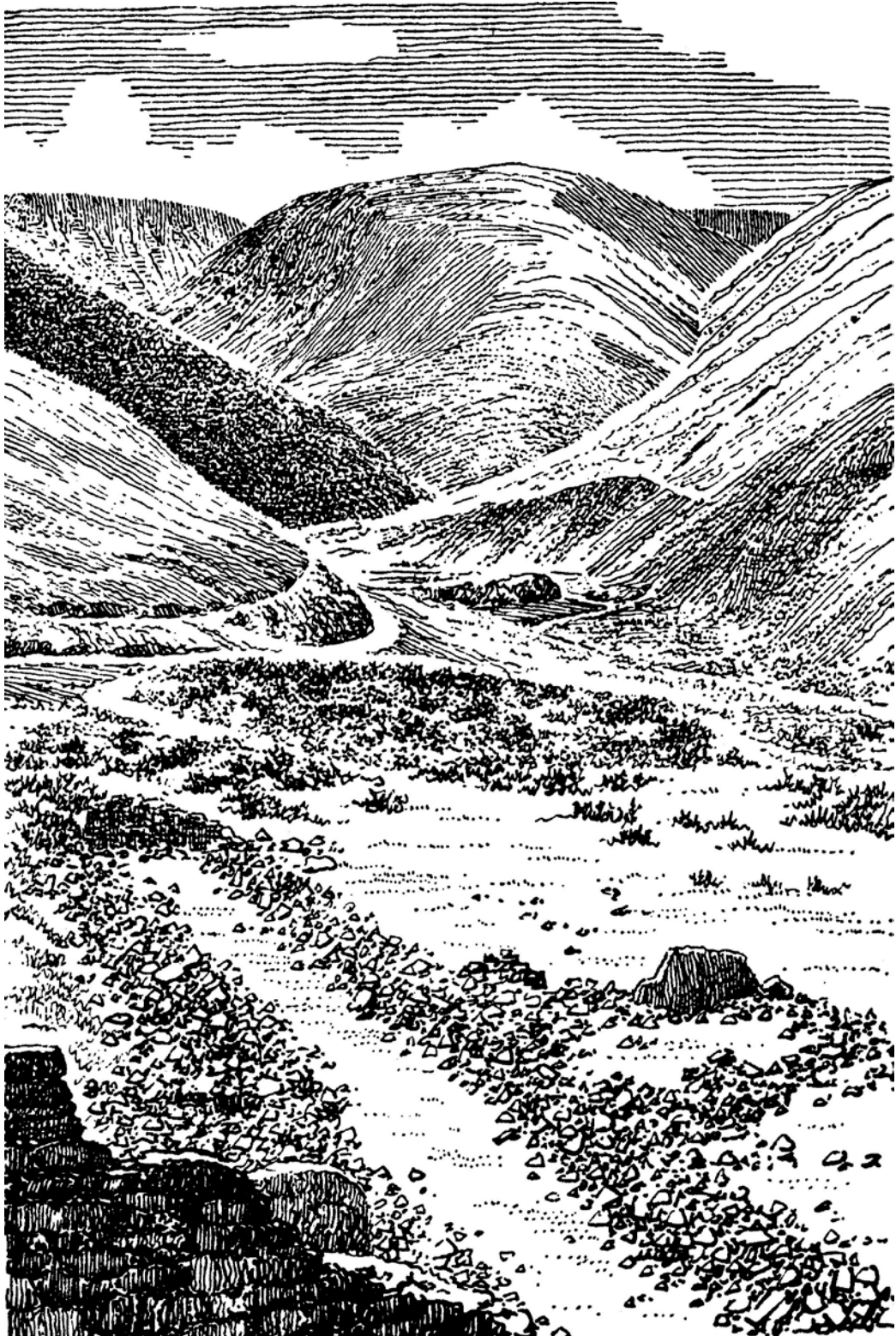


LAKE DISTRICT SEARCH & MOUNTAIN RESCUE
ASSOCIATION

MOUNTAIN ACCIDENTS 2014



*Valley of Dale Beck from 'Wainwright's Northern 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.



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

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

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

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

Although at first glance, 2014 seemed a relatively quiet year. There was in fact, a slight increase in the numbers of callouts, up by 5% with 474 incidents recorded in the year compared to 2013. This of course, does not reflect the true number of 999 calls taken by team leaders who managed to successfully deal with the extra, unrecorded incidents without having to put their team members on the mountain. In many cases they were able to locate the individuals who were unhurt but lost, and guide them safely off the mountain via mobile phone. The increase was down to the exceptionally warm and dry autumn where the numbers of incidents in the period July to September was virtually identical to the 184 incidents during the same period in the regions busiest year 2010 (total 600 incidents).

Eleven fatalities were recorded in 2014, compared to fourteen the previous year. This brings welcome news but it also masked a number of tragedies. The figure includes one medical collapse, three drownings and four as a result of traumatic injury. In most cases, these latter incidents have required a massive search effort before the mystery has been resolved. This is therefore a key point and something the region's team leaders are currently trying to address through raised awareness. The majority of hill walkers are aware of the possible consequences of going off-route. What might have improved the outcome of these searches must without doubt be a route card, detailing their intended plan.

There is at least one example in the report of how such a route card contributed to a beneficial outcome. There is also a tragic example where no route card existed and the injured walker died before he was found by one of the largest searches carried out that year. A simple phone call if the plan is changed is easily made and might have contributed to an improved outcome. Education and awareness of the dangers and risks for the ill-prepared remains a prime concern for teams and hopefully in time the message will get across. We make no apology for repeating this mantra every year if it helps save a single life.

Direct support to Cumbria's emergency planning arrangements continues to draw on our expertises and resourcefulness. 2014 saw the development of our own major incident plans for each of the twelve teams which, when combined together, form the LDSAMRA Major Incident Plan. Is this a step too far for mountain rescue you might question? Not at all, we firmly believe this is the right direction informed by our past involvement in major incidents across Cumbria where our contribution has made a real difference to a successful outcome.

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

amongst the twelve teams to supplement their own fundraising activities. It is important that those who donate know and understand that their contribution, however small, does make a big difference to the ability of teams to provide our free rescue service to the Cumbrian communities and to visitors in the area.

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

Richard Warren
Chairman LDSAMRA
February 2015

Incident Details 2014

January

- | | | |
|---|-------------------------------------|---------------------|
| 1 30829 1 January 13:30 | Great Mell Fell, Troutbeck | NY401246 |
| Not reported. Not reported. Hill Walking (Small party) | | |
| Subject (F68) slipped on muddy path, injuring her leg. Treated at scene and stretchered off the hill. Serious – stable fractured ankle. | | |
| Patterdale (12 x 2hr 20 min) | | |
| | | |
| 2 30744 1 January 20:12 | Wray Castle, Windermere | NY368001 |
| Rain cloudy cool dark. Moderate damp grassy bank. Hill Walking (Small party) | | |
| Subject (M) reported lost / benighted. Located and escorted to safety. | | |
| Langdale Ambleside (3 x 2hr 0 min) | | |
| | | |
| 3 30743 2 January 12:45 | Orrest Head, Windermere | SD416997 |
| Showers cloudy cool dull. Moderate waterlogged grassy footpath. Hill Walking (Small party) | | |
| Subject (M) slipped on wet ground. Treated at the scene and evacuated. Serious - simple closed fractured ankle. | | |
| Langdale Ambleside (12 x 1hr 0 min) | | |
| | | |
| 4 30827 2 January 14:27 | Seldom Seen, Glencoyne | NY3777018583 |
| Not reported. Not reported. Hill Walking (Small party) | | |
| Subject (M56) reported fallen and injured his leg. Treated and stretchered from the hill. Serious - simple closed fractured ankle. | | |
| Patterdale (7 x 2hr 0 min) | | |
| | | |
| 5 31883 3 January 12:50 | Waingate Bridge, Haverigg | SD157794 |
| SE moderate showers clear cool dull. Gentle waterlogged. Local Incident (Alone) | | |
| Vehicle reported stuck in flood water. Stood down responding when informed dealt with locally. | | |
| Duddon and Furness (14 x 0hr 30 min) | | |
| | | |
| 6 31882 3 January 14:55 | Biggar, Walney Island | SD188664 |
| SE moderate showers clear cool dull. Level waterlogged. Local Incident (Alone) | | |
| Provided transport for district nurse accessing flooded area. Nurse accompanied on foot to patient. | | |
| Duddon and Furness (15 x 2hr 15 min) | | |
| | | |
| 7 31881 3 January 17:10 | Biggar, Walney Island | SD188664 |
| SE moderate showers clear cool dusk. Level waterlogged. Local Incident (Alone) | | |
| Man seen wading into flood water. Man return before any action taken. | | |
| Duddon and Furness (15 x 1hr 0 min) | | |
| | | |
| 8 30828 6 January 17:02 | Glenridding | NY3872917107 |
| Strong rain poor cool dark. Not reported. Search - Non-mountain (Alone) | | |
| Subject (M26) reported missing after staff party. Search effort inconclusive. | | |
| Patterdale (19 x 10hr 0 min); LDMR Search Dogs (7 x 10hr 0 min) | | |
| | | |
| 9 30573 7 January 13:35 | Lad Stones, Above Beck Fells | SD298998 |
| Drizzle, low cloud, breezy. Fell track, boggy in parts. Hill Walking (Small party) | | |
| Subject (M66) slipped, sustaining injury to right leg. Treated at the scene and stretchered to waiting transport. Serious - simple closed fractured ankle | | |
| Coniston (14 x 3hr 0 min) | | |
| | | |
| 10 30825 9 January 13:44 | Place Fell, High Dodd | NY4150018250 |
| Moderate dry cloudy cool bright. Not reported. Search - Mountain | | |
| Shouts for help reported by member of the public. Nothing untoward found, false alarm good intent. | | |
| Patterdale (7 x 1hr 30 min) | | |

11 30612 11 January 10:45 Force Falls, Satterthwaite SD338911
 Dry, sunny, cold. Bankside, slippery, water. Hill Walking (Family group)
 Subject (F60) slipped and fell into river. Treatment, including CPR, given at scene prior to stretchering to air ambulance. Serious - exhaustion; cardiac arrest; unconscious.
 Coniston (18 x 1hr 30 min); North West Air Ambulance (Blackpool)

12 30739 11 January 13:16 Kendal Castle, Kendal SD522927
 Light dry cloudy cool dull. Gentle slippery grassy footpath. Local Incident (Small party)
 Subject (F59) tripped and fell. Assisted ambulance service with treatment and evacuation. Minor
 - painful/uncomfortable ankle
 Kendal (12 x 1hr 30 min)

13 30742 11 January 17:46 Stone Arthur, Grasmere NY348092
 Dry clear freezing moonlight. Moderate damp grassy footpath. Hill Walking (Small party)
 Flashing lights reported. Observed moving steadily downhill, so left to make their own way.
 Langdale Ambleside (3 x 2hr 0 min)

14 30697 12 January 15:13 Walla Crag, Castlerigg NY282217
 Cold. Wet. Hill Walking (Small party)
 Subject (F60) slipped on steep wet grass in descent. Treated at the scene and stretchered to waiting ambulance. Minor - injuries to lower leg.
 Keswick (26 x 1hr 43 min); Great North AA Cumbria

15 30669 13 January 15:26 Gairs, Geltsdale NY584552
 Dry and cold. Water-logged. Local Incident (Alone)
 Recovery of body discovered on moorland. Stretchered from the hill and handed over to the Coroner's officer.
 Penrith (11 x 3hr 30 min)

16 30695 14 January 14:01 Jenkin Hill, Skiddaw NY278265
 Cold snow about 1500 feet. Wet. Search - Mountain (Alone)
 Following report to police of strange activity above the snowline. Investigation revealed it to be someone planting trees - false alarm good intent.
 Keswick (12 x 1hr 4 min)

17 30696 14 January 18:00 River Greta, Keswick NY271236
 Cool wet. Wet saturated. Local Incident (Alone)
 Subject (F69) reported missing; intensive search began after discovery of her abandoned car. Body located in River Greta just after midnight. **Fatal** – drowning.
 Cockermouth (22 x 5hr 0 min); Keswick (30 x 7hr 15 min); LDMR Search Dogs (10 x 7hr 15 min)

18 30738 19 January 10:27 Hempsfell, Lindale SD398799
 Moderate showers low cloud cool. Moderate slippery grassy footpath. Hill Walking (Small party)
 Subject (F45) reported fallen. Treated at the site and stretchered from the hill. Minor - fracture/dislocation left ankle.
 Kendal (19 x 2hr 30 min)

19 30690 19 January 12:42 Sunny Bank, Torver SD290912
 Dry, Sunny. Slippery track. Hill Walking
 Subject (F52) slipped 20ft down embankment. Stretchered to ambulance and taken to hospital. Serious - injuries to back.
 Coniston (11 x 1hr 0 min)

20 30737 19 January 17:45 Winder, Sedbergh SD652926
 Light showers cloudy cool dark. Steep slippery grassy slope. Hill Walking (Small party)
 Subject (F41) reported fallen. Treated at the scene and stretchered from the hill. Minor - simple closed fractured ankle.
 Kendal (28 x 2hr 30 min)

21 30728 20 January 13:58 **Lorton, Cockermouth** **NY152260**
SW-fresh/dry/cloudy/cool/dull. Gentle moorland. Search - Non-mountain (Alone)
Subject (M52) reported missing from home. He was found by the Police in Cockermouth; stood
down responding.
Cockermouth (12 x 1hr 0 min)

22 30824 21 January 17:26 **Old Coach Road, Matterdale Common** **NY3524722593**
Light dry clear cold bright. Moderate rough muddy track. Mountain Biking (Alone)
Rider (M57) fell off his bike. Treated at scene and stretchered to vehicle. Serious -
fracture/dislocation left shoulder (glenohumeral).
Patterdale (9 x 2hr 10 min)

23 30729 22 January 11:56 **Head End Quarry, Sandale** **NY249408**
Not reported. Not reported. Rock Climbing - roped (Alone)
Climber reported fallen in disused quarry. Ambulance crew managed to transport casualty to the
ambulance; stood down en route.
Cockermouth (2 x 1hr 0 min)

24 30740 25 January 12:28 **Wetheral Woods, Wetheral, Carlisle** **NY468533**
Raining. Muddy. Mountain Biking (Small party)
Rider (M15) reported fallen from bike. Packaged and transferred to air ambulance. Minor -
painful/uncomfortable knee; painful/uncomfortable wrist; concussion.
Penrith (13 x 2hr 30 min); Great North AA Cumbria

25 30797 25 January 13:30 **Coniston Old Man, Quarries** **SD278980**
Very windy, heavy showers. Quarry tracks, slate. Hill Walking (Small party)
Subject (F44) injured when blown over by gust of wind. Treated at scene and stretchered to
safety. Minor - deep laceration(s) to knee.
Coniston (17 x 1hr 45 min)

26 30746 29 January 15:16 **Scafell Pike** **NY2165907273**
Very windy. 300mm of soft snow above 650m. Hill Walking (Winter) (Small party)
Party of two (M27, F25) reported lost. Found cold but unhurt.
Wasdale (10 x 7hr 0 min)

27 31011 30 January 12:10 **Newlands Hause, Buttermere** **NY187176**
NW-calm/dry/clear/freezing/bright. Steep bank frozen, slippery. Road Traffic Collision
Request to assist emergency services dealing with a car that had skidded on ice on mountain
pass. Stood down responding when informed operation completed.
Cockermouth (15 x 1hr 45 min)

28 31880 31 January 11:30 **Corney Fell, Bootle** **SD140899**
Not reported. Moderate slippery snow. Road Traffic Collision (Alone)
Vehicle skidded and left road. Driver brought to safety.
Duddon and Furness (13 x 2hr 19 min)

29 30741 31 January 12:36 **Kirkstone Pass, A592** **NY402087**
N strong snow poor freezing dull. Steep frozen snow/ice. Road Traffic Collision (Small party)
Requested to access and attend a traffic collision on snow-covered road. Two injured people and
eight uninjured persons evacuated by vehicle.
Langdale Ambleside (17 x 2hr 30 min); Patterdale (8 x 2hr 0 min)

February

30 30822 1 February 14:45 **Caudale Moor, Stoney Cove Pike** **NY4137710316**
Gale snow whiteout cold dark. Steep frozen snow/ice slope. Animal Rescue (Alone)
Dog reported lost in snow storm after owner had fallen 150m. Dog located following day, sitting
on rock out crop where his owner had fallen from the day before.
Patterdale (7 x 6hr 30 min)

41 32428 14 February 16:58 **Hardknott Pass, Eskdale** **NY231014**
S moderate showers hill fog cold dusk. Moderate. Local Incident (Small party)
Car reported slid off road on high mountain pass. Found unhurt on top of Wrynose.
Wasdale (10 x 1hr 0 min)

42 30857 16 February 12:43 **Great Head Crag, Grasmere** **NY309216**
SE fresh dry clear cold bright. Steep wet grassy moorland. Hill Walking (Winter) (Small party)
Subject (M55) slipped on wet ground, injury to leg. Initially evacuation by stretcher, and then
passing helicopter. Serious - simple closed fractured tibia and fibula.
Langdale Ambleside (14 x 3hr 30 min); Gannet SAR Helicopter

43 31194 16 February 14:55 **Dollywaggon Pike** **NY3441013101**
Light dry clear cold bright. Steep frozen icy slope. Hill Walking (Winter) (Small party)
Subject (F) slipped on ice and unable to continue due to conditions and having no ice axes or
crampons. Stood down when confirmed party assisted off the hill by another party.
Patterdale (8 x 1hr 0 min)

44 30800 16 February 16:00 **Screes, Wasdale** **NY153046**
Fine. Path. Hill Walking (Small party)
Report of flashing lights. Area checked but nothing untoward found - false alarm good intent.
Wasdale (14 x 1hr 30 min)

45 31271 16 February 16:02 **Helvellyn Gill, The Swirls** **NY324164**
Cold sunny. Wet snow patches. Hill Walking (Winter) (Alone)
Subject (M68) found collapsed after he had suffered a medical emergency. Treated at scene and
evacuated by air ambulance. Serious – stroke.
Keswick (20 x 2hr 1 min); Great North AA Cumbria

