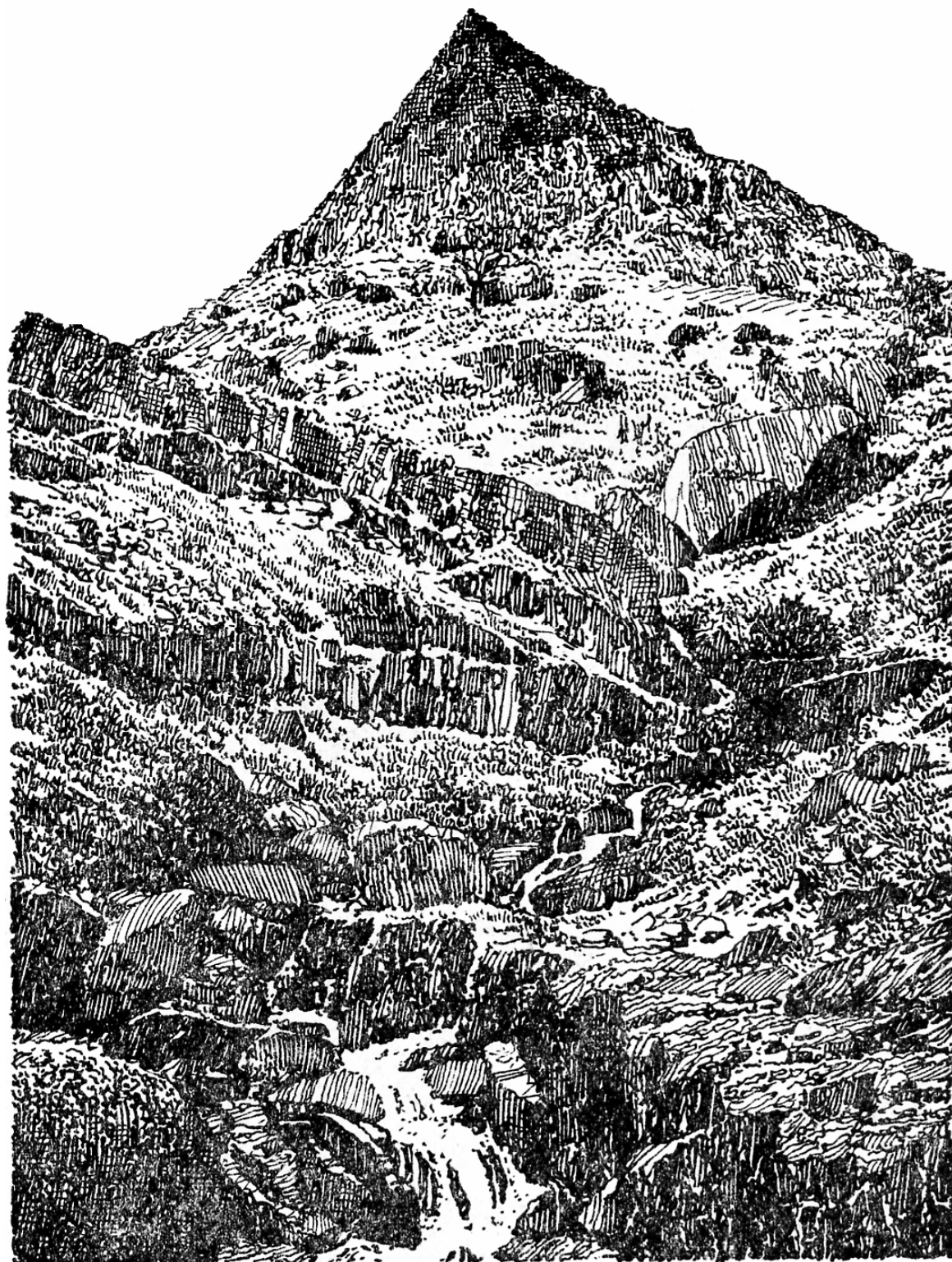


LAKE DISTRICT SEARCH & MOUNTAIN RESCUE ASSOCIATION
MOUNTAIN ACCIDENTS 2009



*Belles Knotts from 'Wainwright's Central Fells' and reproduced
By courtesy of the Westmorland Gazette*



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.



and

Cumbria Police Authority



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

Lake District Search and Mountain Rescue Association

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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 Council 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.

Cost £2.00

The charge is at cost price and helps us to meet the production charges of this booklet

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

CHAIRMAN'S REPORT FOR 2009

If we were a commercial company reporting on performance we would probably be celebrating with big bonuses all round as 2009 was a record year with a growth of 14%. However, the picture is not positive. We are a purely voluntary organisation, relying on public donations and trying to keep up with the worrying trend of incidents being on the increase. 532 incidents in 2009 compared to 464 in 2008, dropping to less than 400 incidents when looking back to 2006. As a consequence we have an 16% increase in the number of man hours devoted to incidents, possibly due in part to greater mutual support from neighbouring teams as the impact on work and family life takes its toll on our team members. The good news is that the teams and team members are coping extremely well, dealing with the increases and rising to the challenge as the size and scope of our rescue activities expands. Further good news is that there has been a 33% drop in fatalities across all categories. However, the numbers of persons reported 'lost' still rides at an unacceptably high value, 118 incidents states the cause as 'lost'; this represents 22% of incidents requiring a deployment. In addition to these rescues there are the alerts. Alerts now total in excess of 100 across the county where the '999' call has been dealt with without having to deploy team members on the fell. Many, if not all of these alerts could be avoided for the sake of a map, compass and torch plus a little knowledge on how to use them.

The picture is not all gloomy though, the Lake District teams hosted a visit in July 2009 where young adults from Centrepoint charity scaled the heights of Helvellyn via Swirral Edge and families from the Wellchild charity visited the Patterdale rescue base and were treated to a trip on the Ullswater steamer. The icing on the cake for these homeless young adults and the young children with terminal illnesses was the appearance of Prince William who spent the day with the mountain rescue teams, the Centrepoint young adults and the families from Wellchild charity. Prince William is the royal patron of Mountain Rescue (England and Wales) and Centrepoint charity, and his brother Prince Harry is royal patron to Wellchild charity.

There was further royal recognition of mountain rescue in the 2010 New Year honours list when our own Dave Freeborn, Deputy Team Leader Patterdale MRT received an MBE for his contribution to mountain rescue within his own team as team leader for many years, for his significant contribution to our regional activities and also his contribution nationally. An award very well

deserved to both Dave and his wife Jackie who is also a key member of the team.

Moving on to flooding in the Lake District, which has been a common theme over the past two years. Autumn of 2008 saw the Lake District mountain rescue teams working together as a co-ordinated body during the extreme weather and flooding that disrupted the 2008 Original Mountain Marathon and resulted in the rescue of 17 competitors. After that major event teams were fully recognised and accepted by both the Police and the Fire and Rescue Service as being able to provide a full swift water/flood water rescue capability. Autumn of 2009 saw the Lake District teams again in action but this time it was across the county with all twelve of the LDSAMRA teams either directly involved or providing back-up to their neighbouring teams. The rainfall during this period was the worst on record with over 400 mm of rainfall dropping on the central fells. The consequences were disastrous for the communities and tragic for the family of PC Bill Barker who lost his life when Workington North Bridge collapsed. Over 1,000 homes were evacuated over the period 19 – 20 November and our teams, supported by teams from adjacent regions were right at the sharp end over the full six days of the rescue phase. During this period over £42,000 of team equipment was lost or damaged and thankfully, with financial assistance from Allerdale Borough Council and Cumbria Police Authority, these losses have been made good. The teams are re-equipping and indeed enhancing their swift water rescue capabilities to respond to the next major incident or their own local incidents which seem to be on the increase.

Fundraising for mountain rescue remains an ongoing and very important task for the teams with annual costs running at between £30,000 and £75,000 per team and rising. Donations, bequests and legacies, which are sent into the association, do make a significant difference and 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 is shared amongst the 12 teams to supplement their own fundraising activities and it is important that those who donate know and understand that their contributions, however small, do make a difference to the ability of teams to provide our free rescue service to the Cumbrian communities and to those visitors who come into the county.

To conclude my report, I would like to thank all the organisations and agencies with whom we work and also thank all the LDSAMRA officials for all their hard work over the past twelve months which has been extremely busy and eventful.

Richard Warren – Chairman - March 2010

January 2009

- 1 18959 1 January 14:30 Rydal Cave NY354058**
Calm/dry/clear/freezing/bright. Moderate frozen footpath. Hill Walking (Winter) (Medium party)
Boy(13) sustained a dislocated knee after slipping.
Langdale Ambleside 8, 1½ hr; Bowland Pennine 2, 1½ hr
- 2 19492 1 January 15:40 Crooked Birch Farm SD265870**
Not reported. Not reported Local Incident (Not known)
Assisting ambulance service with attempted suicide. Stood down before arrival at site.
Duddon & Furness 22, ¼ hr
- 3 19102 1 January 18:17 Yewdel Knott NY248180**
Very cold. Gentle footpath snow/ice, slippery Hill Walking
Woman(31) slipped on the ice. She was carried down and taken to Keswick Cottage Hospital. She was treated for an ankle injury.
Keswick 28, 2hr
- 4 19016 2 January 13:20 Great Gable, Westmorland Crag NY210098**
Light/dry/clear/very cold/bright. Vertical crag rough Rock Scrambling (Small party)
Woman(35) fell near top of a recognised scramble on Westmorland Crag. **FATAL** Massive internal injuries and multiple fractures.
Wasdale 17, 5hr
- 5 19103 2 January 13:28 Cat Bells NY245203**
Very cold. Footpath snow/ice, slippery Hill Walking (Not known)
Man(47) slipped; he was treated at the scene for an ankle injury, carried down and taken to hospital for assessment.
Keswick 18, 1¾ hr
- 6 19010 2 January 13:50 Fairy Steps Beetham SD480799**
Calm/dry/clear/cold/bright. Moderate dry footpath Hill Walking (Small party)
Man(50) - Team's assistance requested by NWSA to evacuate a male from the hill who had collapsed.
FATAL No diagnosis reported.
Kendal 10, 2hr; North West Air Ambulance
- 7 19104 2 January 15:05 Theatre, Keswick NY264228**
Not reported. Not reported Local Incident (Not known)
Man(79) - As it was on our doorstep, we were asked to assist the First Responders with a person who had collapsed in the theatre. As there was a rescue helicopter in the area, it was requested to fly the man to hospital in Lancaster. He was treated for a coronary disorder.
Keswick 12, 1¼ hr; Boulmer SAR Helicopter
- 8 19613 2 January 16:28 Scale Force Buttermere NY160169**
Dark. Gentle frozen Hill Walking (Small party)
Man(27) had fallen on the path near Scale Force, and was reported initially to have been briefly unconscious. The casualty's party walked him down some distance, then the team stretched him to an ambulance in Buttermere. Tired & aching from fall.
Cockermouth 26, 2½ hr
- 9 18999 3 January 14:17 Easedale Tarn, Grasmere NY319086**
Calm/dry/broken cloud/freezing/dull. Moderate frozen footpath Hill Walking (Winter) (Small party)
Woman(64) slipped and sustained a fracture lower leg.
Langdale Ambleside 10, 1½ hr; Leconfield SAR Helicopter
- 10 19000 3 January 17:48 Far Easedale, Grasmere NY317918**
Calm/dry/clear/freezing/dark. Moderate slippery frozen footpath Hill Walking (Winter) (Not known)
Two women(46) having difficulty getting off the hill after one slipped and sustained wrist injury. They were located on path and assisted down. Fractured wrist was diagnosed, the other unhurt.
Langdale Ambleside 4, 2hr

- 11 19039 5 January 12:09 Scalehow Wood NY413119**
 Calm/dry/clear/freezing/bright. Moderate frozen slippery footpath Hill Walking (Family group)
 Woman(53) slipped on path and damaged her ankle. Fractured ankle diagnosed.
 Patterdale 11, 2¾ hr
- 12 19040 6 January 15:30 Oak Howe, Gt Langdale NY309054**
 Calm/dry/clear/freezing/dusk. Moderate footpath frozen, slippery Hill Walking (Winter)
 Woman(56) slipped on ice covered path. Fracture lower leg diagnosed.
 Langdale Ambleside 9, 2½ hr
- 13 19105 6 January 17:11 Nethermost Pike, Birk Side NY330131**
 Not reported. Icy Hill Walking (Not known)
 Man(33) became lost in the dark. He was located and escorted down to the road where he caught a
 bus back to Windermere!. Unhurt.
 Keswick 19, 2¾ hr; SARDA (Lakes) 6, 2¾ hr
- 14 19689 8 January 11:42 Glanamara Park, Patterdale NY380155**
 Calm/dry/cloudy/very cold/bright. Gentle snow/ice footpath Hill Walking (Winter) (Family group)
 Man(NK) slipped on icy path. Fractured tibia & fibula diagnosed.
 Patterdale 9, 3hr
- 15 19106 9 January 14:13 Blencathra - Sharp Edge NY326283**
 Dry/hill fog/very cold/dull. Steep crag snow/ice, slippery Hill Walking (Winter) (Not known)
 Man(28) and Woman(25) became lost and wandered off the path, trying to descend (unknowingly) to
 Sharp Edge. They became very cold and completely ice-bound. A report of their position in Lat/Long
 was derived from their phone. They were roped to safety, no injuries.
 Keswick 15, 4¾ hr
- 16 19335 9 January 19:54 Great Lingy Hill NY310340**
 Strong/heavy rain/hill fog/cool/dark. Undulating slope boggy Hill Walking (Small party)
 Group of five, one in survival bag, reported as unable to find the bothy in poor visibility. Unhurt when
 located.
 Keswick 19, ¾ hr; SARDA (Lakes) 3, ¾ hr
- 17 19690 9 January 22:18 Hartsop Dodd NY407122**
 Calm/dry/clear/freezing/dark. Moderate frozen slope Hill Walking (Winter) (Family group)
 Two boys(17) called for help for friends that were camping on the hill in freezing conditions. The team
 went and checked, and found them to be OK and happy to stay on the hill.
 Patterdale 6, 2¾ hr
- 18 19049 10 January 11:00 Wood Close, Grasmere NY344071**
 SW-light/dry/clear/freezing/dull. Steep crag frozen, slippery Local Incident (Alone)
 Man(NK) reported to have committed suicide. Requested to assist Police with body recovery. **FATAL**
 Multiple self inflicted.
 Langdale Ambleside 10, 1½ hr
- 19 19904 10 January 13:15 Scafell Pike NY213072**
 Moderate/snow/hill fog/freezing/dull. Moderate footpath frozen, slippery Hill Walking (Winter) (Alone)
 Man(34) - Solo walker became disorientated in cloud and snow showers. He called for help on mobile
 phone and was located by a team member who was already on the hill and guided down to the correct
 path. Unhurt when found
 Wasdale 4, 2hr
- 20 19050 10 January 14:32 The Band, Gt Langdale NY271057**
 SW-strong/dry/clear/freezing/dull. Moderate frozen footpath. Hill Walking (Winter) (Small party)
 Man(74) - Subject slipped and sustained a lower leg injury. Diagnosed and treated for a fractured lower
 leg.
 Langdale Ambleside 16, 2hr

- 21 19905 11 January 15:15 Scafell Pike NY211074**
Storm/heavy rain/poor/cold/dark. Moderate crag very wet Hill Walking (Small party)
Two men(38 & 35) lost their bearings on Scafell Pike. Without torches or maps they were unable to find their own way down. Located unharmed in atrocious weather and escorted down to their cars.
Wasdale 17, 5hr
- 22 19051 11 January 18:17 Upper Dungeon Ghyll NY280070**
SW-storm/heavy rain/low cloud/cool/dull. Steep gully very wet, slippery Hill Walking (Small party)
Man(45) was probably blown off his feet, falling 70 metres into steep ghyll. **FATAL** Head injuries.
Langdale Ambleside 22, 7hr; Kendal 14, 2½ hr; RAF Leeming 3, 6hr
- 23 19906 13 January 17:30 Lingmell Col NY211077**
Light/dry/freezing/dark. Moderate footpath Hill Walking (Small party)
Woman(19) and two men(19) became lost in cloud and darkness. They called for help on mobile phone. Location successfully estimated from their description of their location. After warming up in a survival tent, all were able to walk off with the team.
Wasdale 17, 4hr
- 24 19907 17 January 12:35 Illgill Head NY175053**
Moderate/dry/clear/cold. Moderate slope grassy Hill Walking (Small party)
Man(63) stumbled and injured his ankle. He was stretchered down, transferred to an ambulance and taken to hospital. Diagnosed and treated for a fractured left ankle.
Wasdale 20, 4hr
- 25 19546 17 January 18:50 Loadpot Hill, High Street NY456181**
Fresh overcast drizzle cool. Damp moorland Fell Running (Medium party)
Party of seven fellrunners reported as overdue by a colleague. They were running between Ambleside and Haweswater and had failed to arrive at appointed time. During initial enquiries, the group were contacted at Howtown Hotel, awaiting a taxi!
Penrith 1, 1¼ hr
- 26 19908 18 January 13:35 Hall Senna, Holmrook NY071011**
Strong/showers/cloudy/cold. Not reported Hill Walking (Small party)
Woman(NK) and man(NK) - Call to the Police for mountain rescue was cut off. No further contact possible. Information suggested the call was genuine. Vehicles were sent to check car parks while the police tried to trace the call. Party called in at 17:30 to say they was OK.
Wasdale 11, 5hr
- 27 19529 19 January 12:52 Brougham, Penrith NY540291**
Cool overcast recent heavy rain. Damp Search - Non-mountain
Motorist on A66 reported seeing a woman waving her arms in a swollen river. Police understood caller to be genuine and request a search of the river banks. Nothing found, believed false alarm good intent.
Penrith 19, 5¾ hr; Kirkby Stephen 16, 4hr; SARDA (Lakes) 2, 5¾ hr; Boulmer SAR Helicopter ; Great North AA Cumbria
- 28 19530 19 January 21:35 Langdon Beck - Dufton NY749271**
Wet heavy snow showers cold. Wet snow Hill Walking (Winter) (Alone)
Man(32) lost and benighted on Pennine Way, having been reported 24 hrs overdue by wife. Unable to contact by mobile from place of shelter. Unhurt when located.
Penrith 15, 2hr; Kirkby Stephen 19, 16hr; Teesdale and Weardale 1, 1hr; SARDA (Lakes) 6, 16hr; SARDA (England) 2, 16hr; Boulmer SAR Helicopter
- 29 19336 20 January 14:20 Skiddaw NY260288**
S-gale/snow/hill fog/arctic/dark. Undulating ridge icy, slippery Hill Walking (Winter) (Small party)
Man(72) and four women(62, 64, NK) split up in vile weather conditions. Two got down safely, four went to ground, one was unaccounted for. Huge task to get them all down in very difficult conditions. Two sent to hospital. All had varying degrees of hypothermia.
Keswick 31, 8¼ hr; Cockermouth 28, 5½ hr; Patterdale 10, 4hr; SARDA (Lakes) 8, 8¼ hr

- 30 19691 20 January 17:03 High Street NY439123**
 Moderate/snow/cloudy/cold/dark. Moderate snow/ice footpath Hill Walking (Medium party)
 Six men(20, 22, 21, NK) got lost in bad weather coming off High Street. Teams, search dogs and
 helicopter were all called due to bad weather. While team were seaching they were found in a pub. All
 fine!
 Patterdale 16, 1¾ hr; Penrith 13, 1¾ hr; SARDA (Southern Scotland) 4, 1¾ hr; Kendal 16, 1hr;
 Langdale Ambleside 1, 1hr; Valley SAR Helicopter
- 31 19909 23 January 11:55 Hardknott Pass NY231014**
 Moderate/sleet/cloudy/very cold/dull. Snow/ice covering Hill Walking (Winter) (School/Youth group)
 Girl(10) slipped on ice injuring her ankle. Team were called to assist because the location was
 inaccessible to ambulance because of ice and snow. She was stretchered down the road and
 transferred to an ambulance. She was treated for a fractured ankle.
 Wasdale 15, 3½ hr
- 32 19337 23 January 14:01 Blencathra, Sharp Edge NY326283**
 Very cold. Steep crag icy, slippery Hill Walking (Winter) (Not known)
 Man(NK), Woman(NK) became cragfast when they took the wrong path from the summit. Roped to
 safety no injuries.
 Keswick 17, 5½ hr
- 33 19338 23 January 15:17 Skiddaw, Hare Crag NY277299**
 Not reported. Not reported Hill Walking (Winter) (Alone)
 Woman(NK) became lost in poor weather and visibility. Unhurt when located.
 Keswick 6, 5½ hr; Cockermouth 27, 4¼ hr; SARDA (Lakes) 3, 5½ hr
- 34 19339 23 January 17:15 High Spy NY234162**
 Hill fog/very cold/dark. Moderate moorland snow/ice Hill Walking (Winter) (Not known)
 Two men(60, NK) reported lost in whiteout conditions. They returned to summit and phoned for help.
 They then found their way to Honister before team caught up with them!. Unhurt when located.
 Keswick 4, 2hr
- 35 19206 24 January 13:31 Coniston Old Man SD270980**
 Fine/misty at times on ridge. Ice/snow on top Hill Walking (Alone)
 Man(40) with dog became cragfast on ridge after leaving summit of Old Man, belayed & walked off to
 safety. Unhurt.
 Coniston 11, 3½ hr
- 36 19340 24 January 16:31 Lodore Falls, Borrowdale NY264188**
 Clear cold. Not reported Local Incident (Family group)
 Woman(44) trapped by a 40ft tree when it rolled over her. Joint operation with FRS (air bag), NT (chain
 saw), ambulance service (paramedic) and Seaking (to hospital). Diagnosed and treated for bruising to
 pelvis.
 Keswick 24, 1¾ hr
- 37 19693 25 January 12:03 Helvellyn, Striding Edge NY349151**
 Light/dry/cloudy/freezing/dull. Steep snow/ice ridge slippery Hill Walking (Winter) (Small party)
 Man(42) fell from narrow ridge dislocating his shoulder. Team treated him on hillside and he was
 airlifted to hospital by RAF helicopter.
 Patterdale 13, 3hr; Leconfield SAR Helicopter
- 38 19291 25 January 22:30 Styhead - Gt Langdale NY235083**
 SW-light/dry/cloudy/freezing/dark. Moderate footpath snow/ice, slippery Hill Walking (Winter)
 Man(42) - Two men became seperated by agreement intending to descend to Langdale after two days
 snow/ice climbing and camping. When the second man hadn't appeared 3 hours after the first, the
 alarm was raised. A search was organised and the man was located. Sprained ankle.
 Langdale Ambleside 7, 2½ hr

- 39 19292 31 January 13:10 Rydal Valley NY364113**
 S-fresh/dry/broken cloud/very cold/bright. Steep crag snow/ice Hill Walking (Winter) (Small party)
 Two men(58) slipped while descending from ridge. Travelled several hundred metres before coming to halt as snow softened with loss of altitude. Fractured ribs, fractured arm, and multiple other injuries, the other was unhurt.
 Langdale Ambleside 10, 5hr; Duddon & Furness 2, 5hr; Leconfield SAR Helicopter
- 40 19293 31 January 16:35 Dungeon Ghyll, Gt Langdale NY292065**
 S-light/dry/broken cloud/freezing/dark. Moderate wet footpath Hill Walking (Winter) (Not known)
 Woman(58) slipped and sustained suspected lower leg fracture.
 Langdale Ambleside 7, 1½ hr; Kendal 16, 4½ hr
- 41 19694 31 January 16:49 Gowbarrow Fell, Ullswater NY415218**
 Fresh/fine/clear/cold/bright. Moderate frozen footpath Hill Walking (Winter) (School/Youth group)
 Boy(17) became ill while out on the walk with a group and was reported in severe pain. Treated by team and transferred by helicopter to hospital. He was treated for abdominal pains.
 Patterdale 13, 2¾ hr; Leconfield SAR Helicopter
- 42 19341 31 January 18:20 Helvellyn - Brown Cove Crag NY332157**
 Dry/clear/very cold/dark. Vertical crag snow/ice, slippery Snow/Ice Climbing (Not known)
 Two men(30, 33) dropped torch while abseiling down the crag. Then unable to continue. No injuries.
 Keswick 14, 7hr

