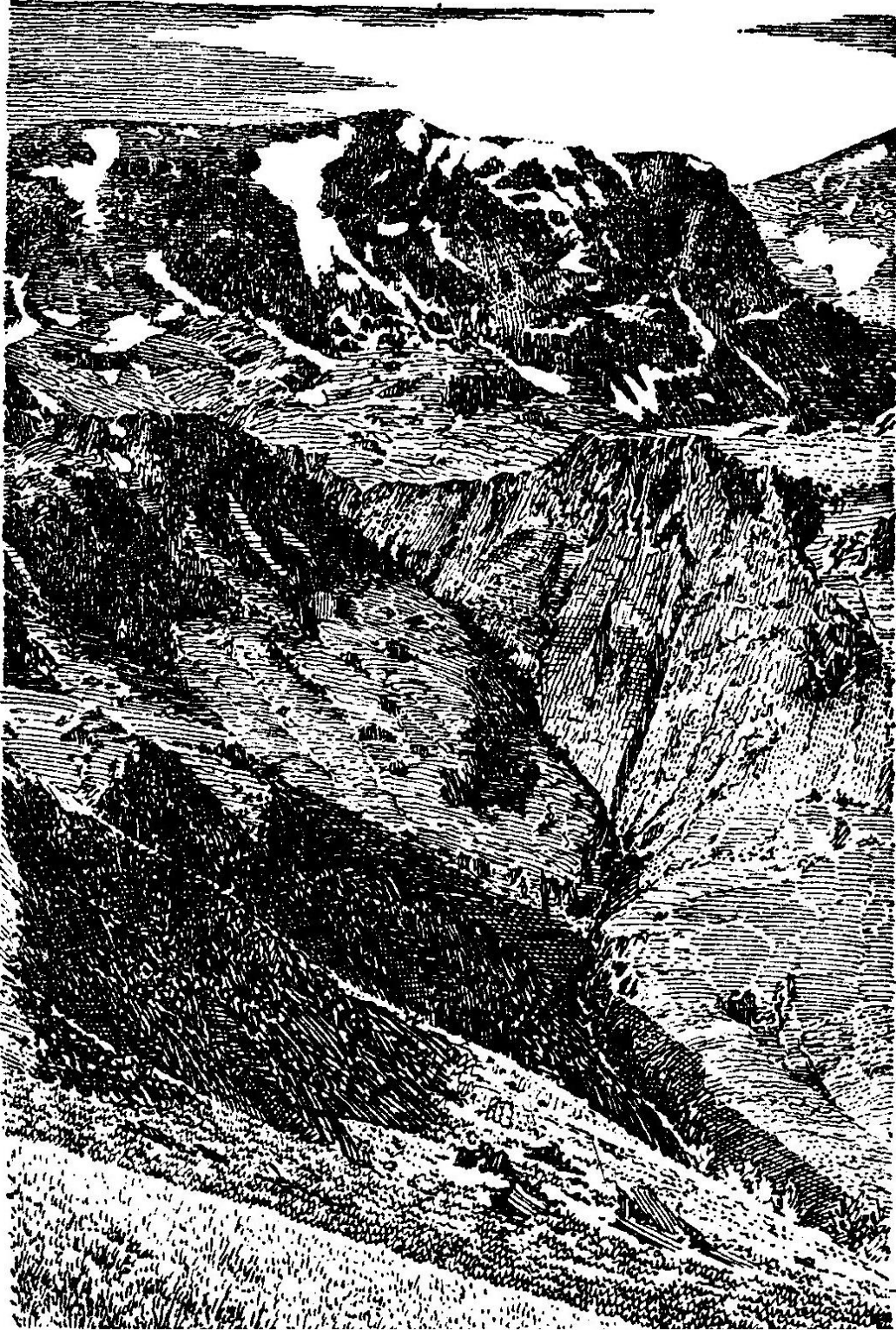


**LAKE DISTRICT SEARCH & MOUNTAIN RESCUE
ASSOCIATION**

MOUNTAIN ACCIDENTS 2016



*Dove Crag and Hogget Gill from 'Wainwright's Eastern 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 Mountain Rescue Council and all other interested bodies. The association speaks out and acts on behalf of the teams on matters relating to Lake District mountain rescue as a whole. It also fosters publicity aimed at the prevention of mountain accidents.

Cost £2.00

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

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

Chairman's Report

Following on from my last annual report covering the 2015 floods, 2016 was very much a year of refocusing and maintaining the capability and willingness of our twelve LDSAMRA teams to continue supporting their communities in those non-mountain related rescue activities. What I mean by this is that the teams' involvement in the floodings of 2005, 2009 and then 2015 has really demonstrated and indeed fully justified the massive injections of funding and training that has gone into our flood and swift water response capability. We owe Cumbria Community Foundation a massive thank you for the funding that has helped replace our damaged and lost kit, but more importantly, the grants that have allowed us to invest over £120,000 in enhancing our response capability. We continue to achieve significant cost savings by having our own in-house trainers. As team members they provide their time free to help the teams in addition to their own mountain rescue team involvement. Additionally we are working with the Lions North West to help fund a fully kitted out and dedicated water response trailer. The trailer will be available for both training across the twelve teams and to respond to major incidents anywhere across Cumbria or our adjoining regions in the North West or the north east.

Putting flooding to one side, the numbers of actual mountain incidents attended by our teams in 2016 has shown a very significant reduction. July and August were very busy for the teams with around 80 '999' calls handled in August alone. However for the year as a whole incident numbers were down from 535 in 2015 to 436 in 2016. Of particular relief there has been a major reduction in the worrying trend for mountain bike accidents. These are down from 37 in 2015 to just 15 last year. A really positive reduction which will hopefully continue to fall as bikers continue to be aware of the risks and what they can do to help protect themselves.

The tables at the end of this report, carefully prepared by our statistics officer, are supported by additional notes to help make sense of any changes from previous years. Education and awareness of the dangers and risks for the ill prepared remains a prime concern for teams. Hopefully in time the message will get across. The high numbers of avoidable incidents remain a problem therefore I make no apology for repeating this mantra every year if it helps save a single life.

As a very busy region we remain proud and privileged to be able to provide our voluntary and free rescue service to those we rescue. 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. Their annual costs run at between £30,000 and £80,000 per team and are rising. Donations, bequests and legacies, which are sent to the Association, do make a significant difference. It is gratifying to see that the work of the teams is recognised by both those we rescue and the general public who hear about the work we do. Income to the Association is shared equally amongst the twelve

teams to supplement their own fundraising activities. It is important that those who donate know and understand that their contributions, however small, do make a big difference to the ability of teams to provide our free rescue service to the Cumbrian communities and to visitors in the area. None of our mountain rescue volunteers or LDSAMRA Officers receives any payment for the work they do and as a volunteer organisation we remain very proud of this ethos.

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 400 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 2017

Incident Details 2016

January

- 1 34042 1 January 11:28** **Patterdale Hall Estate, Grisedale** **NY386159**
Not reported. Very wet grassy footpath. Hill Walking (Winter) (Small party)
Party of two (2xM) slipped and fell into the top of the gully; in trying to regain the ridge, they became cragfast. After search found to be able to make their own way; no further action required.
Patterdale (10 x 1hr 0 min)
- 2 33853 5 January 13:08** **Blencathra, Sharp Edge** **NY326283**
Not reported. Not reported. Hill Walking (Winter) (Small party)
Subject (F56) reported being unwell, feeling faint, having slipped and fell on hip. Accessed and lowered to lower descent path.
Keswick (20 x 3hr 55 min)
- 3 33852 5 January 17:15** **Blencathra, Halls Fell Ridge** **NY323270**
Not reported. Not reported. Hill Walking (Winter) (Small party)
Subject (F), in party of two, became lost and cragfast after attempting to descend. Located and led to safety back to the descent path.
Keswick (20 x 3hr 2 min)
- 4 33686 5 January 17:30** **Park Fell, Skelwith** **NY334024**
Dry, mild. Stony track. Hill Walking (Small party)
Subject (F) fell on rough track after being pulled over by dog on lead. Treated at scene and stretchered off the fell. Serious – not reported.
Coniston (14 x 2hr 0 min)
- 5 33961 7 January 12:33** **Sowerby Woods, Carlisle** **NY369527**
Not reported. Not reported. Search - Non-mountain (Alone)
Vulnerable (M) reported missing from home. Body of missing man found late January near Cargo, Carlisle. **Fatal** - not reported.
Cockermouth (7 x 4hr 0 min); Penrith (10 x 7hr 0 min); LDMR Search Dogs Assoc (1 x 4hr 0 min)
- 6 33844 9 January 18:06** **Esk Hause / Calf Cove, Great End** **NY224079**
Not reported. Not reported. Hill Walking (Winter) (Small party)
Party of three (3xM) reported themselves lost and seemed to be unable to find a way down. Located party in shelter and escorted them down to safety.
Keswick (8 x 3hr 8 min)
- 7 33839 9 January 18:07** **Sty Head, later Burnthwaite** **NY192091**
Very wet and windy. Rock/grass. Hill Walking (Large party)
Subject (M) reported unable to continue because of knee injury. Managed to walk down unaided.
Minor - not reported.
Wasdale (16 x 2hr 0 min)
- 8 34371 10 January 13:30** **Silver How, Grasmere** **NY319068**
Not reported. Not reported. Hill Walking (Small party)
Subject (M) reported with an ankle injury. Treated at scene and evacuated off the hill by stretcher. Minor - injuries to knee.
Langdale Ambleside (13 x 3hr 30 min)
- 9 33999 10 January 14:00** **Broughton Mills, Broughton** **SD222906**
Light dry clear cool dull. Not reported. Search - Non-mountain (Alone)
Subject (M) reported missing overnight. Turned up prior to deployment to search areas.
Duddon and Furness (17 x 1hr 0 min)

10 34370 11 January 11:31 Rydal Caves, Loughrigg Fell NY354058
 Not reported. Not reported. Hill Walking (Small party)
 Subject (F) slipped on damp rock slab, injuring her leg. Treated at scene and evacuated off the hill by stretcher. Minor - simple closed fractured tibia.
 Langdale Ambleside (10 x 2hr 0 min)

11 33922 13 January 17:01 Kendal, Cumbria SD510913
 Showers cloudy cold dark. Not reported. Search - Non-mountain (Alone)
 Subject (F39) reported missing from home. Extensive search operation over three days ended when body was reported by member of the public. **Fatal** - not reported.
 Duddon and Furness (8 x 8hr 37 min); Kendal (19 x 3hr 15 min); Kendal (10 x 8hr 37 min); Kendal (5 x 5hr 0 min); SARDA (England) (1 x 5hr 0 min); LDMR Search Dogs Assoc (5 x 8hr 37 min); Lancashire Police Helicopter

12 33851 14 January 18:17 Esk Hause, Great End NY234082
 Not reported. Snow with deep drifts. Hill Walking (Winter) (Alone)
 Subject (M24) reported himself stuck in waist deep snow. Located, freed and escorted to safety at Seathwaite.
 Keswick (8 x 5hr 13 min)

13 33997 15 January 17:20 Black Combe, Silecroft SD130835
 Light dry clear cold dark. Not reported. Local Incident
 Bright flashing light reported. Investigation revealed nothing untoward - false alarm good intent.
 Duddon and Furness (2 x 0hr 49 min)

14 34369 16 January 03:43 Skelwith Bridge, Ambleside NY344033
 Not reported. Not reported. Search - Non-mountain (Alone)
 Subject (F), described as vulnerable and young, reported missing. Quickly resolved but no details supplied.
 Langdale Ambleside (8 x 2hr 0 min)

15 33919 16 January 15:00 The Calf, Howgill Fells SD669966
 Calm dry clear bright. Not reported. Hill Walking (Family group)
 Subject (M61) reported collapsed. In spite of extensive efforts, he was declared dead on scene and evacuated from the hill. **Fatal** - not reported.
 Kendal (7 x 2hr 49 min); Kirkby Stephen (6 x 3hr 15 min); NW Ambulance Helicopter (Preston)

16 34041 16 January 15:31 Kepple Cove, Glenridding Common NY35081673
 Low cloud cold bright. Moderate frozen snow slope. Snowboarding (Small party)
 Snowboarder (M24) fell snowboarding and injured his back. Treated at scene, stretchered off the hill after SAR helicopter reported unable to access valley. Serious - unstable fractured spine.
 Patterdale (17 x 4hr 30 min); RAF Leeming (4 x 4hr 30 min); Caernarfon SAR Helicopter

17 34368 16 January 15:41 Helm Crag, Grasmere NY326093
 Not reported. Moderate frozen snow/ice moorland. Hill Walking (Winter) (Small party)
 Subject (F) reported lost in mist and snow. Stood down responding when informed located by members of the public and escorted to safety.
 Langdale Ambleside (13 x 1hr 30 min)

18 33850 16 January 18:59 Old Coach Road, Clough Head NY345233
 Snow. Snow with deep drifts. Motor Sport (Organised event)
 Family party of seven reported stuck in a 4 x 4 vehicle on rough track. Accessed and retrieved the occupants to safety.
 Keswick (16 x 3hr 55 min); Patterdale (8 x 2hr 0 min)

19 34348 17 January 11:48 Eggerslack Woods, Lindale SD406798
 Calm snow clear cold dull. Gentle damp snow/ice footpath. Hill Walking (Large party)
 Subject (F) slipped on wet rocks and unable to continue because of injury. Treated at scene and stretchered to roadhead to meet a land ambulance. Minor - stable fractured left ankle.
 Kendal (12 x 2hr 40 min)

- 20 33996 17 January 12:35** **Birkby Hall, Allithwaite** **SD377770**
 Light dry clear freezing dull. Gentle damp grassy footpath. Local Incident (Alone)
 Subject (M) reported injured when trying to lift head onto a snowman. Treated at scene and stretched to ambulance. Serious - painful/uncomfortable back.
 Duddon and Furness (15 x 2hr 19 min)
- 21 34367 17 January 13:47** **Pike of Stickle, Gt Langdale** **NY274074**
 Not reported. Moderate frozen snow/ice moorland. Hill Walking (Winter) (Small party)
 Subject (M) reported lost in snow. Located and escorted off the hill.
 Langdale Ambleside (15 x 4hr 0 min)
- 22 33847 23 January 16:13** **Goats Hawse, Old Man of Coniston** **SD266976**
 Light rain, misty. Rough fell track. Hill Walking (Family group)
 Subject (F56) reported unable to continue due to being exhausted on ascent. Met up on way down at side of Goats Water and accompanied off the hill, safe and well.
 Coniston (11 x 2hr 30 min)
- 23 34366 24 January 13:55** **Skelwith Force, Ambleside** **NY3413903447**
 Calm dry clear mild bright. Steep damp stony bank. Hill Walking (Small party)
 Subject (M) slipped into the water and injured his leg. He climbed out on to rocks. He was recovered to the bank, treated at scene and evacuated by stretcher. Minor - simple closed fractured ankle.
 Langdale Ambleside (10 x 2hr 0 min)
- 24 33840 24 January 21:39** **Horn Crag, Eskdale** **NY214046**
 Mist. Open fellside. Hill Walking (Small party)
 Party of two (2xM) reported lost and benighted. Located unhurt and escorted from the hill.
 Wasdale (19 x 5hr 0 min)
- 25 33848 25 January 19:22** **Swirl How, Coniston Fells** **NY272006**
 Wet, windy, misty. Rough fell track. Hill Walking (Winter) (Small party)
 Party of two (M27, F29) reported lost in mist, wind and overlying snow. Location determined by SARLoc, met and accompanied off the hill safe and well.
 Coniston (9 x 3hr 0 min)
- 26 34365 28 January 21:15** **Wrynose Pass, Lt Langdale** **NY298032**
 Dry clear mild dark. Not reported. Local Incident (Small party)
 Car reported broken down and stuck on snow. Driver recovered to safety.
 Langdale Ambleside (3 x 2hr 0 min)
- 27 34038 31 January 14:00** **Hole-in-the-Wall, Birkhouse Moor** **NY359155**
 Light dry cloudy cold dull. Snow. Hill Walking (Alone)
 Rucksack reported found unattended with details of owner inside. Owner located and established he had left it on a post and was intent on collecting it on his return; false alarm good intent.
 Patterdale (11 x 1hr 40 min); Penrith (10 x 1hr 40 min)

February

- 28 33849 6 February 23:03** **Boulder Valley, Coniston** **SD280986**
 Dry. Rough fell track. Hill Walking (Small party)
 Lights reported on slopes of Coniston Old Man. Investigation found no assistance requested or needed; false alarm good intent.
 Coniston (4 x 0hr 30 min)
- 29 34082 7 February 15:32** **Kirk Fell, Wasdale Head** **NY198106**
 Not reported. Not reported. Hill Walking (Small party)
 Party reported themselves lost in low cloud. Party walked themselves off after receiving instructions over the phone.
 Wasdale (2 x 2hr 0 min)

30 33914 10 February 09:56 **Castle Crag, Borrowdale** **NY249157**
Cold calm sunny. Icy patches. Hill Walking (Alone)
Subject (F) slipped and injured her leg whilst descending. Treated at scene and airlifted to hospital. Serious - fracture/dislocation of ankle.
Keswick (16 x 2hr 34 min); Gt North Ambulance Helicopter (Cumbria)

31 34036 10 February 19:00 **Cow Bridge, Hartsop** **NY403134**
Dry cloudy cold. Frozen icy. Hill Walking (Winter) (Large party)
Group (15-18yr olds) reported overdue when they failed to return to car park. Turned up safe and well at car park in early stages of search effort.
Patterdale (6 x 0hr 40 min)

32 34364 11 February 08:45 **Woundale, Kirkstone** **NY405077**
Dry cloudy freezing dull. Moderate frozen snow/ice moorland. Search - Mountain (Alone)
Subject (M), described as vulnerable, reported as being out all night in freezing conditions. Located by search dog safe and well but cold; evacuated by police helicopter.
Langdale Ambleside (13 x 5hr 0 min); LDMR Search Dogs Assoc (7 x 5hr 0 min); NW Police Helicopter (Warton)

