whole was the urgent need to improve working with our partner organisations to ensure a much speedier deployment of our teams. New technology developed by mountain rescue in North Wales (SARCALL) has assisted tremendously in this area. The system is fully implemented and fully used throughout the region and more importantly, actively taken on board by Cumbria Police and the North West Ambulance Service. It has transformed the way teams are called out and has reduced delays in calling us out. It has improved internal communication between the teams and also with our external partner agencies. There has also been a step change in understanding the differences and the needs of mountain rescue and far greater co-operation on the ground.

As a region we remain very proud and privileged to be able to provide our voluntary rescue service. This is only possible through the generosity of those we rescue and the people visiting or living within our communities. There is very little in the way of central funding; therefore fundraising remains an ongoing and very important task for the teams with annual costs running at between £30,000 and £80,000 per team and rising. Donations, bequests and legacies, which are sent to the Association, do make a significant difference. It is gratifying to see that the work of the teams is recognised by both those we rescue and the general public who hear about the work we do. Income to the Association is shared equally amongst the twelve teams to supplement their own fundraising activities. It is important that those who donate know and understand that their contributions,

however small, do make a big difference to the ability of teams to provide our free rescue service to the Cumbrian communities and to visitors in the area.

In conclusion, I would like to thank our many supporters, without your help and donations we could not exist as a volunteer service. I would also like to thank those organisations and agencies with whom we work, the 450 volunteer team members of LDSAMRA and their families for their limitless commitment and support and the LDSAMRA officers, working groups and sub-committees for their dedication, support and hard work over the past twelve months.

Richard Warren
Chairman LDSAMRA
February 2014

Incident Details 2013

January		
<p>1 28513 4 January 19:00 Calm/drizzle/clear/cool/dark. Moderate footpath boggy, slippery. At police request recovered the body of a suicide victim from an awkward location. Stretchered from site and handed over to Coroner's officer. Kendal (21 x 4hr 30 min)</p>	<p>Singleton Park, Kendal</p>	<p>SD537921 Local Incident</p>
<p>2 30243 5 January 13:04 Variable strong showers low cloud cold dark. Steep rough stony crag. Subject (M) slipped on steep ground after navigational error. Body removed from the hill and handed over to Coroner's officer. Fatal Kendal (10 x 7hr 30 min); Langdale Ambleside (19 x 7hr 0 min); Valley SAR Helicopter</p>	<p>Crinkle Crag, Gt Langdale</p>	<p>NY251054 Hill Walking (Small party)</p>
<p>3 30242 5 January 13:06 NE light dry cloudy cool dull. Moderate damp grassy moorland. Subject (F65) slipped on wet ground. Treated at scene and evacuated by air ambulance. Serious - shoulder injury. Kendal (9 x 2hr 0 min); Langdale Ambleside (3 x 2hr 0 min); North West Air Ambulance (Blackpool)</p>	<p>Wansfell, Ambleside</p>	<p>NY394041 Hill Walking (Small party)</p>
<p>4 28553 5 January 15:15 SW-gale/heavy rain/hill fog/cold/dusk. Steep footpath. Subject (M41) became disorientated in thick fog. He took shelter and called for help. Located in shelter on Carling Knott and escorted off the hill. Cockermouth (31 x 2hr 15 min)</p>	<p>Blake Fell, Loweswater</p>	<p>NY117203 Hill Walking</p>
<p>5 28661 5 January 15:38 Foggy, damp. Rough wet track. Party of two (M31, F22) reported themselves lost in fog. Party picked up on Walna Scar Track. Coniston (5 x 1hr 30 min)</p>	<p>Coniston Old Man, Walna Scar Track</p>	<p>SD272963 Hill Walking (Small party)</p>
<p>6 30241 6 January 13:45 Moderate dry low cloud cool dull. Moderate damp grassy moorland. Party of two reported themselves lost having become disorientated in mist. Met up with other walkers, reported their return when they were off the hill safely. Langdale Ambleside (3 x 1hr 0 min)</p>	<p>Silver Howe, Grasmere</p>	<p>NY325067 Hill Walking (Small party)</p>
<p>7 28910 6 January 18:29 Light dry hill fog cool dark. Wet muddy footpath. Party of two (with dog) reported themselves benighted and lost in the dark. Located by search dog unhurt, able to walk off hill together. Patterdale (15 x 2hr 0 min); Penrith (10 x 2hr 0 min); LDMR Search Dogs Assoc (2 x 2hr 0 min)</p>	<p>Rest Dodd, Hartsop</p>	<p>NY4281313759 Hill Walking (Small party)</p>
<p>8 30240 9 January 17:45 Dry cloudy cool dark. Moderate firm grassy moorland. Couple (M63, F58) reported themselves lost and were unable to find way down. Located and escorted from the hill. Langdale Ambleside (6 x 3hr 0 min)</p>	<p>Lang How, Gt Langdale</p>	<p>NY312067 Hill Walking (Small party)</p>
<p>9 28563 11 January 13:17 Dry cold. Muddy. Subject (M51) slipped and jammed his leg between boulders with his weight continuing forward. Treated and evacuated to air ambulance. Serious - not details reported. Keswick (16 x 1hr 0 min); Great North AA Cumbria</p>	<p>River Derwent, Portinscale</p>	<p>NY250240 Hill Walking (Small party)</p>

10 28562 12 January 13:39 **Bassenthwaite Lake** **NY209290**
 Dry cold. Not reported. Water Sport (all types) (Small party)
 Party of two (M) reported adrift in a boat having broken an oar. Recovered by rescue boat.
 Keswick (14 x 1hr 30 min)

11 28561 12 January 14:05 **Swinside, Portinscale** **NY242221**
 Cold dry. Not reported. Hill Walking (Small party)
 Distress whistles reported. Attributed to pheasant shooting beaters! False alarm good intent.
 Keswick (5 x 0hr 45 min)

12 28666 13 January 11:46 **Greendale, Wasdale** **NY136060**
 Snowing, cold. Footpath. Hill Walking (Winter) (Small party)
 Subject (F50) reported as fallen. Treated and evacuated to roadhead. Minor - stable fractured ankle.
 Wasdale (19 x 2hr 0 min)

13 28736 13 January 16:00 **Ill Bell, Kentmere** **NY43670716**
 W-light/snow/low cloud/very cold/dusk. Steep loose, slippery. Hill Walking (Winter) (Small party)
 Party of two (F29) reported themselves lost, overtaken by darkness. Located and led to safety.
 Kendal (28 x 4hr 30 min)

14 30239 13 January 17:56 **The Struggle, Kirkstone Pass** **NY399078**
 Snow clear freezing dark. Moderate frozen icy track. Local Incident
 A number of cars and occupants were reported stuck on steep mountain pass. Recovered all without incident.
 Langdale Ambleside (3 x 1hr 0 min)

15 28554 13 January 20:28 **Newlands Hause, Buttermere** **NY190176**
 Not reported. Not reported. Local Incident
 A report of minibus stuck on ice on mountain pass with four passengers on board. The vehicle was wedged against side of road; passengers ferried to safety and vehicle reversed to better surface.
 Cockermouth (9 x 1hr 0 min)

16 28559 14 January 14:50 **Whinlatter Forest** **NY208247**
 Not reported. Not reported. Mountain Biking (Small party)
 Party of two bikers reported themselves as lost. During an initial search informed that the party had identified their location and were making their own way to safety.
 Cockermouth (7 x 1hr 0 min); Keswick (6 x 0hr 36 min)

17 28909 15 January 10:45 **Kilnshaw Chimney, Kirkstone** **NY4006908419**
 Not reported. Not reported. Animal Rescue (Alone)
 Local farmer reported sheep stuck on crag. Found ledge empty, but on investigation an injured sheep was found close to foot of crag.
 Patterdale (3 x 1hr 45 min)

18 28908 20 January 14:34 **Aira Force, Ullswater** **NY3995920555**
 Light dry cloudy cold dull. Undulating frozen icy footpath. Hill Walking (Small party)
 Subject (M39) slipped on icy ground injuring his leg. After treatment at scene, he was stretchered to safety. Serious - fracture/dislocation of ankle.
 Patterdale (7 x 2hr 0 min)

19 28947 20 January 15:55 **Lingmell Ghyll, Scafell, Wasdale** **NY192074**
 Dry, cold, windy. Uneven and frozen. Snow patches. Hill Walking (Winter) (Small party)
 Subject (M20) reported fallen. Treated on scene and evacuated to waiting ambulance. Serious - simple closed fracture of hand; strain back; hypothermia (I-II) mild/moderate.
 Wasdale (17 x 3hr 10 min)

20 30238 20 January 21:51 **Crinkle Crag, Gt Langdale** **NY248049**
 NE fresh snow clear freezing dark. Moderate frozen icy moorland. Hill Walking (Winter) (Alone)
 Subject (M43) reported himself exhausted and unable to continue. Located on road in Eskdale having decided that sorting himself out was his best option.
 Duddon & Furness (26 x 3hr 0 min); Langdale Ambleside (12 x 4hr 0 min)

21 30237 20 January 22:02 **Kirkstone Pass, Ambleside** **NY400083**
 Dry, freezing dull. Moderate frozen icy moorland. Sledging (Small party)
 Request to assist ambulance with access. Treated at scene and evacuated.
 Langdale Ambleside (7 x 1hr 0 min)

22 28742 21 January 12:29 **Lingy Bank, Rosthwaite** **NY248153**
 Snow. Snow. Hill Walking (Winter) (Small party)
 Subject (F56) slipped on snow-covered ground. Stretchered down to a waiting ambulance. Minor - injuries lower leg.
 Keswick (14 x 1hr 15 min)

23 30236 22 January 22:06 **Angle Tarn, Esk Pike** **NY240072**
 Dry clear freezing dark. Steep frozen snow/ice moorland. Hill Walking (Winter) (Small party)
 Report that a woman was cragfast on icy ground. Nothing found after search of area; false alarm good intent.
 Langdale Ambleside (16 x 5hr 30 min)

24 28907 24 January 16:58 **Ullswater** **NY4011018734**
 Light dry cloudy cool dull. Undulating frozen icy footpath. Hill Walking (Small party)
 Subject (F23) reported suffering a seizure. Transferred by rescue boat to air ambulance and flown to hospital. Minor - fit (epilepsy).
 Patterdale (12 x 2hr 0 min); Great North AA Cumbria

25 28668 25 January 16:15 **Whitehaven** **NX989160**
 NW gale snow poor cold dark. Frozen snow/ice. Local Incident
 Request to assist to ambulance service during period of severe weather. One patient transfer reported.
 Wasdale (8 x 7hr 0 min)

26 29879 25 January 17:50 **Midland Hill, Kirkby Stephen** **NY766072**
 Snow and ice. Frozen road surface. Local Incident
 Request to assist emergency services during period of severe weather. One instance reported of ambulance stuck in snow deployed but it self-extracted while responding.
 Kirkby Stephen (12 x 1hr 30 min)

27 30235 25 January 20:30 **Ambleside** **NY377038**
 Snow blizzard cold dark. Moderate frozen snow/ice track. Local Incident
 Request to assist emergency services during period of severe winter weather. No details supplied.
 Langdale Ambleside (4 x 5hr 0 min)

28 29139 25 January 21:00 **Bouth, South Cumbria** **SD328856**
Moderate snow poor freezing dark. Not reported. Search - Non-mountain
Report of orange flare sighting. Searched briefly then abandoned; false alarm good intent.
Duddon & Furness (19 x 2hr 0 min)

29 28672 26 January 15:32 **Raven Craggs, Brim Fell, Coniston Fells** **SD276989**
Rain. Wet snow and rock. Hill Walking (Winter) (Small party)
Party of two (M25, M23) reported themselves cragfast having lost their way on the ridge. Belayed
to safety.
Coniston (15 x 4hr 19 min)

30 29878 26 January 19:09 **Barras, South Stainmore** **NY846118**
Winter conditions. Icy road. Local Incident (Small party)
Request to assist emergency services during period of severe weather. One instance reported of
snowbound motorist; recovered motorist to safety.
Kirkby Stephen (5 x 0hr 30 min)

31 28945 27 January 15:11 **Overbeck Bridge, Wasdale** **NY168068**
Fine. Lakeside - uneven ground. Water Sports (all types) (Small party)
Scuba diver (M39) reported in difficulty having failed to surface at expected time. Body located
after multi-day underwater search. **Fatal** – drowning.
Wasdale (26 x 4hr 0 min); Great North AA Cumbria; Valley SAR Helicopter

February

32 28740 2 February 11:13 **Barf, Thornthwaite** **NY217263**
Not reported. Not reported. Hill Walking (Small party)
Subject (F51) reported suffering a panic attack on the scree path. Quickly accessed by local
team member and led to roadside.
Keswick (15 x 0hr 36 min)

33 28918 3 February 17:17 **Pike O'Blisco, Gt Langdale** **NY271042**
Not reported. Not reported. Hill Walking (Small party)
Shouts for help heard over prolonged period. Check made of area but nothing found; false alarm
good intent.
Langdale Ambleside (3 x 1hr 0 min)

34 28965 4 February 15:36 **Ribton, Camerton** **NY048303**
NE-gale/heavy rain/cloudy/cold/dull. Level bank wet. Hill Walking
Assisted emergency services with recovery body of male from river. Evacuated to roadhead and
handed over to Coroner's officer.
Cockermouth (21 x 1hr 8 min)

35 29138 7 February 10:00 **Newbiggin, Furness** **SD269692**
Light dry clear cool bright. not reported. Search - Non-mountain (Alone)
Subject (F) reported heading for coast dressed only in night clothes. Woman located before
search parties deployed.
Duddon & Furness (12 x 1hr 0 min)

36 28739 7 February 19:56 **Blencathra** **NY324278**
Cold clear. Ice snow. Fell Running (Small party)
Subject (F48) slipped while running in snow, then became lost and benighted in icy conditions.
Quickly located, her injuries treated and stretchered down to waiting ambulance. Serious -
injuries to her lower leg.
Keswick (3 x 3hr 53 min)

- 37 28776 8 February 20:30 Kendal, Cumbria SD522924**
 Calm/drizzle/clear/cold/dark. Moderate footpath damp. Search - Non-mountain (Alone)
 Subject (M44) reported missing from home with police concerned for his safety. Limited search
 conducted without result.
 Kendal (11 x 3hr 30 min)
- 38 28738 9 February 10:30 Cat Bells, Derwent Water NY248197**
 Drizzle. Wet. Animal Rescue
 Local farmer reported three cragfast sheep. Only one sheep found - successfully extracted.
 Keswick (3 x 1hr 30 min)
- 39 28900 9 February 18:00 Styhead Tarn, Central Fells NY223102**
 Damp. Wet. Hill Walking (Small party)
 Subject (M61) reported exhausted and unable to continue walk. After taking some food and drink,
 he was able to walk down with assistance. Minor – exhaustion.
 Keswick (14 x 2hr 19 min)
- 40 28899 11 February 14:37 Dale Head Crag, Dale Head NY225155**
 Clear cold. Icy. Hill Walking (Winter) (Small party)
 Party of four became cragfast on icy path. Without crampons or ice axes, they had to request
 assistance; assisted to safer ground and escorted down to valley.
 Keswick (20 x 2hr 6 min)
- 41 28849 12 February 15:20 Scout Scar, Kendal SD486919**
 Dry, very cold. Firm. Animal Rescue
 Report of dog running over the edge of the scar and landing on a ledge some 10-15ft below.
 Secured and hoisted to top of scar, no injuries reported.
 Kendal (10 x 0hr 58 min)
- 42 28850 14 February 13:46 Windermere, Lindeth SD409949**
 Cold overcast. Fresh snow. Local Incident
 Request to assist ambulance service during period of bad weather. One patient transferred from
 house to ambulance reported.
 Kendal (8 x 2hr 30 min)
- 43 28966 15 February 15:06 Grassmoor, Crummock NY160207**
 Not reported. Not reported. Parapenting (Small party)
 Subject (M50) crashed into the hillside, sustaining leg injuries. Stretchered to air ambulance and
 flown to hospital. Serious - simple closed fracture to right tibia and fibula.
 Cockermouth (15 x 2hr 0 min)
- 44 28875 16 February 15:43 Small Water, High Street NY45671011**
 Cool dry. Damp. Hill Walking (Small party)
 Subject (M45) reported fallen with injured wrist and arm, unsteady. He made his own way to
 roadhead accompanied by companions. Minor - injuries lower arm
 Penrith (8 x 2hr 49 min)
- 45 28906 16 February 16:06 Grisedale Valley, Patterdale NY364144**
 Not reported. Not reported. Search - Mountain
 Report of shouts while walking. Established farmers had been gathering sheep in all day in
 valley; false alarm good intent.
 Patterdale (4 x 1hr 0 min)

46 28876 16 February 18:04 **Dufton Ghyll Woods, Dufton** **NY685253**
Cool dry night. Very wet. Hill Walking (Small party)
Subject (F53) reported fallen while crossing beck. Treated at the scene and stretchered to waiting ambulance. Minor - injuries left lower leg.
Penrith (7 x 2hr 10 min)

47 28917 16 February 19:18 **Steel Fell, Grasmere** **NY320112**
Light dry cloudy cool dark. Moderate frozen snow moorland. Hill Walking (Winter) (Small party)
Couple became lost and could not find their way off. Located by search dog Kitt then escorted from the hill.
Langdale Ambleside (5 x 3hr 30 min); LDMR Search Dogs Assoc (1 x 3hr 30 min)

48 28905 17 February 15:38 **Swirral Edge, Helvellyn** **NY3430015297**
Light cold bright. Steep frozen icy ridge. Hill Walking (Winter) (Small party)
Subject (M10) seen to slip from path and fall 50m. After treatment, airlifted to hospital in Newcastle with doctor on board. Serious - injuries head; injuries pelvis
Patterdale (19 x 3hr 30 min); Great North AA Cumbria; Boulmer SAR Helicopter

49 28877 19 February 15:03 **Torver Common, Coniston Water** **SD304953**
Dry. Compacted rough track. Hill Walking
Subject (F64) slipped on path near jetty. Stood down responding when informed ambulance in attendance. Serious - injuries lower leg.
Coniston (4 x 0hr 22 min)

50 28916 19 February 15:09 **Wansfell, Ambleside** **NY388044**
Dry clear cool bright. Moderate frozen grassy footpath. Hill Walking (Winter) (Small party)
Subject (M47) slipped on frozen path. Treated at the scene and evacuated by stretcher to ambulance. Minor - injuries lower arm
Kendal (15 x 3hr 12 min); Langdale Ambleside (13 x 3hr 0 min)

51 28915 19 February 15:21 **Wansfell, Ambleside** **NY394042**
Calm dry clear cold bright. Moderate frozen grassy footpath. Hill Walking (Winter) (Small party)
Subject (M58) slipped on frozen ground. Treated then evacuated by air ambulance. Minor - dislocated shoulder (glenohumeral); injuries to upper arm.
Langdale Ambleside (13 x 3hr 0 min); North West Air Ambulance (Blackpool)

52 28944 19 February 15:38 **Skew Gill, Scafell Pike** **NY220090**
Fresh dry clear cold bright. Moderate frozen snow/ice. Hill Walking (Winter) (Family group)
Subject (F) reported by passerby to have fallen 50m, injuring herself. Treated on scene and airlifted to hospital. Serious - injuries to her head.
Wasdale (20 x 3hr 0 min); Great North AA Cumbria; Gannet SAR Helicopter

53 28898 19 February 15:52 **Hindscarth, North Ridge** **NY218173**
Sunny. Not reported. Hill Walking (Winter) (Small party)
Subject (F55) slipped. Treated at the scene and stretchered to valley. Minor - dislocation of knee.
Keswick (18 x 2hr 47 min)

54 28967 19 February 17:25 **Crag Fell, Ennerdale** **NY097145**
NE-calm/dry/clear/cold/dark. Not reported. Animal Rescue
Dog reported missing, believed injured. Located in carpark while responding.
Cockermouth (4 x 1hr 0 min)

55 28914 20 February 15:35 **Brant Fell, Bowness** **SD409962**
Dry cloudy freezing dull. Gentle frozen grassy moorland. Hill Walking (Winter) (Small party)
Subject (M47) slipped on frozen ground. Evacuated to road ambulance. Minor - injuries to knee.
Langdale Ambleside (11 x 1hr 30 min)

56 29877 23 February 12:00 **Dufton, Appleby** **NY690250**
Not reported. Not reported. Fell Running (Organised event)
Competitor (F13) reported injured during fell-run. Treated at scene.
Kirkby Stephen (2 x 0hr 30 min)

57 28896 23 February 12:26 **Helvellyn, Browncove Crags** **NY328159**
Icy freezing sunny spells. Icy. Hill Walking (Winter) (Small party)
Subject (M15) slipped on extremely hard snow/ice and tumbled 100m down a rocky snow slope.
His father also slipped going to his aid. Treated at scene and airlifted to hospital. Minor - injuries
lower leg; Serious - simple closed fractured femur.
Keswick (18 x 3hr 19 min); Patterdale (2 x 1hr 0 min); Great North AA Cumbria; Gannet SAR
Helicopter

58 28897 23 February 14:20 **Carrock Fell, Mosedale** **NY348341**
Not reported. Not reported. Parapenting (Small party)
Subject (M42) crash-landed soon after take-off, landing in a pile of boulders. Treated and
stretchered to air ambulance. Serious - injuries to chest and shoulder.
Keswick (15 x 1hr 55 min); Great North AA Cumbria

59 28903 23 February 14:33 **Helvellyn, Red Tarn face** **NY343152**
Light sleet low cloud cold dull. Steep frozen snow/ice gully. Hill Walking (Winter) (Small party)
Subject (M27) fell 100m. Treated at scene and airlifted to hospital. Serious - dislocated shoulder
(glenohumeral).
Patterdale (19 x 2hr 0 min); Gannet SAR Helicopter

60 28943 23 February 15:08 **Black Crag, Scafell** **NY201069**
Strong snow clear freezing bright. Steep slippery icy. Hill Walking (Winter) (Small party)
Subject (F) slipped and fell on steep snow. Treated on scene and airlifted to hospital. Minor -
deep laceration(s) to lower leg.
Duddon & Furness (10 x 3hr 0 min); Wasdale (15 x 3hr 0 min); Gannet SAR Helicopter; North
West Air Ambulance (Blackpool)

61 28902 23 February 16:19 **St Sunday, Patterdale** **NY374142**
Light dry hill fog cold dusk. Steep frozen snow/ice slope. Hill Walking (Winter) (Medium party)
Subject (M47) slipped on snow slope. Splinted and airlifted to hospital. Serious - stable fracture
ankle; fracture/dislocation left ankle
Patterdale (8 x 2hr 30 min); Penrith (7 x 2hr 30 min); RAF Leeming (2 x 2hr 30 min); Gannet SAR
Helicopter