February 2009

- 43 19294 1 February 11:40 Hart Crag NY369112**
 SW-fresh/snow/broken cloud/freezing/dull. Moderate snow/ice Hill Walking (Winter) (Small party)
 Man(32) slipped on footpath. He was treated for fracture to lower leg.
 Langdale Ambleside 11, 1½ hr; Leconfield SAR Helicopter
- 44 19312 1 February 15:04 Old Man - Brim Fell SD275985**
 Cold, dry. Icy Hill Walking (Small party)
 Man(38), woman(43), boy(13) reported cragfast on ice without crampons or ice axes. Belayed to safety off the hill. No injuries.
 Coniston 11, 3hr
- 45 19309 1 February 15:41 Crinkle Crag, Shelter Crag NY245056**
 N-strong/snow/cloudy/arctic/moonlight. Steep frozen crag Hill Walking (Winter) (Small party)
 Four women(60) - one slipped and fell short distance on ice. Held by companions on short rope, but unable to recover. Lay face down, head down for over two hours, unable to self rescue. Extreme cold weather and strong winds. All members incapacitated by cold. One had hypothermia and minor injuries the remainder unharmed.
 Langdale Ambleside 15, 8hr; Kendal 14, 8hr
- 46 19310 1 February 19:07 Raven Crag, Gt Langdale NY284069**
 N-fresh/dry/broken cloud/arctic/moonlight. Frozen footpath Hill Walking (Winter) (Not known)
 Man(NK) slipped and sustained knee injury; he attempted to self-evacuate and got part of way down from where he was assisted by team. Treated for twisted knee and mild hypothermia.
 Langdale Ambleside 9, 5hr; Kendal 15, 4hr
- 47 19358 1 February 23:00 Crinkle Crag, Gt Langdale NY261059**
 Light/snow/clear/very cold/dark. Steep icy footpath slippery Hill Walking (Winter) (Small party)
 Four men(NK) made slow progress in winter conditions and became benighted, cold, lost and suffered bumps & bruises from several minor falls on icy paths. Two required stretchering, the remainder unharmed.
 Kendal 16, 4½ hr; Langdale Ambleside 16, 9hr; SARDA (Lakes) 2, 9hr
- 48 19531 2 February 13:25 Tailbridge Hill, K Stephen NY803045**
 Driving snow. Drifted snow Local Incident (Medium party)
 Requested by police to assist vehicle occupants to safety when they became stuck in winter weather on moorland road. One car with four occupants and one lorry with two occupants escorted to safety.
 Kirkby Stephen 6, 2½ hr

- 49 19532 2 February 16:35 Brough - Middleton in Teesdale NY819172**
 Driving snow. Drifted snow Local Incident (Small party)
 Requested by police to recover occupants of snowbound vehicles stuck on road B6276. Three vehicles containing 4 occupants in total escorted to safety; road gritter cleared road. Vehicles removed and road closed.
 Kirkby Stephen 9, 2½ hr
- 50 19533 3 February 14:55 Barras - Tan Hill, K Stephen NY852114**
 Clear cold. Drifted snow, sometimes deep Local Incident (Small party)
 Police requested assistance dealing with a car that had engine failure on high moorland road. Escorted three occupants to safety when vehicle ran out of fuel.
 Kirkby Stephen 7, 2hr
- 51 19317 3 February 15:30 Bowfell, Climber's Traverse NY248066**
 NE-fresh/dry/cloudy/freezing/dusk. Steep crag snow/ice, slippery Hill Walking (Winter) (Small party)
 Two men(52, NK) one slipped and fell 100 metres while negotiating obstacle on traverse. Serious head injuries, and multiple other injuries, partner unharmed
 Langdale Ambleside 14, 4hr; Keswick 2, 4hr; Boulmer SAR Helicopter
- 52 19357 3 February 19:15 Loft Crag, Gt Langdale NY281071**
 Light/snow/clear/freezing/dark. Steep grassy gully slippery Hill Walking (Solo)
 Man(40) twisted his knee and became lost in gathering darkness due to extremely slow progress.
 Team assisted walk off to safety
 Kendal 16, 3½ hr; Langdale Ambleside 16, 3½ hr
- 53 19327 4 February 14:52 Pavey Ark, Gt Langdale NY284082**
 NE-light/dry/broken cloud/freezing/dark. Steep snow/ice Hill Walking (Winter) (Medium party)
 Seven men(NK) came together to try and escape difficult conditions. One slipped on steep ground, falling 100 metres or so, suffering fatal injuries. Other evacuated, roped to team members, cutting steps. **FATAL** Multiple injuries. The reminder unharmed.
 Langdale Ambleside 15, 4½ hr
- 54 19328 4 February 20:10 Rossett Ghyll, Gt Langdale NY258073**
 Light/dry/clear/freezing/dark. Moderate frozen footpath Snow/Ice Climbing (Small party)
 Man(27) sustained lower leg fracture while descending from route. He made own way most of the way down, but was stretchered from bottom of Rossett Ghyll. Commendable self rescue. He was treated for a fractured fibula.
 Langdale Ambleside 10, 1½ hr
- 55 19329 4 February 20:25 Bowfell, Climber's Traverse NY247066**
 NE-light/dry/clear/freezing/dark. Steep crag frozen, slippery Hill Walking (Winter) (Alone)
 Man(60) reported overdue at home. Search of route carried out with no success and resumed next day. Located by helicopter around 11.30am and appeared to have fallen. **FATAL** Head injuries.
 Langdale Ambleside 7, 15½ hr; Kendal 14, 8½ hr; Bowland Pennine 11, 7hr; Duddon & Furness 22, 5½ hr; Keswick 9, 7hr; Wasdale 1, 7hr; SARDA (England) 1, 7hr; SARDA (Lakes) 5, 7hr; SARDA (Southern Scotland) 1, 7hr; Boulmer SAR Helicopter
- 56 19534 5 February 08:56 South Stainmore, K Stephen NY832136**
 Clear fine. Very rough snow on road Local Incident (Small party)
 Requested to convey ambulance crew to remote habitation where woman had suffered a stroke. Transferred crew and casualty from habitation to definitive medical care.
 Kirkby Stephen 4, 3hr
- 57 19695 5 February 13:28 Aira Force, Ullswater NY399205**
 Light/fine/clear/very cold/bright. Moderate icy footpath Hill Walking (Winter) (Large party)
 Woman(71) slipped on frozen ground fracturing her ankle. Team stretchered her from the hill to waiting ambulance.
 Patterdale 9, 1hr

- 58 19330 6 February 11:45 Bowfell, Climber's Traverse NY251064**
 Dry/clear/freezing/bright. Steep gully snow/ice Hill Walking (Winter) (Small party)
 Man(53) slipped and fell 100 metres. He was treated for head, chest, spinal injuries.
 Langdale Ambleside 17, 4hr; Wasdale 17, 6hr; Gannet SAR Helicopter
- 59 19331 7 February 08:48 Pavey Ark, Gt Langdale NY285081**
 S-strong/dry/clear/arctic/moonlight. Steep crag snow/ice, slippery Hill Walking (Winter) (Small party)
 Three men(29) became stuck as snow re-froze later in the day. They were unable to move safely.
 Team had placed signs on fell access points warning of condition. Escorted to safety unharmed.
 Langdale Ambleside 18, 5hr
- 60 19696 7 February 11:58 Helvellyn, Brown Cove NY345156**
 Calm/clear/freezing/bright. Steep frozen ridge Hill Walking (Winter) (Small party)
 Man(28) slipped from col on narrow ridge. He was treated for fracture/dislocation of right ankle.
 Patterdale 13, 4½ hr; Penrith 3, 4½ hr; Great North AA Cumbria
- 61 19697 7 February 13:18 Deepdale, Scrubby Crag NY368117**
 Calm/fine/clear/freezing/bright. Steep frozen crag slippery Hill Walking (Winter) (Small party)
 Man(47) fell 400ft down gully to right of Pendulum Gully. Injuries to right arm, shoulder and hip.
 Patterdale 6, 4¾ hr; Great North AA Cumbria
- 62 19334 7 February 15:35 Levers Hawse - Old Man SD273992**
 Fine, getting dark. Icy Hill Walking (Winter) (Small party)
 Man(53) and woman(50) became separated while walking. Both were located and accompanied to safety. Unable to locate rucksack & one dog left on fellside. No injuries reported.
 Coniston 21, 3¼ hr
- 63 19698 8 February 14:13 Nethermost Cove NY342137**
 Light/fine/clear/freezing/bright. Steep snow/ice gully Snow/Ice Climbing (Small party)
 Man(NK) slipped about 400ft down the gully. He climbed back up but due to injuries could go no further. Team went to assist and he was flown out by RAF helicopter. Treated for hip and leg injuries.
 Patterdale 17, 1¾ hr
- 64 19616 8 February 15:10 Black Beck Tarn, Buttermere NY201126**
 Broken cloud/cool. Moderate moorland snow Hill Walking (Winter) (Small party)
 Man(21) and woman(20) became lost in snow showers. They were located by team members then driven back to Cockermouth. No injuries reported.
 Cockermouth 30, 3¾ hr
- 65 19911 8 February 15:20 Scafell Pike, Broad Crag col NY217074**
 Strong/snow/blizzard/arctic/dark. Steep crag snow/ice Hill Walking (Winter) (Small party)
 Man(NK) slipped while descending on snow and ice. He slid and fell over 30 metres sustaining injuries to his head, abdomen and wrist. Severe winter weather prevented helicopter assistance so he was stretchered off through deep snow and ice.
 Wasdale 22, 8½ hr
- 66 19354 8 February 18:46 Esk Hause NY236084**
 Snow/white-out/very cold/dark. Moderate footpath snow/ice. Hill Walking (Winter) (Small party)
 Three men(NK) lost their way down in snow and darkness, having climbed on Great End; found at Esk Hause shelter, unharmed.
 Keswick 12, 4½ hr; SARDA (Lakes) 1, 4½ hr
- 67 19699 8 February 20:00 Deepdale, Scrubby Crag NY367117**
 Fresh/sleet/low cloud/freezing/dark. Steep very wet crag slippery Hill Walking (Small party)
 Two men(47, 37) got caught in the dark and went down the wrong side of the mountain. Friends called police as they failed to turn up at car. As team assembled, the pair phoned police to say they were safe.
 Patterdale 4, 1hr

- 68 19355 10 February 15:02 Blencathra, Sharp Edge NY326283**
 Dry/clear/very cold/dull. Undulating ridge snow/ice, slippery Rock Scrambling (Alone)
 Man(37) came to a point of no return when he realised the conditions were against him and called for help, cragfast. Roped to safety, no injuries.
 Keswick 24, 3¼ hr
- 69 19377 12 February 00:00 Tarn Hows SD326996**
 Not reported. Icy Road Traffic Collision
 Requested to evacuate elderly passengers after their vehicle slid off hill. All persons removed to safety.
 Coniston 1, 1hr
- 70 19381 14 February 17:40 Mardale III Bell NY449101**
 Calm/passing showers/foggy/cold/dark. Steep icy crag slippery Hill Walking (Winter) (Small party)
 Four men(46, 22, 51, 46) and woman(21) were lost and unsure of their location; after attempts to talk them down failed, they went to ground until located by the team. No injuries reported.
 Kendal 17, 5hr
- 71 19368 15 February 13:05 Far Orrest, Windermere NY413009**
 Calm/dry/cloudy/mild/dull. Moderate moorland damp Hill Walking (Not known)
 Woman(60) reported as collapsed and unconscious. Initially unconscious, but conscious on departure in helicopter.
 Langdale Ambleside 15, 1¼ hr; Great North AA Cumbria
- 72 19700 15 February 19:48 Dovedale, Dove Crag NY370110**
 Light/sleet/poor/dark. Steep snow footpath slippery Hill Walking (Winter) (Small party)
 Man(69) and woman(61) split from main party and then got slower as ground became slippery and it became dark. They were found very cold but able to walk off. No injuries reported.
 Patterdale 16, 1hr; SARDA (Lakes) 6, 1hr; Langdale Ambleside 10, 1hr
- 73 19466 16 February 11:44 Whitbarrow Scar - Farleton Knott SD533825**
 Light/dry/clear/bright. Not reported Local Incident
 Member of public reported sighting red flares from M6 (Jn 36). Originally reported as Whitbarrow Scar; later after extended re-interview of informant, identified as gorse burning on Farleton Knott - false alarm good intent.
 Kendal 2, 1hr
- 74 19378 17 February 13:18 Low Water Quarries Coniston Old Man SD278981**
 Dry. Dry Hill Walking (Small party)
 Woman(38) slipped on rock. She was treated for a fractured left ankle with ligament injury.
 Coniston 13, 2¼ hr
- 75 19701 17 February 16:04 Helvellyn, Swirral Edge NY342153**
 Misty mild. Soft snow Hill Walking (Winter) (Small party)
 Man(52) slipped on soft slushy snow and fell 200ft. Treated for fractured ribs and hypothermia.
 Patterdale 15, 2hr; Duddon & Furness 1, 2hr; Boulmer SAR Helicopter ; Great North AA Cumbria
- 76 19912 18 February 14:20 Great Gable NY206195**
 Moderate/dry/hill fog/cool/dull. Steep scree loose Hill Walking (Small party)
 Woman(NK) and man(NK) became disorientated in cloud and mist and called for assistance. As cloud cleared, they descended and were quickly located. Both walkers felt unable to walk back to their car in Borrowdale, so a taxi was arranged from Wasdale. No injuries recorded.
 Wasdale 6, 3½ hr
- 77 21458 18 February 15:28 Great Gable NY209099**
 Moderate/snow/very cold. Moderate scree Hill Walking (Small party)
 Woman(NK) and man(NK) reported themselves cragfast above Napes Needle. Location quickly ascertained from the picture they sent by mobile phone. Roped to safety, no injuries reported.
 Wasdale 6, 3½ hr

- 78 19402 19 February 13:20 Langstrath NY246086**
Hill fog. Not reported Hill Walking (Alone)
Man(40) lost and unable to find Angle Tarn due to hill fog. Located unharmed.
Keswick 6, 1¼ hr
- 79 19383 20 February 13:35 Helm Crag, Grasmere NY328090**
Calm/passing showers/clear/mild/dull. Moderate footpath damp, slippery Hill Walking (Small party)
Woman(65) slipped and sustained head and shoulder injuries. She was treated for head injury and a fractured clavicle.
Langdale Ambleside 11, 1½ hr; Great North AA Cumbria
- 80 21459 20 February 16:45 Scafell Pike NY212073**
Strong/heavy rain/hill fog/cold. Moderate footpath Hill Walking (Small party)
Woman(NK) and man(NK) reported themselves lost on the top of Scafell Pike. Team leader spoke to team member already on the hill who quickly found them and escorted them down. Unharmed.
Wasdale 2, 2hr
- 81 19385 20 February 17:59 High Close, Gt Langdale NY338052**
Light/drizzle/cloudy/mild/dull. Moderate footpath damp Search - Non-mountain (Small party)
Woman(NK) seperated from husband after argument and concern expressed for welfare. Located walking to railway station, unhurt.
Langdale Ambleside 5, 1hr
- 82 19384 20 February 17:59 Hell Ghyll, Gt Langdale NY257053**
Light/drizzle/cloudy/mild/dull. Steep footpath damp, slippery Hill Walking (Small party)
Woman(55) - Subject slipped and sustained lower leg injury. Fractured lower leg.
Langdale Ambleside 11, 2½ hr
- 83 19617 22 February 15:25 Melbreak, Loweswater NY139201**
Clear/bright. Moderate track Hill Walking (Small party)
Woman(49) had fallen and injured her hip. She was evacuated by stretcher for a short distance and flown by air ambulance to West Cumberland hospital. Treated for a fractured hip.
Cockermouth 31, 2hr; Great North AA Cumbria
- 84 19618 22 February 16:05 Setmurthy Woods, Cockermouth NY160313**
Clear/bright. Steep forestry firm Mountain Biking (Small party)
Man(30) on mountain bike from Barrow came off his bike on a downhill track. He sustained a serious arm injury. The injury was diagnosed as spiral fracture of humerus.
Cockermouth 31, 1¼ hr
- 85 19702 22 February 16:30 Helvellyn, Red Tarn NY351155**
Light/dry/clear/very cold/bright. Moderate snow footpath Hill Walking
Couple found rucsac on hillside with a lot of gear in; looked like some one had bivied overnight. No one found. Team met up with the couple who were to bring the sac off hill.
Patterdale 2, 2hr
- 86 19464 24 February 22:31 Whitbarrow Scar SD450840**
Calm/dry/cloudy/cool/dark. Steep rough scree slippery Hill Walking (Alone)
Woman(58) reported as despondent and missing since mid-afternoon. Car located & police called for assistance. Body located at foot of White Scar Cliff. **FATAL** Multiple injuries.
Kendal 22, 5½ hr; SARDA (Lakes) 5, 5½ hr
- 87 19476 27 February 10:30 Langstrath - Black Wall NY272124**
Not reported. Not reported Animal Rescue
Responded to a report of a cragfast sheep. Retrieved without loss or injury.
Keswick 3, 4½ hr
- 88 19429 28 February 15:00 Rydal Cave NY355057**
Calm/passing showers/broken cloud/mild/dull. Moderate track damp Hill Walking (Small party)
Woman(42) slipped and sustained leg injury. She was treated for a knee strain/sprain.
Langdale Ambleside 4, 1½ hr

89 19703 28 February 16:00 Great Dodd NY205212
Light/dry/hill fog/cool/dull. Moderate wet footpath Hill Walking (Small party)
Two men(NK) became lost in hill fog after map disintegrated!. Members managed to talk them off to safety. No injuries reported.
Patterdale 3, 2hr

90 19430 28 February 18:45 Pike Howe, Gt Langdale NY288067
Calm/passing showers/broken cloud/mild/dark. Moderate footpath damp Hill Walking (Small party)
Three men(49) reported unable to locate way off the hill. They had compass and GPS but were unable to use either. Located safe and well.
Langdale Ambleside 4, 3hr; SARDA (Lakes) 1, 3hr

91 19619 28 February 18:50 Pillar, Ennerdale NY167099
Broken cloud/cool/dark. All mountain terrain Hill Walking (Small party)
Three women(NK) and man(NK) were reported overdue after summiting Pillar. They were lost in mist, and unaware which way they had walked down, they were eventually located on Red Pike Wasdale by Wasdale MRT. No injuries reported.
Cockermouth 23, 9½ hr; Wasdale 12, 7hr; SARDA (Lakes) 3, 1hr

March 2009

92 19431 1 March 17:08 Skelwith Force NY340034
Calm/passing showers/clear/mild/dusk. Moderate gully very wet Animal Rescue
Swan reported trapped in river gorge. Recovered and set free.
Langdale Ambleside 6, 1hr

93 19620 1 March 21:37 Banna Fell, Ennerdale NY108174
Dark. Moorland Search - Mountain (Not known)
Flashing yellow lights were reported seen on Banna Fell. Team members checked them out and found nothing. Assumed to be a tractor or similar.
Cockermouth 2, ½ hr

94 19914 3 March 12:30 Ennerdale Bridge NY067161
Light/heavy rain. Not reported Local Incident (Alone)
Request to assist the police with the recovery of a body. **FATAL** unknown to reporter.
Wasdale 16, 2hr; Cockermouth 10, 1hr

95 19915 6 March 17:15 Great Gable NY210033
Not reported. Not reported Hill Walking (Small party)
Man(34) and woman(33) became disorientated on the top of Great Gable and were unable to find their way down. A photo sent by mobile phone established their position. A small group went to lead them down to Styhead and passed them over to Keswick MRT. No injuries reported.
Wasdale 8, 3¾ hr; Keswick 6, 4hr

96 19478 7 March 10:20 Ullock Pike NY239300
Calm/dry/clear/cool/bright. Steep slope dry Hill Walking (Large party (at least 10))
Man(38) reported as collapsed while walking with former schoolmates. **FATAL** unknown to reported.
Keswick 20, 3hr; Gannet SAR Helicopter

97 19704 8 March 13:06 Helvellyn, Striding Edge NY344149
Strong/hail/poor/very cold/dark. Steep snow/ice slope slippery Hill Walking (Winter) (Small party)
Two men(26, 25) became stuck in snow 10 m from summit. One made it to summit but other was unable to move. Team were called. Two passing, well-equipped walkers helped them to safety. No reported injuries.
Patterdale 2, 1hr

98 19479 9 March 12:27 Cat Bells NY241200
Showers/cold. Not reported Local Incident
Requested by the police to assist in the recovery of a body found by a local farmer. **FATAL** cause unknown to reporter.
Keswick 11, 1¾ hr

99 19467 10 March 18:05 Witherslack Hall School SD436862
 Calm/dry/clear. Not reported Search - Non-mountain (Alone)
 Boy(13) reported as absconded from special educational establishment. Located in Burton village and
 taken into police secure custody. No reported injuries.
 Kendal 23, 4hr; SARDA (Lakes) 5, 4hr; SARDA (England) 2, 4hr

100 19495 12 March 16:30 Brow Edge SD362846
 Moderate/fine/clear/cool/dull. Moderate moorland damp Hill Walking (Not known)
 Girl(15) had been thrown from horse. Ambulance service was assisted with evacuation after treating
 her for head, neck and back injuries.
 Duddon & Furness 13, 1¼ hr; Great North AA Cumbria

101 19496 13 March 12:30 Birkrigg Common SD280746
 Not reported. Not reported Hill Walking (Alone)
 Woman(21) reported missing from home. Stood down before search began. She was located unhurt.
 Duddon & Furness 10, 1hr

102 19480 14 March 11:52 Blencathra - Scaley Beck NY336268
 Strong winds. Wet, slippery Hill Walking (Not known)
 Man(58) slipped on wet grass. He was treated for fractured tibia and fibula.
 Keswick 16, 1½ hr

103 19535 14 March 16:15 Knock Pike, N Pennines NY690284
 Clear dry chilly breeze. Damp grassland Hill Walking (Large party)
 Woman(72) slipped while walking with large group, treated for twisted ankle.
 Kirkby Stephen 20, 2hr

104 19481 15 March 15:00 Mariel Bridge, Old Coach Road NY345220
 Not reported. Not reported Hill Walking (Not known)
 Man(73) slipped, sustained a leg injury and unable to bear weight. He was treated for eversion of right
 ankle.
 Keswick 20, 2hr; North West Air Ambulance

105 19471 17 March 10:10 Garburn Quarry NY426036
 Calm/dry/clear/mild/dull. Moderate track dry Hill Walking (Alone)
 Man(43) reported missing with possibility of self-harming. Located unharmed after a protracted search,
 where it became apparent that he was taking evasive action.
 Langdale Ambleside 13, 9hr; SARDA (Lakes) 2, 5hr; SARDA (England) 1, 5hr

106 19482 18 March 11:30 Helvellyn, Swirls track NY321166
 Dry/clear. Not reported Hill Walking (Not known)
 Woman(56) slipped while walking on footpath. She was treated for a fractured ankle.
 Keswick 17, 2hr

107 19474 21 March 13:10 Rydal Water NY357060
 Calm/dry/clear/mild/bright. Moderate crag dry, slippery Hill Walking (Small party)
 Man(70) became stuck on rocky outcrop and unable to move. Stretched off by team and returned to
 coach. Declined medical treatment.
 Langdale Ambleside 10, 1hr

108 19485 22 March 11:00 Brigsteer SD487891
 Fresh/dry/clear/cool/bright. Moderate dry footpath Search - Non-mountain (Alone)
 Woman(60), described as vulnerable, reported missing from home. Unharmed when located.
 Kendal 20, 5½ hr; Duddon & Furness 19, 1½ hr; SARDA (Lakes) 6, 2hr; SARDA (England) 3, 1hr;
 Lancashire Police Helicopter

109 19483 22 March 11:14 Derwentwater NY256213
 Squally showers. Not reported Water Sport (all types) (Small party)
 An observer reported seeing a sailing boat capsize, leaving its occupants in the water for several
 minutes. A concerted inter-agency response resulted. Two persons extricated by Nicol End Marine
 rescue boat prior to arrival.
 Keswick 15, ½ hr

- 110 19486 25 March 16:57 Rydal Caves NY355055**
 Dry/clear/cool/bright. Moderate moorland damp Hill Walking (Not known)
 Boy(12) reported as having become seperated from mother. No injuries reported.
 Langdale Ambleside 6, 1hr
- 111 19705 26 March 16:33 Helvellyn, Head Wall NY342151**
 Light/snow/cloudy/cold/dull. Steep snow/ice crag Hill Walking (Winter) (Small party)
 Two men(NK, 21) lost main path and became cragfast on steep ground. Team could hear them shouting but could not see them. Helicopter spotted them and airlifted both them and team members to valley. They were both treated for mild hypothermia.
 Patterdale 10, 3¼ hr; Valley SAR Helicopter
- 112 19491 28 March 13:55 Parkamore, Dodgson Wood SD305928**
 Sunny. Dry Hill Walking (Small party)
 Man(59) slipped and aggravated an old cruciate ligament injury to left knee, unable to continue with assistance. He was treated for damage to cruciate ligament of left knee and shock.
 Coniston 12, 3hr
- 113 19487 28 March 15:15 Grizedale, Bogle Crag SD344924**
 Fine. Dry/wet in places Mountain Biking (Small party)
 Man(25) reported suffering from cold & exhaustion. No injuries reported.
 Coniston 1, 1½ hr
- 114 19706 29 March 12:00 Boredale Hause, Patterdale NY407156**
 Light/fine/broken cloud/cool/bright. Moderate rough footpath Hill Walking (D of E) (Small party)
 Man(18) slipped and fractured ankle. Two friends went for help.
 Patterdale 13, 1¼ hr
- 115 19561 29 March 12:31 Blencathra, Sharp Edge NY327283**
 Not reported. Not reported Rock Scrambling (Alone)
 Man(NK) fell 75 feet down the south side of the ridge, and was then unable to move. Located by helicopter. He was treated for minor bruising.
 Keswick 17, 2hr; Boulmer SAR Helicopter
- 116 19562 29 March 14:50 Langstrath NY269122**
 Not reported. Not reported Hill Walking (Not known)
 Subject slipped and sustained an arm injury but was able to walk some of the way down. Already in ambulance by the time the team rendezvous-ed with ambulance.
 Keswick 15, 1¼ hr
- 117 19916 30 March 17:15 Eskdale NY214033**
 Moderate/dry/clear/cool/dusk. Gentle footpath boggy Hill Walking (Small party)
 Man(54) slipped and sustained ankle injury. He was treated on scene before being stretchered down to waiting ambulance, diagnosed with a fracture / displacement to left ankle.
 Wasdale 20, 4hr
- 118 19622 31 March 21:23 Ennerdale Lake NY130139**
 Not reported. Not reported Hill Walking (Small party)
 Man(18), two girls(15) became stranded at the east end of Ennerdale Lake in darkness, without a torch. They were located by team members and escorted to Bleach Green, no injuries reported.
 Cockermouth 6, 1½ hr