33 33913 12 February 12:39 **Helvellyn** **NY328160**
Clear cool sunny. Icy patches snow. Hill Walking (Winter) (Small party)
Subject (M) reported cragfast on steep icy ground, location not clear. Stood down after abortive search when informed subject had self-rescued to safer ground and was continuing.
Keswick (10 x 5hr 19 min)

34 33912 12 February 15:13 **Joe Banks Fold, High Spy** **NY239167**
Sunny cool. Icy patches snow. Hill Walking (Winter) (Alone)
Subject (F) reported with injury sustained whilst descending. Treated at scene and stretchered to the aircraft for hospital transfer. Minor - simple closed fractured ankle.
Keswick (19 x 2hr 25 min); NW Ambulance Helicopter (Preston)

35 34363 12 February 15:44 **Scandale Pass, Kirkstone** **NY384094**
Dry cloudy cool dusk. Moderate damp grassy moorland. Hill Walking (Small party)
Subject (F66) slipped and injured her leg. Treated at scene and evacuated by stretcher. Minor - injuries to knee.
Langdale Ambleside (11 x 3hr 0 min)

36 34037 13 February 14:24 **Gray Crag, Hartsop** **NY425123**
Light dry clear cold bright. Moderate frozen icy bank. Hill Walking (Winter) (Small party)
Subject (F) slipped on icy grass. Treated at scene and stretchered to roadhead for hospital transfer. Serious - painful/uncomfortable ankle.
Patterdale (14 x 3hr 0 min)

37 33929 14 February 10:50 **Fawcett Bank, Sedbergh** **SD684940**
Fine/dry. Wet grass. Hill Walking (Small party)
Subject (M70) slipped whilst walking, injuring his leg. Treated at scene and evacuated by 4x4 to roadside ambulance. Minor - simple closed distal fracture of tibia and fibula.
Kendal (9 x 1hr 7 min); Kirkby Stephen (8 x 3hr 0 min)

38 34362 14 February 11:34 **Dale End, Grasmere** **NY336063**
Dry cloudy cold bright. Gentle rough gravel footpath. Hill Walking (Small party)
Subject (F) slipped / tripped on lake shore path sustaining a chest injury. Treated at scene and evacuated by air ambulance. Minor - simple closed fractured rib(s).
Langdale Ambleside (1 x 2hr 0 min); Unknown Civilian Aircraft

39 33971 14 February 11:38 **Winder, Howgill Fells** **SD644931**
Fresh dry clear cool bright. Moderate damp grassy moorland. Hill Walking (Family group)
Subject reported fallen. Treated at scene and airlifted to hospital.
Kendal (9 x 2hr 19 min); NW Ambulance Helicopter (Barton)

40 34361 14 February 15:14 Bowfell, Gt Langdale NY244068
 E snow cloudy cold dull. Moderate frozen snow/ice moorland. Hill Walking (Winter) (Small party)
 Subject (M) slipped and fell, sustaining a shoulder injury. Treated at scene and evacuated by air
 ambulance. Minor - simple closed fractured clavicle.
 Langdale Ambleside (10 x 3hr 0 min); Gt North Ambulance Helicopter (Cumbria)

41 34034 15 February 13:55 Boredale Hause, Patterdale NY406157
 Light dry cloudy cool bright. Frozen icy slope. Hill Walking (D of E) (Small party)
 Subject (F73) slipped on frozen grass. Treated at scene and stretchered up hill to waiting air
 ambulance. Serious - simple closed fractured ankle.
 Patterdale (10 x 2hr 0 min); Gt North Ambulance Helicopter (Cumbria)

42 33911 15 February 15:47 Ard Craggs, Keskadale NY209193
 Not reported. Not reported. Hill Walking (Small party)
 Subject (F) reported with leg injury and unable to continue. Treated at scene and stretchered
 down to waiting ambulance. Minor - simple closed fractured ankle.
 Keswick (12 x 1hr 40 min)

43 33995 15 February 18:15 Black Combe, Silecroft SD135854
 Light dry clear cold dark. Not reported. Local Incident
 Report of red flares seen near the summit. Investigation and search revealed nothing untoward -
 false alarm good intent.
 Duddon and Furness (15 x 1hr 49 min)

44 34360 16 February 02:50 Troutbeck, Windermere NY408027
 Not reported. Not reported. Local Incident (Small party)
 Subject (M) reported as fallen down culvert, sustaining a leg injury; location uncertain. Stood
 down enroute when informed incident resolved by ambulance crew.
 Langdale Ambleside (7 x 1hr 0 min)

45 34359 18 February 14:42 St Raven's Edge, Kirkstone NY403081
 Dry, freezing. Moderate frozen snow/ice moorland. Hill Walking (Winter) (Small party)
 Subject (M) slipped on snow and sustained a knee injury. Treated at scene and evacuated by
 stretcher to road. Minor - injuries to knee.
 Langdale Ambleside (11 x 1hr 30 min)

46 34358 18 February 18:18 Orrest Head, Windermere SD413992
 Dry cool. Not reported. Search - Non-mountain (Alone)
 Subject (M), described as vulnerable, reported missing. Walked in to police station during search
 operation.
 Langdale Ambleside (11 x 1hr 30 min)

47 34357 19 February 12:45 Hart Crag, Grasmere NY369112
 E fresh snow blizzard dull. Moderate snow/ice moorland. Hill Walking (Winter) (Small party)
 Party of two (M, F) became lost in snow and mist. Location established using SARLoc, met and
 escorted off the hill.
 Langdale Ambleside (9 x 5hr 0 min)

48 34356 19 February 14:21 Wansfell, Ambleside NY395034
 Rain cloudy cold dull. Moderate boggy moorland. Hill Walking (Small party)
 Family party (x4) became disoriented in poor weather, taking shelter in a derelict building.
 Located and led to safety.
 Langdale Ambleside (5 x 1hr 30 min)

49 33915 20 February 09:10 Iron Keld, Skelwith NY338009
 Wet, breezy. Stony track. Local Incident (Organised event)
 Subject (M56) reported collapsed on track. In spite of extensive treatment, he was declared dead
 at scene by paramedics. **Fatal** - not reported.
 Coniston (11 x 3hr 0 min)

50 33916 20 February 14:20 Coniston Old Man SD275977
Damp, misty, windy. Rough track, snowy, very wet, slippery. Hill Walking (Winter) (Small party)
Subject (M59) reported unable to continue walk. Assessed at scene, given extra clothes and
food, and stretchered off the hill. Serious - hypothermia (I-II) mild/moderate and exhaustion.
Coniston (12 x 2hr 45 min)

51 33994 21 February 11:35 Hoad Hill, Ulverston SD294790
Fresh rain clear cool dull. Moderate damp grassy. Hill Walking (Small party)
Subject (M71) reported fallen while standing onto left hip, unable to bear weight. Treated at
scene and stretchered to ambulance. Serious - painful/uncomfortable in left hip.
Duddon and Furness (20 x 1hr 34 min)

52 34033 22 February 13:50 Swirral Edge, Helvellyn NY343153
Light low cloud cold dull. Steep frozen snow/ice ridge. Hill Walking (Winter) (Small party)
Subject (M28) slipped and fell 150m from narrow ridge. Treated at scene and airlifted to hospital.
Serious - pain/discomfort to left ankle.
Patterdale (10 x 5hr 0 min); Penrith (7 x 5hr 0 min); Gt North Ambulance Helicopter (Cumbria);
Caernarfon SAR Helicopter

53 33969 25 February 10:05 Gummer's Howe, Newby Bridge SD390884
Calm dry clear cool bright. Moderate rocky footpath. Hill Walking (Family group)
Subject (F54) reported fallen, sustaining an arm injury. Treated at scene and assisted to walk to
ambulance. Minor - simple closed fractured upper arm.
Duddon and Furness (6 x 2hr 10 min); Kendal (8 x 2hr 10 min)

54 33958 25 February 13:55 Broom Fell, Wythop NY194270
Not reported. Not reported. Hill Walking (Small party)
Subject (F47) slipped, injuring her shoulder and elbow. Treated at scene and airlifted to hospital.
Minor - simple closed fractured humerus.
Cockermouth (11 x 2hr 28 min); Gt North Ambulance Helicopter (Cumbria)

55 34355 27 February 13:19 Lingmoor, Gt Langdale NY308042
Dry clear freezing bright. Moderate frozen grassy footpath. Hill Walking (Small party)
Subject (M) slipped and sustained a leg injury. Treated at scene and evacuated by air
ambulance. Minor - simple closed fractured tibia.
Langdale Ambleside (13 x 1hr 0 min); Unknown Civilian Aircraft

56 34354 27 February 14:25 Jobson Close, Rydal Water NY355060
Dry clear freezing bright. Gentle frozen gravel footpath. Hill Walking (Small party)
Subject (F) tripped and sustained a leg injury. Treated at scene and evacuated by stretcher to
roadhead. Minor - simple closed fractured tibia.
Langdale Ambleside (13 x 1hr 30 min)

57 34353 28 February 12:03 Silver How, Grasmere NY3265007481
Dry clear cool bright. Steep frozen grassy bank. Hill Walking (Winter) (Small party)
Subject (F) slipped on semi-frozen ground and sustained a painful leg injury. Treated at scene
and evacuated by stretcher to roadhead. Minor – injuries to lower leg.
Langdale Ambleside (1 x 2hr 0 min)

58 34017 29 February 12:59 Barrow, Braithwaite NY229223
Dry clear. Dry. Hill Walking (Small party)
Subject (F) slipped on muddy grass, injuring her ankle. Treated at scene and stretchered down
the hill for an ambulance transfer to hospital. Minor - injuries to knee.
Keswick (17 x 1hr 30 min)

59 33917 29 February 16:14 Scafell Pike, Upper Eskdale NY218060
NW fresh sleet clear cold dark. Moderate frozen grassy gully. Hill Walking (Winter) (Small party)
Party of two reported themselves lost after their map was blown away. Located the party above
Cam Spout waterfall and escorted to safety.
Wasdale (21 x 7hr 0 min)

60 34016 29 February 21:40 **Great End, Central Fells** **NY226083**
Not reported. Not reported. Hill Walking (Small party)
Party of two climbers reported overdue. After search operation started informed party safe and well but still on the hill and making their way down.
Keswick (9 x 0hr 10 min)

March

61 33988 1 March 22:20 **Esk Hause, Central Fells** **NY2235007826**
Showers hill fog cold dark. Not reported. Hill Walking (Small party)
Party of two (M, F) reported seperated; male found his way off. Female turned up following day in Great Langdale.
Langdale Ambleside (9 x 6hr 0 min)

62 33928 4 March 20:00 **Tan Hill, Pennines** **NY895066**
Heavy Snow. Drifting. Local Incident (Small party)
Vehicles reported stuck in snow. A number of people were recovered from vehicles and taken to Tan Hill.
Kirkby Stephen (21 x 1hr 45 min)

63 33923 5 March 14:15 **Belle Grange, Claife** **SD377984**
Dry, cloudy. Rough track, slippy rocks. Mountain Biking (Small party)
Rider (F49) slipped on wet rock while pushing bike. Treated at scene and stretchered to waiting ambulance. Serious - ruptured knee tendon.
Coniston (9 x 2hr 19 min)

64 33938 5 March 17:25 **Broad Crag, Gt Langdale** **NY304072**
Showers cloudy cool dark. Steep damp stony crag. Hill Walking (Small party)
Party of two (M, F) became cragfast while trying to find a way off the hill. Located by SARLoc and escorted to valley.
Langdale Ambleside (10 x 2hr 30 min)

65 33918 5 March 18:27 **High Scarth Crag, Eskdale** **NY214044**
Cold and clear. Open fellside. Hill Walking (Small party)
Party of two (M23, F23) reported themselves lost. Located and escorted from the hill.
Wasdale (12 x 5hr 19 min)

66 34440 6 March 12:00 **Kingmore Nature Reserve, Carlisle** **NY38685844**
Not reported. Not reported. Local Incident (Small party)
Subject (F) slipped and fell, injuring her ankle. Treated at scene and stretchered to ambulance.
Minor - simple closed fractured ankle.
Penrith (8 x 1hr 0 min)

67 34032 7 March 16:07 **Silver Point, Ullswater** **NY3950018400**
Light dry clear cool bright. Damp stony footpath. Hill Walking (Small party)
Subject (M77) reported fallen off path after becoming unsteady on his feet. Assessed at scene and taken by boat back to Glenridding. Minor - abrasion(s) to knee, exhaustion.
Patterdale (10 x 2hr 13 min)

68 34031 9 March 12:09 **Swirral Edge, Helvellyn** **NY34151530**
Strong dry cloudy freezing dull. Steep frozen snow/ice ridge. Hill Walking (Winter) (Alone)
Subject (M45) reported found frozen but still alive in a bivvy bag. Treated at scene and stretchered from hill below cloud base and then transferred to SAR helicopter. Serious - hypothermia (I-II) mild/moderate.
Patterdale (2 x 5hr 0 min); Penrith (4 x 5hr 0 min); Gt North Ambulance Helicopter (Cumbria); Prestwick SAR Helicopter

78 33930 22 March 12:45 **Tarn Hows, Coniston** **NY330002**
 Fine and dry - cool. Dry. Hill Walking (Small party)
 Subject (F74) tripped walking down slight hill. Treated at scene and escorted to ambulance.
 Serious - simple closed fractured wrist.
 Coniston (9 x 2hr 0 min)

79 33967 22 March 14:35 **Gummer's Howe, Newby Bridge** **SD390884**
 Calm dry cloudy cool bright. Moderate rocky grassy. Hill Walking (Family group)
 Subject (F72) reported missing after failing to rendezvous with family group. Found tired but well,
 having walked beyond summit.
 Duddon and Furness (17 x 4hr 0 min); Kendal (15 x 4hr 0 min); LDMR Search Dogs Assoc (5 x
 4hr 0 min)

80 34010 22 March 15:41 **Catbells Terrace, Borrowdale** **NY247192**
 Not reported. Not reported. Hill Walking (Small party)
 Subject (F30) slipped while descending. Treated at the scene and taken to hospital. Serious -
 simple closed fractured ankle.
 Keswick (15 x 1hr 0 min)

81 33956 23 March 15:54 **Lorton Gully, Grassmoor** **NY1649020456**
 Not reported. Not reported. Hill Walking (Small party)
 Subject (M61) slipped whilst on west ridge of gully. Treated at scene, evacuated from difficult
 position and stretchered to waiting ambulance. Minor - injuries to lower leg and lower arm.
 Cockermouth (25 x 5hr 0 min)

82 33966 25 March 11:00 **Carlin Gill, Howgill Fells** **SD636993**
 Calm dry clear cool bright. Moderate rough grassy gully. Hill Walking (Alone)
 Subject (M55) received leg injury when hit by boulder. Treated at scene and stretchered to road
 ambulance. Minor - compound closed fractured ankle.
 Kendal (8 x 3hr 31 min); Kirkby Stephen (13 x 3hr 0 min)

83 33936 25 March 11:52 **Loughrigg, Rydal** **NY3441405569**
 Dry clear mild bright. Steep rocky gravel footpath. Hill Walking (Small party)
 Subject (F) slipped on steep ground, sustaining lower leg injury. Treated at scene and evacuated
 by stretcher. Minor - simple closed fractured ankle.
 Langdale Ambleside (11 x 2hr 0 min)

84 34009 25 March 12:28 **Honister Pass, Seatoller** **NY243139**
 Not reported. Not reported. Mountain Biking (Small party)
 Rider (F30) crashed heavily while descending near the bottom of mountain pass. Treated at
 scene and airlifted to hospital. Serious - not reported.
 Keswick (11 x 1hr 28 min); Unknown Civilian Aircraft

85 34008 25 March 14:06 **Barf, Thornthwaite** **NY216265**
 Not reported. Not reported. Hill Walking (Small party)
 Subject (F72) in family group, followed a path and then became cragfast not far from the top.
 Assisted to safer ground and escorted off the hill.
 Keswick (12 x 2hr 6 min)

86 33955 25 March 15:40 **Ennerdale Forest, Starling Dodd** **NY145148**
 Not reported. Not reported. Hill Walking (Small party)
 Subject (F53) tripped and injured ankle. Treated at scene and transported her to waiting
 ambulance. Minor - injuries to lower leg.
 Cockermouth (6 x 2hr 0 min)

87 33935 27 March 12:42 **Far Easedale, Grasmere** **NY3173409084**
 SW fresh showers cloudy cool dull. Moderate damp grassy footpath. Hill Walking (Small party)
 Subject (F) reported fainting with pre-existing medical condition that gave cause for concern.
 Treated at scene and evacuated by stretcher. Minor – no details supplied.
 Langdale Ambleside (11 x 3hr 0 min)

98 33945 31 March 13:49 Grizedale, Grizedale Forest SD335944
Dry, cloudy with sunny intervals. Mountain bike trail. Mountain Biking (Small party)
Rider (M25) came off bike on a corner. Treated at scene and walked to ambulance. Serious -
dislocated shoulder.
Coniston (7 x 1hr 4 min)

99 33965 31 March 16:25 Star Crag, Yoke, Kentmere NY439070
Light dry cloudy cold bright. Steep slippery icy slope. Hill Walking (Winter) (Family group)
Party of two (M60, M12) reported cragfast. Party secured and accompanied to summit, then
down to valley.
Kendal (14 x 3hr 0 min); Lossiemouth SAR Helicopter

100 33941 31 March 21:05 Broad Crag, Central Fells NY223078
Cold. Snow cover. Hill Walking (Winter) (Small party)
Subject (F) reported separated from companion and lost. Male found his way off and woman
turned up next day in Great Langdale.
Duddon and Furness (5 x 2hr 10 min); Keswick (10 x 3hr 0 min); Langdale Ambleside (9 x 6hr 0
min); Wasdale (19 x 11hr 30 min); Valley SAR Helicopter

April

101 33952 1 April 11:49 Scale Beck, Crummock Water NY150171
Not reported. Not reported. Hill Walking (Small party)
Subject (M46) reported with ankle injury. Treated at scene and airlifted to hospital. Minor -
injuries to lower leg.
Cockermouth (12 x 4hr 0 min); Keswick (7 x 2hr 0 min); Prestwick SAR Helicopter