62 28895 27 February 13:02 **Helvellyn, Browncove Crags** **NY328159**
Cold sunny clear. Icy. Hill Walking (Winter) (Small party)
Subject (M) slipped and slid over 70m (same location as Incident 57 above). Treated at the
scene and evacuated by air ambulance. Minor - injuries to lower leg
Keswick (17 x 2hr 49 min); North West Air Ambulance (Blackpool)

March		
63 28961 2 March 17:57	Helvellyn	NY3415315140
Light dry cloudy cold dull. Steep frozen icy. Hill Walking (Winter) (Small party)		
Party of two (M64) reported overdue by 2hrs. While responding, notified that party had turned up on Thirlmere side having come down wrong side.		
Patterdale (2 x 1hr 0 min)		
64 28942 4 March 14:17	Pikes Crag, Scafell	NY210070
Fine. Sunny. No wind. Steep crag. Hill Walking (Small party)		
Subject (M) reported himself cragfast on Pulpit Rock. Located and helped down to safety.		
Wasdale (18 x 4hr 0 min)		
65 28968 4 March 14:18	Walker's Gully, Pillar	NY172124
NE-light/dry/clear/freezing/bright. Vertical crag frozen. Hill Walking (Winter) (Small party)		
Subject (M35) slipped whilst traversing above steep gully. Body recovered from gully and airlifted to hospital. Fatal - multiple injuries.		
Cockermouth (28 x 3hr 0 min); Great North AA Cumbria; Boulmer SAR Helicopter		
66 28957 4 March 16:47	Grains Gill, Borrowdale	NY232089
Good cloudy patches. Dry patches of snow and ice. Hill Walking (Winter) (Small party)		
Party of two (M, F54) had both fallen over 70m down a snow slope and had both been injured.		
Treated on scene and airlifted to hospital. Serious - head injuries; Serious - head injuries.		
Keswick (23 x 4hr 9 min); Boulmer SAR Helicopter		
67 28969 5 March 14:38	Scale Force, Buttermere	NY154174
NE-light/dry/clear/cold/bright. Moderate footpath dry. Hill Walking (Small party)		
Subject (F58) reported unable to walk, having injured her ankle. Treated and evacuated to air ambulance for hospital transfer. Minor - injuries to right lower leg.		
Cockermouth (14 x 1hr 0 min); Great North AA Cumbria		
68 28956 5 March 18:01	Skiddaw, Applethwaite	NY278265
Not reported. Not reported. Hill Walking (Winter) (Small party)		
Subject (M66) reported unwell, unsteady and faint on walk with his wife. Escorted down to ambulance for checkup at hospital. Minor - faint (vaso-vagal).		
Keswick (19 x 1hr 7 min)		
69 28963 6 March 14:24	Helvellyn, Red Tarn	NY3457015030
Light dry hill fog cold dusk. Steep frozen snow/ice gully. Hill Walking (Winter) (Small party)		
Subject (M60) slipped on snow slope injuring hand, losing his equipment and becoming cragfast.		
Treated at scene, lowered to safe ground and escorted off the hill. Minor - stable fractured hand.		
Patterdale (13 x 4hr 15 min)		
70 28962 6 March 18:23	Roosting Gill, Patterdale	NY402162
Light drizzle hill fog cool dark. Moderate rough grassy slope. Search - Mountain		
Bus driver reported hearing shouts from the hillside and that he could see the shadow of a person in the fog. Nothing found - false alarm good intent.		
Patterdale (4 x 1hr 0 min)		
71 28955 7 March 14:02	Jenkin Hill, Skiddaw	NY278268
Overcast damp. Wet. Mountain Biking (Small party)		
Rider (M25) unable to control his descent, fell over and tumbled 40m; evidence of drugs and alcohol. Treated on scene and sledged down to the foot of the hill. Serious - back injuries; lower leg injuries.		
Keswick (18 x 2hr 0 min)		

72 28974 15 March 13:10 **Three Dubs Tarn, Claife Heights** **SD378975**
Raining turning to showers. Forest track. Hill Walking (Small party)
Subject (F67) slipped on wet grass. Treated and taken to hospital. Serious - simple closed fractured ankle.
Coniston (12 x 2hr 40 min)

73 29002 16 March 13:51 **Skiddaw, Broad End** **NY252304**
Sunny spells cool. Wet ice snow. Hill Walking (Winter) (Small party)
Subject (M46) slipped on snow and injured leg. Treated on scene and stretchered to roadhead and ambulance transfer. Minor - lower leg injuries.
Keswick (17 x 2hr 30 min)

74 29011 16 March 23:00 **Kendal** **SD524903**
Calm/drizzle/clear/cool/dark. Level footpath firm. Search - Non-mountain (Alone)
Person reported missing from local hospital. During search effort, traced by police to London.
Kendal (15 x 2hr 0 min)

75 28998 18 March 12:30 **Torver Intake, Tarn Hows** **NY337003**
Damp, cloudy. Wet snow. Hill Walking (Winter) (Small party)
Subject (F43) slipped on wet snow. Treated on scene and evacuated to waiting ambulance.
Serious - unstable fractured arm.
Coniston (13 x 1hr 45 min)

76 29876 18 March 12:55 **Tailbridge Hill, Kirkby Stephen** **NY803046**
Winter. Snow and ice. Local Incident
Request to assist emergency services during period of severe weather. Deployed to evacuate stranded passengers from eight snowbound vehicles.
Kirkby Stephen (17 x 3hr 0 min)

77 29012 21 March 13:15 **Far Arnside** **SD436768**
Fresh/dry/clear/cold/bright. Moderate track damp, slippery. Hill Walking
Subject (F54) reported with ankle injury on coastal footpath. Evacuated to waiting air ambulance.
Kendal (15 x 2hr 0 min); Great North AA Cumbria

78 29136 22 March 09:20 **West Cumbria, A595** **SD106931**
E fresh snow poor freezing dull. Gentle frozen snow/ice. Major Incident
Requested to evacuate stranded motorists during severe weather. More than 50 persons rescued and escorted to places of safety.
Cockermouth (6 x 6hr 0 min); Coniston (4 x 12hr 0 min); Duddon & Furness (20 x 12hr 0 min);
Kendal (4 x 12hr 0 min); Wasdale (14 x 9hr 4 min)

79 29200 22 March 12:40 **Garrigill, N Pennines** **NY6460441782**
Severe drifting snow. Cold wet snow. Local Incident
Vehicle occupants reported stuck in snow drift during severe weather. Three instances reported involving seven occupants brought to safety.
Penrith (11 x 5hr 45 min)

80 29875 22 March 12:55 **Brough - Kirkby Stephen** **NY803047**
Winter. Snow and ice. Local Incident
Request to assist emergency services during period of severe weather. Seven instances reported involving the evacuation of motorists from more than twenty snowbound vehicles.
Kirkby Stephen (15 x 4hr 0 min) et al.

81 29013 22 March 13:00 SW Cumbria SD1068833
 Strong/snow/poor/arctic/dull. Level track snow/ice, slippery. Local Incident
 Request to assist emergency services during severe weather. In total about 70 persons
 evacuated from vehicles stuck in snow.
 Coniston (3 x 6hr 0 min); Coniston (4 x 6hr 0 min); Duddon & Furness (1 x 1hr 0 min); Kendal (5
 x 10hr 0 min); Wasdale (1 x 1hr 0 min)

82 29001 22 March 13:55 Aughertree Fell, Uldale NY259371
 Blizzards. Deep drifts. Local Incident
 Vehicle reported snowbound during severe weather with young child and baby. Occupants
 extricated by local recovery firm, while responding.
 Keswick (9 x 2hr 55 min)

83 29021 22 March 17:37 Eskdale Green, Ravenglass NY141000
 Snow, high winds. Deep drifting snow. Local Incident
 Request to provide access for carers tending to elderly lady. Elderly lady and carers evacuated to
 care home in Egremont.
 Wasdale (4 x 3hr 0 min)

84 29420 22 March 21:03 Matterdale End NY390243
 E strong snow poor freezing dark. Snow/ice. Local Incident
 Requested to assist emergency services during period of severe weather. Occupants removed to
 safety from vehicle reported stuck in deep snow drift.
 Patterdale (6 x 2hr 10 min)

85 29135 22 March 23:40 Corney Fell SD149896
 E fresh snow poor freezing dark. Moderate frozen snow. Local Incident
 Car and occupants reported missing in darkness and poor weather. Occupants taken to safety.
 Duddon & Furness (10 x 3hr 19 min)

86 29868 23 March 00:08 Brough - Kirkby Stephen NY812132
 Winter. Snow and ice. Local Incident
 Request to assist emergency services during period of severe weather. Two instances reported
 requiring the recovery of occupants stranded in two snowbound vehicles.
 Kirkby Stephen (9 x 2hr 45 min)

87 29289 23 March 09:30 Loweswater NY151222
 NE-gale/snow/blizzard/arctic/dull. Not reported. Local Incident
 Request to assist emergency services during period of severe weather. Two instances reported
 requiring transport of patient for regular hospital treatment from and back to remote habitation;
 later to help free stranded van driver.
 Cockermouth (4 x 7hr 0 min)

88 29134 23 March 10:10 South Cumbria SD240998
 E moderate snow poor freezing dull. Gentle frozen snow. Local Incident
 Assisted emergency services during period of severe weather. Five instances reported mainly
 requiring access and evacuation from snowbound properties and vehicles.
 Coniston (3 x 4hr 0 min); Duddon & Furness (16 x 7hr 40 min) et al.

89 29019 23 March 10:31 W Cumbria SD123928
 Severe blizzard. Deep drifting snow. Local Incident
 Request to assist during period of severe weather. Three instances reported involving difficult
 access on foot and a bus trapped in snowdrift.
 Wasdale (9 x 8hr 40 min)

90 29168 24 March 10:53 **Castlerigg Farm, Keswick** **NY283223**
Cold. Snow ice drifts. Local Incident
Caravan occupants reported snowed in for 4 days and running out of food and water. Stood down when informed resolved by farmer digging them out.
Keswick (12 x 0hr 43 min)

91 29866 24 March 12:30 **Tailbridge Hill, Kirkby Stephen** **NY800050**
Winter. Snow and ice. Local Incident (Small party)
Request to assist emergency services during period of severe weather. Deployed to recover driver and passenger from broken down vehicle.
Kirkby Stephen (7 x 1hr 0 min)

92 29291 24 March 12:54 **Pillar Cove, Ennerdale** **NY173122**
NE-gale/dry/clear/freezing/bright. Steep slope frozen, slippery. Hill Walking
Subject (M64) reported with injured leg whilst ascending. Stretchered down to the valley and taken to hospital. Minor - lower leg injuries.
Cockermouth (1 x 3hr 0 min)

93 29129 24 March 14:35 **South Cumbria** **SD167963**
E moderate dry poor freezing dull. Gentle frozen snow/ice. Local Incident
Assisted emergency services during severe weather. Two instances reported; evacuating snowed-in resident and assistance to ambulance service.
Duddon & Furness (12 x 2hr 55 min)

94 29292 24 March 17:09 **Honister Pass, Buttermere** **NY210148**
NE-strong/dry/poor/freezing/dark. Steep slope frozen. Local Incident
Assisted emergency services during period of severe weather. Evacuated three occupants of a vehicle struck on lakeland pass.
Cockermouth (6 x 2hr 12 min)

95 29014 24 March 18:00 **Levers Hawse, Coniston Fells** **SD282993**
Dry, cold. Heavy snow, high drifts, very windy. Hill Walking (Winter) (Large party)
Party of three (F73, F74, F64) became too cold in severe conditions. Airlifted to hospital. Serious - hypothermia (III-IV) severe; Serious - hypothermia (I-II) mild/moderate; Serious - hypothermia (III-IV) severe.
Coniston (24 x 5hr 15 min); Duddon & Furness (24 x 3hr 40 min); Boulmer SAR Helicopter

96 29419 25 March 14:41 **St Sunday Crag, Grisedale** **NY372138**
Moderate snow low cloud freezing dull. Snow & ice. Hill Walking (Winter) (Medium party)
Party reported themselves stuck in snow, and one was suffering from exhaustion. All recovered to valley with one airlifted to hospital.
Patterdale (10 x 1hr 45 min); Great North AA Cumbria

97 29201 26 March 05:14 **Rylands Farm, Welton** **NY333409**
Cold clear. Icy roads. Local Incident
Request to assist ambulance service during period of severe weather. Deployed to female with breathing difficulties; stood down responding.
Penrith (6 x 1hr 0 min)

98 29126 26 March 10:05 **Kirkby Moor** **SD247810**
Moderate dry poor freezing dull. Gentle frozen snow. Local Incident
Report of car stuck in snow drift. Car recovered.
Duddon & Furness (12 x 1hr 40 min)

99 29865 27 March 10:00 **Tommy Road, Kirkby Stephen** **NY761039**
Winter. Snow and ice. Local Incident
Request to assist emergency services during period of severe weather. Deployed to recover van and driver reported stuck in snowdrift.
Kirkby Stephen (3 x 1hr 0 min)

100 29017 27 March 10:55 **Devils Crag, Middleton Fell** **SD634834**
Calm/fine/clear/freezing/bright. Moderate moorland frozen, slippery. Hill Walking (Winter)
Person (M50) in walking group reported collapsed & unconscious, thought to be epileptic.
Requested ambulance arrived while en route, stood down responding.
Kendal (11 x 1hr 0 min)

101 29032 30 March 13:45 **Cove Quarry, Walna Scar** **SD275965**
Cloudy/Dry. Rough Fell/Quarry tracks. Hill Walking (Alone)
Person reported missing with vague location. Nothing found in subsequent search so stood down. Person turned up at 17:48 safe and well.
Coniston (17 x 2hr 30 min)

102 29031 31 March 12:16 **South Rake, Dow Crag, Coniston** **SD264975**
Dry, fine. Hard Snow. Snow/Ice Climbing - unroped (Alone)
Report of walker cragfast in difficult snow conditions. Informed person extricated himself and reached the ridge. He telephoned and made contact when safely down.
Coniston (12 x 1hr 0 min)

103 29217 31 March 14:41 **Black Sail Pass, Kirk Fell** **NY191111**
Fine. Steep slope and snow. Hill Walking (Winter) (Small party)
Subject (F) reported cragfast in snow on steep ground. Led to safety by passing walkers prior to arrival of MR.
Wasdale (16 x 2hr 0 min)

104 29418 31 March 15:35 **Place Fell, Ullswater** **NY486181**
Not reported. Not reported. Hill Walking (Small party)
Subject (F45) slipped on wet grass. Treated at scene, airlifted to valley and went to hospital in own transport. Minor - painful/uncomfortable ankle.
Patterdale (11 x 1hr 10 min); Great North AA Cumbria

105 29293 31 March 15:57 **Kirkfell, Black Sail** **NY190113**
NE-fresh/dry/clear/cold/dusk. Steep crag frozen, slippery. Hill Walking (Small party)
Party of two reported cragfast in snow/ice gully. Quickly assisted by MR member on the hill and led to safety.
Cockermouth (24 x 1hr 0 min); Wasdale (1 x 1hr 0 min)

April

106 29057 1 April 14:39 **North Gully, Dow Crag** **SD263977**
Dry, Sunny. Hard snow. Snow/Ice Climbing - unroped (Small party)
Subject (M36) became cragfast in heavy snow conditions. Belayed to safety.
Coniston (17 x 5hr 45 min)

107 29834 1 April 16:30 **Cockenskell Farm, Blawith** **SD274890**
Not reported. not reported. Hill Walking
Person (F65) reported with leg injury. Stood down responding when informed ambulance crew dealing with incident.
Duddon & Furness (19 x 0hr 34 min)

108 29058 3 April 16:00 **South Rake, Dow Crag** **SD262976**
Dry & sunny. Deep compacted snow in gully. Hill Walking (Winter) (Small party)
Subjects (M54, F20) became cragfast due to deep, compacted snow and ice. Belayed to safety
and accompanied off the hill.
Coniston (13 x 4hr 30 min)

109 29167 4 April 15:12 **Blencathra, Sharp Edge** **NY327283**
Not reported. Snow ice. Animal Rescue
Rottweiler reported stuck in snow and ice conditions on 45 degree rock slab, but later fell 100m.
Located having suffered a few cuts and bruises.
Keswick (11 x 2hr 28 min)

110 29067 6 April 16:07 **Goat's Hawse, Coniston Old Man** **SD265980**
Dry, sunny. Rough fell track, snow & ice in places. Hill Walking (Winter) (Small party)
Subject (F45) slipped on track sustaining leg injury. Treated by paramedics, stretchered to
helicopter on ridge and airlifted to hospital. Serious - simple closed fractured ankle.
Coniston (14 x 3hr 0 min); North West Air Ambulance (Blackpool)

111 29179 7 April 16:24 **Copt Howe, Gt Langdale** **NY316058**
Fresh dry clear cool bright. Steep slippery grassy crag. Hill Walking (Small party)
Subject (M) fell approx 30ft from crag after slipping. Treated and evacuated to hospital. Minor -
head injuries.
Langdale Ambleside (14 x 2hr 0 min); North West Air Ambulance (Blackpool)

112 29417 7 April 20:09 **The Nab, Martindale** **NY432153**
Cold clear. Snow and icy. Hill Walking (Small party)
Subject (M45) slipped 20m, unable to move for fear of slipping further. Wife unable to reach him.
Both roped to safety, no injury but both were cold.
Patterdale (12 x 4hr 0 min)

113 29166 8 April 14:06 **Broad End, Skiddaw** **NY257284**
Cold windy. Snow patches. Hill Walking (Winter) (Small party)
Subject (M18) reported with leg cramps. After treatment, he was able to walk off. Minor - general
dehydration.
Keswick (13 x 2hr 2 min)

114 29165 8 April 17:01 **Hind Gill, Seathwaite** **NY240114**
Clear. Wet. Hill Walking (Winter) (Small party)
Subject (M20) slipped on the path and fell into gill. Treated and evacuated to air ambulance.
Minor - deep laceration(s) to lower leg.
Keswick (29 x 1hr 34 min); Great North AA Cumbria

115 29833 8 April 21:35 **Corney Fell** **SD149896**
Moderate dry poor cold dark. Frozen snow/ice. Local Incident
Car reported stuck in snow. Vehicle not found.
Duddon & Furness (9 x 1hr 49 min)

116 29864 9 April 12:08 **Cautley Spout, Howgills** **SD682975**
Cold, breezy, fine. Frozen, some snow and ice. Hill Walking (Winter) (Small party)
Woman with three teenage children reported cragfast on steep ground. Recovered party to
safety.
Kirkby Stephen (12 x 2hr 45 min)

117 29394 10 April 13:46 **Whinlatter Forest** **NY212257**
 Dry clear. dry. Hill Walking (Small party)
 Subject (M) fell and injured his leg. Treated at scene and evacuated to waiting ambulance. Minor
 - lower leg injuries.
 Keswick (14 x 1hr 31 min)

118 29141 10 April 14:56 **Coppermines Valley, Coniston** **SD294983**
 Dry, sunny. Rough, stony. Hill Walking (Medium party)
 Subject (F51) slipped on track. Treated at scene and airlifted to hospital. Minor - simple closed
 fractured ankle.
 Coniston (3 x 1hr 45 min); Great North AA Cumbria

119 29295 12 April 16:00 **River Derwent, Cockermouth** **NY122301**
 Not reported. Not reported. Local Incident
 Request from local authority to remove dumped mattress from river. Opportunity used to deploy
 swiftwater technicians.
 Cockermouth (8 x 1hr 0 min)

120 29178 16 April 14:10 **Dungeon Ghyll, Gt Langdale** **NY280073**
 NW gale dry clear cold bright. Vertical dry stony crag. Hill Walking (Large party)
 Subject (F) reported fallen, possibly blown off-balance by strong, gusting wind. Body recovered
 for Coroner's officer. **Fatal** - multiple injuries.
 Kendal (14 x 4hr 30 min); Langdale Ambleside (19 x 6hr 0 min); Boulmer SAR Helicopter

121 29199 17 April 12:01 **Rest Dodd, Martindale** **NY434140**
 Very windy. Wet. Hill Walking (Small party)
 Subject (M60) reported with pains going down left arm. Treated at scene and airlifted to hospital.
 Minor - pain/discomfort left upper arm
 Patterdale (12 x 2hr 27 min); Penrith (11 x 4hr 15 min); Valley SAR Helicopter

122 29177 17 April 16:21 **Fairfield, Grisedale Tarn** **NY350117**
 SE gale rain hill fog cool dull. Steep very wet gravel footpath. Hill Walking (Small party)
 Party of two (F) reported themselves lost. Located and escorted off the hill.
 Langdale Ambleside (14 x 5hr 0 min)

123 29414 17 April 16:41 **Grisedale Valley, Patterdale** **NY354132**
 Strong, rain cloudy cool dull. Moderate wet stony footpath. Hill Walking (Small party)
 Subject (F62) fell and unable to continue. Treated at scene and walked to ambulance with
 assistance; she sought hospital treatment herself. Minor - painful/uncomfortable knee.
 Patterdale (13 x 2hr 30 min)

124 29413 21 April 11:57 **Glencoyne Park, Ullswater** **NY385195**
 Fresh rain low cloud cool dull. Moderate rough stony footpath. Hill Walking (Small party)
 Subject (F16) become cold, wet and reported unable to continue with walk. Stood down when
 informed subject had made her own way to safety.
 Patterdale (7 x 1hr 30 min)

125 29218 22 April 16:44 **The Slabs, Scafell** **NY210076**
 Cold, windy, raining. Steep uneven. Hill Walking (Small party)
 Party of three reported in difficulty in poor conditions. Located and escorted to safety. Minor -
 hypothermia (I-II) mild/moderate.
 Wasdale (22 x 5hr 0 min)

126 29220 23 April 14:27 Middle Boot Knotts, Scafell Pike NY212082
Misty. Rough steep terrain. Hill Walking (Small party)
Party of two (M, F) reported themselves lost. Located and escorted off the hill.
Wasdale (8 x 4hr 45 min)

127 29176 23 April 15:16 Rydal Cave, Rydal NY354058
SW moderate dry cloudy cool dull. Moderate damp grassy footpath. Hill Walking (Small party)
Subject (M73) reported slipped on wet ground. Treated and evacuated by stretcher. Serious -
simple closed fractured ankle.
Langdale Ambleside (7 x 1hr 30 min)

128 29175 23 April 15:22 Helm Crag, Grasmere NY328093
Moderate showers hill fog cool dark. Steep rocky stony crag. Hill Walking (Alone)
Subject (F), doing C2C walk, reported benighted. Located and assisted off the hill.
Langdale Ambleside (6 x 4hr 16 min)