46 30850 17 February 14:25 **Great How, Coniston Fells** **SD276998**
Wet, windy, misty. Rough fell track, snow in parts. Hill Walking (Small party)
Party of two (M25, F25) reported cragfast in mist. Belayed to safety and escorted from the hill.
Coniston (14 x 4hr 15 min)

47 30856 17 February 18:23 **Rough Crag, Wrynose Pass** **NY272031**
SW fresh showers cloudy dark. Steep slippery grassy moorland. Hill Walking (Winter) (Small party)
Subject reported benighted. Located and escorted from hill.
Langdale Ambleside (14 x 3hr 30 min)

48 30949 18 February 16:50 **Swindale Head, Shap** **NY504125**
Not reported. Not reported. Hill Walking (Small party)
Subject (M) reported injured after minor fall. Made his own way to roadhead and met ambulance.
Penrith (2 x 2hr 0 min)

49 31270 18 February 17:06 **Thirlspot, Thirlmere** **NY321178**
Wet. Wet. Hill Walking (Winter)
Subject (F46) slipped and injured her leg on a footpath behind the hotel. Treated at scene and
evacuated to waiting ambulance. Serious - dislocation knee.
Keswick (24 x 1hr 28 min)

50 30851 19 February 11:25 **Blelham Tarn, Outgate, Hawkshead** **SD355999**
Dry, sunny. Wet, muddy track. Hill Walking (Alone)
Subject (F46) slipped on muddy wet track. Treated at the scene and airlifted to hospital. Serious -
complicated closed fractured ankle.
Coniston (12 x 3hr 0 min); Great North AA Cumbria

51 31269 19 February 16:34 **King's How, Borrowdale** **NY255164**
Not reported. Not reported. Hill Walking (Small party)
Party of two (M, F) reported cragfast. Assisted down to safer ground.
Keswick (18 x 1hr 58 min)

- 52 31268 19 February 17:25 High Spy, Borrowdale NY232154**
 Not reported. Not reported. Hill Walking (Small party)
 Subject (F44) slipped on wet ground and sustained a severe ankle injury. Treated at scene and stretchered off the hill. Serious - simple closed fractured ankle
 Keswick (22 x 3hr 52 min)
- 53 30854 19 February 18:22 Low Pike, Rydal NY375069**
 SW light showers low cloud cool dark. Steep wet grassy moorland. Hill Walking (Small party)
 Party of two reported benighted. Located using SARLoc and escorted to safety.
 Langdale Ambleside (3 x 2hr 0 min)
- 54 30855 19 February 20:59 Blindtarn Moss, Grasmere NY320079**
 SW light drizzle low cloud mild dark. Moderate wet grassy moorland. Hill Walking (Small party)
 Subject slipped on wet ground. Treated at scene and evacuated. Minor - injuries to knee.
 Langdale Ambleside (13 x 2hr 30 min)
- 55 31267 20 February 15:56 Lingy Bank, Rosthwaite NY262153**
 Not reported. Not reported. Hill Walking (Small party)
 Subject (F47) slipped on steep grass, injuring her leg. Treated at scene and stretchered to ambulance. Serious - simple closed fractured ankle.
 Keswick (18 x 1hr 15 min)
- 56 31195 23 February 15:29 Grey Crag, Hartsop NY4265111880**
 Strong rain low cloud cold dull. Moderate very wet grassy slope. Hill Walking (Winter) (Small party)
 Subject (M56) slipped injuring his leg. Treated at scene and evacuated. Minor - painful/uncomfortable left ankle.
 Patterdale (9 x 2hr 0 min)
- 57 30928 24 February 19:30 Hampsfell, Grange -over- Sands SD398791**
 Cloudy cool dark. Gentle grassy footpath. Hill Walking (Small party)
 Party became lost while descending, overtaken by darkness. Located and walked party off the hill.
 Kendal (19 x 1hr 30 min)
- 58 30948 25 February 14:02 Small Water, Mardale III Bell NY455101**
 Dry with low cloud base. Mixed. Hill Walking (Small party)
 Subject (M55) reported fallen. Treated at scene and stretchered to awaiting air ambulance.
 Serious - complicated closed fractured ankle.
 Penrith (13 x 5hr 30 min); Great North AA Cumbria; Gannet SAR Helicopter
- 59 32427 28 February 14:00 Lord's Rake, Scafell NY207068**
 Light dry clear freezing bright. Steep frozen snow gully. Hill Walking (Winter) (Small party)
 Party of two reported cragfast on snow slope. Roped to safety.
 Duddon and Furness (17 x 5hr 0 min); Wasdale (12 x 4hr 30 min)
- 60 31015 28 February 17:34 Caer Mote, Bothel NY203363**
 NW-fresh/dry/clear/cold/dark. Moderate slope boggy, slippery. Fell Running (Alone)
 Subject (F) slipped and injured her leg whilst running. Treated at scene and stretchered to waiting ambulance. Serious - simple closed fracture tibia and fibula
 Cockermouth (27 x 1hr 30 min)

March

- 61 30853 4 March 17:06 Coniston Old Man, Low Water SD278985**
 Dry, cloudy. Rough, fell, scree, boulders. Rock Climbing - roped (Small party)
 Report of concern for party of people not moved for 90 mins. On investigation found to be a group practicing ropework; false alarm good intent.
 Coniston (5 x 1hr 30 min)

73 32426 11 March 21:59 **Wasdale Fell, Wasdale Head** **NY201098**
Cold, clear, dry. Dry. Hill Walking (Small party)
Subject (M) reported missing. Body reported by member of the public and recovered for Coroner's officer.
Cockermouth (5 x 11hr 30 min); Duddon and Furness (17 x 15hr 0 min); Kendal (6 x 8hr 0 min); Kendal (4 x 2hr 0 min); Keswick (20 x 7hr 0 min); Kirkby Stephen (1 x 11hr 30 min); Langdale Ambleside (1 x 11hr 30 min); Penrith (2 x 11hr 30 min); LDMR Search D

74 31018 12 March 18:13 **Scarth Gap, Buttermere** **NY187146**
NW-fresh/drizzle/poor/cold/dark. Moderate footpath damp. Hill Walking
Elderly subject (M) reported lost. Located and evacuated by stretcher to valley.
Cockermouth (15 x 3hr 0 min)

75 31213 12 March 21:35 **Lords Island, Derwent Water** **NY265218**
Foggy. Dry cold. Water Sport (all types) (Small party)
Group of two canoeists reported marooned on island after one of their boats became waterlogged. All brought to safety where they were checked over.
Keswick (10 x 1hr 45 min)

76 31020 13 March 13:03 **Blennerhasset, Aspatria** **NY178415**
Not reported. Not reported. Search - Non-mountain (Alone)
Subject (M65) reported missing having failed to return home from a dog walk. He returned to his home whilst information was being gathered.
Cockermouth (3 x 0hr 30 min)

77 31262 15 March 12:40 **Carrock Fell, Mosedale** **NY351332**
Not reported. Not reported. Hill Walking (Small party)
Subject (M68) reported unwell. RAF helicopter in area able to go direct, winched subject and flown to hospital. Serious – stroke.
Keswick (13 x 1hr 10 min); Boulmer SAR Helicopter

78 31263 15 March 14:50 **Greenup Edge, Langstrath** **NY286105**
Not reported. Not reported. Hill Walking (Small party)
Subject (F66) reported with a leg injury whilst walking. Treated at the scene and flown to hospital.
Serious – injuries to knee.
Keswick (22 x 3hr 19 min); North West Air Ambulance (Blackpool)

79 30979 19 March 16:32 **High Man, Grizedale Forest** **SD329967**
Dry, cloudy. Wide forest track. Hill Walking (Small party)
Party of two (M74, F) reported lost in forest. Soon located at High Man, safe & well and returned to their car.
Coniston (9 x 1hr 30 min)

80 31021 22 March 10:10 **Black Sail, Ennerdale** **NY195124**
NW-fresh/dry/clear/cold/bright. Gentle footpath wet. Hill Walking
Subject (F) unable to continue her walk, having injured her leg the previous day. Treated at scene and transported to waiting ambulance at Bowness Knott. Minor - injuries to lower leg.
Cockermouth (8 x 2hr 30 min)

81 30989 22 March 13:46 **Wansfell, Ambleside** **NY393041**
Rain low cloud cool dull. Moderate rough gravel footpath. Hill Walking (Small party)
Subject (F) slipped on rough path. Treated at scene and airlifted by helicopter. Minor - simple closed fractured arm.
Langdale Ambleside (16 x 3hr 30 min); Boulmer SAR Helicopter

82 30975 25 March 12:45 **Cautley Spout, Howgill Fells** **SD681975**
Calm showers cloudy cool dull. Moderate rough footpath. Hill Walking (Medium party)
Subject (F71), in walking holiday group, reported ill, feeling dizzy and faint. Condition improved and, after rest, able to walk off with assistance. Minor – faint.
Kendal (17 x 3hr 0 min); Kirkby Stephen (10 x 3hr 0 min)

April

- 92 31201 1 April 19:13** **Seldom Seen, Glencoyne, Ullswater** **NY3783018635**
Light dry cool dusk. Moderate wet grassy bank. Hill Walking (Alone)
Subject (F49) found unconscious in beck. Treated at scene and airlifted to specialist hospital, but later died in hospital. **Fatal** - severe hypothermia.
Keswick (3 x 2hr 0 min); Langdale Ambleside (4 x 3hr 0 min); Patterdale (15 x 3hr 0 min); Gannet SAR Helicopter
- 93 31259 2 April 11:23** **Latrigg, Keswick** **NY284250**
Not reported. Slippery grass. Hill Walking (Small party)
Subject (M58) fell, injuring his leg. Treated at scene and transferred to waiting ambulance.
Serious - simple closed fractured ankle.
Keswick (13 x 1hr 1 min)
- 94 31258 2 April 12:19** **Barf, Thornthwaite** **NY216265**
Not reported. Not reported. Hill Walking (Alone)
Subject (M48) reported himself cragfast. Located in a loose gully where a number of previous accidents have occurred, escorted to safety.
Keswick (10 x 2hr 1 min)
- 95 32148 5 April 12:49** **Far Easedale, Grasmere** **NY292105**
SW fresh rain cloudy cool dull. Moderate wet grassy moorland. Hill Walking (Small party)
Subject (F17) slipped on wet ground. Treated at scene and stretchered off the hill. Minor - sprained knee.
Kendal (5 x 5hr 0 min); Langdale Ambleside (20 x 5hr 0 min)
- 96 32147 5 April 13:03** **Stickle Ghyll, Gt Langdale** **NY287075**
SW fresh rain cloudy cool dull. Moderate wet gravel footpath. Hill Walking (Small party)
Subject (M30) reported taken ill while walking. Recovered by companions to valley and handed over to ambulance. Minor – seizure.
Langdale Ambleside (5 x 1hr 0 min)
- 97 31024 5 April 13:45** **Warnscale, Buttermere** **NY203134**
NE-fresh/heavy rain/low cloud/cold/dull. Moderate footpath very wet. Hill Walking
Subject (M68) fell on the descent, sustaining a shoulder injury. Treated at scene and evacuated by stretcher to a waiting helicopter. Minor - dislocated left shoulder (glenohumeral).
Cockermouth (26 x 3hr 0 min); Great North AA Cumbria
- 98 31010 5 April 14:24** **Holme Fell, Furness Fells** **NY325015**
Wet, misty. Rough fell. Hill Walking
Two reports of cries for help heard. Search carried out and spoke to local farmer who admitted calling for his dog called 'Hope'. False alarm good intent.
Coniston (14 x 3hr 0 min)
- 99 32146 5 April 16:20** **Bowfell, Gt Langdale** **NY244066**
SW fresh rain low cloud cool dusk. Steep very wet stony crag. Hill Walking (Small party)
Two parties, one of two, the other three, reported lost in mist. Both parties given directions and advice. One party made way off via Brotherilkeld (not the way they were sent), but the other party escaped to Wasdale as agreed.
Langdale Ambleside (1 x 5hr 0 min); Wasdale (1 x 5hr 0 min)
- 100 31091 5 April 16:23** **Birks, Greenup Edge** **NY293102**
Fresh showers cloudy cool. Moderate slippery grassy footpath. Hill Walking (D of E)
Subject (F17) reported with knee problem, unable to continue. Treated at scene and stretchered to ambulance. Minor - painful/uncomfortable knee.
Kendal (10 x 4hr 10 min); Langdale Ambleside (1 x 4hr 10 min)

101 30993 6 April 10:05 Scafell Pike NY215072
 Poor weather. Wind, cloud and rain. Steep fellside. Hill Walking (Small party)
 Party (M27) reported lost in poor weather. Party located and escorted from the hill.
 Keswick (4 x 1hr 0 min); Wasdale (18 x 6hr 0 min)

102 32145 6 April 15:20 Rossett Ghyll, Gt Langdale NY252076
 SW fresh rain cloudy cool dull. Steep slippery stony crag. Hill Walking (D of E) (Small party)
 Expedition group activated their emergency satellite tracker (SPOT). Found to have been a false
 alarm.
 Langdale Ambleside (16 x 2hr 0 min)

103 31302 8 April 18:51 Stoneycroft, Newlands NY265135
 Dry sunny spells. Damp patches. Hill Walking (D of E) (Small party)
 Expedition member (M15) reported unwell and unable to continue. Made own way off the hill, met
 and taken to hospital by ambulance. Serious – illness.
 Keswick (16 x 0hr 49 min)

104 31025 9 April 13:10 Scarth Gap, Buttermere Fells NY189135
 SW-fresh/dry/cloudy/cool/dull. Moderate footpath damp. Hill Walking (D of E) (Small party)
 Subject (F21) reported collapsed. Assessed by the air ambulance paramedic and escorted off the
 hill.
 Cockermouth (20 x 4hr 30 min); Great North AA Cumbria

105 31069 11 April 12:41 Torver Back Common, Coniston SD295934
 Dry, sunny. Rough. Hill Walking
 Subject (M72) reported slipped; requested to assist ambulance service. Stood down on arrival;
 assistance rendered by local outdoor centre staff. Serious - injuries to lower arm and pelvis.
 Coniston (14 x 1hr 4 min)

106 31256 12 April 11:40 Stoneycroft Gill, Causey Pike NY227212
 Not reported. Not reported. Hill Walking (Small party)
 Report of injured male. Met being tended by ambulance crew.
 Keswick (12 x 0hr 31 min)

107 31203 12 April 14:53 Dollywagon Pike, Grisedale NY3429913474
 Moderate drizzle cloudy cold bright. Steep damp stony footpath. Mountain Biking (Small party)
 Rider (M59) reported unwell having succumbed to conditions. Treated and scene and airlifted to
 hospital. Minor - hypothermia (I-II) mild/moderate
 Patterdale (15 x 4hr 0 min); Boulmer SAR Helicopter

108 32144 13 April 12:45 Climbers Traverse, Bowfell, Gt Langdale NY247065
 SW gale showers low cloud cool dull. Steep wet stony crag. Hill Walking (Small party)
 Subject slipped on wet rock. Treated at scene, stretchered below cloudbase and airlifted to
 hospital. Serious - complicated closed fractured humerus.
 Kendal (13 x 7hr 0 min); Langdale Ambleside (23 x 8hr 30 min); RAF Leeming (3 x 8hr 30 min);
 Great North AA Cumbria; Boulmer SAR Helicopter

109 31204 13 April 17:43 Thornhow End, Patterdale NY386157
 Not reported. Not reported. Hill Walking (Small party)
 Subject (F52) reported unwell on walk. Escorted from the hill; resumed her holiday after
 assessment by ambulance crew. Minor – faint.
 Patterdale (5 x 1hr 0 min)

110 31255 14 April 10:29 Sour Milk Gill, Seathwaite NY232122
 Not reported. Not reported. Hill Walking (Small party)
 Subject (M71) reported fallen from stile and injured. Treated at scene and transferred to
 ambulance.
 Keswick (8 x 2hr 1 min); Great North AA Cumbria

May

- 132 31242 4 May 01:07** **Mickelden, Gt Langdale** **NY263072**
Dry cloudy mild dark. Gentle damp stony track. Hill Walking (Small party)
Request to assist locating woman reported with a head injury. Located, treated and kept under observation until ambulance arrived.
Langdale Ambleside (3 x 3hr 0 min)
- 133 31146 4 May 13:51** **Gummer's Howe, Windermere** **SD390885**
Light dry hazy mild dull. Not reported. Orienteering
Subject (F70) reported with arm injury. Stood down en route when informed completed by land ambulance crew.
Kendal (18 x 1hr 0 min)
- 134 31134 4 May 17:39** **Mitredale, Eskdale** **NY153183**
Fine. Path. Hill Walking (Small party)
Subject (M75) reported collapsed with chest pains. Stood down responding when informed airlifted to hospital.
Wasdale (28 x 1hr 0 min); North West Air Ambulance (Blackpool)
- 135 31133 4 May 17:42** **Scafell Pike** **NY215072**
Fine. Mountain paths. Hill Walking (Small party)
Party of two (M) reported lost. Made their own way off during the night, safe and well.
Wasdale (28 x 5hr 30 min)
- 136 31130 4 May 19:25** **Grizedale Forest** **SD345935**
Damp/Dry. Forest track. Hill Walking (Alone)
Subject (F) reported lost and disorientated. Located safe & well; reunited with friends at Esthwaite Water.
Coniston (5 x 1hr 40 min)
- 137 31145 5 May 14:40** **Cunswick Woods, W Kendal** **SD488925**
E light dry cloudy mild dull. Not reported. Hill Walking
Subject (M69) reported with shoulder injury. Stood down when informed evacuated by air ambulance.
Kendal (1 x 0hr 30 min); North West Air Ambulance (Blackpool)
- 138 31874 5 May 16:30** **Walney Island, Barrow** **SD170699**
Not reported. Not reported. Local Incident (Family group)
Party reported lost. Stood down en route when informed party located by police.
Duddon and Furness (18 x 1hr 15 min)
- 139 32423 7 May 09:46** **Parton, Whitehaven** **NX981211**
Showers. Not reported. Local Incident (Working party)
Request to assist ambulance crew dealing with person trapped in sewerage tanker. Stood down responding when informed ambulance had incident in hand.
Wasdale (21 x 1hr 0 min); Great North AA Teeside
- 140 31225 8 May 20:10** **Pillar Cove Gully, Pillar** **NY172120**
SW-fresh/passing showers/hill fog/cool/dark. Steep gully very wet. Hill Walking (Small party)
Subject (M) in party of four reported trapped by fallen rock and injured leg. Treated at scene, lowered below cloud base and winched into helicopter for transfer to hospital. Serious - simple closed fractured tibia.
Cockermouth (1 x 6hr 4 min); Boulmer SAR Helicopter
- 141 31241 10 May 05:48** **Moss Rigg Quarry, Little Langdale** **NY319032**
SW light rain cloudy cool dawn. Moderate track. Search - Mountain (Alone)
Subject (M22), described as high risk, reported missing from home. Located after prolonged search.
Coniston (1 x 9hr 0 min); Langdale Ambleside (1 x 9hr 0 min); SARDA (Wales) (1 x 9hr 0 min)