102 34439 1 April 14:00 Little Dun Fell, N Pennines NY70433307
Not reported. Not reported. Hill Walking (Alone)
Subject (M) reported in difficulty in high winds. Subject declined further assistance, no further
action warranted.
Penrith (8 x 1hr 0 min)

103 34047 1 April 17:50 Little Dun Fell, N Pennines NY703331
Wet, very windy (80mph). Saturated. Hill Walking (Alone)
Subject reported stuck in high wind whilst completing the Pennine Way (see previous incident).
Located and escorted off the hill.
Penrith (12 x 2hr 0 min)

104 33944 2 April 12:30 Walna Scar Road, Torver High Common SD261962
Wet, misty. Rough fell. Hill Walking (Small party)
Subject (F60) slipped on wet rock. Treated at scene and stretchered to waiting vehicle for
transfer to ambulance. Serious - sprained ankle.
Coniston (15 x 2hr 30 min)

105 33942 2 April 12:48 Whin Rigg, Wasdale NY171340
Raining, fog. Open fellside. Fell Running
Runner (M52) reported fallen. Treated at scene and stretchered from the hill. Minor - deep
laceration(s) to left thigh.
Wasdale (16 x 5hr 19 min)

106 34046 2 April 21:50 Pooley Bridge, Ullswater NY470244
Dry. Dry. Hill Walking (Alone)
Subject reported fallen. Treated at scene and stretchered to awaiting ambulance. Minor - not
reported.
Penrith (5 x 1hr 30 min)

107 33987 3 April 16:30 **Millerground, Windermere** **SD4025198518**
 Dry clear mild bright. Muddy bank. Hill Walking (Small party)
 Subject (F) slipped on muddy ground. Treated at scene and stretchered to ambulance. Minor - simple closed fractured tibia and fibula.
 Langdale Ambleside (1 x 2hr 0 min)

108 33986 3 April 17:10 **Gibson Knott, Grasmere** **NY316101**
 Dry cloudy mild dull. Damp grassy moorland. Hill Walking (Small party)
 Subject (F) slipped, injuring her leg. Treated at scene and airlifted to hospital. Minor - injuries to lower leg.
 Langdale Ambleside (14 x 1hr 30 min); Gt North Ambulance Helicopter (Cumbria)

109 33985 3 April 17:23 **Heron Pike, Grasmere** **NY355080**
 Dry clear mild dull. Grassy moorland. Hill Walking (Small party)
 Subject (F) slipped, injuring her leg. Treated at scene and airlifted to hospital. Minor – injuries to lower leg.
 Langdale Ambleside (1 x 2hr 0 min); NW Ambulance Helicopter (Preston)

110 33946 3 April 20:13 **Piers Gill, Scafell Pike** **NY213079**
 Foggy, rain. Fell path. Hill Walking (Small party)
 Party of two and party of three reported themselves lost while providing a precise and accurate description of their location. All located and escorted from the hill.
 Wasdale (12 x 4hr 49 min)

111 33984 5 April 15:24 **Baneriggs, Rydal** **NY348062**
 Dry clear mild bright. Undulating, stony footpath. Hill Walking (Small party)
 Subject (M) reported exhausted but otherwise uninjured. Assessed at scene and stretchered back to family car. Minor – exhaustion.
 Langdale Ambleside (10 x 2hr 0 min)

112 33947 6 April 16:50 **Saddle Stone Quarries, Coniston** **SD282982**
 Showery, windy. Slate, rough. Hill Walking (Small party)
 Subject (M23) slipped, hit by rock and fell 3m into mine shaft. Treated at scene and stretchered to landrover, then airlifted to hospital. Serious - multiple injuries; partially crushed/severed finger(s).
 Coniston (18 x 3hr 15 min); NW Ambulance Helicopter (Preston)

113 33951 6 April 17:44 **Lanthwaite Woods, Loweswater** **NY149215**
 Not reported. Not reported. Search - Non-mountain (Alone)
 Vulnerable (M45) reported missing in area after vehicle was found in local carpark. Extensive search of woodland and riverbanks inconclusive.
 Cockermouth (25 x 4hr 0 min)

114 33950 7 April 11:01 **Newlands Hause, Buttermere** **NY191174**
 Not reported. Not reported. Hill Walking (Small party)
 Subject (F) reported with leg injury. Treated at scene and stretchered down to road. Minor - injuries to lower leg.
 Cockermouth (12 x 1hr 30 min)

115 34090 8 April 15:00 **High Dam, Finsthwaite** **SD363886**
 Light dry clear cool bright. Gentle firm forestry. Local Incident (Alone)
 Subject (M48) reported to be disorientated, hypothermic and wet to the waist after being found by member of the public. Assessed and evacuated to ambulance. Serious - hypothermia (I-II) mild/moderate; pain/discomfort in left pelvis.
 Duddon and Furness (16 x 1hr 30 min)

116 34253 8 April 15:34 **Robinson, Newlands Valley** **NY213177**
 Not reported. Not reported. Hill Walking (Small party)
 Subject (M62) slipped and fell approximately 35m into a gully whilst descending. Treated at scene and airlifted to hospital. Serious - multiple injuries.
 Keswick (18 x 3hr 4 min); Gt North Ambulance Helicopter (Cumbria); Prestwick SAR Helicopter

117 34089 8 April 17:30 **Hardknott Pass, Cockley Beck** **NY238016**
Light dry clear cool bright. Moderate firm slope. Road Traffic Collision (Alone)
Cyclist (F44) reported fallen from bike then hitting boulders. Treated at scene and evacuated to
air ambulance. Serious - pain/discomfort to right pelvis; pain/discomfort in lower back.
Duddon and Furness (18 x 2hr 0 min); NW Ambulance Helicopter (Preston)

118 34025 8 April 18:52 **The Nab, Martindale** **NY4350015549**
Light dry cloudy cold dark. Steep rocky stony. Hill Walking (Small party)
Party of two (M, F) reported in difficulty on steep ground after getting lost. Located by search dog
and escorted safely off the hill.
Patterdale (5 x 4hr 19 min); LDMR Search Dogs Assoc (1 x 4hr 19 min)

119 33949 9 April 21:30 **Pillar Rock, Ennerdale** **NY172124**
Not reported. Not reported. Search - Mountain (Small party)
Flashing lights reported by concerned local resident. Established it was a party of three climbers
in no difficulty - false alarm good intent.
Cockermouth (15 x 2hr 30 min)

120 33948 10 April 13:37 **Setmurthy Woods, Wythop Mill** **NY158319**
Not reported. Not reported. Hill Walking (Small party)
Subject (F68) reported collapsed and having a seizure. Treated at scene and stretchered to
waiting ambulance. Minor – epileptic episode.
Cockermouth (23 x 1hr 0 min)

121 33983 10 April 15:12 **Pets Brae, Red Screes** **NY390075**
Dry clear mild bright. Moderate grassy moorland. Hill Walking (Small party)
Subject (M13) reported with ankle injury and unable to continue. Treated at scene and evacuated
to air ambulance. Minor - dislocated ankle.
Langdale Ambleside (18 x 3hr 0 min); Unknown Civilian Aircraft

122 33964 10 April 18:56 **Wrengill, Longsleddale** **NY473085**
Not reported. Not reported. Local Incident (Alone)
Despondent (M59) reported missing from home and likely to be in remote lakeland valley. Stood
down whilst searching when informed subject returned to home address.
Kendal (17 x 3hr 30 min); LDMR Search Dogs Assoc (3 x 3hr 30 min)

123 34024 11 April 15:05 **Dove Crag, Dovedale** **NY3866011541**
Light dry cloudy cool bright. Moderate wet muddy footpath. Hill Walking (Small party)
Subject (M) slipped on wet muddy ground while walking. Treated at scene and stretchered from
the hill. Serious - simple closed fractured ankle.
Patterdale (8 x 4hr 0 min); Penrith (6 x 5hr 0 min)

124 34252 12 April 16:17 **Nitting Haws, Grange** **NY244169**
Not reported. Not reported. Hill Walking (Small party)
Subject (F23) slipped and fell 7m off a crag whilst attempting to descend into the valley. Treated
at scene and airlifted to hospital. Serious - not reported.
Keswick (14 x 2hr 12 min); Prestwick SAR Helicopter

125 34081 13 April 00:45 **'Bad Step' Corridor Route, Scafell Pike** **NY218085**
Not reported. Not reported. Hill Walking (Medium party)
Party reported themselves lost whilst descending Scafell Pike. Location determined using
SARLoc, then given directions over phone and they walked themselves to safety.
Wasdale (1 x 1hr 30 min)

126 33962 13 April 13:50 **Greenburn, Little Langdale** **NY297024**
Warm, mainly dry, low cloud. Rough, stony. Hill Walking (Small party)
Subject (M66) slipped while descending. Treated at scene and transferred to waiting ambulance.
Serious – no details supplied.
Coniston (12 x 2hr 19 min)

127 34023 14 April 13:17 **Priest Hole, Dovedale** **NY4022411887**
Not reported. Not reported. Hill Walking (Small party)
Party of two (M48, M11) reported overdue from overnight stay at popular cave. Located
descending the hill, both safe and well.
Patterdale (7 x 1hr 30 min); LDMR Search Dogs Assoc (4 x 1hr 30 min)

128 34146 14 April 19:16 **River Cocker, Cockermouth** **NY122303**
Not reported. Not reported. Local Incident
Local authority request rubbish removed from unsafe location. Retrieved without loss or injury.
Cockermouth (10 x 1hr 0 min)

129 34251 15 April 14:19 **Greenup Edge, Wythburn** **NY301104**
Not reported. Not reported. Hill Walking (D of E) (Small party)
Expedition member (M17) reported with abdominal discomfort and was unable to continue.
Treated at scene and airlifted to Keswick for collection. Minor – torn muscle in groin.
Keswick (12 x 2hr 58 min); NW Ambulance Helicopter (Preston)

130 33982 15 April 15:09 **Brownrigg Moss, Far Easedale** **NY301104**
Not reported. Not reported. Hill Walking (Small party)
Subject (M) slipped, sustained an injury and unable to continue walk. Treated at scene and
airlifted to hospital. Minor - abdominal injuries .
Keswick (1 x 2hr 0 min); Langdale Ambleside (13 x 2hr 0 min); Unknown Civilan Aircraft

131 33981 15 April 18:21 **Lingmoor, Gt Langdale** **NY297054**
Not reported. Not reported. Hill Walking (Small party)
Subject (F) fell sustaining a head injury. Treated at scene and airlifted to hospital. Minor - head
injuries.
Langdale Ambleside (13 x 3hr 0 min); Prestwick SAR Helicopter

132 33963 16 April 15:27 **Claife Heights, Hawkshead** **SD355982**
Dry, sunny, breezy. Fell tracks, rough, stony in parts. Fell Running (Small party)
Competitors (F, M43) reported slipping during event. Treated at scene and transferred to
ambulance. Serious - fracture/dislocation of shoulder; Serious - dislocated shoulder.
Coniston (9 x 2hr 0 min)

133 34026 16 April 16:41 **Stony Cove Pike, Kirkstone** **NY4189809017**
Calm dry low cloud cool dull. Not reported. Hill Walking (Small party)
Party of two (2xM30) reported lost in mist. Location established using SARLoc; met and escorted
them off the hill.
Patterdale (6 x 3hr 10 min)

134 33980 16 April 16:45 **Hell Ghyll, Gt Langdale** **NY256058**
Not reported. Not reported. Hill Walking (Small party)
Shouts were heard and reported as possible calls for help. Search conducted but nothing
untoward was found - false alarm good intent.
Langdale Ambleside (13 x 3hr 0 min)

135 34002 17 April 12:15 **Hole Rake, Coppermines Valley, Coniston** **SD292989**
Dry. Stony, wet. Hill Walking (Small party)
Subject (F51) slipped on wet rough ground. Treated at scene and evacuated by air ambulance.
Serious - strained knee.
Coniston (12 x 2hr 0 min); NW Ambulance Helicopter (Preston)

136 34250 20 April 16:17 **Joppely How, Grange Fell** **NY262163**
Not reported. Not reported. Local Incident (Small party)
Requested to assist Fire and Rescue tackling a large grass fire. Assisted with local knowledge,
logistics and welfare, as well as providing an emergency backup in the event of injury.
Keswick (17 x 3hr 31 min); Greater Manchester Police Helicopter

146 34003 30 April 17:25 **Swirl Hawse, Swirl How** **NY280003**
Dry, sunny, breezy. Wet, patchy snow, boggy. Hill Walking (Small party)
Subject (F51) slipped on wet ground. Treated at scene, stretchered to Levers Water Dam and handed over to air ambulance. Serious - ankle ligament damage.
Coniston (13 x 2hr 30 min); NW Ambulance Helicopter (Preston)

147 34247 30 April 20:52 **Sour Milk Ghyll, Seathwaite** **NY230122**
Not reported. Not reported. Hill Walking (Small party)
Subject (F) slipped at the foot of the gully and fell, damaging her knee and unable to weight bear. Treated at scene and stretchered to the roadhead. Minor – knee injuries.
Keswick (15 x 2hr 15 min)

May

148 34246 4 May 18:53 **Derwent Bay, Derwent Water** **NY253211**
Not reported. Not reported. Water Sport (all types) (Small party)
Reports of 23 year old male in difficulties in the water. Stood down when informed subject able to gain shore unaided.
Keswick (15 x 0hr 19 min)

149 34142 7 May 12:55 **Gable Crag, Great Gable** **NY202105**
Not reported. Not reported. Rock Climbing - roped (Small party)
Climber reported injured and partner cragfast. Secured and airlifted to safety.
Cockermouth (23 x 4hr 45 min); Wasdale (14 x 3hr 0 min); Prestwick SAR Helicopter

150 34021 7 May 15:52 **Caudale Quarry, Caudale Moor** **NY4077010769**
Light dry mild. Not reported. Hill Walking (Small party)
Subject (M) reported with severe cramp and unable to continue. Treated at scene and escorted off the hill. Minor - muscular cramps in calf.
Patterdale (9 x 3hr 30 min); Penrith (11 x 4hr 0 min)

151 34019 7 May 16:59 **Oxford Crag, Patterdale** **NY3927015521**
Not reported. Not reported. Hill Walking (School/Youth group)
Subject (M) fell and hit his head while descending. Escorted off the hill and treated at rescue centre. Minor - head laceration.
Keswick (1 x 1hr 0 min); Patterdale (6 x 1hr 0 min); Penrith (5 x 1hr 0 min)

152 34088 8 May 07:50 **Kirkstone Pass A592** **NY403089**
Moderate dry clear cool dull. Moderate firm track. Road Traffic Collision (Organised event)
Cyclist (M31) reported fallen off bike after losing control on steep section. Stabilised at scene and transported to air ambulance. Serious – head and facial lacerations; GCS = 15; localised bruising to right chest and neck.
Duddon and Furness (9 x 1hr 22 min); NW Ambulance Helicopter (Barton)

153 34118 8 May 12:25 **Crummock Water, Buttermere** **NY186178**
Not reported. Not reported. Hill Walking (Small party)
Subject (F65) reported taken ill. Assessed at scene and stretchered to waiting ambulance. Minor - not reported.
Cockermouth (14 x 3hr 4 min)

154 34087 8 May 12:40 **Harknott Pass, Brotherilkeld** **NY220014**
Light dry clear warm bright. Moderate firm track. Local Incident (Organised event)
Cyclist (M) reported exhausted. Transported to rendezvous with ambulance. Minor - heat exhaustion.
Duddon and Furness (11 x 3hr 0 min)

155 34018 8 May 12:44 **Red Tarn, Helvellyn** **NY35001539**
 Light dry clear warm bright. Steep dry stony. Hill Walking (Small party)
 Subject (M) reported unable to walk because of leg injury. Passer-by gave painkiller and reported
 able to make own way off the hill; met by and agreed with assessment. Minor - muscular cramps
 in calf.
 Patterdale (11 x 2hr 15 min)

156 34006 8 May 13:12 **Tophet Wall, Great Gable** **NY210098**
 Fine, sunny. Cliff face. Rock Climbing - roped (Small party)
 Climber (M69) fell and damaged leg against crag. Lowered by climbing party to safe ground,
 treated at scene and airlifted to hospital. Serious - simple closed fractured tibia; compound open
 fractured tibia and fibula.
 Duddon and Furness (8 x 4hr 0 min); Wasdale (15 x 3hr 30 min); Prestwick SAR Helicopter

157 34043 8 May 13:40 **Kershope Forest, Bewcastle** **NY537817**
 Dry & bright. Dry. Hill Walking (D of E) (Small party)
 Party of two reported lost on forest trails. Located safe and well and escorted to safety.
 Penrith (16 x 3hr 0 min)

158 34007 8 May 14:18 **Holme Fell, Furness Fells** **NY318009**
 Dry, sunny, hot. Fell, dry. Hill Walking (Small party)
 Subject (M75), with pre-existing medical condition, reported separated from companion.
 Gentleman found his own way safely off the hill and reunited with wife.
 Coniston (11 x 2hr 15 min)

159 34245 8 May 16:02 **Rosthwaite, Borrowdale** **NY25901496**
 Not reported. Not reported. Hill Walking (Small party)
 Subject (M84, dementia) reported missing after separating from wife on popular footpath. Stood
 down when informed located by police.
 Keswick (20 x 0hr 55 min)

160 34244 9 May 13:57 **Falcon Crag, Derwent Water** **NY270206**
 Not reported. Not reported. Hill Walking (Small party)
 Subject (M80) reported fallen and then collapsed. Assessed at scene and stretchered down to
 roadhead. Minor – no details supplied.
 Keswick (18 x 1hr 4 min)

161 34048 9 May 21:39 **Corridor Route, Scafell Pike** **NY219084**
 Dark, cloudy. Fellside paths. Hill Walking (Small party)
 Party reported by third party as 'struggling'. Met on the way down from the hill.
 Wasdale (20 x 2hr 0 min)