129 29221 23 April 17:07 Hollowstones, Scafell Pike NY208076
Misty. Steep uneven terrain. Hill Walking (Small party)
Subject (M) reported fallen and injured leg. Stretchered from the hill. Minor - localised bruising
right lower leg.
Duddon & Furness (1 x 0hr 12 min); Wasdale (20 x 4hr 30 min)

130 29412 24 April 14:36 Silver Point, Ullswater NY4045519032
Calm dry cloudy cool dull. Moderate damp stony gully. Hill Walking (Small party)
Subject (M54) slipped and twisted his knee, tried to walk and fell into small gully, hitting head.
Treated at scene and transferred to ambulance employing a stretcher and rescue boat. Minor -
abrasion(s) to head; painful/uncomfortable left knee.
Patterdale (9 x 2hr 45 min)

131 29296 25 April 13:16 Warnscale Bottom, Buttermere NY193140
NE-light/heavy rain/cloudy/cool/dull. Gentle footpath very wet. Hill Walking (Small party)
Subject (F60) reported with leg injury. Treated at scene and evacuated to waiting ambulance.
Minor - simple closed fractured ankle.
Cockermouth (13 x 2hr 8 min)

132 29162 25 April 16:00 Dales Way, Crook SD442963
Calm/dry/clear/mild/bright. Moderate footpath boggy, slippery. Hill Walking
Subject (M64) reported fallen whilst walking the Dales Way. Treated and stretchered to a waiting
ambulance at roadhead. Minor - lower leg injuries.
Kendal (13 x 2hr 30 min)

133 29164 26 April 15:19 Eddy Scale, Torver SD275961
Cold, heavy showers. Stony/grass tracks. Hill Walking (Small party)
Subject (M43) slipped on wet grass. Stretchered to waiting air ambulance. Serious - compound
closed fractured tibia and fibula.
Coniston (13 x 1hr 45 min); Great North AA Cumbria

134 29863 26 April 18:30 Windmore End Crags, N Stainmore NY821170
Cold with snow showers. Wet rock and grass. Animal Rescue
Sheep and lamb reported cragfast. Retrieved without incident.
Kirkby Stephen (5 x 1hr 30 min)

135 29225 26 April 20:45 **Gummers Howe** **SD390884**
Calm/dry/clear/cool/dusk. Moderate crag dry. Hill Walking
Subject (F45) reported slipped and sustained a lower leg injury. Treated at the scene and
stretchered to a waiting ambulance. Serious - simple closed fractured tibia.
Kendal (17 x 3hr 0 min)

136 29174 28 April 12:48 **Stickle Barn, Gt Langdale** **NY294065**
Showers cloudy cool. Moderate. Hill Walking (Small party)
Report of teenager (M15) separated from walking group. Located having returned to starting
point.
Langdale Ambleside (14 x 1hr 31 min)

137 29227 28 April 13:25 **Dowbiggin, Sedbergh** **SD69369240**
Not reported. Not reported. Local Incident
Request from ambulance service to assist in accessing and evacuation of patient from remote
habitation. Treated by paramedics and transferred to air ambulance.
Kendal (9 x 2hr 0 min); Great North AA Cumbria

138 29173 28 April 14:28 **Dow Bank, Gt Langdale** **NY328057**
Showers cloudy cool bright. Moderate firm grassy moorland. Hill Walking (Small party)
Subject (M) reported unwell, having collapsed twice in short period of time. Treated and
evacuated to air ambulance. Minor - general illness.
Langdale Ambleside (16 x 2hr 0 min); North West Air Ambulance (Blackpool)

139 29222 29 April 13:30 **Muncaster Fell, Ravenglass** **SD125990**
Fresh showers clear cold bright. Moderate damp grassy footpath. Hill Walking (D of E)
Expedition member (F17) reported unable to continue. Treated at scene and stretchered off the
hill. Minor - general exhaustion; laceration.
Wasdale (17 x 2hr 30 min)

140 29223 30 April 12:30 **Great Gable** **NY210102**
Light dry clear cool bright. Moderate dry. Hill Walking (Small party)
Subject reported collapsed. **Fatal** - myocardial infarct.
Keswick (15 x 3hr 25 min); Wasdale (18 x 1hr 30 min); Great North AA Cumbria; Gannet SAR
Helicopter

141 29393 30 April 16:37 **Stonethwaite, Dock Tarn** **NY269136**
Sunny. Dry. Hill Walking (Small party)
Subject (M79) tripped and took a tumbling fall, initially reported as a collapse. Local MR quickly
on scene and taken to local minor injuries unit after assessment. Injuries not reported.
Keswick (15 x 3hr 25 min)

May

142 29360 4 May 16:35 **Stickle Ghyll, Gt Langdale** **NY295066**
Dry clear mild bright. Moderate damp stony footpath. Hill Walking (Small party)
Subject (M69) reported slipped or tripped, injuring his leg. Treated at scene and ambulance
transfer to hospital. Serious - lower leg injuries.
Langdale Ambleside (1 x 1hr 30 min)

143 29391 5 May 13:08 **Sharp Edge, Blencathra** **NY326283**
Not reported. Not reported. Rock Scrambling (Alone)
Subject (M25) slipped off narrow ridge, falling 10m. Treated at scene, lowered below cloudbase
and, with difficulty, airlifted to hospital. Serious - lower leg injuries.
Keswick (18 x 5hr 27 min); Boulmer SAR Helicopter

144 29359 5 May 14:44 Hart Crag, Fairfield NY369112
W strong showers low cloud cool. Moderate very wet stony moorland. Hill Walking (Medium party)
Subject (F62) reported slipped on wet ground. Treated at scene and stretchered off the hill.
Serious - compound closed fractured ankle
Kendal (9 x 5hr 30 min); Langdale Ambleside (21 x 6hr 0 min)

145 29548 5 May 16:18 Langstrath NY264099
Overcast. Damp. Hill Walking (Small party)
Subject (F70) reported with an ankle injury somewhere near Stake Pass. Managed to hobble
nearly all the way back to Rosthwaite, unaided.
Keswick (8 x 1hr 7 min)

146 29224 5 May 16:25 Straight Ghyll, Lingmell NY210081
Low cloud. Fog. Steep uneven. Hill Walking (Small party)
Family party of four (M, F, 8 & 10) reported themselves lost in fog. Located and escorted off the
hill.
Wasdale (13 x 4hr 0 min)

147 29357 5 May 17:00 Stickle Ghyll, Gt Langdale NY288075
W strong showers hill fog cold dull. Moderate wet stony moorland. Hill Walking (Small party)
Party of two (M) reported overdue. Turned up in Langstrath, Borrowdale.
Kendal (4 x 1hr 0 min); Langdale Ambleside (10 x 1hr 0 min)

148 29411 5 May 17:32 Helvellyn NY341152
Not reported. Not reported. Hill Walking (Small party)
Party of four (M20) reported themselves lost on summit. No further details supplied.
Patterdale (9 x 1hr 30 min)

149 29356 6 May 17:50 Nab Scar, Rydal NY355066
Dry clear warm bright. Moderate damp stony track. Mountain Biking (Small party)
Rider (F) reported fallen from bike. Dealt with by ambulance crew, stood down responding.
Langdale Ambleside (1 x 1hr 30 min)

150 29210 7 May 17:00 Brim Fell, Coniston SD272983
Warm, dry, sunny, windy. Rocky, rough. Rock Scrambling (Small party)
Subject (F) struck by fallen rock. Secured on stretcher and airlifted to hospital. Serious -
damaged knee ligament.
Coniston (15 x 3hr 45 min); Great North AA Cumbria; Leconfield SAR Helicopter

151 29355 9 May 14:39 Red Tarn, Gt Langdale NY268035
N fresh rain low cloud cold dull. Moderate very wet grassy moorland. Hill Walking (Small party)
Subject (F17) reported unable to continue having become exhausted. Treated and stretchered
from the hill. Minor - hypothermia (I-II) mild/moderate.
Langdale Ambleside (19 x 3hr 0 min)

152 29547 11 May 11:51 Lord's Seat, Whinlatter NY204265
Not reported. Not reported. Hill Walking (Small party)
Subject (F55) slipped and suffered a leg injury in some very boggy ground. Treated at scene and
taken by landrover to waiting ambulance. Serious - lower leg injuries.
Keswick (18 x 2hr 0 min)

153 29354 11 May 12:15 Angle Tarn, Gt Langdale NY245078
SW fresh showers cloudy cool dull. Moderate wet stony moorland. Hill Walking (Small party)
Subject (M60) reported unwell with suspected hypothermia. Evacuated to valley floor by air
ambulance while responding. Minor - hypothermia (I-II) mild/moderate.
Langdale Ambleside (15 x 2hr 45 min); Great North AA Teeside

154 29410 11 May 13:49 **Long Crag, Place Fell, Ullswater** **NY4049119082**
 Not reported. Not reported. Hill Walking (Small party)
 Subject (M59) slipped and dislocated his knee. Treated at scene and evacuated to safety.
 Serious - dislocated left knee.
 Patterdale (13 x 3hr 0 min)

155 29353 11 May 21:10 **Stickle Barn, Gt Langdale** **NY294065**
 SE fresh rain cloudy cool dusk. Not reported. Hill Walking (Small party)
 Party of three (M) reported overdue from Pavey Ark. Located in pub.
 Langdale Ambleside (1 x 1hr 0 min); Patterdale (1 x 1hr 0 min)

156 29546 12 May 12:22 **Greenup Edge, Langstrath** **NY285105**
 Rain. Wet. Hill Walking (Small party)
 Subject (F59) fell awkwardly and unable to bear weight. Treated on scene, SAR helicopter
 accessed site and airlifted to hospital. Serious - hypothermia (I-II) mild/moderate.
 Cockermouth (10 x 3hr 32 min); Keswick (13 x 3hr 32 min); Great North AA Cumbria; Boulmer
 SAR Helicopter

157 29545 12 May 17:28 **Dubs Hut, Honister** **NY209134**
 Very wet heavy cloud windy. Very wet. Hill Walking (Small party)
 A Coast-to-Coast walker reported suffering from hypothermia. Ferried by local workers to top of
 pass and transferred to ambulance.
 Cockermouth (17 x 0hr 30 min); Keswick (14 x 0hr 49 min)

158 29352 13 May 19:52 **Post Knott, Bowness** **SD407964**
 Rain cloudy cool dusk. Moderate very wet grassy moorland. Hill Walking (Small party)
 Subject (M) slipped on wet ground. Treated at scene and evacuated to waiting ambulance.
 Serious - simple closed fractured tibia.
 Langdale Ambleside (11 x 1hr 15 min)

159 29351 14 May 11:16 **Gibson Knott, Grasmere** **NY320097**
 Dry clear mild bright. Steep slippery gravel moorland. Hill Walking (Small party)
 Subject (M) slipped on steep ground. Treated at scene and evacuated from the hill. Minor - lower
 leg injuries.
 Langdale Ambleside (15 x 3hr 0 min)

160 29544 15 May 16:00 **Maiden Moor, Bull Crag** **NY242186**
 Not reported. Not reported. Hill Walking (Small party)
 Subject (F19) twisted her knee, unable to continue. Treated on scene and stretchered to
 roadhead for ambulance transfer. Serious - dislocated patella.
 Keswick (20 x 2hr 10 min)

161 29350 16 May 15:00 **Troutbeck Park, Troutbeck** **NY424059**
 Dry clear mild bright. Moderate damp stony track. Hill Walking (Small party)
 Subject (F60) slipped on damp ground. Treated at scene and evacuated to safety. Serious -
 simple closed fractured tibia and fibula.
 Langdale Ambleside (14 x 2hr 0 min)

162 29321 16 May 22:05 **Witherslack School, Whitbarrow** **SD436861**
 Not reported. Not reported. Local Incident
 Request to access and extricate subject (M14) who had slipped down embankment. Completed
 without incident. Minor - lower leg injuries.
 Kendal (16 x 2hr 0 min)

163 29409 17 May 15:58 **Middle Dodd, Hartsop** **NY399101**
 Light dry clear cool bright. Moderate damp. Hill Walking (Small party)
 Subject (M65) reported injured on walk. Treated at scene and stretchered to ambulance. Serious
 - fracture/dislocation of ankle.
 Patterdale (12 x 2hr 55 min)

164 29543 17 May 23:38 **Derwent Water** **NY252200**
 Not reported. Not reported. Local Incident (Alone)
 Subject (M57), described as vulnerable, believed in area, whereabouts unknown. Search
 inconclusive but was located safe and well by police the following morning on a nearby campsite.
 Keswick (7 x 3hr 1 min); LD MR Search Dogs Assoc (7 x 3hr 1 min)

165 29258 19 May 13:10 **Holme Fell, Tilberthwaite** **NY316008**
 Dry, mild, mostly cloudy. Rough stony track. Hill Walking (Large party)
 Subject (F72) slipped on very wet ground. Stretchered to air ambulance for transfer to hospital.
 Serious - simple closed fractured ankle.
 Coniston (11 x 2hr 4 min); Great North AA Cumbria

166 29349 19 May 14:05 **Pike O'Blisco, Gt Langdale** **NY276042**
 SW light dry clear mild bright. Moderate damp stony crag. Hill Walking (Small party)
 Subject (F64) reported to have aggravated an existing condition. Evacuated by air ambulance.
 Minor - injuries non-specific lower leg
 Kendal (12 x 3hr 30 min); Langdale Ambleside (8 x 3hr 0 min); North West Air Ambulance
 (Blackpool)

167 29348 19 May 15:47 **Far Easedale, Grasmere** **NY310098**
 SW light dry clear mild bright. Moderate damp boggy moorland. Hill Walking (Small party)
 Subject (M67) slipped on wet ground. Treated at scene and evacuated by air ambulance. Minor -
 lower leg injuries.
 Kendal (20 x 2hr 30 min); Langdale Ambleside (7 x 4hr 0 min); Wasdale (3 x 4hr 0 min); North
 West Air Ambulance (Blackpool)

168 29831 19 May 16:35 **Seathwaite Tarn, Dunnerdale** **SD243981**
 Not reported. Moderate firm grassy moorland. Hill Walking (Small party)
 Subject (M60) slipped. Treated at scene and evacuated to ambulance. Serious - simple closed
 fractured tibia.
 Duddon & Furness (20 x 2hr 30 min)

169 29542 21 May 12:18 **Brandelhow, Derwent Water** **NY251196**
 Sunny spells. Slippery. Hill Walking (Small party)
 Subject (M69) slipped and damaged his knee, unable to move. Treated at scene and evacuated
 to waiting ambulance. Serious - knee injury.
 Keswick (18 x 1hr 4 min)

170 29541 23 May 13:11 **Blea Tarn, Watendlath** **NY300140**
 Cool windy. Wet. Hill Walking (Small party)
 Subject (M84) slipped whilst descending a slippery grass section of the track. Treated at scene,
 and airlifted to hospital. Serious - lower leg injuries.
 Keswick (22 x 3hr 8 min); North West Air Ambulance (Blackpool)

171 29299 23 May 19:34 **Wythop Woods, Bassenthwaite** **NY208287**
 NW-calm/dry/clear/mild/bright. Moderate forestry dry. Search - Non-mountain (Alone)
 Subject (M45) reported missing when vehicle found abandoned with note. Body located and
 evacuated for Coroner's officer. **Fatal.**
 Cockermouth (26 x 1hr 0 min); LD MR Search Dogs Assoc (7 x 1hr 0 min)

172 29347 25 May 12:09 **Raven Crag, Walthwaite, Gt Langdale** **NY325057**
 SW calm dry clear warm bright. Steep dry stony crag. Rock Climbing - roped (Small party)
 Leader (M) fell while climbing, landed on feet and tumbled. Treated at scene and stretchered off
 the hill. Serious - compound closed fracture of hindfoot; back injuries.
 Langdale Ambleside (11 x 2hr 0 min)

173 29300 25 May 13:57 **Gatesscarth Cottage, Buttermere** **NY182150**
 SW-calm/dry/clear/hot/bright. Gentle footpath dry. Hill Walking (Small party)
 Subject (F23) reported her ankle collapsed. Treated and evacuated to waiting ambulance. Minor
 - lower leg injuries
 Cockermouth (16 x 3hr 30 min)

174 29301 25 May 17:16 **Black Sail, Ennerdale** **NY194123**
 NW-calm/dry/clear/mild/bright. Moderate footpath dry. Mountain Biking
 Rider (M48) sustained a leg injury close to youth hostel. Transported to waiting ambulance. Minor
 - lower leg injury.
 Cockermouth (11 x 2hr 30 min)

175 29830 25 May 20:50 **Boot, Eskdale** **NY175017**
 Not reported. Not reported. Hill Walking
 Subject (M) reported with injured leg. Treated and evacuated to ambulance. Serious - non-
 specific lower leg injuries
 Duddon & Furness (14 x 2hr 0 min)

176 29935 25 May 20:54 **Scafell Pike, Wasdale** **NY211070**
 Fine, dry. Uneven but level terrain. Hill Walking (Large party)
 Subject reported fallen. Airlifted to hospital.
 Duddon & Furness (14 x 1hr 55 min); Wasdale (16 x 5hr 0 min); Boulmer SAR Helicopter

177 29302 26 May 13:40 **Scale Beck, Cummock** **NY155175**
 SW-calm/dry/clear/mild/bright. Moderate footpath wet, slippery. Hill Walking
 Subject (F69) reported with injured leg. Treated and evacuated to waiting ambulance. Minor -
 non-specific lower leg injuries.
 Cockermouth (17 x 3hr 36 min)

178 29346 26 May 14:09 **Brownie Ghyll, Gt Langdale** **NY268049**
 Fine, dry, sunny. Steep rocky path. Mountain Biking (Small party)
 Rider (M25) fell from bike. Treated at scene and airlifted to hospital. Serious - head injuries.
 Langdale Ambleside (16 x 3hr 0 min); Boulmer SAR Helicopter

179 29988 27 May 20:13 **Cross Fell, N Pennines** **NY687344**
 Low cloud rain windy. Damp. Hill Walking (Small party)
 Party of two (M, F) reported themselves lost on summit plateau, approximate location provided.
 Located and escorted to safety.
 Penrith (6 x 4hr 30 min)

180 29408 28 May 14:04 **Helvellyn, Brown Cove** **NY3480015300**
 Hill fog cool dusk. Not reported. Hill Walking (Small party)
 Subject (F55) reported unable to continue walk. Airlifted to hospital. Ruptured thigh muscle.
 Keswick (12 x 3hr 46 min); Patterdale (10 x 4hr 15 min); Boulmer SAR Helicopter

181 29936 30 May 21:42 **Fisherground, Eskdale Green** **NY150002**
 NE calm dry clear mild dark. Moderate firm gravel footpath. Occupational (Small party)
 Subject reported injured with axe in foot. Assisted ambulance service with casualty handling and
 evacuation. Serious - partially crushed/severed left foot.
 Wasdale (18 x 3hr 0 min)

June		
182 29539 1 June 16:15	Whinlatter Forest, Thornthwaite	NY204245
Warm sunny. Dry. Mountain Biking (Small party) Rider reported fallen from his mountain bike, not far from the Visitor Centre. On arrival, found biker walking to ambulance helped by ambulance crew. Keswick (9 x 0hr 34 min)		
183 29862 2 June 12:09	Aisgill Moor, Mallerstang	SD778963
Sunny day. Firm track. Hill Walking (Small party) Request to assist during organised walk. Two instances recorded including one female taken ill and another participant with an injured leg. Kirkby Stephen (10 x 1hr 15 min)		
184 29396 3 June 13:03	St Bees Head, Whitehaven	NY940144
Fine. Cliff path. Hill Walking (Small party) Subject (F) reported fallen. Treated at scene and transferred to hospital. Minor - lower leg injuries. Wasdale (18 x 2hr 4 min)		
185 29397 3 June 14:01	Wasdale Head, Wasdale	NY187083
Fine and sunny and very warm. Open field. Local Incident (Alone) Subject (M) was reported as 'collapsed'. Check discovered the person sleeping, no further action required. Wasdale (3 x 0hr 36 min)		
186 29398 3 June 15:09	Muncaster Castle, Ravenglass	SD105964
Fine dry. Pathway in castle grounds. Local Incident (Small party) Subject (F70) reported fallen in area with poor access. Treated at scene and transferred to ambulance. Serious - upper leg injuries. Wasdale (17 x 1hr 25 min)		
187 29676 4 June 10:22	Fleetwith Pike, Honister	NY199146
SW-calm/dry/clear/mild. Steep dry footpath. Hill Walking Subject (M64) reported collapsed. Assessed on scene and escorted from the hillside. Cockermouth (14 x 2hr 37 min); Great North AA Cumbria		
188 29538 4 June 19:09	Harrop Tarn, Thirlmere	NY307137
Not reported. Not reported. Hill Walking (Alone) Subject (M47) reported missing after a car was found abandoned for a few days. He was found by search dogs, suffering from heat exhaustion. Keswick (8 x 2hr 45 min); LDMR Search Dogs Assoc (1 x 2hr 45 min)		
189 29537 5 June 12:59	Lining Crag, Langstrath	NY281117
Not reported. Not reported. Hill Walking (Small party) Subject (M77) slipped and fell, resulting in chest injuries. Flown by air ambulance to hospital. Minor - simple closed fractured rib(s) Keswick (11 x 0hr 51 min); Great North AA Cumbria		
190 29399 7 June 16:42	Great Gable, Wasdale, 'Abbey Buttress'	NY210101
Fine dry. Cliffs and very steep ground. Rock Climbing - roped (Small party) Climber (M) reported fallen near top of buttress. Treated and airlifted to hospital. Minor - chest injuries; abrasion(s); back injuries. Wasdale (17 x 6hr 7 min); Great North AA Cumbria; Boulmer SAR Helicopter		

191 29400 7 June 17:06 **Gosforth Crag Moss, Overbeck** **NY170090**
Fine and dry. Wet boggy ground. Hill Walking (Alone)
Subject (M62) slipped on wet grass and fell. Located with some difficulty, treated at the scene
and transferred to hospital. Minor - simple closed fractured ankle.
Duddon & Furness (13 x 3hr 49 min); Wasdale (16 x 4hr 39 min); Boulmer SAR Helicopter

192 29675 7 June 17:57 **High Snockrigg, Buttermere** **NY186169**
SW-calm/dry/clear/mild/bright. Not reported. Parapenting
Pilot (M) landed awkwardly on descending. Treated and airlifted to hospital. Minor - knee injuries.
Cockermouth (26 x 1hr 0 min); North West Air Ambulance (Blackpool)