April 2009

- 119 19497 1 April 13:30 Grizedale, North Face Trail SD343979**
 Sunny. Dry Mountain Biking (Alone)
 Man(24) crashed bike and face hit shored corner. He was treated for cuts & bruising to left side of face; left eye injury, left wrist injury.
 Coniston 12, 1½ hr

- 120 19563 1 April 15:14 Allen Crags NY237086**
 Light/dry/clear/warm/bright. Undulating footpath dry Hill Walking (Not known)
 Boy(14) reported with knee injury, cause not known.
 Keswick 9, 1½ hr; Great North AA Cumbria
- 121 19564 2 April 20:48 Ruddy Gill NY231091**
 Clear dry. Dry stony Hill Walking (Not known)
 Man(72) slipped from path, he was found by a passing D of E group who raised the alarm and possibly saved his life by their actions. He was treated for head injuries.
 Keswick 28, 4hr; Boulmer SAR Helicopter
- 122 19547 4 April 12:55 High Raise, Nenthead NY771469**
 Fresh overcast drizzle cool. Wet moorland Hill Walking (Organised event)
 Man(60) collapsed with chest pains, possible heart attack. He was with a group taking part in a challenge event. Later called to assist young walker (M15) with a leg injury, evacuated by stretcher. He was treated for soft tissue injury to right knee, strained ligaments.
 Penrith 7, 5hr; North of Tyne 12, 2hr; Great North AA Cumbria ; Great North AA Teeside
- 123 19724 5 April 10:55 Scarth Gap, Buttermere NY187140**
 Clear/bright. Moderate track Hill Walking (Organised event)
 Girl(16) hurt her ankle, cause not reported. Leg injury, sustained previous day & aggravated by further exercise.
 Cockermouth 22, 1¾ hr; Keswick 1, 1hr
- 124 19918 5 April 13:45 Wilton NY051125**
 Light/dry/clear/mild. Not reported Pony Trekking (Not known)
 Report of horse rider taking part in charity event having fallen from horse and sustained possible neck injury. Call from ambulance control arrived just as team leaving to say ambulance on scene with casualty. Team stood down.
 Wasdale 8, ½ hr
- 125 19548 5 April 16:09 Harter Fell, Mardale NY460094**
 Cry clear. Dry Hill Walking (Small party)
 Man(60) collapsed while walking with friends; CPR attempted by colleagues but unable to revive.
FATAL Heart attack.
 Penrith 14, 3¼ hr; Great North AA Cumbria
- 126 19509 5 April 18:40 Black Crag, Little Langdale NY274037**
 Dry/clear/mild/bright. Vertical crag dry Rock Climbing (Small party)
 Man(NK) fell while leading the climb. He was treated for fractured femur, head, facial, spinal injuries.
 Langdale Ambleside 14, 4hr; Boulmer SAR Helicopter
- 127 19549 6 April 15:25 Heughscar Hill, Pooley Bridge NY485235**
 Fresh dry bright mild. Damp grassland Pony Trekking (Not known)
 Girl(16) fell from horse causing injuries requiring immediate attention. Ambulance crew unable to access, MRT called, evacuated by air ambulance. She was treated for fractured wrist, general bruising.
 Penrith 15, 1¼ hr; Great North AA Cumbria
- 128 19565 7 April 11:43 Cat Bells NY245202**
 Showers. Wet slippery Hill Walking (Not known)
 Woman(29) fell on rough section and injured shoulder. She was treated for a fractured humerus.
 Keswick 11, 1¼ hr; Great North AA Cumbria
- 129 19538 8 April 12:51 Pavey Ark, Easy Gully, Gt Langdale NY286079**
 SW-gale/heavy rain/broken cloud/cool/dull. Steep loose v wet gully Rock Scrambling (Small party)
 Man(53) hit by rockfall. Sustained a severe fracture to lower leg, defensive hand & arm injuries.
 Langdale Ambleside 15, 6hr; Boulmer SAR Helicopter

- 130 19539 10 April 11:30 Grizedale - North Face Cycle Track SD335951**
 Dry. Wet Mountain Biking (Not known)
 Subject went over handlebars possibly due to existing medical condition, possibly an epileptic seizure.
 Stood down on arrival as air ambulance already evacuated.
 Coniston 14, ¾ hr; Great North AA Cumbria
- 131 19707 11 April 14:00 Kirkstone, Redpitts NY404108**
 Calm/dry/clear/warm/bright. Moderate rough slope Hill Walking (Alone)
 Man stuck on fell with cramp, unable to walk. Passerby went to get help called MRT. Team went to
 look for man and found that he had made own way off hill.
 Patterdale 2, ¾ hr
- 132 19708 12 April 13:05 Park Brow NY398208**
 Light/dry/clear/warm/bright. Not reported Road Traffic Collision (Small party)
 Woman(NK) - Team were called to road traffic incident where a cyclist had fallen from bike at Park
 Brow. The road was closed by police and air ambulance landed. She was treated for head injury.
 Patterdale 4, 1hr; Great North AA Cumbria
- 133 19566 12 April 13:27 Mossmire Coppice, Borrowdale NY266181**
 Dry sunny. Dry footpath Hill Walking (Not known)
 Woman(33) suffered severe abdominal pains and unable to continue walk.
 Keswick 14, 1½ hr
- 134 19567 12 April 14:43 Blencathra, Blease Fell NY305260**
 Good. Dry Parapenting (Not known)
 Man(38) made a heavy landing. He was treated for chest injuries and a fractured rib.
 Keswick 16, 1½ hr; Boulmer SAR Helicopter
- 135 19709 12 April 18:12 Helvellyn, Red Tarn NY341151**
 Warm dry broken cloud. Dry Hill Walking (Small party)
 Woman(47) separated from party at Red Tarn and said she would return to Glenridding. When other
 three in party got to Glenridding she was not there and team was called. Woman turned up as team
 began search.
 Patterdale 4, 1hr
- 136 19551 13 April 21:30 Nab Scar NY356071**
 Light/dry/broken cloud/mild/dark. Moderate footpath damp Hill Walking (Small party)
 Five men(NK) - Flashing lights were reported. It was found to be party of five descending with one
 torch. No injuries in party.
 Langdale Ambleside 2, 2hr
- 137 19710 14 April 17:32 Helvellyn, Swirral Edge NY343154**
 Calm/dry/broken cloud/mild/bright. Steep rough ridge Hill Walking (Small party)
 Woman(53) slipped and fell 6m from narrow ridge. She was treated for a fractured left ankle.
 Patterdale 16, 4hr
- 138 19919 15 April 15:00 Scafell Pike NY200075**
 Fresh/passing showers/broken cloud/mild/bright. Gentle footpath Hill Walking (Small party)
 Woman(55) stumbled sustaining facial injuries. Taken to hospital by air ambulance as team were
 climbing towards her.
 Wasdale 12, 1hr
- 139 19537 15 April 16:32 Riggindale, Haweswater NY470115**
 Dry bright overcast. Damp Hill Walking (Not known)
 Woman(67) felt dizzy and unsteady on feet while descending from Kidsty Pike, taken ill and unable to
 continue. Treated for hyper-tension and mild Parkinsons.
 Penrith 15, 3hr

- 140 19550 17 April 12:10 Croglin Water, Ainstable NY547450**
 Fresh NE dry overcast cool. Damp steep ravine Local Incident (Small party)
 Woman(55) fell whilst crossing fence in steep river valley, ambulance crew unable to access,
 requested assistance. She was treated for soft tissue injury to right leg and torn ligaments.
 Penrith 6, 1¼ hr; Great North AA Cumbria
- 141 19552 17 April 13:33 Pavey Ark, Jack's Rake NY286080**
 NE-fresh/dry/clear/warm/bright. Steep scree loose, slippery Rock Scrambling (Small party)
 Man(57) fell from lower portion of Jack's Rake. He sustained head, facial, leg and defensive arm/hand
 injuries.
 Langdale Ambleside 13, 4hr
- 142 19725 19 April 13:00 Round Howe, Buttermere NY206128**
 Not reported. Crag Animal Rescue (Not known)
 Three sheep reported stuck on a ledge on Round Howe. All retrieved without loss or injury.
 Cockermouth 2, 1hr
- 143 19568 19 April 13:57 Lower Falcon Crag, Borrowdale NY270205**
 Hot sunny. Not reported Rock Climbing (Not known)
 Man(31) - Belay ledge collapsed bringing both climbers down. Leader held, ropes severed holding
 second, resulting in falling 18m. He was treated for head and back injuries.
 Keswick 13, 1¼ hr; Boulmer SAR Helicopter
- 144 19569 19 April 15:00 Skiddaw, Jenkin Hill NY277268**
 Good. Dry Parapenting (Not known)
 Man(40) made a heavy landing, resulting in a fractured femur & back injury.
 Keswick 13, 2¼ hr; Boulmer SAR Helicopter
- 145 19711 19 April 19:00 Silver Crag, Howtown NY395178**
 Calm/fine/clear/mild/bright. Gentle dry footpath Animal Rescue (Family group)
 Family required help when their Old English sheep dog collapsed. Team stretchered the 6-stone dog to
 the lake shore and then by boat to Glenridding where its owners took it to the vets.
 Patterdale 7, 1hr
- 146 19920 20 April 15:45 Great Gable NY207101**
 Light/dry/clear/mild/bright. Steep scree loose Hill Walking (Small party)
 Woman(45) and man(59) texted a friend to say they was cragfast and to call mountain rescue. No
 mobile signal but local farmer confirmed location. Passing walker assisted cragfast couple to the path
 and walked them back to their car. No injuries.
 Wasdale 8, 2hr
- 147 19570 21 April 11:51 Lower Falcon Crag, Borrowdale NY270205**
 Mild calm rain. Damp Rock Climbing (Not known)
 Man(46) fell 10m while abseiling off climb, having completed the climb. Injuries not reported.
 Keswick 20, 2hr; Boulmer SAR Helicopter ; Great North AA Cumbria
- 148 19571 22 April 12:45 Ashness Bridge, Borrowdale NY269203**
 Sunny mild calm. Dry footpath Hill Walking (Not known)
 Woman(83) 'ran out of legs' and collapsed. She was treated for exhaustion.
 Keswick 15, 1hr
- 149 19685 23 April 10:43 Middlebarrow Quarry SD464766**
 Light/dry/clear. Vertical loose rockface Animal Rescue
 Dog reported missing overnight and found by owner on ledge 5 metres down from top of large disused
 quarry face. Team member lowered in and recovered dog uninjured to top of quarry where it was
 reunited with owner.
 Kendal 12, 2hr
- 150 19776 24 April 15:30 Langstrath - Black Wall NY260110**
 Overcast cool. Dry Animal Rescue
 Sheep reported by farmer as cragfast. Retrieved without loss or injury.
 Keswick 3, 3hr

151 19597 25 April 10:50 Blind Tarn, Brown Pike SD260970
Fine. Dry Hill Walking (Small party)
Man(50) reported as collapsed with chest pains. Air ambulance already on scene who treated casualty and airlifted to hospital. Heart attack was suspected.
Coniston 11, 2hr; Great North AA Cumbria

152 19598 25 April 15:30 Dow Crag, Easy Terrace SD263976
Fine. Damp after recent thunderstorm Rock Climbing (Not known)
Woman(63) - Large boulder dislodged and caught female climber's leg. Helicopter evacuation following treatment for right ankle laceration.
Coniston 14, 2¾ hr; Leconfield SAR Helicopter

153 19726 28 April 20:25 Red Pike, Ennerdale NY153150
Cloud to 1500ft, rain showers. Not reported Hill Walking (Small party)
Three men(47) - After setting off from Buttermere, this party of walkers became concerned that they had descended down towards Ennerdale after walking through cloud on Red Pike. Team members located them on the main forest road and returned them to Buttermere. No reported injuries.
Cockermouth 5, 2hr

154 19712 29 April 22:13 Glenridding Dodd NY380177
Fresh/dry/cloudy/cool/dark. Level dry Hill Walking (Large party (at least 10))
Girl(15) on overnight camp with outdoor centre, tripped up over tent peg and landed on a pointed rock. She was treated for a chest injury.
Patterdale 17, 1¼ hr

May 2009

155 19777 2 May 10:00 Sergeant's Crag Slabs NY272115
Not reported. Not reported Animal Rescue
Sheep reported by farmer as cragfast. Retrieved without loss or injury.
Keswick 6, 3hr

156 19634 2 May 11:41 Windermere SD387919
Not reported. Not reported Search - Non-mountain (Not known)
Requested to check lakeside crag for owner of abandoned motorcycle. Outcome not reported.
Langdale Ambleside 5, 2hr

157 19652 2 May 14:00 Levers Water Dam, Coniston SD282992
Fine and cool. Damp Fell Running (Organised event)
Man(23), competitor, went over on ankle on decent during organised fell-race.
Coniston 2, ¾ hr

158 19651 2 May 22:58 Nook End, Ambleside NY375054
N-light/dry/clear/cool/dark. Track Local Incident (Not known)
Requested to assist ambulance service with access to patient in remote location; subject reported to be collapsed.
Langdale Ambleside 3, 1hr

159 19922 3 May 14:30 Piers Gill, Wasdale NY213084
Moderate/passing showers/clear/cool. Moderate slope rough Hill Walking (Small party)
Woman(NK) slipped while descending suffering fracture/dislocated right elbow. The injury was reduced on scene and she was stretchered down to a waiting ambulance.
Wasdale 20, 5hr

160 19653 3 May 17:30 Far End Breast, Coniston SD303986
Fine. Damp Hill Walking (Alone)
Woman(43) became separated and found herself in exposed position. She suffered some form of vertigo. Roped to safety and no injuries reported.
Coniston 3, 1hr

161 19662 3 May 17:50 High Park, Rydal NY371063
 Dry/clear/mild/bright. Moderate track damp Hill Walking (Small party)
 Woman(NK) aggravated an old injury to her knee and was unable to continue.
 Langdale Ambleside 16, 2hr

162 19661 4 May 10:30 Soulby, Kirkby Stephen NY762118
 Clear fine breezy dry. Damp - wet in places Animal Rescue
 Requested to extract newly-born Shetland pony reported stuck in a culvert beneath disused railway
 line. Recovered unhurt and well.
 Kirkby Stephen 4, 1hr

163 19727 5 May 04:30 Harrington, Workington NY000253
 Passing showers/broken cloud. Damp Search - Non-mountain (Alone)
 Man(67) reported overdue from a walk from High Harrington the previous evening. A search was
 conducted of the local area and his body was recovered later. **FATAL** Cause not known to reporter.
 Cockermouth 14, 5½ hr; SARDA (Lakes) 4, 5½ hr

164 19778 7 May 18:37 High Seat NY286180
 SW-gale/passing showers/broken cloud/dull. Undulating boggy moorland Hill Walking (Small party)
 Two men(NK) reported themselves lost in cloud and high winds, fearing they would become benighted.
 Having worked out where they were, the team talked them down to Watendlath where they were met
 by members. No reported injuries.
 Keswick 2, 1¾ hr

165 19686 8 May 15:20 Haweswater NY475144
 NW-strong/dry/clear/cool/bright. Undulating footpath damp Hill Walking (Not known)
 Woman(52) tripped whilst walking along remote shore footpath. She was treated for a fractured ankle.
 Penrith 14, 1¾ hr; Boulmer SAR Helicopter

166 19715 9 May 13:37 Greenup Edge NY292104
 NW-fresh/passing showers/clear/cool/bright. Moderate footpath boggy, slippery Hill Walking (Not known)
 Man(62) slipped and sustained ankle injury. He was treated for an ankle fracture.
 Langdale Ambleside 12, 3hr

167 19713 9 May 15:10 Greenside - Helvellyn NY359169
 Strong/dry/cloudy/cold/dull. Moderate dry footpath Hill Walking (D of E) (Small party)
 Boy(16) on practice Dof E expedition was taken ill and unable to continue. He was treated for
 exhaustion and hypothermia.
 Patterdale 9, 2¾ hr

168 19716 9 May 16:37 Far Easedale, Grasmere NY302099
 Dry/clear/mild/bright. Moderate footpath damp Rescue Team Activity (Not known)
 Woman(NK) - Team member went over on ankle on descent from casualty site. Sprained ankle was
 diagnosed.
 Langdale Ambleside 12, 2½ hr

169 19772 9 May 18:35 Thornthwaite Beacon NY431100
 Gale/heavy rain/poor/cool/. Undulating very wet moorland Hill Walking (Alone)
 Partner made 999 call from call box in Kentmere to report man overdue on walk from Patterdale to
 Kentmere via Thornthwaite Beacon. Early enquiries located man back at Deepdale End in Patterdale.
 Kendal 1, ½ hr

170 19717 10 May 14:18 Little Castle How, Grasmere NY313075
 Fresh/dry/clear/mild/bright. Moderate footpath damp, slippery Hill Walking (Not known)
 Woman(42) sustained lower leg injury, cause not reported. Group uncertain of their location. Located
 treated and evacuated.
 Langdale Ambleside 14, 4hr

171 19718 10 May 14:45 Stickle Tarn, Gt Langdale NY291070
 Light/dry/clear/mild/bright. Steep footpath damp, slippery Hill Walking (Small party)
 Woman(36) slipped, sustaining a lower leg injury.
 Langdale Ambleside 11, 2hr

172 19779 10 May 17:19 Comb Gill NY248124
 Not reported. Not reported Hill Walking (Not known)
 A report was received of shouts being heard. The area was searched but nothing was found. There were rock climbers nearby - possibly them - and also some noisy sheep! A false alarm with good intent.
 Keswick 18, 2¾ hr

173 19780 11 May 12:43 Ashness - Falcon Crag NY272199
 Sunny. Wet muddy Hill Walking (Not known)
 Woman(61) slipped on the wet path and fractured her ankle. The team assisted the ambulance crew in carrying her to the road.
 Keswick 11, 1hr

174 19781 11 May 15:02 Moss Hause Gill NY300137
 Sunny. Wet Hill Walking (Not known)
 Man(63) slipped on wet grass and fractured his ankle. We don't often get calls as a result of a whistle being heard, but in this case the whistle proved to be an essential piece of kit in attracting attention in this remote area.
 Keswick 11, 3½ hr

175 19721 11 May 15:48 Kirkstone Pass NY415055
 Dry/clear/mild/bright. Moderate damp Road Traffic Collision (Alone)
 Man(NK) injured when his motorcycle left the road. Assisted ambulance with recovery. Rider had multiple injuries.
 Langdale Ambleside 15, 1hr; Great North AA Cumbria

176 20421 11 May 17:01 Dovedale, Priest Hole NY376109
 Light/dry/broken cloud/mild/bright. Steep dry rockface Hill Walking (Not known)
 Man(18) twisted his knee while in a cave. On scene, manipulation was unsuccessful so evacuated to hospital. He was treated for a dislocated knee.
 Patterdale 18, 3hr; Boulmer SAR Helicopter ; Great North AA Cumbria

177 19722 11 May 17:24 Helm Crag, Grasmere NY327087
 Light/dry/clear/mild/bright. Steep footpath wet, slippery Hill Walking (Small party)
 Man(54) - Subject slipped, resulting in a fractured lower leg.
 Langdale Ambleside 16, 2hr

178 19723 11 May 17:44 Far Easedale NY322089
 Light/dry/clear/mild/bright. Moderate track very wet Hill Walking (Not known)
 Man(56) reported with head injury, cause not given. Located by vehicle making its way up track. On examination, minor head injury was diagnosed.
 Langdale Ambleside 6, 1hr

179 19782 11 May 17:55 Cat Bells NY247191
 Sunny. Wet Hill Walking (Not known)
 Woman(53) slipped on loose stones and injured her ankle. The team took her to hospital.
 Keswick 23, 1¼ hr

180 21460 12 May 14:38 Great Gable NY209100
 Light/drizzle/clear/mild. Steep rockface Hill Walking (Alone)
 Man(NK) became cragfast in Napes Gully. Two climbers who were nearby went to his assistance and roped him down to safety before the team arrived. No reported injuries.
 Wasdale 10, 1hr

181 19783 13 May 15:21 Stockley Bridge NY235113
 Cloudy windy. Not reported Hill Walking (Not known)
 Man(67) was reported to have twisted his knee and became unable to walk. However, he had managed to get back to Seathwaite by the time the team had got there.
 Keswick 14, 1¼ hr

182 19784 13 May 17:05 Roughton Gill, Fell Side NY305367
 Not reported. Not reported Hill Walking (School/Youth group)
 Woman(54) fell and sustained fractured nose, soft tissue damage to arm and severe bruising.
 Keswick 17, ½ hr; Great North AA Cumbria

183 19775 14 May 17:01 Stickle Ghyll, Gt Langdale NY288072
 Light/dry/clear/mild/bright. Moderate footpath dry, slippery Hill Walking (Not known)
 Man(62) slipped while descending. He was diagnosed and treated for a fractured lower leg/ankle.
 Langdale Ambleside 1, 1hr

184 19785 15 May 15:15 High Spy, Grange NY243167
 Rain cloud wind. Wet slippery Hill Walking (Not known)
 Man(68) slipped and fractured his ankle steeply descending to Borrowdale in wet weather. He was
 carried down to a waiting ambulance.
 Keswick 19, 2½ hr; Penrith 1, 3hr

185 19888 15 May 16:20 Oxenholme, Kendal SD533903
 Light/passing showers/clear/mild/bright. Steep muddy bank slippery Local Incident (Small party)
 Man(18) had slipped on mud, requested to assist ambulance service. He was diagnosed with back
 injuries.
 Kendal 18, 1hr

186 19786 16 May 10:55 Derwentwater - Calfclose Bay NY270214
 Dry cool. Damp slippery Fell Running (Organised event)
 Man(61), competitor taking part in final stage of the Keswick Triathlon tripped over a tree root, grazed
 his left knee and injured his right hamstring.
 Keswick 6, ¾ hr

187 19788 16 May 14:40 Stythwaite Steps, Grasmere NY321708
 SW-fresh/rain/broken cloud/cool/dull. Moderate footpath wet, slippery Hill Walking (Not known)
 Man(69) sprained ankle, cause not reported. Attempted to evacuate with help from friends, but pain
 became too much.
 Langdale Ambleside 11, 2hr

188 21461 16 May 17:30 Upper Eskdale NY231073
 Light/dry/clear. Moderate footpath Hill Walking (Small party)
 Man(NK) - Subject reported as collapsed. Unhurt when located.
 Wasdale 17, 4hr; Great North AA Cumbria

189 19806 16 May 23:32 Esk Hause NY233084
 Light/passing showers/hill fog/cool/dark. Moderate footpath wet, slippery Hill Walking (Small party)
 Three men(25, 25, 19) attempting the Three Peaks Challenge were unable to continue due to poor
 conditions. They became lost, cold and dispirited. They were found at about 01:30 and were able to
 walk back to safety. No reported injuries
 Keswick 11, 5¾ hr; Cockermouth 1, 5¾ hr; Langdale Ambleside 10, 2hr

190 21462 17 May 00:15 Broad Crag NY218075
 Moderate/drizzle/cool/dark. Moderate footpath Hill Walking (D of E) (Medium party)
 Six men(NK) doing D of E expedition, uninjured but lost and benighted on Broad Crag. Located and
 escorted to safety, no reported injuries.
 Wasdale 1, 6hr; Cockermouth 18, 6¾ hr; Keswick 4, 6¾ hr

191 19808 17 May 14:22 Far Easedale NY295102
 Moderate/heavy rain/low cloud/cool/dull. Gentle very wet footpath Hill Walking (Medium party)
 Man(64) - Subject slipped and fell onto his outstretched hand. He was treated for a fractured wrist.
 Keswick 20, 4hr; Langdale Ambleside 2, 2hr; Penrith 1, 4hr