162 34117 9 May 22:08 **Black Sail, Ennerdale** **NY195124**
 Not reported. Not reported. Hill Walking (Small party)
 Subject reported collapsed with chest pains. Assessed at scene and transferred to roadhead for
 onward transport to hospital. Minor - not reported.
 Cockermouth (6 x 2hr 34 min)

163 34055 11 May 11:10 **Burrells, Appleby** **NY687185**
 Dry/Warm. Dry. Hill Walking (Small party)
 Subject (F65) slipped whilst walking. Treated at scene and transferred to waiting ambulance.
 Minor - soft tissue injuries to lower leg.
 Kirkby Stephen (12 x 2hr 0 min)

164 34243 12 May 21:47 **Grey Knotts, Seathwaite** **NY211130**
 Dry clear dark. Dry. Hill Walking (Small party)
 Subject (F70), on C2C, slipped and suffered a leg injury on the descent. Treated at scene and
 stretchered down to ambulance at Honister Pass. Minor - injuries to lower leg.
 Keswick (21 x 2hr 7 min)

165 34242 14 May 13:39 **Ullscarf, Stonethwaite** **NY290133**
 Not reported. Not reported. Hill Walking (Small party)
 Subject (M67) collapsed with chest pains. His colleagues began CPR immediately. Despite everyone's best efforts, he was declared dead at scene. **Fatal** - myocardial infarct.
 Keswick (15 x 3hr 13 min); NW Ambulance Helicopter (Preston)

166 34049 14 May 19:43 **Lord's Rake, Scafell** **NY205068**
 Fine, clear. Very steep and loose. Hill Walking (Small party)
 Subject (F25) fell ascending very bad ground. Treated at scene and airlifted to hospital. Minor - deep laceration(s) to left hand.
 Wasdale (16 x 4hr 0 min); Prestwick SAR Helicopter

167 34116 15 May 15:57 **Hassness, Buttermere** **NY186157**
 Not reported. Not reported. Hill Walking (Small party)
 Subject (F54) tripped and injured her knee. Treated at scene and stretchered to waiting ambulance. Minor - injuries to knee.
 Cockermouth (15 x 2hr 4 min)

168 34241 17 May 10:16 **Sale Fell, Wythop** **NY201299**
 Not reported. Not reported. Hill Walking (Small party)
 Subject (M70) reported collapsed with chest pains. CPR begun by passing walkers; despite everyone's best efforts, he was declared dead at scene. **Fatal** - myocardial infarct.
 Cockermouth (16 x 2hr 28 min); Keswick (13 x 2hr 23 min); Gt North Ambulance Helicopter (Cumbria)

169 34240 17 May 15:03 **Latrigg, Keswick** **NY278246**
 Not reported. Not reported. Hill Walking (Small party)
 Subject (M) reported suddenly taken ill. Assessed at scene and stretchered from the hill to waiting ambulance. Minor - not reported.
 Keswick (9 x 0hr 34 min)

170 34321 18 May 18:09 **Eggerslack Woods, Grange-over-Sands** **SD404790**
 Calm dry clear cool dusk. Not reported. Search - Non-mountain (Alone)
 Subject (M53) reported missing in woodland area. Found with injuries; treated at scene and transferred to land ambulance. Serious – not reported.
 Duddon and Furness (13 x 0hr 40 min); Kendal (12 x 3hr 51 min); LDMR Search Dogs Assoc (4 x 3hr 51 min)

171 34239 21 May 13:51 **Blease Fell, Blencathra** **NY306264**
 Showers. Damp. Hill Walking (Small party)
 Subject (M66) was taken ill, and companions phoned for help immediately. Treated at scene, stretchered to helicopter and airlifted to hospital. Serious - myocardial infarct.
 Keswick (16 x 3hr 10 min); Gt North Ambulance Helicopter (Cumbria)

172 34054 21 May 15:00 **Brown Tongue, Scafell** **NY196074**
 Dry warm. Dry. Hill Walking (Small party)
 Subject (M) collapsed and fell whilst walking. Treated at scene and escorted off the hill. Minor - not reported.
 Cockermouth (4 x 2hr 0 min); Duddon and Furness (1 x 2hr 0 min); Kirkby Stephen (4 x 2hr 0 min); Langdale Ambleside (1 x 2hr 0 min); Wasdale (12 x 2hr 0 min)

173 34238 21 May 17:16 **Hospital Plantation, Whinlatter** **NY214240**
 Not reported. Not reported. Mountain Biking (Small party)
 Rider (F31) came off her bike on a jump, landed heavily and aggravating a previous injury. Treated at scene and evacuated to roadhead. Serious - not reported.
 Keswick (13 x 1hr 37 min)

184 34319 30 May 18:20 **Potter Tarn, Staveley** **SD493988**
 Calm dry clear hot bright. Not reported. Hill Walking (Family group)
 Subject (F42) reported collapsed after swimming in tarn. Warmed at scene and transferred to air ambulance. Serious – no details supplied.
 Kendal (11 x 3hr 0 min); NW Ambulance Helicopter (Preston)

185 34382 30 May 21:58 **Steamer Pier, Pooley Bridge** **NY466243**
 Not reported. Not reported. Local Incident (Alone)
 Man reported falling off boat on to steamer pier at Glenridding. Established wrong location given, attended, treated at scene and transferred to ambulance. Minor – no details supplied.
 Patterdale (9 x 1hr 4 min)

186 34235 31 May 12:20 **Coomb Height, Mosedale** **NY320325**
 NE fresh dry hot. Moderate rough heather moorland. Local Incident
 Requested to support fire and rescue service in fighting a large wild fire on the heather slopes.
 Provided logistical and communications support.
 Cockermouth (5 x 1hr 0 min); Keswick (16 x 8hr 0 min); Penrith (1 x 8hr 0 min)

June

187 34318 1 June 19:36 **Fell Foot, Newby Bridge** **SD380870**
 Not reported. Not reported. Water Sport (all types) (Alone)
 Party of three children reported missing in canoe. Turned up safe and well during initial response.
 Kendal (3 x 0hr 15 min)

188 34234 1 June 20:12 **Latrigg, Keswick** **NY274251**
 Not reported. Not reported. Mountain Biking (Small party)
 Rider (M36) crashed and injured his shoulder. Treated at scene and escorted to roadhead.
 Serious - simple closed fractured clavicle.
 Keswick (13 x 1hr 7 min)

189 34114 2 June 20:25 **High Crag, Buttermere** **NY180142**
 Not reported. Not reported. Parapenting (Alone)
 Paraglider (M50) landed heavily during take-off from summit. Treated at scene and airlifted to hospital. Minor - injuries to lower leg.
 Cockermouth (9 x 3hr 0 min); Keswick (12 x 1hr 33 min); Prestwick SAR Helicopter

190 34317 3 June 13:25 **Watercrock, Kendal** **SD514901**
 Calm dry clear hot bright. Steep rough bank. Local Incident
 Request from ambulance service accessing and evacuating injured person who had fallen down embankment. Treated at scene and stretchered to roadhead.
 Kendal (9 x 1hr 45 min)

191 34381 3 June 16:37 **Aira Force, Watermillock** **NY399206**
 Not reported. Moderate damp stony footpath. Hill Walking (Small party)
 Subject (F44) slipped at local beauty spot, injuring her ankle. Treated at scene and transferred to hospital in rescue ambulance. Serious - fracture/dislocation of ankle; stable fractured left ankle.
 Patterdale (8 x 3hr 10 min); Penrith (7 x 3hr 10 min)

192 34232 4 June 13:32 **Skiddaw** **NY261287**
 Warm bright. Dry. Mountain Biking (Small party)
 Rider (M50) fell off his mountain bike. Treated at scene, stretchered to below cloudbase and airlifted to hospital. Serious - injuries to chest, head and upper arm.
 Keswick (17 x 2hr 46 min); Gt North Ambulance Helicopter (Cumbria)

193 34056 4 June 18:47 **Corridor Route, Sty Head** **NY220095**
 Fine dry. Fell path. Hill Walking (Unspecified)
 Subject (M) reported having a seizure. Treated at scene and evacuated by air ambulance. Minor – epileptic episode.
 Wasdale (13 x 2hr 30 min); Wasdale (11 x 2hr 30 min); Gt North Ambulance Helicopter (Cumbria)

194 34073 5 June 11:57 **Heron Pike, Grasmere** **NY356083**
 Dry clear hot bright. Moderate grassy moorland. Hill Walking (Small party)
 Subject (M) reported taken ill on walk. Assessed at scene and airlifted to hospital. Minor - not reported.
 Langdale Ambleside (13 x 2hr 0 min); Unknown Civilian Aircraft

195 34072 5 June 13:46 **Stythwaite Steps, Grasmere** **NY3202709157**
 Dry clear hot bright. Slippery grassy footpath. Hill Walking (Small party)
 Subject (F) slipped and sustained a leg injury. Treated at scene and stretchered to a waiting ambulance. Minor – injuries to lower leg.
 Langdale Ambleside (1 x 2hr 0 min)

196 34231 5 June 15:42 **Hause Gate, Maiden Moor** **NY246191**
 Not reported. Not reported. Hill Walking (Small party)
 Subject (F64) slipped, injuring her lower leg. Treated at scene and evacuated off the hill to the roadhead. Serious - simple closed fractured tibia and fibula.
 Keswick (15 x 2hr 12 min)

197 34053 5 June 18:12 **Wander Bank, Crosby Garrett Fell** **NY712096**
 Sunny/dry. Dry. Hill Walking (Large party)
 Subject (F39) slipped whilst walking. Treated at scene and transferred to local minor injuries unit for onward transfer to hospital.
 Kirkby Stephen (13 x 3hr 0 min)

198 34057 6 June 19:08 **Burnmoor Tarn, Eskdale Moor** **NY186048**
 Fine, hot, sunny. Fell path. Hill Walking (Small party)
 Subject (M) reported collapsed. Treated at scene and evacuated by SAR helicopter. Minor - heat stroke.
 Wasdale (22 x 3hr 25 min); Prestwick SAR Helicopter

199 34061 7 June 13:32 **Tarn Hows, Coniston** **NY333003**
 Dry, light cloud, very warm. Track. Hill Walking (Small party)
 Subject (F70) fell on track whilst walking. Treated at scene and transferred to ambulance. Serious - compound open fractured wrist.
 Coniston (8 x 1hr 45 min)

200 34380 8 June 13:31 **Striding Edge, Helvellyn** **NY345150**
 Fresh showers cloudy dull. Steep rough ground. Hill Walking (Small party)
 Subject (M58) slipped 10ft off path and injured his back. Treated at scene, lowered down difficult ground and stretchered to air ambulance. Serious - pain/discomfort in back.
 Patterdale (9 x 3hr 25 min); Penrith (9 x 3hr 25 min); Gt North Ambulance Helicopter (Cumbria)

201 34063 8 June 14:30 **Angle Tarn, Hartsop** **NY419143**
 Warm with occasional showers. Mainly dry. Hill Walking (Alone)
 Subject (M) found deceased by passing walkers. Body recovered and handed over to Coroner's officer.
 Kirkby Stephen (12 x 6hr 15 min); Patterdale (1 x 6hr 15 min)

202 34379 11 June 14:32 **Satura Crag, Hartsop** **NY422137**
 Not reported. Not reported. Hill Walking (Medium party)
 Subject (F34) reported tripped, gone over on ankle, and unable to walk. Treated at scene and stretchered to roadhead. Minor - painful/uncomfortable in left ankle.
 Patterdale (7 x 3hr 0 min); Penrith (7 x 3hr 0 min)

203 34078 11 June 20:00 **Mickledore, Scafell Pike** **NY2121006914**
 Not reported. Not reported. Hill Walking (Small party)
 Party reported lost, then once stopped started to get cold. Party were provided with directions over the phone then managed to walk themselves off the hill.
 Wasdale (1 x 5hr 15 min)

224 34066 23 June 13:56 **Burnthwaite, Wasdale** **NY199092**
 Fine and sunny. Open hillside. Hill Walking (Organised event)
 Subject (F16) reported spilling boiling water on herself from cooking utensils. Treated at scene
 and evacuated to ambulance. Minor - deep burns to left lower leg.
 Wasdale (17 x 2hr 15 min)

225 34153 24 June 18:40 **Great Knott, Satterthwaite** **SD334919**
 Dry, sunny. Rough, stony track. Mountain Biking (Small party)
 Rider (F51) unable to control bike and fell off while descending track. Treated at scene and
 stretchered to ambulance. Minor - painful/uncomfortable elbow and hip; cuts and abrasions to
 elbow and head.
 Coniston (10 x 1hr 25 min)

226 34155 25 June 12:44 **Oxen Park, Grizedale** **SD316874**
 Dry, sunny, breezy. Various roads and forestry tracks. Search - Non-mountain (Alone)
 Despondent reported missing, cause for concern. Located and stood down.
 Coniston (13 x 1hr 45 min)

227 34156 25 June 14:37 **Pudding Stone, Coniston Old Man** **SD277984**
 Dry, sun, cloud. Rocky, steep fell side. Hill Walking (Alone)
 Subject (F51) slipped while ascending steep slope. Assessed at scene and stretchered to
 ambulance. Minor - sprained ankle.
 Coniston (14 x 3hr 45 min); Duddon and Furness (8 x 3hr 45 min)

228 34227 25 June 18:50 **Helvellyn, Wythburn** **NY328135**
 Good. Good. Hill Walking (Small party)
 Subject (M) reported in difficulty during walk, after possible fall. Assessed at scene but found not
 to require assistance other than struggling a bit in descent; false alarm good intent.
 Keswick (11 x 1hr 34 min)

229 34122 25 June 23:27 **Piers Gill, Lingmell** **NY213078**
 Not reported. Not reported. Hill Walking (Medium party)
 Subject (F) became separated from her group, reporting herself lost and benighted. Location
 established using SARLoc then escorted off the hill.
 Wasdale (4 x 5hr 0 min)

230 34123 26 June 07:47 **Lingmell Col, Lingmell** **NY210077**
 Low cloud. Not reported. Hill Walking (Unspecified)
 Subject (M19) reported suffering from exhaustion in poor weather conditions. Assessed at scene
 and evacuated off the hill by stretcher. Minor - hypothermia (I-II) mild/moderate.
 Duddon and Furness (16 x 3hr 30 min); Wasdale (19 x 4hr 30 min); Prestwick SAR Helicopter

231 34124 26 June 10:23 **Piers Gill, Lingmell** **NY212080**
 Hill fog. Steep rough stony. Hill Walking (Small party)
 Subject (F) reported cragfast. Secured to safety and escorted off the hill.
 Wasdale (19 x 4hr 30 min); Prestwick SAR Helicopter

232 34228 26 June 12:26 **Sale Fell, Wythop** **NY204297**
 Not reported. Not reported. Hill Walking (Small party)
 Subject (F71) reported collapsed with breathing difficulties and became unconscious. Assessed
 at scene and stretchered to roadhead for onward transfer to hospital. Serious - breathing
 difficulties.
 Cockermouth (8 x 1hr 0 min); Keswick (15 x 2hr 10 min)

233 34399 26 June 14:00 **Patterdale** **NY3090916044**
 Dry clear mild bright. Not reported. Fell Running (Organised event)
 Competitor fell during event and injured his leg. Treated at scene. Serious - deep laceration(s) to
 lower leg.
 Patterdale (4 x 1hr 0 min)

234 34412 26 June 18:30 **Bell Knott, Glencoyne** **NY37871933**
Drizzle low cloud mild dull. Moderate damp stony slope. Hill Walking (Small party)
Party of two (2xF) reported themselves lost in low cloud. Location established using SARLoc;
met and escorted to safety.
Patterdale (4 x 1hr 19 min)

235 34437 27 June 14:00 **Lacy's Caves, Lazonby** **NY56433829**
Not reported. Not reported. Hill Walking (Small party)
Subject (F60), walking with friend, slipped down river bank and fell into river bed. Treated at
scene and stretchered to air ambulance. Serious – no details supplied.
Penrith (9 x 3hr 15 min); Gt North Ambulance Helicopter (Cumbria)

236 34436 28 June 14:17 **Harraby Green, Carlisle** **NY41185438**
Not reported. Not reported. Local Incident (Alone)
Subject (M) reported with leg injury, with difficult access to riverside location. Treated at scene
and stretchered to ambulance. Minor – lower leg injuries.
Penrith (8 x 1hr 30 min)

July

237 34149 2 July 09:50 **Tranearth, Torver** **SD280956**
Indoors. Concrete floor. Local Incident (Small party)
Subject (M54) fell approx. 8ft whilst climbing a girder in climbing hut. Treated at scene and
evacuated by vehicle to waiting ambulance. Serious - simple closed fractured rib(s).
Coniston (7 x 2hr 15 min); NW Ambulance Helicopter (Preston)

238 34107 2 July 11:12 **Seat, High Crag, Buttermere** **NY184135**
Not reported. Not reported. Fell Running (Small party)
Subject (F) tripped, injuring her ankle. Treated at scene and stretchered off the hill. Minor -
injuries to lower leg.
Cockermouth (12 x 6hr 0 min); RAF Leeming (1 x 6hr 0 min)

239 34398 2 July 15:26 **Dubhow Beck, Hartsop** **NY408144**
Sunshine and showers cool. Steep wet muddy. Fell Running (Organised event)
Competitor (M) slipped on wet ground and fell, landing in beck and hitting his head. Treated at
scene and stretchered to waiting air ambulance.
Patterdale (14 x 3hr 0 min); Gt North Ambulance Helicopter (Cumbria)

240 34397 2 July 18:11 **Dubhow Beck, Hartsop** **NY408144**
Showers cloudy cool. Steep slippery. Fell Running (Organised event)
Competitor (F) slipped at beck. Treated at scene, winched onto SAR helicopter and flown to
hospital. Serious - painful/uncomfortable to back; multiple injuries; stable fractured arm.
Patterdale (14 x 3hr 0 min); Prestwick SAR Helicopter

241 34074 3 July 14:05 **Wasdale Screes, Wastwater** **NY150043**
Not reported. Not reported. Hill Walking (Small party)
Party reported stuck in the boulder field. Given advice over the phone and they made their own
way to safety.
Wasdale (1 x 0hr 40 min)