193 29536 7 June 18:41 **Brundholme Woods, Latrigg** **NY287247**
Dry warm. Dry. Hill Walking (Small party)
Rider (M31) fell off bike, while descending a track. Treated at the scene and stretchered to
waiting ambulance. Serious - dislocated shoulder (glenohumeral).
Keswick (19 x 1hr 45 min)

194 29555 8 June 11:58 **Hole in the Wall, Loughrigg Terrace** **NY346059**
Clear warm bright. Moderate stony footpath. Fell Running (Small party)
Fellrunner (M21) slipped on track. Evacuated to car park and taken to hospital by family. Minor -
simple closed fractured ankle.
Langdale Ambleside (12 x 2hr 0 min)

195 29401 8 June 15:40 **Hollowstones, Scafell, Wasdale** **NY205075**
Fine and dry. Fell path. Hill Walking (Small party)
Subject (F30) reported with leg injury. Evacuated from the hill. Minor - strained calf muscle.
Duddon & Furness (14 x 3hr 40 min); Wasdale (13 x 3hr 53 min)

196 29860 9 June 13:35 **Green Bell, Howgills** **NY702012**
Sunny day. Firm open fell. Parapenting (Organised event)
Paraglider (M45) reported to have landed badly, injuring his back. Assist air ambulance.
Kirkby Stephen (13 x 2hr 15 min); Great North AA Cumbria

197 29554 9 June 15:17 **Rydal Cave, Grasmere** **NY335058**
Calm dry clear warm bright. Moderate rough stony track. Hill Walking (Small party)
Subject (M38) slipped on rough path. Treated at the scene and evacuated to ambulance. Serious
- simple closed fractured tibia.
Langdale Ambleside (11 x 1hr 30 min)

198 29402 10 June 16:44 **Grey Crag, Coniston Old Man** **SD280982**
Dry, sunny. Rough track. Hill Walking (Medium party)
Subject (M82) reported unable to continue, complaining of tiredness. Stretchered off the hill.
Coniston (8 x 1hr 30 min)

199 29403 11 June 16:57 **Tilberthwaite, Coniston Fells** **NY302011**
Dry, muggy, dull. Rough track. Hill Walking (Family group)
Subject (F32) slipped on track. Treated at the scene and stretchered to air ambulance. Serious -
simple closed fractured ankle.
Coniston (11 x 1hr 15 min); Great North AA Cumbria

200 29989 14 June 15:03 **Bowderthwaite Bridge, Riggindale** **NY468120**
Wet windy low cloud. Wet. Hill Walking (Small party)
Subject (F56) slipped and fell, injuring her leg. Treated at the scene and transferred by air
ambulance to road ambulance. Minor - simple closed fractured left tibia.
Kirkby Stephen (10 x 3hr 0 min); Penrith (10 x 4hr 30 min); North West Air Ambulance
(Blackpool)

201 29929 15 June 15:24 **Birkfell, Place Fell, Ullswater** **NY4007218678**
 Light dry clear warm bright. Moderate damp grassy bank. Hill Walking (Small party)
 Subject (F56) had slipped and fallen 20ft off path. Treated at scene, ferried across the lake and
 handed over to ambulance.
 Patterdale (11 x 1hr 55 min); Penrith (3 x 1hr 55 min); Great North AA Teeside

202 29928 15 June 19:44 **Caudale Moor, Stony Cove Pike** **NY4131010056**
 Light rain hill fog cool dark. Moderate wet grassy slope. Hill Walking (Small party)
 Party of two (M20, F) became lost in low cloud and called for help as unsure of route off. Located
 and walked to safety.
 Patterdale (5 x 3hr 0 min)

203 29677 15 June 21:51 **Pillar, Ennerdale** **NY160117**
 Not reported. Not reported. Hill Walking
 Party of three (F) reported overdue. They returned to their vehicles not long after the MR
 mobilised.
 Cockermouth (17 x 0hr 10 min)

204 29678 16 June 14:40 **Great Bourne, Ennerdale** **NY136167**
 SW-calm/dry/clear/mild/bright. Moderate footpath dry. Hill Walking (Alone)
 Subject (M49) reported collapsed. Treated on scene, lowered to the valley bottom and airlifted to
 hospital. Minor - non-specific illness.
 Cockermouth (23 x 2hr 30 min); North West Air Ambulance (Blackpool)

205 29486 16 June 17:25 **Brown Howe, Blawith Common** **SD290905**
 Dry, sunny, warm. Grassy track, slightly rough in parts. Hill Walking
 Subject (F47) slipped on track. Treated with pain relief and stretchered to ambulance. Serious -
 compound closed fractured tibia and fibula.
 Coniston (13 x 1hr 30 min)

206 29679 18 June 12:31 **Red Gill, Ennerdale** **NY109143**
 SW-light/dry/clear/hot. Gentle footpath dry. Hill Walking (Small party)
 Subject (M63) reported injured doing Coast-to-Coast route. Treated at the scene and evacuated
 to waiting ambulance. Serious - simple closed fractured ankle.
 Cockermouth (17 x 3hr 0 min)

207 29927 18 June 21:02 **Aira Force, Ullswater** **NY3997321053**
 Light dry clear warm bright. Moderate damp stony footpath. Hill Walking (Alone)
 Subject (M64) slipped on damp ground, injuring his back. Treated at scene, hoisted to safer
 ground then stretchered to waiting ambulance. Minor - muscular spasm(s) in back; nausea.
 Patterdale (11 x 2hr 0 min); Great North AA Cumbria

208 29858 19 June 15:12 **Tailbridge Hill, Kirkby Stephen** **NY805049**
 Fine and clear. Fellside grass and rock. Parapenting (Small party)
 Pilot reported with head injury. Stood down responding when informed dealt with by air
 ambulance.
 Kirkby Stephen (14 x 0hr 30 min); Great North AA Cumbria

209 29680 20 June 12:20 **Buttermere** **NY184153**
 SW-calm/dry/clear/hot/bright. Gentle footpath dry. Hill Walking (Small party)
 Subject (F) reported tripped. Treated on scene and evacuated to waiting ambulance. Minor -
 head injuries.
 Cockermouth (16 x 2hr 0 min); Great North AA Cumbria

210 29553 20 June 14:02 Long Scar, Wrynose NY273036
 Calm showers misty mild bright. Vertical damp stony crag. Rock Climbing - roped (Military unit)
 Climber fell, pulling belayer off top of crag; belays stripped and both fell to the ground, one
 approx 20ft, the other fell 50 ft. Treated on scene and airlifted to hospital. (1) Serious - fractured
 pelvis; fractured skull; fractured thoracic vertebra(e); (2) Serious - fractured lumbar vertebra(e);
 fractured pelvis; fractured skull.
 Kendal (1 x 3hr 0 min); Langdale Ambleside (18 x 3hr 0 min); Great North AA Cumbria; Boulmer
 SAR Helicopter; North West Air Ambulance (Barton)

211 29485 21 June 13:20 Coppermines Valley, Coniston SD282981
 Dry, sunny, warm, with breeze. Rough stony track. Hill Walking
 Subject (F59) reported having breathing problems, existing medical condition reported. Treated
 at scene and airlifted to hospital. Serious - myocardial infarct.
 Coniston (8 x 1hr 45 min); Great North AA Cumbria

212 29484 21 June 23:58 Coppermines Valley, Coniston SD285988
 Raining, windy. Rough stony track. Search - Mountain
 Flashing lights reported coming from hillside. Searched area, shouted but no sighting of people
 or response; false alarm good intent.
 Coniston (3 x 1hr 0 min)

213 29535 22 June 06:56 Blencathra, Doddick Fell NY331275
 Not reported. Not reported. Fell Running (Small party)
 Fellrunner (M62) succumbed to severe cramp and reported unable to walk. Stretchered from the
 hill, and transport arranged by companions. Minor - muscular spasm(s) in thigh.
 Cockermouth (15 x 1hr 49 min); Keswick (9 x 2hr 47 min)

214 29926 22 June 15:54 Swirral Edge, Helvellyn NY3410015300
 Light rain low cloud cool dull. Steep slippery stony ridge. Hill Walking (Small party)
 Subject (M33) slipped and fell approx 100m from narrow ridge. Located, treated at the scene and
 airlifted to hospital. Minor - left shoulder injuries.
 Patterdale (17 x 2hr 36 min); Boulmer SAR Helicopter

215 29990 22 June 16:25 Cross Fell, N Pennines NY674347
 Wet windy low cloud. Rough wet fellside. Hill Walking (Small party)
 Party of two (M34, F22) reported themselves disorientated and lost in poor visibility. Located and
 escorted to safety.
 Penrith (13 x 3hr 48 min)

216 29777 23 June 05:00 Brown Tongue, Scafell Pike NY192073
 Moderate showers low cloud cool dawn. Moderate wet stony footpath. Hill Walking (Small party)
 Subject (F54) tripped and injured her leg. Treated on scene and stretchered off the hill. Serious -
 strained calf; simple closed fractured right ankle.
 Wasdale (12 x 2hr 30 min)

217 29778 23 June 06:14 Rough Crag, Scafell Pike NY220069
 Moderate showers low cloud cool dawn. Steep wet stony slope. Hill Walking (Small party)
 Party of three (F25, F25, M25) reported themselves lost. Located using SARLoc. Warmed up on
 scene and walked off the hill.
 Wasdale (1 x 5hr 0 min)

218 29552 24 June 13:47 Low Pike, Rydal NY374075
 SE light dry cloudy mild bright. Moderate damp grassy moorland. Hill Walking (Small party)
 Subject (M12) reported slipped and fallen. Treated on scene and airlifted to hospital. Serious -
 simple closed fractured tibia.
 Langdale Ambleside (13 x 2hr 0 min); Great North AA Cumbria

219 29924 24 June 17:00 **Martindale, Ullswater** **NY439183**
Not reported. Not reported. Animal Rescue
Sheep reported stuck on crag. Retrieved without loss or injury.
Patterdale (7 x 1hr 30 min)

220 29857 26 June 12:19 **Coombs Woods, Armathwaite** **NY524441**
Sunny day. Mature woodland and fields. Search - Non-mountain (Small party)
Subject (M12) reported missing after running off from home. Located safe and well.
Kirkby Stephen (16 x 6hr 40 min); Patterdale (15 x 4hr 15 min); Penrith (12 x 9hr 55 min); LDMR
Search Dogs Assoc (9 x 8hr 0 min)

221 29682 26 June 17:16 **Fleetwith Pike, Honister** **NY206141**
Not reported. Not reported. Hill Walking (Small party)
Subject (F57) reported fallen and injured. Treated at scene and airlifted to hospital. Serious -
simple closed fractured radius.
Cockermouth (18 x 1hr 0 min); Unknown Civilian Aircraft

222 29551 27 June 16:01 **High Sweden Bridge, Rydal** **NY379067**
Showers cloudy mild dull. Moderate damp gravel footpath. Hill Walking (Small party)
Subject (M48) slipped. Treated at scene and airlifted to hospital. Serious - simple closed
fractured arm.
Langdale Ambleside (9 x 2hr 0 min); Great North AA Cumbria

223 29550 29 June 12:58 **Ivy Crag, Loughrigg** **NY351047**
Calm dry clear mild bright. Moderate damp grassy moorland. Hill Walking (Small party)
Subject (F48) slipped on damp ground. Treated at scene and airlifted to hospital. Minor -
sprained ankle.
Langdale Ambleside (16 x 3hr 0 min); Great North AA Cumbria

224 29925 30 June 15:15 **Patterdale** **NY3910715972**
Light drizzle cloudy mild bright. Steep damp stony footpath. Fell Running (Organised event)
Competitor reported with leg injury. Treated at scene and made own way to hospital. Minor -
simple closed fractured ankle.
Patterdale (4 x 1hr 0 min)

225 29779 30 June 16:17 **Scafell, Wasdale** **NY206065**
Windy, foggy and wet. Steep mountainous. Hill Walking (Small party)
Subject (M27) reported himself lost, having become separated from companion in fog. He made
his own way to Eskdale.
Duddon & Furness (14 x 1hr 15 min); Wasdale (16 x 3hr 30 min)

July

226 29793 3 July 14:45 **Rydal Cave, Loughrigg Fell** **NY356058**
Calm dry clear warm bright. Moderate dry gravel footpath. Hill Walking (Small party)
Subject (F67) reported to have slipped on damp ground. Treated at scene and transported to air
ambulance. Minor - head injuries.
Langdale Ambleside (15 x 1hr 30 min); Great North AA Cumbria

227 29683 3 July 17:30 **High Crag, Buttermere** **NY180144**
SE-calm/drizzle/hill fog/cool/dull. Steep footpath damp. Hill Walking (Small party)
Party of two (M, F) reported themselves lost when low cloud descended and reduced visibility.
Improvement in the weather enabled them to make their own way down.
Cockermouth (6 x 4hr 0 min)

228 29792 4 July 00:50 **Easedale Tarn** **NY310087**
Calm drizzle low cloud cool dark. Moderate moorland. Search - Mountain
Flashing lights reported. Investigated but nothing untoward found; false alarm good intent.
Langdale Ambleside (2 x 1hr 0 min)

229 29791 4 July 16:49 **Colwith Force, Little Langdale** **NY329031**
Dry clear mild bright. Moderate damp stony bank. Hill Walking (Small party)
Subject (F30) reported slipped on wet ground. Treated at the scene and evacuated. Minor -
painful/uncomfortable knee.
Langdale Ambleside (12 x 2hr 30 min)

230 29915 5 July 13:27 **Grisedale Tarn, Grisedale** **NY3550012900**
Light dry clear warm bright. Moderate rough stony footpath. Hill Walking (Alone)
Subject (M60) slipped and injured his ankle. Treated at scene and stretchered to air ambulance.
Minor - simple closed fractured ankle.
Patterdale (11 x 4hr 0 min); Great North AA Cumbria

231 29991 5 July 19:17 **Dufton Gill, Dufton, Eden Valley** **NY689248**
Fine light winds. Steep-sided wooded gully. Local Incident (Small party)
Subject (M20) slipped and fell 50ft in steep-sided gully. Treated at scene and airlifted to hospital.
Serious - deep laceration(s) to the head; head injuries; GCS = 12.
Penrith (12 x 2hr 30 min); Great North AA Cumbria

232 29790 6 July 12:18 **Bright Beck, Gt Langdale** **NY286080**
NE light dry clear hot bright. Moderate stony ridge. Hill Walking (Large party)
Subject (M17) reported collapsed with breathing difficulties. CPR performed by teacher with
group and airlifted to hospital. Serious – unconsciousness.
Langdale Ambleside (16 x 4hr 0 min); Boulmer SAR Helicopter; North West Air Ambulance
(Blackpool)

233 29921 6 July 16:31 **Scalehow Woods, Sandwick, Ullswater** **NY4164119152**
Calm dry clear mild dusk. Moderate dry stony footpath. Hill Walking (Small party)
Subject (M25) fell on path and injured his leg. Treated at the scene, and ferried across lake to
ambulance. Minor - deep laceration(s) left lower leg.
Patterdale (13 x 3hr 30 min)

234 29825 7 July 13:40 **White Hall Knott, Black Combe** **SD153854**
Dry clear warm bright. Steep slippery grassy slope. Fell Running (Organised event)
Competitor (F28) slipped on wet grass. Treated and evacuated to ambulance. Serious - simple
closed fractured ankle.
Duddon & Furness (15 x 1hr 19 min)

235 29920 8 July 11:34 **Helvellyn, Red Tarn Face** **NY3432615220**
Fresh dry clear hot bright. Steep rocky stony gully. Search - Mountain
Report of orange survival bag and looked like it was moving. Object found but empty - false
alarm good intent.
Patterdale (3 x 3hr 30 min)

236 29789 9 July 17:14 **Tongue Ghyll, Grasmere** **NY347107**
Dry clear hot bright. Gentle rough stony track. Hill Walking (Alone)
Subject (M65) reported collapsed. Treated at scene and evacuated to air ambulance. Serious -
dehydration
Langdale Ambleside (15 x 4hr 15 min); North West Air Ambulance (Blackpool)

237 29684 11 July 13:47 **Haystacks, Buttermere** **NY189132**
 Not reported. Not reported. Hill Walking
 Subject (M16) reported with injured knee. Treated on scene, stretchered and airlifted down to waiting ambulance. Minor - sprained knee.
 Cockermouth (16 x 2hr 20 min); Great North AA Cumbria

238 29788 11 July 15:11 **Miller Ground, Windermere** **SD403988**
 Light dry clear hot bright. Moderate slippery grassy bank. Hill Walking (Small party)
 Subject (F) reported slipped on grass. Treated at scene and evacuated to waiting ambulance.
 Serious - simple closed fractured ankle.
 Langdale Ambleside (10 x 1hr 0 min)

239 29599 14 July 00:47 **Hodge Close, Tilberthwaite** **NY318019**
 Dry, dark. Very rough loose slate. Rock Scrambling (Medium party)
 Subject (M) fell 30ft off ledge into quarry lake, possibly intoxicated. Stretchered out of quarry to waiting ambulance, having using rope and belay systems. Serious - concussion; internal chest injuries.
 Coniston (11 x 3hr 0 min)

240 29824 14 July 21:15 **Harter Fell, Dunnerdale** **SD228993**
 Not reported. Not reported. Hill Walking (D of E) (Small party)
 Group reported four hours overdue at checkpoint. Soon after deployment, informed group had turned up at previous checkpoint.
 Duddon & Furness (20 x 1hr 0 min)

241 29922 15 July 15:20 **Patterdale Common, Grisedale** **NY365145**
 Calm dry clear hot bright. Moderate rough stony footpath. Hill Walking (Small party)
 Subject (M77) unable to continue walk due to back problem. Evacuated and advised to seek medical advice if recurrence. Minor - muscular spasm(s) in back.
 Patterdale (10 x 1hr 30 min)

242 29780 15 July 22:38 **Scafell** **NY214044**
 Light dry clear mild dusk. dry. Hill Walking (Small party)
 Party of two (F49, F58) reported lost after becoming separated from companion. Location estimated at first light; confirmed and airlifted by helicopter.
 Wasdale (14 x 12hr 0 min); Gannet SAR Helicopter

243 29686 16 July 19:00 **Dry Trim Ledge, High Crag** **NY182146**
 Warm sunny evening. Not reported. Animal Rescue
 Sheep stuck on crag. Sheep encouraged off the ledge without loss or injury.
 Cockermouth (1 x 1hr 0 min)

244 29685 17 July 15:00 **Scarth Gap, Buttermere** **NY189133**
 SW-calm/dry/clear/hot/bright. Steep footpath dry. Hill Walking (Small party)
 Subject (F60) reported fallen whilst descending. Treated at scene and airlifted to hospital. Minor - extensive bruising to back; head injuries.
 Cockermouth (15 x 3hr 0 min); Great North AA Cumbria

245 29611 17 July 16:40 **Mart Crag, Yewdale Fells** **SD305990**
 Dry, warm, sunny. Steep, scree, rough fell. Hill Walking (Alone)
 Subject (M64) reported cragfast in gully. Led to safety via another route.
 Coniston (2 x 2hr 0 min)

246 30178 17 July 16:55 **Whitbarrow Scar, Witherslack** **SD4489985511**
Calm dry clear hot bright. Moderate dry footpath. Animal Rescue (Family group)
Dog collapsed due to dehydration and heat. Dog able to walk back to vehicles after rest and
water.
Kendal (1 x 2hr 0 min)

247 29919 18 July 10:27 **Threshwaite Cove, Stony Cove Pike** **NY4260010600**
Light dry clear hot bright. Steep dry grassy footpath. Hill Walking (Medium party)
Subject (F14) reported complaining of chest pain. Airlifted to definitive care. Minor – nausea,
chest pain.
Patterdale (12 x 1hr 45 min); Great North AA Cumbria

248 29787 18 July 19:13 **St Raven's Edge, Kirkstone Pass** **NY403815**
Calm dry clear warm bright. Moderate rough gravel footpath. Hill Walking (Small party)
Subject (F39) slipped on loose ground. Treated at scene and transferred to waiting ambulance.
Serious - simple closed fractured ankle.
Langdale Ambleside (3 x 1hr 30 min); LDMR Search Dogs Assoc (3 x 1hr 30 min)

249 29687 19 July 19:37 **Sour Milk Ghyll, Buttermere** **NY170158**
Hot and sunny. Not reported. Hill Walking (Small party)
Subject (M19) fell down gill. Treated on scene, stretchered down the side of the falls and airlifted
to hospital. Serious - fracture/dislocation of right shoulder (glenohumeral).
Cockermouth (21 x 2hr 30 min); Great North AA Cumbria

250 30177 19 July 19:45 **Potter Tarn, Garnett Bridge** **SD518988**
Calm dry clear hot bright. Moderate dry gravel track. Mountain Biking (Small party)
Rider (M17) fell from bike and collided with wall. Airlifted to hospital. Minor – internal injuries.
Kendal (17 x 2hr 16 min); Boulmer SAR Helicopter

251 29688 20 July 11:30 **Rannerdale Crag, Buttermere** **NY165184**
Not reported. Not reported. Animal Rescue
Sheep stuck on crags. Retrieved without loss or injury.
Cockermouth (2 x 2hr 0 min)

252 29786 20 July 16:14 **Grasmere** **NY343059**
Dry clear warm bright. Gentle dry grassy footpath. Hill Walking (Small party)
Subject (F) reported slipped on grass near lake shore. Treated at scene and transferred to
waiting ambulance. Serious - simple closed fractured ankle.
Langdale Ambleside (11 x 1hr 30 min)

253 29918 21 July 11:56 **Striding Edge, Helvellyn** **NY345149**
Light dry clear hot bright. Steep dry stony ridge. Hill Walking (Large party)
Subject (M65) reported collapsed with heart attack. Pronounced dead at scene, evacuated for
Coroner's officer. **Fatal** - myocardial infarct.
Patterdale (17 x 3hr 28 min); Great North AA Cumbria; Boulmer SAR Helicopter

254 29785 21 July 12:37 **Greenup Edge, Far Easedale** **NY287105**
SW light dry clear hot bright. Moderate rocky stony footpath. Hill Walking (Small party)
Subject (F64) reported slipped on steep path. Treated at scene and airlifted by air ambulance to
hospital. Serious - simple closed fractured ankle.
Kendal (7 x 5hr 0 min); Langdale Ambleside (11 x 5hr 0 min); North West Air Ambulance
(Blackpool)

255 30058 21 July 14:09 **Low Becks, Souther Fell** **NY359293**
 Warm & dry. Dry. Parapenting (Alone)
 Paraglider (M54) crashed, injuring his back. Treated at scene and stretchered from the hill to air ambulance. Serious - back injuries.
 Keswick (12 x 2hr 6 min); Great North AA Cumbria