192 21463 17 May 14:45 Wastwater NY152046
 Light/heavy rain/mild/dull. Level scree Hill Walking (Small party)
 Man(NK) and woman(NK) and their dog became cragfast on the rocky scree path above Wastwater.
 One person treated for an ankle injury.
 Wasdale 17, 4hr

- 193 19798 19 May 13:03 Huntingstile, Grasmere NY326065**
 Passing showers/broken cloud/cool/dull. Moderate snow/ice on footpath Hill Walking (Not known)
 Man(60) - Subject collapsed with chest pains. **FATAL** Heart attack.
 Langdale Ambleside 13, 4hr
- 194 19805 21 May 12:56 Chapel Stile NY322051**
 Dry/clear/mild/bright. Moderate bank grassy, slippery Hill Walking (Small party)
 Woman(30) reported in the river, reason not given. Requested to assist ambulance service. She was
 located being cared for by quarry staff. No reported injuries.
 Langdale Ambleside 6, 1hr; Great North AA Cumbria
- 195 21464 22 May 20:45 Moresby NY997173**
 Not reported. Not reported Search - Non-mountain (Alone)
 Boy(15) reported missing from home. He was located unharmed as the team were deploying in the
 search area.
 Wasdale 12, 1½ hr
- 196 19811 24 May 14:35 Blea Rigg, Grasmere NY302077**
 NE-light/dry/clear/warm/dark. Steep bank boggy, slippery Hill Walking (Not known)
 Woman(50) - Subject slipped while descending, resulting in an ankle fracture.
 Langdale Ambleside 17, 4hr
- 197 19923 24 May 14:40 Great Gable NY208100**
 Moderate/dry/clear/cool/bright. Steep gully loose Hill Walking (Small party)
 Two women(65, 26) one person sustained multiple injuries following tumbling fall. She was treated on
 scene by team doctors before being lowered to suitable location for winching into helicopter and
 transfer to hospital. Companion lowered to safety by rope and escorted off the hill, unharmed.
 Wasdale 14, 5½ hr
- 198 20264 24 May 18:20 Wallowbarrow Crag SD221967**
 Moderate/fine/clear/mild. Moderate slope dry Rock Climbing (Family group)
 Boy(17) had fallen whilst climbing solo to retrieve some dropped kit. He was treated for lower leg injury.
 Duddon & Furness 15, 2½ hr
- 199 20422 24 May 18:45 Helvellyn, Hole in the Wall NY367156**
 Light/dry/clear/mild/bright. Moderate dry footpath Hill Walking (Family group)
 Woman(20) separated while walking and failed to meet up with rest of family. They called for help after
 waiting an hour at Glenridding. Search started and team meet up with missing person, unhurt.
 Patterdale 10, 1hr
- 200 19883 25 May 16:09 Blea Tarn, Buttermere NY175168**
 Warm/bright. Not reported Hill Walking (Small party)
 Called to assist a walker with a broken ankle, near Bleaberry Tarn, Buttermere. A further call was
 received shortly afterwards to say that she was now off the hill and no further assistance was needed.
 Cockermouth 3, 1 hr
- 201 20423 25 May 16:10 Aira Force, Ullswater NY401208**
 Light/dry/clear/mild/bright. Moderate damp footpath Hill Walking (Family group)
 Man(68) slipped on damp rock fell close to beck and dislocated his shoulder.
 Penrith 6, 2hr; Patterdale 8, 2hr; North West Air Ambulance
- 202 19835 25 May 16:30 Dow Crag SD264977**
 Good. Vertical crag dry Rock Scrambling (Alone)
 Man(50) became cragfast on South Rake / Easy Terrace. He was belayed to safety, unharmed.
 Coniston 15, 3hr
- 203 20424 25 May 18:25 Helvellyn, Striding Edge NY346150**
 Light/fine/clear/warm/bright. Steep dry ridge Hill Walking (Small party)
 Girl(17) became frightened on narrow, exposed ridge and refused to move; her boyfriend called the
 police. They were roped down to safety and walked off the hill. No injuries reported.
 Patterdale 5, 2½ hr

204 19871 26 May 13:15 Harrop Tarn NY314137
 Fine. Slippery Hill Walking (Not known)
 Woman(63) slipped whilst out walking and sustained an ankle injury.
 Keswick 16, 2hr

205 19872 26 May 15:12 Blencathra, Blease Fell NY307260
 Fine. Not reported Hill Walking (Not known)
 Man(63) slipped whilst walking on the lower slopes of Blease Fell resulting in an ankle injury.
 Keswick 15, 1½ hr

206 19873 26 May 16:30 Derwentwater, River Derwent NY253231
 Fine. Not reported Water Sport (all types) (Not known)
 Three Girls(12) in canoes reported as separated from group and drifting down the river. Turned up safe
 back at the Derwentwater Marina.
 Keswick 9, 1¼ hr; Cockermouth 18, ¼ hr

207 20426 27 May 10:45 Dove Crag, Priest Hole NY376109
 Fresh/dry/cloudy/cool/dark. Steep damp crag Hill Walking (Not known)
 Man reported flashing lights on the hill. Checked with Outward Bound and confirmed that it was a
 group staying in the cave overnight - no further action required.
 Patterdale 3, 1hr

208 19874 27 May 15:10 Watendlath Beck, Hog's Earth NY266185
 Not reported. Not reported Hill Walking (Not known)
 Woman(51) slipped whilst crossing the beck and landed awkwardly. She was treated for a bruised
 coccyx.
 Keswick 12, 1½ hr

209 20425 27 May 15:50 Helvellyn NY434150
 Fresh/fine/cloudy/cool/dull. Steep damp crag Hill Walking
 Man reported hearing distress whistles in the Helvellyn area. This was reported to police three times.
 Man was interviewed and team went investigate but nothing untoward was found.
 Patterdale 3, ¾ hr

210 19838 28 May 14:50 Yewdale Fells, White Lady Ghyll SD304991
 Fine. Damp Hill Walking (Small party)
 Man(56) slipped whilst descending waterfall, sustaining head and hip injuries.
 Coniston 18, 2¾ hr

211 19837 28 May 14:50 Coniston, Church Beck SD295980
 Fine. Wet Water Sport (all types) (Small party)
 Boy(15) reported as vulnerable, stuck in beck. He was roped out to safety, unharmed.
 Coniston 4, 1¼ hr

212 20427 28 May 15:15 Aira Force NY399105
 Light/dry/cloudy/mild/dull. Moderate damp bank slippery Hill Walking (Family group)
 Man(40) slipped and fell at beauty spot, fracturing his ankle.
 Patterdale 11, 1hr

213 19839 28 May 16:25 Holme Fell, Raven Crag NY312002
 Fine. Damp Hill Walking (School/Youth group)
 Woman(52) slipped whilst looking after youngsters. She was treated for an ankle injury.
 Coniston 18, 3hr

214 19925 28 May 20:00 Scafell Pike NY198073
 Light/dry/cloudy/warm. Moderate footpath damp Hill Walking (Not known)
 Man(21) slipped while descending, sustaining dislocated right shoulder. He was treated on scene and
 stretchered down to waiting ambulance.
 Wasdale 25, 3hr

- 215 19885 29 May 11:48 Pillar Rock, Ennerdale NY171126**
 Not reported. Steep crag Hill Walking (Alone)
 Man(51) reported cragfast on Pillar Rock. He had been there all night and was being assisted by two climbers in the area. Team members assisted with the recovery down the West Waterfall and escorted him to his car in Buttermere. No reported injuries.
 Cockermouth 21, 2¾ hr
- 216 19886 29 May 17:03 Warnscale, Buttermere NY208134**
 Moderate/warm/bright. Steep footpath Hill Walking (Alone)
 Man(80) slipped on a path and tumbled 10 metres, resulting in a blunt blow to his face. He was diagnosed and treated for a fracture of cheek bone, facial & nasal injuries.
 Cockermouth 23, 2hr; Boulmer SAR Helicopter
- 217 19887 29 May 21:12 Haystacks, Buttermere NY175168**
 Clear/dusk. Footpath Hill Walking (Small party)
 Man(75) was reported overdue. He turned up safe and well as Team Members were on their way to the incident. Unhurt.
 Cockermouth 15, ¼ hr; SARDA (Lakes) 5, ¼ hr
- 218 19903 29 May 21:35 Waverley Viaduct, Carlisle NY384565**
 Fine sunny hot. N/a Water Sport (all types) (Family group)
 Man(57) reported missing near river; believed he may have entered the water to retrieve a ball for a child. Body recovered by fire service boat team; team stood down responding. **FATAL** Drowning.
 Penrith 17, ¾ hr; SARDA (Lakes) 2, ¾ hr
- 219 19840 30 May 13:45 Dow Crag, Brown Pike SD260970**
 Warm, sunny. Dry Hill Walking (Small party)
 Woman(61) with a history of heart problem, was reported as ill on walk with high heart rate. Helicopter attended and team stood down. Heart attack suspected.
 Coniston 8, 1hr; North West Air Ambulance
- 220 19875 30 May 15:51 Whinlatter Forest - Grisedale Pike NY208245**
 Not reported. Not reported Hill Walking (Not known)
 Man(NK) had become dehydrated and a little lost while walking in hot conditions. We ended up trying to locate him, by which time he had managed to find his way back to his car! Unhurt.
 Keswick 15, 1½ hr
- 221 19841 31 May 13:02 Brant Fell, Windermere SD407967**
 Dry/clear/hot/bright. Moderate bank dry, slippery Hill Walking (Not known)
 Woman(NK) reported stuck on steep bank, requested to assist ambulance service. She was treated for a leg injury.
 Langdale Ambleside 9, 1hr
- 222 19842 31 May 14:31 Alcock Tarn, Grasmere NY349078**
 Dry/clear/hot/bright. Moderate bank damp, slippery Hill Walking (Not known)
 Man(65) sustained a knee injury which swelled rapidly and painfully, making him unable to continue walk. He was treated for a soft tissue knee injury.
 Langdale Ambleside 15, 2hr
- 223 19876 31 May 17:24 Helvellyn, The Swirls NY327163**
 Light/dry/clear/hot/bright. Steep footpath dry Hill Walking (Not known)
 Woman(31) stumbled and tripped injuring her leg, back and face. She was treated for gashed leg, grazed head.
 Keswick 24, 2¼ hr

June 2009

- 224 19877 1 June 12:30 Grains Gill, Borrowdale NY230088**
 Calm/dry/clear/hot/bright. Steep footpath dry Hill Walking (Not known)
 Woman(63) fell forwards, managed to break the neck of her femur and injure her head and arms.
 Keswick 18, 3¼ hr; Great North AA Cumbria

225 19856 2 June 10:20 Easedale Tarn, Grasmere NY318016
 Dry/clear/hot/dark. Moderate footpath dry Hill Walking (Small party)
 Woman(80) collapsed suffering from heat exhaustion. Helicopter requested but was turned back when
 it was discovered that she wasn't as bad as first thought.
 Langdale Ambleside 9, 2hr; Boulmer SAR Helicopter

226 19870 2 June 18:30 Blease Fell, Tebay NY623008
 Clear fine hot. Dry Hill Walking (Small party)
 Woman(64) became separated from husband when she took a different path. Located on a tractor just
 prior to deploying search resources, having descended into wrong valley. Unhurt.
 Kirkby Stephen 15, ¾ hr; SARDA (England) 1, ¾ hr

227 19927 7 June 13:30 Hellgill, Mallerstang SD785966
 Fine clear showers. Firm damp fell Hill Walking (Organised event)
 Two men(60, 41), participants in sponsored walk were unable to continue due to leg cramp; evacuated
 to safety.
 Kirkby Stephen 4, 1hr

228 19901 9 June 21:24 Hutton Roof NY565782
 Calm/dry/clear/cool/dusk. Moderate dry rockface Rock Climbing (Small party)
 Woman(21) slipped whilst climbing, evacuated to waiting ambulance. Her injuries were not reported.
 Kendal 27, 2½ hr

229 19889 10 June 11:39 Latrigg NY274245
 Light/dry/clear/mild/bright. Steep footpath dry Hill Walking (Not known)
 Man(64) tripped when crossing stile. He landed on his nose and bruised his thigh. He was walked
 down after being checked by a team doctor.
 Keswick 12, 1½ hr

230 19928 12 June 19:55 Grisedale Pike NY202234
 Calm/dry/clear/mild/bright. Moderate footpath dry Hill Walking (Alone)
 Man(75) reported to be unable to get down after a fall - precise location unknown. He managed to get
 himself to hospital while team was looking for him. Condition reported as facial injuries & stroke.
 Keswick 1, 1hr

231 21465 12 June 20:45 Corridor Route, Wasdale NY219085
 Light/dry/cool/dark. Moderate footpath Hill Walking (Small party)
 Two women(NK) reported as lost and benighted. They met a passing walker who tried to escort them
 down but hampered by lack of torches. No injuries reported.
 Wasdale 4, 5hr

232 19902 12 June 21:30 Langdale NY288059
 Dry/clear/mild. Vertical crag dry Search - Mountain (Not known)
 Flare sighting reported. On investigation, found the informant had gone away. Nothing untoward found.
 Langdale Ambleside 2, 1hr

233 19929 13 June 11:31 Whitefield Wood, Bassenthwaite NY224334
 Light/dry/clear/mild/bright. Gentle footpath dry Hill Walking (Family group)
 Woman(53) fell while crossing a stile. She was treated for a fractured lower leg.
 Keswick 14, 2hr

234 21466 14 June 14:00 Styhead NY218095
 Light/dry/clear/mild. Gentle footpath Hill Walking (Not known)
 Man(NK) reported himself in difficulty and unable to continue because of sore knees. Unhurt.
 Wasdale 4, 2hr; Keswick 1, 2hr

235 19926 14 June 14:10 Pillar NY171120
 Moderate/dry/broken cloud/mild/bright. Level footpath dry Hill Walking (Small party)
 Man(62) reported collapsed and not breathing. Although the casualty later recovered, he was
 transferred to hospital by helicopter and his companion was escorted down by the team.
 Wasdale 18, 4½ hr; Boulmer SAR Helicopter

236 19930 14 June 19:22 Rakefoot, Walla Crag NY283221
 Calm/dry/clear/mild/bright. Moderate footpath dry Mountain Biking (Not known)
 Woman(29) fell backwards while dismounting her bike and landed badly in a boulder-strewn river bed.
 She was treated for a spinal injury.
 Keswick 23, 1¼ hr

237 19931 15 June 11:52 Rosthwaite - Watendlath NY261152
 Light/passing showers/clear/mild/bright. Moderate footpath dry Hill Walking (Not known)
 Man(73) collapsed while walking. **FATAL** Heart attack.
 Keswick 13, 1½ hr

238 19932 15 June 14:03 Lingy Bank, Rosthwaite NY249152
 Light/passing showers/clear/mild/bright. Moderate bank dry Hill Walking (Not known)
 Woman(83) slipped while walking, resulting in a fractured neck of femur.
 Keswick 15, 1½ hr; Great North AA Cumbria

239 19962 16 June 20:30 Gt Langdale NY304067
 Dry/clear/warm/bright. Steep gully dry Hill Walking (Alone)
 Man(76) reported overdue from walk. Search organised and teams started to deploy. Man turned up
 having had three hour epic struggle down unknown steep gully to get down to valley. Unhurt.
 Langdale Ambleside 22, 1hr; SARDA (Lakes) 10, 1hr

240 19963 18 June 19:14 Millthrop, Sedbergh NY662913
 Not reported. Not reported Local Incident (Not known)
 Ambulance service requested help with evacuation of an injured person near Sedbergh. Whilst on
 route the team were stood down as the ambulance service had received local help.
 Kendal 10, 1hr

241 19964 19 June 13:10 Cartmel SD378786
 Calm/dry/clear/mild/bright. Level wet bank Animal Rescue
 Fire Service requested assistance with the evacuation of a cow that had been stuck overnight in a
 stream. The cow was rescued with the help of a local farmer.
 Kendal 1, 2hr

242 20006 20 June 08:25 Blencathra - Threlkeld NY318256
 Dry light winds. Damp Fell Running (Alone)
 Man(29) failed to make his first rendezvous point and was then reported overdue. Search teams
 deployed but then learned that he had turned up back at home in Keswick. Unhurt.
 Keswick 16, 1½ hr; Cockermouth 22, ¾ hr; SARDA (Lakes) 8, 1½ hr

243 19996 20 June 14:30 Howgill Fells, Tebay NY618045
 Clear fine overcast. Firm but damp in places Fell Running (Organised event)
 Four men(40, 40, NK, 59) and woman(NK), competitors, had unrelated accidents of slipping and/or
 falling.
 Kirkby Stephen 8, 1hr

244 20204 21 June 08:30 Cam Crag Ridge, Langstrath NY260113
 Dry and overcast. Steep ridge Animal Rescue
 A sheep was reported stuck on crag. It was retrieved without loss or injury.
 Cockermouth 2, 4hr

245 20007 21 June 13:11 Great End, Skew Gill NY221090
 Not reported. Not reported Hill Walking (Not known)
 Man(39) was unable to continue due to painful knees. He was carried down to Seathwaite where he
 made his own way to hospital.
 Keswick 16, 3¾ hr

246 21467 21 June 16:45 Egremont, Clints Quarry NY008125
 Light/dry/mild/bright. Gentle woodland Local Incident (Not known)
 Request from the ambulance service for help with access and evacuation. Assisted with carrying
 patient with ankle injury across field to the road.
 Wasdale 9, 2hr

247 21472 21 June 21:50 Scafell Crag NY208068
Calm/passing showers/dark. Not reported Rock Climbing (Small party)
Two men(NK) were reported overdue from climbing on Scafell Crag. Small party set off with crag gear
but the missing climbers made their own way off unharmed.
Wasdale 5, 1½ hr

248 20008 22 June 12:42 Cat Bells NY247189
Not reported. Not reported Hill Walking (Not known)
Man(23) was reported to be feeling nauseous and suffering from blurred vision. He was carried down
to a waiting ambulance. Dehydration was diagnosed.
Keswick 11, 2½ hr

249 19977 23 June 15:33 Bracken Hause, Grasmere NY324095
Calm/dry/clear/hot/bright. Moderate footpath dry, slippery Hill Walking (Large party (at least 10))
Man(62) unable to continue walk due to heat exhaustion. Dehydration and hyperthermia were
diagnosed.
Langdale Ambleside 11, 2hr; Great North AA Teeside

250 20429 24 June 12:00 Ullswater NY426199
Light/fine/broken cloud/mild/bright. Moderate damp footpath Hill Walking (Family group)
Man(86) slipped on damp ground, fell and hit head knocking himself unconscious. His son kept his
airway open till team arrived. He was treated for a head injury.
Patterdale 11, 1¾ hr; Great North AA Cumbria

251 20009 24 June 20:20 Sty Head NY229108
Warm sunny. Dry Hill Walking (Not known)
Man(50) had become lost and exhausted. He was found by team members above the 1000 ft Boulder
where he was assisted down for the rest of his journey. Exhaustion was diagnosed.
Keswick 11, 1¾ hr

252 21468 25 June 14:55 St Bees Head NX943134
Light/drizzle/clear/bright. Gentle footpath Local Incident (Not known)
Request to assist the ambulance service with a report of a male with breathing difficulties at remote
location. The team doctor was quickly on scene but the casualty was airlifted to hospital before the
team arrived.
Wasdale 13, 1hr; Great North AA Cumbria

253 20010 26 June 12:25 Blencathra, Mousethwaite Comb NY342278
Dry. Dry Mountain Biking (Not known)
Man(45) slipped on scree and injured some ligaments in his knee. He had walked as far as he could
before we attended to him. Torn ligaments were diagnosed.
Keswick 7, 2¼ hr; Great North AA Cumbria

254 21469 26 June 17:45 Yewbarrow NY170076
Calm/dry/clear/bright. Steep scree Hill Walking (Small party)
Man(62) had a tumbling fall. Lucky not to have more serious injury. He was treated for head and other
lacerations.
Wasdale 13, 3½ hr

255 20011 27 June 14:10 Whinlatter, Forest Cycle track NY212238
Hot humid. Dry Mountain Biking (Not known)
Man(46) fell from his mountain bike, resulting in a fractured shoulder. He was treated at the scene and
carried to a waiting ambulance.
Keswick 16, 2¼ hr

256 20002 28 June 01:59 Gummers Howe SD389885
Calm/dry/clear/warm/dawn. Moderate dry slope Search - Mountain
Scout Leaders at Gt Tower campsite reported seeing SOS flashes on the hill looking south. A full
search was made of the likely areas but nothing was found.
Kendal 16, 5hr; SARDA (Lakes) 1, 5hr

257 21470 28 June 11:00 Eskmeals SD087942
Calm/dry/clear/hot/bright. Level Fishing (Alone)
Request to assist in search for missing fisherman. RNLI, Coastguard, search dogs, local canoe club, helicopters also involved. Nothing found but body recovered several days later.
Wasdale 14, 6hr; SARDA (Lakes) 7, 6hr; Unknown Military Aircraft

258 19999 28 June 11:30 Wansfell NY402050
Heavy rain/clear/hot/dull. Moderate ridge boggy Animal Rescue
Sheep reported stuck in a bog. Recovered and reunited with lamb. Wet and smelly!!
Langdale Ambleside 4, 2hr

259 21471 28 June 17:00 Great Gable NY209099
Calm/passing showers/clear/bright. Vertical rockface , slippery Rock Climbing (Small party)
Two men(NK) became cragfast after heavy shower, when their abseil rope became jammed as they tried to retreat. A party was airlifted above the stranded climbers and were then able to lower them to safety. No injuries reported.
Wasdale 12, 2hr; Gannet SAR Helicopter

260 20431 28 June 17:05 Ullswater, Glenridding Steamer Pier NY389170
Calm/dry/clear/hot/bright. Level dry footpath Local Incident (Small party)
Man(53) was brought in an unwell state by a member of the public to the team while they were finishing another rescue. Heat exhaustion was diagnosed.
Patterdale 16, ¾ hr

261 20000 29 June 16:45 Stake Pass, Gt Langdale NY265087
Calm/passing showers/clear/hot/bright. Moderate footpath damp Hill Walking (Not known)
Man(58) reported being taken ill while walking, complaining of breathing difficulties and tingling sensation in one arm. He was treated for breathing difficulties.
Langdale Ambleside 17, 3hr; Great North AA Teeside

262 20012 29 June 17:05 Rosthwaite - Watendlath NY262152
Not reported. Not reported Hill Walking (Not known)
Man(NK) became totally exhausted and unable to continue. He had not eaten since breakfast. He was assisted down to the waiting ambulance. Exhaustion was diagnosed.
Keswick 16, 1¼ hr

263 21473 30 June 19:50 St Bees Head NX940146
Calm/dry/hot/bright. Steep footpath Rock Climbing (Small party)
Man(NK) fell 100 ft on the descent to the start of a sea cliff climb. He was treated for fractured pelvis and internal injuries.
Wasdale 16, 2hr; Gannet SAR Helicopter

264 21654 30 June 23:00 Scafell NY186024
Calm/showers/warm/dark. Not reported Hill Walking (Small party)
Two women(80, NK) with three dogs reported overdue at their camp site in Eskdale. After an all-night search, they turned up safe and well at their camp site, having spent an unplanned night out.
Wasdale 26, 10hr; Cockermouth 1, 10hr; Duddon & Furness 13, 5hr; SARDA (Lakes) 1, 10hr;
Unknown Military Aircraft

July 2009

265 20324 1 July 21:00 Newbiggin on Lune NY698044
Not reported. Not reported Local Incident (Family group)
Boy(NK) - Requested to assist ambulance service attending remote farm following report of accident to fallen child and adult; later found only child injured. Laceration to chin.
Kirkby Stephen 14, 1hr