152 31238 18 May 15:16 **Far Easedale, Grasmere** **NY3122009734**
 SW dry cloudy mild bright. Moderate damp gravel footpath. Hill Walking (Small party)
 Subject (F51) tripped and fell while walking. Treated at scene and stretchered off the hill. Minor - simple closed fractured ankle.
 Kendal (9 x 2hr 30 min); Kendal (10 x 2hr 30 min); Langdale Ambleside (1 x 3hr 0 min)

153 31402 18 May 15:20 **Needlehouse Gill, Sedbergh** **SD733972**
 Dry, Sunny. Dry. Hill Walking (Medium party)
 Subject (F50) reported fallen from footpath. Treated at scene and evacuated to road. Minor - simple closed fractured ankle.
 Kirkby Stephen (20 x 1hr 30 min)

154 31300 20 May 13:47 **Manesty Woods, Derwentwater** **NY255190**
 Warm dry. Dry. Hill Walking (Small party)
 Subject (M83) tripped over a tree root. Treated at scene and evacuated to air ambulance. Serious - simple closed fracture to neck of femur.
 Keswick (14 x 1hr 30 min); Great North AA Cumbria

155 31237 21 May 14:41 **'Cascade Direct', Pavey Ark, Gt Langdale** **NY285080**
 Light dry clear mild bright. Vertical dry stony crag. Rock Climbing - roped (Small party)
 Climber (M39) fell while leading a climb. Treated at the scene and airlifted to hospital. Serious - compound closed fracture to skull; stable fracture of thoracic vertebra(e); airway obstruction.
 Kendal (6 x 4hr 40 min); Kendal (8 x 2hr 0 min); Langdale Ambleside (15 x 6hr 0 min); Valley SAR Helicopter; North West Air Ambulance (Barton)

156 31182 21 May 16:32 **Muddybrow Plantation, Selside** **NY545014**
 SE light dry clear warm bright. Moderate slippery grassy woodland. Hill Walking (Small party)
 Subject (M66) reported fallen. Treated at scene and stretchered to ambulance.
 Kendal (15 x 1hr 0 min)

157 31299 22 May 17:34 **Calf Cove, Great End** **NY227080**
 Dry-ish low cloud. Damp. Hill Walking (School/Youth group)
 Subject (F14), in school group, suffered a leg injury and unable to continue. Treated at scene and evacuated below cloudbase to waiting helicopter. Serious - dislocated patella.
 Keswick (25 x 3hr 46 min); Boulmer SAR Helicopter

158 31298 23 May 15:22 **Cat Gill, Walla Crag** **NY272208**
 Cloud showers. Dry. Hill Walking (Small party)
 Subject (F75) stumbled on loose stones descending gill, and injured her leg. Treated at scene and evacuated to waiting ambulance. Serious - injuries to ankle.
 Keswick (17 x 1hr 43 min)

159 31210 24 May 15:46 **Brown Tongue, Scafell** **NY196073**
 Fine, overcast with wind. Uneven mountain path. Hill Walking (Small party)
 Subject (F) reported fallen. Treated at scene and evacuated to helicopter for transfer to hospital.
 Wasdale (16 x 3hr 40 min); North West Air Ambulance (Blackpool)

160 31236 25 May 12:50 **Rydal Cave, Rydal** **NY3548205776**
 Calm dry clear mild bright. Moderate dry stony footpath. Hill Walking (Small party)
 Subject (M) tripped and fell. Treated at scene and stretchered to vehicle. Minor - head injuries.
 Langdale Ambleside (1 x 2hr 0 min); Great North AA Cumbria

161 31230 25 May 14:37 **Carling Knott, Loweswater** **NY117203**
 SW-fresh/passing showers/cloudy/cool. Steep footpath slippery. Hill Walking (Family group)
 Subject (M9) reported separated from his family whilst walking. He was found near local farm and re-united with grandparents.
 Cockermouth (18 x 2hr 0 min)

182 31432 11 June 16:56 **Old Road, Dungeon Ghyll, Gt Langdale** **NY2975506420**
 Dry clear mild bright. Level gravel track. Hill Walking (Small party)
 Subject (M) reported injured in incident with horse and cart. Stood down while en route.
 Langdale Ambleside (8 x 1hr 0 min)

183 31343 14 June 15:49 **Birkside, Nethermost Pike** **NY333133**
 Dry mild calm. Dry. Hill Walking (Small party)
 Subject (F32) reported with leg injury, unable to bear weight. Treated at the scene and carried
 down to a waiting ambulance. Serious - injuries to knee.
 Keswick (14 x 3hr 30 min)

184 32344 15 June 04:55 **Shap, E Cumbria** **NY637048**
 Clear. Various. Fell Running (Organised Event)
 Competitor reported overdue in Three Rings of Shap event. Stood down during deployment when
 informed person had turned up safe and well.
 Penrith (8 x 1hr 0 min)

185 32343 15 June 05:10 **Hesket Newmarket, Caldbeck** **NY336384**
 Clear. Various. Search - Non-mountain (Alone)
 Elderly (M) reported missing from home. Located safe and well.
 Kirkby Stephen (9 x 3hr 15 min); Penrith (7 x 3hr 0 min)

186 31349 15 June 14:55 **Gill Cove Crag, Brim Fell** **SD276989**
 Wet & Misty, mild. Rough fell & quarry tracks. Hill Walking (Small party)
 Party of two (M23, F19) reported lost in mist. Found safe and unhurt, accompanied from the hill.
 Coniston (12 x 2hr 45 min)

187 31485 17 June 16:33 **Shepherd's Crag, 'N Buttress', Borrowdale** **NY264186**
 Not reported. Not reported. Rock Climbing - roped (Small party)
 Climber (F) slipped off the first pitch and suffered a leg injury. Treated at scene and stretchered
 down to the road. Serious – injury to ankle.
 Keswick (18 x 1hr 28 min)

188 32411 18 June 18:00 **Birks House, Sedburgh** **SD65439144**
 Not reported. Not reported. Local Incident
 Subject (F15) reported with head injury after fall from rope swing, request to assist ambulance
 service. Treated at scene and transferred to air ambulance.
 Kendal (12 x 1hr 30 min); North West Air Ambulance (Blackpool)

189 31438 19 June 18:46 **Peggy's Bridge, Buttermere** **NY188150**
 SW-calm/dry/clear/mild/bright. Not reported. Search - Mountain (Alone)
 Following the discovery of an abandoned rucsac, preliminary enquiry begun. Before long, a man
 arrived claiming the rucsac as his.
 Cockermouth (9 x 0hr 45 min)

190 31484 20 June 10:44 **Black Crag, Troutdale, 'Troutdale Pinnacle'** **NY260140**
 Not reported. Not reported. Rock Climbing - roped (Small party)
 Climber (F49) took a 60ft fall, resulting in significant injury. Treated at scene and airlifted direct to
 hospital. Serious – injuries to lower leg.
 Keswick (19 x 2hr 0 min); Great North AA Cumbria; Boulmer SAR Helicopter

191 31483 20 June 13:48 **Castle Rock, Thirlmere** **NY320195**
 Not reported. Not reported. Rock Climbing - roped (Small party)
 Climber (M47) had fallen 6m from the crag, hitting his head in the process. Treated at scene and
 airlifted to hospital. Serious – head injuries.
 Keswick (15 x 1hr 58 min); Great North AA Cumbria; Boulmer SAR Helicopter

192 31439 21 June 13:25 **Scale Force, Buttermere** **NY154173**
 SW-calm/dry/clear/mild/bright. Not reported. Hill Walking
 Subject (F72) stumbled and reported unable to walk. Treated at scene and airlifted to hospital.
 Minor - simple closed fractured ankle.
 Cockermouth (21 x 5hr 37 min); Great North AA Cumbria

193 31482 21 June 15:19 **Gillercombe Head, Brandreth** **NY215114**
 Dry clear. Dry. Hill Walking (Small party)
 Subject (F57) reported with knee trouble which rendered her unable to continue. Stretchered off the hill and handed over to the event organisers. Minor - injuries to knee.
 Cockermouth (14 x 2hr 0 min); Keswick (22 x 3hr 0 min)

194 31481 21 June 17:30 **Grisedale Pike, Sleet How** **NY212229**
 Hot dry. Dry. Hill Walking (Small party)
 Request to recover the body of a Newfoundland dog reported collapsed apparently with heat exhaustion. Retrieved and handed over to owners.
 Keswick (6 x 1hr 45 min)

195 31425 22 June 12:12 **Lingmell Col, Scafell Pike** **NY211076**
 Fair Dry. Path. Hill Walking (Small party)
 Subject (M11) stumbled and fell. Treated at scene and evacuated by stretcher. Minor – injuries to lower leg.
 Duddon and Furness (12 x 4hr 40 min); Wasdale (17 x 5hr 0 min)

196 31440 22 June 12:17 **Grassmoor, Lanthwaite Green** **NY166205**
 Not reported. Not reported. Rock Scrambling (Small party)
 Subject (M23) fell 200ft approx whilst scrambling, landing on a narrow ledge. Located, treated at scene and airlifted to hospital. Serious - multiple injuries.
 Cockermouth (22 x 3hr 30 min); Boulmer SAR Helicopter

197 31635 22 June 14:22 **Sticks Pass, Stybarrow Dodd** **NY3510018200**
 Not reported. Not reported. Mountain Biking (Small party)
 Rider (M21) thrown from bike and injured his shoulder. Treated at scene and airlifted to hospital. Minor - dislocated sternoclavicular joint (S-C)
 Patterdale (10 x 2hr 4 min); Penrith (10 x 2hr 4 min); Boulmer SAR Helicopter

198 31869 22 June 17:45 **The Hill, Millom** **SD174831**
 Light dry clear warm bright. Gentle damp grassy woodland. Search - Non-mountain (Alone)
 Vulnerable (F80, DAT) reported missing from care. Located in woods.
 Duddon and Furness (19 x 1hr 45 min); Wasdale (10 x 1hr 6 min)

199 31421 23 June 00:36 **Yewdale Fells, Coniston** **SD309994**
 Dry, clear night. Rough fell. Hill Walking (Small party)
 Party of three (M) reported lost after straying off path. Located safe and well; escorted off the hill.
 Coniston (13 x 3hr 15 min)

200 32410 23 June 12:03 **Gummers Howe, Newby Bridge** **SD390884**
 Calm dry clear warm bright. Moderate rocky stony footpath. Hill Walking (Small party)
 Subject (M74) reported fallen, injuring face and leg. Treated at scene and transferred to air ambulance. Serious - multiple injuries to face.
 Kendal (6 x 2hr 0 min); Langdale Ambleside (10 x 1hr 0 min); Great North AA Cumbria

201 31422 24 June 10:47 **Crowberry Haws, Coniston Fells** **SD285981**
 Dry, cloudy. Stony track. Hill Walking (Family group)
 Subject (M74) slipped, hitting head and momentarily unconscious. Assessed at scene and stretchered off the hill. Serious - abrasion(s) to face.
 Coniston (7 x 1hr 40 min); Great North AA Cumbria

202 31634 25 June 14:52 **Kilbert How, Ullswater** **NY402188**
 Light dry cloudy warm dull. Undulating rough stony footpath. Hill Walking (Small party)
 Subject (F67) slipped on lakeshore footpath. Treated at scene and transported by boat to waiting ambulance. Serious - stable fracture to left ankle.
 Patterdale (8 x 2hr 0 min)

July

- 213 32340 1 July 17:22 Harter Fell, Haweswater NY463103**
Overcast. Various. Fell Running (Alone)
Fellrunner reported overdue, known diabetic. Stood down while deploying when informed person had turned up safe and well.
Penrith (10 x 1hr 0 min)
- 214 31444 2 July 12:40 Buckstone How, Honister NY222143**
SW-moderate/dry/clear/mild/bright. Vertical crag dry. Rock Climbing - roped (Small party)
Climber (M) reported taking a long fall, sustaining multiple injuries. Treated at scene then flown to hospital in Newcastle. Serious – injuries to head.
Cockermouth (19 x 4hr 0 min); Boulmer SAR Helicopter
- 215 31524 2 July 14:07 Peggy's Bridge, Buttermere NY188148**
Not reported. Not reported. Hill Walking
Subject (M70) reported collapsed near lake shore. Assessed at scene and evacuated to ambulance. Minor – illness.
Cockermouth (2 x 2hr 0 min)
- 216 32140 2 July 14:12 Alcock Tarn, Grasmere NY3462307361**
Dry cloudy mild bright. Steep damp grassy footpath. Hill Walking (Small party)
Subject (M63) reported collapsed and unresponsive. Treated at scene and evacuated to valley.
Minor – illness.
Langdale Ambleside (11 x 2hr 0 min); Great North AA Cumbria
- 217 31445 3 July 11:58 Burtness, Buttermere NY175160**
SW-fresh/dry/clear/hot/bright. Level footpath dry. Hill Walking
Subject (F) tripped and injured her head on lake shore path. Following assessment, she was walked to ambulance at roadhead. Minor - injuries to head.
Cockermouth (13 x 2hr 17 min); Great North AA Cumbria
- 218 31434 3 July 14:46 The Banks, Coniston SD300972**
Cloudy, warm, dry. Stony, tarmac, rough in places. Pony Trekking (Medium party)
Horse slipped causing others to spook, resulting in injuries to seven riders. Assisted ambulance service with assessment, treatment and evacuation.
Coniston (12 x 2hr 0 min); North West Air Ambulance (Blackpool)
- 219 32139 4 July 15:49 Rossett Ghyll, Gt Langdale NY2474307516**
SW gale rain low cloud cool dull. Moderate very wet stony footpath. Hill Walking (Medium party)
Subject (M17), in party of seven, reported injured and unable to continue. Treated at scene and evacuated to valley. Minor - injuries to knee.
Kendal (14 x 2hr 30 min); Langdale Ambleside (17 x 4hr 30 min)
- 220 31479 8 July 08:46 Smaithwaite Banks, Thirlmere NY307197**
Not reported. Not reported. Animal Rescue (Small party)
Report of a terrier trapped down a hole under a boulder in woodland. Dog had self-rescued a few minutes before arrival at scene.
Keswick (6 x 1hr 15 min)
- 221 32138 8 July 11:45 Rossett Ghyll, Gt Langdale NY2474307516**
Light dry clear mild bright. Moderate rocky stony footpath. Hill Walking (Small party)
Subject (F) slipped or tripped on footpath. Treated at scene and evacuated by stretcher. Minor - injuries to lower leg.
Langdale Ambleside (11 x 3hr 30 min)
- 222 31633 8 July 18:30 Bampton Common, Haweswater NY482157**
Light dry mild. Not reported. Hill Walking (Small party)
Subject (F21) reported herself lost. Located in her tent safe and well.
Kendal (18 x 3hr 0 min); Patterdale (10 x 3hr 0 min); Penrith (10 x 3hr 0 min); LDMR Search Dogs (6 x 3hr 0 min); Boulmer SAR Helicopter

223 31525 9 July 18:00 **Gable Crag, Ennerdale** **NY211105**
Not reported. Not reported. Animal Rescue
Two sheep stuck on crag. Retrieved without loss or injury.
Cockermouth (4 x 3hr 0 min)

224 31630 10 July 13:08 **Sikeside, Patterdale** **NY3989311751**
Light dry clear warm bright. Moderate rough stony track. Hill Walking (Small party)
Subject (M71) became unwell while walking with friend and collapsed. Treated at scene and
stretchered to air ambulance for hospital transfer. Serious - cardiac arrest.
Patterdale (10 x 3hr 30 min); North West Air Ambulance (Blackpool)

225 32339 11 July 16:50 **Barton Fell, Ullswater** **NY469219**
Hot. Various. Mountain Biking (Small party)
Rider reported with heat exhaustion. Treated at scene then transferred to air ambulance.
Penrith (10 x 1hr 30 min); Great North AA Cumbria

226 31487 12 July 02:39 **Central Buttress, Scafell** **NY208069**
SE light dry clear warm dark. Vertical dry stony crag. Rock Climbing - roped (Small party)
Climber (M27) fell whilst leading. Met by rescue party while descending path after abseiling to
safety; treated and airlifted to hospital. Minor - laceration(s) to head.
Duddon and Furness (1 x 0hr 10 min); Wasdale (14 x 3hr 30 min); Boulmer SAR Helicopter

227 31632 12 July 09:33 **Aira Force, Dockray** **NY400203**
Light dry clear hot bright. Moderate rough stony footpath. Hill Walking (Alone)
Subject (F) reported missing after failing to meet up with her friend. Stood down deploying when
informed she had turned up safe and well.
Patterdale (7 x 1hr 0 min)

228 31631 13 July 11:08 **Little Mell Fell, Matterdale** **NY4256923747**
Light dry clear warm bright. Steep dry grassy slope. Hill Walking (Small party)
Subject (F57) slipped whilst descending and reported unable to continue due to pain in leg.
Treated at scene and stretchered to waiting ambulance. Serious - simple closed fractured tibia;
painful/uncomfortable ankle.
Patterdale (11 x 1hr 10 min)

229 31629 13 July 12:12 **Blake Brow, Hart Crag** **NY37771164**
Light dry clear warm bright. Moderate rough. Hill Walking (Small party)
Subject (F45) slipped and twisted ankle, unable to continue. Treated at scene and airlifted to
valley floor for further assessment. Minor - painful/uncomfortable ankle.
Patterdale (9 x 2hr 30 min); Penrith (9 x 2hr 30 min); Great North AA Cumbria