256 29938 22 July 12:03 **Scafell Pike, Wasdale** **NY190702**
 NW calm dry clear hot bright. Moderate dry gravel footpath. Search - Mountain
 Report of shouts for help. Search inconclusive, false alarm good intent.
 Wasdale (1 x 2hr 0 min)

257 30057 24 July 15:30 **Thirlmere** **NY314169**
 Hot and dry. Water Sport (all types) (Small party)
 Party of two (M28, F22) reported in difficulty in the water. One pronounced dead at scene and the other airlifted to hospital. (1) **Fatal** - drowning non-specific general; (2) Serious - immersion hypothermia.
 Keswick (15 x 2hr 31 min); Great North AA Cumbria

258 29914 25 July 16:41 **Lingy Crag, Hartsop** **NY4125814066**
 Light showers cloudy mild dull. Steep dry grassy footpath. Hill Walking (Alone)
 Subject (M50) complained of chest pains and called for help. Treated at scene and stretchered to air ambulance. Serious - angina (ischaemic heart disease).
 Patterdale (14 x 2hr 30 min); Great North AA Cumbria

259 29784 26 July 16:21 **Rydal Cave, Loughrigg Fell** **NY360056**
 Light dry clear warm bright. Moderate. Hill Walking (Small party)
 Subject (M75) reported tripped and fell. Treated at scene and airlifted to hospital. Minor - head injuries.
 Langdale Ambleside (1 x 1hr 30 min); Great North AA Cumbria

260 29781 27 July 06:19 **Brown Tongue, Scafell** **NY200072**
 Fine. Hill path. Hill Walking (Medium party)
 Subject (M21) reported unable to continue due to gradual onset of knee condition. Located using SARLoc, treated on scene and escorted from the hill. Minor – strained knee.
 Wasdale (12 x 3hr 30 min)

261 29782 27 July 10:00 **Mickledore Chimney, Scafell** **NY209068**
 Fine, dry. Steep gully. Hill Walking (Small party)
 Subjects (2xM) reported cragfast on steep ground. Cragfast pair assisted from face and escorted back to level ground.
 Wasdale (12 x 5hr 19 min)

262 29992 27 July 17:46 **Riggindale, Haweswater** **NY468117**
 Warm humid showers. Rough track. Fell Running (Organised event)
 Competitor in long distance event fell and unable to continue. Evacuated by air ambulance. Minor – dehydration.
 Penrith (10 x 3hr 0 min); North West Air Ambulance (Blackpool)

263 30344 28 July 17:18 **Green Crag Gully, Warnscale** **NY204131**
 SW-light/dry/clear/mild/bright. Steep gully wet, slippery. Hill Walking (Family group)
 Subject (M52) fell into a waterfall whilst ascending steep ground. Treated at scene, hauled out of gully on stretcher and airlifted to hospital. Serious - knee injuries.
 Cockermouth (19 x 4hr 0 min); Gannet SAR Helicopter

264 29783 28 July 23:15 **Corridor Route, Criscliffe Knotts, Broad Crag NY218082**
 Fresh showers cloudy cool dark. Moderate grassy bank. Hill Walking (Small party)
 Party of three (M) reported themselves lost, had compass and torches but no map. Located using SARLoc. Accessed and walked off the hill.
 Wasdale (8 x 4hr 30 min)

August

265 30345 1 August 14:45 **Haystacks, Buttermere** **NY195130**
 Not reported. Not reported. Hill Walking
 Subject (M42) fell. Treated on scene and airlifted to hospital. Minor - lower leg injuries; knee injuries.
 Cockermouth (15 x 2hr 0 min); Great North AA Cumbria

266 29814 1 August 23:00 **Spoon Hall, Coniston** **SD297968**
 Dry, mild. Wet grass. Local Incident (Family group)
 Subject (M39) slipped on wet grass whilst tending to horses. Treated at scene, stretchered to MR vehicle for transfer to ambulance. Serious - painful/uncomfortable knee.
 Coniston (17 x 1hr 0 min)

267 29937 2 August 17:44 **Wast Water, Wasdale** **NY152047**
 NW fresh dry clear hot bright. Water. Water Sport (all types) (Small party)
 Concern for two person seen earlier on lilos, may have fallen in water. Search inconclusive, false alarm good intent.
 Wasdale (10 x 2hr 30 min)

268 30056 3 August 10:17 **Castlehead, Keswick** **NY270227**
 Warm and dry. Greasy rock. Hill Walking (Small party)
 Subject (M50) slipped whilst descending, injuring his lower leg. Treated at scene and evacuated by stretcher to ambulance at roadside. Serious - lower leg injuries.
 Keswick (9 x 0hr 52 min)

269 29815 3 August 12:20 **Colwith Force, Skelwith Bridge** **NY327031**
 Dry, sunny with clouds, breezy. Rough track. Hill Walking
 Subject (M71) reported collapsed near waterfall. Treated at scene and stretchered to ambulance. Serious - 'mini' stroke (TIA).
 Coniston (9 x 1hr 0 min); Langdale Ambleside (9 x 1hr 30 min)

270 30055 3 August 14:42 **Allerdale Ramble, Rosthwaite** **NY246148**
 Not reported. Not reported. Hill Walking (Small party)
 Subject (F56) fell and gashed her head. Met having made her own way down and her injuries were treated. Minor - laceration to head.
 Bowland Pennine (1 x 1hr 0 min); Keswick (12 x 2hr 15 min)

271 30346 3 August 15:10 **Scale Force, Buttermere** **NY163169**
 SW-calm/dry. Moderate footpath damp, slippery. Hill Walking
 Subject (F64) slipped on path. Treated and stretchered to waiting ambulance. Minor - simple closed fractured ankle.
 Cockermouth (17 x 2hr 30 min)

272 29916 4 August 18:30 **Helvellyn, Brown Cove Crags** **NY326164**
 Light showers hill fog cool dull. Steep damp grassy. Hill Walking (Family group)
 Family party of eight reported as lost, cold and wet. Family reported safe and well having regained the path.
 Keswick (8 x 2hr 30 min); Patterdale (2 x 0hr 0 min)

273 30175 4 August 21:30 Brigsteer, Helsington SD493887
 Light showers poor cool dark. Very wet. Search - Non-mountain (Alone)
 Subject (F59), described as vulnerable, reported missing from home. Found following morning by
 public searching. Minor – no details supplied.
 Duddon & Furness (11 x 1hr 0 min); Kendal (25 x 9hr 0 min); Kirkby Stephen (14 x 1hr 30 min);
 LDMR Search Dogs Assoc (8 x 7hr 0 min)

274 29917 6 August 16:52 Greenside, Glenridding NY36411747
 Not reported. Not reported. Hill Walking (Family group)
 Subject (F50) taken ill with pre-existing condition while camping. Stretchered from tent to waiting
 ambulance. Serious – illness.
 Patterdale (14 x 2hr 30 min); Patterdale (9 x 2hr 0 min); Great North AA Cumbria

275 29880 6 August 21:23 Grizedale Forest SD328965
 Dry, clear, cool. Forestry tracks. Search - Non-mountain (Alone)
 Subject (M) reported missing, intelligence suggested in area. Some sightings reported but search
 inconclusive.
 Coniston (18 x 9hr 15 min)

276 30053 7 August 14:25 Spooney Green, Latrigg NY262250
 Warm and sunny. Dry. Hill Walking (Small party)
 Subject (M23) reported with severe abdominal pains and unable to continue. Evacuated by
 stretcher to waiting ambulance. Serious - pain/discomfort in the abdomen.
 Keswick (11 x 0hr 28 min)

277 30052 7 August 17:18 Sandale, Caldbeck NY271394
 Warm, dry. Dry. Motor Sport (Alone)
 Rider thrown from off-road motorbike, 30mph and without a helmet. Assisted ambulance crew
 with extraction and evacuation.
 Keswick (11 x 1hr 52 min)

278 29939 10 August 13:38 Brakenclose, Wasdale Head NY182075
 Mild, dry. Not reported. Local Incident (Small party)
 Subject (F17) reported with head injury. Stood down on arrival, dealt with by ambulance.
 Wasdale (11 x 1hr 0 min)

279 29993 11 August 12:00 Wetheral, Carlisle NY466543
 Sunshine and showers. Semi-urban, riverside woodland. Search - Non-mountain (Alone)
 Subject (M78) reported missing from home following domestic dispute, possible despondent.
 Search extended over two days, returned home safe and well on second day.
 Kirkby Stephen (6 x 4hr 0 min); Penrith (15 x 6hr 30 min); Penrith (7 x 4hr 0 min); LDMR Search
 Dogs Assoc (9 x 6hr 30 min)

280 29934 11 August 13:15 Tranearth Hut, Torver SD282956
 Overcast. Damp. Local Incident
 Request to assist ambulance service with patient evacuation from location with access problems.
 Stretchered patient to waiting ambulance.
 Coniston (9 x 1hr 0 min)

281 30299 11 August 16:40 Thornhow End, Grisedale NY3855315350
 Light showers cloudy mild dull. Steep damp stony crag. Hill Walking (Alone)
 Subject (M61) fell 50m resulting in serious injury. Treated at scene and stretchered to lower
 location for airlift by helicopter. Serious - cerebral compression.
 Patterdale (12 x 2hr 30 min); Great North AA Cumbria; Gannet SAR Helicopter

282 30050 13 August 08:45 **Wasdale** **NY187088**
Warm and dry. Clear. Hill Walking (Small party)
Party of two reported overdue having failed to turn up by the following morning. Party turned up as search parties deployed.
Keswick (10 x 1hr 22 min); Wasdale (1 x 1hr 22 min)

283 30051 13 August 15:02 **Barf, Thornthwaite** **NY215265**
Warm, cloudy. Scree. Hill Walking (Alone)
Subject (F74) fell 20ft, receiving multiple injuries; found by passing walker a number of hours after the accident. Treated at scene, winched to safety by helicopter and then airlifted to hospital. Serious - simple closed fractured tibia; chest injuries; head injuries; simple closed fractured left wrist; simple closed fractured right wrist.
Keswick (16 x 4hr 0 min); Great North AA Cumbria; Gannet SAR Helicopter

284 30049 14 August 11:04 **Carrock Fell** **NY356324**
Cloudy. Wet. Hill Walking (Small party)
Subject (M45) slipped on wet grass, injuring leg. Treated at scene and stretchered from the hill. Serious - simple closed fractured left tibia.
Keswick (11 x 1hr 13 min)

285 30298 14 August 19:41 **High Street, Haweswater** **NY440119**
Cool, clear. Fell paths. Hill Walking (Alone)
Wife reported husband overdue from walk. As search parties deployed, man turned up safe and well.
Patterdale (11 x 1hr 0 min); Penrith (10 x 1hr 0 min); Kirkby Stephen (19 x 1hr 25 min)

286 30110 15 August 10:30 **Abbotswood Nature Reserve, Dalton** **SD220725**
Not reported. Not reported. Local Incident
Person reported feeling faint. Walked to ambulance, stood down responding.
Duddon & Furness (13 x 0hr 15 min)

287 30048 15 August 13:09 **Brandelhow Woods, Manesty** **NY250195**
Dry. Dry. Hill Walking (Small party)
Subject (M48) slipped on path, sustaining leg injury. Treated at scene and evacuated to ambulance. Serious - simple closed fractured left tibia and fibula
Keswick (11 x 0hr 54 min)

288 30297 15 August 22:09 **Silver Crag, Ullswater** **NY3960918028**
Moderate rain dark. Not reported. Search - Mountain
Report of flashing lights seen across lake. After search and checks, nothing was found; false alarm good intent.
Patterdale (4 x 1hr 0 min)

289 29986 20 August 15:04 **Great Gulley, Screes, Wasdale** **NY151037**
Fine, dry. Steep loose scree. Hill Walking (Small party)
Party of two (M, M29) reported fallen and cragfast on craggy ground. Located and recovered to safe ground. Minor - strained hand; strained wrist.
Duddon & Furness (5 x 7hr 30 min); Wasdale (19 x 7hr 30 min); North West Air Ambulance (Blackpool)

290 30108 20 August 18:10 **Hardknott Gill, Cockley Beck** **NY237016**
Light dry clear warm bright. Steep slippery grassy gully. Mountain Biking (Small party)
Rider (M) unable to control bike and ended up in a stream. Extracted from stream and handed over to air ambulance. Serious - simple closed fractured rib(s); nausea.
Duddon & Furness (17 x 3hr 0 min); North West Air Ambulance (Barton)

291 29994 21 August 10:25 **Cross Fell, N Pennines** **NY688343**
Cold poor visibility. Moderate. Hill Walking (Small party)
Party of two (2xF) reported themselves lost in thick hill fog. Located and escorted to safety.
Penrith (11 x 5hr 0 min)

292 30047 21 August 21:17 **Gate Gill, Blencathra** **NY324262**
Dry and warm. Dry. Fell Running (Small party)
Subject (M) reported overdue while doing Bob Graham Round. Quickly located at intake wall
while descending.
Keswick (8 x 0hr 30 min)

293 30046 22 August 15:06 **Little Stanger Ghyll, Stonethwaite** **NY264130**
Dry, cool. Damp. Hill Walking (Alone)
Subject (M40) reported cragfast. Located and assisted to safety.
Keswick (14 x 0hr 55 min)

294 30045 23 August 01:15 **Stockley, Bridge, Borrowdale** **NY229108**
Clear night, no cloud cover. Dry. Hill Walking (Small party)
Party of three (M69, F9, M38) reported overdue, concern expressed as one described as
vulnerable. Stood down when informed party safely off the hill.
Keswick (10 x 1hr 25 min); Wasdale (1 x 1hr 25 min)

295 30347 23 August 20:54 **Lanthwaite, Crummock Water** **NY152209**
SW-calm/dry/clear/mild/dusk. Gentle footpath dry. Hill Walking
Subject (F76) tripped and fell on path. Treated on scene then transferred to ambulance. Minor -
head injuries.
Cockermouth (11 x 1hr 0 min)

296 29948 24 August 14:34 **Yewdale Fells, Coniston** **NY307000**
Dry, sunny, warm. Fellside. Hill Walking (Small party)
Party of two (F, M) reported lost. Located and led down off the fellside.
Coniston (10 x 1hr 45 min)

297 29949 24 August 16:53 **Little Arrow Moor, Coniston Old Man** **SD276968**
Dry, sunny. Rough fell. Hill Walking (Small party)
Family group (F, F5) became separated from party and lost path. Quickly located and
accompanied safely off the fell.
Coniston (15 x 1hr 15 min)

298 30348 25 August 23:23 **Dalegarth, Buttermere** **NY175160**
SW-calm/dry/clear/mild/dark. Not reported. Mountain Biking (Small party)
Party of three reported overdue from day out in the mountains. Turned up safe and well prior to
deployment.
Cockermouth (2 x 0hr 15 min)

299 30382 26 August 14:48 **Cherry Holm Island, Ullswater** **NY3922117040**
Light dry clear hot bright. Not reported. Water Sport (all types) (Small party)
Subject (M15) fell out of a tree, having canoed to island. Treated at scene, ferried by boat and
transferred to ambulance. Serious - unstable fractured arm.
Patterdale (10 x 2hr 0 min)

300 30044 26 August 17:52 **Wood House, Heskett Newmarket** **NY356379**
Warm & dry. Dry. Local Incident
Report of shouts for help and whistles. Informant appeared confused but small party conducted
search, nothing found. No one reported missing in area to police; false alarm good intent.
Keswick (8 x 3hr 7 min)

301 30107 28 August 17:00 **Water Yeat, High Nibthwaite** **SD287892**
Not reported. Not reported. Hill Walking (Small party)
Subject (F15) reported fallen. Treated on scene and stretchered to ambulance. Serious –
dislocated knee.
Duddon & Furness (18 x 1hr 49 min)

302 30349 29 August 08:00 **Sandybeck Bridge, Low Lorton** **NY137267**
Not reported. Not reported. Search - Non-mountain (Alone)
Despondent (M40) reported missing. Located and assisted to ambulance before full deployment.
Cockermouth (6 x 1hr 0 min)

303 29987 29 August 15:45 **Brown Tongue, Scafell** **NY198073**
Cloudy, dry, warm. Mountain footpath. Hill Walking (Small party)
Subject (M15) reported fallen and injured. Treated at scene and stretchered from the fell. Minor -
strained knee.
Duddon & Furness (13 x 3hr 25 min); Wasdale (13 x 3hr 15 min)

304 30350 30 August 15:16 **High Stile, Buttermere** **NY167147**
SW-calm/passing showers/low cloud/mild/dull. Moderate footpath damp. Hill Walking (Small party)
Group of four(2xM, 2xF) reported themselves lost on hill. Located with SARLoc and talked onto
the descent path; all checked safe and well.
Cockermouth (9 x 1hr 0 min)

305 30351 30 August 19:30 **Hackney Holes, Robinson** **NY201163**
SW-calm/dry/cloudy/mild/dark. Not reported. Search - Mountain
Reports of possible shouts for help. Investigated but nothing untoward found; possibly sheep
bleating - false alarm good intent.
Cockermouth (7 x 1hr 30 min)

306 30296 31 August 12:49 **Freeze Beck, Boredale Head** **NY4130015800**
Light dry cloudy warm dull. Steep wet stony gully. Rock Scrambling (Large party)
Subject (F16) jumped into gill and landed badly. Treated at scene and stretchered from the hill.
Serious - stable fractured right ankle.
Patterdale (10 x 4hr 0 min)

307 30080 31 August 13:45 **Stonycroft Gill, Swinside** **NY230211**
Not reported. Not reported. Hill Walking (Small party)
Subject (F86), walking with family, fell awkwardly on to rock. Treated at the scene and
stretchered down to road to waiting ambulance. Minor - head injuries; lower arm injuries.
Keswick (15 x 1hr 37 min)

308 30079 31 August 19:23 **Seathwaite, Borrowdale** **NY233121**
Not reported. Not reported. Hill Walking (Small party)
Subject (M45) reported fallen and injured his ankle. Stood down when informed he had managed
to limp to the roadhead; met by ambulance.
Keswick (12 x 0hr 25 min)

September

309 30199 2 September 13:28 **Esk Pike, Central Fells** **NY236075**
SW light showers cloudy mild dull. Moderate damp stony moorland. Hill Walking (Alone)
Subject (M) reported overdue on walk from previous day. Turned up while search was being
organised.
Langdale Ambleside (13 x 1hr 0 min); LDMR Search Dogs Assoc (1 x 1hr 0 min); Wasdale (1 x
1hr 0 min)

310 30294 4 September 14:10 **Screes Red, Kirkstone Pass** **NY3979608639**
Not reported. Not reported. Hill Walking (Small party)
Subject (F22) slipped. Treated at scene and stretchered off the hill to a waiting ambulance.
Serious - stable fractured ankle.
Patterdale (14 x 2hr 0 min)

311 30078 6 September 14:26 **Blencathra, Gate Gill** **NY322272**
Cold wet windy. Wet. Hill Walking (Small party)
Party of two became disoriented and unable to continue descending steep gill in thick mist and strong winds. Located, treated for minor injuries and escorted to safety down adjacent ridge.
Keswick (17 x 3hr 46 min)

312 30059 6 September 15:36 **Pike de Bield Moss, Upper Eskdale** **NY235060**
Rain. Open fellside. Hill Walking (Alone)
Subject (M24) reported himself lost, cold and wet. Located using SARLoc and escorted from the fell.
Coniston (3 x 2hr 0 min); Wasdale (7 x 5hr 0 min)

313 30076 7 September 15:59 **Legburthwaite, St John's in the Vale** **NY317198**
Wet. Wet. Hill Walking (Medium party)
Subject (M65) in organised walking group, fell 20m from the path, when leaning on tree branch which gave way. Despite CPR by his party and the rescue party, he was pronounced dead at the scene. **Fatal** - multiple injuries.
Keswick (18 x 3hr 1 min); North West Air Ambulance (Blackpool)

314 30060 7 September 20:32 **Scafell Pike** **NY213071**
Rain fog. Steep rough terrain. Hill Walking (Small party)
Party of two (F22, M) reported lost when separated from party. Located using SARLoc and escorted to safety.
Wasdale (6 x 6hr 0 min)

315 30293 8 September 16:47 **Kepple Cove Zig Zags, Raise** **NY3499116647**
Moderate dry cloudy warm. Steep rough stony footpath. Hill Walking (Small party)
Subject (F49), in walking group, reported with seizure and unable to continue. Stretchered from hill, after a checkup nothing further was required. Minor - fit (epilepsy).
Patterdale (11 x 2hr 12 min)

316 30077 9 September 01:45 **Lonscale Fell, Glenderaterra Beck** **NY294263**
Not reported. Not reported. Mountain Biking (Alone)
Rider (M59) reported overdue. Body found by search dog. Rider had received fatal injuries following a fall of approx 200ft. **Fatal** - multiple injuries.
Keswick (14 x 7hr 30 min); Penrith (2 x 7hr 30 min); North West Air Ambulance (Blackpool)

317 30198 9 September 13:19 **Lingmoor, Gt Langdale** **NY293052**
Showers clear warm bright. Steep stony. Hill Walking (Small party)
Subject (M) slipped. Treated at scene and airlifted from the hill. Minor - dislocated right patella.
Langdale Ambleside (12 x 2hr 30 min); North West Air Ambulance (Blackpool)

318 30075 9 September 15:32 **Blencathra, Tarn Crag** **NY326282**
Showers cool. Wet. Rock Scrambling (Small party)
Subject (M43) reported himself cragfast after his companion had fallen 40m down a gully. Subject was brought to top of crag on ropes and the faller, mainly unharmed, managed to hobble down.
Keswick (19 x 3hr 40 min)

319 30063 10 September 11:21 Uskdale Gap, Holme Fell NY318008
 Dry, sunny. Rough fell track. Hill Walking (Large party)
 Subject (M80) descending path, complained of chest pains and nausea. Treated at scene and evacuated by air ambulance. Serious - myocardial infarct
 Coniston (11 x 2hr 0 min); North West Air Ambulance (Blackpool)

320 30062 10 September 14:00 Cunsey Bridge, Far Sawrey, Coniston SD380936
 Dry, sunny. Rough green track. Mountain Biking (Medium party)
 Rider (M61) thrown off bike. Treated at scene and stretchered to waiting ambulance. Serious - dislocated acromioclavicular joint (A-C).
 Coniston (11 x 2hr 0 min)

321 30105 10 September 17:20 Corridor Route, Scafell Pike NY216081
 Not reported. Not reported. Hill Walking
 Subject (M) reported tripped on path. Treated at scene and airlifted to hospital. Minor - lower leg injuries.
 Duddon & Furness (13 x 1hr 40 min); Wasdale (15 x 2hr 40 min); Great North AA Teeside