- 266 20003 2 July 16:20 Church Beck Ghyll SD295980**
 Fine. Wet Rock Scrambling (Small party)
 Two men(39, NK) were scrambling out of a gorge when the first slipped and knocked over the second. Stretchered to safety using ropes & taken by helicopter to hospital. He was treated for a 7cm cut to the head.
 Coniston 17, 3¼ hr; Great North AA Cumbria
- 267 21655 2 July 18:40 The Screes, Wastwater NY154045**
 Not reported. Steep scree rough Hill Walking (Small party)
 Two men(NK) had strayed high on to the Screes and had lost the path. Boat launched but it was easier to assist the walkers to climb up to the ridge above the scree, than descend. No injuries.
 Wasdale 13, 4½ hr
- 268 20013 3 July 21:03 Ennerdale - Borrowdale NY193090**
 Not reported. Not reported Hill Walking (Not known)
 Man(60) failed to turn up at his campsite in Rosthwaite at the end of this leg of the Coast-to-Coast walk. Teams deployed but stood down at 23:00 when he turned up in Wasdale, unhurt.
 Keswick 19, 2½ hr; Cockermouth 21, 2½ hr; SARDA (Lakes) 5, 2½ hr
- 269 21656 4 July 12:55 Mosedale NY240038**
 Not reported. Not reported Fell Running (Organised event)
 Woman(NK), competitor in the Saunders Mountain Marathon stumbled. She was treated for torn calf muscle.
 Wasdale 15, 3hr
- 270 21657 5 July 13:50 Lingmell NY189079**
 Not reported. Moderate footpath rough Hill Walking (Small party)
 Man(NK) apparently fell, cause not reported. He was treated for a sprained left ankle.
 Wasdale 18, 3hr
- 271 20014 5 July 14:58 Whinlatter, Forest Cycle track NY212239**
 Dry warm. Dry Mountain Biking (Not known)
 Man(NK) fell from his mountain bike. He was treated at the scene and transported to hospital by the helicopter with head and arm injuries.
 Keswick 15, 1hr; Great North AA Cumbria
- 272 20018 7 July 16:04 Langstrath, Fairy Glen NY272130**
 Passing showers/mild/bright. Gentle footpath wet, slippery Hill Walking (Not known)
 Woman(60) slipped on wet rocks and broke her ankle. She was treated at the scene and taken to hospital by helicopter, suffering from a fractured lower leg.
 Keswick 16, 1½ hr; Great North AA Cumbria
- 273 20021 7 July 20:20 Dow Crag SD270970**
 Fine. Dry Hill Walking (Not known)
 Two young lads reported hearing distress whistles. Turned out to be the cries of peregrine falcons. Team stood down and accompanied lads off the hill by vehicle.
 Coniston 18, 1½ hr
- 274 20432 7 July 21:00 Grisedale NY388159**
 Fresh/fine/broken cloud/mild/dusk. Gentle dry track Hill Walking (Alone)
 Woman(NK) was reported overdue by local guest house while doing Coast-to-Coast walk. The team were starting the search when a team member spotted a lone walker on the road.
 Patterdale 10, 1hr
- 275 20019 8 July 13:50 Friar's Crag, Derwentwater NY264223**
 Fresh/dry/clear/mild/bright. Gentle footpath dry Hill Walking (Small party)
 Man(86) and woman(NK) were walking along to the viewpoint when their dog jumped up at them. The man stepped back and tumbled 3m from the path down to the lake shore, pulling his wife down with him. No injuries reported
 Keswick 10, 1hr; Great North AA Cumbria

- 276 20020 8 July 14:50 Hell Ghyll, Oxendale, Gt Langdale NY263052**
 Dry/clear/warm/bright. Moderate footpath loose, slippery Hill Walking (Small party)
 Man(38) slipped and sustained lower leg injury.
 Langdale Ambleside 12, 2hr
- 277 20022 8 July 17:35 Lonscale Fell NY280026**
 Light/dry/clear/mild/bright. Moderate footpath dry Hill Walking (Not known)
 Woman(23) slipped and twisted her ankle in descent from Skiddaw. She was treated for fractured tibia and fibula.
 Keswick 17, 2hr; Great North AA Cumbria
- 278 20054 11 July 16:55 Mark Gate, Gt Langdale NY288066**
 Warm, dry. Steep footpath Hill Walking (Small party)
 Man(NK) slipped on descent, resulting in a lower leg fracture.
 Langdale Ambleside 15, 2hr
- 279 21658 11 July 17:26 Scafell Pike NY201072**
 Light/dry/clear/warm/dull. Moderate footpath damp Hill Walking (School/Youth group)
 Girl(17) with school party doing Three Peaks Challenge reported suffering from dehydration. She was diagnosed with a viral infection.
 Wasdale 18, 4½ hr; Unknown Civilian Aircraft
- 280 20433 11 July 18:37 Hartsop Above How NY398133**
 Calm/dry/clear/mild/bright. Moderate dry footpath Hill Walking (Small party)
 Woman(67) slipped on path and dislocated her right ankle.
 Patterdale 12, 3½ hr
- 281 21659 12 July 10:00 Kirk Fell NY192111**
 Not reported. Not reported Hill Walking (Alone)
 Man(NK) reported himself cragfast. Unhurt when lowered to safer ground.
 Wasdale 20, 2hr; Cockermouth 20, 2hr
- 282 21660 12 July 11:15 Little Narrowcove, Eskdale NY227066**
 Light/mild. Gentle track Hill Walking (Small party)
 Man(63) reported himself with shoulder injuries in Upper Eskdale, cause not reported. He was treated for a dislocated right shoulder.
 Wasdale 20, 7hr; Cockermouth 13, 6½hr
- 283 20055 13 July 12:29 Angle Tarn, Gt Langdale NY245078**
 Calm/passing showers/cloudy/mild/dull. Moderate footpath damp Hill Walking (Not known)
 Man(NK) taken ill with chest pains. He was diagnosed and treated for a heart attack.
 Langdale Ambleside 11, 1hr; Great North AA Teeside
- 284 20056 13 July 14:50 Helm Crag, Grasmere NY327090**
 Passing showers/broken cloud/mild/dull. Moderate footpath damp, slippery Hill Walking (Small party)
 Man(19) - Young woman suffered severe shin splints, unable to walk. Shin splints.
 Langdale Ambleside 13, 1½ hr
- 285 20057 13 July 16:05 Sergeant Man NY289086**
 Heavy rain/low cloud/mild/dull/thunder/lightning. Boggy moorland Hill Walking (School/Youth group)
 Girl(17) taken ill with copious vomiting, unable to continue walk in severely weakened state. She was treated for dehydration.
 Langdale Ambleside 12, 5hr
- 286 20058 13 July 19:00 Stickle Tarn, Gt Langdale NY290080**
 Heavy rain/low cloud/cool/dull/thunder/lightning. Boggy moorland Hill Walking (School/Youth group)
 Girl(17) was taken ill on way down. Stretcher and additional team members required to evacuate. She was treated for dehydration.
 Langdale Ambleside 18, 2hr

- 287 20059 14 July 13:34 Wrynose Bridge NY285032**
 Dry/clear/mild/bright. Steep gully very wet, slippery Local Incident (Small party)
 Man(54), photographer, fell into ravine while taking photos. He was treated for a lower leg fracture.
 Langdale Ambleside 14, 1½ hr; Great North AA Cumbria
- 288 20266 15 July 22:00 Whitbeck SD122876**
 Moderate/fine/clear/cool/dark. Not reported Hill Walking (Small party)
 Woman(NK) and man(NK) reported overdue, one with an ankle injury, but they had walked off the hill
 and were at home. Search had not begun.
 Duddon & Furness 16, ¾ hr
- 289 20085 16 July 12:04 Sour Milk Gill, Borrowdale NY227122**
 Light/dry/clear/warm/bright. Gentle footpath , slippery Hill Walking (Not known)
 Woman(57) slipped on wet rock. She was treated for a fractured ankle.
 Keswick 18, 2hr; Great North AA Cumbria
- 290 20089 16 July 14:00 Far Easededale, Grasmere NY313096**
 Dry/clear/warm/bright. Moderate footpath damp Fell Running (Alone)
 Man(73) slipped and fell onto hip, resulting in hip injury and pelvic fracture.
 Langdale Ambleside 10, 2½ hr
- 291 20580 16 July 15:13 Grey Craggs, Buttermere NY172148**
 Light/clear/bright. Crag Rock Climbing (Small party)
 Man(25) fell 75 ft at Grey Craggs, Buttermere. He was treated for pelvic, lower back and abdominal
 injuries.
 Cockermouth 26, 3½ hr; Unknown Civilian Aircraft
- 292 20090 17 July 01:30 School Knott, Windermere SD423976**
 Passing showers/clear/mild/dark. Moderate footpath damp Local Incident (Not known)
 Assist ambulance service with evacuation of unconscious 15 yr old female. She appeared drunk and
 unconscious.
 Langdale Ambleside 11, 1hr
- 293 20091 17 July 02:08 School Knott, Windermere SD420976**
 Passing showers/clear/mild/dark. Moderate footpath damp, slippery Rescue Team Activity (SAR unit)
 Man(NK) - Team member slipped on rock slab, resulting in a fracture / dislocation of ankle.
 Langdale Ambleside 10, 1hr
- 294 20223 17 July 21:25 River Derwent - Low Briery NY285242**
 Rain/cloudy/mild/dusk. Very wet Water Sport (all types) (Small party)
 Three men(NK) - Camper reported empty Canadian canoe drifting down river. Three occupants later
 found safe, having capsized upstream. No reported injuries.
 Keswick 18, 2¼ hr; SARDA (Lakes) 1, 2¼ hr
- 295 20224 17 July 22:10 Lingmell Beck NY206093**
 Dry. Dry Hill Walking (Small party)
 Two men(NK) one with knee injury who failed to return to Wasdale Head from Scafell Pike. They were
 found below Styhead, en-route to Wasdale. Unhurt.
 Keswick 10, 1hr; Wasdale 1, 1hr
- 296 20092 18 July 17:20 Church Beck Ghyll, Coniston SD294980**
 Dry then showers. Slippy, soil, bracken, rock Rock Scrambling (Small party)
 Man(30) jumped off rock into beck whilst gorge scrambling. Landed on rock and sustained ankle injury.
 Belayed to safety.
 Coniston 12, 2½ hr
- 297 20434 19 July 16:41 Helvellyn, Red Tarn path NY356165**
 Fresh/fine/broken cloud/mild/bright. Moderate dry footpath Hill Walking (Small party)
 Woman(NK) slipped and fractured her leg.
 Patterdale 15, 3hr; Great North AA Cumbria

298 21661 19 July 20:30 Wasdale NY208094
 Dark. Moderate footpath Hill Walking (Small party)
 Man(NK) and woman(NK) reported themselves lost. Mobile signal eventually re-established when it became apparent they were descending into Wasdale. Both unhurt.
 Wasdale 14, 4½ hr; Keswick 1, 4½ hr; Langdale Ambleside 11, 1hr; SARDA (Lakes) 3, 1hr

299 20581 21 July 20:08 Black Sail NY195123
 Not reported. Not reported Hill Walking (School/Youth group)
 Woman(19) was reported with an ankle injury at Black Sail. By the time the team had been called out, the party had set off for Wasdale Head.
 Cockermouth 5, 2hr

300 20225 23 July 10:15 Esk Pike NY232075
 Wet and low cloud. Wet Hill Walking (D of E) (Small party)
 Two women(20) and two men(20, 19), who had made the correct decision and camped out the previous night when they found themselves lost in low cloud managed to get themselves further lost attempting to reach Langdale from Sprinkling Tarn. No injuries reported in party.
 Keswick 13, 2¼ hr; Langdale Ambleside 9, 3hr; Wasdale 10, 1hr; SARDA (Lakes) 4, 1hr

301 20226 23 July 14:28 Castle Crag, Borrowdale NY249153
 Dry. Wet Hill Walking (Small party)
 Woman(56) slipped on wet grass resulting in injuries to lower left leg. She was treated for a lower leg fracture.
 Keswick 19, 1½ hr; Great North AA Cumbria

302 20435 23 July 17:51 Greenside, Glenridding NY361177
 Light/drizzle/cloudy/mild/dull. Moderate damp footpath Hill Walking (Alone)
 Woman(56) slipped on path and fractured her right ankle.
 Patterdale 6, 1½ hr

303 20279 23 July 19:10 Haweswater NY482138
 Not reported. Not reported Pony Trekking (Alone)
 Woman(NK) reported overdue between Bowness and Askham. She turned up at Haweswater Hotel during initial deployment of search parties. Unhurt.
 Penrith 12, 1hr; Patterdale 10, 1hr

304 20437 24 July 14:35 Helvellyn, Lower Man NY337156
 Fresh/dry/cloudy/mild/dull. Moderate damp footpath Hill Walking (Small party)
 Woman(20) on group walk suffered a recurrent hip problem. She was stretchered from the hill.
 Patterdale 16, 1hr; Penrith 4, 1hr; Keswick 3, 2hr

305 20280 24 July 15:35 Coombe Crag, Banks, Brampton NY591654
 Dry. Wet muddy Hill Walking (Not known)
 Man(NK) slipped on wet ground, causing injury; requested to assist ambulance service with access and evacuation. He was treated for a fractured left ankle.
 Penrith 8, 2hr

306 20438 24 July 16:45 Helvellyn, Kepple Cove NY345165
 Fresh/dry/broken cloud/cool/dull. Steep damp footpath Rescue Team Activity (Large party)
 Man(NK) - Member of mountain rescue team injured his ankle while carrying a stretcher. He was treated for a fractured fibula.
 Patterdale 10, 1½ hr; Penrith 1, 1½ hr; Cockermouth 1, 1½ hr; Keswick 3, 1hr

307 20229 25 July 11:32 Walla Crag NY277213
 Dry. Dry Hill Walking (Small party)
 Woman(23) slipped on rocky summit, sustaining ankle fracture.
 Keswick 15, 2hr

308 20439 25 July 14:21 St Sunday Crag NY373139
 Light/dry/broken cloud/warm/bright. Steep dry footpath Hill Walking (School/Youth group)
 Woman(31) fell and injured her ankle while descending. She was treated for a fractured ankle.
 Patterdale 13, 3½ hr

- 309 20152 25 July 15:30 Dungeon Ghyll, Langdale NY278074**
 Dry/clear/warm/bright. Steep footpath damp Hill Walking (Medium party)
 Woman(60) slipped and sustained a fractured lower leg.
 Langdale Ambleside 9, 4hr; Kendal 11, 4hr
- 310 20153 25 July 16:10 Angle Tarn, Langdale NY246077**
 Dry/clear/warm/bright. Moderate footpath dry Hill Walking (Small party)
 Woman(28) slipped, resulting in a lower leg fracture.
 Langdale Ambleside 10, 5hr; Kendal 5, 5hr
- 311 20230 26 July 14:50 Dale Head NY227152**
 Dry. Dry Hill Walking (Small party)
 Man(62) slipped on steep stony slope fracturing his right ankle. Informant descended to Newlands to raise the alarm. Casualty evacuated to Honister.
 Keswick 17, 3hr
- 312 21435 26 July 21:45 Scafell NY199067**
 SW-strong/heavy rain/hill fog/cool/dark. Moderate slope rough, slippery Hill Walking (Small party)
 Woman(19) and man(23) reported themselves lost in thick mist near summit of Scafell Pike. Mobile contact permanently lost. Overnight search extended to following morning with other teams assisting. Found on Scafell with a sprained ankle.
 Wasdale 25, 17hr; Cockermouth 14, 6¾ hr; Keswick 10, 4½ hr; Duddon & Furness 10, 17hr; SARDA (Lakes) 4, 17hr; Boulmer SAR Helicopter
- 313 20232 27 July 13:54 Blencathra, Sharp Edge NY326281**
 Dry. Wet and slippery Hill Walking (Small party)
 Woman(53) and man(NK) fell from a location just below the 'Awkward Step', on the north side of narrow ridge. No reported injuries.
 Keswick 19, 2¼ hr; Great North AA Cumbria ; Boulmer SAR Helicopter
- 314 20233 28 July 13:45 Whiteside, Brown Crag NY328178**
 Raining. Wet Hill Walking (Small party)
 Woman(50) was unable to continue with her walk, lacking in confidence on steep ground. Escorted from the hill by the team, no injuries.
 Keswick 15, 3hr
- 315 20281 28 July 16:00 Whelter Crag, Haweswater NY471133**
 Heavy persistent rain. Very wet, muddy, slippery Hill Walking (Not known)
 Woman(66) slipped on wet rock, resulting in a fractured ankle.
 Penrith 11, 4½ hr
- 316 20440 28 July 18:30 Deepdale Hause NY360125**
 Moderate/heavy rain/low cloud/cool/dull. Moderate damp footpath Hill Walking (Medium party)
 Boy(16) tripped over and fell on rock while camping with organised group. He was treated for fractured ribs.
 Patterdale 13, 4hr; Penrith 8, 1hr; Gannet SAR Helicopter
- 317 20148 29 July 15:30 Megs Ghyll, Gt Langdale NY323059**
 Dry/clear/mild/bright. Steep gully very wet, slippery Hill Walking (School/Youth group)
 Boy(14) suffered severe and prolonged asthma attack in ghyll while scrambling as part of organised group. Cared for by instructors and leaders, then treated by team and evacuated by helicopter.
 Langdale Ambleside 15, 3hr; Boulmer SAR Helicopter

August 2009

- 318 20234 2 August 19:45 Whinlatter, South Loop Bike Trail NY215236**
 Dry. Dry Mountain Biking (Small party)
 Man(28) crashed his mountain bike, sustaining spinal injuries and almost amputating his left ear with his helmet strap as he crashed.
 Keswick 15, 1¼ hr

- 319 20235 2 August 21:08 Dodd, Gable Ghyll NY247728**
 Dry. Dry Hill Walking (Small party)
 Woman(29) suffered a severe asthmatic attack whilst out walking.
 Keswick 17, 1hr
- 320 20236 3 August 13:48 Sour Milk Ghyll, Borrowdale NY234121**
 Showers. Wet Rock Scrambling (Medium party)
 Man(19) fell approximately 10m whilst scrambling up ghyll. He was treated for arm and leg fractures.
 Keswick 12, 2hr; Great North AA Cumbria
- 321 20205 5 August 11:40 Low Water, Coniston SD276984**
 Sunny, very clear. Dry, boggy in places Search - Mountain (Not known)
 Whistles & call for help reported by members of the public. Area searched from above Low Water Beck
 and scanned from below. Since nothing further was heard nor did other walkers since first report, search
 abandoned - false alarm good intent.
 Coniston 7, 2hr
- 322 21436 6 August 14:45 Scafell, Broad Stand NY209068**
 Light/dry/clear/mild. Vertical rockface Hill Walking (Not known)
 Man(NK) seen to fall from difficult descent route. Diagnosed open fracture left arm, lacerations to
 abdomen, in shock.
 Wasdale 17, 5hr; Boulmer SAR Helicopter
- 323 21437 6 August 20:14 Scafell, Broad Stand NY209068**
 Light/dry/clear/mild. Vertical rockface Hill Walking (Not known)
 While dealing with the previous incident, man(NK) fell from the same place and conveniently landed in
 the middle of the team!. He was treated for a fracture left arm, head injury and chest injury.
 Wasdale 17, 2½ hr; Boulmer SAR Helicopter
- 324 20237 7 August 22:50 Stockley Bridge, Borrowdale NY234101**
 Wet. Wet Hill Walking (Organised event)
 Woman(68) on Three Peaks Challenge became ill, with heavy vomiting. With encouragement she
 walked back to Seathwaite with the team. She was treated for dehydration and exhaustion.
 Keswick 3, 1¼ hr
- 325 20200 8 August 11:30 Orrest Head, Windermere SD412988**
 Dry/clear/mild/dull. Moderate bank damp, slippery Hill Walking (Small party)
 In party of two, woman(39) collapsed with severe abdominal pains. and man(18) running to help her
 slipped and sustained neck, back and knee injuries.
 Langdale Ambleside 12, 2hr
- 326 20238 8 August 13:52 Latrigg, Spooney Green NY277245**
 Dry. Dry Mountain Biking (Small party)
 Man(NK) crashed his mountain bike descending Spooney Green track. He was treated for facial
 injuries.
 Keswick 12, 1hr
- 327 21438 9 August 01:00 Scafell Pike NY215072**
 Moderate/rain/poor/mild/dark. Not reported Hill Walking (Organised event)
 Man(29) and woman(32) attempting the Three Peaks Challenge failed to report in after climbing Scafell
 during the night. An early morning search was mounted but they turned up in the next valley, Eskdale
 as the team were deploying.
 Wasdale 19, 2hr; Keswick 6, 1½ hr; SARDA (Lakes) 7, 1½ hr
- 328 20442 9 August 15:00 Helvellyn, Striding Edge NY351149**
 Light/fine/broken cloud/mild/bright. Steep dry ridge Hill Walking (Not known)
 Woman(NK) slipped and lacerated her leg.
 Patterdale 14, 1hr; Penrith 7, 4hr

- 329 20584 9 August 15:49 Looking Stead, Ennerdale NY191117**
Cool/dark. Steep bank Hill Walking (Large party (at least 10))
The warden of Black Sail Youth Hostel spotted some flashing lights from a group of 23 walkers aged 14 to 23. They were stuck high up on Looking Stead on difficult steep ground. No injuries reported.
Cockermouth 13, 4¾ hr; Wasdale 18, 4hr
- 330 20206 10 August 16:55 Pike Howe, Gt Langdale NY288068**
Dry/clear/warm/bright. Steep footpath loose, slippery Hill Walking (Small party)
Woman(25) slipped and sustained lower leg fracture.
Langdale Ambleside 19, 2½ hr
- 331 20490 11 August 12:20 Craggy Woods, Staveley SD474988**
Fresh/dry/cloudy/mild/bright. Moderate muddy woodland Hill Walking (Small party)
Woman(67) fell causing damage to existing left elbow injury, significant pain; she was stretchered to higher ground for evacuation by air ambulance.
Kendal 8, 20½ hr
- 332 20207 11 August 15:20 Pavey Ark, Jack's Rake NY285078**
Passing showers/broken cloud/mild/dull. Vertical crag damp, slippery Rock Scrambling (Not known)
Man(NK) became cragfast after a shower of rain rendered the crag very slippery.
Langdale Ambleside 11, 1hr
- 333 20240 11 August 16:48 Helvellyn, Swirls path NY319167**
Dry. Damp Hill Walking (Small party)
Man(25) slipped on path whilst descending, resulting in a fractured ankle.
Keswick 17, 1½ hr
- 334 21664 11 August 17:15 The Screes, Wastwater NY149043**
Not reported. Not reported Hill Walking (Small party)
Report (999) of two people exhausted and unable to continue on the Screes path beside Wastwater. Search made on foot and by boat found nothing. The informant had disappeared and could not be traced.
Wasdale 6, 3hr
- 335 21665 11 August 18:00 Scafell Pike, Corridor Route NY217082**
Moderate/rain/low cloud/cool/dusk. Moderate footpath wet Hill Walking (Not known)
Two men(NK) reported themselves lost and cold. They had been on Scafell Pike as part of Three Peaks Challenge. They were located near Round How and escorted down to Seathwaite.
Wasdale 24, 3hr; Keswick 7, 3¼ hr
- 336 20221 13 August 12:40 Goats Hause SD266983**
Fine. Dry, stony Hill Walking (Small party)
Man(23) slipped on rock. He was treated for a fractured right ankle.
Coniston 9, 3hr; Great North AA Cumbria
- 337 20269 13 August 13:50 Stonestar, Duddon Valley SD200915**
Light/dry/clear/warm/bright. Moderate bank wet, slippery Local Incident (Not known)
Woman(54) slipped on wet grass. She was treated for a fractured ankle.
Duddon & Furness 17, 1hr
- 338 20242 13 August 15:19 Dash Falls NY270313**
Dry. Damp Fell Running (Small party)
Woman(66) fell whilst running the Cumbria Way near Skiddaw House. One of her companions came down to raise the alarm. The team met up with the subject making her way slowly down. A fractured wrist and facial injuries were diagnosed and treated.
Keswick 13, 1hr
- 339 21666 13 August 23:00 Upper Eskdale NY220045**
Not reported. Not reported Hill Walking (Small party)
Family of five had been overtaken by darkness without torches, benighted. All unhurt.
Wasdale 7, 3½ hr

340 20284 14 August 16:20 Crossfell, N Pennines NY773330
Hill fog. Not reported Hill Walking (Small party)
Woman(NK) and man(NK) reported themselves lost in poor visibility. Located quickly from description given and escorted to safety. Both were unhurt.
Penrith 15, 3hr; SARDA (Lakes) 1, 3hr

341 20285 15 August 12:50 Scandal Beck, Kirkby Stephen NY743098
Wet. Flooded ford Local Incident (Alone)
Supermarket delivery van and driver reported themselves stuck when van ran off concrete bed of ford.
Driver safe and van recovered by winch.
Kirkby Stephen 6, 1½ hr

342 20244 15 August 21:05 Greenup Edge, Long Crag NY280104
SW-fresh/dry/clear/mild/dark. Moderate moorland boggy, slippery Hill Walking (Small party)
Man(30) and woman(25) reported themselves cold and wet, and becoming hypothermic.
Langdale Ambleside 12, 6hr; SARDA (Lakes) 2, 6hr

343 21440 16 August 11:03 Scafell Pike NY215072
Moderate/passing showers/hill fog/mild. Not reported Hill Walking (Small party)
Party of two men(NK) doing the Three Peaks Challenge set off at 23:00 and were reported overdue next morning. They were located having descended into the wrong valley. No reported injuries.
Wasdale 12, 1hr; Keswick 8, 1hr; SARDA (Lakes) 4, 1hr

344 20245 16 August 14:35 Post Knott, Windermere NY407964
SW-light/dry/clear/mild/bright. Moderate moorland boggy, slippery Hill Walking (Not known)
Woman(NK) slipped and sustained arm fracture.
Langdale Ambleside 12, 1¼ hr