230 32137 13 July 23:26 **Tarn Crag, Easedale Tarn, Grasmere** **NY304093**
Light dry clear mild dark. Steep damp stony crag. Hill Walking (D of E) (School/Youth group)
Subject, unsure of location, fell causing multiple injuries. Located, treated at scene, and
evacuated to SAR helicopter. Minor - injuries to head, upper arm and pelvis.
Langdale Ambleside (17 x 6hr 0 min); Boulmer SAR Helicopter; Lancashire Police Helicopter

231 31526 14 July 14:37 **High Crag, Buttermere** **NY180140**
Wet and windy. Steep footpath, wet. Hill Walking (Small party)
Party of two reported themselves lost when the weather closed in. Met up with another party.
Located using SARLoc, and escorted to safety.
Cockermouth (20 x 4hr 25 min)

232 32136 15 July 11:55 **Wrynose Pass, Langdale** **NY2817503030**
Light dry clear warm bright. Steep dry stony road. Road Traffic Collision (Small party)
Rider (M) crashed bike off road, request to assist ambulance service. Treated at scene,
transferred to helicopter and evacuated.
Langdale Ambleside (11 x 1hr 30 min); Great North AA Cumbria

233 32135 15 July 12:43 **Dow Bank, Gt Langdale** **NY3315705663**
Dry clear warm bright. Moderate damp grassy moorland. Hill Walking (Small party)
Subject (M83) reported collapsed. Assessed and evacuated to safety. Minor – exhaustion.
Langdale Ambleside (11 x 1hr 30 min)

234 32134 15 July 14:07 **Far Easedale, Grasmere** **NY3076509824**
 Dry clear warm bright. Moderate damp stony footpath. Hill Walking (Small party)
 Subject reported injured after slipping on damp ground. Treated at scene and evacuated to valley. Minor - injuries to lower leg.
 Langdale Ambleside (16 x 3hr 30 min)

235 32133 17 July 10:32 **Tongue Ghyll, Grasmere** **NY338096**
 Dry clear warm bright. Moderate stony track. Hill Walking (Small party)
 Subject (M60) reported collapsed. Treated at scene and evacuated by stretcher.
 Langdale Ambleside (12 x 2hr 0 min)

236 31628 17 July 11:10 **Red Tarn, Helvellyn** **NY3507715471**
 Calm dry clear warm bright. Rough stony footpath. Hill Walking (Alone)
 Subject (M30) fell, injuring his leg; he tried to walk on but it was too painful. Treated at scene and evacuated by helicopter to hospital. Minor - painful/uncomfortable ankle.
 Patterdale (8 x 2hr 19 min); Penrith (8 x 1hr 19 min); Great North AA Cumbria

237 31627 17 July 13:50 **Aira Force, Watermillock** **NY4000920698**
 Calm dry clear warm bright. Moderate damp stony footpath. Hill Walking (Small party)
 Subject (F) slipped and injured her leg. Treated at scene and evacuated. Minor - stable fracture to ankle.
 Patterdale (10 x 1hr 49 min)

238 31626 17 July 15:31 **Red Tarn, Helvellyn** **NY3565816106**
 Calm dry clear warm bright. Rough stony footpath. Hill Walking (D of E) (Medium party)
 Subject (F16) slipped, injuring her leg. Treated at scene and evacuated from the hill. Serious - painful/uncomfortable ankle.
 Patterdale (11 x 3hr 4 min)

239 32129 17 July 19:19 **Loughrigg Brow, Ambleside** **NY364065**
 Dry clear warm bright. Moderate damp stony track. Hill Walking (Small party)
 Subject (F65) tripped and sustained a facial injury. Treated at scene and evacuated by vehicle.
 Langdale Ambleside (18 x 1hr 0 min)

240 32132 18 July 19:30 **Kirkstone Pass, Ambleside** **NY380053**
 Dry clear warm dull. Moderate damp stony footpath. Hill Walking (Small party)
 Subject (F26) reported kicked by horse and injured. Treated at scene and evacuated to road. Serious - complicated closed fracture of humerus.
 Langdale Ambleside (14 x 2hr 0 min)

241 32419 19 July 22:03 **Greathall Ghyll, Wasdale** **NY142033**
 Raining. Fell path. Hill Walking (Small party)
 Subject (F40) reported fallen. Treated at scene and evacuated by stretcher. Minor - simple closed fracture of ankle.
 Wasdale (14 x 3hr 30 min)

242 31835 20 July 17:30 **Latrigg, Keswick** **NY328524**
 Calm dry bright. Gentle firm grassy footpath. Hill Walking (Small party)
 Subject (F74) reported due to medical history as exhausted and unable to continue. Assisted off the hill by vehicle.
 Keswick (13 x 0hr 58 min)

243 31625 20 July 18:20 **Hayeswater Gill, Hartsop** **NY428127**
 Calm dry cloudy warm bright. Moderate firm grassy slope. Hill Walking (D of E) (Small party)
 Subject (F17) fell, injuring her leg. Treated at scene and stretchered to ambulance. Minor - painful/uncomfortable ankle.
 Patterdale (12 x 2hr 0 min)

244 31486 20 July 19:22 **Burnmoor Tarn, Wasdale** **NY177040**
 Dry, warm. Open fellside. Hill Walking (Small party)
 Subject (M) reported injured. Treated at scene and escorted from the hill. Minor - ruptured thigh muscle.
 Wasdale (23 x 3hr 30 min)

245 31834 21 July 10:59 **Shepherd's Crag, Borrowdale** **NY263185**
 Calm dry clear warm. Moderate rough stony bank. Hill Walking (Small party)
 Subject (F74) slipped on the path at the side of crag. Treated at scene and stretchered to roadhead.
 Keswick (19 x 1hr 45 min)

246 32130 21 July 20:43 **Wrynose Pass, Langdale** **NY282031**
 Dry clear warm dusk. Steep grassy bank. Road Traffic Collision (Small party)
 Car reported crashed off the road and rolled down the hillside. Stood down responding after some confusion; no injuries involved.
 Langdale Ambleside (20 x 1hr 30 min)

247 32131 21 July 21:52 **Dungeon Ghyll, Gt Langdale** **NY280729**
 Dry clear warm bright. Vertical stony crag. Animal Rescue (Not Applicable)
 Dog reported cragfast. Stood down en route when informed dog had found its own way to safety.
 Langdale Ambleside (13 x 1hr 0 min)

248 31527 22 July 09:06 **Black Sail, Ennerdale** **NY195123**
 Not reported. Not reported. Hill Walking (Alone)
 Subject (M), staying at youth hostel, reported with breathing difficulties. Evacuated to ambulance for transfer to hospital.
 Cockermouth (9 x 2hr 1 min)

249 31531 23 July 15:23 **Harter Fell, Eskdale** **SD213997**
 Dry, hot. Dry. Hill Walking (School/Youth group)
 Subject (F16) slipped whilst walking. Treated at scene and evacuated. Minor - sprained ankle.
 Wasdale (15 x 3hr 30 min)

250 31624 24 July 14:04 **Killbert How, Ullswater** **NY4035319041**
 Calm dry clear hot bright. Moderate rough stony footpath. Hill Walking (Small party)
 Subject (M60) slipped from path injuring his leg. On arrival, he declined treatment but was transported back to valley, from where he made his own way to hospital.
 Patterdale (6 x 1hr 0 min)

251 31528 24 July 16:36 **Black Sail, Ennerdale** **NY194123**
 Not reported. Not reported. Hill Walking (Small party)
 Subject (M) reported with leg injury and unable to continue on C2C walk. Transported to Cockermouth. Minor - injuries to knee.
 Cockermouth (6 x 2hr 30 min)

252 31529 24 July 16:50 **Melbreak, Crummock** **NY148194**
 Warm and dry. Steep, gully. Hill Walking
 Subject (M57) reported cragfast on a ledge. Located and roped to safety.
 Cockermouth (21 x 2hr 17 min)

253 32338 24 July 20:42 **Mardale Head, Haweswater** **NY468106**
 Warm and clear. Various. Hill Walking (Small party)
 Subject reported unable to continue, possible dehydration. Stood down when informed person had made his own way to safety.
 Penrith (6 x 1hr 0 min)

254 31833 25 July 10:59 **Hospital Plantation, Whinlatter** **NY209239**
 Not reported. Not reported. Mountain Biking (Small party)
 Rider went over handelbars and fell on trail. Once located, stood down as no further assistance required.
 Keswick (13 x 0hr 42 min)

255 31623 25 July 14:49 **Blowick Bay, Ullswater** **NY398174**
Calm dry clear hot bright. Undulating rocky stony footpath. Hill Walking (D of E) (Small party)
Expedition member (F17) slipped on rocky path, injuring her leg. Friends helped her carry on for
a while. Transported to campsite and later taken to hospital by expedition supervisors. Minor -
painful/uncomfortable ankle.
Patterdale (7 x 0hr 45 min)

256 31523 25 July 14:52 **Church Beck, Coniston** **SD295979**
Dry, very warm & Sunny. Large gill pools, slippery. Water Sport (all types) (Small party)
Subject (M45) jumped into pool below waterfall and hit rock, injuring his leg. Treated at scene,
stretchered and rope-hauled to safety then airlifted to hospital.
Coniston (11 x 3hr 30 min); North West Air Ambulance (Blackpool)

257 31832 25 July 19:13 **Carlside Col, Skiddaw** **NY258283**
Calm dry clear bright. Gentle firm stony footpath. Search - Mountain (Small party)
Report of flares from fellside. Found to have been launched by a film crew who had not notified
the authorities of their intention.
Keswick (16 x 2hr 37 min)

258 31831 26 July 11:45 **Whinlatter, Thornthwaite** **NY220252**
Calm dry clear hot bright. Moderate dry gravel. Mountain Biking (Small party)
Rider (M53) collapsed with chest pains. Treated on scene and evacuated to the ambulance.
Serious - ischaemic heart disease.
Keswick (12 x 0hr 55 min)

259 31651 26 July 14:04 **Beck Head, Great Gable** **NY206105**
Very hot. Dry. Hill Walking (Small party)
Subject (M44) reported collapsed. Assessed at scene and revived sufficiently to be walked off the
hill. Minor – nausea.
Wasdale (13 x 3hr 0 min)

260 32346 27 July 12:29 **Winder, Howgills** **SD664929**
Calm dry clear warm bright. Moderate rough grassy footpath. Hill Walking (Small party)
Subject (F60) reported slipped and with injured leg. Treated at scene and evacuated by stretcher
to road ambulance. Minor - simple closed fracture of ankle.
Kendal (17 x 3hr 0 min)

261 32406 27 July 12:29 **Winder, Howgills** **SD664931**
Calm dry clear mild bright. Moderate rough grassy footpath. Hill Walking (Small party)
Subject (F67) reported fallen injuring her leg. Treated at scene and stretchered to road to meet
ambulance. Minor - fracture/dislocation of ankle.
Kendal (17 x 3hr 0 min)

262 31622 27 July 13:57 **Sandwick Bay, Ullswater** **NY427199**
Calm dry clear warm bright. Gentle rocky stony footpath. Hill Walking (Small party)
Subject (F67) slipped on rock and injured her leg. Treated at scene and stretchered to waiting
ambulance. Serious - stable fracture of left ankle.
Patterdale (9 x 2hr 15 min)

263 31830 27 July 15:03 **Jenkin Hill, Skiddaw** **NY280262**
Light drizzle clear. Moderate damp footpath. Hill Walking (Small party)
Subject (F56) slipped whilst walking. Managed to walk most of the way down then assisted to
vehicle.
Keswick (16 x 1hr 10 min)

264 31530 28 July 09:34 **Chapel Crag, Red Pike, Buttermere** **NY166149**
Not reported. Not reported. Search - Mountain (Not Applicable)
Shouts for help reported by member of the public. Found to be farmer gathering sheep on the
fellside.
Cockermouth (7 x 0hr 34 min)

265 32405 28 July 14:52 **Mardale III Bell, Kentmere** **NY447101**
Light dry cloudy mild bright. Gentle rocky stony footpath. Hill Walking (Small party)
Subject (F67) fell, gashing her head in the fall. Treated at scene and airlifted to hospital. Minor - cuts and abrasions to head.
Kendal (15 x 2hr 0 min); Great North AA Cumbria

266 32128 28 July 19:02 **Blake Rigg, Langdale** **NY287040**
Dry clear warm dull. Steep grassy crag base. Hill Walking
Climbers reported they had discovered human remains at foot of crag. Visited site with police and agreed strategy for removal. The body was removed and handed over to the Coroner's officer.
Langdale Ambleside (7 x 7hr 0 min)

267 31829 30 July 18:55 **Roughten Gill, Fellside** **NY301350**
Dry. Dry. Occupational (Small party)
Subject (F21) injured her leg whilst setting up camp. Assessed at scene and evacuated off the hill with vehicle. Minor - dislocated knee.
Keswick (16 x 2hr 30 min)

268 31533 31 July 22:07 **Criscliffe Knots, Broad Crag** **NY215083**
Dark, cloudy. mild. Steep crag. Hill Walking (Alone)
Subject (F43) reported herself lost. Located cragfast and evacuated to safety. Minor - localised bruising to head.
Duddon and Furness (11 x 8hr 49 min); Wasdale (18 x 9hr 49 min)

August

269 31828 1 August 02:16 **Derwent Isle, Derwent Water** **NY261224**
Dark. Not reported. Local Incident (Small party)
Police requested transport to island.
Keswick (3 x 1hr 4 min)

270 32337 1 August 13:45 **Cross Fell, N Pennines** **NY680350**
Very misty. Various. Hill Walking (Alone)
Subject (M) reported himself lost in mist. Located using SARLoc and given directions; able to locate path and walked off hill without further assistance.
Penrith (1 x 1hr 0 min)

271 31827 2 August 13:39 **King's How, Borrowdale** **NY259168**
Calm drizzle clear warm bright. Overhanging slippery boggy woodland. Hill Walking (Small party)
Subject (M27) slipped and injured his leg. Treated at scene and stretchered down to ambulance.
Minor - sprained ankle.
Keswick (17 x 3hr 32 min)

272 31653 2 August 14:52 **Greta Gill, Great End** **NY218085**
Showers. Wet. Fell Running (Organised event)
Subject (M50) reported fallen from Corridor Route. Treated at scene, winched from the location, transferred to air ambulance and flown to hospital. Serious - simple closed fractured clavicle.
Bowland Pennine (3 x 4hr 0 min); Duddon and Furness (19 x 4hr 34 min); Wasdale (14 x 4hr 0 min); Great North AA Cumbria; Valley SAR Helicopter

273 31757 3 August 10:17 **Raise Beck, Grasmere** **NY336120**
SW fresh rain cloudy cool dull. Steep very wet stony footpath. Hill Walking (Medium party)
Subject (F) slipped on very wet ground. Treated at scene, evacuated by stretcher to air ambulance. Minor - injuries to head.
Langdale Ambleside (15 x 3hr 0 min); Patterdale (12 x 0hr 40 min); Great North AA Cumbria

274 31998 3 August 11:41 **Scale Force, Buttermere** **NY150168**
Cloudy and windy. Wet. Hill Walking (Large party)
Subject (M60) slipped on footpath, falling 3m and sustaining head injuries. Treated at scene and airlifted to hospital.
Cockermouth (20 x 3hr 0 min); Boulmer SAR Helicopter

275 31826 4 August 14:12 **Little Man, Skiddaw** **NY278266**
Clear warm bright. Dry. Hill Walking (Small party)
Subject (M80) reported with exhaustion and unable to continue. Assessed at scene and stretched down to ambulance.
Keswick (10 x 2hr 30 min)

276 31756 4 August 21:50 **Bowfell, Gt Langdale** **NY240071**
Dry clear dark. Moderate moorland. Hill Walking (Family group)
Family group of four reported overdue. Stood down while responding when group turned up in Keswick.
Langdale Ambleside (3 x 1hr 0 min)

277 31697 5 August 13:37 **Aira Force, Ullswater** **NY3997021090**
Calm dry clear warm bright. Vertical wet. Hill Walking (Small party)
Subject (M) stepped backwards and fell 10ft into ravine, partly lying in water. Treated at scene, packaged in full-body splint, hoisted out of ravine and transferred to air ambulance. Serious - pneumothorax; injuries to back.
Patterdale (9 x 3hr 0 min); North West Air Ambulance (Blackpool)

278 31755 5 August 15:41 **Dubbs Reservoir, Windermere** **NY4230401070**
Calm dry cloudy mild. Gentle dry gravel track. Pony Trekking (Small party)
Rider (F10) reported fallen from horse. Treated at scene and evacuated to air ambulance.
Langdale Ambleside (10 x 2hr 0 min); Great North AA Cumbria

279 31825 5 August 18:45 **Scalecrose Coppice, Rosthwaite** **NY244148**
Dry warm. Dry. Hill Walking (D of E) (Small party)
Subject (F17) reported with chest pains and breathing difficulties. Assessed at scene and airlifted to hospital. Serious - asthma
Keswick (19 x 2hr 22 min); Boulmer SAR Helicopter

280 31698 6 August 15:28 **Ullswater** **NY4042319571**
Not reported. Not reported. Search - Non-mountain (Not Applicable)
Member of public reported seeing a paraglider go down over Ullswater. Full scale search conducted including boats, shore teams and RAF helicopter. Nothing significant found to explain report; false alarm good intent.
Kendal (1 x 2hr 17 min); Patterdale (8 x 2hr 17 min); Penrith (5 x 2hr 17 min); Boulmer SAR Helicopter

281 31754 6 August 16:25 **Stickle Ghyll, Gt Langdale** **NY2904807211**
Dry clear mild bright. Moderate damp grassy footpath. Hill Walking (Small party)
Subject slipped on path. Treated at scene and evacuated by stretcher. Minor – injuries to lower leg.
Langdale Ambleside (13 x 3hr 0 min)

282 31699 6 August 18:32 **Catstye Cam, Helvellyn** **NY3482916108**
Light dry clear mild bright. Steep rocky gully. Animal Rescue (Not Applicable)
Farmer requested help securing two sheep stuck on crag. Retrieved without loss or injury.
Patterdale (11 x 2hr 0 min)