322 30623 11 September 13:20 Lingy End, Stonethwaite NY269137
 Wet. Wet. Hill Walking (Small party)
 Subject (M70) slipped off the path, and was unable to stop himself falling 30m into rough ground. Treated on scene before transfer to air ambulance. Serious - facial lacerations; chest injuries; lower arm injuries.
 Keswick (14 x 2hr 34 min); Great North AA Cumbria

323 30197 12 September 15:17 Crinkle Crag, Central Fells NY249051
 Showers low cloud cool dull. Moderate moorland. Hill Walking (Alone)
 Subject (F30) reported lost in cloud. Eventually established her location and was able to proceed without further assistance.
 Langdale Ambleside (2 x 2hr 0 min); Wasdale (1 x 2hr 0 min)

324 30622 14 September 15:21 Scales Tarn, Blencathra NY344275
 Not reported. Not reported. Hill Walking (Small party)
 Subject (F57) slipped on gravel. Treated at scene and flown to hospital by helicopter in the area training. Serious - simple closed fractured ankle.
 Keswick (17 x 1hr 18 min); Leconfield SAR Helicopter

325 30621 14 September 20:09 Nethermost Pike, Wythburn NY339137
 Not reported. Not reported. Hill Walking (Organised event)
 Competitor (M), on a 100km challenge event, reported himself lost. Located using SARLoc; a small party met up with him and led him to safety.
 Keswick (9 x 2hr 15 min)

326 30621 14 September 21:51 Hall Hill, Mallerstang SD779994
 Showery. Slippery farm track. Hill Walking (Organised event)
 Request to assist ambulance to access a patient at a remote farm. Ambulance 'pushed' to farmstead.
 Kirkby Stephen (13 x 3hr 0 min)

327 30085 16 September 15:09 Lingmell Ghyll, Scafell NY197075
 Rain, wind. Uneven fellside. Hill Walking (Small party)
 Subject (F36) reported fallen, resulting in ankle injury. Treated on scene and evacuated by stretcher. Serious - unstable fractured left ankle.
 Duddon & Furness (1 x 0hr 4 min); Wasdale (19 x 3hr 30 min)

328 30620 16 September 16:15 Long Band Crag, High Rigg NY313205
 Not reported. Not reported. Hill Walking (Small party)
 Subject (M) slipped. The gentleman was splinted and given analgesia and then stretchered down to the southern end of High Rigg, where he was transferred to an ambulance. Serious - simple closed fractured tibia and fibula.
 Keswick (1 x 2hr 0 min)

329 30291 18 September 14:37 Racecourse Hill, High Street NY4389410624
 Not reported. Not reported. Hill Walking (Small party)
 Subject (F) slipped and reported unable to continue. Airlifted by air ambulance to hospital.
 Patterdale (15 x 1hr 0 min); Penrith (1 x 1hr 0 min); Great North AA Cumbria

330 30292 18 September 17:14 Loadpot Hill, High Street NY4562719172
 Light dry hill fog mild dull. Moderate grassy footpath. Hill Walking (Small party)
 Party of two (F) became separated in low cloud. One found and walked off the hill and other was found by seach dog; both safe and well.
 Patterdale (9 x 5hr 0 min); LDMR Search Dogs Assoc (1 x 5hr 0 min)

331 30196 20 September 02:43 Stock Ghyll, Ambleside NY382046
 Dry clear mild dark. Vertical very wet stony crag. Local Incident (Small party)
 Request to assist dealing with person (F) in vicinity of waterfall. Recovered and taken to safety.
 Langdale Ambleside (10 x 1hr 30 min)

332 30381 20 September 16:21 Glencoyne, Seldom Seen NY3660018410
 Light dry cloudy mild bright. Moderate rocky stony footpath. Hill Walking (School/Youth group)
 Subject (F17) twisted knee and reported unable to continue. Treated at scene and taken to hospital by supervisors. Minor - sprained knee.
 Patterdale (14 x 3hr 30 min)

333 30195 20 September 16:54 The Tongue, Troutbeck Park NY426066
 Dry clear mild bright. Gentle stony track. Hill Walking (Small party)
 Subject (F) reported feeling ill and unable to continue. Transferred to ambulance.
 Langdale Ambleside (7 x 2hr 0 min)

334 30635 21 September 13:36 Broad End, Skiddaw NY261297
 Not reported. Not reported. Hill Walking (Small party)
 Subject (M50) tripped. Treated at the scene by air ambulance crew and airlifted to hospital.
 Serious - simple closed fractured tibia and fibula.
 Keswick (15 x 1hr 3 min); Great North AA Cumbria

335 30194 21 September 15:35 Hart Crag, Fairfield NY374096
 Light showers hill fog mild dull. Moderate stony moorland. Hill Walking (Small party)
 Subject (M15) reported in difficulty and being assisted by companions. Accompanied for their last few kilometres.
 Langdale Ambleside (12 x 3hr 0 min)

336 30193 21 September 16:55 Crinkle Crag, Gt Langdale NY247051
 Light rain low cloud cool dark. Moderate damp stony moorland. Hill Walking (Small party)
 Subject (M48) reported with problems with coordination and unable to continue. Started by being walked off, but then stretchered after suffering a fit during the evacuation. Serious - fit (epilepsy).
 Kendal (21 x 8hr 0 min); Langdale Ambleside (18 x 7hr 0 min)

337 30352 21 September 18:00 Red Pike, Wasdale NY166101
 Not reported. Not reported. Hill Walking (Small party)
 Party of four (M) reported themselves lost. Located and escorted to safety.
 Cockermouth (2 x 4hr 0 min); Wasdale (13 x 6hr 0 min)

- 338 30100 22 September 12:08 Easy Gully, Dow Crag SD263977**
 Dry, cloudy, intermittent mist above 1500ft. Boulders, loose scree. Rock Scrambling (Alone)
 Subject (M64) slipped 30-40ft down rock gully. Treated at scene, stretchered down gully, then
 airlifted to hospital. Serious - unstable fractured pelvis; fracture/dislocation of hip; head
 lacerations; internal abdomen injuries.
 Coniston (16 x 5hr 30 min); Valley SAR Helicopter; North West Air Ambulance (Blackpool)
- 339 30102 23 September 13:49 Great Carrs, Wetherlam NY270009**
 Dry, misty. Rough fell track, rocky. Hill Walking (Small party)
 Subject (M73) reported unwell and unable to continue. Walked off part way, stretchered part way
 then airlifted to hospital. Minor – unspecified illness.
 Coniston (11 x 4hr 30 min); North West Air Ambulance (Blackpool)
- 340 30101 23 September 15:59 Grizedale Forest, Hawkshead SD328977**
 Dry, cloudy. Damp. Hill Walking (Small party)
 Party of two (F73, M80) reported lost. Located and returned to their car.
 Coniston (4 x 1hr 30 min)
- 341 30192 23 September 17:31 Martcrag Moor, Gt Langdale NY271087**
 Showers hill fog cool dark. Moderate damp boggy moorland. Hill Walking (Alone)
 Subject (M67) became benighted after losing his map. Located and escorted off the the hill.
 Keswick (16 x 6hr 45 min); Langdale Ambleside (12 x 6hr 0 min); LD MR Search Dogs Assoc (6 x
 6hr 45 min)
- 342 30190 23 September 17:31 Black Crag, Gt Langdale NY254080**
 Showers hill fog mild dark. Moderate damp boggy moorland. Hill Walking (Alone)
 Party of two (M, F) reported themselves lost and benighted. Location found using SARLoc, and
 escorted to safety.
 Keswick (1 x 4hr 0 min); Langdale Ambleside (12 x 4hr 0 min); LD MR Search Dogs Assoc (1 x
 4hr 0 min)
- 343 30103 28 September 18:45 Bursting Stone Quarry, Old Man of Coniston SD278975**
 Dry, going dark. Stony fellside, slippery grass. Hill Walking (Family group)
 Subject (F38) slipped on rough ground. Treated at scene and stretchered to vehicle for transport
 to valley. Serious - knee ligament damage.
 Coniston (13 x 2hr 0 min)
- 344 30353 28 September 23:30 The Side, Ennerdale NY110133**
 SW-calm/dry/clear/warm/dark. Moderate moorland dry. Hill Walking (Alone)
 Subject (M34) reported overdue after he failed to return to youth hostel. Agreed to search at first
 light; he turned up prior to full deployment.
 Cockermouth (22 x 9hr 30 min)
- 345 30290 29 September 19:52 Angle Tarn Beck, Patterdale NY4070615500**
 Not reported. Not reported. Hill Walking (Small party)
 Subject (M64) reported unable to continue due to exhaustion. Located and assisted back to
 valley.
 Patterdale (8 x 3hr 10 min); Penrith (13 x 2hr 40 min)
- 346 30568 30 September 12:00 Walney Island, Barrow in Furness SD189698**
 Light dry clear mild dull. Not reported. Search - Non-mountain (Alone)
 Subject (M) reported missing from home; believed fallen into water. Body subsequently found, no
 further details. **Fatal** – drowning.
 Duddon & Furness (13 x 17hr 45 min)

347 30354 30 September 16:00 **Distington, West Cumbria** **NY002237**
SW-calm/dry/cloudy/cool/dull. Gentle woodland dry. Search - Non-mountain (Alone)
Despondent (M42) reported missing from home. Located safe and well at Distington Church.
Cockermouth (26 x 5hr 0 min); LDMR Search Dogs Assoc (5 x 5hr 0 min)

348 30289 30 September 17:32 **Auterstone Crag, Ullswater** **NY4592021200**
Not reported. Not reported. Hill Walking (Small party)
Subject (M25) slipped and fell 100ft. Treated at scene and stretchered off hill. Minor - GCS = 14.
Patterdale (15 x 2hr 0 min); Penrith (1 x 2hr 0 min); Great North AA Cumbria

October

349 30181 4 October 15:59 **Lingmell Col, Scafell Pike** **NY209079**
Foggy. Steep uneven terrain. Hill Walking (Small party)
Subject (M62) reported lost in hill fog. Walker found on Brown Tongue with knee injury, escorted
from the hill. Minor - painful/uncomfortable knee.
Wasdale (22 x 4hr 15 min)

350 30288 4 October 16:26 **Striding Edge, Helvellyn** **NY3480614721**
Moderate hill fog mild dull. Vertical rocky ridge. Hill Walking (Small party)
Subject (M24) fell from narrow exposed ridge. Injuries proved fatal. **Fatal** - multiple injuries.
Patterdale (17 x 3hr 40 min); Penrith (14 x 3hr 40 min); LDMR Search Dogs Assoc (2 x 2hr 0
min); Great North AA Cumbria; Boulmer SAR Helicopter

351 30333 4 October 17:25 **Low Pike, Rydal** **NY373079**
Dry clear mild dark. Moderate damp gravel footpath. Hill Walking (Small party)
Subject (M46) slipped on wet slab. Treated at scene and evacuated to safety. Serious - simple
closed fractured tibia.
Langdale Ambleside (14 x 3hr 30 min)

352 30287 5 October 10:30 **Heron Pike, Sheffield Pike** **NY3742017793**
Not reported. Not reported. Animal Rescue
Sheep reported stuck on crag. Retrieved without loss or injury.
Patterdale (5 x 1hr 55 min)

353 30633 5 October 13:29 **'MGS', Shepherd's Crag, Borrowdale** **NY262185**
Not reported. Not reported. Rock Climbing - roped (Small party)
Subject (M24) fell 6m; runners held initially but then pulled out, and he hit the ground. Treated at
the scene and stretchered to the valley road; then helicopter to hospital. Serious - non-specific
back injuries; simple closed fractured right tibia and fibula.
Keswick (19 x 1hr 25 min); Leconfield SAR Helicopter

354 30203 5 October 13:59 **Grizedale Forest, Hawkshead** **SD330945**
Dry, sunny. Good forest track. Hill Walking (Family group)
Subject (M81), known diabetic, reported overdue having failed to return to his car as planned.
Returned safe and well 10 minutes after alert.
Coniston (4 x 0hr 10 min)

355 30204 5 October 14:23 **Horn Crag, Scafell** **NY211049**
SW calm drizzle hill fog mild dull. Moderate rocky grassy crag. Hill Walking (Small party)
Subject (M26) reported lost in the mist after becoming separated from party. Located using
SARLoc and escorted to valley.
Wasdale (13 x 3hr 30 min)

356 30332 7 October 13:30 Nab Scar, Rydal NY362067
 Dry clear mild bright. Moderate damp gravel footpath. Hill Walking (Small party)
 Subject (F67) slipped on loose ground. Treated at scene and evacuated to safety. Serious -
 simple closed fractured tibia.
 Langdale Ambleside (14 x 1hr 30 min)

357 30331 9 October 20:50 Jack's Rake, Pavey Ark, Gt Langdale NY248079
 N fresh dry clear cool dark. Steep dry stony crag. Hill Walking (Small party)
 Party of three (3xM19) reported benighted. Located and escorted to safety.
 Langdale Ambleside (7 x 4hr 0 min)

358 30632 11 October 14:07 Comb Plantation, Whinlatter NY207245
 Not reported. Not reported. Local Incident (Small party)
 Subject (M10) fell from a climbing frame, and injured his back. Stood down responding when
 informed by ambulance service, injuries were not as serious as initially suspected.
 Keswick (14 x 0hr 37 min)

359 30286 12 October 15:45 Great Dodd, Matterdale Common NY3482821081
 Light hill fog mild dull. Not reported. Hill Walking (Small party)
 Party of two (F53) became lost in hill fog. Located and led to safety.
 Patterdale (4 x 3hr 0 min)

360 30388 12 October 17:00 Kentmere Reservoir, Kendal NY450071
 Calm showers cloudy mild dusk. Gentle slippery grassy footpath. Hill Walking (Small party)
 Subject (M55) reported fallen off ladder stile. Treated at scene and airlifted to hospital. Minor -
 simple closed fractured left ankle.
 Kendal (19 x 2hr 0 min); Boulmer SAR Helicopter

361 30386 14 October 16:45 Lords Lot, Crook SD442930
 Calm dry cloudy mild dusk. Moderate damp grassy footpath. Hill Walking (Small party)
 Subject (F) slipped. Treated and airlifted to hospital. Minor - non-specific upper leg injuries; pelvic
 injuries.
 Kendal (21 x 1hr 40 min); Great North AA Cumbria

362 30567 15 October 16:20 Hardknott Pass NY238015
 Not reported. Not reported. Local Incident (Alone)
 Man had threatened self-harmed; request for assistance from ambulance service. Evacuated by
 helicopter; stood down responding.
 Duddon & Furness (15 x 0hr 34 min); North West Air Ambulance (Blackpool)

363 30330 17 October 11:59 Stock Ghyll, Ambleside NY3817104580
 Dry clear mild bright. Steep wet bank. Search - Mountain
 Report of shouts for help. Nothing found despite search of area - false alarm good intent.
 Langdale Ambleside (3 x 2hr 0 min)

364 30583 19 October 11:34 Cockpit, Askham Fell NY482222
 Light rain. Soggy. Hill Walking (Medium party)
 Subject (F51) reported fallen sustaining leg injury. Treated at scene and stretchered to helicopter.
 Minor - simple closed fractured ankle.
 Penrith (11 x 1hr 34 min); Great North AA Cumbria

365 30355 19 October 15:40 Buttermere NY176167
 Not reported. Not reported. Hill Walking
 Subject (F61) slipped on rock step on lakeshore path. Treated at the scene and airlifted to
 hospital. Serious - non-specific back injuries.
 Cockermouth (27 x 1hr 30 min); Great North AA Cumbria

366 30302 22 October 16:13 **Knot of the Tongue, Eskdale** **NY232077**
 Cloudy, wet. Uneven fellside. Hill Walking (Small party)
 Subject (M), in party of two, reported fallen with leg injury. Located using SARLoc, then stretchered below cloud base and airlifted to hospital. Minor - simple closed fractured ankle.
 Duddon & Furness (21 x 8hr 0 min); Wasdale (22 x 7hr 49 min); Valley SAR Helicopter

367 30329 23 October 02:52 **Grasmere** **NY304087**
 Rain cloudy mild dark. Moderate damp stony moorland. Local Incident (Alone)
 Despondent (M) reported missing after car found abandoned. Located unharmed and returned to care.
 Langdale Ambleside (8 x 3hr 30 min); LDMR Search Dogs Assoc (4 x 3hr 30 min); Lancashire Police Helicopter

368 30356 24 October 17:15 **Snockrigg, Robinson** **NY183172**
 SW-fresh/passing showers/clear/cool/dull. Steep footpath wet. Hill Walking (Small party)
 Subject (M65) slipped on footpath. Treated at scene and stretchered to waiting ambulance. Minor - non-specific lower leg injuries.
 Cockermouth (21 x 1hr 45 min)

369 30328 26 October 10:06 **Stock Ghyll, Ambleside** **NY381045**
 Showers cloudy mild bright. Moderate damp boggy footpath. Hill Walking (Small party)
 Subject (M59) reported collapsed with chest pains while walking. Stretchered to air ambulance and flown to hospital. Serious - myocardial infarct.
 Langdale Ambleside (14 x 1hr 30 min); North West Air Ambulance (Blackpool)

370 30631 26 October 13:59 **Sharp Edge, Blencathra** **NY326283**
 Wet. Slippery. Rock Scrambling (Small party)
 Subject (F) became cragfast after trying to retrieve her dog, also cragfast. Assisted to safer ground and reunited with her dog.
 Keswick (12 x 2hr 45 min)

371 30630 26 October 14:07 **Latrigg, Keswick** **NY277246**
 Fair damp. Damp. Hill Walking (Alone)
 Subject (M59) found collapsed on the footpath by passing walker. CPR started and continued until pronounced dead by air ambulance crew; body recovered from hill. **Fatal** - myocardial infarct.
 Keswick (6 x 1hr 34 min); Great North AA Cumbria

372 30327 26 October 16:22 **Tongue Ghyll, Grasmere** **NY348110**
 Rain hill fog mild dark. Steep damp stony footpath. Hill Walking (Small party)
 Subject (M) slipped on steep wet ground. Treated at scene and evacuated by helicopter. Serious - non-specific back injuries; non-specific pelvic injuries.
 Langdale Ambleside (16 x 3hr 0 min); Valley SAR Helicopter

373 30357 26 October 16:50 **Scale Force, Buttermere** **NY155170**
 SW-fresh/heavy rain/low cloud/cool/dusk. Steep slope very wet. Hill Walking (Alone)
 Subject (F44) became lost descending from Red Pike. Located just above the intake wall and walked off the hill.
 Cockermouth (20 x 3hr 0 min)

374 30629 27 October 09:55 **Hawes How Island, Thirlmere** **NY314158**
 Rain strong wind. Wet. Water Sport (all types) (Small party)
 Party of five (M) believed stranded on island because of rough water in stormy conditions. Three returned unaided but remaining two and their equipment were safely recovered to shore.
 Keswick (19 x 2hr 0 min)

375 30380 27 October 13:09 Falcon Crag, Grisedale NY3536412783
 Gale rain low cloud mild dull. Undulating very wet footpath. Hill Walking (D of E) (Medium party)
 Subject (F17) reported taken ill, drifting in and out of consciousness. Treated at scene and
 airlifted to hospital. Minor - faint (vaso-vagal).
 Patterdale (16 x 4hr 0 min); Penrith (11 x 4hr 0 min); RAF Valley (5 x 3hr 0 min); Valley SAR
 Helicopter

376 30628 27 October 14:32 New Bridge, Rosthwaite, Borrowdale NY251151
 Rain. Wet. Hill Walking (D of E) (Small party)
 Expedition member (F20) fell whilst crossing a stream. On arrival, found she was able to walk
 down to valley with rest of group. Minor – concussion.
 Keswick (17 x 0hr 48 min)

377 30385 27 October 14:41 Green Edges, Long Bank, Middleton Fell SD666883
 NW strong showers misty cold dull. Steep slippery grassy slope. Hill Walking (Large party)
 Subject (M72) reported with twisted knee and unable to continue. Treated on site and stretchered
 down steep ground to ambulance. Minor - painful/uncomfortable right knee.
 Cave Rescue Organisation (7 x 5hr 0 min); Kendal (17 x 6hr 0 min)

378 30379 29 October 12:30 Hallin Fell, Ullswater NY4361419442
 Light dry clear cool bright. Moderate wet grassy slope. Hill Walking (Small party)
 Subject (M63) slipped on wet grass. Treated at scene and stretchered from hill to waiting
 ambulance. Serious - fracture/dislocation of left ankle.
 Bowland Pennine (1 x 1hr 0 min); Patterdale (13 x 2hr 0 min)

379 30358 29 October 13:12 River Derwent, Cockermouth NY113311
 SW-fresh/dry/clear/cool/dull. Gentle bank damp. Local Incident (Alone)
 Subject (M68) fell by the river. Treated at scene and evacuated to a waiting ambulance. Minor -
 non-specific lower leg injuries.
 Cockermouth (10 x 0hr 49 min)

380 30627 29 October 13:58 Hanging Stone, Base Brown NY226118
 Not reported. Slippery. Hill Walking (Small party)
 Party of three (2 adults + teenage girl) reported themselves off-route, cragfast on loose and
 slippery ground. Located using SARLoc, accessed and led to safer ground.
 Keswick (13 x 5hr 0 min)

381 30326 29 October 15:15 Jack's Rake, Pavey Ark, Gt Langdale NY284078
 NE strong hail cloudy cool dark. Vertical very wet stony crag. Rock Scrambling (Small party)
 Party of four (M, F21, 12, 13) reported off-route and cragfast. Secured and roped to the top then
 escorted from the hill.
 Langdale Ambleside (14 x 7hr 0 min)

382 30625 29 October 18:44 Bakestall, Skiddaw NY269308
 Cold wet. Wet. Hill Walking (Family group)
 Party of three (M,12,15) reported themselves lost and exhausted. Located and given food before
 being led to safety.
 Keswick (12 x 2hr 19 min); LDMR Search Dogs Assoc (2 x 2hr 19 min)

383 30314 30 October 14:52 Dow Crag, Coniston SD262980
 Very wet, cool, then dark. Rough fell track. Hill Walking (Family group)
 Family party of four (M45, F46, M14, M9) reported themselves lost in cloud. Located using
 SARLoc and accompanied off the hill.
 Coniston (13 x 3hr 0 min)

384 30390 31 October 15:51 Wasdale Screes, Wastwater NY154047
SW moderate dry clear cool dark. Steep loose stony scree. Hill Walking (Small party)
Subject (F35) reported with knee injury and unable to continue walking. Transferred by boat to
own transport. Minor - painful/uncomfortable knee.
Wasdale (1 x 4hr 0 min)