242 34106 4 July 14:14 **Red Pike, Buttermere** **NY160155**
Not reported. Not reported. Hill Walking (Small party)
Subject (M27) reported collapsed near summit. Treated at scene and airlifted directly to hospital.
Minor - not reported.
Cockermouth (20 x 3hr 30 min); Gt North Ambulance Helicopter (Cumbria)

243 34151 4 July 15:37 **Harrow Slack, Far Sawrey** **SD387960**
Wet. Wet, rough slippy. Hill Walking (Small party)
Subject (F64) fell onto outstretched arm whilst putting waterproofs on. Treated at scene and
handed over to ambulance crew. Minor - simple closed fractured wrist.
Coniston (10 x 1hr 19 min)

244 34135 4 July 17:26 **Codale Tarn, Grasmere** **NY298084**
 SW fresh heavy rain hill fog cool dull. Moderate stony footpath. Hill Walking (Large party)
 Party of thirteen became disorientated in mist and poor weather. They were located and escorted
 off the hill to safety.
 Langdale Ambleside (10 x 4hr 0 min)

245 34226 6 July 12:26 **Fairy Glen, Stonethwaite** **NY27411301**
 Not reported. Not reported. Hill Walking (Small party)
 Subject (F17), doing C2C, reported suddenly taken ill. Assessed at scene and taken to hospital
 by ambulance. Minor - not reported.
 Keswick (11 x 2hr 46 min)

246 34105 6 July 17:11 **Harris Park, Cockermouth** **NY121302**
 Not reported. Not reported. Search - Non-mountain (Alone)
 Subject (M), described as vulnerable, reported missing from home. Search inconclusive but
 subject found safe and well a few days later.
 Cockermouth (25 x 3hr 0 min)

247 34075 6 July 17:13 **Kirk Fell, Wasdale Head** **NY200107**
 Not reported. Not reported. Hill Walking (D of E) (Medium party)
 Expedition party reported themselves lost in mist. Given directions over the phone and they
 found their own way off without further assistance.
 Wasdale (1 x 4hr 0 min)

248 34225 7 July 14:29 **Honister Pass, Seatoller** **NY224135**
 Not reported. Not reported. Mountain Biking (Small party)
 Rider reported injured and thought to be off-road. Stood down when informed it was a road traffic
 collision and being attended by air and road ambulance crews.
 Keswick (8 x 0hr 58 min); Gt North Ambulance Helicopter (Cumbria)

249 34224 7 July 16:17 **Ullock Pike, Skiddaw** **NY241289**
 Not reported. Not reported. Hill Walking (Small party)
 Party of two (F36, M33) reported stuck on very difficult ground with thick vegetation and became
 lost. Located by search dog and led to safety.
 Keswick (9 x 3hr 55 min); LDMR Search Dogs Assoc (1 x 3hr 55 min)

250 34125 7 July 22:03 **Calfcove Gill, Ill Crag** **NY230073**
 Low cloud. Moderate. Hill Walking (Small party)
 Party of two (F20, ?) reported themselves lost. Location established using SARLoc and escorted
 back towards their destination. Minor – no details supplied.
 Wasdale (7 x 5hr 0 min)

251 34223 8 July 13:51 **Hospital Plantation, Whinlatter Pass** **NY213240**
 Not reported. Not reported. Mountain Biking (Small party)
 Rider (F26) crashed, suffering serious injuries. Treated at scene and airlifted to hospital. Serious
 - injuries to chest, back and face.
 Keswick (16 x 2hr 12 min); Gt North Ambulance Helicopter (Cumbria)

252 34126 9 July 13:29 **Scafell Pike** **NY215072**
 Wet, windy. Rocky. Hill Walking (Small party)
 Party of two (M, ?) reported themselves lost because of their inability to navigate without map or
 compass. Met up with another party and were escorted off the hill.
 Wasdale (16 x 0hr 45 min)

253 34392 10 July 15:10 **Glenridding, Ullswater** **NY3884716731**
 Not reported. Not reported. Water Sport (all types) (Organised event)
 Competitor (F) reported with hypothermia having taken part in open swimming event. Assessed
 at scene and treated at rescue centre. Minor - hypothermia (I-II) mild/moderate.
 Patterdale (6 x 1hr 0 min)

254 34329 10 July 20:13 **Reston, Staveley** **SD460984**
Calm dry clear warm bright. Not reported. Hill Walking (Small party)
Caller reported he had fallen, was injured but was unsure of location. SARLoc used to establish location but then caller reported he had self-rescued and was in his car on way to hospital.
Kendal (3 x 0hr 27 min)

255 34222 12 July 15:20 **Stile End, Barrow** **NY221220**
Not reported. Not reported. Hill Walking (Small party)
Subject (F60) slipped on wet turf whilst descending. Treated at scene and stretchered to roadhead for onward transfer to hospital. Serious - unstable fractured ankle.
Keswick (12 x 1hr 48 min)

256 34221 13 July 13:45 **Greenup Edge, Stonethwaite** **NY280116**
Fine showers. Wet. Hill Walking (D of E) (Small party)
Subject (M16), expedition member, fell and injured his knee to a point where he was unable to weight bear. Treated at scene and anticipating a long stretcher carry to the roadhead, he was airlifted to hospital. Minor - ligament damage to knee.
Keswick (14 x 3hr 37 min); Gt North Ambulance Helicopter (Cumbria)

257 34220 13 July 14:39 **Manesty, Derwent Water** **NY252199**
Not reported. Not reported. Hill Walking (Small party)
Subject (F21) slipped on some slippery roots at water's edge and fell 2 metres on to rocks below. Treated at scene and transferred by boat to roadhead. Minor - knee injuries.
Cockermouth (15 x 1hr 19 min); Keswick (5 x 0hr 55 min)

258 34395 13 July 21:02 **Priest's Hole Cave, Dove Crag** **NY376109**
Not reported. Not reported. Hill Walking (Medium party)
Subject (M) reported fallen 60ft resulting in significant injuries. Treated at scene, winched onto helicopter and flown to hospital. Serious - painful/uncomfortable back; soft tissue injuries; head injuries.
Patterdale (16 x 2hr 22 min); Caernarfon SAR Helicopter

259 34103 15 July 12:18 **Hassness House, Buttermere** **NY185159**
Not reported. Not reported. Hill Walking (Small party)
Subject (F65) slipped on lakeshore path and fell 3m onto rocks. Treated at scene and stretchered to roadhead. Minor - not reported.
Cockermouth (14 x 3hr 30 min)

260 34102 16 July 07:53 **Warnscale, Buttermere** **NY206131**
Not reported. Not reported. Hill Walking (Small party)
Subject (M50) tripped and injured his ankle. Treated at scene and stretchered off the hill. Minor – lower leg injuries.
Cockermouth (18 x 4hr 0 min)

261 34219 16 July 11:25 **Stonycroft Beck, Newlands Valley** **NY229211**
Not reported. Wet. Water Sport (all types) (Small party)
Subject (F54), ghyll scrambling, slipped and sustained an ankle injury. Treated at scene and stretchered to waiting ambulance. Minor – lower leg injuries.
Keswick (13 x 0hr 45 min)

262 34435 16 July 12:00 **Eusemere, Pooley Bridge** **NY46802406**
Not reported. Not reported. Hill Walking (Small party)
Subject (F50) slipped from upper footpath onto lakeshore. Treated at scene and stretchered to ambulance. Minor – no details supplied.
Penrith (7 x 2hr 0 min)

263 34328 17 July 13:35 **River Mint, Kendal** **SD525946**
Calm dry clear warm bright. Not reported. Occupational
Construction worker reported with head injury after falling and becoming stuck in river. Stood down responding when informed dealt with by air ambulance crew and colleagues.
Kendal (4 x 1hr 0 min); NW Ambulance Helicopter (Preston)

264 34170 18 July 14:31 **Ormsgill, Barrow -in- Furness** **SD188712**
 Light dry clear hot bright. Moderate firm gravel bank. Local Incident (Small party)
 Subject (M) reported to have collapsed due to heat. Stood down at scene when informed he had
 been assessed and transported to ambulance by coastguard. Minor - heat stroke.
 Duddon and Furness (12 x 1hr 30 min)

265 34327 18 July 15:45 **Hutton Roof, Burton -in- Kendal** **SD565782**
 Not reported. Not reported. Rock Climbing - roped
 Subject (F) reported fallen with head injury. Stood down responding when informed she had
 walked to road and met up with land ambulance.
 Kendal (6 x 0hr 37 min)

266 34218 18 July 15:54 **High Doat, Rosthwaite** **NY243145**
 Not reported. Not reported. Hill Walking (Small party)
 Subject (M69) reported to have succumbed to the heat. Assessed at scene and stretchered to
 waiting ambulance. Minor - heat exhaustion.
 Keswick (12 x 1hr 46 min)

267 34134 19 July 15:55 **Angle Tarn, Esk Pike** **NY244076**
 Dry clear hot bright. Moderate moorland. Hill Walking (Small party)
 Subject (F) reported collapsed due to heat. Stood down responding when informed air
 ambulance had treated and evacuated person.
 Langdale Ambleside (1 x 2hr 30 min)

268 34326 20 July 00:07 **Kentmere Common, Kentmere** **NY438090**
 Light showers misty warm dark. Undulating wet grassy. Hill Walking (School/Youth group)
 Subject (M16) fainted at camp above reservoir, seizures reported. After assessment, rest and
 some food, able to walk to vehicle for trip to hospital. Minor – no details supplied.
 Kendal (12 x 5hr 0 min)

269 34157 20 July 09:42 **Walna Scar, Coniston Fells** **SD263963**
 Thunder storm, very wet. Open fellside. Hill Walking (D of E) (Small party)
 Party of seven (F) reported stuck in thunder and lightening. Located safe and well, and escorted
 to roadhead.
 Coniston (7 x 4hr 30 min)

270 34133 21 July 16:03 **Brant Fell boulders, Windermere** **SD413961**
 Dry clear warm bright. Vertical stony crag. Rock Climbing - unroped (Small party)
 Subject (M) fell whilst bouldering. Outcome not reported.
 Langdale Ambleside (10 x 1hr 0 min)

271 34434 23 July 13:00 **Green Castle, Great Dun Fell** **NY71313065**
 Not reported. Not reported. Mountain Biking (Small party)
 Rider (M30) crashed road cycle descending at high speed on CAA radar access road. Treated at
 scene and transferred to air ambulance. Serious – no details supplied.
 Penrith (11 x 3hr 0 min); Gt North Ambulance Helicopter (Cumbria)

272 34137 23 July 14:10 **Blackbeck Tarn, Haystacks** **NY20191317**
 Not reported. Not reported. Gliding (Small party)
 Subject (F31) tripped, sustaining an ankle injury. Treated at scene and airlifted to hospital. Minor
 - lower leg injuries.
 Cockermouth (17 x 3hr 19 min); NW Ambulance Helicopter (Barton)

273 34100 25 July 17:25 **Bleaberry Tarn, Red Pike, Buttermere** **NY1696915213**
 Not reported. Not reported. Hill Walking (Small party)
 Subject (F) tripped and fell 15ft on steep path. Treated at scene and airlifted to hospital. Minor -
 head injuries.
 Cockermouth (19 x 5hr 0 min); Gt North Ambulance Helicopter (Cumbria)

274 34099 25 July 23:01 **River Derwent, Cockermouth** **NY116307**
 Not reported. Not reported. Local Incident (Alone)
 Female reported to have jumped from bridge into river. Search inconclusive.
 Cockermouth (21 x 2hr 30 min); Prestwick SAR Helicopter

275 34094 26 July 00:08 **Blacksail YHA** **NY195124**
 Not reported. Not reported. Hill Walking (Alone)
 Walker not able to phone in to say he was safe so relatives were concerned, reporting him
 overdue. Missing walker was found safe & well at Blacksail YHA.
 Cockermouth (6 x 3hr 30 min); Wasdale (2 x 3hr 30 min)

276 34217 26 July 05:16 **Manesty, Derwent Water** **NY252194**
 Not reported. Not reported. Local Incident (Small party)
 Requested to assist ambulance service with locating a patient requesting help. Stood down
 responding when informed deployed in error; false alarm good intent.
 Keswick (8 x 1hr 31 min)

277 34150 26 July 14:22 **Goats Hawse, Coniston Old Man** **SD267983**
 Cool, breezy, misty. Rough fell, stony track, rocky in places. Hill Walking (Medium party)
 Subject (F40) slipped on rough ground, unable to walk. Treated at scene, stretchered to
 Seathwaite Tarn and airlifted to hospital. Serious - lower leg injuries.
 Coniston (9 x 4hr 0 min); Duddon and Furness (12 x 3hr 34 min); NW Ambulance Helicopter
 (Preston)

278 34098 26 July 15:45 **Green Crag, Warnscale, Buttermere** **NY199131**
 Not reported. Not reported. Hill Walking (Small party)
 Party of two reported cragfast on descent. They were secured to safer ground without further
 incident.
 Cockermouth (15 x 3hr 30 min)

279 34132 26 July 17:58 **Dow Bank, Walthwaite** **NY330055**
 Rain mild dull. Steep damp grassy moorland. Hill Walking (Small party)
 Subject (F) slipped on damp ground. Treated at scene and evacuated by stretcher. Minor -
 simple closed fractured tibia and fibula.
 Langdale Ambleside (12 x 2hr 0 min)

280 34095 26 July 18:20 **Scafell Pike** **NY187088**
 Not reported. Not reported. Hill Walking (Small party)
 Party reported overdue from walk. Turned up safe and well during early investigation stage.
 Wasdale (2 x 0hr 30 min)

281 34433 27 July 14:00 **Gatesgarth Beck, Mardale** **NY46841024**
 Not reported. Not reported. Hill Walking (Small party)
 Subject (F) slipped while descending rough path. Treated at scene and transferred to ambulance
 by landrover. Minor – no details supplied.
 Penrith (10 x 2hr 0 min)

282 34216 27 July 15:50 **Barf, Thornthwaite** **NY214266**
 Not reported. Not reported. Hill Walking (Small party)
 Subject (M28) reported himself cragfast. Secured and led to safety.
 Keswick (10 x 1hr 19 min)

283 34127 27 July 16:25 **Sty Head path, Wasdale Head** **NY2074809448**
 Good. Damp. Hill Walking (Medium party)
 Subject (F24) stumbled and fell. Treated at scene and transferred to hospital. Serious - simple
 closed fractured wrist.
 Wasdale (15 x 3hr 0 min)

284 34324 27 July 17:22 **Farleton Knott, Holme** **SD548798**
 Not reported. Not reported. Hill Walking
 Subject (F15) reported with ankle injury and unable to bear weight. Treated at scene and evacuated by air ambulance. Minor – lower leg injuries.
 Kendal (1 x 1hr 45 min); Gt North Ambulance Helicopter (Cumbria)

285 34136 29 July 12:59 **Low Crag, Gatescarth** **NY184148**
 Not reported. Not reported. Animal Rescue
 Sheep reported stuck on crag. Retrieved without loss or injury.
 Cockermouth (2 x 2hr 0 min)

286 34131 29 July 14:39 **Heron Pike, Gramere** **NY355078**
 Dry clear warm bright. Not reported. Hill Walking (Small party)
 Subject (F) reported with severe stomach pains. Assessed at scene and airlifted to hospital.
 Langdale Ambleside (10 x 3hr 0 min); Unknown Civilian Aircraft

287 34323 30 July 12:12 **Lindeth, Bowness -on- Windermere** **SD409949**
 Dry cloudy warm bright. Track. Local Incident (Family group)
 Requested from ambulance service to access and evacuated stroke patient from isolated property. Stretchered to MR vehicle and transferred to land ambulance at roadhead.
 Kendal (6 x 1hr 55 min)

288 34128 31 July 11:49 **East Buttress, Scafell** **NY209067**
 Good. Big climbing crag. Hill Walking (Small party)
 Subject (F31) reported cragfast. Secured to top of crag.
 Wasdale (19 x 5hr 0 min)

289 34264 31 July 13:58 **Uldale, Baugh Fell** **SD734958**
 Dry Sunny. Dry. Hill Walking (Alone)
 Subject (M59) slipped and fell 5m down waterfall whilst walking the previous day; alerted following day by passing walker. Treated at scene, stretchered to helicopter and airlifted to hospital. Serious – no details supplied.
 Kirkby Stephen (16 x 3hr 0 min); NW Ambulance Helicopter (Preston)

August

290 34145 1 August 09:03 **Haystacks, Buttermere** **NY193131**
 Not reported. Not reported. Hill Walking (Small party)
 Subject reported unable to walk after injuring an ankle. Treated at scene and airlifted to hospital.
 Minor - lower leg injuries.
 Cockermouth (13 x 3hr 43 min); Gt North Ambulance Helicopter (Cumbria)

291 34144 1 August 11:18 **Wyndham House, Cockermouth** **NY132309**
 Not reported. Not reported. Local Incident (Alone)
 Subject fell while in stream. Treated at scene and airlifted the hospital. Minor - injuries to upper leg and pelvis.
 Cockermouth (13 x 1hr 40 min); Gt North Ambulance Helicopter (Cumbria)

292 34322 1 August 12:10 **Gummers How, Newby Bridge** **SD390885**
 Calm dry clear warm bright. Steep rocky footpath. Hill Walking (Small party)
 Subject (M60) reported unwell and vomiting. Assessed at scene then able to walk to ambulance at roadhead. Minor – no details supplied.
 Duddon and Furness (11 x 0hr 45 min); Kendal (7 x 1hr 54 min)

293 34215 1 August 12:26 **Scales Fell, Blencathra** **NY343274**
 Not reported. Not reported. Hill Walking (Small party)
 Subject (M26) slipped and suffered an injury to his ankle. Treated at scene and stretchered off the hill to a waiting ambulance. Serious - unstable fractured ankle.
 Keswick (13 x 2hr 0 min)