283 31753 6 August 19:03 **Crinkle Crag, Gt Langdale** **NY250050**
Drizzle hill fog cool dull. Steep damp stony crag. Hill Walking (Small party)
Subject (F) became lost and disorientated in low cloud. Located by SARLoc and attempted talk down; met other walkers who led her off to safety.
Langdale Ambleside (2 x 3hr 0 min)

284 31752 7 August 14:23 **Blea Tarn, Langdale** **NY291045**
Dry clear warm bright. Moderate damp grassy moorland. Orienteering (Organised event)
Competitor (M) tripped on rough ground. Treated at scene and evacuated by stretcher.
Langdale Ambleside (11 x 2hr 0 min)

285 31751 7 August 14:30 Alcock Tarn, Grasmere NY347074
 Dry clear warm bright. Moderate damp stony footpath. Hill Walking (Small party)
 Subject (F) tripped and fell on steep path. Treated at scene and evacuated to ambulance. Minor - simple closed fracture of tibia.
 Langdale Ambleside (10 x 2hr 30 min)

286 31700 7 August 15:55 Silver Point, Ullswater NY3947018017
 Calm dry mild bright. Undulating rough stony footpath. Hill Walking (Small party)
 Subject (F57) slipped on shore path, injuring her leg. Treated at scene and taken by boat to air ambulance. Serious - fracture/dislocation of ankle.
 Patterdale (10 x 3hr 0 min); Great North AA Cumbria

287 31750 9 August 09:56 Raven Crag, Gt Langdale NY2856506420
 SW light rain cloudy mild dull. Vertical damp stony crag. Rock Climbing - roped (Small party)
 Climber reported fallen. Treated at scene and evacuated. Minor - simple closed fracture of tibia.
 Langdale Ambleside (18 x 4hr 0 min)

288 31865 9 August 13:00 Thomas Gill Rigg, Tan Hill NY879054
 Good. Firm. Fell Running (Alone)
 Subject tripped while running. Treated at scene and evacuated by vehicle.
 Kirkby Stephen (2 x 0hr 30 min)

289 31749 9 August 14:46 Jack's Rake, Pavey Ark, Gt Langdale NY2847707875
 Showers cloudy mild bright. Vertical damp stony crag. Rock Scrambling (Small party)
 Party of five reported cragfast, one (F18) with minor knee injury. Treated and evacuated to safety.
 Kendal (12 x 3hr 0 min); Langdale Ambleside (13 x 6hr 0 min); Boulmer SAR Helicopter

290 31824 10 August 09:16 Skellgill Bank, Catbells NY244202
 Drizzle. Slippery. Hill Walking (Small party)
 Subject (F56) slipped on path. Treated at scene and transported to waiting ambulance.
 Keswick (1 x 2hr 21 min)

291 31655 10 August 17:53 Yewbarrow, Wasdale Head NY182091
 SW fresh showers misty mild dull. Steep damp stony bank. Hill Walking (Small party)
 Subject (M24) reported fallen. Treated at scene and evacuated by stretcher to ambulance.
 Serious - simple closed fracture of ankle.
 Wasdale (24 x 5hr 19 min)

292 32418 10 August 19:19 River Irt, Nether Wasdale NY115035
 S fresh showers clear mild bright. Level damp muddy footpath. Hill Walking (Small party)
 Family party reported in difficulty in poor weather conditions. Located and escorted to safety.
 Wasdale (6 x 1hr 40 min)

293 32417 11 August 12:43 Slight Side, Scafell NY214049
 W gale showers hill fog mild bright. Moderate damp boggy footpath. Hill Walking (Small party)
 Party of four reported themselves lost. Team deployed to search for the mispers.
 Duddon and Furness (8 x 9hr 0 min); Wasdale (17 x 9hr 0 min)

294 31822 11 August 18:15 Ashness, Derwent Water NY263198
 Drizzle. Not reported. Water Sport (all types) (Small party)
 Swimmer (M) reported missing. No further details supplied.
 Keswick (25 x 1hr 45 min); Boulmer SAR Helicopter

295 31823 11 August 19:48 Skellgill Bank, Catbells NY244202
 Drizzle. Slippery. Hill Walking (Small party)
 Subject (F40) slipped and fell 5m while descending near Leonard's Memorial. Treated at scene and airlifted to hospital.
 Keswick (21 x 0hr 45 min); North West Air Ambulance (Barton)

306 31746 17 August 20:20 Scafell, Central Fells NY284056
 SW gale sleet cloudy cold dull. Moderate stony moorland. Hill Walking (Small party)
 Group of three adults reported themselves in difficulty. They managed to get off without telling anyone; so prolonged efforts to locate them were unnecessary.
 Langdale Ambleside (2 x 1hr 30 min)

307 31820 18 August 15:12 Skiddaw, Millbeck NY256263
 Not reported. Dry. Hill Walking (Small party)
 Subject (M) slipped on short grass injuring his leg. Treated at scene and airlifted to hospital.
 Minor - injuries to lower leg.
 Keswick (10 x 1hr 4 min); North West Air Ambulance (Blackpool)

308 31745 18 August 16:59 Far Easedale, Grasmere NY309098
 SW fresh showers cloudy cool dull. Moderate damp gravel footpath. Hill Walking (Small party)
 Subject (F) tripped on rough path. Treated at scene and evacuated by stretcher. Minor - injuries to lower leg.
 Langdale Ambleside (16 x 3hr 0 min)

309 31744 19 August 15:47 Tarn Crag, Gt Langdale NY294069
 Dry clear warm bright. Vertical dry stony crag. Hill Walking (Small party)
 Climber fell while leading. Treated at scene and evacuated by helicopter. Minor - injuries to back.
 Langdale Ambleside (1 x 3hr 0 min); Boulmer SAR Helicopter

310 32402 20 August 14:21 Farleton Knott, S Cumbria SD539804
 Not reported. Not reported. Parapenting (Alone)
 Report from member of public that a paraglider had crashed while he was driving on M6.
 Established to have been a hard, planned landing, but not a crash, no injury to pilot.
 Cave Rescue Organisation (11 x 0hr 30 min); Kendal (9 x 1hr 0 min); North West Air Ambulance (Blackpool)

311 32416 21 August 18:13 Burnmoor Tarn, Eskdale Moor NY1861004735
 NE fresh showers clear cool dusk. Level waterlogged boggy footpath. Hill Walking (Small party)
 Subject (F) reported herself lost. Located and escorted back to valley.
 Wasdale (14 x 4hr 0 min); Wasdale (10 x 3hr 0 min)

312 31705 21 August 20:38 Westside, Glenridding NY3837616778
 Calm dry cloudy cool dark. Not reported. Hill Walking (D of E) (Small party)
 Subject (F17) slipped crossing damp footbridge, injuring her leg. Treated at scene, escorted off the hill. Minor - painful/uncomfortable knee.
 Patterdale (6 x 1hr 0 min)

313 32335 23 August 16:30 Albyfield, Cumrew NY550524
 Clear and dry. Steep wooded area. Local Incident (Small party)
 Subject (F45) reported with leg injury while walking in woods. Treated at scene and evacuated to ambulance. Serious - simple closed fracture of ankle.
 Penrith (10 x 2hr 0 min)

314 31684 23 August 16:57 Little How Crag, Swirl How SD273996
 Dry, Breezy, Sunshine & Cloud. Rough fell, craggy. Hill Walking (Small party)
 Party of two (M30, F28) reported cragfast. Belayed to safety and escorted off the hill.
 Coniston (14 x 3hr 0 min)

315 31999 23 August 17:00 Crummock Water, Buttermere NY166175
 Showery. Not reported. Water Sport (all types) (Alone)
 Person reported missing whilst swimming in lake. Stood down responding when advised that swimmer had been located safe and well.
 Cockermouth (13 x 0hr 27 min)

316 31706 23 August 17:27 **Glencoyne, Ullswater** **NY38141863**
Calm dry clear cool bright. Not reported. Animal Rescue (Not Applicable)
Horse reported trapped, having fallen through bridge. Stood down responding when informed
freed by Fire and Rescue Service personnel.
Patterdale (7 x 0hr 30 min)

317 32379 23 August 18:01 **Low Mire House, Sedburgh** **SD677891**
Not reported. Not reported. Occupational (Alone)
Ambulance service requested assistance evacuating male injured while felling trees on steep
bank. Stood down on route when help of local people used.
Kendal (12 x 0hr 45 min); North West Air Ambulance (Blackpool)

318 31683 23 August 21:10 **Greenburn, Tilberthwaite** **NY287021**
Dry, Clear night. Damp, grassy. Hill Walking (D of E) (School/Youth group)
Subject (M17) spilt boiling water onto his leg, whilst cooking. Treated at scene and stretchered to
ambulance. Minor - deep burn(s) right lower leg.
Coniston (15 x 3hr 0 min); Woodhead (1 x 3hr 0 min)

319 32000 24 August 10:12 **Melbreak, Loweswater** **NY140187**
Fine and dry. Firm. Hill Walking
Subject (F71) reported with leg injury whilst descending. Treated at scene and stretchered to
roadhead. Serious - simple closed fracture of ankle.
Cockermouth (16 x 2hr 15 min)

320 32378 24 August 13:12 **Garburn Pass, Kentmere** **NY434044**
Calm dry clear warm bright. Gentle grassy footpath. Hill Walking (D of E) (School/Youth group)
Subject (M16) reported collapsed during expedition. Assessed at scene and evacuated to
ambulance; rest of group accompanied off hill. Minor – dehydration.
Kendal (11 x 3hr 0 min)

321 31707 24 August 13:17 **Ullswater** **NY4450921272**
Light dry clear mild bright. Not reported. Water Sport (all types) (Small party)
Canoeists reported in water after capsizing. Stood down responding when informed two persons
recovered from lake by ranger boat.
Patterdale (5 x 1hr 30 min)

322 31743 24 August 14:08 **Hollin Slack, Little Langdale** **NY293033**
Not reported. Not reported. Hill Walking (Small party)
Subject (F) slipped or tripped on damp ground. Treated at scene and evacuated to ambulance.
Minor - injuries to lower leg.
Langdale Ambleside (15 x 2hr 0 min)

323 31742 24 August 16:52 **Hollins Farm, Grasmere** **NY3440007396**
Dry clear mild. Steep damp grassy moorland. Fell Running (Organised event)
Competitor tripped. Treated at scene and assisted off the hill. Minor - injuries to head.
Langdale Ambleside (10 x 1hr 0 min)

324 32001 25 August 17:30 **Buttermere Moss, Robinson** **NY189170**
Cloudy with sunny periods. Dry. Hill Walking
Subject (M) reported with an ankle injury. Treated at scene and stretchered down to waiting
ambulance. Minor - injuries to lower leg.
Cockermouth (24 x 1hr 30 min)

325 32415 25 August 19:28 **Hollow Stones, Scafell Pike** **NY208076**
Variable moderate dry clear cool bright. Moderate dry stony footpath. Hill Walking (Small party)
Subject (F51) reported taking a tumbling fall. Treated at scene and stretchered down the hill.
Serious - simple closed fracture of right ankle.
Wasdale (18 x 4hr 30 min)

326 31741 27 August 13:55 Helm Crag, Grasmere NY3263009370
 SW light dry clear mild bright. Moderate grassy footpath. Hill Walking (Small party)
 Subject (M16) collapsed on the summit. Assessed at scene, given food and drink and allowed to continue on planned route, escorted by rescue party. Minor – hypoglycaemia.
 Langdale Ambleside (13 x 2hr 30 min); Great North AA Cumbria

327 31740 27 August 17:26 White Crag, Raven Crag, Gt Langdale NY2808406498
 SW light dry clear mild bright. Steep dry stony crag. Hill Walking (Medium party)
 Large group reported as in difficulty on steep ground with some rockfall witnessed. Group was subsequently confirmed as off the hill without injury; false alarm with good intent.
 Langdale Ambleside (12 x 1hr 0 min)

328 31709 28 August 14:22 Helvellyn, Lower Man NY3379515882
 Light dry hill fog cool dull. Not reported. Hill Walking (Small party)
 Subject (M64) reported collapsed while walking with friends. CPR was in progress, but he did not respond. Airlifted to hospital. **Fatal** - myocardial infarct.
 Keswick (14 x 2hr 0 min); Patterdale (14 x 2hr 0 min); Great North AA Cumbria; Gannet SAR Helicopter

329 32002 28 August 16:00 Scarth Gap, Buttermere NY188148
 Dry. Not reported. Hill Walking (Small party)
 Person reported fallen on footpath, sustaining severe gash to head. Stood down when informed person treated by passing doctor and walked to safety.
 Cockermouth (5 x 0hr 15 min)

330 31739 28 August 21:40 Central Fells NY238051
 S gale sleet low cloud cool dark. Moderate very wet stony moorland. Hill Walking (Small party)
 Party benighted and lost on return from Scafell to Langdale. Search over large area to try and locate them. Walked out mid-afternoon next day, cold, wet but unharmed.
 Duddon and Furness (10 x 8hr 0 min); Kendal (12 x 8hr 0 min); Keswick (16 x 16hr 0 min); Langdale Ambleside (12 x 8hr 0 min); Langdale Ambleside (5 x 16hr 0 min); LDMR Search Dogs (7 x 8hr 0 min); Wasdale (1 x 8hr 0 min); Valley SAR Helicopter

331 31861 29 August 12:00 Great Force, Gill Rigg, Howgills SD677975
 Low cloud, drizzle. Soft fell. Hill Walking (D of E) (Medium party)
 Subject reported with leg injury and unable to continue. Treated at scene and stretchered off the hill. Minor - ligament damage to knee.
 Kendal (10 x 5hr 15 min); Kirkby Stephen (16 x 7hr 0 min)

332 32414 29 August 17:44 Beckfoot, Eskdale NY168007
 Moderate drizzle hill fog cool dusk. Not reported. Hill Walking (Small party)
 Party of two (M) reported lost during descent returning to Wasdale. Given directions, met en route and escorted to roadhead.
 RAF Leeming (5 x 1hr 30 min); Wasdale (3 x 6hr 30 min)

333 31860 29 August 21:00 Ravenseat, Nine Standards Rigg NY833058
 Low cloud, rain and gusty winds. Soft, boggy fell. Hill Walking (Alone)
 Subject (F24) reported herself lost in poor visibility while on C2C route. Located safe and well, accompanied to safety.
 Kirkby Stephen (15 x 5hr 0 min); Penrith (8 x 7hr 0 min); SARDA (England) (1 x 4hr 0 min); LDMR Search Dogs (4 x 4hr 0 min); Swaledale (16 x 4hr 0 min); Teesdale and Weardale (3 x 2hr 0 min)

334 31738 29 August 23:06 Mickelden, Gt Langdale NY253072
 S fresh dry cloudy cool dark. Moderate damp stony footpath. Hill Walking (Small party)
 Group of five benighted and reported in difficulty. Three of group walked off to safety, the remainder were escorted to safety.
 Langdale Ambleside (8 x 2hr 0 min)

335 31775 30 August 15:22 **Angle Tarn, Patterdale** **NY4060015800**
Light dry clear mild bright. Moderate dry grassy footpath. Hill Walking (Small party)
Subject (M13) reported separated from grandfather and lost. Quickly located and returned to safety.
Patterdale (12 x 1hr 4 min); Penrith (1 x 1hr 4 min)

336 31839 30 August 15:52 **Hall's Fell, Blencathra** **NY326269**
Not reported. Not reported. Hill Walking (Small party)
Subject (M80) reported exhausted and unable to continue ascent. Give refreshments and assisted off the hill. Minor – exhaustion.
Keswick (11 x 2hr 30 min)

337 32212 30 August 17:43 **Rough Crag, Scafell Pike** **NY214068**
Moderate dry hill fog cool bright. Undulating dry stony scree. Hill Walking (Small party)
Party of five (F) reported themselves lost in mist and unsure of the ground. Located using SARLoc, given instructions over the phone and met by a small rescue party.
Wasdale (8 x 5hr 30 min)

338 31774 30 August 18:42 **Martindale Hause, Ullswater** **NY4380019300**
Light dry clear mild bright. Not reported. Hill Walking (Small party)
Subject (F46) reported suffering a seizure. Treated at scene and walked to ambulance. Serious – seizure.
Patterdale (12 x 2hr 30 min); Great North AA Cumbria

339 31696 31 August 09:19 **High Bowkerstead, Satterthwaite** **SD336913**
Dry, sunny with cloud. Rough, uneven bridleway. Mountain Biking (Small party)
Rider (M30) reported fallen off his bike. Treated at scene and stretchered to ambulance. Serious - simple closed fracture of ankle.
Coniston (15 x 1hr 40 min)

340 32003 31 August 22:30 **Dubs Hut, Fleetwith Pike** **NY209134**
Not reported. Not reported. Hill Walking (Small party)
Party of two (2xF), walking the C2C reported overdue at their planned accomodation. Located and escorted to safety.
Cockermouth (17 x 3hr 0 min)

September

341 32375 1 September 13:30 **Leighton Moss, Silverdale** **SD476750**
Not reported. Not reported. Bird Watching
Male reported with chest pains. Stood down en route when ambulance service dealt with issue.
Kendal (6 x 1hr 0 min)

342 32374 1 September 20:32 **Farleton, Milnthorpe** **SD544804**
Light dry cloudy mild dusk. Moderate grassy slope. Mountain Biking (Family group)
Rider (M16) reported fallen from bike, sustaining head injury. Treated at scene and stretchered to ambulance.
Kendal (15 x 2hr 45 min)

343 32004 2 September 14:00 **Red Pike, Buttermere** **NY162155**
Not reported. Not reported. Hill Walking (Small party)
Subject (M27) reported with chest pains near summit. Treated at scene and airlifted to hospital. Serious - chest pain/discomfort.
Cockermouth (16 x 2hr 12 min); Great North AA Cumbria

344 31983 2 September 16:10 **Loughrigg, Elterwater** **NY343049**
Dry clear mild bright. Gentle damp gravel footpath. Hill Walking (Small party)
Subject (M) slipped on damp ground and fell, sustaining head injury. Treated at scene and evacuated to air ambulance. Minor - injuries to head.
Langdale Ambleside (15 x 2hr 0 min); Great North AA Cumbria