345 21667 16 August 15:30 Scafell Pike NY207075
Not reported. Not reported Hill Walking (Small party)
Woman(47) injured herself in a fall, cause not reported. She was treated for a fractured left tibia.
Wasdale 16, 4hr

346 21668 17 August 19:00 Scafell Pike NY211079
Not reported. Not reported Hill Walking (Small party)
Party of two men(NK) became lost in mist. They had earlier given their map to another lost walker.
Wasdale 4, 3hr

347 20585 17 August 19:30 Haystacks Area NY194149
Not reported. Not reported Hill Walking (Small party)
Two women(64, 69) were reported overdue in the Haystacks area. Unhurt when located.
Cockermouth 2, ¼ hr

348 20443 19 August 12:30 Ullswater NY388178
Strong/passing showers/broken cloud/mild/dull. Not reported Water Sport (all types) (Family group)
Report of capsized dinghy and people in the water. Stood down when about to launch boat as people had been rescued.
Patterdale 4, 1hr

349 20255 19 August 14:55 Greenup Ghyll, Borrowdale NY281117
Rain. Wet Hill Walking (Not known)
Man(71) slipped on wet rocks whilst descending, landing with his lower leg beneath him, resulting in ligament damage in leg.
Keswick 13, 1hr

350 20253 19 August 16:30 Church Beck, Coniston SD294983
Wet. Wet and rocky Rock Scrambling (Not known)
Woman(45) slipped whilst gorge walking. Assistance requested by ambulance service but not required in the end. Team stood down. Injury reported as injured ankle.
Coniston 12, ¼ hr

- 351 20254 19 August 17:45 Goats Hawse SD266981**
Misty, raining. Wet, rough track Hill Walking (School/Youth group)
Boy(14) slipped and injured knee. He was treated for cruciate ligament injury to left knee and stretched to waiting vehicle.
Coniston 14, 4hr
- 352 20256 20 August 14:21 Great End NY229085**
Wet, windy, low cloud. Wet and slippery Rock Scrambling (Small party)
Two men(23), on Three Peaks Challenge, set out from Wasdale Head for Scafell Pike, eventually getting themselves cragfast when they attempted to downclimb the face of Great End having got lost without compasses. They were lowered from the crag to safety, unhurt.
Keswick 1, 5hr
- 353 20444 20 August 14:30 Patterdale, Goldrill Beck NY396159**
Light/passing showers/broken cloud/cool/dull. Not reported Water Sport (all types) (Small party)
Report from member of the public of upturned canoe having been washed into Ullswater and no sign of child. Team alerted to search banks of Goldrill. Team assembling when reported child been found and group had left area.
Patterdale 4, 1hr
- 354 20260 21 August 13:44 Wansfell NY397042**
Dry/broken cloud/mild/bright. Moderate crag wet, slippery Hill Walking (Small party)
Man(54) slipped and sustained lower leg fracture.
Langdale Ambleside 8, 2½ hr
- 355 20286 21 August 17:43 Long Stile Edge, Riggindale NY451113**
Not reported. Not reported Hill Walking (Small party)
Man(62) reported separated from party during walk. Concern expressed for his safety. Subject turned up during initial search deployment. Unhurt.
Penrith 14, 1hr; SARDA (Lakes) 5, 1hr
- 356 21441 22 August 17:45 Great Gable NY210101**
Strong/dry/clear. Moderate crag Hill Walking (Medium party)
Man(NK) slipped and fell, resulting in facial lacerations and shoulder injury.
Wasdale 20, 5½ hr
- 357 20587 23 August 10:31 Scale Force, Buttermere NY156171**
Not reported. Not reported Hill Walking (Small party)
Man(60) fell on the path, sustaining an ankle fracture.
Cockermouth 29, 2½ hr
- 358 20276 23 August 13:28 High Rigg NY306224**
Not reported. Not reported Hill Walking (Not known)
Woman(55) slipped on wet grass. She was treated at the scene for a fractured ankle and carried to a waiting ambulance.
Keswick 12, 1½ hr; Teesdale and Weardale 5, 1½ hr; Duddon & Furness 1, 1½ hr
- 359 20277 24 August 13:23 Skiddaw Littleman NY269276**
Sunny. Dry Hill Walking (Small party)
Boy(15) fell while descending, aggravating an existing leg injury. He was treated at the scene for a dislocated kneecap and evacuated by air ambulance.
Keswick 14, 3hr; Cockermouth 15, 1½ hr; North West Air Ambulance
- 360 20263 24 August 23:12 Rossett Ghyll, Gt Langdale NY249072**
SE-fresh/passing showers/broken cloud/mild/dark. Moderate footpath wet, slippery Hill Walking (Small party)
Five men(40) reported overcome by fatigue/cold after long day out on hill. They made situation worse by a navigation error. One dodgy knee, two very cold, otherwise no injuries.
Langdale Ambleside 6, 4hr; SARDA (Lakes) 1, 4hr

- 361 20270 25 August 14:50 Coniston Old Man, Spion Kop SD275978**
 Fine. Rocky, slate Animal Rescue (Small party)
 Dog fell down shaft, sustaining a leg and hip injury. It was stretchered to safety and taken to a vet.
 Coniston 10, 2½ hr
- 362 20749 25 August 18:00 Broughton Beck SD282828**
 Light/dry/clear/mild/bright. Level damp Hill Walking (Not known)
 Woman(45) had been running away from cows and had fallen trying to get over a wall. Casualty care
 provided by ambulance service for a twisted ankle.
 Duddon & Furness 14, 1½ hr
- 363 20491 26 August 13:50 Eves Wood, Silverdale SD460759**
 Fresh/heavy rain/cloudy/cool/dull. Moderate very wet footpath Hill Walking (Small party)
 Two women(60, 70) one fell and her elderly friend fell trying to help her. Injuries not reported.
 Kendal 15, 2hr
- 364 20271 26 August 14:25 Furness Fells, Hole Rake SD300995**
 Wet and misty. Rough track, moor, boggy in places Hill Walking (D of E) (Medium party)
 Party of girls(17) got lost in cloud & rain. Since one member unable to continue, they put up tents and
 waited for help. When located found member suffering from hypothermia, remainder OK.
 Coniston 12, 4hr
- 365 20446 26 August 16:49 Whiteside Bank NY338165**
 Strong/heavy rain/low cloud/cold/dull. Moderate very wet footpath Hill Walking (D of E) (Medium party)
 Party of six girls(17) became lost and very wet. They called for help, no injuries.
 Patterdale 7, 4½ hr
- 366 20272 27 August 13:05 Tilberthwaite Ghyll NY303008**
 Cloudy but dry. Stone track Hill Walking (Small party)
 Woman(83) fainted on path. She was stretchered to waiting ambulance prior to hospital transfer. She
 had fainted but regained consciousness when team arrived.
 Coniston 9, 2hr; Great North AA Cumbria
- 367 20278 28 August 11:00 Helvellyn NY342150**
 Low cloud. Not reported Hill Walking (Small party)
 Man(NK) and woman(NK) failed to return to hotel after walk. It had been supposed they had gone to
 Helvellyn. A search there was conducted only to find the couple had spent the night on Glaramara.
 Keswick 9, 2hr; Patterdale 18, 1hr; SARDA (Lakes) 6, 1hr
- 368 21442 28 August 14:41 Mitredale NY166020**
 Moderate/rain/cool/dull. Gentle moorland Hill Walking (Small party)
 Boy(17) slipped and fell. He was treated for a fractured fibula.
 Wasdale 11, 2hr; Great North AA Cumbria
- 369 21669 29 August 14:20 Corridor Route NY211083**
 Not reported. Not reported Hill Walking (Not known)
 Woman(NK) had fallen into a gully off the Corridor Route. Before the team reached her, a helicopter
 already in the area managed to winch her out and evacuate to hospital. Head injuries were reported.
 Wasdale 19, 1hr; Unknown Military Aircraft
- 370 20314 29 August 15:30 Grisedale Tarn, Grasmere NY353121**
 E-fresh/passing showers/clear/cool/dull. Steep footpath loose, slippery Hill Walking (Small party)
 Man(20) slipped and sustained lower leg fracture.
 Langdale Ambleside 16, 4hr; Great North AA Cumbria
- 371 20315 30 August 13:04 Stickle Tarn, Gt Langdale NY289078**
 Passing showers/clear/mild/dull. Moderate footpath damp, slippery Hill Walking (Not known)
 Man(NK) with suspected wrist fractures. Cause was not reported.
 Langdale Ambleside 12, 1hr

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- 372 21443 1 September 11:50 Scafell Pike NY215077**
Moderate/passing showers/low cloud/cool. Moderate footpath Hill Walking (Not known)
Man(35) slipped and sustained a sprained ankle.
Wasdale 19, 5hr
- 373 20306 1 September 12:50 Greenup Edge NY291104**
Heavy showers cold. Very wet Hill Walking (Alone)
Man(35) walking alone, slipped and heard a crack in his ankle. He lay there for 2 hours before other
walkers came across him and raised the alarm. He was treated for a fractured ankle.
Keswick 19, 5½ hr; Great North AA Cumbria
- 374 20287 2 September 10:40 Mardale Head, Haweswater NY468108**
Not reported. Not reported Hill Walking (Not known)
Man(NK) collapsed while walking with party; during deployment reported to be a fatality. **FATAL** Heart
attack suspected.
Penrith 8, 2¼ hr; Great North AA Cumbria
- 375 20307 2 September 14:42 Bessyboot NY252127**
Heavy showers cold. Wet Hill Walking (Not known)
Woman(47) slipped on wet grass and fractured her tibia and fibula. The air ambulance from the
previous incident flew the team doctor to the scene before flying back to transport more members close
to the scene. Low cloud was making high flying impossible.
Keswick 10, 3¾ hr; Great North AA Cumbria
- 376 20308 2 September 15:26 Grains Gill NY225105**
Heavy showers cold. Wet Hill Walking (Not known)
Man(75) was suffering from acute stomach pains and vomiting. He was airlifted to hospital in Barrow.
Keswick 12, 3hr; Valley SAR Helicopter
- 377 20288 2 September 17:39 Scafell Pike NY224078**
Wet low cloud. Very wet Hill Walking (Family group)
Boy(13) and four men(NK) encountered bad weather and sustained an ankle injury. They got lost in
cloud. They were found near the top of Calf Cove. The boy was stretchered down.
Keswick 26, 5¾ hr; Wasdale 23, 2½ hr; SARDA (Lakes) 7, 5¾ hr
- 378 20304 2 September 17:40 Swirl How NY274009**
Wet, misty. Grassy, rocky and stony track, wet, bog Hill Walking (Medium party)
Woman(40) slipped falling approx. 100ft whilst descending. She was treated for back & knee injuries,
then stretchered to safety and hospital. Rest of party accompanied off hill via Prison Band.
Coniston 14, 7hr; Langdale Ambleside 13, 7hr; SARDA (Lakes) 1, 7hr
- 379 21671 5 September 15:00 Giggle Alley, Eskdale Green NY143003**
Not reported. Not reported Local Incident (Not known)
Requested to attend to a car that had become stuck across a narrow lane. The car was winched to a
safe position and assisted to drive out of the lane.
Wasdale 2, 2hr
- 380 20374 5 September 18:00 Troughton Ghyll, Gt Langdale NY269073**
W-strong/dry/clear/cool/dusk. Steep scree loose, slippery Hill Walking (Small party)
Man(40) slipped and sustained leg injury. He later refused hospital treatment.
Langdale Ambleside 13, 4hr
- 381 20441 6 September 13:30 Grisedale, Ruthwaite Lodge NY355135**
Light/heavy rain/low cloud/cool/dull. Moderate very wet footpath Hill Walking (Small party)
Woman(54) slipped on wet rock and fractured her ankle.
Patterdale 11, 1hr; Penrith 6, 1hr

382 20430 6 September 15:52 Watnook, Ullswater NY439198
 Calm/dry/clear/hot/bright. Moderate dry footpath Hill Walking (Small party)
 Man(NK) found collapsed and having an epileptic seizure. Boat deployed to access the site and transfer him to definitive care.
 Patterdale 16, 1hr

383 20445 6 September 16:50 Greenside, Glenridding NY365174
 Fresh/passing showers/cloudy/cool/dull. Moderate damp footpath Hill Walking (Small party)
 Two men(NK) a member of the public was worried about overdue husband and son. Father's shoes had disintergrated while on walk. She had lost mobile phone contact and could not find them. As team were beginning the search, the man was spotted in telephone box. No injuries reported.
 Patterdale 5, 1hr

384 20428 6 September 16:54 Helvellyn, Red Tarn NY357154
 Light/fine/clear/mild/bright. Moderate dry footpath Hill Walking (Medium party)
 Man(54) collapsed while walking with friends; he had a history of heart problems. He was treated for a heart attack.
 Patterdale 16, 1hr; Great North AA Cumbria

385 20375 7 September 13:05 Greenup Edge, Grasmere NY290105
 SW-fresh/dry/clear/mild/bright. Moderate footpath wet, slippery Hill Walking (Small party)
 Woman(59) slipped and sustained a fracture/dislocation of ankle. It was complicated because she was currently undergoing cancer treatment.
 Langdale Ambleside 14, 4½ hr; Keswick 1, 1hr; Great North AA Cumbria

386 21672 7 September 16:20 Aaron Slack, Great Gable NY216103
 Not reported. Steep gully rough Hill Walking (Not known)
 Man(51) tumbled and fell 50m, resulting in lacerations to head and knee.
 Wasdale 25, 1hr; Gannet SAR Helicopter

387 21444 7 September 16:35 Great Gable NY216105
 Fresh/dry/clear/cool. Moderate scree Hill Walking (Small party)
 Man(51) took a tumbling fall, receiving lacerations to head and knee with extensive bruising and abrasions.
 Wasdale 25, 4hr; Gannet SAR Helicopter

388 20750 7 September 17:40 Troutal Fell SD240993
 Dry/clear/mild/dull. Steep slope Rock Climbing (Not known)
 Man(28) reported to have fallen about 20 ft. He was treated for pain in back, wrist and ankle.
 Duddon & Furness 22, 2hr; Wasdale 25, 2hr; North West Air Ambulance ; Unknown Military Aircraft

389 20376 8 September 12:56 Styhead Gill, 1000' Boulder NY228107
 Very wet very windy. Very wet slippery Hill Walking (School/Youth group)
 Man(25) in an organised group slipped on wet grass. He was treated for a fractured ankle.
 Keswick 26, 2½ hr

390 21446 9 September 14:00 Ravenglass SD091965
 Light/dry/mild. Gentle footpath Local Incident (Not known)
 Request to assist the ambulance service with a female with an ankle injury. Casualty was stretchered to waiting ambulance.
 Wasdale 12, 1½ hr

391 20335 9 September 14:27 Elterwater, Rob Rash Wood NY338040
 Dry/clear/mild/bright. Gentle footpath damp, slippery Hill Walking (Not known)
 Requested to assist with the evacuation of an injured woman(NK) from a riverside path.
 Langdale Ambleside 8, 1hr

392 20336 9 September 15:16 Loft Crag, Gt Langdale NY279068
 Dry/clear/mild/bright. Moderate moorland damp Hill Walking (Not known)
 Two men(NK) became bracken-fast and lost the path. They were returned to path and escorted down to safety. Neither harmed.
 Langdale Ambleside 11, 2¼ hr

- 393 20881 10 September 14:10 Simons Seat, Howgills SD658996**
 Warm sunny dry. Firm dry grass Hill Walking (Small party)
 Man(NK) collapsed, cause unknown.
 Kirkby Stephen 2, ½ hr; Unknown Civilian Aircraft
- 394 21447 11 September 10:45 Scafell Pike, Brown Tongue NY196074**
 Light/dry/clear/mild. Moderate footpath Hill Walking (Alone)
 Man(62) reported to have collapsed on footpath. After examination by the team doctor, he was able to walk down to his car. No reported injuries.
 Wasdale 20, 2½ hr
- 395 20880 12 September 16:34 Barton Park, Ullswater NY473220**
 Dry bright. Dry Hill Walking (Small party)
 Woman(63) collapsed, complaining of chest pains, history of cardiac problems. She was treated for a heart attack.
 Penrith 15, 2hr; Boulmer SAR Helicopter
- 396 20487 12 September 19:40 Holly Bank, Bassenthwaite NY224324**
 Dry clear. Wet slippery Hill Walking (Not known)
 Woman(60) slipped from the path whilst wearing wellies. Requested to assist the ambulance service. She was treated for a mid-shaft fracture of femur and patella injury.
 Keswick 8, 1½ hr
- 397 20471 13 September 20:40 Coniston Old Man, Brossen Stone Qry SD281976**
 Dry, dark, clear. Fellside, bracken, slippery in places Hill Walking (Small party)
 Man(55), Woman(NK), Girl(9), Boy(13) - family of four lost in dark on descent. Young son got separated but found immediately in car park safe & well. Rest of party located and found safe before being accompanied off the hill.
 Coniston 11, 2hr
- 398 20488 14 September 13:50 Blencathra, Sharp Edge NY326283**
 Dry/clear/mild/bright. Steep ridge dry Rock Scrambling (Small party)
 Man(43) became cragfast and gripped with fear. He was extricated by other walkers as MRT reached the scene. No injuries.
 Keswick 13, 2hr
- 399 21551 14 September 14:46 Helvellyn, Red Tarn NY349155**
 Light/dry/cloudy/mild/dull. Moderate firm footpath Hill Walking (Family group)
 Man(46) slipped and fell injuring his wrist. He was evacuated by air ambulance prior to arrival of MR.
 Patterdale 4, ¾ hr; Great North AA Cumbria
- 400 21448 14 September 18:00 Pillar, Wind Gap NY169115**
 Light/dry/clear/cool. Steep scree Hill Walking (School/Youth group)
 Man(69) slipped while descending scree sustaining dislocated left shoulder. Team doctor reset the shoulder on the hillside and he was stretchered down to a waiting ambulance.
 Wasdale 19, 5½ hr
- 401 21449 15 September 14:43 Scafell, Mickledore Chimney NY209068**
 Light/dry/clear/mild. Vertical crag Hill Walking (Small party)
 Two men(32, NK) strayed off route descending Broad Stand into Mickledore Chimney. One person fell and the other became cragfast. Injuries were not reported.
 Wasdale 17, 4hr; Boulmer SAR Helicopter
- 402 21450 15 September 18:45 Upper Blengdale NY132092**
 Light/dry/clear/mild. Gentle moorland Hill Walking (Small party)
 Man(69) collapsed while fellwalking. Local farmer ferried MRT and equipment to site with ATV bikes. He was treated for a heart attack.
 Wasdale 22, 2hr; Gannet SAR Helicopter

- 403 20489 16 September 20:58 Green Gable NY215108**
Cool dry. Dry Hill Walking (Alone)
Man(68) became lost while doing the Coast-to-Coast walk. He was unhurt when located.
Keswick 16, 4hr; Cockermouth 1, 4hr; SARDA (Lakes) 7, 4hr
- 404 20486 18 September 03:56 Orrest Head, Windermere SD412990**
Dry/clear/cool/dark. Moderate woodland damp, slippery Hill Walking (Small party)
Boy(17) slipped, sustaining spinal, neck and shoulder injuries.
Langdale Ambleside 9, 2hr; SARDA (Lakes) 1, 2hr
- 405 21451 18 September 16:00 Scafell Pike, Lingmell col NY208076**
Light/dry/clear/mild. Moderate footpath Hill Walking (Not known)
Woman(63) stumbled and fell on path. She was treated for a fractured right wrist.
Wasdale 17, 4hr
- 406 20485 19 September 15:40 Pavey Ark, Gt Langdale NY283082**
Dry/broken cloud/mild/dull. Moderate moorland damp Hill Walking (Not known)
Man(NK) sustained a dislocated shoulder, the cause was not reported..
Langdale Ambleside 14, 1hr; Great North AA Cumbria
- 407 20641 20 September 14:30 Rosthwaite, New Bridge NY251151**
Not reported. Not reported Hill Walking (Not known)
At the request of a local doctor, we assisted in transporting a woman(80) to the road. She had been taken ill and was unable to continue under her own steam.
Keswick 2, 1hr
- 408 20642 21 September 14:19 Shoulthwaite NY300206**
Not reported. Not reported Local Incident (Not known)
Conducted a search in the vicinity of a parked car which had been left unattended in a layby for the previous six weeks. Nothing was found.
Keswick 15, 4hr; SARDA (Lakes) 3, 4hr
- 409 20576 21 September 20:45 Dow Crag SD264977**
Dry, dark. Dry, rocky Rock Climbing (Small party)
Two men(52, 21) went off route and became benighted. They were located safe & well and accompanied to safety.
Coniston 18, 3hr
- 410 21673 22 September 19:00 Piers Gill NY214086**
Not reported. Not reported Hill Walking (School/Youth group)
Following a report of shouts for help heard in Piers Gill, a party of two men(19) were found who had fallen while crossing stream. No injuries reported.
Wasdale 20, 6hr
- 411 20573 28 September 18:00 Hagg Wood, Arnside SD465778**
Calm/dry/clear/mild/dusk. Moderate dry woodland Local Incident (Alone)
Police requested team's assistance with recovery of a suicide victim from woodland. The body was evacuated to the road and handed to the Coroner's officer. **FATAL**
Kendal 20, 2hr
- 412 20582 29 September 14:09 Rannerdale Col, Buttermere NY174183**
Fresh/drizzle. Moderate footpath, slippery Hill Walking (Medium party)
Woman(68) slipped, resulting in a fractured ankle.
Cockermouth 19, 2hr
- 413 20643 30 September 17:00 Troutdale NY260170**
Not reported. Not reported Hill Walking (Not known)
Two men(29), along with their dog, found a slippery path down into the valley too difficult to negotiate, so phoned for help. A small team was sent who then assisted them down and they were returned to their transport at Watendlath. Unhurt.
Keswick 12, 1¼ hr

October 2009

- 414 20644 1 October 15:20 Helvellyn, The Swirls NY316169**
Not reported. Not reported Parapenting (Not known)
Man(52) had landed successfully but was then caught in a gust of wind and dragged into a wall. The result - five fractured ribs and a fractured humerus. He was treated at the scene before being flown to hospital by the air ambulance.
Keswick 18, 2hr; Great North AA Cumbria
- 415 21674 2 October 18:00 Wasdale NY167068**
Not reported. Not reported Hill Walking (Small party)
Party of two reported themselves lost and it was getting dark. While responding, members happened to stop a taxi in Wasdale containing the missing couple who were on their way back to Borrowdale.
Wasdale 13, 3hr; Keswick 1, 1hr; Langdale Ambleside 10, 2hr; SARDA (Lakes) 1, 3hr
- 416 21552 3 October 12:44 Helvellyn, Grisdale Tarn NY351123**
Gale/heavy rain/poor/cold/dull. Moderate very wet footpath Hill Walking (Organised event)
Couple on charity walk decided weather too bad to continue and left group to descend on their own. Woman(63) became exhausted and sat down unable to walk without her shoe which she had lost. She was treated for hypothermia.
Patterdale 16, 3¾ hr
- 417 21452 3 October 13:30 Corridor Route, Wasdale NY221091**
Strong/passing showers/low cloud/cool/dull. Moderate footpath rough Hill Walking (Medium party)
Man(56) reported to have collapsed. Despite the efforts of his companions, the man was declared dead at the scene. **FATAL** Heart attack suspected.
Wasdale 16, 3½ hr
- 418 21553 3 October 14:00 Helvellyn, Grisedale Tarn NY354129**
Gale/heavy rain/low cloud/cold/dull. Moderate very wet footpath sli Hill Walking (Medium party)
Woman(69) slipped and fell in severe weather. She was treated for a fractured arm.
Patterdale 16, 3hr
- 419 20645 4 October 12:45 Troutdale NY260173**
Sunny. Slippery Hill Walking (Not known)
Woman(51) fell when she slipped and landed on her face and chest. Injuries not detailed.
Keswick 12, 1½ hr; Boulmer SAR Helicopter
- 420 21554 4 October 14:55 High Row, Matterdale NY349227**
Moderate//broken cloud/cool/dull. Undulating boggy track Local Incident (Small party)
Assistance requested when 4x4 became stuck on boggy track. Team used a vehicle to winch stranded vehicle to firmer ground.
Patterdale 2, 1hr
- 421 21555 5 October 14:15 Helvellyn, Striding Edge NY345149**
Light/dry/clear/cold/bright. Steep rough ridge Hill Walking (Small party)
Woman(62) slipped from ridge and fell 20-30 ft, coming to rest in a precarious position. She was treated for head injuries.
- 422 20646 5 October 17:29 Troutdale NY260169**
Sunny. Slippery Hill Walking (Not known)
Woman(65) slipped, resulting in a fractured fibula.
Keswick 20, 1¼ hr
- 423 20597 5 October 20:45 Skelghyll Woods, Ambleside NY379031**
Dry/clear/cold/moonlight. Moderate footpath damp, slippery Search - Non-mountain (Alone)
Man(36) reported missing by family member and concern expressed for his welfare. He was located having sustained a minor ankle injury.
Langdale Ambleside 18, 3½ hr; SARDA (Lakes) 5, 3½ hr