294 34129 1 August 16:57 **Brown Tounge, Scafell** **NY197073**
 NW light dry clear warm bright. Moderate dry gravel footpath. Hill Walking (Small party)
 Subject (M13) slipped on path. Treated at scene and stretchered to roadhead. Minor – laceration
 to right knee.
 Wasdale (21 x 3hr 0 min)

295 34214 2 August 15:38 **Glaramara, Seathwaite** **NY247110**
 Cloudy. Damp. Hill Walking (Small party)
 Party of two (F68, F75) became lost in mist and were exhausted. Located by search dog and
 escorted to safety.
 Keswick (13 x 3hr 19 min); LDMR Search Dogs Assoc (1 x 3hr 19 min)

296 34130 2 August 16:47 **Scafell Pike** **NY215072**
 Cloudy and rain. Open fellside. Hill Walking (Small party)
 Party (M) reported themselves lost in cloud. During search, informed that they were able to make
 their own way to safety.
 Wasdale (9 x 6hr 0 min)

297 34213 2 August 18:06 **Hind Crag, Glaramara** **NY239107**
 Cloudy. Wet. Hill Walking (Small party)
 Subject (F69) slipped and fell whilst attempting to descend a very loose and difficult route.
 Treated at scene and airlifted to hospital. Serious – no details supplied.
 Keswick (17 x 2hr 51 min); Prestwick SAR Helicopter

298 34188 4 August 12:13 **Stickle Ghyll, Gt Langdale** **NY2918106797**
 Dry clear warm bright. Damp gravel footpath. Hill Walking (Small party)
 Subject (M) slipped and sustained a leg fracture. Treated at scene and evacuated by stretcher.
 Minor - simple closed fractured tibia.
 Langdale Ambleside (15 x 2hr 0 min)

299 34187 4 August 18:11 **Grasmere - Chapel Stile** **NY323062**
 Dry clear mild dull. Steep moorland. Hill Walking (Small party)
 Party of two (M, F) reported lost and stuck on steep ground; no clear idea of location. Stood
 down during search when informed that they had found a way off to safety.
 Langdale Ambleside (6 x 3hr 30 min); Humberstone SAR Helicopter

300 34391 5 August 17:20 **Striding Edge, Helvellyn** **NY3500014900**
 Dry cloudy mild dull. Steep rough stony ridge. Hill Walking (Small party)
 Subject (F24) reported injured and unable to walk. Treated scene and stretchered from the hill.
 During evacuation, condition deteriorated and she was airlifted to hospital. Serious -
 painful/uncomfortable ankle; hypoglycaemia.
 Patterdale (11 x 3hr 10 min); Penrith (7 x 3hr 10 min); Prestwick SAR Helicopter

301 34147 5 August 20:22 **Brown Tongue, Scafell** **NY188068**
 Dark, misty, windy. Steep, broken. Hill Walking (Small party)
 Subjects (F19, F13) became separated from parent without map or compass. Located and
 escorted to safety.
 Wasdale (9 x 3hr 30 min)

302 34393 5 August 21:58 **Dovedale, Dove Crag** **NY380114**
 Not reported. Not reported. Hill Walking (Small party)
 Party of two (M, F) reported lost trying to locate overnight shelter in local cave. Use of SARLoc
 was unsuccessful. As they were well-equipped, they decided to stay out overnight and resume at
 first light. Contact in morning, safe and well.
 Patterdale (8 x 1hr 34 min)

303 34160 6 August 09:49 **Lingmell Nose, Wasdale** **NY191073**
 Fine. Path - open fellside. Hill Walking (Small party)
 Subject (F47) stumbled and fell. Treated at scene and evacuated to roadhead. Minor - simple
 closed fractured right ankle.
 Wasdale (17 x 4hr 0 min)

324 34166 16 August 14:51 Haycock, Wasdale NY148108
 Fine. Open fellside path. Hill Walking (Small party)
 Walker reported fallen. Stood down responding when informed subject airlifted to hospital.
 Wasdale (13 x 3hr 0 min); NW Ambulance Helicopter (Barton)

325 34387 16 August 16:35 Long Crag, Ullswater NY408194
 Dry cloudy mild dull. Undulating footpath. Hill Walking (Small party)
 Subject (M85) reported fallen on footpath and unable to walk. Stood down when informed subject
 had been able to continue walk and family took him to hospital.
 Patterdale (10 x 2hr 10 min)

326 34210 16 August 17:14 Honister, Seatoller NY224133
 Not reported. Not reported. Hill Walking (Small party)
 Subject (M65) reported injury to leg and unable to continue his walk. Assessed at scene and
 stretchered to roadhead for vehicle transfer. Minor - knee strain.
 Keswick (16 x 1hr 43 min)

327 34174 16 August 21:45 Green Howe, Scafell NY196068
 Not reported. Not reported. Search - Mountain (Small party)
 Flashing lights on hillside reported by member of the public. Investigation unable to see lights,
 stood down without further action - false alarm with good intent.
 Wasdale (1 x 1hr 0 min)

328 34386 17 August 11:42 The Hause, Little Mell Fell NY426235
 Not reported. Not reported. Hill Walking (Small party)
 Subject (M74) reported ill and fainted. Family group made their own way off to roadhead where
 he was met and assessed.
 Patterdale (5 x 1hr 19 min)

329 34197 18 August 13:42 Blawith Common, Coniston SD276910
 Dry, warm. Fell track. Hill Walking (Small party)
 Subject (F38) slipped whilst descending. Treated at scene and stretchered off the hill. Serious -
 ruptured lower leg muscle.
 Coniston (12 x 2hr 15 min); Duddon and Furness (1 x 2hr 15 min)

330 34199 18 August 17:45 Claiffe Area, Far Sawrey SD388956
 Dry, warm, clear. Forestry tracks. Hill Walking (Small party)
 Subject (M12) reported missing after separating from walking party. Found by police on lake
 shore near ferry.
 Coniston (16 x 2hr 43 min); LD MR Search Dogs Assoc (1 x 2hr 43 min)

331 34385 19 August 12:41 Swarth Fell, Ullswater NY452205
 Not reported. Not reported. Hill Walking (Medium party)
 Subject (F) slipped on a step and fell, injuring her back. Treated at scene and stretchered from
 the hill. Minor - pain/discomfort to back.
 Patterdale (10 x 3hr 0 min); Penrith (10 x 3hr 0 min)

332 34181 19 August 22:46 Wansfell, Ambleside NY400035
 Rain low cloud mild dull. Moderate grassy moorland. Hill Walking (Small party)
 Subject (F) fell and sustained a back injury. Whilst on scene, she deteriorated and was quickly
 evacuated to hospital. Serious - back injuries.
 Kendal (5 x 1hr 0 min); Langdale Ambleside (1 x 4hr 0 min)

333 34189 20 August 13:08 Scafell Pike NY215072
 Heavy rain, strong winds. Saturated. Hill Walking (Alone)
 Walker made an emergency call to police, which cut out and further contact could not be made.
 Person reported in safe and well later, enroute to Wales!
 Wasdale (21 x 2hr 0 min)

334 34190 20 August 15:09 **Lingmell Gill, Brown Tongue** **NY195074**
Heavy rain, strong winds. Saturated. Hill Walking (Large party)
Party reported in difficult crossing swollen beck. Assisted those who could not manage to cross
unaided.
Wasdale (18 x 3hr 0 min)

335 34191 20 August 23:21 **Scafell Pike** **NY215072**
Wet and breezy. Wet. Hill Walking (Small party)
Party reported themselves lost and unable to continue due to inability to navigate. Found having
been escorted down by other walkers.
Wasdale (8 x 3hr 0 min)

336 34411 21 August 12:41 **Aira Force, Watermillock** **NY3998821092**
Light dry cloudy mild bright. Damp. Hill Walking (Small party)
Subject (F54) slipped on rock sustaining a leg injury. Treated at scene and stretchered to
roadhead. Serious - complicated open fractured left ankle.
Patterdale (12 x 2hr 45 min)

337 34180 22 August 14:40 **Allan Bank, Grasmere** **NY3334107701**
Showers mild dusk. Moderate slippery stony footpath. Hill Walking (Small party)
Subject (F) slipped on wet rock, sustaining head and eye injury. Treated at scene and evacuated
to roadhead. Minor - injuries to head and face.
Langdale Ambleside (10 x 1hr 0 min)

338 34431 23 August 10:00 **Yews Mire, Bampton, Penrith** **NY50421772**
Not reported. Not reported. Local Incident (Alone)
Subject (F91) evacuated from inaccessible residence to waiting ambulance. Completed without
mishap.
Penrith (2 x 2hr 0 min)

339 34192 23 August 15:25 **Hollow Stones, Scafell Pike** **NY2065607442**
Clear. Damp. Hill Walking (Small party)
Subject (M) stumbled and fell. Treated at scene and stretchered off the hill. Minor - sprained
ankle.
Wasdale (16 x 5hr 0 min)

340 34430 24 August 12:00 **Maiden Way, Melmerby Fell** **NY50421772**
Not reported. Not reported. Mountain Biking (Small party)
Rider (M15) crashed mountain bike at high speed, resulting in him biting off his tongue. Treated
at scene, stretchered to air ambulance and successful search for amputated body part. Serious –
facial injuries; traumatic amputation of tongue.
Penrith (11 x 3hr 30 min); Gt North Ambulance Helicopter (Cumbria)

341 34179 24 August 22:02 **Sourmilk Ghyll, Grasmere** **NY319089**
Clear cool dark. Moderate grassy moorland. Hill Walking (Small party)
Party of two reported lost in thick vegetation. Located and escorted to safety.
Langdale Ambleside (5 x 3hr 0 min)

342 34208 25 August 18:37 **Grains Gill, Seathwaite** **NY232093**
Overcast. Not reported. Hill Walking (Large party)
Subject (F62) reported with a leg injury and unable to weight bear. Met group carrying her down
where she was treated and stretchered the remaining way to roadhead for transfer to hospital.
Minor - knee injuries.
Keswick (20 x 2hr 23 min)

343 34178 27 August 15:22 **Helm Crag, Grasmere** **NY3276209180**
Dry clear warm bright. Vertical stony crag. Hill Walking (Small party)
Subject (M69) slipped and fell down a crevice while posing for photograph, sustaining numerous
injuries. Extracted, treated at scene and evacuated to an air ambulance. Serious - injuries to
chest head and neck.
Langdale Ambleside (16 x 3hr 30 min); NW Ambulance Helicopter (Preston)

344 34177 27 August 20:57 Helm Crag, Grasmere NY326089
Dry clear warm bright. Moderate damp grassy footpath. Hill Walking (Small party)
Subject (F) slipped, injuring her arm in the fall. Treated at scene and airlifted with casualty from previous incident. Minor - simple closed fractured wrist.
Langdale Ambleside (10 x 2hr 0 min); NW Ambulance Helicopter (Preston)

345 34193 28 August 12:22 Haycock, Western Fells NY14890978
Dry cloudy warm. Steep slippery grassy bank. Hill Walking (Small party)
Subject (M45) slipped on steep grass slope. Treated at scene and airlifted to hospital. Serious - dislocated shoulder.
Duddon and Furness (11 x 4hr 15 min); Wasdale (1 x 4hr 49 min); Gt North Ambulance Helicopter (Cumbria); Prestwick SAR Helicopter

346 34194 28 August 23:15 'Corridor Route', Skew Gill, Great End NY220090
Fine. Steep, broken. Hill Walking (Small party)
Subject (M26) stumbled and fell. Treated at scene and eventually airlifted after multiple attempts due to low cloud and a stretcher carry to a lower altitude. Minor - sprained right ankle.
Duddon and Furness (9 x 1hr 0 min); Wasdale (14 x 5hr 0 min); Caernarfon SAR Helicopter

347 34207 29 August 07:03 Raven Crag, Thirlmere NY318189
Not reported. Not reported. Parapenting (Small party)
Base-jumper reported to have crash-landed in a boulder field, suffering serious injuries. Stood down responding when informed ambulance crew dealing adequately with issue.
Keswick (7 x 0hr 28 min)

348 34171 29 August 19:13 Great End, Corridor Route, 'Bad Step' NY219084
Not reported. Not reported. Hill Walking (Small party)
Party reported themselves lost and unsure where to go next. Provided directions over the phone and they made their own way off the mountain.
Duddon and Furness (10 x 1hr 34 min); Wasdale (1 x 3hr 0 min)

349 34410 31 August 15:18 Hole-in-the-wall, Birkhouse Moor NY3594015514
Not reported. Not reported. Hill Walking (Alone)
Subject (F) found semi-conscious and an overdose of sleeping tablets, which were found close by, was suspected. Assessed at scene and airlifted to hospital. Serious - overdose on medication.
Patterdale (9 x 1hr 42 min); Penrith (11 x 2hr 15 min); Gt North Ambulance Helicopter (Cumbria)

350 34206 31 August 16:27 Jenkin Hill, Skiddaw NY278268
Not reported. Not reported. Hill Walking (Small party)
Subject (M27) slipped and fell, injuring his leg and unable to walk. Located with difficulty, treated at scene and stretchered to roadhead for transfer to hospital. Minor – lower leg injuries.
Keswick (13 x 1hr 46 min)

September

351 34205 1 September 15:01 Hospital Plantation, Whinlatter NY213239
Not reported. Not reported. Mountain Biking (Small party)
Rider (M55) reported to have had a serious crash after going over the handlebars. Treated at scene and transferred to waiting ambulance. Serious – chest and shoulder injuries.
Keswick (8 x 1hr 23 min)

352 34409 2 September 14:16 Great Mell Fell, Troutbeck NY4067224817
Light drizzle cloudy mild dull. Moderate wet grassy. Hill Walking (Small party)
Subject (M69) slipped on wet grass, injuring his leg. There was considerable confusion over the location of this incident. Treated at scene and stretchered to roadhead. Serious - simple closed fractured left ankle.
Kirkby Stephen (9 x 1hr 30 min); Patterdale (10 x 2hr 45 min); Penrith (10 x 2hr 45 min)

353 34200 3 September 19:15 Church Beck, Coniston SD295979
Wet. River waterfall. Water Sport (all types) (Small party)
Subject (F21), ghyll scrambling, jumped into beck, surfaced unconscious and then reported fitting. Treated at scene and evacuated to roadhead. Serious - painful/uncomfortable back and hip; epileptic episode; upper leg and pelvic pain/discomfort.
Coniston (18 x 3hr 0 min)

354 34204 5 September 12:09 Greenup Edge, Stonethwaite NY285105
Not reported. Not reported. Hill Walking (Small party)
Party of two (F73, F61) became lost in mist whilst on the C2C. Located and escorted to safety.
Keswick (9 x 5hr 13 min); Langdale Ambleside (7 x 4hr 30 min)

355 34203 6 September 14:51 Castle Crag, Borrowdale NY252159
Dry cloudy. Wet. Hill Walking (Small party)
Subject (F59) slipped on a rocky slab and fell heavily on to her hip; she was unable to weight bear. Treated at scene, stretchered some distance to air ambulance and airlifted to hospital. Serious - pelvic injuries.
Keswick (10 x 2hr 34 min); Gt North Ambulance Helicopter (Cumbria)

356 34429 7 September 13:00 Beacon Edge, Penrith NY52153137
Not reported. Not reported. Local Incident (Alone)
Person (M) found deceased by dog walker. Body recovered and handed over to Coroner's officer.
Penrith (8 x 1hr 30 min)

357 34428 8 September 14:30 Kidsty Pike, Haweswater NY44811263
Not reported. Not reported. Hill Walking (Small party)
Subject (M60) slipped, sustaining a leg injury. Treated at scene and airlifted to hospital. Minor - simple closed fractured ankle.
Kirkby Stephen (11 x 1hr 0 min); Penrith (11 x 4hr 0 min); Prestwick SAR Helicopter

358 34427 8 September 19:38 Clifton Wells, Clifton, Penrith NY52652600
Not reported. Not reported. Local Incident (Small party)
Subject (F45) slipped down river bank while walking dogs. Treated at scene and stretchered to ambulance. Minor – no details supplied.
Penrith (13 x 1hr 30 min)

359 34202 9 September 14:47 Latrigg, Keswick NY271244
Rain. Slippery. Hill Walking (Small party)
Subject (M92) suffered an angina attack, but still felt unwell after using personal medication. Assessed at scene and transferred by vehicle to meet with ambulance. Minor - angina (ischaemic heart disease).
Keswick (10 x 0hr 55 min)

360 34201 11 September 02:06 Coppermines Valley, Coniston SD289985
Dry, mild. Mixed fell side, tracks. Search - Mountain (Alone)
Subject (M) reported missing having left wedding party after an argument, alcohol suspected to be involved. Located by police.
Coniston (15 x 5hr 15 min); Prestwick SAR Helicopter

361 34268 13 September 12:52 Stythwaite Steps, Far Easedale NY318093
Not reported. Not reported. Hill Walking (Small party)
Subject (F71) slipped and sustained an injured ankle. Treated at scene and evacuated by stretcher to roadhead. Minor - simple closed fractured ankle.
Kendal (1 x 1hr 45 min); Langdale Ambleside (6 x 3hr 0 min)

362 34312 13 September 15:38 Sour Milk Ghyll, Seathwaite NY230122
Rain warm. Slippery. Hill Walking (Small party)
Subject (M50) reported taking a tumbling fall from the difficult slab, landing head first. Treated at scene, stretchered to air ambulance and airlifted to hospital. Minor – no details supplied.
Keswick (12 x 2hr 40 min); Gt North Ambulance Helicopter (Cumbria)

363 34311 15 September 12:25 Barf, Thornthwaite NY217265
 Dry warm. Steep dry heather. Hill Walking (Small party)
 Party of two (M, F) reported cragfast just below Slape Crag. Assisted over the difficult descend
 and escorted down to valley.
 Keswick (11 x 1hr 28 min)

364 34316 16 September 22:46 Wherside SD738817
 Light showers hill fog mild dark. Undulating moorland. Hill Walking (D of E) (School/Youth group)
 Expedition party of five reported themselves lost to supervisor, with one possibly injured. Group
 turned up on road during deployment and picked up by their minibus. All checked as fit and well.
 Cave Rescue Organisation (5 x 3hr 0 min); Kendal (10 x 3hr 0 min)