345 32373 3 September 01:08 Staveley -in- Cartmel, Newby Bridge SD379857
 Light dry cloudy mild dark. Not reported. Local Incident (Alone)
 Subject (M84), with diabetes, depression and Alzheimers, reported missing after going into garden with dog. Found by search dog just off bridleway in neighbouring plantation; assessed and stretchered to ambulance. Minor injuries only.
 Duddon and Furness (13 x 1hr 45 min); Kendal (12 x 4hr 0 min); LDMR Search Dogs (5 x 4hr 0 min)

346 32005 3 September 21:23 Gillercombe Head, Brandreth NY215114
 Warm, clear. Dry. Hill Walking (Small party)
 Party of two reported lost between Haystacks and Honister. Located using GPS coordinates from their tablet device and by identifying their lights on the hill, escorted to safety.
 Cockermouth (29 x 3hr 45 min)

347 31773 3 September 22:58 Hartsop, Patterdale NY401131
 Light dry clear mild dark. Moderate rough stony. Hill Walking (Alone)
 Subject (F56) reported overdue. Found at first light having lost route and bivvied out.
 Kendal (9 x 7hr 0 min); Patterdale (11 x 7hr 31 min); Penrith (8 x 7hr 31 min); LDMR Search Dogs (4 x 7hr 31 min)

348 31838 4 September 15:15 Slape Crag, Barf NY215265
 Not reported. Not reported. Hill Walking (Small party)
 Subject (F40) reported cragfast. Roped to safety.
 Keswick (14 x 3hr 0 min)

349 31982 4 September 17:31 Gimmer Crag, Gt Langdale NY277070
 Light dry clear cool dark. Vertical dry stony crag. Rock Climbing - roped (Small party)
 Two climbers injured in fall. Secured and treated at scene, then airlifted to hospital. Minor - concussion; Minor - injuries to lower leg.
 Kendal (10 x 5hr 0 min); Langdale Ambleside (18 x 7hr 0 min); Great North AA Cumbria; Gannet SAR Helicopter

350 32051 5 September 14:15 Lodore Falls, Grange NY264188
 Not reported. Not reported. Hill Walking (Small party)
 Subject (F79) slipped into river near beauty spot. Treated at scene and evacuated to ambulance.
 Keswick (10 x 1hr 30 min)

351 32071 6 September 15:20 Lonscale Fell, Keswick NY292266
 Not reported. Not reported. Fell Running (Organised event)
 Competitor (M47) slipped during running event. Assessed at scene and evacuated by landrover to ambulance.
 Keswick (13 x 2hr 0 min)

352 31782 7 September 11:22 Brandelhow Woods, Derwent Water NY253203
 Not reported. Not reported. Local Incident (Alone)
 Requested by the police to recover a body found in woodland. Recovered to roadhead and handed over to Coroner's officer.
 Cockermouth (7 x 1hr 0 min); Keswick (8 x 2hr 49 min)

353 31781 7 September 11:40 Sprinkling Tarn, Great End NY228091
 Sunny. Dry. Hill Walking (Small party)
 Subject M37) reported ill with severe abdominal pains. Assessed at scene and airlifted to hospital. Serious - abdominal pain/discomfort.
 Keswick (13 x 3hr 10 min); Great North AA Cumbria

354 31772 7 September 14:37 Wray Bay, Lake Windermere NY375004
 Dry, sunny with white clouds. Grassy. Local Incident (Small party)
 Subject (F81) slipped on grassy slope. Treated at scene and stretchered to vehicle then air ambulance. Serious - complicated closed fracture of ankle.
 Coniston (11 x 2hr 25 min); North West Air Ambulance (Blackpool)

355 31780 7 September 14:57 Stonycroft Gill, Swinside NY229212
 Dry sunny. Gravel. Hill Walking (Small party)
 Subject (F61) slipped whilst descending, sustaining a leg injury. Treated at scene and stretchered down to valley bottom. Serious - fracture/dislocation of ankle.
 Keswick (1 x 3hr 19 min)

356 32007 8 September 15:10 Woodhouse, Buttermere NY168174
 Warm and dry. Not reported. Hill Walking (Medium party)
 Subject (M71) reported feeling unwell. Treated at scene and walked to a waiting ambulance.
 Cockermouth (14 x 1hr 0 min)

357 31779 10 September 10:59 Lodore Falls, Borrowdale NY265187
 Warm sunny. Dry. Hill Walking (Small party)
 Subject (M) reported to have fallen 2.5 metres at beauty spot. Stood down en route when informed gentleman had walked down to ambulance.
 Keswick (9 x 0hr 31 min)

358 31981 10 September 12:15 Penny Rock Bridge, Grasmere NY345061
 Dry clear mild bright. Moderate dry stony footpath. Hill Walking (Small party)
 Subject (F62) tripped on rough ground. Treated at scene and evacuated to ambulance at roadside. Minor - simple closed fractured tibia.
 Langdale Ambleside (8 x 1hr 30 min)

359 32213 10 September 14:35 Uldale, Egremont NY051127
 Warm, dry. Dry. Hill Walking (Small party)
 Subject (M48) reported collapsed while doing Coast-to-Coast walk. Treated at scene and airlifted to hospital. Serious - myocardial infarct.
 Wasdale (12 x 3hr 0 min); Great North AA Cumbria

360 31980 10 September 15:18 Penny Rock, Grasmere NY345061
 Dry clear warm bright. Moderate dry stony footpath. Hill Walking (Small party)
 Subject (M79) reported collapsed. Treated at scene and evacuated to hospital. Minor - heat exhaustion.
 Langdale Ambleside (10 x 1hr 30 min)

361 31778 10 September 16:53 Jenkin Hill, Skiddaw NY280261
 Warm dry. Dry. Hill Walking (Small party)
 Subject (F70) reported unable to continue descent due to leg problem. Assessed at scene and stretchered down to roadhead. Minor - injuries to knee.
 Keswick (8 x 1hr 15 min)

362 32008 11 September 12:42 Ennerdale Water NY108145
 Dry and sunny. Dry. Hill Walking
 Subject (F70) tripped on lakeshore path, sustaining a minor injury. Treated at scene, accompanied to her car and advised to seek further medical attention. Minor - injuries to head.
 Cockermouth (11 x 2hr 30 min); Duddon and Furness (6 x 0hr 49 min); Wasdale (6 x 1hr 30 min)

363 31777 11 September 14:09 Sour Milk Gill, Seathwaite, Borrowdale NY228122
 Sunny warm dry. Dry. Hill Walking (Small party)
 Subject (F37) stumbled descending footpath, injuring her leg. Treated at scene and stretchered to air ambulance. Minor - injuries to lower leg.
 Keswick (1 x 2hr 1 min); Great North AA Cumbria

364 31859 11 September 15:15 Cautley Spout, Howgills SD677978
 Sunny, Clear. Moorland Terrain, firm. Hill Walking (Alone)
 Subject (M47) reported feeling unwell whilst walking. Assessed at scene, airlifted to valley for transfer to ambulance. Minor – nausea.
 Kirkby Stephen (13 x 4hr 0 min); Great North AA Cumbria

365 31776 12 September 11:28 Coniston SD302976
 Dry, hazy. House. Local Incident (Family group)
 Request to assist with evacuation of sick elderly lady to air ambulance. Taken in landrover to field in village where air ambulance able to land.
 Coniston (7 x 1hr 0 min); Great North AA Cumbria

366 31979 13 September 15:22 The Band, Bowfell, Gt Langdale NY258060
 Dry clear mild dark. Moderate ridge. Search - Mountain
 Report of distress signal seen on hillside. On investigation, nothing untoward found; possibly unidentified helicopter flying low after dark - false alarm with good intent.
 Langdale Ambleside (3 x 2hr 0 min)

367 32215 13 September 19:35 Miterdale NY165026
 Calm dry clear mild dusk. Undulating damp grassy moorland. Animal Rescue
 Trail hound reported stuck in river and unable to move. Stood down responding when informed dog managed to make his own way home.
 Wasdale (5 x 2hr 0 min)

368 31840 14 September 02:28 Lingy Hut, Great Lingy Hill NY311337
 Not reported. Not reported. Fell Running (Organised event)
 Competitor (F43) reported having injured her leg. Treated at scene and stretchered off the hill to waiting ambulance. Minor - injuries to lower leg and knee.
 Keswick (10 x 3hr 15 min)

369 31783 14 September 13:20 Machells Coppice, Grizedale Forest SD311950
 Dry, dull. Rough footpath. Mountain Biking (Small party)
 Rider (F35) fell off her mountain bike. Treated at scene and driven to hospital by relative. Minor - simple closed fractured clavicle.
 Coniston (9 x 1hr 15 min)

370 31841 16 September 13:57 High Seat, Borrowdale NY280185
 Dry warm. Dry gravel. Hill Walking (Small party)
 Subject (M76) tripped on new footpath. Assessed at scene and walked down to his transport in the valley. Minor - injuries to head.
 Keswick (1 x 2hr 2 min)

371 32332 16 September 15:55 Blackford, Longtown NY355640
 Clear and dry. Various. Search - Non-mountain (Alone)
 Subject (M) reported missing from vehicle. Found safe and well by a member of the public.
 Penrith (14 x 3hr 0 min); SARDA (England) (2 x 3hr 0 min)

372 31858 17 September 13:15 Maiden Way, Kirkland NY648335
 Dry, partial cloud, warm. Dry. Hill Walking (Medium party)
 Subject (F84) reported with leg injury whilst walking. Treated at scene and transferred to ambulance. Minor - injuries to lower leg.
 Kirkby Stephen (8 x 3hr 45 min); Penrith (11 x 2hr 0 min); Great North AA Cumbria

373 31978 17 September 20:20 Pike O'Blisco, Gt Langdale NY266045
 Dry clear mild bright. Moderate dry stony footpath. Hill Walking (Small party)
 Subject (M) reported tripped and sustained a leg injury, his location was uncertain. Found at campsite and assisted to roadhead. Minor - injuries to knee.
 Langdale Ambleside (14 x 2hr 0 min)

374 31862 18 September 20:40 Hell Gill, Mallerstang SD786968
 Cloudy Dry. Gill very low water level. Animal Rescue (Not Applicable)
 Sheep reported stuck in deep, narrow gill. Extracted with difficulty but without loss or injury.
 Kirkby Stephen (8 x 3hr 0 min)

375 32019 19 September 12:45 Cat Bells, Maiden Moor NY241191
 Sunny warm. Dry. Hill Walking (Small party)
 Subject (M80) reported feeling unwell. After an assessment at scene, he was cleared to make his own way down, accompanied. Minor - pain/discomfort.
 Keswick (17 x 1hr 55 min); Great North AA Cumbria

376 32018 19 September 18:34 Allen Crag - Glaramara NY242096
Hill fog. Not reported. Hill Walking (Small party)
Party of two reported themselves lost and disorientated in mist while descending Scafell Pike.
Location established using SARLoc and a small party went out and escorted them to safety.
Keswick (7 x 3hr 19 min); Wasdale (14 x 1hr 30 min)

377 31977 20 September 15:21 Lower Scout Crag, Gt Langdale NY2981406779
Not reported. Not reported. Rock Climbing - roped (Small party)
Climber (M) reported fallen 15ft, landing on both feet. Treated at scene and evacuated to air ambulance by stretcher. Serious - simple closed fracture to cervical vertebra(e); complicated closed fracture to ankle.
Langdale Ambleside (12 x 2hr 0 min); North West Air Ambulance (Blackpool)

378 32216 20 September 16:48 Broad Stand, Scafell NY208068
Warm, dry. Dry. Hill Walking (Small party)
Subject (M), in party of two reported cragfast at accident blackspot. Airlifted to safety.
Wasdale (18 x 2hr 30 min); Boulmer SAR Helicopter

379 32285 21 September 03:20 Crosby Garrett, Appleby NY726090
Mild. Dry. Search - Mountain (Alone)
Intoxicated youth (M16) reported lost on moorland. Found by police during initial response.
Kirkby Stephen (4 x 1hr 0 min)

380 32058 21 September 11:20 Forge Brow, Keswick NY280240
Sunny. Dry. Local Incident (Small party)
Subject (M66) reported collapsed some distance from road access. Stood down on arrival when informed ambulance crew had evacuated person gently back to ambulance.
Keswick (9 x 0hr 37 min)

381 32017 21 September 13:36 Castle Crag, Borrowdale NY247153
Fine. Dry stony. Hill Walking (Small party)
Subject (F67) slipped on a steep, gravel path and sustained a serious leg injury. She was treated at scene and transferred to hospital. Serious - complicated closed fracture of tibia and fibula.
Keswick (14 x 2hr 0 min); Great North AA Cumbria

382 32016 21 September 14:02 New Bridge, Rosthwaite NY251151
Fine sunny. Dry. Hill Walking (Small party)
Subject (M72) reported collapsed. Assessed at scene and evacuated to waiting ambulance.
Keswick (16 x 0hr 31 min); Great North AA Cumbria

383 32400 24 September 12:28 Aira Force, Ullswater NY3998121257
Not reported. Not reported. Hill Walking (Small party)
Subject (F64) fell while walking at beauty spot. Treated at scene and evacuated. Serious - stable fractured ankle.
Patterdale (10 x 2hr 0 min)

384 32057 25 September 10:59 Sharp Edge, Blencathra NY326283
Low cloud. Slippery. Rock Scrambling (Small party)
Subject (M28) slipped and fell 10m from the 'difficult step'. Treated at scene, lowered below cloud base and airlifted to hospital. Serious - unstable fracture of humerus.
Keswick (19 x 4hr 19 min); Great North AA Cumbria; Valley SAR Helicopter

385 31976 25 September 16:21 Greenhead Ghyll, Grasmere NY345085
Rain cloudy mild dull. Steep damp grassy bank. Hill Walking (Small party)
Subject (F) slipped on damp ground, sustaining leg injury. Treated at scene and stretchered off to roadhead. Minor - injuries to lower leg.
Langdale Ambleside (10 x 2hr 0 min)

386 31975 26 September 11:25 Calf Crag, Gibson Knott, Grasmere NY3146510146
Not reported. Not reported. Search - Mountain (Not Applicable)
Shouts for help reported. On investigation, nothing untoward found but thought to be farmer gathering sheep - false alarm with good intent.
Langdale Ambleside (3 x 1hr 30 min)

387 32015 27 September 12:57 Latrigg, Keswick NY283249
 Not reported. Not reported. Hill Walking (Small party)
 Subject (F55) slipped on grass, injuring her leg and was unable to continue. Treated at scene and evacuated to local hospital. Serious - injuries to knee.
 Keswick (17 x 1hr 0 min)

388 32217 27 September 16:22 Dent Fell, Copeland NY037130
 Fine. Open fellside, wooded areas. Search - Non-mountain (Alone)
 Despondent (M42) reported missing from home and concerned for his safety. Located safe and well in tent, and escorted to police.
 Duddon and Furness (1 x 1hr 30 min); Wasdale (19 x 6hr 0 min); Boulmer SAR Helicopter

389 32009 27 September 20:12 West Waterfall, Pillar NY171125
 Dark. Not reported. Hill Walking (Small party)
 Party of two reported cragfast. They were assisted to safer ground and escorted off the hill.
 Cockermonth (27 x 4hr 0 min)

390 32218 28 September 17:50 Stony Tarn, Eskdale NY201128
 Rain. Open fell. Hill Walking (Small party)
 Fellrunner reported fallen, with injured leg. Treated at scene and stretchered from the hill. Minor - ruptured tendon in knee.
 Duddon and Furness (1 x 1hr 7 min); Wasdale (17 x 5hr 30 min)

391 32014 28 September 20:31 Angle Tarn, Esk Pike NY213080
 Dry mild clear. Dry. Hill Walking (Alone)
 Subject (M46) was reported overdue by his wife. A search of site of reported whistles (Middleboot Knotts) proved fruitless but he was located as searchers returned to valley seeing a stationary light.
 Duddon and Furness (1 x 2hr 30 min); Keswick (13 x 9hr 0 min); Wasdale (16 x 4hr 49 min)

392 32220 29 September 12:12 Hardknott, Eskdale, NY218047
 Fine. Open fellside. Hill Walking (Alone)
 Visitor to Roman fort reported fallen with injured leg. Treated at scene and airlifted to hospital.
 Minor - fracture/dislocation of ankle.
 Wasdale (13 x 1hr 49 min); North West Air Ambulance (Blackpool)

393 32054 30 September 11:40 Cat Gill, Borrowdale NY273207
 Fine. Dry. Hill Walking (Small party)
 Subject (M75) taken ill and fell whilst walking. Assessed at scene and taken to hospital for tests.
 Keswick (11 x 2hr 7 min); Great North AA Cumbria

394 32169 30 September 23:20 Lakeside, Newby Bridge SD374878
 Light showers clear cool dark. Gentle firm grassy. Local Incident (Alone)
 Subject (F54) reported fallen 5m from a wall. Treated at scene and transferred to SAR helicopter.
 Serious - fractured pelvis.
 Duddon and Furness (14 x 4hr 10 min); Valley SAR Helicopter

October

395 32160 2 October 14:36 Slaters Bridge, Lt Langdale NY312030
 Calm dry clear cool bright. Gentle damp grassy footpath. Hill Walking (Small party)
 Subject (M) taken ill while walking. Assessed at scene and assisted to ambulance on road.
 Langdale Ambleside (8 x 1hr 0 min)

396 32010 4 October 15:38 Wigton, Cumbria NY255483
 Not reported. Not reported. Search - Non-mountain (Alone)
 Subject (M59) reported missing from home. Located by police on second day of search operation.
 Cockermonth (21 x 4hr 52 min); Cockermonth (18 x 5hr 45 min); Duddon and Furness (5 x 1hr 30 min); Keswick (4 x 1hr 30 min); Penrith (1 x 10hr 37 min); LDMR Search Dogs (1 x 10hr 37 min); Wasdale (1 x 10hr 37 min)

397 32052 6 October 15:09 Johnny Wood, Borrowdale NY247137
 Fine. Slippery. Hill Walking (Family group)
 Subject (F41) slipped and banged her head in a stream. Assessed at scene and quickly airlifted to hospital. Serious – faint.
 Keswick (17 x 2hr 0 min); Great North AA Cumbria