- 424 20598 7 October 17:10 Blea Rigg, Gt Langdale NY292082**
NE-light/dry/clear/cool/dark. Moderate footpath damp, slippery Hill Walking (Not known)
Woman(73) slipped on footpath, resulting in an ankle fracture.
Langdale Ambleside 17, 3½ hr
- 425 20599 8 October 10:30 Raven Crag, Gt Langdale NY284066**
Calm/dry/clear/mild/bright. Vertical crag damp Search - Mountain
Shouts for help reported from popular climbing crag. It turned out to be hounds and followers moving
across top of crag. False alarm with good intent.
Langdale Ambleside 1, 1hr
- 426 21453 11 October 12:00 Wastwater NY154054**
Fresh/dry/clear. Not reported Water Sport (all types) (School/Youth group)
Man(NK), diver reported as having failed to surface. Nothing found in initial search and underwater
search started by police divers who were called in from Lancashire. **FATAL** Not known to reporter.
Wasdale 11, 4½ hr
- 427 20647 11 October 13:55 Shepherd's Crag, The Grasp NY262185**
Clear fine. Dry rock Rock Climbing (Not known)
Man(21) fell 5 - 8 metres while leading the climb. He was treated for severe bruising & puncture wound
to his elbow.
Keswick 14, 2hr; North West Air Ambulance
- 428 21556 11 October 14:50 Aira Force, Ullswater NY399205**
Light/fine/clear/cool/bright. Gentle rough footpath slippery Hill Walking (Family group)
Man(NK) reported to have fallen into beck. He was treated for cold and shock.
Patterdale 4, 1hr
- 429 20882 11 October 17:02 Riggindale, Bowderthwaite Bridge NY468118**
Dry bright broken cloud. Dry stony footpath Hill Walking (Family group)
Boy(12) slipped or tripped on footpath. He was treated for a fractured right tibia and fibula.
Penrith 16, 2½ hr; Boulmer SAR Helicopter
- 430 21454 12 October 21:45 Slight Side NY207176**
Light/dry/clear/cool/dark. Gentle slope Hill Walking (School/Youth group)
Man(64) became separated from his companion as darkness was falling and failed to rendezvous with
party. Missing person was found quite quickly and was able to walk off escorted.
Wasdale 12, 3hr
- 431 21675 14 October 16:00 Scafell Pike NY215072**
Not reported. Not reported Hill Walking (Not known)
Man(44) reported himself unable to walk from the summit because of cramp in legs.
Wasdale 12, 3hr
- 432 20629 14 October 17:26 Loughrigg Terrace, Grasmere NY348059**
Calm/drizzle/hill fog/mild/dull. Moderate footpath damp, slippery Hill Walking (Large party (at least 10))
Woman(65) slipped and sustained a very painful fracture of the humerus. Helicopter requested but
unable to attend due to fog.
Langdale Ambleside 9, 2hr
- 433 20648 14 October 19:00 Standing Crag, Corridor Route NY218085**
Not reported. Not reported Hill Walking (Small party)
Six men(NK) benighted while descending. They carried no lights so were unable to continue. No
reported injuries.
Keswick 5, 4½ hr; Wasdale 6, 4½ hr
- 434 20677 17 October 15:15 Coniston Old Man SD273977**
Sunny, dry. Rough track, stony, slate Hill Walking (Small party)
Woman(34) reported suffering vertigo. Team member (already in area) encouraged her to walk off the
summit. Party accompanied safely to waiting vehicle. No injuries.
Coniston 12, 2¾ hr

- 435 20685 18 October 18:50 Three Tarns, Gt Langdale NY248060**
 SW-moderate/heavy rain/low cloud/mild/dark. Overhanging footpath very wet Hill Walking (Small party)
 Two men(NK) and boy(13) became benighted when delayed by navigational error. No injuries.
 Langdale Ambleside 11, 3½ hr; SARDA (Lakes) 2, 3½ hr
- 436 20726 22 October 18:47 Walla Crag, Borrowdale NY280216**
 Dry cool. Damp Hill Walking (Alone)
 Man(31) became benighted when he was caught out without a torch. No injuries.
 Keswick 5, 1hr; SARDA (Lakes) 1, 1hr
- 437 20883 23 October 06:40 Isel, Cockermouth NY155335**
 Not reported. Not reported Search - Non-mountain (Alone)
 Man(NK), described as vulnerable, reported missing from home; he was located safe and well..
 Penrith 9, ½ hr; Cockermouth 1, ½ hr; SARDA (Lakes) 9, 4¼ hr; Keswick 5, 2¼ hr; Wasdale 7, 2hr
- 438 20742 23 October 08:00 Broughton, Preston SD525351**
 Calm/dry/clear/mild/bright. Gentle boggy Search - Non-mountain (Alone)
 Man(NK) reported missing from home. No injuries.
 Kendal 7, 9hr; Duddon & Furness 6, 12hr; SARDA (Lakes) 3, 9hr
- 439 20728 24 October 17:35 Grey Knotts NY222131**
 Wet windy. Slippery Hill Walking (Not known)
 Woman(21) slipped on wet grass and injured her leg. Fractured fibula.
 Keswick 1, 2¼ hr
- 440 20686 24 October 18:30 Lingcove Beck NY238050**
 SW-gale/heavy rain/hill fog/mild/dark. Moderate moorland very wet, slippery Hill Walking (Small party)
 Five men(NK) reported overdue, after splitting from original party of ten. No injuries.
 Langdale Ambleside 15, 3hr; Wasdale 13, 3hr; SARDA (Lakes) 6, 3hr; Duddon & Furness 17, ¾ hr
- 441 20755 26 October 06:30 Gleaston SD255708**
 Light/fine/clear/mild/bright. Not reported Search - Non-mountain (Alone)
 Man(44) reported missing since previous evening. Search continued next day. Man walked into Barrow
 police station as search was being abandoned. .
 Duddon & Furness 10, 10¾ hr; SARDA (Lakes) 5, 4hr; Valley SAR Helicopter
- 442 21378 26 October 06:30 Roanhead SD200755**
 Light/fine/clear/warm/bright. Not reported Search - Non-mountain (Alone)
 Man(50) reported missing from home since previous morning.
 Duddon & Furness 12, 7½ hr; SARDA (Lakes) 5, 7½ hr; Valley SAR Helicopter
- 443 20678 26 October 12:30 The Scrows SD291979**
 Fine. Wet, rough track Hill Walking (Small party)
 Woman(54) slipped on wet ground, resulting in a fractured right ankle.
 Coniston 9, 1½ hr
- 444 20687 26 October 16:55 Stickle Ghyll, Gt Langdale NY288075**
 Calm/dry/clear/mild/dark. Moderate footpath damp Hill Walking (Not known)
 Six men(NK) in a group slowed by a slightly-injured member, later caught out by darkness. No torches
 in group. No injuries reported.
 Langdale Ambleside 4, 2hr
- 445 20688 26 October 18:10 Crinkle Crag, Gt Langdale NY248048**
 Calm/dry/clear/mild/dark. Moderate footpath damp Hill Walking (Family group)
 Woman(40) and boy(11) reported overdue. They were located in valley having been delayed by
 navigational error. Unharmed.
 Langdale Ambleside 4, 1hr
- 446 20729 26 October 18:22 Carrock Fell - Brandy Gill NY323333**
 Clear. Slippery Hill Walking (Not known)
 Woman(32) slipped on steep, wet grass and sustained a fracture/dislocation of her ankle.
 Keswick 17, 2¼ hr

- 447 20689 27 October 12:40 Harrison Stickle, Gt Langdale NY282074**
 SW-moderate/drizzle/hill fog/mild/dull. Steep crag damp, slippery Hill Walking (Not known)
 Man(76) missed the path and became cragfast. He was lowered to safety by the team and escorted to valley and safety.
 Langdale Ambleside 11, 1hr
- 448 21455 27 October 17:45 Lingmell NY210081**
 Gale/passing showers/hill fog/cool/dark. Steep slope Hill Walking (Alone)
 Man(NK) lost the path in darkness and cloud. He tried to find his way off but slipped and injured his back making walking difficult. He was located after team leader talked to him on mobile phone about his route and then able to walk off escorted. He was treated for back pain.
 Wasdale 16, 5hr
- 449 20730 27 October 23:33 Flour Gill, Wythburn NY291104**
 Wind rain cloud. Wet Hill Walking (Small party)
 Two women(35, 36) and man(55) doing the Coast to Coast walk became lost in poor weather. They were located near the head of Wythburn and escorted down to Thirlmere. No injuries reported.
 Keswick 9, 6hr; SARDA (Lakes) 2, 6hr; Langdale Ambleside 6, 5hr
- 450 20691 28 October 13:38 Easedale Tarn, Grasmere NY310086**
 Drizzle/broken cloud/mild/dull. Moderate footpath very wet Hill Walking (Not known)
 Woman(NK) sustained lower leg injury in slip. She was evacuated by air ambulance prior to MRT arrival; reported to have a lower leg fracture.
 Langdale Ambleside 6, 1hr; North West Air Ambulance
- 451 20731 28 October 16:27 Blencathra, Blease Fell NY310257**
 Dry. Wet slippery Hill Walking (Not known)
 Woman(61) slipped on wet grass and fractured her ankle.
 Keswick 18, 1¾ hr
- 452 21456 29 October 19:45 Eskdale NY168004**
 Not reported. Not reported Hill Walking (Alone)
 Woman(25) was reported overdue on walk up Scafell. Because of the lack of information, an initial search of car parks was made before mobilising the team. The missing person called her friend to say she had gone home to Durham.
 Wasdale 3, 2½ hr
- 453 20724 31 October 15:55 Angle Tarn, Gt Langdale NY243079**
 SW-fresh/heavy rain/hill fog/mild/dark. Steep footpath very wet, slippery Hill Walking (Medium party)
 Woman(67) slipped, resulting in a lower leg fracture.
 Langdale Ambleside 18, 6hr
- 454 21457 31 October 16:20 Upper Eskdale NY231076**
 Heavy rain/low cloud/dark. Moderate footpath Hill Walking (Small party)
 Woman(NK) and four men(NK) – a party of two were lost in hill fog and approaching darkness. They met party of two others also lost. Able to give location as Lat/Long by mobile phone and were given instructions to guide them to safety. They were met by small rescue party. No injuries.
 Wasdale 6, 5hr
- 455 20725 31 October 17:50 Bowfell, Gt Langdale NY241072**
 SW-storm/heavy rain/low cloud/cool/dusk. Steep forestry very wet, slippery Hill Walking (Large party (at least 10
 Nine women(20) ground to a halt, benighted, after getting into difficulty with one torch and 8 glow-sticks. Eventually located near Ore Gap after prolonged search. No injuries.
 Langdale Ambleside 10, 9¼ hr; Keswick 1, 1hr; SARDA (Lakes) 5, 1hr

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- 456 20734 2 November 12:40 Megs Ghyll, Gt Langdale NY323057**
 Light/dry/clear/mild/dull. Steep footpath very wet, slippery Hill Walking (Not known)
 Woman(NK) slipped on very wet ground. She was treated for an ankle fracture.
 Langdale Ambleside 12, 2hr

- 457 21557 4 November 12:00 Aira Force NY400205**
 Light/fine/broken cloud/cool/bright. Steep very wet gully slippery Hill Walking (Alone)
 Man(79) fell into steep gorge just before a 120ft drop. He was secured and hauled to safety by
 combined efforts of MR, FRS and police. He was treated for hypothermia.
 Patterdale 8, 2hr; Great North AA Cumbria
- 458 20735 4 November 13:51 Crinkle Crag, Long Top NY249049**
 SW-fresh/hail/low cloud/cold/dusk. Moderate moorland very wet, slippery Hill Walking (Alone)
 Man(64) slipped and sustained a lower leg fracture. He was assisted by passing walkers, who stayed
 with him until MRT arrived.
 Langdale Ambleside 9, 5hr; Kendal 11, 4hr; Boulmer SAR Helicopter ; Great North AA Teeside
- 459 21680 5 November 11:30 Wastwater NY152054**
 Not reported. Not reported Water Sport (all types) (Not known)
 Man(NK) - request to assist with the recovery of the body of a diver from Wastwater. **FATAL** Drowning.
 Wasdale 11, 4hr
- 460 20740 7 November 12:20 Cockley Crag, Grasmere NY313088**
 Heavy rain/hill fog/cool/dull. Moderate footpath very wet Hill Walking (Not known)
 Man(62) slipped and aggravated an old knee injury.
 Langdale Ambleside 17, 3hr
- 461 20733 7 November 12:56 Blencathra, Sharp Edge NY326283**
 Wet. Wet Rock Scrambling (Small party)
 Three men(NK) out of a larger party became cragfast in the wet and slippery conditions. They were
 assisted by other scramblers before MRT arrived on scene. No injuries.
 Keswick 18, ¼ hr
- 462 20741 8 November 13:10 Pavey Ark, Jack's Rake NY285079**
 Dry/broken cloud/cool/dull. Vertical crag very wet, slippery Rock Scrambling (Alone)
 Man(NK) reported himself as cragfast and called for help. He then climbed off unaided. Team stood
 down en-route.
 Langdale Ambleside 8, 1hr; SARDA (Lakes) 1, 1hr
- 463 20760 9 November 17:50 Far Easedale, Grasmere NY312097**
 Passing showers/broken cloud/cool/dark. Moderate footpath very wet Hill Walking (Small party)
 Two men(NK) became benighted when their torch became unusable. No injuries.
 Langdale Ambleside 4, 2hr
- 464 20761 10 November 17:20 Low Pike, Ambleside NY374081**
 Calm/dry/low cloud/mild/dark. Moderate footpath very wet, slippery Hill Walking (Small party)
 Two men(NK) became too frightened to move when it became dark and their torch proved inadequate.
 No injuries.
 Langdale Ambleside 12, 3hr; SARDA (Lakes) 1, 3hr
- 465 20762 11 November 20:00 Crinkle Crag, Langdale NY247048**
 SW-fresh/passing showers/broken cloud/cool/dark. Moderate moorland very wet Hill Walking (Not known)
 Man(58) was reported overdue. He was located on the road, unhurt.
 Langdale Ambleside 3, 3hr
- 466 20763 11 November 21:00 Blake Rigg, Langdale NY245040**
 SW-moderate/passing showers/hill fog/cool/dark. Very wet moorland Hill Walking (Not known)
 Flashing lights were reported on the fellside. They disappeared back uphill during investigation. It was
 not pursued any further.
 Langdale Ambleside 6, 2hr
- 467 20765 13 November 15:00 Thunacar Knott, Gt Langdale NY280076**
 SW-fresh/rain/broken cloud/cool/dark. Moderate moorland very wet Hill Walking (Small party)
 Man(51) and woman(51) reported themselves lost and unable to find their way down due to mist. No
 injuries.
 Langdale Ambleside 9, 4½ hr; SARDA (Lakes) 1, 4½ hr

- 468 21558 14 November 14:51 Helvellyn, Striding Edge NY345152**
 Moderate/heavy rain/hill fog/cool/dull. Steep very wet Hill Walking (Small party)
 Report of shouting for help heard near East Gully. Report confirmed by two separate groups that
 shouts had been heard. A search found a group of three who admitted they were shouting, after
 becoming separated.
 Patterdale 14, 1hr; SARDA (Lakes) 2, 1hr
- 469 20745 14 November 17:52 Levers Water SD282993**
 Blustery showers, misty. Wet, stony/rough tracks Hill Walking (Small party)
 Woman(45) and man(NK) became lost in mist and dark. They were located quickly & taken by vehicle
 to base. No injuries.
 Coniston 14, 1hr
- 470 21559 15 November 12:30 Beda Head NY429173**
 Light/dry/broken cloud/cool/bright. Moderate damp footpath Hill Walking (D of E) (Medium party)
 Boy(16) fell while walking with expedition group. He was treated for a deep leg wound with bone
 exposed.
 Patterdale 10, 1¼ hr; Furness 1, 1¼ hr; Leconfield SAR Helicopter
- 471 20893 15 November 16:43 Taylorgill NY230110**
 Not reported. Not reported Hill Walking (Small party)
 Man(NK) and woman(NK) became separated while descending Taylorgill. When the party failed to
 meet up at Seathwaite, a degree of concern resulted. A local team member quickly located the others
 and the incident was happily resolved. No injuries.
 Keswick 4, ¾ hr
- 472 20894 16 November 00:02 Portinscale NY253195**
 Dry. Wet Search - Non-mountain (Alone)
 Man(73) reported well-overdue after failing to return from one of his regular local walks. He was found
 near Hawse End, fit and well, with his dog. Unhurt.
 Keswick 20, 2hr; SARDA (Lakes) 3, 2hr
- 473 21474 18 November 20:00 Lingmell Col NY213078**
 Gale/heavy rain/poor/dark. Moderate slope very wet Hill Walking (Small party)
 Man(NK) and woman(NK) reported themselves in difficulty and unable to descend. Because of forecast
 of extreme weather, a small party was sent to escort them down. The location they gave was accurate
 and they were quickly found. No injuries.
 Wasdale 10, 4hr
- 474 20824 19 November 08:00 Ambleside NY377038**
 Not reported. Very wet Local Incident (Not known)
 Major civil emergency when rivers burst their banks and flooded Ambleside and neighbouring villages.
 Major disruption to traffic and utilities. Assisted statutory services with search and rescue duties.
 Langdale Ambleside 8, 16hr
- 475 20895 19 November 09:30 Keswick NY267235**
 Very wet. Flood Local Incident (Not known)
 Severe local flooding following unprecedented rainfall requiring multiple evacuations from homes and
 vehicles. In addition assisted in search for policeman swept away when the bridge in Workington
 collapsed.
 Keswick 26, 30½ hr; Kirkby Stephen 20, 14hr; Swaledale 8, 7½ hr
- 476 21028 19 November 09:55 Duddon Bridge SD199882**
 Moderate/rain/clear/mild/dull. Level very wet Local Incident (Not known)
 Investigated report of vehicle abandoned in flood water. No persons found in vehicle.
 Duddon & Furness 12, 1½ hr

- 477 21560 19 November 12:04 Ullswater NY391161**
Moderate/heavy rain/low cloud/cool/dull. Level very wet Local Incident
Requested to assist emergency services during period of intense rainfall and extensive local flooding.
Three instances of assistance reported involving access and evacuation of stranded home owners, as
well as support for local communities with flood prevention.
Patterdale 6, 4½ hr
- 478 20884 19 November 13:00 Penrith NY527274**
Heavy persistent rain. Local flooding Local Incident
Requested to assist local emergency services during major flooding caused by record-breaking rainfall.
Assisted with property evacuation in Pooley Bridge, large container loose on Ullswater and traffic
management on A6 Clifton.
Penrith 12, 5hr
- 479 21475 19 November 16:00 Cockermouth NY120308**
Strong/heavy rain/dark. Not reported Local Incident
Requested to assist emergency services during major flooding when rivers burst their banks,
inundating extensive parts of the town.
Wasdale 10, 75hr; Cockermouth 1, 1hr (final figures to be confirmed)
- 480 20825 20 November 00:00 Ambleside NY377038**
Heavy rain. Very wet Local Incident (Not known)
Major civil emergency when rivers burst their banks and flooded Ambleside and neighbouring villages.
Major disruption to traffic and utilities. Assisted statutory services with search and rescue duties.
Langdale Ambleside 5, 24hr
- 481 21563 20 November 09:44 Eamont Bridge - Patterdale NY522287**
Overcast/damp. Flooding Local Incident
Requested to assist emergency services during period of severe local flooding. Three instances
reported involving access to houses surrounded by swift deep water, and occupants stranded in water-
logged vehicle.
Patterdale 10, 5hr; Penrith 12, 2hr
- 482 20822 20 November 10:20 Cockermouth ND117307**
Dry. Floods Local Incident (Not known)
Major civil emergency when rivers Cocker and Derwent burst their banks and flooded Cockermouth
and neighbouring villages. Major disruption to traffic and utilities. Assisted with evacuation from town
centre properties due to major flooding.
Coniston 12, 8hr; Swaledale 8, 7½ hr; Wasdale 10, 24hr; Leconfield SAR Helicopter; (final figures to be
confirmed)
- 483 20826 21 November 00:00 Ambleside NY377038**
Heavy rain. Very wet Hill Walking (Not known)
Major civil emergency when rivers burst their banks and flooded Ambleside and neighbouring villages.
Major disruption to traffic and utilities. Assisted statutory services with search and rescue duties.
Langdale Ambleside 3, 8hr
- 484 21566 21 November 10:03 Ullswater NY432210**
Not reported. Not reported Local Incident
Requested to assist emergency service during period of severe local flooding. Two instances reported
including evacuating stranded van driver and course member at OBMS Ullswater requiring transport to
hospital.
Patterdale 6, 1½ hr
- 485 20836 21 November 13:15 Kirkby Lonsdale SD610789**
Fresh/rain/cloudy/cool/dull. Moderate very wet bank Search - Non-mountain (Alone)
Woman(50) reported missing, a river bank search was made until dark but nothing found. .
Kendal 16, 5hr

- 486 20886 21 November 15:25 Crosby on Eden, Carlisle NY452590**
Wet windy. Flooding Local Incident
Requested to assist Cumbria FRS dealing with motorists stranded in flooding on road close to local golf course. Two occupants and a dog recovered to firm ground.
Penrith 11, 1½ hr
- 487 20837 22 November 08:30 Levens / Heversham SD481833**
Light/passing showers/clear/cool/bright. Moderate very wet bank slippery Water Sport (all types)
Following a reported missing canoe, police requested a search of an area of river to establish that there was no missing person. A search was made and called off as high tide was due, there was no evidence that anyone was lost and there was no persons reported missing.
Kendal 15, 4hr
- 488 20887 22 November 08:57 Cockermouth NY125305**
Frequent heavy showers. Flooding Local Incident
Requested to assist Emergency services dealing with SAR activities in Cockermouth area. Worked in the north side of River Derwent subject to recent flooding.
Penrith 11, 9hr; (final figures to be confirmed)
- 489 20840 22 November 11:00 Ambleside NY337038**
Heavy rain. Very wet Local Incident (Not known)
Requested to transport District Nurse to vulnerable patient through bad road conditions. Completed without incident.
Langdale Ambleside 2, 2hr
- 490 20896 23 November 10:45 Cockermouth NY122307**
Wet. Wet Local Incident (Not known)
Requested to provide safety cover while a huge tree, which was blocking the town's Cocker Bridge, was dismantled and removed by tree surgeons. Other recovery duties undertaken.
Keswick 8, 6¼ hr; Cockermouth 1, 6¼ hr; (final figures to be confirmed)
- 491 20889 26 November 15:30 Greystoke Forest NY402344**
Rain strong wind. Exposed cliff edge Hill Walking (Alone)
Man(72), despondent, reported as attempting suicide and fallen 30ft down remote cliff. Found in an intoxicated state, treated and evacuated to hospital.
Penrith 16, 2½ hr; Boulmer SAR Helicopter ; Great North AA Cumbria
- 492 20897 26 November 17:40 Skiddaw NY260290**
Not reported. Not reported Search - Mountain
In response to a report from someone who said she had met a party of walkers at 14:00 descending from Skiddaw, that a man with a broken leg was located near the summit. Following investigations, it was established to be a false alarm, with possible malicious intent. Police later arrested a reporter and charge them with wasting police time.
Keswick 32, 1¼ hr
- 493 21476 26 November 18:00 Scafell Pike, Piers Gill NY213083**
Strong/dry/cold/dark. Steep gully Hill Walking (Small party)
Three men(NK) lost the path while descending; they strayed into and became stuck in well-known steep gully. They gave an approximate location before losing the mobile signal. Party was located and assisted to walk to safety. No injuries.
Wasdale 17, 5½ hr
- 494 20898 27 November 12:51 Blencathra, Sharp Edge NY326284**
Wet. Slippery rocky ridge Rock Scrambling (Small party)
Man(NK) slipped on the wet rock and tumbled 30 metres down into the usual gully. He was treated for severe bruising & contusions and evacuated to hospital.
Keswick 17, 4¾ hr; Penrith 7, 4¾ hr; Gannet SAR Helicopter
- 495 20875 28 November 12:40 Bowfell, North Summit NY244071**
Fine/clear/very cold/bright. Steep moorland snow/ice, slippery Hill Walking (Medium party)
Man(59) reported with chest pains and nausea. He was treated for cardiac arrhythmia.
Langdale Ambleside 13, 4¼ hr; Unknown Civilian Aircraft

496 20876 28 November 14:05 Yoke NY413070
Dry/clear/very cold/dusk. Steep scree damp, slippery Hill Walking (Not known)
Girl(16) slipped and fell 100 metres down broken ground and quarry waste slope. She was treated for
head, chest, neck, spinal injuries and an open tibia fracture.
Langdale Ambleside 4, 3hr; Kendal 11, 4hr; Boulmer SAR Helicopter