365 34310 17 September 12:32 Little Man, Skiddaw NY267278
 Dry. Dry. Fell Running (Organised Event)
 Competitor (F16) reported collapsed and became unresponsive, after completing competition.
 Assessed at scene and airlifted directly to hospital. Minor – no details supplied.
 Keswick (8 x 1hr 58 min); Gt North Ambulance Helicopter (Cumbria)

366 34254 17 September 16:30 The Old Man of Coniston SD273977
 Dry, sunny. Stoney track. Hill Walking (Small party)
 Subject (F28) reported missing when she became separated from husband while walking.
 Subject made own way down to Windy Gap, where she was met by MRT and shortly afterwards
 by husband.
 Coniston (12 x 1hr 30 min)

367 34309 18 September 10:52 Dodd, Millbeck NY245274
 Not reported. Not reported. Mountain Biking (Small party)
 Rider (M53) thrown from bike near summit and sustaining significant injuries. Treated at scene,
 winched from scene and airlifted to hospital. Serious – no details supplied.
 Keswick (12 x 2hr 10 min); Gt North Ambulance Helicopter (Cumbria); Prestwick SAR Helicopter

368 34267 18 September 11:14 Troutbeck, Windermere NY420040
 Not reported. Not reported. Hill Walking (Small party)
 Subject (M71) reported with injured ankle. Treated at scene and evacuated to waiting
 ambulance. Minor - ankle fracture/dislocation.
 Langdale Ambleside (10 x 2hr 0 min)

369 34255 18 September 12:50 Tarn Hows, Coniston SD332998
 Fine, dry. Damp, man-made track. Hill Walking
 Subject (M27) slipped whilst running, pain in ankle when weight bearing. Treated at scene and
 advised to seek further medical advice. Minor – lower leg injuries.
 Coniston (10 x 1hr 30 min)

370 34308 18 September 22:13 Wythburn, Dunmail Raise NY304115
 Wet poor visibility. Wet and slippy. Hang-gliding (Small party)
 Party of two (M62, F62) reported themselves lost near Greenup Edge and ended up descending
 into Wythburn, but unable to find a way out. Located by search dogs and escorted to safety.
 Keswick (12 x 3hr 58 min)

371 34266 21 September 12:17 Wrynose Pass, Little Langdale NY2871403190
 Not reported. Not reported. Road Traffic Collision (Small party)
 Following a fatal road traffic collision, search conducted for any other occupants. None additional
 occupants found.
 Langdale Ambleside (10 x 4hr 0 min); LDMR Search Dogs Assoc (4 x 4hr 0 min)

372 34426 24 September 14:30 Nan Bield Pass, Haweswater NY45250962
 Not reported. Not reported. Hill Walking (Small party)
 Subject (F62) slipped while descending path. Treated at scene and stretchered to SAR helicopter
 for hospital transfer. Minor – no details supplied.
 Kirkby Stephen (1 x 4hr 0 min); Penrith (5 x 4hr 30 min); Prestwick SAR Helicopter

373 34408 25 September 19:54 Striding Edge, Helvellyn NY3510915038
Moderate rain cool dusk. Steep rocky ridge. Hill Walking (Small party)
Subject (M23) slipped, injured ankle and unable to walk. Treated at scene and stretchered him from the hill.
Kirkby Stephen (8 x 3hr 0 min); Patterdale (10 x 3hr 0 min); Penrith (5 x 3hr 0 min)

374 34256 26 September 17:20 Helbeck Fell, Warcop NY809197
Mist Drizzle 12 deg c. Wet, Boggy. Occupational (Alone)
Grouse beater (M40) reported lost after shoot. Located safe and well after overnight search.
Duddon and Furness (10 x 9hr 30 min); Kendal (10 x 8hr 0 min); Kendal (10 x 7hr 0 min);
Keswick (10 x 8hr 13 min); Kirkby Stephen (30 x 23hr 0 min); Patterdale (6 x 5hr 0 min); Penrith (12 x 7hr 0 min); LDMR Search Dogs Assoc (11 x 23hr 0 min); Caernarfon SAR Helicopter

375 34265 30 September 01:00 Cumbria Way, Mickleden, Gt Langdale NY260077
Not reported. Not reported. Hill Walking (Small party)
Subject (M) reported as overdue. Search operation inconclusive but reported himself OK next morning.
Coniston (11 x 10hr 0 min); Langdale Ambleside (7 x 4hr 0 min)

October

376 34425 1 October 14:00 Shieldgreen Wood, Melmerby NY62263813
Not reported. Not reported. Mountain Biking (Organised event)
Competitor (M32) fell from bike during event. Stood down responding, when informed issue dealt with locally.
Penrith (8 x 1hr 0 min)

377 34284 1 October 14:49 Bowness on Windermere SD406965
Not reported. Not reported. Local Incident (Small party)
Request to assist ambulance service dealing with young unconscious female. No further details supplied.
Langdale Ambleside (5 x 1hr 0 min)

378 34285 1 October 17:16 Far Easedale, Grasmere NY295102
Not reported. Not reported. Hill Walking (Small party)
Subject (M58) reported with leg injury after slipping, unable to bear weight. Treated at scene and stretchered off the hill. Minor - lower leg injuries.
Kendal (11 x 6hr 0 min); Langdale Ambleside (9 x 5hr 0 min)

379 34283 2 October 14:02 Loft Crag, Gt Langdale NY279073
Dry warm bright. Not reported. Hill Walking (Small party)
Subject (F) slipped on wet ground causing injury to her lower leg. Treated at scene and evacuated to air ambulance. Minor - simple closed fractured tibia.
Langdale Ambleside (12 x 3hr 0 min); Unknown Civilian Aircraft

380 34270 2 October 15:30 Wetherlam NY288012
Fine, dry. Damp. Hill Walking (Alone)
Subject (M24) took wrong turn on way to Langdale and became cragfast. Located and brought back to base.
Coniston (15 x 4hr 0 min); Prestwick SAR Helicopter

381 34282 5 October 18:00 Skelwith Bridge, Gt Langdale NY254072
Fresh dry cool dull. Undulating gravel footpath. Hill Walking (Small party)
Despondent (M47) reported missing. Located safe and unharmed at Rossett Ghyll.
Coniston (1 x 4hr 0 min); Langdale Ambleside (15 x 4hr 0 min)

382 34306 8 October 18:24 **Black Crag, Borrowdale** **NY272171**
Not reported. Not reported. Rock Climbing - roped (Medium party)
Climber (M28), in party of five, reported fallen on popular climb, stranding the remainder of the party. Lowered to safety, treated at scene and driven to hospital. The rest of the party were lowered to safety by the helicopter. Serious - dislocated shoulder.
Keswick (21 x 3hr 52 min); Prestwick SAR Helicopter

383 34424 12 October 15:12 **Hardendale Quarry, Shap** **NY59001443**
Not reported. Not reported. Animal Rescue
Dog reported stuck on ledge. Retrieved without loss or injury.
Penrith (19 x 2hr 30 min)

384 34276 15 October 15:10 **Grizedale Forest, Satterthwaite** **SD326923**
Dry, cloudy. Prepared track. Mountain Biking (Alone)
Rider (M55) thrown from bike. Walked down to ambulance for treatment. Serious - simple closed fractured clavicle; pain/discomfort in back.
Coniston (11 x 1hr 49 min)

385 34281 15 October 15:19 **Mark Gate, Raven Crag, Gt Langdale** **NY286065**
Dry clear mild bright. Steep damp gravel footpath. Hill Walking (Small party)
Subject (F) slipped on damp ground sustaining a lower leg injury. Treated at scene and evacuated to waiting ambulance. Minor - simple closed fractured tibia.
Langdale Ambleside (14 x 3hr 0 min); RAF Leeming (5 x 3hr 0 min)

386 34406 15 October 22:20 **Priest Hole, Dove Crag** **NY376109**
Not reported. Not reported. Hill Walking (Small party)
Subject (M50) reported fallen 150m whilst trying to access popular shelter in cave. A body was located, recovered from the hill and handed over to the Coroner's officer. **Fatal** - multiple injuries.
Kirkby Stephen (6 x 5hr 0 min); Patterdale (11 x 7hr 0 min); Penrith (7 x 7hr 0 min); LDMR Search Dogs Assoc (6 x 5hr 0 min); Prestwick SAR Helicopter

387 34305 16 October 14:06 **Hazel Bank, Rosthwaite** **NY261148**
Fine. Damp. Hill Walking (Small party)
Subject (M72) slipped and twisted his knee, rendering him immobile on the footpath. Assessed at scene and assisted from the hill. Minor - painful/uncomfortable knee.
Keswick (6 x 1hr 40 min)

388 34303 18 October 17:53 **Jonny Wood, Rosthwaite** **NY247148**
Not reported. Not reported. Hill Walking (Small party)
Subject (F) slipped on wet grass and suffered a leg injury, unable to weight bear. Treated at scene and stretchered to vehicle. Minor – lower leg injuries.
Keswick (12 x 1hr 58 min)

389 34280 19 October 14:42 **Easedale Tarn, Grasmere** **NY314092**
Not reported. Not reported. Hill Walking (Small party)
Subject (F) slipped on damp ground and sustained lower leg injury. Treated at scene and evacuated by stretcher to roadhead. Minor - lower leg injuries.
Langdale Ambleside (16 x 3hr 0 min)

390 34304 25 October 14:14 **Bannerdale Crags, Mungrisdale** **NY332297**
Not reported. Not reported. Hill Walking (Small party)
Subject (F48) reported suddenly taken ill, and after a short interval, became semi-conscious. Assessed at scene, stretchered to air ambulance and airlifted to hospital. Serious – no details supplied.
Keswick (12 x 2hr 43 min); Gt North Ambulance Helicopter (Cumbria)

391 34405 25 October 15:43 **Ullswater, Pooley Bridge** **NY46162367**
Light dry clear cool bright. Not reported. Water Sport (all types) (Small party)
Party of two (M35, M15) reported to have capsized their canoe. Both recovered safely to shore and checked over.
Patterdale (8 x 1hr 4 min)

392 34313 27 October 11:27 **Hutton Roof, Burton -in- Kendal** **SD555774**
 Light dry cloudy mild bright. Undulating rocky woodland. Hill Walking (Alone)
 Subject (M64) reported lost on descent from Hutton Roof Crag trig point. While responding, he was guided down over the phone until he was confident to return to car.
 Kendal (4 x 1hr 0 min)

393 34279 28 October 23:28 **Wrynose Pass, Little Langdale** **NY225015**
 Dark. Not reported. Road Traffic Collision
 Car drove off road and became stuck. Driven back onto road for occupants.
 Langdale Ambleside (4 x 2hr 0 min)

394 34278 29 October 18:11 **Low Pike, Rydal** **NY375073**
 Not reported. Not reported. Hill Walking (Small party)
 Subject (F) reported exhausted after her group became lost. Located and escorted to safety.
 Langdale Ambleside (11 x 3hr 0 min); Patterdale (2 x 0hr 37 min)

395 34403 30 October 17:58 **Swirral Edge, Helvellyn** **NY3436515466**
 Cool dark. Steep rough ridge. Hill Walking (Small party)
 Party of two (M25, M25) reported cragfast in the dark on a narrow ridge. Located and led to safety.
 Patterdale (7 x 3hr 0 min)

396 34423 31 October 10:00 **Yews Mire, Bampton** **NY50421772**
 Not reported. Not reported. Local Incident (Alone)
 Subject (F91) evacuated from inaccessible residence to waiting ambulance. Completed without mishap.
 Penrith (2 x 2hr 0 min)

November

397 34334 2 November 14:35 **Duddon Forge, Duddon Bridge** **SD194879**
 Light dry clear mild bright. Moderate damp muddy footpath. Hill Walking (Small party)
 Subject (F62) reported collapsed. Assessed at scene and stretchered to ambulance. Minor - unconscious (cause unknown).
 Duddon and Furness (20 x 1hr 40 min)

398 34302 2 November 15:08 **Friar's Crag, Derwent Water** **NY263222**
 Not reported. Not reported. Hill Walking (Small party)
 Subject (M74) reported collapsed whilst sitting having a rest. Assessed at scene, stretchered to ambulance and taken to hospital. Minor – no details supplied.
 Keswick (9 x 0hr 48 min)

399 34301 3 November 18:37 **Skiddaw, Keswick** **NY238238**
 Dark drizzle. Steep wet heather. Hill Walking (Small party)
 Party of three (M30) became lost and benighted without a torch. Location established using SARLoc then accessed by team and escorted off the hill.
 Keswick (5 x 1hr 10 min)

400 34277 4 November 12:15 **Levers Hawse, Coniston Fells** **SD271995**
 Wintery showers, cold. Rough and damp fellside. Hill Walking (Small party)
 Subject (F64) slipped. Treated at scene and walked down with assistance. Minor - simple closed fractured wrist.
 Coniston (1 x 3hr 25 min); Duddon and Furness (10 x 3hr 25 min)

401 34293 4 November 16:53 **Brant Fell, Windermere** **SD413963**
 Rain cool. Moderate damp grassy. Hill Walking (Small party)
 Subject (F) slipped on wet ground, resulting in an ankle injury. Treated at scene and stretchered to roadhead. Minor - simple closed fractured ankle.
 Langdale Ambleside (15 x 2hr 0 min)

- 402 34300 4 November 17:46 Dale Head Tarn, Dale Head NY230153**
 Light rain light wind. Wet boggy. Hill Walking (D of E) (School/Youth group)
 Expedition member (M15) reported with a severe asthma attack, unable to resolve with self-medication. Treated at scene and evacuated from the hill. Serious – asthma.
 Keswick (22 x 2hr 45 min); Prestwick SAR Helicopter
- 403 34292 5 November 13:46 Wansfell, Ambleside NY38990422**
 Dry clear cool bright. Not reported. Hill Walking (Small party)
 Subject (F) slipped on damp ground, sustaining a leg injury. Treated at scene and stretchered from the hill. Minor - lower leg injuries.
 Langdale Ambleside (16 x 2hr 0 min)
- 404 34291 5 November 21:40 Styhead Tarn, Central Fells NY223109**
 Not reported. Not reported. Hill Walking (Large party)
 Five separated from large group of 130 and became lost. Located at Styhead Tarn.
 Duddon and Furness (12 x 4hr 45 min); Keswick (13 x 4hr 22 min); Langdale Ambleside (10 x 3hr 30 min); LDMR Search Dogs Assoc (3 x 3hr 30 min); Wasdale (1 x 1hr 0 min)
- 405 34290 6 November 17:30 Crinkle Crag, Gt Langdale NY256042**
 NE fresh sleet cloudy cold dark. Moderate stony footpath. Hill Walking (Winter) (Large party)
 Large group reported moving very slowly due to cold and tired group member. Located and escorted to safety.
 Langdale Ambleside (13 x 3hr 0 min)
- 406 34418 11 November 09:45 Y Gully, Catstycam NY3491515904**
 Not reported. Not reported. Hill Walking (Winter) (Alone)
 Subject (M32) reported cragfast in snow, having lost confidence. Supplied with ice axe and crampons, and assisted to safer ground.
 Patterdale (13 x 3hr 45 min)
- 407 34298 12 November 09:57 Thirlmere, Armbboth NY313157**
 Not reported. Not reported. Water Sport (all types) (Small party)
 Party of five reported in difficulty leaving an island by inflatable, resulting in three being marooned on the island. Accessed the island by boat and castaways recovered to lake shore without incident.
 Keswick (7 x 1hr 40 min)
- 408 34401 12 November 13:20 Seathwaite, Dunnerdale SD225955**
 Light dry clear cool dull. Moderate firm gravel footpath. Hill Walking (Small party)
 Subject (F52) reported fallen, injuring her shoulder. Treated at scene and evacuated by air ambulance. Serious - fracture/dislocation of right shoulder.
 Duddon and Furness (17 x 1hr 25 min); NW Ambulance Helicopter (Preston)
- 409 34289 13 November 11:57 Grasmere Weir, White Moss Common NY3436605923**
 Not reported. Not reported. Hill Walking (Small party)
 Subject (F) slipped on damp ground, sustaining significant arm injury. Treated at scene and evacuated to ambulance. Minor - simple closed fractured humerus.
 Langdale Ambleside (15 x 2hr 0 min)
- 410 34297 13 November 13:24 Sharp Edge, Blencathra NY327285**
 Low cloud damp. Damp slippery. Rock Scrambling (Small party)
 Subject (M44) reported fallen from narrow ridge down a steep and loose gully. Secured and treated at scene; lowered from the gully and stretchered down until able to transfer to air ambulance. Serious – no details supplied.
 Keswick (23 x 6hr 30 min); Penrith (13 x 5hr 0 min); Gt North Ambulance Helicopter (Cumbria); Prestwick SAR Helicopter

411 34296 14 November 11:15 River Greta, Latrigg NY288242
 Not reported. Not reported. Hill Walking (Small party)
 Subject (F) reported herself and her dog stuck in a gully above the river and unable to move. The pair were accessed, secured and hoisted to safety without further incident.
 Keswick (7 x 1hr 31 min)

412 34295 15 November 14:04 Nitting Haws, High Spy, Borrowdale NY245168
 Not reported. Not reported. Hill Walking (Small party)
 Party of two (M27, F27) became disoriented in low cloud, wandered onto difficult ground and reported themselves cragfast. They were quickly located and led to safety.
 Keswick (20 x 1hr 15 min)

413 34417 16 November 20:46 Kailpot Crag, Ullswater NY4335020453
 Light dry clear mild bright. Undulating rough stony footpath. Hill Walking (Small party)
 Subject (M) slipped on path and fell on to a rock, injuring his back and ribs. Treated at scene and stretchered to air ambulance for hospital transfer. Serious – chest and back injuries.
 Patterdale (11 x 2hr 0 min); Gt North Ambulance Helicopter (Cumbria)

414 34422 23 November 13:00 Blea Water, Mardale NY45131032
 Not reported. Not reported. Animal Rescue
 Dog reported by stockman as stuck on ledge. Retrieved without loss or injury.
 Penrith (5 x 3hr 40 min)