398 32167 7 October 14:40 Ghyll Scaur, Millom SD161814
 Not reported. Moderate firm grassy forestry. Search - Non-mountain (Alone)
 Subject (M80), described as at risk, reported missing from care. Located unharmed.
 Duddon and Furness (20 x 4hr 19 min); Langdale Ambleside (3 x 2hr 0 min); Patterdale (3 x 2hr 0 min); SARDA (England) (5 x 4hr 19 min); Wasdale (14 x 1hr 30 min)

399 32163 8 October 13:20 Buttermere NY180165
 Damp. Damp. Hill Walking (Small party)
 Subject (F35) slipped while following lakeshore path. Treated at scene and stretchered to roadhead. Serious - simple closed fracture of tibia and fibula.
 Cockermouth (15 x 2hr 0 min)

400 32397 8 October 16:51 Seldom Scene, Glencoyne NY3815618567
 Not reported. Not reported. Local Incident
 Report of flashing lights from member of public. Investigation established it to be a burglar alarm flashing through trees.
 Patterdale (3 x 1hr 0 min)

401 32166 8 October 20:40 Ormsgill, Barrow SD187712
 Not reported. Level firm. Local Incident (Alone)
 Subject (M40) fell on slag bank on beach. Treated at scene and evacuated to roadside.
 Duddon and Furness (18 x 1hr 49 min); Valley SAR Helicopter

402 32158 11 October 12:45 Esk Hause, Central Fells NY236081
 Showers low cloud cool dull. Moderate damp stony crag. Fell Running (Small party)
 Runner (M) tripped and suffered a leg injury. Treated at scene and evacuated by SAR helicopter.
 Minor - dislocated knee.
 Coniston (10 x 3hr 45 min); Kendal (1 x 2hr 0 min); Langdale Ambleside (16 x 3hr 0 min); Valley SAR Helicopter

403 32156 11 October 13:52 Bowfell, Gt Langdale NY244066
 Showers low cloud cool bright. Rocky slope. Fell Running (Small party)
 Runner reported with arm injury. Evacuated by helicopter while en route.
 Langdale Ambleside (5 x 2hr 0 min); Valley SAR Helicopter

404 32396 11 October 15:30 Pasture Bottom, Hartsop NY4194211664
 Not reported. Not reported. Hill Walking (Small party)
 Subject (F59) slipped and injured her ankle. Treated at scene and stretchered off the hill. Minor - painful/uncomfortable ankle.
 Patterdale (8 x 2hr 10 min)

405 32155 11 October 18:24 Loughrigg, Elterwater NY345051
 Dry clear cool bright. Moderate damp stony moorland. Hill Walking (Small party)
 Subject (F) slipped and sustained leg injury. Treated at scene and evacuated by stretcher. Minor - injuries to lower leg.
 Coniston (10 x 2hr 0 min); Langdale Ambleside (11 x 2hr 0 min)

406 32395 12 October 12:52 Stony Cove Pike, Kirkstone NY423101
 Dry clear mild bright. Steep damp stony scree. Hill Walking (Medium party)
 Subject (M79) reported with a twisted knee while out with a walking group. Treated at scene and stretchered off the hill.
 Langdale Ambleside (16 x 5hr 0 min); Patterdale (8 x 5hr 0 min)

417 32194 24 October 18:31 Keswick NY247238
 Not reported. Not reported. Search - Mountain (Alone)
 Subject (M75), with dementia, reported missing after visiting theatre; he had extensive knowledge of area as he used to live in Keswick. He was found at 01:20 close to major road (A66).
 Keswick (25 x 5hr 10 min); RAF Leeming (15 x 5hr 10 min); LDMR Search Dogs (5 x 5hr 10 min)

418 32193 25 October 14:30 Esk Hause, Central Fells NY234082
 Cold wet. Wet. Hill Walking (Small party)
 Subject (F41) reported to be unable to continue, complaining of feeling very cold. Advised to stay put and await help, but decided to make their own way down; met part way down and escorted from the hill. Minor - mild/moderate hypothermia.
 Keswick (10 x 3hr 10 min)

419 32369 25 October 15:00 Cautley Thwaite, Howgills SD693963
 Light drizzle cloudy cool dull. Moderate slippery muddy footpath. Hill Walking (Small party)
 Subject (M32) reported slipped and fell while walking with large backpack. Treated at scene and evacuated by stretcher to air ambulance. Minor - simple closed fracture of left tibia and fibula.
 Kendal (12 x 2hr 0 min); Kirkby Stephen (15 x 3hr 0 min); Great North AA Cumbria

420 32149 26 October 11:46 Red Tarn, Gt Langdale NY266041
 SE gale rain cloudy mild dull. Moderate very wet grassy footpath. Hill Walking (Small party)
 Subject (F) tripped or slipped in poor conditions and sustained a leg injury. Treated at scene and evacuated to road. Minor - simple closed fractured ankle.
 Kendal (5 x 2hr 0 min); Kendal (14 x 2hr 0 min); Langdale Ambleside (10 x 4hr 0 min)

421 32192 26 October 14:12 Rottenstone Gill, Rosthwaite Fell NY254126
 Not reported. Not reported. Hill Walking (Small party)
 Subject (F48), with history of vertigo reported overdue having failed to return from a walk. Stood down responding when informed she had returned to her car.
 Keswick (9 x 0hr 40 min)

422 32392 26 October 17:10 Striding Edge, Helvellyn NY3437013477
 Storm rain cool dark. Steep rough stony ridge. Hill Walking (Small party)
 Party of two (M) reported lost coming off popular ridge walk. Located, warmed up and then walked off the hill.
 Patterdale (7 x 4hr 49 min)

423 32090 26 October 17:50 Goats Water, Coniston Old Man SD267973
 Dark, damp, misty. Fell path. Hill Walking (Alone)
 Subject (M23) reported himself lost and feeling sick. Found safe and well then escorted to safety.
 Coniston (9 x 1hr 19 min); Duddon and Furness (20 x 1hr 40 min)

424 32391 27 October 01:09 Glencoyndedale, Ullswater NY362189
 Storm rain poor cool dark. Steep rocky stony. Hill Walking (D of E) (Small party)
 Expedition group of six reported a member had collapsed and all group tents had been blown down in severe weather conditions. Located and escorted off the hill.
 Kirkby Stephen (15 x 5hr 0 min); Patterdale (10 x 5hr 0 min); Penrith (9 x 5hr 0 min)

425 32282 28 October 18:42 Place Fell, Ullswater NY4135517865
 Clear/cold. Wet. Hill Walking (School/Youth group)
 Group of eleven young people, wild camping, reported in difficulties with hypothermia. Four were airlifted by helicopter and the rest of the party escorted to safety. Minor – mild/moderate hypothermia.
 Kirkby Stephen (15 x 4hr 0 min); Patterdale (16 x 5hr 0 min); Penrith (12 x 4hr 0 min); Valley SAR Helicopter

426 32389 29 October 10:50 Howtown, Ullswater NY445200
 Not reported. Not reported. Hill Walking (Alone)
 Subject (M) reported with seizure. Assessed at scene and stretchered to ambulance.
 Patterdale (9 x 2hr 0 min)

427 32281 29 October 14:55 High Cup Nick, N Pennines NY737259
Dry/Sunny 8 deg c. Damp after overnight rain. Hill Walking (Large party)
Member of party (F77) reported separated from companions and lost. Quickly located on road.
Kirkby Stephen (14 x 1hr 0 min)

428 32224 29 October 22:59 Broad Stand, Scafell NY209068
Fine. Steep crag. Hill Walking (Small party)
Party of four (F50), with dog, reported cragfast at top of accident blackspot. Secured and lowered
to safer ground, then escorted off the hill.
Wasdale (16 x 8hr 25 min)

November

429 32388 1 November 10:02 Rooking, Patterdale NY4003716132
Not reported. Not reported. Hill Walking (Family group)
Request to assist ambulance service attending an unconscious male. Stood down responding
when informed ambulance crew had resolved issue.
Patterdale (6 x 1hr 0 min)

430 32367 1 November 16:23 Great Dummacks, Howgills SD695969
Not reported. Not reported. Hill Walking (Small party)
Subject (M54) reported fallen with leg injury. Treated at scene and evacuated to ambulance at
Cross Keys. Minor - sprained ankle.
Kendal (13 x 2hr 30 min); Kirkby Stephen (12 x 2hr 15 min)

431 32225 1 November 16:57 Scafell Pike NY215072
Rain and hill fog. Dark. Open mountain sides. Hill Walking (Small party)
Party of two (M27) reported lost in fog. Stood down responding when informed they had found
their own way to Eskdale.
Duddon and Furness (16 x 2hr 0 min); Wasdale (17 x 5hr 0 min)

432 32386 2 November 10:40 Silver Bay, Ullswater NY3967718249
Not reported. Not reported. Fell Running (Organised event)
Competitor (F) slipped and injured his leg. Treated at scene and evacuated by boat. Minor -
painful/uncomfortable to ankle.
Patterdale (11 x 1hr 33 min)

433 32387 2 November 10:40 Place Fell, Ullswater NY4088119434
Not reported. Not reported. Fell Running (Organised event)
Competitor (M) fell while running and injured his head. Treated at scene and airlifted to hospital.
Minor - deep laceration(s) to head.
Patterdale (11 x 1hr 0 min); Boulmer SAR Helicopter

434 32475 4 November 15:25 High Stile, Buttermere NY168148
Low cloud, heavy rain showers. Very wet, slippy footpath, steep. Hill Walking (Small party)
Party of two (M) reported themselves lost. Located using SARLoc, given directions to return to
valley and met by small party.
Cockermouth (9 x 2hr 0 min)

435 32189 5 November 17:07 Saddlestone Quarries, Coniston Old Man SD278979
Dry, clear. Slate, stony. Hill Walking (Alone)
Subject (F42) slipped on wet grass. Treated at scene and stretchered off the hill. Serious - simple
closed fractured ankle.
Coniston (15 x 2hr 30 min)

436 32226 6 November 02:42 Broad Crag Col, Scafell Pike NY217074
Windy and wet. Steep craggy path. Animal Rescue
Border Collie (Jasper), reported lost three days earlier, reported found in weak and injured
condition. Conveyed off the hill and handed over to a grateful owner.
Wasdale (9 x 6hr 30 min)

437 32520 8 November 14:34 Grains Ghyll, Seathwaite NY234101
 S fresh showers cloudy cool dull. Moderate rough gravel footpath. Hill Walking (Small party)
 Subject (M45) slipped and fell whilst descending. Stood down arriving at roadend where subject
 had walked down and was being treated by air ambulance crew. Minor - injuries to shoulder.
 Keswick (19 x 1hr 7 min); Great North AA Cumbria

438 32227 9 November 19:21 Hollowstones, Scafell Pike NY201075
 Rain, later fine. Mountain. Hill Walking (Small party)
 Party of two reported themselves lost, without torches, map or compass. Located and escorted
 down to safety.
 Wasdale (12 x 3hr 19 min)

439 32310 10 November 15:19 Dungeon Ghyll, Gt Langdale NY280072
 Light rain hill fog cold dark. Steep very wet stony crag. Hill Walking (Small party)
 Party of two reported lost and cragfast in gill. Located and recovered to safe ground.
 Kendal (17 x 2hr 30 min); Langdale Ambleside (12 x 5hr 0 min)

440 32519 10 November 17:49 Cam Crag Ridge, Langstrath NY262110
 SW strong showers poor cold dark. Steep slippery stony scree. Rock Scrambling (Small party)
 Subject (M44) reported overdue from a scrambling trip. Search of intended route found the
 person injured at foot of one of the crags. Treated at scene and airlifted to hospital. Serious –
 multiple injuries.
 Keswick (28 x 4hr 30 min); LDNR Search Dogs (6 x 4hr 30 min); Gannet SAR Helicopter

441 32309 14 November 00:59 Alcock Tarn, Grasmere NY347082
 Calm dry hill fog cool dark. Moderate wet grassy crag. Hill Walking (Small party)
 Subject (M77) reported benighted, having sat tight and waited for his wife to report him overdue.
 Located and assisted down to safety.
 Langdale Ambleside (18 x 2hr 45 min)

442 32308 17 November 12:21 Slater's Bridge, Lt Langdale NY312030
 E fresh dry cloudy mild dull. Moderate damp stony footpath. Hill Walking (Small party)
 Subject (F66) slipped on damp ground. Treated at scene and airlifted to hospital. Serious -
 complicated open fracture of tibia and fibula.
 Langdale Ambleside (10 x 2hr 0 min); Great North AA Cumbria

443 32476 17 November 14:08 Ullock Pike, Skiddaw NY211295
 Dry, overcast. Damp underfoot, fellside. Mountain Biking
 Rider (M) reported fallen and suffering a chest injury. Treated at scene and transferred to air
 ambulance. Serious - fractured ribs, pneumothorax.
 Cockermouth (18 x 3hr 0 min); Keswick (5 x 1hr 42 min); Great North AA Cumbria

444 32385 17 November 17:05 Red Tarn, Helvellyn NY3446715522
 Not reported. Not reported. Hill Walking (Small party)
 Party of two (M, F48) reported lost. Located using SARLoc, met up by search party and led to
 safety.
 Patterdale (13 x 4hr 19 min)

445 32365 18 November 18:37 Grubbins Wood, Staveley in Cartmel SD381851
 Moderate showers cloudy cool dark. Not reported. Search - Non-mountain (Alone)
 Despondent (M43), described as high risk, reported missing. Stood down due to lack of positive
 information. Person later found safe and well.
 Kendal (5 x 2hr 30 min); Kendal (10 x 2hr 30 min); LDNR Search Dogs (5 x 2hr 30 min)

446 32246 20 November 21:30 Walna Scar, Coniston Fells SD272964
 Dry, clear, dark. Low fellside, grassy & stony. Hill Walking (Small party)
 Subject (F76) slipped on track; husband (M81) injured himself in haste to get help. Located,
 treated at scene and transported off the hill. Minor - abrasion(s) to thigh; Serious - unstable
 fracture of pubic ramus; deep laceration(s).
 Coniston (13 x 2hr 0 min)

447 32307 21 November 12:40 Rest Ghyll, Crinkle Crag, Gt Langdale NY244056
 Rain cloudy cool dusk. Moderate stony moorland. Hill Walking (Small party)
 Subject (M63) reported exhausted and unable to continue. Located and assisted to safety.
 Kendal (9 x 5hr 0 min); Langdale Ambleside (13 x 7hr 30 min)

448 32306 21 November 15:39 Easedale Tarn, Grasmere NY304089
 Rain cloudy cool dark. Moderate wet stony footpath. Hill Walking (Small party)
 Subject (F) slipped on wet ground, injuring her leg. Treated at scene and evacuated. Minor - simple closed fractured tibia.
 Kendal (7 x 3hr 0 min); Langdale Ambleside (9 x 4hr 0 min)

449 32247 21 November 16:30 Goat's Hawse, Coniston Old Man SD267983
 Wet, windy. Rough fell track. Hill Walking (Small party)
 Party of two (M31, M33) lost track descending off the hill. Located safe and well, gave additional clothing and accompanied to safety.
 Coniston (12 x 3hr 0 min)

450 32305 21 November 17:21 Nab Scar, Rydal NY358070
 Rain cloudy cool dark. Steep wet grassy footpath. Hill Walking (Small party)
 Subject (F) reported benighted after getting lost. Located using SARLoc and assisted down to safety.
 Kendal (1 x 1hr 0 min); Langdale Ambleside (6 x 1hr 30 min)

451 32361 22 November 04:30 Mosedale, Swindale NY495088
 Moderate showers hill fog cold dull. Not reported. Hill Walking (Small party)
 Party of three (M32, M49, M30) reported benighted and lost. Located cold and wet then escorted to safety.
 Kendal (10 x 1hr 0 min); Patterdale (9 x 1hr 0 min); Penrith (10 x 4hr 30 min); LDMR Search Dogs (5 x 4hr 30 min)

452 32304 22 November 19:11 Crinkle Crag, Gt Langdale NY243052
 SE fresh dry cloudy cool dark. Steep slippery stony crag. Hill Walking (Small party)
 Parties two and three met up and reported themselves cragfast and benighted. Located by search dog and assisted to safety.
 Langdale Ambleside (11 x 9hr 0 min); LDMR Search Dogs (1 x 9hr 0 min)

453 32477 23 November 10:30 Rannerdale Knotts, Buttermere NY168184
 Fine. Damp, steep footpath. Hill Walking (Alone)
 Subject became cragfast whilst walking. Located and escorted to safety.
 Cockermouth (31 x 1hr 0 min)

454 32383 23 November 15:04 Bleaberry Knott, Deepdale NY3968812924
 Not reported. Not reported. Hill Walking (Alone)
 Subject (M) fell, injuring his leg. Treated at scene and stretchered to ambulance. Minor - stable fractured ankle.
 Patterdale (12 x 2hr 0 min)

455 32330 28 November 14:37 Knock Fell, Dufton NY693253
 Overcast. Various. Hill Walking (Small party)
 Subject (F31) reported with leg injury after slipping. Treated at scene and transferred to ambulance. Minor - injuries to lower leg.
 Kirkby Stephen (8 x 1hr 45 min); Penrith (11 x 2hr 0 min)

456 32303 29 November 16:40 Wansfell, Ambleside NY4015105074
 Dry cloudy cool dark. Moderate grassy moorland. Hill Walking (Family group)
 Family of three reported themselves benighted with only a torch on their phone. Located using SARLoc and assisted off to safety.
 Langdale Ambleside (8 x 3hr 0 min)