497 21477 28 November 21:15 Great Gable NY210102
Light/dry/clear/freezing/dark. Vertical rockface Rock Climbing (Small party)
Three men(NK) reported overdue. Set off at 10.00am to climb Napes Needle and were expected back
by dark. They were found safe, well and in no difficulty above Napes Needle completing their climb in
the dark.
Wasdale 19, 5hr

498 21478 29 November 16:30 Scafell NY205040
Strong/passing showers/hill fog/cold/dark. Moderate slope Hill Walking (Small party)
Three women(NK) became lost in cloud and darkness. Location they gave from GPS was in Lat/Long.
Small party quickly located them and required a taxi round to Seathwaite, a 60 mile trip!. No injuries.
Wasdale 4, 3½ hr

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499 20877 1 December 14:30 Helm Crag, Grasmere NY326089
Dry/clear/freezing/dull. Moderate footpath snow/ice, slippery Hill Walking (Small party)
Man(27) slipped and sustained a lower leg fracture.
Langdale Ambleside 12, 2½ hr

500 21568 2 December 02:00 Kirkstone Pass NY403098
Moderate/snow/clear/freezing/dark. Not reported Local Incident
Report of vehicle stranded in deep snow on high pass with driver trapped in vehicle. Driver managed to
free herself as help arrived.
Patterdale 4, 1hr

501 20892 7 December 13:12 Windermere, Fell Foot SD380871
Calm/passing showers/cloudy/cold/dusk. Gentle wet bank Water Sport (all types) (Alone)
Man(73) reported missing after boat found unoccupied on lake with tender attached and unattended
vehicle in carpark. **FATAL**
Kendal 14, 5hr; Duddon & Furness 25, 3hr; SARDA (Lakes) 5, 5hr; Langdale Ambleside 3, 4hr;
Lancashire Police Helicopter

502 20946 12 December 13:55 Silver How, Grasmere NY325065
Dry/clear/freezing/dusk. Vertical crag loose, slippery, deadly Animal Rescue (Small party)
Dog became cragfast after running away. It was retrieved without loss or injury.
Langdale Ambleside 5, 3hr

503 20986 19 December 21:15 Troutbeck, Windermere NY404018
Snow/low cloud/freezing/dark. Snow covered roads Local Incident
Requested to assist ambulance during period of severe weather. Transported paramedic dealing with a
leg injury.
Langdale Ambleside 4, 2hr

504 20965 20 December 10:00 Heversham, Kendal SD496833
Light/snow/foggy/freezing/dull. Level icy slippery Local Incident (Solo)
Ambulance requested assistance during severe weather dealing with possible cardiac arrest. Team
stood down on route.
Kendal 3, 1hr

505 20987 20 December 10:40 Windermere - Troutbeck SD412987
Snow/clear/freezing/bright. Moderate track snow/ice Local Incident
Requested to assist ambulance service during period of severe weather when unable to get into area
due to snow. (1) male, semi-conscious, coughing blood, hypothermic. (2) female dislocated knee,
jumping from out of control car, just before it crashed through a wall.
Langdale Ambleside 9, 5hr

- 506 20962 20 December 12:30 Tranearth, Torver SD283956**
 Cold, snowy. Ice and snow over rough track Hill Walking (Winter) (Small party)
 Man(45) slipped on ice and twisted left knee. He was stretchered to vehicle and taken by ambulance to hospital.
 Coniston 15, 3hr
- 507 20988 20 December 13:24 School Knott, Windermere SD425975**
 Snow/broken cloud/freezing/bright. Moderate bank snow/ice, slippery Sledging (Not known)
 Woman(NK) suffered ankle fracture when she crashed her sledge.
 Langdale Ambleside 1, 2hr; Boulmer SAR Helicopter
- 508 20959 20 December 22:00 Penrith NY515305**
 N-fresh/snow/clear/very cold/dark. Impassable untreated roads Local Incident
 Requested to assist ambulance service access to evacuate a seriously ill patient from their home during period of severe weather. 4x4 vehicle and members attended along with Cumbria FRS to assist with patient transfer.
 Penrith 3, 1½ hr
- 509 20989 21 December 20:15 Raven Crag, Langdale NY284064**
 Snow/poor/freezing/dark. Steep crag snow/ice, slippery Hill Walking (Winter) (Small party)
 Lights reported on fellside, appeared in trouble. Nothing seen on investigation, but witness reported seeing two people leave the area, having come down the route on which light were reported - false alarm good intent.
 Langdale Ambleside 3, 2hr
- 510 20973 21 December 22:30 Torver Back Common SD287927**
 Snowing. Rough track covered in snow Search - Non-mountain (Alone)
 Woman(36) reported missing from home. She was found in Torver Beck, severely hypothermic due to wet & cold.
 Coniston 19, 2¼ hr; Duddon & Furness 19, ½ hr; Boulmer SAR Helicopter
- 511 21024 21 December 23:58 Ambleside NY374049**
 Moderate/snow/white-out/freezing/dark. Snow cover, blizzard conditions Local Incident (Not known)
 Requested to provide patient transfer to hospital during severe weather. She was transported to maternity unit in Lancaster with abdominal pains.
 Langdale Ambleside 3, 3½ hr
- 512 21025 22 December 07:00 Ambleside NY377054**
 Snow/broken cloud/very cold/dull. Snow covered roads Local Incident (Not known)
 Requested to assist local emergency services during period of severe weather. (1) for NWS, no details supplied. (2) for District Nurse unable to carry out her house calls due to road conditions in Windermere area.
 Langdale Ambleside 6, 6hr
- 513 21165 22 December 10:00 Castlethwaite, Mallerstang NY785027**
 Clear sunny day. Snow cover freezing Local Incident (Family group)
 Requested to check on condition of vulnerable elderly lady and her disabled son in remote farmstead during period of severe weather. Both fine, delivered essential groceries at same time.
 Kirkby Stephen 3, 1½ hr
- 514 20974 22 December 12:01 Dent, Cumbria SD704868**
 Not reported. Snow/ice, slippery Local Incident (Alone)
 Requested to help with patient transfer from Dent to hospital in Kendal for dialysis treatment. CRO collected elderly patient from his home and transported him to M6 Jct 37. Transferred to Kendal MRT vehicle for final leg of journey to Kendal. Second request for patient transfer also dealt with.
 Cave Rescue Organisation 3, 2½ hr; Kendal 15, 6hr

515 20976 23 December 08:45 Dent, Cumbria SD704869
 Heavy snow showers. Snow and ice on roads Local Incident
 Due to adverse weather assisted Cumbria Social Services carer access two priority patients in Dent village. 4x4 transport provided by Kendal MRT and CRO, transferring carer at Jct 36 M6 en route from Milnthorpe to Dent and back.
 Cave Rescue Organisation 3, 4hr; Kendal 2, 1hr

516 21080 24 December 09:00 Kendal SD515925
 Fresh/snow/clear/freezing/bright. Moderate snow/ice slippery Local Incident
 Requests to assist emergency services and social services during period of severe weather. No details supplied.
 Kendal 10, 5hr

517 21480 24 December 10:30 Wastwater NY153046
 Dry/clear/cold. Not reported Animal Rescue
 Requested to search the Screes path for a missing deerhound. It was located and recovered safe and well by the boat and reunited with its owner.
 Wasdale 9, 1½ hr

518 21126 24 December 15:53 Latrigg - Gale Road NY274254
 Snowy. Slippery Sledging (Not known)
 Boy(14) crashed into a tree whilst sledging down the Gale Road. Found unconscious and treated for a fractured neck.
 Keswick 13, 1hr

519 21081 25 December 09:00 Kendal SD515925
 Fresh/snow/clear/freezing/bright. Moderate snow/ice slippery Local Incident
 Requests to assist emergency services and social services during period of severe weather. No details supplied.
 Kendal 10, 5hr

520 21127 25 December 13:54 Latrigg NY271245
 Cold clear. Icy Hill Walking (Not known)
 Man(NK) slipped on the icy path. He was treated for a fractured ankle.
 Keswick 9, ¾ hr

521 21082 26 December 09:00 Kendal SD515925
 Fresh/snow/clear/freezing/bright. Moderate snow/ice slippery Local Incident
 Requests to assist emergency services and social services during period of severe weather. No details supplied.
 Kendal 10, 5hr

522 21128 28 December 15:35 Rakefoot NY224265
 Snow. Ice slippery Hill Walking (Not known)
 Woman(44) slipped on the path by the TV mast. She was treated for a fractured humerus and dislocated shoulder.
 Keswick 15, 1hr

523 21031 29 December 12:15 Ulpha SD203934
 Light/dry/clear/cold/dull. Not reported Sledging (Not known)
 Man(41) reported with head injury caused by sledging accident. He made his own way to the road before team arrived.
 Duddon & Furness 18, ¾ hr; North West Air Ambulance

524 21131 29 December 14:34 Scar Craggs - Causey Pike NY215208
 Snow cold windy. Snow ice slippery Hill Walking (Winter) (Family group)
 Man(55) with a pre-existing medical condition 'ran out of steam' and was unable to continue. He was treated for hypertension.
 Keswick 16, 1¾ hr; Boulmer SAR Helicopter

- 525 21479 29 December 17:50 Birker Fell SD166987**
 Fresh/dry/clear/freezing/dark. Not reported Local Incident (Not known)
 Requested to locate and rescue vehicle and occupants stranded on remote road during period of severe weather. Three vehicles with seven adults and three children under the age of six on board were assisted down to more drivable road conditions.
 Wasdale 9, 2hr
- 526 21026 29 December 22:18 Windermere SD414986**
 E-fresh/passing showers/broken cloud/freezing/dark. Snow/ice Search - Non-mountain (Not known)
 Requested to assist in the search for girl(16), lost and cold in fields near the railway line at Windermere. She was located by police officers while the team was responding. No injuries.
 Langdale Ambleside 4, 1hr; SARDA (Lakes) 1, ½ hr
- 527 21021 30 December 10:25 Coniston Old Man, Cove Quarries SD273975**
 Dry, cloudy. Snow, rough tracks Hill Walking (Winter) (Small party)
 Man(42) reported stuck on ledge. He was located and accompanied down to safety. No injuries.
 Coniston 15, 3¼ hr
- 528 21340 30 December 15:44 Shap NY553060**
 Deep snow blizzard. Frozen snow cover Local Incident
 Requested to assist emergency service during period of severe winter weather. Required to evacuate stranded motorists on A6 in blizzard conditions.
 Penrith 4, 3½ hr
- 529 21166 30 December 16:10 Tailbridge Hill, K Stephen NY825196**
 Freezing drifting snow. Full snow cover Local Incident
 Requested to evacuate stranded motorists and check abandoned vehicles stuck on high roads during period of severe weather. (1) twenty vehicles sorted and occupants evacuated on B6276 road (2) Family of five persons and dog evacuated from vehicle on Tailbridge (3) Returned later when lights sighted in same position, occupants had self-evacuated.
 Kirkby Stephen 11, 3hr; Penrith 4, 3hr
- 530 21027 30 December 16:45 Kirkstone Pass NY401081**
 NE-gale/snow/white-out/arctic/dark. Moderate track snow/ice Local Incident (Not known)
 Heavy snow and high winds caused cars to become stuck on summit of high pass. Cars checked and all occupants evacuated to safety.
 Langdale Ambleside 5, 2hr; Patterdale 3, 2hr
- 531 21032 30 December 21:05 Corney Fell SD150896**
 Gale/fine/poor/very cold/dark. Gentle snow/ice, slippery Local Incident (Small party)
 Man(NK) and woman(NK) in car following satellite navigation system became stuck on icy road. They were located and led to safety.
 Duddon & Furness 16, 1¼ hr
- 532 21164 31 December 14:42 Cawdale Edge, Bampton Common NY476178**
 NE-light/dry/low cloud/freezing/dusk. Undulating moorland snow/ice Hill Walking (Winter) (Small party)
 Woman(47) and man(48) became disorientated in thick snow and very poor visibility on the High Street ridge. They were quickly located, no injuries.
 Penrith 16, 3½ hr; Kirkby Stephen 13, 1½ hr; SARDA (Lakes) 4, 1hr

Abbreviations used

- MR - Mountain Rescue
 MRT - Mountain Rescue Team
 FRS - Fire & Rescue Service
 SARDA - Search & Rescue Dog Association
 Lat/Long - Latitude and Longitude

Lake District Mountain Accident Summary

		2003	2004	2005	2006	2007	2008	2009
Total incidents dealt with by Teams		351	391	395	396	425	464	532
Total numbers of casualties & uninjured		397	468	387	493	551	577	649
Climbing on Rock	Deaths	0	1	2	0	0	2	0
	Injured	4	8	4	1	6	8	10
Climbing on Snow/Ice	Deaths	0	0	0	0	0	0	0
	Injured	2	0	0	1	0	2	2
Fell Walking	Deaths	9	11	16	19	13	14	9
	Injured	131	159	155	166	190	182	202
Fell Walking on Snow/Ice	Deaths	1	1	1	0	0	3	2
	Injured	10	11	15	17	4	11	32
Fell Walking	Unhurt	158	182	133	224	271	253	287
Cragfast Climbers or Fellwalkers taken off	Unhurt	14	15	21	29	37	32	28
Ski-ing Accidents	Deaths	0	0	0	0	0	0	0
	Injured	0	0	0	0	0	0	0
Incidents other than mountain accidents	Deaths	3	28	3	8	6	7	9
	Injured	19	16	16	23	16	16	19
Accidents to Young People (18 yrs or under)	Deaths	0	0	0	2	0	0	0
	Injured	21	17	22	23	23	31	31
	Unhurt	21	31	12	38	30	41	39
TOTAL CASUALTIES (all causes)	Deaths	16	42	23	28	21	31	21
	Injured	188	212	206	207	234	257	198

Table 1a

OTHER DETAILS (7 YEARS 2001-2009)

	2003	2004	2005	2006	2007	2008	2009
Total Man/hrs involved on incidents for the year	16795	20990	16441	24335	20320	23194	26868
Total Team Callouts - incl. Incidents needing more than 1 team	438	548	517	565	567	629	709
SAR Aircraft involved	82	112	83	93	94	118	134
Rock Scrambling Incidents	7	6	4	5	12	10	9
fatalities	1	0	0	1	1	3	1
Avalanche Incidents	0	0	0	1	0	0	0
Mountain Bike Casualties	10	10	7	6	16	18	9
Fell Running Casualties	2	2	4	2	5	8	10
fatalities	1	0	0	1	0	0	0

Table 1b

Analysis of Casualty Conditions

Year	Non-Mountain		Mountain Accidents		Total
	All Conditions	Medical	Trauma/Cold		
			Non-Winter	Winter	
1996	9	7	2	1	19
1997	0	6	5	0	11
1998	5	11	1	0	20
1999	1	11	6	0	18
2000	2	2	2	0	6
2001	7	5	1	1	14
2002	6	5	3	0	14
2003	3	10	1	0	15
2004	28	9	3	1	41
2005	3	10	9	1	23
2006	8	13	7	0	28
2007	6	12	3	0	21
2008	9	11	8	3	31
2009	9	7	3	2	21

Notes: medical = heart attack, other medical causes or not reported

Table 2 – Fatalities (figures revised from previous reports)

Year	Serious	Minor
1996	113	100
1997	142	103
1998	113	94
1999	96	82
2000	91	119
2001	59	66
2002	91	98
2003	82	106
2004	96	116
2005	97	109
2006	112	95
2007	119	116
2008	165	92
2009	183	115

Notes: serious = 'detained in hospital for greater than 24 hours'
 minor = not serious

Table 3 - Injuries /Condition

Causes of Incidents

The following table is the result of a search through all the reports for key words relating to the causes for calling out the Mountain Rescue Team(s). 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 cause. A typical report will illustrate this:-
"tripped on footpath whilst walking and fell 2 metres onto rocky ground"
 This will result in contributions to the trip/stumble and fall categories.

Cause Of Incident	2003	2004	2005	2006	2007	2008	2009
Avalanche	0	0	0	0	0	0	0
Belay/Runner Failure	3	0	2	1	3	2	8
Benighted	37	19	6	34	32	49	69
Collapse	21	23	21	33	22	24	24
Cragfast	12	15	21	29	39	39	32
Exhaustion	4	8	3	3	9	3	5
Fall	90	88	78	79	138	137	135
In Difficulty	6	3	2	3	6	9	4
Lights Reported	7	8	17	7	24	8	34
Lost	53	73	44	113	100	87	118
Overdue	45	62	48	75	75	67	55
Separated	10	16	6	15	17	13	17
Severe Weather	1	18	2	2	14	5	14
Shouts Heard	0	4	0	4	9	4	2
Slip	72	106	97	93	96	110	156
Trip Or Stumble	20	13	14	19	16	14	14
Total No of Subjects	348	468	386	493	551	557	649

Table 4 - Causes of MR Incidents

Age Profiles of Subjects

The following table shows the ages of both male and female casualties (fatal, injured and unhurt).

Age (years)		2003	2004	2005	2006	2007	2008	2009
Not Reported	Male	53	82	54	82	126	150	167
	Female	16	17	15	38	35	36	46
	Total	69	99	69	120	161	186	213
1 - 10	Male	11	4	2	4	4	4	0
	Female	5	5	2	2	2	4	2
	Total	16	9	4	6	6	8	2
11 - 20	Male	22	39	31	44	43	41	61
	Female	6	13	9	28	15	30	40
	Total	28	52	40	72	58	71	101
21 - 30	Male	27	43	27	39	29	31	43
	Female	20	10	14	10	20	16	16
	Total	47	53	41	49	49	47	59
31 - 40	Male	33	35	25	35	35	32	36
	Female	25	20	18	12	18	15	16
	Total	58	55	43	47	53	47	52
41 - 50	Male	22	34	36	47	42	51	32
	Female	23	25	30	19	23	27	21
	Total	45	59	66	66	65	78	53
51 - 60	Male	22	38	34	42	51	33	44
	Female	14	29	31	23	27	29	35
	Total	36	67	65	65	78	62	79
61 - 70	Male	11	22	16	27	31	40	29
	Female	20	23	21	20	21	14	31
	Total	31	45	37	47	52	54	60
71 - 80	Male	8	14	11	11	16	15	18
	Female	8	7	5	6	8	5	6
	Total	16	21	16	17	24	20	24
81 +	Male	3	4	4	2	4	2	3
	Female	1	2	2	2	1	2	3
	Total	4	6	6	4	5	4	6
Totals	Male	212	316	240	333	381	399	433
	Female	138	152	147	160	170	178	216
	Total	350	468	387	493	551	577	649

Table 5 - Age Profiles of Subjects

Types of Injury

The following table is the result of a search through all the reports for key words relating to types of injury or medical conditions. For example, the category Lacerations will include any word with 'lacerat-', 'cut-' and 'gash-' as part of the word or phrase.

Please note that the totals of these columns do not match the number of casualties given at the bottom of each column. Unfortunately many of the casualties sustain more than one injury as a result of their accident. A typical report 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	2003	2004	2005	2006	2007	2008	2009
Abrasion	1	1	3	2	4	1	1
Asthma	0	1	0	2	0	1	2
Bruising	4	2	7	4	6	14	10
Burns	0	0	0	0	0	0	0
Concussion	1	1	0	0	0	0	0
Cramp	2	0	1	0	1	0	2
Crush Injury	2	1	1	0	1	2	0
Diabetic	3	1	1	2	2	0	0
Dislocation	10	13	12	15	13	15	17
Epilepsy	0	2	2	3	1	3	1
Exhaustion	2	2	4	0	3	1	8
Exposure	1	1	0	0	0	0	0
Fractures	76	103	92	83	91	103	114
Heart Attack	10	8	7	10	11	13	12
Hypothermia	5	3	6	11	11	12	14
Illness	3	1	3	2	1	2	0
Lacerations	22	8	14	12	14	17	17
Ligament/Tendon Damage	0	3	1	3	9	4	7
Multiple Injuries	1	8	3	7	3	4	8
Shock	0	1	0	0	0	0	3
Sprain/Strain	9	4	3	5	5	12	7
Unconscious	0	0	1	1	3	5	4
Number of Casualties	190	246	219	232	257	308	315

Table 6 - Types of Injury

Sites of Injury

The following table is the result of a search through all the reports for key words relating to sites of injury or medical conditions. 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 casualties given at the bottom of each column. Unfortunately many of the casualties sustain more than one injury as a result of their accident. A typical report 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	2003	2004	2005	2006	2007	2008	2009
Abdomen	1	0	1	0	1	3	7
Ankle	48	73	40	45	68	73	71
Arm	9	5	11	10	10	22	18
Chest	4	10	12	12	7	9	12
Facial	3	0	7	5	5	7	11
Foot	2	1	2	1	0	0	0
Hand & Wrist	10	16	11	9	12	11	13
Head	23	20	21	17	31	46	27
Knee	18	15	8	18	23	21	21
Lower Leg	26	20	30	23	28	14	37
Neck	4	4	3	2	6	3	7
Pelvic Girdle	1	1	0	3	3	8	4
Shoulder Girdle	8	9	11	8	9	13	13
Spine	10	11	15	15	15	23	12
Upper Leg & Hip	3	2	4	5	3	10	10
Number of Casualties	190	246	219	232	257	308	315

Table 7 - Sites of Injury

Lake District Search & Mountain Rescue Teams

The LAKE DISTRICT SEARCH AND MOUNTAIN RESCUE ASSOCIATION consists of the teams listed below together with many others on call through the Police. Its Hon. Sec. is Mr Simeon Leech Tel 01229 480768 and Email sim.leech@virgin.net

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.

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

Cockermouth Mountain Rescue Team

Hon. Sec.: Gwyn Lewis
12 Horsman Street, Cockermouth, Cumbria CA13 0HE
01900 827771 gwyn@cockermouthmrt.org.uk

Coniston Mountain Rescue Team

Hon. Sec.: Bob Henson
Woodside Cottage, Colton, Ulverston, Cumbria, LA12 8HE
01229 861800 bob@bobhenson.net

Cumbria Ore Mines Rescue Unit

Hon. Sec.: Bernie Green
School House, Oulton, Wigton, Cumbria, CA7 0NP
016973 42618 bernie.green@tiscali.co.uk

Duddon & Furness Mountain Rescue Team

Hon. Sec.: Tracey Binks
7 New Street, Broughton-in-Furness, Cumbria, LA20 6DJ
01229 716952 sec@dfmrt.org.uk

Kendal Mountain Search and Rescue Team

Hon. Sec.: Pauline Speak
2 Whinny Haw Barn, Firbank, Sedbergh, Cumbria, LA10 5EH
015396 20987 pauline.speak@btinternet.com

Keswick Mountain Rescue Team

Hon. Sec.: Paul Cheshire
Shorley Mews, Shorley Lane, Keswick, Cumbria, CA12 4HN
017687 75982 secretary@keswickmrt.org.uk

Kirkby Stephen Search and Mountain Rescue Team

Hon. Sec.: Tanya Mellor

The Old School, Winton, Cumbria, CA17 4HL

017683 72882 tanyamellor2@aol.com

Langdale / Ambleside Mountain Rescue Team

Hon. Sec.: Mark Bains

17 Church Terrace, Sepulchre Lane, Kendal, Cumbria, LA9 4PR

01539 731498 mbains.01@googlemail.com

Patterdale Mountain Rescue Team

Hon. Sec.: Dan Farley

Mains Barn, Newton Reigny, Penrith, Cumbria, CA11 0AY

01768 899013 farley_dan@hotmail.com

Penrith Mountain Rescue Team

Hon. Sec.: John Roelich

33 Moorville Drive South, Carlisle, Cumbria, CA3 0AW

01228 584975 jproelich@wightcablenorth.net

Search and Rescue Dog Association SARDA (Lakes)

Hon. Sec.: Les Telford

21 Union Street, Kendal, Cumbria, LA9 4RR

01539 727051 les.telford@dsl.pipex.com

Wasdale Mountain Rescue Team

Hon. Sec.: John Bamforth

26 Seascale Park, Seascale, Cumbria CA20 1NG

019467 28017 john.r.bamforth@virgin.net

For further information about LDSAMRA and the MR Teams in the Lake District, try our web site on the Internet at <http://www.lidsamra.org.uk>

Lake District Mountain Rescue Posts

Recognised Posts, Manned, with Telephone and some Equipment

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

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

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

Mountain stretcher boxes - Unmanned, no Telephone

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

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

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

Other First Aid Posts (with telephone)

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

Location : YMCA National Centre, Lakeside
Grid Ref.: SD 374 897
Supervisor: 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 not 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 (Grid Ref. if possible)
Name, Sex 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 Lake District.
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.
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

Most 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, which 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 13 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 AND 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/...../.....

-----✂-----

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
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	Langdale/Ambleside MRT, & MRC
PETER JACKSON MBE	Millom FRT
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**