415 34294 23 November 15:14 Little Man, Skiddaw NY271266
 Sun cold. Snow high up. Hill Walking (Winter) (Small party)
 Party of three (2xM20, F20) strayed off path and became lost. Location established using SARLoc; the party was accessed and led to safety.
 Keswick (16 x 2hr 16 min)

416 34288 24 November 12:40 Rydal Road Car Park, Ambleside NY375046
 Not reported. Not reported. Local Incident (Small party)
 Requested to assist with recovery of a body from ravine at rear of car park. Completed without incident and handed over to Coroner's officer.
 Langdale Ambleside (8 x 1hr 0 min)

417 34287 26 November 10:46 Blea Crag, Little Langdale NY294036
 Not reported. Not reported. Search - Mountain
 Shouts were reported from the hillside. Investigation found it to have been a farmer and his dog.
 Langdale Ambleside (3 x 1hr 0 min)

418 34345 26 November 14:37 High Cark, High Newton SD374825
 Not reported. Not reported. Occupational
 Subject (M42) reported with leg injury. Treated at scene and transferred to road ambulance.
 Minor - dislocated left patella.
 Kendal (12 x 3hr 16 min)

419 34286 26 November 20:46 Troutbeck Bridge, Windermere NY404008
 Not reported. Not reported. Local Incident
 Request to assist ambulance service with the recovery of an ambulance that had become stuck on a steep, loose track. Completed without incident.
 Langdale Ambleside (2 x 3hr 0 min)

420 34416 26 November 21:14 Arthur's Pike, Barton Fell NY469214
 Light dry clear cold bright. Moderate frozen icy slope. Hill Walking (Winter) (Small party)
 Subject (F64) slipped on icy grass, injuring her ankle and unable to bear weight. Treated at scene and stretchered to road ambulance. Minor - painful/uncomfortable ankle.
 Patterdale (16 x 1hr 10 min)

421 34331 27 November 15:10 Crosslands, Rusland SD353893
Light dry clear cool dusk. Moderate damp grassy footpath. Hill Walking (Small party)
Subject (F) slipped and injured ankle. Treated at scene and stretchered to ambulance. Serious -
simple closed fractured left wrist; simple closed fractured left ankle.
Duddon and Furness (20 x 3hr 34 min)

December

422 34374 5 December 12:49 Tip Log, Skelwith Bridge, Ambleside NY338031
Dry, sunny. Footpath. Hill Walking (Winter)
Subject (M65) reported injured after he slipped on ice. Treated at scene and evacuated to
ambulance. Serious – fracture/dislocation of ankle.
Coniston (10 x 1hr 19 min)

422 34335 16 December 12:00 Black Sail path, Mosedale NY182100
Not reported. Not reported. Hill Walking (Small party)
Subject (F55) tripped whilst walking, resulting in lower leg injury. Treated at scene then
stretchered to ambulance at roadhead. Minor - simple closed fractured left ankle.
Wasdale (14 x 5hr 16 min)

424 34377 16 December 19:12 Greenup Gill, Stonethwaite NY2789412414
Dry mild cool misty. Rough wet. Hill Walking (Small party)
Party of two (M, F) reported themselves lost, cold and unable to continue C2C walk; location
unclear but appeared close to Grasmere. Located by search dog west of apparent location,
uninjured and able to walk off the hill.
Kendal (14 x 6hr 0 min); Keswick (9 x 4hr 10 min); Langdale Ambleside (1 x 4hr 0 min); LDMR
Search Dogs Assoc (4 x 6hr 0 min); Prestwick SAR Helicopter

425 34400 17 December 10:33 Horrace, Ulverston SD259799
Light dry clear cold dull. Gentle firm track. Road Traffic Collision (Small party)
Cyclist (M70) reported fallen off bike. Treated at scene and transferred to air ambulance. Serious -
simple closed fractured clavicle; GCS = 6.
Duddon and Furness (18 x 2hr 7 min); NW Ambulance Helicopter (Preston)

426 34352 18 December 11:59 Loughrigg, Elterwater NY347050
Dry foggy mild dull. Steep slippery grassy footpath. Hill Walking (Small party)
Subject (F) slipped on wet grass and injured her leg. Treated at scene and evacuated off the hill
by stretcher. Minor - simple closed fractured ankle.
Langdale Ambleside (13 x 2hr 0 min)

427 34351 22 December 14:57 Tongue Ghyll, Seat Sandal NY348109
Dry cloudy cool dark. Moderate slippery gravel footpath. Hill Walking (Small party)
Subject (M) slipped and injured his leg. Treated at scene and evacuated off the hill by stretcher.
Minor - simple closed fractured ankle.
Langdale Ambleside (16 x 6hr 0 min); Patterdale (6 x 1hr 0 min)

428 34373 24 December 10:29 Bridge End, Egremont NY011101
Not reported. Not reported. Search - Non-mountain (Alone)
Vulnerable (M), described as high risk, reported missing. A body was found in the River Ehen,
recovered and handed over to Coroner's officer.
Cockermouth (6 x 3hr 19 min); Wasdale (13 x 3hr 19 min)

429 34350 26 December 14:41 Penny Rock, Grasmere NY353059
Dry clear cold dull. Moderate stony footpath. Hill Walking (Small party)
Subject (F80) tripped and fell, sustaining a serious leg injury. Treated at scene and evacuated by
stretcher for transfer to hospital. Serious - simple closed fractured neck of femur.
Langdale Ambleside (9 x 1hr 30 min); RAF Leeming (2 x 1hr 30 min)

- 430 34376 27 December 12:47 Hallsfell Ridge, Blencathra NY325275**
 Dry overcast. Dry steep rocky. Hill Walking (Small party)
 Party of two (F, M) reported themselves cragfast and disorientated on steep, loose ground.
 Located in the top half of Doddick Gill and led to safety.
 Keswick (9 x 2hr 46 min); LDMR Search Dogs Assoc (3 x 2hr 46 min)
- 431 34341 27 December 15:28 Craggy Wood, Staveley SD478985**
 Light dry cloudy cool dusk. Undulating damp muddy bank. Hill Walking (Large party)
 Subject (M50) reported with lower leg injury after impacting the bank whilst on rope swing.
 Treated at scene and stretcher transfer to ambulance. Minor - simple closed fractured right tibia
 and fibula.
 Kendal (10 x 2hr 0 min)
- 432 34414 28 December 13:44 Aira Force, Watermillock NY399521**
 Light dry cool dull. Wet stony. Hill Walking (Small party)
 Subject (M52) fell near water edge and injured his arm. Treated at scene and stretchered to
 waiting ambulance. Minor - stable fractured arm.
 Patterdale (10 x 2hr 4 min)
- 433 34340 29 December 14:22 Buckbarrow, Longsleddale NY479074**
 Light dry cloudy cool dull. Not reported. Hill Walking (Alone)
 Party reported shouts from the hill, finding a rucksack by path and two dogs, now in their care.
 Stood down responding when informants reported finding subject who had self-rescued and was
 unharmed.
 Kendal (9 x 0hr 51 min)
- 434 34339 30 December 14:19 Farleton Knott, Holme SD540800**
 Moderate drizzle foggy cool dusk. Moderate rocky muddy footpath. Hill Walking (Family group)
 Subject (M50) slipped on wet limestone, and unable to continue. Located with difficulty, treated at
 scene and evacuated by stretcher to roadhead. Minor - painful/uncomfortable left ankle.
 Kendal (15 x 4hr 0 min)
- 435 34349 30 December 14:32 Loughrigg, Skelwith Bridge NY353045**
 Dry cloudy mild dusk. Moderate slippery grassy footpath. Hill Walking (Small party)
 Subject (F) slipped and sustained a leg injury. Treated at scene and evacuated by stretcher.
 Minor - simple closed fractured ankle.
 Langdale Ambleside (14 x 2hr 0 min)
- 436 34413 30 December 21:40 Priest's Hole, Dove Crag NY374109**
 Not reported. Not reported. Hill Walking (Alone)
 Subject (F22) became lost in fog while trying to locate popular cave. Located by employing her
 whistle and flashing a torch.
 Patterdale (11 x 4hr 0 min)

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.go4awalk.com/the-bunkhouse/walking-news-and-discussions/walking-news-and-discussions.php?news=710222>

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	2012	2013	2014	2015	2016
Incidents – all	432	437	474	536	436¹
By Activity					
Hill walking (non-winter)	269	250	313	327	287 ²
Hill walking (winter)	23	37	12	26	28
Climb/Scramble	17	15	18	20	8 ³
Mountain Bike	18	13	13	37	15
Orienteer/Fell Running	11	12	16	11	9
Hang-gliding/Parapenting	5	7	1	5	5
Resilience	42	49	31	40	36
Non-Mountain Search	10	17	19	13	12
Water Sports	4	6	8	10	9

Table 1 Incident - by Activity

Notes:

1. The decrease in the number of reported incidents on the previous year is 18½%. This makes the incident total consistent with the totals earlier in the decade.
2. Hill walking incident total appears to follow incident total with a decrease of 12%, again bringing it into line with the pattern earlier in the decade.
3. The decline in the total for climbing/scrambling is very encouraging. This could be in response to the many warnings being given over the years. Equally, this fall could have risen due to a reduction in participation or the more benign weather during 2016 compared to previous years.
4. In a similar vein, it is reassuring to see the total of mountain bike incidents return to some kind of 'normality'. There were genuine concerns being expressed about the rising popularity of this pursuit and the steep increase in the number of incidents. As has been said in previous reports, given the seriousness of injury, this level of incidents should still be a concern. It should still form the focus of advice to organisers and participants in popular activity.

Persons Assisted	2012	2013	2014	2015	2016
Persons - all	463	425	481	521	411 ¹
By Activity					
Hill walking (non-winter)	331	300	377	379	296 ²
Hill walking (winter)	30	41	16	31	38 ²
Climb/Scramble	16	20	17	22	5 ³
Mountain Bike	17	11	12	32	13 ⁴
Orienteer/Fell Running	10	11	10	9	10
Hang-gliding/Parapenting	4	5	1	4	5
Resilience	25	12	12	14	17
Non-Mountain Search	10	13	16	9	9
Water Sports	7	9	5	6	8

Table 2 – Persons Assisted – by Activity

Notes:

1. As with the incident totals in the previous table, the number of persons requiring assistance is the lowest in the last five years. The drop of 21% is very significant. It will be difficult to identify a specific cause for this decline but the following notes may give an indication of the contributory factors.
2. The number of hill walkers assisted, regardless of season, is also the lowest for the reported five year period. It is fair to say that one of the main contributors to this decrease seems to have been less extreme weather. There have been incidents exacerbated by severe weather, but not to the same degree as previously recorded.
3. The drop in climbers and scramblers needing assistance is welcomed given their prominence in previous years. It is fair to say that inclement weather will have a significant effect on the level of safety of both these activities, compared to other activities.
4. We must all welcome the dramatic reduction in mountain bikers requiring assistance. This is clearly at odds with the other activities where the totals remain fairly constant.

Fatalities	2012	2013	2014	2015	2016
Persons - all	22	14	11	30	8
By Activity					
Hill walking (non-winter)	8	7	8	16	5 ¹
Hill walking (winter)	2	1	0	3	0
Climb/Scramble	2	0	1	2	0
Mountain Bike	1	1	0	1	0
Orienteer/Fell Running	1	0	0	0	0
Hang-gliding/Parapenting	0	0	0	1	0
Resilience	3	1	0	1	1 ²
Non-Mountain Search	3	2	2	3	2 ³
Water Sports	1	2	0	1	0

Table 3 – Fatalities – by Activity

Notes:

Last year, this report expressed serious concerns about the level of fatal accidents. 2016 has seen an extraordinary reversal of previous years as the following notes seek to detail.

1. Hill walking deaths can be further broken down and compared to the previous year. 4 (2016) compared to 11 (2015) hill walking deaths resulted from medical collapses. 1 (2016) compared to 5 (2015) deaths resulted from traumatic injury. All these deaths related to males in the age range 61 to 70.
2. The fatality under the resilience category was also a medical collapse and the person was male.
3. Both fatalities resulted from non-mountain search operations, one being male and the other female.

Required Medical Attention	2012	2013	2014	2015	2016
Persons - all	228	228	255	290	253¹
By Activity					
Hill walking (non-winter)	155	155	192	206	190 ²
Hill walking (winter)	15	29	8	9	12
Climb/Scramble	11	10	16	13	4 ³
Mountain Bike	14	7	12	27	13 ⁴
Orienteer/Fell running	8	9	9	9	8
Hang-gliding/Parapenting	3	5	0	2	3
Resilience	14	8	11	10	12
Non-Mountain Search	0	1	0	1	1
Water Sports	3	2	1	2	3

Table 4 Required medical attention – by Activity

Notes:

Most of the totals are consistent with the figures expected given the number of people involved in these activities, with the following exception

1. As with the previous tables, the return to levels shown in earlier years is welcomed in the total of persons requiring medical help.
2. With respect to hill walkers, it seems reasonable to assume that if a person did not require medical attention then they required help because they were lost or were reported overdue. By subtracting table 4 values from table 2 values, the following figures result, 176 (2012), 108 (2013), 185 (2014), 173 (2015) and 106 (2016). Thus the number of persons lost/overdue appears to be the lowest. Again it would be nice to think that this resulted from improved planning and preparation by walkers, but it is more likely to be from a reduction in participation and/or less severe weather during 2016.
3. As noted earlier (table 2, note 3), it is unlikely that only 4 climbers/scramblers will need medical attention next year. This figure is very low, given the popularity and dangers inherent in these activities.
4. Again this halving of injured mountain bikers compared to 2015 is very welcome. But it is still true to say that the nature of the reported injuries makes for sobering reading.

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	2012	2013	2014	2015	2016
Avalanche	0	0	0	0	0
Belay/Runner Failure	1	2	0	1	0
Benighted	13	10	10	13	7
Cragfast	23	23	22	22	17
Fall or Tumble	77	91	93	123	93
Lightning	0	0	0	0	0
Lost or Disorientated	63	49	57	63	59
Medical Collapse or Illness	26	20	23	45	34
Overdue or Missing	36	37	47	43	30
Rockfall	0	0	1	1	0
Shouts, Lights or Flares Reported	6	16	6	6	8
Slip, Trip or Stumble	111	111	121	108	126
Unable to Continue	19	28	28	26	20
Total Incidents	375	433	472	536	436

Table 5 – Causes of Incidents

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	2012	2013	2014	2015	2016
1 – 10	Male	5	4	3	6	1
	Female	1	2	2	0	0
11 – 20	Male	35	28	26	16	16
	Female	9	14	22	11	11
21 - 30	Male	32	25	28	30	28
	Female	11	20	9	30	21
31 - 40	Male	18	18	15	20	11
	Female	20	9	11	12	12
41 - 50	Male	39	33	23	20	16
	Female	13	15	25	8	14
51 – 60	Male	31	25	12	31	21
	Female	24	33	23	27	27
61 - 70	Male	29	35	21	31	33
	Female	22	17	17	22	24
71 – 80	Male	14	13	21	13	14
	Female	10	7	14	10	12
81 +	Male	3	5	6	4	3
	Female	2	1	5	4	2
Totals	Male	302	246	251	265	211
	Female	164	159	168	190	189

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	2012	2013	2014	2015	2016
Abrasions / Scratches	3	2	4	6	3
Asthma	1	0	3	0	1
Bruising	1	2	1	3	1
Burns / Scalds	0	0	1	0	1
Concussion	0	2	2	2	0
Cramp	0	0	0	1	2
Crush Injury	0	1	0	0	1
Diabetes	0	0	1	3	1
Dislocation	13	19	17	12	15
Epilepsy	1	3	3	2	4
Exhaustion	5	2	7	7	5
Fracture	79	75	71	74	72
Heart Attack	8	7	3	5	8
Hypothermia	10	9	7	4	5
Illness	0	0	0	0	1
Lacerations	11	8	7	24	10
Connective Tissue Damage	3	4	4	2	4
Multiple Injuries	6	5	7	9	6
Pain / Tenderness	15	13	23	19	21
Shock	0	0	0	0	0
Sprain / strain	15	10	5	2	7
Loss of Consciousness	6	3	3	7	1
Total Injured Persons	247	242	265	320	261

Table 7 – Types of Conditions / Injuries

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	2012	2013	2014	2015	2016
Abdomen	4	4	1	4	1
Ankle	54	41	64	34	51
Arm	3	7	5	10	11
Chest	8	9	10	19	21
Facial	3	3	3	13	3
Foot	1	2	0	1	0
Hand & Wrist	9	6	2	17	12
Head	27	28	28	33	15
Knee	17	26	29	25	25
Lower Leg	39	58	42	59	33
Neck	2	1	2	5	4
Pelvic Girdle	7	7	3	6	9
Shoulder Girdle	3	8	6	19	14
Spine	22	16	8	12	16
Upper Leg	4	4	3	4	2
Total Injured Persons	203	242	265	320	261¹

Table 8 – Sites of Injury

Notes:

1. Please note that for this and the previous analysis, 'Total Injured Persons' consists of those requiring medical attention (table 4) and fatalities (table 3).

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 names and contact details given below are for administrative purposes only. In the event of an accident, use 999 as above.

Cockermouth MRT	Hon. Sec.: Gwyn Lewis PO Box 73, Cockermouth, Cumbria CA13 3AE Email: gwyn@cockermouthmrt.org.uk	01900 827771
Coniston MRT	Hon. Sec.: Simon Honeyborne-Sharp Old Furness Road, Coniston, Cumbria, LA21 8HU Email: secretary@conistonmountainrescue.org.uk	01229 885003
Cumbria Ore Mines U	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: sec@dfmrt.org.uk	07821 581814
Kendal MSRT	Hon. Sec.: Jacqui Young Busher Walk, Kendal, Cumbria, LA9 4RH Email: secretary@kendalmountainrescue.org.uk	01539 824345
Keswick MRT	Hon. Sec.: Fiona Boyle 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 Account No:	81205617
Bank Code:	40-22-16		
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**