December

- 457 32478 6 December 15:40 High Stile, Buttermere NY167147**
Wet, low cloud, heavy rain. Steep, very wet and slippery. Hill Walking (Small party)
Party of two (M) reported themselves lost and disorientated in thick cloud and poor weather.
Located using SARLoc and escorted to safety.
Cockermouth (27 x 4hr 19 min)
- 458 32359 6 December 21:12 Pike'o Blisco - Crinkle Crag, Gt Langdale NY271041**
Fresh showers hill fog cold dark. Not reported. Hill Walking (Alone)
Subject (M) reported by wife as overdue from walk. Overnight search was inconclusive but as
second day search started, he informed police he was safe and well in Borrowdale.
Kendal (12 x 1hr 30 min); Langdale Ambleside (10 x 12hr 0 min); Langdale Ambleside (6 x 1hr 0
min); RAF Leeming (1 x 1hr 30 min); LDMR Search Dogs (1 x 1hr 30 min)
- 459 32382 7 December 14:29 Grey Crag, Hartsop NY424123**
Not reported. Not reported. Hill Walking
Report received of shouts for help. Investigation inconclusive; false alarm good intent.
Patterdale (4 x 1hr 0 min)
- 460 32328 7 December 21:10 Lawson Park, Grizedale Forest SD317951**
Hail showers. Forest track. Local Incident
Female reported unconscious, request to assist ambulance. Stood down en route when informed
ambulance able to drive directly to reported location.
Coniston (9 x 0hr 49 min)
- 461 32381 10 December 23:08 Kirkstone Pass NY3989707910**
Snow poor cold dark. Not reported. Local Incident
Report of two vehicles stuck in snow on high pass. Search inconclusive; false alarm good intent.
Patterdale (5 x 2hr 0 min)
- 462 32487 12 December 03:50 Corney Fell, Bootle SD152895**
Fresh showers cloudy cold dark. Gentle frozen icy. Road Traffic Collision (Alone)
Car reported skidded and left remote high-level road. Car pulled back onto road and escorted
down.
Duddon and Furness (10 x 1hr 10 min)
- 463 32479 14 December 01:21 Old Pond Shore Road, Workington NX983295**
Clear. Tarmac. Search - Non-mountain (Alone)
Subject (M) reported missing from home. Stood down responding when informed located by
police.
Cockermouth (17 x 1hr 0 min)
- 464 32399 14 December 16:16 Pooley Bridge, Ullswater NY467243**
Not reported. Not reported. Water Sport (all types) (Alone)
Canoeist (M) reported capsized. After managing to swim ashore, he was checked over as he was
very cold.
Patterdale (5 x 1hr 30 min)
- 465 32480 15 December 18:51 Blaze Beck, Lorton, B5292 NY178256**
Not reported. Not reported. Road Traffic Collision
Request to assist Fire and Rescue Service dealing with car that had left the road through a
gorge. Injured driver treated and stretchered to ambulance.
Cockermouth (31 x 1hr 15 min)
- 466 32481 21 December 18:20 Gale Fell, Buttermere NY138167**
Wet and windy with low cloud base. Very wet. Hill Walking (Alone)
Subject (M) reported disorientated. Located and escorted to safety.
Cockermouth (20 x 3hr 40 min); LDMR Search Dogs (1 x 3hr 40 min)

- 467 32432 24 December 23:33** **Walna Scar, Coniston Fells** **SD289970**
Damp, dark, slight breeze. Muddy track. Motor Sport (Small party)
Landrover reported stuck in mud whilst off-roading. Vehicle secured and occupants return to Windermere.
Coniston (5 x 0hr 34 min)
- 468 32482 26 December 13:36** **Whiteless Pike, Buttermere** **NY179177**
Damp and overcast. Steep, wet and slippery. Hill Walking (Small party)
Subject (M70) slipped on the descent, sustaining a leg injury. Treated at scene and airlifted to hospital. Serious - fracture/dislocation of ankle.
Cockermouth (16 x 2hr 8 min); Great North AA Cumbria
- 469 32488 28 December 11:41** **Jenny Brown's Point, Silverdale** **SD459735**
Not reported. Not reported. Local Incident
Subject (M23) reported fallen 20ft onto rocks; requested to assist coastguard and air ambulance crew. Stood down en route when air ambulance crew managed the transfer themselves.
Kendal (11 x 0hr 40 min); North West Air Ambulance (Blackpool)
- 470 32602 30 December 10:45** **Blea Tarn, Haweswater** **NY457107**
Not reported. Not reported. Hill Walking (Small party)
Subject slipped while walking. Treated at scene and evacuated to roadhead.
Penrith (5 x 2hr 0 min); Kirkby Stephen (1 x 2hr 0 min)
- 471 32483 30 December 15:45** **Buttermere** **NY169164**
Not reported. Not reported. Hill Walking
Shouts for help heard and reported by walkers; one person was thought to be cragfast. Stood down responding when informed party managed to find a way down to safety.
Cockermouth (5 x 0hr 15 min)
- 472 32468 30 December 16:20** **Lingmell, Wasdale** **NY211082**
Foggy. Steep mountain terrain. Hill Walking (Small party)
Party of four reported themselves lost in fog. Located and escorted off the hill.
Wasdale (18 x 4hr 45 min)
- 473 32744 30 December 17: 30** **Hartsop A592** **NY4026014016**
Light dry misty cold. Not reported. Road Traffic Collision
Assisted at scene of vehicle collision. Helped other agencies with the care of casualties.
Patterdale (4 x 1hr 0 min); Great North AA Cumbria
- 474 32743 31 December 14: 10** **Red Tarn Face, Helvellyn** **NY343152**
Gale sleet blizzard freezing dull. Steep frozen snow/ice crag. Hill Walking (Winter) (Alone)
Party Subject (M) cragfast on face in atrocious weather condntions. He was secured from a small ledge and taken to safety.
Patterdale (12 x 6hr 16 min); Penrith (5 x 6hr 16 min); Boulmer SAR Helicopter

Notes

SARLoc – a system that interrogates a GPS-enabled mobile phone and displays the location of that phone on mapping software used by MR teams.

For further information see <http://www.keswickmrt.org.uk/news.htm>

DAT – Dementia Alzheimers Type.

MRT – Mountain Rescue Team.

C2C – Coast-to-Coast, long distance walk from St Bees Head to Robin Hood's Bay.

Accident Summary

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

Incidents	2010	2011	2012	2013	2014
Incidents – all	600	425	432	433	474¹
By Activity					
Hill walking (non-winter)	334	288	269	250	313 ²
Hill walking (winter)	64	12	23	37	12
Climb/Scramble	46	21	17	15	18
Mountain Bike	10	26	18	13	13
Orienteer/Fell Running	9	6	11	12	16
Hang-gliding/Parapenting	3	3	5	7	1
Resilience	73	23	42	49	30 ³
Non-Mountain Search	14	9	10	17	19
Water Sports	5	7	4	6	8

Table 1 Incident - by Activity

Notes:

With the exception of those categories that are weather-related, most of the figures for 2014 are consistent with previous years.

1. This increase appears marginal, but it masks the fact that the 3rd quarter of the year (July-Sept) was extremely busy with 182 incidents recorded. During the same period of 2010, this figure was 184.
2. This figure is a pointer to the reason for this hidden increase; increased activity during the summer quarter is clearly manifest in this total.
3. Resilience activity during the year has chiefly been assisting the ambulance service gaining access and evacuating patients from difficult locations. No major incidents were reported for this period.
4. A period of settled summer weather has encouraged much more water-based activity. This inevitably leads to a greater number of calls for assistance on water.

Persons Assisted	2010	2011	2012	2013	2014
Persons - all	676	505	464	425	481
By Activity					
Hill walking (non-winter)	428	394	331	300	377 ¹
Hill walking (winter)	108	19	30	41	16 ²
Climb/Scramble	74	29	16	20	17
Mountain Bike	9	24	17	11	12
Orienteer/Fell Running	11	7	10	11	10
Hang-gliding/Parapenting	3	3	4	5	1 ³
Resilience	14	11	25	12	12
Non-Mountain Search	12	6	10	13	16 ⁴
Water Sports	4	6	7	9	5

Table 2 – Persons Assisted – by Activity

Notes:

With the exception of winter-based activities, the figures for this year are consistent with previous years.

1. As with table 1 on the previous page, this figure hides a very busy summer period.
2. The milder weather that characterised this year's winter months has led to a greatly reduced figure for accidents under winter conditions.
3. This is an interesting figure; this either means a reduction in activity level or an increase in safety awareness on the part of participants. Anecdotal evidence indicates there is less activity, but this is a difficult one to call without evidence.
4. Readers must be aware that the skills and training that MR members possess are regularly employed in searching for missing persons in rural and urban environments. This year in particular has been especially busy in this important, non-mountain sphere.

Fatalities	2010	2011	2012	2013	2014
Persons - all	30	17	22	14	11¹
By Activity					
Hill walking (non-winter)	14	10	8	7	8 ²
Hill walking (winter)	4	0	2	1	0
Climb/Scramble	3	0	2	0	1
Mountain Bike	0	1	1	1	0
Orienteer/Fell Running	0	0	1	0	0
Hang-gliding/Parapenting	0	0	0	0	0
Resilience	2	1	3	1	1
Non-Mountain Search	2	0	3	2	1
Water Sports	2	3	1	2	0

Table 3 – Fatalities – by Activity

Notes:

There are important lessons to be learned from looking into the detail behind these figures. The points being made have been echoed this year by team leaders; the same points have been made by team leaders for decades, but little heed appears to have been taken.

1. The reduction in overall fatalities is welcome news, but it still masks a number of tragedies.
2. This figure contains one medical collapse, three drownings, and four as a result of traumatic injury. Often these latter incidents have required a massive search effort before the mystery has been resolved. The majority of hill walkers are aware of the possible consequences of going off-route. What might have improved the outcome of these searches must without doubt be a route card, indicating their intended plan. This alone would have given at least an indication of their intended route, thus enabling searchers to prioritise better the limited resources. There is at least one example in the report of how such a route card contributed to a beneficial outcome. If a route card is left, this does not deny the possibility of a change of plan. A simple phone call if the plan is changed is easily done and would again contribute to an improved likelihood of a better outcome.

Required Medical Attention	2010	2011	2012	2013	2014
Persons - all	319	224	228	228	255¹
By Activity					
Hill walking (non-winter)	215	170	155	155	192
Hill walking (winter)	36	5	15	29	8
Climb/Scramble	31	14	11	10	16
Mountain Bike	8	20	14	7	12
Orienteer/Fell running	7	4	8	9	9
Hang-gliding/Parapenting	3	3	3	5	0
Resilience	8	4	14	8	11
Non-Mountain Search	1	1	0	1	0
Water Sports	2	0	3	2	1

Table 4 Required medical attention – by Activity

Notes:

The following remarks are pertinent to all recreational activity in wild areas. Accidents and injury are not an inevitable accompaniment to these pastimes.

1. Hill walking has always been viewed as not risk-free. This is part of the enjoyment of involvement as well as contributing to well-being etc. By the same token, accidents are not inevitable; thinking that luck played a part is not facing the reality of these situations. The likelihood of an accident is directly related to awareness on the part of the hill walker. The probability of such accidents will be reduced if the hill walker took the time to learn hillcraft, practice these skills under controlled conditions and having made the appropriate preparations prior to setting out. Even with training and experience, accidents will still happen as people push the boundaries; but how many boundaries have been pushed blindly, without the victims recognising what they are doing. Hill walking in the Lake District is not simply a walk in the park or countryside; remoteness, terrain difficulties and the effects of weather all combine to test even the experienced. Being better prepared will reduce accidents and their consequences. As a result, many more people will return home with a rosy glow rather than a plaster cast!

Causes of Incidents

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

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

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

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

Cause of Incident	2010	2011	2012	2013	2014
Avalanche	4	1	0	0	0
Belay/Runner Failure	2	1	1	2	0
Benighted	21	19	13	10	10
Cragfast	35	22	23	23	23
Fall or Tumble	109	84	77	91	92 ¹
Lightning	3	0	0	0	0
Lost or Disorientated	61	64	63	49	57
Medical Collapse or Illness	35	25	26	20	23
Overdue or Missing	50	39	36	37	47
Rockfall	1	0	0	0	1
Shouts, Lights or Flares Reported	23	5	6	16	6
Slip, Trip or Stumble	132	99	111	111	121 ¹
Unable to Continue	12	13	19	28	28
Total Incidents	488	372	375	433	474

Table 5 – Causes of Incidents

Notes:

1. Slips and falls are again dominant. This emphasises the need for fitness and concentration at all times when walking. It only takes a lapse in concentration for a slip or fall to occur. A momentary distraction, an interesting conversation or sheer bravado may have to be paid for with a long convalescence.

Age Profile of Subjects

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

Age (yrs)	Gender	2010	2011	2012	2013	2014
1 – 10	Male	3	2	5	4	3
	Female	9	3	1	2	2
11 – 20	Male	56	16	35	28	26
	Female	18	6	9	14	22
21 - 30	Male	37	30	32	25	28
	Female	20	10	11	20	9
31 - 40	Male	32	27	18	18	15
	Female	19	12	20	9	11
41 - 50	Male	37	30	39	33	23
	Female	22	24	13	15	25
51 – 60	Male	46	31	31	25	12
	Female	23	24	24	33	23
61 - 70	Male	37	19	29	35	21
	Female	24	29	22	17	17
71 – 80	Male	21	15	14	13	21
	Female	11	6	10	7	14
81 +	Male	4	5	3	5	6
	Female	1	1	2	1	5
Totals	Male	456	352	302	246	252
	Female	222	154	164	159	168

Table 6 – Age Profile of Subjects

Types of Conditions / Injuries

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

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

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

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

Condition / Injury	2010	2011	2012	2013	2014
Abrasions / Scratches	2	4	3	2	4
Asthma	3	0	1	0	3
Bruising	7	6	1	2	1
Burns / Scalds	1	1	0	0	1
Concussion	1	5	0	2	2
Cramp	3	0	0	0	0
Crush Injury	0	1	0	1	0
Diabetes	0	2	0	0	1
Dislocation	28	27	13	19	17
Epilepsy	1	2	1	3	3
Exhaustion	5	2	5	2	7
Fracture	128	81	79	75	71
Heart Attack	13	9	8	7	3
Hypothermia	10	2	10	9	8
Illness	0	1	0	0	0
Lacerations	19	19	11	8	7
Connective Tissue Damage	7	3	3	4	4
Multiple Injuries	11	4	6	5	7
Pain / Tenderness	10	3	15	13	23
Shock	2	0	0	0	0
Sprain / strain	11	8	15	10	5
Loss of Consciousness	10	4	6	3	3
Total Injured Persons	272	237	247	242	265

Table 7 – Types of Conditions / Injuries

Notes:

Sites of Injury

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

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

Site of Injury	2010	2011	2012	2013	2014
Abdomen	2	1	4	4	1
Ankle	69	46	54	41	64 ¹
Arm	4	14	3	7	5
Chest	15	3	8	9	10
Facial	2	6	3	3	3
Foot	3	0	1	2	0
Hand & Wrist	20	17	9	6	2
Head	37	43	27	28	28
Knee	34	11	17	26	29
Lower Leg	33	49	39	58	42 ¹
Neck	10	5	2	1	2
Pelvic Girdle	12	5	7	7	3
Shoulder Girdle	22	11	3	8	6
Spine	14	14	22	16	8
Upper Leg	8	3	4	4	3
Total Injured Persons	285	228	203	242	265

Table 8 – Sites of Injury

Notes:

1. It should not come as a surprise (given the note for table 5 on page 56) that the areas with the most injuries are the lower leg and ankle. This does not arise from poor footwear but rather 'user error'. Walking in the fells requires far more conscious decision making than say a walk on urban pavements

Lake District Search & Mountain Rescue Teams

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, gender and age of casualty if known.
- Stay by telephone until police or rescue team make contact.

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

Cockermouth MRT	Hon. Sec.: Gwyn Lewis 12 Horsman Street, Cockermouth, Cumbria CA13 0HE Email: gwyn@cockermouthmrt.org.uk	01900 827771
Coniston MRT	Hon. Sec.: Kevin Dibble Fell Cottage, Beck Bottom, Lowick Green, Cumbria, LA12 8EA Email: secretary@conistonmountainrescue.org.uk	01229 885003
Cumbria Ore Mines RU	Hon. Sec.: Bernie Green School House, Oulton, Wigton, Cumbria, CA7 0NP Email: bernardjamesgreen@gmail.com	016973 42618
Duddon & Furness MRT	Hon. Sec.: Vicky Whibley Royal Oak Cottage, Penny Bridge, Ulverston, Cumbria, LA12 7RJ Email: secduddon@hotmail.co.uk	07821 581814
Kendal MSRT	Hon. Sec.: Ian Johnson Punchbowl House, Grayrigg, Kendal, Cumbria, LA8 9BU Email: secretary@kendalmrt.org.uk	01539 824345
Keswick MRT	Hon. Sec.: Paul Cheshire Keswick MRT HQ, Lake Road, Keswick, Cumbria, CA12 5DJ Email: secretary@keswickmrt.org.uk	017687 75982
Kirkby Stephen MRT	Hon. Sec.: David Watkinson Bank End House, Appleby in Westmorland, Cumbria, CA16 6LH Email: secretary@ksmrt.org.uk	017683 52050
Langdale/Ambleside MRT	Hon. Sec.: Liz Mallabon 45 Kirkfield, Ambleside LA22 9HA Email: lizmallabon@hotmail.com	07764 689425
Patterdale MRT	Hon. Sec.: Alistair McCaig East View, Newton Reigny, Penrith, Cumbria, CA11 0AY Email: alistair.mccaig@btinternet.com	01768 840206
Penrith MRT	Hon. Sec.: Glenn Mitchell 29 Keld Close, Stainton, Penrith, Cumbria, CA11 0EJ Email: mitchell.collie@btinternet.com	01768 899916
Lake District MR Search Dogs	Hon. Sec.: Karen Frith Maple Croft, Moorfoot, Clifton, Penrith, Cumbria, CA10 2EP Email: kazfrith@googlemail.com	01768 868914
Wasdale MRT	Hon. Sec.: Paul Cook Highlands, Whitehaven, Cumbria Email: paul.ma.cook@sellafieldsites.com	01946 67837

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 no reception ('dead areas').
- The mobile phone is not a substitute for experience.

How to use

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

Advice to Mountain Users

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

Planning and Preparation

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

Footwear and Clothing

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

Food and Drink

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

Equipment and its Use

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

Party Size

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

Emergency Procedures

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

Dangers - all can be avoided by good route-finding

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

Dangers – all can be avoided by remaining alert

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

Pride

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

Donating To Mountain Rescue

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

1. Gift Aid

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

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

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

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

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

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

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

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

2. Give As You Earn

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

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

GIFT AID DECLARATION

Charity Name: LAKE DISTRICT SEARCH 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, 69 Lowther Street, Whitehaven, Cumbria, CA28 7AD

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, 69 Lowther Street, Whitehaven, Cumbria, CA28 7AD

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

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

FOR RESCUE ASSISTANCE

*

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

*

ASK FOR 'MOUNTAIN RESCUE'

*

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

*

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