November

385 30510 1 November 06:53 River Brathay, Gt Langdale NY339039
Dry clear mild bright. Moderate damp stony track. Search - Non-mountain (Alone)
Vulnerable young female reported missing, possibly in area of river. Located by police within
search area.
Kendal (13 x 3hr 0 min); Langdale Ambleside (15 x 4hr 0 min); LDMR Search Dogs Assoc (1 x
4hr 0 min)

386 30509 1 November 10:21 Bright Beck, Gt Langdale NY286081
Dry clear mild bright. Moderate damp gravel track. Hill Walking (Small party)
Subject (M) slipped on wet ground. Treated at scene and evacuated to air ambulance. Minor –
sprained ankle.
Kendal (7 x 3hr 30 min); Langdale Ambleside (13 x 4hr 0 min); Great North AA Cumbria

387 30377 3 November 12:06 Sandwick, Ullswater NY4152519220
Showers cloudy cool dull. Undulating rough muddy footpath. Fell Running (Organised event)
Competitor (F35) slipped and fell. Treated at scene and taken to ambulance. Minor - stable
fractured wrist.
Patterdale (3 x 1hr 10 min)

388 30335 3 November 13:38 Devil's Chimney, Ullswater NY3974217603
Showers cloudy cool dull. Very wet stony footpath. Fell Running (Organised event)
Competitor (M55) slipped and fell, sustaining injuries. Treated at scene, stretchered from the hill
and taken to hospital by family. Minor - painful/uncomfortable knee; soft tissue injuries to face.
Patterdale (16 x 1hr 6 min)

389 30359 4 November 14:15 Burnbank Fell, Loweswater NY113215
NW-fresh/dry/clear/cold/dull. Gentle footpath dry. Hill Walking (Small party)
Subject (F51) slipped and fell. Treated at scene and stretchered to waiting ambulance. Minor -
non-specific lower leg injuries.
Cockermouth (24 x 2hr 0 min)

390 30508 4 November 15:46 Nab Scar, Rydal NY359069
Dry clear cold dusk. Moderate damp gravel track. Hill Walking (Small party)
Subject (F60) reported with leg injury. Treated at site and stretchered off the hill. Minor - non-
specific knee injuries.
Langdale Ambleside (15 x 4hr 0 min)

391 30507 4 November 17:35 Mickleden, Gt Langdale NY276062
Dry clear cold dark. Gentle gravel track. Hill Walking (Small party)
Subject (M70) reported struggling on footpath with possible leg injury. Assisted to safety by
others; stood down responding. Minor - non-specific knee injuries.
Langdale Ambleside (8 x 0hr 30 min)

392 30506 4 November 18:13 Low Pike, Rydal NY374078
Dry clear freezing dark. Moderate damp grassy moorland. Hill Walking (Small party)
Party of four reported themselves lost and benighted. Located and escorted off to safety.
Langdale Ambleside (6 x 1hr 0 min)

393 30378 5 November 12:30 Silver Point, Ullswater NY3964018296
 Showers cloudy cool dull. Undulating very wet stony track. Fell Running (Organised event)
 Competitor (M32) fell injuring his ankle. Treated at site, and ferried by boat across lake to
 ambulance. Minor - painful/uncomfortable ankle.
 Patterdale (14 x 1hr 53 min)

394 30626 5 November 14:29 Sharp Edge, Blencathra NY326283
 Cold wet. Wet slippery. Rock Scrambling (Small party)
 Party of two (F25, F26) and their collie dog reported themselves cragfast on exposed ridge. All
 were roped off and walked down to safety.
 Keswick (20 x 3hr 7 min)

395 30360 6 November 14:30 Cat Crag, Ennerdale NY138143
 SW-gale/rain/poor/cold/dull. Moderate forestry very wet. Mountain Biking
 Rider (F) reported fallen. Airlifted to hospital, stood down responding.
 Cockermouth (15 x 0hr 28 min)

396 30624 8 November 16:40 Dead Crag, Bakestall NY266309
 Not reported. Not reported. Shepherding (Alone)
 Subject (F) reported cragfast whilst shepherding stock. Assisted to safety by relative prior to MR
 arrival.
 Keswick (14 x 0hr 36 min)

397 30561 11 November 18:02 Aira Force, Ullswater NY3980020600
 Dry cloudy cool dark. Not reported. Hill Walking (Family group)
 Subject (M74), with memory problems, reported overdue from walk at beauty spot. Found
 walking along road near Dalemain.
 Patterdale (14 x 2hr 0 min); LD MR Search Dogs Assoc (7 x 2hr 0 min)

398 30453 12 November 22:23 Kentmere NY445041
 Light dry clear cool moonlight. Not reported. Hill Walking (Alone)
 Subject (M70) reported overdue having failed to return from walk. Made his own way off the hill
 and was located walking along road toward his car.
 Kendal (22 x 1hr 0 min)

399 30392 14 November 15:52 Jubilee Bridge, Eskdale NY212011
 Fine. Fell path. Hill Walking (Small party)
 Subject (M54) reported fallen and injured. Treated at scene and taken to local hospital. Minor –
 dislocated elbow.
 Wasdale (10 x 3hr 0 min)

400 30569 16 November 12:48 Thornthwaite, Uldale NY279416
 SW-fresh/dry/clear/cool/bright. Gentle footpath damp. Pony Trekking
 Rider (F60) reported fallen from horse. Treated at site and airlifted to hospital. Serious - non-
 specific head injuries.
 Cockermouth (16 x 1hr 15 min); Boulmer SAR Helicopter

401 30408 17 November 14:06 Dore Head, Wasdale NY170097
 Rain,fog. Uneven wet path. Hill Walking (Small party)
 Subject (F48) slipped and fell. Treated at scene and evacuated by stretcher to waiting
 ambulance. Minor - unstable distal fracture tibia and fibula.
 Duddon & Furness (14 x 5hr 45 min); Wasdale (20 x 5hr 45 min)

402 30639 18 November 11:29 **Derwentwater, Keswick** **NY265206**
Wet. Wet. Local Incident (Small party)
Subject (F56) tripped on a tree root and fell awkwardly. Treated at the scene and transferred to ambulance. Serious - simple closed fractured wrist; injuries to face.
Keswick (14 x 0hr 34 min)

403 30638 18 November 11:59 **Castle Crag, Borrowdale** **NY247159**
Wet. Wet. Hill Walking (Small party)
Subject (F) slipped on wet rocky footpath. Treated at the scene and transferred to ambulance.
Minor - lower leg injuries.
Keswick (15 x 1hr 30 min)

404 30505 19 November 17:38 **Loughrigg, Rydal** **NY354058**
Not reported. Not reported. Hill Walking (Small party)
Subject (M92) reported overdue from regular walk. Turned up at private address with minor head injury.
Langdale Ambleside (15 x 1hr 0 min)

405 30560 20 November 19:11 **Lanty's Tarn, Glenridding** **NY3822616483**
Drizzle cloudy cool dark. Moderate damp stony footpath. Hill Walking (Small party)
Subject (F52) slipped on path, injuring her leg and back. Treated at the scene and stretchered from the hill. Serious - fracture/dislocation of ankle; painful/uncomfortable back.
Patterdale (12 x 2hr 0 min)

406 30637 21 November 11:59 **Latrigg, Keswick** **NY274245**
Overcast damp. Wet. Hill Walking (Alone)
Subject (F68) slipped on a tree root whilst descending through the wood. Passers-by assisted her part way, then treated for injury and stretchered to ambulance. Serious - lower leg injuries.
Keswick (15 x 1hr 31 min)

407 30572 23 November 13:00 **High Crag, Buttermere** **NY182144**
SW-fresh/dry/clear/cool/dull. Steep crag damp. Animal Rescue
Two sheep reported stuck on the crags. Retrieved without loss or injury.
Cockermouth (3 x 3hr 30 min)

408 30636 24 November 07:06 **Sharp Edge, Blencathra** **NY327283**
Not reported. Not reported. Search - Mountain
Report of flashing lights at well-known trouble spot. Nothing untoward found - false alarm with good intent.
Keswick (10 x 3hr 23 min)

409 30452 25 November 12:00 **Cunswick Fell, Kendal** **SD488924**
Calm dry clear cool bright. Not reported. Search – Non-mountain
Report of whistles heard. Investigation found nothing untoward but reports of shooting party in area - false alarm, good intent.
Kendal (8 x 1hr 0 min)

410 30450 25 November 12:29 **Screes, Wasdale** **NY155045**
Fine. Scree. Search - Mountain
Report of shouts for help. No action needed after initial attendance - false alarm with good intent.
Wasdale (8 x 1hr 30 min)

411 30570 26 November 13:15 Haystacks, Buttermere NY193129
SW-fresh/fine/misty/cold/dull. Steep footpath frozen. Hill Walking
Subject (M60) reported disorientated in mist and lost. Located using SARLoc, instructed how to proceed and met by search party then accompanied to safety.
Cockermouth (5 x 2hr 30 min)

412 30451 27 November 13:06 Hale, Beetham SD500777
Calm dry clear cool bright. Vertical slippery rockface. Local Incident (Family group)
Subject (M65) fell 4m from crag injuring hip and head. Treated at scene and airlifted to hospital.
Serious - unstable pelvic fracture; non-specific head injuries.
Kendal (14 x 1hr 19 min); Great North AA Cumbria

413 30504 27 November 20:30 Nab Scar, Rydal NY358070
Not reported. Not reported. Search - Mountain
Flashing lights reported. Nothing untoward found – false alarm good intent.
Langdale Ambleside (7 x 1hr 30 min)

414 30454 30 November 13:52 Belle Grange, Hawkshead SD384988
Dry, sunny. Rough forestry track. Mountain Biking (Medium party)
Rider (M35) fell off mountain bike. Treated at scene, stretchered to helicopter for hospital transfer. Serious – dislocated shoulder (glenohumeral).
Coniston (14 x 2hr 15 min); North West Air Ambulance (Blackpool)

December

415 30571 1 December 16:31 Ennerdale Bridge, Ennerdale NY0938116083
SW-calm/dry/cloudy/cool/dark. Moderate moorland damp. Search - Non-mountain (Alone)
Subject (M) reported missing and a concern for his safety expressed. Search concluded when person located by police in Whitehaven.
Cockermouth (24 x 3hr 17 min)

416 30460 2 December 21:29 Tarn Hows, Coniston SD325997
Dry, mild, dark. Rough fell/forestry track/carparks. Search - Non-mountain (Alone)
Despondent (M44) reported missing, believed in the area. Found safe and well by police at White Moss, Rydal.
Coniston (22 x 1hr 30 min); Duddon & Furness (1 x 1hr 30 min); Langdale Ambleside (1 x 1hr 30 min)

417 30462 3 December 13:57 Greendale Gill, Wasdale NY143060
Fine. Mountain footpath. Hill Walking (Small party)
Subject (M63) reported fallen. Treated at the scene and evacuated to air ambulance. Minor - non-specific lower leg injuries.
Wasdale (18 x 2hr 30 min); North West Air Ambulance (Blackpool)

418 30642 7 December 19:01 Mariel Bridge, Clough Head NY344217
Cold, very wet and windy, low cloud. Very wet. Fell Running (Alone)
Subject (F52) benighted when headtorch failed in darkness, low cloud and no visibility. Located and accompanied from hillside.
Keswick (6 x 2hr 32 min)

419 30503 11 December 13:41 Cove Quarry, Coniston Old Man SD272972
Dry, sunny. Fellside/slate quarry. Parapenting (Small party)
Paraglider (M45) crashed when he got too close to mountain side. Treated at scene and stretchered to waiting air ambulance. Serious - simple closed fractured femur; ligament damage to calf; non-specific back injuries; non-specific neck injuries.
Coniston (8 x 3hr 0 min); Great North AA Cumbria

420 30516 14 December 14:35 Pickering Gill, Cautley, Howgills SD688965
 SW fresh showers low cloud cool dusk. Very wet grassy slope. Hill Walking (Medium party)
 Subject (F56) tripped. Treated at scene and evacuated. Minor - simple closed fractured left ankle
 Kendal (16 x 3hr 0 min); Kirkby Stephen (11 x 3hr 0 min)

421 30617 15 December 12:18 Loughrigg NY348051
 Showers clear mild dull. Moderate waterlogged grassy moorland. Hill Walking (Small party)
 Subject (M56) slipped on waterlogged ground. Treated at scene and stretchered off the hill.
 Minor - simple closed fractured ankle.
 Langdale Ambleside (9 x 2hr 30 min)

422 30615 15 December 17:36 Hart Crag NY369110
 SW fresh drizzle cloudy cool dark. Moderate rocky gravel moorland. Hill Walking (Small party)
 Party of two (M) reported unable to locate route off the hill. Their location was pinpointed and
 they given advice on how to find a way off.
 Langdale Ambleside (1 x 2hr 0 min)

423 30559 21 December 09:16 Gowk Hill, Fusedale NY4470116941
 Gale rain low cloud cool dark. Moderate very wet muddy footpath. Hill Walking (Small party)
 Subject (M36), in party of two, slipped; due to worsening weather, they took shelter until the
 morning before going for help. Treated at the scene and evacuated. Serious - simple closed
 fractured ankle.
 Patterdale (17 x 4hr 30 min)

424 30530 21 December 17:04 Broad Crag, Wasdale NY219076
 Heavy rain. High wind. Poor visibility. Steep uneven crag. Hill Walking (Small party)
 Party of three (M19, M49) reported themselves lost. Located with SARLoc; met and escorted off
 hill to safety.
 Wasdale (18 x 5hr 30 min)

425 30616 23 December 18:54 River Rothay, Ambleside NY372045
 NW gale rain low cloud cool dull. Moderate very wet muddy river bank. Local Incident
 Subject (M48) went into river to attempt to rescue his dog. Found deceased in the water. **Fatal** –
 drowning.
 Langdale Ambleside (12 x 2hr 30 min); Boulmer SAR Helicopter

426 30531 26 December 15:30 Goat's Hawse, Coniston SD266987
 Wet, windy. Rough fell track, wet, stony. Hill Walking (Medium party)
 Party of six (M26, F29, F24, F43, M43, M10) reported themselves lost and getting worried as
 darkness descending. Party made own way off the hill; collected by MR and driven back to
 Coniston.
 Coniston (14 x 1hr 0 min)

427 30614 26 December 23:49 School Knott, Windermere SD426974
 SW gale showers cloudy cool dark. Moderate damp grassy moorland. Search - Mountain
 Flashing lights reported. When checked, nothing untoward found - false alarm good intent.
 Langdale Ambleside (2 x 2hr 0 min)

428 30613 28 December 14:23 Tarn Crag, Easedale NY307092
 SE moderate showers cloudy cool dull. Moderate damp boggy footpath. Hill Walking (Small party)
 Subject (M) reported himself lost his way because he had no map. Given guidance and made the
 valley without further mishap.
 Langdale Ambleside (3 x 2hr 0 min)

429 30574 28 December 14:44 **Lazonby, Penrith** **NY54813967**
Not reported. Not reported. Local Incident
Requested to assist ambulance service dealing with cardiac arrest at home with difficult access.
Patient evacuated from house but pronounced dead later at hospital.
Penrith (6 x 2hr 30 min); North West Air Ambulance (Blackpool)

430 30556 29 December 15:38 **Swirral Edge, Helvellyn** **NY3421915535**
Fresh showers misty cold dull. Steep slippery snow/ice rockface. Hill Walking (Winter) (Small party)
Subject (M) slipped and fell approx 130m, immediately followed by his wife. Both treated at the
scene and airlifted to safety. Serious - not reported; Serious - not reported
Calder Valley (1 x 2hr 0 min); Kendal (1 x 2hr 0 min); Patterdale (13 x 2hr 0 min); RAF Leeming
(3 x 2hr 0 min); Great North AA Cumbria; Boulmer SAR Helicopter

431 30534 29 December 18:40 **Grizedale Forest** **SD350958**
Dark, cloudy, dry. Forest tracks, damp. Hill Walking (Small party)
Party of four (2xF, M) reported lost in forest. Located using SARLoc, picked up and returned to
their vehicle.
Coniston (6 x 1hr 15 min)

432 30641 29 December 22:25 **Little Narrowcove, Upper Esk** **NY22950685**
Atrocious, high winds, heavy rain, poor visibility, cold. Streams in spate. Hill Walking (Alone)
Subject (M60) reported overdue having failed to return to hotel from walk in forecasted atrocious
weather. Car located Seathwaite; he was found at 03:03, cold but unharmed and escorted to
safety.
Keswick (14 x 7hr 25 min); Langdale Ambleside (1 x 7hr 25 min); LDMR Search Dogs Assoc (9 x
7hr 25 min); Wasdale (16 x 9hr 0 min)

433 30640 31 December 13:44 **Lingy Bank, Rosthwaite** **NY245154**
Dry and cool. Wet. Hill Walking (Small party)
Subject (F71) slipped. Treated at the scene and airlifted to hospital. Serious - simple closed
fractured left tibia and fibula.
Keswick (20 x 1hr 8 min); Great North AA Cumbria

Notes

SARLoc – a system that interrogates GPS-enabled phones and displays the location of that
phone on mapping software used by MR teams.
For further information see <http://www.keswickmrt.org.uk/news.htm>
DAT – Dementia Alzheimers Type
MRT – mountain rescue team
C2C – Coast to Coast, long distance walk from St Bees Head to Robin Hood's Bay.

Accident Summary

The tables that follow summarise the foregoing details and enable a comparison with the previous four years

Incidents	2009	2010	2011	2012	2013
Incidents – all	555	600	425	432	433¹
By Activity					
Hill walking (non-winter)	328	334	288	269	250
Hill walking (winter)	47	64	12	23	37
Climb/Scramble	33	46	21	17	15 ²
Mountain Bike	11	10	26	18	13 ³
Orienteer/Fell running	9	9	6	11	12 ⁴
Hang-gliding/Parapenting	3	3	3	5	7
Resilience	64	73	23	42	49
Non-Mountain Search	15	14	9	10	17
Water Sports	11	5	7	4	6

Table 1 Incident - by Activity

Notes:

1. There is some small comfort that the figures have not increased to any significant degree. Visitor levels have not appeared to change the figures in any way. The good summer weather appears to have made a positive contribution to this static picture.
2. Without accurate participation figures, it is difficult to explain the steady decrease in climbing and scrambling incidents. These figures seem to be hiding a serious issue. There seems to be fewer climbing incidents but the usual scrambling black spots, still seem to be very busy. Blencathra has again contributed 3 incidents. However, Jack's Rake, Pavey Ark has only appeared once this year. Unlike last year when fatalities were quite common.
3. Mountain biking incidents are now on a similar scale to those of rock sports. The national figures for the year show a marked increase over the same period 5 years ago. It is hoped that the raising of awareness through specialist media will contribute to a reduction.
4. Whilst these figures are quite low, the figures for fell running should be watched with interest. It is hoped that this time next year, these figures will reduce to something much lower.

Persons Assisted	2009	2010	2011	2012	2013
Persons - all	676	676	505	464	425¹
By Activity					
Hill walking (non-winter)	476	428	394	331	300 ²
Hill walking (winter)	83	108	19	30	41 ³
Climb/Scramble	43	74	29	16	20 ⁴
Mountain Bike	10	9	24	17	11
Orienteer/Fell running	11	11	7	10	11
Hang-gliding/Parapenting	3	3	3	4	5
Resilience	16	14	11	25	12
Non-Mountain Search	13	12	6	10	13
Water Sports	11	4	6	7	9

Table 2 – Persons Assisted – by Activity

Notes:

1. The number of persons requiring assistance in the region again shows an encouraging drop.
2. Nearly half of the persons involving in non-winter hill walking and in need of assistance, did so because they had not made adequate preparations. This aspect has been a common feature of these annual reports for many years. There seems to be an attitude that walking the fell is a natural activity. The truth is much different. Walking skills, stamina, danger-awareness and navigation have to be fostered. This can only be done by training and experience
3. The previous comment is reinforced by consideration of hill walking in winter conditions. The severe weather at the end of the winter caught many people out. Participant must acquire the necessary skill before they venture far on to the fells in winter conditions. Even the experience can sometimes get caught out.
4. Refer to the comment in note 2 on the previous table. Blencathra is a magnificent fell; the ascents are many and varied. However, Sharp Edge never fails to catch out the poorly prepared or reckless. Weather conditions can quickly change making the traverse of this exposed ridge a much harder scramble that first envisaged.

Fatalities	2009	2010	2011	2012	2013
Persons - all	23	30	17	22	14¹
By Activity					
Hill walking (non-winter)	11	14	10	8	7 ²
Hill walking (winter)	2	4	0	2	1
Climb/Scramble	1	3	0	2	0 ³
Mountain Bike	0	0	1	1	1 ⁴
Orienteer/Fell running	0	0	0	1	0
Hang-gliding/Parapenting	0	0	0	0	0
Resilience	4	2	1	3	1
Non-Mountain Search	1	2	0	3	2
Water Sports	4	2	3	1	2 ⁵

Table 3 – Fatalities – by Activity

Notes:

1. The decrease in total fatalities must be seen as heartening. There seems no apparent, underlying reason for this decrease.
2. While this figure shows a decrease in absolute terms, the fatality rate among non-winter hill walkers remains fairly constant at about 1 in 40. (This note remains exactly the same as last year!)
3. Rock scrambling is enjoyed by many people. However the consequences of a mistake or error of judgement is usually life-changing. Likewise the dividing line between one person mishap and another person's valuable lesson is very fine. Everyone is looking forward to an accident-free year on the Lake District's scrambling black spots.
4. This is the third year in succession that a mountain bike fatality has been recorded. This was recorded very close to a similar incident last year. Participants have to be made aware of some of the dangers; it is to be hoped that the specialist media help in this matter.
5. Drownings in the lakes and waters on Cumbria seem to be a constant theme of these notes. This time it appears lack of awareness of local conditions and weather forecasts have again not been heeded.

Required Medical Attention	2009	2010	2011	2012	2013
Persons - all	307	319	224	228	228¹
By Activity					
Hill walking (non-winter)	210	215	170	155	155
Hill walking (winter)	32	36	5	15	29 ²
Climb/Scramble	21	31	14	11	10
Mountain Bike	9	8	20	14	7
Orienteer/Fell running	10	7	4	8	9
Hang-gliding/Parapenting	3	3	3	3	5
Resilience	10	8	4	14	8
Non-Mountain Search	2	1	1	0	1
Water Sports	1	2	0	3	2

Table 4 Required medical attention – by Activity

Notes:

1. While this figure for those persons assisted required medical attention looks stable, it represents a rate of 49%. Given the rates for the other years shown are all lower relatively more people are in need of medical care than in previous years.
2. Again this unusually large increase is down to the significant wintry weather that swept the county in Feb/Mar.

Causes of Incidents

The following table is the result of a search through all the reports for key words relating to the causes of calling out the MRTs. For example, the category 'Benighted' will include any word with 'benight-' and 'darkness' as part of the word or phrase.

Please note that the totals of these columns may not match the number of incidents given at the bottom of each column. Many incident reports refer to more than one of these causes. A typical report will illustrate this:-

'tripped on footpath whilst walking and fell 2m onto rocky ground'

This will result in contributions to the 'Slip, Trip or Stumble' and 'Fall or Tumble' categories.

Cause of Incident	2009	2010	2011	2012	2013
Avalanche	0	4	1	0	0
Belay/Runner Failure	4	2	1	1	2
Benighted	28	21	19	13	10
Cragfast	24	35	22	23	23 ¹
Fall or Tumble	103	109	84	77	91
Lightning	0	3	0	0	0
Lost or Disorientated	65	61	64	63	49
Medical Collapse or Illness	34	35	25	26	20
Overdue or Missing	46	50	39	36	37
Rockfall	1	1	0	0	0
Shouts, Lights or Flares Reported	14	23	5	6	16
Slip, Trip or Stumble	148	132	99	111	111
Unable to Continue	22	12	13	19	28
Total Incidents	489	488	372	375	433

Table 5 – Causes of Incidents

Notes:

1. Poor judgement is generally involved in someone becoming cragfast. The ability to retreat on steep or exposed rock is just as important as 'pressing on'. It is a skill that seems to have been forgotten but would dramatically reduce these figures.

Age Profile of Subjects

The following table shows the ages of both male and female subjects where both age and gender were reported. However, the totals include those whose ages were not reported

Age (yrs)	Gender	2009	2010	2011	2012	2013
1 – 10	Male	0	3	2	5	4
	Female	1	9	3	1	2
11 – 20	Male	59	56	16	35	28
	Female	27	18	6	9	14
21 - 30	Male	43	37	30	32	25
	Female	31	20	10	11	20
31 - 40	Male	28	32	27	18	18
	Female	16	19	12	20	9
41 - 50	Male	42	37	30	39	33
	Female	19	22	24	13	15
51 – 60	Male	42	46	31	31	25
	Female	32	23	24	24	33
61 - 70	Male	38	37	19	29	35
	Female	40	24	29	22	17
71 – 80	Male	18	21	15	14	13
	Female	4	11	6	10	7
81 +	Male	5	4	5	3	5
	Female	6	1	1	2	1
Totals	Male	454	456	352	302	246
	Female	221	222	154	164	159

Table 6 – Age Profile of Subjects

Types of Conditions / Injuries

The table that follows is the result of a search through the reports for key words relating to type of injury or medical condition diagnosed on site. For example, the category 'Lacerations' will include any word with 'lacerat-', 'cut-' or 'gash-' as part of the word or phrase.

Please note that the totals of these columns do not match the number of persons given at the bottom of the table. Unfortunately, many subjects sustained more than one injury as a result of the accident. A typical example will illustrate this:

'Fracture/dislocation of the ankle, cuts to hands and knee'

This will result in contributions to the fracture, dislocation and laceration categories.

Condition / Injury	2009	2010	2011	2012	2013
Abrasions / Scratches	1	2	4	3	2
Asthma	2	3	0	1	0
Bruising	10	7	6	1	2
Burns / Scalds	0	1	1	0	0
Concussion	0	1	5	0	2
Cramp	2	3	0	0	0
Crush Injury	0	0	1	0	1
Diabetes	0	0	2	0	0
Dislocation	17	28	27	13	19
Epilepsy	1	1	2	1	3
Exhaustion	9	5	2	5	2
Fracture	118	128	81	79	75
Heart Attack	13	13	9*	8*	7
Hypothermia	14	10	2	10	9
Illness	1	0	1	0	0
Lacerations	17	19	19	11	8
Connective Tissue Damage	9	7	3	3	4
Multiple Injuries	8	11	4	6	5
Pain / Tenderness	9	10	3	15	13
Shock	3	2	0	0	0
Sprain / strain	7	11	8	15	10
Loss of Consciousness	6	10	4	6	3
Total Injured Persons	247	272	237	247	242

Table 7 – Types of Conditions / Injuries

Notes: * figures corrected from previous years

Sites of Injury

The table that follows is the result of a search through all the reports for key words relating to sites of injury or medical condition. For example, the category 'Lower leg' will include any word with 'tibia', 'fibula', 'lower leg' and 'shin' as part of the word or phrase.

Please note that the totals of these columns do not match the number of persons given at the bottom of the table. Unfortunately, many subjects sustained more than one injury as a result of the accident. A typical example will illustrate this:
'Fracture/dislocation of the ankle, cuts to hands and knee'
 This will result in contributions to the ankle, hands & wrist and knee categories.

Site of Injury	2009	2010	2011	2012	2013
Abdomen	7	2	1	4	4
Ankle	73	69	46	54	41 ¹
Arm	7	4	14	3	7
Chest	13	15	3	8	9
Facial	3	2	6	3	3
Foot	0	3	0	1	2
Hand & Wrist	13	20	17	9	6
Head	28	37	43	27	28
Knee	22	34	11	17	26 ²
Lower Leg	38	33	49	39	58 ¹
Neck	7	10	5	2	1
Pelvic Girdle	9	12	5	7	7
Shoulder Girdle	14	22	11	3	8
Spine	15	14	14	22	16
Upper Leg	6	8	3	4	4
Total Injured Persons	255	285	228	203	242

Table 8 – Sites of Injury

Notes:

1. The increase/decrease in these two related categories needs explanation. The ankle is a joint (in fact it is three joints); it is common to attribute fractures to bones close to this joint as a fractured ankle. Whereas the fracture could be in a bone close to the joint i.e. in the lower leg (tibia and or fibula).
2. Recurrent knee injuries are quite common. They are often self-managed by the patient. However, prolonged activity will make recovery into a lengthy process. For this reason, many sufferers are glad of assistance.

Lake District Search & Mountain Rescue Teams - Contacts

For rescue assistance

- Go to the nearest telephone, dial 999 and ask for 'Mountain Rescue'.
- Give the location name & grid reference, time of accident, nature of injuries – name, gender and age of casualty if known.
- Stay by telephone until police or rescue team make contact.

The contact names and addresses given below are for administrative purposes only. In the event of an accident, dial 999.

Cockermouth MRT	Hon. Sec.: Gwyn Lewis 12 Horsman Street, Cockermouth, Cumbria CA13 0HE Email: gwyn@cockermouthmrt.org.uk	01900 827771
Coniston MRT	Hon. Sec.: Kevin Dibble Fell Cottage, Beck Bottom, Lowick Green, Cumbria, LA12 8EA Email: secretary@conistonmountainrescue.org.uk	01229 885003
Cumbria Ore Mines RU	Hon. Sec.: Bernie Green School House, Oulton, Wigton, Cumbria, CA7 0NP Email: berniejamesgreen@gmail.com	016973 42618
Duddon & Furness MRT	Hon. Sec.: Jacqui Young 1 Vale View, Backbarrow, Cumbria, LA12 8PW Email: sec@dfmrt.org.uk	015395 30145
Kendal MSRT	Hon. Sec.: Ian Johnson Punchbowl House, Grayrigg, Kendal, Cumbria, LA8 9BU Email: secretary@kendalmrt.org.uk	01539 824345
Keswick MRT	Hon. Sec.: Paul Cheshire Keswick MRT HQ, Lake Road, Keswick, Cumbria, CA12 5DJ Email: secretary@keswickmrt.org.uk	017687 75982
Kirkby Stephen MRT	Hon. Sec.: David Watkinson Bank End House, Appleby in Westmorland, Cumbria, CA16 6LH Email: dgwatkinson@hotmail.com	017683 52050
Langdale / Ambleside MRT	Hon. Sec.: Liz Mallabon Low Fold, Lake Road, Ambleside LA22 0DN Email: lizmallabon@hotmail.com	07764 689426
Patterdale MRT	Hon. Sec.: Nigel Harling Middlegarth, Motherby, Penrith, Cumbria, CA11 0RL Email: nigelharling@gmail.com	017684 83844
Penrith MRT	Hon. Sec.: Glenn Mitchell 29 Keld Close, Stainton, Penrith, Cumbria, CA11 0EJ Email: mitchell.collie@btinternet.com	01768 899916
Lake District MR Search Dogs	Hon. Sec.: Karen Frith Maple Croft, Moorfoot, Clifton, Penrith, Cumbria, CA10 2EP Email: kazfrith@googlemail.com	01768 868914
Wasdale MRT	Hon. Sec.: Paul Winstanley c/o Mill Forge, Gosforth, Cumbria Email: paul@westcoastguiding.co.uk	07930989641

The association consists of the teams listed below and the Police. Its Hon. Sec. is Mr Simeon Leech tel: 01229 480768 and email: simeonleech@hotmail.com

For further information about LDSAMRA and the mountain rescue teams in Cumbria, try our web site at <http://www.ldsamra.org.uk>

Lake District Mountain Rescue Posts

Recognised Posts, Manned, with Telephone and some Equipment

<i>Location :</i>	Gatesgarth Farm, Buttermere
<i>Grid Ref.:</i>	NY 194 149
<i>Supervisor:</i>	Cockermouth MRT Tel: 01900 827916

<i>Location :</i>	Ullswater Outward Bound Mountain School
<i>Grid Ref.:</i>	NY 438 213
<i>Supervisor:</i>	Ullswater OBMS Tel: 017684 86347

<i>Location :</i>	Wastwater Hotel, Wasdale Head
<i>Grid Ref.:</i>	NY 187 088
<i>Supervisor:</i>	Wasdale MRT Tel: 019467 25431

Mountain stretcher boxes - Unmanned, no Telephone

<i>Location :</i>	Dow Crag (at the foot of Abraham's B Buttress)
<i>Grid Ref.:</i>	SD 263 976
<i>Supervisor:</i>	Coniston MRT Tel: 015395 41242

<i>Location :</i>	Mickledore, Scafell (just below crest on Eskdale side)
<i>Grid Ref.:</i>	NY 210 068
<i>Supervisor:</i>	Wasdale MRT Tel: 019467 25314

<i>Location :</i>	Sty Head Pass
<i>Grid Ref.:</i>	NY 218 095
<i>Supervisor:</i>	Keswick MRT Tel: 017687 72105

Other First Aid Posts (with telephone)

<i>Location :</i>	Howtown OA Centre, Martindale
<i>Grid Ref.:</i>	NY 444 197
<i>Supervisor:</i>	BRCS Cumbria c/o The Warden Tel: 017684 86208

<i>Location :</i>	YMCA National Centre, Lakeside
<i>Grid Ref.:</i>	SD 374 897
<i>Supervisor:</i>	YMCA Tel: 015395 31758

NOTE: All the above posts are in the area of the OS Lake District Outdoor Leisure Maps (1:25 000) though not all are marked as MR Posts.

The position of a post is sometimes changed. Verify locally.

Mobile Phones & Mountain Rescue

Advice to Users

There is no doubt that using mobile phones have saved lives in the mountains and fells of this country. The sooner rescue teams are alerted to an incident, the better are the chances of a quick and complete recovery for the victim. However, over the past few years there have been occasions when teams have been alerted inappropriately. The notes that follow are given in the hope that the mobile phone can be used to better effect and to minimise any frustration.

When to use

- If you or a member of your party sustains an injury warranting the assistance of a mountain rescue team.
- If you come across someone who has sustained an injury warranting the assistance of a mountain rescue team.
- If one of the party has become separated from you and you have made every effort to but have been unable to meet up again.
- If you want to report having seen or heard any internationally recognised distress calls.
- If you wish to notify someone of a change of plan (not a 999 call).

When not to use

- Do not use the mobile phone at the 'first sign of trouble'; be self-reliant if possible.
- Do not rely solely on the mobile phone as a safety device; there are areas of poor or no reception ('dead areas').
- The mobile phone is not a substitute for experience.

How to use

1. First make a note of all relevant details, Location and Grid Reference
Name, Gender and Age of Casualty.
Nature of Injuries or disability.
Number of people in party and intended destination.
THE NUMBER OF THE MOBILE PHONE IN USE.
2. Dial 999 and ask for the Police.
3. Make sure you tell the operator that you require the Cumbria Police as you are in the Cumbria.
4. When connected to a Police control room, check that it is the Cumbria Police. If it is not, then make sure that the information will be passed on.
5. Explain the nature of your call, giving details previously prepared (1).
6. Do NOT change your position until contacted by Rescue Team, who will agree future protocol for use of Phone.
7. If you have to make a further 999 call, use ALL the procedure again.

Advice to Mountain Users

Many calls to Mountain Rescue Teams are avoidable. With adequate preparation, awareness of local conditions, experience and the application of commonsense, the number of accidents can be reduced. The following points cover the minimum precautions you should take if you want to avoid getting hurt or lost or, in the event of an accident, minimise further harm to you and your party.

Planning and Preparation

- Plan before setting out! Maps are essential and guidebooks are full of advice.
- Consider the equipment, experience, capabilities and enthusiasm of the party members.
- Check the weather forecast and local conditions; Scottish mountains can be major undertakings. Night encroaches early in the winter and the further north you go! Check the website www.mwis.org.uk
- Carry a First Aid kit and learn how to give First Aid.
- Many accidents occur towards the latter part of the day when both your energy levels and those of your phone and GPS batteries will be run down. Did you remember to charge your battery before setting out?

Footwear and Clothing

- Wear suitable boots with a treaded sole and sufficient support for ankles.
- Clothing should be colourful, warm, windproof and waterproof.
- Take spare warm clothing and perhaps a hat and gloves; it is always colder on the tops.

Food and Drink

- In addition to the usual sandwiches, take chocolate, dates, or similar sweet things, this can restore energy quickly. You may not need them yourself, but someone else may.
- Streams on hills are drinkable if fast-running over stony beds.

Equipment and its Use

- A map, compass and the ability to use them; at least one reliable watch in the party should always be carried.
- If you carry a GPS, at least know how to read your current position. It could save a lot of hassle in an emergency when speaking to the Mountain Rescue Team.
- In all conditions, it is wise to carry a whistle, torch, spare batteries and bulbs; but in winter conditions, an ice-axe, crampons and survival bag are essential.
- Climbers and mountain bikers are all urged to wear suitable helmets at all times.

Party Size

- If in groups, make sure party leaders are experienced; do not let the party become separated.
- Take special care of the youngest and weakest in dangerous places.
- If you prefer to go alone, be aware of the additional risk. Let people know your route before you start, stick to it as far as you can and notify them of any changes.

Emergency Procedures

- Be prepared to turn back if conditions are against you; even if this upsets your plan. Report changes of route or timetable to someone who is expecting you.
- If you have a serious problem, get a message to the Police (999) for help as soon as possible and keep injured/exhausted people safe and warm until help reaches you. If you cannot contact anyone, use six whistle blasts or torch flashes, repeated at minute intervals, to signal an emergency.

Dangers - all can be avoided by good route-finding

- Cliffs, slopes of ice or steep snow
- Very steep grass slopes, especially if frozen or wet
- Unstable boulders, gullies, gorges and stream beds
- Rivers and streams in spate
- Snow cornices on ridges or gully tops
- Exceeding your experience and abilities

Dangers – all can be avoided by remaining alert

- Weather changes - these can be sudden and more extreme than forecast
- Ice on path - carry an ice-axe and crampons - and know how to use them
- Loss of concentration, especially toward the end of a long day
- Excessive cold or heat - dress appropriately
- Separating from the rest of the group
- Incipient exhaustion - know the signs; rest, take some food and keep warm
- Accident or illness - don't panic - if you send for help, make sure you stay put and the rescuers know exactly where to come
- Passage of Time - especially true when under pressure - allow extra time in winter conditions

Pride

- It is no disgrace to turn back if you are not certain. A party must be governed by the capabilities of the weakest member.

Donating To Mountain Rescue

If you wish to support financially the Mountain Rescue Service, in the Lake District, the Association will be pleased to receive your donation. The Association equally shares out all it receives to the 12 Teams in the Lake District. There are several ways of assisting, some more financially advantageous than others.

1. Gift Aid

Following recent changes in the law relating to donating to charities, completion of a Deed of Covenant is no longer necessary. Most donations are now covered by a Gift Aid declaration. If you pay tax, Gift Aid is a scheme by which you can give a sum of money to a charity and the charity can reclaim from the Inland Revenue basic rate tax on your gift. You can make payments by cash, cheque, postal order, direct debit or standing order. Subject to a few rules, you can give any amount, large or small, regular or one-off and the charity can reclaim the tax.

If you want to make a donation through Gift Aid please complete the form printed overleaf having read the notes and return it, with either your donation or a completed copy of the Bankers Order to the Association's treasurer.

1.1 If your declaration covers donations you may make in the future:

- Please notify the charity if you change your name or address while the declaration is in force
- You can cancel the declaration at any time by notifying the charity – it will then not apply to donations you make on or after the date of the cancellation or such later date as you specify.

1.2 You must pay an amount of income tax and/or capital gains tax at least equal to the tax that the charity reclaims on your donations in the tax year (currently 28p for each pound you give).

1.3 If in future your circumstances change and you no longer pay tax on your income and capital gains equal to the tax that the charity reclaims, you can cancel your declaration (see note 1.1)

1.4 If you pay tax at the higher rate you can claim further tax relief in your Self Assessment tax return.

1.5 If you are unsure whether your donations qualify for Gift Aid tax relief, ask the charity. Or you can ask your local tax office for leaflet IR113 *Gift Aid*

2. Give As You Earn

This is a tax free way of giving to charities direct from your pay and many employers have agreed to co-operate. The donation is deducted from your pay before your tax deduction is calculated. The Association is registered with the Charities Aid Foundation. If this appeals to you, please approach your employer with these details:

Charity Name:	LDSAMRA	
Bank Code:	40-22-16	Bank Account No: 81205617
Give As You Earn Reg.	No:004184	
Charity Commission Reg.	No:506349	

GIFT AID DECLARATION

Charity Name: **LAKE DISTRICT SEARCH & MOUNTAIN RESCUE ASSOCIATION**

Registered Charity Number: **506349**

Title Forename..... Surname.....

Address:.....

.....

..... Postcode:.....

I want the charity to treat : (Delete as appropriate)

- The enclosed donation of £.....
- The donation(s) of £ which I made on/...../.....
- All donations I make from the date of this declaration until I notify you otherwise
- All donations I have made since 6 April 2000, and all donations I make from the date of this declaration until I notify you otherwise as Gift Aid donations.

Signed Date/...../.....

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-

BANKERS ORDER

To: Bank

..... Address

..... Date

Please pay

HSBC, DENTON HILL, GOSFORTH, SEASCALE, CUMBRIA CA20 1EL

Code No. 40-22-16, for credit of LDSAMRA A/c No. 81205617 the sum of £..... (words)

commencing (date of first payment)

and thereafter every (month/year)

until (date of last payment) and debit my/our account accordingly.

Signed Date

.....

DEED OF COVENANT

To: LAKE DISTRICT SEARCH AND MOUNTAIN RESCUE ASSOCIATION

I promise to pay you for 4 years, or until I die if earlier, such a sum as after deduction of income tax at the basic rate amounts to *£ each (month/year), from the date shown below.

Signed and delivered

Date

Full name & address

(in capitals)

Tel. No.....

Witnessed by (signed)

Full name & address

(in capitals)

.....

* Enter here the actual amount you will be paying to the LDSAMRA.

-----✂-----

BANKERS ORDER

To: Bank

Address.....

..... Date.....

Please pay

HSBC, DENTON HILL, GOSFORTH, SEASCALE, CUMBRIA CA20 1EL

Code No. 40-22-16, for credit of LDSAMRA A/c No. 81205617 the sum of

£..... (words)

commencing (date of first payment) and

thereafter every (month/year)

until (date of last payment) and debit my/our account

accordingly.

Signed Date



DISTINGUISHED SERVICE LIST

Containing persons who have made a significant contribution to Mountain Rescue in the Lake District

JOHN BERNARD ANDERSON	Coniston MRT
STEVE BARBER (Deceased)	Kendal MSRT, LDSAMRA & MRC
ERIC BARRINGTON	Kendal MSRT & LDSAMRA
PETER BELL	Langdale/Ambleside MRT, Stretcher Manufacturer
DAVID BINKS	Duddon & Furness MRT
Sir CHRISTIAN BONINGTON	
JOE BOOTHROYD (Deceased)	Patterdale & Penrith MRTs, LDSAMRA & MRC
ROB BROOKES	Kendal & Langdale/Ambleside MRTs
DUNCAN JAMES CAMERON (Deceased)	Coniston MRT
NELSON CLARK	Furness MRT
ROY COOKSEY MBE	Coniston MRT
STEPHE COVE	Millom FRT, Duddon & Furness MRT
JIM COYLE BEM	Cockermouth MRT
SYDNEY H. CROSS MBE (Deceased)	Langdale Mountain Rescues
Sqn Ldr LESTER DAVIES MBE (Deceased)	O.B.M.S. Ullswater
JOHN DEMPSTER MBE	Cockermouth MRT, LDSAMRA
GEORGE FISHER MBE (Deceased)	Keswick MRT
RICHARD FISHER	Keswick MRT
MALCOLM GRINDROD	Langdale/Ambleside & Coniston MRT, SARDA (Lakes)
Mrs. ADA HILLARD	
PAUL HORDER	Cockermouth & Keswick MRTs, LDSAMRA & MRC
STEWART HULSE MBE (Deceased)	Langdale/Ambleside MRT, & MRC
PETER JACKSON MBE	Millom FRT
RICHARD LONGMAN	Wasdale MRT, LDSAMRA
TOM MINTON (Deceased)	Kendal MSRT
JOHN MITCHELL	Millom FRT
MIKE MITCHELL	Kendal MSRT, COMRU & LDSAMRA
MIKE NIXON MBE	Keswick MRT
Dr. JAMES D OGILVIE (Deceased)	Patterdale MRT
DES OLIVER	Keswick MRT
BILL PATTISON MBE	Wasdale MRT
ROGER PUTNAM MBE	O.B.M.S. Eskdale
J BRYAN STILLING (Deceased)	Kendal MSRT, LDSAMRA & MRC
Lt. Col H. WESTMORELAND MBE (Deceased)	Keswick MRT
Fl. Lt. RICHARD WOOD	A Flight 202 Sqn RAF Boulmer

FOR RESCUE ASSISTANCE

*

**GO TO THE NEAREST TELEPHONE
AND DIAL 999**

*

ASK FOR 'MOUNTAIN RESCUE'

*

**GIVE THE LOCATION (NAME & GRID
REFERENCE), TIME OF ACCIDENT,
NATURE OF INJURIES - NAME &
ADDRESS OF CASUALTY IF KNOWN**

*

**STAY BY TELEPHONE UNTIL
POLICE OR RESCUE TEAM MAKE
CONTACT**